

Southern Athletics League: Division 1 - Round 1 - Eton - 18 May 2024

	Team	Score	
1	Windsor, Slough, Eton & Hounslow	355	W M
2	Thames Valley Harriers	311.5	V Z
3	Harrow AC	257.5	H V
4	Wycombe & Chiltern	248	Z K
5	Bracknell	227	K H
6	Medway & Maidstone	186	M W
7			
8			

100	Men's A 100m		Wind=	-1.0		
V	1	Reece EARLE	U23	Thames Valley Harriers	11.00	6
Z	2	Kieran SHAH	SM	Wycombe & Chiltern	11.23	5
H	3	Zayn AZABDAFTERY	U17	Harrow AC	11.26	4
K	4	Jake HATFIELD	SM	Bracknell	11.31	3
M	5	Nathan ISAAC	SM	Medway & Maidstone	11.35	2
W	6	Leon FRANCIS	U17	Windsor, Slough, Eton & Hounslow	11.39	1
	7					
	8					

100	Men's B 100m		Wind=	-0.9		
MM	1	Andre WRIGHT	SM	Medway & Maidstone	11.14	6
WW	2	Archie KIRBY	U23	Windsor, Slough, Eton & Hounslow	11.14	5
HH	3	Airell ADAMS	U20	Harrow AC	11.35	4
KK	4	Jabari RICHARDS	U20	Bracknell	11.59	3
ZZ	5	Harrison SEARS	U17	Wycombe & Chiltern	11.73	2
VV	6	Jonathan WICKHAM	SM	Thames Valley Harriers	12.09	1
	7					
	8					

200	Men's A 200m		Wind=	-2.3		
V	1	Reece EARLE	U23	Thames Valley Harriers	22.07	6
W	2	Luca SZALAI	U17	Windsor, Slough, Eton & Hounslow	22.97	5
M	3	Nathan ISAAC	SM	Medway & Maidstone	23.14	4
Z	4	Kieran SHAH	SM	Wycombe & Chiltern	23.34	3
K	5	Liam GOULD	U17	Bracknell	23.61	2
	6					1
	7					
	8					

200	Men's B 200m		Wind=	-1.0		
MM	1	Andre WRIGHT	SM	Medway & Maidstone	22.47	6
HH	2	Zayn AZABDAFTERY	U17	Harrow AC	22.90	5
VV	3	Daniel LAVIN	SM	Thames Valley Harriers	23.01	4
WW	4	Josh GONSALVES	U23	Windsor, Slough, Eton & Hounslow	23.17	3
KK	5	Aydin BAILEY	U17	Bracknell	23.55	2
ZZ	6	Harrison SEARS	U17	Wycombe & Chiltern	23.55	1
	7					
	8					

400	Men's A 400m					
M	1	Aidan KARAMIRA	U23	Medway & Maidstone	49.99	6
H	2	Max SCHOPP	M120	Harrow AC	50.37	5
W	3	Nunu NJOROGÉ	U23	Windsor, Slough, Eton & Hounslow	50.84	4
K	4	Liam GOULD	U17	Bracknell	51.10	3
V	5	William PALMER	U23	Thames Valley Harriers	51.27	2
Z	6	Tom JORDAN	U17	Wycombe & Chiltern	53.85	1
	7					
	8					

400	Men's B 400m					
WW	1	Kevone GALLIMORE	U20	Windsor, Slough, Eton & Hounslow	50.60	6
HH	2	Neil HOLLOWAY	SM	Harrow AC	52.38	5
KK	3	Marty POINTON	U17	Bracknell	52.81	4
ZZ	4	Isaac JESSOP-TRANter	U20	Wycombe & Chiltern	52.95	3
VV	5	Morris ROCK	U20	Thames Valley Harriers	54.44	2
MM	6	Harry WICKERS	U17	Medway & Maidstone	54.84	1
	7					
	8					

800

Men's A 800m

Z	1	Euan PINDER	U20	Wycombe & Chiltern	1:57.26	6
H	2	Jaran SINGH	U23	Harrow AC	1:57.99	5
K	3	Kristian WILLIAMS	U17	Bracknell	2:00.21	4
W	4	Jordi EVANS-RODRIGUEZ	U23	Windsor, Slough, Eton & Hounslow	2:00.37	3
V	5	William PALMER	U23	Thames Valley Harriers	2:02.62	2
M	6	Sean BARWICK	U23	Medway & Maidstone	2:03.32	1
	7					
	8					

800

Men's B 800m

ZZ	1	Isaac JESSOP-TRANter	U20	Wycombe & Chiltern	1:58.93	6
WW	2	Derece GREEN	SM	Windsor, Slough, Eton & Hounslow	1:59.12	5
VV	3	Conall GREEN	SM	Thames Valley Harriers	2:03.60	4
HH	4	Joshua PONCIA	U23	Harrow AC	2:06.86	3
MM	5	Tom COLLINS	SM	Medway & Maidstone	2:19.62	2
KK	6	Harry ANAMOAH	U17	Bracknell	2:25.82	1
	7					
	8					

