

## Southern Athletics League - North West London

### Uxbridge, 11th July 2021

100 SM A	Pos	Perf	Name	AG	Club
	1	11.2	Clyde Anucha	SEN	M Thames Valley/Queen Mary & Westfield Colle
	2	<b>11.4</b>	<b>Luke Collis</b>	<b>U23</b>	<b>M Harrow</b>
	3	11.6	Bilal Uba	U23	M Ealing Southall & Middx
	4	11.9	Zavier Achiampong	U20	M Highgate
	5	12.5	Sodiq Abiola	SEN	M Serpentine/Nigeria

100 SM B	Pos	Perf	Name	AG	Club
	1	11.6	Zack Clarke-Green	U17	M Ealing Southall & Middx
	2	<b>11.6</b>	<b>Dominique Olaniyi</b>	<b>U23</b>	<b>M Harrow</b>
	3	11.9	Ebenezer Joseph	SEN	M Thames Valley
	4	13.2	Neil Middleton	V55	M Highgate/Southern Counties Vets
	5	13.9	Jeremy Freer	V45	M Serpentine

100 SW A	Pos	Perf	Name	AG	Club
	1	<b>13.2</b>	<b>Synne Frydenlund</b>	<b>SEN</b>	<b>W Harrow</b>
	2	13.5	Asia Amede Charles	U17	W Thames Valley
	3	13.8	Katharine Boissiere	U17	W Ealing Southall & Middx
	4	13.8	Izzy Musa	U20	W Hillingdon
	5	15	Jade Sillere	SEN	W Highgate/MC
	6	15.3	Rhiannon Needham	V40	W Serpentine/Veterans

100 SW B	Pos	Perf	Name	AG	Club
	1	<b>13</b>	<b>Milan Jervier</b>	<b>U20</b>	<b>W Harrow</b>
	2	13.2	Veronika Filobokova	U17	W Thames Valley
	3	13.9	Esme Devlin	U20	W Hillingdon
	4	14.1	Alima Diabate	SEN	W Highgate/Greenwich University
	5	14.2	Eliezer Elliott	U20	W Ealing Southall & Middx
	6	18.5	Hel James	V65	W Serpentine/Hastings AC/Veterans

100 SW ns1	Pos	Perf	Name	AG	Club
	1	<b>13.2</b>	<b>Simona Simeonova</b>	<b>U23</b>	<b>W Harrow</b>
	2	13.9	Carla Salandy	U17	W Hillingdon
	3	14	Keziah Sizya	U17	W Hillingdon
	4	<b>14</b>	<b>Shana Roper</b>	<b>U17</b>	<b>W Harrow</b>
	5	14.5	Jemima Lee	U17	W Highgate
	6	14.6	Tyrah Joseph	U17	W Highgate

200 SM A	Pos	Perf	Name	AG	Club
	1	<b>22.1</b>	<b>Luke Collis</b>	<b>U23</b>	<b>M Harrow</b>
	2	22.9	Zack Clarke-Green	U17	M Ealing Southall & Middx
	3	23	Clyde Anucha	SEN	M Thames Valley/Queen Mary & Westfield Colle
	4	24.7	Remy Weinbrecht	U17	M Highgate
	5	26.8	Sodiq Abiola	SEN	M Serpentine/Nigeria

200 SM B	Pos	Perf	Name	AG	Club
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1	22.8	Bilal Uba	U23	M	Ealing Southall & Middx
2	<b>23.4</b>	<b>Richard Carr</b>	<b>V35</b>	<b>M</b>	<b>Harrow</b>
3	24.8	Edward Sesay	U20	M	Thames Valley
4	26.9	Neil Middleton	V55	M	Highgate/Southern Counties Vets
5	28.6	Jeremy Freer	V45	M	Serpentine

200 SM ns1 Pos

	Perf	Name	AG		Club
1	23.6	Kai English	U20	M	Ealing Southall & Middx
2	<b>23.6</b>	<b>Nathan Kabel</b>	<b>U17</b>	<b>M</b>	<b>Harrow</b>
3	25.1	Harjeet Gill	U20	M	Ealing Southall & Middx
4	25.6	Craig Alfred	SEN	M	Ealing Southall & Middx
5	<b>25.9</b>	<b>Jabbil Chibwana</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>

200 SM ns2 Pos

	Perf	Name	AG		Club
1	<b>24</b>	<b>Brandon Burnett</b>	<b>U23</b>	<b>M</b>	<b>Harrow</b>
2	24.5	Kirk Lebdiri	U20	M	Ealing Southall & Middx
3	<b>25</b>	<b>Kai Strachan</b>	<b>U20</b>	<b>M</b>	<b>Harrow</b>
4	<b>28.3</b>	<b>Jason Kabel</b>	<b>V45</b>	<b>M</b>	<b>Harrow</b>
5	29.3	David Hinds	V70	M	Serpentine/Veterans

