Southern Athletics League A huge well done to everyone who competed, particularly those who achieved a PB or tried a new event. Also, to Jordan Pola and Lizzie Clarke for both qualifying for English schools. Big thanks to Reece Lincoln, Lewis Courtnage, Dave Hunneman, Alice Millea, Jordan Pola, Rob Phipps and Rhys Boorman for stepping up on the day to offer themselves up to do events that needed filling. Also, a big “shout out” to Jo Larkin who actually competed in 6 events! Also, a really big thank you to Katie Arnold and Andrea Hunneman for their hard work, our chief officials Dave Palmer and Darrin Botting for giving up their time to support us all and to Terry Skelton for the encouragement and the photos. Some club records (see below) have yet again been broken with Lorna Watts keeping them up to date. - ***Karen Murdoch (SM Team Manager)***

Jordan Pola U20 100m - 11.1s

Kaz Nomera V35 400mH - 57.7s

Lizzie Clarke U20 1500 - 4.43.9

Karen Murdoch V40 400mH in 83.9s and also V40 1500SC -5.48.8

Team: 2nd

Individual Women 100m: A 3rd Lucy Knight (U17) 14.7; B 2nd Lauren Williamson (U17) 14.6.

200m: A 3rd Alice Milea (U20) 29.5; B 3rd Lucy Knight (U17) 30.5.

400m: A 3rd Karen Murdoch (W40) 73.4; B 1st Evie Clements (U17) 64.6.

800m: A 2nd Maya Ramnarine (U17) 2.26.6; B 2nd Evie Clements (U17) 2.30.2.

1500m: A 2nd Lizzie Clarke (U20) 4.43.9; B 2nd Rosy Clements (W45) 6.10.2.

5000m: A 1st Stacey Clusker 17.53.2; B 1st Louise Nash (U20) 18.31.5.

100mH: A 2nd Jo Larkin (W40) 28.4; B 1st Lucy Knight (U17) 29.1.

400mH: A 1st Karen Murdoch (W40) 83.9; B 1st Alice Milea (U20) 83.9.

1500mSC: A 2nd Karen Murdoch (W40) 5.48.8; B 2nd Rosy Clements (W45) 7.18.1.

High Jump: A 3rd Nell Gransden (U17) 1.35.

Pole Vault: A 1st Jo Larkin (W40); B 1st Jane Gray 1.80.

Long Jump: A 3rd Maya Ramnarine (U17) 4.00; B 3rd Riz Maslen (W50) 2.87.

Triple Jump: A 1st Jules Lovell (W35) 7.22; B 1st Jo Larkin (W40) 5.16.

Shot Putt: A 3rd Jo Larkin (W40) 5.67; B 2nd Jules Lovell (W35)

Discus: A 2nd 2nd Lauren Williamson (U17) 20.56; B 3rd Jo Larkin (W40) 8.15.

Hammer: 4th Jo Larkin (W40) 14.91; B 1st Jules Lovell (W35) 14.14.

Javelin: A 4th Stacey Clusker 16.47; B 2nd Karen Murdoch (W40) 11.48.

4x100m: 3rd 56.6. 4.400m: 2nd 4.31.9.

**Men**

100m: A 1st Jordon Pola (U20) 11.1; B 3rd Jack Madden 13.1.

200m: A 1st Jordon Pola (U20) 23.0; B 3rd Oscar Tomlinson (U17) 25.2.

400m: A 3rd Jack Madden 56.3; B 3rd Dave Hunneman (M45) 68.6.

800m: A 2nd Reece Lincoln (U17) 2.12.4; B 1st Rhys Boorman 2.06.0.

1500m: A 2nd Isaac Elam (U17) 4.23.7; B 3rd Lewis Courtnage (U17) 4.40.3.

3000m: A 1st Gary Foster 8.37.8; B 3rd Dave Hunneman (M45) 11.18.4.

110mH: A 1st Kazuhiro Nomera 23.8.

400mH: A 1st Kazuhiro Nomera 57.7; B 1st Oscar Tomlinson (U17) 65.7.

3000mSC: A 2nd Kieron Booker 10.59.9; B 1st Reece Lincoln (U17) 11.34.7.

High Jump: A 3rd Lewis Courtnage (U17) 1.63; B 3rd Reece Lincoln (U17) 1.15.

Long Jump: A 2nd Kazuhiro Nomera 5.65; B 3rd Reece Lincoln (U20) 4.19.

Triple Jump: 2nd Oscar Tomlinson (U17) 10.75.

Shot Putt: A 4th Rob Phipps (M45) 7.58; B 3rd Rhys Boorman 6.34.

Discus: A 3rd Rob Phipps (M45) 24.54. Hammer: A 4th Rob Phipps (M45) 15.79.

Javelin: A 3rd Rob Phipps (M45) 32.07.

4x100m: 3rd 52.1. 4x400m: 3rd 3.48.2