

SEAA Indoor Championships - Lee Valley Athletic Centre

19(a)/20(b) January 2008

Senior Men 60 Metres (a)

CBP C.Pickering

Marshall Milton Keynes AC

2007 6.56

Posn	Num	Name	Club	Heat	Perf
1	69	Matthew Walker	Enfield & Haringey AC	1	6.92Q
2	66	Nick Thomas	Newham & Essex Beagles AC	1	6.93Q
3	12	Duayne Bovell	Blackheath & Bromley Harriers	1	7.00q
4	35	Michael Hill	Basildon AC	1	7.59
5	45	Ricardo Martin	Kent AC	1	7.64
6	52	Dwain Nicely	Coventry Godiva Harriers AC	1	DNS
Posn	Num	Name	Club	Heat	Perf
1	50	Ryan Moseley	Shaftesbury Barnet Harriers	2	6.96Q
2	21	Daniel Davis	Sutton & District AC	2	6.97Q
3	5	Moses Arthur	London Heathside Runners	2	7.07q
4	31	Michael Grant	University of East Anglia	2	7.11
5	20	Solomon Daniels	Newham & Essex Beagles AC	2	7.34
6	17	Philip Browne	University of Bath AC	2	7.38
Posn	Num	Name	Club	Heat	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	3	6.81Q
2	47	Andrew Mensah	Shaftesbury Barnet Harriers	3	7.08Q
3	55	Michael Otubambo	Enfield & Haringey AC	3	7.29
4	2	Jim Allan	Eastbourne Rovers	3	7.41
5	200	Ka Chuen To	Hercules Wimbledon AC	3	7.58
	64	Adrian Stamp	Woodford Green w Essex L	3	DNS
Posn	Num	Name	Club	Heat	Perf
1	15	Dwain Bromfield	Highgate Harriers	4	7.03Q
2	36	Mark Holloway	Windsor S E & Hounslow	4	7.04Q
3	23	Danny Doyley	Blackheath & Bromley Harriers	4	7.04q
4	59	Ben Richardson	Cambridge University AC	4	7.10
5	65	Neil Stevens	Cambridge University AC	4	7.36
6	9	Josh Baxter	Reading AC	4	7.36
Posn	Num	Name	Club	Heat	Perf
1	48	Monu Miah	Woodford Green w Essex L	5	6.95Q
2	72	Gary Wilson	Belgrave Harriers	5	7.14Q
3	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	5	7.19
4	60	Oskar Seon	Enfield & Haringey AC	5	7.25
5	43	Seun Marcus	Loughborough University AC	5	7.43
6	42	Will MacGee	Team Southampton	5	7.51
Posn	Num	Name	Club	Heat	Perf
1	73	Elijah Winn	Enfield & Haringey AC	6	6.94Q
2	8	Jonathan Barbour	Blackheath & Bromley Harriers	6	7.03Q
3	24	Paul Egboh	Kent AC	6	7.32
4	58	Stephen Prosser	Channel Islands AC	6	7.35
5	10	Bradley Bellamy	Woodford Green w Essex L	6	7.51
6	29	David Gardiner	Cambridge Harriers	6	7.68
Posn	Num	Name	Club	Heat	Perf
1	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	7	6.87Q
2	16	Jonathan Browne	Kent AC	7	6.97Q
3	28	Babatunde Funmilayo	Queens Park Harriers	7	7.15
4	32	Jason Greenidge	Woodford Green w Essex L	7	7.15
5	6	Aaron Balogun	Ilford AC	7	7.24
6	49	Chris Minn	Crawley AC	7	7.44
Posn	Num	Name	Club	Heat	Perf
1	46	Andrew Matthews	Windsor S E & Hounslow	8	6.87Q

2	30	Robert Graham	Herne Hill Harriers	8	6.97Q
3	26	Ryan Ffrench-Shand	Herne Hill Harriers	8	7.27
4	13	James Bridge	Ashford AC	8	7.28
5	37	Jason Johnston	Woodford Green w Essex L	8	7.41
	70	Conrad Williams	Kent AC	8	DNS
Posn	Num	Name	Club	Heat	Perf
1	61	Leroy Slue Jnr	Harrow AC	9	6.97Q
2	40	Jeffrey Lawal-Balogun	Kent AC	9	6.98Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	9	7.06q
4	3	Rafael Alleyne	City of Sheffield AC	9	7.19
5	14	Aaron Broderick	Kent AC	9	7.54
6	51	Robert Murkin	Belgrave Harriers	9	8.66
Posn	Num	Name	Club	Heat	Perf
1	71	Colin Wilson	Woodford Green w Essex L	10	6.93Q
2	74	Joshua Wood	Harrow AC	10	7.09Q
3	18	Mark Collins	Luton AC	10	7.16
4	27	Gianni Frankis	Newham & Essex Beagles AC	10	7.23
5	11	Jermaine Bossman	Watford Harriers	10	7.42
6	33	Marius Guei	Highgate Harriers	10	7.52
Posn	Num	Name	Club	2nd rd	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.74Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.78Q
3	8	Jonathan Barbour	Blackheath & Bromley Harriers	1	6.91q
4	5	Moses Arthur	London Heathside Runners	1	7.00
5	61	Leroy Slue Jnr	Harrow AC	1	7.01
6	36	Mark Holloway	Windsor S E & Hounslow	1	7.08
Posn	Num	Name	Club	2nd rd	Perf
1	40	Jeffrey Lawal-Balogun	Kent AC	2	6.85Q
2	48	Monu Miah	Woodford Green w Essex L	2	6.86Q
3	46	Andrew Matthews	Windsor S E & Hounslow	2	6.87q
4	47	Andrew Mensah	Shaftesbury Barnet Harriers	2	6.93q
5	15	Dwain Bromfield	Highgate Harriers	2	7.14
	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	2	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	73	Elijah Winn	Enfield & Haringey AC	3	6.78Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	3	6.80Q
3	66	Nick Thomas	Newham & Essex Beagles AC	3	6.95
4	23	Danny Doyley	Blackheath & Bromley Harriers	3	6.97
5	74	Joshua Wood	Harrow AC	3	7.04
	21	Daniel Davis	Sutton & District AC	3	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	30	Robert Graham	Herne Hill Harriers	4	6.88Q
2	71	Colin Wilson	Woodford Green w Essex L	4	6.90Q
3	16	Jonathan Browne	Kent AC	4	6.92q
4	12	Duayne Bovell	Blackheath & Bromley Harriers	4	7.00
5	72	Gary Wilson	Belgrave Harriers	4	7.24
	69	Matthew Walker	Enfield & Haringey AC	4	DNS
Posn	Num	Name	Club	S/F	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.72Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.77Q
3	46	Andrew Matthews	Windsor S E & Hounslow	1	6.83Q
4	30	Robert Graham	Herne Hill Harriers	1	6.88

5	47	Andrew Mensah	Shaftesbury Barnet Harriers	1	6.93
6	71	Colin Wilson	Woodford Green w Essex L	1	6.95
Posn	Num	Name	Club	S/F	Perf
1	73	Elijah Winn	Enfield & Haringey AC	2	6.72Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	2	6.85Q
3	40	Jeffrey Lawal-Balogun	Kent AC	2	6.88Q
4	8	Jonathan Barbour	Blackheath & Bromley Harriers	2	6.89
5	16	Jonathan Browne	Kent AC	2	6.95
DNS	48	Monu Miah	Woodford Green w Essex L	2	

Posn	Num	Name	Club	Final	Perf
1	73	Elijah Winn	Enfield & Haringey AC		6.71
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC		6.71
3	1	Harry Aikines-Aryeetey	Sutton & District AC		6.72
4	50	Ryan Moseley	Shaftesbury Barnet Harriers		6.76
5	40	Jeffrey Lawal-Balogun	Kent AC		6.82
6	46	Andrew Matthews	Windsor S E & Hounslow		6.84

Senior Men 200 Metres (b)

CBP R.Fifton Victoria Park H & Tower H AC 2007 21.19

Posn	Num	Name	Club	Heat	Perf
	75	Tim Abeyie	Woodford Green w Essex L		
	6	Aaron Balogun	Ilford AC		
	9	Josh Baxter	Reading AC		
	13	James Bridge	Ashford AC		
	14	Aaron Broderick	Kent AC		
	76	Sean Buckeridge	Ealing Southall & Middlesex AC		
	77	Kylon Collins	Victoria Park H & Tower H AC		
	78	Gavin Comber	Dartford Harriers AC		
	79	Sho-Silva Daniel	Thurrock Harriers AC		
	20	Solomon Daniels	Newham & Essex Beagles AC		
	23	Danny Doyley	Blackheath & Bromley Harriers		
	80	Ben Ellis	Winchester & District AC		
	26	Ryan Ffrench-Shand	Herne Hill Harriers		
	81	James Folkes	Andover AC		
	31	Michael Grant	University of East Anglia		
	82	Nick Grocock	Havant AC		
	35	Michael Hill	Basildon AC		
	37	Jason Johnston	Woodford Green w Essex L		
	39	Charlie Knight	Southend on Sea AC		
	40	Jeffrey Lawal-Balogun	Kent AC		
	83	Chris Lloyd	Tonbridge AC		
	42	Will MacGee	Team Southampton		
	43	Seun Marcus	Loughborough University AC		
	47	Andrew Mensah	Shaftesbury Barnet Harriers		
	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers		
	56	Keith Palmer	Southend on Sea AC		
	84	Matthew Sinclair	Crawley AC		
	61	Leroy Slue Jnr	Harrow AC		
	85	Andy Smith	Marshall Milton Keynes AC		
	62	Ronald Smith	Highgate Harriers		
	65	Neil Stevens	Cambridge University AC		
	86	Ryan Thomas	Belgrave Harriers		
	70	Conrad Williams	Kent AC		
	73	Elijah Winn	Enfield & Haringey AC		

Senior Men 400 Metres (b)

CBP S.Green

Newham & Essex Beagles AC

2007 47.9

Posn	Num	Name	Club	Heat	Perf
	87	Adebowale Ademuyewo	Sale Harriers		
	88	Ian Allerton	Blackheath & Bromley Harriers		
	89	Kofi Appiah	Enfield & Haringey AC		
	90	Adam Bellis	Kingston AC & Poly Harriers		
	91	Mark Berridge	Basingstoke & Mid Hants AC		
	92	Martin Bigg	Shaftesbury Barnet Harriers		
	93	Andy Blow	Basingstoke & Mid Hants AC		
	94	Mark Brown	Newham & Essex Beagles AC		
	76	Sean Buckeridge	Ealing Southall & Middlesex AC		
	95	Tom Druce	Channel Islands AC		
	96	Graham Eastty	Southend on Sea AC		
	97	Eno Ebong	Reading AC		
	98	David Elderfield	Newbury AC		
	99	Jonathan Elderfield	Basingstoke & Mid Hants AC		
	80	Ben Ellis	Winchester & District AC		
	100	Lee Fulham	Worthing & District Harriers		
	101	Dale Garland	Birchfield Harriers		
	102	Steven Green	Newham & Essex Beagles AC		
	82	Nick Grocock	Havant AC		
	103	Edward Harrison	Blackheath & Bromley Harriers		
	104	Glyn Hawkes	Loughborough University AC		
	105	Jonathan Hiorns	Basingstoke & Mid Hants AC		
	106	Jack Huddleston	Cambridge & Coleridge AC		
	107	Jason Hussain	Belgrave Harriers		
	39	Charlie Knight	Southend on Sea AC		
	108	Nick Leavey	Thames Valley Harriers		
	41	Nigel Levine	Windsor S E & Hounslow		
	109	Jon Long	Woodford Green w Essex L		
	110	David Nefs	Cambridge University AC		
	111	Philip Octave	Shaftesbury Barnet Harriers		
	112	Andy Owen	Cambridge University AC		
	56	Keith Palmer	Southend on Sea AC		
	113	Glen Paxman	Harlow AC		
	114	Louis Sellers	Winchester & District AC		
	115	Andrew Thornton	City of Norwich AC		
	116	Jamie Wass	Cambridge Harriers		
	117	James Whiteman	Andover AC		
	118	Philip Wren	Reading AC		

Senior Men 800 Metres (a)

CBP D.St Clair

Enfield & Haringey AC

2007 1.53.0

Posn	Num	Name	Club	Heat	Perf
1	119	Ed Aston	Cambridge & Coleridge AC	1	2:01.23 Q
2	109	Jon Long	Woodford Green w Essex L	1	2:01.77 Q
3	127	Colin Miles	Southend on Sea AC	1	2:01.93
4	122	Sam Dobin	Cambridge University AC	1	2:02.48
5	128	Simon Reed	Reading AC	1	2:02.74
6	120	Alex Babb	Victoria Park H & Tower H AC	1	2:08.37
Posn	Num	Name	Club	Heat	Perf
1	123	Carl Goose	City of Norwich AC	2	1:57.64 Q
2	130	Daniel Stepney	Phoenix AC	2	1:58.00 Q
3	118	Philip Wren	Reading AC	2	1:58.43 q

4	129	Will Rice	Cambridge University AC	2	2:01.20 q
5	125	Kearon Hooley	Andover AC	2	2:04.38
6	126	Steven Hutson	Vale of Aylesbury AC	2	2:09.95
Posn	Num	Name	Club	FINAL	
1	119	Ed Aston	Cambridge & Coleridge AC		1:54.84
2	109	Jon Long	Woodford Green w Essex L		1:58.85
3	130	Daniel Stepney	Phoenix AC		2:00.59
4	118	Philip Wren	Reading AC		2:02.49
5	129	Will Rice	Cambridge University AC		2:02.55
	123	Carl Goose	City of Norwich AC		DNS

Senior Men 1,500 Metres (b)

CBP T.Marley University of Wales Institute 2007 4.03.43

Posn	Num	Name	Club	Heat	Perf
	131	Matthew Addison	Bromsgrove & Redditch AC		
	132	Rich Airey	Brighton & Hove City AC		
	133	Kevin Archer	Reigate Priory AC		
	134	Adam Bowden	Harrow AC		
	135	David Bowker	Stevenage & North Herts AC		
	121	Peter Bridger	Luton AC		
	136	Matthew Carlisle	Herts Phoenix AC		
	137	Timothy Coates	Guernsey Island AAC		
	122	Sam Dobin	Cambridge University AC		
	138	Paul Erwood	Marshall Milton Keynes AC		
	139	Lee Harper	Aldershot Farnham & DAC		
	140	Matthew Judson	Harrow AC		
	141	Tom Marley	Bristol & West AC		
	142	David McKinlay	Blackheath & Bromley Harriers		
	127	Colin Miles	Southend on Sea AC		
	143	Rob Mullett	Lewes AC		
	144	Tom Penfold	Birchfield Harriers		
	145	Andrew Pickett	Dartford Harriers AC		
	146	Daniel Poulton	Stevenage & North Herts AC		
	147	Dave Ragan	Basingstoke & Mid Hants AC		
	148	Christopher Reynolds	Woodford Green w Essex L		
	149	Colin Ridley	West Suffolk AC		
	150	Scott Sterling	Newham & Essex Beagles AC		
	151	Mike Tallis	IIF Group		
	152	Richard Ward	Cambridge University AC		
	153	Rob Whittle	Basingstoke & Mid Hants AC		
	154	Ian Williamson	Cambridge & Coleridge AC		

Senior Men 60m Hurdles (a)

CBP R.Alleyne Woodford Green w Essex L 2007 7.94

Posn	Num	Name	Club	Heat	Perf
1	155	Richard Alleyne	Woodford Green w Essex L	1	7.95Q
2	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L	1	8.01Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	1	8.10q
4	59	Ben Richardson	Cambridge University AC	1	8.21q

5	49	Chris Minn	Crawley AC	1	8.95
Posn	Num	Name	Club	Heat	Perf
1	21	Daniel Davis	Sutton & District AC	2	7.98Q
2	27	Gianni Frankis	Newham & Essex Beagles AC	2	8.00Q
3	157	Richard Baderin	Liverpool Harriers	2	8.65
4	156	Joe Appiah	Kent AC	2	8.66
Posn	Num	Name	Club	FINAL	Perf
1	155	Richard Alleyne	Woodford Green w Essex L		7.82 CBP
2	27	Gianni Frankis	Newham & Essex Beagles AC		7.92
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers		8.01
4	21	Daniel Davis	Sutton & District AC		8.11
5	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L		8.20
6	59	Ben Richardson	Cambridge University AC		8.49

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Senior Men High Jump (b)

CBP	S.Oni	Belgrave Harriers	2007	2.25	
Posn	Num	Name	Club	Perf	Details
1	161	Darvin Edwards	Belgrave Harriers	2.20	2.05 o; 2.10 o; 2.15 o; 2.20 xxo; 2.25 x-
=2	168	Samson Oni	Belgrave Harriers	2.20	2.05 o; 2.10 o; 2.15 xo; 2.20 xxo; 2.25 xxx
=2	169	Adam Scarr	Enfield & Haringey AC	2.20	2.05 o; 2.10 o; 2.15 xo; 2.20 xxo; 2.25 xxx
4	163	Robbie Grabarz	Bedford & County AC	2.20	2.00 o; 2.05 -; 2.10 xo; 2.15 xxo; 2.20 xxo; 2.25 xxx
=5	165	Martin Lloyd	Bexley AC	2.15	2.05 o; 2.10 o; 2.15 o; 2.20 xxx
=5	170	Darryl Stone	Shaftesbury Barnet Harriers	2.15	2.00 o; 2.05 o; 2.10 o; 2.15 o; 2.20 xxx
7	159	Mark Crowley	Enfield & Haringey AC	2.10	2.00 o; 2.05 xo; 2.10 o; 2.15 xxx
8	162	Alex Girdler	Trafford AC	2.00	1.85 o; 1.90 o; 1.95 xo; 2.00 xo; 2.05 xxx
9	160	Gareth Dyball	Woodford Green w Essex L	1.95	1.90 o; 1.95 o; 2.00 xxx
10	164	Simon Hemmings	Southend on Sea AC	1.90	1.85 o; 1.90 o; 1.95 xxx
11	171	Sam Turner	Havant AC	1.85	1.75 xo; 1.80 o; 1.85 xo; 1.90 xxx
12	167	Zack Morrison	Biggleswade AC	1.80	1.75 o; 1.80 o; 1.85 xxx
13	172	Anthony Walsh	Herts Phoenix AC	1.75	1.65 o; 1.70 xxo; 1.75 xxo; 1.80 xxx

Senior Men Pole Vault (a)

CBP	N.Buckfield	Crawley AC	2002	5.62	
Posn	Num	Name	Club	Perf	Details
1	173	Greg Conlon	Thames Valley Harriers	4.50	3.60o; 3.80o; 4.00x--; 4.20o; 4.40o; 4.50o; 4.60xxx
2	174	Neil Cottrell	Wycombe Phoenix Harriers & AC	4.40	4.00o; 4.20o; 4.40o; 4.50xxx
3	179	Steve Walker	Windsor S E & Hounslow	3.40	3.00xxo; 3.20p; 3.40xxo; 3.60p; 3.80xxx
4	177	Wayne Martin	Hastings AC	3.00	2.80xo; 3.00o; 3.30xxx
5	178	Brian Slaughter	Southern Counties Veterans	3.00	2.80o; 3.00o; 3.20xxx
	180	Allan Williams	Blackheath & Bromley Harriers	Nht	3.60xxx
	175	Joe Ive	Belgrave Harriers	nht	5.10xxx

Senior Men Long Jump (a)

CBP	J.Munroe	Thames Valley Harriers	1995	7.46	
Posn	Num	Name	Club	Perf	Details
1	66	Nick Thomas	Newham & Essex Beagles AC	7.05	7.03; nj; 6.73; 6.81; 7.05; nj
2	36	Mark Holloway	Windsor S E & Hounslow	6.90	6.47; 6.62; nj; nj; 6.82; 6.90
3	183	Royden John	Hercules Wimbledon AC	6.85	NJ; 6.56; 6.40; pas; 6.79; 6.85;
4	181	Jody Chappell	Bournemouth AC	6.67	6.65; 5.29; nj; nj; 5.17; 6.67
5	156	Joe Appiah	Kent AC	6.26	6.26; 6.06; 6.12; 6.22; nj; 6.14
6	17	Philip Browne	University of Bath AC	5.95	5.95; 3.99; 5.94; red
7	67	Ka Chuen To	Hercules Wimbledon AC	5.94	5.62; 5.94; 5.81
8	182	Nnaemeka Ibe	Herne Hill Harriers	5.46	5.25; 5.24; 5.46

Senior Men Triple Jump (b)

CBP	P.Idowu	Belgrave Harriers	2007	16.48
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Posn	Num	Name	Club	Perf	Details
1	189	Phil Idowu	Belgrave Harriers	17.06 CBP	16.96; 17.06; nj; nj; pass; nj
2	192	Tosin Oke	Woodford Green w Essex L	15.34	Nj; nj; 15.34; nj; nj; nj
3	187	Nnaemeka Ezenwa	Cambridge Harriers	14.82	13.97; nj; 14.82; 14.54; 14.66; nj
4	186	Matthew Burton	Kent AC	14.79	Nj; nj; 13.82; 13.77; 14.05; 14.79
5	190	Tomide Isinkaye	Enfield & Haringey AC	14.19	Nj; 13.25; 13.04; 13.45; nj; 14.19
6	191	Keith Newton	Woodford Green w Essex L	13.52	13.42; nj; nj; nj; 13.52; nj
7	193	Rory Vanhorn	Orion Harriers	13.11	13.11; 12.17; 12.26

