

### Southern Athletics League Division 3SE

Tooting  
18 Aug 18

100 200 400 800 1500 3000 5000 100HW 110H 400H 400HW 2000SC 2000SCW 4x100 4x400  
HJ PV LJ TJ SP7.26K SP4K DT2K DT1K HT7.26K HT4K JT800 JT600

Has your performance not been assigned to your profile yet? Just click the **envelope**  beside your performance below to notify us and get it on your profile.

100 SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11.6	Cathan Marcell	U20 M		Herne Hill	11.07	11.07	
2	11.8	David Alexander	SEN M		London City AC/King's College London	11.67	11.67	
3	12.0	Lewis Parsons	U23 M	James Bridge	Thanet AC	11.6	11.4	
4	13.1	Max Andrews	U23 M	Michael Bazire	Brighton Phoenix	12.89	12.65	
100 SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11.6	Tobi Ogunbode	U23 M		Herne Hill	11.2	11.20	
2	12.4	Konrad Farrall	U20 M	James Bridge	Thanet AC	11.96	11.85	
3	14.0	Oliver Bellamy	PB SEN M		London City AC	14.0	14.0	
4	15.2	John Palmer	V50 M		Burgess Hill/Haywards Heath	14.7	14.6	
100 SM ns								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11.5	Odia Daley	SB U23 M		Herne Hill	11.5	11.49	
2	12.1	Kehinde Adenuga	U20 M		Herne Hill	11.77	11.7	
3	12.3	Daisharn Rose	PB U17 M		London Schs	12.3	12.0	
4	12.7	Kayden Wilson	U20 M		Herne Hill	12.5	12.07	
5	13.0	Samuel Oluwaniyi-Asaaju	PB U13 M		London City AC	13.0	13.0	
6	13.2	Issah Abdulkarim	U13 M	Conrad Williams	London City AC	12.61	12.21	
100 SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	

1	13.3	Manon-Suzanne Bukasa-Muteba	U20	W		Herne Hill	13.00	12.8	
2	13.4	Erin Moses	SB	U17	W	Darren Hatton	13.4	12.9	
3	13.6	Amy Mat		U23	W	Conrad Williams	13.42	12.97	
4	14.9	Karen Thompson	PB	V50	W		14.9	14.9	

#### 100 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	13.4	Michaela Pottinger	U17	W	Ivor Patrick Northey	Herne Hill	12.90	12.6	
2	13.7	Kirsty Benham	PB	SEN	W		13.7	13.7	
3	13.9	Mia Harrison		U20	W		13.8	13.50	
4	16.5	Jennifer Denyer	PB	V60	W		16.5	16.5	

#### 100 SW ns

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	13.0	Jade Phillips	SEN	W	Laura Turner-Alleyne	Herne Hill/Royal Holloway Uni of London	12.58	11.93	
2	14.9	A'aishah Adebola	SB	U20	W		14.9	14.6	
3	15.1	Kirsty Benham	PB	SEN	W		13.7	13.7	

#### 200 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB			
1	22.9	Connor Neal	U17	M	James Bridge	Thanet AC	22.7	22.56		
2	23.3	Tobi Ogunbode		U23	M		23.1	23.1		
3	23.6	David Alexander	PB	SEN	M		23.6	23.6		
4	24.1	Dillum Patel	PB	SEN	M	Michael Bazire	Lewes/Sussex Uni	24.1	24.1	

#### 200 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB			
1	24.1	Kehinde Adenuga		U20	M		23.70	23.70		
2	25.3	William Jennings		U17	M		25.1	25.1		
3	26.7	Max Andrews		U23	M	Michael Bazire	Brighton Phoenix	25.72	25.72	
4	27.2	Oliver Bellamy	PB	SEN	M		27.2	27.2		

#### 200 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	25.6	Daisharn Rose		U17	M		25.10	25.10	

2	28.0	Samuel Oluwaniyi-Asaaju	U13 M		London City AC	27.2	27.2	
3	29.5	Issah Abdulkarim	U13 M	Conrad Williams	London City AC	27.65	25.28	
4	30.0	Kevin Narayamassamy	PB V50 M		London City AC	30.0	30.0	
5	30.7	John Palmer	SB V50 M		Burgess Hill/Haywards Heath	30.7	30.1	

