

**Senior Men 100 Metres (a)**

Posn	Num	Name	Club	1992	Perf
		CBP J Livingstone	Shaftesbury Barnet Harriers	10.09	
				w/s -2.2	
<b>Heat 1</b>					
1	59	Nigel Thomas	Thames Valley Harriers	10.81	Q
2	65	Andre Wright	Medway & Maidstone AC	10.84	Q
3	29	Tremayne Gilling	Blackheath & Bromley Harriers	10.85	Q
4	8	Duayne Bovell	Blackheath & Bromley Harriers	11.07	q
5	64	Josh Wood	Harrow AC	11.26	q
6	6	Moses Bawo	Thames Valley Harriers	11.31	q
7	50	Stuart Phillips	Bracknell AC	11.90	
				w/s -2.8	
<b>Heat 2</b>					
1	21	Tyrone Edgar	Newham & Essex Beagles AC	10.95	Q
2	11	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	11.24	Q
3	36	Rashid Kakozza	Newham & Essex Beagles AC	11.29	Q
4	3	Jermaine Alexander	Blackheath & Bromley Harriers	11.50	
5	54	Luke Sargeant	Crawley AC	11.61	
6	58	Daryl Thomas	Herne Hill Harriers	11.69	
7	60	Nnamdi Umeh	Woodford Green w Essex L	11.82	
				w/s -1.8	
<b>Heat 3</b>					
1	17	Charlie Dack	Southend on Sea AC	11.00	Q
2	47	Idris Ojuriye	Herne Hill Harriers	11.08	Q
3	27	Marvin Gayle	Newbury AC	11.23	Q
4	62	Oweka Wanogho	Croydon Harriers	11.27	q
5	49	Saul Paine	Victoria Park H & Tower H AC	11.42	q
6	63	Cameron Webb	Stevenage & North Herts AC	11.58	
7	31	Courtney Green	Kent AC	11.92	
				w/s -4.7	
<b>Heat 4</b>					
1	23	Kevin Ellis	Nene Valley Harriers	11.40	Q
2	26	Norman Fullard	Southampton AC	11.51	Q
3	22	Junior Ejehu	Woodford Green w Essex L	11.51	Q
4	46	Jeffrey Ocrah	Herne Hill Harriers	11.53	
5	39	Lee McLaughlin	Croydon Harriers	11.56	
6	37	Dima Koroma	Newbury AC	12.37	
				w/s -2.4	
<b>Heat 5</b>					
1	32	Darren Green	Luton AC	11.11	Q
2	18	William de Torvy	Thames Valley Harriers	11.15	Q
3	14	Gary Carr	Ashford AC	11.38	Q
4	41	Kwame Mensah-Bonsu	Thames Valley Harriers	11.45	q
5	1	Emanuel Adeyemi	Kent AC	11.49	
6	42	Monu Miah	Woodford Green w Essex L	11.53	
7	9	Aaron Broderick	Kent AC	12.22	
				w/s -2.6	
<b>Heat 6</b>					
1	57	Josh Swaray	Harrow AC	10.91	Q
2	28	Justin Geohagen	Shaftesbury Barnet Harriers	11.14	Q
3	44	Alex Murdock	Victoria Park H & Tower H AC	11.21	Q
4	16	Rian Corbin	Reading AC	11.47	
5	61	Luke Wale	Reading AC	11.55	
6	52	Sebastian Rodger	Crawley AC	11.65	
7	25	Lee Fulham	Brighton University	11.85	
				w/s -4.2	
<b>Semi Final 1</b>					
1	17	Charlie Dack	Southend on Sea AC	11.07	Q
2	18	William de Torvy	Thames Valley Harriers	11.11	Q
3	28	Justin Geohagen	Shaftesbury Barnet Harriers	11.11	q
4	27	Marvin Gayle	Newbury AC	11.31	
5	6	Moses Bawo	Thames Valley Harriers	11.44	
6	62	Oweka Wanogho	Croydon Harriers	11.46	
7	21	Tyrone Edgar	Newham & Essex Beagles AC		DQ
8	36	Rashid Kakozza	Newham & Essex Beagles AC		DQ

**Semi Final 2**

			w/s -4.1	
1	57 Josh Swaray	Harrow AC		10.94 Q
2	47 Idris Ojuriye	Herne Hill Harriers		11.03 Q
3	44 Alex Murdock	Victoria Park H & Tower H AC		11.10 q
4	32 Darren Green	Luton AC		11.39
5	64 Josh Wood	Harrow AC		11.47
6	11 Abdul-Wahab Buhari	Victoria Park H & Tower H AC		11.49
7	49 Saul Paine	Victoria Park H & Tower H AC		11.57
8	14 Gary Carr	Ashford AC		11.64

**Semi Final 3**

			w/s -3.7	
1	59 Nigel Thomas	Thames Valley Harriers		11.06 Q
2	65 Andre Wright	Medway & Maidstone AC		11.15 Q
3	22 Junior Ejehu	Woodford Green w Essex L		11.29
4	8 Duayne Bovell	Blackheath & Bromley Harriers		11.39
5	23 Kevin Ellis	Nene Valley Harriers		11.42
6	26 Norman Fullard	Southampton AC		11.43
7	41 Kwame Mensah-Bonsu	Thames Valley Harriers		11.65
8	29 Tremayne Gilling	Blackheath & Bromley Harriers		DNS

**Final**

			w/s -4.0	
1	65 Andre Wright	Medway & Maidstone AC		10.90
2	47 Idris Ojuriye	Herne Hill Harriers		10.94
3	59 Nigel Thomas	Thames Valley Harriers		10.97
4	28 Justin Geohagen	Shaftesbury Barnet Harriers		11.00
5	18 William de Torvy	Thames Valley Harriers		11.12
6	17 Charlie Dack	Southend on Sea AC		11.13
7	44 Alex Murdock	Victoria Park H & Tower H AC		11.15
8	57 Josh Swaray	Harrow AC		DNS

**Senior Men 200 Metres (b)**

CBP L Christie

Thames Valley Harriers

1992

20.71

**Posn Num Name****Club****Perf****Heat 1**

			w/s -1.0	
1	24 Luke Fagan	Enfield & Haringey AC		21.92 Q
2	79 Steve Johnson	Windsor S E & Hounslow		22.28 Q
3	71 Gwilym Cooper	Brighton & Hove City AC		22.59 Q
4	76 Justin Green	Kingston AC & Poly Harriers		22.76 q
5	16 Rian Corbin	Reading AC		22.83 q
6	3 Jermaine Alexander	Blackheath & Bromley Harriers		22.98
7	92 Lee Turner	Woking AC		24.06

**Heat 2**

			w/s -0.4	
1	47 Idris Ojuriye	Herne Hill Harriers		22.37 Q
2	86 Will Oyowe	Sheffield AC		22.48 Q
3	77 Tom Higgs	Tonbridge AC		22.62 Q
4	88 Byron Robinson	Herne Hill Harriers		22.88
5	54 Luke Sargeant	Crawley AC		23.05
6	81 Abraham Newell	Southampton AC		23.18
7	9 Aaron Broderick	Kent AC		24.73

**Heat 3**

			w/s -1.0	
1	78 Jason Hussain	Crawley AC		21.77 Q
2	65 Andre Wright	Medway & Maidstone AC		21.90 Q
3	93 Lawrence Wooldridge	Kent AC		21.98 Q
4	72 Lawrence Croll Mensah	Herne Hill Harriers		22.54 q
5	90 Steve Tester	Tonbridge AC		22.94
6	58 Daryl Thomas	Herne Hill Harriers		24.07
7	68 Tunde Balogun	Victoria Park H & Tower H AC		DQ

**Heat 4**

			w/s 0.0	
1	89 Lumar Sylvester	Thames Valley Harriers		22.26 Q
2	34 Antonio Infantino	Shaftesbury Barnet Harriers		22.39 Q
3	11 Abdul-Wahab Buhari	Victoria Park H & Tower H AC		22.83 Q

4	27	Marvin Gayle	Newbury AC	22.87	q
5	87	Bill Porter	Loughborough University AC	23.06	
6	83	Emmanuel Ogunjinmi	Kent AC	23.16	
7	70	Nathan Brown	Victoria Park H & Tower H AC	23.40	
8	67	Richard Agyapong	Hercules Wimbledon AC	23.46	
<b>Semi Final 1</b>				w/s -4.0	
1	65	Andre Wright	Medway & Maidstone AC	22.07	Q
2	93	Lawrence Wooldridge	Kent AC	22.07	Q
3	47	Idris Ojuriye	Herne Hill Harriers	22.31	Q
4	72	Lawrence Croll Mensah	Herne Hill Harriers	22.64	Q
5	27	Marvin Gayle	Newbury AC	22.91	
6	78	Jason Hussain	Crawley AC	23.28	
7	11	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	23.35	
8	86	Will Oyowe	Sheffield AC		DNS
<b>Semi Final 2</b>				w/s -4.1	
1	24	Luke Fagan	Enfield & Haringey AC	22.19	Q
2	89	Lumar Sylvester	Thames Valley Harriers	22.36	Q
3	79	Steve Johnson	Windsor S E & Hounslow	22.68	Q
4	77	Tom Higgs	Tonbridge AC	22.88	Q
5	71	Gwilym Cooper	Brighton & Hove City AC	23.03	
6	76	Justin Green	Kingston AC & Poly Harriers	23.04	
7	16	Rian Corbin	Reading AC	23.25	
8	34	Antonio Infantino	Shaftesbury Barnet Harriers		DNS
<b>Final</b>				w/s -3.3	
1	24	Luke Fagan	Enfield & Haringey AC	21.72	
2	47	Idris Ojuriye	Herne Hill Harriers	21.84	
3	65	Andre Wright	Medway & Maidstone AC	21.91	
4	93	Lawrence Wooldridge	Kent AC	22.03	
5	89	Lumar Sylvester	Thames Valley Harriers	22.09	
6	79	Steve Johnson	Windsor S E & Hounslow	22.36	
7	72	Lawrence Croll Mensah	Herne Hill Harriers	22.48	
8	77	Tom Higgs	Tonbridge AC	24.20	
<b>Senior Men 400 Metres (a)</b>					
		<b>CBP A Mafe</b>	<b>London Irish AC</b>	<b>1992</b>	<b>45.81</b>
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>	
<b>Heat 1</b>					
1	129	Tom Druce	Channel Islands AC	49.30	Q
2	147	Matthew Threadgold	Belgrave Harriers	49.64	Q
3	131	David Eames	Newbury AC	50.05	Q
4	123	Adam Bellis	Kingston AC & Poly Harriers	51.88	q
5	143	Tyson Oladokun	Victoria Park H & Tower H AC	52.89	
6	120	Emmanuel Adebayo	Kent AC	55.77	
7	130	Jason Dwaah	Victoria Park H & Tower H AC	57.97	
<b>Heat 2</b>					
1	86	Will Oyowe	Sheffield AC	50.02	Q
2	139	Andrew Kendall	Hillingdon AC	50.47	Q
3	134	Matt Hamilton	Herts Phoenix AC	50.60	Q
4	144	Adam Omisore	Kingston AC & Poly Harriers	52.21	q
5	125	David Bolton	Southampton AC	53.18	
6	128	Thomas Doran	Southampton AC	55.39	
<b>Heat 3</b>					
1	148	Alloy Wilson	Blackheath & Bromley Harriers	49.01	Q
2	122	Nicholas Atwell	Herne Hill Harriers	50.03	Q
3	135	Matthew Harrison	Crawley AC	50.13	Q
4	133	Hamiim Lubega	Victoria Park H & Tower H AC	51.65	q
5	82	Leslie Odamtten- Addy	Shaftesbury Barnet Harriers	52.31	
6	132	Stephen Goreham	Hillingdon AC	52.65	
<b>Heat 4</b>					

