

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Senior Men 60 Metres (b)

| CBP | C.Pickering | Marshall Milton Keynes AC | 2007 | 6.56 | | |
|-------------|--------------------|----------------------------------|-----------------------------|-------------|---------------|-------------|
| Posn | Num | Name | Club | | Heat 1 | Perf |
| 1 | 72 | Ryan Scott | Newham & Essex Beagles AC | | Q | 6.88 |
| 2 | 73 | Dean Showler-Davis | Basingstoke & Mid Hants AC | | Q | 7.09 |
| 3 | 31 | James Folkes | Andover AC | | | 7.13 |
| 4 | 41 | Justin Green | Kingston AC & Poly Harriers | | | 7.14 |
| 5 | 54 | Sheldon McGowan | Newham & Essex Beagles AC | | | 7.27 |
| 6 | 1 | Emmanuel Adesina | London Heathside Runners | | | 9.33 |

| Posn | Num | Name | Club | | Heat 2 | Perf |
|-------------|------------|-----------------|------------------------------|--|---------------|-------------|
| 1 | 58 | Akeem Ogunyemi | Enfield & Haringey AC | | Q | 6.95 |
| 2 | 27 | Paul Egboh | Kent AC | | Q | 7.13 |
| 3 | 45 | J J Jegede | Newham & Essex Beagles AC | | | 7.20 |
| 4 | 71 | Rohan Samuel | Harrow AC | | | 7.38 |
| 5 | 12 | Aaron Broderick | Kent AC | | | 7.40 |
| 6 | 78 | Alec Wing | Victoria Park H & Tower H AC | | | 7.64 |

| Posn | Num | Name | Club | | Heat 3 | Perf |
|-------------|------------|-------------------|-------------------------------|--|---------------|-------------|
| 1 | 79 | Elijah Winn | Enfield & Haringey AC | | Q | 6.97 |
| 2 | 10 | Duayne Bovell | Blackheath & Bromley Harriers | | Q | 7.12 |
| 3 | 70 | Byron Robinson | Herne Hill Harriers | | | 7.25 |
| 4 | 24 | Andre Diurno | Andover AC | | | 7.33 |
| 5 | 50 | Chaka Maillet | Thames Valley Harriers | | | 7.47 |
| 6 | 63 | Tamunonengi Ossai | Shaftesbury Barnet Harriers | | | 7.51 |

| Posn | Num | Name | Club | | Heat 4 | Perf |
|-------------|------------|-------------------------|-----------------------------|--|---------------|-------------|
| 1 | 23 | William De Torvy-Ballou | Thames Valley Harriers | | Q | 6.95 |
| 2 | 26 | Gavin Eastman | Enfield & Haringey AC | | Q | 7.00 |
| 3 | 25 | Mark Dyble | Cambridge University AC | | q | 7.00 |
| 4 | 19 | Mark Collins | Luton AC | | | 7.30 |
| 5 | 44 | Andre Houghton | Cambridge Harriers | | | 7.33 |
| 6 | 60 | Adam Omisore | Kingston AC & Poly Harriers | | | 7.39 |

| Posn | Num | Name | Club | | Heat 5 | Perf |
|-------------|------------|-----------------|------------------------|--|---------------|-------------|
| 1 | 53 | Andrew Matthews | Windsor S E & Hounslow | | Q | 6.80 |
| 2 | 30 | Craig Fleming | Belgrave Harriers | | Q | 7.02 |
| 3 | 56 | Stefan Mitchell | Crawley AC | | q | 7.04 |
| 4 | 51 | Seun Marcus | Belgrave Harriers | | | 7.15 |
| 5 | 48 | Dima Koroma | Newbury AC | | | 7.26 |
| 6 | 32 | Sean Foord | Team Southampton | | | 7.29 |

| Posn | Num | Name | Club | | Heat 6 | Perf |
|-------------|------------|---------------------|------------------------------|--|---------------|-------------|
| 1 | 38 | Robert Graham | Herne Hill Harriers | | Q | 7.01 |
| 2 | 15 | Abdul-Wahab Buhari | Victoria Park H & Tower H AC | | Q | 7.05 |
| 3 | 35 | Marvin Gayle | Newbury AC | | | 7.18 |
| 4 | 55 | Andrew Mensah | Shaftesbury Barnet Harriers | | | 7.21 |
| 5 | 29 | Toleme Ezekiel | Victoria Park H & Tower H AC | | | 7.28 |
| 6 | 9 | Jason-Louis Bernard | Kingston AC & Poly Harriers | | | 7.40 |

| Posn | Num | Name | Club | | Heat 7 | Perf |
|-------------|------------|--------------|-------------------|--|---------------|-------------|
| 1 | 33 | Ryan French | Belgrave Harriers | | Q | 6.97 |
| 2 | 74 | Leroy Slue | Harrow AC | | Q | 7.02 |
| 3 | 40 | Darren Green | Luton AC | | q | 7.06 |

| | | | | |
|---|----|-----------------|--------------------------------|------|
| 4 | 14 | Sean Buckeridge | Ealing Southall & Middlesex AC | 7.19 |
| 5 | 75 | Daryl Thomas | Herne Hill Harriers | 7.20 |
| 6 | 6 | Joe Appiah | Kent AC | 7.39 |

| Posn | Num | Name | Club | Heat 8 | Perf |
|------|-----|----------------|------------------------------|--------|------|
| 1 | 7 | Eugene Ayanful | Woodford Green w Essex L | Q | 6.92 |
| 2 | 77 | Colin Wilson | Woodford Green w Essex L | Q | 7.04 |
| 3 | 80 | Joshua Wood | Harrow AC | | 7.13 |
| 4 | 69 | Bill Porter | Loughborough University AC | | 7.16 |
| 5 | 34 | Lee Fulham | Worthing & District Harriers | | 7.19 |
| 6 | 3 | Amin Ahmadnia | Cambridge University AC | | 7.29 |

| Posn | Num | Name | Club | Heat 9 | Perf |
|------|-----|-------------------|-----------------------------|--------|------|
| 1 | 52 | Othroy Marsh | Harrow AC | Q | 7.02 |
| 2 | 22 | Daniel Davis | Woodford Green w Essex L | Q | 7.05 |
| 3 | 49 | Confidence Lawson | Shaftesbury Barnet Harriers | q | 7.05 |
| 4 | 57 | Victor Nwagbara | Kingston AC & Poly Harriers | | 7.12 |
| 5 | 21 | David Cook | Kingston AC & Poly Harriers | | 7.15 |

| Posn | Num | Name | Club | Heat 10 | Perf |
|------|-----|-----------------|------------------------------|---------|------|
| 1 | 43 | Mark Hanson | Enfield & Haringey AC | Q | 6.92 |
| 2 | 76 | Conrad Williams | Kent AC | Q | 6.97 |
| 3 | 16 | Kristian Clarke | Highgate Harriers | q | 7.07 |
| 4 | 65 | Saul Paine | Victoria Park H & Tower H AC | | 7.15 |
| 5 | 8 | Moses Bawo | Thames Valley Harriers | | 7.24 |
| 6 | 81 | Gorm Young | Horsham Blue Star Harriers | | 7.93 |

| Posn | Num | Name | Club | Heat 11 | Perf |
|------|-----|-------------------|-------------------------------|---------|------|
| 1 | 37 | Tremayne Gilling | Blackheath & Bromley Harriers | Q | 6.80 |
| 2 | 13 | Jonathan Browne | Kent AC | Q | 6.84 |
| 3 | 39 | Dwayne Grant | Blackheath & Bromley Harriers | q | 6.89 |
| 4 | 2 | Emanuel Adeyemi | Herne Hill Harriers | q | 7.03 |
| 5 | 47 | George Kenyon | Team Southampton | q | 7.08 |
| 6 | 28 | Glenn Etherington | Guernsey Island AAC | | 7.31 |

| Posn | Num | Name | Club | Round 2 Heat 1 | Perf |
|------|-----|--------------------|-------------------------------|-------------------|------|
| 1 | 53 | Andrew Matthews | Windsor S E & Hounslow | Q | 6.80 |
| 2 | 38 | Robert Graham | Herne Hill Harriers | Q | 6.93 |
| 3 | 52 | Othroy Marsh | Harrow AC | Q | 7.05 |
| 4 | 10 | Duayne Bovell | Blackheath & Bromley Harriers | | 7.05 |
| 5 | 73 | Dean Showler-Davis | Basingstoke & Mid Hants AC | | 7.07 |
| 6 | 47 | George Kenyon | Team Southampton | | 7.19 |

| Posn | Num | Name | Club | Round 2 Heat 2 | Perf |
|------|-----|--------------------|-------------------------------|-------------------|------|
| 1 | 37 | Tremayne Gilling | Blackheath & Bromley Harriers | Q | 6.77 |
| 2 | 13 | Jonathan Browne | Kent AC | Q | 6.79 |
| 3 | 33 | Ryan French | Belgrave Harriers | Q | 6.89 |
| 4 | 15 | Abdul-Wahab Buhari | Victoria Park H & Tower H AC | | 7.04 |
| 5 | 27 | Paul Egboh | Kent AC | | 7.14 |
| 6 | 16 | Kristian Clarke | Highgate Harriers | | 7.18 |

| Posn | Num | Name | Club | Round 2 Heat 3 | Perf |
|------|-----|-----------------|-------------------------------|-------------------|------|
| 1 | 79 | Elijah Winn | Enfield & Haringey AC | Q | 6.80 |
| 2 | 72 | Ryan Scott | Newham & Essex Beagles AC | Q | 6.82 |
| 3 | 76 | Conrad Williams | Kent AC | Q | 6.87 |
| 4 | 39 | Dwayne Grant | Blackheath & Bromley Harriers | q | 6.91 |
| 5 | 22 | Daniel Davis | Woodford Green w Essex L | | 7.03 |
| 6 | 40 | Darren Green | Luton AC | | 7.05 |

