

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	North West London	
MATCH	1	
VENUE	BANNISTER SPORTS CENTRE	
P/FINISH	YES	1

Date Sunday, June 20 2021  
 Venue BANNISTER SPORTS CENTRE  
 Host Club Harrow AC

Bib	Team Name	Abbrev.	Officials	Track 1	Relays	Field	Total
H	Harrow AC	Harrow		177.7	19.9	184.3	381.9
L	Hillingdon AC	Hil'don		100.3	4.1	96.1	200.5
F	ESM & Ealing Beagles ©	ESM&EB		153.4	11.4	87.7	252.4
S	Serpentine Running Club	Serp		66.9	1.8	66.2	134.8
M	Highgate Harriers & Mornington Chasers ©	Higate&MC		84.2	6.4	109.8	200.4
V	Thames Valley Harriers	TVH		207.9	16.6	163.2	387.8

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Thames Valley Harriers	387.8	1.0			387.8	1.0
2	Harrow AC	381.9	2.0			381.9	2.0
3	ESM & Ealing Beagles ©	252.4	3.0			252.4	3.0
4	Hillingdon AC	200.5	4.0			200.5	4.0
5	Highgate Harriers & Mornington Chasers ©	200.4	5.0			200.4	5.0
6	Serpentine Running Club	134.8	6.0			134.8	6.0

TOTAL EVENTS	38
NO COMPETITORS/EVENT CANCELLED/NMR	-
EVENT SCORED	38
REMAINING	-

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021
100m Men A

Posn	No.	Athlete	Club	Perf	Wind
					0.1
1	V	Keano-elliott	PARIS-SAMU TVH	10.97	
2	H	Luke COLLIS	Harrow	10.98	
3	F	Bilal UBA	ESM&EB	11.46	
4	M	Troy TIZARD-CLEGHORN	Higate&MC	11.63	
5	L	Calvin BUSULWA (U20)	Hil'don	12.05	
6	S	Sodiq ABIOLA	Serp	12.17	

100m Men B

Posn	No.	Athlete	Club	Perf	Wind
					2.4
1	VV	Reece EARLE (U17)	TVH	10.76	
2	FF	Zack CLARKE-GREEN (U17)	ESM&EB	11.16	
3	LL	Jone fuata FREDERICK (U17)	Hil'don	12.15	
4	SS	Stuart LEIGH	Serp	13.60	
5	HH	Jaiden AARON	Harrow	DQ	
6					

200m Men A

Posn	No.	Athlete	Club	Perf	Wind
					1.4
1	V	Keano-elliott	PARIS-SAMU TVH	22.26	
2	H	Jaiden AARON	Harrow	22.53	
3	F	Zack CLARKE-GREEN (U17)	ESM&EB	23.29	
4	M	Troy TIZARD-CLEGHORN	Higate&MC	24.31	
5	L	Calvin BUSULWA (U20)	Hil'don	24.46	
6	S	Mashhour AL-IBRAHIM	Serp	26.41	

200m Men B

Posn	No.	Athlete	Club	Perf	Wind
					0.1
1	HH	Luke COLLIS	Harrow	22.19	
2	VV	Joel HOUSLIN (U17)	TVH	22.44	
3	FF	Bilal UBA	ESM&EB	23.86	
4	MM	Remy WEINBRECHT (U17)	Higate&MC	24.82	
5	LL	Jone fuata FREDERICK (U17)	Hil'don	25.04	
6	SS		Serp	29.30	

400m Men A

Posn	No.	Athlete	Club	Perf
1	V	Jason HOYLE	TVH	49.01
2	F	William LORD	ESM&EB	51.80
3	H	Neil HOLLOWAY	Harrow	51.84
4	S		Serp	54.16
5	L	Robert COMBE (U17)	Hil'don	55.30
6	M	James MILLET	Higate&MC	57.30

400m Men B

Posn	No.	Athlete	Club	Perf
1	HH	Nathan KABEL (U17)	Harrow	52.71
2	FF	Rowan BOARD	ESM&EB	52.89
3	VV	Thomas TAYLOR	TVH	54.74
4	LL	Zachary DICKENS (U17)	Hil'don	56.84
5	SS		Serp	73.56
6				

800m Men A

Posn	No.	Athlete	Club	Perf
1	F	Elias AHMED (U20)	ESM&EB	01:59.04
2	M	James MILLET	Higate&MC	01:59.47
3	V	Thomas TAYLOR	TVH	02:00.70
4	H	Luca MATHARU (U17)	Harrow	02:00.89
5	S	Bartosz PORZUCZEK	Serp	02:03.59
6				

800m Men B

Posn	No.	Athlete	Club	Perf
1	FF	Mohamed HASHI	ESM&EB	02:02.52
2	VV	Robert VALLANCE	TVH	02:04.36
3	HH	Jaran SINGH (U20)	Harrow	02:08.19
4	SS		Serp	02:30.48
5	MM	David NELSON	Higate&MC	02:46.07
6				