Senior Men Shot (b)

CBP E.Udechuku Woodford Green w Essex L 2006 18.36

Posn	Num	Name	Club	Perf	Details
1	194	Albert Johnson	Kent AC	12.42	11.44; 11.44; 12.42; np; 12.10; np
2	196	Stuart Thurgood	Watford Harriers	12.37	11.39; 11.68; 11.75; 12.37; np; np

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Senior Women 60 Metres (a)

CBP L.Turner Harrow AC 2007 7.33

Posn	Num	Name	Club	Heat	Perf
1	7	Amina Ceesay	Newham & Essex Beagles AC	1	7.59Q
2	23	Claire Spurway	Rugby & Northampton AC	1	7.73Q
3	28	Louise Wood	Chelmsford AC	1	7.74q
4	11	Azaria Francis	Woodford Green w Essex L	1	8.00
5	29	Emily Young	Team Southampton	1	8.08
6	22	Simone Smyth	Victoria Park H & Tower H AC	1	9.48

Posn	Num	Name	Club	Heat	Perf
1	8	Sarah Claxton	Woodford Green w Essex L	2	7.57Q
2	1	Margaret Adeoye	Enfield & Haringey AC	2	7.70Q
3	21	Katherine Skelding	Woodford Green w Essex L	2	7.99
4	5	Angelita Broadbelt	Thames Valley Harriers	2	8.02
5	2	Ria Ali-Jackson	Chelmsford AC	2	8.41
6	19	Yvonne Salmon	Cambridge Harriers	2	8.74

Posn	Num	Name	Club	Heat	Perf
1	14	Jade Johnson	Herne Hill Harriers	3	7.65Q
2	16	Tunrayo Nubi	Enfield & Haringey AC	3	7.73Q
3	18	Helen Pryer	Windsor S E & Hounslow	3	7.81q
4	24	Karlene Turner	Windsor S E & Hounslow	3	7.83q
5	20	Kayleigh Short	Bracknell AC	3	8.27
DNS	27	Nadia Williams	Shaftesbury Barnet Harriers	3	

Posn	Num	Name	Club	Heat	Perf
1	13	Yvette Henry	Thames Valley Harriers	4	7.77Q
2	25	Michelle Watson	Herne Hill Harriers	4	7.84q
3	26	Michelle Webster	Bedford & County AC	4	7.85q
4	17	Xanine Powell	Cambridge Harriers	4	7.88
5	4	Karen Barden	Chelmsford AC	4	8.49
DQ	12	Johnelle Gibbons	Woodford Green w Essex L	4	

Posn	Num	Name	Club	S/F	Perf
1	8	Sarah Claxton	Woodford Green w Essex L	1	7.55Q
2	1	Margaret Adeoye	Enfield & Haringey AC	1	7.65Q
3	25	Michelle Watson	Herne Hill Harriers	1	7.80Q
4	26	Michelle Webster	Bedford & County AC	1	7.81
5	13	Yvette Henry	Thames Valley Harriers	1	7.90
DNS	28	Louise Wood	Chelmsford AC		

Posn	Num	Name	Club	S/F	Perf
1	14	Jade Johnson	Herne Hill Harriers	2	7.7Q
2	7	Amina Ceesay	Newham & Essex Beagles AC	2	7.7Q
3	16	Tunrayo Nubi	Enfield & Haringey AC	2	7.7Q
4	23	Claire Spurway	Rugby & Northampton AC	2	7.8
5	24	Karlene Turner	Windsor S E & Hounslow	2	7.9
DNS	18	Helen Pryer	Windsor S E & Hounslow		

Posn	Num	Name	Club	FINAL	Perf
1	8	Sarah Claxton	Woodford Green w Essex L		7.52
2	7	Amina Ceesay	Newham & Essex Beagles AC		7.53
3	14	Jade Johnson	Herne Hill Harriers		7.54
4	16	Tunrayo Nubi	Enfield & Haringey AC		7.64

5	1	Margaret Adeoye	Enfield & Haringey AC	7.77
6	25	Michelle Watson	Herne Hill Harriers	7.78

Senior Women 200 Metres (b)

CBP K-A.Thomas Marshall Milton Keynes AC 2007 24.37

Posn	Num	Name	Club	Heat	Perf
1	26	Michelle Webster	Bedford & County AC	1	26.32 Q
2	30	Tracy Cunningham	Dartford Harriers AC	1	26.84 Q
3	34	Euphemia Scott	Thames Valley Harriers	1	28.59
4	19	Yvonne Salmon	Cambridge Harriers	1	28.83
Posn	Num	Name	Club	Heat	Perf
1	7	Amina Ceesay	Newham & Essex Beagles AC	2	25.21 Q
2	23	Claire Spurway	Rugby & Northampton AC	2	25.70 Q
3	33	Natalie McManus	Oxford University AC	2	27.43 q
4	32	Estelle Djah	South London Harriers	2	28.42 q

Posn	Num	Name	Club	FINAL	Perf
1	7	Amina Ceesay	Newham & Essex Beagles AC		25.00
2	23	Claire Spurway	Rugby & Northampton AC		25.51
3	26	Michelle Webster	Bedford & County AC		25.82
4	30	Tracy Cunningham	Dartford Harriers AC		26.98
5	33	Natalie McManus	Oxford University AC		27.69
6	32	Estelle Djah	South London Harriers		27.84

Senior Women 400 Metres (b)

CBP L.Owusu Windsor S E & Hounslow 2007 56.42

Posn	Num	Name	Club	Heat	Perf
1	50	Sarah Tomkins	Sale Harriers	1	56.80 Q
2	38	Emily Bonnett	Yeovil Olympiads AC	1	57.00 Q
3	39	Ruth Brereton	Woodford Green w Essex L	1	59.15 Q
4	41	Jess Fogarty	Cambridge University AC	1	63.49 q
	36	Hannah Biddiss	Medway & Maidstone AC	1	DQ
Posn	Num	Name	Club	Heat	Perf
1	46	Melanie Purkiss	Team Southampton	2	57.79 Q
2	35	Becky Welbourn	Cambridge University AC	2	60.12 Q
3	30	Tracy Cunningham	Dartford Harriers AC	2	61.65 Q
4	34	Euphemia Scott	Thames Valley Harriers	2	66.06 q
	49	Rebecca Slaymaker	Newport Harriers	2	DQ
Posn	Num	Name	Club	Heat	Perf
1	37	Tara Bird	Woodford Green w Essex L	3	56.58 Q
2	48	Samantha Singer	Blackheath & Bromley Harriers	3	59.65 Q
3	40	Louise Douglass	Aldershot Farnham & DAC	3	63.38 Q
4	44	Madeleine Patston	Cambridge University AC	3	63.73 q

5	47	Corin Reynolds	Havant AC	3	67.03
	32	Estelle Djah	South London Harriers	3	DNF

Posn	Num	Name	Club	SEMIFINAL	Perf
1	37	Tara Bird	Woodford Green w Essex L	1	56.31Q CBP
2	38	Emily Bonnett	Yeovil Olympiads AC	1	57.18Q
3	48	Samantha Singer	Blackheath & Bromley Harriers	1	58.19q
4	30	Tracy Cunningham	Dartford Harriers AC	1	61.48
	34	Euphemia Scott	Thames Valley Harriers	1	DNS
	40	Louise Douglass	Aldershot Farnham & DAC	1	DNF

Posn	Num	Name	Club	SEMIFINAL	Perf
1	46	Melanie Purkiss	Team Southampton	2	55.93Q CBP
2	50	Sarah Tomkins	Sale Harriers	2	56.25Q
3	39	Ruth Brereton	Woodford Green w Essex L	2	59.27q
4	35	Becky Welbourn	Cambridge University AC	2	59.50
5	41	Jess Fogarty	Cambridge University AC	2	61.97
6	44	Madeleine Patston	Cambridge University AC	2	62.05

Posn	Num	Name	Club	FINAL	Perf
1	37	Tara Bird	Woodford Green w Essex L		55.57 CBP
2	46	Melanie Purkiss	Team Southampton		55.59
3	50	Sarah Tomkins	Sale Harriers		55.80
4	38	Emily Bonnett	Yeovil Olympiads AC		57.54
5	48	Samantha Singer	Blackheath & Bromley Harriers		57.86
6	39	Ruth Brereton	Woodford Green w Essex L		59.18

Senior Women 800 Metres (a)

CBP E.Brathwaite Herts Phoenix AC 2007 2.06.1

Posn	Num	Name	Club	Heat	Perf
1	57	Claire Nichols	Woking AC	1	2:21.51Q
2	60	Natalie Shaw	Loughborough University AC	1	2:24.31Q
3	59	Alexandra Shamloll	Herne Hill Harriers	1	2:26.54
4	52	Monique Davis	Herne Hill Harriers	1	2:27.81

Senior Women 800 Metres (a)

				Heat	Perf
1	58	Carolyn Plateau	Radley AC	2	2:18.98Q
2	61	Rachel Stringer	City of Norwich AC	2	2:19.36Q
3	53	Nicki Gooderham	City of Norwich AC	2	2:20.50q
4	56	Georgina Neame	Basingstoke & Mid Hants AC	2	2:26.42q

Senior Women 800 Metres (a)

				FINAL	
1	61	Rachel Stringer	City of Norwich AC		2:08.84
2	58	Carolyn Plateau	Radley AC		2:09.17
3	57	Claire Nichols	Woking AC		2:09.27
4	60	Natalie Shaw	Loughborough University AC		2:16.11
5	53	Nicki Gooderham	City of Norwich AC		2:21.83

Senior Women 1,500 Metres (b)

CBP M.Hutchinson Hillingdon AC 2007 4.35.46

Posn	Num	Name	Club	FINAL	Perf
1	63	Faye Fullerton	Havering Mayesbrook AC	1	4:22.71 CBP
2	62	Clare Elms	Cambridge Harriers	1	4:41.01
3	55	Elaine Murty	Dartford Harriers AC	1	4:42.84
4	64	Rosanna Iannone	Vale of Aylesbury AC	1	4:47.83
5	53	Nicki Gooderham	City of Norwich AC	1	4:51.17
6	65	Diana Kennedy	Woodford Green w Essex L	1	4:55.97

Senior Women 60m Hurdles (a)

CBP J.Agyepong Croydon Harriers 1991 8.3

Posn	Num	Name	Club	Heat	Perf
1	8	Sarah Claxton	Woodford Green w Essex L	1	8.32Q
2	69	Laura Jones	Herts Phoenix AC	1	9.17Q
3	66	Claire Brennan	Havering Mayesbrook AC	1	9.62q
4	70	Stephanie Madgett	Oxford University AC	1	9.80
Posn	Num	Name	Club	Heat	Perf
1	5	Angelita Broadbelt	Thames Valley Harriers	2	8.65Q
2	68	Chanelle Garnett	Herne Hill Harriers	2	8.68Q
3	67	Natalie Farman	Herts Phoenix AC	2	9.70q

Senior Women 60m Hurdles (a)

Posn	Num	Name	Club	FINAL	Perf
1	8	Sarah Claxton	Woodford Green w Essex L		8.18CBP
2	68	Chanelle Garnett	Herne Hill Harriers		8.60
3	5	Angelita Broadbelt	Thames Valley Harriers		8.68
4	69	Laura Jones	Herts Phoenix AC		9.09
5	66	Claire Brennan	Havering Mayesbrook AC		9.54
6	67	Natalie Farman	Herts Phoenix AC		6.69

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Senior Women High Jump (a)

CBP J.Peacock Shaftesbury Barnet Harriers 2000 1.81

Posn	Num	Name	Club	Perf	Details
1	74	Eloise Newman	Harrow AC	1.76	1.65 o; 1.70 o; 1.73 o; 1.76 o; 1.78 xxx
2	73	Lucy Hodgins	Vale of Aylesbury AC	1.70	1.60 o; 1.65 o; 1.70 xxo; 1.73 xxx
3=	72	Catriona Forrest	Guildford & Godalming AC	1.65	1.60 xo; 1.65 xo; 1.70 xxx
3=	75	Frances Smithson	Windsor S E & Hounslow	1.65	1.60 xo; 1.65 xo; 1.70 xxx
5	71	Jenny Brown	Ashford AC	1.50	1.50 o; 1.55 xxx

Senior Women Pole Vault (b)

CBP E.Spain Shaftesbury Barnet Harriers 2007 4.20

Posn	Num	Name	Club	Perf	Details
1	79	Jemma Harding	Bedford & County AC	3.30	3.30 xo; 3.40 xxx
2	81	Anne-Marie Price	Ashford AC	3.20	2.70 xo; 2.80 -; 2.90 o; 3.00 xo; 3.10 o; 3.20 o; 3.30 xxx
=3	78	Gemma Dowsett	Medway & Maidstone AC	2.70	2.70 o; 2.80 -; 2.90 xxx
=3	80	Natasha Hart	Woking AC	2.70	2.50 o; 2.70 o; 2.80 xxx
5	77	Kirsty Dobberson	Bexley AC	2.50	2.30 o; 2.50 xo; 2.70 xxx
	70	Stephanie Madgett	Oxford University AC		2.30 xxx

Senior Women Long Jump (b)

CBP Y.Idowu Essex Ladies 1995 6.35

Posn	Num	Name	Club	Perf	Details
1	8	Sarah Claxton	Woodford Green w Essex L	6.16	5.77; 6.16; nj; 5.71; 5.84; 5.78
2	89	Jenny Pacey	Windsor S E & Hounslow	5.78	nj; nj; 5.58; 5.74; nj; 5.78
3	85	Mandy Gault	City of Portsmouth AC	5.47	5.28; 5.38; 5.40; 5.34; 5.47; nj
4	84	Hayley-Jayne Cone	Thames Valley Harriers	5.38	5.19; 5.38; 5.29; 5.36; nj; 5.28
5	82	Angela Barrett	Harrow AC	5.34	5.06; 5.05; 5.24; 5.19; 5.26; 5.34
6	11	Azaria Francis	Woodford Green w Essex L	5.20	5.20; 5.14; 5.15; 5.16; 5.11; 5.01
7	86	Claire Linskill	North Devon AC	5.17	5.13; 5.16; 5.17
8	83	Helen Channon	Walton AC	5.13	5.13; 5.13; 5.05
9	88	Heidi Nicholas	Basildon AC	4.89	4.80; 4.81; 4.89
10	70	Stephanie Madgett	Oxford University AC	4.71	4.39; 4.62; 4.71
11	87	Laura McGarty	Cambridge University AC	4.63	4.63; 4.35; 4.45
12	90	Claudia Tabony	Harrow AC	4.34	4.30; 4.34; 4.27

Senior Women Triple Jump (a)

CBP A.Hansen Essex Ladies 1995 13.94

Posn	Num	Name	Club	Perf	Details
1	27	Nadia Williams	Shaftesbury Barnet Harriers	13.04	nj; nj; 12.92; 12.90; 13.04; nj
2	92	Stephanie Aneto	Woodford Green w Essex L	12.83	12.74; 12.83; nj; 12.69; 12.69; 12.61;
3	82	Angela Barrett	Harrow AC	11.86	11.77; nj;; 11.86; 11.82; 11.80; nj;
4	96	Tania Spurling	West Suffolk AC	11.77	nj; 11.77; nj; 11.60; 11.66; nj
5	86	Claire Linskill	North Devon AC	11.73	11.58; 11.73; nj; nj; 11.64; 11.57
6	94	Sineade Gutzmore	Highgate Harriers	11.71	11.71nj;nj;nj; 11.59; nj
7	28	Louise Wood	Chelmsford AC	11.41	11.38; nj; 11.41;
8	95	Alison Macleod	Windsor S E & Hounslow	11.13	nj; 10.69; 11.13;

9	93	Liz Davidson	Kingston AC & Poly Harriers	10.89	nj; nj; 10.89;
10	87	Laura McGarty	Cambridge University AC	9.96	9.55;9.96;nj

Senior Women Shot (b)

CBP J.Oakes Croydon Harriers 1996 18.33

Posn	Num	Name	Club	Perf	Details
1	100	Eleanor Gatrell	Woking AC	15.89	14.25; 14.75; 15.89; 15.39; 14.84; 15.38
2	98	Joanne Duncan	Woodford Green w Essex L	14.85	14.34; 14.55; np; 14.37; np; 14.85
3	99	Chloe Edwards	Huntingdonshire AC	14.03	13.88; 13.98; 14.03; np; 13.58; 13.52
4	97	Shaunagh Brown	Blackheath & Bromley Harriers	13.28	13.28; 12.58; 12.37; 12.62 np; 12.80
5	101	Jessica Mole	Colchester Harriers	9.68	8.66; 9.14; 9.30; np; np; 9.68
6	90	Claudia Tabony	Harrow AC	8.48	7.56; 8.11; 8.13; 8.05; 8.48; 8.11

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Under 20 Men 60 Metres (a)

CBP H.Aikines-Aryeetey Sutton & District AC 2007 6.67

Posn	Num	Name	Club	Heat	Perf
1	34	Jordan Huggins	Enfield & Haringey AC	1	7.04Q
2	48	Gareth Price	Team Southampton	1	7.10Q
3	38	Confidence Lawson	Shaftesbury Barnet Harriers	1	7.26Q
4	31	Antoine Green	Ilford AC	1	7.50
5	50	Jevone Robinson	Hillingdon AC	1	7.52
6	52	Liam Sneath	Team Kennet Triathlon AC	1	7.55
Posn	Num	Name	Club	Heat	Perf
1	35	Antonio Infantino	Enfield & Haringey AC	2	6.94Q
2	49	Sam Ratcliffe	Havant AC	2	7.23Q
3	25	Anthony Dockery	Herne Hill Harriers	2	7.25Q
4	46	Karel Pile	Bedford College	2	7.56
5	27	Joshua Ejinkonye	Newham & Essex Beagles	2	7.62
6	19	Rian Corbin	Reading AC	2	9.44
Posn	Num	Name	Club	Heat	Perf
1	5	James Alaka	Blackheath & Bromley Harriers	3	7.03Q
2	198	Nigel Levine	Windsor, Slough, Eton & H.AC	3	7.04Q
3	44	Alexander Ojo	Ealing Southall & Middlesex AC	3	7.25Q
4	8	Luke Allen	West Suffolk AC	3	7.49
5	33	Sam Hickman	Reading AC	3	7.55
6	12	Jonathan Baxter	Cambridge&Coleridge	3	7.61
Posn	Num	Name	Club	Heat	Perf
1	24	Omar Dixon	Croydon Harriers	4	7.10Q
2	1	Kola Adedoyin	Sutton & District AC	4	7.20Q
3	40	Stefan Mitchell	Cambridge Harriers	4	7.33Q
4	42	Praful Nargund	Hercules Wimbledon AC	4	7.35q
5	36	John Iwhdibie	South London Harriers	4	7.41
6	57	Andre Wright	Medway & Maidstone AC	4	7.45
Posn	Num	Name	Club	Heat	Perf
1	10	Eugene Ayanful	Woodford Green w Essex L	5	6.99Q
2	26	Junior Ejehu	Harrow AC	5	7.04Q
3	11	Moses Bano	Harrow & Weald College	5	7.19Q
4	13	Curtis Blake	Victoria Park H & Tower H AC	5	7.30q
5	56	Maurice Walker	Stanmore College	5	7.49
6	28	David Farrugia	Woodford Green w Essex L	5	7.63
Posn	Num	Name	Club	Heat	Perf
1	39	Lee McLaughlin	Croydon Harriers	6	7.11Q
2	37	Lloyd King	Thames Valley Harriers	6	7.30Q
3	15	Clement Boateng	Herne Hill Harriers	6	7.33Q
4	16	Harvey Byrne	Newham & Essex Beagles AC	6	7.38q
5	43	Thomas O'Brien	Shaftesbury Barnet Harriers	6	7.40
6	32	Scott Harris	Invicta East Kent AC	6	7.44
Posn	Num	Name	Club	Heat	Perf
1	7	Jemaine Alexander	Blackheath & Bromley Harriers	7	7.28Q
2	4	Deji Akande	Chelmsford AC	7	7.29Q
3	23	William de Torvy-Ballou	Thames Valley Harriers	7	7.35Q
4	14	Andrew Bleakley	Vale of Aylesbury AC	7	7.42
5	47	Billy Porter	South London Harriers	7	7.43
6	54	Gary Steventon	Reading AC	7	7.46

Posn	Num	Name	Club	S/F	Perf
1	35	Antonio Infantino	Enfield & Haringey AC	1	6.93Q
2	198	Nigel Levine	Windsor, Slough, Eton & H.AC	1	6.93q
3	26	Junior Ejehu	Harrow AC	1	7.08q
4	25	Anthony Dockery	Herne Hill Harriers	1	7.20
5	44	Alexander Ojo	Ealing Southall & Middlesex AC	1	7.28
6	16	Harvey Byrne	Newham & Essex Beagles AC	1	7.36

Posn	Num	Name	Club	S/F	Perf
1	10	Eugene Ayanful	Woodford Green w Essex L	2	7.01Q
2	48	Gareth Price	Team Southampton	2	7.09
3	11	Moses Bano	Harrow & Weald College	2	7.10
4	7	Jermaine Alexander	Blackheath & Bromley Harriers	2	7.22
5	38	Confidence Lawson	Shaftesbury Barnet Harriers	2	7.24
6	42	Praful Nargund	Hercules Wimbledon AC	2	7.34

