

LONDON INTER CLUB CHALLENGE

SATURDAY 23 APRIL 2011 - PARLIAMENT HILL

100m Race 1			-0.4 M/S	
1	29 Geohagen	Justin	SBH	10.89
2	2 Kenyon	George	Achilles	10.99
3	1 Dyble	Mark	Achilles	11.07
4	11 Simpson	John	E&H	11.07
5	24 Balogun	Aaron	Crawley AC	11.21
6	21 Wood	Josh	Harrow	11.28
7	7 Ahmadnia	Amin	Achilles	11.53
8	20 Falana	Bami	SBH (U20)	11.73

100m Race 2			0.3 M/S	
1	23 Greenidge	Jason	WG&EL	11.22
2	3 Oladiran	Dami	VP & TH (U20)	11.28
3	6 Adamakoh	Qwasi	Watford	11.41
4	22 Obiri-Darko	Michael	Ealing Southall & M (U20)	11.49
5	9 Edmunds	Peter	Highgate Harriers	11.68
6	18 Quincie-Cassius	Michael	VP & TH (U20)	11.91
7	19 Joseph	Otis	VP & TH (U20)	11.98

100m Race 3			-0.7 M/S	
1	5 Elsby	Ross	Achilles	11.69
2	196 Green	Courtney	Kent AC	11.81
3	25 Babb	Alex	VP & TH	11.91
4	13 Grealy	Sam	Met Police	11.98
5	198 Pope	Alex	Blackheath	11.99
6	12 Coates	Arthur	Achilles	11.99
7	10 Gritz	Ben	Highgate Harriers	12.05
8	14 Nubi	Tunrayo	E&H (W)	12.35

100m Race 4			0 M/S	
1	211 Momie	Randy	SBH (U20)	11.62
2	191 Thompson	William	E&H (U20)	11.65
3	199 Guei	Eric	Highgate Harriers	11.76
4	112 Ige	John	S Factor (U17)	11.79
5	26 Kaye	Leo	SBH (U17)	11.91
6	189 Shehabi	Yousif	SBH (U17)	11.97
7	224 Atherton	Bob	SBH (U20)	12.08
8	190 Churton	Owen	Achilles	12.24

100m Race 5			-0.6 M/S	
1	125 Lodovica	Sean	SBH (U17)	12.11
1	149 N-Ike	Bobby	Ilford AC (U17)	12.11
3	197 Oviasu	Jonathan	Highgate Harriers	12.15
4	16 Ugen	Lorraine	Blackheath and Bromley (W)	12.18
5	126 Odiaka	Chioinma	SBH (U15)	12.19
6	225 Zah	Christopher	VP & TH (U20)	12.24
7	201 Ball	Eleanor	Guildford & Godalming (W U20)	12.51
8	152 Wa-Beya	Ridge	Ilford AC (U17)	12.61

100m Race 6			0.6 M/S	
1	164 Edwards	Qu	Ilford AC (U17)	12.21

2	142 Agard	Daniel	S Factor (U17)	12.27
3	228 Amoah	Andrew	Queens Park Harriers (U15)	12.45
4	145 Jandausch	Kai	Highgate Harriers (U15)	12.84
5	209 Ilo	Peter	Barnet & District AC (M45)	12.87
6	200 Ejimofor	Nnabiko	SBH (U17)	12.89
7	215 Griffiths	Abbie	Herts Phoenix (W U20)	13.37
8	203 Procter	Shannon	Herts Phoenix (W U17)	13.71

100m Race 7

-0.7 M/S

1	161 Idehen	Eliel	Ilford AC (U15)	12.53
2	108 Mpolesha	Nolan	TVH (U15)	12.53
3	139 Lewis	Leston	Hackney Hawks	12.89
4	117 Newhouse	Daniel	S Factor (U15)	13.46
5	123 Lodovica	Harry	SBH (U13)	13.88

