

## Middlesex Indoor Championships - Lee Valley Indoor Athletics Centre 16/17 March 2019

(a) Saturday, (b) Sunday

### SM 60m (b)

Final				
	No.	Athlete	Club	Perf
1	609	Laurence Ower	Thames Valley Harriers	7.28
2	608	Michael Olatunji	Enfield & Haringey AC	7.37
3	612	Carlos Sobers	Victoria Park & TH AC	7.38
4	602	Glen Crowie	Hillingdon AC	7.49
5	611	Kazumasa Saito (M45)	Highgate Harriers	8.68
6	604	Adrian Day (M60)	Enfield & Haringey AC	9.29

### SM 200m (a)

Final				
	No.	Athlete	Club	Perf
1	736	Lord Owusu	Enfield & Haringey AC	23.49
2	738	Adrian Richards	Woodford Green AC w EL	23.90
3	735	Shaquille Eusebe	Victoria Park & TH AC	26.48
4	737	Scarlett Parker (M45)	London Heathside	28.11
5	612	Carlos Sobers	Victoria Park & TH AC	29.92

### SM 400m (b)

Final				
	No.	Athlete	Club	Perf
1	740	Columba Blangc	Victoria Park & TH AC	50.62
2	741	Robert Datnow (M45)	Thames Valley Harriers	57.94
3	735	Shaquille Eusebe	Victoria Park & TH AC	59.83
4	742	Tom Pollard	Fulham Running Club	61.93

### SM 800m (a)

Final				
	No.	Athlete	Club	Perf
1	749	Abdiqadir Mohamec	Thames Valley Harriers	2:01.12
2	750	Shaka Palmer	Enfield & Haringey AC	2:01.54
3	744	Ben Bloom	London Heathside	2:12.82
4	747	Daniel Johns (M40)	London Heathside	2:13.16
5	745	Scott Brewer	Thames Valley Harriers	2:23.85
6	746	Anthony Bryan	Herts Phoenix AC	2:27.51
7	743	Tom Bedwell (M40)	London Heathside	2:28.51

### SM 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	751	Oliver Lum	Bracknell AC	4:16.40
2	742	Tom Pollard	Fulham Running Club	4:43.12

### SM 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	724	Florian Vogel (M35)	Thames Valley Harriers	8.72
2	722	Elliot Thompson	Enfield & Haringey AC	8.82
3	720	Alastair Prens	Belgrave Harriers	9.31
	606	Jordan May	Enfield & Haringey AC	DNF

### SM Pole Vault (b)

Final				
	No.	Athlete	Club	Perf
1	722	Elliot Thompson	Enfield & Haringey AC	4.50
2	720	Alastair Prens	Belgrave Harriers	4.30
3	828	Stanislav Vilga (M35)	Thames Valley Harriers	4.00

4.20 o;4.30 o;4.40 o;4.50 xxo;4.60 xx;  
4.10 xo;4.20 xo;4.30 o;4.40 xx;  
3.50 o;3.60 o;3.70 o;3.80 o;3.90 o;4.00 o;4.10 xx

### SM Long Jump (a)

Final				
	No.	Athlete	Club	Perf
1	722	Elliot Thompson	Enfield & Haringey AC	6.43
2	609	Laurence Ower	Thames Valley Harriers	6.13
3	720	Alastair Prens	Belgrave Harriers	6.13
4	608	Michael Olatunji	Enfield & Haringey AC	6.10
5	735	Shaquille Eusebe	Victoria Park & TH AC	4.55

6.31; 6.14; 6.43; 6.07  
6.13; 6.13; 6.10; 6.00  
6.12; 6.13; 5.93; 6.10  
6.10; 5.55; 5.81; x  
4.38; 4.31; 4.12; 4.55

### SM Shot (a)

Final				
	No.	Athlete	Club	Perf
1	830	Kevin Acraman	Hillingdon AC	9.66

8.59; 9.13; 9.66; 9.60

### U20M 60m (b)

Final				
	No.	Athlete	Club	Perf
1	618	Jak Mensah	Team Hounslow AC	7.19
2	615	Joshua Kumar	Shaftesbury Barnet F	7.23
3	613	Emmanuel Agyare	Enfield & Haringey AC	7.29
4	616	Ceake Maddix	Shaftesbury Barnet F	7.31
5	614	Idan Gal-Shohet	Highgate Harriers	7.79
	619	Oluwole Orimoloye	Thames Valley Harriers	DNS

**U20M 200m (a)**

Final				
	No.	Athlete	Club	Perf
1	618	Jak Mensah	Team Hounslow AC	22.6
2	616	Ceake Maddix	Shaftesbury Barnet F	23.8
	752	Kai English	Ealing Southall & Middx	DNS

**U20M 400m (b)**

Final				
	No.	Athlete	Club	Perf
1	753	Maltietie Foussein	Enfield & Haringey AC	50.77
2	755	Mittio Mohammadian	Shaftesbury Barnet F	51.63
3	754	Louis Menzies-Walker	Victoria Park & TH AC	52.49
4	756	Odera Umeugoji	Shaftesbury Barnet F	53.22

