

Middlesex County A.A. Championships – Saturday 8th May 2010
Cophall Stadium, Barnet

Pos	Competitor	Club	Performance
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T1 300 metres hurdles u17 women FINAL

1	Adefunke Oyewole	VPH&TH	(M) 50.0
2	Selina Swaby-Constantine	VPH&TH	(M) 50.9
3	Johanna Willard	Enf & Har	(M) 58.1

T2 400 metres hurdles u20 women FINAL

1	Emily Barrett	WSEH	1:06.07
2	Gwen Thornton	Highgate	1:10.08

T3 400 metres hurdles senior women FINAL

1	Kristy Wilson	Enf & Har	1:05.96
2	Kate Brook	St. Mary's Richmond	1:07.05
3	Hannah O'Sullivan	Enf & Har	1:09.43

T4 400 metres hurdles u17 men FINAL

1	Alexandre Dugway	Hillingdon	1:00.43
2	William Pinder	ESM	1:06.17
3	John Hennessy	Hillingdon	1:06.31

T5 400 metres hurdles u20 men FINAL

1	Matthew Clampin	ESM	1:00.53
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T6 400 metres hurdles senior men FINAL

1	Darren Robinson	VPH&TH	57.33
2	Chris Brook	St. Mary's Richmond	1:08.46

T7 800 metres senior men FINAL

1	Matthew Addison	Harrow	1:58.11
2	Shaka Palmer	Enf & Har	1:58.92
3	Jonathan Sharp	Scarborough	2:02.14
4	Richard Mann	Hillingdon	2:02.48
5	Kurtis Greenaway	Enf & Har	2:05.30

T8 800 metres u20 men FINAL

1	Tadhg Grant	SBH	2:02.01
2	Christopher Hepworth	ESM	2:02.46
3	Petru Snaiper	WSEH	2:05.28
4	Tom Pye	Barnet & Dist	2:05.60
5	Recce Surrige	Enf & Har	2:09.98
6	Gregory Wloch	Hillingdon	2:12.66

T9 100 metres senior men Heat 1 (WIND +2.0m/s)

1	Josh Swaray	Hillingdon	Q10.53
2	David Telfer-James	Enf & Har	Q10.86
3	Jason Comissiong	TVH	q10.95
4	Confidence Lawson	SBH	10.97
5	Saul Paine	VPH&TH	11.05
6	Gabriel Hakeem	Highgate	11.23
7	Richmond Hazely-Wilson	QPH	11.99
DQ	Jevone Robinson	Hillingdon	-

T9 100 metres senior men Heat 2 (WIND +2.1m/s)

1	Christopher Tomlinson	NEB	Q10.77
2	Gavin Eastman	Enf & Har	Q10.79
3	Justin Geohagen	SBH	q10.88
4	Tunde Balogun	VPH&TH	11.00
5	Moses Arthur	SBH	11.04
6	Roger Skedd	Sheffield	11.39
7	Chaka Maillet	TVH	11.49
8	Keith Bacchus	QPH	12.39

T9 100 metres senior men Heat 3 (WIND +3.1m/s)

1	Junior Ejehu	WGEL	Q10.78
2	Sean Safo-Antwi	Enf & Har	Q10.84
3	Jason Greenidge	WGEL	11.09
4	Toleme Ezekiel	VPH&TH	11.16
5	Elliot O'Neill	Enf & Har	11.71
6	Branson Williams	Enf & Har	12.28
DQ	William De Torvy Ballol	TVH	-
DQ	Abdul-Wahab Buhari	VPH&TH	-

T10 100 metres u20 men Heat 1 (WIND +1.5m/s)

1	Jordan Huggins	Enf & Har	Q10.82
2	Alexander Ojo	WSEH	Q10.96
3	Ashley Bryant	WSEH	q11.49
4	Dominic Jackson	SBH	11.62
5	Nana Nottinson-Nyaaku	SBH	11.78
6	Nathaniel Modeste	VPH&TH	12.75

T10 100 metres u20 men Heat 2 (WIND +0.7m/s)

