

# SEAA U20/Senior Championships - Crystal Palace

12(a)/13(b) June 2009

## Senior Men 100 Metres (a)

CBP J.Livingstone

Shaftesbury Barnet Harriers

1992

10.09

### HEAT 1

Posn	Num	Name	Club	Heat	w/s +3.9 Perf
1	42	Tremayne Gilling	Blackheath & Bromley Harriers	1	10.50 Q
2	29	Jason Comissiong	Thames Valley Harriers	1	10.76 Q
3	61	Femi Owolade	Blackheath & Bromley Harriers	1	10.80 q
4	62	Saul Paine	Victoria Park H & Tower H AC	1	10.95
5	54	Stefan Mitchell	Crawley AC	1	11.09
6	11	Aaron Balogun	Ilford AC	1	11.10
7	16	Jeff Bond	Bournemouth AC	1	11.36
8	28	Mark Collins	Luton AC	1	11.55

### HEAT 2

W/s +3.8

1	56	Akeem Ogunyemi	Enfield & Haringey AC	2	10.53 Q
2	53	Othroy Marsh	Harrow AC	2	10.82 Q
3	73	Nigel Thomas	Thames Valley Harriers	2	10.83 q
4	64	Lloyd Rice	Birchfield Harriers	2	10.93 q
5	50	Ollie King	Woking AC	2	10.95
6	17	Duayne Bovell	Blackheath & Bromley Harriers	2	11.01
7	74	Nnamdi Umeh	Woodford Green w Essex L	2	11.40
8	8	Joe Appiah	Kent AC	2	11.60

### HEAT 3

W/s +2.7

1	44	Darren Green	Luton AC	3	10.76 Q
2	10	Eugene Ayanful	Woodford Green w Essex L	3	10.83 Q
3	40	Marvin Gayle	Newbury AC	3	11.02
4	65	Jevone Robinson	Hillingdon AC	3	11.04
5	70	Jordan Smith-Bent	Kingston AC & Poly Harriers	3	11.07
6	5	Jermaine Alexander	Blackheath & Bromley Harriers	3	11.14
7	45	Justin Green	Kingston AC & Poly Harriers	3	11.14
8	51	Dima Koroma	Newbury AC	3	11.54

### HEAT 4

W/s +1.2

1	323	Robert Graham	Herne Hill Harriers	4	10.77 Q
2	41	Justin Geohagen	Shaftesbury Barnet Harriers	4	10.79 Q
3	22	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	4	10.80 q
4	21	Jonathan Browne	Kent AC	4	10.95
5	24	Gary Carr	Ashford AC	4	11.18
6	37	Sean Foord	Southampton AC	4	11.20
7	36	Paul Egboh	Kent AC	4	11.24
8	67	Rohan Samuel	Harrow AC	4	11.98

### HEAT 5

W/s +1.9

1	59	Dele Onifade	Herne Hill Harriers	5	10.80 Q
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2	34	Mark Dyble	Basildon AC	5	10.96 Q
3	39	Lee Fulham	Brighton University	5	11.01
4	60	Nengi Ossai	Shaftesbury Barnet Harriers	5	11.07
5	25	Richard Carr	Harrow AC	5	11.11
6	75	Luke Wale	Reading AC	5	11.14
7	15	Jermaine Blake	Vale of Aylesbury AC	5	11.34

## HEAT 6

W/s +1.4

1	77	Eli Winn	Enfield & Haringey AC	6	10.73 Q
2	30	Daniel Davis	Woodford Green w Essex L	6	10.87 Q
3	23	Harvey Byrne	Newham & Essex Beagles AC	6	10.92 q
4	12	Moses Bawo	Thames Valley Harriers	6	11.03
5	32	Stedson Dockery	Herne Hill Harriers	6	11.16
6	326	Andre Nembhard	Kingston AC & Poly Harriers	6	11.32
7	43	Jerwayne Grant	Harrow AC	6	11.48

## HEAT 7

W/s +2.5

1	55	Jeffrey Ocrach	Herne Hill Harriers	7	10.72 Q
2	31	William de Torvy	Thames Valley Harriers	7	10.81 Q
3	2	Emanuel Adeyemi	Herne Hill Harriers	7	10.85 q
4	78	Josh Wood	Harrow AC	7	11.01
5	72	Matthew Thomas	Newham & Essex Beagles AC	7	11.05
6	18	Phillip Brickley	Reading AC	7	11.06
7	331	Chaka Maillet	Unattached	7	11.35
8	69	Justin Smith	Guildford & Godalming AC	7	12.04

## HEAT 8

W/s +1.9

1	58	Idris Ojuriye	Herne Hill Harriers	8	10.69 Q
2	52	Confidence Lawson	Basingstoke & Mid Hants AC	8	10.72 Q
3	9	Moses Arthur	Shaftesbury Barnet Harriers	8	10.87 q
4	13	Josh Baxter	Loughborough University AC	8	10.94 q
5	71	Daryl Thomas	Herne Hill Harriers	8	11.17
6	47	Andre Haughton	Cambridge Harriers	8	11.28
7	7	Alex Animashaun	Harrow AC	8	11.37
8	20	Aaron Broderick	Kent AC	8	11.68

## Senior Men 100 Metres (a)

CBP J.Livingstone

Shaftesbury Barnet Harriers

1992

10.09

## Semi-Final 1

Posn	Num	Name	Club	S/F	w/s +2.9 Perf
1	42	Tremayne Gilling	Blackheath & Bromley Harriers	1	10.37 Q
2	323	Robert Graham	Herne Hill Harriers	1	10.60 Q
3	44	Darren Green	Luton AC	1	10.64
4	31	William de Torvy	Thames Valley Harriers	1	10.66
5	73	Nigel Thomas	Thames Valley Harriers	1	10.70
6	22	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	1	10.73
7	13	Josh Baxter	Loughborough University AC	1	10.98
8	53	Othroy Marsh	Harrow AC	1	10.99

## Semi-Final 2

W/s +1.7

1	58	Idris Ojuriye	Herne Hill Harriers	2	10.62 Q
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2	9	Moses Arthur	Shaftesbury Barnet Harriers	2	10.73 Q
3	55	Jeffrey Ocrah	Herne Hill Harriers	2	10.74
4	29	Jason Comissiong	Thames Valley Harriers	2	10.81
5	30	Daniel Davis	Woodford Green w Essex L	2	10.82
6	52	Confidence Lawson	Basingstoke & Mid Hants AC	2	10.91
7	34	Mark Dyble	Basildon AC	2	11.02
8	23	Harvey Byrne	Newham & Essex Beagles AC	2	11.02

### Semi-Final 3

W/s +3.2

1	56	Akeem Ogunyemi	Enfield & Haringey AC	3	10.40 Q
2	77	Eli Winn	Enfield & Haringey AC	3	10.51 Q
3	41	Justin Geohagen	Shaftesbury Barnet Harriers	3	10.57 q
4	59	Dele Onifade	Herne Hill Harriers	3	10.63 q
5	61	Femi Owolade	Blackheath & Bromley Harriers	3	10.64
6	2	Emanuel Adeyemi	Herne Hill Harriers	3	10.87
7	64	Lloyd Rice	Birchfield Harriers	3	10.91
DNS	10	Eugene Ayanful	Woodford Green w Essex L	3	

### Senior Men 100 Metres (a)

**CBP J.Livingstone**

**Shaftesbury Barnet Harriers**

**1992**

**10.09**

### Final

w/s +1.2

Posn	Num	Name	Club	Final	Perf
1	42	Tremayne Gilling	Blackheath & Bromley Harriers		10.44
2	77	Eli Winn	Enfield & Haringey AC		10.61
3	323	Robert Graham	Herne Hill Harriers		10.68
4	58	Idris Ojuriye	Herne Hill Harriers		10.69
5	56	Akeem Ogunyemi	Enfield & Haringey AC		10.69
6	9	Moses Arthur	Shaftesbury Barnet Harriers		10.72
7	59	Dele Onifade	Herne Hill Harriers		10.80
DNS	41	Justin Geohagen	Shaftesbury Barnet Harriers		

### Senior Men 200 Metres (b)

**CBP L.Christie**

**Thames Valley Harriers**

**1992**

**20.71**

### HEAT 1

w/s -0.1

Posn	Num	Name	Club	Heat 1	Perf
1	21	Jonathan Browne	Kent AC	Q	21.97
2	98	John Simpson	Enfield & Haringey AC	Q	22.30
3	65	Jevone Robinson	Hillingdon AC	Q	22.60
4	12	Moses Bawo	Thames Valley Harriers		22.75
5	2	Emanuel Adeyemi	Herne Hill Harriers		22.86
6	91	Mitchell Jarvis	Braintree AC		23.23
7	37	Sean Foord	Southampton AC		23.31

### HEAT 2

w/s -0.7

Posn	Num	Name	Club	Heat 2	Perf
1	100	Lawrence Wooldridge	Kent AC	Q	22.02
2	9	Moses Arthur	Shaftesbury Barnet Harriers	Q	22.28
3	11	Aaron Balogun	Ilford AC	Q	22.49
4	70	Jordan Smith-Bent	Kingston AC & Poly Harriers		22.92
5	81	Nathan Brown	Victoria Park H & Tower H AC		23.67
6	20	Aaron Broderick	Kent AC		24.27
7	84	Jason Dwaah	Victoria Park H & Tower H AC		24.47

### HEAT 3

w/s -0.2

Posn	Num	Name	Club	Heat 3	Perf
1	77	Eli Winn	Enfield & Haringey AC	Q	21.63
2	97	Dean Showler-Davis	Basingstoke & Mid Hants AC	Q	22.04
3	323	Robert Graham	Herne Hill Harriers	Q	22.22

4	87	James Folkes	Andover AC	q	22.36
5	45	Justin Green	Kingston AC & Poly Harriers	q	22.41
6	95	Bill Porter	Loughborough University AC	q	22.55
7	68	Luke Sargeant	Crawley AC	q	22.70

#### HEAT 4

Posn	Num	Name	Club	Heat 4	w/s -0.9 Perf
1	83	Dwayne Dowding	Hercules Wimbledon AC	Q	21.94
2	82	Solomon Daniels	Newham & Essex Beagles AC	Q	22.18
3	5	Jermaine Alexander	Blackheath & Bromley Harriers	Q	22.47
4	32	Stedson Dockery	Herne Hill Harriers	q	22.61
5	40	Marvin Gayle	Newbury AC		22.78
6	89	Courtney Green	Kent AC		23.76
7	69	Justin Smith	Guildford & Godalming AC		25.33

#### HEAT 5

Posn	Num	Name	Club	Heat 5	w/s -0.1 Perf
1	48	Jason Hussain	Belgrave Harriers	Q	21.98
2	50	Ollie King	Woking AC	Q	22.34
3	18	Phillip Brickley	Reading AC	Q	22.71
4	6	Kyle Andrew	Luton AC	q	22.73
5	17	Duayne Bovell	Blackheath & Bromley Harriers		22.96
6	60	Nengi Ossai	Shaftesbury Barnet Harriers		22.96
7	24	Gary Carr	Ashford AC		22.97

#### HEAT 6

Posn	Num	Name	Club	Heat 6	w/s -1.4 Perf
1	44	Darren Green	Luton AC	Q	21.86
2	31	William de Torvy	Thames Valley Harriers	Q	22.20
3	52	Confidence Lawson	Basingstoke & Mid Hants AC	Q	22.34
4	90	Daniel Haque	Blackheath & Bromley Harriers		22.86
5	71	Daryl Thomas	Herne Hill Harriers		23.41
6	80	Emmanuel Adebayo	Kent AC		25.17
DQ	61	Femi Owolade	Blackheath & Bromley Harriers		

#### SEMI-FINAL 1

Posn	Num	Name	Club	S/F 1	w/s -1.8 Perf
1	44	Darren Green	Luton AC	Q	21.92
2	98	John Simpson	Enfield & Haringey AC	Q	22.02
3	48	Jason Hussain	Belgrave Harriers	q	22.04
4	82	Solomon Daniels	Newham & Essex Beagles AC		22.26
5	52	Confidence Lawson	Basingstoke & Mid Hants AC		22.40
6	45	Justin Green	Kingston AC & Poly Harriers		22.76
7	68	Luke Sargeant	Crawley AC		22.83
DQ	65	Jevone Robinson	Hillingdon AC		

#### SEMI-FINAL 2

Posn	Num	Name	Club	S/F 2	w/s -1.7 Perf
1	77	Eli Winn	Enfield & Haringey AC	Q	21.62
2	100	Lawrence Wooldridge	Kent AC	Q	21.88
3	97	Dean Showler-Davis	Basingstoke & Mid Hants AC		22.16
4	323	Robert Graham	Herne Hill Harriers		22.23
5	50	Ollie King	Woking AC		22.30
6	87	James Folkes	Andover AC		22.62
7	6	Kyle Andrew	Luton AC		22.84
8	18	Phillip Brickley	Reading AC		22.91

#### SEMI-FINAL 3

Posn	Num	Name	Club	S/F 3	w/s 0.0 Perf
1	21	Jonathan Browne	Kent AC	Q	21.59
2	83	Dwayne Dowding	Hercules Wimbledon AC	Q	21.61

3	9	Moses Arthur	Shaftesbury Barnet Harriers	q	22.02
4	5	Jermaine Alexander	Blackheath & Bromley Harriers		22.06
5	31	William de Torvy	Thames Valley Harriers		22.13
6	32	Stedson Dockery	Herne Hill Harriers		22.46
7	11	Aaron Balogun	Ilford AC		22.52
8	95	Bill Porter	Loughborough University AC		22.56

FINAL Posn	Num	Name	Club	Final	w/s -2.2 Perf
1	83	Dwayne Dowding	Hercules Wimbledon AC		21.84
2	77	Eli Winn	Enfield & Haringey AC		21.91
3	21	Jonathan Browne	Kent AC		22.04
4	44	Darren Green	Luton AC		22.13
5	100	Lawrence Wooldridge	Kent AC		22.30
6	48	Jason Hussain	Belgrave Harriers		22.30
7	98	John Simpson	Enfield & Haringey AC		22.37
8	9	Moses Arthur	Shaftesbury Barnet Harriers		22.48

### Senior Men 400 Metres (a)

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

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	92	Nick Leavey	Woodford Green w Essex L	1	48.29 Q
2	145	Lubega Hamim	Victoria Park H & Tower H AC	1	48.51 Q
3	140	Lemar Charles	Enfield & Haringey AC	1	48.75 Q
4	163	Alloy Wilson	Blackheath & Bromley Harriers	1	49.13 q
5	137	Adam Bellis	Kingston AC & Poly Harriers	1	51.05
6	139	Alexander Blair	Blackheath & Bromley Harriers	1	52.50
7	150	Stephen Kelly	Highgate Harriers	1	53.09
DNF	94	Adam Omisore	Kingston AC & Poly Harriers	1	

