



## LONDON INTER CLUB CHALLENGE

LEE VALLEY STADIUM - MONDAY 21 APRIL 2014

### 5000m walk

1	460 Callum Wilkinson	U20 M
2	463 Franciso Reis	M50 M
3	480 Peter Ryan	M60 M
4	483 Steve Allen	M55 M
5	478 Malcolm Martin	M55 M
6	469 John Ralph	M55 M
7	466 Stuart Bennett	M55 M
8	476 Arthur Thomson	M75 M
9	474 Dan Maskewl	M65 M
10	482 Gary Smith	M55 M
11	464 Roger Lilley	M50 M
12	472 Helen Middleton	W50 W
13	471 Sean Pender	Sen M
14	481 John Anthony Lesue Borgar	M65 M
15	477 Angela Martin	W45 W
16	479 Fiona Bishop	W50 W
17	470 Pamela Abbott	W50 W
18	473 Micheal Barnbrook	W70 W
19	468 Linda Spinks	W45 W
20	462 Tony Wilkinson	M50 M
21	484 Jenny Middleton	Sen W
22	475 Elaina Crehan	Sen W
23	465 Dave Ainsworth	M65 M

### 1000m walk

1	461 George Wilkinson	U13 M
2	467 Daniel Spinks	U13 M

### 3000m

1	440 John Tayleur	U20 M
2	437 Michael Abrahams	Sen M

### 400m Hurdles Race 1

1	4 Issac Ogunlade	Sen M
2	456 Craig Morten	Sen M
3	3 Patrick Barrett	Sen M
4	8 Alec Wing	Sen M
	1 Lennox Thompson	Sen M

**400m Hurdles Race 2**

1	453 Vjaceslavs Sadovskis	Sen M
2	450 Enrique Melin	Sen M
3	452 Alice Flint	U20 W
4	459 Reynaldo Guevard	M35 M

**300m Hurdles Race 1**

1	444 Katya Oldfield	U17 W
	451 Paul Willcox	M60 M

**800m Race 1**

1	205 Lloyd Gumbs	Sen M
2	494 Ramone Martinez-Rodney	Sen M
3	449 Amazigh Laoudi	U20 M
4	489 Adam Shiret	U15 M
5	447 James Millett	U17 M
6	491 Jacob Phillips	U17 M
7	454 Anna Clark	U20 W
8	499 Rufus Kent	U15 M

**800m Race 2**

1	488 Isabella Hoy	U15 W
2	442 Alice Harrey	U15 W
3	490 Freddie Shiret	U13 M
4	500 Scarlett Kent	U13 W
5	207 Katie Liptrot	U13 W
6	457 Scott Mckenzie	U11 M
7	432 Stefano Bertero	U11 M
8	446 Isabella Millett	U13 W

**100m Women**

Wind : 3.2

1	22 Franziska Wahl	Sen W
2	7 Emma Cullen	Sen W
3	35 Tamara Ashaye Sen	Sen M
4	10 Tania-Cyrena Cyrus	Sen W
5	493 Amber Alleyne	U15 W

**100m Race 1**

Wind : 2.8

1	34 Leevan Yearwood	Sen M
2	19 Ode Onifade	Sen M
3	41 Femi Owolade	Sen M
4	26 Adam McBraida	Sen M
5	6 Edward Yamah	U20 M
6	21 Alexander Richardson	Sen M
7	14 Sam Malpass	U20 M

**100m Race 2**

Wind : 1.1

1	1 Lennox Thompson	Sen M
2	13 Sam Trigg	Sen M

3	11 George Gundle	Sen M
4	20 James Dargan	Sen M
5	12 Ian Shevlin	Sen M
6	18 Patrick Calver	Sen M
7	30 Nicolas Roussett	Sen M

**100m Race 3**

Wind : 1.4

1	15 Gabriel Yiadom	U17 M
2	27 Kimani Smart	U17 M
3	36 Jason-Louis Bernard	Sen M
4	33 Mahmood Khaisto	U17 M
5	40 Daniel-Dee Lofthouse-Smit	Sen M
6	38 Brandon Shibchurn	U15 M
7	42 Louwai Muhammed	Sen M

**100m Race 4**

Wind : 3.5

1	9 Christopher Castro-Neto	U20 M
2	436 David Ayre	Sen M
3	25 Ebenezer Sarpong	U17 M
4	32 David Olusanya	M40 M
5	24 Bilen Ahmet	Sen M
6	497 Michael Bense	M40 M
	29 Charlie Romito	Sen M

**100m Race 5**

Wind : 1.4

1	487 Joel Wynter	U17 M
2	37 Danny Burrows	U20 M
3	459 Reynaldo Guevard	M35 M
4	495 Jordon Bailey	U17 M
5	39 Tom Hufton	U15 M
6	23 Sharni Reymond	Sen W
7	496 Aushia Abodunde	Sen W