| Posn | Num | Name | Club | Round 2 Heat 4 | Perf |
|------|-----|-------------------------|-----------------------------|-------------------|------|
| 1 | 26 | Gavin Eastman | Enfield & Haringey AC | Q | 6.82 |
| 2 | 77 | Colin Wilson | Woodford Green w Essex L | Q | 6.87 |
| 3 | 23 | William De Torvy-Ballou | Thames Valley Harriers | Q | 6.87 |
| 4 | 49 | Confidence Lawson | Shaftesbury Barnet Harriers | q | 6.98 |
| 5 | 25 | Mark Dyble | Cambridge University AC | | 7.04 |
| | 43 | Mark Hanson | Enfield & Haringey AC | | DNS |

| Posn | Num | Name | Club | Round 2 Heat 5 | Perf |
|------|-----|-----------------|--------------------------|-------------------|------|
| 1 | 58 | Akeem Ogunyemi | Enfield & Haringey AC | Q | 6.82 |
| 2 | 7 | Eugene Ayanful | Woodford Green w Essex L | Q | 6.82 |
| 3 | 30 | Craig Fleming | Belgrave Harriers | Q | 6.96 |
| 4 | 74 | Leroy Slue | Harrow AC | q | 7.01 |
| 5 | 56 | Stefan Mitchell | Crawley AC | | 7.04 |
| 6 | 2 | Emanuel Adeyemi | Herne Hill Harriers | | 7.06 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|------------------|-------------------------------|-------|------|
| 1 | 37 | Tremayne Gilling | Blackheath & Bromley Harriers | Q | 6.76 |
| 2 | 72 | Ryan Scott | Newham & Essex Beagles AC | Q | 6.80 |
| 3 | 38 | Robert Graham | Herne Hill Harriers | | 6.83 |
| 4 | 13 | Jonathan Browne | Kent AC | | 6.86 |
| 5 | 74 | Leroy Slue | Harrow AC | | 6.94 |
| 6 | 33 | Ryan French | Belgrave Harriers | | 7.13 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-------------------|-----------------------------|-------|------|
| 1 | 53 | Andrew Matthews | Windsor S E & Hounslow | Q | 6.72 |
| 2 | 7 | Eugene Ayanful | Woodford Green w Essex L | Q | 6.78 |
| 3 | 76 | Conrad Williams | Kent AC | | 6.84 |
| 4 | 26 | Gavin Eastman | Enfield & Haringey AC | | 6.87 |
| 5 | 49 | Confidence Lawson | Shaftesbury Barnet Harriers | | 6.96 |
| 6 | 30 | Craig Fleming | Belgrave Harriers | | 7.04 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|-------------------------|-------------------------------|-------|------|
| 1 | 58 | Akeem Ogunyemi | Enfield & Haringey AC | Q | 6.71 |
| 2 | 79 | Elijah Winn | Enfield & Haringey AC | Q | 6.77 |
| 3 | 39 | Dwayne Grant | Blackheath & Bromley Harriers | | 6.81 |
| 4 | 23 | William De Torvy-Ballou | Thames Valley Harriers | | 7.03 |
| | 52 | Othroy Marsh | Harrow AC | | DQ |
| | 77 | Colin Wilson | Woodford Green w Essex L | | DQ |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------|-------------------------------|-------|------|
| 1 | 79 | Elijah Winn | Enfield & Haringey AC | | 6.73 |
| 2 | 58 | Akeem Ogunyemi | Enfield & Haringey AC | | 6.75 |
| 3 | 53 | Andrew Matthews | Windsor S E & Hounslow | | 6.77 |
| 4 | 37 | Tremayne Gilling | Blackheath & Bromley Harriers | | 6.80 |
| 5 | 72 | Ryan Scott | Newham & Essex Beagles AC | | 6.83 |
| 6 | 7 | Eugene Ayanful | Woodford Green w Essex L | | 6.83 |

Senior Men 200 Metres (a)

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

CBP L.Baptiste **Enfield & Haringey AC** **2009** **21.19**

| Posn | Num | Name | Club | Heat 1 | Perf |
|------|-----|---------------------|-------------------------------|--------|-------|
| 1 | 82 | Timothy Abeyie | Woodford Green w Essex L | Q | 22.25 |
| 2 | 95 | Steve Johnson | Windsor S E & Hounslow | Q | 22.36 |
| 3 | 64 | Femi Owolade | Blackheath & Bromley Harriers | q | 22.76 |
| 4 | 104 | Christopher Vickers | Woodford Green w Essex L | | 23.97 |
| 5 | 85 | Martin Bigg | Shaftesbury Barnet Harriers | | 24.72 |

6 102 Gaith Taha Vale of Aylesbury AC 24.78

| Posn | Num | Name | Club | Heat 2 | Perf |
|------|-----|---------------|------------------------------|--------|-------|
| 1 | 90 | Dale Garland | Guernsey Island AAC | Q | 22.47 |
| 2 | 40 | Darren Green | Luton AC | Q | 22.53 |
| 3 | 92 | Lubega Hamim | Victoria Park H & Tower H AC | | 23.26 |
| 4 | 88 | Peter Edmunds | Highgate Harriers | | 23.66 |
| 5 | 60 | Adam Omisore | Kingston AC & Poly Harriers | | 23.73 |
| 6 | 98 | Aaron Odle | South London Harriers | | 26.03 |

| Posn | Num | Name | Club | Heat 3 | Perf |
|------|-----|------------------|--------------------------|--------|-------|
| 1 | 97 | Nick Leavey | Woodford Green w Essex L | Q | 22.33 |
| 2 | 30 | Craig Fleming | Belgrave Harriers | Q | 22.73 |
| 3 | 8 | Moses Bawo | Thames Valley Harriers | q | 23.05 |
| 4 | 11 | James Bridge | Ashford AC | | 23.44 |
| 5 | 89 | Brendan Fisher | Team Southampton | | 24.35 |
| 6 | 91 | Nicholas Grocock | Havant AC | | 25.96 |

| Posn | Num | Name | Club | Heat 4 | Perf |
|------|-----|---------------------------|-------------------------------|--------|-------|
| 1 | 93 | Daniel Haque | Blackheath & Bromley Harriers | Q | 22.46 |
| 2 | 103 | Sebastian Tully-Middleton | Birchfield Harriers | Q | 22.53 |
| 3 | 96 | Ollie King | Woking AC | q | 22.65 |
| 4 | 63 | Tamunonengi Ossai | Shaftesbury Barnet Harriers | q | 22.71 |
| 5 | 12 | Aaron Broderick | Kent AC | | 24.58 |
| 6 | 86 | Owen Churton | Cambridge University AC | | 25.00 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|----------------|--------------------------|-------|-------|
| 1 | 82 | Timothy Abeyie | Woodford Green w Essex L | Q | 21.59 |
| 2 | 95 | Steve Johnson | Windsor S E & Hounslow | Q | 21.95 |
| 3 | 90 | Dale Garland | Guernsey Island AAC | Q | 22.10 |
| 4 | 30 | Craig Fleming | Belgrave Harriers | | 22.21 |
| 5 | 96 | Ollie King | Woking AC | | 22.72 |
| 6 | 8 | Moses Bawo | Thames Valley Harriers | | 22.88 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|---------------------------|-------------------------------|-------|-------|
| 1 | 97 | Nick Leavey | Woodford Green w Essex L | Q | 22.15 |
| 2 | 103 | Sebastian Tully-Middleton | Birchfield Harriers | Q | 22.19 |
| 3 | 93 | Daniel Haque | Blackheath & Bromley Harriers | Q | 22.21 |
| 4 | 40 | Darren Green | Luton AC | | 22.42 |
| 5 | 64 | Femi Owolade | Blackheath & Bromley Harriers | | 22.59 |
| 6 | 63 | Tamunonengi Ossai | Shaftesbury Barnet Harriers | | 22.89 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|---------------------------|-------------------------------|-------|-------|
| 1 | 95 | Steve Johnson | Windsor S E & Hounslow | | 21.93 |
| 2 | 97 | Nick Leavey | Woodford Green w Essex L | | 22.04 |
| 3 | 103 | Sebastian Tully-Middleton | Birchfield Harriers | | 22.19 |
| 4 | 93 | Daniel Haque | Blackheath & Bromley Harriers | | 22.19 |
| | 90 | Dale Garland | Guernsey Island AAC | | DNS |
| | 82 | Timothy Abeyie | Woodford Green w Essex L | | DQ |

Senior Men 1,500 Metres (b)

CBP *P.Bridger*

Luton AC

2008

3.50.9

| Posn | Num | Name | Club | Heat 1 | Perf |
|------|-----|-------------------|---------------------------|--------|---------|
| 1 | 105 | Daniel Clorley | Luton AC | Q | 4:02.34 |
| 2 | 106 | Sam Coombes | Dartford Harriers AC | Q | 4:02.64 |
| 3 | 129 | Matthew Willmott | Marshall Milton Keynes AC | | 4:03.30 |
| 4 | 123 | Daniel Stepney | Phoenix AC | | 4:04.10 |
| 5 | 119 | Russell Osborn | Team Southampton | | 4:06.62 |
| 6 | 115 | Matthew Loveridge | Guernsey Island AAC | | 4:07.64 |

