

**Middlesex County Track & Field Championships – Saturday & Sunday 15th
& 16th May 2004 – New River Stadium, White Hart Lane, Haringey
Senior Mens Events**

100 Metres – Heat 1 – w/s = -0.3

1.Monu Miah (WGEL)	10.81
2.Mark Hanson (Enf & Har)	10.85
3.Adekemi Doherty (TVH)	10.90
4.Levi Edwards (NEB)	11.35
5.Michael Otubambo (Enf & Har)	11.44
6.Roger Skedd (C.of Stoke)	11.76
7.Samuel Nash (TVH)	11.91

100 Metres – Heat 3 – w/s = +1.5

1.Ryan Moseley (SBH)	10.71
2.Richard Johnson (TVH)	10.87
3.Rafael Alleyne (Harrow)	10.91
4.Michael-Taiwo Akintunde (E & H)	11.11
5.Robert Ashley (ESM)	11.35
6.Jason Comissiong (TVH)	11.41
7.Otuo Abebrese (H/W)	12.4*

200 Metres – Heat 1 – w/s = -1.8

1.Colin Wilson (WGEL)	22.12
2.Alex Fugallo (SBH)	22.15
3.Richard Johnson (TVH)	22.18
4.Tommy Offe-Amoyain (Enf & Har)	22.46
5.Matt Muratore (Enf & Har)	22.85
6.Calvin Rukundo (SBH)	23.24
7.Christian Small (Enf & Har)	24.36
Otuo Abebrese (H/W)	DNF

200 Metres – Final – w/s = +0.8

1.Ryan Moseley (SBH)	21.74
2.Richard Johnson (TVH)	21.96
3.Colin Wilson (WGEL)	22.07
4.Tommy Offe-Amoyian (Enf & Har)	22.34
5.Matt Muratore (Enf & Har)	22.46
6.Philip Octave (SBH)	22.55
7.Livio Salvador-Aylott (Harrow)	22.90

400 Metres – Heat 3

1.Kassim Riley (Enf & Har)	50.80
2.Ian Palmer (Harrow)	51.16
3.Gareth Noble (Harrow)	51.52
4.Roger Skedd (C. of Stoke)	52.20
5.Nigel Yaotey (Heathside)	55.97
6.Otuo Abebrese (H/W)	56.65

400 Metres – Final

1.Philip Octave (SBH)	48.29
2.Ian Palmer (Harrow)	50.08
3.Kassim Riley (Enf & Har)	50.72
4.Ben Caird (Highgate)	51.20
5.Gareth Noble (Harrow)	51.46
6.Jermaine Ebanks (Enf & Har)	51.80
7.Rohan Dyer (Enf & Har)	52.29

100 Metres – Heat 2 – w/s = -0.9

1.Aiah Yambasu (TVH)	10.94
2.Colin Wilson (WGEL)	11.05
3.Matt Muratore (Enf & Har)	11.21
4.Jason Greenidge (WGEL)	11.48
5.Ian Rose (Harrow)	11.51
6.Marvin Jumien (Enf & Har)	11.72
7.Nengi Ossai (SBH)	11.81
8.Barrington King (Harrow)	12.41

100 Metres – Final – w/s = +0.9

1.Ryan Moseley (SBH)	10.61
2.Monu Miah (WGEL)	10.64
3.Adekemi Doherty (TVH)	10.68
4.Mark Hanson (Enf & Har)	10.84
5.Colin Wilson (WGEL)	10.89
6.Richard Johnson (TVH)	10.91
7.Rafael Alleyne (Harrow)	10.93
8.Aiah Yambasu (TVH)	11.31

200 Metres – Heat 2 – w/s = -1.4

1.Ryan Moseley (SBH)	22.00
2.Philip Octave (SBH)	22.32
3.Livio Salvador-Aylott (Harrow)	22.90
4.Nengi Ossai (SBH)	23.92
5.Marvin Julien (Enf & Har)	24.17

400 Metres – Heat 1

1.Philip Octave (SBH)	50.34
2.Ben Caird (Highgate)	50.84
3.Calvin Rukundo (SBH)	51.34
4.Craig Ayres (Hillingdon)	52.17
5.Robert Franklin (ESM)	54.41
6.Charly Doyon (SBH)	55.49

400 Metres – Heat 2

1.Jermaine Ebanks (Enf & Har)	51.96
2.Rohan Dyer (Enf & Har)	52.03
3.Curtis Greenaway (Enf & Har)	52.75
4.Richard Dawson (Heathside)	54.36
5.Paul Hall (Enf & Har)	54.61
6.Mohammed Ismail (ESM)	54.62

400 Metres – Heat

1.Phillip Octave(SBH)	50.4*
2.Ben Caird (Highgate)	50.9*
3.Calvin Rukundo(SBH)	51.4*
4.Craig Ayres (Hillingdon)	52.2*
5.Robert Franklin (ESM)	54.6*
6.Charlie Doyon (SBH)	55.3*

800 Metres

1.Dominic Hall (Highgate)	1-54.86
2.Thomas Gayle (C.of Stoke)	1-55.53
3.=Lee Bowron (ESM)	1-55.66
3.=.Adrian McGarva (ESM)	1-55.66
5.Declan Hamblin (VOA)	2-01.04.
6.Craig Ayres (Hillingdon)	2-01.63
7.Thomas Adams (Enf & Har)	2-02.77
8.Robert Franklin (ESM)	2-03.64
9.Patrick Hannon (Heathside)	2-07.51

1500 Metres

1. James Trapmore (SBH)	3-59.11	5. Scott Mitchell (Enf & Har)	4-07.66
2. Clayton Bannon (WSE & H)	3-59.72	6. Daire Brennan (Trent Park)	4-13.09
3. John Robertson (ESM)	4-05.66	7. Jacob Howe (Heathside)	4-30.89
4. Robert Hughes (TVH)	4-05.32	8. Kabir Kemp (Heathside)	4-35.32

