



Lee Valley Athletics Centre
December Open 2024
Start List



T24 300m Male

8 Races

Start Time: 17:17

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
1	1	395	Rhys McCormac	Reading AC	SENM	37.00
	2	396	Youssef El-nager	Reading AC	U17M	37.30
	3	394	Joshua Wiseman	Reading AC	U17M	36.82
	4	393	Harry Jamieson	Reading AC	SENM	36.00
	5	310	Oshiotse Alegeh	Colchester & Tendring AC	U17M	32.00
	6	366	Kaspars Kazemaks	Woking AC	V40M	36.00

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
2	1	376	Michael Shortall	Thurrock Harriers	V40M	38.5
	2	426	Madalitso Valema-Mwanza	Dartford Harriers AC	U17M	39.10
	3	398	Adam Bernard	Dartford Harriers AC	V40M	38.28
	4	280	Tommaso Crosara	Hercules Wimbledon AC	U15M	38.23
	5	397	Antoine Balssa	Highgate Harriers	SENM	38.00
	6	412	Luke Oliver	Chelmsford AC	SENM	38.00

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
3	1	419	Erik Bertheussen	Epsom & Ewell Harriers	U17M	39.50
	2	402	Nasir Asunramu	Southwark AC	SENM	40.00
	3	290	Toby Heal	Brighton & Hove AC	SENM	39.50
	4	401	Joseph May	Guildford & Godalming AC	U15M	39.48
	5	399	Hareef Asunramu	Southwark AC	SENM	39.20
	6	400	Zak Yusuf	Tonbridge AC	SENM	39.42

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
4	1	333	Florian Jenkins	Slough Junior AC	U17M	40.10
	2	361	Ethan Usherwood	Brighton & Hove AC	SENM	40.10
	3	406	Jakub Skamla	Chelmsford AC	U17M	40.01
	4	427	Joshua Pilgerstorfer	Slough Junior AC	SENM	40.00
	5	403	Daniel Gilbert	Woking AC	SENM	40.00
	6	404	Shuowang He	Highgate Harriers	SENM	40.00

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
5	1	313	Tishan Wellalagodage	Oxford University Athletic Club	SENM	41.50
	2	408	Andrew Moraghan	Bedford & County AC	V50M	42.00
	3	448	Ivo Edgar	Chichester Runners & AC	U15M	41.30
	4	377	Joshua Allen	Reading AC	U17M	41.00
	5	296	Mark Collins	South West Veterans AC	V50M	40.50
	6	264	Euan Workman	Epsom & Ewell Harriers	U17M	41.00



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6	1	385	Isaac Machin	Brighton & Hove AC	U15M	46.33
	2	409	Nigel Gardner	Chelmsford AC	V50M	46.60
	3	308	Steven Foy	Dartford Harriers AC	V40M	46.02
	4	438	Kevin Pye	Midland Masters AC	V60M	46.00
	5	322	Ben Bamisaiye	Shaftesbury Barnet Harriers	U15M	42.16
	6	314	George Hill	Southend AC	U15M	42.19

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
7	1	443	Stephen Austin	Tunbridge Wells Harriers	V65M	54.00
	2	341	Andrew Deighton	Tunbridge Wells Harriers	V55M	59.00
	3	339	Stuart Corke	Tunbridge Wells Harriers	V55M	54.00
	4	312	Shaun Lowthian	Mornington Chasers	V35M	51.00
	5	332	Jack Gunnell	City of Portsmouth AC	SENM	50.00
	6	337	Gary Walsh	Sevenoaks AC	V55M	50.16

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
8	3	391	Toby Taylor	Woodford Green AC	U15M	65.00
	4	452	Oliver Maxwell	Basingstoke & Mid Hants AC	U15M	65.00
	5	350	Oskar Guynan	Basingstoke & Mid Hants AC	U17M	65.00
	6	358	James Webb	Vale Of Aylesbury AC	SENM	65.00