7 117 David McKinlay Blackheath & Bromley Harriers 4:07.94

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|----------------|------------------------------|----------|---------|
| | | | | 2 | |
| 1 | 128 | Ian Williamson | Cambridge & Coleridge AC | Q | 3:59.15 |
| 2 | 111 | Oliver Heeks | Orion Harriers | Q | 4:00.28 |
| 3 | 126 | Richard Ward | Belgrave Harriers | q | 4:00.87 |
| 4 | 121 | Craig Price | Kingston AC & Poly Harriers | q | 4:03.14 |
| 5 | 107 | Sam Dobin | Cambridge University AC | | 4:05.23 |
| 6 | 124 | James Tydeman | Basildon AC | | 4:06.91 |
| 7 | 116 | Tony Macdowall | Victoria Park H & Tower H AC | | 4:26.70 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|---------------------------|----------|---------|
| | | | | 3 | |
| 1 | 108 | Paul Erwood | Marshall Milton Keynes AC | Q | 3:59.52 |
| 2 | 109 | David Gibbon | Colchester & Tendring AC | Q | 4:01.10 |
| 3 | 114 | Gavin Lewis | Woodford Green w Essex L | q | 4:02.98 |
| 4 | 125 | Ben Wallis | Guildford & Godalming AC | | 4:03.40 |
| 5 | 118 | James Moorcroft | Team Kennet Triathlon AC | | 4:16.91 |
| 6 | 112 | Tom Heslop | Cambridge University AC | | 4:22.14 |
| 7 | 110 | Stuart Hansell | Newmarket Joggers | | 4:53.01 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|----------------|-----------------------------|-------|---------|
| 1 | 105 | Daniel Clorley | Luton AC | | 4:04.94 |
| 2 | 108 | Paul Erwood | Marshall Milton Keynes AC | | 4:05.20 |
| 3 | 128 | Ian Williamson | Cambridge & Coleridge AC | | 4:05.27 |
| 4 | 106 | Sam Coombes | Dartford Harriers AC | | 4:07.78 |
| 5 | 111 | Oliver Heeks | Orion Harriers | | 4:09.49 |
| 6 | 109 | David Gibbon | Colchester & Tendring AC | | 4:09.86 |
| 7 | 126 | Richard Ward | Belgrave Harriers | | 4:10.52 |
| 8 | 114 | Gavin Lewis | Woodford Green w Essex L | | 4:12.74 |
| | 121 | Craig Price | Kingston AC & Poly Harriers | | DNS |

Senior Men 60m Hurdles (a)

CBP **R.Alleyne** **Woodford Green w Essex L** **2008** **7.82**

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|---------------------|-------------------------------|----------|------|
| | | | | 1 | |
| 1 | 130 | Lawrence Clarke | Windsor S E & Hounslow | Q | 8.00 |
| 2 | 4 | Alex Al-Ameen | Newham & Essex Beagles AC | Q | 8.20 |
| 3 | 136 | Benjamin Richardson | Team Southampton | q | 8.24 |
| 4 | 134 | Simon Lloyd | Blackheath & Bromley Harriers | | 8.89 |
| | 133 | Anthony Hartis | Belgrave Harriers | | DNF |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|--------------------------|----------|------|
| | | | | 2 | |
| 1 | 132 | Nicholas Gayle | Sale Harriers | Q | 8.02 |
| 2 | 6 | Joe Appiah | Kent AC | Q | 8.66 |
| 3 | 28 | Glenn Etherington | Guernsey Island AAC | q | 8.71 |
| | 22 | Daniel Davis | Woodford Green w Essex L | | DQ |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|---------------------|---------------------------|-------|------|
| 1 | 132 | Nicholas Gayle | Sale Harriers | | 7.88 |
| 2 | 130 | Lawrence Clarke | Windsor S E & Hounslow | | 7.94 |
| 3 | 136 | Benjamin Richardson | Team Southampton | | 8.25 |
| 4 | 6 | Joe Appiah | Kent AC | | 8.51 |
| 5 | 28 | Glenn Etherington | Guernsey Island AAC | | 8.51 |
| | 4 | Alex Al-Ameen | Newham & Essex Beagles AC | | DNS |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Senior Men High Jump (a)

| CBP | S.Oni | Belgrave Harriers | 2007 | 2.25 | |
|-------------|--------------|--------------------------|---------------------------|-------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 144 | Samson Oni | Belgrave Harriers | 2.25 | 2.05 o; 2.10 o; 2.15 o; 2.20 o; 2.25xo; 2.28 xxx |
| 2 | 139 | Robbie Grabarz | Newham & Essex Beagles AC | 2.20 | 2.10 o; 2.15 o; 2.20 xxo; 2.25 xxx |
| 3 | 143 | Martin Lloyd | Bexley AC | 2.15 | 2.05 o; 2.10 o; 2.15 o; 2.20 xxx |
| 4 | 141 | Scott Johnson | Bedford & County AC | 2.05 | 1.90 o; 1.95 xo; 2.00 o; 2.05 xxo; 2.10 xxx |
| 5 | 137 | Kevin Crawley | London AC | 1.90 | 1.90 o; 1.95 xxx |
| 6 | 142 | Cameron Lake | Windsor S E & Hounslow | 1.90 | 1.90 xo; 1.95xxx |
| 7 | 140 | Ross Jeffs | Channel Islands AC | 1.80 | 1.80 xo; 1.85 xxx |

Senior Men Pole Vault (a)

| CBP | N.Buckfield | Crawley AC | 2002 | 5.62 | |
|-------------|--------------------|-------------------|-------------------------------|-------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 147 | Nate Sharpe | Cambridge University AC | 4.20 | 3.80 o; 3.95 -; 4.00 o; 4.20 xxo, 4.30 xxx |
| | 145 | Allan Leiper | Aldershot Farnham & DAC | nh | 3.80 xxx |
| | 146 | Nicholas Moore | Blackheath & Bromley Harriers | nh | 3.80 xxx |

Senior Men Long Jump (a)

| CBP | J.Munroe | Thames Valley Harriers | 1995 | 7.46 | |
|-------------|-----------------|-------------------------------|--------------------------------|-------------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 150 | Matthew Burton | Kent AC | 7.39 | 7.05; 6.63; 7.37; 7.32; 7.39; 7.35 |
| 2 | 157 | Paul Oluyemi | Herne Hill Harriers | 7.27 | nj; 7.19; 7.27; 7.26; 7.18; 7.12 |
| 3 | 45 | J J Jegede | Newham & Essex Beagles AC | 7.27 | 7.05; 6.94; 6.78; 7.27; 6.71; 7.16 |
| 4 | 149 | Daniel Bramble | Ealing Southall & Middlesex AC | 7.15 | nj; 6.96; 7.15; nj; -; - |
| 5 | 156 | Nonso Okolo | Shaftesbury Barnet Harriers | 6.99 | nj; 6.71; 6.99; 6.92; nj; nj |
| 6 | 153 | Mitchell Jarvis | Braintree & District AC | 6.66 | nj; 6.51; 6.66; 6.62; nj; nj |
| 7 | 155 | James Lelliott | Bournemouth AC | 6.40 | 6.40; Pass; 6.27 |
| 8 | 151 | Jody Chappell | Belgrave Harriers | 6.39 | 6.39; 2.15; 5.02 |
| 9 | 47 | George Kenyon | Team Southampton | 6.38 | nj; 5.64; 6.38 |
| 10 | 152 | Richard Holt | City of Salisbury A & RC | 6.31 | nj; 6.15; 6.31 |
| 11 | 158 | Sam Richards | Cambridge & Coleridge AC | 6.03 | 5.96; 6.03; nj |
| 12 | 148 | Samson Baah | Ealing Southall & Middlesex AC | 5.73 | nj; nj; 5.73 |
| 13 | 89 | Brendan Fisher | Team Southampton | 5.65 | Pass, 5.65; 5.58 |

Senior Men Triple Jump (b)

| CBP | P.Idowu | Belgrave Harriers | 2008 | 17.06 | |
|-------------|----------------|--------------------------|-----------------------------|--------------|---------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 161 | Phillips Idowu | Belgrave Harriers | 16.76 | 16.59; 16.76; 16.67; 16.43; 15.05; nj |
| 2 | 164 | Tosin Oke | Woodford Green w Essex L | 16.68 | 16.11; 16.45; -; 16.33; 16.18; 16.68 |
| 3 | 166 | Nick Thomas | Newham & Essex Beagles AC | 15.43 | nj; 15.43; nj; 15.36; -; - |
| 4 | 162 | Daniel Lewis | Shaftesbury Barnet Harriers | 15.11 | 14.89; 15.11; nj; 15.08; -; 14.54 |
| 5 | 165 | Michael Puplambu | Windsor S E & Hounslow | 14.46 | nj; 14.46; nj |
| 6 | 167 | David Wellstead | Belgrave Harriers | 14.00 | 13.64; nj; nj; nj; nj; 14.00 |
| 7 | 163 | Darren March | Medway & Maidstone AC | 13.29 | nj; 13.02; 13.29 |

