

SEAA Sen/U20 Championships - Crystal Palace

17(a)/18(b) June 2006

Senior Men High Jump (b)

CBP M.Naylor Hillingdon AC 2.21 1980

Posn	Num	Name	Club	Perf	Details
1	249	Darryl Stone	Shaftesbury Barnet Harriers	2.05	2.05 o; 2.10 xxx
2	247	Simon Phelan	Channel Islands AC	2.05	2.00 xo; 2.05 o; 2.10 xxx
3	250	Daniel Turner	Team Southampton	2.00	2.00 o; 2.05 xxx
4	242	Gareth Dyball	Woodford Green w Essex L	2.00	1.95 o; 2.00 xo; 2.05 xxx
5	245	Tim Maitland	Harrow AC	1.95	1.75 o; 1.80 o; 1.85 xxo; 1.90 o; 1.95 o; 2.00 xxx
6	243	David Etheridge	Sale Harriers	1.85	1.75 o; 1.80 o; 1.85 xxo; 1.90 xxx
7	251	Sam Turner	Havant AC	1.80	1.75 xo; 1.80 xo; 1.85 xxx
8	244	Luke Foster	West Norfolk AC	1.75	1.75 o; 1.80 xxx
9	246	Zack Morrison	Biggleswade AC	1.75	1.75 xxo; 1.80 xxx

Senior Men Pole Vault (b)

CBP K.Hughes Haringey 5.36 1998

Posn	Num	Name	Club	Perf	Details
1	205	Joe Ive	Belgrave Harriers	5.10	4.70 o; 4.80-; 4.90 xo; 5.00 xxo; 5.10 o; 5.15 xxx
2	254	Martin Densley	Ealing Southall & Middlesex AC	4.80	4.60 o; 4.70 -; 4.80 o; 4.90 -; 5.00 xxx
3	253	Greg Conlon	Thames Valley Harriers	4.70	4.40 xxo; 4.50 -; 4.60 o; 4.70 xo; 4.80 -; 4.90 xxx
4	257	Chris Mills	Windsor S E & Hounslow	4.40	4.20 o; 4.40 o; 4.50 xxx
5	259	Tom Robinson	Blackheath & Bromley Harriers	4.20	4.00 o; 4.20 xxo; 4.40 xxx
6=	252	Steve Carpenter	Thames Valley Harriers	4.00	4.00 o; 4.20 xxx
6=	265	Allan Williams	Blackheath & Bromley Harriers	4.00	3.80 o; 4.00 o; 4.20 xxx
8	258	Alistair Patterson	Wycombe Phoenix Harriers & AC	4.00	3.80 o; 4.00 xxo; 4.20 xxx
	260	Ashley Swain	Newham & Essex Beagles AC	NH	5.10 xxx
	35	Ben Hazell	Brunel University AC	NH	3.80 xxx

Senior Men Long Jump (a)

CBP D.Thompson Belgrave Harriers 7.84 2001

Qualifying Rounds

Posn	Num	Name	Club	Perf	Details
1	52	Greg Rutherford	Marshall Milton Keynes AC	7.74	Pool 1 (7.74/+1.7; -; -)
2	271	Richard Danso	Belgrave Harriers	7.31	Pool 2 (7.12; 7.31; -)
3	58	Nick Thomas	Woodford Green w Essex L	7.12	Pool 2 (6.98; 7.12; 6.88)
4	284	Jonathan Ramos	Enfield & Haringey AC	7.02	Pool 2 (6.93; nj; 7.02)
5	276	James Heptonstall	Kingston AC & Poly Harriers	6.93	Pool 2 (6.36; 6.45; 6.93)
6	283	Adrian Phillips	Belgrave Harriers	6.91	Pool 1 (6.91/+2.0; 6.45/+0.8; -)
7	10	Neil Barton	Reading AC	6.85	Pool 2 (6.60; 6.71; 6.85)
8	71	Mark Holloway	Windsor S E & Hounslow	6.81	Pool 1 (6.56/+0.5; 6.81/+0.5; nj)
9	269	Olu Baptist	Shaftesbury Barnet Harriers	6.72	Pool 1 (nj; 6.72/+1.6; 4.20/-0.9)
10	274	Ezekiel Ewulo	Herne Hill Harriers	6.57	Pool 2 (nj, 6.57; 6.40)
11	278	Tomide Isinkaye	Enfield & Haringey AC	6.52	Pool 1 (nj, nj, 6.52/+0.5)
12	277	Matthew Hulyer	Thames Valley Harriers	6.43	Pool 2 (6.43; nj; nj)
	273	Levi Edwards	Newham & Essex Beagles AC	6.39	Pool 1 (6.39/+1.3; 6.23/+0.6; -)
	288	David Wellstead	Belgrave Harriers	6.34	Pool 1 (nj, 6.34/+1.6, 6.33/+0.4)
	285	Iggy Singh	Crawley AC	6.23	Pool 2 6.23; nj; 6.13)
	35	Ben Hazell	Brunel University AC	6.21	Pool 1 (6.08/-0.1; 6.21/+0.4; nj)
	81	Sean Gourlay	Oxford University AC	6.13	Pool 2 (-, -, 6.13)
	282	Samuel Nash	Thames Valley Harriers	6.11	Pool 2 (4.74; 6.07; 6.11)
	44	Chris Morgan	Crawley AC	6.10	Pool 2 (3.31; 5.16; 6.10)

280	Steve Lake	Medway & Maidstone AC	6.03	Pool 2 (6.03; 5.87; 2.24)
270	Philip Browne	University of Bath AC	5.91	Pool 1 (nj, 5.91/+0.9; 5.62/+0.7)
281	Alexander Lee	Dartford Harriers AC	5.89	Pool 1 (5.88/+1.1; 5.89/+0.3; 5.81/-0.2)

Final

Posn	Num	Name	Club	Perf	Details
1	52	Greg Rutherford	Marshall Milton Keynes AC	8.09 CBP	(nj, 2.87/+0.5; 7.62/-0.4; nj; 7.82/+1.3; 8.09/+0.9)
2	271	Richard Danso	Belgrave Harriers	7.12	(nj; nj; 7.12/+2.0; 2.54/+1.8; nj; nj)
3	284	Jonathan Ramos	Enfield & Haringey AC	7.10	(6.80/+0.3; nj; 6.99/+1.3; 6.97/+0.6; 7.10/+1.0; nj)
4	58	Nick Thomas	Woodford Green w Essex L	7.06	(6.71/+0.4; nj, 7.00/-0.1; 7.06/+1.5; nj; nj)
5	283	Adrian Phillips	Belgrave Harriers	7.05	(6.89/+0.3; 7.04/+1.6; 7.05/+0.3; nj; 6.96/-0.8; 6.68/+0.3)
6	10	Neil Barton	Reading AC	7.03	(nj; 6.63/-0.5; 6.87/+1.1; 6.92/+0.5; 7.03/+1.7; 6.47/+0.6)
7	276	James Heptonstall	Kingston AC & Poly Harriers	6.89	(6.70/+0.7; 6.78/+0.6; 6.75/+1.4; 6.78/+1.2; 6.89/+0.5; nj)
8	71	Mark Holloway	Windsor S E & Hounslow	6.79	(nj, 6.79/+0.3; nj, 5.53/+1.7; nj, nj)
9	269	Olu Baptist	Shaftesbury Barnet Harriers	6.53	(nj; nj; 6.53/+1.6)
10	274	Ezekiel Ewulo	Herne Hill Harriers	6.47	(nj; 6.47/-1.0; nj)
11	278	Tomide Isinkaye	Enfield & Haringey AC	6.25	(nj, 6.25/+0.5, 6.14/+2.4)
-	277	Matthew Hulyer	Thames Valley Harriers	Nj	(nj; nj; nj)

Senior Men Triple Jump (b)

CBP *J.Golley* *Thames Valley Harriers* 16.81 1993

Posn	Num	Name	Club	Perf	Details
1	290	Julian Golley	Windsor S E & Hounslow	15.98w	15.77/+2.1; 15.98/+2.6; 15.64/+0.7; NJ; 15/84/+0.8; 15.52/+2.2
2	295	Sayo Ojo	Woodford Green w Essex L	15.24w	14.63/+1.4; 15.24/+2.9; NJ; NJ; 13.55/+1.1 NJ
3	297	Alex Stewart	Shaftesbury Barnet Harriers	15.00	NJ; NJ; 14.99/+1.1; NJ; 14.16/+0.4; 15.00/+1.5
4	289	Samuel Bobb	Blackheath & Bromley Harriers	14.87	14.61/+1.8; 14.85/+1.4; NJ; 14.25/+0.6; 14.59/+0.2; 14.87/+1.8
5	292	Curtis May	Herne Hill Harriers	14.78	14.72/+1.4; 14.73/+1.7; 14.62/+0.4; 14.32/+0.6; 14.78/+1.2; 14.75/+3.2
6	288	David Wellstead	Belgrave Harriers	14.39	NJ; NJ; 14.01/+2.7; 14.22/+2.3; NJ; 14.39/+1.2
7	293	Matt Morsia	Ashford AC	13.85	13.45/+1.7; NJ; NJ; 13.65/+0.9; 13.74/+2.3; 13.85/+1.3
NJ	291	Seni Majekodunmi	Belgrave Harriers		NJ; retired injured

Senior Men Shot (a)

CBP *G.Capes* *Enfield Harriers* 21.36 1976

Posn	Num	Name	Club	Perf	Details
1	303	Emeka Udechuku	Woodford Green w Essex L	18.64	(np; 18.64; 18.57; 18.55; 18.29; 18.43)
2	300	Chris Gearing	Belgrave Harriers	16.92	(15.79; 16.92; 16.72; 16.48; 16.70; 16.54)
3	299	Bill Fuller	Epsom & Ewell Harriers	15.67	(np, 14.56; 15.67; np; np; np)
4	301	Scott Litton-Hayes	Newham & Essex Beagles AC	14.04	(np; 14.04; np; np; np; ret)
5	298	Kenny Baker	Nene Valley Harriers	12.75	(12.56; np; np; 12.75; np; 12.33)
6	302	Rene Rogers	Havant AC	11.25	(10.11; 10.77; 11.25; 10.95; 10.95; 11.20)

Senior Men Discus (a)

CBP *W.Tancred* *Birchfield Harriers* 61.98 1974

Posn	Num	Name	Club	Perf	Details
1	303	Emeka Udechuku	Woodford Green w Essex L	57.16	(56.29; 56.44; 56.96; 56.87; nt; 57.16)
2	17	Abdul Buhari	Newham & Essex Beagles AC	55.60	(53.93; nt; 53.17; 54.07; 55.60; nt)
3	309	Perriss Wilkins	Banbury Harriers	50.60	(48.49; 48.24; nt; 49.62; 50.60; 49.52)
4	307	Leith Marar	Redhill & Surrey Beagles	50.17	(49.10; 48.90; 50.06; nt; 50.17; 48.93)
5	304	Simon Cooke	Chichester Runners & AC	49.91	(nt; 41.85; 49.76; 49.91; nt; 46.60)

6	308	Thomas Norman	Windsor S E & Hounslow	46.52	(42.95; 46.00; nt; 46.52; 43.45; nt)
7	301	Scott Litton-Hayes	Newham & Essex Beagles AC	45.50	(45.50; 43.05; 45.24; 43.26; 45.48; nt)
8	305	Ben Kelsey	Oxford City AC	44.07	(36.45; 41.35; 42.45; 43.17; 44.07; nt)
9	306	Andrew Kruszewski	Cambridge Harriers	41.65	(41.31; 40.40; 41.65)
10	302	Rene Rogers	Havant AC	36.64	(35.38; 36.64; 35.98)

Senior Men Hammer (b)

CBP *P.Head* *Newham & Essex Beagles AC* 71.38 1992

Posn	Num	Name	Club	Perf	Details
1	310	Simon Bown	Newham & Essex Beagles AC	67.45	66.07; 66.89; 67.35; 67.45; 66.10;66.34
2	314	Glen Kerr	Bedford & County AC	62.33	61.29; NT; 61.84; 61.29; 62.33; 61.96
3	311	Rob Earle	Colchester Harriers	57.26	55.42; 57.26; NT; 55.89; 54.66; 55.58
4	316	Stuart Thurgood	Watford Harriers	54.83	52.36; 54.83; NT; 53.40; NT; 54.54
5	312	Matthew Frampton	Bournemouth AC	54.30	52.95; 53.06; 54.30; 53.33; 50.85;53.34
6	230	Micki Finn	Windsor S E & Hounslow	50.29	41.41; 45.76; NT; 45.97; 50.29; NT
7	313	Daniel Gamester	Havering Mayesbrook AC	42.05	NT; 41.64; 42.05; 41.62; NT; 41.76

Senior Men Javelin (b)

CBP *M.Roberson* *Newham & Essex Beagles AC* 73.22 1997

Posn	Num	Name	Club	Perf	Details
1	324	Neil McLellan	Stevenage & North Herts AC	71.84	69.05; 71.84; 68.43; 71.39; 68.74; NT
2	321	Mervyn Lockwell	Marshall Milton Keynes AC	70.25	66.49; 70.25; 63.63; NT; retired
3	320	Felix Hatton	Kingston AC & Poly Harriers	62.93	60.60; NT; NT; 60.11; NT; 62.93
4	325	Dave Sketchley	Harrow AC	62.07	57.59; 62.07; 61.92; 60.11; NT; 59.47
5	326	Alex Van Der Merwe	University Al Paso Texas	62.06	56.47; 60.96; 59.24; NT; 62.06; 59.82
6	322	Jon Lundman	Newham & Essex Beagles AC	61.38	61.38; 58.01; 60.06; 59.79; 58.85;60.67
7	318	James Everard	Belgrave Harriers	60.47	NT; 58.21; 56.58; 54.20; 60.47; 59.72
8	323	Duncan MacDonald	Thames Valley Harriers	57.97	52.41; NT; 57.97; NT; 55.94; NT
9	327	Eric Workman	Aldershot Farnham & DAC	56.35	52.89; 53.31; 56.35
10	319	Samuel Harrison	Havering Mayesbrook AC	53.58	51.97; 52.81; 53.58

