

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

SENIOR MEN

TRACK EVENTS

| T5 400H | | Final | |
|---------|----|-----------------|------------------|
| 1 | 65 | Aaron Mason | TVH 56.65 |
| 2 | 54 | Michael Kendall | Hillingdon 59.22 |
| 3 | 90 | Ronald Smith | Highgate 61.47 |

| T8 100m | | Heat 1 | | w/s | | 2.0 | |
|---------|----|------------------|----------|-------|---|-----|--|
| 1 | 63 | Orthroy Marsh | Harrow | 10.71 | Q | | |
| 2 | 71 | Alex Murdock | VPH&TH | 10.79 | Q | | |
| 3 | 74 | Laurence Oboh | Belgrave | 10.99 | Q | | |
| 4 | 30 | Junior Dwaah | VPH&TH | 11.07 | q | | |
| 5 | 78 | Nengi Ossai | SBH | 11.26 | q | | |
| 6 | 41 | Antonio Harewood | VPH&TH | 11.97 | | | |

| T8 100m | | Heat 3 | | w/s | | 1.1 | |
|---------|----|-----------------|-----------|-------|---|-----|--|
| 1 | 75 | Akeem Ogunyemi | Enf & Har | 10.98 | Q | | |
| 2 | 93 | Lumar Sylvester | TVH | 11.03 | Q | | |
| 3 | 4 | Tunde Balogun | VPH&TH | 11.16 | Q | | |
| 4 | 8 | Moses Bawo | TVH | 11.21 | q | | |
| 5 | 66 | Kerry Mathurin | TVH | 11.29 | q | | |
| 6 | 31 | Toleme Ezekiel | VPH&TH | 11.55 | | | |
| 7 | 49 | Nima Jam | TVH | 12.32 | | | |

| T18 100m | | Semi 1 | | w/s | | 1.2 | |
|----------|----|------------------|-----------|-------|----|-----|--|
| 1 | 95 | Nigel Thomas | TVH | 10.70 | Q | | |
| 2 | 74 | Laurence Oboh | Belgrave | 10.83 | Q | | |
| 3 | 63 | Orthroy Marsh | Harrow | 10.83 | Q | | |
| 4 | 75 | Akeem Ogunyemi | Enf & Har | 10.86 | Q | | |
| 5 | 66 | Kerry Mathurin | TVH | 11.06 | | | |
| 6 | 20 | Jason Comissiong | TVH | 11.07 | | | |
| 7 | 88 | Sean Safo-Antwi | Enf & Har | | DQ | | |
| 8 | 30 | Junior Dwaah | VPH&TH | | DQ | | |

| T24 400m | | Heat 1 | | | | | |
|----------|----|-----------------|---------------|-------|---|--|--|
| 1 | 5 | Bomene Barikor | Blackheath | 49.41 | Q | | |
| 2 | 61 | Roger Lee Mahon | Unatt | 50.54 | Q | | |
| 3 | 48 | Edward Jackson | Highgate | 50.68 | Q | | |
| 4 | 51 | Sylvester Juwe | WGEL | 51.27 | q | | |
| 5 | 21 | Nathan Cyrus | Lon Heathside | 53.37 | q | | |
| 6 | 7 | Simon Basey | VPH&TH | 55.41 | | | |

| T27 100m | | Final | | w/s | | 3.1 | |
|----------|-----|-------------------------|-----------|-------|-----|-----|--|
| 1 | 101 | Leevan Yearwood | VPH&TH | 10.49 | | | |
| 2 | 95 | Nigel Thomas | TVH | 10.63 | | | |
| 3 | 26 | William De Torvy-Ballou | TVH | 10.75 | | | |
| 4 | 93 | Lumar Sylvester | TVH | 10.78 | | | |
| 5 | 74 | Laurence Oboh | Belgrave | 10.80 | | | |
| 6 | 71 | Alex Murdock | VPH&TH | 10.87 | | | |
| 7 | 63 | Orthroy Marsh | Harrow | | DNS | | |
| 8 | 75 | Akeem Ogunyemi | Enf & Har | | DNS | | |

| T32 400m | | Final | | | | | |
|----------|----|-----------------|---------------|-------|-----|--|--|
| 1 | 5 | Bomene Barikor | Blackheath | 49.01 | | | |
| 2 | 53 | Andrew Kendall | Hillingdon | 49.06 | | | |
| 3 | 99 | Alloy Wilson | Blackheath | 49.19 | | | |
| 4 | 61 | Roger Lee Mahon | Unatt | 50.74 | | | |
| 5 | 48 | Edward Jackson | Highgate | 51.12 | | | |
| 6 | 37 | Stephen Goreham | Hillingdon | 52.00 | | | |
| 7 | 21 | Nathan Cyrus | Lon Heathside | 52.47 | | | |
| 8 | 51 | Sylvester Juwe | WGEL | | DNF | | |

| T6 800m | | Final | | | | | |
|---------|-----|-----------------------|---------------|---------|--|--|--|
| 1 | 40 | Tim Haughian | WSEH | 1:59.56 | | | |
| 2 | 81 | Shaka Palmer | Enf & Har | 1:59.58 | | | |
| 3 | 104 | Jamie Taylor-Caldwell | ESM | 2:01.43 | | | |
| 4 | 45 | Tom Heslop | VPH&TH | 2:02.14 | | | |
| 5 | 43 | Christopher Hepworth | ESM | 2:03.55 | | | |
| 6 | 23 | Michael Davidson | Lon Heathside | 2:04.02 | | | |
| 7 | 13 | Steven Brookes | Lon Heathside | 2:05.24 | | | |
| 8 | 32 | James Foley | VPH&TH | 2:07.48 | | | |

| T8 100m | | Heat 2 | | w/s | | 0.4 | |
|---------|----|-------------------------|------------|-------|---|-----|--|
| 1 | 26 | William De Torvy-Ballou | TVH | 10.90 | Q | | |
| 2 | 88 | Sean Safo-Antwi | Enf & Har | 10.90 | Q | | |
| 3 | 80 | Saul Paine | VPH&TH | 11.26 | Q | | |
| 4 | 97 | Scott Ware | Met Police | 11.77 | | | |
| 5 | 34 | Lawrence Gittens | ESM | 11.78 | | | |
| 6 | 12 | Dwain Bromfield | Highgate | 11.91 | | | |

