

LEVEL	UPPER	Track Events Start in Lane
REGION	SOUTH	
DIVISION	West	
MATCH	3	
P/FINISH	YES	1

Date Sunday, July 25 2021

Venue RIDLINS WOOD ATHLETICS TRACK

Host Club Stevenage & North Herts AC

Bib	Team Name	Abbrev.	Officials	Track1	Track2	Relays	Field	Total
1	Hillingdon AC	Hil'don		122.0	10.0	29.0	51.0	212.0
2	Shaftesbury Barnet Harriers	SBH		216.0	51.0	49.0	254.0	570.0
3	Stevenage & North Herts AC	SNH		53.0	12.0	3.0	61.0	129.0
4	Team West London ©	TWL		131.0	17.0	26.0	104.5	278.5
5	Harrow & Dacorum ©	H&DT		226.0	111.0	44.0	268.5	649.5
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Posn	Team Name	Points	League	Men *	Women *	Total M	Total L	Standings
1	Harrow & Dacorum ©	649.5	5.0	336.00	313.50	649.5	5.0	1
2	Shaftesbury Barnet Harriers	570.0	4.0	281.00	289.00	570.0	4.0	2
3	Team West London ©	278.5	3.0	175.00	103.50	278.5	3.0	3
4	Hillingdon AC	212.0	2.0	140.00	72.00	212.0	2.0	4
5	Stevenage & North Herts AC	129.0	1.0	55.00	74.00	129.0	1.0	5
	* exclude officials points							

TOTAL EVENTS	76
NO COMPETITORS/EVENT CANCELLED/NMR	1
EVENT SCORED	75
REMAINING	-

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
100m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
				Wind -0.2	
1	2	Emmanuel DURUIHEOMA (U20)	SBH	11.03	3
2	5	Monty OGUNBANJO (U20)	H&DT	11.47	
3	3	Alex PICKARD (U20)	SNH	12.03	
4	1	Calvin BUSULWA (U20)	Hil'don	12.13	
5		Joel HOUSLIN (U17)	TWL	DNS	
6					
7					
8					

100m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
				Wind -0.2	
1	33	Nile ODEJIMI-RILEY (U20)	SNH	11.7	
2	55	Tyrell MITCHELL (U20)	H&DT	11.7	
3	11	Akira MEADE (U17)	Hil'don	11.8	
4	44	Neon RICHARDS (U20)	TWL	11.8	
5					*Manual
6					
7					
8					

200m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
				Wind -1.3	
1	2	Decarie DAVIES (U20)	SBH	22.59	3
2	4	Kai ENGLISH (U20)	TWL	23.24	
3	3	Jacob KINCHIN-SMITH (U20)	SNH	23.28	
4	5	Tyrell MITCHELL (U20)	H&DT	24.59	
5	1	Calvin BUSULWA (U20)	Hil'don	24.66	
6					
7					
8					

200m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
				Wind -1.2	
1	22	Emmanuel DURUIHEOMA (U20)	SBH	22.61	3
2	44	Harjeet GILL (U20)	TWL	24.63	
3	11	Finley EDWARDS (U20)	Hil'don	24.89	
4	33	Alex PICKARD (U20)	SNH	24.90	
5	55	Marcus STANSBURY (U20)	H&DT	25.48	
6					
7					
8					

400m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	55	Dawood CHOCHAN (U20)	H&DT	50.64	3
2	1	Adam IRELAND (U20)	Hil'don	53.35	
3	4	Kirk LEBDIRI (U20)	TWL	54.54	
4					
5					
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7					
8					

400m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	5	Samad IBRAHIM (U20)	H&DT	52.10	
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7					
8					

800m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	Basil ROCK (U20)	TWL	01:58.52	
2	1	Hanad AHMED (U20)	Hil'don	01:59.81	
3	5	Christopher HUDSON (U20)	H&DT	01:59.95	
4	22	Gilad NACHSHEN (U20)	SBH	02:01.60	
5					
6					
7					
8					

800m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	2	Ashwin FOWKES-GAJAN (U20)	SBH	02:02.31	
2	55	Michael ARMSTRONG (U20)	H&DT	02:07.68	
3	11	Adam IRELAND (U20)	Hil'don	02:11.72	
4	44	Shami UMASHANKAR (U20)	TWL	02:22.74	
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	Joseph CHAMBERLAIN (U20)	H&DT	04:07.82	
2	1	Abdi fatah KHALIF (U20)	Hil'don	04:09.69	
3	2	Jack DAVIS-BLACK (U17)	SBH	04:26.40	
4					
5					
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1500m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	55	Christopher HUDSON (U20)	H&DT	04:09.08	
2	22	Raphel AARON (U20)	SBH	04:46.47	
3					
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6					
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3000m U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	5	Sam BURNELL (U20)	H&DT	09:08.47	
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6					
7					
8					

