

Southern Athletics League - North West London

Perivale, 15th August 2021

100 SM A

Pos	Perf		Name	AG	Club
1	10.99	w 2.1	Reece Earle	U17	M Thames Valley
2	11.04	w 2.1	Bilal Uba	SB U23	M Ealing Southall & Middx
3	11.31	w 2.1	Nickarlo Brown	U23	M Harrow
4	12.05	w 2.1	Sodiq Abiola	SB SEN	M Serpentine/Nigeria
5	12.66	w 2.1	Rhys Feaviour	U23	M Hillingdon

100 SM B

Pos	Perf		Name	AG	Club
1	11.1	w 2.4	Zack Clarke-Green	PB U17	M Ealing Southall & Middx
2	11.16	w 2.4	Josh Kelly	U20	M Thames Valley
3	11.21	w 2.4	Richard Carr	SB V35	M Harrow
4	12.72	w 2.4	Aaron Connell	SB U23	M Hillingdon
5	12.91	w 2.4	Luke Parker	PB V40	M Serpentine/Australia

100 SM ns1

Pos	Perf		Name	AG	Club
1	10.73	w 3	Omar Grant	SEN	M Harrow
2	11.03	w 3	Jude Bright-Davies	SB U23	M Thames Valley/Oxford Uni/Track Academy
3	11.16	w 3	Dominique Olaniyi	U23	M Harrow
4	11.82	w 3	Lumar Sylvester	SEN	M Thames Valley/East London U/Track Academy
5	12.18	w 3	Craig Alfred	SB SEN	M Ealing Southall & Middx

100 SM ns2

Pos	Perf		Name	AG	Club
1	11.51	0.2	Saoirse Chinery-Edoo	SB SEN	M Harrow
2	11.61	0.2	Brandon Burnett	PB SEN	M Harrow
3	13.7	0.2	Stuart Leigh	V55	M Serpentine/Veterans
4	14.46	0.2	David Hinds	SB V70	M Serpentine/Veterans
5	16.15	0.2	Debashish Biswas	PB V35	M Serpentine

100 SM ns3

Pos	Perf		Name	AG	Club
1	11.6	-0.5	Theo Jarrett	PB U17	M Ealing Southall & Middx
2	11.97	-0.5	Ash Conteh	SB SEN	M Ealing Southall & Middx
3	12.28	-0.5	Harjeet Gill	SB U20	M Ealing Southall & Middx
4	12.91	-0.5	Kamau Muhammad	SB U23	M Ealing Southall & Middx
5	14.21	-0.5	Hussein Zaaiter	U17	M Ealing Southall & Middx

100 SW A

Pos	Perf		Name	AG	Club
1	12.68	1.4	Milan Jervier	SB U20	W Harrow
2	13.28	1.4	Deborah Ibekwe	PB U17	W Thames Valley
3	13.64	1.4	Esme Devlin	U20	W Hillingdon
4	14.02	1.4	Alima Diabate	SEN	W Highgate/Greenwich University
5	15.09	1.4	Katharine Boissiere	U17	W Ealing Southall & Middx
6	15.63	1.4	Rhiannon Needham	V40	W Serpentine/Veterans

100 SW B

Pos	Perf		Name	AG	Club
1	13.27	w 3	Tianna Campbell	SB U20	W Harrow

2	13.64	w	3	Demi Smith-Scott	PB	U20	W	Hillingdon
3	14.17	w	3	Josie Booker	PB	U17	W	Ealing Southall & Middx
4	14.26	w	3	Amaka Okonkwo	PB	U20	W	Highgate
5	14.37	w	3	Kiara Lares	PB	U17	W	Thames Valley
6	17.74	w	3	Hel James	SB	V65	W	Serpentine/Hastings AC/Veterans

100 SW ns1

Pos	Perf		Name	AG	Club
1	13.62	1.4	Shana Roper	U17	W Harrow
2	14.57	1.4	Nancy Ampah	U17	W Harrow
3	15.2	1.4	Antonia Loizou	PB SEN	W Highgate
4	15.83	1.4	Jasmine Balloch	SB SEN	W Highgate/UCL

200 SM A

Pos	Perf		Name	AG	Club
1	21.59	0.9	Luke Collis	PB U23	M Harrow
2	21.7	0.9	Joel Houslin	PB U17	M Thames Valley
3	22.72	0.9	Bilal Uba	SB U23	M Ealing Southall & Middx
4	25.05	0.9	Sodiq Abiola	SB SEN	M Serpentine/Nigeria

