

SEAA Indoor Championships - Lee Valley Athletics Centre

15(a) and 16(b) January 2011

Senior Men 60 Metres (b)

CBP C.Pickering

Marshall Milton Keynes AC

2007

6.56

Posn	Num	Name	Club	Heat	Perf
1	64	Akeem Ogunyemi	Enfield & Haringey AC	Q	6.91
2	39	Justin Green	Kingston AC & Poly Harriers	Q	7.10
3	8	Bomene Barikor	Blackheath & Bromley Harriers	q	7.10
4	38	Darren Green	Luton AC	q	7.11
5	73	Michael Puplampu	Windsor S E & Hounslow		7.30
6	16	Shaun Burchell	Guildford & Godalming AC		7.75
Posn	Num	Name	Club	Heat	Perf
1	22	Danny Doyley	Blackheath & Bromley Harriers	Q	7.03
2	68	Dele Onifade	Herne Hill Harriers	Q	7.06
3	12	Duayne Bovell	Blackheath & Bromley Harriers	q	7.12
4	48	Tom Kennedy	Crawley AC	q	7.20
5	59	Peter Mitchell	Bournemouth AC		7.72
23		Jason Dwaah	Victoria Park H & Tower H AC		DNS
Posn	Num	Name	Club	Heat	Perf
1	28	Luke Fagan	Enfield & Haringey AC	Q	6.84
2	35	Robert Graham	Herne Hill Harriers	Q	7.02
3	89	Andre Wright	Medway & Maidstone AC		7.29
4	58	Andrew Mensah	Shaftesbury Barnet Harriers		7.34
5	49	Dima Koroma	Newbury AC		7.49
6	52	Gareth Lewis	Horsham Blue Star Harriers		7.62
Posn	Num	Name	Club	Heat	Perf
1	56	Andrew Matthews	Windsor S E & Hounslow	Q	6.12
2	50	Confidence Lawson	Shaftesbury Barnet Harriers	Q	7.03
3	71	Saul Paine	Victoria Park H & Tower H AC	q	7.17
4	53	Arthur Coates	Oxford University		7.36
5	62	Aaron Odle	South London Harriers		7.56
6	54	Anthony Mah	Herne Hill Harriers		7.71
Posn	Num	Name	Club	Heat	Perf
1	26	James Ellington	Newham & Essex Beagles AC	Q	6.88
2	65	Alexander Ojo	Windsor S E & Hounslow	Q	6.97
3	63	Emmanuel Ogunjiwmi	Kent AC	q	7.14
4	24	Mark Dyble	Cambridge University AC	q	7.16
5	60	Chris Morter	Cambridge & Coleridge AC		7.25
6	72	Stuart Phillips	Bracknell AC		7.34
Posn	Num	Name	Club	Heat	Perf
1	34	Tremayne Gilling	Blackheath & Bromley Harriers	Q	6.89
2	19	Daniel Davis	Woodford Green w Essex L	Q	7.05
3	78	Dominic Sebele	Sutton & District AC	q	7.18
4	69	Nengi Ossai	Shaftesbury Barnet Harriers		7.20
5	27	Glenn Etherington	Channel Islands AC		7.50
6	81	Vincent Taylor	Bournemouth AC		8.30
Posn	Num	Name	Club	Heat	Perf
1	7	Eugene Ayanful	Woodford Green w Essex L	Q	7.01
2	41	Mark Hanson	Enfield & Haringey AC	Q	7.06
3	80	Lumar Sylvester	Thames Valley Harriers	q	7.10
4	9	Moses Bawo	Thames Valley Harriers	q	7.18
5	86	Alloy Wilson	Blackheath & Bromley Harriers		7.20
6	10	Rhys Bennett	Bournemouth AC		7.32
Posn	Num	Name	Club	Heat	Perf
1	76	Sean Safo-Antwi	Enfield & Haringey AC	Q	7.04
2	85	Oweka Wanogho	Croydon Harriers	Q	7.08
3	25	Paul Egboh	Kent AC	q	7.18
4	13	Phillip Brickley	Reading AC		7.22

	5	32	David Gain	Oxford City AC		7.27
	6	83	Nnamdi Umeh	Woodford Green w Essex L		7.37
Posn	Num	Name	Club		Heat 9	Perf
	1	36	Dwayne Grant	Blackheath & Bromley Harriers	Q	6.86
	2	20	William De Torvy -Ballou	Thames Valley Harriers	Q	7.06
	3	15	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	q	7.08
	4	30	James Folkes	Andover AC	q	7.14
	5	45	Joseph Hylton	Birchfield Harriers	q	7.15
	6	46	Ben Jeffcott	Brighton & Hove City AC		7.32
Posn	Num	Name	Club		Heat 10	Perf
	1	51	Nigel Levine	Windsor S E & Hounslow	Q	7.07
	2	2	Emanuel Adeyemi	Kent AC	Q	7.13
	3	55	Chaka Maillet	Thames Valley Harriers		7.32
	4	4	Richard Agyapong	Hercules Wimbledon AC		7.34
	5	1	Taiwo Aderreni	Herne Hill Harriers		7.47
	192		Leevan Yearwood	Victoria Park H & Tower H AC		DNS
Posn	Num	Name	Club		Heat 11	Perf
	1	66	Idris Ojuriye	Herne Hill Harriers	Q	7.01
	2	29	Ryan Ffrench-Shand	Belgrave Harriers	Q	7.06
	3	33	Marvin Gayle	Newbury AC	q	7.19
	4	84	Luke Wale	Reading AC		7.22
	5	90	Gorm Young	Horsham Blue Star Harriers		8.28
Posn	Num	Name	Club		Heat 12	Perf
	1	18	Cyle Carty	Sutton & District AC	Q	7.00
	2	87	Joshua Wood	Harrow AC	Q	7.15
	3	6	Jermaine Alexander	Blackheath & Bromley Harriers	q	7.18
	4	31	Lee Fulham	Brighton University		7.23
	5	88	Mark Woods	Paddock Wood AC		8.45
Posn	Num	Name	Club		Heat 13	Perf
	1	82	David Telfer-James	Enfield & Haringey AC	Q	6.99
	2	11	Wade Bennett-Jackson	Belgrave Harriers	Q	7.00
	3	3	Samuel Adeyemi	Herne Hill Harriers		7.20
	4	40	Jason Greenidge	Woodford Green w Essex L		7.20
	5	191	Andre Diurno	Andover AC		7.42
	6	61	Liam O'Dell	Luton AC		8.30
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 1	
	1	28	Luke Fagan	Enfield & Haringey AC	Q	6.82
	2	68	Dele Onifade	Herne Hill Harriers	Q	7.02
	3	8	Bomene Barikor	Blackheath & Bromley Harriers		7.13
	4	80	Lumar Sylvester	Thames Valley Harriers		7.14
	5	48	Tom Kennedy	Crawley AC		7.19
	39		Justin Green	Kingston AC & Poly Harriers		DNF
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 2	
	1	51	Nigel Levine	Windsor S E & Hounslow	Q	6.85
	2	36	Dwayne Grant	Blackheath & Bromley Harriers	Q	6.88
	3	35	Robert Graham	Herne Hill Harriers	q	6.92
	4	15	Abdul-Wahab Buhari	Victoria Park H & Tower H AC		7.01
	5	38	Darren Green	Luton AC		7.08
	6	33	Marvin Gayle	Newbury AC		7.23
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 3	
	1	26	James Ellington	Newham & Essex Beagles AC	Q	6.82
	2	11	Wade Bennett-Jackson	Belgrave Harriers	Q	6.93
	3	76	Sean Safo-Antwi	Enfield & Haringey AC	q	6.97
	4	50	Confidence Lawson	Shaftesbury Barnet Harriers		7.02
	5	12	Duayne Bovell	Blackheath & Bromley Harriers		7.11
	6	6	Jermaine Alexander	Blackheath & Bromley Harriers		7.25
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 4	
	1	34	Tremayne Gilling	Blackheath & Bromley Harriers	Q	6.86
	2	65	Alexander Ojo	Windsor S E & Hounslow	Q	6.89
	3	22	Danny Doyley	Blackheath & Bromley Harriers		7.01

	4	63	Emmanuel Ogunjiwmi	Kent AC		7.07
	5	87	Joshua Wood	Harrow AC		7.16
	6	25	Paul Egboh	Kent AC		7.22
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 5	
	1	64	Akeem Ogunyemi	Enfield & Haringey AC	Q	6.82
	2	29	Ryan Ffrench-Shand	Belgrave Harriers	Q	6.92
	3	7	Eugene Ayanful	Woodford Green w Essex L	q	6.98
	4	19	Daniel Davis	Woodford Green w Essex L		6.99
	5	30	James Folkes	Andover AC		7.11
	6	9	Moses Bawo	Thames Valley Harriers		7.16
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 6	
	1	56	Andrew Matthews	Windsor S E & Hounslow	Q	6.86
	2	66	Idris Ojuriye	Herne Hill Harriers	Q	6.87
	3	41	Mark Hanson	Enfield & Haringey AC	q	6.92
	4	45	Joseph Hylton	Birchfield Harriers		7.09
	5	2	Emanuel Adeyemi	Kent AC		7.12
	6	78	Dominic Sebele	Sutton & District AC		7.12
Posn	Num	Name	Club		Rnd 2	Perf
					Heat 7	
	1	82	David Telfer-James	Enfield & Haringey AC	Q	6.85
	2	18	Cyle Carty	Sutton & District AC	Q	6.90
	3	20	William De Torvy -Ballou	Thames Valley Harriers		7.01
	4	85	Oweka Wanogho	Croydon Harriers		7.05
	5	24	Mark Dyble	Cambridge University AC		7.18
	6	71	Saul Paine	Victoria Park H & Tower H AC		7.21
Posn	Num	Name	Club		S/F 1	Perf
	1	34	Tremayne Gilling	Blackheath & Bromley Harriers	Q	6.76
	2	28	Luke Fagan	Enfield & Haringey AC	Q	6.81
	3	56	Andrew Matthews	Windsor S E & Hounslow		6.85
	4	11	Wade Bennett-Jackson	Belgrave Harriers		6.91
	5	29	Ryan Ffrench-Shand	Belgrave Harriers		6.94
	7		Eugene Ayanful	Woodford Green w Essex L		DQ
Posn	Num	Name	Club		S/F 2	Perf
	1	18	Cyle Carty	Sutton & District AC	Q	6.79
	2	51	Nigel Levine	Windsor S E & Hounslow	Q	6.81
	3	66	Idris Ojuriye	Herne Hill Harriers		6.81
	4	76	Sean Safo-Antwi	Enfield & Haringey AC		6.97
	68		Dele Onifade	Herne Hill Harriers		DNS
	26		James Ellington	Newham & Essex Beagles AC		DQ
Posn	Num	Name	Club		S/F 3	Perf
	1	64	Akeem Ogunyemi	Enfield & Haringey AC	Q	6.78
	2	36	Dwayne Grant	Blackheath & Bromley Harriers	Q	6.87
	3	41	Mark Hanson	Enfield & Haringey AC		6.88
	4	82	David Telfer-James	Enfield & Haringey AC		6.88
	5	65	Alexander Ojo	Windsor S E & Hounslow		6.93
	6	35	Robert Graham	Herne Hill Harriers		6.93
Posn	Num	Name	Club		Final	Perf
	1	34	Tremayne Gilling	Blackheath & Bromley Harriers		6.76
	2	28	Luke Fagan	Enfield & Haringey AC		6.78
	3	64	Akeem Ogunyemi	Enfield & Haringey AC		6.81
	4	18	Cyle Carty	Sutton & District AC		6.83
	5	51	Nigel Levine	Windsor S E & Hounslow		6.87
	6	36	Dwayne Grant	Blackheath & Bromley Harriers		6.94

Senior Men 200 Metres (a)

CBP *R.Fifton* **Victoria Park H & Tower H AC** **2007** **21.19**
CBP *Leon Baptiste* **Enfield & Haringey AC** **2009** **21.19**

Posn	Num	Name	Club	Heat 1	Perf
1	112	Danny Talbot	Birchfield Harriers		22.04Q
2	101	Christopher Hall	Kingston AC & Poly Harriers		22.73Q
3	108	Ben Riekstins	Bedford & County AC		24.09

	4	91	Emmanuel Adebayo	Kent AC		24.94
	5	16	Shaun Burchell	Guildford & Godalming AC		25.17
Posn	Num	Name	Club		Heat 2	Perf
	1	104	Nick Leavey	Woodford Green w Essex L		22.17Q
	2	110	Sebastian Rodger	Crawley AC		22.63Q
	3	111	Matt Sinclair	Crawley AC		22.89q
	4	23	Jason Dwaah	Victoria Park H & Tower H AC		24.46
	5	94	Owen Churton	Cambridge University AC		24.68
Posn	Num	Name	Club		Heat 3	Perf
	1	38	Darren Green	Luton AC		22.62Q
	2	106	Victor Nwagbara	Kingston AC & Poly Harriers		23.06Q
	3	96	Craig Cox	Crawley AC		23.55
	4	46	Ben Jeffcott	Brighton & Hove City AC		24.03
	5	54	Anthony Mah	Herne Hill Harriers		24.51
Posn	Num	Name	Club		Heat 4	Perf
	1	103	Jason Hussain	Crawley AC		22.20Q
	2	89	Andre Wright	Medway & Maidstone AC		23.28Q
	3	107	Adam Ricketts	Andover AC		23.51
	4	113	Chris Wakeford	Sale Harriers		23.64
	5	88	Mark Woods	Paddock Wood AC		26.39
Posn	Num	Name	Club		Heat 5	Perf
	1	114	Lawrence Wooldridge	Kent AC		22.08Q
	2	102	Tom Higgs	Bath University		23.07Q
	3	70	Will Oyowe	Brunel University AC		23.49q
	4	92	Alex Babb	Victoria Park H & Tower H AC		23.82
	DNS	194	Dale Garland	Channel Islands AC		
Posn	Num	Name	Club		Heat 6	Perf
	1	47	Rashid Kakoza	Newham & Essex Beagles AC		22.42Q
	2	80	Lumar Sylvester	Thames Valley Harriers		22.42Q
	3	77	Luke Sargeant	Crawley AC		23.23q
	4	95	Gwilym Cooper	Brighton & Hove City AC		23.89
	5	72	Stuart Phillips	Bracknell AC		23.94
Posn	Num	Name	Club		SF 1	Perf
	1	112	Danny Talbot	Birchfield Harriers		21.66 Q
	2	104	Nick Leavey	Woodford Green w Essex L		21.81 q
	3	110	Sebastian Rodger	Crawley AC		22.73
	4	111	Matt Sinclair	Crawley AC		22.90
		106	Victor Nwagbara	Kingston AC & Poly Harriers		DQ
Posn	Num	Name	Club		SF 2	Perf
	1	103	Jason Hussain	Crawley AC		22.02 Q
	2	38	Darren Green	Luton AC		22.50
	3	101	Christopher Hall	Kingston AC & Poly Harriers		22.74
	4	89	Andre Wright	Medway & Maidstone AC		23.26
		70	Will Oyowe	Brunel University AC		DNS
Posn	Num	Name	Club		SF 3	Perf
	1	114	Lawrence Wooldridge	Kent AC		21.91 Q
	2	47	Rashid Kakoza	Newham & Essex Beagles AC		22.16 q
	3	80	Lumar Sylvester	Thames Valley Harriers		22.43
	4	102	Tom Higgs	Bath University		23.00
	5	77	Luke Sargeant	Crawley AC		23.20
Posn	Num	Name	Club		Final	Perf
	1	104	Nick Leavey	Woodford Green w Essex L		21.67
	2	114	Lawrence Wooldridge	Kent AC		21.82
	3	103	Jason Hussain	Crawley AC		22.04
	4	47	Rashid Kakoza	Newham & Essex Beagles AC		22.27
		112	Danny Talbot	Birchfield Harriers		DNS

