

MIDDLESEX CHAMPIONSHIPS

SM

T6	800M	Final			
1	176	Adam Kirk-Smith	London Heathside AC	2:00.03	
2	177	Ramone Martinez-Rodney	Victoria Park Harriers	2:02.12	
3	180	Shaka Palmer	Enfield & Haringey AC	2:02.85	
4	163	Charles Hardy	London Heathside AC	2:03.01	
5	178	Ryan McCrickerd	London Heathside AC	2:07.39	
6	182	David Shortridge	Victoria Park Harriers	2:31.38	
7	175	Anthony Bryan	Herts Phoenix	2:56.19	

SM	T9	100M	Heats (1)	w/s	2.4
1	13	Salim Muhammad	Harrow AC	10.69	Q
2	6	Omar Grant	Harrow AC	10.79	Q
3	19	Adrian Stamp	Woodford Green AC	10.95	q
4	2	Jason Comissiong	Thames Valley Harrie	11.15	
5	12	Chaka Maillet	Thames Valley Harrie	11.16	
6	3	Reuben Fleary	Ealing Southall & Mic	11.17	

SM	T9	100M	Heats (2)	w/s	2.7
1	1	Leroy Cain	Thames Valley Harrie	10.75	Q
2	18	Mutara Sheriff	St Mary's Richmond	10.84	Q
3	7	Mark Hanson	Enfield & Haringey At	10.94	q
4	22	Enrico Tawiah Kwabena	Enfield & Haringey At	11.09	
5	14	Benjamin Noel	Highgate Harriers	11.39	

SM	T9	100M	Heats (3)	w/s	3.3
1	9	Patrick Kari Kari	Enfield & Haringey AC	10.68	Q
2	5	Jordan Glaze	London Heathside AC	10.83	Q
3	15	Olaseni Ogunmilade	Harrow AC	11.30	
4	10	Miguel Larrea	Thames Valley Harrier	11.33	
5	23	Christopher Zah	Victoria Park Harriers	11.58	
6	11	Jerome Lule	Shaftesbury Barnet H	11.59	

SM	T17	100M	Final	w/s	1.0
1	1	Leroy Cain	Thames Valley Harrie	10.57	
2	9	Patrick Kari Kari	Enfield & Haringey At	10.62	
3	13	Salim Muhammad	Harrow AC	10.67	
4	6	Omar Grant	Harrow AC	10.68	
5	18	Mutara Sheriff	St Mary's Richmond	10.76	
6	7	Mark Hanson	Enfield & Haringey At	10.83	
7	5	Jordan Glaze	London Heathside AC	10.84	
8	19	Adrian Stamp	Woodford Green AC	11.09	

T25	400M	Heat 1			
1	105	Niclas Baker	Crawley AC	50.49	Q
2	111	Tyson Oladokun	Southampton Athletic	51.62	Q
3	161	Alex Fields	Bristol & West AC	52.05	Q
4	162	Stephen Griffith	Unattached	52.64	q
5	163	Charles Hardy	London Heathside AC	55.91	

SM	T25	400M	Heat 2		
1	167	Michael Skee	Enfield & Haringey At	51.54	Q
2	159	Krishawn Aiken	Enfield & Haringey At	51.89	Q
3	104	Alex Babb	Victoria Park Harriers	55.40	Q
4	160	Ace Ezegebe	Victoria Park Harriers	55.72	q

T39	400M	Final			
1	105	Niclas Baker	Crawley AC	47.91	
2	159	Krishawn Aiken	Enfield & Haringey AC	49.31	
3	167	Michael Skee	Enfield & Haringey AC	49.93	
4	111	Tyson Oladokun	Southampton Athletic	50.17	
5	161	Alex Fields	Bristol & West AC	51.22	
6	162	Stephen Griffith	Unattached	51.28	
104	Alex Babb	Victoria Park Harriers		DNF	

SM

T43	110H	Final		w/s	2.4
1	344	George Vaughan	Enfield & Haringey AC	14.81	
	343	Matthew Dore-Weeks	Highgate Harriers	DNF	

SM	T41	200M	Heats (1)	w/s	2.4
1	15	Olaseni Ogunmilade	Harrow AC	23.12	Q
2	8	Nima Jam	Thames Valley Harrie	23.25	Q
3	10	Miguel Larrea	Thames Valley Harrie	23.35	Q
4	23	Christopher Zah	Victoria Park Harriers	23.46	
5	103	Andrew Ajube	Thames Valley Harrie	23.87	
	105	Niclas Baker	Crawley AC	DNF	
	18	Mutara Sheriff	St Mary's Richmond	DNF	

T41	200M	Heats (2)	w/s	2.2	
1	1	Leroy Cain	Thames Valley Harrier	21.89	Q
2	108	Jordan Duvigneau	Harrow AC	22.43	Q
3	106	Columba Blango	Victoria Park Harriers	22.44	Q
4	22	Enrico Tawiah Kwabena	Enfield & Haringey AC	22.55	q
5	11	Jerome Lule	Shaftesbury Barnet H	23.07	q
6	104	Alex Babb	Victoria Park Harriers	23.80	
	111	Tyson Oladokun	Southampton Athletic	DNF	

SM	T52	5000M	Final		
1	176	Adam Kirk-Smith	London Heathside AC	15:33.44	
2	337	Abdishakur Nageeye Abd	Hillingdon AC	15:42.14	
3	331	Andrew Brooker	London Heathside AC	15:58.31	
4	334	Sathira Don	St Mary's Richmond	16:04.69	
5	178	Ryan McCrickerd	London Heathside AC	16:39.85	
6	335	Tony Macdowall	Victoria Park Harriers	16:41.59	
7	338	Allan Whatmough	London Heathside AC	16:43.47	
8	339	Martin White	West 4 Harriers	18:16.77	
9	333	James Connell	London Heathside AC	18:53.00	
10	336	Thomas Martini	Ealing Eagles	20:03.18	

SM	T47	3000m Walk	Final		
1	350	Francisco Reis	Southern Counties Ve	14:14.56	
2	347	Mark Culshaw	Belgrave Harriers	17:26.24	
3	348	Shaun Lightman	Surrey Walking Club	18:34.75	