**100m Race 6**

Wind : 2.6

1	29 Charlie Romito	Sen M
2	498 Bruno Bertero	M40 M
3	208 Ella Wansell	U15 W
4	492 Harley Swan	U15 M
5	203 Jahziah Williams	U13 M
6	438 Micheal May	M50 M
7	28 Matthew Igbine	U13 M

**400m Race 1**

1	43 Chris Greenway	Sen M
2	11 George Gundle	Sen M
3	26 Adam McBraida	Sen M
4	4 Issac Ogunlade	Sen M
5	17 Ralph Eliot	Sen M
6	456 Craig Morten	Sen M
7	14 Sam Malpass	U20 M

### 400m Race 2

1	224 James Brooks	Sen M
2	31 Alastair Stanley	U20 M
3	215 Andrew Ajube	Sen M
4	5 Micheal Oku-Ampofo	U17 M
5	30 Nicolas Roussett	Sen M
6	449 Amazigh Laoudi	U20 M
7	455 Benedict Robb	Sen M

### 400m Race 3

1	225 Teddy Truneh	Sen M
2	37 Danny Burrows	U20 M
3	16 Jonathan Black	Sen M
4	2 Deborah Willis	Sen W
5	213 Luke Whitby	U20 M
6	223 Edward Hezlet	Sen M

### 400m Race 4

1	217 Leslie Delgado	Sen W
2	497 Michael Bense	M40 M
3	492 Harley Swan	U15 M
4	219 Rosie Poole	U17 W

### 100m Hurdles

Wind : -0.3

1	228 Louise Wood	Sen W
2	46 George Vauhgan	U17 M
3	47 Sean Bazanye-Lutu	U17 M

### 75m hurdles

1	222 Emily Russell	U15 W
2	441 Nicole Parcell	U15 W
3	229 Grace Gentry	U15 W

### 80m hurdles

1	439 Ashleigh Spiliopolou	U17 W
2	444 Katya Oldfield	U17 W
3	49 Kit McDonagh	U15 M

### 200m Women

Wind : -1.4

1	22 Franziska Wahl	Sen W
2	35 Tamara Ashaye Sen	Sen M
3	10 Tania-Cyrena Cyrus	Sen W
4	493 Amber Alleyne	U15 W
5	448 Victoria O.C. Onyera	Sen W
6	239 Megan Penfold	U13 W

### 200m Race 1

Wind : 0.4

1	41 Femi Owolade	Sen M
2	45 Justin Green	Sen M

3	1 Lennox Thompson	Sen M
4	44 Alex Babb	Sen M

**200m Race 2**

Wind : 1.1

1	50 Barnabas Walker	Sen M
2	36 Jason-Louis Bernard	Sen M
3	12 Ian Shevlin	Sen M
4	27 Kimani Smart	U17 M
5	33 Mahmood Khaisto	U17 M
6	20 James Dargan	Sen M
7	15 Gabriel Yiadom	U17 M

**200m Race 3**

Wind : 0.0

1	52 Eric Nyangezi	Sen M
2	48 Kyle Thompson	Sen M
3	46 George Vauhgan	U17 M
4	40 Daniel-Dee Lofthouse-Smith	Sen M
5	230 Valentino Tsiakouris	Sen M
6	32 David Olusanya	M40 M
7	231 Tolga Izzet	Sen M
8	37 Danny Burrows	U20 M

**200m Race 4**

Wind : 1.0

1	51 Toleme Ezekiel	Sen M
2	495 Jordon Bailey	U17 M
3	232 Nicolas Tsiakouris	Sen M
4	212 Martin Procter	V45 M
5	229 Grace Gentry	U15 W
6	208 Ella Wansell	U15 W

**200m Race 5**

Wind : 0.8

1	234 Tom McDonagh	U17 M
2	207 Katie Liptrot	U13 W
3	218 Samuel Lee	U13 M
4	235 Aaron Freshwater	U13 M

**110m Hurdles**

Wind : -0.7

1	245 Ashley Wilson	Sen M
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**1500m**

1	240 Barnaby Walker	Sen M
2	242 Finn Harvey	U13 M
3	218 Samuel Lee	U13 M

**Long Jump**

Pool 1

1	3 Patrick Barrett	Sen M
2	5 Micheal Oku-Ampofo	U17 M
3	455 Benedict Robb	Sen M

**Long Jump**

Pool 2

1	458 Henry Damon	U17	M
2	37 Danny Burrows	U20	M
3	486 Mary Martin	U20	W
4	441 Nicole Parcell	U15	W
5	439 Ashleigh Spliopoulou	U17	W
6	201 Fiona Jing	Sen	W
7	433 Ella Wigul	U13	W