1500m Men A

Posn	No.	Athlete	Club	Perf
1	VV	Basil ROCK (U20)	TVH	04:02.93
2	F	Aidan AHERNE (U20)	ESM&EB	04:11.49
3	H	Christopher HUDSON (U20)	Harrow	04:15.01
4	LL	Kirk O'ROURKE	Hil'don	04:33.23
5	SS		Serp	05:04.00
6				

1500m Men B

Posn	No.	Athlete	Club	Perf
1	V	Chris THOMAS	TVH	04:03.37
2	FF	Jamie TAYLOR-CALDWELL	ESM&EB	04:17.60
3	HH	David LAWRENCE	Harrow	04:20.76
4	S	Nicola BARBERIS NEGRA	Serp	05:14.87
5				
6				

5000m Men A

Posn	No.	Athlete	Club	Perf	Wind
1	MM	Chris WRIGHT	Higate&MC	15:35.61	
2	VV	Robert VALLANCE	TVH	15:43.66	

5000m Men B

Posn	No.	Athlete	Club	Perf	Wind
1	M	Alex BAMPTON	Higate&MC	15:48.42	
2	V	James HORREX	TVH	16:24.25	

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

3	F	Chris MASON	ESM&EB	15:57.76	3	FF	Dan PORTER	ESM&EB	16:44.28
4	L	James LAING	Hil'don	16:06.43	4	LL	Kirk O'ROURKE	Hil'don	16:55.37
5	H	David BRANFOOT	Harrow	16:36.97	5	HH	Jim COOPER	Harrow	17:03.58
6	S	Mashhour AL-IBRAHIM	Serp	18:36.38	6	SS	Nicola BARBERIS NEGRA	Serp	18:41.22

110m Hurdles Men A

1.6

REC

110m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	H	Miguel PERERA	Harrow	14.19	1	HH	Dajon WRIGHT	Harrow	14.99
2	S	David ROBINSON	Serp	21.37	2				
3	V	Manuel DA SILVA	TVH	25.30	3				
4					4				
5					5				
6					6				

400m Hurdles Men A400m Hurdles Men B

Posn	No.	Athlete	Club	Perf	Posn	No.	Athlete	Club	Perf
1	H	Damaine BENJAMIN	Harrow	55.16	1	LL	Rhys FEAVIOUR	Hil'don	65.25
2	V	Andrew Dami AJUBE	TVH	55.31	2	VV	Robert VALLANCE	TVH	65.57
3	L	James EARLE (U20)	Hil'don	59.97	3	SS	Frank WOMELSDORF	Serp	90.52
4	F	Gus CARTER (U17)	ESM&EB	62.37	4				
5	S	David ROBINSON	Serp	69.56	5				
6					6				

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/20212000m S/Chase Men A

Posn	No.	Athlete	Club	Perf
1	V	Oliver NEWTON	TVH	06:20.02
2	F	Stefan RITTE	ESM&EB	06:32.96
3	H	Declan TRAYNOR	Harrow	07:11.05
4	S		Serp	07:50.64
5				
6				

2000m S/Chase Men B

Posn	No.	Athlete	Club	Perf
1	VV	Andrew FOOKS	TVH	06:54.01
2	FF	Robert BROWN	ESM&EB	08:02.47
3	HH	Nick ANDREWS	Harrow	08:09.98
4				
5				
6				

Long Jump Men A

Posn	Bib	Athlete	Club	Perf
1	VV	Joel BRIGHT-DAVIES	TVH	6.84
2	L	Sam FRASER	Hil'don	6.54
3	HH	Richard CARR	Harrow	6.48
4	MM	Remy WEINBRECHT (U17)	Higate&MC	5.83
5	FF	Hussein ZAAITER (U17)	ESM&EB	5.19
6	S	David ROBINSON	Serp	4.62

Long Jump Men B

Posn	Bib	Athlete	Club	Perf
1	V	Joe STEELE	TVH	5.85
2	M	Shlomo LEVY (U17)	Higate&MC	5.71
3	F	Gus CARTER (U17)	ESM&EB	4.66
4	SS	Stuart LEIGH	Serp	4.39
5	H	Noel REID	Harrow	4.16
6				

High Jump Men A

Posn	Bib	Athlete	Club	Perf
1	V	Michael ADEKUNLE	TVH	1.90
2	M	Arne ROSENTHAL (U17)	Higate&MC	1.75
3	L	Sam FRASER	Hil'don	1.70
4	H	Noel REID	Harrow	1.60
5	S	David ROBINSON	Serp	1.45
6	FF	Christopher HEPWORTH	ESM&EB	1.30

High Jump Men B

Posn	Bib	Athlete	Club	Perf
1	VV	Noor-Eldin MAHMOUD (U17)	TVH	1.90
2	LL	Duncan MEAZZO (U17)	Hil'don	1.60
3	HH	Nick ANDREWS	Harrow	1.40
4	SS	Stuart LEIGH	Serp	1.30
5	F	Hussein ZAAITER (U17)	ESM&EB	1.20
6				

