

Middlesex Indoor Championships - Lee Valley Indoor Athletics Centre 18/19

(a) Saturday, (b) Sunday

SM 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	601	Ade Adewale	Enfield & Haringey AC	6.87
2	603	Leroy Cain	Thames Valley Harriers	6.89
3	607	Jordan Glaze	London Heathside R	7.09
4	615	William Lord	Ealing Southall & Middx	7.17
5	610	Errol Houston	Enfield & Haringey AC	7.27
6	602	Deyonte Anthony	Enfield & Haringey AC	7.55
Heat 2				
	No.	Athlete	Club	Perf
1	608	Omar Grant	Harrow AC	6.91
2	609	Mark Hanson (M35)	Enfield & Haringey AC	6.99
3	604	Jason Kojo Dwaah	Victoria Park & TH AC	7.47
4	612	Patrick Kari Kari	Enfield & Haringey AC	7.48
	620	Lumar Sylvester	Thames Valley Harriers	DIS
Heat 3				
	No.	Athlete	Club	Perf
1	621	Kyron Williams	Enfield & Haringey AC	7.03
2	618	Salim Muhammad	Harrow AC	7.05
3	606	Reuben Fleary	Thames Valley Harriers	7.22
4	616	Chaka Maillet	Thames Valley Harriers	7.30
5	611	Nima Jam	Thames Valley Harriers	7.53
Final				
	No.	Athlete	Club	Perf
1	601	Ade Adewale	Enfield & Haringey AC	6.84
2	603	Leroy Cain	Thames Valley Harriers	6.85
3	608	Omar Grant	Harrow AC	6.94
4	609	Mark Hanson (M35)	Enfield & Haringey AC	6.95
5	618	Salim Muhammad	Harrow AC	6.96
6	621	Kyron Williams	Enfield & Haringey AC	6.97

SM 200m (a)

Final				
	No.	Athlete	Club	Perf
1	610	Errol Houston	Enfield & Haringey AC	22.94
2	606	Reuben Fleary	Thames Valley Harriers	23.53

SM 400m (b)

Final				
	No.	Athlete	Club	Perf
1	603	Leroy Cain	Thames Valley Harriers	51.90
2	617	Kamal Mitchell	Thames Valley Harriers	53.79

SM 800m (a)

Final				
	No.	Athlete	Club	Perf
1	804	Richard Macaulay	London Heathside R	1:59.73

2	805	Ramone Martinez-Rodney	Victoria Park & TH AC	1:59.86
3	806	Shaka Palmer	Enfield & Haringey AC	2:02.21
4	807	Patrick Thielemans (M40)	Serpentine RC	2:23.79
5	808	Philip York (M50)	Ealing Southall & Middx	2:40.95
6	802	Anthony Bryan	Herts Phoenix AC	2:57.37

SM 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	805	Ramone Martinez-Rodney	Victoria Park & TH AC	4:16.94
2	826	Manuel da Silva (M35)	Thames Valley Harriers	4:59.97
3	808	Philip York (M50)	Ealing Southall & Middx	5:30.32

SM 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	731	George Vaughan	Enfield & Haringey AC	8.38 =CBP
2	730	Eliot Thompson	Enfield & Haringey AC	9.04

SM 1000m Walk (a)

Final				
	No.	Athlete	Club	Perf
1	837	Sean Pender (M60)	Enfield & Haringey AC	6:44.99

SM High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	730	Eliot Thompson	Enfield & Haringey AC	1.70

SM Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	730	Eliot Thompson	Enfield & Haringey AC	4.00
2	838	Conrad Kalinowski	Enfield & Haringey AC	3.70

SM Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	839	Samuel Nash (M45)	Thames Valley Harriers	5.68

SM Shot (a)

Final				
	No.	Athlete	Club	Dist
1	730	Eliot Thompson	Enfield & Haringey AC	13.49 =CBP
2	841	Kevin Acraman	Hillingdon AC	9.13
3	842	Glen Alexander Crowie	Hillingdon AC	9.06

U20M 60m (b)

