

Middlesex Indoor Championships - Lee Valley Indoor Athletics Centr

(a) Saturday, (b) Sunday

SM 60m (b)

Final				
	No.	Athlete	Club	Perf
1	607	Alex Murdock	Harrow AC	7.02
2	610	Kyron Williams	Enfield and Haringey AC	7.08
3	602	Amar-Mazigh Aichoun	Thames Valley Harriers	7.75

SM 200m (a)

Final				
	No.	Athlete	Club	Perf
1	699	Marlon Hogg-Williams	Newham & Essex B AC	22.70
2	700	Carlos Sobers	Victoria Park & TH AC	23.80
3	697	Eyad Abdul-Ghafoor	Enfield and Haringey AC	24.70
4	698	Glen Crowie	Hillingdon AC	25.00
5	602	Amar-Mazigh Aichoun	Thames Valley Harriers	25.60
6	603	Adrian Day (M55)	Enfield and Haringey AC	29.70

SM 400m (b)

Final				
	No.	Athlete	Club	Perf
1	735	Adrian Richards	Woodford Green AC w EL	52.55
2	697	Eyad Abdul-Ghafoor	Enfield and Haringey AC	57.08

SM 800m (a)

Final				
	No.	Athlete	Club	Perf
1	758	Shaka Palmer	Enfield and Haringey AC	2:00.08
2	756	Neil Kirkham	Victoria Park & TH AC	2:07.61
3	754	Abdijalil Ali	Thames Valley Harriers	2:15.24
4	759	Philip York (M55)	Ealing Southall & Middx	2:36.40
5	755	Anthony Bryan	Herts Phoenix AC	2:52.69

SM 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	785	Thomas Daley (M40)	Fulham Running Club	4:40.76
2	786	Rafal Machnik (M35)	Ealing Eagles RC	4:57.49
	606	Jordan May	Enfield and Haringey AC	DNF

SM 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	800	David Shortridge (M45)	Victoria Park & TH AC	12.28

SM 1000m Walk (a)

Final				
	No.	Athlete	Club	Perf
1	807	Sean Pender (M60)	Enfield and Haringey AC	6:58.50

SM High Jump (a)

Final				
	No.	Athlete	Club	Ht
1	808	Prakash Lee Cunningham	St Mary's Richmond AC	1.85

SM Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	811	Pui Yin Cheung	Enfield and Haringey AC	4.00

SM Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	822	Darren Morson	Victoria Park & TH AC	7.11
2	821	John Kamara	Enfield and Haringey AC	5.13

CBP

SM Shot (a)

Final				
	No.	Athlete	Club	Dist
1	698	Glen Crowie	Hillingdon AC	10.00
2	835	Kevin Acraman	Hillingdon AC	9.66

U20M 60m (b)

Heat 1				
	No.	Athlete	Club	Perf
1	612	Emmanuel Agyare	Enfield and Haringey AC	7.31
2	618	Ceake Maddix	Shaftesbury Barnet H	7.33
3	615	Kashane Gayle	St Mary's Richmond AC	7.60
4	621	Ben Patti	Enfield and Haringey AC	7.67
	619	Dominique Olaniyi	Harrow AC	DIS
Heat 2				
	No.	Athlete	Club	Perf
1	611	Samuel Adesanya	Victoria Park & TH AC	7.32
2	617	Daniel John	Thames Valley Harriers	7.40
3	616	Nathan Gomes	Victoria Park & TH AC	7.41
4	613	Ali Alzubdi	Thames Valley Harriers	7.77
Final				
	No.	Athlete	Club	Perf
1	618	Ceake Maddix	Shaftesbury Barnet H	7.20
2	616	Nathan Gomes	Victoria Park & TH AC	7.24
3	617	Daniel John	Thames Valley Harriers	7.30
4	615	Kashane Gayle	St Mary's Richmond AC	7.52
5	621	Ben Patti	Enfield and Haringey AC	7.70
	612	Emmanuel Agyare	Enfield and Haringey AC	DIS
	611	Samuel Adesanya	Victoria Park & TH AC	DIS

Q

Q

q

q

167.2

Q

Q

q

U20M 200m (a)