3000m U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	55	Freddie TRUMAN-WILLIAMS (U20)	H&DT	09:08.51	
2					
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110m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA	Wind
						+0.3
1	2	Ruben HEDMAN (U20)	SBH	14.84	2	
2	5	Monty OGUNBANJO (U20)	H&DT	15.21	3	
3	3	William LAWLER (U20)	SNH	15.42		
4						
5						
6						
7						
8						

110m Hurdles U20 Men B

Posn	No.	Athlete	Club	Perf	AAA	Wind
						+0.3
1	22	Jubril ADENIJI (U20)	SBH	15.66		
2	55	Ethan PEACOCK (U20)	H&DT	16.51		
3						
4						
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6						
7						
8						

400m Hurdles U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	4	Neon RICHARDS (U20)	TWL	57.5	
2	1	James EARLE (U20)	Hil'don	57.9	
3	2	Jubril ADENIJI (U20)	SBH	59.3	
4	5	Ethan PEACOCK (U20)	H&DT	65.2	
5				*Manual	
6					
7					
8					

400m Hurdles U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	55	Haydn WILLIAMS (U20)	H&DT	59.25	
2	22	Jude MIRANDA (U20)	SBH	60.80	
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7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
2000m s/c U20 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	55	Samuel BURNELL (U20)	H&DT	06:47.9	
2				*Manual	
3					
4					
5					
6					
7					
8					

2000m s/c U20 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	5	Freddie TRUMAN-WILLIAMS (LH&DT)	LH&DT	06:47.9	
2				*Manual	
3					
4					
5					
6					
7					
8					

Long Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	22	Ben BELLISARIO (U20)	SBH	6.52	3
2	5	Joe THOMPSON (U20)	H&DT	5.37	
3	1	Nathan FADARE (U20)	Hil'don	5.36	
4					
5					
6					
7					
8					

Long Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Sebastiano CORBO (U20)	SBH	4.74	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Ben BELLISARIO (U20)	SBH	1.80	
2	5	Joe THOMPSON (U20)	H&DT	1.55	
3	1		Hil'don	X	

High Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	1	Hanad AHMED (U20)	Hil'don	X	

Triple Jump U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	Nile ODEJIMI-RILEY (U20)	SNH	13.10	3
2	1	James EARLE (U20)	Hil'don	12.18	
3	5	Joe THOMPSON (U20)	H&DT	10.57	
4					
5					
6					
7					
8					

Triple Jump U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Pole Vault U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Tolu AYO-OJO (U20)	SBH	4.00	
2	5	Thomas ASHTON (U20)	H&DT	3.80	

Pole Vault U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	55	Haydn WILLIAMS (U20)	H&DT	3.70	
2	22	Sebastiano CORBO (U20)	SBH	2.60	

Shot U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	James ISAACS (U20)	SBH	13.59	2
2	4	Kaveesh RAJAPAKSE (U20)	TWL	10.06	
3	5	Marcus STANSBURY (U20)	H&DT	6.11	
4					
5					
6					
7					
8					

Shot U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	Shami UMASHANKAR (U20)	TWL	7.09	
2					
3					
4					
5					
6					
7					
8					

Discus U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	James ISAACS (U20)	SBH	40.35	3
2	4	Kaveesh RAJAPAKSE (U20)	TWL	26.85	
3	5	Marcus STANSBURY (U20)	H&DT	14.38	
4	1	Nathan FADARE (U20)	Hil'don	X	
5					
6					
7					
8					

Discus U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	Kai ENGLISH (U20)	TWL	26.56	
2	22	Sebastiano CORBO (U20)	SBH	25.67	
3					
4					
5					
6					
7					
8					

Hammer U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	James ISAACS (U20)	SBH	37.66	
2	4	Kaveesh RAJAPAKSE (U20)	TWL	16.19	
3	5	Marcus STANSBURY (U20)	H&DT	11.38	
4					
5					
6					
7					
8					

Hammer U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	44	Shami UMASHANKAR (U20)	TWL	15.27	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Javelin U20 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Milan TRAJKOVIC (U20)	SBH	51.88	3
2	5	Ben HOCKING (U20)	H&DT	36.96	
3	4	Kaveesh RAJAPAKSE (U20)	TWL	29.58	
4					
5					
6					
7					
8					

