

## Sweatshop Southern Athletics League: Division 2 East - Round 3 - Chelmsford - 23 June 2018

Team		Score					
1	Havering AC		199		H		
2	Cambridge & Coleridge		180.5		B		
3	Tonbridge AC		160		G		
4	Orion Harriers		132.5		O		
<b>Men's A 100m</b>		<b>Wind=</b>					
1	Jack Lennard	SM	Tonbridge AC	10.7	4	871 aw	3647719
2	John Adekoya	SM	Cambridge & Coleridge	11.0	3	769 aw	3227131
3	Ayo Akingbehin	U23	Havering AC	11.0	2	769 aw	3440522
4	Myles Kelly-Hyatt	U23	Orion Harriers	11.0	1	769 aw	3524337
<b>Men's B 100m</b>		<b>Wind=</b>					
1	Myles Chrisostomou	U20	Orion Harriers	11.3	4	674 aw	2987626
2	Will Martin	U23	Tonbridge AC	11.4	3	644 aw	3034382
3	Jamal Thomas	U17	Havering AC	12.3	2	412	3706211
4	Keith Clarke	M50	Cambridge & Coleridge	13.7	1	167	3090049
<b>Men's A 200m</b>		<b>Wind=</b>					
1	Jack Lennard	SM	Tonbridge AC	21.7	4	858 aw	3647719
2	Myles Kelly-Hyatt	U23	Orion Harriers	22.5	3	731 aw	3524337
3	Ayo Akingbehin	U23	Havering AC	22.7	2	701 aw	3440522
4	Samuel Clarke	U20	Cambridge & Coleridge	23.5	1	588 aw	3386272
<b>Men's B 200m</b>		<b>Wind=</b>					
1	Lewis Collins	SM	Tonbridge AC	21.7	4	858 aw	3708275
2	Fraser Boston	U23	Havering AC	23.1	3	643 aw	3291195
3	Myles Chrisostomou	U20	Orion Harriers	23.3	2	615 aw	2987626
4	Falai Baldeh	SM	Cambridge & Coleridge	24.5	1	463	2778707
<b>Men's A 400m</b>							
1	Thomas Pitkin	U23	Havering AC	49.8	4	775 aw	3003853
2	Henry Marshall	SM	Tonbridge AC	51.4	3	681 aw	3259735
3	Jordan Chrisostomou	U23	Orion Harriers	54.7	2	509	3282967
4	Richard Park	SM	Cambridge & Coleridge	55.6	1	467	3007408
<b>Men's B 400m</b>							
1	Fraser Boston	U23	Havering AC	50.9	4	710 aw	3291195
2	Ian Crawley	M55	Tonbridge AC	56.8	3	414 aw	3445766
3	Falai Baldeh	SM	Cambridge & Coleridge	58.9	2	331	2778707
4	Drey Johnson	U20	Orion Harriers	DNF			3524333
<b>Men's A 800m</b>							
1	Max Williams	U20	Cambridge & Coleridge	1:56.5	4	797 aw	3087768
2	Thomas Keevil	U20	Havering AC	1:58.3	3	747 aw	3113750
3	Tom Richards	SM	Tonbridge AC	2:01.2	2	671 aw	3240954
4	Shay White	U23	Orion Harriers	2:02.7	1	634 aw	3649124
<b>Men's B 800m</b>							
1	Oliver Park	SM	Cambridge & Coleridge	2:00.1	4	700 aw	2829417
2	Steve Tester	SM	Tonbridge AC	2:02.4	3	641 aw	2713174
3	Kieran O'Hara	U20	Havering AC	2:06.9	2	536	3372705
4	Owen Harknett	U20	Orion Harriers	2:16.5	1	349	3015913
<b>Men's A 1500m</b>							
1	Jamie Buckley-Stanton	SM	Havering AC	4:08.9	4	684 aw	2724687
2	Nicholas Harhalakis	U17	Cambridge & Coleridge	4:12.9	3	640 aw	3512527
3	George Day	U20	Orion Harriers	4:22.9	2	537 aw	3002867
4	Pete Bannister	U23	Tonbridge AC	4:35.3	1		3646396