| T8 100m | | Heat 4 | | w/s | | 0.6 | |
|---------|-----|------------------|--------|-------|---|-----|--|
| 1 | 101 | Leevan Yearwood | VPH&TH | 10.76 | Q | | |
| 2 | 95 | Nigel Thomas | TVH | 10.79 | Q | | |
| 3 | 20 | Jason Comissiong | TVH | 11.27 | Q | | |
| 4 | 62 | Chaka Maillet | TVH | 11.39 | | | |
| 5 | 103 | Ricketo Anderson | VPH&TH | 12.37 | | | |
| 6 | 42 | Shaun Henry | VPH&TH | 13.22 | | | |

| T6 100m | | Semi 2 | | w/s | | 1.6 | |
|---------|-----|-------------------------|--------|-------|---|-----|--|
| 1 | 101 | Leevan Yearwood | VPH&TH | 10.65 | Q | | |
| 2 | 71 | Alex Murdock | VPH&TH | 10.72 | Q | | |
| 3 | 26 | William De Torvy-Ballou | TVH | 10.76 | Q | | |
| 4 | 93 | Lumar Sylvester | TVH | 10.80 | Q | | |
| 5 | 4 | Tunde Balogun | VPH&TH | 11.01 | | | |
| 6 | 80 | Saul Paine | VPH&TH | 11.03 | | | |
| 7 | 8 | Moses Bawo | TVH | 11.24 | | | |
| 8 | 78 | Nengi Ossai | SBH | 11.29 | | | |

| T24 400m | | Heat 2 | | | | | |
|----------|----|-----------------|------------|-------|---|--|--|
| 1 | 53 | Andrew Kendall | Hillingdon | 49.08 | Q | | |
| 2 | 99 | Alloy Wilson | Blackheath | 49.39 | Q | | |
| 3 | 37 | Stephen Goreham | Hillingdon | 52.06 | Q | | |
| 4 | 86 | Joost Reiveld | VPH&TH | 53.54 | | | |
| 5 | 29 | Jason Dwaah | VPH&TH | 56.00 | | | |
| 6 | 70 | Pete Moloney | TVH | 57.03 | | | |

| T29 3000m Walk | | Final | | | | | |
|----------------|----|-----------------|-----------|----------|--|--|--|
| 1 | 11 | Mikk Bradley | Enf & Har | 17:24.76 | | | |
| 2 | 82 | Sean Pender | Enf & Har | 17:59.62 | | | |
| 3 | 83 | Ron Powell | Enf & Har | 19:48.19 | | | |
| 4 | 44 | Bernard Hercock | Enf & Har | 22:17.46 | | | |

| T41 110H | | Final | | w/s | | 1.2 | |
|----------|----|--------------------|---------------|-------|--|-----|--|
| 1 | 27 | Matthew Dore-Weeks | Highgate | 16.05 | | | |
| 2 | 73 | Israel Nworgu | Lon Heathside | 16.72 | | | |

| T42 200m | | Heat 1 | w/s | 2.5 |
|----------|----|-----------------|------------|---------|
| 1 | 93 | Lumar Sylvester | TVH | 21.75 Q |
| 2 | 88 | Sean Safo-Antwi | Enf & Har | 22.08 Q |
| 3 | 8 | Moses Bawo | TVH | 22.57 q |
| 4 | 3 | Alex Babb | VPH&TH | 22.98 q |
| 5 | 49 | Nima Jam | TVH | 25.03 |
| 6 | 50 | Alan James | WGEL | 25.80 |
| 7 | 97 | Scott Ware | Met Police | DNS |

| T42 200m | | Heat 2 | w/s | 1.9 |
|----------|----|----------------|------------|---------|
| 1 | 84 | Othmane Rakib | VPH&TH | 22.61 Q |
| 2 | 14 | Nathan Brown | VPH&TH | 23.62 Q |
| 3 | 36 | Odingo Gordon | Unatt | 24.13 |
| 4 | 90 | Ronald Smith | Highgate | 24.31 |
| 5 | 29 | Jason Dwaah | VPH&TH | 25.56 |
| 6 | 4 | Tunde Balogun | VPH&TH | DNS |
| 7 | 53 | Andrew Kendall | Hillingdon | DNS |

| T42 200m | | Heat 3 | w/s | 2.5 |
|----------|----|--------------------|-----------|---------|
| 1 | 76 | Alexander Ojo | WSEH | 22.26 Q |
| 2 | 16 | Abdul Wahab-Buhari | VPH&TH | 22.75 Q |
| 3 | 62 | Chaka Maillet | TVH | 23.07 |
| 4 | 79 | Jonathan Oviasu | Highgate | 24.10 |
| 5 | 9 | Martin Bigg | SBH | 24.10 |
| 6 | 46 | Errol Houston | Enf & Har | DNS |

| T46 5000m | | Final | | |
|-----------|----|-------------------|---------------|----------|
| 1 | 64 | Paul Martelletti | VPH&TH | 14:48.84 |
| 2 | 87 | Mark Ryall | VPH&TH | 14:58.34 |
| 3 | 22 | Anupam Das | Hillingdon | 15:57.64 |
| 4 | 58 | Olivier Le Polain | Lon Heathside | 16:23.32 |
| 5 | 57 | Paul Lemmon | Lon Heathside | 17:34.33 |
| 6 | 11 | Mikk Bradley | Enf & Har | 18:50.15 |
| 7 | 60 | Tony MacDowall | VPH&TH | DNF |

| T47 200m | | Final | w/s | 1.9 |
|----------|----|--------------------|-----------|-------|
| 1 | 93 | Lumar Sylvester | TVH | 21.72 |
| 2 | 76 | Alexander Ojo | WSEH | 22.03 |
| 3 | 88 | Sean Safo-Antwi | Enf & Har | 22.09 |
| 4 | 16 | Abdul Wahab-Buhari | VPH&TH | 22.46 |
| 5 | 3 | Alex Babb | VPH&TH | 22.85 |
| 6 | 14 | Nathan Brown | VPH&TH | 22.85 |
| 7 | 8 | Moses Bawo | TVH | 22.88 |
| 8 | 84 | Othmane Rakib | VPH&TH | DNS |

| T57 1500m | | Final | | |
|-----------|-----|----------------------|--------|---------|
| 1 | 72 | Luke Nicholas | ESM | 4:19.14 |
| 2 | 43 | Christopher Hepworth | ESM | 4:19.93 |
| 3 | 45 | Tom Heslop | VPH&TH | 4:32.69 |
| 4 | 102 | Phil York | ESM | 5:03.89 |