#### HEAT 2

1	149	Stephen Johnson	Windsor S E & Hounslow	2	48.59 Q
2	157	Peter Phillips	Herne Hill Harriers	2	49.40 Q
3	153	Lawrence Mensah	Herne Hill Harriers	2	49.52 Q
4	143	Jonathan Elderfield	Basingstoke	2	50.16 q
5	151	Matthew Leadbitter	Huntingdonshire AC	2	50.34 q
6	161	Steve Tester	Tonbridge AC	2	50.52
7	138	Martin Bigg	Shaftesbury Barnet Harriers	2	53.30
8	84	Jason Dwaah	Victoria Park H & Tower H AC	2	55.63

#### HEAT 3

1	155	Patrick North	Swindon Harriers	3	49.03 Q
2	136	Bomene Barikor	Blackheath & Bromley Harriers	3	49.19 Q
3	148	Markus Hunt	Chelmsford AC	3	49.78 Q
4	134	Samuel Adeyemi	Herne Hill Harriers	3	50.62
5	160	James Sutton	Southampton AC	3	51.31
6	162	Louis William	Thames Valley Harriers	3	52.27
7	80	Emmanuel Adebayo	Kent AC	3	56.81
DNF	154	Pete Moloney	Thames Valley Harriers	3	

#### HEAT 4

1	156	Set Osho	Belgrave Harriers	4	49.35 Q
2	144	Matt Hamilton	Herts Phoenix AC	4	49.66 Q
3	141	Shane Christie	Thames Valley Harriers	4	49.75 Q
4	159	Matthew Sinclair	Crawley AC	4	50.23 q
5	164	Greg Winfield	Highgate Harriers	4	51.08
6	325	Darren Wollen	Croyden Harriers		51.36
7	142	Craig Cox	Crawley AC	4	51.79
8	135	Alex Babb	Victoria Park H & Tower H AC	4	52.08

**Senior Men 400 Metres (a)****CBP A.Mafe****London Irish AC****1992****45.81****Semi-Final 1**

Posn	Num	Name	Club	S/F	Perf
1	149	Stephen Johnson	Windsor S E & Hounslow	1	47.98Q
2	136	Bomene Barikor	Blackheath & Bromley Harriers	1	48.39Q
3	157	Peter Phillips	Herne Hill Harriers	1	48.90Q
4	141	Shane Christie	Thames Valley Harriers	1	48.95Q
5	153	Lawrence Mensah	Herne Hill Harriers	1	49.18
6	143	Jonathan Elderfield	Basingstoke	1	49.97
	159	Matthew Sinclair	Crawley AC	1	DNS
	155	Patrick North	Swindon Harriers		DNS

**Semi-Final 2**

1	92	Nick Leavey	Woodford Green w Essex L	2	47.08Q
2	156	Set Osho	Belgrave Harriers	2	47.50Q
3	163	Alloy Wilson	Blackheath & Bromley Harriers	2	48.28Q
4	144	Matt Hamilton	Herts Phoenix AC	2	48.60Q
5	151	Matthew Leadbitter	Huntingdonshire AC	2	49.58
6	148	Markus Hunt	Chelmsford AC	2	49.58
	145	Lubega Hamim	Victoria Park H & Tower H AC	2	DNF
	140	Lemar Charles	Enfield & Haringey AC	2	DNS

**Senior Men 400 Metres (b)****CBP A.Mafe****London Irish AC****1992****45.81****Final**

Posn	Num	Name	Club	Final	Perf
1	92	Nick Leavey	Woodford Green w Essex L		47.25
2	149	Stephen Johnson	Windsor S E & Hounslow		47.66
3	136	Bomene Barikor	Blackheath & Bromley Harriers		48.34
4	163	Alloy Wilson	Blackheath & Bromley Harriers		48.65
5	157	Peter Phillips	Herne Hill Harriers		49.12
6	144	Matt Hamilton	Herts Phoenix AC		49.13
7	141	Shane Christie	Thames Valley Harriers		49.52
DNS	156	Set Osho	Belgrave Harriers		

**Senior Men 800 Metres (a)****CBP A.Lill****Newham & Essex Beagles AC****1992****1.46.84****HEAT 1**

Posn	Num	Name	Club	Heat	Perf
1	167	Carl Bradbury	Reading AC	1	1.55.63 Q
2	174	Chris Johnson	Crawley AC	1	1.55.70 Q
3	182	Andrejs Safars	Medway & Maidstone AC	1	1.57.17
4	180	Dan Pidgeon	Swindon Harriers	1	1.57.63
5	172	Kelvin Goodwin	Newham & Essex Beagles AC	1	1.58.98
6	179	Matt Peel	Crawley AC	1	1.59.31

**HEAT 2**

1	187	Ben Wiffen	Tonbridge AC	2	1.55.27 Q
2	165	Gareth Beech	Bournemouth AC	2	1.55.30 Q
3	178	Shaka Palmer	Enfield & Haringey AC	2	1.55.51 q
4	186	Jack Tyler	Medway & Maidstone AC	2	1.55.70
5	166	David Boyce	Brighton & Hove City AC	2	1.59.15
6	176	James Moorcroft	Team Kennet Triathlon AC	2	2.03.64

**HEAT 3**

1	188	Michael Wilsmore	Bristol & West AC	3	1.53.63 Q
2	170	David Gibbon	Colchester & Tendring AC	3	1.54.32 Q
3	183	Jonathan Slade	Southampton AC	3	1.54.72 q
4	168	Thomas Clench	Bexley AC	3	1.55.87

5	173	Jonathan Hiorns	Basingstoke & Mid Hants AC	3	1.57.17
6	184	Peter Smale	Southend on Sea AC	3	1.57.96

### Senior Men 800 Metres (b)

**CBP** **A.Lill** **Newham & Essex Beagles AC** **1992** **1.46.84**

#### Final

Posn	Num	Name	Club	Final	Perf
1	187	Ben Wiffen	Tonbridge AC		1:51.22
2	188	Michael Wilsmore	Bristol & West AC		1:51.65
3	170	David Gibbon	Colchester & Tendring AC		1:52.37
4	174	Chris Johnson	Crawley AC		1:52.62
5	167	Carl Bradbury	Reading AC		1:53.36
6	165	Gareth Beech	Bournemouth AC		1:53.47
7	178	Shaka Palmer	Enfield & Haringey AC		1:55.11
8	183	Jonathan Slade	Southampton AC		1:56.05

### Senior Men 1,500 Metres (a)

**CBP** **S.Ovett** **Phoenix AC** **1985** **3.38.51**

#### Final

Posn	Num	Name	Club	Perf
1	198	Robert Heaney	Bedford & County AC	3.53.01
2	194	Sam Coombes	Dartford Harriers AC	3.53.76
3	201	Adam Hickey	Southend on Sea AC	3.54.02
4	197	Scott Harris	Crawley AC	3.54.28
5	193	Tom Comerford	Marshall Milton Keynes AC	3.55.45
6	211	Matthew Willmott	Marshall Milton Keynes AC	3.58.66
7	203	Richard Kinnersley	Reading AC	4.01.36
8	204	Richard Mann	Hillingdon AC	4.03.13
9	191	Daniel Bradley	Tonbridge AC	4.04.53
10	195	Mike Cummings	Herne Hill Harriers	4.05.10
11	205	Michael McManus	South London Harriers	4.05.39
12	190	Matthew Bland	Havering Mayesbrook AC	4.06.53
13	189	Rich Airey	Brighton & Hove City AC	4.08.70
14	207	Craig Price	Kingston AC & Poly Harriers	4.09.01
15	208	John Scott	Enfield & Haringey AC	4.18.52

### Senior Men 5,000 Metres (b)

**CBP** **G.Minty** **Thames Valley Harriers** **1972** **13.38.0**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	237	Mehretab Solomon	London Heathside AC		14:40.31
2	236	Mark Sanford	Basildon AC		15:02.16
3	233	Neil Phillips	Aldershot Farnham & DAC		15:07.16
4	217	Steven Connor	Aldershot Farnham & DAC		15:12.58
5	229	Andy Morgan-Lee	Southampton AC		15:19.10
6	218	Andrew Conway	Aldershot Farnham & DAC		15:20.27
7	234	Bertie Powell	Woodford Green w Essex L		15:22.88
8	226	Dean Lacy	Cambridge Harriers		15:32.85
9	239	Kieran White	Hercules Wimbledon AC		15:36.78
10	324	Steven Tuttle	Bedford & County AC		15:40.23
11	214	Martin Bateman	Hillingdon AC		15:40.43
12	219	Jeff Cunningham	Herne Hill Harriers		15:42.78
13	228	Rob McTaggart	Bournemouth AC		15:43.96
14	212	Mohamud Aadan	Thames Valley Harriers		15:45.15
15	221	Nick Earl	City of Norwich AC		15:45.45
16	240	James Williams	Chelmsford AC		15:45.69
17	216	William Cockerell	Belgrave Harriers		15:46.67
18	238	Barney Southin	Serpentine RC		15:47.93
19	213	Jamie Ashton	Bracknell AC		15:53.27

20	227	Jonathan Laybourn	West Norfolk AC	16:03.62
DNF	215	Chris Busaileh	Herne Hill Harriers	

### Senior Men 110 Metres Hurdles (b)

**CBP H.Teape** **Borough of Enfield Harriers** **1990** **13.71**

#### FINAL

Posn	Num	Name	Club	Final	Perf
					<b>-2.0</b>
1	101	Alex Al-Ameen	Newham & Essex Beagles AC		14.25
2	30	Daniel Davis	Woodford Green w Essex L		14.49
3	107	Robert Newton	Sale Harriers		15.63
4	105	Richard Knappe	Team Kennet Triathlon AC		15.70
5	8	Joe Appiah	Kent AC		15.88
6	106	Chris Minn	Crawley AC		16.31
7	102	Stephen Barnard	Enfield & Haringey AC		16.47
8	104	Anthony Hartis	Belgrave Harriers		18.07

### Senior Men 400 Metres Hurdles (a)

**CBP M.Robertson** **Wolverhampton & Bilston AC** **1986** **49.56**

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	108	Andy Blow	Basingstoke	1	53.28 Q
2	133	Christopher Wakeford	Sale Harriers	1	53.49 Q
3	121	Peter Irving	Channel Islands AC	1	53.70 q
4	118	Will Hartley	Woking AC	1	55.79
5	130	Zak Saucedo	Enfield & Haringey AC	1	56.18
6	132	Chris Stubbings	Chelmsford AC	1	57.05
7	124	Israel Nworgu	London Heathside Runners	1	59.54

#### HEAT 2

Posn	Num	Name	Club	Heat	Perf
1	122	Jonathan Lodowski	Enfield & Haringey AC	2	54.05 Q
2	117	Edward Harrison	Blackheath & Bromley Harriers	2	54.15 Q
3	131	Richard Scott	Exeter Harriers	2	54.24 q
4	129	Lee Salter	Exeter Harriers	2	56.12
5	123	Aaron Mason	Imperial College London	2	57.50
6	113	Adam Fidgett	Nene Valley Harriers	2	59.09
7	119	Richard Holt	Blackheath & Bromley Harriers	2	1.02.15
DNF	120	Andrew Howell	Harrow AC	2	

#### HEAT 3

Num	Name	Club	Heat	Perf	
1	115	Dale Garland	Guernsey Island AAC	3	53.81 Q
2	114	Richard Fox	Basingstoke & Mid Hants AC	3	55.06 Q
3	127	Sean Reidy	Nene Valley Harriers	3	55.40
4	126	Sam Parsons	Brighton & Hove City AC	3	56.16
5	111	Simon Child	Highgate Harriers	3	57.33
6	116	Glenn Gray	Harrow AC	3	59.79
7	125	Stephen Parker	Epsom & Ewell Harriers	3	1.01.20

### Senior Men 400 Metres Hurdles (b)

**CBP M.Robertson** **Wolverhampton & Bilston AC** **1986** **49.56**

#### Final

Posn	Num	Name	Club	Final	Perf
1	115	Dale Garland	Guernsey Island AAC		51.10
2	108	Andy Blow	Basingstoke		51.35
3	133	Christopher Wakeford	Sale Harriers		53.63
4	121	Peter Irving	Channel Islands AC		53.75
5	131	Richard Scott	Exeter Harriers		54.19
6	117	Edward Harrison	Blackheath & Bromley Harriers		54.33



7	122	Jonathan Lodowski	Enfield & Haringey AC	54.43
8	114	Richard Fox	Basingstoke & Mid Hants AC	54.77

**Senior Men 3,000 Metres Steeplechase (a)**

**CBP M.Rowland Phoenix AC 1989 8.30.34**

<b>Final Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Final</b>	<b>Perf</b>
1	226	Dean Lacy	Cambridge Harriers		9.41.99
2	243	Tom Collins	Medway & Maidstone AC		9.50.21
3	220	Anupam Das	Hillingdon AC		9.57.90
4	246	Daniel Thorne	Reading AC		9.59.44
5	244	Patrick Davoren	Phoenix AC		10.14.57
6	245	Tony MacDowall	Victoria Park H & Tower H AC		10.31.92

# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June 2009

### Senior Men High Jump (a)

CBP	M.Naylor	Hillingdon AC	1980	2.21	
Posn	Num	Name	Club	Perf	Details
1	253	Martin Lloyd	Bexley AC	2.15	2.05o; 2.10xo; 2.15o; 2.19xxx
2	255	Darryl Stone	Shaftesbury Barnet Harriers	2.05	2.00o; 2.05xxo; 2.10xxx
3	249	Dan Dunscombe	Worthing & District Harriers	1.95	1.85o; 1.90o; 1.95o; 2.00xxx
3	250	Lewis Ely	Blackheath & Bromley Harriers	1.95	1.85o; 1.90o; 1.95o; 2.00xxx
5	251	Elior Harris	Stevenage & North Herts AC	1.90	1.80xo; 1.85xo; 1.90xxo; 1.95xxx
6	247	Adewunmi Akande	Victoria Park H & Tower H AC	1.85	1.80o; 1.85o; 1.90xxx

