

Pos.	Bib	Forename	Surname	Club	AG	Result
Track						
100 metres Round 1 Race 1					Wind	-1.0
1	386	Layla	Walker Lawrence	SBH	U20W	14.33
2	387	Chimera	Matthews	ESM	U13G	14.43
3	385	Mike	Duff	Ealing Eagles	M40	14.44
4	390	William	Lonsdale	Aberdeen	M65	15.40
5	391	Katharine	Boissiere	ESM	U13G	16.52
100 metres Round 1 Race 2					Wind	-0.8
1	382	Rhys	Feaviour	Hill	U17M	13.43
2	378	Mya	Ashbourne	Harrow	U15G	13.78
3	383	Kyle	Boland	Brunel	SM	13.83
4	379	Stephen	Plummer	ESM	M50	14.61
5	384	Jason	Drake	W4H	M50	14.70
6	468	Benjamin	Szabo		U13B	17.05
100 metres Round 1 Race 3					Wind	-0.8
1	372	Thomas	Sanders	ESM	U20M	11.89
2	371	Juan	Nosti	VPTH	SM	12.15
3	373	Samuel	Conteh	TVH	U15B	12.33
4	374	Amy	Hillier	Hill	U17W	12.99
5	191	Chelsea	Shurland	Harrow AC	SW	13.01
6	376	Miles	Bernadine	ESM	U15B	13.04
7	377	Synne	Frydenlund	Brunel	SW	13.42
8	375	Isaac	Nahoor	Wyc P	SM	13.49
100 metres Round 1 Race 4					Wind	-2.4
1	364	Aaron	Adom	Liv H	SM	11.28
2	365	Ogo	Anochirionye	TVH	SM	11.48
3	366	Kwame	Twumasi-Tawiah	MMK	U20M	11.56
4	367	Miguel	Larrea	TVH	SM	11.62
5	368	Cephas	Mugede	Read	SM	11.65
6	369	Talal	Alalami	Belg	SM	11.80
7	370	Tyrell	Dankwa	MMK	SM	11.86
8	381	Daniel	Donald		SM	13.61
Mile Race 1						
1	183	Rachel	Badham	W4H	W45	5:37.10
2	379	Stephen	Plummer	ESM	M50	5:42.61
3	181	Lucy	Ellis	ESM	SW	5:44.27
4	155	Sean	Hill	ESM	SM	6:03.24
5	186	Soraya	Bux	Handy C	W35	6:15.49
6	184	Luca	Spaccatrosi	High	U13B	6:16.73
7	182	Capucine	Rousset	TVH	U15G	6:18.27
8	185	Louise	Clark	W4H	W40	6:34.04
9	468	Benjamin	Szabo		U13B	6:48.58
10	187	Carol	Jones	ESM	W50	6:55.08
11	190	Janice	Newman	ESM	W70	8:20.41
Mile Race 2						
1	169	Rich	Berry	W4H	M40	4:53.54
2	174	Nick	Steel	ESM	SM	4:56.14
3	168	Jad	El-Houssami	NEB	SM	4:59.53
4	484	Angelo	John	ESM	M40	5:13.13
5	170	Josh H	Lee	Hill	U15B	5:15.08
6	176	Elliot	Jones	ESM	SM	5:15.52
7	178	Tony	Killilea	Lon Hth	M50	5:16.00
8	116	Mark	Kencroft	ESM	M45	5:17.06
9	481	Arun	Manget	ESM	U15B	5:17.71

10	112	Richard	Shardlow	CLC Striders	M45	5:32.71
11	172	Najjib	Hersi	ESM	U13B	5:36.04
12	171	Finn	Combe	ESM	U13B	5:38.00
13	173	Anisa	Ibrahim	ESM	U17W	5:46.64
14	180	Thomas	Martini	Ealing Eagles	M40	6:02.82
15	179	Mohamed	Ibrahim	ESM	U13B	6:12.47

