



LONDON INTER CLUB CHALLENGE and LUCA SERIES

LEE VALLEY - SUNDAY 17 April 2016

		1 400m Hurdles Race 1		
1				
1	226	PATRICK	BARRETT	SM
2	201	LOUIS	GARDNER	SM
3	214	PETER	BENEDICKTER	M45
4	213	SAM	CUNNINGHAM	SM
5	202	RONAN	LLYR	SM
6	34	Karl	Johnston	SM
		2 400m Hurdles Race 2		
1				
1	217	SARAH	CALCOTT	SW
2	246	GEMMA	ROUS	SW
3	252	CAROLINE	HILLEY	SW
4	208	FFREYA	SHEARER	SW
5	228	ALICE	FLINT	SW
		3 400m Hurdles Race 3		
1				
1	225	DEBORAH	WILLIS	SW
2	230	LAURA	COOK	SW
3	216	DARIA	PHILLIPS	U20W
4	227	GEORGINA	ELLIS	U20W
		1 5000m Race 1		
4				
1	239	LUKE	SMITH	U20M
2	224	JOHN	BUCHANAN	U20M
3	242	BEN	PIZZUTO	U20M
4	244	ZEKE	OKELY	U20M
5	60	Calvi	Thompson	SW
6	235	QUINN	JAGO	U18M
7	237	DANIEL	MACMILLAN	U18M
8	238	JACOB	COWAN	U20M
9	236	EUAN	MACMILLAN	U18M
10	109	Alex	Dunne-Gundry	SW
11	223	JACK	HIGGINS	U20M
12	67	Hannah	Baynham	SW
13	114	Becki	Clarke	SW
		3 5000m Race 3		
4				
1	133	Victor	Mound	SM
2	212	JED	MARSHALL	SM
3	130	Rahil	Sachak-Patwa	SM

4	240	JOSH	BAKER	U20M
5	105	Ryan	Faulkner	SM
6	134	Will	De Doncker	SM
7	128	Henry	Murdoch	SM
8	99	Alexander	Stephens	SM
9	86	Neal	Trotter	SM
10	24	Emmanuel	Ferreyra Olivares	SM
11	108	Yau-Hei	Chai	SM
5		1 110m Hurdles LUCA		1.2 M/S Manua
1	101	Joshua	Watson	SM
2	23	Dmitrii	Solomonov	SM
3	126	Fernando	Tagle Valle	SM
4	34	Karl	Johnston	SM
5	123	Alex	Dudney	SM
6	130	Rahil	Sachak-Patwa	SM
3		2 110m Hurdles LICC		1.2 M/S Manua
1	249	JOSEPH	HYLTON	SM
2	273	JACK	ANDREW	SM
3	274	ALEXANDER	WORT	SM
4	268	GAVIN	PHILLIPS	SM
5		3 110m Hurdles U20M		1.2 M/S Manua
1	270	GEORGE	VAUGHAN	U20M
2	280	DYLAN	CARLSSON-SMITH	U20M
3	260	TOM	CHANDLER	U20M
6		1 100m Hurdles Race 1		2.9 M/S Manua
1	4	Filipa	McQueen	SW
2	95	Rosanna	Jacobs	SW
3	6	Hannah	Wiltshire	SW
4	116	Emma	Simpson-Dore	SW
5	64	Danetta	Lee	SW
6	15	Sarah	Kelley	SW
6		2 100m Hurdles Race 2		1.9 M/S Manua
1	252	CAROLINE	HILLEY	SW
2	211	CLAIRE	SEAR	SW
3	208	FFREYA	SHEARER	SW
4	207	EMMA	ROBERTS	SW
6		3 80m Hurdles		2.1 M/S Manua
1	275	EMILY	RUSSELL	U17W
2	290	NICOLE	PARCELL	U17W
6		75m Hurdles		2.1 M/S Manua
1	279	CONNIE	LAMPLUGH	U15W

7		1 800m LUCA M		
1	49	Christopher	Allison	SM
2	132	Teddy	Truneh	SM
3	112	Tim	Walpot	SM
4	127	George	Withers	SM
5	107	Tom	Ryan	SM
6	20	Balasz	Hergert	SM
7	81	Jack	Hood	SM
8	54	Max	Thorp	SM
7		2 800m LUCA W 1		
1	66	Fran	Ashworth	SW
2	115	Emma	Butcher	SW
3	116	Emma	Simpson-Dore	SW
4	96	Winnie	Swann	SW
5	93	Chloe	Dearman	SW
7		3 800m LUCA W 2		
1	111	Jade	Anderson-Busby	SW
2	71	Victoria	Addison	SW
3	110	Kirsty	Wheeler	SW
4	122	Shala	Nourmamode	SW
5	2	Andrea	Sanderson	SW
7		4 800m LICC 1		
1	325	SEBASTIAN	CHELI	SM
2	299	REECE	SURRIDGE	SM
3	297	FARRIS	PATEL	U15M
4	292	TOM	CAREY	SM
5	298	MUNSO	PRIOR	U15M
7		5 800m LICC 2		
1	288	JACK	HALIL	U15M
2	266	ESAM	YAHOUNI	U17M
3	327	BRADLEY	DEACON	U15M
4	329	EVAN	JOHNSTONE	U13M
7		6 800m LICC 3		
1	205	RACHEL	SKOKOWSKI	SW
2	204	LIZZIE	SANDHAM	SW
3	335	YANNA	RAYLON	SW
4	287	ISABELLA	HICH	U15W
5	333	JESSICA	ROSEWARN	U17W
6	269	KATIE	BRENNAN	U13W
8		1 100m LCAS Race 1		0.9 M/S Manua
1	142	Shad	Aaron	SM
2	91	John	Johnson	SM
3	102	Karl	Tucker	SM
4	80	Harry	Browning	SM