Heat 1				
	No.	Athlete	Club	Perf

1	632	Marlon Hogg	Harrow AC	7.08	Q
2	623	Ore Akinmolayan	Team Hounslow	7.19	q
3	638	Lord Owusu	Enfield & Haringey AC	7.31	q
4	628	Hiruna Diyasena	St Mary's Richmond AC	7.41	
5	631	Joshua Gibbons	Victoria Park & TH AC	7.83	
Heat 2					
	No.	Athlete	Club	Perf	
1	633	Daniel John (TVH)	Thames Valley Harriers	7.21	Q
2	629	Samuel Fraser	Hillingdon AC	7.27	q
3	622	Samuel Adesanya	Highgate Harriers	7.35	
4	627	Tashan Daniel	Hillingdon AC	7.51	
5	626	Emmanuel Dadzie	Thames Valley Harriers	7.64	
6	624	Devonte Bryan	Enfield & Haringey AC	7.72	
Heat 3					
	No.	Athlete	Club	Perf	
1	636	Alexander Moka	Serpentine RC	7.10	Q
2	637	Desmond Ofasi	Ealing Southall & Middx	7.38	
3	635	Ceake Maddix	Shaftesbury Barnet H	7.53	
4	630	Idan Gal Shohet	Highgate Harriers	7.69	
5	634	Daniel John (StM)	St Mary's Richmond AC	7.97	
Final					
	No.	Athlete	Club	Perf	
1	632	Marlon Hogg	Harrow AC	7.03	
2	633	Daniel John (TVH)	Thames Valley Harriers	7.14	
3	629	Samuel Fraser	Hillingdon AC	7.15	
4	623	Ore Akinmolayan	Team Hounslow	7.28	
5	638	Lord Owusu	Enfield & Haringey AC	7.29	
	636	Alexander Moka	Serpentine RC	DIS	

U20M 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	632	Marlon Hogg	Harrow AC	22.90	Q
2	633	Daniel John (TVH)	Thames Valley Harriers	23.71	q
3	626	Emmanuel Dadzie	Thames Valley Harriers	23.93	q
4	623	Ore Akinmolayan	Team Hounslow	23.97	
5	635	Ceake Maddix	Shaftesbury Barnet H	24.87	
Heat 2					
	No.	Athlete	Club	Perf	
1	747	Nilrem Stewart	Thames Valley Harriers	22.96	Q
2	746	Michael Shonibare	Victoria Park & TH AC	23.72	q
3	745	Dylan Penketh	Highgate Harriers	24.54	
4	622	Samuel Adesanya	Highgate Harriers	25.94	
Final					
	No.	Athlete	Club	Perf	
1	632	Marlon Hogg	Harrow AC	22.50	
2	747	Nilrem Stewart	Thames Valley Harriers	22.64	
3	633	Daniel John (TVH)	Thames Valley Harriers	23.43	
4	626	Emmanuel Dadzie	Thames Valley Harriers	23.94	
	746	Michael Shonibare	Victoria Park & TH AC	DNF	

U20M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	747	Nilrem Stewart	Thames Valley Harriers	50.34

CBP

U20M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	809	Luke Gray	London Heathside R	2:03.54

U20M High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	843	Prakash Lee Cunningham	St Mary's Richmond AC	1.85

U20M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	846	Jude Bright-Davies	Thames Valley Harriers	6.86
2	845	Samuel Antwi	Enfield & Haringey AC	6.56
3	629	Samuel Fraser	Hillingdon AC	6.40
4	630	Idan Gal Shohet	Highgate Harriers	6.24
5	627	Tashan Daniel	Hillingdon AC	6.22

CBP

U20M Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	845	Samuel Antwi	Enfield & Haringey AC	13.68
2	629	Samuel Fraser	Hillingdon AC	11.77
3	627	Tashan Daniel	Hillingdon AC	11.46

U17M 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	653	Dominic Ogbechie	Highgate Harriers	7.17
2	644	Kevel Dobbs-Niles	Enfield & Haringey AC	7.34
3	646	Nathan Gomes	Victoria Park & TH AC	7.52
4	657	Montrell Williams	Victoria Park & TH AC	7.54
5	643	Manuel Darkwah	Shaftesbury Barnet H	7.66
Heat 2				
	No.	Athlete	Club	Perf
1	649	Shevhone Lumsden	Enfield & Haringey AC	6.97
2	650	Toby Makoyawo	Watford Harriers	7.11
3	656	Myron Rhule-Alexander	Victoria Park & TH AC	7.22
4	648	Anthony Khorassandjian	Shaftesbury Barnet H	7.70
5	642	Scott Beckwith	Enfield & Haringey AC	8.19
Heat 3				
	No.	Athlete	Club	Perf
1	645	Micah Forbes-Agyepong	Shaftesbury Barnet H	7.16

Q

Q

q

q

Q

2	651	Jak Mensah	Team Hounslow	7.20	q
3	647	Richard John	Victoria Park & TH AC	7.37	
4	652	Teejay Mitchell	Thames Valley Harriers	7.63	
5	641	Joshua Barrett-Mowatt	Victoria Park & TH AC	7.74	
Final					
	No.	Athlete	Club	Perf	
1	649	Shevhone Lumsden	Enfield & Haringey AC	6.90	CBP
2	653	Dominic Ogbechie	Highgate Harriers	7.02	
3	645	Micah Forbes-Agyepong	Shaftesbury Barnet H	7.13	
4	650	Toby Makoyawo	Watford Harriers	7.15	
5	651	Jak Mensah	Team Hounslow	7.22	
6	656	Myron Rhule-Alexander	Victoria Park & TH AC	7.22	