SM	T54	200M	Final	w/s	0.6
1	1	Leroy Cain	Thames Valley Harrie	21.44	
2	108	Jordan Duvigneau	Harrow AC	22.27	
3	106	Columba Blango	Victoria Park Harriers	22.38	
4	8	Nima Jam	Thames Valley Harrie	23.05	
5	11	Jerome Lule	Shaftesbury Barnet H	23.27	
	15	Olaseni Ogunmilade	Harrow AC	DNF	
	10	Miguel Larrea	Thames Valley Harrie	DNF	

T58	1500M	Final			
1	253	Edward Hickman Casey	Highgate Harriers	4:05.22	
2	255	Brahma Pochee	Highgate Harriers	4:11.40	
3	252	Scott Brewer	Thames Valley Harrier	4:56.82	
	254	Mohamed Mohamed	Hillingdon AC	DNF	

FIELD

SM	F11	Long jump	w/s
		#N/A	#N/A
		#N/A	#N/A

F38	Javelin			
1	385	Craig Lacy	Birchfield Harriers	62.09
2	384	AJ Kikwera	Enfield & Haringey AC	57.53

#N/A #N/A  
#N/A #N/A

3 386 Daniel Payne Hillingdon AC 46.61

**F44 Disability javelin**

#N/A #N/A

**F38 Disability javelin**

#N/A #N/A

**SM F27-29 Pole vault**

#N/A #N/A  
#N/A #N/A  
#N/A #N/A

**F42 Triple jump**

1 430 Julian Golley Newham & Essex Beaç 12.62 w/s +3.2

**F31 Discus**

1 410 Izaiah Turner London Heathside AC 33.50  
2 407 Kevin Acraman Hillingdon AC 24.42  
3 409 Glen Crowie Hillingdon AC 23.10

**F9 Shot**

1 410 Izaiah Turner London Heathside AC 11.08  
2 408 Simon Butler Victoria Park Harriers 10.10  
3 407 Kevin Acraman Hillingdon AC 9.42  
4 409 Glen Crowie Hillingdon AC 9.05

**F44 Disability discus**

**F42 Disability discus**

**F41 Disability discus**

**F42 Disability shot**

**F41 Disability shot**

**F42 Hammer**

1 407 Kevin Acraman Hillingdon AC 40.71

MIDDLESEX CHAMPIONSHIPS

U20M	T1	400H	Final		
	1	357	Ajibola Aderemi	Victoria Park Harrie	55.94

T7	800M	Final		
1	213	Thomas McArdle	Trent Park RC	2:06.32
2	211	Oliver Douglas	Trent Park RC	2:11.38
3	214	Jacob Phillips	London Heathside AC	2:15.67
4	212	Oliver Greenstein	Shaftbury Barnet Harri	2:25.68

U20M	T11	100M	Heats (1)	w/s	3.3 U20M
	1	57	Kamal Mitchell	Thames Valley Harr	10.83 Q
	2	51	Khalil Bruney	Enfield & Haringey	11.07 Q
	3	55	Matthew Mabriwa	Harrow AC	11.14 Q
	4	54	Will Lord	ESM	11.18 q
	5	58	Kamau Muhammad	Ealing Southall & M	11.78 q

T11	100M	Heats (2)	w/s	1.8
1	53	Daniel John	Thames Valley Harrier:	11.04
2	60	Keano-Elliott Paris-Sam	Thames Valley Harrier:	11.12
3	56	Tyrell Mills-Rhule	Thames Valley Harrier:	11.75
4	61	Darnell Plummer	London Heathside AC	11.83

U20M	T19	100M	Final	w/s	2.0
	1	57	Kamal Mitchell	Thames Valley Harr	10.89
	2	51	Khalil Bruney	Enfield & Haringey	11.04
	3	53	Daniel John	Thames Valley Harr	11.07
	4	60	Keano-Elliott Paris-Samuel	Thames Valley Harr	11.09
	5	55	Matthew Mabriwa	Harrow AC	11.17
	6	54	Will Lord	ESM	11.20
	7	56	Tyrell Mills-Rhule	Thames Valley Harr	11.75
	8	58	Kamau Muhammad	Ealing Southall & M	11.81

T27	400M	Final		
1	54	Will Lord	ESM	50.59
2	169	Max Arzt-Jones	Harrow AC	51.38
3	170	Rowan Board	Ealing Southall & Midc	52.34
4	118	Malachi Boyce	Thames Valley Harrier:	54.38
5	168	Amar-Mazigh Aichoun	Thames Valley Harrier:	56.74

U20M	3000M	Final		
		#N/A	#N/A	

T45	110H	Final	w/s
		#N/A	#N/A
		#N/A	#N/A
		#N/A	#N/A

U20M	T42	200M	Heat 1	w/s	3.3
	1	107	Sean Crowie	Hillingdon AC	22.00 Q
	2	121	Isayah Boers	Highgate Harriers	22.07 Q
	3	437	Nilrem Stewart	Thames Valley Harr	22.90 Q
	4	56	Daniel John	Thames Valley Harr	23.11 q
		55	Matthew Mabriwa	Harrow AC	DNS

T42	200M	Heat 2	w/s	1.5
1	57	Kamal Mitchell	Thames Valley Harrier:	22.28 Q
2	51	Khalil Bruney	Enfield & Haringey AC	22.39 Q
3	60	Keano-Elliott Paris-Sam	Thames Valley Harrier:	22.51 Q
4	56	Tyrell Mills-Rhule	Thames Valley Harrier:	24.13 q
5	61	Darnell Plummer	London Heathside AC	24.37

U20M	T57	1500M	Final		
	1	293	Joseph Young	Enfield & Haringey	4:37.67
	2	214	Jacob Phillips	London Heathside /	4:46.17

T50	200M	Final	w/s	1.9
1	121	Isayah Boers	Highgate Harriers	21.99
2	57	Kamal Mitchell	Thames Valley Harrier:	22.22
3	51	Khalil Bruney	Enfield & Haringey AC	22.33
4	60	Keano-Elliott Paris-Sam	Thames Valley Harrier:	22.49
5	437	Nilrem Stewart	Thames Valley Harrier:	22.96
6	53	Daniel John	Thames Valley Harrier:	23.53
7	56	Tyrell Mills-Rhule	Thames Valley Harrier:	24.25