5000 Metres

1. Shugri Omar (ESM)	15-05.95
2. Henry Dodwell (Highgate)	15-15.31
3. Mike Boucher (AFD)	16-14.24
4. Robert Datnow (TVH)	16-26.19
5. Daniel Domoney (ESM)	16-56.82
6. Alex Sweet (Heathside)	17-49.86

400 Metres Hurdles

1. Kaz Nomura (Enf & Har)	53.59
2. Simon Child (Highgate)	57.45

3000 Metres Steeplechase

1. Nicholas Martyn (Highgate)	9-43.90
2. Paul Lemmon (Heathside)	9-58.71
3. John Flahive (Heathside)	10-32.61

3000 Metres Walk

1. John Hall (Belgrave)	14-25.9	5. Sean Pender (Enf & Har)	17-15.5
2. Trevor Jones (Hillingdon)	14-43.6	6. Douglas Fotheringham (Belgrave)	17-50.1
3. Shaun Lightman (Surrey W.C.)	16-02.0	7. Paul Ray (Enf & Har)	19-32.9
4. Andrew Cox (Hillingdon)	16-42.0		

Long Jump – w/s = +1.4

1. Adrian Phillips (Harrow)	7.38m
2. Levi Edwards (NEB)	6.75m
3. John Ramos (Enf & Har)	6.52m
4. Samuel Nash (TVH)	6.36m
5. Marc Guevara (Enf & Har)	5.56m
6. Michael Brown (Enf & Har)	5.52m

Triple Jump – w/s = -1.3

1. Julian Golley (WSE & H)	15.70m
2. Michael Brown (Enf & Har)	12.90m
3. David Johnson (Harrow)	12.52m
4. Marc Guevara (Enf & Har)	12.43m
5. Randall Porter (VPH & TH)	11.49m

Pole Vault

1. Chris Mills (WSE & H)	4.50m
2. Stephen McLennan (WSE & H)	4.40m

Shot

1. Felice Miele (Enf & Har)	14.35m
2. Randall Porter (VPH & TH)	10.79m

Discus

1. Felice Miele (Enf & Har)	51.79m
2. Roger Skedd (C. of Stoke)	37.44m
3. Livio Salvador-Aylott (Harrow)	37.33m
4. Max Marsden (QPH)	34.66m
5. Jon Biggs (Highgate)	33.81m
6. Barry Paraskeva (Harrow)	30.89m

Hammer

1. William Beauchamp (NEB)	72.11m (CBP)
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* denotes manually entered time

Under 20 Mens Events**100 Metres – Heat 1 – w/s = +0.8**

1. Leon Baptiste (Enf & Har)	10.54
2. Simeon Williamson (Highgate)	10.85
3. Matthew Walker (Enf & Har)	10.96
4. Christopher Meikle (Enf & Har)	11.12
5. Rodgerick Baptiste (TVH)	11.58
6. Jason Dwah (VPH & TH)	11.77
7. Kylon Collins (VPH & TH)	11.83

100 Metres – Heat 2 – w/s = -0.3

1. Pato Bangura (VPH & TH)	10.87
2. Jamal Alert-Khan (SBH)	11.12
3. Isaiah Adekanmbi (Enf & Har)	11.15
4. Tunde Balogun (VPH & TH)	11.25
5. Jermaine Codrington (Enf & Har)	11.40
6. Elijah Winn (Enf & Har)	11.54 ?
7. Marius Guiei (Highgate)	12.02
8. Dwayne Williams (Enf & Har)	12.71

100 Metres Final – w/s = +0.3

1. Pato Bangura (VPH & TH)	10.40
2. Leon Baptiste (Enf & Har)	10.67
3. Simeon Williamson (Highgate)	10.81
4. Matthew Walker (Enf & Har)	10.93
5. Isaiah Adekanmbi (Enf & Har)	11.09
6. Tunde Balogun (VPH & TH)	11.11
7. Jamal Alert-Khan (SBH)	11.51
8. Christopher Meikle (Enf & Har)	21.1*

200 Metres – Heat 1 – w/s = -1.4

1. Jamal Alert-Khan (SBH)	21.47
2. Simeon Williams (Highgate)	22.53
3. Isaiah Adekanmbi (Enf & Har)	22.92
4. Tunde Balogun (VPH & TH)	23.41
5. Nelson Bolumba (Enf & Har)	24.04
6. Alex Dodds (Highgate Sch)	24.61

200 Metres – Heat 2 – w/s = -1.6

1. Matthew Walker (Enf & Har)	22.26
2. Jermaine Codrington (Enf & Har)	22.55
3. Daniel Lavipour (Highgate)	23.64
4. Jason Dwaah (VPH & TH)	23.99

400 Metres

1. Hayder Razak (VPH & TH)	49.97
2. Robin McCorquodale (SBH)	51.01
3. Daniel Lavipour (Highgate)	51.56
4. Louis Wallinger (Highgate Sch)	51.91
5. Daniel Laidlaw-King (Enf & Har)	52.38

1500 Metres

1. Daniel Russell (Highgate Sch)	4-00.74
2. Ben O'Donoghue (Enf & Har)	4-30.47

110 Metres Hurdles

1. Edward Burge (Highgate Sch)	17.20
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2000 Metres Steeplechase

1. William Armstrong (Highgate Sch)	6-36.99
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Long Jump – w/s = +1.5

1. Robert Johnson (Highgate)	5.78m
2. Matt Marchant (Enf & Har)	5.49m
3. Hadley Winthrop (SBH)	5.22m
4. Marius Guei (Highgate)	5.12m

Pole Vault

1. Robert Johnson (Highgate)	3.00m
2. Edward Burge (Highgate Sch)	2.90m

* denotes manually entered time

200 Metres Final – w/s = +0.9

1. Jamal Alert-Khan (SBH)	21.31
2. Matthew Walker (Enf & Har)	22.13
3. Simeon Williamson (Highgate)	22.29
4. Jermaine Codrington (Enf & Har)	22.37
5. Isaiah Adekanmbi (Enf & Har)	22.67
6. Daniel Lavipour (Highgate)	23.67

