

Middlesex County Championships

Lee Valley

13-14 May 23

100 SM (13 May)

Pos	Perf		Name	AG	Club
1	10.43	w 3.8	Christian Anuyagu	PB SEN M	Victoria Park & Tower H
2	10.47	w 3.8	Jason Kalala	SB U23 M	Newham & Essex Beagle
3	10.54	w 3.8	Phoenix Lyon	PB SEN M	Shaftesbury Barnet
4	10.80	w 3.8	Marlon Hogg-Williams	SB SEN M	Newham & Essex Beagle
5	10.80	w 3.8	Sahib Singh	PB SEN M	Enfield & Haringey
6	10.80	w 3.8	Joshua Barrett-Mowatt	PB U23 M	Victoria Park & Tower H
7	11.10	w 3.8	Ethan Norman	PB SEN M	Herne Hill
8	11.15	w 3.8	Kweku Abankwa	PB SEN M	Victoria Park & Tower H

100 SM h1 (13 May)

Pos	Perf		Name	AG	Club
1	10.80	1.7	Phoenix Lyon	PB SEN M	Shaftesbury Barnet
2	11.30	1.7	Kweku Abankwa	SEN M	Victoria Park & Tower H
3	11.35	1.7	Clyde Anucha	SB SEN M	Thames Valley/Queen M
4	11.44	1.7	Myles Brown	U23 M	Thames Valley
5	11.68	1.7	Nataniel Gutkowski	SB U23 M	Thames Valley/Poland
6	15.29	1.7	Jamaal Cabey	PB V35 M	Enfield & Haringey

100 SM h2 (13 May)

Pos	Perf		Name	AG	Club
1	10.92	1.8	Jason Kalala	U23 M	Newham & Essex Beagle
2	11.13	1.8	Sahib Singh	SB SEN M	Enfield & Haringey
3	11.27	1.8	Monty Ogunbanjo	U23 M	Harrow/Brunel Uni Lonc
4	11.79	1.8	Vladimir Woodham-Smith	SB SEN M	London Heathside
5	12.16	1.8	Mohamed Kamara	PB SEN M	London Heathside

100 SM h3 (13 May)

Pos	Perf		Name	AG	Club
1	10.68	w 2.6	Christian Anuyagu	PB SEN M	Victoria Park & Tower H
2	11.00	w 2.6	Joshua Barrett-Mowatt	PB U23 M	Victoria Park & Tower H
3	11.11	w 2.6	Marlon Hogg-Williams	SB SEN M	Newham & Essex Beagle
4	11.17	w 2.6	Ethan Norman	PB SEN M	Herne Hill
5	11.69	w 2.6	Romain Ebanks	PB U23 M	Thames Valley
6	12.19	w 2.6	Zaid Jaria	PB SEN M	Thames Valley/Northurr

100 U20M (13 May)

Pos	Perf		Name	AG	Club
1	10.68	w 3.1	Joseph Nash	PB U20 M	Enfield & Haringey/DC S
2	10.72	w 3.1	Ezekiel Lowe	PB U20 M	Victoria Park & Tower H
3	10.72	w 3.1	Malachi Amadi	PB U20 M	Shaftesbury Barnet
4	10.74	w 3.1	Joel Houslin	PB U20 M	Thames Valley
5	11.01	w 3.1	Zack Clarke-Green	U20 M	Ealing Southall & Middx
6	11.17	w 3.1	Josh Kelly	U20 M	Thames Valley/Brunel U
7	11.33	w 3.1	Airell Adams	PB U20 M	Harrow
8	11.53	w 3.1	Tajaih Kidd	U20 M	Thames Valley

100 U20M h1 (13 May)

Pos	Perf		Name	AG	Club
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1	10.71	w	2.8	Malachi Amadi	PB	U20	M	Shaftesbury Barnet
2	10.83	w	2.8	Ezekiel Lowe		U20	M	Victoria Park & Tower H
3	11.12	w	2.8	Josh Kelly	SB	U20	M	Thames Valley/Brunel U
4	11.43	w	2.8	Tajaih Kidd	SB	U20	M	Thames Valley
5	11.46	w	2.8	Noor-Eldin Mahmoud	PB	U20	M	Thames Valley
6	11.55	w	2.8	Bryan Ogbemor	SB	U20	M	Shaftesbury Barnet
7	11.85	w	2.8	Ellis Watson		U20	M	Harrow
8	12.16	w	2.8	Dexter Abeyasekera	SB	U20	M	Thames Valley

100 U20M h2 (13 May)

Pos	Perf			Name		AG		Club
1	10.84	w	2.6	Joseph Nash		U20	M	Enfield & Haringey/DC S
2	10.92	w	2.6	Joel Houslin		U20	M	Thames Valley
3	11.01	w	2.6	Zack Clarke-Green		U20	M	Ealing Southall & Middx
4	11.32	w	2.6	Airell Adams	PB	U20	M	Harrow
5	11.46	w	2.6	Demario Seaton	SB	U20	M	Thames Valley
6	11.67	w	2.6	Aaron Barrett-Mowatt	PB	U20	M	Victoria Park & Tower H
7	12.19	w	2.6	Elvio Mendes	SB	U20	M	Thames Valley

100 U17M (13 May)

Pos	Perf			Name		AG		Club
1	10.65	w	3.9	Dylan Williams	PB	U17	M	BFT Track Academy
2	10.67	w	3.9	David Ellington	PB	U17	M	Enfield & Haringey
3	10.88	w	3.9	Zayn Azabdaftery	PB	U17	M	Harrow
4	11.01	w	3.9	Luke Lo	PB	U17	M	Thames Valley
5	11.13	w	3.9	Nathan Fernandes	PB	U17	M	Shaftesbury Barnet
6	11.23	w	3.9	Oscar Hall	PB	U17	M	London Heathside
7	11.33	w	3.9	Jaian Saunders	PB	U17	M	Barnet
8	11.43	w	3.9	Chicane McKenzie Washington	PB	U17	M	South London

100 U17M h1 (13 May)

Pos	Perf			Name		AG		Club
1	10.77	w	4.3	Dylan Williams	PB	U17	M	BFT Track Academy
2	11.08	w	4.3	Luke Lo	PB	U17	M	Thames Valley
3	11.27	w	4.3	Jaian Saunders	PB	U17	M	Barnet
4	11.46	w	4.3	Chicane McKenzie Washington	PB	U17	M	South London
5	11.62	w	4.3	Montana Dennis	PB	U17	M	London Heathside
6	12.35	w	4.3	Isaiah Kyere-Aidoo	PB	U17	M	Harrow
7	12.46	w	4.3	Toby Toth-Stevens	PB	U17	M	London Heathside

100 U17M h2 (13 May)

Pos	Perf			Name		AG		Club
1	10.73		1.2	David Ellington	PB	U17	M	Enfield & Haringey
2	10.99		1.2	Zayn Azabdaftery	PB	U17	M	Harrow
3	11.23		1.2	Nathan Fernandes	PB	U17	M	Shaftesbury Barnet
4	11.30		1.2	Oscar Hall	PB	U17	M	London Heathside
5	11.58		1.2	Victor Paiusco	PB	U17	M	Shaftesbury Barnet
6	11.66		1.2	Ruben Cardoso	PB	U17	M	Shaftesbury Barnet

100 U15M (13 May)

Pos	Perf			Name		AG		Club
1	11.59	w	2.8	Jahmar Williams	PB	U15	M	Harrow
2	11.62	w	2.8	Marcus James		U15	M	Hillingdon
3	11.64	w	2.8	Tyler Thompson	PB	U15	M	Enfield & Haringey
4	11.71	w	2.8	Sion Jones	PB	U15	M	Ealing Southall & Middx

5	11.77	w	2.8	Charlie Williamson	PB	U15	M	Enfield & Haringey
6	11.83	w	2.8	Darnell Bowens		U15	M	Enfield & Haringey
7	11.99	w	2.8	Nathaniel McPherson	PB	U15	M	Enfield & Haringey
-	DNS	w	2.8	Kyan Blackwood		U15	M	DC Sprint Club

100 U15M h1 (13 May)

Pos	Perf			Name	AG	Club
1	11.65		1.9	Tyler Thompson	PB	U15 M Enfield & Haringey
2	11.78		1.9	Darnell Bowens	PB	U15 M Enfield & Haringey
3	11.93		1.9	Dijani Barnor	PB	U15 M Shaftesbury Barnet
4	11.99		1.9	Malakai David Mckenzie Callum	PB	U15 M London Heathside
5	12.43		1.9	Lani Jaiyeola	PB	U15 M Shaftesbury Barnet
6	12.74		1.9	Cruz Sutherland-Plante	PB	U15 M Thames Valley
7	13.50		1.9	Edgar Ewing-Wetherell	PB	U15 M Victoria Park & Tower H

100 U15M h2 (13 May)

Pos	Perf			Name	AG	Club
1	11.71		1.9	Marcus James		U15 M Hillingdon
2	11.71		1.9	Charlie Williamson	PB	U15 M Enfield & Haringey
3	11.79		1.9	Kyan Blackwood		U15 M DC Sprint Club
4	11.88		1.9	Sion Jones	PB	U15 M Ealing Southall & Middx
5	12.18		1.9	Joshua Nyman		U15 M Shaftesbury Barnet
6	12.82		1.9	DeJean Jarrett	PB	U15 M Hillingdon
7	13.44		1.9	Asher Escobar		U15 M Shaftesbury Barnet
8	13.99		1.9	Reuben D'Souza		U15 M Hillingdon

100 U15M h3 (13 May)

Pos	Perf			Name	AG	Club
1	11.81	w	2.4	Jahmar Williams	SB	U15 M Harrow
2	12.11	w	2.4	Nathaniel McPherson		U15 M Enfield & Haringey
3	12.13	w	2.4	Seth Rennie-Roddy	PB	U15 M Shaftesbury Barnet
4	12.14	w	2.4	Bradley Baka	PB	U15 M Highgate
5	12.85	w	2.4	Tyree Stephens	PB	U15 M London Heathside
6	12.95	w	2.4	Felix Muraszko	PB	U15 M Ealing Southall & Middx
7	14.10	w	2.4	Chokmah John	PB	U15 M London Heathside
8	14.21	w	2.4	Ramano Smith		U15 M Victoria Park & Tower H