Final				
	No.	Athlete	Club	Perf

1	616	Nathan Gomes	Victoria Park & TH AC	23.45
2	701	Richard John	Victoria Park & TH AC	23.78
3	704	Lord Owusu	Enfield and Haringey AC	23.86
4	618	Ceake Maddix	Shaftesbury Barnet H	24.17
5	702	Anthony Khorassandjian	Shaftesbury Barnet H	24.44
6	617	Daniel John	Thames Valley Harriers	24.86

U20M 400m (b)

Final				
	No.	Athlete	Club	Perf
1	740	Michael Shonibare	Victoria Park & TH AC	51.81
2	702	Anthony Khorassandjian	Shaftesbury Barnet H	53.98
3	737	Alfie Crews	St Mary's Richmond AC	54.89
4	739	Seyi Fari	Shaftesbury Barnet H	59.85
	738	Tashan Daniel	Hillingdon AC	DIS

U20M 800m (a)

Final					
	No.	Athlete	Club	Perf	
1	760	Yusuf Bizimana	Victoria Park & TH AC	1:56.03	CBP
2	762	Finley Hurren	Enfield and Haringey AC	2:03.88	

U20M 1500m (b)

Final					
	No.	Athlete	Club	Perf	
1	760	Yusuf Bizimana	Victoria Park & TH AC	3:58.60	CBP

U20M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	824	Idan Gal-Shohet	Highgate Harriers	6.49
2	823	Triston Beckford	Enfield and Haringey AC	6.06

U20M Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	830	Samuel Antwi	Enfield and Haringey AC	13.76

U17M 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	631	Toby Makoyawo	Watford Harriers	7.12	Q
2	642	Tariq Wild	Shaftesbury Barnet H	7.29	q
3	634	Andrew Nicolaou	Shaftesbury Barnet H	7.45	q
4	625	Romain Ebanks	Thames Valley Harriers	7.67	
5	636	Bill Osei-Boamah	Victoria Park & TH AC	7.82	
Heat 2					
	No.	Athlete	Club	Perf	
1	626	Micah Forbes-Agyepong	Shaftesbury Barnet H	7.27	Q
2	640	Nicholas Shaw	Shaftesbury Barnet H	7.28	q

3	630	Jason Kalala	Victoria Park & TH AC	7.52	
4	628	Micah Greenaway	Enfield and Haringey AC	7.70	
5	627	Rakeem Green	Victoria Park & TH AC	7.93	
Heat 3					
	No.	Athlete	Club	Perf	
1	638	Tyreece Rankin	Highgate Harriers	7.27	Q
2	624	Kevel Dobbs-Niles	Enfield and Haringey AC	7.33	q
3	629	Isaiah Hills	Victoria Park & TH AC	7.56	
4	632	Jack Marston	St Mary's Richmond AC	7.65	
5	623	Miles Bernadine	Ealing Southall & Middx	7.85	
Final					
	No.	Athlete	Club	Perf	
1	626	Micah Forbes-Agyepong	Shaftesbury Barnet H	7.08	
2	631	Toby Makoyawo	Watford Harriers	7.09	
3	638	Tyreece Rankin	Highgate Harriers	7.21	
4	624	Kevel Dobbs-Niles	Enfield and Haringey AC	7.27	
5	640	Nicholas Shaw	Shaftesbury Barnet H	7.28	
6	642	Tariq Wild	Shaftesbury Barnet H	7.40	
	634	Andrew Nicolaou	Shaftesbury Barnet H	DNS	

U17M 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	626	Micah Forbes-Agyepong	Shaftesbury Barnet H	23.19	Q
2	705	Levi Liston	Highgate Harriers	23.28	q
3	630	Jason Kalala	Victoria Park & TH AC	24.58	q
4	628	Micah Greenaway	Enfield and Haringey AC	24.70	
Heat 2					
	No.	Athlete	Club	Perf	
1	642	Tariq Wild	Shaftesbury Barnet H	23.51	Q
2	634	Andrew Nicolaou	Shaftesbury Barnet H	23.65	q
3	707	Daniel Onochie-Williams	Shaftesbury Barnet H	24.68	
4	623	Miles Bernadine	Ealing Southall & Middx	28.42	
Final					
	No.	Athlete	Club	Perf	
1	642	Tariq Wild	Shaftesbury Barnet H	22.89	
2	705	Levi Liston	Highgate Harriers	23.14	
3	630	Jason Kalala	Victoria Park & TH AC	24.17	
4	634	Andrew Nicolaou	Shaftesbury Barnet H	24.20	
	626	Micah Forbes-Agyepong	Shaftesbury Barnet H	disq	

