

## LONDON INTER CLUB CHALLENGE

### LEE VALLEY - SUNDAY 19 June 2016

1		<b>1 5000m</b>				
1	199	Ethel	Un	SW	Unattached	19:49.52
2	198	Yong	Man Yun	SW	Unattached	20:40.62
3		<b>1 400m Hurdles Race 1</b>				
1	190	Lennox	Thompson	SM	NEB	54.33
2	173	Sam	Shore	SM	Belgrave	54.46
3	183	Louis	Gardner	SM	Achilles	56.47
4	469	Jack	Avery	SM	Basildon	58.23
5	186	Peter	Benedickter	M45	Bedford&County	59.89
3		<b>2 400m Hurdles Race 2</b>				
1	179	Alexandra	Hill	SW	Herts Phoenix	01:02.10
2	182	Deborah	Willis	SW	Notts	01:03.95
3	184	Gladys	Ngetich	SW	Achilles	01:06.95
4	191	Rebecca	Hurley	U20W	SBH	01:08.36
4		<b>1 300m Hurdles</b>				
1	172	Grace	Gentry	U17W	Hawcs	45.03
2	187	Rachel	Carter	U17W	SBH	47.64
3	156	Megan	Shaw	U17W	WSEH	47.95
5		<b>1 1500m Steeplechase Women</b>				
1	317	Jo	Locker	W40	Walton	05:24.69
2	319	Kimberli	Butler	SW	Heathside	07:32.08
6		<b>1 1500m Steeplechase Men</b>				
1	500	Tony	Killilea	M50	Heathside	05:26.85
9		<b>1 800m Race 1</b>				
1	193	Yusuf	Bizimana	U17M	Iford	01:59.88
2	499	Josh	Coxon	SM	Achilles	02:01.26
3	180	Mittio	Mohammadian	U15M	SBH	02:07.22
4	342	Gilad	Nachshen	U13M	SBH	02:16.68
5	157	Tania-Cyrena	Cyrus	SW	E&H	02:22.97
6	304	Emily	Hoogkamer	SW	Achilles	02:25.29
9		<b>2 800m Race 2</b>				
1	316	Beatrix	Wraith	U15G	HAWCS	02:29.50
2	98	Sophia	Staab	U15G	SBH	02:34.31

3	161	Bill	Pullman	M60	Twin Cities USA	02:34.75
4	99	Lile	Cornwell	U17W	SBH	02:35.62
5	358	Aimi	Weightman	U13G	SBH	02:42.61
6	339	Deborah	Nquot	U15G	Unattached	02:46.83
7	164	Christina	Potter	U15G	SBH	02:47.38
7	167	Sam	Long	U13M	S Factor	02:47.38
9	97	Katie	Brennan	U13G	Harlow	03:01.44
10	312	Rebecca	Jeffery	U13G	SBH	03:01.69

10		<b>1 100m Women</b>		-0.6	M/S Manual	
1	310	Stephanie	Smith	SW	E&H	12.55
2	327	Ella	Wansell	U17W	E&H	12.58
3	329	Harriet	Jones	SW	WSEH	12.59
4	356	Joanne	Ryan	SW	Loughton	12.61
5	265	Laura	Aregbe	U20W	Harrow	12.64
6	155	Rachael	Nakaye	SW	Harrow	12.74
7	359	Clare	Spurway	W35	SBH	12.74
8	196	Ayisha	Futa	U17W	E&H	13.13

10		<b>2 100m Race 1</b>		-1.4	M/S Manual	
1	328	Omari	Barton-Ellington	SM	E&H	10.82
2	159	Omar	Grant	SM	Harrow	10.97
3	346	Jordan	Duigenau	SM	Harrow	11.17
4	335	Enrico	Taiwah Kwabena	SM	E&H	11.22
5	384	Keith	Turner	SM	NEB	11.46