100 U13M (13 May)

Pos	Perf			Name	AG	Club
2	12.87	w	2.3	Daniel Markham-Lee	PB	U13 M Harrow
3	13.22	w	2.3	Louis Xun	PB	U13 M Shaftesbury Barnet
4	13.58	w	2.3	Ben Bamisaiye	PB	U13 M Shaftesbury Barnet
5	13.68	w	2.3	Cameron Morris	PB	U13 M Hillingdon
6	13.95	w	2.3	Ruben Allushi		U13 M St. Mary's Richmond
7	13.96	w	2.3	Kyiro Taylor	PB	U13 M Victoria Park & Tower H
8	15.07	w	2.3	Archie Wilson		U13 M Victoria Park & Tower H

100 U13M h1 (13 May)

Pos	Perf			Name	AG	Club
1	12.78	w	2.3	Gabriel Edwards	SB	U13 M London Heathside
1	13.18	w	4.1	Gabriel Edwards		U13 M London Heathside
2	13.52	w	4.1	Ben Bamisaiye	PB	U13 M Shaftesbury Barnet
3	13.79	w	4.1	Ruben Allushi	PB	U13 M St. Mary's Richmond
4	13.99	w	4.1	Kyiro Taylor		U13 M Victoria Park & Tower H
5	16.12	w	4.1	Kailen Protain	PB	U13 M Victoria Park & Tower H

100 U13M h2 (13 May)

Pos	Perf			Name	AG	Club
1	12.81	w	3.4	Daniel Markham-Lee	PB U13 M	Harrow
2	12.91	w	3.4	Louis Xun	PB U13 M	Shaftesbury Barnet
3	13.51	w	3.4	Cameron Morris	PB U13 M	Hillingdon
4	14.70	w	3.4	Archie Wilson	PB U13 M	Victoria Park & Tower H

100 SW (13 May)

Pos	Perf			Name	AG	Club
1	11.79	w	2.7	Elise Modeste	SB SEN W	Enfield & Haringey
2	11.87	w	2.7	Akaysha Ellis	SB SEN W	Enfield & Haringey/East
3	11.99	w	2.7	Torema Thompson	SB SEN W	Enfield & Haringey
4	12.06	w	2.7	Alicia Regis	SB U23 W	Enfield & Haringey
5	12.41	w	2.7	Khia'aama Kofi	SB U23 W	Bristol & West/Brunel U
6	12.47	w	2.7	Angelita Broadbelt-Blake	SB V35 W	Thames Valley
7	12.51	w	2.7	Ashleigh Beaven	SB SEN W	Bromsgrove & Redditch,
-	DNS	w	2.7	Folakemi Osundairo	U23 W	Victoria Park & Tower H

100 SW h1 (13 May)

Pos	Perf			Name	AG	Club
1	11.71	w	2.5	Elise Modeste	SB SEN W	Enfield & Haringey
2	11.96	w	2.5	Akaysha Ellis	SEN W	Enfield & Haringey/East
3	12.49	w	2.5	Angelita Broadbelt-Blake	V35 W	Thames Valley
4	12.53	w	2.5	Ashleigh Beaven	SB SEN W	Bromsgrove & Redditch,

100 SW h2 (13 May)

Pos	Perf			Name	AG	Club
1	12.10		1.7	Alicia Regis	U23 W	Enfield & Haringey
2	12.16		1.7	Torema Thompson	SEN W	Enfield & Haringey
3	12.44		1.7	Khia'aama Kofi	SB U23 W	Bristol & West/Brunel U
4	13.32		1.7	Folakemi Osundairo	SB U23 W	Victoria Park & Tower H
5	14.21		1.7	Amblessed Akam	PB U23 W	Highgate

100 U20W (13 May)

Pos	Perf			Name	AG	Club
1	11.83		1.7	Emmanuella Quaye	SB U20 W	Harrow
2	11.90		1.7	Rayne Tapper	PB U20 W	Harrow/Track Academy
3	12.00		1.7	Michelvi Wamba	PB U20 W	Victoria Park & Tower H
4	12.66		1.7	Patricia Grudz-Edmondson	PB U20 W	Thames Valley
5	12.81		1.7	Mia Grey	U20 W	Thames Valley
6	12.83		1.7	Paulina Dibotti Nkombe	U20 W	Windsor Slough Eton & I
7	13.19		1.7	Amaka Okorie	PB U20 W	Victoria Park & Tower H
8	13.59		1.7	Chanital Abaga-Valcarcel	U20 W	Victoria Park & Tower H

100 U20W h1 (13 May)

Pos	Perf			Name	AG	Club
1	11.89	w	3.3	Emmanuella Quaye	SB U20 W	Harrow
2	12.45	w	3.3	Patricia Grudz-Edmondson	PB U20 W	Thames Valley
3	12.71	w	3.3	Mia Grey	SB U20 W	Thames Valley
4	12.86	w	3.3	Amaka Okorie	PB U20 W	Victoria Park & Tower H
5	13.36	w	3.3	Chanital Abaga-Valcarcel	PB U20 W	Victoria Park & Tower H

100 U20W h2 (13 May)

Pos	Perf			Name	AG	Club
1	11.91	w	3.1	Rayne Tapper	PB U20 W	Harrow/Track Academy
2	12.05	w	3.1	Michelvi Wamba	PB U20 W	Victoria Park & Tower H

3	12.94	w	3.1	Paulina Dibotti Nkombe		U20	W	Windsor Slough Eton & I
4	13.38	w	3.1	Syan Newman-Smith	PB	U20	W	Thames Valley
5	13.59	w	3.1	Tia McCootie	PB	U20	W	Thames Valley
6	13.66	w	3.1	Wunmi Etti-Williams	PB	U20	W	Enfield & Haringey

100 U17W (13 May)

Pos	Perf			Name		AG		Club
1	12.20		1.1	Hebe Evans	PB	U17	W	Thames Valley
2	12.23		1.1	Nana Quainoo	SB	U17	W	Windsor Slough Eton & I
3	12.37		1.1	Tami George	PB	U17	W	Shaftesbury Barnet
4	12.39		1.1	Juanita Kyere-Aidoo		U17	W	Harrow
5	12.43		1.1	Megan Omoya-broad	PB	U17	W	Thames Valley
6	12.70		1.1	Makayla Brai-Aloye		U17	W	Shaftesbury Barnet
7	12.83		1.1	Dwitee Chaudhari	PB	U17	W	Ealing Southall & Middx
8	13.23		1.1	Adanna Mazinwosu	PB	U17	W	Shaftesbury Barnet

100 U17W h1 (13 May)

Pos	Perf			Name		AG		Club
1	12.31	w	3.2	Nana Quainoo		U17	W	Windsor Slough Eton & I
2	12.62	w	3.2	Megan Omoya-broad	PB	U17	W	Thames Valley
3	13.89	w	3.2	Sara Al Hourani	SB	U17	W	Hillingdon
4	15.12	w	3.2	Cassandra Salvi Mendonca	PB	U17	W	Thames Valley
-	DNF	w	3.2	Ann Oerlemans		U17	W	Enfield & Haringey

100 U17W h2 (13 May)

Pos	Perf			Name		AG		Club
1	12.33	w	2.6	Hebe Evans	PB	U17	W	Thames Valley
2	12.81	w	2.6	Makayla Brai-Aloye		U17	W	Shaftesbury Barnet
3	12.90	w	2.6	Dwitee Chaudhari	PB	U17	W	Ealing Southall & Middx
4	13.81	w	2.6	Talia Djanogly	SB	U17	W	Middlesex Schs
5	14.24	w	2.6	Caitlin Gallagher Rattan	SB	U17	W	Thames Valley
6	14.53	w	2.6	Seryne St Leonce	SB	U17	W	Thames Valley

100 U17W h3 (13 May)

Pos	Perf			Name		AG		Club
1	12.52	w	2.8	Juanita Kyere-Aidoo		U17	W	Harrow
2	12.72	w	2.8	Tami George		U17	W	Shaftesbury Barnet
3	13.25	w	2.8	Adanna Mazinwosu	PB	U17	W	Shaftesbury Barnet
4	13.32	w	2.8	Onyebuchi Odiaka	SB	U17	W	Shaftesbury Barnet
5	13.74	w	2.8	Laureen Okaghenu		U17	W	Victoria Park & Tower H
6	14.16	w	2.8	Sofia Unwin	PB	U17	W	Harrow

100 U15W (13 May)

Pos	Perf			Name		AG		Club
1	12.48	w	2.3	Angel McLeod	SB	U15	W	Shaftesbury Barnet
2	12.80	w	2.3	Emma Dalton	PB	U15	W	Harrow
3	12.86	w	2.3	Abigail Ejakita	PB	U15	W	Thames Valley/Track Ac
4	13.00	w	2.3	Phoebe Mason Clark	SB	U15	W	Harrow
5	13.02	w	2.3	Aara Kamara	PB	U15	W	Shaftesbury Barnet
6	13.06	w	2.3	Havika Kyere-Aidoo	PB	U15	W	Harrow
7	13.12	w	2.3	Moiesha Savage	SB	U15	W	Shaftesbury Barnet
8	13.49	w	2.3	Chloe Barracliffe		U15	W	DC Sprint Club

100 U15W h1 (13 May)

Pos	Perf			Name		AG		Club
1	12.55		1.9	Angel McLeod		U15	W	Shaftesbury Barnet

2	12.97		1.9	Abigail Ejakita	PB	U15	W	Thames Valley/Track Ac
3	13.34		1.9	Aara Kamara		U15	W	Shaftesbury Barnet
4	13.36		1.9	Munevver Akesen	PB	U15	W	London Heathside
5	14.02		1.9	Faith Lamptey	PB	U15	W	Shaftesbury Barnet