								425
<b>Men's B 1500m</b>								
1	Richard Park	SM	Cambridge & Coleridge	4:19.3	4	573 aw	3007408	
2	Joseph Clark	U20	Orion Harriers	4:31.1	3	461	3252347	
3	James Stewart	U20	Havering AC	4:33.1	2	443	3020818	
4	Adam Roeder	SM	Tonbridge AC	4:54.3	1	282	3688474	
<b>Men's A 5000m</b>								
1	Jonathon Escalante-Phillips	SM	Cambridge & Coleridge	15:30.7	4	724 aw	2952594	
2	Alex McKerrell	SM	Orion Harriers	15:35.3	3	710 aw	3089139	
3	Harry Paton	SM	Tonbridge AC	15:58.0	2	647 aw	2713193	
4	Robbie Cooman	SM	Havering AC	16:41.3	1	534 aw	2724922	
<b>Men's B 5000m</b>								
1	Chris Darling	SM	Cambridge & Coleridge	15:34.0	4	714 aw	3009005	
2	Gavin Watts	SM	Havering AC	16:41.3	3	534 aw	3012269	
3	Jack Stroud	SM	Orion Harriers	18:14.3	2	325	2910927	
<b>Men's A 110mH Wind=</b>								
<b>Men's B 110mH Wind=</b>								
<b>Men's A 400mH</b>								
1	Samuel Clarke	U20	Cambridge & Coleridge	59.9	4	679 aw	3386272	
2	Oscar Norman	U20	Tonbridge AC	68.8	3	422	3661342	
3	Moses Musana	U20	Orion Harriers	71.5	2	356	3575715	
<b>Men's B 400mH</b>								
1	Harry Paton	SM	Tonbridge AC	72.1	4	342	2713193	
<b>Men's A 2000m Steeplechase</b>								
1	Rob Warner	SM	Havering AC	6:17.8	4	809 aw	2725011	
2	Sullivan Smith	M40	Cambridge & Coleridge	6:18.5	3	804 aw	7020540	
3	Lewis Harknett	U20	Orion Harriers	6:35.1	2	705 aw	3015914	
<b>Men's B 2000m Steeplechase</b>								
1	Samuel Atkins	U20	Havering AC	6:29.2	4	740 aw	3291197	
2	Nick Smallwood	SM	Cambridge & Coleridge	6:33.6	3	714	3257320	
3	Alex McKerrell	SM	Orion Harriers	8:32.6	2	198	3089139	
<b>Men's A High Jump</b>								
1	Lewis Church	U23	Tonbridge AC	1.95	4	794 aw	2967162	
2	Dean Fox	U20	Cambridge & Coleridge	1.80	3	671 aw	3398921	
3	Shandell Taylor	U20	Havering AC	1.80	2	671 aw	3478103	
4	Myles Chrisostomou	U20	Orion Harriers	1.65	1	547	2987626	
<b>Men's B High Jump</b>								
1	Jamal Thomas	U17	Havering AC	1.75	4	630 aw	3706211	
2	Alex Hookway	SM	Tonbridge AC	1.65	3	547	2713221	
3	Drey Johnson	U20	Orion Harriers	1.40	2	340	3524333	
4	Ian Slack	M55	Cambridge & Coleridge	1.35	1	299	3021705	
<b>Men's A Pole Vault</b>								
1	Arron Bonning	M40	Havering AC	3.00	4	506 aw	2724676	
2	Ian Crawley	M55	Tonbridge AC	2.90	3	483 aw	3445766	
3=	Ian Slack	M55	Cambridge & Coleridge	1.10	1.5	33	3021705	
3=	Shay White	U23	Orion Harriers	1.10	1.5	33	3649124	
<b>Men's B Pole Vault</b>								
1	Peter Brinton-Quinn	U17	Havering AC	2.90	4	483 aw	3645971	
2	Pete Ebbage	M55	Tonbridge AC	2.70	3	436 aw	2713142	
3	Noel Moss	M60	Cambridge & Coleridge	1.10	2	33	2746489	
4	Steve Bennett	M45	Orion Harriers	1.10	1	33	3435139	