SEAA Sen/U20 Championships - Crystal Palace

17(a)/18(b) June 2006

Senior Men 100 Metres (a)

CBP *J.Livingstone* *Shaftesbury Barnet Harriers* 10.09 1992

Posn	Num	Name	Club	Heat 1 ws -1.1	Perf
1	49	Craig Pickering	Marshall Milton Keynes AC	Q	10.77
2	56	Aidan Syers	Newham & Essex Beagles AC	Q	10.84
3	53	Leroy Slue Jnr	Harrow AC	Q	10.90
4	9	Jonathan Barbour	Blackheath & Bromley Harriers	q	10.92
5	39	Keith Marle	Enfield & Haringey AC		11.06
6	63	Joshua Wood	Harrow AC		11.08
7	17	Abdul Buhari	Newham & Essex Beagles AC		11.26
8	60	Dwaine Williams	Enfield & Haringey AC		11.99

Posn	Num	Name	Club	Heat 2 -1.2	Perf
1	38	Jeffrey Lawal-Balogun	Kent AC	Q	10.74
2	33	Mark Hanson	Enfield & Haringey AC	Q	10.83
3	12	Duayne Bovell	Blackheath & Bromley Harriers	Q	10.88
4	8	Tunde Balogun	Victoria Park H & Tower H AC	q	10.91
5	51	Daniel Plummer	Newham & Essex Beagles AC	q	10.92
6	11	Jeff Bond	Windsor S E & Hounslow		11.40
7	35	Ben Hazell	Brunel University AC		11.49

8 37 Calvin Isaac Windsor S E & Hounslow 11.83

Posn	Num	Name	Club	Heat 3 +1.3	Perf
1	24	Gavin Eastman	Enfield & Haringey AC	Q	10.79
2	42	Lawrence Mensah	Herne Hill Harriers	Q	10.88
3	1	Isaiah Adekanmbi	Enfield & Haringey AC	Q	10.90
4	22	Jason Comissiong	Thames Valley Harriers	q	10.92
5	61	Colin Wilson	Woodford Green w Essex L		11.06
6	7	Kwabla Amedjou	Herne Hill Harriers		11.13
7	34	Robert Harle	Chelmsford AC		11.21
8	54	Adrian Stamp	Woodford Green w Essex L		11.38

Posn	Num	Name	Club	Heat 4 +0.1	Perf
1	26	James Ellington	Belgrave Harriers	Q	10.59
2	40	Othroy Marsh	Harrow AC	Q	10.78
3	19	Darren Chin	Belgrave Harriers	Q	10.83
4	28	Kevin Ellis	Nene Valley Harriers	Q	10.95
5	55	Joshua Swaray	Hillingdon AC		11.13
6	13	Phillip Brickley	Reading AC		11.20
7	29	Toleme Ezekiel	Oxford University AC		11.30
8	44	Chris Morgan	Crawley AC		11.41

Posn	Num	Name	Club	Heat 5 -0.9	Perf
1	57	Matthew Thomas	Newham & Essex Beagles AC	Q	10.96
2	58	Nick Thomas	Woodford Green w Essex L	Q	11.00
3	6	Rafael Alleyne	City of Sheffield AC	Q	11.08
4	36	Jason Hussain	Belgrave Harriers		11.21
5	20	Mark Collins	Luton AC		11.36
6	25	Paul Egboh	Kent AC		11.39
7	43	Kieran Millar	Cambridge University AC		11.41
DNS	10	Neil Barton	Reading AC		

Posn	Num	Name	Club	Heat 6 +1.3	Perf
1	18	Gary Carr	Ashford AC	Q	10.72
2	45	Ryan Moseley	Shaftesbury Barnet Harriers	Q	10.77
3	59	Matthew Walker	Enfield & Haringey AC	Q	10.89
4	47	Idris Ojuriye	Herne Hill Harriers	q	10.94
5	32	Jason Greenidge	Woodford Green w Essex L		11.00
6	15	Jonathan Browne	Kent AC		11.09
7	2	Yomi Adeyemi	Herne Hill Harriers		11.30
8	16	Sean Buckeridge	Ealing Southall & Middlesex AC		11.38

Senior Men 100 Metres SEMI-FINALS (a)

CBP *J.Livingstone* *Shaftesbury Barnet Harriers* 10.09 1992

Posn	Num	Name	Club	SF 1 -0.5	Perf
1	26	James Ellington	Belgrave Harriers	Q	10.50
2	19	Darren Chin	Belgrave Harriers	Q	10.51
3	45	Ryan Moseley	Shaftesbury Barnet Harriers	q	10.63
4	6	Rafael Alleyne	City of Sheffield AC		10.91
5	58	Nick Thomas	Woodford Green w Essex L		10.93
6	57	Matthew Thomas	Newham & Essex Beagles AC		10.98
7	8	Tunde Balogun	Victoria Park H & Tower H AC		11.01
DNS	51	Daniel Plummer	Newham & Essex Beagles AC		

Posn	Num	Name	Club	SF 2	Perf
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-1.1

1	24	Gavin Eastman	Enfield & Haringey AC	Q	10.68
2	40	Othroy Marsh	Harrow AC	Q	10.72
3	9	Jonathan Barbour	Blackheath & Bromley Harriers	q	10.75
4	18	Gary Carr	Ashford AC		10.75
5	53	Leroy Slue Jnr	Harrow AC		10.85
6	12	Duayne Bovell	Blackheath & Bromley Harriers		10.88
7	42	Lawrence Mensah	Herne Hill Harriers		11.05
8	22	Jason Comissiong	Thames Valley Harriers		11.48

Posn	Num	Name	Club	SF 3	Perf
				-1.0	
1	38	Jeffrey Lawal-Balogun	Kent AC	Q	10.72
2	49	Craig Pickering	Marshall Milton Keynes AC	Q	10.80
3	33	Mark Hanson	Enfield & Haringey AC		10.84
4	59	Matthew Walker	Enfield & Haringey AC		10.98
5	28	Kevin Ellis	Nene Valley Harriers		11.10
6	1	Isaiah Adekanmbi	Enfield & Haringey AC		11.13
7	47	Idris Ojuriye	Herne Hill Harriers		11.17
DNS	56	Aidan Syers	Newham & Essex Beagles AC		

Senior Men 100 Metres FINALS (a)

CBP *J.Livingstone* *Shaftesbury Barnet Harriers* *10.09* *1992*

Posn	Num	Name	Club	FINAL	Perf
				-0.6	
1	26	James Ellington	Belgrave Harriers		10:45
2	45	Ryan Moseley	Shaftesbury Barnet Harriers		10:45
3	49	Craig Pickering	Marshall Milton Keynes AC		10.54
4	19	Darren Chin	Belgrave Harriers		10.60
5	9	Jonathan Barbour	Blackheath & Bromley Harriers		10.68
6	24	Gavin Eastman	Enfield & Haringey AC		10.71
7	38	Jeffrey Lawal-Balogun	Kent AC		10.74
8	40	Othroy Marsh	Harrow AC		10.84

Senior Men 200 Metres (b)

CBP *L.Christie* *Thames Valley Harriers* *20.71* *1992*

Posn	Num	Name	Club	Heat 1	Perf
				-0.1	
1	68	Dwayne Grant	Blackheath & Bromley Harriers	Q	21.31
2	71	Mark Holloway	Windsor S E & Hounslow	Q	22.13
3	12	Duayne Bovell	Blackheath & Bromley Harriers	Q	22.20
4	15	Jonathan Browne	Kent AC	q	22.32
5	73	Chris Minn	Belgrave Harriers		23.22
DNF	34	Robert Harle	Chelmsford AC		
DNS	63	Joshua Wood	Harrow AC		

Posn	Num	Name	Club	Heat 2	Perf
				-2.6	
1	67	Marlon Devonish	Coventry Godiva Harriers AC	Q	20.91
2	39	Keith Marle	Enfield & Haringey AC	Q	22.10
3	74	Victor Nwagbara	Kingston AC & Poly Harriers	Q	22.38
4	70	Leighton Green	Thames Valley Harriers		22.58
5	47	Idris Ojuriye	Herne Hill Harriers		22.77
6	13	Phillip Brickley	Reading AC		22.80
7	77	Richard Twine	University of Bath AC		24.22

Posn	Num	Name	Club	Heat 3	Perf
				+0.0	

1	50	Rion Pierre	Windsor S E & Hounslow	Q	22.03
2	40	Othroy Marsh	Harrow AC	Q	22.32
3	42	Lawrence Mensah	Herne Hill Harriers	Q	22.36
4	53	Leroy Slue Jnr	Harrow AC	q	22.37
5	1	Isaiah Adekanmbi	Enfield & Haringey AC		22.96
6	66	Solomon Daniels	Newham & Essex Beagles AC		23.65
7	37	Calvin Isaac	Windsor S E & Hounslow		24.29

Posn	Num	Name	Club	Heat 4	Perf
				-0.7	
1	38	Jeffrey Lawal-Balogun	Kent AC	Q	21.77
2	36	Jason Hussain	Belgrave Harriers	Q	21.82
3	49	Craig Pickering	Marshall Milton Keynes AC	Q	21.91
4	65	Darryn Campbell	Team Southampton	q	22.56
5	33	Mark Hanson	Enfield & Haringey AC	q	22.57
6	11	Jeff Bond	Windsor S E & Hounslow		22.89
7	29	Toleme Ezekiel	Oxford University AC		22.93

Posn	Num	Name	Club	Semi 1	Perf
				-1.1	
1	67	Marlon Devonish	Coventry Godiva Harriers AC	Q	21.11
2	50	Rion Pierre	Windsor S E & Hounslow	Q	21.72
3	36	Jason Hussain	Belgrave Harriers	Q	21.84
4	40	Othroy Marsh	Harrow AC	Q	22.42
5	15	Jonathan Browne	Kent AC		22.55
6	33	Mark Hanson	Enfield & Haringey AC		22.73
7	74	Victor Nwagbara	Kingston AC & Poly Harriers		62.9
DNS	49	Craig Pickering	Marshall Milton Keynes AC		

Posn	Num	Name	Club	Semi 2	Perf
				-0.7	
1	68	Dwayne Grant	Blackheath & Bromley Harriers	Q	21.51
2	38	Jeffrey Lawal-Balogun	Kent AC	Q	21.79
3	53	Leroy Slue Jnr	Harrow AC	Q	22.06
4	42	Lawrence Mensah	Herne Hill Harriers	Q	22.12
5	39	Keith Marle	Enfield & Haringey AC		22.26
6	12	Duayne Bovell	Blackheath & Bromley Harriers		22.49
7	65	Darryn Campbell	Team Southampton		22.86
DNS	71	Mark Holloway	Windsor S E & Hounslow		

Senior Men 200 Metres Final (b)

CBP *L.Christie* *Thames Valley Harriers* 20.71 1992

Posn	Num	Name	Club	Final	Perf
				-1.6	
1	50	Rion Pierre	Windsor S E & Hounslow		21.36
2	68	Dwayne Grant	Blackheath & Bromley Harriers		21.43
3	38	Jeffrey Lawal-Balogun	Kent AC		21.55
4	36	Jason Hussain	Belgrave Harriers		21.64
5	53	Leroy Slue Jnr	Harrow AC		22.03
6	42	Lawrence Mensah	Herne Hill Harriers		22.16
DNS	40	Othroy Marsh	Harrow AC		
DNS	67	Marlon Devonish	Coventry Godiva Harriers AC		

Senior Men 400 Metres (a)

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

Posn	Num	Name	Club	Heat 1	Perf
1	113	Adam Charlton	Shaftesbury Barnet Harriers	Q	48.70

2	111	Andy Blow	Basingstoke & Mid Hants AC	Q	48.84
3	134	Neil Simpson	Blackheath & Bromley Harriers	Q	49.41
4	127	Mark Linskill	North Devon AC	q	49.53
5	120	Phil Duggleby	Oxford University AC	q	49.76
6	114	Craig Cox	Crawley AC		50.89
7	125	Jonathan Hiorns	Basingstoke & Mid Hants AC		51.54

Posn	Num	Name	Club	Heat 2	Perf
1	137	Robert Smith	Thames Valley Harriers	Q	49.07
2	121	Jonathan Elderfield	Basingstoke & Mid Hants AC	Q	49.25
3	105	Ian Allerton	Blackheath & Bromley Harriers	Q	49.56
4	126	Kusi-Appiah Kofi	Enfield & Haringey AC	Q	49.87
5	136	Greg Smith	Highgate Harriers		50.49
6	16	Sean Buckeridge	Ealing Southall & Middlesex AC		51.14
7	108	Samuel Baptiste	Newham & Essex Beagles AC		51.17
8	133	Daniel Scurrall	Ipswich Harriers		52.10

Posn	Num	Name	Club	Heat 3	Perf
1	110	Mark Berridge	Basingstoke & Mid Hants AC	Q	48.72
2	128	Hamim Lubega	Victoria Park H & Tower H AC	Q	49.91
3	112	Maurice Campbell	Kent AC	Q	50.90
4	117	Gareth Dodd	Herts Phoenix AC		51.20
5	129	Paul May	Basingstoke & Mid Hants AC		51.33
6	135	Matthew Sinclair	Crawley AC		51.49
7	123	Kurtis Greenway	Enfield & Haringey AC		52.35
	131	Philip Octave	Shaftesbury Barnet Harriers		

Posn	Num	Name	Club	Heat 4	Perf
1	130	Ritchie Morgan	Windsor S E & Hounslow	Q	49.78
2	122	Leon Grant	Woodford Green w Essex L	Q	50.07
3	138	Andrew Watson	Woking AC	Q	50.14
4	118	Tom Druce	Channel Islands AC	q	50.27
5	119	Nick Duggan	Crawley AC		51.65
6	77	Richard Twine	University of Bath AC		52.06
7	106	David Awde	Andover AC		52.18
DNS	72	Nick Leavey	Thames Valley Harriers		

