

M 100m A

1 Anthony Roderique		HRW	10.9
2 Adam Thomas	U17	B&C	10.9
3 Tucker Bryant		K&P	11.0
4 Ogo Anochirionye		TVH	11.0
5 Jordan Thurston		HIL	11.1
6 Nesbert Musuwo		SUT	11.6
7 Neil Hallett		RDG	11.7

M 100m B

1 Efe Uwaifo	U17	HRW	11.2
2 Ugo Umekwe		TVH	11.3
3 Alan Davidson	U17	HIL	11.3
4 Aidan Fahey	U17	K&P	11.4
5 Liam Macdevitt	U17	RDG	11.6
6 John Whelton		SUT	11.7
7 Blake Roberts	U17	B&C	11.9

M 200m A

1 Tunde Adelekan	U17	HRW	22.3
2 Jordan Thurston		HIL	22.4
3 Liam Macdevitt	U17	RDG	22.9
4 Tucker Bryant		K&P	23.0
5 Ugo Umekwe		TVH	23.2
6 Nesbert Musuwo		SUT	23.8
7 James O'Mahoney		B&C	24.0

M 200m B

1 Anthony Roderique		HRW	22.1
2 Jehvann Senior		TVH	22.6
3 Alan Davidson	U17	HIL	23.0
4 Ross Millar		B&C	23.4
5 Aidan Marshall		RDG	23.8
6 Johnoi Josephs	U17	SUT	23.9
7 Mark Arrogh	U17	K&P	24.5

M 400m A

1 Liam Macdevitt	U17	RDG	50.3
2 Victor Des Sante	U17	TVH	50.6
3 Saoirse Chinery-Edoo		HRW	52.1
4 Neville Harris		SUT	52.1
5 Josh Speed	U17	B&C	53.0
6 Sam Hobbs	U17	HIL	54.6
7 Kyan Koranteng		K&P	54.8
8 Josh Duforest		VAY	59.3

M 400m B

1 Nick Davis		HRW	53.0
2 Jarric Lewis		TVH	53.4
3 Oliver Horracks		K&P	56.4
4 Connor Feek	U17	HIL	57.1
5 Luke Macaree		B&C	59.4

M 800m A

1 Shaun Wyllie	U17	B&C	1.58.4
2 Jack Williams		RDG	2.00.2
3 Joe Saissi	U17	HIL	2.02.3
4 Andrew Holliman		HRW	2.03.9
5 Alex Penfold		SUT	2.05.8
6 Nikolaj Schubert	U17	K&P	2.19.9
7 Abukar Yahye	U17	TVH	2.20.9

M 800m B

1 Scott Halstead	U17	B&C	2.05.1
2 Luke Conway		RDG	2.06.2
3 Robert Lynch	U17	HRW	2.18.0
4 Tom Parry		K&P	2.23.1
5 Ryhs Clark	U17	HIL	2.31.3

M 1500m A

1 Matt Sedon	U17	B&C	4.13.0
2 Rhys Spence		HIL	4.13.7
3 Abi Brown		HRW	4.25.2
4 James Davis	U17	VAY	4.37.3
5 Nikolaj Schubert	U17	K&P	5.03.3

M 1500m B

1 James Mitchell	U17	B&C	4.33.1
2 Tom O'Dowd		HRW	4.34.6
3 George Langston	U17	VAY	4.41.7
4 Micheal Dipmere	U17	HIL	4.45.9

M 3000m A

1 Rhys Spence		HIL	9.19.1
2 Edward Stockdale		RDG	10.25.2
3 James Francis	U17	HRW	11.37.3

M 3000m B

1 James Laing		HIL	11.17.7
2 Harry Trower		HRW	12.01.6

M 110mH A

1 Rhys Kirby HIL 15.2
2 Scott Davies RDG 16.7
3 William Trimble K&P 17.6

M 110mH B

1 Patrick Hillyer K&P 21.1

M 400mH A

1 Alex Duguay HIL 62.3
2 Patrick Hillyer K&P 84.4

M 400mH B

No competitors

M 2000m Sc A

1 Zak Seddon B&C 5.48.9
2 David Lewis RDG 6.33.8
3 Dalton McGuigan HRW 6.35.7

M 2000m Sc B

1 James Harris U17 B&C 6.39.0
2 Jonathan Roberts RDG 7.22.1

M Discus Throw A

1 Luke Roach-Christie U17 HRW 39.57
2 Miles King U17 B&C 30.25
3 Tom Parry K&P 24.11
4 Neville Harris SUT 23.90
5 Scott Davies RDG 20.56
6 Raj Solanki HIL 17.60