Triple Jump Men A

Posn	Bib	Athlete	Club	Perf
1	M	Otis BAKKER (U17)	Higate&MC	13.33
2	VV	Solomon EKOKU (U20)	TVH	13.19
3	H	Richard CARR	Harrow	11.90
4	LL	Kirk O'ROURKE	Hil'don	10.70
5	FF		ESM&EB	10.02
6	S	David ROBINSON	Serp	9.76

Triple Jump Men B

Posn	Bib	Athlete	Club	Perf
1	V	Manuel DA SILVA	TVH	10.16
2	SS	Stuart LEIGH	Serp	9.28
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021Pole Vault Men A

Posn	Bib	Athlete	Club	Perf
1	F	Rubem MIRANDA	ESM&EB	5.25
2	H	Noel REID	Harrow	2.60
3	LL	Clive WICKHAM	Hil'don	2.30
4	SS	Frank WOMELSDORF	Serp	1.90
5				
6				

REC

Pole Vault Men B

Posn	Bib	Athlete	Club	Perf
1	FF	Martin DENSLEY	ESM&EB	2.60
2	HH	Nick ANDREWS	Harrow	2.40
3	L	Rhys FEAUIOUR	Hil'don	2.10
4				
5				
6				

Shot Men A

Posn	Bib	Athlete	Club	Perf
1	H	Marley YOUNG	Harrow	14.81
2	L	Kevin ACRAMAN	Hil'don	10.18
3	VV	Florian VOGEL	TVH	9.51
4	S	Frank WOMELSDORF	Serp	7.83
5	F	Seweryn CZAPKA (U20)	ESM&EB	6.40
6				

Shot Men B

Posn	Bib	Athlete	Club	Perf
1	HH	Khuwayne LINTON	Harrow	10.85
2	LL	Glen CROWIE	Hil'don	10.18
3	V	Kaveesh RAJAPAKSE (U20)	TVH	9.15
4	SS	Tony MCGAHAN	Serp	4.81
5				
6				

Discus Men A

Posn	Bib	Athlete	Club	Perf
1	HH	Saoirse CHINERY-EDOO	Harrow	44.07
2	LL	Glen CROWIE	Hil'don	26.35
3	V	Kaveesh RAJAPAKSE (U20)	TVH	25.25
4	F	Kai ENGLISH (U20)	ESM&EB	23.73
5	S	Frank WOMELSDORF	Serp	19.62
6				

Discus Men B

Posn	Bib	Athlete	Club	Perf
1	H	Marley YOUNG	Harrow	40.75
2	L	Kevin ACRAMAN	Hil'don	22.26
3	VV	Florian VOGEL	TVH	20.88
4	SS	Tony MCGAHAN	Serp	16.78
5				
6				

Hammer Men A

Posn	Bib	Athlete	Club	Perf
1	L	Kevin ACRAMAN	Hil'don	42.26
2	H	Marley YOUNG	Harrow	30.59
3	VV	Florian VOGEL	TVH	25.22
4	S	Frank WOMELSDORF	Serp	15.83
5				
6				

Hammer Men B

Posn	Bib	Athlete	Club	Perf
1	LL	Keith SELDON	Hil'don	20.13
2	HH	Alex STANISCI-BROWN (U17)	Harrow	18.23
3	SS	Tony MCGAHAN	Serp	11.80
4	V	Kaveesh RAJAPAKSE (U20)	TVH	11.53
5				
6				

Javelin Men A

Posn	Bib	Athlete	Club	Perf
1	H	Conor MARTIN	Harrow	57.23
2	F	Luke MILLER	ESM&EB	53.91
3	M	Jack LEVENE (U20)	Higate&MC	42.94
4	S	Frank WOMELSDORF	Serp	28.77
5	LL	Keith SELDON	Hil'don	28.20
6	VV	Oliver NEWTON	TVH	19.42

Javelin Men B

Posn	Bib	Athlete	Club	Perf
1	HH	David SKETCHLEY	Harrow	52.01
2	L	Stephen THOMPSON	Hil'don	21.81
3	SS	Tony MCGAHAN	Serp	13.90
4				
5				
6				

4 x 100m Men A

Posn	No.	Club	Runners	Perf
1	H	Harrow	Dominique OLANIYI Luke COLLIS Jaiden AARON Nickarlo BROWN	43.12
2	V	TVH	Nataniel GUTKOWSKI (U20) Joel HOUSLIN (U17) James GRINDLE (U20) Laurence	43.48