FIELD

U20M	F7	Shot		
			#N/A	#N/A
			#N/A	#N/A
			#N/A	#N/A

F11	Long jump		w/s		
1	397	Samuel Fraser	Hillingdon AC	6.47	+4.0 (6.45m @ +1.5 best legal)
2	398	Odell Okwuosa	Thames Valley Harrier:	5.90	+4.5 (5.72m @ +1.6 best legal)

U20M	F23	Pole Vault			
	1	402	Conrad Kalinowski	Enfield & Haringey	3.50

F30	Discus			
1	416	Samuel Collingridge	St Mary's Richmond At	40.13

U20M	F39-41	Javelin		
			#N/A	#N/A
			#N/A	#N/A

F40	Triple jump				
1	433	Jude Bright-Davies	Thames Valley Harrier:	15.22	+2.5
2	397	Samuel Fraser	Hillingdon AC	13.12	+2.7
3	398	Odell Okwuosa	Thames Valley Harrier:	12.98	+3.0
4	432	Joel Bright-Davies	Thames Valley Harrier:	12.93	+1.7

U20M	F46-48	Hammer		
			#N/A	#N/A
			#N/A	#N/A

F14	High Jump			
1	375	Prakash Lee Cunningha	St Mary's Richmond At	1.83

MIDDLESEX CHAMPIONSHIPS

U17M \_\_\_\_\_ U17M

T5	800M	FINAL		
1	206	Luke Gray	London Heathside AC	2:06.26
2	205	John Fielding	Ealing Southall & Midd	2:06.42
3	208	Austin Harris	Highgate Harriers	2:08.29
4	209	William McArdle	Trent Park RC	2:11.72
5	202	Alex Bagnall	Team Hounslow AC	2:12.87
6	204	Nicholas Duer	Thames Valley Harrier	2:14.62
7	210	Oliver Weintraub	Thames Valley Harrier	2:20.36
8	207	Aaron Hall	Slough Juniors AC	2:23.24

U17M \_\_\_\_\_

U17M	T10	100M	Heats (1)	w/s	2.4
	1	47	Myron Rhule-Alexande	Victoria Park Harriers &	11.28 Q
	2	44	Dary N'tuka Leonardo	Highgate Harriers	11.29 Q
	3	38	Alexander Animashaun	Harrow AC	12.05 Q
	4	45	Aniekan Okono	Barnet & District AC	12.11 q
	5	40	Michael Kobeh	Shaftesbury Barnet Ha	12.27

T10	100M	Heats (2)	w/s	4.0
1	49	Alex Truscott	Enfield & Haringey AC	11.12 Q
2	42	Phoenix Lyon	Ealing Southall & Midd	11.28 Q
3	39	Shinawat Jaidee	Shaftesbury Barnet Hz	11.60 Q
4	41	Joshua Kumar	Shaftesbury Barnet Hz	11.75 q
5	48	Afolabi Soboyede	London Heathside AC	12.31

U17M	T18	100M	Final	w/s	3.3
	1	49	Alex Truscott	Enfield & Haringey AC	11.02
	2	42	Phoenix Lyon	Ealing Southall & Midd	11.15
	3	47	Myron Rhule-Alexande	Victoria Park Harriers &	11.24
	4	44	Dary N'tuka Leonardo	Highgate Harriers	11.29
	5	41	Joshua Kumar	Shaftesbury Barnet Ha	11.69
	6	38	Alexander Animashaun	Harrow AC	11.79
	7	39	Shinawat Jaidee	Shaftesbury Barnet Ha	11.83
	8	45	Aniekan Okono	Barnet & District AC	12.23

U17M	T29	400M	Final	
			#N/A	#N/A

T30	3000M	Final		
1	288	George Kerry	Ealing Southall & Midd	9:51.05
2	210	Oliver Weintraub	Thames Valley Harrier	10:16.07
3	285	Finn Donlon	Enfield & Haringey AC	10:26.88

U17M	T31	100H	Final	w/s	4.2
	1	340	Kyle Brown	Enfield & Haringey AC	14.90
	2	341	Mattia Cilurzo	Ealing Southall & Midd	15.43

T40	200M	Final	w/s	4.3
1	42	Phoenix Lyon	Ealing Southall & Midd	22.58
2	119	Michael Shonibare	Victoria Park Harriers i	23.01
3	41	Joshua Kumar	Shaftesbury Barnet Hz	23.39
4	118	Malachi Boyce	Thames Valley Harrier	23.68
5	38	Alexander Animashaun	Harrow AC	24.22
6	45	Aniekan Okono	Barnet & District AC	24.92
7	40	Michael Kobeh	Shaftesbury Barnet Hz	25.14
8	39	Shinawat Jaidee	Shaftesbury Barnet Hz	25.53

U17M	T53	1500M	Final		
	1	208	Austin Harris	Highgate Harriers	4:23.7 (M)
	2	292	James Young	Enfield & Haringey AC	4:25.2 (M)
	3	281	Tom Bagnall	Team Hounslow AC	4:31.9 (M)
	4	290	Jem O'Flaherty	London Heathside AC	4:34.5 (M)
	5	287	Liam Garrett	London Heathside AC	4:47.7 (M)
	6	291	Antanas Weston	London Heathside AC	4:52.0 (M)
	7	282	Gabriel Bazzarelli	London Heathside AC	5:09.7 (M)

FIELD

U17M	F7	Shot		
	1	415	Hakim Janha	Highgate Harriers 10.01

F10	Long jump		w/s	
1	394	Idan Gal-Shohet	Highgate Harriers	6.16 +1.4
2	341	Mattia Cilurzo	Ealing Southall & Midd	5.35 +2.5
3	396	Isaac Tibbett	London Heathside AC	4.88 +1.9

U17M	F13	High jump		
	1	374	Toni Ademuwagun	Thames Valley Harriers 1.70
	2	291	Antanas Weston	London Heathside AC 1.50

F22	Pole vault		
1	401	Ross Hajipanayi	Enfield & Haringey AC 3.50

U17M **F30-32 Discus**

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#N/A #N/A

**F37 Javelin**

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1 388 Luke Miller Ealing Southall & Midc 51.59  
2 389 Johnny Payne Highgate Harriers 42.66

