

Team	Score
3 Blackheath & Bromley H AC	61
1 Herne Hill Harriers	109
2 Sutton & District AC	95
4 Dartford Harriers	34

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K  
R  
E

Senior A 100m		Wind=			
1	Vicky Cole	SW	Blackheath & Bromley H AC	12.5	4
2	Michelle Watson	SW	Herne Hill Harriers	12.8	3
3	Rianna Alleyne	U17	Sutton & District AC	12.8	2
4	Tracy Cunningham	SW	Dartford Harriers	13.2	1

Senior B 100m		Wind=			
1	Rachel Mayhem	U17	Herne Hill Harriers	12.9	4
2	Emma Wakrin	U17	Sutton & District AC	13.0	3
3	Grace Sheppard	U20	Blackheath & Bromley H AC	13.0	2
4	Claire Capon	SW	Dartford Harriers	13.5	1

Senior A 200m		Wind=			
1	Funto Fabimmi-Alade	U17	Herne Hill Harriers	25.4	4
2	Vicky Cole	SW	Blackheath & Bromley H AC	25.9	3
3	Tracy Cunningham	SW	Dartford Harriers	26.7	2
4	Emma Wakrin	U17	Sutton & District AC	26.7	1

Senior B 200m		Wind=			
1	Michelle Watson	SW	Herne Hill Harriers	26.2	4
2	Vanessa Namwanga	U20	Blackheath & Bromley H AC	26.5	3
3	Nicole Smith	SW	Sutton & District AC	28.6	2
4					1

Senior A 400m					
1	Vanessa Namwanga	U20	Blackheath & Bromley H AC	58.9	4
2	Monique Davies	SW	Herne Hill Harriers	60.3	3
3	Tracy Cunningham	SW	Dartford Harriers	62.0	2
4	Lauren Atkins	U20	Sutton & District AC	62.7	1

Senior B 400m					
1	Zena Bland	U20	Herne Hill Harriers	61.9	4
2	Naomi Carvalho	U17	Sutton & District AC	64.5	3
3	Jennie Butler	W35	Blackheath & Bromley H AC	74.4	2
4					1

Senior A 800m					
1	Susan Bovill	SW	Sutton & District AC	2:23.2	4
2	Lucille Smith	SW	Herne Hill Harriers	2:29.4	3
3	Cara Oliver	W35	Dartford Harriers	2:31.5	2
4	Maureen Miller	W45	Blackheath & Bromley H AC	2:33.3	1

Senior B 800m					
1	Emer Kerr	U17	Sutton & District AC	2:25.4	4
2	Alexandra Snalmoll	SW	Herne Hill Harriers	2:31.1	3
3	Suzi Wiltshire	SW	Dartford Harriers	2:51.7	2
4					1

Senior A 1500m					
1	Karen Ellison	SW	Herne Hill Harriers	5:09.4	4
2	Monica Isaac	U20	Sutton & District AC	5:26.0	3
3	Suzi Wiltshire	SW	Dartford Harriers	5:55.4	2
4					1

Senior B 1500m					
1	Helen Carter	SW	Herne Hill Harriers	5:14.9	4
2	Ruth Ward	SW	Dartford Harriers	6:13.1	3
3	Lauren Atkins	SW	Sutton & District AC	7:11.7	2
4					1

**Senior A 3000m**

1	Karen Ellison	SW	Herne Hill Harriers	10:52.0	4
2	Jennie Butler	W35	Blackheath & Bromley H AC	10:55.0	3
3	Monica Isaac	U20	Sutton & District AC	11:38.7	2
4	Cara Oliver	SW	Dartford Harriers	12:12.2	1

**Senior B 3000m**

1	Clare Pauzers	W45	Herne Hill Harriers	10:53.7	4
2	Alisan Major	U20	Sutton & District AC	14:14.5	3
3					2
4					1

**Senior A 100mH**

Wind=

1	Megan Southward	U20	Blackheath & Bromley H AC	15.5	4
2	Jennifer Honeyball	SW	Herne Hill Harriers	17.7	3
3	Alisan Major	U17	Sutton & District AC	21.0	2
4	Treacy Cunningham	SW	Dartford Harriers	21.0	1

**Senior B 100mH**

Wind=

1	Alex Chung	U20	Sutton & District AC	21.8	4
2	No one	SW	Herne Hill Harriers	23.0	3
3					2
4					1

**Senior A 400mH**

1	Katrina Cosby	U20	Blackheath & Bromley H AC	63.9	4
2	Cydney Briggs	U20	Sutton & District AC	72.8	3
3	Monique Davies	SW	Herne Hill Harriers	75.9	2
4	Ruth Ward	SW	Dartford Harriers	86.0	1

**Senior B 400mH**

1	Megan Southward	U20	Blackheath & Bromley H AC	66.5	4
2	Alex Chung	U20	Sutton & District AC	79.0	3
3	Helen Carter	SW	Herne Hill Harriers	83.5	2
4					1