FIELD EVENTS

| F8 Shot | | | | |
|---------|----|--------------|-------------|-------|
| 1 | 55 | Craig Lacy | Cambridge H | 11.52 |
| 2 | 17 | Simon Butler | VPH&TH | 9.01 |

| F11 High Jump | | | | |
|---------------|----|-----------------------|--------|------|
| 1 | 92 | Nikola Stanisavljevic | VPH&TH | 2.00 |

| F34 Discus | | | | |
|------------|----|----------------|-------------|-------|
| 1 | 55 | Craig Lacy | Cambridge H | 35.89 |
| 2 | 56 | Simon Langley | Newark | 29.93 |
| 3 | 19 | Michael Church | Hillingdon | 20.36 |

| F29 Long Jump | | | | w/s |
|---------------|----|------------------------|-----------|----------|
| 1 | 94 | Luke Thomas | Enf & Har | 7.31 2.8 |
| - | - | Luke Thomas | Enf & Har | 6.91 1.1 |
| 2 | 91 | Adrian Stamp | WGEL | 6.76 4.0 |
| 3 | 6 | Omari Barton-Ellington | Enf & Har | 6.25 3.9 |
| 4 | 17 | Simon Butler | VPH&TH | 5.04 1.2 |

| F32 Pole Vault | | | | |
|----------------|----|-----------------------|-----------|------|
| 1 | 68 | Stephen McLennan | WSEH | 4.50 |
| 2 | 25 | Martin Densley | ESM | 4.10 |
| 3 | 89 | Shaun Slator | NEB | 3.40 |
| 4 | 28 | Simon Duncan | Enf & Har | 3.30 |
| 5 | 92 | Nikola Stanisavljevic | VPH&TH | 2.80 |

| F41 Javelin | | | | |
|-------------|----|-----------------------|---------------|-------|
| 1 | 55 | Craig Lacy | Cambridge H | 57.51 |
| 2 | 19 | Michael Church | Hillingdon | 46.24 |
| 3 | 21 | Nathan Cyrus | Lon Heathside | 39.53 |
| 4 | 92 | Nikola Stanisavljevic | VPH&TH | 35.09 |

| F45 Hammer | | | | |
|------------|----|------------|-------------|-------|
| 1 | 55 | Craig Lacy | Cambridge H | 30.63 |

| F49 Triple Jump | | | | w/s |
|-----------------|----|-------------------------|-----------|-----------|
| 1 | 35 | Julian Golley | NEB | 15.21 1.9 |
| 2 | 67 | Graeme Matthews | Sheffield | 14.77 3.0 |
| 3 | 77 | Sayo Ojo | WGEL | 14.64 3.2 |
| - | - | Sayo Ojo | WGEL | 14.06 1.9 |
| 4 | 85 | Jason Richards-Thompson | VPH&TH | 13.99 4.6 |
| - | - | Jason Richards-Thompson | VPH&TH | 13.65 2.0 |

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 20 MEN

TRACK EVENTS

| T4 | 400H | Final | | | |
|----|------|------------------|------------|-------|--|
| 1 | 166 | Alexandre Duguay | Hillingdon | 58.75 | |

| T7 | 800m | Final | | | |
|----|------|----------------|--------|---------|--|
| 1 | 209 | Ben Waterman | ESM | 1:58.45 | |
| 2 | 179 | Jack Killip | WSEH | 1:59.28 | |
| 3 | 195 | William Pinder | ESM | 2:00.43 | |
| 4 | 173 | Bradley Goater | WSEH | 2:01.62 | |
| 5 | 202 | Edward Smith | SMRAC | 2:01.78 | |
| 6 | 163 | George Clancy | VPH&TH | 2:13.35 | |

| T9 | 100m | Heat 1 | w/s | 1.5 | |
|----|------|----------------|-----------|-------|---|
| 1 | 210 | Kyron Williams | Enf & Har | 11.03 | Q |
| 2 | 160 | Ade Adewale | Enf & Har | 11.06 | Q |
| 3 | 175 | Romaine Harris | Enf & Har | 11.16 | |
| 4 | 192 | Michael Ojo | WSEH | 11.25 | |
| 5 | 174 | Ryan Harding | Harrow | 11.28 | |
| 6 | 168 | Abayomi Epega | SBH | 12.10 | |
| 7 | 204 | Joel Thomas | VPH&TH | 14.35 | |

| T9 | 100m | Heat 2 | w/s | 2.5 | |
|----|------|-------------------|------------|-------|---|
| 1 | 197 | Anthony Roderique | Harrow | 11.01 | Q |
| 2 | 201 | Dewayne Simms | ESM | 11.05 | Q |
| 3 | 190 | Reece Noonan | Enf & Har | 11.14 | q |
| 4 | 176 | David Harvey | WSEH | 11.19 | |
| 5 | 207 | Jordan Thurston | Hillingdon | 11.19 | |
| 6 | 200 | Jehvaun Senior | TVH | 11.32 | |
| 7 | 572 | Nathaniel Modeste | VPH | 12.45 | |

| T9 | 100m | Heat 3 | w/s | 1.5 | |
|----|------|-----------------------|----------------|-------|---|
| 1 | 198 | Chijindu Ujah | Enf & Har | 10.88 | Q |
| 2 | 194 | Dami Oladiran | Bish Chall Sch | 11.14 | Q |
| 3 | 170 | Renard Frederick | SBH | 11.14 | q |
| 4 | 203 | Enrico Tawiah-Kwabena | Enf & Har | 11.26 | |
| 5 | 183 | Daniel Mahendrarajah | TVH | 11.42 | |
| 6 | 184 | Shane Martin | Bish Chall Sch | 12.19 | |