**U20M 800m (a)**

Final				
	No.	Athlete	Club	Perf
1	755	Mittio Mohammadian	Shaftesbury Barnet F	2:05.29
2	832	Chauncey Edwards	Ealing Southall & Middx	2:25.40

**U20M 1500m (b)**

Final				
	No.	Athlete	Club	Perf
1	832	Chauncey Edwards	Ealing Southall & Middx	5:05.44

**U20M High Jump (a)**

Final				
	No.	Athlete	Club	Perf
1	833	Ben Bellisario	Shaftesbury Barnet F	1.80

1.70 xo; 1.75 xo; 1.80 xo; 1.85 xx;

**U20M Long Jump (a)**

Final				
	No.	Athlete	Club	Perf
1	834	Joshua Barrett-Mowat	Victoria Park & TH AC	6.48
2	614	Idan Gal-Shohel	Highgate Harriers	6.36
3	835	Joshua Sterling-Nelsor	Enfield & Haringey AC	6.12

6.26; 6.48; 6.22; 6.17  
6.23; 5.89; 5.86; 6.36  
x; x; 6.12; 6.03**U20M Triple Jump (b)**

Final				
	No.	Athlete	Club	Perf
1	834	Joshua Barrett-Mowat	Victoria Park & TH AC	12.19

x; x; 12.07; 12.19

**U20M Shot (a)**

Final				
	No.	Athlete	Club	Perf
1	836	Matthew Collingridge	St Mary's Richmond AC	11.97

10.69; 11.97; 11.82; 11.81

**U17M 60m (b)**

Heat 1				
	No.	Athlete	Club	Perf
1	625	Levi Liston	Highgate Harriers	7.12
2	634	Nicholas Shaw	Shaftesbury Barnet F	7.27
3	620	David Bazuaye	Victoria Park & TH AC	7.38
4	621	Micah Greenaway	Enfield & Haringey AC	7.63
5	622	Yuma Hamano	Shaftesbury Barnet F	7.71
6	627	Michael Ogbechie	Highgate Harriers	7.79
7	624	Tyrese Lindc	Victoria Park & TH AC	8.54
Heat 2				
	No.	Athlete	Club	Perf
1	633	Edward Sesay	Thames Valley Harriers	7.25
2	623	Richard Klein	St Mary's Richmond AC	7.26
3	629	Chima Onuora	Shaftesbury Barnet F	7.33
4	626	Nnamdi Ndukwe	Shaftesbury Barnet F	7.35
5	628	Motunrayo Ogunbanjo	Hillingdon AC	7.56
6	632	Tanawat Ravenc	Shaftesbury Barnet F	7.59
7	636	Zavier Achiampong	Highgate Harriers	7.59
8	630	Kofi Owusu	Shaftesbury Barnet F	7.60
Final				
	No.	Athlete	Club	Perf
1	625	Levi Liston	Highgate Harriers	7.10
2	633	Edward Sesay	Thames Valley Harriers	7.15
3	634	Nicholas Shaw	Shaftesbury Barnet F	7.17
4	620	David Bazuaye	Victoria Park & TH AC	7.24
5	623	Richard Klein	St Mary's Richmond AC	7.26
6	626	Nnamdi Ndukwe	Shaftesbury Barnet F	7.33
7	629	Chima Onuora	Shaftesbury Barnet F	7.34

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**U17M 200m (a)**

Heat 1				
	No.	Athlete	Club	Perf
1	623	Richard Klein	St Mary's Richmond AC	23.40
2	628	Motunrayo Ogunbanjo	Hillingdon AC	24.04
3	631	Gilbert Quaye	Enfield & Haringey AC	24.19
4	630	Kofi Owusu	Shaftesbury Barnet F	24.53
5	761	Nadir Mohamed Akram	Harrow AC	26.72

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Heat 2				
	No.	Athlete	Club	Perf
1	626	Nnamdi Ndukwe	Shaftesbury Barnet F	23.37
2	759	Jason Kalala	Victoria Park & TH AC	23.59
3	762	Neon Richards	Thames Valley Harriers	24.40
4	758	Danyal Haque	Enfield & Haringey AC	24.45
5	757	Jon Awuah	Walton AC	24.82
6	760	Michael Kouwiloyar	Ealing Southall & Middx	25.43
Final				
	No.	Athlete	Club	Perf
1	759	Jason Kalala	Victoria Park & TH AC	22.91
2	626	Nnamdi Ndukwe	Shaftesbury Barnet F	22.93
3	623	Richard Klein	St Mary's Richmond AC	23.38
4	628	Motunrayo Ogunbanjo	Hillingdon AC	24.23
5	631	Gilbert Quaye	Enfield & Haringey AC	24.56
	762	Neon Richards	Thames Valley Harriers	DNS

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#### U17M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	759	Jason Kalala	Victoria Park & TH AC	53.02
2	757	Jon Awuah	Walton AC	57.21

