

Middlesex Indoor Championships - Lee Valley Indoor Athletics Centre 19/20 March 2016

(a) Saturday, (b) Sunday

SM 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	611	Alex Murdock	Victoria Park & TH AC	6.99	Q
2	608	Errol Houston	Enfield & Haringey AC	7.08	Q
3	606	Stephen Griffith	Unattached	7.15	q
4	615	Eniola Oluwasanya	Victoria Park & TH AC	7.18	q
5	601	David Ayre	London Heathside R	8.00	
6	621	Alexander Tarroni	Victoria Park & TH AC	8.14	
Heat 2					
	No.	Athlete	Club	Perf	
1	607	Mark Hanson	Enfield & Haringey AC	7.03	Q
2	609	Cejay McLaughlin	Enfield & Haringey AC	7.06	Q
3	618	Rory Roberts	Enfield & Haringey AC	7.12	q
4	613	Emmanuel Nwaobodo	London Heathside R	7.35	q
5	622	Rob Thomson	London Heathside R	7.99	
Heat 3					
	No.	Athlete	Club	Perf	
1	605	Jordan Glaze	London Heathside R	7.10	Q
2	612	Benjamin Noel	Highgate Harriers	7.29	Q
3	619	Lumar Sylvester	Thames Valley Harr	7.42	
4	603	Peter Edmunds	Highgate Harriers	7.45	
5	617	Denzel Reis Da Silva	Victoria Park & TH AC	7.89	
Heat 4					
	No.	Athlete	Club	Perf	
1	614	Alexander Ojo	Windsor Slough Eton & H	6.99	Q
2	616	Subomi Onanuga	Thames Valley Harr	7.00	Q
3	604	Alexander Evelegh	Highgate Harriers	7.41	
4	602	Jason Dwaah	Unattached	7.52	
5	620	Daniel Tagoe	Track Academy	9.59	
S/F 1					
	No.	Athlete	Club	Perf	
1	611	Alex Murdock	Victoria Park & TH AC	6.95	Q
2	616	Subomi Onanuga	Thames Valley Harr	6.97	Q
3	609	Cejay McLaughlin	Enfield & Haringey AC	7.00	Q
4	605	Jordan Glaze	London Heathside R	7.05	

5	613	Emmanuel Nwaobodo	London Heathside R	7.33	
	606	Stephen Griffith	Unattached	DNS	
S/F 2					
	No.	Athlete	Club	Perf	
1	607	Mark Hanson	Enfield & Haringey AC	6.93	Q
2	614	Alexander Ojo	Windsor Slough Eton & H	6.99	Q
3	608	Errol Houston	Enfield & Haringey AC	7.05	Q
4	618	Rory Roberts	Enfield & Haringey AC	7.11	
5	615	Eniola Oluwasanya	Victoria Park & TH AC	7.26	
6	612	Benjamin Noel	Highgate Harriers	7.27	
Final					
	No.	Athlete	Club	Perf	
1	607	Mark Hanson	Enfield & Haringey AC	6.90	
2	611	Alex Murdock	Victoria Park & TH AC	6.92	
3	616	Subomi Onanuga	Thames Valley Harr	7.00	
4	608	Errol Houston	Enfield & Haringey AC	7.06	
5	609	Cejay McLaughlin	Enfield & Haringey AC	7.08	
	614	Alexander Ojo	Windsor Slough Eton & H	DIS	

SM 200m (a)

Final				
	No.	Athlete	Club	Perf
1	604	Alexander Evelegh	Highgate Harriers	23.1
2	729	Darren Corbin	Enfield & Haringey AC	23.5
3	621	Alexander Tarroni	Victoria Park & TH AC	26.3

SM 400m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	753	Kevin Kimuana	Thames Valley Harr	51.63	Q
2	729	Darren Corbin	Enfield & Haringey AC	51.81	Q
3	749	Ayoub Bahlouli	Victoria Park & TH AC	51.93	q
4	754	Richard Macaulay	London Heathside R	55.93	
5	750	Caspar Donnison	Thames Valley Harr	56.16	
Heat 2					
	No.	Athlete	Club	Perf	
1	752	Alex Fields	Bristol & West AC	52.26	Q
2	757	Michael Skee	Enfield & Haringey AC	52.37	Q