U17M **F42-45 Triple jump**

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1 #N/A #N/A  
2 #N/A #N/A

w/s

**F44 Hammer**

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1



5	372	Ted Buckle	St Mary's Richmond A	20.50
6	116	Alex Lytrides	Trent Park RC	19.08

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U13M	T62	800m			
	1	187	Ruari McGonagle	London Heathside	2:24.50
	2	183	Jake Alan	Enfield & Haringe	2:30.18
	3	184	Nathan Douglas	Trent Park RC	2:33.55
	4	113	Ben Freer	St Mary's Richmo	2:35.17
	5	114	William Paterson Denton	Team Hounslow /	2:38.37
	6	186	Najib Hersi	Ealing Southall &	2:39.56
	7	185	Harry Gilzean	Enfield & Haringe	2:42.19
	8	29	Jude Gunn	Thames Valley Ha	2:56.94
	9	188	Benjamin Rawsthorne	Team Hounslow /	3:03.60

T	75mH	w/s
1		
2		
3		
4		
5		

T78	200m	Final	w/s	1.9
1	27	Nikhil Chander	Hillingdon AC	26.20
2	26	Jon Awuah	Team Hounslow /	26.22
3	30	Kai Whittaker	Hillingdon AC	28.83
4	113	Ben Freer	St Mary's Richmo	30.13
5	114	William Paterson Denton	Team Hounslow /	31.45
6	28	Arun Forrest	Hillingdon AC	32.53

T70	100m	w/s	0.9	
1	27	Nikhil Chander	Hillingdon AC	12.69
2	26	Jon Awuah	Team Hounslow AC	12.94
3	30	Kai Whittaker	Hillingdon AC	13.55
4	24	Aaron Ashmead-Shoye	Newham & Essex Beagles	13.63
5	460	Michael Ogbechie	Highgate Harriers	14.72
6	25	Kevinas Atkociunas	Trent Park RC	15.40
7	28	Arun Forrest	Hillingdon AC	15.65
8	29	Jude Gunn	Thames Valley Harriers	15.95

T	w/s
1	
2	
3	

T82	1500m	Final		
1	261	Basil Rock	Thames Valley Harriers	4:54.67
2	260	Dylan Michel	Shaftesbury Barnet Harri	4:57.61
3	257	Samuel Greenstein	Shaftsbury Barnet Harrier:	5:04.06
4	258	Abdirahim Hamud	Hillingdon AC	5:06.16
5	264	Alfred Turner	Thames Valley Harriers	5:15.45
6	265	Mateo West	Victoria Park Harriers & T	5:16.32
7	259	Mahiis Hersi	Ealing Southall & Middle:	5:25.30
8	262	Charlie Rollo	Thames Valley Harriers	5:42.25
9	263	James Street	Trent Park RC	5:45.20
10	256	Toby Berger	Trent Park RC	6:02.74

FIELD

U13M	F51	High Jump		
	1			
	2			

F52	Shot	3.25Kg		
1	411	Bill Steel	London Heathside	9.15

F51	Long Jump			
1	24	Aaron Ashmead-Shoye	Newham & Essex	4.98
2	27	Nikhil Chander	Hillingdon AC	4.66
3	25	Kevinas Atkociunas	Trent Park RC	3.72
4	30	Kai Whittaker	Hillingdon AC	3.67
5	28	Arun Forest	London Heath	3.28

F	F48	Discus		
	1			
	2			

F54	Javelin			
1	387	Milan Trajkovic	Enfield & Har	32.61
2	411	Bill Steel	London Heat	25.11
3	460	Michael Ogbechie	Highgate Har	16.48

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SW	T3	400H			
	1	358	Sarah Calcott	Enfield & Haringey AC	64.19
	2	359	Lucy Ferguson	Thames Valley Harrier	65.16
	3	442	Rebecca Somerville	Victoria Park Harriers	80.64

T13	3000M Walk		Final	
	1		#N/A	#N/A
	2		#N/A	#N/A
	3		#N/A	#N/A
	4			

SW	T16	100M	Final	w/s	3.9
	1	63	Rachel Miller	Harrow AC	11.54
	2	64	Yourlance Richards	Victoria Park Harriers	13.71
	3	62	Claudia Bioh	London Heathside AC	13.63
		65	Amy Rutherford	Highgate Harriers	DIS

T31	100M w/chair		FINAL	w/s -0.2
	1		#N/A	#N/A

SW	T21	800M	FINAL		
	1	216	Ula Cartwright-Finch	London Heathside AC	2:26.77
	2	217	Grace Conroy	Shaftsbury Barnet Harr	2:29.14
	3	218	Lydia O'Donoghue	West 4 Harriers	2:49.92

T33	100M	Final	w/s	-1.2
	1		#N/A	#N/A
	2		#N/A	#N/A
	3		#N/A	#N/A
	4		#N/A	#N/A
	5		#N/A	#N/A
	6		#N/A	#N/A
	7		#N/A	#N/A
	8		#N/A	#N/A

SW	T23	400M	Final		
	1	173	Susanna Banjo	Newham & Essex Beag	56.49
	2	126	Rebecca Williams	Swansea Harriers AC	56.93
	3	174	Aksha Smith	Enfield & Haringey AC	57.77
	4	124	Noelle O'Regan	London Heathside AC	64.66
	5	123	Sharon Dooley	St Mary's Richmond A	75.07

SW	T38-39	100H	Final	w/s	0.1
	1		#N/A	#N/A	
			#N/A	#N/A	

T35	3000M	Final		
	1	330	Jennifer Wing	London Heathside AC 11:54.01

T46	300M Walk			
	1	353	Maureen Noel	Belgrave Harriers 18:01.46
	2	352	Lynn Jones	Enfield & Haringey AC 19:55.81
	3	354	Melissa O'Hare	Enfield & Haringey AC 21:13.38

SW	T45	200M	Final	w/s	2.3
	1	126	Rebecca Williams	Swansea Harriers AC	25.30
	2	125	Natasha Segal	Birchfield Harriers	25.35
	3	122	Alima Diabate	Highgate Harriers	26.86
	4	124	Noelle O'Regan	London Heathside AC	28.43
	5	65	Amy Rutherford	Highgate Harriers	28.62
	6	123	Sharon Dooley	St Mary's Richmond A	30.26