1	142	Richard Morrissey	Havering Mayesbrook AC	49.38	Q
2	137	Markus Hunt	Chelmsford AC	49.39	Q
3	121	Samuel Adeyemi	Herne Hill Harriers	49.83	Q
4	145	Peter Phillips	Herne Hill Harriers	49.93	q
5	127	Adam Cowburn	Southampton AC	53.65	
6	124	Martin Bigg	Shaftesbury Barnet Harriers	55.09	

**Semi Final 1**

1	148	Alloy Wilson	Blackheath & Bromley Harriers	48.48	Q
2	137	Markus Hunt	Chelmsford AC	48.83	Q
3	134	Matt Hamilton	Herts Phoenix AC	48.94	Q
4	86	Will Oyowe	Sheffield AC	49.00	Q
5	139	Andrew Kendall	Hillingdon AC	49.42	
6	121	Samuel Adeyemi	Herne Hill Harriers	49.51	
7	145	Peter Phillips	Herne Hill Harriers	50.53	
8	144	Adam Omisore	Kingston AC & Poly Harriers	51.04	

**Semi Final 2**

1	142	Richard Morrissey	Havering Mayesbrook AC	48.23	Q
2	129	Tom Druce	Channel Islands AC	49.15	Q
3	133	Hamiim Lubega	Victoria Park H & Tower H AC	49.54	Q
4	122	Nicholas Atwell	Herne Hill Harriers	49.93	Q
5	135	Matthew Harrison	Crawley AC	50.26	
6	147	Matthew Threadgold	Belgrave Harriers	50.38	
7	131	David Eames	Newbury AC	50.71	
8	123	Adam Bellis	Kingston AC & Poly Harriers	52.72	

**Final (b)**

1	129	Tom Druce	Channel Islands AC	46.95	
2	142	Richard Morrissey	Havering Mayesbrook AC	47.90	
3	134	Matt Hamilton	Herts Phoenix AC	48.47	
4	137	Markus Hunt	Chelmsford AC	48.48	
5	148	Alloy Wilson	Blackheath & Bromley Harriers	48.83	
6	122	Nicholas Atwell	Herne Hill Harriers	49.71	
7	133	Hamiim Lubega	Victoria Park H & Tower H AC	50.32	
8	86	Will Oyowe	Sheffield AC	DNS	

**Senior Men 800 Metres (a)**

CBP A Lill

Newham &amp; Essex Beagles AC

1992

1.46.84

**Posn Num Name****Club****Perf****Heat 1**

1	152	Harry Fisher	Southampton AC	1.57.70	Q
2	169	Dan Stepney	Phoenix AC	1.58.16	Q
3	165	Andrejs Safars	Medway & Maidstone AC	1.59.41	
4	155	Rhys Glastonbury	Windsor S E & Hounslow	1.59.61	
5	162	Liam McNabola	Luton AC	2.00.19	
6	167	David Smale	Southend on Sea AC	2.01.35	

**Heat 2**

1	156	Rory Graham-Watson	Windsor S E & Hounslow	1.54.96	Q
2	166	Jonathan Slade	Southampton AC	1.55.24	Q
3	171	Ben Wiffen	Tonbridge AC	1.55.45	q
4	149	Mark Booth	Wycombe Phoenix Harriers & AC	1.57.02	
5	161	David McKinlay	Blackheath & Bromley Harriers	1.59.65	
6	164	Daniel Poulton	Stevenage & North Herts AC	DNF	

**Heat 3**

1	151	Steve Fennell	Tonbridge AC	1.54.87	Q
2	158	Ben Harding	Blackheath & Bromley Harriers	1.55.40	Q
3	160	Chris Johnson	Crawley AC	1.55.66	q
4	163	Shaka Palmer	Enfield & Haringey AC	1.59.16	
5	168	Peter Smale	Southend on Sea AC	2.00.76	
6	159	Alexander Hookway	Tonbridge AC	2.01.11	
7	153	Alexander Flynn	Aldershot Farnham & DAC	DQ	

**Final (b)**

1	151	Steve Fennell	Tonbridge AC	1.49.67
2	156	Rory Graham-Watson	Windsor S E & Hounslow	1.50.87
3	169	Dan Stepney	Phoenix AC	1.51.00
4	152	Harry Fisher	Southampton AC	1.51.80
5	160	Chris Johnson	Crawley AC	1.52.90
6	166	Jonathan Slade	Southampton AC	1.53.27
7	171	Ben Wiffen	Tonbridge AC	1.55.22
8	158	Ben Harding	Blackheath & Bromley Harriers	2.00.33

**Senior Men 1,500 Metres**

CBP S Ovett

Phoenix AC

1985

3.38.51

**Posn Num Name****Club****Perf****Final (a)**

1	182	Martin Mashford	Aldershot Farnham & DAC	3.57.60
2	190	James Tydeman	Basildon AC	3.58.57
3	191	Ben Tyler	Medway & Maidstone AC	4.02.22
4	178	Samuel Deathe	Marshall Milton Keynes AC	4.03.95
5	172	Matthew Willmott	Marshall Milton Keynes AC	4.05.55
6	180	Thomas Gardner	Ilford AC	4.05.68
7	185	Craig Price	Kingston AC & Poly Harriers	4.05.84
8	187	Adam Stainsby	Worthing & District Harriers	4.05.93
9	177	Mike Cummings	Herne Hill Harriers	4.06.20
10	184	Russ Osborn	Southampton AC	4.11.12
11	189	Robert Thompson	Hillingdon AC	4.11.60
12	183	Simon Millett	Windsor S E & Hounslow	4.15.29
13	186	Adam Searle	Stevenage & North Herts AC	4.15.73
14	192	Grant Webb	Basildon AC	4.20.75
15	176	Eddie Costello	Colchester Harriers	4.22.70
16	173	Tiago Branco	Serpentine RC	4.27.19

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

CBP G Minty

Thames Valley Harriers

1972

13.38.0

**Posn Num Name****Club****Perf**

1	298	Mark Sanford	Basildon AC	14.53.18
2	215	Steven Phillips	Southampton AC	14.53.66
3	207	Matthew Dumigan	Swansea Harriers	14.55.41
4	201	Harry Carter	City of Portsmouth AC	14.59.65
5	209	Josh Guilman	Phoenix AC	15.04.75
6	217	Christopher Thomson	Swansea Harriers	15.06.88
7	218	Nick Wood	Dartford Harriers AC	15.11.80
8	204	Steven Connor	Aldershot Farnham & DAC	15.12.76
9	180	Thomas Gardner	Ilford AC	15.31.16
10	214	Ben Paviour	Herne Hill Harriers	15.33.19
11	196	James Baker	Chichester Runners & AC	15.42.39
12	202	Ben Cole	Tonbridge AC	15.43.52
13	195	Jamie Ashton	Bracknell AC	15.45.90
14	216	Andrew Robinson	Kingston AC & Poly Harriers	15.47.38
15	205	Andrew Conway	Aldershot Farnham & DAC	15.49.34
16	208	Steve Gallienne	Bideford AAC	15.51.29
17	211	Kevin Mason	Brighton & Hove City AC	15.52.42
18	197	Martin Bateman	Hillingdon AC	15.58.27
19	212	Rob McTaggart	Bournemouth AC	16.01.62
20	206	Anupam Das	Hillingdon AC	16.23.66
21	213	Alex Mouradian	Bracknell AC	16.34.37
22	199	Miguel Branco	Serpentine RC	16.42.68
23	194	Luke Allen	City of Norwich AC	17.04.06

**Senior Men 110 Metres Hurdles (b)**

Posn	Num	Name	Club	Perf
		CBP H Teape	Borough of Enfield Harriers	1990
				13.71
<b>Final</b>				
				w/s 0.3
1	97	Nicholas Gayle	Sale Harriers	14.65
2	96	Yannick Budd	Bristol & West AC	15.03
3	95	Martin Brockman	Medway & Maidstone AC	15.67
4	99	James McLean	Southend on Sea AC	15.81
5	98	Anthony Hartis	Belgrave Harriers	19.96

**Senior Men 400 Metres Hurdles (a)**

Posn	Num	Name	Club	Perf
		CBP M Robertson	Wolverhampton & Bilston AC	1986
				49.56
<b>Heat 1</b>				
1	107	Peter Irving	Channel Islands AC	53.91 Q
2	102	Andy Clements	Windsor S E & Hounslow	54.35 Q
3	119	Alec Wing	Victoria Park H & Tower H AC	54.46 Q
4	114	Sean Reidy	Nene Valley Harriers	54.62 q
5	111	Adam McCarthy	Havering Mayesbrook AC	55.75
6	108	Bertie Lewis	Reading AC	57.30
7	117	Didier Sorel	Herne Hill Harriers	60.56
8	101	Jordan Aromasodu	Victoria Park H & Tower H AC	dnf
<b>Heat 2</b>				
1	105	Ashley Fry	Windsor S E & Hounslow	52.92 Q
2	109	Jonathan Lodowski	Enfield & Haringey AC	53.43 Q
3	116	Zak Saucedo	Enfield & Haringey AC	54.00 Q
4	112	Isaac Ogunlade	Havering Mayesbrook AC	54.57 q
5	115	JC Roghi	Belgrave Harriers	55.59
6	113	Sam Parsons	Brighton & Hove City AC	55.96
7	118	Christopher Stubbings	Southend on Sea AC	58.46
8	106	Richard Holt	Blackheath & Bromley Harriers	59.41
<b>Final (b)</b>				
1	105	Ashley Fry	Windsor S E & Hounslow	52.98
2	109	Jonathan Lodowski	Enfield & Haringey AC	53.13
3	112	Isaac Ogunlade	Havering Mayesbrook AC	53.28
4	119	Alec Wing	Victoria Park H & Tower H AC	53.90
5	107	Peter Irving	Channel Islands AC	53.96
6	102	Andy Clements	Windsor S E & Hounslow	54.04
7	114	Sean Reidy	Nene Valley Harriers	54.73
8	116	Zak Saucedo	Enfield & Haringey AC	55.06

