



ESAA English Schools' Track and Field Cup 2025
Round - 1, HRT 2 : Woodside Stadium Garston - Friday 16th May 2025



Junior Boys

1 : 401pts : Sandringham School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Alex Cofone	14.0		19pts	Emilio Morrison	14.1		19pts
100m	Henry Yang	12.5		25pts	Joe Ridgeway	13.4		16pts
200m	Ozzy Howlett	28.3		16pts	Rafay Ahmed	29.9		12pts
300m	Oscar H-Bentley	43.0		19pts	Mo Tarar	47.6		11pts
800m	Theo Carrick	2:30.1		20pts	Harrison Walker	2:34.2		18pts
1500m	Dan Kennedy	4:55.9		23pts	Guy Russell-Jones	4:55.9		23pts
Long_Jump	Dan Kennedy	4.12		13pts	Joe Ridgeway	4.38		15pts
High_Jump	Alex Cofone	1.55		21pts				
Triple_Jump					Ozzy Howlett	8.05		8pts
Pole_Vault					Emilio Morrison	2.10		15pts
Shot	Henry Yang	8.91		16pts	Finlay Holian	7.69		11pts
Discus	Oscar H-Bentley	22.79		17pts	Rafay Ahmed	14.56		9pts
Javelin	Miles Clark	31.32		24pts				
Hammer					Mo Tarar	24.32		17pts
Relay	Guy Russell-Jones , Finlay Holian , Harrison Walker , Miles Clark					59.0		14pts

2 : 392pts : St Clement Danes School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Evan Flynn	14.6		16pts	Prem Shah	14.9		15pts
100m	Charlie Sleep	12.7		23pts	Rory Doherty	14.1		11pts
200m	Henry Dorrell	28.0		17pts	Max Bell	27.8		18pts
300m	Oliver Greening	46.5		13pts	Freddie Mahernike	46.5		13pts
800m	Harry Reeder	2:22.9		22pts	Airutya Savaliya	2:28.5		20pts
1500m	Hector Gamblen	5:05.3		20pts	Isaac Brown	5:05.0		20pts
Long_Jump	Max Bell	4.14		13pts	Rory Doherty	4.27		14pts
High_Jump	Charlie Sleep	1.52		20pts	Harry Reeder	1.46		18pts
Triple_Jump	Oliver Greening	8.62		12pts	Sawyer Lever	8.73		12pts
Pole_Vault								
Shot	Henry Dorrell	7.52		11pts	Prem Shah	8.20		13pts
Discus	Joseph Yates	21.08		15pts				
Javelin	Hector Gamblen	18.95		11pts	Freddie Mahernike	21.90		14pts
Hammer	Ben Sorkin	24.66		17pts				
Relay	Joseph Yates , Isaac Brown , Ben Sorkin , Airutya Savaliya					58.9		14pts

3 : 388pts : Roundwood Park School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Aidan Timmons	13.3		23pts	Charlie Kenney	15.3		13pts
100m	Freddie Cooper	13.7		13pts	Hugh Wyper	14.2		11pts
200m	Sam Palmer	27.4		19pts	Finley Grebby	26.6		21pts
300m	Theo Faulkner	44.9		15pts				
800m	William Mackie	2:23.6		22pts	Harry Barrett	2:24.0		22pts
1500m	Jenson Day	5:10.9		19pts	Charles Hodgson	5:22.4		16pts
Long_Jump	Theo Faulkner	4.54		17pts	Hugh Wyper	4.15		13pts
High_Jump	Harry Tilly	1.31		13pts	Charles Hodgson			
Triple_Jump	Harry Barrett	9.38		15pts	Freddie Cooper	9.45		16pts
Pole_Vault	Charlie Kenney	2.30		19pts				
Shot	Theo Faulkner	7.16		10pts	Sam Palmer	8.79		15pts
Discus	Finley Grebby	15.48		9pts	Thomas Bennett	22.10		16pts
Javelin	Aidan Timmons	22.14		15pts	Morten Francis	26.94		19pts
Hammer								
Relay	Thomas Bennett , Morten Francis , Harry Tilly , Jenson Day					56.6		17pts



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Junior Boys

4 : 359pts : The Bishop'S Stortford High School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Dylan Storey	18.2		1pts	Zac Macleod	16.7		6pts
100m	Theo Luis Chase	13.2		18pts	Reggie Foster	13.4		16pts
200m	Kaiyden Odurotenkorang	26.6		21pts	Sutay Sanyang	27.3		19pts
300m	Lucas Gooch	41.3		21pts	Oliver Flynn	42.6		19pts
800m	Miles Boston	2:21.6		22pts	Alex Missah	2:31.0		20pts
1500m	Mason Sanford	4:55.4		23pts	Harry Purves	5:07.7		20pts
Long_Jump	Ari Igbekele	3.94		11pts	Alex Missah	3.78		9pts
High_Jump	Kaiyden Odurotenkorang	1.31		13pts	Ari igbekele	1.28		12pts
Triple_Jump	Lucas Gooch				Oliver Flynn	9.87		18pts
Pole_Vault								
Shot	Blake Pritchard	9.41		17pts	Zac Macleod	6.34		7pts
Discus	Dylan Storey				Theo Luis Chase	16.87		11pts
Javelin	Reggie Foster	19.25		12pts	Miles Boston	36.41		29pts
Hammer								
Relay	Blake Pritchard , Zac Macleod , Mason Sanford , Harry Purves					59.0		14pts