100 U15W h2 (13 May)

Pos	Perf			Name	AG	Club
1	12.57	w	2.9	Emma Dalton	PB	U15 W Harrow
2	12.83	w	2.9	Phoebe Mason Clark	PB	U15 W Harrow
3	12.89	w	2.9	Havika Kyere-Aidoo	PB	U15 W Harrow
4	13.42	w	2.9	Alice Raybe	PB	U15 W Thames Valley
5	13.50	w	2.9	Tara Walsh	PB	U15 W Enfield & Haringey
6	13.54	w	2.9	Sharon Okoghenu		U15 W Victoria Park & Tower H

100 U15W h3 (13 May)

Pos	Perf			Name	AG	Club
1	13.03	w	3.5	Moiesha Savage	SB	U15 W Shaftesbury Barnet
2	13.41	w	3.5	Chloe Barracliffe		U15 W DC Sprint Club
3	13.42	w	3.5	Maddison Allushi	PB	U15 W St. Mary's Richmond
4	13.44	w	3.5	Geneva Adomako-Yeboah	SB	U15 W Victoria Park & Tower H
5	13.87	w	3.5	Jhazmyn Charles		U15 W Victoria Park & Tower H
6	15.07	w	3.5	Abigail Nwokeafor	PB	U15 W Thames Valley

100 U13W (13 May)

Pos	Perf			Name	AG	Club
1	13.05	w	4.4	Erykah-Monae Quartey	PB	U13 W Harrow
2	13.14	w	4.4	Anu Jaiyeola	PB	U13 W Shaftesbury Barnet
3	13.36	w	4.4	Alexa Moses	PB	U13 W Thames Valley
4	14.05	w	4.4	Tosin Etti-Williams	PB	U13 W Enfield & Haringey
5	14.22	w	4.4	Mika Fanus-Sango	PB	U13 W Victoria Park & Tower H
6	14.34	w	4.4	Alaia Ajanlekoko Gomendio	PB	U13 W Victoria Park & Tower H
7	14.49	w	4.4	Mya Larter		U13 W Victoria Park & Tower H
-	DNS	w	4.4	Vera Doudko		U13 W Shaftesbury Barnet

100 U13W h1 (13 May)

Pos	Perf			Name	AG	Club
1	13.24	w	2.6	Erykah-Monae Quartey	PB	U13 W Harrow
2	13.93	w	2.6	Tosin Etti-Williams	PB	U13 W Enfield & Haringey
3	14.02	w	2.6	Mika Fanus-Sango	PB	U13 W Victoria Park & Tower H
4	14.18	w	2.6	Mya Larter	PB	U13 W Victoria Park & Tower H
5	15.14	w	2.6	Amayah Myers	PB	U13 W Victoria Park & Tower H
6	15.92	w	2.6	Khushali Saunders	PB	U13 W Barnet

100 U13W h2 (13 May)

Pos	Perf			Name	AG	Club
1	13.36	w	3.4	Anu Jaiyeola	PB	U13 W Shaftesbury Barnet
2	13.44	w	3.4	Alexa Moses	PB	U13 W Thames Valley
3	13.91	w	3.4	Vera Doudko	PB	U13 W Shaftesbury Barnet
4	14.60	w	3.4	Alaia Ajanlekoko Gomendio		U13 W Victoria Park & Tower H
5	14.86	w	3.4	Maluchi Okoli-Watson	PB	U13 W Victoria Park & Tower H
6	16.38	w	3.4	Niah Avaloy-Garcia	PB	U13 W Victoria Park & Tower H

200 SM (14 May)

Pos	Perf			Name	AG	Club
1	20.88		0.4	Kesi Oludoyi	PB	SEN M Harrow/University of Lo

2	21.48	0.4	Keano-Elliott Paris-Samuel	SB	SEN	M	Thames Valley/South Ba
3	21.54	0.4	Jason Kalala		U23	M	Newham & Essex Beagle
4	21.56	0.4	Michael Fagbenle	PB	U23	M	Bexley
5	21.87	0.4	Kai English	PB	U23	M	Ealing Southall & Middx
6	22.93	0.4	Kweku Abankwa		SEN	M	Victoria Park & Tower H
-	DNF	0.4	Michael Shonibare		SEN	M	Victoria Park & Tower H
-	DNS	0.4	Luke Collis		SEN	M	Harrow

200 SM h1 (14 May)

Pos	Perf		Name		AG		Club
1	21.96	0.6	Jason Kalala		U23	M	Newham & Essex Beagle
2	22.41	0.6	Kai English		U23	M	Ealing Southall & Middx
3	22.95	0.6	Marlon Hogg-Williams		SEN	M	Newham & Essex Beagle
4	23.28	0.6	Vladimir Woodham-Smith	PB	SEN	M	London Heathside
5	23.56	0.6	Asha Osei	SB	V35	M	London Heathside
6	25.89	0.6	Chris Burbidge	PB	V45	M	Ealing Southall & Middx
7	28.33	0.6	Michael Dmitrzak	PB	V45	M	Queens Park

200 SM h2 (14 May)

Pos	Perf		Name		AG		Club
1	21.99	-0.1	Michael Fagbenle		U23	M	Bexley
2	22.15	-0.1	Keano-Elliott Paris-Samuel		SEN	M	Thames Valley/South Ba
3	22.24	-0.1	Luke Collis	SB	SEN	M	Harrow
4	22.82	-0.1	Kweku Abankwa	PB	SEN	M	Victoria Park & Tower H
5	23.05	-0.1	Myles Brown	SB	U23	M	Thames Valley
6	23.29	-0.1	Craig McKenley	SB	SEN	M	Enfield & Haringey/Royce

200 SM h3 (14 May)

Pos	Perf		Name		AG		Club
1	21.33	1.3	Kesi Oludoyi	SB	SEN	M	Harrow/University of Lo
2	21.85	1.3	Michael Shonibare	SB	SEN	M	Victoria Park & Tower H
3	22.97	1.3	Monty Ogunbanjo		U23	M	Harrow/Brunel Uni Lonc
4	24.08	1.3	Nataniel Gutkowski	PB	U23	M	Thames Valley/Poland
5	24.12	1.3	Allan Mc Sween	SB	V40	M	Ealing Southall & Middx
6	24.85	1.3	Jason Kojo Dwaah	SB	V35	M	Victoria Park & Tower H
7	26.11	1.3	Mohamed Kamara	PB	SEN	M	London Heathside

200 U20M (14 May)

Pos	Perf		Name		AG		Club
1	21.52	0.8	Joseph Nash	PB	U20	M	Enfield & Haringey/DC S
2	21.67	0.8	Joel Houslin	PB	U20	M	Thames Valley
3	21.84	0.8	Malachi Amadi	PB	U20	M	Shaftesbury Barnet
4	22.28	0.8	Ezekiel Lowe		U20	M	Victoria Park & Tower H
5	22.78	0.8	Josh Kelly	SB	U20	M	Thames Valley/Brunel U
6	23.01	0.8	DeShawn Brown		U20	M	Enfield & Haringey
7	23.45	0.8	Aaron Barrett-Mowatt	PB	U20	M	Victoria Park & Tower H
8	23.55	0.8	Sol Inglis	PB	U20	M	Thames Valley

200 U20M h1 (14 May)

Pos	Perf		Name		AG		Club
1	22.07	-2.4	Joel Houslin		U20	M	Thames Valley
2	22.36	-2.4	Ezekiel Lowe		U20	M	Victoria Park & Tower H
3	23.11	-2.4	Josh Kelly		U20	M	Thames Valley/Brunel U
4	23.65	-2.4	Aaron Barrett-Mowatt	PB	U20	M	Victoria Park & Tower H
5	24.68	-2.4	Tajaih Kidd	SB	U20	M	Thames Valley

200 U20M h2 (14 May)

Pos	Perf		Name		AG	Club
1	21.95	1.0	Joseph Nash	SB	U20 M	Enfield & Haringey/DC S
2	22.26	1.0	Malachi Amadi		U20 M	Shaftesbury Barnet
3	23.25	1.0	DeShawn Brown		U20 M	Enfield & Haringey
4	23.51	1.0	Sol Inglis	PB	U20 M	Thames Valley
5	23.77	1.0	Airell Adams	SB	U20 M	Harrow
6	24.71	1.0	Dexter Abeyasekera	PB	U20 M	Thames Valley

200 U17M (14 May)

Pos	Perf		Name		AG	Club
1	21.59	-0.3	Ebuka Nwokeji	PB	U17 M	Shaftesbury Barnet
2	22.31	-0.3	Zico Jones	SB	U17 M	Shaftesbury Barnet
3	23.07	-0.3	Jaian Saunders	PB	U17 M	Barnet
4	23.29	-0.3	Brandon Kufazvinei	SB	U17 M	Shaftesbury Barnet
5	24.95	-0.3	Zakariye Aliabdi	PB	U17 M	Hillingdon
6	25.12	-0.3	Elijah Marshall	PB	U17 M	Highgate/London Schs
7	25.42	-0.3	Sam Samin	PB	U17 M	Harrow
8	25.48	-0.3	Isaiah Kyere-Aidoo	PB	U17 M	Harrow

200 U17M h1 (14 May)

Pos	Perf		Name		AG	Club
1	22.98	-1.4	Zico Jones		U17 M	Shaftesbury Barnet
2	23.23	-1.4	Jaian Saunders	PB	U17 M	Barnet
3	25.31	-1.4	Isaiah Kyere-Aidoo	PB	U17 M	Harrow
4	25.54	-1.4	Sam Samin	PB	U17 M	Harrow
5	26.54	-1.4	Ranvir Singh Bains	SB	U17 M	Hillingdon

