

	Team	Score
1	Eastbourne Rovers	240
2	Cambridge & Coleridge	208
3	Tonbridge AC	180
4	Medway & Maidstone	126

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Men's A 100m		Wind=			
1	John Adekoya	SM	Cambridge & Coleridge	11.0	4
2	Harry Kendall	U23	Tonbridge AC	11.5	3
3	Calvin Kirsten	SM	Eastbourne Rovers	11.5	2
4	Nathan Isaac	U17	Medway & Maidstone	11.6	1

aw
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aw

Men's B 100m		Wind=			
1	Bryn Smith	U20	Eastbourne Rovers	11.2	4
2	George Blake	U20	Medway & Maidstone	11.5	3
3	Anton Bachorski	U17	Tonbridge AC	11.5	2
4	Sam Richards	SM	Cambridge & Coleridge	11.6	1

aw
aw
aw

Men's A 200m		Wind=			
1	Bryn Smith	U20	Eastbourne Rovers	22.8	4
2	Stephen Green	SM	Cambridge & Coleridge	23.4	3
3	Steve Tester	SM	Tonbridge AC	23.5	2
4					1

aw
aw

Men's B 200m		Wind=			
1	Calvin Kirsten	SM	Eastbourne Rovers	23.2	4
2	Anton Bachorski	U17	Tonbridge AC	23.7	3
3	Sam Richards	SM	Cambridge & Coleridge	24.5	2
4	Tewelde Menges	SM	Medway & Maidstone	27.3	1

aw
aw

Men's A 400m					
1	Kieran Eland	U23	Tonbridge AC	50.7	4
2	Stephen Green	SM	Cambridge & Coleridge	52.5	3
3	George Clements	SM	Medway & Maidstone	53.7	2
4	Stuart Pelling	SM	Eastbourne Rovers	55.8	1

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Men's B 400m					
1	Steve Tester	SM	Tonbridge AC	52.4	4
2	Jimmy Pyle	SM	Eastbourne Rovers	54.9	3
3	Andrejs Safars	SM	Medway & Maidstone	55.0	2
4	Thomas Brennand	SM	Cambridge & Coleridge	73.8	1

aw

Men's A 800m					
1	Chris Dodd	SM	Eastbourne Rovers	1.58.9	4
2	Jamie Brown	U23	Tonbridge AC	2.00.8	3
3	Oliver Park	SM	Cambridge & Coleridge	2.00.9	2
4	Andrejs Safars	SM	Medway & Maidstone	2.09.9	1

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Men's B 800m					
1	Richard Park	SM	Cambridge & Coleridge	2.00.9	4
2	Seb Cirillo	SM	Eastbourne Rovers	2.01.1	3
3	Tom Cox	SM	Tonbridge AC	2.07.9	2
4	Simon Habtorn	SM	Medway & Maidstone	2.12.7	1

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Men's A 1500m					
1	Chris Dodd	SM	Eastbourne Rovers	4.14.1	4
2	Dan Blades	U20	Tonbridge AC	4.16.5	3
3	Richard Park	SM	Cambridge & Coleridge	4.20.0	2
4	Tom Collins	SM	Medway & Maidstone	4.21.4	1

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Men's B 1500m					
1	Tom Cox	SM	Tonbridge AC	4.17.9	4
2	Nick Smallwood	SM	Cambridge & Coleridge	4.22.1	3
3	Simon Habtorn	SM	Medway & Maidstone	4.24.1	2
4	Ashley Humphreys	SM	Eastbourne Rovers	4.42.4	1

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Men's A 5000m					
1	Sullivan Smith	M40	Cambridge & Coleridge	15.23.2	4
2	Tewelde Menges	SM	Medway & Maidstone	15.35.5	3
3	Jamie Bryant	SM	Tonbridge AC	15.50.4	2
4	Ashley Humphreys	SM	Eastbourne Rovers	16.40.0	1

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Men's B 5000m

1	Chris Darling	SM	Cambridge & Coleridge	16.13.4	4	####
2	Dan Bradley	SM	Tonbridge AC	16.26.5	3	####
3	Mark Wilkins	SM	Medway & Maidstone	17.03.8	2	####
4	Richard Jones	SM	Eastbourne Rovers	17.23.7	1	####

Men's A 110mH

Wind=

1	Joe Morris	SM	Eastbourne Rovers	17.1	4	aw
2	Oliver Park	SM	Cambridge & Coleridge	18.4	3	
3	Andrejs Safars	SM	Medway & Maidstone	20.0	2	
4	Alex Hookway	SM	Tonbridge AC	23.0	1	