#### U17M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	767	Jaiden Gaston	Victoria Park & TH AC	2:08.80
2	768	Ruari McGonagle	London Heathside	2:09.82
3	764	George Bayley	Highgate Harriers	2:13.11
4	769	Basil Rock	Thames Valley Harriers	2:17.78
5	760	Michael Kouwiloyar	Ealing Southall & Middx	2:22.61
6	765	Edmund Brown	Highgate Harriers	2:27.39
7	766	Ross Dorar	Highgate Harriers	2:35.75

#### U17M 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	776	Joseph Reynolds	Victoria Park & TH AC	4:14.98
2	770	Hanad Ahmed	Hillingdon AC	4:17.22
3	772	Jonny Brook	St Mary's Richmond AC	4:25.01
4	774	Louis Hodge	Thames Valley Harriers	4:25.13
5	773	Luke Edwards	Hillingdon AC	4:25.20
6	775	Arun Manget	Ealing Southall & Middx	4:36.23
7	771	Vitaly Bender	Ealing Southall & Middx	4:44.70

#### U17M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	628	Motunrayo Ogunbanjo	Hillingdon AC	8.53
2	762	Neon Richards	Thames Valley Harriers	8.73

#### U17M High Jump (b)

Final				
	No.	Athlete	Club	Perf
1	620	David Bazuaye	Victoria Park & TH AC	1.90
2	837	Sean Oceng Engena	Highgate Harriers	1.70

1.60 o; 1.65 o; 1.70 xo; 1.75 o; 1.80 o; 1.85 xo; 1.90 xo; 1.95 xx  
1.55 xo; 1.60 o; 1.65 o; 1.70 o; 1.75 xx

#### U17M Pole Vault (b)

Final				
	No.	Athlete	Club	Perf
1	839	Jonathan Rugg	Enfield & Haringey AC	3.70
2	838	Jonathan Coher	Shaftesbury Barnet F	3.50
3	758	Danyal Haque	Enfield & Haringey AC	2.90

3.40 o; 3.50 o; 3.60 o; 3.70 xxo; 3.90 xx;  
3.00 o; 3.10 xo; 3.20 o; 3.30 xo; 3.40 xxo; 3.50 o; 3.60 xx  
2.40 o; 2.50 o; 2.60 o; 2.70 xxo; 2.80 o; 2.90 xo; 3.00 xx

#### U17M Long Jump (a)

Final				
	No.	Athlete	Club	Perf
1	623	Richard Klein	St Mary's Richmond AC	5.80
2	837	Sean Oceng Engena	Highgate Harriers	5.40
3	761	Nadir Mohamed Akram	Harrow AC	4.84

5.67; 5.80; 5.79; 5.64  
x; x; 5.40; x  
4.84; 4.63; x; 4.10

#### U17M Triple Jump (b)

Final				
	No.	Athlete	Club	Perf
1	840	Kenan Stephens	Shaftesbury Barnet F	13.30
2	636	Zavier Achiampong	Highgate Harriers	11.59

13.30; 13.30; 13.16; R  
11.02; 10.99; 11.30; 11.59

#### U17M Shot (a)

Final				
	No.	Athlete	Club	Perf
1	842	Sebastiano Corbc	Shaftesbury Barnet F	10.50
2	841	Pallav Bagchi	St Mary's Richmond AC	8.80

10.50; 10.40; x; x  
8.46; 8.64; 8.53; 8.80

**U15B 60m (b)**

Heat 1				
	No.	Athlete	Club	Perf
	1	642	Reece Earle	Thames Valley Harriers 7.12
	2	644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC 7.63
	3	650	Joseph Nash	Enfield & Haringey AC 7.67
	4	652	Dike Onyemelukwe	Shaftesbury Barnet F 8.90
		651	Samuel Ojo	Shaftesbury Barnet F DNF
Heat 2				
	No.	Athlete	Club	Perf
	1	640	Usir Bennett-Tabi	St Mary's Richmond AC 7.61
	2	638	Malachi Amadi	Shaftesbury Barnet F 7.61
	3	645	Clayton Jacinto	Thames Valley Harriers 7.62
	4	637	Cyril Afram	Victoria Park & TH AC 7.94
	5	653	Lucas Persauc	Enfield & Haringey AC 9.22
Heat 3				
	No.	Athlete	Club	Perf
	1	654	Aydan Tyrrell	Harrow AC 7.46
	2	647	Tajai Kidd	Thames Valley Harriers 7.51
	3	643	Karrell Harris	Victoria Park & TH AC 7.57
	4	639	Otis Bakker	Highgate Harriers 7.59
	5	648	Arayo Latonne-Cruz	Victoria Park & TH AC 7.62
	6	655	Bradley Ukpeter	Shaftesbury Barnet F 7.70
	7	641	Hezekiah Douglas	Thames Valley Harriers 7.78
Final				
	No.	Athlete	Club	Perf
	1	642	Reece Earle	Thames Valley Harriers 7.11
	2	654	Aydan Tyrrell	Harrow AC 7.44
	3	640	Usir Bennett-Tabi	St Mary's Richmond AC 7.47
	4	647	Tajai Kidd	Thames Valley Harriers 7.50
	5	638	Malachi Amadi	Shaftesbury Barnet F 7.60
	6	643	Karrell Harris	Victoria Park & TH AC 7.63
	7	644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC 7.66

