

Southern Athletics League: Division 3 North London - Round 1 - Perivale - 17 May 202

Team		Score			
1	Ealing, Southall & Middlesex		393		F
2	Highgate and Mornington		360.5		M
3	Hillingdon		255		H
4	Enfield & Haringey		243		E
5	Serpentine		239.5		P
6	Orion and Loughton		190		O
7	Newham & Essex Beagles		171		N
8	Barnet & District		162		D
Men's A 100m		Wind=	-1.9		
1	Kai ENGLISH	SM	Ealing, Southall & Middlesex	11.28	8
2	Dennis JEFIA	SM	Newham & Essex Beagles	11.39	7
3	Christian CHARWAY	U20	Enfield & Haringey	11.87	6
4	Bradley BAKA	U17	Highgate and Mornington	12.04	5
5	Sodiq ABIOLA	SM	Serpentine	12.22	4
6	Senuk IHALAGEDARA	U17	Hillingdon	12.25	3
7	Sean SUTHERLAND	M50	Barnet & District	12.81	2
8	Max BELL	U20	Orion and Loughton	13.67	1
Men's B 100m		Wind=	-1.1		
1	Theo JARRETT	U20	Ealing, Southall & Middlesex	11.78	8
2	Zavier ACHIAMPONG	U23	Highgate and Mornington	11.87	7
3	Aaron WONG	U17	Hillingdon	12.60	6
4	Henry HURLEY	U17	Orion and Loughton	12.66	5
5	Jeremy FREER	M50	Serpentine	14.01	4
6	John WILLIAMS	M55	Enfield & Haringey	14.85	3
Men's A 200m		Wind=	-2.2		
1	Kai ENGLISH	SM	Ealing, Southall & Middlesex	22.87	8
2	Dennis JEFIA	SM	Newham & Essex Beagles	23.05	7
3	Christian CHARWAY	U20	Enfield & Haringey	23.90	6
4	Bradley BAKA	U17	Highgate and Mornington	24.13	5
5	Senuk IHALAGEDARA	U17	Hillingdon	25.25	4
6	Sodiq ABIOLA	SM	Serpentine	25.27	3
7	Sean SUTHERLAND	M50	Barnet & District	26.23	2
8	Max BELL	U20	Orion and Loughton	27.81	1
Men's B 200m		Wind=	-2.0		
1	Lashaun THORPE-MCLEAN	U17	Ealing, Southall & Middlesex	22.94	8
2	Teale CUNNINGHAM	SM	Newham & Essex Beagles	24.09	7
3	Bernard WHITE	SM	Enfield & Haringey	24.68	6
4	Aaron WONG	U17	Hillingdon	25.62	5
5	Everett BRUMAN	U17	Highgate and Mornington	25.76	4
6	Monty OMELL	U20	Barnet & District	25.89	3
7	Henry HURLEY	U17	Orion and Loughton	26.41	2
8	Jeremy FREER	M50	Serpentine	28.75	1

Men's A 400m

1	Sanjay SAUNDERS	U20	Newham & Essex Beagles	51.72	8
2	Edward FLEWITT	U20	Ealing, Southall & Middlesex	53.87	7
3	Amon TRIBA	SM	Highgate and Mornington	55.61	6
4	Chris SCOTT	M50	Orion and Loughton	59.07	5
5	Malachi ORAM	SM	Enfield & Haringey	60.34	4
6	Matthew ZIMMERMAN	SM	Hillingdon	62.70	3
7	David ROBINSON	M45	Serpentine	66.81	2

Men's B 400m

1	Kevin PREMPEH	U20	Ealing, Southall & Middlesex	53.13	8
2	Teale CUNNINGHAM	SM	Newham & Essex Beagles	53.59	7
3	Jacob OBIRI	U20	Hillingdon	58.58	6
4	Nicholas BROWNE	M40	Serpentine	62.47	5
5	Max BELL	U20	Orion and Loughton	62.87	4
6	Stephen CAMPBELL	M55	Highgate and Mornington	67.34	3
7	Tom JENSEN	M60	Enfield & Haringey	78.33	2

