

SEAA Indoor Championships - Lee Valley Athletics Centre
300m-400m-800m- and High Jump (U20m/w)

10 January 2010

Senior Men 400 Metres					
CBP	S.Green		Newham & Essex Beagles AC	2008	47.05
Posn	Num	Name	Club	Heat	Perf
1	247	Nick Leavey	Woodford Green w Essex L	1	50.41Q
2	266	Alloy Wilson	Blackheath & Bromley Harriers	1	51.00Q
3	256	Sean Reidy	Nene Valley Harriers	1	51.68Q
4	264	Gaith Taha	Vale of Aylesbury AC	1	56.44
5	235	Owen Churton	Cambridge University AC	1	56.92
1	242	Dale Garland	Channel Islands AC	2	51.14Q
2	257	Hywel Robinson	Channel Islands AC	2	52.05Q
3	252	Adam Omisore	Kingston AC & Poly Harriers	2	53.10Q
4	233	Chris Bell	Reading AC	2	54.73
5	249	Jon Lockwood	St Edmunds Pacers	2	59.70
1	248	Nigel Levine	Windsor S E & Hounslow	3	51.47Q
2	263	James Sutton	Team Southampton	3	51.82Q
3	246	Peter Irving	Channel Islands AC	3	52.38Q
4	238	Stewart Davis	Ealing Southall & Middlesex AC	3	52.81q
	231	Simon Alexander	Croydon Harriers	3	DNF
1	234	Mark Berridge	Basingstoke & Mid Hants AC	4	51.02Q
2	240	Jonathan Elderfield	Basingstoke & Mid Hants AC	4	51.73Q
3	260	Nathan Stevens	Channel Islands AC	4	51.80Q
4	265	Rahimullah Wahedi	Kingston University AC	4	51.92q
5	250	Andrew Lomas	Cambridge University AC	4	54.18
1	251	Patrick North	Swindon Harriers	5	50.88Q
2	230	Samuel Adeyemi	Herne Hill Harriers	5	51.45Q
3	261	Duncan Stevenson	Basingstoke & Mid Hants AC	5	52.12Q
4	232	Daniel Barber	Vale of Aylesbury AC	5	52.46q

Senior Men 400 Metres					
CBP	S.Green		Newham & Essex Beagles AC	2008	47.05
Posn	Num	Name	Club	s/f	Perf
1	247	Nick Leavey	Woodford Green w Essex L	1	50.28Q
2	266	Alloy Wilson	Blackheath & Bromley Harriers	1	51.09
3	230	Samuel Adeyemi	Herne Hill Harriers	1	51.19
4	260	Nathan Stevens	Channel Islands AC	1	51.86
5	261	Duncan Stevenson	Basingstoke & Mid Hants AC	1	52.33
6	238	Stewart Davis	Ealing Southall & Middlesex AC	1	52.91
1	248	Nigel Levine	Windsor S E & Hounslow	2	49.66Q
2	251	Patrick North	Swindon Harriers	2	49.80q
3	240	Jonathan Elderfield	Basingstoke & Mid Hants AC	2	50.51q
4	246	Peter Irving	Channel Islands AC	2	51.89
5	256	Sean Reidy	Nene Valley Harriers	2	51.95
6	265	Rahimullah Wahedi	Kingston University AC	2	52.58
1	234	Mark Berridge	Basingstoke & Mid Hants AC	3	48.97Q
2	242	Dale Garland	Channel Islands AC	3	49.05q
3	257	Hywel Robinson	Channel Islands AC	3	51.44
4	263	James Sutton	Team Southampton	3	51.95
5	252	Adam Omisore	Kingston AC & Poly Harriers	3	52.62
6	232	Daniel Barber	Vale of Aylesbury AC	3	52.72

Senior Men 400 Metres		Final			
<i>S.Green</i>		<i>Newham & Essex Beagles AC</i>		<i>2008</i>	<i>47.05</i>
Posn	Num	Name	Club	FINAL	Perf
1	248	Nigel Levine	Windsor S E & Hounslow		48.10
2	242	Dale Garland	Channel Islands AC		48.29
3	251	Patrick North	Swindon Harriers		48.48
4	234	Mark Berridge	Basingstoke & Mid Hants AC		48.49
5	247	Nick Leavey	Woodford Green w Essex L		48.53
6	240	Jonathan Elderfield	Basingstoke & Mid Hants AC		51.54

