

LEAGUE	SOUTHERN ATHLETICS LEAGUE	Track Events Start in Lane
DIVISION	Division 2 East	
MATCH	1	
VENUE	Finsbury Park	
P/FINISH	YES	

Date Saturday, April 13 2019

Venue Finsbury Park

Host Club London Heathside

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
L	London Heathside	LonHeath	20	106.0	9.0	76.5	211.5
W	Woodford Green AC with Essex Ladies	WGEL	20	52.0	12.0	65.0	149.0
V	Victoria Park H & Tower Hamlets AC	VP&TH	15	92.0	12.0	68.0	187.0
O	Brighton & Hove AC	B&H	10	76.0	6.0	89.5	181.5

Posn	Team Name	Points	League	B/fwd M	B/fwd L	Total M	Total L	Standings
1	London Heathside	211.5	4.0			211.5	4.0	1
2	Victoria Park H & Tower Hamlets AC	187.0	3.0			187.0	3.0	2
3	Brighton & Hove AC	181.5	2.0			181.5	2.0	3
4	Woodford Green AC with Essex Ladies	149.0	1.0			149.0	1.0	4

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

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**100m Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-0.5
1	w	AMO-DADZIE Eugene	WGEL	10.93	782
2	vv	KALALA Jason X	VP&TH	11.45	622
3	ll	SEALE Leon Y	LonHeath	11.75	539
4	o	MARTIN James Y	B&H	12.15	439
5					
6					

**100m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					-0.5
1	ww	ADUM-YEBOAH Matthew Y	WGEL	11.42	630
2	l	TANSEY Rufus X	LonHeath	11.91	498
3	v	OLUBANJO Ashley	VP&TH	12.19	430
4	oo	ASTWOOD Will X	B&H	12.46	371
5					
6					

**200m Men A**

Posn	No.	Athlete	Club	Perf	Wind
					-2.9
1	w	AMO-DADZIE Eugene	WGEL	22.80	697
2	v	KALALA Jason X	VP&TH	22.98	671
3	o	MARTIN James Y	B&H	24.36	487
4	l	TANSEY Rufus X	LonHeath	25.08	404
5					
6					

**200m Men B**

Posn	No.	Athlete	Club	Perf	Wind
					+0.3
1	ww	ADUM-YEBOAH Matthew Y	WGEL	22.78	700
2	vv	MENZIES-WALKER Louis Y	VP&TH	23.29	626
3	oo	ASTWOOD Will X	B&H	25.07	405
4	ll	BRAITHWAITE Ashley	LonHeath	25.14	398
5					
6					

**400m Men A**

Posn	No.	Athlete	Club	Perf	
1	v	BLANGO Columba	VP&TH	52.53	618
2	l	GRAY Luke Y	LonHeath	52.67	611
3	w	ABIODUN Olaoluwa	WGEL	54.86	501
4	o	HOWARD Paul	B&H	55.71	462
5					
6					

**400m Men B**

Posn	No.	Athlete	Club	Perf	
1	vv	SHONIBARE Michael Y	VP&TH	51.10	698
2	ll	AGBEDE Deji Y	LonHeath	52.30	631
3	oo	GIUSTINIANI Danny X	B&H	56.08	445
4	ww	YOGARAJ Thanushan X	WGEL	63.66	180
5					
6					

**800m Men A**

Posn	No.	Athlete	Club	Perf	
1	OO	WILKINSON Sam Y	B&H	02:03.29	590
2	V	JOHNSON Shane Y	VP&TH	02:04.56	561
3	L	ROSS William	LonHeath	02:04.76	557
4	W	ADOLPHUS Thomas Y	WGEL	02:14.10	372
5					
6					

**800m Men B**

Posn	No.	Athlete	Club	Perf	
1	O	TARRAGANO Tomer Y	B&H	02:03.77	579
2	VV	KIRKHAM Niel	VP&TH	02:10.46	439
3	LL	MCGONAGLE Ruairi X	LonHeath	02:15.68	346
4	WW	RUSSELL Julian	WGEL	02:24.05	224
5					
6					

