

S2 Thames Mile End Stadium  
Sunday 18 Jul 2010

**FINAL MATCH SCORES AND POSITIONS**



Posn	Points after	67 event(s)
1	VPH & Thac	378.0
2	Highgate	375.0
3	London Heathside	256.0
4	Medway Park Phoenix	212.0
5	Ilford	135.0
6	Queens Park Harriers	108.0

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## S2 Thames Mile End Stadium

Sunday, July 18 2010

	Perf	Wind	Recor	ds	Grade		Perf	Wind	Recor	ds	Grade
T32 U17M 100m 'A'		Wind=				U17M 100m 'B'		Wind=			
1 1 Nathan Hanson	11.50		G3*			1 2 Kamarl Thompson	11.90				
2 3 Liam Ormes	12.10					2 4 Gabriel Hoppen	12.40				
3 9 Shaquille Roper	12.40					3					
4 7 Tufan kinik	13.60					4					
5						5					
6						6					
7						7					
8						8					
T8 U17M 200m 'A'		Wind=				U17M 200m 'B'		Wind=			
1 1 Quincie Michael	23.30		G3*			1 2 Seye Okuniola	24.70				
2 3 Liam Ormes	24.50					2 4 Tony Lu	27.00				
3 9 Shaquille Roper	25.40					3					
4						4					
5						5					
6						6					
7						7					
8						8					
T25 U17M 400m 'A'						U17M 400m 'B'					
1 1 Quincie Michael	52.50		G2*			1 2 Mohammed Khamis	54.60			G4	
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
T14 U17M 800m 'A'						U17M 800m 'B'					
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
T37 U17M 1500m 'A'						U17M 1500m 'B'					
1 7 Jamie Armstrong	5:08.1		00			1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
T16 U17M 3000m 'A'						U17M 3000m 'B'					
1 7 Miron Woldemichael	11:19.9		00			1 8 Alex Beattie-Child	11:49.0			00	
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
T2 U17M 400mH 'A'						U17M 400mH 'B'					
1						1					

\*= AW Standards

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	Perf	Wind	Records	Grades		Perf	Wind	Records	Grades	
2					2					
3					3					
4					4					
5					5					
6					6					
7					7					
8					8					
<b>T23 U17M 100mh 'A'</b>					<b>U17M 100mh 'B'</b>					
1	3	Theo Farrell	Highgate	16.40	1	4	Tony Lu	Highgate	21.10	
2					2					
3					3					
4					4					
5					5					
6					6					
7					7					
8					8					
<b>T44 U17M 1500m S/Chase 'A'</b>					<b>U17M 1500m S/Chase 'B'</b>					
1					1					
2					2					
3					3					
4					4					
5					5					
6					6					
7					7					
8					8					
<b>F2 U17M 5k Hammer 'A'</b>					<b>U17M 5k Hammer 'B'</b>					
1	3	Gabriel Hoppen	Highgate	14.35	1					
2					2					
3					3					
4					4					
5					5					
6					6					
7					7					
8					8					
<b>F9 U17M 1.5k Discus 'A'</b>					<b>U17M 1.5k Discus 'B'</b>					
1	3	Ashley St. Ange	Highgate	26.86	1					
2					2					
3					3					
4					4					
5					5					
6					6					
7					7					
8					8					
<b>F22 U17M 5k Shot 'A'</b>					<b>U17M 5k Shot 'B'</b>					
1	3	Ashley St. Ange	Highgate	10.88	G4	1	4	Gabriel Hoppen	Highgate	6.63
2						2				
3						3				
4						4				
5						5				
6						6				
7						7				
8						8				
<b>F32 U17M 700g Javelin 'A'</b>					<b>U17M 700g Javelin 'B'</b>					
1	3	Ashley St. Ange	Highgate	23.42		1				
2	7	Tufan kinik	London Heathside	21.23		2				
3						3				
4						4				