800 Metres

1. Daniel Grant (ESM)	2-00.40
2. Hussain Jama (ESM)	2-00.71
3. Louis Wallinger (Highgate Sch)	2-01.85
4. Thomas O'Loughlin (Heathside)	2-02.60
5. Piers Marais (Highgate Sch)	2-06.03
6. Iskander Ibrahim (Heathside)	2-06.24
7. Aaron Shrubbs (WSE & H)	2-08.60
8. Darren Clarke (VPH & TH)	2-23.35

3000 Metres

1. Dean Manassib (Heathside)	9-29.80
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400 Metres Hurdles

1. Daniel Russell (Highgate Sch)	57.77
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High Jump

1. Hadley Winthrop (SBH)	1.90m
2. Robert Johnson (Highgate)	1.85m
3. Neil McDaid (Enf & Har)	1.80m
4. Edward Joyce (Heathside)	1.70m

Triple Jump – w/s = +0.3

1. Christian Campbell (ESM)	14.36m
2. Matt Marchant (Enf & Har)	11.65m

Javelin

1. Allandre Johnson (Herne Hill)	56.45m
2. Dean Manassib (Heathside)	30.88m

Under 17 Men Events

100 Metres – Heat 1 – w/s = -0.4

1. Christopher Julien (Enf & Har)	11.64
2. Ben Hobbs (VPH & TH)	11.73
3. Junior Dewaah (St Aloysius)	11.75
4. Mark Dunwell (Enf & Har)	11.85
5. Solomon Alawiye (Isle & Syon Sch)	12.49

100 Metres - Heat 3 – w/s = +0.3

1. Luke Fagan (Enf & Har)	11.22
2. Kojo Akuffo (Isle & Syon Sch)	11.58
3. Odi Oboh (Isle & Syon Sch)	11.61
4. John Rua (VPH & TH)	11.90
5. Luke Sargeant (Belgrave)	11.99
6. Matthew Godfrey (SBH)	12.10

200 Metres – Heat 1 – w/s = -1.3

1. Luke Fagan (Enf & Har)	22.57
2. Kojo Akuffo (Isle & Syon Sch)	23.55
3. William Hooton (Highgate Sch)	23.73
4. Romeo Beckford (Heathside)	23.83
5. Levi Tapping (VPH & TH)	24.18
6. Steven Nicholas (Oaklands Sch)	24.43

200 Metres Final – w/s = -0.8

1. Luke Fagan (Enf & Har)	22.66
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100 Metres – Heat 2 – w/s = -0.9

1. Darryl Thomas (ESM)	11.18
2. David Telfer (Enf & Har)	11.34
3. Michael Lawson (Enf & Har)	11.94
4. Joseph Barnett (St Aloysius)	12.14
5. Nathan Brown (VPH & TH)	12.15
6. Nimesh Malhotra (Isle & Syon Sch)	12.26

100 Metres – Final – w/s = +0.9

1. Luke Fagan (Enf & Har)	11.10
2. Darryl Thomas (ESM)	11.25
3. Christopher Julien (Enf & Har)	11.39
4. Kojo Akuffo (Isle & Syon Sch)	11.42
5. Junior Dewaah (St Aloysius)	11.57
6. Ben Hobbs (VPH & TH)	11.60
7. Odi Oboh (Isle & Syon Sch)	11.69

200 Metres – Heat 2 – w/s = -0.6

1. Christopher Julien (Enf & Har)	23.12
2. Odi Oboh (Isle & Syon Sch)	23.21
3. Ben Hobbs (VPH & TH)	23.38
4. Leon Peart (Oaklands Sch)	23.72
5. John Rua (VPH & TH)	23.80
6. Luke Sargeant (Belgrave)	24.50
7. Nathan Brown (VPH & TH)	25.18

2.Christopher Julien (Enf & Har)	22.93
3.Odi Oboh (Isle & Syon Sch)	22.97
4.Kojo Akuffo (Isle & Syon Sch)	23.19
5.Leon Peart (Oaklands Sch)	23.38
6.Ben Hobbs (VPH & TH)	23.46
7.William Hooton (Highgate Sch)	23.68
8.John Rua (VPH& TH)	23.85

800 Metres

1.Rory Campbell (Highgate)	2-00.88
2.Ben Stock (ESM)	2-01.26
3.Ian May (Isle & Syon Sch)	2-03.05
4.Joshua Downing (ESM)	2-06.24
5.Jack Martindale (Highgate Sch)	2-07.88
6.Saul Poinde (VPH & TH)	2-08.94
7.Tom Fancett (Heathside)	2-12.58
8.James Foley (VPH 7 TH)	2-13.12
9.Joel Louden (ESM)	2-24.30

3000 Metres

1.Saningo Martyn (Highgate)	9-43.02
2.Denis Healy (Enf & Har)	9-47.04
3.James Cotton (Isle & Syon Sch)	10-21.10
4.Linus Gruszewski (TVH)	10-52.32

100 Metres Hurdles – w/s/ = +0.6

1.Miles Jones (WSE & H)	14.13
2.Lascelle Harriott (Enf & Har)	14.49
3.Luke Warrington-Bannerman (Highgate Sch)	15.23
4.Alexander Twiss (Highgate Sch)	15.94

Long Jump – w/s = -0.2

1.Lanre Ali-Balogun (Heathside)	6.79m
2.Luke Thomas (Enf & Har)	6.78m
3.Darryl Thomas (ESM)	6.56m
4.Yfang Zhang (Highgate Sch)	5.11m
5.Daniel Dowok (Highgate)	4.74m

Pole Vault

1.Jauden Ali (VPH & TH)	2.80m
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Shot

1.Edward Gyima (TVH)	12.34m
2.Hugh Price (Highgate Sch)	11.64m
3.Jamaro Nooks (Enf & Har)	11.61m
4.Orrioso Agbareh (Enf & Har)	11.40m
5.Max Little (Highgate Sch)	10.48m
6.Chris Pavitt (Highgate Sch)	10.14m
7.John Rua (VPH & TH)	10.13m

