

**SCHOOLS ATHLETICS ASSOCIATION OF
MIDDLESEX**



**2022 TRACK & FIELD
CHAMPIONSHIPS**

StoneX Stadium

Saturday 18th June 2022

Timetable and Programme of Events



Dear Athletes, Team Managers, Parents, Coaches, Officials and Supporters

A warm welcome to the Centenary Year Schools' Athletic Association of Middlesex (SAAM) Track and Field Championships 2022 on behalf of the organising Borough of Barnet and the SAAM Executive Committee.

100 years on from the foundation of our Association it is fitting that this is a return to County Competition in its traditional format. One of the founding principles of the Association was to give athletes from schools in Boroughs throughout Middlesex the opportunity to demonstrate their Track and Field talents and try and claim the title of Middlesex Schools' Champion!

Over the last 100 years Middlesex has produced some outstanding athletes, who ran, jumped and threw at the same venues we still compete at today, and went on to win Olympic, World, European, Commonwealth and British titles. We know that some of the athletes we will see in action today will follow in the footsteps of those well known Middlesex athletes, some of whose names you can see on the roll of honour on the back of the programme. At the time of writing one of our current Senior athletes - Nia Wedderburn Goodison - is competing in Switzerland against a former Middlesex athlete (and Olympic & World medallist) Desiree Henry in her first overseas international competition. Last year Nia was the English Schools 200m Champion, who knows what the future holds?

Over the last two years we have developed a new website so you can stay in touch with us and what is happening over the course of the year www.middlesexschoolsathletics.org

We intend to use it more and more so please bookmark it and look out for updates.

We also have our social media accounts on Instagram and Twitter [@middlesexschoolsathletics](https://www.instagram.com/middlesexschoolsathletics) and [@SAAM1922](https://twitter.com/SAAM1922) where we post the best of what happens during the Athletics year.

The English Schools' Athletics Association (ESAA) have started a [gofundme](https://www.gofundme.com/c/sos-save-our-schools-athletics) page to try and SOS (Save Our Schools Athletics) as the National Championships have an uncertain financial future. If you can make a contribution, no matter how small, it will go towards safeguarding the future of the premier Athletics event for school students in the UK.

This year as we select our team to represent Middlesex at the English Schools Championships, there is one word from the new Olympic motto which takes on more importance than ever before - "Together". As we try to recover from a global pandemic and see a return to normal competition, it is vital we learn the lesson that no matter what part of Middlesex, or for that matter the wider Athletics world, we are from it is when we come together for a common cause that we are at our strongest. 100 years from now perhaps people will be looking back at today's programme and imagining what it was like to compete back in 2022.

For everyone competing, organising, team managing, officiating or supporting today take inspiration from the fact that you really are making history.

Colin Henderson

SAAM Honorary Secretary

Competing Numbers

Barnet	1	2	3	1A
Brent	4	5	6	4A
Ealing	7	8	9	7A
Enfield	10	11	12	10A
Haringey	13	14	15	13A
Harrow	16	17	18	16A
Hillingdon	19	20	21	19A
Hounslow	22	23	24	22A
Richmond	25	26	27	25A
Additional Athletes	30	31	32	

OFFICIALS MIDDLESEX SCHOOLS CHAMPIONSHIPS 2022 STONE X STADIUM					
<i>Each borough is required to provide at least 2 officials for the morning and afternoon, roles will be allocated on the day</i>					
Meeting organisers	Ty Holden (Barnet)		Field Referee 4	Ian Farr	
			Field 3	Steve Hewett	
Technical Manager 4	Steve Marshall		Field 2	Carole Harris	
	Emma Gouge		Field 2	Neville Thompson	
Track Referee 3			Field 2	Paul Bolton	
			Field 2	Colin Henderson	
Starter/Assistant 4	Ivor Wigget (from 1 30pm)		Field 2	Simon Baker	
Starter/Assistant 3	John Falvey		Field 2	John Kaponi	
Starter/Assistant 2	Jenny Lambert		Field (Unq)	Andy Howell	
			Field (Unq)	Rob Mack	
Seeding Officer	Jan Buoy		Field (Unq)	Julie Brown	
			Field (Unq)	David Woolf	Pioneer
Chief Track Judge 2					
Judge 4	Claudia Reed		Presentations &	Evie Harrison JG	Stewart Orton JB
Judge 1	Idris Hamud		Middlesex Nominations	Sophie Nicholas IG	Paul Bolton IB
Judge (EO)	Gwen Sutherland 1pm onwards				
Judge (Unq)	Sean Sutherland		Refreshments	Dave Bradley	
Judge (Unq)	Jacqui Agyepong				
Judge (Unq)			First Aid	Amaris	
Judge (Unq)					
Chief Timekeeper 2	Phil Welch				
Timekeeper	Mike Keeler				
Photo Finish					
Photo Finish 4	John Wright				
Photo Finish 1	Clyde Gordon				
Photo Finish 2	Stephen Potter				

MIDDLESEX SCHOOLS ATHLETICS CHAMPIONSHIPS

StoneX Stadium, Saturday June 18th, 2022

TIMETABLE

MORNING TRACK

MORNING FIELD

T.1	10.20am	INTER U/17 BOYS 400M HURDLES Final	F1	10.00am	JUNIOR U/15 GIRLS JAVELIN 13 Competitors
T.2	10.30am	INTER U/17 GIRLS 300M HURDLES 0 Competitors	F2a	10.00am	JUNIOR U/15 GIRLS POLE VAULT 2 Competitors
T.3	10.40am	JUNIOR U/15 GIRLS 800M 3 Heats	F2b	10.00am	JUNIOR U/15 BOYS POLE VAULT 0 Competitors
T.4	10.50am	JUNIOR U/15 BOYS 800M 3 Heats	F2c	10.00am	INTER U/17 GIRLS POLE VAULT 3 Competitors
T.5	11.05am	INTER U/17 GIRLS 800M 2 Heats	F2d	10.00am	INTER U/17 BOYS POLE VAULT 0 Competitors
T.6	11.10am	INTER U/17 BOYS 800M 3 Heats	F3	10.30am	JUNIOR U/15 GIRLS LONG JUMP 12 Competitors
T.7	11.25am	JUNIOR U/15 GIRLS 200M 2 Heats	F4	10.30am	JUNIOR U/15 GIRLS HIGH JUMP 12 competitors
T.8	11.35am	JUNIOR U/15 BOYS 200M 3 Heats	F5	10.30am	JUNIOR U/15 GIRLS SHOT PUT 13 Competitors
T.9	11.50am	INTER U/17 GIRLS 200M 2 Heats	F6	11.15am	JUNIOR U/15 BOYS JAVELIN 9 Competitors
T.10	12.00pm	INTER U/17 BOYS 200M 3 Heats	F7	12.00pm	JUNIOR U/15 BOYS LONG JUMP 11 Competitors
T.11	12.10pm	INTER U/17 GIRLS 300M 2 Heats	F8	12.00pm	JUNIOR U/15 BOYS HIGH JUMP 15 Competitors
T.12	12.15pm	JUNIOR U/15 BOYS 300M 3 Heats	F9	12.00pm	JUNIOR U/15 BOYS TRIPLE JUMP 15 Competitors
T.13	12.25pm	JUNIOR U/15 GIRLS 300M 2 Heats	F10	12.00pm	JUNIOR U/15 BOYS SHOT PUT 16 Competitors
T.14	12.35pm	INTER U/17 BOYS 400M 2 Heats	F11	12.15pm	INTER U/17 BOYS JAVELIN 10 Competitors
T.15	12.45pm	JUNIOR U/15 GIRLS 100M 3 Heats			
T.16	12.55pm	JUNIOR U/15 BOYS 100M 3 Heats			
T.17	1.10pm	INTER U/17 GIRLS 100M 2 Heats			
T.18	1.15pm	INTER U/17 BOYS 100M 3 Heats			
T.19a	1.25pm	INTER U/17 BOYS 1500M SC 1 Competitor			
T.19b	1.35 pm	INTER U/17 GIRLS 1500M SC 1 Competitor			

MIDDLESEX SCHOOLS ATHLETICS CHAMPIONSHIPS

StoneX Stadium, Saturday June 18th, 2022

TIMETABLE

AFTERNOON TRACK

AFTERNOON FIELD

T.20	2.00pm	JUNIOR U/15 GIRLS 75M HURDLES 2 heats	F12	2.30pm	INTER U/17 GIRLS JAVELIN 4 Competitors
T.21	2.10pm	INTER U/17 GIRLS 80M HURDLES Final	F13	2.30pm	INTER U/17 GIRLS TRIPLE JUMP 7 Competitors
T.22	2.15pm	JUNIOR U/15 BOYS 80M HURDLES 2 Heats	F14	2.30pm	INTER U/17 GIRLS LONG JUMP 9 Competitors
T.23	2.25pm	INTER U/17 BOYS 100M HURDLES Final	F15	2 15pm	JUNIOR U/15 BOYS DISCUS 13 Competitors
T.24	2.35pm	JUNIOR U/15 GIRLS 1500M Final	F16	2.30pm	INTER U/17 GIRLS HIGH JUMP 5 Competitors
T.25	2.45pm	JUNIOR U/15 BOYS 1500M Final	F17	2.30pm	INTER U/17 GIRLS SHOT PUT 10 Competitors
T.26	2.55pm	INTER U/17 GIRLS 1500M Final	F18	3.30pm	INTER U/17 BOYS TRIPLE JUMP 12 Competitors
T.27	3.05pm	INTER U/17 BOYS 1500M Final	F19	3.30pm	INTER U/17 BOYS LONG JUMP 14 Competitors
T.28a	3.15pm	INTER U/17 BOYS 3000M Final	F20	3.30pm	INTER U/17 BOYS HIGH JUMP 10 Competitors
T.28b	3.15pm	INTER U/17 GIRLS 3000M Final	F21	3.30pm	INTER U/17 BOYS SHOT PUT 14 Competitors
T.29	3.30pm	JUNIOR U/15 BOYS 300M Final	F22	3.30pm	JUNIOR U/15 GIRLS DISCUS 8 Competitors
T.30	3.35pm	JUNIOR U/15 GIRLS 300M Final	F23a	4.15pm	JUNIOR U/17 BOYS DISCUS 9 Competitors
T.31	3.40pm	INTER U/17 GIRLS 300M Final	F23b	4.15pm	INTER U/17 GIRLS DISCUS 4 Competitors
T.32	3.45pm	INTER U/17 BOYS 400M Final			
T.33	3.50pm	JUNIOR U/15 GIRLS 800M Final			
T.34	3.55pm	JUNIOR U/15 BOYS 800M Final			
T.35	4.00pm	INTER U/17 GIRLS 800M Final			
T.36	4.05pm	INTER U/17 BOYS 800M Final			
T.37	4.15pm	JUNIOR U/15 GIRLS 200M Final			
T.38	4.20pm	JUNIOR U/15 BOYS 200M Final			
T.39	4.25pm	INTER U/17 GIRLS 200M Final			
T.40	4.30pm	INTER U/17 BOYS 200M Final			
T.41	4.40pm	JUNIOR U/15 GIRLS 100M Final			
T.42	4.45pm	JUNIOR U/15 BOYS 100M Final			
T.43	4.50pm	INTER U/17 GIRLS 100M Final			
T.44	4.55pm	INTER U/17 BOYS 100M Final			
T.45	5.05pm	JUNIOR U/15 BOYS 80M HURDLES Final			
T.46	5.10pm	JUNIOR U/15 GIRLS 75M HURDLES Final			

SCHOOLS ATHLETIC ASSOCIATION OF MIDDLESEX

TRACK & FIELD CHAMPIONSHIPS 2022

The following qualification rules will apply to track events with heats:

2 heats Winner plus six fastest losers

3 heats Winner plus five fastest losers

4 heats Winner plus four fastest losers

In events of 1500m or more in distance the seeding officer reserves

the right to split the field in to two races if the number of competitors is greater than can be safely accommodated in a single race.