Senior Men 1,500 Metres (b)

CBP Peter Bridger Luton AC 2008 3.50.9

Posn	Num	Name	Club	Heat 1	Perf
1	127	Ed Jackson	Sale Harriers	Q	3:56.94
2	122	Jordan Donnelly	Wirral AC	Q	3:57.07

3	118	Peter Bridger	Luton AC	Q	3:57.12
4	115	Harun Abdi	Newham & Essex Beagles AC	q	3:57.32
5	138	Gareth Wiltshire	Cardiff AAC	q	3:57.73
6	134	Max Roberts	Basingstoke & Mid Hants AC		4:00.17
7	120	Harry Carter	City of Portsmouth AC		4:00.87
8	121	Samuel Deathe	Marshall Milton Keynes AC		4:04.84
9	117	Mark Booth	Wycombe Phoenix Harriers & AC		4:23.81
10	119	Matthew Burke	Cambridge University AC		4:25.09
Posn	Num	Name	Club	Heat 2	Perf
1	123	Paul Erwood	Marshall Milton Keynes AC	Q	3:59.54
2	116	Matthew Addison	Harrow AC	Q	3:59.71
3	135	Ben Wallis	Guildford & Godalming AC	Q	3:59.83
4	137	Matt Willmott	Marshall Milton Keynes AC	q	4:00.02
5	129	Andrew Mariani	Woodford Green w Essex L		4:06.93
6	132	Daniel Poulton	Stevenage & North Herts AC		4:11.36
7	126	Tom Heslop	Victoria Park H & Tower H AC		4:18.93
8	136	Peter Watkeys	Basingstoke & Mid Hants AC		4:27.52
	125	Sean Hall	Hercules Wimbledon AC		DNF
Posn	Num	Name	Club	Final	Perf
1	135	Ben Wallis	Guildford & Godalming AC		3:57.17
2	127	Ed Jackson	Sale Harriers		3:58.30
3	122	Jordan Donnelly	Wirral AC		3:58.79
4	116	Matthew Addison	Harrow AC		3:59.70
5	123	Paul Erwood	Marshall Milton Keynes AC		4:00.37
6	115	Harun Abdi	Newham & Essex Beagles AC		4:01.30
7	138	Gareth Wiltshire	Cardiff AAC		4:02.56
8	137	Matt Willmott	Marshall Milton Keynes AC		4:02.99
9	118	Peter Bridger	Luton AC		4:03.31

Senior Men 60m Hurdles (a)

CBP *R.Alleyne*

Woodford Green w Essex L

2008

7.82

Posn	Num	Name	Club	Heat 1	Perf
1	19	Daniel Davis	Woodford Green w Essex L		7.86 Q
2	141	Nicholas Gayle	Sale Harriers		7.90 Q
3	109	Joost Rietveld	Victoria Park H & Tower H AC		8.22 q
4	74	Ben Reynolds	Windsor S E & Hounslow		8.41
5	193	Chris Minn	Crawley AC		8.85
6	142	Anthony Hartis	Belgrave Harriers		9.58
Posn	Num	Name	Club	Heat 2	Perf
1	140	Gianni Frankis	Newham & Essex Beagles AC		7.96 Q
2	143	Matt Hudson	Sheffield AC		8.06 Q
3	139	Alexander Al-Ameen	Newham & Essex Beagles AC		8.07 q
4	144	Dwayne Stoddart	Vale of Aylesbury AC		8.36
	27	Glenn Etherington	Channel Islands AC		DNF
Posn	Num	Name	Club	Final	Perf
1	141	Nicholas Gayle	Sale Harriers	CBP	7.82
2	140	Gianni Frankis	Newham & Essex Beagles AC		7.83
3	143	Matt Hudson	Sheffield AC		7.97
4	19	Daniel Davis	Woodford Green w Essex L		7.98
5	139	Alexander Al-Ameen	Newham & Essex Beagles AC		8.05
6	109	Joost Rietveld	Victoria Park H & Tower H AC		8.28

SEAA Indoor Championships - Lee Valley Athletics Centre

15(a) and 16(b) January 2011

Senior Men High Jump (a)

CBP Samson Oni

Belgrave Harriers

2007 & 2010

2.25

Posn	Num	Name	Club	Perf	Details
1	147	Darvin Edwards	Belgrave Harriers	2.20	2.05 o; 2.10 xxo; 2.15 xxo; 2.20 xo; 2.26 xxx
2	146	Chris Baker	Enfield & Haringey AC	2.10	1.95 o; 2.00 o; 2.05 o; 2.10 xo; 2.15 xxx
3	153	Matthew Watson	Southampton AC	2.05	1.90 o; 1.95 o; 2.00 o; 2.05 o; 2.10 xxx
4	152	Matthew Sloane	City of Sheffield AC	2.05	1.90 o; 1.95 xo; 2.00 o; 2.05 o; 2.10 xxx
5	151	Scott Johnson	Bedford & County AC	2.05	1.95 o; 2.00 o; 2.05xo; 2.10 xxx
6	149	Tariq Fadare	Kingston AC & Poly Harriers	1.95	1.80 o; 1.85 o; 1.90 xo; 1.95 xxo; 2.00 xxx
7	150	Elior Harris	Stevenage & North Herts A.C.	1.85	1.80 o; 1.85 o; 1.90 xxx

9

Senior Men Pole Vault (a)

CBP N.Buckfield

Crawley AC

2002

5.62

Posn	Num	Name	Club	Perf	Details
1	160	Joe Ive	Shaftesbury Barnet Harriers	5.00	4.80 xo; 5.00 o; 5.20 xxx
2	158	Martin Densley	Ealing Southall & Middlesex AC	4.80	4.40 o; 4.60 o; 4.80 xxo; 5.00 xxx
3	162	Stephen McLennan	Windsor S E & Hounslow	4.60	4.00 xxo; 4.60 xxo; 4.80 xx rtd
4	163	Chris Mills	Windsor S E & Hounslow	4.20	4.00 xo; 4.20 xo; 4.40 xxx
5=	156	Adam Boshier	Epsom & Ewell	4.00	4.00 o; 4.20 xxx
5=	157	Sam Brown	Lewes AC	4.00	4.00 o; 4.20 xxx
7	159	Jordan Henwood	Enfield & Haringey AC	4.00	4.00 xxo; 4.20 xxx
8	155	Bilen Ahmet	Kingston AC & Poly Harriers	3.80	3.80 xo; 4.00 xxx
9	164	Ian Parkinson	Wycombe Phoenix Harriers & AC	3.80	3.80 xxo; 4.00 xxx
-	161	Egryn Jones	Windsor S E & Hounslow	-	4.40 xxx
-	165	Simon Scholes	Team Kennet Triathlon AC	-	3.80 xxx

Senior Men Long Jump (a)

CBP J.Munroe

Thames Valley Harriers

1995

7.46

Posn	Num	Name	Club	Perf	Details
1	190	J J Jegede	Newham & Essex Beagles AC	7.52	nj; 7.52; 7.45; -; -; nj
				CBP	
2	171	Ezekiel Ewulo	Woodford Green w Essex L	7.19	7.19; 7.05; 7.19 nj; nj; 7.10
3	168	David Cook	Kingston AC & Poly Harriers	6.84	6.79; nj; 6.78; 6.84; nj; nj
4	110	Sebastian Rodger	Crawley AC	6.80	Nj; nj; 6.80; nj; 5.38; nj
6	43	Mark Holloway	Windsor S E & Hounslow	6.54	6.54; nj; 6.48; 6.28; nj; 6.47
7	109	Joost Rietveld	Victoria Park H & Tower H AC	6.51	6.11; 6.43; 6.51
8	172	Thomas French	Brighton & Hove City AC	6.46	5.50; 6.34; 6.46
9	174	Richard Holt	City of Salisbury A & RC	6.30	nj; nj; 6.30
10	175	Alexander Lee	Dartford Harriers AC	6.09	nj; 5.94; 6.09
11	59	Peter Mitchell	Bournemouth AC	5.90	5.90; 5.56; 5.68
12	177	Luke Thomas	Enfield & Haringey AC	5.68	nj; 5.68; -
-	176	Paul Oluyemi	Herne Hill Harriers	-	nj; nj; nj

Senior Men Triple Jump (b)

CBP Phillips Idowu

Belgrave Harriers

2008

17.06

Posn	Num	Name	Club	Perf	Details
1	181	Matthew Morsia	Ashford AC	14.87	14.76; 14.68; nj; nj; 14.87; nj
2	178	Julian Golley	Newham & Essex Beagles AC	14.81	nj; nj; 13.41; nj; 14.81, nj
3	180	Darren March	Medway & Maidstone AC	14.38	14.23; 14.38; nj; nj; nj; nj
4	183	David Wellstead	Belgrave Harriers	14.08	nj; 13.72;nj;nj; 13.58; 14.08
5	182	Sayo Ojo	Woodford Green w Essex L	13.76	13.76; nj; nj; nj; nj; nj

Senior Men Shot (b)**CBP E.Udechuku****Woodford Green w Essex L****2006****18.36**

Posn	Num	Name	Club	Perf	Details
1	184	Zane Duquemin	Channel Islands AC	16.31	16.31; np; np; 16.16; np; np
2	188	Gary Newton	Southampton AC	13.38	12.40; 12.98; 13.38; 13.44; 13.03; 13.41
3	185	Damian Larrington	Bedford & County AC	13.09	12.14; 12.19; np; 13.09; np;np
4	186	Christopher Linque	Woodford Green w Essex L	13.05	np; 13.05; np; np; 12.71; 12.51
5	37	Courtney Green	Kent AC	12.54	12.34; 11.50; 12.54; 12.16; 11.68; np

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Senior Women 60 Metres (b)

Posn	Num	Name	Club	Heat 1	Perf
		CBP L.Turner	Harrow AC	2007	7.33
1	15	Jeanette Kwakye	Woodford Green w Essex L	Q	7.38
2	10	Azaria Francis	Woodford Green w Essex L	Q	7.73
3	25	Isabelle Stanway	Guildford & Godalming AC	Q	8.20
4	14	Julie Idowu	Victoria Park H & Tower H AC		8.35
	3	Dominique Blaize	Kingston AC & Poly Harriers		DQ
Posn	Num	Name	Club	Heat 2	Perf
1	9	Katherine Endacott	City of Plymouth AC	Q	7.47
2	1	Margaret Adeoye	Enfield & Haringey AC	Q	7.58
3	16	Emily Martin	Hercules Wimbledon AC	Q	7.98
4	20	Joanna Richards	St Albans AC	q	8.07
5	8	Sharna Emanuel	Peterborough AC		8.14
6	26	Kirstie Taylor	Dartford Harriers AC		8.52
Posn	Num	Name	Club	Heat 3	Perf
1	27	Lorraine Ugen	Blackheath & Bromley Harriers	Q	7.71
2	18	Tunrayo Nubi	Enfield & Haringey AC	Q	7.73
3	7	Kitan Eleyae	Woodford Green w Essex L	Q	7.87
4	12	Stephanie Gaynor	Brunel University AC	q	8.07
5	11	Eleanor Gatehouse	Chester-Le-Street & Dist AC		8.73
Posn	Num	Name	Club	Heat 4	Perf
1	6	Sarah Claxton	Woodford Green w Essex L	Q	7.72
2	13	Twinelle Hopeson	Croydon Harriers	Q	7.83
3	28	Michelle Watson	Herne Hill Harriers	Q	7.88
4	19	Jade Phillips	Herne Hill Harriers	q	7.94
5	21	Lesley Richardson	Enfield & Haringey AC		9.36
Posn	Num	Name	Club	Heat 5	Perf
1	2	Gemma Bennett	SBH	Q	7.52
2	4	Shelley Bowen	Reading AC	Q	7.95
3	17	Emily Newton	Southampton AC	Q	7.99
4	23	Kirsty Shepherd	Basildon AC		8.37
5	79	Saskia Fehler	Thames Valley Harriers		8.61
Posn	Num	Name	Club	S/F 1	Perf
1	15	Jeanette Kwakye	Woodford Green w Essex L	Q	7.34
2	1	Margaret Adeoye	Enfield & Haringey AC	Q	7.62
3	10	Azaria Francis	Woodford Green w Essex L		7.67
4	28	Michelle Watson	Herne Hill Harriers		7.89
5	16	Emily Martin	Hercules Wimbledon AC		8.03
6	12	Stephanie Gaynor	Brunel University AC		8.09
Posn	Num	Name	Club	S/F 2	Perf
1	9	Katherine Endacott	City of Plymouth AC	Q	7.50
2	6	Sarah Claxton	Woodford Green w Essex L	Q	7.68
3	18	Tunrayo Nubi	Enfield & Haringey AC		7.71
4	7	Kitan Eleyae	Woodford Green w Essex L		7.90
5	17	Emily Newton	Southampton AC		8.06
6	20	Joanna Richards	St Albans AC		8.19
Posn	Num	Name	Club	S/F 3	Perf
1	2	Gemma Bennett	Radley AC	Q	7.49
2	27	Lorraine Ugen	Blackheath & Bromley Harriers	Q	7.64
3	13	Twinelle Hopeson	Croydon Harriers		7.83
4	19	Jade Phillips	Herne Hill Harriers		7.90
5	4	Shelley Bowen	Reading AC		7.94
6	25	Isabelle Stanway	Guildford & Godalming AC		8.29
Posn	Num	Name	Club	Final	Perf
1	15	Jeanette Kwakye	Woodford Green w Essex L	CBP	7.28