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

Posn	Num	Name	Club	Perf
		CBP M Rowland	Phoenix AC	1989
				8.30.34
<b>Final</b>				
1	222	Shaun Collins	Enfield & Haringey AC	9.35.57
2	219	Thomas Beedell	Kingston AC & Poly Harriers	9.37.89
3	225	Matthew Grant	Shaftesbury Barnet Harriers	9.43.49
4	220	Oliver Berry	Exeter Harriers	9.48.3* manual time
5	223	Tom Collins	Medway & Maidstone AC	9.52.33
6	224	Patrick Davoren	Phoenix AC	10.14.43
7	226	Angus Holford	Woodford Green AC	10.24.16
8	229	Eliot Winter	Marshall Milton Keynes AC	DNS

**Senior Women 100 Metres (a)**

CBP S Thomas		Borough of Hounslow	1983	11.31
Posn	Num Name	Club	Perf	
<b>Heat 1</b>				
			w/s -3.2	
1	10 Asha Philip	Newham & Essex Beagles AC	12.00	Q
2	1 Shelley Bowen	Reading AC	12.36	Q
3	6 Azaria Francis	Woodford Green w Essex L	12.45	Q
4	18 Michelle Watson	Herne Hill Harriers	12.54	q
5	7 Emily Martin	Hercules Wimbledon AC	12.82	
6	5 Deborah Fleming	Bath University	13.04	
7	13 Kirsty Shepherd	Basildon AC	13.47	
8	12 Lesley Richardson	Enfield & Haringey AC	15.66	
<b>Heat 2</b>				
			w/s -2.6	
1	17 Torema Thompson	Enfield & Haringey AC	12.25	Q
2	2 Shereen Charles	Ealing Southall & Middlesex AC	12.62	Q
3	8 Leah Moore	Windsor S E & Hounslow	12.72	Q
4	11 Jade Phillips	Herne Hill Harriers	12.72	q
5	3 Katie Cundall	Thames Valley Harriers	12.76	
6	9 Emily Newton	Southampton AC	12.99	
7	15 Lyndsay St Luce Boyce	Herne Hill Harriers	13.26	
<b>Final</b>				
			w/s -3.6	
1	17 Torema Thompson	Enfield & Haringey AC	12.43	
2	1 Shelley Bowen	Reading AC	12.47	
3	6 Azaria Francis	Woodford Green w Essex L	12.51	
4	2 Shereen Charles	Ealing Southall & Middlesex AC	12.68	
5	18 Michelle Watson	Herne Hill Harriers	12.71	
6	8 Leah Moore	Windsor S E & Hounslow	12.88	
7	11 Jade Phillips	Herne Hill Harriers	12.98	
8	10 Asha Philip	Newham & Essex Beagles AC	DNS	

**Senior Women 200 Metres (b)**

CBP B Callender		Reading AC	1983	23.08
Posn	Num Name	Club	Perf	
<b>Heat 1</b>				
			w/s 0.1	
1	4 Joey Duck	Marshall Milton Keynes AC	24.66	Q
2	20 Denise Gayle	Enfield & Haringey AC	25.21	Q
3	18 Michelle Watson	Herne Hill Harriers	25.36	Q
4	22 Georgina Malster	Ipswich Harriers	25.48	q
5	25 Katherine Skelding	Woodford Green w Essex L	25.54	q
<b>Heat 2</b>				
			w/s 0.2	
1	26 Rachel Telfer-James	Enfield & Haringey AC	25.30	Q
3	3 Katie Cundall	Thames Valley Harriers	25.43	Q
4	19 Becca Carozzi	Southampton AC	25.77	Q
5	6 Azaria Francis	Woodford Green w Essex L	25.97	
6	27 Kim Wall	Basildon AC	DNS	
<b>Final</b>				
			w/s -1.5	
1	4 Joey Duck	Marshall Milton Keynes AC	24.55	
2	26 Rachel Telfer-James	Enfield & Haringey AC	25.06	
3	20 Denise Gayle	Enfield & Haringey AC	25.22	
4	3 Katie Cundall	Thames Valley Harriers	25.75	
5	22 Georgina Malster	Ipswich Harriers	25.77	
6	25 Katherine Skelding	Woodford Green w Essex L	25.85	
7	19 Becca Carozzi	Southampton AC	25.88	
8	18 Michelle Watson	Herne Hill Harriers	DNF	

**Senior Women 400 Metres (a)**

CBP M Neufville		Cambridge Harriers	1970	52.0
Posn	Num Name	Club	Perf	
<b>Heat 1</b>				



1	27	Kim Wall	Basildon AC	55.68	Q
2	63	Lesley Owusu	Windsor S E & Hounslow	56.58	Q
3	60	Rachael Lewington	Southampton AC	58.12	Q
4	57	Lyndsey Fairweather	Harrow AC	58.59	q
5	55	Tania-Cyrena Cyrus	Ealing Southall & Middlesex AC	60.70	
6	54	Emily Craven	Cambridge University AC	63.16	
7	64	Fredrica Peart	Blackheath & Bromley Harriers	65.42	

**Heat 2**

1	23	Shelayna Oskan	Windsor S E & Hounslow	56.12	Q
2	21	Dawn Hunt	Windsor S E & Hounslow	56.44	Q
3	59	Kate Laidlow	Cambridge Harriers	58.50	Q
4	56	Gemma Dawkins	Channel Islands AC	59.58	q
5	58	Nichola Gibson	Peterborough AC	61.61	
6	61	Lauren Longhurst	Chelmsford AC	62.41	

**Final (b)**

1	23	Shelayna Oskan	Windsor S E & Hounslow	54.92	
2	63	Lesley Owusu	Windsor S E & Hounslow	56.18	
3	59	Kate Laidlow	Cambridge Harriers	56.81	
4	60	Rachael Lewington	Southampton AC	56.92	
5	57	Lyndsey Fairweather	Harrow AC	57.95	
6	56	Gemma Dawkins	Channel Islands AC	59.17	
7	21	Dawn Hunt	Windsor S E & Hounslow	DNS	
8	27	Kim Wall	Basildon AC	DNS	

**Senior Women 800 Metres (a)**

CBP S Bailey

Bromley Ladies AC

1985

2.03.70

**Posn Num Name****Club****Perf****Final (a)**

1	71	Montana Jones	Aldershot Farnham & DAC	2.14.43	
2	53	Nina Anderson	Shaftesbury Barnet Harriers	2.14.45	
3	75	Corin Reynolds	Havant AC	2.15.64	
4	68	Helena Corbin	Woking AC	2.16.40	
5	72	Rebecca Long	Highgate Harriers	2.17.30	
6	76	Stacey Wheat	Colchester Harriers	2.17.71	
7	67	Nicola Bredin	Basildon AC	2.17.97	
8	73	Hayley Pearce	Reading AC	2.23.78	
9	69	Anne Doyle	Guildford & Godalming AC	2.31.95	

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

CBP C Cahill

Gateshead Harriers

1992

4.12.21

**Posn Num Name****Club****Perf****Final (a)**

1	77	Philippa Aukett	Shaftesbury Barnet Harriers	4.26.70	
2	87	Ceri Mitchell	Southampton AC	4.27.29	
3	88	Elaine Murty	Blackheath & Bromley Harriers	4.28.26	
4	78	Dani Barnes	Newquay & Par AC	4.32.58	
5	160	Emily Wicks	Aldershot Farnham & DAC	4.34.11	
6	80	Lara Bromilow	Marshall Milton Keynes AC	4.35.02	
7	86	Ashlee McGuigan	Harrow AC	4.40.46	
8	89	Deborah Niccol	Bristol & West AC	4.42.24	
9	82	Claire Kiely	Aldershot Farnham & DAC	4.42.34	
10	84	Naomi Lenane	Aldershot Farnham & DAC	4.42.46	
11	90	Rachel Phillips	Reading AC	4.48.41	
12	85	Jo Locker	Walton AC	4.57.34	
13	83	Cerian Lancaster	Brighton & Hove City AC	5.02.33	
14	92	Catherine Symons	Tonbridge AC	5.21.46	
15	79	Helen Branco	Serpentine RC	DNF	

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



Posn	Num	CBP D Peel Name	Crawley AC Club	1982 Perf	9.16.8
1	158	Grace Nicholls	Tonbridge AC	9:58.93	
2	96	Katie Good	Thames Valley Harriers	10:08.92	
3	80	Lara Bromilow	Marshall Milton Keynes AC	10:11.22	
4	94	Georgie Bruinvels	Aldershot Farnham & DAC	10:20.18	
5	97	Shavaun Henry	Blackheath & Bromley Harriers	10:24.83	
6	93	Laura Brenton	Southampton AC	10:36.27	
7	91	Bernadine Pritchett	Woodford Green w Essex L	10:49.09	

**Senior Women 100 Metres Hurdles (b)**

Posn	Num	CBP M Wilkins Name	Windsor S E & Hounslow Club	2000 Perf	13.17
<b>Final</b>					
				w/s -2.6	
1	35	Serita Solomon	Blackheath & Bromley Harriers	14.57	
2	33	Moe Sasegbon	Stevenage & North Herts AC	15.50	
3	30	Rebecca Jennings	Horsham Blue Star Harriers	15.61	
4	34	Harriet Shurley	Windsor S E & Hounslow	15.71	
5	36	Chloe Van Wulven	Havering Mayesbrook AC	15.79	
6	37	Chloe Whalley	Marshall Milton Keynes AC	16.56	
7	31	Heidi Nicholas	Basildon AC	16.57	

**Senior Women 400 Metres Hurdles (a)**

Posn	Num	CBP S Gunnell Name	Essex Ladies Club	1992 Perf	55.33
<b>Heat 1</b>					
1	44	Tracey Duncan	Woodford Green w Essex L	61.41 Q	
2	47	Kata Lannon	Sale Harriers	65.80 Q	
3	46	Caroline Heaney	Windsor S E & Hounslow	70.31 Q	
4	43	Louise Douglass	Basildon AC	DNF	
5	49	Lucy Spray	Bedford & County AC	DNF	
<b>Heat 2</b>					
1	42	Gabrielle Coveney	Ealing Southall & Middlesex AC	63.05 Q	
2	40	Emily Bonnett	Yeovil Olympiads AC	63.11 Q	
3	48	Susan McLoughlin	Walton AC	63.20 Q	
4	45	Jodie Favell	Sutton & District AC	64.31 q	
5	39	Martine Bomb	Enfield & Haringey AC	64.66 q	
6	51	Lizzie Thompson	Epsom & Ewell Harriers	65.79	
<b>Final (b)</b>					
1	44	Tracey Duncan	Woodford Green w Essex L	58.87	
2	42	Gabrielle Coveney	Ealing Southall & Middlesex AC	61.39	
3	40	Emily Bonnett	Yeovil Olympiads AC	61.81	
4	48	Susan McLoughlin	Walton AC	62.39	
5	47	Kata Lannon	Sale Harriers	63.53	
6	39	Martine Bomb	Enfield & Haringey AC	64.60	
7	45	Jodie Favell	Sutton & District AC	DNF	
8	46	Caroline Heaney	Windsor S E & Hounslow	DNS	