Senior Men 800 Metres		Final			
<i>CBP E.Aston</i>		<i>Cambridge & Coleridge AC</i>		<i>2009</i>	<i>1.52.22</i>
Posn	Num	Name	Club	Heat	Perf
1	267	Ed Aston	Cambridge & Coleridge AC	1	1:58.74Q
2	271	Sam Dobin	Cambridge University AC	1	1:59.33
3	270	David Boyce	Brighton & Hove City AC	1	2:00.72
4	285	Peter Watkeys	Basingstoke & Mid Hants AC	1	2:05.97
5	281	Brian Mwandha	Newham & Essex Beagles AC	1	2:09.35
1	274	Dean Goodman	Harrow AC	2	1:58.73Q
2	280	James Moorcroft	Team Kennet Triathlon AC	2	1:58.77q
3	275	Kelvin Goodwin	Newham & Essex Beagles AC	2	2:00.10
4	273	Toby Edwards	Jersey Spartan AC	2	2:06.87
1	268	Nick Bates	Basingstoke & Mid Hants AC	3	1:58.26Q
2	282	Shaka Palmer	Enfield & Haringey AC	3	1:58.49q
3	283	Dave Ragan	Basingstoke & Mid Hants AC	3	1:58.66q
4	279	David McKinlay	Blackheath & Bromley Harriers	3	1:59.95

Senior Men 800 Metres		Final			
<i>E.Aston</i>		<i>Cambridge & Coleridge AC</i>		<i>2009</i>	<i>1.52.22</i>
Posn	Num	Name	Club	FINAL	Perf
1	267	Ed Aston	Cambridge & Coleridge AC		1:52.84
2	282	Shaka Palmer	Enfield & Haringey AC		1:56.84
3	268	Nick Bates	Basingstoke & Mid Hants AC		1:59.33
4	283	Dave Ragan	Basingstoke & Mid Hants AC		2:03.08
5	280	James Moorcroft	Team Kennet Triathlon AC		2:09.48
6	274	Dean Goodman	Harrow AC		DNS

Under 20 Men 400 Metres		Final			
<i>CBP Dan Putnam</i>		<i>Blackheath & Bromley</i>		<i>2009</i>	<i>49.27</i>
Posn	Num	Name	Club	Heat	Perf
1	170	Dan Putnam	Blackheath & Bromley Harriers	1	51.36Q
2	155	George Baker	Cambridge & Coleridge AC	1	51.74Q
3	174	James Wildish	Tonbridge AC	1	52.78q
4	160	Sam Dawkins	Channel Islands AC	1	53.87
5	166	Adrian Horne	Marshall Milton Keynes AC	1	56.31
1	173	Paul Scanlan	Woodford Green w Essex L	2	50.04Q
2	164	Adam Harwood	Andover	2	51.52Q
3	167	Jake King	Southend on Sea AC	2	52.16q
4	165	Adam Hassan	Reading AC	2	53.86
5	175	Daniel Yaxley	Woodford Green w Essex L	2	53.94
1	171	Zac Randall	Wycombe Phoenix Harriers & AC	3	50.92Q
2	168	Lloyd King	Thames Valley Harriers	3	51.54Q
3	163	Neville Harris	Sutton & District AC	3	51.73q
4	169	Ben Phillips	Woodford Green w Essex L	3	52.89q

1	161	James Forman	Isle of Wight AC	4	52.18Q
2	172	Stefan Richards	Epsom & Ewell Harriers	4	52.54Q
3	156	David Bolton	Team Southampton	4	53.38
4	157	Paul Cave	Epsom & Ewell Harriers	4	53.71

Under 20 Men 400 Metres	SemiFinal
--------------------------------	------------------

<i>Dan Putnam</i>	<i>Blackheah & Bromley</i>	<i>2009</i>	<i>49.27</i>
-------------------	--------------------------------	-------------	--------------