5	39	Rahmiah	Ellington	SM
6	38	Patrick	Chimhini	SM
7	31	Jorge	Garcia Diaz	SM
8	79	Gernot	Steiner	SM
8		2 100m LCAS Race 2		-0.1 M/S Manua
1	139	Gavin	Colley	SM
2	129	Mark	Dyble	SM
3	26	Ibukun	Oyesiku	SM
4	19	Arron	Bernard	SM
5	28	Jason	Eghan	SM
6	24	Emmanuel	Ferreyra Olivares	SM
8		3 100m LCAS Race 3		0.0 M/S Manua
1	41	Roch	Sherriff	SM
2	131	Robin	Talbot	SM
3	34	Karl	Johnston	SM
4	40	Robert	Barwick	SM
5	42	Romain	Harvey	SM
6	43	Stefan Lee Luen	Mang	SM
8		4 100m LCAS Race 4		-0.2 M/S Manua
1	82	James	Findon	SM
2	23	Dmitrii	Solomonov	SM
3	87	Sam	Vennin	SM
4	77	Daniel	Tang	U20M
8		5 100m LCAS Race 5		0.0 M/S Manua
1	70	Laviai	Nielsen	SW
2	4	Filipa	McQueen	SW
3	63	Clare	Dyer	SW
4	59	Berenice	van Moere	SW
5	120	Rhianna	Madden-Hansle	SW
6	17	Toyin	Olufemi	SW
8		6 100m LCAS Race 6		-0.3 M/S Manua
1	135	Antonia	Evans	SW
2	62	Chloe	Hocking	SW
3	119	Mariana	Cabral	SW
4	69	Jessica	Sze	SW
5	64	Danetta	Lee	SW
8		7 100m LICC Race 1		0.0 M/S Manua
1	332	MARK	HANSON	SM
2	285	JAMES	BROOKS	SM
3	294	LEWIS	THORN	U20M
4	273	JACK	ANDREW	SM
5	322	HARRY	KYRIACOU	SM
6	338	MING	WANG-KOH	SM

8		8 100m LICC Race 2		1.4 M/S Manua
1	341	CLAYTON	GILLESPIE	SM
2	300	LEON	SINCLAIR	SM
3	362	FRANK	AHCINON	U20M
4	363	CHUKWUEHUKA	OKWOR	SM
5	328	AUSTIN	DE MAILLU	SM
6	271	JACOB	BERKELEY	U20M
8		9 100m LICC Race 3		-0.1 M/S Manua
1	268	GAVIN	PHILLIPS	SM
2	349	CHRISTOPHER	JENNINGS	SM
3	257	CABOLAHAN	BALOGUN JNR	U20M
4	293	WOLE	ODELE	M50
5	342	MICHAEL	JONES	M50
6	218	LEYTON	ASHBY	U17M
8		10 100m LICC Race 4		0.8 M/S Manua
1	280	DYLAN	CARLSSON-SMITH	U20M
2	263	GEORGE	MUANA	U20M
3	331	STEVEN	EDWARDS	SM
4	258	ROBERT	JASICKI	SM
5	337	PETER	ILO	M50
6	330	NICK	LAUDER	M45
8		11 100m LICC Race 5		0.2 M/S Manua
1	267	OWEN	EVERSLEY	U15M
2	211	CLAIRE	SEAR	SW
3	262	KHUWAYNE	LINTON	U17M
4	207	EMMA	ROBERTS	SW
5	209	KELTIE	MCDONALD	SW
6	264	LAURA	BROWN	U17W
8		12 100m LICC Race 6		-0.9 M/S Manua
1	220	NICHOLAS	SUMICH	U20M
2	279	CONNIE	LAMPLUGH	U15W
3	348	OLIVIA	HYLTON-PENNANT	SW
8		13 100m LICC Race 7		0.7 M/S Manua
1	249	JOSEPH	HYLTON	SM
2	219	IAN	XAVIER	U17M
3	261	IMANI	RUPERT-EM-HRU	U15W
4	265	KELLIES	NORBAL	U15W
9		1 400m LUCA race 1		
1	46	Jimmy	Thoronka	SM
2	56	Gareth	Holden	SM
3	1	Scott	Stoll	SM
4	101	Joshua	Watson	SM
5	125	Emmett	Thomson	SM
6	132	Teddy	Truneh	SM