Senior Men Shot (b)

| CBP | E.Udechuku | Woodford Green w Essex L | 2006 | 18.36 | |
|-------------|-------------------|---------------------------------|--------------------------|--------------|---------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 173 | Tom Norman | Woodford Green w Essex L | 14.90 | 13.98; np; 14.44; 14.15; np; 14.90 |
| 2 | 174 | Erasmus Ntim-Dwemoh | Croydon Harriers | 12.90 | 12.31; 12.41; 12.50; 12.31; 12.90; np |
| 3 | 172 | Garry Newton | Team Southampton | 12.78 | 12.40; 12.78; 12.31; np; 12.16; 12.52 |

| | | | | | |
|---|-----|--------------------|--------------------------|-------|--|
| 4 | 175 | Andy Turner | Bournemouth AC | 12.46 | 11.70; 12.43; 12,46; np; 12.27; np |
| 5 | 169 | Courtney Green | Kent AC | 12.16 | 12.08; 11.86; 11.69; 11.65; 12.16; 10.94 |
| 6 | 168 | David Burrell | Luton AC | 12.12 | 11.50; 12.12; np; np; 11.83; 11.63 |
| 7 | 171 | Christopher Linque | Woodford Green w Essex L | 11.92 | 11.71; 11.92; 11.56 |
| 8 | 170 | Albert Johnson | Kent AC | 11.29 | 11.29; 10.60; np |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Senior Women 60 Metres (b)

| CBP | L.Turner | Harrow AC | 2007 | 7.33 | |
|-------------|-----------------|-------------------------|-------------------------------|-------------|-------------|
| Posn | Num | Name | Club | Heat | Perf |
| | | | | 1 | |
| 1 | 8 | Katherine Endacott | City of Plymouth AC | Q | 7.6 |
| 2 | 14 | Tope Nuga | Newham & Essex Beagles AC | Q | 7.8 |
| 3 | 7 | Torema Dorsett | Enfield & Haringey AC | Q | 7.8 |
| 4 | 6 | Kelly Denyer | Worthing & District Harriers | q | 8.0 |
| 5 | 3 | Helen Butler | Channel Islands AC | | 8.7 |
| | | | | 2 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 18 | Anike Shand-Whittingham | Blackheath & Bromley Harriers | Q | 7.7 |
| 2 | 2 | Shelley Bowen | Reading AC | Q | 7.9 |
| 3 | 19 | Shayone Simao | South London Harriers | Q | 7.9 |
| 4 | 20 | Katie Skelding | Woodford Green w Essex L | q | 8.1 |
| 5 | 23 | Kirstie Taylor | Dartford Harriers AC | | 8.7 |
| | | | | 3 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 28 | Nadia Williams | Shaftesbury Barnet Harriers | Q | 7.7 |
| 2 | 21 | Serita Solomon | Blackheath & Bromley Harriers | Q | 7.9 |
| 3 | 5 | Victoria Cole | Blackheath & Bromley Harriers | Q | 7.9 |
| 4 | 27 | Michelle Webster | Bedford & County AC | q | 8.0 |
| 5 | 25 | Jemma Walker | Thames Valley Harriers | q | 8.1 |
| | | | | 4 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 30 | Louise Wood | Chelmsford AC | Q | 7.7 |
| 2 | 10 | Azaria Francis | Woodford Green w Essex L | Q | 7.9 |
| 3 | 11 | Kim Murray | Woodford Green w Essex L | Q | 8.2 |
| 4 | 9 | Temitope Erinoso | Newham & Essex Beagles AC | | 8.3 |
| 5 | 29 | Lekeisha Wilson | Thames Valley Harriers | | 8.5 |
| | | | | 5 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 1 | Fatmata Bangura | Victoria Park H & Tower H AC | Q | 7.7 |
| 2 | 13 | Tunrayo Nubi | Enfield & Haringey AC | Q | 7.7 |
| 3 | 16 | Jade Phillips | Herne Hill Harriers | Q | 8.0 |
| 4 | 12 | Emily Newton | Team Southampton | q | 8.1 |
| 5 | 17 | Joanna Richards | St Albans AC | | 8.3 |
| | | | | S/F | Perf |
| | | | | 1 | |
| 1 | 8 | Katherine Endacott | City of Plymouth AC | Q | 7.51 |
| 2 | 2 | Shelley Bowen | Reading AC | q | 7.67 |
| 3 | 21 | Serita Solomon | Blackheath & Bromley Harriers | | 7.81 |
| 4 | 6 | Kelly Denyer | Worthing & District Harriers | | 7.95 |
| 5 | 27 | Michelle Webster | Bedford & County AC | | 8.07 |
| | | | | 2 | |
| Posn | Num | Name | Club | S/F | Perf |
| 1 | 18 | Anike Shand-Whittingham | Blackheath & Bromley Harriers | Q | 7.62 |
| 2 | 14 | Tope Nuga | Newham & Essex Beagles AC | | 7.69 |
| 3 | 10 | Azaria Francis | Woodford Green w Essex L | | 7.80 |
| 4 | 20 | Katie Skelding | Woodford Green w Essex L | | 8.00 |
| 5 | 11 | Kim Murray | Woodford Green w Essex L | | 8.15 |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|----------------|-----------------------------|----------|------|
| | | | | 3 | |
| 1 | 13 | Tunrayo Nubi | Enfield & Haringey AC | Q | 7.49 |
| 2 | 7 | Torema Dorsett | Enfield & Haringey AC | q | 7.56 |
| 3 | 28 | Nadia Williams | Shaftesbury Barnet Harriers | | 7.68 |
| 4 | 16 | Jade Phillips | Herne Hill Harriers | | 8.05 |
| | 25 | Jemma Walker | Thames Valley Harriers | | DNS |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|-----------------|-------------------------------|----------|------|
| | | | | 4 | |
| 1 | 1 | Fatmata Bangura | Victoria Park H & Tower H AC | Q | 7.51 |
| 2 | 30 | Louise Wood | Chelmsford AC | | 7.68 |
| 3 | 19 | Shayone Simao | South London Harriers | | 7.74 |
| 4 | 5 | Victoria Cole | Blackheath & Bromley Harriers | | 7.77 |
| 5 | 12 | Emily Newton | Team Southampton | | 8.17 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-------------------------|-------------------------------|-------|------|
| 1 | 1 | Fatmata Bangura | Victoria Park H & Tower H AC | | 7.46 |
| 2 | 7 | Torema Dorsett | Enfield & Haringey AC | | 7.51 |
| 3 | 8 | Katherine Endacott | City of Plymouth AC | | 7.52 |
| 4 | 18 | Anike Shand-Whittingham | Blackheath & Bromley Harriers | | 7.59 |
| 5 | 13 | Tunrayo Nubi | Enfield & Haringey AC | | 7.66 |
| 6 | 2 | Shelley Bowen | Reading AC | | 7.67 |

Senior Women 200 Metres (a)

D.Fraser *Croydon Harriers* *2009* *24.30*

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|--------------------|-------------------------------|----------|-------|
| | | | | 1 | |
| 1 | 8 | Katherine Endacott | City of Plymouth AC | Q | 24.94 |
| 2 | 5 | Victoria Cole | Blackheath & Bromley Harriers | Q | 25.20 |
| 3 | 20 | Katie Skelding | Woodford Green w Essex L | Q | 25.94 |
| 4 | 37 | Harriet Shurley | Windsor S E & Hounslow | q | 27.07 |
| 5 | 17 | Joanna Richards | St Albans AC | | 27.79 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|--------------------------|----------|-------|
| | | | | 2 | |
| 1 | 19 | Shayone Simao | South London Harriers | Q | 25.40 |
| 2 | 27 | Michelle Webster | Bedford & County AC | Q | 26.01 |
| 3 | 10 | Azaria Francis | Woodford Green w Essex L | Q | 26.13 |
| 4 | 36 | Jo Rowland | Crawley AC | q | 26.95 |
| 5 | 3 | Helen Butler | Channel Islands AC | | 28.59 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|---------------------------|----------|-------|
| | | | | 3 | |
| 1 | 38 | Claire Spurway | Newham & Essex Beagles AC | Q | 25.83 |
| 2 | 31 | Imola Asztalos | Cambridge & Coleridge AC | Q | 26.46 |
| 3 | 32 | Tracy Cunningham | Dartford Harriers AC | Q | 26.89 |
| 4 | 33 | Ellie Doel | Brighton & Hove City AC | q | 27.11 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|--------------------|-------------------------------|-------|-------|
| 1 | 5 | Victoria Cole | Blackheath & Bromley Harriers | Q | 25.08 |
| 2 | 8 | Katherine Endacott | City of Plymouth AC | Q | 25.29 |
| 3 | 10 | Azaria Francis | Woodford Green w Essex L | Q | 26.06 |
| 4 | 27 | Michelle Webster | Bedford & County AC | | 26.12 |
| 5 | 32 | Tracy Cunningham | Dartford Harriers AC | | 27.28 |
| | 33 | Ellie Doel | Brighton & Hove City AC | | DNS |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|----------------|--------------------------|-------|-------|
| 1 | 19 | Shayone Simao | South London Harriers | Q | 25.51 |
| 2 | 20 | Katie Skelding | Woodford Green w Essex L | Q | 26.05 |

| | | | | | |
|---|----|-----------------|---------------------------|---|-------|
| 3 | 31 | Imola Asztalos | Cambridge & Coleridge AC | Q | 26.34 |
| 4 | 36 | Jo Rowland | Crawley AC | | 27.12 |
| | 37 | Harriet Shurley | Windsor S E & Hounslow | | DNS |
| | 38 | Claire Spurway | Newham & Essex Beagles AC | | DNS |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|--------------------|-------------------------------|-------|-------|
| 1 | 8 | Katherine Endacott | City of Plymouth AC | | 24.69 |
| 2 | 5 | Victoria Cole | Blackheath & Bromley Harriers | | 24.89 |
| 3 | 19 | Shayone Simao | South London Harriers | | 25.44 |
| 4 | 20 | Katie Skelding | Woodford Green w Essex L | | 25.99 |
| 5 | 31 | Imola Asztalos | Cambridge & Coleridge AC | | 26.28 |
| | 10 | Azaria Francis | Woodford Green w Essex L | | DNF |

Senior Women 1,500 Metres (b)

CBP G.Turtle **Shaftesbury Barnet Harriers** **2009** **4.17.64**

| Posn | Num | Name | Club | Final | Perf |
|------|-----|---------------------|--------------------------|-------|-------------|
| 1 | 46 | Gemma Turtle | Gloucester AC | | 4:14.27 CBP |
| 2 | 40 | Rose-Anne Galligan | Gloucester AC | | 4:18.57 |
| 3 | 39 | Danielle Christmas | Crawley AC | | 4:32.69 |
| 4 | 42 | Sara Luck | Havering Mayesbrook AC | | 4:46.72 |
| 5 | 44 | Bernadine Pritchett | Woodford Green w Essex L | | 4:52.62 |
| 6 | 41 | Diana Kennedy | Woodford Green w Essex L | | 5:02.82 |
| 7 | 43 | Laura McPherson | Cambridge Harriers | | 5:38.90 |