200 SW A Pos

	Perf	Name	AG		Club
1	<b>26.1</b>	<b>Synne Frydenlund</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
2	26.4	Erica Wallace	U23	W	Ealing Southall & Middx
3	27.1	Paulina Dibotti Nkombe	U17	W	Hillingdon
4	27.5	Asia Amede Charles	U17	W	Thames Valley
5	27.6	Ashia Logie	U17	W	Highgate

200 SW B Pos

	Perf	Name	AG		Club
1	26.8	Veronika Filobokova	U17	W	Thames Valley
2	<b>27.7</b>	<b>AN Other</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
3	27.9	Katharine Boissiere	U17	W	Ealing Southall & Middx
4	28.4	Keziah Sizya	U17	W	Hillingdon

400 SM A Pos

	Perf	Name	AG		Club
1	<b>49.8</b>	<b>Max Schopp</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
2	52	Liam Holbrook	SEN	M	Hillingdon/LSE
3	52.3	Neon Richards	U20	M	Thames Valley
4	52.8	Rowan Board	SEN	M	Ealing Southall & Middx/Nottingham Uni
5	63.1	Dave Robinson	V40	M	Serpentine
6	63.7	Anton Petrescu	SEN	M	Mornington Chasers

400 SM B Pos

	Perf	Name	AG		Club
1	<b>52.1</b>	<b>Nathan Kabel</b>	<b>U17</b>	<b>M</b>	<b>Harrow</b>
2	52.1	Kirk Lebdiri	U20	M	Ealing Southall & Middx
3	56.1	Adrian Hemery	V35	M	Thames Valley
4	63.5	Jeremy Freer	V45	M	Serpentine

400 SM ns Pos

	Perf	Name	AG		Club
1	<b>51</b>	<b>Jaiden Aaron</b>	<b>U23</b>	<b>M</b>	<b>Harrow</b>
2	61.6	Jariel Matheson	U20	M	Ealing Southall & Middx

400 SW A	Pos	Perf	Name	AG	Club
	1	60.4	Katie-Marie Sherlock	U20	W Thames Valley
	2	61.2	Erica Wallace	U23	W Ealing Southall & Middx
	3	61.4	Clara Higgs	U20	W Hillingdon
	4	<b>61.5</b>	<b>Maggie Fleet</b>	<b>U20</b>	<b>W Harrow</b>
400 SW B	Pos	Perf	Name	AG	Club
	1	60.2	Madeleine Casey	U20	W Thames Valley
	2	63.4	Charlotte Cooney-Quinn	U20	W Ealing Southall & Middx
	3	<b>66.9</b>	<b>Olivia Matharu</b>	<b>U17</b>	<b>W Harrow</b>
400 SW ns	Pos	Perf	Name	AG	Club
	1	64.5	Olivia Sparks	U17	W Thames Valley
800 SM A	Pos	Perf	Name	AG	Club
	1	01:58.2	Seweryn Czapka	U20	M Ealing Southall & Middx
	2	01:58.8	Liam Holbrook	SEN	M Hillingdon/LSE
	3	<b>02:00.1</b>	<b>Christopher Hudson</b>	<b>U20</b>	<b>M Harrow</b>
	4	02:01.1	Robert Vallance	SEN	M Thames Valley/Manchester Uni
	5	02:02.3	Finlay Sleeman	U20	M Highgate
	6	02:22.0	Philip Whitehouse	SEN	M Serpentine
800 SM B	Pos	Perf	Name	AG	Club
	1	02:00.4	Abdifatah Khalif	U20	M Hillingdon
	2	02:00.4	Mohamed Hashi	SEN	M Ealing Southall & Middx/Harrow
	3	02:04.7	Jake Hooley	U23	M Thames Valley/York Uni
	4	02:04.8	Sam Amdor	U17	M Highgate
	5	<b>02:07.5</b>	<b>Jaran Singh</b>	<b>U20</b>	<b>M Harrow</b>
800 SW A	Pos	Perf	Name	AG	Club
	1	02:17.7	Madeleine Casey	U20	W Thames Valley
	2	02:19.0	Clara Higgs	U20	W Hillingdon
	3	02:21.4	Felicity Williamson-Sarll	SEN	W Cardiff/Cambridge Uni
	4	<b>02:23.1</b>	<b>Sofia Latham</b>	<b>U17</b>	<b>W Harrow</b>
	5	02:36.0	Charlotte Cooney-Quinn	U20	W Ealing Southall & Middx
	6	02:40.9	Victoria Brown	V45	W Serpentine
800 SW B	Pos	Perf	Name	AG	Club
	1	02:18.4	Charlotte Buckley	U20	W Thames Valley
	2	<b>02:33.3</b>	<b>Anya Freely</b>	<b>U20</b>	<b>W Harrow</b>
1500 SM A	Pos	Perf	Name	AG	Club
	1	04:11.3	Seweryn Czapka	U20	M Ealing Southall & Middx
	2	04:13.8	Jonathan Poole	V35	M Serpentine
	3	04:14.4	Thomas Taylor	SEN	M Manchester H/Imperial College
	4	<b>04:34.4</b>	<b>Liam Fenn</b>	<b>U17</b>	<b>M Harrow</b>
	5	04:35.6	Finn Combe	U17	M Hillingdon
1500 SM B	Pos	Perf	Name	AG	Club

