

Crawley Athletic Club - Tom Lintern Open Medal Meeting
Monday 30th August 2010 - K2

Electronic Timing

			Number	Name	Club	Time
75m w+0.9m/s	Boys U11	1st	61M	Joshua PERSAD	Crawley AC	11.24
		2nd	131M	Jordan RUSSEL	Sutton	11.29
		3rd	120M	Bradley YOUNG	Reigate Priory	11.37
		4th	4M	Ryan LONGMAN	Reigate Priory	11.63
		5th	6M	Sam MACE	Walton AC	11.91
		6th	1M	EI'Noam AFE-AIDELDJIE	U/A	12.40
75m w+1.0m/s	Boys U11	1st	7M	Joseph MASSIMO	Crawley AC	11.16
		2nd	119M	Hayden YOUNG	Reigate Priory	11.43
		3rd	150M	Tommy BLANDEN	Brighton & H	11.58
		4th	137M	Jamie KEALEY	U/A	11.65
		5th	2M	Russell HOPPER	Fleet & Crookham	12.05
		6th	147M	Rory MOORE	Holland Sports	12.12
75m w +2.3m/s	Girls U11	1st	96F	Ellen TILNEY	AFD	11.40
		2nd	1F	Amy FITZPATRICK	Horsham Blue Stars	11.49
		3rd	2F	Ellie HODGSON	Crawley AC	11.51
		4th	73F	Leanne BOTTING	Hastings	15.09
75m w +2.2m/s	Girls U11	1st	146F	Amber ANNING	Phoenix	11.07
		2nd	86F	Lillie FRANKS	Crawley AC	11.09
		3rd	99F	Sarah HUXSTEP	Hastings	11.41
		4th	77F	Yasmin IRVING	Croydon Harriers	12.19
		5th	98F	Jessie WALTERS	Sutton	12.88
75m w +1.4m/s	Boys U13	1st	93M	Kobe GRIFFITHS	Hastings	10.21
		2nd	142M	Will HARRIS	Holland Sports	10.57
		3rd	64M	Matthew BOXALL	Crawley AC	10.93
		4th	79M	Nathan COLLINS	Portsmouth	11.54
		5th	13M	William REEVES-PERRIN	Haywards Heath Harriers	11.69
		6th	111M	William SNOOK	TSV Neusaes	12.40
75m w +2.1m/s	Boys U13	1st	117M	Jimmy SEACOMBE	Worthing Harriers	10.00
		2nd	10M	Joel McFARLANE	Sutton	10.51
		3rd	18M	Thomas TWEEDY	Horsham Blue Stars	11.04
		4th	60M	Matthew BORTHWICK	Crawley AC	11.30
		5th	99M	Lucas OVERTOOM	Reigate Priory	11.39
		6th	118M	Aaron HOWARD	Havant	12.10
75m w +1.8m/s	Girls U13	1st	7F	Elise HAWORTH	Crawley AC	10.41
		2nd	131F	Molly ADAMS	Horsham Blue Stars	10.52
		3rd	80F	Maisie CHAMBERLAIN	Reigate Priory	11.26
		4th	67F	Katie SCOONES	Swale	11.82
		5th	72F	Misty CAMPBELL	Hastings	21.19
75m w +2.6m/s	Girls U13	1st	97F	Pippa Tilney	AFD	11.04
		2nd	4F	Jade BOWMAN	Lewes AC	11.04
		3rd	12F	Eloise MASSIMO	Crawley AC	11.25
		4th	3F	Paige BARNES	Milton Keynes	12.23
75m w +2.7m/s	Girls U13	1st	50F	Ebony CARR	Marshalls MK	10.50
		2nd	11F	Robyn MACKAY	Hastings AC	10.51
		3rd	19F	Stephanie SHACKEL	Crawley AC	10.83
		4th	65F	Millie KAVANAGH	Portsmouth	11.35
		5th	85F	Emma GARRY	Horsham Blue Stars	11.82

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100m w +3.8m/s	Boys U15	1st	127M	Nathan SAMUYIWA	U/A	11.79
		2nd	186M	Divine ANAMEKWE	Crawley AC	12.36
		3rd	92M	Andrie LIVINGSTONE	Sutton	12.39
		4th	23M	Matthew HARRISON	Eastbourne Rovers	12.40
		5th	148M	Joe MILLER	Reading AC	13.21
		6th	73M	Isaac FRANCIS	Eastbourne Rovers	13.35
		7th	27M	Lewis WHITE	Crawley AC	13.45
100m w +1.9m/s	U17 Men	1st	124M	Davis PRATT	Hercules Wimbledon	11.23
		2nd	63M	Chris BROWNLEE	Crawley AC	11.51
		3rd	42M	Robbie STENHOUSE	Jersey Spartan	11.85
		4th	149M	James MACKMAR	Horsham Blue Stars	12.18
		5th	31M	Jacob BURTON	Invicta	12.23
		6th	110M	Nick LOGAN	Kingston	12.36
		7th	203M	Sanchez DAVIS	U/A	13.10
100m w +2.1m/s	U20/SM	1st	193M	Stefan REDMOND	U/A	11.55
		2nd	71M	Scott DORSET	WSE	11.62
		3rd	67M	Matthew LEONARD	U/A	12.59
		4th	56M	Paul STACK	Kent AC	12.62
100m w +1.7m/s	SM	1st	202M	Greg CACKETT	U/A	11.03
		2nd	190M	Matt THREADGOLD	Belgrave	11.26
		3rd	86M	Darryn CAMPBELL	Bournemouth	11.51
		4th	128M	Gaith TANA	Vale	12.04
		5th	89M	Andrew SCOONES	Swale	12.31
100m w +2.3m/s	SM	1st	187M	Dean SHOWLER DAVIS	Basingstoke	10.74
		2nd	181M	James HOAD	U/A	11.11
		3rd	113M	Samuel ADEYEMI	Herne Hill Harriers	11.20
		4th	140M	Pierre WALKER	Belgrave	11.59
		5th	206M	Gavin OLSSON	DMV	12.95
100m w +1.0 m/s	SM	1st	87M	Gareth PRICE	U/A	10.85
		2nd	115M	Emanuel ADEYEMI	Herne Hill Harriers	11.02
		3rd	114M	Luke SARGEANT	Crawley AC	11.32
		4th	156M	Stuart CHANNON	Walton AC	11.96
		5th	197M	Laurie HUGHES	Eastbourne Rovers	12.38
100m w +1.8m/s	Girls U15	1st	66F	Anna SHORT	Worthing DH	13.12
		2nd	133F	Imogen LEVY	Brighton & H	13.45
		3rd	84F	Sophie HIND	Worthing DH	13.77
		4th	70F	Sarah RAWLINGS	Sutton	13.92
		5th	27F	Samantha HEYDON	Reigate Priory AC	14.09
100m w +2.1 m/s	Girls U15	1st	89F	Sophie SPINNER	Worthing DH	12.76
		2nd	137F	Joanne WARE	Medway & Maid	13.66
		3rd	170F	Bethany HICKMAN	Horsham Blue Stars	13.91
		4th	31F	Lucy WEIR	Walton AC	13.91
		5th	100F	Monica HILL	Reigate Priory AC	14.09
		6th	62F	Katie GARLAND	Hastings	14.14
100m w +2.5 m/s	U20/SW	1st	75F	Eleanor BALL	Guildford & G	12.69
		2nd	36F	Lisa O'BRIEN	Walton AC	13.52
		3rd	33F	Jess COOK	Crawley AC	13.68

