

Southern Athletics League Division 1

14 July 2024 - Eltham

Event:	Pos.	Athlete	A/G	Perf.	Wind
100 SM A	4	Airell Adams	U20	11.32	0.4
100 SM B	1	Luke Collis	SEN	11.1	-1.2
100 SM ns2	1	John Corcoran	V35	13.16	1.7
100 SW A	2	Phoebe Mason Clark	U17	12.62	1.7
100 SW B	1	Julie-Anne Boachie	U20	12.87	0.2
200 SM A	2	Michael Fagbenle	SEN	21.98	0.5
200 SM B	1	Luke Collis	SEN	22.26	1.4
	3	Airell Adams	U20	23.03	1.4
200 SM ns	1	Richard Carr	V40	23.49	-1.2
200 SW A	2	Phoebe Mason Clark	U17	26.2	0.3
200 SW B	8	Eilish O'Grady	SEN	35.42	-0.6
400 SM A	1	Jaran Singh	U23	51.29	
400 SM B	1	Dawood Chohan	U23	51.32	
400 SM ns	2	Ashish Kudlu Shivashankar	SEN	54.05	
	3	Zakariye Aliabdi	U17	54.85	
	4	Ranvir Singh Bains	U17	57.17	
	5	Jabbil Chibwana	SEN	57.42	
400 SW A	2	Kayla Saunders	U20	66.08	
400 SW B	2	Jennifer Keal	SEN	88.13	
800 SM A	5	Joseph Tarling	U20	02:04.9	
800 SM B	3	Joshua Poncia	U23	02:06.3	
800 SM ns	2	John Corcoran	V35	02:16.4	
	4	Nick Andrews	V50	02:19.4	
800 SW A	3	Kayla Saunders	U20	02:26.6	
1500 SM A	3	Christopher Hudson	U23	04:08.4	
1500 SM B	4	Joseph Tarling	U20	04:35.5	
1500 SW A	3	Amae Van Zyl	U17	05:03.0	

3000 SW A	1	Eilish O'Grady	SEN	11:03.1	
3000 SW B	3	Jennifer Keal	SEN	12:57.8	
5000 SM A	3	Mark Cursons	V60	17:11.0	
5000 SM B	2	Graeme Jones	V45	18:46.8	
110H SM A	2	Dajon Wright	SEN	16.08	
400H SM A	1	Adam Rowlands	SEN	58.8	
400HW SW A	4	Jennifer Keal	SEN	86.08	
2000SCW SW A	2	Eilish O'Grady	SEN	07:45.2	
2000SCW SW B	1	Jennifer Keal	SEN	08:59.5	
3000SC SM A	3	Graeme Jones	V45	14:30.9	
4x100 SM	3	Harrow Senior Team	SEN	45.42	
4x100 SW	4	Harrow Senior Team	SEN	51.38	
4x400 SM	4	Harrow Senior Team	SEN	03:51.3	
HJ SM A	3	Richard Carr	V40	1.8	
HJ SM B	3	Nick Andrews	V50	1.35	
HJ SW A	2	Peggy-Anne Boachie	U20	1.58	
HJ SW B	1	Lucy Odell	U23	1.45	
PV SM A	4	Nick Andrews	V50	2.6	
LJ SM A	3	Richard Carr	V40	5.85	-0.1
LJ SW A	2	Julie-Anne Boachie	U20	5.26	-1.9
LJ SW B	1	Peggy-Anne Boachie	U20	4.62	-2.9
TJ SM A	1	Timothy Madukah	U17	12.86	2.9
TJ SM B	1	Jabbil Chibwana	SEN	10.78	1.1
TJ SW A	1	Julie-Anne Boachie	U20	11.68	0
TJ SW B	2	Shana Roper	U20	9.74	0.5
SP7.26K SM A	2	Angus Lockhart	SEN	15.78	
SP7.26K SM B	1	Khuwayne Linton	SEN	12.13	
SP7.26K SM ns	1	Marley Young	SEN	14.58	
SP4K SW A	1	Makayla Joseph	U23	13.71	
SP4K SW B	1	Emma Beardmore	V35	11.07	

DT2K SM A	1	Marley Young	SEN	44.23
DT2K SM B	5	Graeme Jones	V45	15.71
DT1K SW A	1	Emma Beardmore	V35	41.17
DT1K SW B	1	Makayla Joseph	U23	28.33
HT7.26K SM A	1	Marley Young	SEN	41.02
HT4K SW A	2	Emma Beardmore	V35	46
HT4K SW B	5	Makayla Joseph	U23	29.03
JT800 SM A	1	Conor Martin	SEN	58.86
JT800 SM B	1	Dave Sketchley	V45	55.27
JT800 SM ns	1	Nick Andrews	V50	33.51
JT600 SW A	1	Lucy Odell	U23	42.67
JT600 SW B	4	Emma Beardmore	V35	20.52

Match Result:

1 Harrow AC	269
2 Wycombe & Chiltern	265.5
3 Blackheath & Bromley	250
4 Cambridge Harriers	221
5 Winchester & District	139
6 Southampton	132.5