1	04:31.0	Chris Mason	V35	M	Ealing Southall & Middx
2	<b>04:35.4</b>	<b>Malik Johnson</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
3	04:43.0	Zachary Dickens	U17	M	Hillingdon
4	04:51.5	Manuel Da Silva	V35	M	Thames Valley
5	04:52.3	Michele Bottone	V40	M	Serpentine/Italy

1500 SW A Pos

	Perf	Name	AG		Club
1	04:34.1	Emma MacAlister Hall	SEN	W	Highgate
2	04:56.7	Nicola Ravenhill	U23	W	Ealing Southall & Middx/Nottingham Uni
3	05:03.3	Juliet Parson	U17	W	Thames Valley
4	<b>05:03.9</b>	<b>Lucy Ashe</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
5	05:37.0	Victoria Brown	V45	W	Serpentine

1500 SW B Pos

	Perf	Name	AG		Club
1	05:18.7	Amelia Casey	U23	W	Thames Valley
2	<b>05:28.3</b>	<b>Olivia Matharu</b>	<b>U17</b>	<b>W</b>	<b>Harrow</b>
3	05:29.2	Sarah Harris	V40	W	Ealing Southall & Middx
4	05:52.6	Sarah Al Sudairy	V35	W	Serpentine

3000 SM A Pos

	Perf	Name	AG		Club
1	08:53.7	Jonathan Poole	V35	M	Serpentine
2	08:55.6	Chris Mason	V35	M	Ealing Southall & Middx
3	09:08.3	Robert Vallance	SEN	M	Thames Valley/Manchester Uni
4	09:22.9	Jack Mcvann	SEN	M	Hillingdon
5	<b>09:30.3</b>	<b>David Branfoot</b>	<b>V40</b>	<b>M</b>	<b>Harrow</b>
6	09:56.1	Donal Moran	V45	M	Mornington Chasers

3000 SM B Pos

	Perf	Name	AG		Club
1	09:22.2	Chris Hepworth	SEN	M	Ealing Southall & Middx
2	09:23.9	Martin Bateman	V40	M	Hillingdon
3	09:28.2	Jake Hooley	U23	M	Thames Valley/York Uni
4	<b>09:36.7</b>	<b>Michael O'Sullivan</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
5	10:08.1	Michele Bottone	V40	M	Serpentine/Italy
6	11:54.2	Paul Sant	V40	M	Mornington Chasers

3000 SM n: Pos

	Perf	Name	AG		Club
1	09:53.2	Kirk O'Rourke	SEN	M	Hillingdon
2	<b>10:00.0</b>	<b>Jim Cooper</b>	<b>V45</b>	<b>M</b>	<b>Harrow</b>
3	10:10.2	Steve Norris	V50	M	Thames Valley
4	11:19.6	Christian Nielsen	V45	M	Thames Valley/Denmark
5	11:35.1	Anton Petrescu	SEN	M	Mornington Chasers
6	<b>11:37.7</b>	<b>Robert Hawkes</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
7	11:47.0	Thomas Horrex	U23	M	Thames Valley/Brunel Uni London

5000 SW A Pos

	Perf	Name	AG		Club
1	<b>18:41.2</b>	<b>Lucy Ashe</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
2	18:48.4	Lisa Da Silva	V35	W	Thames Valley
3	19:28.6	Lisa Wenninger	V35	W	Highgate/Germany
4	19:39.6	AN Other	SEN	W	Hil'don
5	19:42.2	Victoria Brown	V45	W	Serpentine

