









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

Tooting Bec  
19 May 19

100 200 400 800 1500 3000 100HW 110H 400H 1500SCW 3000SC 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	11.8	Lewis Parsons	U23 M	James Bridge	Thanet AC	11.7	11.4 
2	11.9	Elliot Holman	SB U23 M	Paul MacGregor	Guildford & Godalming	11.54	11.4 
3	12.6	Markus Simmons	PB U23 M		Swale Combined	12.6	12.6 
100 SM B							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	12.3	Adam Wall	SB SEN M	Darren Hatton	Thanet AC	12.3	11.76 
2	15.4	Richard Scoones	V55 M		Swale Combined	14.73	14.13 
100 SM ns							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	12.3	Joe Lowes	U17 M	James Bridge	Thanet AC	12.07	12.0 
2	12.8	William Jennings	U20 M		Thanet AC	12.5	11.9 
3	12.8	George Knight	PB U17 M		Thanet AC	12.8	12.8 
4	14.5	Ethan Ramsamy	SB U17 M		Thanet AC	14.5	13.7 
5	16.1	Michael Farrell	V55 M		Swale Combined	15.91	15.91 
100 SW A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	13.8	Jessica Booth	U17 W	James Bridge	Thanet AC	13.47	13.47 
2	14.2	Rosie Elspass	SB U17 W		Paddock Wood	13.99	13.99 
3	16.2	Carrie Turpie	PB U17 W		Medway Phoenix	16.2	16.2 
100 SW B							

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	14.2	Charlotte Whiffen	SB U17 W	David Perman	Paddock Wood	14.2	14.1	
2	14.5	Lauren Talbot	U23 W		Guildford & Godalming/Surrey Uni	14.32	14.27	
3	17.6	Lyn Sole	V55 W	James Bridge	Thanet AC/Southern Counties Vets	16.48	16.31	

#### 200 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	23.1	Connor Neal	U20 M	James Bridge	Thanet AC	22.56	22.56	
2	24.0	Elliot Holman	U23 M	Paul MacGregor	Guildford & Godalming	23.74	23.4	
3	25.7	Andrew Scoones	SB SEN M	Richard Scoones	Swale Combined	25.7	24.83	
4	26.6	Samuel Gosling	PB U17 M		Medway Phoenix	26.6	26.6	
5	26.9	Mark Woods	V55 M		Paddock Wood/Southern Counties Vets	26.7	24.3	

#### 200 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	25.0	Lewis Parsons	U23 M	James Bridge	Thanet AC	24.6	23.55	
2	26.9	Luke Francis	PB U17 M		Swale Combined	26.9	26.9	
3	28.9	Trevor Crysell	V50 M		Paddock Wood/Southern Counties Vets	28.6	28.38	

#### 200 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	25.0	Joe Lowes	U17 M	James Bridge	Thanet AC	24.45	24.45	
2	25.9	George Knight	PB U17 M		Thanet AC	25.9	25.9	
3	26.6	Adam Wall	SEN M	Darren Hatton	Thanet AC	25.89	25.18	
4	30.7	Ethan Ramsamy	SB U17 M		Thanet AC	30.7	28.7	

#### 200 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	28.4	Jessica Booth	U17 W	James Bridge	Thanet AC	27.97	27.97	
2	29.4	Lauren Talbot	PB U23 W		Guildford & Godalming/Surrey Uni	29.4	29.4	
3	30.9	Katie Scoones	U23 W	Richard Scoones	Swale Combined	30.34	30.34	
4	33.8	Carrie Turpie	PB U17 W		Medway Phoenix	33.8	33.8	

#### 200 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
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1	31.0	Naomi Townend	U17 W	Guildford & Godalming	29.87	29.87	
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#### 400 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	51.2	Connor Neal	SB U20 M	James Bridge	Thanet AC	50.71	50.71	
2	58.1	Andrew Scoones	SEN M	Richard Scoones	Swale Combined	56.5	53.69	
3	60.1	Matt McDaniel	PB SEN M	Marc Woodall	Guildford & Godalming	60.1	60.1	