M Discus Throw B

1 Saoirse Chinery-Edoo HRW 38.71
2 Luke Macaree B&C 21.67
3 Alec Thomas RDG 20.14
4 Asher Nelson K&P 15.04
5 HIL 14.95

M Hammer Throw A

1 Stefano Aquilino VAY 43.30
2 Jeremy Saunders B&C 26.86
3 Luke Roach-Christie HRW 20.98
4 Alec Thomas RDG 20.55
5 Asher Nelson K&P 16.60
6 Raj Solanki HIL 15.36

M Hammer Throw B

1 Luke Macaree B&C 29.94
2 Matty Sadoh HRW 13.59
3 Alex Dalton HIL 5.10

M High Jump A

1 Ryan Bonifas RDG 1.90
2 George Dupree HRW 1.78
3 William Trimble K&P 1.50

M High Jump B

1 Anthony Okeyemi U17 HRW 1.70
2 Neil Hallett RDG 1.50

M Javelin Throw A

1 Ben Taplin	RDG	48.05
2 Daniel Payne	HIL	43.35
3 David Jetzvkowski	TVH	41.99
4 Luke Macaree	B&C	41.59
5 Asher Nelson	K&P	36.18
6 Nicholas Kalyerubula	HRW	31.61
7 Stefano Aquilino	VAY	24.33

M Javelin Throw B

1 Ryan Bonifas	RDG	41.36
2 Jeremy Saunders	B&C	35.02
3 Saoirse Chinery-Edoo	HRW	27.52
4 Carl Yates	HIL	25.12
5 William Trimble	K&P	19.08

M Long Jump A

1 Ogo Anochirionye	TVH	6.79
2 Stefan Greenidge	HRW	6.73
3 Ryan Bonifas	RDG	6.37
4 Rhys Kirby	HIL	5.85
5 William Trimble	K&P	5.60
6 Andre Livingstone	U17 SUT	5.00
7 George Langston	U17 VAY	4.67

M Long Jump B

1 Neil Hallett	RDG	6.03
2 Patrick Hillyer	K&P	5.42
3 Carl Yates	HIL	5.00
4 James Davis	U17 VAY	4.63

M Pole Vault A

1 Scott Davies	RDG	3.20
2 Anthony Knowles	HRW	2.80
3 Aidan Fahey	U17 K&P	2.45

M Pole Vault B

No competitors

M Shot Putt A

1 Luke Roach-Christie	HRW	14.89
2 Ale Thomas	RDG	11.73
3 Miles King	U17 B&C	11.29
4 Tom Parry	K&P	10.03
5 Adrian Assinor	TVH	9.48
6 Alex Duguay	HIL	8.79

M Shot Putt B

1 Jeremy Saunders	B&C	10.37
2 Matty Sadoh	HRW	9.93
3	TVH	9.15
4 Ryan Bonifas	RDG	8.25
5 Alex Dalton	HIL	5.55

M Triple Jump A

1 James Okeyemi	HRW	14.44
2 Ogo Anochirionye	TVH	12.96
3 Neil Hallett	RDG	12.60
4 Patrick Hillyer	K&P	11.48
5 Carl Yates	HIL	8.24

M Triple Jump B

1 Efe Uwaifo	U17 HRW	13.89
2 Adrian Assinor	TVH	12.71
3 Ryan Bonifas	RDG	11.39
4 Aidan Fahey	U17 K&P	10.84
5 Alex Dalton	HIL	7.49

