

**Results From SWL
Horsham
26th July**

Event	u13/u15		Position	Performance	u13/u15		Position	Performance
	A string				B string			
100m	Tilly	Russell	4th	14.2	Ella	Farndon	5th	16.1
200m	Sabrina	Nixon	5th	30.2 PB	Emily	Stone	3rd	29.7 PB
800m	Maisie	Farndon	2nd	2.40.3	Ella	Farndon	2nd	2.56.6
1500m	Ellen	Holmes	1st	5.00.5	Lucy	Blackstone	1st	5.04.3
75m Hurdles	Tilly	Russell	2nd	12.8	Lucy	Blackstone	3rd	16.0
4x100m	Emily	Stone	Kathryn	Mason				
	Ella	Farndon	Tilly	Russell	5th	58.9		
Long Jump	Ellen	Holmes	1st	4.33m	Sabrina	Nixon	1st	4.11m
Shot Putt	Catherine	Cotterill	3rd	7.19m PB	Kathryn	Mason	3rd	5.66m
High Jump	Emily	Stone	2nd	1.35m	Lucy	Blackstone	1st	1.25m
Javelin	Isobel	Truman	2nd	23.10m PB	Kathryn	Mason	1st	14.50m
Discus	Catherine	Cotterill	2nd	22.14m	Isobel	Truman	2nd	15.10m
Event	Seniors		Position	Performance	Seniors		Position	Performance
	A string				B string			
100m	Helen	Rennardson	2nd=	12.7	Emma	Jahn	2nd	13.1
200m	Helen	Rennardson	2nd	26.3	Emma	Jahn	2nd	27.4 PB
400m	Jess	Owen	2nd	60.0 PB	Emily	Symons	3rd	68.6 PB
800m	Lucy	Reid	3rd	2.26.4	Lucy	Saker	3rd	2.40.1
1500m	Megan	Brickell	1st	4.55.0	Catherine	Symons	1st	5.08.9
3000m	Vicky	Rukin	3rd	11.29.1 PB	Pippa	Blackstone	2nd	12.06.9
80m Hurdles u17w	Megan	Southwart	1st	12.5	Sam	Clark	2nd	16.1
100m Hurdles	Lucy	Saker	5th	21.9	No	Athlete		
300m Hurdles u17w	Sam	Clark	2nd	52.1				
400m Hurdles	Megan	Southwart	1st	68.1 PB	Steph	Rukin	3rd	96.4
4x100m	Helen	Rennardson	Sam	Clark				
	Megan	Southwart	Emma	Jahn	1st	51.7		
4x400m	Hayley	Leadbater	Megan	Brickell				
	Jess	Owen	Catherine	Symons	1st	4.28.1		
Hammer	Steph	Clark	1st	29.47m	Di	Clark	4th	14.82m
Long Jump	Emily	Symons	7th	3.39m	Vicky	Rukin	5th	3.30m
Pole Vault	Megan	Southwart	1st	2.50m	Steph	Rukin	1st	1.85m
Shot Putt	Steph	Clark	6th	6.61m	Di	Clark	7th	4.29m
High Jump	Emma	Jahn	5th	1.35m	Emily	Symons	3rd	1.30m
Javelin	Steph	Rukin	4th PB	22.05	Jess	Owen	3rd	16.10m
Triple Jump	Lucy	Saker	ND		No	Athlete		
Discus	Jess	Owen	3rd	21.14m	Catherine	Symons	8th	8.94m
Teams					Final Table		Match	League
Tonbridge					St Mary's		2250.5	46
St Mary's					Tonbridge		1941.5	41
Croydon					Croydon		1911.5	41
Haywards Heath					Haywards Heath		1761.5	38
East Grinstead AC					East Grinstead AC		1575.5	34
Redhill&Surrey Beagles/ Dorking& Mole Valley AC					Redhill&Surrey Beagles/ Dorking& Mole Valley AC		836.5	25
Paddock Wood					Paddock Wood		787	25
Lewes AC					Hercules Wimbledon		590	21
Hercules Wimbledon					Lewes AC		184	9
Chiltern Harriers					Chiltern Harriers		118	12
Swale Combined AC					Swale Combined AC		97	7
Phoenix					Phoenix		86	7