200 U17M h2 (14 May)

Pos	Perf		Name		AG	Club
1	22.08	-0.5	Ebuka Nwokeji		U17 M	Shaftesbury Barnet
2	23.48	-0.5	Brandon Kufazvinei	SB	U17 M	Shaftesbury Barnet
3	24.69	-0.5	Zakariye Aliabdi	PB	U17 M	Hillingdon
4	25.28	-0.5	Elijah Marshall	PB	U17 M	Highgate/London Schs

200 U15M (14 May)

Pos	Perf		Name		AG	Club
1	23.60	1.3	Darnell Bowens	PB	U15 M	Enfield & Haringey
2	23.62	1.3	Marcus James	PB	U15 M	Hillingdon
3	23.74	1.3	Bradley Baka	PB	U15 M	Highgate
4	24.20	1.3	Charlie Williamson	PB	U15 M	Enfield & Haringey
5	24.26	1.3	Harry Pincherle	PB	U15 M	Shaftesbury Barnet
6	24.55	1.3	Malakai David Mckenzie Callum	PB	U15 M	London Heathside
7	25.13	1.3	Rafael Pequeno		U15 M	Hillingdon
-	DNS	1.3	Dijani Barnor		U15 M	Shaftesbury Barnet

200 U15M h1 (14 May)

Pos	Perf		Name		AG	Club
1	24.33	-1.3	Darnell Bowens		U15 M	Enfield & Haringey
2	24.61	-1.3	Bradley Baka		U15 M	Highgate
3	24.70	-1.3	Malakai David Mckenzie Callum	PB	U15 M	London Heathside
4	24.83	-1.3	Harry Pincherle		U15 M	Shaftesbury Barnet
5	26.14	-1.3	Tyree Stephens	PB	U15 M	London Heathside
6	26.53	-1.3	DeJean Jarrett	PB	U15 M	Hillingdon
7	29.28	-1.3	Kayden Earl	PB	U15 M	Ealing Southall & Middx

200 U15M h2 (14 May)

Pos	Perf		Name	AG	Club
1	23.66	0.7	Marcus James	PB U15 M	Hillingdon
2	24.12	0.7	Charlie Williamson	PB U15 M	Enfield & Haringey
3	24.53	0.7	Dijani Barnor	PB U15 M	Shaftesbury Barnet
4	25.09	0.7	Rafael Pequeno	U15 M	Hillingdon
5	25.27	0.7	Lani Jaiyeola	PB U15 M	Shaftesbury Barnet
6	27.60	0.7	Edgar Ewing-Wetherell	PB U15 M	Victoria Park & Tower H
7	29.14	0.7	Reuben D'Souza	PB U15 M	Hillingdon

200 U13M (14 May)

Pos	Perf		Name	AG	Club
1	26.40	1.2	Gabriel Edwards	SB U13 M	London Heathside
2	26.85	1.2	Louis Xun	PB U13 M	Shaftesbury Barnet
3	27.46	1.2	Ben Bamisaiye	PB U13 M	Shaftesbury Barnet
4	27.76	1.2	Jack Kerr	PB U13 M	Hillingdon
5	29.25	1.2	Kyiro Taylor	PB U13 M	Victoria Park & Tower H

200 SW (14 May)

Pos	Perf		Name	AG	Club
1	24.87	-1.1	Akaysha Ellis	SEN W	Enfield & Haringey/East
2	25.23	-1.1	Ayoola Babalola	SB U23 W	Windsor Slough Eton & I
3	25.88	-1.1	Ashleigh Beaven	SEN W	Bromsgrove & Redditch,
4	26.02	-1.1	Khia'aama Kofi	SB U23 W	Bristol & West/Brunel U
5	26.17	-1.1	Torema Thompson	SB SEN W	Enfield & Haringey
6	26.34	-1.1	Aisha Naibe-Wey	SB SEN W	Thames Valley
7	28.88	-1.1	Noelle O'Regan	V35 W	London Heathside/Irelai

200 U20W (14 May)

Pos	Perf		Name	AG	Club
1	24.45	0.7	Michelvi Wamba	PB U20 W	Victoria Park & Tower H
2	24.76	0.7	Emmanuella Quaye	PB U20 W	Harrow
3	25.33	0.7	Niah Akintokun	SB U20 W	Shaftesbury Barnet
4	25.79	0.7	Mya Green	SB U20 W	Harrow
5	25.81	0.7	Kyra Martin	SB U20 W	Enfield & Haringey
6	25.93	0.7	Julie-Anne Boachie	PB U20 W	Harrow
7	25.98	0.7	Katie-Marie Sherlock	PB U20 W	Thames Valley
8	26.50	0.7	Charis Duncan	SB U20 W	Enfield & Haringey

200 U20W h1 (14 May)

Pos	Perf		Name	AG	Club
1	25.48	-0.2	Niah Akintokun	SB U20 W	Shaftesbury Barnet
2	25.92	-0.2	Julie-Anne Boachie	PB U20 W	Harrow
3	26.11	-0.2	Kyra Martin	U20 W	Enfield & Haringey
4	26.54	-0.2	Amaka Okorie	PB U20 W	Victoria Park & Tower H
5	27.05	-0.2	Asia Amede Charles	U20 W	Thames Valley
6	27.29	-0.2	Mia Grey	PB U20 W	Thames Valley
7	29.46	-0.2	Wunmi Etti-Williams	U20 W	Enfield & Haringey

200 U20W h2 (14 May)

Pos	Perf		Name	AG	Club
1	24.56	-0.5	Michelvi Wamba	PB U20 W	Victoria Park & Tower H
2	25.19	-0.5	Emmanuella Quaye	U20 W	Harrow
3	25.86	-0.5	Mya Green	SB U20 W	Harrow
4	26.24	-0.5	Katie-Marie Sherlock	PB U20 W	Thames Valley

5	26.51	-0.5	Charis Duncan	SB	U20	W	Enfield & Haringey
6	27.19	-0.5	Lola McCann-Ezekiel		U20	W	Shaftesbury Barnet
200 U17W (14 May)							
Pos	Perf		Name		AG		Club
1	24.97	0.0	Hebe Evans	PB	U17	W	Thames Valley
2	25.47	0.0	Kyrah McGuire	SB	U17	W	Thames Valley
3	25.61	0.0	Chante Stirling	PB	U17	W	Enfield & Haringey
4	26.18	0.0	Juanita Kyere-Aidoo		U17	W	Harrow
5	26.33	0.0	Magdeline Paitoo		U17	W	London Heathside
6	26.61	0.0	Dwitee Chaudhari	PB	U17	W	Ealing Southall & Middx
7	26.66	0.0	Gabrielle Johnson	PB	U17	W	Highgate
8	26.81	0.0	Ella Burridge	SB	U17	W	London Heathside
200 U17W h1 (14 May)							
Pos	Perf		Name		AG		Club
1	25.47	0.0	Chante Stirling	PB	U17	W	Enfield & Haringey
2	25.78	0.0	Kyrah McGuire	SB	U17	W	Thames Valley
3	25.85	0.0	Juanita Kyere-Aidoo		U17	W	Harrow
4	26.79	0.0	Dwitee Chaudhari	SB	U17	W	Ealing Southall & Middx
5	26.82	0.0	Megan Omoya-broad	SB	U17	W	Thames Valley
6	27.33	0.0	Holly Light	PB	U17	W	Barnet
200 U17W h2 (14 May)							
Pos	Perf		Name		AG		Club
1	25.83	0.0	Hebe Evans		U17	W	Thames Valley
2	26.60	0.0	Magdeline Paitoo		U17	W	London Heathside
3	26.63	0.0	Gabrielle Johnson	PB	U17	W	Highgate
4	26.68	0.0	Ella Burridge	SB	U17	W	London Heathside
5	27.16	0.0	Amy Quaye	SB	U17	W	Enfield & Haringey
6	27.41	0.0	Hannah Pilkington	SB	U17	W	Thames Valley
200 U15W (14 May)							
Pos	Perf		Name		AG		Club
1	26.42	1.4	Angel McLeod		U15	W	Shaftesbury Barnet
2	26.56	1.4	Isabella Phillips	PB	U15	W	Hillingdon
3	26.68	1.4	Havika Kyere-Aidoo	PB	U15	W	Harrow
4	26.70	1.4	Geneva Adomako-Yeboah	PB	U15	W	Victoria Park & Tower H
5	27.31	1.4	Phoebe Mason Clark		U15	W	Harrow
6	27.68	1.4	Abigail Ejakita		U15	W	Thames Valley/Track Ac
7	27.69	1.4	Alice Raybe	PB	U15	W	Thames Valley
8	27.76	1.4	Aara Kamara		U15	W	Shaftesbury Barnet
200 U15W h1 (14 May)							
Pos	Perf		Name		AG		Club
1	26.52	0.6	Angel McLeod		U15	W	Shaftesbury Barnet
2	26.93	0.6	Isabella Phillips		U15	W	Hillingdon
3	26.94	0.6	Phoebe Mason Clark	SB	U15	W	Harrow
4	27.63	0.6	Geneva Adomako-Yeboah		U15	W	Victoria Park & Tower H
5	28.02	0.6	Aara Kamara		U15	W	Shaftesbury Barnet
6	28.47	0.6	Ivy Paitoo		U15	W	London Heathside
7	28.68	0.6	Zoe Dolan	PB	U15	W	Thames Valley
200 U15W h2 (14 May)							
Pos	Perf		Name		AG		Club
1	27.10	-2.6	Havika Kyere-Aidoo		U15	W	Harrow

2	27.84	-2.6	Abigail Ejakita		U15	W	Thames Valley/Track Ac
3	28.03	-2.6	Alice Raybe		U15	W	Thames Valley
4	28.08	-2.6	Suraya Frost		U15	W	London Heathside
5	28.35	-2.6	Ava Oldfield	PB	U15	W	Thames Valley
6	29.11	-2.6	Monisade Ayodeji		U15	W	Highgate
7	29.23	-2.6	Kyra Smith	SB	U15	W	London Heathside
8	30.24	-2.6	Jhazmyn Charles		U15	W	Victoria Park & Tower H