MORNING TRACK EVENTS

					7.4	JUNIOR U/15 BOYS 800M			(Continued)	
T.1	INTER U/17 BOYS 400M HURDLES				10.50am	27	Toby	Gaitt	Orleans Park	Richmond
10.20am	NS 56.20 EQS 58.00 CS 60.50					25A	Dexter	Hackett	Orleans Park	Richmond
	CBP 57.0 N LOLLY (HOUNSLOW) 1980									
	25	Hayden	Christian	Hampton	Richmond	7.5	INTER U/17 GIRLS 800M			
	26	Aaron	Mills	Hampton	Richmond	11.05am	NS 2.13 EQS 2.16 CS 2.25			
							CBP 2.13.8 A WINTER (HILLINGDON) 1982			
T.2	INTER U/17 GIRLS 300M HURDLES					1	Charlotte	Harris	Mill Hill County	Barnet
10.30am	NS 45.0 EQS 46.4 CS 50.0					2	Mya	Mairs Ingram	Wren Academy	Barnet
	CBP 46.2 T DUNCAN (ENFIELD) 1995					4	Estelle	Norton	QPCS	Brent
	No Competitors					5	Eden	Noble Cleary	QPCS	Brent
						7	Eadi	Solanki Jackson	NHEHS	Ealing
						13	Larissa	Wilson	Fortismere	Haringey
						14	Hattie	Munday	Highgate Wood	Haringey
T.3	JUNIOR U/15 GIRLS 800M					13A	Alice May	Scott Denness	Gladesmore	Haringey
10.40am	NS 2.15 EQS 2.19 CS 2.29					16	Grace	Van de North	NLCS	Harrow
	CBP 2.16.4 A WINTER (HILLINGDON) 1981					19	Hollie	Ford	Bishop Ramsey	Hillingdon
						20	Malika	Di Alwis	Swakeley's	Hillingdon
	1	Holly	Light	Ashmole	Barnet	22	Charlotte	Brown	Gumley	Hounslow
	4	Scarlett	Hunn	QPCS	Brent	23	Isabella	Stone	Kew House	Hounslow
	5	Evie	Roe	QPCS	Brent					
	6	Isabel	Upstore	QPCS	Brent					
	7	Kara	Larkham	St Benedict's	Ealing	7.6	INTER U/17 BOYS 800M			
	8	Natasha	Bennet	NHEHS	Ealing	11.10am	NS 1.57 EQS 1.59 CS 2.05			
	9	Emma	Scott	NHEHS	Ealing		CBP 1.57.4 G SLADE (HOUNSLOW) 1979			
	10	Selma	Tivnaa	Highlands	Enfield					
	11	Billy	Fudge	Enfield	Enfield	1	Daniel	Banyard	East Barnet	Barnet
	13	Alexia	Lopes	Heartlands	Haringey	2	Josh	Agambar	Ashmole	Barnet
	14	Maggi	Ferguson	APS	Haringey	3	Josiah	Pierre Williams	SMSJ	Barnet
	15	Vita	Braden	Highgate	Haringey	4	Preston	Fearon	QPCS	Brent
	13A	Melissa	Amara	HHS	Haringey	5	Mikail	Shahid	PRESTON MANOR	Brent
	16	Lily	Spacatrossi	NLCS	Harrow	6	Nathaniel	Djanogry	JFS	Brent
	19	Angielina	Isaacs	Ruislip High	Hillingdon	7	Edward	Flewitt	Twyford	Ealing
	20	Aaliyah - Zahra	Fazel	St Helen's	Hillingdon	10	Oscar	Tivnaa	Highlands	Enfield
	21	Isla	McGovern	Bishop Ramsey	Hillingdon	13	Dodanum	Mahari		Haringey
	19A	Amae	Van Zyl	Bishop Ramsey	Hillingdon	14	Hani	Hechachena	Heartlands	Haringey
	22	Lili	Vas	Chiswick	Hounslow	15	Kieran	kelly	Heartlands	Haringey
	23	Alice	Brougham	Kew House	Hounslow	13A	George	Saint		Haringey
	25	Matilda	Dibb	Grey Court	Richmond	16	Jonah	Esposito	Harrow School	Harrow
	26	Zara	Luck	Waldergrave	Richmond	19	William	Lamas	Ruislip High	Hillingdon
						20	Charlie	Cadman	Bishop Ramsey	Hillingdon
						22	Liam	Henry	Gunnersbury	Hounslow
T.4	JUNIOR U/15 BOYS 800M					24	James	Skinner	Isleworth & Syon	Hounslow
10.50am	NS 2.02 EQS 2.04 CS 2.13					25	Charlie	Richardson	Grey Court	Richmond
	CBP 1.57 E KIMANI (BARNET) 1981					26	Fred	Bate	Hampton	Richmond
	1	Euan	Philips	Finchley CH	Barnet					
	2	Karan	Somani	QE Boys	Barnet	7.7	JUNIOR U/15 GIRLS 200M			
	4	Danny	Gobishaei	Ark Elvin	Brent	11.25am	NS 25.50 EQS 26.20 CS 27.60			
	5	Kimi	Scholz	QPCS	Brent		CBP 24.74 D HENRY (ENFIELD) 2009			
	6	Arthur	Kequey	QPCS	Brent					
	7	Kian	Jordan	Brentside	Ealing	1				Barnet
	13	Jonathan	Burbidge	Highgate	Haringey	2				Barnet
	14	Rayane	Dudeye	Gladesmore	Haringey	3	Meghan	Light	Ashmole	Barnet
	15	Samuel	Lindsell	Gladesmore	Haringey	4	Itsi	Robinson		Brent
	13A	Joshua	Bishop	HHS	Haringey	5	Molly	O'Connor		Brent
	16	Ben	Cutts	Harrow School	Harrow	6	Aleesha	Tagoe		Brent
	17	Oliver	Tatun	Whitmore	Harrow	7	Zoe	Joseph	NHEHS	Ealing
	20	Arthur	Hobbs	Bishop Ramsey	Hillingdon	8	Hannah	Pilkington	NHEHS	Ealing
	21	Freddie	Ford	Bishop Ramsey	Hillingdon	13	Eden	Oyeyi-Ogansalu	Highgate	Haringey
	22	Ibrahim	Khan	Heathland	Hounslow	14	Emma	Noffke	Highgate	Haringey
	23	Lucas	Barret	Gunnersbury	Hounslow	15	Keyanna	Innis	Dukes	Haringey
	24	Lenny	Anene	Green School	Hounslow	16	Jenique	Imani	Harrow High	Harrow
	25	Joshua	Harwood White	Grey Court	Richmond	17	Talia	Branchmore	NLCS	Harrow
	26	Jake	Underdown	Orleans Park	Richmond	22	Isi	Aire	Gumley	Hounslow

MORNING TRACK EVENTS											
T.7	JUNIOR U/15 GIRLS 200M				(Continued)	T.11	INTER U/17 GIRLS 300M				
11.25am	23	Annamarie	Baker Lopes	Gumley	Hounslow	12.10pm	NS 40.10 EQS 41.00 CS 44.80				
	25	Ursula	Mukhtar	Lady Eleanor Hollis	Richmond		CBP 41.57 N ALLIN (ENFIELD)				
							1	Lola	McCann Ezekiel	King Alfred	Barnet
T.8	JUNIOR U/15 BOYS 200M						2	Olive	Harvey Dew	Archer	Barnet
11.35am	NS 23.30 EQS 24.00 CS 25.30						4	Keely	Dibley -Dias	QPCS	Brent
	CBP 23.1 C GORDAN (HARINGEY) 1991						5	Eloise	Mole	QPCS	Brent
	1	Jaian	Saunders	Wren Academy	Barnet		7	Amy	Bradley	Brentside	Ealing
	2	Nathan	Kuti	Wren Academy	Barnet		8	Serafina	Chew Siegal	St Benedicts	Ealing
	3	Harry	Palazzalo	Archer	Barnet		9	Rosie	Hewitt	NHEHS	Ealing
	4	Kai	Barnard	Newman	Brent		7A	Olivia	Sparks		Ealing
	5	Rio	McKenzie	Preston Manor	Brent		14		Stirling	Woodside	Haringey
	6	Jahil	Garwood	Ark Elvin	Brent		15	Sachi	Vats	Highgate	Haringey
	7	Emmanuel	Otobo	Cardinal W	Ealing		16	Camilla	Hall	NLCS	Harrow
	13	Ebeneezer	Ogu	Gladesmore	Haringey		19	Cassie	Southgate	Ruislip High	Hillingdon
	14	Adam	Okorodudu	APS	Haringey		22	Thalia	McGivenev	Gumley	Hounslow
	15	Jude	Opoku-Ware	Greig City	Haringey		25	Emily	Harrison	Waldergrove	Richmond
	16	Kaiyon	Moore	Harrow High	Harrow		26	Gabina	Mert	Teddington	Richmond
	17	Matthew	Finnegan	Harrow School	Harrow		27	Ava	John	Orleans	Richmond
	18	Taniel	Tumusiime	Whitmore	Harrow						
	19	Daniel	Wong	Bishop Ramsey	Hillingdon	T.12	JUNIOR U/15 BOYS 300M				
	22	Charlie	Dunbar	Kew House	Hounslow	12.15pm	NS 36.80 EQS 37.80 CS 40.00				
	23	Thomas	Mokpon	Green School	Hounslow		CBP 37.99 L LEON (ENFIELD) 2013				
	24	Paulo	Pacheco	Isleworth & S	Hounslow						
	25	Shakur	Roberts	Grey Court	Richmond		1	Krish	Taylor	SMSJ	Barnet
	26	Axel	Gregory	Orleans Park	Richmond		2	Austin	Ward	Finchley CH	Barnet
	27	Omar	Khan	Hampton	Richmond		4	Hector	Krokatsis	QPCS	Brent
							5	Ayub	Franconi	QPCS	Brent
							6	Alex	Rozbicki	Preston Manor	Brent
T.9	INTER U/17 GIRLS 200M						4A	Max	Sellers	Preston Manor	Brent
11.50pm	NS 25.10 EQS 25.90 CS 27.00						7	Rory	Johnstone	St Benedict's	Ealing
	CBP 24.8 D SMITH (BRENT) 1990						13	Milton	Cooper	Highgate Wood	Haringey
	1	Niah	Akintokun	Wren Academy	Barnet		14	Sam	Brown	Highgate	Haringey
	2	Tosin	Jokosenuemi	Henrietta B	Barnet		15	Joshua	Gibbons	Highgate Wood	Haringey
	1A	Weronika	Kalinska	Ashmole	Barnet		13A	Kai	Haque	HHS	Haringey
	4	Mira	D-Souza	QPCS	Brent		16	Jahquan	Howell	Whitmore	Harrow
	5	Marianna	Hamani	St Claudines	Brent		17	Daniele	Grigoras	Harrow High	Harrow
	6	Ellie	Jayson	JFS	Brent		19	Dylan	Robert	Northwood	Hillingdon
	7	Destiny	Orafu	Greenford	Ealing		22	Jordan	Kadipoko	Springwest	Hounslow
	14		Stirling	Woodside	Haringey		23	Tyler	Andrew-Flower	Isleworth & S	Hounslow
	13A	Mia	George	HHS	Haringey		24	Ryan	Sharma	Orleans Park	Richmond
	19	Mya	Carter	Haydon	Hillingdon		25	Jayden	Oni	Hampton	Richmond
	23	Priya	Martin	Gumley	Hounslow						
	24	Renee	Dowrich	Brentford	Hounslow	T.13	JUNIOR U/15 GIRLS 300M				
						12.25pm	NS 41.00 EQS 42.00				
							CBP - New Event 2018				
T.10	INTER U/17 BOYS 200M						1	Macie	Sutherland	Henrietta B	Barnet
12.00pm	NS 22.20 EQS 22.80 CS 24.00						13	Anna	Antonovskaya	Highgate	Haringey
	CBP 21.8 C ARCHER (EALING) 1992						14	Bellange	Diatezo	Gladesmore	Haringey
	1	Jaden	Aulis	Finchley CH	Barnet		15	Kaya	Bamber	Woodside	Haringey
	2	Matei	Frunza	Mill Hill County	Barnet		13A	Dejanique	Davy	HHS	Haringey
	3	Saugat	Pun	Mill Hill County	Barnet		20	Bea	Wallis	Bishop Ramsey	Hillingdon
	4	Rhys	Brown	ARK	Brent						
	5	Isaiah	Dythe-Gabriel	PRESTON MANOR	Brent						
	6	Leandro	Dia Siva	Ark Elvin	Brent	T.14	INTER U/17 BOYS 400M				
	7	Javari	Gordon	Ealing Fields	Ealing	12.35pm	NS 49.50 EQS 51.10 CS 53.40				
	8	Jackson	Payne	Twyford	Ealing		CBP 48.5 W MACDONALD (HARINGEY) 1986				
	10	Kaylan	Taylor	Southgate	Enfield						
	13	Alex	Anim-Osei	GCA	Haringey		1	Sam	Okolie	Wren Academy	Barnet
	14	Yusuf	Malik	Heartlands	Haringey		2				Barnet
	15	Miles	Cameron	Fortismere	Haringey		4	Milo	Robinson	QPCS	Brent
	16	Arinze	Ofurum	Harrow School	Harrow		5	Zion	Rose	QPCS	Brent
	17	Kitan	Akindede	Harrow School	Harrow		6	Santenana	Parris	CCA	Brent
	18	Abdur-Rahman	At-Thahabi	Nower Hill	Harrow		10	Zico	Jones	The Latymer Sch	Enfield
	16A	Tio	Eniade	John Lyon	Harrow		13	Jake	Harris	APS	Haringey
	19	Aqib	Shamsudeen	Uxbridge High	Hillingdon		14	Dondre	Abraham	Gladesmore	Haringey
	20	Jacob	Hughes	Bishopshalt	Hillingdon		13A	Joshua	Assouman	HHS	Haringey
	22	Ceejan	Jacobs	Isleworth & S	Hounslow		16	Charlie	Griffin	Harrow School	Harrow
	23	James	Witheridge	Gunnersbury	Hounslow		17	Max	Dadomo	Nower Hill	Harrow
	25	Nicolas	Wojtylakher	Hampton	Richmond		18	Sammy	Clayton-Bennet	Harrow School	Harrow

