

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 & Mid	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 A	10.84 Q
3	7	Mark Hanson	Enfield & Haringey AC	10.94 q
4	22	Enrico Tawiah Kwabena	Enfield & Haringey AC	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 Harriers	11.33
5	23	Christopher Zah	Victoria Park Harriers £	11.58
6	11	Jerome Lule	Shaftesbury Barnet Ha	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 AC	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 A	10.76
6	7	Mark Hanson	Enfield & Haringey AC	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 Athletics	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 AC	51.54 Q

T39	400M	Final		
1	105	Niclas Baker	Crawley AC	47.91

2	159	Krishawn Aiken	Enfield & Haringey AC	51.89	Q
3	104	Alex Babb	Victoria Park Harriers	55.40	Q
4	160	Ace Ezegebe	Victoria Park Harriers	55.72	q

2	159	Krishawn Aiken	Enfield & Haringey AC	49.31
3	167	Michael Skee	Enfield & Haringey AC	49.93
4	111	Tyson Oladokun	Southampton Athletics	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
2	8	Nima Jam	Thames Valley Harriers	23.25
3	10	Miguel Larrea	Thames Valley Harriers	23.35
4	23	Christopher Zah	Victoria Park Harriers	23.46
5	103	Andrew Ajube	Thames Valley Harriers	23.87
	105	Niclas Baker	Crawley AC	DNF
	18	Mutara Sheriff	St Mary's Richmond AC	DNF

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

SM

T52	5000M	Final		
1	176	Adam Kirk-Smith	London Heathside AC	15:33.44
2	337	Abdishakur Nageeye Abdulkadir	Hillingdon AC	15:42.14
3	331	Andrew Brooker	London Heathside AC	15:58.31
4	334	Sathira Don	St Mary's Richmond AC	16:04.69
5	178	Ryan McCrickard	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 Veterans	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 Harriers	21.44

T58	1500M	Final		
1	253	Edward Hickman Casey	Highgate Harriers	4:05.22

2	108	Jordan Duvigneau	Harrow AC	22.27
3	106	Columba Blango	Victoria Park Harriers	22.38
4	8	Nima Jam	Thames Valley Harriers	23.05
5	11	Jerome Lule	Shaftesbury Barnet Harriers	23.27
	15	Olaseni Ogunmilade	Harrow AC	DNF
	10	Miguel Larrea	Thames Valley Harriers	DNS

2	255	Brahma Pochee	Highgate Harriers	4:11.40
3	252	Scott Brewer	Thames Valley Harriers	4:56.82
	254	Mohamed Mohamed	Hillingdon AC	DNS

FIELD

SM	F11	Long jump	w/s
		#N/A	#N/A
		#N/A	#N/A
		#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
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	w/s
1	430 Julian Golley Newham & Essex Beag 12.62	+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 shot

F42 Disability discus

F41 Disability shot

F41 Disability discus

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 Mbriwa	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 Harriers	11.04
2	60	Keano-Elliott Paris-Sam	Thames Valley Harriers	11.12
3	56	Tyrell Mills-Rhule	Thames Valley Harriers	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 Mbriwa	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 & Midd	52.34
4	118	Malachi Boyce	Thames Valley Harriers	54.38
5	168	Amar-Mazigh Aichoun	Thames Valley Harriers	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	53	Daniel John	Thames Valley Harr	23.11 q
		55	Matthew Mbriwa	Harrow AC	DNS

T42	200M	Heat 2	w/s	1.5
1	57	Kamal Mitchell	Thames Valley Harriers	22.28 Q
2	51	Khalil Bruney	Enfield & Haringey AC	22.39 Q
3	60	Keano-Elliott Paris-Sam	Thames Valley Harriers	22.51 Q
4	56	Tyrell Mills-Rhule	Thames Valley Harriers	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 Harriers	22.22
3	51	Khalil Bruney	Enfield & Haringey AC	22.33
4	60	Keano-Elliott Paris-Sam	Thames Valley Harriers	22.49
5	437	Nilrem Stewart	Thames Valley Harriers	22.96
6	53	Daniel John	Thames Valley Harriers	23.53
7	56	Tyrell Mills-Rhule	Thames Valley Harriers	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 Harriers 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 AC 40.13