Senior Men 400 Metres SEMI-FINAL (a)

CBP A.Mafe London Irish AC 45.81 1992

Posn	Num	Name	Club	SF 1	Perf
1	113	Adam Charlton	Shaftesbury Barnet Harriers	Q	47.17
2	130	Ritchie Morgan	Windsor S E & Hounslow	Q	47.89
3	111	Andy Blow	Basingstoke & Mid Hants AC	Q	48.14
4	134	Neil Simpson	Blackheath & Bromley Harriers	Q	48.55
5	122	Leon Grant	Woodford Green w Essex L		48.85
6	127	Mark Linskill	North Devon AC		49.97
7	118	Tom Druce	Channel Islands AC		50.46
8	112	Maurice Campbell	Kent AC		50.85

Posn	Num	Name	Club	SF 2	Perf
1	110	Mark Berridge	Basingstoke & Mid Hants AC	Q	48.38
2	137	Robert Smith	Thames Valley Harriers	Q	48.91
3	128	Hamim Lubega	Victoria Park H & Tower H AC	Q	49.44
4	105	Ian Allerton	Blackheath & Bromley Harriers	Q	49.71
5	138	Andrew Watson	Woking AC		49.96
6	120	Phil Duggleby	Oxford University AC		50.09
7	126	Kusi-Appiah Kofi	Enfield & Haringey AC		50.16
8	121	Jonathan Elderfield	Basingstoke & Mid Hants AC		50.39

Senior Men 400 Metres FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
1	110	Mark Berridge	Basingstoke & Mid Hants AC		47.90
2	130	Ritchie Morgan	Windsor S E & Hounslow		48.08
3	128	Hamim Lubega	Victoria Park H & Tower H AC		48.75
4	111	Andy Blow	Basingstoke & Mid Hants AC		48.78
5	134	Neil Simpson	Blackheath & Bromley Harriers		49.38
6	137	Robert Smith	Thames Valley Harriers		49.39
7	105	Ian Allerton	Blackheath & Bromley Harriers		50.33
DNS	113	Adam Charlton	Shaftesbury Barnet Harriers		

Senior Men 800 Metres (a)

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

Posn	Num	Name	Club	Heat 1	Perf
1	173	Benjamin Tickner	Thames Valley Harriers	Q	1:53.18
2	142	Richard Ashe	Harrow AC	Q	1:53.51
3	147	Richard Clayton	Crawley AC	q	1:55.63
4	141	Martin Airey	Blackheath & Bromley Harriers		1:56.60
5	165	Simon Rusbridge	Exeter Harriers		1:57.42
6	172	Steven Tester	Tonbridge AC		1:58.65

Posn	Num	Name	Club	Heat 2	Perf
1	167	Chris Saville	Herts Phoenix AC	Q	1:55.32
2	170	Scott Sterling	Newham & Essex Beagles AC	Q	1:55.56
3	175	Edward Williams	Thames Valley Harriers		1:56.25
4	154	Michael Fuller	Ipswich Harriers		1:56.72
5	159	Ian Hough	City of Sheffield AC		1:57.89
6	146	David Boyce	Brighton & Hove City AC		1:59.78

Posn	Num	Name	Club	Heat 3	Perf
1	150	Patrick Davis	Highgate Harriers	Q	1:55.30
2	158	Ben Harding	City of Portsmouth AC	Q	1:55.64
3	157	Dominic Hall	Highgate Harriers	q	1:56.05
4	164	Jon Long	Woodford Green w Essex L		1:56.67
5	161	Andy Knight	Cambridge Harriers		1:56.72
6	152	Fabian Downs	Chiltern Harriers AC		1:58.81

Senior Men 800 Metres FINAL (a)

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

Posn	Num	Name	Club	Final	Perf
1	150	Patrick Davis	Highgate Harriers		1:54.19
2	167	Chris Saville	Herts Phoenix AC		1:54.39
3	158	Ben Harding	City of Portsmouth AC		1:55.40
4	170	Scott Sterling	Newham & Essex Beagles AC		1:55.99
5	173	Benjamin Tickner	Thames Valley Harriers		1:57.61
6	157	Dominic Hall	Highgate Harriers		2:00.66
DNS	142	Richard Ashe	Harrow AC		
DNS	147	Richard Clayton	Crawley AC		

Senior Men 1500 Metres (a)

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

Posn	Num	Name	Club	Heat 1	Perf
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1	198	Phillip Tulba	Basingstoke & Mid Hants AC	Q	4:00.94
2	176	Mathew Ashton	Aldershot Farnham & DAC	Q	4:01.30
3	143	Jamie Atkinson	Blackheath & Bromley Harriers	Q	4:01.40
4	200	Philip Wicks	Belgrave Harriers	Q	4:01.56
5	199	Andy Whetstone	Marshall Milton Keynes AC	Q	4:02.10
6	185	Tom Jenkins	South London Harriers	q	4:03.60
7	195	Lee Reynolds	Herts Phoenix AC	q	4:09.29
8	181	Matthew Dumigan	Worthing & District Harriers		4:17.94
DNS	179	Bryan Brett	Brighton & Hove City AC		

Posn	Num	Name	Club	Heat 2	Perf
1	196	Andrew Robinson	Newham & Essex Beagles AC	Q	3:58.27
2	182	Andrew Dunwoody	Kent AC	Q	3:59.57
3	190	Dave Mitchinson	Newham & Essex Beagles AC	Q	3:59.61
4	194	Gareth Price	Shaftesbury Barnet Harriers	Q	4:00.23
5	197	Brian Stopher	Aldershot Farnham & DAC	Q	4:00.36
6	192	Russell Osborn	Team Southampton	q	4:00.82
7	153	Terry Feasey	Basingstoke & Mid Hants AC	q	4:02.48
8	184	Mark Humphrey	Belgrave Harriers		4:23.18
9	178	Craig Berryman	Havant AC		4:24.13

Senior Men 1500 Metres FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
1	143	Jamie Atkinson	Blackheath & Bromley Harriers		3.47.49
2	194	Gareth Price	Shaftesbury Barnet Harriers		3.48.14
3	200	Philip Wicks	Belgrave Harriers		3.48.52
4	199	Andy Whetstone	Marshall Milton Keynes AC		3.49.03
5	176	Mathew Ashton	Aldershot Farnham & DAC		3.52.73
6	196	Andrew Robinson	Newham & Essex Beagles AC		3.53.99
7	197	Brian Stopher	Aldershot Farnham & DAC		3.54.79
8	190	Dave Mitchinson	Newham & Essex Beagles AC		3.55.49
9	198	Phillip Tulba	Basingstoke & Mid Hants AC		3.55.86
10	192	Russell Osborn	Team Southampton		3.58.86
11	185	Tom Jenkins	South London Harriers		4.01.50
12	153	Terry Feasey	Basingstoke & Mid Hants AC		4.06.06
13	195	Lee Reynolds	Herts Phoenix AC		4.16.85
DNS	182	Andrew Dunwoody	Kent AC		

Senior Men 5000 Metres (b)

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

Posn	Num	Name	Club	Final	Perf
1	229	Daniel Watts	Peterborough AC		14:47.76
2	214	Kojo Kyereme	Shaftesbury Barnet Harriers		14:49.05
3	228	Ben Warren	Hailsham Harriers		14:58.85
4	224	Kevin Skinner	Newham & Essex Beagles AC		15:01.81
5	205	David Branfoot	Harrow AC		15:02.03
6	213	John Hutchins	Basingstoke & Mid Hants AC		15:05.54
7	220	Gareth Riddell	Basildon AC		15:18.16
8	215	Dean Lacy	Cambridge Harriers		15:23.30
9	191	James Nunn	Billericay Striders		15:24.37
10	203	Crispian Bloomfield	Billericay Striders		15:26.34
11	227	Peter Tucker	Blackheath & Bromley Harriers		15:29.44
12	225	Gareth Suffling	Luton AC		15:31.97
13	221	John Robertson	Ealing Southall & Middlesex AC		15:32.50
14	207	Steve Dawes	Guernsey Island AAC		15:36.57
15	217	Andrew Pickett	Dartford Harriers AC		15:50.56

16	209	Timothy Elsey	Dorking & Mole Valley AC	15:56.71
17	216	Ed O'Brien	Worthing Striders	16:04.71
18	183	Josh Guilmant	Phoenix AC	16:10.58
19	201	Urban Bettag	London Heathside Runners AC	16:41.19
20	204	Tom Bolton	Basingstoke & Mid Hants AC	17:01.49
21	210	Deron Fagan	Herne Hill Harriers	17:17.25
22	230	Steven Whittaker	Southend on Sea AC	17:54.66
DNF	193	Ben Paviour	Herne Hill Harriers	

Senior Men 110 Metres Hurdles FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
				-0.9	
1	82	Duncan Malins	Newham & Essex Beagles AC		14.31
2	80	Tom Carey	Shaftesbury Barnet Harriers		15.06
3	81	Sean Gourley	Oxford University AC		15.14
4	35	Ben Hazell	Brunel University AC		15.52
5	84	Simon Wombwell	Herts Phoenix AC		15.75

Senior Men 400 Metres Hurdles (a)

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

Posn	Num	Name	Club	Heat 1	Perf
1	91	Ryan Dinham	Belgrave Harriers	Q	53.33
2	101	Sean Reidy	Nene Valley Harriers	Q	53.83
3	89	Andy Clements	Windsor S E & Hounslow	Q	53.85
4	102	Jean-Charles Roghi	Shaftesbury Barnet Harriers	q	53.97
5	92	Christopher Duck	Marshall Milton Keynes AC	q	54.52
6	73	Chris Minn	Belgrave Harriers		56.36
7	90	Michael Coker	Team Southampton		62.10
DNF	86	Andrew Bennett	Belgrave Harriers		

Posn	Num	Name	Club	Heat 2	Perf
1	97	Robert Lewis	Bedford & County AC	Q	53.36
2	80	Tom Carey	Shaftesbury Barnet Harriers	Q	53.98
3	94	Edward Harrison	Blackheath & Bromley Harriers	Q	54.40
4	99	Shaun Mulligan	Kent AC		55.09
5	95	Joel Hopkins	Enfield & Haringey AC		55.53
6	88	Simon Child	Highgate Harriers		56.28
7	104	Paul Sutherland	Blackheath & Bromley Harriers		58.00
8	85	Paul Beaumont	Belgrave Harriers		60.73

Senior Men 400 Metres Hurdles FINAL(b)

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

Posn	Num	Name	Club	Final	Perf
1	91	Ryan Dinham	Belgrave Harriers		51.04
2	80	Tom Carey	Shaftesbury Barnet Harriers		53.05
3	89	Andy Clements	Windsor S E & Hounslow		53.29
4	94	Edward Harrison	Blackheath & Bromley Harriers		53.60
5	101	Sean Reidy	Nene Valley Harriers		54.06
6	102	Jean-Charles Roghi	Shaftesbury Barnet Harriers		55.07
7	92	Christopher Duck	Marshall Milton Keynes AC		56.30
DQ	97	Robert Lewis	Bedford & County AC		

Senior Men 3000 Metres Steeplechase FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
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1	235	Samater Farah	Newham & Essex Beagles AC	9:21.86
2	241	Simon Wurr	Herne Hill Harriers	9:23.32
3	231	Sam Aldridge	Reading AC	9:26.69
4	238	Glen Watts	Peterborough AC	9:31.44
5	212	Lee Garland	Channel Islands AC	9:36.20
6	237	Paul Martin	Tonbridge AC	9:46.56
7	233	Daniel Chappell	Herne Hill Harriers	9:54.89
8	239	Gavin Wilcox	Marshall Milton Keynes AC	10:00.35
9	232	James Baker	Chichester Runners & AC	10:24.79
DNS	240	Alan Wray	Harrow AC	

SEAA Sen/U20 Championships - Crystal Palace

17(a)/18(b) June 2006

Senior Women High Jump (a)

CBP *D.Marti* *Bromley Ladies AC* 1.91 1993

Posn	Num	Name	Club	Perf	Details
1	119	Julia Bennett	Epsom & Ewell Harriers	1.80	(1.70o; 1.75o; 1.80xo; 1.83xxx)
2	121	Catriona Forrest	Guildford & Godalming AC	1.65	(1.60o; 1.65o; 1.70xxx)
3	118	Ayamba Akim	Herne Hill Harriers	1.60	(1.50xo; 1.55xo; 1.60o; 1.65xxx)
4eq	123	Sharon Woolrich	City of Portsmouth AC	1.60	(1.50o; 1.55o; 1.60xo; 1.65xxx)
4eq	43	Helen Morton	Horsham Blue Star Harriers	1.60	(1.50o; 1.55o; 1.60xo; 1.65xxx)
6	122	Lucy Howes	Thurrock Harriers AC	1.55	(1.50o; 1.55o; 1.60xxx)

Senior Women Pole Vault (a)

CBP *T.Bloomfield* *Guildford & Godalming AC* 4.00 2002

CBP *L.Hughes* *Blackheath & Bromley Harriers* 4.00 2003

Posn	Num	Name	Club	Perf	Details
1	128	Catherine Macrae	Windsor S E & Hounslow	3.85	(3.50o; 3.70o; 3.85o; 3.90xxx)
2	129	Laura Patterson	Wycombe Phoenix Harriers & AC	3.40	(3.20xxo; 3.40o; 3.50xxx)
3	124	Gemma Dowsett	Medway & Maidstone AC	3.05	(2.90xo; 3.05xo; 3.20xxx)
4	127	Rachel Kelly	Victoria Park H & Tower H AC	2.50	(2.50o, 2.70xxx)
-	126	Liz Hughes	Blackheath & Bromley Harriers	nh	(3.40xxx)
-	130	Jenny Searle	Belgrave Harriers	nh	(2.50xx retd)

Senior Women Long Jump (b)