<b>Men's A Long Jump</b>						Wind		
1	Sam Richards	SM	Cambridge & Coleridge	7.01	4		847 aw	2746520
2	Lewis Church	U23	Tonbridge AC	6.55	3		756 aw	2967162
3	Shandell Taylor	U20	Havering AC	6.43	2		732 aw	3478103
4	Myles Chrisostomou	U20	Orion Harriers	5.81	1		611 aw	2987626
<b>Men's B Long Jump</b>						Wind		
1	John Adekoya	SM	Cambridge & Coleridge	6.32	4		711 aw	3227131
2	Moses Musana	U20	Orion Harriers	5.78	3		605 aw	3575715
3	Alex Hookway	SM	Tonbridge AC	5.46	2		543	2713221
<b>Men's A Triple Jump</b>						Wind		
1	Sam Richards	SM	Cambridge & Coleridge	13.43	4		793 aw	2746520
2	Benedict Olusesan	U17	Havering AC	12.66	3		717 aw	3611588
3	Moses Musana	U20	Orion Harriers	11.31	2		579	3575715
4	Steve Tester	SM	Tonbridge AC	10.46	1		487	2713174
<b>Men's B Triple Jump</b>						Wind		
1	Samuel Clarke	U20	Cambridge & Coleridge	11.85	4		635 aw	3386272
2	Shandell Taylor	U20	Havering AC	11.82	3		632 aw	3478103
3	Oscar Norman	U20	Tonbridge AC	10.42	2		483	3661342
4	Jordan Chrisostomou	U23	Orion Harriers	9.80	1		412	3282967
<b>Men's A Shot Putt</b>								
1	Lewis Church	U23	Tonbridge AC	12.97	4		757 aw	2967162
2	Duane Jibunoh	SM	Havering AC	12.80	3		746 aw	3027875
3	Aedan Slack	SM	Cambridge & Coleridge	11.84	2		685 aw	3386456
4	Robin Walker	M45	Orion Harriers	11.05	1		632 aw	3150561
<b>Men's B Shot Putt</b>								
1	Alex Hookway	SM	Tonbridge AC	10.92	4		623 aw	2713221
2	Falai Baldeh	SM	Cambridge & Coleridge	9.53	3		523	2778707
3	Arron Bonning	M40	Havering AC	8.46	2		438	2724676
4	Steve Bennett	M45	Orion Harriers	6.31	1		232	3435139
<b>Men's A Discus</b>								
1	Duane Jibunoh	SM	Havering AC	46.51	4		806 aw	3027875
2	Aedan Slack	SM	Cambridge & Coleridge	36.52	3		662 aw	3386456
3	Lewis Church	U23	Tonbridge AC	31.62	2		583 aw	2967162
4	Steve Bennett	M45	Orion Harriers	16.75	1		273	3435139
<b>Men's B Discus</b>								
1	Gary Parsons	M45	Cambridge & Coleridge	31.02	4		573 aw	2685914
2	Arron Bonning	M40	Havering AC	25.81	3		479	2724676
3	Pete Ebbage	M55	Tonbridge AC	23.92	2		442	2713142
<b>Men's A Hammer</b>								
1	Robin Walker	M45	Orion Harriers	47.82	4		731 aw	3150561
2	Aedan Slack	SM	Cambridge & Coleridge	37.21	3		617 aw	3386456
3	Keith Robinson	M60	Havering AC	29.51	2		522 aw	2733747
4	Alex Hookway	SM	Tonbridge AC	22.50	1		421	2713221
<b>Men's B Hammer</b>								
1	Gary Parsons	M45	Cambridge & Coleridge	29.21	4		518 aw	2685914
2	Arron Bonning	M40	Havering AC	19.96	3		380	2724676
3	Jack Lennard	SM	Tonbridge AC	11.34	2		197	3647719
4	Jordan Chrisostomou	U23	Orion Harriers	11.29	1		196	3282967
<b>Men's A Javelin</b>								
1	Duane Jibunoh	SM	Havering AC	46.60	4		680 aw	3027875
2	Lewis Church	U23	Tonbridge AC	45.89	3		671 aw	2967162