100m Race 8

-0.6 M/S

1	110 Surpong	Ebenezer	SBH (U15)	12.90
2	124 Haque	Nabil	SBH (U13)	13.23
3	143 Mensush	Arnold	Highgate Harriers (U13)	13.29
4	144 Nyabowa	Tinotenda	Ilford AC (U17)	13.92
5	105 Francis	Odane	S Factor (U13)	14.54
6	102 Solanke	Dre	S Factor (U13)	14.94
7	202 Cinnamon	Elby	SBH (U11)	16.02

100m Race 9

-0.7 M/S

1	183 Norster	Faith	Achilles (W)	12.97
2	172 Abbott	Felicity	Achilles (W)	13.30
3	198			14.13
4	122 Gidden	Rochelle	S Factor (W U17)	14.33
5	130 Mensuoh	Linnet	Highgate Harriers (W U17)	14.86
6	147 Banomo	Daniella	Ilford AC (W U17)	15.99
7	168 St Prix-Mitchell	Aleah	Ilford AC (W U17)	16.24

100m Race 10

0.1 M/S

1	115 Beckford	Tamar	S Factor (W U17)	12.71
2	146 Chambers	Tamara	Ilford AC (W U17)	12.85
3	138 Murray	Anista	Hackney Hawks (W U17)	13.34
3	150 Agyemang	Ashley	Ilford AC (W U17)	13.34
5	148 Makinde	Dami	Ilford AC (W U17)	13.50
6	226 Ogbonna-Godfrey	Sara	E&H (W U20)	13.51
7	118 Christopher	Lakeya	S Factor (W U15)	13.54
8	104			14.17

100m Race 11

-0.9 M/S

1	189 Shehabi	Yousif	SBH (U17)	11.87
2	241 Sobers	Carlos	VP & TH	12.03
3	234 Jann	Nima	Unattached	12.26
4	14			12.31
5	200 Ejimofor	Nnabiko	SBH (U17)	12.66

100m H Women

-0.6 M/S

1	244 Zelic	Rebecca	Herne Hill (U20)	16.18
2	180 Levin	Zoe	SBH (U20)	17.97

110m Hurdles Men

-1.1 M/S

1	256 Dore-Weeks	Matthew	Highgate Harriers	15.92
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2	198 Pope	Alex	Blackheath Harriers	17.00
200m Women Race 1			-0.7 M/S	
1	32 Oskan	Shelayna	WSEH	24.89
2	30 Hunt	Dawn	WSEH	25.10
3	28 Nuga	Tope	Newham	25.29
4	141 Stevens	Emily	Herts Phoenix	25.74
5	227 Papi	Amarachi	E&H (U17)	25.77
6	177 Laidlow	Kate	Achilles	26.15
7	183 Norster	Faith	Achilles	26.57
200m Women Race 2			-0.9 M/S	
1	146 Chambers	Tamara	Iford AC	26.68
2	215 Griffiths	Abbie	Herts Phoenix	26.85
3	203 Procter	Shannon	Herts Phoenix (W U17)	27.45
4	150 Agyemang	Ashley	Iford AC (W U17)	28.13
5	254 Heaney	Caroline	WSEH	28.17
200m Men Race 1			-0.8 M/S	
1	24 Balogun	Aaron	Crawley AC	22.50
2	11 Simpson	John	E&H	22.53
3	1 Dyble	Mark	Achilles	22.64
4	29 Geohagen	Justin	SBH	22.80
5	21 Wood	Josh	Harrow	23.10
6	15 Jackson	Ed	Sale	24.14
200m Men Race 2			-0.9 M/S	
1	109 Bob-jme	Ebuke	S Factor (U17)	22.89
2	27 Dollard	Lee	Basildon	23.13
3	6 Adamakoh	Kwasi	Watford Harriers	23.29
4	25 Babb	Alex	VP & TH	23.67
5	4 Cox	Craig	Crawley	23.68
6	20 Falana	Bami	SBH (U20)	24.45
200m Men Race 3			-0.8 M/S	
1	235 Sanchas	Samuel	VP & TH (U20)	23.08
2	223 John-Clarke	Taariq	SBH (U20)	23.32
3	101 Dos Santos	Victor	TVH (U17)	23.51
4	22 Obiri-Darko	Michael	Ealing Southall (U20)	23.52
5	17 Kimmel	Gordon	SBH (U17)	23.82
6	13 Grealy	Sam	Metropolitan Police	23.95
7	258 Coburn	Adam	Team Southampton	23.99
8	256 Dore-Weeks	Matthew	Highgate Harriers	24.84
200m Men Race 4			0.2 M/S	
1	107 Amedee	Shyonne	S Factor (U20)	23.15
2	5 Elby	Ross	Achilles	23.21
3	191 Thompson	William	E&H (U20)	23.70
4	12 Coates	Arthur	Achilles	24.04
5	190 Churton	Owen	Achilles	24.14
6	231 Rietveld	Joost	VP & TH	24.32
7	234 Jann	Nima	Unattached	24.96
200m Men Race 5			-0.3 M/S	
1	245 Johnson	Anton	VP & TH (U17)	23.85
2	253 Kenroy	Lindsay	Herne Hill (U20)	23.98