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

3	F	ESM&EB	William LORD Thomas SANDERS Zack CLARKE-GREEN (U17) Bilal UBA	50.16
4	S	Serp	Bartosz PORZUCZEK Stuart LEIGH Sodiq ABIOLA Mashhour AL-IBRAHIM	51.53
5	L	Hil'don	Calvin BUSULWA (U20) Jone fuata FREDERICK (U17) Jebez NDUKA (U17) Sam FR/	DQ
6				

4 x 400m Men A

Posn	No.	Club	Runners	Perf
1	V	TVH	James GRINDLE (U20) Joel HOUSLIN (U17) Jason HOYLE Basil ROCK (U20)	03:25.65
2	F	ESM&EB	Rowan BOARD Kirk LEBDIRI (U20) Seweryn CZAPKA (U20) Nick LANDEAU	03:33.52
3	H	Harrow	Luca MATHARU (U17) Malik JOHNSON Nathan KABEL (U17) Neil HOLLOWAY	03:34.16
4	L	Hil'don	Robert COMBE (U17) Zachary DICKENS (U17) Samuel KNIGHT (U17) Rhys FEAVIOL	04:06.58
5	S	Serp	Bartosz PORZUCZEK Frank WOMELSDORF David ROBINSON Mashhour AL-IBRAHIM	04:21.50
6				

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021
100m Women A

Posn	No.	Athlete	Club	Perf	Wind
					2.1 REC
1	V	Rachel MILLER	TVH	11.76	
2	M	Mariam ELGABRY	Higate&MC	12.53	
3	H	Milan JERVIER (U20)	Harrow	13.03	
4	F	Katherine BOISSIERE (U17)	ESM&EB	13.28	
5	S	Rhiannon NEEDHAM	Serp	15.12	
6					

100m Women B

Posn	No.	Athlete	Club	Perf	Wind
					2.5
1	VV	Brittany ROBINSON	TVH	12.32	
2	HH	Shana ROPER (U17)	Harrow	13.59	
3	FF	Eliezer ELLIOTT (U20)	ESM&EB	13.92	
4	MM	Amaka OKONKWO (U20)	Higate&MC	14.41	
5	SS	Hel JAMES	Serp	18.05	
6					

200m Women A

Posn	No.	Athlete	Club	Perf	Wind
					0.5
1	F	Erica WALLACE	ESM&EB	26.09	
2	M	Mariam ELGABRY	Higate&MC	26.66	
3	V	Jasmin TAYLOR (U20)	TVH	27.03	
4	L	Paulina DIBOTTI NKOMBE (Hil'don)	Hil'don	27.52	
5	H	Shana ROPER (U17)	Harrow	29.18	
6	S	Rhiannon NEEDHAM	Serp	32.03	

200m Women B

Posn	No.	Athlete	Club	Perf	Wind
					-0.2
1	HH	Julie-anne BOACHIE (U17)	Harrow	27.36	
2	VV	Charlotte BUCKLEY (U20)	TVH	27.49	
3	FF	Katherine BOISSIERE (U17)	ESM&EB	28.02	
4	LL	Angel DOYLE (U17)	Hil'don	29.32	
5	MM	Amy RUTHERFORD	Higate&MC	29.37	
6	SS	Hel JAMES	Serp	40.12	

400m Women A

Posn	No.	Athlete	Club	Perf
1	F	Erica WALLACE	ESM&EB	59.87
2	H	Evie GRICE	Harrow	60.73
3	V	Katie SHERLOCK (U20)	TVH	61.52
4	L	Clara HIGGS (U20)	Hil'don	61.92
5	S	Rhiannon NEEDHAM	Serp	71.74
6				

400m Women B

Posn	No.	Athlete	Club	Perf
1	HH	Maggie FLEET (U20)	Harrow	63.33
2	FF	Lilia KHAN (U20)	ESM&EB	70.30
3	VV	Georgia HANLEY	TVH	72.69
4				
5				
6				

800m Women A

Posn	No.	Athlete	Club	Perf
1	V	Charlotte BUCKLEY (U20)	TVH	02:20.55
2	L	Clara HIGGS (U20)	Hil'don	02:23.30
3	HH	Anya FREELY (U20)	Harrow	02:35.75
4	F	Rachael BADHAM	ESM&EB	02:37.57
5	S	Becky WEST	Serp	02:43.94
6				

800m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Catherine ALLEN	TVH	02:33.45
2				
3				
4				
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/20211500m Women A

Posn	No.	Athlete	Club	Perf
1	M	Felicity WILLIAMSON-SARLL	Higate&MC	04:49.34
2	V	Sarah JOHNSON	TVH	04:53.72
3	HH	Lucy ASHE	Harrow	05:00.90
4	L	Jasmine WOOD (U20)	Hil'don	05:08.69
5	FF	Leanne SMITH	ESM&EB	05:30.32
6	S	Lynne MAUGHAN	Serp	05:48.35