Posn	Num	Name	Club	S/F	Perf
1	173	Paul Scanlan	Woodford Green w Essex L	1	50.17Q
2	161	James Forman	Isle of Wight AC	1	50.64Q
3	168	Lloyd King	Thames Valley Harriers	1	50.99q
4	163	Neville Harris	Sutton & District AC	1	51.55q
5	172	Stefan Richards	Epsom & Ewell Harriers	1	51.59
6	167	Jake King	Southend on Sea AC	1	52.64
1	170	Dan Putnam	Blackheath & Bromley Harriers	2	50.53Q
2	171	Zac Randall	Wycombe Phoenix Harriers & AC	2	50.74Q
3	155	George Baker	Cambridge & Coleridge AC	2	51.85
4	164	Adam Harwood	Andover	2	51.90
5	169	Ben Phillips	Woodford Green w Essex L	2	53.65
6	174	James Wildish	Tonbridge AC	2	54.44

Under 20 Men 400 Metres	Final
--------------------------------	--------------

<i>Dan Putnam</i>	<i>Blackheah & Bromley</i>	<i>2009</i>	<i>49.27</i>
-------------------	--------------------------------	-------------	--------------

Posn	Num	Name	Club	FINAL	Perf
1	161	James Forman	Isle of Wight AC		48.89CBP
2	173	Paul Scanlan	Woodford Green w Essex L		48.90
3	170	Dan Putnam	Blackheath & Bromley Harriers		48.99
4	171	Zac Randall	Wycombe Phoenix Harriers & AC		50.91
5	168	Lloyd King	Thames Valley Harriers		50.98
6	163	Neville Harris	Sutton & District AC		54.04

Under 20 Men 800 Metres

<i>CBP</i>	<i>E.Aston</i>	<i>Cambridge & Coleridge AC</i>	<i>2007</i>	<i>1.54.4</i>
------------	----------------	-------------------------------------	-------------	---------------

Posn	Num	Name	Club	Heat	Perf
1	176	Harun Abdi	Newham & Essex Beagles AC	1	1:57.53Q
2	216	Omar Mansour	Woodford Green w Essex L	1	1:57.76q
3	180	Dale Clutterbuck	Basildon AC	1	1:59.75q
4	193	Connor Vine	Windsor S E & Hounslow	1	2:03.79
5	182	Mark Cryer	Medway & Maidstone AC	1	2:06.54
1	186	Nakole Iddirisu	Newham & Essex Beagles AC	2	2:01.18Q
2	183	Harry Fisher	Team Southampton	2	2:01.21
3	178	Aaron Bennett	Team Southampton	2	2:02.07
4	185	Christopher Hepworth	Ealing Southall & Middlesex AC	2	2:09.57
1	194	Eliot Winter	Marshall Milton Keynes AC	3	1:58.98Q
2	187	Chris James	Basildon AC	3	1:59.07q
3	177	Christopher Adams	Andover AC	3	2:02.95
4	179	Mark Booth	Wycombe Phoenix Harriers & AC	3	2:02.99

Under 20 Men 800 Metres	Final
--------------------------------	--------------

<i>CBP</i>	<i>E.Aston</i>	<i>Cambridge & Coleridge AC</i>	<i>2007</i>	<i>1.54.4</i>
------------	----------------	-------------------------------------	-------------	---------------

Posn	Num	Name	Club	FINAL	Perf
1	216	Omar Mansour	Woodford Green w Essex L		1:55.65
2	180	Dale Clutterbuck	Basildon AC		1:56.31
3	186	Nakole Iddirisu	Newham & Essex Beagles AC		1:57.91
4	187	Chris James	Basildon AC		2:01.67
5	194	Eliot Winter	Marshall Milton Keynes AC		2:07.19
	176	Harun Abdi	Newham & Essex Beagles AC		DSQ

Under 20 Men High Jump				
CBP	A.Scarr	Enfield & Haringey AC	2004	2.11

Posn	Num	Name	Club	Perf	Details
1	199	Matthew Watson	Team Southampton	1.98	1.85 xo; 1.90 o; 1.95 xxo; 1.98 o; 2.01 xxx
2	197	Matthew Sloane	Bournemouth AC	1.95	1.85 o; 1.90 o; 1.95 o; 1.98 xxx
3	195	Ross Armorgie	Herts Phoenix AC	1.95	1.80 o; 1.85 xo; 1.90 o; 1.95 xxo; 1.98 xxx
4	196	Jason Hamilton	Dacorum & Tring AC	1.90	1.90 xxo; 1.95 xxx
5	198	Samuel Tingman	Team Southampton	1.85	1.75 o; 1.80 o; 1.85 o; 1.90 xxx