U17M 400m (b)

Final					
	No.	Athlete	Club	Perf	
1	745	Mittio Mohammadian	Shaftesbury Barnet H	51.74	
2	743	Najibe Arbe	Shaftesbury Barnet H	53.11	
3	746	Adam Rowlands	Harrow AC	54.21	
4	744	Rhys Feaviour	Hillingdon AC	60.34	
	742	Chidiebere Agbo Thomas	Enfield and Haringey AC	DIS	

U17M 800m (a)

Final				
	No.	Athlete	Club	Perf
1	745	Mittio Mohammadian	Shaftesbury Barnet H	2:00.90
2	766	George Warren	Enfield and Haringey AC	2:02.96
3	763	Aidan Aherne	St Mary's Richmond AC	2:09.74
4	765	Keo Reggie Kersting Herbert	Victoria Park & TH AC	2:11.49

CBP

U17M 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	791	Owen Quin	Queens Park Harriers	4:46.16
2	788	Chauncey Edwards	Ealing Southall & Middx	4:47.22
3	792	Shami Umashankar	Thames Valley Harriers	4:47.29
4	789	Theo Grandorge	Victoria Park & TH AC	4:48.50
5	787	Declan Connolly	St Mary's Richmond AC	4:49.94

U17M 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	801	Harvey Kitchen	Thames Valley Harriers	8.76

U17M Pole Vault (b)

Final				
	No.	Athlete	Club	Ht
1	814	Jonathan Rugg	Enfield and Haringey AC	3.80
2	812	Jonathan Cohen	Shaftesbury Barnet H	3.10
3	813	Theo Michail	Shaftesbury Barnet H	3.00

U17M Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	622	Joshua Barrett-Mowatt	Victoria Park & TH AC	6.34
2	627	Rakeem Green	Victoria Park & TH AC	4.96

U17M Triple Jump (b)

Final				
	No.	Athlete	Club	Dist
1	831	Olowasubomi Bello	Victoria Park & TH AC	12.98
2	744	Rhys Feaviour	Hillingdon AC	9.24

U17M Shot (a)

Final				
	No.	Athlete	Club	Dist
1	837	Matthew Collingridge	St Mary's Richmond AC	12.46
2	836	Jahreem Charles	Thames Valley Harriers	10.94
3	839	Alexander Talver	St Mary's Richmond AC	8.73
4	838	Imari Francis	Victoria Park & TH AC	7.28

U15B 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	644	Reece Earle	Thames Valley Harriers	7.50	Q
2	643	Jon Awuah	Walton AC	7.78	Q
3	654	Kofi Owusu	Shaftesbury Barnet H	7.81	q
4	646	Yuma Hamano	Shaftesbury Barnet H	7.82	
5	645	Devontae Forrest	Enfield and Haringey AC	7.83	
6	652	Michael Ogbechie	Highgate Harriers	7.95	
7	650	Noor-Eldin Mahmoud	Thames Valley Harriers	8.17	
Heat 2					
	No.	Athlete	Club	Perf	
1	653	Chima Onuora	Shaftesbury Barnet H	7.39	Q
2	656	Aydan Tyrrell	Harrow AC	7.63	Q
3	647	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC	7.66	q
4	655	Tanawat Raveng	Shaftesbury Barnet H	7.66	q
5	649	Shlomo Levy	Highgate Harriers	8.22	
6	648	Frankie Johnson	Shaftesbury Barnet H	8.79	
Final					
	No.	Athlete	Club	Perf	
1	653	Chima Onuora	Shaftesbury Barnet H	7.39	
2	644	Reece Earle	Thames Valley Harriers	7.44	
3	656	Aydan Tyrrell	Harrow AC	7.53	
4	655	Tanawat Raveng	Shaftesbury Barnet H	7.68	
5	647	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC	7.68	
6	643	Jon Awuah	Walton AC	7.79	
7	654	Kofi Owusu	Shaftesbury Barnet H	7.85	

U15B 200m (a)