Posn	Num	Name	Club	S/F	Perf
1	5	James Alaka	Blackheath & Bromley Harriers	3	6.98Q
2	39	Lee McLaughlin	Croydon Harriers	3	7.09
3	1	Kola Adedoyin	Sutton & District AC	3	7.10
4	37	Lloyd King	Thames Valley Harriers	3	7.26
5	13	Curtis Blake	Victoria Park H & Tower H AC	3	7.34
6	15	Clement Boateng	Herne Hill Harriers	3	7.36

Posn	Num	Name	Club	S/F	Perf
1	34	Jordan Huggins	Enfield & Haringey AC	4	6.93Q
2	24	Omar Dixon	Croydon Harriers	4	7.09
3	4	Deji Akande	Chelmsford AC	4	7.23
4	40	Stefan Mitchell	Cambridge Harriers	4	7.25
5	23	William de Torvy-Ballou	Thames Valley Harriers	4	7.27
6	49	Sam Ratcliffe	Havant AC	4	7.28

Posn	Num	Name	Club	Final	Perf
1	34	Jordan Huggins	Enfield & Haringey AC		6.79
2	5	James Alaka	Blackheath & Bromley Harriers		6.81
3	35	Antonio Infantino	Enfield & Haringey AC		6.87
4	198	Nigel Levine	Windsor, Slough, Eton & H.AC		6.89
5	10	Eugene Ayanful	Woodford Green w Essex L		6.92
6	26	Junior Ejehu	Harrow AC		7.05

Under 20 Men 200 Metres (b)

CBP D.Telfer-James Enfield & Haringey AC 2007 21.95

Posn	Num	Name	Club	Heat	Perf
1	5	James Alaka	Blackheath & Bromley Harriers	1	22.81Q
2	64	Matthew Harrison	Basildon AC	1	23.49Q
3	52	Liam Sneath	Team Kennet Triathlon AC	1	24.33
4	60	Daniel Bunting	Enfield & Haringey AC	1	24.74
5	70	Andrius Stulga	Newham & Essex Beagles AC	1	25.73
	44	Alexander Ojo	Ealing Southall & Middlesex AC	1	DNS

Posn	Num	Name	Club	Heat	Perf
1	71	Danny Talbot	St Augustines School	2	22.71Q
2	72	Lawrence Wooldridge	Tonbridge AC	2	23.10Q
3	11	Moses Bano	Harrow & Weald College	2	23.30q
4	25	Anthony Dockery	Herne Hill Harriers	2	23.32q
5	56	Maurice Walker	Stanmore College	2	24.08
6	63	James Godden	Cambridge & Coleridge AC	2	25.36

Posn	Num	Name	Club	Heat	Perf
1	10	Eugene Ayanful	Woodford Green w Essex L	3	22.84Q

2	65	Markus Hunt	Chelmsford AC	3	23.11Q
3	61	Mark Dyble	Basildon AC	3	24.05q
4	58	George Baker	Cambridge & Coleridge AC	3	24.13
5	15	Clement Boateng	Herne Hill Harriers	3	24.26
Posn	Num	Name	Club	Heat	Perf
1	68	Tim Sayers	Yeovil Olympiads AC	4	23.35Q
2	40	Stefan Mitchell	Cambridge Harriers	4	23.49Q
3	37	Lloyd King	Thames Valley Harriers	4	23.74q
4	67	Joshua Rowlands	Invicta East Kent AC	4	25.55
	57	Andre Wright	Medway & Maidstone AC	4	DQ

Posn	Num	Name	Club	SEMI FINAL	Perf
1	71	Danny Talbot	St Augustines School	1	22.54 Q
2	72	Lawrence Wooldridge	Tonbridge AC		22.92 Q
3	11	Moses Bano	Harrow & Weald College		23.16 Q
4	40	Stefan Mitchell	Cambridge Harriers		23.34
5	68	Tim Sayers	Yeovil Olympiads AC		23.46
	61	Mark Dyble	Basildon AC		DNF

Posn	Num	Name	Club	SEMI FINAL	Perf
1	5	James Alaka	Blackheath & Bromley Harriers	2	22.15 Q
2	10	Eugene Ayanful	Woodford Green w Essex L		22.75 Q
3	65	Markus Hunt	Chelmsford AC		23.16 Q
4	64	Matthew Harrison	Basildon AC		23.39
5	25	Anthony Dockery	Herne Hill Harriers		23.41
6	37	Lloyd King	Thames Valley Harriers		23.61

Posn	Num	Name	Club	FINAL	Perf
1	5	James Alaka	Blackheath & Bromley Harriers		21.80 CBP
2	71	Danny Talbot	St Augustines School		22.40
3	10	Eugene Ayanful	Woodford Green w Essex L		22.65
4	72	Lawrence Wooldridge	Tonbridge AC		22.98
5	11	Moses Bano	Harrow & Weald College		23.05
6	65	Markus Hunt	Chelmsford AC		23.28

Under 20 Men 400 Metres (b)

CBP T.Tomu Cambridge & Coleridge AC 2007 49.94

Posn	Num	Name	Club	Heat	Perf
1	73	Michael Baker	Medway & Maidstone AC	1	50.27 Q
2	76	James Moorcroft	Team Kennet Triathlon AC	1	50.32 Q
3	54	Gary Steventon	Reading AC	1	50.34 q
4	75	Michael Fraser	City of Norwich AC	1	51.88 q
5	74	Alexander Blair	Blackheath & Bromley Harriers	1	53.30
Posn	Num	Name	Club	Heat	Perf
1	79	Richard Oppong-Konadu	Cambridge & Coleridge AC	2	51.53 Q
2	84	Oweka Wanogho	Croydon Harriers	2	52.90 Q
3	83	Duncan Stevenson	Basingstoke & Mid Hants AC	2	52.97
4	70	Andrius Stulga	Newham & Essex Beagles AC	2	58.90
	78	Patrick North	Swindon Harriers	2	DQ

Posn	Num	Name	Club	FINAL	Perf
1	79	Richard Oppong-Konadu	Cambridge & Coleridge AC		50.44
2	73	Michael Baker	Medway & Maidstone AC		50.50

3	54	Gary Steventon	Reading AC	50.51
4	76	James Moorcroft	Team Kennet Triathlon AC	50.57
5	75	Michael Fraser	City of Norwich AC	51.80
6	84	Oweka Wanogho	Croydon Harriers	52.98

Under 20 Men 800 Metres (a)

CBP E.Aston Cambridge & Coleridge AC 2007 1.54.4

Posn	Num	Name	Club	Heat 1	Perf
1	95	Rick Ward	City of Norwich AC		2:01.91Q
2	76	James Moorcroft	Team Kennet Triathlon AC		2:02.33Q
3	89	Thomas Lewis	Harrow AC		2:03.73q
4	94	Louis Walshe	Herts Phoenix AC		2:04.99
				Heat 2	Perf
1	91	Omar Mansour	Woodford Green w Essex L		2:01.49Q
2	88	Oliver Heeks	Orion Harriers		2:02.05Q
3	93	Sam Poulton	Stevenage & North Herts AC		2:02.37q
4	92	Samuel Miller	Radley AC		2:05.39
FINAL					
1	95	Rick Ward	City of Norwich AC		1:56.23
2	91	Omar Mansour	Woodford Green w Essex L		1:56.75
3	88	Oliver Heeks	Orion Harriers		1:58.82
4	76	James Moorcroft	Team Kennet Triathlon AC		2:00.22
5	93	Sam Poulton	Stevenage & North Herts AC		2:01.14
6	89	Thomas Lewis	Harrow AC		2:03.19

Under 20 Men 1,500 Metres (b)

CBP J.Fairclough Ashford AC 2007 4.17.44

Posn	Num	Name	Club	Heat	Perf
1	95	Rick Ward	City of Norwich AC		4:04.55 CBP
2	98	Rhys Glastonbury	Radley AC		4:06.90
3	86	Shaun Collins	Enfield & Haringey AC		4:06.92
4	96	Tom Bowerman	Aldershot Farnham & DAC		4:07.38
5	100	Andrew Ridley	West Suffolk AC		4:11.98
6	102	Matthew Willmott	Marshall Milton Keynes AC		4:13.05
7	89	Thomas Lewis	Harrow AC		4:14.24
8	99	Will Mycroft	Cambridge & Coleridge AC		4:16.25
9	97	Michael Cripps	West Suffolk AC		4:20.78
10	101	Jamie Walker	Bexley AC		4:25.80

Under 20 Men 60m Hurdles (a)

CBP A.James Enfield & Haringey AC 2007 8.17

Posn	Num	Name	Club	Heat	Perf
1	6	Alex Al-Ameen	Blackheath & Bromley Harriers		8.17 =CBP
2	109	Christopher Wakeford	Millfield School		8.45
3	108	Zak Saucedo	Enfield & Haringey AC		8.53
4	110	Anthony Williams	Havering Mayesbrook AC		8.74
5	105	Lawrence Clarke	Windsor S E & Hounslow		8.75
	107	Chris Pilling	Lewes AC		DNF

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Under 20 Men High Jump (b)

CBP A.Scarr Enfield & Haringey AC 2004 2.11

Posn	Num	Name	Club	Perf	Details
1	117	Jason Hamilton	Dacorum & Tring AC	2.00	1.85 o; 1.90 xo; 1.95 xo; 2.00 o; 2.05 xxx
=2	112	Christopher Baker	Enfield & Haringey AC	2.00	1.90 o; 1.95 o; 2.00 xxo; 2.05 xxx
=2	119	Cameron Lake	Windsor S E & Hounslow	2.00	1.90 o; 1.90 o; 2.00 xxo; 2.05 xxx
4	115	Dan Dunscombe	Worthing & District Harriers	1.95	1.90 o; 1.95 o; 2.00 xxx
5	118	Barry Johnson	Bedford & County AC	1.95	1.85 o; 1.90 o; 1.95 xxo; 2.00 xxx
6	111	Bradley Armorgie	Herts Phoenix AC	1.90	1.80 o; 1.85 xo; 1.90 o; 1.95 xxx
7	113	Tsidi Dagadu	Royal Russell School	1.90	1.70 o; 1.75 -; 1.80 o 1.85 xo; 1.90 xxo; 1.95 xxx
=8	114	Antoni Davis-Phillip	Kent AC	1.85	1.75 o; 1.80 xo; 1.85 xxo; 1.90 xxx
=8	116	Lewis Ely	West Norfolk AC	1.85	1.80 xo; 1.85 xxo; 1.90 xxx
10	107	Chris Pilling	Lewes AC	1.80	1.70 o; 1.75 -; 1.80 xxo; 1.85 xxx
	120	James Scott	Bedford & County AC		1.75 xxx

Under 20 Men Pole Vault (a)

CBP M.Densley Ealing Southall & Middlesex AC 2000 4.70

Posn	Num	Name	Club	Perf	Details
1	127	Scott Huggins	Blackheath & Bromley Harriers	4.91	CBP—Scottish Junior Record 4.60o; 4.70xo; 4.80o; 4.91xo; 5.01xxx
2	122	Ryszard Buk	Croydon Harriers	4.60	4.60o; 4.70xxx
3	131	Robert Warensjo	Swindon Harriers	4.40	3.50o; 3.95 -; 4.10xo; 4.30o; 4.40xo; 4.50xxx
4	130	Michael Read	Chelmsford AC	4.20	3.80xo; 3.95o; 4.10xxo; 4.20xo; 4.30xxx
5	124	Matthew Devereux	Bedford & County AC	4.20	3.80o; 3.95o; 4.10xxo; 4.20o; 4.30xxx
6	121	Adam Boshier	Epsom & Ewell Harriers	3.60	3.4ox; 3.60o; 3.80xxx
7	128	William Jones	Tonbridge AC	3.20	3.20xxo; 3.40xxx
	107	Chris Pilling	Lewes AC	Nh	3.80xxx
	123	Sam Colgate	Woking AC	nh	4.40xxx

Under 20 Men Long Jump (a)

CBP I.Mba Hercules Wimbledon AC 2006 7.16

Posn	Num	Name	Club	Perf	Details
1	134	James Grocock	Team Southampton	7.27 CBP	6.92; 6.82; 6.90; nj; 7.00; 7.27
2	138	Nonso Okolo	Shaftesbury Barnet Harriers	7.05	nj; 6.57; 6.65; 6.83; 7.05; nj
3	132	Daniel Bramble	Ealing Southall & Middlesex AC	6.65	6.33; 6.28; 6.38; 6.65; 6.57; nj
4	14	Andrew Bleakley	Vale of Aylesbury AC	6.58	nj; 6.58; 6.44; .53; nj; nj
5	139	Jermaine Olasan	Hercules Wimbledon AC	6.43	nj; 6.18; 6.43; nj; nj; nj
6	69	Simeon Stuart	Ilford AC	6.41	6.41; nj; 6.40; 6.35; nj; nj
7	135	Stuart Hitchcock	Medway & Maidstone AC	6.27	6.27; 6.07; 3.53
8	140	Paul Oluyemi	Herne Hill Harriers	6.20	nj; 6.20; 6.12
9	143	Ian Tobin	Herts Phoenix AC	6.14	6.14; 6.09; 6.02
10	142	Ian Simson	Cambridge University AC	6.05	nj; 6.05; nj;
11	136	Will Jones	Reading AC	6.00	6.00; 5.88; 5.92
12	22	Stephen De La Haye	Jersey Spartan AC	5.99	nj; 5.99; rtd
13	133	Kevin Brown	Southend on Sea AC	5.97	5.72; 5.97; 5.88
14	141	Sam Richards	Cambridge & Coleridge AC	5.91	5.91; 5.80; 5.91

15	27	Joshua Ejinkonye	Newham & Essex Beagles AC	5.69	5.63; 5.46; 5.69
16	31	Antoine Green	Ilford AC	5.64	5.64; nj; 5.42
17	8	Luke Allen	West Suffolk AC	5.61	5.61; 1.78; 5.54;
18	3	Michael Adjei-Tabirade	Hercules Wimbledon AC	5.51	5.51; 5.33; 5.35
19	52	Liam Sneath	Team Kennet Triathlon AC	5.35	4.95; 3.74; 5.35

Under 20 Men Triple Jump (b)

CBP T.Oke Cambridge Harriers 1998 15.12

Posn	Num	Name	Club	Perf	Details
1	138	Nonso Okolo	Shaftesbury Barnet Harriers	14.82	14.69; 13.59; -; 14.10; 14.62; 14.82
2	29	Nathan Fox	Shaftesbury Barnet Harriers	14.71	14.20; 14.19; 14.71; nj; nj; 14.42
3	148	Kerry Mathurin	Thames Valley Harriers	13.72	13.72; 12.60; 13.38; 13.10; 12.90; 13.17
4	144	Rory Constable	Team Southampton	13.68	13.50; 13.68; 13.43; -; nj; nj;
5	142	Ian Simson	Cambridge University AC	13.46	13.19; 13.41; 13.23; nj; 13.13; 13.46
6	147	Darren March	Medway & Maidstone AC	13.42	13.42; 13.09; 13.25; 12.96; 12.94; nj
7	151	Kem Onubogu	Shaftesbury Barnet Harriers	13.41	12.69; 13.41; 12.70; 13.21; nj; nj;
8	150	Nnambi Odum	Hercules Wimbledon AC	12.89	11.27; 12.89; 12.25
9	145	Jack Fox	Dartford Harriers AC	12.85	12.47; 12.08; 12.85
10	107	Chris Pilling	Lewes AC	12.74	12.36; nj; 12.74
11	27	Joshua Ejinkonye	Newham & Essex Beagles AC	12.71	nj; 12.71; 12.51
12	133	Kevin Brown	Southend on Sea AC	12.67	12.67; 12.40; -
13	146	Leo Lundgren	Herts Phoenix AC	12.48	nj; nj; 12.48
14	8	Luke Allen	West Suffolk AC	12.24	Nj; 12.24; 11.35

Under 20 Men Shot (b)

CBP E.Udechuku Blackheath Harriers 1997 16.80

Posn	Num	Name	Club	Perf	Details
1	153	Devon Douglas	Woodford Green w Essex L	14.96	12.26; 13.88; 14.33; 14.96; np; np
2	152	Matthew Baptiste	Newham & Essex Beagles AC	14.73	12.85; 14.00; np; 14.73; np; 14.13
3	155	Erasmus Ntim-Dwemoh	Croydon Harriers	13.82	13.44; 13.81; 13.06; 13.34; 13.82; 13.31
4	154	Paul Hayball	Huntingdonshire AC	12.81	11.93; 10.62; np; 12.52; 12.36; 12.81
5	156	Damini Onifade	Shaftesbury Barnet Harriers	10.94	10.94; 10.12; 10.57; 10.82; np; 9.83

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Under 20 Women 60 Metres (a)

CBP M.Douglas

Bromley AC

2003 7.56

Posn	Num	Name	Club	Heat	Perf
1	18	Anike Shand-Whittingham	Blackheath & Bromley Harriers	1	7.70Q
2	17	Jade Phillips	Herne Hill Harriers	1	7.79Q
3	16	Precious Oladugba	Chelmsford AC	1	8.04Q
4	13	Mary Iheke	Kingston AC & Poly Harriers	1	8.16q
5	8	Chloe Flowers	Harrow AC	1	8.44
6	2	Ruth Bland	Invicta East Kent AC	1	8.60

Posn	Num	Name	Club	Heat	Perf
1	21	Lorraine Ugen	Bexley AC	2	7.83Q
2	5	Holly Croxford	Winchester & District AC	2	7.93Q
3	19	Kirsty Shepherd	Basildon AC	2	8.24Q
4	22	Rebecca Wilcock	Watford Harriers	2	8.25q
5	11	Franki Hansen	Andover AC	2	8.69
	10	Magali Franka	Herne Hill Harriers	2	DNS

Posn	Num	Name	Club	Heat	Perf
1	12	Sharnna Henry	Harrow AC	3	7.94Q
2	20	Natoya Syla	Bexley AC	3	8.05Q
3	14	Jayed Mayes	London Heathside Runners	3	8.18Q
4	4	Emma Collard	Southend on Sea AC	3	8.32q
5	9	Asha Forde-Scille	Herne Hill Harriers	3	8.34
6	6	Gemma Dawkins	Channel Islands AC	3	8.53

Posn	Num	Name	Club	S/F	Perf
1	18	Anike Shand-Whittingham	Blackheath & Bromley Harriers	1	7.64Q
2	5	Holly Croxford	Winchester & District AC	1	7.76Q
3	17	Jade Phillips	Herne Hill Harriers	1	7.82Q
4	14	Jayed Mayes	London Heathside Runners	1	8.17
5	19	Kirsty Shepherd	Basildon AC	1	8.23
6	4	Emma Collard	Southend on Sea AC	1	8.26

Posn	Num	Name	Club	S/F	Perf
1	21	Lorraine Ugen	Bexley AC	2	7.79Q
2	12	Sharnna Henry	Harrow AC	2	7.89Q
3	13	Mary Iheke	Kingston AC & Poly Harriers	2	8.04Q
4	16	Precious Oladugba	Chelmsford AC	2	8.07
5	20	Natoya Syla	Bexley AC	2	8.14
6	22	Rebecca Wilcock	Watford Harriers	2	8.33

Posn	Num	Name	Club	Final	Perf
1	18	Anike Shand-Whittingham	Blackheath & Bromley Harriers		7.54CBP
2	17	Jade Phillips	Herne Hill Harriers		7.71
3	5	Holly Croxford	Winchester & District AC		7.74
4	21	Lorraine Ugen	Bexley AC		7.81
5	12	Sharnna Henry	Harrow AC		7.92
6	13	Mary Iheke	Kingston AC & Poly Harriers		8.08

Under 20 Women 200 Metres (b)

CBP P.Shakes-Drayton Victoria Park H & Tower H AC 2007 24.55

Posn	Num	Name	Club	Heat	Perf
1	5	Holly Croxford	Winchester & District AC	1	25.40 Q
2	13	Mary Iheke	Kingston AC & Poly Harriers	1	25.94 Q
3	3	Lauren Bouchard	Chelmsford AC	1	26.14 q
4	26	Isabelle Stanway	Guildford & Godalming AC	1	27.10 q
5	4	Emma Collard	Southend on Sea AC	1	27.15
6	16	Precious Oladugba	Chelmsford AC	1	27.80
Posn	Num	Name	Club	Heat	Perf
1	18	Anike Shand-Whittingham	Blackheath & Bromley Harriers	2	25.13 Q
2	27	Laura Wake	Herts Phoenix AC	2	25.96 Q
3	25	Yasmyn Joseph	Medway & Maidstone AC	2	27.35
4	1	Laurelle Akintade	Woodford Green w Essex L	2	27.78
5	28	Helen Waters	West Suffolk AC	2	28.01
6	2	Ruth Bland	Invicta East Kent AC	2	28.28

Posn	Num	Name	Club	FINAL	Perf
1	18	Anike Shand-Whittingham	Blackheath & Bromley Harriers		24.53
2	5	Holly Croxford	Winchester & District AC		25.11
3	27	Laura Wake	Herts Phoenix AC		25.56
4	3	Lauren Bouchard	Chelmsford AC		25.89
5	13	Mary Iheke	Kingston AC & Poly Harriers		26.23
6	26	Isabelle Stanway	Guildford & Godalming AC		27.06

