

## NATIONAL LEAGUE PREMIERSHIP LONDON NORTH

### ROUND FOUR

Saturday 28 August – StoneX Stadium, Hendon

### TEAM RESULT

Position	Team	Points
1.	HARROW	490
2.	Shaftesbury	462
3.	Woodford Green	390
4.	Newham	157

### MEN

Event	A	Athlete	Result	B	Athlete	Result
100	2 (2)	Jahde Williams	10.49 (1.9)	2 (2)	Omar Grant	10.61 (0.6)
200	2 (2)	Jahde Williams	21.43 (1.7)	1 (1)	Omar Grant	21.69 (2.0)
400	3 (8)	Kema Egbunike	49.52	2 (2)	Ollie Smith	49.54
800	3 (3)	Ben Waterman	1.52.57	3 (8)	Jaran Singh	2.02.73
1500	3 (5)	Neil McCartan	4.00.81	3 (6)	Jonny Morgan	4.05.97
5000	1 (1)	Neil Johnston	13.56.53 PB	3 (8)	Neil McCartan	17.03.82
110H	1 (1)	Miguel Perera	13.85 (=PB) (1.6)	1 (1)	Owen Heard	15.03 (1.6)
400H	2 (6)	Kaspars Kazemaks	57.16	1 (5)	Saoirse Chinery-Edoo	62.21
3000 S/C	3 (4)	Damian Nevins	9.59.80PB	1 (2)	Ross Connor	10.07.13
HJ	3 (7=)	Tayo Andrews	1.90	1 (3=)	Richard Carr	1.85
PV	3 (6)	Owen Heard	4.10	2 (3)	Saoirse Chinery-Edoo	2.90
LJ	4 (11)	Owen Heard	6.19 (0.3)	3 (6)	Richard Carr	6.10 (1.8)
TJ	3 (7)	Richard Carr	12.24 (0.4)	2 (4)	Saoirse Chinery-Edoo	11.86 (-0.5)
Shot	2 (3)	Angus Lockhart	14.67	1 (2)	Marley Young	14.61
Discus	4 (10)	Marley Young	42.24	2 (4)	Saoirse Chinery-Edoo	41.01
Hammer	4 (7)	Peter Cassidy	54.29	4 (10)	David Norris	24.92
Javelin	1 (3)	Conor Martin	59.60	1 (2)	Dave Sketchley	56.66
4 x 100	1 (1)	Miguel, Omar, Luke, Jahde	40.56 CLUB RECORD			
4 x 400	2 (5)	Ollie 52.5, Kaspars 51.9, Owen 49.4, Kema 50.5	3.24.34			

*(Figures in brackets show positions across all four Premiership venues)*

### NON-SCORERS: MEN

100: Luke Collis 10.92 (0.6)  
 200: Luke Collis 22.09 (0.8)  
 800: Malik Johnson 2.01.70 PB

## WOMEN

Event	A	Athlete	Result	B	Athlete	Result
100	1 (1)	Holly Mills	11.61 (0.3)	3(6)	Mya Green	12.51 (0.3)
200	4 (8)	Amy Hillier	25.26 (0.3)	2 (2)	Mya Green	25.54 (0.7)
400	4 (10)	Rachel McCann	58.31	DNS	----	----
800	2 (4)	Rachel McCann	2.16.56 PB	DNS	----	----
1500	3 (11)	Claire Bentley	5.23.47	2 (7)	Jennifer Keal	5.48.83
3000	1 (5)	Claire Bentley	10.57.22	2 (4)	Jennifer Keal	12.17.52
100H	1 (3)	Holly Mills	13.77 (1.4)	1 (5)	Suzie Bentley	16.64
400H	2 (9=)	Neve Grimes	67.30	1 (4)	Suzie Bentley	68.18
2K S/C	DNS	---	--	DNS	---	--
HJ	3 (7=)	Annika Teska	1.60	1 (4)	Megan Bailey	1.45
PV	2 (2)	Megan Bailey	4.00 PB	1 (1)	Jade Spencer-Smith	3.80
LJ	1 (3)	Holly Mills	6.01	1 (3)	Rachel Alexander	5.44
TJ	1 (5)	Adedoyin Adeyanju (-1.2)	10.76	1 (5)	Zoe Kotyrba	9.94 (-0.4)
Shot	1 (6)	Emma Beardmore	11.32	1 (2)	Taia Tunstall	10.84
Discus	2 (4)	Taia Tunstall	46.99	1 (3)	Emma Beardmore	40.63
Hammer	3 (6)	Cathy Coleman	52.51	1 (4)	Emma Beardmore	49.29
Javelin	1 (3)	Cathy Coleman	41.83	1 (2)	Holly Mills	36.29
4 x 100	2 (10)	Megan, Suzie, Mya, Rachel M.	52.65			
4 x 400	3 (7)	Rachel M. 59.9, Suzie 61.6, Jennifer 73.3, Holly 54.1	4.08.74			

*(Figures in brackets show positions across all four Premiership venues)*

## PREMIERSHIP LEAGUE TABLE AFTER ALL FOUR MATCHES (PROVISIONAL)

Position	Team	League Points	Match Points
1.	Thames Valley	64	2176
2.	<b>HARROW</b>	<b>59</b>	<b>1989</b>
3.	Shaftesbury	53	1840
4.	Woodford Green	48	1748
5.	Windsor	45	1688
6.	Blackheath	44	1615
7.	Birchfield	40	1550
8.	Trafford	36	1533
9.	Notts	32	1479
10.	Bristol	32	1454
11.	Swansea	23	1265
12.	Sheffield	22	1274
13.	Cardiff	14	1094
14.	Southampton	12	901
15.	Jaguars	10	820
16.	Newham	9	1000