AFTERNOON TRACK EVENTS											
7.14	INTER U/17 BOYS 400M				(Continued)	7.17	INTER U/17 GIRLS 100M				
12.35pm	16A	Melvin	Ackah	Harrow School	Harrow	1.10pm	NS 12.20 EQS 12.50 CS 13.00				
	19	Charlie	Henry	Vyners	Hillingdon		CBP 12.1 HUNTE (ENFIELD) 1975				
	22	Finn	Murphy	St Marks	Hounslow						
							1	Rayne	Tapper	Bishop Douglass	Barnet
							2	Jada	Halle Grant	Cophthall	Barnet
7.15	JUNIOR U/15 GIRLS 100M						3				Barnet
12.45pm	NS 12.40 EQS 12.70 CS 13.30						1A				Barnet
	CBP 11.9 J GARDNER (RICHMOND) 1977						4	Megan	Broad	KHS	Brent
							5	Mia	Hinzin	Alpertown	Brent
	1	Angel	McLeod	CCF	Barnet		6	Mya	Cox	St Claudine	Brent
	2	Onyebuchi	Odiaka	St James	Barnet		10	Amy	Quaye		Enfield
	3	AnnaLucia	Harley	Ark Academy	Barnet		13	Ella	Stevens	Fortismere	Haringey
	1A	Tami	George	St Michaels	Barnet		14	Teghan-Loren	Cabey	Highgate Wood	Haringey
	4	Olivia	Henry	KHS	Brent		16	Beulah	Badero	Sacred Heart	Harrow
	5	Serena	St-Leonce	QPCS	Brent		17	Alana	Samji	NLCS	Harrow
	6	Abigial	Gjakira	ARK	Brent		19	Juanita	Kyere Aidoo	Bishopshalt	Hillingdon
	7	Kalina	Blackwood	Ealing Fields	Ealing		22	Ivie	Aire	Gumley	Hounslow
	8	Charlotte	Gardiner	St Benedict's	Ealing		23	Sharon	Adebesie	Bolder	Hounslow
	10	Ann	Oerlemans	Kingsmead	Enfield		24	Vanessa	Granada	Gumley	Hounslow
	11	Sky	Meniru		Enfield		25	Juliette	Croft	Grey Court	Richmond
	13	Talia	Djanogly	Highgate	Haringey						
	14	Jennifer	Birabil	Dukes Academy	Haringey						
	15	Lyra	Yauner	APS	Haringey	7.18	INTER U/17 BOYS 100M				
	16	Isobel	Murphy	NLCS	Harrow	1.15pm	NS 11.00 EQS 11.20 CS 11.70				
	17	Sierra-Leigh	Dublin-Johnson	Whitmore	Harrow		CBP 10.8 C TURNER (ENFIELD)				
	18	Sofia	Unwin	Nower Hill	Harrow						
	19	Emma	Dalton	Northwood C	Hillingdon		1	Malachi	Amadi	Mill Hill County	Barnet
	20	Ibukunoluwa	Adenubi	Swakeley's	Hillingdon		2	Brandon	Kuvazvinei	Whitefields	Barnet
	21	Elena	Angelova	Bishop Ramsey	Hillingdon		3	Oliver	Laurens	Finchley CH	Barnet
	22	Maryam	Abdul	Rivers	Hounslow		1A	Nikita	Petrov	Wren Academy	Barnet
	25	Esme	Taylor	Lady Elanour Hollis	Richmond		4	Garonu	McLean	ARK	Brent
	26	Anelie	Benjamin Akin	Waldergrove	Richmond		5	Elyon	Kakese	KHS	Brent
	27	Lilly	Porter	Waldrgrrove	Richmond		6	Angelo	Fidelis	ARK	Brent
							4A	Mekhi	Spence Forde		Brent
							7	Theo	Morah	Cardinal W	Ealing
							8	Elijah	Mwanza	Twyford	Ealing
7.16	JUNIOR U/15 BOYS 100M						10	David	Ellington	Enfield	Enfield
12.55pm	NS 11.40 EQS 11.70 CS 12.30						11	Emmanuel	Orisunmibola	AIM North London	Enfield
	CBP 11.3 B HINDS (ENFIELD) 1986						13	Miles	Cameron	Fortismere	Haringey
	1	Alex	Konstantaris	Compton	Barnet		14	Benjamin	Andrusier	APS	Haringey
	2	Nathan	Howell	SMSJ	Barnet		15		Peters	Woodside	Haringey
	3	Marley	Louca	Ashmole	Barnet		13A	Logan	Diaz	HHS	Haringey
	1A	Peter	Antanasov	QE Boys	Barnet		16	Munachi	Nnatuanya	Harrow School	Harrow
	4	Chicane	McKenzie	Newman	Brent		17	Bailey	Bodom	Whitmore	Harrow
	5	Deonte	Boothe	QPCS	Brent		19	Piers	Boatin	Bishop Ramsey	Hillingdon
	6	Ezekiel	Galtos	Ark	Brent		20	Sam	Jagroop	Vyners	Hillingdon
	7	Avelini	Ndala	Cardinal W	Ealing		21	Lucas	Hardy	Douay Martyrs	Hillingdon
	8	Owen	Keenleyside	St Benedict's	Ealing		22	Patrick	Gomez	Kingsley Academy	Hounslow
	10	Tyler	Thompson	St Ignatius	Enfield		23	Arjan	Narine	Heston	Hounslow
	11	Damien	Mutch	The Latymer School	Enfield						
	13	Darnell	Bowens	Greig City	Haringey						
	14	Arya	Nikoopour	Highgate	Haringey	7.19a	INTER U/17 BOYS 1500M SC				
	15	Sebastian	Theodoulou	Gladesmore	Haringey	1.25pm	NS 4.30 EQS 4.36 CS 4.58				
	16	Jeffery	Arthur	Harrow School	Harrow		CBP				
	17	Benaih	Ibidapo	John Lyon	Harrow						
	19	Zayn	Azabdaftery	Ruislip High	Hillingdon		13	Callum	Atterbury Kelly		Haringey
	22	Kai	Falconer	Heathland	Hounslow						
	23	Raquan	Rose	Green School	Hounslow						
	24	Micah	Hinds	Isleworth & S	Hounslow	7.19b	INTER U/17 GIRLS 1500M SC				
	25	Max	Seddon	Grey Court	Richmond	1.35pm	NS 5.13 EQS 5.28 CS 5.45				
	26	Tommy	Kitson	Orleans Park	Richmond		CBP				
	27	Oscar	Clee	Orleans Park	Richmond						
	25A	Sam	Moylan Jones	Hampton	Richmond		13	Amy	Howard		Haringey
							25	Rosalie	Laban	Orleans	Richmond

AFTERNOON TRACK EVENTS											
7.20	JUNIOR U/15 GIRLS 75M HURDLES					7.24	JUNIOR U/15 GIRLS 1500M			(Continued)	
2.00pm	NS 11.40 EQS 11.70 CS 12.80					2.35pm	19	Natalia	Radomska	Swakeley's	Hillingdon
	CBP 11.2 J DUFFIELD (ENFIELD) 1974						20	Issy	Stone	Vyners	Hillingdon
							21	Ruby	Kunjasic	Bishop Ramsey	Hillingdon
	1	Sienna	Corbyn	Wren Academy	Barnet		22	Leona	Sibbick	Gumley	Hounslow
	7	Oleena	Chew Siegal	NHEHS	Ealing		23	Eva	Perkins	Bolder	Hounslow
	8	Sophie	Di John	NHEHS	Ealing						
	13	Isabella	Hawaj	Gladesmore	Haringey						
	14	Kemi	Ajakaiye	HHS	Haringey	7.25	JUNIOR U/15 BOYS 1500M				
	16	Sonia	Proctor-Aswani	NLCS	Harrow	2.45pm	NS 4.13 EQS 4.20 CS 4.36				
	19	Olivia	Jagielska	St Helens	Hillingdon		CBP 4.11.8 G TAYLOR (HOUNSLOW) 1977				
	22	Deborah	Nwankwo	Brentford	Hounslow						
	25	Jemimah	Welbours	Orleans Park	Richmond		1	Arthur	Phillips	Compton	Barnet
							2	Monty	Omell	Wren Academy	Barnet
							3	Luca	Scriviano	Finchley CH	Barnet
7.21	INTER U/17 GIRLS 80M HURDLES						1A	Prince	Victorus John	Saracens	Barnet
2.10pm	NS 11.60 EQS 12.00 CS 13.00						4	Francis	Bacnis	CCA	Brent
	CBP 11.5 S TURPIN (ENFIELD) 1968						5	Abdul	Yaqub	CCA	Brent
							13	Billy	Fudge	Gladesmore	Haringey
	1	Azaria	Nwankwo	Wren Academy	Barnet		14	Rayan	Madjoudj	Highgate	Haringey
	2	Patricia	Gruz Edmonson	St James	Barnet		15	Theo	Stewart	Highgate Wood	Haringey
	3	Eva	Chalisey	Compton	Barnet	13A	Ben	Ryan	HHS	Haringey	Haringey
	19	Hermione	Lewis	Haydon	Hillingdon	16	Henry	Barker	Harrow School	Harrow	Harrow
	22	Megan	Perkins	Heathland	Hounslow	17	Dylan	Ssentoogo	Nower Hill	Harrow	Harrow
						18	Sam	Tarling	Pinner	Harrow	Harrow
						19	Mason	Williams	Uxbridge High	Hillingdon	Hillingdon
7.22	JUNIOR U/15 BOYS 80M HURDLES						22	Farhad	Amiri	Green School	Hounslow
2.15pm	NS 11.60 EQS 12.00 CS 12.90						23	Louis	Moore	Kew House	Hounslow
	CBP 11.4 B BARRY (HILLINGDON) 1974						25	Owen	Chisholm	Orleans Park	Richmond
	L PAGKATIPUNAN (HARINGEY) 1997										
	13	Cameron	Pow	Highgate Wood	Haringey	7.26	INTER U/17 GIRLS 1500M				
	14	Max	Yu	Highgate	Haringey	2.55pm	NS 4.39 EQS 4.45 CS 5.04				
	15	Stanley	Ackland	Highgate	Haringey		CBP 4.40.1 J BENNETT (HARROW) 1981				
	13A	Ezekiel	Obil	STM	Haringey						
	16	Simon	Michael	Harrow School	Harrow	1	Emma	McCluskey	Friern Barnet	Barnet	Barnet
	22	Leonardo	Appiah-Mensah	Gunnersbury	Hounslow	4	Maddie	Muir	QPCS	Brent	Brent
	23	Azaan	Ali	Springwest	Hounslow	5	Kate	Bailey	QPCS	Brent	Brent
	25	Luke	Sankey	Grey Court	Richmond	15	Matilda	Donald	APS	Haringey	Haringey
	26	rUBEN	Grewal	Orleans Park	Richmond	16	Kayla	Saunders	Nower Hill	Harrow	Harrow
						19	Asma	Abdirahman	Swakeley's	Hillingdon	Hillingdon
						22	Anna	Kelly	Gumley	Hounslow	Hounslow
7.23	INTER U/17 BOYS 100M HURDLES						25	Lucy	Barlow	Teddington	Richmond
2.25pm	NS 13.50 EQS 14.00 CS 15.00										
	13.2 J KIRBY (HILLINGDON)										
						7.27	INTER U/17 BOYS 1500M				
	13	Thomas	Wasserman	APS	Haringey	3.05pm	NS 4.03 EQS 4.06 CS 4.20				
	16	Joel	Balogun	Harrow School	Harrow		CBP 3.57.4 G TAYLOR (HOUNSLOW) 1979				
	17	Adam	Sameen	Harrow School	Harrow						
	22	Kingston	Glean White	Chiswick	Hounslow	1	Callum	Sydenham	Friern Barnet	Barnet	Barnet
	23	Igor	Bordea	Springwest	Hounslow	2	Noah	Clarke	Mill Hill County	Barnet	Barnet
	25	Sonny	Blackburn	Grey Court	Richmond	3	Joe	Ward	Wren Academy	Barnet	Barnet
						4	Ezekiel	Romain	CCA	Brent	Brent
						5	Theo	Foxidall	QPCS	Brent	Brent
7.24	JUNIOR U/15 GIRLS 1500M						6	Adam	Bouharrat		Brent
2.35pm	NS 4.40 EQS 4.48 CS 5.10						14	Delfin	Castellino Dominguez	APS	Haringey
	CBP 4.45.2 R GARLAND (HOUNSLOW) 1990						15	Finn	Veale	APS	Haringey
	1	Posie	Shaw	Compton	Barnet	13A	Callum	Atterbury Kelly	HHS	Haringey	Haringey
	2	Erin	Giblin	Wren Academy	Barnet	16	Julian	Abbas	Harrow School	Harrow	Harrow
	4	Elsa	Haddoucy	Claremont	Brent	17	Ritchie	Grant	John Lyon	Harrow	Harrow
	5	Nico	Lind	QPCS	Brent	19	Ryan	Stoddart	Haydon	Hillingdon	Hillingdon
	6	Alisa	Azusue	ARK ELVIN	Brent	22	Jude	Jakes-Mckay	Kew House	Hounslow	Hounslow
	7	Naimah	Mossi	Drayton Manor	Ealing	23	Rory	Forbes	Kew House	Hounslow	Hounslow
	8	Minna	Williams	NHEHS	Ealing	25	Sonny	Maud	Orleans Park	Richmond	Richmond
	10	Rose	Flannery	Queenswood	Enfield	26	Digby	Turk	Orleans Park	Richmond	Richmond
	11	Mia	Rosen	Highlands	Enfield						
	13	Gaia	Ashworth	Highgate	Haringey	7.28a	INTER U/17 BOYS 3000M				
	14	Caroline	Van Soost	Fortismere	Haringey	3.15pm	NS 8.50 EQS 8.56 CS 9.30				
	15	Arnaya	Shankardass	Highgate	Haringey		CBP 8.41.0 M FARAH (FELTHAM) 1998				
	16	Holly	Smart	NLCS	Harrow						
	17	Sian	Wright	Sacred Heart	Harrow		4	Jonah	Marks	JFS	Brent