Under 17 Men 400 Metres				
CBP	Tom Benstead		2009	50.17

Posn	Num	Name	Club	Heat	Perf
1	216	Joshua Street	South London Harriers	1	51.47Q
2	217	Simon Wake	Herts Phoenix AC	1	52.49Q
3	205	Karl Goodman	Vale of Aylesbury AC	1	54.20q
4	204	Samuel Gibson	Newham & Essex Beagles AC	1	56.98
5	207	Lloyd Martin	Marshall Milton Keynes AC	1	57.35
6	218	Daniel Wilson	Havering Mayesbrook AC	1	57.41
1	212	Jonathan Pettet	Blackheath & Bromley Harriers	2	52.92Q
2	206	Sam Maguire	Windsor S E & Hounslow	2	53.34Q
3	200	Sean Adams	Team Southampton	2	53.49q
4	203	Seamus Burke	Windsor S E & Hounslow	2	54.92
5	210	Joshua Oyedele	Blackheath & Bromley Harriers	2	57.00
6	213	Thomas Purton	Marshall Milton Keynes AC	2	57.92

Under 17 Men 400 Metres Final				
Tom Benstead			2009	50.17

Posn	Num	Name	Club	FINAL	Perf
1	216	Joshua Street	South London Harriers		51.01
2	212	Jonathan Pettet	Blackheath & Bromley Harriers		52.26
3	205	Karl Goodman	Vale of Aylesbury AC		52.26
4	206	Sam Maguire	Windsor S E & Hounslow		52.55
5	200	Sean Adams	Team Southampton		53.18
6	217	Simon Wake	Herts Phoenix AC		53.43

Under 17 Men 800 Metres				
J.Taylor		City of Norwich AC	2008	1.59.80

Posn	Num	Name	Club	Heat	Perf
1	224	Matthew Fayers	Hillingdon AC	1	2:05.09Q
2	227	Jordan Maurice	Herne Hill Harriers	1	2:05.74q
3	231	Michael Randall	Team Kennet Triathlon AC	1	2:09.80
4	233	Ben Silverstone	Orion Harriers	1	2:20.46
-	234	Stephen Strange	Basildon AC	1	DNF
1	220	Tommy Bower	Newham & Essex Beagles AC	2	2:04.22Q
2	226	Henry Loughlin	West Norfolk AC	2	2:04.84q
3	223	Zak Curran	Windsor S E & Hounslow	2	2:07.09
4	228	Callum McLaren	City of Norwich AC	2	2:14.44
1	232	Joseph Sherry	Enfield & Haringey AC	3	2:02.22Q
2	230	Martainn Ramsay	City of Norwich AC	3	2:06.67q
3	219	Oli Bass	Cambridge & Coleridge AC	3	2:06.88
4	222	Luke Conway	Team Kennet Triathlon AC	3	2:09.88
5	225	Jack Harrison	City of Norwich AC	3	2:16.95

Under 17 Men 800 Metres					Final				
Posn	Num	Name	Club	FINAL	Perf				
J.Taylor					City of Norwich AC		2008	1.59.80	
1	232	Joseph Sherry	Enfield & Haringey AC		2:01.78				
2	224	Matthew Fayers	Hillingdon AC		2:03.07				
3	220	Tommy Bower	Newham & Essex Beagles AC		2:03.29				
4	227	Jordan Maurice	Herne Hill Harriers		2:03.48				
5	226	Henry Loughlin	West Norfolk AC		2:03.87				
6	230	Martainn Ramsay	City of Norwich AC		2:12.36				

Under 15 Boys 400 Metres					Final				
Posn	Num	Name	Club	FINAL	Perf				
CBP M.Baatz					Reading AC		2009	53.37	
1	289	Aaron Pitt	City of Norwich AC		52.63	CBP			
2	287	Stanley Livingston	Jersey Spartan AC		54.92				
3	297	Jake Gardham	Andover AC		55.88				
	286	Jordan Hadley	Vale of Aylesbury AC		DNF				