7	107	Tom	Ryan	SM
9		2 400m LUCA race 2		
1	29	Jason	Wilson	SM
2	123	Alex	Dudney	SM
3	30	Jefferson	Ho	SM
4	72	Alex	Russo	SM
5	24	Emmanuel	Ferreyra Olivares	SM
9		3 400m LUCA race 3		
1	37	Oghenetejiri	Okagbare	SM
2	144	Daniel	English	SM
9		4 400m LUCA W		
9	138	Michelle	Mullen	SW
2	66	Fran	Ashworth	SW
3	137	Majidah	Harb	SW
4	115	Emma	Butcher	SW
5	95	Rosanna	Jacobs	SW
6	9	Marina	Milagre	SW
10		1 400m LICC race 1		
1	340	JOSH	EVANS	SM
2	367	MICHAEL	SKEE	SM
3	285	JAMES	BROOKS	SM
4	276	CASPAR	ELIOT	SM
5	201	LOUIS	GARDNER	SM
6	346	WILLIAM	DAVID	SM
7	357	LESLIE	ODAMTIEN-ADDY	SM
8	369	JOSEPH	PEPPIATT	U20M
10		2 400m LICC race 2		
1	328	AUSTIN	DE MAILLU	SM
2	206	HUGH	BAKER	SM
3	345	EDWARD	REES	SM
4	338	MING	WANG-KOH	SM
5	221	NATHAN	YUKIEN	U20M
10		3 400m LICC race 3		
1	263	GEORGE	MUANA	U20M
2	351	CAROLINE	JONHSON	SW
3	352	CATRIONA	MARRIOTT	U20W
4	228	ALICE	FLINT	SW
5	353	RHIANNON	PHILPS	SW
6	264	LAURA	BROWN	U17W
7	265	KELLIES	NORBAL	U15W
10		4 400m LICC race 4		
1	267	OWEN	EVERSLEY	U15M
2	290	NICOLE	PARCELL	U17W

3	289	ROBERT	MAGGIO	M65
12		1 200 LUCA race 1		1.3 M/S Manua
1	91	John	Johnson	SM
2	80	Harry	Browning	SM
3	39	Rahmiah	Ellington	SM
4	102	Karl	Tucker	SM
5	31	Jorge	Garcia Diaz	SM
6	125	Emmett	Thomson	SM
7	50	Craig	Wheadon	SM
12		2 200 LUCA race 2		2.3 M/S Manua
1	140	Keith	Turner	SM
2	129	Mark	Dyble	SM
3	38	Patrick	Chimhini	SM
4	112	Tim	Walpot	SM
5	29	Jason	Wilson	SM
6	26	Ibukun	Oyesiku	SM
7	21	Brandon	Charles	SM
12		3 200m LUCA W race 1		-2.3 M/S Manua
1	63	Clare	Dyer	SW
2	4	Filipa	McQueen	SW
3	59	Berenice	van Moere	SW
4	115	Emma	Butcher	SW
5	116	Emma	Simpson-Dore	SW
12		4 200m LUCA W race 2		1.4 M/S Manua
1	95	Rosanna	Jacobs	SW
2	62	Chloe	Hocking	SW
3	10	Melisha	Brown	SW
4	71	Victoria	Addison	SW
5	119	Mariana	Cabral	SW
6	122	Shala	Nourmamode	SW
12		5 200m LICC race 1		0.9 M/S Manua
1	285	JAMES	BROOKS	SM
2	300	LEON	SINCLAIR	SM
3	294	LEWIS	THORN	U20M
4	362	FRANK	AHCINON	U20M
12		6 200m LICC race 2		1.1 M/S Manua
1	341	CLAYTON	GILLESPIE	SM
2	270	GEORGE	VAUGHAN	U20M
3	250	CHARLES	OAKLEY	SM
4	328	AUSTIN	DE MAILLU	SM
5	373	PATRICK	CALVER	SM
6	375	JAMES	STANTON	SM
12		7 200m LICC race 3		2.1 M/S Manua