Men's B 110mH

Wind=

1	Bradley Eisnor	U23	Eastbourne Rovers	16.8	4	aw
2	Thomas Brennand	SM	Cambridge & Coleridge	21.1	3	
3					2	
4					1	

Men's A 400mH

1	Alex Hookway	SM	Tonbridge AC	62.9	4	aw
2	Istavan Jacso	SM	Cambridge & Coleridge	64.4	3	
3	Tom Collins	SM	Medway & Maidstone	69.9	2	
4	Rory Burgess	U23	Eastbourne Rovers	73.2	1	

Men's B 400mH

1	Steve Kasparis	U20	Eastbourne Rovers	63.7	4	aw
2	Andrejs Safars	SM	Medway & Maidstone	64.3	3	
3	Michael Ellis	U23	Tonbridge AC	64.4	2	
4	Thomas Brennand	SM	Cambridge & Coleridge	79.1	1	

Men's A 2000m Steeplechase

1	Michael Ellis	U23	Tonbridge AC	6.25.0	4	####
2	Sullivan Smith	M40	Cambridge & Coleridge	6.27.9	3	####
3	Seb Cirillo	SM	Eastbourne Rovers	6.35.2	2	####
4	Tewelde Menges	SM	Medway & Maidstone	6.36.3	1	####

Men's B 2000m Steeplechase

1	Istavan Jacso	SM	Cambridge & Coleridge	6.43.7	4	####
2	Josh Varney	SM	Eastbourne Rovers	6.46.3	3	####
3	Tim Corby	SM	Tonbridge AC	7.10.8	2	####
4	Mark Wilkins	SM	Medway & Maidstone	7.16.8	1	####

Men's A High Jump

1	Bradley Eisnor	U23	Eastbourne Rovers	1.75	4	aw
2	Jon Adekoya	SM	Cambridge & Coleridge	1.70	3	
3	Calum Laing	U20	Tonbridge AC	1.65	2	
4	George Blake	U20	Medway & Maidstone	1.65	1	

Men's B High Jump

1	Stuart Pelling	SM	Eastbourne Rovers	1.65	4	
2	Chris Ford	SM	Tonbridge AC	1.65	3	
3	Sam Richards	SM	Cambridge & Coleridge	1.60	2	
4	Ben Blake	U17	Medway & Maidstone	1.60	1	

Men's A Pole Vault

1	Russell Weir	SM	Eastbourne Rovers	3.65	4	aw
2	Ben Blake	U17	Medway & Maidstone	2.70	3	aw
3	Istavan Jacso	SM	Cambridge & Coleridge	2.10	2	
4					1	

Men's B Pole Vault

1	Paul Keen	SM	Eastbourne Rovers	3.10	4	aw
2	George Blake	U20	Medway & Maidstone	2.10	3	
3	Oliver Park	SM	Cambridge & Coleridge	1.90	2	
4					1	

Men's A Long Jump

1	Sam Richards	SM	Cambridge & Coleridge	6.62	4	aw
2	Bradley Eisnor	U23	Eastbourne Rovers	6.12	3	aw
3	Chris Ford	SM	Tonbridge AC	5.66	2	
4	Ben Blake	U17	Medway & Maidstone	5.01	1	