T55	1500M	Final		
	1	216	Ula Cartwright-Finch	London Heathside AC 5:02.81
	2	218	Lydia O'Donoghue	West 4 Harriers 5:41.27

FIELD

SW	F1	High Jump		

F5	Hammer			
	1	420	Debbie McCaw	Ealing Southall & Midd 46.85
	2	419	Tracey Gould	Ealing Southall & Midd 34.61
	3	381	Charlotte Nicholls	Victoria Park Harriers 29.11
	4	418	Wendy Dunsford	Epsom & Ewell Harrier 24.91

SW	F17	Javelin		
	1	368	Laura Britane	Thames Valley Harrier 41.25
	2	390	Georgie Floyd	Shaftsbury Barnet Ha 37.98
	3	420	Debbie McCaw	Ealing Southall & Midc 22.68
	4	419	Tracey Gould	Ealing Southall & Midc 18.97

F20	Pole vault			
	1	403	Helen Leadbetter	Ealing Southall & Midd 2.50
	2	404	Marina Mackinder	Enfield & Haringey AC 2.30

SW	F26	Long jump		w/s	legal
	1	399	Emma Gayler	Harrow AC 5.63 +3.00 none	

F29	Discus			
	1	368	Laura Britane	Thames Valley Harriers 38.32
	2	417	Harriet Connor	St. Mary's Richmond A 33.32
	3	420	Debbie McCaw	Ealing Southall & Midd 30.16
	4	419	Tracey Gould	Ealing Southall & Midd 22.43
	5	418	Wendy Dunsford	Epsom & Ewell Harrier 21.12

SW	F33	Triple jump		w/s	legal
	1	434	Montana Jackson	Thames Valley Harrier 12.72 +2.9 12.32 w/s 1.45	
	2	435	Lia Stephenson	Thames Valley Harrier 12.37 +3.4 none	

F36	Shot			
	1	417	Harriet Connor	St. Mary's Richmond A 10.43
	2	420	Debbie McCaw	Ealing Southall & Midd 9.53
	3	419	Tracey Gould	Ealing Southall & Midd 7.49
	4	418	Wendy Dunsford	Epsom & Ewell Harrier 7.40

MIDDLESEX CHAMPIONSHIPS

U20W	T12	100M	Final	w/s	1.7
	1	102	Brittany Robinson	Thames Valley Harrier:	12.04
	2	99	Leanza Dwaah	Enfield & Haringey AC	12.24
	3	96	Laura Aregbe	Harrow AC	12.27
	4	98	Venus Benjamin-Maclean	Thames Valley Harrier:	12.65
	5	101	Salome Japal	Enfield & Haringey AC	12.85
	6	100	Valentina Granata	Enfield & Haringey AC	13.09

U20W

U20W	T32	100H	Final	w/s	4.2
	1	143	Laura Darcey	Kingston AC & Polytecl	16.62

U20W	T34	3000M	Final	w/s	2.8
		250	Georgia Fear	Highgate Harriers	DNS

T44	200M	Heat 2	w/s	2.8
1	102	Brittany Robinson	Thames Valley Harrier:	25.09 Q
2	99	Leanza Dwaah	Enfield & Haringey AC	25.89 Q
3	98	Venus Benjamin-Maclean	Thames Valley Harrier:	26.34 Q
4	146	Mary Martin	Enfield & Haringey AC	26.79 q

U20W T55 1500M Final

T	800M	w/s	2.45.63
1	Genevieve Weston	London Heathside	2.45.63

T24	400M	Final	w/s	69.12
1	144	Nousayba Kaboash	Thames Valley Harrier:	69.12
	142	Nastassja Allin	Enfield & Haringey AC	DNS

w/s

T44	200M	Heat 1	w/s	2.5
1	145	Ocean Lewis	Victoria Park Harriers	25.10 Q
2	142	Nastassja Allin	Enfield & Haringey AC	25.35 Q
3	147	Chloe Thornton	Enfield & Haringey AC	26.83 Q
4	100	Valentina Granata	Enfield & Haringey AC	27.24 q
5	144	Nousayba Kaboash	Thames Valley Harrier:	28.87

T52	200M	Final	w/s	2.3
1	102	Brittany Robinson	Thames Valley Harrier:	24.79
2	142	Nastassja Allin	Enfield & Haringey AC	24.88
3	146	Mary Martin	Enfield & Haringey AC	25.20
4	145	Ocean Lewis	Victoria Park Harriers	25.43
5	99	Leanza Dwaah	Enfield & Haringey AC	26.30
6	98	Venus Benjamin-Macle	Thames Valley Harrier:	26.41
7	100	Valentina Granata	Enfield & Haringey AC	27.07

FIELD

U20W	F16-20	Pole Vault	#N/A	#N/A
	1		#N/A	#N/A

F16	Javelin	w/s	19.03
1	370	Ellie Chandler	Windsor Slough Eton

U20W	F25	Long jump	w/s	Legal		
	1	146	Mary Martin	Enfield & Haringey AC	5.22 +3.6	none
	2	143	Laura Darcey	Kingston AC & Polytecl	4.97 +3.1	none

F28	Discus	w/s	26.41
1	371	Nnenna Eronini	Victoria Park Harriers
2	370	Ellie Chandler	Windsor Slough Eton

U20W	F33-35	Triple Jump	#N/A	#N/A
	1		#N/A	#N/A
	2		#N/A	#N/A

F35	Shot	w/s	10.69
1	429	Elianne Mahay-Goodrii	Enfield & Haringey AC
2	428	Funmi Ademuwagun	Thames Valley Harrier:

U20W	F2	High Jump	w/s	1.60
	1	380	Grace Mee	Highgate Harriers

F5	Hammer	w/s	43.62
1	370	Ellie Chandler	Windsor Slough Eton

MIDDLESEX CHAMPIONSHIPS

U17W	T4	300H	Final		
	1	440	Rachel Carter	Shaftesbury Barnet Ha	47.64
	2	366	Laura Stewart	Ealing Southall & Midd	48.54
	3	364	Lillian Bangula	Victoria Park Harriers &	50.78

T14	300m	Final			
1	157	Michelle Mamudu	Victoria Park Harriers	40.72	
2	138	Jaye Haley	Thames Valley Harrier:	43.63	
3	158	Cameron Thomas	Ealing Southall & Midc	45.31	
4	155	Daisy Griffin	Highgate Harriers	45.61	
5	154	Lile Cornwell	Shaftesbury Barnet Ha	48.85	
6	153	Hollie Acraman	Hillingdon AC	DNS	