Final				
	No.	Athlete	Club	Perf
1	651	Nnamdi Ndukwe	Shaftesbury Barnet H	23.79
2	644	Reece Earle	Thames Valley Harriers	24.65
3	654	Kofi Owusu	Shaftesbury Barnet H	24.68
4	643	Jon Awuah	Walton AC	25.29
5	647	Paul-Henry Hegba-Mbayen	Victoria Park & TH AC	25.35
6	648	Frankie Johnson	Shaftesbury Barnet H	29.45

U15B 300m (b)

Final				
	No.	Athlete	Club	Perf
1	720	Gilad Nachshen	Shaftesbury Barnet H	39.72

U15B 800m (a)

Final				
	No.	Athlete	Club	Perf
1	769	Michael Mcgann	Victoria Park & TH AC	2:30.70
2	768	Joseph Lamb	Victoria Park & TH AC	2:33.39

U15B 1500m (b)

Final				

	No.	Athlete	Club	Perf
1	795	Alex Quin	Queens Park Harriers	5:24.53
	794	Noah Cohen	Maccabi London Harriers	DNF

U15B High Jump (b)

Final				
	No.	Athlete	Club	Ht
1	650	Noor-Eldin Mahmoud	Thames Valley Harriers	1.67
2	809	Sean Oceng Engena	Highgate Harriers	1.50
3	649	Shlomo Levy	Highgate Harriers	1.45

U15B Long Jump (a)

Final				
	No.	Athlete	Club	Dist
1	809	Sean Oceng Engena	Highgate Harriers	4.88
2	650	Noor-Eldin Mahmoud	Thames Valley Harriers	4.86

SW 60m (b)

Final				
	No.	Athlete	Club	Perf
1	657	Alima Diabate	Highgate Harriers	8.37
2	659	Amy Mat	King's College London	8.58
3	660	Deborah Spink (W35)	Victoria Park & TH AC	9.34
4	661	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	10.02

SW 200m (a)

Final				
	No.	Athlete	Club	Perf
1	657	Alima Diabate	Highgate Harriers	28.26
2	661	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	35.00

SW 400m (b)

Final				
	No.	Athlete	Club	Perf
1	748	Noelle O'Regan	London Heathside	66.73
2	747	Claire Morris (W35)	Ealing Eagles RC	79.27

SW 800m (a)

Final				
	No.	Athlete	Club	Perf
1	770	Lara Scerri	Thames Valley Harriers	2:21.64

SW 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	747	Claire Morris (W35)	Ealing Eagles RC	5:51.82

SW Pole Vault (a)

Final				
	No.	Athlete	Club	Perf

1	816	Sarah Semeraro (W35)	Enfield and Haringey AC	3.60	CBP
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SW Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	661	Rosalind Zeffertt (W55)	Shaftesbury Barnet H	3.27

SW Shot (b)

Final				
	No.	Athlete	Club	Perf
1	841	Harriet Connor	St Mary's Richmond AC	10.42
2	840	Sharifa Brown	Enfield and Haringey AC	10.35

U20W 60m (b)

Final				
	No.	Athlete	Club	Perf
1	663	Akashya Ellis	Enfield and Haringey AC	7.73
2	666	Elise Modeste	Enfield and Haringey AC	7.81
3	665	Claudimira Landim	Victoria Park & TH AC	8.09
4	667	Sophia Obi	Shaftesbury Barnet H	8.10

U20W 200m (a)

Final				
	No.	Athlete	Club	Perf
1	710	Amy Louise Hillier	Hillingdon AC	26.07
2	708	Hannah Hall	Thames Valley Harriers	26.69
3	664	Chinwe Iwunze	Shaftesbury Barnet H	27.31

U20W 400m (b)

Final					
	No.	Athlete	Club	Perf	
1	752	Michelle Mamudu	Victoria Park & TH AC	58.17	CBP
2	710	Amy Louise Hillier	Hillingdon AC	60.53	
3	750	Lilian Bangula	Victoria Park & TH AC	63.15	
4	751	Naomi Conlon	London Heathside	64.74	
5	753	Laura Stewart	Ealing Southall & Middx	66.13	

U20W 800m (a)

Final				
	No.	Athlete	Club	Perf
1	771	Esther Ekundayo	Victoria Park & TH AC	2:33.83

U20W 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	667	Sophia Obi	Shaftesbury Barnet H	9.17
2	802	Amelia Macdonald	Woodford Green AC w EL	9.31