200 U13W (14 May)

Pos	Perf		Name		AG		Club
1	27.96	0.4	Erykah-Monae Quartey	PB	U13	W	Harrow
2	29.25	0.4	Alaia Ajanlekoko Gomendio	PB	U13	W	Victoria Park & Tower H
3	29.44	0.4	Capree Cooper	PB	U13	W	Barnet
4	30.43	0.4	Mya Larter	PB	U13	W	Victoria Park & Tower H
5	30.90	0.4	Maluchi Okoli-Watson	PB	U13	W	Victoria Park & Tower H
6	31.20	0.4	Amayah Myers	PB	U13	W	Victoria Park & Tower H
7	31.53	0.4	Grace Wood	PB	U13	W	DC Sprint Club
8	34.38	0.4	Niah Avaloy-Garcia	PB	U13	W	Victoria Park & Tower H

300 U15M (13 May)

Pos	Perf		Name		AG		Club
1	39.83		Dylan Mills	PB	U15	M	London Heathside
2	40.25		Seth Rennie-Roddy	PB	U15	M	Shaftesbury Barnet
3	41.89		Navtej Tumber	PB	U15	M	Hillingdon

300 U17W (13 May)

Pos	Perf		Name		AG		Club
1	41.88		Magdeline Paitoo		U17	W	London Heathside
2	42.21		Chante Stirling		U17	W	Enfield & Haringey
3	43.49		Ella Burrige		U17	W	London Heathside
4	43.62		Adanna Mazinwosu		U17	W	Shaftesbury Barnet
5	47.22		Valentina Western		U17	W	Highgate
6	47.45		Stella Martin	PB	U17	W	Thames Valley
7	52.21		Lili Hake	PB	U17	W	Highgate
8	54.53		Erin McCafferty		U17	W	Barnet

300 U15W (13 May)

Pos	Perf		Name		AG		Club
1	41.95		Jorjia March	PB	U15	W	Barnet
2	42.64		Isabella Phillips	PB	U15	W	Hillingdon
3	42.94		Ella Buckley		U15	W	Barnet
4	45.56		Maddison Allushi		U15	W	St. Mary's Richmond
5	45.74		Julia Turowska		U15	W	Hillingdon
6	45.78		Ivy Paitoo	PB	U15	W	London Heathside
7	48.87		Maya Westgate	PB	U15	W	London Heathside
8	50.17		Hissah Al Faisal	PB	U15	W	Blackheath & Bromley

400 SM (13 May)

Pos	Perf		Name		AG		Club
1	49.17		Michael Shonibare		SEN	M	Victoria Park & Tower H
2	51.07		Kareem Selman-Jackson		SEN	M	Belgrave/Loughborough
3	53.05		Daniel Woodburn		SEN	M	Belgrave/King's College
4	60.15		Jason Kojo Dwaah	SB	V35	M	Victoria Park & Tower H

400 U20M (13 May)

Pos	Perf	Name	AG	Club
1	49.11	Joel Houslin	PB U20 M	Thames Valley
2	49.63	Nathan Kabel	PB U20 M	Harrow
3	54.98	Jake Osorio	SB U20 M	Thames Valley/London S
4	55.66	Avery Dietrich	PB U20 M	London Heathside

400 U17M (13 May)

Pos	Perf	Name	AG	Club
1	52.78	Matthew Barnes	PB U17 M	Thames Valley
2	53.23	Kai Fellows	PB U17 M	Victoria Park & Tower H
3	53.92	Dylan Robert	U17 M	Harrow
4	54.17	Oscar Hall	U17 M	London Heathside
5	59.60	Said Mohammed-Mariche	PB U17 M	Highgate

400 SW (13 May)

Pos	Perf	Name	AG	Club
1	56.94	Raquel Tjernagel	PB SEN W	Enfield & Haringey/Brun
2	62.75	Noelle O'Regan	SB V35 W	London Heathside/Irela
3	63.15	Lauren Cunild	SB SEN W	Northampton/Emory
4	63.72	Charlotte Cooney-Quinn	SB U23 W	Ealing Southall & Middx,

400 U20W (13 May)

Pos	Perf	Name	AG	Club
1	59.07	Katie-Marie Sherlock	U20 W	Thames Valley
2	59.91	Charlotte Harris	SB U20 W	Barnet
3	60.52	Mia Oldfield	U20 W	Thames Valley
4	60.98	Lola McCann-Ezekiel	PB U20 W	Shaftesbury Barnet
5	64.31	Katharine Boissiere	U20 W	Ealing Southall & Middx

800 SM (14 May)

Pos	Perf	Name	AG	Club
1	1:54.21	Basil Rock	PB U23 M	Thames Valley
2	1:54.28	Malik Johnson	PB SEN M	Harrow
3	2:07.08	Richard Macaulay	SB V35 M	London Heathside
4	2:27.90	Ruben Carvajal	PB V40 M	Queens Park

800 U20M (14 May)

Pos	Perf	Name	AG	Club
1	2:00.76	Daniel Banyard	PB U20 M	Shaftesbury Barnet
2	2:11.37	Noah Clarke	SB U20 M	Barnet
3	2:13.06	Callum Sydenham	U20 M	Barnet

800 U17M (14 May)

Pos	Perf	Name	AG	Club
1	2:04.30	Billy Fudge	PB U17 M	Enfield & Haringey
2	2:05.81	David Baah-Okyere	PB U17 M	London Heathside
3	2:06.87	Kimi Camargo Scholz	PB U17 M	Thames Valley
4	2:07.23	George Saint	PB U17 M	London Heathside
5	2:09.25	Henry Jones	PB U17 M	Ealing Southall & Middx
6	2:13.41	Reginald Rock	PB U17 M	Thames Valley
7	2:13.48	Billy Bannon	PB U17 M	St. Mary's Richmond
8	2:15.82	Lewis Palmer	SB U17 M	Victoria Park & Tower H
9	2:32.26	Artie Feeny-Willings	U17 M	London Heathside

800 U15M (14 May)

Pos	Perf	Name	AG	Club
1	2:06.49	Dylan Mills	PB U15 M	London Heathside
2	2:08.84	Euan Phillips	PB U15 M	Shaftesbury Barnet
3	2:12.03	Leon Biss	PB U15 M	Shaftesbury Barnet
4	2:21.14	Zoey Judge	PB U15 M	Victoria Park & Tower H
5	2:27.10	Oscar Yu	PB U15 M	Middlesex Schs
6	2:33.90	Luca Russo	PB U15 M	Harrow
7	2:36.56	Ennio Kaloukian	U15 M	London Heathside
8	2:44.50	Sam Darcy	SB U15 M	Shaftesbury Barnet

800 U13M (14 May)

Pos	Perf	Name	AG	Club
1	2:26.39	Edward Pascal	U13 M	Shaftesbury Barnet
2	2:30.03	Bernard Pela	PB U13 M	Thames Valley
3	2:30.50	Barnabas Pela	PB U13 M	Thames Valley
4	2:30.57	Rory Willis	PB U13 M	London Heathside
5	2:41.82	Ben Kaspar	U13 M	Shaftesbury Barnet
6	2:50.74	Milo Cade-Swindells	PB U13 M	Victoria Park & Tower H

800 SW (14 May)

Pos	Perf	Name	AG	Club
1	2:17.10	Lauren Cunild	SB SEN W	Northampton/Emory
2	2:18.02	Natalie Thompson	PB SEN W	Windsor Slough Eton & I
3	2:21.75	Rhian Male	SB SEN W	London Heathside/UCL
4	2:37.59	Charlotte Cooney-Quinn	SB U23 W	Ealing Southall & Middx,
5	2:38.06	Samantha Lamb	SB V50 W	Victoria Park & Tower H

800 U20W (14 May)

Pos	Perf	Name	AG	Club
1	2:20.41	Charlotte Harris	U20 W	Barnet

800 U17W (14 May)

Pos	Perf	Name	AG	Club
1	2:11.43	Adela Svihalkova	SB U17 W	Thames Valley/Czech Re
2	2:13.84	Larissa Wilson	PB U17 W	Shaftesbury Barnet
3	2:16.31	Natasha Bennett	U17 W	Thames Valley
4	2:17.89	Lyra Macdonald	SB U17 W	Victoria Park & Tower H
5	2:18.73	Eddie Woodings	PB U17 W	Shaftesbury Barnet
6	2:21.26	Dina Silverman	U17 W	Shaftesbury Barnet
7	2:25.05	Mia Rosen	U17 W	Barnet
8	2:28.56	Molly Andrews	PB U17 W	St. Mary's Richmond
9	2:29.84	Eva Perkins	PB U17 W	Windsor Slough Eton & I

800 U15W (14 May)

Pos	Perf	Name	AG	Club
1	2:13.93	Jorjia March	PB U15 W	Barnet
2	2:23.07	Izzy Ions	SB U15 W	Highgate
3	2:26.27	Amae Van Zyl	PB U15 W	Hillingdon
4	2:36.02	Lettice Gundry	PB U15 W	London Heathside
5	2:36.49	Maya Westgate	PB U15 W	London Heathside
6	2:38.79	Edey Kestell	PB U15 W	Hillingdon
7	2:39.36	Margot Hunt	PB U15 W	London Heathside
8	2:40.32	Tallulah Stephens	SB U15 W	Victoria Park & Tower H
9	2:42.17	Stella Gessaroli	SB U15 W	Victoria Park & Tower H

800 U13W (14 May)

Pos	Perf	Name	AG	Club
1	2:26.51	Ellina Ponkratueva	PB U13 W	St. Mary's Richmond
2	2:28.37	Sofia Bennett	PB U13 W	Thames Valley
3	2:30.08	Elsie Fitzgerald	PB U13 W	Hillingdon
4	2:32.17	Violet Muralidhar	U13 W	Ealing Southall & Middx
5	2:45.36	Thea Conway	PB U13 W	Barnet
6	2:53.48	Olivia Abbott	U13 W	Shaftesbury Barnet
7	2:57.52	Alice Wilson-Brown	PB U13 W	Ealing Southall & Middx
8	3:03.19	Grace Wood	PB U13 W	DC Sprint Club