CBP *M.Berkeley* *Croydon Harriers* 6.63 1989

Posn	Num	Name	Club	Perf	Details
1	137	Sarah Wellstead	Sutton & District AC	6.11	5.66/+1.1; 5.98/+3.0; 5.87/+0.3; 5.95/+2.7; 6.11/+1.6; NJ
2	3	Katy Benneworth	Blackheath & Bromley Harriers	5.91	5.67/+2.7; 5.74/+0.4/NJ; 5.85/+2.2; 5.91/+1.9; NJ
3	39	Leanne Buxton	Bedford & County AC	5.65	5.60/+2.6; NJ; 5.37/+1.1; NJ; 5.65/+1.5; NJ
4	138	Helen Williams	Walton AC	5.62	5.43/+1.9; NJ; 5.62/+2.3; NJ; NJ; w 5.59/+1.6
5	131	Hayley-Jayne Cone	Thames Valley Harriers	5.58	NJ; NJ; 5.51/+1.2; 5.58/+2.3; NJ; w 5.44/+0.8
6	135	Kara Miller	South London Harriers	5.58	5.46/+0.8; NJ; 5.58/+0.9; NJ; -; -
7	133	Azaria Francis	Woodford Green w Essex L	5.55	5.55/+0.8; 5.31/+0.5; NJ; 4.39/+1.1; NJ; 5.40/+1.2
8	132	Katryna Euridge	Sutton & District AC	5.31	5.23/+1.5; 5.12/+1.4; 5.31/+1.5; 5.29/+0.7; 5.20/+2.7; 5.12/+2.3

Senior Women Triple Jump (a)

CBP *M.Griffith* *Windsor S E & Hounslow* 14.04 1996

Posn	Num	Name	Club	Perf	Details
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1	146	Nadia Williams	Shaftesbury Barnet Harriers	13.20	(13.03/+2.1; 12.95/+1.8; 12.99/-0.2; 13.20/-0.5; nj; 12.89/+0.9)
2	140	Stephanie Aneto	Woodford Green w Essex L	12.89	(12.49/-1.1; 12.69/+1.2; 12.71/-0.1; nj; 12.89/+0.6; 12.65/+0.3)
3	139	Sandra Alaneme	Blackheath & Bromley Harriers	12.37	(12.19/+1.4; 11.84/+1.1; 11.81/-0.4; 12.37/+1.6; 12.13/+0.6; nj)
4	145	Katherine Streatfield	Team Southampton	12.33	(12.10/-0.6; 12.26/+2.3; 12.06/+0.5; 12.33/+0.8; 12.19/+0.7; 12.17/+0.7)
5	147	Louise Wood	Chelmsford AC	12.31w	(12.09/+0.6; 12.25/+1.1; nj; 12.31/+2.5; nj; nj)
6	142	Sineade Gutzmore	Highgate Harriers	12.23	(11.88/-1.5; nj; nj; 12.23/+1.5; nj; nj)

Senior Women Shot (b)

CBP M.Augee Bromley Ladies AC 18.43 1990

Posn	Num	Name	Club	Perf	Details
1	149	Joanne Duncan	Woodford Green w Essex L	16.17	np; np; 14.45; 16.17; 15.90; np
2	150	Eleanor Gatrell	Woking AC	15.22	14.50; 14.99; 13.87; 14.97; 14.42; 15.22
3	148	Rachel Cork	University of Wales Institute	12.35	12.07; 12.18; 11.68; 12.13; 11.52; 12.35
4	152	Shelley McLellan	Stevenage & North Herts AC	12.34	12.30; 11.25; 11.68; 11.81; 11.78; 12.34
5	154	Somma Power	Basildon AC	11.86	11.60; 11.58; 11.86; 11.73; 11.32; 11.53
6	151	Melanie Harrison	Havering Mayesbrook AC	11.74	11.64; 11.74; 11.58; np; 10.94; np

Senior Women Discus (b)

CBP S.Newman Belgrave Harriers 60.46 2003

Posn	Num	Name	Club	Perf	Details
1	163	Claire Smithson	Brighton & Hove City AC	52.11	46.05; 50.48; 52.11; NT; 51.98; NT
2	158	Emma Carpenter	Exeter Harriers	51.83	NT; 48.85; NT; 48.26; NT; 51.83
3	155	Emma Beales	Marshall Milton Keynes AC	42.44	42.01; 40.05; 40.58; 42.44; NT; NT
4	164	Lauren Therin	Channel Islands AC	40.69	38.69; NT; 40.69; NT; NT; NT
5	151	Melanie Harrison	Havering Mayesbrook AC	37.59	37.59; NT; 37.08; NT; 35.58; 36.26
6	162	Hollie Redman	Braintree AC	37.19	34.77; 37.09; 37.01; 35.83; 37.19; 35.75
7	161	Angela Mitchell	Harrow AC	35.81	34.90; NT; 33.43; 35.22; NT; 35.81
8	160	Kasia Kublik	Redhill & Surrey Beagles	33.67	28.88; 28.85; 33.67; NT; 32.50; NT
9	157	Monique Buchanan	Woodford Green w Essex L	32.56	NT; 32.56; 30.41

Senior Women Hammer (a)

CBP L.Sprules Shaftesbury Barnet Harriers 62.99 2001

Posn	Num	Name	Club	Perf	Details
1	166	Elizabeth Carter	Woodford Green w Essex L	55.86	(nt; 53.91; 55.86; 53.72; 54.41; 53.71)
2	169	Joanne John	Windsor S E & Hounslow	54.12	(47.09; 53.06; nt; 51.87; nt; 54.12)
3	157	Monique Buchanan	Woodford Green w Essex L	52.87	(50.55; 52.87; nt; 46.02; nt; 50.09)
4	168	Joanne Davison	Worthing & District Harriers	49.97	(46.88; 45.57; 49.97; 47.20; 45.04; nt)
5	165	Rachel Basford	University of Wales Institute	47.15	(40.91; 43.00; 42.51; nt; 47.15; 42.95)
6	170	Kate Morris	Medway & Maidstone AC	39.47	(39.47; 37.81; 37.82; 38.82; nt; 37.62)

Senior Women Javelin (a)

CBP K.Morrison Shaftesbury Barnet Harriers 55.74 2002

Posn	Num	Name	Club	Perf	Details
1	178	Louise Watton	Shaftesbury Barnet Harriers	48.92	(45.64; 47.89; 48.92; nt; 47.04; 48.03)
2	164	Lauren Therin	Channel Islands AC	48.29	(47.21; 48.29; 47.02; nt; 46.24; nt)
3	177	Louise Mathews	Havering Mayesbrook AC	45.95	(45.15; 41.34; 39.73; 43.33; 45.95; 44.93)
4	176	Christine Lawrence	Blackheath & Bromley Harriers	44.62	(nt; 41.54; 41.40; 40.15; nt; 44.62)
5	173	Joanna Chapman	West Suffolk AC	42.06	(40.96; 42.06; nt; nt; 38.66; 41.10)
6	174	Sarah Ellis	Team Southampton	36.78	(35.04; 35.50; 36.35; 36.78; 36.68; nt)
7	153	Clare Palmer	Cambridge University AC	31.63	(31.63; 29.21; 30.31; 28.73; 28.42; 28.83)

SEAA Sen/U20 Championships - Crystal Palace

17(a)/18(b) June 2006

Senior Women 100 Metres (a)

CBP S.Thomas Borough of Hounslow 11.31 1983

Posn	Num	Name	Club	Heat 1	Perf
				-1.3	
1	13	Joice Maduaka	Woodford Green w Essex L	Q	11.44
2	3	Katy Benneworth	Blackheath & Bromley Harriers	Q	12.20
3	18	Julie Pratt	Woodford Green w Essex L	q	12.24
4	8	Vickie Cole	Blackheath & Bromley Harriers		12.44
5	28	Emily Young	Team Southampton		12.57
6	9	Tracy Cunningham	Dartford Harriers AC		12.85
7	11	Rebecca Gray	City of Portsmouth AC		12.94

Posn	Num	Name	Club	Heat 2	Perf
				-0.4	
1	12	Natalie Jowett	Marshall Milton Keynes AC	Q	12.14
2	19	Helen Pryer	Windsor S E & Hounslow	Q	12.24
3	16	Victoria Olaoye	Ealing Southall & Middlesex AC		12.75
4	21	Kayleigh Short	Bracknell AC		13.03
5	4	Sarah Brown	Chelmsford AC		13.34
6	1	Lindsay Badman	Phoenix AC		13.50
DNS	2	Gemma Bennett	Shaftesbury Barnet Harriers		
DNS	7	Sarah Claxton	Woodford Green w Essex L		

Posn	Num	Name	Club	Heat 3	Perf
				-1.4	
1	10	Montell Douglas	Blackheath & Bromley Harriers	Q	11.98
2	6	Amina Ceesay	Newham & Essex Beagles AC	Q	12.02
3	17	Xanine Powell	Cambridge Harriers	q	12.27
4	5	Victoria Burgess	Team Southampton		12.68
5	15	Tope Nuga	Victoria Park H & Tower H AC		12.71
6	23	Kirstie Taylor	Dartford Harriers AC		12.77
7	26	Samantha Vaile	City of Portsmouth AC		12.83
8	25	Claire Tompsett	Hillingdon AC		13.24

Senior Women 100 Metres FINAL (a)

CBP S.Thomas Borough of Hounslow 11.31 1983

Posn	Num	Name	Club	Final	Perf
				-0.4	
1	13	Joice Maduaka	Woodford Green w Essex L		11.33
2	10	Montell Douglas	Blackheath & Bromley Harriers		11.75
3	6	Amina Ceesay	Newham & Essex Beagles AC		11.79
4	3	Katy Benneworth	Blackheath & Bromley Harriers		12.10
5	17	Xanine Powell	Cambridge Harriers		12.14
6	12	Natalie Jowett	Marshall Milton Keynes AC		12.23
7	18	Julie Pratt	Woodford Green w Essex L		12.28
8	19	Helen Pryer	Windsor S E & Hounslow		12.33

Senior Women 200 Metres (b)

CBP B.Callender Reading AC 23.08 1983

Posn	Num	Name	Club	Heat 1	Perf
				-1.3	
1	24	Kadi-Ann Thomas	Marshall Milton Keynes AC	Q	24.79
2	22	Katherine Skelding	Woodford Green w Essex L	Q	25.29

3	29	Vicki Cooney	Windsor S E & Hounslow	q	25.44
4	31	Lianne George	Phoenix AC		26.08
5	32	Emily Parker	Epsom & Ewell Harriers		26.38
6	34	Carol Schoburgh	Windsor S E & Hounslow		26.89
7	25	Claire Tompsett	Hillingdon AC		26.89

Posn	Num	Name	Club	Heat 2 -1.5	Perf
1	13	Joice Maduaka	Woodford Green w Essex L	Q	23.66
2	6	Amina Ceesay	Newham & Essex Beagles AC	Q	24.80
3	8	Vickie Cole	Blackheath & Bromley Harriers	q	25.50
4	15	Tope Nuga	Victoria Park H & Tower H AC		25.83
5	35	Samantha Singer	Blackheath & Bromley Harriers		26.22
6	9	Tracy Cunningham	Dartford Harriers AC		26.50
7	1	Lindsay Badman	Phoenix AC		27.89

Posn	Num	Name	Club	Heat 3 -0.9	Perf
1	10	Montell Douglas	Blackheath & Bromley Harriers	Q	24.50
2	33	Joanne Ryan	Loughton AC	Q	25.10
3	5	Victoria Burgess	Team Southampton		25.95
4	36	Lori Thorne	Windsor S E & Hounslow		26.06
5	23	Kirstie Taylor	Dartford Harriers AC		26.29
6	4	Sarah Brown	Chelmsford AC		27.78

Senior Women 200 Metres FINAL (b)

CBP *B.Callender* *Reading AC* 23.08 1983

Posn	Num	Name	Club	Final - 2.1	Perf
1	13	Joice Maduaka	Woodford Green w Essex L		23.25
2	24	Kadi-Ann Thomas	Marshall Milton Keynes AC		23.90
3	10	Montell Douglas	Blackheath & Bromley Harriers		24.34
4	6	Amina Ceesay	Newham & Essex Beagles AC		24.55
5	33	Joanne Ryan	Loughton AC		24.66
6	29	Vicki Cooney	Windsor S E & Hounslow		25.35
7	22	Katherine Skelding	Woodford Green w Essex L		25.36
8	8	Vickie Cole	Blackheath & Bromley Harriers		25.36

Senior Women 100 Metres Hurdles (b)

CBP *M.Wilkins* *Windsor S E & Hounslow* 13.17 2000

Posn	Num	Name	Club	Heat 1 -0.9	Perf
1	2	Gemma Bennett	Shaftesbury Barnet Harriers	Q	13.73
2	39	Leanne Buxton	Bedford & County AC	Q	14.39
3	40	Nusrat Cessay	Woodford Green w Essex L	Q	14.57
4	28	Emily Young	Team Southampton	q	15.23
5	44	Jo Murphy	Basildon AC		15.27

Posn	Num	Name	Club	Heat 2 -2.3	Perf
1	7	Sarah Claxton	Woodford Green w Essex L	Q	13.68
2	41	Catherine Holdsworth	Colchester Harriers	Q	14.75
3	46	Lorna Rogers	Shaftesbury Barnet Harriers	Q	15.11
4	42	Laura Jones	Herts Phoenix AC	q	15.17
5	43	Helen Morton	Horsham Blue Star Harriers		15.38
6	38	Ciaran Andrews	Herts Phoenix AC		15.64

Senior Women 100 Metres Hurdles FINAL (b)

CBP *M.Wilkins* *Windsor S E & Hounslow* 13.17 2000

Posn	Num	Name	Club	Final -0.3	Perf
1	7	Sarah Claxton	Woodford Green w Essex L		13.25
2	2	Gemma Bennett	Shaftesbury Barnet Harriers		13.36
3	39	Leanne Buxton	Bedford & County AC		14.34
4	41	Catherine Holdsworth	Colchester Harriers		14.37
5	40	Nusrat Cessay	Woodford Green w Essex L		14.73
6	42	Laura Jones	Herts Phoenix AC		14.85
7	46	Lorna Rogers	Shaftesbury Barnet Harriers		15.01
8	28	Emily Young	Team Southampton		15.30