200 SM B

Pos	Perf		Name	AG	Club
1	22.27	1.6	Owen Heard	SB U23	M Harrow
2	22.7	1.6	Josh Kelly	U20	M Thames Valley
3	22.91	1.6	Kai English	SB U20	M Ealing Southall & Middx
4	25.15	1.6	Bartosz Porzuczek	SB V35	M Serpentine/Poland

200 SM ns1

Pos	Perf		Name	AG	Club
1	23.63	1.2	Thomas Sanders	SEN	M Ealing Southall & Middx/Royal Holloway Uni o
2	23.69	1.2	Rowan Board	SEN	M Ealing Southall & Middx/Nottingham Uni
3	25.02	1.2	Craig Alfred	PB SEN	M Ealing Southall & Middx
4	26.81	1.2	Isuru Lawrence	PB U17	M Ealing Southall & Middx
5	28.81	1.2	Hussein Zaaiteer	U17	M Ealing Southall & Middx

200 SM ns2

Pos	Perf		Name	AG	Club
1	22.91	0.5	Zack Clarke-Green	U17	M Ealing Southall & Middx
2	23.67	0.5	Theo Jarrett	PB U17	M Ealing Southall & Middx
3	24.23	0.5	Harjeet Gill	SB U20	M Ealing Southall & Middx
4	27.19	0.5	Nick Andrews	V50	M Harrow
5	27.92	0.5	Jason Kabel	SB V45	M Harrow

200 SM ns3

Pos	Perf		Name	AG	Club
1	23	0.1	Richard Carr	SB V35	M Harrow
2	23.24	0.1	Dominique Olaniyi	SB U23	M Harrow
3	23.67	0.1	Nathan Kabel	U17	M Harrow
4	30.59	0.1	David Hinds	V70	M Serpentine/Veterans

200 SW A

Pos	Perf		Name	AG	Club
1	25.86	2	Erica Wallace	PB U23	W Ealing Southall & Middx
2	26.52	2	Julie-Anne Boachie	PB U17	W Harrow
3	27.97	2	Alima Diabate	SB SEN	W Highgate/Greenwich University
4	28.82	2	Clare Maurer	SB SEN	W Thames Valley/Imperial College

200 SW B

Pos	Perf	Name	AG	Club
1	28.12	1.6 Alex Mundell	SB SEN	W Thames Valley/Imperial
2	28.39	1.6 Shana Roper	PB U17	W Harrow
3	28.53	1.6 Carmen Elliott	PB U23	W Birchfield H
4	29.94	1.6 Josie Booker	PB U17	W Ealing Southall & Middx

200 SW ns1

Pos	Perf	Name	AG	Club
1	29.62	1.6 Amaka Okonkwo	PB U20	W Highgate

400 SM A

Pos	Perf	Name	AG	Club
1	50.68	Jaiden Aaron	U23	M Harrow
2	52.32	Rowan Board	SB SEN	M Ealing Southall & Middx/Nottingham Uni
3	52.74	Oliver Hill	PB U23	M Highgate
4	54.04	Bartosz Porzuczek	SB V35	M Serpentine/Poland
5	54.27	Botond Safar	SB SEN	M Thames Valley/Hungary
6	56.96	Finn Combe	U17	M Hillingdon

400 SM B

Pos	Perf	Name	AG	Club
1	51.7	Dawood Chohan	U20	M Harrow
2	54.29	Thomas Sanders	SEN	M Ealing Southall & Middx/Royal Holloway Uni o
3	58.24	Zachary Dickens	U17	M Hillingdon
4	58.41	Lumar Sylvester	SB SEN	M Thames Valley/East London U/Track Academy
5	70.91	David Hinds	V70	M Serpentine/Veterans

400 SM ns

Pos	Perf	Name	AG	Club
1	55.06	Kai Strachan	PB U20	M Harrow
2	62.55	Jariel Matheson	U20	M Ealing Southall & Middx

400 SW A

Pos	Perf	Name	AG	Club
1	59.73	Alex Mundell	SB SEN	W Thames Valley/Imperial
2	60.06	Erica Wallace	U23	W Ealing Southall & Middx
3	62.13	Maggie Fleet	U20	W Harrow
4	63.73	Carmen Elliott	PB U23	W Birchfield H

400 SW B

Pos	Perf	Name	AG	Club
1	59.9	Madeleine Casey	PB U20	W Thames Valley
2	66.26	Olivia Matharu	PB U17	W Harrow