U17M 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	651	Jak Mensah	Team Hounslow	23.22	Q
2	646	Nathan Gomes	Victoria Park & TH AC	23.60	q
3	647	Richard John	Victoria Park & TH AC	23.66	q
4	648	Anthony Khorassandjian	Shaftesbury Barnet H	24.45	
5	750	Alexander Dikeocha	Shaftesbury Barnet H	26.13	
6	749	Albert Byfield	Victoria Park & TH AC	26.72	
Heat 2					
	No.	Athlete	Club	Perf	
1	751	Shinawat Jaidee	Shaftesbury Barnet H	23.71	Q
2	752	Joshua Kumar	Shaftesbury Barnet H	23.78	q
3	650	Toby Makoyawo	Watford Harriers	24.29	
4	655	Tristan Procida	Shaftesbury Barnet H	24.86	
5	748	Dion Agyeman	Shaftesbury Barnet H	25.32	
	645	Micah Forbes-Agyepong	Shaftesbury Barnet H	DIS	rule 163.3a
Final					
	No.	Athlete	Club	Perf	
1	651	Jak Mensah	Team Hounslow	23.15	
2	752	Joshua Kumar	Shaftesbury Barnet H	23.60	
3	646	Nathan Gomes	Victoria Park & TH AC	23.64	
4	647	Richard John	Victoria Park & TH AC	23.81	
5	751	Shinawat Jaidee	Shaftesbury Barnet H	24.15	

U17M 400m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	752	Joshua Kumar	Shaftesbury Barnet H	54.02	Q
2	773	Malachi Boyce	Thames Valley Harriers	54.40	q
3	774	Alfie Crews	St Mary's Richmond AC	55.66	
4	750	Alexander Dikeocha	Shaftesbury Barnet H	58.11	
5	781	Nathan Tadesse	Shaftesbury Barnet H	62.79	
Heat 2					
	No.	Athlete	Club	Perf	
1	771	Najibe Arbe	Shaftesbury Barnet H	53.32	Q
2	648	Anthony Khorassandjian	Shaftesbury Barnet H	53.81	q

3	776	Michael Kobeh	Shaftesbury Barnet H	58.61
4	779	Hanei Mokenen	Enfield & Haringey AC	68.32
	772	Oluwasubomi Bello	Victoria Park & TH AC	DNF
Heat 3				
	No.	Athlete	Club	Perf
1	778	Mittio Mohammadian	Shaftesbury Barnet H	53.49
2	775	Maltietie Fousseini	Enfield & Haringey AC	53.77
3	777	Louis Menzies Walker	Victoria Park & TH AC	54.67
4	780	Denelly Simon	Victoria Park & TH AC	56.59
Final				
	No.	Athlete	Club	Perf
1	771	Najibe Arbe	Shaftesbury Barnet H	52.69
2	648	Anthony Khorassandjian	Shaftesbury Barnet H	52.94
3	775	Maltietie Fousseini	Enfield & Haringey AC	52.95
4	778	Mittio Mohammadian	Shaftesbury Barnet H	53.00
5	752	Joshua Kumar	Shaftesbury Barnet H	53.65
6	773	Malachi Boyce	Thames Valley Harriers	53.92

U17M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	778	Mittio Mohammadian	Shaftesbury Barnet H	2:05.89
2	810	Nathan Barnard	Queens Park Harriers	2:14.08
3	813	Andre Rai	Hillingdon AC	2:14.80
4	812	Edward McArdle	Trent Park RC	2:14.91
5	781	Nathan Tadesse	Shaftesbury Barnet H	2:35.04

U17M 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	781	Nathan Tadesse	Shaftesbury Barnet H	5:27.30

U17M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	733	Joe Widdop-Gray	St Mary's Richmond AC	8.98

U17M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	848	Caspar Schulze	London Heathside R	5.54
2	849	Isaac Tibbett	London Heathside R	5.33
3	850	Odera Umeugoji	Shaftesbury Barnet H	5.20
4	813	Andre Rai	Hillingdon AC	4.78

U17M Shot (a)

Final				
	No.	Athlete	Club	Dist
1	851	Jahreem Charles	Thames Valley Harriers	10.46
2	853	Guy Yashiv	Highgate Harriers	9.98