Senior Women 400 Metres Hurdles (a)

CBP *S.Gunnell* *Essex Ladies* *55.33* *1992*

Posn	Num	Name	Club	Heat 1	Perf
1	62	Sian Scott	Team Southampton	Q	59.37
2	47	Hannah Stares	Belgrave Harriers	Q	59.60
3	50	Angelita Broadbelt	Thames Valley Harriers	Q	61.82
4	58	Claire Heafford	Shaftesbury Barnet Harriers	q	62.42
5	51	Jessica Case	South London Harriers		74.32
DNF	55	Louise Douglass	Aldershot Farnham & DAC		

Posn	Num	Name	Club	Heat 2	Perf
1	56	Emma Duck	Team Southampton	Q	57.69
2	61	Susan McLoughlin	Birchfield Harriers	Q	60.68
3	53	Jennifer Culley	Belgrave Harriers	Q	61.64
4	60	Nicola Martell	Colchester Harriers	q	62.50
5	54	Niki Densley	Aldershot Farnham & DAC		64.18
6	59	Caroline Heaney	Windsor S E & Hounslow		64.57

Senior Women 400 Metres Hurdles FINAL (b)

CBP *S.Gunnell* *Essex Ladies* *55.33* *1992*

Posn	Num	Name	Club	Final	Perf
1	56	Emma Duck	Team Southampton		56.65
2	62	Sian Scott	Team Southampton		58.79
3	47	Hannah Stares	Belgrave Harriers		59.98
4	53	Jennifer Culley	Belgrave Harriers		61.33
5	50	Angelita Broadbelt	Thames Valley Harriers		61.46
6	60	Nicola Martell	Colchester Harriers		62.04
DNS	61	Susan McLoughlin	Birchfield Harriers		
DNF	58	Claire Heafford	Shaftesbury Barnet Harriers		

Senior Women 400 Metres (a)

CBP *M.Neufville* *Cambridge Harriers* *52.0* *1970*

Posn	Num	Name	Club	Heat 1	Perf
1	77	Lesley Owusu	Windsor S E & Hounslow	Q	54.16
2	66	Ellie Childs	Basildon AC	Q	55.27
3	65	Elizabeth Brathwaite	Herts Phoenix AC	q	55.86
4	81	Hayley Wills	Herts Phoenix AC	q	56.79
5	69	Chrissie Foster	Belgrave Harriers		58.91
6	79	Katie Sam	Oxford City AC		59.31
7	68	Helen Edmundson	Thames Valley Harriers		59.77

Posn	Num	Name	Club	Heat 2	Perf
1	78	Melanie Purkiss	Team Southampton	Q	53.90

2	75	Mariam Omaiwa	Woodford Green w Essex L	Q	54.92
3	64	Nina Anderson	Shaftesbury Barnet Harriers		57.03
4	35	Samantha Singer	Blackheath & Bromley Harriers		57.60
5	63	Clementine Adams	Aldershot Farnham & DAC		58.16
6	73	Rachel Lewington	Team Southampton		60.26
7	34	Carol Schoburgh	Windsor S E & Hounslow		60.98

Posn	Num	Name	Club	Heat 3	Perf
1	72	Emma Kemp	Stevenage & North Herts AC	Q	55.03
2	71	Denise Gayle	Shaftesbury Barnet Harriers	Q	55.54
3	82	Dawn Wilson	Windsor S E & Hounslow		56.89
4	67	Alex Cooke	Herne Hill Harriers		57.50
5	32	Emily Parker	Epsom & Ewell Harriers		58.17
6	48	Nike Adeleye	Woodford Green w Essex L		58.89
7	70	Sarah Gailey	Belgrave Harriers		61.65

Senior Women 400 Metres FINALS (a)

CBP *M.Neufville* *Cambridge Harriers* 52.0 1970

Posn	Num	Name	Club	FINAL	Perf
1	77	Lesley Owusu	Windsor S E & Hounslow		53.59
2	78	Melanie Purkiss	Team Southampton		53.77
3	75	Mariam Omaiwa	Woodford Green w Essex L		53.99
4	66	Ellie Childs	Basildon AC		54.68
5	72	Emma Kemp	Stevenage & North Herts AC		55.38
6	65	Elizabeth Brathwaite	Herts Phoenix AC		55.48
7	71	Denise Gayle	Shaftesbury Barnet Harriers		55.85
8	81	Hayley Wills	Herts Phoenix AC		56.88

Senior Women 800 Metres (a)

CBP *S.Bailey* *Bromley Ladies AC* 2.03.70 1985

Posn	Num	Name	Club	Heat 1	Perf
1	93	Harriet Scott	Havering Mayesbrook AC	Q	2:13.48
2	92	Claire Robinson	Basingstoke & Mid Hants AC	Q	2:13.77
3	88	Bella Clayton	Blackheath & Bromley Harriers	Q	2:14.05
4	95	Niki Tribe	Windsor S E & Hounslow	q	2:14.51
5	86	Catherine Bryson	Belgrave Harriers	q	2:14.90
6	84	Helen Bloomfield	Colchester & Tendring AC		2:16.63
7	89	Nicki Gooderhan	Diss & District AC		2:20.38
8	70	Sarah Gailey	Belgrave Harriers		2:22.85

Posn	Num	Name	Club	Heat 2	Perf
1	87	Amy Campbell	Shaftesbury Barnet Harriers	Q	2:16.09
2	83	Philippa Aukett	Worthing & District Harriers	Q	2:16.14
3	94	Nikki Silva	Herts Phoenix AC	Q	2:16.34
4	90	Helen Hadjam	Herne Hill Harriers		2:18.05
5	69	Chrissie Foster	Belgrave Harriers		2:18.11
6	85	Grace Brown	Chelmsford AC		2:29.84
DNS	81	Hayley Wills	Herts Phoenix AC		

Senior Women 800 Metres FINAL (b)

CBP *S.Bailey* *Bromley Ladies AC* 2.03.70 1985

Posn	Num	Name	Club	Final	Perf
1	92	Claire Robinson	Basingstoke & Mid Hants AC		2:09.02
2	83	Philippa Aukett	Worthing & District Harriers		2:10.00
3	88	Bella Clayton	Blackheath & Bromley Harriers		2:10.21
4	93	Harriet Scott	Havering Mayesbrook AC		2:10.28

5	95	Niki Tribe	Windsor S E & Hounslow	2:12.46
6	87	Amy Campbell	Shaftesbury Barnet Harriers	2:12.97
7	94	Nikki Silva	Herts Phoenix AC	2:16.62
8	86	Catherine Bryson	Belgrave Harriers	2:17.46

Senior Women 1500 Metres FINAL (a)

CBP C.Cahill Gateshead Harriers 4.12.2 1992
1

Posn	Num	Name	Club	Final	Perf
1	108	Helena Tobin	Basingstoke & Mid Hants AC	4:19.47	
2	99	Rachel Felton	Shaftesbury Barnet Harriers	4:22.85	
3	101	Elizabeth Hall	Herts Phoenix AC	4:28.32	
4	107	Jennifer Pereira	Medway & Maidstone AC	4:32.13	
5	97	Emily Adams	Aldershot Farnham & DAC	4:33.39	
6	102	Jenny Harnett	Medway & Maidstone AC	4:35.73	
7	100	Rachel Gibbs	Bedford & County AC	4:42.39	
8	103	Rosanna Iannone	Vale of Aylesbury AC	4:47.58	
DQ	106	Marilyn Okoro	Shaftesbury Barnet Harriers		
Rule 17/3					

Senior Women 5000 Metres FINAL (b)

CBP N.Morris Essex Ladies 16.22.20 1992

Posn	Num	Name	Club	Final	Perf
1	110	Carolyn Boosey	Vale of Aylesbury AC	17:32.13	
2	112	Louise Perrio	Channel Islands AC	18:37.62	
3	113	Marting Scholes	Guernsey Island AAC	18:47.46	
4	111	Grace Greenhalgh	Woodford Green w Essex L	18:52.17	

Senior Women 2000 Metres Steeplechase FINAL (b)

CBP C.Boosey Vale of Aylesbury AC 7.12.60 2005

Posn	Num	Name	Club	Final	Perf
1	115	Lois Bowles	Enfield & Haringey AC	CBP	7:04.39
2	116	Shavaun Henry	Blackheath & Bromley Harriers	7:15.13	
3	117	Lorna King	Radley AC	7:51.33	

SEAA Sen/U20 Championships - Crystal Palace

17(a)/18(b) June 2006

Under 20 Men High Jump (a)

CBP G.Parsons London AC 2.15 1982

Posn	Num	Name	Club	Perf	Details
1	194	Adewunmi Akande	Victoria Park H & Tower H AC	1.91	(1.65o; 1.70o; 1.75o; 1.80o; 1.85xo, 1.90o, 1.93xxx, 1.93x; 1.91o)
2	195	Lewis Ely	West Norfolk AC	1.90	(1.75xo; 1.80o; 1.85o; 1.90o; 1.93xxx; 1.93x; 1.91x)
3	198	Laurie Pirie	Stevenage & North Herts AC	1.85	(1.75o; 1.80o; 1.85xo; 1.90xxx)
4	199	James Scott	Bedford & County AC	1.85	(1.70xo; 1.75o; 1.80o; 1.85xxo; 1.90xxx)
	197	Alan McKie	Windsor S E & Hounslow	nh	(1.96xxx)

Under 20 Men Pole Vault (a)

CBP W.Davey Surrey AC 5.01 1982

Posn	Num	Name	Club	Perf	Details
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1	205	Joe Ive	Belgrave Harriers	4.70	(4.70xo; 4.90xx)
2	203	Thomas Crawford	Croydon Harriers	4.50	(3.95o; 4.20o; 4.30o; 4.40xo; 4.50o; 4.60xxx)
3	204	Scott Huggins	Blackheath & Bromley Harriers	4.20	(3.95xo; 4.10o; 4.20o; 4.30xxx)
4	201	Sam Colgate	Woking AC	3.95	(3.95xxx; 4.10xxx)
5	202	Neil Cottrell	Wycombe Phoenix Harriers & AC	3.80	(3.80o; 3.95xxx)
6	200	Jayden Ali	Victoria Park H & Tower H AC	3.80	(3.80xo; 3.95xxx)

Under 20 Men Long Jump (b)

CBP *D.Gomersall* *Milton Keynes AC* 7.48 1987

Posn	Num	Name	Club	Perf	Details
1	44	James Thomas-Lindor	Ealing Southall & Middlesex AC	7.17	7.15/+0.6; 7.00/+0.4; NJ; 7.17/+0.8; 7.02/-0.4; 6.86/+1.7
2	211	Eke Mba	Hercules Wimbledon AC	7.09	6.91/+1.2; 7.04/+0.3; 6.82/-1.1; NJ; 7.09/+0.4; 5.40/+2.4
3	50	Andrew Bullimore	Huntingdonshire AC	7.03	NJ; 6.93/+1.2; NJ; 7.03/+1.8; NJ; 6.86/-0.6
4	213	Martyn Ormerod	Tonbridge AC	6.69	5.96/+0.9; 6.30/+0.4; 6.56/+1.2; 6.27/+0.5; NJ; 6.69/+0.9
5	206	Calvin Barnes	Chelmsford AC	6.67	6.58/+0.3; NJ; 6.62/+1.1; 6.67/+0.8; NJ; 6.58/+1.3
6	207	Tyrone Carter	Barking Abbey School	6.58	6.50/+1.5; 6.58/+0.4; NJ; NJ; NJ; Retired
7	212	Jeremy Odametey	Herne Hill Harriers	6.55	NJ; NJ; 6.55/-0.9; NJ; 2.31/+1.0; 2.28/+0.9
8	210	Vincente Lazaro	Havering Mayesbrook AC	6.49	6.49/+1.2; 2.90/+0.5; 6.10/-0.2; NJ; 6.10/+0.9; 6.07/-0.5
9	208	James Grocock	Team Southampton	6.48	6.20/+0.7; 6.48/-0.2; 5.95/-1.1
10	73	Anthony Williams	Havering Mayesbrook AC	6.38	6.33/+0.9; 6.38/+0.8; 6.25/+0.5
11	215	Paul Slater	Bexley AC	6.21	NJ; NJ; 6.21/+0.6
12	217	Daniel Trott	Medway & Maidstone AC	6.12	4.57/-0.6; 6.11/-0.2; 6.12/-0.9

Under 20 Men Triple Jump (a)

CBP *J.Campbell* *Woodford Green AC* 15.81 1989

Posn	Num	Name	Club	Perf	Details
1	218	Matthew Burton	Kent AC	14.26	(13.36/-2.1; 13.28/-1.0; 14.26/+1.3; 14.17/+0.4; 14.04/+1.2; 14.26/-0.1)
2	219	Trevor Okoroafor	Croydon Harriers	14.15	(12.24/-0.7; nj; 13.29/-1.4; nj; 13.72/+0.5; 14.15/+0.9
3	220	Joseph Steele	Luton AC	13.74	(13.31/-1.2; 12.71/+0.8; nj; 13.20/+1.9; 12.33/+0.5; 13.74/+0.5)

Under 20 Men Shot (a)

CBP *C.Gearing* *Belgrave Harriers* 18.59 2004

Posn	Num	Name	Club	Perf	Details
1	222	Kieran McConnell	Marshall Milton Keynes AC	15.87	(15.16; np; 15.87; np; np; np)
2	224	Jay Thomas	Kent AC	15.72	(15.20; 15.33; 15.17; 15.19; np; 15.72)
3	221	Bradley Mason	Woodford Green w Essex L	14.11	(13.71; 13.62; 13.41; 14.11; np; 14.04)
4	225	Marcus Williams	Herne Hill Harriers	13.54	(np; 12.76; np 13.54; 13.24; 13.46)
5	223	Liam Presnell	Tonbridge AC	13.02	(12.15; 12.22; 13.02; np; 12.43; 12.72)
6	67	Matthew George	Vale of Aylesbury AC	12.03	(11.40; nt; 12.03; 11.98; nt; nt)