10		<b>3 100m Race 2</b>		-0.9	M/S Manual	
1	313	Patrick	Kari Kari	SM	E&H	11.07
2	144	Ogo	Anochirionye	SM	TVH	11.13
3	388	Jermaine	Hamilton	SM	Orion	11.18
4	177	Andrew	Amoah	SM	SBH	11.36
5	324	Othroy	Marsh	SM	Harrow	11.41
6	349	Chaka	Maillet	SM	TVH	11.49
7	362	Thomas	Cooney	SM	Ilford	11.89
8	331	Patrick	Swan	SM	Chirnside	12.00

10		<b>4 100m Race 3</b>		-0.9	M/S Manual	
1	330	Alex	Murdock	SM	VPTH	10.89
2	195	Ugo	Umekwe	SM	TVH	11.40
3	194	Louis	Ubaka	SM	SBH	11.46
4	394	Chukwuebuka	Okwor	SM	WSEH	11.51
5	355	Miguel	Larrea	SM	TVH	11.55
6	321	Latario	Brown	U20M	Herne Hill	11.66
7	314	Andrew	Nicolaou	U15B	SBH	11.97
8	370	Ashley	Braithwaite	SM	Heathside	12.04

10		<b>5 100m Race 4</b>		-0.9	M/S Manual	
1	351	Chris	Pope	SM	Herne Hill	11.21
2	178	Jerome	Lule	SM	SBH	11.52
3	334	Kema	Egbunike	SM	ESM	11.54

4	382	Matt	Houlden	SM	Achilles	11.60
5	350	Nima	Jam	SM	TVH	11.63
6	302	Sandy	MacAulay	SM	Achilles	11.63
7	369	Darnell	Plummer	U20M	Heathside	11.94
10		<b>6 100m Race 5</b>		-0.5	M/S Manual	
1	367	Savion	Williams	SM	WGEL	11.63
2	332	Tyrell	Mills-Rhule	U20M	TVH	11.94
3	373	Tyson	Oladokun	SM	Southampton	12.04
4	306	Chinedu	Monye	SW	WSEH	12.11
5	374	Christopher	Zah	SM	VPTH	12.41
6	323	Berenger Ulric	Akue Assoumu	SM	TVH	12.46
7	360	Jawid	Hakimi	SM	Harrow	12.87
10		<b>7 100m Race 6</b>		-1.1	M/S Manual	
1	176	Sean	Lodovica	SM	SBH	11.68
2	309	Nelson	Bolumbu	SM	E&H	12.37
3	160	Donald	Brown	M50	Royal Sutton Coldfie	12.40
4	336	Steven	Edwards	SM	Hawcs	12.77
5	311	Triston	Procida	U15B	SBH	13.06
6	315	Josh	Kumar	U17M	SBH	13.09
7	338	Findlay	Burnside	U17M	Hawcs	13.31
10		<b>8 100m Race 7</b>		-0.7	M/S Manual	
1	389	Jordan	Roberts	U17M	Orion	11.91
2	354	Oliver	Martin	U15M	Hawcs	12.03
3	320	Bernie	Lumar	U17M	Herne Hill	12.26
4	364	Timmy	Diagerous	U15B	Unattached	12.27
5	322	Sindiso	Weir-M	U15M	Herne Hill	12.28
6	303	Nick	Lauder	M45	Vets AC	12.28
7	377	Peter	Ilo	M55	Barnet&District	12.41
10		<b>9 100m Race 8</b>		-0.1	M/S Manual	
1	345	Chelsea	Shurland	SW	Harrow	13.07
2	174	Michelle	Thomas	W40	Birchfield	13.27
3	353	Eloise	Bradshaw	U17W	E&H	13.55
4	318	Katie	Liptrot	U15G	Hawcs	13.64
5	333	Harriet	Trendall	U17W	Hillingdon	13.82
6	163	Shakira	Riley	U15G	SBH	13.85
7	308	Samuel	Oshodi	U13B	WGEL	14.13
10		<b>10 100m Race 9</b>	NWI		Manual	
1	168	Laura	Brown	U17W	S Factor	14.2
2	197	Ciara	Bedingfield	U15G	E&H	14.7
3	381	Adrian	Day	M55	E&H	15.0
4	376	Rposie	Partridge	U15G	E&H	15.1
5	343	Justin	Paul	U13B	NEB	15.1
6	96	Archie	Nash	U11B	SBH	15.6
7	307	Helene	Kehoe	W50	Heathside	15.6