3	755	Adrian Richards	Enfield & Haringey AC	52.80
4	758	Richard Solomon	Thames Valley Harr	53.57
5	756	David Shortridge (M45)	Victoria Park & TH AC	59.25
Final				
	No.	Athlete	Club	Perf
1	757	Michael Skee	Enfield & Haringey AC	50.33
2	729	Darren Corbin	Enfield & Haringey AC	50.72
3	752	Alex Fields	Bristol & West AC	51.93
4	755	Adrian Richards	Enfield & Haringey AC	52.41

SM 800m (a)

Final				
	No.	Athlete	Club	Perf
1	777	Shaka Palmer	Enfield & Haringey AC	1:59.26
2	754	Richard Macaulay	London Heathside R	2:02.60
3	776	Kieran Moreland	Shaftesbury Barnet H	2:05.67
4	750	Caspar Donnison	Thames Valley Harr	2:05.76
5	756	David Shortridge (M45)	Victoria Park & TH AC	2:24.50

SM 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	624	George Vaughan (U20M)	Enfield & Haringey AC	8.49

SM Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	825	Stelvio Lemos	Enfield & Haringey AC	3.50
2	824	Duncan Hicklin	London Heathside R	3.40
	826	Shaun Slator	Newham & Essex Beagles	NHR

3.50 xxo
3.00 o;3.20 o;3.30 o;3.40 xo;3.50 xxx
2.00 xxx

SM Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	613	Emmanuel Nwaobodo	London Heathside R	6.70
2	620	Daniel Tagoe	Track Academy	2.62

6.29; NJ; 6.46; 6.70
2.62; 2.53; NJ; 2.46

SM Shot (a)

Final				
	No.	Athlete	Club	Dist
1	848	Kevin Acraman	Hillingdon AC	9.64
2	849	Glen Crowie	Hillingdon AC	8.06

9.08; 8.89; 9.60; 9.64
7.49; 7.99; 7.75; 8.06

SM Disability Shot (a)

Final				
	No.	Athlete	Club	Perf
1	855	Lorn Mayers (F42)	Enfield & Haringey AC	11.56

11.43; 11.32; 11.56; 10.86

U20M 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	632	Jordan Francis	Thames Valley Harr	7.12	Q
2	628	Jude Bright-Davies	Thames Valley Harr	7.36	Q
3	637	Tyrell Mills-Rhule	Thames Valley Harr	7.46	
4	626	Amar-Mazigh Aichoun	Thames Valley Harr	7.58	
5	630	Ash Conteh	Ealing Southall & Middx	7.67	
Heat 2					
	No.	Athlete	Club	Perf	
1	627	Niall Bevan	Enfield & Haringey AC	7.14	Q
2	640	Desmond Ofasi	Ealing Southall & Middx	7.33	Q
3	646	Marsin Sesay	Thames Valley Harr	7.35	q
4	645	Thomas Sanders	Ealing Southall & Middx	7.37	q
5	631	Shaquille Eusebe	Victoria Park & TH AC	8.00	
Heat 3					
	No.	Athlete	Club	Perf	
1	639	Alexander Moka	Serpentine	7.13	Q
2	629	Denley Charlery	Victoria Park & TH AC	7.23	Q
3	634	William Lord	Ealing Southall & Middx	7.28	q
4	633	Sam Fraser	Hillingdon AC	7.36	q
5	647	Edgar Vieira	Victoria Park & TH AC	7.67	
S/F 1					
	No.	Athlete	Club	Perf	
1	627	Niall Bevan	Enfield & Haringey AC	7.10	Q
2	632	Jordan Francis	Thames Valley Harr	7.12	Q
3	629	Denley Charlery	Victoria Park & TH AC	7.21	Q
4	638	Kamal Mitchell	Thames Valley Harr	7.25	