3	852	Matthew Collingridge	St Mary's Richmond AC	9.68
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U15B 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	671	Tyreece Rankin	Highgate Harriers	7.26
2	674	Tariq Wild	Shaftesbury Barnet H	7.44
3	673	Renel Whittingham	Victoria Park & TH AC	8.07
4	670	Humza Parvez	Thames Valley Harriers	9.13
5	660	Nahom Hagos	Victoria Park & TH AC	9.37
Heat 2				
	No.	Athlete	Club	Perf
1	664	Levi Liston	Highgate Harriers	7.42
2	672	Nicholas Shaw	Shaftesbury Barnet H	7.44
3	659	Romain Ebanks	Thames Valley Harriers	7.83
4	662	Imom Khan	Victoria Park & TH AC	8.24
5	667	Michael Ogbechie	Highgate Harriers	8.30
Heat 3				
	No.	Athlete	Club	Perf
1	666	Andrew Nicolaou	Shaftesbury Barnet H	7.43
2	661	Remi Jokosenumi	Shaftesbury Barnet H	7.57
3	663	Richard Klein	Belgrave Harriers	7.71
4	658	Jon Awuah	Team Hounslow	7.90
5	669	Chima Onuora	Shaftesbury Barnet H	8.00
6	665	Anton Nelson	Victoria Park & TH AC	8.57
Final				
	No.	Athlete	Club	Perf
1	671	Tyreece Rankin	Highgate Harriers	7.25
2	672	Nicholas Shaw	Shaftesbury Barnet H	7.42
3	664	Levi Liston	Highgate Harriers	7.43
4	666	Andrew Nicolaou	Shaftesbury Barnet H	7.44
5	674	Tariq Wild	Shaftesbury Barnet H	7.45
6	661	Remi Jokosenumi	Shaftesbury Barnet H	7.59

U15B 200m (a)

Heat 1				
	No.	Athlete	Club	Perf
1	661	Remi Jokosenumi	Shaftesbury Barnet H	23.92
2	674	Tariq Wild	Shaftesbury Barnet H	23.93
3	666	Andrew Nicolaou	Shaftesbury Barnet H	23.96
4	659	Romain Ebanks	Thames Valley Harriers	25.62
5	757	Jonathan Rugg	Enfield & Haringey AC	25.81
6	670	Humza Parvez	Thames Valley Harriers	32.12
Heat 2				
	No.	Athlete	Club	Perf
1	672	Nicholas Shaw	Shaftesbury Barnet H	24.11
2	664	Levi Liston	Highgate Harriers	24.73
3	753	Oliver Campbell	St Mary's Richmond AC	25.43
4	755	Jason Kalala	Victoria Park & TH AC	25.55
5	658	Jon Awuah	Team Hounslow	26.04

Final				
	No.	Athlete	Club	Perf
1	666	Andrew Nicolaou	Shaftesbury Barnet H	23.85
2	661	Remi Jokosenumi	Shaftesbury Barnet H	23.89
3	672	Nicholas Shaw	Shaftesbury Barnet H	24.16

U15B 300m (b)

Final				
	No.	Athlete	Club	Perf
1	783	Hamse Ahmed	Victoria Park & TH AC	41.24
2	670	Humza Parvez	Thames Valley Harriers	50.60

U15B 800m (a)

Final				
	No.	Athlete	Club	Perf
1	814	Aidan Aherne	Team Hounslow	2:10.40
2	815	Isaac Bloodworth	Hillingdon AC	2:29.48

U15B 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	832	Adam Ireland	Hillingdon AC	4:41.07
2	833	Keo Reggie Kersting Herbert	Victoria Park & TH AC	4:45.66
3	829	Declan Connolly	St Mary's Richmond AC	4:51.42
4	831	Theo Grandorge	Victoria Park & TH AC	5:13.05
5	828	Jacob Alan	Enfield & Haringey AC	5:19.34
6	830	William Paterson Denton	Team Hounslow	5:29.69

U15B High Jump (b)

Final				
	No.	Athlete	Club	Ht
1	816	Gabriel Wilmshurst	London Heathside R	1.45
2	815	Isaac Bloodworth	Hillingdon AC	1.40

U15B Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	757	Jonathan Rugg	Enfield & Haringey AC	3.40

CBP

U15B Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	669	Chima Onuora	Shaftesbury Barnet H	4.73

U15B Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	854	Jeff Hagan	Shaftesbury Barnet H	12.14
2	756	Alex Lytrides	Trent Park RC	10.14

CBP

SW 60m (b)

Final				
	No.	Athlete	Club	Perf
1	676	Sharnna Henry	Harrow AC	8.33
2	678	Amy Rutherford	Highgate Harriers	8.72
3	679	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	9.71
	677	Chinedu Monye	Windsor Slough Eton & H	DIS

SW 200m (a)

Final				
	No.	Athlete	Club	Perf
1	675	Nastassja Allin	Enfield & Haringey AC	26.49
2	735	Stephanie Kleynhans	London Heathside R	26.93
3	758	Alima Diabate	Highgate Harriers	27.15
4	759	Noelle O'Regan	London Heathside R	28.37

SW 400m (b)

Final				
	No.	Athlete	Club	Perf
1	678	Amy Rutherford	Highgate Harriers	64.94

SW 800m (a)

Final				
	No.	Athlete	Club	Perf
1	819	Rosa Serafini	London Heathside R	2:19.37
2	817	Tania-Cyrena Cyrus	Enfield & Haringey AC	2:24.34
3	818	Lara Scerri	Thames Valley Harriers	2:26.09