Javelin

1.Alexander Twiss (Highgate Sch)	35.92m
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400 Metres

1.Alex Babb (VPH & TH)	51.70
2.William Hooton (Highgate Sch)	52.15
3.Adelmi Arande (VPH & TH)	54.46
4.Joe Bennis (Enf & Har)	54.92
5.Thomas Crosbie (VPH & TH)	55.88
6.Matthew Dudson-Green (Enf & Har)	60.12

1500 Metres

1.Ian May (Isle & Syon Sch)	4-19.29
2.Sam Mackenzie-Spalding (ESM)	4-22.55
3.Joshua Downing (ESM)	4-25.19
4.Duncan Piper (Highgate Sch)	4-32.00
5.Edouard Saul (TVH)	4-36.99
6.Redha El-Maroufi (TVH)	4-46.71
7.Matt Matrais (Highgate Sch)	4-47.07

1500 Metres Steeplechase

1.George Glancy (Isle & Syon Sch)	4-40.13
2.James Patterson (Harrow)	4-50.66
3.Chris Purde (Highgate Sch)	4-59.03
4.Luke Davey (Highgate Sch)	5-11.92
5.Liam Donnelly (Highgate)	5-29.54

400 Metres Hurdles

1.Chris Purde (Highgate Sch)	62.80
2.Bhavish Patel (Hillingdon)	64.37

High Jump

1.Lanre Ali-Balogun (Heathside)	1.95m
2.James Luck (Enf & Har)	1.95m
3.Adelmi Arande (VPH & TH)	1.70m
4.Stefan Mensah (St Aloysius)	1.65m

Triple Jump – w/s = +0.7

1.Lanre Ali-Balogun (Heathside)	13.93m
2.Luke Warrington – Bannerman (Highgate Sch)	11.86m
3.Wayne Jones (VPH & TH)	11.68m
4.Bhavish Patel (Hillingdon)	11.08m
5.James Foley (VPH & TH)	10.95m

Discus

1.Lewis Edwards (Harrow)	39.90m
2.Jamaro Nooks (Enf & Har)	34.55m
3.Max Little (Highgate Sch)	33.20m
4.Michael Adesina (Enf & Har)	29.25m
5.Hugh Orice (Highgate Sch)	29.21m

Hammer

1.Lewis Edwards (Harrow)	47.84m
2.Jamaro Nooks (Enf & Har)	46.76m
3.Orrioso Agbareh (Enf & Har)	41.63m
4.Thomas Moore (Enf & Har)	37.89m

UNDER 15 BOYS EVENTS

100 Metres – Heat 1

1.Lewis Roualt (Harrow)	11.8
2.Omari Barton (Enf & Har)	12.0
3.Michael Owusu (St Aloysius)	12.1
4.Tashan Bradshaw-Brown (Highgate)	12.3
5.Ashley Wilson (VPH & TH)	12.7
6.Sergio Frazao (Highgate)	13.1

100 Metres – Heat 2

1.Andrew Etuk (Enf & Har)	12.4
2.Robert Gotay (Enf & Har)	12.8
3.Rukaya Griffith (Oaklands Sch)	13.3
4.Shahzan Uddin (Highgate)	13.4
5.Sonny Mardon (Highgate)	14.0
6.John Nduwimana (Highgate)	14.5

100 Metres – Heat 3

1.Kristian Clarke (Highgate)	12.1
2.Liam McNally (Heathside)	12.3
3.Lewis Brown (VPH & TH)	12.4
4.Michael Fapohunda (Enf & Har)	13.3
5.Aaron Long (Highgate)	13.7
6.Johnathan Powell (Rich & Twick)	14.0

200 Metres – Heat 1

1.Omari Barton (Enf & Har)	25.0
2.Michael Owusu (St Aloysius)	25.1
3.Elliott Joseph (VPH & TH)	26.1
4.Rukaya Griffith (Oaklands Sch)	27.9
5.Michael Adekunle (St Aloysius)	28.7

200 Metres – Final

1.Omari Barton (Enf & Har)	25.0
2.Liam McNally (Heathside)	25.3
3.Andrew Etuk (Enf & Har)	25.4
4.Michael Owusu (St Aloysius)	25.5
5.Lewis Brown (VPH & TH)	26.1
6.Elliott Joseph (VPH & TH)	26.2
7.Ashley Wilson (VPH & TH)	26.3

800 Metres – Heat 2

1.Oliver Walsh (Enf & Har)	2-13.5
2.Ahmed Osman (ESM)	2-18.7
3.Danio Lee (Enf & Har)	2-20.1
4.Luke Nicholas (ESM)	2-20.2
5.Leon Zeniou (St Aloysius)	2-29.8
6.Andrew Mobbs (Heathside)	2-38.1

1500 Metres

1.Ahmed Osman (ESM)	4-20.9
2.Faoud Osman (VPH & TH)	4-22.7
3.Nick Goolab (ESM)	4-33.0
4.Joe Hall (Highgate Sch)	4-37.0
5.James Stacey (ESM)	4-40.7
6.Mark Xenophontos (Enf & Har)	4-43.0
7.Ramone Martinez-Rodney (E & Har)	4-43.1
8.Henry Fox (Highgate Sch)	4-47.5
9.Jeremie Peters (TVH)	4-54.0
10.Patrick Hannah (ESM)	4-56.0
11.Mick Warwick (Harrow)	5-08.8
12.Richard Mann (Hillingdon)	5-09.7
13.Christopher Hepworth (ESM)	5-11.6
14.Scott Leighton (VPH & TH)	5-18.8

Shot

1.Daniel Twiss (Highgate Sch)	13.81m
2.Andrew Etuk (Enf & Har)	10.93m
3.Elliott Joseph (VPH & TH)	10.55m
4.Marcus Smith (Highgate Sch)	9.50m
5.Tobias Harley (Highgate Sch)	9.19m
6.Tashan Bradshaw-Brown (Highgate)	8.61m
7.Shahzan Uddin (Highgate)	8.14m
8.Eddy Westchy (St Aloysius)	7.22m
9.David Griffith ((VPH & TH)	6.95m