100 metres Round 2 Race 1

						Wind	+0.5
1	364	Aaron	Adom	Liv H	SM	11.14	
2	366	Kwame	Twumasi-Tawiah	MMK	U20M	11.26	
3	365	Ogo	Anochirionye	TVH	SM	11.39	
4	369	Talal	Alalami	Belg	SM	11.64	
5	368	Cephas	Mugede	Read	SM	11.67	
6	367	Miguel	Larrea	TVH	SM	11.77	
7	370	Tyrell	Dankwa	MMK	SM	11.94	
8	372	Thomas	Sanders	ESM	U20M	12.12	

100 metres Round 2 Race 2

						Wind	-1.9
1	371	Juan	Nosti	VPTH	SM	12.14	
2	373	Samuel	Conteh	TVH	U15B	12.31	
3	191	Chelsea	Shurland	Harrow AC	SW	12.97	
4	374	Amy	Hillier	Hill	U17W	13.05	
5	376	Miles	Bernadine	ESM	U15B	13.30	
6	377	Synne	Frydenlund	Brunel	SW	13.49	
7	382	Rhys	Feaviour	Hill	U17M	13.92	
8	375	Isaac	Nahoor	Wyc P	SM	DNS	

100 metres Round 2 Race 3

						Wind	-0.8
1	378	Mya	Ashbourne	Harrow	U15G	13.51	
2	383	Kyle	Boland	Brunel	SM	13.97	
3	387	Chimera	Matthews	ESM	U13G	14.23	
4	386	Layla	Walker Lawrence	SBH	U20W	14.44	
5	385	Mike	Duff	Ealing Eagles	M40	15.19	

100 metres Round 2 Race 4

						Wind	-0.5
	384	Jason	Drake	W4H	M50	14.80	
	390	William	Lonsdale	Aberdeen	M65	15.77	
	391	Katharine	Boissiere	ESM	U13G	16.49	
	468	Benjamin	Szabo		U13B	17.11	

5000 metres Race 1

1	151	Tom	Green	Ealing Eagles	SM	18:15.21
2	150	Marcus	Cook	ESM	SM	19:29.53
3	152	Malcolm	Woolsey	ESM	SM	19:42.14
4	147	Sarah	Bailey	Ealing Eagles	SW	19:45.23
5	154	Jennifer	Bushell	Ealing Eagles	SW	20:44.41
6	153	Claire	Morris	Ealing Eagles	W35	20:45.74
7	149	Hannah	Copeland	Ealing Eagles	W40	20:57.05
8	155	Sean	Hill	ESM	SM	21:09.94
9	156	Steven	Edwards		M45	21:32.29

5000 metres Race 2

1	111	Alex	Morgan	SMR	SM	17:21.54
2	113	Luke-lom	Hynes	Maid	U20M	17:38.41
3	118	Ewan	Fryatt	Ealing Eagles	M35	17:47.98
4	117	Santosh	Rai	ESM	M35	17:56.85
5	120	Luke	Edwards		U20M	18:12.89
6	115	Charlie	Edwards		SM	18:14.80
7	143	Mark	Parrott	Sporting Ring	U20M	18:16.72
8	119	Mark	Delahunty	ESM	M40	18:30.22
9	145	Paul	Woodgate	TVH	M40	18:31.72
10	114	Neil	Hynes	Maid	M40	18:34.54

11	146	Tom	Yates	ESM	SM	18:35.54
12	112	Richard	Shardlow	CLC Striders	M45	18:37.32
13	116	Mark	Kencroft	ESM	M45	18:58.60

Field

Hammer

1	164	Janet	Smith	WSEH	W50	42.23	3K
2	166	Kim	Weir	SMR	W50	30.75	3K
1	161	Alice	Delmer	LSAC	SW	59.11	4K
2	163	Zoya	Styles	ESM	U20W	42.31	4K
3	167	Tracey	Gould	ESM	W40	33.04	4K
4	165	Chris	Melluish	Camb H	M70	29.45	4K

