

**Results From SWL
Croydon Arena
28th June**

Event	u13/u15 A string		Position	Performance	u13/u15 B string		Position	Performance
100m	Katie	Humphrey	6th	14.3	Tilly	Russell	3rd	14.2
200m	Maisie	Farndon			Lauren	Warner		
800m	Maisie	Farndon	1st	2.37.8	Lauren	Warner	1st	2.46.0
1500m	Ellen	Holmes	1st	5.14.6	Lucy	Blackstone	1st	5.27.7
75m Hurdles	Tilly	Russell	1st	12.5	Lucy	Blackstone	2nd	15.0
4x100m	Lucy	Blackstone	5th	58.4				
	Katie	Humphrey						
	Tilly	Russell						
	Lauren	Warner						
Long Jump	Ellen	Holmes	2nd	4.63	Maisie	Farndon	2nd	4.61
Shot Putt	Catherine	Cotterill	3rd	6.83	Ellen	Holmes	2nd	5.55
High Jump	Lucy	Blackstone	2nd	1.33 PB	Katie	Humphrey	2nd	1.25 PB
Javelin	Catherine	Cotterill	3rd	13.51	Lauren	Warner		No Throw
Discus	Catherine	Cotterill	1st	21.27 PB	No	Athlete		

Event	Seniors A string		Position	Performance	Seniors B string		Position	Performance
100m	Emma	Jahn	3rd	13.4	Vikki	Bradford	3rd	13.5
200m	Hannah	Tolhurst	4th	27.6	Tamara	Denn	2nd	28.4
400m	Jess	Owen	1st	60.4 PB	Diane	Osborn	2nd	75.8
800m	Lucy	Reid	2nd	2.28.9 PB	Diane	Osborn	3rd	2.47.4
1500m	Megan	Brickell	1st	4.55.3	Catherine	Symons	2nd	5.05.6
3000m	Vicky	Rukin	1st	11.58.1	Pippa	Blackstone	1st	12.01.8
80m Hurdles u17w	Megan	Southwart	1st	12.4	Sam	Clark	1st	14.6
100m Hurdles	No	Athlete			No	Athlete		
300m Hurdles u17w	Sam	Clark	1st	53.4				
400m Hurdles	Megan	Southwart	2nd	69.6	Steph	Rukin	3rd	94.7
4x100m	Hannah	Tolhurst	2nd	52.6				
	Megan	Southwart						
	Sam	Clark						
	Tamara	Denn						
4x400m	Catherine	Symons	1st	4.21.2				
	Jess	Owen						
	Megan	Brickell						
	Vikki	Bradford						
Hammer	Steph	Clark	3rd	25.90	Di	Clark	5th	14.62
Long Jump	Hannah	Tolhurst	3rd	4.78	Vikki	Bradford	4th	4.21
Pole Vault	Megan	Southwart	1st	2.40	Steph	Rukin	1st	2.00
Shot Putt	Steph	Clark	7th	6.66	Rachael	Salway	4th	5.53
High Jump	Emma	Jahn	2nd=	1.40 SB	No	Athlete		
Javelin	Jess	Owen	7th	16.37	Steph	Rukin	3rd	15.16
Triple Jump	Tamara	Denn	6th	8.38	No	Athlete		
Discus	Jess	Owen	4th	20.07	Rachael	Salway	7th	11.45

Teams	
Tonbridge AC	535
St Mary's	529.5
Croydon Harriers	517
East Grinstead AC	414.5
Hayward's Heath Harriers	380
Paddock Wood	252
Redhill & SB AC/ Dorking & MV AC	167
Hercules Wimbledon AC	89
Phoenix AC	35
Chiltern Harriers	31
Swale Combined AC	0
Lewes AC	0