**U15B 200m (a)**

Heat 1				
	No.	Athlete	Club	Perf
	1	642	Reece Earle	Thames Valley Harriers 23.46
	2	654	Aydan Tyrrell	Harrow AC 24.02
	3	651	Samuel Ojo	Shaftesbury Barnet F 28.60
		640	Usir Bennett-Tabi	St Mary's Richmond AC DIS
		641	Hezekiah Douglas	Thames Valley Harriers DIS
Heat 2				
	No.	Athlete	Club	Perf
	1	643	Karrell Harris	Victoria Park & TH AC 24.52
	2	644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC 25.12
	3	655	Bradley Ukpeter	Shaftesbury Barnet F 25.18
	4	638	Malachi Amadi	Shaftesbury Barnet F 25.45
	5	778	Oscar Laurens	Shaftesbury Barnet F 26.02
	6	777	Mohamed Boumaral	Thames Valley Harriers 29.44
Final				
	No.	Athlete	Club	Perf
	1	642	Reece Earle	Thames Valley Harriers 23.58
	2	654	Aydan Tyrrell	Harrow AC 23.59
	3	643	Karrell Harris	Victoria Park & TH AC 24.01
	4	644	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC 24.58
	5	638	Malachi Amadi	Shaftesbury Barnet F 25.04
	6	655	Bradley Ukpeter	Shaftesbury Barnet F 25.49

**U15B 300m (b)**

Final				
	No.	Athlete	Club	Perf
	1	777	Mohamed Boumaral	Thames Valley Harriers 47.30

**U15B 800m (a)**

Final				
	No.	Athlete	Club	Perf
	1	784	Mohsin Moallir	Hillingdon AC 2:15.64
	2	782	Max Bishop	Thames Valley Harriers 2:16.04
	3	786	Charlie Rollc	Thames Valley Harriers 2:29.75
	4	785	Morris Rock	Thames Valley Harriers 2:33.44

**U15B 1500m (b)**

Final				
	No.	Athlete	Club	Perf
	1	780	Sam Amdor	Highgate Harriers 4:39.27
	2	788	Dominic Paine	Trent Park RC 5:19.74

**U15B 60m Hurdles (a)**

Final				
	No.	Athlete	Club	Perf
	1	652	Dike Onyemelukwe	Shaftesbury Barnet F 10.51

**U15B High Jump (b)**

Final				
	No.	Athlete	Club	Perf
	1	843	Noor-Eldin Mahmoud	Thames Valley Harriers 1.83
	2	844	Devontae Webb	Enfield & Haringey AC 1.75

1.65 o;1.70 o;1.75 o;1.80 o;1.83 o;1.86 xx  
 1.50 o;1.55 o;1.60 o;1.65 o;1.70 o;1.75 o;1.80 xx

**U15B Pole Vault (b)**

Final				
No.	Athlete	Club	Perf	
1	653	Lucas Persauc	Enfield & Haringey AC	1.80

1.40 o;1.50 o;1.60 o;1.70 o;1.80 xxo;1.90 xx

**SW 60m (b)**

Final				
No.	Athlete	Club	Perf	
1	657	Eleanor Ball	London Heathside	8.24
2	659	Amy Mat	King's College Londor	8.41
3	658	Claudia Bioh	London Heathside	8.42
4	661	Liina Otsalu	Maccabi London Harriers	8.53
5	656	Esther Adebowale	Victoria Park & TH AC	9.63
6	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet F	9.66

**SW 200m (a)**

Final				
No.	Athlete	Club	Perf	
1	792	Alice Hunter	Victoria Park & TH AC	27.22
2	791	Juliette Champaud	Highgate Harriers	27.65
3	659	Amy Mat	King's College Londor	28.11
4	789	Alishia Abodunde	London Heathside	28.36
5	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet F	33.55

**SW 400m (b)**

Final				
No.	Athlete	Club	Perf	
1	792	Alice Hunter	Victoria Park & TH AC	61.76
2	793	Alima Diabate	Highgate Harriers	66.31

**SW 800m (a)**

Final				
No.	Athlete	Club	Perf	
1	794	Esther Ekundayc	Victoria Park & TH AC	2:35.55

**SW 60m Hurdles (a)**

Final				
No.	Athlete	Club	Perf	
1	725	Angelita Broadbelt-Blake	Thames Valley Harriers	8.79

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**SW Pole Vault (a)**

Final				
No.	Athlete	Club	Perf	
1	848	Sarah Semeraro (W35)	Enfield & Haringey AC	3.35
1	846	Laura Edwards	Southampton AC	3.35
3	845	Gokce Baydar (W35)	London Heathside	2.65
4	847	Helen Leadbetter (W35)	Ealing Southall & Middx	2.55
5	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet F	1.70