Long Jump

1	393	Sam	Malekout	Ilford	SM	5.39	+0.4
2	394	Helen	Leadbetter	ESM	W35	4.62	+1.9
3	390	William	Lonsdale	Aberdeen	M65	4.20	+0.6
4	147	Sarah	Bailey	Ealing Eagles	SW	3.91	+1.5
5	391	Katharine	Boissiere	ESM	U13G	2.81	+0.9

Shot Putt

1	382	Rhys	Feaviour	Hill	U17M	6.54	5K
1	163	Zoya	Styles	ESM	U20W	7.48	4K
1	391	Katharine	Boissiere	ESM	U13G	4.73	2.72K

Pos.	Bib	Forename	Surname	Club	AG	Result
Track						
600 metres						
1	464	Tia	McCootie		U13G	2:01.76
2	473	Finlay	Vadon		U11B	2:02.65
3	478	George	Kimble	TVH	U11B	2:02.66
4	465	Skye	Bishop	TVH	U11G	2:04.20
5	476	Henry	Jones	Ealing Eagles	U11B	2:08.33
6	470	Archie	Bain	TVH	U11B	2:09.12
7	475	Elias	St Hill	Kids on Track (TVH)	U11B	2:11.25
8	463	Daniel	Brady	TVH	U11B	2:25.40
9	471	Jake	Sacker	Perivale Panthers	U13B	2:27.38
10	474	Gitta	Herkenhoff		U11G	2:42.59
11	480	Jasmine	Ahmad	Perivale Panthers	U11G	2:50.34
12	472	Mia	Sacker	Perivale Panthers	U11G	3:08.36
13	467	Katie	Allenby		U11G	3:38.36
14	466	Lauren	Lazarides		U11G	3:47.03
75 metres - Race 1						
					Wind	Manual
1	464	Tia	McCootie		U13G	11.9
2	453	Anika	McDowell	Perivale Panthers	U11G	12.7
3	474	Gitta	Herkenhoff		U11G	14.1
4	469	Elizabeth	Boissiere	Perivale Panthers	U11G	15.4
5	467	Katie	Allenby		U11G	15.9
6	466	Lauren	Lazarides		U11G	18.0
75 metres - Race 2						
					Wind	+0.4
1	471	Jake	Sacker	Perivale Panthers	U13B	13.46
2	480	Jasmine	Ahmad	Perivale Panthers	U11G	13.74
3	482	Eyman	Ahmad	Perivale Panthers	U11B	13.81
4	463	Daniel	Brady	TVH	U11B	14.45
5	477	Dorantay	Tucker-Douglas	Perivale Panthers	U11B	14.88
6	472	Mia	Sacker	Perivale Panthers	U11G	14.99
75 metres - Race 3						
					Wind	-1.3
1	483	Kayanne	Brown	TVH	U11G	11.65
2	479	Mayonna	Odewale	TVH	U11B	12.08
3	470	Archie	Bain	TVH	U11B	12.62
4	478	George	Kimble	TVH	U11B	12.92
5	475	Elias	St Hill	Kids on Track (TVH)	U11B	13.06
6	473	Finlay	Vadon		U11B	13.27
Field						
Long jump						
1	468	Benjamin	Szabo	Perivale Panthers	U13B	3.53
2	464	Tia	McCootie		U13G	3.48
3	470	Archie	Bain	TVH	U11B	3.13
4	471	Jake	Sacker	Perivale Panthers	U13B	2.99
5	473	Finlay	Vadon		U11B	2.73
6	474	Gitta	Herkenhoff		U11G	2.50
7	469	Elizabeth	Boissiere	Perivale Panthers	U11G	2.47
8	453	Anika	McDowell	Perivale Panthers	U11G	2.39
9	472	Mia	Sacker	Perivale Panthers	U11G	1.82
10	466	Lauren	Lazarides		U11G	1.66
11	467	Katie	Allenby		U11G	1.62