1	342	MICHAEL	JONES	M50
2	337	PETER	ILO	M50
3	293	WOLE	ODELE	M50
4	330	NICK	LAUDER	M45
5	267	OWEN	EVERSLEY	U15M
6	262	KHUWAYNE	LINTON	U17M
7	261	IMANI	RUPERT-EM-HRU	U15W
12		8 200m LICC race 4		-0.4 M/S Manua
1	364	ELLA	WANSELL	U17W
2	275	EMILY	RUSSELL	U17W
3	279	CONNIE	LAMPLUGH	U15W
4	209	KELTIE	MCDONALD	SW
5	264	LAURA	BROWN	U17W
6	371	RENEE	DIOMAR	U13W
7	265	KELLIES	NORBAL	U15W
12		9 200m LUCA Race 3		0.0 M/S Manua
1	40	Robert	Barwick	SM
2	43	Stefan Lee Luen	Mang	SM
13		1 3000m steeplechase LUCA		
1	133	Victor	Mound	SM
2	83	Joey	Shaw	SM
3	130	Rahil	Sachak-Patwa	SM
4	126	Fernando	Tagle Valle	SM
5	134	Will	De Doncker	SM
6	128	Henry	Murdoch	SM
7	124	Alfie	Duffen	SM
8	44	Sze Chun	Liu	SM
14		1 1500m LUCA		
1	49	Christopher	Allison	SM
2	145	Kieran	Gilfedder	SM
3	127	George	Withers	SM
4	105	Ryan	Faulkner	SM
5	90	George	Bettsworth	SM
6	74	Arturo	Martinez de Murguia	SM
7	23	Dmitrii	Solomonov	SM
8	75	Colin	Phillips	SM
9	87	Sam	Vennin	SM
10	24	Emmanuel	Ferreyra Olivares	SM
11	82	James	Findon	SM
12	77	Daniel	Tang	U20M
14		2 1500m LUCA W		
1	57	Amy	Bond	SW
2	60	Calvi	Thompson	SW
3	96	Winnie	Swann	SW
4	93	Chloe	Dearman	SW

5	111	Jade	Anderson-Busby	SW
6	114	Becki	Clarke	SW
7	110	Kirsty	Wheeler	SW
8	3	Christina	Pacht	SW
14		3 1500m LICC		
1	350	MICHAEL	COSTANTE	SM
2	376	AHMED	ABDULLE	U20M
3	284	JAMES	COXON	SM
4	224	JOHN	BUCHANAN	U20M
5	242	BEN	PIZZUTO	U20M
6	30	Jefferson	Ho	SM
7	237	DANIEL	MACMILLAN	U18M
8	372	ANNA	MYERS	SW
9	266	ESAM	YAHOUNI	U17M
10	238	JACOB	COWAN	U20M
11	108	Yau-Hei	Chai	SM
12	334	ALEXANDER	ROSEWARN	U15M
15		1 4x100m Relay Men		
1	K	Kings 1		
2	E	Essex 1		
3	E2	Essex 2		
4	U	UCL		
5	E3	Essex 3		
6	I	Imperial		
15		2 4x100m Relay Women		
1	E	Essex 1		
2	K	Kings 1		
3	K2	Kings 2		
4	U	UCL		
16		1 2000m Steeplechase		
1	13	Sally-Anne	Adams	SW
17		1 4x400m Relay Men		
1	UE	UEL		
2	K	Kings		
3	U1	UCL		
4	E	Essex		
17		2 4x400m Relay Women		
1	K	Kings 1		
2	U	UCL		
3	K2	Kings 2		
4	E	Essex		
	LICC	Long Jump	Men	
1	215	LAWRENCE	DAVIS	SM

2	248	ALEXANDER	MACAULAY	SM
3	220	NICHOLAS	SUMICH	U20M
4	222	PETER	PANIZZA	U20M
4	219	IAN	XAVIER	U17M

LUCA

1	45	Toheeb	Tijani	SM
2	103	Michael	Dzandu	SM
3	25	Eufrasio	Anghileri	SM
4	131	Robin	Talbot	SM

LICC

Long Jump

Women

1	272	CHLOE	RIXON	U20W
2	231	PENNY	BUTCHER	W55

LUCA

1	63	Clare	Dyer	SW
2	6	Hannah	Wiltshire	SW
3	121	Sarah	Murphy	SW
4	120	Rhianna	Madden-Hansle	SW
5	68	Hui	Lynn Ooi	SW
6	119	Mariana	Cabral	SW
7	122	Shala	Nourmamode	SW

LICC

Triple Jump

Men

1	339	MATTHEW	HOULDEN	SM
2	366	EMMANUEL	GBEGLI	SM

LUCA

1	45	Toheeb	Tijani	SM
2	101	Joshua	Watson	SM
3	25	Eufrasio	Anghileri	SM
4	103	Michael	Dzandu	SM
5	51	Erik	Tropp	SM
6	127	George	Withers	SM

LICC

Triple Jump

Women

1	272	CHLOE	RIXON	U20W
2	211	CLAIRE	SEAR	SW

LUCA

1	89	Yasmin	Lakin	SW
2	120	Rhianna	Madden-Hansle	SW
3	69	Jessica	Sze	SW

LICC

High Jump

1	412	ETHAN	SURRELL	SM
2	458	CHRISTOPHER	LITTLE	SM
3	413	TOMAS	MARINO	U20M
4	452	ANNABELLE	BATES	SW
5	423	IMOGEN	DOWNING	U20W
6	207	EMMA	ROBERTS	SW
7	430	CONNER	GUIDRY	SM
8	231	PENNY	BUTCHER	W55

