

Southern Athletics League Division 1

18 May 2024 - Eton

Event	Pos	Name	AG	Perf	Wind	
100 SM A	3	Zayn Azabdaftery	U17	11.26	-1	
100 SM B	3	Airell Adams	U20	11.35	-0.9	
100 SM ns1	1	Daniel Emegbor	U17	11.49	0	
100 SM ns2	1	Nathan Kabel	U23	11.43	-1.4	SB
100 SW A	3	Juanita Kyere-Aidoo	U20	12.77	-1.7	
100 SW B	3	Emma Dalton	U17	12.82	-1.7	
100 SW ns2	5	Esme O'Connell T20/F20	U23	13.8	-1.5	
200 SM B	2	Zayn Azabdaftery	U17	22.9	-1	
200 SM ns1	2	Max Schopp	SEN	23.48	-1.4	SB
200 SW A	5	Emma Dalton	U17	26.33		
200 SW B	4	Juanita Kyere-Aidoo	U20	26.7		
400 SM A	2	Max Schopp	SEN	50.37		SB
400 SM B	2	Neil Holloway	SEN	52.38		SB
400 SM ns2	5	Jabbil Chibwana	SEN	57.46		SB
400 SW A	5	Cassie Southgate	U20	59.22		PB
400 SW B	5	Kayla Saunders	U20	66.3		SB
800 SM A	2	Jaran Singh	U23	01:58.0		
800 SM B	4	Joshua Poncia	U23	02:06.9		
800 SM ns2	1	Zackeria Atek	U20	02:11.6		SB
800 SW A	4	Kayla Saunders	U20	02:24.9		SB
800 SW B	4	Sofia Cestaro	U17	02:29.9		PB
1500 SM A	1	Christopher Hudson	U23	04:04.3		
1500 SM B	6	Nick Andrews	V50	05:14.2		SB
1500 SW A	3	Claire Bentley	SEN	05:21.6		
1500 SW B	2	Issy Jones	V35	05:28.1		PB
3000 SW A	3	Amae Van Zyl	U17	10:34.1		
3000 SW B	3	Claire Bentley	SEN	11:07.1		SB
5000 SM A	5	Michael O'Sullivan	V35	16:12.9		SB
100HW SW A	4	Suzanne Bentley	SEN	18.1	-1.1	SB
110H SM A	4	Dajon Wright	SEN	16.6		SB
110H SM B	2	Tom Nichols	V35	16.22		SB
400HW SW A	2	Suzanne Bentley	SEN	71.24		SB
400HW SW B	3	Jennifer Keal	SEN	85.33		SB
2000SCW SW A	4	Jennifer Keal	SEN	09:04.1		SB
4x100 SM	1	Harrow Senior Team	SEN	42.9		SB

4x100 SW	4	Harrow Senior Team	SEN	49.68	SB
4x400 SM	6	Harrow Senior Team	SEN	03:48.8	SB
4x400 SW	4	Harrow Senior Team	SEN	04:20.7	SB
HJ SM A	1	Tom Nichols	V35	1.9	
HJ SM B	1	Tayo Andrews	SEN	1.9	
HJ SW A	3	Emma Grenmark-Pittaway	U17	1.4	PB
PV SM A	4	Nick Andrews	V50	2.6	SB
PV SM B	2	Tom Nichols	V35	2.6	SB
LJ SM A	1	Daniel Emegbor	U17	6.89	PB
LJ SM B	2	Richard Carr	V40	5.99	SB
LJ SW A	4	Esme O'Connell T20/F20	U23	4.45	SB
TJ SM A	1	Chuko Cribb	SEN	14.99	SB
TJ SM ns	1	Jabbil Chibwana	SEN	10.59	SB
SP7.26K SM A	1	Angus Lockhart	SEN	15.5	SB
SP7.26K SM B	1	Khuwayne Linton	SEN	11.9	
SP4K SW A	1	Makayla Joseph	U23	13.16	
SP4K SW B	1	Emma Beardmore	V35	10.84	
DT2K SM A	6	Harvey Griffiths	V55	21.49	SB
DT2K SM B	4	Robert Allen	V60	20.3	SB
DT1K SW A	2	Emma Beardmore	V35	40.31	
DT1K SW B	2	Makayla Joseph	U23	29.07	SB
HT7.26K SM A	2	Robert Allen	V60	27.55	SB
HT7.26K SM B	3	Harvey Griffiths	V55	15.29	SB
HT4K SW A	2	Emma Beardmore	V35	47.75	
HT4K SW B	5	Makayla Joseph	U23	27.93	SB
JT800 SM A	2	Conor Martin	SEN	57.84	SB
JT800 SM B	1	Dave Sketchley	V45	51.94	
JT600 SW A	6	Suzanne Bentley	SEN	22.2	SB
JT600 SW B	5	Emma Beardmore	V35	20.56	

Match result:

1	Windsor, Slough, Eton & Hounslow	355
2	Thames Valley Harriers	311.5
3	Harrow AC	257.5
4	Wycombe & Chiltern	248
5	Bracknell	227
6	Medway & Maidstone	187