**Under 20 Men 100 Metres (b)**

CBP J Livingstone		Croydon Harriers	1990	10.4
Posn	Num Name	Club	Perf	
<b>Heat 1</b>				
			w/s -2.1	
1	19 Jerome Musa-Lawal	Shaftesbury Barnet Harriers	11.09	Q
2	9 Renard Frederick	Shaftesbury Barnet Harriers	11.14	Q
3	4 Tucker Bryant	Kingston AC & Poly Harriers	11.19	q
4	7 Kieran Daly	Blackheath & Bromley Harriers	11.23	q
5	29 Ashley Watson	Peterborough AC	11.44	
6	3 Calum Bressington	Southampton AC	11.94	
<b>Heat 2</b>				
			w/s -2.1	
1	27 Emmanuel Stephens	Thurrock Harriers AC	11.03	Q
2	25 Ryan Palmer	Huntingdonshire AC	11.25	Q
3	23 Michael Obiri - Darko	Ealing Southall & Middlesex AC	11.48	
4	16 Jack Miller	Bexley AC	11.59	
5	6 Lewis Cullen	Worthing & District Harriers	11.72	
6	26 Paris Pilgrim	Newham & Essex Beagles AC	11.83	
<b>Heat 3</b>				
			w/s -1.5	
1	14 Jordon Kirby-Polidore	Woodford Green w Essex L	11.37	Q
2	15 Alexander McNally	Peterborough AC	11.40	Q
3	10 Andre Gibbs	Croydon Harriers	11.57	
4	28 Jordan Thurston	Hillingdon AC	11.60	
5	18 Shaquille Momoh	Enfield & Haringey AC	11.65	
<b>Final</b>				
			w/s -2.5	
1	27 Emmanuel Stephens	Thurrock Harriers AC	10.97	
2	14 Jordon Kirby-Polidore	Woodford Green w Essex L	11.02	
3	9 Renard Frederick	Shaftesbury Barnet Harriers	11.17	
4	15 Alexander McNally	Peterborough AC	11.19	
5	25 Ryan Palmer	Huntingdonshire AC	11.24	
6	4 Tucker Bryant	Kingston AC & Poly Harriers	11.29	
7	7 Kieran Daly	Blackheath & Bromley Harriers	11.33	
8	19 Jerome Musa-Lawal	Shaftesbury Barnet Harriers	11.42	

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

CBP D Grant		Blackheath Harriers	2001	20.90
Posn	Num Name	Club	Perf	
<b>Heat 1</b>				
			w/s -4.9	
1	36 Simeon Ramsey Graham	Herne Hill Harriers	23.17	Q
2	29 Ashley Watson	Peterborough AC	23.19	Q
3	34 Darrellon Holding	Nene Valley Harriers	23.29	Q
4	33 Alex Bell	Dartford Harriers AC	23.55	
5	26 Paris Pilgrim	Newham & Essex Beagles AC	24.01	
6	37 Jahvaun Senior	Thames Valley Harriers	24.02	
7	23 Michael Obiri - Darko	Ealing Southall & Middlesex AC	24.27	
8	2 David Ajayi	Newham & Essex Beagles AC	24.59	
<b>Heat 2</b>				
1	14 Jordon Kirby-Polidore	Woodford Green w Essex L	22.22	Q
2	32 Omololu Abiodun	Woodford Green w Essex L	22.35	Q
3	28 Jordan Thurston	Hillingdon AC	22.83	Q
4	16 Jack Miller	Bexley AC	23.02	q
5	38 Colin Wint	Woodford Green w Essex L	23.46	q
6	10 Andre Gibbs	Croydon Harriers	23.65	
7	3 Calum Bressington	Southampton AC	23.92	
<b>Final</b>				
1	14 Jordon Kirby-Polidore	Woodford Green w Essex L	22.10	
2	36 Simeon Ramsey Graham	Herne Hill Harriers	22.14	
3	32 Omololu Abiodun	Woodford Green w Essex L	22.15	
4	28 Jordan Thurston	Hillingdon AC	22.57	
5	34 Darrellon Holding	Nene Valley Harriers	22.81	

6	16	Jack Miller	Bexley AC	22.82
7	29	Ashley Watson	Peterborough AC	22.85
8	38	Colin Wint	Woodford Green w Essex L	23.22

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

CBP M Rooney

Croydon Harriers

2005

47.75

**Posn Num Name****Club****Perf****Heat 1**

1	82	Paul Scanlan	Woodford Green w Essex L	50.06 Q
2	84	Oliver Smith	Chichester Runners & AC	50.10 Q
3	75	Jake King	Southend on Sea AC	50.79 q
4	85	Adam Taylor	Sutton & District AC	51.73
5	86	Lennox Thompson	Newham & Essex Beagles AC	52.56
6	71	Michael Edwards	Enfield & Haringey AC	53.96

**Heat 2**

1	73	Austin Joseph	Woodford Green w Essex L	50.34 Q
2	74	Gus Kennedy	Phoenix AC	50.99 Q
3	78	Lolu Oluwole - Ojo	Epsom & Ewell Harriers	51.22 q
4	80	Jonathan Rendell	Dacorum & Tring AC	52.71
5	76	George Munt	Sutton & District AC	53.60
6	77	Daniel Ochola	Thames Valley Harriers	54.28

**Heat 3**

1	67	Chris Chancellor	Invicta East Kent AC	51.87 Q
2	69	Matthew Dorrington	Brighton & Hove City AC	52.17 Q
3	70	Victor Dos Santos Soares	Thames Valley Harriers	52.33
4	62	Charlie Perry	Cambridge Harriers	53.43
5	47	Sam Plumb	Newbury AC	54.23

**Final (b)**

1	82	Paul Scanlan	Woodford Green w Essex L	49.60
2	73	Austin Joseph	Woodford Green w Essex L	49.63
3	78	Lolu Oluwole - Ojo	Epsom & Ewell Harriers	49.64
4	84	Oliver Smith	Chichester Runners & AC	49.74
5	67	Chris Chancellor	Invicta East Kent AC	50.21
6	69	Matthew Dorrington	Brighton & Hove City AC	50.65
7	74	Gus Kennedy	Phoenix AC	50.95
8	75	Jake King	Southend on Sea AC	DNS

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

CBP A Lill

Peterborough AC

1990

1.48.7

**Posn Num Name****Club****Perf****Heat 1**

1	99	Charlie Grice	Phoenix AC	1.54.80 Q
2	97	Robbie Farnham-Rose	Tonbridge AC	1.55.18 Q
3	89	Oli Aitchison	Aldershot Farnham & DAC	1.55.54 q
4	111	Max Thomas	Hastings AC	1.56.76 q
5	104	Lewis Lloyd	Herne Hill Harriers	1.59.20
6	106	Jack Philp	Windsor S E & Hounslow	2.00.19
7	101	Samuel Hudson	Invicta East Kent AC	2.12.67

**Heat 2**

1	92	John Bird	Ipswich Harriers	1.58.62 Q
2	112	Ben Waterman	Ealing Southall & Middlesex AC	1.59.60 Q
3	96	Will Durkin	Phoenix AC	2.00.19
4	90	Khalid Al-Abaidy	Windsor S E & Hounslow	2.02.52
5	95	Thomas Day	Luton AC	2.04.85
6	94	Luke Conway	Team Kennet Triathlon AC	2.04.99
7	109	Edward Smith	St Mary's Richmond AC	2.10.22

**Heat 3**

1	107	Andrew Provost	Aldershot Farnham & DAC	1.56.31 Q
2	100	William Gurton	Vale of Aylesbury AC	1.57.05 Q

3	98 Adam Gilbert	Medway & Maidstone AC	1.57.63
4	113 Liam White	Hercules Wimbledon AC	1.58.38
5	102 Alex Jones	Enfield & Haringey AC	2.01.52
6	93 James Cody	Oxford City AC	2.06.63
7	103 Ashley Kavanagh-King	Watford Harriers	2.12.29

**Final (b)**

1	99 Charlie Grice	Phoenix AC	1.52.52
2	92 John Bird	Ipswich Harriers	1.52.81
3	112 Ben Waterman	Ealing Southall & Middlesex AC	1.53.14
4	107 Andrew Provost	Aldershot Farnham & DAC	1.53.35
5	111 Max Thomas	Hastings AC	1.54.25
6	100 William Gurton	Vale of Aylesbury AC	1.54.30
7	89 Oli Aitchison	Aldershot Farnham & DAC	1.55.51
8	97 Robbie Farnham-Rose	Tonbridge AC	1.55.69

**Under 20 Men 1,500 Metres**

CBP

C Reitz

1978

3.46.20

**Posn Num Name****Club****Perf****Final (a)**

1	108 Kieran Reilly	Invicta East Kent AC	4.04.18
2	130 Luca Russo	Tonbridge AC	4.05.36
3	122 Daniel Gurton	Vale of Aylesbury AC	4.06.82
4	127 Henry Pearce	Tonbridge AC	4.08.48
5	126 Matthew Nicholson	Bedford & County AC	4.08.91
6	117 Elliott Dorey	Jersey Spartan AC	4.09.14
7	114 Tom Bennett	Andover AC	4.10.15
8	124 Jack Killip	Windsor S E & Hounslow	4.11.42
9	118 Ryan Driscoll	Tonbridge AC	4.17.32
10	116 Jamie Bryant	Tonbridge AC	4.20.27
11	123 Sam Hunt	Nene Valley Harriers	4.21.47
12	119 Stuart Ferguson	Radley AC	4.22.79
13	131 Adam Villard	St Mary's Richmond AC	4.25.62
14	129 Alex Richards	Ilford AC	4.26.55

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

CBP S Collins

Enfield &amp; Haringey AC

2008

15.06.49

**Posn Num Name****Club****Perf**

1	134 Allan Stewart	Chiltern Harriers AC	16.12.79
2	132 Archie Allen - Jones	Ealing Southall & Middlesex AC	17.11.97

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

CBP Lawrence Clarke

Windsor S E &amp; Hounslow

2009

13.62

**Posn Num Name****Club****Perf****Heat 1**

w/s -1.8

1	51 Joe Yarde	Croydon Harriers	14.77 Q
2	48 Bradley Reed	Chelmsford AC	15.05 Q
3	39 Matthew Baker	Horsham Blue Star Harriers	15.24 Q
4	44 Jack Edgar-Hill	Havering Mayesbrook AC	15.84 q
5	49 Charlie Roe	Chichester Runners & AC	16.23
6	42 Sam Deery	Andover AC	16.36
7	50 Alex Wharfe	Medway & Maidstone AC	17.01

**Heat 2**

w/s -2.1

1	43 Marko Djurovic	Epsom & Ewell Harriers	14.70 Q
2	46 Rhys Kirby	Hillingdon AC	15.37 Q
3	40 Adam Chalk	Dartford Harriers AC	15.48 Q
4	45 Matthew Hewitt	Brighton & Hove City AC	15.97 q
5	47 Sam Plumb	Newbury AC	16.12
6	41 Mark Cryer	Medway & Maidstone AC	DNS

