

**Middlesex Indoor Championships - Lee Valley Indoor Athletics Centre 14/15 March 2020**

**(a) Saturday, (b) Sunday**

**SM 60m (b)**

<b>Heat 1</b>					
	No.	Athlete	Club	Perf	
1	735	Phoenix Lyon	Shaftesbury Barnet H	7.09	Q
2	726	Christian Anuyagu	Victoria Park & TH AC	7.17	Q
3	730	Danny Burrowes	Thames Valley Harriers	7.36	Q
4	734	Ridwan Islam	Newham & Essex B's AC	7.58	
5	739	Michael Otubambo	Enfield and Haringey AC	7.77	
<b>Heat 2</b>					
	No.	Athlete	Club	Perf	
1	740	Keano-Elliott Paris-Samuel	Thames Valley Harriers	7.11	Q
2	732	Sean Crowie	Hillingdon AC	7.17	Q
3	736	Ceake Maddix	Shaftesbury Barnet H	7.22	Q
4	727	Camille Aragon	Belgrave Harriers	7.32	q
5	733	David Henderson	Victoria Park & TH AC	7.44	
6	729	Chris Burbidge	Ealing Southall & Middx	8.17	
<b>Final</b>					
	No.	Athlete	Club	Perf	
1	735	Phoenix Lyon	Shaftesbury Barnet H	6.98	
2	740	Keano-Elliott Paris-Samuel	Thames Valley Harriers	7.08	
3	726	Christian Anuyagu	Victoria Park & TH AC	7.09	
4	732	Sean Crowie	Hillingdon AC	7.16	
5	736	Ceake Maddix	Shaftesbury Barnet H	7.22	
6	727	Camille Aragon	Belgrave Harriers	7.35	
7	730	Danny Burrowes	Thames Valley Harriers	7.37	

**SM 200m (a)**

<b>Heat 1</b>					
	No.	Athlete	Club	Perf	
1	740	Keano-Elliott Paris-Samuel	Thames Valley Harriers	22.66	Q
2	732	Sean Crowie	Hillingdon AC	22.67	Q
3	736	Ceake Maddix	Shaftesbury Barnet H	23.96	q
4	854	Shaquille Eusebe	Victoria Park & TH AC	26.27	
<b>Heat 2</b>					
	No.	Athlete	Club	Perf	
1	735	Phoenix Lyon	Shaftesbury Barnet H	22.69	Q
2	726	Christian Anuyagu	Victoria Park & TH AC	23.21	Q
3	855	Lord Owusu	Enfield and Haringey AC	23.42	q
4	734	Ridwan Islam	Newham & Essex B's AC	24.82	
<b>Final</b>					
	No.	Athlete	Club	Perf	
1	735	Phoenix Lyon	Shaftesbury Barnet H	22.05	CBP
2	740	Keano-Elliott Paris-Samuel	Thames Valley Harriers	22.42	
3	732	Sean Crowie	Hillingdon AC	22.63	
4	726	Christian Anuyagu	Victoria Park & TH AC	22.82	
5	855	Lord Owusu	Enfield and Haringey AC	23.09	
6	736	Ceake Maddix	Shaftesbury Barnet H	24.00	

**SM 400m (b)**

<b>Final</b>				
	No.	Athlete	Club	Perf
1	886	Isaac Ogunlade	Herne Hill Harriers	51.50
2	888	Kareem Selman-Jackson	King's College London AC	52.27
3	887	Scarlett Parker	London Heathside	58.62
4	854	Shaquille Eusebe	Victoria Park & TH AC	62.44

**SM 800m (a)**

<b>Final</b>				
	No.	Athlete	Club	Perf
1	885	Victor Nutakor	Newham & Essex B's AC	2:00.39
2	900	Stanley Harrison	Highgate Harriers	2:02.81
3	901	Philip York	Ealing Southall & Middx	2:39.50
4	899	Anthony Bryan	Herts Phoenix AC	2:48.57

**SM 1500m (b)**

Final				
No.	Athlete	Club	Perf	
1	901	Philip York	Ealing Southall & Middx	5:20.79

#### SM Pole Vault (b)

Final				
No.	Athlete	Club	Perf	
1	955	Joseph West	Harrow Athletic Club	4.40
2	954	Stanislav Vilga	Thames Valley Harriers	3.50

4.10 o; 4.30 o; 4.40 xo; 4.50 xxx  
3.30 o; 3.50 o; 3.70 xxx

#### SM Long Jump (a)

Final				
No.	Athlete	Club	Perf	
1	965	Darren Wiafe-Morson	Victoria Park & TH AC	6.88
2	964	Joel Bright-Davies	Thames Valley Harriers	6.14
3	854	Shaquille Eusebe	Victoria Park & TH AC	4.99

4.93; 6.57; 6.88; 2.44  
6.14; x; x; x  
3.91; 4.99; x; 4.92

#### SM Shot (a)

Final				
No.	Athlete	Club	Perf	
1	972	Glen Crowie	Hillingdon AC	9.46
2	973	Joel Hawes	London Heathside	8.53