	6	19:44.1	Nicola Payne	SEN	W	Ealing Southall & Middx
5000 SW B Pos		Perf	Name	AG		Club
	1	<b>19:00.0</b>	<b>Emily Antcliffe</b>	<b>V40</b>	<b>W</b>	<b>Harrow</b>
	2	19:23.1	Catherine Allen	SEN	W	Thames Valley
	3	19:32.8	Sarah Funderburk	V35	W	Mornington Chasers
	4	20:11.4	Victoria Basquill	V45	W	Serpentine
	5	20:28.6	Karmen Pardoe	V50	W	Hillingdon
100HW SW Pos		Perf	Name	AG		Club
	1	<b>14.9</b>	<b>Emily Russell</b>	<b>U23</b>	<b>W</b>	<b>Harrow</b>
	2	18.3	Joy Choufar	U20	W	Ealing Southall & Middx
	3	20.3	Charlotte Buckley	U20	W	Thames Valley
100HW SW Pos		Perf	Name	AG		Club
	1	<b>19</b>	<b>Megan Bailey</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
	2	19.8	Laura Stewart	U23	W	Ealing Southall & Middx
	3	25.7	Tasha Mundell	U23	W	Thames Valley
110H SM A Pos		Perf	Name	AG		Club
	1	<b>15</b>	<b>Dajon Wright</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	17.1	Florian Vogel	V35	M	Thames Valley/Australia
	3	22.2	Dave Robinson	V40	M	Serpentine
110H SM B Pos		Perf	Name	AG		Club
	1	<b>15</b>	<b>AN Other</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	24.8	Manuel Da Silva	V35	M	Thames Valley
400H SM A Pos		Perf	Name	AG		Club
	1	<b>56.5</b>	<b>Damaine Benjamin</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	57.5	Neon Richards	U20	M	Thames Valley
	3	65.3	Stefan Ritte	SEN	M	Ealing Southall & Middx
	4	67.5	Rhys Feaviour	U23	M	Hillingdon
	5	68.7	Dave Robinson	V40	M	Serpentine
400H SM B Pos		Perf	Name	AG		Club
	1	62.3	Adrian Hemery	V35	M	Thames Valley
	2	73.6	Stuart Leigh	V55	M	Serpentine/Veterans
	3	<b>76</b>	<b>Declan Traynor</b>	<b>V40</b>	<b>M</b>	<b>Harrow</b>
400HW SW Pos		Perf	Name	AG		Club
	1	65.4	Charlotte Buckley	U20	W	Thames Valley
	2	<b>67.9</b>	<b>Maggie Fleet</b>	<b>U20</b>	<b>W</b>	<b>Harrow</b>
	3	75.8	Laura Stewart	U23	W	Ealing Southall & Middx
400HW SW Pos		Perf	Name	AG		Club
	1	89.3	Tasha Mundell	U23	W	Thames Valley
1500SCWN Pos		Perf	Name	AG		Club
	1	05:27.5	Charlotte Edge	U17	W	Thames Valley

	<b>2</b>	<b>05:40.5</b>	<b>Sofia Latham</b>	<b>U17</b>	<b>W</b>	<b>Harrow</b>
	3	06:22.3	Victoria Brown	V45	W	Serpentine
	4	06:36.9	Tanisha Prince	SEN	W	Ealing Southall & Middx
1500SCWN Pos		Perf	Name	AG		Club
	1	05:34.1	Niamh Murphy	U20	W	Thames Valley
	<b>2</b>	<b>06:11.7</b>	<b>Jennifer Keal</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
1500SCWN Pos		Perf	Name	AG		Club
	1	06:06.0	Tasha Mundell	U23	W	Thames Valley
	2	07:05.0	Diana Kennedy	V50	W	Thames Valley
3000SCNW Pos		Perf	Name	AG		Club
	1	10:29.5	Robert Vallance	SEN	M	Thames Valley/Manchester Uni
	2	10:36.8	Stefan Ritte	SEN	M	Ealing Southall & Middx
	<b>3</b>	<b>11:08.4</b>	<b>Declan Traynor</b>	<b>V40</b>	<b>M</b>	<b>Harrow</b>
	4	12:57.2	AN Other	SEN	M	Serp
3000SCNW Pos		Perf	Name	AG		Club
	1	10:44.1	Jake Hooley	U23	M	Thames Valley/York Uni
	<b>2</b>	<b>11:13.6</b>	<b>David Branfoot</b>	<b>V40</b>	<b>M</b>	<b>Harrow</b>
	3	12:08.3	Rob Brown	V55	M	Ealing Southall & Middx
4x100 SM Pos		Perf	Name	AG		Club
	<b>1</b>	<b>42.7</b>	<b>Harrow Senior Team</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	43	Thames Valley Harriers Se	SEN	M	Thames Valley
	3	53	ESM/EE	SEN	M	ESM/EE
	4	53.8	Serpentine Senior Team	SEN	M	Serpentine
4x100 SW Pos		Perf	Name	AG		Club
	<b>1</b>	<b>51.7</b>	<b>Harrow Senior Team</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
	2	52.3	Hillingdon Senior Team	SEN	W	Hillingdon
	3	53.5	Thames Valley Harriers Se	SEN	W	Thames Valley
	4	54	ESM/EE	SEN	W	ESM/EE
	5	73.5	Serpentine Senior Team	SEN	W	Serpentine
4x400 SX A Pos		Perf	Name	AG		Club
	1	03:46.2	Thames Valley Mixed Seni	SEN	M	Thames Valley
	<b>2</b>	<b>03:54.8</b>	<b>Harrow Mixed Senior Tea</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	3	03:55.4	ESM/EE	SEN	M	ESM/EE
	4	04:51.5	Serpentine Mixed Senior 1	SEN	M	Serpentine
4x400 SX B Pos		Perf	Name	AG		Club
	1	04:02.5	Thames Valley Mixed Seni	SEN	M	Thames Valley
	<b>2</b>	<b>04:03.5</b>	<b>Harrow Mixed Senior Tea</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	3	04:18.8	ESM/EE	SEN	M	ESM/EE
	4	04:56.8	Serpentine Mixed Senior 1	SEN	M	Serpentine
HJ SM A Pos		Perf	Name	AG		Club
	<b>1</b>	<b>1.85</b>	<b>Richard Carr</b>	<b>V35</b>	<b>M</b>	<b>Harrow</b>

