

SEAA U20/Senior Championships - Crystal Palace

14(a)/15(b) June 2008

Senior Men 100 Metres (a)

CBP J.Livingstone Shaftesbury Barnet Harriers 1992 10.09

Heat 1

W/s -1.2

Posn	Num	Name	Club	Heat	Perf
1	72	Aidan Syers	Newham & Essex Beagles AC	Q	10.88
2	58	Monu Miah	Woodford Green w Essex L	Q	10.94
3	8	Aaron Balogun	Ilford AC		11.32
4	361	Andre Laidley	Enfield & Haringey AC		11.50
5	18	Aaron Broderick	Kent AC		11.93
6	62	Michael Otubambo	Enfield & Haringey AC		12.16
DNS	71	Adrian Stamp	Woodford Green w Essex L		

Heat 2

W/s -2.7

Posn	Num	Name	Club	Heat	Perf
1	64	Daniel Plummer	Newham & Essex Beagles AC	Q	10.90
2	34	Ben Ellis	Winchester & District AC	Q	10.97
3	75	Nigel Thomas	Thames Valley Harriers		11.17
4	67	Dean Showler-Davis	Winchester & District AC		11.21
5	45	Mark Hanson	Enfield & Haringey AC		11.21
6	51	Will MacGee	Team Southampton		11.74
7	78	Branson Williams	Enfield & Haringey AC		11.98

Heat 3

W/s -2.0

Posn	Num	Name	Club	Heat	Perf
1	23	Dwain Chambers	Belgrave Harriers	Q	10.31
2	69	Leroy Slue	Harrow AC	Q	10.71
3	2	Isaiah Adekanmbi	Enfield & Haringey AC	q	10.89
4	38	Gianni Frankis	Newham & Essex Beagles AC		11.02
5	59	Ashley Noble	Herne Hill Harriers		11.18
6	65	Stephen Prosser	Channel Islands AC		11.24
7	14	Jeff Bond	Bournemouth AC		11.32

Heat 4

W/s +0.8

Posn	Num	Name	Club	Heat	Perf
1	83	Leevan Yearwood	Victoria Park H & Tower H AC	Q	10.66
2	61	Idris Ojuriye	Herne Hill Harriers	Q	10.82
3	24	James Christie	Thames Valley Harriers	q	10.94
4	9	Tunde Balogun	Victoria Park H & Tower H AC		11.09
5	68	Sam Sillah	Victoria Park H & Tower H AC		11.10
6	29	Sho-Silva Daniel	Thurrock Harriers AC		11.32
7	70	Joseph Smart	Harrow AC		11.92
DNS	28	Darren Constable	Harrow AC		

Heat 5

W/s -2.7

Posn	Num	Name	Club	Heat	Perf
1	50	Jeffrey Lawal-Balogun	Kent AC	Q	10.96

2	82	Joshua Wood	Harrow AC	Q	11.29
3	74	Matthew Thomas	Newham & Essex Beagles AC		11.32
4	39	Sam Franklin-Jones	Enfield & Haringey AC		11.33
5	6	Alex Animashaun	Harrow AC		11.74
6	52	Seun Marcus	Belgrave Harriers		12.00
7	46	Michael Hill	Basildon AC		12.30

Heat 6 **W/s +1.0**

Posn	Num	Name	Club		Perf
1	80	Elijah Winn	Enfield & Haringey AC	Q	10.70
2	42	Robert Graham	Herne Hill Harriers	Q	10.88
3	30	Phillip Doorgachurn	Cardiff AAC		11.01
4=	25	Lee Christopher	Mounts Bay Harriers		11.09
4=	55	Andrew Mensah	Shaftesbury Barnet Harriers		11.09
6	36	Toleme Ezekiel	Victoria Park H & Tower H AC		11.24
7	3	Yomi Adeyemi	Herne Hill Harriers		11.39
8	41	Marvin Gayle	Reading AC		11.59

Heat 7 **W/s -1.1**

Posn	Num	Name	Club		Perf
1	33	James Ellington	Belgrave Harriers	Q	10.88
2	7	Moses Arthur	London Heathside Runners	Q	10.96
3	43	Darren Green	Luton AC		11.03
4	15	Duayne Bovell	Blackheath & Bromley Harriers		11.15
5=	32	Paul Egboh	Kent AC		11.38
5=	73	Kamil Tejan-Cole	Sutton & District AC		11.38
DNS	22	Richard Carr	Harrow AC		

Heat 8 **W/s -1.2**

Posn	Num	Name	Club		Perf
1	31	Gavin Eastman	Enfield & Haringey AC	Q	10.85
2	77	Andre Williams	Thames Valley Harriers	Q	10.98
3	27	Jason Comissiong	Thames Valley Harriers		11.03
4	53	Keith Marle	Enfield & Haringey AC		11.24
5	5	Kyle Andrew	Luton AC		11.43
6	40	Kirtis Franklyn	Thames Valley Harriers		11.73
7	63	Julian Phipps	Kent AC		11.83

Heat 9 **W/s -1.6**

Posn	Num	Name	Club		Perf
1	12	Wade Bennett-Jackson	Belgrave Harriers	Q	10.66
2	10	Jonathan Barbour	Blackheath & Bromley Harriers	Q	10.73
3	35	Kevin Ellis	Nene Valley Harriers	q	11.01
4	11	Josh Baxter	Reading AC		11.38
5	81	Darren Wollen	Croydon Harriers		11.41
6	49	Dima Koroma	Newbury A C		11.58
7	1	Zakeel Abdin-Monium	Herne Hill Harriers		11.68
8	76	Michael Triggs	Bournemouth AC		11.77

Heat 10 **W/s n/a**

Posn	Num	Name	Club		Perf
1	19	Jonathan Browne	Kent AC	Q	10.61
2	60	Akeem Ogunyemi	Enfield & Haringey AC	Q	10.71

3	44	Justin Green	Kingston AC & Poly Harriers	q	10.96
4	79	Colin Wilson	Woodford Green w Essex L		11.11
5	16	Phil Brickley	Reading AC		11.28
6	17	James Bridge	Ashford AC		11.37
7	13	Nelson Bolumbu	Enfield & Haringey AC		11.44
8	66	Rohan Samuel	Harrow AC		11.54

Semi final 1					W/s N/A
Posn	Num	Name	Club		Perf
1	50	Jeffrey Lawal-Balogun	Kent AC	Q	10.62
2	33	James Ellington	Belgrave Harriers	q	10.65
3	34	Ben Ellis	Winchester & District AC		10.76
4	44	Justin Green	Kingston AC & Poly Harriers		10.97
DQ	19	Jonathan Browne	Kent AC		
DQ	42	Robert Graham	Herne Hill Harriers		

Semi final 2					W/s +0.9
Posn	Num	Name	Club		Perf
1	83	Leevan Yearwood	Victoria Park H & Tower H AC	Q	10.48
2	31	Gavin Eastman	Enfield & Haringey AC	q	10.51
3	69	Leroy Slue	Harrow AC		10.70
4	61	Idris Ojuriye	Herne Hill Harriers		10.74
5	24	James Christie	Thames Valley Harriers		10.85
6	77	Andre Williams	Thames Valley Harriers		10.87

Semi final 3					W/s -2.5
Posn	Num	Name	Club		Perf
1	23	Dwain Chambers	Belgrave Harriers	Q	10.40
2	64	Daniel Plummer	Newham & Essex Beagles AC		10.78
3	58	Monu Miah	Woodford Green w Essex L		10.79
4	72	Aidan Syers	Newham & Essex Beagles AC		10.87
5	7	Moses Arthur	London Heathside Runners		11.07
6	8	Aaron Balogun	Ilford AC		11.07
7	35	Kevin Ellis	Nene Valley Harriers		11.08

Semi final 4					W/s +0.8
Posn	Num	Name	Club	Heat	Perf
1	12	Wade Bennett-Jackson	Belgrave Harriers		10.56
2	80	Elijah Winn	Enfield & Haringey AC		10.67
3	60	Akeem Ogunyemi	Enfield & Haringey AC		10.67
4	10	Jonathan Barbour	Blackheath & Bromley Harriers		10.70
5	2	Isaiah Adekanmbi	Enfield & Haringey AC		11.03
6	82	Joshua Wood	Harrow AC		11.19

FINAL					W/s -1.5
Posn	Num	Name	Club		Perf
1	23	Dwain Chambers	Belgrave Harriers		10.24
2	83	Leevan Yearwood	Victoria Park H & Tower H AC		10.50
3	31	Gavin Eastman	Enfield & Haringey AC		10.58
4	12	Wade Bennett-Jackson	Belgrave Harriers		10.64
5	80	Elijah Winn	Enfield & Haringey AC		10.71
6	33	James Ellington	Belgrave Harriers		10.75
7	50	Jeffrey Lawal-Balogun	Kent AC		10.76
Dns	60	Akeem Ogunyemi	Enfield & Haringey AC		

Senior Men 200 Metres (b)

CBP L.Christie

Thames Valley Harriers

1992

20.71

Heat 1				W/s +2.2	
Posn	Num	Name	Club		Perf
1	19	Jonathan Browne	Kent AC	Q	21.64
2	7	Moses Arthur	London Heathside Runners	Q	21.80
3	67	Dean Showler-Davis	Winchester & District AC	q	22.13
4	53	Keith Marle	Enfield & Haringey AC	q	22.33
5	14	Jeff Bond	Bournemouth AC		23.23
6	6	Alex Animashaun	Harrow AC		23.24
7	87	Jody Chappell	Bournemouth AC		23.28

Heat 2				W/s +2.5	
Posn	Num	Name	Club		Perf
1	33	James Ellington	Belgrave Harriers	Q	21.66
2	34	Ben Ellis	Winchester & District AC	Q	21.72
3	2	Isaiah Adekanmbi	Enfield & Haringey AC		22.59
4	25	Lee Christopher	Mounts Bay Harriers		22.71
5	103	Richard Scott	Exeter Harriers		23.16
6	13	Nelson Bolumbu	Enfield & Haringey AC		23.24
7	28	Darren Constable	Harrow AC		23.99
8	18	Aaron Broderick	Kent AC		24.00

Heat 3				W/s +0.7	
Posn	Num	Name	Club		Perf
1	50	Jeffrey Lawal-Balogun	Kent AC	Q	21.63
2	88	Solomon Daniels	Newham & Essex Beagles AC	Q	22.24
3	96	Tamunonengi Ossai	Shaftesbury Barnet Harriers	q	22.47
4	44	Justin Green	Kingston AC & Poly Harriers		22.48
5	97	Ben Owen	Radley AC		22.49
6	29	Sho-Silva Daniel	Thurrock Harriers AC		23.31
dns	73	Kamil Tejan-Cole	Sutton & District AC		

Heat 4				W/s +1.9	
Posn	Num	Name	Club		Perf
1	92	Jason Hussain	Belgrave Harriers	Q	21.47
2	100	Adam Potter	Bournemouth AC	Q	22.07
3	69	Leroy Slue	Harrow AC	q	22.14
4	39	Sam Franklin-Jones	Enfield & Haringey AC		22.78
5	90	James Folkes	Andover AC		23.01
6	102	Luke Sargeant	Crawley AC		23.27
7	76	Michael Triggs	Bournemouth AC		23.85
8	99	Michael Peacock	Belgrave Harriers		24.56

Heat 5				W/s +0.6	
Posn	Num	Name	Club		Perf
1	101	Toby Sandeman	Thames Valley Harriers	Q	21.83
2	43	Darren Green	Luton AC	Q	21.92
3	84	Idowu Akindele	Sutton & District AC	q	22.06
4	8	Aaron Balogun	Ilford AC	q	22.09
5	85	Nathan Brown	Victoria Park H & Tower H AC		22.70
6	81	Darren Wollen	Croydon Harriers		22.74

7	93	Kofi Kusi-Appiah	Enfield & Haringey AC	22.76
8	52	Seun Marcus	Belgrave Harriers	24.81

Semi Final 1 **W/S +2.5**

Posn	Num	Name	Club	Perf
1	33	James Ellington	Belgrave Harriers	Q 21.06
2	101	Toby Sandeman	Thames Valley Harriers	Q 21.12
3	92	Jason Hussain	Belgrave Harriers	Q 21.38
4	8	Aaron Balogun	Ilford AC	Q 21.56
5	100	Adam Potter	Bournemouth AC	21.80
6	43	Darren Green	Luton AC	21.84
7	67	Dean Showler-Davis	Winchester & District AC	21.90
8	96	Tamunonengi Ossai	Shaftesbury Barnet Harriers	22.12

Semi Final 2 **W/S NWI**

Posn	Num	Name	Club	Perf
1	34	Ben Ellis	Winchester & District AC	Q 21.19
2	50	Jeffrey Lawal-Balogun	Kent AC	Q 21.20
3	19	Jonathan Browne	Kent AC	Q 21.34
4	69	Leroy Slue	Harrow AC	Q 21.49
5	7	Moses Arthur	London Heathside Runners	21.52
6	84	Idowu Akindele	Sutton & District AC	21.77
7	53	Keith Marle	Enfield & Haringey AC	22.10
8	88	Solomon Daniels	Newham & Essex Beagles AC	22.17

Final **W/S +2.6**

Posn	Num	Name	Club	Perf
1	50	Jeffrey Lawal-Balogun	Kent AC	21.00
2	34	Ben Ellis	Winchester & District AC	21.11
3	19	Jonathan Browne	Kent AC	21.32
4	101	Toby Sandeman	Thames Valley Harriers	21.53
5	8	Aaron Balogun	Ilford AC	21.67
6	92	Jason Hussain	Belgrave Harriers	21.68
7	69	Leroy Slue	Harrow AC	21.73
dq	33	James Ellington	Belgrave Harriers	

Senior Men 400 Metres (a)

CBP A.Mafe **London Irish AC** **1992** **45.81**

Heat 1

1	182	Robert Tobin	Basingstoke & Mid Hants AC	Q 46.69
2	93	Kofi Kusi-Appiah	Enfield & Haringey AC	Q 48.87
3	179	Luke Smallwood	Medway & Maidstone AC	Q 49.21
4	149	Adam Bellis	Kingston AC & Poly Harriers	51.14
5	165	Jonathan Hiorns	Basingstoke & Mid Hants AC	51.43
6	164	Kurtis Greenway	Enfield & Haringey AC	51.74
7	156	Ross Curran	Highgate Harriers	52.40

Heat 2

1	153	Mark Brown	Newham & Essex Beagles AC	Q 48.80
2	158	Gareth Dodd	Herts Phoenix AC	Q 49.00
3	163	Leon Grant	Woodford Green w Essex L	q 49.95
4	172	Andrew Moreton	Kent AC	51.46
5	154	Kylon Collins	Victoria Park H & Tower H AC	51.74

6	162	Alexander Fraser	Walton AC		51.78
7	148	Daniel Barber	Vale of Aylesbury AC		52.35

Heat

3					
1	184	Conrad Williams	Kent AC	Q	47.91
2	181	Ryan Thomas	Belgrave Harriers	Q	49.19
3	161	Jonathan Elderfield	Basingstoke & Mid Hants AC	q	49.58
4	157	Frazer Deans	Newham & Essex Beagles AC		50.88
5	147	Alex Babb	Victoria Park H & Tower H AC		51.60
6	159	Nick Duggan	Crawley AC		51.73
7	160	David Elderfield	Newbury AC		52.90

