

Weather:- Cool overcast developing into heavy rain

## 200m

### Race 1 (Wind +0.0)

- 1 Edie Waites (U13G) 29.96
- 2 Matilda Barrand (U13G) 31.07
- 3 Rhoswen Keeping (U13G) 31.62
- 4 Kriya Krishnan (U13G) 31.85
- 5 Eliza Burridge (U13G) 32.35
- 6 Amani Ali (U13G) 35.41

### Race 2 (Wind +0.2)

- 1 Myla Miller (U13G) 28.87
- 2 Zariya-Harrison Souza (U13B) 29.81
- 3 Vera Vazquez (U13G) 31.19
- 4 Coco Cormack (U15G) 32.30
- 5 Emily Gruber (U15G) 32.66

### Race 3 (Wind +0.7)

- 1 Gabriel Edwards (U13B) 26.45
- 2 Zackariya Yahya (U13B) 28.95
- 3 Zain Yusuff-Phillips (U13B) 29.54

### Race 4 (Wind +0.0)

- 1 Mikel Alexander (U15B) 24.33
- 2 Malakai David McKenzie Callum (U15B) 24.34
- 3 Bradley Baka (U15B) Highgate Harriers 24.75

### Race 5 (Wind +0.4)

- 1 Kyra Smith (U15G) 28.93
- 2 Morusade Ayedeji (U15G) 29.34
- 3 Hasheim David (U17M) 29.36
- 4 Lana Lawrence (U15G) 30.50
- 5 Chileshe Gotch (U15G) 31.46
- 6 Elizabeth Awodigede (U15G) 31.72

### Race 6 (Wind +0.9)

- 1 Sam Brown (U17M) 23.55
- 2 Miles Cameron (U17M) 23.90
- 3 Montana Dennis (U17M) 24.24
- 4 Thomas Wassermann (U17M) 24.71
- 5 Nathaniel Swinhoe (U17M) 25.05
- 6 Elijah Marshall (U17M) Highgate Harriers 25.31

### Race 7 (Wind +0.3)

- 1 Trey Corlis (U17M) 23.41
- 2 Oscar Hall (U20M) 23.69
- 3 Mohamed Kamara (SM) 24.57

### Race 8 (Wind +1.7)

- 1 Jordan Marshall (SM) 27.83
- 2 Adrian Day (V65) 29.46
- 3 Henry Hopkins (V55) 30.14
- 4 Fabio Espirito Santo (SM) 31.10
- 5 Adrian Essex (V70) 34.02
- 6 Emmanuel Adesina (SM) 38.89

- Race 9 (Wind +1.5)
- 1 Blessing Lawu (U15G) 29.92
  - 2 Nanayaa Osei-Mensah (U17W) 30.46

### **800m**

#### Race 1

- 1 Rory Willis (U13B) 2:25.46
- 2 Charlie Nicolson (U13B) 2:35.02
- 3 Oliver Baldry (U13B) 2:46.88
- 4 Tamara Pushpanan (U13B) 3:20.67

#### Race 2

- 1 Dylan Mills (U15B) 2:10.81
- 2 Sam Turner (U15B) 2:12.86
- 3 Frank Bailey (U15B) 2:19.47
- 4 Tam Mergia (U15B) 2:22.56
- 5 Artie Feeny-Willings (U17M) 2:24.56
- 6 Ennio Kaloukian (U15B) 2:25.59
- 7 Will Groshong (U15B) 2:29.06
- 8 Ben Ryan (U17M) 2:30.27
- 9 Henry Hartland (U15B) 2:48.42

#### Race 3

- 1 Amy Kirk (U15G) 2:26.66
- 2 Rosa Cormacain (U15G) 2:27.87
- 3 Kiara Corkin (U15G) 2:32.46
- 4 Maya Westgate (U15G) 2:35.48
- 5 Margot Hunt (U15G) 02:42.50
- 6 Lettice Gundry (U15G) 2:45.58
- 7 Jessica Lappin (U15G) 2:48.44
- 8 Maddie Michaelides (U15G) 03:00.45
- 9 Jasmina Roberts (U15G) 03:03.00

#### Race 4

- 1 Lily Woolcock (SW) 2:22.56
- 2 Greg Berrisford-Sweet (U17M) 2:23.62
- 3 Lucian Valman (U17M) 2:30.46
- 4 Ishaana Cannell (U17W) 2:38.49
- 5 Ella Inwald (SW) 2:57.99
- 6 Katie Battersby (SW) 3:11.29

#### Race 5

- 1 Gus Tomlinson (SM) 02:01.49
- 3 George Saint (U17M) 02:05.00
- 2 Richard Macaulay (V35) 02:05.08
- 3 James Wooldridge (SM) 02:06.05
- 5 Tom Fancett (V35) 02:08.25
- 6 Andrew McGeary (V45) 02:21.89
- 7 Pep Pàmies (V45) 2:39.71
- 8 Fabio Espirito Santo (SM) 02:44.39

