

MIDDLESEX CHAMPIONSHIPS

SM	T1	400H	Final		
	1	223	Abdijalil Ali	TVH	63.96
	2	225	Dave Shortridge	VPTH	74.24

T7	800M
1	258
2	261
3	256
4	252
5	259
6	255
7	262
8	257
9	254
10	251

SM	T10	100M	Heats (1)	w/s	-1.9
	1	8	Renard Frederick	SBH	11.29 Q
	2	17	Miguel Larrea	TVH	11.73 Q
	3	24	Lumar Sylvester	TVH	11.91
	4	1	Juan Ramon Alcalde Nosti	VPTH	11.99
	5	16	Lorcan Kinsella	SMRAC	12.14
	6	9	Joel Gibbons	VPTH	12.76

SM	T10	100M	Heats (2)	w/s	-3.3
	1	2	Edmond Amaning	TVH	11.14 Q
	2	14	Mark Hanson	ENFH	11.37 Q
	3	19	Olaseni Ogunmilade	HARR	12.19
	4	7	Jason Kojo Dwaah	VPTH	12.44
		11	Jerwayne Grant	HARR	DNS

SM	T10	100M
	1	12
	2	4
	3	22
	4	3
	5	21
	6	13

SM	T17	100M	Final	w/s	-4.0
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1	12 Omar Grant	HARR	10.73
2	4 Leroy Cain	TVH	10.86
3	2 Edmond Amaning	TVH	11.00
4	8 Renard Frederick	SBH	11.13
5	22 Mutara Sheriff	SMRAC	11.20
6	3 Omari Barton-Ellington	ENFH	11.21
7	14 Mark Hanson	ENFH	11.73
8	17 Miguel Larrea	TVH	

SM

T26 400M

1	235
2	236
3	231
4	177
5	232
6	233
7	237
	168

SM

T36 110H

1	167
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SM

T41	200M	Heats (1)	w/s	-2.9
1	2 Edmond Amaning	TVH	21.8 Q	
2	22 Mutara Sheriff	SMRAC	22.8 Q	
3	174 Columba Blango	VPTH	23.5 Q	

T41 200M

1	12
2	173
3	18

4	176 Myron Landez	ESM	24.9	4	177
5	13 Paul Guillon	TVH	26.7	5	19
	4 Leroy Cain	TVH	DNS	6	7
	21 Rory Roberts	ENFH	DNS		

Manual times

SM	T14	5000M	Final			T47	3000M Walk
	1	396	Abdishakur Abdulle	HIL	14:57.18	1	409
	2	401	Alexander Lepretre	BARN	15:29.32		
	3	404	Damian Nevins	HARR	15:30.80		
	4	397	Andrew Brooker	LONH	15:44.40		
	5	400	Chris Jones	HARR	16:45.21		
	6	395	Fahad Abdi	HIL	17:27.92		
	7	403	Alex Morgan	SMRAC	17:30.20		
	8	402	Jonathan Litchfield	LONH	18:10.11		
	9	406	Martin White	W4H	18:24.39		
	10	399	Jonathan Hopkin	LONH	18:43.36		
	11	398	James Connell	LONH	19:05.16		
	12	407	Matthew Sibert	W4H	19:32.23		

SM	T54	200M	Final	w/s	-3.3	T57	1500M
	1	2	Edmond Amaning	TVH	21.32	1	252
	2	12	Omar Grant	HARR	21.61	2	259
	3	173	Niclas Baker	CRAW	22.19	3	338
	4	22	Mutara Sheriff	SMRAC	22.36	4	337
	5	174	Columba Blango	VPTH	23.09	5	232
	6	18	Jerome Lule	SBH	23.48	6	260
	7	177	Alex Babb	VPTH	24.32		
	8	19	Olaseni Ogunmilade	HARR	25.04		

FIELD

SM	F12	Long jump	w/s	F41	Javelin
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1	444 Ross Jeffs	ENFH	7.26	+2.1 (6.80m at .	1	467
2	23 Adrian Stamp	Woodford Green AC \	6.64	+2.7 (no legal w	2	168
3	167 Jack Andrew	Sale Harriers Manche	6.37	+2.0		
4	445 Samuel Nash	TVH	5.63	+2.5 (5.58m at .		
5	446 Odell Okwuosa	TVH	5.59	+1.5		
6	447 Ryan Raghoo	CRO	4.26	+1.7		