\*= AW Standards

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Perf

Grades

## S2 Thames Mile End Stadium

Perf Wind Recor ds Grade Sunday, July 18 2010

5	5
6	6
7	7
8	8

### F13 U17M Pole Vault 'A'

### U17M Pole Vault 'B'

### F29 U17M High Jump 'A'

### U17M High Jump 'B'

1	1	Quincie Michael	VPH & Thac	1.75	G3*	1	2	Seye Okuniola	VPH & Thac	1.70	G4
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### F17 U17M Long Jump 'A'

### U17M Long Jump 'B'

1	3	Liam Ormes	Highgate	5.48		1	2	Seye Okuniola	VPH & Thac	4.99
2	1	Kamarl Thompson	VPH & Thac	5.29		2	4	Theo Farrell	Highgate	4.63
3	7	Tufan kinik	London Heathside	4.03		3				
4						4				
5						5				
6						6				
7						7				
8						8				

### F34 U17M Triple Jump 'A'

### U17M Triple Jump 'B'

1	3	Tony Lu	Highgate	11.10		1	4	Theo Farrell	Highgate	10.99
2						2				
3						3				
4						4				
5						5				
6						6				
7						7				
8						8				

### T30 U15B 100m 'A'

Wind=

1	1	Iftekhar Hossain	VPH & Thac	11.80	G2*
2	5	George Hadler	Ilford	11.90	G2*
3	3	Ismail Hashir	Highgate	12.90	*
4	7	Mark Harris	London Heathside	13.00	*
5	9	Zaki Badawi	Queens Park Harrier	15.80	
6					
7					
8					

### U15B 100m 'B'

Wind=

1	2	Aswad Martin	VPH & Thac	12.10	G3*
2	6	Qu Edwards	Ilford	12.20	G4*
3	10	Zizi Campbell	Queens Park Harrier	14.10	
4	4	Anthony Williams	Highgate	15.50	
5	8	John Harris	London Heathside	15.50	
6					
7					
8					

### T6 U15B 200m 'A'

Wind=

1	1	Jehoash Balliddawa	VPH & Thac	25.10	G4*
2	5	Bobby Nike	Ilford	26.30	
3	7	Aidan Ishack	London Heathside	26.80	
4	3	Ismail Hashir	Highgate	28.30	
5	9	Zaki Badawi	Queens Park Harrier	28.70	
6					
7					

\*= AW Standards

### U15B 200m 'B'

Wind=

1	6	Asad Ahmed	Ilford	26.40
2	8	Tokumboh Johnson	London Heathside	27.30
3	4	Gabriel Springer	Highgate	30.70
4	10	Zizi Campbell	Queens Park Harrier	32.80
5				
6				
7				