Men's A 800m

1	Samuel LINDSELL	U20	Enfield & Haringey	2:03.32	8
2	Monty OMELL	U20	Barnet & District	2:03.51	7
3	Patrick CROKER	U20	Newham & Essex Beagles	2:07.81	6
4	Huw BAKER	U17	Ealing, Southall & Middlesex	2:11.72	5
5	Nicholas BROWNE	M40	Serpentine	2:12.17	4
6	Lewis WAKE	U17	Hillingdon	2:14.35	3
7	Patrick BROWN	M40	Orion and Loughton	2:15.42	2
8	David SUTHERLAND	M50	Highgate and Mornington	2:47.63	1

Men's B 800m

1	Noah CLARKE	U23	Barnet & District	2:11.15	8
2	Jacob OBIRI	U20	Hillingdon	2:17.37	7
3	Lewis SKAM	U20	Newham & Essex Beagles	2:17.61	6
4	Liam OHUIGINN	SM	Serpentine	2:27.07	5
5	Ted ALLAWAY	U20	Orion and Loughton	2:28.67	4
6	Stephen CAMPBELL	M55	Highgate and Mornington	2:48.12	3
7	Fergal DUNNE	M60	Ealing, Southall & Middlesex	3:06.53	2

Men's A 1500m

1	Jonathan POOLE	M40	Serpentine	4:16.13	8
2	Kirk O'ROURKE	SM	Hillingdon	4:16.31	7
3	Fergus JONES	SM	Ealing, Southall & Middlesex	4:22.82	6
4	Edward FRASER	SM	Barnet & District	4:28.99	5
5	Joseph DRINKELL	U20	Highgate and Mornington	4:29.46	4
6	Jon WHITEHOUSE	M50	Orion and Loughton	5:08.02	3

Men's B 1500m

1	Ahmad MUHAMMAD BILAL	U20	Hillingdon	4:20.17	8
2	Max CALLENDER- GALBRAITH	U17	Ealing, Southall & Middlesex	4:26.40	7
3	Noah CLARKE	U23	Barnet & District	4:35.39	6

4	Rory O'CORBAIDH	U20	Highgate and Mornington	4:36.25	5
5	Liam OHUIGINN	SM	Serpentine	5:02.51	4
6	George COWELL	U20	Orion and Loughton	5:08.91	3

Men's A 3000m

1	Jonathan POOLE	M40	Serpentine	9:05.70	8
2	Fergus JONES	SM	Ealing, Southall & Middlesex	9:28.41	7
3	James ODOKI	SM	Orion and Loughton	9:34.69	6
4	Edward FRASER	SM	Barnet & District	9:51.66	5
5	Charlie EDWARDS	SM	Hillingdon	10:09.44	4
6	Gautam CHAUHAN	U23	Highgate and Mornington	10:31.29	3

Men's B 3000m

1	Nicholas BROWNE	M40	Serpentine	9:40.30	8
2	Erney PERDOMO FIGUEROA	SM	Ealing, Southall & Middlesex	9:58.32	7
3	Patrick BROWN	M40	Orion and Loughton	10:02.76	6
4	Shaun LOWTHIAN	SM	Highgate and Mornington	11:24.37	5
5	Adam STRINIC	U17	Hillingdon	12:13.79	4

Men's A 110mH

Wind= +0.6

1	Remy WEINBRECHT	U23	Highgate and Mornington	17.62	8
2	Alwyn LOMBAARD	M50	Enfield & Haringey	19.24	7
3	David ROBINSON	M45	Serpentine	23.53	6

Men's B 110mH

Wind=

Men's A 400mH

1	Gus CARTER	U23	Ealing, Southall & Middlesex	55.84	8
2	Bernard WHITE	SM	Enfield & Haringey	65.78	7
3	David ROBINSON	M45	Serpentine	72.09	6
4	Callum SYDENHAM	U20	Barnet & District	75.01	5

Men's B 400mH

1	Steve REID	U17	Ealing, Southall & Middlesex	67.17	8
2	Jordi CARBONELL	SM	Serpentine	81.97	7

Men's A 3000m Steeplechase

1	Noah LEVY	U17	Ealing, Southall & Middlesex	11:28.55	8
2	William MIFSUD	U20	Hillingdon	11:52.27	7
3	David ROBINSON	M45	Serpentine	12:35.89	6
4	Jon WHITEHOUSE	M50	Orion and Loughton	12:56.34	5
5	David SUTHERLAND	M50	Highgate and Mornington	14:02.45	4

Men's B 3000m Steeplechase

1	Liam OHUIGINN	SM	Serpentine	12:41.58	8
2	Philip YORK	M60	Ealing, Southall & Middlesex	13:32.67	7
3	James ROSSITER	M55	Highgate and Mornington	14:59.80	6