1500 SM (13 May)

Pos	Perf	Name	AG	Club
1	4:13.37	Basil Rock	U23 M	Thames Valley
2	4:23.45	Richard Macaulay	SB V35 M	London Heathside
3	4:31.22	Rory Clark	PB SEN M	Mornington Chasers
4	4:59.90	Ruben Carvajal	V40 M	Queens Park
5	6:03.59	Anthony Bryan F37/T37	SB SEN M	Herts Phoenix

1500 U20M (13 May)

Pos	Perf	Name	AG	Club
1	4:04.67	Tom Emery	SB U20 M	Chiltern/Middlesex Schs
2	4:31.69	Callum Sydenham	U20 M	Barnet
3	4:32.72	Noah Clarke	SB U20 M	Barnet
4	4:35.94	Joe Ward	PB U20 M	Barnet
5	4:37.53	Luca Zorzi	SB U20 M	Thames Valley

1500 U17M (13 May)

Pos	Perf	Name	AG	Club
1	4:27.73	Alexander Mulvihill	U17 M	Highgate
2	4:35.41	Milun Pittuck	PB U17 M	Victoria Park & Tower H
3	4:36.79	Monty Omell	PB U17 M	Barnet
4	4:51.59	Thom Macdonald	PB U17 M	Victoria Park & Tower H
5	4:59.36	Junias Lee	U17 M	Ealing Southall & Middx

1500 U15M (13 May)

Pos	Perf	Name	AG	Club
1	4:25.76	Arthur Phillips	PB U15 M	Shaftesbury Barnet
2	4:27.88	Dylan Lewis	PB U15 M	Hillingdon
3	4:29.22	Euan Phillips	PB U15 M	Shaftesbury Barnet
4	4:41.54	Khalid Hussein	PB U15 M	Victoria Park & Tower H
5	4:42.24	Caleb Hilton	PB U15 M	Shaftesbury Barnet
6	4:47.17	Aneirin Lessard	PB U15 M	Victoria Park & Tower H
7	4:57.75	Mika Stripp	PB U15 M	Ealing Southall & Middx
8	4:59.74	Jesse Abrahams	U15 M	Shaftesbury Barnet
9	5:01.52	Huw Baker	U15 M	Ealing Southall & Middx
10	5:05.78	Adam Strinic	U15 M	Hillingdon
-	DNS	Joshua McDonagh-Sanchez	U15 M	Barnet
-	DNS	Oliver Flemming	U15 M	Barnet

1500 U15M h1 (13 May)

Pos	Perf	Name	AG	Club
1	4:44.36	Euan Phillips	U15 M	Shaftesbury Barnet
2	4:46.49	Caleb Hilton	U15 M	Shaftesbury Barnet
3	4:47.74	Khalid Hussein	U15 M	Victoria Park & Tower H

4	4:50.02	Joshua McDonagh-Sanchez	PB	U15	M	Barnet
5	4:53.61	Huw Baker	PB	U15	M	Ealing Southall & Middx
6	4:54.59	Oliver Flemming	PB	U15	M	Barnet
7	5:00.10	Jesse Abrahams		U15	M	Shaftesbury Barnet
8	5:00.28	Laddie Shaw		U15	M	Shaftesbury Barnet
9	5:19.92	Ennio Kaloukian	SB	U15	M	London Heathside

1500 U15M h2 (13 May)

Pos	Perf	Name	AG	Club
1	4:56.30	Arthur Phillips	U15 M	Shaftesbury Barnet
2	4:58.87	Dylan Lewis	U15 M	Hillingdon
3	5:00.06	Aneirin Lessard	U15 M	Victoria Park & Tower H
4	5:03.39	Mika Stripp	U15 M	Ealing Southall & Middx
5	5:05.02	Adam Strinic	U15 M	Hillingdon
6	5:09.87	Lewis Wake	U15 M	Hillingdon
7	5:22.76	Zachary Moore	PB U15 M	Thames Valley
8	5:27.10	Oliver Wilkinson	PB U15 M	Ealing Southall & Middx
-	DNF	Michael Garcia	U15 M	St. Mary's Richmond

1500 U13M (13 May)

Pos	Perf	Name	AG	Club
1	5:02.66	Edward Pascal	U13 M	Shaftesbury Barnet
2	5:04.54	Jack Hayward	SB U13 M	Ealing Southall & Middx
3	5:06.03	Marcus Muers	SB U13 M	Ealing Southall & Middx
4	5:12.32	Xander Reese	PB U13 M	Shaftesbury Barnet
5	5:15.95	Rory Willis	SB U13 M	London Heathside
6	5:22.02	Josh Phillips	PB U13 M	Ealing Southall & Middx
7	5:24.69	Oscar Parker	PB U13 M	Ealing Southall & Middx
8	5:25.87	Ethan Moss	PB U13 M	Shaftesbury Barnet
9	5:26.87	Roan Parkes	PB U13 M	Shaftesbury Barnet
10	5:37.20	Carlo Wilson	PB U13 M	Enfield & Haringey
11	5:40.98	Jasper Reynaert	PB U13 M	Thames Valley

1500 SW (13 May)

Pos	Perf	Name	AG	Club
1	4:53.94	Lily Woolcock	SB SEN W	London Heathside/Manr
2	5:27.71	Samantha Lamb	SB V50 W	Victoria Park & Tower H

1500 U20W (13 May)

Pos	Perf	Name	AG	Club
1	4:59.82	Charlotte Edge	PB U20 W	Thames Valley

1500 U17W (13 May)

Pos	Perf	Name	AG	Club
1	4:48.45	Lyra Macdonald	SB U17 W	Victoria Park & Tower H
2	4:49.60	Lucy Barlow	U17 W	Aldershot, Farnham & D
3	4:55.37	Issy Watkins	SB U17 W	London Heathside
4	4:58.07	Millie Watkins	SB U17 W	London Heathside
5	5:15.38	Ishaana Cannell	PB U17 W	London Heathside

1500 U15W (13 May)

Pos	Perf	Name	AG	Club
1	4:55.87	Posie Shaw	SB U15 W	Shaftesbury Barnet
2	4:58.36	Naimah Mossi	SB U15 W	Blackheath & Bromley
3	4:58.48	Rosa Cormacain	PB U15 W	London Heathside
4	4:59.35	Amae Van Zyl	PB U15 W	Hillingdon

5	4:59.70	Amy Kirk	PB	U15	W	London Heathside
6	5:00.58	Tess Noblet	PB	U15	W	Woodford Green Essex I
7	5:22.69	Anastasia Dines	PB	U15	W	Victoria Park & Tower H
8	5:32.40	Edey Kestell		U15	W	Hillingdon
9	5:52.40	Jessica Lappin	PB	U15	W	London Heathside

1500 U13W (13 May)

Pos	Perf	Name	AG	Club
1	5:03.82	Violet Muralidhar	PB	U13 W Ealing Southall & Middx
2	5:06.06	Katie Dalton	PB	U13 W Harrow
3	5:06.58	Beth Dalton	PB	U13 W Harrow
4	5:15.46	Elsie Fitzgerald	PB	U13 W Hillingdon
5	5:18.61	Capree Cooper	PB	U13 W Barnet
6	5:19.91	Sofia Mossi	PB	U13 W Blackheath & Bromley
7	5:20.04	Catrin Marsden	PB	U13 W Victoria Park & Tower H
8	5:37.58	Sophia Sargeant	PB	U13 W Ealing Southall & Middx
9	5:42.66	Aurelia Adams	PB	U13 W Victoria Park & Tower H
10	5:47.09	Isla Kane	PB	U13 W Barnet

3000 U17M (14 May)

Pos	Perf	Name	AG	Club
1	9:22.74	Louis Moore	PB	U17 M Thames Valley
2	9:46.11	Isaac Mezey	PB	U17 M Ealing Southall & Middx

3000 U15M (14 May)

Pos	Perf	Name	AG	Club
1	9:49.87	Koppany Szentes	PB	U15 M London Heathside

3000 U17W (14 May)

Pos	Perf	Name	AG	Club
1	15:45.50	Cecilia Vivarelli	PB	U17 W Thames Valley
-	DNF	Ruby James		U17 W Victoria Park & Tower H

3000 U15W (14 May)

Pos	Perf	Name	AG	Club
1	10:49.56	Naimah Mossi	PB	U15 W Blackheath & Bromley
2	11:03.68	Rosa Cormacain	PB	U15 W London Heathside

5000 SM (14 May)

Pos	Perf	Name	AG	Club
1	16:06.21	Eddie Jodrell	PB	U23 M Belgrave
2	16:11.38	Sion Lewis	SB	V40 M London Heathside/Wels
3	17:10.45	Jordan Marshall	PB	SEN M London Heathside
4	17:17.44	Filippo Minelle	SB	V35 M London Heathside
5	17:31.10	Jake Spencer	PB	V35 M London Heathside
6	19:16.25	Alex Sweet	SB	V40 M London Heathside
7	19:38.30	Ruben Carvajal	PB	V40 M Queens Park

5000 SW (14 May)

Pos	Perf	Name	AG	Club
1	23:16.33	Midnight Adams	PB	U23 W Ealing Southall & Middx,

70HU13W U13W (13 May)

Pos	Perf	Name	AG	Club
1	12.61	w 3.3 Vera Doudko	PB	U13 W Shaftesbury Barnet

75HU13M U13M (13 May)

Pos	Perf			Name	AG	Club
1	12.32	w	3.6	Gabriel Edwards	U13 M	London Heathside

75HU15W U15W (13 May)

