

100m Race1

-1.2 M/S

1	298	Jason Greenidge	V35M	Woodford Green	11.65
2	419	Tyrell Mills-Rhule	u17m	TVH	11.78
3	962	Jason-Lewis Bernard	SM	Kingston & Poly	11.88
3	422	Reuben Fleary	U20M	ESMAC	11.88
5	13	Jack Andrew	SM	Sale	11.98
6	20	Tobias Harris	U20M	Hillingdon	12.00

100m Race 2

-3.2 M/S

1	417	D'Yon Christopher	U20M	ESMAC	12.01
2	19	Joel Wynter	U17M	ESMAC	12.36
3	963	Danny Burrowes	U20M	TVH	12.77
4	423	Jaiden Aaron	U15M	Harrow	12.85
5	424	Daniel Donald	U20M	Unattached	13.00

100m Race 3

-0.9 M/S

1	376	Colin Clifford	SM	Ealing Eagles	12.72
2	374	Niall Quinn	SM	Ealing Eagles	12.91
3	14	Hannah Thurston	U15W	ESMAC	13.29
4	15	Laura Davies	U15W	ESMAC	13.82
5	964	Reece Williamson	U13M	Team Hounslow	14.6

100m Race 4

-1.7 M/S

1	430	Charlie Harvey	U15M	Team Hounslow	12.59
2	421	Bonnie Francis	U15W	Team Hounslow	14.08
3	425	Natalia Riwnyi	U15w	Team Hounslow	14.38
4	415	Jozef Boyce	U13M	Team Hounslow	14.55
5	416	Ethan Kenmedy	U13M	Team Hounslow	14.66
6	42	Ambra Beason	U15W	Hounslow	14.81

100m Race 5

-1.4 M/S

1	50	Tia Cassell	U17W	Team Hounslow	13.43
2	295	Samuel Roberts	U15M	Team Hounslow	13.93
3	429	Nick Condon	SM	Unattached	14.62
DNS	59				

100m Race 6

-2.4 M/S

1	53	Szymon Swigon	U23M	ESMAC	12.61
2	52	Dilip Bansal	U23M	Unattached	14.18
3	414	Ayoola Babdole	U13W	Team Hounslow	14.44
4	297	Maisie Barnes	U17W	TVH	14.62

5	299	Harry Smith	U13M	Unattached	15.87
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1500m BMC Race A

1	566	Robert Thompson	SM	Hillingdon	04:00.11
2	552	Kevin Chesser	U23M	Ireland	04:05.68
3	579	Sam Coombes	SM	Dartford	04:09.10
4	542	Matthew Seddon	U20M	Bracknell	04:10.55
5	600	Steven Payne	U20M	Bracknell	04:17.29
6	572	Mohamed Hashi	U23M	ESMAC	04:23.07
7	620	Neil Wellard	U17M	Kingston & Poly	04:24.43
8	604	Harry Reynolds	U17M	Kingston & Poly	04:35.28

1500m BMC Race B

1	621	Georgia Bell	U23W	Shaftesbury	04:18.75
2	623	Dawn Hunt	SW	WSEH	04:36.91
3	622	Lois Bond	U23W	WSEH	04:37.74
4	626	Kate Brown	U17W	Herne Hill	04:50.38
5	525	Jessica Burgess	U20W	Woodfor Green	04:53.77
6	627	Abigail Cunningham	U13W	Herne Hill	05:15.19

1500m Open Race 1

1	292	Anuraag Vazirani	U17M	Serpentine	04:30.77
2	300	Nathan Pask	V35M	QPH	04:39.45
3	289	Ed Taylor	SM	Unattached	05:01.87
4	91	Naoki Kanai	U15M	ESMAC	05:05.84
5	290	Erica Wallace	U17W	ESMAC	05:06.96
6	66	Lucy O'Brien	U15W	ESMAC	05:19.74
7	94	Nicola Ravenhill	U15W	ESMAC	05:23.46
8	98	Maire Gorman	SW	TVH	05:28.48
9	59	Laura Stewart	U15W	ESMAC	05:33.19
10	439	Luke McGovern	U15M	Team Hounslow	05:35.56

1500m Open Race 2

1	438	Karolis Zemaitoutis	SM	Unattached	05:08.09
2	281	Faizan Hafeez	U17M	Unattached	05:30.29
3	437	Povilas Urbonas	SM	Unattached	05:52.44
4	79	Andrea Sanders-Reece	V55W	Mornington Chasers	05:55.63
5	431	Emily Nicholson-Stanwix	U13W	Team Hounslow	05:58.76
6	432	Sudeys Hersi	U13M	ESMAC	05:59.10
7	93	PJ Champault	V50M	West 4 Harriers	06:13.82