9	253	RHYS	FEAVIOUR	U15B
LUCA				
1	101	Joshua	Watson	SM
2	23	Dmitrii	Solomonov	SM
3	25	Eufrazio	Anghileri	SM
4	128	Henry	Murdoch	SM
5	95	Rosanna	Jacobs	SW
6	15	Sarah	Kelley	SW
7	87	Sam	Vennin	SM
8	115	Emma	Butcher	SW
9	116	Emma	Simpson-Dore	SW
	71	Victoria	Addison	SW
11	82	James	Findon	SM
12	77	Daniel	Tang	U20M
Pole Vault			Indoors due to faulty equipment	
1	428	CONNER	GUIDRY	SM
2	283	KRIS	JENSEN	SM
3	436	DUNCAN	HICKLIN	SM
4	435	SAM	RAWLINSON	SW
5	281	REBECCA	MARTIN	SW
6=	282	REBECCA	MARKHAM	SW
6=	423	IMOGEN	DOWNING	U20W
LICC				
Javelin				
1	343	DAVID	KORCZYNSTI	SM
2	344	ARRAN	DAVIS	SM
3	210	GUY	FAIRBURN	SM
4	324	SAMUEL	KIRSCHSTEIN SMITH	SM
1	374	DANIEL	BAINBRIDGE	U18M
1	295	JOSHUA	BAIN	SM F37
1	289	ROBERT	MAGGIO	M65
1	377	BEN	HOOLEY	U15M
2	361	MUGHILAN	MURALITHARAN	U15M
1	368	GEORGIA	FLOYD	SM
2	370	ISABELLA	COUTTS	U20W
3	323	AMY	HOLDER	SW
1	365	HOLLY	HALL	U15W
2	290	NICOLE	PARCELL	U17W
3	347	TAIT	JONES	U17W
4	231	PENNY	BUTCHER	W55
1	291	KACI	PARCELL	U13W
LUCA				

1	73	Andrew	Seow	SM
2	103	Michael	Dzandu	SM
3	132	Teddy	Truneh	SM
4	123	Alex	Dudney	SM
5	23	Dmitrii	Solomonov	SM
6	51	Erik	Tropp	SM
7	40	Robert	Barwick	SM
8	25	Eufrazio	Anghileri	SM
9	77	Daniel	Tang	U20M

1	16	Tolani	George	SW
2	61	Carey	Hollick	SW
3	121	Sarah	Murphy	SW
4	64	Danetta	Lee	SW

LICC		Shot		
1	280	DYLAN	CARLSSON-SMITH	U20M
2	260	TOM	CHANDLER	U20M
3	233	LORN	MAYERS	SM F42
3	221	NATHAN	YUKIEN	U20M
4	203	PETER	WISHART	M55

1	262	KHUWAYNE	LINTON	U17M
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1	234	JONATHAN	ADAMS	SM F35
2	232	IVAN	IVANOVIC	M75
3	253	RHYS	FEAVIOUR	U15B

1	254	FIONA	MCQUIRE	U20W
2	255	ROISIN	BECK TAYLOR	SW

1	261	IMANI	RUPERT-EM-HRU	U15W
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LUCA				
1	141	Marius	Razanauskas	SM
2	28	Jason	Eghan	SM
3	23	Dmitrii	Solomonov	SM
4	126	Fernando	Tagle Valle	SM
5	123	Alex	Dudney	SM
6	32	Josh	Capon	SM
7	55	Shivam	Patel	SM
8	87	Sam	Vennin	SM
9	77	Daniel	Tang	U20M
10	82	James	Findon	SM
11	124	Alfie	Duffen	SM

1	233	LORN	MAYERS	SM F42
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1	16	Tolani	George	SW
2	5	Gabrielé	Matulevičiūtė	SW
3	8	Jessica	Bruton	SW

4	65	Emma	Passey	SW
5	120	Rhianna	Madden-Hansle	SW
6	121	Sarah	Murphy	SW
7	96	Winnie	Swann	SW
8	61	Carey	Hollick	SW
9	71	Victoria	Addison	SW
10	110	Kirsty	Wheeler	SW
11	116	Emma	Simpson-Dore	SW
12	115	Emma	Butcher	SW
Hammer				
1	77	Daniel	Pool 1 Tang	U20M
1	251	BILLY	PRAIM-SINGH	U18M
2	286	JAMES	LANCASTER	U17M
3	289	ROBERT	MAGGIO	M65
1	277	PHILIPPA	DAVENALL	U20M
2	229	GABRIELE	MATULEUICIUTE	U20W
3	247	JESSICA	BRUTON	U20W
4	255	ROISIN	BECK TAYLOR	SW
5	278	CLARE	PACINI	SW
6	65	Emma	Passey	SW
Discus				
1	359	EMEKA	LICC UDECHUKU	M35
2	355	CHRISTOPHER	LINQUE	SM
3	356	DEVON	DOUGLAS	SM
4	256	NEVILLE	THOMPSON	M60
5	268	GAVIN	PHILLIPS	SM
6	273	JACK	ANDREW	SM
7	326	ANTHONY	SOALLA-BELL	M35
1	280	DYLAN	CARLSSON-SMITH	U20M
2	260	TOM	CHANDLER	U20M
3	251	BILLY	PRAIM-SINGH	U20M
1	358	MICHAEL	NICHOLLS	SM F44
2	203	PETER	WISHART	M55
3	296	KEVIN	BAIN	M50
1	295	JOSHUA	BAIN	SM F37
1	361	MUGHILAN	MURALITHARAN	U15M
2	253	RHYS	FEAVIOUR	U15B
1	323	AMY	HOLDER	SW
2	347	TAIT	JONES	U17W
3	254	FIONA	MCQUIRE	U20W
4	365	HOLLY	HALL	U15W