W 100m A

1 Marilyn Nwawulor	HRW	12.0
2 Annie Tagoe	TVH	12.2
3 Shanice Harrison	SUT	12.3
4 Nicola Tikare	U17 HIL	12.7
5 Rachel Pithers	RDG	12.9
6 Liz Butcher	B&C	13.4
7 Nicole Kendall	U17 K&P	13.4
8 Elli Gadsby	VAY	13.9

W 100m B

1 Eugenie Brown	U17 HRW	12.5
2 Jessica Palmer	U17 RDG	12.8
3 Rochelle Munro Graham	U17 TVH	12.8
4 Heather Gibbons	U17 HIL	13.0
5 Hannah Williams	B&C	13.8
6 Leanne Betis	SUT	14.2
7 Hannah Welsh	U17 VAY	14.2

W 200m A

1 Marilyn Nwawulor		HRW	24.9
2 Shanice Harrison		SUT	25.1
3 Jessica Palmer	U17	RDG	25.1
4 Rachel McClay		B&C	26.3
5 Rochelle Munroe Graham	U17	TVH	26.4
6 Molly Renfer		K&P	26.7
7 Nicola Tikare	U17	HIL	26.8
8 Emma Wright		VAY	29.1

W 200m B

1 Euginie Brown		HRW	25.4
2 Rachel Pithers		RDG	25.7
3 Heather Gibbons	U17	HIL	26.8
4 Ugne Liuksaityte		TVH	27.7
5 Sarah Rawlings	U17	SUT	27.7
6 Beth Nixon	U17	B&C	28.4
7 Melissa Braithwaite		VAY	28.5
8 Gaby Miles		K&P	32.8

W 400m A

1 Rachel McClay		B&C	58.2
2 Emily Williams	U17	HRW	63.7
3 Heather Gibbons	U17	HIL	68.8
4 Amy Banning		RDG	71.1

W 400m B

1 Hannah O'Brien		HRW	75.5
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W 800m A

1 Molly Renfer		K&P	2.18.3
2 Becky Turton	U17	B&C	2.25.5
3 Jessica Gibbon	U17	RDG	2.26.1
4 Rebecca Miles	U17	HIL	2.28.9
5 Emer Kerr		SUT	2.30.7
6 Claire Wolf	U17	HRW	2.38.0
7 Katy Partington	U17	VAY	2.59.2

W 800m B

1 Philly Bowden	U17	B&C	2.28.7
2 Carys Tetlaw	U17	HIL	2.35.8
3 Emma Taylor	U17	RDG	2.43.0

W 1500m A

1 Fern Brereton	U17	B&C	5.01.6
2 Hannah Wells		HIL	5.31.4
3 Claire Wolf	U17	HRW	5.40.8

W 1500m B

1 Becky Berger-North	U17	B&C	5.05.2
2 Ellen Rose-Senior	U17	HRW	5.46.4

W 3000m A

1 Sky Draper	U17	HRW	10.43.9
2 Chloe Oldfield		VAY	11.40.9
3 Oliva Shepard	U17	B&C	11.44.2
4 Gaby Miles		K&P	11.49.2
5 Naomi Furshaw		RDG	12.17.0

W 3000m B

No competitors

W 100mH A

1 Marilyn Nwawulor		HRW	14.6
2 Nicola Tikare	U17	HIL	16.9
3 Hannah Welsh	U17	VAY	21.0

W 100mH B

1 Sharon Ogouzadike	U17	HRW	18.6
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W 400mH A

1 Becky Berger-North	U17 B&C	73.7
2 Eve Follows	U17 HIL	76.5
3 Hannah O'Brien	HRW	85.1

W 400mH B

1 Georgia Nwawulor	U17 HRW	76.1
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W Discus Throw A

1 Kim Osuji	HRW	34.24
2 Danni Opara	U17 RDG	33.06
3 Pippa Wingate	K&P	32.07
4 Leanne Betis	SUT	29.32
5 Ellie Cooper	U17 B&C	26.09
6 Lucy Knott	U17 TVH	23.76
7 Georgie Floyd	U17 HIL	17.13
8 Katy Partington	U17 VAY	17.06