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

F40	Triple jump			
1	433	Jude Bright-Davies	Thames Valley Harriers 15.22	+2.5
2	397	Samuel Fraser	Hillingdon AC 13.12	+2.7
3	398	Odell Okwuosa	Thames Valley Harriers 12.98	+3.0
4	432	Joel Bright-Davies	Thames Valley Harriers 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 AC 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 & Midc 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	T10	100M	Heats (2)	w/s	4.0
	1	47	Myron Rhule-Alexande	Victoria Park Harriers &	11.28 Q	1	49	Alex Truscott	Enfield & Haringey AC	11.12 Q
	2	44	Dary N'tuka Leonardo	Highgate Harriers	11.29 Q	2	42	Phoenix Lyon	Ealing Southall & Midc	11.28 Q
	3	38	Alexander Animashaun	Harrow AC	12.05 Q	3	39	Shinawat Jaidee	Shaftesbury Barnet Ha	11.60 Q
	4	45	Aniekan Okono	Barnet & District AC	12.11 q	4	41	Joshua Kumar	Shaftesbury Barnet Ha	11.75 q
	5	40	Michael Kobeh	Shaftesbury Barnet Ha	12.27	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 & Midc	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 & Midc	22.58
2	119	Michael Shonibare	Victoria Park Harriers	23.01
3	41	Joshua Kumar	Shaftesbury Barnet Ha	23.39
4	118	Malachi Boyce	Thames Valley Harrier	23.68
5	38	Alexander Animashaun	Harrow AC	24.22
6	45	Aniekano Okono	Barnet & District AC	24.92
7	40	Michael Kobeh	Shaftesbury Barnet Ha	25.14
8	39	Shinawat Jaidee	Shaftesbury Barnet Ha	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				F10	Long jump		w/s	
	1	415	Hakim Janha	Highgate Harriers	10.01	1	394	Idan Gal-Shohet	Highgate Harriers	6.16 +1.4
						2	341	Mattia Cilurzo	Ealing Southall & Midc	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		
		#N/A	#N/A	

F37	Javelin				
	1	388	Luke Miller	Ealing Southall & Midc	51.59
	2	389	Johnny Payne	Highgate Harriers	42.66

U17M	F42-45	Triple jump		w/s
	1	#N/A	#N/A	
	2	#N/A	#N/A	

F44	Hammer			
	1			

MIDDLESEX CHAMPIONSHIPS

U15M	T65	800m		
	1	149	MITTIO MOHAMMADIA	Shaftesbury Barnet Harr 2:13.22
	2	198	Andre Rai	Hillingdon AC 2:15.86
	3	189	Aidan Aherne	Team Hounslow AC 2:18.24
	4	148	Hamse Ahmed	Victoria Park Harriers & 2:20.91
	5	191	James Bradley	St Mary's Richmond AC 2:27.22
	6	196	Sudeys Hersi	Ealing Southall & Middle 2:30.26
	7	193	Arun Dodds	Enfield & Haringey AC 2:31.62
	8	194	Thomas Edwards	Hillingdon AC 2:34.96
	9	201	Joe Street	Trent Park RC 2:38.74

T66	80mH		w/s	1.3
	1	115	Harvey Kitchen	Thames Valley Harriers 11.81
	2	438	Adam Rowlands	Harrow AC 12.22
	3	363	Louis Clow	ESM 12.81

T68	100m	Final	w/s	1.3
	1	35	Andrew Nicolaou	Shaftesbury Barnet harr 11.34
	2	32	Micah Forbes-Agyepong	Shaftesbury Barnet Harr 11.40
	3	37	Tyreece Rankin	Highgate Harriers 11.63
	4	36	Alastair O'Donnell	St Mary's Richmond AC 11.98
	5	34	Joshua Jones	Ealing Southall & Middle 12.28