5 : 314pts : John F Kennedy Catholic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Emmanuel Macmillan	15.5		12pts	Ryan Hlbbberd	16.7		6pts
100m	Zuriel Moses	14.1		11pts	George Mills	12.6		24pts
200m	Edmund Kyremeh	26.4		21pts	Max Clark	28.6		16pts
300m	Martim Lage	48.1		10pts	Kacper Nowak	43.7		17pts
800m	Jude Glynn	2:51.2		13pts	Jude Harkin	2:57.9		11pts
1500m	Harry Deacon	5:06.1		20pts	Ethan McDonagh			
Long_Jump	Jude Glynn	3.58		7pts	Edmund Kyremeh	4.15		13pts
High_Jump	Ethan Mcdonough	1.22		10pts	Harry Deacon			
Triple_Jump	Emmanuel Macmillan	9.13		14pts	Zuriel Moses	9.27		15pts
Pole_Vault								
Shot	Kacper Nowak	7.41		11pts	Max Clark	6.29		7pts
Discus	Jack James	15.93		10pts	Martim Lage	17.57		12pts
Javelin	Ryan Hlbbberd	28.20		21pts	Finn Eustace	22.31		15pts
Hammer								
Relay	Jude Harkin , George Reilly , Jack James , Finn Eustace					55.4		18pts

6 : 287pts : Haberdasher's Elstree Schools, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Seth Saunders	13.4		22pts				
100m	Kitan Oke	14.0		12pts	Jacob Dalah	15.5		4pts
200m	Lucas Davis	26.8		20pts	Ayden Haria	31.5		8pts
300m	Adam Grant	43.9		17pts	Rafi Barsam	46.7		12pts
800m	Ollie O'Flynn	2:22.5		22pts	Anand Dlokaria	2:42.9		16pts
1500m	Luca Lane	5:28.2		14pts	Noah Szajman	5:28.7		14pts
Long_Jump	Jacob Dalah	3.27		4pts	Ayden Haria	3.87		10pts
High_Jump	Luca Lane	1.31		13pts	Aaron Kapadia	1.17		9pts
Triple_Jump	Lucas Davis	8.93		13pts	Adam Grant			
Pole_Vault								
Shot	Kitan Oke	8.57		14pts	Ollie O'Flynn	5.23		4pts
Discus	Anana Olokaria	20.46		14pts	Avi Hertzberg	12.04		5pts
Javelin	Rafi Barsam	21.70		14pts	Seth Saunders	23.90		16pts
Hammer								
Relay	Noah Szajman , Aaron Kapadia , Avi Hertzberg , Jeremy Rotenberg					62.5		10pts



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Junior Boys
7 : 265pts : St Edmund's College, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Zachary Woghiren	13.9		20pts	Thomas Smits	15.9		10pts
100m	Monty Bonnett-Powell	13.8		13pts	Samuel Ogatunde	13.9		12pts
200m					Isaac Khan	32.9		5pts
300m	Spencer Bersley	48.4		10pts	William Sales	47.0		12pts
800m	Louie Baron	2:54.1		12pts	Jordan Shamlou	2:43.6		15pts
1500m	Alex Hartley	5:40.2		11pts	Alfie Lawrence	5:32.0		14pts
Long_Jump	Isaac Khan	2.93		1pts	William Sales	4.28		14pts
High_Jump	Alex Hartley	1.22		10pts	Thomas Smits	1.22		10pts
Triple_Jump	Zachary Woghiren	8.10		9pts	Spencer Bensley	7.22		1pts
Pole_Vault								
Shot	Henry Skitt	7.27		10pts	Charlie Walker	6.44		7pts
Discus	Monty Bonnett-Powell	19.55		14pts	Samuel Ogatunde	21.87		16pts
Javelin	Aiden Gupta	28.76		21pts	Alfie Lawrence	12.80		5pts
Hammer								
Relay	Henry Skitt , Louie Baron , Aiden Gupta , Jordan Shamlou					59.3		13pts

8 : 152pts : Verulam School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Daniel Okunnu	18.0		2pts	Harvey Eaglesfield	19.3		0pts
100m	Kunashe Magundani	13.4		16pts	James Taylor	14.5		9pts
200m	Leon Whelan	28.6		16pts	Anesu Gudo	31.4		9pts
300m					Bezalel Mensah	51.2		6pts
800m	George Perkins	2:57.8		11pts	Jake Steadman	2:43.9		15pts
1500m								
Long_Jump								
High_Jump	Daniel Okunnu	1.31		13pts	James Burden	1.22		10pts
Triple_Jump	Leon Whelan							
Pole_Vault	George Rowson	2.30		19pts				
Shot		6.46		7pts				
Discus					George Perkins	11.95		5pts
Javelin	Alistair Hanna	10.65		3pts	Lewis Potter			
Hammer								
Relay	Harvey Eaglesfield , Anesu Gudo , Daryan Hassan , Lewis Potter					61.8		11pts