400 SW ns

Pos	Perf	Name	AG	Club
1	64.25	Olivia Sparks	PB U17	W Thames Valley

800 SM A

Pos	Perf	Name	AG	Club
1	02:00.3	Elias Ahmed	U23	M Ealing Southall & Middx
2	02:00.9	Abdifatah Khalif	U20	M Hillingdon
3	02:02.0	Jaran Singh	PB U20	M Harrow
4	02:04.9	Bartosz Porzuczek	V35	M Serpentine/Poland
5	02:06.2	Botond Safar	SEN	M Thames Valley/Hungary

800 SM B

Pos	Perf	Name	AG	Club
1	02:03.4	Oliver Newton	SB SEN	M Thames Valley/Imperial
2	02:04.3	Malik Johnson	PB SEN	M Harrow
3	02:07.4	Finn Combe	U17	M Hillingdon
4	02:28.3	Nicola Barberis Negra	V40	M Serpentine/Italy
5	02:35.5	Philip York	V55	M Ealing Southall & Middx/South West Vets/Wir

800 SM ns

Pos	Perf	Name	AG	Club
1	02:17.0	Zachary Dickens	U17	M Hillingdon
2	02:17.7	Nick Andrews	SB V50	M Harrow
3	02:22.7	Jason Kabel	SB V45	M Harrow
4	02:49.3	Alex Malzer	SB V50	M Serpentine

800 SW A

Pos	Perf	Name	AG	Club
1	02:22.2	Madeleine Casey	U20	W Thames Valley
2	02:24.7	Sofia Latham	U17	W Harrow
3	02:31.2	Victoria Brown	PB V45	W Serpentine
4	02:33.7	Katie Hay	U20	W Ealing Southall & Middx

800 SW B

Pos	Perf	Name	AG	Club
1	02:27.9	Catherine Allen	PB SEN	W Thames Valley
2	02:37.7	Sukriti Bisht	PB U17	W Harrow
3	02:40.9	Rachel Berry	V45	W West 4/Veterans

800 SW ns

Pos	Perf	Name	AG	Club
1	02:35.3	Chloe Smither	PB SEN	W West 4

1500 SM A

Pos	Perf	Name	AG	Club
1	04:05.9	Robert Vallance	PB SEN	M Thames Valley/Manchester Uni
2	04:07.4	Christopher Hudson	U20	M Harrow
3	04:22.2	Kristian Tung	PB U17	M Ealing Southall & Middx/Malaysia
4	04:28.0	Kirk O'Rourke	PB SEN	M Hillingdon
5	04:48.2	Daniele Biagi	PB V35	M Mornington Chasers
6	05:11.8	James Gillanders	PB V40	M Serpentine

1500 SM B

Pos	Perf	Name	AG	Club
1	04:26.1	Jake Hooley	U23	M Thames Valley/York Uni
2	04:26.2	Luca Matharu	U17	M Harrow
3	04:44.8	AN Other	SEN	M Hill
4	05:13.9	Philip Whitehouse	SEN	M Serpentine
5	06:42.7	Hussein Zaaiteer	SB U17	M Ealing Southall & Middx

1500 SM ns

Pos	Perf	Name	AG	Club
1	04:50.2	Shami Umashankar	SB U20	M Thames Valley

1500 SW A

Pos	Perf	Name	AG	Club
1	05:00.9	Victoria Basquill	PB V45	W Serpentine
2	05:03.8	Lara Sterritt	U23	W Thames Valley/Imperial College