2	9	Katherine Endacott	City of Plymouth AC	7.51
3	1	Margaret Adeoye	Enfield & Haringey AC	7.54
4	27	Lorraine Ugen	Blackheath & Bromley Harriers	7.65
	2	Gemma Bennett	Radley AC	DNS
	6	Sarah Claxton	Woodford Green w Essex L	DNS

Senior Women 200 Metres (a)

CBP Donna Fraser **Croydon Harriers** **2009** **24.30**

Posn	Num	Name	Club	Heat 1	Perf
1	13	Twinelle Hopeson	Croydon Harriers	Q	25.65
2	32	Ellie Doel	Brighton & Hove City AC	q	26.92
3	25	Isabelle Stanway	Guildford & Godalming AC		27.10
4	30	Hayley Comer	Harrow AC		28.455
Posn	Num	Name	Club	Heat 2	Perf
1	16	Emily Martin	Hercules Wimbledon AC	Q	25.92
2	35	Ambwene Simukonda	Thames Valley Harriers	q	25.97
3	14	Julie Idowu	Victoria Park H & Tower H AC		27.94
	79	Saskia Fehler	Thames Valley Harriers		DQ
Posn	Num	Name	Club	Heat 3	Perf
1	33	Kate Laidlow	Cambridge University AC	Q	26.51
2	36	Lucy Spray	Bedford & County AC		26.97
3	37	Kelly Sutton	Peterborough AC		27.05
Posn	Num	Name	Club	Final	Perf
1	13	Twinelle Hopeson	Croydon Harriers		25.24
2	16	Emily Martin	Hercules Wimbledon AC		25.76
3	35	Ambwene Simukonda	Thames Valley Harriers		25.79
4	33	Kate Laidlow	Cambridge University AC		26.48
5	32	Ellie Doel	Brighton & Hove City AC		27.17

Senior Women 1,500 Metres (b)

CBP Gemma Turtle **Gloucester AC** **2010** **4.14.27**

Posn	Num	Name	Club	Heat	Perf
1	42	Gemma Turtle	Gloucester AC		4.18.47
2	41	Harriet Scott	Havering Mayesbrook AC		4.34.68
3	39	Deborah Niccol	Bristol & West AC		4.43.58
4	43	Sandra Wison	Serpentine RC		4.45.27
5	77	Diana Kennedy	Woodford Green w Essex L		5.16.95

Senior Women 60m Hurdles (a)

CBP Sarah Claxton **Woodford Green w Essex L** **2009** **8.09**

Posn	Num	Name	Club	Heat 1	Perf
1	2	Gemma Bennett	Shaftesbury Barnet H	Q	8.16
2	49	Kylie Robilliard	Channel Islands AC	Q	8.73
3	29	Chloe Whalley	Marshall Milton Keynes AC	q	9.14
4	50	Harriet Shurley	Windsor S E & Hounslow	q	9.17
5	47	Jennifer Heckford	Windsor S E & Hounslow		9.36
Posn	Num	Name	Club	Heat 2	Perf
1	12	Stephanie Gaynor	Brunel University AC	Q	8.57
2	24	Serita Solomon	Blackheath & Bromley Harriers	Q	8.60
3	52	Chloe Van Wulven	Havering Mayesbrook AC		9.20
4	44	Francesca Bennett	Medway & Maidstone AC		9.35
5	46	Helen Buckley	Reading AC		11.00
Posn	Num	Name	Club	Final	Perf
1	2	Gemma Bennett	Shaftesbury Barnet H		8.21
2	24	Serita Solomon	Blackheath & Bromley Harriers		8.54
3	49	Kylie Robilliard	Channel Islands AC		8.63
4	12	Stephanie Gaynor	Brunel University AC		8.65
5	50	Harriet Shurley	Windsor S E & Hounslow		9.09
6	29	Chloe Whalley	Marshall Milton Keynes AC		9.13

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Senior Women Pole Vault (b)

CBP *E.Spain* **Shaftesbury Barnet Harriers** **2007** **4.20**

Posn	Num	Name	Club	Perf	Details
1	57	Liz Hughes	Blackheath & Bromley Harriers	3.70	3.40xxo; 3.50o; 3.60o; 3.70xo-
2	64	Stephanie Smith	Crawley AC	3.60	3.30o; 3.40o; 3.50o; 3.60ox; 3.70xxx
3	58	Kirsty MacKintosh	Woodford Green w Essex L	3.60	3.30xo; 3.40-; 3.50o; 3.60xo; 3.70xxx
4	54	Kate Cowley	Havering Mayesbrook AC	3.50	3.05o; 3.20o; 3.30xo; 3.40o; 3.50o; 3.60xxx
5	53	Rachel Arnheim	Blackheath & Bromley Harriers	3.50	3.30xo; 3.40xxo; 3.50o; 3.60xxx
6	45	Clara Blattler	Oxford University AC	3.50	3.20o; 3.30o; 3.40o; 3.50xo; 3.60xxx
7	59	Christina Moore	Blackheath & Bromley Harriers	3.50	3.05o; 3.20o; 3.30xxo; 3.40o; 3.50xxo; 3.60xxx
8	63	Louise Shortland	Stevenage & North Herts AC	3.40	3.40o; 3.50x-; 3.60xx
9	56	Jennifer Honeyball	Herne Hill Harriers	3.20	2.90o; 3.05o; 3.20xo; 3.30xxx
10	55	Kara Gibbs	Ashford AC	3.20	2.70o; 2.90o; 3.05xo; 3.20xo; 3.30xxx
11	60	Caroline Parkinson	Wycombe Phoenix Harriers & AC	3.05	2.70o; 2.90o; 3.05xo; 3.20xxx
12	61	Emmeline Rendell	Ashford AC	2.70	2.70xxo; 2.90xxx

Senior Women Long Jump (b)

CBP *Y.Idowu* **Essex Ladies** **1995** **6.35**

Posn	Num	Name	Club	Perf	Details
1	66	Angela Barrett	Thames Valley Harriers	5.57	5.27; nj; 5.32; 2.50; 5.57; 5.53
2	69	Claire Linskill	Sale Harriers	5.51	5.31; 5.51; 5.48; 5.27; 5.24; 5.27
3	70	Charis O'Connor	Guildford & Godalming AC	5.42	5.15; 5.36; 5.36; 5.36; 5.42; 5.32
4	65	Dee Bakre	Enfield & Haringey AC	5.36	5.34; 5.36; nj; 5.20; 5.27; 5.20
5	7	Kitan Eleyae	Woodford Green w Essex L	5.34	5.20; 5.34; 5.23; nj; nj; 4.07
6	34	Jo Rowland	Crawley AC	5.14	5.14; 4.94; 4.92; 5.07; 2.08; 3.91
7	45	Clara Blattler	Oxford University AC	4.91	4.91; nj; 4.49;
8	46	Helen Buckley	Reading AC	4.61	4.42; 4.61; 4.26;
9	67	Hannah Connor	Havering Mayesbrook AC	4.58	4.27; nj; 4.58

Senior Women Triple Jump (a)

CBP *A.Hansen* **Essex Ladies** **1998** **13.94**

Posn	Num	Name	Club	Perf	Details
1	66	Angela Barrett	Thames Valley Harriers	12.89	12.29; 12.34; 12.73; 12.79; 12.89; 12.85
2	71	Hannah Frankson	Woodford Green w Essex L	12.57	12.32; nj; 12.56; 12.39; 12.57; 12.55
3	69	Claire Linskill	Sale Harriers	12.16	11.93; 12.16; 12.03; nj; 12.11; 12.10
4	65	Dee Bakre	Enfield & Haringey AC	11.89	11.76; 11.68; 11.89 ; 11.83; nj; nj
5	72	Rochelle Jones	Newham & Essex Beagles AC	11.42	nj; 11.30; 11.42; - ; nj; rtd

Senior Women Shot (b)

CBP *J.Oakes* **Croydon Harriers** **1996** **18.33**

Posn	Num	Name	Club	Perf	Details
1	74	Shaunagh Brown	Blackheath & Bromley Harriers	14.71	14.65; 14.16; 14.67; 14.45; 14.71; 14.49
2	3	Dominique Blaize	Kingston AC & Poly Harriers	12.55	12.55; -; 12.25; 11.71; 12.47; 12.50
3	76	Melanie Harrison	Enfield & Haringey AC	11.88	11.33; 11.39; 11.52; np; 11.67; 11.88
4	34	Jo Rowland	Crawley AC	11.23	10.98; 11.06; 11.11; 10.93; 11.23; np
5	46	Helen Buckley	Reading AC	8.81	8.34; 8.63; 8.43; 8.69; 8.77; 8.81

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Under 20 Men 60 Metres (b)

CBP		H.Aikines-Aryeetey		Sutton & District AC		2007		6.67	
Posn	Num	Name	Club	Heat 1	Perf	Heat 2	Perf	Heat 3	Perf
1	23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	Q	7.02				
2	26	David Olupitan	Woodford Green w Essex L	Q	7.11				
3	4	Tucker Bryant	Kingston AC & Poly Harriers		7.29				
4	2	Ben Amey	Bournemouth AC		7.58				
5	29	Joe Pybus	Brighton & Hove City AC		7.82				
Posn	Num	Name	Club	Heat 2	Perf	Heat 3	Perf	Heat 4	Perf
1	34	Emmanuel Stephens	Thurrock Harriers AC	Q	6.91				
2	35	Enrico Tawiah Kwabena	Enfield & Haringey AC	Q	7.05				
3	7	Kieran Daly	Blackheath & Bromley Harriers	q	7.17				
4	20	Quincie Michael	Victoria Park H & Tower H AC		7.33				
5	8	Hakeem Duckworth-Porter	Huntingdonshire AC		7.62				
Posn	Num	Name	Club	Heat 3	Perf	Heat 4	Perf	Heat 5	Perf
1	18	Shane Martin	Victoria Park H & Tower H AC	Q	7.08				
2	10	Andre Gibbs	Croydon Harriers	Q	7.09				
3	24	Michael Ojo	Windsor S E & Hounslow	q	7.11				
4	14	Kariym Irving	Croydon Harriers	q	7.17				
5	41	Ellis Zorro	Blackheath & Bromley Harriers		7.45				
Posn	Num	Name	Club	Heat 4	Perf	Heat 5	Perf	Heat 6	Perf
1	19	Alexander McNally	Peterborough AC	Q	7.13				
2	11	Ryan Harding	Harrow AC	Q	7.16				
3	33	Terry Scott	Thames Valley Harriers	q	7.26				
4	12	David Harvey	Windsor S E & Hounslow		7.31				
5	13	James Hedges	Horsham Blue Star Harriers		7.46				
Posn	Num	Name	Club	Heat 5	Perf	Heat 6	Perf	S/F 1	Perf
1	36	Chijindu Ujah	Enfield & Haringey AC	Q	7.00				
2	39	Sam Watts	Woodford Green w Essex L	Q	7.03				
3	40	Savion Williams	Woodford Green w Essex L	q	7.23				
4	1	Julien Allwood	Herne Hill Harriers		7.35				
5	30	Dwayne Rapley	Bedford & County AC		7.35				
Posn	Num	Name	Club	Heat 6	Perf	S/F 1	Perf	S/F 2	Perf
1	16	Jake King	Southend on Sea AC	Q	7.11				
2	9	Renard Frederick	Shaftesbury Barnet Harriers	Q	7.19				
3	38	Ashley Watson	Peterborough AC	q	7.25				
4	27	Olaoluwasubomi Onanuga	Marshall Milton Keynes AC		7.45				
5	31	Matthew Sadoh	Harrow AC		7.46				
Posn	Num	Name	Club	S/F 1	Perf	S/F 2	Perf	S/F 3	Perf
1	34	Emmanuel Stephens	Thurrock Harriers AC	Q	6.88				
2	39	Sam Watts	Woodford Green w Essex L	Q	7.01				
3	9	Renard Frederick	Shaftesbury Barnet Harriers		7.04				
4	24	Michael Ojo	Windsor S E & Hounslow		7.08				
5	19	Alexander McNally	Peterborough AC		7.17				
6	33	Terry Scott	Thames Valley Harriers		7.20				
Posn	Num	Name	Club	S/F 2	Perf	S/F 3	Perf	S/F 3	Perf
1	36	Chijindu Ujah	Enfield & Haringey AC	Q	6.97				
2	35	Enrico Tawiah Kwabena	Enfield & Haringey AC	Q	7.04				
3	16	Jake King	Southend on Sea AC		7.11				
4	7	Kieran Daly	Blackheath & Bromley Harriers		7.15				
5	11	Ryan Harding	Harrow AC		7.16				
6	38	Ashley Watson	Peterborough AC		7.27				
Posn	Num	Name	Club	S/F 3	Perf	S/F 3	Perf	S/F 3	Perf
1	23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	Q	7.02				
2	18	Shane Martin	Victoria Park H & Tower H AC	Q	7.05				
3	10	Andre Gibbs	Croydon Harriers		7.07				

	4	26	David Olupitan	Woodford Green w Essex L		7.13
	5	14	Kariym Irving	Croydon Harriers		7.20
	6	40	Savion Williams	Woodford Green w Essex L		7.26
Posn	Num	Name	Club		Final	Perf
	1	34	Emmanuel Stephens	Thurrock Harriers AC		6.88
	2	36	Chijindu Ujah	Enfield & Haringey AC		6.93
	3	23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers		6.98
	4	39	Sam Watts	Woodford Green w Essex L		7.02
	5	18	Shane Martin	Victoria Park H & Tower H AC		7.08
	6	35	Enrico Tawiah Kwabena	Enfield & Haringey AC		7.13

Under 20 Men 200 Metres (a)