5	255	ROISIN	BECK TAYLOR	SW
		Discus	LUCA	
1	101	Joshua	Watson	SM
2	51	Erik	Tropp	SM
3	123	Alex	Dudney	SM
4	40	Robert	Barwick	SM
5	77	Daniel	Tang	U20M
1	8	Jessica	Bruton	SW
2	16	Tolani	George	SW
3	17	Toyin	Olufemi	SW
4	65	Emma	Passey	SW
5	61	Carey	Hollick	SW
6	93	Chloe	Dearman	SW
7	110	Kirsty	Wheeler	SW



HAWCS	56.58
ACHILLES	57.29
BEDFORD AND COUNTY	01:00.89
READING UNI/CRAWLEY	01:01.72
ACHILLES	01:02.86
Essex	01:07.25

ENFIELD AND HARINGEY	01:02.15
SBH	01:02.18
ACHILLES	01:04.67
ACHILLES	01:07.19
ACHILLES	01:08.30

NOTTS AC	01:03.41
ACHILLES	01:06.59
ENFIELD AND HARINGEY	01:10.96
ACHILLES	01:20.20

TRINITY COLLEGE AUS	17:37.34
TRINITY COLLEGE AUS	18:52.34
TRINITY COLLEGE AUS	19:18.16
TRINITY COLLEGE AUS	19:20.61
King's	19:25.07
TRINITY COLLEGE AUS	20:00.30
TRINITY COLLEGE AUS	20:06.76
TRINITY COLLEGE AUS	22:13.59
TRINITY COLLEGE AUS	22:42.77
Roehampton	22:44.71
TRINITY COLLEGE AUS	23:01.15
King's	23:06.36
UCL	23:35.50

UCL	15:15.26
ACHILLES	15:45.26
UCL	16:37.93

TRINITY COLLEGE AUS	16:44.76
Reading	16:47.98
UCL	17:19.11
UCL	18:29.92
Reading	19:14.31
King's	19:26.28
Essex	20:10.66
Reading	22:01.60

I	Manual
Reading	17.8
Essex	19.3
UCL	20.3
Essex	21.6
UCL	23.8
UCL	26.5

I	
BIRCHFIELD HARRIERS	13.90
SALE HARRIERS	14.57
SALE HARRIERS	14.74
TEAM BATH AC	15.60

I	Manual
ENFIELD AND HARINGEY	14.6
SBH	15.5
CENTRAL AC	15.6

I	
Essex	17.19
Reading	17.38
Essex	18.60
UCL	19.57
King's	20.72
Essex	20.80

I	
ACHILLES	15.34
ACHILLES	15.94
ACHILLES	16.07
ACHILLES	16.56

I	
HARROW	12.02
HAWCS	12.26

I	
MEDWAY AND MAIDSTONE	12.30

Imperial	02:01.90
UCL	02:04.30
Royal H	02:04.47
UCL	02:05.15
Reading	02:10.27
Essex	02:11.61
King's	02:16.97
Imperial	02:18.93

King's	02:21.90
UCL	02:25.81
UCL	02:28.89
Reading	02:32.91
Reading	02:41.02

Royal H	02:45.49
King's	02:51.19
Roehampton	02:59.09
UCL	03:12.65
Essex	03:33.37

ACHILLES	01:56.52
ENFIELD AND HARINGEY	02:10.59
ILFORD AC	02:13.50
SBH	02:15.31
ILFORD ATHLETICS	02:17.73

ILFORD AC	02:30.25
S-FACTOR	02:35.03
ILFORD AC	02:41.94
ILFORD AC	02:56.89

ACHILLES	02:26.20
ACHILLES	02:29.16
ACHILLES	02:30.64
ILFORD AC	02:51.38
HARROW	02:57.13
HARROW	03:03.36

I	Manual
UEL	10.9
Middlesex	11.3
Reading	11.3
King's	11.6

Essex	11.6
Essex	11.9
Essex	12.0
King's	12.1

I

UEL	11.23
UCL	11.28
Essex	12.30
Essex	12.60
Essex	13.48
Essex	13.50

I

Essex	12.11
UCL	12.12
Essex	12.6
Essex	12.6
Essex	12.77
Essex	13.21

I

King's	12.51
Essex	12.78
King's	14.06
King's	14.31

I

King's	11.94
Essex	13.46
King's	13.73
King's	13.82
UCL	13.93
Essex	14.27

I

UEL	12.81
King's	14.44
UCL	14.89
King's	15.14
King's	18.29

I

ENFIELD AND HARINGEY	11.13
ACHILLES	11.27
BRAINTREE AND DISTRICT	11.54
SALE HARRIERS	11.62
SBH	11.79
ACHILLES	11.89

I	
ACHILLES	11.21
SBH	11.23
WSEH AC	11.37
WSEH AC	11.44
ACHILLES	11.55
SBH	11.64

I	
TEAM BATH AC	11.87
KINGSTON AND POLY	12.37
UNA	12.37
CAMBRIDGE HARRIERS	12.91
ENFIELD AND HARINGEY	12.95
TRINITY COLLEGE AUS	12.96