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100m w +2.7m/s	SW	1st	93F	Danielee SVOBODA	Brighton & H	12.83
		2nd	88F	Laura PENFOLD	HHH	12.86
		3rd	92F	Steph SMITH	Crawley AC	13.16
		4th	138F	Lindsay BADMAN	Newport Harriers	13.73
		5th	94F	Carol DAWKINS	Portsmouth	13.83
		6th	87F	Lucie VENABLES	HHH	13.98
150m w +0.8 m/s	Boys U11	1st	7M	Joseph MASSIMO	Crawley AC	22.31
		2nd	131M	Jordan RUSSEL	Sutton	22.70
		3rd	119M	Hayden YOUNG	Reigate Priory AC	22.84
		4th	61M	Joshua PERSAD	Crawley AC	22.87
		5th	137M	Jamie KEALEY	U/A	23.14
		6th	116M	Glenn BALFOUR	Bournemouth	23.49
		7th	191M	James HADDON	Crawley AC	24.18
		8th	4M	Ryan LONGMAN	Reigate Priory AC	24.95
150m w +1.2 m/s	Girls U11	1st	146F	Amber ANNING	Phoenix	22.16
		2nd	86F	Lillie FRANKS	Crawley AC	22.83
		3rd	99F	Sarah HUXSTEP	Hastings AC	23.00
		4th	147F	Poppy PITTOCK	Hastings AC	27.53
150m w +0.5 m/s	Girls U11	1st	156F	Sian BISHOP	Crawley AC	22.18
		2nd	96F	Ellen TILNEY	AFD	23.02
		3rd	1F	Amy FITZPATRICK	Horsham Blue Stars	23.45
		4th	2F	Ellie HODGSON	Crawley AC	23.52
		5th	73F	Leanne BOTTING	Hastings AC	32.78
150m w +1.0 m/s	Boys U13	1st	117M	Jimmy SEACOMBE	Worthing DH	19.55
		2nd	93M	Kobe GRIFFITHS	Hastings AC	20.65
		3rd	14M	Munroe RITCHIE	Crawley AC	20.87
		4th	64M	Matthew BOXALL	Crawley AC	22.36
		5th	171M	Toby BARKER	Crawley AC	24.17
150m w +1.5 m/s	Boys U13	1st	10M	Joel McFARLANE	Sutton	20.88
		2nd	142M	Will HARRIS	Holland Sports	20.89
		3rd	11M	Jordan MASE	Crawley AC	22.32
		4th	60M	Matthew BORTHWICK	Crawley AC	22.76
		5th	79M	Nathan COLLINS	Portsmouth	23.58
150m w +1.5 m/s	Girls U13	1st	169F	Millie CABLE	Lewes AC	20.53
		2nd	50F	Ebony CARR	Marshalls MK	20.94
		3rd	7F	Elise HAWORTH	Crawley AC	20.94
		4th	91F	Abby BESWICK	East Grinstead	21.66
		5th	97F	Pippa Tilney	AFD	22.82
		6th	21F	Rachel WOODS	Woking	23.21
		7th	49F	Joanna BOXALL	Crawley AC	24.95
150m w +1.3 m/s	Girls U13	1st	11F	Robyn MACKAY	Hastings AC	20.99
		2nd	131F	Molly ADAMS	Horsham Blue Stars	21.07
		3rd	4F	Jade BOWMAN	Lewes AC	22.78
		4th	80F	Maisie CHAMBERLAIN	Reigate Priory	23.12
		5th	149F	Erin BATEMAN	Worthing DH	23.14
		6th	67F	Katie SCOONES	Swale	24.11
200m w +2.0 m/s	Boys U15	1st	127M	Nathan SAMUYIWA	U/A	24.40
		2nd	23M	Matthew HARRISON	Eastbourne Rovers	25.39
		3rd	24M	Matthew JACKMAN	Walton-on-Thames AC	26.34
		4th	148M	Joe MILLER	Reading AC	26.90