Under 20 Women 400 Metres (b)

CBP K.Deyner Worthing & District Harriers 2007 58.76

Posn	Num	Name	Club	Heat	Perf
c	33	Kelly Denyer	Worthing & District Harriers	1	60.14Q
2	47	Sophie Twinam	Channel Islands AC	1	60.84Q
3	31	Lizzie Cave	Aldershot Farnham & DAC	1	60.97Q
4	39	Sarah McLellan	Blackheath & Bromley Harriers	1	61.27q
5	25	Yasmyn Joseph	Medway & Maidstone AC	1	62.50q
6	34	Nicola George	Newquay & Par AC	1	63.23
Posn	Num	Name	Club	Heat	Perf
1	40	Alice Middleton	Biggleswade AC	2	61.62Q
2	36	Emily Jones	Eastbourne Rovers	2	62.30Q
3	32	Beccy Culverwell	St Mary's Richmond AC	2	62.52Q
4	46	Lauren Tolmie	Radley AC	2	63.19
5	38	Jo Lister	Cambridge University AC	2	63.47
	41	Lisa Potter	Braintree & District AC	2	DNF
Posn	Num	Name	Club	Heat	Perf
1	6	Gemma Dawkins	Channel Islands AC	3	59.92Q
2	30	Odette Campbell	Croydon Harriers	3	60.11Q
3	37	Kate Laidlow	Cambridge Harriers	3	60.49Q
4	44	Dominique Roe	Invicta East Kent AC	3	62.82q
5	45	Emily Stevens	Herts Phoenix AC	3	62.86
6	28	Helen Waters	West Suffolk AC	3	63.69

Posn	Num	Name	Club	SEMI FINAL	Perf
1	6	Gemma Dawkins	Channel Islands AC	1	60.34 Q
2	30	Odette Campbell	Croydon Harriers	1	60.51 Q
3	47	Sophie Twinam	Channel Islands AC	1	60.53 q
4	31	Lizzie Cave	Aldershot Farnham & DAC	1	61.41
5	32	Beccy Culverwell	St Mary's Richmond AC	1	63.45
6	44	Dominique Roe	Invicta East Kent AC	1	63.51

Posn	Num	Name	Club	SEMI FINAL	Perf
1	33	Kelly Denyer	Worthing & District Harriers	2	59.45 Q
2	40	Alice Middleton	Biggleswade AC	2	59.60 Q
3	37	Kate Laidlow	Cambridge Harriers	2	60.15 q
4	39	Sarah McLellan	Blackheath & Bromley Harriers	2	60.69
5	36	Emily Jones	Eastbourne Rovers	2	62.65
6	25	Yasmyn Joseph	Medway & Maidstone AC	2	64.03

Posn	Num	Name	Club	FINAL	Perf
1	33	Kelly Denyer	Worthing & District Harriers		58.47 CBP
2	40	Alice Middleton	Biggleswade AC		59.15
3	6	Gemma Dawkins	Channel Islands AC		59.45
4	47	Sophie Twinam	Channel Islands AC		59.55
5	37	Kate Laidlow	Cambridge Harriers		59.86
6	30	Odette Campbell	Croydon Harriers		60.46

Under 20 Women 800 Metres (a)

CBP R.Stringer City of Norwich AC 2007 2.15.8

Posn	Num	Name	Club	Heat	Perf
1	48	Sophie Tyers	Radley AC	1	2:25.90 Q
2	53	Samantha Jacks	City of Norwich AC	1	2:27.16 Q
3	61	Sophie Wilkins	Marshall Milton Keynes AC	1	2:29.72
4	50	Venita Dabhi	Newham & Essex Beagles AC	1	2:35.63
5	24	Beth Hampson	Abingdon Amblers	1	2:56.40
Posn	Num	Name	Club	Heat	Perf
1	54	Leigh Lattimore	Harrow AC	2	2:23.89 Q
2	52	Jo Hunter	Vale of Aylesbury AC	2	2:23.96 Q
3	51	Kathrine Foy	Woodford Green w Essex L	2	2:24.15 q
4	55	Sophie Proffitt	Shaftesbury Barnet Harriers	2	2:26.91 q

Posn	Num	Name	Club	FINAL	Perf
1	51	Kathrine Foy	Woodford Green w Essex L		2:15.79
2	52	Jo Hunter	Vale of Aylesbury AC		2:17.35
3	48	Sophie Tyers	Radley AC		2:19.35
4	53	Samantha Jacks	City of Norwich AC		2:20.41

5	55	Sophie Proffitt	Shaftesbury Barnet Harriers	2:20.93
6	54	Leigh Lattimore	Harrow AC	2:25.74

Under 20 Women 1,500 Metres (b)

CBP I.Lee Winchester & District AC 2007 4.43.56

Posn	Num	Name	Club	FINAL	Perf
1	60	Stacey Wheat	Colchester Harriers		4:47.58

Under 20 Women 60m Hurdles (a)

CBP S.Solomon Blackheath & Bromley Harriers 2006 8.49

Posn	Num	Name	Club	Heat	Perf
1	69	Sandra Seaton	Epsom & Ewell Harriers	1	9.20Q
2	71	Chanel Taite	Windsor S E & Hounslow	1	9.23Q
3	72	Catherine Wearing	Medway & Maidstone AC	1	9.41Q
4	62	Emily Craven	Cambridge University AC	1	10.62
5	11	Franki Hansen	Andover AC	1	10.72
Posn	Num	Name	Club	Heat	Perf
1	63	Stephanie Gaynor	Herts Phoenix AC	2	8.78Q
2	43	Rose Reynolds	Windsor S E & Hounslow	2	8.95Q
3	73	Chloe Whalley	Marshall Milton Keynes AC	2	9.33Q
4	68	Bex Sanders-Clarke	Enfield & Haringey AC	2	9.76q
	65	Harriet Lester	Kingston AC & Poly Harriers	2	DNF
Posn	Num	Name	Club	Heat	Perf
1	64	Jenny Heckford	Windsor S E & Hounslow	3	9.08Q
2	67	Kim Motley	Cambridge & Coleridge AC	3	9.45Q
3	35	Nicola Hill	Havering Mayesbrook AC	3	9.54Q
4	66	Katie Miller	Epsom & Ewell Harriers	3	10.04q
5	47	Sophie Twinam	Channel Islands AC	3	10.12q

Posn	Num	Name	Club	S/F	Perf
1	43	Rose Reynolds	Windsor S E & Hounslow	1	8.98Q
2	71	Chanel Taite	Windsor S E & Hounslow	1	9.07Q
3	63	Stephanie Gaynor	Herts Phoenix AC	1	9.39q
4	47	Sophie Twinam	Channel Islands AC	1	9.97
DNF	35	Nicola Hill	Havering Mayesbrook AC	1	
DNS	72	Catherine Wearing	Medway & Maidstone AC	1	

Posn	Num	Name	Club	S/F	Perf
1	64	Jenny Heckford	Windsor S E & Hounslow	2	9.10Q
2	69	Sandra Seaton	Epsom & Ewell Harriers	2	9.12Q
3	73	Chloe Whalley	Marshall Milton Keynes AC	2	9.19q
4	67	Kim Motley	Cambridge & Coleridge AC	2	9.55
5	68	Bex Sanders-Clarke	Enfield & Haringey AC	2	9.96
DNF	66	Katie Miller	Epsom & Ewell Harriers	2	

Posn	Num	Name	Club	FINAL	Perf
1	63	Stephanie Gaynor	Herts Phoenix AC		8.79
2	43	Rose Reynolds	Windsor S E & Hounslow		9.00
3	64	Jenny Heckford	Windsor S E & Hounslow		9.03
4	71	Chanel Taite	Windsor S E & Hounslow		9.06
5	69	Sandra Seaton	Epsom & Ewell Harriers		9.15
6	73	Chloe Whalley	Marshall Milton Keynes AC		9.49

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Under 20 Women High Jump (a)

CBP	A.Bemrose	Aldershot Farnham & DAC	1998	1.71		
Pos n	Num	Name	Club	Perf	Details	
1	77	Pamela Hughes	Brunel University AC	1.73	1.60 o; 1.65 o; 1.70 xo; 1.73 xxo; 1.76 xxx	
2	56	Jo Rowland	Crawley AC	1.55	1.50 o; 1.55 o; 1.60 xxx	
3	79	Bethan Siddons	Havering Mayesbrook AC	1.55	1.50 xo; 1.55 o; 1.60 xxx	
4	78	Kate Lysons	Fleet & Crookham AC	1.55	1.50 o; 1.55 xo; 1.60 xxx	
5=	76	Suzanne Clifton	Isle of Wight AC	1.50	1.50 o; 1.55 xxx	
5=	47	Sophie Twinam	Channel Islands AC	1.50	1.50 o; 1.55 xxx	
5=	75	Rianne Charles	Ealing Southall & Middlesex AC	1.50	1.50 o; 1.55 xxx	
5=	74	Hizzi Barazetti	Thames Valley Harriers	1.50	1.50 o; 1.55 xxx	
	80	Helena Warren	Aldershot Farnham & DAC	nh	1.50 xxx	

Under 20 Women Pole Vault (b)

CBP	E.Godley	Blackheath & Bromley Harriers	2007	3.51		
Posn	Num	Name	Club	Perf	Details	
1	81	Rachel Arnheim	Blackheath & Bromley Harriers	3.40	3.20 xxo; 3.30 o; 3.40 xo; 3.52 xxx	
2	85	Emmeline Rendell	Invicta East Kent AC	2.90	2.50 o; 2.70 o; 2.80 o; 2.90 xxo; 3.00 xxx	
3	82	Kara Gibbs	Ashford AC	2.50	2.30 xo; 2.50 xxo; 2.70 xxx	

Under 20 Women Long Jump (b)

CBP	S.Claxton	Colchester & Tendring AC	1997	6.18		
Posn	Num	Name	Club	Perf	Details	
1	93	Aimee Richardson	Bedford & County AC	5.51	nj; nj; 5.04; 4.93; 5.06; 5.51	
2	89	Lauren Blackie	Blackheath & Bromley Harriers	5.50	5.18; 5.27; 5.26; 5.50; 5.37; 5.49	
3	92	Jade Morgan	Colchester Harriers	5.28	5.28; nj; 5.23; 3.70; 5.14; 4.87	
4	88	Hannah Besford	Chelmsford AC	5.22	4.95; 5.22; 4.84; nj; nj; 5.07	
5	87	Dee Bakre	Enfield & Haringey AC	5.11	4.45; 5.11; 5.16; 4.23; 5.09; 4.91	
6	23	Sophie Copping	Medway & Maidstone AC	5.02	4.93; 5.02; 5.01; 4.94; 4.98; nj	
7	90	Natalie Delahunty	Oxford City AC	4.97	4.88; 4.97; nj	
8	56	Jo Rowland	Crawley AC	4.92	4.91; 4.92; 4.91	
9	15	Lyndsey North	Chelmsford AC	4.85	nj; nj; 4.85	
10	74	Hizzi Barazetti	Thames Valley Harriers	4.70	4.70; nj; 4.51	
11	41	Lisa Potter	Braintree & District AC	4.55	4.44; 4.55; 4.45	

Under 20 Women Triple Jump (a)

CBP	C.Linskill	North Devon AC	2006	12.23		
Posn	Num	Name	Club	Perf	Details	
1	96	Shakira Whight	Reading AC	11.76	11.76:11.71:9.87:11.45:11.76:1139	
2	89	Lauren Blackie	Blackheath & Bromley Harriers	11.71	NJ:NJ:11.33:11.39:11.43:11.71	
3	92	Jade Morgan	Colchester Harriers	11.40	11.40:NJ:NJ:11.09:11.14:11.14	
4	87	Dee Bakre	Enfield & Haringey AC	11.38	11.38:10.94:11.29:NJ:11.34:11.33	
5	8	Chloe Flowers	Harrow AC	11.13	10.71:10.57:11.13:10.83:9.80:10.88	
6	90	Natalie Delahunty	Oxford City AC	10.93	10.93:NJ:10.77:10.63:10.77:10.93	

7	9	Asha Forde-Scille	Herne Hill Harriers	10.89	10.50:10.89:10.83:
8	23	Sophie Copping	Medway & Maidstone AC	10.85	NJ:10.58:10.85
9	94	Danielle Currie	Herts Phoenix AC	10.85	10.85:10.47:10.84:
10	95	Roseanne Mackay	Cambridge & Coleridge AC	10.58	10.49:10.53:10.58:

Under 20 Women Shot (b)

CBP	T Agoro	Cambridge Harriers	2006	12.04	
Posn	Num	Name	Club	Perf	Details
1	97	Shaunagh Brown	Blackheath & Bromley Harriers	13.50 CBP	12.89; 12.38;11.96; 12.90; np; 13.50
2	56	Jo Rowland	Crawley AC	11.10	10.10; 10.19; 10.35; 11.01; 11.10; 10.81
3	98	Abigail Moronkeji	Thames Valley Harriers	11.09	10.71; 10.62; 11.07; 10.86; 10.54; 11.09
4	92	Jade Morgan	Colchester Harriers	9.46	8.95; 9.46; 9.17; 8.78; np; -
5	74	Kizzi Barazetti	Thames Valley Harriers	5.34	5.34; 7.20; 6.98; -; -; -

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Under 17 Men 60 Metres (a)

CBP H.Aikines-Aryeetey

Sutton & District AC

2004 6.95

Some heats manual time; qualifying on manual times

Posn	Num	Name	Club	Heat	Perf
1	52	Kieran Showler-Davis	Winchester & District AC	1	7.00Q
2	15	Lewis Elliott	Ashford AC	1	7.55Q
3	2	Joshua Alexis	Harrow AC	1	7.66
4	6	Samuel Benfield	Witney RRC	1	7.70
5	31	Gabriel Makinwa	Havering Mayesbrook AC	1	7.79
6	33	Connor Mennell	Braintree & District AC	1	8.23
Posn	Num	Name	Club	Heat	Perf
1	53	Deji Tobais	Bedford & County AC	2	7.17Q
2	27	Jake King	Southend on Sea AC	2	7.43Q
3	1	James Alcock	Medway & Maidstone AC	2	7.47q
4	39	Mayo Oluwole	Cambridge Harriers	2	7.48q
5	8	Tom Chambers	Ashford AC	2	7.88
6	29	Tarric Lewis	Ealing Southall & Middlesex AC	2	7.98
Posn	Num	Name	Club	Heat	Perf
1	34	Jack Miller	Bexley AC	3	7.3Q
2	45	Rorie Robinson	Herne Hill Harriers	3	7.7Q
3	10	Dominic Coelho	Blackheath and Bromley Harriers	3	7.7
4	12	Joseph-Benjamin Cumberbatch	St Mary's Richmond AC	3	7.7
5	54	Mark Udeh	Enfield & Haringey AC	3	8.0
6	14	Kema Egbunike	Ealing Southall & Middlesex AC	3	8.0
Posn	Num	Name	Club	Heat	Perf
1	40	Laurence Owen	Thames Valley Harriers	4	7.3Q
2	19	Renard Frederick	Shaftesbury Barnet Harriers	4	7.5Q
3	13	Burton Dredge	Herne Hill Harriers	4	7.5q
4	43	Carl Rendora	Woodford Green w Essex L	4	7.6q
5	51	William Shepherd	Chiltern Harriers AC	4	7.8
6	35	Ryan Norcross	Eastbourne Rovers	4	8.0
Posn	Num	Name	Club	Heat	Perf
1	26	Tom Kennedy	Sutton & District AC	5	7.37Q
2	16	Tom Evans	Windsor S E & Hounslow	5	7.52Q
3	47	Matty Sadoh	Salvatorian College	5	7.61
4	3	Julien Allwood	Herne Hill Harriers	5	7.75
5	9	Dominic Clarke	Bexley AC	5	7.76
6	20	Ryan Harris	Ashford AC	5	7.91
Posn	Num	Name	Club	Heat	Perf
1	42	Dan Putnam	Blackheath & Bromley Harriers	6	7.26Q
2	11	Alex Cooke	Chelmsford AC	6	7.35Q
3	17	Matthew Fletcher	Blackheath & Bromley Harriers	6	7.41q
4	30	Adam Lincoln	Watford Harriers	6	7.88
5	24	Taariq John-Clarke	Shaftesbury Barnet Harriers	6	7.88
6	197	Kyle Hodge	WSEH	6	7.89
Posn	Num	Name	Club	Heat	Perf
1	18	Rudy Francis	Kent AC	7	7.31Q
2	55	Matthew Walcott	Herne Hill Harriers	7	7.39Q
3	56	Romane Walcott	Enfield & Haringey AC	7	7.52q
4	28	Thomas Larkin	Woodford Green w Essex L	7	7.60
5	21	David Harvey	Windsor S E & Hounslow	7	7.74
6	32	Christopher Meakin	Ashford AC	7	7.76
Posn	Num	Name	Club	Heat	Perf

1	44	Finbarr Ricketts	Highgate Harriers	8	7.23Q
2	50	Damilola Segun	Croydon Harriers	8	7.31Q
3	41	Leon Phillips	Isle of Wight AC	8	7.72
4	49	Connor Searing	Dartford Harriers AC	8	7.73
5	36	Manny Oamen	Shaftesbury Barnet Harriers	8	8.09
	48	Terry Scott	Westminster Academy	8	DNS
Posn	Num	Name	Club	Heat	Perf
1	25	Alexander Jovanovski	Watford Harriers	9	7.30Q
2	5	Jordan Arthur	Enfield & Haringey AC	9	7.48Q
3	38	James Okeyemi	Harrow AC	9	7.74
4	46	Nathan Rockett	Oxford City AC	9	7.83
5	7	Oliver Brooks	Watford Harriers	9	7.97
6	22	Fraser Hubbard	Chelmsford AC	9	7.99

Posn	Num	Name	Club	2nd rd	Perf
1	52	Kieran Showler-Davis	Winchester & District AC	1	6.96Q
2	26	Tom Kennedy	Sutton & District AC	1	7.28Q
3	18	Rudy Francis	Kent AC	1	7.31q
4	15	Lewis Elliott	Ashford AC	1	7.43
5	56	Romane Walcott	Enfield & Haringey AC	1	7.49
6	16	Tom Evans	Windsor S E & Hounslow	1	7.50

Posn	Num	Name	Club	2nd rd	Perf
1	53	Deji Tobais	Bedford & County AC	2	7.13Q
2	50	Damilola Segun	Croydon Harriers	2	7.31Q
3	25	Alexander Jovanovski	Watford Harriers	2	7.32q
4	5	Jordan Arthur	Enfield & Haringey AC	2	7.45
5	43	Carl Rendora	Woodford Green w Essex L	2	7.52
6	45	Rorie Robinson	Herne Hill Harriers	2	7.69

Posn	Num	Name	Club	2nd rd	Perf
1	42	Dan Putnam	Blackheath & Bromley Harriers	3	7.16Q
2	44	Finbarr Ricketts	Highgate Harriers	3	7.17Q
3	11	Alex Cooke	Chelmsford AC	3	7.33q
4	17	Matthew Fletcher	Blackheath & Bromley Harriers	3	7.34
5	19	Renard Frederick	Shaftesbury Barnet Harriers	3	7.37
6	1	James Alcock	Medway & Maidstone AC	3	7.49

Posn	Num	Name	Club	2nd rd	Perf
1	40	Laurence Owen	Thames Valley Harriers	4	7.13Q
2	34	Jack Miller	Bexley AC	4	7.23Q
3	55	Matthew Walcott	Herne Hill Harriers	4	7.32q
4	27	Jake King	Southend on Sea AC	4	7.40
5	39	Mayo Oluwole	Cambridge Harriers	4	7.45
6	13	Burton Dredge	Herne Hill Harriers	4	7.56

Posn	Num	Name	Club	S/F	Perf
1	52	Kieran Showler-Davis	Winchester & District AC	1	6.95Q =CBP
2	42	Dan Putnam	Blackheath & Bromley Harriers	1	7.10Q
3	44	Finbarr Ricketts	Highgate Harriers	1	7.19Q
4	18	Rudy Francis	Kent AC	1	7.32
5	50	Damilola Segun	Croydon Harriers	1	7.33
6	11	Alex Cooke	Chelmsford AC	1	7.35

Posn	Num	Name	Club	S/F	Perf
1	53	Deji Tobais	Bedford & County AC	2	7.07Q
2	40	Laurence Owen	Thames Valley Harriers	2	7.12Q
3	34	Jack Miller	Bexley AC	2	7.16Q

4	26	Tom Kennedy	Sutton & District AC	2	7.30
5	55	Matthew Walcott	Herne Hill Harriers	2	7.31
6	25	Alexander Jovanovski	Watford Harriers	2	7.33

Posn	Num	Name	Club	Final	Perf
	52	Kieran Showler-Davis	Winchester & District AC		6.86CBP
2	53	Deji Tobais	Bedford & County AC		7.08
3	40	Laurence Owen	Thames Valley Harriers		7.08
4	42	Dan Putnam	Blackheath & Bromley Harriers		7.11
5	34	Jack Miller	Bexley AC		7.17
6	44	Finbarr Ricketts	Highgate Harriers		7.34

Under 17 Men 200 Metres (b)