3.35 o;3.50 xxx

3.35 o;3.50 xxx

2.45 o;2.55 o;2.65 xo;2.75 xx

2.15 xxo;2.30 o;2.45 o;2.55 o;2.65 xx;

1.25 o;1.40 o;1.55 o;1.70 xo;1.85 xx

**SW Long Jump (b)**

Final				
No.	Athlete	Club	Perf	
1	661	Liina Otsalu	Maccabi London Harriers	4.49
2	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet F	3.57

4.49; 4.14; 4.17; 4.41

3.32; 3.52; 3.57; 3.32

**SW Triple Jump (a)**

Final				
No.	Athlete	Club	Perf	
1	850	Angela Barrett	Thames Valley Harriers	12.75
2	662	Rosalind Zeffertt (W55)	Shaftesbury Barnet F	7.94

x; x; 12.37; 12.75

7.47; 7.65; 7.46; 7.94

**SW Shot (b)**

Final				
No.	Athlete	Club	Perf	
1	852	Harriet Connoi	St Mary's Richmond AC	10.52
2	851	Sharifa Brown	Enfield & Haringey AC	9.39
3	661	Liina Otsalu	Maccabi London Harriers	6.30

10.52; 10.08; x; 10.40

9.39; 9.24; 9.11; x

5.72; 5.86; x; 6.30

**U20W 60m (b)**

Heat 1				
No.	Athlete	Club	Perf	
1	666	Akaysha Ellis	Enfield & Haringey AC	7.75
2	670	Elise Modeste	Enfield & Haringey AC	7.75
3	669	Chinwe Iwunze	Shaftesbury Barnet F	7.81
4	671	Callie Sinclair	Hillingdon AC	8.65
5	672	Isabella West	Victoria Park & TH AC	8.65

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Heat 2				
No.	Athlete	Club	Perf	
1	665	Ayoola Babalola	Windsor Slough Eton & H	7.73
2	668	Amy Louise Hillier	Hillingdon AC	7.90
3	663	Bessie Aban-Owusu	Ealing Southall & Middx	8.08
4	667	Viviane Gomes Bassangue	Victoria Park & TH AC	8.18

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Final				
No.	Athlete	Club	Perf	
1	666	Akaysha Ellis	Enfield & Haringey AC	7.67
2	665	Ayoola Babalola	Windsor Slough Eton & H	7.72
3	669	Chinwe Iwunze	Shaftesbury Barnet F	7.80
4	670	Elise Modeste	Enfield & Haringey AC	7.80
5	668	Amy Louise Hillier	Hillingdon AC	7.90
6	663	Bessie Aban-Owusu	Ealing Southall & Middx	8.05
7	667	Viviane Gomes Bassangué	Victoria Park & TH AC	8.10

#### U20W 200m (a)

Final				
No.	Athlete	Club	Perf	
1	795	Hannah Hal	Thames Valley Harriers	26.20
2	797	Michelle Mamudu	Victoria Park & TH AC	26.79
3	796	Fatma Hammad	Ealing Southall & Middx	27.41

#### U20W 800m (a)

Final				
No.	Athlete	Club	Perf	
1	799	Helena Samarasinghe	St Mary's Richmond AC	2:31.96

#### U20W 60m Hurdles (a)

Final				
No.	Athlete	Club	Perf	
1	727	Sophia Obi	Shaftesbury Barnet F	9.45
2	728	Cristina Potter	Shaftesbury Barnet F	12.40

#### U20W Long Jump (b)

Final				
No.	Athlete	Club	Perf	
1	853	Diane Mapambol	Victoria Park & TH AC	4.99
2	728	Cristina Potter	Shaftesbury Barnet F	4.53

x; 4.49; 4.99; 4.47  
4.53; x; x; x

#### U20W Shot (b)

Final				
No.	Athlete	Club	Perf	
1	854	Dara Adebayo	Harrow AC	11.99
2	728	Cristina Potter	Shaftesbury Barnet F	6.61

