

South West Universities Open meeting 7.11.18

60m women heat 1

no.	time/dist	first name	surname	club
1	131 8.00	Abbey	Anson	Exeter University AC
2	121 8.30	Hannah	Smith	Exeter University AC
3	412 9.00	Emma	Lamb	Exeter University
4	132 9.00	Mayokun	Afolabi	Exeter University AC
5	118 9.00	Isi	Marshall	Bristol University
6	115 9.50	Samantha	Raettig	Bristol University

60m women heat 2

1	138 8.30	Lea	Anderson	Exeter University AC
2	431 8.50	Megan	Bailey	FXU
3	434 9.30	Lily	De Malpas-Player	FXU
4	424 11.00	Katrina	Tudlong	Exeter University AC

60m men - heat 1

1	120 7.40	Jonny	White	Bristol University
2	328 7.50	Jamie	Lambert	Bristol University
3	418 7.60	Jacob	Wilkinson	Swansea University
4	140 7.60	Tom	Harris	University of Plymouth
5	404 7.70	Will	Lambert	Exeter University
6	401 8.10	Stefan	frost	Exeter University AC

60m men heat 2

1	409 7.60	Alexander	Davies	Exeter University
2	414 7.90	Laurence	Jackson	Exeter University Athletics Club
3	415 7.90	Olanrewaju	Shittu	Exeter University Athletics Club
4	432 8.00	Jaimie	Barnes	FXU
5	417 8.10	Joe	Jones	Swansea
6	448 8.70	Alistair	Vaile	FXU

60m men heat3

1	333 7.60	Jack	Holder	Swansea University
2	408 7.70	Jamie	Sargusingh	Exeter University
3	442 7.90	Christopher	Munkondya	FXU
4	407 8.10	Alex	Baker	Exeter University
5	449 8.60	Rohit	Venkateshan	FXU
6	334 8.80	Aonnau	John	Swansea University

1500m women

1	406 5.11.2	Megan	Davis	Exeter University
2	445 5.22.9	Polly	Pitcairn-Knowles	FXU
3	345 5.33.3	Bethan	Moor	University of Plymouth

4

317 5.46.4

Lucy	Longbottom	University of Plymouth Athletics Cl
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5	346	6.01.1	Bridie	Hawkins	University of Plymouth
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1500m men

1	347	4.25.1	Zechariah	Anderson Cohen	University of Plymouth
2	338	4.28.5	Otis	Monolir	UWE
3	355	4.32.8	Mark	Taylor	Exeter University AC & Harrogate
4	353	4.43.6	Ben	Hall	
5	130	4.47.2	Michael	Nott	Plymouth AC
6	129	4.52.3	Aiden	Zembrizuski	UWE
7	447	4.58.3	Naeem	Stevens	FXU
8	438	5.06.4	Thomas	Macklin	FXU
9	335	5.07.2	Andrew	Dombrell	Swansea University
10	343	5.09.4	Sebastian	Ruscoe	swansea University
11	348	5.19.1	Vizor	Alexander	University of Plymouth
12	332	5.44.8	Ryhs	Lloyd	Swansea University

60m hurdles - men

1	405	9.50	Alexander	Thom Jodie Griffiths	Exeter University
2	401	9.60	Stefan	frost	Exeter University AC
3	348	11.50	Vizor	Alexander	University of Plymouth
4	438	11.80	Thomas	Macklin	FXU

60m hurdles - women

1	419	11.90	Hannah	Godfrey	Swansea University
2	135	12.60	Alex	Duffy	Exeter University AC

400m hurdles - men

1	420	62.10	Jack	Houghton	Swansea Uni
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400m women

1	423	64.30	Marilyn	Grech	Exeter University AC
2	147	65.20	Zoe	Benton	Exeter University AC
3	323	65.50	Beth	Scholfield Lott	Bristol University
4	446	68.10	Chanel	Roberts	FXU

400m Race 1

1	350	55.00			
2	404	58.20	Will	Lambert	Exeter University
3	402	58.30	Kyle	Coughlan	Exeter University AC
4	429	58.70	Lucas	Waldron	Exeter University AC
5	409	60.00	Alexander	Davies	Exeter University

400m men race 2

1	270	53.50	David	Migliorati	Swansea University
2	322	53.70	Owen	Hibbert	Bristol University

3	339	55.20	David	Silk	Exeter University AC
4	318	55.70	Hannibal	Knowles	Bristol University