1500m Women B

Posn	No.	Athlete	Club	Perf
1	MM	Ellen DONALD (U20)	Higate&MC	04:54.39
2	VV	Lara STERRITT	TVH	05:02.64
3	H	Sofia LATHAM (U17)	Harrow	05:06.77
4	LL	Hannah WELLS	Hil'don	05:13.94
5	F	Nicola PAYNE	ESM&EB	05:44.99
6	SS		Serp	06:37.28

3000m Women A

Posn	No.	Athlete	Club	Perf
1	V	Sarah JOHNSON	TVH	10:12.64
2	H	Lucy ASHE	Harrow	10:42.97
3	MM	Lauren LONGHURST	Higate&MC	10:59.78
4	L	Hannah WELLS	Hil'don	11:07.75
5	F	Angel GRIMES MCTAVISH	ESM&EB	11:36.93
6	S	Lynne MAUGHAN	Serp	12:42.38

3000m Women B

Posn	No.	Athlete	Club	Perf
1	VV	Lisa DA SILVA	TVH	10:56.79
2	LL	Freya HOLLINGSWORTH	Hil'don	11:39.79
3	M	Vicky FREW	Higate&MC	11:46.25
4	FF	Nicola PAYNE	ESM&EB	11:59.41
5	HH	Jennifer KEAL	Harrow	12:03.71
6	SS	Sarah AL SUDAIRY	Serp	13:19.67

100m Hurdles Women A

Posn	Athlete	Club	Perf	Wind
1	F Joy CHOUFAR (U20)	ESM&EB	18.36	2.3
2	V Charlotte BUCKLEY (U20)	TVH	20.74	
3				
4				
5				
6				

100m Hurdles Women B

Posn	No.	Athlete	Club	Perf	Wind
1	VV	Rosie VALLANCE	TVH	24.91	2.3
2					
3					
4					
5					
6					

400m Hurdles Women A

Posn	No.	Athlete	Club	Perf
1	V	Charlotte BUCKLEY (U20)	TVH	68.17
2	H	Maggie FLEET (U20)	Harrow	69.00
3	F	Joy CHOUFAR (U20)	ESM&EB	79.93
4				
5				
6				

400m Hurdles Women B

Posn	No.	Athlete	Club	Perf
1	VV	Rosie VALLANCE	TVH	84.59
2	HH	Sarah ANDREWS (U20)	Harrow	93.90
3				
4				
5				
6				



## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/20212000m S/Chase Women A

Posn	No.	Athlete	Club	Perf
1	V	Rosie VALLANCE	TVH	07:34.20
2	H	Eilish O'GRADY	Harrow	07:43.47
3	L	Jasmine WOOD (U20)	Hil'don	09:00.93
4	S	Victoria BROWN	Serp	09:06.77
5	F	Tanisha PRINCE	ESM&EB	09:36.80
6				

2000m S/Chase Women B

Posn	No.	Athlete	Club	Perf
1	HH	Jennifer KEAL	Harrow	09:24.25
2	VV	Diana KENNEDY	TVH	09:43.27
3	LL	Angel DOYLE	Hil'don	10:16.77
4				
5				
6				

High Jump Women A

Posn	Bib	Athlete	Club	Perf
1	M	Greta LARGE (U20)	Higate&MC	1.50
2	HH	Megan BAILEY	Harrow	1.50
3	F	Katherine BOISSIERE (U17)	ESM&EB	1.45
4	V	Charlotte BUCKLEY (U20)	TVH	1.45
5	S		Serp	0.90
6				

High Jump Women B

Posn	Bib	Athlete	Club	Perf
1	H	Julie-anne BOACHIE (U17)	Harrow	1.45
2	MM	Camille ALAPHILIPPE (U17)	Higate&MC	1.45
3	VV	Zoe RENOUX	TVH	1.35
4	FF	Helen LEADBETTER	ESM&EB	1.25
5				
6				

Long Jump Women A

Posn	Bib	Athlete	Club	Perf
1	V	Kerstin POHLMANN	TVH	5.24
2	M	Camille ALAPHILIPPE (U17)	Higate&MC	5.10
3	HH	Tianna CAMPBELL (U20)	Harrow	4.93
4	FF	Helen LEADBETTER	ESM&EB	4.28
5	S	Rhiannon NEEDHAM	Serp	3.55
6				

Long Jump Women B

Posn	Bib	Athlete	Club	Perf
1	H	Julie-anne BOACHIE (U17)	Harrow	4.84
2	MM	April ALLAN (U17)	Higate&MC	4.11
3	VV	Katie SHERLOCK (U20)	TVH	3.83
4	SS		Serp	2.55
5				
6				

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021Triple Jump Women A

Posn	Bib	Athlete	Club	Perf
1	V	Angela BARRETT	TVH	12.52
2	H	Adedoyin ADEYANJU (U20)	Harrow	10.70
3	FF	Helen LEADBETTER	ESM&EB	9.43
4	MM	Camille ALAPHILIPPE (U17)	Higate&MC	9.04
5	L	Jasmine WOOD (U20)	Hil'don	7.60
6	S	Rhiannon NEEDHAM	Serp	6.94