Javelin U20 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	Alex LYTRIDES (U20)	SBH	34.17	
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Men A

Posn	No.	Runners	Club	Perf
1	2	Ruben HEDMAN (U20), Tanawat RAVENG (U20), Keelan FARRELL (U17), Emmanuel DURUIHEOMA (U20)	SBH	43.46
2	5	Haydn WILLIAMS (U20), Samad IBRAHIM (U20), Tyrell MITCHELL (U20), Monty OGUNBANJO (U20)	H&DT	44.86
3	4	Harjeet GILL (U20), Kai ENGLISH (U20), Neon RICHARDS (U20), Kirk LEBDIRI (U20)	TWL	45.95
4	1	Nathan FADARE (U20), Finley EDWARDS (U20), James EARLE (U20), Calvin BUSULWA (U20)	Hil'don	47.22
5	3	Alex PICKARD (U20), Jacob KINCHIN-SMITH (U20), Nile ODEJIMI-RILEY (U20), William GALLIFORD (U20)	SNH	47.69
6				
7				
8				

4 x 400m U20 Men A

Posn	No.	Runners	Club	Perf
1	2	Jude MIRANDA (U20), Nicholas SAVVA (U20), Jubril ADENIJI (U20), Decarie DAVIES (U20)	SBH	03:30.2
2	4	Kirk LEBDIRI (U20), Kai ENGLISH (U20), Basil ROCK (U20), Zack CLARKE-GREEN (U17)	TWL	03:34.3
3	1	Adam IRELAND (U20), Hanad AHMED (U20), Abdi fatah KHALIF (U20), James EARLE (U20)	Hil'don	03:36.6
4	5	Haydn WILLIAMS (U20), Michael ARMSTRONG (U20), Freddie TRUMAN-WILLIAMS (U20), Dawood CHCH&DT		03:41.0
5				*Manual
6				
7				
8				

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
100m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind +0.2	
1	2	Lily PARRIS (U20)	SBH	12.22	2
2	1	Mia SMITH (U20)	Hil'don	12.38	2
3	5	Golder WIAFE (U20)	H&DT	12.67	
4	4	Tia JACKSON QUIGLEY (U20)	TWL	13.50	
5					
6					
7					
8					

100m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind -0.2	
1	55	Milly GALL (U20)	H&DT	12.84	
2	11	Izzy MUSA (U20)	Hil'don	13.59	
3	22	Lola MCCANN-EZEKIEL (U17)	SBH	13.80	
4	44	Eliezer ELLIOTT (U20)	TWL	14.03	
5					
6					
7					
8					

200m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind +0.0	
1	2	Emily NEWNHAM (U20)	SBH	24.76	2
2	1	Mia SMITH (U20)	Hil'don	26.00	3
3	5	Golder WIAFE (U20)	H&DT	27.23	
4	4	Katie SHERLOCK (U20)	TWL	27.75	
5					
6					
7					
8					

200m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind +1.4	
1	22	Lily PARRIS (U20)	SBH	25.78	3
2	44	Mia OLDFIELD (U17)	TWL	28.37	
3	11	Izzy MUSA (U20)	Hil'don	28.54	
4	55	Isabelle NERO (U20)	H&DT	29.40	
5					
6					
7					
8					

400m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	2	Hannah FOSTER (U20)	SBH	57.0	2
2	4	Katie SHERLOCK (U20)	TWL	61.5	
3	5	Milly SOANES (U20)	H&DT	63.3	
4				*Manual	
5					
6					
7					
8					

400m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	22	Vanessa ANSUA (U20)	SBH	59.7	3
2	55	Isabelle NERO (U20)	H&DT	66.2	
3				*Manual	
4					
5					
6					
7					
8					

800m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	3	Bluebell COOKE (U20)	SNH	02:20.31	
2	2	Sydney ALLEN (U20)	SBH	02:20.97	
3	1	Clara HIGGS (U20)	Hil'don	02:21.40	
4	5	Helena VAN HULLEN (U20)	H&DT	02:32.33	
5					
6					
7					
8					

800m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	55	Olivia MATHARU (U17)	H&DT	02:34.20	
2	22	Sophia STAAB (U20)	SBH	02:38.58	
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6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	22	Amelia WILLS (U20)	SBH	05:00.53	
2	4	Madeline CASEY (U20)	TWL	05:03.17	
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7					
8					

1500m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	2	Elena RONCARATI (U20)	SBH	05:18.77	
2					
3					
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6					
7					
8					

