

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Junior Boys

1 : 553pts : ARK Globe Academy, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-----------------|--------|--------|
| Hurdles | Ezekiel Olu-Micah | 12.2 | 28pts | David Omosuyi | 13.2 | 23pts |
| 100m | Jomiloju Hughes | 11.9 | 31pts | Quade Payne | 12.8 | 22pts |
| 200m | Nicholas Moreira | 26.6 | 21pts | Estime Mvuama | 27.4 | 19pts |
| 300m | Abdul Maji Abdulai-Seidu | 41.8 | 21pts | Tyler Woode | 41.9 | 20pts |
| 800m | Jovani Lindsey | 2:22.1 | 22pts | Shaun Boateng | 2:20.6 | 23pts |
| 1500m | Ibrahim Serme | 5:08.8 | 19pts | | | |
| Long_Jump | Ezekiel Olu-Micah | 5.74 | 29pts | Shaun Boateng | 4.59 | 17pts |
| High_Jump | Abdul Maji Abdulai-Seidu | 1.65 | 25pts | Estime Mvuama | 1.38 | 16pts |
| Triple_Jump | Jomiloju Hughes | 12.85 | 33pts | Tyler Woode | 10.18 | 19pts |
| Pole_Vault | | | | | | |
| Shot | Nicholas Moreira | 9.23 | 17pts | David Omosuyi | 9.68 | 18pts |
| Discus | Jovani Lindsey | 23.04 | 17pts | Safwan Choudury | 32.56 | 27pts |
| Javelin | Ibrahim Serme | 24.00 | 17pts | | | |
| Hammer | Joshua Nkongolo | 39.50 | 30pts | Malachi Brown | 31.52 | 24pts |
| Relay | Joshua Nkongolo , Malachi Brown , Quade Payne , Safwan Choudury | | | | 58.2 | 15pts |

2 : 519pts : St Clement Danes School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|---------------|--------|--------|
| Hurdles | Oscar Barret | 11.7 | 31pts | Alexander Eio | 13.3 | 23pts |
| 100m | Dylan Egan | 12.6 | 24pts | Harry Hutton | 13.4 | 16pts |
| 200m | James Hailstone | 25.0 | 26pts | Harry Lowe | 28.9 | 15pts |
| 300m | Rory O'Dwyer | 41.9 | 20pts | Ryan Zuhail | 46.0 | 14pts |
| 800m | Jack Martin | 2:26.5 | 21pts | Oliver Judge | 2:30.0 | 20pts |
| 1500m | Leighton Elliott | 4:45.6 | 25pts | Oscar Maycock | 5:21.2 | 16pts |
| Long_Jump | James Hailstone | 5.07 | 22pts | Oliver Judge | 4.76 | 19pts |
| High_Jump | Alexander Eio | 1.41 | 17pts | | | |
| Triple_Jump | Rory O'Dwyer | 9.53 | 16pts | Harry Hutton | 9.86 | 18pts |
| Pole_Vault | Noah Van den Bergh | 2.35 | 20pts | Harry Lowe | 2.20 | 17pts |
| Shot | Oscar Barret | 13.12 | 30pts | | | |
| Discus | Ryan Zuhail | 22.95 | 17pts | | | |
| Javelin | Leighton Elliott | 29.50 | 22pts | Josh Dreyfus | 27.87 | 20pts |
| Hammer | Dylan Egan | 41.90 | 32pts | | | |
| Relay | Jack Martin , Noah Van den Bergh , Josh Dreyfus , Oscar Maycock | | | | 56.0 | 18pts |

3 : 452pts : Haberdashers' Aske's Boys' School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|----------------|--------|--------|
| Hurdles | Jimi Adu | 12.8 | 25pts | | | |
| 100m | Tobiloba Ayetan | 13.4 | 16pts | Jason Obar | 13.1 | 19pts |
| 200m | Lani Jaiyeola | 25.1 | 26pts | Jaiden Joshi | 26.5 | 21pts |
| 300m | Chu Ononogbu | 40.4 | 24pts | Ayden Murad | 43.1 | 18pts |
| 800m | Joseph Lyons | 2:27.4 | 21pts | Kyrill Rutskov | 2:42.4 | 16pts |
| 1500m | Jacob Silverman | 5:06.1 | 20pts | Drew Patel | 5:36.1 | 12pts |
| Long_Jump | Jimi Adu | 4.30 | 15pts | Jason Obar | 4.19 | 13pts |
| High_Jump | Jacob Silverman | 1.20 | 10pts | Jaiden Joshi | 1.47 | 19pts |
| Triple_Jump | Lani Jaiyeola | 10.28 | 20pts | Ayden Murad | 9.59 | 16pts |
| Pole_Vault | Kyrill Rutskov | 2.20 | 17pts | | | |
| Shot | Tobiloba Ayetan | 9.87 | 19pts | | | |
| Discus | Chu Ononogbu | NM | 0pts | Drew Patel | 20.14 | 14pts |
| Javelin | George Wang | 30.74 | 23pts | Theo Katsaris | 26.29 | 19pts |
| Hammer | Milo Rynehart | 39.27 | 30pts | | | |
| Relay | Milo Rynehart , George Wang , Theo Katsaris , Joseph Lyons | | | | 54.8 | 19pts |

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Junior Boys

4 : 445pts : Grey Court School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Zayden Casimir | 13.7 | 21pts | Thomas Macdonald | 13.6 | 21pts |
| 100m | Dylan Jones | 13.1 | 19pts | Joshua Gilbert | 13.6 | 14pts |
| 200m | Sebastian Beraldo | 25.9 | 23pts | Robert Campbell | 28.7 | 15pts |
| 300m | George Robinson | 43.8 | 17pts | George Mills | 43.6 | 18pts |
| 800m | Milo Downey | 2:20.7 | 23pts | Aiden Foxen | 2:31.1 | 19pts |
| 1500m | Thomas Barry | 4:45.9 | 25pts | Avery Barikor | 4:50.1 | 24pts |
| Long_Jump | Sebastian Beraldo | 4.49 | 16pts | Milo Downey | 4.38 | 15pts |
| High_Jump | Sergio Riberio | 1.32 | 14pts | Zayden Casimir | 1.26 | 12pts |
| Triple_Jump | Dylan Jones | 9.85 | 18pts | Thomas Macdonald | 8.51 | 11pts |
| Pole_Vault | | | | | | |
| Shot | Robert Campbell | 9.36 | 17pts | Joshua Gilbert | 9.48 | 17pts |
| Discus | Ikey Ellwood | 23.29 | 17pts | George Robinson | 20.03 | 14pts |
| Javelin | Aiden Foxen | 27.18 | 20pts | | | |
| Hammer | George Mills | 25.76 | 18pts | | | |
| Relay | Sergio Riberio , Thomas Barry , Avery Barikor , Ikey Ellwood | | | | 56.8 | 17pts |

5 : 416pts : Hitchin Boys' School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|---------------|--------|--------|
| Hurdles | Eoin Winn | 14.6 | 16pts | Tom Matthews | 15.9 | 10pts |
| 100m | Theo Prinsloo | 12.9 | 21pts | Max Pearce | 13.7 | 13pts |
| 200m | Harley Hawkins | 26.1 | 22pts | Sam Matthews | 27.8 | 18pts |
| 300m | Fred Dilley | 42.8 | 19pts | Archie Haynes | 42.8 | 19pts |
| 800m | Elijah John | 2:26.0 | 21pts | | | |
| 1500m | Freddy Baxter | 5:02.9 | 21pts | Sam Trott | 5:02.9 | 21pts |
| Long_Jump | Eoin Winn | 4.03 | 12pts | Sam Trott | 4.26 | 14pts |
| High_Jump | Theo Prinsloo | 1.50 | 20pts | | | |
| Triple_Jump | Elijah John | 9.01 | 14pts | Archie Haynes | 8.58 | 11pts |
| Pole_Vault | Max Pearce | 2.10 | 15pts | | | |
| Shot | Fred Dilley | 9.38 | 17pts | Matt Mitchell | 8.17 | 13pts |
| Discus | Harley Hawkins | 25.93 | 20pts | Sam Matthews | 16.65 | 11pts |
| Javelin | Daniel Field | 22.93 | 15pts | Tom Matthews | 22.44 | 15pts |
| Hammer | Max Galloway | 36.55 | 28pts | | | |
| Relay | Freddy Baxter , Max Galloway , Daniel Field , Matt Mitchell | | | | 62.8 | 10pts |

6 : 400pts : Dulwich College, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|----------------|--------|--------|
| Hurdles | Aidan Smyth | 15.5 | 12pts | Frank Adom | 14.3 | 18pts |
| 100m | Curtis Abbey | 13.0 | 20pts | Joseph Izuora | 13.2 | 18pts |
| 200m | Michael Abayomi | 27.2 | 19pts | James Flynn | 27.2 | 19pts |
| 300m | Alex Bond | 42.7 | 19pts | Dylan Healey | 44.5 | 16pts |
| 800m | Milo Bernard | 2:22.7 | 22pts | Leo Spencer | 2:36.1 | 18pts |
| 1500m | Caspian Holmes | 4:27.4 | 30pts | Jasper Shapton | 5:17.3 | 17pts |
| Long_Jump | Caspian Holmes | 4.13 | 13pts | Leo Spencer | 3.60 | 8pts |
| High_Jump | Alex Bond | 1.38 | 16pts | Freddie Brown | 1.41 | 17pts |
| Triple_Jump | Michael Abayomi | 10.21 | 20pts | Milo Bernard | 10.54 | 21pts |
| Pole_Vault | | | | | | |
| Shot | Curtis Abbey | 9.18 | 16pts | Frank Adom | 7.82 | 12pts |
| Discus | Dylan Healey | 21.81 | 16pts | Nate Doig | 17.92 | 12pts |
| Javelin | Aidan Smyth | 13.65 | 6pts | Joseph Izuora | NM | 0pts |
| Hammer | | | | | | |
| Relay | James Flynn , Jasper Shapton , Freddie Brown , Nate Doig | | | | 58.0 | 15pts |

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Junior Boys

7 : 399pts : The Hemel Hempstead School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-----------------|--------|--------|
| Hurdles | Harry Chapman | 12.4 | 27pts | Nathaniel Clark | 13.6 | 21pts |
| 100m | Kaiden Simmonds | 12.6 | 24pts | Hudson Harte | 13.9 | 12pts |
| 200m | Kaylo Gilbert | 26.6 | 21pts | Riley Okoro | 29.5 | 13pts |
| 300m | Cameron Jelley | 41.5 | 21pts | Jamie Wells | 44.5 | 16pts |
| 800m | Haydan Cobb | 2:35.4 | 18pts | George Gregory | 2:38.4 | 17pts |
| 1500m | Oliver McDonald | 4:45.7 | 25pts | Lucas Oliver | 4:51.4 | 24pts |
| Long_Jump | Cameron Jelley | 4.39 | 15pts | Oliver McDonald | 3.37 | 5pts |
| High_Jump | Kaiden Simmonds | 1.26 | 12pts | Kaylo Gilbert | 1.29 | 13pts |
| Triple_Jump | Riley Okoro | 9.17 | 14pts | | | |
| Pole_Vault | Daniel Lewis | 1.90 | 11pts | | | |
| Shot | Harry Chapman | 10.05 | 19pts | Hudson Harte | 9.33 | 17pts |
| Discus | Jamie Wells | 22.20 | 16pts | Nathaniel Clark | 18.87 | 13pts |
| Javelin | Haydan Cobb | 17.47 | 10pts | Finley Clark | NM | 0pts |
| Hammer | | | | | | |
| Relay | George Gregory , Lucas Oliver , Daniel Lewis , Finley Clark | | | | 58.2 | 15pts |

