

HARROW AC Open Meeting 10th September 2020

3000m Race 1 Time :18:33

Heat:1

1	5	James Hicks	MAR	SEN	M	11:06.96
2	10	Henry White	HARROW	U15	M	11:22.31
3	7	Philip York	WIMBO	V55	M	11:24.44
4	8	John Hinchin	HARROW	V50	M	11:32.35
5	1	John Norris	METRC	V40	M	11:43.49
6	9	Rob Hawkes	HARROW	SEN	M	11:58.01
7	4	Amara Odeogberin	LONH	U15	F	12:03.36
8	6	Jennifer Keal	HARROW	SEN	F	12:05.75
9	3	Olivia Matharu	HARROW	U15	F	12:20.40
10	2	Kayla Saunders	HARROW	U15	F	12:28.85

3000m Race 2 Time :18:53

Heat:1

1	20	Anna Jolliffe	BIC	U15	F	10:36.55
2	18	Evie Burton	WPH	U15	F	11:01.63
3	14	Matthew White	HARROW	V45	M	11:12.96
4	21	Abigail Royden	MEDM	U15	F	11:15.22
5	12	Annabel Young	MEDM	U17	F	11:15.40
6	19	Ryan Stoddart	HILL	U15	M	11:28.14
7	11	Jag Matharu	METROS	V50	M	11:28.42
8	17	Sofia Latham	HARROW	U17	F	11:29.59
9	13	Maisie Boast	HBS	SEN	F	11:33.63
10	16	Dean Saliba	VPTH	V40	M	11:44.60
11	15	Lauren Collis	DACT	U17	F	11:46.04

3000m Race 3 Time :19:06

Heat:1

1	28	Max Baxter	CHIL	U15	M	10:24.93
2	30	Tim Grose	WALT	V50	M	10:32.46
3	32	Matthew Nicholls	STAL	U15	M	10:38.26
4	22	Maddie Hughes	CHIL	U15	F	10:44.31
5	27	Francesca Baxter	CHIL	U15	F	10:45.14
6	31	Abbie Henderson	CHIL	U17	F	10:50.03
7	25	Ellen Cooper	WPH	U17	F	10:50.80
8	29	Holly Henderson	CHIL	U17	F	10:53.39
9	23	Jason Kabel	HARROW	V45	M	10:59.44
10	26	Alicia Bushell	CHIL	U17	F	11:07.93
11	24	Alice Brown	CHIL	U17	F	11:15.79

3000m Race 4 Time :19:22

Heat:1

1	33	Jack Whitebury	EALE	SEN	M	9:56.71
2	40	Antonia Jubb	STAL	U17	F	10:01.20
3	37	Luca Matharu	HARROW	U17	M	10:02.22
4	39	Rafal Machnik	EALE	V35	M	10:06.25
5	41	Joseph Grange	ILFRD	U15	M	10:07.45
6	42	Lucy Ashe	HARROW	SEN	F	10:12.30
7	38	Naomi Lenane	EE	SEN	F	10:20.87

8	35	Danny Holeyman		V45	M	10:36.73
9	34	Claire Bentley	HARROW	SEN	F	10:51.36

3000m Race 5 Time :19:36

Heat:1

1	55	Quinn Miell-Ingram	RADLE	U15	M	9:36.91
2	47	Matt Hamilton	DACT	SEN	M	9:38.18
3	53	Ryan Holeyman		0 U17	M	9:47.32
4	44	Nick Hughes	CHIL	V50	F	9:47.37
5	140	Reece Freeman	HARROW	U15	M	9:52.84
6	51	Winfield, Max U15 M	SBH	U17	M	9:53.12
7	46	Curtis Stevens		SEN	M	9:54.18
8	54	Isaac Jessop-Tranter	CHIL	U15	M	9:55.56
9	48	Dion Hubert	HARROW	U15	M	12:15.73

3000m Race 6 Time :19:48

Heat:1

1	59	Oscar Loveday	STAL	U15	M	9:31.61
2	61	Kevin Fini	HARROW	SEN	M	9:35.87
3	64	Oscar Curry	REI	U17	M	9:37.52
4	65	Finn Combe	HILL	U17	M	9:39.04
5	58	Tara Bage	BRIPH	SEN	F	9:39.88
6	66	Rhys Rowlands	DACT	SEN	M	9:43.43
7	60	Alexander Mcdonald	STAL	U15	M	9:45.38
8	63	Christopher Morris	HARROW	U20	M	9:48.29
9	57	Declan Traynor	HARROW	V40	M	9:49.04
10	56	Phoebe Anderson	HHH	U20	F	9:57.18