Pos	Perf			Name	AG	Club
1	11.62	w	4.9	Suraya Frost	PB U15 W	London Heathside
2	12.37	w	4.9	Leila Newth	PB U15 W	Ealing Southall & Middx
3	12.39	w	4.9	Tara Sweetnam	U15 W	London Heathside
4	12.62	w	4.9	Minna Williams	PB U15 W	St. Mary's Richmond/Ea
5	13.91	w	4.9	Daisy Capp	PB U15 W	Windsor Slough Eton & I
6	14.03	w	4.9	Joycee Isiuwa	PB U15 W	Victoria Park & Tower H

80HU15M U15M (13 May)

Pos	Perf			Name	AG	Club
1	12.30	w	3.6	Malakai David Mckenzie Callum	U15 M	London Heathside
2	12.99	w	3.6	Asher Escobar	PB U15 M	Shaftesbury Barnet

80HU17W U17W (13 May)

Pos	Perf			Name	AG	Club
1	11.58	w	3.9	Ava John	PB U17 W	Windsor Slough Eton & I
2	12.18	w	3.9	Salomé Vessier	PB U17 W	Highgate/France
3	12.29	w	3.9	Imani Quamina	SB U17 W	London Heathside/Lond
4	12.73	w	3.9	Naomi Agbo Izquierdo	PB U17 W	Thames Valley
5	14.14	w	3.9	Charlotte Reynaert	PB U17 W	Thames Valley

100HU17M U17M (13 May)

Pos	Perf			Name	AG	Club
1	13.18	w	3.1	Trey Corlis	PB U17 M	London Heathside
2	14.02	w	3.1	Thomas Wassermann	PB U17 M	London Heathside
3	14.59	w	3.1	Montana Dennis	PB U17 M	London Heathside

100HW U20W (13 May)

Pos	Perf			Name	AG	Club
1	14.59	w	2.7	Alina Cofie	PB U20 W	Shaftesbury Barnet
-	DNF	w	2.7	Azaria Nwankwo	U20 W	Shaftesbury Barnet

110H SM (13 May)

Pos	Perf			Name	AG	Club
1	14.83	w	3.8	George Vaughan	SB SEN M	Woodford Green Essex I
2	16.68	w	3.8	Israel Nworgu	SB V35 M	London Heathside
3	17.49	w	3.8	Abdulla AlAlawi	SB V40 M	Harrow
4	28.24	w	3.8	David Shortridge	SB V50 M	Victoria Park & Tower H

300HW U17W (14 May)

Pos	Perf			Name	AG	Club
1	50.80			Macie Sutherland	PB U17 W	Shaftesbury Barnet

400H SM (14 May)

Pos	Perf	Name	AG	Club
1	54.43	Isaac Ogunlade	SB SEN M	Herne Hill/Middlesex Ur
2	55.32	Steven Garrett	SB SEN M	Shaftesbury Barnet
3	80.22	David Shortridge	SB V50 M	Victoria Park & Tower H

400H U20M (14 May)

Pos	Perf	Name	AG	Club
1	55.52	Gus Carter	SB U20 M	Ealing Southall & Middx

400HW SW (14 May)

Pos	Perf	Name	AG	Club
1	73.99	Kate Brook	SB V45 W	Ranelagh/St. Mary's Ricl

HJ U20M (13 May)

Pos	Perf	Name	AG	Club
1	1.95	Jamaal Darlington	U20 M	Thames Valley

HJ U17M (13 May)

Pos	Perf	Name	AG	Club
1	1.60	Louis Nuthall	U17 M	Highgate
2=	1.40	Artie Feeny-Willings	U17 M	London Heathside
2=	1.40	Hanyu Peng	U17 M	Highgate

HJ U20W (13 May)

Pos	Perf	Name	AG	Club
1	1.50	Katharine Boissiere	SB U20 W	Ealing Southall & Middx

HJ U17W (13 May)

Pos	Perf	Name	AG	Club
1	1.50	Irati Gomendio	PB U17 W	Victoria Park & Tower H
-	NH	Lili Hake	U17 W	Highgate

HJ U15W (13 May)

Pos	Perf	Name	AG	Club
1	1.53	Monisade Ayodeji	U15 W	Highgate
2	1.50	Leila Newth	U15 W	Ealing Southall & Middx
3	1.45	Ella Buckley	U15 W	Barnet
4	1.40	Minna Williams	PB U15 W	St. Mary's Richmond/Ea

HJ U13W (13 May)

Pos	Perf	Name	AG	Club
1	1.15	Leila Westcarr	U13 W	Harrow

PV SM (14 May)

Pos	Perf	Name	AG	Club
1	4.60	Jack Harris	SB U23 M	Lewes/Brunel Uni Londc
2	4.20	Joseph West	SEN M	Harrow/Brunel Uni Lonc
3	3.40	Stanislav Vilga	V40 M	Thames Valley/Slovakia

PV U20M (14 May)

Pos	Perf	Name	AG	Club
1	3.00	Daniel English-Brown	U20 M	Enfield & Haringey/King

PV SW (14 May)

Pos	Perf	Name	AG	Club
1	3.60	Megan Bailey	SEN W	Harrow/Falmouth & Exe
2	2.65	Helen Leadbetter	SB V40 W	Ealing Southall & Middx,
3	2.45	Sarah Stephen	U23 W	Thames Valley/Imperial

4	2.15		Rosalind Zeffertt		V60	W	Shaftesbury Barnet/Sou
PV U20W (14 May)							
Pos	Perf		Name		AG		Club
1	2.60		Zahava Owolana	PB	U20	W	Harrow/Hertfordshire S
PV U17W (14 May)							
Pos	Perf		Name		AG		Club
1	2.80		Amelia Greenfields		U17	W	Thames Valley
2	2.60		Emily Mann	PB	U17	W	Enfield & Haringey
PV U15W (14 May)							
Pos	Perf		Name		AG		Club
1	2.10		Daisy Capp	PB	U15	W	Windsor Slough Eton & I
LJ SM (14 May)							
Pos	Perf		Name		AG		Club
1	7.07	1.6	Ogo Anochirionye	SB	SEN	M	Thames Valley/Birmingh
2	6.77	1.3	Joshua Barrett-Mowatt		U23	M	Victoria Park & Tower H
3	6.42	w 2.1	Lawrence Davis		SEN	M	Woodford Green Essex I
-	6.31	1.0	Lawrence Davis		SEN	M	Woodford Green Essex I
4	5.96	1.0	Joshua Sterling-Nelson		SEN	M	BFT Track Academy
5	5.77	1.0	Romain Ebanks	PB	U23	M	Thames Valley
6	5.27	1.4	Zaid Jaria		SEN	M	Thames Valley/Northurr
7	4.27	1.1	Michael Dmitrzak	PB	V45	M	Queens Park
LJ U20M (14 May)							
Pos	Perf		Name		AG		Club
1	4.65	-1.6	Daniel English-Brown	SB	U20	M	Enfield & Haringey/King
LJ U17M (14 May)							
Pos	Perf		Name		AG		Club
1	6.10	1.0	Lewis Sorhaindo	PB	U17	M	Thames Valley
2	6.03	0.7	Shenal Kuranage	PB	U17	M	Thames Valley
3	4.91	0.3	Said Mohammed-Mariche	PB	U17	M	Highgate
LJ U15M (14 May)							
Pos	Perf		Name		AG		Club
1	5.97	1.0	Daniel Emegbor	PB	U15	M	Harrow
2	5.37	1.7	Harry Pincherle	PB	U15	M	Shaftesbury Barnet
3	5.16	w 2.1	Lani Jaiyeola	PB	U15	M	Shaftesbury Barnet
4	5.01	0.0	Malakai David Mckenzie Callum		U15	M	London Heathside
5	5.01	0.2	Kayden Earl		U15	M	Ealing Southall & Middx
-	4.89	0.4	Lani Jaiyeola	PB	U15	M	Shaftesbury Barnet
6	4.49	-1.5	Edgar Ewing-Wetherell		U15	M	Victoria Park & Tower H
LJ U13M (14 May)							
Pos	Perf		Name		AG		Club
1	4.89	1.9	Daniel Markham-Lee	PB	U13	M	Harrow
2	3.42	1.9	Jasper Reynaert	SB	U13	M	Thames Valley
LJ SW (14 May)							
Pos	Perf		Name		AG		Club
1	4.35	1.0	Zoe Kotyrba		SEN	W	Thames Valley
2	4.14	0.7	Kate Brook	SB	V45	W	Ranelagh/St. Mary's Ricl
3	3.96	0.0	Sharon Dooley	PB	V50	W	St. Mary's Richmond/So
LJ U20W (14 May)							
Pos	Perf		Name		AG		Club

1	5.40	0.8	Julie-Anne Boachie		U20	W	Harrow
2	5.12	0.3	Ruth-Ann Otaruoh	SB	U20	W	Thames Valley/Sheffield
3	4.78	0.0	Chanital Abaga-Valcarcel	PB	U20	W	Victoria Park & Tower H

LJ U17W (14 May)

Pos	Perf		Name		AG		Club
1	4.38	0.8	Kayanne Brown		U17	W	Thames Valley
2	4.28	0.2	Izuchi Okorie		U17	W	Victoria Park & Tower H
3	4.26	0.0	Holly Light	PB	U17	W	Barnet
4	4.24	0.4	Charlotte Reynaert		U17	W	Thames Valley

LJ U15W (14 May)

Pos	Perf		Name		AG		Club
1	4.79	0.9	Leila Newth	PB	U15	W	Ealing Southall & Middx
2	4.71	1.5	Ella Buckley	SB	U15	W	Barnet
3	4.46	0.1	Ava Oldfield	PB	U15	W	Thames Valley
4	4.42	0.2	Kyra Smith	SB	U15	W	London Heathside
5	4.35	0.9	Jhazmyn Charles	PB	U15	W	Victoria Park & Tower H
6	4.22	0.3	Milli Bridgman-Athanasatos		U15	W	London Heathside
7	3.51	0.8	Sharon Okoghenu	SB	U15	W	Victoria Park & Tower H