CBP L.McLaughlin Croydon Harriers 2007 22.58

Posn	Num	Name	Club	Heat	Perf
1	42	Dan Putnam	Blackheath & Bromley Harriers	1	23.1 Q
2	62	Ramsey Kechacha	Victoria Park H & Tower H AC	1	23.8 Q
3	57	Omololu Abiodun	Eton Manor AC	1	24.7 q
4	59	Jordan Brown	Havering Mayesbrook AC	1	24.7 q
5	19	Renard Frederick	Shaftesbury Barnet Harriers	1	25.2
6	35	Ryan Norcross	Eastbourne Rovers	1	25.6
Posn	Num	Name	Club	Heat	Perf
1	64	Adam Medcraft	Windsor S E & Hounslow	2	23.7 Q
2	60	Josh Gilbey	Isle of Wight AC	2	24.5 Q
3	63	Keno Mario-Ghae	Isle of Wight AC	2	24.8
4	68	laurence Telesia	St Mary's Richmond AC	2	25.2
5	22	Fraser Hubbard	Chelmsford AC	2	25.2
	71	Emile Yesutu	Orion Harriers	2	DNF
Posn	Num	Name	Club	Heat	Perf
1	53	Deji Tobais	Bedford & County AC	3	23.2 Q
2	5	Jordan Arthur	Enfield & Haringey AC	3	23.7 Q
3	34	Jack Miller	Bexley AC	3	23.9 q
4	27	Jake King	Southend on Sea AC	3	24.2 q
5	8	Tom Chambers	Ashford AC	3	25.0
6	20	Ryan Harris	Ashford AC	3	25.3
Posn	Num	Name	Club	Heat	Perf
1	65	Olu Oyewobi	Enfield & Haringey AC	4	23.6 Q
2	67	Isaac Rasmussen	Luton AC	4	23.6 Q
3	70	Ryan Wenzel	London Heathside Runners	4	24.9
4	2	Joshua Alexis	Harrow AC	4	25.4
5	14	Kema Egbunike	Ealing Southall & Middlesex AC	4	25.8

Posn	Num	Name	Club	SEMI-FINAL	Perf
1	42	Dan Putnam	Blackheath & Bromley Harriers		22.59 Q
2	64	Adam Medcraft	Windsor S E & Hounslow		23.30 Q
3	67	Isaac Rasmussen	Luton AC		23.49 Q
4	34	Jack Miller	Bexley AC		23.95
5	60	Josh Gilbey	Isle of Wight AC		24.32
6	59	Jordan Brown	Havering Mayesbrook AC		24.81

Posn	Num	Name	Club	SEMI-	Perf
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				FINAL
1	65	Olu Oyewobi	Enfield & Haringey AC	22.88 Q
2	53	Deji Tobais	Bedford & County AC	23.01 Q
3	5	Jordan Arthur	Enfield & Haringey AC	23.16 Q
4	62	Ramsey Kechacha	Victoria Park H & Tower H AC	23.74
5	27	Jake King	Southend on Sea AC	24.07
6	57	Omololu Abiodun	Eton Manor AC	24.81

Posn	Num	Name	Club	FINAL	Perf
1	42	Dan Putnam	Blackheath & Bromley Harriers		22.14
2	65	Olu Oyewobi	Enfield & Haringey AC		22.64
3	53	Deji Tobais	Bedford & County AC		23.01
4	64	Adam Medcraft	Windsor S E & Hounslow		23.27
5	5	Jordan Arthur	Enfield & Haringey AC		23.39
6	67	Isaac Rasmussen	Luton AC		23.56

Under 17 Men 400 Metres (b)

CBP M.Webster

Shaftesbury Barnet Harriers

2007 51.06

Posn	Num	Name	Club	Heat	Perf
1	76	Jack Green	Ashford AC	1	52.87Q
2	84	Sam Rogers	Chiltern Harriers AC	1	54.66Q
3	77	Adam Harwood	Andover AC	1	54.67Q
4	86	Nathan Stalker	Bracknell AC	1	55.17q
5	66	Ben Parkin	Blackheath & Bromley Harriers	1	56.28q
6	79	Alexander Jones	Enfield & Haringey AC	1	57.33
Posn	Num	Name	Club	Heat	Perf
1	73	Thomas Bensted	Blackheath & Bromley Harriers	2	51.74Q
2	82	Tom Marsland	Isle of Wight AC	2	54.17Q
3	72	Christopher Adams	Andover AC	2	57.13Q
4	81	Amir Khan	Charters School	2	57.15
	70	Ryan Wenzel	London Heathside Runners	2	DQ
Posn	Num	Name	Club	Heat	Perf
1	85	Adam Smith	Marshall Milton Keynes AC	3	53.97Q
2	28	Thomas Larkin	Woodford Green w Essex L	3	54.80Q
3	75	Ashley Fry	Windsor S E & Hounslow	3	55.04Q
4	88	Thomas Worboys	Biggleswade AC	3	55.09q
5	83	David Patey	Horsham Blue Star Harriers	3	56.69

Posn	Num	Name	Club	SEMI FINAL	Perf
1	73	Thomas Bensted	Blackheath & Bromley Harriers	1	52.66 Q
2	75	Ashley Fry	Windsor S E & Hounslow	1	53.99 Q
3	82	Tom Marsland	Isle of Wight AC	1	54.23 q
4	84	Sam Rogers	Chiltern Harriers AC	1	54.59
5	72	Christopher Adams	Andover AC	1	55.91

	66	Ben Parkin	Blackheath & Bromley Harriers	1	DNS
Posn	Num	Name	Club	SEMI FINAL	Perf
	1	76 Jack Green	Ashford AC	2	52.01 Q
	2	85 Adam Smith	Marshall Milton Keynes AC	2	53.00 Q
	3	28 Thomas Larkin	Woodford Green w Essex L	2	53.46 q
	4	88 Thomas Worboys	Biggleswade AC	2	54.94
	5	86 Nathan Stalker	Bracknell AC	2	56.63
		77 Adam Harwood	Andover AC	2	DQ

Posn	Num	Name	Club	FINAL	Perf
	1	73 Thomas Bensted	Blackheath & Bromley Harriers		51.20
	2	85 Adam Smith	Marshall Milton Keynes AC		51.48
	3	28 Thomas Larkin	Woodford Green w Essex L		53.65
	4	82 Tom Marsland	Isle of Wight AC		54.16
	5	75 Ashley Fry	Windsor S E & Hounslow		56.04
		76 Jack Green	Ashford AC		DQ

Under 17 Men 800 Metres (a)

CBP O.Mansour Woodford Green w Essex L 2007 2.03.1

Posn	Num	Name	Club	Heat	Perf
	1	102 James Senior	City of Norwich AC	1	2:06.10 Q
	2	101 Paul Scanlan	Woodford Green w Essex L	1	2:06.58 Q
	3	91 Peter Devaney	Bedford & County AC	1	2:06.88 Q
	4	94 Joseph Gill	Newham & Essex Beagles AC	1	2:08.28 Q
	5	100 Richard Pollitt	Braintree & District AC	1	2:11.10 q
	6	90 Luke Daniel	Herts Phoenix AC	1	2:20.47
Posn	Num	Name	Club	Heat	Perf
	1	98 George Miller	Radley AC	2	2:03.85 Q
	2	97 Philippe Manning	Radley AC	2	2:03.85 Q
	3	89 Andrew Clement	Basingstoke & Mid Hants AC	2	2:03.94 Q
	4	105 Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	2	2:04.16 q
	5	79 Alexander Jones	Enfield & Haringey AC	2	2:05.41 q
	6	106 Daniel Yaxley	Woodford Green w Essex L	2	2:21.26
Posn	Num	Name	Club	Heat	Perf
	1	95 Jack Graham	Basingstoke & Mid Hants AC	3	2:08.61 Q
	2	104 Joel Taylor	City of Norwich AC	3	2:08.97 Q
	3	103 Adam Smith	Brighton & Hove City AC	3	2:08.99 Q
	4	93 Joe Gaynor	Herts Phoenix AC	3	2:09.42
	5	96 Matthew Lewis	Harrow AC	3	2:11.43
	6	92 Hari Faulkner	Bexley AC	3	2:13.75

Posn	Num	Name	Club	S/F	Perf
	1	101 Paul Scanlan	Woodford Green w Essex L	1	2:02.6Q
	2	103 Adam Smith	Brighton & Hove City AC	1	2:02.9Q
	3	91 Peter Devaney	Bedford & County AC	1	2:04.6
	4	97 Philippe Manning	Radley AC	1	2:06.1
	5	98 George Miller	Radley AC	1	2:06.1
	6	94 Joseph Gill	Newham & Essex Beagles AC	1	2:06.6
Posn	Num	Name	Club	S/F	Perf
	1	102 James Senior	City of Norwich AC	2	2:00.5Q

2	104	Joel Taylor	City of Norwich AC	2	2:01.8Q
3	89	Andrew Clement	Basingstoke & Mid Hants AC	2	2:02.5q
4	95	Jack Graham	Basingstoke & Mid Hants AC	2	2:03.7q
5	105	Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	2	2:04.1
6	79	Alexander Jones	Enfield & Haringey AC	2	2;08.3

Posn	Num	Name	Club	Final	Perf
1	104	Joel Taylor	City of Norwich AC		1:59.80
2	102	James Senior	City of Norwich AC		2:00.97
3	103	Adam Smith	Brighton & Hove City AC		2:01.92
4	89	Andrew Clement	Basingstoke & Mid Hants AC		2:03.68
5	95	Jack Graham	Basingstoke & Mid Hants AC		2:05.51
6	101	Paul Scanlan	Woodford Green w Essex L		2:08.81

Under 17 Men 1,500 Metres (b)

CBP T.Bowerman Aldershot Farnham & DAC 2007 4.12.86

Posn	Num	Name	Club	FINAL	Perf
1	113	Rikkie Letch	Aldershot Farnham & DAC		4:11.58 CBP
2	108	Connor Darby	City of Norwich AC		4:11.97
3	109	Samuel Deathe	Marshall Milton Keynes AC		4:12.67
4	110	Stuart Ferguson	Radley AC		4:22.62
5	100	Richard Pollitt	Braintree & District AC		4:29.38
6	96	Matthew Lewis	Harrow AC		4:31.12
7	107	Nick Burch	Cambridge & Coleridge AC		4:31.49
8	111	Alex Groiss	West Suffolk AC		4:35.53

Under 17 Men 60m Hurdles (a)

CBP D.Davis Sutton & District AC 2004 7.99

Posn	Num	Name	Club	Heat	Perf
1	123	Alexander Wharfe	Medway & Maidstone AC	1	8.55Q
2	120	Benedict Kelk	Cambridge & Coleridge AC	1	8.72Q
3	116	Anthony Ebundayo	Enfield & Haringey AC	1	8.83
4	55	Matthew Walcott	Herne Hill Harriers	1	8.91
5	114	Ross Armorgie	Herts Phoenix AC	1	9.00
6	61	Nathan Greenaway	Chelmsford AC	1	9.42
Posn	Num	Name	Club	Heat	Perf
1	118	James Forman	Isle of Wight AC	2	8.39Q
2	117	Jack Edgar-Hill	Havering Mayesbrook AC	2	8.69Q
3	121	Tom Parry	Kingston AC & Poly Harriers	2	8.83q
4	119	Ben Hopkins	Blackheath & Bromley Harriers	2	8.83q
5	115	Anthony Cummings	Croydon Harriers	2	8.91
6	122	Huy Vu	Orion Harriers	2	9.49

Posn	Num	Name	Club	FINAL	Perf
1	118	James Forman	Isle of Wight AC		8.5
2	123	Alexander Wharfe	Medway & Maidstone AC		8.5
3	119	Ben Hopkins	Blackheath & Bromley Harriers		8.6
4	120	Benedict Kelk	Cambridge & Coleridge AC		8.6
5	117	Jack Edgar-Hill	Havering Mayesbrook AC		8.8
6	121	Tom Parry	Kingston AC & Poly Harriers		8.8

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Under 17 Men High Jump (b)

CBP Mark Crowley St Albans AC 2000 2.00

Posn	Num	Name	Club	Perf	Details
1	125	Samuel Bailey	Chelmsford AC	2.05 CBP	1.90 o; 1.95 o; 2.00 xo; 2.03 xo; 2.05 xxo; 2.07 xxx
2	129	Joe Kent	Horsham Blue Star Harriers	2.00	1.90 o; 1.95 o; 2.00 xo; 2.03 xxx
3	127	Michael Grabarz	Bedford & County AC	1.90	1.80 o; 1.85 o; 1.90 o; 1.95 xxx
4	126	Tom Gardner	East Grinstead & Dist AC	1.85	1.80 o; 1.85 xxo; 1.90 xxx
5	130	Justin Lakey	Team Kennet Triathlon AC	1.80	1.70 o; 1.75 o; 1.80 xxo; 1.85 xxx
6	128	Jack Jones	Peterborough AC	1.75	1.70 o; 1.75 o; 1.80 xxx
7	47	Matty Sadoh	Salvatorian College	1.75	1.70 xo; 1.75 o; 1.80 xxx
=8	114	Ross Armorgie	Herts Phoenix AC	1.70	1.70 o; 1.75 xxx
=8	63	Keno Mario-Ghae	Isle of Wight AC	1.70	1.65 o; 1.70 o; 1.75 xxx
=8	131	Tom Pearce	Tonbridge AC	1.70	1.70 o; 1.75 xxx

Under 17 Men Pole Vault (a)

CBP R.Smith Peterborough AC 1997 4.50

Posn	Num	Name	Club	Perf	Details
1	134	Gordon Lester	Kingston AC & Poly Harriers	3.70	3.60 xxo; 3.70 o; 3.80 xxx
2=	132	Sam Brown	Lewes AC	3.70	3.60 xxo; 3.70 xxo; 3.80 xxx
2=	133	Richard Humby	Team Southampton	3.70	3.35 xo; 3.50 xo; 3.60 o; 3.70 xxo; 3.80 xxx
4	137	Edward Quiney	Croydon Harriers	3.60	3.35 o; 3.50 o; 3.60 o; 3.70 xxx
5	139	Jack Withrington	Fitzwimarc School	3.50	3.00 o; 3.20 Pass; 3.35 o; 3.50 xxo; 3.60 xxx
6	135	Chris Peers	Tonbridge AC	3.00	2.60 o; 2.80 o; 3.00 xxo; 3.20 xxx
7	136	Simon Preston	Team Southampton	2.40	2.40 o; 2.60 xxx

Under 17 Men Long Jump (a)

CBP D.Thomas Ealing Southall & Middlesex AC 2003 6.77

Posn	Num	Name	Club	Perf	Details
1	142	Lewis King	Chelmsford AC	6.35	nj; nj; 6.35; nj; nj; nj;
2	56	Romane Walcott	Enfield & Haringey AC	6.32	6.14; 5.99; 6.11; 6.07; 6.27; 6.32
3	1	James Alcock	Medway & Maidstone AC	6.19	6.15; 5.99; 6.05; 6.07; 6.14; 6.19
4	49	Connor Searing	Dartford Harriers AC	6.13	Nj; nj; 6.13; nj; 6.10; 5.86
5	21	David Harvey	Windsor S E & Hounslow	6.09	6.09; 5.88; nj; 6.09; 5.75; nj; nj
6	38	James Okeyemi	Harrow AC	5.97	5.97; 5.80; 5.91; 5.87; 5.84; 5.63
7	41	Leon Phillips	Isle of Wight AC	5.60	5.60; 5.59; 5.51
8	20	Ryan Harris	Ashford AC	5.55	5.54; 5.55; 5.30
9	3	Julien Allwood	Herne Hill Harriers	5.48	5.29; nj; 5.48
10	140	Ben Davies	Cambridge & Coleridge AC	5.17	4.93; 5.17; 5.13;
11	33	Connor Mennell	Braintree & District AC	4.97	4.90; 4.97; 4.53
12	36	Manny Oamen	Shaftesbury Barnet Harriers	4.75	4.75; 3.95; 4.59
13	90	Luke Daniel	Herts Phoenix AC	4.58	4.57; 4.58; 4.27

Under 17 Men Triple Jump (b)

CBP N Fox Shaftesbury Barnet Harriers 2007 14.57

Posn	Num	Name	Club	Perf	Details
1	4	Babatunde Amosu	Croydon Harriers	14.57 CBP	13.97; -; nj; 13.89; 14.03; 14.57
2	143	Dwyte Smith	Ashford AC	13.78	13.78; -; -; -; -
3	3	Julien Allwood	Herne Hill Harriers	13.12	13.02; nj; 12.30; 12.91; 13.12; nj
4	38	James Okeyemi	Harrow AC	12.62	12.48; 12.16 12.31; 11.97; 11.85; 12.62
5	31	Gabriel Makinwa	Havering Mayesbrook AC	12.32	11.82; 11.67; 12.02; 11.76; 12.32; 12.26
6	146	Daniel Murray	Sutton & District AC	11.78	nj; 11.21; 11.78; 11.28; 11.45; nj
7	145	Gotty Boateng	Thames Valley Harriers	11.45	11.45; 11.17; nj
8	144	Patrick Apantaku	Worthing & District Harriers	10.73	10.54; 10.71; 10.73
9	29	Tarric Lewis	Ealing Southall & Middlesex AC	10.08	9.60; 10.07; 10.08
10	140	Ben Davies	Cambridge & Coleridge AC	9.66	9.66; nj; -

Under 17 Men Shot (b)

CBP M.Wheeler Herne Hill Harriers 2007 18.20

Posn	Num	Name	Club	Perf	Details
1	147	Zane Duquemin	Jersey Spartan AC	14.25	13.87; 14.25; np; 14.07; 13.70; 14.12
2	148	Laurence Goodacre	Coopers Comp & Coborn School	12.79	11.02; 11.65; 11.25; 12.79; 12.56; 12.25
3	60	Josh Gilbey	Isle of Wight AC	11.85	10.27; 10.70; 11.28; 11.85; 11.44; 11.42
4	22	Fraser Hubbard	Chelmsford AC	10.92	10.49; 10.28; 10.92 10.52; 9.86; 10.39
5	90	Luke Daniel	Herts Phoenix AC	7.63	7.56; 7.48; 7.37; 7.36; 6.93; 7.63

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Under 17 Women 60 Metres (a)

CBP A.Phillip

Newham & Essex Beagles AC

2007 7.41

Posn	Num	Name	Club	Heat	Perf
1	13	Twinelle Hopeson	Croydon Harriers	1	7.83Q
2	5	Eleanor Campbell	Ashford AC	1	8.11Q
3	9	Jessica Grainger	Benenden School	1	8.35q
4	29	Dymond Smith	Harrow AC	1	8.38
5	15	Hannah Ingram	Eastbourne Rovers	1	8.45
6	8	Amy Grace	Harrow AC	1	8.89
Posn	Num	Name	Club	Heat	Perf
1	31	Clarice Underwood	Chiltern Harriers AC	2	7.88Q
2	34	Rebekah Wiltshire	Thames Valley Harriers	2	8.15Q
3	6	Charlotte Cullen	Herts Phoenix AC	2	8.20q
4	176	Hatshepsut James	Cambridge Harriers	2	8.30q
5	22	Rianna Plummer	Shaftesbury Barnet Harriers	2	8.58
6	10	Roanna Hamilton	Invicta East Kent AC	2	8.63
Posn	Num	Name	Club	Heat	Perf
1	14	Corinne Humphreys	Orion Harriers	3	7.91Q
2	199	Victoria Ohoruogu	VPH&TH	3	7.94Q
3	11	Rachel Hanagan	Ashford AC	3	8.00q
4	30	Esther Tele	Havering Mayesbrook AC	3	8.35
5	27	Jodie Shaw	Medway & Maidstone AC	3	8.42
6	3	Elizabeth Barker	Ashford AC	3	8.99
Posn	Num	Name	Club	Heat	Perf
1	24	Helen Rennardson	Tonbridge AC	4	8.08Q
2	2	Ria Bailey	Harrow AC	4	8.25Q
3	7	Olivia Elder	Radley AC	4	8.35q
4	4	Helen Butt	Newbury AC	4	8.40
5	143	Rachael Nakaye	Convent of Jesus and Mary	4	8.86
6	17	Joanna Lewis	Harrow AC	4	9.07
Posn	Num	Name	Club	Heat	Perf
1	20	Marilyn Nwawulor	Harrow AC	5	7.88Q
2	1	Daniella Annon	Blackheath & Bromley Harriers	5	8.06Q
3	32	Georgia Ungoed	Eastbourne Rovers	5	8.13q
4	12	Harriet Hillson	Windsor S E & Hounslow	5	8.56
5	19	Jenna Murphy	Beaulieu Convent Jersey	5	8.83
Posn	Num	Name	Club	Heat	Perf
1	16	Aleasha Kiddle	Tabor Science College	6	7.98Q
2	25	Kirstie Robinson	Cambridge Harriers	6	8.29Q
3	21	Renee Plummer	Shaftesbury Barnet Harriers	6	8.35
4	18	Amy McDonald	Southend on Sea AC	6	8.48
5	26	Daryanne Ryan	Bournemouth AC	6	8.62
Posn	Num	Name	Club	S/F	Perf
1	13	Twinelle Hopeson	Croydon Harriers	1	7.71Q
2	11	Rachel Hanagan	Ashford AC	1	7.95Q
3	199	Victoria Ohoruogu	VPH&TH	1	7.97
4	24	Helen Rennardson	Tonbridge AC	1	8.09
5	25	Kirstie Robinson	Cambridge Harriers	1	8.35
6	9	Jessica Grainger	Benenden School	1	8.38
Posn	Num	Name	Club	S/F	Perf
1	31	Clarice Underwood	Chiltern Harriers AC	2	7.8Q

