

Senior Men

Saturday 11th March

60 Metres Heat 1

1 Leroy Slue	Harrow	7.28
2 Ian Frankish	E&E	7.6
3 Adam McCarthy	Walton	7.69
4 Robert Murkin	Reig P	8.76

60 Metres Heat 2

1 Leon Smith	HHH	7.49
2 Mark Baker	HW	7.68

60 Metres He:

1 Lawrence Mensah	HHH	7.14
2 Ashley Noble	HHH	7.15
3 Joseph Ibe	HHH	7.66

60 Metres He:

1 Josh Wood	Harrow	7.18
2 Dan Colgate	Woking	7.49
3 Geoff Walcott	HW	7.8

60 Metres Ser

1 Josh Wood	Harrow	7.07
2 Ashley Noble	HHH	7.14
3 Dan Colgate	Woking	7.45
4 Ian Frankish	E&E	7.58

60 Metres Semi-Final 2

1 Leroy Slue	Harrow	7.04
2 Lawrence Mensah	HHH	7.09
3 Leon Smith	HHH	7.48
4 Joseph Ibe	HHH	7.66

60 Metres Fin

1 Josh Wood	Harrow	6.89
2 Leroy Slue	Harrow	6.91
3 Ashley Noble	HHH	7.09
4 Lawrence Mensah	HHH	7.13

60 Metres Hui

1 Adam McCarthy	Walton	11.48
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7.09 Long Jump

1 Richard Danso	Belg	6.51
2 John Shepherd	E&H	5.86
3 Ian Frankish	E&E	5.69
4 Joseph Ibe	HHH	5.63

Pole Vault

1 Greg Conlon	TVH	4.75
2 Craig Timmings	Walton	4

Triple Jump

1 Curtis May	HHH	14.46
2 Akin Oyediran	HHH	13.24
3 Joseph Ibe	HHH	12.17

Sunday 12th March

Shot

1 Bill Fuller	E&E	16.16
2 Kyle Stevens	K&P	14.81
3 Ian Frankish	E&E	11.37
4 John Brown	HW	9.71

Pole Vault

2 Brian Harlick	E&E	2.7
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Under 20 Men

Saturday 11th March

60 Metres He:

1 Darren Wollen	Croydon	7.33
2 Laurence Dight	Croydon	7.44
3 Tim Alinsamni	SLH	7.63
4 Aaron Miller	SLH	7.74

60 Metres Heat 2

1 James Dasaolu	Croydon	7.21
2 Yomi Adeyemi	HHH	7.32
3 Christopher Burton	HHH	7.41
4 Ko Chuen To	HW	7.68

60 Metres He:

1 Byron Robinson	HHH	7.38
2 Miles Debrah	Belg	7.43
3 Tim Kuria	Woking	7.63

60 Metres He:

1 Idowu Akindele	Sutton	7.31
2 Robert Green	Woking	7.46
3 Christopher Hall	K&P	7.62

60 Metres Ser

1 Idowu Akindele	Sutton	7.2
2= Christopher Burton	HHH	7.32
2= Yomi Adeyami	HHH	7.32
4 Miles Debrah	Belg	7.37

60 Metres Semi-Final 2

1 James Dasaolu	Croydon	7.09
2 Byron Robinson	HHH	7.22
3 Darren Wollen	Croydon	7.23
4 Laurence Dight	Croydon	7.49

60 Metres Fin			60 Metres Hui			
1 James Dasaolu	Croydon	6.94	1 Matthew Field	K&P		9.14
2 Idowu Akindele	Sutton	7.05				
3 Byron Robinson	HHH	7.22	Long Jump			
4 Christopher Burton	HHH	7.23	1 Jeremy Odametey	HHH		6.79
5 Yomi Adeyami	HHH	7.24	2 Christopher Hall	K&P		5.9
High Jump			3 Ka Chuen To	HW		5.88
1 David Cole	WSEH	1.9	4 Luke Hicks	E&E		5.85
2 Paul Mortimer	Sutton	1.65	5 Tim Akinsamni	SLH		5.57
3 Ko Chuen To	HW	1.45	6 Dario Blake	SLH		5.5