3000m U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	5	Sofia LATHAM (U17)	H&DT	10:42.89	
2					
3					
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5					
6					
7					
8					

3000m U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

100m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	2	Lily PARRIS (U20)	SBH	13.89	1
2	5	Milly GALL (U20)	H&DT	14.60	2
3	4	Joy CHOUFAR (U20)	TWL	DSQ	
4					
5					
6					
7					
8					

100m Hurdles U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

400m Hurdles U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	2	Emily NEWNHAM (U20)	SBH	61.90	1
2	5	Maggie FLEET (U20)	H&DT	68.62	
3					
4					
5					
6					
7					
8					

400m Hurdles U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	55	Helena VAN HULLEN (U20)	H&DT	70.88	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m s/c U20 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	98				
2					
3					
4					
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7					
8					

TD10 1500m s/c U20 Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

Long Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Ruth-ann OTARUOH (U20)	TWL	5.22	3
2	3	Olivia LINDSAY (U20)	SNH	4.89	
3	5	Adedoyin ADEYANJU (U20)	H&DT	4.89	
4	1	Demi SMITH-SCOTT (U20)	Hil'don	4.80	
5	2	Clara RIMINI (U20)	SBH	3.86	
6					
7					
8					

Long Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	11	Izzy MUSA (U20)	Hil'don	4.51	
2					
3					
4					
5					
6					
7					
8					

High Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	Julie-anne BOACHIE (U17)	H&DT	1.50	
2	4	Joy CHOUFAR (U20)	TWL	1.35	

High Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA

Triple Jump U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	4	Ruth-ann OTARUOH (U20)	TWL	11.62	1
2	5	Adedoyin ADEYANJU (U20)	H&DT	10.95	3
3	2	Hope BAKER (U17)	SBH	9.53	
4	1	Demi SMITH-SCOTT (U20)	Hil'don	X	
5					
6					
7					
8					

Triple Jump U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Pole Vault U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Clara RIMINI (U20)	SBH	1.90	

Pole Vault U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA

Shot U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	Milly GALL (U20)	H&DT	9.79	3
2	3	Libby TAYLOR (U20)	SNH	8.36	
3	2	Trinity O'CONNOR (U20)	SBH	8.13	
4					
5					
6					
7					
8					

Shot U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	33	Danielle MAINSTONE (U20)	SNH	5.43	
2					
3					
4					
5					
6					
7					
8					

Discus U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	2	Katie WEBB (U20)	SBH	36.23	3
2	3	Libby TAYLOR (U20)	SNH	22.65	
3	5	Milly SOANES (U20)	H&DT	16.68	
4	1	Taydee HARDY (U20)	Hil'don	11.27	
5					
6					
7					
8					

Discus U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	22	Olivia LAVA (U20)	SBH	35.08	3
2	33	Danielle MAINSTONE (U20)	SNH	18.67	
3					
4					
5					
6					
7					
8					

Hammer U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	3	Libby TAYLOR (U20)	SNH	46.85	2
2	5	Amy WRIGHT (U20)	H&DT	36.51	
3	2	Scarlett O'CONNOR (U20)	SBH	31.81	
4	1	Taydee HARDY (U20)	Hil'don	21.39	
5					
6					
7					
8					

Hammer U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Javelin U20 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	5	Milly GALL (U20)	H&DT	26.72	
2	3	Danielle MAINSTONE (U20)	SNH	16.69	
3					
4					
5					
6					
7					
8					

Javelin U20 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

4 x 100m U20 Women A

Posn	No.	Runners	Club	Perf
1	2	Lily PARRIS (U20), Vanessa ANSUAA (U20), Hope BAKER (U17), Hannah FOSTER (U20)	SBH	49.4
2	1	Izzy MUSA (U20), Demi SMITH-SCOTT (U20), Paulina DIBOTTI NKOMBE (U17), Mia SMITH (U20)	Hil'don	51.2
3	5	Milan JERVIER (U20), Milly GALL (U20), Julie-anne BOACHIE (U17), Golder WIAFE (U20)	H&DT	DSQ
4				*Manual
5				
6				
7				
8				

4 x 400m U20 Women A

Posn	No.	Runners	Club	Perf
1	2	Emily NEWNHAM (U20), Vanessa ANSUAA (U20), Hannah FOSTER (U20), Sydney ALLEN (U20)	SBH	03:57.4
2	5	Milly SOANES (U20), Maggie FLEET (U20), Elsie LEIPER (U20), Isabelle NERO (U20)	H&DT	04:23.1
3	4	Katie SHERLOCK (U20), Olivia SPARKS (U17), Asia AMEDE CHARLES (U17), Joy CHOUFAR (U20)	TWL	04:39.4
4				*Manual
5				
6				
7				
8				