U17W	T8	800M	Heat 1			
	1	249	Kosana Weir	Thames Valley Harriers	2:30.49	Q
	2	241	Alice Harray	Thames Valley Harriers	2:30.52	Q
	3	238	Amelia Casey	Thames Valley Harriers	2:31.14	Q
	4	240	Beth Hargreaves	Trent Park RC	2:32.96	q
	5	155	Daisy Griffin	Highgate Harriers	2:33.98	q
	6	244	Meg Naylor	London Heathside AC	2:39.15	
	7	246	Ellena Rugg	Enfield & Haringey AC	3:11.48	

T15	100M	Heat 1	w/s	2.4
1	88	Hannah Hall	Thames Valley Harrier:	12.28
2	87	Ayisha Futa	Enfield & Haringey AC	12.70
3	90	Lottie Horton	Ealing Southall & Midc	12.86
4	93	Sophia Obi	Shaftesbury Barnet Ha	13.05
5	92	Jessica McMorrow	Shaftesbury Barnet Ha	13.47

T15	100M	Heat 2	w/s	2.9
1	91	Chinwe Iwunze	Shaftsbury Barnet Harri:	12.66
2	89	Amy Hillier	Hillingdon AC	12.72
3	86	Constanza Di Borgoricco	Highgate Harriers	13.12
4	94	Natalia Riwnyj	Team Hounslow AC	14.39

T28	100M	Final	w/s	2.3
1	88	Hannah Hall	Thames Valley Harrier:	12.23
2	91	Chinwe Iwunze	Shaftsbury Barnet Harri	12.61
3	89	Amy Hillier	Hillingdon AC	12.65
4	90	Lottie Horton	Ealing Southall & Midc	12.74
5	87	Ayisha Futa	Enfield & Haringey AC	12.80
6	93	Sophia Obi	Shaftesbury Barnet Ha	13.17
7	86	Constanza Di Borgoricc	Highgate Harriers	13.23
8	92	Jessica McMorrow	Shaftesbury Barnet Ha	13.60

U17W	T8	800M	Heat 2			
	1	247	Nicole Toft	Belgrave Harriers	2:38.33	Q
	2	239	Josephine Chadwick	Shaftesbury Barnet Ha	2:38.43	Q
	3	153	Hollie Acraman	Hillingdon AC	2:40.06	Q
	4	243	Kayla Michel	Shaftesbury Barnet Ha	2:44.18	
	5	242	Lily McKay	London Heathside AC	2:49.62	
		154	Lile Cornwell	Shaftesbury Barnet Ha	DIS	

T33	3000M	Final			
1	248	India Weir	Thames Valley Harrier:	10:19.31	
2	327	Verity Walker	Thames Valley Harrier:	11:31.07	
3	323	Phoebe Adugna	London Heathside AC	14:27.22	

U17W	T38	80H	Final	w/s	2.5
	1	140	Claudimira Landim	Victoria Park Harriers &	12.13
	2	365	Amelia Macdonald	Enfield & Haringey AC	12.47
	3	93	Sophia Obi	Shaftesbury Barnet Ha	12.53

T43	200M	Heat 1	w/s	0.0
1	88	Hannah Hall	Thames Valley Harrier:	25.88
2	90	Lottie Horton	Ealing Southall & Midc	27.16
3	140	Claudimira Landim	Victoria Park Harriers	27.48
4	86	Constanza Di Borgoricc	Highgate Harriers	27.82
5	92	Jessica McMorrow	Shaftesbury Barnet Ha	29.93

T43	200M	Heat 2	w/s	2.0
1	89	Amy Hillier	Hillingdon AC	26.69
2	138	Jaye Haley	Thames Valley Harriers	27.45
3	91	Chinwe Iwunze	Shaftsbury Barnet Harri:	28.04
4	139	Amber Henry	Ealing Southall & Midd	28.37

T51	200M	Final	w/s	1.1
1	88	Hannah Hall	Thames Valley Harrier:	25.65
2	89	Amy Hillier	Hillingdon AC	26.68
3	90	Lottie Horton	Ealing Southall & Midc	27.29
4	140	Claudimira Landim	Victoria Park Harriers	27.36
5	86	Constanza Di Borgoricc	Highgate Harriers	27.54
6	138	Jaye Haley	Thames Valley Harrier:	27.55

U17W	T22	800M	Final			
	1	249	Kosana Weir	Thames Valley Harriers	2:23.7	(M)
	2	247	Nicole Toft	Belgrave Harriers	2:25.5	(M)
	3	241	Alice Harray	Thames Valley Harriers	2:26.4	(M)
	4	239	Josephine Chadwick	Shaftesbury Barnet Ha	2:27.1	(M)
	5	238	Amelia Casey	Thames Valley Harriers	2:28.6	(M)
	6	153	Hollie Acraman	Hillingdon AC	2:34.6	(M)
	7	240	Beth Hargreaves	Trent Park RC	2:36.8	(M)
		155	Daisy Griffin	Highgate Harriers	DNS	

T54	1500M	Final			
1	249	Kosana Weir	Thames Valley Harrier:	4:55.87	
2	326	Nicola Ravenhill	Ealing Southall & Midc	5:01.31	
3	325	Beth Forster	Enfield & Haringey AC	5:09.17	
4	241	Alice Harray	Thames Valley Harrier:	5:11.87	

FIELD

U17W	F1	High Jump			
	1	365	Amelia Macdonald	Enfield & Haringey AC	1.50
	2	377	Ambra Beason	Hillingdon AC	1.45
	3	379	Anna McAllister	London Heathside AC	1.40

F4	Hammer			
1	427	Zoya Styles	Ealing Southall & Midc	36.76
2	369	Morgan Holder	Watford Harriers	17.57

U17W	F15	Javelin			
	1	391	Emily Wilcock	Hillingdon AC	31.72

F19	Pole vault			
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U17W	F24	Long jump		w/s	Best Legal	
	1	365	Amelia Macdonald	Enfield & Haringey AC	5.17	+4.6 4.99 w/s +1.7
	2	377	Ambra Beason	Hillingdon AC	4.52	+3.9 4.51 w/s +1.3
	3	155	Daisy Griffin	Highgate Harriers	4.11	+3.5 3.95 w/s +1.5