		2	1.65	Adrian Hemery	V35	M	Thames Valley
		3	1.5	Rhys Feaviour	U23	M	Hillingdon
		4	1.45	Dave Robinson	V40	M	Serpentine
HJ SM B	Pos		Perf	Name	AG		Club
		1	1.5	Stanislav Vilga	V40	M	Thames Valley/Slovakia
		2	<b>1.5</b>	<b>Harvey Griffiths</b>	<b>V50</b>	<b>M</b>	<b>Harrow</b>
		3	1.3	Nicola Barberis Negra	V40	M	Serpentine/Italy
HJ SW A	Pos		Perf	Name	AG		Club
		1	1.55	Katharine Boissiere	U17	W	Ealing Southall & Middx
		2	<b>1.5</b>	<b>Julie-Anne Boachie</b>	<b>U17</b>	<b>W</b>	<b>Harrow</b>
		3	1.45	Jemima Lee	U17	W	Highgate
		4	1.4	Charlotte Buckley	U20	W	Thames Valley
		5	1.1	Rhiannon Needham	V40	W	Serpentine/Veterans
HJ SW B	Pos		Perf	Name	AG		Club
		1	<b>1.45</b>	<b>Megan Bailey</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
		2	1.4	Ashia Logie	U17	W	Highgate
		3	1.3	Helen Leadbetter	V35	W	Ealing Southall & Middx
		4	0.91	Hel James	V65	W	Serpentine/Hastings AC/Veterans
PV SM A	Pos		Perf	Name	AG		Club
		1	5.3	Rubem Miranda	SEN	M	Ealing Southall & Middx/Portugal
		2	<b>4</b>	<b>Owen Heard</b>	<b>U23</b>	<b>M</b>	<b>Harrow</b>
		3	3.8	Stanislav Vilga	V40	M	Thames Valley/Slovakia
		4	2.25	Frank Womelsdorf	V40	M	Serpentine/Germany
		5	2.25	Rhys Feaviour	U23	M	Hillingdon
PV SM B	Pos		Perf	Name	AG		Club
		1	<b>3.8</b>	<b>Saoirse Chinery-Edoo</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
		2	3.6	Martin Densley	V40	M	Ealing Southall & Middx
		3	1.1	Tony McGahan	V65	M	Serpentine
PV SW A	Pos		Perf	Name	AG		Club
		1	<b>3.9</b>	<b>Megan Bailey</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
		2	2.8	Helen Leadbetter	V35	W	Ealing Southall & Middx
		3	1.8	Sarah Stephen	U23	W	Thames Valley
PV SW B	Pos		Perf	Name	AG		Club
		1	<b>2</b>	<b>Anya Freely</b>	<b>U20</b>	<b>W</b>	<b>Harrow</b>
		2	1.8	Tanisha Prince	SEN	W	Ealing Southall & Middx
LJ SM A	Pos		Perf	Name	AG		Club
		1	6.94	Ogo Anochirionye	SEN	M	Thames Valley/Birmingham Uni
		2	<b>6.71</b>	<b>Owen Heard</b>	<b>U23</b>	<b>M</b>	<b>Harrow</b>
		3	6.34	Osaze Aghedo	U23	M	Swansea/Brunel Uni London
LJ SM A	Pos		Perf	Name	AG		Club
		4	5.69	Remy Weinbrecht	U17	M	Highgate