9 : 143pts : The Adeyfield Academy, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Justin Filipas Onisor	16.9		6pts				
100m	Leo Amolo	14.3		10pts				
200m	Beau Zikmund	29.2		14pts	Joshua Valencia Jalil	29.5		13pts
300m	James Maguire	50.8		7pts	Archie Howard	51.4		6pts
800m	Hayden Rutledge	2:57.8		11pts	Dylan Dalphinis	2:35.8		18pts
1500m								
Long_Jump	Beau Zikmund	3.87		10pts				
High_Jump	Alfie Sturtivant							
Triple_Jump	L.Amolo	7.27		1pts	Jaziah Cameron	7.18		0pts
Pole_Vault								
Shot	James Maguire	6.90		9pts	Dylan Dalphinis	6.44		7pts
Discus	Joshua Valencia Jalil	13.63		7pts	Hayden Rutledge	8.55		1pts
Javelin	Riley Stevenson	18.98		11pts				
Hammer								
Relay	Jaziah Cameron , Josh Tuffrey-Clarke , Justin Filipas Onisor , Masion Shuttleworth					60.2		12pts



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Junior Girls

1 : 368pts : Sandringham School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Isla Chitty	14.5		16pts	Hannah Hardy	14.2		18pts
100m	Flo Randall	14.1		18pts	Claire Hardy	15.3		10pts
200m	Lottie Dennis	29.7		19pts	Sadie Smith	29.9		18pts
300m	Fanya Poulougiannis	50.3		13pts				
800m	Eliza Power	2:39.5		24pts	Olivia Daniel	2:43.9		23pts
1500m	Megan Duncan	5:59.6		20pts	Eleanor White	5:50.5		21pts
Long_Jump	Lottie Dennis	3.98		14pts	Claire Hardy	3.99		14pts
High_Jump	Fanya Poulougiannis	1.31		17pts	Eleanor White	1.25		15pts
Triple_Jump								
Pole_Vault								
Shot	Isla Chitty	8.02		21pts	Olivia Daniel	5.71		11pts
Discus	Flo Randall	18.29		17pts	Sadie Smith	15.05		13pts
Javelin	Grace Betteridge	25.40		26pts				
Hammer								
Relay	Hannah Hardy , Eliza Power , Megan Duncan , Grace Betteridge					58.8		20pts

2 : 331pts : Roundwood Park School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Esme Khakpour-Smith	12.4		27pts	Sienna Williams	17.0		7pts
100m	Lucia Gallagher	14.8		13pts	Hollie Goodwin	13.9		20pts
200m	Maddison Rye	30.9		15pts				
300m	Anna Jadeja	50.8		13pts	Phoebe-Rose Roberts	47.7		17pts
800m	Daisy Allen	3:01.3		17pts	Elsie Hamilton-Watson	2:56.8		19pts
1500m	Aoife Robinson	5:52.8		21pts				
Long_Jump	Esme Khakpour-Smith	3.95		14pts	Hollie Goodwin	4.24		17pts
High_Jump	Anna Jadeja	1.25		15pts	Lucia Gallagher	1.25		15pts
Triple_Jump								
Pole_Vault								
Shot	Aoife Robinson	6.39		13pts	Maddison Rye	6.58		13pts
Discus	Abi Animashaun	17.37		16pts	Sienna Williams	13.94		11pts
Javelin	Elsie Hamilton-Watson	11.87		8pts	Katy Fettes	22.13		22pts
Hammer								
Relay	Abi Animashaun , Phoebe-Rose Roberts , Daisy Allen , Katy Fettes					60.4		18pts

3 : 325pts : Haberdasher's Elstree Schools, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Mila Lovis	13.7		20pts	Seyi Saseun	16.8		8pts
100m	Avni Mandalia	14.1		18pts	Uju Okafor	14.7		13pts
200m	Sophie Pearce	29.2		20pts	Eno Ebai	30.5		16pts
300m	Tamara Marshall-Harry	48.3		16pts				
800m	Amelia Holt	2:39.7		24pts	Neve Black	2:58.1		18pts
1500m	Rio Kadrok	5:25.0		25pts	Emma Almond	6:04.1		19pts
Long_Jump	Eno Ebai	4.30		18pts	Mila Lovis	3.43		9pts
High_Jump	Avni Mandalia	1.31		17pts	Uju Okafor	1.17		13pts
Triple_Jump								
Pole_Vault								
Shot	Sophie Pearce	7.35		17pts	Seyi Saseun	6.49		13pts
Discus	Tamara Marshall-Harry	16.65		15pts				
Javelin	Trisha Das	16.80		15pts	Rio Kadrok	5.17		0pts
Hammer								
Relay	Amelia Holt , Neve B , Trisha Bas , Uju Okafor					64.9		11pts



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Junior Girls

4 : 300pts : The Royal Masonic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Matilda Gardner	16.4		9pts	Cordelia Helm	15.2		13pts
100m	Shona Adetola	14.4		15pts	Lucia Murphy	15.4		10pts
200m	Libby Evans	30.5		16pts				
300m	Olivia Martin	50.4		13pts				
800m	Isabelle Cowie	2:44.9		23pts	Lara Hogan	2:49.5		21pts
1500m	Cat Barclay	5:20.9		26pts	Emilia Ingham	5:51.4		21pts
Long_Jump	Shona Adetola	3.82		13pts	Olivia Martin	3.63		11pts
High_Jump	Cordelia Helm	1.31		17pts	Matilda Gardner	1.12		11pts
Triple_Jump								
Pole_Vault								
Shot	Lucia Murphy	5.49		10pts	Isabelle Cowie	4.85		8pts
Discus	Libby Evans	12.62		10pts	Lara Hogan	12.05		9pts
Javelin	Cyce Snazell	17.37		16pts	Carla Trela-Parra	14.55		12pts
Hammer								
Relay	Emilia Ingham , Cat Barclay , Carla Trela-Parra , Cyce Snazell					61.4		16pts