**Final**

w/s -2.6

1	43	Marko Djurovic	Epsom & Ewell	14.75
2	48	Bradley Reed	Chelmsford AC	15.16
3	40	Adam Chalk	Dartford Harriers	15.41
4	46	Rhys Kirby	Hillingdon AC	15.45
5	39	Matthew Baker	Horsham Blue Star Harriers	15.74
6	44	Jack Edgar-Hill	Havering Mayesbrook AC	15.92
7	51	Joe Yarde	Croydon Harriers	DNF
8	45	Matthew Hewitt	Brighton & Hove City AC	DNS

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

Posn	CBP	G Oakes	Haringey	1977	51.80
Heat 1 Num	Name	Club	Perf		
1					
2	55	Ben Hopkins	Blackheath & Bromley Harriers	53.40	Q
3	61	Jacob Paul	Epsom & Ewell Harriers	54.70	Q
4	62	Charlie Perry	Cambridge Harriers	54.79	Q
5	54	George Grainger	Crawley AC	56.74	q
6	58	Jonathan Mann	Thames Valley Harriers	59.01	
<b>Heat 2</b>	56	George Huxley	Ashford AC	64.14	
1					
2	52	Sean Adams	Southampton AC	55.93	Q
3	59	Craig Morten	Blackheath & Bromley Harriers	56.30	Q
4	57	Sam Maguire	Windsor S E & Hounslow	56.48	Q
5	53	Paul Cave	Epsom & Ewell Harriers	56.79	q
<b>Final (I)</b>	41	Mark Cryer	Medway & Maidstone AC	57.00	
1					
2	55	Ben Hopkins	Blackheath & Bromley Harriers	53.53	
3	61	Jacob Paul	Epsom & Ewell Harriers	53.55	
4	52	Sean Adams	Southampton AC	54.88	
5	59	Craig Morten	Blackheath & Bromley Harriers	55.44	
6	62	Charlie Perry	Cambridge Harriers	57.46	
7	53	Paul Cave	Epsom & Ewell Harriers	57.59	
8	54	George Grainger	Crawley AC	DNF	
	57	Sam Maguire	Windsor S E & Hounslow	DNS	

**Under 20 Men 3,000 Metres Steeplechase (a)**

Posn	CBP	New Event		
Final	Num	Name	Club	Perf
1				
2	136	James McCarthy	Brighton & Hove City AC	9.40.51
3	137	Max Pickard	Phoenix AC	10.20.34
	135	Tom Cox	Tonbridge AC	11.05.90

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

CBP A Philip

Newham &amp; Essex Beagles AC

2007

11.54

**Posn Num Name****Club****Perf****Final**

w/s-1.1

1	10	Annie Tagoe	Thames Valley Harriers	12.01
2	7	Sophie Papps	Windsor S E & Hounslow	12.19
3	9	Frances Slater	Herts Phoenix AC	12.52
4	1	Eleanor Ball	Guildford & Godalming AC	12.54
5	8	Grace Sheppard	Blackheath & Bromley Harriers	12.68
6	3	Nicky Famodun	London Heathside AC	12.88
7	2	Samantha Beckett	Ashford AC	13.26
8	5	Nadia Mills	Ealing Southall & Middlesex AC	13.27

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

CBP V James

Belgrave Harriers

2001

23.6

**Posn Num Name****Club****Perf****Heat 1**

w/s -2.8

1	10	Annie Tagoe	Thames Valley Harriers	24.87 Q
2	15	Shanice Harrison	South London Harriers	25.19 Q
3	11	Amy Allcock	Aldershot Farnham & DAC	25.61 Q
4	20	Annie Waghorn	Medway & Maidstone AC	26.88 q
5	6	Cleopatra Moulon	Thames Valley Harriers	26.98
6	2	Samantha Beckett	Ashford AC	26.99

**Heat 2**

1	12	Dina Asher-Smith	Blackheath & Bromley Harriers	25.34 Q
2	13	Funto Fabunmi-Alade	Herne Hill Harriers	25.35 Q
3	19	Shona Richards	Epsom & Ewell Harriers	26.24 Q
4	16	Rebecca Hussey	Oxford City AC	26.40 q
5	17	Nicola Keegan	Medway & Maidstone AC	27.86
6	4	Abigail Griffiths	Herts Phoenix AC	27.94

**Final**

1	12	Dina Asher-Smith	Blackheath & Bromley Harriers	25.41
2	13	Funto Fabunmi-Alade	Herne Hill Harriers	25.63
3	15	Shanice Harrison	South London Harriers	25.97
4	19	Shona Richards	Epsom & Ewell Harriers	26.43
5	16	Rebecca Hussey	Oxford City AC	26.74
6	11	Amy Allcock	Aldershot Farnham & DAC	26.91
7	10	Annie Tagoe	Thames Valley Harriers	28.12
8	20	Annie Waghorn	Medway & Maidstone AC	28.58

**Under 20 Women 400 Metres (a)**

CBP H Croxford

Winchester &amp; District AC

2007

54.28

**Posn Num Name****Club****Perf****Heat 1**

1	35	Amelia Clifford	Southampton AC	56.73 Q
2	48	Jessie Knight	Herne Hill Harriers	57.99 Q
3	51	Melissa Owusu-Ansah	Cambridge Harriers	58.46 Q
4	44	Kerri-Ann Body	Brighton & Hove City AC	58.62 q
5	46	Rachel Hanagan	Ashford AC	61.10
6	53	Chelsea Shurland	Watford Harriers	62.57

**Heat 2**

1	14	Frederica Foster	Blackheath & Bromley Harriers	58.56 Q
2	55	Deborah Willis	Herts Phoenix AC	59.90 Q
3	50	Amy McDonald	Enfield & Haringey AC	60.54 Q
4	11	Amy Allcock	Aldershot Farnham & DAC	60.97 q
5	47	Katie James	Marshall Milton Keynes AC	62.71
6	49	Claire Mayo	Chelmsford AC	63.03

**Final (b)**

1	35	Amelia Clifford	Southampton AC	56.19
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2	14	Frederica Foster	Blackheath & Bromley Harriers	57.35
3	51	Melissa Owusu-Ansah	Cambridge Harriers	57.80
4	48	Jessie Knight	Herne Hill Harriers	58.05
5	44	Kerri-Ann Body	Brighton & Hove City AC	DNS
6	50	Amy McDonald	Enfield & Haringey AC	DNS
7	55	Deborah Willis	Herts Phoenix AC	DNS
8	11	Amy Allcock	Aldershot Farnham & DAC	DNS

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

CBP C Best      Crawley AC      2003      2.06.56

Posn	Num	Name	Club	Perf
<b>Final (a)</b>				
1	54	Katie Snowden	Herne Hill Harriers	2.10.37
2	57	Maddy Austin	Guildford & Godalming AC	2.11.88
3	64	Molly Renfer	Kingston AC & Poly Harriers	2.12.24
4	60	Gemma Kersey	Basildon AC	2.12.41
5	63	Samantha Redgrave	Colchester & Tendring AC	2.12.51
6	61	Rachel McClay	Bracknell AC	2.12.75
7	58	Emma Gilmore	City of Portsmouth AC	2.12.83
8	65	Molly Riglin	Windsor S E & Hounslow	2.27.81

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

CBP P Radcliffe      Bedford & County AC      1992      4.16.82

Posn	Num	Name	Club	Perf
<b>Final</b>				
1	72	Laura Farrar	St Albans AC	4.43.22
2	66	Jessica Andrews	Aldershot Farnham & DAC	4.45.47
3	73	Caroline Ford	Cambridge Harriers	4.46.37
4	74	Emily Hosker-Thornhill	Invicta East Kent AC	4.48.49
5	71	Alice Burgin	Bedford & County AC	4.48.64
6	69	Poppy Blake	Chelmsford AC	4.50.18
7	67	Abigail Ashbee - Simmonds	Crawley AC	4.51.41
8	78	Beth Swords	Marshall Milton Keynes AC	4.58.68
9	62	Rebecca O'Neill	Chelmsford AC	5.01.23
10	70	Amy Bream	Havant AC	5.09.06

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

CBP S Twell      Aldershot Farnham & DAC      2007      9.15.04

Posn	Num	Name	Club	Perf
1	82	Madeleine Garner	Windsor S E & Hounslow	10:53.17
2	79	Jade Bowling	Peter Symonds College	10:57.40

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

CBP J Pratt      Essex Ladies      1998      13.57

Posn	Num	Name	Club	Perf
<b>Heat 1</b>				
w/s -2.4				
1	29	Holly Thomas	Newham & Essex Beagles AC	15.15 Q
2	27	Jessica McCabe	Windsor S E & Hounslow	15.31 Q
3	28	Lisa O'Brien	Walton AC	15.38 Q
4	92	Chloe Vernon-Hamilton	Stevenage & North Herts AC	16.45 q
5	22	Georgia Atkins	Chelmsford AC	DNF
<b>Heat 2</b>				
w/s -3.4				
1	21	Gabriella Ade - Onojobi	Cambridge Harriers	15.12 Q
2	25	Claire Humphries	Herts Phoenix AC	15.19 Q
3	26	Elise Lovell	Hastings AC	15.68 Q
4	24	Caroline Hatley	Ashford AC	16.41 q
5	31	Rebecca Zelic	Herne Hill Harriers	17.43
<b>Final</b>				
w/s -1.8				



1	29 Holly Thomas	Newham & Essex Beagles AC	14.96
2	25 Claire Humphries	Herts Phoenix AC	15.02
3	21 Gabriella Ade - Onojobi	Cambridge Harriers	15.06
4	27 Jessica McCabe	Windsor S E & Hounslow	15.43
5	26 Elise Lovell	Hastings AC	15.57
6	28 Lisa O'Brien	Walton AC	15.77
7	92 Chloe Vernon-Hamilton	Stevenage & North Herts AC	16.32
8	24 Caroline Hatley	Ashford AC	DNF

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

Posn	Num	Name	Club	2006.00	58.47
<b>Heat 1</b>					
1	35	Amelia Clifford	Southampton AC	62.57	Q
2	34	Laura Burke	Windsor S E & Hounslow	64.04	Q
3	38	Hannah Lloyd	Herts Phoenix AC	65.75	Q
4	37	Laura Hanagan	Ashford AC	67.53	q
5	36	Hannah Edwards	Herne Hill Harriers	69.87	
6	41	Rachel Robinson	Blackheath & Bromley Harriers	69.59	
<b>Heat 2</b>					
1	39	Hayley McLean	Chelmsford AC	61.50	Q
2	42	Megan Southwart	Blackheath & Bromley Harriers	61.82	Q
3	33	Samantha Brown	Dartford Harriers AC	66.01	Q
4	40	Aisha Naibe-Wey	Herne Hill Harriers	66.57	q
5	32	Emily Barrett	Windsor S E & Hounslow	68.06	
6	43	Rebekah Wiltshire	Thames Valley Harriers	70.46	
<b>Final (b)</b>					
1	39	Hayley McLean	Chelmsford AC	60.5	Manual
2	42	Megan Southwart	Blackheath & Bromley Harriers	62.1	Manual
3	35	Amelia Clifford	Southampton AC	62.8	Manual
4	34	Laura Burke	Windsor S E & Hounslow	63.6	Manual
5	33	Samantha Brown	Dartford Harriers AC	64.6	Manual
6	38	Hannah Lloyd	Herts Phoenix AC	65.6	Manual
7	40	Aisha Naibe-Wey	Herne Hill Harriers	68.3	Manual
8	37	Laura Hanagan	Ashford AC	70.4	Manual