3000m BMC Race 1

1	630	Eoin Pierce	SM	Enfield & Haringey	08:24.31
2	633	Andrew Savery	SM	Leamington	08:52.18
3	632	Darryl Hards	SM	Worthing	08:57.74
4	635	Jonathan Laybourn	SM	Highgate	09:09.28
5	280	Daniel Carpenter	U17M	Trent Park Trotters	09:13.18
6	636	Emma Macready	SW	Worthing	09:38.65
7	634	Mukhtar Farah	U20M	ESMAC	09:46.20

3000m Open Race2

1	436	George Kerry	u15m	ESMAC	10:03.88
2	372	Jonathan Abel	SM	West 4 Harriers	10:09.14
3	441	Mark Delahunty	V40M	ESMAC	10:13.84
4	296	Felicity Johnson	U17W	WSEH	10:34.85
5	440	Ricardo Agostinho	SM	Ealing Eagles	10:49.71
6	434	Joao Diogo	V40M	QPH	10:54.65
7	288	Abi Weeds	V35W	Ranelagh	10:59.36
8	95	Isobel Rea	V35	West 4 Harriers	11:25.23
9	287	William Coutts	U15M	ESMAC	11:37.49
10	98	Maire Gorman	SW	TVH	11:47.46
11	377	Cecily Day	U17W	Team Hounslow	11:48.40
12	433	Jason Stewards	V45M	TVH	11:57.87
13	961	Jeremy Day	V45M	Unattached	12:11.02
14	442	Ambra Beason	U15W	Hillingdon	12:16.91
15	294	Roisin Lynch	U15W	ESMAC	12:31.03

Long-jump

				Distance	Wind	Best Legal	
13	Jack Andrew	SM	Sale	6.4	1.1		
14	Hannah Thurston	U15W	ESMAC	4.81	1		
19	Joel Wynter	U17M	ESMAC	5.04	0.6		
41	Thomas Ashby	SM	Hern Hill Harriers	6.72	1.9		
42	Ambra Beason	U15W	Hillingdon	4.68	2.3	4.54	1.6
295	Samuel Roberts	U15M	Team Hounslow	4.7	1.7		
297	Maisie Barnes	U17W	TVH	4.86	1		
299	Harry Smith	U13M	Unattached	3.93	2.5	3.9	-0.3
428	Helen Leadbetter	SW	ESMAC	4.67	0.3		
427	Louise Wood	SW	Trafford	5.39	2.4	5.13	1.2
414	Ayoola Babdola	U13W	Team Hounslow	4.26	1.4		
415	Jozef Boyce	U13M	Team Hounslow	4.17	1.1		
421	Bonnie Francis	U15W	Team Hounslow	4.1	1.6		
964	Reece Williamson	U13M	Team Hounslow	4.65	1.2		

Hammer				Distance	Weight
127	Kim Weir	V50W	SMRAC	32.89	3KG
420	Ellie Chandler	U17W	Harrow	46.05	3KG
92	Rachel Miller	U15W	Hillingdon	21.65	3KG
277	Tracey Gould	V35W	ESMAC	35.91	4KG
278	Charlotte Gould	U20W	WSEH	48.7	4KG
426	Jamal Brade-Artry	U15M	TVH	21.99	4KG
283	Karolis Narvilas	U17M	ESMAC	30.63	5KG
373	Iain Rees	U17M	SMRAC	30.83	5KG
97	Keith Seldon	V55M	Hillingdon	29.47	6KG
279	Kevin Acraman	U20M	Hillingdon	42.03	6KG
291	David Norris	SM	Harrow	40.52	7.26KG

Shot				Distance	Weight
62	Marlowe McGlynn	U15W	Team Hounslow	6.28	3KG
92	Rachel Miller	U15W	Hillingdon	8.1	3KG
286	Jahreem Charles	U13M	TVH	9.25	3.25KG
416	Ethan Kennedy	U13M	Team Hounslow	6.22	3.25KG
427	Louise Wood	SW	Trafford	11.56	4KG
277	Tracey Gould	V35W	ESMAC	6.93	4KG
418	Neil Griffin	V65M	WSEH	12.7	5KG
965	David Johnson	V60M	Harrow	10.92	5KG
97	Keith Seldon	V55M	Hillingdon	9.71	6KG
435	Kai Jones	U20M	NEB	16.82	6KG
13	Jack Andrew	SM	Sale	11.49	7.26KG