3	149 N-Ike	Bobby	Iford AC (U17)	24.35
4	246 Quaye	Ralph	VP & TH (U20)	24.51
5	228 Amoah	Andrew	Queens Park Harriers (U15)	24.88
6	233 Brown	Daniel	Herne Hill	25.58
7	143 Mensush	Arnold	Highgate Harriers (U13)	27.27

200m Race 6

-0.6 M/S

1	144 Nyabowa	Tinotenda	Iford AC (U17)	25.84
2	117 Newhouse	Daniel	S Factor (U15)	27.69
3	105 Francis	Odane	S Factor (U13)	29.83
4	104			29.89
5	102 Solanke	Dre	S Factor (U13)	30.86
6	134 Rajim	Adel	E&H (U13)	32.71
7	133 Rajim	Ali	E&H (U13)	35.78

200m Race 7

1	197 Oviasu	Jonathan	Highgate Harriers	24.40
2	142 Agard	Daniel	S Factor (U17)	24.70
3	209 Ilo	Peter	Barnet and District AC (M45)	25.60
4	151 Mer	Ameer	Iford (U17)	26.10
5	110 Surpong	Ebenezer	SBH (U15)	26.60

200m Race 8

-0.5 M/S

1	115 Beckford	Tamar	S Factor (W U17)	27.39
2	118 Christopher	Lakeya	S Factor (W U15)	30.37
3	122 Gidden	Rochelle	S Factor (W U17)	30.65
4	130 Mensuoh	Linnet	Highgate Harriers (W U17)	31.71
5	131 Hurley	Jessica	SBH (W U13)	32.80

400m Race 1

1	160 Hamilton	Matt	Herts Phoenix	48.82
2	220 Sinclair	Matt	Crawley AC	49.07
3	217 Wing	Alec	VP & TH	50.06
4	15 Jackson	Ed	Sale	50.16
5	251 Palmer	Shaka	E&H	50.87
6	242 Barfoot	Tom	Herts Phoenix (U20)	51.56
7	240 Gibson	Matthew	Herts Phoenix (U20)	53.78
8	248 Collins	Kylon	VP & TH	53.92

400m Race 2

1	229 Green	Darren	Luton AC	49.21
2	101 Dos Santos	Victor	TVH (U17)	51.13
3	232 Oladokun	Tyson	VP & TH	51.77
4	186 Dobson	Andrew	Achilles	52.22
5	249 Veitch	Alexander	Achilles	52.97
6	187 Shanfi	Nyma	Achilles	53.00
7	154 Bigg	Martin	SBH	53.43

400m Race 3

1	235 Sanchas	Samuel	VP & TH (U20)	51.67
2	195 Kun Davis	Hassan	Kent AC	51.95
3	196 Green	Courtney	Kent AC	53.33
4	250 Richards	Adrian	E&H	53.79
5	231 Rietveld	Joost	VP & TH	54.13
6	252 Greenaway	Kurtis	E&H	54.44
7	230 Gardner	Tom	Iford AC	56.26

