

**Southern Athletics League Division 3SE External Results**

Erith

20 May 18

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

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100 SM A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	11.38	Tankoy Gray	U20 M		Croydon	11.30	11.1 
2	11.51	Luke Moore	U20 M		Cambridge H	11.36	10.97 
3	11.76	Connor Neal	<b>PB</b> U17 M	James Bridge	Thanet AC	11.4	11.26 
100 SM B							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	11.44	Daniel Ogun	SEN M		Sutton & District/Brighton Uni	11.26	11.2 
2	11.52	Joseph Alason	U23 M		Cambridge H	11.22	11.1 
3	12.03	Lewis Parsons	U23 M	James Bridge	Thanet AC	11.6	11.4 
100 SM ns							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	11.4	Ethan Wood	<b>PB</b> U23 M		Sutton & District	11.4	11.4 
2	11.5	Thomas Hughes	<b>SB</b> U17 M		Sutton & District	11.4	11.4 
3	11.9	Thomas Darcy	U20 M		Sutton & District	11.8	11.4 
4	12.0	Emmanuel Bonney	<b>PB</b> U17 M		Sutton & District	11.73	11.73 
100 SW A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	13.30	-1.1 Ayanna Henry	<b>SB</b> U17 W		Cambridge H	13.30	13.17 
2	13.47	-1.1 Misheel Suvd	U17 W		Sutton & District	13.2	13.2 
3	15.45	-1.1 Emily Giardina	U20 W	James Bridge	Thanet AC	14.8	14.2 
4	16.85	-1.1 Lucy Morgan-Brown	<b>PB</b> U17 W		Medway Phoenix	16.85	16.85 

100 SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	14.13	-0.6 Ella Cunnell	SB U17	W Mark Briggs	Sutton & District	14.1	13.5	
2	17.12	-0.6 Lyn Sole	PB V55	W James Bridge	Thanet AC/Southern Counties Vets	16.31	16.31	
3	18.23	-0.6 Chantal Smith	PB V45	W	Medway Phoenix	18.23	18.23	

200 SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	23.20	Connor Neal	U17 M	James Bridge	Thanet AC	22.7	22.56	
2	23.20	Luke Moore	U20 M		Cambridge H	22.89	22.27	

200 SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	22.73	0.6 Thomas Hughes	PB U17	M	Sutton & District	22.69	22.69	
2	23.63	0.6 Joseph Alason	U23	M	Cambridge H	23.06	22.69	
3	25.19	0.6 William Jennings	PB U17	M	Thanet AC	25.1	25.1	

200 SM ns								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	23.2	Tankoy Gray	SB U20	M	Croydon	23.2	23.12	
2	24.3	Emmanuel Bonney	PB U17	M	Sutton & District	24.3	23.69	
3	24.5	Iyioluwa Adesan	U20	M	Cambridge H	23.90	23.36	

200 SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	27.77	-2.1 Misheel Suvd	U17	W	Sutton & District	27.0	27.0	
2	32.61	-2.1 Sophie Fenner	PB U20	W John Hillier	Cambridge H/Lincoln Uni	32.61	32.61	

200 SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	28.86	-2.1 Ella Cunnell	U17	W Mark Briggs	Sutton & District	28.60	28.0	

400 SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.22	Shemar Ferguson	SB U20	M	Sutton & District	51.15	50.33	

2	56.54	Steve Tredray	PB SEN M	Cambridge H	55.30	53.70	✉
3	58.39	William Jennings	PB U17 M	Thanet AC	58.39	57.68	✉

#### 400 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	52.95	Rory Payn	U17 M	John Harris	Sutton & District	52.10	51.97	✉
2	58.23	Aronne Duncan	PB U20 M		Cambridge H	56.2	56.2	✉

#### 400 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	58.30	Wole Odele	SB V50 M		Cambridge H/Southern Counties Vets	57.00	56.73	✉

#### 800 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2:08.38	Dario Kan	PB U20 M	Maureen Hancock	Sutton & District	2:07.28	2:07.11	✉
2	2:13.32	Kavinda Boralugoda	U20 M		Cambridge H	2:06.4	2:06.4	✉

