

Harrow AC Open Meeting - 20th May 2021

1200m

| | | | |
|----------------|-----|---|---------|
| Sofia Cestaro | U13 | F | 4:42.61 |
| Charlie Robert | U13 | M | 4:45.48 |

1500m

| | | | |
|-----------------|-----|---|---------|
| Reece Freeman | U17 | M | 4:48.69 |
| Michael Cattini | U15 | M | 5:07.79 |
| Kayla Saunders | U15 | F | 5:15.62 |
| Hollie Ford | U15 | F | 5:27.47 |
| Olivia Matharu | U17 | F | 5:33.19 |
| Sukriti Bisht | U17 | F | 5:51.34 |

5000m

| | | | |
|--------------------|-----|---|----------|
| Micheal O'Sullivan | SEN | M | 17:18.15 |
| Jim Cooper | V45 | M | 17:24.85 |
| Lizzy Totten | SEN | F | 17:43.50 |
| Curtis Stevens | SEN | M | 17:50.66 |
| Matthew White | V45 | M | 19:30.93 |
| John Hinchin | V50 | M | 20:12.53 |
| Peter Butler | V45 | M | 20:14.32 |
| Rob Hawkes | SEN | M | 20:54.43 |
| Jennifer Keal | SEN | F | 21:55.43 |

Shot Putt

| | | | | |
|---------------|-----|---|------|-----|
| Anya Freely | U20 | F | 6.17 | 4kg |
| Sukriti Bisht | U17 | F | 6.09 | 3kg |

Discus

| | | | | |
|----------------|-----|---|-------|-----|
| Emma Beardmore | SEN | F | 40.34 | 1kg |
|----------------|-----|---|-------|-----|

Hammer

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|----------------|-----|---|-------|-----|
| Emma Beardmore | SEN | F | 47.91 | 4kg |
| Kayla Saunders | U15 | F | 18.66 | 3kg |

Harrow AC Open Meeting - 20th May 2021

| 1200m | | Heat: 1 of 1 | | | Official result | |
|-------|----|----------------------|------|-----|-----------------|---------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 1 Harry Klein | STR | U13 | M | 3:55.09 |
| | 2 | 5 Thomas Ford | CHIL | U13 | M | 4:01.71 |
| | 3 | 2 Felix Danielli | CHIL | U13 | M | 4:04.49 |
| | 4 | 3 James Holdsworth | CHIL | U13 | M | 4:11.21 |
| | 5 | 4 Lydia Cross | CHIL | U13 | F | 4:12.61 |
| | 6 | 12 Charlie Quantrill | CHIL | U13 | M | 4:16.43 |
| | 7 | 6 Marlie Nkoane | CHIL | U13 | F | 4:17.41 |
| | 8 | 7 Issy Robinson | CHIL | U13 | F | 4:25.27 |
| | 9 | 9 Michael Knight | HILL | U13 | M | 4:34.57 |
| | 10 | 10 Marcus Shotton | HILL | U13 | M | 4:38.26 |
| | 11 | 8 Sofia Cestaro | HARR | U13 | F | 4:42.61 |
| | 12 | 11 Charlie Robert | HARR | U13 | M | 4:45.48 |

| 1500m | | Heat: 1 of 4 | | | Official result | |
|-------|----|-------------------|------|-------|-----------------|---------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 49 Emily Ford | CHIL | U15 | F | 5:13.83 |
| | 2 | 57 Kayla Saunders | HARR | U15 | F | 5:15.62 |
| | 3 | 50 Tia Lomas | CHIL | U17 | F | 5:16.52 |
| | 4 | 51 Thea Gray | DACT | U15 | F | 5:17.74 |
| | 5 | 58 Sofia Lomas | CHIL | U15 | F | 5:21.59 |
| | 6 | 54 Olivia Clark | CHIL | U15 | F | 5:24.67 |
| | 7 | 62 Hollie Ford | HARR | U15 | F | 5:27.47 |
| | 8 | 55 Henry Barron | DACT | U15 | M | 5:29.62 |
| | 9 | 52 Hannah Ashby | CHIL | U17 | F | 5:30.72 |
| | 10 | 56 Olivia Matharu | HARR | U17 | F | 5:33.19 |
| | 11 | 60 Ffion Harman | | 0 U15 | F | 5:35.93 |
| | 12 | 53 Philip York | ESM | V55 | M | 5:44.82 |
| | 13 | 175 Sukriti Bisht | HARR | U17 | F | 5:51.34 |