#### 200 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	27.0	Chloe Kornevall	U17 W	David Leach	Lewes	26.78	26.20	
2	27.8	Manon-Suzanne Bukasa-Muteba	U20 W		Herne Hill	27.44	26.4	
3	28.4	Chloe Hocking	U23 W	Conrad Williams	London City AC	26.98	26.98	
4	29.3	Erin Moses	U17 W	Darren Hatton	Thanet AC	28.58	27.9	

#### 200 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	28.8	Michaela Pottinger	U17 W	Ivor Patrick Northey	Herne Hill	27.8	26.9	
2	29.4	Katrina Booth	SB U17 W	Darren Hatton	Thanet AC	29.4	28.78	
3	30.3	Brittany Croydon-Kempster	SB U23 W		Haywards Heath/Burgess Hill	30.3	29.5	
4	30.7	Kirsty Benham	PB SEN W		London City AC	30.7	29.53	

#### 400 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.2	Memphis Ayoade	U17 M	Anthony Mayhew	Herne Hill	50.24	50.24	
2	55.3	Dillum Patel	SEN M	Michael Bazire	Lewes/Sussex Uni	54.44	54.44	
3	61.6	Oliver Bellamy	SB SEN M		London City AC	61.6	57.0	
4	62.2	Jack Shale	PB U20 M		Thanet AC	62.2	62.2	

#### 400 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.6	Isaac Ogunlade	SB SEN M	Marina Armstrong	Herne Hill/Middlesex Uni	52.6	48.18	
2	58.8	Max Andrews	U23 M	Michael Bazire	Brighton Phoenix	56.95	56.95	
3	65.5	Nick Androulidakis	V35 M		London City AC	62.24	62.24	

#### 400 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.9	Israel Ajala	PB U23 M		Kent	52.9	52.9	

2	56.6	Daisharn Rose		U17 M	London Schs	55.23	55.23		
3	67.3	Tim Popkin		V40 M	Haywards Heath	64.6	63.4		
4	69.3	John Palmer	<b>PB</b>	V50 M	Burgess Hill/Haywards Heath	69.3	69.0		
<b>400 SW A</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	60.6	Chloe Kornevall		U17 W	David Leach	Lewes	59.19	59.16	
2	62.9	Rachael Collins	<b>PB</b>	SEN W		London City AC	62.9	62.9	
3	66.8	Lily Newton	<b>PB</b>	U17 W	James McDonald	Herne Hill/Cambridge H	66.8	66.8	
4	75.9	Emily Giardina	<b>PB</b>	U20 W	James Bridge	Thanet AC	75.9	75.9	
<b>400 SW B</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	65.5	Chloe Hocking		U23 W	Conrad Williams	London City AC	62.13	61.6	
2	71.4	Brittany Croydon-Kempster		U23 W		Haywards Heath/Burgess Hill	70.1	70.1	
3	80.4	Nicola Plews	<b>PB</b>	V35 W		Thanet AC	80.4	80.4	
<b>800 SM A</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	2:04.4	Adam Dray	<b>PB</b>	U17 M		Haywards Heath	2:04.4	2:02.98	
2	2:05.7	Simon Coombes		V45 M	Tony Simmons	Herne Hill/Leighton Buzzard/Bedford & County	2:05.0	2:03.0	
3	2:06.7	Mathew Speed		SEN M		London City AC	2:05.54	2:05.54	
<b>800 SM B</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	2:13.7	Dan Hallam	<b>PB</b>	V40 M		Herne Hill/Veterans	2:13.7	2:13.7	
2	2:14.3	George Ashdown	<b>PB</b>	SEN M		London City AC	2:14.3	2:14.3	
3	2:30.6	Tim Popkin		V40 M		Haywards Heath	2:29.66	2:12.5	
<b>800 SM ns</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	2:23.1	Sam Camenzuli		U17 M	James McDonald	Herne Hill	2:18.1	2:13.4	
<b>800 SW A</b>									
<b>Pos</b>	<b>Perf</b>	<b>Name</b>		<b>AG</b>	<b>Coach</b>	<b>Club</b>	<b>SB</b>	<b>PB</b>	
1	2:16.4	Mollie O'Sullivan		U20 W	Wayne Vinton	Herne Hill	2:12.44	2:08.31	

2	2:22.0	Rachael Phelps	SB	SEN	W	David Leach	Lewes	2:22.0	2:20.23	
3	2:42.7	Marie Duignan	PB	V35	W	Neil Aikman	London City AC	2:42.7	2:42.7	
4	3:14.2	Nicola Plews	PB	V35	W		Thanet AC	3:14.2	3:14.2	