Men's A High Jump

1	Philip ROCHE	M50	Enfield & Haringey	1.72	8
2	Rufus GOODFELLOW	U17	Highgate and Mornington	1.60	7
3	Junias LEE	U20	Ealing, Southall & Middlesex	1.55	6
4	Tom MCKELVEY	M50	Serpentine	1.40	5

5	Alan FRICKER	M50	Orion and Loughton	1.35	4
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Men's B High Jump

1	Alwyn LOMBAARD	M50	Enfield & Haringey	1.66	8
2	Kai ENGLISH	SM	Ealing, Southall & Middlesex	1.40	7
3	Bradley BAKA	U17	Highgate and Mornington	1.40	6
4	David ROBINSON	M45	Serpentine	1.25	5
5	James LAMBDEN	M60	Orion and Loughton	1.00	4

Men's A Pole Vault

1	Louis WILLSON	U23	Newham & Essex Beagles	4.00	8
2=	Frank WOMELSDORF	M45	Serpentine	1.20	6.5
2=	James ROSSITER	M55	Highgate and Mornington	1.20	6.5

Men's B Pole Vault

1	Tony MCGAHAN	M70	Serpentine	1.20	8
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Men's A Long Jump

1	Remy WEINBRECHT	U23	Highgate and Mornington	6.31	8
2	Aiden TRAN	U17	Enfield & Haringey	5.80	7
3	Alessio NERONI	U20	Hillingdon	5.58	6
4	Tom MCKELVEY	M50	Serpentine	5.35	5
5	Bilal YUSUF	U17	Ealing, Southall & Middlesex	4.93	4
6	Callum SYDENHAM	U20	Barnet & District	4.82	3
7	Max BELL	U20	Orion and Loughton	4.69	2

Men's B Long Jump

1	Zavier ACHIAMPONG	U23	Highgate and Mornington	5.94	8
2	Lewis WAKE	U17	Hillingdon	5.01	7
3	John WILLIAMS	M55	Enfield & Haringey	4.57	6
4	Junias LEE	U20	Ealing, Southall & Middlesex	3.99	5
5	Jeremy FREER	M50	Serpentine	3.60	4
6	Ted ALLAWAY	U20	Orion and Loughton	2.87	3

Men's A Triple Jump

1	Zavier ACHIAMPONG	U23	Highgate and Mornington	13.28	8
2	Rocky LEE	U20	Ealing, Southall & Middlesex	12.20	7
3	Aiden TRAN	U17	Enfield & Haringey	10.89	6
4	Tom MCKELVEY	M50	Serpentine	10.04	5
5	Callum SYDENHAM	U20	Barnet & District	9.55	4
6	Bradley YOUNG	U17	Hillingdon	9.21	3
7	Chris SCOTT	M50	Orion and Loughton	8.90	2

Men's B Triple Jump

1	Alwyn LOMBAARD	M50	Enfield & Haringey	10.30	8
2	Stephen CAMPBELL	M55	Highgate and Mornington	8.80	7
3	Jeremy FREER	M50	Serpentine	8.21	6
4	James LAMBDEN	M60	Orion and Loughton	7.53	5

Men's A Shot Putt

1	Alessio NERONI	U20	Hillingdon	10.52	8
2	Yeray AFONSO	SM	Ealing, Southall & Middlesex	8.64	7

3	Stewart MAXWELL	M65	Enfield & Haringey	8.40	6
4	Frank WOMELSDORF	M45	Serpentine	7.82	5
5	Graeme BELL	M45	Orion and Loughton	7.12	4
6	Lewis SKAM	U20	Newham & Essex Beagles	6.30	3
7	David SUTHERLAND	M50	Highgate and Mornington	5.97	2
8	Rob MACK	M65	Barnet & District	5.35	1

Men's B Shot Putt

1	Nicholas BROWNE	M40	Serpentine	7.63	8
2	Kulwinder SINGH	M45	Hillingdon	7.42	7
3	Patrick CROKER	U20	Newham & Essex Beagles	5.95	6
4	Dylan AFONSO	U23	Ealing, Southall & Middlesex	5.90	5
5	Stephen WEST	M50	Highgate and Mornington	5.55	4
6	Jon WHITEHOUSE	M50	Orion and Loughton	4.37	3