5 : 294pts : St Albans High School for Girls, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Emily Back	14.3		17pts	Ellie Huddleston	15.9		11pts
100m	Charlotte Wood	14.2		17pts	Amelia Green	15.0		12pts
200m	Amelia Alade	29.8		18pts	Lily Burger	33.7		7pts
300m	Amelie Sarosi	54.4		8pts				
800m	Lara Hall	2:54.6		19pts	Ella Pinder	2:41.7		24pts
1500m	Anna Stokes	5:28.8		25pts	Anna Lucia Blankenship	6:07.0		18pts
Long_Jump	Charlotte Wood	4.06		15pts	Emily Back	3.38		8pts
High_Jump	Amelia Alade	1.25		15pts	Lara Hall	1.22		14pts
Triple_Jump								
Pole_Vault								
Shot	Anna Lucia Blankenship	5.13		9pts	Orla Henry	6.31		13pts
Discus	Anna Stokes	13.48		11pts				
Javelin	Lilly Burger	16.98		15pts	Ellie Huddleston	5.85		0pts
Hammer								
Relay	Orla Henry , Amelia Green , Ella Pinder , Amelie Sarosi					60.3		18pts

6 : 288pts : St Edmund's College, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Temidire Fadahunsi-Jones	14.3		16pts	Jemimah Olaoluwa	14.3		16pts
200m	Holly Agbo	33.9		7pts	KK Omidiji	27.2		27pts
300m	Olivia Bacon-Sugrue	47.4		18pts	Ava-Grace Harding	49.6		14pts
800m	Isabelle Bacon-Sugrue	2:39.4		24pts	Helen Ritson	3:05.7		16pts
1500m	Eme Udom	6:03.2		19pts	Bea Grundy-Wheeler	6:27.1		15pts
Long_Jump	Temidire Fadahunsi-Jones	4.03		15pts	Akuchi John-Nwosu			
High_Jump	Nina Evans-Fernandez	1.25		15pts	Olivia Bacon-Sugrue	1.17		13pts
Triple_Jump								
Pole_Vault								
Shot	Jemimah Olaoluwa	7.22		17pts	Eme Udom	5.57		10pts
Discus	Holly Agbo	11.79		8pts	Helen Ritson	15.03		13pts
Javelin	Isabelle Bacon-Sugrue	8.89		4pts	Eme Udom	5.83		0pts
Hammer								
Relay	Ava-Grace Harding , Nina Evans-Fernandez , Bea Grundy-Wheeler , KK Omidiji					58.3		21pts



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Junior Girls

7 : 288pts : John F Kennedy Catholic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Angel Ahenkan	14.4		17pts	Tamara Ngachu	16.1		10pts
100m		15.2		11pts	Amelia Mihalcea	15.4		10pts
200m	Zofia Henry	29.9		18pts	Daniella Adenaike	28.5		23pts
300m	Dalu Okeke	48.1		17pts				
800m	Allegra Blasi-Colleran	2:58.0		18pts				
1500m	Niamh Connolly	5:29.5		25pts	Skye Ivory	6:21.9		16pts
Long_Jump	Angel Ahenkan	3.63		11pts	Tamara Ngachu	3.58		10pts
High_Jump	Allegra Blasi-Colleran	1.22		14pts	Joanna Nwanosike	1.22		14pts
Triple_Jump								
Pole_Vault								
Shot	Dalu Okeke	6.47		13pts	Niamh Connolly	4.29		6pts
Discus	Anna Abegunde	17.93		17pts	Lavanagh Barrett	11.14		8pts
Javelin	Amelia Mihalcea	15.99		14pts	Zofia Henry			
Hammer								
Relay	Lavanagh Barrett , Skye Ivory , Anna Abegunde , Daniella Adenaike					61.3		16pts

8 : 272pts : St Clement Danes School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Ellen Muirden	15.1		14pts	Milly Vickers	16.1		10pts
100m	Alexa Ricketts	15.1		11pts	Chenai Auld	14.6		14pts
200m	Sophia Brooks	30.5		16pts	Amber Berriman	30.8		15pts
300m	Amba Di Pinto	52.0		11pts	Elsa Nice	50.8		13pts
800m	Imogen Smith	2:56.6		19pts	Sophia Taylor	3:00.8		17pts
1500m	Isla Avigad	5:39.9		23pts				
Long_Jump	Ellen Muirden	3.67		11pts	Chenai Auld	3.57		10pts
High_Jump	Imogen Smith				Sophia Taylor	1.25		15pts
Triple_Jump								
Pole_Vault								
Shot	Amba Di Pinto	5.40		10pts	Elsa Nice	5.41		10pts
Discus					Amber Berriman	13.33		11pts
Javelin	Nina Evans	16.79		15pts	Isla Avigad	11.86		8pts
Hammer								
Relay	Milly Vickers , Nina Evans , Alexa Ricketts , Sophia Brooks					59.4		19pts