400m men race 3

1	320	55.20	Ben	Lyszkowski	Bristol University
2	353	58.00	Ben	Hall	
3	352	66.70	Ben	Baldwin	
4	351	69.10	Thomas	Donnelly	

200m women race 1

1	121	27.10	Hannah	Smith	Exeter University AC
2	342	27.70	Julia	Cook	Swansea University
3	323	28.30	Beth	Scholfield Lott	Bristol University
4	136	28.70	Laura	Woodward	Exeter University AC
5	431	29.10	Megan	Bailey	FXU
6	446	29.80	Chanel	Roberts	FXU
7	412	30.90	Emma	Lamb	Exeter University

200m men race 1

1	140	23.00	Tom	Harris	University of Plymouth
2	350	23.60			
3	120	23.70	Jonny	White	Bristol University
4	404	24.00	Will	Lambert	Exeter University
5	414	24.70	Laurence	Jackson	Exeter University AC
6	328	25.00	Jamie	Lambert	Bristol University

200m men race 2

1	409	24.50	Alexander	Davies	Exeter University
2	408	24.70	Jamie	Sargusingh	Exeter University
3	428	25.90	Steven	Berrisford	Exeter University AC
4	128	26.30	Bryn	Hall	Exeter University AC
5	402	28.40	Kyle	Coughlan	Exeter University AC
6	334		Aonnau	John	Swansea University

200m men race 3

1	436	24.50	Alexander	Holt	FXU
2	333	25.30	Jack	Holder	Swansea University
3	444	25.90	Luke	Paulley	FXU
4	130	27.50	Michael	Nott	Plymouth AC
5	448	28.60	Alistair	Vaile	FXU
6	352	29.80	Ben	Baldwin	

200m race 4

1	418	24.20	Jacob	Wilkinson	Swansea University
2	320	24.40	Ben	Lyszkowski	Bristol University
3	329	24.70	Conor	Lamb	Bristol University
4	336	24.70	Charles	Djorundjian	Swansea University

3000m women

1	406	10.56.6	Megan	Davis	Exeter University
2	422	10.57.5	Hannah	Mattinson	Exeter University
3	340	11.11.3	Penny	Oliver	Exeter University AC
4	426	11.20.1	Nikita	Steiner	Exeter University AC
5	119	11.29.1	Eleanor	Daglish	Bristol University
6	345	11.38.8	Bethan	Moor	University of Plymouth
7	319	12.02.2	Hannah	Thom	Bristol University
8	317	12.13.2	Lucy	Longbottom	University of Plymouth Athletics Cl
9	321	12.22.9	Amelia	Williams	Bristol University
10	139	12.24.0	Eliza	Gilchrist	Exeter University AC
11	127	12.45.4	Polly	Dixon	Exeter Tri Club
12	424	14.16.1	Katrina	Tudlong	Exeter University AC

3000m men

1	356	8.57.8	James	Hancock	Exeter University AC
2	331	9.30.9	Zach	Nolan	Exeter University AC
3	357	9.36.4	Will	Dolding	Exeter University AC
4	133	10.06.3	Bertie	Kingsley	Exeter University AC
5	125	10.17.9	Alex	Lewis	UWE
6	447	10.38.4	Naeem	Stevens	FXU
7	427	10.55.4	Brian	Tar	Exeter Tri Club
8	421	11.07.9	Frank	Gandecki	University of Exeter Triathlon Club
9	330	11.09.6			
10	358	11.13.6	Michael	Smith	Exeter University AC
11	351	11.15.7	Thomas	Donnelly	
12	268	13.59.1	Adrian	Colwill	Plymouth university

800m women

1	119	2.30.8	Eleanor	Daglish	Bristol University
2	324	2.38.9	Mariya	Orlova	UWE
3	117	2.41.8	Hannah	Jacobs	Bristol University
4	425	2.45.3	Tamsin	Edge	Plymouth University
5	124	2.57.8	Kassandra	Thoenes	Plymouth AC
6	326	3.06.5	Verity	Potts	UWE