3	Sam Markey	U20	Cambridge & Coleridge	43.45	2	638 aw	3527557
4	Owen Harknett	U20	Orion Harriers	14.92	1	165	3015913
<b>Men's B Javelin</b>							
1	Angus Dudley	M45	Cambridge & Coleridge	38.77	4	574 aw	3671629
2	Arron Bonning	M40	Havering AC	34.37	3	510	2724676
3	Alex Hookway	SM	Tonbridge AC	33.29	2	494	2713221
4	Hanif Henry	U23	Orion Harriers	13.86	1	139	3127891
<b>Men's 4x100m</b>							
1	Tonbridge AC	SM		43.9	4	587 aw	
2	Orion Harriers	SM		44.2	3	560	
3	Havering AC	SM		45.9	2	420	
4	Cambridge & Coleridge	SM		46.4	1	383	
<b>Men's 4x400m</b>							
1	Tonbridge AC	SM		3:28.4	4	569	
2	Havering AC	SM		3:36.1	3	451	
3	Orion Harriers	SM		3:37.3	2	433	
<b>Women's A 100m</b> <b>Wind=</b>							
1	Abbie Hawkins	U20	Cambridge & Coleridge	12.5	4	752 aw	3428598
2	Joanne Ware	U23	Tonbridge AC	12.5	3	752 aw	2900691
3	Jade Kavanagh	U17	Havering AC	12.8	2	686 aw	3403248
4	Emily Sharpe	U20	Orion Harriers	12.9	1	665 aw	3120347
<b>Women's B 100m</b> <b>Wind=</b>							
1	Jess Fox	SW	Cambridge & Coleridge	12.6	4	730 aw	2746346
2	Katie White	U23	Tonbridge AC	12.7	3	708 aw	2751341
3	Ann-Marie Ibiabuo	U17	Orion Harriers	13.9	2	474	3545980
4	Rachel Kerr	SW	Havering AC	14.4	1	393	2724817
<b>Women's A 200m</b> <b>Wind=</b>							
1	Amy Taylor	U23	Tonbridge AC	26.4	4	665 aw	3404197
2	Jess Fox	SW	Cambridge & Coleridge	26.5	3	655 aw	2746346
3	Emily Sharpe	U20	Orion Harriers	26.8	2	626 aw	3120347
4	Rosie Brown	U17	Havering AC	28.7	1	462	3132889
<b>Women's B 200m</b> <b>Wind=</b>							
1	Jess O'Hara	U17	Tonbridge AC	27.2	4	589 aw	3123120
2	Rachel Kerr	SW	Havering AC	30.3	3	348	2724817
3	Ann-Marie Ibiabuo	U17	Orion Harriers	30.7	2	323	3545980
<b>Women's A 400m</b>							
1	Amy Taylor	U23	Tonbridge AC	59.8	4	689 aw	3404197
2	Katie Dawson	U20	Havering AC	64.4	3	524 aw	3031978
3	Savannah Sirkett	U17	Orion Harriers	65.1	2	501	3261191
4	Claire Kennedy	SW	Cambridge & Coleridge	76.7	1	200	3219747
<b>Women's B 400m</b>							
1	Jess O'Hara	U17	Tonbridge AC	63.6	4	551 aw	3123120
2	Shammah Sowah	U17	Orion Harriers	67.0	3	441	3524332
3	Nina Brennan	SW	Havering AC	69.1	2	380	2724680
4	Stef Godfrey	W50	Cambridge & Coleridge	79.0	1	157	3251013
<b>Women's A 800m</b>							
1	Annalie Cole	U17	Orion Harriers	2:19.3	4	731 aw	3545839
2	Frances Haines	U17	Cambridge & Coleridge	2:32.9	3	522	3331340
3	Alice Wood	U23	Tonbridge AC	2:34.4	2	501	2713371
4	Angelica Thomson	U17	Havering AC	3:35.2	1	17	3628610
<b>Women's B 800m</b>							