9.02; 8.83; 9.46; 9.05  
8.53; 7.61; 8.24; 8.06

#### U20M 60m (b)

Heat 1				
No.	Athlete	Club	Perf	
1	744	Joshua Barrett-Mowatt	Victoria Park & TH AC	7.13
2	749	Jason Kalala	Victoria Park & TH AC	7.13
3	752	Jak Mensah	Blackheath & Bromley H AC	7.14
4	745	Kai English	Ealing Southall & Middx	7.20
5	753	Jordan Mentore	Shaftesbury Barnet H	7.43
6	747	Isaiah Hills	Enfield and Haringey AC	7.62
	746	Micah Forbes-Agyepong	Shaftesbury Barnet H	DIS
Heat 2				
No.	Athlete	Club	Perf	
1	742	William Andoh	Victoria Park & TH AC	6.92
2	757	Nicholas Shaw	Shaftesbury Barnet H	7.13
3	748	Shay James	Ealing Southall & Middx	7.22
4	756	Mark Oyeniya	Victoria Park & TH AC	7.26
5	758	Bilal Uba	Ealing Southall & Middx	7.27
6	750	Elijah Mayindu	Be Fit Today Track Academy	7.31
Final				
No.	Athlete	Club	Perf	
1	742	William Andoh	Victoria Park & TH AC	6.92
2	744	Joshua Barrett-Mowatt	Victoria Park & TH AC	7.05
3	749	Jason Kalala	Victoria Park & TH AC	7.08
4	757	Nicholas Shaw	Shaftesbury Barnet H	7.10
5	752	Jak Mensah	Blackheath & Bromley H AC	7.19
6	745	Kai English	Ealing Southall & Middx	7.27
7	748	Shay James	Ealing Southall & Middx	7.29

162.80

#### U20M 200m (a)

Heat 1				
No.	Athlete	Club	Perf	
1	752	Jak Mensah	Blackheath & Bromley H AC	22.85
2	749	Jason Kalala	Victoria Park & TH AC	22.86
3	860	Odera Umeugoji	Shaftesbury Barnet H	23.73
4	859	Harjeet Gill	Ealing Southall & Middx	24.96
Heat 2				
No.	Athlete	Club	Perf	
1	745	Kai English	Ealing Southall & Middx	22.73
2	758	Bilal Uba	Ealing Southall & Middx	23.17
3	754	Louis Menzies-Walker	Victoria Park & TH AC	23.24
4	746	Micah Forbes-Agyepong	Shaftesbury Barnet H	23.39
5	747	Isaiah Hills	Enfield and Haringey AC	25.11
Final				
No.	Athlete	Club	Perf	

1	745	Kai English	Ealing Southall & Middx	22.47
2	752	Jak Mensah	Blackheath & Bromley H AC	22.57
3	749	Jason Kalala	Victoria Park & TH AC	22.62
4	758	Bilal Uba	Ealing Southall & Middx	22.89
5	754	Louis Menzies-Walker	Victoria Park & TH AC	23.24
6	746	Micah Forbes-Agyepong	Shaftesbury Barnet H	23.24

#### U20M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	889	Mittio Mohammadian	Shaftesbury Barnet H	50.92
2	890	Ethan Oladejo	Victoria Park & TH AC	57.21

#### U20M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	902	Hanad Ahmed	Hillingdon AC	2:09.99

#### U20M 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	931	Declan Connolly	Windsor Slough Eton & H AC	4:23.49

#### U20M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	701	Sebastiano Corbo	Shaftesbury Barnet H	9.10

#### U20M Pole Vault (b)

Final				
	No.	Athlete	Club	Perf
1	701	Sebastiano Corbo	Shaftesbury Barnet H	2.90

2.50 xo;2.70 o;2.90 o;3.10 xxx

#### U20M Long Jump (a)

Final				
	No.	Athlete	Club	Perf
1	744	Joshua Barrett-Mowatt	Victoria Park & TH AC	6.25
2	701	Sebastiano Corbo	Shaftesbury Barnet H	5.57

x; x; 6.25; x  
5.43; 5.51; 5.47; 5.57

#### U20M Shot (a)

Final				
	No.	Athlete	Club	Perf
1	974	Matthew Collingridge	Kingston AC & Poly H	12.34
2	975	Andre Pereira Carneiro	St Mary's Richmond AC	10.00

11.24; 12.34; -; -  
9.76; 9.72; 10.00; 9.54

#### U17M 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	761	Reece Earle	Thames Valley Harriers	7.10	Q
2	777	Aydan Tyrrell	Harrow Athletic Club	7.42	Q
3	778	Bradley Ukpetenan	Shaftesbury Barnet H	7.49	q (.488)
4	772	Michael Ogbechie	Highgate Harriers	7.58	
5	773	Presley Owobu	Victoria Park & TH AC	7.60	
Heat 2					
	No.	Athlete	Club	Perf	
1	765	Josh Kelly	Thames Valley Harriers	7.39	Q
2	764	Joshua Isijola	Newham & Essex B's AC	7.42	Q
3	769	Joseph Nash	Enfield and Haringey AC	7.49	(.489)
4	766	Oscar Laurens	Shaftesbury Barnet H	7.62	
5	776	Cathal Sheehan	Ealing Southall & Middx	7.65	
6	770	Jébez Nduka	Hillingdon AC	8.59	
Heat 3					
	No.	Athlete	Club	Perf	
1	774	Tanawat Raveng	Shaftesbury Barnet H	7.32	Q
2	759	Zavier Achiampong	Highgate Harriers	7.55	Q
3	763	Yuma Hamano	Shaftesbury Barnet H	7.58	
4	768	Elvio Mendes	Thames Valley Harriers	7.96	