	3	05:07.9	Sofia Latham		U17	W	Harrow
	4	06:17.8	Lauren Beale	SB	U20	W	Ealing Southall & Middx
1500 SW B							
Pos		Perf	Name		AG		Club
	1	05:05.1	Melina Duer	SB	U20	W	Thames Valley
	2	05:31.4	Natasha Sheel	SB	SEN	W	Serpentine/London City AC
	3	05:51.1	Olivia Matharu		U17	W	Harrow
1500 SW ns							
Pos		Perf	Name		AG		Club
	1	05:05.0	Catherine Allen	PB	SEN	W	Thames Valley
3000 SW A							
Pos		Perf	Name		AG		Club
	1	10:15.2	Anna Hollingsworth	SB	SEN	W	Serpentine
	2	10:28.9	Alice Braham	SB	V45	W	Ealing Eagles/Thames Hare & Hounds
	3	10:47.1	Catherine Allen	PB	SEN	W	Thames Valley
	4	10:49.0	Eilish O'Grady	SB	SEN	W	Harrow
	5	11:16.0	Hannah Wells		SEN	W	Hillingdon
	6	11:21.1	Vicky Frew		V40	W	Highgate
3000 SW B							
Pos		Perf	Name		AG		Club
	1	10:26.3	Natasha Sheel	PB	SEN	W	Serpentine/London City AC
	2	10:53.4	Lisa Da Silva		V35	W	Thames Valley
	3	11:40.6	Sarah Harris	PB	V40	W	Ealing Southall & Middx
	4	12:46.4	Jennifer Keal		SEN	W	Harrow
3000 SW ns							
Pos		Perf	Name		AG		Club
	1	11:20.1	Georgia Hanley		U23	W	Thames Valley
5000 SM A							
Pos		Perf	Name		AG		Club
	1	14:59.5	Robert Thompson	SB	SEN	M	Hillingdon
	2	16:05.4	Monte Watson	PB	U20	M	Highgate
	3	16:25.0	David Branfoot	SB	V45	M	Harrow
	4	16:35.0	Chris Mason		V35	M	Ealing Southall & Middx
	5	16:38.1	Jake Hooley	PB	U23	M	Thames Valley/York Uni
	6	18:49.5	Philip Whitehouse	PB	SEN	M	Serpentine
5000 SM B							
Pos		Perf	Name		AG		Club
	1	15:19.3	Aramias Zeration	PB	SEN	M	Hillingdon/Eritrea
	2	16:44.6	Sage Pearce-Higgins		V35	M	Thames Valley
	3	16:48.4	Daniele Biagi	PB	V35	M	Mornington Chasers
	4	17:00.2	Jim Cooper	SB	V45	M	Harrow
	5	17:04.1	Sean Hanrahan	PB	V35	M	Ealing Southall & Middx
	6	19:25.0	Dave Robinson	SB	V40	M	Serpentine
5000 SM ns							
Pos		Perf	Name		AG		Club
	1	16:04.7	James Laing	SB	SEN	M	Hillingdon/Brunel Uni London
	2	17:31.3	Steve Norris	SB	V50	M	Thames Valley
	3	20:22.8	Robert Hawkes	PB	SEN	M	Harrow

100HW SW A

Pos	Perf	Name	AG	Club
1	17.61	0.9 Megan Bailey	PB SEN	W Harrow
2	18.02	0.9 Clare Maurer	SB SEN	W Thames Valley/Imperial College
3	21.68	0.9 Antonia Loizou	PB SEN	W Highgate

100HW SW B

Pos	Perf	Name	AG	Club
1	27.48	0.9 Tasha Mundell	U23	W Thames Valley

110H SM A

Pos	Perf	Name	AG	Club
1	14.28	-0.2 Miguel Perera	SEN	M Harrow
2	15.94	-0.2 Florian Vogel	SB V35	M Thames Valley/Australia

110H SM B

Pos	Perf	Name	AG	Club
1	26.16	-0.2 Manuel Da Silva	V35	M Thames Valley

400H SM A

Pos	Perf	Name	AG	Club
1	58.56	Gus Carter	PB U17	M Ealing Southall & Middx
2	61.68	James Earle	U20	M Hillingdon
3	67.05	Nathan Kabel	PB U17	M Harrow
4	71.85	Manuel Da Silva	SB V35	M Thames Valley
5	72.32	Stuart Leigh	PB V55	M Serpentine/Veterans

400H SM B

Pos	Perf	Name	AG	Club
1	74.09	Oliver Newton	PB SEN	M Thames Valley/Imperial
2	86.37	Declan Traynor	V40	M Harrow

400HW SW A

Pos	Perf	Name	AG	Club
1	68.03	Maggie Fleet	U20	W Harrow
2	73.3	Clare Maurer	SB SEN	W Thames Valley/Imperial College

400HW SW B

Pos	Perf	Name	AG	Club
1	87.03	Tasha Mundell	SB U23	W Thames Valley

2000SC SM A

Pos	Perf	Name	AG	Club
1	06:10.8	Oliver Newton	PB SEN	M Thames Valley/Imperial
2	07:17.7	David Branfoot	PB V45	M Harrow
3	07:57.2	Nicola Barberis Negra	SB V40	M Serpentine/Italy

2000SC SM B

Pos	Perf	Name	AG	Club
1	07:31.0	Robert Vallance	SB SEN	M Thames Valley/Manchester Uni
2	08:45.8	James Gillanders	PB V40	M Serpentine