1	Aoibheann Pearce	U17	Orion Harriers	2:32.3	4	530	3228457
2	Claire Kennedy	SW	Cambridge & Coleridge	2:35.2	3	490	3219747
3	Meghan Watson	U20	Tonbridge AC	2:41.9	2	403	3523579
<b>Women's A 1500m</b>							
1	Annalie Cole	U17	Orion Harriers	4:47.8	4	721 aw	3545839
2	Matilda Taylor	U17	Cambridge & Coleridge	4:59.3	3	633 aw	3512553
3	Alice Wood	U23	Tonbridge AC	5:11.4	2	547	2713371
4	Ginte Bailey	SW	Havering AC	5:14.8	1	524	3646791
<b>Women's B 1500m</b>							
1	Sophie Pedder	U20	Cambridge & Coleridge	5:01.4	4	618 aw	3527513
2	Katie Rafferty	U17	Havering AC	6:34.2	3	127	3478100
<b>Women's A 3000m</b>							
1	Ginte Bailey	SW	Havering AC	11:02.6	4	584 aw	3646791
2	Claire Kennedy	SW	Cambridge & Coleridge	11:30.4	3	495	3219747
3	Hayley Rodgerson	W35	Orion Harriers	11:55.3	2	421	3301957
<b>Women's B 3000m</b>							
1	Stef Godfrey	W50	Cambridge & Coleridge	12:19.7	4	354 aw	3251013
<b>Women's A 100mH Wind=</b>							
1	Chloe Williams	SW	Havering AC	14.4	4	873 aw	2725000
2	Amy Richards	U23	Orion Harriers	15.6	3	748 aw	2872968
3	Joanne Ware	U23	Tonbridge AC	15.6	2	748 aw	2900691
<b>Women's B 100mH Wind=</b>							
1	Felicity Clarke	SW	Havering AC	16.8	4	632 aw	2829555
2	Katherine Myers	U20	Orion Harriers	18.0	3	525 aw	3225062
<b>Women's A 400mH</b>							
1	Felicity Clarke	SW	Havering AC	65.8	4	754 aw	2829555
2	Meghan Watson	U20	Tonbridge AC	71.8	3	593 aw	3523579
<b>Women's B 400mH</b>							
1	Claire Brennan	W35	Havering AC	72.4	4	578 aw	2667112
<b>Women's A 2000m Steeplechase</b>							
1	Bella Woods	U23	Havering AC	8:10.9	4	502 aw	2978865
2	Claire Kennedy	SW	Cambridge & Coleridge	9:15.0	3	281	3219747
<b>Women's B 2000m Steeplechase</b>							
<b>Women's A High Jump</b>							
1	Joanne Ware	U23	Tonbridge AC	1.58	4	724 aw	2900691
2	Amy Richards	U23	Orion Harriers	1.45	3	585	2872968
3	Chloe Williams	SW	Havering AC	1.45	2	585	2725000
<b>Women's B High Jump</b>							
1	Una Laqueretabua	U20	Tonbridge AC	1.50	4	638 aw	3005887
2	Claire Brennan	W35	Havering AC	1.40	3	531 aw	2667112
3	Melissa Cleary	U20	Orion Harriers	1.30	2	424	3004203
<b>Women's A Pole Vault</b>							
<b>Women's B Pole Vault</b>							
<b>Women's A Long Jump Wind</b>							
1	Joanne Ware	U23	Tonbridge AC	5.74	4	871 aw	2900691
2	Abbie Hawkins	U20	Cambridge & Coleridge	5.29	3	763 aw	3428598
3	Jade Kavanagh	U17	Havering AC	4.97	2	686 aw	3403248
4	Katherine Myers	U20	Orion Harriers	4.13	1	488	3225062
<b>Women's B Long Jump Wind</b>							
1	Ann-Marie Ibiabuo	U17	Orion Harriers	3.97	4	450	3545980
2	Georgia Woodburn	U23	Havering AC	3.93	3	441	3145829