5	640	Desmond Ofasi	Ealing Southall & Middx	7.27	
6	628	Jude Bright-Davies	Thames Valley Harr	7.33	
S/F 2					
	No.	Athlete	Club	Perf	
1	643	Keano-Elliott Paris-Samuel	Thames Valley Harr	7.11	Q
2	634	William Lord	Ealing Southall & Middx	7.20	Q
3	633	Sam Fraser	Hillingdon AC	7.31	Q
4	646	Marsin Sesay	Thames Valley Harr	7.35	
5	645	Thomas Sanders	Ealing Southall & Middx	7.38	
	639	Alexander Moka	Serpentine	DIS	
Final					
	No.	Athlete	Club	Perf	
1	627	Niall Bevan	Enfield & Haringey AC	7.03	
2	643	Keano-Elliott Paris-Samuel	Thames Valley Harr	7.09	
3	632	Jordan Francis	Thames Valley Harr	7.09	
4	629	Denley Charlery	Victoria Park & TH AC	7.21	
5	634	William Lord	Ealing Southall & Middx	7.24	
6	633	Sam Fraser	Hillingdon AC	7.26	

U20M 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	731	Sean Crowie	Hillingdon AC	22.8	Q
2	637	Tyrell Mills-Rhule	Thames Valley Harr	24.0	q
3	626	Amar-Mazigh Aichoun	Thames Valley Harr	25.2	
	632	Jordan Francis	Thames Valley Harr	DIS	
Heat 2					
	No.	Athlete	Club	Perf	
1	643	Keano-Elliott Paris-Samuel	Thames Valley Harr	23.3	Q
2	638	Kamal Mitchell	Thames Valley Harr	23.4	q
3	644	Darnell Plummer	London Heathside R	24.4	q
Final					
	No.	Athlete	Club	Perf	
1	731	Sean Crowie	Hillingdon AC	22.37	
2	643	Keano-Elliott Paris-Samuel	Thames Valley Harr	22.90	
3	638	Kamal Mitchell	Thames Valley Harr	23.10	
4	637	Tyrell Mills-Rhule	Thames Valley Harr	23.80	
5	644	Darnell Plummer	London Heathside R	24.37	

U20M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	761	Shea Holloway	Harrow AC	52.54
2	759	Rowan Board	Ealing Southall & Middx	53.81
3	762	Julian Lamy	Shaftesbury Barnet H	55.07

U20M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	780	Khalid Ali Ahmed	Shaftesbury Barnet H	2:01.37
2	762	Julian Lamy	Shaftesbury Barnet H	2:01.41
3	782	Noor Mohamoud	Harrow AC	2:02.40
4	779	Ajibola Aderemi	Victoria Park & TH AC	2:05.25

U20M High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	816	Prakash Lee-Cunningham	St Mary's Richmond AC	1.80

1.70 o;1.75 o;1.80 xo;1.85 xxx

U20M Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	827	Conrad Kalinowski	Enfield & Haringey AC	3.90

3.50 xo;3.70 o;3.90 xxo;4.00 xxx

U20M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	633	Sam Fraser	Hillingdon AC	6.55
2	833	Odell Okwuosa	Thames Valley Harr	6.18

6.55; 4.59; 6.09; 6.43

NJ; NJ; 5.76; 6.18

U20M Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	833	Odell Okwuosa	Thames Valley Harr	12.51
2	633	Sam Fraser	Hillingdon AC	12.51
3	843	Joel Bright-Davies	Thames Valley Harr	12.20

12.41; 12.51; 12.39; 12.17

12.17; 11.99; NJ; 12.51

12.20; NJ; 12.09; NJ

U20M Shot (a)

Final				
	No.	Athlete	Club	Dist
1	850	Samuel Collingridge	St Mary's Richmond AC	13.13

