

London Heathside AC
Club Championships 2023 - Part 1
Finsbury Park Track
15.6.23



Weather:- Sunny and Warm

100m (U15B) WIND: -1.3 m/s

1	Malakai David MacKenzie	London Heathside	U15B	12.17
2	Mikel Alexander	London Heathside	U15B	12.21
3	Bradley Baka	London Heathside	U15B	12.25
4	Rufus Goodfellow	London Heathside	U15B	12.46
5	Hayden-Jack Galbally	London Heathside	U15B	13.17
6	Tyree Stephens	London Heathside	U15B	13.48
7	Arthur Shaw	London Heathside	U15B	13.66

U100m (U15G) WIND: -2.2 m/s

1	Alice Rockhill	London Heathside	U13G	13.79
2	Zane Yusuff-Phillips	London Heathside	U13B	14.11
3	Rene Travis	London Heathside	U15G	14.46
4	Blessing Lawu	London Heathside	U15G	14.52
5	Natalia Taylor	London Heathside	U15G	14.55
6	Erin Jolly	London Heathside	U15G	15.41
7	Kareiss Vanriel-Capleton	London Heathside	U15B	16.09
8	Matilda Flor	London Heathside	U15G	17.06

U100m (U17W) WIND: -1.4 m/s

1	Magdeline Paitoo	London Heathside	U17W	13.44
2	Amblessed Akam	London Heathside	SW	14.11
3	Jeanne Vellard	London Heathside	SW	14.17
4	Nanayaa Osei-Mensah	London Heathside	U17W	14.49
5	Jasmine Creer	London Heathside	SW	14.78
6	Sula Marshall	London Heathside	SW	15.08

100m SM (1) WIND: -1.9 m/s

1	Trey Corlis	London Heathside	U17M	11.29
2	Carlos Mingoos	London Heathside	SM	11.49
3	Oscar Hall	London Heathside	U17M	11.64
4	Thomas Wassermann	London Heathside	U17M	11.91
5	Montana Dennis	London Heathside	U15B	11.94
6	Joseph Herbert	Highgate Harriers	U20M	12.39

100m SM (2) WIND: -1.9 m/s

1	Mohamed Kamara	London Heathside	SM	12.30
2	Robert Shin	London Heathside	SM	12.42
3	Elijah Marshall	Highgate Harriers	U17M	12.59
4	Mark Lawrence	London Heathside	V50	12.87
5	Adrian Day	London Heathside	V60	14.90

300m (U13G)

1	Zariya Harrison Sousa	London Heathside	U13G	54.81
2	Tamara Pushpanathan	London Heathside	U13G	56.58
3	Malou Cole	London Heathside	U13G	57.53

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300m (U15B)

1	Mikel Alexander	London Heathside	U15B	39.42
2	Malakai David MacKenzie	London Heathside	U15B	40.67
3	Tyree Stephens	London Heathside	U15B	42.64
4	Dara Jibo	London Heathside	U15B	49.98

300m (U15G)

1	Kyra Smith	London Heathside	U15G	45.20
2	Ivy Paitoo	London Heathside	U15G	45.87
3	Lana Lawrence	London Heathside	U15G	47.24
4	Isabella Moren	London Heathside	U15G	56.99

300m (U17B/U17G)

1	Joseph Herbert	Highgate Harriers	U20M	39.53
2	Magdeline Paitoo	London Heathside	U17W	41.44
3	Imani Quamina	London Heathside	U17W	43.54
4	Nanayaa Osei-Mensah	London Heathside	U17W	1:00.49

400m (1)

1	Ivan Ross	London Heathside	V45	1:06.52
2	Adrian Day	London Heathside	V60	1:07.67
3	Steve Crowley	London Heathside	V55	1:08.83
4	Lily Woolcock	London Heathside	SW	1:10.35
5	Pep Pamies	London Heathside	V45	1:10.63
6	Chris Hartley	London Heathside	V55	1:10.96

400m (2)

1	Lucien Valens	London Heathside	U17M	1:01.61
2	Artie Feeny Willings	London Heathside	U17M	1:03.12
3	Tony Killilea	London Heathside	V55	1:05.11
4	Deng Akol	London Heathside	V35	1:16.22

400m (3)

1	Oscar Hall	London Heathside	U17M	52.65
2	Asha Osei	London Heathside	V35	54.65
3	Luca Paterlini	London Heathside	SM	56.42
4	Montana Dennis	London Heathside	U17M	56.93

1500m U15B

1	Koppány Szentes	London Heathside	U15B	4:37.83
2	Sam Turner	London Heathside	U15B	4:40.80
3	Alex Poutney	London Heathside	U15B	4:50.56
4	Phoenix Bonhote	London Heathside	U15B	5:02.98
5	Ennio Kaloukian	London Heathside	U15B	5:08.82
6	William Groshong	London Heathside	U15B	5:20.57
7	Owen Chamberlain	London Heathside	U15B	5:45.53
8	Louis Lynch	London Heathside	U15B	6:44.01