### Senior Men Pole Vault (b)

CBP	K.Hughes	Haringey AC	1998	5.36	
Posn	Num	Name	Club	Perf	Details
1	326	Edward Quiney	Croydon Harriers	5.00	4.40xo; 4.50xo; 4.60-; 4.70o; 4.80-; 4.90o; 5.00xo; 5.11xxx
2	258	Martin Densley	Ealing Southall & Middlesex AC	4.80	4.60o; 4.70-; 4.80o; 4.90-; 5.00xxx
3	262	Aaron Kaye	Southend on Sea AC	4.60	4.20xo; 4.40o; 4.50-; 4.60xo; 4.70xxx
4	263	Stephen McLennan	Windsor S E & Hounslow	4.50	4.20x-; 4.40o; 4.50xo; 4.60xxx
5	264	Chris Mills	Windsor S E & Hounslow	4.40	4.20o; 4.40xo; 4.50xxx
6	260	Kevin Hughes	Southend on Sea AC	4.40	4.20o; 4.40xxo; 4.50xxx
7	329	Sam Brown	Lewes AC	4.20	4.20xo; 4.40xxx
8	265	Nicholas Moore	Blackheath & Bromley Harriers	3.80	3.80o; 4.00xxx
9	256	Bilen Ahmet	Kingston AC & Poly Harriers	3.80	3.80xo; 4.00xxx
	261	Joe Ive	Belgrave Harriers	npr	5.00xxx

### Senior Men Long Jump (a)

CBP	G.Rutherford	Marshall Milton Keynes AC	2006	8.09	
Posn	Num	Name	Club	Perf	Details
1	281	Joe Steele	Thames Valley Harriers	7.53	Nj; 7.36/+1.6; 2.18/+2.8; 7.02/+2.6; +2.5
2	270	Ezekiel Ewulo	Woodford Green w Essex L	7.41	1.85/+0.4; 7.53/+2.5
3	275	Paul Oluyemi	Herne Hill Harriers	7.37	7.11/+1.4; 7.37/+2.1; 7.28/+2.3; +3.5
4	272	Mark Holloway	Windsor S E & Hounslow	7.21	7.32/+2.3; 7.37/+2.4; 7.41/+3.5
5	266	Daniel Bramble	Ealing Southall & Middlesex AC	7.11	5.86/+2.5; 7.21/+2.6; nj; 7.22/+1.6; +3.2
6	277	Joseph Ramie	Havering Mayesbrook AC	7.04	6.94/+1.5; 7.37/+3.2; +3.7
7	271	Alexander Fraser	Walton AC	6.77	Nj; 6.81/+1.5; nj; nj; 7.21/+3.7; nj
8	278	Sam Richards	Cambridge & Coleridge AC	6.55	6.92/+2.2; 7.03/+1.8; 7.10/+2.2; +3.3
9	269	Nick Dowsett	Woodford Green AC	6.50	7.11/+3.3; 6.89/+2.6; 7.08/+1.4
10	280	Adrian Stamp	Woodford Green w Essex L	6.27	6.77/+2.0; 6.64/+1.6; nj; nj; nj; +1.7
11	282	David Wellstead	Belgrave Harriers	6.20	7.04/+1.7
12	251	Elior Harris	Stevenage & North Herts AC	6.19	6.74/+2.1; 6.25/+2.6; 6.34/+0.1; nj; +3.4
13	91	Mitchell Jarvis	Braintree AC	6.12	6.77/+2.6; 6.74/+2.7
14	248	Mark Crowley	Enfield & Haringey AC	5.86	6.32/+2.6; 6.55/+2.8; nj; 6.51/+1.5; nj; +2.8
15	268	Jody Chappell	Belgrave Harriers	4.91	nj
				+2.1	6.50/+2.5; nj; 6.50/+2.4;
				+2.5	Nj; 6.27/+3.8; 6.22/+2.6
				+3.8	6.14/+2.2; 6.20/+3.1; 6.04/+1.9
				+3.1	6.15/+2.3; 6.19/+3.4; 5.89/+1.6
				+0.8	Nj; nj; 6.12/+0.8
				+2.6	Nj; 5.83/+1.0; 5.86/+2.6
				+2.1	4.91/+2.1; 4.84/+3.3; -

### Senior Men Triple Jump (b)

CBP	J.Golley	Thames Valley Harriers	1993	16.81	
Posn	Num	Name	Club	Perf	Details

1	294	Gary Wilson	Belgrave Harriers	14.99	14.99/ 0.9; nj; nj; 14.82/ 1.9; 13.97/ 1.5; 0.9
2	283	Nnaemeka Ezenwa	Woodford Green w Essex L	14.96	Nj; nj; 14.47/ 1.5; nj; nj; 14.96/ 1.1
3	288	Matthew Morsia	Thames Valley Harriers	14.94	Nj; 14.94/ 2.3; 14.89/ 3.0; nj; nj; nj;
4	291	Trevor Okoroafor	Croydon Harriers	14.92	14.84/ 2.3; nj; 14.70/ 1.4; 14.92/ 0.7; nj;
5	286	Darren March	Medway & Maidstone AC	14.87	Nj; 14.56/ 1.8; 14.86/ 2.1; 14.61/ 0.7; nj;
6	290	Sayo Ojo	Woodford Green w Essex L	14.86	Nj; 14.63/ 2.2; 14.74/ 1.0; 13.80/ 1.2;
7	287	Graeme Matthews	City of Sheffield AC	14.85	14.86/ -0.4; nj
8	282	David Wellstead	Belgrave Harriers	14.85	14.85/ 0.2; nj; nj; 13.44/ 2.5; 14.20/ 1.5;
9	289	Keith Newton	Woodford Green w Essex L	14.00	13.73/ 2.8; 13.64/ 1.9; 14.00/ 1.0;
				1.0	13.99/ 0.8; 13.87/ 2.4;nj
				13.62	13.38/ 1.5; 13.62/ 3.3; nj
				3.3	
	285	Julian Golley	Enfield & Haringey AC	npr	Nj; nj; -;
	292	Jason Richards-Thompson	Victoria Park H & Tower H AC	npr	Nj; nj; nj;

### Senior Men Shot (a)

CBP	G.Capes	Enfield Harriers	1976	21.36	
Posn	Num	Name	Club	Perf	Details
1	297	Curtis Griffith-Parker	Cambridge Harriers	16.77	16.68; 16.47; 16.77; np; 16.43; np
2	296	Zane Duquemin	Channel Islands AC	16.04	14.86; np; np; 15.68; 16.04; np
3	298	Christopher Linque	Woodford Green AC	14.06	13.45; np; 13.66; 13.80; np; 14.06
4	300	Anthony Soalla-Bell	Shaftesbury Barnet Harriers	13.44	12.98; 13.22; 12.94; 13.30; np; 13.44
5	89	Courtney Green	Kent AC	13.21	13.21; 12.66; np; np; np; np

### Senior Men Discus (a)

CBP	W.Tancred	Birchfield Harriers	1974	61.98	
Posn	Num	Name	Club	Perf	Details
1	297	Curtis Griffith-Parker	Cambridge Harriers	53.88	47.63; 53.04; 52.74; 52.26; 53.88; 51.35
2	304	Simon Cooke	Newham & Essex Beagles AC	53.59	52.18; 53.59; 52.69; nt; nt; 53.43
3	299	Tom Norman	Woodford Green AC	53.32	49.84; 51.68; 50.57; 47.85; 53.32; nt
4	296	Zane Duquemin	Channel Islands AC	52.48	47.10; 51.28; 50.08; 50.06; 52.48; 50.49
5	305	Devon Douglas	Woodford Green w Essex L	52.17	46.06; 47.41; nt; nt; 47.76; 52.17
6	303	David Coleman	Cardiff AAC	49.26	38.80; 41.50; nt; 49.26; nt; 48.98
7	298	Christopher Linque	Woodford Green AC	43.65	43.65; nt; nt; 42.02; nt; 42.90
8	306	Gavin Johnson-Assoon	Herne Hill Harriers	39.08	Nt; 31.73; 38.84; 37.14; 39.08; nt

### Senior Men Hammer (b)

CBP	P.Head	Newham & Essex Beagles AC	1992	71.38	
Posn	Num	Name	Club	Perf	Details
1	314	Amir Williamson	Newham & Essex Beagles AC	69.72	Nt; 67.54; 69.72; 67.27; nt; nt;
2	308	Simon Bown	Newham & Essex Beagles AC	67.62	65.74; nt; 66.89; 67.58; 67.62; 66.36;
3	313	Alistair Williamson	Metropolitan Police AC	59.42	55.12; nt; nt; 59.42; 59.40; 58.91;
4	327	Andrew Jordon	Blackheath & Bromley Harriers	57.18	Nt; 54.44; nt; nt; 57.18; nt;
5	311	Richard Martin	Bedford AC	45.25	45.23; 44.85; 43.57; 43.95; 45.25; 4387;

### Senior Men Javelin (b)

CBP	M.Roberson	Newham & Essex Beagles AC	1997	79.22	
Posn	Num	Name	Club	Perf	Details
1	320	Mervyn Luckwell	Marshall Milton Keynes AC	80.08	80.085; nt; -; 78.08; -; -
2	321	Neil McLellan	Stevenage & North Herts AC	70.51	65.73; nt; nt; nt; 64.95; 70.51
3	316	Bonne Buwembo	Enfield & Haringey AC	67.25	66.20; nt; 65.56; 65.40; 67.25; 66.47
4	319	Stuart Harvey	Woodford Green w Essex L	65.64	64.07; 65.64; 63.82; 63.76; 63.68; 60.81
5=	317	James Everard	Belgrave Harriers	62.51	62.51; 56.15; 56.90; 56.91; 56.81; 58.84
5=	318	Aaron Harris	Bournemouth AC	62.51	62.51; 53.44; 56.62; nt; 54.32; 58.19

7	315	Simon Bennett	Woodford Green AC	61.08	58.11; 61.08; 60.82; 58.42; 60.41; 59.90
8	322	Matthew Stoker	Shaftesbury Barnet Harriers	59.79	58.23; 55.71; 59.79; 55.22; nt; 56.51
9	328	Craig Lacy	Cambridge Harriers	53.61	50.85; 53.61; 52.15;
10	306	Gavin Johnson-Assoon	Herne Hill Harriers	47.63	45.86; 47.38; 47.63

# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June

### Senior Women 100 Metres (a)

CBP S.Thomas

Borough of Hounslow AC

1983

11.31

#### HEAT 1

Posn	Num	Name	Club	Heat	W/s +1.3 Perf
1	13	Tunrayo Nubi	Enfield & Haringey AC	1	11.86 Q
2	2	Emma Ania	Shaftesbury Barnet Harriers	1	11.89 Q
3	5	Shelley Bowen	Woodford Green w Essex L	1	11.99 q
4	8	Azaria Francis	Woodford Green w Essex L	1	12.06
5	26	Michelle Webster	Bedford & County AC	1	12.08
6	17	Denise Osei	Herne Hill Harriers	1	12.19
DQ	20	Anike Shand-Whittingham	Blackheath & Bromley Harriers	1	

#### HEAT 2

Posn	Num	Name	Club	Heat	W/s +1.3 Perf
1	18	Abiodun Oyepitan	Shaftesbury Barnet Harriers	2	11.66 Q
2	4	Natalie Bartley	South London Harriers	2	11.79 Q
3	21	Shayone Simao	South London Harriers	2	11.94 q
4	22	Serita Solomon	Blackheath & Bromley Harriers	2	12.18
5	15	Amalachukwu Onuora	Belgrave Harriers	2	12.41
6	19	Lauren Searles	Basildon AC	2	12.88
7	23	Lyndsay St.Luce Boyce	Herne Hill Harriers	2	12.99

#### HEAT 3

Posn	Num	Name	Club	Heat	W/s +2.5 Perf
1	24	Torema Thompson	Enfield & Haringey AC	3	11.83 Q
2	9	Amy Godsell	Blackheath & Bromley Harriers	3	11.85 Q
3	16	Lucy Onyeforo	Enfield & Haringey AC	3	12.15
4	25	Michelle Watson	Herne Hill Harriers	3	12.20
5	3	Susanna Banjo	Newham & Essex Beagles AC	3	12.25
6	12	Heidi Nicholas	Basildon AC	3	12.47
7	11	Julie Idowu	Victoria Park H & Tower H AC	3	13.19

### Senior Women 100 Metres (a)

CBP S.Thomas

Borough of Hounslow AC

1983

11.31

#### Final

Posn	Num	Name	Club	Perf	W/s +2.2
1	18	Abiodun Oyepitan	Shaftesbury Barnet Harriers	11.65	
2	4	Natalie Bartley	South London Harriers	11.72	
3	24	Torema Thompson	Enfield & Haringey AC	11.82	
4	21	Shayone Simao	South London Harriers	11.82	
5	5	Shelley Bowen	Woodford Green w Essex L	11.95	
6	13	Tunrayo Nubi	Enfield & Haringey AC	11.98	
7	9	Amy Godsell	Blackheath & Bromley Harriers	12.0-7	
DNF	2	Emma Ania	Shaftesbury Barnet Harriers		

### Senior Women 200 Metres (b)

CBP B.Callender

Reading AC

1983

23.08

#### HEAT 1

Posn	Num	Name	Club	Heat 1	W/S -1.0 Perf
1	9	Amy Godsell	Blackheath & Bromley Harriers	Q	24.95

2	5	Shelley Bowen	Woodford Green w Essex L	Q	25.07
3	30	Laura Hitchman	Brighton & Hove City AC		26.33
4	28	Rebecca Gray	City of Portsmouth AC		26.38
5	23	Lyndsay St.Luce Boyce	Herne Hill Harriers		27.04
6	38	Kayleigh Short	Bracknell AC		28.68
DNS	41	Jo White	St Mary's Richmond AC		

#### HEAT 2

W/S -0.8

Posn	Num	Name	Club	Heat 2	Perf
1	18	Abiodun Oyepitan	Shaftesbury Barnet Harriers	Q	24.42
2	40	Carley Wenham	Crawley AC	Q	25.01
3	13	Tunrayo Nubi	Enfield & Haringey AC	q	25.08
4	31	Georgina Malster	Ipswich Harriers	q	25.10
5	25	Michelle Watson	Herne Hill Harriers		25.94
6	35	Holly Rawson	Basingstoke & Mid Hants AC		26.81
7	29	Tatyana Guttman Hancocks	Victoria Park H & Tower H AC		26.86

#### HEAT 3

W/S -2.5

Posn	Num	Name	Club	Heat 3	Perf
1	21	Shayone Simao	South London Harriers	Q	24.78
2	26	Michelle Webster	Bedford & County AC	Q	25.37
3	39	Katherine Skelding	Woodford Green w Essex L		25.97
4	16	Lucy Onyeforo	Enfield & Haringey AC		26.65
5	36	Jo Rowland	Crawley AC		26.83
6	12	Heidi Nicholas	Basildon AC		26.98
7	11	Julie Idowu	Victoria Park H & Tower H AC		28.31