3000m Race 7 Time :19:59

Heat:1

1	73	Craig Emmerson	BEDC	SEN	M	9:04.74
2	71	John Fielding	ESM	SEN	M	9:05.41
3	70	Alex Johnson	CHIL	U20	M	9:05.45
4	69	Hayden Gear	MEDM	U15	M	9:10.44
5	72	David Lawrence	HARROW	SEN	M	9:10.95
6	68	Alex Eykelbosch	DACT	SEN	F	9:27.28

3000m Race 8 Time :20:12

Heat:1

1	89	Rowan Miell-Ingram	RADLE	U17	M	8:48.92
2	82	Louis Hodge	TVH	U17	M	8:51.53
3	84	Adam Ede	ABIAC	U20	M	8:51.74
4	85	Liam Holbrook	HILL	SEN	M	8:52.77
5	87	Oscar Bell	HERPH	SEN	M	8:55.74
6	86	Ethan Gear	MEDM	U17	M	8:56.58
7	83	Aran Davidson	CHIL	SEN	M	8:59.65
8	81	Samuel Greenstein	SBH	U17	M	9:02.70
9	79	Chris Hudson	HARROW	U17	M	9:04.57
10	80	Daniel Greenstein	SBH	U20	M	9:05.00
11	88	Adam Ireland	HILL	U20	M	9:06.36
12	78	Luke Hunt	HARROW	V40	M	9:31.36

3000m Race 9 Time :20:25

Heat:1

1	100	Robert Thompson	HILL	SEN	M	8:39.39
2	93	Oliver Carrington	NWRKA	SEN	M	8:39.68
3	115	Terry Fawden	HIGH	SEN	M	8:41.83
4	92	Tom Foster	GG	SEN	M	8:42.52
5	96	Alexander Miell-Ingram	RADLE	SEN	M	8:45.41
6	97	Hanad Ahmed	HILL	U20	M	8:51.45
7	99	Oliver Way	ESM	SEN	M	8:58.14
8	94	Seweryn Czapka	ESM	U17	M	8:58.43
9	91	Alex Jago	ARE80	SEN	M	9:01.91
10	90	Abdirahman Hamud	HILL	SEN	M	9:34.85

3000m Race 10 Time :20:37

Heat:1

1	127	Paul Mizon				8:36.19
2	124	Oliver Newton	TVH	SEN	M	8:36.77
3	119	Rikki James	SOTON	SEN	M	8:38.10
4	122	Liam Garrett	LONH	U20	M	8:40.90
5	123	Elias Ahmed	ESM	U20	M	8:43.26
6	118	HARROWy Brodie	BEDC	U20	M	8:43.66
7	120	Jack Eykelbosch	DACT	SEN	M	8:45.58

3000m Race 11 Time :20:50

Heat:1

1	128	Alexander Melloy	CAMCO	U17	M	8:22.60
2	134	Alfred Yabsley	BEDC	SEN	M	8:23.04
3	135	Matt Bray	BEDC	SEN	M	8:23.76
4	125	Ahmed Abdulle	ILFRD	SEN	M	8:24.87
5	137	Mohamed Hashi	ESM	SEN	M	8:25.17
6	131	Jem O'Flaherty	LONH	SEN	M	8:29.49
7	139	Abed Teweldebrhan	NEW	SEN	M	8:30.03
8	130	Conrad Joseph Webber	MMK	SEN	M	8:33.61
9	136	Tomer Tarragano	BRIHC	U20	M	8:33.92
10	138	Abdishakur Abdulle	HILL	SEN	M	8:41.30
11	129	Alex Alston	BEDC	U17	M	8:42.67

Long Jump

Pool 1

104	Arabella Wilson	GG	U15	F	4.79
106	Mary Drewett	VOA	U15	F	4.63
103	Cami Ho	WSEH	U17	F	4.39
105	Alana Thomas	HARROW	U13	F	4.30
101	Demara Gumbs	WSEH	U13	F	4.26
102	Mia De Vivenot	ESM	U15	F	3.82

Pool 2

113	Kahlil Best-Morris	HARROW	SEN	M	6.41
111	Demari Gumbs	WSEH	U15	M	5.89
112	Craig Beecham	NEWB	V45	M	5.83
107	Lewis Sorhaindo	HARROW	U13	M	4.81
109	Emmeline Viala	HARROW	U17	F	4.65