Wind

Men's B Long Jump					Wind	
1	Liam Hennessey	U20	Eastbourne Rovers	5.66	4	
2	Jon Adekoya	SM	Cambridge & Coleridge	5.59	3	
3	Anton Bachorski	U17	Tonbridge AC	5.27	2	
4	Mark Wilkins	SM	Medway & Maidstone	3.44	1	
Men's A Triple Jump					Wind	
1	Sam Richards	SM	Cambridge & Coleridge	13.39	4	aw
2	Bradley Eisnor	U23	Eastbourne Rovers	12.23	3	aw
3	Calum Laing	U20	Tonbridge AC	11.52	2	aw
4	Andrejs Safars	SM	Medway & Maidstone	10.84	1	
Men's B Triple Jump					Wind	
1	Liam Hennessey	U20	Eastbourne Rovers	11.31	4	
2	Thomas Brennand	SM	Cambridge & Coleridge	9.97	3	
3	Tom Collins	SM	Medway & Maidstone	8.32	2	
4					1	
Men's A Shot Putt						
1	Lewis Church	U23	Tonbridge AC	12.23	4	aw
2	Joe Morris	SM	Eastbourne Rovers	11.80	3	aw
3	Aedan Stack	SM	Cambridge & Coleridge	11.55	2	aw
4	George Clements	SM	Medway & Maidstone	8.75	1	
Men's B Shot Putt						
1	Bradley Eisnor	U23	Eastbourne Rovers	11.27	4	aw
2	Gary Parsons	M45	Cambridge & Coleridge	10.15	3	aw
3	Alex Hookway	SM	Tonbridge AC	9.82	2	
4	Will Blake	U20	Medway & Maidstone	8.02	1	
Men's A Discus						
1	Lewis Church	U23	Tonbridge AC	39.10	4	aw
2	Aedan Stack	SM	Cambridge & Coleridge	36.38	3	aw
3	Joe Morris	SM	Eastbourne Rovers	25.28	2	
4	Will Blake	U20	Medway & Maidstone	21.60	1	
Men's B Discus						
1	Harry Kendall	U23	Tonbridge AC	38.05	4	aw
2	Gary Parsons	M45	Cambridge & Coleridge	33.15	3	aw
3	Bradley Eisnor	U23	Eastbourne Rovers	24.18	2	
4					1	
Men's A Hammer						
1	Aedan Stack	SM	Cambridge & Coleridge	40.44	4	aw
2	Joe Morris	SM	Eastbourne Rovers	33.44	3	aw
3	Andrejs Safars	SM	Medway & Maidstone	27.57	2	aw
4	Calum Laing	U20	Tonbridge AC	20.93	1	
Men's B Hammer						
1	Gary Parsons	M45	Cambridge & Coleridge	32.77	4	aw
2	Stuart Pelling	SM	Eastbourne Rovers	19.84	3	
3	Alex Hookway	SM	Tonbridge AC	18.02	2	
4	Will Blake	U20	Medway & Maidstone	17.95	1	
Men's A Javelin						
1	Harry Kendall	U23	Tonbridge AC	55.82	4	aw
2	Bradley Eisnor	U23	Eastbourne Rovers	46.18	3	aw
3	George Blake	U20	Medway & Maidstone	36.37	2	aw
4	Aedan Stack	SM	Cambridge & Coleridge	35.93	1	
Men's B Javelin						
1	Joe Morris	SM	Eastbourne Rovers	43.26	4	aw
2	Lewis Church	U23	Tonbridge AC	42.10	3	aw
3	Gary Parsons	M45	Cambridge & Coleridge	29.03	2	
4					1	
Men's 4x100m						
1	Eastbourne Rovers	SM		44.9	4	
2	Cambridge & Coleridge	SM		45.7	3	
3	Tonbridge AC	SM		48.2	2	
4	Medway & Maidstone	SM		49.2	1	
Men's 4x400m						
1	Tonbridge AC	SM		3.31.1	4	####
2	Eastbourne Rovers	SM		3.31.9	3	####
3	Medway & Maidstone	SM		3.33.6	2	####
4	Cambridge & Coleridge	SM		3.35.6	1	####