1	Laurence Owen	TVH	Q11.19
2	David Harvey	WSEH	Q11.51
3	Alex Murdock	VPH&TH	11.53
4	Jordan Thurston	Hillingdon	11.58
5	Anthony Norris	Highgate	11.72
6	Abayomi Epega	SBH	11.95
7	William Thompson	Enf & Har	11.96

T10 100 metres u20 men Heat 3 (WIND +2.7m/s)

1	Lumar Sylvester	TVH	Q10.96
2	Ryan Harding	Harrow	Q11.28
3	Kyron Williams	Enf & Har	q11.42
4	Daniel Mahendrarajah	TVH	11.54
5	Dejourn Manandhar	TVH	11.88
6	Lamiv Ferguson-Duncan	ESM	12.01

T11 100m metres u17 men Heat 1 (WIND +2.5m/s)

1	Tunde Judun	VPH&TH	Q10.97
2	Michael Ojo	ESM	Q11.16
3	Jordan Glaze	Lon Heathside	Q11.51
4	Carlos Carrette	VPH&TH	11.93
5	Nicholas Shekerdeman	St. Mary's Richmond	12.09
6	Kimmel Gordon	SBH	12.34
7	Tyrell Austin	TVH	12.50
8	Nnabiko Ejimofor	SBH	13.04

T11 100m metres u17 men Heat 2 (WIND m/s)

1	Chijindu Ujah	Enf & Har	Q(M) 11.4
2	Nathan Hanson	Lon Heathside	Q(M) 11.5
3	Nathaniel Barling	Enf & Har	Q(M) 11.6
4	Linus Field	St. Mary's Richmond	q(M) 11.8
5	Liam Ormes	Highgate	q(M) 11.9
6	Michael Essabi-Essel	TVH	(M) 12.6
7	Denzel Cash-Abbey	VPH&TH	(M) 13.2

T12 100m metres senior women FINAL (WIND +1.8m/s)

1	Margaret Adeoye	Enf & Har	11.92
2	Tunrayo Nubi	Enf & Har	12.10
3	Lucy Onyeforo	Enf & Har	12.37
DNF	Lia Tappin	Enf & Har	-
DQ	Tope-Faith Nuga	NEB	-

T13 100m metres u20 women FINAL (WIND +1.8m/s)

1	Annie Tagoe	TVH	CBP11.82
2	Gladis Bitulu	ESM	13.00

T14 800 metres u17 men FINAL

1	Ben Waterman	ESM	(M) 1:59.4
2	Richard Charles	ESM	(M) 2:00.8
3	Chris Charles	ESM	(M) 2:01.6
4	Tommie Drury	Hillingdon	(M) 2:03.3
5	Joseph Sherry	Enf & Har	(M) 2:04.4
6	Edward Smith	St. Mary's Richmond	(M) 2:07.9
7	Andre Coggins	Enf & Har	(M) 2:09.3
8	Mark Cameron	ESM	(M) 2:16.0
9	Bhavesh Soneji	ESM	(M) 2:17.4

T15 800 metres u17 women FINAL

1	Christina Hall	St. Mary's Richmond	(M) 2:26.4
2	Rebecca Johnson	ESM	(M) 2:36.7
3	Florence Taylor	St. Mary's Richmond	(M) 2:42.5

T16 800 metres u20 women FINAL

1	Georgia Bell (u17)	ESM	(M) 2:19.9
2	Lois Bond	WSEH	(M) 2:22.1
3	Sunmisola Williams	TVH	(M) 2:32.6
4	Nicola Shelley	ESM	(M) 2:33.1
5	Rebecca Townsend	St. Mary's Richmond	(M) 2:37.9

T17 800m senior women FINAL

1	Perri Shakes-Drayton	VPH&TH	2:09.86
2	Michaela Hutchison	Hillingdon	2:11.88
3	Nina Anderson	SBH	2:18.33
4	Nicki Gooderham	MMK	2:19.36

T18 100 metres senior men FINAL (WIND +0.9m/s)