LJ U13W (14 May)

Pos	Perf		Name		AG		Club
1	3.98	0.1	Sofia Bennett		U13	W	Thames Valley
2	3.80	1.0	Mya Larter	PB	U13	W	Victoria Park & Tower H
3	3.66	0.0	Tosin Etti-Williams		U13	W	Enfield & Haringey
4	3.42	0.1	Amayah Myers	SB	U13	W	Victoria Park & Tower H
5	3.15	0.0	Khushali Saunders		U13	W	Barnet
6	3.13	0.1	Alice Wilson-Brown	PB	U13	W	Ealing Southall & Middx
7	2.80	0.8	Niah Avaloy-Garcia	PB	U13	W	Victoria Park & Tower H

TJ SM (13 May)

Pos	Perf		Name		AG		Club
1	13.36	w 4.5	Anand Patel	SB	SEN	M	Harrow/UCL
2	13.08	1.0	Zavier Achiampong		U23	M	Highgate

TJ U20M (13 May)

Pos	Perf		Name		AG		Club
1	11.03	w 3.1	Callum Sydenham		U20	M	Barnet

TJ SW (13 May)

Pos	Perf		Name		AG		Club
1	11.00	w 2.9	Adedoyin Adeyanju		U23	W	Harrow
2	9.94	1.5	Zoe Kotyrba	SB	SEN	W	Thames Valley
1	9.77	1.9	Adedoyin Adeyanju		U23	W	Harrow

TJ U17W (13 May)

Pos	Perf		Name		AG		Club
1	10.82	0.5	Naomi Agbo Izquierdo	PB	U17	W	Thames Valley
2	10.46	w 4.5	Alana Thomas	PB	U17	W	Harrow

TJ U15W (13 May)

Pos	Perf		Name		AG		Club
1	10.44	1.7	Leila Newth	PB	U15	W	Ealing Southall & Middx
2	9.57	w 2.2	Milli Bridgman-Athanasatos	PB	U15	W	London Heathside

SP7.26K SM (13 May)

Pos	Perf	Name	AG	Club
1	9.84	Kevin Acraman	SB SEN M	Hillingdon
2	9.19	Jamaal Cabey	PB V35 M	Enfield & Haringey
3	3.81	Bill O'Connor	V75 M	Queens Park/Veterans
SP6K U20M (13 May)				
Pos	Perf	Name	AG	Club
1	9.47	Cameron Sharma	PB U20 M	St. Mary's Richmond
SP5K U17M (13 May)				
Pos	Perf	Name	AG	Club
1	10.75	Thomas Wassermann	U17 M	London Heathside
SP4K SW (13 May)				
Pos	Perf	Name	AG	Club
1	13.79	Makayla Joseph	PB U23 W	Harrow/Coventry Uni
2	9.64	Laurenza Britane	V35 W	Thames Valley
3	6.41	Anneli Sydenham	V35 W	Barnet/Southern Counti
4	6.33	Nicola Long	V45 W	Burton/Midland Master
SP4K U20W (13 May)				
Pos	Perf	Name	AG	Club
1	8.08	Coumba Sarr	SB U20 W	St. Mary's Richmond
SP3K U17W (13 May)				
Pos	Perf	Name	AG	Club
1	10.37	Ava John	SB U17 W	Windsor Slough Eton & I
2	9.45	Alana Thomas	U17 W	Harrow
3	7.94	Charlotte Reynaert	U17 W	Thames Valley
4	7.10	Laureen Okaghenu	U17 W	Victoria Park & Tower H
SP3K U15W (13 May)				
Pos	Perf	Name	AG	Club
1	11.40	Elsa Shabani	U15 W	Highgate
2	8.53	Elkie Baker	U15 W	London Heathside
3	8.52	Keira Lake-Bryan	U15 W	Barnet/Hertfordshire Sc
4	7.33	Sharon Okoghenu	U15 W	Victoria Park & Tower H
SP2.72K U13W (13 May)				
Pos	Perf	Name	AG	Club
1	7.34	Erykah-Monae Quartey	U13 W	Harrow
2	5.92	Niah Avaloy-Garcia	PB U13 W	Victoria Park & Tower H
DT2K SM (13 May)				
Pos	Perf	Name	AG	Club
1	56.85	Gregory Thompson	SEN M	Shaftesbury Barnet
2	41.33	Andre Pereira Carneiro	SB U23 M	St. Mary's Richmond/Lo
3	11.19	Bill O'Connor	SB V75 M	Queens Park/Veterans
DT1.75K U20M (13 May)				
Pos	Perf	Name	AG	Club
1	38.70	Arne Rosenthal	U20 M	Highgate

2	33.21	Daniel English-Brown	SB	U20	M	Enfield & Haringey/King
3	26.96	Cameron Sharma		U20	M	St. Mary's Richmond

DT1.25K U15M (13 May)

Pos	Perf	Name		AG		Club
1	33.90	Emile Majed	PB	U15	M	Middlesex Schs

DT1K SW (13 May)

Pos	Perf	Name		AG		Club
1	34.82	Laurensa Britane	SB	V35	W	Thames Valley
2	20.78	Anneli Sydenham	PB	V35	W	Barnet/Southern Counti
3	13.80	Nicola Long		V45	W	Burton/Midland Master

DT1K U20W (13 May)

Pos	Perf	Name		AG		Club
1	32.75	Coumba Sarr	SB	U20	W	St. Mary's Richmond

DT1K U17W (13 May)

Pos	Perf	Name		AG		Club
1	30.16	Alana Thomas		U17	W	Harrow

DT1K U15W (13 May)

Pos	Perf	Name		AG		Club
1	29.87	Elkie Baker		U15	W	London Heathside
2	23.22	Charlotte Parsons	PB	U15	W	Barnet
3	18.57	Daisy Capp	PB	U15	W	Windsor Slough Eton & I

HT7.26K SM (14 May)

Pos	Perf	Name		AG		Club
1	42.58	Kevin Acraman	SB	SEN	M	Hillingdon

HT4K U15M (14 May)

Pos	Perf	Name		AG		Club
1	24.14	Hamza Boukhris	PB	U17	M	Victoria Park & Tower H

HT4K SW (14 May)

Pos	Perf	Name		AG		Club
1	28.48	Tracey Gould	SB	V45	W	Ealing Southall & Middx,
2	26.42	Nicola Long		V45	W	Burton/Midland Master
3	25.89	Anneli Sydenham	SB	V35	W	Barnet/Southern Counti

HT4K U20W (14 May)

Pos	Perf	Name		AG		Club
1	28.04	Hannah Parsons	PB	U20	W	Barnet

HT3K U17W (14 May)

Pos	Perf	Name		AG		Club
1	37.14	Laureen Okaghenu	PB	U17	W	Victoria Park & Tower H
2	25.29	Patrycja Jarosz	SB	U17	W	London Heathside

HT3K U15W (14 May)

Pos	Perf	Name		AG		Club
1	33.89	Keira Lake-Bryan		U15	W	Barnet/Hertfordshire Sc
2	31.30	Elsa Shabani	PB	U15	W	Highgate
3	28.80	Elena Lewis	PB	U15	W	Harrow
4	26.21	Malia Anderso-Watson	PB	U15	W	London Heathside

5 21.70 Charlotte Parsons PB U15 W Barnet

JT800 SM (14 May)

Pos	Perf	Name	AG	Club
1	55.85	Milan Trajkovic	SB U23 M	Shaftesbury Barnet
2	10.98	Bill O'Connor	SB V75 M	Queens Park/Veterans

JT800 U20M (14 May)

Pos	Perf	Name	AG	Club
1	61.86	Aryan Padaruth	SB U20 M	Hillingdon
2	43.02	Michael Petrone	SB U20 M	Enfield & Haringey
3	42.29	Arne Rosenthal	PB U20 M	Highgate

JT700 U17M (14 May)

Pos	Perf	Name	AG	Club
1	51.66	Kaiden Greening	SB U17 M	St. Mary's Richmond
2	37.46	Elijah Marshall	PB U17 M	Highgate/London Schs

JT600 U15M (14 May)

Pos	Perf	Name	AG	Club
1	35.86	Nathan Griffiths	PB U15 M	Hillingdon
2	35.67	Shayan Yadav	PB U15 M	Harrow
3	35.47	Milo Cade-Swindells	PB U13 M	Victoria Park & Tower H
4	33.21	Oscar Yu	PB U15 M	Middlesex Schs
5	24.24	Charles Hyde	U15 M	Hillingdon

JT600 SW (14 May)

Pos	Perf	Name	AG	Club
1	39.49	Laurensa Britane	SB V35 W	Thames Valley
2	20.35	Lotte Visser	SB SEN W	Hillingdon/Netherlands
3	18.15	Tracey Gould	SB V45 W	Ealing Southall & Middx,
4	18.13	Suzanne Harding	SB V45 W	Harrow
5	13.63	Anneli Sydenham	SB V35 W	Barnet/Southern Counti
6	12.65	Nicola Long	SB V45 W	Burton/Midland Master

JT500 U17W (14 May)

Pos	Perf	Name	AG	Club
1	18.70	Charlotte Reynaert	PB U17 W	Thames Valley

JT500 U15W (14 May)

Pos	Perf	Name	AG	Club
1	27.15	Millie Roxburgh	PB U15 W	Shaftesbury Barnet
2	26.65	Elsa Shabani	U15 W	Highgate
3	26.57	Nisha Evans	U15 W	Harrow
4	25.80	Charlotte Parsons	PB U15 W	Barnet
5	23.74	Zoe Morse	PB U15 W	Hillingdon
6	22.77	Elizabeth Boissiere	U15 W	Ealing Southall & Middx

JT400 U13W (14 May)

Pos	Perf	Name	AG	Club
1	11.95	Enara Ajanlekoko Gomendio	U13 W	Victoria Park & Tower H