Heat

4					
1	94	Nick Leavey	Thames Valley Harriers	Q	48.22
2	150	Mark Berridge	Basingstoke & Mid Hants AC	Q	48.49
3	174	Set Osho	Belgrave Harriers	q	48.58
4	105	Aaron Teall	Enfield & Haringey AC	q	50.32
5	176	Louis Phiri	Thames Valley Harriers		50.59
6	175	Glen Paxman	Harlow AC		51.85
7	122	Eno Ebong	Reading AC		54.01

Heat

5					
1	152	Andy Blow	Basingstoke & Mid Hants AC	Q	48.99
2	177	Louis Sellers	Winchester & District AC	Q	49.52
3	170	Tom Love	Ipswich Harriers	q	49.87
4	171	Sam Malekout	Ilford AC		50.78
5	178	Matthew Sinclair	Crawley AC		51.07
6	180	Greg Smith	Highgate Harriers		52.57
7	41	Marvin Gayle	Reading AC		52.80
8	151	Martin Bigg	Shaftesbury Barnet Harriers		54.17

Semi

Final

1					
1	182	Robert Tobin	Basingstoke & Mid Hants AC	Q	46.73
2	153	Mark Brown	Newham & Essex Beagles AC	Q	46.94
3	152	Andy Blow	Basingstoke & Mid Hants AC	Q	47.51
4	181	Ryan Thomas	Belgrave Harriers	Q	48.60
5	179	Luke Smallwood	Medway & Maidstone AC		48.87
6	161	Jonathan Elderfield	Basingstoke & Mid Hants AC		49.16
DNS	158	Gareth Dodd	Herts Phoenix AC		
DNS	105	Aaron Teall	Enfield & Haringey AC		

Semi

Final

2					
1	184	Conrad Williams	Kent AC	Q	47.14
2	174	Set Osho	Belgrave Harriers	Q	47.80
3	94	Nick Leavey	Thames Valley Harriers	Q	47.87
4	150	Mark Berridge	Basingstoke & Mid Hants AC	Q	48.29
5	93	Kofi Kusi-Appiah	Enfield & Haringey AC		48.79
6	177	Louis Sellers	Winchester & District AC		49.17
7	163	Leon Grant	Woodford Green w Essex L		49.34
8	170	Tom Love	Ipswich Harriers		49.92

**Final
(b)**

1	182	Robert Tobin	Basingstoke & Mid Hants AC	46.57
2	153	Mark Brown	Newham & Essex Beagles AC	47.12
3	184	Conrad Williams	Kent AC	47.62
4	152	Andy Blow	Basingstoke & Mid Hants AC	47.94
5	94	Nick Leavey	Thames Valley Harriers	47.95
6	174	Set Osho	Belgrave Harriers	48.20
7	150	Mark Berridge	Basingstoke & Mid Hants AC	48.51
8	181	Ryan Thomas	Belgrave Harriers	48.77

Senior Men 800 Metres (a)

CBP A.Lill **Newham & Essex Beagles AC** **1992** **1:46.84**

Heat**1**

Posn	Num	Name	Club		Perf
1	208	Daniel Poulton	Stevenage & North Herts AC	Q	1:54.00
2	213	Ben Scarlett	Swindon Harriers	Q	1:54.44
3	204	Ed Messer	Chelmsford AC	Q	1:55.32
4	206	Matt Peel	Crawley AC	q	1:55.88
5	212	Daniel Ryan	Blackheath & Bromley Harriers	q	1:56.62
6	211	Martin Rowe	Croydon Harriers	q	1:58.48

Heat**2**

Posn	Num	Name	Club		Perf
1	215	Daniel Stepney	Phoenix AC	Q	1:58.40
2	207	James Phillips	Ashford AC	Q	1:58.54
3	187	Timothy Alexander	Medway & Maidstone AC	Q	1:59.22
4	210	Max Roberts	Basingstoke & Mid Hants AC		2:00.18
5	198	Tim Harris	Luton AC		2:02.13
6	199	Kearon Hooley	Andover AC		2:05.88

Heat**3**

Posn	Num	Name	Club		Perf
1	218	Ben Wiffen	Tonbridge AC	Q	1:55.96
2	216	Joe Van Der Toorn	Belgrave Harriers	Q	1:56.23
3	203	David McKinlay	Blackheath & Bromley Harriers	Q	1:56.50
4	191	Mark Burchett	Worthing & District Harriers	q	1:56.64
5	214	Jonathan Slade	Team Southampton		1:59.69
6	188	Ian Barrett	Worthing & District Harriers		2:02.21
7	205	Daniel Palmer	Ipswich Harriers		2:08.92

Heat**4**

Posn	Num	Name	Club		Perf
1	200	Richard Larsen	Bracknell AC	Q	1:57.30
2	195	Joseph Durrant	Cambridge Harriers	Q	1:58.64
3	201	Jon Long	Woodford Green w Essex L	Q	1:59.16
4	202	Jason McDonald	Woodford Green w Essex L		1:59.53
5	190	David Boyce	Brighton & Hove City AC		2:00.66
6	217	Steven Whittaker	Southend on Sea AC		2:02.95
7	189	Craig Berryman	Havant AC		2:06.04

Semi**Final****1**

Posn	Num	Name	Club	Perf
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1	195	Joseph Durrant	Cambridge Harriers	Q	1.55.84
2	213	Ben Scarlett	Swindon Harriers	Q	1.55.95
3	208	Daniel Poulton	Stevenage & North Herts AC	Q	1.56.85
4	215	Daniel Stepney	Phoenix AC		1.57.14
5	187	Timothy Alexander	Medway & Maidstone AC		1.57.47
6	204	Ed Messer	Chelmsford AC		1.58.41
7	206	Matt Peel	Crawley AC		1.59.27
8	211	Martin Rowe	Croydon Harriers		1.59.57

Semi
Final
2

Posn	Num	Name	Club		Perf
1	200	Richard Larsen	Bracknell AC	Q	1.54.10
2	216	Joe Van Der Toorn	Belgrave Harriers	Q	1.55.08
3	218	Ben Wiffen	Tonbridge AC	Q	1.55.59
4	203	David McKinlay	Blackheath & Bromley Harriers	q	1.55.92
5	201	Jon Long	Woodford Green w Essex L	q	1.57.02
6	207	James Phillips	Ashford AC		1.57.86
7	212	Daniel Ryan	Blackheath & Bromley Harriers		1.58.63
8	191	Mark Burchett	Worthing & District Harriers		2.00.76

Final

Posn	Num	Name	Club		Perf
1	213	Ben Scarlett	Swindon Harriers		1:51.26
2	195	Joseph Durrant	Cambridge Harriers		1:51.61
3	218	Ben Wiffen	Tonbridge AC		1:51.79
4	216	Joe Van Der Toorn	Belgrave Harriers		1:53.45
5	200	Richard Larsen	Bracknell AC		1:54.17
6	201	Jon Long	Woodford Green w Essex L		1:54.73
7	208	Daniel Poulton	Stevenage & North Herts AC		1:55.39
8	203	David McKinlay	Blackheath & Bromley Harriers		1:55.96

Senior Men 1500 Metres (a)

CBP S.Ovett Phoenix AC 1985 3:38.51

Heat

Posn	Num	Name	Club		Perf
1	223	Peter Bridger	Luton AC	Q	3:59.30
2	231	Matthew Dumigan	Worthing & District Harriers	Q	4:00.49
3	238	Brian Markham	Aldershot Farnham & DAC	Q	4:00.78
4	226	Tom Collins	Medway & Maidstone AC	Q	4:01.27
5	235	Tom Jenkins	South London Harriers	q	4:02.18
6	237	Andrew Livingstone	Thurrock Harriers AC	q	4:04.59
7	220	Rich Airey	Brighton & Hove City AC		4:07.61
8	221	Martin Bateman	Hillingdon AC		4:07.96
9	246	Christopher Thomson	Brighton & Hove City AC		4:08.32
10	245	Adam Searle	Stevenage & North Herts AC		4:10.45
11	242	Daniel Moses	Orion Harriers		4:12.68

Heat

Posn	Num	Name	Club		Perf
1	225	Ross Clarke	Havering Mayesbrook AC	Q	4:01.24
2	247	Phillip Tulba	Basingstoke & Mid Hants AC	Q	4:01.63
3	249	Ben Tyler	Medway & Maidstone AC	Q	4:02.10
4	236	Gareth Klepacz	Team Southampton	Q	4:02.34
5	233	Alex Gibbins	Blackheath & Bromley Harriers	q	4:02.79
6	234	Josh Guilmant	Phoenix AC	q	4:03.22
7	227	Tom Comerford	Marshall Milton Keynes AC		4:06.63

Heat**1**

Posn	Num	Name	Club	Heat	Perf
1	126	Steven Green	Newham & Essex Beagles AC	Q	52.87
2	123	Andrew Faulkner	Yeovil Olympiads AC	Q	54.09
3	141	Sean Reidy	Nene Valley Harriers	Q	55.57
4	120	Aaron Dombey	Watford Harriers		57.35
5	143	Lee Salter	Exeter Harriers		58.22
6	128	Ashley Healy	Blackheath & Bromley Harriers		59.61
7	138	Israel Nworgu	London Heathside Runners		60.48

Heat**2**

Posn	Num	Name	Club	Heat	Perf
1	115	Tom Carey	Shaftesbury Barnet Harriers	Q	53.28
2	121	Matthew Douglas	Belgrave Harriers	Q	54.43
3	134	Jonathan Lodowski	Enfield & Haringey AC	Q	55.36
4	113	Simeon Atkins	St Mary's University College	q	55.69
5	145	Robert Smith	Colchester & Tendring AC		58.14
6	135	Aaron Mason	Oxford City AC		60.04
DNF	133	Robert Lewis	Trafford AC		

Heat**3**

Posn	Num	Name	Club	Heat	Perf
1	130	Andrew Howell	Harrow AC	Q	54.26
2	131	Peter Irving	Channel Islands AC	Q	54.76
3	142	Jean-Charles Roghi	Belgrave Harriers	Q	55.46
4	136	Adam McCarthy	Walton AC		56.81
5	129	Richard Holt	Blackheath & Bromley Harriers		58.67
6	144	Greg Smith	Bournemouth AC		58.70
7	140	Sam Parsons	Brighton & Hove City AC		59.32
8	132	Terry Lapins	Croydon Harriers		69.85

Heat**4**

Posn	Num	Name	Club	Heat	Perf
1	125	David Green	Cornwall AC	Q	54.66
2	127	Edward Harrison	Blackheath & Bromley Harriers	Q	55.04
3	117	Alan Cooper	Dacorum & Tring AC	Q	55.69
4	116	Simon Child	Highgate Harriers	q	56.19
5	139	Derek Paisley	Blackheath & Bromley Harriers	q	56.22
6	137	Chris Minn	Crawley AC	q	56.37
7	114	David Awde	Andover AC		59.80
8	122	Eno Ebong	Reading AC		60.78

Semi**final****1**

Posn	Num	Name	Club	Perf
1	126	Steven Green	Newham & Essex Beagles AC	Q 52.40
2	125	David Green	Cornwall AC	Q 52.89
3	127	Edward Harrison	Blackheath & Bromley Harriers	Q 53.80
4	123	Andrew Faulkner	Yeovil Olympiads AC	Q 54.19
5	117	Alan Cooper	Dacorum & Tring AC	54.95
6	113	Simeon Atkins	St Mary's University College	54.95
7	134	Jonathan Lodowski	Enfield & Haringey AC	55.63
8	137	Chris Minn	Crawley AC	56.04

Semi

final**2**

Posn	Num	Name	Club	Perf
1	130	Andrew Howell	Harrow AC	Q 52.31
2	131	Peter Irving	Channel Islands AC	Q 53.54
3	115	Tom Carey	Shaftesbury Barnet Harriers	Q 54.42
4	141	Sean Reidy	Nene Valley Harriers	Q 54.45
5	142	Jean-Charles Roghi	Belgrave Harriers	54.76
6	139	Derek Paisley	Blackheath & Bromley Harriers	55.88
7	116	Simon Child	Highgate Harriers	56.93
DNS	121	Matthew Douglas	Belgrave Harriers	

**Final
(b)**

Posn	Num	Name	Club	Perf
1	126	Steven Green	Newham & Essex Beagles AC	51.44
2	130	Andrew Howell	Harrow AC	51.88
3	115	Tom Carey	Shaftesbury Barnet Harriers	52.60
4	125	David Green	Cornwall AC	52.69
5	127	Edward Harrison	Blackheath & Bromley Harriers	53.26
6	123	Andrew Faulkner	Yeovil Olympiads AC	53.76
7	131	Peter Irving	Channel Islands AC	54.52
8	141	Sean Reidy	Nene Valley Harriers	54.64

Senior Men 3000 Metres Steeplechase (a)**CBP M.Rowland Phoenix AC 1989 8:30.34**

Posn	Num	Name	Club	Final	Perf
1	282	James Connor	Kent AC		9.13.22
2	283	Patrick Davoren	Phoenix AC		9.23.97
3	292	Simon Wurr	Herne Hill Harriers		9.25.97
4	285	Andrew Inskip	Bedford & County AC		9.46.94
5	284	David Fry	Basingstoke & Mid Hants AC		9.59.53
6	281	Joel Clewett	Crawley AC		10.04.11
7	269	Keith Newton	Herne Hill Harriers		10.06.00
8	289	Josh Painter	Brighton & Hove City AC		10.14.11
9	287	David Mason	Belgrave Harriers		10.48.49
10	132	Terry Lapins	Croydon Harriers		12.13.35

Senior Men 5000 Metres Walk (a)**CBP N.Silvester Aldershot Farnham & DAC 29/06/1905 24:04.87**

Posn	Num	Name	Club	Heat	Perf
1	360	Phillip Williams	Enfield & Haringey AC		25:06.64
2	358	Richard Emsley	Steyning AC		25:48.12
3	359	Gary MacDonald	Ashford AC		30:10.33

SEAA U20/Senior Championships - Crystal Palace

14(a)/15(b) June 2008

Senior Men High Jump (a)

CBP M.Naylor Hillingdon AC 1980 2.21m

Posn	Num	Name	Club	Perf	Details
1	299	Alan McKie	Windsor S E & Hounslow	2.15	2.05 xxo; 2.10 o; 2.15 o; 2.19 xxx
2	304	Darryl Stone	Shaftesbury Barnet Harriers	2.10	2.00 o; 2.05 o; 2.10 o; 2.15 xxx
3	302	Adam Scarr	Enfield & Haringey AC	2.05	2.05 xo; 2.10 x; 2.15 xx
4	294	Gareth Dyball	Woodford Green w Essex L	1.95	1.85 o; 1.90 o; 1.95 o; 2.00 xxx
5=	293	Mark Crowley	Enfield & Haringey AC	1.05	1.90 o; 1.95 xo; 2.00 xxx
5=	295	Alex Girdler	Trafford AC	1.95	1.85 o; 1.90 o; 1.95 xo; 2.00 xxx
7	305	Sam Turner	Havant AC	1.80	1.80 xo; 1.85 xxx

Senior Men Pole Vault (b)