5	4.87	Kirk O'Rourke	SEN	M	Hillingdon
6	4.86	Dave Robinson	V40	M	Serpentine

LJ SM B	Pos	Perf	Name	AG	Club
	<b>1</b>	<b>6.39</b>	<b>Richard Carr</b>	<b>V35</b>	<b>M Harrow</b>
	2	5.29	Zavier Achiampong	U20	M Highgate
	3	4.55	Luke Robinson	U17	M Serp
	4	3.53	Jeremy Collis	V45	M Hillingdon
	5	1.38	Pat Cornell	V65	M Ealing Southall & Middx

LJ SM ns	Pos	Perf	Name	AG	Club
	<b>1</b>	<b>6.23</b>	<b>Saoirse Chinery-Edoo</b>	<b>SEN</b>	<b>M Harrow</b>
	<b>2</b>	<b>6.02</b>	<b>Damaine Benjamin</b>	<b>SEN</b>	<b>M Harrow</b>
	3	5.85	Ebenezer Joseph	SEN	M Thames Valley
	<b>4</b>	<b>5.36</b>	<b>Jabbil Chibwana</b>	<b>SEN</b>	<b>M Harrow</b>

LJ SW A	Pos	Perf	Name	AG	Club
	1	5.7	Rachel Alexander	SEN	W Giffnock North/Strathclyde Uni
	2	5.65	Angela Barrett	V35	W Thames Valley
	3	4.64	Isha Habib	SEN	W Ealing Southall & Middx
	4	4.49	Demi Smith-Scott	U20	W Hillingdon
	5	4.48	Jade Sillere	SEN	W Highgate/MC
	6	3.7	Rhiannon Needham	V40	W Serpentine/Veterans

LJ SW B	Pos	Perf	Name	AG	Club
	1	5.19	Kerstin Pohlmann	SEN	W Thames Valley/Germany
	2	4.53	Helen Leadbetter	V35	W Ealing Southall & Middx
	<b>3</b>	<b>4.51</b>	<b>Tianna Campbell</b>	<b>U20</b>	<b>W Harrow</b>
	4	3.3	Sonia Martinez-Roura	V45	W Highgate
	5	3.02	Hel James	V65	W Serpentine/Hastings AC/Veterans

LJ SW ns	Pos	Perf	Name	AG	Club
	1	5.01	Veronika Filobokova	U17	W Thames Valley
	<b>2</b>	<b>4.5</b>	<b>Julie-Anne Boachie</b>	<b>U17</b>	<b>W Harrow</b>
	<b>3</b>	<b>3.94</b>	<b>Simona Simeonova</b>	<b>U23</b>	<b>W Harrow</b>

TJ SM A	Pos	Perf	Name	AG	Club
	1	14.37	Osaze Aghedo	U23	M Swansea/Brunel Uni London
	2	12.4	Joel Bright-Davies	U23	M Thames Valley/LSE
	<b>3</b>	<b>12.33</b>	<b>Richard Carr</b>	<b>V35</b>	<b>M Harrow</b>
	4	9.19	Stuart Leigh	V55	M Serpentine/Veterans

TJ SM B	Pos	Perf	Name	AG	Club
	1	11.62	Neon Richards	U20	M Thames Valley
	<b>2</b>	<b>8.95</b>	<b>Dominique Olaniyi</b>	<b>U23</b>	<b>M Harrow</b>
	3	8.55	Vinh Lam	V40	M Serpentine

TJ SW A	Pos	Perf	Name	AG	Club
	1	12.41	Angela Barrett	V35	W Thames Valley
	<b>2</b>	<b>10.43</b>	<b>Tianna Campbell</b>	<b>U20</b>	<b>W Harrow</b>