AFTERNOON TRACK EVENTS						
7.28a	INTER U/17 BOYS 3000M		(Continued)			
3.15pm	13	Finn Thompson	HHS	Haringey		
	14	Spike Blake	Fortiosmere	Haringey	7.37	JUNIOR U/15 GIRLS 200M
	16	Michael Cattini	Nower	Harrow	4.15pm	NS 25.50 EQS 26.20 CS 27.60
	17	Cameron Elliott	Harrow School	Harrow		CBP 24.74 D HENRY (ENFIELD) 2009
	18	Joseph Tarling	Pinner High	Harrow		
	22	Eliot Heath	Isleworth & S	Hounslow		Qualifiers from T7
					7.38	JUNIOR U/15 BOYS 200M
7.28b	INTER U/17 GIRLS 3000M				4.20pm	NS 23.30 EQS 24.00 CS 25.30
3.15pm	NS 10.10 EQS 10.20 CS 10.50					CBP 23.1 C GORDAN (HARINGEY) 1991
	CBP 9.37.5 K MCCAULEY (HOUNSLOW) 1994					Qualifiers from T8
	7	Nicola Hewett	NHEHS	Ealing		
	25	Millie Johnson	Turing House	Richmond		
					7.39	INTER U/17 GIRLS 200M
					4.25pm	NS 25.10 EQS 25.90 CS 27.00
7.29	JUNIOR U/15 BOYS 300M					CBP 24.8 D SMITH (BRENT) 1990
3.30pm	NS 36.80 EQS 37.80 CS 40.00					Qualifiers from T9
	CBP 37.99 L LEON (ENFIELD) 2013					
	Qualifiers from T12				7.40	INTER U/17 BOYS 200M
					4.30pm	NS 22.20 EQS 22.80 CS 24.00
7.30	JUNIOR U/15 GIRLS 300M					CBP 21.8 C ARCHER (EALING) 1992
3.35pm	NS 41.00 EQS 42.00					Qualifiers from T10
	CBP - New Event 2018					
	Qualifiers from T13				7.41	JUNIOR U/15 GIRLS 100M
					4.40pm	NS 12.40 EQS 12.70 CS 13.30
						CBP 11.9 J GARDNER (RICHMOND) 197
7.31	INTER U/17 GIRLS 300M					Qualifiers from T15
3.40pm	NS 40.10 EQS 41.00 CS 44.80					
	CBP 41.57 N ALLIN (ENFIELD)					
	Qualifiers from T11				7.42	JUNIOR U/15 BOYS 100M
					4.45pm	NS 11.40 EQS 11.70 CS 12.30
						CBP 11.3 B HINDS (ENFIELD) 1986
7.32	INTER U/17 BOYS 400M					Qualifiers from T16
3.45pm	NS 49.50 EQS 51.10 CS 53.40					
	CBP 48.5 W MACDONALD (HARINGEY) 1986					
	Qualifiers from T14				7.43	INTER U/17 GIRLS 100M
					4.50pm	NS 12.20 EQS 12.50 CS 13.00
						CBP 12.1 HUNTE (ENFIELD) 1975
7.33	JUNIOR U/15 GIRLS 800M					Qualifiers from T17
3.50pm	NS 2.15 EQS 2.19 CS 2.29					
	CBP 2.16.4 A WINTER (HILLINGDON) 1981					
	Qualifiers from T3				7.44	INTER U/17 BOYS 100M
					4.55pm	NS 11.00 EQS 11.20 CS 11.70
						CBP 10.8 C TURNER (ENFIELD)
7.34	JUNIOR U/15 BOYS 800M					Qualifiers from T18
3.55pm	NS 2.02 EQS 2.04 CS 2.13					
	CBP 1.57 E KIMANI (BARNET) 1981					
	Qualifiers from T4				7.45	JUNIOR U/15 BOYS 80M HURDLES
					5.05pm	NS 11.60 EQS 12.00 CS 12.90
						CBP 11.4 B BARRY (HILLINGDON) 1974
						L PAGKATIPUNAN (HARINGEY) 1997
7.35	INTER U/17 GIRLS 800M					Qualifiers from T22
4.00pm	NS 2.13 EQS 2.16 CS 2.25					
	CBP 2.13.8 A WINTER (HILLINGDON) 1982					
	Qualifiers from T5				7.46	JUNIOR U/15 GIRLS 75M HURDLES
					5.10pm	NS 11.40 EQS 11.70 CS 12.80
						CBP 11.2 J DUFFIELD (ENFIELD) 1974
7.36	INTER U/17 BOYS 800M					Qualifiers from T20
4.05pm	NS 1.55 EQS 1.57 CS 2.05					
	CBP 1.57.4 G SLADE (HOUNSLOW) 1979					
	Qualifiers from T6					

MORNING FIELD EVENTS										
F1	JUNIOR U/15 GIRLS JAVELIN				F4	JUNIOR U/15 GIRLS HIGH JUMP				
10.00am	NS 36.00 EQS 34.00 CS 27.50 CBP 39.00 M WORSFOLD (ENFIELD) 1980				10.30am	NS 1.64 EQS 1.58 CS 1.45 CBP 1.63 Y BALDEO (BRENT) 1975 E WIDDOP-GRAY (RICHMOND) 2011				
	1	Charlotte	Parsons	East Barnet	Barnet					
	7	Elizabeth	Boissiere	Drayton Manor	Ealing	1	Keisha	Shchepovskikh	SMSJ	Barnet
	8	Georgia	Cook	NHEHS	Ealing	7	Morvern	Pearce	NHEHS	Ealing
	13	Josie	Hesketh	APS	Haringey	13	Yasmin	Silva	Heartlands	Haringey
	14	Patrycja	Kaczmarska	STM	Haringey	14	Isabella	Hawaj	Gladesmore	Haringey
	15	Lily	Pereira Dos Santos	STM	Haringey	15	Raykyra	Cordice	STM	Haringey
	13A	Millie	Roxborough	Highgate	Haringey	13A	Alexia	Lopes	HHS	Haringey
	16	Bianca	Jamal	NLCS	Harrow	16	Phoebe	Mason-Clark	Sacred Heart	Harrow
	17	Sian	Baldwin	Pinner	Harrow	17	Kiran	Lotay	Nower Hill	Harrow
	19	Sumaya	Ahmed	St Helen's	Hillingdon	18	Emma	Greenmark-Pittaway	NLCS	Harrow
	20	Zoe	Morse	Ruislip High	Hillingdon	19	Christina	Werna Reeves	Swakeley's	Hillingdon
	22	Kasey	Davenport	Bolder A	Hounslow	25	Julia	Allen	Grey Court	Richmond
	25	Elise	Harris	Orleans Park	Richmond	26	Holly	Keightly	Waldergrave	Richmond
F2.a	JUNIOR U/15 GIRLS POLE VAULT				F5	JUNIOR U/15 GIRLS SHOT				
10.00am	NS 3.05 EQS 2.75 CS 2.50 CBP 2.20 K HATCHETT (ENFIELD) 2013				10.30am	NS 11.20 EQS 10.60 CS 9.25 CBP 11.50 M MORGAN (ENFIELD) 1985				
	10	Sofia	Boron		Enfield	2	Rebekah	David	Wren Academy	Barnet
	11	Emily	Mann	Kingsmead	Enfield	3	Melanie	Kazagustaika	Cophthall	Barnet
						4	Bhumi	Ghondalia	Ark	Brent
						7	Annabelle	Kapff		Ealing
F2.b	JUNIOR U/15 BOYS POLE VAULT				13	Aya	Johannah Narkwa	STM	Haringey	
10.00am	NS 3.35 EQS 3.05 CS 2.55 CBP 3.60 T ANTISS (HOUNSLOW) 1980				14	Lily	Tadesse	APS	Haringey	
	No Competitors				15	Sarah	Aina	Fortismere	Haringey	
					16	Sabinae	Ciajddhwur	Whitmroe	Harrow	
					17	Zara	Said	Bentley	Harrow	
					19	Melia	Gaynor Palmer	Vyners	Hillingdon	
					20	Alveena	Dudhia	St Helen's	Hillingdon	
F2.c	INTER U/17 GIRLS POLE VAULT				21	Tiffany	Stringer	Bishop Ramsey	Hillingdon	
10.00am	NS 3.40 EQS 3.10 CS 2.80 CBP 3.20 J Spencer Smith (Harrow) 2015				22	Phebe	Fortunado	Gumley	Hounslow	
	10	Erin	Marshall		Enfield	F6	JUNIOR U/15 BOYS JAVELIN			
	11	Francesca	Bocchetti	Highlands	Enfield	11.15am	NS 47.00 EQS 44.00 CS 39.00 CBP 51.46 D MEESOM (BRENT) 1981			
	25	Mia	Divivent	St Augustines Priory	Richmond					
						1	Victor	Varbonov	QE Boys	Barnet
F2.d	INTER U/17 BOYS POLE VAULT				2	Aiden	Alves	Hendon	Barnet	
10.00am	NS 4.20 EQS 3.90 CS 3.10 CBP M DENISLEY (HILLINGDON) 1997				3	Kalel	Mountford	Ark	Barnet	
	No Competitors				13	Kwaku	Gyamfi	GCA	Haringey	
					14	Euyéal	Hagos	GCA	Haringey	
					15	Daniel	Dagba	STM	Haringey	
					16	Dylan	Gibbs	Harrow School	Harrow	
F3	JUNIOR U/15 GIRLS LONG JUMP				17	Aadam	Quadir	Nower Hill	Harrow	
10.30am	NS 5.20 EQS 5.10 CS 4.65 CBP 5.41 C NEAL (RICHMOND) 1977				22	Ranidy	Wijenanna	Heston	Hounslow	
	1				Barnet	F7	JUNIOR U/15 BOYS LONG JUMP			
	4	Heidi	Ventura	QPCS	Brent	12.00pm	NS 5.95 EQS 5.80 CS 5.45 CBP 6.36 D.DA COSTA (BRENT) 1980			
	5	Nevaeh	Jemmison	KHS	Brent					
	6	Ellie	Vaughan		Brent					
	13	Emma	Noffke	Highgate	Haringey	1				Barnet
	14	Isabella	Hawaj	Gladesmore	Haringey	4	Vaughan	Spencer	CCA	Brent
	15	Keyanna	Innis	Dukes	Haringey	5	Daniel	Ben-Yair	JFS	Brent
	13A	Olivia	Tufnell	Highgate	Haringey	6	Noah	Bull	Jfs	Brent
	16	Jada	Gravesande	NLCS	Harrow	7	Shenel	Kuranage	Cardinal W	Ealing
	17	Erin	Fern	Nower Hill	Harrow	13	Darnell	Bowens	GCA	Haringey
	18	Nia	Anthony-Dunn	Bentley Wood	Harrow	14	Adam	Okorodudu	APS	Haringey
	19	Connie	Wilkins	Vyners	Hillingdon	13A	Obinna	Ekufa	GCA	Haringey
	25	Willow	McGuinness	Waldergrave	Richmond	19	Kenny	Hattoh	Uxbridge High	Hillingdon
						22	Rooky	Lee	Gunnernsbury	Hounslow
						23	Daniel	Oybo	Green School	Hounslow
						25	Sam	Kerr Elliot	Teddington	Richmond