1	Josh Swaray	Hillingdon	10.54
2	Christopher Tomlinson	NEB	10.74
3	Gavin Eastman	Enf & Har	10.77
4	Sean Safo-Antwi	Enf & Har	10.78
5	Junior Ejehu	WGEL	10.86
6	Justin Geohagen	SBH	10.90
7	Jason Comissiong	TVH	10.91
8	David Telfer-James	Enf & Har	10.96

T19 100 metres u20 men FINAL (WIND +3.4m/s)

1	Jordan Huggins	Enf & Har	10.71
2	Lumar Sylvester	TVH	10.85
3	Alexander Ojo	WSEH	10.97
4	Laurence Owen	TVH	11.10
5	Ryan Harding	Harrow	11.11
6	David Harvey	WSEH	11.38
7	Ashley Bryant	WSEH	11.50
8	Kyron Williams	Enf & Har	11.50

T20 300 metres u17 women FINAL

1	Heather Gibbons	Hillingdon	44.34
2	Georgie Floyd	Hillingdon	50.97

T21 400 metres senior men Heat 1

1	Bomene Barikor	B&B	Q49.82
2	Alloy Wilson	B&B	Q50.00
3	Lubega Hamiim	SBH	Q51.79
4	Alex Babb	VPH&TH	q52.55
5	Matthew Green	Highgate	58.38
6	Shagan Soni	QPH	1:06.35
DNF	Matthew Addison	Harrow	-

T21 400 metres senior men Heat 2

1	Andrew Kendall	Hillingdon	Q50.59
2	Louis William	TVH	Q51.53
3	Roger Skedd	Sheffield	Q51.56
4	Philip Octave	SBH	q52.80
5	Martin Bigg	SBH	54.62
6	Peter Moloney	TVH	55.63

T22 400 metres u20 men FINAL

1	Tyson Oladokun	VPH&TH	50.92
2	Darren Corbin	Enf & Har	51.62
3	Laurence Telesia	St. Mary's Richmond	52.69
4	Gavin Barclay	Hillingdon	53.40
5	Tarric Lewis	TVH	54.87
6	Daniel Ochan	TVH	57.12
7	Rajiv Solanki	Hillingdon	1:00.73

T23 400 metres senior women FINAL

1	Lyndsey Fairweather	Harrow	56.80
2	Michelle McNamara	Enf & Har	57.36
3	Kerry Dixon	Enf & Har	58.47
4	Tania-Cyrena Cyrus	ESM	1:00.94

T24 400 metres u17 men FINAL

1	Quincie Michael	VPH&TH	51.72
2	Victor Dos Santos	TVH	53.74
3	Krishawn Aiken	Card Pole Sch.	55.85
4	Kane Williams	VPH&TH	55.90
5	John Hennessy	Hillingdon	58.95

T25 400 metres u20 women FINAL

1	Emily Barrett	WSEH	59.53
2	Georgia Bell (u17)	ESM	59.73
3	Lois Bond	WSEH	1:02.76

T26 100 metres u17 men FINAL (WIND +1.6m/s)

1	Tunde Judun	VPH&TH	10.92
2	Michael Ojo	ESM	11.15
3	Chijindu Ujah	Enf & Har	11.28
4	Nathan Hanson	VPH&TH	11.38
5	Nathaniel Barling	Enf & Har	11.60
6	Liam Ormes	Highgate	11.90
7	Jordan Glaze	Lon Heathside	11.91
8	Linus Field	St. Mary's Richmond	11.95

T27 100 metres u17 women FINAL (WIND +1.6m/s)

1	Uzoma Nwachukwu	Enf & Har	12.48
2	Nadia Mills	ESM	12.83
3	Stephanie Steele-Boyce	VPH&TH	13.03
4	Annadale Anderson	Card Pole Sch.	14.35

T30 1500 metres S/C u17 men FINAL

1	William Pinder	ESM	5:30.52
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T31 3000 metres S/C senior men FINAL

1	Tony MacDowall	VPH&TH	10:36.33
2	Philip York	ESM	11:41.68

T32 400 metres senior men FINAL

1	Lubega Hamiim	SBH	49.04
2	Bomene Barikor	B&B	49.48
3	Andrew Kendall	Hillingdon	49.57
4	Alloy Wilson	B&B	50.50
5	Louis William	TVH	51.54
6	Alex Babb	VPH&TH	52.29
7	Philip Octave	SBH	53.87