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Perf  
Grades

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	Perf	Wind	Recor	ds	Grades		Perf	Grades			
8						8					
<b>T24 U15B 400m 'A'</b>						<b>U15B 400m 'B'</b>					
1	1	Omar Mukhtar	VPH & Thac	54.90	G2*	1	2	Jehoash Balliddawa	VPH & Thac	55.40	G2*
2	3	Stanley Harrison	Highgate	56.90	G3*	2	4	Ben Dimant	Highgate	64.80	
3	7	Colin Kpodonu	London Heathside	59.40		3					
4						4					
5						5					
6						6					
7						7					
8						8					
<b>T12 U15B 800m 'A'</b>						<b>U15B 800m 'B'</b>					
1	9	Panax Kaleb	Queens Park Harrier	2.24.0		1	4	Ben Dimant	Highgate	2.28.7	
2	3	Gabriel Springer	Highgate	2.24.6		2	8	Jasper Crockford	London Heathside	2.42.3	
3	7	James Wooldridge	London Heathside	2.25.7		3	10	Kamal Mitchell	Queens Park Harrier	2.51.1	
4	5	Ricardo Da Silva	Ilford	2.40.4		4					
5						5					
6						6					
7						7					
8						8					
<b>T35 U15B 1500m 'A'</b>						<b>U15B 1500m 'B'</b>					
1	3	Stanley Harrison	Highgate	5.00.0	00	1	5	Taschan Peart	Ilford	5.05.6	00
2	6	Tom King	Ilford	5.04.2	00	2	4	Peter Laing	Highgate	5.15.0	00
3	7	Max Heap	London Heathside	5.21.0	00	3					
4						4					
5						5					
6						6					
7						7					
8						8					
<b>T21 U15B 80mh 'A'</b>					Wind=	<b>U15B 80mh 'B'</b>					Wind=
1	5	George Hadler	Ilford	12.20	G1*	1	2	Ramone Cupee	VPH & Thac	13.10	G4
2	1	Ethan Regis	VPH & Thac	12.40	G2*	2	6	Manoj Ragunathan	Ilford	13.70	G4
3	9	Panax Kaleb	Queens Park Harrier	15.10		3	10	Kamal Mitchell	Queens Park Harrier	16.10	
4						4					
5						5					
6						6					
7						7					
8						8					
<b>F1 U15B 4k Hammer 'A'</b>						<b>U15B 4k Hammer 'B'</b>					
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
<b>F8 U15B 1.25k Discus 'A'</b>						<b>U15B 1.25k Discus 'B'</b>					
1	7	Colin Kpodonu	London Heathside	17.87		1	8	John Harris	London Heathside	12.05	
2	1	Tariq Owuso	VPH & Thac	15.33		2	4	Peter Laing	Highgate	11.70	
3	3	Anthony Williams	Highgate	12.37		3					
4						4					
5						5					
6						6					
7						7					
8						8					

\*= AW Standards

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				Perf	Wind	Recor	ds	Grade					Perf	Grade			
								Sunday, July 18 2010									
F23 U15B 4.00k Shot 'A'								U15B 4.00k Shot 'B'									
1	7	Colin Kpodonu	London Heathside	9.35					1	8	Mark Harris	London Heathside	7.69				
2	4	Peter Laing	Highgate	4.77					2								
3									3								
4									4								
5									5								
6									6								
7									7								
8									8								
F33 U15B 600g Javelin 'A'								U15B 600g Javelin 'B'									
1	1	Omar Mukhtar	VPH & Thac	28.67					1	6	Tom King	Ilford	19.90				
2	7	Aidan Ishack	London Heathside	28.46					2	4	Ismail Hashir	Highgate	17.84				
3	3	Stanley Harrison	Highgate	24.19					3	2	Tariq Owuso	VPH & Thac	16.49				
4	5	Ricardo Da Silva	Ilford	20.26					4	8	Jasper Crockford	London Heathside	12.97				
5									5								
6									6								
7									7								
8									8								
F16 U15B Long Jump 'A'								U15B Long Jump 'B'									
1	1	Ethan Regis	VPH & Thac	5.45		G3			1	2	Aswad Martin	VPH & Thac	5.10	G4			
2	7	Aidan Ishack	London Heathside	4.85					2	8	Mark Harris	London Heathside	4.12				
3	6	Asad Ahmed	Ilford	4.51					3	5	Qu Edwards	Ilford	4.01				
4	4	Ben Dimant	Highgate	3.64					4	3	Anthony Williams	Highgate	3.04				
5									5								
6									6								
7									7								
8									8								
F28 U15B High Jump 'A'								U15B High Jump 'B'									
1	6	Taschan Peart	Ilford	1.30					1	5	Ricardo Da Silva	Ilford	1.25				
2	7	Max Heap	London Heathside	1.25													
F12 U15B Pole Vault 'A'								U15B Pole Vault 'B'									
T28 U13B 100m 'A'								U13B 100m 'B'									
					Wind=									Wind=			
1	1	Lathurson Vinay'thy	VPH & Thac	12.60		G1*			1	10	Ned Costello	Queens Park Harrier	14.00	G4			
2	9	Sequan Scott	Queens Park Harrier	13.40		G2*			2	4	Michael Burroughs	Highgate	14.30				
3	3	Idris Hashir	Highgate	15.20					3	8	Harry Johnson	London Heathside	14.70				
4	7	Spencer Mulcahy	London Heathside	15.30					4	12	Charley Fraser	Medway Park Phoen	14.70				
5	11	Giuliano March D'Angel	Medway Park Phoen	15.30					5								
6									6								
7									7								
8									8								
T4 U13B 200m 'A'								U13B 200m 'B'									
					Wind=									Wind=			
1	2	Lathurson Vinay'thy = AW Standards	VPH & Thac	26.30		G1*			1	1	Adjibola Aderemy	VPH & Thac	28.30	G3			