CBP K.Hughes Haringey AC 1998 5.36m

Posn	Num	Name	Club	Perf	Details
1	308	Scott Huggins	Blackheath & Bromley Harriers	5.00	4.70 o; 4.80 o; 4.90 o; 5.00 xo; 5.20 xxx
2	307	Martin Densley	Ealing Southall & Middlesex AC	4.70	4.70 xo; 4.90 xxx
3	309	David Ingram	Brighton & Hove City AC	4.40	4.00 o; 4.20 o; 4.40 xo; 4.50 xxx
4	312	Adam Walker	Crawley AC	4.20	4.00 o; 4.20 o; 4.40 xxx
5	311	Ian Parkinson	Wycombe Phoenix Harriers & AC	4.00	4.00 o; 4.20 xxx

Senior Men Long Jump (a)

CBP G.Rutherford Marshall Milton Keynes AC 2006 8.09m

Posn	Num	Name	Club	Perf/w/s	Details
1	314	Andre Fernandez	Newham & Essex Beagles AC	7.14/+1.6	7.01/+0.0; 7.05/+0.1; 5.68/+0.0; 7.14/+1.6; 7.01/-1.0; 6.79/+0.4
2	324	Gary Wilson	Belgrave Harriers	6.84/-0.6	6.46/+0.5; 6.44/+0.6; 6.84/-0.6; 6.62/-0.5; 6.61/+0.3; 6.84/+0.6
3	319	Adrian Phillips	Belgrave Harriers	6.83/+0.0	6.83/+0.0; 6.80/+1.1; 6.64/+0.4; 6.67/+0.9; nj; 6.75-0.8
4	315	James Heptonstall	Kingston AC & Poly Harriers	6.79/+2.1	6.28/+0.2; 6.50/+0.2; 6.59/+0.4; 6.71/+2.1; 6.57/+0.0; 6.79/+2.1
5	87	Jody Chappell	Bournemouth AC	6.70/+0.5	6.52/+1.1; 6.70/+0.5; nj; nj; nj; 6.68/+0.1
6	71	Adrian Stamp	Woodford Green w Essex L	6.63/+1.3	6.63/+1.3; 3.50/+0.7; nj; 5.84/+1.7; nj; nj
7	22	Richard Carr	Harrow AC	6.59/+0.0	6.30/+1.0; 4.47/+0.8; 6.59/+0.0; 6.42/+1.5; 6.35/+2.0; 6.24/-1.3
8	318	Matt Morsia	Thames Valley Harriers	6.56/+1.3	6.30/+0.0; 6.47/+0.2; 6.48/+1.4; 6.39/-0.4; 6.56/+1.3; nj
9	323	David Wellstead	Belgrave Harriers	6.34/+0.5	6.02/+0.0; 6.26/+0.0; 6.34/+0.5
10	320	Jonathan Ramos	Enfield & Haringey AC	6.27/+0.4	5.71/+0.0; 6.27/+0.4; 6.13/+1.1
11	313	Nick Dowsett	Woodford Green w Essex L	6.22/+0.0	6.16/+0.0; 6.22/+0.0; 6.19/-1.7
12	321	Iqbal Singh	Crawley AC	6.11/+1.5	5.89/-0.2; 6.11/+1.5; nj
13	317	Steve Lake	Medway & Maidstone AC	6.03/+0.2	5.89/-0.5; nj; 6.03+0.2

Senior Men Triple Jump (b)

CBP J.Golley Thames Valley Harriers 1993 16.81m

Posn	Num	Name	Club	Perf w/s	Details
1	329	Tosin Oke	Woodford Green w Essex L	16.09 +0.2	15.77; 15.96; 16.09; nj; 16.04; nj
2	325	Julian Golley	Windsor S E & Hounslow	15.93 +1.4	15.40; 14.96; 15.42; 15.36; 15.46; 15.93
3	324	Gary Wilson	Belgrave Harriers	15.13 +1.4	Nj; nj; 14.48; nj; 14.65; 15.13
4	323	David Wellstead	Belgrave Harriers	14.57	Nj; 13.97; 14.09; 14.06; 14.57; 14.41

				+1.7	
5	322	Humpherey Waddington	Cambridge University AC	14.46	Nj; 13.88; 13.87; 14.46; nj; 14.25
				+1.3	
6	318	Matt Morsia	Thames Valley Harriers	13.88	13.49; 13.81; 13.82; 13.79; nj; 13.88
				+1.6	
7	328	Sayo Ojo	Woodford Green w Essex L	13.83	13.07; 13.44; 13.76; nj; 13.83; nj
				+1.2	
8	326	Keith Newton	Woodford Green w Essex L	13.68	Nj; 13.68; nj; nj; 13.33; 13.36
				+0.4	

Senior Men Shot (a)

CBP G.Capes Enfield Harriers 1976 21.36m

Posn	Num	Name	Club	Perf	Details
1	332	Scott Rider	Birchfield Harriers	18.59	Np; 16.83; np; 18.39; 18.53; 18.59
2	333	Anthony Soalla-Bell	Shaftesbury Barnet Harriers	14.08	13.77; 14.08; 13.84; np; 13.30; 13.69
3	331	Christopher Linque	Woodford Green w Essex L	12.11	11.19; 11.63; np; 11.79; 12.11; 11.99
4	330	Paul Derrien	St Mary's Richmond AC	11.99	Np; np; 11.99; np; np; 11.95

Senior Men Discus (a)

CBP W.Tancred Birchfield Harriers 1974 61.98m

Posn	Num	Name	Club	Perf	Details
1	340	Tom Norman	Woodford Green w Essex L	53.60	47.53; 52.23; 53.60; 49.70; nt; 51.53
2	341	Chris Scott	Shaftesbury Barnet Harriers	49.08	48.85; nt; 48.74; 49.08; nt; nt
3	342	Perriss Wilkins	Banbury Harriers	46.25	45.60; 46.25; 43.94; 46.12; 43.98; nt
4	335	David Coleman	Tonbridge AC	46.00	45.58; 46.00; nt; 43.81; nt; 44.75;
5	331	Christopher Linque	Woodford Green w Essex L	42.85	41.88; 42.35; 41.74; nt; 42.85; nt
6	339	Andrew Kruszewski	Cambridge Harriers	42.75	40.75; 42.21; 42.75; nt; 41.26; 41.74; 42.75
7	336	Rob Earle	Colchester Harriers	42.46	38.71; 41.32; 41.21; 41.13; nt; 42.46
8	337	Clive Jackson	Enfield & Haringey AC	39.39	37.56; 36.63; 37.52; 39.08; 37.89; 39.39
9	330	Paul Derrien	St Mary's Richmond AC	37.41	37.15; 36.76; 37.41;

Senior Men Hammer (b)

CBP P.Head Newham & Essex Beagles AC 1992 71.38m

Posn	Num	Name	Club	Perf	Details
1	343	Simon Bown	Newham & Essex Beagles AC	67.76	Nt; 66.67; 66.40; 66.88; 67.76; 67.35
2	348	Amir Williamson	Newham & Essex Beagles AC	66.82	66.82; nt; nt; nt; 64.63; 63.19
3	345	Glen Kerr	Bedford & County AC	61.43	60.63; 60.52; 61.43; nt; nt; 59.38
4	347	Alistair Williamson	Woodford Green w Essex L	58.22	54.85; 56.15; 56.80; 58.22; nt; 57.22
5	346	Steven Sammut	Basingstoke & Mid Hants AC	57.97	Nt; 54.30; 55.27; nt; 57.97; nt
6	334	Stuart Thurgood	Watford Harriers	55.02	54.88; 54.58; 55.02; 54.24; nt; nt
7	330	Paul Derrien	St Mary's Richmond AC	47.04	40.72; nt; 44.45; 44.45; 47.04; 46.55
8	344	Daniel Gamester	Haverling Mayesbrook AC	45.38	44.22; 43.71; 43.44; 44.27; 43.71; 45.38

Senior Men Javelin (b)

CBP M.Roberson Newham & Essex Beagles AC 1997 79.22m

Posn	Num	Name	Club	Perf	Details
1	353	Mervyn Luckwell	Marshall Milton Keynes AC	70.81	Nt; 70.81; 68.53; nt; 68.72; 67.11
2	355	Neil McLellan	Stevenage & North Herts AC	69.37	68.03; nt; 69.37; 68.96; 68.99; 66.11
3	350	Stuart Harvey	Blackheath & Bromley Harriers	67.26	67.26; 63.82; 65.67; 66.36; 66.27; 66.49
4	351	Allandre Johnson	Herne Hill Harriers	61.24	61.24; 59.75; nt; 58.54; nt; 57.01
5	357	Joe Waller	Horsham Blue Star Harriers	61.10	59.64; 54.26; 56.89; 61.10; 57.29; 59.55
6	356	David Sketchley	Harrow AC	58.79	58.13; 58.79; nt; 55.70; nt; 57.07
7	349	Sam Harrison	Haverling Mayesbrook AC	52.76	52.23; 52.76; 49.66; 49.94; nt; 50.00
8	352	Craig Lacy	Cambridge Harriers	52.71	44.66; 49.86; 52.71; 52.59; 48.32; 48.20

SEAA U20/Senior Championships - Crystal Palace

14(a)/15(b) June 2008

Senior Women 100 Metres (a)

CBP S.Thomas

Borough of Hounslow

1983

11.31

Heat 1				W/s +0.0	
Posn	Num	Name	Club		Perf
1	21	Anike Shand-Whittingham	Blackheath & Bromley Harriers	Q	12.00
2	1	Margaret Adeoye	Enfield & Haringey AC	Q	12.10
3	10	Ellen Howarth-Brown	City of Portsmouth AC	q	12.14
4	18	Xanine Powell	Cambridge Harriers		12.34
5	19	Nicole Sadler	Ipswich Harriers		12.35
6	22	Kayleigh Short	Bracknell AC		13.19
DNS	9	Sarah Holmes	Woking AC		

Heat 2				W/s +1.2	
Posn	Num	Name	Club		Perf
1	6	Amina Ceesay	Newham & Essex Beagles AC	Q	11.85
2	26	Louise Wood	Chelmsford AC	Q	12.08
3	8	Yvette Henry	Thames Valley Harriers	q	12.13
4	23	Katherine Skelding	Woodford Green w Essex L		12.36
5	2	Fatima Bangura	Victoria Park H & Tower H AC		12.49
6	12	Heidi Nicholas	Basildon AC		12.89
7	5	Hannah Biddiss	Medway & Maidstone AC		13.29
8	3	Karen Barden	Chelmsford AC		13.97

Heat 3				W/s -2.0	
Posn	Num	Name	Club		Perf
1	14	Lucy Onyeforo	Enfield & Haringey AC	Q	12.12
2	15	Denise Osei	Herne Hill Harriers	Q	12.32
3	24	Michelle Watson	Herne Hill Harriers		12.39
4	4	Natalie Bartley	South London Harriers		12.50
5	25	Michelle Webster	Bedford & County AC		12.69
6	27	Emily Young	Team Southampton		12.95
7	7	Estelle Djah	South London Harriers		13.17
8	17	Joedy Platt	North Devon AC		13.60

Final				W/s -1.1	
Posn	Num	Name	Club		Perf
1	6	Amina Ceesay	Newham & Essex Beagles AC		11.70
2	14	Lucy Onyeforo	Enfield & Haringey AC		11.89
3	21	Anike Shand-Whittingham	Blackheath & Bromley Harriers		12.00
4	15	Denise Osei	Herne Hill Harriers		12.18
5	1	Margaret Adeoye	Enfield & Haringey AC		12.19
6	10	Ellen Howarth-Brown	City of Portsmouth AC		12.21
7	26	Louise Wood	Chelmsford AC		12.22
8	8	Yvette Henry	Thames Valley Harriers		12.25

Senior Women 200 Metres (b)

CBP B.Callender

Reading AC

1983

23.08

Heat W/s +1.7

1					
Posn	Num	Name	Club		Perf
1	29	Montell Douglas	Blackheath & Bromley Harriers	Q	23.84
2	10	Ellen Howarth-Brown	City of Portsmouth AC	Q	24.55
3	19	Nicole Sadler	Ipswich Harriers		25.02
4	40	Carley Wenham	Crawley AC		25.47
5	25	Michelle Webster	Bedford & County AC		25.51
6	22	Kayleigh Short	Bracknell AC		26.40
7	17	Joedy Platt	North Devon AC		27.10
DNS	4	Natalie Bartley	South London Harriers		

Heat 2					
Posn	Num	Name	Club		Perf
W/s -0.4					
1	30	Donna Fraser	Croydon Harriers	Q	24.25
2	14	Lucy Onyeforo	Enfield & Haringey AC	Q	24.59
3	6	Amina Ceesay	Newham & Essex Beagles AC	q	24.70
4	41	Dawn Wilson	Windsor S E & Hounslow	q	24.95
5	38	Joanne Ryan	Loughton AC		25.43
6	33	Rachael Lewington	Team Southampton		25.78
7	28	Tracy Cunningham	Dartford Harriers AC		26.26

Heat 3					
Posn	Num	Name	Club		Perf
W/s -1.1					
1	1	Margaret Adeoye	Enfield & Haringey AC	Q	24.63
2	31	Denise Gayle	Shaftesbury Barnet Harriers	Q	24.73
3	15	Denise Osei	Herne Hill Harriers		25.01
4	23	Katherine Skelding	Woodford Green w Essex L		25.27
5	24	Michelle Watson	Herne Hill Harriers		25.58
6	39	Jemma Walker	Thames Valley Harriers		25.59
7	12	Heidi Nicholas	Basildon AC		26.69
8	5	Hannah Biddiss	Medway & Maidstone AC		27.29

Final					
Posn	Num	Name	Club		Perf
W/s +0.3					
1	29	Montell Douglas	Blackheath & Bromley Harriers		23.65
2	30	Donna Fraser	Croydon Harriers		24.11
3	6	Amina Ceesay	Newham & Essex Beagles AC		24.22
4	10	Ellen Howarth-Brown	City of Portsmouth AC		24.34
5	14	Lucy Onyeforo	Enfield & Haringey AC		24.40
6	31	Denise Gayle	Shaftesbury Barnet Harriers		24.62
7	41	Dawn Wilson	Windsor S E & Hounslow		24.69
8	1	Margaret Adeoye	Enfield & Haringey AC		24.73

Senior Women 400 Metres (a)

CBP M.Neufville **Cambridge Harriers** **1970** **52.0**

Heat 1					
Posn	Num	Name	Club	Heat	Perf
1	41	Dawn Wilson	Windsor S E & Hounslow	Q	53.61
2	69	Tara Bird	Woodford Green w Essex L	Q	54.57
3	83	Helen Parsons	Crawley AC	q	56.34
4	88	Sarah Tomlins	Sale Harriers		56.41
5	68	Imola Asztalos	Cambridge & Coleridge AC		58.36
6	28	Tracy Cunningham	Dartford Harriers AC		59.55
DNF	80	Maureen Miller	Blackheath & Bromley Harriers		

Heat

2

Posn	Num	Name	Club	Heat	Perf
1	82	Marilyn Okoro	Shaftesbury Barnet Harriers	Q	53.33
2	34	Lesley Owusu	Windsor S E & Hounslow	Q	54.80
3	37	Renee Robson	Thames Valley Harriers	q	56.05
4	33	Rachael Lewington	Team Southampton		56.57
5	87	Rebecca Syrocki	Blackheath & Bromley Harriers		56.71
6	90	Zoe Watson	Woodford Green w Essex L		60.36
7	86	Corin Reynolds	Havant AC		64.92