Javelin

1.Ashley Bryant (WSE & H)	43.38m
2.Charlie Rooks (Enf & Har)	41.50m
3.Marcus Smith (Highgate Sch)	38.14m
4.Daniel Twiss (Highgate Sch)	36.37m
5.James Stacey (ESM)	30.48m
6.Michael Richards (VPH & TH)	29.84m

100 Metres Final

1.Lewis Roualt (Harrow)	11.9
2.Kristian Clarke (Highgate)	12.0
3.Omari Barton (Enf & Har)	12.0
4.Michael Owusu (St Aloysius)	12.1
5.Liam McNally (Heathside)	12.3
6.Tashan Bradshaw-Brown (Highgate)	12.4
7.Andrew Etuk (Enf & Har)	12.5
8. Robert Gotay (Enf & Har)	12.8

200 Metres – Heat 2

1.Liam McNally (Heathside)	25.2
2.Andrew Etuk (Enf & Har)	25.2
3.Lewis Brown (VPH & TH)	25.5
4.Ashley Wilson (VPH & TH)	25.9

400 Metres

1.Thomas O'Brien (SBH)	55.8.
2.Sam McTaggart (Highgate Sch)	56.7
3.James Stacey (ESM)	56.9
4.Robert Gotay (Enf & har)	58.1

800 Metres – Heat 1

1.Nick Goolab (ESM)	2-20.2
2.Chima Bowen (Enf & Har)	2-24.4
3.Patrick Hannah (ESM)	2-26.2
4.David Mobbs (Heathside)	2-29.4
5.Jamie Smith (Heathside)	2-39.8
6.Ben Redhead (ESM)	2-50.6
7.Nil Lartay (St Aloysius)	3-00.2

800 Metres – Final

1.Ahmed Osman (ESM)	2-08.9
2.Oliver Walsh (Enf & Har)	2-10.2
3.Chima Bowen (Enf & Har)	2-19.0
4.Luke Nicholas (ESM)	2-22.6
5.Danio Lee (Enf & har)	2-26.6
6.David Mobbs (Heathside)	2-27.1
7.Patrick Hannah (ESM)	2-29.8

High Jump

1.Sam McTaggart (Highgate Sch)	1.60m
2.Dane Lamb (St Aloysius)	1.55m
3.Ben Luck (Enf & Har)	1.55m
4.David Mobbs (Heathside)	1.40m
5.Jonatha Powell (Rich & Twick)	1.35m

Long Jump

1.Omari Barton (Enf & Har)	5.26m
2.Daniel Bramble (ESM)	5.26m
3.Paul Thomason (Highgate Sch)	5.16m
4.Tashan Bradshaw-Brown (Highgate)	4.98m
5.Ashley Bryant (WSE & H)	4.82m
6.Aaron Long (Highgate)	4.50m
7.John Nduwimana (Highgate)	4.06m
8.Sonny Mardon (Highgate)	3.87m

Discus

1.Daniel Twiss (Highgate Sch)	36.25m
2.Elliott Joseph (VPH & TH)	30.54m
3.Henry Fox (Highgate Sch)	29.12m
4.Marcus Smith (Highgate Sch)	26.11m
5.Shahzan Uddin (Highgate)	24.25m
6.Michael Adekunle (St Aloysius)	22.21m
7.Ben Redhead ESM)	12.50m

Hammer

7.Leon Zeniou (St Aloysius)	26.91m	1.Lewis Hewitt (Edmonton County Sch)	31.12m
8.David Griffith (VPH & TH)	24.42m	2.Matthew Payne-Davis (ESM)	29.60m
9.Daid Flatley (Highgate)	22.17m		
10.Ewan Henry (Rich & Twick)	21.74m	Pole Vault	
11.James Walerych (QPH)	14.01m	1.Ian Smart (Harrow)	2.90m

UNDER 13 BOYS EVENTS

100 Metres

1.Daniel Harvey (Rich & Twick)	13.4
2.Nathaniel Dorsett (Enf & Har)	13.6
3.Luthan Oyejobi (St Aloysius)	14.2
4.Anthony Norris (Highgate)	15.4

800 Metres

1.Thomas Brind (Enf & Har)	2-25.8(CBP)
2.Kevin Stewart (Enf & Har)	2-32.6
3.Seb Zaczkowski (ESM)	2-34.9
4.Harry Pearson (ESM)	2-55.1
5.Denis Konoplev (Highgate)	3-08.7

Long Jump

1.David Harvey (Rich & Twick)	4.36m
2.Thomas Brind (Enf & Har)	4.20m
3.Denis Konoplev (Highgate)	3.64m
4.Dempsey McGuigan (ESM)	3.34m

Minithon

1.Christian Carter (Enf & Har)	2-24.4 (800-28)	4.33m (LJ-20)	7.43m (SP-21)	69pts
2=Laurence Owen (TVH)	13.7 (100-25)	4.30m (LJ-20)	6.25m (SP-13)	58pts
2=Reece Regis (Oaklands Sch)	13.8 (100-24)	4.45m (LJ-21)	6.18m (SP-13)	58pts
4.Luke Connolly Sherwood (Harrow)	2-45.8 (800-21)	1.32m (HJ-21)	12.86 (DT-7)	49pts
5.Rowan Baloshodun (Enf & Har)	2-28.8 (800-27)	3.88m (LJ-14)	5.09m (SP-5)	46pts
6=Akil Agyemank (Oaklands Sch)	14.4 (100-18)	3.82m (LJ-14)	12.32m (DT-6)	38pts
6=Demal Anderson-Simon (Enf & Har)	2-34.9 (800-25)	3.69m (LJ-12)	3.71m(SP-1)	38pts
6=Josh Brind (VPH & TH)	2-46.4 (800-21)	3.41m (LJ-8)	14.27m(DT-9)	38pts
9=Julian Collins (TVH)	2-39.8 (800-23)	3.60m (LJ-11)	4.43m(SP-3)	37pts
9=Robert Bishop (VPH & TH)	2-43.9 (800-22)	3.49m (LJ-9)	12.31m(DT-6)	37pts
11.Nicholas Fox (TVH)	2-46.1 (800-21)	3.31m (LJ-7)	5.50m (SP-8)	36pts
12.Ayekhele-Okhomid (Oaklands)	2-46.6 (800-21)	1.00m (HJ-7)	5.31m (SP-7)	35pts
13.Rhys Rabess (TVH)	14.7 (100-15)	3.76m (LJ-13)	4.63m (SP-4)	32pts
14.George Kenny (Oaklands)	15.2 (100-11)	3.21m (LJ-7)	10.46m (DT-4)	22pts
15.Robert Share (QPH)	3-16.0 (800-11)	2.61m (LJ-3)	7.43m (DT-1)	15 pts