| T19 | 100m | Final | w/s | 1.1 | |
|-----|------|-------------------|----------------|-------|--|
| 1 | 198 | Chijindu Ujah | Enf & Har | 10.69 | |
| 2 | 210 | Kyron Williams | Enf & Har | 10.77 | |
| 3 | 170 | Renard Frederick | SBH | 10.97 | |
| 4 | 160 | Ade Adewale | Enf & Har | 10.99 | |
| 5 | 197 | Anthony Roderique | Harrow | 11.00 | |
| 6 | 190 | Reece Noonan | Enf & Har | 11.09 | |
| 7 | 201 | Dewayne Simms | ESM | 11.15 | |
| 8 | 194 | Dami Oladiran | Bish Chall Sch | 13.73 | |

| T25 | 400m | Final | | | |
|-----|------|----------------------|--------|-------|--|
| 1 | 181 | Mali Lewis | SBH | 50.86 | |
| 2 | 199 | Samuel Sanchez | VPH&TH | 51.56 | |
| 3 | 162 | Saoirse Chinery-Edoo | Harrow | 52.18 | |
| 4 | 165 | Nick Davis | Harrow | 52.58 | |
| 5 | 185 | Aaron McCormack | TVH | 56.90 | |

| T34 | 3000m | Final | | | |
|-----|-------|--------------|-------|---------|--|
| 1 | 208 | Adam Villard | SMRAC | 9:33.05 | |
| 2 | 161 | Luke Callis | Orion | 9:47.50 | |

| T40 | 110H | Final | w/s | 1.2 | |
|-----|------|------------------|------------|-------|--|
| 1 | 180 | Rhys Kirby | Hillingdon | 15.48 | |
| 2 | 167 | Anthony Ekundayo | Enf & Har | 16.20 | |

| T44 | 200m | Heat 1 | | nwi | |
|-----|------|--------------------|------------|-------|---|
| 1 | 207 | Jordan Thurston | Hillingdon | 22.17 | Q |
| 2 | 210 | Kyron Williams | Enf & Har | 22.21 | Q |
| 3 | 170 | Renard Frederick | SBH | 22.38 | Q |
| 4 | 177 | Taaqir John-Clarke | SBH | 23.05 | q |
| 5 | 196 | Ralph Quaye | VPH&TH | 25.06 | |
| 6 | 190 | Reece Noonan | Enf & Har | DNS | |

| T44 | 200m | Heat 2 | w/s | 5.4 | |
|-----|------|-----------------------|----------------|-------|---|
| 1 | 188 | Michael Quincie | Bish Chall Sch | 22.34 | Q |
| 2 | 192 | Michael Ojo | WSEH | 22.52 | Q |
| 3 | 203 | Enrico Tawiah-Kwabena | Enf & Har | 22.73 | Q |
| 4 | 200 | Jehvaun Senior | TVH | 22.77 | q |
| 5 | 168 | Abayomi Epega | SBH | DNS | |
| 6 | 201 | Dewayne Simms | ESM | DNS | |

| T51 | 200m | Final | w/s | 2.3 | |
|-----|------|-----------------------|----------------|-------|--|
| 1 | 210 | Kyron Williams | Enf & Har | 22.23 | |
| 2 | 192 | Michael Ojo | WSEH | 22.42 | |
| 3 | 207 | Jordan Thurston | Hillingdon | 22.52 | |
| 4 | 170 | Renard Frederick | SBH | 22.66 | |
| 5 | 203 | Enrico Tawiah-Kwabena | Enf & Har | 22.75 | |
| 6 | 200 | Jehvaun Senior | TVH | 23.12 | |
| 7 | 188 | Michael Quincie | Bish Chall Sch | 23.23 | |
| 8 | 177 | Taaqir John-Clarke | SBH | 23.41 | |

| T56 | 1500m | Final | | | |
|-----|-------|-------------|-----|---------|--|
| 1 | 171 | Joseph Gill | NEB | 4:12.28 | |

FIELD EVENTS

F7A Shot

1 205 Gregory Thompson SBH 13.54

F10 High Jump

1 172 Mervyn Glover St Mary's Rich 1.90

F33 Discus

1 162 Saoirse Chinery-Edoo Harrow 38.51

G* 205 Greg Thompson SBH (u18) 48.88

*1.5 Kg Discus

F28 Long Jump

1 176 David Harvey WSEH 6.56 2.4

2 183 Daniel Mahendrarajah TVH 6.27 2.8

- Daniel Mahendrarajah TVH 6.07 1.9

3 177 Taariq John-Clarke SBH 5.90 2.2

- Taariq John-Clarke SBH 5.70 1.5

4 162 Saoirse Chinery-Edoo Harrow 5.87 2.8

5 191 Manny Oamen SBH 5.67 2.0

F31 Pole Vault

1 193 Paul Ojomo Enf & Har 3.40

F40 Javelin

1 178 Matthew Jones Enf & Har 46.35

F44 Hammer

1 186 Dempsey McGuigan SBH 61.83

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 17 MEN

TRACK EVENTS

| T3 | 400H | Final | | | |
|----|------|----------------------|-----------|-------|--|
| 1 | 282 | George Osei | Enf & Har | 63.92 | |
| 2 | 245 | Remon Clarke | BGTC | 67.88 | |
| 3 | 251 | Rhys Davidson-Thomas | BGTC | 70.77 | |

| T10 | 100m | Heat 1 | w/s | 3.7 |
|-----|------|------------------|---------------|---------|
| 1 | 295 | Kamarl Thompson | VPH&TH | 11.27 Q |
| 2 | 240 | James Bell | SMRAC | 11.32 Q |
| 3 | 255 | Ojie Edoburun | Enf & Har | 11.64 q |
| 4 | 254 | Daumantas Dulus | Lon Heathside | 12.00 |
| 5 | 238 | Gospel Barnabas | ESM | 12.05 |
| 6 | 256 | Nnabiko Ejimofor | SBH | 12.48 |

| T10 | 100m | Heat 2 | w/s | 2.7 |
|-----|------|-----------------|---------------|---------|
| 1 | 261 | Jordan Glaze | Lon Heathside | 11.43 Q |
| 2 | 271 | Mohammed Khamis | VPH&TH | 11.81 Q |
| 3 | 270 | Ben Keville | SMRAC | 11.94 |
| 4 | 260 | Joseph Galea | Lon Heathside | 12.00 |
| 5 | 287 | Kyle Powell | SMRAC | 12.17 |
| 6 | 247 | Connor Corrigan | Perivale | 12.17 |