Senior Women 60m Hurdles (a)

CBP S.Claxton **Woodford Green w Essex L** **2009** **8.09**

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|-----------------------------|----------|-------|
| | | | | 1 | |
| 1 | 50 | Stephanie Gaynor | Herts Phoenix AC | Q | 8.73 |
| 2 | 52 | Jenny Heckford | Windsor S E & Hounslow | Q | 9.16 |
| 3 | 55 | Chloe Whalley | Marshall Milton Keynes AC | | 9.36 |
| 4 | 48 | Lucy Boggis | Shaftesbury Barnet Harriers | | 9.43 |
| 5 | 36 | Jo Rowland | Crawley AC | | 9.76 |
| 6 | 53 | Lisa Potter | Braintree & District AC | | 10.24 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|-------------------------------|----------|------|
| | | | | 2 | |
| 1 | 30 | Louise Wood | Chelmsford AC | Q | 8.44 |
| 2 | 21 | Serita Solomon | Blackheath & Bromley Harriers | Q | 8.46 |
| 3 | 54 | Kylie Robilliard | Channel Islands AC | q | 8.95 |
| 4 | 47 | Francesca Bennett | Medway & Maidstone AC | q | 9.11 |
| 5 | 37 | Harriet Shurley | Windsor S E & Hounslow | | 9.27 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-------------------|-------------------------------|-------|------|
| 1 | 30 | Louise Wood | Chelmsford AC | | 8.40 |
| 2 | 21 | Serita Solomon | Blackheath & Bromley Harriers | | 8.45 |
| 3 | 50 | Stephanie Gaynor | Herts Phoenix AC | | 8.77 |
| 4 | 47 | Francesca Bennett | Medway & Maidstone AC | | 9.24 |
| 5 | 52 | Jenny Heckford | Windsor S E & Hounslow | | 9.30 |
| | 54 | Kylie Robilliard | Channel Islands AC | | DNF |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Senior Women Pole Vault (b)

| CBP | E.Spain | Shaftesbury Barnet Harriers | 2007 | 4.20 | | |
|-------------|----------------|------------------------------------|-------------------------------|-------------|---|--|
| Posn | Num | Name | Club | Perf | Details | |
| 1 | 57 | Rachel Gibbens | Marshall Milton Keynes AC | 3.60 | 3.40 o; 3.50 o; 3.60 o; 3.70 xxx | |
| 2 | 59 | Liz Hughes | Blackheath & Bromley Harriers | 3.60 | 3.30 o; 3.40 xo; 3.50 o; 3.60 xxo; 3.70 xxx | |
| 3 | 63 | Stephanie Smith | Crawley AC | 3.50 | 3.20 xo; 3.30 o; 3.40 o; 3.50 o; 3.60 xxx | |
| 4= | 56 | Rachel Arnheim | Blackheath & Bromley Harriers | 3.40 | 3.30 o; 3.40 o; 3.50 xxx | |
| 4= | 62 | Louise Shortland | Stevenage & North Herts AC | 3.40 | 3.30 o; 3.40 o; 3.50 xxx | |
| 6 | 61 | Sarka Robinson | Dacorum & Tring AC | 3.05 | 2.90 o; 3.05 xxo; 3.20 xxx | |
| 7= | 58 | Kara Gibbs | Ashford AC | 2.70 | 2.70 o; 2.90 xxx | |
| 7= | 60 | Emmeline Rendell | Ashford AC | 2.70 | 2.70 o; 2.90 xxx | |

Senior Women Long Jump (b)

| CBP | Y.Idowu | Essex Ladies | 1995 | 6.35 | | |
|-------------|----------------|---------------------|-----------------------------|-------------|------------------------------------|--|
| Posn | Num | Name | Club | Perf | Details | |
| 1 | 66 | Jenny Pacey | Windsor S E & Hounslow | 6.04 | nj; nj; 5.72; 5.84; 6.04; nj | |
| 2 | 11 | Kim Murray | Woodford Green w Essex L | 5.89 | 5.64; nj; 5.74; 5.72; 5.63; 5.89 | |
| 3 | 48 | Lucy Boggis | Shaftesbury Barnet Harriers | 5.67 | 5.32; 5.63; 5.67; 5.33; 5.61; 5.42 | |
| 4 | 65 | Angela Barrett | Harrow AC | 5.65 | 5.38; 5.53; 5.43; nj; 5.55; 5.65 | |
| 5 | 30 | Louise Wood | Chelmsford AC | 5.58 | 5.49; 5.47; nj; 5.46; 5.46; 5.58 | |
| 6 | 76 | Dee Bakre | Enfield & Haringey AC | 5.35 | 5.27; nj; 5.35; 4.84; 5.11; 5.15 | |
| 7 | 12 | Emily Newton | Team Southampton | 5.28 | 5.28; 5.18; 5.21 | |
| 8 | 36 | Jo Rowland | Crawley AC | 5.03 | nj; nj; 5.03 | |

Senior Women Triple Jump (a)

| CBP | A.Hansen | Essex Ladies | 1995 | 13.94 | | |
|-------------|-----------------|---------------------|-------------------------------|--------------|--|--|
| Posn | Num | Name | Club | Perf | Details | |
| 1 | 28 | Nadia Williams | Shaftesbury Barnet Harriers | 13.20 | 12.92; 12.83; 13.20; 13.11; 12.08; 13.01 | |
| 2 | 72 | Shakira Whight | Windsor S E & Hounslow | 12.19 | 12.11; nj; 12.19; 11.89; 11.80; 12.13 | |
| 3 | 71 | Claire Linskill | North Devon AC | 12.13 | nj; 11.93; nj; 12.03; 12.13; 12.06 | |
| 4 | 70 | Rochelle Jones | Newham & Essex Beagles AC | 11.53 | 11.43; 11.53; 11.19; -; 11.47; 11.43 | |
| 5 | 76 | Dee Bakre | Enfield & Haringey AC | 11.42 | nj; 11.22; 11.42; 11.26; nj; 11.42 | |
| 6 | 67 | Lauren Blackie | Blackheath & Bromley Harriers | 11.36 | nj; 11.36; nj; nj; nj; nj | |

Senior Women Shot (b)

| CBP | J.Oakes | Croydon Harriers | 1996 | 18.33 | | |
|-------------|----------------|-------------------------|-----------------------------|--------------|--|--|
| Posn | Num | Name | Club | Perf | Details | |
| 1 | 74 | Eleanor Gatrell | Woking AC | 14.84 | 14.33; 14.84; 14.40; 14.72; 14.29; 14.63 | |
| 2 | 75 | Lucy Underdown | Medway & Maidstone AC | 12.31 | 11.53; 12.31; np; np; np; 12.29 | |
| 3 | 48 | Lucy Boggis | Shaftesbury Barnet Harriers | 11.66 | np; 11.66; np; 10.27; np; 10.92 | |
| 4 | 30 | Louise Wood | Chelmsford AC | 11.38 | 10.84; 9.61; 9.77; 11.38; w/d | |
| 5 | 36 | Jo Rowland | Crawley AC | 11.35 | 10.69; 10.91; 11.27; 11.35; np; np | |
| 6 | 73 | Shannon Buniler | Luton AC | 9.74 | 9.74; 9.35; 9.46; np; np; np | |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 20 Men 60 Metres (b)

| CBP | H.Aikines-Aryeetey | Sutton & District AC | 2007 | 6.67 | |
|-------------|---------------------------|---------------------------------|--------------------------------|-------------|-------------|
| Posn | Num | Name | Club | Heat | Perf |
| | | | | 1 | |
| 1 | 24 | Jordan Huggins | Enfield & Haringey AC | Q | 7.05 |
| 2 | 1 | Victor Ade-Davis | Victoria Park H & Tower H AC | Q | 7.21 |
| 3 | 27 | Abs Jolaoso | Ravens Wood School | q | 7.21 |
| 4 | 44 | Jermaine Olasan | Blackheath & Bromley Harriers | q | 7.22 |
| 5 | 61 | Cameron Webb | Stevenage & North Herts AC | | 7.52 |
| 6 | 40 | Liam O'Dell | Luton AC | | 8.40 |
| | | | | 2 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 57 | A.Antoe Walters | Birchfield Harriers | Q | 7.03 |
| 2 | 29 | Jake King | Southend on Sea AC | Q | 7.18 |
| 3 | 12 | Alex Cooke | Chelmsford AC | q | 7.25 |
| 4 | 22 | David Harvey | Windsor S E & Hounslow | | 7.42 |
| 5 | 38 | Nana Nottinson-Nyaaku | Shaftesbury Barnet Harriers | | 7.43 |
| 6 | 42 | James Okeyemi | Harrow AC | | 7.45 |
| | | | | 3 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 56 | Deji Tobais | Windsor S E & Hounslow | Q | 7.04 |
| 2 | 47 | Joel Ramsbottom | Watford Harriers | Q | 7.12 |
| 3 | 4 | Deji Akande | Chelmsford AC | q | 7.23 |
| 4 | 39 | Afamefuna Obi-Adewole | South London Harriers | q | 7.24 |
| 5 | 133 | Nathan Cobern | City of Salisbury A & RC | | 7.35 |
| 6 | 59 | Ashley Warner | Aldershot Farnham & DAC | | 7.85 |
| | | | | 4 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 41 | Alexander Ojo | Ealing Southall & Middlesex AC | Q | 7.05 |
| 2 | 20 | Ben Gibbs | Thurrock Harriers AC | Q | 7.24 |
| 3 | 33 | Jack Miller | Bexley AC | | 7.27 |
| 4 | 49 | Stefan Richards | Epsom & Ewell Harriers | | 7.50 |
| 5 | 6 | James Alcock | Medway & Maidstone AC | | 7.51 |
| 6 | 46 | Charlie Patrick | City of Salisbury A & RC | | 7.54 |
| | | | | 5 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 7 | Jordan Arthur | Enfield & Haringey AC | Q | 7.13 |
| 2 | 19 | Andre Gibbs | Croydon Harriers | Q | 7.16 |
| 3 | 28 | Avtar Kainth | Windsor S E & Hounslow | q | 7.19 |
| 4 | 43 | Dami Oladiran | Victoria Park H & Tower H AC | | 7.26 |
| 5 | 26 | Ross Jeffs | Channel Islands AC | | 7.44 |
| 6 | 3 | Kwasi Adomakoh | Watford Harriers | | 7.46 |
| | | | | 6 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 16 | Junior Ejehu | Woodford Green w Essex L | Q | 7.00 |
| 2 | 45 | Olu Oyewobi | Enfield & Haringey AC | Q | 7.13 |
| 3 | 17 | Renard Frederick | Shaftesbury Barnet Harriers | | 7.27 |
| 4 | 21 | Ryan Harding | Harrow AC | | 7.32 |
| 5 | 23 | Darrellon Holding | Nene Valley Harriers | | 7.50 |
| 6 | 34 | Kyran Mitchell-Nanton | Hercules Wimbledon AC | | 7.66 |