11.94; 13.13; NT; NT

U17M 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	653	Joseph Barling	Enfield & Haringey AC	7.36	Q
2	649	Samuel Adesanya	Highgate Harriers	7.37	Q
3	650	Amode Azeez	Highgate Harriers	7.64	q
4	648	Abbas Adejonwo	Shaftesbury Barnet H	7.70	q
5	652	Tamim Aziz	Victoria Park & TH AC	7.96	
Heat 2					
	No.	Athlete	Club	Perf	
1	657	Pheonix Lyon	Ealing Southall & Middx	7.23	Q
2	656	Ryan Leonard	Hillingdon AC	7.41	Q
3	661	Afolabi Soboyede	London Heathside R	7.76	
4	655	Emmanuel Enemuwe	Highgate Harriers	7.83	
5	658	Aniekan Okono	Barnet & District AC	7.88	
Final					
	No.	Athlete	Club	Perf	
1	657	Pheonix Lyon	Ealing Southall & Middx	7.20	
2	649	Samuel Adesanya	Highgate Harriers	7.32	
3	653	Joseph Barling	Enfield & Haringey AC	7.38	
4	656	Ryan Leonard	Hillingdon AC	7.43	
5	648	Abbas Adejonwo	Shaftesbury Barnet H	7.70	
6	650	Amode Azeez	Highgate Harriers	7.72	

U17M 200m (a)

Final				
	No.	Athlete	Club	Perf
1	657	Pheonix Lyon	Ealing Southall & Middx	23.1
2	656	Ryan Leonard	Hillingdon AC	24.2
3	732	Malachi Boyce	Thames Valley Harr	24.4
4	733	Donte Elliott	Hillingdon AC	25.8
5	661	Afolabi Soboyede	London Heathside R	26.3

U17M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	732	Malachi Boyce	Thames Valley Harr	54.50
2	763	Alfie Crews	St Mary's Richmond AC	59.24
3	733	Donte Elliott	Hillingdon AC	59.48
4	765	Nathan Tadesse	Shaftesbury Barnet H	61.17
	766	Yuri Zavratchiyski	Enfield & Haringey AC	DIS

U17M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	786	Hamza Kadir	Shaftesbury Barnet H	2:01.35 CBP
2	787	George Kerry	Ealing Southall & Middx	2:08.98
3	785	Dempster Fawden	Highgate Harriers	2:09.47
4	788	Tal Pelmont	Highgate Harriers	2:17.97

U17M 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	810	Finley Hurren	Enfield & Haringey AC	4:31.07

U17M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
0	716	Kyle Brown	Enfield & Haringey AC	9.14

U17M High Jump (b)

Final				
	No.	Athlete	Club	Ht
1	817	William Levy	Shaftesbury Barnet H	1.65

1.65 xo;1.70 xxx

U17M Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	828	Patrick Henderson	Enfield & Haringey AC	2.50

2.50 o;2.60 P;2.70 P;2.80 P;2.90 xxx

U17M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	834	Samuel Antwi	Enfield & Haringey AC	6.15
2	649	Samuel Adesanya	Highgate Harriers	5.62
3	835	Caspar Schulze	London Heathside R	4.73

6.04; 6.09; 6.05; 6.15
 5.62; 5.11; 5.14; 5.27
 4.71; 4.73; 4.64; NJ

U17M Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	844	Teepee Princewill	Harrow AC	13.83
2	834	Samuel Antwi	Enfield & Haringey AC	13.40
3	648	Abbas Adejonwo	Shaftesbury Barnet H	13.28
4	845	Ryan Scott	Enfield & Haringey AC	11.81

13.60; 13.42; 13.64; 13.83
 13.40; 13.21; 13.30; 13.35
 12.80; 13.28; 12.91; 13.11
 11.81; 11.56; 11.53; 11.81

U17M Shot (a)

Final				
	No.	Athlete	Club	Dist
1	655	Emmanuel Enemuwe	Highgate Harriers	11.05

10.64; 10.38; NT; 11.05

U15B 60m (b)

Final				
	No.	Athlete	Club	Perf
1	663	Micah Ageypong	Shaftesbury Barnet H	7.51
2	665	Andrew Nicolaou	Shaftesbury Barnet H	7.62
3	666	Dominic Ogbechie	Highgate Harriers	7.65
4	667	Tyreece Rankin	Highgate Harriers	7.65
5	668	Nicholas Shaw	Shaftesbury Barnet H	7.85
6	670	David Wong	Highgate Harriers	8.34
7	669	Renel Whittingham	Victoria Park & TH AC	8.52

U15B 200m (a)