#### 400 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	60.7	William Jennings	U20 M		Thanet AC	57.68	57.68	
2	62.7	Markus Simmons	U23 M		Swale Combined	60.5	59.4	
3	66.5	Ben Friend	PB V35 M	Marc Woodall	Guildford & Godalming	66.5	66.5	

#### 400 SM ns

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	63.6	Philip Pryke	PB V45 M	Marc Woodall	Guildford & Godalming	63.6	63.6	

#### 400 SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	68.3	Daisy Bloxham	U17 W		Guildford & Godalming	65.71	65.71	
2	71.5	Katie Scoones	U23 W	Richard Scoones	Swale Combined	70.91	70.91	

#### 400 SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	88.4	Jessica Pelham	PB U20 W	Martin Cassidy	Guildford & Godalming	88.4	88.4	

#### 800 SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2:05.8	Andrew Scoones	SEN M	Richard Scoones	Swale Combined	2:03.00	2:02.8	
2	2:09.9	Matt McDaniel	PB SEN M	Marc Woodall	Guildford & Godalming	2:07.28	2:07.28	

#### 800 SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2:20.4	Philip Pryke	SB V45 M	Marc Woodall	Guildford & Godalming	2:16.40	2:16.40	
2	3:10.2	AN Other	SEN M		Swale			

800 SM ns							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	2:24.3	Ben Friend	PB V35 M	Marc Woodall	Guildford & Godalming	2:24.3	2:24.3
800 SW A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	2:12.3	Susannah Lecoutre	PB U17 W		Guildford & Godalming	2:10.87	2:10.87
800 SW B							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	2:25.2	Rose Williams	U20 W		Guildford & Godalming	2:25.10	2:25.10
1500 SM A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	4:25.5	Harry Young	PB U20 M		Paddock Wood	4:25.5	4:25.5
2	4:33.0	Andrew Scoones	SEN M	Richard Scoones	Swale Combined	4:20.51	4:20.51
3	4:42.3	Dermot O'Brien	PB U17 M		Thanet AC	4:42.3	4:42.3
4	4:47.2	Isaac Thomas	U17 M		Medway Phoenix/Bexley	4:36.2	4:34.8
5	5:05.5	Philip Pryke	V45 M	Marc Woodall	Guildford & Godalming	4:54.79	4:52.2
1500 SM B							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	5:57.5	Steve Wright	V50 M		Paddock Wood	4:55.1	4:55.1
2	6:51.4	Carl Beech	V60 M		Swale Combined	6:44.6	5:43.4
1500 SW A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	4:45.9	Charlotte Griffiths	U20 W		Guildford & Godalming	4:42.54	4:42.54
3000 SM A							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	9:26.5	Matt McDaniel	SEN M	Marc Woodall	Guildford & Godalming	9:09.12	9:09.12
2	10:33.6	Steve Wright	PB V50 M		Paddock Wood	10:33.6	10:33.6
3000 SM B							
Pos	Perf	Name	AG	Coach	Club	SB	PB
1	10:33.8	Ben Friend	PB V35 M	Marc Woodall	Guildford & Godalming	10:33.8	10:33.8

**3000 SM ns**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9:47.3	Raphael Rivero-Stevenet	PB	U17 M	Guildford & Godalming	9:29.72	9:29.72	

**100HW SW A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	26.3	Elizabeth Duffin	SB	V35 W	Paddock Wood	24.7	19.9	

**110H SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	22.2	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	21.8	19.7	

**400H SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	75.8	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	71.73	71.73	

**400H SM ns**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	58.56	Simon Fennell	V50 M		Liv			

**1500SCW SW A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	5:16.7	Olivia McDonald	U20 W	Sue Goode	Guildford & Godalming/Worthing	5:08.19	5:08.19	