10		<b>11 100m Race 10</b>			-0.7 M/S Manual	
1	166	Alim	Sesay	U13B	S Factor	14.17
2	170	Kenechi	Ilomechrina	U15G	S Factor	15.22
3	181	Jeron	Bryan	U11B	S Factor	15.58
4	169	Kerlis	Norbal	U15G	S Factor	15.68
5	185	Neo	Mohammadian	U11B	SBH	17.59
10		<b>12 100m Race 11</b>			-0.4 M/S Manual	
1	328	Omari	Barton-Ellington	SM	E&H	10.70
2	330	Alex	Murdock	SM	VPTH	10.81
3	159	Omar	Grant	SM	Harrow	10.95
4	346	Jordan	Duigenau	SM	Harrow	11.03
5	313	Patrick	Kari Kari	SM	E&H	11.03
6	335	Enrico	Taiwah Kwabena	SM	E&H	11.20
7	384	Keith	Turner	SM	NEB	11.35
11		<b>1 400m Race 1</b>				
1	385	Ryan	Olson	SM	NEB	48.37
2	380	Karl	Goodman	SM	Vale of Aylesbury	48.72
3	331	Patrick	Swan	SM	Chirnside	49.44
4	190	Lennox	Thompson	SM	NEB	49.72
5	396	Juan	Rayan	SM	Grenoble FRA	50.08
6	27	Thomas	Semaan	SM	Entente Oise FRA	51.23
7	301	Hugh	Baker	SM	Achilles	51.28
11		<b>2 400m Race 2</b>				
1	44	Victor	Nutakor	SM	NEB	51.06
2	43	Max	Perez-Diaz	U20M	K&P	51.14
3	37	Alex	Fields	SM	Bristol&West	51.15
4	386	Craig	cox	SM	Crawley	51.48
5	392	Leslie	Odamtten-Addi	SM	SBH	52.89
11		<b>3 400m Race 3</b>				
1	398	Scott	Stoll	SM	NEB	52.77
2	192	Shane	Johnson	SM	Ilford	52.86
3	383	Ramone	Martinez-Rodney	SM	VPTH	53.18
4	28	Joseph	Peppiatt	SBH	U20M	53.19
5	325	Jason	Dwaah	SM	VPTH	54.27
6	41	George	Warren	U15B	E&H	55.01
7	361	Laura	Maddox	SW	Swansea	55.74
11		<b>4 400m Race 4</b>				
1	180	Mittio	Mohammadian	U15M	SBH	53.88
2	337	Conor	Macdonald	SM	SBH	54.95
3	182	Deborah	Willis	SW	Notts	56.13
4	47	James	Stanton	SM	E&H	56.23
5	377	Peter	Ilo	M55	Barnet&District	56.55
6	38	Michael	Jones	M50	E&H	59.26
7	40	Aliysa	Cordington	SW	WSEH	59.97