CBP J.Alaka Blackheath & Bromley Harriers 2008 21.80

Posn	Num	Name	Club	Heat 1	Perf
	1	23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	23.01 Q
	2	46	Adam Harwood	Andover AC	23.05 Q
	3	48	Sam Maguire	Windsor S E & Hounslow	23.15 q
	4	43	Calum Bressington	Team Southampton	24.28
	5	29	Joe Pybus	Brighton & Hove City AC	25.20
Posn	Num	Name	Club	Heat 2	Perf
	1	32	Paul Scanlan	Woodford Green w Essex L	22.88 Q
	2	28	Jonathan Pettet	Blackheath & Bromley Harriers	23.20 Q
	3	49	Carl Palin	St Albans AC	23.78
	4	27	Olaoluwasubomi Onanuga	Marshall Milton Keynes AC	24.31
	5	17	Tarric Lewis	Thames Valley Harriers	24.58
Posn	Num	Name	Club	Heat 3	Perf
	1	16	Jake King	Southend on Sea AC	22.86 Q
	2	51	Lennox Thompson	Thurrock Harriers AC	23.56 Q
	3	40	Savion Williams	Woodford Green w Essex L	23.68
	4	10	Andre Gibbs	Croydon Harriers	23.70
		45	Zachary Hanley	Channel Islands AC	DNS
Posn	Num	Name	Club	Heat 4	Perf
	1	33	Terry Scott	Thames Valley Harriers	23.44 Q
	2	9	Renard Frederick	Shaftesbury Barnet Harriers	23.58 Q
	3	42	Alex Bell	Dartford Harriers AC	23.60 q
	4	8	Hakeem Duckworth-Porter	Huntingdonshire AC	24.49
	5	44	Nathan Cobern	City of Salisbury A & RC	24.54
Posn	Num	Name	Club	SF 1	Perf
	1	16	Jake King	Southend on Sea AC	22.44 Q
	2	9	Renard Frederick	Shaftesbury Barnet Harriers	22.61 Q
	3	46	Adam Harwood	Andover AC	22.80 q
	4	33	Terry Scott	Thames Valley Harriers	22.92
	5	42	Alex Bell	Dartford Harriers AC	23.34
Posn	Num	Name	Club	SF 2	Perf
	1	32	Paul Scanlan	Woodford Green w Essex L	22.48 Q
	2	23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	22.49 Q
	3	28	Jonathan Pettet	Blackheath & Bromley Harriers	23.17
	4	51	Lennox Thompson	Thurrock Harriers AC	23.28
	5	48	Sam Maguire	Windsor S E & Hounslow	23.37
Posn	Num	Name	Club	Final	Perf
	1	32	Paul Scanlan	Woodford Green w Essex L	22.13
	2	16	Jake King	Southend on Sea AC	22.37
	3	9	Renard Frederick	Shaftesbury Barnet Harriers	22.76
		23	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	DNF
		46	Adam Harwood	Andover AC	DNS

Under 20 Men 1,500 Metres (b)

CBP John McDonnell Luton AC 2010 3.56.50

Posn	Num	Name	Club	Heat 1	Perf
	1	66	Mitch White	Bracknell AC	Q 4.17.06

2	59	Nakole Iddirisu	Newham & Essex Beagles AC	Q	4.17.95
3	63	Yasir Sheikh	Newham & Essex Beagles AC	Q	4.18.90
4	54	William Bodkin	Guernsey Island AAC	q	4.21.12
5	65	Ben Waterman	Ealing Southall & Middlesex AC		4.21.82
6	56	Ryan Burling	Marshall Milton Keynes AC		4.26.88
7	62	Tom Reilly	Luton AC		4.30.67
Posn	Num	Name	Club	Heat 2	Perf
1	58	Ross Franks	Windsor S E & Hounslow	Q	4.12.86
2	52	Khalid Al-Abaidy	Windsor S E & Hounslow	Q	4.13.84
3	60	Tom Mead	Luton AC	Q	4.14.39
4	57	Stuart Ferguson	Radley AC	q	4.16.86
5	55	Tommy Bower	Newham & Essex Beagles AC	q	4.18.93
6	61	Michael Randall	Team Kennet Triathlon AC		4.22.20
Posn	Num	Name	Club	Final	Perf
1	66	Mitch White	Bracknell AC		3:57.71
2	58	Ross Franks	Windsor S E & Hounslow		4:00.11
3	52	Khalid Al-Abaidy	Windsor S E & Hounslow		4:01.19
4	57	Stuart Ferguson	Radley AC		4:06.45
5	59	Nakole Iddirisu	Newham & Essex Beagles AC		4:08.92
6	60	Tom Mead	Luton AC		4:15.02
7	63	Yasir Sheikh	Newham & Essex Beagles AC		4:19.20
	55	Tommy Bower	Newham & Essex Beagles AC		DNF

Under 20 Men 60m Hurdles (a)

CBP James McLean

Southend on Sea AC

2009

8.04

Posn	Num	Name	Club	Heat 1	Perf
1	70	Matthew Hewitt	Brighton & Hove City AC		8.52 Q
2	74	Alex Wharfe	Medway & Maidstone AC		8.63 Q
3	71	Nathan Higgins	City of Plymouth AC		8.72
4	67	Mark Cryer	Medway & Maidstone AC		9.38
Posn	Num	Name	Club	Heat 2	Perf
1	72	Ben Kelk	Cambridge & Coleridge AC		8.10 Q
2	68	Marko Djurovic	Epsom & Ewell		8.16 Q
3	69	Jack Edgar-Hill	Havering Mayesbrook AC		8.50 q
4	73	Bradley Reed	Chelmsford AC		8.63 q
Posn	Num	Name	Club	Final	Perf
1	72	Ben Kelk	Cambridge & Coleridge AC	CBP	8.01
2	68	Marko Djurovic	Epsom & Ewell		8.10
3	69	Jack Edgar-Hill	Havering Mayesbrook AC		8.45
4	70	Matthew Hewitt	Brighton & Hove City AC		8.58
5	73	Bradley Reed	Chelmsford AC		8.60
6	74	Alex Wharfe	Medway & Maidstone AC		8.72

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Under 20 Men Pole Vault (a)

CBP *S.Huggins* **Blackheath & Bromley Harriers** **2008** **4.91**

Posn	Num	Name	Club	Perf	Details
1	75	Adam Carpenter	Shaftesbury Barnet Harriers	4.60	4.20 o; 4.40 o; 4.50 o; 4.60 xxo; 4.70 xxx
2	78	Gordon Lester	Kingston AC & Poly Harriers	3.95	3.60 o; 3.80 o; 3.95 xo; 4.10 xxx
3	80	Jamie Moore	Chichester Runners & AC	3.80	3.60 o; 3.80 o; 3.95 xxx
4	76	Richard Humby	Southampton AC	3.80	3.80 xxo; 4.10 xxx
5	74	Alex Wharfe	Medway & Maidstone AC	3.40	3.40 o; 3.60 xxx
	79	Mark Longhurst	Blackheath & Bromley Harriers	nht	4.20 xxx

Under 20 Men Long Jump (a)

CBP *J.Grocock* **Team Southampton** **2008** **7.27**

Posn	Num	Name	Club	Perf	Details
1	93	Elliot Safo	Croydon Harriers	6.81	6.66; 6.67; 6.81; nj; 6.78; 2.90
2	85	Ben Clark	Chelmsford AC	6.71	6.53; 6.65; 6.71; nj; 6.47; 6.67
3	12	David Harvey	Windsor S E & Hounslow	6.64	6.64; nj; nj; 6.53; 6.37; 6.49
4	84	Joshua Brown	Kent AC	6.53	6.53; 5.56; 6.47
5	83	Ogo Anochirionye	Thames Valley Harriers	6.35	6.11; 6.06; 6.28
6	31	Matthew Sadoh	Harrow AC	6.25	6.25; nj; nj; nj; nj; 6.20
7	82	James Alcock	Medway & Maidstone AC	6.16	6.16; 5.97; 6.05
8	91	Calvin Knight	Enfield & Haringey AC	6.16	6.16; 5.15; 6.01
9	87	Lewis Cullen	Worthing & District Harriers	6.14	6.14; 5.98; 5.74
10	88	Neil Hallett	Reading AC	6.04	6.04; 5.84; 6.04
11	90	Taariq John-Clarke	Shaftesbury Barnet Harriers	5.85	nj; 4.16; 5.85
12	89	Robert Hammond	Dartford Harriers AC	5.83	5.81; 5.83; 4.82
13	92	Manny Oamen	Shaftesbury Barnet Harriers	5.43	5.40; nj; 5.43
14	45	Zachary Hanley	Channel Islands AC	5.35	5.35; 3.82; nj

Under 20 Men Triple Jump (b)

CBP *Kola Adedoyin* **Newham & Essex Beagles AC** **2010** **15.32**

Posn	Num	Name	Club	Perf	Details
1	97	Jonathan Ilori	Blackheath & Bromley Harriers	14.92	14.74; 14.71; nj; nj; 14.92; 14.92
2	102	Jonathan Sawyers	Windsor S E & Hounslow	14.70	14.11; nj; 13.43; nj; 14.70; nj
3	100	Shola Olojo	Herne Hill Harriers	13.82	13.82; 12.08; 13.42; 13.54; -; 13.78
4	84	Joshua Brown	Kent AC	13.69	13.69; 13.47; 13.31; 13.37; 13.34; 12.35
5	104	Jack Valeri	Brighton & Hove City AC	13.57	13.01; 12.74; 13.39; 13.47; 13.30; 13.57
6	101	Bradley Pike	Dacorum & Tring AC	13.50	nj; 13.23; 13.50; 13.02; nj; nj
7	103	Jeffson Udemezue	Luton AC	13.21	nj; nj; 13.21
8	99	Charlie Occomore	Isle of Wight AC	13.18	nj; 13.18; 13.17
9	96	Daniel Gardner	Stevenage & North Herts AC	12.98	12.98; 12.67; 12.93
10	94	Patrick Apantaku	Worthing & District Harriers	12.16	nj; 11.40; 12.16
11	105	Adam Wileman	Havering Mayesbrook AC	11.61	11.61; 11.44; nj
12	95	Javari Cameron	Croydon Harriers	11.36	11.36; nj; nj
	98	Joseph Lawrence	Sutton & District AC	npr	

Under 20 Men Shot (b)

CBP *Zane Duquemin* **Channel Islands AC** **2010** **17.80**

Posn	Num	Name	Club	Perf	Details
1	106	Tim Billings	Oxford City AC	13.44	12.60; 13.43; 13.44; np; 13.27; 13.23
2	107	Jonathan Edwards	Huntingdonshire AC	13.32	12.59; np; 13.32; np; 13.21; 13.16
3	110	Youcef Zatat	Woodford Green Palmer	12.44	Np; np; 10.43; 4.12; np; np
4	74	Alex Wharfe	Medway & Maidstone AC	11.81	10.90; 11.81; np; 11.19; 10.82; 10.73

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Under 20 Women 60 Metres (b)

CBP Jodie Williams Herts Phoenix AC 2010 7.42

Posn	Num	Name	Club	Heat 1	Perf
1	19	Annie Tagoe	Thames Valley Harriers	Q	7.53
2	12	Desiree Henry	Enfield & Haringey AC	Q	7.61
3	5	Eleanor Ball	Guildford & Godalming AC	Q	7.97
4	3	Roseanne Ampofo	Orion Harriers	q	8.12
5	2	Yimika Adewakun	Sutton & District AC	q	8.14
6	7	Kerri-Ann Body	Brighton & Hove City AC		8.18
Posn	Num	Name	Club	Heat 2	Perf
1	4	Rianne Ashitey-Dennis	Newham & Essex Beagles AC	Q	8.00
2	13	Amara Lalemi-Jacobs	Blackheath & Bromley Harriers	Q	8.07
3	15	Nadia Mills	Ealing Southall & Middlesex AC	Q	8.12
4	22	Rebekah Wiltshire	Thames Valley Harriers		8.34
5	16	Lucy Readman	Huntingdonshire AC		8.60
Posn	Num	Name	Club	Heat 3	Perf
1	20	Emma Wakrim	Sutton & District AC	Q	7.91
2	11	Shanice Harrison	South London Harriers	Q	8.04
3	9	Frederica Foster	Blackheath & Bromley Harriers	Q	8.06
4	8	Sophie East	Chiltern Harriers AC	q	8.17
5	17	Rachel Robinson	Blackheath & Bromley Harriers		8.51
Posn	Num	Name	Club	S/F 1	Perf
1	19	Annie Tagoe	Thames Valley Harriers	Q	7.51
2	12	Desiree Henry	Enfield & Haringey AC	Q	7.61
3	11	Shanice Harrison	South London Harriers	Q	7.99
4	9	Frederica Foster	Blackheath & Bromley Harriers		8.02
5	15	Nadia Mills	Ealing Southall & Middlesex AC		8.08
6	8	Sophie East	Chiltern Harriers AC		8.19
Posn	Num	Name	Club	S/F 2	Perf
1	20	Emma Wakrim	Sutton & District AC	Q	7.90
2	4	Rianne Ashitey-Dennis	Newham & Essex Beagles AC	Q	7.91
3	5	Eleanor Ball	Guildford & Godalming AC	Q	7.92
4	13	Amara Lalemi-Jacobs	Blackheath & Bromley Harriers		8.07
5	2	Yimika Adewakun	Sutton & District AC		8.08
6	3	Roseanne Ampofo	Orion Harriers		8.12
Posn	Num	Name	Club	FINAL	Perf
1	19	Annie Tagoe	Thames Valley Harriers		7.49
2	12	Desiree Henry	Enfield & Haringey AC		7.57
3	20	Emma Wakrim	Sutton & District AC		7.90
4	5	Eleanor Ball	Guildford & Godalming AC		7.96
5	11	Shanice Harrison	South London Harriers		8.02
6	4	Rianne Ashitey-Dennis	Newham & Essex Beagles AC		8.03

Under 20 Women 200 Metres (a)