**Senior Men High Jump (a)**

CBP M Naylor

Hillingdon AC

1980

2.21

**Posn Num Name****Club****Perf****Details****Final**

1	232 Davin Edwards	Belgrave Harriers	2.15	2.00o;2.05-;2.10-;2.15o;2.20x-;2.25xx
2	230 Benjamin Challenger	Woodford Green w Essex L	2.10	2.00o;2.05o;2.10o.215xxx
3	95 Martin Brockman	Medway & Maidstone AC	2.00	1.85o;1.90-;1.95o;2.00o;2.05w/d
4	231 Mark Crowley	Enfield & Haringey AC	1.90	1.80o;1.85xo;1.90xxo;1.95xxx
5	233 Lewis Ely	Blackheath & Bromley Harriers	1.85	1.80o;1.85o;1.90xxx
	235 Matthew Smiley	Ashford AC	nht	1.80xxx

**Senior Men Pole Vault (b)**

CBP K Hughes

Haringey

1998

5.36

**Posn Num Name****Club****Perf****Details****Final**

1	240 Joe Ive	Shaftesbury Barnet Harriers	5.00	4.80o;5.00xo;5.40xxx
2	297 Mark Longhurst	Blackheath & Bromley H	4.80	4.40o;4.60xo;4.70o;4.80xxo;4.90xxx
3	242 Stephen McLennan	Windsor S E & Hounslow	4.70	4.40o;4.60o;4.70o;4.80xxx
4	296 Daniel Gardner	Stevenage & North Herts AC	4.70	4.50xo;4.70o;4.80xxx
5=	241 Aaron Kaye	Southend on Sea AC	4.40	4.40o;4.60xxx
5=	243 Chris Mills	Windsor S E & Hounslow	4.40	4.00o;4.20o;4.40o;4.50xxx
5=	245 Robert Wood	Chelmsford AC	4.40	4.20o;4.40o;4.50xxx
8=	239 Ben Hazell	Basingstoke & Mid Hants AC	4.20	4.00o;4.20o;4.40xxx
8=	95 Martin Brockman	Medway & Maidstone AC	4.20	4.00o;4.20o w/d
10	238 Sam Brown	Lewes AC	4.20	4.00o;4.20xxo
11	246 James Wright	Woodford Green w Essex L	4.20	4.00xo;4.20xxo;4.40xxx
12	244 Ian Parkinson	Wycombe Phoenix Harriers & AC	4.00	3.80o;4.00o;

**Senior Men Long Jump (a)**

CBP G Rutherford

Marshall Milton Keynes AC

2006

8.09

**Posn Num Name****Club****Perf****Details****Final**

1	254 Paul Ogun	Croydon Harriers	7.14 (2.0)	7.12(4.7);5.76(3.5);7.14(2.0);7.03(3.1);nj(1.6);6.93(w)
2	52 Sebastian Rodger	Crawley AC	7.05 (w)	6.99(4.4);6.81(2.9);6.78(2.9);6.73(3.8);6.84(4.2);7.05(w)
3	255 Paul Oluyemi	Herne Hill Harriers	6.82 (3.1)	6.82(3.1);6.76(3.1)6.59(2.7);6.66(2.9);3.39(1.9);6.39(w)
4	248 Tom French	Brighton & Hove City AC	6.78 (3.9)	6.64(4.3);6.77(2.9);6.61(5.3);6.74(3.0);6.787(3.9);6.62(w)
5	260 Adrian Stamp	Woodford Green w Essex L	6.63 (w)	6.16(3.6);6.33(2.0);6.57(2.5);nj(2.4);6.37(3.4);6.63(w)
6	258 Sam Richards	Cambridge & Coleridge AC	6.61 (3.9)	6.37(4.3);nj(2.5);6.53(2.6);6.42(3.0);6.61(3.9);nj(w)
7	239 Ben Hazell	Basingstoke & Mid Hants AC	6.60 (3.9)	nj(4.4);6.27(2.6);6.60(3.9);4.09(2.2);nj(3.5);6.44(w)

8	251 Mark Holloway	Windsor S E & Hounslow	6.51 (2.9)	6.51(2.9);6.42(3.0);nj(1.9);nj(3.2);nj(4.8);nj(w)
9	252 Mitchell Jarvis	Woodford Green w Essex L	6.46 (3.1)	6.46(3.1);4.34(3.3);6.46(4.6)
10	253 Kerry Mathurin	Thames Valley Harriers	6.34 (2.2)	nj(2.9);4.46(2.8);6.34(2.2)
11	259 Alexander Sean	Herne Hill Harriers	6.19 (5.0)	6.19(5.0);6.19(4.5);nj(4.2)
12	257 Matthew Plumb	Newbury AC	6.03 (4.0)	6.03(4.0);nj(2.7);5.94(3.9)

**Senior Men Triple Jump (b)**

CBP J Golley

Thames Valley Harriers

1993

16.81

**Posn Num Name****Club****Perf****Details****Final**

1	263 Daniel Lewis	Shaftesbury Barnet Harriers	15.17 (+2.5)	nj;13.97(+2.8);-;nj;nj;15.17(+2.5)
2	265 Matthew Morsia	Ashford AC	14.74 (+2.0)	14.41(+5.0);14.44(+3.0);nj;nj;14.74(+2.0);nj
3	264 Darren March	Medway & Maidstone AC	14.17 (+3.0)	nj;14.17(+3.0);nj13.89(+1.3);nj;nj
4	268 David Wellstead	Belgrave Harriers	13.92 (+4.5)	13.65(+2.5);13.78(+2.4);13.92(+4.5);nj;nj;nj

**Senior Men Shot (a)**

CBP G Capes

Enfield Harriers

1976

21.36

**Posn Num Name****Club****Perf****Details****Final**

1	273 Nick Owen	Kingston AC & Poly Harriers	14.38	11.97;14.27;14.38;14.26;np;14.18
1	272 Anthony Oshodi	Woodford Green w Essex L	15.56	15.56;14.81;np;15.00;15.38;np
3	271 Garry Newton	Southampton AC	14.25	13.92;13.75;13.61;14.25;13.83;13.47
4	270 Christopher Linque	Woodford Green w Essex L	13.49	12.61;13.49;np;np;13.41;np
5	31 Courtney Green	Kent AC	13.05	13.05;12.21;np;-;12.60;12.20

**Senior Men Discus (a)**

CBP W Tancred

Birchfield Harriers

1974

61.98

**Posn Num Name****Club****Perf****Details****Final**

1	281 Chris Scott	Shaftesbury Barnet Harriers	60.24	60.24;56.74;58.61;nt;nt;nt
2	279 Tom Norman	Woodford Green w Essex L	59.98	58.77;nt;54.19;54.68;nt;59.98
3	276 Devon Douglas	Woodford Green w Essex L	53.05	41.88;48.55;53.05;nt;50.83;nt
4	274 David Coleman	Cardiff AAC	52.54	51.14;nt;50.78;48.59;52.54;51.51
5	278 Leith Marar	Belgrave Harriers	50.53	45.00;50.53;nt;48.64;47.36;46.71
6	270 Christopher Linque	Woodford Green w Essex L	48.95	39.92;48.95;nt;nt;nt;nt
7	280 Mark Plowman	Yeovil Olympiads AC	44.53	43.42;43.28;39.93;44.53;40.43;44.46

**Senior Men Hammer (b)**

CBP P Head

Newham &amp; Essex Beagles AC

1992

71.38

Posn	Num Name	Club	Perf	Details
<b>Final</b>				
1	283 Simon Bown	Newham & Essex Beagles AC	64.07	63.19;64.07;63.71;64.04;62.27;nt
2	287 Andrew Jordon	Blackheath & Bromley Harriers	61.26	58.05;59.45;61.26;59.91;nt;nt
3	284 Peter Clarke	Woodford Green w Essex L	54.28	54.28;nt;53.35;nt;48.89;nt
4	285 Rob Earle	Colchester Harriers	52.62	51.74;nt;52.62;nt;nt;52.00
<b>Senior Men Javelin (b)</b>				
	CBP Mervyn Luckwell	Marshall Milton Keynes AC	2010	80.08
Posn	Num Name	Club	Perf	Details
<b>Final</b>				
1	294 Daniel Pembroke	Windsor S E & Hounslow	73.91	68.07;66.70;68.40;73.91;71.05;71.70
2	292 Craig Lacy	Cambridge Harriers	63.73	55.82;61.26;59.06;60.91;58.74;63.73
3	290 Stuart Harvey	Woodford Green w Essex L	60.16	60.08;60.16;nt;55.93;58.54;59.17
4	291 Allandre Johnson	Herne Hill Harriers	53.77	51.13;51.73;47.45;49.09;53.77;47.25
5	295 Trevor Ratcliffe	Dacorum & Tring AC	53.70	53.70;nt;nt;nt;50.62;51.95

**Senior Women High Jump (b)**

Posn	Num	Name	Club	Perf	Details
		CBP D Marti	Bromley Ladies Ac	1993	1.91
<b>Final</b>					
1	33	Moe Sasegbon	Stevenage & North Herts AC	1.70	1.65o;1.70o;1.75xxx
2	100	Stevie Langford	Ashford AC	1.65	1.55o;1.60o;1.70xxx

**Senior Women Pole Vault (a)**

Posn	Num	Name	Club	Perf	Details
		CBP L Butterworth	Birchfield Harriers	2007	4.00
		CBP L Hughes	Blackheath & Bromley Harriers	2003	4.00
		CBP T Bloomfield	Guildford & Godalming AC	2002	4.00
<b>Final</b>					
1	113	Stephanie Smith	Crawley AC	3.70	3.35o;3.40-;3.50o;3.60o;3.70xo;3.80xxx
2	112	Louise Shortland	Stevenage & North Herts AC	3.60	3.50xo;3.60xo;3.70xx-;3.80x
3	106	Liz Hughes	Blackheath & Bromley Harriers	3.60	3.20xo;3.35-;3.40o;3.50xo;3.60xxo;3.70x-
4	107	Kirsty MacKintosh	Woodford Green w Essex L	3.50	3.35xo;3.40-;3.50o;3.60xxx
5	103	Kate Cowley	Havering Mayesbrook AC	3.50	3.20o;3.35o;3.40o;3.50xxo;3.60xxx
6	108	Anna Massey	Shaftesbury Barnet Harriers	3.40	3.40xo;3.50xxx
7	111	Emmeline Rendell	Ashford AC	3.20	2.70o;2.90o;3.05xxo;3.20xxo;3.35xxx
8	109	Christina Moore	Blackheath & Bromley Harriers	3.05	2.90o;3.05o;3.20xxx
9	105	Kara Gibbs	Ashford AC	3.05	2.70o;2.90-;3.05xo;3.20xxx
10=	110	Caroline Parkinson	Wycombe Phoenix Harriers & AC	2.90	2.90o;3.05xxx
10=	104	Gemma Dowsett	Medway & Maidstone AC	2.90	2.70o;2.90o;3.05xxx