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200m w +1.0 m/s	Boys U15	1st	98M	Laurie OVERTOOM	Reigate Priory AC	24.25
		2nd	104M	Joe HAWKINS	Invicta	24.63
		3rd	92M	Andrie LIVINGSTONE	Sutton	25.98
		4th	27M	Lewis WHITE	Crawley AC	27.05
		5th	112M	Chris THREADGOLD	Epsom & Ewell	27.09
200m w +3.6 m/s	Men U17	1st	143M	Joshua STREET	SLH	21.91
		2nd	63M	Chris BROWNLEE	Crawley AC	23.51
		3rd	149M	James MACKMAR	Horsham Blue Stars	24.32
		4th	103M	Robin DAVEY	DMV	25.11
200m w +2.5 m/s	Men U17	1st	124M	Davis PRATT	Hercules Wimbledon	22.72
		2nd	130M	Karl GOODMAN	Vale	23.57
		3rd	42M	Robbie STENHOUSE	Jersey Spartans	23.83
		4th	43M	Daniel SULLIVAN	Lewes AC	24.50
200m w +3.3 m/s	SM/U20M	1st	71M	Scott DORSET	WSE	23.32
		2nd	109M	Pat LOGAN	Kingston	24.67
		3rd	67M	Matthew LEONARD	U/A	25.33
200m w +1.9 m/s	SM	1st	86M	Darryn CAMPBELL	Bournemouth	22.94
		2nd	140M	Pierre WALKER	Belgrave	23.08
		3rd	121M	Lee TURNER	Woking	23.97
		4th	89M	Andrew SCOONES	Swale	24.83
200m w +3.0 m/s	SM	1st	87M	Gareth PRICE	U/A	21.94
		2nd	114M	Luke SARGEANT	Crawley AC	22.64
		3rd	156M	Stuart CHANNON	Walton AC	24.66
		4th	128M	Gaith TANA	Vale	24.66
200m w +1.4 m/s	Girls U15	1st	89F	Sophie SPINNER	Worthing DH	26.30
		2nd	66F	Anna SHORT	Worthing DH	27.74
		3rd	139F	Chloe HOLLAMBY	East Grinstead	28.05
		4th	70F	Sarah RAWLINGS	Sutton	28.61
200m w +1.2 m/s	Girls U15	1st	137F	Joanne WARE	Medway & Maid	27.48
		2nd	134F	Florence FOREMAN	Brighton & H	29.15
		3rd	151F	Alex VENNEL	Crawley AC	29.55
200m w +0.6 m/s	U17/SW	1st	56F	Caroline HATLEY	Ashford AC	27.34
		2nd	42F	Charlotte WHITE	Crawley AC	27.69
		3rd	94F	Carol DAWKINS	Portsmouth	28.54
200m w +3.0 m/s	U20/SW	1st	69F	Becca CAROZZI	Southampton	25.47
		2nd	75F	Eleanor BALL	Guildford & G	25.81
		3rd	93F	Danielee SVOBODA	Brighton & H	26.40
		4th	92F	Steph SMITH	Crawley AC	26.90
		5th	138F	Lindsay BADMAN	Newport Harriers	28.66
300m	U17W	1st	76F	Emily JENKINSON	Southampton	41.78
		2nd	42F	Charlotte WHITE	Crawley AC	44.46
		3rd	33F	Jess COOK	Crawley AC	44.55
		4th	167F	Ruth Myburgh	SLH	45.27
		5th	140F	Chloe HOLLAMBY	East Grinstead	46.44
		6th	95F	Shannon WHEATLEY	Crawley AC	47.14

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400m	Boys U15	1st	194M	Joel Buckett	Crawley AC	55.22
		2nd	196M	Harry Ramsey	DMV	55.81
		3rd	104M	Joe Hawkins	Invicta	56.75
		4th	175M	James Hancock	Sutton	58.66
		5th	112M	Chris THREADGOLD	Epsom & Ewell	59.77
		6th	170M	Jacob SAYERS	Crawley AC	60.95
		7th	177M	Sam CUNNINGHAM	Crawley AC	61.34
400m	Men U17	1st	29M	Alex BEST	Horsham Blue Stars	53.34
		2nd	160M	Dominic DURRELL	Crawley AC	53.74
		3rd	159M	Robert ALLAN	Crawley AC	53.98
		4th	30M	Ben BURTON	Invicta	54.26
		5th	188M	George HUXLEY	Ashford AC	54.26
		6th	43M	Daniel SULLIVAN	Lewes AC	56.56
400m	Men U20	1st	192M	David PATEY	Horsham Blue Stars	50.78
		2nd	189M	Ashley COCHRAN	Ashford AC	52.15
		3rd	95M	Louis DORE	U/A	64.22
400m	SM	1st	113M	Samuel ADEYEMI	Herne Hill Harriers	49.87
		2nd	190M	Matt THREADGOLD	Belgrave	50.02
		3rd	167M	Craig COX	Crawley AC	52.81
		4th	201M	Carl SVOBODA	U/A	53.87
		5th	183M	Darren DODDS	Guildford & G	54.72
		6th	154M	Thomas Doran	U/A	55.89
400m	SW	1st	155F	Matilda RAINSBOROUGH	Guildford & G	58.66
		2nd	148F	Nicola SEAL	Southampton	60.29
		3rd	161F	Helen HADJAM	Herne Hill Harriers	62.10
600m	Boys U11	1st	150M	Tommy BLANDEN	Brighton & H	1.56.31
		2nd	116M	Glenn BALFOUR	Bournemouth	1.56.37
		3rd	132M	Michael EAGLING	Croydon Harriers	1.58.65
		4th	2M	Russell HOPPER	Fleet & Crookham	2.05.23
		5th	176M	Tom CUNNINGHAM	U/A	2.10.42
		6th	4M	Ryan LONGMAN	Reigate Priory	2.11.67
600m	Boys U13	1st	64M	Matthew BOXALL	Crawley AC	1.47.08
		2nd	171M	Toby BARKER	Crawley AC	1.54.75
		3rd	11M	Jordan MASE	Crawley AC	1.59.37
		4th	178M	Joe WEST	Horsham Blue Stars	2.03.75
		5th	151M	Henry GOLTON	Brighton & H	2.05.43
		6th	174M	Ganesh NALAWADE	Crawley AC	2.11.65
		7th	141M	Aiden SILSBY	Brighton & H	2.12.70
		8th	184M	Connor CUNNINGHAM	Crawley AC	2.14.53
600m	Girls U11	1st	156F	Sian BISHOP	Crawley AC	1.56.77
		2nd	136F	Tara DEKLERK	WSEH	2.03.02
		3rd	157F	Amy HANCOCK	Sutton	2.08.80
		4th	150F	India FROUD	Horsham Blue Stars	2.23.34
600m	Girls U13	1st	48F	Florence ERTYL	Crawley AC	1.51.65
		2nd	149F	Erin BATEMAN	Worthing DH	1.52.75
		3rd	97F	Pippa Tilney	AFD	1.52.78
		4th	17F	Lauren PRESSWELL	Milton Keynes	1.52.99
		5th	49F	Joanna BOXALL	Crawley AC	2.06.58
		6th	67F	Katie SCOONES	Swale	2.15.66