8	247 Sahele	Biniam	Kent AC (U20)	57.16
400m Race 4				
1	243 Hanson	Nathan	VP & TH (U17)	51.84
2	198 Pope	Alex	Blackheath & Bromley	52.39
3	107 Amedee	Shyonne	S Factor (U20)	55.06
4	26 Kaye	Leo	SBH (U17)	55.34
5	112 Ige	John	S Factor (U17)	56.99
6	31 Papat	Jamil	Unattached (U17)	57.06
7	245 Johnson	Anton	VP & TH (U17)	57.14
400m Race 5				
1	238 Webb	Jack	Iford AC (U20)	55.77
2	163 Barreto Alves	Diego	Iford AC (U17)	56.36
3	233 Brown	Daniel	Herne Hill	57.24
4	193 Willis	Deborah	Herts Phoenix (W U20)	57.57
5	239 O'Callaghan	Michael	Iford AC (U20)	58.51
6	181 Percy	Brogan	VP & TH (W)	59.35
7	218 Lister	Jo	Achilles (W)	01:00.28
8	151 Men	Ameer	Iford AC (U17)	01:07.21
400m Race 6				
1	185 Binner	Emily	Achilles (W)	01:01.58
2	135 Page	Helena	Herts Phoenix (W U17)	01:02.97
3	136 Dawkins	Carol	City of Portsmouth (W50)	01:06.42
4	132 Harizi	Youcef	E&H (U15)	01:09.55
5	103 Solanke	Darnisha	S Factor (W U15)	01:12.48
6	134 Rajim	Adel	E&H (U13)	01:13.89
7	119 Simpson	Briony	S Factor (W U13)	01:15.33
8	133 Rajim	Ali	E&H (U13)	01:22.25
400m H Women Race 1				
1	141 Stevens	Emily	Herts Phoenix	01:00.89
2	128 Coveney	Gabrielle	SBH	01:03.66
3	177 Laidlow	Kate	Achilles	01:07.65
4	167 Stokes	Claire	Crawley AC	01:08.87
5	180 Levin	Zoe	SBH (U20)	01:11.34
6	111 Oyewole	Adfunke	Newham & Essex Beagles (U20)	01:49.84
400m H Women Race 2				
1	175 Thornton	Gwen	Highgate Harriers (U20)	01:03.08
2	114 Williams	Stephanie	Herts Phoenix (U17)	01:06.68
3	170 Naibe-Wey	Aisha	Herne Hill Harriers (U20)	01:08.06
4	137 Colins	Suzannah	Southampton AC (U20)	01:13.39
5	120 Stanton	Sara	Barnet & District (V35)	01:18.86
400m H Men Race 3				
1	192 Barrett	Patrick	Herts Phoenix	56.25
2	156 Mason	Aaron	Achilles	58.25
3	154 Bigg	Martin	SBH	01:06.73
800m Women Race 1				
1	176 Harry	Sian	Herts Phoenix (U20)	02:15.46
2	212 Adeuakun	Yimika	Blackheath & Bromley (U20)	02:17.09
3	121 Corsini	Camila	Thames Valley Harriers	02:20.28
4	188 Long	Rebecca	Highgate Harriers	02:20.92

5	221 Stewart	Ciara	SBH (U20)	02:24.40
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800m Women Race 2

1	173 Witcombe	Cat	Achilles	02:19.78
2	174 Ferrez	Noetra	Achilles	02:25.25
3	207 Mendes-Jones	Xelia	London Heathside (U15)	02:45.01
4	103 Solanke	Darnisha	S Factor (U15)	02:50.52
5	131 Hurley	Jessica	SBH (U13)	02:57.49

800m Race 3

1	179 Basey	Simon	VP & TH	02:07.54
2	216 Clancy	George	VP & TH (U20)	02:12.98
3	222 Springer	Gabriel	Highgate Harriers (U15)	02:18.11
4	208 Collins	Mike	Achilles	02:25.26
5	205 Mills	Charlie	AFD (U15)	02:27.00
6	213 Jackson Davies	Jobe	SBH (U13)	02:32.11

