

Southern Athletics League Division 1

15 June 2024 - Chelmsford

Event	Pos	Perf	Name	AG
100 SM A	6	11.5	Airell Adams	U20
100 SM B	2	11.4	Luke Collis	SEN
100 SM ns	2	11.5	Daniel Emegbor	U17
	4	12.4	Timothy Madukah	U17
100 SW A	2	12.5	Juanita Kyere-Aidoo	U20
100 SW ns	1	13	Rhianna Hutton	U20
	4	13.6	Eziafa Iwe	U17
	5	13.9	Esme O'Connell T20/F20	U23
200 SM A	2	22.6	Luke Collis	SEN
200 SM B	3	23.6	Richard Carr	V40
200 SW A	4	27.3	Juanita Kyere-Aidoo	U20
200 SW B	1	26.7	Cassie Southgate	U20
400 SM A	3	51.7	Dawood Chohan	U23
400 SM B	6	55.2	Ashish Kudlu Shivashankar	SEN
400 SW B	3	60.7	Cassie Southgate	U20
800 SM A	3	01:57.1	Jaran Singh	U23
800 SM B	6	02:07.2	Joshua Poncia	U23
800 SW A	6	02:58.1	Jennifer Keal	SEN
1500 SM A	6	04:56.6	Graeme Jones	V45
1500 SM B	6	05:00.4	Nick Andrews	V50
1500 SW A	4	05:37.3	Issy Jones	V35
3000 SM A	5	09:37.4	Curtis Stevens	SEN
3000 SM B	4	10:50.0	Graeme Jones	V45
5000 SW A	3	19:04.8	Claire Bentley	SEN
5000 SW B	1	19:51.8	Issy Jones	V35
100HW SW A	5	19.3	Megan Bailey	SEN
100HW SW B	3	18.3	Suzanne Bentley	SEN

110H SM A	3	16.1	Tom Nichols	V35
400HW SW A	3	72.5	Suzanne Bentley	SEN
400HW SW B	2	86.2	Jennifer Keal	SEN
1500SCW SW A	5	06:05.3	Claire Bentley	SEN
1500SCW SW B	2	06:17.9	Jennifer Keal	SEN
2000SC SM A	3	07:01.8	Curtis Stevens	SEN
2000SC SM B	4	09:37.0	Graeme Jones	V45
4x100 SM	3	43	Harrow Senior Team	SEN
4x100 SW	2	50.8	Harrow Senior Team	SEN
4x400 SX	4	03:52.8	Harrow Mixed Senior Team	SEN
	5	04:28.8	Harrow Mixed Senior Team	SEN
HJ SM A	1	1.85	Tom Nichols	V35
HJ SM B	1	1.75	Richard Carr	V40
HJ SW A	6	1.38	Emma Grenmark-Pittaway	U17
HJ SW B	2=	1.33	Megan Bailey	SEN
PV SM A	5	2.6	Nick Andrews	V50
PV SM B	3	2.4	Tom Nichols	V35
PV SW A	1	3.65	Megan Bailey	SEN
LJ SM A	2	6.65	Daniel Emegbor	U17
LJ SM B	2	5.79	Richard Carr	V40
LJ SW A	5	4.58	Ernslla Bawah	U17
LJ SW B	4	4.14	Esme O'Connell T20/F20	U23
TJ SM A	2	12	Timothy Madukah	U17
TJ SM B	2	10.75	Jabbil Chibwana	SEN
TJ SW A	1	11.91	Julie-Anne Boachie	U20
TJ SW B	2	9.91	Eziafa Iwe	U17
SP7.26K SM A	1	15.56	Angus Lockhart	SEN
SP7.26K SM B	2	12.1	Khuwayne Linton	SEN
SP4K SW A	2	10.27	Emma Beardmore	V35
SP4K SW B	1	9.24	Anna Merritt	U23

DT2K SM A	4	26.89	Wyatt Larkins	U20
DT2K SM B	3	24.57	Iain Park	V45
DT1K SW A	1	41.3	Emma Beardmore	V35
DT1K SW B	1	35.46	Anna Merritt	U23
HT7.26K SM A	2	53.4	Wyatt Larkins	U20
HT7.26K SM B	2	43.02	Iain Park	V45
HT4K SW A	1	55.01	Anna Merritt	U23
HT4K SW B	1	45.97	Emma Beardmore	V35
JT800 SM A	1	61.26	Conor Martin	SEN
JT800 SM B	1	51.92	Dave Sketchley	V45
JT600 SW A	1	41.56	Lucy Odell	U23
JT600 SW B	3	20.78	Suzanne Bentley	SEN

Match result:

1	Chelmsford	288
2	Brighton & Hove	255
3	City of Norwich	250
4	Harrow AC	229
5	Wycombe & Chiltern	200
6	Hercules Wimbledon	122