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
100m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA

100m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA

200m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA

200m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA

400m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA

400m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA

800m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA

800m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	B	Abdirahim HAMUD (U17)	SBH	04:10.11	
2	C	William GALLIFORD (U17)	SNH	04:24.74	
3	E	Reece FREEMAN (U17)	H&DT	04:42.82	
4	A	Zachary DICKENS (U17)	Hil'don	04:43.14	
5					
6					
7					
8					

1500m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	BB	Joshua FISHER (U17)	SBH	04:28.51	
2					
3					
4					
5					
6					
7					
8					

3000m U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Reece FREEMAN (U17)	H&DT	10:52.79	
2					
3					
4					
5					
6					
7					
8					

3000m U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

100m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Edward FOY (U17)	H&DT	13.93	2
2	B	Keelan FARRELL (U17)	SBH	15.30	4
3	C	Oliver HUMPHREY (U17)	SNH	16.46	
4					
5					
6					
7					
8					

100m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Adefuyi OLAGBEGI (U17)	H&DT	15.57	
2					
3					
4					
5					
6					
7					
8					

400m Hurdles U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	D	Gus CARTER (U17)	TWL	59.53	4
2	E	Harry BRIDGE (U17)	H&DT	63.30	
3					
4					
5					
6					
7					
8					

400m Hurdles U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	Hussein ZAAITER (U17)	TWL	79.43	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m s/c U17 Men A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Liam FENN (U17)	H&DT	04:58.71	
2	B	Max WINFIELD (U17)	SBH	05:16.93	
3	D	Morris ROCK (U17)	TWL	05:51.12	
4					
5					
6					
7					
8					

1500m s/c U17 Men B

Posn	No.	Athlete	Club	Perf	AAA
1	DD	Hussein ZAAITER (U17)	TWL	06:55.62	
2					
3					
4					
5					
6					
7					
8					

Long Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Keelan FARRELL (U17)	SBH	6.35	2
2	E	Lierre HENRY (U17)	H&DT	6.09	3
3	AA	Akira MEADE (U17)	Hil'don	4.97	
4	C		SNH	X	
5					
6					
7					
8					

Long Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	George BANCROFT (U17)	H&DT	5.15	
2	A	Jone fuata FREDERICK (U17)	Hil'don	4.93	
3					
4					
5					
6					
7					
8					

High Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	D	Noor-Eldin MAHMOUD (U17)	TWL	1.92	
2	E	Edward FOY (U17)	H&DT	1.75	4
3	B	Keelan FARRELL (U17)	SBH	1.75	4

High Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	DD	Jamaal DARLINGTON (U17)	TWL	1.86	
2	EE	Adefuyi OLAGBEGI (U17)	H&DT	1.70	4

Triple Jump U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Keelan FARRELL (U17)	SBH	13.29	1
2	E	Lierre HENRY (U17)	H&DT	12.54	3
3	D	Hussein ZAAITER (U17)	TWL	10.40	
4					
5					
6					
7					
8					

Triple Jump U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	James DEAYN (U17)	H&DT	11.37	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Pole Vault U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Ewan MILES (U17)	H&DT	3.00	
2	C	Alexander SCOTT (U17)	SNH	X	

Pole Vault U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA

Shot U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Gabriel LAMB (U17)	SBH	11.93	3
2	EE	Ayden TYRRELL (U17)	H&DT	11.00	4
3	D	Jebez NDUKA (U17)	Hil'don	6.87	
4	D	Morris ROCK (U17)	TWL	5.42	
5					
6					
7					
8					

Shot U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Alex JACKSON (U17)	H&DT	10.27	
2	BB	Bryan OGBEOR (U17)	SBH	8.06	
3					
4					
5					
6					
7					
8					

Discus U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Gabriel LAMB (U17)	SBH	47.11	1
2	EE	Edward FOY (U17)	H&DT	41.53	1
3	C	Tiago PEREIRA-GARCEZ (U17)	SNH	24.98	
4					
5					
6					
7					
8					

Discus U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Alex JACKSON (U17)	H&DT	39.64	2
2					
3					
4					
5					
6					
7					
8					

Hammer U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Alex JACKSON (U17)	H&DT	42.72	4
2	B	Gabriel LAMB (U17)	SBH	40.45	4
3					
4					
5					
6					
7					
8					