**3000SC SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	10:44.1	Sam Begg	PB	SEN M	Guildford & Godalming/Tunbridge Wells	10:44.1	10:44.1	
2	13:03.1	Steve Wright	SB	V50 M	Paddock Wood	13:03.1	10:06.9	

**3000SC SM B**

Pos	Perf	Name	AG	Coach	Club	SB	PB		
1	12:40.6	Shaun Cregeen	PB	SEN M	John Whitlow	Manx/Guildford & Godalming	12:40.6	12:40.6	

**4x100 SM**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	47.4	Thanet AC SM Team	SB SEN M		Thanet AC	46.37	46.0	
2	52.7	Swale Senior Team	SEN M		Swale Combined	48.1	47.7	
<b>4x100 SW</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	63.0	Thanet	SEN W		Thanet			
<b>4x400 SX A</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4:24.3	Guildford & Godalming Mixed Senior Team	SEN M		Guildford & Godalming	4:06.7	4:06.7	
<b>HJ SM A</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.73	Shaun Cregeen	SB SEN M	John Whitlow	Manx/Guildford & Godalming	1.73	1.90	
2	1.53	Lewis Parsons	SB U23 M	James Bridge	Thanet AC	1.68	1.68	
3	1.43	Richard Silvester	PB V35 M		Swale Combined	1.43	1.43	
<b>HJ SM B</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.33	Richard Scoones	SB V55 M		Swale Combined	1.33	1.36	
2	1.28	Joe Lowes	PB U17 M	James Bridge	Thanet AC	1.28	1.28	
<b>HJ SW A</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.45	Daisy Bloxham	PB U17 W		Guildford & Godalming	1.47	1.47	
2	1.35	Rosie Elspass	SB U17 W		Paddock Wood	1.38	1.40	
3	1.25	AN Other	SEN W		Thanet			
<b>HJ SW B</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	1.20	Christine Sciberras	PB V40 W		Guildford & Godalming/Southern Counties Vets/Malta	1.20	1.20	
<b>PV SM A</b>								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.40	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	2.60	2.60	

PV SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	3.00	Jessica Hall	SB U20 W	Nick Phipps	Guildford & Godalming	3.20	3.30	
2	1.50	Elizabeth Duffin	PB V35 W		Paddock Wood	1.60	1.60	
PV SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	2.50	Naomi Townend	SB U17 W		Guildford & Godalming	2.80	2.80	
LJ SM A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.79	Richard Silvester	V35 M		Swale Combined	4.96	4.96	
2	4.64	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	4.87	5.34	
3	4.47	Trevor Crysell	V50 M		Paddock Wood/Southern Counties Vets	4.71	4.71	
LJ SM B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.56	Luke Francis	PB U17 M		Swale Combined	4.56	4.56	
2	3.28	Tony Mitchell	V60 M		Guildford & Godalming	4.36	5.40	
3	1.79	David Perman	SB V65 M		Paddock Wood	1.79	2.09	
LJ SW A								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.97	Daisy Little	U17 W		Guildford & Godalming	5.07	5.07	
2	4.40	Rosie Elspass	SB U17 W		Paddock Wood	4.45	4.64	
3	3.27	Lyn Sole	V55 W	James Bridge	Thanet AC/Southern Counties Vets	3.80	3.80	
4	3.20	Carrie Turpie	PB U17 W		Medway Phoenix	3.20	3.20	
5	2.48	Katie Scoones	U23 W	Richard Scoones	Swale Combined	2.61	2.61	
LJ SW B								
Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	4.59	Louise Wood	V50 W	David Johnson	Guildford & Godalming/Southern Counties Vets	4.76	4.76	
2	3.11	Elizabeth Duffin	SB V35 W		Paddock Wood	3.32	3.77	
TJ SM A								

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	12.66	Toby Dronfield	U17 M	John Shepherd	Guildford & Godalming	13.71	13.71	
2	10.85	Markus Simmons	<b>PB</b> U23 M		Swale Combined	10.85	10.85	
3	9.21	Trevor Crysell	V50 M		Paddock Wood/Southern Counties Vets	9.58	9.85	