5	762	Mohamed Elaawy	Thames Valley Harriers	8.31
6	760	Mohamed Boumaraf	Thames Valley Harriers	8.66
<b>Final</b>				
	No.	Athlete	Club	Perf
1	761	Reece Earle	Thames Valley Harriers	7.10
2	774	Tanawat Raveng	Shaftesbury Barnet H	7.18
3	765	Josh Kelly	Thames Valley Harriers	7.32
4	777	Aydan Tyrrell	Harrow Athletic Club	7.37
5	764	Joshua Isijola	Newham & Essex B's AC	7.37
6	759	Zavier Achiampong	Highgate Harriers	7.45
7	778	Bradley Ukpetenan	Shaftesbury Barnet H	7.47

#### U17M 200m (a)

<b>Heat 1</b>				
	No.	Athlete	Club	Perf
1	761	Reece Earle	Thames Valley Harriers	23.19
2	778	Bradley Ukpetenan	Shaftesbury Barnet H	23.93
3	776	Cathal Sheehan	Ealing Southall & Middx	24.43
4	760	Mohamed Boumaraf	Thames Valley Harriers	27.73
5	770	Jébez Nduka	Hillingdon AC	33.93
<b>Heat 2</b>				
	No.	Athlete	Club	Perf
1	765	Josh Kelly	Thames Valley Harriers	23.43
2	769	Joseph Nash	Enfield and Haringey AC	23.74
3	774	Tanawat Raveng	Shaftesbury Barnet H	24.50
4	766	Oscar Laurens	Shaftesbury Barnet H	24.54
5	762	Mohamed Elaawy	Thames Valley Harriers	26.21
<b>Final</b>				
	No.	Athlete	Club	Perf
1	761	Reece Earle	Thames Valley Harriers	22.90
2	765	Josh Kelly	Thames Valley Harriers	23.24
3	769	Joseph Nash	Enfield and Haringey AC	23.49
4	778	Bradley Ukpetenan	Shaftesbury Barnet H	23.90
5	776	Cathal Sheehan	Ealing Southall & Middx	24.32
6	774	Tanawat Raveng	Shaftesbury Barnet H	24.53

#### U17M 400m (b)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	893	Isaac Bloodworth	Hillingdon AC	51.66
2	892	Jon Awuah	Walton Athletic Club	55.50
3	891	Sam Amdor	Highgate Harriers	56.00
4	895	Zachary Phillips	Hillingdon AC	66.50

#### U17M 800m (a)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	905	Jonny Brook	St Mary's Richmond AC	2:04.75
2	891	Sam Amdor	Highgate Harriers	2:05.08
3	914	Amit Solanki	Hillingdon AC	2:06.14
4	909	Leon Jemmott	Enfield and Haringey AC	2:12.80
5	906	Louis Cummings	St Mary's Richmond AC	2:17.75
6	704	Sam Ingram	London Heathside	2:19.38
7	910	Joseph Lamb	Victoria Park & TH AC	2:20.30
8	907	Nelson Gordon	Thames Valley Harriers	2:23.31

#### U17M 1500m (b)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	905	Jonny Brook	St Mary's Richmond AC	4:25.76
2	934	finn combe	Ealing Southall & Middx	4:29.26
3	906	Louis Cummings	St Mary's Richmond AC	4:32.31
4	933	Jack Bailey	Highgate Harriers	4:32.87
5	907	Nelson Gordon	Thames Valley Harriers	4:51.03
6	936	Roger Wilcox	Highgate Harriers	4:58.64

#### U17M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	703	Gus Carter	Ealing Southall & Middx	9.24
2	704	Sam Ingram	London Heathside	10.34

#### U17M High Jump (b)

Final				
	No.	Athlete	Club	Perf
1	950	Or Segal	Shaftesbury Barnet H	1.81
2	949	Arne Rosenthal	Highgate Harriers	1.81
3	951	Devontae Webb	Enfield and Haringey AC	1.65

1.60 o;1.65 o;1.70 o;1.75 xxo;1.78 o;1.81 o;1.84 xxx

1.60 o;1.65 xxo;1.70 xxx

#### U17M Pole Vault (b)

Final				
	No.	Athlete	Club	Perf
1	704	Sam Ingram	London Heathside	2.20

2.00 xxo;2.20 o;2.40 -;2.60 xxx

#### U17M Long Jump (a)

Final				
	No.	Athlete	Club	Perf
1	771	Sean Oceng Engena	Highgate Harriers	5.94

5.67; 5.94; x; x

#### U17M Triple Jump (b)

Final				
	No.	Athlete	Club	Perf
1	759	Zavier Achiampong	Highgate Harriers	12.45
2	892	Jon Awuah	Walton Athletic Club	10.76