#### 800 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	2:31.5	Lily Newton	U17	W	James McDonald	Herne Hill/Cambridge H	2:25.44	2:21.21	
2	2:38.3	Ella Mundy	U20	W	David Leach	Lewes	2:33.9	2:30.7	
3	2:50.5	Ellie Awford	PB	SEN	W	London City AC	2:50.5	2:50.5	
4	3:18.6	Sophie Clayton	PB	U23	W	Thanet AC	3:18.6	3:18.6	

#### 1500 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	4:12.4	Simon Coombes	V45	M	Tony Simmons	Herne Hill/Leighton Buzzard/Bedford & County	4:09.81	4:04.9	
2	4:19.0	Nick Androulidakis	PB	V35	M	London City AC	4:19.0	4:19.0	
3	TBC	Jack Shale	U20	M		Thanet AC		6:08.86	
4	TBC	Tim Popkin	V40	M		Haywards Heath	5:22.18	5:05.1	

#### 1500 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	4:24.5	Calvin Mullings	PB	V35	M	London City AC	4:24.5	4:24.5	
2	4:49.0	Eric Dol	PB	SEN	M	Herne Hill	4:49.0	4:36.29	

#### 1500 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	4:31.2	Mohammed Ismail	V35	M		Herne Hill/Serpentine/Veterans	4:19.38	4:10.87	
2	4:33.5	Simon Messenger	PB	SEN	M	Herne Hill	4:33.5	4:33.5	
3	4:45.8	Richard Henderson	SB	SEN	M	Bedford & County/Herne Hill	4:45.8	4:08.3	
4	4:51.6	Keith Newton	SB	V55	M	Herne Hill/Brighton & Hove	4:51.6	4:11.0	

#### 1500 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB			
1	4:54.9	Katie Balme	SB	U20	W	James McDonald	Herne Hill	4:54.9	4:50.20	
2	4:57.9	Rachael Phelps	SEN	W	David Leach	Lewes	4:52.6	4:52.6		
3	5:08.4	Marie Duignan	PB	V35	W	Neil Aikman	London City AC	5:08.4	5:08.4	

1500 SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5:02.4	Natasha Lodge	SEN W	Mark White	Herne Hill	4:43.7	4:43.7	
2	5:38.8	Ella Mundy	SB U20 W	David Leach	Lewes	5:38.8	5:27.0	
3	5:51.0	Jo Tillman	PB V35 W		London City AC	5:51.0	5:51.0	

3000 SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10:44.8	Marie Duignan	PB V35 W	Neil Aikman	London City AC	10:44.8	10:44.8	
2	11:12.3	Lara Langston	PB SEN W		Herne Hill	11:12.3	11:12.3	
3	12:32.4	Sophie Clayton	PB U23 W		Thanet AC	12:32.4	12:32.4	

3000 SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11:42.1	Monika Gajek	PB SEN W		Herne Hill	11:42.1	11:42.1	
2	12:05.5	Laura Chesham	PB SEN W		London City AC	12:05.5	12:05.5	

3000 SW ns								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11:23.3	Shannon Sinclair	U23 W		Herne Hill	11:05.40	11:05.40	
2	12:00.6	Sandra Marie	PB V40 W		London City AC/France	12:00.6	12:00.6	
3	15:41.3	Sarah Allen	V50 W		Herne Hill	15:09.6	12:32.6	

5000 SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	15:28.4	James Skinner	PB V45 M	Martin Delbridge	Haywards Heath	15:28.4	15:28.4	
2	16:16.1	Jack Brotchie	SEN M		Herne Hill	15:49.7	15:30.73	
3	16:20.8	Joshua Slingsby	PB SEN M		London City AC	16:20.8	16:20.8	

5000 SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	16:18.9	Mohammed Ismail	SB V35 M		Herne Hill/Serpentine/Veterans	16:18.9	15:46.49	
2	16:46.3	Adam Millbery	SEN M	Neil Aikman	London City AC	16:37.77	15:31.48	
3	21:33.1	Tim Popkin	SB V40 M		Haywards Heath	21:33.1	21:04.5	

**5000 SM ns**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	16:31.2	Richard Henderson	SB SEN M		Bedford & County/Herne Hill	16:31.2	15:56.29	
2	17:14.6	John Foxall	PB SEN M		Ealing Eagles/Herne Hill	17:14.6	16:54.4	
3	17:32.9	Conor Donaghy	PB V35 M		Herne Hill	17:32.9	17:32.9	
4	17:37.2	Andrew Shreeve	PB V40 M		London City AC	17:37.2	17:37.2	
5	18:36.2	James Lobo	PB SEN M		London City AC	18:36.2	18:36.2	
6	26:45.3	Fergal Dunne	V50 M		London City AC	22:05.29	21:45.0	