Under 15 Boys 800 Metres					Final				
Posn	Num	Name	Club	FINAL	Perf				
CBP P.Devaney					Bedford & County AC		2007	2.08.9	
1	285	Olufemi Agbetoyin	The Archbishop Lanfranc School		2:13.78				
2	294	James West	Medway & Maidstone AC		2:15.12				
3	293	Merhawi Tesfaldet	Herne Hill Harriers		2:17.91				
4	290	Stephen Ball	Cambridge Harriers		2:18.22				
5	292	Jacob Sayers	Crawley AC		2:21.44				
	291	Dylan Ponty	Colchester & Tendring AC		DNF				

Senior Women 400 Metres					Final				
Posn	Num	Name	Club	Heat	Perf				
CBP T.Bird					Woodford Green w Essex L		2008	55.57	
1	136	Dawn Hunt	Windsor S E & Hounslow	1	55.86Q				
2	138	Kate Laidlow	Cambridge University AC	1	59.15Q				
3	132	Tania-Cyrena Cyrus	Ealing Southall & Middlesex AC	1	60.40q				
4	133	Ellie Doel	Brighton & Hove City AC	1	61.12				
5	145	Chloe Whalley	Marshall Milton Keynes AC	1	61.74				
1	130	Tara Bird	Woodford Green w Essex L	2	56.65Q				
2	137	Emma Kemp	Stevenage & North Herts AC	2	59.59Q				
3	141	Ambwene Simukonda	Thames Valley Harriers	2	60.57q				
4	139	Jo Lister	Cambridge University AC	2	63.99				
5	154	Zoe Watson	Woodford Green w Essex L	2	64.04				

Senior Women 400 Metres					Final				
Posn	Num	Name	Club	Perf					
CBP T.Bird					Woodford Green w Essex L		2008	55.57	
1	136	Dawn Hunt	Windsor S E & Hounslow	54.85	CBP				
2	130	Tara Bird	Woodford Green w Essex L	56.04					
3	141	Ambwene Simukonda	Thames Valley Harriers	58.81					
4	138	Kate Laidlow	Cambridge University AC	59.56					
5	137	Emma Kemp	Stevenage & North Herts AC	59.58					
6	132	Tania-Cyrena Cyrus	Ealing Southall & Middlesex AC	61.42					

Senior Women 800 Metres					Final				
Posn	Num	Name	Club	FINAL	Perf				
CBP E.Brathwaite					Herts Phoenix AC		2007	2.06.1	

1	148	Katherine Foy	Woodford Green w Essex L	2:14.98
2	137	Emma Kemp	Stevenage & North Herts AC	2:18.03
3	152	Diana Kennedy	Woodford Green w Essex L	2:26.53
4	151	Louise Ionascu	Dorking & Mole Valley AC	2:27.85
5	153	Laura McPherson	Cambridge Harriers	2:39.62

Under 20 Women 400 Metres		Phoenix AC	2009	56.77
CBP	Savannah .Echel-Thomson			

Posn	Num	Name	Club	Heat	Perf
1	161	Amy Allcock	Aldershot Farnham & DAC	1	59.53Q
2	177	Amy McDonald	Enfield & Haringey AC	1	61.82Q
3	169	Felicity Clarke	Havering Mayesbrook AC	1	61.85Q
4	163	Laura Bass	Cambridge & Coleridge AC	1	62.34q
5	165	Samantha Beckett	Ashford AC	1	62.84q
1	167	Laura Burke	Windsor S E & Hounslow	2	59.65Q
2	162	Emily Barrett	Windsor S E & Hounslow	2	61.78Q
3	182	Deborah Willis	Herts Phoenix AC	2	62.52Q
4	164	Natalie Beale	WSEH	2	64.56
5	180	Sarah Phelps	Windsor S E & Hounslow	2	79.59
1	160	Gabriella Ade-Onojobi	Cambridge Harriers	3	61.55Q
2	171	Chelsea Crouser	Blackheath & Bromley Harriers	3	62.05Q
3	176	Georgie Ivens	Nene Valley Harriers	3	62.05Q
4	178	Ella Neale	Colchester Harriers	3	62.91q
5	174	Caroline Hill	Chelmsford AC	3	63.58