2000SCW SW A

Pos	Perf	Name	AG	Club
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	1	07:25.7	Eilish O'Grady	SB	SEN	W	Harrow
	2	07:36.1	Rosie Vallance		U23	W	Thames Valley
	3	08:15.7	Natasha Sheel	PB	SEN	W	Serpentine/London City AC
2000SCW SW B							
Pos	Perf		Name		AG	Club	
	1	08:24.3	Tasha Mundell	PB	U23	W	Thames Valley
	2	09:12.8	Jennifer Keal	PB	SEN	W	Harrow
2000SCW SW ns							
Pos	Perf		Name		AG	Club	
	1	07:51.9	Lisa Thomas	SB	V55	W	Hercules Wimbledon/Veterans
4x100 SM							
Pos	Perf		Name		AG	Club	
	1	43.05	Harrow Senior Team		SEN	M	Harrow
	2	43.45	Thames Valley Harrier		SEN	M	Thames Valley
	3	50.46	ESM/EE		SEN	M	ESM/EE
	4	53.4	Serpentine Senior Tea		SEN	M	Serpentine
4x100 SM ns							
Pos	Perf		Name		AG	Club	
	1	42.57	Harrow Senior Team		SEN	M	Harrow
4x100 SW							
Pos	Perf		Name		AG	Club	
	1	51.73	Harrow Senior Team		SEN	W	Harrow
	2	54.84	ESM/EE		SEN	W	ESM/EE
	3	55.59	Thames Valley Harrier		SEN	W	Thames Valley
	4	55.65	High/MC		SEN	W	High/MC
	5	68.56	Serpentine Senior Tea SB		SEN	W	Serpentine
4x400 SM							
Pos	Perf		Name		AG	Club	
	1	03:26.4	Harrow Senior Team		SEN	M	Harrow
	2	03:30.7	Thames Valley Harrier		SEN	M	Thames Valley
	3	04:07.7	Serpentine Senior Tea SB		SEN	M	Serpentine
4x400 SW							
Pos	Perf		Name		AG	Club	
	1	04:12.3	Thames Valley Harrier		SEN	W	Thames Valley
	2	04:29.6	Harrow Senior Team		SEN	W	Harrow
4x400 SW ns							
Pos	Perf		Name		AG	Club	
	1	04:44.9	Thames Valley Harrier		SEN	W	Thames Valley
HJ SM A							
Pos	Perf		Name		AG	Club	
	1	1.9	Michael Adekunle	SB	SEN	M	Thames Valley/Winchester Uni/Track Academ
	2	1.9	Tayo Andrews		SEN	M	Harrow
	3	1.65	Kirk O'Rourke	PB	SEN	M	Hillingdon
	4	1.35	Luke Robinson	PB	U15	M	Serpentine
HJ SM B							
Pos	Perf		Name		AG	Club	
	1	1.9	Noor-Eldin Mahmoud		U17	M	Thames Valley

	2	1.85	Miguel Perera	SB	SEN	M	Harrow
	3	1.2	Nicola Barberis Negra		V40	M	Serpentine/Italy
HJ SW A							
Pos	Perf		Name		AG		Club
	1	1.5	Amelia Inglis		SEN	W	Thames Valley/Oxford Uni
	2	1.45	Julie-Anne Boachie		U17	W	Harrow
	3	1.45	Katharine Boissiere		U17	W	Ealing Southall & Middx
	4	1	Rhiannon Needham		V40	W	Serpentine/Veterans
HJ SW B							
Pos	Perf		Name		AG		Club
	1	1.45	Megan Bailey		SEN	W	Harrow
	2	1.45	Clare Maurer	SB	SEN	W	Thames Valley/Imperial College
	3	1.4	Josie Booker	PB	U17	W	Ealing Southall & Middx
	4	0.8	Hel James		V65	W	Serpentine/Hastings AC/Veterans
PV SM A							
Pos	Perf		Name		AG		Club
	1	5.1	Rubem Miranda		SEN	M	Ealing Southall & Middx/Portugal
	2	3.6	Saoirse Chinery-Edoo		SEN	M	Harrow
	3	3.6	Stanislav Vilga		V40	M	Thames Valley/Slovakia
	4	2.2	Rhys Feaviour		U23	M	Hillingdon
	5	1.6	Nicola Barberis Negra	SB	V40	M	Serpentine/Italy
PV SM B							
Pos	Perf		Name		AG		Club
	1	4	Martin Densley	SB	V40	M	Ealing Southall & Middx
	2	2.2	Nick Andrews		V50	M	Harrow
	3	1.8	Manuel Da Silva	PB	V35	M	Thames Valley
	4	1.4	Tony McGahan	SB	V65	M	Serpentine
PV SW A							
Pos	Perf		Name		AG		Club
	1	3.8	Megan Bailey		SEN	W	Harrow
	2	3.3	Clare Maurer		SEN	W	Thames Valley/Imperial College
	3	2.8	Helen Leadbetter	SB	V35	W	Ealing Southall & Middx
PV SW B							
Pos	Perf		Name		AG		Club
	1	2	Amelia Inglis		SEN	W	Thames Valley/Oxford Uni
PV SW ns							
Pos	Perf		Name		AG		Club
	1	1.9	Sarah Stephen	PB	U23	W	Thames Valley
LJ SM A							
Pos	Perf		Name		AG		Club
	1	6.74	Owen Heard	PB	U23	M	Harrow
	2	6	Bilal Uba	SB	U23	M	Ealing Southall & Middx
	3	5.38	Aaron Connell	PB	U23	M	Hillingdon
	4	5.05	AN Other		SEN	M	Serp
	5	4.38	Stanislav Vilga	SB	V40	M	Thames Valley/Slovakia
LJ SM B							
Pos	Perf		Name		AG		Club
	1	6.59	Richard Carr	SB	V35	M	Harrow