**100HW SW A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	17.9	Kerstin Pohlmann	SEN W	Byron Robinson	King's College London/Germany	16.84	16.84	
2	18.8	Mia Harrison	PB U20 W		Thanet AC	18.8	18.8	

**110H SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	19.5	Konrad Farrall	SB U20 M	James Bridge	Thanet AC	19.5	18.86	

**400H SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	73.5	Konrad Farrall	U20 M	James Bridge	Thanet AC	68.76	68.76	
2	75.5	Nick Androulidakis	V35 M		London City AC	73.40	73.40	

**400HW SW A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	83.3	Jemima Hayward-Bhikha	PB U20 W		Herne Hill	83.3	83.3	

**2000SC SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7:04.6	Jeff Cunningham	V35 M		Herne Hill	6:59.4	6:36.3	
2	7:43.3	Edwin Mooiman	PB V50 M		London City AC	7:43.3	7:43.3	

3	9:44.0	Peter Miller	SB V50 M	Lewes	9:44.0	9:12.5	
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#### 2000SC SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7:18.6	John Foxall	PB SEN M		Ealing Eagles/Herne Hill	7:18.6	7:11.8	
2	9:22.7	Simon Brown	PB SEN M		London City AC	9:22.7	9:22.7	
3	10:23.7	Tim Popkin	V40 M		Haywards Heath	9:05.9	8:24.5	

#### 2000SCW SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9:15.8	Alice Aniello	PB SEN W		London City AC	9:15.8	8:55.4	
2	14:35.6	Jennifer Denyer	SB V60 W		Haywards Heath/Southern Counties Vets	14:35.6	13:47.8	

#### 4x100 SM

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	45.1	Herne Hill Senior Team	SEN M		Herne Hill	43.9	41.62	
2	46.9	Thanet RR Senior Team	PB SEN M		Thanet RR	46.9	46.9	
3	52.4	London City Senior Team	PB SEN M		London City AC	52.4	47.1	

#### 4x100 SW

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.7	Herne Hill Senior Team	SB SEN W		Herne Hill	52.7	48.9	
2	56.4	Thanet Senior Team	SB SEN W		Thanet RR	56.4	55.3	
3	56.7	Lewes/Haywards Heath Senior Team	SB SEN W		Lewes/Haywards Heath	56.7	52.9	
4	57.1	London City Senior Team	PB SEN W		London City AC	57.1	57.1	

#### 4x400 SM

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	TBC	Herne Hill Senior Team	SEN M		Herne Hill	3:18.66	3:13.08	
2	TBC	London City Senior Team	SEN M		London City AC	4:07.60	3:45.5	

#### 4x400 SW

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	TBC	Herne Hill Senior Team	SEN W		Herne Hill	4:02.53	3:47.5	



2	TBC	Lewes/Haywards Heath Senior Team	SEN W		Lewes/Haywards Heath	4:20.5	4:20.5	
3	TBC	London City Senior Team	SEN W		London City AC	5:02.8	4:23.8	
4	TBC	Thanet Senior Team	SEN W		Thanet RR		4:43.4	

#### HJ SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.70	Memphis Ayoade	U17 M	Anthony Mayhew	Herne Hill	1.85	1.85	
2	1.60	Lewis Parsons	U23 M	James Bridge	Thanet AC	1.63	1.68	

#### HJ SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.50	Jack Shale	U20 M		Thanet AC	1.65	1.65	
2	1.45	Micah Goode	U20 M	Anthony Mayhew	Herne Hill	1.53	1.53	

#### HJ SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.60	Ray Mitchell	PB V35 M		Thanet AC	1.60	1.60	

#### HJ SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.58	Kerstin Pohlmann	PB SEN W	Byron Robinson	King's College London/Germany	1.60	1.60	
2	1.30	Maddie Greenan	PB U17 W		Thanet AC/Thanet RR	1.30	1.30	
3	1.30	Michaela Mensah	PB U17 W	Anthony Mayhew	Herne Hill	1.30	1.35	

#### HJ SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.20	Nicola Plews	PB V35 W		Thanet AC	1.20	1.20	

#### PV SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.80	James Bridge	PB SEN M		Thanet AC	2.80	2.80	
2	1.60	Keith Newton	V55 M		Herne Hill/Brighton & Hove	1.63	1.63	