MORNING FIELD EVENTS										
F8	JUNIOR U/15 BOYS HIGH JUMP				F10	JUNIOR U/15 BOYS SHOT				
12.00pm	N.S 1.78 EQS 1.72 CS 1.60				12.00pm	NS 13.30 EQS 12.30 CS 11.20				
	CBP 1.82 D BAKER (ENFIELD) 1982					CBP 14.57 B STRANGE(BRENT) 1968				
	1			Barnet		1	Sam	Okolie	Wren Academy	Barnet
	2	Seth	Rennie Roddy	Compton	Barnet	2	Sam	Louca	Ashmole	Barnet
	3	Leon	Biss	Hendon	Barnet	4	Savano		Ark Elvin	Brent
	4	Joene	Kkiakoa Ka Man	Newman	Brent	5	Yoni	Kienwold	JFS	Brent
	5	Deshane	Lambert	Alpertown	Brent	6	Shane	St Croix	Newman	Brent
	6	Zach	Bourke	QPCS	Brent	7	Felix	Shakespeare	St Benedict's	Ealing
	13	Clement	Chenerot	STM	Haringey	14	Williams	Adjei	STM	Haringey
	14	Otis	Bamber	Woodside	Haringey	15	Saverio	Fiore	STM	Haringey
	15	Ashley	Tshitenga	STM	Haringey	13A	Mariam	Ghertan		Haringey
	13A	Matthias	Raziani	Highgate	Haringey	16	Tom	Dargan	Harrow School	Harrow
	14A	Obinna	Ekufa	GCA	Haringey	17	Arya	Coelho	Avanti	Harrow
	16	Ayobami	Akindele	Harrow School	Harrow	19	Aidan	Tarrant	Bishop Ramsey	Hillingdon
	17	Rarez	Illiescu	Whitmore	Harrow	20	Kena	Domike	Vyners	Hillingdon
	18	Chris	Burton	Whitmore	Harrow	22	Rajveer	Singh	Nishkam	Hounslow
	22	Millenium	Gurung	Springwest	Hounslow	23	Jay	Lad	Heathland	Hounslow
	25	Eddie	Keightly	Teddington	Richmond	25	Shaifulah	Kyerngo	Orleans Park	Richmond
F9	JUNIOR U/15 BOYS TRIPLE JUMP				F11	INTER U/17 BOYS JAVELIN				
12.00pm	NS 12.40 EQS 12.00 CS 11.45				12.15am	NS 54.00 EQS 52.00 CS 45.00				
	CBP 13.12 S FOLKARD (HOUNSLOW) 1980					CBP 66.08 DAVID MEESSOM (BRENT) 1981				
	1	Jack	Murphy Lomasney	Finchley CH	Barnet	1	j	Ndi	Finchley CH	Barnet
	2	Ahmed	Oladunjoye	Saracens	Barnet	2	Marcel	Baczek	Compton	Barnet
	3	Josiah	Gachere	Bishop Douglass	Barnet	3	Oscar	Roncarati	Wren	Barnet
	4	Kimi	Scholz	QPCS	Brent	1A	Rocco	Giustiniani	QE Boys	Barnet
	5	Francis	Bacnis	CCA	Brent	14	Tom	Fernand	Fortismere	Haringey
	6	Ankul	Silon(Jilon)	ALPERTON	Brent	16	Henry	Dargan	Harrow School	Harrow
	7	Sobha	Sandu	Twyford	Ealing	17	Mackenzie	Morgan	Harrow School	Harrow
	13	Tobias	Hughes	APS	Haringey	18	Kamran	Mobin	Nower Hill	Harrow
	13A	Aki	Blendis	Highgate	Haringey	19	Evan	Miller	Bishop Ramsey	Hillingdon
	16	Jesse	Eledan	Harrow School	Harrow	20	Craig	Sewell	Vyners	Hillingdon
	17	Lewis	Sorhaindo		Harrow	23	Danish		Springwest	Hounslow
	19	Jeremiah	Martineau	Ruislip High	Hillingdon	25	Kaiden	Greening	Turing House	Richmond
	20	Luca	Parascandalon	Vyners	Hillingdon					
	23	Abdurahman	Vohra	Heston	Hounslow					
	25	Quinn	Schutter	Hampton	Richmond					

AFTERNOON FIELD EVENTS										
F12	INTER U/17 GIRLS JAVELIN				F17	INTER U/17 GIRLS SHOT				
2.30pm	NS 41.00 EQS 38.00 CS 33.00				2.30pm	NS 12.80 EQS 11.40 CS 10.00				
	CBP 42.02 M WORSFOLD (ENFIELD) 1981					CBP 11.57 Y FERGUSON (HILLINGDON) 2014				
	2	Eleanore	Panwar	Wren Academy	Barnet	1	Maya	Bruck	JCOSS	Barnet
	14	Hannah	Burridge	APS	Haringey	13	Tayla	Dennis	Fortismere	Haringey
	19	Aliyah	Hamaida	Vyners	Hillingdon	15	Sahara	Simms	APS	Haringey
	22	Kirsten	Woodward	Cranford	Hounslow	13A	Sophia	Georgiades	Fortismere	Haringey
						16	Naomi	Ogunniyy	Bentley Wood	Harrow
						19	Lola	Lambie-Bowden	Northwood School	Hillingdon
F13	INTER U/17 GIRLS TRIPLE JUMP					20	Olivia	Watson	St Helen's	Hillingdon
2.30pm	NS 11.20 EQS 10.90 CS 10.00					21	Jessica	Scholl	St Helen's	Hillingdon
	CBP 11.36 M Mazza (Enfield) 2015					19A	Amy	Scott	Swakeleys	Hillingdon
						23	Isobel	Grimes	Kew House	Hounslow
	2	Izzy	Byrd	Wren Academy	Barnet					
	3	Aaliyah	Bynoe	Cophall	Barnet					
	7	Iris	Cumming	NHEHS	Ealing	F18	INTER U/17 BOYS TRIPLE JUMP			
	13	isis	Gowan Dakwah	APS	Haringey	3.30pm	NS 13.70 EQS 13.20 CS 12.50			
	13A	Sienna	Clarke	HHS	Haringey		CBP 14.74 N FOX (BARNET) 2006			
	19	Teya	Cummings	Swakeley's	Hillingdon					
	22	Romelle	Sanoe	Gumley	Hounslow	1	Alan	Liu	SMSJ	Barnet
						2	Abubakr	Shofolahan	QE Boys	Barnet
						3	Edward	Leech	Ashmole	Barnet
F14	INTER U/17 GIRLS LONG JUMP					1A	Nimrod	Vishain	Archer	Barnet
2.30pm	NS 5.50 EQS 5.35 CS 4.80					13	Delfin	Castellino Dominguez	APS	Haringey
	CBP 5.93 J DEAR (HILLINGDON) 1991					14	Jake	Harris	APS	Haringey
						16	Aanu	Ajibade	Harrow School	Harrow
	1					17	Tobi	Olorode	Harrow School	Harrow
	4	Lily	Howson	QPCS	Brent	18	Naylen	Hassan	Whitmore	Harrow
	5	Estelle	Norton	QPCS	Brent	19	Owen	Sanders	Haydon	Harrow
	13	Aknalia	Collins	Highgate	Haringey	24	Ben	Ingram		Hounslow
	14	Larissa	Wilson	Fortismere	Haringey	25	Jacob	Austin	Hampton	Richmond
	16	Tomike	Animashaun	NLCS	Harrow					
	17	Natalia	Krauz	Sacred Heart	Harrow					
	18	Jada	Olobo	Whimore	Harrow	F19	INTER U/17 BOYS LONG JUMP			
	19	Christina	Fshade	St Helen's	Hillingdon	3.30pm	NS 6.60 EQS 6.40 CS 6.00			
	22	Suraiya	Charles	Brentford	Hounslow		CBP 6.87 N OKOLO (BARNET) 2006			
						2	Reuben	Cardoso	Finchley CH	Barnet
F15	JUNIOR U/15 BOYS DISCUS					3	Ege	Sancar	Saracens	Barnet
2.15am	NS 38.00 EQS 35.00 CS 30.50					1A	Josh	Church	Wren Academy	Barnet
	CBP 41.10 J STONE (HOUNSLOW) 1994					13	Logan	Loga Diaz	Heartlands	Haringey
						14	Josiah	Thompson-Turner	Highgate Wood	Haringey
	1	Timi	Banjo	QE Boys	Barnet	15	Lincon	Machon	Heartlands	Haringey
	2	Luca	Quiddington	Wren Academy	Barnet	16	Cameron	Knight	Harrow School	Harrow
	3	Christian	Humi	Ark	Barnet	17	Edwin	Bai	Harrow School	Harrow
	4	Jonah	McBane	Claremont	Brent	18	Karvin	Kulasingam	Nower	Harrow
	5	Juan Jose	Bedoya Leon	QPCS	Brent	19	Dre	May	Haydon	Hillingdon
	6	Matthew	Dalpozzo	Preston Manor	Brent	22	Orion	Timperley	Isleworth & Syon	Hounslow
	14	Obinna	Ekufa	GCA	Haringey	23	Yousif	Al-Haboobi	Green School	Hounslow
	15	Ioan	Mackay-Thomas	Highgate	Haringey	25	Charlie	Bretherton	Grey Court	Richmond
	13A	Max	Fink	Highgate	Haringey	26	James	Queen	Hampton	Richmond
	16	Mateo	Benham	Pinner	Harrow					
	17	Alex	Shotton	John Lyon	Harrow					
	18	Gus	Chukwemeka	Harrow School	Harrow	F20	INTER U/17 BOYS HIGH JUMP			
	19	Sam	Wood	Ruislip High	Hillingdon	3.30pm	NS 1.98 EQS 1.92 CS 1.75			
							CBP 2.00M D BAKER (ENFIELD) 1983			
							O SWEENEY (HARROW) 2002			
F16	INTER U/17 GIRLS HIGH JUMP					1	Joshua	Effiong	Hendon	Barnet
2.30pm	NS 1.69 EQS 1.63 CS 1.52					2	Dylan	McDowall	SMSJ	Barnet
	CBP 1.75 D WILKINSON (ENFIELD) 1980					13	Joseph	Urmaza	HHS	Haringey
	1	Stella	Welton	Wren A	Barnet	14		Ewens-Findlay	Woodside	Haringey
	7	Katherine	Boissiere	Drayton Manor	Ealing	15	Thomas	Wasserman	APS	Haringey
	8	Ella	Milner	NHEHS	Ealing	13A	Hani	Hechachena	HHS	Haringey
	23	Nicole	Edetanier	Kew House	Hounslow	16	Tochi	Orji	Harrow School	Harrow
	25	Nina	Blazevic	Grey Court	Richmond	17	Tobi	Amusan	Harrow School	Harrow
						18	Rafferty	McGougan	Harrow School	Harrow
						25	Michael	Ronga	Hampton	Richmond