T	w/s
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T72	300m			
	1	149	MITTIO MOHAMMADIAN	Shaftesbury Barnet Ha 39.29
	2	148	Hamse Ahmed	Victoria Park Harriers 40.26
	3	438	Adam Rowlands	Harrow AC 41.12
	4	150	Gabriel Wilmshurst	London Heathside AC 42.22

T83	1500m	Final		
	1	267	Sam Bickerstaff	Harrow AC 4:20.35
	2	270	Finn Harvey	Shaftbury Barnet Harr 4:24.88
	3	269	Daniel Greenstein	Shaftbury Barnet Harr 4:41.36
	4	277	Joshua Poncia	St Mary's Richmond A 4:45.03
	5	271	Keo Reggie Herbert	Victoria Park Harriers 4:48.47

6 33 Ben Hooley Hillingdon AC 12.35

6 268 William Douglas Trent Park RC 4:51.22
 7 273 Ilyes Iman ESM 5:03.60
 8 275 Arun Manget Ealing Southall & Midc 5:11.95
 9 280 Matthew Woolf Trent Park RC 5:12.45
 10 266 Billy Banks Enfield & Haringey AC 5:27.38
 11 279 Ben Woolf Trent Park RC 5:35.39
 278 DAVID STONE Shaftesbury Barnet Ha DNF
 276 Luca Minale Victoria Park Harriers DNF

T76 200m Final w/s 2.3

1 117 DOMINIC OGBECHIE Highgate Harriers 23.71
 2 32 Micah Forbes-Agyepong Shaftesbury Barnet Ha 24.13
 3 35 Andrew Nicolaou Shaftesbury Barnet ha 24.23
 4 37 Tyreece Rankin Highgate Harriers 24.57
 5 36 Alastair O'Donnell St Mary's Richmond A 24.60
 6 115 Harvey Kitchen Thames Valley Harrier 25.13
 7 116 Alex Lytrides Trent Park RC 27.25

FIELD

U15M F21 Pole Vault

1 400 Jonathan Rugg Enfield & Haringey AC 2.20

F39 Triple jump w/s

1 431 Odera Umeugoji Shaftesbury Barnet Ha 11.13 +1.4
 2 363 Louis Clow ESM 9.42 0.0

U15M F46-48 Hammer

1 #N/A #N/A

F48 High Jump

1 117 DOMINIC OGBECHIE Highgate Harriers 1.89
 2 150 Gabriel Wilmshurst London Heathside AC 1.45
 3 194 Thomas Edwards Hillingdon AC 1.45

CBP

F60 Long Jump

1 115 Harvey Kitchen Thames Valley Harrier 5.19
 2 393 Jeff Hagan Shaftesbury Barnet Ha 4.95
 3 198 Andre Rai Hillingdon AC 4.67

4	372	Ted Buckle	St Mary's Richmond AC	1.40
5	373	Joshua Moules	Hillingdon AC	1.35
6	191	James Bradley	St Mary's Richmond AC	1.30

4	191	James Bradley	St Mary's Richmond AC	4.66
5	150	Gabriel Wilmshurst	London Heathside AC	4.56

F53	Shot	4Kg		
1	412	Jahreem Charles	Thames Valley Harriers	11.50
2	413	Matthew Collingridge	St Mary's Richmond AC	11.12
3	414	Elijah Smith	Victoria Park Harriers &	10.01
4	372	Ted Buckle	St Mary's Richmond AC	7.25

F55	Javelin			
1	33	Ben Hooley	Hillingdon AC	32.24
2	116	Alex Lytrides	Trent Park RC	31.00