#### 800 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2:10.46	Craig Rawlings	U23 M	John Harris	Sutton & District	2:06.29	2:06.29	✉
2	2:23.85	John Okomayin	U17 M		Cambridge H	2:20.0	2:13.5	✉

#### 800 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2:31.0	Molly Hawkins	U20 W		Cambridge H	2:30.90	2:25.45	✉
2	2:35.0	Emer Kerr	SB SEN W		Sutton & District/Warwick Uni	2:35.0	2:24.72	✉

#### 1500 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4:55.05	John Okomayin	PB U17 M		Cambridge H	4:45.0	4:35.82	✉

#### 1500 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4:55.07	Aronne Duncan	U20 M		Cambridge H	4:53.71	4:53.71	✉

#### 1500 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
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1	5:06.23	Lucy Marlow	SEN W	Cambridge H/Achilles	5:01.37	4:33.45	
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#### 1500 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5:49.44	Molly Hawkins	SB U20	W	Cambridge H	5:49.44	5:08.57	

#### 3000 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9:18.32	Anthony Webb	SB V40	M	Medway Phoenix	9:18.32	9:14.0	
2	9:20.63	Andrew Inglis	PB V40	M	Cambridge H	9:18.7	9:06.09	
3	10:52.62	Thomas Keenan	SB SEN	M	Sutton & District	10:52.62	10:50.8	

#### 3000 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9:32.24	Andrew Whelan	PB V35	M	Cambridge H	9:32.24	9:32.24	
2	10:20.47	Isaac Thomas	U17	M	Medway Phoenix/Bexley	9:49.07	9:49.07	

#### 3000 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9:47.60	James MacDonald	SB V35	M	Cambridge H	9:47.60	9:30.5	
2	12:56.80	Roderick Cookey-Bresi	SB U23	M	Mark Newell Cambridge H	12:56.80	12:46.48	

#### 5000 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	21:39.40	Rose Baker	V50	W	Cambridge H	21:38.52	20:51.58	

#### 100HW SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	16.55	0.5 Hatshepsut James	SB SEN	W	Cambridge H/Bournemouth Uni/Newham & Essex Beagles	16.55	16.2	

#### 100HW SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	17.76	0.5 Jade Fitt	PB U20	W	Mick Bond Cambridge H	17.5	17.5	

#### 400H SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	73.60	Thomas Keenan	SEN M		Sutton & District	72.8	69.41	

#### 400HW SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	65.5	Jade Fitt	U20 W	Mick Bond	Cambridge H	64.07	64.07	

#### 400HW SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	66.7	Hatshepsut James	SB SEN W		Cambridge H/Bournemouth Uni/Newham & Essex Beagles	66.7	64.21	

#### 400HW SW ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	62.4	Katrina Cosby	SEN W	Barry Ferguson	Blackheath & Bromley	62.36	59.71	

#### 3000SC SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10:16.2	Bayley Massey	SB U20 M	Mark Newell	Cambridge H	10:16.2	9:51.55	

#### 4x100 SM

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	43.80	Sutton Senior Team	PB SEN M		Sutton & District	43.80	43.80	
2	44.70	Cambridge Harriers Senior Team	SEN M		Cambridge H	42.7	42.64	
3	47.40	Thanet AC SM Team	SB SEN M		Thanet AC	47.1	46.0	

#### 4x100 SW

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	54.99	Sutton & District Senior Team	SEN W		Sutton & District	51.0	50.12	
2	66.90	Thanet Senior Team	SB SEN W		Thanet RR	56.4	55.3	

#### 4x400 SM

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	3:35.48	Cambridge Harriers Senior Team	SB SEN M		Cambridge H	3:30.7	3:22.36	

2	3:36.02	Sutton Senior Team	PB SEN M	Sutton & District	3:36.02	3:36.02	
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### HJ SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.80	Brandon Sikity	U20 M		Cambridge H	1.95	1.95	
2	1.80	Daniel Ogun	PB SEN M		Sutton & District/Brighton Uni	1.80	1.80	
3	1.63	Lewis Parsons	SB U23 M	James Bridge	Thanet AC	1.63	1.68	