11		<b>4 400m Race 5</b>					
1	303	Nick	Lauder	M45	Vets AC		01:01.28
2	500	Tony	Killilea	M50	Heathside		01:02.53
3	161	Bill	Pullman	M60	Twin Cities USA		01:06.37
4	175	Grace	Conroy	SW	SBH		01:08.35
5	34	Leslie	Parsons	W55	VAC		01:14.09
6	165	Abdul	Karim Sesay	U13B	S Factor		01:18.00
12		<b>1 100m Hurdles</b>	NWI				
1	155	Rachael	Nakaye	SW	Harrow		14.89
2	324	Othroy	Marsh	SM	Harrow		15.25
12		<b>2 80m Hurdles</b>	NWI				
1	200	Nicole	Parcell	U17W	Hawcs		11.88
2	26	Emily	Russell	U17W	Harrow		12.09
3	36	Marissa	Sims	U17W	E&H		12.46
4	156	Megan	Shaw	U17W	WSEH		12.91
5	187	Rachel	Carter	U17W	SBH		12.95
1	188	Ralph	Williams	U15B	SNH		12.70
1	393	Robert	Maggio	M70	Eton Manor		20.52
12		<b>1 75m Hurdles</b>	NWI			Manual	
1	326	Amber	Dulernney	U15G	SBH		13.5
1	308	Samuel	Oshodi	U13B	WGEL		14.4
13		<b>1 200m Women</b>		-1.1	M/S Manual		
1	356	Joanne	Ryan	SW	Loughton		25.45
2	359	Clare	Spurway	W35	SBH		26.03
3	345	Chelsea	Shurland	SW	Harrow		26.10
4	45	Tamara	Ashaye	SW	S Factor		26.46
13		<b>2 200m Race 1</b>		1.9	M/S Manual		
1	313	Patrick	Kari Kari	SM	E&H		21.70
2	384	Keith	Turner	SM	NEB		23.11
3	324	Othroy	Marsh	SM	Harrow		23.21
4	335	Enrico	Taiwah Kwabena	SM	E&H		23.30
5	54	Ishael	Smith-John	SM	Blackheath&Bromley		23.43
13		<b>3 200m Race 2</b>		-2.1	M/S Manual		
1	334	Kema	Egbunike	SM	ESM		22.89
2	53	Elijah	Lyle-Vidal	SM	K&P		23.63
3	321	Latario	Brown	U20M	Herne Hill		23.82
4	373	Tyson	Oladokun	SM	Southampton		23.92
5	60	Tobi	Esan	SM	Cambridge Harriers		23.97
13		<b>4 200m Race 3</b>		-1.8	M/S Manual		
1	325	Jason	Dwaah	SM	VPTH		23.94

2	49	Abass	Hemoh	U20M	NEB	24.10
3	183	Louis	Gardner	SM	Achilles	24.23
4	374	Christopher	Zah	SM	VPTH	24.24
5	394	Chukwuebuka	Okwor	SM	WSEH	24.68

12		<b>5 200m Race 4</b>		-1.8	M/S Manual	
1	350	Nima	Jam	SM	TVH	23.46
2	309	Nelson	Bolumbu	SM	E&H	24.51
3	315	Josh	Kumar	U17M	SBH	24.93
4	51	Zac	Islam-Moore	U15B	WGEL	25.19
5	323	Berenger Ulric	Akue Assoumu	SM	TVH	25.78

12		<b>6 200m Race 5</b>	NWI			
1	311	Triston	Procida	U15B	SBH	24.93
2	320	Bernie	Lumar	U17M	Herne Hill	25.45
3	364	Timmy	Diagerous	U15B	Unattached	26.21
4	322	Sindiso	Weir-M	U15M	Herne Hill	26.97
5	318	Katie	Liptrot	U15G	Hawcs	27.65
6	353	Eloise	Bradshaw	U17W	E&H	27.84

12		<b>7 200m Race 6</b>		-2.2	M/S Manual	
1	48	Valentina	Granata	U20W	E&H	26.98
2	174	Michelle	Thomas	W40	Birchfield	27.25
3	57	Nicole	Lewis	U20W	E&H	29.16
4	308	Samuel	Oshodi	U13B	WGEL	29.16
5	163	Shakira	Riley	U15G	SBH	29.52
6	326	Amber	Dulernney	U15G	SBH	30.01

12		<b>8 200m Race 7</b>	NWI			Manual
1	184	Gladys	Ngetich	SW	Achilles	28.8
2	170	Kenechi	Ilomechrina	U15G	S Factor	30.4
3	381	Adrian	Day	M55	E&H	30.4
4	307	Helene	Kehoe	W50	Heathside	31.6
5	96	Archie	Nash	U11B	SBH	31.6
6	55	Eleanor	Rachel	U13G	SBH	34.8
7	312	Rebecca	Jeffery	U13G	SBH	35.4