CBP Anike Shand-Whittingham Blackheath & Bromley Harriers 2008 24.53

Posn	Num	Name	Club	Heat 1	Perf
1	19	Annie Tagoe	Thames Valley Harriers	Q	25.22
2	30	Amy McDonald	Enfield & Haringey AC	Q	27.02
3	33	Emily Rogers	West Suffolk AC		27.56
4	17	Rachel Robinson	Blackheath & Bromley Harriers		27.86
5	16	Lucy Readman	Huntingdonshire AC		29.27
Posn	Num	Name	Club	Heat 2	Perf
1	24	Amy Allcock	Aldershot Farnham & DAC	Q	25.65
2	36	Annie Waghorn	Medway & Maidstone AC	Q	26.71
3	23	Mubarakat Akinshipo	Newham & Essex Beagles AC		26.75

Posn	Num	Name	Club	Heat 3	Perf
4	7	Kerri-Ann Body	Brighton & Hove City AC		26.92
1	9	Frederica Foster	Blackheath & Bromley Harriers	Q	25.89
2	31	Melissa Owusu-Ansah	Cambridge Harriers	Q	26.49
3	28	Georgie Ivens	Nene Valley Harriers		27.25
4	32	Millie Phelan	Stevenage & North Herts AC		28.63
Posn	Num	Name	Club	Heat 4	Perf
1	26	Laura Burke	Windsor S E & Hounslow	Q	25.77
2	35	Megan Southwart	Blackheath & Bromley Harriers	Q	26.42
3	2	Yimika Adewakun	Sutton & District AC		26.28
4	6	Samantha Beckett	Ashford AC		27.50
Posn	Num	Name	Club	Heat 5	Perf
1	21	Bianca Williams	Enfield & Haringey AC	Q	25.23
2	11	Shanice Harrison	South London Harriers	Q	26.01
3	27	Alexandra Hill	Herts Phoenix AC		27.34
4	29	Nicola Keegan	Medway & Maidstone AC		27.96

Posn	Num	Name	Club	SF 1	Perf
1	19	Annie Tagoe	Thames Valley Harriers	Q	24.90
2	26	Laura Burke	Windsor S E & Hounslow	Q	25.70
3	36	Annie Waghorn	Medway & Maidstone AC		26.78
4	35	Megan Southwart	Blackheath & Bromley Harriers		26.80
	9	Frederica Foster	Blackheath & Bromley Harriers		DQ
Posn	Num	Name	Club	SF 2	Perf
1	24	Amy Allcock	Aldershot Farnham & DAC	Q	25.64
2	11	Shanice Harrison	South London Harriers	Q	25.80
3	31	Melissa Owusu-Ansah	Cambridge Harriers	q	26.56
4	30	Amy McDonald	Enfield & Haringey AC		26.80
	21	Bianca Williams	Enfield & Haringey AC		DNS
Posn	Num	Name	Club	Final	Perf
1	19	Annie Tagoe	Thames Valley Harriers		24.69
2	24	Amy Allcock	Aldershot Farnham & DAC		25.37
3	26	Laura Burke	Windsor S E & Hounslow		25.71
4	11	Shanice Harrison	South London Harriers		25.82
5	31	Melissa Owusu-Ansah	Cambridge Harriers		26.74

Under 20 Women 1,500 Metres (b)

CBP *Martha Reynolds* **Windsor S E & Hounslow** **2009** **4.39.49**

Posn	Num	Name	Club	Final	Perf
1	44	Gemma Kersey	Basildon AC		4:40.21
2	42	Laura Farrar	St Albans AC		4:43.38
3	38	Holly Archer	West Suffolk AC		4:55.41
4	39	Chloe Beckett	Braintree & District AC		4:59.18
5	40	Katy Bird	Chichester Runners & AC		5:04.89
6	43	Armelle Folkes	Herne Hill Harriers		5:07.80

Under 20 Women 60m Hurdles (a)

CBP *S.Solomon* **Blackheath & Bromley Harriers** **2006** **8.49**

Posn	Num	Name	Club	Heat 1	Perf
1	49	Claire Humphries	Herts Phoenix AC		8.78 Q
2	48	Amy Barclay	Crawley AC		9.00 Q
3	69	Jahisha Thomas	Sutton		9.17 q
4	53	Kirsty Warland	Oxford City AC		9.17 q
5	26	Laura Burke	Windsor S E & Hounslow		9.34
6	47	Jessica Balderston	Marshall Milton Keynes AC		9.89
Posn	Num	Name	Club	Heat 2	Perf
1	1	Gabriella Ade-Onojobi	Cambridge Harriers		8.91 Q
2	50	Jenny Robinson	Exeter Harriers		9.17 Q
3	22	Rebekah Wiltshire	Thames Valley Harriers		9.57
4	35	Megan Southwart	Blackheath & Bromley Harriers		9.79

5	52	Claire Ward	Stevenage & North Herts AC		10.13
	51	Lauren Thompson	University of Portsmouth AC		DNF
Posn	Num	Name	Club	Final	Perf
1	49	Claire Humphries	Herts Phoenix AC		8.74
2	1	Gabriella Ade-Onojobi	Cambridge Harriers		8.98
3	69	Jahisha Thomas	Sutton		9.00
4	48	Amy Barclay	Crawley AC		9.07
5	50	Jenny Robinson	Exeter Harriers		9.20
6	53	Kirsty Warland	Oxford City AC		9.26

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Under 20 Women Pole Vault (b)

CBP **Ellie Besford** **Chelmsford AC** **2010** **3.70**

Posn	Num	Name	Club	Perf	Details
1=	66	Jade Ive	Shaftesbury Barnet Harriers	3.20	3.20o;3.30 -; 3.40xxx
1=	68	Rosa Williams	Herne Hill Harriers	3.20	2.90o; 3.00o; 3.10o; 3.20o; 3.30xxx
3	64	Anna Huggins	Blackheath & Bromley Harriers	2.80	2.80xxo; 2.90xxx

Under 20 Women Long Jump (b)

CBP **S.Claxton** **Colchester & Tendring AC** **1997** **6.18**

Posn	Num	Name	Club	Perf	Details
1	25	Georgia Atkins	Chelmsford AC	5.57	5.48; 5.54; 5.42; 1.90; 5.50; 5.57
2	61	Sarah Abrams	Sutton & District AC	5.44	5.11; 5.37; 5.44; 5.18; -; 5.35
3	62	Elise Lovell	Hastings AC	5.28	3.97; 5.13; 3.15; 3.19; 5.28; 5.23
4	22	Rebekah Wiltshire	Thames Valley Harriers	5.12	4.91; 5.12; nj; nj; 4.92; 4.13
5	32	Millie Phelan	Stevenage & North Herts AC	4.97	4.74; 4.60; 4.79; 4.37; -; -;

Under 20 Women Triple Jump (a)

CBP **C.Linskill** **North Devon AC** **2006** **12.23**

Posn	Num	Name	Club	Perf	Details
1	32	Millie Phelan	Stevenage & North Herts AC	10.39	10.39; nj; 10.13; 10.35; nj; rtd

Under 20 Women Shot (b)

CBP **Shaunagh Brown** **Blackheath & Bromley Harriers** **2009** **13.90**

Posn	Num	Name	Club	Perf	Details
1	63	Carla Letheby	Walton AC	10.21	10.21; 9.03; 8.85; 9.38; 9.00; 9.27
2	32	Millie Phelan	Stevenage & North Herts AC	9.72	8.89; np; 9.28; 9.69; 9.02; 9.72

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Under 17 Men 60 Metres (b)

CBP	K.Showler-Davies	Winchester & District AC	2008	6.86		
Posn	Num	Name	Club	Heat 1	Perf	
	1	3	Jake Awe	St Albans AC	Q	7.39
	2	16	Taiwo Kamoju	Arch Lanfranc School	Q	7.43
	3	27	Ronnie Young	Poole AC	Q	7.55
	4	20	Nicholas Percy	Isle of Wight AC		7.61
	5	8	Tom Brady	Chiltern Harriers AC		7.84
Posn	Num	Name	Club	Heat 2	Perf	
	1	5	Joe Berth-Jones	Cambridge Harriers	Q	7.33
	2	25	Efe Uwaifo	Harrow AC	Q	7.36
	3	12	Daniel Ghosh	Sutton & District AC	Q	7.44
	4	22	Andrew Scull	Cheltenham & County Harriers		7.67
	5	9	Jay Collins	Bournemouth AC		7.91
Posn	Num	Name	Club	Heat 3	Perf	
	1	14	Jermaine Hamilton	Orion Harriers	Q	7.35
	2	21	Toby Rottner	Brighton & Hove City AC	Q	7.53
	3	1	Olaoluwa Abiodun	Woodford Green w Essex L	Q	7.71
	4	15	Dominic Janson	Chiltern Harriers AC		7.72
	5	4	Andrew Baldwin	Biggleswade AC		8.00
Posn	Num	Name	Club	Heat 4	Perf	
	1	18	Ryan O'Sullivan	Chelmsford AC	Q	7.28
	2	13	Joel Grenfell	Peterborough AC	Q	7.39
	3	2	Kyle Andrews	Croydon Harriers	Q	7.42
	4	24	Mark Twaddle	Bournemouth AC	q	7.47
	5	17	Dean Oamen	Shaftesbury Barnet Harriers		7.62
Posn	Num	Name	Club	Heat 5	Perf	
	1	10	Anton Daly	Blackheath & Bromley Harriers	Q	7.23
	2	19	John Otugade	Shaftesbury Barnet Harriers	Q	7.41
	3	23	Robbie Stenhouse	Jersey Spartan AC	Q	7.43
	4	26	Luke Yaxley	St Albans AC	q	7.45
	5	7	Daniel Boateng	Arch Lanfranc School	q	7.48
	6	103	Daniel Cady	Chiltern Harriers AC		7.67
Posn	Num	Name	Club	S/F 1	Perf	
	1	10	Anton Daly	Blackheath & Bromley Harriers	Q	7.17
	2	13	Joel Grenfell	Peterborough AC	Q	7.33
	3	25	Efe Uwaifo	Harrow AC		7.35
	4	12	Daniel Ghosh	Sutton & District AC		7.39
	5	7	Daniel Boateng	Arch Lanfranc School		7.47
	6	23	Robbie Stenhouse	Jersey Spartan AC		7.50
Posn	Num	Name	Club	S/F 2	Perf	
	1	18	Ryan O'Sullivan	Chelmsford AC	Q	7.32
	2	19	John Otugade	Shaftesbury Barnet Harriers	Q	7.35
	3	2	Kyle Andrews	Croydon Harriers		7.39
	4	3	Jake Awe	St Albans AC		7.42
	5	24	Mark Twaddle	Bournemouth AC		7.47
	6	27	Ronnie Young	Poole AC		7.56
Posn	Num	Name	Club	S/F 3	Perf	
	1	14	Jermaine Hamilton	Orion Harriers	Q	7.33
	2	5	Joe Berth-Jones	Cambridge Harriers	Q	7.36
	3	16	Taiwo Kamoju	Arch Lanfranc School		7.40
	4	26	Luke Yaxley	St Albans AC		7.41
	5	21	Toby Rottner	Brighton & Hove City AC		7.59
	6	1	Olaoluwa Abiodun	Woodford Green w Essex L		7.71
Posn	Num	Name	Club	Final	Perf	
	1	10	Anton Daly	Blackheath & Bromley Harriers		7.12

2	5	Joe Berth-Jones	Cambridge Harriers	7.12
3	19	John Otugade	Shaftesbury Barnet Harriers	7.22
4	18	Ryan O'Sullivan	Chelmsford AC	7.24
5	14	Jermaine Hamilton	Orion Harriers	7.26
	13	Joel Grenfell	Peterborough AC	DQ

Under 17 Men 200 Metres (a)

CBP D.Putnam Blackheath & Bromley Harriers 2008 22.14

Posn	Num	Name	Club	Heat 1	Perf
1	3	Jake Awe	St Albans AC	Q	23.67
2	101	Dereece O'Callaghan	Luton AC	Q	23.82
3	37	George Taylor	Dartford Harriers AC	q	23.95
4	12	Daniel Ghosh	Sutton & District AC		24.44
5	102	Simpi Mpofo	Arch Lanfranc School		25.81
Posn	Num	Name	Club	Heat 2	Perf
1	16	Taiwo Kamoju	Arch Lanfranc School	Q	23.75
2	13	Joel Grenfell	Peterborough AC	Q	24.40
3	24	Mark Twaddle	Bournemouth AC		24.56
	21	Toby Rottner	Brighton & Hove City AC		DQ
	28	Omari Carr-Miller	Croydon Harriers		DNS
Posn	Num	Name	Club	Heat 3	Perf
1	32	Edward Hall	Tonbridge AC		23.58 Q
2	23	Robbie Stenhouse	Jersey Spartan AC		23.78 Q
3	22	Andrew Scull	Cheltenham & County Harriers		23.99 q
4	34	Joshua Oyedele	Blackheath & Bromley Harriers		25.24
Posn	Num	Name	Club	Heat 4	Perf
1	14	Jermaine Hamilton	Orion Harriers		23.29 Q
2	27	Ronnie Young	Poole AC		23.68 Q
3	38	Thomas Williams	Ashford AC		23.99 q
4	31	David Dowden	Aldershot Farnham & DAC		24.24
Posn	Num	Name	Club	SF 1	Perf
1	14	Jermaine Hamilton	Orion Harriers		23.23 Q
2	27	Ronnie Young	Poole AC		23.52 Q
3	16	Taiwo Kamoju	Arch Lanfranc School		23.58
4	13	Joel Grenfell	Peterborough AC		23.99
5	37	George Taylor	Dartford Harriers AC		24.11
6	38	Thomas Williams	Ashford AC		24.14
Posn	Num	Name	Club	SF 2	Perf
1	32	Edward Hall	Tonbridge AC		23.35 Q
2	3	Jake Awe	St Albans AC		23.56 Q
3	23	Robbie Stenhouse	Jersey Spartan AC		23.56 q
4	22	Andrew Scull	Cheltenham & County Harriers		23.86
5	101	Dereece O'Callaghan	Luton AC		24.06
Posn	Num	Name	Club	Final	Perf
1	14	Jermaine Hamilton	Orion Harriers		22.91
2	32	Edward Hall	Tonbridge AC		23.06
3	27	Ronnie Young	Poole AC		23.48
4	23	Robbie Stenhouse	Jersey Spartan AC		23.57
5	3	Jake Awe	St Albans AC		30.96

Under 17 Men 1,500 Metres (b)

