

FINSBURY PARK TRACK RESULTS

Covid-19 Finsbury Park Athletics Series, Finsbury Park, 4th November 2020

200m

Race 1

1st	Adrian Essex (V70)	London Heathside	29.4
2 nd	Fabio Espirito Santo	London Heathside	30.6
3rd	Helene Kehoe (V55)	London Heathside	31.5
4th	Sue Edie (V60)	London Heathside	40.2
2 nd	Angela Pollitzer (V70)	London Heathside	51.2

Race 2

1st	Magdeline Paitoo (U15G)	London Heathside	28.3
2 nd	Martha Jolly (U15G)	London Heathside	28.6
3rd	Ella Burrridge (U15G)	London Heathside	29.3
4th	Casia Langley Bradshaw (U15G)	London Heathside	30.4
5th	Nanayaa Osei Mensah (U15G)	London Heathside	32.2

Race 3

1st	Imani Quamina (U15G)	London Heathside	27.7	AAA Grade 4
2 nd	Laila Tempesta (U15G)	London Heathside	29.1	
3rd	Sadie Boyce (U15G)	London Heathside	30.6	
4th	Lana Tuite (U15G)	Highgate Harriers	31.0	
5th	Sapphire Thornbourne (U15G)	London Heathside	33.2	

Race 4

1st	Montana Dennis (U15B)	London Heathside	26.8
2 nd	Milton Cooper (U15B)	London Heathside	27.9
3rd	Taysia Thorbourne (U17W)	London Heathside	28.3
4th	Nylah James (U17W)	London Heathside	32.1
5th	Alanis Hernandez (U17W)	London Heathside	32.9
6th	Naya Longo (U17W)	London Heathside	34.2

Race 5

1st	Leon Seale (U20M)	London Heathside	22.6
2 nd	Asha Osei	London Heathside	23.3
3rd	Carlos Mingoos	London Heathside	23.3
4th	Isaac Ogunlade	Herne Hill Harriers	23.7
5th	Joshua Ndionyemma (U20M)	London Heathside	25.0
6th	Callum Mills (U20M)	London Heathside	25.9

800m

Race 1

1st	Benjy Bediako (U15B)	London Heathside	2 :29.6
2 nd	Eric Beale (U15B)	London Heathside	2 :33.9
3rd	Greg Berrisford-Sweet (U15B)	London Heathside	2 :36.2
4th	Edward Metcalf (U13B)	London Heathside	2 :38.3
5th	Thomas Conley (U13B)	London Heathside	2 :39.3
6th	Ben Ryan (U13B)	London Heathside	2 :41.2
7th	Lukas Keys (U13B)	London Heathside	2 :45.4
8th	Freddie Burridge (U13B)	London Heathside	2 :52.5
9th	Frank Bailey (U13B)	London Heathside	2 :59.5

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Race 2

1st	Paul Ojo (U20M)	VPH&TH	2 :09.2
2 nd	Kirk O'Rourke	Hillingdon	2 :09.4
3rd	Henry Windle	UCL	2 :17.1
4th	Joseph Lamb (U17M)	VPH&TH	2 :17.7
5th	Lewis Palmer (U15B)	VPH&TH	2 :29.8
6th	Fabio Espirito Santo	London Heathside	2 :51.7

1500m

1st	Sam Ingram (U20M)	London Heathside	4 :44.1
2 nd	Alex Mulvihill (U15B)	Highgate Harriers	5 :00.1
3rd	Lyra MacDonald (U15G)	VPH&TH	5 :00.6
4th	Tony Killilea (V50)	London Heathside	5 :11.7
5th	Ruby Walls (U15G)	London Heathside	5 :16.4
6th	Nadi Jahangiri (V50)	Highgate Harriers	5 :28.0
7th	Freya Hollingsworth	Hillingdon	5 :37.7
DNF	Lily Spaccatrosi (U13G)	Highgate Harriers	

3000m

1st	Joseph Fenwick	Herne Hill Harriers	9 :24.3
2 nd	Ross Doran (U20M)	Highgate Harriers	9 :46.8
3rd	Eddie Brown (U17M)	Highgate Harriers	9 :49.8
4th	Luca Spaccatrosi (U17M)	Highgate Harriers	10 :03.2
5th	Roger Wilcox	Highgate Harriers	10 :32.7
6th	Thomas Chadwick (U15B)	Highgate Harriers	10 :41.6
7th	Josh Groves (U17M)	Highgate Harriers	10 :53.5

5000m

Race 1

1st	William Fielding	Hillingdon	17 :11.5
2 nd	Darren Matussa (V40)	North Herts Runners	17 :12.1
3rd	David Wilson	Orion Harriers	17 :16.8
4th	Brian Holmes	Unattached	17 :21.6
5th	Joshua Saeger	Unattached	17 :27.5
6th	Simon Nichols (V50)	London Heathside	18 :37.3
7th	Baard Lyngnes (V50)	London Heathside	19 :42.4
8th	Mark Guven (V40)	Unattached	20 :23.3
9th	Fabio Espirito Santo	London Heathside	22 :34.0

Race 2

1st	Seyfu Jamaal	London Heathside	14 :58.3
2 nd	Gary Pelosi	Barnet & District	16 :00.0
3rd	Ismail Abukar	London Heathside	16 :34.6
4th	Kevin Fini	Harrow	16 :37.2
5th	Alex Galloway	London Heathside	16 :47.4
6th	Tommy Taylor	Belgrave Harriers	16 :49.2
7th	Alex Davidson (V50)	Highgate Harriers	16 :58.0

FINSBURY PARK TRACK RESULTS

Shot Put

7.26kg

1st Izaiah Turner London Heathside 11.63m

5.00kg

1st Adrian Essex (V70) London Heathside 8.79m

4.00kg

1st Thomas Wassermann (U15B) London Heathside 8.53m

3.25Kg

1st Tamsin Pieterse (U15G) London Heathside 7.85m

2nd Helene Kehoe (VW55) London Heathside 6.87m

3rd Tiffany Pieterse (U15G) London Heathside 6.63m

4th Naya Longo (U17W) London Heathside 5.70m

5th Max Wassermann (U13B) London Heathside 3.92m

6th Sapphire Thorbourne (U15G) London Heathside 3.38m

2.75Kg

1st Ivy Paitoo (U13G) London Heathside 4.87m

2nd Syrah Langley Bradshaw (U13G) London Heathside 4.46m

Long Jump

1st Carlos Mingoos London Heathside 5.52m

2nd Mark Lawrence (V40) London Heathside 5.48m

3rd Chiemeka Thomas London Heathside 4.59m

4th Martha Jolly (U15G) London Heathside 4.59m

5th Magdeline Paitoo (U15G) London Heathside 4.48m

7th Imani Quamina (U15G) London Heathside 4.41m

8th Ella Burrige (U15G) London Heathside 4.09m

9th Adrian Essex (V70) London Heathside 3.96m

10th Sadie Boyce (U15G) London Heathside 3.77m

11th Lana Tuite (U15G) Highgate Harriers 3.58m

12th Tiffany Pieterse (U15G) London Heathside 3.29m

13th Tamsin Pieterse (U15G) London Heathside 3.22m

Races started by a gun, Hand Times, No Photo-finish