SW 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	819	Rosa Serafini	London Heathside R	4:50.62

SW Pole Vault (a)

Final				
	No.	Athlete	Club	Ht
1	855	Gokce Baydar (W35)	London Heathside R	2.20

SW Long Jump (b)

Final				
	No.	Athlete	Club	Dist
1	856	Flora Leocat	Victoria Park & TH AC	4.50
2	679	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	3.47

SW Shot (b)

Final				
	No.	Athlete	Club	Dist
1	857	Harriet Connor	St Mary's Richmond AC	9.50
2	679	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	6.17

U20W 60m (b)

Final	No.	Athlete	Club	Perf
1	681	Leanza Dwaah	Enfield & Haringey AC	7.78
1	682	Salome Japal	Enfield & Haringey AC	7.79
3	683	Simone Jones	Shaftesbury Barnet H	8.26
4	685	Sherique Ruddock	Thames Valley Harriers	8.36
5	684	Jenny Nuredini	St Mary's Richmond AC	8.89

U20W 200m (a)

Final	No.	Athlete	Club	Perf
1	761	Claudimira Landim	Victoria Park & TH AC	26.80
2	760	Charlotte Abbott-Baptiste	St Mary's Richmond AC	28.15
3	685	Sherique Ruddock	Thames Valley Harriers	28.15

U20W 400m (b)

Final	No.	Athlete	Club	Perf
1	790	Laura Stewart	Ealing Southall & Middx	62.12
2	789	Brittany Robinson	Thames Valley Harriers	63.09
3	787	Naomi Conlon	London Heathside R	66.02
	788	Michele Mamudu	Victoria Park & TH AC	DIS

U20W 800m (a)

Final	No.	Athlete	Club	Perf
1	820	Rachel Ayrton	Harrow AC	2:34.96

U20W 1500m (b)

Final	No.	Athlete	Club	Perf
1	834	Nicola Ravenhill	Ealing Southall & Middx	4:53.10

CBP

U20W Pole Vault (a)

Final	No.	Athlete	Club	Ht
1	859	Alix Stagg	Enfield & Haringey AC	2.50

U20W Long Jump (b)

Final	No.	Athlete	Club	Dist
1	860	Alessa Lewis	Shaftesbury Barnet H	5.21

U20W Triple Jump (a)

Final	No.	Athlete	Club	Dist
1	761	Claudimira Landim	Victoria Park & TH AC	12.03
2	861	Katherine Myers	Orion Harriers	9.72

U17W 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	697	Awa Ndiaye	Serpentine RC	7.82	Q
2	693	Chinwe Iwunze	Shaftesbury Barnet H	7.91	q
3	691	Amy Louise Hillier	Hillingdon AC	8.03	
4	695	Daniella Lampe	St Mary's Richmond AC	8.13	
5	699	Rosie Partridge	Enfield & Haringey AC	8.87	
Heat 2					
	No.	Athlete	Club	Perf	
1	687	Nayanna Dubarry-Gay	Victoria Park & TH AC	7.77	Q
2	701	Shania Umah	Highgate Harriers	7.83	q
3	696	Diane Mapamboli	Victoria Park & TH AC	8.09	
4	694	Erin Jeffers	Thames Valley Harriers	8.45	
5	686	Anna Biro	Highgate Harriers	8.50	
Heat 3					
	No.	Athlete	Club	Perf	
1	688	Akashya Ellis	Enfield & Haringey AC	7.78	Q
2	690	Latifah Harris-Osman	Shaftesbury Barnet H	7.80	q
3	700	Victoria Ubenyi	Victoria Park & TH AC	8.05	
4	698	Sophia Obi	Shaftesbury Barnet H	8.14	
5	702	Isabella West	Victoria Park & TH AC	8.90	
Final					
	No.	Athlete	Club	Perf	
1	690	Latifah Harris-Osman	Shaftesbury Barnet H	7.78	
2	687	Nayanna Dubarry-Gay	Victoria Park & TH AC	7.78	
3	688	Akashya Ellis	Enfield & Haringey AC	7.78	
4	697	Awa Ndiaye	Serpentine RC	7.80	
5	693	Chinwe Iwunze	Shaftesbury Barnet H	7.90	
6	701	Shania Umah	Highgate Harriers	7.95	