W Discus Throw B

1 Charlotte Webb	RDG	30.94
2 Natasha Ogbe	U17 HRW	24.24
3 Rachel McClay	B&C	20.96
4 Anilia Brown	TVH	17.08
5 Alex Bartle	U17 K&P	14.53

W Hammer Throw A

1=Danni Opara	U17 RDG	0.00
1=Lucy Knott	U17 TVH	0.00
1=Natasha Ogbe	U17 HRW	0.00
1=Pippa Wingate	K&P	0.00
1=Amy Johnson	U17 B&C	0.00

W Hammer Throw B

1=Ellie Ballentine	U17 RDG	0.00
1=Ashleigh Stephenson	U17 TVH	0.00
1=Sharon Ogouzadike	U17 HRW	0.00
1=Alex Bartle	U17 K&P	0.00

W High Jump A

1 Pippa Rogan	RDG	1.72
2 Georgia Nwawulor	U17 HRW	1.61
3 Leah Dyson	U17 K&P	1.50
4 Leah Stephenson	U17 TVH	1.45

W High Jump B

1 April Taylor	RDG	1.58
2 Sharon Ogouzadike	U17 HRW	1.45
3 Emily McIlwain	K&P	1.40
4 Ashleigh Stephenson	U17 TVH	1.40

W Javelin Throw A

1 Ellie Cooper	U17 B&C	37.62
2 Rahannah Gillette-Vern	K&P	31.53
3 Leanne Betis	SUT	28.22
4 Chloe Greeberg	U17 HRW	27.14
5 Lucy Knott	U17 TVH	27.13
6 Lucy Hillen	RDG	21.54
7 Georgie Floyd	U17 HIL	16.67
8 Ellie Gadsby	VAY	11.96

W Javelin Throw B

1 Claire Wolf	U17 HRW	21.38
2 Annie Nawo	U17 TVH	16.43
3 Ellie Balantine	U17 RDG	15.77
4 Emer Kerr	SUT	14.96
5 Amy Johnson	U17 B&C	14.82
6 Alex Bartle	U17 K&P	10.37

W Long Jump A

1 Marilyn Nwawulor	HRW	5.96
2 Rachel Pithers	RDG	4.87
3 Sarah Rawlings	U17 SUT	4.78
4 Heather Gibbons	U17 HIL	4.25
5 Liz Butcher	B&C	4.17
6 Ugne Liuksaityte	TVH	3.76
7 Melissa Braithwaite	VAY	3.35
8 Nicole Kendall	U17 K&P	3.32

W Long Jump B

1 Abi Holman	HRW	5.16
2 Charlotte Gorman	U17 RDG	4.49
3 Beth Nixon	U17 B&C	3.94
4 Emma Wright	U17 VAY	3.23
5 Annie Nawo	U17 TVH	3.01
6 Hannah Wells	HIL	2.86

W Pole Vault A

1 Amy Wentford	HRW	2.45
2 Nicole Kendall	U17 K&P	2.45
3 Lucy Hillen	RDG	2.45

W Pole Vault B

1 Sarah Bishop	RDG	2.30
2 Sarah Wentford	HRW	2.15

W Shot Putt A

1 Danni Opara	U17 RDG	11.73
2 Marilyn Nwawulor	HRW	10.34
3 Pippa Wingate	K&P	9.54
4 Amy Johnson	U17 B&C	5.88
5 Hannah Wells	HIL	4.39

W Shot Putt B

1 Charlotte Webb	RDG	9.25
2 Natasha Ogbe	HRW	8.43
3 Becky Johnson	B&C	5.84
4 Rahannah Gillette-Vern	K&P	5.06

W Triple Jump A

1 Abi Holman	HRW	11.33
2 Sarah Rawlings	SUT	9.68
3 Carys Tetlaw	U17 HIL	9.15
4 Charlotte Gorman	U17 RDG	8.75
5 Leah Dyson	U17 K&P	8.56