#### PV SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.40	Lewis Parsons	PB U23 M	James Bridge	Thanet AC	2.40	2.40	

PV SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.20	Sophie Clayton	PB U23 W		Thanet AC	1.20	1.20	

  

LJ SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	6.58	Seb Wilson Dyer Gough	SEN M	Ivor Patrick Northey	Herne Hill/Reading Uni	7.05	7.10	
2	5.71	Connor Neal	U17 M	James Bridge	Thanet AC	6.15	6.39	
3	3.30	Simon Brown	PB SEN M		London City AC	3.30	3.30	

  

LJ SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5.41	Aaron Brown	PB U23 M	Piotr Spas	Herne Hill	5.41	5.41	
2	4.93	William Jennings	PB U17 M		Thanet AC	4.93	4.93	

  

LJ SM ns								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	6.08	Odia Daley	PB U23 M		Herne Hill	6.08	6.08	

  

LJ SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.46	Rachael Collins	SEN W		London City AC	4.87	5.04	
2	4.41	Katrina Booth	U17 W	Darren Hatton	Thanet AC	4.53	4.53	
3	4.23	Michaela Pottinger	U17 W	Ivor Patrick Northey	Herne Hill	4.82	4.82	

  

LJ SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.14	Joyce Kalombo	U23 W		Herne Hill/Middlesex Uni	4.53	4.59	
2	4.00	Emily Giardina	U20 W	James Bridge	Thanet AC	4.25	4.35	
3	2.29	Dee Strang	PB V35 W		London City AC	2.29	2.29	

  

TJ SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	12.02	Aaron Brown	U23 M	Piotr Spas	Herne Hill	12.39	12.39	
2	9.32	AN Other	SEN M		London City			

TJ SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	11.46	Micah Goode	U20 M	Anthony Mayhew	Herne Hill	11.72	11.72	✉
2	9.00	Douglas Cameron	PB SEN M		London City AC	9.00	9.00	✉
TJ SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9.92	Kerstin Pohlmann	SEN W	Byron Robinson	King's College London/Germany	10.40	10.80	✉
2	9.63	Joyce Kalombo	U23 W		Herne Hill/Middlesex Uni	10.18	10.18	✉
3	9.53	Maddie Greenan	SB U17 W		Thanet AC/Thanet RR	9.53	9.56	✉
TJ SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	8.91	Katrina Booth	PB U17 W	Darren Hatton	Thanet AC	8.91	8.91	✉
2	8.84	Michaela Mensah	U17 W	Anthony Mayhew	Herne Hill	9.16	10.36	✉
3	5.99	KC Lloyd	PB SEN W		London City AC	5.99	5.99	✉
SP7.26K SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10.16	Tim Champion	PB SEN M		London City AC	10.16	10.16	✉
2	9.46	Konrad Farrall	U20 M	James Bridge	Thanet AC	9.63	9.63	✉
3	7.55	Des Austin	SB V50 M		Herne Hill	7.55	10.16	✉
4	5.77	Tim Popkin	SB V40 M		Haywards Heath	5.77	6.55	✉
SP7.26K SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.37	Steven Ramsamy	SB V40 M		Thanet AC	7.37	7.86	✉
2	6.01	Andy Lea-Gerard	SB V65 M		Herne Hill	6.01	6.29	✉
SP7.26K SM ns								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	8.78	Adam Jacques	SB U20 M	Kim Weaving	Thanet AC	8.78	9.03	✉
SP4K SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	

1	9.32	Rachael Collins	<b>PB</b> SEN W		London City AC	9.32	9.32	
2	8.69	Sharon St Luce	<b>PB</b> V60 W	Anthony Soalla-Bell	Herne Hill	8.69	10.32	
3	7.55	Emily Giardina	<b>PB</b> U20 W	James Bridge	Thanet AC	7.55	7.55	
4	7.10	Larissa Carter	U20 W	Karl Lasis	Lewes	7.77	8.16	

#### SP4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.32	Chloe Williams	U20 W	Kim Weaving	Thanet AC	7.79	7.95	
2	5.97	Barbara Macanas	<b>SB</b> V60 W		Herne Hill	5.97	7.10	
3	5.27	Jennifer Denyer	V60 W		Haywards Heath/Southern Counties Vets	5.86	7.61	
4	5.10	Dee Strang	V35 W		London City AC	5.26	5.26	