9 : 175pts : The Adeyfield Academy, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Amelia Howard	19.3		0pts				
100m	Ruby Balfour	15.0		12pts	Mya Caseman	14.8		13pts
200m	Emily Jeffries	30.5		16pts	Molly Canaj	37.0		1pts
300m	Yakira Peri-Taylor	53.8		9pts				
800m	Quinn Tucker	3:20.2		11pts	Abi Brewster	3:20.2		11pts
1500m								
Long_Jump	Paige Evans	3.96		14pts	Emily Jeffries	3.14		6pts
High_Jump	Elise Taylor	1.25		15pts	Molly Canaj			
Triple_Jump								
Pole_Vault								
Shot	Brooke LLOYD	4.78		7pts	Beatrice L'Efquihi	5.68		10pts
Discus	Amelia Howard	9.30		5pts	Quinn Tucker	11.35		8pts
Javelin	Abi Brewster	13.23		10pts		11.27		8pts
Hammer								
Relay	Mya Caseman , Elise Taylor , Ruby Balfour , Yakira Peri-Taylor					59.3		19pts



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Intermediate Boys
1 : 456pts : Sandringham School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Diego Diaz	11.6		27pts	Lewis Silcox	12.9		20pts
100m	Rowan Durkin	12.0		23pts	Kasim Khan	12.9		14pts
200m	Jerry K-K	25.8		18pts	Emir Milad	26.0		17pts
300m	Lucas Holian	42.7		14pts	Will Anfield	39.5		22pts
800m	Will Anfield	2:09.9		24pts	Lewis Daniel	2:17.9		20pts
1500m					Toby Pritchard	4:15.2		27pts
Long_Jump	Lucas Holian	5.28		17pts	Jerry K-K	4.94		14pts
High_Jump	Sam McCree	1.67		21pts	Lewis Silcox	1.52		16pts
Triple_Jump	Diego Diaz	10.75		15pts	Emir Milad	9.41		9pts
Pole_Vault	Alex Macdonald	2.30		16pts				
Shot					Harry Regan	11.49		20pts
Discus	Toby Russ	27.63		19pts	Kasim Khan	31.60		23pts
Javelin					Toby Pritchard	28.04		12pts
Hammer	Rowan Durkin	22.70		12pts	Will Anfield	29.03		17pts
Relay	Harry Regan , Sam McCree , Lewis Daniel , Alex Macdonald					51.1		19pts

2 : 456pts : Haberdasher's Elstree Schools, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Jimi Adu	12.0		25pts				
100m	Lani Jaiyeola	11.7		26pts	Tobi Ayetan	12.7		16pts
200m	Chu Ononobgu	24.8		21pts	Jasob Obar	25.9		17pts
300m	Zach Spillman	41.0		19pts	Max Loebinger	39.9		21pts
800m	Aiden Barretto	2:12.8		23pts	Felix Amdor	2:31.6		15pts
1500m	Natan Drabik	4:49.5		20pts	Xander Reese	5:00.6		17pts
Long_Jump	Lani Jaiyeola	6.06		25pts	Zach Spillman	5.17		16pts
High_Jump	Aryan Maisuria	1.61		19pts	Jimi Adu	1.40		12pts
Triple_Jump	Aiden Barretto	10.11		12pts	Natan Drabik	11.48		19pts
Pole_Vault								
Shot	Tobi Ayetan	13.62		28pts	Jasob Obar	8.57		11pts
Discus	Chu Ononobgu	50.09		36pts	Anton Al-Khalil	20.07		11pts
Javelin	Gerogre Wang	41.93		21pts	Max Loebinger	19.81		7pts
Hammer	Felix Amdor	17.99		7pts				
Relay	Aryan Maisuria , Gerogre Wang , Xander Reese , Anton Al-Khalil					55.8		12pts

3 : 426pts : The Bishop'S Stortford High School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Toby Haslam	14.9		10pts	Dylan Collins	13.1		19pts
100m	Charlie Regoli	12.6		17pts	Doyinsola Owalabi	12.0		23pts
200m	Freddie Foster	26.4		16pts	Byron Scott	26.2		16pts
300m	Zach Spring	40.1		21pts	Austin Knowles	38.4		25pts
800m	Milan Ojimbah	2:21.4		19pts	Harrison Munns	2:26.0		17pts
1500m	Tate Smith	4:50.5		19pts	Louis Wright	4:58.0		18pts
Long_Jump	Freddie Foster	4.37		8pts	Toby Haslam	4.33		8pts
High_Jump	Milan Ojimbah	1.55		17pts	Dylan Collins	1.64		20pts
Triple_Jump	Byron Scott	11.70		20pts	Austin Knowles	11.51		19pts
Pole_Vault								
Shot	Zach Spring	10.56		17pts	Doyinsola Owalabi	10.02		16pts
Discus	Charlie Regoli	28.70		20pts	Rees Green	27.74		19pts
Javelin	Harrison Munns	34.44		16pts	Oliver Millar	29.72		13pts
Hammer								
Relay	Rees Green , Oliver Millar , Louis Wright , Tate Smith					55.1		13pts



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Intermediate Boys
4 : 404pts : Roundwood Park School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Ellis Gill	14.6		12pts	Ruan Hutchinson	12.9		20pts
100m	Luke Mackenzie	12.4		19pts	James Holman	12.8		15pts
200m	Thomas Starkey	25.3		19pts	Oliver Gilroy	26.3		16pts
300m	Anish Frankland	37.6		27pts	Ace Hudson	40.7		19pts
800m	Ollie Lawes	2:17.2		20pts	Freddie Walsh	2:26.1		17pts
1500m	Austin Williams	5:14.1		15pts	Sam Cawrey	4:58.9		18pts
Long_Jump	Anish Frankland	5.38		18pts	Ollie Lawes	4.31		8pts
High_Jump	Benji Mann Wiles	1.61		19pts	Freddie Walsh	1.55		17pts
Triple_Jump	Thomas Starkey	11.28		18pts	Ruan Hutchinson	10.18		12pts
Pole_Vault						2.10		13pts
Shot	Luke Mackenzie	7.00		6pts	James Holman	9.41		14pts
Discus	Jamie Jump	29.41		20pts	Austin Williams	23.53		15pts
Javelin	Ellis Gill	23.91		9pts	Ellis Gill			
Hammer								
Relay	Oliver Gilroy , Benji Mann Wiles , Jamie Jump , Ace Hudson					51.6		18pts