12.03; 11.93; 12.45; 12.07

10.55; 10.76; Rtd; -

#### U17M Shot (a)

Final				
	No.	Athlete	Club	Perf
1	976	Avrimas Arusevilius	Victoria Park & TH AC	9.64
2	977	Cameron Sharma	St Mary's Richmond AC	7.92

9.39; 9.43; 9.64; 9.40

7.80; 7.66; 7.69; 7.92

#### U15B 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	779	Malachi Amadi	Shaftesbury Barnet H	7.45
2	796	Brandon Talla	Hillingdon AC	7.83
3	790	Samuel Ojo	Shaftesbury Barnet H	8.20
4	798	Rio Star Wilson	Hillingdon AC	8.84
5	792	Lucas Persaud	Enfield and Haringey AC	9.26
Heat 2				
	No.	Athlete	Club	Perf
1	780	Louis Baker	Enfield and Haringey AC	7.64
2	797	Malakai Watson	Enfield and Haringey AC	7.94
3	785	Jayden Klein	Maccabi London Harriers	8.17
4	791	Eric-Mace Owusu-Agyare	Hillingdon AC	8.33
5	783	Matthew de Carvalho	Hillingdon AC	9.53
Heat 3				
	No.	Athlete	Club	Perf
1	794	Lincoln Ramdhanny	Hillingdon AC	7.74
2	788	Connor Neale	Enfield and Haringey AC	7.84
3	793	Saugat Pun	Shaftesbury Barnet H	7.89
4	786	Oliver Laurens	Shaftesbury Barnet H	8.45
5	795	Nyro Shipley Smith	Hillingdon AC	8.83
Final				
	No.	Athlete	Club	Perf
1	779	Malachi Amadi	Shaftesbury Barnet H	7.41
2	780	Louis Baker	Enfield and Haringey AC	7.63
3	788	Connor Neale	Enfield and Haringey AC	7.78
4	793	Saugat Pun	Shaftesbury Barnet H	7.78
5	797	Malakai Watson	Enfield and Haringey AC	7.84
6	794	Lincoln Ramdhanny	Hillingdon AC	7.85
7	796	Brandon Talla	Hillingdon AC	7.87

Q

Q

Q

Q

Q

Q

q

#### U15B 200m (a)

Heat 1				
	No.	Athlete	Club	Perf
1	779	Malachi Amadi	Shaftesbury Barnet H	23.80
2	797	Malakai Watson	Enfield and Haringey AC	26.27
3	785	Jayden Klein	Maccabi London Harriers	26.74
4	791	Eric-Mace Owusu-Agyare	Hillingdon AC	28.07
5	867	Theo Wilson	Victoria Park & TH AC	31.75
Heat 2				
	No.	Athlete	Club	Perf
1	863	Theo Jarrett	Ealing Southall & Middx	25.18
2	794	Lincoln Ramdhanny	Hillingdon AC	25.41
3	796	Brandon Talla	Hillingdon AC	25.45
4	783	Matthew de Carvalho	Hillingdon AC	31.16
Heat 3				
	No.	Athlete	Club	Perf
1	865	Zaki Mohammedi	Ealing Southall & Middx	25.46
2	790	Samuel Ojo	Shaftesbury Barnet H	26.83
3	786	Oliver Laurens	Shaftesbury Barnet H	27.67
4	795	Nyro Shipley Smith	Hillingdon AC	28.74
Final				
	No.	Athlete	Club	Perf
1	779	Malachi Amadi	Shaftesbury Barnet H	23.60
2	863	Theo Jarrett	Ealing Southall & Middx	25.29
3	865	Zaki Mohammedi	Ealing Southall & Middx	25.34
4	797	Malakai Watson	Enfield and Haringey AC	26.00
	796	Brandon Talla	Hillingdon AC	DNS
	794	Lincoln Ramdhanny	Hillingdon AC	DNS

#### U15B 300m (b)

Final				
	No.	Athlete	Club	Perf
1	917	Zico Jones	Shaftesbury Barnet H	38.60
2	978	Andoni Amphlett	Shaftesbury Barnet H	44.91

#### U15B 800m (a)

Final				
	No.	Athlete	Club	Perf
1	915	Max Bishop	Thames Valley Harriers	2:10.26
2	917	Zico Jones	Shaftesbury Barnet H	2:18.90
3	918	Faysal Mohamed	Hillingdon AC	2:19.98
4	916	Charlie Brook	St Mary's Richmond AC	2:26.39
5	919	Ryan Stoddart	Hillingdon AC	2:26.96

#### U15B 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	915	Max Bishop	Thames Valley Harriers	4:53.26
2	938	Dominic Paine	Trent Park Running Club	4:59.85
3	937	Ethan Jackson	Trent Park Running Club	5:03.96
4	939	Tynan Parker	London Heathside	5:04.61