Under 20 Women 400 Metres		Semi Final	2009	56.77
CBP	Savannah .Echel-Thomson	Phoenix AC		

Posn	Num	Name	Club	S/F	Perf
1	161	Amy Allcock	Aldershot Farnham & DAC	1	59.39Q
2	182	Deborah Willis	Herts Phoenix AC	1	60.19Q
3	162	Emily Barrett	Windsor S E & Hounslow	1	60.40q
4	171	Chelsea Crouser	Blackheath & Bromley Harriers	1	62.18
5	177	Amy McDonald	Enfield & Haringey AC	1	62.78
6	178	Ella Neale	Colchester Harriers	1	63.74
1	167	Laura Burke	Windsor S E & Hounslow	2	58.79Q
2	176	Georgie Ivens	Nene Valley Harriers	2	60.09Q
3	160	Gabriella Ade-Onojobi	Cambridge Harriers	2	60.49q
4	163	Laura Bass	Cambridge & Coleridge AC	2	63.78
5	165	Samantha Beckett	Ashford AC	2	67.77
	169	Felicity Clarke	Havering Mayesbrook AC	2	DNS

Under 20 Women 400 Metres		Final	2009	56.77
CBP	Savannah .Echel-Thomson	Phoenix AC		

Posn	Num	Name	Club	FINAL	Perf
	161	Amy Allcock	Aldershot Farnham & DAC		58.10
	167	Laura Burke	Windsor S E & Hounslow		58.18
	176	Georgie Ivens	Nene Valley Harriers		60.30
	160	Gabriella Ade-Onojobi	Cambridge Harriers		60.89
	162	Emily Barrett	Windsor S E & Hounslow		61.76
	182	Deborah Willis	Herts Phoenix AC		63.22

Under 20 Women 800 Metres		Final	2008 2,15,79
CBP	K.Foy	Woodford Green w Essex L	

Posn	Num	Name	Club	Perf
1	184	Jenny Beckingham	Team Southampton	2:16.43
2	185	Melissa Courtney	Poole AC	2:17.89

3	186	Hannah Edwards	Herne Hill Harriers	2:18.37
4	183	Catherine Appleby	Vale of Aylesbury AC	2:23.83
5	187	Caroline Ford	Cambridge Harriers	2:28.62
6	189	Aisua Naibe-Wey	Herne Hill Harriers	2.42.21

Under 20 Women High Jump				
CBP	P.Hughes	Brunel University AC	2008	1.73

Posn	Num	Name	Club	Perf	Details
1	193	Isobel Pooley	Aldershot Farnham & DAC	1.80CBP	1.70 o; 1.75 o; 1.78 xo; 1.80 xo; 1.82 xxx
2	191	Hannah Frith	Bedford College	1.70	1.55 o; 1.60 o; 1.65 0; 1.70 o; 1.75 xxx
3	192	Elizabeth Maries	Crawley AC	1.60	1.55 0; 1.60 o; 1.65 xxx

Under 17 Women 300 Metres				
CBP	A.Allcock	Aldershot Farnham & District AC	2009	40.9