Final				
	No.	Athlete	Club	Perf
1	663	Micah Ageypong	Shaftesbury Barnet H	24.7
2	665	Andrew Nicolaou	Shaftesbury Barnet H	24.8
Final (Special - non Champs)				
	No.	Athlete	Club	Perf

1	734	Joshua Kumar	Shaftesbury Barnet H	24.82
2	658	Aniekan Okono	Barnet & District	25.90
	654	Alexander Dikeocha	Shaftesbury Barnet H	DIS

#N/A

U15B 300m (b)

Final				
	No.	Athlete	Club	Perf
1	768	Mittio Mohammadian	Shaftesbury Barnet H	40.60
2	767	Olowasubomi Bello	Victoria Park & TH AC	40.64
3	735	Hanei Mokenen	Enfield & Haringey AC	44.56

U15B 800m (a)

Final				
	No.	Athlete	Club	Perf
1	789	Hamse Ahmed	Victoria Park & TH AC	2:20.64
2	791	Joshua Guillen	Enfield & Haringey AC	2:21.85
3	793	Joseph Reynolds	Victoria Park & TH AC	2:23.11
4	790	Lukas Berr	Victoria Park & TH AC	2:23.16

U15B 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	811	Finn Harvey	Shaftesbury Barnet H	4:29.66
2	791	Joshua Guillen	Enfield & Haringey AC	4:49.67

CBP

U15B High Jump (b)

Final				
	No.	Athlete	Club	Ht
1	666	Dominic Ogbechie	Highgate Harriers	1.85
2	819	Gabriel Wilmsburst	London Heathside R	1.55
3	818	Thomas Edwards	Hillingdon AC	1.45
4	664	Rhys Feaviour	Hillingdon AC	1.30

CBP

1.60 o;1.65 o;1.70 o;1.75 o;1.80 o;1.83 xxo;1.85 xo;1.87 xxx
 1.30 o;1.35 o;1.40 o;1.45 o;1.50 o;1.55 xxo;1.60 xxx
 1.30 o;1.35 o;1.40 xo;1.45 xo;1.50 xxx
 1.15 o;1.20 o;1.25 o;1.30 o;1.35 xxx

U15B Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	819	Gabriel Wilmsburst	London Heathside R	4.56

3.97; 4.33; 4.54; 4.56

U15B Triple Jump (b)

Final				
No.	Athlete	Club	Dist	
1	767	Olowasubomi Bello	Victoria Park & TH AC	12.08

CBP 11.55; 11.11; 11.73; 12.08

U15B Shot (a)

Final				
No.	Athlete	Club	Dist	
1	852	Matthew Collingridge	St Mary's Richmond AC	10.38
2	851	Jahreem Charles	Thames Valley Harr	10.35

8.48; 10.07; 10.29; 10.38

9.90; 8.76; 9.97; 10.35

SW 60m (b)

Final				
No.	Athlete	Club	Perf	
1	674	Rachael Nakaye	Staffs Uni	8.22
2	671	Claudia Bioh	London Heathside R	8.58
3	675	Sharni Raymond (W35)	Thames Valley Harr	8.63
4	677	Tashan Wignall	Unattached	9.39
5	676	Lesley Richardson (W45)	Enfield & Haringey AC	10.24
	673	Lauren Hendry	London Heathside R	DNS

SW 200m (a)

Final				
No.	Athlete	Club	Perf	
1	738	Natasha Segal	Nene Valley	26.6
2	736	Alima Diabate	Highgate Harriers	27.8
3	737	Noelle O'Regan	London Heathside R	29.2
4	673	Lauren Hendry	London Heathside R	30.7

SW 400m (b)

Final				
No.	Athlete	Club	Perf	
1	737	Noelle O'Regan	London Heathside R	65.22
	771	Lucy Ferguson	Thames Valley Harr	DNS

SW 60m Hurdles (b)

Final				
No.	Athlete	Club	Perf	

1	674	Rachael Nakaye	Staffs Uni	9.10
2	720	Serlina Swaby-Constantine	Victoria Park & TH AC	9.56
3	673	Lauren Hendry	London Heathside R	11.28

SW Pole Vault (a)