**Senior Women Long Jump (b)**

Posn	Num	Name	Club	Perf	Details
		CBP M Berkeley	Croydon Harriers	1989	6.63
<b>Final</b>					
1	124	Amy Woodman	Birchfield Harriers	6.37(0.5)	6.19(0.5);6.37(0.5);-; retired
2	114	Phyllis Agbo	Thames Valley Harriers	6.07(2.0)	5.95(0.8);nj;5.69(o.9);5.82(1.6);5.77(-1.1);6.07(2.0)
3	120	Jenny Pacey	Windsor Slough & Eton	5.94(1.6)	5.84(1.4);nj(3.0);5.75(1.8);nj(-0.1);5.90(o.7);5.94(1.6)
4	119	Kimberley Murray	Woodford Green w Essex L	5.78(-0.9)	5.78(-0.9);nj;nj;5.77(0.6);nj;nj
5	123	Louise Wood	Chelmsford AC	5.69(1.8)	nj;5.69(1.8);nj;5.62(-1.3);retired
6	118	Claire Linskill	Sale Harriers	5.68(2.2)	nj;5.56(0.0);nj;nj;nj;5.68(2.2)
7	122	Sophie Wilkins	Marshall Milton Keynes AC	5.57(0.0)	5.46(1.7);5.51(1.2);5.57(0.0);5.21(-1.4);5.39(-0.9);nj
8	7	Emily Martin	Hercules Wimbledon AC	5.57(1.7)	5.40(0.9);5.57(1.7);5.44(-0.9);nj;-;5.46(2.7)
9	116	Helen Channon	Walton AC	5.25(-1.6)	5.25(-1.6);4.23(1.2);5.25(-0.5)
10	115	Dee Bakre	Enfield & Haringey AC	5.21(-1.0)	5.21(-1.0);5.15(0.0);5.15(1.2)

11	31 Heidi Nicholas	Basildon AC	5.07(0.2)	nj;nj;5.07(0.2)
12	125 Zoe Young	Havering Mayesbrook AC	4.86(0.4)	4.63(1.6);4.86(0.4);4.77(1.0)
13	117 Hannah Conner	Havering Mayesbrook AC	4.68(2.0)	4.56(0.1);nj;4.68(2.0);

**Senior Women Triple Jump (a)**

CBP M Griffith

Windsor S E &amp; Hounslow

1996

14.04

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	136	Nadia Williams	Shaftesbury Barnet Harriers	13.45 (2.8)	13.43(4.3);13.43(0.6);nj;13.44(1.8);nj;13.45(2.8)
2	118	Claire Linskill	Sale Harriers	12.70 (4.3)	12.48(3.9);12.35(3.5);nj;nj;12.70(4.3);nj
3	135	Shakira Whight	Windsor S E & Hounslow	12.48 (4.9)	nj;12.48(4.9);nj;nj;nj;nj
4	131	Chioma Matthews	Newham & Essex Beagles AC	12.45 (3.5)	12.21(2.8);12.31(3.8);12.17(2.9);12.24(1.4);nj(3.7);12.45(3.5)
5	126	Stephanie Aneto	Woodford Green w Essex L	12.44 (3.1)	nj(3.1);nj(2.9);12.28(3.2);12.44(3.1);nj(4.2);nj(3.7)
6	128	Lauren Blackie	Blackheath & Bromley Harriers	12.15 (3.4)	nj(2.7);12.15(3.4);nj(2.4);nj(1.3);nj(4.4);nj(3.2)
7	127	Zara Asante	Harrow AC	12.09 (3.2)	12.03(4.8);12.09(3.2);11.99(4.3);11.78(2.1);11.76(4.0);-
8	130	Rochelle Jones	Newham & Essex Beagles AC	12.08 (4.1)	11.90(1.5);nj(3.4);nj(2.8);nj(2.1);11.98(4.4);12.08(4.1)
9	132	Jade Morgan	Colchester Harriers	11.78 (4.0)	nj(3.6);11.78(4.0);nj(3.0)
10	129	Hannah Frankson	Woodford Green w Essex L	11.70 (1.6)	nj(2.5);nj(3.7);11.70(1.6)
11	134	Lauren Priest	North Devon AC	11.65 (3.7)	nj(3.0);11.56(4.4);11.65(3.7)
12	115	Dee Bakre	Enfield & Haringey AC	11.55 (3.1)	11.25(4.1);11.55(3.1);11.54(3.7)

**Senior Women Shot (b)**

CBP M Augee

Bromley Ladies AC

1990

18.43

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	137	Shaunagh Brown	Blackheath & Bromley Harriers	15.37	np;13.95;14.09;14.82;14.55;15.37
2	139	Melanie Harrison	Enfield & Haringey AC	12.11	11.87;11.79;11.84;np;11.77;12.11
3	140	Bethany Staniland	Thames Valley Harriers	10.86	10.46;np;10.73;10.81;10.86;np

**Senior Women Discus (b)**

CBP S Newman

Belgrave Harriers

2003

60.46

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	137	Shaunagh Brown	Blackheath & Bromley Harriers	50.15	45.21;42.33;nt;49.55;47.42;50.15
2	139	Melanie Harrison	Enfield & Haringey AC	42.22	42.08;39.47;nt;42.22;40.94;41.68
3	144	Jennifer Tibbenham	Ashford AC	41.37	32.14;41.37;39.75;40.67;30.96;40.88
4	143	Hollie Redman	Woodford Green w Essex L	39.77	39.47;38.64;nt;nt;39.77;36.37
5	142	Angela Mitchell	Harrow AC	38.44	36.10;nt;35.41;nt;38.44;38.37
6	140	Bethany Staniland	Thames Valley Harriers	37.73	36.76;36.66;37.43;nt;37.11;37.73

7 141 Kasia Kublik Dorking & Mole Valley AC 29.33 26.36;nt;27.39;29.33;28.31;26.75

**Senior Women Hammer (a)**

CBP L Sprules

Shaftesbury Barnet Harriers

2001

62.99

**Posn Num Name****Club****Perf****Details****Final**

1	146	Samantha Hynes	Shaftesbury Barnet Harriers	58.09	57.25;57.61;nt;57.18;57.68;58.09
2	137	Shaunagh Brown	Blackheath & Bromley Harriers	55.05	nt;nt;43.98;nt;54.30;55.05
3	158	Louisa James	Hastings AC	54.30	51.87;54.30;47.83;51.14;nt;nt
4	148	Bolanle Ogun	Windsor S E & Hounslow	53.23	48.99;49.59;52.31;49.45;53.23;53.22
5	147	Debbie McCaw	Ealing Southall & Middlesex AC	44.93	nt;44.93;nt;41.56;41.70

**Senior Women Javelin (a)**

CBP K Morrison

Shaftesbury Barnet Harriers

2002

55.74

**Posn Num Name****Club****Perf****Details****Final**

1	156	Katy Watts	City of Portsmouth AC	49.97	43.86;44.66;44.22;49.97;46.40;46.55
2	154	Kirsty Herbert	Medway & Maidstone AC	46.03	44.11;45.31;46.03;43.68;45.43;43.96
3	152	Sarah Ellis	Southampton AC	43.81	37.19;38.08;43.81;39.71;nt;41.58
4	153	Caroline Garratt	Worthing & District Harriers	34.94	33.50;nt;34.94;nt;nt;nt



**Under 20 Men High Jump (b)**

CBP R Grabarz

Bedford &amp; County AC

2005

2.15

CBP G Parsons

London AC

1982

2.15

**Posn Num Name****Club****Perf****Details****Final**

1	139	Ross Armorgie	Herts Phoenix AC	2.00	1.90o; 1.95o; 2.00o; 2.03xxx
2	138	Daniel Alexander	Medway & Maidstone AC	1.95	1.70o; 1.80o; 1.85xo; 1.90xo; 1.95o; 2.00xxx
3	140	Aaron Barham	Dartford Harriers AC	1.85	1.75o; 1.80o; 1.85xo; 1.90xxx
4	144	Christopher White	Medway & Maidstone AC	1.80	1.70o; 1.75xo; 1.80xo; 1.85xxx
5	143	Paul Spicer	Stevenage & North Herts AC	1.75	1.70o; 1.75xo; 1.80xxx
6	141	Aaron Dunne	Southampton AC	nht	1.70xxx

**Under 20 Men Pole Vault (a)**

CBP Matthew Devereux

Shaftesbury Barnet Harriers

2010

5.10

**Posn Num Name****Club****Perf****Details****Final**

1	149	Mark Longhurst	Blackheath & Bromley Harriers	4.90	4.40o;4.50o;4.60o;4.70xo;4.80o;4.90o;5.01xxx
2	146	Daniel Gardner	Stevenage & North Herts AC	4.80	4.40o;4.50o;4.60o;4.70o;4.80o;4.90xxx
3	151	Charlie Smith	Windsor S E & Hounslow	4.60	4.10o;4.20o;4.30o;4.40o;4.50o;4.60o;4.70xxx
4	150	Jack Phipps	Woking AC	4.60	4.20o;4.30o;4.40o;4.50o;4.60xo;4.70xxx
5	147	Jesper Hallberg	Tonbridge AC	4.30	3.95o;4.10o;4.20o;4.30xo;4.40xxx
6	148	Gordon Lester	Kingston AC & Poly Harriers	3.95	3.60xo;3.80o;3.95xo;4.10xxx
7	39	Matthew Baker	Horsham Blue Star Harriers	3.80	3.60o;3.80xo;3.95xxx
8	152	Michael Smith	Wycombe Phoenix Harriers & AC	3.60	3.40o;3.60o;3.80xxx

**Under 20 Men Long Jump (b)**

CBP Jermaine Olasan

Blackheath &amp; Bromley Harriers

2010

7.53

**Posn Num Name****Club****Perf****Details****Final**

1	20	Oliver Newport	Crawley AC	7.02 (+1.8)	6.69(+1.9);5.20(+0.5);6.85(-0.7);7.02(+1.8);nj;nj
2	154	Ogo Anochirionye	Thames Valley Harriers	6.75 (+1.6)	6.51(+1.2);6.70(+0.7);6.49(+1.2);6.61(-0.2);6.24(+3.2);6.75(+1.6)
3	49	Charlie Roe	Chichester Runners & AC	6.36 (+1.3)	6.19(+0.5);6.31(+1.4);nj;6.36(+1.3);6.24(-1.0);6.22(+3.0)
4	155	Joshua Brown	Kent AC	6.30 (+2.1)	nj;nj;4.23(-1.2);nj;6.30(+2.1);nj
5	153	James Alcock	Medway & Maidstone AC	6.27 (+3.3)	5.88(-0.6);6.01(+1.6);5.96(+0.2);nj;6.24(+1.4);6.27(+3.3)
6	41	Mark Cryer	Medway & Maidstone AC	6.26 (+1.8)	6.06(+1.3);6.07(-0.1);6.26(+1.8);6.20(+1.3);6.08(-1.1);6.14(+3.5)
		156 Javari Cameron	Croydon Harriers	npr	nj;w/d