1500

Men's A 1500m

H	1	Christopher HUDSON	U23	Harrow AC	4:04.31	6
Z	2	Archie PINDER	U20	Wycombe & Chiltern	4:06.57	5
WW	3	Sarim TOQEER	U17	Windsor, Slough, Eton & Hounslow	4:06.79	4
M	4	Sean BARWICK	U23	Medway & Maidstone	4:17.84	3
V	5	Jake HOOLEY	SM	Thames Valley Harriers	4:20.57	2
K	6	William HUMM	U17	Bracknell	4:21.56	1
	7					
	8					

1500

Men's B 1500m

ZZ	1	Simon BOSSI	SM	Wycombe & Chiltern	4:08.81	6
KK	2	Elliot HILY	U17	Bracknell	4:21.71	5
W	3	Callum WELCH	U20	Windsor, Slough, Eton & Hounslow	4:22.90	4
MM	4	Alexander DONNELLY	SM	Medway & Maidstone	4:29.98	3
VV	5	Robert DATNOW	M50	Thames Valley Harriers	4:30.61	2
HH	6	Nick ANDREWS	M50	Harrow AC	5:14.17	1
	7					
	8					

3000

Men's A 5000m

Z	1	David CLARK	SM	Wycombe & Chiltern	15:30.65	6
K	2	Max STEVENS	U23	Bracknell	15:45.10	5
MM	3	Alexander DONNELLY	SM	Medway & Maidstone	15:58.83	4
V	4	Jake HOOLEY	SM	Thames Valley Harriers	15:58.88	3
H	5	Michael O'SULLIVAN	SM	Harrow AC	16:12.87	2
W	6	Tom BAINS	SM	Windsor, Slough, Eton & Hounslow	16:22.85	1
	7					
	8					

3000

Men's B 5000m

ZZ	1	Oliver JACKSON	SM	Wycombe & Chiltern	15:40.90	6
M	2	Jack BRADLEY	SM	Medway & Maidstone	16:02.59	5
VV	3	Christopher jack TURNER	SM	Thames Valley Harriers	16:34.27	4
KK	4	Nathan MCWILLIAM	U20	Bracknell	17:37.96	3
	5					2
	6					1
	7					
	8					

110H

Men's A 110mH

Wind= -0.9

M	1	Lewis CHURCH	SM	Medway & Maidstone	15.19	6
Z	2	Ryan WELLS	U20	Wycombe & Chiltern	15.60	5
W	3	Michael LOUISE	M40	Windsor, Slough, Eton & Hounslow	16.26	4
H	4	Dajon WRIGHT	SM	Harrow AC	16.60	3
K	5	Nathan STANDING	SM	Bracknell	22.88	2
V	6	Manuel DA SILVA	M40	Thames Valley Harriers	24.99	1
	7					
	8					

110H

Men's B 110mH

Wind= -0.8

WW	1	Peter MORENO	SM	Windsor, Slough, Eton & Hounslow	15.99	6
HH	2	Tom NICHOLS	M120	Harrow AC	16.22	5
KK	3	Christian CAIRNS THOMAS	U23	Bracknell	19.76	4
VV	4	Rory FERGUSON	M45	Thames Valley Harriers	29.13	3
ZZ	5	Ed MORRIS	M40	Wycombe & Chiltern	30.82	2
	6					1
	7					
	8					

400H

Men's A 400mH

V	1	Andrew Dami AJUBE	SM	Thames Valley Harriers	54.92	6
M	2	George BLAKE	SM	Medway & Maidstone	56.97	5
K	3	Christian CAIRNS THOMAS	U23	Bracknell	57.78	4
Z	4	Ed MORRIS	M40	Wycombe & Chiltern	93.19	3
	5					2
	6					1
	7					
	8					

400H

Men's B 400mH

WW	1	Benjamin DEWAR	U20	Windsor, Slough, Eton & Hounslow	59.67	6
KK	2	Nathan STANDING	SM	Bracknell	68.22	5
MM	3	Tom COLLINS	SM	Medway & Maidstone	69.88	4
VV	4	Manuel DA SILVA	M40	Thames Valley Harriers	74.17	3
	5					2
	6					1
	7					
	8					

3000SC

Men's A 3000m Steeplechase

Z	1	Myles CADDELL	U23	Wycombe & Chiltern	10:26.43	6
M	2	Tom COLLINS	SM	Medway & Maidstone	10:43.85	5
VV	3	Morris ROCK	U20	Thames Valley Harriers	11:09.40	4
W	4	Benjamin DEWAR	U20	Windsor, Slough, Eton & Hounslow	11:17.92	3
	5					2
	6					1
	7					
	8					

3000SC

Men's B 3000m Steeplechase

V	1	Manuel DA SILVA	M40	Thames Valley Harriers	12:06.13	6
	2					5
	3					4
	4					3
	5					2
	6					1
	7					
	8					