#### U15B 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	705	Dike Onyemelukwe	Shaftesbury Barnet H	10.26

#### U15B High Jump (b)

Final				
	No.	Athlete	Club	Perf
1	797	Malakai Watson	Enfield and Haringey AC	1.53
2	785	Jayden Klein	Maccabi London Harriers	1.50
3	798	Rio Star Wilson	Hillingdon AC	1.30

1.25 o;1.30 o;1.35 o;1.40 xo;1.45 o;1.50 xo;1.53 o;1.56 xxx  
1.35 o;1.40 o;1.45 o;1.50 o;1.53 xxx  
1.25 xo;1.30 o;1.35 xxx

#### U15B Long Jump (a)

Final				
	No.	Athlete	Club	Perf
1	966	Akshajan Nesalingam	Hillingdon AC	4.86

4.78; 4.39; 4.86; 4.30

2	867	Theo Wilson	Victoria Park & TH AC	3.50
---	-----	-------------	-----------------------	------

2.98; 2.81; 3.50; 3.20

#### U15B Shot (a)

Final				
	No.	Athlete	Club	Perf
1	979	Kaiden greening	St Mary's Richmond AC	8.28
	782	Gerald Collins	Shaftesbury Barnet H	nm

8.16; 8.28; x; 8.23

-; -; -

#### SW 60m (b)

Final				
	No.	Athlete	Club	Perf
1	799	Eleanor Ball	London Heathside	7.94
2	802	Amy Mat	Belgrave Harriers	8.10
3	800	Claudia Bioh	London Heathside	8.43
4	803	Liina Otsalu	Maccabi London Harriers	9.09

#### SW 200m (a)

Final				
	No.	Athlete	Club	Perf
1	868	Nastassja Allin	Enfield and Haringey AC	26.02
2	869	Alice Hunter	Victoria Park & TH AC	27.33
3	802	Amy Mat	Belgrave Harriers	27.73

#### SW 400m (b)

Final				
	No.	Athlete	Club	Perf
1	868	Nastassja Allin	Enfield and Haringey AC	57.59
2	869	Alice Hunter	Victoria Park & TH AC	61.54

#### SW 800m (a)

Final				
	No.	Athlete	Club	Perf
1	920	Tania-cyrena Cyrus	Enfield and Haringey AC	2:21.16
2	921	Georgia Fear	Highgate Harriers	2:22.73

#### SW 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	940	Lily Woolcock	London Heathside	4:57.49

#### SW Pole Vault (a)

Final				
	No.	Athlete	Club	Perf
1	957	Sarah Semeraro	Enfield and Haringey AC	3.60
2	956	Helen Leadbetter	Ealing Southall & Middx	2.60

=CBP

3.40 o;3.60 xo;3.70 xxx

2.20 xo;2.40 o;2.60 xxo;2.80 xxx

#### SW Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	967	Isha Habib	Ealing Southall & Middx	4.94
2	956	Helen Leadbetter	Ealing Southall & Middx	4.56
3	803	Liina Otsalu	Maccabi London Harriers	3.80

4.79; 4.62; 4.94; 3.35

4.56; 4.38; 4.29; 4.28

3.76; 3.80; 3.58; 3.73

#### U20W 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	810	Chinwe Iwunze	Shaftesbury Barnet H	7.82
2	808	Larissa Giles	Shaftesbury Barnet H	8.13
3	813	Jasmin Taylor	Thames Valley Harriers	8.16
4	811	Folakemi Osundairo	Victoria Park & TH AC	8.30
Heat 2				
	No.	Athlete	Club	Perf
1	805	Bessie Aban-Owusu	Ealing Southall & Middx	8.10
2	812	Pierrette Simuene	Enfield and Haringey AC	8.17
3	809	Mary Igbinosa-Ighile	Victoria Park & TH AC	8.54
4	806	Victoria Attiapo	Victoria Park & TH AC	8.74
Final				

Q

Q

Q

q

Q

Q

Q

	No.	Athlete	Club	Perf
1	810	Chinwe Iwunze	Shaftesbury Barnet H	7.73
2	808	Larissa Giles	Shaftesbury Barnet H	8.00
3	805	Bessie Aban-Owusu	Ealing Southall & Middx	8.04
4	812	Pierrette Simuene	Enfield and Haringey AC	8.13
5	813	Jasmin Taylor	Thames Valley Harriers	8.27
6	811	Folakemi Osundairo	Victoria Park & TH AC	8.29
7	809	Mary Igbinosa-Ighile	Victoria Park & TH AC	8.51

#### U20W 200m (a)

Final				
	No.	Athlete	Club	Perf
1	805	Bessie Aban-Owusu	Ealing Southall & Middx	26.66
2	870	Adedoyin Adeyanju	Harrow Athletic Club	28.03
3	809	Mary Igbinosa-Ighile	Victoria Park & TH AC	28.34

#### U20W 400m (b)

Final				
	No.	Athlete	Club	Perf
1	896	Cedelle Agyei-Kyem	Walton Athletic Club	61.35
2	897	Mia Rosario	Enfield and Haringey AC	64.28