Under 20 Men Discus (a)

CBP *E.Udechuku* *Blackheath Harriers* 57.94 1997

Posn	Num	Name	Club	Perf	Details
1	227	Chris Scott	Guildford & Godalming AC	49.91	(42.60; 49.91; nt; 48.66; nt; 46.91)
2	222	Kieran McConnell	Marshall Milton Keynes AC	45.15	(35.49; 43.26; 45.15; 44.10; 39.93; nt)
3	221	Bradley Mason	Woodford Green w Essex L	42.46	(41.52; 42.46; 41.92; nt; 40.14; 42.04)
4	229	Matt Townsend	Windsor S E & Hounslow	40.41	(40.41; nt; 39.28; nt; 39.05; nt)
5	223	Liam Presnell	Tonbridge AC	40.28	(40.06; nt; 40.28; 38.76; 39.33; nt)
6	226	Christopher Linque	Woodford Green w Essex L	39.96	(39.15; 39.96; nt; 39.90; nt; nt)
7	228	David Smith	City of Portsmouth AC	32.09	(32.09; 30.81; nt; 31.83; 31.88; nt)

Under 20 Men Hammer (b)

CBP G.Cook West London Hammer School 71.84 1988

Posn	Num	Name	Club	Perf	Details
1	237	Amir Williamson	Blackheath & Bromley Harriers	68.97	66.41; 68.97; NT; 64.64; NT; 60.62
2	236	Alistair Williamson	Blackheath & Bromley Harriers	58.27	56.12; 58.27; 56.73; 56.69; NT; 55.30
3	230	Micki Finn	Windsor S E & Hounslow	56.26	NT; NT; 34.88; 56.26; 54.35; NT
4	231	Joseph Forde	Havering Mayesbrook AC	49.91	47.45; 49.91; 48.12; 49.18; 48.46; 49.46
5	235	James Wayland	Newham & Essex Beagles AC	48.54	NT; 46.53; 48.54; 46.95; 46.94; NT
6	232	Kaine Harrington	Crawley AC	48.48	44.96; NT; NT; NT; 48.48; 47.68
7	234	Nathan Walters	Reading AC	42.37	40.87; NT; 41.51; 42.37; NT; NT

Under 20 Men Javelin (b)

CBP M.Francis Sutton 64.58 1988

Posn	Num	Name	Club	Perf	Details
1	241	Daniel Pembroke	Windsor S E & Hounslow	57.00	57.00; 49.97; 46.86; 50.39; 54.04; 50.74
2	67	Matthew George	Vale of Aylesbury AC	55.18	50.35; 51.12; 50.56; 52.37; 52.71; 55.18
3	240	Alex McEwan	Crawley AC	51.79	47.08; 51.79; 47.20; 42.83; 45.62; 41.57
4	213	Martyn Ormerod	Tonbridge AC	46.34	43.14; 46.34; 44.43; 40.73; 44.33; 44.14
5	238	David Bushrod	Wycombe Phoenix Harriers & AC	42.69	42.69; 35.72; 41.71; 38.92; 38.10; 41.27

SEAA Sen/U20 Championships - Crystal Palace**17(a)/18(b) June 2006****Under 20 Men 100 Metres (b)**

CBP L.Baptiste Enfield & Haringey AC 10.33 2004

Posn	Num	Name	Club	Heat 1 +0.0	Perf
1	11	Wade Bennett-Jackson	Belgrave Harriers	Q	10.57
2	8	Moses Arthur	London Heathside Runners AC	Q	10.99
3	15	Gavin Comber	Dartford Harriers AC	Q	11.03
4	244	Femi Owolade	Cambridge Harriers	q	11.30
5	10	Josh Baxter	Reading AC	q	11.33
6	34	Gareth Lewis	Horsham Blue Star Harriers	q	11.50
7	46	Craig Walters	Reading AC		11.62
8	1	Joe Abbott-Gribben	Cambridge & Coleridge AC		11.87

Posn	Num	Name	Club	Heat 2 +0.3	Perf
1	3	Harry Aikines-Aryeetey	Sutton & District AC	Q	10.93
2	25	Liam Freemantle	Newbury AC	Q	11.19
3	36	Nicholas Noble-Willock	New Forest Juniors AC	Q	11.27
4	16	Richard Coney	Medway & Maidstone AC		11.56
5	22	Enrico Faucher-Folie	Cambridge Harriers		11.64
6	24	Troy Flood	Kent AC		11.77
DQ	4	Michael Ajibulu	Herts Phoenix AC		
DNS	44	James Thomas-Lindor	Ealing Southall & Middlesex AC		

Posn	Num	Name	Club	Heat 3 -2.7	Perf
1	18	James Dasaolu	Croydon Harriers	Q	11.06
2	33	Nigel Levine	Bedford & County AC	Q	11.44
3	37	Paul-Ayotunde Payne	Herne Hill Harriers	Q	11.44
4	5	Seyi Akande	Chelmsford AC		11.60
5	17	Sho-Silva Daniel	Thurrock Harriers AC		11.77
6	2	Amin Ahmadnia	Highgate Harriers		11.81

7	35	Zakeel Monium	Herne Hill Harriers	12.03
DNS	38	Stuart Price	Cambridge Harriers	

Posn	Num	Name	Club	Heat 4 -1.2	Perf
1	40	Toby Sandeman	Thames Valley Harriers	Q	11.11
2	26	Justin Geohagen	Shaftesbury Barnet Harriers	Q	11.22
3	7	Kyle Andrew	Luton AC	Q	11.44
4	32	Andre Laidley	Enfield & Haringey AC	q	11.53
5	47	Darren Wollen	Croydon Harriers		11.77
6	39	Matthew Quine	Reading AC		11.89
7	29	Michael Hill	Basildon AC		12.04
DNS	23	Graham Filer	Team Southampton		

Under 20 Men 100 Metres (b)

CBP *L.Baptiste* *Enfield & Haringey AC* 10.33 2004

Posn	Num	Name	Club	Semi 1 -2.2	Perf
1	11	Wade Bennett-Jackson	Belgrave Harriers	Q	10.63
2	40	Toby Sandeman	Thames Valley Harriers	Q	11.04
3	33	Nigel Levine	Bedford & County AC	Q	11.10
4	15	Gavin Comber	Dartford Harriers AC	Q	11.12
5	8	Moses Arthur	London Heathside Runners AC		11.21
6	37	Paul-Ayotunde Payne	Herne Hill Harriers		11.36
7	244	Femi Owolade	Cambridge Harriers		11.40
8	32	Andre Laidley	Enfield & Haringey AC		11.42

Posn	Num	Name	Club	Semi 2 -0.9	Perf
1	3	Harry Aikines-Aryeetey	Sutton & District AC	Q	10.61
2	18	James Dasaolu	Croydon Harriers	Q	10.89
3	26	Justin Geohagen	Shaftesbury Barnet Harriers	Q	10.99
4	36	Nicholas Noble-Willock	New Forest Juniors AC	Q	11.16
5	25	Liam Freemantle	Newbury AC		11.26
6	7	Kyle Andrew	Luton AC		11.41
7	34	Gareth Lewis	Horsham Blue Star Harriers		11.59
DNS	10	Josh Baxter	Reading AC		

Under 20 Men 100 Metres FINAL (b)

CBP *L.Baptiste* *Enfield & Haringey AC* 10.33 2004

Posn	Num	Name	Club	Final -0.2	Perf
1	3	Harry Aikines-Aryeetey	Sutton & District AC		10.46
2	11	Wade Bennett-Jackson	Belgrave Harriers		10.56
3	18	James Dasaolu	Croydon Harriers		10.75
4	40	Toby Sandeman	Thames Valley Harriers		10.90
5	15	Gavin Comber	Dartford Harriers AC		10.91
6	26	Justin Geohagen	Shaftesbury Barnet Harriers		10.93
7	33	Nigel Levine	Bedford & County AC		10.97
8	36	Nicholas Noble-Willock	New Forest Juniors AC		11.14

Under 20 Men 200 Metres (a)

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

Posn	Num	Name	Club	Heat 1 +0.0	Perf
1	53	Danny Doyley	Blackheath & Bromley Harriers	Q	21.76
2	60	Gareth Price	Team Southampton	Q	22.62
3	50	Andrew Bullimore	Huntingdonshire AC	q	22.68
4	13	Kelvin Callender	Reading AC	q	22.86
5	47	Darren Wollen	Croydon Harriers		23.22
DNS	4	Michael Ajibulu	Herts Phoenix AC		
DNS	62	Richard Scott	Banbury Harriers		

Posn	Num	Name	Club	Heat 2 +0.9	Perf
1	40	Toby Sandeman	Thames Valley Harriers	Q	22.27
2	19	Barrington David	Windsor S E & Hounslow	Q	22.82
3	56	Craig Johnson	Windsor S E & Hounslow	q	22.92
4	17	Sho-Silva Daniel	Thurrock Harriers AC		23.40
5	41	Neil Stevens	Cambridge University AC		24.51
6	23	Graham Filer	Team Southampton		25.02
DQ	25	Liam Freemantle	Newbury AC		

Posn	Num	Name	Club	Heat 3 -1.5	Perf
1	28	Daniel Haque	Blackheath & Bromley Harriers	Q	22.21
2	33	Nigel Levine	Bedford & County AC	Q	22.55
3	39	Matthew Quine	Reading AC	q	23.07
4	32	Andre Laidley	Enfield & Haringey AC		23.10
5	61	Luke Sargeant	Belgrave Harriers		23.19
6	63	Benjamin Tuck	City of Norwich AC		24.68
DNF	245	Idowu Akindele	Sutton & District AC		

Posn	Num	Name	Club	Heat 4 +0.7	Perf
1	15	Gavin Comber	Dartford Harriers AC	Q	21.61
2	243	Louis Kwakye	Woodford Green w Essex L	Q	21.88
3	5	Seyi Akande	Chelmsford AC	q	22.61
4	30	Martin Imafidon	Herne Hill Harriers		25.30
DNS	55	William Hooton	Shaftesbury Barnet Harriers		
DNS	20	Matthew Davies	Chelmsford AC		
DNS	59	Alistair Narnor	Newbury AC		

Posn	Num	Name	Club	Heat 5 -0.9	Perf
1	54	James Folkes	Andover AC	Q	22.64
2	36	Nicholas Noble-Willock	New Forest Juniors AC	Q	22.65
3	9	Zachari Bach	Newham & Essex Beagles AC	q	22.98
4	34	Gareth Lewis	Horsham Blue Star Harriers		23.15
5	49	Nathan Brown	Victoria Park H & Tower H AC		23.62
DNS	14	Tashan Christian	Woodford Green w Essex L		
DNS	31	Fahad Khan	Windsor S E & Hounslow		

Under 20 Men 200 Metres SEMI-FINAL (a)

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

Posn	Num	Name	Club	SF 1 -0.4	Perf
1	15	Gavin Comber	Dartford Harriers AC	Q	21.59
2	40	Toby Sandeman	Thames Valley Harriers	Q	21.92
3	54	James Folkes	Andover AC	Q	22.46
4	50	Andrew Bullimore	Huntingdonshire AC	Q	22.71
5	60	Gareth Price	Team Southampton		22.85

1	95	Nicholas Choudhury	Luton AC	Q	49.62
2	90	Michael Baker	Medway & Maidstone AC	Q	50.13
3	86	Luke Smallwood	Medway & Maidstone AC	Q	50.17
4	98	Christian de Lange	Ashford AC	q	50.84
5	103	Glen Paxman	Harlow AC	q	51.20
6	91	Nick Bates	Basingstoke & Mid Hants AC		51.96

Under 20 Men 400 Metres SEMI-FINAL (a)

CBP M.Rooney Croydon Harriers 46.75 2005

Posn	Num	Name	Club	SF 1	Perf
1	97	Adam Daish	Herts Phoenix AC	Q	48.53
2	100	Stephen Johnson	Windsor S E & Hounslow	Q	49.71
3	105	Aaron Teall	University of Wales Institute	Q	50.10
4	98	Christian de Lange	Ashford AC	Q	50.12
5	92	Scott Blackwell	Blackheath & Bromley Harriers		51.86
6	93	Stuart Brill	St Albans AC		52.09
7	52	Laurence Dight	Croydon Harriers		52.17
DNS	86	Luke Smallwood	Medway & Maidstone AC		

Posn	Num	Name	Club	SF 2	Perf
1	106	Ryan Thomas	Belgrave Harriers	Q	49.08
2	95	Nicholas Choudhury	Luton AC	Q	49.65
3	101	Will Oyowe	Medway & Maidstone AC	Q	49.88
4	89	Alex Babb	Victoria Park H & Tower H AC	Q	50.44
5	57	James Johnson	Medway & Maidstone AC		50.57
6	90	Michael Baker	Medway & Maidstone AC		50.69
7	77	Aaron Dombey	Watford Harriers		51.41
8	103	Glen Paxman	Harlow AC		51.97

Under 20 Men 400 Metres FINAL (b)

CBP M.Rooney Croydon Harriers 46.75 2005

Posn	Num	Name	Club	FINAL	Perf
1	97	Adam Daish	Herts Phoenix AC		48.80
2	106	Ryan Thomas	Belgrave Harriers		48.98
3	95	Nicholas Choudhury	Luton AC		49.44
4	100	Stephen Johnson	Windsor S E & Hounslow		49.69
5	101	Will Oyowe	Medway & Maidstone AC		49.90
6	98	Christian de Lange	Ashford AC		51.37
DNF	89	Alex Babb	Victoria Park H & Tower H AC		
DNS	105	Aaron Teall	University of Wales Institute		

Under 20 Men 800 Metres (a)