T35 3000 metres walk senior women FINAL

1	Maureen Noel	Belgrave	17:50.91
2	Norma Grimsey	Enf & Har	20:12.10

T36 3000 metres walk senior men FINAL

1	Francisco Reis	Ilford	14:14.62
2	John Hall	Belgrave	15:43.96
3	Shaun Lightman	Surrey W.C.	16:37.68
4	Sean Pender	Enf & Har	17:41.93
5	Ron Powell	Enf & Har	18:58.43
6	Bernard Hercock	Enf & Har	21:07.95

T37 80 metres hurdles u17 women FINAL (WIND +2.1m/s)

1	Tulsi Hansla	St. Mary's Richmond	13.70
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T39 3000 metres u20 men FINAL

1	Nazrawi Dawit	TVH	9:16.35
2	Luke Callis	Orion	9:48.80
3	Adam Villard	St. Mary's Richmond	9:59.76

T40 100 metres hurdles u17 men FINAL (WIND +1.5m/s)

1	Alexandre Dugway	Hillingdon	14.41
2	Rhys Kirby	Hillingdon	15.11
3	Peter Adegoke	Card Pole Sch.	16.65

T41 100 metres hurdles u20 women FINAL (WIND +1.1m/s)

1	Rachael Nakaye	Harrow	15.56
2	Rebekah Wiltshire	TVH	35.68

T42 100 metres hurdles senior women FINAL (WIND +1.1m/s)

1	Dominique Blaize	K&P	CBP14.04
2	Melanie Canning	ESM	14.96
3	Kate Brook	St. Mary's Richmond	16.13

T43 3000 metres u17 women FINAL

1	Eve Edmunds	St. Mary's Richmond	12:11.98
2	Katie Bryant	St. Mary's Richmond	12:31.80

T44 3000 metres u20 women FINAL

	Claire Hadfield - Guest	Hillingdon	11:35.16
1	Lucy Edmunds	St. Mary's Richmond	12:14.67

T45 3000 metres senior women FINAL

1	Mariah McConnaughy	Serpentine	10:33.19
2	Emily Ferenczi	SBH	10:38.38
3	Julia Pearce	St. Mary's Richmond	11:42.97

T46 110 metres hurdles u20 FINAL (WIND +2.4m/s)

1	Ashley Bryant	WSEH	15.14
2	Anthony Ekundayo	Enf & Har	15.79
3	Zach Haile	SBH	16.70
DNF	Daniel Miller	Enf & Har	-

T47 110 metres hurdles senior men FINAL (WIND +2.4m/s)

1	Matthew Dore-Weeks	Highgate	15.81
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T48 200 metres senior men Heat 1 (WIND +0.9m/s)

1	Junior Ejehu	WGEL	Q22.00
2	Mark Brown	NEB	Q22.04
3	Moses Arthur	SBH	22.14
4	John Simpson	Enf & Har	22.35
5	Jason Greenidge	WGEL	22.98
6	Darren Robinson	VPH&TH	23.36
7	Martin Bigg	SBH	24.15
8	Richmond Hazely-Wilson	QPH	25.13

T48 200 metres senior men Heat 2 (WIND +1.8m/s)

1	Confidence Lawson	SBH	Q21.78
2	Lubega Hamiim	SBH	Q21.92
3	William De Torvy Ballol	TVH	q22.03
4	Fabian Collymore	Unatt	q22.07
5	Gavin Eastman	Enf & Har	22.12
6	Bomene Barikor	B&B	22.43
7	Maurice Walker	TVH	22.84
8	Lee Lovelock-Jemmott	WGEL	24.07

T48 200 metres senior men Heat 3 (WIND +2.7m/s)

1	Christopher Tomlinson	NEB	Q21.89
2	Andre Fernandez	NEB	Q21.97
3	Abdul-Wahab Buhari	VPH&TH	22.63
4	Michael Skee	Enf & Har	22.64
5	Jason Vasilakis	Enf & Har	22.91
6	Alex Babb	VPH&TH	23.02
7	Nathan Brown	VPH&TH	23.91
DQ	Jevone Robinson	Hillingdon	-