5 : 381pts : St Edmund's College, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Elijah Ebai-Eyong	12.7		21pts	Nimi Ololaluwa	14.6		12pts
100m	Bradley Moran	11.4		29pts	Brendan Brown-Flavien	13.0		13pts
200m	Aran Ara	26.3		16pts	Fola Olowekeree	26.5		15pts
300m	Enrique Campo-Dorronzor	43.6		13pts	Joshua Adedayo	39.1		23pts
800m	Charlie Tyler	2:18.8		20pts	Jorge Cano-Couso	2:45.8		11pts
1500m	Finn Carpenter	4:20.3		25pts	James Branch	5:19.9		14pts
Long_Jump	Bradley Moran	4.38		8pts	James Branch	4.89		13pts
High_Jump	DeJare Bello	1.52		16pts	Fola Olowekeree	1.43		13pts
Triple_Jump	Nimi Ololaluwa	9.82		11pts	Enrique Campo-Dorronzor	10.54		14pts
Pole_Vault								
Shot	Elijah Ebai-Eyong	11.45		20pts	Brendan Brown-Flavien	9.08		12pts
Discus	Thomas Ritson	32.00		23pts	Joshua Adedayo	21.50		13pts
Javelin	Aran Ara	22.24		8pts	Finn Carpenter	11.34		1pts
Hammer								
Relay	Thomas Ritson , Charlie Tyler , , Jorge Cano-Couso					52.1		17pts

6 : 362pts : Verulam School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Zac Maha	14.4		13pts	Lucas Fernando	15.8		6pts
100m	Isaac King	11.7		26pts	Riley Johnson	12.6		17pts
200m	Aaron Christian	25.7		18pts	Max Bradshaw	24.1		23pts
300m	Theo Soanes	40.5		20pts	Adam Lipovski	39.6		22pts
800m	Sam McNaught	2:10.2		24pts	Jack Buckley	2:19.1		19pts
1500m	Alex Juravliov	5:52.4		7pts	Isaac Gibson-Dunt	4:47.7		20pts
Long_Jump	Isaac King	4.37		8pts	Zac Maha	4.23		7pts
High_Jump	Alex Juravliov	1.37		11pts	Max Bradshaw	1.49		15pts
Triple_Jump	Theo Soanes	11.36		18pts	Riley Johnson	10.95		16pts
Pole_Vault					Jack Buckley			
Shot	Sam McNaught	7.08		6pts				
Discus	Eddie Clewloe	21.09		12pts	Alex Eldred	24.43		15pts
Javelin	Lucas Fernando	34.17		16pts	Adam Lipovski	26.60		11pts
Hammer								
Relay	Eddie Clewloe , Isaac Gibson-Dunt , Alex Eldred , Aaron Christian					55.7		12pts



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Intermediate Boys
7 : 282pts : John F Kennedy Catholic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Hugo Smitten	17.9		0pts	Damien Trubilowcz	17.9		0pts	
100m	Jack Hancock	12.4		19pts	Gabriele Centracchio	12.6		17pts	
200m	Harry Sanderson	25.3		19pts	Jack Goodwin	27.8		11pts	
300m	Heath Rodrigo	46.8		8pts	Rory Maloney	50.4		4pts	
800m	Charlie Nicholson	2:32.5		15pts					
1500m	Alex Mcginty	5:06.1		16pts	Mikolaj Kolesnik	4:50.8		19pts	
Long_Jump	Charlie Nicholson	4.64		11pts	Mikolaj Kolesnik	3.56		1pts	
High_Jump	Harry Sanderson	1.55		17pts	Rory Maloney	1.37		11pts	
Triple_Jump	Heath Rodrigo	9.77		10pts	Jack Hancock	10.36		13pts	
Pole_Vault									
Shot	Gabriele Centracchio	15.79		35pts	Beau Drew	7.77		8pts	
Discus	Oscar Relf	20.53		12pts	Damien Trubilowcz	19.35		10pts	
Javelin	Elijah Goodridge	19.92		7pts	Jack Goodwin	4.15		0pts	
Hammer									
Relay	Hugo Smitten , Alex Mcginty , Elijah Goodridge , Oscar Relf							51.3	19pts

8 : 199pts : The Adeyfield Academy, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Toby Hufschmeid	15.3		8pts	Conor Power	15.2		9pts	
100m	Samuel Brewster	12.9		14pts	David Ngoma	13.6		8pts	
200m	Steven Waye	26.2		16pts	Charlie Wharfe	28.6		9pts	
300m	Stanley Edwards-Mendoza	43.7		12pts					
800m	John Welham	2:37.3		13pts	Reece Wall	3:14.5		1pts	
1500m									
Long_Jump	Steven Waye	5.02		15pts	David Ngoma	4.06		5pts	
High_Jump	Samuel Brewster	1.43		13pts	Thomas Previdi	1.52		16pts	
Triple_Jump	Conor Power					9.20		8pts	
Pole_Vault	Toby Hufschmeid								
Shot	Reece Wall	6.91		5pts					
Discus	Atanan Furgasa	17.13		8pts					
Javelin	Carter Botha	29.39		13pts	C.Wharfe	22.44		8pts	
Hammer									
Relay	Reece Wall , Carter Botha , Atanan Furgassa ,							52.0	18pts