8 : 399pts : Orleans Park School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|------------------|--------|--------|
| Hurdles | JJ Richards | 14.2 | 18pts | Daniel Hammer | 14.0 | 19pts |
| 100m | Joseph Martyr | 12.7 | 23pts | Eddie Wainwright | 13.0 | 20pts |
| 200m | Leo Belnick | 26.1 | 22pts | Henry Clee | 28.8 | 15pts |
| 300m | Isaac Bird | 44.4 | 16pts | Dom Lynch | 48.0 | 10pts |
| 800m | Alfie Winpenny | 2:26.2 | 21pts | Ben John | 2:25.4 | 21pts |
| 1500m | Dylan Winpenny | 4:46.1 | 25pts | Edward Townsend | 5:35.5 | 13pts |
| Long_Jump | Joseph Martyr | 3.99 | 11pts | Dylan Winpenny | 4.01 | 12pts |
| High_Jump | JJ Richards | 1.32 | 14pts | Ben John | 1.32 | 14pts |
| Triple_Jump | Alfie Winpenny | 9.08 | 14pts | Daniel Hammer | 9.68 | 17pts |
| Pole_Vault | | | | | | |
| Shot | Eddie Wainwright | 8.82 | 15pts | Isaac Bird | 9.44 | 17pts |
| Discus | Hector Taylor | 21.00 | 0pts | Buster Douglas | 15.06 | 9pts |
| Javelin | Dom Lynch | 31.10 | 24pts | Edward Townsend | 18.51 | 11pts |
| Hammer | | | | | | |
| Relay | Buster Douglas , Leo Belnick , Hector Taylor , Henry Clee | | | | 55.5 | 18pts |

9 : 383pts : Hampton School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|---------------------|--------|--------|
| Hurdles | Joe Timba | 12.3 | 28pts | Ben Penny | 14.1 | 19pts |
| 100m | Jamie Spasov | 13.9 | 12pts | Johnny McMonagle | 13.8 | 13pts |
| 200m | Tolu Idowu | 27.5 | 18pts | Jojo O'Shanghanssy | 28.9 | 15pts |
| 300m | Kota Dooley | 43.9 | 17pts | Ethan Monk | 44.9 | 15pts |
| 800m | James Phillips | 2:27.7 | 21pts | Oliver Khaksar | 2:24.4 | 21pts |
| 1500m | Oscar Midgley-Carver | DNF | 0pts | Oliver Masuria-Hull | 5:14.0 | 18pts |
| Long_Jump | Ben Whiteley | 4.11 | 13pts | Jamie Spasov | 4.01 | 12pts |
| High_Jump | Tolu Idowu | 1.38 | 16pts | Ethan Monk | 1.41 | 17pts |
| Triple_Jump | Kota Dooley | 8.38 | 10pts | Ben Penny | 8.75 | 12pts |
| Pole_Vault | | | | | | |
| Shot | Jake O'Rielly | 8.40 | 14pts | Sewan Park | 6.68 | 8pts |
| Discus | Joe Timba | 28.19 | 22pts | Johnny McMonagle | 15.97 | 10pts |
| Javelin | Oliver Khaksar | 25.53 | 18pts | Oliver Masuria-Hull | 23.72 | 16pts |
| Hammer | | | | | | |
| Relay | Oscar Midgley-Carver , Jake O'Rielly , James Phillips , Sewan Park | | | | 55.6 | 18pts |

ESAA English Schools' Track and Field Cup 2023
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Junior Boys

10 : 383pts : Roundwood Park School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|----------------------|--------|--------|
| Hurdles | Theo Fishwick | 13.7 | 21pts | Leyton Wright | 15.4 | 12pts |
| 100m | Anish Frankland | 12.8 | 22pts | Alfie Warren-Morrice | 13.7 | 13pts |
| 200m | Oscar Styles | 27.2 | 19pts | Thomas Starkey | 28.0 | 17pts |
| 300m | Benjamin Holmes | 44.7 | 16pts | Riley Johnson | 45.0 | 15pts |
| 800m | James Mitchell | 2:34.6 | 18pts | Jacob Burley | 2:35.9 | 18pts |
| 1500m | James Cheetham | 5:39.2 | 12pts | George Allen | 5:31.5 | 14pts |
| Long_Jump | Anish Frankland | 4.32 | 15pts | Thomas Starkey | 4.21 | 14pts |
| High_Jump | Alfie Warren-Morrice | 1.20 | 10pts | Benji Mann Wiles | 1.47 | 19pts |
| Triple_Jump | Oscar Styles | 9.81 | 18pts | James Cheetham | 8.13 | 9pts |
| Pole_Vault | James Mitchell | 2.00 | 13pts | | | |
| Shot | Benjamin Holmes | 8.24 | 13pts | Leyton Wright | 5.81 | 5pts |
| Discus | Jamie Jump | 27.25 | 21pts | | | |
| Javelin | Theo Fishwick | 24.25 | 17pts | Riley Johnson | 22.94 | 15pts |
| Hammer | | | | | | |
| Relay | <u>Jacob Burley , Jamie Jump , Benji Mann Wiles , George Allen</u> | | | | 56.6 | 17pts |

11 : 378pts : Parmiter's School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|--------------------|--------|--------|
| Hurdles | William Wood | 13.5 | 22pts | Alex Gow | 15.5 | 12pts |
| 100m | Matthew Box | 13.9 | 12pts | Luca Lazar | 13.5 | 15pts |
| 200m | Jacquim Veneracion | 27.7 | 18pts | Hayden Stapelberg | 26.1 | 22pts |
| 300m | Ramsey Gill | 43.5 | 18pts | Leo Brander-Stark | 44.3 | 16pts |
| 800m | Peter Bansaghi | 2:23.4 | 22pts | Jaden Dunn | 2:41.1 | 16pts |
| 1500m | Max Henson | 5:14.7 | 18pts | | | |
| Long_Jump | Jaden Dunn | 3.34 | 5pts | Alex Gow | 4.24 | 14pts |
| High_Jump | Sofian Saber-Sherif | 1.26 | 12pts | Peter Bansgahi | 1.50 | 20pts |
| Triple_Jump | Luca Lazar | 10.39 | 20pts | Aaron Rajkumar | 8.16 | 9pts |
| Pole_Vault | | | | Ramsey Gill | 2.40 | 21pts |
| Shot | Leo Brander-Stark | 6.98 | 9pts | Noah Fox | 8.37 | 14pts |
| Discus | Matthew Box | 13.09 | 7pts | Jacquim Veneracion | 17.40 | 11pts |
| Javelin | Hayden Stapelberg | 34.65 | 27pts | Max Henson | NM | 0pts |
| Hammer | | | | | | |
| Relay | <u>Aaron Rjakumar , William Wood , Noah Fox , Sofiane Saber-Cherif</u> | | | | 55.7 | 18pts |

12 : 359pts : Thomas's Battersea, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-----------------------|--------|--------|
| Hurdles | Zain Lemaire | 14.7 | 16pts | Laith Farsi | 15.7 | 11pts |
| 100m | Milo Parisi-Smiecench | 12.6 | 24pts | Thelonius Rodocanachi | 13.3 | 17pts |
| 200m | Connor Allen | 26.7 | 20pts | Salar Fouladi | 29.4 | 14pts |
| 300m | Max Colonius Xavier | DNF | 0pts | Jules Ducombe | 43.2 | 18pts |
| 800m | Gabriel Cheeseman | 2:33.5 | 19pts | Alexander Fares | 2:30.5 | 20pts |
| 1500m | Griffin Glendinning | 4:51.4 | 24pts | Henry Dahlstedt | 5:26.3 | 15pts |
| Long_Jump | Connor Allen | 4.59 | 17pts | Sy Farsi | 4.45 | 16pts |
| High_Jump | Milo Parisi-Smiecench | 1.53 | 21pts | Gabriel Cheeseman | 1.32 | 14pts |
| Triple_Jump | Max Colonius Xavier | 9.45 | 16pts | Zain Lemaire | 8.67 | 12pts |
| Pole_Vault | | | | | | |
| Shot | Griffin Glendinning | 8.88 | 15pts | John Rusedski | 7.04 | 9pts |
| Discus | | | | Alexander Fares | NM | 0pts |
| Javelin | Thelonius Rodocanachi | 16.45 | 9pts | Henry Dahlstedt | 23.26 | 16pts |
| Hammer | | | | | | |
| Relay | <u>Salar Fouladi , Karan Goyal , Sy Farsi , Laith Farsi</u> | | | | 56.9 | 16pts |

ESAA English Schools' Track and Field Cup 2023
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Junior Boys

13 : 352pts : St Columba's College, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|---------------|--------|--------|
| Hurdles | O Green | 13.6 | 21pts | J Bugembe | 19.7 | 0pts |
| 100m | A Nicolas | 14.2 | 11pts | A Alley | 14.1 | 11pts |
| 200m | O Bowen | 25.6 | 24pts | A Lysenko | 27.2 | 19pts |
| 300m | A Hill | 47.5 | 11pts | A Dye | 47.2 | 12pts |
| 800m | Z Butterworth | 2:16.5 | 24pts | B Slocombe | 2:34.4 | 18pts |
| 1500m | S Lyes | 4:59.4 | 22pts | | | |
| Long_Jump | A Lysenko | 3.53 | 7pts | S Lyes | 3.78 | 9pts |
| High_Jump | O Bowen | 1.53 | 21pts | A Dye | 1.50 | 20pts |
| Triple_Jump | A Hill | 8.30 | 10pts | B Slocombe | 9.36 | 15pts |
| Pole_Vault | O Green | 2.15 | 16pts | | | |
| Shot | O Cunningham | 8.83 | 15pts | Z Butterworth | 8.54 | 14pts |
| Discus | B Neulander | 21.25 | 15pts | A Nicolas | 20.91 | 15pts |
| Javelin | C Lavin | 18.42 | 11pts | A Alley | NM | 0pts |
| Hammer | | | | | | |
| Relay | O Cunningham , J Bugembe , B Neulander , C Lavin | | | | 61.5 | 11pts |

14 : 309pts : Highgate School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Dylan Goad | 17.6 | 3pts | Sebastian Davey | 17.9 | 2pts |
| 100m | Yash Gandhi | 12.9 | 21pts | Michalis Berekos | 14.2 | 11pts |
| 200m | Oscar Procida | 27.2 | 19pts | Charlie Klaber | 28.5 | 16pts |
| 300m | | | | Ben Trafford | 45.8 | 14pts |
| 800m | Theo Hayes | 2:19.0 | 23pts | Josh Socker | 2:22.0 | 22pts |
| 1500m | Charlie Roberts | 5:39.2 | 12pts | Connor Roberts | 6:02.0 | 8pts |
| Long_Jump | Yash Gandhi | 4.49 | 16pts | Charlie Klaber | 4.13 | 13pts |
| High_Jump | Dylan Goad | 1.17 | 9pts | Connor Roberts | 1.20 | 10pts |
| Triple_Jump | Oscar Procida | 8.61 | 12pts | Josh Socker | 8.40 | 11pts |
| Pole_Vault | | | | | | |
| Shot | Viktor Polny | 6.88 | 9pts | Sebastian Davey | 5.13 | 3pts |
| Discus | Anvar Saodatov | 16.17 | 10pts | Ben Trafford | 23.12 | 17pts |
| Javelin | Chris Bage | 29.52 | 22pts | Michalis Berekos | 20.85 | 13pts |
| Hammer | | | | | | |
| Relay | Theo Hayes , Charlie Roberts , Chris Bage , Anvar Saodatov | | | | 59.4 | 13pts |