#### U20W 800m (a)

Final				
	No.	Athlete	Club	Perf
1	922	Milly Dunne	Highgate Harriers	2:35.61

#### U20W 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	941	Georgia Hanley	Thames Valley Harriers	5:42.73

#### U20W 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	707	Cristina Potter	Shaftesbury Barnet H	10.98

#### U20W Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	707	Cristina Potter	Shaftesbury Barnet H	4.53
2	968	Emily Nicholson-Stanwix	Ealing Southall & Middx	4.45
	806	Victoria Attiapo	Victoria Park & TH AC	nm

X; 4.41; 4.53; 4.52  
4.35; 4.45; 4.43; 4.40  
X; X; X; -

#### U20W Triple Jump (a)

Final				
	No.	Athlete	Club	Perf
1	870	Adedoyin Adeyanju	Harrow Athletic Club	10.81
2	968	Emily Nicholson-Stanwix	Ealing Southall & Middx	9.70

10.55; 10.81; 10.60; 10.39  
9.34; 9.32; 9.33; 9.70

#### U20W Shot (b)

Final				
	No.	Athlete	Club	Perf
1	707	Cristina Potter	Shaftesbury Barnet H	7.69

6.78; 7.69; 7.59; 7.05

#### U17W 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	834	Golder Wiafe	Ealing Southall & Middx	7.86
2	817	Sia Bona	Thames Valley Harriers	8.19
3	823	Mia Grey	Thames Valley Harriers	8.44
4	828	Syan Newman-smith	Thames Valley Harriers	8.51
5	824	Bobbi Harrison	Shaftesbury Barnet H	8.70
6	822	Jasmine Francis	Victoria Park & TH AC	8.70
Heat 2				
	No.	Athlete	Club	Perf
1	830	Mia Smith	Hillingdon AC	7.88

Q

Q

Q



2	829	Rianna Roberts	Harrow Athletic Club	8.16	Q
3	826	Milan McNeil	Thames Valley Harriers	8.62	
4	816	Fope Allo	Shaftesbury Barnet H	8.63	
5	814	Mary Akinlua	Victoria Park & TH AC	8.84	
6	827	Grace Mvangu	Thames Valley Harriers	9.55	
<b>Heat 3</b>					
	No.	Athlete	Club	Perf	
1	833	Michelvi Wamba	Victoria Park & TH AC	7.89	Q
2	825	Milan Jervier	Harrow Athletic Club	8.02	Q
3	832	Amber Stone	Shaftesbury Barnet H	8.33	q
4	821	Tian Farrell-gordon	Thames Valley Harriers	8.52	
5	820	Elyse Duncan Brown	Shaftesbury Barnet H	8.64	
6	819	Rosslyn Danquah	Thames Valley Harriers	9.01	
<b>Final</b>					
	No.	Athlete	Club	Perf	
1	830	Mia Smith	Hillingdon AC	7.81	
2	833	Michelvi Wamba	Victoria Park & TH AC	7.82	
3	834	Golder Wiafe	Ealing Southall & Middx	7.85	
4	825	Milan Jervier	Harrow Athletic Club	8.01	
5	829	Rianna Roberts	Harrow Athletic Club	8.11	
6	832	Amber Stone	Shaftesbury Barnet H	8.14	
7	817	Sia Bona	Thames Valley Harriers	8.17	

#### U17W 200m (a)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	830	Mia Smith	Hillingdon AC	25.71
2	834	Golder Wiafe	Ealing Southall & Middx	26.19
3	872	Chimera Matthews	Ealing Southall & Middx	27.21
4	828	Syan Newman-smith	Thames Valley Harriers	28.28
5	821	Tian Farrell-gordon	Thames Valley Harriers	29.46
6	814	Mary Akinlua	Victoria Park & TH AC	30.12

#### U17W 300m (b)

<b>Final</b>					
	No.	Athlete	Club	Perf	
1	981	Jeslyn Agyei-Kyem	Walton Athletic Club	41.22	CBP
2	984	Teniola Fajuke	Victoria Park & TH AC	41.39	
3	985	Amy Greig	St Mary's Richmond AC	42.65	
4	959	Manon Baines	Shaftesbury Barnet H	43.82	
5	983	Folasade Fajuke	Victoria Park & TH AC	44.20	

#### U17W 800m (a)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	926	Katherine Mckenzie	Woodford Green AC w EL	2:17.64
2	923	Ella Fryer	St Mary's Richmond AC	2:18.00
3	924	Zenia Gordon	Thames Valley Harriers	2:34.62

#### U17W 1500m (b)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	942	Madeleine Casey	Thames Valley Harriers	5:03.65
2	943	Mia Manttan	London Heathside	5:03.71
3	945	Elizabeth Noon	Victoria Park & TH AC	5:40.50
4	944	Rebecca Natu	Enfield and Haringey AC	6:15.40