SENIOR WOMENS EVENTS

100 Metres – w/s = +0.4

1.Janette Niccolls (TVH)	12.22
2.Tunrayo Nubi (Enf & Har)	12.59

400 Metres

1.Denise Gayle (Barnet)	56.78
2.Nemone Metaxas (WSE & H)	60.27
3.Claire Leadbetter (ESM)	61.05

1500 Metres

1.Chloe Aitken (TVH)	4-43.77
2.Emma Grant (Hillingdon)	4-48.27
3.Lucy Pringle (WSE & H)	4-50.08

3000 Metres

1.Verity Stacey (Enf & Har)	10-30.1*
2.Eileen Griffiths (Barnet)	10-44.2*
3.Vanessa Parry (Heathside)	10-47.6
4.Angela Howe (Heathside)	10-49.1

High Jump

1.Judith Payne (Wakefield)	1.60m
2.Jill Dinsmore (Barnet)	1.40m

Triple Jump – w/s = -1.0

1.Nadia Williams (SBH)	12.39m
2.Caroline Stead (Belgrave)	11.92m
3.Claire Leadbetter (ESM)	10.07m

Shot

1.Elisha Dee (TVH)	11.28m
2.Louise White (Barnet)	9.30m

Discus

1.Elisha Dee (TVH)	39.13m
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Javelin

1.Riquita Samuel (TVH)	29.88m
2.Jill Dinsmore (Barnet)	23.62m

200 Metres- w/s = +1.0

1.Janette Niccolls (TVH)	24.89
2.Victoria Olaoye (ESM)	26.71
3.Caroline Blackburn (WGEL)	27.01

800 Metres

1.Michaela Hutchison (Hillingdon)	2-08.83
2.Nina Anderson (Heathside)	2-12.37
3.Rebecca Long (Highgate)	2-13.62
4.Lucy Pringle (WSE & H)	2-14.38
5.Elizabeth Ogunde (Highgate)	2-14.62
6.Chloe Aitken (TVH)	2-15.76

400 Metres Hurdles

1.Melanie Canning (ESM)	60.66
2.Caroline Heaney (WSE & H)	68.10

3000 Metres Walk

1.Anne Belchambers (Hillingdon)	17-16.8
2.Maureen Noel (Belgrave)	17-45.7
3.Tiffany Stephens (Barnet)	21-23.5

Long Jump W/S = +1.0

1.Nadia Williams (SBH)	5.39m
2.Victoria Hyland (Barnet)	5.03m
3.Helen Leadbetter (ESM)	4.47m

Pole Vault

1.Catherine Macrae (WSE & H)	3.65m(CBP)
2.Katherine Callaghan (WSE & H)	3.00m
3.Helen Leadbetter (ESM)	2.60m
4.Lucy Howcroft (WSE & H)	2.40m
5.Louise White (Barnet)	2.20m
6.Dorothy McLennan (WSE & H)	1.80m

Hammer

1.Elisha Dee (TVH)	45.98m
2.Katie Harrison (Hillingdon)	38.74m

UNDER 20 WOMENS EVENTS

100 Metres – w/s = -0.5

1.Natalie Small (ESM)	12.71
2.Natasha Edwards (TVH)	13.28

400 Metres

1.Aylia Hamilton-Bannis (TVH)	61.02
2.Natalie McQueen (Heathside)	65.10

1500 Metres

1.Julia Baxter (Hillingdon)	5-17.09
2.Cara Penfold (Hillingdon)	5-34.70

100 Metres Hurdles

1.Phyllis Agbo (TVH)	14.78
2.Angie Broadbelt (TVH)	15.20
3.Hannah O'Sullivan (Enf & Har)	16.69

Triple Jump – w/s = +0.5

1.Yasmine Regis (WSE & H)	12.49m
2.Sineade Gutzmore (Highgate)	11.75m
3.Amy Elston (Enf & Har)	10.64m

200 Metres – w/s = -0.3

1.Natasha Edwards (TVH)	27.11
2.Natalie McQueen (Heathside)	28.62

800 Metres

1.Jemma Weekes (Hillingdon)	2-24.51
2.Ashlee McGuigan (ESM)	2-31.91

3000 Metres

1.Lucy Goldsmith (SBH)	11-56.0*
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Long Jump – w/s = +1.2

1.Phyllis Agbo (TVH)	5.60m
2.Sineade Gutzmore (Highgate)	5.14m
3.Marina Donaghy (ESM)	4.69m
4.Amy Elston (Enf & Har)	4.45m

Shot

1.Phyllis Agbo (TVH)	11.84m
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Discus

4. Marina Donaghy (ESM)	10.36m	1. Kamal Manhas (ESM)	28.48m
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Javelin

1. Kamal Manhas (ESM)	26.39m
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Hammer

1. Samantha Hynes (ESM)	51.13m
2. Skye McGuigan (ESM)	32.51m

UNDER 17 WOMENS EVENTS

100 Metres – w/s = +0.8

1. Johnelle Gibbons (VPH & TH)	12.04
2. Rachel Telfer (Enf & Har)	12.23
3. Shaleina Mars (Enf & Har)	12.38
4. Shadein Mars (Enf & Har)	13.16
5. Elizabeth Ali (VPH & TH)	13.29
6. Crystal Green (Heathside)	14.60
7. Simone McQueen (Heathside)	14.62
8. Tania Hawthorne-Machori (Heath)	15.14