Final				
	No.	Athlete	Club	Ht
1	829	Marina Mackinder	Enfield & Haringey AC	2.60

2.20 o;2.30 o;2.40 xo;2.50 xxo;2.60 xo;2.70 xxx

SW Long Jump (b)

Final				
	No.	Athlete	Club	Dist
1	839	Flora Leocat	Victoria Park & TH AC	4.81
2	838	Gokce Baydar	London Heathside R	4.17
3	673	Lauren Hendry	London Heathside R	3.29
4	676	Lesley Richardson (W45)	Enfield & Haringey AC	3.16

3.19; 4.17; 4.81; 4.79

4.03; 4.17; 4.17; 4.03

2.56; 2.73; 3.29; 3.03

3.05; 3.16; 3.14; 3.05

SW Shot (b)

Final				
	No.	Athlete	Club	Dist
1	853	Harriet Connor	St Mary's Richmond AC	10.38
2	737	Noelle O'Regan	London Heathside R	9.07
3	671	Claudia Bioh	London Heathside R	6.45
4	676	Lesley Richardson (W45)	Enfield & Haringey AC	6.42

10.10; 10.04; 10.09; 10.38

8.90; 9.05; 9.07; NT

6.45; 5.93; 5.76; 5.42

6.08; 6.36; NT; 6.42

U20W 60m (b)

Final				
	No.	Athlete	Club	Perf
1	680	Laura Aregbe	Harrow AC	7.85
2	683	Brittany Robinson	Thames Valley Harr	7.93
3	682	Leanza Waah	Enfield & Haringey AC	7.99
4	681	Kemi Bello	Enfield & Haringey AC	8.22
5	679	Deschannelle Ajoboluwa	Thames Valley Harr	8.25
6	684	Sherique Ruddock	Thames Valley Harr	8.38

U20W 200m (a)

Final				
	No.	Athlete	Club	Perf

1	683	Brittany Robinson	Thames Valley Harr	26.1
2	739	Nastassja Allin	Enfield & Haringey AC	26.3
	721	Laura Darcey	Kingston AC & Poly H	DIS

U20W 400m (b)

Final				
	No.	Athlete	Club	Perf
1	772	Chloe Thornton	Enfield & Haringey AC	59.81
2	684	Sherique Ruddock	Thames Valley Harr	67.33

U20W 800m (a)

Final				
	No.	Athlete	Club	Perf
1	795	Isabel Dye	Thames Valley Harr	2:12.31
2	796	Megan Wilson	Harrow AC	2:18.53
3	794	Rachel Ayrton	Harrow AC	2:37.74

U20W High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	721	Laura Darcey	Kingston AC & Poly H	1.63

1.45 o;1.50 o;1.55 o;1.60 o;1.63 o;1.66 xxx

U20W Pole Vault (a)

Final				
	No.	Athlete	Club	Ht
1	831	Emma Martin	Enfield & Haringey AC	2.80
2	830	Katie Hatchett	Enfield & Haringey AC	2.30

2.70 xxo;2.80 xo;2.90 xxx

2.00 o;2.10 xo;2.20 o;2.30 o;2.40 xxx

U20W Long Jump (b)

Final				
	No.	Athlete	Club	Dist
1	840	Mary Martin	Enfield & Haringey AC	5.05

4.91; 5.00; NJ; 5.05

U17W 60m (b)

Final				
	No.	Athlete	Club	Perf
1	697	Erika Yeboah	Thames Valley Harr	7.83
2	689	Hannah Hall	Thames Valley Harr	7.98

3	691	Chinwe Iwunze	Shaftesbury Barnet H	7.99
4	690	Lottie Horton	Ealing Southall & Middx	8.33
5	686	Eloise Bradshaw	Enfield & Haringey AC	8.34
6	696	Toni Webb-Brown	Highgate Harriers	8.39

U17W 200m (a)