| T10 | 100m | Heat 3 | w/s | 1.5 |
|-----|------|----------------|------------|---------|
| 1 | 250 | Alan Davidson | Hillingdon | 11.48 Q |
| 2 | 263 | Nathan Hanson | VPH&TH | 11.71 Q |
| 3 | 290 | Yousif Shehabi | SBH | 11.81 q |
| 4 | 277 | Keron Morris | Unatt | 12.10 |
| 5 | 264 | John Hennessey | Hillingdon | 12.64 |
| 6 | 236 | Tyrell Austin | TVH | DNS |

| T14 | 800m | Final | | |
|-----|------|---------------|-------|---------|
| 1 | 266 | Billy Hutton | NEB | 2:04.44 |
| 2 | 285 | Duncan Pinder | ESM | 2:18.80 |
| 3 | 252 | Sathira Don | SMRAC | 2:36.75 |

| T20 | 100m | Final | w/s | 3.2 |
|-----|------|-----------------|---------------|-------|
| 1 | 261 | Jordan Glaze | Lon Heathside | 11.15 |
| 2 | 250 | Alan Davidson | Hillingdon | 11.22 |
| 3 | 295 | Kamarl Thompson | VPH&TH | 11.29 |
| 4 | 240 | James Bell | SMRAC | 11.34 |
| 5 | 255 | Ojie Edoburun | Enf & Har | 11.63 |
| 6 | 290 | Yousif Shehabi | SBH | 11.71 |
| 7 | 271 | Mohammed Khamis | VPH&TH | 12.00 |
| 8 | 263 | Nathan Hanson | VPH&TH | DNS |

| T26 | 400m | Final | | |
|-----|------|--------------------------|------------|-------|
| 1 | 253 | Victor Dos Santos Soares | TVH | 50.27 |
| 2 | 259 | Linus Field | SMRAC | 51.20 |
| 3 | 258 | Connor Feek | Hillingdon | 54.81 |
| 4 | 280 | Josne Ngandu | ESM | 55.60 |
| 5 | 292 | Sam Smith | TVH | 56.93 |
| 6 | 264 | John Hennessey | Hillingdon | 63.16 |
| 7 | 251 | Rhys Davidson-Thomas | BGTC | 63.28 |

| T33 | 3000m | Final | | |
|-----|-------|--------------------|---------------|----------|
| 1 | 297 | Sam Wilson | SBH | 9:34.15 |
| 2 | 298 | Miron Woldemichael | Lon Heathside | 10:40.00 |
| 3 | 241 | Benjamin Boxer | Barnet & Dist | 11:03.71 |

| T35 | 100H | Final | w/s | 2.9 |
|-----|------|----------------------|-------|-------|
| 1 | 240 | James Bell | SMRAC | 14.55 |
| 2 | 245 | Remon Clarke | BGTC | 16.51 |
| 3 | 251 | Rhys Davidson-Thomas | BGTC | 19.25 |
| 4 | 283 | Vinicious Paco | BGTC | 23.26 |

| T43 | 200m | Heat 1 | w/s | 3.0 |
|-----|------|-----------------|------------|---------|
| 1 | 258 | Connor Feek | Hillingdon | 23.63 Q |
| 2 | 262 | Kimmel Gorden | SBH | 24.08 Q |
| 3 | 247 | Connor Corrigan | Perivale | 24.52 q |
| 4 | 272 | Rolce Marcelo | BGTC | 24.57 |
| 5 | 263 | Nathan Hanson | VPH&TH | DNS |

| T43 | 200m | Heat 2 | w/s | 5.3 |
|-----|------|------------------|---------------|---------|
| 1 | 279 | Clifford Newby | Enf & Har | 23.66 Q |
| 2 | 268 | Anton Johnson | VPH&TH | 24.43 Q |
| 3 | 270 | Ben Keville | SMRAC | 24.63 |
| 4 | 256 | Nnabiko Ejimofor | SBH | 25.98 |
| 5 | 265 | James Hopkinson | BGTC | 27.57 |
| 6 | 260 | Joseph Galea | Lon Heathside | DNS |

| T43 | 200m | Heat 3 | w/s | 4.3 |
|-----|------|--------------------------|---------------|---------|
| 1 | 250 | Alan Davidson | Hillingdon | 22.84 Q |
| 2 | 253 | Victor Dos Santos Soares | TVH | 23.10 Q |
| 3 | 287 | Kyle Powell | SMRAC | 24.36 q |
| 4 | 254 | Daumantas Dulus | Lon Heathside | 24.65 |
| 5 | 275 | Dennis Mendes | BGTC | 27.38 |
| 6 | 283 | Vinicious Paco | BGTC | 28.57 |

| T50 | 200m | Final | w/s | 2.0 |
|-----|------|--------------------------|------------|-------|
| 1 | 279 | Clifford Newby | Enf & Har | 22.35 |
| 2 | 250 | Alan Davidson | Hillingdon | 23.00 |
| 3 | 253 | Victor Dos Santos Soares | TVH | 23.02 |
| 4 | 262 | Kimmel Gorden | SBH | 23.72 |
| 5 | 258 | Connor Feek | Hillingdon | 24.01 |
| 6 | 268 | Anton Johnson | VPH&TH | 24.22 |
| 7 | 247 | Connor Corrigan | Perivale | 24.81 |
| 8 | 287 | Kyle Powell | SMRAC | 24.90 |

| T52 | 1500m | Final | | |
|-----|-------|----------------|------|---------|
| 1 | 293 | Soneji Bhavesh | ESM | 4:25.61 |
| 2 | 244 | Hugo Cayssials | TVH | 4:27.93 |
| 3 | 278 | James Murdoch | WSEH | 4:32.51 |
| 4 | 249 | Thomas Daborn | WSEH | 4:40.54 |

FIELD EVENTS

F7 Shot

| | | | | |
|---|-----|---------------|---------|-------|
| 1 | 269 | Louis Keen | Herne H | 14.85 |
| 2 | 272 | Rolce Marcelo | BGTC | 10.20 |
| 3 | 275 | Dennis Mendes | BGTC | 7.02 |