ESAA English Schools' Track and Field Cup 2023
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Intermediate Boys
1 : 530pts : Grey Court School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|----------------------|--------|--------|
| Hurdles | Benn Povey | 11.7 | 26pts | Luke Sankey | 12.1 | 24pts |
| 100m | Max Seddon | 11.1 | 32pts | Ben Hislop | 12.9 | 14pts |
| 200m | Shakur Roberts | 23.4 | 27pts | Elijah Kadir | 24.5 | 22pts |
| 300m | James Alleyne | 38.8 | 24pts | Charlie Tong | 39.0 | 24pts |
| 800m | Joshua Harwood-White | 2:10.2 | 24pts | Isaiah Lourdes | 2:13.8 | 22pts |
| 1500m | Rory Macgregor | 4:37.6 | 22pts | Leo Dorey | 4:42.9 | 21pts |
| Long_Jump | Benn Povey | 5.43 | 19pts | Max Seddon | 5.24 | 17pts |
| High_Jump | James Alleyne | 1.62 | 20pts | Luke Sankey | 1.62 | 20pts |
| Triple_Jump | Shakur Roberts | 11.38 | 18pts | Joshua Harwood White | 10.50 | 14pts |
| Pole_Vault | | | | | | |
| Shot | Elijah kadir | 11.59 | 21pts | | | |
| Discus | Freddy Luing Turnbull | 32.61 | 24pts | Isaiah Lourdes | 28.69 | 20pts |
| Javelin | Chris Cato | 31.66 | 15pts | | | |
| Hammer | Ben Hislop | 33.40 | 20pts | Leo Dorey | 27.91 | 17pts |
| Relay | Rory Macgregor , Charlie Tong , Freddy Luing Turnbull , Chris cato | | | | 49.0 | 23pts |

2 : 514pts : St Clement Danes School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Callum Egan | 11.2 | 29pts | | | |
| 100m | Amos Beloe | 11.7 | 26pts | Jack Ridout | 13.8 | 7pts |
| 200m | Issa Phillips-Pope | 26.3 | 16pts | Brayden O'Connor | 25.0 | 20pts |
| 300m | Jonny May | 37.5 | 27pts | Jude Powell | 40.2 | 21pts |
| 800m | James O'Connor | 2:06.9 | 26pts | Curtis Anekwe | 2:23.1 | 18pts |
| 1500m | Tom Robertson | 4:53.9 | 19pts | Luke Mansour | 4:51.4 | 19pts |
| Long_Jump | James O'Connor | 4.73 | 12pts | Amos Beloe | 5.03 | 15pts |
| High_Jump | Luke Montgomery | 1.62 | 20pts | | | |
| Triple_Jump | Cutis Anekwe | 11.58 | 19pts | Jonny May | 10.96 | 16pts |
| Pole_Vault | Issa Phillips-Pope | 3.30 | 25pts | Tom Robertson | 3.30 | 25pts |
| Shot | Callum Egan | 11.98 | 22pts | | | |
| Discus | Ollie Harris | 34.56 | 25pts | | | |
| Javelin | Jude Powell | 39.71 | 20pts | Luke Mansour | 32.28 | 15pts |
| Hammer | Jake Palmer-Shaw | 41.77 | 25pts | Jack Ridout | 39.70 | 24pts |
| Relay | Ollie Harris , Luke Montgomery , Jake Palmer-Shaw , Brayden O'Connor | | | | 48.9 | 23pts |

3 : 507pts : Hitchin Boys' School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|---|--------|--------|------------------|--------|--------|
| Hurdles | Jamie Davis | 12.6 | 22pts | Dylan Williams | 13.2 | 19pts |
| 100m | Rhys Kessi | 13.5 | 9pts | Jamie Flowerday | 12.2 | 21pts |
| 200m | Hugo McFarlane-Cushing | 23.9 | 24pts | Isaac Duncan | 24.2 | 23pts |
| 300m | George Hardy | 38.2 | 26pts | Horatio De-Vyott | 38.1 | 26pts |
| 800m | Tom Redfern | 2:08.6 | 25pts | Frank Jennings | 2:21.5 | 19pts |
| 1500m | Oscar O'Sullivan | 4:35.6 | 22pts | Ronnie Small | 4:50.9 | 19pts |
| Long_Jump | George Hardy | 4.76 | 12pts | Tom Redfern | 4.98 | 14pts |
| High_Jump | Hugo McFarlane-Cushing | 1.62 | 20pts | Jamie Flowerday | 1.62 | 20pts |
| Triple_Jump | Isaac Duncan | 11.52 | 19pts | Horatio De-Vyott | 10.73 | 15pts |
| Pole_Vault | | | | | | |
| Shot | Rhys Kessi | 11.63 | 21pts | | | |
| Discus | | | | Frank Jennings | 30.19 | 21pts |
| Javelin | Dylan Williams | 51.46 | 28pts | Jamie Davis | 33.57 | 16pts |
| Hammer | Milan Snarskis | 42.43 | 25pts | Zach Czech | 39.89 | 24pts |
| Relay | Oscar O'Sullivan , Milan Snarskis , Zach Czech , Ronnie Small | | | | 52.2 | 17pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Boys
4 : 471pts : Hampton School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|------------------------|--------|--------|
| Hurdles | Alessandro Cardinale | 13.7 | 16pts | Jayden Oni | 12.2 | 24pts |
| 100m | Sam Moylan-Jones | 11.5 | 28pts | Quinn Schutter | 12.0 | 23pts |
| 200m | Daniel Mills | 23.3 | 27pts | Fraser Kerr | 25.7 | 18pts |
| 300m | Angus Hacking | 39.0 | 24pts | Aiden Hughes | 41.6 | 17pts |
| 800m | Jack Holden | 2:15.4 | 21pts | Tom Deadman | 2:22.7 | 18pts |
| 1500m | Marcus Solomon | 4:27.6 | 24pts | Ruben Bouwmeester-Reid | 4:53.9 | 19pts |
| Long_Jump | Tom Deadman | 5.05 | 15pts | Fraser Kerr | 4.97 | 14pts |
| High_Jump | Alessandro Cardinale | 1.53 | 17pts | Jayden Oni | 1.59 | 19pts |
| Triple_Jump | Daniel Mills | 11.91 | 21pts | Quinn Schutter | 11.12 | 17pts |
| Pole_Vault | | | | | | |
| Shot | Rio Felonov Tzanev | 9.21 | 13pts | Jack Holden | 9.50 | 14pts |
| Discus | SooHo Jin | 23.19 | 14pts | Ruben Bouwmeester-Reid | 23.07 | 14pts |
| Javelin | Angus Hacking | 34.80 | 17pts | Aiden Hughes | 31.58 | 15pts |
| Hammer | | | | | | |
| Relay | Rio Felonov Tzanev , SooHo Jin , Marcus Solomon , Sam Moylan-Jones | | | | 49.1 | 22pts |

5 : 469pts : The Aldenham Foundation, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Haydan London | 11.0 | 30pts | Theo Green | 14.2 | 14pts |
| 100m | Miles Ohene | 11.6 | 27pts | Aidan Sher | 12.0 | 23pts |
| 200m | Toby Okenabirhie | 24.5 | 22pts | Elikem Ameadah | 24.2 | 23pts |
| 300m | Malachi Hardy | 39.4 | 23pts | Jensen Ross | 40.9 | 19pts |
| 800m | Oliver Bustamante | 2:13.1 | 22pts | Jamie Agasee | 2:25.1 | 17pts |
| 1500m | Lucas Jackson | 5:00.3 | 17pts | Jordan Yakubu | 4:22.0 | 25pts |
| Long_Jump | Jensen Ross | 4.77 | 12pts | Aidan Sher | 5.06 | 15pts |
| High_Jump | Haydan London | 1.62 | 20pts | Toby Okenabirhie | 1.53 | 17pts |
| Triple_Jump | Miles Ohene | 12.28 | 23pts | Zach Savage | 8.69 | 5pts |
| Pole_Vault | | | | | | |
| Shot | Marcell Hall | 10.53 | 17pts | Jordan Yakubu | 8.90 | 12pts |
| Discus | Malachi Hardy | 26.84 | 18pts | Oliver Selwood | 28.41 | 19pts |
| Javelin | Oliver Bustamante | 40.92 | 21pts | Theo Green | 22.46 | 8pts |
| Hammer | | | | | | |
| Relay | Oliver Selwood , Marcell Hall , Lucas Jackson , Jamie Agasee | | | | 50.8 | 20pts |

6 : 466pts : ARK Globe Academy, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|--------------------|--------|--------|
| Hurdles | Munachim Uzoh | 12.5 | 22pts | Mohamed Nabe | 13.0 | 20pts |
| 100m | Jordan Ulysses-Jihad | 12.2 | 21pts | Dickson Adu-Mensah | 12.1 | 22pts |
| 200m | Ashley Cole | 25.9 | 17pts | Joel Bass | 23.0 | 29pts |
| 300m | Jerome Osei Kyremeh | 37.8 | 27pts | Sope Bello | 40.1 | 21pts |
| 800m | Hedmilson Hernandez Go | 2:18.9 | 20pts | Matteo De Ingeniis | 2:22.3 | 18pts |
| 1500m | Alhaji Sesay | 5:10.0 | 16pts | Amidou Traore | 4:54.5 | 19pts |
| Long_Jump | Ashley Cole | 5.35 | 18pts | Dickson Adu-Mensah | 5.39 | 18pts |
| High_Jump | Jerome Osei Kyremeh | 1.68 | 22pts | Mohamed Nabe | 1.53 | 17pts |
| Triple_Jump | Hedmilson Hernandez Go | 11.05 | 17pts | Amidou Traore | 11.32 | 18pts |
| Pole_Vault | | | | | | |
| Shot | Munachim Uzoh | 8.17 | 9pts | Sope Bello | 8.97 | 12pts |
| Discus | Caleb Dunstan | 21.62 | 13pts | Joel Bass | 26.25 | 17pts |
| Javelin | | | | | | |
| Hammer | Jordan Ulysses-Jihad | 35.27 | 21pts | Adam Alaka | 27.30 | 16pts |
| Relay | Caleb Dunstan , Alhaji Sesay , Adam Alaka , Matteo De Ingeniis | | | | 52.8 | 16pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Boys
7 : 466pts : Dulwich College, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Freddie Pickering | 12.0 | 25pts | George Henderson | 13.1 | 19pts |
| 100m | Seth Ridgeon | 12.0 | 23pts | Chib Okoro-Felix | 12.2 | 21pts |
| 200m | Marly Amarteifio | 25.1 | 20pts | Oliver Bond | 24.8 | 21pts |
| 300m | Orson Matthews | 38.7 | 24pts | Carl Kim | 41.6 | 17pts |
| 800m | Warren Wilson | 2:08.1 | 25pts | Max Reglar | 2:19.5 | 19pts |
| 1500m | Alex Wilson | 4:29.7 | 24pts | Matthieu Ladure | 4:51.7 | 19pts |
| Long_Jump | Orson Matthews | 5.26 | 17pts | Oliver Bond | 5.16 | 16pts |
| High_Jump | Freddie Pickering | 1.50 | 16pts | Max Reglar | 1.50 | 16pts |
| Triple_Jump | Seth Ridgeon | 10.55 | 14pts | Marly Amarteifio | 11.17 | 17pts |
| Pole_Vault | | | | | | |
| Shot | | | | Faolan Thomas | 9.07 | 12pts |
| Discus | Chib Okoro-Felix | 29.76 | 21pts | Carl Kim | 19.66 | 11pts |
| Javelin | William Oakley-White | 31.15 | 14pts | Matthieu Ladure | 27.66 | 12pts |
| Hammer | George Henderson | 39.68 | 24pts | | | |
| Relay | William Oakley-White , Warren Wilson , Faolan Thomas , Alex Wilson | | | | 51.1 | 19pts |