U20W High Jump (a)

Final				

	No.	Athlete	Club	Perf
1	802	Amelia Macdonald	Woodford Green AC w EL	1.62

U20W Long Jump (b)

Final					
	No.	Athlete	Club	Perf	
1	802	Amelia Macdonald	Woodford Green AC w EL	5.39	CBP

U20W Triple Jump (a)

Final				
	No.	Athlete	Club	Perf
1	665	Claudimira Landim	Victoria Park & TH AC	12.00

U17W 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	675	Latifah Harris-Osman	Shaftesbury Barnet H	7.87	Q
2	679	Zuriel Owolana	Harrow AC	7.99	Q
3	672	Esther Fatuade	Shaftesbury Barnet H	8.06	q
4	671	Amber Duverney	Shaftesbury Barnet H	8.41	
5	673	Ellen Field	Enfield and Haringey AC	8.45	
6	678	Meara Mclawrence	Shaftesbury Barnet H	8.71	
Heat 2					
	No.	Athlete	Club	Perf	
1	669	Ayoola Babalola	Windsor Slough Eton & H	7.84	Q
2	680	Victoria Ubenyi	Victoria Park & TH AC	7.90	Q
3	681	Yasmin Uwakwe	Enfield and Haringey AC	8.14	q
4	674	Viviane Gomes Bassangue	Victoria Park & TH AC	8.28	q
5	677	Paige Mattison-Weekes	Enfield and Haringey AC	8.28	
6	670	Rute De Almeida	Enfield and Haringey AC	8.55	
Final					
	No.	Athlete	Club	Perf	
1	675	Latifah Harris-Osman	Shaftesbury Barnet H	7.68	
2	680	Victoria Ubenyi	Victoria Park & TH AC	7.82	
3	669	Ayoola Babalola	Windsor Slough Eton & H	7.88	
4	679	Zuriel Owolana	Harrow AC	7.91	
5	674	Viviane Gomes Bassangue	Victoria Park & TH AC	8.09	
6	672	Esther Fatuade	Shaftesbury Barnet H	8.11	
	681	Yasmin Uwakwe	Enfield and Haringey AC	DNS	

U17W 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	711	Cedelle Agyei-Kyem	Walton AC	26.54	Q
2	678	Meara Mclawrence	Shaftesbury Barnet H	27.89	q
3	712	Marie Alaphilippe	Highgate Harriers	27.92	
Heat 2					
	No.	Athlete	Club	Perf	
1	672	Esther Fatuade	Shaftesbury Barnet H	26.73	Q
2	675	Latifah Harris-Osman	Shaftesbury Barnet H	27.22	q

3	714	Yemi Mary John	Victoria Park & TH AC	27.72	q
4	713	Malia Cotton	Shaftesbury Barnet H	28.18	
Final					
	No.	Athlete	Club	Perf	
1	711	Cedelle Agyei-Kyem	Walton AC	26.65	
2	672	Esther Fatuade	Shaftesbury Barnet H	26.83	
3	675	Latifah Harris-Osman	Shaftesbury Barnet H	27.15	
4	714	Yemi Mary John	Victoria Park & TH AC	27.32	
5	678	Meara Mclawrence	Shaftesbury Barnet H	28.38	

U17W 300m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	711	Cedelle Agyei-Kyem	Walton AC	42.04	Q
2	671	Amber Duverney	Shaftesbury Barnet H	44.32	Q
3	722	Keady Heanen	Hillingdon AC	52.47	
	724	Chinwe Oporum-Kpandi	Enfield and Haringey AC	DIS	
Heat 2					
	No.	Athlete	Club	Perf	
1	721	Precious Adu	Enfield and Haringey AC	42.92	Q
2	725	Cristina Potter	Shaftesbury Barnet H	44.78	Q
3	726	Feia Starkey	Ealing Southall & Middx	45.23	q
4	723	Betty Hughes	Victoria Park & TH AC	49.63	q
5	727	Hettie Virchis	Maccabi London Harriers	51.54	
Final					
	No.	Athlete	Club	Perf	
1	711	Cedelle Agyei-Kyem	Walton AC	42.32	
2	725	Cristina Potter	Shaftesbury Barnet H	43.98	
3	671	Amber Duverney	Shaftesbury Barnet H	45.15	
	721	Precious Adu	Enfield and Haringey AC	DNF	
	726	Feia Starkey	Ealing Southall & Middx	DNS	
	723	Betty Hughes	Victoria Park & TH AC	DNS	