F9 High Jump

| | | | | |
|---|-----|------------------|-----------------|------|
| 1 | 288 | Darius Price | Harrow | 1.85 |
| 2 | 257 | Jacques Ezzeldin | St. Mary's Rich | 1.70 |
| 3 | 272 | Rolce Marcelo | BGTC | 1.45 |
| 4 | 300 | Richard Yeboah | BGTC | 1.45 |

F12 Long Jump

| | | | | |
|----|-----|-----------------|----------------|------|
| 1 | 295 | Kamari Thompson | VPH&TH | 6.08 |
| 2 | 273 | Aswad Martin | VPH&TH | 5.80 |
| - | | Aswad Martin | VPH&TH | 5.59 |
| 3 | 290 | Yousif Shehabi | SBH | 5.74 |
| 4 | 240 | James Bell | St Mary's Rich | 5.68 |
| 5 | 248 | Ramone Cupee | VPH&TH | 4.91 |
| 6 | 300 | Richard Yeboah | BGTC | 4.80 |
| 7 | 275 | Dennis Mendes | BGTC | 4.67 |
| | | Dennis Mendes | BGTC | 4.45 |
| 8 | 283 | Vinicius Paco | BGTC | 4.64 |
| 9 | 286 | Nuno Pinheiro | BGTC | 4.56 |
| 10 | 265 | James Hopkinson | BGTC | 3.72 |

w/s F30 Pole Vault

| | | | | |
|---|-----|-----------|------|------|
| 1 | 299 | Mark Wood | WSEH | 3.30 |
|---|-----|-----------|------|------|

F39 Javelin

| | | | | |
|---|-----|-------------------|------------|-------|
| 1 | 284 | Daniel Payne | Hillingdon | 47.89 |
| 2 | 267 | David Jerzykowski | TVH | 45.24 |
| 3 | 242 | Matthew Buckle | Enf & Har | 44.70 |
| 4 | 289 | Daniel Salumu | Enf & Har | 39.00 |
| 5 | 286 | Nuno Pinheiro | BGTC | 22.67 |

F43 Hammer

| | | | | |
|---|-----|-----------------|--------|-------|
| 1 | 274 | Fellan McGuigan | Harrow | 60.05 |
| 2 | 276 | Rafal Morawski | ESM | 57.53 |

F47 Triple Jump

| | | | | | |
|---|-----|----------------|----------------|-------|-----|
| 1 | 281 | Dean Oamen | SBH | 13.59 | 2.2 |
| - | | Dean Oamen | SBH | 13.56 | 1.5 |
| 2 | 273 | Aswad Martin | VPH&TH | 12.62 | 1.1 |
| 3 | 270 | Ben Keville | St Mary's Rich | 10.87 | 2.1 |
| 4 | 245 | Remon Clarke | BGTC | 10.84 | 2.8 |
| 5 | 300 | Richard Yeboah | BGTC | 10.50 | 2.9 |
| - | | Richard Yeboah | BGTC | 9.85 | 1.5 |

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 15 BOYS

FIELD EVENTS

| F20 | Pole Vault | | | |
|-----|------------|-------------|-----------|------|
| 1 | 404 | Tom Rottier | Enf & Har | 2.60 |

| F46 | Triple Jump | | | | w/s |
|-----|-------------|---------------------|--------|-------|-----|
| 1 | 401 | Harry Norton-Steele | VPH&TH | 11.47 | 3.6 |
| - | | Harry Norton-Steele | VPH&TH | 10.73 | 1.9 |
| 2 | 382 | Leon Hill | BGTC | 10.29 | 2.7 |
| 3 | 350 | Sheriff Adeyemi | BGTC | 9.99 | 1.5 |
| 4 | 357 | Francis Biyat | BGTC | 8.19 | 2.4 |

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

SENIOR WOMEN

TRACK EVENTS

| T2 | 400H | Final | | |
|----|------|---------------|----------|-------|
| 1 | 155 | Gwen Thornton | Highgate | 67.09 |

| T12 | 100m | Final | w/s | 0.9 |
|-----|------|---------------------------|-----------|-------|
| 1 | 154 | Torema Thompson | Enf & Har | 11.92 |
| 2 | 120 | Shereen Charles | ESM | 12.20 |
| 3 | 118 | Melanie Canning | ESM | 12.60 |
| 4 | 129 | Tatyana Guttmann-Hancocks | VPH&TH | 13.33 |
| 5 | 135 | Julie Idowu | VPH&TH | 13.37 |
| 6 | 145 | Lesley Richardson | Enf & Har | 15.36 |
| 7 | 122 | Katie Cundall | TVH | DNS |

| T23 | 400m | Final | w/s | |
|-----|------|----------------------|------------|----------|
| 1 | 146 | Perri Shakes-Drayton | VPH&TH | 52.03 |
| 2 | 148 | Ambwene Simukonda | TVH | 55.31 |
| 3 | 127 | Denise Gayle | Enf & Har | 56.83 |
| 4 | 114 | Nina Anderson | SBH | 57.65 |
| 5 | 153 | Michelle Thomas | Birchfield | 58.34 |
| 6 | 133 | Melanie Houllier | VPH&TH | 60.18 |
| 7 | 156 | Gerda Vaitkaityte | SBH | 60.66 |
| 8 | 112 | Shim Amin | ESM | 70.2 (M) |

| T28 | 3000m Walk | Final | w/s | |
|-----|------------|---------------|-----------|----------|
| 1 | 128 | Norma Grimsey | Enf & Har | 20:05.05 |

| T39 | 3000m | Final | | |
|-----|-------|------------|-----|----------|
| 1 | 137 | Ruth Jones | AFD | 11:30.52 |

| T45 | 200m | Final | w/s | 1.5 |
|-----|------|-----------------|-----------|-------|
| 1 | 120 | Shereen Charles | ESM | 24.72 |
| 2 | 154 | Torema Thompson | Enf & Har | 25.04 |
| 3 | 122 | Katie Cundall | TVH | 25.33 |
| 4 | 135 | Julie Idowu | VPH&TH | 28.40 |

| T55 | 1500m | Final | | |
|-----|-------|-----------------|--------|---------|
| 1 | 141 | Ashlee McGuigan | Harrow | 4:48.05 |