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1500m U15G / U17G

1	Kiara Corkin	London Heathside	U15G	5:09.75
2	Ishanna Cannell	London Heathside	U17W	5:19.85
3	Rosa Cormacain	London Heathside	U15G	5:22.31
4	Lucy Corkin	London Heathside	U17W	5:30.35
5	Lettice Gundry	London Heathside	U15G	5:33.15
6	Margot Hunt	London Heathside	U15G	5:33.88
7	Maya Westgate	London Heathside	U15G	5:37.81
8	Lila Blustin	London Heathside	U15G	5:38.37
9	Caitlin Roberts	London Heathside	U15G	5:40.55
10	Lydia Negatu	London Heathside	U15G	5:54.83
11	Jasmina Roberts	London Heathside	U15G	6:25.70
12	Maisey Barnett	London Heathside	U15G	7:28.20

1500m SM / SW (1)

1	Christopher Gracie	London Heathside	V35	4:31.87
2	Jonny Forsyth	London Heathside	V50	4:32.87
3	Filippo Minelle	London Heathside	V35	4:35.25
4	Edward Garrett	London Heathside	V50	4:38.82
5	Luca Paterlini	London Heathside	SM	4:49.10
6	Lily Woolcock	London Heathside	SW	4:52.14
7	Olivia Desborough	London Heathside	SW	4:53.85
8	Harry Owrid	London Heathside	SM	4:56.29
9	Deng Akol	London Heathside	V35	4:57.58
10	Etienne Daries	London Heathside	SM	4:58.72
11	Chris Hartley	London Heathside	V55	5:03.58
12	James Waddell	London Heathside	SM	5:04.65
13	Pep Pamies	London Heathside	V45	5:06.80
14	Justin Badger	London Heathside	V55	5:06.92
15	Maura Bellio	London Heathside	SW	5:36.83
16	Ciera Kennedy	London Heathside	SW	5:41.87
17	Pete Crockford	London Heathside		5:44.83
18	Fabio	London Heathside		6:09.14
19	Kimberli Butler	London Heathside	V35	6:25.07

1500m SM (2)

1	Liam Garrett	London Heathside	SM	3:56.93
2	Gus Tomlinson Smith	London Heathside	SM	3:59.85
3	Abel Woldegiorgis	London Heathside	U20M	4:05.42
4	Yann Sevestre	London Heathside	SM	4:14.13
5	Oliver O'Connor	London Heathside	U20M	4:18.69
6	Raoul Metcalf	London Heathside	SM	4:19.99
7	Richard Macaulay	London Heathside	V35	4:20.27
8	William de Cothi	London Heathside	SM	4:25.67
9	Lee D'Arcy	London Heathside	SM	4:26.40
10	Bedo Draskoczy	London Heathside	U20M	4:27.17

Discus (750g)

1	Matilda Barrant	London Heathside	U13G	16.88
2	Roswyn Keeping	London Heathside	U13G	15.44

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Discus (1Kg)

1	Elsa Shabani	Highgate Harriers	U15G	23.30
2	Malia Anerson-Watson	London Heathside	U15G	19.53
3	Patrycja Jarosz	London Heathside	U17W	12.45

Discus (1.25Kg)

1	Malakai McKenzie-David	London Heathside	U15B	22.27
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Discus (1.5Kg)

1	Thomas Wassermann	London Heathside	U17M	27.82
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Discus (2Kg)

1	Mario Maserati	London Heathside	SM	19.26
2	Ivan Ross	London Heathside	SM	19.10

Hammer (3Kg)

1	Elsa Shabani	Highgate Harriers	U15G	35.06
2	Malia Anderson-Watson	London Heathside	U15G	25.42
3	Patrycja Jarosz	London Heathside	U17W	22.53

Hammer (5Kg)

1	Marco Maserati	London Heathside	V50	14.45
2	Hasheem David	London Heathside	U20M	13.91

Long Jump (Open)

1	Elijah Marshall	Highgate Harriers	U17M	5.26
2	Emanuel Jinba Adesina	London Heathside	SM	1.60

Long Jump (15G)

1	Kyra Smith	London Heathside	U15G	4.53
2	Maya Westgate	London Heathside	U15G	3.87
3	Muneeva Akeseen	London Heathside	U15G	3.68
4	Margot Hunt	London Heathside	U15G	3.67
5	Lila Blustin	London Heathside	U15G	3.46
6	Rosa Cormacain	London Heathside	U15G	3.36

Long Jump (U15B)

1	Malakai David McKenzie Callum	London Heathside	U15B	5.32
2	Rufus Goodfellow	London Heathside	U15B	5.18
3	Hayden Jack Galbully	Highgate Harriers	U15B	5.02
4	Arthur Shaw	Highgate Harriers	U15B	4.98
5	Theo Irving		U15B	4.83
6	Henry Munday	London Heathside	U15B	4.45
7	Bradley Baka	Highgate Harriers	U15B	3.82

Long Jump (U13)

1	Kenzo-Marley Tyrell	London Heathside	U13B	4.28
2	Zariya Harrison Sousa	London Heathside	U13G	3.88
3	Idriss Mohammed-Mariche	Highgate Harriers	U13B	3.86
4	Matilda Barrant	London Heathside	U13G	3.57
5	Erin Jolly	London Heathside	U13G	2.97

Triple Jump

1	Malakai David MacKenzie Callum	London Heathside	U15B	10.26
2	Kyra Smith	London Heathside	U15G	9.24
3	Amblessed Akam	London Heathside	U15G	9.10