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800m	Boys U13 & U15	1st	234M	Charlie WYLLIE	DMV	2.26.05
		2nd	76M	Stephen FERRONI	Brighton & H	2.27.09
		3rd	230M	Henry McCANN	Reigate Priory AC	2.30.64
		4th	162M	Harry LYNE	Chichester	2.35.66
		5th	107M	Max FERRARI	Herne Hill Harriers	2.37.16
		6th	231M	Sam BLACKWELL	HHH	2.37.88
		7th	211M	William GODDARD	WSE	2.38.08
		8th	17M	Connor SULLIVAN	Lewes AC	2.55.02
800m	U17/U20/SM	1st	169M	Ben WALLIS	Guildford & G	1.59.81
		2nd	221M	Shaka PALMER	Enfield	2.00.45
		3rd	210M	Michael DI LAURA	Worthing DH	2.02.91
		4th	224M	Nathan DITTON	WSE	2.04.96
		5th	213M	Andy EAKINS	Guildford & G	2.09.62
		6th	223M	Daniel WALLACE	Guildford & G	2.10.58
		7th	44M	Aaron TURMEL	Jersey Spartans	2.10.76
		8th	89M	Andrew SCOONES	Swale	2.11.07
		9th	212M	Robert MYRING	Guildford & G	2.11.34
		10th	58M	Grant STENHOUSE	Jersey Spartans	2.11.81
		11th	158M	Alistair NOEL	Invicta	2.13.04
		12th	228M	Philip PETERS	Chichester	3.03.03
800m	Girls U13 & U15	1st	175F	Leah HARRIS	Worthing DH	2.29.30
		2nd	176F	Lisa FERGUSON	Reigate Priory AC	2.30.36
		3rd	159F	Paige CLARK	Crawley AC	2.33.08
		4th	29F	Imogen MARSHALL	Worthing DH	2.37.58
		5th	181F	Lucy BRETT	DMV	2.41.22
		6th	14F	Libby MOODY	Crawley AC	2.42.24
		7th	185F	Kathryn DITTON	WSE	2.44.80
		8th	182F	Lily CHAPMAN	Sutton	3.04.59
		9th	9F	Josie KAVANAGH	Croydon Harriers	3.08.54
1000m	Girls/BoysU13	1st	122M	Robert SPALDING	Croydon Harriers	3.20.42
		2nd	105M	Paul BURGESS	Herne Hill Harriers	3.26.15
		3rd	174F	Tara BAGE	Worthing DH	3.28.86
		4th	74F	Zoe BOTTING	Hastings AC	3.58.40
1500m	Men - U15/U17	1st	129M	Tom ATKINS	Vale	4.26.53
		2nd	106M	Merhawi YEMANE	Herne Hill Harriers	4.29.05
		3rd	166M	Henry TEAGUE SMITH	Worthing DH	4.32.21
		4th	161M	Jason WOOLRIDGE	Horsham Blue Stars	4.36.50
		5th	164M	Ryan TODD	Worthing DH	4.46.26
		6th	146M	Simon WILLIAMS	Crawley AC	4.47.26
		7th	76M	Stephen FERRONI	Brighton & H	4.49.21
		8th	155M	Ollie GRAVESON	Worthing DH	4.55.68
		9th	179M	Ryan BOWYER	Horsham Blue Stars	5.00.21
		10th	83M	William THOMPSON	Crawley AC	5.02.28
		11th	22M	Anthony DONALDSON	Hastings AC	5.04.68
1500m	Men - U23/SM	1st	169M	Ben WALLIS	Guildford & G	4.08.16
		2nd	65M	Nathan WHITE	WSE	4.08.79
		3rd	173M	Jack SWALLOW	Crawley AC	4.11.43
		4th	182M	Martin BATEMAN	Hillingdon AC	4.14.85
		5th	55M	Paul NAVESEY	Crawley AC	4.27.56
		6th	163M	Richard WEAVER	WSE	4.40.37
		7th	53M	Robert INGOLDBY	Belgrave	4.59.48
		8th	138M	Dave BEATTIE	Crawley AC	5.26.85

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1500m	Women	1st	142F	Katy BIRD	Chichester	4.44.64
		2nd	152F	Rachel STACY	Guildford & G	5.10.51
		3rd	144F	Emily REEVES	WSEH	5.12.04
		4th	82F	Alice CHANDLER	Reigate Priory AC	5.13.73
		5th	159F	Paige CLARK	Crawley AC	5.26.83
		6th	162F	Charlotte CAVANAGH	Croydon Harriers	5.36.78
		7th	53F	Emilia WILLIAMS	Worththing DH	5.46.45
3000m	Men	1st	238M	Mike CUMMING	HHH	8.55.29
		2nd	216M	Kieran REILLY	Invicta	9.23.62
		3rd	55M	Paul NAVESEY	Crawley AC	9.26.61
		4th	242M	Adrian HAINES	Crawley AC	9.27.00
		5th	106M	Merhawi YEMANE	Herne Hill Harriers	9.29.52
		6th	41M	Jake ROGERS	Invicta	9.30.46
		7th	240M	Jake ELLIOTT	Phoenix	9.32.68
		8th	57M	Stephen STARVIS	Striders of Croydon	9.52.29
		9th	243M	Scott DALY	Victory AC	10.02.64
		10th	226M	George THOMAS	Walton AC	10.17.57
		11th	241M	Gary THAYRE	Phoenix	10.23.59
		12th	239M	Matthew KIERNAN	Croydon Harriers	10.50.28
		13th	138M	Dave BEATTIE	Crawley AC	11.18.76
		14th	170M	Jacob SAYERS	Crawley AC	11.36.06
3000m	Women	1st	189F	Helen WILSON	Southampton	11.09.17
		2nd	186F	Molly SHARPLES	AFD	11.22.13
		3rd	32F	Beth BURNETT	Invicta	12.48.37