F27	Discus			
1	369	Morgan Holder	Watford Harriers	13.00

U17W	F32	Triple jump		w/s		
	1	140	Claudimira Landim	Victoria Park Harriers &	12.00	+2.1 none
	2	377	Ambra Beason	Hillingdon AC	9.52	+3.1 9.39 w/s +1.5
	3	436	Roisin Lynch	Ealing Southall & Midd	9.20	+5.1 8.87 w/s +1.2

F34	Shot			
1	427	Zoya Styles	Ealing Southall & Midc	8.81

MIDDLESEX CHAMPIONSHIPS

U15W	T61	800m			
	1	132	Charlotte Buckley	Thames Valley Harr	2:21.57
	2	235	Lucy O'Brien	Ealing Southall & M	2:28.64
	3	227	Matilda Atkins	Medway & Maidsto	2:32.46
	4	226	Robyn Allwright	Trent Park RC	2:37.70
	5	233	Ellie Gilmore	Highgate Harriers	2:38.33
	6	231	Imogen Deakin	St Mary's Richmond	2:39.99
	7	230	Charlotte Cooney-Quinn	Thames Valley Harr	2:40.34
	8	236	Lily Salkeld	Thames Valley Harr	2:40.45
	9	229	Isabella Brand	Trent Park RC	2:42.02
	10	228	Nicole Bibaud	Enfield & Haringey	2:49.03
	11	234	HANNAH LONG	Victoria Park Harrie	2:49.97

T63	75mH		w/s	
	1	362	Cristina Potter	Shaftesbury Barnet 12.34
	2	230	Charlotte Cooney-Quinn	Thames Valley Harr 16.35
	3			
	4			

T67	100m	Final	w/s	0.2
	1	78	Nayanna Dubarry-Gay	Victoria Park Harrie 12.37
	2	83	Shania Umah	Highgate Harriers 12.55
	3	80	Zurriel Owolana	Harrow AC 12.82
	4	79	Latifah Harris-Osman	Shaftesbury Barnet 13.02
	5	84	Cartier Yearwood	Harrow AC 13.08
	6	81	Shakira Riley	Shaftesbury Barnet 13.56
	7	77	Emily Colyer	Hillingdon AC 14.02
	8	76	Tara Arora	Hillingdon AC 14.75

T71	300m			
	1	133	Kiah Dubarry-Gay	Victoria Park Harrie 41.17 CBP
	2	132	Charlotte Buckley	Thames Valley Harr 41.80
	3	136	Pamela Isaacs	Hillingdon AC 48.34
	4	76	Tara Arora	Hillingdon AC 50.65
	5	134	Rosie Hickey	Hillingdon AC 50.97

T	1500m			
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			

T79	200m	Heat 1	w/s	3.8
	1	84	Cartier Yearwood	Harrow AC 26.65 Q
	2	132	Charlotte Buckley	Thames Valley Harr 27.22 Q
	3	79	Latifah Harris-Osman	Shaftesbury Barnet 30.00 Q
	4	136	Pamela Isaacs	Hillingdon AC 31.71
	5	134	Rosie Hickey	Hillingdon AC 33.64

T85	200m	Final	w/s	-0.2
	1	133	Kiah Dubarry-Gay	Victoria Park Harrie 25.60
	2	80	Zurriel Owolana	Harrow AC 26.57
	3	132	Charlotte Buckley	Thames Valley Harr 26.81
	4	84	Cartier Yearwood	Harrow AC 27.44
	5	79	Latifah Harris-Osman	Shaftesbury Barnet 28.66
	6	135	Lauryn Holder	Watford Harriers 29.37
		77	Emily Colyer	Hillingdon AC DNS
		81	Shakira Riley	Shaftesbury Barnet DNS

T	w/s			

-0.4

T72	100m	Heat 2	w/s	
	1			
	2			
	3			
	4			
	5			
	6			
	7			

T80	1500m	Final		
	1	320	Lia Radus	Blackheath & Bromley 4:55.72
	2	317	Yasmin Marghini	Blackheath & Bromley 4:57.45
	3	322	Ava White	Thames Valley Harrier 5:00.40
	4	309	Adelaide Clair	Belgrave Harriers 5:15.03
	5	310	Melina Duer	Thames Valley Harrier 5:17.90
	6	318	Grace Miller	Victoria Park Harriers 5:18.91
	7	308	Lily Cheshire	Thames Valley Harrier 5:24.34
	8	316	Sabrina Mannes	Belgrave Harriers 5:27.40
	9	314	Mya Hornett	Trent Park RC 5:27.96
	10	319	Niamh Murphy	Thames Valley Harrier 5:28.01
	11	307	Megan Alexander	Trent Park RC 5:28.05
	12	313	Emily Hathaway	Trent Park RC 5:28.98
	13	312	Ella Hartley	Highgate Harriers 5:36.48
	14	315	Anisa Ibrahim	Ealing Southall & Midt 5:45.46
	15	321	Capucine Rousset	Thames Valley Harrier 6:17.28

T79	200m	Heat 2	w/s	2.4
	1	80	Zurriel Owolana	Harrow AC 26.62 Q
	2	133	Kiah Dubarry-Gay	Victoria Park Harriers 27.68 Q
	3	81	Shakira Riley	Shaftesbury Barnet Hc 28.90 Q
	4	135	Lauryn Holder	Watford Harriers 29.25 q
	5	77	Emily Colyer	Hillingdon AC 29.42 q
	6	137	Patricia Timbal	Thames Valley Harrier 30.43

FIELD

U15W	F3	Hammer		
	1	382	Abigail Ashmead-Shoye	Newham & Essex Br 11.50

F50	Javelin			
	1	362	Cristina Potter	Shaftesbury Barnet 31.64
	2	422	Holly Hall	Hillingdon AC 31.26
	3	425	Susanna Pahl	Hillingdon AC 14.91

F44	Discus			
	1	422	Holly Hall	Hillingdon AC 32.47
	2	423	Precious Hamilton	Victoria Park Harrie 27.29
	3	439	Chardonay Claridge Leslie	Victoria Park Harrie 18.69
	4	424	Kacey Laird	Hillingdon AC 17.62