F45	Discus			
1	412	Jahreem Charles	Thames Valley Harrier	35.34
2	413	Matthew Collingridge	St Mary's Richmond AC	33.97
3	367	Tashan Smith-Harley	Victoria Park Harriers	29.98
4	414	Elijah Smith	Victoria Park Harriers	28.75
5	372	Ted Buckle	St Mary's Richmond AC	20.50
6	116	Alex Lytrides	Trent Park RC	19.08

MIDDLESEX CHAMPIONSHIPS

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	Najjib 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	w/s		
	1	261	Basil Rock	Thames Valley Harriers	4:54.67
	2	260	Dylan Michel	Shaftesbury Barnet Harri	4:57.61
	3	257	Samuel Greenstein	Shaftbury Barnet Harriers	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 & Middles	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	w/s		
	1	411	Bill Steel	London Heathside	9.15

F	F48	Discus	w/s
		1	
		2	

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 Forrest	Hillingdon AC	3.28

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

MIDDLESEX CHAMPIONSHIPS

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	Shaftbury Barnet Harri	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 Akasha Smith	Enfield & Haringey AC	57.77	
	4	124 Noelle O'Regan	London Heathside AC	64.66	
	5	123 Sharon Dooley	St Mary's Richmond At	75.07	

SW	T38-39	100H	Final	w/s	0.1
	1	#N/A	#N/A	#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	Shaftesbury Barnet Ha 37.98
	3	420	Debbie McCaw	Ealing Southall & Midd 18.98
	4	419	Tracey Gould	Ealing Southall & Midd 22.68

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

T **800M**

T24	400M	Final	w/s	2.5	
	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

U20W T55 1500M Final

FIELD

U20W F16-20 Pole Vault

1	#N/A	#N/A
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F16 Javelin

1	370	Ellie Chandler	Windsor Slough Eton &	19.03
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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

1	371	Nnenna Eronini	Victoria Park Harriers &	44.04
2	370	Ellie Chandler	Windsor Slough Eton &	26.41

U20W F33-35 Triple Jump

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

F35 Shot

1	429	Elianne Mahay-Goodrii	Enfield & Haringey AC	11.26
2	428	Funmi Ademuwagun	Thames Valley Harrier:	10.69

U20W F2 High Jump

1	380	Grace Mee	Highgate Harriers	1.60
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F5 Hammer

1	370	Ellie Chandler	Windsor Slough Eton &	43.62
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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 8	50.78

T14	300m	Final		
1	157	Michelle Mamudu	Victoria Park Harriers 8	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 Q
2	87	Ayisha Futa	Enfield & Haringey AC	12.70 Q
3	90	Lottie Horton	Ealing Southall & Midc	12.86 Q
4	93	Sophia Obi	Shaftesbury Barnet Ha	13.05 q
5	92	Jessica McMorrow	Shaftesbury Barnet Ha	13.47 q

T15	100M	Heat 2	w/s	2.9
1	91	Chinwe Iwunze	Shaftsbury Barnet Harri	12.66 Q
2	89	Amy Hillier	Hillingdon AC	12.72 Q
3	86	Constanza Di Borgoricco	Highgate Harriers	13.12 Q
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 Borgoricco	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 8	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 Q
2	90	Lottie Horton	Ealing Southall & Midc	27.16 Q
3	140	Claudimira Landim	Victoria Park Harriers 8	27.48 Q

4	86	Constanza Di Borgoricc	Highgate Harriers	27.82	q
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	Hannnah 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 Hai 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						F34 Shot					
					w/s							
	1	140	Claudimira Landim	Victoria Park Harriers 8	12.00	+2.1	none	1	427	Zoya Styles	Ealing Southall & Midc	8.81
	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				

MIDDLESEX CHAMPIONSHIPS

U15W	T61	800m			
	1	132	Charlotte Buckley	Thames Valley Harri	2:21.57
	2	235	Lucy O'Brien	Ealing Southall & Mi	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 Harri	2:40.34
	8	236	Lily Salkeld	Thames Valley Harri	2:40.45
	9	229	Isabella Brand	Trent Park RC	2:42.02
	10	228	Nicole Bibaud	Enfield & Haringey A	2:49.03
	11	234	HANNAH LONG	Victoria Park Harrier	2:49.97