**1500m Men A**

Posn	No.	Athlete	Club	Perf	
1	L	RALLISON Matthew	LonHeath	04:08.25	658
2	V	MINALE Luca Y	VP&TH	04:15.06	587
3	O	TAYLOR Henry Y	B&H	04:19.47	543
4	W	COX Robert	WGEL	04:53.77	272
5					
6					

**1500m Men B**

Posn	No.	Athlete	Club	Perf	
1	LL	ARCHER Thomas X	LonHeath	04:10.23	637
2	OO	HOWARD Paul	B&H	04:34.82	408
3	WW	RUSSELL Julian	WGEL	05:10.12	180
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**5000m Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	l	O'FLAHERTY Jem Y	LonHeath	15:01.83	808
2	v	CAMERON Ewan	VP&TH	15:13.65	773
3	o	TARRAGANO Tomer Y	B&H	15:41.73	692
4	w	STEEL Daniel William	WGEL	16:15.42	600
5					
6					

**5000m Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	JAMAAL Seyfu Y	LonHeath	15:03.74	803
2	VV	SELYA-HAMMER Carl	VP&TH	16:27.82	567
3	OO	WILKINSON Sam Y	B&H	17:00.24	487
4	WW	COX Robert	WGEL	17:14.88	452
5					
6					

**110m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	l	HOPKINS Lawrence	LonHeath	19.45	399
2	v	SHORTRIDGE David	VP&TH	25.31	68
3	o	VERMES Arpad	B&H	26.45	35
4					
5					
6					

**110m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	LL	HAWES Joel	LonHeath	24.29	107
2					
3					
4					
5					
6					

**400m Hurdles Men A**

Posn	No.	Athlete	Club	Perf	Wind
1	l	HOPKINS Lawrence	LonHeath	62.62	565
2	v	MINALE Luca Y	VP&TH	63.16	550
3	o	DIXON Matthew	B&H	78.78	193
4					
5					
6					

**400m Hurdles Men B**

Posn	No.	Athlete	Club	Perf	Wind
1	vv	SHORTRIDGE David	VP&TH	76.02	244
2	ll	HAWES Joel	LonHeath	81.04	156
3					
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**2000m S/Chase Men A**

Posn	No.	Athlete	Club	Perf	
1	L	HARDY Charles	LonHeath	06:19.73	788
2	V	CORDWELL James	VP&TH	07:00.42	561
3	WW	EDWARDS Rhys X	WGEL	07:16.76	481
4					
5					
6					

**2000m S/Chase Men B**

Posn	No.	Athlete	Club	Perf	
1	LL	BARNES Andy	LonHeath	07:09.55	516
2	W	WYBER Harold	WGEL	07:19.07	470
3					
4					
5					
6					

**High Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	O	RIENECKER-FOUND Harry Y	B&H	1.90	760
2	V	BAZUAYE David X	VP&TH	1.80	677
3	W	OSHODI Samuel X	WGEL	1.70	594
4	LL	INGRAM Sam X	LonHeath	1.55	469

**High Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	OO	RIDLEY Tom X	B&H	1.70	594
2	WW	EDWARDS Roshaun X	WGEL	1.45	385
3	L	HAWES Joel	LonHeath	1.40	343
4	VV	GRIFFITHS Anwar X	VP&TH	X	

**Pole Vault Men A**

Posn	Bib	Athlete	Club	Perf	
1	O	PRICE John	B&H	3.80	654
2	VV	GARCIA Pablo	VP&TH	3.40	569
3	W	ALABA Tolani X	WGEL	2.50	370
4	L	RODRIGUEZ Jaime	LonHeath	2.50	370

**Pole Vault Men B**

Posn	Bib	Athlete	Club	Perf	
1	V	SLATOR Shaun	VP&TH	2.10	279
2	LL	WESTON Russell	LonHeath	2.10	279
3	OO	DIXON Matthew	B&H	1.20	59