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Field Results

			Number		Name	Club	Distance (m)	
Hammer	Men	U13	1st	9M	Jamie KUEHNEL	Newbury AC	35.97	
			2nd	72M	Jonathan POWNALL	Milton Keynes	31.22	
		U15	1st	66M	Rafal MORAWSKI	WLHS	62.97	
	2nd		85M	Taylor CAMPBELL	WSE	59.27		
	3rd		74M	James LASIS	Crawley AC	45.90		
	4th		19M	Lewis BARNES	Milton Keynes	44.01		
	5th		21M	Woody COX	Worthing DH	38.39		
	6th		26M	Matthew SZEPIFTOWSKI	Watton AC	37.44		
	7th		73M	Isaac FRANCIS	Eastbourne Rove	34.89		
	U17	1st	77M	Robert DUKE	Worthing DH	57.22		
		2nd	35M	Gary JONES	Bournemouth	53.82		
		3rd	72M	James SMITH	Woodford Green	47.43		
		4th	33M	Ricky DORAN	Newbury AC	46.02		
	U20	1st	75M	Matthew LASIS	Crawley AC	55.01		
		2nd	70M	Sam RIDGEWAY	Milton Keynes	53.81		
		3rd	69M	Mark WHITE	WSE	49.67		
		4th	49M	Simon EVANS	Worthing DH	49.35		
		5th	48M	Matthew EVANS	Worthing DH	44.45		
		6th	47M	Lee DORAN	Newbury AC	42.94		
	SM	1st	68M	Mick JONES	Belgrave	63.08		
		2nd	82M	Phil SPIVEY	East Grinstead	52.98 SM45		
		3rd	68M	Mike BALE	Haywards Heath	30.87		
	Javelin	Men	U13	1st	78M	Jonathan POWNALL	Milton Keynes	39.85
				2nd	94M	Eddie JENKINSON	Southampton	30.81
				3rd	12M	Jack MILNTHORPE	Horsham Blue St	30.00
				4th	142M	Will HARRIS	Holland Sports	29.14
				5th	91M	Craig RAWLINGS	Sutton	27.96
6th				14M	Munroe RITCHIE	Crawley AC	24.85	
7th				105M	Paul BURGESS	Herne Hill Harrier	23.80	
8th				208M	Josh BARTHOLMEW	Sutton	21.87	
9th				126M	Thomas BESWICK	East Grinstead	21.31	
10th				76M	Stephen FERRONI	Brighton & H	20.15	
11th				107M	Max FERRARI	Herne Hill Harrier	19.05	
12th				141M	Aidan SILSBY	Brighton & H	18.89	
13th				144M	Ben NEWPORT	Crawley AC	18.80	
14th				8M	Jordan BOWMAN	Lewes AC	17.84	
U15			NS	94M	Eddie JENKINSON	Southampton	31.39	
			1st	20M	Joseph BROWN	Southampton	45.69	
			2nd	101M	Redford CURTIS	Milton Keynes	44.23	
			3rd	134M	Max PATERSON	Horsham Blue St	29.06	
			U17	1st	102M	Freddie CURTIS	Milton Keynes	52.37
2nd				39M	Edward PILLAI	Worthing DH	48.38	
3rd				135M	Luke JOHNSON	Crawley AC	40.51	
4th				37M	Dominik OZGA	Crawley AC	37.86	
5th				36M	Dawid OZGA	Crawley AC	37.42	
6th				125M	Matthew SANSOME	Horsham Blue St	36.96	
7th				30M	Ben BURTON	Invicta	31.30	
U20			1st	136M	Craig LACEY	Cambridge H	56.35	
			2nd	100M	Jackson CURTIS	Milton Keynes	56.02	
			3rd	46M	Matt BAKER	Horsham Blue St	38.99	
Snr			1st	80M	Clifton GREEN	Belgrave	55.86	
			2nd	152M	Neil MANSBRIDGE	Crawley AC	49.13	
			3rd	139M	Peter MAYFIELD	Belgrave	43.29	
			4th	54M	Gareth LEWIS	Horsham Blue St	29.74	