| Posn | Num | Name | Club | Heat 7 | Perf |
|------|-----|-------------------|-------------------------------|-----------|------|
| 1 | 35 | Jerome Musa-lawal | Shaftesbury Barnet Harriers | Q | 7.06 |
| 2 | 58 | Oweka Wanogho | Croydon Harriers | Q | 7.08 |
| 3 | 63 | Andre Wright | Medway & Maidstone AC | q | 7.17 |
| 4 | 10 | Kem Chiagorom | Newham & Essex Beagles AC | | 7.28 |
| 5 | 53 | Lumar Sylvester | Thames Valley Harriers | | 7.31 |
| 6 | 14 | Kieran Daly | Blackheath & Bromley Harriers | | 7.40 |

| Posn | Num | Name | Club | Heat 8 | Perf |
|------|-----|---------------------|-----------------------------|-----------|------|
| 1 | 32 | James McLean | Southend on Sea AC | Q | 7.15 |
| 2 | 60 | Sam Watts | Woodford Green w Essex L | Q | 7.16 |
| 3 | 50 | Terry Scott | Thames Valley Harriers | q | 7.21 |
| 4 | 31 | Felix Maisey-Curtis | Harrow AC | | 7.31 |
| 5 | 2 | Taiwo Adereni | Herne Hill Harriers | | 7.39 |
| 6 | 51 | Ricquel Smith | Shaftesbury Barnet Harriers | | 7.62 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|---------------|--------------------------|-------|------|
| 1 | 16 | Junior Ejehu | Woodford Green w Essex L | Q | 6.95 |
| 2 | 58 | Oweka Wanogho | Croydon Harriers | | 7.05 |
| 3 | 63 | Andre Wright | Medway & Maidstone AC | | 7.13 |
| 4 | 32 | James McLean | Southend on Sea AC | | 7.14 |
| 5 | 12 | Alex Cooke | Chelmsford AC | | 7.16 |
| 6 | 20 | Ben Gibbs | Thurrock Harriers AC | | 7.19 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-----------------------|------------------------------|-------|------|
| 1 | 57 | A.Antoe Walters | Birchfield Harriers | Q | 6.96 |
| 2 | 47 | Joel Ramsbottom | Watford Harriers | q | 7.01 |
| 3 | 7 | Jordan Arthur | Enfield & Haringey AC | | 7.06 |
| 4 | 28 | Avtar Kainth | Windsor S E & Hounslow | | 7.20 |
| 5 | 1 | Victor Ade-Davis | Victoria Park H & Tower H AC | | 7.21 |
| 6 | 39 | Afamefuna Obi-Adewole | South London Harriers | | 7.24 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|-------------------|-----------------------------|-------|------|
| 1 | 56 | Deji Tobais | Windsor S E & Hounslow | Q | 6.98 |
| 2 | 35 | Jerome Musa-lawal | Shaftesbury Barnet Harriers | | 7.02 |
| 3 | 45 | Olu Oyewobi | Enfield & Haringey AC | | 7.03 |
| 4 | 29 | Jake King | Southend on Sea AC | | 7.16 |
| 5 | 4 | Deji Akande | Chelmsford AC | | 7.19 |
| 6 | 27 | Abs Jolaoso | Ravens Wood School | | 7.27 |

| Posn | Num | Name | Club | S/F 4 | Perf |
|------|-----|-----------------|--------------------------------|-------|------|
| 1 | 24 | Jordan Huggins | Enfield & Haringey AC | Q | 6.82 |
| 2 | 41 | Alexander Ojo | Ealing Southall & Middlesex AC | q | 6.92 |
| 3 | 60 | Sam Watts | Woodford Green w Essex L | | 7.09 |
| 4 | 50 | Terry Scott | Thames Valley Harriers | | 7.15 |
| 5 | 19 | Andre Gibbs | Croydon Harriers | | 7.16 |
| 6 | 44 | Jermaine Olasan | Blackheath & Bromley Harriers | | 7.24 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-----------------|--------------------------------|-------|------|
| 1 | 24 | Jordan Huggins | Enfield & Haringey AC | | 6.71 |
| 2 | 56 | Deji Tobais | Windsor S E & Hounslow | | 6.77 |
| 3 | 16 | Junior Ejehu | Woodford Green w Essex L | | 6.89 |
| 4 | 57 | A.Antoe Walters | Birchfield Harriers | | 6.89 |
| 5 | 41 | Alexander Ojo | Ealing Southall & Middlesex AC | | 6.89 |
| 6 | 47 | Joel Ramsbottom | Watford Harriers | | 7.07 |

Under 20 Men 200 Metres (a)

CBP J.Alaka

Blackheath & Bromley Harriers 2008

21.80

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------------|---------------------------|----------|-------|
| | | | | 1 | |
| 1 | 54 | Danny Talbot | Birchfield Harriers | Q | 22.61 |
| 2 | 73 | Paul Scanlan | Woodford Green w Essex L | Q | 22.82 |
| 3 | 70 | Rashid Kakoza | Newham & Essex Beagles AC | q | 23.16 |
| 4 | 10 | Kem Chiagorom | Newham & Essex Beagles AC | q | 23.24 |
| 5 | 34 | Kyran Mitchell-Nanton | Hercules Wimbledon AC | | 24.19 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|-----------------------------|----------|-------|
| | | | | 2 | |
| 1 | 25 | Antonio Infantino | Shaftesbury Barnet Harriers | Q | 22.59 |
| 2 | 23 | Darrellon Holding | Nene Valley Harriers | Q | 22.99 |
| 3 | 65 | George Baker | City of Salisbury A & RC | q | 23.42 |
| 4 | 63 | Andre Wright | Medway & Maidstone AC | | 23.48 |
| 5 | 18 | Andrew Gadsen | Luton AC | | 25.81 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|-------------------------------|----------|-------|
| | | | | 3 | |
| 1 | 72 | Dan Putnam | Blackheath & Bromley Harriers | Q | 22.67 |
| 2 | 53 | Lumar Sylvester | Thames Valley Harriers | Q | 22.76 |
| 3 | 30 | James Lelliott | Bournemouth AC | q | 23.35 |
| 4 | 46 | Charlie Patrick | City of Salisbury A & RC | | 23.83 |
| 5 | 69 | Zac Hanley | Guernsey Island AAC | | 25.45 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|-----------------------------|----------|-------|
| | | | | 4 | |
| 1 | 35 | Jerome Musa-lawal | Shaftesbury Barnet Harriers | Q | 22.75 |
| 2 | 29 | Jake King | Southend on Sea AC | Q | 23.29 |
| 3 | 17 | Renard Frederick | Shaftesbury Barnet Harriers | | 23.52 |
| 4 | 50 | Terry Scott | Thames Valley Harriers | | 23.72 |
| 5 | 71 | Charles Lickiss | Millfield School | | 25.91 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|-------------------|-----------------------------|-------|-------|
| 1 | 25 | Antonio Infantino | Shaftesbury Barnet Harriers | Q | 22.45 |
| 2 | 53 | Lumar Sylvester | Thames Valley Harriers | Q | 22.53 |
| 3 | 29 | Jake King | Southend on Sea AC | Q | 22.79 |
| 4 | 70 | Rashid Kakoza | Newham & Essex Beagles AC | | 23.09 |
| 5 | 65 | George Baker | City of Salisbury A & RC | | 23.52 |
| | 35 | Jerome Musa-lawal | Shaftesbury Barnet Harriers | | DQ |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-------------------|-------------------------------|-------|-------|
| 1 | 72 | Dan Putnam | Blackheath & Bromley Harriers | Q | 22.65 |
| 2 | 73 | Paul Scanlan | Woodford Green w Essex L | Q | 22.91 |
| 3 | 23 | Darrellon Holding | Nene Valley Harriers | Q | 23.11 |
| 4 | 10 | Kem Chiagorom | Newham & Essex Beagles AC | | 23.47 |
| | 30 | James Lelliott | Bournemouth AC | | DNS |
| | 54 | Danny Talbot | Birchfield Harriers | | DNS |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-------------------|-------------------------------|-------|-------|
| 1 | 53 | Lumar Sylvester | Thames Valley Harriers | | 22.50 |
| 2 | 25 | Antonio Infantino | Shaftesbury Barnet Harriers | | 22.55 |
| 3 | 73 | Paul Scanlan | Woodford Green w Essex L | | 22.60 |
| 4 | 29 | Jake King | Southend on Sea AC | | 22.78 |
| 5 | 23 | Darrellon Holding | Nene Valley Harriers | | 23.19 |
| | 72 | Dan Putnam | Blackheath & Bromley Harriers | | DNF |