Women's A 100m			Wind=			
1	Sofia Cunningham	U17	Eastbourne Rovers	12.4	4	aw
2	Jess Fox	SW	Cambridge & Coleridge	12.7	3	aw
3	Jess Murphy	U23	Tonbridge AC	12.8	2	aw
4	Lucy Hope	U20	Medway & Maidstone	13.2	1	aw
Women's B 100m			Wind=			
1	Zara Edelearu	U17	Medway & Maidstone	13.4	4	
2	Claire Capon	SW	Eastbourne Rovers	13.5	3	
3	Alicia Whittle	U20	Cambridge & Coleridge	13.7	2	
4	Lucy Kingston	SW	Tonbridge AC	16.2	1	
Women's A 200m			Wind=			
1	Sofia Cunningham	U17	Eastbourne Rovers	25.9	4	aw
2	Jess Fox	SW	Cambridge & Coleridge	26.5	3	aw
3	Jess Murphy	U23	Tonbridge AC	26.6	2	aw
4	Lucy Hope	U20	Medway & Maidstone	27.1	1	aw
Women's B 200m			Wind=			
1	Rebekah Morris	U20	Eastbourne Rovers	26.9	4	aw
2	Simone Baxter	U23	Tonbridge AC	27.8	3	
3	Alicia Whittle	U20	Cambridge & Coleridge	28.5	2	
4	Harriet Wilder	U20	Medway & Maidstone	29.3	1	
Women's A 400m						
1	Becky O'Hara	U20	Tonbridge AC	57.8	4	aw
2	Alice Southam	SW	Eastbourne Rovers	63.1	3	aw
3	Lucy Hope	U20	Medway & Maidstone	66.2	2	
4	Carole Beddingfield	SW	Cambridge & Coleridge	69.9	1	
Women's B 400m						
1	Jess O'Hara	SW	Tonbridge AC	60.8	4	aw
2	Sian Heather	U23	Eastbourne Rovers	65.0	3	
3	Harriet Wilder	U20	Medway & Maidstone	67.3	2	
4	Anne Moindrot	SW	Cambridge & Coleridge	69.5	1	
Women's A 800m						
1	Matilda Hall	U17	Tonbridge AC	2.32.8	4	####
2	Carole Beddingfield	SW	Cambridge & Coleridge	2.38.4	3	####
3	Morgan Duncan	U17	Eastbourne Rovers	2.49.0	2	####
4	Mo Fazakerley	W50	Medway & Maidstone	3.03.1	1	####
Women's B 800m						
1	Hannah Czamowski	U20	Tonbridge AC	2.34.3	4	####
2	Joan Lasenby	SW	Cambridge & Coleridge	2.54.4	3	####
3	Hayley Paige	SW	Eastbourne Rovers	3.25.6	2	####
4	Kat Ford	SW	Medway & Maidstone	3.52.3	1	####
Women's A 1500m						
1	Becca Frake	SW	Cambridge & Coleridge	5.12.1	4	####
2	Matilda Hall	U17	Tonbridge AC	5.36.6	3	####
3	Alice Southam	SW	Eastbourne Rovers	5.48.7	2	####
4	Mo Fazakerley	W50	Medway & Maidstone	6.26.0	1	####
Women's B 1500m						
1	Carole Beddingfield	SW	Cambridge & Coleridge	5.39.7	4	####
2	Natalie McCreath	SW	Eastbourne Rovers	6.02.2	3	####
3	Lucy Kingston	U17	Tonbridge AC	6.07.7	2	####
4	Kat Ford	SW	Medway & Maidstone	8.00.0	1	####
Women's A 3000m						
1	Becca Frake	SW	Cambridge & Coleridge	10.48.5	4	####
2	Stephanie Purdy	U17	Tonbridge AC	11.55.6	3	####
3	Natalie McCreath	SW	Eastbourne Rovers	12.16.0	2	####
4	Mo Fazakerley	W50	Medway & Maidstone	13.44.9	1	####
Women's B 3000m						
1	Holly Gordon	U20	Tonbridge AC	11.56.9	4	####
2	Joan Lasenby	W55	Cambridge & Coleridge	13.03.7	3	####
3	Sian Heather	U23	Eastbourne Rovers	15.12.9	2	####
4	Kat Ford	SW	Medway & Maidstone	17.22.7	1	####
Women's A 100mH			Wind=			
1	Simone Baxter	U23	Tonbridge AC	16.5	4	aw
2	Emma Noel	SW	Eastbourne Rovers	19.8	3	
3					2	
4					1	

Women's B 100mH		Wind=			
1	Claire Capon	SW	Eastbourne Rovers	21.7	4
2					3
3					2
4					1

Women's A 400mH					
1	Jess Fox	SW	Cambridge & Coleridge	66.9	4
2	Emma Noel	SW	Eastbourne Rovers	69.0	3
3	Simone Baxter	U23	Tonbridge AC	79.6	2
4					1

aw
aw

Women's B 400mH					
1	Sian Heather	U23	Eastbourne Rovers	94.6	4
2					3
3					2
4					1

Women's A 2000m Steeplechase					
1	Vita Milana	U17	Tonbridge AC	8.24.2	4
2	Claire Capon	SW	Eastbourne Rovers	9.28.5	3
3	Joan Lasenby	W55	Cambridge & Coleridge	9.44.1	2
4	Mo Fazakerley	W50	Medway & Maidstone	9.59.6	1

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Women's B 2000m Steeplechase					
1	Hannah Czamowski	U20	Tonbridge AC	8.54.1	4
2	Kat Ford	SW	Medway & Maidstone	11.57.2	3
3					2
4					1

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Women's A High Jump					
1	Jess Fox	SW	Cambridge & Coleridge	1.40	4
2	Emma Noel	SW	Eastbourne Rovers	1.40	3
3	Stephanie Purdy	U17	Tonbridge AC	1.35	2
4	Harriet Wilder	U20	Medway & Maidstone	1.30	1

Women's B High Jump					
1	Anne Moindrot	SW	Cambridge & Coleridge	1.35	4
2	Sian Heather	U23	Eastbourne Rovers	1.30	3
3	Jess Blake	SW	Medway & Maidstone	1.25	2
4					1