#### DT2K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	33.36	Tim Champion	SEN M		London City AC	34.36	34.40	
2	24.52	Lewis Parsons	U23 M	James Bridge	Thanet AC	27.87	29.29	
3	23.93	Des Austin	V50 M		Herne Hill	24.00	33.39	
4	15.91	Dillum Patel	<b>PB</b> SEN M	Michael Bazire	Lewes/Sussex Uni	15.91	15.91	

#### DT2K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	21.76	Chris Raveney	<b>PB</b> SEN M		London City AC	21.76	21.76	
2	18.41	Tim Reynolds	<b>PB</b> V55 M		Thanet AC/Southern Counties Vets	18.41	18.41	
3	15.80	Andy Lea-Gerard	<b>SB</b> V65 M		Herne Hill	15.80	15.97	

#### DT2K SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	24.69	Adam Jacques	<b>SB</b> U20 M	Kim Weaving	Thanet AC	24.69	25.66	

#### DT1K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	21.09	Bianca Schuster	V35 W		Thanet AC	21.95	21.95	
2	20.10	Barbara Macanas	<b>SB</b> V60 W		Herne Hill	20.10	21.52	
3	15.90	Dee Strang	<b>PB</b> V35 W		London City AC	15.90	15.90	

4	15.18	Jennifer Denyer	V60	W		Haywards Heath/Southern Counties Vets	16.25	17.53	
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#### DT1K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	19.46	Chloe Williams	U20	W Kim Weaving	Thanet AC	22.18	22.18	
2	18.00	Sharon St Luce	SB V60	W Anthony Soalla-Bell	Herne Hill	18.00	22.63	
3	14.27	Brittany Croydon-Kempster	SB U23	W	Haywards Heath/Burgess Hill	14.27	14.79	
4	13.87	Rachael Collins	SB SEN	W	London City AC	13.87	20.43	

#### HT7.26K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	41.25	Adam Jacques	PB U20	M Kim Weaving	Thanet AC	41.25	41.25	
2	26.91	Des Austin	SB V50	M	Herne Hill	26.91	35.00	
3	10.66	Tim Popkin	SB V40	M	Haywards Heath	10.66	20.64	

#### HT7.26K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	19.55	James Bridge	SEN	M	Thanet AC	20.09	20.09	
2	15.45	Andy Lea-Gerard	SB V65	M	Herne Hill	15.45	17.89	

#### HT4K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	40.97	Larissa Carter	U20	W Karl Lasis	Lewes	42.37	42.95	
2	27.06	Chloe Williams	SB U20	W Kim Weaving	Thanet AC	27.06	28.47	
3	19.58	Barbara Macanas	SB V60	W	Herne Hill	19.58	21.29	

#### HT4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	26.85	Bianca Schuster	V35	W	Thanet AC	26.92	31.24	
2	18.47	Jennifer Denyer	V60	W	Haywards Heath/Southern Counties Vets	20.49	25.05	
3	15.24	Sharon St Luce	SB V60	W Anthony Soalla-Bell	Herne Hill	15.24	19.16	

#### JT800 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
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1	40.62	Chris Raveney		SEN M	London City AC	42.79	42.79	
2	36.59	James Bridge		SEN M	Thanet AC	38.63	38.63	
3	18.14	Des Austin		V50 M	Herne Hill	20.34	25.90	

#### JT800 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	39.25	Thomas Kingston	PB	SEN M	London City AC	39.25	39.25	
2	29.64	Steven Ramsamy	PB	V40 M	Thanet AC	29.64	29.64	
3	17.82	Andy Lea-Gerard	SB	V65 M	Herne Hill	17.82	24.52	

#### JT800 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	17.04	Tim Reynolds	PB	V55 M	Thanet AC/Southern Counties Vets	17.04	17.04	

#### JT600 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	23.76	Emily Giardina	U20	W James Bridge	Thanet AC	25.29	26.58	
2	22.57	Sharon St Luce	V60	W Anthony Soalla-Bell	Herne Hill	24.69	26.94	
3	16.02	Kerstin Pohlmann	PB	SEN W Byron Robinson	King's College London/Germany	16.17	16.17	
4	14.61	Jennifer Denyer	SB	V60 W	Haywards Heath/Southern Counties Vets	14.61	17.01	

#### JT600 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	23.71	Bianca Schuster	SB	V35 W	Thanet AC	23.71	32.36	
2	19.82	Mallory Cluley	PB	U17 W Lorna Boothe	Herne Hill	19.82	19.82	