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	Perf	Wind	Recor	ds	Grade
2	9				
3	3				
4	11				
5	7				
6					
7					
8					

## Sunday, July 18 2010

	Perf	Grades
2	4	
3	12	
4	10	
5	8	
6		
7		
8		

## T10 U13B 800m 'A'

1	9	Joe Menear	Queens Park Harrier	2.32.3
2	5	Jack Maher	Ilford	2.34.5
3	7	Johnny Naylor	London Heathside	2.38.7
4	11	Aengus Daly	Medway Park Phoen	2.41.7
5				
6				
7				
8				

## U13B 800m 'B'

1	8	Harry Johnson	London Heathside	2.46.2
2	12	Giuliano March D'Angel	Medway Park Phoen	3.03.7
3	10	Ozzy Bello	Queens Park Harrier	3.05.6
4				
5				
6				
7				
8				

## T33 U13B 1500m 'A'

1	3	Ben Hatch	Highgate	5.25.4	00
2	11	Charley Fraser	Medway Park Phoen	5.40.2	00
3	8	Spencer Mulcahy	London Heathside	6.09.7	00
4	9	Abel Tedros	Queens Park Harrier	6.27.8	00
5					
6					
7					
8					

## U13B 1500m 'B'

1	4	Arnold Harrison	Highgate	5.45.7	00
2	12	Tom Mourino	Medway Park Phoen	6.26.0	00
3	7	Filmon Woldemichael	London Heathside	6.32.1	00
4					
5					
6					
7					
8					

## T17 U13B 75mh 'A'

	Wind=				
1	3	Arnold Mensuoh	Highgate	14.50	G4
2	11	Dan O'Brien	Medway Park Phoen	15.90	
3					
4					
5					
6					
7					
8					

## U13B 75mh 'B'

	Wind=				
1	4	Alex Badcott	Highgate	17.10	
2	12	Tom Mourino	Medway Park Phoen	17.20	
3					
4					
5					
6					
7					
8					

## F15 U13B 3.25k Shot 'A'

1	1	Adjibola Aderemy	VPH & Thac	9.61	G1*
2	7	Yohannes Asefa	London Heathside	6.51	
3	3	Michael Burroughs	Highgate	6.32	
4	9	George Young	Queens Park Harrier	5.88	
5	12	Giuliano March D'Angel	Medway Park Phoen	5.78	
6					
7					
8					

## U13B 3.25k Shot 'B'

1	8	Ryan Napleton	London Heathside	5.63
2	11	Dan O'Brien	Medway Park Phoen	5.62
3	10	Ozzy Bello	Queens Park Harrier	5.08
4	4	Alex Badcott	Highgate	4.47
5				
6				
7				
8				

## F25 U13B Long Jump 'A'

1	3	Kai Jandausch	Highgate	4.50	G2*
2	1	-	VPH & Thac	4.12	G4
3	11	Lewis Attis	Medway Park Phoen	3.89	
4	9	George Young	Queens Park Harrier	3.86	
5	7	Yohannes Asefa	London Heathside	3.40	
6					
7					
8					

## U13B Long Jump 'B'

1	12	Tom Mourino	Medway Park Phoen	3.63
2	4	Dante Bishop-Sauve	Highgate	3.61
3				
4				
5				
6				
7				
8				