Posn	Num	Name	Club	Heat	Perf
1	263	Jessie Knight	Epsom & Ewell Harriers	1	42.88Q
2	255	Finolla Frederick	Herts Phoenix AC	1	43.19Q
3	261	Rhiannon Jones	Blackheath & Bromley Harriers	1	43.69Q
4	248	Samantha Brown	Dartford Harriers AC	1	44.00q
5	272	Rachael Stark	Chelmsford AC	1	44.23q
1	258	Shanice Harrison	South London Harriers	2	43.35Q
2	265	Jess McCabe	Guildford & Godalming AC	2	44.03Q
3	259	Natalie Hickmott	Dartford Harriers AC	2	44.25Q
4	245	Bianca Ashbrook	Chelmsford AC	2	46.45
1	274	Charlotte Wingfield	Enfield & Haringey AC	3	44.26Q
2	246	Sophie Ayre	Medway & Maidstone AC	3	44.53Q
3	252	Rosie Dailly	Chelmsford AC	3	44.66Q
4	262	Nicola Keegan	Medway & Maidstone AC	3	44.75q
1	253	Rachel Dickens	Blackheath & Bromley Harriers	4	41.75Q
2	260	Katie James	Marshall Milton Keynes AC	4	44.06Q
3	256	Georgia Green-Muid	Basildon AC	4	45.42Q
4	273	Leah Wallace-Alleyne	Orion Harriers	4	47.07
1	269	Melissa Owusu-Ansah	Cambridge Harriers	5	42.09Q
2	266	Hayley McLean	Chelmsford AC	5	42.58Q
3	270	Rachel Robinson	Blackheath & Bromley Harriers	5	46.91Q
4	247	Rebecca Brenton	Medway & Maidstone AC	5	49.12

Under 17 Women 300 Metres Semi Final				
A.Allcock	Aldershot Farnham & District AC	2009	40.9	

Posn	Num	Name	Club	S/F	Perf
1	253	Rachel Dickens	Blackheath & Bromley Harriers	1	41.26Q
2	266	Hayley McLean	Chelmsford AC	1	41.84q
3	259	Natalie Hickmott	Dartford Harriers AC	1	42.73
4	255	Finolla Frederick	Herts Phoenix AC	1	43.69
5	262	Nicola Keegan	Medway & Maidstone AC	1	44.31
6	252	Rosie Dailly	Chelmsford AC	1	44.60
1	274	Charlotte Wingfield	Enfield & Haringey AC	2	41.95Q
2	265	Jess McCabe	Guildford & Godalming AC	2	42.96
3	256	Georgia Green-Muid	Basildon AC	2	44.96
4	272	Rachael Stark	Chelmsford AC	2	45.52
	269	Melissa Owusu-Ansah	Cambridge Harriers	2	DSQ
	261	Rhiannon Jones	Blackheath & Bromley Harriers	2	DNF
1	263	Jessie Knight	Epsom & Ewell Harriers	3	41.87Q
2	258	Shanice Harrison	South London Harriers	3	42.12q
3	260	Katie James	Marshall Milton Keynes AC	3	42.17q

4	248	Samantha Brown	Dartford Harriers AC	3	43.79
5	246	Sophie Ayre	Medway & Maidstone AC	3	44.35
6	270	Rachel Robinson	Blackheath & Bromley Harriers	3	47.92

Under 17 Women 300 Metres Final

A.Allcock Aldershot Farnham & District 2009 40.9
AC

Posn	Num	Name	Club	FINAL	Perf
1	253	Rachel Dickens	Blackheath & Bromley Harriers		41.31
2	263	Jessie Knight	Epsom & Ewell Harriers		41.57
3	274	Charlotte Wingfield	Enfield & Haringey AC		41.72
4	266	Hayley McLean	Chelmsford AC		41.72
5	260	Katie James	Marshall Milton Keynes AC		42.16
6	258	Shanice Harrison	South London Harriers		43.07

Under 17 Women 800 Metres Final

CBP S.Wilkins Marshall Milton Keynes AC 2007 2.17.6

Posn	Num	Name	Club	Heat	Perf
1	271	Katie Snowden	Herne Hill Harriers		2:19.63
2	275	Maddy Austin	Guildford & Godalming AC		2:20.94
3	276	Eleanor Bounds	Newham & Essex Beagles AC		2:21.06
4	279	Cora Harrison	Dorking & Mole Valley AC		2:31.60
5	280	Lucy Hickmott	Dartford Harriers AC		2:38.67

Under 15 Girls 300 Metres

CBP H.Ogunro Luton AC 2009 42.54

Posn	Num	Name	Club	Heat	Perf
1	258	Shona Richards	Epsom & Ewell Harriers	1	43.56Q
2	251	Zoe Carter	Team Southampton	1	44.98Q
3	255	Sophie Matthews	Wycombe Phoenix Harriers & AC	1	45.49
4	259	Marissa Robertson	Wycombe Phoenix Harriers & AC	1	45.49q
5	261	Chloe Young	Colchester Harriers	1	45.52
6	254	Rachel Laqeretabja	Paddock Wood AC	1	48.68
1	257	Hephzibah Ogunro	Luton AC	2	43.18Q
2	256	Alice Nicholls	Marshall Milton Keynes AC	2	44.07Q
3	252	Christy Dailly	Chelmsford AC	2	44.86q
4	260	Katie White	Tonbridge AC	2	45.99
5	253	Chelcie Gray	Dacorum & Tring AC	2	46.28