Triple Jump			Pole Vault			
1 Ka Chuen To	HW	11.73	1 Joe Ive	Belg		4.85
2 Dario Blake	SLH	11.68	2 Thomas Crawford	Croydon		4.2
			3 Sam Colgate	Woking		3.8
Sunday 12th March						
Shot						
1 Marcus Williams	HHH	13.07				
2 Nicholas Webb	Woking	12.94				
Under 17 Men						
Saturday 11th March						
High Jump			Pole Vault			
1 Graham Cole	WSEH	1.8	1 Ryszard Buk	Croydon		4.1
2 Jamie East	Camberley	1.7				
3 Daniel Jenkins	R&T	1.55				
Sunday 12th March						
60 Metres Heat 1			60 Metres Heat 2			
1 Billy Porter	SLH	7.38	1 Adam Mohammed	Belg		7.32
2 Iverson Corbett	HHH	7.4	2 Vincent Auguste	Croydon		7.46
3 Samuel Gyamfi	HHH	7.56	3 Faron Griffiths-Moor	E&E		7.6
4 Neal Renfer	K&P	8.03	4 Jordan Williams	HHH		8.02
60 Metres Heat 1			60 Metres Heat 2			
1 Mark Barreta	E&E	7.26	1 Mark Barreta	E&E		7.19
2 Praful Nargund	HW	7.54	2 Vincent Auguste	Croydon		7.36
3 Jamie East	Camberley	7.73	3 Iverson Corbett	HHH		7.37
4 Jacob Andrews	SLH	7.84	4 Faron Griffiths-Moor	E&E		7.44
60 Metres Heat 1			60 Metres Heat 2			
1 Adam Mohammed	Belg	7.23	1 Adam Mohammed	Belg		7.2
2 Billy Porter	SLH	7.36	2 Mark Barreta	E&E		7.23
3 Praful Nargund	HW	7.46	3 Billy Porter	SLH		7.34
4 Samuel Gyamfi	HHH	7.53	4 Vincent Auguste	Croydon		7.44
60 Metres Hui			Long Jump			
1 Jamie East	Camberley	8.65	1 Gavin Roye	Croy		6.12
2 Josh Gilbert	Bracknell	9.12	2 Paul Oluyemi	HHH		6.07
Triple Jump			3 Graham Cole	WSEH		6.01
1 Kola Adedoyin	-	13.45	4 Dan Hudson	RA&AS		5.39
2 Trevor Okoroafor	Croydon	12.9	5 Neil Renfer	K&P		4.98
3 Daniel Hudson	RA&AS	10.86	6 Olivier Serviable	SLH		4.86
4 Olivier Serviable	SLH	10.48	Shot			
			1 Erasmus Ntim-Dwem	Croydon		13.48
			2 Kevin Thompson	HHH		12.13
			3 Graham Cole	WSEH		12

Under 15 Boys

Saturday 11th March

High Jump

1 Tom Kennedy	SLH	1.6
2 Ned Quiney	SLH	1.55

Sunday 12th March

60 Metres He:

60 Metres Heat 2

1 Dijon Archer	HHH	7.55	1 Andrew O'Flaherty	SLH	8.07
2 Burton Dredge	HHH	7.69	2 Christopher Fisher	E&E	8.14
3 Reece Morgan	AMRTC	8.01 -	Damilola Segun	Croydon	DNS
4 Neil Fuhrmann	SLH	8.48			

60 Metres Semi-Final 1

60 Metres He:

1 Joash Howard	Croydon	7.58	1 Joash Howard	Croydon	7.53
2 Tom Kennedy	SLH	7.62	2 Tom Kennedy	SLH	7.54
3 Enes Ongoren	K&P	8.81	3 Christopher Fisher	E&E	8.12
			4 Andrew O'Flaherty	SLH	8.13

60 Metres Ser

60 Metres FIN

1 Dijon Archer	HHH	7.45	1 Dijon Archer	HHH	7.41
2 Burton Dredge	HHH	7.71	2 Joash Howard	Croydon	7.49
3 Reece Morgan	AMRTC	7.94	3 Tom Kennedy	SLH	7.56
4 Neil Fuhrmann	SLH	8.51	4 Burton Dredge	HHH	7.66