#### U17W 60m Hurdles (a)

<b>Final</b>				
	No.	Athlete	Club	Perf
1	709	Alina Cofie	Shaftesbury Barnet H	9.19
2	712	Yasmine Mwanyo	Enfield and Haringey AC	9.52
3	713	Anya Nesbitt	Enfield and Haringey AC	10.41
4	710	Amelia Deery	Victoria Park & TH AC	10.62

#### U17W Pole Vault (a)

<b>Final</b>				
	No.	Athlete	Club	Perf

	No.	Athlete	Club	Perf
1	959	Manon Baines	Shaftesbury Barnet H	3.10
2	960	Ciara Martin	Enfield and Haringey AC	2.60
3	958	Natali Aleksandrowicz	Enfield and Haringey AC	2.60

3.00 xxo;3.10 o;3.26 xxx  
2.40 o;2.60 xxo;2.80 xxx  
2.40 xo;2.60 xxo;2.80 xxx

#### U17W Triple Jump (a)

Final				
	No.	Athlete	Club	Perf
1	822	Jasmine Francis	Victoria Park & TH AC	9.38

9.35; x; 9.36; 9.38

#### U17W Shot (b)

Final				
	No.	Athlete	Club	Perf
1	982	Kamelia Baymakova	Enfield and Haringey AC	12.42
2	986	Aisha Mohammed-Mariche	Highgate Harriers	9.95

12.19; 12.42; 9.32; 12.29  
9.95; 9.76; 8.91; 9.62

#### U15G 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	835	Niah Akintokun	Shaftesbury Barnet H	7.71
2	848	Omosefe Obadagbonyi	Victoria Park & TH AC	8.16
3	844	Juanita Kyere Aidoo	Hillingdon AC	8.22
4	843	Tosin Jokosenumi	Shaftesbury Barnet H	8.28
5	840	Chichi Emily	Thames Valley Harriers	8.54
6	852	Laila Tempesta	London Heathside	8.70
7	851	Amie Sise	Victoria Park & TH AC	9.42
Heat 2				
	No.	Athlete	Club	Perf
1	849	Nana Owusuah Quainoo	Hillingdon AC	7.86
2	842	Vanessa Granada	Team Hounslow AC	8.06
3	845	Nia Lekuwa	Victoria Park & TH AC	8.13
4	836	Zarinaa Anderson	Victoria Park & TH AC	8.20
5	841	Nia Forbes-Agyepong	Shaftesbury Barnet H	8.30
6	837	Clara Brooke	Thames Valley Harriers	9.02
Final				
	No.	Athlete	Club	Perf
1	835	Niah Akintokun	Shaftesbury Barnet H	7.63
2	842	Vanessa Granada	Team Hounslow AC	7.93
3	849	Nana Owusuah Quainoo	Hillingdon AC	7.93
4	848	Omosefe Obadagbonyi	Victoria Park & TH AC	8.02
5	836	Zarinaa Anderson	Victoria Park & TH AC	8.11
6	845	Nia Lekuwa	Victoria Park & TH AC	8.18
7	844	Juanita Kyere Aidoo	Hillingdon AC	8.34

Q

Q

Q

Q

Q

Q

q

CBP

#### U15G 200m (a)

Heat 1				
	No.	Athlete	Club	Perf
1	835	Niah Akintokun	Shaftesbury Barnet H	25.85
2	841	Nia Forbes-Agyepong	Shaftesbury Barnet H	27.56
3	722	Cassie Southgate	Hillingdon AC	28.13
4	714	Karen Apolot	Shaftesbury Barnet H	29.22
5	879	Gabrielle Johnson	Highgate Harriers	29.43
6	874	Charlotte Bull	Hillingdon AC	31.65
Heat 2				
	No.	Athlete	Club	Perf
1	842	Vanessa Granada	Team Hounslow AC	26.54
2	884	Olivia Sparks	Thames Valley Harriers	27.18
3	878	Taneesha-Tecla Hegba-Mbayen	Victoria Park & TH AC	27.55
4	880	Maanya Kumar	Hillingdon AC	29.66
5	875	Vanessa Gavenaite	Shaftesbury Barnet H	30.43
6	847	Carmen Milner	Hillingdon AC	30.48
Heat 3				
	No.	Athlete	Club	Perf
1	849	Nana Owusuah Quainoo	Hillingdon AC	26.26
2	843	Tosin Jokosenumi	Shaftesbury Barnet H	27.12
3	882	Lara May	St Mary's Richmond AC	28.06
4	883	Lola McCann-Ezekiel	Shaftesbury Barnet H	28.34

Q

Q

q

q

Q

q

5	881	Lucy Marcus	Shaftesbury Barnet H	31.50	163.3a
	840	Chichi Emily	Thames Valley Harriers	DIS	
<b>Final</b>					CBP
	No.	Athlete	Club	Perf	
1	835	Niah Akintokun	Shaftesbury Barnet H	24.82	
2	849	Nana Owusuah Quainoo	Hillingdon AC	26.05	
3	842	Vanessa Granada	Team Hounslow AC	26.32	
4	843	Tosin Jokosenumi	Shaftesbury Barnet H	26.84	
5	884	Olivia Sparks	Thames Valley Harriers	27.20	
6	878	Taneesha-Tecla Hegba-Mbayen	Victoria Park & TH AC	27.31	