**Under 20 Men Triple Jump (a)**

CBP J Campbell

Woodford Green AC

1989

15.81

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	160	James Okeyemi	Harrow AC	14.31 (4.5)	nj;nj;14.31(4.5)
2	159	Peter Kirabo	Woodford Green w Essex L	14.25 (4.9)	13.98(4.1);14.25(4.9);13.83(2.6)
3	162	Jonathan Sawyers	Windsor Slough & Eton	14.15 (1.8)	nj;13.17(2.5);nj;13.80(3.4);nj;14.15(1.8)
4	156	Javari Cameron	Croydon Harriers	12.27 (4.4)	12.27(4.4);nj;nj;nj;-;nj

**Under 20 Men Shot (b)**

CBP Curtis Griffith-Parker

Cambridge Harriers

2009

19.16

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	164	Jonathan Edwards	Huntingdonshire AC	15.63	nt;15.63;nt;15.00;15.61;nt
2	167	Tariq Martin	Basildon AC	14.11	11.28;12.80;13.49;13.60;13.91;14.11
3	165	Laurence Goodacre	Havering Mayesbrook AC	13.99	13.77;13.70;13.71;13.71;nt;13.99
4	166	Josh Kelly	Havant AC	12.42	11.95;12.18;nt;12.11;nt;12.42

**Under 20 Men Discus (b)**

CBP Curtis Griffith-Parker

Cambridge Harriers

2009

58.21

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	168	Ryan Barrett	Windsor S E & Hounslow	48.53	41.00;47.52;46.33;46.35;nt;48.53
2	169	Gary Jones	Andover AC	47.53	36.42;47.53;nt;45.92;43.41;44.17
3	164	Jonathan Edwards	Huntingdonshire AC	44.24	nt;nt;42.93;nt;nt;44.24
4	170	Chris Line	Dacorum & Tring AC	43.38	41.95;43.38;42.92;40.71;41.58;41.88
5	171	Youcef Zatat	Woodford Green w Essex L	42.25	nt;42.25;nt;42.10;nt;nt;
6	167	Tariq Martin	Basildon AC	41.92	nt;41.33;41.92;nt;nt;nt

**Under 20 Men Hammer (a)**

CBP G Cook

West London Hammer School

1988

71.84

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	175	Andrew Elkins	Shaftesbury Barnet Harriers	67.38	64.28;nt;66.43;67.03;nt;67.38
2	180	Dempsey McGuigan	West London Hammer School	66.82	63.80;65.81;66.82;65.97;64.57;66.80
3	181	Sam Ridgway	Marshall Milton Keynes AC	61.27	57.59;57.74;61.27;60.23;59.70;58.65
4	179	Matthew Lasis	Crawley AC	57.59	48.11;57.59;nt;56.61;51.88;55.38
5	173	Harry Clarke	Woodford Green w Essex L	56.74	53.84;54.79;55.69;56.74;nt;nt
6	164	Jonathan Edwards	Huntingdonshire AC	56.56	nt;nt;54.38;56.56;54.73;54.38
7	177	Simon Evans	Worthing & District Harriers	52.15	46.71;51.35;52.15;51.58;49.19;nt
8	176	Matthew Evans	Worthing & District Harriers	50.58	49.89;46.22;50.58;47.29;49.07;nt

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9	174 Lee Doran	Newbury AC	47.58	46.78;47.58;nt
10	172 Stefano Aquilino	Vale of Aylesbury AC	40.63	nt;40.63;nt

**Under 20 Men Javelin (a)**

CBP Daniel Pembroke

Windsor S E Hounslow

2010

72.54

**Posn Num Name****Club****Perf****Details****Final**

1	184 Matti Mortimore	Ipswich Harriers	61.33	49.86;53.44;55.85;61.33;55.69;nt
2	182 Chris Blandford	Ashford AC	47.23	40.92 46.46;46.07;47.23;46.88;46.22
3	187 Alex Wright	Basildon AC	46.90	40.62;nt;46.90;45.96;43.10;46.74;
4	50 Alex Wharfe	Medway & Maidstone AC	40.76	37.01;nt;40.76;39.47;nt;nt;

**Under 20 Women High Jump (a)**

CBP J Jennings

West Suffolk AC

1988

1.83

**Posn Num Name****Club****Perf****Details****Final**

1	89 Isobel Pooley	Aldershot Farnham & DAC	1.75	1.70o;1.75xxo;1.80xxx
2	88 Deborah Martin	Ashford AC	1.65	1.50o;1.55o;1.60xo;1.65o;1.70xxx
3	86 Hannah Frith	Bedford & County AC	1.65	1.55o;1.60xo;1.65xo;1.70xxx
4	85 Gemma Armorgie	Herts Phoenix AC	1.55	1.55o;1.60xxx
5	91 April Taylor	Reading AC	1.50	1.50o;1.55xxx

**Under 20 Women Pole Vault (b)**

CBP Jade Ive

Sutton &amp; District AC

2008

3.95

**Posn Num Name****Club****Perf****Details****Final**

1	98 Jade Ive	Shaftesbury Barnet Harriers	3.90	3.40 o; 3.50 -; 3.60 xo; 3.80 o; 3.90 xo; 4.00 xxx
2	96 Laura-Ann Henderson	Tonbridge AC	3.40	3.10o; 3.20 xo; 3.30 xo; 3.40 xxo; 3.50 xxx
3	95 Nancy Epsly	Chelmsford AC	3.30	3.30 o; 3.40 -; 3.50 xxx
4	93 Ellie Besford	Chelmsford AC	3.20	3.10xo; 3.20 xo; 3.30 xxx
5	99 Naomi Lee	Lewes AC	3.20	3.00 o; 3.10 o; 3.20 xxo; 3.30 xxx
6	94 Emilie Blackwell	Lewes AC	3.20	3.00 xo; 3.10 o; 3.20 xxo; 3.30 xxx
7	97 Anna Huggins	Blackheath & Bromley Harriers	2.90	2.80 xo; 2.90 xo; 3.00 xxx

**Under 20 Women Long Jump (a)**

CBP J Johnson

Herne Hill Harriers

1999

6.44

**Posn Num Name****Club****Perf****Details****Final**

1	26 Elise Lovell	Hastings AC	5.65 (2.7)	5.11(0.0);5.47(-);5.57(-);3.47(2.8);5.65(2.7);nj(4.9)
2	103 Lucy Holmes	Ashford AC	4.93 (5.4)	4.58(-);4.56(-);nj(-);4.76(3.3);nj(4.8);4.93(5.4)

**Under 20 Women Triple Jump (b)**

CBP K Turner

Windsor S E &amp; Hounslow

2003

12.49

**Posn Num Name****Club****Perf****Details****Final**

1	46 Rachel Hanagan	Ashford AC	11.42 (+3.1)	11.03(+2.8);11.39(+2.0);11.42(+3.1);nj;nj;11.34(+2.5)
2	105 Abi Holman	Harrow AC	11.18 (+2.9)	10.93(+3.0);11.18(+2.9);11.11(+2.2);nj;nj;10.82(+4.0)
3	28 Lisa O'Brien	Walton AC	11.00 (+2.8)	nj;11.00(+2.8);10.93(+1.8);10.59(+2.2);10.74(+1.5);10.85(+2.1)
4	31 Rebecca Zelic	Herne Hill Harriers	10.89 (+3.1)	10.89(+3.1);10.70(+2.4);10.73(+3.1);10.50(+1.7);nj;nj
5	37 Laura Hanagan	Ashford AC	10.81 (+2.8)	10.75(+4.8);10.60(+2.3);10.81(+2.8);10.75(+3.1);10.53(+1.3);nj
6	104 Gabriella Harris	Brighton & Hove City AC	10.64 (+2.0)	10.44(+1.6);10.50(+1.6);10.64(+2.0);10.36(+3.0);10.38(+2.5);10.47(+3.5)

**Under 20 Women Shot (b)**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	92	Chloe Vernon-Hamilton	Stevenage & North Herts AC	10.39	9.66;10.03;10.37;np;10.07;10.39

**Under 20 Women Discus (a)**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	109	Phoebe Dowson	Bournemouth AC	44.56	29.99;41.05;41.48;40.06;44.56;41.67
2	107	Samantha Milner	Blackheath & Bromley Harriers	42.37	42.37;nt;38.23;nt;41.37;nt
3	111	Renee Hector	Stevenage & North Herts AC	38.96	nt;38.07;38.96;nt;nt;nt
4	112	Emma Kirk-Odunubi	Brighton & Hove City AC	36.04	36.04;nt;nt;nt;nt;nt
5	115	Charlotte Webb	Reading AC	35.53	29.33;31.37;35.53;31.37;nt;34.59
6	114	Victoria Onyeka	Woodford Green w Essex L	31.73	29.87;28.69;nt;29.65;31.73;26.74
7	110	Ellie Duffy-Penny	Blackheath & Bromley Harriers	31.06	nt;30.71;nt;nt;nt;31.06
8	108	Leanne Bettis	Sutton & District AC	25.27	nt;nt;25.27;nt;nt;nt
9	113	Sinead O'Brien	Walton AC	20.37	17.57;20.37;nt

**Under 20 Women Hammer (b)**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	117	Louisa James	Hastings AC	55.56	nt;nt;53.79;48.91;55.56;47.93
2	116	Chelsea Coker	Chelmsford AC	47.41	nt;40.13;41.94;47.41;42.04;45.64
3	120	Chloe Slater	Bexley AC	44.46	38.43;44.12;44.46;42.71;43.98;42.75
4	119	Hayley Sayer	Cambridge & Coleridge AC	42.11	39.48;42.11;39.56;41.92;41.85;38.97
5	121	Pippa Wingate	Kingston AC & Poly Harriers	41.62	41.39;nt;nt;41.62;nt;nt
6	118	Beccy Knapp	Stevenage & North Herts AC	41.02	41.02;nt;nt;nt;40.21;nt
7	113	Sinead O'Brien	Walton AC	33.74	27.99;nt;nt;nt;33.74;nt

**Under 20 Women Javelin (b)**

Posn	Num	Name	Club	Perf	Details
<b>Final</b>					
1	123	Izzy Jeffs	North Devon AC	52.55	50.07; 48.93; 50.47; 44.37; 46.15; 52.55
2	125	Freya Jones	Southampton AC	50.57	nt; 50.57; nt; nt; 48.39; nt

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3	126 Kike Oniwinde	Havering Mayesbrook AC	45.59 42.66; 45.59; 38.27; nt; 39.12; nt
4	127 Eloise meakins	Herts Phoenix	43.19 42.94; nt; 42.83; 42.66; 43.19; 42.23
5	124 Hannah Johnson	Windsor S E & Hounslow	39.49 37.25; 35.75 39.49; 37.50; 36.46; 36.44;