3	Jess Fox	SW	Cambridge & Coleridge	2.84	2	194	2746346
<b>Women's A Triple Jump</b>						Wind	
1	Joanne Ware	U23	Tonbridge AC	11.19	4	773 aw	2900691
2	Anne Moindrot	W35	Cambridge & Coleridge	9.71	3	609 aw	2828378
3	Katie Dawson	U20	Haverling AC	9.17	2	547	3031978
4	Katherine Myers	U20	Orion Harriers	9.13	1	542	3225062
<b>Women's B Triple Jump</b>						Wind	
1	Stephanie Browne	U17	Cambridge & Coleridge	8.89	4	515	3628873
<b>Women's A Shot Putt</b>							
1	Chimdi Okpalauko	U20	Haverling AC	10.93	4	748 aw	3447905
2	Amy Richards	U23	Orion Harriers	9.54	3	657 aw	2872968
3	Kirsty Anne Ebbage	U17	Tonbridge AC	9.45	2	650 aw	3116188
4	Sarah McGrath	W45	Cambridge & Coleridge	9.18	1	632 aw	3671649
<b>Women's B Shot Putt</b>							
1	Philippa Gill	U20	Haverling AC	10.45	4	717 aw	3260352
2	Una Laqeretabua	U20	Tonbridge AC	9.07	3	624 aw	3005887
3	Sade Cowan	U17	Orion Harriers	8.93	2	614 aw	3545977
4	Anne Moindrot	W35	Cambridge & Coleridge	8.16	1	557	3385362
<b>Women's A Discus</b>							
1	Kirsty Anne Ebbage	U17	Tonbridge AC	36.20	4	758 aw	3116188
2	Rosie Brown	U17	Haverling AC	29.42	3	663 aw	3132889
3	Anne Moindrot	W35	Cambridge & Coleridge	28.71	2	652 aw	2828378
4	Sade Cowan	U17	Orion Harriers	19.17	1	483	3545977
<b>Women's B Discus</b>							
1	Chimdi Okpalauko	U20	Haverling AC	26.01	4	609 aw	3447905
2	Sarah McGrath	W45	Cambridge & Coleridge	24.77	3	589	3671649
3	Tracy Sharpe	W50	Orion Harriers	16.68	2	428	3575612
<b>Women's A Hammer</b>							
1	Stephanie Browne	U17	Cambridge & Coleridge	34.63	4	666 aw	3628873
2	Kirsty Anne Ebbage	U17	Tonbridge AC	32.84	3	642 aw	3116188
3	Nina Brennan	SW	Haverling AC	20.25	2	452	2724680
4	Sade Cowan	U17	Orion Harriers	18.88	1	428	3545977
<b>Women's B Hammer</b>							
1	Elizabeth Dudley	U17	Cambridge & Coleridge	25.22	4	533 aw	3581633
2	Maddy Offiler	U17	Orion Harriers	15.91	3	371	3327141
3	Chimdi Okpalauko	U20	Haverling AC	11.93	2	283	3447905
<b>Women's A Javelin</b>							
1	Philippa Gill	U20	Haverling AC	28.88	4	656 aw	3260352
2	Una Laqeretabua	U20	Tonbridge AC	27.36	3	632 aw	3005887
3	Amy Richards	U23	Orion Harriers	24.39	2	585	2872968
4	Sarah McGrath	W45	Cambridge & Coleridge	24.02	1	579 aw	3671649
<b>Women's B Javelin</b>							
1	Georgia Woodburn	U23	Haverling AC	26.29	4	616 aw	3145829
2	Maddy Offiler	U17	Orion Harriers	19.90	3	505	3327141
3	Elizabeth Dudley	U17	Cambridge & Coleridge	17.05	2	447	3581633
<b>Women's 4x100m</b>							
1	Haverling AC	SW		54.8	4	413	
2	Cambridge & Coleridge	SW		56.7	3	330	
3	Orion Harriers	SW		DQ			
<b>Women's 4x400m</b>							
1	Haverling AC	SW		4:21.0	4	495	