U17W 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	701	Shania Umah	Highgate Harriers	25.89	Q
2	693	Chinwe Iwunze	Shaftesbury Barnet H	27.37	q
3	686	Anna Biro	Highgate Harriers	28.81	
4	699	Rosie Partridge	Enfield & Haringey AC	29.81	
Heat 2					
	No.	Athlete	Club	Perf	
1	762	Kiah Dubarry-Gay	Victoria Park & TH AC	25.78	Q
2	691	Amy Louise Hillier	Hillingdon AC	26.37	q
3	690	Latifah Harris-Osman	Shaftesbury Barnet H	27.30	q
4	694	Erin Jeffers	Thames Valley Harriers	28.22	
5	763	Mia Rosario	Enfield & Haringey AC	29.50	
Final					
	No.	Athlete	Club	Perf	
1	762	Kiah Dubarry-Gay	Victoria Park & TH AC	24.97	
2	701	Shania Umah	Highgate Harriers	26.00	
3	691	Amy Louise Hillier	Hillingdon AC	26.11	

4	690	Latifah Harris-Osman	Shaftesbury Barnet H	27.04
5	693	Chinwe Iwunze	Shaftesbury Barnet H	27.59

U17W 300m (b)

Final	No.	Athlete	Club	Perf
1	793	Constanza Di Borgoricco	Highgate Harriers	43.47
2	794	Jaye Haley	Thames Valley Harriers	44.15
3	792	Hollie Acraman	Hillingdon AC	47.13
4	795	Cameron Thomas	Ealing Southall & Middx	48.53

U17W 800m (a)

Final	No.	Athlete	Club	Perf
1	821	Amelia Casey	Thames Valley Harriers	2:27.14
2	823	Lucy O'Brien	Ealing Southall & Middx	2:32.56
3	792	Hollie Acraman	Hillingdon AC	2:59.33
	822	Ella Conlon	London Heathside R	DIS

U17W 60m Hurdles (a)

Final	No.	Athlete	Club	Perf
1	736	Amelia Macdonald	Enfield & Haringey AC	9.10
2	698	Sophia Obi	Shaftesbury Barnet H	9.12
3	737	Kara Onuiri	Shaftesbury Barnet H	9.56
4	738	Cristina Potter	Shaftesbury Barnet H	10.93

U17W High Jump (a)

Final	No.	Athlete	Club	Ht
1	736	Amelia Macdonald	Enfield & Haringey AC	1.55
1	737	Kara Onuiri	Shaftesbury Barnet H	1.55
3	862	Anna Mcallister	London Heathside R	1.50

U17W Long Jump (b)

Final	No.	Athlete	Club	Dist
1	736	Amelia Macdonald	Enfield & Haringey AC	5.33
2	738	Cristina Potter	Shaftesbury Barnet H	4.49

CBP

U17W Shot (b)

Final	No.	Athlete	Club	Dist
1	863	Precious Hamilton	Victoria Park & TH AC	11.37
2	738	Cristina Potter	Shaftesbury Barnet H	8.96
3	736	Amelia Macdonald	Enfield & Haringey AC	8.81

U15G 60m (b)

Heat 1	No.	Athlete	Club	Perf
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1	728	Shiloh Wright-Taipow	Serpentine RC	8.24	Q
2	720	Lea Reyna	Shaftesbury Barnet H	8.67	Q
3	726	Abigaelle Tombe	Highgate Harriers	8.71	q
4	724	Maia Taylor Winter	Highgate Harriers	8.81	
5	709	Tianna Campbell	Harrow AC	8.85	
6	713	Leni-Mae Galvin	Highgate Harriers	9.10	
Heat 2					
	No.	Athlete	Club	Perf	
1	718	Honour Okoroji	Victoria Park & TH AC	8.30	Q
2	711	Esther Fatuade	Shaftesbury Barnet H	8.41	Q
3	704	Marie Alaphilippe	Highgate Harriers	8.57	q
4	722	Ariana Sobhani	Highgate Harriers	9.05	
5	706	Mia Bailey	Highgate Harriers	9.59	
6	727	Habtam Whyte Coronado	Highgate Harriers	9.79	
Heat 3					
	No.	Athlete	Club	Perf	
1	705	Mya Ashbourne	Harrow AC	8.37	Q
2	714	Mya Green	Harrow AC	8.49	Q
3	716	Kerry Oamen	Thames Valley Harriers	8.74	q
4	725	Patricia Timbal	Thames Valley Harriers	8.84	
5	721	Mabel Savage	Highgate Harriers	9.54	
6	707	Samirah Bangura	Victoria Park & TH AC	9.69	
Heat 4					
	No.	Athlete	Club	Perf	
1	703	Jeslyn Agyei-Kyem	Team Hounslow	8.12	Q
2	723	Sophia Sood	Team Hounslow	8.39	Q
3	717	Kimberley Oamen	Thames Valley Harriers	8.63	q
4	710	Sahara Fagan-Michaelson	Thames Valley Harriers	9.03	
5	729	Liliah Zion	Thames Valley Harriers	9.26	
6	719	Annaig Panhelleux	Thames Valley Harriers	9.64	
S/F 1					
	No.	Athlete	Club	Perf	
1	703	Jeslyn Agyei-Kyem	Team Hounslow	8.10	Q
2	718	Honour Okoroji	Victoria Park & TH AC	8.35	Q
3	714	Mya Green	Harrow AC	8.45	Q
4	723	Sophia Sood	Team Hounslow	8.46	
5	704	Marie Alaphilippe	Highgate Harriers	8.66	
6	726	Abigaelle Tombe	Highgate Harriers	8.76	
S/F 2					
	No.	Athlete	Club	Perf	
1	728	Shiloh Wright-Taipow	Serpentine RC	8.25	Q
2	711	Esther Fatuade	Shaftesbury Barnet H	8.33	Q
3	705	Mya Ashbourne	Harrow AC	8.52	Q
4	720	Lea Reyna	Shaftesbury Barnet H	8.70	
5	717	Kimberley Oamen	Thames Valley Harriers	8.76	
6	716	Kerry Oamen	Thames Valley Harriers	8.87	
Final					
	No.	Athlete	Club	Perf	
1	703	Jeslyn Agyei-Kyem	Team Hounslow	8.13	
2	711	Esther Fatuade	Shaftesbury Barnet H	8.26	