| 1500m | | Heat: 2 of 4 | | | Official result | |
|-------|----|------------------------|------|-----|-----------------|---------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 72 Nicholas Hammett | MKDP | U15 | M | 4:46.78 |
| | 2 | 69 George Hawkins | DACT | U15 | M | 4:49.57 |
| | 3 | 65 Alex Hughes | CHIL | U15 | M | 4:56.10 |
| | 4 | 66 Maddie Hughes | CHIL | U17 | F | 4:56.54 |
| | 5 | 70 Ian Lawson | CHIL | V50 | M | 4:57.92 |
| | 6 | 67 Francesca Baxter | CHIL | U15 | F | 5:00.77 |
| | 7 | 77 Lily Jessop-Tranter | CHIL | U15 | F | 5:00.85 |
| | 8 | 73 Michael Cattini | HARR | U15 | M | 5:07.79 |
| | 9 | 71 Tim Grose | WALT | V50 | M | 5:17.50 |
| | 10 | 74 Emily Williams | VOA | U17 | F | 5:21.45 |
| | 11 | 76 Beth Moody | DACT | U17 | F | 5:26.21 |
| | 12 | 75 Eleanor Shield | CHIL | U17 | F | 5:27.78 |
| | | 68 Ryan Stoddart | HILL | U15 | M | DNS |

| 1500m | | Heat: 3 of 4 | | | Official result | |
|-------|----|---------------------|-------|-----|-----------------|---------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 79 Samuel Bennetts | CHIL | U17 | M | 4:33.95 |
| | 2 | 104 Jack Choules | SWINH | U17 | M | 4:39.34 |
| | 3 | 84 Ed Clement | DACT | U15 | M | 4:39.53 |
| | 4 | 88 Matthew Nicholls | STAL | U15 | M | 4:40.31 |
| | 5 | 81 Maddox Gillas | READ | U15 | M | 4:41.25 |
| | 6 | 86 Freddie Taylor | BIC | U20 | M | 4:47.85 |
| | 7 | 87 Reece Freeman | HARR | U17 | M | 4:48.69 |
| | 8 | 85 Ethan Mccall | CHIL | U15 | M | 4:51.87 |
| | 9 | 82 Max Baxter | CHIL | U15 | M | 4:54.08 |

| 1500m | | Heat: 4 of 4 | | | Official result | |
|-------|----|-------------------------|-------|-------|-----------------|---------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 89 Basil Rock | TVH | U20 | M | 4:04.89 |
| | 2 | 90 Graham Lambert | EDIN | U20 | M | 4:06.62 |
| | 3 | 93 Alden Collier | CHIL | U15 | M | 4:10.87 |
| | 4 | 91 Robert Vallance | TVH | SEN | M | 4:11.36 |
| | 5 | 96 Oakley Denson | CHIL | U17 | M | 4:16.30 |
| | 6 | 97 Archie Pinder | CHIL | U15 | M | 4:21.93 |
| | 7 | 94 Eric Williams | KACPH | SEN | M | 4:23.64 |
| | 8 | 98 Isaac Jessop-Tranter | CHIL | U15 | M | 4:23.68 |
| | 9 | 95 Tom Emery | | 0 U17 | M | 4:25.09 |
| | 10 | 99 Euan Pinder | CHIL | U15 | M | 4:35.34 |
| | 11 | 101 George Rates | | 0 U20 | M | 4:42.67 |

| 5000m | | Heat: 1 of 3 | | | Official result | |
|-------|----|--------------------------|-------|-----|-----------------|----------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 105 Melanie Phair | WPH | SEN | F | 19:07.22 |
| | 2 | 118 Matthew White | HARR | V45 | - | 19:30.93 |
| | 3 | 107 Catherine Allen | TVH | SEN | F | 19:33.06 |
| | 4 | 110 Chris Scott | ORION | V45 | M | 19:53.10 |
| | 5 | 109 John Hinchin | HARR | V50 | M | 20:12.53 |
| | 6 | 108 Peter Butler | HARR | V45 | M | 20:14.32 |
| | 7 | 115 Sophie Thomas | WPH | U20 | F | 20:34.71 |
| | 8 | 111 Rob Hawkes | HARR | SEN | M | 20:54.43 |
| | 9 | 114 Malgorzata Kucharska | EALE | V45 | F | 21:05.69 |
| | 10 | 116 Gary Hobbs | EALE | V50 | M | 21:35.75 |
| | 11 | 117 Jennifer Keal | HARR | SEN | F | 21:55.43 |

| 5000m | | Heat: 2 of 3 | | | Official result | |
|-------|----|------------------------|------|-------|-----------------|----------|
| Rank | ID | Name | Team | Cat | Gender | Result |
| | 1 | 125 Tim Powell | SERP | SEN | M | 17:10.65 |
| | 2 | 127 Micheal O'Sullivan | HARR | SEN | M | 17:18.15 |
| | 3 | 129 Jim Cooper | HARR | V45 | M | 17:24.85 |
| | 4 | 130 Andy Waterman | | 0 V40 | M | 17:30.89 |
| | 5 | 132 Niall Gilchrist | EALE | SEN | M | 17:34.54 |
| | 6 | 136 Lizzy Totten | HARR | SEN | F | 17:43.50 |
| | 7 | 138 Rohit Patel | WPH | SEN | M | 17:44.18 |