Women's A Pole Vault					
1	Claire Capon	SW	Eastbourne Rovers	2.05	4
2					3
3					2
4					1

Women's B Pole Vault					
1	Heidi Burgess	U23	Eastbourne Rovers	2.00	4
2					3
3					2
4					1

Women's A Long Jump					
1	Jess Fox	SW	Cambridge & Coleridge	5.09	4
2	Claire Capon	SW	Eastbourne Rovers	4.64	3
3	Zara Edelearu	U17	Medway & Maidstone	4.49	2
4	Stephanie Purdy	U17	Tonbridge AC	4.06	1

Wind

aw

Women's B Long Jump					
1	Emma Noel	SW	Eastbourne Rovers	4.54	4
2	Harriet Wilder	SW	Medway & Maidstone	4.44	3
3	Alicia Whittle	U20	Cambridge & Coleridge	4.06	2
4	Nina Ridge	W40	Tonbridge AC	4.01	1

Wind

Women's A Triple Jump					
1	Jess Fox	SW	Cambridge & Coleridge	10.55	4
2	Claire Capon	SW	Eastbourne Rovers	9.56	3
3	Jess Blake	SW	Medway & Maidstone	6.97	2
4					1

Wind

aw
aw

Women's B Triple Jump					
1	Anne Moindrot	SW	Cambridge & Coleridge	9.89	4
2	Heidi Burgess	U23	Eastbourne Rovers	9.13	3
3	Wendy Blake	W45	Medway & Maidstone	6.27	2
4					1

Wind

aw

Women's A Shot Putt

1	Sarah McGrath	W40	Cambridge & Coleridge	9.41	4
2	Emma Noel	SW	Eastbourne Rovers	7.98	3
3	Jess Blake	SW	Medway & Maidstone	6.95	2
4	Nina Ridge	W40	Tonbridge AC	6.94	1

aw

Women's B Shot Putt

1	Neve Palmer	U20	Cambridge & Coleridge	8.32	4
2	Sarah Hannam	W40	Eastbourne Rovers	7.29	3
3	Wendy Blake	W45	Medway & Maidstone	5.74	2
4	Lucy Kingston	U17	Tonbridge AC	5.04	1

aw

Women's A Discus

1	Anne Moindrot	SW	Cambridge & Coleridge	28.93	4
2	Zara Edelearu	U17	Medway & Maidstone	18.53	3
3	Simone Baxter	U23	Tonbridge AC	18.13	2
4	Sian Heather	U23	Eastbourne Rovers	14.45	1

aw

Women's B Discus

1	Sarah McGrath	W40	Cambridge & Coleridge	25.59	4
2	Angela Morgan	W55	Eastbourne Rovers	13.21	3
3	Fiona Argent	W60	Medway & Maidstone	12.12	2
4	Holly Gordon	SW	Tonbridge AC	9.43	1

aw

Women's A Hammer

1	Jess Blake	SW	Medway & Maidstone	23.40	4
2	Beth Hawkins	U17	Eastbourne Rovers	21.68	3
3	Sarah McGrath	SW	Cambridge & Coleridge	20.93	2
4					1

aw

Women's B Hammer

1	Angela Morgan	W55	Eastbourne Rovers	18.71	4
2	Wendy Blake	W45	Medway & Maidstone	18.32	3
3	Anne Moindrot	SW	Cambridge & Coleridge	14.48	2
4					1

Women's A Javelin

1	Neve Palmer	U20	Cambridge & Coleridge	36.44	4
2	Emma Noel	SW	Eastbourne Rovers	24.26	3
3	Jess Murphy	U23	Tonbridge AC	22.94	2
4	Jess Blake	SW	Medway & Maidstone	19.39	1

aw

Women's B Javelin

1	Heidi Burgess	U23	Eastbourne Rovers	15.41	4
2	Nina Ridge	W40	Tonbridge AC	14.21	3
3	Fiona Argent	W60	Medway & Maidstone	10.27	2
4					1

Women's 4x100m

1	Eastbourne Rovers	SW		51.4	4
2	Tonbridge AC	SW		52.1	3
3	Cambridge & Coleridge	SW		59.1	2
4	Medway & Maidstone	SW		60.0	1

aw

Women's 4x400m

1	Tonbridge AC	SW		4.08.0	4
2	Eastbourne Rovers	SW		4.27.9	3
3	Cambridge & Coleridge	SW		4.28.2	2
4	Medway & Maidstone	SW		5.36.2	1

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