12		<b>9 200m Race 8</b>		-2.5	M/S Manual	
1	168	Laura	Brown	U17W	S Factor	30.45
2	169	Kerlis	Norbal	U15G	S Factor	32.07
3	158	Yvonne	Asgill	W50	Unattached	32.39
4	56	Lottie	Rachel	U11G	SBH	37.12

13		<b>1 110m Hurdles</b>		-2.3	M/S Manual	
1	382	Matt	Houlden	SM	Achilles	16.72

14		<b>1 Mile</b>				
1	58	Sonny	Breeze	U13B	S Factor	06:27.36

**Long Jump** Pool 1

1	379	Paul	Ogun	SM	Croydon	7.24 w0.3
2	248	Michael	Puplampu	SM	NEB	7.11 w2.2
3	144	Ogo	Amorchirionye	SM	TVH	7.08 w1.4
4	354	Anton	Dixon	SM	WGEL	7.08 w0.2
	248	Michael	Puplampu	SM	NEB	6.98w1.9
5	100	Matthew	Houlden	SM	Achilles	6.82 NWI
6	383	Alex	Bonnick	SM	Herne Hill	5.68 NWI
7	378	Alfredo	Melao	M60	SBH	5.54 w1.4

1	386	Ugne	Liuksaityte	SW	TVH	5.46 NWI
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### Long Jump

#### Pool 2

#### All NWI

1	347	Jeff	Hagan	U15B	SBH	5.27
2	337	Connor	MacDonald	SM	SBH	4.94
3	343	Justin	Paul	U13B	NEB	4.15
4	387	Eoin	Buenaventura	U13B	Eton Manor	3.95
5	165	Abdul	Sesay	U13B	S Factor	3.78
6	390	Brandon	Johnson	U13B	S Factor	2.28

1	200	Nicole	Parcell	U17W	Hawcs	5.58
2	399	Katie	James	SW	WGEL	5.56
3	172	Grace	Gentry	U17W	Hawcs	5.48
4	348	Temi	Erinoso	SW	NEB	5.46
5	388	Megan	Fielding	U17W	Herts Phoenix	5.06
6	498	Jazz	Sears	U15G	Luton	4.42
7	326	Amber	DuVerney	U15G	SBH	3.97

### Triple Jump

#### Pool 1

1	387	Nonso	Okolo	SM	SBH	15.85 w1.8
2	29	Peter	Kirabo	SM	WGEL	14.03 w0.9
3	391	Roberto	Agyemang	SM	SBH	13.82 w0.7
4	399	Jason	Richards-Thompson	SM	VPTH	13.69 w2.2
5	35	Chris	Harris	SM	Wakefield	12.13 w0.4
6	30	Odera	Umeugoji	U15B	SBH	11.51 w2.8
7	347	Jeff	Hagan	U15B	SBH	11.49 w0.6
	30	Odera	Umeugoji	U15B	SBH	11.25 w1.1

1	32	Yasmin	Lakin	SW	SBH	11.86 w1.7
2	390	Chanel	Hemmings	SW	WGEL	11.17 w1.4

### Triple Jump

#### Pool 2

1	359	Oliver	Martin	U15B	Hawcs	NWI 11.48
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### High Jump

1	368	Christopher	Little	SM	Achilles	1.80
2	100	Matthew	Houlden	SM	Achilles	1.75
3	352	Kaspars	Kazemaks	SM	Woking	1.75
4	130	Cairan	Buenaventura	U17M	Eton Manor	1.70
5	400	Richard	Phelan	M50	Huntingdonshire	1.45
6	165	Abdul	Sesay	U13B	S Factor	1.15