#### FINAL

W/S -1.0

Posn	Num	Name	Club	Final	Perf
1	21	Shayone Simao	South London Harriers		24.42
2	26	Michelle Webster	Bedford & County AC		24.94
3	9	Amy Godsell	Blackheath & Bromley Harriers		24.95
4	13	Tunrayo Nubi	Enfield & Haringey AC		24.99
5	31	Georgina Malster	Ipswich Harriers		25.02
6	5	Shelley Bowen	Woodford Green w Essex L		25.10
7	40	Carley Wenham	Crawley AC		25.76
DNS	18	Abiodun Oyepitan	Shaftesbury Barnet Harriers		

#### Senior Women 400 Metres (a)

CBP M.Neufville

Cambridge Harriers

1970

52.0

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	75	Nicola Sanders	Windsor S E & Hounslow	1	54.77 Q
2	27	Denise Gayle	Enfield & Haringey AC	1	55.85 Q
3	73	Emily Parker	Epsom & Ewell	1	56.13 q
4	77	Heather Shepherd	Colchester Harriers	1	57.49
5	70	Vanessa Nakangu	Blackheath & Bromley Harriers	1	58.83
6	76	Jade Savage	Luton AC	1	59.87
7	69	Lauren Longhurst	Chelmsford AC	1	1.02.14

#### HEAT 2

1	79	Kim Wall	Basildon AC	2	54.51 Q
2	71	Shelayna Oskan	Windsor S E & Hounslow	2	55.92 Q
3	63	Nina Anderson	Shaftesbury Barnet Harriers	2	57.44 q
4	39	Katherine Skelding	Woodford Green w Essex L	2	57.88
5	28	Rebecca Gray	City of Portsmouth AC	2	58.35
6	35	Holly Rawson	Basingstoke & Mid Hants AC	2	1.01.47
DNS	62	Claire Stokes	Crawley AC	2	

#### HEAT 3

1	72	Lesley Owusu	Windsor S E & Hounslow	3	56.43 Q
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2	37	Joanne Ryan	Loughton AC	3	56.83 Q
3	67	Kate Laidlow	Cambridge University AC	3	57.55
4	78	Ambwebe Simukonda	Thames Valley Harriers	3	58.02
5	65	Nichola Gibson	Peterborough AC	3	1.01.54
6	74	Corin Reynolds	Havant AC	3	1.02.64
7	64	Janie Gadsden	Vale of Aylesbury AC	3	1.12.08

### Senior Women 400 Metres (b)

**CBP M.Neufville**

**Cambridge Harriers**

**1970**

**52.0**

#### Final

Posn	Num	Name	Club	Final	Perf
1	79	Kim Wall	Basildon AC		53.21
2	75	Nicola Sanders	Windsor S E & Hounslow		53.95
3	71	Shelayna Oskan	Windsor S E & Hounslow		54.82
4	27	Denise Gayle	Enfield & Haringey AC		55.29
5	72	Lesley Owusu	Windsor S E & Hounslow		55.83
6	73	Emily Parker	Epsom & Ewell		57.00
7	37	Joanne Ryan	Loughton AC		57.31
8	63	Nina Anderson	Shaftesbury Barnet Harriers		57.34

### Senior Women 800 Metres (a)

**CBP S.Bailey**

**Bromley Ladies AC**

**1985**

**2.03.70**

#### Final

Posn	Num	Name	Club	Final	Perf
1	80	Clem Adams	Aldershot Farnham & DAC	1	2.12.38
2	92	Elaine Murty	Blackheath & Bromley Harriers	1	2.12.89
3	63	Nina Anderson	Shaftesbury Barnet Harriers	1	2.13.94
4	87	Katherine Humphreys	Exeter Harriers	1	2.16.67
5	83	Helen Bloomfield	Colchester & Tendring AC	1	2.18.67
6	89	Montana Jones	Aldershot Farnham & DAC	1	2.25.33
7	85	Anne Doyle	Guildford & Godalming AC	1	2.31.25
8	91	Laura McPherson	Cambridge Harriers	1	2.36.28

### Senior Women 1,500 Metres (a)

**CBP C.Cahill**

**Gateshead Harriers**

**1992**

**4.12.21**

#### Final

Posn	Num	Name	Club	Heat	Perf
1	100	Laura Parker	Wells City Harriers		4.28.21
2	94	Emily Adams	Aldershot Farnham & DAC		4.30.10
3	92	Elaine Murty	Blackheath & Bromley Harriers		4.30.53
4	99	Ceri Mitchell	Southampton AC		4.31.58
5	97	Emma Grant	Hillingdon AC		4.32.17
6	95	Clare Elms	Cambridge Harriers	W45 NR	4.33.27
7	106	Stacey Wheat	Colchester Harriers		4.35.61
8	96	Karen Goode	Basildon AC		4.35.93
9	104	Georgie-Lou Sales	Woodford Green w Essex L		4.38.08
10	98	Liz Kipling	St Mary's Richmond AC		4.40.04
11	180	Naomi Lenane	Aldershot Farnham & DAC		4.43.66
12	103	Susanna Rust	London Heathside Runners		4.44.07
13	102	Rachel Phillips	Reading AC		4.52.21
14	101	Hayley Pegg	Chelmsford AC		4.58.76

### Senior Women 3,000 Metres (b)

**CBP D.Peel**

**Crawley AC**

**1982**

**9.16.8**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	95	Clare Elms	Cambridge Harriers		9:58.11
2	98	Liz Kipling	St Mary's Richmond AC		10:04.27

3	108	Lisa Da Silva	Thames Valley Harriers	10:04.40
4	115	Holly Wheeler	Hastings AC	10:11.64
5	111	Diana Kennedy	Woodford Green w Essex L	10:21.10
6	109	Emily Ferenczi	Shaftesbury Barnet Harriers	10:30.19

### Senior Women 100 Metres Hurdles (b)

**CBP M.Wilkins**

**Windsor Slough & Eton**

**2000**

**13.17**

#### HEAT 1

**W/S 0.2**

Posn	Num	Name	Club	Heat 1	Perf
1	22	Serita Solomon	Blackheath & Bromley Harriers	Q	13.96
2	53	Chloe Whalley	Marshall Milton Keynes AC	Q	14.68
3	45	Melanie Canning	Ealing Southall & Middlesex AC	Q	14.92
4	51	Harriet Shurley	Windsor S E & Hounslow	q	15.50
DNF	49	Kaylee Price	Walton AC		

#### HEAT 2

**W/S -2.8**

Posn	Num	Name	Club	Heat 2	Perf
1	46	Stephanie Gaynor	Herts Phoenix AC	Q	14.71
2	42	Francesca Bennett	Medway & Maidstone AC	Q	16.17
3	12	Heidi Nicholas	Basildon AC	Q	16.19
4	47	Jenny Heckford	Windsor S E & Hounslow	q	16.42
DNF	52	Chloe Van Wulven	Havering Mayesbrook AC		

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	22	Serita Solomon	Blackheath & Bromley Harriers		13.97
2	46	Stephanie Gaynor	Herts Phoenix AC		14.50
3	53	Chloe Whalley	Marshall Milton Keynes AC		14.74
4	45	Melanie Canning	Ealing Southall & Middlesex AC		15.02
5	51	Harriet Shurley	Windsor S E & Hounslow		15.11
6	12	Heidi Nicholas	Basildon AC		15.60
7	42	Francesca Bennett	Medway & Maidstone AC		15.70
8	47	Jenny Heckford	Windsor S E & Hounslow		16.63

### Senior Women 400 Metres Hurdles (a)

**CBP S.Gunnell**

**Essex Ladies**

**1992**

**55.33**

#### Final

Posn	Num	Name	Club	Final	Perf
1	58	Hannah Douglas	Marshall Milton Keynes AC		59.90
2	56	Becca Carozzi	Southampton AC		1:02.26
3	61	Lucy Spray	Cambridge University AC		1:04.11
4	53	Chloe Whalley	Marshall Milton Keynes AC		1:05.28
5	55	Kate Brook	St Mary's Richmond AC		1:06.08
6	57	Jessica Case	South London Harriers		1:07.79
DNF	62	Claire Stokes	Crawley AC		

### Senior Women 2,000 Metres Steeplechase (a)

**CBP S.Luck**

**Havering Mayesbrook AC**

**2009**

**6.58.98**

#### Final

Posn	Num	Name	Club	Final	Perf
1	119	Sara Luck	Havering Mayesbrook AC		6:48.20 CBP
2	111	Diana Kennedy	Woodford Green w Essex L		7:09.79
3	117	Shavaun Henry	Blackheath & Bromley Harriers		7:14.84
4	116	Sophie Gibbens	Marshall Milton Keynes AC		7:18.08
5	108	Lisa Da Silva	Thames Valley Harriers		7:19.75



# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June 2009

### Senior Women High Jump (b)

CBP	D.Marti		Bromley Ladies AC	1993	1.91
Posn	Num	Name	Club	Perf	Details
1	123	Isobel Pooley	Aldershot Farnham & DAC	1.75	1.70o; 1.75xo; 1.78xxx
2	120	Ayamba Akim	Woodford Green w Essex L	1.75	1.60o; 1.65o; 1.70xo; 1.75xxo; 1.78xxx

### Senior Women Pole Vault (a)

CBP	L.Butterworth		Birchfield Harriers	2007	4.00
CBP	L.Hughes		Blackheath & Bromley Harriers	2003	4.00
CBP	T.Bloomfield		Guildford & Godalming	2002	4.00
Posn	Num	Name	Club	Perf	Details
1	135	Louise Shortland	Stevenage & North Herts AC	3.70	3.40o; 3.50o; 3.60o; 3.70o; 3.81xxx
2	131	Liz Hughes	Blackheath & Bromley Harriers	3.60	3.30o; 3.50o; 3.60o; 3.70x--
3	136	Stephanie Smith	Crawley AC	3.60	3.30o; 3.40xo; 3.50o; 3.60o; 3.70xxx
4	132	Kirsty MacKintosh	Woodford Green w Essex L	3.40	3.20o; 3.40o; 3.50xxx
5	130	Jennifer Honeyball	Herne Hill Harriers	3.20	2.90o; 3.05o; 3.20o; 3.30xxx
6	134	Sarka Robinson	Dacorum & Tring AC	3.20	2.90xo; 3.05o; 3.20o; 3.30xxx
7	126	Gemma Dowsett	Medway & Maidstone AC	3.05	2.70o; 2.90o; 3.05o; 3.20xxx
8	128	Kara Gibbs	Ashford AC	2.90	2.70o; 2.90xxo; 3.05xxx
	124	Rachel Arnheim	Blackheath & Bromley Harriers	npr	3.20xxx
	133	Emmeline Rendell	Ashford AC	npr	2.70xxx
	125	Florence Cavalli	Cambridge University AC	retired	

### Senior Women Long Jump (a)

CBP	M.Berkeley		Croydon Harriers	1989	6.63
Posn	Num	Name	Club	Perf	Details
1	138	Jenny Pacey	Windsor Slough & Eton	6.35	6.35/+3.8; 6.13/+1.6; nj; nj; 6.14/+1.3; +3.8
2	140	Sarah Wellstead	Sutton & District AC	6.27	5.90/+2.6; 6.02/+0.8; 6.01/+0.6; +1.0
3	139	Kirsty Smith	Newham & Essex Beagles AC	5.66	5.66/3.5; 5.52/+1.4; nj; 5.36/+1.5; nj; +3.5
4	137	Dee Bakre	Enfield & Haringey AC	5.65	5.27/+1.4
				+3.1	Nj; 5.35/+0.7; 5.43/+2.6; 5.65/+3.1; nj; nj

### Senior Women Triple Jump (a)

CBP	M.Griffith		Windsor Slough & Eton	1996	14.04
Posn	Num	Name	Club	Perf	Details
1	149	Nadia Williams	Shaftesbury Barnet Harriers	13.75	Nj; nj; 13.27/+2.2; 13.57/+1.2; +2.8
2	143	Sineade Gutzmore	Birchfield Harriers	12.76	13.62/+0.7; 13.75/+2.8
3	145	Claire Linskill	North Devon AC	12.76	Nj; 12.33/+0.3; 12.76/+1.6; 12.50/+0.7; +!.6
4	33	Chioma Matthews	Newham & Essex Beagles AC	12.66	nj; nj
5	141	Stephanie Aneto	Woodford Green w Essex L	12.66	Nj; nj; 12.14/+1.9; 12.07/+1.9; +2.3
6	147	Julia Nilova	Shaftesbury Barnet Harriers	12.60	12.66/+2.3; nj
7	137	Dee Bakre	Enfield & Haringey AC	12.60	Nj; 12.27/+1.1; nj; 12.01/+1.4; +2.1
8	146	Jade Morgan	Colchester Harriers	12.50	11.79/+1.2; 12.60/+2.1
9	144	Rochelle Jones	Brunel University AC	12.50	Nj; nj; 12.28/+0.9; 12.50/+0.5; nj; +0.5
	142	Lauren Blackie	Blackheath & Bromley Harriers	12.12	12.23/+2.5
				+1.7	11.99/+1.3; nj; 12.12/+1.7; nj;
				+0.4	12.08/+1.5; nj
				+1.7	11.85
				+0.4	Nj; nj; 11.72/+0.9; 11.66/+1.1;
				+1.7	11.85/+0.4; 11.72/+2.2
				+0.5	11.64
				npr	11.64/+1.7; nj; nj; nj; nj; nj
				npr	11.60
				npr	11.43/+1.1; 11.60/+0.5; 11.50/+1.3
				npr	+0.5
				npr	Nj; nj; nj

### Senior Women Shot (b)

CBP	M.Augee		Bromley Ladies AC	1990	18.43
Posn	Num	Name	Club	Perf	Details

1	151	Eleanor Gattrell	Woking AC	15.68	15.68; 15.24; 15.16; 15.39; 15.222; 14.39
2	150	Shaunagh Brown	Blackheath & Bromley Harriers	14.29	14.10; 14.22; 14.10; np; 14.29; np
3	153	Elizabeth Yarnold	Ashford AC	11.61	11.21; 11.10; 11.27; 11.61; 11.31; 11.41
4	36	Jo Rowland	Crawley AC	11.60	11.19; 11.60; 11.32; 11.45; 11.154; 11.24
5	152	Melanie Harrison	Enfield & Haringey AC	11.42	11.15; 11.38; 11.42; 11.05; np; 11.29