T49 200 metres u17 men Heat 1 (WIND +2.0m/s)

1	Clifford Newby	Enf & Har	Q23.14
2	Nathan Hanson	VPH&TH	Q23.29
3	Mohammed Khamis	VPH&TH	Q24.50
4	John Hennessy	Hillingdon	25.40

T49 200 metres u17 men Heat 2 (WIND +1.1m/s)

1	Edmond Amaning	TVH	Q22.21
2	Michael Ojo	ESM	Q22.59
3	Shane Martin	VPH&TH	Q23.83
4	Nicholas Shekerdemian	St. Mary's Richmond	q24.18
5	Kimmel Gordon	SBH	q24.24

T50 200 metres u20 men Heat 1 (WIND +2.3m/s)

1	Lumar Sylvester	TVH	Q22.21
2	Curtis Blake	VPH&TH	Q22.85
3	Jordan Thurston	Hillingdon	Q22.95
4	Stephen Goreham	Hillingdon	q23.22
5	William Thompson	Enf & Har	24.13
6	Tamouy Black	Enf & Har	DQ 24.16
7	Gavin Barclay	Hillingdon	24.88
8	Nathaniel Modeste	VPH&TH	26.54

T50 200 metres u20 men Heat 2 (WIND +2.1m/s)

1	Alexander Ojo	WSEH	Q22.24
2	Demi Oladiran	VPH&TH	Q22.89
3	Kyron Williams	Enf & Har	Q23.39
4	Mustapha Gaye	Enf & Har	q23.71
5	Otis Joseph	VPH&TH	24.22
6	Mzobanzi Zihle	Hillingdon	24.76

T51 200 metres senior women FINAL (WIND +1.7m/s)

1	Margaret Adeoye	Enf & Har	=CBP23.80
2	Dominique Blaize	K&P	24.28
3	Tunrayo Nubi	Enf & Har	24.70
4	Tope-Faith Nuga	NEB	24.85
5	Lucy Onyeforo	Enf & Har	25.47
6	Katie James	Harrow	26.91

T52 5000 metres senior men FINAL

1	Mohamud Aadan	TVH	15:38.49
2	Bertie Powell	WGEL	16:01.07
3	Joad Diogo	QPH	20:23.22

T63 200 metres senior men FINAL (WIND +2.9m/s)

1	Christopher Tomlinson	NEB	21.43
2	Confidence Lawson	SBH	21.64
3	Junior Ejehu	WGEL	21.65
4	William De Torvy Ballol	TVH	22.01
5	Lubega Hamiim	SBH	22.35
DNF	Andre Fernandez	NEB	-

T54 200 metres u17 women FINAL (WIND +2.1m/s)

1	Desiree Henry	Enf & Har	24.28
2	Stephanie Steele-Boyce	VPH&TH	26.39
3	Nadia Mills	ESM	26.44
4	Eniola Oyesanya	SBH	26.47
5	Anna Richardson	St. Mary's Richmond	26.82
6	Heather Gibbons	Hillingdon	27.09

T55 200 metres u20 women FINAL (WIND +0.6m/s)

1	Gladis Bitulu	ESM	26.70
2	Nicky Famodun	Lon Heathside	27.77

T56 200 metres u17 men FINAL (WIND +1.0m/s)

1	Michael Ojo	ESM	22.11
2	Edmond Amaning	TVH	22.28
3	Clifford Newby	Enf & Har	23.06
4	Nathan Hanson	VPH&TH	23.37
5	Kimmel Gordon	SBH	24.18
6	Nicholas Shekerdeman	St. Mary's Richmond	24.23
7	Mohammed Khamis	VPH&TH	24.53

T57 1500 metres u17 men FINAL

1	Bradley Goater	St. Mary's Richmond	4:11.11
2	Rhys Spence	Hillingdon	4:12.60
3	Jack Killip	St. Mary's Richmond	4:13.97
4	Archie Allen-Jones	ESM	4:30.33
5	Dalton McGuigan	Harrow	4:32.42
6	Hugo Cayssilas	TVH	4:34.28
7	Thomas Dabom	St. Mary's Richmond	4:45.42