800m Race 4

1	113 Ikudaisi	John	S Factor (U17)	02:26.46
2	204 Adunaike	Emmanuel	VP & TH (U13)	02:27.94
3	155 Da Silva	Ricardo	Ilford (U17)	02:28.80
4	132 Harizi	Youcef	E&H (U15)	02:29.86
5	214 Fawden	Terence	Highgate Harriers (U13)	02:34.70
6	219 Harper	Jamie	SBH (U13)	02:38.26
7	169 Bajraktan	Suad	Ilford (U17)	02:42.58
8	134 Rajim	Adel	E&H (U13)	02:47.24

800m BMC Race 1

1	501 Shane	James	Newham and Essex Beagles	01:49.79
2	503 Bergin	Matt	Bedford and County	01:59.63

800m BMC Race 2

1	510 Popat	Jamil	Unattached	02:17.01
2	506 Mundell	Alex	City of Salisbury	02:17.74
3	507 Penfold	Rose	Mendip	02:18.14
4	533 Sharples	Molly	AFD	02:19.70
5	509 Barbour	Alex	WSEH	02:23.03
6	508 Doyle	Anne	Guildford and Godalming	02:29.90

1500m BMC Race 1

1	512 Donnelly	Jordan	Wirral	03.51.45
2	511 Bradbury	Carl	Reading AC	03.54.79
3	513 Gurton	William	Vale of Aylesbury	03.55.70
4	516 Charkaoui Essouni	Mohamed	SBH	03.57.52
5	517 Goodwin	Jack	Bedford and County	03.59.67
6	515 Taylor	Jamie	Ealing Southall	04.01.75

1500m BMC Race 2

1	519 Pinol	Antony	Medway and Maidstone	04:03.99
2	520 Gurton	Daniel	Vale of Aylesbury	04:04.74
3	523 Cummings	Mike	Herne Hill	04:05.20
4	526 Bransberg	Jordan	Skyrac	04:06.38
5	521 Gill	Joseph	Newham and Essex Beagles	04:07.69
6	525 Richardson	Thomas	Thurrock	04:09.83
7	524 Thompson	Rob	Hillingdon	04:10.10
8	522 Harrison	Michael	Bedford and County	04:11.74

9	537 Sutherland	Ben	Wycombe	04:13.04
10	527 Holden	Tom	South London	04:14.92
11	282 Penfold	Alex	SADAC	04:19.17
12	281 Clark	Joe	Hercules Wimbledon	04:23.34
13	530 Palmer	Ben	Hercules Wimbledon	04:34.88
14	531 Hyde	Cassian	Hercules Wimbledon	04:35.58

1500m Race 1

1	269 Grant	Tadhg	SBH (U20)	04:09.94
2	230 Gardner	Tom	Iford AC	04:10.33
3	271 Crout	Phillip	SBH (U17)	04:13.72
4	262 Ismail	Mohammed	Serpentine	04:15.17
5	237 Richards	Alex	Iford AC (U20)	04:25.15
6	127 Nuradin	Mo	S Factor (U17)	04:35.57
7	263 Davis	James	Vale of Aylesbury (U17)	04:37.79
8	257 Ingram	Chris	Hillingdon	04:48.60
9	266 Crout	David	Barnet & District (M40)	04:48.87

1500m Race 2

1	283 Bahelbi	Robel	Highgate Harriers (U20)	04:34.32
2	278 Rosum	Simon	London Heathside (U20)	04:35.40
3	277 Szajna	Daniel	London Heathside (U17)	04:55.35
4	272 O'Shea	John	Highgate Harriers (M45)	04:55.68
5	261 Burgess	Paul	Herne Hill Harriers (U13)	04:56.40
6	214 Fawden	Terry	Highgate Harriers (U13)	05:07.00
7	259 Middleton	James	E&H (M35)	05:07.07
8	275 Hatch	Ben	Highgate Harriers (U15)	05:08.93
9	279 Woldmichael	Miron	London Heathside (U17)	05:10.48
10	255 Ferrari	Max	Herne Hill Harriers (U15)	05:12.11
11	158 Adan	Shamaarke	Iford AC (U17)	05:16.70
12	274 Millett	James	SBH (U13)	05:16.86
13	273 Millett	Andrew	SBH (V45)	05:17.41
14	276 Holden	Guy	South London (M45)	05:25.37
15	113 Ikudaisi	John	S Factor (U17)	05:25.99
16	534 Holden	Georgia	South London (W U15)	05:28.57
17	280 Penfold	Rebecca	Sutton & District (W U15)	05:38.72
18	260 Burgess	Clare	Herne Hill Harriers (W U15)	06:48.79