Heat

3

Posn	Num	Name	Club	Heat	Perf
1	78	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC	Q	55.29
2	30	Donna Fraser	Croydon Harriers	Q	55.82
3	93	Hayley Wills	Herts Phoenix AC		57.29
4	77	Emma Kemp	Stevenage & North Herts AC		58.34
5	76	Laura Hitchman	Brighton & Hove City AC		59.05
6	59	Louise Douglass	Aldershot Farnham & DAC		61.49
7	17	Joedy Platt	North Devon AC		62.36
8	92	Megan Williams	City of Portsmouth AC		63.15

Final

Posn	Num	Name	Club	Perf
1	82	Marilyn Okoro	Shaftesbury Barnet Harriers	53.01
2	78	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC	53.24
3	41	Dawn Wilson	Windsor S E & Hounslow	53.34
4	30	Donna Fraser	Croydon Harriers	53.69
5	69	Tara Bird	Woodford Green w Essex L	54.38
6	34	Lesley Owusu	Windsor S E & Hounslow	54.42
7	37	Renee Robson	Thames Valley Harriers	55.60
8	83	Helen Parsons	Crawley AC	56.55

Senior Women 800 Metres (a)

CBP S.Bailey Bromley Ladies AC 1985 2:03.70

Heat

1

Posn	Num	Name	Club	Perf
1	108	Claire Nichols	Woking AC	Q 2:11.82
2	96	Philippa Aukett	Shaftesbury Barnet Harriers	Q 2:12.81
3	94	Clementine Adams	Aldershot Farnham & DAC	Q 2:13.21
4	75	Kimberley Goodall	Guernsey Island AAC	2:15.30
5	114	Nikki Silva	Herts Phoenix AC	2:15.76
6	97	Helen Bloomfield	Colchester & Tendring AC	2:18.34
7	115	Nathalie Warren	Walton AC	2:19.23
8	111	Alexandra Shamloll	Herne Hill Harriers	2:27.39

Heat

2

Posn	Num	Name	Club	Perf
1	79	Ellie Meadows	Basildon AC	Q 2:13.29
2	105	Sara Luck	Havering Mayesbrook AC	Q 2:13.81
3	102	Michaela Hutchinson	Hillingdon AC	Q 2:14.21
4	112	Natalie Shaw	Loughborough University AC	q 2:14.98
5	106	Elaine Murty	Blackheath & Bromley Harriers	q 2:15.20
6	113	Katie Silva	Channel Islands AC	2:18.65
7	107	Georgina Neame	Basingstoke & Mid Hants AC	2:21.90

**Final
(b)**

Posn	Num	Name	Club	Perf
1	102	Michaela Hutchinson	Hillingdon AC	2:08.66
2	96	Philippa Aukett	Shaftesbury Barnet Harriers	2:08.87
3	108	Claire Nichols	Woking AC	2:09.05
4	79	Ellie Meadows	Basildon AC	2:09.69
5	94	Clementine Adams	Aldershot Farnham & DAC	2:09.97
6	105	Sara Luck	Havering Mayesbrook AC	2:12.33
7	106	Elaine Murty	Blackheath & Bromley Harriers	2:15.72
8	112	Natalie Shaw	Loughborough University AC	2:19.29

Senior Women 1500 Metres (a)

CBP C.Cahill Gateshead Harriers 1992 4:12.21

Posn	Num	Name	Club	Final	Perf
1	120	Amy Campbell	Shaftesbury Barnet Harriers		4.29.27
2	117	Emily Adams	Aldershot Farnham & DAC		4.32.85
3	127	Bryony Proctor	Blackheath & Bromley Harriers		4.35.67
4	119	Frances Briscoe	White Horse Harriers AC		4.37.60
5	109	Bernadine Pritchett	Woodford Green w Essex L		4.40.16
6	129	Leonie Smith	Aldershot Farnham & DAC		4.42.06
7	125	Robyn Matson	Havering Mayesbrook AC		4.49.10
8	99	Nicola Gooderham	Brunel University AC		4.49.98
9	122	Michelle Jenkins	South London Harriers		4.53.09
10	123	Diana Kennedy	Woodford Green w Essex L		4.54.68
11	124	Jo Locker	Walton AC		4.56.53
12	118	Sara Bird	Woodford Green w Essex L		4.58.78
13	126	Hayley Pegg	Havering Mayesbrook AC		5.01.85
14	130	Jenna Tarrant	Woking AC		5.18.20
15	121	Vicki Goodwin	Belgrave Harriers		5.32.03

Senior Women 3000 Metres (b)

CBP D.Peel Crawley AC 1982 9:16.8

Posn	Num	Name	Club	Heat	Perf
Final					
1	132	Clare Elms	Cambridge Harriers		9:58.33
2	133	Nicola Rogers	Colchester & Tendring AC		10:05.22
3	134	Naomi Warner	Hercules Wimbledon AC		10:06.24
4	131	Nicki De La Salle	Hillingdon AC		10:11.83

Senior Women 100 Metres Hurdles (b)

CBP M.Wilkins Windsor S E & Hounslow 2000 13.17

Heat 1					W/S +1.3
Posn	Num	Name	Club	Perf	
1	45	Nusrat Ceesay	Woodford Green w Essex L	Q	14.14
2	52	Kylie Robilliard	Channel Islands AC	Q	14.21
3	46	Grace Clements	Dartford Harriers AC	Q	14.77
4	53	Claudia Tabony	Harrow AC		16.23
DQ	47	Chanelle Garnett	Herne Hill Harriers		
Heat 2					W/S +0.9
Posn	Num	Name	Club	Perf	
1	42	Gemma Bennett	Shaftesbury Barnet Harriers	Q	13.67
2	48	Catherine Holdsworth	Colchester Harriers	Q	13.81
3	44	Angelita Broadbelt	Thames Valley Harriers	Q	14.17

4	49	Laura Jones	Herts Phoenix AC	q	14.86
5	43	Claire Brennan	Havering Mayesbrook AC	q	15.56

Final					W/S +0.1
Posn	Num	Name	Club		Perf
1	42	Gemma Bennett	Shaftesbury Barnet Harriers		13.74
2	48	Catherine Holdsworth	Colchester Harriers		13.76
3	45	Nusrat Ceesay	Woodford Green w Essex L		13.93
4	44	Angelita Broadbelt	Thames Valley Harriers		14.18
5	46	Grace Clements	Dartford Harriers AC		14.67
6	52	Kylie Robilliard	Channel Islands AC		14.90
7	49	Laura Jones	Herts Phoenix AC		14.93
8	43	Claire Brennan	Havering Mayesbrook AC		15.61

Senior Women 400 Metres Hurdles (a)

CBP S.Gunnell Essex Ladies 1992 55.33

Heat 1

Posn	Num	Name	Club		Perf
1	66	Perri Shakes-Drayton	Victoria Park H & Tower H AC	Q	59.53
2	45	Nusrat Ceesay	Woodford Green w Essex L	Q	60.65
3	63	Emily Parker	Epsom & Ewell Harriers	Q	61.64
4	71	Melanie Channing	ESM	q	62.45
5	67	Christina Silva	Herts Phoenix AC		64.26
6	61	Caroline Heaney	Windsor S E & Hounslow		65.62
7	64	Julie Pratt	Woodford Green w Essex L		64.73

Heat

2

Posn	Num	Name	Club		Perf
1	65	Sian Scott	Team Southampton	Q	58.88
2	58	Hannah Douglas	Belgrave Harriers	Q	59.90
3	57	Maria Crowe	Loughborough University AC	Q	60.16
4	62	Nicola Martell	Colchester & Tendring AC	q	62.14
5	55	Ruth Brereton	Woodford Green w Essex L		62.85
6	56	Jessica Case	South London Harriers		65.67
7	59	Louise Douglass	Aldershot Farnham & DAC		66.24

Final (b)

Posn	Num	Name	Club		Perf
1	66	Perri Shakes-Drayton	Victoria Park H & Tower H AC		57.69
2	65	Sian Scott	Team Southampton		58.30
3	45	Nusrat Ceesay	Woodford Green w Essex L		58.86
4	58	Hannah Douglas	Belgrave Harriers		60.18
5	63	Emily Parker	Epsom & Ewell Harriers		60.62
6	57	Maria Crowe	Loughborough University AC		60.74
7	62	Nicola Martell	Colchester & Tendring AC		61.78
8	71	Melanie Channing	ESM		62.95

Senior Women 2000 Metres Steeplechase (a)

CBP L.Bowles Enfield & Haringey AC 2006 7:04.39

Posn	Num	Name	Club	FINAL	Perf
1	135	Shavaun Henry	Blackheath & Bromley Harriers		7:23.51

Senior Women 5000 Metres Walk (a)

CBP D.Bradley Tonbridge AC 2007 28:41.52

Posn	Num	Name	Club	Heat	Perf
1	196	Helen Middleton	Leicester Walking Club		29:35.18

U17 W0men 3000 Metres Walk (a)

1	387	Emily Symons	Tonbridge AC		16:14.97
2	386	Stephanie Rukin	Tonbridge AC		18:24.64
3	385	Louise Bradley	Tonbridge AC		18:44.85

U15 Girls 3000 Metres Walk (a)

1	183	Kelsey Howard	Ashford AC		15:55.52
2	184	Sian Porter	Tonbridge AC		19:34.68

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Senior Women High Jump (b)

CBP D.Marti Bromley Ladies AC 1993 1.91m

Posn	Num	Name	Club	Perf	Details
1	138	Eloise Newman	Harrow AC	1.76	1.65 xo; 1.70 o; 1.73 xo; 1.76 xxo; 1.79 xxx
2	136	Ayamba Akim	Herne Hill Harriers	1.70	1.55 o; 1.65 o; 1.70 o; 1.73 xxx
3	137	Lucy Hodgins	Vale of Aylesbury AC	1.65	1.60 o; 1.65 o; 1.70 xxx

Senior Women Pole Vault (a)

CBP L.Hughes Blackheath & Bromley Harriers 2003 4.00m

CBP T.Bloomfield Guildford & Godalming AC 2002 4.00m

CBP L.Butterworth Birchfield Harriers 2007 4.00m

Posn	Num	Name	Club	Perf	Details
1	144	Liz Hughes	Blackheath & Bromley Harriers	3.60	3.30 o; 3.40 xo; 3.50 xo; 3.60 xxo; 3.70 xxx
2	146	Laura Rogers	Wycombe Phoenix Harriers & AC	3.50	3.20 o; 3.40 o; 3.50 o; 3.60 xxx
3	148	Holly Weaver	Brighton & Hove City AC	3.20	2.90 xo; 3.05 o; 3.20 o; 3.30 xxx
4	142	Gemma Dowsett	Medway & Maidstone AC	3.20	2.70 o; 2.90 xo; 3.05 xo; 3.20 o; 3.30 xxx
5	145	Annemarie Price	Ashford AC	3.05	2.70 o; 2.90 o; 3.05 xxo; 3.20 xxx
6	143	Natasha Hart	Woking AC	2.70	2.70 o; 2.90 xxx
	147	Louise Shortland	Stevenage & North Herts AC	nht	3.40 xxx

Senior Women Long Jump (b)

CBP M.Berkeley Croydon Harriers 1989 6.63m

Posn	Num	Name	Club	Perf w/s	Details
1	48	Catherine Holdsworth	Colchester Harriers	5.71 -0.9	5.50; 5.67; 4.37; nj; 5.71; 5.67
2	150	Hayley-Jayne Cone	Thames Valley Harriers	5.48 +0.2	5.35; 5.48; 5.07; 5.18; 5.18; 5.45
3	149	Helen Channon	Walton AC	5.36 +0.8	5.14; 5.20; 5.36; 3.75; 5.01; 5.26
4	154	Emily Martin	Hercules Wimbledon AC	5.31 +0.2	5.14; 5.30; 5.31; 5.12; 5.20; 5.23
5	151	Azaria Francis	Woodford Green w Essex L	5.21 +0.7	Nj; 4.94; 5.21; 5.04; 5.05; nj
6	153	Claire Linskill	North Devon AC	5.16 +2.1	4.88; 5.02; 5.09; 5.11; 5.12; 5.16
7	152	Ruth Hatch	Belgrave Harriers	5.08 -1.2	5.08; 5.02; 5.01; 4.85; nj; 4.93
8	12	Heidi Nicholas	Basildon AC	5.02 -2.0	4.56; 4.65; 4.92; 4.91; 5.02; 4.96
9	53	Claudia Tabony	Harrow AC	4.83 -1.3	4.83; 4.83; 4.82

Senior Women Triple Jump (a)

CBP M.Griffith Windsor S E & Hounslow 1996 14.04m

Posn	Num	Name	Club	Perf w/s	Details
1	156	Stephanie Aneto	Woodford Green w Essex L	13.03 +0.7	Nj; nj; 12.51; nj; 12.93; 13.03
2	163	Karlene Turner	Windsor S E & Hounslow	12.69 +0.7	12.03; 12.39; 12.36; nj; nj; 12.69
3	164	Nadia Williams	Shaftesbury Barnet Harriers	12.69 +0.9	Nj; nj; 12.16; nj; 12.69; nj

4	157	Zainib Ceesay	Woodford Green w Essex L	12.44 -1.0	Nj; nj; 12.44; 11.71; nj; nj
5	160	Sineade Gutzmore	Highgate Harriers	12.25 -0.4	Nj; nj; 12.25; nj; nj; nj
6	155	Sandra Alaneme	Blackheath & Bromley Harriers	12.16 +0.2	Nj; 12.16; nj; 12.04; nj; 11.97
7	153	Claire Linskill	North Devon AC	11.77 +1.1	11.61; 11.45; 11.77; 11.53; 11.66; nj
8	152	Ruth Hatch	Belgrave Harriers	11.52 +1.8	11.52; nj; nj; 11.28; nj; nj
9	158	Liz Davidson	Kingston AC & Poly Harriers	11.40 +0.2	Nj; nj; 11.40
	161	Julia Nilova	Shaftesbury Barnet Harriers	Npr	Nj; nj; nj
	26	Louise Wood	Chelmsford AC	npr	Nj; pass; nj

Senior Women Shot (b)

CBP M.Augee Bromley Ladies AC 1990 18.43m

Posn	Num	Name	Club	Perf	Details
1	167	Eleanor Gattrell	Woking AC	15.96	14.77; 15.15; 15.34; 15.57; 15.96; np
2	166	Joanne Duncan	Woodford Green w Essex L	14.88	Np; 14.88; np; np; np; np
3	165	Shaunagh Brown	Blackheath & Bromley Harriers	13.82	13.20; 13.21; 13.68; 13.51; 13.82; np
4	46	Grace Clements	Dartford Harriers AC	13.00	12.42; 12.72; 12.58; 13.00; np; 12.78
5	168	Melanie Harrison	Havering Mayesbrook AC	11.19	10.96; 10.87; 10.71; 11.19; np; 11.00
6	53	Claudia Tabony	Harrow AC	8.69	7.66; 8.17; 8.08; 8.69; 8.34; 7.63

Senior Women Discus (b)