8 : 413pts : The Hemel Hempstead School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------------|--------|--------|
| Hurdles | Oskar Redzina | 12.8 | 21pts | God's Favour Ehigiator | 14.5 | 12pts |
| 100m | Tom Conway | 12.0 | 23pts | Alfie Welham | 12.2 | 21pts |
| 200m | Justin Chikontwe | 25.0 | 20pts | Finn Espley | 25.8 | 18pts |
| 300m | Frank Norris | 40.8 | 19pts | Harry Webb | 41.2 | 18pts |
| 800m | Olly Sparkes | 2:25.7 | 17pts | Beau Hardy | 2:24.9 | 18pts |
| 1500m | Freddie Turner | 4:49.2 | 20pts | Henry Ashton | 6:25.4 | 1pts |
| Long_Jump | Oskar Redzina | 4.72 | 12pts | Olly Sparkes | 4.86 | 13pts |
| High_Jump | Freddie Turner | 1.47 | 15pts | Finn Espley | 1.38 | 12pts |
| Triple_Jump | Justin Chikontwe | 10.71 | 15pts | God's Favour Ehigiator | 10.43 | 14pts |
| Pole_Vault | Henry Ashton | 2.90 | 22pts | | | |
| Shot | Frank Norris | 9.72 | 15pts | | | |
| Discus | Harry Webb | 29.07 | 20pts | Albert Newbury Kemp | 24.86 | 16pts |
| Javelin | Austin Whitehead | 36.30 | 18pts | Tom Conway | 31.27 | 14pts |
| Hammer | | | | | | |
| Relay | Austin Whitehead , Beau Hardy , Alfie Welham , Albert Newbury Kemp | | | | 51.3 | 19pts |

9 : 401pts : Haberdashers' Aske's Boys' School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|---------------------|--------|--------|
| Hurdles | Theo Wong | 12.5 | 22pts | | | |
| 100m | Ore Adebayo | 11.6 | 27pts | Daniel Olorunlogbon | 13.6 | 8pts |
| 200m | Nnamdi Ekeowa | 25.9 | 17pts | James Walters | 26.0 | 17pts |
| 300m | Mohamed Lawal | 42.3 | 15pts | Daniel Idlbi | 40.7 | 19pts |
| 800m | Josh Hirst | 2:09.9 | 24pts | Arjan Jagpal | 2:37.8 | 13pts |
| 1500m | Saaj Malde | 4:53.7 | 19pts | Tom Collins | 5:07.0 | 16pts |
| Long_Jump | Theo Wong | 5.40 | 19pts | Josh Hirst | 4.31 | 8pts |
| High_Jump | Ore Adebayo | 1.83 | 28pts | James Walters | NM | 0pts |
| Triple_Jump | Tom Collins | 9.05 | 7pts | Daniel Idlbi | 9.92 | 11pts |
| Pole_Vault | | | | | | |
| Shot | Nnamdi Ekeowa | 11.21 | 20pts | Ayaan Khan | 10.08 | 16pts |
| Discus | Mohamed Lawal | 21.26 | 12pts | Arjan Jagpal | 26.71 | 18pts |
| Javelin | Leo Mouskis | 29.04 | 13pts | | | |
| Hammer | Josh Becker | 29.94 | 18pts | Daniel Olorunlogbon | 31.51 | 19pts |
| Relay | Ayaan Khan , Saaj Malde , Josh Becker , Leo Mouskis | | | | 53.8 | 15pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Boys

10 : 397pts : Roundwood Park School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|----------------|--------|--------|
| Hurdles | Ben Smith | 13.5 | 17pts | Finn Kenny | 11.6 | 27pts |
| 100m | Alex Phillips-Swords | 12.7 | 16pts | Jimmy Moseley | 11.8 | 25pts |
| 200m | Saketh Nadiger | 26.3 | 16pts | Theo Devoti | 24.8 | 21pts |
| 300m | George Francis | 40.2 | 21pts | Monty Roberts | 42.5 | 15pts |
| 800m | Harvey Mcdonald | 2:23.3 | 18pts | Alex Wade | 2:22.9 | 18pts |
| 1500m | Cameron Jump | 4:47.3 | 20pts | Wilf Johnson | 5:09.0 | 16pts |
| Long_Jump | George Francis | 4.35 | 8pts | Jimmy Moseley | 4.91 | 14pts |
| High_Jump | Ben Smith | 1.50 | 16pts | Finn Kenny | 1.53 | 17pts |
| Triple_Jump | Theo Devoti | 9.65 | 10pts | George Jackson | 10.66 | 15pts |
| Pole_Vault | Monty Roberts | 2.50 | 18pts | | | |
| Shot | Alex Phillips-Swords | 9.25 | 13pts | | | |
| Discus | Saketh Nadiger | 24.31 | 15pts | George Tilly | 19.13 | 10pts |
| Javelin | Harvey Mcdonald | 29.20 | 13pts | Wilf Johnson | 10.30 | 0pts |
| Hammer | | | | | | |
| Relay | Cameron Jump , Alex Wade , George Tilly , George Jackson | | | | 51.7 | 18pts |

11 : 389pts : Dame Alice Owens, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-----------------|--------|--------|
| Hurdles | Rian Shah | 11.9 | 25pts | Matthew Gearing | 11.7 | 26pts |
| 100m | Excel Ed -Okungbowa | 12.1 | 22pts | Emmanuel Abugo | 13.2 | 11pts |
| 200m | | | | Lucas Bell Lara | 29.2 | 8pts |
| 300m | Isaac Brasnett | 41.3 | 18pts | Jack Buchanan | 42.1 | 16pts |
| 800m | Fred Taylor | 2:49.3 | 9pts | Kyle Lloyd | 2:24.5 | 18pts |
| 1500m | Pranav Boodhumeah | 5:25.0 | 13pts | Toby Lee | 4:52.9 | 19pts |
| Long_Jump | Excel Ed -Okungbowa | 5.14 | 16pts | Emmanuel Abugo | 5.57 | 20pts |
| High_Jump | Rian Shah | 1.62 | 20pts | Matthew Gearing | 1.35 | 11pts |
| Triple_Jump | Lucas Bell Lara | 10.05 | 12pts | Jack Buchanan | 10.14 | 12pts |
| Pole_Vault | Aron Rose | 2.40 | 17pts | | | |
| Shot | Kobi Akpakwu | 11.77 | 21pts | Morgan Jones | 11.56 | 21pts |
| Discus | Isaac Brasnett | 25.33 | 16pts | Toby Lee | 16.27 | 7pts |
| Javelin | Fred Taylor | 35.44 | 17pts | Kyle Lloyd | 10.58 | 1pts |
| Hammer | | | | | | |
| Relay | Kobi Akpakwu , Pranav Boodhumeah , Morgan Jones , Aron Rose | | | | 55.1 | 13pts |

12 : 377pts : Orleans Park School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|--------------------|--------|--------|
| Hurdles | Reuben Grewal | 12.8 | 21pts | Lewis Addecott | 12.7 | 21pts |
| 100m | Kaine Logan | 12.2 | 21pts | Toby Gaitt | 12.3 | 20pts |
| 200m | Isaac Foxwood | 24.1 | 23pts | Claudio De Sanctis | 25.8 | 18pts |
| 300m | Jaxon Logan | 40.1 | 21pts | Henry McLauchlan | 43.9 | 12pts |
| 800m | Harry Axiom | 2:22.5 | 18pts | Ryker Gregory | 2:25.3 | 17pts |
| 1500m | Mathew Edwards | 6:43.3 | 0pts | Thomas Heap | 5:10.9 | 15pts |
| Long_Jump | Jaxon Logan | 5.05 | 15pts | Reuben Grewal | 4.79 | 12pts |
| High_Jump | Lewis Addecott | 1.65 | 21pts | Oscar Clee | 1.38 | 12pts |
| Triple_Jump | Claudio De Sanctis | 10.13 | 12pts | Henry McLauchlan | 9.47 | 9pts |
| Pole_Vault | | | | | | |
| Shot | Mathew Edwards | 8.60 | 11pts | Harry Axiom | 9.11 | 13pts |
| Discus | Isaac Foxwood | 24.09 | 15pts | Ryker Gregory | 17.84 | 9pts |
| Javelin | Jesse Webb | 30.62 | 14pts | Thomas Heap | 19.46 | 6pts |
| Hammer | | | | | | |
| Relay | Jesse Webb , Kaine Logan , Oscar Clee , Toby Gaitt | | | | 50.0 | 21pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Boys
13 : 369pts : Parmiter's School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|----------------------|--------|--------|
| Hurdles | | | | Tom Gow | 12.3 | 23pts |
| 100m | Keelan Skehill-White | 12.4 | 19pts | Luca Rebaudengo | 12.4 | 19pts |
| 200m | Oscar Sheehan | 25.6 | 18pts | Xavier Julius Stein | 25.7 | 18pts |
| 300m | Romeo Rojas | 38.9 | 24pts | Luca Ward | 40.4 | 20pts |
| 800m | Robert Johnson | 2:32.7 | 15pts | Jake Rayner | 2:37.9 | 13pts |
| 1500m | Tom Aston | 4:53.9 | 19pts | | | |
| Long_Jump | Luca Rebaudengo | 4.37 | 8pts | Charlie Henson | 5.07 | 15pts |
| High_Jump | Tom Gow | 1.38 | 12pts | Tom Aston | 1.44 | 14pts |
| Triple_Jump | Xavier Julius Stein | 10.17 | 12pts | Romeo Rojas | 10.89 | 16pts |
| Pole_Vault | | | | | | |
| Shot | Jacques Mason | 8.60 | 11pts | Keelan Skehill-White | 11.30 | 20pts |
| Discus | Jake Rayner | 33.96 | 25pts | Robert Johnson | 15.70 | 7pts |
| Javelin | Ismail Ahmed | 29.50 | 13pts | Oscar Sheehan | 23.52 | 9pts |
| Hammer | | | | | | |
| Relay | Charlie Henson , Ismail Ahmed , Jacques Mason , Luca Ward | | | | 51.1 | 19pts |