Triple Jump Women B

Posn	Bib	Athlete	Club	Perf
1	VV	Kerstin POHLMANN	TVH	11.06
2	M	April ALLAN (U17)	Higate&MC	8.48
3				
4				
5				
6				

Pole Vault Women A

Posn	Bib	Athlete	Club	Perf
1	H	Megan BAILEY	Harrow	3.65
2	F	Helen LEADBETTER	ESM&EB	2.40
3				
4				
5				
6				

Pole Vault Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Hannah ANDREWS (U17)	Harrow	1.80
2				
3				
4				
5				
6				

Shot Women A

Posn	Bib	Athlete	Club	Perf
1	H	Emma BEARDMORE	Harrow	11.33
2	VV	Laurensa BRITANE	TVH	10.02
3	M	Sonia MARTINEZ-ROURA	Higate&MC	8.89
4	L	Lucy WILCOCK (U17)	Hil'don	7.77
5	FF	Rachael BADHAM	ESM&EB	5.94
6	S	Elizabeth AYRES	Serp	5.13

Shot Women B

Posn	Bib	Athlete	Club	Perf
1	HH	Makayla JOSEPH (U20)	Harrow	9.68
2	V	Carla LETHEBY	TVH	9.34
3	LL	Angel DOYLE (U17)	Hil'don	5.94
4	MM	Juliet KAVANAGH	Higate&MC	5.94
5	F	Patricia THOMAS	ESM&EB	4.72
6				

Discus Women A

Posn	Bib	Athlete	Club	Perf
1	H	Emma BEARDMORE	Harrow	41.83
2	V	Laurensa BRITANE	TVH	36.32
3	M	Sonia MARTINEZ-ROURA	Higate&MC	21.27
4	F	Denise ENGLISH	ESM&EB	15.03
5	L	Angel DOYLE (U17)	Hil'don	11.47
6	SS		Serp	11.43

Discus Women B

Posn	Bib	Athlete	Club	Perf
1	VV	Carla LETHEBY	TVH	33.85
2	MM	Juliet KAVANAGH	Higate&MC	14.61
3	FF	Nicola RAVENHILL	ESM&EB	11.84
4	HH	Keya JAIN (U17)	Harrow	11.72
5	LL	Lorraine KINGSTON	Hil'don	11.15
6	S	Elizabeth AYRES	Serp	9.88

## SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021
Hammer Women A

Posn	Bib	Athlete	Club	Perf
1	H	Emma BEARDMORE	Harrow	48.50
2	V	Carla LETHEBY	TVH	35.34
3	M	Sonia MARTINEZ-ROURA	Higate&MC	28.25
4				
5				
6				

Hammer Women B

Posn	Bib	Athlete	Club	Perf
1	MM	Aisha MOHAMMED- MARICI	Higate&MC	24.49
2	HH	Keya JAIN (U17)	Harrow	14.43
3	VV	Rosie VALLANCE	TVH	7.43
4				
5				
6				

Javelin Women A

Posn	Bib	Athlete	Club	Perf
1	V	Lauren BRITANE	TVH	35.57
2	LL	Lucy WILCOCK (U17)	Hil'don	30.15
3	M	Sonia MARTINEZ-ROURA	Higate&MC	27.64
4	H	Evie GRICE	Harrow	24.70
5	SS	Elizabeth AYRES	Serp	10.68
6	FF	Patricia THOMAS	ESM&EB	7.94

Javelin Women B

Posn	Bib	Athlete	Club	Perf
1	VV	Olga KOTMILOSI	TVH	33.69
2	HH	Anya FREELY (U20)	Harrow	22.27
3	MM	Aisha MOHAMMED- MARICI	Higate&MC	21.09
4	S	Hel JAMES	Serp	8.99
5	F	Nicola RAVENHILL	ESM&EB	7.07
6				

4 x 100m Women A

Posn	No.	Club	Runners	Perf
1	F	ESM&EB	Joy CHOUFAR (U20) Eliezer ELLIOTT (U20) Lilia KHAN (U20) Katherine BOIS	53.16
2	H	Harrow	Milan JERVIER (U20) Shana ROPER (U17) Julie-anne BOACHIE (U17) Adedoyi	55.18
3	L	Hil'don		57.68
4	M	Higate&MC	Amaka OKONKWO (U20) Felicity WILLIAMSON-SARLL April ALLAN (U17) Amy	58.08
5	V	TVH	Zoe RENOUX Georgia HANLEY Lara STERRITT Catherine ALLEN	63.89
6	S	Serp	Rhiannon NEEDHAM Hel JAMES Becky WEST Elizabeth AYRES	73.14