	3	9.98	Esme Devlin	U20	W	Hillingdon
	4	9.49	Helen Leadbetter	V35	W	Ealing Southall & Middx
	5	7.27	Rhiannon Needham	V40	W	Serpentine/Veterans
TJ SW B	Pos	Perf	Name	AG		Club
	1	10.75	Kerstin Pohlmann	SEN	W	Thames Valley/Germany
	2	8.77	Demi Smith-Scott	U20	W	Hillingdon
SP7.26K SM	Pos	Perf	Name	AG		Club
	<b>1</b>	<b>12.22</b>	<b>Saoirse Chinery-Edoo</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	10.57	Florian Vogel	V35	M	Thames Valley/Australia
	3	10.53	Gurcharan Singh	V35	M	Ealing Southall & Middx
	4	10.35	Kevin Acraman	SEN	M	Hillingdon/Southampton
	5	8.02	Frank Womelsdorf	V40	M	Serpentine/Germany
SP7.26K SM	Pos	Perf	Name	AG		Club
	<b>1</b>	<b>10.52</b>	<b>Khuwayne Linton</b>	<b>U23</b>	<b>M</b>	<b>Harrow</b>
	2	10.3	Glen Crowie	SEN	M	Hillingdon
	3	9.92	Kaveesh Rajapakse	U20	M	Thames Valley
	4	6.9	Alex Malzer	V50	M	Serpentine
	5	6.11	Bob Densley	V70	M	Ealing Southall & Middx/Hillingdon
SP4K SW A	Pos	Perf	Name	AG		Club
	<b>1</b>	<b>11.07</b>	<b>Makayla Joseph</b>	<b>U20</b>	<b>W</b>	<b>Harrow</b>
	2	10.36	Laurensa Britane	SEN	W	Thames Valley
	3	9.65	Sonia Martinez-Roura	V45	W	Highgate
	4	6.58	Denise English	V50	W	Ealing Southall & Middx
	5	5.46	Rhiannon Needham	V40	W	Serpentine/Veterans
SP4K SW B	Pos	Perf	Name	AG		Club
	<b>1</b>	<b>10.74</b>	<b>Emma Beardmore</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
	2	8.83	Olga Kotmilosi	SEN	W	Thames Valley/Greece
	3	7.97	Tyrah Joseph	U17	W	Highgate
	4	5.52	Patricia Thomas	V55	W	Ealing Southall & Middx/Veterans
	5	4.57	Hel James	V65	W	Serpentine/Hastings AC/Veterans
DT2K SM A	Pos	Perf	Name	AG		Club
	<b>1</b>	<b>40.06</b>	<b>Saoirse Chinery-Edoo</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
	2	31.09	Kaveesh Rajapakse	U20	M	Thames Valley
	3	26.18	Gurcharan Singh	V35	M	Ealing Southall & Middx
	4	19.04	Frank Womelsdorf	V40	M	Serpentine/Germany
DT2K SM B	Pos	Perf	Name	AG		Club
	1	24.66	Adrian Hemery	V35	M	Thames Valley
	2	16.85	Alex Malzer	V50	M	Serpentine
	3	15.21	Stefan Ritte	SEN	M	Ealing Southall & Middx
	<b>4</b>	<b>13.72</b>	<b>Harvey Griffiths</b>	<b>V50</b>	<b>M</b>	<b>Harrow</b>
DT1K SW A	Pos	Perf	Name	AG		Club

<b>1</b>	<b>41.54</b>	<b>Emma Beardmore</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
2	35.63	Laurensa Britane	SEN	W	Thames Valley
3	19.53	Denise English	V50	W	Ealing Southall & Middx
4	16.44	Sharon Talbot	V55	W	Hillingdon
5	15.9	Rhiannon Needham	V40	W	Serpentine/Veterans
6	15.08	Juliet Kavanagh	V50	W	Highgate

DT1K SW B Pos

	Perf	Name	AG		Club
<b>1</b>	<b>25.73</b>	<b>Makayla Joseph</b>	<b>U20</b>	<b>W</b>	<b>Harrow</b>
2	14.25	Tasha Mundell	U23	W	Thames Valley
3	12.92	Hel James	V65	W	Serpentine/Hastings AC/Veterans
4	12.72	Patricia Thomas	V55	W	Ealing Southall & Middx/Veterans
5	10.42	Janine Makaronidis	SEN	W	Mornington Chasers

HT7.26K SM Pos

	Perf	Name	AG		Club
1	43.59	Kevin Acraman	SEN	M	Hillingdon/Southampton
2	36.86	Adrian Hemery	V35	M	Thames Valley
3	23.22	Gurcharan Singh	V35	M	Ealing Southall & Middx
4	17.3	Frank Womelsdorf	V40	M	Serpentine/Germany
<b>5</b>	<b>16.48</b>	<b>Declan Traynor</b>	<b>V40</b>	<b>M</b>	<b>Harrow</b>

HT7.26K SM Pos

	Perf	Name	AG		Club
1	23.5	Florian Vogel	V35	M	Thames Valley/Australia
2	20.01	Keith Seldon	V60	M	Hillingdon/Veterans
3	16.62	Alex Malzer	V50	M	Serpentine
<b>4</b>	<b>15.65</b>	<b>Harvey Griffiths</b>	<b>V50</b>	<b>M</b>	<b>Harrow</b>
5	9.86	Pat Cornell	V65	M	Ealing Southall & Middx