T58 1500 metres u17 women FINAL

1	Molly Riglin	St. Mary's Richmond	5:00.87
2	Emily Johnston-Purvis	St. Mary's Richmond	5:32.00

T59 1500 metres senior women FINAL

1	Sue Rust	Lon Heathside	4:54.33
2	Ashlee McGuigan	Harrow	4:56.18
3	Emily Ferenczi	SBH	4:58.42

T60 1500 metres u20 men FINAL

1	Nazrawi Dawit	TVH	4:12.72
DNF	Jack Perry-Williams	SBH	-

T61 1500 metres senior men FINAL

1	Christopher Symonds	WGEL	4:13.96
2	Martin Bateman	Hillingdon	4:16.25

T62 200 metres u20 men FINAL (WIND +3.2m/s)

1	Lumar Sylvester	TVH	21.90
2	Alexander Ojo	WSEH	22.20
3	Jordan Thurston	Hillingdon	22.46
4	Demi Oladiran	VPH&TH	23.02
5	Stephen Goreham	Hillingdon	23.19
6	Kyron Williams	Enf & Har	23.20
7	Mustapha Gaye	Enf & Har	23.35

FIELD EVENTS

F1 High Jump u17 women

1	Beth Grimsey	Enf & Har	1.55
2	Tulsi Hansla	St. Mary's Richmond	1.40
3	Hannah Rogers	St. Mary's Richmond	1.35

F2 High Jump u20 women

	Esther Ajie	TVH	No height
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F3 High Jump senior women

	No Entries		
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F4 Discus u17 women

1	Amy Johnston	Enf & Har	30.96
2	Ellie Norris	WSEH	30.94
3	Kayomie Thompson	SBH	24.00
4	Lucy Knott	TVH	21.55
5	Vanessa Owusu	VPH&TH	21.36

F5 Discus u20 women

	No- Entries		
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F6 Discus senior women

1	Rebecca Hardy	Highgate	37.31
2	Sharifa Brown	Enf & Har	35.32
3	Tracey Quartey	VPH&TH	30.79
4	Wendy Dunsford (W50)	Epsom & Ewell	27.99

F7 Shot u17 men

1	Louis Keen	HHH	12.89
2	Carlos Carette	Card Pole Sch.	10.80
3	Simon Cleere	Card Pole Sch.	8.91

F8 Shot u20 men

1	Tom Peacock	SBH	13.04
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F9 High Jump u17 men

1	Jacques Ezzeldin	St. Mary's Richmond	1.70
2	Darius Price	Harrow	1.70

F10 High Jump u20 men

1	Mervyn Glover	St. Mary's Richmond	1.75
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F11 High Jump senior men

1	Alwyn Lombaard	Enf & Har	1.75
2	Richmond Hazeley-Wilson	QPH	1.65

F12 Long Jump u17 men

1	Hok Hay Alexander Pang	ESM	(W: +1.1) 5.44
2	Liam Ormes	Highgate	(W: +1.4) 5.31
3	Linus Field	St. Mary's Richmond	(W: +1.0) 5.30
4	Rhys Kirby	Hillingdon	(W: +1.4) 5.29
5	Donatien Muakadi-Kabwe	Card Pole Sch.	(W: +1.3) 4.73
6	Peter Adegoke	Card Pole Sch.	(W: +2.1) 4.60 (W: +0.5) (4.34)
7	Denzel Cash-Abbey	VPH&TH	(W: +2.6) 4.18
8	Nicholas Shekerdemian	St. Mary's Richmond	(W: +1.4) 4.18

F13 Javelin u17 women

1	Lucy Knott	TVH	27.93
2	Annadale Anderson	Card Pole Sch.	19.62
3	Irinie Opoku	Card Pole Sch.	19.52
4	Tola Balogun	Card Pole Sch.	17.84
5	Georgie Floyd	Hillingdon	13.98
6	Tiwalade Oladipupo	Card Pole Sch.	13.72

