

100m Womens						
Heat:7 Wind : 1.3						SOGB Result
1	388	Joelle Mbungu	Enfield & Haringey	U15G	13.46	
2	431	Nicole Lewis	Enfield & Haringey	U20W	13.70	
3	375	Hannah Stone	Bracknell AC	U13G	13.71	
4	113	Katrina Heart	Birchfield	22-29	14.53	G
5	38	Helene Kehoe	London Heatside	W50	14.88	
6	286	Daphne Schrager T35	Bath University	U17W	17.44	
7	329	Angelina Ritchie-Smith	Unattached	22-29	18.59	S
8	111	Emily Spiers	SO North London	16-21	19.90	G
100m Mens						
Heat:14 Wind : 3.1						
1	333	Barrington King	Harrow AC	M50	12.88	
2	136	Franck Triolaire	Lyon	SM	12.89	
3	399	Khuwayne Linton	S Factor	U17M	12.92	
4	107	Nicholas Akinola	SO North London	22-29	13.18	G
5	452	Rhome Da Costa	S Factor	U15B	13.38	
6	109	James Mathiason	SO North London	30+	14.25	G
7	118	Ashwarth Pushparaj Sekara	SO North London	12-15	14.50	G
8	332	Ayo Jaiyesimi	Chelmsford	U13B	14.53	
Heat:15 Wind : 1.8						
1	140	Danny Giustiniani	Brighton	U13B	13.78	
2	422	MICHAEL OGBECHIE	Highgate H	U13B	14.57	
3	378	Imani Ru Pert-Em-Hru	S Factor	U15B	15.15	
4	481	Bradley Brown	Ilford	30+	15.39	G
5	104	Reece Mullings	SO North London	22-29	15.55	G
6	112	Jamal Gordon	SO North London	16-21	17.62	G
7	105	Daniel O'Sullivan	Enfield and Haringey AC	22-29	18.42	S
8	108	Louis Baker	SO North London	30+	20.25	S
100m M Time :14:14						
Heat:16 Wind : 1.5						
1	116	Ben Adams	Herne Hill Harriers	22-29	14.45	G
2	137	Jaden Paul	Newham	U15B	14.73	
3	115	Travis Porter	Newman Essex	16-21	14.96	G
4	110	Connor Gilmore	SO North London	8-11	27.69	G
5	117	Ian Maroney	Newman Essex	Over 20	1:44.12	
400m Mens						
Heat:1						
1	297	Richard Morrissey	Shaftsbury Barnett	SM	47.22	
2	453	Ricardo Dos Santos	TVH	SM	47.60	
3	170	Keith Turner	Newham	SM	48.03	
4	439	Omari Markland-Montgomery	Cambridge H	SM	48.95	
5	119	Columba Blango	VPTH	22-29	49.14	G
6	160	Rayan San Juan	Entente Athletique de Grenoble	.	49.26	
7	148	Leslie Odamtten-Addy	Shaftsbury	SM	51.88	
200m Mens						
Heat:12 Wind : 1.9						
1	106	Karim Chan	Peterborough	12-15	26.24	G
2	107	Nicholas Akinola	SO North London	22-29	27.18	G
3	109	James Mathiason	SO North London	30+	29.74	G
4	118	Ashwarth Pushparaj Sekara	SO North London	12-15	30.59	S
5	116	Ben Adams	Herne Hill Harriers	22-29	31.75	S
6	115	Travis Porter	Newman Essex	16-21	32.17	G
7	402	James Bevin	Newman Essex	22-29	32.54	B
8	403	Thomas James	TVH	22-29	34.21	N/A

Long Jump - Mixed						
1	435	Ogo Anachrioye	TVH	SM	7.39	
2	321	Adrian Stamp	WGEL	SM	7.22	
3	359	Dominic Ogbechie	Highgate H	U15B	6.81	
4	296	Joel Wynter	Ealing	SM	6.44	
5	106	Karim Chan	Peterborough	12-15	6.14	G
6	413	Marvin Sinclair	NEB	SM	5.74	
7	136	Franck Triolaore	Lyon		5.30	
8	107	Nicholas Akinolaso	North London	22-29	4.39	G
9	437	Olivia Breen	Portsmouth	SW	4.38	
10	118	Ashwarth Pushparaj Sekara	SO North London	12-15	4.22	S
11	332	Ayo Jaiyesimi	Chelmsford	U15B	3.91	
12	115	Travis Porter	Newman Essex	16-21	3.69	G
13	112	Jamal Gordon	SO North London	16-21	2.92	S
14	108	Louis Baker	SO North London	30+	2.48	G
15	111	Emily Spiers	SO North London	16-21	1.68	G
16	109	James Mathiason	SO North London	30+	NS	N/A
Tennis Ball Throw						
1	105	Daniel O'Sullivan	Enfield and Haringey AC	22-29		G
2	344	John Wentworth	Unattached	22-29		S
3	401	Jason Montgommery	TVH	16-21		G
Shot Put						
1	105	Daniel O'Sullivan	Enfield and Haringey AC	22-29		G