10.72; 11.63; x; 11.99  
6.61; 5.69; x; 5.96

#### U17W 60m (b)

Heat 1				
No.	Athlete	Club	Perf	
1	696	Shiloh Wright-Taipow	Serpentine RC	7.95
2	683	Milan Jervier	Harrow AC	8.11
3	694	Sophia Sood	Team Hounslow AC	8.21
4	695	Jasmin Taylor	Thames Valley Harriers	8.47
5	684	Louisa Jones	St Mary's Richmond AC	8.49
6	691	Katy Shirtcliffe	St Mary's Richmond AC	8.55
7	688	Kimberley Oamen	Thames Valley Harriers	8.60
Heat 2				
No.	Athlete	Club	Perf	
1	693	Mia Smith	Hillingdon AC	7.99
2	673	Adedoyin Adeyanju	Harrow AC	8.06
3	682	Bobbi Harrison	Shaftesbury Barnet F	8.68
4	687	Kerry Oamen	Thames Valley Harriers	8.68
5	680	Leah Gray	Thames Valley Harriers	8.76
6	674	Jannelle Afram	Victoria Park & TH AC	8.82
7	692	Shakira Shodiya-Mcleist	Victoria Park & TH AC	9.09
Heat 3				
No.	Athlete	Club	Perf	
1	681	Beyonce Harding	Be Fit Today Track Academy	8.00
2	689	Roli Omamuli	Harrow AC	8.09
3	686	Yasmine Mwanyc	Enfield & Haringey AC	8.14
4	677	Millie Crane	Highgate Harriers	8.27
5	690	Aaliyah Robinsor	Victoria Park & TH AC	8.42
6	675	Kaisha Allen	Thames Valley Harriers	8.79
7	679	Leni-Mae Galvir	Highgate Harriers	9.04
Final				
No.	Athlete	Club	Perf	
1	696	Shiloh Wright-Taipow	Serpentine RC	7.82
2	683	Milan Jervier	Harrow AC	7.90
3	693	Mia Smith	Hillingdon AC	7.95
4	673	Adedoyin Adeyanju	Harrow AC	8.06
5	689	Roli Omamuli	Harrow AC	8.16
6	681	Beyonce Harding	Be Fit Today Track Academy	DIS
7	686	Yasmine Mwanyc	Enfield & Haringey AC	DNS

Q  
Q

Q  
Q

Q  
Q  
q

162.80

#### U17W 200m (a)

Heat 1				
No.	Athlete	Club	Perf	
1	802	Ella Fryer	St Mary's Richmond AC	26.85
2	804	Ezinwa Ochei-Okpara	Highgate Harriers	27.36
3	803	Sarah Kuti	Shaftesbury Barnet F	28.59
4	800	Zara Coles	Highgate Harriers	DIS

Q  
Q  
q

Heat 2				
	No.	Athlete	Club	Perf
1	693	Mia Smith	Hillingdon AC	26.46
2	798	Marie Alaphilippe	Highgate Harriers	27.25
3	801	Amber Du Verney	Shaftesbury Barnet F	27.86
4	675	Kaisha Allen	Thames Valley Harriers	30.58
Final				
	No.	Athlete	Club	Perf
1	693	Mia Smith	Hillingdon AC	26.30
2	802	Ella Fryer	St Mary's Richmond AC	26.50
3	798	Marie Alaphilippe	Highgate Harriers	27.13
4	804	Ezinwa Ochei-Okpara	Highgate Harriers	27.44
5	801	Amber Du Verney	Shaftesbury Barnet F	27.82
6	803	Sarah Kuti	Shaftesbury Barnet F	28.55

Q  
Q  
q

#### U17W 300m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	802	Ella Fryer	St Mary's Richmond AC	42.95
2	673	Adedoyin Adeyanju	Harrow AC	43.94
3	805	Mya Ashbourne	Harrow AC	45.12
Heat 2				
	No.	Athlete	Club	Perf
1	801	Amber Du Verney	Shaftesbury Barnet F	44.51
2	807	Beth Turton	St Mary's Richmond AC	46.18
3	684	Louisa Jones	St Mary's Richmond AC	47.65
4	806	Eleanor Humphrey	Barnet & District AC	52.90
Final				
	No.	Athlete	Club	Perf
1	802	Ella Fryer	St Mary's Richmond AC	42.01
2	673	Adedoyin Adeyanju	Harrow AC	42.90
3	801	Amber Du Verney	Shaftesbury Barnet F	44.02
4	807	Beth Turton	St Mary's Richmond AC	46.44
5	805	Mya Ashbourne	Harrow AC	46.89
6	684	Louisa Jones	St Mary's Richmond AC	48.51

Q  
Q  
q

Q  
Q  
q

CBP

#### U17W 800m (a)

Final				
	No.	Athlete	Club	Perf
1	809	Katherine McKenzie	Woodford Green AC w EL	2:17.87
2	802	Ella Fryer	St Mary's Richmond AC	2:19.19
3	807	Beth Turton	St Mary's Richmond AC	2:34.30

#### U17W 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	812	Mia Manttan	London Heathside	5:11.18
2	811	Melina Duer	Thames Valley Harriers	5:17.91

#### U17W 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	731	Yasmin Uwakwe	Enfield & Haringey AC	8.71
2	686	Yasmine Mwanyc	Enfield & Haringey AC	9.45
3	801	Amber Du Verney	Shaftesbury Barnet F	9.84
4	803	Sarah Kuti	Shaftesbury Barnet F	13.38

CBP

#### U17W High Jump (a)

Final				
	No.	Athlete	Club	Perf
1	855	Evelyne Fonteyne	Shaftesbury Barnet F	1.60
2	856	Clara Mee	Highgate Harriers	1.55

1.40 o; 1.45 o; 1.50 o; 1.55 xxo; 1.60 xxo; 1.65 xx  
1.35 o; 1.40 o; 1.45 o; 1.50 xxo; 1.55 o; 1.60 xx