FIELD EVENTS

| F3 | High Jump | | | |
|----|-----------|------------------|---------------|------|
| 1 | 149 | Frances Smithson | Lon Heathside | 1.70 |
| 2 | 110 | Esther Ajie | TVH | 1.45 |

| F6 | Discus | | | |
|----|--------|-------------------|------------|-------|
| 1 | 124 | Elisha Dee | TVH | 41.40 |
| 2 | 150 | Bethany Staniland | TVH | 37.76 |
| 3 | 132 | Rebecca Hardy | Highgate | 34.20 |
| 4 | 140 | Debbie McCaw | ESM | 31.21 |
| 5 | 144 | Tracey Quartey | VPH&TH | 29.45 |
| 6 | 125 | Wendy Dunsford | Epsom & Ew | 25.47 |
| 7 | 117 | Sharifa Brown | Enf & Har | 8.09 |

| F15 | Javelin | | | |
|-----|---------|-------------------|-----------|-------|
| 1 | 138 | Izzy Krassismenou | Enf & Har | 30.72 |
| 2 | 119 | Nicole Cara | SBH | 5.91 |

| F19 | Pole Vault | | | |
|-----|------------|------------|-----------|------|
| 1 | 142 | Katie Moey | Enf & Har | 2.80 |

| F23 | Long Jump | | | |
|-----|-----------|------------------|-----------|------|
| 1 | 131 | Gerlinde Hahn | TVH | 5.52 |
| - | | Gerlinde Hahn | TVH | 5.52 |
| 2 | 116 | Desola Bakre | Enf & Har | 5.08 |
| - | | Desola Bakre | Enf & Har | 5.05 |
| 3 | 139 | Helen Leadbetter | ESM | 4.64 |

| w/s | F27 | Hammer | | |
|-----|-----|----------------|------------|-------|
| 1 | 134 | Samantha Hynes | SBH | 60.10 |
| 2 | 140 | Debbie McCaw | ESM | 48.80 |
| 3 | 124 | Elisha Dee | TVH | 39.57 |
| 4 | 111 | Zara Akinpeju | Highgate | 38.13 |
| 5 | 125 | Wendy Dunsford | Epsom & Ew | 28.23 |

| F38 Shot | | | |
|----------|-----|-------------------|-----------------|
| 1 | 117 | Sharifa Brown | Enf & Har 11.37 |
| 2 | 150 | Bethany Staniland | TVH 10.78 |
| 3 | 121 | Hayley Comer | Harrow 10.33 |
| 4 | 140 | Debbie McCaw | ESM 9.91 |
| 5 | 125 | Wendy Dunsford | Epsom & Ew 8.49 |
| 6 | 119 | Nicole Cara | SBH 7.98 |
| 7 | 144 | Tracey Quartey | VPH&TH 7.84 |

| F37 Triple Jump | | | | w/s | |
|-----------------|-----|-----------------|-----------|-------|-----|
| 1 | 126 | Hannah Frankson | WGEL | 13.11 | 4.1 |
| 2 | 115 | Zara Asante | Harrow | 12.57 | 3.8 |
| 3 | 116 | Desola Bakre | Enf & Har | 11.53 | 2.5 |
| 4 | 147 | Michaela Shaw | TVH | 9.98 | 3.4 |
| - | | Michaela Shaw | TVH | 9.53 | 2.0 |

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 20 WOMEN

| T13 | 100m | Final | w/s | 0.9 |
|-----|------|------------------|---------------|-------|
| 1 | 219 | Nicky Famodun | Lon Heathside | 12.54 |
| 2 | 223 | Cleopatra Moulon | TVH | 12.97 |

| T16 | 800m | Final | | |
|-----|------|-------------|-----------|---------|
| 1 | 216 | Katie Brown | Enf & Har | 2:19.13 |

| T49 | 200m | Final | w/s | 3.0 |
|-----|------|------------------|---------------|-------|
| 1 | 219 | Nicky Famodun | Lon Heathside | 26.15 |
| 2 | 223 | Cleopatra Moulon | TVH | 27.02 |

| T54 | 1500m | Final | | |
|-----|-------|-----------------------|------------|---------|
| 1 | 225 | Molly Riglin | WSEH | 4:55.79 |
| 2 | 343 | Emily Warburton-Adams | Lon Heaths | 5:19.57 |

FIELD EVENTS

| F5 | Discus | | | |
|----|--------|--------------|-----|-------|
| 1 | 215 | Anicia Brown | TVH | 17.65 |

| F18 | Pole Vault | | | |
|-----|------------|--------------|--------|------|
| 1 | 229 | Amy Wentford | Harrow | 2.60 |

| F22 | Long Jump | | | | |
|-----|-----------|----------------------|-----------|------|-----|
| 1 | 230 | Rebekah Wiltshire | TVH | 5.18 | 1.8 |
| 2 | 222 | Symone Keisha | VPH&TH | 5.15 | 2.4 |
| - | | Symone Keisha | VPH&TH | 5.06 | 0.5 |
| 3 | 224 | Sara Ogbonna-Godfrey | Enf & Har | 4.55 | 2.8 |
| - | | Sara Ogbonna-Godfrey | Enf & Har | 4.50 | 2.0 |

| w/s | F26 | Hammer | | | |
|-----|-----|--------------|-----|-------|--|
| 1 | 217 | Amy Clemens | SBH | 47.56 | |
| 2 | 215 | Anicia Brown | TVH | 21.16 | |

| F36 | Triple Jump | | | | w/s |
|-----|-------------|---------------|--------|-------|-----|
| 1 | 222 | Symone Keisha | VPH&TH | 11.54 | 3.6 |
| - | | Symone Keisha | VPH&TH | 11.22 | 1.8 |