#### TJ SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9.67	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	10.42	11.33	
2	9.52	Luke Francis	U17 M		Swale Combined	9.67	9.67	

#### TJ SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	9.63	Louise Wood	V50 W	David Johnson	Guildford & Godalming/Southern Counties Vets	9.93	9.93	
2	5.37	Elizabeth Duffin	V35 W		Paddock Wood	7.17	7.58	

#### TJ SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	8.64	Christine Sciberras	V40 W		Guildford & Godalming/Southern Counties Vets/Malta	9.48	9.48	

#### SP7.26K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	8.01	Shaun Cregeen	<b>PB</b> SEN M	John Whitlow	Manx/Guildford & Godalming	8.01	8.01	
2	7.86	Steven Ramsamy	<b>PB</b> V40 M		Thanet AC	7.86	7.86	
3	7.83	Michael Farrell	V55 M		Swale Combined	8.13	8.20	
4	7.62	Mark Woods	V55 M		Paddock Wood/Southern Counties Vets	7.89	8.83	

#### SP7.26K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	7.89	Tony Mitchell	<b>SB</b> V60 M		Guildford & Godalming	7.89	8.83	
2	7.13	Richard Scoones	<b>SB</b> V55 M		Swale Combined	7.13	8.17	
3	6.26	Kieran Day	<b>PB</b> U17 M		Thanet AC	6.26	6.26	
4	4.39	David Perman	<b>SB</b> V65 M		Paddock Wood	4.39	4.89	

#### SP4K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
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1	7.55	Lexie Hammon	<b>PB</b> U20 W Richard Scoones	Swale Combined	7.55	7.55	
2	7.42	Chloe Williams	U23 W Kim Weaving	Thanet AC	7.70	7.95	
3	6.86	Sophia C Head	<b>SB</b> V35 W	Guildford & Godalming	6.86	7.30	
4	5.85	Charlotte Whiffen	<b>PB</b> U17 W David Perman	Paddock Wood	6.82	6.82	

#### SP4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	6.26	Sophia Richardson	U17 W		Thanet AC	6.55	6.55	
2	5.72	Nicola Whiffen	V50 W	David Perman	Paddock Wood	6.06	6.10	
3	5.62	Jessica Pelham	<b>SB</b> U20 W	Martin Cassidy	Guildford & Godalming	5.90	6.62	
4	4.88	Christine Lynch	V60 W	Richard Scoones	Swale Combined	4.92	5.37	

#### DT2K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	24.56	Richard Silvester	V35 M		Swale Combined	26.14	26.14	
2	21.21	Adrian Ramsamy	<b>SB</b> V35 M		Thanet AC	21.21	23.03	
3	19.83	Tony Mitchell	V60 M		Guildford & Godalming	21.70	22.26	
4	19.82	Mark Woods	V55 M		Paddock Wood/Southern Counties Vets	21.46	25.08	

#### DT2K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	21.38	Richard Scoones	<b>SB</b> V55 M		Swale Combined	21.38	28.08	
2	19.62	Steven Ramsamy	<b>PB</b> V40 M		Thanet AC	19.62	19.62	
3	17.12	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	19.25	21.49	
4	9.89	David Perman	V65 M		Paddock Wood	10.44	11.45	

#### DT1K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	24.33	Lexie Hammon	<b>PB</b> U20 W	Richard Scoones	Swale Combined	24.33	24.33	
2	22.66	Sophia Richardson	<b>PB</b> U17 W		Thanet AC	22.98	22.98	
3	15.99	Sophia C Head	<b>SB</b> V35 W		Guildford & Godalming	15.99	20.10	
4	15.52	Nicola Whiffen	V50 W	David Perman	Paddock Wood	17.37	17.37	