## F6 U13B High Jump 'A'

	MR				
1	1	Adjibola Aderemy	VPH & Thac	1.63	G1*
2	11	Dan O'Brien	Medway Park Phoen	1.25	
3	3	Kai Jandausch	Highgate	1.20	
4	10	Ozzy Bello	Queens Park Harrier	1.10	

## U13B High Jump 'B'

1	12	Lewis Attis	Medway Park Phoen	1.20
2	4	Dante Bishop-Sauve	Highgate	1.15

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Perf Grades

S2 Thames Mile End Stadium

Perf Wind Recor ds Grade Sunday, July 18 2010

T31 U17W 100m 'A'

Wind=

1	11	Laura Bowness	Medway Park Phoen	14.4
2	1	Rochelle James	VPH & Thac	16.2
3				
4				
5				
6				
7				
8				

U17W 100m 'B'

Wind=

1				
2				
3				
4				
5				
6				
7				
8				

T7 U17W 200m 'A'

Wind=

1	9	Ladeesha Gamnga	Queens Park Harrier	31.7
2	11	Laura Bowness	Medway Park Phoen	32.5
3				
4				
5				
6				
7				
8				

U17W 200m 'B'

Wind=

1				
2				
3				
4				
5				
6				
7				
8				

T26 U17W 300m 'A'

1	1	Stephanie Steele-Boyce	VPH & Thac	43.3
2	9	Ladeesha Gamnga	Queens Park Harrier	51.4
3				
4				
5				
6				
7				
8				

G4\*

U17W 300m 'B'

1				
2				
3				
4				
5				
6				
7				
8				

T13 U17W 800m 'A'

1	11	Alice Porter	Medway Park Phoen	2.58.6
2				
3				
4				
5				
6				
7				
8				

U17W 800m 'B'

1				
2				
3				
4				
5				
6				
7				
8				

T36 U17W 1500m 'A'

1				
2				
3				
4				
5				
6				
7				
8				

U17W 1500m 'B'

1				
2				
3				
4				
5				
6				
7				
8				

T19 U17W 3000m 'A'

1				
2				
3				
4				
5				
6				
7				

U17W 3000m 'B'

1				
2				
3				
4				
5				
6				
7				

\*= AW Standards



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Perf Grades

S2 Thames Mile End Stadium

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	Perf	Wind	Recor ds	Grade		Perf	Wind	Recor ds	Grade
T20 U17W 80mh 'A'					U17W 80mh 'B'				
1	1	Serlina Swaby-Constani VPH & Thac	12.3	G2*	1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
T1 U17W 300mH 'A'					U17W 300mH 'B'				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
F3 U17W 4k Hammer 'A'					U17W 4k Hammer 'B'				
1	5	Victoria Onyeki Ilford	16.46		1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
F20 U17W 1.0k Discus 'A'					U17W 1.0k Discus 'B'				
1	5	Victoria Onyeki Ilford	28.53	G3*	1				
2	1	Vanessa Owusu VPH & Thac	16.26		2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
F31 U17W 4k Shot 'A'					U17W 4k Shot 'B'				
1	5	Victoria Onyeki Ilford	7.41		1				
2	1	Vanessa Owusu VPH & Thac	6.18		2				
3	11	Alice Porter Medway Park Phoen	3.63		3				
4					4				
5					5				
6					6				
7					7				
8					8				
F26 U17W 600g Javelin 'A'					U17W 600g Javelin 'B'				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				

\*= AW Standards

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Perf

Grades

## S2 Thames Mile End Stadium

Perf

Wind

Recor

ds

Grades

Sunday, July 18 2010

### F5 U17W Long Jump 'A'

Rank	Perf	Name	Club	Time
1	1	Serlina Swaby-Constant	VPH & Thac	4.87
2	11	Alice Porter	Medway Park Phoen	3.09
3				
4				
5				
6				
7				
8				