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Shot	Men	U13	1st	14M	Munroe RITCHIE	Crawley AC	8.99
			2nd	9M	Jamie KUEHNEL	Newbury AC	8.73
			3rd	214M	David THOMAS	Lewes AC	8.18
			4th	91M	Craig RAWLINGS	Sutton	7.24
			5th	198M	Fergus DONNELLY	Holland Sports	6.87
			6th	141M	Aidan SILSBY	Brighton & H	6.82
			7th	17M	Connor SULLIVAN	Lewes AC	6.32
			8th	84M	Bayley CAMPBELL	WSEH	5.83
		U15	1st	19M	Lewis BARNES	Milton Keynes	14.57
			2nd	26M	Matthew SZEPIFTOWSKI	Walton AC	11.09
			3rd	73M	Isaac FRANCIS	Eastbourne Rove	10.80
			4th	207M	Tom KILLNER-BROWN	Horsham Blue St	10.44
			5th	85M	Taylor CAMPBELL	WSEH	9.82
			6th	101M	Redford CURTIS	Milton Keynes	9.17
			7th	21M	Woody COX	Worthing DH	9.03
			8th	186M	Divine ANAMEKWE	Crawley AC	8.34
			9th	62M	Gavin BROWNLIE	Crawley AC	7.03
		U17	1st	35M	Gary JONES	Bournemouth	13.61
			2nd	40M	Henry RIDGERS	Southampton	13.28
			3rd	77M	Robert DUKE	Worthing DH	13.27
			4th	220M	Levy SMITH	Crawley AC	12.89
			5th	33M	Ricky DORAN	Newbury AC	10.16
		U20	1st	219M	Temi LADEGA	Croydon Harriers	13.46
			2nd	100M	Jackson CURTIS	Milton Keynes	11.59
			3rd	217M	Joe PYBUS	Brighton & H	10.19
			4th	199M	Patrick APANTAKU	Worthing DH	9.95
			5th	70M	Sam RIDGEWAY	Milton Keynes	9.72
			6th	46M	Matt BAKER	Horsham Blue St	9.40
		Snr	1st	152M	Neil MANSBRIDGE	Crawley AC	13.31
			2nd	96M	Richard IRVING	Croydon Harriers	11.88
			3rd	187M	Dean SHOWLER DAVIS	Basingstoke	11.23
			4th	139M	Peter MAYFIELD	Belgrave	11.00
			5th	52M	David FREEMAN	Crawley AC	7.70
			6th	88M	Richard SCOONES	Swale	7.67
			7th	53M	Robert INGOLDBY	Belgrave	6.60
		SM50	1st	51M	Jan DRZEWIECKI	Bracknell	9.00
			2nd	68M	Mike BALE	HHH	7.92
Discus	Men	U13	1st	78M	Jonathan POWNALL	Milton Keynes	30.99
			2nd	94M	Eddie JENKINSON	Southampton	27.98
			3rd	9M	Jamie KUEHNEL	Newbury AC	25.80
			4th	91M	Craig RAWLINGS	Sutton	19.81
			5th	84M	Bayley CAMPBELL	WSE	18.39
		U15	1st	19M	Lewis BARNES	Milton Keynes	36.89
			2nd	207M	Tom KILLNER-BROWN	Horsham Blue St	35.27
			3rd	85M	Taylor CAMPBELL	WSE	28.54
			4th	21M	Woody COX	Worthing DH	27.70
			5th	62M	Gavin BROWNLIE	Crawley AC	13.64
		U17	1st	235M	Chris LINE	Dacorum & Tring	44.54
			2nd	35M	Gary JONES	Bournemouth	44.02
			3rd	45M	Arpad VERMES	Brighton & Hove	40.77
			4th	200M	Faraz RAFI	Croydon Harriers	39.89
			5th	77M	Robert DUKE	Worthing DH	38.31
			6th	33M	Ricky DORAN	Newbury AC	35.13
			7th	36M	Dawid OZGA	Crawley AC	29.07
			8th	31M	Jacob BURTON	Invicta	27.96
			9th	227M	Kyle TREHERNE	Walton AC	24.73

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	U20	1st	236M	Najee FOX	Stoke	49.17
		2nd	97M	Kariym IRVING	Croydon Harriers	41.53
		3rd	70M	Sam RIDGEWAY	Milton Keynes	38.48
		4th	100M	Jackson CURTIS	Milton Keynes	35.84
		5th	47M	Lee DORAN	Newbury AC	31.06
	Snr	1st	51M	Jan DRZEWIECKI	Bracknell	40.39
		2nd	187M	Dean SHOWLER DAVIS	Basingstoke	35.63
		3rd	165M	Mark ANDREW	Holland Sports	29.53
High Jump Men	U13	1st	153M	Tai HARRISON SCHULTZ	Brighton & H	1.45
		2nd	12M	Jack MILNTHORPE	Horsham Blue St	1.35
		3rd	133M	Sid WALTERS	Sutton	1.30
		4th	122M	Robert SPALDING	Croydon Harriers	1.30
		5th	18M	Thomas TWEEDY	Horsham Blue St	1.30
		6th	151M	Henry GOLTON	Brighton & H	1.25
		7th	105M	Paul BURGESS	HHH	1.20
	U15	1st	81M	Ryan SPIVEY	East Grinstead	1.55
		2nd	186M	Divine Anamekwe	Crawley AC	1.45
		3rd	185M	Kieran CUNNINGHAM	Crawley AC	1.40
	U17	1st	37M	Dominik OZGA	Crawley AC	1.65
		2nd	36M	Dawid OZGA	Crawley AC	1.65
		3rd	203M	Sanchez DAVIS	U/A	1.55
	U20	1st	97M	Kariym IRVING	Croydon Harriers	1.85
		2nd	46M	Matt BAKER	Horsham Blue St	1.70
	Snr	1st	59M	Dean STOREY	Worthing DH	1.95
		1st	168M	Dan DUNSCOMBE	Worthing DH	1.95
		3rd	180M	Matt PLUNKETT	Haywards Heath	1.80
	M45	1st	82M	Phil SPIVEY	East Grinstead	1.45
Long Jump Men	U11	1st	7M	Joseph MASSIMO	Crawley AC	3.83
		2nd	6M	Sam MACE	Walton AC	3.77
		3rd	119M	Hayden YOUNG	Reigate Priory AC	3.69
		4th	116M	Glenn BALFOUR	Bournemouth	3.68
		5th	150M	Tommy BLANDEN	Brighton & H	3.58
		6th	120M	Bradley YOUNG	Reigate Priory AC	3.54
		7th	176M	Tom CUNNINGHAM	U/A	3.23
	U13	1st	93M	Kobe GRIFFITHS	Hastings AC	4.90
		2nd	153M	Tai HARRISON SCHULTZ	Brighton & H	4.65
		3rd	60M	Matthew BORTHWICK	Crawley AC	4.29
		4th	79M	Nathan COLLINS	Portsmouth	3.92
		5th	122M	Robert SPALDING	Croydon Harriers	3.85
		6th	10M	Joel McFARLANE	Sutton	3.82
		7th	133M	Sid WALTERS	Sutton	3.79
		8th	105M	Paul BURGESS	Herne Hill Harrier	3.74
		9th	64M	Matthew BOXALL	Crawley AC	3.58
		10th	171M	Toby BARKER	Crawley AC	3.40
		11th	118M	Aaron HOWARD	Havant	3.02
	U15	1st	92M	Andre LIVINGSTON	Sutton	4.95
		2nd	104M	Joe HAWKINS	Invicta	4.94
		3rd	148M	Joe MILLER	Reading AC	4.83
		4th	73M	Isaac FRANCIS	Eastbourne Rove	4.57
		5th	81M	Ryan SPIVEY	East Grinstead	4.40
		6th	215M	James COYLE	Eastbourne Rove	4.13
		7th	177M	Sam CUNNINGHAM	Crawley AC	3.49
		8th	62M	Gavin BROWNLEE	Crawley AC	3.35
	U17	1st	32M	Lewis CULLEN	Worthing DH	6.29
		2nd	145M	Oliver NEWPORT	Crawley AC	6.16
		3rd	34M	Morgan HILTON	Crawley AC	5.71
		4th	37M	Dominik OZGA	Crawley AC	5.05
		5th	31M	Jacob BURTON	Invicta	4.87
		6th	103M	Robin DAVEY	DMV	4.64
	U20	1st	204M	Tom FRENCH	Brighton & H	6.77