**Long Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	VV	GARCIA Pablo	VP&TH	6.86	825
2	L	NWAOBODO Emmanuel	LonHeath	6.32	717
3	O	WALLACE Sebastian X	B&H	6.22	697
4	W	OSHODI Samuel X	WGEL	5.53	561
5					
6					

**Long Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	V	MORSON Darren	VP&TH	6.79	811
2	OO	HAINES Arthur X	B&H	6.02	658
3	WW	O'NEILL Joey Y	WGEL	5.38	532
4	LL	-	LonHeath	4.82	423
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**Triple Jump Men A**

Posn	Bib	Athlete	Club	Perf	
1	V	MORSON Darren	VP&TH	13.61	779
2	L	NWAOBODO Emmanuel	LonHeath	12.92	714
3	O	SEAGROVE Torin X	B&H	11.62	587
4					
5					
6					

**Triple Jump Men B**

Posn	Bib	Athlete	Club	Perf	
1	VV	BARRETT-MOWATT Joshua Y	VP&TH	12.63	686
2	LL	WESTON Antanas	LonHeath	9.99	417
3					
4					
5					
6					

**Shot Men A**

Posn	Bib	Athlete	Club	Perf	
1	V	GARCIA Pablo	VP&TH	12.65	767
2	W	WILLIAMS Hugh	WGEL	12.55	761
3	O	WALKER Leo Y	B&H	9.90	573
4	L	LAWRENCE Mark	LonHeath	8.75	481
5					
6					

**Shot Men B**

Posn	Bib	Athlete	Club	Perf	
1	OO	VERMES Arpad	B&H	9.28	524
2	LL	CYRUS Nathan	LonHeath	8.66	473
3	VV	ECHAKHCH Baddar	VP&TH	8.62	470
4	WW	HARFORD Fergus	WGEL	6.95	313
5					
6					

**Discus Men A**

Posn	Bib	Athlete	Club	Perf	
1	V	GARCIA Pablo	VP&TH	39.30	749
2	O	VERMES Arpad	B&H	37.41	718
3	W	WILLIAMS Hugh	WGEL	32.10	629
4	L	TURNER Izaiah	LonHeath	29.57	582
5					
6					

**Discus Men B**

Posn	Bib	Athlete	Club	Perf	
1	VV	UZOMAH Alan	VP&TH	26.79	529
2	LL	NWAOBODO Emmanuel	LonHeath	25.10	494
3	WW	HARFORD Fergus	WGEL	17.19	303
4					
5					
6					

**Hammer Men A**

Posn	Bib	Athlete	Club	Perf	
1	V	ECHAKHCH Baddar	VP&TH	33.47	628
2	WW	HARFORD Fergus	WGEL	32.87	620
3	L	TURNER Izaiah	LonHeath	30.16	582
4	O	VERMES Arpad	B&H	24.59	497
5					
6					

**Hammer Men B**

Posn	Bib	Athlete	Club	Perf	
1	W	WILLIAMS Hugh	WGEL	31.20	597
2	OO	BROOKER Dan	B&H	20.32	424
3	LL	HAWES Joel	LonHeath	15.97	336
4					
5					
6					

**Javelin Men A**

Posn	Bib	Athlete	Club	Perf	
1	O	COLE Edan Y	B&H	55.04	819
2	V	ECHAKHCH Baddar	VP&TH	48.19	729
3	L	CYRUS Nathan	LonHeath	33.09	511
4	WW	HARFORD Fergus	WGEL	14.49	160
5					
6					

**Javelin Men B**

Posn	Bib	Athlete	Club	Perf	
1	OO	VERMES Arpad	B&H	30.54	470
2	LL	TURNER Izaiah	LonHeath	22.80	336
3	VV	MUSTONE Bruno	VP&TH	20.60	294
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park****13/04/2019****4 x 100m Men A**