I	
SBH	11.81
S-FACTOR	11.91
HAWCS	12.08
ENFIELD AND HARINGAY	12.09
BARNET AND DISTRICT AC	12.96
VETS AC	13.19

I	
S-FACTOR	13.15
ACHILLES	13.36
S-FACTOR	13.40
ACHILLES	14.11
ACHILLES	14.44
S-FACTOR	15.37

I	
TRINITY COLLEGE AUS	13.57
MEDWAY AND MAIDSTONE	13.84
ACHILLES	14.33

I	
BIRCHFIELD HARRIERS	11.28
TRINITY COLLEGE AUS	14.96
S-FACTOR	15.69
S-FACTOR	16.92

Guest	50.59
Imperial	51.85
Bedfordshire	53.02
Reading	54.67
UCL	55.72
UCL	56

Reading	57.68
Essex	56.26
UCL	57.66
Essex	57.70
King's	57.94
Essex	01:06.54
Essex	01:04.89
Kingston	01:05.70
UEL	01:01.32
King's	01:02.29
UEL	01:03.56
UCL	01:06.53
Reading	01:07.63
Essex	01:26.39
ACHILLES	49.84
ENFIELD AND HARINGEY	49.92
ACHILLES	50.06
ACHILLES	50.54
ACHILLES	51.61
ACHILLES	51.87
SBH	53.23
SBH	54.60
ACHILLES	52.23
ACHILLES	53.41
ACHILLES	54.56
ACHILLES	56.19
TRINITY COLLEGE AUS	01:05.67
S-FACTOR	56.31
ACHILLES	58.95
ACHILLES	01:01.41
ACHILLES	01:02.22
ACHILLES	01:05.73
S-FACTOR	01:23.36
S-FACTOR	01:28.23
S-FACTOR	01:02.50
HAWCS	01:04.71

ETON MANOR AC 01:25.31

I
Middlesex 22.63
King's 23.49
Essex 23.92
Reading 23.95
Essex 24.62
UCL 24.69
Imperial 25.31

I
UEL 22.37
UCL 22.61
Essex 24.37
Royal H 24.82
Essex 25.11
Essex 26.47
Essex 27.66

I
King's 28.13
Essex 28.27
King's 28.29
UCL 30.63
UCL 30.91

I
Reading 29.02
King's 29.88
Essex 30.07
King's 30.09
UCL 31.09
UCL 35.82

I
ACHILLES 22.43
SBH 22.45
BRAintree AND DISTRICT 23.04
WSEH AC 23.11

I
ACHILLES 22.64
ENFIELD AND HARINGEY 23.29
ACHILLES 23.33
ACHILLES 23.49
ACHILLES 23.63
ENFIELD AND HARINGEY 24.85

I

ENFIELD AND HARINGEY	25.61
BARNET AND DISTRICT AC	25.98
CAMBRIDGE HARRIERS	26.22
VETS AC	26.65
S-FACTOR	26.93
S-FACTOR	28.72
S-FACTOR	35.89

I	
ENFIELD AND HARINGEY	25.88
HARROW	26.95
MEDWAY AND MAIDSTONE	28.54
ACHILLES	29.91
S-FACTOR	32.52
SBH	34.89
S-FACTOR	35.24

I	
Essex	25.88
Essex	27.37

UCL	10:02.95
King's	10:45.68
UCL	11:17.85
UCL	11:27.75
UCL	11:28.13
UCL	11:47.58
UCL	12:28.10
Essex	15:50.54

Imperial	04:11.06
Kingston	04:11.59
UCL	04:28.75
Reading	04:33.14
LSE	04:38.32
King's	04:41.35
Essex	05:10.96
King's	05:15.41
King's	05:16.75
Essex	05:37.68
King's	05:45.47
King's	05:50.12

King's	05:00.21
King's	05:00.61
Reading	05:20.50
Reading	05:41.17

Royal H	05:51.25
UCL	06:08.23
Roehampton	06:10.03
Essex	06:48.75

ACHILLES	04:06.75
ILFORD AC	04:09.90
ACHILLES	04:10.40
TRINITY COLLEGE AUS	04:40.97
TRINITY COLLEGE AUS	05:16.31
Essex	05:16.70
TRINITY COLLEGE AUS	05:19.69
CAMBRIDGE UNI/ACHILLES	05:22.05
S-FACTOR	05:30.58
TRINITY COLLEGE AUS	05:32.44
Reading	06:02.00
HARROW	06:15.00