CBP Matthew Fayers Hillingdon AC 2010 4.11.27

Posn	Num	Name	Club	Final	Perf
1	105	Sean Molloy	Tonbridge AC		4:13.98
2	41	Peter Chambers	Croydon Harriers		4:14.67
3	43	Hugo Fleming	Walton AC		4:15.00
4	47	Samuel Redding	Marshall Milton Keynes AC		4:15.80
5	46	Dudley Mason	Southampton AC		4:18.41
6	45	Billy Hutton	Victoria Park H & Tower H AC		4:20.29
7	40	Nick Armstrong	Bexley AC		4:22.28
8	44	Scott Geeves	City of Norwich AC		4:23.14

Under 17 Men 60m Hurdles (a)**CBP D.Davis****Sutton & District AC****2004****7.99**

Posn	Num	Name	Club	Heat 1	Perf
1	54	Christian Gaddes	St Albans AC		8.57 Q
2	26	Luke Yaxley	St Albans AC		8.70 Q
3	62	Jason Tang	St Albans AC		9.10 Q
4	64	Karl Tucker	Havering Mayesbrook AC		9.36 q
	56	Jack Hatton	Reading AC		DNF
Posn	Num	Name	Club	Heat 2	Perf
1	49	Jordan Auburn	Brighton & Hove City AC		8.47 Q
2	61	Khai Riley-Laborde	Thurrock Harriers AC		8.94 Q
3	51	Robbie Clarricoats	Thurrock Harriers AC		9.06 Q
4	6	Kertis Beswick	Croydon Harriers		9.27 q
	53	Max Everest	Peterborough AC		DQ
Posn	Num	Name	Club	Heat 3	Perf
1	58	Aaron Lloyd	Blackheath & Bromley Harriers		8.62 Q
2	65	Alex Walker	Windsor S E & Hounslow		8.66 Q
3	55	George Hadler	Havering Mayesbrook AC		8.75 Q
4	52	Matthew Davies	Team Kennet Triathlon AC		9.30 q
5	57	Alex Kingdon	Brighton & Hove City AC		9.58
Posn	Num	Name	Club	Semi Final 1	Perf
1	49	Jordan Auburn	Brighton & Hove City AC		8.34 Q
2	58	Aaron Lloyd	Blackheath & Bromley Harriers		8.58 Q
3	26	Luke Yaxley	St Albans AC		8.71 Q
4	55	George Hadler	Havering Mayesbrook AC		8.83
5	6	Kertis Beswick	Croydon Harriers		9.06
6	64	Karl Tucker	Havering Mayesbrook AC		9.28
Posn	Num	Name	Club	Semi Final 2	Perf
1	54	Christian Gaddes	St Albans AC		8.53 Q
2	65	Alex Walker	Windsor S E & Hounslow		8.66 Q
3	62	Jason Tang	St Albans AC		8.86 Q
4	61	Khai Riley-Laborde	Thurrock Harriers AC		8.99
5	51	Robbie Clarricoats	Thurrock Harriers AC		9.08
	52	Matthew Davies	Team Kennet Triathlon AC		DNS
Posn	Num	Name	Club	FINAL	Perf
1	49	Jordan Auburn	Brighton & Hove City AC		8.30
2	54	Christian Gaddes	St Albans AC		8.40
3	58	Aaron Lloyd	Blackheath & Bromley Harriers		8.54
4	65	Alex Walker	Windsor S E & Hounslow		8.61
5	26	Luke Yaxley	St Albans AC		8.63
6	62	Jason Tang	St Albans AC		8.86

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Under 17 Men High Jump (b)

CBP **S.Bailey** **Chelmsford AC** **2008** **2.05**

Posn	Num	Name	Club	Perf	Details
1	71	Kashif Jones	Stevenage & North Herts AC	1.90	1.70o; 1.75o; 1.80xo; 1.85xo; 1.90o; 1.93xxx
2	75	Darius Price	Harrow AC	1.90	1.75o; 1.80o; 1.85xxo; 1.90xxo; 1.93xxx
3	72	Chris Kandu	Enfield & Haringey AC	1.85	1.75o; 1.80-; 1.85xo; 1.90xxx
4	67	Tim Buckle	Dacorum & Tring AC	1.85	1.70o; 1.75o; 1.80o; 1.85xxo; 1.90xxx
5=	100	Thomas Howlett	Medway & Maidstone AC	1.85	1.70o; 1.75o; 1.80xxo; 1.85xxo; 1.90xxx
5=	73	Jack Mitchell	Winchester & District AC	1.85	1.75xo; 1.80xo; 1.85xxo; 1.90xxx
7	74	David Perry	St Albans AC	1.80	1.65xo; 1.70xo; 1.75xxo; 1.80xo; 1.85xxx
8	79	Russell Waterson	Windsor S E & Hounslow	1.75	1.65o; 1.70o; 1.75o; 1.80xxx
9	68	Jacques Ezzeldin	St Mary's Richmond AC	1.75	1.65o; 1.70xo; 1.75o; 1.80xxx
10	70	Jean-Luc Hammersley	Chelmsford AC	1.75	1.65o; 1.70o; 1.75xo; 1.80xxx
11	66	Chris Alderman	Bedford & County AC	1.75	1.70xo; 1.75xxo; 1.80xxx
12	76	Luke Quinn	Windsor S E & Hounslow	1.70	1.65o; 1.70xo; 1.75xxx

Under 17 Men Pole Vault (a)

CBP **R.Smith** **Peterborough AC** **1997** **4.50**

Posn	Num	Name	Club	Perf	Details
1	81	Mitchell Etheridge	Basildon AC	4.00	3.80 o; 4.00 xo; 4.20 xxx
2	85	Liam Yarwood	Chelmsford AC	3.80	3.70 o; 3.80 o; 3.90 xxx
3	80	Daniel Ditton	Windsor S E & Hounslow	3.50	3.00 o; 3.20 o; 3.35 xo; 3.50 o; 3.60 xxx
4	82	Luke Hodgetts	Southampton AC	3.50	3.20 xxo; 3.35 o; 3.50 o; 3.60 xxx
-	104	Charlie Jinks	Bexley AC	-	2.80 xxx
-	83	Rowan Mahon	Enfield & Haringey AC	-	2.80 xxx

Under 17 Men Long Jump (a)

CBP **D.Thomas** **Ealing Southall & Middlesex AC** **2003** **6.77**

Posn	Num	Name	Club	Perf	Details
1	88	Oliver Newport	Crawley AC	6.68	nj; 6.41; 6.68; nj; 5.32 nj;
2	3	Jake Awe	St Albans AC	6.32	nj; 6.06; 6.27; 6.32; nj; nj
3	25	Efe Uwaifo	Harrow AC	6.29	6.27; 6.29; nj; 6.07; 6.15; nj
4	90	Ben Pearson	Reading AC	6.19	5.99; 5.95; 6.19; 6.02; 6.12; nj
5	89	Alex O'Brien	Chelmsford AC	5.94	5.94; 5.74; 5.73; 5.81; 5.91; 5.84
6	91	Aaron Scardifield	Bracknell AC	5.66	5.66; nj; 5.65; nj; nj; nj
7	38	Thomas Williams	Ashford AC	5.59	5.51; 5.59; 5.50
8	13	Joel Grenfell	Peterborough AC	5.47	nj; nj; 5.47
9	9	Jay Collins	Bournemouth AC	5.37	5.37; nj; 5.24
10	87	Michael Benis-Lacey	Southampton AC	5.30	4.76; 4.65; 5.30
-	86	James Allen	Blackheath & Bromley Harriers	-	nj; nj; nj

Under 17 Men Triple Jump (b)

CBP **B.Amosu** **Croydon Harriers** **2008** **14.57**

Posn	Num	Name	Club	Perf	Details
1	25	Efe Uwaifo	Harrow AC	13.78	13.53; 13.78; -; nj; 13.62; 13.48
2	17	Dean Oamen	Shaftesbury Barnet Harriers	12.89	12.89; 12.72; nj; 12.18; 12.57; 12.73
3	92	Sam Adams	Winchester & District AC	12.85	nj; 12.83; 12.64; 12.85; 12.31; nj
4	94	Joshua Thompson	Croydon Harriers	12.16	nj; nj; 12.16; 11.77; 11.79; 11.49
5	93	Lawrence Fanutza-Davis	Chelmsford AC	11.82	nj; 11.37; 11.63; 11.82; nj; 11.72

Under 17 Men Shot (b)

CBP **M.Wheeler** **Herne Hill Harriers** **2007** **18.20**

Posn	Num	Name	Club	Perf	Details
1	20	Nicholas Percy	Isle of Wight AC	15.87	14.98; 15.42; 15.87; nt; 15.15; nt
2	96	Louis Keen	Herne Hill Harriers	13.86	Nt; 12.71; 13.86; nt; 13.37; 13.84
3	95	Oliver Holway	Cambridge & Coleridge AC	12.59	10.66; 11.88; 11.73; 11.84; 12.25; 12.59
4	61	Khai Riley-Laborde	Thurrock Harriers AC	11.55	10.83; 11.40; 10.84; 11.55; 11.07; 11.18
5	98	Steve Smith	West Suffolk AC	10.35	9.95; 10.01; 9.63; 10.35; 10.29; 10.13
6	109	Alan Sydee	Luton AC	9.79	Nt; nt; 9.97; nt; nt; nt
7	97	Omar Reid	Arch Lanfranc School	8.49	7.25; 7.89; 8.49

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Under 17 Women 60 Metres (b)

CBP **Jodie Williams** **Herts Phoenix AC** **2009** **7.38**

Posn	Num	Name	Club	Heat 1	Perf
1	1	Dina Asher-Smith	Blackheath & Bromley Harriers	Q	7.77
2	12	Clieo Stephenson	City of Norwich AC	Q	7.84
3	11	Hannah Smithdale	Chelmsford AC	q	8.03
4	8	Yolanda Nicholson	Team Kennet Triathlon AC		8.27
5	4	Charlotte Colegate	Blackheath & Bromley Harriers		8.53
Posn	Num	Name	Club	Heat 2	Perf
1	10	Sophie Papps	Windsor S E & Hounslow	Q	7.75
2	9	Uzoma Nwachukwa	Enfield & Haringey AC	Q	7.93
3	6	Georgina Middleton	Blackheath & Bromley Harriers	q	8.08
4	13	Ella Stephenson	City of Norwich AC		8.18
Posn	Num	Name	Club	Final	Perf
1	10	Sophie Papps	Windsor S E & Hounslow		7.63
2	1	Dina Asher-Smith	Blackheath & Bromley Harriers		7.72
3	9	Uzoma Nwachukwa	Enfield & Haringey AC		7.82
4	12	Clieo Stephenson	City of Norwich AC		7.87
5	11	Hannah Smithdale	Chelmsford AC		8.06
6	6	Georgina Middleton	Blackheath & Bromley Harriers		8.16

Under 17 Women 200 Metres (a)

CBP **Desiree Henry** **Enfield & Haringey AC** **2010** **24.47**

Posn	Num	Name	Club	Heat 1	Perf
1	19	Rachel Dickens	Blackheath & Bromley Harriers		25.57 Q
2	22	Georgia Green-Muid	Chelmsford AC		27.18 Q
3	18	Liberty Crawford	Vale of Aylesbury AC		27.40 q
4	16	Zoe Carter	Southampton AC		27.53 q
Posn	Num	Name	Club	Heat 2	Perf
1	30	Charlotte Wingfield	Enfield & Haringey AC		26.06 Q
2	6	Georgina Middleton	Blackheath & Bromley Harriers		27.00 Q
3	3	Codie Burnett	Team Kennet Triathlon AC		28.38
4	15	Lauren Bamford	Ashford AC		28.85
Posn	Num	Name	Club	Heat 3	Perf
1	23	Hayley McLean	Chelmsford AC		26.50 Q
2	14	Sophie Ayre	Medway & Maidstone AC		27.28 Q
3	25	Alice Nicholls	Marshall Milton Keynes AC		27.86
4	20	Megan Edwards	Peterborough AC		28.04
Posn	Num	Name	Club	Heat 4	Perf
1	27	Jessica Palmer	Reading AC		27.11 Q
2	24	Victoria Mitchell	City of Norwich AC		27.18 Q
3	21	Heather Gibbons	Hillingdon AC		27.90
4	29	Keeley Whitlock	Ipswich Harriers		29.04
Posn	Num	Name	Club	SF 1	Perf
1	19	Rachel Dickens	Blackheath & Bromley Harriers		25.34 Q
2	27	Jessica Palmer	Reading AC		26.51 Q
3	6	Georgina Middleton	Blackheath & Bromley Harriers		26.67 q
4	14	Sophie Ayre	Medway & Maidstone AC		26.87
5	16	Zoe Carter	Southampton AC		27.91
Posn	Num	Name	Club	SF 2	Perf
1	23	Hayley McLean	Chelmsford AC		25.68 Q
2	30	Charlotte Wingfield	Enfield & Haringey AC		25.84 Q
3	24	Victoria Mitchell	City of Norwich AC		27.11
4	18	Liberty Crawford	Vale of Aylesbury AC		27.51
5	22	Georgia Green-Muid	Chelmsford AC		27.51

Posn	Num	Name	Club	Final	Perf
1	19	Rachel Dickens	Blackheath & Bromley Harriers		25.11
2	23	Hayley McLean	Chelmsford AC		25.92
3	30	Charlotte Wingfield	Enfield & Haringey AC		26.16
4	27	Jessica Palmer	Reading AC		26.65
5	6	Georgina Middleton	Blackheath & Bromley Harriers		27.06

Under 17 Women 1,500 Metres (b)

CBP *Melanie Wood* **Marshall Milton Keynes AC** **2009** **4.34.99**

Posn	Num	Name	Club	Heat	Perf
1	35	Chloe Turmel	Jersey Spartan AC		4:42.53
2	34	Georgina Russell	Wycombe Phoenix Harriers & AC		5:07.51
3	32	Joanne Fallon	Windsor S E & Hounslow		5:42.89

Under 17 Women 60m Hurdles (a)