**Men Non-scoring events**

Event	Pos	Name	Cat Club	Perf.	Wind	aw	URN
800		Elliot Cordery	U20 Havering AC	1:59.1		aw	3086584
5000		Adam Tapley	SM Cambridge & Coleridge	6:38.3		aw	2746559
200		Steve Tester	SM Tonbridge AC	23.8			2713174
HJ		Ian Crawley	SM Tonbridge AC	1.50			3445766
100		Hanif Henry	U23 Orion Harriers	11.1		aw	3127891
800		Joseph Clark	U20 Orion Harriers	2:01.7		aw	3252347
800		Ben Lea	U20 Cambridge & Coleridge	2:07.3			3693778
800		Pete Bannister	SM Tonbridge AC	2:10.9			3646396
5000		Paul Berrett	M55 Havering AC	19:29.8			2724667
200		Hanif Henry	U23 Orion Harriers	22.7		aw	3127891
1500		Ian Crawley	SM Tonbridge AC	5:14.6			3445766
1500		Steve Bennett	M45 Orion Harriers	5:42.4			3435139
SP		Gary Parsons	M45 Cambridge & Coleridge	9.22			2685914
LJ		Benedict Olusesan	U17 Havering AC	5.97		aw	3611588
LJ		Tjerk Zult	SM Cambridge & Coleridge	6.01		aw	3243097
DT		Ian Slack	M55 Cambridge & Coleridge	22.18			3021705

**Women Non-scoring events**

Event	Pos	Name	Cat Club	Perf.	Wind	aw	URN
JTW		Tracy Sharpe	W55 Orion Harriers	17.36		aw	3575612
SPW		Tracy Sharpe	W55 Orion Harriers	5.71			3575612
DTW		Maddy Offiler	U17 Orion Harriers	15.74			3327141
DTW		Stephanie Browne	U17 Cambridge & Coleridge	24.48		aw	3628873

**Man of the Match Awards****Men**

100m	1	Jack Lennard	SM Tonbridge AC	10.7		871
200m	1	Jack Lennard	SM Tonbridge AC	21.7		858
200m	1	Lewis Collins	SM Tonbridge AC	21.7		858
Long Jump	1	Sam Richards	SM Cambridge & Coleridge	7.01		847
2000mSc	1	Rob Warner	SM Havering AC	6:17.8		809
Discus	1	Duane Jibunoh	SM Havering AC	46.51		806

**Women**

100mH	1	Chloe Williams	SW Havering AC	14.4		873
Long Jump	1	Joanne Ware	U23 Tonbridge AC	5.74		871
Triple Jump	1	Joanne Ware	U23 Tonbridge AC	11.19		773
Long Jump	2	Abbie Hawkins	U20 Cambridge & Coleridge	5.29		763
Discus	1	Kirsty Anne Ebbage	U17 Tonbridge AC	36.20		758
400mH	1	Felicity Clarke	SW Havering AC	65.8		754