AFTERNOON FIELD EVENTS										
F21	INTER U/17 BOYS SHOT				F23a	INTER U/17 BOYS DISCUS				
3.30pm	NS 14.20 EQS 13.20 CS 11.90				4.15pm	NS 44.00 EQS 41.00 CS 34.00				
	CBP 17.28 A ZAIDMAN (ENFIELD) 1978					CBP 49.02 S SZABLEWSKI (HILLINGDON)				
	1	Charlie	Brooks	Archer	Barnet	2	David	Nistopanu	QE Boys	Barnet
	2	Mike	Da Silva	Finchley CH	Barnet	3				Barnet
	3	Ra'Shaun	Lyons	Saracens	Barnet	1A	Peter	Van Rensberg	Mill Hill County	Barnet
	1A	Karim	Obi	Mill hill County	Barnet	4	Eduardo	Ferreira	Newman	Brent
	4	Gabriel	Miron		Brent	5	Kymani		Alperton	Brent
	13	Krisjian	Shahanski	HHS	Haringey	16	Tommy	Mackay	Harrow School	Harrow
	14	Oleksarida	Shevtsole	Fortismere	Haringey	17	Leonardo	Lord	Harrow School	Harrow
	13A	Theo	Oshile	Heartlands	Haringey	19	Davey	Sanders	Ruislip High	Hillingdon
	16	Oliver	Campbell	Harrow School	Harrow	25	Frankie	Anderson	Grey Court	Richmond
	17	Doneil	White	John Lyon	Harrow	26	Kieran	BouwmeesterReid	Hampton	Richmond
	18	Carlow	Day-Lewis	Pinner	Harrow					
	19	Chris	Bellis	Bishop Ramsey	Hillingdon					
	22	Abinson	Dixon	Isleworth & S	Hounslow	F23b	INTER U/17 GIRLS DISCUS			
	23	Jerold	Gorleku	St Marks	Hounslow	4.15pm	NS 37.00 EQS 33.00 CS 27.00			
							CBP 37.06 D CRAWLEY (HILLINGDON) 1981			
F22	JUNIOR U/15 GIRLS DISCUS					1	Hannah	Parsons	East Barnet	Barnet
3.30pm	NS 30.00 EQS 27.00 CS 23.00					13	Leah	Boye	Gladesmore	Haringey
	CBP 31.10 J KEBLE (RICHMOND) 1968					16	Maia	Daniel	Pinner High	Harrow
						17	Makeda	Abbey	Sacred Heart	Harrow
	13	Anais	Pretorious	Highgate	Haringey					
	14	Elkie	Baker		Haringey					
	16	Alana	Thomas	Pinner	Harrow					
	17	Katie	Rawlings	NLCS	Harrow					
	18	Ayati	Shah	Avanti	Harrow					
	19	Bella	Neagle	Bishop Ramsey	Hillingdon					
	20	Honour	Kalombo	Swakeley's	Hillingdon					
	25	Kierpa	Padda	Waldergrave	Richmond					

ESAA – MIDDLESEX ROLL OF HONOUR

The *Middlesex Elementary Schools Athletic Association* was formed in 1922 and they held their first County Championship in July 1922 at the Hampstead Town Football Ground. Middlesex were one of only 2 counties holding County Championships before the ESAA was formed.

It was therefore a relatively easy task to choose a team to compete in the inaugural ESAA Championship in 1925 at Crystal Palace. Middlesex were 1 of the 13 counties who took part in the championship.

Dorothy Moseley of the Garden Suburb Council School, Hampstead was the only Middlesex champion at the event, winning the Girls long jump. She retained the title the following year.

The ESAA Championship was held in Middlesex for the first time in 1953 at the RAF Stadium in Uxbridge.

OLYMPIC GAMES MEDALLISTS

Lilian Board	1968 400m Silver 1963 J LJ-1, 1965 I 150y-2
Heather Hunte	1980 and 1984 4 x 100m Bronze 1975 I 100m-1, 1976 S 100m-1
Desiree Henry	2016 4 x 100m Bronze 2008 J 200m-3, 2009 J 200m-1, 2010 I 200m-1
David Segal	1960 4 x 100m Bronze 1953 I 220y-1
Martin Reynolds	1972 4 x 400m Silver 1966 S 220y-5
Mo Farah	2012 and 2016 5000m and 10000m Gold 1997 J 1500m-1, 1997 J CC-1, 1998 I 3000m-1, 1998 I CC-2, 1999 I 1500m-1, 1999 S CC-1, 2001 S 1500m-2

WORLD CHAMPIONSHIP MEDALLISTS

Margaret Adeoye	2013 4 x 400m Bronze 2000 I 200m-h-3
Desiree Henry	2017 4 x 100m Silver 2008 J 200m-3, 2009 J 200m-1, 2010 I 200m-1
Tony Jarrett	1991 110m Hurdles Bronze and 4 x 100m Bronze, 1993 110m Hurdles Silver and 4 x 100m Silver, 1995 110m Hurdles Silver 1986 S 110mH-1

Dwain Chambers	1999 100m Bronze and 4 x 100m Silver 1994 I 100m-1
Simeon Williamson	2009 4 x 100m Bronze 2004 S 100m-2
Mo Farah	2011 5000m Gold and 10000m Silver, 2013, 2015 and 2017 5000m and 10000m Gold 1997 J 1500m-1, 1997 J CC-1, 1998 I 3000m-1, 1998 I CC-2, 1999 I 1500m-1, 1999 S CC-1, 2001 S 1500m-2
Chijindu Ujah	2017 4 x 100m Gold 2010 I 100m-8

Ade Mafe (1991 4 x 400m-1) and Dwain Chambers (1997 4 x 100m-3) ran in relay heats but not in the relay final.

EUROPEAN CHAMPIONSHIP MEDALLISTS

Lilian Board	1969 800m Gold and 4 x 400m Gold 1963 J LJ-1, 1965 I 150y-2
Emma Ania	2006 4 x 100m Silver 1992 J 200m-1, 1995 I 200m-1
Desiree Henry	2014 4 x 100m Gold 2008 J 200m-3, 2009 J 200m-1, 2010 I 200m-1
Margaret Adeoye	2014 4 x 400m Bronze 2000 I 200m-h-3
Bianca Williams	2016 4 x 100m Silver, 2018 4 x 100m Gold 2009 and 2010 I 100m-2
David Segal	1958 200m Silver and 4 x 100m Silver 1953 I 220y-1
Tony Jarrett	1990 110m Hurdles Silver, 1994 110m Hurdles Bronze 1986 S 110mH-1
Dwain Chambers	1998 100m Silver, 2006 4 x 100m Gold 1994 I 100m-1
Mo Farah	2006 5000m Silver, 2010, 2012 and 2014 5000m Gold, 2010 and 2014 10000m Gold 1997 J 1500m-1, 1997 J CC-1, 1998 I 3000m-1, 1998 I CC-2, 1999 I 1500m-1, 1999 S CC-1, 2001 S 1500m-2
Chijindu Ujah	2016 and 2018 4 x 100m Gold 2010 I 100m-8

Dwain Chambers (1998 4 x 100m-1), Solomon Wariso (1998 4 x 400m-1), Laura Turner (2006 4 x 100m-2) and Margaret Adeoye (2016 4 x 400m-1) ran in relay heats but not in the relay final.

COMMONWEALTH GAMES MEDALLISTS

Sue Platt	1962 Javelin Throw Gold 1956 I JT-2, 1957 I JT-1
Ann Ford (née Yeoman)	3000m Bronze 1968 I 880y-1
Paula Fudge (née Yeoman)	3000m Gold 1968 I CC
Heather Oakes (née Hunte)	100m and 4 x 100m Gold 1975 I 100m-1, 1976 S 100m-1
Andrea Whitcombe	1998 5000m Silver 1988 S 3000m-1
Connie Henry	1998 Triple Jump Bronze 1988 I LJ q-10
Emma Ania	2006 4 x 100m Silver 1992 J 200m-1, 1995 I 200m-1
Abe Oyepitan	2002 4 x 100m Bronze, 2010 200m Silver and 4 x 100m Gold 1996 I 100m-3, 1998 S 100m-1
Laura Turner	2006 4x 100m Silver, 2010 4 x 100m Gold 1999 S 100mH-7
Nadia Williams	2006 Triple Jump Bronze 2000 S LJ-3
Bianca Williams	2014 200m Bronze and 4 x 100m Bronze, 2018 4 x 100m Gold 2009 and 2010 I 100m-2
Colin Smith	1958 Javelin Throw Gold, 1962 Javelin Throw Silver 1952 I JT-2
David Segal	1958 4 x 110y Gold 1953 I 220y-1
Len Carter	1962 4 x 110y Gold 1958 I 220y-1, 1960 S 100y-1
Barry King	1970 Decathlon Bronze, 1974 Decathlon Silver 1960 J DT-2, 1961 I DT-3, 1962 I SP-1, 1963 S SP-1
Dave Travis	1970 Javelin Throw Gold, 1974 Javelin Throw Silver 1962 I JT-2, 1963 I JT-1, 1964 S JT-1

John McSorley	1970 Javelin Throw Silver 1959 S JT-2
Martin Reynolds	1970 4 x 100m Bronze 1966 S 220y-5
Mike Hauck	1970 4 x 400m Bronze 1962 and 1963 S 400m-1
Henderson Pierre	1986 High Jump Bronze 1980 I HJ-3
Ade Mafe	1990 200m Bronze 1981 J 200m-2, 1983 I 200m-1
Simon Williams	1990 Shot Put Gold 1982 J SP-2, 1984 I SP-1, 1985 S SP-1, 1986 S SP-1
Tony Jarrett	1990 and 1994 110m Hurdles Silver, 1998 110m Hurdles Gold 1986 S 110mH-1
Julian Golley	1994 Triple Jump Gold 1988 I TJ-3, 1989 S TJ-1, 1990 S TJ-1, 1991 S TJ-1
Peter Vivian	1994 Hammer Throw Bronze 1984 and 1985 J HT-1, 1986 I HT-1, 1987 I HT-2, 1988 and 1989 S HT-1
Dwain Chambers	1998 4 x 100m Gold 1994 I 100m-1
Solomon Wariso	1998 4 x 400m Silver 1986 S 200m-2
Leon Baptiste	2010 200m Gold 2002 S 200m-1
Reuben Arthur	2018 4 x 100m Gold 2011 J 100m-1

Tony Jarrett (1990 4 x 100m-1) and Margaret Adeoye (2014 4 x 400m-3) ran in relay heats but not in the relay final.

BRITISH CHAMPIONS

Sue Platt	1959-62 and 1966-69 Javelin Throw 1957 I JT-1
Pat Nutting	1961-63 200m Hurdles, 1963-64 80m and 100m Hurdles, 1968 80m Hurdles 1956 70yH-dnf

Frances Slaap	1964 and 1965 High Jump 1959 S HJ-3, 1960 S HJ-1
Lilian Board	1967 440y 1963 J LJ-1, 1965 I 150y-2
Heather Hunte (later Oakes)	1975 and 1979 100m 1975 I 100m-1, 1976 S 100m-1
Carol Mathers	1978 High Jump 1973 I HJ-1, 1974 S HJ-2, 1975 S HJ-1
Julia Avis	1985 Discus Throw 1981 S DT-3, 1982 S DT-1
Michelle Griffith	1994-95, 1999-2000 and 2004 Triple Jump 1987 I LJ-9
Lyn Sprules	1996, 1997 and 1999 Hammer Throw 1992 I DT-3, 1993 S DT-2
Andrea Whitcombe	1997 and 1998 5000m 1988 S 3000m-1
Connie Henry	1998 Triple Jump 1988 I LJ q-10
Abe Oyepitan	2003 200m, 2004 100m 1996 I 100m-3, 1998 S 100m-1
Laura Turner	2005 100m, 2010 100m and 200m 1999 S 100mH-7
Nadia Williams	2007-09 Triple Jump 2000 S LJ-3
Julia Bleasdale	2011 5000m 1996 J 800m-h-5
Margaret Adeoye	2012 and 2015 200m 2000 I 200m-h-3
David Segal	1957 and 1958 220y 1953 I 220y-1
Colin Smith	1958, 1959 and 1963 Javelin Throw 1952 I JT-2
John McSorley	1962 Javelin Throw 1959 S JT-2

Dave Travis	1965, 1968 and 1970-74 Javelin Throw 1962 I JT-2, 1963 I JT-1, 1964 S JT-1
David Bedford	1970-74 10000m, 1975 5000m Bronze 1967 S CC-2
Martin Reynolds	1970 200m 1966 S 220y-5
Dave Kidner	1971 and 1973 Decathlon 1968 S LJ-2
Barry King	1972 Decathlon 1960 J DT-2, 1961 I DT-3, 1962 I SP-1, 1963 S SP-1
John Davies	1974 3000m Steeplechase 1969 I 1500mST-2, 1971 S 5000m-1
Ade Mafe	1985 200m 1981 J 200m-2, 1983 I 200m-1
Steve Crabb	1987 1500m 1980 I 800m-4
Simon Williams	1988 and 1989 Shot Put 1982 J SP-2, 1984 I SP-1, 1985 S SP-1, 1986 S SP-1
Brian Taylor	1990 Decathlon 1989 S 110mH-1
Julian Golley	1992 Triple Jump 1988 I TJ-3, 1989 S TJ-1, 1990 S TJ-1, 1991 S TJ-1
Gary Cadogan	1993 400m Hurdles 1983 I 400m-1, 1984 S 400m-3
Peter Vivian	1994 Hammer Throw 1984 and 1985 J HT-1, 1986 I HT-1, 1987 I HT-2, 1988 and 1989 S HT-1
Solomon Wariso	1994 200m 1986 S 200m-2
Richard Ashe	1997 1500m 1992 S 3000m-7
Dwain Chambers	2001, 2002, 2008, 2010-14 100m 1994 I 100m-1
Tony Jarrett	2001 110m Hurdles 1986 S 110mH-1
Ben Whitby	2001 and 2002 3000m Steeplechase 1994 S 2000mST-6