Under 15 Girls 300 Metres Final

CBP H.Ogunro Luton AC 2009 42.54

Posn	Num	Name	Club	Perf
1	257	Hephzibah Ogunro	Luton AC	42.8 manual
2	258	Shona Richards	Epsom & Ewell Harriers	42.9 m
3	259	Marissa Robertson	Wycombe Phoenix Harriers & AC	44.6 m
4	252	Christy Dailly	Chelmsford AC	44.9 m
5	251	Zoe Carter	Team Southampton	45.1 m
6	256	Alice Nicholls	Marshall Milton Keynes AC	45.8 m

Under 15 Girls 800 Metres Final

CBP F.Foster South London Harriers 2007 2.22.5

Posn	Num	Name	Club	Perf
1	266	Emily Jenkinson	Team Southampton	2:19.81CBP
2	269	Georgia Tuckfield	Orion Harriers	2:26.14
3	263	Joanne Fallon	Windsor S E & Hounslow	2:31.90
4	262	Ashleigh Campbell	Herne Hill Harriers	2:33.89
5	265	Georgie Hay	Herne Hill Harriers	2:40.09
6	268	Elena Rodham-Cooke	Herne Hill Harriers	2:45.91

South of England A.A. Indoor Pentathlon Championships

Lee Valley Indoor Centre
Sunday, 10th January, 2010

U.17 WOMEN

PLACE				60m.		HIGH		SHOT		LONG		800m.	
				HURDLES		JUMP		PUT		JUMP			
1	282	Devon Byrne		10.00	712	1.42	534	8.96	462	4.65	466	2:28.57	711
		MMK			712		1246		1708		2174		2885
2	290	Hollie Pattie-Belleli		9.51	806	1.48	599	6.77	320	4.42	408	2:33.79	647
		WGEL			806		1405		1725		2133		2780
3	295	Annie Waghorn		10.06	701	1.51	632	7.74	383	4.52	433	2:41.67	554
		Medway & Maidstone			701		1333		1716		2149		2703
4	296	Claire Ward		9.64	781	1.45	566	6.24	287	4.26	369	2:31.12	679
		Stevenage & N Herts			781		1347		1634		2003		2682
5	297	Georgia Woods		9.87	737	1.45	566	7.23	350	4.60	454	2:46.47	501
		Peterborough			737		1303		1653		2107		2608
6	283	Fiona Clarke		11.02	533	1.54	666	6.06	275	4.39	401	2:28.45	712
		Camberley			533		1199		1474		1875		2587
7	289	Scarlett Mann		9.71	767	1.48	599	6.62	311	4.66	469	2:59.30	372
		Invicta East Kent			767		1366		1677		2146		2518
8	281	Isabel Brown		10.69	589	1.54	666	6.49	302	4.52	433	2:52.48	438
		Chichester Runners & A.C.			589		1255		1557		1990		2428
9	291	Elizabeth Read		10.98	540	1.36	470	5.60	246	4.43	411	3:03.12	337
		MMK			540		1010		1256		1667		2004
10	298	Charlotte Sexton		10.13	688	1.30	409	4.88	201	3.65	231	3:04.79	322
		Bedford			688		1097		1298		1529		1851
11	287	Susan Keet		12.86	271	1.39	502	6.17	282	4.51	431	3:00.60	360
		Radley			271		773		1055		1486		1846
12	286	Charlotte Hunt		11.41	471	1.15	266	5.16	218	4.10	331	2:50.96	454
		Cambridge H			471		737		955		1286		1740
	288	Flavia Kumar		DNS	DNS	1.27	379	6.19	283	3.63	227	3:00.60	360
		Cambridge & Coleridge			DNS		#####		#####		#####		#####