4 x 400m Women A

Posn	No.	Club	Runners	Perf
1	H	Harrow	Anya FREELY (U20) Evie GRICE Maggie FLEET (U20) Eilish O'GRADY	04:25.25
2	M	Higate&MC	Amy RUTHERFORD Janine MAKARONIDIS Lauren LONGHURST Ellen DONALD	04:36.78
3	V	TVH	Georgia HANLEY Lara STERRITT Catherine ALLEN Angela BARRETT	04:41.54
4	S	Serp	Rhiannon NEEDHAM Sarah AL SUDAIRY Becky WEST Lynne MAUGHAN	05:38.20
5				
6				

SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

**NON-SCORERS****400m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

**NON-SCORERS****400m Hurdles Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

**100m Men (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						2.5
1	235	James GRINDLE	U20	TVH	11.01	
2	240	Joel HOUSLIN	U17	TVH	11.07	
3	232	Dominique OLANIYI	Sen	Harrow	11.27	
4	230	Ricahrd CARR	Sen	Harrow	11.33	
5	237	Oluwole ORIMOLOYE	U20	TVH	11.34	
6	210	Shay JAMES	U20 Men	ESM	11.47	
7						
8						

**100m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						2.5
1	203	Jasmin TAYLOR	U20	TVH	12.93	
2	17	Amy RUTHERFORD	Senior Women	Higate	14.06	
3	201	April ALLAN	U17 Women	Higate	14.58	
4						
5						
6						
7						
8						

**100m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						1.6
1	264	Jaiden AARON	sen	Harrow	11.10	
2	231	Nickarlo BROWN	Sen	Harrow	11.30	
3	204	Laurence OWEN	Sen	TVH	11.56	
4	234	Natanial GUTKOWSKI	U20 Men	TVH	11.85	
5	227	Jebez NDUKA	U17 Men	Hil'don	12.97	
6	228	Ajraj GILL KAUR	U17 Men	Hil'don	13.22	
7						
8						

**100m Women (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

**200m Men (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						1.2
1	235	James GRINDLE	U20	TVH	22.44	
2	280	Damaine BENJAMIN	Sen	Harrow	22.99	
3	276	Neil HOLLOWAY	Sen	Harrow	23.11	
4	231	Nickarlo BROWN	Sen	Harrow	23.88	
5	204	Laurence OWEN	Sen	TVH	24.12	
6	206	Thomas SANDERS	Senior Men	ESM	24.22	
7						
8						

**200m Women (1)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

**200m Men (2)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0.5
1	262	Duncan MEAZZO	U17	Hillingdon	24.31	
2	258	Kirk LEBDIRI	Sen	ESM	24.40	
3	234	Natanial GUTKOWSKI	U20 Men	TVH	24.93	
4	273	Zachary DICKINS	U17	Hillingdon	25.32	
5	271	Robert COMBE	U17	Hillingdon	25.40	
6	274	Jabbil GHIBWANA	Sen	Harrow	25.81	
7						
8						

**200m Men (3)**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
						0.7
1	270	Nathan FADARE	U20	Hillingdon	26.27	
2	223	Ellis WATSON	U17 Men	Hil'don	26.88	
3	246	Samuel KNIGHT	U17	Hillingdon	28.99	
4						
5						
6						
7						
8						

**400m Men****400m Women**

SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

Posn	Bib	Athlete	Age Group	Club	Perf	Posn	Bib	Athlete	Age Group	Club	Perf
1	236	Dawood CHOCHAN	U20	Harrow	51.84	1					
2	243	Finley SMITH	U17	Harrow	52.26	2					
3	206	Thomas SANDERS	Senior Men	ESM	53.83	3					
4	258	Kirk LEBDIRI	Sen	ESM	54.01	4					
5	244	Brandan BURNETT	U23		54.96	5					
6	250	Kai STRNCHAN	U20	Harrow	55.52	6					
7	246	Samuel KNIGHT	U17	Hillingdon	63.93	7					
8						8					

**800m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	242	Malik JOHNSON	Sen	Harrow	02:10.23
2	233	Michael O'SULLIVAN	Sen	Harrow	02:13.21
3	207	Liam FENN	U17	Harrow	02:14.65
4					
5					
6					
7					
8					

**800m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					
7					
8					

**1500m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	216	Elias AHMED	U20 Men	ESM	04:02.28
2	278	Graham LAMBERT	U20	Harrow Sc	04:06.85
3	221	Chris HEPWORTH	Sen	ESM	04:08.06
4	217	Jack WHITEBURY	Senior Men	EaLERC	04:34.50
5	233	Michael O'SULLIVAN	Sen	Harrow	04:36.52
6	214	Tom EDGAR	U20	ESM	04:37.45
7	219	Niall GILCHRIST	Senior Men	EaLERC	04:40.60
8	275	Shami UMASHANKAR	U20	TVH	04:52.27

**1500m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	282	Catherine AIREY	Sen	Highgate	04:55.02
2	260	Verity HOPKINS	Sen	TVH	04:57.64
3	255	Niamh MURPHY	U20	TVH	05:11.72
4	254	Georgia HANLEY	Sen	TVH	05:15.73
5	279	Lauren RUSSELL	U17 Women	Higate	05:22.78
6	283	Freya HOLLINGSWORTH	Sen	Hillingdon	05:28.81
7					
8					