#### U17W Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	798	Marie Alaphilippe	Highgate Harriers	5.19
2	859	Ruth-Ann Oturuoh	Thames Valley Harriers	5.05
3	804	Ezinwa Ochei-Okpara	Highgate Harriers	4.60
4	694	Sophia Sood	Team Hounslow AC	4.52
5	677	Millie Crane	Highgate Harriers	4.41
6	857	Tianna Campbell	Harrow AC	4.35
7	679	Leni-Mae Galvir	Highgate Harriers	3.93
8	858	Danielle Ojc	Shaftesbury Barnet F	3.92
9	806	Eleanor Humphrey	Barnet & District AC	3.76

x; 5.19; 5.10; x  
x; 5.05; x; 4.81  
4.42; 4.47; 4.60; 4.49  
4.52; 4.42; 4.29; 4.37  
3.84; 4.11; 4.41; 4.02  
4.35; x; 4.25; 4.35  
3.93; x; x; 3.77  
3.92; 3.84; 3.76; 3.18  
3.49; 3.76; 3.49; 3.44

#### U17W Triple Jump (a)

Final				
	No.	Athlete	Club	Perf
1	859	Ruth-Ann Oturuoh	Thames Valley Harriers	10.80
2	688	Kimberley Oamen	Thames Valley Harriers	9.46
3	694	Sophia Sood	Team Hounslow AC	9.42
4	687	Kerry Oamen	Thames Valley Harriers	8.99
5	858	Danielle Ojc	Shaftesbury Barnet F	8.98

x; 10.80; 10.42; 10.51  
9.46; 9.41; 9.15; 9.15  
x; 9.41; 9.25; 9.42  
8.67; 8.60; 8.84; 8.99  
x; 8.69; 8.98; 8.79

**U17W Shot (b)**

Final				
	No.	Athlete	Club	Perf
1	860	Makayla Joseph	Harrow AC	11.47
2	804	Ezinwa Ochei-Okpara	Highgate Harriers	9.47

11.47; 10.62; x; 10.74  
8.19; 9.16; 9.47; 8.68

**U15G 60m (b)**

Heat 1				
	No.	Athlete	Club	Perf
1	716	Emmanuella Quaye	Enfield & Haringey AC	8.01
2	713	Omosefe Obadagbony	Victoria Park & TH AC	8.30
3	714	Ebere Okafor Whyte	Victoria Park & TH AC	8.50
4	699	Oluwasemilore Atiba	Shaftesbury Barnet F	8.51
5	712	Syan Newman-Smith	Thames Valley Harriers	8.59
6	715	Karjah Phillips	Thames Valley Harriers	9.02

Q  
Q

Heat 2				
	No.	Athlete	Club	Perf
1	697	Niah Akintokun	Shaftesbury Barnet F	7.91
2	718	Michelvi Wamba	Victoria Park & TH AC	8.13
3	698	Camille Alaphilippe	Highgate Harriers	8.59
4	705	Patricia Grudz-Edmondson	Thames Valley Harriers	8.75
5	710	Lola McCann-Ezekie	Shaftesbury Barnet F	8.80
6	711	Grace Mvangu	Thames Valley Harriers	9.81

Q  
Q

Heat 3				
	No.	Athlete	Club	Perf
1	708	Tyra Khambai-Annan	Team Hounslow AC	7.75
2	704	Vanessa Granada	Team Hounslow AC	8.05
3	707	Tosin Jokosenumi	Shaftesbury Barnet F	8.12
4	702	Abigail Dichter	Serpentine RC	8.41
5	717	Emmeline Viala	Harrow AC	8.49
6	700	Manon Baines	St Mary's Richmond AC	8.68
7	706	Florence Humphrey	Barnet & District AC	9.63

Q  
Q  
q

Final				
	No.	Athlete	Club	Perf
1	708	Tyra Khambai-Annan	Team Hounslow AC	7.65
2	716	Emmanuella Quaye	Enfield & Haringey AC	7.82
3	697	Niah Akintokun	Shaftesbury Barnet F	7.89
4	704	Vanessa Granada	Team Hounslow AC	7.98
5	718	Michelvi Wamba	Victoria Park & TH AC	8.08
6	707	Tosin Jokosenumi	Shaftesbury Barnet F	8.13
7	713	Omosefe Obadagbony	Victoria Park & TH AC	8.39

CBP

**U15G 200m (a)**

Heat 1				
	No.	Athlete	Club	Perf
1	716	Emmanuella Quaye	Enfield & Haringey AC	25.89
2	718	Michelvi Wamba	Victoria Park & TH AC	25.90
3	707	Tosin Jokosenumi	Shaftesbury Barnet F	27.04
4	817	Olivia Sparks	Thames Valley Harriers	28.67
5	816	Karen Apolol	Shaftesbury Barnet F	30.74
6	709	Manuela Marang	Thames Valley Harriers	31.47