F44 Disability javelin

F38 Disability javelin

SM

F22	Pole vault				F42	Triple jump
1	168 Saoirse Chinery-Edoo	HARR	3.70	(3.30 o, 3.50 xo, 3.70	1	474
2	427 Noel Reid	HARR	3.20	(2.50 xo, 2.80 xxo, 2.9	2	446

F31	Discus				F9	Shot
1	168 Saoirse Chinery-Edoo	HARR	43.20		1	168
2	460 Izaiah Turner	LONH	31.49		2	167
3	457 Kevin Acraman	HIL	29.25		3	460
4	458 Glen Alexander Crowie	HIL	28.87		4	457
					5	470
					6	458

F31 Disability discus - 1.5K

1	459 Michael Nicholls	SBH	45.63 (F44)
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F42 Disability discus **F42 Disability shot**

F41 Disability discus **F41 Disability shot**

F42	Hammer				F15	High Jump
1	457 Kevin Acraman	HIL	42.88		1	427

2

460 Izaiah Turner

LONH

29.86

(u17)

189

Final

Andrew Walshe	TVH	1:53.35
Mohamed Ismail Mohamed	SBH	1:57.31
Ramone Martinez-Rodney	VPTH	1:57.57
Edward Casey	HIGH	1:59.57
James Wooldridge	LONH	2:00.57
Richard Macaulay	LONH	2:00.61
Ermias Zeration	HIL	2:02.27
Max Thorp	TVH	2:08.86
Angelo John	ESM	2:14.63
Anthony Bryan	Herts Phoenix AC	2:49.83

Heats (3)**w/s****-3.2**

Omar Grant	HARR	10.95 Q
Leroy Cain	TVH	10.97 Q
Mutara Sheriff	SMRAC	11.17 q
Omari Barton-Ellington	ENFH	11.33 q
Rory Roberts	ENFH	11.59
Paul Guillon	TVH	13.19

Final

Tyson Oladokun	SOTON	50.35
Shaka Palmer	ENFH	51.16
Rowan Board	ESM	52.97
Alex Babb	VPTH	55.11
Scott Brewer	TVH	56.19
Dave Cobb	W4H	57.07
Adrian Smith	W4H	63.06
Saoirse Chinery-Edoo	HARR	DNS

Final

	w/s	-1.7
Jack Andrew	Sale Harriers Manchester	15.17

Heats (2)

	w/s	0.0
Omar Grant	HARR	21.7 Q
Niclas Baker	CRAW	22.2 Q
Jerome Lule	SBH	23.6 Q

Alex Babb	VPTH	24.1 q
Olaseni Ogunmilade	HARR	24.4 q
Jason Kojo Dwaah	VPTH	24.7

Manual times

Mark Culshaw	Ilford AC	18:44.4
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Manual Timing

Final

Edward Casey	HIGH	4:14.37
James Wooldridge	LONH	4:15.62
Mohamed Hashi	ESM	4:17.58
Rich Berry	W4H	4:30.62
Scott Brewer	TVH	5:01.62
Philip York	ESM	5:30.65



Dawid Jerzykowski	TVH	46.55
Saoirse Chinery-Edoo	HARR	41.98

#N/A

#N/A

#N/A

#N/A

Alando Alfred	SBH	14.31	w/s	+3.3 (no jump results with legal wind)
Odell Okwuosa	TVH	11.63		+1.7

Saoirse Chinery-Edoo	HARR	11.95
Jack Andrew	Sale Harriers Manchester	11.29
Izaiah Turner	LONH	10.69
Kevin Acraman	HIL	9.62
Simon Butler	VPTH	9.41
Glen Alexander Crowie	HIL	8.62

Noel Reid	HARR	1.80 (1.70 o, 1.80 o, 1.85 xxx)
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Dominic Ogbechie

HIGH

2.02 (1.85 o, 1.90 o, 1.95 xo, 1.99 xxo, 2.02 o, 2.05 xxx)