Posn	No.	Club	Runners	Perf
1	w	WGEL	HAKEEM Winfred Y O'NEILL Joey Y AMO-DADZIE Eugene ADUM-YEBOAH Matthew	43.55
2	v	VP&TH	BAZUAYE David X BARRETT-MOWATT Joshua Y SHONIBARE Michael Y JOSEPH Ot	45.48
3	o	B&H	MARTIN James Y CROALL Rudy X ASTWOOD Will X YELL Stephen X	47.84
4				
5				
6				

**4 x 400m Men A**

Posn	No.	Club	Runners	Perf
1	v	VP&TH	TONG-GWES Nathan Y KALALA Jason X MENZIES-WALKER Louis Y BLANGO Colum	03:33.40
2	w	WGEL	ADOLPHUS Thomas Y ABIODUN Olaoluwa OSHODI Samuel X O'NEILL Joey Y	03:43.30
3	l	LonHeath	EVERARD Simon O'FLAHERTY Jem Y ARCHER Thomas X RALLISON Matthew	03:43.48
4	o	B&H	HOWARD Paul GIUSTINIANI Danny X TARRAGANO Tomer Y WILKINSON Sam Y	03:53.72
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**100m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	v	DUBARRY-GAY Kiah Y	VP&TH	12.20	-1.1
2	l	BALL Eleanor	LonHeath	13.06	
3	w	LEWIS Eloise Y	WGEL	13.19	
4	o	ANNING Ruby X	B&H	13.24	
5					
6					

**100m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	oo	PARKER Lili Y	B&H	13.31	-1.1
2	ww	FAFOWORA Rebecca Y	WGEL	13.32	
3	vv	GOMES BASSANGUE Vivianc Y	VP&TH	13.61	
4	ll	ABODUNDE Alishia	LonHeath	13.91	
5					
6					

**200m Women A**

Posn	No.	Athlete	Club	Perf	Wind
1	v	DUBARRY-GAY Kiah Y	VP&TH	24.77	-1.1
2	l	KLEYNHANS Stephanie	LonHeath	26.32	
3	o	ANNING Ruby X	B&H	26.89	
4	w	JOHN Yemi mary X	WGEL	26.93	
5					
6					

**200m Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	ww	LEWIS Eloise Y	WGEL	27.09	-1.9
2	ll	O'REGAN Noelle	LonHeath	27.53	
3	oo	HITCHMAN Laura	B&H	27.70	
4					
5					
6					

**400m Women A**

Posn	No.	Athlete	Club	Perf
1	v	DUBARRY-GAY Nayanna Y	VP&TH	57.71
2	o	DORNBUSCH Anna Y	B&H	61.32
3	l	O'REGAN Noelle	LonHeath	61.46
4	w	OLUSESAN Temitope Y	WGEL	64.97
5				
6				

**400m Women B**

Posn	No.	Athlete	Club	Perf
1	vv	HUNTER Alice	VP&TH	62.40
2	ll	CONLON Ella Y	LonHeath	64.24
3	oo	SMITH Bethany Y	B&H	70.12
4				
5				
6				

**800m Women A**

Posn	No.	Athlete	Club	Perf
1	V	LOVELL Camilla	VP&TH	02:23.06
2	O	BERNARD Gracie X	B&H	02:26.40
3	LL	WING Jennifer	LonHeath	02:27.99
4				
5				
6				

**800m Women B**

Posn	No.	Athlete	Club	Perf
1	L	WOOLCOCK Lily	LonHeath	02:30.37
2	OO	MUZIO Emily X	B&H	02:34.17
3	VV	NORTON-HALE Hazel	VP&TH	02:37.36
4				
5				
6				

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**1500m Women A**

Posn	No.	Athlete	Club	Perf
1	V	STILING Myla X	VP&TH	04:58.15 610
2	LL	BLAKE Mimi X	LonHeath	05:04.65 565
3	O	BERNARD Gracie X	B&H	05:05.71 558
4	W	MCARDELL Alicia	WGEL	05:09.39 534
5				
6				