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

T67	100m	Final	w/s	0.2
	1	78	Nayanna Dubarry-Gay	Victoria Park Harrier 12.37
	2	83	Shania Umah	Highgate Harriers 12.55
	3	80	Zuriel 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 Harrier 41.17 CBP
	2	132	Charlotte Buckley	Thames Valley Harri 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	w/s			
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-0.4

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

T80	1500m	Final		
	1	320	Lia Rados	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 i 5:18.91
	7	308	Lily Cheshire	Thames Valley Harrier: 5:24.34
	8	316	Sabrina Mannes	Belgrave Harriers 5:27.40

T	1500m			
1				
2				
3				
4				
5				
6				
7				
8				

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 & Midc	5:45.46
15	321	Capucine Rousset	Thames Valley Harrier:	6:17.28

T79	200m	Heat 1	w/s	3.8
1	84	Cartier Yearwood	Harrow AC	26.65 Q
2	132	Charlotte Buckley	Thames Valley Harri	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

T79	200m	Heat 2	w/s	2.4
1	80	Zuriel Owolana	Harrow AC	26.62 Q
2	133	Kiah Dubarry-Gay	Victoria Park Harriers i	27.68 Q
3	81	Shakira Riley	Shaftesbury Barnet Ha	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

T85	200m	Final	w/s	-0.2
1	133	Kiah Dubarry-Gay	Victoria Park Harrier	25.60
2	80	Zuriel Owolana	Harrow AC	26.57
3	132	Charlotte Buckley	Thames Valley Harri	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

FIELD

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

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

F50	Javelin			
	1	362	Cristina Potter	Shaftesbury Barnet 31.64

F57	Shot	3K		
	1	423	Precious Hamilton	Victoria Park Harriers i 10.56

2	422	Holly Hall	Hillingdon AC	31.26
3	425	Susanna Pahl	Hillingdon AC	14.91

2	362	Cristina Potter	Shaftesbury Barnet Ha	8.24
3	439	Chardonnay Claridge Le	Victoria Park Harriers	8.18
4	424	Kacey Laird	Hillingdon AC	5.91
5	425	Susanna Pahl	Hillingdon AC	5.89

F44 Discus

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

F59 High Jump

1	135	Lauryn Holder	Watford Harriers	1.40
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F61 Long Jump

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 Harri	3.70
5	134	Rosie Hickey	Hillingdon AC	3.50

MIDDLESEX CHAMPIONSHIPS

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

T60	800m			
	1	72 Zakia Mossi	Thames Valley H	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 Harrier	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 H	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 Weddeeburn-Goodison	Harrow AC	13.53
	3	74 Sophia Sood	Team Hounslow	13.79
	4	72 Zakia Mossi	Thames Valley H	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 Bari	14.33
	8	70 Naomi Holder	Harrow AC	14.42
	9	69 Tianna Campbell	Harrow AC	14.72

T81	1500m	Final		
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T		w/s		
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T77	200m	Heat 2	w/s	2.5
	1	75 Nia Weddeeburn-Goodison	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 A	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 Harrier	31.79

T84	200m	Final	w/s	1.1
	1	67 Mya Ashbourne	Harrow AC	27.23
	2	75 Nia Weddeeburn-Goodison	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 A	31.73

1	306	Naomi Toft	Belgrave Harrier	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 Heathsic	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	

FIELD

U13W

F46	Long Jump			
1	360	Clara Mee	Highgate Harrier	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 Heathsic	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 Harrier	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

F

F43	Discus			
1	421	Lucy Wilcock	Hillingdon AC	17.70

F49	Javelin			
1	421	Lucy Wilcock	Hillingdon AC	22.06