Men's A Discus

1	Tom NORMAN	M40	Hillingdon	48.89	8
2	Remy WEINBRECHT	U23	Highgate and Mornington	33.59	7
3	Yeray AFONSO	SM	Ealing, Southall & Middlesex	26.15	6
4	John WILLIAMS	M55	Enfield & Haringey	25.36	5
5	Frank WOMELSDORF	M45	Serpentine	21.41	4
6	Graeme BELL	M45	Orion and Loughton	18.67	3
7	Rob MACK	M65	Barnet & District	13.45	2

Men's B Discus

1	Stewart MAXWELL	M65	Enfield & Haringey	24.61	8
2	Shawn JARRETT	M50	Ealing, Southall & Middlesex	23.70	7
3	James ROSSITER	M55	Highgate and Mornington	22.30	6
4	Kulwinder SINGH	M45	Hillingdon	20.13	5
5	Tony MCGAHAN	M70	Serpentine	12.95	4
6	James LAMBDEN	M60	Orion and Loughton	9.03	3

Men's A Hammer

1	Stewart MAXWELL	M65	Enfield & Haringey	25.80	8
2	Yeray AFONSO	SM	Ealing, Southall & Middlesex	24.95	7
3	Kulwinder SINGH	M45	Hillingdon	21.64	6
4	Rob MACK	M65	Barnet & District	16.16	5
5	Graeme BELL	M45	Orion and Loughton	14.75	4

Men's B Hammer

1	Jeff SHOTTON	M45	Hillingdon	15.58	8
2	Dylan AFONSO	U23	Ealing, Southall & Middlesex	15.41	7

Men's A Javelin

1	Michael PETRONE	U23	Enfield & Haringey	46.90	8
2	Remy WEINBRECHT	U23	Highgate and Mornington	41.41	7
3	Frank WOMELSDORF	M45	Serpentine	28.84	6
4	Chris SCOTT	M50	Orion and Loughton	27.52	5
5	Kaison STEWART	U20	Ealing, Southall & Middlesex	25.97	4
6	Lewis SKAM	U20	Newham & Essex Beagles	22.79	3

7	Rob MACK	M65	Barnet & District	16.49	2
8	Kulwinder SINGH	M45	Hillingdon	14.65	1

Men's B Javelin

1	James ROSSITER	M55	Highgate and Mornington	37.88	8
2	Stewart MAXWELL	M65	Enfield & Haringey	31.91	7
3	Yeray AFONSO	SM	Ealing, Southall & Middlesex	21.96	6
4	Tony MCGAHAN	M70	Serpentine	15.52	5
5	Jeff SHOTTON	M45	Hillingdon	4.14	4

Men's 4x100m

1	Ealing, Southall & Middlesex	SM	Ealing, Southall & Middlesex	45.14	8
2	Newham & Essex Beagles	SM	Newham & Essex Beagles	46.16	7
3	Hillingdon	SM	Hillingdon	47.57	6
4	Highgate and Mornington	SM	Highgate and Mornington	50.26	5
5	Serpentine	SM	Serpentine	53.25	4
6	Barnet & District	SM	Barnet & District	54.66	3
7	Orion and Loughton	SM	Orion and Loughton	56.08	2

Men's 4x400m

1	Ealing, Southall & Middlesex	SM	Ealing, Southall & Middlesex	3:42.51	8
2	Highgate and Mornington	SM	Highgate and Mornington	3:47.73	7
3	Barnet & District	SM	Barnet & District	3:58.58	6
4	Hillingdon	SM	Hillingdon	4:10.44	5
5	Serpentine	SM	Serpentine	4:12.35	4
6	Orion and Loughton	SM	Orion and Loughton	4:16.87	3

Women's A 100m

Wind= -0.8

1	Itxaso CHAMOTO-ZUBIMENDI	U17	Hillingdon	13.03	8
2	Emily SHARPE	SW	Orion and Loughton	13.13	7
3	Emily KNIGHT	U23	Enfield & Haringey	13.32	6
4	Anna KOSHEVAYA	U17	Highgate and Mornington	13.41	5
5	Flora ALLAN	U20	Ealing, Southall & Middlesex	13.62	4
6	Temi OGUN	U17	Newham & Essex Beagles	14.45	3
7	Rosalind ZEFFERTT	W60	Barnet & District	16.92	2
8	Steph VAATZ	W50	Serpentine	23.05	1