**1500m Women B**

Posn	No.	Athlete	Club	Perf
1	VV	LONG Hannah X	VP&TH	05:13.31 508
2	OO	PALMER-MALINS Poppy X	B&H	05:15.98 491
3	L	WOOLCOCK Lily	LonHeath	05:16.65 487
4	WW	WARDLE Alex	WGEL	06:46.21 86
5				
6				

**3000m Women A**

Posn	No.	Athlete	Club	Perf
1	L	HINTON Josie	LonHeath	10:29.80 665
2	O	PALMER-MALINS Poppy X	B&H	10:56.06 577
3	W	RACHEL Lund	WGEL	11:08.31 538
4	V	DOHREN Mandy	VP&TH	11:16.55 512
5				
6				

**3000m Women B**

Posn	No.	Athlete	Club	Perf
1	LL	HARRIS Catherine	LonHeath	10:52.39 589
2	WW	WARDLE Alex	WGEL	13:03.18 237
3				
4				
5				
6				

**100m Hurdles Women A**

Posn	Athlete	Club	Perf	Wind	
1	v	LOVELL Camilla	VP&TH	18.35 471	-1.2
2	o	OWEN Becky	B&H	18.84 433	
3	l	COSTA Djanira	LonHeath	22.70 184	
4					
5					
6					

**100m Hurdles Women B**

Posn	No.	Athlete	Club	Perf	Wind
1	vv	SOMMERVILLE Rebecca	VP&TH	19.45 387	-2.9
2	oo	WILDING Jo	B&H	20.29 328	
3	ll	WESTON Genevieve	LonHeath	27.70 11	
4					
5					
6					

**400m Hurdles Women A**

Posn	No.	Athlete	Club	Perf
1	v	BANGULA Lilian	VP&TH	74.19 507
2	W	OKAFOR Christina	WGEL	76.17 462
3	o	SMITH Bethany Y	B&H	77.95 422
4	l	COSTA Djanira	LonHeath	89.02 210
5				
6				

**400m Hurdles Women B**

Posn	No.	Athlete	Club	Perf
1	oo	WILDING Jo	B&H	77.44 434
2	ll	WESTON Genevieve	LonHeath	88.73 215
3				
4				
5				
6				



**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**2000m S/Chase Women A**

Posn	No.	Athlete	Club	Perf
1	L	WING Jennifer	LonHeath	08:31.09 449
2	O	BERNARD Gracie X	B&H	08:50.32 378
3				
4				
5				
6				

**2000m S/Chase Women B**

Posn	No.	Athlete	Club	Perf
1	LL	WESTON Genevieve	LonHeath	09:03.01 335
2	OO	WILDING Jo	B&H	10:08.15 155
3				
4				
5				
6				

**High Jump Women A**

Posn	Bib	Athlete	Club	Perf
1	L	KLEYNHANS Stephanie	LonHeath	1.55 705
2	O	WILDING Jo	B&H	1.45 596
3	V	BANGULA Lilian	VP&TH	1.40 542
4	WW	FAFOWORA Rebecca Y	WGEL	1.35 487

**High Jump Women B**

Posn	Bib	Athlete	Club	Perf
1	LL	WING Jennifer	LonHeath	1.35 487
2	W	BOYCE Kyra X	WGEL	1.30 433
3	OO	HEWITT Sarah	B&H	1.00 108

**Pole Vault Women A**

Posn	Bib	Athlete	Club	Perf
1	L	BAYDAR Gokce	LonHeath	2.00 370
2	W	OLUBODUN Naomi X	WGEL	1.80 316
3	O	PARKER Lili Y	B&H	1.00 77

**Pole Vault Women B**

Posn	Bib	Athlete	Club	Perf
1=	LL	WESTON Rachel	LonHeath	1.00 77
1=	OO	WILDING Jo	B&H	1.00 77