	2	4.83	Kirk O'Rourke		SEN	M	Hillingdon
	3	4.19	Kamau Muhammad	SB	U23	M	Ealing Southall & Middx
LJ SM ns							
Pos		Perf	Name		AG		Club
	1	5.69	Andy Lewis	SB	V50	M	Harrow
	2	3.61	Alex Malzer	SB	V50	M	Serpentine
LJ SW A							
Pos		Perf	Name		AG		Club
	1	5.74	Angela Barrett	SB	V35	W	Thames Valley
	2	5.63	Vaida Sleinyte	PB	SEN	W	Ealing Southall & Middx/Lithuania
	3	5.1	Tianna Campbell	PB	U20	W	Harrow
	4	4.61	Demi Smith-Scott		U20	W	Hillingdon
	5	3.83	Antonia Loizou	PB	SEN	W	Highgate
	6	3.21	Rhiannon Needham		V40	W	Serpentine/Veterans
LJ SW B							
Pos		Perf	Name		AG		Club
	1	5.24	Kerstin Pohlmann	PB	SEN	W	Thames Valley/Germany
LJ SW B							
Pos		Perf	Name		AG		Club
	2	4.96	Julie-Anne Boachie	PB	U17	W	Harrow
	3	4.54	Isha Habib		SEN	W	Ealing Southall & Middx
	4	3.53	Jasmine Balloch	PB	SEN	W	Highgate/UCL
	5	3.1	Hel James	SB	V65	W	Serpentine/Hastings AC/Veterans
LJ SW ns							
Pos		Perf	Name		AG		Club
	1	4.13	Suzie Healey		SEN	W	ESM
	2	4.13	Zoe Kotyrba	SB	SEN	W	Harrow
TJ SM A							
Pos		Perf	Name		AG		Club
	1	11.96	Richard Carr		V35	M	Harrow
	2	11.9	James Earle		U20	M	Hillingdon
	3	10.58	Florian Vogel	PB	V35	M	Thames Valley/Australia
	4	9.31	Stuart Leigh		V55	M	Serpentine/Veterans
	5	8.65	Kamau Muhammad	SB	U23	M	Ealing Southall & Middx
TJ SM B							
Pos		Perf	Name		AG		Club
	1	10.26	Aaron Connell	SB	U23	M	Hillingdon
	2	10.23	Manuel Da Silva	SB	V35	M	Thames Valley
	3	7.64	Alex Malzer	SB	V50	M	Serpentine
TJ SW A							
Pos		Perf	Name		AG		Club
	1	12.6	Angela Barrett	SB	V35	W	Thames Valley
	2	11.09	Vaida Sleinyte	PB	SEN	W	Ealing Southall & Middx/Lithuania
	3	10.14	Tianna Campbell		U20	W	Harrow
	4	9.63	Demi Smith-Scott		U20	W	Hillingdon
	5	6.81	Rhiannon Needham		V40	W	Serpentine/Veterans
	6	6.69	Antonia Loizou	PB	SEN	W	Highgate
TJ SW B							

Pos	Perf	Name		AG		Club
1	12.19	Ruth-Ann Otaruoh	PB	U20	W	Thames Valley
2	9.5	Helen Leadbetter	SB	V35	W	Ealing Southall & Middx
3	9.06	Zoe Kotyrba	SB	SEN	W	Harrow
4	8.93	Esme Devlin		U20	W	Hillingdon
5	6.69	Natasha Sheel	SB	SEN	W	Serpentine/London City AC