CBP S.Newman Belgrave Harriers 2003 60.46m

Posn	Num	Name	Club	Perf	Details
1	165	Shaunagh Brown	Blackheath & Bromley Harriers	48.95	46.67; 48.06; 48.95; 45.53; 47.40; 44.53
2	174	Jade Nicholls	Shaftesbury Barnet Harriers	41.07	Nt; 41.07; nt; nt; 40.19; nt
3	168	Melanie Harrison	Havering Mayesbrook AC	40.50	38.05; 36.30; 40.50; 38.14; 38.93; 38.13
4	173	Angela Mitchell	Harrow AC	35.87	35.87; 34.44; nt; 33.96; nt6; nt
5	169	Gwen Bird	Enfield & Haringey AC	35.46	33.59; 35.17; nt; 34.10; 34.92; 35.46
6	171	Sarah Hewitt	Brighton & Hove City AC	32.66	30.72; nt; 32.66; 29.68; 30.47; 31.57
7	170	Helen Daniel	Cambridge Harriers	31.03	29.53; nt; 31.03; 30.79; 29.86; 29.96
8	172	Kasia Kublik	Redhill & Surrey Beagles	30.75	29.30; 29.88; nt; 30.75; 28.37; 29.47

Senior Women Hammer (a)

CBP L.Sprules Shaftesbury Barnet Harriers 2001 62.99m

Posn	Num	Name	Club	Perf	Details
1	180	Joanne John	Windsor S E & Hounslow	54.72	Nt; 51.70; 51.62 ; 54.72; 52.07; nt
7	185	Victoria Thomas	Blackheath & Bromley Harriers	52.50	46.61; 52.45; nt; 52.50; nt; nt;
3	181	Debbie McCaw	West London Hammer School	49.55	44.49; 49.55; nt; nt; 47.78; 48.85
4	179	Andrea Jenkins	Nene Valley Harriers	49.44	46.69; 48.06; 48.21; 49.21; 49.44; nt;
5	177	Joanne Davison	Worthing & District Harriers	47.21	47.21; 46.57; 43.71; 44.12; nt; nt;
6	183	Paula Peaty	Newham & Essex Beagles AC	42.44	39.58; 41.42; 4.34; 42.44; 38.38; 39.26
7	182	Kate Morris	Medway & Maidstone AC	37.95	37.95; 36.91; 37.44; 37.25; 36.66; 37.44
8	184	Emma Smith	Woodford Green w Essex L	35.78	35.77; 35.69; nt; 32.67; nt; nt;

Senior Women Javelin (a)

K.Morrison Shaftesbury Barnet Harriers 2002 55.74m

Posn	Num	Name	Club	Perf	Details
1	193	Katy Watts	City of Portsmouth AC	48.33	45.01; 43.49; 46.89; 46.53; 48.33; 47.22
2	190	Rosie Semenytsh	Windsor S E & Hounslow	46.58	46.58; 42.75; 44.47; 43.74; 44.73; 43.35
3	188	Christine Lawrence	Blackheath & Bromley Harriers	46.39	41.93; 43.52; nt; 43.00; 42.09; 46.39
4	192	Louise Watton	Shaftesbury Barnet Harriers	44.38	43.57; 43.96; 44.38; 43.05; 43.39; 42.88
5	191	Hayley Thomas	Newham & Essex Beagles AC	43.12	41.55; 43.12; 41.46; 40.89; 42.72; nt

6	186	Emma Christmas	Havering Mayesbrook AC	42.23	39.83; nt; 38.74; nt; 38.12; 42.23
7	187	Sarah Ellis	Team Southampton	41.50	41.48; 39.99; 38.32; 38.73; 41.50; 39.87
8	194	Lizzy Yarnold	Ashford AC	40.46	40.46; 38.44; 38.09; 34.16; nt; 38.10

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Under 20 Men 100 Metres (b)

CBP J.Livingstone Croydon Harriers 1990 10.4

Heat 1 W/s n/a

Posn	Num	Name	Club	Perf
1	3	James Alaka	Blackheath & Bromley Harriers	Q 11.04
2	12	Harvey Byrne	Newham & Essex Beagles AC	Q 11.12
3	37	Jeffrey Ocrah	Herne Hill Harriers	q 11.14
4	30	Confidence Lawson	Shaftesbury Barnet Harriers	11.43
5	44	Jorhelio Ramos	Newham & Essex Beagles AC	11.46
6	35	Jack Miller	Bexley AC	11.52
7	27	John Iwudibie	South London Harriers	11.80

Heat 2 W/s n/a

Posn	Num	Name	Club	Perf
1	48	Olufunmi Sobodu	Blackheath & Bromley Harriers	Q 10.74
2	15	Charlie Dack	Thurrock Harriers AC	Q 11.21
3	36	Stefan Mitchell	Cambridge Harriers	11.31
4	19	Mark Dyble	Basildon AC	11.34
5	9	Omari Barton-Ellington	Enfield & Haringey AC	11.45
6	50	Ramon Wright	Walton AC	11.49
7	24	Chris Hall	South London Harriers	13.06

Heat 3 W/s +0.1

Posn	Num	Name	Club	Heat	Perf
1	7	Eugene Ayanful	Woodford Green w Essex L	Q	10.89
2	41	Joshua Patrick	Windsor S E & Hounslow	Q	11.10
3	33	Lee McLaughlin	Croydon Harriers	q	11.16
4	28	Rashid Kakoza	Newham & Essex Beagles AC		11.42
5	42	Billy Porter	South London Harriers		11.49
6	6	Luke Allen	West Suffolk AC		11.61
7	11	Matthew Burnett	Newham & Essex Beagles AC		11.84

Heat 4 W/s n/a

Posn	Num	Name	Club	Perf
1	40	Femi Owolade	Blackheath & Bromley Harriers	Q 10.97
2	43	Dan Putnam	Blackheath & Bromley Harriers	Q 11.03
3	18	Stedson Dockery	Herne Hill Harriers	Q 11.10
4	17	William De Torvy	Thames Valley Harriers	q 11.28
5	34	Andy Millen	Worthing & District Harriers	11.36
6	8	Moses Bano	Thames Valley Harriers	11.37
7	13	Nkennuelem Chiagorom	Newham & Essex Beagles AC	11.50

Heat 5 W/s +0.4

Posn	Num	Name	Club	Perf
1	22	Max Galliers	Windsor S E & Hounslow	Q 11.06
2	14	Luke Chown	Abingdon Amblers	Q 11.07

3	38	Richard Odumosu	Shaftesbury Barnet Harriers	Q	11.19
4	21	Sean Foord	Team Southampton	q	11.25
5	5	Jemaine Alexander	Blackheath & Bromley Harriers		11.47
6	45	Jevone Robinson	Hillingdon AC		11.58
7	49	Maurice Walker	Thames Valley Harriers		11.61
8	47	Paul Slater	Bexley AC		11.81

Semi Final 1 **W/s +3.6**

Posn	Num	Name	Club		Perf
1	3	James Alaka	Blackheath & Bromley Harriers	Q	10.46
2	48	Olufunmi Sobodu	Blackheath & Bromley Harriers	Q	10.48
3	22	Max Galliers	Windsor S E & Hounslow	Q	10.58
4	12	Harvey Byrne	Newham & Essex Beagles AC	Q	10.70
5	37	Jeffrey Ocrah	Herne Hill Harriers		10.80
6	41	Joshua Patrick	Windsor S E & Hounslow		10.83
7	33	Lee McLaughlin	Croydon Harriers		10.85
8	17	William De Torvy	Thames Valley Harriers		11.00

Semi Final 2 **W/s +2.1**

Posn	Num	Name	Club		Perf
1	7	Eugene Ayanful	Woodford Green w Essex L	Q	10.74
2	18	Stedson Dockery	Herne Hill Harriers	Q	10.83
3	40	Femi Owolade	Blackheath & Bromley Harriers	Q	10.87
4	43	Dan Putnam	Blackheath & Bromley Harriers	Q	10.88
5	14	Luke Chown	Abingdon Amblers		10.89
6	38	Richard Odumosu	Shaftesbury Barnet Harriers		10.92
7	15	Charlie Dack	Thurrock Harriers AC		11.06
8	21	Sean Foord	Team Southampton		11.09

Final **W/s +0.6**

Posn	Num	Name	Club		Perf
1	3	James Alaka	Blackheath & Bromley Harriers		10.56
2	22	Max Galliers	Windsor S E & Hounslow		10.77
3	7	Eugene Ayanful	Woodford Green w Essex L		10.77
4	12	Harvey Byrne	Newham & Essex Beagles AC		10.90
5	18	Stedson Dockery	Herne Hill Harriers		10.94
6	43	Dan Putnam	Blackheath & Bromley Harriers		11.09
7	40	Femi Owolade	Blackheath & Bromley Harriers		11.17
dns	48	Olufunmi Sobodu	Blackheath & Bromley Harriers		

Under 20 Men 200 Metres (a)

CBP D.Grant **Blackheath Harriers** **2001** **20.09**

Posn	Num	Name	Club		Perf
Heat 1					W/s -1.0
1	3	James Alaka	Blackheath & Bromley Harriers	Q	21.88
2	61	Danny Talbot	Team Bath AC	Q	22.08
3	67	Matthew Wekpe	Kent AC	Q	22.66
4	15	Charlie Dack	Thurrock Harriers AC	q	23.02
5	30	Confidence Lawson	Shaftesbury Barnet Harriers	q	23.03
6	55	Lloyd King	Thames Valley Harriers		23.27
7	52	Curtis Blake	Victoria Park H & Tower H AC		23.38

Heat 2 W/s -2.0

Posn	Num	Name	Club		Perf
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1	14	Luke Chown	Abingdon Amblers	Q	22.14
2	59	Louis Persent	Colchester Harriers	Q	22.38
3	28	Rashid Kakoza	Newham & Essex Beagles AC	Q	22.84
4	44	Jorhelio Ramos	Newham & Essex Beagles AC		23.08
5	5	Jemaine Alexander	Blackheath & Bromley Harriers		23.20
6	49	Maurice Walker	Thames Valley Harriers		23.44
7	64	Jason Vasilakis	Enfield & Haringey AC		24.06
8	24	Chris Hall	South London Harriers		27.23

Heat 3 W/s -1.4

Posn	Num	Name	Club	Q	Perf
1	40	Femi Owolade	Blackheath & Bromley Harriers	Q	22.51
2	31	Michael Lawson	Oakland College	Q	22.79
3	63	Sebastian Tully-Middleton	Banbury Harriers	Q	22.93
4	2	Deji Akande	Chelmsford AC		23.23
6	60	Lumar Sylvester	Thames Valley Harriers		23.28
7	13	Nkennuelem Chiagorom	Newham & Essex Beagles AC		23.40
55	51	Will Allingham	Ashford AC		23.56

Heat 4 W/s -1.9

Posn	Num	Name	Club	Q	Perf
1	46	Lewis Rouault	Harrow AC	Q	22.58
2	21	Sean Foord	Team Southampton	Q	22.61
3	54	Kristian Clarke	Highgate Harriers	q	22.87
4	66	Cameron Webb	Stevenage & North Herts AC	q	22.88
5	65	Oweka Wanogho	Croydon Harriers	q	22.95
6	18	Stedson Dockery	Herne Hill Harriers		23.00
7	11	Matthew Burnett	Newham & Essex Beagles AC		24.21
8	56	Lee Lovelock-Jemmott	Woodford Green w Essex L		24.30

Semi Final 1 W/s -2.2

Posn	Num	Name	Club	Q	Perf
1	3	James Alaka	Blackheath & Bromley Harriers	Q	21.74
2	61	Danny Talbot	Team Bath AC	Q	22.08
3	46	Lewis Rouault	Harrow AC	Q	22.56
4	63	Sebastian Tully-Middleton	Banbury Harriers	Q	22.63
5	67	Matthew Wekpe	Kent AC		22.97
6	31	Michael Lawson	Oakland College		22.97
7	30	Confidence Lawson	Shaftesbury Barnet Harriers		22.98
8	66	Cameron Webb	Stevenage & North Herts AC		23.19

Semi final 2 W/s -1.0

Posn	Num	Name	Club	Q	Perf
1	40	Femi Owolade	Blackheath & Bromley Harriers	Q	22.02
2	14	Luke Chown	Abingdon Amblers	Q	22.34
3	28	Rashid Kakoza	Newham & Essex Beagles AC	Q	22.65
4	65	Oweka Wanogho	Croydon Harriers	Q	22.73
5	15	Charlie Dack	Thurrock Harriers AC		22.92
6	21	Sean Foord	Team Southampton		23.15
DNS	54	Kristian Clarke	Highgate Harriers		
DNS	59	Louis Persent	Colchester Harriers		

Final N/A

Posn	Num	Name	Club	Perf
1	3	James Alaka	Blackheath & Bromley Harriers	21.48

2	40	Femi Owolade	Blackheath & Bromley Harriers	21.83
3	61	Danny Talbot	Team Bath AC	21.89
4	14	Luke Chown	Abingdon Amblers	22.02
5	63	Sebastian Tully-Middleton	Banbury Harriers	22.60
6	65	Oweka Wanogho	Croydon Harriers	22.62
7	28	Rashid Kakoza	Newham & Essex Beagles AC	22.65
DNS	46	Lewis Rouault	Harrow AC	

Heat

Under 20 Men 400 Metres (a)

CBP M.Rooney Croydon Harriers 2005 46.75

Heat

1

Posn	Num	Name	Club	Perf
1	98	Markus Hunt	Chelmsford AC	Q 48.89
2	92	Nicholas Choudhury	Luton AC	Q 49.46
3	105	Martin Pitts	Braintree & District AC	49.93
4	96	Matthew Harris	Enfield & Haringey AC	50.97
5	93	Darren Corbin	Enfield & Haringey AC	51.22
6	60	Lumar Sylvester	Thames Valley Harriers	51.71

Heat

2

Posn	Num	Name	Club	Perf
1	97	Matthew Harrison	Basildon AC	Q 48.98
2	109	Lawrence Wooldridge	Kent AC	Q 49.25
3	100	James Moorcroft	Team Kennet Triathlon AC	q 49.89
4	51	Will Allingham	Ashford AC	50.57
5	101	Abraham Newell	Team Southampton	51.67
6	104	Mark Partridge	Walton AC	52.11
7	108	James Vinger	Hillingdon AC	55.06

Heat

3

Posn	Num	Name	Club	Perf
1	107	James Shane	Basildon AC	Q 48.84
2	102	Patrick North	Swindon Harriers	Q 49.16
3	94	Michael Fraser	City of Norwich AC	q 49.60
4	90	Thomas Bensted	Blackheath & Bromley Harriers	50.74
5	91	Alexander Blair	Blackheath & Bromley Harriers	51.75
6	95	Steven Gillan	Victoria Park H & Tower H AC	54.99

Final (b)

Posn	Num	Name	Club	Perf
1	98	Markus Hunt	Chelmsford AC	48.75
2	102	Patrick North	Swindon Harriers	48.83
3	97	Matthew Harrison	Basildon AC	48.87
4	107	James Shane	Basildon AC	49.04
5	92	Nicholas Choudhury	Luton AC	49.79
6	94	Michael Fraser	City of Norwich AC	50.05
7	100	James Moorcroft	Team Kennet Triathlon AC	51.21
DNS	109	Lawrence Wooldridge	Kent AC	