W Triple Jump B

1 Gabrielle Dunn	HRW	9.66
2 Emily McIlwain	K&P	8.21
3 Naomi Forshaw	RDG	7.46

W 4x100m Relay

1 HRW 52.2	1 Emily Williams	U17	2 Rashidah Price
	3 Sharon Ogouzadike	U17	4 Eugenie Brown
2 RDG 53.7	1 Rachel Pithers		2 Jessica Palmer
	3 Amy Banning		4 Pippa Rogan
3 B&C 53.8	1 Hannah Williams		2 Liz Butcher
	3 Beth Nixon	U17	4 Rachel McClay
4 VAY 54.9	1 Emma Wright	U17	2 Melissa Braithwaite
	3 Hannah Welsh	U17	4 Ellie Gadsby
5 HIL 56.2	1 Heather Gibbons	U17	2 Eve Follows
	3 Georgie Floyd	U17	4 Nicola Tikare
6 K&P 56.7	1 Nicole Kendall	U17	2 Emily McIlwain
	3 Rahannah Gillette-Vern		4 Molly Renfer
7 TVH DISQ			

W 4x400m Relay

1 B&C 4.22.3	1 Rachel McClay		2 Philly Bowden
	3 Fern Brereton	U17	4 Becky Berger-North
2 HIL 4.33.8	1 Carys Tetlaw	U17	2 Hannah Wells
	3 Rebecca Miles	U17	4
3 RDG 4.37.3	1 Emma Taylor	U17	2 Amy Banning
	3 Naomi Forshaw		4 Mollie Haines
4 K&P 4.45.2	1 Gaby Miles		2 Emily McIlwain
	3 Leah Dyson	U17	4 Molly Renfer

M 4x100m Relay

1 HIL 44.4	1 Jordan Thurston		2 Alan Davidson
	3 Rhys Kirby		4 Connor Feek
2 HRW 44.5	1 Anthony Roderique		2 Stefan Greenidge
	3 Tunde Adelekan	U17	4 Anthony Okeyemi
3 TVH 45.2	1 Daniel Ochala		2 Kaylen Stuart
	3 Jehvann Senior		4 Ogo Anochirionye
4 K&P 46.0	1 Aidan Fahey	U17	2 Patrick Hillyer
	3 William Trimble		4 Tucker Bryant
5 RDG 46.3	1 Neil Hallett		2 Liam Macdevitt
	3 Aidan Marshall		4 Harvey Chrystal-Ryan

M 4x400m Relay

1 HRW 3.37.1	1 Saoirse Chinery-Edoo	2 Nick Davis
	3 Robert Lynch	U17 4 Andrew Holliman
2 HIL 3.37.6	1 Joe Saissi	U17 2 Gavin Barclay
	3 Jordan Thurston	4 Sam Hobbs
3 RDG 3.43.9	1 Luke Conway	2 Jack Williams
	3 David Lewis	4 Aidan Marshall
4 B&C 3.47.3	1 Ross Millar	2 Josh Speed
	3 Shaun Wyllie	U17 4 Sam London
5 K&P 3.51.6	1 Oliver Horracks	2 Mark Arrogh
	3 Tom Parry	4 Kyan Koranteng

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	HRW	523.95 8	1	Harrow AC	523.95 8
2	RDG	409.95 7	2	Reading AC	409.95 7
3	B&C	328.2 6	3	Bracknell/Camberley	328.2 6
4	HIL	309 5	4	Hillingdon AC	309 5
5	K&P	294.95 4	5	Kingston & Polytechnic	294.95 4
6	TVH	186.95 3	6	Thames Valley Harriers	186.95 3
7	SUT	108 2	7	Sutton & District AC	108 2
8	VAY	93 1	8	Vale of Aylesbury AC	93 1

Athlete of the Match: Luke Roach-Christie - Harrow
Marilyn Nwawulor - Harrow

General Comment: No competitors M 400mH B, Womens Hammer ABANDONED due to high wind,
No competitors M Pole Vault B