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park****13/04/2019****Long Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	L	KLEYNHANS Stephanie	LonHeath	5.42	755
2	V	MAPAMBOLI Diane Y	VP&TH	5.20	705
3	OO	HITCHMAN Laura	B&H	5.02	664
4	W	ROCASTLE Denesha Y	WGEL	4.87	630
5					
6					

**Long Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	LL	SHIN Cat	LonHeath	4.71	594
2	O	OWEN Becky	B&H	4.30	502
3	VV	GOMES BASSANGUE Vivianc Y	VP&TH	4.24	488
4	WW	ANIPA Larrisa Y	WGEL	3.93	420
5					
6					

**Triple Jump Women A**

Posn	Bib	Athlete	Club	Perf	
1	V	MAPAMBOLI Diane Y	VP&TH	12.31	852
2	W	ROCASTLE Denesha Y	WGEL	10.86	701
3	OO	CLOSE Annie	B&H	10.27	639
4	L	SHIN Cat	LonHeath	9.89	598
5					
6					

**Triple Jump Women B**

Posn	Bib	Athlete	Club	Perf	
1	VV	LOVELL Camilla	VP&TH	10.89	705
2	O	NELSON Kirsty X	B&H	9.96	606
3	WW	FAFOWORA Rebecca Y	WGEL	9.77	585
4	LL	COSTA Djanira	LonHeath	8.59	456
5					
6					

**Shot Women A**

Posn	Bib	Athlete	Club	Perf	
1	W	OKEREKE Obianuju chiara	WGEL	10.87	782
2	O	OWEN Becky	B&H	9.57	692
3	L	KLEYNHANS Stephanie	LonHeath	9.20	665
4	V	CATMUR Emily	VP&TH	5.87	379
5					
6					

**Shot Women B**

Posn	Bib	Athlete	Club	Perf	
1	OO	HEWITT Sarah	B&H	9.35	676
2	LL	SHIN Cat	LonHeath	9.07	655
3	WW	OKAFOR Emmaline	WGEL	8.19	588
4					
5					
6					

**Discus Women A**

Posn	Bib	Athlete	Club	Perf	
1	O	HEWITT Sarah	B&H	31.76	757
2	WW	OKAFOR Emmaline	WGEL	28.33	702
3	L	O'REGAN Noelle	LonHeath	27.19	682
4	V		VP&TH	10.81	268
5					
6					

**Discus Women B**

Posn	Bib	Athlete	Club	Perf	
1	W	ALLEN Abigail Y	WGEL	25.60	654
2	OO	OWEN Becky	B&H	21.28	570
3	LL	KEHOE Helene	LonHeath	13.92	385
4					
5					
6					

**SOUTHERN ATHLETICS LEAGUE Division 2 East Finsbury Park**
**13/04/2019**
**Hammer Women A**

Posn	Bib	Athlete	Club	Perf
1	WW	GOLBAN Andreea Y	WGEL	44.87 798
2	O	HEWITT Sarah	B&H	29.73 605
3	L	O'REGAN Noelle	LonHeath	25.17 537
4				
5				
6				

**Hammer Women B**

Posn	Bib	Athlete	Club	Perf
1	W	HOWE Stephanie	WGEL	43.86 786
2	OO	BROCKBANK Tracey	B&H	14.61 347
3	LL	KEHOE Helene	LonHeath	4.50
4				
5				
6				

**Javelin Women A**

Posn	Bib	Athlete	Club	Perf
1	W	ARUJO Marlene	WGEL	38.94 860
2	O	BOWLES Charonnay X	B&H	31.93 759
3	V	LOVELL Camilla	VP&TH	20.20 554
4	L	BACKHAUS Claudia	LonHeath	16.02 460
5				
6				

**Javelin Women B**

Posn	Bib	Athlete	Club	Perf
1	OO	OWEN Becky	B&H	27.72 692
2	LL	BAYDAR Gokce	LonHeath	12.44 363
3				
4				
5				
6				