HJ

Men's A High Jump

HH	1	Tom NICHOLS	M120	Harrow AC	1.90	6
W	2	Lionel OWONA	U23	Windsor, Slough, Eton & Hounslow	1.90	5
MM	3	Harry WICKERS	U17	Medway & Maidstone	1.75	4
K	4	Nathan STANDING	SM	Bracknell	1.70	3
ZZ	5	Ryan WELLS	U20	Wycombe & Chiltern	1.70	2
VV	6	Manuel DA SILVA	M40	Thames Valley Harriers	1.45	1
	7					
	8					

HJ

Men's B High Jump

H	1	Tayo ANDREWS	SM	Harrow AC	1.90	6
WW	2	Connor FITZGIBBON	U17	Windsor, Slough, Eton & Hounslow	1.75	5
M	3	Harry BLAKE	U23	Medway & Maidstone	1.50	4
V	4	Stanislav VILGA	M40	Thames Valley Harriers	1.45	3
KK	5	Sam RUSSELL	SM	Bracknell	1.40	2
Z	6	Ed MORRIS	M40	Wycombe & Chiltern	1.35	1
	7					
	8					

PV

Men's A Pole Vault

W	1	Abraham MELBOURNE	SM	Windsor, Slough, Eton & Hounslow	3.60	6
V	2	Stanislav VILGA	M40	Thames Valley Harriers	3.40	4.5
ZZ	3	Ian PARKINSON	M45	Wycombe & Chiltern	3.40	4.5
H	4	Nick ANDREWS	M50	Harrow AC	2.60	3
MM	5	Harry BLAKE	U23	Medway & Maidstone	2.60	2
K	6	Nathan STANDING	SM	Bracknell	2.60	1
	7					
	8					

PV

Men's B Pole Vault

Z	1	Issa PHILLIPS-POPE	U17	Wycombe & Chiltern	3.20	6
HH	2	Tom NICHOLS	M120	Harrow AC	2.60	5
VV	3	Rory FERGUSON	M45	Thames Valley Harriers	2.40	4
KK	4	Sam RUSSELL	SM	Bracknell	2.20	3
	5					2
	6					1
	7					
	8					

LJ		Men's A Long Jump				Wind	
H	1	Daniel EMEGBOR	U17	Harrow AC	6.89	6	
W	2	James TAYLOR	U23	Windsor, Slough, Eton & Hounslow	6.83	5	
K	3	Robbie WILDE	SM	Bracknell	6.28	4	
MM	4	Harry WICKERS	U17	Medway & Maidstone	6.17	3	
Z	5	Ryan WELLS	U20	Wycombe & Chiltern	6.16	2	
V	6	Ezekiel MILLS-RYAN	U20	Thames Valley Harriers	5.10	1	
	7						
	8						
LJ		Men's B Long Jump				Wind	
KK	1	Oliver HALL	U17	Bracknell	6.02	6	
HH	2	Richard CARR	M40	Harrow AC	5.99	5	
WW	3	David DAGOGO-JACK	U23	Windsor, Slough, Eton & Hounslow	5.66	4	
M	4	Kieran ISAAC	U23	Medway & Maidstone	5.45	3	
VV	5	Jonathan WICKHAM	SM	Thames Valley Harriers	5.01	2	
ZZ	6	Ed MORRIS	M40	Wycombe & Chiltern	4.35	1	
	7						
	8						
TJ		Men's A Triple Jump				Wind	
H	1	Chuko CRIBB	SM	Harrow AC	14.99	6	
Z	2	Ryan WELLS	U20	Wycombe & Chiltern	12.87	5	
W	3	James HAYDOCK-WILSON	U20	Windsor, Slough, Eton & Hounslow	11.68	4	
K	4	Euan LAU	U17	Bracknell	11.67	3	
V	5	Ezekiel MILLS-RYAN	U20	Thames Valley Harriers	10.41	2	
MM	6	Harry BLAKE	U23	Medway & Maidstone	10.22	1	
	7						
	8						
TJ		Men's B Triple Jump				Wind	
WW	1	Aaron SHIEL	U17	Windsor, Slough, Eton & Hounslow	10.60	6	
KK	2	Nathan STANDING	SM	Bracknell	8.84	5	
ZZ	3	Ed MORRIS	M40	Wycombe & Chiltern	8.38	4	
VV	4	Tajaih KIDD	U20	Thames Valley Harriers	8.27	3	
	5					2	
	6					1	
	7						
	8						
SP		Men's A Shot Putt					
H	1	Angus LOCKHART	M120	Harrow AC	15.50	6	
W	2	Marcis LAZDINS	U20	Windsor, Slough, Eton & Hounslow	11.49	5	
MM	3	Harry BLAKE	U23	Medway & Maidstone	10.05	4	
K	4	Nathan STANDING	SM	Bracknell	9.68	3	
Z	5	Ed MORRIS	M40	Wycombe & Chiltern	8.25	2	
V	6	Greg BENNETT	M50	Thames Valley Harriers	7.99	1	
	7						
	8						
SP		Men's B Shot Putt					
HH	1	Khuwayne LINTON	SM	Harrow AC	11.90	6	
KK	2	Sam RUSSELL	SM	Bracknell	8.85	5	
ZZ	3	Oliver DORRELL	SM	Wycombe & Chiltern	8.23	4	
VV	4	William PALMER	U23	Thames Valley Harriers	5.99	3	
WW	5	Sebastian PARKER-GREEN	U17	Windsor, Slough, Eton & Hounslow	5.94	2	
	6					1	
	7						
	8						
DT		Men's A Discus					
M	1	Lewis CHURCH	SM	Medway & Maidstone	42.26	6	
W	2	Marcis LAZDINS	U20	Windsor, Slough, Eton & Hounslow	34.59	5	
V	3	Greg BENNETT	M50	Thames Valley Harriers	25.76	4	
KK	4	Jacek DRZEWIECKI	M65	Bracknell	25.06	3	
Z	5	Ed MORRIS	M40	Wycombe & Chiltern	24.47	2	
HH	6	Harvey GRIFFITHS	M55	Harrow AC	21.49	1	
	7						
	8						
DT		Men's B Discus					
MM	1	Harry BLAKE	U23	Medway & Maidstone	31.81	6	
K	2	Sam RUSSELL	SM	Bracknell	24.77	5	
WW	3	Jake HIRST	U17	Windsor, Slough, Eton & Hounslow	23.82	4	
H	4	Robert ALLEN	M60	Harrow AC	20.30	3	
VV	5	Stanislav VILGA	M40	Thames Valley Harriers	18.94	2	
ZZ	6	Oliver DORRELL	SM	Wycombe & Chiltern	18.69	1	
	7						
	8						