#### DT1K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	17.10	Lyn Sole	PB V55	W James Bridge	Thanet AC/Southern Counties Vets	22.66	22.66	
2	14.12	Elizabeth Duffin	V35	W	Paddock Wood	15.33	20.46	
3	12.73	Christine Lynch	V60	W Richard Scoones	Swale Combined	13.70	15.58	
4	11.80	Lauren Talbot	PB U23	W	Guildford & Godalming/Surrey Uni	11.80	11.80	

#### HT7.26K SM A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	35.22	Anton Joseph	U17	M	Guildford & Godalming	36.67	36.67	
2	27.02	Michael Farrell	V55	M	Swale Combined	29.41	29.41	
3	20.13	Mark Woods	SB V55	M	Paddock Wood/Southern Counties Vets	20.13	21.37	
4	16.22	Steven Ramsamy	SB V40	M	Thanet AC	18.64	18.64	

#### HT7.26K SM B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	18.15	Tony Mitchell	V60	M	Guildford & Godalming	18.52	19.00	
2	17.23	Richard Scoones	V55	M	Swale Combined	23.01	27.02	
3	16.03	Stephen Denny	SB V50	M	Thanet AC	16.03	16.99	
4	13.41	David Perman	SB V65	M	Paddock Wood	13.41	14.62	

#### HT4K SW A

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	34.35	Jessica Pelham	U20	W Martin Cassidy	Guildford & Godalming	38.01	41.02	
2	29.87	Charlotte Whiffen	U17	W David Perman	Paddock Wood	32.33	32.33	
3	28.27	Lexie Hammon	SB U20	W Richard Scoones	Swale Combined	28.99	29.35	
4	26.40	Chloe Williams	SB U23	W Kim Weaving	Thanet AC	26.40	28.47	

#### HT4K SW B

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	20.97	Nicola Whiffen	V50	W David Perman	Paddock Wood	21.17	21.17	
2	16.13	Sophia C Head	V35	W	Guildford & Godalming	18.03	20.04	
3	15.59	Sophia Richardson	U17	W	Thanet AC	19.22	19.22	
4	13.13	Christine Lynch	V60	W Richard Scoones	Swale Combined	15.04	15.88	

**JT800 SM A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	35.56	Shaun Cregeen	SEN M	John Whitlow	Manx/Guildford & Godalming	39.43	44.32	
2	26.34	Steven Ramsamy	SB V40 M		Thanet AC	26.84	29.64	
3	25.65	Michael Farrell	V55 M		Swale Combined	27.79	27.79	
4	23.01	Trevor Crysell	V50 M		Paddock Wood/Southern Counties Vets	24.60	24.60	

**JT800 SM B**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	27.23	Tony Mitchell	V60 M		Guildford & Godalming	30.96	30.96	
2	20.56	Kieran Day	PB U17 M		Thanet AC	20.56	20.56	
3	19.89	Richard Silvester	V35 M		Swale Combined	24.71	24.71	
4	14.46	Steve Wright	PB V50 M		Paddock Wood	15.35	15.35	

**JT600 SW A**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	22.45	Megan Williams	PB U20 W		Thanet AC	22.45	22.45	
2	21.89	Elizabeth Duffin	SB V35 W		Paddock Wood	22.78	30.25	
3	17.13	Jessica Pelham	SB U20 W	Martin Cassidy	Guildford & Godalming	17.13	18.44	
4	13.95	Christine Lynch	V60 W	Richard Scoones	Swale Combined	16.12	16.12	

**JT600 SW B**

Pos	Perf	Name	AG	Coach	Club	SB	PB	
1	12.70	Nicola Whiffen	SB V50 W	David Perman	Paddock Wood	15.58	15.58	
2	12.16	Lexie Hammon	U20 W	Richard Scoones	Swale Combined	14.93	14.93	
3	11.85	Chloe Williams	U23 W	Kim Weaving	Thanet AC	13.33	18.26	
4	8.99	Sophia C Head	V35 W		Guildford & Godalming	13.02	13.56	