3	728	Shiloh Wright-Taipow	Serpentine RC	8.31
4	718	Honour Okoroji	Victoria Park & TH AC	8.41
5	714	Mya Green	Harrow AC	8.44
6	705	Mya Ashbourne	Harrow AC	8.46

U15G 200m (a)

Heat 1				
	No.	Athlete	Club	Perf
1	740	Grace Savage	Highgate Harriers	25.72
2	739	Ezinwa Ochei-Okpara	Highgate Harriers	28.76
3	709	Tianna Campbell	Harrow AC	29.32
4	710	Sahara Fagan-Michaelson	Thames Valley Harriers	29.94
5	740	Grace Savage	Highgate Harriers	31.11
Heat 2				
	No.	Athlete	Club	Perf
1	711	Esther Fatuade	Shaftesbury Barnet H	27.96
2	720	Lea Reyna	Shaftesbury Barnet H	28.53
3	767	Ruth-Ann Otaruoh	Track Academy	29.72
4	768	Lisa Ozaki	Hillingdon AC	30.63
5	722	Ariana Sobhani	Highgate Harriers	38.32
Heat 3				
	No.	Athlete	Club	Perf
1	766	Emily Bashford	St Mary's Richmond AC	27.92
2	705	Mya Ashbourne	Harrow AC	27.94
3	725	Patricia Timbal	Thames Valley Harriers	30.80
4	729	Liliah Zion	Thames Valley Harriers	32.53
Final				
	No.	Athlete	Club	Perf
1	764	Precious Adu	Enfield & Haringey AC	25.82
2	705	Mya Ashbourne	Harrow AC	27.40
3	711	Esther Fatuade	Shaftesbury Barnet H	27.49
4	766	Emily Bashford	St Mary's Richmond AC	27.85
5	720	Lea Reyna	Shaftesbury Barnet H	28.85

U15G 300m (b)

Final				
	No.	Athlete	Club	Perf
1	796	Cedelle Agyei-Kyem	Team Hounslow	44.9
2	800	Valentina Sharpe Lopez	Victoria Park & TH AC	45.98
3	797	Evelyne Fonteyne	Shaftesbury Barnet H	48.00
4	798	Isobel Parker	Shaftesbury Barnet H	48.13

U15G 800m (a)

Final				
	No.	Athlete	Club	Perf
1	824	Isabella Brand	Trent Park RC	2:37.65
2	825	Evie Doe	Victoria Park & TH AC	2:44.23
3	799	Sophia Saccoccio	Thames Valley Harriers	2:47.98
4	713	Leni-Mae Galvin	Highgate Harriers	2:53.66

U15G 1500m (b)

Final	No.	Athlete	Club	Perf
1	836	Grace Bowden-Stone	St Mary's Richmond AC	5:17.26

U15G 60m Hurdles (a)

Final	No.	Athlete	Club	Perf
1	740	Grace Savage	Highgate Harriers	12.20
2	724	Maia Taylor Winter	Highgate Harriers	12.40
3	721	Mabel Savage	Highgate Harriers	12.77

U15G High Jump (b)

Final	No.	Athlete	Club	Ht
1	864	Louise Alexander Bradley	Hillingdon AC	1.45
2	797	Evelyne Fonteyne	Shaftesbury Barnet H	1.40
3	865	Mia Oyesiku	Highgate Harriers	1.40
4	768	Lisa Ozaki	Hillingdon AC	1.35
5	722	Ariana Sobhani	Highgate Harriers	1.30
6	706	Mia Bailey	Highgate Harriers	1.20

U15G Long Jump (b)