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Intermediate Girls
1 : 407pts : Sandringham School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Erin Russell	13.1		21pts	Hannah Posner	13.7		19pts
100m	Madison Wright	13.6		20pts	Mary Newa	15.0		9pts
200m	Emelie Walton	29.0		17pts	Lexi Kynaston	30.0		14pts
300m	Emma Duncan	46.1		20pts	Olivia Gaines	43.7		24pts
800m	Katie Jelly	2:57.2		13pts	Georgia Tongue	2:36.6		22pts
1500m	Evie Owen	5:28.3		22pts	Nell McKinstry	5:46.7		18pts
Long_Jump	Emelie Walton	3.95		13pts	Mary Newa	3.76		11pts
High_Jump	Madison Wright	1.37		16pts	Lexi Kynaston	1.40		17pts
Triple_Jump	Erin Russell	10.27		24pts	Olivia Gaines	8.77		14pts
Pole_Vault	Katie Jelly	2.00		13pts				
Shot	Bea Silviera	10.45		25pts	Hannah Posner	5.47		7pts
Discus					Georgia Tongue	10.42		3pts
Javelin	Evie Owen	23.80		18pts	Phoebe Hodgkinson	15.45		7pts
Hammer								
Relay	Phoebe Hodgkinson , Nell McKinstry , Emma Duncan , Bea Silviera					57.9		20pts

2 : 392pts : Haberdasher's Elstree Schools, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Eniola Opaleye	12.7		23pts	Kasi Oji	14.9		15pts
100m	Tiffany Adeeyinwo	13.7		19pts	Annika Gokhale	15.0		9pts
200m	Tara Elegbe	27.0		24pts	Eliza De Silva	30.2		13pts
300m	Jessica Mealey	48.9		15pts				
800m	Rhianna Rupasinghe	2:53.4		15pts	Maya Taylor	2:52.1		15pts
1500m	Aimee Porter	5:03.8		27pts	Jura Ahmad	5:33.3		21pts
Long_Jump	Tara Elegbe	4.95		23pts	Maya Taylor	3.92		12pts
High_Jump	Eniola Opaleye	1.52		21pts	Kasi Oji	1.37		16pts
Triple_Jump	Tiffany Adeeyinwo	10.68		28pts	Rhianna Rupasinghe	9.05		16pts
Pole_Vault								
Shot	Dabira Ade-Jaburu	6.88		12pts	Jura Ahmad	6.37		10pts
Discus	Jade Oke	19.15		14pts	Eliza De Silva	17.62		12pts
Javelin	Lotte Ghinn	20.63		15pts	Aimee Porter	10.83		2pts
Hammer								
Relay	Lotte Ghinn , Jessica Mealey , Jade Oke , Annika Gokhale					61.2		15pts

3 : 374pts : The Royal Masonic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Freya Spencer	13.5		20pts	Alina Watson	16.8		9pts
100m	Fredericka Tagoe	13.5		21pts	Ava Keen	14.7		10pts
200m	Mutiat Bamisedun	29.6		15pts	Lucy Miller	29.3		16pts
300m	Lyla Kerr	47.5		18pts	Alice Atkinson	49.7		14pts
800m	Olive Mitchell	2:40.2		20pts	Sarah Brockie	3:05.8		11pts
1500m	Alex Whitfield	5:22.2		23pts	Mia Garner	5:42.1		19pts
Long_Jump	Scarlett Palmer	3.78		11pts	Alina Watson	4.20		15pts
High_Jump	Mutiat Bamisedun	1.34		15pts	Ava Keen	1.28		13pts
Triple_Jump	Lyla Kerr	7.89		7pts	Sadie Treadwell	8.44		11pts
Pole_Vault								
Shot	Freya Spencer	6.89		12pts	Sarah Brockie	7.97		16pts
Discus	Mia Garner	14.88		9pts	Lucy Miller	14.84		9pts
Javelin	Olive Mitchell	26.72		22pts	Alice Atkinson	23.72		18pts
Hammer								
Relay	Sadie Treadwell , Scarlett Palmer , Alex Whitfield , Fredericka Tagoe					57.6		20pts



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Intermediate Girls
4 : 324pts : Roundwood Park School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Clara Upjohn	13.8		19pts	Florence Firmin	15.2		14pts	
100m	Eleanor Josse	13.6		20pts	Nap Ying Yiu	14.7		10pts	
200m	Katie Day	32.6		6pts	Tabitha Devlin	30.5		12pts	
300m	Megan Winder	48.8		16pts	Sadie Gartland	47.1		18pts	
800m	Maisy Davies	3:09.1		9pts	Clara Leon	2:53.6		15pts	
1500m	Kiki Upjohn	5:59.7		16pts	Paige Brewster	6:56.2		6pts	
Long_Jump	Tabitha Devlin	3.95		13pts	Florence Firmin	3.74		10pts	
High_Jump	Anna McDavitt	1.28		13pts	Clara Upjohn	1.34		15pts	
Triple_Jump	Katie Day	8.79		14pts	Paige Brewster	7.61		5pts	
Pole_Vault									
Shot	Megan Winder	5.38		7pts	Sadie Gartland	5.51		8pts	
Discus	Maisy Davies	18.40		13pts	Clara Leon	14.29		8pts	
Javelin	Eleanor Josse	21.75		16pts	Natalija Borovicinanin	28.03		23pts	
Hammer									
Relay	Nap Ying Yiu , Anna McDavitt , Kiki Upjohn , Natalija Borovicinanin						59.0		18pts