TJ SW ns

Pos	Perf	Name		AG		Club
1	10.82	Kerstin Pohlmann		SEN	W	Thames Valley/Germany

SP7.26K SM A

Pos	Perf	Name		AG		Club
1	15.19	Marley Young	PB	SEN	M	Harrow
2	9.62	Florian Vogel		V35	M	Thames Valley/Australia
3	7.56	Dave Robinson		V40	M	Serpentine
4	7.5	Keith Seldon	SB	V60	M	Hillingdon/Veterans
5	6.58	Kamau Muhammad	SB	U23	M	Ealing Southall & Middx

SP7.26K SM B

Pos	Perf	Name		AG		Club
1	14.78	Angus Lockhart	SB	SEN	M	Harrow
2	6.63	Debashish Biswas	SB	V35	M	Serpentine
3	6.05	Stanislav Vilga	SB	V40	M	Thames Valley/Slovakia

SP7.26K SM ns

Pos	Perf	Name		AG		Club
1	12.21	Andy Lewis	SB	V50	M	Harrow
2	10.98	Khuwayne Linton		U23	M	Harrow

SP4K SW A

Pos	Perf	Name		AG		Club
1	12.6	Pippa Wingate	SB	SEN	W	Thames Valley
2	12.39	Lily Carlaw	PB	U17	W	Harrow
3	6.32	Antonia Loizou	PB	SEN	W	Highgate
4	5.92	Patricia Thomas	PB	V55	W	Ealing Southall & Middx/Veterans

SP4K SW B

Pos	Perf	Name		AG		Club
1	11.5	Makayla Joseph	PB	U20	W	Harrow
2	11.1	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
3	6.31	Juliet Kavanagh	SB	V50	W	Highgate
4	5.73	Denise English		V50	W	Ealing Southall & Middx

SP4K SW ns

Pos	Perf	Name		AG		Club
1	5.16	Chloe Smither	PB	SEN	W	West 4
2	5.16	Rachel Berry		V45	W	West 4/Veterans

DT2K SM A

Pos	Perf	Name		AG		Club
1	43.66	Marley Young		SEN	M	Harrow
2	20.7	Rhys Feaviour	PB	U23	M	Hillingdon
3	18.5	Gus Carter	PB	U17	M	Ealing Southall & Middx
4	17.89	Shami Umashankar	PB	U20	M	Thames Valley

5	17.49	Alex Malzer	SB	V50	M	Serpentine
DT2K SM B						
Pos	Perf	Name		AG		Club
1	43.14	Saoirse Chinery-Edoo		SEN	M	Harrow
2	18.31	Kamau Muhammad	SB	U23	M	Ealing Southall & Middx
3	15.4	Stanislav Vilga	PB	V40	M	Thames Valley/Slovakia
4	12.74	Tony McGahan	SB	V65	M	Serpentine
DT2K SM ns						
Pos	Perf	Name		AG		Club
1	21.06	David Hinds	PB	V70	M	Serpentine/Veterans
DT1K SW A						
Pos	Perf	Name		AG		Club
1	46.7	Sophie Mace		SEN	W	Thames Valley/Loughborough Students/Waltc
2	35.95	Lily Carlaw		U17	W	Harrow
3	16.96	Sharon Talbot	SB	V55	W	Hillingdon
4	15.06	Juliet Kavanagh		V50	W	Highgate
5	14.46	Denise English		V50	W	Ealing Southall & Middx
DT1K SW B						
Pos	Perf	Name		AG		Club
1	39.7	Pippa Wingate	SB	SEN	W	Thames Valley
2	25.9	Makayla Joseph	PB	U20	W	Harrow
3	13.99	Antonia Loizou	PB	SEN	W	Highgate
4	11.12	Patricia Thomas		V55	W	Ealing Southall & Middx/Veterans
DT1K SW ns						
Pos	Perf	Name		AG		Club
1	36.79	Laurenza Britane		SEN	W	Thames Valley
2	9.35	Jasmine Balloch	SB	SEN	W	Highgate/UCL
HT7.26K SM A						
Pos	Perf	Name		AG		Club
1	38.21	Marley Young	PB	SEN	M	Harrow
2	23.42	Florian Vogel		V35	M	Thames Valley/Australia
3	21.38	Debashish Biswas	PB	V35	M	Serpentine
HT7.26K SM B						
Pos	Perf	Name		AG		Club
1	17.08	Declan Traynor	SB	V40	M	Harrow
2	14.84	Alex Malzer		V50	M	Serpentine
3	11.96	Shami Umashankar	PB	U20	M	Thames Valley
HT7.26K SM ns						
Pos	Perf	Name		AG		Club
1	13.68	Dave Robinson	SB	V40	M	Serpentine
2	10.68	Tony McGahan		V65	M	Serpentine
HT4K SW A						
Pos	Perf	Name		AG		Club
1	62.74	Pippa Wingate		SEN	W	Thames Valley
2	25.58	Makayla Joseph		U20	W	Harrow
3	15.95	Denise English	PB	V50	W	Ealing Southall & Middx
4	13.41	Antonia Loizou	PB	SEN	W	Highgate