60 Metres Hui

Pole Vault

1 Andrew O'Flaherty	SLH	9.8	1 Gordon Lester	K&P	2.7
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Long Jump

Shot

1 Derek Yeboah	Croydon	5.15	1 Michael Wheeler	HHH	17.19
2 Tom Kennedy	SLH	5.09			
3 Andrew O'Flaherty	SLH	5.05			
4 Ned Quiney	SLH	4.89			
5 Gordon Lester	K&P	4.83			
6 Neil Fuhrmann	SLH	4.49			
7 Enes Ongoren	K&P	4.43			

Under 13 Boys

Sunday 12th March

60 Metres FIN

Long Jump

1 Ashley Campbell	Belg	8.85
2 Tom Richards	HW	8.9

Senior Women

Saturday 11th March

60 Metres FIN

Triple Jump

1 Michelle Watson	HHH	7.81	1 Sarah Wellstead	Sutton	11.31
2 Helen Williams	Walton	7.9			
3 Chrissie Foster	Belg	8.26			

8.26 Pole Vault

1 Louisa Clark	Sutton	3
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Sunday 12th March

Shot		Pole Vault			
1 Eleanor Gatrell		Woking	14.25	2 Laura Batchelor	Sutton 2.8
2 Camilla Thrush		K&P	10.93		

Under 20 Women

Saturday 11th March

60 Metres FIN		60 Metres Hurdles FINAL			
1 Emily Martin		HW	7.87	1 Harriet Abbiss	AFD 9.44
2 Zerlina Klu		Sutton	7.93	2 Katie Miller	E&E 9.7
3 Harriet Abbiss		AFD	8.19	3 Kayleigh Ferguson	Croydon 9.76
4 Lucy McCarthy		R Sy B	8.43		
5 Lushaii Martin		Sutton	8.49		

High Jump

1 Shani Rainford	HHH	1.76	1 Emily Martin	HW	11.07
2 Anna Smith	B&B	1.55	2 Lucy McCarthy	R Sy B	9.27

Triple Jump

Sunday 12th March

Pole Vault		Shot			
1 Jennifer Honeyball	HHH	2.3	1 Briony Phillips	HHH	10.92

Under 17 Women

Saturday 11th March

High Jump			
1 Jo Rowland	Crawley	1.5	
2 Celia Livesey	R&T	1.5	
3 Sharon Adongo	Sutton	1.4	

Sunday 12th March

60 Metres Heat 1		60 Metres Heat 2			
1 Lizzie Cave	AFD	8.11	1 Magali Franka	HHH	8.16
2 Odette Campbell	Croydon	8.14	2 Jordan Berkeley	Croydon	8.23
3 Jade Phillips	HHH	8.18	3 Roseanne Mackay	K&P	8.38
4 Kimberley le Geyt	Sutton	8.26	4 Jo Rowland	Crawley	8.85

60 Metres Heat 3

60 Metres Heat 4					
1 Emily Barnard	Sutton	8.29	1 Jo White	R&T	8.1
2 Asha Forde	HHH	8.3	2 Robyn St Luce Boyce	HHH	8.16
3 Charlotte Cole	Sutton	8.35	3 Sophie Nazareth	Sutton	8.53
4 Rayanne Archer	Croydon	8.37	4 Sophie Day	Sutton	8.66

60 Metres Semi-Final 1

60 Metres Semi-Final 2					
1 Jo White	R&T	7.99	1 Robyn St Luce Boyce	HHH	8.04
2 Jade Phillips	HHH	8.06	2 Lizzie Cave	AFD	8.05
3 Magali Franka	HHH	8.12	3 Odette Campbell	Croydon	8.24
4 Jordan Berkeley	Croydon	8.22	4 Emily Barnard	Sutton	8.26

60 Metres FIN

60 Metres Hurdles FINAL					
1 Jo White	R&T	7.94	1 Sandra Seaton	E&E	9.26
2 Robyn St Luce Boyce	HHH	8	2 Harriet Lester	K&P	9.29