46.73
47.43
49.57
50.14
50.58
01:21.05

54.83
55.04
01:00.45
01:00.94

Essex	10:22.13
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03:32.78
03:46.06
03:50.46
03:52.13

04:24.42
04:44.75
04:54.24
05:48.27

ENFIELD AND HARINGEY	6.53 -2.2
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ACHILLES	6.13 -1.8	
TRINITY COLLEGE AUS	4.69 -0.9	
TRINITY COLLEGE AUS	4.05 -0.8	
TRINITY COLLEGE AUS	3.58 -0.8	
Essex	5.56 -1.1	
Reading	5.32 +1.2	
Essex	5.13 -0.8	
UCL	4.59 +0.4	
ACHILLES	4.69 -2.7	
HUNTS AC	3.57 -1.7	
King's	4.71	0
Essex	4.62 -2.0	
UCL	4.20	0
UCL	4.18 -2.0	
King's	3.71 -2.2	
UCL	3.49 -1.9	
UCL	2.55 -2.4	
ACHILLES	13.83 -1.0	
ACHILLES	13.33 -1.9	
Essex	12.48 -1.6	
Reading	12.03	0
Essex	11.77 +0.9	
Reading	11.11 -1.3	
Imperial	10.60 -0.7	
UCL	10.06 -0.8	
ACHILLES	10.73 -0.4	
ACHILLES	10.28 -3.9	
LSE	11.60	0
UCL	9.03 -0.3	
King's	7.63 -2.7	
ACHILLES	1.92	
ACHILLES	1.75	
ACHILLES	1.75	
ACHILLES	1.65	
ACHILLES	1.50	
ACHILLES	1.35	
E&H/UCL	1.30	
HUNTS AC	1.20	

HILLINGDON	1.20
Reading	1.95
Essex	1.83
Essex	1.60
UCL	1.45
Reading	1.35
Essex	1.30
King's	1.30
UCL	1.25
UCL	1.20
King's	1.20
King's	1.20
King's	1.15
E&H/UCL	4.00
ACHILLES	3.60
ACHILLES	3.20
ACHILLES	2.60
ACHILLES	2.60
ACHILLES	2.00
ACHILLES	2.00
ACHILLES	53.82
ACHILLES	51.45
ACHILLES	44.55
BRUNEL	41.03
CITY OF NORWICH AC	62.93 700g
CHELMSFORD	38.42 600g
ETON MANOR AC	11.94 600g
HILLINGDON	30.81
HARROW	24.73
SBH	38.06
ACHILLES	35.06
WSEH	24.67
HILLINGDON	33.67
HAWCS	32.50
WALTON	26.98
HUNTS AC	15.33 500g
HAWCS	10.45

King's	41.13
Reading	40.30
UCL	39.73
UCL	36.32
Essex	32.45
Imperial	29.63
Essex	20.87
Essex	15.91
King's	15.81
Essex	17.43
King's	11.16
UCL	10.23
King's	8.70
SBH	13.60
CENTRAL AC	11.87
ENFIELD AND HARINGEY	11.24 6kg
TRINITY COLLEGE AUS	9.28
CAMBRIDGE HARRIERS	9.03
S-FACTOR	8.82
IPSWICH HARRIERS	11.94 4kg
ACHILLES	9.17 4kg
HILLINGDON	5.51
SBH	8.93
ACHILLES	7.46
S-FACTOR	5.67
UEL	10.83
Essex	10.14
Essex	8.95
UCL	8.20
UCL	8.01
Essex	7.30
Imperial	6.37
King's	6.33
King's	6.32
King's	6.25
UCL	5.79
UEL	11.12 6kg
Essex	9.30
Essex	8.67
Essex	8.28

King's	7.88
UCL	7.29
UCL	6.69
Reading	5.88
King's	5.81
King's	5.09
Roehampton	4.74
UCL	4.72
UCL	4.33
King's	15.89
SBH	64.52 5kg
BLACKHEATH AND BROMLEY	53.26
ETON MANOR AC	13.70 5kg
SBH	50.92
ESSEX UNIVERSITY	31.66
ESSEX UNIVERSITY	30.75
ACHILLES	30.12
ACHILLES	26.77
King's	12.67
WGEL	52.38
WGEL	46.41
WGEL	45.23
SBH	38.64 2kg
TEAM BATH AC	36.16
SALE HARRIERS	35.75
SBH	34.15
SBH	36.19
CENTRAL AC	36.08
SBH	34.68
SBH	41.41 1.5kg
CAMBRIDGE HARRIERS	31.76
UNATTACHED	25.50
CHELMSFORD	44.03 1kg
HARROW	18.10
HILLINGDON	16.70
WSEH	49.98
WALTON	35.20
SBH	34.45
HILLINGDON	25.15

ACHILLES 22.68

Reading 29.49

Imperial 19.97

UCL 18.23

Essex 15.67

King's 8.49

Essex 26.39

Essex 20.85

Essex 19.80

King's 19.03

King's 18.16

Reading 16.12

Roehampton 19.03