Final	No.	Athlete	Club	Dist
1	718	Honour Okoroji	Victoria Park & TH AC	5.12
2	704	Marie Alaphilippe	Highgate Harriers	4.61
3	797	Evelyne Fonteyne	Shaftesbury Barnet H	4.39
4	709	Tianna Campbell	Harrow AC	4.34
5	864	Louise Alexander Bradley	Hillingdon AC	4.33
6	723	Sophia Sood	Team Hounslow	4.26
7	865	Mia Oyesiku	Highgate Harriers	4.21
8	866	Liana Lewis	Highgate Harriers	4.02
9	867	Faye Winter-Hart	Victoria Park & TH AC	3.89
10	767	Ruth-Ann Otaruoh	Track Academy	3.82
11	713	Leni-Mae Galvin	Highgate Harriers	3.67
12	719	Annaig Panhelleux	Thames Valley Harriers	3.13
13	708	Grace Boast	Thames Valley Harriers	2.95

U15G Triple Jump (a)

Final	No.	Athlete	Club	Dist
1	767	Ruth-Ann Otaruoh	Track Academy	9.60

U15G Shot (b)

Final	No.	Athlete	Club	Dist
1	726	Abigaëlle Tombe	Highgate Harriers	7.87
2	739	Ezinwa Ochei-Okpara	Highgate Harriers	7.87
3	703	Jeslyn Agyei-Kyem	Team Hounslow	6.87

4	868	Kacey Laird	Hillingdon AC	6.86
5	727	Habtam Whyte Coronado	Highgate Harriers	4.56

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1.65 o;1.70 xo;1.75 xxx

3.70 o;3.80 -;3.90 o;4.00 o;4.10 xxx
3.50 o;3.60 -;3.70 xxo;3.80 x-;3.90 xx

5.47; 5.68; 5.58; 4.48

13.49; 13.08; 12.05; 13.41
8.40; 8.75; 9.13; 8.46
8.81; 8.50; 9.06; 8.96

CBP

1.75 o;1.80 o;1.85 xo;1.90 xxx

6.50; 6.70; 6.86; x
6.40; 6.56; 6.35; 6.55
x; x; x; 6.40
x; 6.24; x; x
x; 6.22; x; x

13.18; 13.08; 13.68; 13.34
x; x; x; 11.77
11.46; x

5.54; 5.41; 5.42; x
x; 5.04; 5.33; 5.11
5.20; x; 5.13; 3.81
4.78; 4.70; 4.62; 4.74

x; 10.46; 10.13; x
8.88; 9.98; 9.79; 9.66

9.43; 9.44; 9.29; 9.68

=CBP

1.35 o;1.40 o;1.45 o;1.50 xxx
1.35 o;1.40 o;1.45 xxx

2.60 o;2.70 -;2.80 o;2.90 -;3.00 o;3.10 o;3.20 o;3.30 o;3.40 o;3.50 xxx

4.70; 4.72; 3.95; 4.73

11.87; 11.89; x; 12.14
10.02; 9.83; 9.70; 10.14

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

NRJ; 3.77; 4.25; 4.50
3.39; 3.12; 3.45; 3.47

9.38; 9.50; 9.34; 9.47
5.97; 5.63; 5.70; 6.17

1.90 o;2.00 o;2.10 -;2.20 o;2.30 xo;2.40 o;2.50 xo;2.60 xxx

4.88; 5.21; 5.13; 5.01

x; x; 12.03; 12.00

x; x; 9.65; 9.72

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

5.25; 5.24; 5.33; NJ
4.49; 4.39; 4.27; 4.29

x; 10.75; 11.26; 11.37
8.96; 8.38; 8.65; x
8.11; 8.14; 8.20; 8.81

1.25 o;1.30 o;1.35 o;1.40 xo;1.45 o;1.50 xxx
1.25 o;1.30 o;1.35 o;1.40 o;1.45 xxx
1.20 o;1.25 o;1.30 o;1.35 o;1.40 xo;1.45 xxx
1.20 o;1.25 o;1.30 o;1.35 xo;1.40 xxx
1.10 o1.20 xxo;1.25 o;1.30 xxo;1.35 xxx
1.05 o;1.10 o1.20 xxo;1.25 xxx

x; 5.12; 5.03; 4.80
4.46; 4.57; 4.61; x
4.23; 4.39; 4.25; 4.33
3.91; 4.34; 4.15; 4.22
4.11; 4.33; 3.71; 4.25
4.05; 4.12; 4.08; 4.26
x; 4.21; 1.80; 3.02
x; 4.02; 3.31; 3.83
3.89; 3.62; 3.87; 3.82
2.90; x; x; 3.82
3.29; 3.43; 3.67; 3.62
2.69; 3.00; 3.13; 2.88
2.95; 2.89; 2.79; 2.61

9.10; 8.66; 9.60; 9.44

7.85; 7.87; NT; NT
7.15; 7.66; 7.67; 7.87
5.41; 6.51; 6.87; 6.78

6.23; 6.69; 6.76; 6.86

4.37; 3.73; 3.85; 4.56