### U17W Long Jump 'B'

1
2
3
4
5
6
7
8

### F35 U17W Triple Jump 'A'

1
2
3
4
5
6
7
8

### U17W Triple Jump 'B'

1
2
3
4
5
6
7
8

### F19 U17W High Jump 'A'

1	11	Laura Bowness	Medway Park Phoen	1.25
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### U17W High Jump 'B'

### F11 U17W Pole Vault 'A'

### U17W Pole Vault 'B'

### T29 U15G 100m 'A'

Wind=

Rank	Perf	Name	Club	Time	Grade
1	5	Tamara Chambers	Ilford	13.2	G3*
2	1	Yasmin Hanson	VPH & Thac	13.7	
3	7	Xelia Mendes-Jones	London Heathside	14.2	
4	3	Anjelica Thomas	Highgate	14.8	
5	11	Sophie Narborough	Medway Park Phoen	14.9	
6					
7					
8					

### U15G 100m 'B'

Wind=

Rank	Perf	Name	Club	Time	Grade
1	2	Sharlia Odoi	VPH & Thac	13.6	G4
2	12	Tashana Goode	Medway Park Phoen	15.3	
3	8	Selam Asefa	London Heathside	16.3	
4					
5					
6					
7					
8					

### T5 U15G 200m 'A'

Wind=

Rank	Perf	Name	Club	Time
1	2	Sharlia Odoi	VPH & Thac	28.5
2	3	Anjelica Thomas	Highgate	30.8
3	11	Sophie Narborough	Medway Park Phoen	31.1
4				
5				
6				
7				
8				

### U15G 200m 'B'

Wind=

Rank	Perf	Name	Club	Time
1	1	Yasmin Hanson	VPH & Thac	29.7
2				
3				
4				
5				
6				
7				
8				

### T11 U15G 800m 'A'

1	7	Xelia Mendes-Jones	London Heathside	2.34.1
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### U15G 800m 'B'

1	8	Lily Beckford	London Heathside	2.56.0
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	Perf	Wind	Recor ds	Grade		Perf	Grade
2	1	Glenna Belfon	VPH & Thac	2.54.8	2		
3					3		
4					4		
5					5		
6					6		
7					7		
8					8		

## T34 U15G 1500m 'A'

1  
2  
3  
4  
5  
6  
7  
8

## U15G 1500m 'B'

1  
2  
3  
4  
5  
6  
7  
8

## T18 U15G 75mh 'A'

	Perf	Wind=	Grade
1	1	Whitney Idowu	VPH & Thac
2			
3			
4			
5			
6			
7			
8			

## U15G 75mh 'B'

	Perf	Wind=	Grade
1	2	Glenna Belfon	VPH & Thac
2			
3			
4			
5			
6			
7			
8			

## F4 U15G Long Jump 'A'

	Perf	Wind=	Grade
1	5	Tamara Chambers	Ilford
2	11	Tashana Goode	Medway Park Phoen
3	3	Anjelica Thomas	Highgate
4	1	Sakinah Mohammed	VPH & Thac
5			
6			
7			
8			

## U15G Long Jump 'B'

	Perf	Grade
1	2	Sophie Onabanjo
2		
3		
4		
5		
6		
7		
8		

## F18 U15G High Jump 'A'

1	1	Whitney Idowu	VPH & Thac	1.30
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## U15G High Jump 'B'

## F10 U15G Pole Vault 'A'

## U15G Pole Vault 'B'

## F21 U15G 1.00k Discus 'A'

1	7	Selam Asefa	London Heathside	17.00
2	3	Meredith Lambert	Highgate	16.96
3	1	Antionette Carr	VPH & Thac	11.71
4		*= AW Standards		