**5000m Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	257	Fahad ABDI	Sen	Hillingdon	16:32.58
2	225	Sean HANRAHAN	Sen	ESM	17:08.22
3	251	Donal MORAN	V45	MornC	17:47.79
4	226	Colin FOSTER	Sen	ESM	17:55.41
5	224	Nils-kristian LIBORG	Senior Men	EaLERC	18:34.27
6	222	Greg FERNANDES-LAWES	Senior Men	EaLERC	18:58.32
7	265	Rob HAWKES	Sen	Harrow	20:22.87
8	252	Lachlan STIBBARD HAWKES	Senior Men	MornC	20:55.89
9					
10					

**3000m Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1	260	Verity HOPKINS	Sen	TVH	10:14.74
2	253	Catherine ALLEN	Senior Women	TVH	10:48.62
3	247	Sarah FUNDERBURK	Sen	MornC	11:27.45
4	248	Janine MAKARONIDIS	Sen	MornC	11:47.58
5	267	Ciara WILLIAMS	Sen	Hillingdon	12:00.45
6	238	Victoria ROBINSON	Sen	Serp	12:03.44
7	249	Rebecca TAYLOR	V45	MornC	12:09.19
8					
9					
10					

**110m Hurdles Men**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

**100m Hurdles Women**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1						
2						
3						
4						
5						
6						
7						
8						

**4 by 100m Men**

Posn	Bib	Athlete	Age Group	Club	Perf

**S/Chase Women**

Posn	Bib	Athlete	Age Group	Club	Perf

SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

1	888	4by100m Men	Sen	ESM	57.47	1
2						2
3						3
4						4
5						5
6						6
7						7
8						8

**Hammer Men**

Posn	Bib	Athlete	Age Group	Club	Perf
1	241	Stephen THOMPSON	Senior Men	Hil'don	20.37
2					
3					
4					
5					
6					

**Hammer Women**

Posn	Bib	Athlete	Age Group	Club	Perf
1					
2					
3					
4					
5					
6					

**Discus Men**

Posn	Bib	Athlete	Age Group	Club	Perf	weight
1	284	Tony MCGAHAN	V65	Serp	11.81	1.00KG
2	277	Tommy MACKAY	U17	Harrow Sc	33.06	1.50KG
3	202	James ISAACS	U20	Shaftsbury	39.45	1.75KG
4						
5						
6						

**Discus Women**

Posn	Bib	Athlete	Age Group	Club	Perf	weight
1	272	Katie WEBB	U20	Shaftsbury	36.71	1.00kg
2						
3						
4						
5						
6						

**Javelin Men**

Posn	Bib	Athlete	Age Group	Club	Perf	weight
1	300	Arne ROSENTHAL	U17	Highgate	32.15	700g
2	261	Anothony PAPIER	U17	Harrow	40.61	700g
3	269	Marcos KANTARIS	U17	Harrow Sc	44.09	700g
4						
5						
6						

**Javelin Women**

Posn	Bib	Athlete	Age Group	Club	Perf	WEIGHT
1	268	Aisha MOHAMED-MARICHE	U17	Highgate	28.82	500G
2	999	Lucy WILCOCK	U17 Women	Hil'don	31.39	500G
3						
4						
5						
6						

**Shot Men**

Posn	Bib	Athlete	Age Group	Club	Perf	WEIGHT
1	208	Baba OBATOYINBO	U17	Harrow Sc	11.86	5kg
2	209	Iyanu ADEMUWAGUN	Sen	Harrow Sc	12.76	6kg
3	202	James ISAACS	U20	Shaftsbury	13.32	6kg
4						
5						
6						

**Shot Women**

Posn	Bib	Athlete	Age Group	Club	Perf	weight
1	245	Lorraine KINGSTON	V50	Hillingdon	5.41	4kg
2	256	Olgar KOTMILOSI	Sen	TVH	8.79	
3						
4						
5						
6						

**Long Jump Men**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
------	-----	---------	-----------	------	------	------

**Long Jump Women**

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
------	-----	---------	-----------	------	------	------

SOUTHERN ATHLETICS LEAGUE North West London BANNISTER SPORTS CENTRE

20/06/2021

1	259 Ebenezer JOSEPH	Sen	TVH	6.08	1
2					2
3					3
4					4
5					5
6					6

Triple Jump Men

Posn	Bib	Athlete
1		
2		
3		
4		
5		
6		

Age Group Club Perf Wind

Triple Jump Women

Posn	Bib	Athlete	Age Group	Club	Perf	Wind
1	268	Aisha MOHAMED-MARICHE	U17	Highgate	8.13	
2						
3						
4						
5						
6						

High Jump MenHigh Jump Women