Under 20 Men 800 Metres (a)

CBP A.Lill Peterborough AC 2 1:48.7

Heat

1				
Posn	Num	Name	Club	Perf
1	135	Adam Moore	Bracknell AC	Q 1:57.40
2	117	Michael Di Laura	Worthing & District Harriers	Q 1:57.48
3	123	Paige Haines	Basildon AC	Q 1:58.09
4	118	Luke Disney	Enfield & Haringey AC	q 1:59.10
5	143	Antony Taylor	Basildon AC	2:00.41
6	129	Alexander Hookway	Tonbridge AC	2:02.24
7	119	Alex Ferrelly	Walton AC	2:03.25

Heat

2				
Posn	Num	Name	Club	Perf
1	114	Tim Burt	Ashford AC	Q 2:01.72
2	125	Robert Heaney	Bedford & County AC	Q 2:02.32
3	116	Lee Coogan	Cambridge Harriers	Q 2:02.68
4	136	Josh Moss	Stevenage & North Herts AC	2:03.40
5	139	Sam Poulton	Stevenage & North Herts AC	2:04.01
6	128	Christopher Hepworth	Ealing Southall & Middlesex AC	2:05.81
7	110	Charlie Bennett	Windsor S E & Hounslow	2:09.40

Heat 3

Posn	Num	Name	Club	Perf
1	142	Matthew Sullivan	Shaftesbury Barnet Harriers	Q 1:58.62
2	122	Christopher Haines	Medway & Maidstone AC	Q 1:58.76
3	132	Matt Loveridge	Channel Islands AC	Q 1:58.81
4	130	Alex Jackson	Epsom & Ewell Harriers	q 1:59.07
5	131	George Kemp	Bedford & County AC	2:01.85
6	145	Owen Thomas	Croydon Harriers	2:01.89
DNF	140	Jamie Smith	London Heathside Runners	

Heat

4				
Posn	Num	Name	Club	Perf
1	121	Matthew Grant	South London Harriers	Q 1:57.90
2	127	Oliver Heeks	Orion Harriers	Q 1:57.90
3	138	Daniel Pidgeon	Swindon Harriers	Q 1:57.98
4	126	Lloyd Heard	Colchester & Tendring AC	q 1:58.04
5	120	Michael Goodwin	Bedford & County AC	q 1:58.68
6	137	Luke Nicholas	Ealing Southall & Middlesex AC	2:03.91
7	134	Jack Marchbank	Walton AC	2:06.56

Semi final

1				
Posn	Num	Name	Club	Perf
1	135	Adam Moore	Bracknell AC	Q 1:55.61
2	125	Robert Heaney	Bedford & County AC	Q 1:55.72
3	116	Lee Coogan	Cambridge Harriers	Q 1:55.91
4	117	Michael Di Laura	Worthing & District Harriers	q 1:56.11
5	114	Tim Burt	Ashford AC	q 1:56.46
6	126	Lloyd Heard	Colchester & Tendring AC	1:57.54
7	120	Michael Goodwin	Bedford & County AC	1:57:76
8	138	Daniel Pidgeon	Swindon Harriers	1:58.52

Semi Final

2				
Posn	Num	Name	Club	Perf

8	166	Michael McManus	South London Harriers	4:11.01
9	154	Billy Collins	Shaftesbury Barnet Harriers	4:11.74
10	176	Jack Stroud	Orion Harriers	4:20.41

**Final
(b)**

Posn	Num	Name	Club	Perf
1	172	James Robinson	West Norfolk AC	3:54.45
2	153	Daniel Clorley	Luton AC	3:55.52
3	157	Rhys Glastonbury	Radley AC	3:55.92
4	156	David Gibbon	Colchester & Tendring AC	3:57.28
5	169	Mickey Reed	Aldershot Farnham & DAC	3:57.35
6	160	Ben Hunter	Southend on Sea AC	4:00.92
7	170	Matthew Revier	Hillingdon AC	4:01.16
8	161	Gavin Lewis	Woodford Green w Essex L	4:04.45
9	179	Kurt Wolfe	Tonbridge AC	4:05.21
10	174	Jake Shelley	Shaftesbury Barnet Harriers	4:06.02
DNS	177	Jack Tyler	Medway & Maidstone AC	
DNS	150	Tom Best	Luton AC	

Under 20 Men 5000 Metres (b)

CBP A.Livingstone Thurrock Harriers AC 2006 15:14.40

Posn	Num	Name	Club	Heat	Perf
1	182	Shaun Collins	Enfield & Haringey AC		15:06.49
2	188	Nathan White	Windsor S E & Hounslow		15:14.84
3	189	Paul Whittaker	Southend on Sea AC		15:23.57
4	184	Frank Kilama	Beths School		15:46.73
5	256	Luke Allen	City of Norwich AC		15:54.03
6	185	Max Kiralyfi	Winchester & District AC		16:21.42
7	180	Callum Brown	Winchester & District AC		16:23.16
8	183	Nick James	Tonbridge AC		16:26.65
9	181	Howard Clarke	Southend on Sea AC		16:54.13

Under 20 Men 110 Metres Hurdles (b)

CBP P.Brice Shaftesbury Barnet Harriers 1983 14.0

Heat 1 W/S +1.9

Posn	Num	Name	Club	Perf
1	72	Aaron James	Enfield & Haringey AC	Q 14.14
2	75	Emmanuel Okpokiri	Newham & Essex Beagles AC	Q 14.24
3	69	Lawrence Clarke	Windsor S E & Hounslow	Q 14.40
4	77	Zak Saucedo	Enfield & Haringey AC	q 14.48
5	68	Stephen Barnard	Enfield & Haringey AC	15.41
6	76	Sebastian Rodger	Eastbourne Rovers	16.12

Heat 2 W/S -0.1

Posn	Num	Name	Club	Perf
1	4	Alex Al-Ameen	Blackheath & Bromley Harriers	Q 14.17
2	71	Michael Holden	Colchester Harriers	Q 14.83
3	79	Ashley Wilson	Victoria Park H & Tower H AC	Q 15.21
4	78	Anthony Williams	Havering Mayesbrook AC	q 15.36
5	70	Jamie East	Camberley & District AC	15.62

Final W/S +1.6

Posn	Num	Name	Club	Perf
1	4	Alex Al-Ameen	Blackheath & Bromley Harriers	13.91
2	72	Aaron James	Enfield & Haringey AC	14.02

3	75	Emmanuel Okpokiri	Newham & Essex Beagles AC	14.33
4	69	Lawrence Clarke	Windsor S E & Hounslow	14.39
5	77	Zak Saucedo	Enfield & Haringey AC	14.51
6	71	Michael Holden	Colchester Harriers	14.64
7	79	Ashley Wilson	Victoria Park H & Tower H AC	15.05
8	78	Anthony Williams	Havering Mayesbrook AC	15.18

Under 20 Men 400 Metres Hurdles (a)

CBP G.Oakes Haringey AC 1977 51.8

Heat

1

Posn	Num	Name	Club		Perf
1	81	Michael Baker	Medway & Maidstone AC	Q	53.56
2	87	Matt Threadgold	Epsom & Ewell Harriers	Q	57.69
3	80	Jordan Aromasodu	Victoria Park H & Tower H AC	Q	57.99
4	89	Alec Wing	Herts Phoenix AC	q	58.21
5	84	Gareth Morris	Ashford AC		58.50

Heat

2

Posn	Num	Name	Club		Perf
1	77	Zak Saucedo	Enfield & Haringey AC	Q	54.98
2	83	Antoni Davis-Phillip	Kent AC	Q	55.91
3	86	Josh Saydraouten	Herts Phoenix AC	Q	57.87
4	82	Michael Batiste	Channel Islands AC	q	57.95
5	85	Ayrton Richards	Epsom & Ewell Harriers		58.98

Final

(b)

Posn	Num	Name	Club		Perf
1	81	Michael Baker	Medway & Maidstone AC		52.47
2	83	Antoni Davis-Phillip	Kent AC		54.62
3	80	Jordan Aromasodu	Victoria Park H & Tower H AC		55.84
4	87	Matt Threadgold	Epsom & Ewell Harriers		56.63
5	82	Michael Batiste	Channel Islands AC		57.11
6	86	Josh Saydraouten	Herts Phoenix AC		57.16
7	89	Alec Wing	Herts Phoenix AC		59.11
8	77	Zak Saucedo	Enfield & Haringey AC		59.54

Under 20 Men 2000 Metres Steeplechase (a)

CBP C.Reitz Newham & Essex Beagles AC 1978 5:43.6

Final

Posn	Num	Name	Club	Heat	Perf
1	191	Sam Bradley	Tonbridge AC		5:56.73
2	182	Shaun Collins	Enfield & Haringey AC		5:58.20
3	194	Ashley Harrell	City of Norwich AC		6:02.96
4	162	Alex Littlewood	Blackheath & Bromley Harriers		6:05.35
5	195	Daniel Heathcote	Aldershot Farnham & DAC		6:11.86
6	199	Dale Williamson	Bedford & County AC		6:17.75
7	193	Stefan Emary	Hastings AC		6:17.78
8	200	Eliot Winter	Marshall Milton Keynes AC		6:18.98
9	196	James Senior	City of Norwich AC		6:22.48
10	192	Dominic Easter	Shaftesbury Barnet Harriers		6:28.90
11	197	Grant Twist	Havering Mayesbrook AC		6:30.85
12	201	Jake Wright	Basildon AC		6:31.57
13	198	Samuel Wallbank	Bedford & County AC		6:45.57

Under 20 Men 5000 Metres Walk (a)

CBP J.Tomlin

Dartford Harriers AC

2006

26:32.87

Posn Num Name

Club

Perf

1 264 Thomas Bosworth

Tonbridge AC

23:22.05
CBP

SEAA U20/Senior Championships - Crystal Palace

14(a)/15(b) June 2008

Under 20 Men High Jump (b)

CBP R.Grabarz Bedford & County AC 2005 2.15m
CBP G.Parsons London AC 1982 2.15m

Posn	Num	Name	Club	Perf	Details
1	208	Scott Johnson	Bedford & County AC	2.11	1.90 o; 1.95 xo; 2.00 xxo; 2.05 xo; 2.08 xxo; 2.11 xo; 2.13 xxx
2	203	Samuel Bailey	Chelmsford AC	2.08	1.90 xxo; 1.95 o; 2.00 xo; 2.05 xxo; 2.08 o; 2.11 xxx
3	204	Chris Baker	Enfield & Haringey AC	2.08	1.95 o; 2.00 o; 2.05 xo; 2.08 xo; 2.11 xxx
4	205	Dan Dunscombe	Worthing & District Harriers	2.00	1.90 o; 1.95 o; 2.00 o; 2.05 xxx
5	207	Jason Hamilton	Dacorum & Tring AC	2.00	1.90 o; 1.95 xo; 2.00 xo; 2.05 xxx
6	202	Bradley Armorgie	Herts Phoenix AC	1.95	1.85 o; 1.90 xo; 1.95 xxo; 2.00 xxx
7	206	Lewis Ely	West Norfolk AC	1.90	1.80 o; 1.85 o; 1.90 o; 1.95 xxx
8	210	Milan Stanisavljevic	Woking AC	1.90	1.75 xo; 1.80 o; 1.85 o; 1.90 xx0; 1.95 xxx
9	209	Simon Jones	Bedford & County AC	1.85	1.80 xo; 1.85 o; 1.90 xxx
10	70	Jamie East	Camberley & District AC	1.70	1.70 o; 1.75 xxx

Under 20 Men Pole Vault (a)

CBP W.Davey Surrey AC 1982 5.01m

Posn	Num	Name	Club	Perf	Details
1	215	Scott Huggins	Blackheath & Bromley Harriers	4.85	4.85 o; 5.02 xxx
2	213	Sam Colgate	Woking AC	4.60	4.40 xo; 4.60 o; 4.70 xxx
3	218	Michael Read	Chelmsford AC	4.40	4.10 o; 4.30 xo; 4.40 o; 4.50 xxx
4	211	Adam Bosher	Epsom & Ewell Harriers	3.60	3.60 o 3.80 xxx
5	217	Nicholas Moore	Blackheath & Bromley Harriers	nhr	4.85/xxx

Under 20 Men Long Jump (b)

CBP D.Gommeresall Milton Keynes AC 1987 7.48m

Posn	Num	Name	Club	Perf w/s	Details
1	229	Paul Ogun	Croydon Harriers	7.11 -1.6	6.65; 4.96; nj; 6.81; 7.11; 6.91
2	230	Nonso Okolo	Shaftesbury Barnet Harriers	7.01 -0.6	6.81; nj; 6.87; 6.78; 6.86; 7.01
3	223	Daniel Bramble	Ealing Southall & Middlesex AC	6.92 -0.3	6.28; 3.87; 6.92; 6.79; nj; nj
4	76	Sebastian Rodger	Eastbourne Rovers	6.88 -0.1	5.05; 6.63; 6.88; 4.15; 6.72; 6.73
5	232	Paul Oluyemi	Herne Hill Harriers	6.78 -0.1	6.51; 6.75; nj; 6.78; nj; nj
6	1	Kola Adedoyin	Sutton & District AC	6.66 -0.4	6.66; 6.25; 5.44; 6.24; nj; nj
7	222	Andrew Bleakley	Vale of Aylesbury AC	6.65 -0.3	6.49; 6.49; 6.65; 6.59; 6.33; 6.37
8	236	Sean Wynter	Enfield & Haringey AC	6.39 -0.6	6.39; nj; nj; nj; nj; nj
9	231	Jermaine Olasan	Hercules Wimbledon AC	6.29 -0.3	Nj; 6.10; 6.29
10	78	Anthony Williams	Havering Mayesbrook AC	6.25 -1.7	Nj; 6.25; 6.15
11	9	Omari Barton-Ellington	Enfield & Haringey AC	6.24 -0.1	6.21; nj; 6.24
12	235	Ian Tobin	Herts Phoenix AC	6.16 -1.7	6.16; 6.11; nj
13	224	Cale Edmunds	Hercules Wimbledon AC	6.16 -0.7	5.67; 6.16; nj
14	221	Craig Andrew	Luton AC	6.13	6.01; 6.02; 6.13

15	47	Paul Slater	Bexley AC	+0.5 6.00	5.54; 5.90; 6.00
16	6	Luke Allen	West Suffolk AC	-0.9 6.00	Nj; -, 6.00
17	234	Simeon Stuart	Ilford AC	-0.4 5.96	5.96; 5.86; nj
				-0.7	

Under 20 Men Triple Jump (a)

