

NATIONAL LEAGUE PREMIERSHIP LONDON NORTH

Sunday 8 August – Ashton Playing Fields, Woodford

MEN

Event	A	Athlete	Result	B	Athlete	Result
100	2 (5=)	Omar Grant	10.58 nwg	3 (7)	John Nwawulor	10.87 (nwg)
					Guest: Jahde Williams	10.49
200	2 (5)	Jahde Williams	21.43 (1.7)	1 (4)	Omar Grant	21.69 (2.0)
					Guest: Luke Collis	21.90PB
400	4 (12)	Ollie Smith	50.41	2 (7)	Kema Egbunike	50.16
800	1 (1)	Dan Howells	1.51.51	1 (1)	Ben Waterman	1.52.54
1500	2 (5)	Neil McCartan	4.01.49	1 (2)	Chris Hudson	4.04.26
3000	3 (6)	Mo Hashi	8.45.67	2 (4)	Harry Lupton	8.50.89
					Guest: David Branfoot	9.42.57
110H	2 (2)	Miguel Perera	13.92 nwg	2 (2)	Owen Heard	14.71PB (nwg)
					Guest: Dajon Wright	14.93 nwg
400H	3 (8)	Max Schopp	53.41	3 (7)	Damaine Benjamin	55.11
3000 S/C	1(2)	Ross Connor	10.00.22	1 (2)	Declan Traynor	11.17.83
HJ	1(8)	Tayo Andrews	1.93	2 (4)	Richard Carr	1.85
PV	2 (7)	Saoirse Chinery-Edoo	3.52	--	Owen Heard	No Ht.
LJ	4 (6)	Owen Heard	6.62 (2.7)	1 (3)	Richard Carr	6.53 (3.1)
TJ	1 (3)	Tony Daffurn	14.44 (0.3)	1 (3)	Richard Carr	12.39 (4.5)
Shot	2 (3)	George Hyde	16.30	2 (3)	Marley Young	14.18
					Guest: Angus Lockhart	14.45
Discus	3 (9)	Marley Young	44.05	2 (6)	Saoirse Chinery-Edoo	38.10
Hammer	4 (5)	Peter Cassidy	56.82	4 (8)	Marley Young	33.53
Javelin	2 (4)	Conor Martin	57.80	1 (2)	Dave Sketchley	53.60
4 x 100	1 (2)	Owen, Luke, Miguel, Jahde	41.73			
4 x 400	3 (10)	Ollie 51.9, Kema 50.8, Saoirse 54.6, Max 52.9	3.30.19			

NON-SCORERS: MEN

100: Luke Collis 10.85 (2.8), Dajon Wright 11.19 (2.8), Josh Wood 11.60 (2.8)
 400: Luigi Palmieri 51.14

WOMEN

Event	A	Athlete	Result	B	Athlete	Result
100	1 (2=)	Nia Wedderburn- Goodison	11.66 (1.1)	1(4)	Rayne Tapper	12.13 (nwg)
200	2 (2)	Nia Wedderburn- Goodison	23.83 (1.80)	1(2)	Holly Mills	24.21 (2.4)
400	4 (10)	Rachel McCann	57.85	3(12)	Neve Grimes	62.96
800	3 (14)	Anya Freely	2.33.94			
1500	2 (12)	Claire Bentley	5.33.97	2(7)	Jennifer Keal	5.38.50
3000	1 (9)	Claire Bentley	11.01.00	1 (7)	Jennifer Keal	12.16.63
110H	2 (8)	Ella Rush	14.74 (2.2)	--	--	--
400H	3 (11)	Neve Grimes	67.22	1 (7)	Maggie Fleet	69.73
2K S/C	--	---	--	--	---	--
HJ	1 (6)	Ella Rush	1.66	1 (6)	Annika Teska	1.50
PV	1(3)	Megan Bailey	3.70	1(5)	Anya Freely	2.02
LJ	1 (2)	Holly Mills	6.32 (1.3) CLUB RECORD	1 (8)	Megan Bailey	4.52
TJ	1 (2)	Ade Omitowoju	12.17 (2.9)	1(4)	Adedoyin Adeyanju	10.47 (2.2)
Shot	1 (3)	Holly Mills	12.81	2 (5)	Emma Beardmore	10.92
Discus	2 (5)	Taia Tunstall	45.37	2 (4)	Emma Beardmore	39.25
Hammer	1(3)	Cathy Coleman	58.35PB	2(4)	Emma Beardmore	49.11
Javelin	2 (7)	Cathy Coleman	40.48	1(7)	Ella Rush	29.88
4 x 100	2(8)	Neve, Holly, Rayne, Mya	49.51			
4 x 400	1 (4)	Rachel, Ella, Maggie, Holly	3.55.56			

NON-SCORERS: WOMEN

100: Mya Green 12.58 (2.5)

FINAL TEAM RESULT

Position	Team	Points
1.	HARROW	506
2.	Woodford Green	447
3.	Shaftesbury	392
4.	Newham	274

LEAGUE TABLE FOR ALL FOUR VENUES

Position	Team	League Points	Match Points
1.	Thames Valley	48	1652
2.	HARROW	44	1499
3.	Shaftesbury	39	1378
4.	Woodford Green	36	1358
5.	Windsor	35	1306
6.	Birchfield	34	1319
7.	Blackheath	33	1231
8.	Trafford	27	1186
9.	Bristol	24	1110
10.	Notts	19	1057
11.	Swansea	18	1044
12.	Sheffield	15	1015
13.	Cardiff	10	897
14.	Southampton	10	750
15.	Jaguars	9	673
16.	Newham	6	843