#### U15G 300m (b)

<b>Heat 1</b>					Q
	No.	Athlete	Club	Perf	
1	987	Annalise Agyei-Kyem	Walton Athletic Club	42.68	
2	721	Azaria Nwankwo	Shaftesbury Barnet H	45.37	
3	928	Amara Odeogberin	London Heathside	46.15	
4	718	Angel Doyle	Hillingdon AC	46.74	
5	881	Lucy Marcus	Shaftesbury Barnet H	50.04	q
<b>Heat 2</b>					Q
	No.	Athlete	Club	Perf	
1	883	Lola McCann-Ezekiel	Shaftesbury Barnet H	43.80	
2	884	Olivia Sparks	Thames Valley Harriers	44.22	
3	988	Lola Baty	Victoria Park & TH AC	46.16	
4	990	Larissa Wilson	London Heathside	46.70	q
5	877	Olive Harvey-Dew	Shaftesbury Barnet H	46.84	
<b>Final</b>					
	No.	Athlete	Club	Perf	
1	987	Annalise Agyei-Kyem	Walton Athletic Club	42.53	
2	884	Olivia Sparks	Thames Valley Harriers	43.79	
3	883	Lola McCann-Ezekiel	Shaftesbury Barnet H	44.27	
4	721	Azaria Nwankwo	Shaftesbury Barnet H	45.78	
5	928	Amara Odeogberin	London Heathside	46.76	
6	988	Lola Baty	Victoria Park & TH AC	48.17	

#### U15G 800m (a)

1	879	Gabrielle Johnson	Highgate Harriers	2:34.15
2	928	Amara Odeogberin	London Heathside	2:34.83
3	880	Maanya Kumar	Hillingdon AC	2:37.58
4	930	Harriet Wiltshire	St Mary's Richmond AC	2:39.77
5	882	Lara May	St Mary's Richmond AC	2:40.34
	929	Amber Thomas	St Mary's Richmond AC	DNF

#### U15G 60m Hurdles (a)

<b>Heat 1</b>					Q
	No.	Athlete	Club	Perf	
1	720	Ava John	Kingston AC & Poly H	9.34	
2	718	Angel Doyle	Hillingdon AC	9.85	
3	721	Azaria Nwankwo	Shaftesbury Barnet H	9.94	
4	716	Sofia Cappelli	Thames Valley Harriers	10.51	Q
<b>Heat 2</b>					Q
	No.	Athlete	Club	Perf	
1	714	Karen Apolot	Shaftesbury Barnet H	9.61	
2	723	Salome Vessier	Highgate Harriers	9.96	
3	715	Hope Baker	Shaftesbury Barnet H	9.99	
4	724	Taylor Watkins	Victoria Park & TH AC	10.00	q
5	722	Cassie Southgate	Hillingdon AC	10.61	
<b>Final</b>					
	No.	Athlete	Club	Perf	
1	720	Ava John	Kingston AC & Poly H	9.42	
2	714	Karen Apolot	Shaftesbury Barnet H	9.61	
3	724	Taylor Watkins	Victoria Park & TH AC	9.97	
4	718	Angel Doyle	Hillingdon AC	9.99	
5	723	Salome Vessier	Highgate Harriers	10.10	
6	715	Hope Baker	Shaftesbury Barnet H	10.10	
	721	Azaria Nwankwo	Shaftesbury Barnet H	DIS	

CBP

**U15G High Jump (b)**

Final				
	No.	Athlete	Club	Perf
1	952	Chanel Lovelock	Windsor Slough Eton & H AC	1.43

1.25 o;1.30 o;1.35 o;1.40 o;1.43 o;1.46 xxx

**U15G Pole Vault (a)**

Final				
	No.	Athlete	Club	Perf
1	961	Erin Marshall	Enfield and Haringey AC	2.40
2	962	Emily McGill	Enfield and Haringey AC	1.80

1.80 o;2.00 xo;2.20 o;2.40 xxo;2.60 xxx

1.60 o;1.80 o;2.00 xxx

**U15G Long Jump (b)**

Final				
	No.	Athlete	Club	Perf
1	952	Chanel Lovelock	Windsor Slough Eton & H AC	4.94
2	845	Nia Lekuwa	Victoria Park & TH AC	4.46
3	837	Clara Brooke	Thames Valley Harriers	4.18
	723	Salome Vessier	Highgate Harriers	nm
	852	Laila Tempesta	London Heathside	nm
	838	Lucy Campos	Shaftesbury Barnet H	nm
	717	Eva Chalisey	Shaftesbury Barnet H	nm

4.60; 4.78; 4.94; 4.65

X; 4.19; 4.46; 4.24

3.93; 4.18; 4.17; 3.96

-; -; -

X; X; X; X

-; -; -; -

-; -; -; -

**U15G Shot (b)**

Final				
	No.	Athlete	Club	Perf
1	952	Chanel Lovelock	Windsor Slough Eton & H AC	9.39

9.39; X; 9.22; X