HT		Men's A Hammer				
W	1	Marcis LAZDINS	U20	Windsor, Slough, Eton & Hounslow	28.57	6
H	2	Robert ALLEN	M60	Harrow AC	27.55	5
K	3	Ashley SPENCER	M50	Bracknell	24.27	4
ZZ	4	Oliver DORRELL	SM	Wycombe & Chiltern	23.95	3
V	5	Greg BENNETT	M50	Thames Valley Harriers	19.77	2
MM	6	Stuart EARL	M55	Medway & Maidstone	16.42	1
	7					
	8					
HT		Men's B Hammer				
KK	1	Jacek DRZEWIECKI	M65	Bracknell	23.59	6
Z	2	Ed MORRIS	M40	Wycombe & Chiltern	15.30	5
HH	3	Harvey GRIFFITHS	M55	Harrow AC	15.29	4
WW	4	Sebastian PARKER-GREEN	U17	Windsor, Slough, Eton & Hounslow	13.54	3
VV	5	Manuel DA SILVA	M40	Thames Valley Harriers	13.36	2
	6					1
	7					
	8					
JT		Men's A Javelin				
V	1	Gavin JOHNSON ASSOON	M40	Thames Valley Harriers	61.58	6
H	2	Conor MARTIN	SM	Harrow AC	57.84	5
M	3	Lewis CHURCH	SM	Medway & Maidstone	48.64	4
W	4	Connor FITZGIBBON	U17	Windsor, Slough, Eton & Hounslow	40.39	3
Z	5	Oliver DORRELL	SM	Wycombe & Chiltern	36.46	2
K	6	Sam RUSSELL	SM	Bracknell	32.55	1
	7					
	8					
JT		Men's B Javelin				
HH	1	David SKETCHLEY	M45	Harrow AC	51.94	6
VV	2	Christopher BROWN	SM	Thames Valley Harriers	48.36	5
ZZ	3	Ed MORRIS	M40	Wycombe & Chiltern	31.72	4
WW	4	Jake HIRST	U17	Windsor, Slough, Eton & Hounslow	29.94	3
KK	5	Nathan STANDING	SM	Bracknell	26.37	2
MM	6	Harry BLAKE	U23	Medway & Maidstone	22.28	1
	7					
	8					
4x100		Men's 4x100m				
H	1	Harrow AC	SM	Harrow AC	42.90	6
W	2	Windsor, Slough, Eton & Hounslow	SM	Windsor, Slough, Eton & Hounslow	43.53	5
M	3	Medway & Maidstone	SM	Medway & Maidstone	43.92	4
Z	4	Wycombe & Chiltern	SM	Wycombe & Chiltern	43.97	3
K	5	Bracknell	SM	Bracknell	44.83	2
V	6	Thames Valley Harriers	SM	Thames Valley Harriers	45.80	1
	7					
	8					
4x400		Men's 4x400m				
M	1	Medway & Maidstone	SM	Medway & Maidstone	3:24.78	6
W	2	Windsor, Slough, Eton & Hounslow	SM	Windsor, Slough, Eton & Hounslow	3:25.17	5
Z	3	Wycombe & Chiltern	SM	Wycombe & Chiltern	3:27.09	4
V	4	Thames Valley Harriers	SM	Thames Valley Harriers	3:32.04	3
K	5	Bracknell	SM	Bracknell	3:42.55	2
H	6	Harrow AC	SM	Harrow AC	3:48.79	1
	7					
	8					