Hammer U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Onaope SOGBESAN (U17)	SBH	24.82	
2	EE	Anthony PAPIER (U17)	H&DT	20.56	
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Javelin U17 Men A

Posn	Bib	Athlete	Club	Perf	AAA
1	A	Aryan PADARUTH (U17)	Hil'don	63.36	1
2	E	Kian JACKSON (U17)	H&DT	41.85	3
3	DD	Gus CARTER (U17)	TWL	20.50	
4					
5					
6					
7					
8					

Javelin U17 Men B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	Anthony PAPIER (U17)	H&DT	35.87	4
2	D	Morris ROCK (U17)	TWL	6.52	
3					
4					
5					
6					
7					
8					

4 x 100m U17 Men A

Posn	No.	Runners	Club	Perf
1	A	Lucas HARDY (U17), Lewis BENNELL (U17), Jone fuata FREDERICK (U17), Akira MEADE (U17)	Hil'don	45.10
2	B	Bryan OGBEOR (U17), Malachi AMADI (U17), Bradley UKPETENAN (U17), Mekhi SPENCE-FORDE (U17)	SBH	45.18
3	D	Zack CLARKE-GREEN (U17), Theo JARRETT (U17), Gus CARTER (U17), Joel HOUSLIN (U17)	TWL	45.45
4	E	Adefuyi OLAGBEGI (U17), Matthew COLEMAN (U17), Tom GAUNCE (U17), Ayden TYRRELL (U17)	H&DT	47.94
5				
6				
7				
8				

4 x 400m U17 Men A

Posn	No.	Runners	Club	Perf
1	E	Luca MATHARU (U17), Tom GAUNCE (U17), Nathan KABEL (U17), Harry BRIDGE (U17)	H&DT	03:37.57
2	A	Oliver BROWNE (U17), Zachary DICKENS (U17), Robert COMBE (U17), Levi FRANCISCO SUMMERS (U17)	Hil'don	03:47.04
3	B	Leo RONCARATI (U17), Bryan OGBEOR (U17), Malachi AMADI (U17), Keelan FARRELL (U17)	SBH	04:03.16
4				
5				
6				
7				
8				

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
100m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-0.1
1	E	Lily NORWOOD (U17)	H&DT	12.52	2
2	B	Anna ROSE (U17)	SBH	12.63	3
3	A	Paulina DIBOTTI NKOMBE (U1)	Hil'don	13.20	
4	C	Sarah MAVROMOUSTAKIS (U1)	SNH	13.98	
5	D	Khiara LARES (U17)	TWL	14.47	
6					
7					
8					

100m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	-1.9
1	BB	Tosin JOKOSENEMI (U17)	SBH	12.92	4
2	EE	Jasmine HARDY (U17)	H&DT	13.01	4
3	AA	Lauren GLYNN (U17)	Hil'don	13.85	
4	CC	Aimie TAYLOR (U17)	SNH	14.38	
5					
6					
7					
8					

200m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
				Wind	+0.1
1	B	Anna ROSE (U17)	SBH	25.89	2
2	E	Lily NORWOOD (U17)	H&DT	26.45	4
3	A	Paulina DIBOTTI NKOMBE (U1)	Hil'don	27.56	
4	D	Olivia SPARKS (U17)	TWL	28.38	
5					
6					
7					
8					

200m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
				Wind	
1	BB	Tosin JOKOSENEMI (U17)	SBH	26.69	4
2	EE	Abbie PARKER (U17)	H&DT	27.47	
3	DD	Asia AMEDE CHARLES (U17)	TWL	27.85	
4	AA	Lauren GLYNN (U17)	Hil'don	29.50	
5					
6					
7					
8					

300m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	B	Manon BAINES (U17)	SBH	42.73	3
2	C	Annabel HOWELLS (U17)	SNH	43.25	4
3	D	Olivia SPARKS (U17)	TWL	43.71	4
4	E	Natalie CLOY (U17)	H&DT	43.98	4
5					
6					
7					
8					

300m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Jemima BYERS (U17)	H&DT	44.19	4
2	DD	Mia OLDFIELD (U17)	TWL	44.46	
3	BB	Lola MCCANN-EZEKIEL (U17)	SBH	46.02	
4					
5					
6					
7					
8					

800m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Jemima BYERS (U17)	H&DT	02:30.31	
2	B	Luisa STAAB (U17)	SBH	02:44.03	
3					
4					
5					
6					
7					
8					

800m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Emma CRESSWELL (U17)	H&DT	02:34.64	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	B	Nicole MCGOVERN (U17)	SBH	04:54.95	
2	E	India FROST (U17)	H&DT	05:04.25	
3					
4					
5					
6					
7					
8					