### Triple Jump

1	13 Sam Trigg	Sen	M
2	216 Sam Hill-Smith	Sen	M
3	209 Bolu Coker	U20	M
4	24 Bilen Ahmet	Sen	M
5	487 Joel Wynter	U17	M
6	201 Fiona Jing	Sen	W

### High Jump

1	214 James Gore	Sen	M
2	24 Bilen Ahmet	Sen	M
3	458 Henry Damon	U17	M
4	250 Polly Fullerton	Sen	W
5	201 Fiona Jing	Sen	W
6	207 Kate Liptrot	U13	W
7	251 Aaron Freshwater	U13	M

### Pole Vault

1	24 Bilen Ahmet	Sen	M
2	249 Shannon Connolly	U20	W
3	353 Emma Martin	U17	W
4	248 Emily Brady	Sen	W
5	247 Rebecca Hulbert	Sen	W
6	386 John Mahon	M60	M
7	246 Hannah Church	Sen	W

### Javelin

1	221 Craig Lacy	Sen	M
1	211 David Burrell	M50	M
1	244 Michael Miller	U15	M
2	237 Harrison Wall	U15	M
1	243 Max Law	U13	M
1	236 Kike Oniwinde	Sen	W
2	220 Louise Lockwood	Sen	W
3	214 Jo Blair	Sen	W
4	241 Felicia Rudolfo	Sen	W
1	441 Nicole Parcell	U15	W

2	204 Fiona McQuire	U17	W
3	444 Katya Oldfield	U17	W

**Shot**

1	202 Jamie Stevenson	Sen	M
2	226 Adamos Zeniou	Sen	M
3	24 Bilen Ahmet	Sen	M

1	238 Joey Watson	U20	M
2	211 David Burrell	M50	M
3	233 Izaiah Turner	U20	M

1	227 Tony Richards	M60	M
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1	237 Harrison Wall	U15	M
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1	206 Lucy Underdown	Sen	W
2	443 Christina Nick	Sen	W

1	204 Fiona McQuire	U17	W
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**Hammer**

1	429 Kayomie Thompson	U20	W
2	434 Anicia Brown	Sen	W
3	443 Christina Nick	Sen	W

1	435 Star Eksngo	U17	W
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**Discus**

1	431 Gregg Thompson	Sen	M
2	226 Adamos Zeniou	Sen	M
3	24 Bilen Ahmet	Sen	M

1	210 Duane Jibunoh	U20	M
2	211 David Burrell	M50	M

1	430 Sam Milner	Sen	W
2	206 Lucy Underdown	Sen	W
3	429 Kayomie Thompson	U20	W
4	445 Mel Harrison	Sen	W
5	443 Christina Nick	Sen	W
6	204 Fiona McQuire	U17	W



Match Points

Men

Achilles    Shaftesbury Barnet

34            7

E & H	24:03.5
Ilford	24:20.1
Ilford	26:22.0
Barnet & District AC	26:42.0
Surrey WC	27:50.4
E & H	28:23.1
Ilford	28:35.0
EHAC	29:15.0
SWC	30:39.0
E & H	30:46.6
Cambridge & Coleridge	31:16.1
E & H	31:58.8
E & H	32:06.9
Loughton AC	32:14.6
Surrey WC	32:21.5
Woking AC	32:42.5
E & H	34:39.4
Ilford	35:03.5
E & H	35:28.6
N/A	36:12.7
Hillingdon	36:20.1
Loughton	38:02.2
Ilford	40:21.5
N/A	06:29.3
E & H	07:31.0
HHH	09:43.0
London Heathside	11:45.1
Herne Hill Harriers	53.50
Achilles	53.85
Hertford & Ware	54.08
E & H	54.37
NEB	DNF

4



Achilles	57.21	3
Ilford	62.87	
Achilles	68.19	
Blackheath & Bromley	72.27	

Southampton	48.12	
Achilles	DNF	

SBH	01:55.85	4
E & H	02:02.26	
Ilford	02:03.11	
SBH	02:08.47	
Highgate Harriers	02:11.07	
London Heathside	02:18.02	
Woodford	02:23.97	
SBH	02:25.77	

Woodford	02:22.52	
TVH	02:29.82	
SBH	02:32.04	
SBH	02:42.27	
HAWCS	02:42.86	
SBH	02:43.36	
SBH	02:54.24	
Highgate Harriers	02:57.77	

Tower Hamlets	12.22	
Achilles	12.24	
Cambridge Harriers	12.32	
E & H	12.51	
Harrow AC	12.70	

VPTH	10.59	
HHH	10.70	
Blackheath & Bromley	10.81	
Achilles	10.96	4
Woodford	11.06	
Achilles	11.34	3
Ilford	11.35	