Women's B 100m

Wind= -1.2

1	Courtney VAUGHAN	U17	Hillingdon	13.37	8
2	Jemima KIYOYO	U17	Enfield & Haringey	13.51	7
3	Ashara PRASAI	U20	Ealing, Southall & Middlesex	14.71	6
4	Elodie MAYO	SW	Highgate and Mornington	14.93	5
5	Keira BELLAS	U20	Orion and Loughton	17.91	4

Women's A 200m

Wind= -1.1

1	Chante STIRLING	U20	Enfield & Haringey	26.94	8
2	Corinna MARWICK	SW	Ealing, Southall & Middlesex	27.16	7
3	Itxaso CHAMOTO-ZUBIMENDI	U17	Hillingdon	27.19	6
4	Emily SHARPE	SW	Orion and Loughton	27.65	5
5	Anna KOSHEVAYA	U17	Highgate and Mornington	27.78	4

6	Eva HIGSON	U20	Barnet & District	28.14	3
7	Temi OGUN	U17	Newham & Essex Beagles	30.10	2

Women's B 200m

Wind= -1.8

1	Deborah ADENOLA	U17	Enfield & Haringey	27.24	8
2	Courtney VAUGHAN	U17	Hillingdon	27.98	7
3	Katherine BOISSIERE	U20	Ealing, Southall & Middlesex	28.32	6
4	Rime EL MOUMEN	U17	Newham & Essex Beagles	28.41	5
5	Emma BUTCHER	SW	Highgate and Mornington	30.78	4

Women's A 400m

1	Corinna MARWICK	SW	Ealing, Southall & Middlesex	59.46	8
2	Azaria NWANKWO	U20	Barnet & District	62.94	7
3	Rosa KIRWAN	SW	Highgate and Mornington	64.01	6
4	Niketa AKINTADE	SW	Enfield & Haringey	65.91	5
5	Elizabeth KNAPMAN	U20	Orion and Loughton	74.58	4
6	Zoe GOMERSALL	U17	Hillingdon	79.27	3
7	Steph VAATZ	W50	Serpentine	121.97	2

Women's B 400m

1	Eva HIGSON	U20	Barnet & District	61.52	8
2	Reha SIYANI	U20	Ealing, Southall & Middlesex	61.65	7
3	Rachel AYRTON	SW	Highgate and Mornington	68.34	6

Women's A 800m

1	Rosa KIRWAN	SW	Highgate and Mornington	2:21.69	8
2	Hollie FORD	U20	Hillingdon	2:35.57	7
3	Julia NEILSON	W45	Newham & Essex Beagles	2:39.81	6
4	Sonia OUZHENE	U20	Ealing, Southall & Middlesex	2:44.57	5
5	Elizabeth KNAPMAN	U20	Orion and Loughton	2:55.27	4

Women's B 800m

1	Alexandra SEVCENCO	SW	Highgate and Mornington	2:31.92	8
2	Kirsty O'ROURKE	SW	Hillingdon	2:41.86	7
3	Mary KNAPMAN	W45	Orion and Loughton	2:55.27	6

Women's A 1500m

1	Leoni DELVENDAHL	U20	Highgate and Mornington	4:56.64	8
2	Edey KESTELL	U17	Hillingdon	5:43.80	7
3	Mary KNAPMAN	W45	Orion and Loughton	5:54.43	6

Women's B 1500m

1	Janine MAKARONIDIS	SW	Highgate and Mornington	5:33.99	8
2	Kirsty O'ROURKE	SW	Hillingdon	5:43.84	7

Women's A 3000m

1	Emma BUTCHER	SW	Highgate and Mornington	10:24.33	8
2	Mary KNAPMAN	W45	Orion and Loughton	11:22.75	7
3	Katie NEWMAN	SW	Hillingdon	12:21.48	6

Women's B 3000m

1	Karina THORNTON	SW	Highgate and Mornington	10:51.80	8
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Women's A 100mH

Wind=

1	Azaria NWANKWO	U20	Barnet & District	15.3	8
2	Emily KNIGHT	U23	Enfield & Haringey	15.7	7

Women's B 100mH

Wind=

1	Eva HIGSON	U20	Barnet & District	16.1	8
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Women's A 400mH

1	Macie SUTHERLAND	U20	Barnet & District	66.75	8
2	Keira BELLAS	U20	Orion and Loughton	99.94	7
3	Steph VAATZ	W50	Serpentine	135.12	6