800 Metres

1. Lyndsey Fairweather (Harrow)	2-18.46
2. Bianca Stock (ESM)	2-24.03
3. Hannah Shelley (SBH)	2-26.74
4. Abigail Fudge (WSE & H)	2-28.15
5. Sarah Gess (WSE & H)	2-35.88
6. Katrina French (ESM)	2-37.75
7. Sasha Welch (Heathside)	2-39.97
8. Mica Victor (VPH & TH)	2-40.68

80 Metres Hurdles – w/s = +0.9

1. Claudia Tabony (Harrow)	13.17
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High Jump

1. Cladia Tabony (Harrow)	1.40m
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Triple Jump – w/s = +0.5

1. Tanine Nicholas (Enf & Har)	11.39m
2. Amanda Ranger (VPH & TH)	10.55m

Shot

1. Sharifa Brown (Enf & Har)	8.20m
2. Jaimey Dallenger (VPH & TH)	6.94m

Javelin

1. Shadein Mars (Enf & Har)	26.23m
2. Claudia Tabony (Harrow)	17.97m

200 Metres – w/s = +0.6

1. Johnelle Gibbons (VPH & TH)	24.70
2. Rachel Telfer (Enf & Har)	25.53
3. Shaleina Mars (Enf & Har)	26.54
4. Simone McQueen (Heathside)	29.84
5. Crystal Green (Heathside)	30.19
6. Tania Hawthorne-Machori (Heath)	31.77

300 Metres

1. Karen Green (Hillingdon)	48.6*
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1500 Metres

1. Katie Alcock (SBH)	5-16.88
2. Megan Bovingdon (SBH)	5-22.64
3. Ana Da Silva (TVH)	5-29.47

3000 Metres

1. Chelsea McGuigan (ESM)	12-01.0*
2. Claire Weekes (Hillingdon)	12-15.7*

300 Metres Hurdles

1. Perri Drayton (VPH & TH)	45.10
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Long Jump – w/s = +2.0

1. Amanda Ranger (VPH & TH)	5.19m
2. Tanine Nicholas (Enf & Har)	5.08m
3. Elizabeth Ali (VPH & TH)	4.60m

Pole Vault

1. Kiran Horwich (ESM)	2.20m(CBP)
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Discus

1. Sharifa Brown (Enf & Har)	26.76m
2. Jaimey Dallenger (VPH & TH)	18.75m

Hammer

1. Claire Phillips (ESM)	41.07m(CBP)
2. Katy Moore (Enf & Har)	20.37m

UNDER 15 GIRLS EVENTS

100 Metres – Heat 1

1. Torema Dorsett (Enf & Har)	12.9
2. Danielle Dallenger (VPH & TH)	13.4
3. Marsha Charles (ESM)	13.5
4. Roseanne Winthrop (SBH)	13.5
5. Jasmine Patterson (Harrow)	13.9
6. Olvaleta Ramsay (Enf & Har)	14.8
7. Khulod Sadani (Oaklands Sch)	15.0

100 Metres – Heat 3

1. Erica Smith (Enf & Har)	12.8
2. Seya Charles (ESM)	13.0
3. Margaret Akot (Enf & Har)	13.3
4. Desola Olaleye (Enf & Har)	13.4
5. Cara Wilson (Harrow)	13.8
6. Abike Aina (VPH & TH)	14.4
7. Muriam Rasaq (Oaklands Sch)	14.4

100 Metres – Heat 2

1. Rachel Miller (Harrow)	12.7
2. Phillipa Tappin (Enf & Har)	12.9
3. Fiona Duodu (Enf & Har)	13.0
4. Sasha Da Costa (Enf & Har)	13.3
5. Chloe Hutchings (Oaklands Sch)	13.9
6. Sashawana Rattray (ESM)	14.3
7. Leigh Lattimore (Harrow)	14.6

100 Metres - Final

1. Rachel Miller (Harrow)	12.5
2. Torema Dorsett (Enf & Har)	12.5
3. Phillipa Tappin (Enf & Har)	12.6
4. Fiona Duodu (Enf & Har)	12.9
5. Erica Smith (Enf & Har)	12.9
6. Seya Charles (ESM)	13.1
7. Sasha Da Costa (Enf & Har)	13.6

200 Metres – Heat 1

1.Fiona Duodu (Enf & Har)	26.8
2.Yemi Bello (Enf & Har)	27.2
3.Roseanne Winthrop (SBH)	27.4
4.Margaret Akot (Enf & Har)	27.5
5.Chloe Hutchings (Oaklands Sch)	28.3
6.Susanna Laryea (Enf & Har)	28.9
7.Natalie Cresci (Hillingdon)	32.8

200 Metres Final

1.Phillipa Tappin (Enf & Har)	26.3
2.Erica Smith (Enf & Har)	26.6
3.Yemi Bello (Enf & Har)	27.1
4.Fiona Duodu (Enf & Har)	27.5
5.Margaret Akot (Enf & Har)	27.7
6.Roseanne Winthrop (SBH)	28.0
7.Desola Olaleye (Enf & Har)	28.1
8.Claudia Williams (ESM)	NTT

1500 Metres

1.Aisling Wall (ESM)	5-17.1
2.Leigh Lattimore (Harrow)	5-23.0
3.Jess Christie (Enf & Har)	5-25.0
4.Hilary Arredondo (Enf & Har)	5-29.9
5.Chantelle Bazzoni (SBH)	5-40.5
6.Armana Rai (ESM)	5-44.0
7.Aisling McSweeney (SBH)	5-52.4