CBP A.Lill Peterborough AC 1.48.7 1990

Posn	Num	Name	Club	Heat 1	Perf
1	125	Thomas Love	Ipswich Harriers	Q	1:54.9*
2	142	Joe Van Der Toorn	Belgrave Harriers	q	1:55.2*
3	110	Carl Bradbury	Reading AC		1:57.3*
4	145	Mark Woodley	Chelmsford AC		1:59.4*
5	116	Atak Diing	Highgate Harriers		2:00.0*
6	123	Kearon Hooley	Andover AC		2:01.4*
7	112	Alex Bryne	Epsom & Ewell Harriers		2:02.1*
8	137	Jonathan Slade	Team Southampton		2:02.9*

* Manually entered time

Posn	Num	Name	Club	Heat 2	Perf
1	124	Richard Larsen	Bracknell AC	Q	1:54.0*

DNS	113	Mark Burchett	Worthing & District Harriers
DNS	136	James Shane	Basildon AC

Posn	Num	Name	Club	Heat 2	Perf	
	1	149	Mark Burgess	Woodford Green w Essex L	Q	3:59.64
	2	157	Scott Harris	Eastbourne Rovers AC	Q	3:59.98
	3	169	Daniel Shane	Basildon AC	Q	4:00.08
	4	164	Martin Mashford	Aldershot Farnham & DAC	Q	4:00.34
	5	170	Greg Smith	Aldershot Farnham & DAC	Q	4:01.63
	6	156	Mitch Goose	City of Norwich AC	q	4:04.80
	7	167	Thomas Phillips	Woodford Green w Essex L	q	4:05.72
	8	161	Stuart Huntington	City of Norwich AC	q	4:09.09
	9	172	Ben Tyler	Medway & Maidstone AC		4:13.20
	10	166	Jack Parslow	Shaftesbury Barnet Harriers		4:15.30
	11	110	Carl Bradbury	Reading AC		4:17.44
	12	154	Robert Dennis	Invicta East Kent AC		4:18.19
DNS	118	Joseph Durrant	Cambridge Harriers			

Under 20 Men 1500 Metres FINAL (b)

<i>CBP</i>	<i>C.Reitz</i>	<i>Newham & Essex Beagles AC</i>	<i>3.46.20</i>	<i>1978</i>
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Posn	Num	Name	Club	Final	Perf
	1	147	Tom Bilham	Newham & Essex Beagles AC	3:50.76
	2	164	Martin Mashford	Aldershot Farnham & DAC	3:50.84
	3	149	Mark Burgess	Woodford Green w Essex L	3:51.41
	4	148	Gary Bradbury	Woking AC	3:53.90
	5	165	Ian May	Windsor S E & Hounslow	3:54.78
	6	157	Scott Harris	Eastbourne Rovers AC	3:56.85
	7	169	Daniel Shane	Basildon AC	3:57.39
	8	163	Hussain Jama	Ealing Southall & Middlesex AC	3:59.68
	9	173	Jack Tyler	Medway & Maidstone AC	4:00.70
	10	168	Nathaniel Quigley	Luton AC	4:00.76
	11	170	Greg Smith	Aldershot Farnham & DAC	4:02.41
	12	161	Stuart Huntington	City of Norwich AC	4:06.61
	13	156	Mitch Goose	City of Norwich AC	4:09.55
	14	167	Thomas Phillips	Woodford Green w Essex L	4:15.21

Under 20 Men 5000 Metres (b)

<i>CBP</i>	<i>NEW EVENT</i>	<i>NO RECORDS HELD</i>
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Posn	Num	Name	Club	Final	Perf
	1	176	Andrew Livingstone	Thurrock Harriers AC	15:14.40
	2	177	Sam Perkins	Ranelagh Harriers	16:08.36
	3	179	Paul Whittaker	Southend on Sea AC	16:29.26
	4	178	Adam Przedzmirski	Hercules Wimbledon AC	16:34.56
	5	175	Ross Clarke	Havering Mayesbrook AC	17:10.56
DNS	162	Andrew Inskip	Bedford & County AC		

Under 20 Men 110 Metres Hurdles (b)

<i>CBP</i>	<i>P.Brice</i>	<i>Shaftesbury Barnet Harriers</i>	<i>14.0</i>	<i>1983</i>
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Posn	Num	Name	Club	Heat 1 -0.5	Perf	
	1	66	Gianni Frankis	Basildon AC	Q	14.30
	2	73	Anthony Williams	Havering Mayesbrook AC	Q	15.77
	3	70	Edward Preston	Poole AC	Q	16.68
	4	72	Mandeep Shoker	Blackheath & Bromley Harriers		16.74
DNS	38	Stuart Price	Cambridge Harriers			

Posn	Num	Name	Club	Heat 2 -0.6	Perf
1	64	Alex Al-Ameen	Blackheath & Bromley Harriers	Q	14.94
2	69	James Markley	Cambridge & Coleridge AC	Q	15.50
3	71	Zak Saucedo	Enfield & Haringey AC	Q	15.89
4	68	Jason Manze	Cambridge Harriers	q	15.91
5	67	Matthew George	Vale of Aylesbury AC	q	16.29

Under 20 Men 110 Metres Hurdles Final (b)

CBP P.Brice Shaftesbury Barnet Harriers 14.0 1983

Posn	Num	Name	Club	Final - 1.4	Perf
1	66	Gianni Frankis	Basildon AC		14.06
2	64	Alex Al-Ameen	Blackheath & Bromley Harriers		14.96
3	69	James Markley	Cambridge & Coleridge AC		15.32
4	71	Zak Saucedo	Enfield & Haringey AC		15.73
5	73	Anthony Williams	Havering Mayesbrook AC		15.90
6	67	Matthew George	Vale of Aylesbury AC		16.17
7	70	Edward Preston	Poole AC		16.51
DNS	68	Jason Manze	Cambridge Harriers		

Under 20 Men 400 Metres Hurdles (a)

CBP G.Oakes Haringey 51.8 1977

Posn	Num	Name	Club	Heat 1	Perf
1	80	David Green	Cornwall AC	Q	55.23
2	79	Steven Garrett	Bracknell AC	Q	55.77
3	87	Andrew Tippet	Oxford City AC	Q	56.17
4	71	Zak Saucedo	Enfield & Haringey AC		57.62
5	77	Aaron Dombey	Watford Harriers		57.94
6	81	Ashley Healy	Blackheath & Bromley Harriers		64.46
DQ	78	Kieran Edward	Epsom & Ewell Harriers		

Posn	Num	Name	Club	Heat 2	Perf
1	83	Jonathan Lodowski	Abingdon Amblers	Q	55.40
2	38	Stuart Price	Cambridge Harriers	Q	55.73
3	84	Enrique Melin	Newham & Essex Beagles AC	Q	56.73
4	76	Jack Cooper	Brighton & Hove City AC	q	57.10
5	85	Ryan Murphy	Woking AC	q	57.54
6	75	Robert Bushrod	Wycombe Phoenix Harriers & AC		58.61

Under 20 Men 400 Metres Hurdles FINAL (b)

CBP G.Oakes Haringey 51.8 1977

Posn	Num	Name	Club	Final	Perf
1	38	Stuart Price	Cambridge Harriers		53.30
2	80	David Green	Cornwall AC		53.62
3	83	Jonathan Lodowski	Abingdon Amblers		54.59
4	84	Enrique Melin	Newham & Essex Beagles AC		55.35
5	79	Steven Garrett	Bracknell AC		55.59
6	76	Jack Cooper	Brighton & Hove City AC		56.80
7	85	Ryan Murphy	Woking AC		58.47
DNS	87	Andrew Tippet	Oxford City AC		

Under 20 Men 2000 Metres Steeplechase FINAL(b)

CBP C.Reitz Newham & Essex Beagles AC 5.43.6 1978

Posn	Num	Name	Club	Final	Perf
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Under 20 Women Triple Jump (b)

CBP *K.Turner* *Windsor S E & Hounslow* 12.49 2003

Posn	Num	Name	Club	Perf	Details
1	148	Claire Linskill	North Devon AC	12.44	11.90/+1.0; 11.98/+2.1; 12.03/+1.9; 12.44/+1.6; 12.26/-3.9; 12.44/+3.6
2	141	Hannah Frankson	Woodford Green w Essex L	12.19	11.77/-0.2; NJ; 11.89/+2.0; 12.19/+1.9; NJ; 11.91/+1.2
3	151	Tania Spurling	West Suffolk AC	11.61	11.60/+1.2; 11.60/+1.9; 11.30/+0.4; w 11.15/+0.8; 11.34/+1.2; 11.61/+3.4
4	129	Frances Smithson	Oxford University AC	11.39	11.19/+0.4; 11.18/+0.7; NJ; 11.31/+2.5; 11.38/+0.7; 11.39/+1.0
5	150	Kirsty Smith	Havering Mayesbrook AC	11.39	11.34/+1.5; 11.39/-0.1; 9.67/+2.1; 11.33/+0.7; NJ; NJ
6	149	Annie Onions	Sussex Downs College	11.17	10.62/+1.2; 10.95/+1.3; 11.12/+2.8; 11.17/+1.3; 10.90/+0.9; 10.40/+2.3
7	145	Jade Castell-Thomas	Blackheath & Bromley Harriers	11.09	NJ; 10.85/+1.1; 10.93/+2.4; 11.09/+1.8; NJ; NJ
8	146	Juliet Fielden	Sutton & District AC	11.06	11.06/+0.5; NJ; 10.73/+2.4; NJ; NJ; 11.03/+0.7
9	147	Laura Groom	Wycombe Phoenix Harriers & AC	10.07	9.80/+0.8; 10.07/+0.8; 9.94/+1.8

Under 20 Women Shot (a)

CBP *J.Butterle* *Greenwich* 15.00 1988

Posn	Num	Name	Club	Perf	Details
1	153	Chloe Edwards	Huntingdonshire AC	13.20	(12.95; 12.60; nt; 12.93; 13.20; 12.53)
2	138	Lizzy Yarnold	Tonbridge AC	11.22	(10.35; 10.92; 10.97; 10.83; 10.85; 11.22)
3	155	Gemma Tingay	Guernsey Island AAC	11.10	(10.91; nt; 11.10; 10.74; 10.68; 10.85)
4	152	Florence Clark	Blackheath & Bromley Harriers	10.32	(10.31; 10.32; 9.93; 10.17; 9.66; 9.29)
5	154	Sasha Simpson	Prendergast School	9.98	(9.58; 9.98; 9.08; 9.01; nt; 9.19)

Under 20 Women Discus (a)

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

Posn	Num	Name	Club	Perf	Details
1	160	Jade Lally	Sutton & District AC	44.53	(42.77; 40.76; 42.52; 39.25; 44.53; 37.91)
2	158	Shaunagh Brown	Blackheath & Bromley Harriers	42.62	(35.96; 41.62; 38.75; 42.12; 41.08; 42.62)
3	153	Chloe Edwards	Huntingdonshire AC	39.78	(38.34; nt; nt; 38.15; 36.99; 39.78)
4	152	Florence Clark	Blackheath & Bromley Harriers	35.81	(28.04; 35.81; 33.20; nt; 35.62; 34.33)
5	161	Briony Phillips	Herne Hill Harriers	35.37	(29.40; 31.75; nt; 35.37; 31.90; 34.60)
6	159	Hannah James	Horsham Blue Star Harriers	34.74	(33.16; nt; nt; nt; 34.74; nt)
7	157	Kim Box	Basildon AC	32.04	(31.74; 27.05; 32.04; 31.04; 31.32; 30.35)
8	163	Kim Randall	Horsham Blue Star Harriers	28.84	(26.67; 28.78; 27.81; 27.62; 28.84; 28.74)
9	156	Charlotte Bishop	Invicta East Kent AC	27.80	(nt; 27.32; 27.80)

Under 20 Women Hammer (a)

CBP *S.Hynes* *Ealing Southall & Middlesex AC* 52.48 2004

Posn	Num	Name	Club	Perf	Details
1	164	Rachel Blackie	Blackheath & Bromley Harriers	56.74 (CBP)	(56.74, 55.82; 54.26; 54.65; nt; 56.41)
2	169	Victoria Thomas	Blackheath & Bromley Harriers	53.22	(51.50; nt, nt, 51.96; 53.22; 51.16)
3	165	Mel Flash	Dacorum & Tring AC	40.88	(38.88; nt; 40.77; 40.88; 38.42; 40.02)
4	167	Joanne Price	City of Portsmouth AC	39.76	(35.35; 37.63; 38.62; 37.07; 39.61; 39.76)
5	171	Kelesha Smith	Croydon Harriers	35.91	(35.28; 34.77; 35.91; 32.77; 35.41, nt)
6	166	Skye McGuigan	Ealing Southall & Middlesex AC	35.28	(nt; nt; 24.91; nt; 35.28; 35.27)
7	170	Catherine Waite	Lewes AC	34.23	(32.71; 30.42; 34.23; 31.48; 32.12; 34.10)

Under 20 Women Javelin (b)

CBP *H.Thomas* *Thurrock Harriers AC* 46.03 2004

Posn	Num	Name	Club	Perf	Details
1	176	Rosie Semenytsh	Windsor S E & Hounslow	45.28	45.28; 42.63; 38.90; 40.66; 43.44;37.97
2	174	Jade Dodd	Herne Hill Harriers	43.97	43.59; 43.97; 38.94; 40.53; 40.64;39.89
3	157	Kim Box	Basildon AC	40.58	40.58; 38.79; 39.17; 40.57; 37.45;37.13
4	155	Gemma Tingay	Guernsey Island AAC	40.11	40.11; 37.84; 36.84; 38.60; 36.54;37.24
5	138	Lizzy Yarnold	Tonbridge AC	36.19	33.98; 31.28; 35.88; 32.05; 36.19; NT
6	173	Emma Christmas	Havering Mayesbrook AC	35.78	34.38; 35.78; 35.65; 35.13; 34.88; NT
7	175	Sarah Page	Bexley AC	35.11	34.18; NT; 34.90; 32.47; 32.51; 35.11

SEAA Sen/U20 Championships - Crystal Palace**17(a)/18(b) June 2006****Under 20 Women 100 Metres (b)**

CBP *A.Oyepitan* *Shaftesbury Barnet Harriers* 11.63 1998
 CBP *M.Richardson* *Windsor S E & Hounslow* 11.63 1991