1500m Steeplechase

1	159 Clark	Matt	Achilles	04:49.02
2	210 Hodgson	Paul	Achilles	04:53.05
3	265 Rolt	Andrew	Vale of Aylesbury (V40)	04:54.13
4	267 Fitzsimons	Ryan	Serpentine	05:02.59
5	268 Da Silva	Ricardo	Iford AC (U17)	05:47.69

1500m Steeplechase Women

1	264 Madry	Anna	Vale of Aylesbury (U20)	05:34.05
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3000m Walk

1	394 Reis	Francisco	Iford AC (M50)	14:27.49
2	397 Barnard	Philip	Iford AC	14:42.41
3	378 Uttley	Steve	Iford AC (M50)	15:26.06
4	400 Allen	Steve	Barnet and District AC (M50)	15:27.37
5	379 Hall	John	Belgrave Harriers (M60)	15:30.67
6	383 Ralph	John	E&H (M50)	15:33.84
7	380 Seddon	Amos	E&H (M70)	16:47.42

8	381 Thompson	Arthur	E&H (M75)	16:55.13
9	385 Bradley	Mikk	E&H (M50)	16:58.12
10	389 Ellam	Alan	E&H (M50)	17:02.72
11	386 Middleton	Helen	E&H (W45)	17:05.79
12	375 Pender	Sean	E&H (M55)	17:43.56
13	382 Harran	M	Surrey (M70)	17:49.65
14	398 Sharpe	DW	Iford AC (M55)	17:51.34
15	374 Alstrachen	Angie	E&H (W45)	18:11.21
16	391 Barnett	Susan	E&H (W60)	19:04.17
17	376 May	Jon	E&H (M60)	19:10.72
18	396 O'Rawe	Alan	Iford AC (M65)	19:13.04
19	373 Borgas	John	Loughton (M65)	19:17.86
20	399 Powell	Ron	E&H (M70)	19:47.12
21	390 Howard	Peter	E&H (M65)	20:22.93
22	384 Grinse	Norma	E&H (W50)	20:55.87
23	393 Barnbrook	Michael	Iford AC (M65)	21:14.02
24	388 Reynolds	Andrew	Loughton (U17)	21:16.66
25	387 Cassidy	Peter	Loughton (M70)	21:38.81
26	392 Herccock	Bernard	E&H (M70)	22:32.80
27	395 Ainsworth	Dave	Iford AC (M60)	22:52.40
28	377 Zahno	Kamila	Unattached (W55)	23:06.33

5000m

1	166 Russell	Danny	Highgate Harriers	15:26.79
2	194 Dodwell	Henry	Highgate Harriers (V35)	15:42.32
3	165 McKinlay	Ryan	Highgate Harriers	15:59.65
4	157 Blake	Edward	St Albans Striders	16:01.55
5	182 Beecham	Chris	Highgate Harriers (V40)	16:16.18
6	140 Creagh	Gareth	Walton AC	16:50.21
7	184 Stevens	Andrew	Serpentine	17:31.15
8	129 Noble	Ebrima	Serpentine (V40)	17:41.76
9	106 Halsey	Robert	Basingstoke & Midhants (V45)	18:32.01
DNF	153 Digweed	Danny	St Albans Striders	

