

London Heathside AC

Sprint Tournament

Finsbury Park Track 18.4.21

100m

H1/M w/s 1.1

1	Hanif Henry	Orion Harriers	SM	10.90
2	Leon Seale	London Heathside	U20M	11.00
3	Avery Dietrich	London Heathside	U17M	12.20
4	Jayden Klein	Shaftesbury Barnet Harriers	U17M	12.40
DNS	Oliver Wells	Guildford & Godalming AC	SM	DNS

H2/M w/s 0.0

1	Dickson Kusi	Milton Keynes Marshalls AC	SM	11.00
2	Jerwayne Grant	Harrow AC	SM	11.70
3	Glenford Hughes	London Heathside	U20M	12.20
4	Joash Lindo	Victoria Park Harriers	U20M	DNF
DNS	Benjamin Folarin	London Heathside	U20M	DNS
DNS	John Stevens	Unattached	SM	DNS

H3/M w/s -2.3

1	Louis Menzies Walker	Victoria Park Harriers	U20M	11.24
2	Luke Collis	Harrow AC	SM	11.36
3	Zico Jones	Shaftesbury Barnet Harriers	U15M	11.96
4	Trey Corlis	London Heathside	U15M	12.29
5	Joshua Ndionyemma	London Heathside	U20M	12.30
6	David Brooks	Shaftesbury Barnet Harriers	U20M	12.80

H4/M w/s -1.0

1	Dejaune Lingard	Cambridge Harriers	U17M	11.58
2	Bradley Ukpetenan	Shaftesbury Barnet Harriers	U17M	12.24
3	Don Aborah	Unattached	U17M	12.90
DNS	Nick Buku	Unattached	SM	DNS
DNS	James Ellington	Newham & Essex Beagles	SM	DNS

H5/M w/s -2.8

1	Saugat Pun	Shaftesbury Barnet Harriers	U15M	12.50
2	Cameron Knight	Shaftesbury Barnet Harriers	U15M	12.75
3	Jaden Aulis	Shaftesbury Barnet Harriers	U15M	13.11
4	Omead Haque	Shaftesbury Barnet Harriers	U15M	13.18
5	Montana Dennis	London Heathside	U15M	13.30
6	Austin Ward	Shaftesbury Barnet Harriers	U15M	13.97

H6/M w/s -0.3

1	David Lima	Portugal	SM	11.05
2	Nickarlo Brown	Harrow AC	SM	11.35
3	Asha Osei	London Heathside	SM	11.82
4	Charlie Scates	London Heathside	SM	12.27
DNS	Moses Green	Unattached	SM	DNS

H7/M w/s .0.0

1	Cian O'Donnell	London Heathside	SM	10.90
2	Wanya Williams	Ilford AC	SM	11.83
3	Justin Leung	Oxford City AC	SM	12.07
4	Bill Porter	Loughborough AC	SM	DNF
DNS	Darcy Sullivan	Chelmsford AC	U20M	DNS

H8/M w/s -1.8

1	Wole Odele	Cambridge Harriers	V50M	13.23
2	Adrian Essex	London Heathside	V70M	14.28
3	Adrian Day	London Heathside	V60M	15.19
4	Patrick Reynolds	Barnet & District AC	V70M	18.40

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H9/M w/s -1.1

1	Emmanuel Duruiheoma	Shaftesbury Barnet Harriers	U20M	11.42
2	Carlos Mingoos	London Heathside	SM	11.46
DNS	Jarod Dawson	Cambridge & Coolridge	SM	DNS
DNS	Liam Millar	Southampton	SM	DNS

H10/M w/s -0.5

1	Omar Grant	Harrow AC	SM	10.83
2	Marcus Rey	OUAC	SM	11.86
3	Lemeul Crentsill	OUAC	SM	11.88
4	Oliver Laurens	Shaftesbury Barnet Harriers	U17M	12.53

H11/M w/s -0.5

1	Sodiq Abiola	Serpentine AC	SM	12.52
2	Lij Tafari	Unattached	SM	17.58
DNS	Tashay Holder	Unattached	U20M	DNS
DNS	Tobi Ekerin	Basildon AC	U20M	DNS

H12/M w/s 0.0

1	William Andoh	Victoria Park Harriers	SM	10.89
2	Verrel Charles	Hounslow AC	U17M	11.52
3	Shaquille Fernandez-Folkes	Cambridge Harriers	U17M	11.69
4	Oscar Laurens	Shaftesbury Barnet Harriers	U17M	11.77
5	Denis Mih	Victoria Park Harriers	SM	13.32
6	Veresse Charles	Hounslow AC	U15M	13.67

H1/W w/s 0.0

1	Magdeline Paitoo	London Heathside	U15W	13.52
2	Imani Quamina	London Heathside	U15W	13.64
3	Olive Harvey-Dew	Shaftesbury Barnet Harriers	U15W	14.04
4	Onyebuchi Odiaka	Shaftesbury Barnet Harriers	U15W	14.25
5	Anna Lucia Harlley	Shaftesbury Barnet Harriers	U15W	14.54

H2/W w/s 0.0

1	Eloise Lewis	Woodford Green & Essex ladies	SW	13.10
2	Rica Lee	London Heathside	SW	14.80
3	Helene Kehoe	London Heathside	V50W	15.50
DNS	Lauren Barker	Crawley AC	V40W	DNS
DNS	Ellis Burk	Shaftesbury Barnet Harriers	SW	DNS
DNS	Jess Allen	Crawley AC	SW	DNS