1500m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Olivia MATHARU (U17)	H&DT	05:31.84	
2					
3					
4					
5					
6					
7					
8					

3000m U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	E	India FROST (U17)	H&DT	11:16.55	
2	C	Amelie HOBBS (U17)	SNH	12:20.13	
3					
4					
5					
6					
7					
8					

3000m U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Beth MOODY (U17)	H&DT	11:42.16	
2					
3					
4					
5					
6					
7					
8					

80m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	E	Mia MCINTOSH (U17)	H&DT	11.41	1	-1.0
2	B	Alina COFIE (U17)	SBH	12.08	2	
3	D	Tessa GLAZEBROOK (U17)	TWL	12.84	4	
4	A	Millie LORAN (U17)	Hil'don	14.52		
5						
6						
7						
8						

80m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA	Wind
1	EE	Abbie PARKER (U17)	H&DT	12.54	4	nt
2	DD	Josie BOOKER (U17)	TWL	14.04		
3	BB	Azaria NWANKWO (U17)	SBH	DSQ		
4						
5						
6						
7						
8						

300m Hurdles U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	D	Josie BOOKER (U17)	TWL	52.2	
2	B	Azaria NWANKWO (U17)	SBH	53.1	
3	A	Millie LORAN (U17)	Hil'don	54.5	
4				*Manual	
5					
6					
7					
8					

300m Hurdles U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1					
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
1500m s/c U17 Women A

Posn	No.	Athlete	Club	Perf	AAA
1	E	Beth MOODY (U17)	H&DT	05:47.9	
2				57.50	
3					
4					
5					
6					
7					
8					

1500m s/c U17 Women B

Posn	No.	Athlete	Club	Perf	AAA
1	EE	Sofia LATHAM (U17)	H&DT	05:48.1	
2				57.50	
3					
4					
5					
6					
7					
8					

Long Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Alina COFIE (U17)	SBH	4.75	4
2	EE	Julie-anne BOACHIE (U17)	H&DT	4.35	
3					
4					
5					
6					
7					
8					

Long Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Marion MOTO (U17)	SBH	4.71	
2	E	Talia TURAY (U17)	H&DT	4.30	
3					
4					
5					
6					
7					
8					

High Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Hope BAKER (U17)	SBH	1.51	
2=	D	Josie BOOKER (U17)	TWL	1.40	
2=	EE	Chloe GROGAN (U17)	H&DT	1.40	

High Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Talia TURAY (U17)	H&DT	1.35	
2	DD	Mia OLDFIELD (U17)	TWL	1.30	
3	B	Marion MOTO (U17)	SBH	1.30	

Triple Jump U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Marion MOTO (U17)	SBH	10.01	4
2	E	Talia TURAY (U17)	H&DT	8.85	
3					
4					
5					
6					
7					
8					

Triple Jump U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Azaria NWANKWO (U17)	SBH	7.29	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Pole Vault U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	B	Manon BAINES (U17)	SBH	3.30	
2	C	Aimie TAYLOR (U17)	SNH	3.20	
3	E	Amy BARRETT (U17)	H&DT	3.00	4

Pole Vault U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
------	-----	---------	------	------	-----

Shot U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Lily CARLAW (U17)	H&DT	13.42	1
2	B	Hannah OGUNNIYI (U17)	SBH	8.86	
3					
4					
5					
6					
7					
8					

Shot U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	Krystal POWLEY (U17)	H&DT	10.88	3
2	BB	Naomi OGUNNIYI (U17)	SBH	8.46	
3					
4					
5					
6					
7					
8					

Discus U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Lily CARLAW (U17)	H&DT	41.56	1
2	B	Hannah OGUNNIYI (U17)	SBH	15.41	
3					
4					
5					
6					
7					
8					

Discus U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	Tia GINN (U17)	H&DT	25.62	4
2					
3					
4					
5					
6					
7					
8					

Hammer U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Daisy LAING (U17)	H&DT	26.19	
2	B	Hannah OGUNNIYI (U17)	SBH	21.98	
3					
4					
5					
6					
7					
8					

Hammer U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	BB	Naomi OGUNNIYI (U17)	SBH	18.71	
2					
3					
4					
5					
6					
7					
8					

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK
25/07/2021
Javelin U17 Women A

Posn	Bib	Athlete	Club	Perf	AAA
1	E	Amy BARRETT (U17)	H&DT	37.47	2
2	B	Judy AGHOLOR (U17)	SBH	24.98	
3					
4					
5					
6					
7					
8					