## U15G 1.00k Discus 'B'

1	4	Lulu Szego	Highgate	13.04
2				
3				
4				

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Perf Grades

## S2 Thames Mile End Stadium

Perf Wind Recor ds Grade Sunday, July 18 2010

S2 Thames Mile End Stadium				Sunday, July 18 2010							
	Perf	Wind	Recor ds	Grade		Perf	Grade				
5					5						
6					6						
7					7						
8					8						
F27 U15G 600g Javelin 'A'				U15G 600g Javelin 'B'							
1	7	Xelia Mendes-Jones	London Heathside	19.89	1	8	Selam Asefa	London Heathside	16.76		
2	3	Lulu Szego	Highgate	16.33	2	4	Meredith Lambert	Highgate	9.29		
3					3						
4					4						
5					5						
6					6						
7					7						
8					8						
F30 U15G 3.25k Shot 'A'				U15G 3.25k Shot 'B'							
1	3	Meredith Lambert	Highgate	7.29	1	4	Lulu Szego	Highgate	5.75		
2	5	Tamara Chambers	Ilford	6.92	2	1	Antionette Carr	VPH & Thac	5.22		
3	2	Esther Gbelebor	VPH & Thac	6.54	3	12	Tashana Goode	Medway Park Phoen	4.99		
4	11	Sophie Narborough	Medway Park Phoen	5.49	4						
5					5						
6					6						
7					7						
8					8						
T27 U13G 75m 'A'				U13G 75m 'B'							
			Wind=				Wind=				
1	1	Joanna Kalema	VPH & Thac	11.1	G4*	1	2	Valentina Granata	VPH & Thac	11.3	
2	12	Emily Milligan	Medway Park Phoen	11.8		2					
3	3	Molly Boiling	Highgate	12.5		3					
4	7	Jessica Godden	London Heathside	12.7		4					
5					5						
6					6						
7					7						
8					8						
T3 U13G 150m 'A'				U13G 150m 'B'							
			Wind=				Wind=				
1	2	Valentina Granata	VPH & Thac	20.6	G2*	1	1	Precious Ejims	VPH & Thac	19.8	G1*
2	11	Emily Milligan	Medway Park Phoen	22.3	G4	2	4	Grace Mee	Highgate	22.7	
3	3	Molly Boiling	Highgate	22.9		3	12	Shannon Elvy	Medway Park Phoen	24.2	
4	7	Morweena Taylor	London Heathside	24.5		4	8	Ottavia Laidler	London Heathside	25.7	
5					5						
6					6						
7					7						
8					8						
T9 U13G 800m 'A'				U13G 800m 'B'							
1	1	Niamh Pamplin	VPH & Thac	2.44.7		1	2	Shakeelah Hartley	VPH & Thac	2.52.9	
2	11	Shannon Elvy	Medway Park Phoen	2.47.0		2	12	Anna-Rose Newell	Medway Park Phoen	3.40.1	
3	7	Jessica Godden	London Heathside	2.59.5		3					
4	3	Eva Mee	Highgate	3.18.2		4					
5					5						
6					6						
7					7						
8					8						
T22 U13G 1200m 'A'				U13G 1200m 'B'							
1	3	Lily Andrews	Highgate	4.34.9	00	1					
2	7	Ottavia Laidler	London Heathside	4.46.3	00	2					
3	11	Rachel Narborough	Medway Park Phoen	4.50.2	00	3					
4					4						
5					5						
6					6						
7					7						

\*= AW Standards

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Perf Wind Recor ds Grade Sunday, July 18 2010