Mo Farah	2007 and 2011 5000m 1997 J 1500m-1, 1997 J CC-1, 1998 I 3000m-1, 1998 I CC-2, 1999 I 1500m-1, 1999 S CC-1, 2001 S 1500m-2
Scott Overall	2009 5000m 1999 I 1500m-8
Simeon Williamson	2009 100m 2004 S 100m-2
Chijindu Ujah	2015 and 2021 100m 2010 I 100m-8
Daniel Bramble	2017 Long Jump 2009 S LJ-2
Ojie Odoburun	2019 100m 2012 I 100m-h-7
Taylor Campbell	2021 Hammer Throw 2010 J HT-2, 2011 I HT-3, 2012 I HT-1, 2014 S HT-1

Notes regarding the athlete details shown above :

An entry for each athlete consists of the first line detailing their Major Championship medal winning performances or their British Championship title win(s). Second (and subsequent) lines show their ESAA Championship performances in the abbreviated format - *yyyy a eeee p* where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior, pre-1948 the age groups were Under-16 (U16) and Under- 14 (U14))

eeee Event

p Place achieved (note an ‘h-’ indicates the performance was in a heat; ‘r-’ indicates it was in a preliminary round and ‘q-’ indicates it was in a qualifying pool for a field event final)

ESAA GIRLS CHAMPIONS

1925	U14	LJ	Dorothy Moseley	1965	I	DT	Susan Butler
1926	U14	LJ	Dorothy Moseley	1965	S	LJ	Patricia Wilson
1928	U14	LJ	Hilda Wiggins	1966	S	DT	Susan Butler
1929	U14	LJ	E. Wakefield	1968	I	80yH	Susan Turpin
1932	U14	75yH	Pearl Lane	1968	I	880y	Ann Yeoman
1935	U14	150y	M. Tucknott	1969	I	DT	Lynne Irish
1935	U16	HJ	B. Fieldwick	1969	I	HJ	Sylvia Rampton
1936	U16	HJ	Margaret J. Godley	1970	S	HJ	Sylvia Rampton
1937	U14	75yH	J. Patmore	1971	S	HJ	Sylvia Rampton
1937	U16	150y	Joyce Ashford	1973	I	HJ	Carol Mathers
1937	U16	HJ	Margaret J. Godley	1973	I	SP	Ereka Service
1939	U16	100y	Margaret Walker	1974	J	75mH	Jill Duffield
1947	U16	150y	V. Robins	1975	I	100m	Heather Hunte
1949	J	LJ	Jean Docker	1975	S	HJ	Carol Mathers
1950	I	HJ	Sheila King	1976	S	100m	Heather Hunte
1950	S	DT	June Prodger	1977	J	100m	Joanne Gardner
1951	S	DT	D. Juniper	1978	J	100m	Claire Haslam
1952	S	80mH	Jean M. Wood	1978	S	JT	Maxine Jervis
1953	I	JT	Yvonne Kaye	1978	S	SP	Susan Tudor
1955	I	JT	Ann Roberts	1979	J	75mH	Diana Warnett
1956	J	HJ	Diane Cooper	1979	S	JT	Maxine Jervis
1956	S	220y	Jill Dudderidge	1980	J	JT	Maxine Worsfold
1957	J	100y	Ann Roberts	1982	S	DT	Julia Avis
1957	J	HJ	Patricia Ford	1983	J	SP	Michele Morgan
1957	I	JT	Susan Platt	1983	I	80mH	Sonia Maynard
1957	I	LJ	Marian Needham	1984	J	DT	Michele Morgan
1958	J	HJ	Gwenda Matthews	1985	S	400m	Georgina Honley
1958	I	HJ	Diane Cooper	1986	S	SP	Sharon Andrews
1959	J	HJ	Gwenda Matthews	1988	J	200m	Diane Smith
1960	J	70yH	Susan Beldham	1988	S	200m	Marcia Walker
1960	I	150y	Suzanne Webb	1988	S	3000m	Andrea Whitcombe
1960	I	HJ	Gwenda Matthews	1988	S	400mH	Tracy Allen
1960	S	HJ	Frances Slaap	1988	S	CC	Andrea Whitcombe
1961	S	100y	Suzanne Webb	1989	J	200m	Diane Smith
1961	S	LJ	Margaret Gouldsmith	1989	I	HJ	Eleanor Cave
1962	J	100y	Christine Moore	1990	J	PEN	Katie Budd
1962	J	LJ	Patricia Wilson	1990	I	200m	Diane Smith
1962	S	LJ	Margaret Gouldsmith	1991	J	LJ	Tammy McCammon
1963	J	100y	Christine Moore	1992	J	200m	Emma Ania
1963	J	LJ	Lillian Board	1992	I	1500m	Sharon Murphy
1964	I	100y	Christine Moore	1992	I	CC	Sharon Murphy
1964	I	LJ	Susan Bevan	1994	S	100m	Evadne McKenzie
1964	S	80mH	Susan Beldham	1994	S	DT	Tasha Saint-Smith

ESAA GIRLS CHAMPIONS (cont'd)

1995	I	200m	Emma Ania	2008	S	400mH	Hayley Comer
1996	S	400mH	Tracey Duncan	2009	J	200m	Desiree Henry
1998	S	100m	Abi Oyepitan	2009	I	100m	Makeda Lewis
1998	S	CC	Caroline Walsh	2010	I	200m	Desiree Henry
1999	J	100m	Kara Dunn	2010	S	100m	Marilyn Nwawulor
1999	I	100m	Cherie Pierre	2012	S	TJ	Mary Fasipe
2000	I	DT	Ellisha Dee	2013	I	3000m	Sophia Parvizi-Wayne
2001	I	DT	Ellisha Dee	2015	J	PV	Jade Spencer-Smith
2002	S	DT	Ellisha Dee	2015	S	3000m	Sophia Parvizi-Wayne
2003	J	100m	Torema Dorsett	2017	J	200m	Precious Adu
2003	I	TJ	Yasmine Regis-Moses	2017	J	HT	Francesca Williams
2003	S	400mH	Melanie Canning	2018	J	800m	Zakia Mossi
2003	S	DT	Ellisha Dee	2018	I	PV	Jade Spencer-Smith
2003	S	HT	Samantha Hynes	2019	J	100m	Nia Wedderburn-Goodison
2004	S	TJ	Yasmine Regis-Moses	2019	S	PV	Jade Spencer-Smith
2005	J	PEN	Chanel Taite	2021	J	200m	Ann Oerlemans
2005	I	200m	Ruth-Ann Watson	2021	I	100m	Emmanuella Quaye
2006	J	PEN	Chanel Taite	2021	I	200m	Nia Wedderburn-Goodison
2008	I	TJ	Jade Attoh				

ESAA BOYS CHAMPIONS

1926	U14	100y	Leonard Rumble	1959	J	LJ	James Clarke
1926	U14	75yH	H. Chambers	1959	I	220y	Len Carter
1928	U14	100y	J. Ambler	1959	I	DT	Peter Nimmo
1928	U14	HJ	G. Woolaway	1959	I	HJ	Keith Scrutton
1928	U14	HJ	L. Hinzman	1960	I	440y	Anthony McCaffrey
1928	U14	LJ	E. Shepherd	1960	I	DT	Peter Nimmo
1929	U14	100y	J. Honeybun	1960	I	PV	Martin Higdon
1929	U14	75yH	R. Hill	1960	S	100y	Len Carter
1929	U14	HJ	P. Hall	1960	S	HJ	Robert Russell
1929	U14	LJ	J. Tompkins	1960	S	HT	Peter Gibbs
1930	U14	880y	Gordon Rutter	1961	I	880y	Michael Bundy
1932	U14	220y	J. Dorrell	1961	S	HT	Peter Gibbs
1932	U14	440y	E. Goodwin	1961	S	PV	Martin Higdon
1932	U14	HJ	K. Mulcaster	1962	I	SP	Barry King
1935	U14	75yH	S. Huntley	1962	S	100y	Bob Frith
1937	U14	75yH	Norman Howard	1962	S	220y	Andy Ronay
1937	U14	LJ	L. Cave	1962	S	440y	Mike Hauck
1937	U16	75yH	J. Purrett	1962	S	PV	Martin Higdon
1938	U14	220y	R. Stroud	1963	J	100y	Tony Hinton
1939	U14	LJ	E. Spackman	1963	I	JT	Dave Travis
1947	U16	LJ	G. Bambrough	1963	S	100y	Bob Frith
1949	J	LJ	M. Spector	1963	S	220y	Andy Ronay
1950	J	220y	R. Muspratt	1963	S	440y	Mike Hauck
1950	S	120yH	Geoffrey Parr	1963	S	SP	Barry King
1950	S	1M	G. Mitchell	1964	J	1M	Philip Tucker
1950	S	440y	M. Balls	1964	S	JT	Dave Travis
1951	S	120yH	Joseph Duffy	1965	J	80yH	David James
1951	S	DT	P. Frazer	1966	J	80yH	Paul Young
1952	J	80yH	W. Clarke	1966	J	DT	John Follett
1952	I	880y	D. Fear	1968	J	1M	David Miller
1953	I	220y	David Segal	1968	J	LJ	J. Cox
1953	I	SP	D. C. Hackman	1968	J	SP	Brian Strange
1953	S	JT	Michael Lanning	1968	J	TJ	Richard Philips
1954	J	440y	P. Lee	1969	J	200m	A. Davis
1954	S	SP	Frank Crozier	1969	J	SP	C. Waller
1955	S	SP	D. C. Hackman	1970	J	80mH	J. Irving
1956	J	HJ	Alexander Davies	1970	I	SP	Brian Strange
1957	J	440y	A. Moss	1970	S	400mH	Paul Young
1957	S	120yH	Peter White	1971	J	80mH	Howard Squires
1958	J	DT	Peter Nimmo	1971	I	LJ	Tony Henry
1958	I	HJ	Alexander Davies	1971	I	TJ	Frank Attoh
1958	S	880y	David Huxley	1971	S	5000m	John Davies
1959	J	440y	Anthony McCaffrey	1972	J	DT	Owen Davis

ESAA BOYS CHAMPIONS (cont'd)

1972	I	TJ	Richard Maull	1982	S	JT	David Messom
1972	S	1500m	Graham Side	1983	I	200m	Ade Mafe
1973	I	HT	Matt Mileham	1983	I	400m	Gary Cadogan
1973	S	TJ	Richard Maull	1983	I	HJ	Leroy Lucas
1974	J	LJ	M. Igwe	1983	S	LJ	Paul Baker
1974	I	100m	David Hill	1984	I	SP	Simon Williams
1974	I	JT	Tony Smith	1985	J	PV	Pat Nicol
1975	J	CC	Clifford Barley	1985	I	200m	Lloyd Stapleton
1975	I	TJ	Megarry Effiong	1985	S	400mH	Bel Blik
1975	S	100m	John Jakenfelds	1985	S	SP	Simon Williams
1975	S	JT	Tony Smith	1986	I	400m	Wayne McDonald
1976	J	HT	Charles Varley	1986	S	110mH	Tony Jarrett
1976	J	PV	Tim Anstiss	1986	S	SP	Simon Williams
1976	J	SP	Antony Zaidman	1987	I	100m	Andrew Mensah
1976	I	100mH	Nathaniel Augustine	1987	S	DT	Simon Williams
1976	I	1500mST	James Mayhew	1987	S	LJ	Jason Canning
1976	I	TJ	Megarry Effiong	1988	J	100m	Khairul Hussain
1977	I	HT	Michael Mitchell	1988	S	HT	Peter Vivian
1977	I	SP	Antony Zaidman	1988	S	TJ	Patrick Teape
1977	S	JT	Matthew Bamford	1989	S	110mH	Brian Taylor
1978	I	100mH	Adrian Ash	1989	S	HT	Peter Vivian
1978	I	PV	Tim Anstiss	1989	S	TJ	Julian Golley
1978	I	SP	Antony Zaidman	1990	J	200m	Charles Gordon
1978	S	LJ	Augustine Udo	1990	J	TJ	Michael Duberry
1979	J	HT	Alan French	1990	S	TJ	Julian Golley
1979	J	JT	David Messom	1991	J	100m	Kevin Mark
1979	I	DT	John Szablewski	1991	J	80mH	Tony Lashley
1979	S	HJ	Rupert Charles	1991	J	LJ	Clinton Ellis
1979	S	SP	Antony Zaidman	1991	S	TJ	Julian Golley
1980	J	CC	Eric Kimani	1992	I	200m	Clayton Archer
1980	J	TJ	Steve Folkard	1993	J	TJ	Mike McKernan
1980	I	400m	John Weston	1993	I	100m	Trevor Cameron
1980	I	JT	David Messom	1993	I	1500mST	Jamie Kennedy
1980	S	800m	Gary Taylor	1993	I	DT	Hector Lawrence
1980	S	HJ	Elliott Moore	1994	I	100m	Dwain Chambers
1980	S	SP	Antony Zaidman	1994	S	400mH	Alex Hunte
1981	J	800m	Eric Kimani	1995	J	HT	Jason Stone
1981	J	CC	Eric Kimani	1995	J	JT	Philips Olweny
1981	I	JT	David Messom	1996	J	DT	Felice Miele
1981	S	1500m	Gary Taylor	1997	J	1500m	Mohamed Farah
1981	S	400m	John Weston	1997	J	CC	Mohamed Farah
1981	S	PV	Billy Davey	1997	S	3000m	Sam Haughian
1982	I	TJ	Steve Folkard	1998	J	200m	Laurence Oboh