HT7.26K SM Pos

	Perf	Name	AG		Club
1	19.57	Steve Thompson	V55	M	Hillingdon
2	13.03	Anthony McGahan	V65	M	Serpentine

HT4K SW A Pos

	Perf	Name	AG		Club
1	63.17	Pippa Wingate	SEN	W	Thames Valley
<b>2</b>	<b>50.92</b>	<b>Emma Beardmore</b>	<b>SEN</b>	<b>W</b>	<b>Harrow</b>
3	27.41	Sonia Martinez-Roura	V45	W	Highgate
4	22.66	Taydee Hardy	U20	W	Hillingdon

HT4K SW B Pos

	Perf	Name	AG		Club
<b>1</b>	<b>29.99</b>	<b>Makayla Joseph</b>	<b>U20</b>	<b>W</b>	<b>Harrow</b>
2	21.08	Laurensa Britane	SEN	W	Thames Valley
3	12.37	Sharon Talbot	V55	W	Hillingdon

JT800 SM A Pos

	Perf	Name	AG		Club
1	70.35	Gavin Johnson Assoon	V35	M	Thames Valley
<b>2</b>	<b>58.44</b>	<b>Conor Martin</b>	<b>SEN</b>	<b>M</b>	<b>Harrow</b>
3	38.57	Jack Levene	U20	M	Highgate
4	26.68	Keith Seldon	V60	M	Hillingdon/Veterans
5	25.1	Gurcharan Singh	V35	M	Ealing Southall & Middx
6	12.79	Tony McGahan	V65	M	Serpentine

JT800 SM E Pos	Perf	Name	AG	Club
1	<b>54.96</b>	<b>Dave Sketchley</b>	<b>V45</b>	<b>M Harrow</b>
2	44.66	Dawid Jerzykowski	SEN	M Thames Valley/Track Academy/Poland
3	18.79	Jeremy Collis	V45	M Hillingdon
4	14.96	Philip York	V55	M Ealing Southall & Middx/South West Vets/Wi

JT800 SM r Pos	Perf	Name	AG	Club
1	<b>40.73</b>	<b>Saoirse Chinery-Edoo</b>	<b>SEN</b>	<b>M Harrow</b>
2	<b>37.3</b>	<b>Anthony Papier</b>	<b>U17</b>	<b>M Harrow</b>
3	17.25	Alex Malzer	V50	M Serpentine
4	14.22	Vinh Lam	V40	M Serpentine

JT600 SW / Pos	Perf	Name	AG	Club
1	37.55	Laurensa Britane	SEN	W Thames Valley
2	30.32	Aisha Mohammed-Marich	U17	W Highgate
3	<b>22.19</b>	<b>Anya Freely</b>	<b>U20</b>	<b>W Harrow</b>
4	15.09	Lotte Visser	SEN	W Hillingdon/Netherlands
5	11.42	Patricia Thomas	V55	W Ealing Southall & Middx/Veterans
6	10.95	Rhiannon Needham	V40	W Serpentine/Veterans

JT600 SW E Pos	Perf	Name	AG	Club
1	31.73	Olga Kotmilosi	SEN	W Thames Valley/Greece
2	24.02	Sonia Martinez-Roura	V45	W Highgate
3	8.92	Hel James	V65	W Serpentine/Hastings AC/Veterans
4	<b>6.83</b>	<b>Sofia Latham</b>	<b>U17</b>	<b>W Harrow</b>

JT600 SW r Pos	Perf	Name	AG	Club
1	<b>25.79</b>	<b>Zoe Wright</b>	<b>U17</b>	<b>W Harrow</b>

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
L	Hillingdon AC	Hil'don		88.1	5.3	77.2	170.6
S	Serpentine Running Club	Serp		75.4	1.7	75.9	152.9
V	Thames Valley Harriers	TVH		199.3	24.6	184.3	408.3
M	Highgate Harriers & Mornington Chasers ©	Higate&MC		72.7		75.3	148.0
H	Harrow AC	Harrow		207.0	24.3	194.1	425.5
F	ESM & Ealing Eagles ©	ESM&EE		160.0	14.9	116.5	291.4

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Harrow AC	425.5	1.0			425.5	1.0
2	Thames Valley Harriers	408.3	2.0			408.3	2.0
3	ESM & Ealing Eagles ©	291.4	3.0			291.4	3.0
4	Hillingdon AC	170.6	4.0			170.6	4.0
5	Serpentine Running Club	152.9	5.0			152.9	5.0
6	Highgate Harriers & Mornington Chasers ©	148.0	6.0			148.0	6.0

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