### Senior Women Discus (b)

CBP	S.Newman	Belgrave Harriers	2003	60.46	
Posn	Num	Name	Club	Perf	Details
1	150	Shaunagh Brown	Blackheath & Bromley Harriers	47.08	46.07; 47.08; nt; nt; nt; nt
2	155	Hollie Redman	Woodford Green w Essex L	41.26	39.88; 40.47; 39.63; 38.26; 39.52; 41.26
3	152	Melanie Harrison	Enfield & Haringey AC	40.96	Nt; 40.65; 40.96; 40.26; nt; nt
4	156	Lucy Underdown	Medway & Maidstone AC	38.01	38.01; 37.40; 37.61; nt; 37.41; nt
5	154	Kasia Kublik	Dorking & Mole Valley AC	32.73	29.44; 31.89; 31.05; 32.73; nt; 31.41

### Senior Women Hammer (a)

CBP	L.Sprules	Shaftesbury Barnet Harriers	2001	62.99	
Posn	Num	Name	Club	Perf	Details
1	159	Joanne John	Windsor Slough & Eton	56.14	52.75; 55.23; 54.90; 54.55; 54.86; 56.14
2	179	Louisa James	Hastings AC	52.87	52.35; nt; 52.87; 52.63; 52.28; nt
3	162	Bolanle Ogun	Windsor S E & Hounslow	52.87	49.64; 49.64; 50.93; 49.93; 50.50; 52.87
4	161	Debbie McCaw	West London Hammer School	50.38	47.74; 50.38; 49.50; nt; 47.45; 48.05
5	158	Andrea Jenkins	Nene Valley Harriers	50.05	44.07; nt; 49.05; 47.45; 48.07; 50.05
6	163	Sarah Smith	Woodford Green w Essex L	46.42	Nt; nt; 46.42; nt; 45.04; nt
7	164	Sadie Watts	Marshall Milton Keynes AC	45.39	45.33; 44.78; 45.39; 43.90; 42.90; 44.80
8	157	Laura Duke	Cambridge University AC	40.86	36.57; nt; nt; 40.86; nt; nt
9	160	Donna Kent	Bexley AC	35.58	35.58; nt; nt;

### Senior Women Javelin (a)

CBP	K.Morrison	Shaftesbury Barnet Harriers	2002	55.74	
Posn	Num	Name	Club	Perf	Details
1	177	Katy Watts	City of Portsmouth AC	51.95	44.59; 45.09; 45.09; 47.84; 51.95; 44.82
2	169	Kirsty Herbert	Medway & Maidstone AC	48.79	47.87; 44.33; 47.53; 44.93; 44.10; 48.79
3	173	Rosie Semenytsh	Sale Harriers	47.97	47.62; 44.76; 47.97; 47.05; 47.94; 44.20
4	175	Hayley Thomas	Newham & Essex Beagles AC	47.69	Nt; 47.13; 47.69; nt; nt; 44.25
5	176	Louise Watton	Shaftesbury Barnet Harriers	45.97	45.97; 44.49; nt; nt; 42.98; 45.00
6	167	Sarah Ellis	Southampton AC	42.65	36.44; 39.73; 39.24; 42.65; 41.98; nt
7	165	Jo Blair	Medway & Maidstone AC	42.20	42.20; 40.20; nt; 39.03; 41.43; 39.61
8	164	Sadie Watts	Marshall Milton Keynes AC	40.95	37.51; 40.25; nt; 40.95; 37.34; 38.53
9	171	Sarah McGuire	Blackheath & Bromley Harriers	35.95	34.41; 35.95; 33.68
10	168	Sophia Girona Turner	Harrow AC	35.63	34.03; 35.63; 34.83
11	166	Kim Box	Basildon AC	35.39	34.14; 35.39; 35.25
12	178	Man Yiu Wong	Thames Valley Harriers	33.81	Nt; nt; 33.81

# SEAA U20/Senior Championships - Crystal Palace

12(a)/13(b) June 2009

## Under 20 Men 100 Metres (b)

CBP J. Livingstone

Croydon Harriers

1990

10.4

### HEAT 1

Posn	Num	Name	Club	Heat 1	W/S -1.0 Perf
1	36	Emmanuel Stephens	Thurrock Harriers AC	Q	10.99
2	13	Junior Ejehu	Woodford Green w Essex L	Q	11.15
3	15	Renard Frederick	Shaftesbury Barnet Harriers	Q	11.27
4	11	Kieran Daly	Blackheath & Bromley Harriers	Q	11.32
5	12	Eon Dawkins	Kent AC		11.91
6	35	Nicholas Spence	Croydon Harriers		12.05
DNS	42	Andre Wright	Medway & Maidstone AC		

### HEAT 2

Posn	Num	Name	Club	Heat 2	W/S -2.3 Perf
1	28	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	Q	11.13
2	23	Tunde Judun	Victoria Park H & Tower H AC	Q	11.14
3	256	Curtis Blake	Victoria Park H & Tower H AC	Q	11.49
4	8	Kem Chiagorom	Newham & Essex Beagles AC	Q	11.51
5	24	Rashid Kakoza	Newham & Essex Beagles AC	q	11.53
6	18	Ryan Harding	Harrow AC	q	11.63
7	43	Ellis Zorro	Blackheath & Bromley Harriers		11.73
8	6	Calum Bressington	Southampton AC		12.17

### HEAT 3

Posn	Num	Name	Club	Heat 3	W/S -2.4 Perf
1	21	Jordan Huggins	Enfield & Haringey AC	Q	11.18
2	29	Afamefuna Obi-Adewole	Croydon Harriers	Q	11.40
3	26	Jack Miller	Bexley AC	Q	11.44
4	17	Andre Gibbs	Croydon Harriers	Q	11.49
5	41	Kyron Williams	Enfield & Haringey AC	q	11.52
6	330	Jahmal Germain	Newham & Essex Beagles AC		11.97
7	25	Christopher Meakin	Ashford AC		12.27

### HEAT 4

Posn	Num	Name	Club	Heat 4	W/S -0.2 Perf
1	34	Kieran Showler-Davis	Basingstoke & Mid Hants AC	Q	10.95
2	31	Laurence Owen	Thames Valley Harriers	Q	11.32
3	20	Errol Houston	Enfield & Haringey AC	Q	11.38
4	1	Victor Ade-Davis	Victoria Park H & Tower H AC	Q	11.44
5	32	Samuel Sanchas	Victoria Park H & Tower H AC	q	11.67
6	4	Tamouy Black	Enfield & Haringey AC		11.96
7	7	Christian Brown	Ashford AC		12.77

### HEAT 5

Posn	Num	Name	Club	Heat 5	W/S -2.4 Perf
1	5	David Bolarinwa	Cambridge Harriers	Q	10.95
2	38	Oweka Wanogho	Croydon Harriers	Q	11.39
3	27	Alex Murdoch	Victoria Park H & Tower H AC	Q	11.49
4	2	Deji Akande	Chelmsford AC	Q	11.66
5	40	Joel Williams	Shaftesbury Barnet Harriers		11.81
6	9	Dominic Coelho	Blackheath & Bromley Harriers		12.06
7	19	Christopher Hewitt	Brighton & Hove City AC		12.21

**SEMI-FINAL 1**

Posn	Num	Name	Club	S/F 1	W/S -2.2 Perf
1	28	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	Q	11.16
2	38	Oweka Wanogho	Croydon Harriers	Q	11.23
3	27	Alex Murdoch	Victoria Park H & Tower H AC		11.30
4	29	Afamefuna Obi-Adewole	Croydon Harriers		11.34
5	11	Kieran Daly	Blackheath & Bromley Harriers		11.37
6	41	Kyron Williams	Enfield & Haringey AC		11.39
DNS	36	Emmanuel Stephens	Thurrock Harriers AC		
DNS	24	Rashid Kakoza	Newham & Essex Beagles AC		

**SEMI-FINAL 2**

Posn	Num	Name	Club	S/F 2	W/S -1.2 Perf
1	5	David Bolarinwa	Cambridge Harriers	Q	10.69
2	21	Jordan Huggins	Enfield & Haringey AC	Q	10.81
3	31	Laurence Owen	Thames Valley Harriers	q	11.18
4	15	Renard Frederick	Shaftesbury Barnet Harriers		11.32
5	1	Victor Ade-Davis	Victoria Park H & Tower H AC		11.33
6	18	Ryan Harding	Harrow AC		11.49
7	2	Deji Akande	Chelmsford AC		11.65
DNS	256	Curtis Blake	Victoria Park H & Tower H AC		

**SEMI-FINAL 3**

Posn	Num	Name	Club	S/F 3	W/S -0.8 Perf
1	34	Kieran Showler-Davis	Basingstoke & Mid Hants AC	Q	10.91
2	23	Tunde Judun	Victoria Park H & Tower H AC	Q	10.97
3	13	Junior Ejehu	Woodford Green w Essex L	q	11.17
4	8	Kem Chiagorom	Newham & Essex Beagles AC		11.36
5	17	Andre Gibbs	Croydon Harriers		11.36
6	20	Errol Houston	Enfield & Haringey AC		11.52
7	26	Jack Miller	Bexley AC		11.53
DNS	32	Samuel Sanchas	Victoria Park H & Tower H AC		

**FINAL**

Posn	Num	Name	Club	Final	W/S -3.2 Perf
1	5	David Bolarinwa	Cambridge Harriers		10.76
2	23	Tunde Judun	Victoria Park H & Tower H AC		11.00
3	28	Jerome Musa-Lawal	Shaftesbury Barnet Harriers		11.17
4	38	Oweka Wanogho	Croydon Harriers		11.25
5	31	Laurence Owen	Thames Valley Harriers		11.42
DNS	13	Junior Ejehu	Woodford Green w Essex L		
DNS	21	Jordan Huggins	Enfield & Haringey AC		
DNS	34	Kieran Showler-Davis	Basingstoke & Mid Hants AC		

**Under 20 Men 200 Metres (a)**

**CBP D.Grant Blackheath Harriers 2001 20.9**

**HEAT 1**

Posn	Num	Name	Club	Heat	W/s +2.5 Perf
1	13	Junior Ejehu	Woodford Green w Essex L	1	21.51 Q
2	54	Lumar Sylvester	Thames Valley Harriers	1	22.35 Q
3	51	Ronnie Pocklington	Blackheath & Bromley Harriers	1	22.46 Q
4	20	Errol Houston	Enfield & Haringey AC	1	22.62 q
5	47	Stefan Greenidge	Harrow AC	1	23.07
6	6	Calum Bressington	Southampton AC	1	23.42

**HEAT 2**

Posn	Num	Name	Club	Heat	W/s +1.0 Perf
1	22	Antonio Infantino	Shaftesbury Barnet Harriers	2	22.04 Q
2	24	Rashid Kakoza	Newham & Essex Beagles AC	2	22.06 Q

3	55	Cameron Webb	Stevenage & North Herts AC	2	22.58 Q
4	17	Andre Gibbs	Croydon Harriers	2	22.86 q
5	41	Kyron Williams	Enfield & Haringey AC	2	23.13
DNF	50	Dami Oladiran	Victoria Park H & Tower H AC	2	

### HEAT 3

W/s +2.3

1	37	Danny Talbot	Birchfield Harriers	3	21.92 Q
2	49	Jake King	Southend on Sea AC	3	22.38 Q
3	29	Afamefuna Obi-Adewole	Croydon Harriers	3	22.66 Q
4	14	Tom Evans	Windsor S E & Hounslow	3	22.67 q
5	53	Finbarr Ricketts	Highgate Harriers	3	23.19
6	16	Jahmal Germain	Newham & Essex Beagles AC	3	23.36
7	4	Tamouy Black	Enfield & Haringey AC	3	24.10

### HEAT 4

W/s +3.4

1	39	Sam Watts	Woodford Green w Essex L	4	21.80 Q
2	52	Simeon Ramsay-Graham	Herne Hill Harriers	4	22.03 Q
3	38	Oweka Wanogho	Croydon Harriers	4	22.03 Q
4	42	Andre Wright	Medway & Maidstone AC	4	22.06 q
5	8	Kem Chiagorom	Newham & Essex Beagles AC	4	22.93
6	35	Nicholas Spence	Croydon Harriers	4	23.78

### Under 20 Men 200 Metres (a)

CBP D.Grant

Blackheath Harriers

2001

20.9

#### Semi-final 1

W/s +1.2

Posn	Num	Name	Club	S/F	Perf
1	13	Junior Ejehu	Woodford Green w Essex L	1	21.46 Q
2	22	Antonio Infantino	Shaftesbury Barnet Harriers	1	21.57 Q
3	38	Oweka Wanogho	Croydon Harriers	1	21.83 Q
4	42	Andre Wright	Medway & Maidstone AC	1	22.03 Q
5	49	Jake King	Southend on Sea AC	1	22.17
6	29	Afamefuna Obi-Adewole	Croydon Harriers	1	22.49
7	17	Andre Gibbs	Croydon Harriers	1	22.84
DNS	52	Simeon Ramsay-Graham	Herne Hill Harriers	1	

### SEMI-FINAL 2

W/s +1.6

1	37	Danny Talbot	Birchfield Harriers	2	21.26 Q
2	39	Sam Watts	Woodford Green w Essex L	2	21.39 Q
3	24	Rashid Kakoza	Newham & Essex Beagles AC	2	22.20 Q
4	20	Errol Houston	Enfield & Haringey AC	2	22.43 Q
5	54	Lumar Sylvester	Thames Valley Harriers	2	22.64
6	55	Cameron Webb	Stevenage & North Herts AC	2	22.72
DNS	14	Tom Evans	Windsor S E & Hounslow	2	
DNS	51	Ronnie Pocklington	Blackheath & Bromley Harriers	2	

### Under 20 Men 200 Metres (a)

CBP D.Grant

Blackheath Harriers

2001

20.9

#### Final

W/s

Posn	Num	Name	Club	S/F	Perf
1	37	Danny Talbot	Birchfield Harriers		21.36
2	13	Junior Ejehu	Woodford Green w Essex L		21.68

3	22	Antonio Infantino	Shaftesbury Barnet Harriers	21.73
4	38	Oweka Wanogho	Croydon Harriers	21.89
5	42	Andre Wright	Medway & Maidstone AC	22.24
6	24	Rashid Kakoza	Newham & Essex Beagles AC	22.35
DNF	20	Errol Houston	Enfield & Haringey AC	
DNS	39	Sam Watts	Woodford Green w Essex L	

#### Under 20 Men 400 Metres (a)

**CBP M.Rooney** **Croydon Harriers** **2005** **46.75**

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	95	Richard Morrissey	Havering Mayesbrook AC	1	48.86 Q
2	94	Omari Markland-Montgomery	Cambridge Harriers	1	49.95 Q
3	85	Ainsley Campbell	Blackheath & Bromley Harriers	1	50.19 q
4	101	Thomas Syckelmoore	Basingstoke & Mid Hants AC	1	50.49
5	105	Ben Winstanley	Southampton City AC	1	51.14
6	96	Tyson Oladokun	Victoria Park H & Tower H AC	1	51.68