100		Women's A 100m		Wind=	-1.7		
W	1	Serena GRACE	U23	Windsor, Slough, Eton & Hounslow	12.04	6	
K	2	Imogen WILSON	U20	Bracknell	12.55	5	
H	3	Juanita KYERE-AIDOO	U20	Harrow AC	12.77	4	
V	4	Mia GREY	U23	Thames Valley Harriers	12.98	3	
M	5	Abigail WALTERS	U23	Medway & Maidstone	13.00	2	
Z	6	Mila LUKER	U20	Wycombe & Chiltern	13.36	1	
	7						
	8						
100		Women's B 100m		Wind=	-1.7		
WW	1	Grace SIKORA	U17	Windsor, Slough, Eton & Hounslow	12.38	6	
VV	2	Kyrah MCGUIRE	U20	Thames Valley Harriers	12.80	5	
HH	3	Emma DALTON	U17	Harrow AC	12.82	4	
KK	4	Annabelle VAN HELSDINGEN	U17	Bracknell	13.06	3	
ZZ	5	Eva CARSBURG	U17	Wycombe & Chiltern	14.00	2	
MM	6	Zara EDELEANU	SW	Medway & Maidstone	14.06	1	
	7						
	8						
200		Women's A 200m		Wind=	-2.2		
W	1	Serena GRACE	U23	Windsor, Slough, Eton & Hounslow	24.63	6	
K	2	Imogen WILSON	U20	Bracknell	25.84	5	
V	3	Kyrah MCGUIRE	U20	Thames Valley Harriers	26.22	4	
M	4	Lucy HOPE	SW	Medway & Maidstone	26.32	3	
H	5	Emma DALTON	U17	Harrow AC	26.33	2	
Z	6	Aoife MCAULEY	U20	Wycombe & Chiltern	27.70	1	
	7						
	8						
200		Women's B 200m		Wind=	-0.9		
WW	1	Grace SIKORA	U17	Windsor, Slough, Eton & Hounslow	25.13	6	
MM	2	Abigail WALTERS	U23	Medway & Maidstone	26.29	5	
VV	3	Katie SHERLOCK	U23	Thames Valley Harriers	26.61	4	
HH	4	Juanita KYERE-AIDOO	U20	Harrow AC	26.70	3	
KK	5	Annabelle VAN HELSDINGEN	U17	Bracknell	27.35	2	
ZZ	6	Lisa FITZPATRICK	SW	Wycombe & Chiltern	28.80	1	
	7						
	8						
400		Women's A 400m					
K	1	Amelia WHITELEY	U20	Bracknell	55.98	6	
W	2	Laura BURKE	SW	Windsor, Slough, Eton & Hounslow	57.13	5	
M	3	Lucy HOPE	SW	Medway & Maidstone	57.94	4	
V	4	Katie SHERLOCK	U23	Thames Valley Harriers	58.09	3	
H	5	Cassie SOUTHGATE	U20	Harrow AC	59.22	2	
Z	6	Amy HOGBIN	U20	Wycombe & Chiltern	59.30	1	
	7						
	8						
400		Women's B 400m					
KK	1	Hannah ROBERTS	U23	Bracknell	58.91	6	
WW	2	Sophie DOWLE	SW	Windsor, Slough, Eton & Hounslow	60.07	5	
VV	3	Skye BISHOP	U17	Thames Valley Harriers	60.74	4	
MM	4	Erin HUGHES	U23	Medway & Maidstone	61.76	3	
HH	5	Kayla SAUNDERS	U20	Harrow AC	66.30	2	
	6					1	
	7						
	8						
800		Women's A 800m					
W	1	Sophie DOWLE	SW	Windsor, Slough, Eton & Hounslow	2:18.48	6	
V	2	Skye BISHOP	U17	Thames Valley Harriers	2:19.61	5	
K	3	Emma DAVIES	U17	Bracknell	2:21.08	4	
H	4	Kayla SAUNDERS	U20	Harrow AC	2:24.92	3	
Z	5	Natasha TAYLOR	SW	Wycombe & Chiltern	2:28.19	2	
	6					1	
	7						
	8						
800		Women's B 800m					
WW	1	Ana PASSOS	U17	Windsor, Slough, Eton & Hounslow	2:20.93	6	
KK	2	Caitlin BATTERSBY	U23	Bracknell	2:24.66	5	
VV	3	Tash MUNDELL	SW	Thames Valley Harriers	2:27.67	4	
HH	4	Sofia CESTARO	U17	Harrow AC	2:29.88	3	
ZZ	5	Jess ORR	SW	Wycombe & Chiltern	2:42.09	2	
	6					1	
	7						
	8						

