

Senior A Triple Jump					Wind					
1	Charlotte Nyame-Koomson	U20	Herne Hill Harriers	11.41	4		4			
2	Annie Onions	SW	City of Portsmouth	10.93	3			3		
3	Stacy McGivern	SW	Peterborough	10.89	2				2	
4	Lydia St Ange	SW	Havering Mayesbrook	9.15	1	1				0
Senior B Triple Jump					Wind					
1	Devon Spencer	U20	Peterborough	9.61	4				4	
2	Amber Perry	U20	City of Portsmouth	9.18	3			3		
3	Danielle Ross	SW	Havering Mayesbrook	8.75	2	2				
4					1					1
Senior A Shot Putt										
1	Mel Harrison	SW	Havering Mayesbrook	11.61	4	4				
2	Briony Phillips	SW	Herne Hill Harriers	11.49	3		3			
3	Irish Sirmons	SW	City of Portsmouth	10.70	2			2		
4	Emily Moss	U20	Peterborough	8.68	1				1	0
Senior B Shot Putt										
1	Ros Humby	SW	City of Portsmouth	9.54	4			4		
2	Zoe Young	SW	Havering Mayesbrook	9.08	3	3				
3	Sharon St Luce	W40	Herne Hill Harriers	7.48	2		2			
4	Stephanie Hendy	U20	Peterborough	6.71	1				1	0
Senior A Discus										
1	Mel Harrison	SW	Havering Mayesbrook	38.15	4	4				
2	Briony Phillips	SW	Herne Hill Harriers	33.80	3		3			
3	Irish Sirmons	SW	City of Portsmouth	32.14	2			2		
4	Stephanie Hendy	U20	Peterborough	18.71	1				1	0
Senior B Discus										
1	Lauren Clark	SW	Havering Mayesbrook	31.64	4	4				
2	Megan Carter	U17	City of Portsmouth	26.10	3			3		
3	Sharon St Luce	W45	Herne Hill Harriers	21.93	2		2			
4	Chelsea Oldham	U20	Peterborough	17.49	1				1	0
Senior A Hammer										
1	Mel Harrison	SW	Havering Mayesbrook	41.21	4	4				
2	Stephanie Hendy	U20	Peterborough	39.58	3				3	
3	Irish Sirmons	SW	City of Portsmouth	28.28	2			2		
4	Briony Phillips	SW	Herne Hill Harriers	23.60	1		1			0
Senior B Hammer										
1	Amy Cox	U20	Havering Mayesbrook	30.46	4	4				
2	Lynn Carey	SW	City of Portsmouth	25.65	3			3		
3	Kay Gibson	W40	Peterborough	18.22	2				2	
4	Barbara Macanas	SW	Herne Hill Harriers	18.16	1		1			0
Senior A Javelin										
1	Kike Oniwinde	U17	Havering Mayesbrook	41.08	4	4				
2	Charlotte Parsons	SW	Herne Hill Harriers	36.14	3		3			
3	Amber Perry	U20	City of Portsmouth	30.03	2			2		
4	Jess Bull	U17	Peterborough	23.88	1				1	0
Senior B Javelin										
1	Emma Christmas	SW	Havering Mayesbrook	37.84	4	4				
2	Briony Phillips	SW	Herne Hill Harriers	30.78	3		3			
3	Rhian Phillips	SW	City of Portsmouth	23.36	2			2		
4	Penelope Ford	U17	Peterborough	15.62	1				1	0
Senior 4x100m										
1	City of Portsmouth	SW	City of Portsmouth	50.5	4			4		
2	Herne Hill Harriers	SW	Herne Hill Harriers	50.5	3		3			
3	Havering Mayesbrook	SW	Havering Mayesbrook	52.3	2	2				
4	Peterborough	SW	Peterborough	53.3	1				1	0
Senior 4x400m										
1	City of Portsmouth	SW	City of Portsmouth	4:07.0	4			4		
2	Herne Hill Harriers	SW	Herne Hill Harriers	4:12.9	3		3			
3	Havering Mayesbrook	SW	Havering Mayesbrook	4:16.5	2	2				
4	Peterborough	SW	Peterborough	4:45.6	1				1	0
						93	74	100	58	15