Q  
Q  
q

Heat 2				
	No.	Athlete	Club	Perf
1	697	Niah Akintokun	Shaftesbury Barnet F	25.71
2	708	Tyra Khambai-Annan	Team Hounslow AC	26.53
3	713	Omosefe Obadagbony	Victoria Park & TH AC	27.89
4	699	Oluwasemilore Atiba	Shaftesbury Barnet F	27.92
5	712	Syan Newman-Smith	Thames Valley Harriers	29.06
6	710	Lola McCann-Ezekie	Shaftesbury Barnet F	29.44

Q  
Q  
q

Final				
	No.	Athlete	Club	Perf
1	716	Emmanuella Quaye	Enfield & Haringey AC	25.49
2	697	Niah Akintokun	Shaftesbury Barnet F	25.66
3	718	Michelvi Wamba	Victoria Park & TH AC	25.88
4	708	Tyra Khambai-Annan	Team Hounslow AC	26.45
5	707	Tosin Jokosenumi	Shaftesbury Barnet F	27.32
6	713	Omosefe Obadagbony	Victoria Park & TH AC	27.78

**U15G 300m (b)**

Heat 1				
	No.	Athlete	Club	Perf
1	700	Manon Baines	St Mary's Richmond AC	45.16
2	710	Lola McCann-Ezekie	Shaftesbury Barnet F	47.03
	716	Emmanuella Quaye	Enfield & Haringey AC	DIS

214.60

Heat 2				
	No.	Athlete	Club	Perf
1	820	Teniola Fajuke	Victoria Park & TH AC	42.18
2	704	Vanessa Granada	Team Hounslow AC	43.71
3	821	Amy Greig	St Mary's Richmond AC	43.71
	819	Folasade Fajuke	Victoria Park & TH AC	DIS

214.60

Final				
	No.	Athlete	Club	Perf
1	820	Teniola Fajuke	Victoria Park & TH AC	42.31
2	704	Vanessa Granada	Team Hounslow AC	43.54
3	821	Amy Greig	St Mary's Richmond AC	43.71
4	700	Manon Baines	St Mary's Richmond AC	44.19
5	710	Lola McCann-Ezekie	Shaftesbury Barnet F	47.44



**U15G 800m (a)**

Final				
	No.	Athlete	Club	Perf
1	823	Lola Baty	Victoria Park & TH AC	2:39.20
2	817	Olivia Sparks	Thames Valley Harriers	2:40.80
3	825	Isabella Hale	St Mary's Richmond AC	2:41.59
4	826	Maisie Hugill	Thames Valley Harriers	2:49.21
5	822	Poppy Allwright	Trent Park RC	2:59.20

**U15G 60m Hurdles (a)**

Final				
	No.	Athlete	Club	Perf
1	732	Chanel Lovelock	Windsor Slough Eton & H	10.05
2	733	Anya Nesbitt	Enfield & Haringey AC	10.21
3	705	Patricia Grudz-Edmondson	Thames Valley Harriers	10.87
4	816	Karen Apolol	Shaftesbury Barnet F	11.04
5	823	Lola Baty	Victoria Park & TH AC	12.58

**U15G High Jump (b)**

Final				
	No.	Athlete	Club	Perf
1	861	Lucy Fellows	St Mary's Richmond AC	1.65
2	862	Shenali Thesara Perera Kuranage	Thames Valley Harriers	1.35

1.50 o;1.55 o;1.60 o;1.65 o;1.69 xx  
 1.20 o;1.25 o;1.30 o;1.35 xo;1.40 xx

**U15G Pole Vault (a)**

Final				
	No.	Athlete	Club	Perf
1	863	Natali Aleksandrowicz	Enfield & Haringey AC	2.30
2	864	Gabriella Lycourgot	Enfield & Haringey AC	2.10

1.90 o;2.00 o;2.10 o;2.20 o;2.30 o;2.40 xx  
 1.90 o;2.00 o;2.10 xo;2.20 xx

**U15G Long Jump (b)**

Final				
	No.	Athlete	Club	Perf
1	861	Lucy Fellows	St Mary's Richmond AC	5.06
2	732	Chanel Lovelock	Windsor Slough Eton & H	4.48
3	698	Camille Alaphilippe	Highgate Harriers	4.39
4	862	Shenali Thesara Perera Kuranage	Thames Valley Harriers	4.04
5	866	April Allan	Highgate Harriers	3.87
6	706	Florence Humphrey	Barnet & District AC	3.56

5.06; 4.99; 4.95; 4.88  
 4.32; 4.35; 4.45; 4.48  
 x; 4.39; 4.34; x  
 4.04; 3.94; 3.94; 4.00  
 3.73; 3.87; 3.64; 3.71  
 3.53; 1.63; 3.56; 3.50

**U15G Shot (b)**

Final				
	No.	Athlete	Club	Perf
1	732	Chanel Lovelock	Windsor Slough Eton & H	10.18
2	867	Aisha Mohammed-Mariche	Highgate Harriers	9.65

CBP 9.08; 9.20; 9.95; 10.18  
 9.65; 8.96; x; x