	3 Lizzie Cave	AFD	8.11	3 Natasha Risman	G&G	9.29
	4 Jade Phillips	HHH	8.13	4 Alecia Ali	SLH	10.29
Shot		Long Jump				
	1 Jo Rowland	Crawley	8.67	1 Natasha Risman	G&G	5.19
				2 Lizzie Cave	AFD	5.12
Triple Jump				3 Jo White	R&T	5.06
	1 Natasha Risman	G&G	10.45	4 Harriet Lester	K&P	4.74
	2 Roseanne Mackay	K&P	9.76	5 Emily Barnard	Sutton	4.69
Under 15 Girls						
Saturday 11th March						
High Jump						
	1 Emily Browne	Sutton	1.55			
	2 Harriet Speed	G&G	1.5			
	3 Phoebe Haynes	K&P	1.4			
Sunday 12th March						
60 Metres Heat		60 Metres Heat 2				
	1 Amelia Richards	HW	8.42	1 Twinelle Hopeson	Arch Ten	8.05
	2 Emma Campbell	Croydon	8.75	2 Faye Nash	Sutton	8.73
	3 Sophie Small	SLH	8.91	3 Sarah Abrams	AFD	9.32
-	Phoebe Haynes	K&P	DNS			
				60 Metres Set		
60 Metres Heat				1 Twinelle Hopeson	Arch Ten	7.90 CBP
	1 Stephanie Brathwaite	Croydon	8.45	2 Faye Nash	Sutton	8.71
	2 Amelia Chong	G&G	8.84	3 Emma Campbell	Croydon	8.72
	3 Cydney Briggs	Sutton	8.86	4 Cydney Briggs	Sutton	8.91
60 Metres Set				60 Metres FIN		
	1 Amelia Richards	HW	8.4	1 Twinelle Hopeson	Arch Ten	7.81 CBP
	2 Stephanie Brathwaite	Croydon	8.41	2 Amelia Richards	HW	8.24
	3 Amelia Chong	G&G	8.88	3 Stephanie Brathwaite	Croydon	8.44
	4 Sophie Small	SLH	8.95	4 Faye Nash	Sutton	8.7
60 Metres Hurdle				Pole Vault		
	1 Lucy Jones	K&P	9.69	1 Jade Ive	Sutton	2.4
	2 Amelia Richards	HW	10.06	2 Phoebe Haynes	K&P	2.1
	3 Phoebe Haynes	K&P	10.4	3 Rosa Williams	HHH	1.55
	4 Harriet Speed	G&G	10.4			
	5 Sarah Abrams	AFD	11.13	Long Jump		
Shot				1 Amelia Richards	HW	4.75
				2 Twinelle Hopeson	Arch Ten	4.48
	1 Sarah Breen	HHH	9.34	3 Sarah Abrams	AFD	4.44
	2 Melissa Johnson	AMRTC	7.29	4 Caleisha Cole	Sutton	4.37
	3 Thelma Weekes	AMRTC	7.19	5 Georgia Taylor	WSEH	4.05
	4 Peace Ebuomwan	AMRTC	6.45	6 Ellen Bendix-Lewis	Croydon	3.95
	5 Georgia Taylor	WSEH	5.84	7 Rosa Williams	HHH	3.51
Under 13 Girls						
Sunday 12th March						
60 Metres Heat		60 Metres Heat 2				
	1 Hannah Thompson	Croydon	9.07	1 Christianne Risman	G&G	8.6
	2 Janisha Thomas	SLH	9.19	2 Georgina Shears	Sutton	9.21
	3 Jennifer Paxton	Sutton	9.19	3 Thelma Weekes	AMRTC	9.35
	4 Jackie Owusu	HHH	9.25	4 Orlagh Quinn	Sutton	9.52

5 Chloe Lovett	Sutton	9.33
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60 Metres FIN

Long Jump

1 Christianne Risman	G&G	8.64
2 Hannah Thompson	Croydon	8.95
3 Jahisha Thomas	SLH	9.24
4 Jennifer Paxton	Sutton	9.42

1 Christianne Risman	G&G	4.42
2 Jahisha Thomas	SLH	3.71
3 Orlagh Quinn	Sutton	3.39