CBP J.Campbell Woodford Green AC 1989 15.81m

Posn	Num	Name	Club	Perf w/s	Details
1	237	Babatunde Amosu	Croydon Harriers	14.72 -0.9	14.72; 13.29; 13.93; 14.30; 14.47; 13.45
2	230	Nonso Okolo	Shaftesbury Barnet Harriers	14.47 +0.6	14.47; 14.46; 13.65;
3	242	Darren March	Medway & Maidstone AC	14.19 +2.8	Nj; 14.07; 12.95; 13.82; 14.19; nj
4	239	Rory Constable	Team Southampton	14.08 +1.5	13.68; 14.08; 14.03; 13.96; 12.47; 13.93
5	228	Daniel Lewis	Shaftesbury Barnet Harriers	13.89 +2.15	13.62; 13.75; 13.55; -, 13.89; 13.62
6	229	Paul Ogun	Croydon Harriers	13.63 -0.5	13.63; 13.36; 13.00; 13.01; nj; 13.21
7	243	Kem Onubogu	Shaftesbury Barnet Harriers	13.61 +2.3	12.91; 13.37; 13.37; 12.32; 13.61; 12.93
8	241	Leo Lundgren	Herts Phoenix AC	13.37 -0.2	13.37; nj; 11.26; nj; 12.89; nj
9	238	Kevin Brown	Southend on Sea AC	13.29 -0.4	13.29; 12.32; 13.28
10	233	Joseph Ramil	Havering Mayesbrook AC	13.22 -1.6	12.77; 13.22; 12.80
11	6	Luke Allen	West Suffolk AC	12.81 +0.9	12.41; 12.81; 12.73

Under 20 Men Shot (b)

CBP C.Gearing Belgrave Harriers 2004 18.59m

Posn	Num	Name	Club	Perf	Details
1	247	Curtis Griffith-Parker	Cambridge Harriers	17.86	Np; 17.53; 17.25; 17.86; 17.11; np
2	246	Devon Douglas	Woodford Green w Essex L	16.35	15.65; 15.82; 16.35; 16.19; 15.70; 16.02
3	245	Matthew Baptiste	Newham & Essex Beagles AC	14.70	Np; np; 8.53; np; 14.69; 14.70
4	248	Erasmus Ntim-Dwemoh	Kent AC	14.36	13.50; 14.36; 13.74; 13.86; np; 13.99
5	74	Shaun Leigh	Brighton & Hove City AC	12.11	11.51; 12.11; np; 10.94; 11.76; np

Under 20 Men Discus (b)

CBP E.Udechuku Blackheath Harriers 1997 57.94m

Posn	Num	Name	Club	Perf	Details
1	247	Curtis Griffith-Parker	Cambridge Harriers	53.49	49.51; nt; 50.96; 52.37; 53.49; 49.56
2	252	Steve Watson	Dacorum & Tring AC	50.09	37.42; nt; 45.56; 50.09; 47.20; 48.29
3	246	Devon Douglas	Woodford Green w Essex L	47.55	47.55; 41.06; 44.53; 47.20; nt; nt
4	249	Zane Duquemin	Channel Islands AC	47.53	47.03; 47.52; 45.09; nt; 39.72; 47.53
5	245	Matthew Baptiste	Newham & Essex Beagles AC	47.19	Nt; nt; 22.87; 44.95; 46.86; 47.19
6	251	Daniel Ridge	Blackheath & Bromley Harriers	33.65	Nt; 31.64; 31.77; nt; 33.65; nt
7	250	Kiaran Hines	Enfield & Haringey AC	31.74	Nt; 23.67; 30.95; 31.74; 31.06; 31.02

Under 20 Men Hammer (a)

CBP G.Cook West London Hammer School 1988 71.84m

Posn	Num	Name	Club	Perf	Details
1	255	Peter Clarke	Woodford Green w Essex L	58.81	53.46; 58.81; nj; 54.85; 54.26; 53.86
2	253	Richard Al-Ameen	Blackheath & Bromley Harriers	55.23	50.73; 55.23; nt; 52.86; 552.47; 53.65

3	254	Steven Brunsten	Bournemouth AC	54.82	51.39; 54.82; nt; 5t2.60; nt; 53.81
4	256	Matthew Payne-Davis	West London Hammer School	50.69	50.22; 49.90; 50.69; 49.12; 49.61; nt
5	56	Lee Lovelock-Jemmott	Woodford Green w Essex L	43.27	30.34; nt; 37.81; nt; 39.58; 43.27

Under 20 Men Javelin (a)

CBP M.Francis Sutton 1988 64.58m

Posn	Num	Name	Club	Perf	Details
1	260	Bonne Buwembo	Havering Mayesbrook AC	67.14	61.18; 61.53; 67.14; 65.36; 62.33; nt CBP
2	262	Daniel Pembroke	Windsor S E & Hounslow	58.90	56.88; nt; 58.58; 68.90; 56.45; 56.73
3	257	Georgie Bean	Havering Mayesbrook AC	54.22	54.12; 54.22; nt; 48.22; -; nt
4	261	Craig Lacy	Cambridge Harriers	53.62	50.23; 51.74; 52.16; 52.59; 53.62; nt
5	258	Jamie Broadey	Aldershot Farnham & DAC	52.10	52.10; nt; 50.65; 49.73; 51.64; 51.57
6	263	Jason Raineri	Watford Harriers	45.99	42.19; 45.39; 45.13; nt; 44.69; 45.99

SEAA U20/Senior Championships - Crystal Palace

14(a)/15(b) June 2008

Under 20 Women 100 Metres (b)

CBP A.Philip Newham & Essex Beagles AC 2007 11.54

Heat 1 W/s -1.0

Posn	Num	Name	Club	Perf
1	6	Joey Duck	Marshall Milton Keynes AC	Q 12.16
2	5	Torema Dorsett	Enfield & Haringey AC	Q 12.18
3	4	Kelly Denyer	Worthing & District Harriers	Q 12.71
4	11	Precious Oladugba	Chelmsford AC	13.12
5	14	Alicia Robey	Bracknell AC	13.18
6	2	Marsha Charles	Ealing Southall & Middlesex AC	13.58
dns	13	Jade Phillips	Herne Hill Harriers	

Heat 2 W/s -1.0

Posn	Num	Name	Club	Perf
1	12	Elaine O'Neill	Woodford Green w Essex L	Q 12.10
2	7	Rachael Giwa	Ilford AC	Q 12.11
3	17	Natoya Sylva	Bexley AC	Q 12.50
4	10	Lyndsey North	Chelmsford AC	Q 12.52
5	16	Isabelle Stanway	Guildford & Godalming AC	q 12.97
6	9	Jayed Mayes	London Heathside Runners	13.11
7	1	Gladis Bitulu	Ealing Southall & Middlesex AC	13.15

Final W/s +0.4

Posn	Num	Name	Club	Perf
1	12	Elaine O'Neill	Woodford Green w Essex L	11.98
2	5	Torema Dorsett	Enfield & Haringey AC	11.99
3	7	Rachael Giwa	Ilford AC	12.04
4	6	Joey Duck	Marshall Milton Keynes AC	12.13
5	17	Natoya Sylva	Bexley AC	12.56
6	4	Kelly Denyer	Worthing & District Harriers	12.56
7	10	Lyndsey North	Chelmsford AC	12.58
8	16	Isabelle Stanway	Guildford & Godalming AC	12.99

Under 20 Women 200 Metres (a)

CBP V.James Belgrave Harriers 2001 23.6

Heat 1 W/s +2.4

Posn	Num	Name	Club	Perf
1	7	Rachael Giwa	Ilford AC	Q 25.32
2	20	Bunmi Awokoya	Stevenage & North Herts AC	Q 25.62
3	21	Lauren Bouchard	Chelmsford AC	25.87
4	13	Jade Phillips	Herne Hill Harriers	26.57
5	1	Gladis Bitulu	Ealing Southall & Middlesex AC	27.24
6	24	Tatyana Guttmann-Hancocks	Victoria Park H & Tow	27.44

Heat 2 W/s -0.5

Posn	Num	Name	Club	Perf
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1	6	Joey Duck	Marshall Milton Keynes AC	Q	24.82
2	4	Kelly Denyer	Worthing & District Harriers	Q	25.73
3	26	Mary Iheke	Kingston AC & Poly Harriers		25.93
4	15	Kirsty Shepherd	Basildon AC		26.08
5	3	Emma Collard	Southend on Sea AC		26.75
DNS	9	Jayed Mayes	London Heathside Runners		

Heat 3 W/s -0.0

Posn	Num	Name	Club		Perf
1	25	Twinelle Hopeson	Croydon Harriers	Q	25.14
2	32	Laura Wake	Herts Phoenix AC	Q	25.27
3	23	Savannah Echel-Thomson	Phoenix AC	q	25.79
4	31	Lorraine Ugen	Blackheath & Bromley	q	25.85
5	28	Kate Laidlow	Cambridge Harriers		26.43
6	14	Alicia Robey	Bracknell AC		26.98
7	30	Rebecca Pickering	Walton AC		27.27

FINAL W/s -2.3

Posn	Num	Name	Club		Perf
1	6	Joey Duck	Marshall Milton Keynes AC		24.30
2	7	Rachael Giwa	Ilford AC		24.82
3	25	Twinelle Hopeson	Croydon Harriers		24.89
4	32	Laura Wake	Herts Phoenix AC		25.33
5	4	Kelly Denyer	Worthing & District Harriers		25.51
6	20	Bunmi Awokoya	Stevenage & North Herts AC		25.54
7	23	Savannah Echel-Thomson	Phoenix AC		25.74
8	31	Lorraine Ugen	Blackheath & Bromley		26.22

Under 20 Women 400 Metres (a)

CBP H.Croxford Winchester & District AC 2007 54.28

Heat

Posn	Num	Name	Club		Perf
1	63	Holly Croxford	Winchester & District AC	Q	57.06
2	26	Mary Iheke	Kingston AC & Poly Harriers	Q	57.09
3	64	Gemma Dawkins	Channel Islands AC	Q	58.20
4	159	Frederica Foster	South London Harriers	q	58.51
5	66	Abigail Lambden	Shaftesbury Barnet Harriers		59.95
6	70	Emma Paton	Epsom & Ewell Harriers		60.69
DNF	62	Ruth Bland	Invicta East Kent AC		

Heat

Posn	Num	Name	Club		Perf
1	65	Vickie Hewett	Woking AC	Q	57.94
2	73	Sophie Wilkins	Marshall Milton Keynes AC	Q	57.95
3	28	Kate Laidlow	Cambridge Harriers	Q	58.34
4	68	Alice Middleton	Biggleswade AC	Q	59.12
5	71	Lauren Searles	Basildon AC		59.66
6	27	Yasmyn Joseph	Medway & Maidstone AC		60.73

Final (b)

Posn	Num	Name	Club		Perf
1	63	Holly Croxford	Winchester & District AC		55.14
2	26	Mary Iheke	Kingston AC & Poly Harriers		57.16
3	159	Frederica Foster	South London Harriers		57.40

4	65	Vickie Hewett	Woking AC	57.61
5	73	Sophie Wilkins	Marshall Milton Keynes AC	57.84
6	28	Kate Laidlow	Cambridge Harriers	58.67
7	64	Gemma Dawkins	Channel Islands AC	58.98
DNS	68	Alice Middleton	Biggleswade AC	

Under 20 Women 800 Metres (a)

CBP C.Best **Crawley AC** **2003** **2:06.56**

Heat

1

Posn	Num	Name	Club		Perf
1	77	Lucy Dowsett	Cambridge & Coleridge AC	Q	2.13.93
2	79	Katherine Foy	Woodford Green w Essex L	Q	2.14.51
3	85	Hannah Pollak	Ealing Southall & Middlesex AC	Q	2.18.09
4	81	Sorrel Hunter	Ashford AC		2.24.48
5	86	Nadine Terry	Dartford Harriers AC		2.25.73
6	88	Emily Wenman	West Suffolk AC		2.31.42

Heat

2

Posn	Num	Name	Club		Perf
1	90	Lucy Yates	Shaftesbury Barnet Harriers	Q	2.15.84
2	80	Jo Hunter	Vale of Aylesbury AC	Q	2.17.19
3	76	Denise Dignum	Basildon AC	Q	2.21.11
4	87	Nikki Twine	Basildon AC	q	2.21.71
5	74	Chantelle Bazzoni	Shaftesbury Barnet Harriers	q	2.23.47
6	84	Hayley Pearce	Reading AC		2.38.01

Final

Posn	Num	Name	Club		Perf
1	77	Lucy Dowsett	Cambridge & Coleridge AC		2:08.89
2	90	Lucy Yates	Shaftesbury Barnet Harriers		2:13.61
3	80	Jo Hunter	Vale of Aylesbury AC		2:15.14
4	85	Hannah Pollak	Ealing Southall & Middlesex AC		2:18.59
5	87	Nikki Twine	Basildon AC		2:22.04
6	74	Chantelle Bazzoni	Shaftesbury Barnet Harriers		2:27.89
dns	79	Katherine Foy	Woodford Green w Essex L		
dns	76	Denise Dignum	Basildon AC		

Under 20 Women 1500 Metres (a)

CBP P.Radcliffe **Bedford AC** **1992** **4:16.82**

Final

(b)

Posn	Num	Name	Club		Perf
1	91	Suzi Boast	Bedford & County AC		4:32.93
2	95	Rebecca Newstead	Bedford & County AC		4:43.07

Under 20 Women 3000 Metres (b)

CBP S.Twell **Aldershot Farnham & DAC** **2007** **9:15.04**

Posn	Num	Name	Club	Heat	Perf
1	158	Georgie-Lou Sales	Havering Mayesbrook AC		10:14.74
2	101	Mel Newbery	Ealing Southall & Middlesex AC		10:27.92
3	106	Ella Waldman	London Heathside Runners		10:39.97
4	99	Laura Condron	Colchester & Tendring AC		11:06.101

Under 20 Women 100 Metres Hurdles (b)

CBP J.Pratt Essex Ladies 1998 13.57

Heat 1				W/S -0.6	
Posn	Num	Name	Club		Perf
1	44	Rose Reynolds	Windsor S E & Hounslow	Q	14.53
2	40	Kaneesha Johnson	Colchester Harriers	Q	14.59
3	46	Sandra Seaton	Epsom & Ewell Harriers	Q	15.16
4	34	Francesca Bennett	Brighton & Hove City AC	q	15.59
5	37	Nicola Gaisford	Colchester Harriers		15.81

Heat 2				W/S +0.3	
Posn	Num	Name	Club		Perf
1	38	Stephanie Gaynor	Herts Phoenix AC	Q	14.20
2	36	Karla Drew	Exeter Harriers	Q	14.75
3	39	Jenny Heckford	Windsor S E & Hounslow	Q	15.02
4	21	Lauren Bouchard	Chelmsford AC	q	15.73
5	35	Sophie Copping	Medway & Maidstone AC		15.83
6	42	Katie Miller	Epsom & Ewell Harriers		16.11

Final				W/S +0.6	
Posn	Num	Name	Club		Perf
1	38	Stephanie Gaynor	Herts Phoenix AC		14.41
2	40	Kaneesha Johnson	Colchester Harriers		14.55
3	39	Jenny Heckford	Windsor S E & Hounslow		14.58
4	36	Karla Drew	Exeter Harriers		14.77
5	46	Sandra Seaton	Epsom & Ewell Harriers		14.86
6	34	Francesca Bennett	Brighton & Hove City AC		15.54
7	21	Lauren Bouchard	Chelmsford AC		15.65
dns	44	Rose Reynolds	Windsor S E & Hounslow		

Under 20 Women 400 Metres Hurdles (a)