1	375	Ashleigh	Spiliopoulou	U20W	Hawcs	1.60
<b>Pole Vault</b>						
1	352	Kaspars	Kazemaks	SM	Woking	3.90
2	400	Richard	Phelan	M50	Huntingdonshire	3.20
3	344	Zamaan	Dudhia	U15B	SBH	2.80
4	394	Hadyn	Williams	U15B	SNH	2.70
1	142	Silvia	Amabilino	SW	Achilles	3.50
2	143	Sam	Rawlinson	SW	Achilles	2.80
3	340	Imogen	Mulliner	SW	Achilles	2.60
4	393	Georgia	West	U17W	Watford	2.40
5	395	Rebecca	Martin	SW	Achilles	2.30
<b>Javelin</b>						
1	33	Matthew	George	SM	WSEH	57.12
2	64	Alfie	Ingham	U20M	SBH	55.07
3	63	Saroise	Chiney-Edoo	SM	Harrow	37.50
4	337	Conor	MacDonald	SM	SBH	28.70
1	61	Michael	Miller	U17M	SBH	50.09
2	171	James	Davis	U17M	SBH	29.47
1	65	Jonathan	Rugg	U15B	E&H	33.24
1	66	Milan	Trajkovic	U13B	E&H	35.70
2	67	Jack	Levene	U13B	E&H	26.95
1	42	Georgie	Floyd	SW	SBH	40.21
2	52	Ellie	Lane	SW	Achilles	29.22
1	200	Nicole	Parcell	U17W	Hawcs	31.51
2	164	Christina	Potter	U15G	SBH	26.55
<b>Shot</b>						
1	46	Gareth	Winter	SM	Sheffield	17.43
2	392	Bilen	Ahmet	SM	Achilles	9.92
1	62	Lorn	Mayers	SM F42	E&H	6kg 12.64
2	363	Peter	Wishart	M55	Cambridge Harriers	8.85
1	171	James	Davis	U17M	SBH	8.72
1	50	Jonathan	Adams	SM F35	Ipswich	4kg 11.94
2	354	Oliver	Martin	U15B	Hawcs	10.03
3	357	Ivan	Ivanovic	M75	Achilles	9.83
1	305	Anna	Niedbala	SW	Achilles	11.02



2	385	Ellie	Chandler	U20W	WSEH	7.84
1	164	Christina	Potter	U15G	SBH	7.93
		<b>Hammer</b>	Pool 1			
1	382	Peter	Clarke	SM	WGEL	54.62
2	392	Bilen	Ahmet	SM	Achilles	24.60
1	381	Helen	Broadbridge	SW	Achilles	50.90
2	385	Ellie	Chandler	U20W	WSEH	39.81
1	380	Charlotte	Payne	U15G	Newbury	48.57
2	389	Louisa	Pitsialis	U17W	SBH	32.32
		<b>Discus</b>	Pool 1			
1	400	Jade	Lally	SW	SBH	62.80
2	398	Shadine	Duquemin	SW	SBH	50.38
1	397	Zane	Duquemin	SM	SBH	60.72
2	378	Angus	McInroy	SM	SBH	52.80
3	366	Devon	Douglas	SM	WGEL	51.44
4	365	Christopher	Linque	SM	WGEL	49.84
1	379	Alfie	Stopes	U17M	Tonbridge	55.14
1	31	Neville	Thompson	M60	SBH	1kg 49.26
		<b>Discus</b>	Pool 2			
1	365	Christopher	Linque	SM	WGEL	50.42
2	341	Michael	Conerney	M40	Achilles	37.76
3	391	Anthony	Soalla-Bell	M35	SBH	34.46
4	392	Bilen	Ahmet	SM	Achilles	28.73
1	371	Michael	Nicholls	SM F44	SBH	1.5kg 44.5
2	363	Peter	Wishart	M55	Cambridge Harriers	32.37
1	305	Anna	Niedbala	SW	Achilles	44.32
1	372	Tony	Richards	M65	Croydon	1kg 37.12
1	395	Tait	Jones	U17W	Walton	39.89
2	380	Charlotte	Payne	U15G	Newbury	35.60
3	396	Caitlin	Stacey	U17W	Reading	34.26
4	385	Ellie	Chandler	U20W	WSEH	29.54
1	97	Katie	Brennan	U13G	Harlow	15.65