

**Under 13 Boys**

100m	Malachi Amadi	7	12.23 w0.7
200m	Malachi Amadi	4	25.05 w1.8
60m H	Dike Onyemelukwe	8	
4x100m	22 July	5	49.91

**Under 13 Girls**

60m	Niah Akintokun	5	8.25i
100m	Niah Akintokun	7	13.04 nwr
200m	Niah Akintokun	4	26.8 nwr
4x100m	22 July	2	51.67

**Under 15 Boys**

60m	Remi Jokosenumi	3	7.18i
60m	Chima Onuora	8 Equal	7.39i
100m	Remi Jokosenumi	3	11.01 w-1.4
200m	Remi Jokosenumi	1	21.99 w1.7
800m	Gilad Nachshen	1	1:59.10
1500m	Mukhtar Musa	5	4:11.24
HJ	Kimani Jack	3 Equal	1.84m
JT	Benjamin Hocking	4	50.76m
4x100m	22 July	1	44.06

**Under 13 Girls**

3000m	Maayan Radus	8	10:20.41
DT	Katie Webb 2nd Claim	5	34.88m
4x100m	22 July	10	50.32

**Under 17 Women**

60m	Latifaj Harris-Osman	4 Equal	7.68i
200m	Hannah Foster	2	24.26 w0.5
300m	Hannah Foster	1	38.46
1500m	Lia Radus	10	4:32.41
80m H	Marli Jessop 2nd Claim	7	11.33 w0.5
300m H	Hannah Foster	7	43.84
TJ	Jazz Sears	2	12.58m w1.6
JT	Cristina Potter	8	43.64m
4x100m	22 July	3	47.93

**Under 17 Men**

60m	Mica Forbes-Agyepong	4	7.04i
1500m SC	Kristian Imroth	1	4:21.31
LJ	Josh Woods 2nd Claim	9 Equal	6.81m w0.7
TJ	Josh Woods 2nd Claim	3	14.37m w0.0
TJ	Kenan Stephens	8	13.86m nwr
4x100m	22 July	2	42.28
4x400m	1 July	2	3:30.26

**Under 20 Women**

PV	Alexa Eichelmann	9 Equal	3.62mi
DT	Tait Jones	5	41.34m
DT	Jessica Emery	7	41.10m
4x100m	22 July	5	47.68

**Under 20 Men**

60m	Dominic Ashwell	2	6.68i
100m	Dominic Ashwell	1	10.25 w1.2
100m	Charlie Dobson HCA	5	10.40 w1.4
200m	Charlie Dobson HCA	2	20.53 w-0.6
200m	Dominic Ashwell	8	21.43 w0.4
1500m	Jeremy Dempsey	2	3:46.72
HT	Billy Praitm-Singh	6	61.64m
HT	Oliver Graham	10	58.44m
JT	Daniel Bainbridge	2	69.00m
4x100m	22 July	7	42.69
4x400m	29 July	8	3:27.57

**Senior Women**

60m	Daryll Neita U23	4	7.24i
100m	Daryll Neita U23	4	11.19 w-0.5
800m	Ellie Baker U23	10	2:02.02
3000m	Naomi Taschimowitz	10	9:09.21
3000m SC	Lizzie Bird	3	9:53.59
100m H	Jessica Hunter U23	5 Equal	13.33 w0.9
400m H	Hayley McLean HCA	7	57.71
TJ	Angela Barrett 2nd Claim	4	13.32m nwr
TJ	Eavion Richardson U23	8	13.04m w1.2
DT	Jade Lally	1	59.83m
DT	Shadine Duquemin	7	53.26m
HT	Rebecca Keating U23	2	63.87m
4x400m	2 June	4	3:39.62

**Senior Men**

60m	Ojie Edoburun U23	2	6.56i
60m	John Otugade	4	6.60i
100m	Zharnel Hughes	1	9.91 w0.4
100m	Ojie Edoburun U23	3	10.04 w1.7
100m	Dominic Ashwell U20	9	10.25 w1.2
200m	Zharnel Hughes	3	20.23 w-1.6
200m	Charlie Dobson HCA	9	20.53 w-0.6

**V35 Women**

60m	Claire Spurway	1	7.83i
200m	Claire Spurway	2	28.58i
5K Road	Rachel Felton	3	16.48

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**Senior Men**

400m	Jamal Rhoden-Stevens	10	46.54
800m	Kyle Langford	6	1:45.16
3000m	Kieran Clements	8	7:54.72
10000m	Kieran Clements	5	28:37.12
400m H	Seb Rodger	3	49.74
HJ	Allan Smith	2	2.27m
HJ	David Smith	3 Equal	2.26m
LJ	Dan Bramble	1	8.15m w0.5
TJ	Nonso Okolo	5	16.16m w1.9
TJ	Nathan Fox	6	16.11m w2.0
TJ	Daniel Lewis	8	15.96m w2.0
SP	Scott Lincoln HCA	1	19.24m
SP	Gregory Thompson	9	16.15mi
DT	Nick Percy	1	63.17m
DT	Gregory Thompson	3	61.29m
DT	George Evans U23	5	58.67m
DT	Zane Duquemin	6	57.66m
HT	Chris Bennett	2	75.11m
JT	Daniel Bainbridge U20	9	69.00m
4x400m	2 June	6	3:12.07

**V35 Women**

5M Road	Rachel Felton	4	28.49
10K Road	Rachel Felton	6	34.38
HM	Rachel Felton	9	76.49
100m H	Nene Harrison	5	17.59 w1.9
HJ	Nene Harrison	6 Equal	1.40m
SP	Nene Harrison	6	9.84m

**V50 Women**

800m	Lisa Webb	4	2:33.52i
1500m	Lisa Webb	7	5:16.06i
1 Mile	Lisa Webb	3	5:48.22

**V40 Men**

60m	Nengi Ossai	2 Equal	7.07i
100m	Nengi Ossai	1	10.90 w0.2
200m	Nengi Ossai	3	22.61i
300m	Nengi Ossai	1	36.51
800m	Kojo Kyereme	2	1:58.23
1500m	Kojo Kyereme	3	4:04.37
3000m	Kojo Kyereme	2	8:30.24
5000m	Kojo Kyereme	3	14:46.18
10000m	Kojo Kyereme	2	30:22.11
HM	Kojo Kyereme	3	68.01

**V40 Men**

800m	Anthony Whiteman	1	1:53.05
1500m	Anthony Whiteman	3	4:10.95

**V60 Men**

LJ	Alfredo Melao	1	5.18m nwr	Alfredo in not included in the PO10 rankings
TJ	Alfredo Melao	1	10.70m w1.8	