#### HEAT 2

1	88	Matthew Dorrington	Brighton & Hove City AC	2	49.21 Q
2	92	Lewis Keeble	Stevenage & North Herts AC	2	49.50 Q
3	100	Paul Scanlan	Woodford Green w Essex L	2	49.68 q
4	86	Chris Chancellor	Invicta East Kent AC	2	50.29
5	93	Lloyd King	Thames Valley Harriers	2	50.77
6	102	Liam Thompson	Barnet & District AC	2	51.84

#### HEAT 3

1	89	Darrellon Holding	Nene Valley Harriers	3	49.66 Q
2	98	Dan Putnam	Blackheath & Bromley Harriers	3	49.66 Q
3	99	Stefan Richards	Epsom & Ewell Harriers	3	50.40
4	87	Darren Corbin	Enfield & Haringey AC	3	50.80
5	97	David Patey	Horsham Blue Star Harriers	3	52.32
6	84	David Bolton	Southampton AC	3	52.47

#### Under 20 Men 400 Metres (b)

**CBP M.Rooney** **Croydon Harriers** **2005** **46.75**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	98	Dan Putnam	Blackheath & Bromley Harriers		47.77
2	95	Richard Morrissey	Havering Mayesbrook AC		48.35
3	89	Darrellon Holding	Nene Valley Harriers		48.39
4	92	Lewis Keeble	Stevenage & North Herts AC		48.96
5	88	Matthew Dorrington	Brighton & Hove City AC		49.27
6	100	Paul Scanlan	Woodford Green w Essex L		49.39
7	94	Omari Markland-Montgomery	Cambridge Harriers		49.58
8	85	Ainsley Campbell	Blackheath & Bromley Harriers		49.77

#### Under 20 Men 800 Metres (a)

**CBP A.Lill** **Peterborough AC** **1990** **1.48.7**

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	123	Zachary Randall	Wycombe Phoenix Harriers & AC	1	1.56.56 Q
2	110	Ross Franks	St Mary's Richmond AC	1	1.56.63 Q
3	118	Josh Moss	Windsor Slough & Eton	1	1.56.90
4	119	Simon Ninnim	Southampton AC	1	1.57.97
5	114	Christopher James	Basildon AC	1	2.00.04
6	122	Tom Pye	Barnet & District AC	1	2.03.50
7	252	Christopher Hepworth	Ealing, Southall & Middlesex	1	2.05.05

**HEAT 2**

1	115	Nick Lingley	Windsor S E & Hounslow	2	1.55.49 Q
2	116	Omar Mansour	Woodford Green w Essex L	2	1.55.90 Q
3	127	Adam Smith	Brighton & Hove City AC	2	1.55.98 q
4	121	Jason Prickett	Invicta East Kent AC	2	1.56.72
5	113	Nakole Iddirisu	Newham & Essex Beagles AC	2	1.57.21
6	130	Henry Tufnell	Radley AC	2	1.57.96
7	253	Scott Fanner	Croydon Harriers	2	2.03.21

**HEAT 3**

1	125	James Senior	City of Norwich AC	3	1.54.81 Q
2	107	Aaron Bennett	Southampton AC	3	1.54.94 Q
3	109	Harry Fisher	Southampton AC	3	1.55.29q
4	126	David Smale	Southend on Sea AC	3	1.56.25
5	117	Tom McKellar	Basingstoke & Mid Hants AC	3	1.57.06
6	111	Joseph Gill	Newham & Essex Beagles AC	3	2.00.72
7	108	Philippe Essink	Radley AC	3	2.03.75
8	124	James Reilly	Invicta East Kent AC	3	2.08.31

**Under 20 Men 800 Metres (b)****CBP A.Lill****Peterborough AC****1990****1.48.7****Final**

Posn	Num	Name	Club	Final	Perf
1	123	Zachary Randall	Wycombe Phoenix Harriers & AC		1:50.95
2	115	Nick Lingley	Windsor S E & Hounslow		1:52.33
3	107	Aaron Bennett	Southampton AC		1:53.65
4	116	Omar Mansour	Woodford Green w Essex L		1:53.68
5	109	Harry Fisher	Southampton AC		1:54.06
6	110	Ross Franks	St Mary's Richmond AC		1:54.13
7	125	James Senior	City of Norwich AC		1:55.34
8	127	Adam Smith	Brighton & Hove City AC		1:56.87

**Under 20 Men 1,500 Metres (a)****CBP C.Reitz****Newham & Essex Beagles AC****1978****3.46.20****HEAT 1**

Posn	Num	Name	Club	Heat	Perf
1	137	Samuel Deathe	Marshall Milton Keynes AC	1	4.05.50 Q
2	140	Alexander Jones	Enfield & Haringey AC	1	4.06.83 Q
3	138	Stuart Ferguson	Radley AC	1	4.08.73 Q
4	147	Philip Sesemann	Blackheath & Bromley Harriers	1	4.09.25 Q
5	152	Grant Webb	Basildon AC	1	4.13.70
6	148	Darren Southcott	Woodford Green w Essex L	1	4.19.58
7	151	Adam Villard	St Mary's Richmond AC	1	4.26.92
DNF	134	Harry Carter	City of Portsmouth AC	1	

**HEAT 2**

1	153	Liam White	Hercules Wimbledon AC	2	4.02.77 Q
2	146	Andrew Ridley	West Suffolk AC	2	4.03.88 Q
3	142	Chad Lambert	Marshall Milton Keynes AC	2	4.04.20 Q
4	154	David Wilson	Herts Phoenix AC	2	4.04.29 Q
5	149	James Taylor	Tonbridge AC	2	4.04.90 q
6	150	Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	2	4.06.81 q
7	143	Tom Mead	Luton AC	2	4.09.93 q
8	132	Jordan Ali	City of Norwich AC	2	4.10.76 q

**Under 20 Men 1,500 Metres (b)****CBP C.Reitz****Newham & Essex Beagles AC****1978****3.46.20****Final**

Posn	Num	Name	Club	Final	Perf
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1	142	Chad Lambert	Marshall Milton Keynes AC	3:56.48
2	146	Andrew Ridley	West Suffolk AC	3:56.68
3	154	David Wilson	Herts Phoenix AC	3:56.90
4	147	Philip Sesemann	Blackheath & Bromley Harriers	3:57.89
5	137	Samuel Deathe	Marshall Milton Keynes AC	4:00.02
6	153	Liam White	Hercules Wimbledon AC	4:00.06
7	140	Alexander Jones	Enfield & Haringey AC	4:05.10
8	143	Tom Mead	Luton AC	4:10.91
9	132	Jordan Ali	City of Norwich AC	4:12.43
DNS	138	Stuart Ferguson	Radley AC	
DNS	149	James Taylor	Tonbridge AC	
DNS	150	Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	

### Under 20 Men 5,000 Metres (b)

**CBP S.Collins**

**Enfield & Haringey AC**

**2008**

**15.06.49**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	163	Alex Robinson	Hercules Wimbledon AC		15:41.42
2	165	Daniel Woodgate	Luton AC		15:43.58
3	166	Christopher Wright	Nene Valley Harriers		15:59.11
4	164	Nick Wood	Dartford Harriers AC		16:28.22
5	158	Thomas Cox	Tonbridge AC		16:31.19
6	157	Thomas Corbett	Bedford & County AC		16:40.86
7	159	Nathan Ditton	Windsor S E & Hounslow		16:50.24
8	160	Josh Elderfield	Medway & Maidstone AC		17:02.31
DNF	156	Howard Clarke	Southend on Sea AC		
DNF	161	Max Kiralyfi	Winchester & District AC		

### Under 20 Men 110 Metres Hurdles (b)

**CBP L.Clarke**

**Windsor Slough Eton & Hounslow**

**2009**

**13.62**

#### HEAT 1

Posn	Num	Name	Club	Heat 1	Perf
1	63	James McLean	Southend on Sea AC	Q	14.72
2	64	Isaac Ogunlade	Havering Mayesbrook AC	Q	14.81
3	60	Ben Hopkins	Blackheath & Bromley Harriers	Q	15.26
4	59	Matthew Hewitt	Brighton & Hove City AC	q	15.27
5	62	Alex Lee	Poole AC	q	15.32
6	65	Joe Peploe	Basildon AC		15.83
7	67	Huy Vu	Orion Harriers		17.10
8	70	Connor Winters	Stevenage & North Herts AC		20.22

**W/S -1.5**

#### HEAT 2

Posn	Num	Name	Club	Heat 2	Perf
1	61	Ben Kelk	Cambridge & Coleridge AC	Q	14.42
2	68	Matthew Walcott	Herne Hill Harriers	Q	14.86
3	57	Jack Edgar-Hill	Havering Mayesbrook AC	Q	15.37
4	66	Bradley Reed	Chelmsford AC		15.58
5	69	Alexander Wharfe	Medway & Maidstone AC		15.89
6	56	Matthew Baker	Horsham Blue Star Harriers		16.52
7	58	Craig Hart	Sutton & District AC		16.80

**W/S -1.0**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	61	Ben Kelk	Cambridge & Coleridge AC		14.50
2	64	Isaac Ogunlade	Havering Mayesbrook AC		14.93
3	68	Matthew Walcott	Herne Hill Harriers		14.96
4	62	Alex Lee	Poole AC		15.31
5	59	Matthew Hewitt	Brighton & Hove City AC		15.33
6	57	Jack Edgar-Hill	Havering Mayesbrook AC		15.41

**W/S -1.7**



7	60	Ben Hopkins	Blackheath & Bromley Harriers	15.89
DNS	63	James McLean	Southend on Sea AC	

### Under 20 Men 400 Metres Hurdles (a)

**CBP G.Oakes** **Haringey** **1977** **51.8**

#### HEAT 1

Posn	Num	Name	Club	Heat	Perf
1	78	Jack Green	Kent AC	1	53.12 Q
2	60	Ben Hopkins	Blackheath & Bromley Harriers	1	55.02 Q
3	64	Isaac Ogunlade	Havering Mayesbrook AC	1	56.85 Q
4	82	Ben Phillips	Woodford Green w Essex L	1	57.13 q
5	81	Benjamin Parkin	Blackheath & Bromley Harriers	1	58.33
6	74	Matthew Clampin	Ealing Southall & Middlesex AC	1	1.01.53
7	79	Chris Hawkins	Enfield & Haringey AC	1	1.10.14
DNS	62	Alex Lee	Poole AC	1	

#### HEAT 2

Posn	Num	Name	Club	Heat	Perf
1	76	Ashley Fry	Windsor S E & Hounslow	2	54.50 Q
2	72	Jordan Aromasodu	Victoria Park H & Tower H AC	2	55.13 Q
3	77	George Grainger	Chichester Runners & AC	2	55.80 Q
4	71	Ross Armorgie	Herts Phoenix AC	2	57.65 q
5	83	Adam Smith	Marshall Milton Keynes AC	2	57.97
6	80	Adam McCarthy	Havering Mayesbrook AC	2	58.17
7	75	Mark Cryer	Medway & Maidstone AC	2	58.90

### Under 20 Men 400 Metres Hurdles (b)

**CBP G.Oakes** **Haringey** **1977** **51.8**

#### Final

Posn	Num	Name	Club	Final	Perf
1	78	Jack Green	Kent AC		51.88
2	76	Ashley Fry	Windsor S E & Hounslow		53.52
3	60	Ben Hopkins	Blackheath & Bromley Harriers		54.54
4	72	Jordan Aromasodu	Victoria Park H & Tower H AC		55.29
5	64	Isaac Ogunlade	Havering Mayesbrook AC		55.68
6	77	George Grainger	Chichester Runners & AC		57.05
7	71	Ross Armorgie	Herts Phoenix AC		57.39
8	82	Ben Phillips	Woodford Green w Essex L		57.99

### Under 20 Men 2,000 Metres Steeplechase (a)

**CBP C.Reitz** **Newham & Essex Beagles AC** **1978** **5.43.6**

#### FINAL

Posn	Num	Name	Club	Final	Perf
1	168	Harun Abdi	Newham & Essex Beagles AC		5.56.33
2	175	James McCarthy	Brighton & Hove City AC		5.59.49
3	179	Eliot Winter	Marshall Milton Keynes AC		6.08.12
4	171	Josh Bentham	Tonbridge AC		6.10.42
5	173	William Gray	Brighton & Hove City AC		6.12.40
6	169	Khalid Alabaidy	Windsor S E & Hounslow		6.14.83
7	176	William Newnham	Aldershot Farnham & DAC		6.15.19
8	177	Jack Perry-Williams	Shaftesbury Barnet Harriers		6.27.27
9	178	Cameron Smart	Windsor S E & Hounslow		6.31.01
10	159	Nathan Ditton	Windsor S E & Hounslow		6.32.61
11	174	David Kail	Newham & Essex Beagles AC		7.19.76
12	170	Kyle Aldridge	Southend on Sea AC		7.24.44

# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June 2009

### Under 20 Men High Jump (b)

CBP	G.Parsons	London AC	1982	2.15	
CBP	R.Grabarz	Bedford & County AC	2005	2.15	
Posn	Num	Name	Club	Perf	Details
1	186	Jason Hamilton	Dacorum & Tring AC	2.05	1.90o; 1.95o; 2.00o; 2.05xo; 2.08xxx
2	181	Christopher Baker	Enfield & Haringey AC	2.00	2.00o; 2.05xxx
3	180	Samuel Bailey	Chelmsford AC	2.00	2.00xo; 2.05xxx
4	190	Matthew Watson	Southampton AC	2.00	1.90o; 1.95xo; 2.00xxo; 2.05xxx
5	183	Tariq Fadare	Sutton & District AC	1.95	1.85o; 1.90o; 1.95o; 2.00xxx
6	185	Tom Gardner	East Grinstead & Dist AC	1.95	1.90xo; 1.95o; 2.00xxx
7	184	Billy Falconer	Woodford Green w Essex L	1.90	1.80o; 1.85o; 1.90o; 1.95xxx
8	189	Samuel Tingman	Southampton AC	1.90	1.80o; 1.85xxo; 1.90xo; 1.95xxx
9	182	Aaron Barham	Dartford Harriers AC	1.85	1.70o; 1.75o; 1.80o; 1.85o; 1.90xxx
10	188	Justin Lakey	Team Kennet Triathlon AC	1.85	1.80xo; 1.85xxo; 1.90xxx
11	191	Christopher White	Medway & Maidstone AC	1.70	1.70o; 1.75xxx
	70	Connor Winters	Stevenage & North Herts AC	npr	1.70xxx