**Senior A High Jump**

1	Emily Brawn	U17	Sutton & District AC	1.50	4
2	Jennifer Honeyball	SW	Herne Hill Harriers	1.50	3
3					2
4					1

**Senior B High Jump**

1	Sinead Worrell	U17	Herne Hill Harriers	1.45	4
2	Sarah Wellstead	SW	Sutton & District AC	1.40	3
3					2
4					1

**Senior A Pole Vault**

1	Jennifer Honeyball	SW	Herne Hill Harriers	3.00	4
2	Nicole Smith	SW	Sutton & District AC	1.70	3
3					2
4					1

**Senior B Pole Vault**

1	Lauren Atkins	SW	Sutton & District AC	1.05	4
2					3
3					2
4					1

**Senior A Long Jump**

1	Sarah Wellstead	SW	Sutton & District AC	5.88	4
2	Chanelle Garnett	SW	Herne Hill Harriers	5.11	3
3	Megan Southward	U20	Blackheath & Bromley H AC	4.96	2
4	Tracy Cunningham	SW	Dartford Harriers	4.11	1

Wind

**Senior B Long Jump**

1	Charlotte Koomson	U20	Herne Hill Harriers	4.99	4
2	Caleisha Cole	U17	Sutton & District AC	4.55	3
3					2
4					1

Wind

**Senior A Triple Jump**

Wind

1	Sarah Wellstead	SW	Sutton & District AC	11.25	4
2	Charlotte Koomsan	U20	Herne Hill Harriers	11.09	3
3	Claire Capon	SW	Dartford Harriers	9.75	2
4					1

**Senior B Triple Jump**

Wind

1	Caleisha Cole	U17	Sutton & District AC	9.14	4
2	Sandra Campbell	W35	Dartford Harriers	7.99	3
3					2
4					1

**Senior A Shot Putt**

1	Sabine Efiannayi	U17	Blackheath & Bromley H AC	12.13	4
2	Gabriella Roseje	U17	Herne Hill Harriers	11.4	3
3	Sarah Wellstead	SW	Sutton & District AC	9.50	2
4	Claire Capon	SW	Dartford Harriers	8.7	1

**Senior B Shot Putt**

1	Briony Phillips	SW	Herne Hill Harriers	11.20	4
2	Sandra Campbell	W35	Dartford Harriers	7.67	3
3	Claire Wickham	U20	Blackheath & Bromley H AC	7.55	2
4	Andrea Clarke	SW	Sutton & District AC	6.13	1

**Senior A Discus**

1	Briony Phillips	SW	Herne Hill Harriers	33.89	4
2	Sarah Wellstead	SW	Sutton & District AC	29.74	3
3	Ellie Dussy-Penny	U17	Blackheath & Bromley H AC	26.54	2
4	Sandra Campbell	W35	Dartford Harriers	16.58	1

**Senior B Discus**

1	Andrea Clarke	SW	Sutton & District AC	26.55	4
2	Gabriella Roseje	U17	Herne Hill Harriers	25.52	3
3	Claire Wickham	U20	Blackheath & Bromley H AC	22.34	2
4					1

**Senior A Hammer**

1	Claire Capon	SW	Dartford Harriers	30.65	4
2	Briony Phillips	SW	Herne Hill Harriers	26.12	3
3	Andrea Clarke	SW	Sutton & District AC	25.69	2
4	Claire Wickham	U20	Blackheath & Bromley H AC	21.72	1

**Senior B Hammer**

1	Barbara Mccanas	SW	Herne Hill Harriers	20.72	4
2	Alison Euridge	SW	Sutton & District AC	14.45	3
3	Sabine Efiannayi	U17	Blackheath & Bromley H AC	9.85	2
4					1

**Senior A Javelin**

1	Christine Laurence	SW	Blackheath & Bromley H AC	45.82	4
2	Briony Phillips	SW	Herne Hill Harriers	31.40	3
3	Nicole Smith	SW	Sutton & District AC	15.96	2
4	Sandra Campbell	W35	Dartford Harriers	13.56	1

**Senior B Javelin**

1	Sabine Efiannayi	U20	Blackheath & Bromley H AC	18.99	4
2	Gabriella Roseje	U17	Herne Hill Harriers	18.50	3
3	Andrea Clarke	SW	Sutton & District AC	14.93	2
4					1

**Senior 4x100m**

1	Blackheath & Bromley H AC	SW	Blackheath & Bromley H AC	50.1	4
2	Herne Hill Harriers	SW	Herne Hill Harriers	51.2	3
3	Sutton & District AC	SW	Sutton & District AC	51.4	2
4					1

**Senior 4x400m**

1	Herne Hill Harriers	SW	Herne Hill Harriers	4:12.8	4
2	Sutton & District AC	SW	Sutton & District AC	4:14.0	3
3					2
4					1