Perf Grades

8				8							
T15 U13G 70mh 'A'				U13G 70mh 'B'							
		Wind=				Wind=					
1	11	Emily Milligan	Medway Park Phoen	13.0	G3*	1	12	Anna-Rose Newell	Medway Park Phoen	15.1	
2	3	Grace Mee	Highgate	13.1	G3	2	4	Lily Andrews	Highgate	15.7	
3	7	Morweena Taylor	London Heathside	15.8		3	8	Ottavia Laidler	London Heathside	15.9	
4						4					
5						5					
6						6					
7						7					
8						8					
F7 U13G High Jump 'A'				U13G High Jump 'B'							
1	1	Precious Ejims	VPH & Thac	1.41	G1*	1	2	Joanna Kalema	VPH & Thac	1.35	G2*
2	4	Eva Mee	Highgate	1.25	G4	2	3	Grace Mee	Highgate	1.25	G4
3	11	Rachel Narborough	Medway Park Phoen	1.10							
F24 U13G Long Jump 'A'				U13G Long Jump 'B'							
1	1	Precious Ejims	VPH & Thac	4.38	G1*	1	2	Valentina Granata	VPH & Thac	4.22	G2*
2	3	Molly Boiling	Highgate	3.45		2	4	Eva Mee	Highgate	3.30	
3	8	Jessica Godden	London Heathside	3.36		3	7	Morweena Taylor	London Heathside	3.21	
4	12	Shannon Elvy	Medway Park Phoen	2.96		4					
5						5					
6						6					
7						7					
8						8					
F14 U13G 2.72k Shot 'A'				U13G 2.72k Shot 'B'							
1	3	Lily Andrews	Highgate	5.43		1	11	Rachel Narborough	Medway Park Phoen	4.50	
2	12	Anna-Rose Newell	Medway Park Phoen	4.88		2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

\*= AW Standards

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Perf Grades

## Southern S2 Thames Mile End Stadium

Perf Wind Recor ds Grade Sunday, July 18 2010

### T43 17M 4x100m

1	1	VPH & Thac	Nathan Hanson	Quincie Michael	Kamarl Thompson	Seye Okuniola	46.00 *
2	3	Highgate	Gabriel Hoppen	Tony Lu	Liam Ormes	Theo Farrell	49.30
3							
4							
5							
6							
7							
8							

### T47 17M 4x400m

1							
2							
3							
4							
5							
6							
7							
8							

### T41 15B 4x100m

1	1	VPH & Thac	Omar Mukhtar	Aswad Martin	Jehoash Balliddawa	Ethan Regis	47.70 *
2	7	London Heathside	Colin Kpodonu	John Harris	Aidan Ishack	Tokumboh Johnson	50.60
3	5	Ilford	Qu Edwards	Bobby Nike	Asad Ahmed	Taschan Peart	51.60
4	3	Highgate	Ismail Hashir	Stanley Harrison	Gabriel Springer	Peter Laing	59.30
5							
6							
7							
8							

### T46 15B 4x400m

1							
2							
3							
4							
5							
6							
7							
8							

### T39 13B 4x100m

1	11	Medway Park Phoenix	Giuliano March D'Ar	Charley Fraser	Aengus Daly	Lewis Attis	59.10
2	3	Highgate	Emmanuel Osei-Jeb	Arnold Mensuoh	Idris Hashir	Michael Burroughs	59.40
3	7	London Heathside	-	-	-	-	61.70
4	9	Queens Park Harriers	Sequan Scott	Joe Menear	Ozzy Bello	-	64.60
5							
6							
7							
8							

### T42 17W 4x100m

1	1	VPH & Thac	Stephanie Steele-Bc	Serlina Swaby-Constantine	Vanessa Owusu	Rochelle James	56.30
2							
3							
4							
5							
6							
7							
8							

### T45 17W 4x300m

1							
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\*= AW Standards

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Southern S2 Thames Mile End Stadium

Perf Wind Recor ds Grade Sunday, July 18 2010

Perf Grades

2  
3  
4  
5  
6  
7  
8

Perf Grades

T40 15G 4x100m

1  
2  
3  
4  
5  
6  
7  
8

Perf Grades

1	1	VPH & Thac	Yasmin Hanson	Sharlia Odoi	Glenna Belfon	Antionette Carr	56.00
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T38 13G 4x100m

1  
2  
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7  
8

Perf Grades

1	1	VPH & Thac	Precious Ejims	Joanna Kalema	Valentina Granata	Shakeelah Hartley	56.50 *
2	3	Highgate	Molly Boiling	Eva Mee	Grace Mee	Lily Andrews	63.40

\*= AW Standards