Under 20 Men 1,500 Metres (b)**CBP D.Gibbon****Colchester & Tendring AC****2009****4.03.67**

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------------|---------------------------|----------|---------|
| | | | | 1 | |
| 1 | 74 | Harun Abdi | Newham & Essex Beagles AC | Q | 4:08.72 |
| 2 | 82 | John McDonnell | Luton AC | Q | 4:08.84 |
| 3 | 86 | Mitch White | Bracknell AC | Q | 4:11.98 |
| 4 | 81 | Nakole Iddirisu | Newham & Essex Beagles AC | q | 4:15.68 |
| 5 | 80 | Harry Fisher | Team Southampton | | 4:22.68 |
| 6 | 76 | Jamie Buckley-Stanton | Havering Mayesbrook AC | | 4:23.60 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|---------------------------|----------|---------|
| | | | | 2 | |
| 1 | 78 | Samuel Deathe | Marshall Milton Keynes AC | Q | 4:09.68 |
| 2 | 77 | Dale Clutterbuck | Basildon AC | Q | 4:09.72 |
| 3 | 87 | Eliot Winter | Marshall Milton Keynes AC | Q | 4:10.16 |
| 4 | 85 | Adam Smith | Brighton & Hove City AC | q | 4:10.23 |
| 5 | 79 | Stuart Ferguson | Radley AC | q | 4:17.91 |
| 6 | 75 | Gavin Barclay | Hillingdon AC | | 4:19.97 |

| Posn | Num | Name | Club | Final | Perf |
|----------|-----------|-----------------------|---------------------------|-------|--------------------|
| 1 | 82 | John McDonnell | Luton AC | | 3:56.50 CBP |
| 2 | 86 | Mitch White | Bracknell AC | | 3:59.82 |
| 3 | 77 | Dale Clutterbuck | Basildon AC | | 4:00.72 |
| 4 | 78 | Samuel Deathe | Marshall Milton Keynes AC | | 4:01.60 |
| 5 | 85 | Adam Smith | Brighton & Hove City AC | | 4:02.00 |
| 6 | 81 | Nakole Iddirisu | Newham & Essex Beagles AC | | 4:08.43 |
| 7 | 87 | Eliot Winter | Marshall Milton Keynes AC | | 4:09.35 |
| 8 | 74 | Harun Abdi | Newham & Essex Beagles AC | | 4:15.19 |
| 9 | 79 | Stuart Ferguson | Radley AC | | 4:23.18 |

Under 20 Men 60m Hurdles (a)**CBP J.McLean****Southen on Sea AC****2009****8.04**

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|-------------------------|----------|-------|
| | | | | 1 | |
| 1 | 32 | James McLean | Southend on Sea AC | Q | 8.30 |
| 2 | 92 | Anthony Ekundayo | Enfield & Haringey AC | Q | 8.82 |
| 3 | 93 | Craig Hart | Sutton & District AC | Q | 8.97 |
| 4 | 90 | Phill Davis | Brighton & Hove City AC | q | 9.52 |
| 5 | 71 | Charles Lickiss | Millfield School | | 10.65 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|----------------------|----------|------|
| | | | | 2 | |
| 1 | 98 | Matthew Walcott | Herne Hill Harriers | Q | 8.32 |
| 2 | 9 | Adam Chalk | Dartford Harriers AC | Q | 8.59 |
| 3 | 96 | Huy Vu | Orion Harriers | Q | 8.67 |
| 4 | 88 | Ross Armorgie | Herts Phoenix AC | q | 8.86 |
| 5 | 97 | Matthew Wake | West Suffolk AC | q | 9.67 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|--------------------------|----------|-------|
| | | | | 3 | |
| 1 | 95 | Sebastian Rodger | Crawley AC | Q | 8.29 |
| 2 | 94 | Ben Kelk | Cambridge & Coleridge AC | Q | 8.29 |
| 3 | 91 | Jack Edgar-Hill | Havering Mayesbrook AC | Q | 8.72 |
| 4 | 99 | Alexander Wharfe | Medway & Maidstone AC | | 10.42 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|------------------|--------------------------|-------|------|
| 1 | 94 | Ben Kelk | Cambridge & Coleridge AC | Q | 8.18 |
| 2 | 95 | Sebastian Rodger | Crawley AC | Q | 8.44 |
| 3 | 9 | Adam Chalk | Dartford Harriers AC | Q | 8.57 |
| 4 | 91 | Jack Edgar-Hill | Havering Mayesbrook AC | | 8.58 |

| | | | | |
|---|----|--------------|----------------------|------|
| 5 | 93 | Craig Hart | Sutton & District AC | 8.80 |
| | 97 | Matthew Wake | West Suffolk AC | DNS |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|------------------|-------------------------|-------|------------|
| 1 | 32 | James McLean | Southend on Sea AC | Q | 8.04 eqCBP |
| 2 | 98 | Matthew Walcott | Herne Hill Harriers | Q | 8.22 |
| 3 | 96 | Huy Vu | Orion Harriers | Q | 8.52 |
| 4 | 92 | Anthony Ekundayo | Enfield & Haringey AC | | 8.61 |
| 5 | 88 | Ross Armorgie | Herts Phoenix AC | | 8.88 |
| 6 | 90 | Phill Davis | Brighton & Hove City AC | | 9.70 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------|--------------------------|-------|------|
| 1 | 32 | James McLean | Southend on Sea AC | | 8.18 |
| 2 | 98 | Matthew Walcott | Herne Hill Harriers | | 8.29 |
| 3 | 96 | Huy Vu | Orion Harriers | | 8.53 |
| 4 | 9 | Adam Chalk | Dartford Harriers AC | | 8.65 |
| 5 | 94 | Ben Kelk | Cambridge & Coleridge AC | | 8.71 |
| | | Sebastian Rodger | Crawley AC | | DNF |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 20 Men Pole Vault (a)

| CBP | S.Huggins | Blackheath & Bromley Harriers | 2008 | 4.91 | |
|------------|------------------|--|-----------------------------|-------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 102 | Adam Carpenter | Poole AC | 4.50 | 3.60 o; 3.80 o; 3.95 o; 4.00 -; 4.10 o; 4.20 o; 4.30 xo; 4.40 x, 4.45 xo; 4.50 o; 4.55 xxx |
| 2 | 103 | Gordon Lester | Kingston AC & Poly Harriers | 4.10 | 3.40 o; 3.60 -; 3.80 o; 3.95 o; 4.00 -; 4.10 xxo; 4.20 xxx |
| 3 | 101 | Sam Brown | Lewes AC | 3.95 | 3.95 xo; 4.00 -; 4.10 -; 4.20 xxx |
| 4 | 105 | Connor Winters | Stevenage & North Herts AC | 3.95 | 3.80 xo; 3.95 xo; 4.00 -; 4.10 xxx |

Under 20 Men Long Jump (a)

| CBP | J.Grocock | Team Southampton | 2008 | 7.27 | |
|------------|------------------|-------------------------|-------------------------------|-------------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 44 | Jermaine Olasan | Blackheath & Bromley Harriers | 7.04 | 6.89; nj; 6.71; 7.04; nj; 4.93 |
| 2 | 31 | Felix Maisey-Curtis | Harrow AC | 6.81 | 6.64; 6.51; nj; 6.81; nj; 6.56 |
| 3 | 22 | David Harvey | Windsor S E & Hounslow | 6.67 | 6.67; 5.15; 6.56; 6.52; 6.51; nj |
| 4 | 95 | Sebastian Rodger | Crawley AC | 6.66 | nj; nj; nj; nj; 6.66, nj |
| 5 | 117 | James Wright | Marshall Milton Keynes AC | 6.61 | 6.10; 6.22; 6.33; 6.34; 6.44; 6.61 |
| 6 | 26 | Ross Jeffs | Channel Islands AC | 6.13 | 6.07; 6.00; 6.13; 6.13; 6.13; nj |
| 7 | 111 | Kariym Irving | Croydon Harriers | 6.11 | 6.11; 6.00; 6.08 |
| 8 | 110 | Jonathan Gladwell | Colchester Harriers | 6.02 | 5.82; 6.02; 5.91 |
| 9 | 15 | Cale Edmunds | Hercules Wimbledon AC | 6.02 | nj; 6.02, rtd |
| 10 | 114 | Leon Phillips | Isle of Wight AC | 6.01 | 6.01; nj; nj |
| 11 | 105 | Connor Winters | Stevenage & North Herts AC | 6.00 | 5.99; nj; 6.00 |
| 12 | 107 | Craig Andrew | Luton AC | 5.92 | 5.92; nj; nj |
| 13 | 108 | Michael Bartlett | Thurrock Harriers AC | 5.91 | 5.91; 5.43; 5.87 |
| 14 | 71 | Charles Lickiss | Millfield School | 5.85 | 5.85; 5.75; 5.61 |
| 15 | 115 | Jack Valeri | Brighton & Hove City AC | 5.83 | 5.83; nj; 5.83 |
| 16 | 106 | Olemi Adekunle | Victoria Park H & Tower H AC | 5.68 | 5.68; 5.19; 5.38 |
| 17 | 116 | Robert Woolgar | Aldershot Farnham & DAC | 5.56 | 5.56; 5.44; 5.41 |
| 18 | 90 | Phill Davis | Brighton & Hove City AC | 5.52 | 5.25; 5.42; 5.52 |
| 19 | 109 | Michael Franchetti | Cambridge Harriers | 5.42 | 5.32; 5.42; 5.35 |
| 20 | 113 | Connor Mennell | Braintree & District AC | 5.33 | 5.33; 5.21; nj |
| 21 | 69 | Zac Hanley | Guernsey Island AAC | 5.33 | 5.33; 3.61; nj |