U17W 800m (a)

Final					
	No.	Athlete	Club	Perf	
1	775	Ellen Mcgann	Victoria Park & TH AC	2:29.12	
2	774	Ella Conlon	London Heathside	2:36.97	
3	722	Keady Heanen	Hillingdon AC	2:52.13	

U17W 1500m (b)

Final					
	No.	Athlete	Club	Perf	
1	797	Hannah Long	Victoria Park & TH AC	5:27.69	

U17W 60m Hurdles (a)

Final					
	No.	Athlete	Club	Perf	
1	681	Yasmin Uwakwe	Enfield and Haringey AC	8.88	CBP
2	805	Kara Onuri	Shaftesbury Barnet H	9.28	

3	725	Cristina Potter	Shaftesbury Barnet H	9.54
4	726	Feia Starkey	Ealing Southall & Middx	9.79
	671	Amber Duverney	Shaftesbury Barnet H	dnf

U17W High Jump (a)

Final				
	No.	Athlete	Club	Perf
1	805	Kara Onuiri	Shaftesbury Barnet H	1.60

U17W Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	828	Honour Okoroji	Victoria Park & TH AC	5.11
2	712	Marie Alaphilippe	Highgate Harriers	4.86
3	725	Cristina Potter	Shaftesbury Barnet H	4.86
4	804	Petya Nanova	Ealing Southall & Middx	4.19
5	727	Hettie Virchis	Maccabi London Harriers	3.23

U17W Triple Jump (a)

Final					
	No.	Athlete	Club	Perf	
1	832	Diane Mapamboli	Victoria Park & TH AC	11.68	CBP
2	834	Kimberley Oamen	Thames Valley Harriers	9.65	
3	833	Kerry Oamen	Thames Valley Harriers	9.01	

U17W Shot (b)

Final					
	No.	Athlete	Club	Perf	
1	842	Dara Adebayo	Harrow AC	14.20	CBP
2	670	Rute De Almeida	Enfield and Haringey AC	10.25	
3	843	Chinma Oporum-Kpandi	Enfield and Haringey AC	8.82	

U15G 60m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	691	Tyra Khambai-Annan	Team Hounslow AC	7.87	Q
2	688	Mya Green	Harrow AC	8.12	Q
3	695	Michelvi Wamba	Victoria Park & TH AC	8.31	q
4	690	Savannah Iyamu	Shaftesbury Barnet H	8.34	q
5	683	Fope Allo	Shaftesbury Barnet H	8.77	
6	689	Renee Harriott	Thames Valley Harriers	8.81	
	693	Joy Ogedengbe	Victoria Park & TH AC	DNS	
Heat 2					
	No.	Athlete	Club	Perf	
1	696	Shiloh Wright-Taipow	Serpentine RC	8.10	Q
2	694	Sophia Sood	Team Hounslow AC	8.33	Q
3	685	Mya Ashbourne	Harrow AC	8.45	q
4	684	Laura Anene	Hillingdon AC	8.58	
5	693	Joy Ogedengbe	Victoria Park & TH AC	8.93	
6	687	Leni-Mae Galvin	Highgate Harriers	9.35	

7	692	Jada-Maya Modha-Weir	Shaftesbury Barnet H	9.82	
Final					
	No.	Athlete	Club	Perf	
1	691	Tyra Khambai-Annan	Team Hounslow AC	7.85	CBP
2	688	Mya Green	Harrow AC	8.06	
3	696	Shiloh Wright-Taipow	Serpentine RC	8.10	
4	695	Michelvi Wamba	Victoria Park & TH AC	8.28	
5	690	Savannah Iyamu	Shaftesbury Barnet H	8.30	
6	694	Sophia Sood	Team Hounslow AC	8.35	
7	685	Mya Ashbourne	Harrow AC	8.56	

U15G 200m (a)