14 : 348pts : Enfield Grammar School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|--------------------|--------|--------|
| Hurdles | Lucas McKie | 14.0 | 15pts | Tyler Tingey | 13.0 | 20pts |
| 100m | Elvis Elendu | 11.6 | 27pts | Zachary Jeffery | 12.5 | 18pts |
| 200m | Brando Bailey-Joseph | 24.9 | 21pts | Jeffery Darko | 26.6 | 15pts |
| 300m | Malakai Morgan | 39.8 | 22pts | Jay Lambert | 43.3 | 13pts |
| 800m | Luke Roper | 2:37.1 | 13pts | Ben Jacob Clements | 2:37.9 | 13pts |
| 1500m | | 5:43.6 | 9pts | Sam Wray | 5:04.1 | 17pts |
| Long_Jump | Elvis Elendu | 5.14 | 16pts | Zachary Jeffery | 4.48 | 9pts |
| High_Jump | Brando Bailey-Joseph | 1.44 | 14pts | Tyler Tingey | 1.44 | 14pts |
| Triple_Jump | Lucas McKie | 9.94 | 11pts | | | |
| Pole_Vault | | | | | | |
| Shot | Malakai Morgan | 8.87 | 12pts | Jeffery Darko | 8.77 | 11pts |
| Discus | Jay Lambert | 14.02 | 5pts | Sam Wray | 23.22 | 14pts |
| Javelin | | | | Ben Jacob Clements | 20.28 | 7pts |
| Hammer | Alex Lundy | 18.25 | 8pts | Ethan Blackwood | 19.53 | 9pts |
| Relay | Luke Roper , Ethan Blackwood , Alex Lundy , | | | | 53.4 | 15pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Junior Girls

1 : 408pts : Berkhamsted School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|---------------------|--------|--------|
| Hurdles | Thea Kennedy | 15.0 | 14pts | Annabel Stewart | 14.8 | 15pts |
| 100m | Maya Kearvell | 13.4 | 25pts | Tessa Williams | 14.1 | 18pts |
| 200m | Isla Doubal | 28.4 | 23pts | Valeria Antonini | 32.1 | 11pts |
| 300m | Neve Tyson | 46.2 | 20pts | Evie Doubal | 51.0 | 13pts |
| 800m | Olivia Archer | 2:43.2 | 23pts | Annabel Lloyd-Evans | 2:42.8 | 23pts |
| 1500m | Bella Seddon | 5:38.3 | 23pts | Grace Connelly | 5:42.3 | 22pts |
| Long_Jump | Thea Kennedy | 3.78 | 12pts | Grace Connelly | 3.70 | 12pts |
| High_Jump | Isla Doubal | 1.32 | 18pts | Tessa Williams | 1.26 | 16pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Maya Kearvell | 9.35 | 27pts | Annabel Lloyd-Evans | 5.90 | 11pts |
| Discus | Neve Tyson | 17.17 | 16pts | Valeria Antonini | 17.12 | 16pts |
| Javelin | Edie Stanley | 20.34 | 20pts | Evie Doubal | 14.57 | 12pts |
| Hammer | | | | | | |
| Relay | <u>Edie Stanley , Bella Seddon , Olivia Archer , Annabel Stewart</u> | | | | 60.1 | 18pts |

2 : 388pts : Dame Alice Owens, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|-----------------|--------|--------|
| Hurdles | Annabelle Reusch | 13.6 | 21pts | Isabella Xavier | 14.2 | 18pts |
| 100m | Tia Patterson | 14.0 | 19pts | Isla Brasnett | 13.9 | 20pts |
| 200m | Hannah Johnson | 30.5 | 16pts | Rhiannon Till | 28.7 | 22pts |
| 300m | | | | | | |
| 800m | Adaugo Nwogu | 2:38.6 | 25pts | Riya Goyal | 3:01.6 | 17pts |
| 1500m | Freya Mahendran | 5:53.4 | 21pts | Lilly Van Thal | 5:33.8 | 24pts |
| Long_Jump | Adaugo Nwogu | 3.65 | 11pts | Isla Brasnett | 4.48 | 20pts |
| High_Jump | Tia Patterson | 1.41 | 21pts | Isabella Xavier | 1.35 | 19pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Mahdi Al Rahman | 7.36 | 17pts | Clara Day | 6.00 | 12pts |
| Discus | Hannah Johnson | 22.46 | 23pts | Rhiannon Till | 15.45 | 13pts |
| Javelin | Freya Mahendran | 13.67 | 11pts | Riya Goyal | 21.93 | 22pts |
| Hammer | | | | | | |
| Relay | <u>Annabelle Reusch , Clara Day , Lilly Van Thal , Mahdi Al Rahman</u> | | | | 61.3 | 16pts |

3 : 374pts : John F Kennedy Catholic School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Renee Ronan | 15.0 | 14pts | | | |
| 100m | Esther Faponle | 13.2 | 27pts | Sofia Briggs | 14.3 | 16pts |
| 200m | Tomi Kehinde | 29.5 | 19pts | Evelyn Cook | 29.9 | 18pts |
| 300m | Trinity Bruner | 48.0 | 17pts | Lulu Topping | 48.0 | 17pts |
| 800m | Maisie Redman | 2:45.0 | 23pts | Juno Cowman Daly | 2:55.3 | 19pts |
| 1500m | Jasmine Okoh | 5:23.0 | 26pts | Molly Considine | 6:00.2 | 19pts |
| Long_Jump | Trinity Bruner | 4.20 | 17pts | Evelyn Cook | 3.87 | 13pts |
| High_Jump | Renee Ronan | 1.14 | 12pts | Lulu Topping | 1.29 | 17pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Tomi Kehinde | 8.00 | 21pts | Tomi Bankole | 7.32 | 17pts |
| Discus | Esther Faponle | 20.94 | 21pts | | | |
| Javelin | Jasmine Okoh | 11.32 | 8pts | Juno Cowman Daly | 17.98 | 16pts |
| Hammer | | | | | | |
| Relay | <u>Molly Considine , Tomi Bankole , Sofia Briggs , Maisie Redman</u> | | | | 60.5 | 17pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Junior Girls
4 : 368pts : Putney High School, London

| Event | Name | Perf | Points | Name | Perf | Points |
|--------------------|---|--------|--------|-----------------|--------|--------|
| Hurdles | | | | | | |
| 100m | Audra Shah | 14.1 | 18pts | Tilly Nicholson | 14.1 | 18pts |
| 200m | Soraya Stevens | 29.3 | 20pts | Florrie Foster | 30.2 | 17pts |
| 300m | Marlena Hite | 47.2 | 18pts | Lauren Crossley | 49.5 | 14pts |
| 800m | Ella Coyne | 2:48.9 | 21pts | Penny Griffin | 2:59.9 | 18pts |
| 1500m | Otelia Garca-Davis | 5:09.7 | 28pts | Tabitha Miller | 5:49.4 | 21pts |
| Long_Jump | Soraya Stevens | 4.37 | 19pts | Marlena Hite | 3.85 | 13pts |
| High_Jump | Audra Shah | 1.35 | 19pts | Tilly Nicholson | 1.38 | 20pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Amiya Viridi | 7.44 | 18pts | Florrie Foster | 6.98 | 15pts |
| Discus | Poppy Isaacs | 18.16 | 17pts | Penny Griffin | 14.66 | 12pts |
| Javelin | Tabitha Miller | 17.18 | 15pts | Lauren Crossley | 13.05 | 10pts |
| Hammer | | | | | | |
| Relay | <u>Ella Coyne , Amiya Viridi , Otelia Garcia-Davis , Poppy Isaacs</u> | | | | 60.9 | 17pts |

5 : 367pts : St Albans High School for Girls, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|--------------------|--|--------|--------|----------------|--------|--------|
| Hurdles | | | | | | |
| 100m | Verity Fuge | 13.9 | 20pts | Emily Bloch | 14.0 | 19pts |
| 200m | Freya Hardyman | 29.6 | 19pts | Beth Hopkins | 31.7 | 12pts |
| 300m | Ruby McCabe | 48.2 | 17pts | Alice Gates | 52.9 | 10pts |
| 800m | Becky Smith | 2:46.5 | 22pts | Violet Whiting | 3:02.7 | 17pts |
| 1500m | Kylie Kan | 5:50.0 | 21pts | | | |
| Long_Jump | Emily Bloch | 4.15 | 17pts | Verity Fuge | 4.41 | 19pts |
| High_Jump | Tehya Roberton | 1.26 | 16pts | Ruby McCabe | 1.29 | 17pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Bibi Fisher | 8.98 | 25pts | | | |
| Discus | Millie Lindsay | 19.05 | 18pts | Amira Mackney | 14.30 | 12pts |
| Javelin | Alice Gates | 23.51 | 24pts | Beth Hopkins | 15.96 | 14pts |
| Hammer | | | | | | |
| Relay | <u>Kylie Kan , Freya Hardyman , Becky Smith , Tehya Roberton</u> | | | | 60.5 | 17pts |

6 : 365pts : Roundwood Park School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|------------------------|--------|--------|
| Hurdles | | | | | | |
| 100m | Isobel Wall | 14.1 | 18pts | Chloe Egan | 14.7 | 15pts |
| 200m | Eleanor Josse | 13.5 | 24pts | Thalia Burr | 14.7 | 13pts |
| 300m | Annie Stansfield | 27.1 | 27pts | Katie Day | 30.3 | 17pts |
| 800m | Paige Brewster | 50.9 | 13pts | | | |
| 1500m | Emma Wright | 2:37.4 | 25pts | Emilia Gay | 3:02.7 | 17pts |
| Long_Jump | Clara Upjohn | 5:53.9 | 21pts | | | |
| High_Jump | Eleanor Josse | 4.59 | 21pts | Annie Stansfield | 4.36 | 19pts |
| Triple_Jump | Anna Mcdavitt | 1.29 | 17pts | Clara Upjohn | 1.29 | 17pts |
| Pole_Vault | | | | | | |
| Shot | Isobel Wall | 8.47 | 23pts | Emilia Gay | 5.34 | 9pts |
| Discus | Emma Wright | 15.54 | 14pts | Thalia Burr | 11.77 | 8pts |
| Javelin | Paige Brewster | 11.16 | 7pts | Natalija Borovicinanin | 21.29 | 21pts |
| Hammer | | | | | | |
| Relay | <u>Katie Day , Anna Mcdavitt , Natalija Borovicinanin , Chloe Egan</u> | | | | 59.7 | 19pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Junior Girls

7 : 353pts : Sydenham High School GDST, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-------------------|-------------|--------------|
| Hurdles | Ruth Budden | 13.2 | 23pts | Gabriella Filipek | 16.1 | 10pts |
| 100m | Nahla Berry | 13.7 | 22pts | Kayley Thomas | 14.4 | 15pts |
| 200m | Claudia Rigby | 31.5 | 13pts | Izzy Okolo | 29.5 | 19pts |
| 300m | Jolie Bishton | 48.3 | 16pts | Maddie Outteridge | 49.0 | 15pts |
| 800m | Bessie Smart | 2:44.6 | 23pts | Elliot Amos | 2:49.4 | 21pts |
| 1500m | Salome Bouten | 5:51.0 | 21pts | Bobbie Campbell | 6:09.1 | 18pts |
| Long_Jump | Claudia Rigby | 3.70 | 12pts | Izzy Okolo | 3.64 | 11pts |
| High_Jump | Maddie Outteridge | 1.17 | 13pts | Gabriella Filipek | 1.26 | 16pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Nahla Berry | 7.02 | 16pts | Kayley Thomas | 5.57 | 10pts |
| Discus | | | | | | |
| Javelin | Ruth Budden | 28.83 | 29pts | Jolie Bishton | 17.54 | 16pts |
| Hammer | | | | | | |
| Relay | <u>Bessie Smart , Salome Bouten , Elliot Amos , Bobbie Campbell</u> | | | | <u>62.8</u> | <u>14pts</u> |