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|----|-----|-------------------|------|-----|---|----------|
| 8 | 126 | Peter Wright | OXFC | SEN | M | 17:46.42 |
| 9 | 139 | Sathiyar Sivathas | QPH | SEN | M | 17:50.36 |
| 10 | 135 | Curtis Stevens | HARR | SEN | M | 17:50.66 |
| 11 | 137 | Rafal Machnik | EALE | V35 | M | 17:54.70 |
| 12 | 131 | Daniel Nichols | SBH | V35 | M | 17:56.22 |
| 13 | 128 | James Gillanders | SERP | V40 | M | 18:17.17 |

5000m

Heat: 3 of 3

Official result

| Rank | ID | Name | Team | Cat | Gender | Result |
|------|-----|----------------|------|-----|--------|----------|
| 1 | 154 | Rupert Allison | DPFR | SEN | M | 16:23.83 |
| 2 | 157 | Michael Dan | HIGH | SEN | M | 16:31.34 |
| 3 | 147 | Farid Sousou | HIGH | SEN | M | 16:56.50 |
| 4 | 159 | Adam Towle | HARR | V35 | M | 17:04.70 |
| 5 | 151 | Daniel Wolff | EE | SEN | M | 17:05.16 |
| 6 | 155 | Ruby Woolfe | THH | SEN | F | 18:16.98 |

Shot Pool 1

| num | First Name | Last Name | Team | Age Group | Gender | result | weight |
|-----|------------|------------|--------------|-----------|--------|--------|--------|
| 167 | Iyanu | Ademuwagun | Middlesex sr | U20 | M | 12.20 | 6kg |
| 168 | Monty | Gurney | WSEH | U17 | M | 8.33 | 5kg |
| 169 | Dawn | Williams | LUTON | V40 | F | 7.83 | 4kg |
| 166 | Katie | Clarke | VOA | U15 | F | 9.19 | 3kg |
| 170 | Ffion | Mabey | VOA | U15 | F | 8.64 | 3kg |

Shot Pool 2

| num | First Name | Last Name | Team | Age Group | Gender | result | weight |
|-----|------------|-----------|-------|-----------|--------|--------|--------|
| 173 | James | Dods | NORTH | SEN | M | 14.42 | 7.2kg |
| 172 | Chris | Dyrmishi | NORTH | U20 | M | 16.16 | 6kg |
| 174 | Peter | Evans | WOK | V50 | M | 10.20 | 6kg |
| 178 | Zack | Grinsted | LUTON | U17 | M | 13.79 | 5kg |
| 177 | Cameron | Sharma | SMRAC | U17 | M | 8.12 | 5kg |
| 176 | Ashton | Parkes | LUTON | U15 | M | 6.51 | 4kg |
| 179 | Anya | Freely | HARR | U20 | F | 6.17 | 4kg |
| 175 | Sukriti | Bisht | HARR | U17 | F | 6.09 | 3kg |

Discus

| num | First Name | Last Name | Team | Age Group | Gender | result | weight |
|-----|------------|-----------|-------|-----------|--------|--------|--------|
| 182 | Joel | Hawes | LONH | SEN | M | 28.20 | 2kg |
| 186 | Gabriel | Lamb | SBH | U17 | M | 49.02 | 1.5kg |
| 178 | Zack | Grinsted | LUTON | U17 | M | 42.89 | 1.5kg |
| 174 | Peter | Evans | WOK | V50 | M | 39.02 | 1.5kg |
| 183 | Paul | Kelly | WOK | V55 | M | 32.64 | 1.5kg |
| 177 | Cameron | Sharma | SMRAC | U17 | M | 28.68 | 1.5kg |
| 176 | Ashton | Parkes | LUTON | U15 | M | 19.41 | 1.25kg |
| 185 | Emma | Beardmore | HARR | SEN | F | 40.34 | 1kg |

Hammer

| num | First Name | Last Name | Team | Age Group | Gender | result | weight |
|------------|-------------------|------------------|-------------|------------------|---------------|---------------|---------------|
| 182 | Joel | Hawes | LONH | SEN | M | 24.40 | 7.26kg |
| 185 | Emma | Beardmore | HARR | SEN | F | 47.91 | 4kg |
| 189 | Lucy | Mccourt | WSEH | U17 | F | 40.74 | 3kg |
| 190 | Alex | Jackson | DACT | U17 | M | 40.31 | 5kg |
| 183 | Paul | Kelly | WOK | V55 | M | 35.28 | 6kg |
| 187 | Sophie | Gardner | BRACK | U17 | F | 32.70 | 3kg |
| 57 | Kayla | Saunders | HARR | U15 | F | 18.66 | 3kg |