2	16	Aleasha Kiddle	Tabor Science College	2	8.0Q
3	1	Daniella Annon	Blackheath & Bromley Harriers	2	8.0
4	32	Georgia Ungoed	Eastbourne Rovers	2	8.2
5	7	Olivia Elder	Radley AC	2	8.5
6	2	Ria Bailey	Harrow AC	2	8.5
Posn	Num	Name	Club	S/F	Perf
1	14	Corinne Humphreys	Orion Harriers	3	7.82Q
2	20	Marilyn Nwawulor	Harrow AC	3	7.83Q
3	5	Eleanor Campbell	Ashford AC	3	8.16
4	34	Rebekah Wiltshire	Thames Valley Harriers	3	8.26
5	6	Charlotte Cullen	Herts Phoenix AC	3	8.28
6	176	Hatshepsut James	Cambridge Harriers	3	8.36

Posn	Num	Name	Club	Final	Perf
1	13	Twinelle Hopeson	Croydon Harriers		7.65
2	31	Clarice Underwood	Chiltern Harriers AC		7.70
3	20	Marilyn Nwawulor	Harrow AC		7.71
4	14	Corinne Humphreys	Orion Harriers		7.84
5	16	Aleasha Kiddle	Tabor Science College		7.98
6	11	Rachel Hanagan	Ashford AC		7.99

Under 17 Women 200 Metres (b)

CBP T.Hopeson Croydon Harriers 2007 25.6

Posn	Num	Name	Club	Heat	Perf
	1	Daniella Annon	Blackheath & Bromley Harriers		
	35	Natalie Beale	Reading AC		
	36	Rosie Beard	St Mary's Richmond AC		
	5	Eleanor Campbell	Ashford AC		
	37	Alice Crockett	Phoenix AC		
	38	Charlotte Currie	Isle of Wight AC		
	39	Lizzie Flint	Marshall Milton Keynes AC		
	40	Tessa Flood	Isle of Wight AC		
	9	Jessica Grainger	Benenden School		
	41	Kara Hannon	Braintree & District AC		
	13	Twinelle Hopeson	Croydon Harriers		
	42	Rebecca Hussey	Oxford City AC		
	15	Hannah Ingram	Eastbourne Rovers		
	43	Lucy James	Bedford & County AC		
	44	Millie Phelan	Herts Phoenix AC		
	21	Renee Plummer	Shaftesbury Barnet Harriers		
	23	Emma Rafferty	Bracknell AC		
	45	Sophie Regis	Tonbridge AC		
	24	Helen Rennardson	Tonbridge AC		
	46	Alice Reynolds	Havant AC		
	25	Kirstie Robinson	Cambridge Harriers		
	26	Daryanne Ryan	Bournemouth AC		
	28	Grace Sheppard	Blackheath & Bromley Harriers		
	47	Kim Smith	Ashford AC		
	48	Hannah Tolhurst	Tonbridge AC		
	49	Ashleigh Turner	Phoenix AC		
	50	Florrie Wrigley	St Mary's Richmond AC		

Under 17 Women 300 Metres (b)

CBP B.Percy Isle of Wight AC 2007 41.77

Posn	Num	Name	Club	Heat	Perf
	51	Leah Barrow	Windsor S E & Hounslow		
	52	Ella Bilton	Isle of Wight AC		
	53	Laura Burke	Windsor S E & Hounslow		
	37	Alice Crockett	Phoenix AC		
	54	Jessica Cutts	Colchester Harriers		
	55	Frederica Foster	South London Harriers		
	56	Sarah Glanvill	Colchester & Tendring AC		
	41	Kara Hannon	Braintree & District AC		
	57	Phillipa Lowe	Harrow AC		
	58	Alison Moore	Worthing & District Harriers		
	59	Gemma Murray	Woodford Green w Essex L		
	60	Brogan Percy	Isle of Wight AC		
	61	Rachel Phelps	Phoenix AC		
	45	Sophie Regis	Tonbridge AC		
	62	Stephanie Sattin	Herts Phoenix AC		
	63	Jessica Saville	Blackheath & Bromley Harriers		
	64	Alice Sinno	Worthing & District Harriers		
	47	Kim Smith	Ashford AC		
	65	Georgina Twist	Ashford AC		
	66	Faye Williams	Windsor S E & Hounslow		
	67	Deborah Willis	Herts Phoenix AC		

Under 17 Women 800 Metres (a)

CBP S.Wilkins Marshall Milton Keynes AC 2007 2.17.6

Posn	Num	Name	Club	Heat	Perf
	1	72 Felicity Johnson-Deeley	Channel Islands AC	1	2:29.28Q
	2	71 Emma Grant	Radley AC	1	2:29.51Q
	3	68 Neha Dabhi	Newham & Essex Beagles AC	1	2:30.76q
	4	74 Jennifer Sutherland	Radley AC	1	2:30.88q
Posn	Num	Name	Club	Heat	Perf
	1	57 Phillipa Lowe	Harrow AC	2	2:24.18Q
	2	69 Hannah Edwards	Herne Hill Harriers	2	2:25.03Q
	3	73 Rosemary Lewis	Bexley AC	2	2:38.22
	4	27 Jodie Shaw	Medway & Maidstone AC	2	3:00.82

Posn	Num	Name	Club	FI NAL	Perf
	1	69 Hannah Edwards	Herne Hill Harriers		2:18.79
	2	71 Emma Grant	Radley AC		2:20.73
	3	57 Phillipa Lowe	Harrow AC		2:23.03
	4	72 Felicity Johnson-Deeley	Channel Islands AC		2:24.34
	5	68 Neha Dabhi	Newham & Essex Beagles AC		2:24.51
	6	74 Jennifer Sutherland	Radley AC		2.28.60

Under 17 Women 1,500 Metres (b)

CBP K.Trewhella Windsor S E & Hounslow 2007 5.03.59

Posn	Num	Name	Club	Heat	Perf
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Under 17 Women 60m Hurdles (a)

CBP K.Robilliard Guernsey Island AAC 2004 8.58

Posn	Num	Name	Club	Heat	Perf
1	93	Claire Humphries	Herts Phoenix AC	1	9.08Q
2	83	Laura Bass	Cambridge & Coleridge AC	1	9.80Q
3	101	Stephanie Ugbo	Newham & Essex Beagles AC	1	9.81Q
4	10	Roanna Hamilton	Invicta East Kent AC	1	10.05q
5	95	Rosie Kingston	Bicester A & RRC	1	10.06
Posn	Num	Name	Club	Heat	Perf
1	89	Laura Green	City of Norwich AC	2	9.32Q
2	96	Hannah Lloyd	Herts Phoenix AC	2	9.33Q
3	87	Eleanor Evans	Southend on Sea AC	2	9.59Q
4	17	Joanna Lewis	Harrow AC	2	11.91
	33	Amy Wakeham	Exeter Harriers	2	DNS
Posn	Num	Name	Club	Heat	Perf
1	90	Catherine Hall-Jones	Dr Challoners High School	3	8.97Q
2	81	Georgia Atkins	Southend on Sea AC	3	9.38Q
3	82	Amy Barclay	Crawley AC	3	9.66Q
4	91	Daniella Hankins	Bedford & County AC	3	9.89q
5	85	Samantha Clark	Tonbridge AC	3	10.45
Posn	Num	Name	Club	Heat	Perf
1	66	Faye Williams	Windsor S E & Hounslow	4	9.04Q
2	88	Chloe Galloway	Woodford Green w Essex L	4	9.09Q
3	35	Natalie Beale	Reading AC	4	9.19Q
4	27	Jodie Shaw	Medway & Maidstone AC	4	9.93q
5	143	Rachael Nakaye	Convent of Jesus & Mary	4	12.67
	3	Elizabeth Barker	Ashford AC	4	DNS
Posn	Num	Name	Club	Heat	Perf
1	100	Megan Southwart	Tonbridge AC	5	8.99Q
2	102	Kirsty Warland	Oxford City AC	5	9.01Q
3	97	Jasmine Raymond	Newham & Essex Beagles AC	5	10.20Q
4	92	Danni Horner	Andover AC	5	11.92
	99	Moe Sasegbon	Stevenage & North Herts AC	5	DNS
	94	Jenny Hutchings	Herts Phoenix AC	5	DNS

Posn	Num	Name	Club	S/F	Perf
1	90	Catherine Hall-Jones	Dr Challoners High School	1	8.93Q
2	102	Kirsty Warland	Oxford City AC	1	9.09Q
3	88	Chloe Galloway	Woodford Green w Essex L	1	9.37
4	87	Eleanor Evans	Southend on Sea AC	1	9.60
5	82	Amy Barclay	Crawley AC	1	9.65
6	10	Roanna Hamilton	Invicta East Kent AC	1	9.80
Posn	Num	Name	Club	S/F	Perf
1	100	Megan Southwart	Tonbridge AC	2	8.97Q
2	35	Natalie Beale	Reading AC	2	9.03Q
3	96	Hannah Lloyd	Herts Phoenix AC	2	9.27
4	89	Laura Green	City of Norwich AC	2	9.28

5	27	Jodie Shaw	Medway & Maidstone AC	2	9.65
6	101	Stephanie Ugbo	Newham & Essex Beagles AC	2	9.76
Posn	Num	Name	Club	S/F	Perf
1	93	Claire Humphries	Herts Phoenix AC	3	8.90Q
2	66	Faye Williams	Windsor S E & Hounslow	3	8.90Q
3	81	Georgia Atkins	Southend on Sea AC	3	9.43
4	83	Laura Bass	Cambridge & Coleridge AC	3	9.84
5	91	Daniella Hankins	Bedford & County AC	3	10.04
	97	Jasmine Raymond	Newham & Essex Beagles AC		DNF

Posn	Num	Name	Club	FINAL	Perf
1	93	Claire Humphries	Herts Phoenix AC		8.81
2	90	Catherine Hall-Jones	Dr Challoners High School		8.88
3	100	Megan Southwart	Tonbridge AC		8.95
4	66	Faye Williams	Windsor S E & Hounslow		9.03
5	35	Natalie Beale	Reading AC		9.17
6	102	Kirsty Warland	Oxford City AC		9.31

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Under 17 Women High Jump (a)

CBP	D.Blaize	Kingston AC & Poly Harriers	2004	1.70	
Posn	Num	Name	Club	Perf	Details
1	20	Marilyn Nwawulor	Harrow AC	1.73 CBP	1.50 o; 1.55 o; 1.60 xo; 1.65 xo; 1.70 xxo, 1.73 xo; 1.76 xxx
2	109	Jessica Matthews	Blackheath & Bromley Harriers	1.70	1.50 o; 1.55 o; 1.60 o; 1.65 xo; 1.70 xxo; 1.73 xxx
3	111	Christina Parsons	New Forest Juniors AC	1.65	1.55 o; 1.60 o; 1.65 xxo; 1.70 xxx
4	107	Hannah Frith	Bedford & County AC	1.65	1.45 o; 1.50 o; 1.55 xo; 1.60 xxo; 1.65 xxo; 1.70 xrt
5	105	Katie Caulfield	Herts Phoenix AC	1.60	1.50 o; 1.55 o; 1.60 o; 1.65 xxx
6	108	Lizzy Harrison	West Suffolk AC	1.60	1.45 o; 1.50 o; 1.55 xxo; 1.60 o; 1.65 xxx
7	88	Chloe Galloway	Woodford Green w Essex L	1.60	1.50 xo; 1.55 o; 1.60 xxo; 1.65 pass; 1.70 xxx
8=	103	Sarah Abrams	Aldershot Farnham & DAC	1.55	1.45 o; 1.50 o; 1.55 o; 1.60 xxx
8=	104	Emma Buckett	Winchester & District AC	1.55	1.45 o; 1.50 o; 1.55 o; 1.60 xxx
10	91	Daniella Hankins	Bedford & County AC	1.55	1.45 o; 1.50 xo; 1.55 o; 1.60 xxx
11	110	Mercedes McPherson	Thames Valley Harriers	1.55	1.45 o; 1.50 o; 1.55 xo; 1.60 xxx
12	94	Jenny Hutchings	Herts Phoenix AC	1.55	1.45 o; 1.50 xo; 1.55 xxo; 1.60 xxx
13	99	Moe Sasegbon	Stevenage & North Herts AC	1.55	1.50 xxo; 1.55 xxo; 1.60 xxx
14	19	Jenna Murphy	Beaulieu Convent Jersey	1.50	1.45 o; 1.50 o; 1.55 xxx
15	115	Sophie Wright	Bedford & County AC	1.50	1.45 xo; 1.50 o; 1.55 xxx
16=	112	Anne Rees	Stevenage & North Herts AC	1.50	1.45 o; 1.50 xo; 1.55 xxx
16=	106	Lucy Crossman	Jersey Spartan AC	1.50	1.45 o; 1.50 xo; 1.55 xxx
18	44	Millie Phelan	Herts Phoenix AC	1.45	1.45 xo; 1.50 xxx
19	87	Eleanor Evans	Southend on Sea AC	1.45	1.45 xxo; 1.50 xxx
	113	Kathryn Rothwell	Jersey Spartan AC	NH	1.45 xxx

Under 17 Women Pole Vault (b)

CBP	Jade Ive	Sutton & District AC	2007	3.50	
Posn	Num	Name	Club	Perf	Details
1	119	Jade Ive	Sutton & District AC	3.80 CBP	3.50 xxo; 3.60 o; 3.70 o; 3.80 xxo; 3.91 xxx
2	122	Lucy Stickland	Horsham Blue Star Harriers	3.40	3.00 o; 3.10 o; 3.20 xo; 3.30 xo; 3.40 xxo; 3.50 xxx
3	116	Ellie Besford	Chelmsford AC	3.30	3.00 xo; 3.10 o; 3.20 o; 3.30 xo; 3.40 xxx
4	124	Rosa Williams	Herne Hill Harriers	3.20	2.70 xo; 2.80 o; 2.90 o; 3.00 xxo; 3.10 o; 3.20 xo; 3.30 xxx
5	117	Laura Butcher	Team Bath AC	2.70	2.40 o; 2.60 o; 2.70 ox; 2.80 xxx
6	121	Hannah Matthews	Wycombe Phoenix Harriers & AC	2.20	2.20 o; 2.40 xxx
7	123	Claire Tolcher	Southampton City AC	2.20	2.00 o; 2.20 xxo; 2.40 xxx

Under 17 Women Long Jump (b)

CBP	S.Wilhelmy	Southend on Sea AC	1995	5.97	
Posn	Num	Name	Club	Perf	Details
1	105	Katie Caulfield	Herts Phoenix AC	5.49	nj; 5.32; 5.02; 2.51; nj; 5.49
2	20	Marilyn Nwawulor	Harrow AC	5.36	nj; nj; 4.91; 5.34; 5.08; 5.36
3	11	Rachel Hanagan	Ashford AC	5.36	5.28; 5.36; 5.16; 4.86; nj; nj
4	81	Georgia Atkins	Southend on Sea AC	5.18	4.88; 5.04; 4.69; 5.18; 4.97; 4.96
5	125	Hannah Longsworth	Harlington Upper School	5.14	Nj; 4.91; 4.76; 4.90; 5.14; 5.12

6	109	Jessica Matthews	Blackheath & Bromley Harriers	5.08	4.61; 4.87; 5.08; 4.88; 4.77; -
7	126	Siobhan Meikle	Watford Harriers	5.06	4.86; 4.79; 4.97; nj; 5.06; nj
8	16	Aleasha Kiddle	Tabor Science College	5.01	4.87; 4.91; nj; 4.82; 5.01; 4.94
9	128	Eloise Williamson	Chelmsford AC	4.83	4.83; 4.80; nj
10	27	Jodie Shaw	Medway & Maidstone AC	4.79	4.79; 4.74; nj
11	26	Daryanne Ryan	Bournemouth AC	4.69	4.69; 4.67; 4.66
12	127	Hannah Rose	Highgate Harriers	4.57	4.57; 4.28; 4.22
13	52	Ella Bilton	Isle of Wight AC	4.52	4.52; -; 4.45
14	22	Rianna Plummer	Shaftesbury Barnet Harriers	4.49	4.41; 4.34; 4.49
15	91	Daniella Hankins	Bedford & County AC	4.44	4.44; 4.26; nj
16	94	Jenny Hutchings	Herts Phoenix AC	4.43	4.43; 4.00; 4.22

Under 17 Women Triple Jump (a)

CBP H.Frankson Woodford Green w Essex L 2005 11.60

Posn	Num	Name	Club	Perf	Details
1	125	Hannah Longsworth	Harlington Upper School	10.73	10.73; 10.58; 10.25; 10.19; 10.33; nj
2	131	Charley Nightingale	Stevenage & North Herts AC	10.05	Nj; 10.05; 10.00; 9.85; 9.84; 10.00
3	135	Polly Woods	Harlow AC	9.85	9.52; 9.85; 9.65; 9.59; 9.70; 9.84
4	134	Bethan Scanes	Stevenage & North Herts AC	10.13	10.13; 9.95; nj; 9.35; nj; 9.90
5	133	Lauren Sammout	Cambridge & Coleridge AC	10.15	Nj; 10.09; 10.05; 10.15; 9.85; 9.86
6	95	Rosie Kingston	Bicester A & RRC	9.04	8.97; 8.85; 9.04
7	132	Ellie Rhodes	Huntingdonshire AC	10.34	Nj; 9.81; 10.34; 10.00; 9.97; 10.24
8	129	Rachel Dean	Woodford Green w Essex L	9.59	Nj; nj; 9.59
9	130	Tessa Martin	East Grinstead & Dist AC	9.70	Nj; 9.62; 9.70

Under 17 Women Shot (b)

CBP C.Bennett Epsom & Ewell Harriers 1994 12.39

Posn	Num	Name	Club	Perf	Details
1	139	Samantha Milner	West Suffolk AC	11.00	10.09; 10.06; 9.38; 9.98; 10.14; 11.00
2	140	Amber O'Brien	Brighton & Hove City AC	10.49	10.10 10.49 10.09; 10.44; 9.43; 10.09
3	142	Gemma Young	Team Bath AC	10.35	9.54; 9.99; 9.70; 10.35; 9.33; 9.99
4	138	Katherine Jones	Blackheath & Bromley Harriers	10.20	9.77; 10.20; 9.85; 9.60; 9.30; 9.96
5	137	Chelsea Coker	Southend on Sea AC	9.99	9.99; 9.16; 9.17; np; 9.63; 9.41
6	113	Kathryn Rothwell	Jersey Spartan AC	9.92	9.80; 9.30; 9.92; 9.89; np; 8.95
7	136	Hannah Bright	Braintree & District AC	9.73	7.86; 8.44; 9.73
8	132	Ellie Rhodes	Huntingdonshire AC	9.32	8.75; 9.32; 9.02
9	133	Lauren Sammout	Cambridge & Coleridge AC	8.95	8.52; 8.95; 8.95
10	141	Anna Stevens	Team Southampton	8.59	8.54; 8.59; 8.37
11	27	Jodie Shaw	Medway & Maidstone AC	7.90	6.97; 7.45; 7.9010
12	44	Millie Phelan	Herts Phoenix AC	7.27	7.27; 7.13; 7.27

SEAA Indoor Championships - Lee Valley Athletic Centre

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Senior Men 60 Metres (a)

