

NATIONAL LEAGUE PREMIERSHIP LONDON NORTH

Sunday 4 July – Stonex Stadium (Centenary Home Match)

MEN

Event	A	Athlete	Result	B	Athlete	Result
100	1 (6)	Omar Grant	10.80 (-1.0)	2 (5)	John Nwawulor	11.01 (nwg)
200	2 (9)	Omar Grant	22.06 (-0.1)	2 (9)	Luke Collis	22.71 (-.1.8)
400	3 (9)	Adrien Coulibaly	49.58	2 (3)	Kema Egbunike	49.72
800	1 (2)	Dan Howells	1.51.99	DNS	Laurance Edwards	
1500	1 (1)	Neil Johnston	3.51.20	2 (5)	Neil McCartan	4.05.31
5000	3 (12)	Damian Nevins	15.29.60	1 (6)	Harry Lupton	15.35.18
110H	1 (4)	Miguel Perera	14.48 (-?)	1 (1)	Owen Heard	15.27 (-?)
400H	2 (5)	Max Schopp	53.62	3 (6)	Kaspars Kazemaks	56.59
3000 S/C	1 (4)	Ross Connor	9.53.17!	1 (4)	Declan Traynor	10.58.91!
HJ	4 (11)	Tayo Andrews	1.90	2 (2)	Tom Nichols	1.90
PV	2 (4)	Joseph Lister	4.90	1 (1)	Owen Heard	4.50
LJ	4 (11)	Owen Heard	6.33 (1.7)	2 (5)	Richard Carr	6.20 (2.7)
TJ	3 (6)	Richard Carr	12.97	1 (3)	Joseph Lister	11.86
Shot	1 (2)	George Hyde	17.01	1 (1)	Matt Lee	13.33
Discus	3 (7)	Saoirse Chinery-Edoo	43.16	2 (2)	Matt Lee	40.56
Hammer	4 (11)	David Norris	57.37	4 (10)	Saoirse Chinery-Edoo	17.44
Javelin	3 (6)	Conor Martin	55.85	1 (3)	Dave Sketchley	52.19
4 x 100	1 (1)	Owen, Luke, Miguel, Omar	41.99			
4 x 400	2 (6)	Kema 50.3, Max 50.5, Dawood 52.8, Adrien 48.6	3.21.99			

! No water jump

NON-SCORERS: MEN

100: Luke Collis: 11.20 (-1.3), Nikarlo Brown 11.40 (-1.3), Josh Wood 12.15 (-1.3)

400: Dawood Chohan 50.95PB

5000: David Lawrence 15.57.68

110H: Dajon Wright 15.34 (nwg)

Shot: Angus Lockhart 13.50

WOMEN

Event	A	Athlete	Result	B	Athlete	Result
100	1 (1)	Nia Wedderburn-Goodison	11.95(nwg)	4 (9)	Rayne Tapper	12.73 (nwg)
200	1 (2)	Nia Wedderburn-Goodison	24.25 (-2.5)	3 (11)	Synne Frydenland	27.50 (- 2.5)
400	3 (3)	Rachel McCann	54.12PB	3 (10)	Evie Grice	61.68
800	4 (13)	Anya Freely	2.28.53	DNF	Evie Grice	---
1500	3 (12)	Eilish O'Grady	5.17.96	1 (9)	Emily Antcliffe	5.33.77
3000	1 (11)	Emily Antcliffe	11.06.52 W40 REC.	---		
100H	3 (9)	Sarah Connolly	14.93 (-1.6)	DNF	Emily Russell	---
400H	2 (9)	Suzie Bentley	70.00	--	---	---
2K S/C	1 (6)	Eilish O'Grady	7.32.51	1 (1)	Claire Bentley	7.39.30
HJ	1 (6)	Sarah Connolly	1.68	1 (3)	Megan Bailey	1.55
PV	3 (4)	Megan Bailey	3.70	--	---	---
LJ	1 (1)	Holly Mills	6.20 (1.3)	1 (1)	Simona Simeonova	5.85 (0.1)
TJ	1 (4)	Ade Omitowoju	11.63 (0.0)	1 (3)	Ade Adeyanju	11.06 (-0.7)
Shot	1 (2)	Holly Mills	13.78	1 (2)	Emma Beardmore	11.73PB
Discus	3 (4)	Taia Tunstall	49.91	1 (2)	Emma Beardmore	40.91PB
Hammer	4 (6)	Cathy Coleman	53.72	1 (2)	Emma Beardmore	47.91
Javelin	1 (2)	Cathy Coleman	44.42PB	1 (3)	Holly Mills	35.67
4 x 100	3 (9)	Rayne, Mya, Synne, Emily	49.93			
4 x 400	3 (9)	Rachel, Sarah, Anya, Suzie	4.13.45			

NON-SCORERS: WOMEN

Discus: Lily Carlaw 43.77PB + CLUB U17 RECORD

100: Mya Green 13.11 (-2.1), Amy Hillier 13.11 (-2.1), Synne Frydenland 13.16 (- 2.1)

TEAM RESULT (PROVISIONAL)

Position	Team	Points
1.	HARROW	488
2.	Shaftesbury Barnet	453
3.	Woodford Green	444
4.	Newham	284

MATCH TWO TEAM RESULT FOR ALL FOUR VENUES (provisional)

Position	Team	Points
1.	Thames Valley	529
2.	HARROW	488
3.	Shaftesbury	452
4.	Woodford Green	444
5.	Windsor	423
6.	Trafford	413
7.	Swansea	359
8.	Blackheath	353
9.	Bristol	350
10.	Birchfield	329
11.	Cardiff	320
12.	Notts	315
13.	Sheffield	308
14.	Southampton	298
15.	Newham	283
16.	Jaguars	0

LEAGUE TABLE AFTER TWO MATCHES (PROVISIONAL)

Position	Team	League Points	Match Points
1.	Thames Valley	32	1138
2.	HARROW	29	1043
3.	Shaftesbury	29	1034
4.	Woodford Green	24	959
5.	Windsor	22	906
6.	Blackheath	21	882
7=	Trafford	20	873
7=	Birchfield	20	873
9.	Bristol	16	786
10.	Swansea	16	783
11.	Sheffield	11	741
12.	Notts	9	696
13.	Cardiff	8	679
14.	Southampton	6	673
12.	Jaguars	5	401
16.	Newham	3	578