### HJ SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.68	Iyioluwa Adesan	PB U20 M		Cambridge H	1.68	1.68	
2	1.53	James Bridge	SB SEN M		Thanet AC	1.53	1.68	

### HJ SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.48	Ayanna Henry	U17 W		Cambridge H	1.60	1.60	
2	1.43	Yasmin Henlon	SEN W		Sutton & District/Coventry Uni	1.50	1.55	
3	1.08	Chantal Smith	SB V45 W		Medway Phoenix	1.08	1.15	

### HJ SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.28	Molly Hawkins	U20 W		Cambridge H	1.50	1.50	

### PV SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.70	Brandon Sikity	SB U20 M		Cambridge H	3.25	3.25	

### LJ SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5.91	Daniel Ogun	SEN M		Sutton & District/Brighton Uni	6.61	6.80	
2	5.83	Iyioluwa Adesan	U20 M		Cambridge H	5.93	5.93	
3	5.69	Connor Neal	U17 M	James Bridge	Thanet AC	6.15	6.39	
4	4.59	Samuel Gosling	PB U17 M		Medway Phoenix	4.70	4.70	

### LJ SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5.67	Brandon Sikity	SB U20	M	Cambridge H	6.13	6.51	
2	5.17	Lewis Parsons	PB U23	M James Bridge	Thanet AC	5.17	5.17	
3	3.37	Thomas Keenan	SB SEN	M	Sutton & District	3.37	4.20	

#### LJ SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.57	Roderick Cookey-Bresi	SB U23	M Mark Newell	Cambridge H	2.57	2.67	

#### LJ SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5.31	Olivia Chessell	U17	W Tony Ganio	Sutton & District	5.55	5.62	
2	4.62	Ayanna Henry	U17	W	Cambridge H	5.07	5.30	
3	4.03	Emily Giardina	SB U20	W James Bridge	Thanet AC	4.25	4.35	
4	2.54	Lucy Morgan-Brown	PB U17	W	Medway Phoenix	2.59	2.59	

#### LJ SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.01	Yasmin Henlon	SEN	W	Sutton & District/Coventry Uni	4.42	4.43	
2	3.53	Lyn Sole	V55	W James Bridge	Thanet AC/Southern Counties Vets	3.64	3.80	

#### TJ SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10.69	Wole Odele	PB V50	M	Cambridge H/Southern Counties Vets	10.94	10.94	
2	9.63	Samuel Gosling	PB U17	M	Medway Phoenix	9.63	9.63	

#### SP7.26K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10.92	Andy Kruszewski	SB V55	M John Hillier	Cambridge H	10.92	15.21	
2	8.90	Rhys Timms	PB U20	M	Sutton & District	8.90	8.90	
3	6.28	Stephen Denny	PB V50	M	Thanet AC	6.28	6.28	

#### SP7.26K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	8.74	Craig Rawlings	PB U23	M John Harris	Sutton & District	8.74	8.74	

2	8.71	Vitor Costa	SEN M	Cambridge H/Portugal	10.06	10.06	
3	5.09	Tim Reynolds	PB V55 M	Thanet AC	5.09	5.09	

#### SP4K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.90	Jenny Agyepong	V50 W		Cambridge H	8.10	8.10	
2	7.57	Chloe Williams	U20 W	Kim Weaving	Thanet AC	7.79	7.95	
3	6.79	Emer Kerr	SB SEN W		Sutton & District/Warwick Uni	6.79	7.40	
4	6.69	Chantal Smith	SB V45 W		Medway Phoenix	6.69	7.13	

#### SP4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.13	Bianca Schuster	V35 W		Thanet AC	7.55	7.55	
2	6.40	Natalie Mann	SEN W		Cambridge H	6.61	8.11	
3	6.07	Esme Dann	U17 W	Keith Daws	Sutton & District	6.78	7.24	

#### SP4K SW ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.34	Emily Giardina	PB U20 W	James Bridge	Thanet AC	7.55	7.55	

#### DT2K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	36.09	Andy Kruszewski	V55 M	John Hillier	Cambridge H	36.95	51.26	
2	35.69	Nile Cook	U23 M	Keith Daws	Sutton & District/Kingston Uni/Croydon	39.56	39.70	
3	23.62	Lewis Parsons	U23 M	James Bridge	Thanet AC	27.87	29.29	