CBP C.Pickering

Marshall Milton Keynes AC

2007 6.56

Posn	Num	Name	Club	Heat	Perf
1	69	Matthew Walker	Enfield & Haringey AC	1	6.92Q
2	66	Nick Thomas	Newham & Essex Beagles AC	1	6.93Q
3	12	Duayne Bovell	Blackheath & Bromley Harriers	1	7.00q
4	35	Michael Hill	Basildon AC	1	7.59
5	45	Ricardo Martin	Kent AC	1	7.64
	52	Dwain Nicely	Coventry Godiva Harriers AC	1	DNS
Posn	Num	Name	Club	Heat	Perf
1	50	Ryan Moseley	Shaftesbury Barnet Harriers	2	6.96Q
2	21	Daniel Davis	Sutton & District AC	2	6.97Q
3	5	Moses Arthur	London Heathside Runners	2	7.07q
4	31	Michael Grant	University of East Anglia	2	7.11
5	20	Solomon Daniels	Newham & Essex Beagles AC	2	7.34
6	17	Philip Browne	University of Bath AC	2	7.38
Posn	Num	Name	Club	Heat	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	3	6.81Q
2	47	Andrew Mensah	Shaftesbury Barnet Harriers	3	7.08Q
3	55	Michael Otubambo	Enfield & Haringey AC	3	7.29
4	2	Jim Allan	Eastbourne Rovers	3	7.41
5	200	Ka Chuen To	Hercules Wimbledon AC	3	7.58
	64	Adrian Stamp	Woodford Green w Essex L	3	DNS
Posn	Num	Name	Club	Heat	Perf
1	15	Dwain Bromfield	Highgate Harriers	4	7.03Q
2	36	Mark Holloway	Windsor S E & Hounslow	4	7.04Q
3	23	Danny Doyley	Blackheath & Bromley Harriers	4	7.04q
4	59	Ben Richardson	Cambridge University AC	4	7.10
5	65	Neil Stevens	Cambridge University AC	4	7.36
6	9	Josh Baxter	Reading AC	4	7.36
Posn	Num	Name	Club	Heat	Perf
1	48	Monu Miah	Woodford Green w Essex L	5	6.95Q
2	72	Gary Wilson	Belgrave Harriers	5	7.14Q
3	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	5	7.19
4	60	Oskar Seon	Enfield & Haringey AC	5	7.25
5	43	Seun Marcus	Loughborough University AC	5	7.43
6	42	Will MacGee	Team Southampton	5	7.51
Posn	Num	Name	Club	Heat	Perf
1	73	Elijah Winn	Enfield & Haringey AC	6	6.94Q
2	8	Jonathan Barbour	Blackheath & Bromley Harriers	6	7.03Q
3	24	Paul Egboh	Kent AC	6	7.32
4	58	Stephen Prosser	Channel Islands AC	6	7.35
5	10	Bradley Bellamy	Woodford Green w Essex L	6	7.51
6	29	David Gardiner	Cambridge Harriers	6	7.68
Posn	Num	Name	Club	Heat	Perf
1	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	7	6.87Q
2	16	Jonathan Browne	Kent AC	7	6.97Q
3	28	Babatunde Funmilayo	Queens Park Harriers	7	7.15
4	32	Jason Greenidge	Woodford Green w Essex L	7	7.15
5	6	Aaron Balogun	Ilford AC	7	7.24
6	49	Chris Minn	Crawley AC	7	7.44
Posn	Num	Name	Club	Heat	Perf
1	46	Andrew Matthews	Windsor S E & Hounslow	8	6.87Q

2	30	Robert Graham	Herne Hill Harriers	8	6.97Q
3	26	Ryan Ffrench-Shand	Herne Hill Harriers	8	7.27
4	13	James Bridge	Ashford AC	8	7.28
5	37	Jason Johnston	Woodford Green w Essex L	8	7.41
	70	Conrad Williams	Kent AC	8	DNS
Posn	Num	Name	Club	Heat	Perf
1	61	Leroy Slue Jnr	Harrow AC	9	6.97Q
2	40	Jeffrey Lawal-Balogun	Kent AC	9	6.98Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	9	7.06q
4	3	Rafael Alleyne	City of Sheffield AC	9	7.19
5	14	Aaron Broderick	Kent AC	9	7.54
6	51	Robert Murkin	Belgrave Harriers	9	8.66
Posn	Num	Name	Club	Heat	Perf
1	71	Colin Wilson	Woodford Green w Essex L	10	6.93Q
2	74	Joshua Wood	Harrow AC	10	7.09Q
3	18	Mark Collins	Luton AC	10	7.16
4	27	Gianni Frankis	Newham & Essex Beagles AC	10	7.23
5	11	Jermaine Bossman	Watford Harriers	10	7.42
6	33	Marius Guei	Highgate Harriers	10	7.52
Posn	Num	Name	Club	2nd rd	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.74Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.78Q
3	8	Jonathan Barbour	Blackheath & Bromley Harriers	1	6.91q
4	5	Moses Arthur	London Heathside Runners	1	7.00
5	61	Leroy Slue Jnr	Harrow AC	1	7.01
6	36	Mark Holloway	Windsor S E & Hounslow	1	7.08
Posn	Num	Name	Club	2nd rd	Perf
1	40	Jeffrey Lawal-Balogun	Kent AC	2	6.85Q
2	48	Monu Miah	Woodford Green w Essex L	2	6.86Q
3	46	Andrew Matthews	Windsor S E & Hounslow	2	6.87q
4	47	Andrew Mensah	Shaftesbury Barnet Harriers	2	6.93q
5	15	Dwain Bromfield	Highgate Harriers	2	7.14
	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	2	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	73	Elijah Winn	Enfield & Haringey AC	3	6.78Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	3	6.80Q
3	66	Nick Thomas	Newham & Essex Beagles AC	3	6.95
4	23	Danny Doyley	Blackheath & Bromley Harriers	3	6.97
5	74	Joshua Wood	Harrow AC	3	7.04
	21	Daniel Davis	Sutton & District AC	3	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	30	Robert Graham	Herne Hill Harriers	4	6.88Q
2	71	Colin Wilson	Woodford Green w Essex L	4	6.90Q
3	16	Jonathan Browne	Kent AC	4	6.92q
4	12	Duayne Bovell	Blackheath & Bromley Harriers	4	7.00
5	72	Gary Wilson	Belgrave Harriers	4	7.24
	69	Matthew Walker	Enfield & Haringey AC	4	DNS
Posn	Num	Name	Club	S/F	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.72Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.77Q
3	46	Andrew Matthews	Windsor S E & Hounslow	1	6.83Q
4	30	Robert Graham	Herne Hill Harriers	1	6.88

5	47	Andrew Mensah	Shaftesbury Barnet Harriers	1	6.93
6	71	Colin Wilson	Woodford Green w Essex L	1	6.95
Posn	Num	Name	Club	S/F	Perf
1	73	Elijah Winn	Enfield & Haringey AC	2	6.72Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	2	6.85Q
3	40	Jeffrey Lawal-Balogun	Kent AC	2	6.88Q
4	8	Jonathan Barbour	Blackheath & Bromley Harriers	2	6.89
5	16	Jonathan Browne	Kent AC	2	6.95
DNS	48	Monu Miah	Woodford Green w Essex L	2	

Posn	Num	Name	Club	Final	Perf
1	73	Elijah Winn	Enfield & Haringey AC		6.71
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC		6.71
3	1	Harry Aikines-Aryeetey	Sutton & District AC		6.72
4	50	Ryan Moseley	Shaftesbury Barnet Harriers		6.76
5	40	Jeffrey Lawal-Balogun	Kent AC		6.82
6	46	Andrew Matthews	Windsor S E & Hounslow		6.84

Senior Men 200 Metres (b)

CBP R.Fifton

Victoria Park H & Tower H AC

2007 21.19

Posn	Num	Name	Club	Heat	Perf
1	75	Tim Abeyie	Woodford Green w Essex L	1	22.2Q
2	70	Conrad Williams	Kent AC	1	22.4Q
3	31	Michael Grant	University of East Anglia	1	23.5Q
4	43	Seun Marcus	Loughborough University AC	1	25.3
5	85	Andy Smith	Marshall Milton Keynes AC	1	25.7
	77	Kylon Collins	Victoria Park H & Tower H AC	1	DQ
Posn	Num	Name	Club	Heat	Perf
1	80	Ben Ellis	Winchester & District AC	2	22.5Q
2	61	Leroy Slue Jnr	Harrow AC	2	22.9Q
3	84	Matthew Sinclair	Crawley AC	2	23.7Q
4	81	James Folkes	Andover AC	2	23.9q
5	82	Nick Grocock	Havant AC	2	25.3
Posn	Num	Name	Club	Heat	Perf
1	23	Danny Doyley	Blackheath & Bromley Harriers	3	23.1Q
2	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	3	23.3Q
3	79	Sho-Silva Daniel	Thurrock Harriers AC	3	23.9Q
4	42	Will MacGee	Team Southampton	3	24.0
5	83	Chris Lloyd	Tonbridge AC	3	24.7
Posn	Num	Name	Club	Heat	Perf
1	40	Jeffrey Lawal-Balogun	Kent AC	4	22.3Q
2	6	Aaron Balogun	Ilford AC	4	22.6Q
3	20	Solomon Daniels	Newham & Essex Beagles AC	4	22.9Q
4	76	Sean Buckeridge	Ealing Southall & Middlesex AC	4	23.5q
5	14	Aaron Broderick	Kent AC	4	25.2
Posn	Num	Name	Club	Heat	Perf
1	86	Ryan Thomas	Belgrave Harriers	5	22.6Q
2	13	James Bridge	Ashford AC	5	23.3Q
3	78	Gavin Comber	Dartford Harriers AC	5	23.9Q
4	62	Ronald Smith	Highgate Harriers	5	23.9q
5	35	Michael Hill	Basildon AC	5	24.6

Posn	Num	Name	Club	SEMI FINAL	Perf
1	75	Tim Abeyie	Woodford Green w Essex L	1	21.56 Q
2	70	Conrad Williams	Kent AC	1	21.91 Q

3	6	Aaron Balogun	Ilford AC	1	22.33
4	31	Michael Grant	University of East Anglia	1	23.26
5	62	Ronald Smith	Highgate Harriers	1	23.90
	84	Matthew Sinclair	Crawley AC	1	DNS
Posn	Num	Name	Club	SEMI	Perf
				FINAL	
1	40	Jeffrey Lawal-Balogun	Kent AC	2	21.94 Q
2	23	Danny Doyley	Blackheath & Bromley Harriers	2	22.40 Q
3	20	Solomon Daniels	Newham & Essex Beagles AC	2	22.47
4	61	Leroy Slue Jnr	Harrow AC	2	22.63
5	81	James Folkes	Andover AC	2	23.65
6	79	Sho-Silva Daniel	Thurrock Harriers AC	2	23.99
Posn	Num	Name	Club	SEMI	Perf
				FINAL	
1	86	Ryan Thomas	Belgrave Harriers	3	22.11 Q
2	80	Ben Ellis	Winchester & District AC	3	22.16 Q
3	13	James Bridge	Ashford AC	3	22.82
4	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	3	22.98
5	78	Gavin Comber	Dartford Harriers AC	3	24.27
	76	Sean Buckeridge	Ealing Southall & Middlesex AC	3	DNS

Posn	Num	Name	Club	FINAL	Perf
1	75	Tim Abeyie	Woodford Green w Essex L		21.46
2	40	Jeffrey Lawal-Balogun	Kent AC		21.63
3	70	Conrad Williams	Kent AC		21.97
4	23	Danny Doyley	Blackheath & Bromley Harriers		22.54
	80	Ben Ellis	Winchester & District AC		DNS
	86	Ryan Thomas	Belgrave Harriers		DNS

Senior Men 400 Metres (b)

CBP S.Green Newham & Essex Beagles AC 2007 47.9

Posn	Num	Name	Club	Heat	Perf
1	107	Jason Hussain	Belgrave Harriers	1	50.71 Q
2	111	Philip Octave	Shaftesbury Barnet Harriers	1	52.24 Q
3	113	Glen Paxman	Harlow AC	1	52.71
4	98	David Elderfield	Newbury AC	1	53.53
	190	Tom Love	City of Norwich AC	1	DNS
	41	Nigel Levine	Windsor S E & Hounslow	1	DNF
Posn	Num	Name	Club	Heat	Perf
1	101	Dale Garland	Birchfield Harriers	2	49.12 Q
2	99	Jonathan Elderfield	Basingstoke & Mid Hants AC	2	49.67 Q
3	89	Kofi Appiah	Enfield & Haringey AC	2	50.27 q
4	116	Jamie Wass	Cambridge Harriers	2	53.02
5	100	Lee Fulham	Worthing & District Harriers	2	53.24
6	92	Martin Bigg	Shaftesbury Barnet Harriers	2	57.38
Posn	Num	Name	Club	Heat	Perf

1	102	Steven Green	Newham & Essex Beagles AC	3	49.81 Q
2	114	Louis Sellers	Winchester & District AC	3	50.29 Q
3	103	Edward Harrison	Blackheath & Bromley Harriers	3	51.12 q
4	110	David Nefs	Cambridge University AC	3	52.35
5	117	James Whiteman	Andover AC	3	54.75
6	97	Eno Ebong	Reading AC	3	56.18

osn	Num	Name	Club	Heat	Perf
1	95	Tom Druce	Channel Islands AC	4	50.31 Q
2	94	Mark Brown	Newham & Essex Beagles AC	4	50.46 Q
3	104	Glyn Hawkes	Loughborough University AC	4	51.04 q
4	118	Philip Wren	Reading AC	4	52.31
5	96	Graham Eastty	Southend on Sea AC	4	55.50

Posn	Num	Name	Club	Heat	Perf
1	108	Nick Leavey	Thames Valley Harriers	5	49.75 Q
2	91	Mark Berridge	Basingstoke & Mid Hants AC	5	49.75 Q
3	105	Jonathan Hiorns	Basingstoke & Mid Hants AC	5	51.10 q
4	115	Andrew Thornton	City of Norwich AC	5	51.62
5	106	Jack Huddleston	Cambridge & Coleridge AC	5	54.76

Posn	Num	Name	Club	Heat	Perf
1	87	Adebowale Ademuyewo	Sale Harriers	6	49.62 Q
2	93	Andy Blow	Basingstoke & Mid Hants AC	6	49.90 Q
3	90	Adam Bellis	Kingston AC & Poly Harriers	6	51.22 q
4	88	Ian Allerton	Blackheath & Bromley Harriers	6	51.39 q
5	82	Nick Grocock	Havant AC	6	55.76

Posn	Num	Name	Club	SEMI FINAL	Perf
1	101	Dale Garland	Birchfield Harriers	1	48.74Q
2	95	Tom Druce	Channel Islands AC	1	49.17
3	89	Kofi Appiah	Enfield & Haringey AC	1	49.79
4	111	Philip Octave	Shaftesbury Barnet Harriers	1	51.13
5	88	Ian Allerton	Blackheath & Bromley Harriers	1	51.22
	99	Jonathan Elderfield	Basingstoke & Mid Hants AC	1	DQ

Posn	Num	Name	Club	SEMI FINAL	Perf
1	91	Mark Berridge	Basingstoke & Mid Hants AC	2	49.03Q
2	87	Adebowale Ademuyewo	Sale Harriers	2	49.05q
3	94	Mark Brown	Newham & Essex Beagles AC	2	49.19
4	104	Glyn Hawkes	Loughborough University AC	2	50.03
5	90	Adam Bellis	Kingston AC & Poly Harriers	2	51.19
6	107	Jason Hussain	Belgrave Harriers	2	51.28

Posn	Num	Name	Club	SEMI FINAL	Perf
1	102	Steven Green	Newham & Essex Beagles AC	3	48.36Q
2	108	Nick Leavey	Thames Valley Harriers	3	48.92Q
3	114	Louis Sellers	Winchester & District AC	3	49.12q
4	93	Andy Blow	Basingstoke & Mid Hants AC	3	49.26
5	103	Edward Harrison	Blackheath & Bromley Harriers	3	50.91

6 105 Jonathan Hiorns Basingstoke & Mid Hants AC 3 51.43

Posn	Num	Name	Club	FINAL	Perf
1	102	Steven Green	Newham & Essex Beagles AC		47.05 CBP
2	101	Dale Garland	Birchfield Harriers		47.41
3	108	Nick Leavey	Thames Valley Harriers		48.51
4	87	Adebowale Ademuyewo	Sale Harriers		48.83
5	91	Mark Berridge	Basingstoke & Mid Hants AC		48.84
6	114	Louis Sellers	Winchester & District AC		49.79

Senior Men 800 Metres (a)

CBP D.St Clair Enfield & Haringey AC 2007 1.53.0

Posn	Num	Name	Club	Heat	Perf
1	119	Ed Aston	Cambridge & Coleridge AC	1	2:01.23 Q
2	109	Jon Long	Woodford Green w Essex L	1	2:01.77 Q
3	127	Colin Miles	Southend on Sea AC	1	2:01.93
4	122	Sam Dobin	Cambridge University AC	1	2:02.48
5	128	Simon Reed	Reading AC	1	2:02.74
6	120	Alex Babb	Victoria Park H & Tower H AC	1	2:08.37
Posn	Num	Name	Club	Heat	Perf
1	123	Carl Goose	City of Norwich AC	2	1:57.64 Q
2	130	Daniel Stepney	Phoenix AC	2	1:58.00 Q
3	118	Philip Wren	Reading AC	2	1:58.43 q
4	129	Will Rice	Cambridge University AC	2	2:01.20 q
5	125	Kearon Hooley	Andover AC	2	2:04.38
6	126	Steven Hutson	Vale of Aylesbury AC	2	2:09.95
Posn	Num	Name	Club	FINAL	Perf
1	119	Ed Aston	Cambridge & Coleridge AC		1:54.84
2	109	Jon Long	Woodford Green w Essex L		1:58.85
3	130	Daniel Stepney	Phoenix AC		2:00.59
4	118	Philip Wren	Reading AC		2:02.49
5	129	Will Rice	Cambridge University AC		2:02.55
	123	Carl Goose	City of Norwich AC		DNS

Senior Men 1,500 Metres (b)

CBP T.Marley University of Wales Institute 2007 4.03.43

Posn	Num	Name	Club	Heat	Perf
1	152	Richard Ward	Cambridge University AC	1	4:02.93 Q
2	141	Tom Marley	Bristol & West AC	1	4:03.83 Q
3	132	Rich Airey	Brighton & Hove City AC	1	4:05.95
4	136	Matthew Carlisle	Herts Phoenix AC	1	4:11.02
5	151	Mike Tallis	IIF Group	1	4:14.28
6	139	Lee Harper	Aldershot Farnham & DAC	1	4:15.41
7	149	Colin Ridley	West Suffolk AC	1	4:25.11
Posn	Num	Name	Club	Heat	Perf
1	121	Peter Bridger	Luton AC	2	3:58.93 Q CBP
2	154	Ian Williamson	Cambridge & Coleridge AC	2	3:59.57 Q
3	142	David McKinlay	Blackheath & Bromley Harriers	2	4:00.48 q
4	145	Andrew Pickett	Dartford Harriers AC	2	4:06.33
5	122	Sam Dobin	Cambridge University AC	2	4:07.98
6	135	David Bowker	Stevenage & North Herts AC	2	4:41.33
7	131	Matthew Addison	Bromsgrove & Redditch AC	2	dnf

Posn	Num	Name	Club	Heat	Perf
1	143	Rob Mullett	Lewes AC	3	4:00.89 Q
2	144	Tom Penfold	Birchfield Harriers	3	4:01.66 Q
3	150	Scott Sterling	Newham & Essex Beagles AC	3	4:02.62 q
4	147	Dave Ragan	Basingstoke & Mid Hants AC	3	4:03.50 q
5	146	Daniel Poulton	Stevenage & North Herts AC	3	4:06.19
6	140	Matthew Judson	Harrow AC	3	4:28.23
7	133	Kevin Archer	Reigate Priory AC	3	4:35.22

Posn	Num	Name	Club	FINAL	Perf
1	121	Peter Bridger	Luton AC		3:50.9 CBP
2	143	Rob Mullett	Lewes AC		3:51.0
3	144	Tom Penfold	Birchfield Harriers		3:51.9
4	154	Ian Williamson	Cambridge & Coleridge AC		3:52.9
5	141	Tom Marley	Bristol & West AC		3:54.1
6	152	Richard Ward	Cambridge University AC		3:58.7
7	150	Scott Sterling	Newham & Essex Beagles AC		4:05.5
8	142	David McKinlay	Blackheath & Bromley Harriers		4:08.3
	147	Dave Ragan	Basingstoke & Mid Hants AC		DNS

Senior Men 60m Hurdles (a)

CBP R.Alleyne Woodford Green w Essex L 2007 7.94

Posn	Num	Name	Club	Heat	Perf
1	155	Richard Alleyne	Woodford Green w Essex L	1	7.95Q
2	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L	1	8.01Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	1	8.10q
4	59	Ben Richardson	Cambridge University AC	1	8.21q
5	49	Chris Minn	Crawley AC	1	8.95

Posn	Num	Name	Club	Heat	Perf
1	21	Daniel Davis	Sutton & District AC	2	7.98Q
2	27	Gianni Frankis	Newham & Essex Beagles AC	2	8.00Q
3	157	Richard Baderin	Liverpool Harriers	2	8.65
4	156	Joe Appiah	Kent AC	2	8.66

Posn	Num	Name	Club	FINAL	Perf
1	155	Richard Alleyne	Woodford Green w Essex L		7.82 CBP
2	27	Gianni Frankis	Newham & Essex Beagles AC		7.92
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers		8.01
4	21	Daniel Davis	Sutton & District AC		8.11
5	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L		8.20
6	59	Ben Richardson	Cambridge University AC		8.49

SEAA Indoor Championships - Lee Valley Athletic Centre

19(a)/20(b) January 2008

Under 15 Boys High Jump (b)

CBP J.Jones Nene Valley Harriers 2007 1.78

Posn	Num	Name	Club	Perf	Details
1	34	Blade Ashby	Herne Hill Harriers	1.64	1.50 o; 1.55 o; 1.58 o; 1.61 o; 1.64 o; 1.67 xxx
2	38	Martin Danobrega	Bedford & County AC	1.61	1.40 o; 1.45 o; 1.50 o; 1.55 o; 1.58 xxo; 1.61 xxo; 1.64 xxx
3	33	Marc Alner	Jersey Spartan AC	1.58	1.35 o; 1.40 o; 1.45 xo; 1.50 o; 1.55 o; 1.58 xxo; 1.61 xxx
4	9	Mali Lewis	Ealing Southall & Middlesex AC	1.50	1.40 o; 1.45 xo; 1.50 xo; 1.55 xxx

Under 15 Boys Pole Vault (b)