Posn	Num	Name	Club	Heat 1 -1.9	Perf
1	2	Natalie Bartley	South London Harriers	Q	12.23.
2	18	Lucy Sargent	Havering Mayesbrook AC	Q	12.24
3	6	Joey Duck	Marshall Milton Keynes AC	Q	12.36
4	20	Rachel Telfer	Enfield & Haringey AC	q	12.66
5	10	Emily Martin	Hercules Wimbledon AC		12.80
6	11	Emma McGeehan	Harrow AC		13.18
7	23	Claire Welch	Medway & Maidstone AC		13.20
8	22	Jody Walker	Thames Valley Harriers		13.62

Posn	Num	Name	Club	Heat 2 +1.1	Perf
1	16	Asha Philip	Newham & Essex Beagles AC	Q	11.97
2	8	Joscelynn Hopeson	Archbishop Tenison School	Q	12.07
3	19	Anike Shand-Whittingham	Blackheath & Bromley Harriers	Q	12.31
4	17	Christal Robinson	Enfield & Haringey AC	q	12.66
5	9	Zerlina Klu	Sutton & District AC		12.76
6	13	Kim Murray	Isle of Wight AC		12.87
7	21	Daveen Thomas	Newham & Essex Beagles AC		12.99
8	5	Estelle Djah Didoh	South London Harriers		13.00

Under 20 Women 100 Metres FINAL (b)

CBP *A.Oyepitan* *Shaftesbury Barnet Harriers* 11.63 1998
 CBP *M.Richardson* *Windsor S E & Hounslow* 11.63 1991

Posn	Num	Name	Club	FINAL -0.2	Perf
1	16	Asha Philip	Newham & Essex Beagles AC		11.86
2	8	Joscelynn Hopeson	Archbishop Tenison School		12.08
3	18	Lucy Sargent	Havering Mayesbrook AC		12.12
4	2	Natalie Bartley	South London Harriers		12.13
5	6	Joey Duck	Marshall Milton Keynes AC		12.27
6	20	Rachel Telfer	Enfield & Haringey AC		12.85
DNS	17	Christal Robinson	Enfield & Haringey AC		
DNS	19	Anike Shand-Whittingham	Blackheath & Bromley Harriers		

Under 20 Women 200 Metres (a)

CBP V.James Belgrave Harriers 23.6 2001

Posn	Num	Name	Club	Heat 1 +0.1	Perf
1	7	Amy Godsell	Blackheath & Bromley Harriers	Q	24.85
2	18	Lucy Sargent	Havering Mayesbrook AC	Q	24.93
3	31	Carley-Ann Wenham	Crawley AC	Q	24.99
4	32	Renee Williams	Victoria Park H & Tower H AC	q	26.06
5	13	Kim Murray	Isle of Wight AC		26.15
6	22	Jody Walker	Thames Valley Harriers		26.86
7	25	Ria Ali-Jackson	Harlow AC		26.98
8	30	Claire Stonestreet	Kingston AC & Poly Harriers		27.44

Posn	Num	Name	Club	Heat 2 +0.0	Perf
1	6	Joey Duck	Marshall Milton Keynes AC	Q	24.49
2	28	Kara-Aretha Graham	Newham & Essex Beagles AC	Q	25.01
3	19	Anike Shand-Whittingham	Blackheath & Bromley Harriers	Q	25.06
4	29	Kayleigh Harper	Swindon Harriers	q	25.79
5	27	Kelly Fairweather	Harrow AC		26.62
6	24	Dorcas Wright	Radley AC		26.92
7	5	Estelle Djah Didoh	South London Harriers		27.65
8	26	Emma Brown	Andover AC		29.63

Under 20 Women 200 Metres FINAL (a)

CBP V.James Belgrave Harriers 23.6 2001

Posn	Num	Name	Club	Final +0.4	Perf
1	6	Joey Duck	Marshall Milton Keynes AC		24.49
2	18	Lucy Sargent	Havering Mayesbrook AC		24.68
3	7	Amy Godsell	Blackheath & Bromley Harriers		24.75
4	31	Carley-Ann Wenham	Crawley AC		24.83
5	19	Anike Shand-Whittingham	Blackheath & Bromley Harriers		25.13
6	28	Kara-Aretha Graham	Newham & Essex Beagles AC		25.21
7	29	Kayleigh Harper	Swindon Harriers		25.81
8	32	Renee Williams	Victoria Park H & Tower H AC		25.96

Under 20 Women 400 Metres (a)

CBP E.Langston Folkestone AC 54.74 1988

Posn	Num	Name	Club	Heat 1	Perf
1	75	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC	Q	56.53
2	70	Hannah Brooks	Crawley AC	Q	58.16
3	73	Sarah Harris	Kingston AC & Poly Harriers	Q	58.38
4	79	Georgina Neame	Basingstoke & Mid Hants AC	q	58.90
5	77	Alice Middleton	Biggleswade AC		58.94
6	81	Lauren Searles	Basildon AC		59.11
7	86	Rachel Woods	Bracknell AC		61.13
DNF	26	Emma Brown	Andover AC		

Posn	Num	Name	Club	Heat 2	Perf
1	69	Tara Bird	Woodford Green w Essex L	Q	56.88
2	84	Rebecca Syrocki	Blackheath & Bromley Harriers	Q	57.62
3	85	Becky Welbourn	Ipswich Harriers	Q	58.31
4	78	Vanessa Nakangu	Blackheath & Bromley Harriers	q	58.54
5	72	Lauren Clark	Havering Mayesbrook AC		60.47
6	83	Bianca Stock	Ealing Southall & Middlesex AC		62.05
7	74	Emily Jones	Eastbourne Rovers AC		62.61
DNS	54	Maria Crowe	Medway & Maidstone AC		

Under 20 Women 400 Metres FINAL (b)

CBP *E.Langston* *Folkestone AC* *54.74* *1988*

Posn	Num	Name	Club	Final	Perf
1	75	Henrietta Kodilinye-Sims	Newham & Essex Beagles AC		56.17
2	84	Rebecca Syrocki	Blackheath & Bromley Harriers		56.67
3	69	Tara Bird	Woodford Green w Essex L		57.10
4	70	Hannah Brooks	Crawley AC		57.68
5	73	Sarah Harris	Kingston AC & Poly Harriers		58.19
6	79	Georgina Neame	Basingstoke & Mid Hants AC		59.03
7	85	Becky Welbourn	Ipswich Harriers		61.42
DNS	78	Vanessa Nakangu	Blackheath & Bromley Harriers		

Under 20 Women 800 Metres (a)

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

Posn	Num	Name	Club	Heat 1	Perf
1	98	Linzi Snow	Woodford Green w Essex L	Q	2:14.06
2	99	Jessica Sparke	Woodford Green w Essex L	Q	2:14.20
3	92	India Lee	Winchester & District AC		2:19.02
4	100	Hayley Stibbs	Havering Mayesbrook AC		2:21.17
DNS	94	Emma Pallant	Aldershot Farnham & DAC		

Posn	Num	Name	Club	Heat 2	Perf
1	101	Stephanie Twell	Aldershot Farnham & DAC	Q	2:14.38
2	71	Danielle Christmas	Crawley AC	Q	2:14.66
3	97	Katie Richardson	Havering Mayesbrook AC	q	2:15.04
4	89	Lyndsey Fairweather	Harrow AC		2:16.21
5	87	Lee-Anne Best	Crawley AC		2:22.45
6	91	Amanda Jukes	Ashford AC		2:26.74

Posn	Num	Name	Club	Heat 3	Perf
1	88	Hannah England	Oxford City AC	Q	2:13.56
2	90	Emily Goodall	Crawley AC	Q	2:13.80
3	95	Flo Ray	Brighton & Hove City AC	q	2:14.11
4	102	Stacey Wheat	Colchester Harriers		2:18.56
5	96	Corin Reynolds	Havant AC		2:20.66
6	93	Elaine Murty	Dartford Harriers AC		2:29.01

Under 20 Women 800 Metres FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
1	71	Danielle Christmas	Crawley AC		2:07.34
2	101	Stephanie Twell	Aldershot Farnham & DAC		2:07.69
3	99	Jessica Sparke	Woodford Green w Essex L		2:08.55
4	88	Hannah England	Oxford City AC		2:09.24
5	90	Emily Goodall	Crawley AC		2:09.54
6	98	Linzi Snow	Woodford Green w Essex L		2:12.09
7	97	Katie Richardson	Havering Mayesbrook AC		2:13.02
8	95	Flo Ray	Brighton & Hove City AC		2:13.38

Under 20 Women 1500 Metres (a)

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

Posn	Num	Name	Club	Final	Perf
1	101	Stephanie Twell	Aldershot Farnham & DAC		4:25.35
2	94	Emma Pallant	Aldershot Farnham & DAC		4:25.70

3	114	Katherine Sparke	Woodford Green w Essex L	4:36.45
4	107	Natalie Gray	Medway & Maidstone AC	4:42.13
5	113	Bryony Proctor	Blackheath & Bromley Harriers	4:49.86
6	112	Stacey Preston	Aldershot Farnham & DAC	4:50.54
7	105	Sara Bailey	Stevenage & North Herts AC	4:51.11
8	111	Hayley Pointer	Team Southampton	4:52.50
9	110	Natasha Peters	Bedford & County AC	4:55.90
10	109	Robyn Matson	Havering Mayesbrook AC	4:55.93
11	103	Anna Whitfield	Basildon AC	5:04.69
DNS	88	Hannah England	Oxford City AC	
DNS	92	India Lee	Winchester & District AC	

Under 20 Women 5000 Metres FINAL (b)

CBP *NEW EVENT* *NO RECORDS HELD*

Posn	Num	Name	Club	Final	Perf
1	117	Danielle Sale	Orion Harriers		17:13.88
2	116	Polly Keen	Havant AC		19:30.31

Under 20 Women 100 Metres Hurdles (b)

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

Posn	Num	Name	Club	Heat 1	Perf
				-2.1	
1	43	Kylie Robilliard	Guernsey Island AAC	Q	14.86
2	47	Chloe Van Wulven	Havering Mayesbrook AC	Q	15.20
3	39	Kayleigh Ferguson	Croydon Harriers	Q	15.25
4	35	Alison Bennett	Dacorum & Tring AC	q	15.72
5	36	Jade Birch	Havant AC	q	16.66

Posn	Num	Name	Club	Heat 2	Perf
				-2.1	
1	37	Lucy Boggis	Radley AC	Q	14.82
2	12	Kim Motley	Cambridge & Coleridge AC	Q	15.97
3	41	Kate Miller	Epsom & Ewell Harriers	Q	16.42
4	46	Claudia Tabony	Harrow AC		16.98
DNS	45	Serita Solomon	Blackheath & Bromley Harriers		

Under 20 Women 100 Metres Hurdles FINAL (b)

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

Posn	Num	Name	Club	Final	Perf
				-0.1	
1	43	Kylie Robilliard	Guernsey Island AAC		14.36
2	37	Lucy Boggis	Radley AC		14.42
3	47	Chloe Van Wulven	Havering Mayesbrook AC		14.85
4	39	Kayleigh Ferguson	Croydon Harriers		15.04
5	12	Kim Motley	Cambridge & Coleridge AC		15.50
6	36	Jade Birch	Havant AC		15.70
7	35	Alison Bennett	Dacorum & Tring AC		15.90
8	41	Kate Miller	Epsom & Ewell Harriers		16.29

Under 20 Women 400 Metres Hurdles (a)

CBP *M.Canning* *Ealing Southall & Middlesex AC* *59.77* *2004*

Posn	Num	Name	Club	Heat 1	Perf
1	52	Claire Cooper	Blackheath & Bromley Harriers	Q	61.90
2	55	Ellen Howarth-Brown	City of Portsmouth AC	Q	62.33
3	66	Christina Silva	Herts Phoenix AC	Q	63.60

4	49	Claire Alexander	City of Portsmouth AC	q	66.03
5	56	Nicola Jelley	Epsom & Ewell Harriers		66.50
6	67	Hayley Todd	Ipswich Harriers		68.24
7	62	Hayley Ramos-Gonzalez	Woodford Green w Essex L		68.36
8	64	Jana Rieck	Tonbridge AC		69.39

Posn	Num	Name	Club	Heat 2	Perf
1	65	Perri Shakes-Drayton	Victoria Park H & Tower H AC	Q	62.00
2	58	Katie Murray	Blackheath & Bromley Harriers	Q	62.93
3	54	Maria Crowe	Medway & Maidstone AC	Q	63.76
4	59	Claire O'Neill	Bracknell AC	q	65.77
5	60	Cara Pain	Hastings AC		66.12
6	51	Rachel Christie	Thames Valley Harriers		66.97
7	61	Rebecca Quinlan	Chelmsford AC		67.96
8	57	Clare Leckie	Woodford Green w Essex L		71.11

Under 20 Women 400 Metres Hurdles FINAL (b)

CBP M.Canning Ealing Southall & Middlesex AC 59.77 2004

Posn	Num	Name	Club	Final	Perf
1	65	Perri Shakes-Drayton	Victoria Park H & Tower H AC	CBP	58.47
2	55	Ellen Howarth-Brown	City of Portsmouth AC		58.74
3	54	Maria Crowe	Medway & Maidstone AC		61.75
4	66	Christina Silva	Herts Phoenix AC		62.11
5	58	Katie Murray	Blackheath & Bromley Harriers		62.87
6	59	Claire O'Neill	Bracknell AC		65.44
7	49	Claire Alexander	City of Portsmouth AC		66.72
DNS	52	Claire Cooper	Blackheath & Bromley Harriers		

Under 20 Women 2000 Metres FINAL Steeplechase (b)

CBP S-J.Pickett Aldershot Farnham & DAC 7.31.54 2003

Posn	Num	Name	Club	Final	Perf
1	119	Ruth Senior	City of Norwich AC	CBP	6:50.29
2	106	Charlie Gaspar	Marshall Milton Keynes AC		7:12.94
3	120	Lucy Yates	Shaftesbury Barnet Harriers		8:12.78