CBP *K.Robilliard* **Guernsey Island AAC** **2004** **8.58**

Posn	Num	Name	Club	Heat 1	Perf
1	23	Hayley McLean	Chelmsford AC		8.85 Q
2	42	Kayleigh Miller-Leslie	Ashford AC		9.28 Q
3	43	Laura Reilly	Epsom & Ewell Harriers		9.62 Q
4	18	Liberty Crawford	Vale of Aylesbury AC		9.78 q
5	38	Ella Cave	Cambridge & Coleridge AC		9.96
Posn	Num	Name	Club	Heat 2	Perf
1	40	Rhiannon Jones	Blackheath & Bromley Harriers		9.20 Q
2	22	Georgia Green-Muid	Chelmsford AC		9.40 Q
3	47	Georgia Woods	Peterborough AC		9.44 Q
4	78	Chantal West	Brighton & Hove AC		9.83 q
5	41	Lauren Marlow	Andover AC		9.86 q
Posn	Num	Name	Club	Heat 3	Perf
1	36	Natalie Allen	Herts Phoenix AC		9.13 Q
2	46	Alicia Tymon-McEwan	St Albans AC		9.24 Q
3	37	Janet Browne	Stevenage & North Herts AC		9.75 Q
4	39	Lauren Dewar	St Albans AC		10.15
5	45	Rylie Trott	Havering Mayesbrook AC		10.79
Posn	Num	Name	Club	Semi Final 1	Perf
1	23	Hayley McLean	Chelmsford AC		8.80 Q
2	40	Rhiannon Jones	Blackheath & Bromley Harriers		9.19 Q
3	47	Georgia Woods	Peterborough AC		9.24 Q
4	42	Kayleigh Miller-Leslie	Ashford AC		9.40
5	37	Janet Browne	Stevenage & North Herts AC		9.70
6	78	Chantal West	Brighton & Hove AC		9.92
Posn	Num	Name	Club	Semi Final 2	Perf
1	46	Alicia Tymon-McEwan	St Albans AC		9.17 Q
2	22	Georgia Green-Muid	Chelmsford AC		9.49 Q
3	43	Laura Reilly	Epsom & Ewell Harriers		9.82 Q
4	18	Liberty Crawford	Vale of Aylesbury AC		9.91
5	41	Lauren Marlow	Andover AC		9.99
6	36	Natalie Allen	Herts Phoenix AC		DNS
Posn	Num	Name	Club	Final	Perf
1	23	Hayley McLean	Chelmsford AC		8.77
2	46	Alicia Tymon-McEwan	St Albans AC		9.03
3	40	Rhiannon Jones	Blackheath & Bromley Harriers		9.11
4	47	Georgia Woods	Peterborough AC		9.29
5	22	Georgia Green-Muid	Chelmsford AC		9.42
6	43	Laura Reilly	Epsom & Ewell Harriers		9.85

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Under 17 Women High Jump (a)

CBP *Isobel Pooley* **Aldershot Farnham & DAC** **2009** **1.78**

Posn	Num	Name	Club	Perf	Details
1	48	Isobel Brown	Chichester Runners & AC	1.68	1.50 o;1.55 o;1.60 o;1.65 xo;1.68 xo;1.70 xxx
2=	52	Camellia Hayes	Aldershot Farnham & DAC	1.60	1.50 o;1.55 0;1.60 xo;1.65 xxx
2=	55	Alice Rackham	Stevenage & North Herts AC	1.60	1.50 o;1.55 o;1.60 xo;1.65 xxx
4	49	Emma Cowell	Southampton AC	1.60	1.50 o;1.55 o;1.55 o;1.60 xxo;1.65 xxx
5=	50	Emily Haberfield	Windsor S E & Hounslow	1.55	1.45 o;1.50 o;1.55 o;1.60 xxx
5=	53	Kate Jones	St Albans AC	1.55	1.50 o;1.55 o;1.60 xxx
7	37	Janet Browne	Stevenage & North Herts AC	1.55	1.50 o;1.55 xo;1.60 xxx
8	51	Jodie Haines	St Albans AC	1.45	1.45 xo;1.50 xxx

Under 17 Women Pole Vault (b)

CBP *Jade Ive* **Sutton & District AC** **2008** **3.80**

Posn	Num	Name	Club	Perf	Details
1	58	Nancy Epsly	Chelmsford AC	3.30	3.00 xo; 3.10 xxo; 3.20 -; 3.30 xo; 3.40 xxx
2	56	Emilie Blackwell	Lewes AC	3.20	2.80 o; 2.90 -; 3.00 o; 3.10 o; 3.20 xxo; 3.30 xxx
3	59	Laura-Ann Henderson	Tonbridge AC	3.10	2.80 o; 2.90 -; 3.00 o; 3.10 xo; 3.20 xxx
4	60	Naomi Lee	Lewes AC	3.00	2.80 o; 2.90 -; 3.00 o; 3.10 xxx
5	61	Holly Turner	Brighton & Hove City AC	2.90	2.70 o; 2.80 o; 2.90 o; 3.00 xxx
6	62	India Wellings	Orion Harriers	2.70	2.40 xxo; 2.60 o; 2.70 xo; 2.80 xxx
7	57	Amy Clark	Chelmsford AC	2.40	2.20 xo; 2.40 o; 2.60 xxx

Under 17 Women Long Jump (b)

CBP *S.Wilhelmy* **Southend on Sea AC** **1995** **5.97**

Posn	Num	Name	Club	Perf	Details
1	14	Sophie Ayre	Medway & Maidstone AC	4.95	4.78; 4.95; 4.90; 4.60; 4.79; 4.72
2	49	Emma Cowell	Southampton AC	4.90	4.55; 4.19; 4.43; nj; 4.90; nj
3	64	Jessica Fox	Cambridge & Coleridge AC	4.75	4.63; 4.68; 4.75; 4.51; 4.39; 4.62
4	8	Yolanda Nicholson	Team Kennet Triathlon AC	4.64	nj; 3.81; 3.13; 4.15; 4.51; 4.64
5	65	Alex Gates	Stevenage & North Herts AC	4.51	4.39; 4.28; 4.51; 4.31; nj; 4.16
6	41	Lauren Marlow	Andover AC	4.21	4.21; nj; 2.53; 3.86; 3.82; -

Under 17 Women Triple Jump (a)

CBP *H.Frankson* **Woodford Green w Essex L** **2005** **11.60**

Posn	Num	Name	Club	Perf	Details
1	67	Kerri Davidson	Sutton & District AC	11.44	11.44; 11.01; 11.24; 10.99; 10.94; 11.43
2	71	Hannah Winton	Wimborne AC	10.97	10.63; 10.73; 10.96; 10.96; 10.82; 10.97
3	64	Jessica Fox	Cambridge & Coleridge AC	10.96	10.96; nj; nj; nj; nj; 10.40
4	70	Chelsea Wade	West Suffolk AC	10.92	10.92; 10.65; 10.59; nj; 10.26; 10.52
5	69	Kirsty Ronald	Braintree & District AC	10.10	9.24; nj; 9.40; 9.76; 9.82; 10.10
-	68	Melissa Donaldson	Brighton & Hove City AC	-	nj; nj; nj;
-	65	Alex Gates	Stevenage & North Herts AC	-	nj; nj; nj

Under 17 Women Shot (a)

CBP *Sophie McKinna* **Great Yarmouth & Dist AC** **2010** **13.18**

Posn	Num	Name	Club	Perf	Details
1	74	Shadine Duquemin	Jersey Spartan AC	11.80	10.81; 10.31; 11.43; 11.12; 11.43; 11.80
2	72	Anna Alvarez	Invicta East Kent AC	10.03	10.03; 9.74; 9.61; 8.88; nt; 9.65

3	73	Fiona Brown	Winchester & District AC	9.61	8.65; 9.06; 9.39; 9.61; 9.35; 9.58
4	75	Yani Obi-Adewole	South London Harriers	9.20	8.72; 9.20; 8.70; 8.87; 9.14; 8.31
5	18	Liberty Crawford	Vale of Aylesbury AC	8.77	8.54; 8.77; 8.53; 8.44; pass; pass;
6	77	Tamara Reid	Arch Lanfranc School	8.42	7.40; 7.70; 7.67; 8.04; 8.08; 8.42
7	68	Melissa Donaldson	Brighton & Hove City AC	5.86	5.86; 5.48; 5.73

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Under 15 Boys 60 Metres (b)

CBP L.Owen **Thames Valley Harriers** **2007** **7.20**

Posn	Num	Name	Club	Heat 1	Perf
1	10	Myles Richardson	Basingstoke & Mid Hants AC	CBP	7.18 Q
2	7	Daniel Oderinde	Marshall Milton Keynes AC		7.34 Q
3	3	Richard Harrington	Croydon Harriers		7.68 q
4	2	Ayub Hakeen	Reading AC		7.69 q
5	12	Jimmy Seacombe	Worthing & District Harriers		8.22
Posn	Num	Name	Club	Heat 2	Perf
1	1	Matthew Chant	Andover AC		7.34 Q
2	9	Leslie Parkes	Havant AC		7.54 Q
3	8	Benjamin Palmer	Reading AC		7.73
4	6	Keenan Morris	Reading AC		8.14
5	4	Creston Harrison	South London Harriers		8.36
Posn	Num	Name	Club	Final	Perf
1	10	Myles Richardson	Basingstoke & Mid Hants AC	CBP	7.17
2	7	Daniel Oderinde	Marshall Milton Keynes AC		7.18
3	9	Leslie Parkes	Havant AC		7.49
4	2	Ayub Hakeen	Reading AC		7.66
5	3	Richard Harrington	Croydon Harriers		7.70
6	1	Matthew Chant	Andover AC		16.95

Under 15 Boys 200 Metres (a)

CBP L.Owen **Thames Valley Harriers** **2007** **23.44**

Posn	Num	Name	Club	Heat 1	Perf
1	7	Daniel Oderinde	Marshall Milton Keynes AC		23.84 Q
2	16	Jacob Ness	City of Salisbury A & RC		24.82 q
3	18	Oliver Williams	Ashford AC		25.34 q
4	4	Creston Harrison	South London Harriers		26.93
5	17	Ryan Slater	Horsham Blue Star Harriers		28.05
Posn	Num	Name	Club	Heat 2	Perf
1	14	Stanley Livingston	Jersey Spartan AC		24.55 Q
2	9	Leslie Parkes	Havant AC		24.92 q
3	2	Ayub Hakeen	Reading AC		26.11
4	13	Emilio Lavia	Brighton & Hove City AC		26.50
Posn	Num	Name	Club	Final	Perf
1	7	Daniel Oderinde	Marshall Milton Keynes AC	CBP	23.32
3	16	Jacob Ness	City of Salisbury A & RC		24.00
5	18	Oliver Williams	Ashford AC		24.60
2	14	Stanley Livingston	Jersey Spartan AC		24.87
4	9	Leslie Parkes	Havant AC		25.24

Under 15 Boys 1,500 Metres (b)

CBP Peter Chambers **Croydon Harriers** **2009** **4.29.08**

Posn	Num	Name	Club	Final	Perf
1	23	Jivendra Singh	Windsor S E & Hounslow	CBP	4:22.88
2	24	Merhawi Yemane	Herne Hill Harriers		4:26.25
3	19	Stephen Ball	Cambridge Harriers		4:40.42
4	22	Jim Fodder	Newham & Essex Beagles AC		4:42.58
5	21	Max Ferrari	Herne Hill Harriers		5:21.65
6	20	James Bates	Herne Hill Harriers		5:29.59

Under 15 Boys 60m Hurdles (a)

CBP D.Davies **Sutton & District AC** **2002** **8.5**

Posn	Num	Name	Club	Heat 1	Perf
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	1	14	Stanley Livingston	Jersey Spartan AC		8.78	Q
	2	26	Max Dorey	Windsor S E & Hounslow		9.08	Q
	3	28	Jordan Otu	Croydon Harriers		9.36	q
Posn	Num	Name	Club		Heat 2	Perf	
	1	5	Alex Law	Havering Mayesbrook AC		9.02	Q
	2	29	Max Schopp	Stevenage & North Herts AC		9.14	Q
	3	27	Benjamin Isaac	Ashford AC		9.92	q
	4	39	Lewis Church	Tonbridge AC		10.19	
Posn	Num	Name	Club		Final	Perf	
	1	14	Stanley Livingston	Jersey Spartan AC		8.79	
	2	5	Alex Law	Havering Mayesbrook AC		8.93	
	3	26	Max Dorey	Windsor S E & Hounslow		9.16	
	4	29	Max Schopp	Stevenage & North Herts AC		9.24	
	5	28	Jordan Otu	Croydon Harriers		9.24	
	6	27	Benjamin Isaac	Ashford AC		9.69	

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Under 15 Boys High Jump (b)

CBP **J.Jones** **Nene Valley Harriers** **2007** **1.78**

Posn	Num	Name	Club	Perf	Details
1	30	Rory Farrell	Southampton City AC	1.70	1.55o; 1.60o; 1.65o; 1.70o; 1.75xxx
2	29	Max Schopp	Stevenage & North Herts AC	1.65	1.50o; 1.55o; 1.60o; 1.65xxx; 1.70xxx

Under 15 Boys Pole Vault (b)

CBP **R.Smith** **Peterborough AC** **1995** **4.00**

Posn	Num	Name	Club	Perf	Details
1	35	James Weller	Dacorum & Tring AC	3.00	2.70xxx; 2.80o; 2.90o; 3.00o; 3.03-; 3.10xxx
2	33	Charlie Maw	Winchester & District AC	3.00	2.70o; 2.80o; 2.90o; 3.00xxx; 3.03-; 3.10xxx
3	31	Nathan Gardner	Stevenage & North Herts AC	2.50	2.30o; 2.40-; 2.50xxx; 2.60-; 2.70xxx
4	34	George Turner	Brighton & Hove City AC	2.30	2.30o; 2.40-; 2.50xxx

Under 15 Boys Long Jump (a)

CBP **D.Thomas** **Ealing Southall & Middlesex AC** **2002** **6.35**

Posn	Num	Name	Club	Perf	Details
1	5	Alex Law	Havering Mayesbrook AC	5.83	5.76; 5.83; 5.79; 5.80; -; nj
2	18	Oliver Williams	Ashford AC	5.23	5.23; 5.04; 4.85; 4.72 5.14; 4.85
3	36	Joe Miller	Reading AC	5.03	nj; 4.77; nj; 5.03; nj; nj
4	39	Lewis Church	Tonbridge AC	4.52	4.52; 4.46; 4.35; 4.35; -; nj

Under 15 Boys Shot (b)