F14 Javelin u20 women

1	Nicole Cara	SBH	27.58
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F15 Javelin senior women

1	Sophia-Beatrix Girona-Turner	Atenat/Harrow	38.92
2	Claudia Tabony	Harrow	20.84

F16 Pole Vault u15 girls

1	Sarah Wentford	Harrow	2.00
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F17 Pole Vault u17 women

1	Beth Grimsey	Enf & Har	2.70
2	Amy Wentford	Harrow	2.40
3	Johanna Willard	Enf & Har	2.40
4	Hannah Rogers	St. Mary's Richmond	1.80

F18 Pole Vault u20 women

1	Jade Tallent	WSEH	1.50
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F19 Pole Vault senior women

1	Helen Leadbetter	ESM	2.40
2	Katie Moey	Enf & Har	2.40

F20 Pole Vault u15 men

1	Maksims Karacuns	Enf & Har	2.60
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F21 Long Jump u17 women

1	Mary Fasipe	Enf & Har	(W: +3.0) 4.90 (W: +1.1) 4.75
2	Serlina Swaby-Constantine	VPH&TH	(W: +1.4) 4.74
3	Tulsi Hansla	St. Mary's Richmond	(W: +1.1) 4.44
4	Irinie Opoku	Card Pole Sch.	(W: +2.2) 4.07 (W: +2.0) 3.83
5	Heather Gibbons	Hillingdon	(W: +0.8) 3.95
6	Tiwalade Oladipupo	VPH&TH	(W: +3.4) 3.48 (W: +1.0) 3.44

F22 Long Jump u20 women

1	Symone Keisha	VPH&TH	(W: +2.6) 4.87 (W: +1.1) 4.79
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F23 Long Jump senior women

1	Dominique Blaize	King & Poly	(W: +1.7) 6.19
	Trecia Smith	SBH-Guest	(W: +1.2) 5.94
2	Angela Barrett	Harrow	(W: +1.6) 5.61
3	Davinia Houston	Enf & Har	(W: +2.5) 5.33 (W: +1.6) 5.11
4	Dec Bakre	Enf & Har	(W: +2.4) 5.29 (W: +1.6) 5.17
5	Helen Leadbetter	ESM	(W: +1.3) 4.87
6	Katie James	Harrow	(W: +1.0) 4.82

F24 Hammer u15 women

1	Tara Morawska (u13)	ESM	32.54
2	Charlotte Gould	ESM	31.38
3	Ashley Gould	ESM	21.36

F25 Hammer u17 women

1	Amy Johnston	Enf & Har	35.70
2	Ellie Norris	WSEH	31.40
3	Georgie Floyd	Hillingdon	17.22
4	Ashleigh Stephenson	Unatt	16.48

F26 Hammer u20 women

1	Amy Clemens	W. London Hammer Sch.	45.91
2	Zahra Akinpeju	Highgate	35.78

F27 Hammer senior women

1	Joanne John	WSEH	52.99
2	Debbie McCaw	ESM	49.26
	Feyi Daramola	SBH - Guest	45.40
3	Wendy Dunsford	Epsom & Ewell	29.33

F28 Long Jump u20 men

1	Ogo Anochirionye	TVH	(W: +1.8) 6.69
2	Ashley Bryant	WSEH	(W: +2.6) 6.62 (W: +1.9) 6.24
3	Matty Sadoh	Harrow	(W: +1.7) 6.23
4	Jacob Wilson	Lon Heathside	(W: +2.2) 6.07 (W: +1.7) 5.85
5	Remi Adekunle	VPH&TH	(W: +1.4) 6.05
6	Manny Oamen	SBH	(W: +1.7) 5.68
7	Daniel Mahendrarajah	TVH	(W: +0.7) 5.57
8	Emmanualis Stasaitis	Lon Heathside	(W: +1.8) 5.37

F29 Long Jump senior men

1	Daniel Bramble	ESM	(W: +2.1) 7.08 (W: +1.9) 7.07
2	Levi Reid	Unatt	(W: +1.2) 6.48
3	Jason Richards-Thompson	VPH&TH	(W: +1.3) 5.71
4	Samson Baah	ESM	(W: +0.8) 5.55