Women's B 400mH

Women's A 2000m Steeplechase

1	Leoni DELVENDAHL	U20	Highgate and Mornington	7:57.70	8
2	Jessica GAFFNEY	U23	Hillingdon	9:41.49	7

Women's B 2000m Steeplechase

1	Karina THORNTON	SW	Highgate and Mornington	8:00.93	8
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Women's A High Jump

1	Josie BOOKER	U23	Ealing, Southall & Middlesex	1.38	8
2	Niniola agboola SALMON-ALARAN	U20	Newham & Essex Beagles	1.35	7
3	Elizabeth KNAPMAN	U20	Orion and Loughton	1.30	6
4	Sonia MARTINEZ-ROURA	W50	Highgate and Mornington	1.05	5
5	Rosalind ZEFFERTT	W60	Barnet & District	1.05	4

Women's B High Jump

1	Abbie DOWDYE	U20	Newham & Essex Beagles	1.30	8
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Women's A Pole Vault

1	Helen LEADBETTER	W40	Ealing, Southall & Middlesex	2.50	8
2	Rosalind ZEFFERTT	W60	Barnet & District	2.40	7
3	Jenny SHEASBY	SW	Enfield & Haringey	2.00	6

Women's B Pole Vault

Women's A Long Jump

1	Leila NEWTH	U17	Ealing, Southall & Middlesex	5.37	8
2	Abbie DOWDYE	U20	Newham & Essex Beagles	5.11	7
3	Anna KOSHEVAYA	U17	Highgate and Mornington	4.61	6
4	Rosalind ZEFFERTT	W60	Barnet & District	3.62	5
5	Emily MCMAHON	W75	Enfield & Haringey	3.19	4
6	Keira BELLAS	U20	Orion and Loughton	2.52	3

Women's B Long Jump

1	Flora ALLAN	U20	Ealing, Southall & Middlesex	4.56	8
2	Rime EL MOUMEN	U17	Newham & Essex Beagles	4.03	7
3	Elodie MAYO	SW	Highgate and Mornington	2.78	6
4	Shayne BELLAS	W45	Orion and Loughton	2.13	5
5	Lesley RICHARDSON	W55	Enfield & Haringey	1.83	4

Women's A Triple Jump

1	Josie BOOKER	U23	Ealing, Southall & Middlesex	10.87	8
2	Abbie DOWDYE	U20	Newham & Essex Beagles	10.78	7
3	Mary KNAPMAN	W45	Orion and Loughton	7.10	6

Women's B Triple Jump**Women's A Shot Putt**

1	Elizabeth BOISSIERE	U17	Ealing, Southall & Middlesex	9.26	8
2	Sonia MARTINEZ-ROURA	W50	Highgate and Mornington	8.49	7
3	Lesley RICHARDSON	W55	Enfield & Haringey	6.93	6
4	Anneli SYDENHAM	SW	Barnet & District	6.44	5
5	Mary DAVIES	W50	Serpentine	6.28	4
6	Niniola agboola SALMON-ALARAN	U20	Newham & Essex Beagles	5.18	3
7	Helen PEARCE	W55	Orion and Loughton	4.88	2

Women's B Shot Putt

1	Josie BOOKER	U23	Ealing, Southall & Middlesex	8.79	8
2	Alima DIABATE	SW	Highgate and Mornington	6.53	7
3	Steph VAATZ	W50	Serpentine	4.81	6
4	Yvonne JACOBS	W50	Enfield & Haringey	4.81	5
5	Shayne BELLAS	W45	Orion and Loughton	3.93	4

Women's A Discus

1	Elizabeth BOISSIERE	U17	Ealing, Southall & Middlesex	24.98	8
2	Sonia MARTINEZ-ROURA	W50	Highgate and Mornington	22.07	7
3	Anneli SYDENHAM	SW	Barnet & District	21.19	6
4	Elisa MORSE	W55	Hillingdon	18.49	5
5	Mary DAVIES	W50	Serpentine	14.71	4
6	Julia NEILSON	W45	Newham & Essex Beagles	13.63	3
7	Lesley RICHARDSON	W55	Enfield & Haringey	11.81	2
8	Helen PEARCE	W55	Orion and Loughton	11.76	1

Women's B Discus

1	Debra BOOKER	W55	Ealing, Southall & Middlesex	15.79	8
2	Steph VAATZ	W50	Serpentine	11.65	7
3	Juliet KAVANAGH	W50	Highgate and Mornington	10.79	6