**4 x 100m Women A**

Posn	No.	Club	Runners	Perf
1	w	WGEL	ANIPA Larrisa Y FAFOWORA Rebecca Y ROCASTLE Denesha Y LEWIS Eloise Y	51.02
2	l	LonHeath	BALL Eleanor KLEYNHANS Stephanie O'REGAN Noelle ABODUNDE Alishia	51.55
3	v	VP&TH	GOMES BASSANGUE Vivianc Y DUBARRY-GAY Kiah Y MAPAMBOLI Diane Y DUBARF	52.04
4	o	B&H	ANNING Ruby X PARKER Lili Y HITCHMAN Laura OWEN Becky	52.32
5				
6				

**4 x 400m Women A**

Posn	No.	Club	Runners	Perf
1	l	LonHeath	O'REGAN Noelle KLEYNHANS Stephanie CONLON Naomi Y CONLON Ella Y	04:14.15
2	v	VP&TH	BANGULA Lilian STILING Myla X LOVELL Camilla HUNTER Alice	04:18.44
3	o	B&H	SMITH Bethany Y MUZIO Emily X DORNBUSCH Anna Y OWEN Becky	04:25.61
4	w	WGEL	BENDARAVICIUTE Samanta Y OLUBODUN Naomi X BOYCE Kyra X LEWIS Eloise Y	04:29.47
5				
6				

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Bib	Males	Event	Perf		Bib	Females	Event	Perf	
<b>Brighton &amp; Hove AC</b>									
	SEAGROVE Torin X	High Jump	1.75			HITCHMAN Laura	100m		
	GIUSTINIANI Danny X	100m				ARASZTOWSKA Wiktoria Y	100m		
	GIUSTINIANI Danny X	200m	24.74	-2.1		PARKER Lili Y	200m	28.98	-0.6
	CROALL Rudy X	100m	13.38	0.0		PETRONZIO Connie Y	100m		
	CROALL Rudy X	200m				PETRONZIO Connie Y	200m		
	HOWARD Paul	800m				ARASZTOWSKA Wiktoria Y	200m	14.53	0.0
	WALLACE Sebastian X	High Jump	1.70			WALKER Ruby-Jean X	100m	13.65	0.0
	YELL Stephen X	100m	12.63	0.00		WALKER Ruby-Jean X	200m		
	YELL Stephen X	200m	25.44	-2.4		HAINES Ruby X	Long Jump	3.77	
						SUTHERLAND Kelsey X	Triple Jump	11.02	
						NELSON Kirsty X	Long Jump	4.65	
						SUTHERLAND Kelsey X	Long Jump	5.19	
						ARASZTOWSKA Wiktoria Y	200m	31.19	-0.6
	RICE Jeffery	200m	25.10	-2.4					
	BENSE Mike	200m	27.57	-2.4					
	ORTIZ PATARROY Oscar julia	200m	26.56	+0.3					
	EDWIN Ray X	400m	63.51						