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	2nd	97M	Kariym IRVING	Croydon Harriers	6.39	
	3rd	50M	Rob WOOLGAR	AFD	6.26	
	4th	172M	David CRISP	Woodford Green	6.21	
	5th	217M	Joe PYBUS	Brighton & H	5.90	
	6th	209M	Jack VALERI	Brighton & H	5.81	
	7th	199M	Patrick APANTAKU	Worthing DH	5.12	
SM	1st	181M	James HOAD	Crawley AC	6.33	
	2nd	180M	Matt PLUNKETT	HHH	5.67	
	3rd	222M	Mark THOMAS	Walton AC	4.75 SM45	
	4th	82M	Phil SPIVEY	East Grinstead	4.60 SM45	
High Jump Women	U13	1st	13F	Lucy MILNTHORPE	Horsham Blue St	1.25
Starting Ht below 1.40m		2nd	20F	Kira WALKER	Portsmouth	1.25
		3rd	21F	Rachel WOODS	Woking	1.20
		4th	74F	Zoe BOTTING	Hastings AC	1.20
	U15	4th	149F	Erin BATEMAN	Worthing AC	1.15
		1st	62F	Katie GARLAND	Hastings AC	1.45
		2nd	29F	Imogen MARSHALL	Worthing DH	1.40
		3rd	84F	Sophie HIND	Worthing DH	1.35
		4th	27F	Samantha HEYDON	Reigate Priory AC	1.20
	U17	1st	135F	Leah DYSON	DMV	1.45
		2nd	90F	Melissa DONALDSON	Brighton & H	1.40
High Jump Women	U15	1st	153F	Robyn PETIT	Crawley AC	1.60
Starting Ht above 1.40m		2nd	137F	Joanne WARE	Medway & Maid	1.50
		3rd	100F	Monica HILL	Reigate Priory AC	1.45
		4th	79F	Victoria SNOOK	TSV Neusaes	1.45
	U17	1st	83F	Jasmin DOTZEK	Crawley AC	1.55
		2nd	45F	Elise LOVELL	Hastings AC	1.50
Long Jump Women	U11	1st	146F	Amber ANNING	Phoenix	3.93
		2nd	86F	Lillie FRANKS	Crawley AC	3.68
		3rd	156F	Sian BISHOP	Crawley AC	3.62
		4th	99F	Sarah HUXSTEP	Hastings AC	3.50
		5th	1F	Amy FITZPATRICK	Horsham Blue St	3.21
		6th	150F	India FROUD	Horsham Blue St	2.95
		7th	98F	Jessie WALTERS	Sutton	2.86
		8th	77F	Yasmin IRVING	Croydon Harriers	2.55
		9th	73F	Leanne BOTTING	Hastings AC	2.50
		10th	147F	Poppy PITTOCK	Hastings AC	2.47
	U13	1st	169F	Millie CABLE	Lewes AC	4.13
		2nd	91F	Abby BESWICK	East Grinstead	4.05
		3rd	17F	Lauren PRESSWELL	Milton Keynes	3.82
		4th	65F	Millie CAVANAGH	Portsmouth	3.82
		5th	80	Maisie CHAMBERLAIN	Reigate Priory AC	3.52
		6th	188	Fiona TRICE	Crawley AC	3.19
		7th	182F	Lily CHAPMAN	Sutton	3.12
	U15	1st	78F	Shirin IRVING	Croydon Harriers	4.93
		2nd	79F	Victoria SNOOK	TSV Neusaes	4.87
		3rd	30F	Sarah RUSLING	East Grinstead	4.58
		4th	84F	Sophie HIND	Worthing DH	4.54
		5th	133F	Imogen LEVY	Brighton & H	4.48
		6th	70F	Sarah RAWLINGS	Sutton	4.35
		7th	100F	Monica HILL	Reigate Priory AC	4.32
		8th	31F	Lucy WEIR	Walton AC	4.27
		9th	66F	Anna SHORT	Worthing DH	4.26
		10th	26F	Miranda GARRATT	Worthing DH	4.00
		11th	82F	Alice CHANDLER	Reigate Priory AC	3.90