Women's A Hammer

1	Anneli SYDENHAM	SW	Barnet & District	28.86	8
2	Sonia MARTINEZ-ROURA	W50	Highgate and Mornington	23.71	7
3	Elisa MORSE	W55	Hillingdon	20.70	6
4	Mary DAVIES	W50	Serpentine	20.35	5
5	Yvonne JACOBS	W50	Enfield & Haringey	19.63	4
6	Debra BOOKER	W55	Ealing, Southall & Middlesex	16.92	3

Women's B Hammer

1	Julianna FUCHS	W50	Ealing, Southall & Middlesex	14.34	8
2	Lesley RICHARDSON	W55	Enfield & Haringey	13.32	7
3	Steph VAATZ	W50	Serpentine	12.43	6

Women's A Javelin

1	Solaris SALVUCCI DE OLIVEIRA	U20	Ealing, Southall & Middlesex	29.57	8
2	Sonia MARTINEZ-ROURA	W50	Highgate and Mornington	25.13	7
3	Julia NEILSON	W45	Newham & Essex Beagles	18.94	6
4	Mary DAVIES	W50	Serpentine	14.28	5

5	Emily SHARPE	SW	Orion and Loughton	14.07	4
6	Anneli SYDENHAM	SW	Barnet & District	13.73	3
7	Lesley RICHARDSON	W55	Enfield & Haringey	13.17	2

Women's B Javelin

1	Elizabeth BOISSIERE	U17	Ealing, Southall & Middlesex	26.33	8
2	Niniola agboola SALMON-ALARAN	U20	Newham & Essex Beagles	11.85	7
3	Elodie MAYO	SW	Highgate and Mornington	11.07	6
4	Helen PEARCE	W55	Orion and Loughton	8.01	5

Women's 4x100m

1	Enfield & Haringey	SW	Enfield & Haringey	52.26	8
2	Ealing, Southall & Middlesex	SW	Ealing, Southall & Middlesex	52.90	7
3	Barnet & District	SW	Barnet & District	56.61	6
4	Highgate and Mornington	SW	Highgate and Mornington	60.38	5

Women's 4x400m

1	Ealing, Southall & Middlesex	SW	Ealing, Southall & Middlesex	4:28.00	8
2	Highgate and Mornington	SW	Highgate and Mornington	4:40.77	7

Event	Pos	Name	Cat	Club	Perf.	Wind
800	1	Matt Zimmerman	SM	Hil'don	2:31.64	
800	2	Richard Jenkin	M65	Hil'don	2:40.42	
800	3	Roy HEAD	W60	Highgate	2:25.66	
800	4	Robert Poulter	M55	Hil'don	2:30.65	
800	5	Stephen WEST	M50	MornC	3:48.01	
HT	1	Stephen THOMPSON	M60	Hil'don	18.85	
100	1	Alessio Nerani	U20	Hil'don	11.94	-1.1
100	2	Harry james WILLIAMSON	U17	Hil'don	14.01	-1.1
100	1	Nathaniel Ulasi	U20	Esm	11.81	0.2
100	2	Kaison Stewart	U20	Esm	11.90	0.2
100	3	Sion Jones	U17	Esm	12.00	0.2
100	4	William CRUSE EL-HOYEK	U17	Highgate	12.60	0.2
100	5	Oskar Cizic	SM	Esm	13.28	0.2
100	6	Shaun LOWTHIAN	SM	MornC	14.48	0.2
100	7	Tom JENSEN	M60	E&H	17.17	0.2
100	8	Vimal-Pedro Patel	SM	Highgate	23.59	0.2
100	1	Conner Chung	U17	Esm	11.81	-1.6
100	2	Steve Reid	U17	Esm	12.31	-1.6
100	3	Daniel Donald	SM	Highgate	12.85	-1.6
100	4	Chris Burbidge	SM	Esm	13.06	-1.6
100	5	James LAMBDEN	M60	Lou	16.30	-1.6
100	1	Lashaun Thorpe	U17	Esm	11.44	-0.5
100	2	Rufus GOODFELLOW	U17	Highgate	12.06	-0.5
100	3	Anagh Patel	U23	Esm	12.31	-0.5
100	4	Amit Kumar	U20	Esm	12.41	-0.5
100	5	Everett BRUMAN	U17	Highgate	12.93	-0.5
100	6	Stylianios BISIAS	U17	Highgate	13.64	-0.5