Javelin

1	198 Lacy	Craig	Cambridge H	56.34
2	296 Stoker	Matt	SBH	53.88
3	198 Pope	Alex	Blackheath & Bromley	46.73
4	208 Collins	Mike	Achilles	39.08
5	290 Harper	Ryan	Achilles	11.59
1	386 Richards	Tony	Croydon (M60)	37.47
1	132 Harizi	Youcef	E&H (U15)	24.31
1	207 Mendes-Jones	Xelia	London Heathside (W U15)	27.73
2	280 Dover	Katie	E&H (W U15)	17.49

Triple Jump

1	300 Brown	Kevin	Southend	13.90
2	92 Oamen	Dean	SBH (U17)	13.25
3	71 John-Clarke	Taariq	SBH (U20)	12.78
4	391 Akinsanya	Jordan	Iford (U17)	12.48
5	208 Collins	Mike	Achilles	11.60
6	187 Sharifi	Nyma	Achilles	10.95
7	389 Sutherland	Rob	Wycombe (U17)	10.91

8	94 Keisha	Symone	SBH (W U20)	10.83
9	117 Newhouse	Daniel	S Factor (U15)	9.71
10	148 Mzkinde	Dami	Ilford (W U17)	8.52

High Jump

1	88 Cherrington	Martin	Tipton	1.85
2	198 Pope	Alex	Blackheath & Bromley	1.85
3	382 Leigh	Shaun	St Marys	1.70
4	134 Hyatt-Twynam	Sam	Achilles	1.70
5	161 Helen	Eliel	Ilford (U15)	1.70
6	383 Rowland	Jo	Crawley (W)	1.65
7	390 Grimsey	William	E&H (U15)	1.55
8	279 Bates	Alex	Achilles	1.50
9	155 Da Silva	Riccardo	Ilford (U17)	1.45
10	108 Albert	Nolan	TVH (U15)	1.40
11	152 Wa-Beya	Ridge	Ilford (U17)	1.40
12	164 Edwards	Qu	Ilford (U17)	1.40
13	280 Dover	Katie	E&H (W U15)	1.35

Pole Vault

1	134 Hyatt-Twynam	Sam	Achilles	3.41
2	279 Bates	Alex	Achilles	3.31
3	90 Duncan	Simon	E&H	3.21
4	91 Ojomo	Paul	E&H (U20)	3.11
5	140 Harry	Olivia	Herts Phoenix (W U17)	2.61
6	135 Rottier	Tom	E&H (U15)	2.21
7	280 Dover	Katie	E&H (W U15)	2.11
8	139 Martin	Emma	E&H (W U13)	2.11
9	138 Lewis	Nicole	E&H (W U15)	2.01
10	137 Hatchett	Katie	E&H (W U15)	1.91
11	89 Mahon	John	E&H (V55)	1.91

Long Jump Pool 1

1	98 Ihuoma	Healson	WG&EL (U20)	6.97
2	2 Kenyon	George	Achilles	6.74
3	71 John-Clarke	Taariq	SBH (U20)	6.01
4	112 Ige	John	S Factor (U17)	6.00
5	92 Oamen	Dean	SBH (U17)	5.79
6	279 Bates	Alex	Achilles	5.67
7	126 Odiaka	Chidinma	SBH (U15)	5.30
8	94 Keisha	Symone	SBH (W U20)	5.22
9	125 Lodovica	Sean	SBH (U17)	5.12

Long Jump Pool 2

1	282 Leigh	Shaun	St Marys	5.75
2	189 Shelabi	Yousif	SBH (U17)	5.48
3	275 Duke	Laura	Achilles (W)	4.98
4	123 Lodovica	Harry	SBH (U13)	4.22
5	143 Mensuah	Arnold	Highgate Harriers (U13)	4.07
6	162 Ismael		Ilford (U15)	4.07
7	124 Haque	Nabil	SBH (U13)	3.92
8	131 Hurley	Jessica	SBH (W U13)	3.92
9	105 Francis	Odane	S Factor (U13)	3.88
10	276 Antoniadides	Anna	SBH (U15)	2.42

Shot

1	293 Douglas	Devon	WG&EL	12.56
2	291 Haseler	Toby	Achilles	12.54
3	196 Green	Courtney	Kent AC	12.50
4	198 Pope	Alex	Blackheath & Bromley	12.04
5	282 Leigh	Shaun	St Marys	11.29
6	299 McKinley	Jonathan	Achilles	10.99
7	278 Thompson	Neville	SBH	10.76