CBP P.Shakes-Drayton Victoria Park H & Tower H AC 2006 58.47

Heat 1					
Posn	Num	Name	Club		Perf
1	22	Becca Carozzi	Team Southampton	Q	64.28
2	52	Gabrielle Coveney	Ealing Southall & Middlesex AC	Q	64.74
3	54	Sarah McLellan	Blackheath & Bromley Harriers	Q	66.15
4	55	Rebecca Pike	City of Norwich AC	q	66.56
5	33	Chloe Whalley	Marshall Milton Keynes AC		67.30
6	61	Natalie Whiskin	Medway & Maidstone AC		67.35

Heat 2					
Posn	Num	Name	Club		Perf
1	50	Hayley Comer	Harrow AC	Q	64.48
2	59	Sophie Twinam	Channel Islands AC	Q	65.02
3	51	Katrina Cosby	Blackheath & Bromley Harriers	Q	66.61
4	58	Lizzie Thompson	Epsom & Ewell Harriers	q	66.88
5	57	Emily Stevens	Herts Phoenix AC		66.96
6	60	Laura Warman	City of Norwich AC		70.02

Final (b)					
Posn	Num	Name	Club		Perf
1	22	Becca Carozzi	Team Southampton		61.92
2	52	Gabrielle Coveney	Ealing Southall & Middlesex AC		62.99

3	50	Hayley Comer	Harrow AC	63.22
4	59	Sophie Twinam	Channel Islands AC	63.56
5	51	Katrina Cosby	Blackheath & Bromley Harriers	63.77
6	58	Lizzie Thompson	Epsom & Ewell Harriers	65.35
7	54	Sarah McLellan	Blackheath & Bromley Harriers	65.54
8	55	Rebecca Pike	City of Norwich AC	66.94

Under 20 Women 2000 Metres Steeplechase (a)

CBP R.Senior City of Norwich AC 2006 6:50.29

Posn	Num	Name	Club	Heat	Perf
	108	Laura Parker	Wells City Harriers		

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Under 20 Women High Jump (a)

CBP J.Jennings West Suffolk AC 1988 1.83m

Posn	Num	Name	Club	Perf	Details
1	43	Leah Parsons	Peterborough AC	1.65	1.60 xo; 1.65 xxo; 1.70 xxx
2	37	Nicola Gaisford	Colchester Harriers	1.55	1.50 o; 1.55 o; 1.60 xxx
3	111	Vicki Wheatland	Colchester Harriers	1.55	1.50 o; 1.55 xo; 1.60 xxx

Under 20 Women Pole Vault (b)

CBP J.Ive Sutton & District AC 2007 3.81m

Posn	Num	Name	Club	Perf	Details
1	117	Jade Ive	Sutton & District AC	3.95 CBP	3.50 xo; 3.70 o; 3.85 xxo; 3.95 xo; 4.01 xxx
2	120	Maria Seager	Poole Runners	3.50	3.40 xo; 3.50 xo; 3.60 x; 3.70 xx
3	115	Emily Godley	Blackheath & Bromley Harriers	3.40	2.80 o; 2.90 o; 3.00 o; 3.10 o; 3.20 o; 3.30 xo; 3.40 xo; 3.50 xxx
4	112	Rachel Arnheim	Blackheath & Bromley Harriers	3.30	3.10 o; 3.20 o; 3.30 o; 3.40 xxx
5	118	Christina Moore	Blackheath & Bromley Harriers	3.30	2.80 o; 2.90 o; 3.00 o; 3.10 o; 3.20 o; 3.30 xo; 3.40 xxx
6	116	Jennifer Honeyball	Herne Hill Harriers	3.10	2.80 o; 2.90 o; 3.00 o; 3.10 o; 3.20 xxx
7	114	Kara Gibbs	Ashford AC	2.50	2.30 o; 2.50 xo; 2.70 xxx
8	119	Emmeline Rendell	Invicta East Kent AC	2.50	2.50 xxo; 2.70 xxx

Under 20 Women Long Jump (a)

CBP J.Johnson Herne Hill Harriers 1999 6.44m

Posn	Num	Name	Club	Perf/w/s	Details
1	31	Lorraine Ugen	Blackheath & Bromley Harriers	5.47/+1.9	nj; nj; 2.72/-0.5; nj; nj; 5.47/+1.9
2	122	Jenny Coe	Brighton & Hove City AC	5.21/+0.7	4.95/-0.4; nj; 4.91/-0.5; 4.14/-0.8; 5.01/- 0.2; 5.21/+0.7
3	123	Rochelle Jones	Newham & Essex Beagles AC	4.82/+0.4	4.20/+0.0; 4.41/+0.0; 4.60/-0.6 4.67/+0.3; 4.73/+0.7; 4.82/+0.4

Under 20 Women Triple Jump (b)

CBP K.Turner Windsor S E & Hounslow 2003 12.49m

Posn	Num	Name	Club	Perf w/s	Details
1	131	Shakira Whight	Reading AC	12.41 -1.8	Nj; 12.04; 12.41; nj; -; 12.27
2	121	Lauren Blackie	Blackheath & Bromley Harriers	11.99 -1.8	Nj; 11.86; nj; 11.88; 11.99; 11.79
3	124	Jade Attoh	Shaftesbury Barnet Harriers	11.77 -1.5	Nj; 11.69; 11.77; 11.66; nj; 11.07
4	125	Dee Bakre	Enfield & Haringey AC	11.45 -0.2	11.05; 11.44; 11.45; 11.27; 11.37; nj
5	123	Rochelle Jones	Newham & Essex Beagles AC	11.16 -1.0	10.96; 11.01; 11.16; 11.14; nj; nj
6	129	Asha Forde	Herne Hill Harriers	11.00 -0.5	10.40; 11.00; 10.93; 10.75; 10.73; 10.87
7	109	Kayley Alcorn	Worthing & District Harriers	10.91 -0.9	10.91; 10.64; 8.73; 10.62; 10.72; 10.74
8	35	Sophie Copping	Medway & Maidstone AC	10.67 -0.7	Nj; nj; 10.54; nj; nj; 10.67
9	11	Precious Oladugba	Chelmsford AC	10.42 -0.9	Nj; nj; 10.42
10	128	Chloe Flowers	Harrow AC	10.34 -0.3	10.34; 10.06; 10.29

11	127	Katie Doody	Luton AC	9.95	9.95; nj; nj
	126	Danielle Currie	Herts Phoenix AC	-0.4	Nj; w/d

Under 20 Women Shot (a)

CBP J.Butterle Greenwich 1988 15.00m

Posn	Num	Name	Club	Perf	Details
1	132	Shaunagh Brown	Blackheath & Bromley Harriers	13.80	13.65; 13.55; 13.80; np; 13.42; 13.72
2	137	Lucy Underdown	Medway & Maidstone AC	13.18	Np; 11.99; 12.20; 12.26; 13.18; 12.30
3	135	Briony Phillips	Herne Hill Harriers	12.43	12.14; 11.76; 11.84; 11.62; 11.83; 12.43
4	133	Anne Einspenner	Brighton & Hove City AC	10.90	Np; np; 10.31; 10.51; 10.90; 10.78

Under 20 Women Discus (a)

CBP C.Smithson Brighton & Hove 2001 52.80m

Posn	Num	Name	Club	Perf	Details
1	132	Shaunagh Brown	Blackheath & Bromley Harriers	49.69	44.53; 46.94; 42.38; 48.91; 49.69; 46.27
2	137	Lucy Underdown	Medway & Maidstone AC	40.78	40.52; 40.78; 40.04; 38.48; nt; nt
3	143	Rosalind Seeley	Dartford Harriers AC	39.25	34.58; 35.66; 39.25; 33.73; 34.84; 37.35; 39.25
4	135	Briony Phillips	Herne Hill Harriers	38.61	37.23; 38.61; nt; nt; nt; 36.34
5	133	Anne Einspenner	Brighton & Hove City AC	35.30	31.34; 33.22; 34.43; nt; 35.30; 34.41
6	140	Leeanna Davies	Thurrock Harriers AC	33.31	33.31; 30.07; nt; nt; 32.10; nt
7	139	Joanna Botwright	Windsor S E & Hounslow	33.05	Nt; 33.05; nt; nt; 15.27; nt
8	141	Felicity Dickinson	Sutton & District AC	31.39	Nt; nt; 31.39; 31.19; nt; 30.27
9	142	Loren Scanes	Stevenage & North Herts AC	28.54	Nt; 17.77; 28.54

Under 20 Women Hammer (b)

CBP R.Blackie Invicta East Kent AC 2006 56.74m

Posn	Num	Name	Club	Perf	Details
1	147	Donna Kent	Bexley AC	47.87	43.04; 46.20; 47.87; nt; nt; nt
2	146	Oyebanke Jemiyó	Blackheath & Bromley Harriers	45.44	45.44; 39.49; nt; 44.76; nt; 42.73
3	148	Sarah Smith	Woodford Green w Essex L	45.09	Nt; 40.98; 45.09; nt; 43.58; nt
4	142	Loren Scanes	Stevenage & North Herts AC	32.23	32.23; 30.55; nt; nt; nt; 27.78
5	145	Katie Hartigan	Chelmsford AC	23.73	22.99; 23.73; nt; nt; 22.66; 23.11

Under 20 Women Javelin (b)

CBP H.Thomas Thurrock Harriers AC 2004 46.03m

Posn	Num	Name	Club	Perf	Details
1	152	Peta Lundgren	Herts Phoenix AC	42.17	41.32; 39.56; 38.85; 34.41; 42.17; 39.66
2	155	Sophie Thomas	City of Salisbury A & RC	41.71	38.95; 39.02; 41.71; 39.25; 38.47; 40.36
3	138	Sadie Watts	Marshall Milton Keynes AC	41.31	39.96; 39.77; 38.77; 39.87; 41.31; 39.56
4	157	Man Yiu Wong	Brighton & Hove City AC	36.40	35.05; 36.05; nt; 36.34; 36.40; 35.14
5	153	Sarah McGuire	Blackheath & Bromley Harriers	32.69	28.41; 31.30; 30.25; nt; 32.69; 28.55
6	156	Amy Underdown	Medway & Maidstone AC	29.28	28.63; 28.06; 28.18; 27.83; 27.58; 29.28
7	145	Katie Hartigan	Chelmsford AC	27.32	25.33; nt; nt; 27.32; 26.04; nt

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Under 17 Men 3000 Metres (b)

CBP S.Arnold Portsmouth AC 1985 8:30.66

Final (b)

Posn	Num	Name	Club	Perf
1	156	Alex Cornwell	Woodford Green w Essex L	8:41.05
2	168	Jonathan Hay	Aldershot Farnham & DAC	8:41.51
3	155	Andrew Combs	Tonbridge AC	8:41.80
4	173	John McDonnell	Luton AC	8:48.57
5	184	Shaun Webb	Ipswich Harriers	8:50.78
6	151	Peter Benedickter	Luton AC	8:53.45
7	158	Oliver Davey	Thurrock Harriers AC	8:59.38
8	172	James McCarthy	Brighton & Hove City AC	9:01.05
9	161	Tom Frith	Southend on Sea AC	9:06.62
10	157	Thomas Crawshaw	City of Norwich AC	9:13.73
11	170	Chad Lambert	Marshall Milton Keynes AC	9:14.24
12	187	Elliott Woolmer	Windsor S E & Hounslow	9:14.49
13	166	Sebastian Harding	Tonbridge AC	9:18.19
14	186	Daniel Woodgate	Luton AC	9:22.82
15	159	Nathan Ditton	Windsor S E & Hounslow	9:24.68
16	174	Tom Mead	Luton AC	9:33.33
17	183	Grant Webb	Basildon AC	9:38.79
18	150	Ian Bailey	Aldershot Farnham & DAC	9:44.27
19	175	Taylor Nunn	St Mary's Richmond AC	9:53.34
20	182	George Thomas	Walton AC	10:23.18

Under 17 Men 3000 Metres Walk (a)

CBP A.Wright Belgrave Harriers 2007 14:57.54

Posn	Num	Name	Club	Heat	Perf
1	188	Liam Baldwin	Tonbridge AC		14:42.79
2	189	Ben Casey	Yeovil Olympiads AC		14:55.53

Under 17 Women 3000 Metres (b)

CBP K.Wootton Bedford & County AC 2002 9:37.00

Final (b)

Posn	Num	Name	Club	Heat	Perf
1	375	Melissa Courtney	Poole AC		10:04.51
2	374	Charlotte Christensen	Ipswich Harriers		10:11.14
3	376	Rebecca Daines	West Norfolk AC		10:31.47
4	370	Claire Arnold	Aldershot Farnham & DAC		10:37.88
5	378	Jennifer Hamer	Blackheath & Bromley Harriers		10:51.49
6	379	Natasha Little	Stevenage & North Herts AC		11:45.21
7	380	Victoria Little	Stevenage & North Herts AC		11:46.35
8	377	Lucy Edmunds	St Mary's Richmond AC		12:26.84
dnf	384	Louisa Warwick	Winchester & District AC		

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Under 15 Boys 3000 Metres (b)

CBP D.Bean Folkestone AC 1979 8:54.6

Final

Posn	Num	Name	Club	Perf
1	276	Richard Charles	Ealing Southall & Middlesex AC	9:01.23
2	281	Karnvir Hayer	Ealing Southall & Middlesex AC	9:04.35
3	293	Zak Seddon	Bracknell AC	9:16.23
4	280	Charlie Grice	Phoenix AC	9:26.01
5	288	Kegan Lymn	Camberley & District AC	9:32.20
6	286	Lewis Lloyd	Herne Hill Harriers	9:38.24
7	285	Stephen Knuckey	Windsor S E & Hounslow	9:46.00
8	277	Ryan Driscoll	Tonbridge AC	9:54.22
9	275	Chris Charles	Ealing Southall & Middlesex AC	9:56.75
10	279	Jack Garvin	Ipswich Harriers	10:00.06
11	284	Jack Killip	St Mary's Richmond AC	10:00.95
12	273	Martin Campbell	Team Southampton	10:08.71
13	287	Henry Loughlin	West Norfolk AC	10:09.59
14	283	Connor Hearn	Ealing Southall & Middlesex AC	10:14.82
15	278	Jonathan Dry	Windsor S E & Hounslow	10:15.71
16	271	Ben Bradley	Camberley & District AC	10:18.37
17	289	Joss Moran	St Mary's Richmond AC	10:29.10
18	274	Simon Campbell	Team Southampton	10:32.16
19	272	Mark Cameron	Ealing Southall & Middlesex AC	10:37.56
DNF	270	Tommy Bower	Newham & Essex Beagles AC	

Under 15 Girls 3000 Metres (b)

CBP M.Courtney Poole AC 2007 10:04.02

Final

Posn	Num	Name	Club	Perf
1	174	Emelia Gorecka	Aldershot Farnham & DAC	9:33.37
2	179	Jessica Judd	Thurrock Harriers AC	9:53.43
3	175	Ruth Haynes	Aldershot Farnham & DAC	10:02.53
4	177	Grace Howie	Poole AC	10:24.57
5	173	Mary Galbraith	Ipswich Harriers	10:25.75
6	176	Shelby Haysom	Poole AC	10:54.31
7	170	Jay Andrews	Orion Harriers	10:57.04
8	180	Lauren MacGregor	Orion Harriers	11:11.02
9	172	Charlotte Firth	Worthing & District Harriers	11:12.45
10	181	Camilla Smee	Southend on Sea AC	11:33.87
11	171	Eve Edmunds	St Mary's Richmond AC	11:48.99