Heat 1				
	No.	Athlete	Club	Perf
1	689	Hannah Hall	Thames Valley Harr	26.2
2	690	Lottie Horton	Ealing Southall & Middx	27.6
3	740	Jaye Haley	Thames Valley Harr	27.9
4	742	Sophie Ogunniyi	Shaftesbury Barnet H	31.0
Heat 2				
	No.	Athlete	Club	Perf
1	688	Alanah Duberry	Thames Valley Harr	26.5
2	697	Erika Yeboah	Thames Valley Harr	26.6
3	691	Chinwe Iwunze	Shaftesbury Barnet H	27.2
4	741	Amber Henry	Ealing Southall & Middx	29.0
Final				
	No.	Athlete	Club	Perf
1	689	Hannah Hall	Thames Valley Harr	25.93
2	688	Alanah Duberry	Thames Valley Harr	26.63
3	697	Erika Yeboah	Thames Valley Harr	26.65
4	691	Chinwe Iwunze	Shaftesbury Barnet H	27.02
5	690	Lottie Horton	Ealing Southall & Middx	27.66

Q

q

Q

q

q

U17W 300m (b)

Final				
	No.	Athlete	Club	Perf
1	740	Jaye Haley	Thames Valley Harr	44.27
2	774	Cameron Thomas	Ealing Southall & Middx	46.60
3	773	Hollie Acraman	Hillingdon AC	47.19

U17W 800m (a)

Final				
	No.	Athlete	Club	Perf
1	797	Grace Hooper	Harrow AC	2:32.67
2	773	Hollie Acraman	Hillingdon AC	2:48.12

U17W 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	797	Grace Hooper	Harrow AC	5:05.04

U17W 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	723	Claudimira Landim	Victoria Park & TH AC	9.24
2	722	Rachel Carter	Shaftesbury Barnet H	9.48
3	724	Amelia Macdonald	Enfield & Haringey AC	9.54
4	725	Sophia Obi	Shaftesbury Barnet H	9.81
5	726	Rhiannon O'Connor	St Mary's Richmond AC	10.13
6	727	Laura Stewart	Ealing Southall & Middx	10.57

U17W High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	724	Amelia Macdonald	Enfield & Haringey AC	1.55
2	822	Anna McAllister	London Heathside R	1.50
3	821	Amy Beauchamp	Enfield & Haringey AC	1.45
4	726	Rhiannon O'Connor	St Mary's Richmond AC	1.45

1.40 o;1.45 o;1.50 o;1.55 xxo;1.60 xxx
 1.30 o;1.35 o;1.40 o;1.45 o;1.50 xo;1.55 xxx
 1.30 o;1.35 o;1.40 xo;1.45 o;1.50 xxx
 1.30 xo;1.35 o;1.40 o;1.45 xo;1.50 xxx

U17W Long Jump (b)

Final				
	No.	Athlete	Club	Dist
1	723	Claudimira Landim	Victoria Park & TH AC	4.95
2	724	Amelia Macdonald	Enfield & Haringey AC	4.89
3	725	Sophia Obi	Shaftesbury Barnet H	4.04

NJ; 4.91; 4.94; 4.95
 4.89; 4.88; 4.76; NJ
 3.02; 3.94; 3.09; 4.04

U17W Triple Jump (a)

Final				
	No.	Athlete	Club	Dist
1	723	Claudimira Landim	Victoria Park & TH AC	11.33
2	846	Jade Isijola-Moens	Enfield & Haringey AC	9.49
3	847	Roisin Lynch	Ealing Southall & Middx	9.14

11.33; 11.26; 10.57; 11.04
 9.19; 9.48; 9.49; NJ
 8.90; 9.08; 8.94; 9.14

U17W Shot (b)

Final				
	No.	Athlete	Club	Dist
1	724	Amelia Macdonald	Enfield & Haringey AC	8.25