1500

Women's A 1500m

W	1	Stephanie MASSIE	U17	Windsor, Slough, Eton & Hounslow	5:02.80	6
V	2	Tash MUNDELL	SW	Thames Valley Harriers	5:07.18	5
H	3	Claire BENTLEY	SW	Harrow AC	5:21.60	4
Z	4	Ivy UHART	U17	Wycombe & Chiltern	5:34.01	3
	5					2
	6					1
	7					
	8					

1500

Women's B 1500m

WW	1	Jenna BAILEY	U20	Windsor, Slough, Eton & Hounslow	5:07.86	6
HH	2	Issy JONES	SW	Harrow AC	5:28.11	5
VV	3	Anasara RENANDER	U20	Thames Valley Harriers	5:38.93	4
	4					3
	5					2
	6					1
	7					
	8					

3000

Women's A 3000m

V	1	Ella BURFITT	SW	Thames Valley Harriers	10:09.62	6
W	2	Luhane SMITH	U17	Windsor, Slough, Eton & Hounslow	10:16.47	5
HH	3	Amae VAN ZYL	U17	Harrow AC	10:34.06	4
ZZ	4	Katie ROYALS	SW	Wycombe & Chiltern	11:33.10	3
	5					2
	6					1
	7					
	8					

3000

Women's B 3000m

VV	1	Alex MUNDELL	SW	Thames Valley Harriers	10:49.49	6
WW	2	Amber CLARKE	SW	Windsor, Slough, Eton & Hounslow	10:55.36	5
H	3	Claire BENTLEY	SW	Harrow AC	11:07.11	4
Z	4	Samantha USHER	W50	Wycombe & Chiltern	12:07.47	3
	5					2
	6					1
	7					
	8					

100HW

Women's A 100mH

Wind= -1.1

W	1	Lauren WATKINS	U23	Windsor, Slough, Eton & Hounslow	15.69	6
V	2	Pippa ROGAN	SW	Thames Valley Harriers	16.09	5
Z	3	Lisa FITZPATRICK	SW	Wycombe & Chiltern	17.78	4
H	4	Suzanne BENTLEY	SW	Harrow AC	18.10	3
M	5	Nia THOMAS	U20	Medway & Maidstone	19.61	2
	6					1
	7					
	8					

100HW

Women's B 100mH

Wind= -1.1

WW	1	Natalia WLOCZEWSKA	U20	Windsor, Slough, Eton & Hounslow	17.03	6
VV	2	Ceci SHERIDAN	U23	Thames Valley Harriers	20.04	5
	3					4
	4					3
	5					2
	6					1
	7					
	8					

400HW

Women's A 400mH

W	1	Charlotte DEWAR	U23	Windsor, Slough, Eton & Hounslow	63.26	6
H	2	Suzanne BENTLEY	SW	Harrow AC	71.24	5
V	3	Ceci SHERIDAN	U23	Thames Valley Harriers	72.52	4
Z	4	Lisa FITZPATRICK	SW	Wycombe & Chiltern	74.91	3
K	5	Sabeena SOOD	U20	Bracknell	75.60	2
	6					1
	7					
	8					

400HW

Women's B 400mH

WW	1	Natalia WLOCZEWSKA	U20	Windsor, Slough, Eton & Hounslow	67.56	6
VV	2	Tash MUNDELL	SW	Thames Valley Harriers	71.96	5
HH	3	Jennifer KEAL	SW	Harrow AC	85.33	4
	4					3
	5					2
	6					1
	7					
	8					

2000SCW

Women's A 2000m Steeplechase

W	1	Jacqueline HELLER	U20	Windsor, Slough, Eton & Hounslow	7:01.32	6
Z	2	Francesca BAXTER	U20	Wycombe & Chiltern	7:34.85	5
V	3	Tash MUNDELL	SW	Thames Valley Harriers	8:16.69	4
H	4	Jennifer KEAL	SW	Harrow AC	9:04.05	3
	5					2
	6					1
	7					
	8					

2000SCW

Women's B 2000m Steeplechase

WW	1	Nathalie THOMPSON	SW	Windsor, Slough, Eton & Hounslow	7:48.00	6
ZZ	2	Natasha TAYLOR	SW	Wycombe & Chiltern	8:34.48	5
VV	3	.	SW	Thames Valley Harriers	8:38.89	4
	4					3
	5					2
	6					1
	7					
	8					

HJ Women's A High Jump

V	1	Pippa ROGAN	SW	Thames Valley Harriers	1.75	6
W	2	Madisyn WOODLEY	U20	Windsor, Slough, Eton & Hounslow	1.60	5
H	3	Suzanne BENTLEY	SW	Harrow AC	1.40	3.5
Z	4	Aoife MCAULEY	U20	Wycombe & Chiltern	1.40	3.5
K	5	Porsha MARTIN	U20	Bracknell	1.30	2
	6					1
	7					
	8					

HJ Women's B High Jump

WW	1	Katie LOSEL	U20	Windsor, Slough, Eton & Hounslow	1.55	6
ZZ	2	Sarah CROSS	SW	Wycombe & Chiltern	1.40	5
VV	3	Zoe RENOUX	SW	Thames Valley Harriers	1.20	4
KK	4	Hattie RASTLE-CONNOLLY	U20	Bracknell	1.15	3
	5					2
	6					1
	7					
	8					

