

400

Harry	Smith	54.81		
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100 Heat 1

Twinelle	Hopeson	12.30	U20W	Croydon
Dina	Asher-Smith	12.46	U15G	
Emily	Martin	12.73	SW	
Amara	Lalemi-Jacobs	13.23	U17W	
Lauren	Stevens	13.38	U17W	
Lucy	Pamment	14.85	U17W	

100 Heat 2

Rihanna	Amoah-Williams	13.61	U15G	
Rhiannon	Jones	13.86	U15G	
Helen	Godsell	14.01	W55	
Irenee	McIntosh	14.18	U15G	
Oshuwa	Ogbeta	14.31	U13G	
Alana	Fajks-Collins	15.20	U13G	

100 Heat 3

Anton	Daly	11.95	U15B	
James	Allen	12.89	U15B	
Bruno	Myszka-Reder	13.48	U15B	
Lawrence	Fanutza-Davis	14.64	U15B	

100 Heat 4

Kieran	Gowan-Wade	14.03	U13B	
Sam	Wills	14.47	U13B	
Daniel	Appiah	16.27	U13B	

100 Heat 5

Idowu	Akindele	10.82	SM	Sutton
Tremayne	Gilling	10.92	U20M	Sutton
Oweka	Wanogho	11.05	U20M	Croydon
Nigel	Thomas	11.05	SM	TVH
Yomi	Adeyemi	11.38	SM	HHH
Bill	Porter	11.69	U20M	SLH

100 Heat 6

Dwayne	Dowding	11.25	SM	Wimbledon Hercules
Darren	Wollen	11.32	SM	Croydon
Ronnie	Pocklington	11.49	U17M	
Matthew	Walcott	11.61	U20M	HHH
Kieran	Daly	11.62	U17M	
Dominic	Coelho	11.89	U17M	

100 Heat 7

Paul	Slatter	11.75	SM	Bexley
Jason-Louis	Bernard	11.76	SM	K&P
Hakeem	Duckworth-Porter	12.50	U17M	Hunts
Joe	Appiah	12.53	U17M	

5000

Daniel	Marks	18:06.45	SM	
Matthew	Kiernan	19:03.20	SM	Croydon

4x100 Relay

U17M	48.50	Handicap
U15B	48.60	
U15G	52.73	
U13G	57.19	

Long Jump

Kieran	Gowan-Wade	U13B	4.47
Sam	Wills	U13B	4.37
Shannon	Cordell	U13G	4.10
Oshuwa	Ogbeta	U13G	3.69
James	Allen	U15B	5.38
Lawrence	Fanutza-Davis	U15B	4.02
Frances	Read	U15G	4.70
Amber	Bryan-Isaacs	U15G	3.93
Irenee	McIntosh	U15G	3.74
Rihanna	Amoah-Williams	U15G	3.62
Lauren	Stevens	U17W	4.11
Paul	Slatter	SM	6.18

Bexley

Shot

Tony	Tipping	SM
Kevin	Burnett	M70
Kieran	Gowan-Wade	U13B

Cambridge
Striders of Croydon