Long Jump

1.Yemi Bello (Enf & Har)	4.91m
2.Lucy Patterson (Enf & Har)	4.57m
3.Lucy Elson (Enf & Har)	4.56m
4.Marsha Charles (ESM)	4.33m
5.Mille Zah (VPH & TH)	4.17m
6.Desola Olaleye (Enf & Har)	4.15m
7.Jasmine Chukwu-Onu (VPH & TH)	4.08m
8.Cara Wilson (Harrow)	4.01m
9.Gabrielle Coveney (ESM)	3.97m
10.Emily Van Blankenstein (SBH)	3.88m
11.Abike Aina (VPH & TH)	3.85m
12.Susana Laryea (ESM)	3.62m
13.Amber Fahey (Heathside)	3.56m
14.Hazel Brill (ESM)	3.50m
15.Armana Rai (ESM)	3.13m

200 Metres – Heat 2

1.Erica Smith (Enf & Har)	26.3
2.Phillipa Tappin (Enf & Har)	26.5
3.Claudia Williams (ESM)	27.6
4.Desola Olaleye (Enf & Har)	27.7
5.Jasmine Patterson (Harrow)	28.9
6.Muriam Rasaq (Oaklands Sch)	31.2
7.Sophie Small (Oaklands Sch)	31.9

800 Metres

1.Rachel Davies (Harrow)	2-28.6
2.Rianne Charles (ESM)	2-29.7
3.Anna Clarke-Janssen (Heathside)	2-34.5
4.Gabrielle Coveney (ESM)	2-38.0
5.Hazel Brill (ESM)	2-38.7
6.Amber Fahey (Heathside)	2-39.2
7.Emily Van Blankenstein (SBH)	2-39.7
8.Emma Layton (SBH)	2-40.7

75 Metres Hurdles

1.Hayley Comer (Brunel)	11.8
2.Lucy Patterson (Enf & Har)	12.2
3.Millie Zah (VPH & TH)	12.8
4.Emily Van Blankenstein (SBH)	13.0
5.Lucy Elston (Enf & Har)	14.0

High Jump

1.Margaret Akot (Enf & Har)	1.50m
2.Rianne Charles (ESM)	1.45m
3.Jasmine Chukwu-Onu (VPH & TH)	1.30m
4.Gabrielle Coveney (ESM)	1.25m

Shot

1.Rochelle Roach (Barnet)	9.69m
2.Hayley Comer (Brunel)	9.35m
3.Abigail Moranheji (TVH)	8.59m
4.Giavina Harvey (Rich & Twick)	8.23m
5.Vanessa Stewart (Enf & Har)	7.56m

UNDER 13 GIRLS EVENTS

100 Metres

1.Sarah-Jane Cyrus (QPH)	14.3
2.Eucalypta Bradley (Highgate)	15.0

800 Metres

1.Cherry Stock (ESM)	2-33.9
2.Georgina Hardy (ESM)	2-42.7
3.Kelly Healy (Enf & Har)	2-49.1
4.Jade Bazzoni (SBH)	2-50.8
5.Matilda Bridge (Highgate)	2-52.5

70 Metres Hurdles

1.Alex McKenna (Rich & Twick)	13.5
2.Eucalypta Bradley (Highgate)	13.9
3.Helena French (ESM)	16.2

Long Jump

1.Eucalypta Bradley (Highgate)	3.78m
2.Helena French (ESM)	3.31m

200 Metres

1.Sarah-Jane Cyrus (QPH)	30.3
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1500 Metres

1.Hannah Matthews (Hillingdon)	5-18.3
2.Alexandra McKenna (Rich & Twick)	5-21.5
3.Helena French (ESM)	5-45.9
4.Clariisa Wall (ESM)	5-46.1
5.Maisie Bovingdon (SBH)	5-50.9
6.Carina Stenhouse (QPH)	5-51.0

High Jump

1.Mercedes McPherson (TVH)	1.40m
2.Alexandra McKenna (Rich & Twick)	1.20m

Shot

1.Rebecca McNamara (Enf & Har)	5.76m
2.Natalie Ellis (Unatt)	5.36m

Discus

1.Rebecca McNamara (Enf & Har0	12.16m
2.Natalie Ellis (Unatt)	12.13m

Minithon

1.Martha Reynolds (ESM)	2-43.6 (800-28)	3.48m (LJ-12)	6.39m (SP-17)	57pts
2.Dominique Ambrose-Green (E & H)	2-45.9 (800-28)	3.56m (LJ-13)	5.83m (SP-13)	54pts
3.Samantha Powell (Rich & Twick)	3-13.1 (800-18)	1.16m (HJ-17)	5.36m (SP-10)	45pts
4=Helen Tang (VPH & TH)	16.2 (100-10)	1.14m (HJ-16)	5.27m (SP-9)	35pts
4=Alia De Bellotte (TVH)	3-01.4 (800-22)	3.18m (LJ-9)	4.23m (SP-4)	35pts
6.Ciara McCroary (QPH)	3-01.6 (800-22)	3.10m (LJ-8)	4.30m (SP-4)	34pts
7=Melissa Brown (VPH & TH)	15.5 (100-14)	1.09m (HJ-13)	3.31m (SP-2)	29pts
7=Freya Costello (QPH)	3-01.6 (800-22)	2.61m (LJ-4)	9.51m (DT-3)	29pts
9.Thamanna Pervin (Oaklands)	3-18.1 (800-17)	2.23m (LJ-2)	5.12m (SP-8)	27pts
10.Cheyenne Ettienne-Chen (Harrow)	16.3 (100-10)	3.21m (LJ-9)	11.73m (DT-5)	24pts
11.Natalie Lawrence (Oaklands)	18.1 (100-4)	2.56m (LJ-4)	4.94m (SP-7)	15pts
12=Shalisha Davis (Oaklands)	16.9 (100-7)	2.76m (LJ-5)	3.41m (SP-2)	14pts
12=Samantha Williams (Harrow)	17.6 (100-5)	2.84m (LJ-6)	9.47m (DT-3)	14pts
14.Melvia Finney (Oaklands)	18.2 (100-4)	2.47m (LJ-3)	4.26m (SP-4)	11pts
15.Freddie Austn (Oaklands)	19.3 (100-1)	2.29m (LJ-2)	4.43m (SP-5)	8pts