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**London Heathside**

O'CONNOR Oliver X	1500m	04:50.29		EVANS Jenna	100m	14.20	0.0
NISBETT-MORGAN Cameron`	400m	55.33		EVANS Jenna	200m	29.74	-0.6
STAYTE Tom	5000m	17:40.77		COSTA Djanira	100m	13.72	0.0
BENSE Mike	100m	13.34	0.0	WING Jennifer	200m	28.22	-1.9
INGRAM Sam X	400m	61.39		CONLON Naomi Y	400m	63.15	
CLARK Thomas	5000m	15:46.87		KNIGHT Shari X	100m	14.98	-1.4
RICE Jeffery	100m	12.37	-0.8	VINLUAN Jessica	3000m	12:24.86	
RODRIGUEZ Jaime	200m	25.83	0.3	HUNT Laura	3000m	11:40.44	
PHILLIPS Jacob	5000m	17:27.95		BALL Eleanor	200m	27.18	-1.9
GIBSON James	5000m	17:00.71		-	-		
VINCENT Christopher	5000m	18:57.81		ORTIZ PATARROYO Jeimmy c	100m	17.10	0.0
FOY Thomas	5000m	17:17.75		ORTIZ PATARROYO Jeimmy c	200m	37.17	-0.6
SPENCER Jake	5000m	17:38.33		-	-		
SEALE Leon Y	400m	56.36		BUTLER Kimberli	Shot	4.05	
ORTIZ PATARROY Oscar julia	100m	13.06	-0.8				
FOLARIN Benjamin X	100m	12.05	-0.8				
FOLARIN Benjamin X	200m	24.22	-2.9				
JEFFORD Mark	1500m	04:58.98					
RICE Jeffery	200m	25.10	-2.4				
BRAITHWAITE Ashley	100m	12.32	-0.8				
BENSE Mike	200m	27.57	-2.4				
WESTON Antanas	400m	59.47					
MIDEKSA Lemi Y	1500m	04:30.54					
BENSE Mike	400m	62.29					
EVERARD Simon	400m	56.10					
GRIFFITHS Thomas	5000m	18:30.34					
GRIFFITHS William	5000m	16:57.47					
HAZELTON Liam	5000m	18:30.34					
BEDWELL Tom	1500m	04:40.63					
EVERARD Simon	200m	25.44	-2.1				

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**Victoria Park H & Tower Hamlets AC**

JOHNSON Shane Y	400m	56.63		GOMES BASSANGUE Vivianc Y	100m		
TONG-GWES Nathan Y	400m	57.21		GOMES BASSANGUE Vivianc Y	200m		
BAZUAYE David X	100m			OSUNDAIRO Folakemi Y	100m	13.47	-1.4
OLUBANJO Ashley	200m	24.79	-2.4	NORTON-HALE Hazel	1500m		
EUSEBE Shaquille	400m			WATERS Felix Y	800m		
EUSEBE Shaquille	Long Jump			ADEBOWALE Esther	100m	16.07	0.0
JOSEPH Otis	100m			ADEBOWALE Esther	200m	32.55	-1.9
JOSEPH Otis	200m	26.02	-2.4	EKUNDAYO Esther	800m		
BARRETT-MOWATT Joshua Y	100m	12.01	-0.8	AYANDIPO Maryam X	100m	14.64	0.0
GRIFFITHS Anwar X	Long Jump			-	-		
BARRETT-MOWATT Joshua Y	Long Jump	6.02		-	-		
DUGGAN Sam	5000m	17:25.50					
JONES David	S/Chase	07:24.23					
GRIFFITHS Anwar X	100m	12.04	-1.1				
MORSON Darren	100m	11.54	-0.8				
KIRKHAM Niel	400m	55.33					
-							

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**Woodford Green AC with Essex Ladies**

ALABA Tolani X	100m	11.60	-1.1	OKAFOR Emmaline	Hammer	26.58	
-	-			OKEREKE Obianuju chiara	Hammer	X	
ONIGBANJO Sikiru X	100m	11.75	-1.1	SIKIRU Simbiyat X	Hammer	40.97	
ONIGBANJO Sikiru X	200m	23.46	-2.1	ALLEN Abigail Y	Hammer	30.77	
HAKEEM Winfred Y	100m	11.83	-1.1	-	-		
HAKEEM Winfred Y	200m	23.96	-2.1	-	-		
FERNANDO Aiden X	100m	11.95	-1.1	-	-		
FERNANDO Aiden X	200m	23.38	-2.1	JOHN Yemi mary X	100m	13.13	0.0
MASSEMBO Merveilles X	100m	11.79	-1.1	KISSI Agnes X	100m	13.69	-1.4
ODENIRAN Moyin X	100m	11.96	-1.1	-	-		
O'NEILL Joey Y	100m	11.90	-0.8	-	-		
YOGARAJ Thanushan X	200m	26.68	-2.1	-	-		
EDWARDS Roshan X	100m	12.67	0.0	THOMAS Jenny	3000m	13:12.67	
M17 Woodford Green	4x100m	45.05		-	-		
-	-						
-	-						
-	-						

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