5	11.06	Sharon Talbot		V55	W	Hillingdon
HT4K SW B						
Pos	Perf	Name		AG		Club
1	45.16	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	11.34	Juliet Kavanagh	SB	V50	W	Highgate

JT800 SM A

Pos	Perf	Name		AG		Club
1	55.04	Dave Sketchley		V45	M	Harrow
2	29.18	Botond Safar	PB	SEN	M	Thames Valley/Hungary
3	28.74	Stuart Leigh	PB	V55	M	Serpentine/Veterans
4	27.56	Kirk O'Rourke	PB	SEN	M	Hillingdon
5	19.85	Gus Carter	PB	U17	M	Ealing Southall & Middx

JT800 SM B

Pos	Perf	Name		AG		Club
1	52	Conor Martin		SEN	M	Harrow
2	25.88	Aaron Connell	PB	U23	M	Hillingdon
3	20.78	Oliver Newton	SB	SEN	M	Thames Valley/Imperial
4	13.49	Alex Malzer		V50	M	Serpentine

JT800 SM ns

Pos	Perf	Name		AG		Club
1	40.12	Saoirse Chinery-Edoo		SEN	M	Harrow
2	16.83	Tony McGahan	SB	V65	M	Serpentine

JT600 SW A

Pos	Perf	Name		AG		Club
1	40.9	Laurensa Britane		SEN	W	Thames Valley
2	15.34	Sukriti Bisht	PB	U17	W	Harrow
3	11.9	Rhiannon Needham	PB	V40	W	Serpentine/Veterans
4	11.68	Rachel Berry	PB	V45	W	West 4/Veterans
5	9.63	Jasmine Balloch	SB	SEN	W	Highgate/UCL

JT600 SW B

Pos	Perf	Name		AG		Club
1	20.58	Sophie Mace	SB	SEN	W	Thames Valley/Loughborough Students/Waltc
2	11.17	Hel James	SB	V65	W	Serpentine/Hastings AC/Veterans
3	9.72	Patricia Thomas		V55	W	Ealing Southall & Middx/Veterans
4	7.05	Antonia Loizou	PB	SEN	W	Highgate
5	5.28	Sofia Latham		U17	W	Harrow

JT600 SW ns

Pos	Perf	Name		AG		Club
1	16.87	Alex Mundell	SB	SEN	W	Thames Valley/Imperial

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
F	ESM & Ealing Eagles ©	ESM&EE		117.4	5.6	108.4	231.4
V	Thames Valley Harriers	TVH		192.4	21.1	187.3	400.9
M	Highgate Harriers & Mornington Chasers ©	Higate&MC		52.3	3.7	35.9	91.9
L	Hillingdon AC	Hil'don		71.0		68.2	139.2
S	Serpentine Running Club	Serp		82.0	1.7	58.7	142.4
H	Harrow AC	Harrow		182.1	22.5	193.4	398.0

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L
1	Thames Valley Harriers	400.9	1	1	0	400.9	0.0
2	Harrow AC	398.0	2	1	0	398.0	0.0
3	ESM & Ealing Eagles	231.4	3	1	0	231.4	0.0
4	Serpentine Running Club	142.4	4	1	0	142.4	0.0
5	Hillingdon AC	139.2	5	0	0	139.2	0.0
6	Highgate Harriers & Mornington Chasers	91.9	6	0	0	91.9	0.0

1	Thames Valley Harriers	400.9	1.0			400.9	1.0
2	Harrow AC	398.0	2.0			398.0	2.0
3	ESM & Ealing Eagles ©	231.4	3.0			231.4	3.0
4	Serpentine Running Club	142.4	4.0			142.4	4.0
5	Hillingdon AC	139.2	5.0			139.2	5.0
6	Highgate Harriers & Mornington Chasers ©	91.9	6.0			91.9	6.0

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