PV Women's A Pole Vault

W	1	Jessica ROBINSON	SW	Windsor, Slough, Eton & Hounslow	3.90	6
V	2	Georgina WARD	SW	Thames Valley Harriers	3.10	5
Z	3	Caroline PARKINSON	W40	Wycombe & Chiltern	3.00	4
	4					3
	5					2
	6					1
	7					
	8					

PV Women's B Pole Vault

WW	1	Erin REES	U20	Windsor, Slough, Eton & Hounslow	3.20	6
VV	2	Sarah STEPHEN	SW	Thames Valley Harriers	2.80	5
	3					4
	4					3
	5					2
	6					1
	7					
	8					

LJ Women's A Long Jump

N/A Wind

W	1	Ava JOHN	U20	Windsor, Slough, Eton & Hounslow	5.62	6
V	2	Pippa ROGAN	SW	Thames Valley Harriers	5.41	5
Z	3	Mila LUKER	U20	Wycombe & Chiltern	4.98	4
H	4	Esme O'CONNELL	U23	Harrow AC	4.45	3
M	5	Zara EDELEANU	SW	Medway & Maidstone	4.37	2
KK	6	Porsha MARTIN	U20	Bracknell	4.35	1
	7					
	8					

LJ Women's B Long Jump

N/A Wind

WW	1	Katy BEADLE	U23	Windsor, Slough, Eton & Hounslow	5.44	6
VV	2	Daisy JOWERS	SW	Thames Valley Harriers	5.09	5
ZZ	3	Aoife MCAULEY	U20	Wycombe & Chiltern	4.96	4
MM	4	Nia THOMAS	U20	Medway & Maidstone	4.16	3
K	5	Leo SWINDELLS	U20	Bracknell	3.95	2
	6					1
	7					
	8					

TJ		Women's A Triple Jump				Wind	
W	1	Belinda SERGENT	SW	Windsor, Slough, Eton & Hounslow	11.89	6	
VV	2	Daisy JOWERS	SW	Thames Valley Harriers	10.41	5	
Z	3	Lisa FITZPATRICK	SW	Wycombe & Chiltern	9.32	4	
KK	4	Leo SWINDELLS	U20	Bracknell	8.72	3	
M	5	Nia THOMAS	U20	Medway & Maidstone	7.86	2	
	6					1	
	7						
	8						
TJ		Women's B Triple Jump				Wind	
WW	1	Mia WOODLEY	U20	Windsor, Slough, Eton & Hounslow	11.41	6	
V	2	Zoe KOTYRBA	SW	Thames Valley Harriers	9.72	5	
ZZ	3	Caroline PARKINSON	W40	Wycombe & Chiltern	9.30	4	
K	4	Abigail PRICE	U17	Bracknell	8.16	3	
MM	5	Catherine RODWELL	SW	Medway & Maidstone	7.17	2	
	6					1	
	7						
	8						
SPW		Women's A Shot Putt					
H	1	Makayla JOSEPH	U23	Harrow AC	13.16	6	
V	2	Sophie MACE	SW	Thames Valley Harriers	10.94	5	
K	3	Jemima HARGREAVES	U20	Bracknell	9.05	4	
ZZ	4	Chloe ZMUDA	SW	Wycombe & Chiltern	8.92	3	
M	5	.	SW	Medway & Maidstone	8.17	2	
W	6	Charlotte DEWAR	U23	Windsor, Slough, Eton & Hounslow	6.29	1	
	7						
	8						
SPW		Women's B Shot Putt					
HH	1	Emma BEARDMORE	SW	Harrow AC	10.84	6	
VV	2	Laurenza BRITANE	SW	Thames Valley Harriers	9.57	5	
Z	3	Aoife MCAULEY	U20	Wycombe & Chiltern	8.63	4	
MM	4	Nia THOMAS	U20	Medway & Maidstone	7.27	3	
KK	5	Hattie RASTLE-CONNOLLY	U20	Bracknell	7.26	2	
WW	6	Nathalie THOMPSON	SW	Windsor, Slough, Eton & Hounslow	6.20	1	
	7						
	8						
DTW		Women's A Discus					
V	1	Sophie MACE	SW	Thames Valley Harriers	47.23	6	
HH	2	Emma BEARDMORE	SW	Harrow AC	40.31	5	
Z	3	Chloe ZMUDA	SW	Wycombe & Chiltern	34.53	4	
W	4	Rachael DENTON-SNAPE	SW	Windsor, Slough, Eton & Hounslow	30.47	3	
KK	5	Hattie RASTLE-CONNOLLY	U20	Bracknell	26.36	2	
M	6	.	SW	Medway & Maidstone	26.09	1	
	7						
	8						
DTW		Women's B Discus					
VV	1	Laurenza BRITANE	SW	Thames Valley Harriers	33.74	6	
H	2	Makayla JOSEPH	U23	Harrow AC	29.07	5	
ZZ	3	Hannah WELLS	U23	Wycombe & Chiltern	23.56	4	
WW	4	Verity HOWARD	U17	Windsor, Slough, Eton & Hounslow	16.96	3	
MM	5	Catherine RODWELL	SW	Medway & Maidstone	12.76	2	
	6					1	
	7						
	8						
HTW		Women's A Hammer					
V	1	Ava LEIGH	U23	Thames Valley Harriers	52.22	6	
HH	2	Emma BEARDMORE	SW	Harrow AC	47.75	5	
W	3	Rachael DENTON-SNAPE	SW	Windsor, Slough, Eton & Hounslow	37.42	4	
Z	4	Hannah WELLS	U23	Wycombe & Chiltern	33.92	3	
K	5	Sophie GARDNER	U20	Bracknell	32.24	2	
M	6	.	SW	Medway & Maidstone	29.97	1	
	7						
	8						
HTW		Women's B Hammer					
VV	1	Sophie MACE	SW	Thames Valley Harriers	46.42	6	
KK	2	Jemima HARGREAVES	U20	Bracknell	31.98	5	
ZZ	3	Genevieve COLE	U17	Wycombe & Chiltern	31.49	4	
WW	4	Barbara NORRIS	W55	Windsor, Slough, Eton & Hounslow	31.38	3	
H	5	Makayla JOSEPH	U23	Harrow AC	27.93	2	
	6					1	
	7						
	8						