5 : 320pts : John F Kennedy Catholic School, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Renee Ronan	15.7		12pts	Ruby Hibberd	18.1		4pts	
100m	Esther Faponle	12.8		28pts	Sofia Briggs	14.1		15pts	
200m	Evelyn Cook	30.0		14pts	Tomi Kehinde	31.6		8pts	
300m	Tomi Bankole	47.0		19pts	Darcie MacPhearson	53.2		10pts	
800m	Maisie Redman	2:44.3		18pts					
1500m	Martha Carey	6:16.4		13pts	Laura Fituch	6:02.6		15pts	
Long_Jump	Darcie Macpherson	3.32		6pts	Ruby Hibberd	4.01		13pts	
High_Jump	Maya Rewt	1.17		10pts	Sofia Briggs	1.34		15pts	
Triple_Jump	Evelyn Cook	9.56		19pts	Renee Ronan	8.56		12pts	
Pole_Vault									
Shot	Tomi Bankole	9.62		21pts	Tomi Kehinde	8.65		18pts	
Discus	Esther Faponle	20.46		16pts	Jasmine Okoh	14.66		8pts	
Javelin	Juno Cowman-Daly	14.73		6pts	Laura Fituch	6.75		0pts	
Hammer									
Relay	Martha Carey , Jasmine Okah , Maisie Redman , Juno Cowman-Daly						58.0		20pts

6 : 314pts : St Albans High School for Girls, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Millie Lindsay	13.7		19pts	Tara Lawal	16.1		11pts	
100m	Emily Bloch	13.5		21pts	Violet Whiting	14.4		12pts	
200m	Verity Fuge	30.9		11pts					
300m					Amira Mackney	47.4		18pts	
800m	Bibi Fisher	2:45.0		18pts					
1500m	Eloise Thomas	5:33.6		21pts					
Long_Jump	Verity Fuge	4.30		16pts	Violet Whiting	4.22		15pts	
High_Jump	Eloise Thomas	1.49		20pts	Alexa Johnson	1.25		12pts	
Triple_Jump	Alexa Johnson	9.67		20pts	Lottie Fisher				
Pole_Vault									
Shot	Bibi Fisher	9.67		21pts	Amira Mackney	5.90		9pts	
Discus	Millie Lindsay	16.76		11pts	Izzy Walker	22.37		19pts	
Javelin	Alice Gates	24.13		18pts					
Hammer									
Relay	Alice Gates , Emily Bloch , Izzy Walker , Kylie Kan						56.1		22pts



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Intermediate Girls
7 : 246pts : St Edmund's College, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Amber Bonnett-Powell	16.4		10pts	Alice Plant	16.3		10pts
100m	Amber Bonnett-Powell	17.1		0pts	Orla Shilton	15.5		6pts
200m								
300m	Anishka Ramraj	45.7		21pts	Erin Sales	47.2		18pts
800m	Alanna Morgan	2:56.8		14pts	Isabella Penfold	2:54.4		14pts
1500m	Amy Butler	5:40.5		19pts	Polly Brady	6:32.2		10pts
Long_Jump	Isabella Penfold	4.02		13pts	Erin Sales	4.10		14pts
High_Jump	Amber Bonnett-Powell	1.28		13pts	Chloe Rutherford			
Triple_Jump	Anishka Ramraj	9.17		16pts	Orla Shilton	7.90		8pts
Pole_Vault								
Shot	Alice Plant	6.12		10pts	Daisy Fraser	7.85		15pts
Discus	Ava Patten	13.86		7pts				
Javelin	Amy Butler	18.17		11pts	Alanna Morgan	12.39		4pts
Hammer								
Relay	Ava Patten , Daisy Fraser , Polly Brady , Priya Patel					62.5		13pts

8 : 145pts : The Adeyfield Academy, Hertfordshire

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Lacey Swindells	19.2		1pts	Chloe Sturtivant	20.2		0pts
100m	Daniella Ngoma	15.3		7pts	Taylor-Shattar Smith	16.0		4pts
200m	Zoe Kelly	38.1		0pts	Calista Mankiew-Makwang	32.3		7pts
300m	Ava Harris	49.4		15pts				
800m	Bethany Welham	3:23.9		5pts	Isabel Fallon	3:00.8		12pts
1500m								
Long_Jump	Zoe Kelly				Ava Harris	3.58		9pts
High_Jump	Chloe Sturtivant	1.17		10pts	Lacey Swindells	1.28		13pts
Triple_Jump	Isabel Fallon	8.46		12pts	Millie Thrussell	6.61		0pts
Pole_Vault								
Shot	Tamsin Botha	7.01		13pts	Daniella Ngoma			
Discus	Taylor-Shattar Smith	24.02		21pts	Calista Mankiew-Makwang	11.70		5pts
Javelin	Bethany Welham	7.06		0pts				
Hammer								
Relay	, Ava Harris , Daniella Ngoma , Bethany Welham					64.1		11pts