H3/W w/s 1.0

1	Chloe Savva	London Heathside	U17W	12.74
2	Anna Rose	Shaftesbury Barnet Harriers	U17W	12.78
3	Lola McCann-Ezekiel	Shaftesbury Barnet Harriers	U17W	13.39
DNS	Leah Kerrs	Blackheath & Bromley	U17W	DNS

H4/W w/s -0.7

1	Elyse Duncan-Brown	Unattached	U17W	13.91
2	Naomi Lawal	Shaftesbury Barnet Harriers	U17W	14.11
3	Ave-Maria Oformo	London Heathside	U17W	14.59
4	Nylah James	London Heathside	U17W	14.92
5	Alanis Hernandez-Garcia	London Heathside	U17W	15.06

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H5/W w/s 0.1

1	Taya	Edwards	London Heathside	U17W	14.90
2	Naya	Longo	London Heathside	U17W	15.29
DNS	Erin	Vallance	Sevenoaks AC	U17W	DNS
DNS	Mya	Green	Harrow AC	U20W	DNS
DNS	Hannah	Jessop	Unattached	U17W	DNS

H6/W w/s 0.6

1	Martha	Jolly	London Heathside	U15W	13.29
2	Qi-Chi	Ukpai	Invicta East Kent AC	U15W	13.64
DNS	Christmas	Mubato	Unattached	U15W	DNS
DNS	Dominion	Morakinyo	London Heathside	U15W	DNS

SF1/M w/s -0.4

1	David	Lima	Portugal	SM	10.98
2	Hanif	Henry	Orion Harriers	SM	11.22
3	Jerwayne	Grant	Harrow AC	SM	11.66
4	Sodiq	Abiola	Serpentine AC	SM	12.15
5	Trey	Corlis	London Heathside	U15M	12.28

SF2/M w/s -1.0

1	William	Andoh	Victoria Park Harriers	SM	10.79
2	Cian	O'Donnell	London Heathside	SM	10.89
3	Dickson	Kusi	Milton Keynes Marshalls AC	SM	11.20
4	Nickarlo	Brown	Harrow AC	SM	11.44
5	Oscar	Laurens	Shaftesbury Barnet Harriers	U17M	11.90
6	Avery	Dietrich	London Heathside	U17M	12.47

SF3/M w/s 0.0

1	Louis	Walker	Victoria Park Harriers	U20M	10.88
2	Leon	Seale	London Heathside	U20M	11.07
3	Asha	Osei	London Heathside	SM	11.71
4	Wole	Odele	Cambridge Harriers	V50M	13.17

SF4/M w/s 0.0

1	Luke	Collis	Harrow AC	SM	11.02
2	Emmanuel	Duruheoma	Shaftesbury Barnet Harriers	U20M	11.06
3	Verrel	Charles	Hounslow AC	U17M	11.53
4	Wanya	Williams	Ilford AC SM	SM	11.74
5	Saugat	Pun	Shaftesbury Barnet Harriers	U15M	12.29

SF5/M w/s 0.0

1	Omar	Grant	Harrow AC	SM	10.74
2	Carlos	Mingoes	London Heathside	SM	11.27
3	Dejaune	Lingard	Cambridge Harriers	U17M	11.31
4	Shaquille	Fernandez-Folkes	Cambridge Harriers	U17M	11.73

F/W w/s -1.1

1	Chloe	Savva	London Heathside	U17W	13.07
2	Anna	Rose	Shaftesbury Barnet Harriers	U17W	13.17
3	Eloise	Lewis	Woodford Green & Essex ladies	SW	13.17
4	Magdeline	Paitoo	London Heathside	U15W	13.00
5	Lola	McCann-Ezekiel	Shaftesbury Barnet Harriers	U17W	13.79
6	Martha	Jolly	London Heathside	U15W	13.82
7	Elyse	Duncan-Brown	Unattached	U17W	14.13
8	Taya	Edwards	London Heathside	U17W	15.24

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F/M w/s -0.6

1	Omar	Grant	Harrow AC	SM	10.79
2	William	Andoh	Victoria Park Harriers	SM	10.80
3	Louis Menzies	Walker	Victoria Park Harriers	SM	11.06
4	Cian	O'Donnell	London Heathside	SM	11.08
5	Leon	Seale	London Heathside	U20M	11.24
6	Luke	Collis	Harrow AC	SM	11.26
7	Emmanuel	Duruheoma	Shaftesbury Barnet Harriers	U20M	11.40
8	David	Lima	Portugal	SM	DNS

Long Jump

1	Sam	Ingram	London Heathside	U20M	5.54
2	Etienne	Munday	London Heathside	U17M	5.48
3	Thomas	Wassermann	London Heathside	U17M	4.52
4	Imani	Quamina	London Heathside	U15W	4.48
5	Madgaleine	Paitoo	London Heathside	U15W	4.47
6	Antonio	Ivanova	London Heathside	U15M	4.09
7	Suraya	Frost	London Heathside	U13W	4.00
8	Ave-Maria	Oformo	London Heathside	U15W	4.00
9	Max	Wassermann	London Heathside	U13M	3.55
10	Naya	Largo	London Heathside	U15W	3.51
11	Alanis Hernandez-Garcia		London Heathside	U15W	3.14
12	Nyla James		London Heathside	U15W	3.01