8 : 345pts : City of London School for Girls, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|------------------|-------------|--------------|
| Hurdles | Mila de Mattos | 15.5 | 12pts | | | |
| 100m | Lara Maksimovic | 13.9 | 20pts | Grace Adewumi | 15.6 | 9pts |
| 200m | Elle Behari | 27.2 | 27pts | Isabella Peluso | 29.3 | 20pts |
| 300m | Nina Koelsch | 48.9 | 15pts | Cleo Carpenter | 51.3 | 12pts |
| 800m | Evangeline Gilgrass | 2:52.0 | 20pts | Georgia Kohansky | 2:44.5 | 23pts |
| 1500m | anastasia dines | 5:32.7 | 24pts | Alexia Pearman | 5:51.0 | 21pts |
| Long_Jump | Isabella Peluso | 3.78 | 12pts | Cleo Carpenter | 3.81 | 13pts |
| High_Jump | Nina Koelsch | 1.23 | 15pts | Mila de Mattos | 1.26 | 16pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Elle Behari | 7.20 | 17pts | Sophie Braham | 7.67 | 19pts |
| Discus | Grace Adewumi | 11.38 | 8pts | | | |
| Javelin | Lara Maksimovic | 15.80 | 14pts | Georgia Kohansky | 14.66 | 12pts |
| Hammer | | | | | | |
| Relay | <u>Evangeline Gilgrass , anastasia dines , Sophie Braham , Alexia Pearman</u> | | | | <u>61.4</u> | <u>16pts</u> |

9 : 341pts : The Lady Eleanor Holles School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|-----------------------|-------------|--------------|
| Hurdles | Sharon Park | 12.9 | 24pts | Camilla Davies | 14.6 | 16pts |
| 100m | Scarlett Simpson | 14.5 | 14pts | Dotty Pillinger-Snook | 14.7 | 13pts |
| 200m | Isabelle Tucker | 28.7 | 22pts | Sasha Dell | 32.3 | 10pts |
| 300m | Holly Townsend | 47.6 | 18pts | Emily Lim | 50.8 | 13pts |
| 800m | Rosy Connor | 2:50.0 | 21pts | Iris Bowden-Stone | 2:41.7 | 24pts |
| 1500m | Cecilia Gradillas | 6:10.1 | 18pts | Freya Moran | 6:05.6 | 19pts |
| Long_Jump | Dotty Pillinger-Snook | 3.88 | 13pts | Cecilia Gradillas | 3.64 | 11pts |
| High_Jump | Freya Moran | 1.29 | 17pts | Sharon Park | 1.29 | 17pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Emily Lim | 6.45 | 13pts | | | |
| Discus | Holly Townsend | 13.09 | 10pts | | | |
| Javelin | Scarlett Simpson | 15.91 | 14pts | Iris Bowden-Stone | 14.75 | 12pts |
| Hammer | | | | | | |
| Relay | <u>Isabelle Tucker , Sasha Dell , Camilla Davies , Rosy Connor</u> | | | | <u>57.6</u> | <u>22pts</u> |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Junior Girls

10 : 336pts : Marist Senior School, Berkshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|--------------------|--------|--------|
| Hurdles | Bea Adam | 13.6 | 21pts | | | |
| 100m | Iman Kazim | 14.4 | 15pts | Tami Odutoye | 15.1 | 11pts |
| 200m | Susannah Chatterjee | 31.4 | 13pts | Izzie Prouse | 31.6 | 12pts |
| 300m | | | | Julia Morata | 53.9 | 9pts |
| 800m | Francesca Wilkinson | 2:55.6 | 19pts | Natasha Roberts | 2:54.4 | 19pts |
| 1500m | Ciara Healey | 5:30.8 | 24pts | Jo Blenkinsop | 6:09.2 | 18pts |
| Long_Jump | Susannah Chatterjee | 4.08 | 15pts | Julia Morata | 3.61 | 11pts |
| High_Jump | Bea Adam | 1.32 | 18pts | Tami Odutoye | 1.32 | 18pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Iman Kazim | 8.30 | 22pts | Charlotte Gleasure | 6.99 | 15pts |
| Discus | Jo Blenkinsop | 16.22 | 14pts | Izzie Prouse | 13.22 | 11pts |
| Javelin | Ciara Healey | 19.27 | 18pts | Evie Stewart | 19.63 | 19pts |
| Hammer | | | | | | |
| Relay | Charlotte Gleasure , Francesca Wilkinson , Evie Stewart , Natasha Roberts | | | | 63.2 | 14pts |

11 : 323pts : St Clement Danes School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|--------------------|--------|--------|
| Hurdles | Talia Ricketts | 14.7 | 15pts | Isabella Patterson | 13.6 | 21pts |
| 100m | Rose Birkett | 14.9 | 12pts | Elodie Ah-sun | 14.8 | 13pts |
| 200m | Erin Cooper | 30.0 | 18pts | | | |
| 300m | Sophie Reid | 48.7 | 16pts | Bella Haddow | 50.9 | 13pts |
| 800m | Lottie Pearce | 3:06.6 | 15pts | Sydney Langford | 3:27.8 | 8pts |
| 1500m | Polly Cardy | 5:47.4 | 22pts | Josie Mansour | 5:38.0 | 23pts |
| Long_Jump | Lottie Pearce | 3.72 | 12pts | Elodie Ah-sun | 3.95 | 14pts |
| High_Jump | Talia Ricketts | 1.35 | 19pts | | | |
| Triple_Jump | | | | | | |
| Pole_Vault | Isabella Patterson | 1.95 | 19pts | | | |
| Shot | Idil Turan | 6.21 | 12pts | | | |
| Discus | Erin Cooper | 11.16 | 8pts | Bella Haddow | 12.84 | 10pts |
| Javelin | Polly Cardy | 19.46 | 18pts | Sydney Langford | 17.39 | 16pts |
| Hammer | | | | | | |
| Relay | Rose Birkett , Sophie Reid , Josie Mansour , Idil Turan | | | | 59.3 | 19pts |

12 : 311pts : Queenswood School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------|--------|--------|
| Hurdles | Lucy Harrison | 14.5 | 16pts | Erin Hobson | 17.1 | 7pts |
| 100m | Olivia Evans | 14.7 | 13pts | Rebecca Baiyewu | 15.8 | 8pts |
| 200m | Aara Kamara | 26.2 | 30pts | Ruby Berry | 30.5 | 16pts |
| 300m | | | | | | |
| 800m | Rosa Court | 2:55.6 | 19pts | Erin Hobson | 2:49.9 | 21pts |
| 1500m | Izzy Marriott | 5:25.8 | 25pts | Madison Foxcroft | 5:53.1 | 21pts |
| Long_Jump | Lucy Harrison | 3.81 | 13pts | Erin Hobson | 3.39 | 8pts |
| High_Jump | Olivia Evans | 1.17 | 13pts | Olivia Cox | 1.23 | 15pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Katriel Ayegbeni | 8.25 | 22pts | Madison Foxcroft | 5.39 | 9pts |
| Discus | Aara Kamara | 13.69 | 11pts | Ruby Berry | 12.92 | 10pts |
| Javelin | Amelia Rashid | 15.48 | 13pts | Rebecca Baiyewu | 13.14 | 10pts |
| Hammer | | | | | | |
| Relay | Katriel Ayegbeni , Izzy Marriott , Rosa Court , Olivia Cox | | | | 65.3 | 11pts |

ESAA English Schools' Track and Field Cup 2023
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Junior Girls

13 : 287pts : Parmiter's School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|-------------|--------|--------|
| Hurdles | | | | A.Rana | 13.3 | 22pts |
| 100m | A.Anene | 13.6 | 23pts | A.Daniels | 13.7 | 22pts |
| 200m | S.Ovide-Phillips | 32.2 | 10pts | M.Plagemann | 31.0 | 14pts |
| 300m | J.Street | 58.0 | 5pts | K.Samuels | 54.5 | 8pts |
| 800m | S.Bayley | 2:50.6 | 21pts | R.Ghioc | 3:13.2 | 13pts |
| 1500m | N.Worsley | 5:33.8 | 24pts | D.Jackson | 5:52.2 | 21pts |
| Long_Jump | A.Rana | 3.98 | 14pts | S.Bayley | 3.39 | 8pts |
| High_Jump | R.Ghioc | | | | | |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | K.Samuels | 7.57 | 18pts | N.Worsley | 7.64 | 19pts |
| Discus | Z.Thomas | 13.26 | 11pts | J.Street | 10.26 | 7pts |
| Javelin | D.Jackson | 18.29 | 17pts | A.Anene | 13.32 | 10pts |
| Hammer | | | | | | |
| Relay | <u>A.Daniels , M.Plagemann , Z.Thomas , S.Ovide-Phillips</u> | | | | DQ | 0pts |

14 : 270pts : Thomas's Battersea, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|--------------------|-------|--------|
| Hurdles | Daisy Blood | 14.1 | 18pts | | | |
| 100m | Yasemin Buyuksarac | 14.9 | 12pts | Alice Lowe | 15.7 | 8pts |
| 200m | Dani Priston | 30.3 | 17pts | Allegra Vernadachi | 33.2 | 8pts |
| 300m | Ruby Cole | 47.2 | 18pts | Olivia Costello | 52.3 | 11pts |
| 800m | Becca Johnson | 2:41.6 | 24pts | | | |
| 1500m | Bea Colonius Xavier | 6:06.0 | 19pts | | | |
| Long_Jump | Becca Johnson | 3.83 | 13pts | Daisy Blood | 3.49 | 9pts |
| High_Jump | Yasemin Buyuksarac | 1.23 | 15pts | Ruby Cole | 1.26 | 16pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Dani Priston | 6.90 | 15pts | Olivia Costello | 6.90 | 15pts |
| Discus | Allegra Vernadachi | 16.44 | 15pts | Amelia Harding | 15.50 | 14pts |
| Javelin | Georgie Aylmer | 15.92 | 14pts | Alice Lowe | 12.06 | 9pts |
| Hammer | | | | | | |
| Relay | <u>Bea Colonius Xavier , Amelia Harding , Georgie Aylmer , Willa Rucker</u> | | | | DNF | 0pts |