F30 Pole Vault u17 men

1	Paul Ojomo	Enf & Har	3.40
2	Josh Passe	SBH	3.20
3	Anthony Knowles	Harrow	3.20

F31 Pole Vault u20 men

1	Simon Duncan	Enf & Har	3.00
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F32 Pole Vault senior men

1	Martin Densley	ESM	4.65
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F33 Discus u17 men

1	Gregory Thompson	SBH	42.24
	Saoirse Chinery-Edoo	Harrow -Guest	41.59

F34 Discus u20 men

1	Ryan Barrett	WSEH	45.39
2	Tom Peacock	SBH	31.59
3	Kiaran Hines	Enf & Har	31.24

F35 Discus senior men

1	Matt Brown	Enf & Har	54.57
2	Simon Langley	Newark	32.90
3	Michael Church	Hillingdon	23.53

F36 Triple Jump u17 women

1	Kike Solanke	Enf & Har	(W: +1.1) 10.70
2	Mary Fasipe	Enf & Har	(W: +0.9) 10.44

F37 Triple Jump u20 women

1	Symone Keisha	VPH&TH	(W: +1.8) 10.58
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F38 Triple Jump senior women

1	Sineade Gutzmore	Birchfield	(W: +1.0) 12.42
2	Stephanie Aneto	WGEL	(W: +1.9) 12.10
3	Dee Bakre	Enf & Har	(W: +1.4) 11.87
4	Zara Asante	Harrow	(W: +2.8) 11.26 (W: +1.0) 10.98

F39 Shot u17 women

1	Amy Johnston	Enf & Har	9.85
2	Simisola Oyesanya	SBH	8.81
3	Kayomie Thompson	SBH	7.95
4	Lucy Knott	TVH	6.90
5	Tola Balogun	Card Pole Sch.	6.40
6	Yemi Mosuro	TVH	6.01
7	Tiwalade Oladipupo	Card Pole Sch.	5.51
8	Ashleigh Stephenson	Unatt	5.03

F40 Shot u20 women

1	Zahra Akinpeju	Highgate	8.55
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F41 Shot senior women

1	Sharifa Brown	Enf & Har	9.95
2	Claudia Tabony	Harrow	8.64
3	Wendy Dunsford	Epsom & Ewell	8.58
4	Tracey Quartey	VPH&TH	7.99

F42 Javelin u17 men

1	Matthew Jones	Enf & Har	46.12
2	Daniel Payne	Hillingdon	42.09
3	Simon Cleere	Card Pole Sch.	29.31
4	Carlos Carette	Card Pole Sch.	28.53
5	Peter Adegoke	Card Pole Sch.	24.69

F43 Javelin senior men

1	Michael Church	Hillingdon	43.60
2	Nathan Cyrus	Lon Heathside	36.33
3	Simon Langley	Newark	35.53

F44 Hammer u15 boys

1	Rafal Morawski	ESM	CBP54.77
2	Fellan McGuigan	Harrow	50.73

F45 Hammer u20 men

1	Dempsey McGuigan	SBH	58.14
2	Oskar Piotrowicz	Highgate	33.35

F46 Hammer senior men

1	Simon Langley	Newark	28.59
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F47 Triple Jump u15 boys

	No Entries		
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F48 Triple Jump u17 men

1	Efe Uwaifo	Harrow	(W: +1.1) 12.35
2	Dean Oamen	SBH	(W: +1.0) 12.31

F49 Triple Jump u20 men

1	James Obeyemi	Harrow	(W: +1.8) 13.59
2	Adrian Assimor	TVH	(W: +1.8) 13.55
3	Darnte Wilson	SBH	(W: +1.1) 13.14
4	Taariq John-Clarke	SBH	(W: -0.3) 12.77
5	Michael Kendall	Hillingdon	(W: +2.1) 11.72 (W: +1.2) 11.35
6	Abdijalil Ali	TVH	(W: +0.4) 9.74

F50 Triple Jump senior men

1	Graeme Matthews	Sheffield	(W: +2.6) 15.11 (W: +1.1) 14.61
2	Jason Richards-Thompson	VPH&TH	(W: +1.4) 12.84