Heat 1					
	No.	Athlete	Club	Perf	
1	715	Jeslyn Agyei-Kyem	Walton AC	26.38	Q
2	719	Ebiso Whyte	Enfield and Haringey AC	27.20	Q
3	717	Lea Reyna-Faria	Shaftesbury Barnet H	27.89	
4	718	Alexia Saunders	Shaftesbury Barnet H	28.49	
5	689	Renee Harriott	Thames Valley Harriers	29.87	
Heat 2					
	No.	Athlete	Club	Perf	
1	686	Lucy Fellows	St Mary's Richmond AC	26.83	Q
2	695	Michelvi Wamba	Victoria Park & TH AC	26.83	Q
3	691	Tyra Khambai-Annan	Team Hounslow AC	27.07	q
4	690	Savannah Iyamu	Shaftesbury Barnet H	27.79	
5	683	Fope Allo	Shaftesbury Barnet H	29.67	
Final					
	No.	Athlete	Club	Perf	
1	715	Jeslyn Agyei-Kyem	Walton AC	26.05	
2	695	Michelvi Wamba	Victoria Park & TH AC	26.63	
3	686	Lucy Fellows	St Mary's Richmond AC	26.77	
4	719	Ebiso Whyte	Enfield and Haringey AC	27.07	
5	691	Tyra Khambai-Annan	Team Hounslow AC	27.10	

U15G 300m (b)

Heat 1					
	No.	Athlete	Club	Perf	
1	715	Jeslyn Agyei-Kyem	Walton AC	41.92	Q
2	686	Lucy Fellows	St Mary's Richmond AC	43.13	Q
3	731	Amy Greig	St Mary's Richmond AC	46.42	
4	728	Monica Deakin	St Mary's Richmond AC	48.56	
	729	Teniola Fajuice	Victoria Park & TH AC	DIS	
Heat 2					
	No.	Athlete	Club	Perf	
1	684	Laura Anene	Hillingdon AC	44.49	Q
2	730	Evelyne Fonteyne	Shaftesbury Barnet H	45.34	Q
3	732	Valentina Sharpe	Victoria Park & TH AC	45.64	q
4	717	Lea Reyna-Faria	Shaftesbury Barnet H	45.69	q
5	694	Sophia Sood	Team Hounslow AC	50.37	
Final					

	No.	Athlete	Club	Perf
1	715	Jeslyn Agyei-Kyem	Walton AC	42.55
2	686	Lucy Fellows	St Mary's Richmond AC	43.59
3	684	Laura Anene	Hillingdon AC	43.90
4	717	Lea Reyna-Faria	Shaftesbury Barnet H	44.88
5	732	Valentina Sharpe	Victoria Park & TH AC	45.78
	730	Evelyne Fonteyne	Shaftesbury Barnet H	DNS

U15G 800m (a)

Final				
	No.	Athlete	Club	Perf
1	782	Myla Stiling	Victoria Park & TH AC	2:29.82
2	780	Freya John	Kingston AC & Poly H	2:30.76
3	684	Laura Anene	Hillingdon AC	2:35.02
4	777	Sade Fajuke	Victoria Park & TH AC	2:40.97
5	781	Scarlett Nellist	Victoria Park & TH AC	2:47.51
6	779	Emily Harrison	St Mary's Richmond AC	2:47.97
7	778	Maia Hampton-Phillips	Enfield and Haringey AC	2:47.99

U15G 1500m (b)

Final				
	No.	Athlete	Club	Perf
1	782	Myla Stiling	Victoria Park & TH AC	4:53.75

CBP

U15G 60m Hurdles (a)

Final				
	No.	Athlete	Club	Perf
1	686	Lucy Fellows	St Mary's Richmond AC	9.57
2	806	Anya Nesbitt	Enfield and Haringey AC	16.06

U15G High Jump (b)

Final				
	No.	Athlete	Club	Perf
1	810	Amirah Weightman Dauda	St Mary's Richmond AC	1.59
2	686	Lucy Fellows	St Mary's Richmond AC	1.56

U15G Pole Vault (a)

Final				
	No.	Athlete	Club	Perf
1	820	Ciara Martin	Enfield and Haringey AC	2.05
2	819	Gabriella Lycourgou	Enfield and Haringey AC	1.90

U15G Long Jump (b)