ESAA BOYS CHAMPIONS (cont'd)

1998	J	JT	Kunal Kapadia	2008	I	200m	Rhion Samuel
1998	I	3000m	Mohamed Farah	2008	S	LJ	Paul Oluyemi
1998	I	DT	Felice Miele	2008	S	TJ	Daniel Lewis
1998	S	DT	Luke Rosenberg	2009	J	SP	Luke Roach-Christie
1999	J	400m	Fola Onibije	2009	I	200m	Jordan Arthur
1999	J	DT	Steven Marlow	2009	I	CC	Richard Goodman
1999	J	HT	Richard Greene	2010	J	HT	Rafal Morawski
1999	I	1500m	Mohamed Farah	2010	I	SP	Luke Roach-Christie
1999	I	CC	Mohamed Farah	2010	S	100m	Jordan Arthur
2000	J	CC	Michael Smart	2010	S	3000m	Richard Goodman
2000	J	HJ	Ricardo Prevost	2011	J	100m	Reuben Arthur
2000	J	HT	Jason Joseph	2011	J	800m	Jivendra Singh
2000	J	JT	Farron Paul	2011	J	SP	Kai Jones
2000	I	1500mST	Daniel Lewis	2011	I	SP	Luke Roach-Christie
2000	S	CC	Richard Williams	2011	S	TJ	James Okeyemi
2000	S	DT	Felice Miele	2012	I	SP	Kai Jones
2002	I	400mH	Ben Carne	2012	S	DT	Gregory Thompson
2002	I	CC	Michael Smart	2013	J	TJ	Reon Joseph
2002	I	HT	Jason Joseph	2013	I	100mH	Peter Kirby
2002	S	200m	Leon Baptiste	2013	S	3000m	Michael Callegari
2003	J	LJ	Luke Thomas	2013	S	SP	Luke Roach-Christie
2003	J	TJ	Sean Wynter	2014	S	HT	Taylor Campbell
2003	I	1500mST	Daniel Russell	2015	I	TJ	Jude Bright-Davies
2004	S	2000mST	Daniel Russell	2015	S	110mH	George Vaughan
2005	J	TJ	Nathan Fox	2015	S	HJ	William Grimsey
2005	I	LJ	Nonso Okolo	2015	S	SP	Kai Jones
2005	I	TJ	Sean Wynter	2017	J	TJ	Josiah Wilson- Kepple
2006	J	400m	Matthew Webster	2017	S	1500m	Hamza Kadir
2006	I	LJ	Nonso Okolo	2018	J	200m	Remi Jokosenumi
2006	S	200m	David Telfer	2019	J	100m	Reece Earle
2006	S	400mH	Andrew Howell	2021	J	100m	Teddy Wilson
2007	J	SP	Tom Peacock	2021	J	300m	Zico Jones
2007	I	TJ	Nathan Fox	2021	S	800m	Jack Dickson
2007	S	TJ	Daniel Lewis				

SCHOOLS INTERNATIONAL ATHLETICS BOARD (SIAB)

The SIAB hold 3 annual international meetings for school athletes from England, Ireland, Scotland and Wales. These are *Cross Country*, *Track and Field* and *Indoor Pentathlon Internationals*. A fourth event, an *Indoor Track and Field International* meeting, was also held from 1990 to 2000.

SIAB GIRLS WINNERS

1965	S	LJ	Patricia Wilson	1993	I	LJ	Tammy McCammon
1966	S	DT	Susan Butler	1995	I	200m	Emma Ania
1970	S	HJ	Sylvia Rampton	1999	I	100m	Cherie Pierre
1971	S	HJ	Sylvia Rampton	2000	I	DT	Elisha Dee
1975	I	100m	Heather Hunte	2001	I	DT	Elisha Dee
1981	I	JT	Maxine Worsfold	2010	I	100m	Bianca Williams
1987	I	3000m	Nicola Ashe	2010	I	200m	Desiree Henry
1988	I	3000m	Nicola Ashe	2011	I	LJ	Celia Quansah
1989	I	HJ	Eleanor Cave	2011	I	TJ	Mary Fasipe
1991	U16	iLJ	Tammy McCammon	2019	I	80mH	Yasmin Uwakwe
1992	U16	i200m	Emma Ania	2021	I	100m	Emmanuela Quaye

SIAB BOYS WINNERS

1961	S	HT	Peter Gibbs	1980	I	400m	John Weston
1961	S	PV	Martin Higdon	1980	J	CC	Eric Kimani
1962	S	100y	Bob Frith	1980	I	JT	David Messom
1962	S	220y	Andy Ronay	1981	I	JT	David Messom
1962	S	PV	Martin Higdon	1984	I	SP	Simon Williams
1963	S	100y	Bob Frith	1986	I	400m	Wayne McDonald
1963	S	220y	Andy Ronay	1987	I	100m	Andrew Mensah
1963	S	440y	Mike Hauck	1990	U16	i200m	Charles Gordon
1963	S	JT	Dave Travis	1991	U16	i60m	Kevin Mark
1963	S	SP	Barry King	1991	U16	i60mH	Tony Lashley
1964	S	JT	Dave Travis	1993	I	1500mST	Jamie Kennedy
1969	S	100m	Paul Pinnington	1994	I	100m	Dwain Chambers
1970	S	400mH	Paul Young	1997	J	CC	Mohamed Farah
1970	S	LJ	Paul Pinnington	1998	I	3000m	Mohamed Farah
1974	I	100m	David Hill	1998	I	DT	Felice Miele
1976	I	100mH	Nathaniel Augustine	1998	U16	i1500m	Mohamed Farah
1976	I	1500mST	James Mayhew	1999	I	CC	Mohamed Farah
1977	I	SP	Antony Zaidman	1999	J	CC	Sam Hall
1978	I	100mH	Adrian Ash	2001	I	200m	Leon Baptiste
1978	I	HT	Charles Varley	2002	I	HT	Jason Joseph
1978	I	PV	Tim Anstiss	2003	I	1500mST	Daniel Russell
1978	I	SP	Antony Zaidman	2003	I	HJ	Tim Maitland
1979	I	TJ	David Burgess	2006	I	LJ	Nonso Okolo

SIAB BOYS WINNERS (cont'd)

2009	I	200m	Jordan Arthur	2013	I	100mH	Jack Kirby
2010	I	SP	Luke Roach-Christie	2015	I	TJ	Jud Bright-Davies
2011	J	CC	Paulos Asgodom	2018	I	CC	David Stone
2011	I	SP	Luke Roach-Christie	2019	I	CC	Mohamed Ali
2012	I	SP	Kai Jones				

SIAB winning performances are shown in the abbreviated format - *yyyy a eeee* where :

yyyy Championship Year

a Age Group (I – Intermediate, J – Junior, S – Senior, Under-16 (U16), Over-16 (O16) and Under-18 (U18))

eeee Event (preceded by an 'i' indicates at a SIAB indoor meeting)

WORLD JUNIOR / U20 MEDALLISTS - GIRLS

1990 Diane Smith 200m Gold and 4 x 100m Silver

WORLD JUNIOR / U20 MEDALLISTS - BOYS

1994 Trevor Cameron 4 x 100m Gold
1996 Geoff Dearman 4 x 400m Bronze
2006 Ryon Pierre 4 x 100m Bronze

Kevin Mark (1994 4 x 100m-1) ran in the relay heat but not in the relay final.

WORLD YOUTH / U18 MEDALLIST - GIRLS

2011 Desiree Henry 200m Gold

WORLD YOUTH / U18 MEDALLISTS - BOYS

2003 Jamahl Alert-Khan 200m Bronze
2013 Ojie Edoborun 100m Silver

EUROPEAN JUNIOR / U20 MEDALLISTS - GIRLS

1977 Heather Hunte 4 x 100m Bronze
1985 Georgina Honley 4 x 400m Bronze
2011 Bianca Williams 4 x 100m Bronze
2011 Marilyn Nwawulor 4 x 100m Bronze
2013 Desiree Henry 200m Silver and 4 x 100m Gold
2015 Lily Beckford 4 x 400m Gold

EUROPEAN JUNIOR / U20 MEDALLISTS - BOYS

1977 Christopher Sly 1500m Silver
1981 John Weston 4 x 400m Silver
1985 Ade Mafe 200m Gold and 4 x 400m Gold
1987 Tony Jarrett 110m Hurdles Gold and 4 x 100m Gold
1989 Wayne Macdonald 400m Gold
1991 Tosi Fasinro Triple Jump Gold
1995 Dwain Chambers 100m Gold
1997 Dwain Chambers 100m Gold and 4 x 100m Gold
2001 Mo Farah 5000m Gold
2003 Laurence Oboh 4 x 100m Gold
2003 Leon Baptiste 100m Gold and 4 x 100m Gold
2005 Simeon Williamson 100m Silver
2007 Luke Fagan 200m Bronze and 4 x 100m Silver
2013 Chijindu Ujah 100m Gold

2015 Ojie Edoborun

100m Gold

MULTI-SPORT ATHLETES

Many athletes who competed in the English Schools' Athletic Association (ESAA) Championships have become very successful in a wide variety of sports including Bobsleigh, Boxing, Cricket, Cycling, Darts, Football, Hockey, Modern Pentathlon, Netball, Powerlifting, Rowing, Rugby League, Rugby Union, Skeleton, Triathlon and Weightlifting.

Details follow of four of Middlesex's ESAA competitors who have gone on to have a successful career in other sports :

BOBSLEIGH - SIMEON WILLIAMSON

Simeon represented Middlesex when finishing second in the 2004 ESAA Senior 100 metres. He went on to win the British title in 2009 and a World Championship 4 x 100 metres bronze the same year.

Simeon later joined the Great Britain Bobsleigh team and, with pilot Lamin Deen, finished in 14th place in the 2015 World Championship 2-man bob.

FOOTBALL – MICHAEL DUBERRY

Michael represented Middlesex when winning the 1990 ESAA Junior Triple Jump title and was second in the ESAA Inter event the following year. In 1991 he joined Chelsea FC as a youth player.

He stayed with Chelsea for 8 years earning 5 England Under-21 caps in the process. Michael also played for Leeds United and Reading in the top flight. Altogether he played in over 400 league games.

NETBALL – KADEEN CORBIN

Kadeen represented Middlesex when finishing 34th in the 2008 ESAA Inter Heptathlon. She also played netball competitively from the age of 12.

Kadeen won 2018 Commonwealth Games gold playing in the England team that beat the hosts, Australia. As of August 2021, she has played 72 times for England.

RUGBY UNION – CELIA QUANSAH

Celia represented Middlesex when winning 2 ESAA Championship Long Jump silver medals, in the 2010 Junior and 2011 Intermediate events. She then concentrated on the heptathlon and won the ESAA Senior Heptathlon silver medal in 2014 for Hertfordshire. Three years later Celia started playing rugby for Loughborough Lightning while at university.

She is now a member of the Wasps team playing in the Premier 15s League. Celia was a member of the Great Britain Rugby Sevens team at the delayed 2020 Tokyo Olympic Games. The team narrowly missed out on an Olympic medal losing the 3rd place play-off game 21-12 to Fiji.