### Under 20 Men Pole Vault (a)

CBP	W.Davey	Surrey AC	1982	5.01	
Posn	Num	Name	Club	Perf	Details
1	194	Matthew Devereux	Shaftesbury Barnet Harriers	5.10CBP	5.02o; 5.10xo; 5.20xxx
2	195	Mark Longhurst	Blackheath & Bromley Harriers	4.10	4.10o; 4.30xxx
3	70	Connor Winters	Stevenage & North Herts AC	3.95	3.80o; 3.95o; 4.10xxx
4	192	Benedict Abbott-Gribben	Enfield & Haringey AC	3.60	3.40xo; 3.60xo; 3.80xxx
	196	Edward Quiney	Croydon Harriers	npr	4.40xxx

### Under 20 Men Long Jump (b)

CBP	D.Gommersall	Milton Keynes AC	1987	7.48	
Posn	Num	Name	Club	Perf	Details
1	208	Jermaine Olasan	Blackheath & Bromley Harriers	7.53 CBP 1.8	4.91/ 1.9; 7.23/ 1.5; nj; 7.53/ 1.8; nj; 7.48/ 1.5;
2	210	Elliot Safo	Croydon Harriers	7.20	6.98/ 0.0; 7.20/ 0.7; 6.65/ 2.2; 7.04/ 0.6; 0.7
3	204	David Harvey	Windsor S E & Hounslow	6.84	Nj; 6.83/ 1.8; 6.78/ 1.0; 6.84/ 1.0; nj;nj; 1.0
4	198	James Alcock	Medway & Maidstone AC	6.81	6.71/ 2.5; 6.73/ 1.6; 6.60/ 0.7; 6.81/ 1.5; 1.5
5	200	Ogochukwu Anochirionye	Thames Valley Harriers	6.74	Nj; nj; 6.43/ 1.7; 6.74/ 3.8; 5.81/ 2.0; 3.8
6	199	Craig Andrew	Luton AC	6.71	6.58/ 1.8; 6.59/ 1.1; 6.62/ 1.8; 6.66/ 1.2; 0.6
7	215	James Wright	Marshall Milton Keynes AC	6.66	nj; 6.71/ 0.6; Nj; 6.57/ 1.0; 6.66/ 1.4; nj; 6.59/ 0.7; nj; 1.4
8	70	Connor Winters	Stevenage & North Herts AC	6.52	6.42/ 0.8; 60.38/ 1.4; 6.13/ 1.2; 6.41/ 0.1
9	209	Matty Saddoh	Harrow AC	6.31	1.0; nj; 6.52/ 0.1; -; 5.89/ 0.3; 6.31/ 1.6; 1.6
10	206	Kerry Mathurin	Thames Valley Harriers	6.27	Nj; nj; 6.27/ 1.3; 1.3
11	75	Mark Cryer	Medway & Maidstone AC	5.99	5.84/ 1.3; 5.88/ 0.6; 5.99/ 2.2 2.2
12	214	Jacob Wilson	London Heathside AC	5.98	5.86/ 3.0; 5.98/ 1.2; 5.59/ 2.2; 1.2
13	207	Nigel Munjoma	Cambridge Harriers	5.76	5.54/ 0.6; 5.76/ 0.5; 5.72/ 2.1; 0.5
	201	Cale Edmunds	Hercules Wimbledon AC	npr	Nj; nj; nj

### Under 20 Men Triple Jump (a)

CBP	J.Campbell	Woodford Green AC	1989	15.81
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Posn	Num	Name	Club	Perf	Details
1	217	Babatunde Amosu	Croydon Harriers	15.46 +1.0	Nj;15.46/+1.0; nj; 14.97/+1.0; pass;14.54/ +1.3
2	222	James Okeyemi	Harrow AC	14.88 +1.9	Nj; nj; 14.21/ +2.2; 14.57/ +0.7; 14.72/ 0.0; 14.88/ +1.9
3	216	Julien Allwood	Herne Hill Harriers	14.82 +1.5	14.51/ +3.0; 14.19/ +0.5; 14.25/ +1.5; 14.82/ +1.5; nj; 14.66/ +2.7
4	220	Jonathan Ilori	The Royal Hospital School	14.46 +1.4	13.86/ +2.8; 14.18/ +1.7; 14.46/ +1.4; nj; 14.21/ +1.7; 14.36/ +2.0
5	221	Joseph Lawrence	Sutton & District AC	14.40 +1.9	Nj; 12.99/ +1.0; 14.35/ +2.8; 13.25/ +1.0; 14.40/ +1.0; nj;
6	218	Adrian Assinor	Thames Valley Harriers	14.27 +2.4	Nj; 13.73/ +2.0; 14.27/ +2.4; 12.23/ +1.4; pass; 13.68/ +1.0
7	215	James Wright	Marshall Milton Keynes AC	14.12 +0.6	13.87/ +1.8; 13.75/ +1.0; 14.00/ +1.0; 14.12/ +0.6; 13.65/ +1.1; 13.72/ +0.8
8	202	Tom French	Brighton & Hove City AC	13.86 +1.4	13.86/ +1.4; nj; nj; 13.34/ +2.2; 13.49/ +0.7; 13.78/ +1.8
9	219	Joshua Brown	Medway & Maidstone AC	13.84 +2.0	13.84/ +2.0; 13.73/ +1.8; 13.42/ +0.6 +2.0
10	223	Darnbe Wilson	Shaftesbury Barnet Harriers	13.60 +1.6	12.36/ +1.7; 13.01/ +1.9; 13.60/ +1.6 +1.6

#### Under 20 Men Shot (b)

CBP	C.Griffith-Parker	Cambridge Harriers	2009	19.16	
Posn	Num	Name	Club	Perf	Details
	227	Anthony Oshodi	Woodford Green w Essex L	18.68	18.68; np; np; 16.17; np; np
	226	Zane Duquemin	Channel Islands AC	17.58	16.54; np; np; np; 17.58; np
	229	Emmanuel Quarshie	Havering Mayesbrook AC	14.27	14.27; 13.31; 13.42; 13.90; 13.64; 13.08
	228	Tom Peacock	Shaftesbury Barnet Harriers	13.95	Np; np; 12.36; np; 13.95; 13.15
	225	Thomas Bullen	South London Harriers	12.10	11.98; 11.80; 11.74; 11.97; 12.10; np

#### Under 20 Men Discus (b)

CBP	C.Griffith-Parker	Cambridge Harriers	2009	58.21	
Posn	Num	Name	Club	Perf	Details
	227	Anthony Oshodi	Woodford Green w Essex L		
	226	Zane Duquemin	Channel Islands AC	55.44	46.73; 54.56; 54.92; 52.52; 55.44; nt
	234	Steve Watson	Windsor S E & Hounslow	54.22	52.66; 52.49; nt; 54.22; 50.76; nt
	233	Ashley Ralph	St Albans AC	48.87	Nt; 42.60; 48.29; 48.87; 46.69; 48.20
	228	Tom Peacock	Shaftesbury Barnet Harriers	43.73	40.65; nt; 41.28; 40.69; 43.73; 42.48
	235	Fred Young	Southampton AC	42.91	39.35; nt; 39.57; 41.25; 42.91; 40.45
	232	Tariq Martin	Basildon AC	42.28	38.39; nt; 39.70; 42.28; nt; 39.70
	230	Luke Braiden	Brighton & Hove City AC	41.67	Nt; 38.80; nt; 41.67; 40.06; nt
	225	Thomas Bullen	South London Harriers	36.84	34.83; 34.14; 35.83; 36.16; 36.84; 34.90
	231	Kiaran Hines	Enfield & Haringey AC	31.49	31.49; nt; 30.04

#### Under 20 Men Hammer (a)

CBP	G.Cook	West London Hammer School	1988	71.84	
Posn	Num	Name	Club	Perf	Details
	238	Andrew Jordon	Blackheath & Bromley Harriers	66.95	63.89; 66.95; 66.25; nt; 66.30; 65.79
	236	Peter Clarke	Woodford Green w Essex L	60.92	60.34; 60.16; 60.92; nt; nt; nt;
	237	Jay Hill	Enfield & Haringey AC	60.21	58.51; 59.36; nt; 58.52; 60.21; 59.98
	239	Dempsey McGuigan	Shaftesbury Barnet Harriers	58.88	58.18; 58.88; 54.29; nt; 56.38; 58.09
	242	Callum Woon	Isle of Wight AC	52.18	52.18; nt; nt; nt; nt

#### Under 20 Men Javelin (a)

CBP	B.Buwembo	Havering Mayesbrook AC	2008	67.14	
Posn	Num	Name	Club	Perf	Details
	248	Daniel Pembroke	Windsor S E & Hounslow	72.54 CBP	57.71; 66.57; 68.05; 72.54; 66.86; 67.06
	251	Sam Taylor-Outridge	Marshall Milton Keynes AC	63.17	63.17; -; 59.32; 59.98; -; nt
	250	Richard Shuttleworth	City of Portsmouth AC	59.70	52.82; 56.74; 51.38; 59.70; nt; 49.50
	246	Craig Lacy	Cambridge Harriers	54.36	51.95; 54.36; 53.84; 51.46; 52.18; 50.14
	245	Bradley Burr	Havering Mayesbrook AC	53.62	Nt; 52.65; nt; 50.57; 53.24; 53.62

6	243	George Bean	Havering Mayesbrook AC	48.34	44.65; nt; 47.69; 48.34; nt; 47.07
7	244	David Brice	Aldershot Farnham & DAC	46.29	Nt; 45.40; 44.80; nt; nt; 46.29

# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June 2009

### Under 20 Women 100 Metres (b)

**CBP A.Philip** **Newham & Essex Beagles AC** **2007** **11.54**

#### HEAT 1

W/S -0.6

Posn	Num	Name	Club	Heat 1	Perf
1	15	Annie Tagoe	Thames Valley Harriers	Q	11.97
2	5	Twinelle Hopeson	Croydon Harriers	Q	12.14
3	9	Bethanie Moore	Colchester Harriers	Q	12.67
4	8	Chloe Mays	Windsor S E & Hounslow	q	12.90
5	13	Grace Sheppard	Blackheath & Bromley Harriers	q	12.96
6	2	Samantha Beckett	Ashford AC		13.22
7	3	Gladis Bitulu	Ealing Southall & Middlesex AC		13.33

#### HEAT 2

W/S -0.9

Posn	Num	Name	Club	Heat 2	Perf
1	11	Marilyn Nwawulor	Harrow AC	Q	12.14
2	16	Lorraine Ugen	Blackheath & Bromley Harriers	Q	12.40
3	1	Eleanor Ball	Guildford & Godalming AC	Q	12.60
4	18	Emma Wakrim	Sutton & District AC		13.07
5	19	Rebekah Wiltshire	Thames Valley Harriers		13.23
6	12	Kirsty Shepherd	Basildon AC		13.42

#### FINAL

W/S -3.0

Posn	Num	Name	Club	Final	Perf
1	5	Twinelle Hopeson	Croydon Harriers		12.24
2	11	Marilyn Nwawulor	Harrow AC		12.25
3	16	Lorraine Ugen	Blackheath & Bromley Harriers		12.36
4	1	Eleanor Ball	Guildford & Godalming AC		12.70
5	9	Bethanie Moore	Colchester Harriers		12.90
6	8	Chloe Mays	Windsor S E & Hounslow		13.11
7	13	Grace Sheppard	Blackheath & Bromley Harriers		13.28
DNS	15	Annie Tagoe	Thames Valley Harriers		

### Under 20 Women 200 Metres (a)

**CBP V.James** **Belgrave Harriers** **2001** **23.6**

#### HEAT 1

W/s +3.5

Posn	Num	Name	Club	Heat	Perf
1	5	Twinelle Hopeson	Croydon Harriers	1	24.36 Q
2	8	Chloe Mays	Windsor S E & Hounslow	1	25.41 Q
3	3	Gladis Bitulu	Ealing Southall & Middlesex AC	1	26.64 Q
4	12	Kirsty Shepherd	Basildon AC	1	26.93
5	23	Sarah Kigozi	Newham & Essex Beagles AC	1	27.05

#### HEAT 2

W/s +3.3

1	20	Amy Allcock	Aldershot Farnham & DAC	2	24.73 Q
2	21	Frederica Foster	South London Harriers	2	24.88 Q
3	22	Rebecca Hussey	Oxford City AC	2	25.28 Q
4	7	Aleasha Kiddle	Braintree & District AC	2	25.42 q
5	18	Emma Wakrim	Sutton & District AC	2	25.87 q
6	24	Julienne Manuella A Boe	South London Harriers	2	29.33

**Under 20 Women 200 Metres (a)****CBP V.James****Belgrave Harriers****2001****23.6****Final**

Posn	Num	Name	Club	Heat	W/s +1.8 Perf
1	5	Twinelle Hopeson	Croydon Harriers		24.13
2	20	Amy Allcock	Aldershot Farnham & DAC		24.80
3	21	Frederica Foster	South London Harriers		24.97
4	8	Chloe Mays	Windsor S E & Hounslow		25.29
5	22	Rebecca Hussey	Oxford City AC		25.32
6	18	Emma Wakrim	Sutton & District AC		25.96
7	3	Gladis Bitulu	Ealing Southall & Middlesex AC		26.89
DNF	7	Aleasha Kiddle	Braintree & District AC		

**Under 20 Women 400 Metres (a)****CBP H.Croxford****Winchester & District AC****2007****54.28****HEAT 1**

Posn	Num	Name	Club	Heat	Perf
1	59	Laura Wake	Herts Phoenix AC	1	56.48 Q
2	21	Frederica Foster	South London Harriers	1	56.83 Q
3	20	Amy Allcock	Aldershot Farnham & DAC	1	57.59 Q
4	54	Rachel Hanagan	Ashford AC	1	57.95 q
5	60	Helen Waters	West Suffolk AC	1	1.03.86
DNF	55	Amy McDonald	Enfield & Haringey AC	1	
DNS	45	Katrina Cosby	Blackheath & Bromley Harriers	1	

**HEAT 2**

1	56	Victoria Ohuruogo	Newham & Essex Beagles AC	2	55.83 Q
2	51	Yimika Adewakun	Sutton & District AC	2	56.34 Q
3	58	Adelle Tracey	Guildford & Godalming AC	2	56.75 Q
4	62	Deborah Willis	Herts Phoenix AC	2	57.59 q
5	53	Gemma Dawkins	Channel Islands AC	2	59.08
6	38	Gwen Thornton	Highgate Harriers	2	59.59
7	52	Neha Dabhi	Newham & Essex Beagles AC	2	1.00.89