### **5000m**

#### Race 1

- 1 Robert Selway (SM) 17:41.06
- 2 Peter Wootton (SM) 18:05.00

**London Heathside Club Championships 2023 – Part 2**  
**Finsbury Park**  
**12.9.23**



3	Melvin Lewis (V40) 18:23.33
4	Laurence Grafton (SM) 18:26.64
5	Gregory Herneman (SM) 18:28.47
6	Alex Sweet (V40) 18:30.49
7	Stephen Monaghan (V50) 18:51.98
8	Catrin Tyler (V35W) 18:55.13
9	Chiara Borg (SW) 18:59.56
10	Hugo Cox (V45) 19:35.33
11	Francesca Stocco (SW) 19:44.66
12	Federico Forti (V40) 20:17.75
13	Thomas Godec (V40) 20:19.53
14	Olivia Lukasevich (SW) 20:33.00
15	Ryan Raymond (SM) 20:52.28
16	Jennifer Wing (SW) 21:26.08
17	Jessica Vinluan (V40W) 22:12.60
18	Jacob Howe (SM) 22:25.22
19	Christopher Greenwood (V35) 22:32.17
20	Kimberli Butler (V35W) 23:58.16

**Race 2**

1	Abel Woldegiorgis (U20M) 16:01.66
2	Gus Tomlinson (SM) 16:04.75
3	William de Cothi (SM) 16:04.75
4	James Wooldridge (SM) 16:08.74
5	Kader Seyed (SM) 16:11.52
6	Andy Barnes (V40) 16:16.61
7	Oliver O'Connor (U20M) 16:24.16
8	Jonathan Hilling (SM) 16:25.13
9	Charlie Ogilvie (SM) 16:34.65
10	Jack Meegan (SM) 16:44.30
11	Samuel Lloyd (SM) 16:46.38
12	Filippo Minelle (V35) 16:48.53
13	Jordan Marshall (SM) 17:12.31
14	Deng Akol (SM) 17:29.29
15	Jose Sabroso (V40) 17:35.35
16	Janak Subberwal (U20M) 17:49.86
17	Joe McKewan (SM) 18:03.54
18	Nicholas Hodges-Gibson (V35) 18:09.17
19	Chris Hartley (V55) 18:16.58
20	Jake Kitchiner (SM) 18:53.44
21	Matt Collins (V45) 18:54.42
22	David Mann (SM) 19:01.56
23	Pep Pàmies (V45) 19:25.57
24	Adam Mitchell (V40) 19:29.47
25	Marcus Tillotson (V50) 20:07.87

**Shot Put (2.72kg)**

Matilda Barrand (U13G) 6.55m
Rhoswen Keeping (U13G) 6.00m
Kiya Krishman (U13G) 5.97m
Zariya Harrison (U13G) 5.73m
Vera Vasquez (U13G) 5.30m
Hyla Hiller (U13G) 3.62m

**Shot Put (3kg)**

Elsa Shabani (U15G) 11.95m
Renee Travis (U15G) 8.80m
Elkie Baker (U15G) 8.38m

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Ivy Paitoo (U15G) 8.03m  
Patrycja Jarosz (U17W) 7.22m  
Elizabeth Awodigede (U15G) 6.27m  
Zackariya Yahya (U13B) 6.21m  
Blessing Lawu (U17W) 5.80m

**Shot Put (4Kg)**

Tyrah Joseph (U20W) 8.84m  
Malakai David McKenzie Callum (U15B) 8.53m

**Shot Put (5Kg)**

Adesola Ayodega (U17M) 11.29m  
Thomas Wassermann (U17M) 11.14m  
Marco Maserati (V60M) 7.34m  
Gavin Evans (V60M) 5.58m

**Javelin (400g)**

Kenzo Tyrell (U13B) 14.94m  
Amani Ali (U13G) 10.58m  
Kriya Krishnan (U13G) 10.40m

**Javelin (500g)**

Iris Brodie (U17W) 29.19m  
Elsa Shabani (U15G) 18.78m  
Adrian Essex (V70M) 18.70m  
Elkie Baker (U15G) 17.62m

**Javelin (600g)**

Arthur Shaw (U15B) 31.89m  
Marco Maserati (V60M) 18.78m  
Gavin Evans (V60M) 8.84m

**Javelin (700g)**

Elijah Marshall (U17M) 33.73m  
Said Mohammed (U17M) 24.76m

**Javelin (800g)**

Marcel Baczek (U20M) 41.42m

**High Jump**

Charlie Button (U17M) 1.75m