1	386 Richards	Tony	Croydon (M60)	11.81
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1	383 Rowland	Jo	Crawley (W)	11.83
2	275 Duke	Laura	Achilles (W)	11.12

1	112 Ige	John	S Factor (U17)	7.16
2	95 Ibrahim	Hussain	S Factor (U17)	6.88

1	100 Thompson	Kayomie	SBH (W U17)	9.64
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1	297 Pritchard	Chelsea	Reading AC (W U15)	10.24
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1	133 Rajim	Ali	E&H (U13)	5.02
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Hammer

1	97 Chappell	Sam	Kent AC	46.51
2	285 Clarke	Wes	Ilford (M45)	41.88
3	284 Scott	Leo	Achilles	39.95
4	96 Piotrowicz	Oskar	Highgate Harriers	36.64
5	286 Houlsby	Neil	Achilles	36.62
6	99 Harford	Fergus	WG&EL (V40)	36.36
7	116 Washburn	William	London Heathside (V40)	23.96

1	9 Jones	Gary	Andover (U20)	46.12
2	5 Doran	Lee	Newbury (U20)	45.94

1	275 Duke	Laura	Achilles (W)	50.02
2	281 Broadbridge	Helen	SBH (W U20)	47.59
3	289 Akinpeju	Zahra	Highgate Harriers (W)	34.01

1	6 Doran	Ricky	Newbury (U17)	52.68
2	95 Ibrahim	Hussain	S Factor (U17)	12.42

1	2 Anthony	Sarah-Jane	Aldershot F & D (W U17)	46.51
2	277 Goddard	Sophie	Stevenage (W U17)	34.11
3	274 Evans	Emily	Stevenage (W U17)	27.83
4	95 Birch-Skerritt	Sommer	London Heathside (W U17)	23.19

1	7 Kuehnel	Jamie	Newbury (U15)	33.63
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Discus Pool 1

1	294 Coleman	David	Cardiff AC	51.07
2	293 Douglas	Devon	WG&EL	46.36
3	278 Thompson	Neville	SBH	45.35

1	9 Jones	Gary	Andover (U20)	41.89
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1	295 Harrison	Mel	E&H (W)	42.54
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2	287 Dowson	Phoebe	Bournemouth (W U20)	40.97
3	298 Redman	Hollie	WG&EL (W)	39.47
4	281 Broadbridge	Helen	SBH (W U20)	36.54
1	288 Percy	Nick	Isle of Wight (U18)	54.14
2	93 Thompson	Gregory	SBH (U18)	48.61
3	292 Zatat	Youcef	WG&EL (U18)	46.03
4	6 Doran	Ricky	Newbury (U17)	41.35

Discus Pool 2

1	293 Douglas	Devon	WG&EL	46.42
2	290 Harper	Ryan	Achilles	37.75
3	286 Houlsby	Neil	Achilles	26.35
4	99 Harford	Fergus	WG&EL (V40)	20.13
1	386 Richards	Tony	Croydon (M60)	40.47
1	288 Percy	Nick	Isle of Wight (U18)	52.38
2	93 Thompson	Gregory	SBH (U18)	47.75
1	287 Dowson	Phoebe	Bournemouth (W U20)	41.78
1	95 Ibrahim	Hussain	S Factor (U17)	16.63
1	390 Grimsey	William	E&H (U15)	29.57
2	7 Kuehnel	Jamie	Newbury (U15)	25.12
1	100 Thompson	Kayomie	SBH (W U17)	27.99
1	297 Pritchard	Chelsea	Reading AC (W U15)	30.33

TEAM SCORES

Meeting Points

Match Points

MEN

Achilles	231	5
SBH	106	4
Highgate	65	3
Enfield	57	2
Woodford	49	1
	508	15

WOMEN

Achilles	109	5
SBH	71	4
Highgate	27	2.5
Enfield	27	2.5
Woodford	9	1
	243	15