**Under 20 Women 400 Metres (b)****CBP H.Croxford****Winchester & District AC****2007****54.28****Final**

Posn	Num	Name	Club	Final	Perf
1	56	Victoria Ohuruogo	Newham & Essex Beagles AC		55.26
2	59	Laura Wake	Herts Phoenix AC		55.48
3	58	Adelle Tracey	Guildford & Godalming AC		56.14
4	51	Yimika Adewakun	Sutton & District AC		56.26
5	20	Amy Allcock	Aldershot Farnham & DAC		57.65
6	54	Rachel Hanagan	Ashford AC		58.15
7	62	Deborah Willis	Herts Phoenix AC		58.85
DQ	21	Frederica Foster	South London Harriers		

**Under 20 Women 800 Metres (a)****CBP C.Best****Crawley AC****2003****2.06.56****HEAT 1**

Posn	Num	Name	Club	Heat	Perf
1	70	Gemma Kersey	Basildon AC	1	2.20.41Q
2	67	Hannah Edwards	Herne Hill Harriers	1	2.21.47Q
3	64	Jenny Beckingham	Southampton AC	1	2.21.99Q
4	69	Sian Harry	Herts Phoenix AC	1	2.23.18
5	72	Cerian Lancaster	Brighton & Hove City AC	1	2.26.74
6	66	Sophie Dundovic	Cambridge University AC	1	2.28.51

**HEAT 2**

1	57	Katie Snowden	Herne Hill Harriers	2	2.15.31Q
2	74	Molly Renfer	Kingston AC & Poly Harriers	2	2.15.54Q
3	65	Melissa Courtney	Poole AC	2	2.15.89Q
4	73	Rachel McClay	Bracknell AC	2	2.16.32q
5	63	Leah Barrow	Windsor S E & Hounslow	2	2.17.12q
6	68	Caroline Ford	Cambridge Harriers	2	2.17.74
7	71	Rachel Kitchen	Cambridge University AC	2	2.24.86

**Under 20 Women 800 Metres (b)**

**CBP C.Best** **Crawley AC** **2003** **2.06.56**

**Final**

Posn	Num	Name	Club	Final	Perf
1	57	Katie Snowden	Herne Hill Harriers		2:10.15
2	64	Jenny Beckingham	Southampton AC		2:10.69
3	73	Rachel McClay	Bracknell AC		2:10.85
4	74	Molly Renfer	Kingston AC & Poly Harriers		2:10.91
5	70	Gemma Kersey	Basildon AC		2:11.13
6	67	Hannah Edwards	Herne Hill Harriers		2:12.10
7	65	Melissa Courtney	Poole AC		2:12.34
8	63	Leah Barrow	Windsor S E & Hounslow		2:16.95

**Under 20 Women 1,500 Metres (a)**

**CBP P.Radcliffe** **Bedford AC** **1992** **4.16.82**

**Final**

Posn	Num	Name	Club	Heat	Perf
1	79	Brittany Saville	Worthing & District Harriers		4.40.84
2	78	Leigh Lattimore	Harrow AC		4.46.92
3	81	Katie-Ann Tuttlebury	Chelmsford AC		4.50.83
4	82	Victoria Walker	Shaftesbury Barnet Harriers		4.56.52
5	80	Catherine Symons	Tonbridge AC		5.01.62
6	77	Sarah Johnson	Havant AC		5.52.7

**Under 20 Women 3,000 Metres (b)**

**CBP S.Twell** **Aldershot Farnham & District AC** **2007** **9.15.04**

**Final**

Posn	Num	Name	Club	Final	Perf
1	88	Grace Nicholls	Tonbridge AC		9:37.03
2	90	Hannah Walker	Dacorum & Tring AC		9:41.64
3	87	Beth Carter	Invicta East Kent AC		10:05.94
4	84	Claire Arnold	Aldershot Farnham & DAC		11:28.42

**Under 20 Women 100 Metres Hurdles (b)**

**CBP J.Pratt** **Essex Ladies** **1998** **13.57**

**HEAT 1**

Posn	Num	Name	Club	Heat	Perf
1	34	Sandra Seaton	Epsom & Ewell Harriers	Q	14.90
2	37	Lauren Thompson	Herts Phoenix AC	Q	15.44
3	39	Kirsty Warland	Oxford City AC	Q	15.67
4	29	Charlotte Cattermole	Ipswich Harriers		15.77
DNF	19	Rebekah Wiltshire	Thames Valley Harriers		
DQ	28	Georgia Atkins	Chelmsford AC		
DNS	35	Jessica Shuttleworth	City of Portsmouth AC		

**HEAT 2**

Posn	Num	Name	Club	Heat	Perf
					W/S -2.4
					-0.6

1	30	Claire Humphries	Herts Phoenix AC	Q	14.81
2	50	Emily Stevens	Herts Phoenix AC	Q	14.95
3	27	Gabriella Ade-Onojobi	Cambridge Harriers	Q	14.97
4	33	Jenny Robinson	Exeter Harriers	q	14.99
5	36	Megan Southwart	Blackheath & Bromley Harriers	q	15.64
6	31	Rachael Nakaye	Harrow AC		16.11
7	32	Anne Rees	Stevenage & North Herts AC		16.85

FINAL				W/S	
Posn	Num	Name	Club	Final	Perf
1	30	Claire Humphries	Herts Phoenix AC		14.65
2	33	Jenny Robinson	Exeter Harriers		14.71
3	34	Sandra Seaton	Epsom & Ewell Harriers		14.80
4	50	Emily Stevens	Herts Phoenix AC		14.93
5	27	Gabriella Ade-Onojobi	Cambridge Harriers		14.99
6	37	Lauren Thompson	Herts Phoenix AC		15.49
7	36	Megan Southwart	Blackheath & Bromley Harriers		15.82
DNF	39	Kirsty Warland	Oxford City AC		

#### 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	Heat	Perf
1	42	Laura Burke	Windsor S E & Hounslow	1	1.03.52 Q
2	44	Millie Clifford	Southampton AC	1	1.05.02 Q
3	50	Emily Stevens	Herts Phoenix AC	1	1.05.14 Q
4	49	Hannah Lloyd	Herts Phoenix AC	1	1.05.44q
5	27	Gabriella Ade-Onojobi	Cambridge Harriers	1	1.07.49

#### HEAT 2

Posn	Num	Name	Club	Heat	Perf
1	46	Gabrielle Coveney	Ealing Southall & Middlesex AC	2	1.02.27 Q
2	45	Katrina Cosby	Blackheath & Bromley Harriers	2	1.03.28 Q
3	43	Felicity Clarke	Havering Mayesbrook AC	2	1.05.38 Q
4	35	Jessica Shuttleworth	City of Portsmouth AC	2	1.06.00 q
5	36	Megan Southwart	Blackheath & Bromley Harriers	2	1.06.10
6	2	Samantha Beckett	Ashford AC	2	1.09.37

#### Under 20 Women 400 Metres Hurdles (b)

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

#### Final

Posn	Num	Name	Club	Final	Perf
1	45	Katrina Cosby	Blackheath & Bromley Harriers		1:00.41
2	46	Gabrielle Coveney	Ealing Southall & Middlesex AC		1:00.72
3	42	Laura Burke	Windsor S E & Hounslow		1:00.75
4	50	Emily Stevens	Herts Phoenix AC		1:03.30
5	44	Millie Clifford	Southampton AC		1:03.71
6	49	Hannah Lloyd	Herts Phoenix AC		1:04.01
7	43	Felicity Clarke	Havering Mayesbrook AC		1:05.05
8	35	Jessica Shuttleworth	City of Portsmouth AC		1:06.40

#### Under 20 Women 2,000 Metres Steeplechase (a)

**CBP R.Senior City of Norwich AC 2006 6.50.29**

#### Final

Posn	Num	Name	Club	Final	Perf
1	91	Aiya Abe	Southampton AC		6.53.05



2	93	Pippa Woolven	Wycombe Phoenix Harriers & AC	7.04.50
3	92	Zoe Levin	Shaftesbury Barnet Harriers	8.09.83

# SEAA U20/Senior Championships - Crystal Palace

## 12(a)/13(b) June 2009

### Under 20 Women High Jump (a)

**CBP J.Jennings West Suffolk AC 1988 1.83**

Posn	Num	Name	Club	Perf	Details
1	94	Hannah Frith	Bedford & County AC	1.70	1.55o;1.60o;1.65xo;1.70xo;1.72xxx
2	11	Marilyn Nwawulor	Harrow AC	1.65	1.60x0;1.65xxo;1.70xxx
3	95	Jenny Hutchings	Herts Phoenix AC	1.60	1.50o;1.55o;1.60xo;1.65xxx
3	99	Chloe Vernon-Hamilton	Stevenage & North Herts AC	1.60	1.50o;1.55o;1.60xo;1.65xxx

### Under 20 Women Pole Vault (b)

**CBP J.Ive Sutton & District AC 2008 3.95**

Posn	Num	Name	Club	Perf	Details
1	101	Ellie Besford	Chelmsford AC	3.80	3.60xo; 3.70xo; 3.80xxo; 3.90xxx
2	110	Rosa Williams	Herne Hill Harriers	3.20	2.90o; 3.00o; 3.10o; 3.20o; 3.30xxx
3	109	Angharad Seaton	Herne Hill Harriers	3.10	2.50o; 2.70xo; 2.80-; 2.90xo; 3.00xo; 3.10o; 3.20xxx
4	108	Christina Moore	Blackheath & Bromley Harriers	3.00	2.90xxo; 3.0o; 3.10xxx
5	106	Sophie Millett	Chichester Runners & AC	2.90	2.50xo; 2.70xo; 2.80o; 2.90o; 3.00xxx
6	102	Hannah Besford	Chelmsford AC	2.90	2.50o; 2.70o; 2.80o; 2.90xxo; 3.00xxx
7	105	Lauren Kennedy	Chelmsford AC	2.70	2.50o; 2.70xxo; 2.80xxx
	32	Anne Rees	Stevenage & North Herts AC	Npr	3.20xxx
	104	Jade Ive	Shaftesbury Barnet Harriers	npr	3.50xxx

### Under 20 Women Long Jump (a)

**CBP J.Johnson Herne Hill Harriers 1999 6.44**

Posn	Num	Name	Club	Perf	Details
1	16	Lorraine Ugen	Blackheath & Bromley Harriers	6.15 +3.3	Nj; 6.15/+3.3; nj; 5.52/1.5; 2.30/+0.9; 5.89/+1.1
2	113	Shanara Hibbert	Luton AC	5.56 +3.9	Nj; 5.32/+0.5; 5.56/+3.9; 5.36/+3.3; 5.29/+1.3; 5.07/+2.6
3	7	Aleasha Kiddle	Braintree & District AC	5.29 +1.0	Nj; nj; 5.21/1.9; 5.29/+1.0; nj; nj

### Under 20 Women Triple Jump (b)

**CBP K.Turner Windsor Slough Eton & Hounslow 2003 12.49**

Posn	Num	Name	Club	Perf	Details
1	111	Sarah Abrams	Sutton & District AC	11.66 1.1	10.24/ 0.6; 11.40/ -2.3; 11.24/ -2.5; -; 11.66/ 1.1; nj
2	114	Rachel Dean	Woodford Green w Essex L	10.96 2.5	10.76/ 0.6; nj; 10.96/ 2.5; 10.49/ 4.3; 10.89/ 1.9; 10.86/ 2.2;
3	116	Abigail Holman	Harrow AC	10.70 0.4	10.57/ 2.7; 10.70/ 0.4; 10.56/ 2.3; 10.61/ 2.3; 10.55/ 2.1; 10.45/ 2.0
4	117	Symone Keisha	Victoria Park H & Tower H AC	10.63 1.8	10.41/ -0.1; 10.58/ 1.8; 10.54/ 1.6; 10.07/ 2.1; 10.54/ 1.6; 10.63/ 1.8;

### Under 20 Women Shot (a)

**CBP J.Buttle Greenwich 1988 15.00**

Posn	Num	Name	Club	Perf	Details
1	119	Sabine Efiannayi	Blackheath & Bromley Harriers	12.39	Np; 12.21; 12.39; 11.42; 11.67; np
2	121	Anesa Wanogho	Cambridge Harriers	12.24	11.66; 12.24; 11.14; 10.82; np; 12.00
3	118	Hannah Bright	Braintree AC	10.46	10.46; np; 9.45; np; 10.07; 9.80;

### Under 20 Women Discus (b)

**CBP C.Smithson Brighton & Hove 2001 52.80**

Posn	Num	Name	Club	Perf	Details
1	122	Chelsea Coker	Chelmsford AC	33.69	Nt; nt; 27.32; 33.69; 33.28; 33.66

### Under 20 Women Hammer (b)

**CBP R.Blackie Blackheath & Bromley Harriers 2006 56.74**

Posn	Num	Name	Club	Perf	Details
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1	127	Louisa James	Hastings AC	53.89	51.76; 45.96; 53.42; 51.54; 49.87; 53.89
2	124	Helen Broadbridge	Newbury AC	49.16	46.71; 46.55; 49.16; 48.40; 47.99; 46.71
3	125	Jenna Cannell	City of Norwich AC	45.10	44.04; 42.54; 43.68; 43.01; 45.08; 45.10
4	122	Chelsea Coker	Chelmsford AC	44.98	42.93; 42.32; 44.98; nt; 44.02; 43.53;
5	126	Amy Clements	Shaftesbury Barnet Harriers	43.63	38.09; 43.03; 42.97; nt; nt; 43.63
6	129	Hayley Sayer	Cambridge & Coleridge AC	39.14	34.11; 39.14; 36.48; nt; nt; nt
7	130	Chloe Slater	Bexley AC	35.94	33.62; nt; 32.72; 32.95; 35.11; 35.94

**Under 20 Women Javelin (b)**

**CBP H.Thomas**

**Thurrock Harriers**

**2004**

**46.03**

<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	<b>Details</b>
<b>1</b>	<b>134</b>	<b>Izzy Jeffs</b>	<b>North Devon AC</b>	<b>46.81</b>	<b>45.85; 42.52; 40.45; 46.81; 45.44;</b>
				<b>CBP</b>	<b>46.02</b>
2	136	Kike Oniwinde	Havering Mayesbrook AC	44.00	42.15; 41.00; 38.50; 41.04; 39.91; 44.00
3	132	Danielle Anderson	Oxford City AC	41.81	38.39; nt; 41.81; nt; nt; nt
4	135	Eloise Meakins	Herts Phoenix AC	41.56	38.91; 38.05; 41.56; nt; 40.94; 37.52
5	133	Nicole Cara	Shaftesbury Barnet Harriers	29.08	27.35; nt; 25.27; 26.64; 29.08; nt