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	U17	1st	132F	Natalie SAMPSON	Worthing DH	4.93	
		2nd	36F	Lisa O'BRIEN	Walton AC	4.87	
		3rd	95F	Shannon WHEATLEY	Crawley AC	4.67	
		4th	81F	Francis READ	Blackheath & Bro	4.63	
		5th	56F	Caroline HATLEY	Ashford AC	4.43	
	U20	1st	45F	Elise LOVELL	Hastings AC	5.37	
		2nd	64F	Katie SHEENAN	AFD	5.06	
		3rd	83F	Jasmin DOTZEK	Crawley AC	4.81	
		4th	47F	Liz MARIES	Crawley AC	4.70	
	Snr	1st	88F	Laura PENFOLD	HHH	4.87	
		2nd	87F	Lucy VENABLES	HHH	3.95	
Shot	Women	U13	1st	158F	Sophie MERRITT	Southampton	11.50
			2nd	187F	Rachel HARRISON	Horsham Blue St	8.67
			3rd	180F	Bethany COLE	Crawley AC	8.38
			4th	10F	Sophie MACE	Walton AC	8.06
			5th	163F	Stephanie HOWE	Woodford Green	7.48
			6th	85F	Emma GARRY	Horsham Blue St	7.39
			7th	19F	Stephanie SHACKEL	Crawley AC	6.99
			8th	3F	Paige BARNES	Milton Keynes	6.22
			9th	165F	Evie GRICE	Portsmouth	6.11
			10th	12F	Eloise MASSIMO	Crawley AC	5.33
			11th	74F	Zoe BOTTING	Hastings AC	4.89
			12th	72F	Misty CAMPBELL	Hastings AC	2.27
		U15	1st	78F	Shirin IRVING	Croydon Harriers	10.16
			2nd	22F	Isabelle ADLAM	Brighton & H	8.00
			3rd	24F	Lianne BAKER	Worthing DH	7.29
			4th	30F	Sarah RUSLING	East Grinstead	7.00
			5th	89F	Sophie SPINNER	Worthing DH	6.26
			6th	160F	Emily DEVILLE	East Grinstead	6.03
			7th	27F	Samantha HEYDON	Reigate Priory AC	5.97
			8th	26F	Miranda GARRATT	Worthing DH	5.95
			9th	23F	Emily BAKER	Worthing DH	5.81
			10th	62F	Katie GARLAND	Hastings AC	5.69
		U17	1st	51F	Sarah Jane ANTHONY	AFD	9.79
			2nd	39F	Kayleigh PRESSWELL	Milton Keynes	8.91
			3rd	37F	Sinead O'BRIEN	Walton AC	8.82
			4th	177F	Melissa KILNER-BROWN	Horsham Blue St	6.92
			5th	35F	Eloise MARSHALL	Worthing DH	6.60
			6th	90F	Melissa DONALDSON	Brighton & H	5.37
		U20	1st	71F	Holly STROUD	Guildford & G	9.80
		Snr	1st	63F	Laura DUKE	Worthing DH	10.73
			2nd	60F	Joanne DAVISON	Worthing DH	9.00
Javelin	Women	U13	1st	158F	Sophie MERRITT	Southampton	33.14
			2nd	165F	Evie GRICE	Portsmouth	23.92
			3rd	19F	Stephanie SHACKEL	Crawley AC	21.27
			4th	65F	Millie CAVANAGH	Portsmouth	19.98
			5th	21F	Rachel WOODS	Woking	18.50
			6th	145F	Charlotte BLANDEN	Brighton & H	17.82
			7th	163F	Stephanie HOWE	Woodford Green	9.73
			8th	72F	Misty CAMPBELL	Hastings AC	4.59
		U15	1st	76F	Emily JENKINSON	Southampton	25.75
			2nd	61F	Rebecca FERRONI	Brighton & H	22.10
			3rd	168F	Keira BECK	Brighton & H	20.28
			4th	30F	Sarah RUSLING	East Grinstead	18.94
			5th	139F	Chloe HOLLAMBY	East Grinstead	17.87
			6th	160F	Emily DEVILLE	East Grinstead	14.31
			7th	29F	Imogen MARSHALL	Worthing DH	8.78

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	U17	1st	41F	Holly WEBB	Horsham Blue St:	33.92	
		2nd	164F	Rahannah GILLETTE-VERNO	Kingston	29.32	
		3rd	36F	Lisa O'BRIEN	Walton AC	18.28	
		4th	90F	Melissa DONALDSON	Brighton & H	12.02	
	U20	1st	71F	Holly STROUD	Guildford & G	33.58	
	Snr	1st	46F	Caroline GARRATT	Worthing DH	31.65	SW45
	U13	NS	158F	Sophie MERRITT	Southampton	36.41	
Discus	Women	U13	1st	158F	Sophie MERRITT	Southampton	36.86
			2nd	10F	Sophie MACE	Walton AC	20.02
			3rd	17F	Lauren PRESSWELL	Milton Keynes	18.64
			4th	180F	Bethany COLE	Crawley AC	17.56
			5th	3F	Paige BARNES	Milton Keynes	16.29
			6th	85F	Emma GARRY	Horsham Blue St:	13.95
		U15	1st	166F	Nicola GREGORY	Bexley	28.41
			2nd	25F	Hannah CLARK	Horsham Blue St:	23.53
			3rd	22F	Isabelle ADLAM	Brighton & H	22.63
			4th	24F	Lianne BAKER	Worthing DH	20.52
			5th	23F	Emily BAKER	Worthing DH	11.11
		U17	1st	173F	Phoebe DOWSON	Bournemouth	39.59
			2nd	39F	Kayleigh PRESSWELL	Milton Keynes	30.95
			3rd	37F	Sinead O'BRIEN	Walton AC	27.82
			4th	172F	Leah ANDERSON	Croydon Harriers	23.12
			5th	177F	Melissa KILNER-BROWN	Horsham Blue St:	21.98
			6th	52F	Sophie WILLIAMS	Worthing DH	14.90
		Snr	1st	60F	Joanne DAVISON	Worthing DH	31.94
Hammer	Women	U13	1st	10F	Sophie MACE	Walton AC	22.10
		U15	1st	55F	Tara MORAWSKA	ESM	34.60
			2nd	23F	Emily BAKER	Worthing DH	29.24
			3rd	24F	Lianne BAKER	Worthing DH	24.85
			4th	61F	Rebecca FERRONI	Brighton & H	21.72
			5th	31F	Lucy WEIR	Walton AC	18.84
		U17	1st	81F	Sarah Jane ANTHONY	AFD	43.81
			2nd	39F	Kayleigh PRESSWELL	Milton Keynes	32.39
			3rd	59F	Hannah SEARING	Dartford	32.03
			4th	37F	Sinead O'BRIEN	Walton AC	26.81
			5th	52F	Sophie WILLIAMS	Worthing DH	24.37
		Snr	1st	60F	Joanne DAVISON	Worthing DH	49.66
			2nd	58F	Sarah SMITH	Woodford Green	49.44
			3rd	57F	Rachel BAYLISS	Croydon Harriers	32.16
			4th	54F	Julia WILLIAMS	Worthing DH	20.99