F18	Pole vault			
	1	405	Jade Spencer-Smith	Harrow AC 3.20
	2	406	Inti Temba	Enfield & Haringey AC 2.30

F57	Shot	3K		
	1	423	Precious Hamilton	Victoria Park Harriers 10.56
	2	362	Cristina Potter	Shaftesbury Barnet Hc 8.24
	3	439	Chardonay Claridge Le	Victoria Park Harriers 8.18
	4	424	Kacey Laird	Hillingdon AC 5.91
	5	425	Susanna Pahl	Hillingdon AC 5.89

F59	High Jump			
	1	135	Lauryn Holder	Watford Harriers 1.40

<b>F61</b>		<b>Long Jump</b>		
1	80	Zuriel Owolana	Harrow AC	5.16
2	136	Pamela Isaacs	Hillingdon AC	4.08
3	76	Tara Arora	Hillingdon AC	3.84
4	236	Lily Salkeld	Thames Valley Harr	3.70
5	134	Rosie Hickey	Hillingdon AC	3.50

MIDDLESEX CHAMPIONSHIPS

U13W	T59	70H		w/s	-1.4
	1	360	Clara Mee	Highgate Harrie	12.02
	2	70	Naomi Holder	Harrow AC	13.72

T60	800m				
	1	72	Zakia Mossi	Thames Valley F	2:33.97
	2	224	Valentina Sharpe	Victoria Park Ha	2:38.58
	3	221	Matilda Heath	London Heathsi	2:41.72
	4	220	Monica Deakin	St Mary's Richm	2:42.53
	5	222	Lara Mannes	Belgrave Harrie	2:49.60
	6	219	Alice Banks	Enfield & Haring	2:49.64
	7	225	Isabella Steel	Trent Park RC	3:12.01

T77	200m	Heat 1	w/s	1.8	
	1	67	Mya Ashbourne	Harrow AC	28.19 Q
	2	74	Sophia Sood	Team Hounslow	28.87 Q
	3	70	Naomi Holder	Harrow AC	29.59 Q
	4	71	Brogan McCafferty	Cookham RC	29.66 q
	5	131	Eva-Marie Weintraub	Thames Valley F	32.27
		68	Tiarnay Brown	Victoria Park Ha	DNS

T69	100m	Final	w/s	0.1 / 1.5	
	1	67	Mya Ashbourne	Harrow AC	13.43
	2	75	Nia Weddeerburn-Goodiso	Harrow AC	13.53
	3	74	Sophia Sood	Team Hounslow	13.79
	4	72	Zakia Mossi	Thames Valley F	13.81
	5	71	Brogan McCafferty	Cookham RC	13.82
	6	68	Tiarnay Brown	Victoria Park Ha	14.12
	7	73	Lea Felicia Reyna Faria	Shaftesbury Bar	14.33
	8	70	Naomi Holder	Harrow AC	14.42
	9	69	Tianna Campbell	Harrow AC	14.72

T81	1500m	Final			
	1	306	Naomi Toft	Belgrave Harrie	4:54.15 CBP
	2	300	Lydia Louw	Hillingdon AC	5:09.44
	3	303	Maayan Radus	Blackheath & Br	5:12.02
	4	302	Katherine Mckenzie	Enfield & Haring	5:17.01
	5	298	Evie Doe	Victoria Park Ha	5:19.11
	6	130	Kate Price	Thames Valley F	5:20.06
	7	305	Imogen Scott-Gall	Victoria Park Ha	5:25.05
	8	299	Rose Garrett	London Heathsi	5:42.56
	9	296	OLIVIA COLEGRAVE	Thames Valley F	5:52.27
	10	297	Lily Dafter	Thames Valley F	6:00.49
	11	131	Eva-Marie Weintraub	Thames Valley F	6:05.57
	12	304	Camille Rousset	Thames Valley F	7:08.49

T	w/s			
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T77	200m	Heat 2	w/s	2.5	
	1	75	Nia Weddeerburn-Goodiso	Harrow AC	28.85 Q
	2	73	Lea Felicia Reyna Faria	Shaftesbury Barnet H	29.30 Q
	3	128	Amy Greig	St Mary's Richmond F	31.23 Q
	4	69	Tianna Campbell	Harrow AC	31.30 q
	5	129	Lisa Ozaki	Hillingdon AC	31.76
	6	130	Kate Price	Thames Valley Harrie	31.79

T84	200m	Final	w/s	1.1	
	1	67	Mya Ashbourne	Harrow AC	27.23
	2	75	Nia Weddeerburn-Goodiso	Harrow AC	28.00
	3	74	Sophia Sood	Team Hounslow AC	28.98
	4	73	Lea Felicia Reyna Faria	Shaftesbury Barnet H	29.24
	5	71	Brogan McCafferty	Cookham RC	30.26
	6	70	Naomi Holder	Harrow AC	30.35
	7	69	Tianna Campbell	Harrow AC	31.45
	8	128	Amy Greig	St Mary's Richmond F	31.73

FIELD

U13W	F46	Long Jump			
	1	360	Clara Mee	Highgate Harrie	4.25
	2	69	Tianna Campbell	Harrow AC	4.18
	3	73	Lea Felicia Reyna Faria	Shaftesbury Bar	3.99
	4	376	Louise Alexander Bradley	Hillingdon AC	3.85
	5	128	Amy Greig	St Mary's Richm	3.64
	6	220	Monica Deakin	St Mary's Richm	3.60
	7	299	Rose Garrett	London Heathsi	3.41

F56	Shot	2.72K			
	1	421	Lucy Wilcock	Hillingdon AC	7.10

F58	High Jump				
	1	376	Louise Alexander Bradley	Hillingdon AC	1.43
	2	360	Clara Mee	Highgate Harrie	1.40
	3	129	Lisa Ozaki	Hillingdon AC	1.30
	4	224	Valentina Sharpe	Victoria Park Ha	1.20
	5	297	Lily Dafter	Thames Valley F	1.15
	6	220	Monica Deakin	St Mary's Richm	1.15

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F43	Discus				
	1	421	Lucy Wilcock	Hillingdon AC	17.70

F49	Javelin				
	1	421	Lucy Wilcock	Hillingdon AC	22.06