JTW

Women's A Javelin

W	1	Hannah LEWINGTON	U20	Windsor, Slough, Eton & Hounslow	43.07	6
V	2	Laurensa BRITANE	SW	Thames Valley Harriers	39.12	5
K	3	April PALMER	U20	Bracknell	37.12	4
ZZ	4	Melody BALL	U17	Wycombe & Chiltern	30.42	3
M	5		SW	Medway & Maidstone	22.72	2
H	6	Suzanne BENTLEY	SW	Harrow AC	22.20	1
	7					
	8					

JTW

Women's B Javelin

KK	1	Leo SWINDELLS	U20	Bracknell	25.31	6
WW	2	Daisy HARRIS-BOSANCIC	U23	Windsor, Slough, Eton & Hounslow	24.86	5
Z	3	Amy WOOLLAND	U17	Wycombe & Chiltern	24.24	4
VV	4	Sophie MACE	SW	Thames Valley Harriers	23.14	3
HH	5	Emma BEARDMORE	SW	Harrow AC	20.56	2
MM	6	Catherine RODWELL	SW	Medway & Maidstone	17.90	1
	7					
	8					

4x100

Women's 4x100m

W	1	Windsor, Slough, Eton & Hounslow	SW	Windsor, Slough, Eton & Hounslow	47.51	6
V	2	Thames Valley Harriers	SW	Thames Valley Harriers	48.87	5
K	3	Bracknell	SW	Bracknell	49.01	4
H	4	Harrow AC	SW	Harrow AC	49.68	3
M	5	Medway & Maidstone	SW	Medway & Maidstone	51.61	2
Z	6	Wycombe & Chiltern	SW	Wycombe & Chiltern	52.18	1
	7					
	8					

4x400

Women's 4x400m

W	1	Windsor, Slough, Eton & Hounslow	SW	Windsor, Slough, Eton & Hounslow	3:56.90	6
K	2	Bracknell	SW	Bracknell	4:08.29	5
V	3	Thames Valley Harriers	SW	Thames Valley Harriers	4:10.69	4
H	4	Harrow AC	SW	Harrow AC	4:20.68	3
Z	5	Wycombe & Chiltern	SW	Wycombe & Chiltern	4:39.96	2
M	6	Medway & Maidstone	SW	Medway & Maidstone	4:41.87	1
	7					
	8					

Man of the Match Awards**Men**

Triple Jum	1	Chuko CRIBB	SM	Harrow AC	14.99	941
Shot	1	Angus LOCKHART	M120	Harrow AC	15.50	916
Javelin	1	Gavin JOHNSON ASSOON	M40	Thames Valley Harriers	61.58	875
400mH	1	Andrew Dami AJUBE	SM	Thames Valley Harriers	54.92	847
110mH	1	Lewis CHURCH	SM	Medway & Maidstone	15.19	834
Javelin	2	Conor MARTIN	SM	Harrow AC	57.84	830

Women

15/2000m	1	Jacqueline HELLER	U20	Windsor, Slough, Eton & Hounslow	7:01.32	912
High Jump	1	Pippa ROGAN	SW	Thames Valley Harriers	1.75	906
Pole Vault	1	Jessica ROBINSON	SW	Windsor, Slough, Eton & Hounslow	3.90	902
Discus	1	Sophie MACE	SW	Thames Valley Harriers	47.23	898
Shot	1	Makayla JOSEPH	U23	Harrow AC	13.16	891
Hammer	1	Ava LEIGH	U23	Thames Valley Harriers	52.22	880

Officials**Total**