800m men

1	410	1.59.3	Ted	Chamberlain	Exeter University
2	322	2.01.8	Owen	Hibbert	Bristol University
3	347	2.04.4	Zechariah	Anderson Cohen	University of Plymouth
4	435	2.06.3	Giuliano	Formisano	FXU
5	143	2.07.5	Alexander	Ford	Exeter University AC
6	339	2.07.7	David	Silk	Exeter University AC
7	403	2.10.9	Max	Armstrong	Exeter University
8	353	2.10.9	Ben	Hall	
9	335	2.15.7	Andrew	Dombrell	Swansea University

elimination mile

1	130	5.24.1	Michael	Nott	Plymouth AC
2	335	5.38.1	Andrew	Dombrell	Swansea University
3	343	5.56.8	Sebastian	Ruscoe	swansea University
4	345	6.20.5	Bethan	Moor	University of Plymouth
5	425	6.26.0	Tamsin	Edge	Plymouth University

4x200m relay

1	418	1.41.1	Jacob	Wilkinson	Swansea University
2	448	1.49.0	Alistair	Vaile	FXU
3	140	1.52.3	Tom	Harris	University of Plymouth
4	323	2.02.6	Beth	Scholfield Lott	Bristol University
5	342	2.03.1	Julia	Cook	Swansea University
6	346	2.16.9	Bridie	Hawkins	University of Plymouth

Mixed Medley relay (300,100,400,800)

1	435	4.24.6	Giuliano	Formisano	FXU
2	338	4.29.0	Otis	Monolir	UWE
3	322	4.47.2	Owen	Hibbert	Bristol University
4	353	4.47.9	Ben	Hall	
5	348	5.04.8	Vizor	Alexander	University of Plymouth

Discus Men

1	141	47.77	Paddy	Swan	University of Plymouth
2	438	23.38	Thomas	Macklin	FXU
3	337	23.36	Dafydd	Herdman	Swansea University
4	129	21.83	Aiden	Zembrizuski	UWE
5	343	17.71	Sebastian	Ruscoe	swansea University
6	449	13.09	Rohit	Venkateshan	FXU

Shot Men

1	141	15.36	Paddy	Swan	University of Plymouth
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2	337	9.88	Dafydd	Herdman	Swansea University
3	436	7.50	Alexander	Holt	FXU

Javelin Women

1	445	11.85	Polly	Pitcairn-Knowles	FXU
2	440	8.86	Abigail	Milnes	FXU

Javelin Men

1	433	35.70	Adam	Cox	FXU
2	436	31.40	Alexander	Holt	FXU
3	343	20.68	Sebastian	Ruscoe	swansea University

Long Jump Women

1	413	4.54	Laura	Statham	Exeter university
2	115	4.27	Samantha	Raettig	Bristol University
3	431	3.98	Megan	Bailey	FXU
4	136	3.80	Laura	Woodward	Exeter University AC
5	132	3.80	Mayokun	Afolabi	Exeter University AC
6	434	3.43	Lily	De Malpas-Player	FXU

Long Jump Men

1	354	5.42	Adrian	Sum	Swansea University
2	411	5.23	Justin	Chan	Exeter University
3	436	5.05	Alexander	Holt	FXU
4	116	4.99	James	Bendall-Boyd	Bristol University
5	433	4.98	Adam	Cox	FXU
6	442	4.94	Christopher	Munkondya	FXU
7	432	4.89	Jaimie	Barnes	FXU
8	404	4.44	Will	Lambert	Exeter University AC
9	449	3.31	Rohit	Venkateshan	FXU
10	415	3.15	Olanrewaju	Shittu	Exeter University AC

Triple Jump Women

1	423	9.82	Marilyn	Grech	Exeter University AC
2	413	9.02	Laura	Statham	Exeter University AC
3	431	8.93	Megan	Bailey	FXU

Triple Jump Men

1	140	12.28	Tom	Harris	University of Plymouth
2	354	11.92	Adrian	Sum	Swansea University
3	145	11.58	Joel	Champion	Exeter University AC
4	436	11.57	Alexander	Holt	FXU
5	442	11.33	Christopher	Munkondya	FXU
6	432	10.88	Jaimie	Barnes	FXU
7	411	10.39	Justin	Chan	Exeter University

8	348	10.04	Alexander	Vizor	University of Plymouth
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High Jump Women

1	431	1.45	Megan	Bailey	FXU
2	135	1.35	Alex	Duffy	Exeter University AC

High Jump Men

1	122	1.75	David	Joutsikoski	Exeter University AC
2	348	1.60	Alexander	Vizor	University of Plymouth
3	442	1.45	Christopher	Munkondya	FXU
4	444	1.40	Luke	Paulley	FXU