15 : 265pts : Streatham and Clapham High School, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|----------------------|--------|--------|
| Hurdles | Leila Knight Palmer | 16.3 | 10pts | Imogen Shaw | 18.0 | 4pts |
| 100m | Abbey Townsend | 15.1 | 11pts | Naomie Haeglin | 15.4 | 10pts |
| 200m | Grace Stephenson | 29.8 | 18pts | Ellie Gordon Steward | 34.4 | 6pts |
| 300m | Sophie Wright | 44.9 | 23pts | | | |
| 800m | Anya Brendon | 2:47.9 | 22pts | Asisse Ubhi | 2:35.0 | 26pts |
| 1500m | Darcey Melley | 5:57.8 | 20pts | | | |
| Long_Jump | Anya Brendon | 3.20 | 7pts | Asisse Ubhi | 3.19 | 6pts |
| High_Jump | Grace Stephenson | 1.23 | 15pts | Imogen Shaw | 1.20 | 14pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Sophie Breslin | 6.89 | 15pts | Naomie Haeglin | 3.83 | 4pts |
| Discus | Carmen Howard Calle | 16.14 | 14pts | | | |
| Javelin | Abbey Townsend | 17.30 | 16pts | Ellie Gordon Steward | 12.61 | 9pts |
| Hammer | | | | | | |
| Relay | <u>Carmen Howard Calle , Sophie Breslin , Darcie Melley , Sophie Wright</u> | | | | 62.3 | 15pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Girls

1 : 475pts : Roundwood Park School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|----------------|--------|--------|
| Hurdles | Isabella Turner | 11.8 | 28pts | Chloe Ithier | 13.9 | 18pts |
| 100m | Rebecca Owen | 13.0 | 26pts | Ella Clement | 13.6 | 20pts |
| 200m | Renee West | 27.5 | 22pts | Mia Robinson | 28.3 | 19pts |
| 300m | Louise Martin | 42.7 | 26pts | Lottie Watson | 46.8 | 19pts |
| 800m | Lowri Stansfield | 2:33.2 | 24pts | Amelie Grenier | 2:48.7 | 16pts |
| 1500m | Karolina Wall | 5:35.5 | 20pts | | | |
| Long_Jump | Rebecca Owen | 4.64 | 19pts | Lottie Watson | 4.06 | 14pts |
| High_Jump | Louise Martin | 1.26 | 13pts | Chloe Ithier | 1.32 | 15pts |
| Triple_Jump | Lowri Stansfield | 8.84 | 14pts | Renee West | 9.96 | 22pts |
| Pole_Vault | Isabella Turner | 3.60 | 45pts | | | |
| Shot | Karolina Wall | 5.95 | 9pts | Ella Clement | 6.21 | 10pts |
| Discus | Amelie Murat | 18.80 | 14pts | Amelie Grenier | 13.88 | 7pts |
| Javelin | Sammy Renwick | 27.38 | 22pts | Megan Wall | 19.25 | 13pts |
| Hammer | | | | | | |
| Relay | Sammy Renwick , Amelie Murat , Megan Wall , Mia Robinson | | | | 57.6 | 20pts |

2 : 441pts : Berkhamsted School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|------------------------|--------|--------|
| Hurdles | Seren Majed | 13.9 | 18pts | Emily Jones | 13.7 | 19pts |
| 100m | Poppy Odom-Haslett | 14.1 | 15pts | Bea Spooner | 13.4 | 22pts |
| 200m | Amber Vaughan | 28.7 | 18pts | Aaron Warwick | 29.3 | 16pts |
| 300m | Tilly Whiting | 45.6 | 21pts | Eliza Kaynama | 47.1 | 18pts |
| 800m | Grace Hughes | 2:44.9 | 18pts | Willa Stanley | 2:59.4 | 13pts |
| 1500m | Emily Ford | 5:01.1 | 27pts | Josie Reid | 5:57.0 | 16pts |
| Long_Jump | Grace Hughes | 4.32 | 16pts | Seren Majed | 3.88 | 12pts |
| High_Jump | Amber Vaughan | 1.50 | 21pts | Emily Jones | 1.44 | 19pts |
| Triple_Jump | Tilly Whiting | 10.44 | 26pts | Niamh Lillriott-Wilson | 9.38 | 18pts |
| Pole_Vault | | | | | | |
| Shot | Talia Williams | 9.56 | 21pts | Josie Reid | 7.39 | 14pts |
| Discus | Willa Stanley | 18.07 | 13pts | Poppy Odom-Haslett | 13.97 | 7pts |
| Javelin | Bea Spooner | 23.90 | 18pts | Aaron Warwick | 23.30 | 17pts |
| Hammer | | | | | | |
| Relay | Emily Ford , Eliza Kaynama , Talia Williams , Niamh Lillriott-Wilson | | | | 59.4 | 18pts |

3 : 434pts : Queenswood School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|---------------------|--------|--------|
| Hurdles | Dahlia Corp | 13.8 | 19pts | Sienna Field | 16.8 | 9pts |
| 100m | Shenel Okrah | 13.7 | 19pts | Samantha Adeboye | 13.7 | 19pts |
| 200m | Maya O | 27.0 | 24pts | Rosie Easey | 32.0 | 7pts |
| 300m | Talya Robinson | 45.1 | 22pts | Sophie Clements | 46.7 | 19pts |
| 800m | Abi Thomson | 2:39.0 | 21pts | Evie Killigrew | 2:58.3 | 13pts |
| 1500m | Georgina Hamilton | 5:28.5 | 22pts | Rose-Ellen Flannery | 5:28.0 | 22pts |
| Long_Jump | Evie Killigrew | 4.19 | 15pts | Abi Thomson | 3.49 | 8pts |
| High_Jump | Dahlia Corp | 1.59 | 24pts | Sienna Field | 1.35 | 16pts |
| Triple_Jump | Sophie Clements | 10.01 | 22pts | Maya O | 8.46 | 12pts |
| Pole_Vault | | | | | | |
| Shot | Shenel Okrah | 8.10 | 16pts | | | |
| Discus | Samantha Adeboye | 20.66 | 16pts | Talya Robinson | 14.24 | 8pts |
| Javelin | Willow Dench | 22.58 | 17pts | Rosie Easey | 22.67 | 17pts |
| Hammer | Keira Lake-Bryan | 41.10 | 32pts | | | |
| Relay | Rose-Ellen Flannery , Georgina Hamilton , Keira Lake-Bryan , Willow Dench | | | | 61.6 | 15pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Girls
4 : 432pts : Putney High School, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|--|--------|--------|------------------------|--------|--------|
| Hurdles | Willow Scales | 12.5 | 24pts | India Blakey | 14.6 | 16pts |
| 100m | Flo Grose | 14.0 | 16pts | Isabella Double | 14.3 | 13pts |
| 200m | Sophia Thompson | 29.6 | 15pts | Annabel Joint | 29.6 | 15pts |
| 300m | Kat Kirk | 43.5 | 24pts | Timi Adewale | 47.7 | 17pts |
| 800m | Lucy Wright | 2:17.5 | 32pts | Gabriella McHugh | 2:46.7 | 17pts |
| 1500m | Mae Losson | 5:21.5 | 23pts | Crissie Gilodi-Johnson | 5:23.6 | 23pts |
| Long_Jump | Mae Losson | 4.13 | 14pts | Isabella Double | 4.11 | 14pts |
| High_Jump | Willow Scales | 1.56 | 23pts | India Blakey | 1.41 | 18pts |
| Triple_Jump | Sophia Thompson | 7.94 | 8pts | Kat Kirk | 9.19 | 16pts |
| Pole_Vault | | | | | | |
| Shot | Mair Brown | 7.89 | 15pts | Timi Adewale | 9.00 | 19pts |
| Discus | Flo Grose | 16.25 | 11pts | Emma Hudson | 18.97 | 14pts |
| Javelin | Annabel Joint | 16.88 | 9pts | Crissie Gilodi-Johnson | 20.11 | 14pts |
| Hammer | | | | | | |
| Relay | <u>Lucy Wright , Emma Hudson , Gabriella McHugh , Mair Brown</u> | | | | 56.7 | 22pts |

5 : 431pts : St Clement Danes School, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-----------------------|--------|--------|
| Hurdles | Lillie Payne | 13.6 | 19pts | Chloe Hutton | 16.0 | 11pts |
| 100m | | | | Grace Barret | 14.1 | 15pts |
| 200m | Abi Edwards | 29.7 | 15pts | Abi Conway | 29.1 | 17pts |
| 300m | Nisha Evans | 46.9 | 19pts | Libby Woods | 45.9 | 20pts |
| 800m | Sofia Kaski | 2:44.9 | 18pts | Chloe Hale | 2:46.9 | 17pts |
| 1500m | Izzy Martin | 5:01.5 | 27pts | Lauren Pearce | 5:53.6 | 17pts |
| Long_Jump | Sofia Kaski | 3.66 | 10pts | Lauren Pearce | 3.69 | 10pts |
| High_Jump | Izzy Martin | 1.32 | 15pts | Grace Barret | 1.41 | 18pts |
| Triple_Jump | Lillie Payne | 8.82 | 14pts | | | |
| Pole_Vault | Abi Edwards | 3.00 | 33pts | | | |
| Shot | Alice Godfrey | 9.09 | 19pts | Libby Woods | 5.65 | 8pts |
| Discus | Chloe Hale | 18.35 | 13pts | Georgie Christophorou | 22.16 | 18pts |
| Javelin | Nisha Evans | 25.42 | 20pts | Poppy Godfrey | 23.94 | 18pts |
| Hammer | | | | Abi Conway | 28.45 | 21pts |
| Relay | <u>Chloe Hutton , Poppy Godfrey , Georgie Christophorou , Alice Godfrey</u> | | | | 58.4 | 19pts |

6 : 390pts : St Albans High School for Girls, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------------|---|--------|--------|------------------|--------|--------|
| Hurdles | Eloise Stefanutto | 14.7 | 16pts | Evie Kasoulis | 16.6 | 9pts |
| 100m | Foladara Bajomo | 13.6 | 20pts | Lillia Hunter | 13.7 | 19pts |
| 200m | Nyiema Obika | 28.3 | 19pts | Alannah Michael | 30.4 | 12pts |
| 300m | Sienna Rust | 42.4 | 26pts | Kendra Wilberpre | 50.7 | 13pts |
| 800m | Issy Hawks | 2:38.4 | 21pts | Naomi Smith | 2:46.2 | 17pts |
| 1500m | Emma Gudgeon | 5:09.3 | 26pts | Annabelle Wade | 5:50.0 | 18pts |
| Long_Jump | Lillia Hunter | 3.99 | 13pts | Evie Kasoulis | 4.19 | 15pts |
| High_Jump | Tilly Blakesley | 1.50 | 21pts | Nyiema Obika | NM | 0pts |
| Triple_Jump | Naomi Smith | 9.73 | 20pts | Sienna Rust | 8.67 | 13pts |
| Pole_Vault | | | | | | |
| Shot | Alannah Michael | 8.46 | 17pts | Foladara Bajomo | 8.15 | 16pts |
| Discus | Kendra Wilberforce | 13.53 | 7pts | Mary Barrett | 11.51 | 4pts |
| Javelin | Issy Hawks | 27.27 | 22pts | Emma Gudgeon | 14.80 | 6pts |
| Hammer | | | | | | |
| Relay | <u>Elloise Stefanutto , Mary Barrett , Tilly Blakesley , Annabelle Wade</u> | | | | 58.1 | 20pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Girls
7 : 372pts : Notting Hill and Ealing High School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|------------------------|--------|--------|
| Hurdles | Morven Pearce | 13.2 | 21pts | Minna Williams | 12.9 | 22pts |
| 100m | Zoe Joseph | 13.7 | 19pts | Oleena Chewsiegel | 15.0 | 9pts |
| 200m | Hannah Pilkington | 27.3 | 23pts | Kiki Van Loenen | 31.2 | 10pts |
| 300m | Adeife Adeleke | 46.1 | 20pts | Sophia Di John | 50.0 | 14pts |
| 800m | Natasha Bennett | 2:18.2 | 31pts | Isabella Pagadala | 2:47.8 | 17pts |
| 1500m | Emma Scott | 6:00.9 | 16pts | Jasmine De-Rosa Rashid | 6:18.0 | 13pts |
| Long_Jump | Natasha Bennett | 3.91 | 12pts | Hannah Pilkington | 3.46 | 8pts |
| High_Jump | Morven Pearce | 1.47 | 20pts | Minna Williams | 1.44 | 19pts |
| Triple_Jump | | | | Isabella Pagadala | 7.54 | 4pts |
| Pole_Vault | | | | | | |
| Shot | Lucia Frankic-Ruppen | 7.68 | 15pts | Sophia Di John | 5.64 | 8pts |
| Discus | Zoe Joseph | 19.91 | 15pts | Emmeline Low | 12.87 | 6pts |
| Javelin | Jasmine De-Rosa Rasha | 20.49 | 14pts | Oleena Chewsiegel | 8.97 | 0pts |
| Hammer | Kiki Van Loenen | 23.66 | 16pts | | | |
| Relay | Lucia Frankic-Ruppen , Emma Scott , Emmeline Low , Adeife Adeleke | | | | 57.8 | 20pts |