400	1	Lorenzo MILLINGTON	U23	Neb	56.08	
400	2	Ed Harrison	SM	Hil'don	72.54	
3000	1	Ted ALLAWAY	U20	Orion	11:27.11	
SP	2	Stephen THOMPSON	M60	Hil'don	5.51	
SP	1	Chris Burbidge	SM	Esm	7.69	
JT	2	Graeme BELL	M45	Orion	20.73	
JT	1	#N/A	SM	#N/A	25.64	
JT	3	Dylan Afonso	U20	Esm	13.07	
200	1	#N/A	SM	#N/A	23.71	1.5
200	2	Kaison Stewart	U20	Esm	24.41	1.5
200	3	Evan ALLEN	U17	Hil'don	24.89	1.5
200	4	Daniel Donald	SM	Highgate	26.05	1.5
200	5	Stylianios BISIAS	U17	Highgate	28.09	1.5
200	6	Shaun LOWTHIAN	SM	MornC	29.35	1.5
200	7	Richard Jenkin	M65	Hil'don	31.10	1.5
200	1	#N/A	SM	#N/A	23.82	-1.4
200	2	Amit Kumar	U20	Esm	25.91	-1.4
200	3	Max SATTERLY WEBLEY	SW	Highgate	26.45	-1.4
200	4	Robert Poulter	M55	Hil'don	29.25	-1.4
200	5	Stephen CAMPBELL	W55	MornC	30.44	-1.4
200	6	Tom JENSEN	M60	E&H	35.96	-1.4
1500	1	#N/A	SM	#N/A	4:30.43	
1500	2	Neil Kirkham	SM	Hil'don	4:32.19	
1500	3	Max SATTERLY WEBLEY	SW	Highgate	4:40.29	
DT	1	#N/A	SM	#N/A	19.40	
DT	3	Dylan Afonso	U20	Esm	15.09	
DT	4	Stephen THOMPSON	M60	Hil'don	14.79	
DT	2	Kirk O'Rourke	SM	Hil'don	19.25	
LJ	3	Bradley Stone	U20	Hil'don	4.20	
LJ	2	William CRUSE EL-HOYEK	U17	Highgate	4.58	
LJ	1	Rufus GOODFELLOW	U17	Highgate	5.01	
LJ	5	James LAMB DEN	M60	Lou	3.54	
LJ	4	Jordi CARBONELL	SW	Serp	4.11	

Non-scoring events - Women

Event	Pos	Name	Cat	Club	Perf.	Wind
100	1	Maretha WEBLEY	U20	E&H	13.84	-1.2
100	2	Margaret POPE	W50	E&H	17.00	-1.2
400	1	Amy Bradley	U20	Esm	62.76	
3000	1	Kaitlyn JOHNSON	SW	Highgate	10:41.14	
3000	2	Sarah FUNDERBURK	W40	MornC	12:14.51	
3000	3	Natasha CENDROWICZ	W55	Highgate	12:22.43	
3000	4	Vicky FREW	W45	Highgate	12:33.77	
JTW	1	Aisha Newth	W50	Esm	14.71	
200	1	Ashara Prasai	U20	Esm	29.90	

200	2	Bree TETTEH-LARTEY	U20	E&H	33.56
1500	1	#N/A	SM	#N/A	6:13.27

Man of the Match Awards

Men

Discus 1	Tom NORMAN	M40	Hillingdon	48.89
400mH 1	Gus CARTER	U23	Ealing, Southall & Middlesex	55.84
Triple Jt 1	Zavier ACHIAMPONG	U23	Highgate and Mornington	13.28
Pole Va 1	Louis WILLSON	U23	Newham & Essex Beagles	4.00
Long Ju 1	Remy WEINBRECHT	U23	Highgate and Mornington	6.31
Javelin 1	Michael PETRONE	U23	Enfield & Haringey	46.90

Women

Long Ju 1	Leila NEWTH	U17	Ealing, Southall & Middlesex	5.37
100mH 1	Azaria NWANKWO	U20	Barnet & District	15.3
100mH 2	Emily KNIGHT	U23	Enfield & Haringey	15.7
Triple Jt 1	Josie BOOKER	U23	Ealing, Southall & Middlesex	10.87
400mH 1	Macie SUTHERLAND	U20	Barnet & District	66.75
Triple Jt 2	Abbie DOWDYE	U20	Newham & Essex Beagles	10.78

Officials

Total