#### DT2K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	28.39	Craig Rawlings	PB U23 M	John Harris	Sutton & District	28.48	28.48	
2	19.56	Vitor Costa	SEN M		Cambridge H/Portugal	31.15	31.15	
3	17.09	Stephen Denny	PB V50 M		Thanet AC	17.09	17.09	

#### DT1K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
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1	20.86	Bianca Schuster	PB V35 W	Thanet AC	21.95	21.95	✉
2	15.79	Esme Dann	U17 W Keith Daws	Sutton & District	16.03	16.03	✉
3	15.71	Chantal Smith	PB V45 W	Medway Phoenix	15.71	15.71	✉
4	13.31	Natalie Mann	SB SEN W	Cambridge H	15.13	16.16	✉

#### DT1K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	19.84	Chloe Williams	U20 W	Kim Weaving	Thanet AC	22.18	22.18	✉
2	14.02	Emer Kerr	SEN W		Sutton & District/Warwick Uni	18.57	18.57	✉
3	12.05	Sophie Fenner	U20 W	John Hillier	Cambridge H/Lincoln Uni	14.16	17.76	✉

#### HT7.26K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	33.96	Chris Smale	SB V50 M		Sutton & District/Kingston & Poly	35.54	40.49	✉
2	21.51	James Nichols	PB U23 M		Cambridge H	22.18	22.18	✉
3	20.09	James Bridge	PB SEN M		Thanet AC	20.09	20.09	✉

#### HT7.26K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	19.62	Peter Hawney	SB V65 M		Cambridge H/Southern Counties Vets/Eastern Masters	19.62	19.85	✉
2	16.99	Stephen Denny	PB V50 M		Thanet AC	16.99	16.99	✉

#### HT4K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	28.41	Sophie Fenner	U20 W	John Hillier	Cambridge H/Lincoln Uni	34.03	34.03	✉
2	23.27	Bianca Schuster	V35 W		Thanet AC	26.92	31.24	✉
3	19.22	Esme Dann	PB U17 W	Keith Daws	Sutton & District	25.72	27.01	✉

#### HT4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	25.59	Natalie Mann	PB SEN W		Cambridge H	25.59	31.71	✉
2	21.30	Chloe Williams	U20 W	Kim Weaving	Thanet AC	27.06	28.47	✉

#### JT800 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	42.44	Alasdair MacDonald	SEN	M	Cambridge H	44.69	50.22	
2	38.63	James Bridge	<b>PB</b> SEN	M	Thanet AC	38.63	38.63	
3	37.11	Rhys Timms	<b>PB</b> U20	M	Sutton & District	37.11	37.11	

#### JT800 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	34.45	Craig Rawlings	U23	M	John Harris	Sutton & District	36.57	36.57	
2	33.27	James Nichols	U23	M	Cambridge H	34.47	34.47		
3	19.65	Lewis Parsons	U23	M	James Bridge	Thanet AC	23.80	23.80	

#### JT600 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	29.01	Emma Lawrence	U20	W	Keith Daws	Sutton & District	34.86	36.78	
2	24.95	Emily Giardina	U20	W	James Bridge	Thanet AC	25.29	26.58	
3	18.37	Natalie Mann	SEN	W	Cambridge H	20.08	21.49		
4	11.48	Lucy Morgan-Brown	<b>PB</b> U17	W	Medway Phoenix	14.01	14.83		

#### JT600 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	22.61	Bianca Schuster	V35	W	Thanet AC	23.71	32.36	
2	12.41	Yasmin Henlon	<b>PB</b> SEN	W	Sutton & District/Coventry Uni	12.41	12.41	
3	11.88	Jenny Agyepong	<b>PB</b> V50	W	Cambridge H	11.88	11.88	
4	10.95	Chantal Smith	<b>PB</b> V45	W	Medway Phoenix	10.95	10.95	

#### JT600 SW ns

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	12.20	Chloe Williams	U20	W	Kim Weaving	Thanet AC	14.98	18.26	