CBP **M.Wheeler** **Herne Hill Harriers** **2006** **16.18**

Posn	Num	Name	Club	Perf	Details
1	37	Simi Obi-Adewole	South London Harriers	12.12	11.62; 11.46; 10.93; 10.57; 11.70; 12.12
2	38	Oliver Prescott Frost	Chelmsford AC	11.23	10.79; 10.91; nt; 10.67; 10.36; 11.23

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Under 15 Girls 60 Metres (b)

CBP **Jodie Williams** **Herts Phoenix AC** **2008** **7.60**

Posn	Num	Name	Club	Heat 1	Perf
1	23	Anna Short	Worthing & District Harriers	Q	8.23
2	4	Livvy Connor	Lewes AC	Q	8.50
3	18	Ebony Ogle	Peterborough AC		8.51
4	15	Marissa John	Thames Valley Harriers		8.54
5	13	Bethany Ibbotson	Colchester & Tendring AC		8.55
6	28	Rosie Wootten	Bournemouth AC		8.97
Posn	Num	Name	Club	Heat 2	Perf
1	52	Morgan Lake	Windsor S E & Hounslow	Q	8.12
2	9	Rose Hairs	Tonbridge AC	Q	8.21
3	25	Sophie Spinner	Worthing & District Harriers	q	8.24
4	16	Sophie Keeble	Stevenage & North Herts AC	q	8.33
5	5	Sarah Cross	Chiltern Harriers AC		8.53
6	22	Ellie Savva	Braintree & District AC		8.79
Posn	Num	Name	Club	Heat 3	Perf
1	19	Rue-Ann Paisley	Thames Valley Harriers	Q	8.18
2	12	Moesha Howard	Chelmsford AC	Q	8.25
3	10	Katie Hannawin	Reading AC	q	8.38
4	20	Amy Richards	Orion Harriers		8.45
5	3	Emma Clarke	St Albans AC		8.74
6	8	Lisa Fitzpatrick	Wycombe Phoenix Harriers & AC		8.77
Posn	Num	Name	Club	Heat 4	Perf
1	2	Maya Bruney	Blackheath & Bromley Harriers	Q	8.15
2	27	Yasmin Wilcock	Bournemouth AC	Q	8.30
3	21	Dorica Santos	Victoria Park H & Tower H AC	q	8.38
4	24	Phoebe Smithdale	Chelmsford AC		8.46
5	14	Georgia Ibbotson	Colchester & Tendring AC		8.48
6	11	Sophie Hind	Worthing & District Harriers		8.82
Posn	Num	Name	Club	S/F 1	Perf
1	52	Morgan Lake	Windsor S E & Hounslow	Q	8.16
2	23	Anna Short	Worthing & District Harriers	Q	8.19
3	9	Rose Hairs	Tonbridge AC	Q	8.30
4	25	Sophie Spinner	Worthing & District Harriers		8.31
5	21	Dorica Santos	Victoria Park H & Tower H AC		8.33
	4	Livvy Connor	Lewes AC		DNS
Posn	Num	Name	Club	S/F 2	Perf
1	2	Maya Bruney	Blackheath & Bromley Harriers	Q	8.12
2	19	Rue-Ann Paisley	Thames Valley Harriers	Q	8.13
3	12	Moesha Howard	Chelmsford AC	Q	8.17
4	16	Sophie Keeble	Stevenage & North Herts AC		8.23
5	27	Yasmin Wilcock	Bournemouth AC		8.28
6	10	Katie Hannawin	Reading AC		8.38
Posn	Num	Name	Club	Final	Perf
1	19	Rue-Ann Paisley	Thames Valley Harriers		8.08
2	2	Maya Bruney	Blackheath & Bromley Harriers		8.08
3	52	Morgan Lake	Windsor S E & Hounslow		8.09
4	12	Moesha Howard	Chelmsford AC		8.20
5	23	Anna Short	Worthing & District Harriers		8.24
6	9	Rose Hairs	Tonbridge AC		8.26

Under 15 Girls 200 Metres (a)

CBP **Desiree Henry** **Enfield & Haringey AC** **2009** **25.44**

Posn	Num	Name	Club	Heat 1	Perf
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	1	25	Sophie Spinner	Worthing & District Harriers		27.31 Q
	2	16	Sophie Keeble	Stevenage & North Herts AC		27.36 Q
	3	33	Natasha Carlisle	Tonbridge AC		28.93
		27	Yasmin Wilcock	Bournemouth AC		DQ
Posn	Num	Name	Club		Heat 2	Perf
	1	35	Eleanor Smith-Hahn	Croydon Harriers		27.68 Q
	2	29	Chloe Young	Colchester Harriers		27.88 Q
	3	3	Emma Clarke	St Albans AC		28.46
		22	Ellie Savva	Braintree & District AC		DQ
Posn	Num	Name	Club		Heat 3	Perf
	1	9	Rose Hairs	Tonbridge AC		27.11 Q
	2	20	Amy Richards	Orion Harriers		27.77 Q
	3	14	Georgia Ibbotson	Colchester & Tendring AC		27.87
	4	32	Catherine Brooks	St Albans AC		30.06
Posn	Num	Name	Club		Heat 4	Perf
	1	34	Ellie Rayer	Windsor S E & Hounslow		27.02 Q
	2	12	Moesha Howard	Chelmsford AC		27.22 Q
	3	6	Amber Currie	Ashford AC		28.97
	4	28	Rosie Wootten	Bournemouth AC		30.18
Posn	Num	Name	Club		Heat 5	Perf
	1	19	Rue-Ann Paisley	Thames Valley Harriers		27.67 Q
	2	13	Bethany Ibbotson	Colchester & Tendring AC		28.21 Q
	3	30	Suzanne Bentley	Watford Harriers		28.97
		15	Marissa John	Thames Valley Harriers		DQ
Posn	Num	Name	Club		SF 1	Perf
	1	34	Ellie Rayer	Windsor S E & Hounslow		26.96 Q
	2	19	Rue-Ann Paisley	Thames Valley Harriers		27.14 Q
	3	35	Eleanor Smith-Hahn	Croydon Harriers		27.54
	4	16	Sophie Keeble	Stevenage & North Herts AC		27.61
	5	20	Amy Richards	Orion Harriers		28.75
Posn	Num	Name	Club		SF 2	Perf
	1	9	Rose Hairs	Tonbridge AC		26.99 Q
	2	12	Moesha Howard	Chelmsford AC		27.13 Q
	3	25	Sophie Spinner	Worthing & District Harriers		27.33 q
	4	13	Bethany Ibbotson	Colchester & Tendring AC		27.85
		29	Chloe Young	Colchester Harriers		DNS
Posn	Num	Name	Club		Final	Perf
	1	34	Ellie Rayer	Windsor S E & Hounslow		26.64
	2	9	Rose Hairs	Tonbridge AC		26.91
	3	12	Moesha Howard	Chelmsford AC		27.29
	4	19	Rue-Ann Paisley	Thames Valley Harriers		27.53
	5	25	Sophie Spinner	Worthing & District Harriers		28.04

Under 15 Girls 1,500 Metres (b)

CBP *Melanie Wood* **Marshall Milton Keynes AC** **2008** **4.46.4**

Posn	Num	Name	Club	Heat	Perf
1	39	Hollie Parker	Cambridge & Coleridge AC		5:09.27
2	43	Molly Sharples	Aldershot Farnham & DAC		5:13.11
3	41	Yasmin Ryder	Team Kennet Triathlon AC		5:13.81
4	38	Georgie Hay	Herne Hill Harriers		5:16.42
5	42	Katie Scholey	Huntingdonshire AC		5:18.17
6	30	Suzanne Bentley	Watford Harriers		5:22.83

Under 15 Girls 60m Hurdles (a)

CBP *S.Belle* **Tower Hamlets AC** **1999** **8.97**

Posn	Num	Name	Club	Heat 1	Perf
1	50	Shirin Irving	Croydon Harriers		8.82 Q CBP
2	30	Suzanne Bentley	Watford Harriers		9.83 Q
3	33	Natasha Carlisle	Tonbridge AC		10.12 Q
4	74	Bethany Kimber	Ashford AC		10.28 q

Posn	Num	Name	Club	Heat 2	Perf
5	48	Gemma Haines	St Albans AC		10.50
1	24	Phoebe Smithdale	Chelmsford AC		9/72 Q
2	44	Kierra Barker	Basingstoke & Mid Hants AC		9.75 Q
3	46	Ella De Lucis	Peterborough AC		9.80 Q
4	45	Devon Brimecome	Havant AC		10.21 q
5	51	Joetta James	St Albans AC		10.69
Posn	Num	Name	Club	Heat 3	Perf
1	47	Georgia Green	Enfield & Haringey AC		9.47 Q
2	34	Ellie Rayer	Windsor S E & Hounslow		9.59 Q
3	12	Moesha Howard	Chelmsford AC		9.60 Q
4	1	Elizabeth Bradbury	Brighton & Hove		10.13 q
5	53	Laura Nofer	St Albans AC		10.39
Posn	Num	Name	Club	Semi Final 1	Perf
1	50	Shirin Irving	Croydon Harriers		8.82 Q = CBP
2	34	Ellie Rayer	Windsor S E & Hounslow		9.61 Q
3	44	Kierra Barker	Basingstoke & Mid Hants AC		9.64 Q
4	46	Ella De Lucis	Peterborough AC		9.71
5	33	Natasha Carlisle	Tonbridge AC		10.16
6	74	Bethany Kimber	Ashford AC		10.62
Posn	Num	Name	Club	Semi Final 2	Perf
1	12	Moesha Howard	Chelmsford AC		9.41 Q
2	47	Georgia Green	Enfield & Haringey AC		9.52 Q
3	30	Suzanne Bentley	Watford Harriers		9.77 Q
4	24	Phoebe Smithdale	Chelmsford AC		9.81
5	1	Elizabeth Bradbury	Brighton & Hove		10.19
6	45	Devon Brimecome	Havant AC		10.29
Posn	Num	Name	Club	Final	Perf
1	50	Shirin Irving	Croydon Harriers		8.75 CBP
2	47	Georgia Green	Enfield & Haringey AC		9.44
3	12	Moesha Howard	Chelmsford AC		9.47
4	34	Ellie Rayer	Windsor S E & Hounslow		9.62
5	44	Kierra Barker	Basingstoke & Mid Hants AC		9.78
6	30	Suzanne Bentley	Watford Harriers		9.80

SEAA Indoor Championships - Lee Valley Athletics Centre

15(a) and 16(b) January 2011

Under 15 Girls High Jump (a)

CBP **Georgina Westwood** **Reading AC** **2010** **1.68**

Posn	Num	Name	Club	Perf	Details
1	58	Ella Widdop-Gray	St Mary's Richmond AC	1.53	1.40 o; 1.45 o; 1.50 o; 1.53 o; 1.56 xxx
2	47	Georgia Green	Enfield & Haringey AC	1.53	1.40 o; 1.45 o; 1.50 o; 1.53 xo; 1.56 xxx
3	54	Laura Armorgie	Herts Phoenix AC	1.50	1.40 o; 1.45 o; 1.50 o; 1.53 xxx
4	57	Alex Wheelwright	Blackheath & Bromley Harriers	1.45	1.40 o; 1.45 o; 1.50 xxx
5	44	Kierra Barker	Basingstoke & Mid Hants AC	1.45	1.40 o; 1.45 xo; 1.50 xxx
6=	55	Shannon Clarke	Blackheath & Bromley Harriers	1.40	1.40 o; 1.45 xxx
6=	28	Rosie Wootten	Bournemouth AC	1.40	1.40 o; 1.45 xxx

Under 15 Girls Pole Vault (b)

CBP **E.Besford** **Andover AC** **2007** **3.01**

Posn	Num	Name	Club	Perf	Details
1	75	Ailis McGovern	Bexley AC	3.00	2.60xo; 2.70o; 2.80o; 2.90xo; 3.00xo; 3.03xxx
2	59	Jade Brewster	Horsham Blue Star Harriers	2.90	2.70xo; 2.80o; 2.90o; 3.00xxx
3	4	Livvy Connor	Lewes AC	2.80	2.60o; 2.70xo; 2.80xo; 2.90xxx
4	65	Vicky Warren	Lewes AC	2.40	2.10xo; 2.20o; 2.30o; 2.40o; 2.50xxx
5	63	Georgia Parker	Southampton AC	2.20	1.90o; 2.10o; 2.20xo; 2.30xxx
6	62	Claire Humby	Southampton AC	1.90	1.90o; 2.10xxx

Under 15 Girls Long Jump (b)

CBP **S.Wilhelmy** **Southend on Sea AC** **1994** **5.73**

Posn	Num	Name	Club	Perf	Details
1	52	Morgan Lake	Windsor S E & Hounslow	5.49	nj; 5.49; 5.23; 5.10; 5.31; nj
2	67	Nicole McKechnie	Chelmsford AC	5.02	4.96; 4.96; 5.01; 4.92; 4.77; 5.02
3	68	Sarah Prescott-Smith	Ipswich Harriers	4.95	4.95; 4.95; nj; nj; 4.89; 4.89
4	22	Ellie Savva	Braintree & District AC	4.86	4.27; 4.86; 4.73; 4.78; nj; 4.64
5	20	Amy Richards	Orion Harriers	4.70	4.25; 4.56; 4.49; nj; 4.70; nj
6	32	Catherine Brooks	St Albans AC	4.31	3.96; nj; 4.17; 4.31; 3.95; 3.96
7	66	Alice Martin	Thurrock Harriers AC	3.89	nj; 3.86; 3.89

Under 15 Girls Shot (a)

CBP **Morgan Lake** **Windsor S E & Hounslow** **2010** **11.97**

Posn	Num	Name	Club	Perf	Details
1	70	Sophie Merritt	Southampton AC	11.47	np; 11.33; 11.47; 10.80; 11.01; 11.25
2	50	Shirin Irving	Croydon Harriers	11.27	11.05; 10.96; 11.12; 11.22; 11.27; 11.13
3	34	Ellie Rayer	Windsor S E & Hounslow	10.08	9.52; 8.76; 10.08; 8.43; 8.84; 9.58
4	72	Georgie Taylor	Havering Mayesbrook AC	9.43	8.86; 9.28; 9.43; 9.37; 8.31; 8.81
5	71	Chelsea Pritchard	Reading AC	9.27	9.02; 8.91; 8.68; 8.95; np; 9.27
6	73	Alice Townend	St Albans AC	8.68	8.03; 8.63; 8.68; 8.65; 8.51; 7.55