Javelin U17 Women B

Posn	Bib	Athlete	Club	Perf	AAA
1	EE	Tia GINN (U17)	H&DT	26.57	
2	BB	Naomi OGUNNIYI (U17)	SBH	20.96	
3					
4					
5					
6					
7					
8					

4 x 100m U17 Women A

Posn	No.	Runners	Club	Perf
1	E	Shana ROPER (U17), Mia MCINTOSH (U17), Abbie PARKER (U17), Lily NORWOOD (U17)	H&DT	50.38
2	B	Alina COFIE (U17), Tosin JOKOSENUMI (U17), Lola MCCANN-EZEKIEL (U17), Anna ROSE (U17)	SBH	50.60
3	D	Asia AMEDE CHARLES (U17), Mia OLDFIELD (U17), Olivia SPARKS (U17), Josie BOOKER (U17)	TWL	54.55
4				
5				
6				
7				
8				

4 x 300m U17 Women A

Posn	No.	Runners	Club	Perf
1	E	Lily NORWOOD (U17), Emma CRESSWELL (U17), Natalie CLOY (U17), Olivia MATHARU (U17)	H&DT	03:02.1
2	B	Azaria NWANKWO (U17), Nicole MCGOVERN (U17), Karen APOLOT (U17), Manon BAINES (U17)	SBH	DSQ
3				*Manual
4				
5				
6				
7				
8				

UPPER SOUTH West RIDLINS WOOD ATHLETICS TRACK

<u>BIB</u>	<u>athlete</u>	<u>club</u>	<u>event</u>	<u>agegroup</u>	<u>Performance</u>	<u>Wind</u>
294	Joe MCKEICH	Harrow & Dacorum Tring ©	High Jump	U17 Men	1.60	
296	Shana ROPER	Harrow & Dacorum Tring ©	100m	U17 Women	14.01	-1.9
289	Jone fuata FREDERICK	Hillingdon AC	200m	U17 Men	24.26	0.0
	Lauren GLYNN	Hillingdon AC	100m	U17 Women		
251	Onaope SOGBESAN	Shaftesbury Barnet Harriers	100m	U17 Men	11.74	+0.2
254	Hope BAKER	Shaftesbury Barnet Harriers	80m Hurdles	U17 Women	12.56	
464	Joel HOUSLIN	Team West London ©	100m	U17 Men	11.16	+0.2
	Litia KHAN	Team West London ©	400m	U20 Women		
294	Joe MCKEICH	Harrow & Dacorum Tring ©	Shot	U17 Men	8.52	
297	Elsie LEIPER	Harrow & Dacorum Tring ©	400m	U20 Women	64.8	
288	Lucas HARDY	Hillingdon AC	200m	U17 Men	24.83	0.0
517	Demi SMITH-SCOTT	Hillingdon AC	100m	U20 Women	14.10	-0.2
252	Bradley UKPETENAN	Shaftesbury Barnet Harriers	100m	U17 Men	11.89	+0.2
256	Karen APOLOT	Shaftesbury Barnet Harriers	80m Hurdles	U17 Women	12.77	
291	William ASHTON	Harrow & Dacorum Tring ©	Pole Vault	U20 Men	3.20	
298	Isabelle NERO	Harrow & Dacorum Tring ©	200m	U20 Women		
287	Nathan FADARE	Hillingdon AC	100m	U20 Men	12.2	-0.2
253	Bryan OGBEOR	Shaftesbury Barnet Harriers	100m	U17 Men	12.29	+0.2
293	Marcus STANSBURY	Harrow & Dacorum Tring ©	100m	U20 Men	12.4	-0.2
300	Milly SOANES	Harrow & Dacorum Tring ©	200m	U20 Women		
525	Zac PHILLIPS	Hillingdon AC	400m	U17 Men	63.74	
255	Nicholas SAVVA	Shaftesbury Barnet Harriers	200m	U20 Men	23.31	-1.2
461	Jaran SINGH	Harrow & Dacorum Tring ©	400m	U20 Men	53.11	
296	Shana ROPER	Harrow & Dacorum Tring ©	200m	U17 Women	29.42	+0.5
505	Jebez NDUKA	Hillingdon AC	100m	U17 Men	12.93	+0.2
505	Jebez NDUKA	Hillingdon AC	200m	U17 Men	27.38	0.0
465	Tevin MABASO	Harrow & Dacorum Tring ©	Discus	U17Men	29.40	
AA	Relay	Hillingdon AC	4x300m	U17 Women	02:50.6	