Final				
	No.	Athlete	Club	Perf
1	686	Lucy Fellows	St Mary's Richmond AC	4.92
2	829	Ruth-Ann Otaruoh	Thames Valley Harriers	4.74
3	731	Amy Greig	St Mary's Richmond AC	4.35
4	694	Sophia Sood	Team Hounslow AC	4.26
5	728	Monica Deakin	St Mary's Richmond AC	4.17

6	779	Emily Harrison	St Mary's Richmond AC	4.11
7	687	Leni-Mae Galvin	Highgate Harriers	3.77

U15G Triple Jump (a)

Final				
	No.	Athlete	Club	Perf
1	829	Ruth-Ann Otaruoh	Thames Valley Harriers	10.52
2	694	Sophia Sood	Team Hounslow AC	9.00

CBP

U15G Shot (b)

Final				
	No.	Athlete	Club	Perf
1	844	Lucy Wilcock	Hillingdon AC	8.66
2	779	Emily Harrison	St Mary's Richmond AC	6.98
3	692	Jada-Maya Modha-Weir	Shaftesbury Barnet H	6.27

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1.75 o;1.80 o;1.85 o;1.90 xxx

4.00 xo;4.10 xxx

5.55; 6.56; X; 7.11
5.01; 5.11; 4.64; 5.13

9.23; 9.42; 10.00; 9.85
8.87; 9.66; 9.62; 9.66

X; X; 6.49; 6.35
5.39; 5.94; 6.06; 6.00

13.61; 13.76; 13.71; X

3.00 o3.30 o;3.40 o;3.60 o;3.70 o;3.80 o;3.90 xxx
2.30 o2.50 o2.70 o;2.80 o3.00 o;3.10 xxo;3.20 xxx
2.30 xo;2.40 o;2.50 o;2.60 o;2.70 o;2.80 xxo;2.90 xo;3.00 o;3.10 xxx

6.34; 6.04; 6.18; 6.16
4.50; 4.96; 4.91; 4.91

12.81; 12.98; 12.78; X
8.93; 9.24; 9.02; -

11.83; 12.46; 12.05; 12.31
10.94; X; X; 10.44
7.62; 8.51; 7.89; 8.73
7.19; 6.52; 7.28; 7.27

1.30 o;1.35 o;1.40 o;1.45 o;1.50 o;1.55 o;1.58 o;1.61 xo;1.63 xo;1.65 o;1.67 o;1.69 xxx
1.35 o;1.40 o;1.45 o;1.50 xxo;1.55 xxx
1.30 o;1.35 o;1.40 o;1.45 o;1.50 xxx

4.69; 4.73; 4.88; 4.86
4.86; 4.67; 4.83; 4.78

3.30 o;3.50 xo;3.60 xxo;3.70 xxx

3.02; 3.19; 3.24; 3.27

10.42; X; 9.96; 9.85

10.35; X; X; 10.28

1.45 o;1.50 o;1.55 o;1.60 xxo;1.62 xxo;1.65 xxx

5.39; 5.29; 5.31; 5.34

11.88; X; 12.00; 11.78

CBP

1.50 xo;1.55 xo;1.60 o;1.65 xxx

4.87; 5.06; X; 5.11

4.40; 4.59; 4.63; 4.86

4.86; -; -; X

3.72; 4.08; 3.97; 4.19

X; -; -; 3.23

11.39; 11.68; 10.86; X

9.65; 9.33; 9.52; 8.97

8.60; 9.01; X; 8.89

13.27; X; 13.15; 14.20

9.48; 10.25; X; 10.24

8.56; 8.82; 6.85; X

CBP

1.40 o;1.45 o;1.50 o;1.53 o;1.56 o;1.59 xxo;1.61 xxx
1.40 o;1.45 o;1.50 xo;1.53 xxo;1.56 xo;1.59 xxx

1.90 o;2.05 o;2.20 xxx
1.90 o;2.05 xxx

4.92; 4.59; 4.63; 4.85
4.31; 3.99; 4.66; 4.74
3.96; 3.99; 3.97; 4.35
4.12; 4.08; 3.93; 4.26
4.17; X; 4.12; 3.78

3.82; 4.11; 3.96; 4.07
3.63; 3.77; 3.59; 3.76

10.52; 10.50; 10.31; 10.44
8.81; 8.61; 9.00; 8.48

8.49; 8.66; 8.09; 7.20
6.98; 6.83; 6.67; 6.73
5.68; 5.58; 5.95; 6.27