MIDDLE MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 17 WOMEN

| U17W | T1 | 300H | Final | | |
|------|----|------|---------------|------|-------|
| | 1 | 305 | Rosie Adams | WSEH | 51.50 |
| | 2 | 336 | Sasha Ritchie | TVH | 54.63 |

| T11 | 100m | Heat 1 | w/s | 3.5 |
|-----|------|---------------------|------------|---------|
| 1 | 330 | Uzoma Nwachukwu | Enf & Har | 12.27 Q |
| 2 | 342 | Nicola Tikare | Hillingdon | 12.71 Q |
| 3 | 315 | Heather Gibbons | Hillingdon | 12.92 Q |
| 4 | 329 | Zakre Ncke | VPH&TH | 13.40 q |
| 5 | 338 | Ashleigh Stephenson | TVH | 13.91 q |
| 6 | 328 | Ria Murdoch | VPH&TH | 14.48 |

| U17W | T11 | 100m | Heat 2 | w/s | 1.0 |
|------|-----|------|-----------------|-----------|---------|
| | 1 | 308 | Eugenie Brown | Harrow | 12.70 Q |
| | 2 | 349 | Chloe Horne | Enf & Har | 13.07 Q |
| | 3 | 333 | Rasheidah Price | Harrow | 13.49 Q |
| | 4 | 339 | Lia Stephenson | TVH | 13.96 |

| T15 | 800m | Final | | |
|-----|------|-----------------|---------------|---------|
| 1 | 321 | Rebecca Johnson | ESM | 2:22.14 |
| 2 | 326 | Rebecca Miles | Hillingdon | 2:25.81 |
| 3 | 341 | Carys Tetlaw | Hillingdon | 2:33.28 |
| 4 | 335 | Yanna Raykov | Lon Heathside | 2:39.17 |

| U17W | T21 | 100m | Final | w/s | 1.0 |
|------|-----|------|---------------------|------------|-------|
| | 1 | 330 | Uzoma Nwachukwu | Enf & Har | 12.23 |
| | 2 | 308 | Eugenie Brown | Harrow | 12.52 |
| | 3 | 342 | Nicola Tikare | Hillingdon | 12.94 |
| | 4 | 349 | Chloe Horne | Enf & Har | 13.05 |
| | 5 | 315 | Heather Gibbons | Hillingdon | 13.10 |
| | 6 | 333 | Rasheidah Price | Harrow | 13.57 |
| | 7 | 329 | Zakre Ncke | VPH&TH | 13.67 |
| | 8 | 338 | Ashleigh Stephenson | TVH | 13.90 |

| T22 | 300m | Final | | |
|-----|------|---------------|------------|-------|
| 1 | 337 | Akesha Smith | Enf & Har | 42.26 |
| 2 | 322 | Evie King | ESM | 44.76 |
| 3 | 341 | Carys Tetlaw | Hillingdon | 45.61 |
| 4 | 314 | Georgie Floyd | Hillingdon | 47.44 |

| U17W | T30 | 80H | Final | w/s | nwi |
|------|-----|-----|---------------------------|------------|-------|
| | 1 | 340 | Serlina Swaby-Constantine | VPH&TH | 12.06 |
| | 2 | 342 | Nicola Tikare | Hillingdon | 12.53 |
| | 3 | 304 | Kaeshelle Cooke | Enf & Har | 17.72 |

| T38 | 3000m | Final | | |
|-----|-------|--------------|-----|----------|
| 1 | 346 | Katrina Will | ESM | 12:42.62 |

| U17W | T48 | 200m | Final | w/s | 1.9 |
|------|-----|------|------------------------|------------|-------|
| | 1 | 308 | Eugenie Brown | Harrow | 25.89 |
| | 2 | 332 | Amarachi Pipi | Enf & Har | 26.00 |
| | 3 | 342 | Nicola Tikare | Hillingdon | 26.08 |
| | 4 | 327 | Rochelle Munroe-Graham | TVH | 26.23 |
| | 5 | 315 | Heather Gibbons | Hillingdon | 27.35 |
| | 6 | 306 | Hannah Adelaghan | NEB | 28.71 |
| | 7 | 319 | Neuza Jesus | BGTC | DNS |

FIELD EVENTS

| U17W | F1 | High Jump | | |
|------|----|-----------|---------------|-----------|
| | 1 | 307 | Demi Barrance | WSEH 1.45 |

| F4 | Discus | | | |
|----|--------|------------------|-----|-------|
| 1 | 348 | Kayomie Thompson | SBH | 33.98 |
| 2 | 323 | Lucy Knott | TVH | 23.41 |
| 3 | 339 | Lia Stephenson | TVH | 16.19 |

| U17W | F13 | Javelin | | |
|------|-----|---------|---------------|------------------|
| | 1 | 323 | Lucy Knott | TVH 29.08 |
| | 2 | 314 | Georgie Floyd | Hillingdon 27.08 |

| F17 | Pole Vault | | | |
|-----|------------|-----------------|-----------|------|
| 1 | 347 | Johanna Willard | Enf & Har | 2.30 |
| 2 | 345 | Sarah Wentford | Harrow | 1.80 |

U17W F21 Long Jump

| | | | | |
|---|-----|---------------------------|--------|------|
| 1 | 333 | Rasheidah Price | Harrow | 4.85 |
| 2 | 340 | Serlina Swaby-Constantine | VPH&TH | 4.84 |
| 3 | 328 | Ria Murdoch | VPH&TH | 3.75 |
| - | | Ria Murdoch | VPH&TH | 3.60 |

w/s F25 Hammer

| | | | | | |
|------|---|-----|---------------------|-----|-------|
| -0.4 | 1 | 317 | Charlotte Gould | ESM | 29.51 |
| 1.5 | 2 | 338 | Ashleigh Stephenson | TVH | 25.97 |
| 2.1 | 3 | 316 | Ashley Gould | ESM | 25.31 |
| 1.9 | | | | | |

U17W F38A Shot

| | | | | |
|---|-----|------------------|-----|------|
| 1 | 348 | Kayomie Thompson | SBH | 9.14 |
|---|-----|------------------|-----|------|

F35 Triple Jump

| | | | | | |
|---|-----|--------------|------------|------|-----|
| 1 | 341 | Carys Tetlaw | Hillingdon | 9.83 | 3.6 |
| - | | Carys Tetlaw | Hillingdon | 9.35 | 1.9 |

MIDDLESEX TRACK & FIELD CHAMPIONSHIPS

Mile End

14/05/2011

UNDER 15 Girls

FIELD EVENTS

F16 Pole Vault

| | | | | |
|---|-----|----------------|------------|------|
| 1 | 536 | Emma Martin | Enf & Har | 2.10 |
| 2 | 457 | Nicole Lewis | Epsom & Ew | 2.00 |
| 3 | 449 | Katie Hatchett | Enf & Har | 1.80 |

F24 Hammer

| | | | | |
|---|-----|---------------|-----|-------|
| 1 | 463 | Tara Morawska | ESM | 39.64 |
|---|-----|---------------|-----|-------|