NEB	11.36	
Achilles	11.40	

Achilles	11.43	
Achilles	11.56	
Achilles	11.63	
Achilles	11.67	
Achilles	11.83	
Ilford	11.39	
S Factor	11.44	
Kingston & Poly	11.66	
S Factor	11.67	
University of Liverpool AC	11.81	
Woodford	11.83	
Achilles	11.90	
Barnet & District	11.59	
London Heathside	11.82	
SBH	11.94	2
Harrow	11.94	
Achilles	12.37	
London Heathside	12.48	
SBH	DIS	
Ealing	12.18	
TVH	12.41	
Blackheath & Bromley	12.74	
E & H	12.81	
SBH	12.83	
TVH	13.41	
London Heathside	13.79	
SBH	12.45	1
N/A	13.36	
HAWCS	13.48	
Thetford	14.03	
Highgate Harriers	14.28	
Kingston AC	14.52	
SBH	14.87	
Southampton	48.46	
Achilles	48.48	4
Achilles	48.67	3
Herne Hill Harriers	48.92	
Achilles	49.62	
Achilles	50.21	
Ilford	50.36	

Achilles	50.73
Achilles	51.14
VPTH	52.00
Newham & Essex Beagles	52.10
Achilles	52.93
Ilford	54.17
Achilles	54.66

Achilles	54.15
TVH	55.18
Achilles	55.27
Notts AC	56.68
Luton AC	57.09
Achilles	57.75

VPTH	58.75
London Heathside	59.02
Thetford	62.97
Woodford	64.70

Trafford AC	13.66
E & H	13.84
E & H	14.32

Harrow	11.95
HAWCS	12.09
HAWCS	12.65

HAWCS	12.97
Southampton	13.09
SBH	16.36

Tower Hamlets	25.56
Cambridge Harriers	25.87
E & H	26.55
Harrow AC	26.85
Ilford	27.46
Orion	28.57

Blackheath & Bromley	21.90
Kingston & Poly	22.69

NEB	23.15
VPTH	24.02

Achilles	22.50	4
Kingston & Poly	23.11	
Achilles	23.24	3
S Factor	23.32	
S Factor	23.37	
Achilles	23.53	
Ilford	23.58	

Barnet District	23.20
Unattached	23.30
E & H	23.75
University of Liverpool AC	24.04
Unattached	24.41
Harrow	24.62
E & H	24.68
TVH	25.09

Achilles	23.75
E & H	26.05
Unattached	26.23
Hertford	27.05
HAWCS	27.41
HAWCS	28.63

Unattached	27.84
HAWCS	28.89
SBH	29.75
Havering AC	30.27

VPTH	15.51
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Achilles	04:38.30	4
SBH	04:52.80	
SBH	05:31.46	

Hertford & Ware	6.13 +3.2	
Newham & Essex Beagles	6.05 +2.2	
Achilles	5.47 +3.1	4

London Heathside	5.84 +1.8	
TVH	5.49 +1.2	
E & H	5.17 +1.4	
HAWCS	4.90 +3.5	4.83 +2.0
HAWCS	4.64 +1.0	
Achilles	4.11 +2.1	
Woodford	4.01 +0.2	

Achilles	14.74 +1.2		4
Achilles	13.33 +1.7		3
SBH	12.76 +2.3	12.25 +2.0	2
Achilles	12.05 +2.2	12.03 +0.7	
Ealing	11.20 +0.5		
Achilles	9.47 NWI		

Achilles	1.80		4
Achilles	1.75		3
London Heathside	1.65		
Achilles	1.45		
Achilles	1.40		
HAWCS	1.25		
Havering AC	NH		

Achilles	3.95		4
TVH	3.30		
E & H	2.80		
Achilles	2.40		
Achilles	2.30		
E & H	2.10		
Achilles	2.10		

Havering AC	56.70
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TVH	39.11
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SBH	41.09
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WSEH	24.35
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Havering	41.36
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E & H	46.12
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Havering AC	44.38
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SBH	44.03
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E & H	36.40
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HAWCS	27.33
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SBH	26.18	
Southampton	22.48	
NEB	15.69	
E & H	11.88	
Achilles	10.11	4
WSEH	15.01	
TVH	12.33	
London Heathside	10.98	
Croydon	10.94	
WSEH	8.81	
SBH	12.78	
Achilles	10.30	
SBH	11.15	
SBH	38.19	
SBH	32.46	
Achilles	21.01	
TVH	33.25	
SBH	53.14	4
E & H	35.56	
Achilles	26.25	3
Havering AC	47.73	
TVH	42.25	
Blackheath & Bromley	44.95	
SBH	42.77	
SBH	38.48	
E & H	36.67	
Achilles	36.03	
SBH	31.87	

Women

Achilles Shaftesbury Barnet

33

22

4

4









4

4  
3

4  
3

4

3

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