CBP R.Smith Peterborough AC 1995 4.00

Posn	Num	Name	Club	Perf	Details
1	40	Daniel Gardner	Stevenage & North Herts AC	2.60	1.40 o; 1.50 o; 1.60 xxo; 1.70 xxx
2	41	Rowan Mahon	Orion Harriers	1.40	1.40 xo; 1.50 xxx

Under 15 Boys Long Jump (a)

CBP D.Thomas Ealing Southall & Middlesex AC 2002 6.35

Posn	Num	Name	Club	Perf	Details
1	37	Alex Peden	Harrow AC	5.73	5.65; 5.39; nj; 5.67; 5.73; nj
2	42	Elliot Safo	Croydon Harriers	5.45	5.45; 5.31; 4.75; 5.25; 5.24; 5.39
3	7	Sam Higgins	Herts Phoenix AC	5.01	4.88; 4.90; 5.01; 4.97; 4.89; 4.82
4	12	Dean Oamen	Shaftesbury Barnet Harriers	4.85	4.41; 4.54; 4.58; 4.78; 4.63; 4.85

Under 15 Boys Shot (b)

CBP M.Wheeler Herne Hill Harriers 2006 16.18

Posn	Num	Name	Club	Perf	Details
1	47	Youcef Zatat	Ilford AC	11.22	10.05; 10.68; 10.47; 10.68; 11.22; 11.03
2	45	Nicholas Percy	Isle of Wight AC	10.68	9.66; 10.68; np; np; 9.68; 8.99
3	44	Lawrence Levy	Stevenage & North Herts AC	9.91	9.61; 9.05; 8.61; 9.72; 9.90; 9.91
4	46	Carl Young	Orion Harriers	7.41	7.02; np; 7.41; 6.98; 7.04; 6.66;

SEAA Indoor Championships - Lee Valley Athletic Centre

19(a)/20(b) January 2008

Under 15 Girls 60 Metres (a)

CBP J.Williams Herts Phoenix AC 2007 7.78

Posn	Num	Name	Club	Heat	Perf
1	29	Jodie Williams	Herts Phoenix AC	1	7.69Q CBP
2	25	Stephanie Steele-Boyce	Victoria Park H & Tower H AC	1	8.43Q
3	17	Joanna Morgan	Eastbourne Rovers	1	8.43Q
4	16	Victoria Mitchell	City of Norwich AC	1	8.58q
5	12	Frances Lythgo-Smith	Eastbourne Rovers	1	8.91
6	27	Sophie Tindal	Medway & Maidstone AC	1	9.33

Posn	Num	Name	Club	Heat	Perf
1	20	Uzoma Nwachukwu	Enfield & Haringey	2	7.99Q
2	7	Ghanelle Edwards	Southend on Sea AC	2	8.40Q
3	8	Nicole Fox	Shaftesbury Barnet Harriers	2	8.59Q
4	3	Megan Angus	Medway & Maidstone AC	2	8.60
5	21	Benita Omotoyo	Herne Hill Harriers	2	8.79
6	24	Jessica Quartey-Pigot	Herne Hill Harriers	2	8.90

Posn	Num	Name	Club	Heat	Perf
1	10	Makeda Lewis	Ealing Southall & Middlesex AC	3	8.38Q
2	30	Victoria Williamson	City of Norwich AC	3	8.40Q
3	9	Nicola Keegan	Medway & Maidstone AC	3	8.50Q
4	11	Georgia Louca	Eastbourne Rovers	3	8.60q
5	1	Ese Akpobi	Newham & Essex Beagles AC	3	8.60
6	6	Tori Coltart	Bournemouth AC	3	8.87

Posn	Num	Name	Club	Heat	Perf
1	26	Clieo Stephenson	City of Norwich AC	4	8.17Q
2	2	Sylvia Amgbaduba	Herne Hill Harriers	4	8.35Q
3	19	Maria Nikodemova	Chiltern Harriers AC	4	8.55Q
4	15	Hayley McLean	Thurrock Harriers AC	4	8.70
5	13	Leanne McCrory	Southend on Sea AC	4	8.85
6	31	Kerri Willis	Medway & Maidstone AC	4	9.03

Posn	Num	Name	Club	Heat	Perf
1	23	Sara Otung	Kings Moncton, Cardiff	5	8.22Q
2	5	Samantha Brown	Dartford Harriers AC	5	8.38Q
3	22	Sophie O'Neill	Torbay AC	5	8.47Q
4	28	Annie Waghorn	Medway & Maidstone AC	5	8.60q
5	14	Sian McCrory	Southend on Sea AC	5	8.93
6	4	Sumin Baxter	Cambridge & Coleridge AC	5	9.42

Posn	Num	Name	Club	S/F	Perf
1	23	Sara Otung	Kings Moncton, Cardiff	1	8.12Q
2	26	Clieo Stephenson	City of Norwich AC	1	8.14Q
3	25	Stephanie Steele-Boyce	Victoria Park H & Tower H AC	1	8.46
4	30	Victoria Williamson	City of Norwich AC	1	8.47
5	16	Victoria Mitchell	City of Norwich AC	1	8.48
6	8	Nicole Fox	Shaftesbury Barnet Harriers	1	8.70

Posn	Num	Name	Club	S/F	Perf
1	20	Uzoma Nwachukwu	Enfield & Haringey	2	8.14Q
2	10	Makeda Lewis	Ealing Southall & Middlesex AC	2	8.24Q
3	7	Ghanelle Edwards	Southend on Sea AC	2	8.39
4	17	Joanna Morgan	Eastbourne Rovers	2	8.52

5	19	Maria Nikodemova	Chiltern Harriers AC	2	8.55
6	11	Georgia Louca	Eastbourne Rovers	2	8.56
Posn	Num	Name	Club	S/F	Perf
1	29	Jodie Williams	Herts Phoenix AC	3	7.67QCPB
2	5	Samantha Brown	Dartford Harriers AC	3	8.26Q
3	2	Sylvia Amgbaduba	Herne Hill Harriers	3	8.29
4	22	Sophie O'Neill	Torbay AC	3	8.40
5	9	Nicola Keegan	Medway & Maidstone AC	3	8.43
6	28	Annie Waghorn	Medway & Maidstone AC	3	8.50

Posn	Num	Name	Club	Final	Perf
1	29	Jodie Williams	Herts Phoenix AC		7.60CBP
2	26	Clieo Stephenson	City of Norwich AC		8.10
3	10	Makeda Lewis	Ealing Southall & Middlesex AC		8.16
4	23	Sara Otung	Kings Moncton, Cardiff		8.17
5	5	Samantha Brown	Dartford Harriers AC		8.25
6	20	Uzoma Nwachukwu	Enfield & Haringey		8.34

Under 15 Girls 200 Metres (b)

CBP H.Rennardson Tonbridge AC 2007 26.15

1	34	Becky Curtis-Harris	Basingstoke & Mid Hants AC	1	26.40 Q
2	40	Chloe Longhurst	Southend on Sea AC	1	28.68Q
3	35	Tulsi Hansla	St Mary's Richmond AC	1	30.62Q
4	36	Alice Harriskine-Cook	Isle of Wight AC	1	32.50
	24	Jessica Quartey-Pigot	Herne Hill Harriers	1	DQ
Posn	Num	Name	Club	Heat	Perf
1	37	Desiree Henry	Enfield & Haringey AC	2	26.70 Q
2	38	Natalie Hickmott	Dartford Harriers AC	2	26.80Q
3	25	Stephanie Steele-Boyce	Victoria Park H & Tower H AC	2	27.91Q
4	3	Megan Angus	Medway & Maidstone AC	2	28.43q
5	33	Lucinda Callow	Marshall Milton Keynes AC	2	29.82
	2	Sylvia Amgbaduba	Herne Hill Harriers	2	DQ
Posn	Num	Name	Club	Heat	Perf
1	10	Makeda Lewis	Ealing Southall & Middlesex AC	3	26.83 Q
2	39	Jessie Knight	Epsom & Ewell Harriers	3	27.20Q
3	9	Nicola Keegan	Medway & Maidstone AC	3	27.45Q
4	28	Annie Waghorn	Medway & Maidstone AC	3	28.02q
5	19	Maria Nikodemova	Chiltern Harriers AC	3	28.77q
6	41	Anna Richardson	St Mary's Richmond AC	3	28.93

Posn	Num	Name	Club	SEMI FINAL	Perf
1	34	Becky Curtis-Harris	Basingstoke & Mid Hants AC	1	26.58 Q
2	38	Natalie Hickmott	Dartford Harriers AC	1	26.78 Q
3	39	Jessie Knight	Epsom & Ewell Harriers	1	27.20 Q
4	25	Stephanie Steele-Boyce	Victoria Park H & Tower H AC	1	27.80
5	19	Maria Nikodemova	Chiltern Harriers AC	1	28.81
6	35	Tulsi Hansla	St Mary's Richmond AC	1	30.61

Posn	Num	Name	Club	SEMI FINAL	Perf
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1	10	Makeda Lewis	Ealing Southall & Middlesex AC	2	26.56 Q
2	37	Desiree Henry	Enfield & Haringey AC	2	26.69 Q
3	9	Nicola Keegan	Medway & Maidstone AC	2	27.26 Q
4	28	Annie Waghorn	Medway & Maidstone AC	2	28.11
5	40	Chloe Longhurst	Southend on Sea AC	2	28.47
6	3	Megan Angus	Medway & Maidstone AC	2	28.54

Posn	Num	Name	Club	FINAL	Perf
1	10	Makeda Lewis	Ealing Southall & Middlesex AC		26.23
2	34	Becky Curtis-Harris	Basingstoke & Mid Hants AC		26.29
3	37	Desiree Henry	Enfield & Haringey AC		26.81
4	38	Natalie Hickmott	Dartford Harriers AC		26.85
5	39	Jessie Knight	Epsom & Ewell Harriers		27.12
6	9	Nicola Keegan	Medway & Maidstone AC		27.48

Under 15 Girls 300 Metres (b)

CBP NEW EVENT NO RECORDS HELD

Posn	Num	Name	Club	FINAL	Perf
1	43	Katherine Bird	Worthing & District Harriers		49.14 CBP
	34	Becky Curtis-Harris	Basingstoke & Mid Hants AC		DNS

Under 15 Girls 800 Metres (b)

CBP F.Foster South London Harriers 2007 2.22.5

Posn	Num	Name	Club	FINAL	Perf
1	48	Katie Snowden	Herne Hill Harriers		2:26.95
2	15	Hayley McLean	Thurrock Harriers AC		2:30.63
3	44	Adedoja Atanda	Newham & Essex Beagles AC		2:32.19
4	47	Rachel Robinson	Blackheath & Bromley Harriers		2:45.56

Under 15 Girls 1,500 Metres (b)

CBP R.Sykes Marlborough Juniors AC 2007 5.26.04

Posn	Num	Name	Club	FINAL	Perf
1	49	Melanie Wood	Marshall Milton Keynes AC		4:46.4 CBP
2	46	Rebecca O'Neill	Havering Mayesbrook AC		5:14.3
3	35	Tulsi Hansla	St Mary's Richmond AC		5:46.1

Under 15 Girls 60m Hurdles (a)

CBP S.Belle Tower Hamlets AC 1999 8.97

Posn	Num	Name	Club	Heat	Perf
1	57	Laura McDonald	City of Norwich AC	1	9.48Q
2	15	Hayley McLean	Thurrock Harriers AC	1	9.64Q
3	28	Annie Waghorn	Medway & Maidstone AC	1	9.98q
4	54	Aziza Hill-Williams	Newham & Essex Beagles AC	1	10.29
	42	Sophie Rodger	Eastbourne Rovers	1	DNF
Posn	Num	Name	Club	Heat	Perf
1	50	Cseperke Asztalos	Cambridge & Coleridge AC	2	9.79Q
2	62	Lauren Stevens	Blackheath & Bromley Harriers	2	9.91Q
3	63	Sinead Worrell	Herne Hill Harriers	2	10.14q
4	3	Megan Angus	Medway & Maidstone AC	2	10.16
5	59	Nicola Peachey	Havering Mayesbrook AC	2	10.41

Posn	Num	Name	Club	Heat	Perf
1	30	Victoria Williamson	City of Norwich AC	3	9.49Q
2	61	Beth Skinner	Exeter Harriers	3	10.15Q
3	60	Nikkita Sarturi-Sigrist	Orion Harriers	3	10.29
4	58	Georgia Nwawulor	Harrow AC	3	10.64
5	55	Molly Jehan	Jersey Spartan AC	3	11.64

Posn	Num	Name	Club	Heat	Perf
1	23	Sara Otung	Kings Moncton, Cardiff	4	9.42Q
2	56	Nancy Lebeau	Thurrock Harriers	4	9.53Q
3	1	Ese Akpobi	Newham & Essex Beagles AC	4	9.55q
4	52	Georgia Bristow	Cambridge & Coleridge AC	4	10.16q
5	51	Charlotte Banks	Windsor S E & Hounslow	4	10.86
6	32	Gabriella Wilson	Eastbourne Rovers	4	10.93

Posn	Num	Name	Club	S/F	Perf
1	23	Sara Otung	Kings Moncton, Cardiff	1	9.37Q
2	56	Nancy Lebeau	Thurrock Harriers	1	9.44Q
3	1	Ese Akpobi	Newham & Essex Beagles AC	1	9.50Q
4	50	Cseperke Asztalos	Cambridge & Coleridge AC	1	9.55
5	61	Beth Skinner	Exeter Harriers	1	10.06
6	52	Georgia Bristow	Cambridge & Coleridge AC	1	10.20

Posn	Num	Name	Club	S/F	Perf
1	30	Victoria Williamson	City of Norwich AC	2	9.30Q
2	57	Laura McDonald	City of Norwich AC	2	9.47Q
3	15	Hayley McLean	Thurrock Harriers AC	2	9.50Q
4	62	Lauren Stevens	Blackheath & Bromley Harriers	2	9.77
5	28	Annie Waghorn	Medway & Maidstone AC	2	10.16
6	63	Sinead Worrell	Herne Hill Harriers	2	10.18

Posn	Num	Name	Club	FINAL	Perf
1	23	Sara Otung	Kings Moncton, Cardiff		9.25
2	30	Victoria Williamson	City of Norwich AC		9.27
3	56	Nancy Lebeau	Thurrock Harriers		9.40
4	57	Laura McDonald	City of Norwich AC		9.46
5	1	Ese Akpobi	Newham & Essex Beagles AC		9.51
6	15	Hayley McLean	Thurrock Harriers AC		9.64

SEAA Indoor Championships - Lee Valley Athletic Centre

19(a)/20(b) January 2008

Under 15 Girls High Jump (a)

CBP	D.Blaize	Kingston AC & Poly Harriers	2002	1.67		
Posn	Num	Name	Club	Perf	Details	
1	69	Charlotte Shelley	Ipswich Harriers	1.55	1.40o; 1.45xo; 1.50xxo; 1.55xxo; 1.57xxx	
2	58	Georgia Nwawulor	Harrow AC	1.50	1.20o; 1.25o; 1.30o; 1.35o; 1.40p; 1.45xxo; 1.50o; 1.55xxx	
3	68	Alice Rackham	Stevenage & North Herts AC	1.50	1.30o; 1.35o; 1.40o; 1.45o; 1.50xo; 1.55xxx	
4	66	Elizabeth Grimsey	Enfield & Haringey AC	1.50	1.35xo; 1.40o; 1.45o; 1.50o; 1.55xxx	
5	64	Gemma Armorgie	Herts Phoenix AC	1.45	1.40o; 1.45xo; 1.50xxx	
6	70	Bethany Yapp	West Suffolk AC	1.45	1.40o; 1.45xo; 1.50xxx	
7	67	Megan Higginson	Newton Abbot AC	1.45	1.30o; 1.35o; 1.40o; 1.45xo; 1.50xxx	
8	28	Annie Waghorn	Medway & Maidstone AC	1.40	1.30o; 1.35o; 1.40o; 1.45p; 1.50p; 1.55xxx	
9	65	Janet Browne	Stevenage & North Herts AC	1.40	1.30o; 1.35o; 1.40xo; 1.45xxx	
10	3	Megan Angus	Medway & Maidstone AC	1.35	1.15o; 1.20o; 1.25o; 1.30xo; 1.35o; 1.40xxx	
11	55	Molly Jehan	Jersey Spartan AC	1.35	1.15o; 1.20o; 1.25o; 1.30o; 1.35xo; 1.40xxx	
12	54	Aziza Hill-Williams	Newham & Essex Beagles AC	1.30	1.30xo; 1.35xxx	
13	27	Sophie Tindal	Medway & Maidstone AC	1.25	1.10o; 1.15o; 1.20o; 1.25o; 1.30xxx	
	9	Nicola Keegan	Medway & Maidstone AC	Nht	1.20xxx	

Under 15 Girls Pole Vault (b)

CBP	E.Besford	Chelmsford AC	2007	3.01		
Posn	Num	Name	Club	Perf	Details	
1	77	Georgia Pearce	St Gregory's Catholic College	2.70	2.10 o; 2.20 o; 2.30 o; 2.40 xxo; 2.50 o; 2.60 o; 2.70 xxo; 2.80 xxx	
2	72	Lauren Gale	Team Bath AC	2.60	2.20 o; 2.30 o; 2.40 o; 2.50 o; 2.60 xo; 2.70 xxx	
3	75	Claudia Noakes	Kingston AC & Poly Harriers	2.50	2.00 o; 2.10 -; 2.20 o; 2.30 o; 2.40 o; 2.50 xxo; 2.60 xxx	
4	74	Anna Huggins	Blackheath & Bromley Harriers	2.30	2.00 xo; 2.10 o; 2.20 o; 2.30 xo; 2.40 xxx	
5	66	Elizabeth Grimsey	Enfield & Haringey AC	2.20	2.00 o; 2.10 xo; 2.20 o; 2.30 xxx	
6	76	Siobhan Parr	Blackheath & Bromley Harriers	2.20	2.10 o; 2.20 xo; 2.30 xxx	
7	71	Nancy Epsly	Chelmsford AC	2.10	1.80 o; 1.90 o; 2.00 o; 2.10 o; 2.20 xxx	
8	79	Johanna Willard	Enfield County School	2.10	1.80 o; 1.90 o; 2.00 o; 2.10 xo; 2.20 xxx	
9	78	India Wellings	Orion Harriers	1.80	1.50 o; 1.70 xo; 1.80 xxo; 1.90 xxx	

Under 15 Girls Long Jump (b)

CBP	S.Wilhelmy	Southend on Sea AC	1994	5.73		
Posn	Num	Name	Club	Perf	Details	
1	6	Tori Coltart	Bournemouth AC	5.01	4.64; 4.49; 4.57; 4.58; 4.68; 5.01	
2	10	Makeda Lewis	Ealing Southall & Middlesex AC	4.89	nj; 4.88; 4.89; nj; nj; 4.89	
3	34	Becky Curtis-Harris	Basingstoke & Mid Hants AC	4.82	4.77; 4.70; 4.82; 4.70; 4.68; 4.76	
4	56	Nancy Lebeau	Thurrock Harriers AC	4.74	4.74; 4.13; 4.28; 4.16; 4.13; 4.46	
5	22	Sophie O'Neill	Torbay AC	4.65	4.65; 4.32; 4.21; 4.16; 4.14; 4.55	
6	3	Megan Angus	Medway & Maidstone AC	4.52	4.52; 4.36; nj; 4.16; 4.43; 4.39	
7	17	Joanna Morgan	Eastbourne Rovers	4.46	2.24; 4.46; nj	
8	61	Beth Skinner	Exeter Harriers	4.45	4.29; 4.37; 4.45	

9	80	Victoria Douglas	Kingston AC & Poly Harriers	4.44	4.44; 4.33; nj
10	62	Lauren Stevens	Blackheath & Bromley Harriers	4.40	4.40; 4.16; 4.33
11	28	Annie Waghorn	Medway & Maidstone AC	4.31	nj; 4.31; nj
12	19	Maria Nikodemova	Chiltern Harriers AC	4.08	4.08; 4.06; nj
13	43	Katherine Bird	Worthing & District Harriers	4.07	nj; nj; 4.07
14	9	Nicola Keegan	Medway & Maidstone AC	4.05	3.84; 4.05; 3.82
	81	Lucina Rolewicz	Braintree & District AC		nj; nj; nj

Under 15 Girls Shot (b)

CBP F.Reid-Hughes Tonbridge AC 1994 11.36

Posn	Num	Name	Club	Perf	Details
1	86	Maria Okpokiri	Newham & Essex Beagles AC	10.75	Np; 10.75; 10.62; np; np; 10.03
2	83	Shadine Duquemin	Jersey Spartan AC	10.37	10.17; 10.37; 9.89; np; np; 9.56
3	82	Kelly Davey	Blackheath & Bromley Harriers	10.17	10.17; 9.86; 9.91; 9.66; 9.70; np
4	85	Sarah Miller	Herts Phoenix AC	9.81	9.64; 9.81; 8.95; 9.40; 8.95; 8.71
5	88	Sara Tryon	Beaconsfield High School	9.21	8.68; 8.43; 9.21; 8.79; 8.21; 7.57
6	28	Annie Waghorn	Medway & Maidstone AC	7.48	7.29; 6.50; 7.02; 7.16; 7.48; 7.36
7	55	Molly Jehan	Jersey Spartan AC	7.25	6.72; 7.00; 7.25
8	87	Hannah Shephard	Epsom & Ewell Harriers	7.09	6.23; 7.04; 7.09