8 : 352pts : Sydenham High School GDST, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|--|--------|--------|----------------------|--------|--------|
| Hurdles | Angelique Martin-Okwulu | 15.6 | 13pts | Holly Heywood | 14.9 | 15pts |
| 100m | Allegra Carver | 13.6 | 20pts | Zaina Ogunsanya | 13.3 | 23pts |
| 200m | Maggie Edwards | 29.2 | 16pts | Freya Pinnock | 28.0 | 20pts |
| 300m | Edie Scott | 48.9 | 15pts | Elizabeth Stephenson | 49.8 | 14pts |
| 800m | Luna Lucia Bouten | 2:33.9 | 24pts | Anais Gauthier | 2:41.7 | 20pts |
| 1500m | Anna Ryan | 6:08.1 | 14pts | Isla Taylor | 5:24.3 | 23pts |
| Long_Jump | Allegra Carver | 4.19 | 15pts | Zaina Ogunsanya | 4.05 | 14pts |
| High_Jump | Angelique Martin-Okwulu | NM | 0pts | Maggie Edwards | 1.35 | 16pts |
| Triple_Jump | Charlotte Meachen | 8.90 | 15pts | Holly Heywood | 8.60 | 13pts |
| Pole_Vault | | | | | | |
| Shot | Anais Gauthier | 6.02 | 9pts | Edie Scott | 5.23 | 7pts |
| Discus | Freya Pinnock | 13.11 | 6pts | | | |
| Javelin | Luna Lucia Bouten | 15.55 | 7pts | Claire Byford | 19.23 | 13pts |
| Hammer | | | | | | |
| Relay | Isla Taylor , Elizabeth Stephenson , Anna Ryan , Charlotte Meachen | | | | 58.0 | 20pts |

9 : 350pts : Dame Alice Owens, Hertfordshire

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|------------------------|--------|--------|
| Hurdles | Aditi Dhelaria | 14.3 | 17pts | Chloe Rousseau-Bedouch | 17.8 | 5pts |
| 100m | Alicia Abe | 13.7 | 19pts | Francesca Hicks | 15.3 | 7pts |
| 200m | Evie Chadwick | 30.2 | 13pts | Emily Johnston | 30.3 | 13pts |
| 300m | Iyla Saha | 47.2 | 18pts | Jenna Khan | 51.1 | 12pts |
| 800m | Bethan O'Shea | 2:47.2 | 17pts | Rosie Armstrong | 2:44.2 | 18pts |
| 1500m | Emilie Moudart | 5:45.7 | 18pts | Matilda Steel | 6:42.4 | 9pts |
| Long_Jump | Bethan O'Shea | 3.29 | 6pts | Emily Johnston | 4.38 | 17pts |
| High_Jump | Taylor Hart | 1.47 | 20pts | Chloe Rousseau-Bedouch | 1.32 | 15pts |
| Triple_Jump | Alicia Abe | 9.33 | 17pts | Rosie Armstrong | 8.67 | 13pts |
| Pole_Vault | | | | | | |
| Shot | Evie Chadwick | 9.63 | 21pts | Lillian Trollope | 8.24 | 17pts |
| Discus | Aditi Dhelaria | 12.71 | 6pts | Jenna Khan | 14.26 | 8pts |
| Javelin | Iyla Saha | 13.36 | 5pts | Francesca Hicks | 28.07 | 23pts |
| Hammer | | | | | | |
| Relay | Emilie Moudart , Matilda Steel , Lillian Trollope , Taylor Hart | | | | 60.4 | 16pts |

ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023

Intermediate Girls

10 : 348pts : The Lady Eleanor Holles School, Middlesex

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-------------------|--------|--------|
| Hurdles | Anoushka Daga | 15.2 | 14pts | Rose Harman | 14.2 | 17pts |
| 100m | Esme Taylor | 13.1 | 25pts | Maya Helle | 14.2 | 14pts |
| 200m | Ursula Mukhtar | 28.8 | 18pts | Amelie Dell | 34.2 | 2pts |
| 300m | Molly Male | 45.8 | 21pts | Alice Hill | 49.2 | 15pts |
| 800m | Anushka Rajkhowa | 2:46.0 | 18pts | Kiki Hanreck | 2:54.9 | 14pts |
| 1500m | Marie Rudd | 5:30.1 | 21pts | Chloe Bloch | 5:31.7 | 21pts |
| Long_Jump | Ursula Mukhtar | 4.44 | 17pts | Alice Hill | 4.04 | 13pts |
| High_Jump | Chloe Bloch | 1.26 | 13pts | Anabelle Spasova | 1.23 | 12pts |
| Triple_Jump | | | | | | |
| Pole_Vault | | | | | | |
| Shot | Marie Rudd | 7.34 | 14pts | Anushka Rajkhowa | 6.34 | 10pts |
| Discus | Anoushka Daga | 17.54 | 12pts | Eloise Freemantle | 19.18 | 14pts |
| Javelin | Kiki Hanreck | 18.53 | 12pts | Rose Harman | 14.06 | 5pts |
| Hammer | | | | | | |
| Relay | <u>Maya Helle , Aishah Kola-Olukotun , Molly Male , Esme Taylor</u> | | | | 53.8 | 26pts |

11 : 321pts : Streatham and Clapham High School, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-------------------------|--------|--------|
| Hurdles | Maia Edwards | 14.3 | 17pts | Clo Proud | 17.3 | 7pts |
| 100m | Anna Adamowska | 14.0 | 16pts | Mia Shirley | 14.1 | 15pts |
| 200m | Leila Morris Ballentyne | 28.3 | 19pts | Mia Murgnahan | 30.2 | 13pts |
| 300m | Ammy Baldie | 49.9 | 14pts | Margaux Trinder | 52.5 | 10pts |
| 800m | Lindy O' Hanlon | 2:32.8 | 24pts | Ruby Abbasian | 2:45.4 | 18pts |
| 1500m | Lily Kitto | 5:16.1 | 24pts | | | |
| Long_Jump | Anna Adamowska | 3.89 | 12pts | Leila Morris Ballentyne | 4.45 | 18pts |
| High_Jump | Maia Edwards | 1.44 | 19pts | Lexie Rolfe | 1.32 | 15pts |
| Triple_Jump | Margaux Trinder | 7.83 | 7pts | Ruby Abbasian | 7.67 | 5pts |
| Pole_Vault | | | | | | |
| Shot | Mia Shirley | 5.73 | 8pts | Emaan Ogado | 8.16 | 16pts |
| Discus | Ava Fowler | 14.84 | 9pts | Lily Kitta | 13.22 | 7pts |
| Javelin | Mia Murgharam | 17.70 | 11pts | | NM | 0pts |
| Hammer | | | | | | |
| Relay | <u>Ava Fowler , Lexie Rolfe , Emaan Ogado , Clo Proud</u> | | | | 60.1 | 17pts |

12 : 317pts : South Hampstead High School, London

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|-------------------|--------|--------|
| Hurdles | | | | Olivia Allen | 18.0 | 5pts |
| 100m | Anna Koshevaya | 14.1 | 15pts | Ines Mackin | 13.9 | 17pts |
| 200m | Amalya Boz | 32.4 | 6pts | Valentina Western | 28.8 | 18pts |
| 300m | Izzy Ions | 45.1 | 22pts | Rosa Sassower | 51.5 | 12pts |
| 800m | Eloise Vanbrabant | 2:47.3 | 17pts | Mabel Askew | 2:35.8 | 23pts |
| 1500m | Alexandra Allan | 5:35.1 | 20pts | Lizzie Wortsman | 5:34.0 | 21pts |
| Long_Jump | Amalya Boz | 3.46 | 8pts | Rosa Sassower | 3.76 | 11pts |
| High_Jump | Anna Koshevaya | 1.20 | 11pts | Mabel Askew | 1.14 | 9pts |
| Triple_Jump | Lizzie Wortsman | 7.80 | 7pts | Valentina Western | 8.57 | 12pts |
| Pole_Vault | | | | | | |
| Shot | Alice Letcher | 7.08 | 13pts | Ines Mackin | 8.10 | 16pts |
| Discus | | | | Olivia Allen | 11.96 | 5pts |
| Javelin | Alexandra Allan | 25.21 | 20pts | Dia Nair | 17.73 | 11pts |
| Hammer | | | | | | |
| Relay | <u>Izzy Ions , Alice Letcher , Eloise Vanbrabant , Dia Nair</u> | | | | 59.2 | 18pts |

**ESAA English Schools' Track and Field Cup 2023
Regional 'A' Final, LN 1 at Woodside Stadium Watford - Monday 19th June 2023**

**Intermediate Girls
13 : 275pts : Parmiter's School, Hertfordshire**

| Event | Name | Perf | Points | Name | Perf | Points |
|-------------|---|--------|--------|--------------|--------|--------|
| Hurdles | A.Sharman | 18.3 | 4pts | A.Dacres | 12.8 | 23pts |
| 100m | P.Fletcher | 15.2 | 8pts | A.Cunningham | 14.0 | 16pts |
| 200m | O.B-Alausa | 28.8 | 18pts | C.Ezenekwe | 30.9 | 11pts |
| 300m | T.Mann | 42.9 | 25pts | S.Stapelberg | 50.4 | 13pts |
| 800m | E.Ash | 2:46.5 | 17pts | L.Higgs | 2:59.9 | 13pts |
| 1500m | | | | | | |
| Long_Jump | A.Cunningham | 4.28 | 16pts | T.Mann | 4.43 | 17pts |
| High_Jump | S.Stapelberg | 1.23 | 12pts | | | |
| Triple_Jump | A.Dacres | 9.58 | 19pts | | | |
| Pole_Vault | | | | | | |
| Shot | H.Sezille | 8.99 | 19pts | | | |
| Discus | G.Eames-Lilingworth | 13.61 | 7pts | | | |
| Javelin | L.Higgs | 25.23 | 20pts | A.Sharman | 22.93 | 17pts |
| Hammer | | | | | | |
| Relay | A.Thomas , P.Fletcher , H.Sezille , E.Ash | | | | DQ | 0pts |