7.59; 7.81; 7.74; 8.25

U15G 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	705	Awa Ndiaye	Serpentine	7.90	Q
2	711	Precious Adu	Enfield & Haringey AC	8.15	Q
3	700	Latifah Harris-Osman	Shaftesbury Barnet H	8.23	q
4	703	Patricia Timbal	Track Academy	8.78	
5	702	Lauryn Holder	Watford Harriers	8.90	
6	706	Rosie Partridge	Enfield & Haringey AC	9.18	
7	698	Tuilelaith Kehoe	Thames Valley Harr	9.40	
Heat 2					
	No.	Athlete	Club	Perf	
1	709	Nayanna Dubarry-Gay	Victoria Park & TH AC	7.96	Q
2	713	Shania Umah	Highgate Harriers	8.03	Q
3	710	Esther Fatuade	Shaftesbury Barnet H	8.25	q
4	699	Shakira Riley	Shaftesbury Barnet H	8.53	
5	704	La Shay Marcel-Dilaver	Victoria Park & TH AC	8.65	
6	712	Mia MacCarthy	Track Academy	9.41	
7	701	Mya Luke-Blake	Hillingdon AC	9.59	
Final					
	No.	Athlete	Club	Perf	
1	705	Awa Ndiaye	Serpentine	7.80	
2	709	Nayanna Dubarry-Gay	Victoria Park & TH AC	7.92	
3	713	Shania Umah	Highgate Harriers	7.97	
4	711	Precious Adu	Enfield & Haringey AC	8.16	
5	700	Latifah Harris-Osman	Shaftesbury Barnet H	8.21	
6	710	Esther Fatuade	Shaftesbury Barnet H	8.30	

=CBP

U15G 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	746	Kiah Dubarry-Gay	Victoria Park & TH AC	27.07	Q
2	744	Chinwe Oporum-Kpandi	Enfield & Haringey AC	28.51	q

3	703	Patricia Timbal	Track Academy	29.71
4	743	Pamela Isaacs	Hillingdon AC	30.42
Heat 2				
	No.	Athlete	Club	Perf
1	710	Esther Fatuade	Shaftesbury Barnet H	27.33
2	747	Zuriel Owolana	Harrow AC	28.39
3	728	Cristina Potter	Shaftesbury Barnet H	29.04
4	700	Latifah Harris-Osman	Shaftesbury Barnet H	29.24
5	712	Mia MacCarthy	Track Academy	32.08
Final				
	No.	Athlete	Club	Perf
1	746	Kiah Dubarry-Gay	Victoria Park & TH AC	26.12
2	710	Esther Fatuade	Shaftesbury Barnet H	27.26
3	747	Zuriel Owolana	Harrow AC	27.73
4	744	Chinwe Oporum-Kpandi	Enfield & Haringey AC	28.68
5	728	Cristina Potter	Shaftesbury Barnet H	28.94

Q
q
q

U15G 300m (b)

Final				
	No.	Athlete	Club	Perf
1	743	Pamela Isaacs	Hillingdon AC	48.93
2	701	Mya Luke-Blake	Hillingdon AC	56.78

U15G 800m (a)

Final				
	No.	Athlete	Club	Perf
1	803	Felix Waters	Victoria Park & TH AC	2:28.04
2	801	Lucy O'Brien	Ealing Southall & Middx	2:28.81
3	806	Ellen McGann	Victoria Park & TH AC	2:30.16
4	804	Betty Hughes	Victoria Park & TH AC	2:38.12
5	802	Sophie Peters	Harrow	2:42.25
6	805	Hannah Long	Victoria Park & TH AC	2:47.58
	799	Isabel Rodgers	Team Hounslow	DIS

U15G 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	814	Severine Higgins	Victoria Park & TH AC	6:18.95

U15G 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	728	Cristina Potter	Shaftesbury Barnet H	9.79
2	698	Tuilelaith Kehoe	Thames Valley Harr	11.25

U15G High Jump (b)

Final				
	No.	Athlete	Club	Ht
1	702	Lauryn Holder	Watford Harriers	1.40

1.20 o;1.25 o;1.30 o;1.35 xo;1.40 xxo;1.45 xxx

U15G Long Jump (b)

Final				
	No.	Athlete	Club	Dist
1	747	Zuriel Owolana	Harrow AC	4.85
2	743	Pamela Isaacs	Hillingdon AC	3.94

4.63; 4.17; 4.45; 4.85

3.88; 3.79; 3.92; 3.94

U15G Shot (b)

Final				
	No.	Athlete	Club	Dist
1	728	Cristina Potter	Shaftesbury Barnet H	8.36
2	854	Chinma Oporum-Kpandi	Enfield & Haringey AC	7.28

6.91; 7.68; 7.81; 8.36

-; 7.03; NT; 7.28