**Southern Athletics League: July, Lewes**

Team: 1st beating Lewes and Hayward’s Heath, East Grinstead and Medway Park Phoenix.

Individual Women 100m: A 3rd Lucy Knight (U17) 14.9; B 1st Nell Gransden (U17) 14.5.

200m: A 3rd Caitlin Millar 27.5; B 1st Nell Gransden (U17) 29.8.

400m: A 2nd Maya Ramnarine (U17) 65.1; B 2nd Lucy Knight (U17) 72.2.

800m: A 1st Caitlin Millar 2.15.5; B 1st Evie Clements (U17) 2.32.9.

1500m: A 2nd Lizzie Clarke (U20) 4.45.7; B 2nd Maya Ramnarine (U17) 4.58.6.

3000m: 1st Stacey Clusker 10.09.9; B 1st Louise Nash (U20) 10.21.7.

100mH: A 2nd Hannah Frais (U17) 22.3.

400mH: A 2nd Hannah Frais 78.7; B 1st Karen Murdoch (W40) 83.3;

2000mSC: A 1st Rosy Clements (W40) 9.54.5; B 1st Joanna Body (W50) 9.56.2.

High Jump: A 3rd Nell Gransden (U17) 1.35; B 2nd Evie Clements (U17) 1.30.

Pole Vault: A 2nd Jane Gray 2.10; B 2nd Kim Martin 1.70.

Long Jump: A 2nd Maya Ramnarine (U17) 4.24; B 2nd Jules Lovell (W35) 3.90.

Triple Jump: A 3rd Jules Lovell (W35) 7.27; B 2nd Hannah Frais (U17) 7.01.

Shot Putt: A 3rd Shelley Clark (W35) 5.97; B 3rd Katie Arnold (W35) 5.15.

Discus: A 2nd 2nd Jayne Gray 15.85; B 3rd Shelley Clark (W35) 12.08.

Hammer: 2nd Michelle Campbell (U20) 17.53; B 3rd Rosy Clements (W40) 6.38.

Javelin: A 2nd Kim Martin 19.76; B 2nd Jayne Gray 15.25. 4x100m: 3rd 58.4

Women of the Match awards: Caitlin Millar (800m) 797 pts; Stacey Clusker (3000m) 773 pts; Lizzie Clark (1500m) 737 pts; Louise Nash (3000m) 728 pts.

Men 100m: A 1st Jordon Pola (U20) 11.5; B 3rd Oscar Tomlinson (U17) 12.8.

200m: A 1st Jordon Pola (U20) 23.2; B 4th Phil Scott 28.8.

400m: A 2nd Steve Baldock (M45) 55.5; B 3rd Ben McCallion 68.9.

800m: A 2nd Gary Foster 2.04.2; B 2nd Jack Madden 2.09.0.

1500m: 1st Gary Foster 4.20.2; B 1st Reece Lincoln (U17) 4.28.4.

5000m: A 1st Gary Foster 15.45.1; B 2nd Ben McCallion 17.53.3.

110mH: A 1st Lewis Courtnage (U17) 23.7; B 1st Glenn Cooper (M40) 32.9.

400mH: A 1st Oscar Tomlinson (U17) 63.5; B 1st Steve Baldock (M45) 87.9.

2000mSC: A 1st Lewis Courtnage (U17) 6.53.5; B 1st Kieron Booker 7.06.6.

High Jump: A 1st Lewis Courtnage (U17) 1.67; B 3rd Steve Baldock (M45) 1.30.

Pole Vault: A 1st Steve Martin 3.50; B 1st Wayne Martin (M55) 2.60.

Long Jump: A 3rd Oscar Tomlinson (U17) 5.04; B 3rd Steve Martin 4.92.

Triple Jump: A 3rd Phil Scott 9.21; B 3rd Reece Lincoln (U17) 9.13.

Shot Putt: A 3rd Wayne Martin (M55) 7.99; B 2nd Rob Phipps (M45) 7.81.

Discus: A 2nd Rob Phipps (M45) 23.98; B 2nd Wayne Martin (M55) 22.54.

Hammer: A 3rd Wayne Martin (M55) 23.19: B 1st Rob Phipps (M45) 15.43.

Javelin: A 1st Rob Phipps (M45) 35.94; B 2nd Phil Scott 23.45. 4x100m: 3rd 53.6. 4x400m: 3rd 4.05.6.

Man of Match Award: Gary Foster (5000m) 683 pts.