Under 20 Men Triple Jump (b)

| CBP | T.Oke | Cambridge Harriers | 1998 | 15.12 | |
|------------|--------------|---------------------------|-------------------------------|--------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 118 | Kola Adedoyin | Newham & Essex Beagles AC | 15.32 | 15.14; 15.32; - ; w/d |
| 2 | 122 | Jonathan Ilori | Croydon Harriers | 14.06 | 13.96; 12.92; 13.94; 12.66; 13.74; 13.06 |
| 3 | 42 | James Okeyemi | Harrow AC | 14.02 | 14.02; nj; nj; nj; nj; nj |
| 4 | 121 | Tom French | Brighton & Hove City AC | 13.54 | 13.54; 13.06; 13.31; 13.44; 13.09; 13.45 |
| 5 | 127 | Jonathan Sawyers | Windsor S E & Hounslow | 13.53 | 13.47; nj; 13.45; 13.28; 13.53; 13.53 |
| 6 | 120 | Rory Constable | Team Southampton | 13.33 | 13.33; nj; w/d |
| 7 | 129 | Darnte Wilson | Shaftesbury Barnet Harriers | 12.99 | 12.88; 12.94; 12.99 |
| 8 | 126 | Charlie Occomore | Isle of Wight AC | 12.93 | 12.89; 12.93; 12.84 |
| 9 | 26 | Ross Jeffs | Channel Islands AC | 12.80 | 12.45; 12.61; 12.80 |
| 10 | 124 | Peter Kirabo | Woodford Green w Essex L | 12.71 | 11.66; 12.64; 12.71 |
| 11 | 119 | Matthew Baker | Horsham Blue Star Harriers | 12.69 | 11.02; 11.62; 12.69 |
| 12 | 115 | Jack Valeri | Brighton & Hove City AC | 12.66 | nj; nj; 12.66 |
| 13 | 123 | Tom Jenkins | Blackheath & Bromley Harriers | 12.34 | 12.34; 11.91; 12.34 |
| 14 | 128 | Daniel Steel | Biggleswade AC | 11.85 | 11.85; 11.55; nj |

Under 20 Men Shot (b)

| CBP | E.Udechuku | Blackheath Harriers | 1997 | 16.80 | |
|-------------|-------------------|----------------------------|-------------------------|--------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 131 | Zane Duquemin | Channel Islands AC | 17.80 CBP | 16.10; 16.00; np; 17.80; 17.45; 17.61 |
| 2 | 130 | Timothy Billings | Dartford Harriers AC | 14.15 | 11.82; 12,21; 12.60; 12.89; np; 14.15 |
| 3 | 132 | Laurence Goodacre | Havering Mayesbrook AC | 12.89 | 12.89; 12.64; 12.30; 12.01; 12.39; 12.29 |
| 4 | 111 | Kariym Irving | Croydon Harriers | 12.66 | 12.62; 11.41; 12.66; 12.63; 11.93; np |
| 5 | 90 | Phill Davis | Brighton & Hove City AC | 11.71 | 11.71; 10.46; np; 10.86; 11.86; 11,41; 11.06 |
| 6 | 108 | Michael Bartlett | Thurrock Harriers AC | 11.19 | 11.19; np; np; np; 11.08; np |

Under 20 Women 200 Metres (a)

| CBP | A.Shand-Whittingham | Blackheath & Bromley Harriers | 2008 | 24.53 | |
|------------|----------------------------|--|-------------------------|--------------|-------|
| Posn | Num | Name | Club | Heat | Perf |
| | | | | 1 | |
| 1 | 21 | Annie Tagoe | Thames Valley Harriers | Q | 24.98 |
| 2 | 12 | Bethanie Moore | Colchester Harriers | Q | 26.64 |
| 3 | 32 | Amy McDonald | Enfield & Haringey AC | Q | 27.11 |
| 4 | 33 | Amelia Richards | Sutton & District AC | q | 27.43 |
| 5 | 13 | Nicola Moss | Cambridge University AC | | 28.21 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|-------------------------|----------|-------|
| | | | | 2 | |
| 1 | 8 | Twinelle Hopeson | Croydon Harriers | Q | 25.09 |
| 2 | 10 | Aleasha Kiddle | Braintree & District AC | Q | 26.60 |
| 3 | 28 | Nicola Hill | Havering Mayesbrook AC | Q | 26.81 |
| 4 | 3 | Samantha Beckett | Ashford AC | q | 27.54 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|---------------------------|----------|-------|
| | | | | 3 | |
| 1 | 15 | Victoria Ohuruogu | Newham & Essex Beagles AC | Q | 25.37 |
| 2 | 25 | Amy Allcock | Aldershot Farnham & DAC | Q | 26.22 |
| 3 | 34 | Emily Stevens | Herts Phoenix AC | Q | 27.02 |
| 4 | 30 | Georgie Ivens | Nene Valley Harriers | q | 27.11 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|------------------|-------------------------|-------|-------|
| 1 | 21 | Annie Tagoe | Thames Valley Harriers | Q | 24.77 |
| 2 | 25 | Amy Allcock | Aldershot Farnham & DAC | Q | 26.09 |
| 3 | 10 | Aleasha Kiddle | Braintree & District AC | Q | 26.71 |
| 4 | 32 | Amy McDonald | Enfield & Haringey AC | | 27.09 |
| 5 | 3 | Samantha Beckett | Ashford AC | | 27.65 |
| | 34 | Emily Stevens | Herts Phoenix AC | | DNS |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-------------------|---------------------------|-------|-------|
| 1 | 8 | Twinelle Hopeson | Croydon Harriers | Q | 25.08 |
| 2 | 15 | Victoria Ohuruogu | Newham & Essex Beagles AC | Q | 25.14 |
| 3 | 12 | Bethanie Moore | Colchester Harriers | Q | 26.66 |
| 4 | 28 | Nicola Hill | Havering Mayesbrook AC | | 26.79 |
| 5 | 30 | Georgie Ivens | Nene Valley Harriers | | 27.14 |
| 6 | 33 | Amelia Richards | Sutton & District AC | | 27.73 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-------------------|---------------------------|-------|-------|
| 1 | 8 | Twinelle Hopeson | Croydon Harriers | | 24.85 |
| 2 | 21 | Annie Tagoe | Thames Valley Harriers | | 25.07 |
| 3 | 15 | Victoria Ohuruogu | Newham & Essex Beagles AC | | 25.29 |
| 4 | 25 | Amy Allcock | Aldershot Farnham & DAC | | 25.75 |
| 5 | 10 | Aleasha Kiddle | Braintree & District AC | | 27.11 |
| 6 | 12 | Bethanie Moore | Colchester Harriers | | 27.34 |

Under 20 Women 1,500 Metres (b)

| CBP | M.Reynolds | Windsor Slough Eton & Hounslow AC | 2009 | 4.39.49 | |
|------------|-------------------|--|-------------------------------|----------------|---------|
| Posn | Num | Name | Club | Final | Perf |
| 1 | 37 | Gemma Kersey | Basildon AC | | 4:50.13 |
| 2 | 38 | Iona Lake | City of Norwich AC | | 4:53.43 |
| 3 | 36 | Melody Kane | Blackheath & Bromley Harriers | | 5:31.63 |

Under 20 Women 60m Hurdles (a)

| CBP | S.Solomon | Blackheath & Bromley Harriers | 2006 | 8.49 | |
|------------|------------------|--|------------------------|-------------|------|
| Posn | Num | Name | Club | Heat1 | Perf |
| 1 | 48 | Lauren Thompson | Herts Phoenix AC | Q | 9.13 |
| 2 | 28 | Nicola Hill | Havering Mayesbrook AC | Q | 9.28 |

| | | | | |
|---|----|---------------|------------------------|------|
| 3 | 50 | Faye Williams | Windsor S E & Hounslow | 9.49 |
| 4 | 40 | Natalie Beale | Reading AC | 9.50 |
| 5 | 43 | Angela James | Havering Mayesbrook AC | 9.70 |
| | 47 | Chanel Taite | Windsor S E & Hounslow | DNS |

| Posn | Num | Name | Club | Heat2 | Perf |
|-------------|------------|----------------------|-------------------------------|--------------|-------------|
| 1 | 44 | Jenny Robinson | Exeter Harriers | Q | 8.93 |
| 2 | 42 | Claire Humphries | Herts Phoenix AC | Q | 9.02 |
| 3 | 34 | Emily Stevens | Herts Phoenix AC | q | 9.13 |
| 4 | 5 | Charlotte Cattermole | Ipswich Harriers | q | 9.15 |
| 5 | 46 | Megan Southwart | Blackheath & Bromley Harriers | | 9.18 |
| 6 | 41 | Chelsea Crouser | Blackheath & Bromley Harriers | | 10.37 |

| Posn | Num | Name | Club | Final | Perf |
|-------------|------------|----------------------|------------------------|--------------|-------------|
| 1 | 44 | Jenny Robinson | Exeter Harriers | | 8.89 |
| 2 | 42 | Claire Humphries | Herts Phoenix AC | | 8.96 |
| 3 | 48 | Lauren Thompson | Herts Phoenix AC | | 9.08 |
| 4 | 34 | Emily Stevens | Herts Phoenix AC | | 9.33 |
| 5 | 28 | Nicola Hill | Havering Mayesbrook AC | | 9.43 |
| | 5 | Charlotte Cattermole | Ipswich Harriers | | DNF |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 20 Women Pole Vault (b)

| CBP | E.Godley | Blackheath & Bromley Harriers | 2007 | 3.51 | |
|------------|-----------------|--|-------------------------------|-------------|--------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 51 | Ellie Besford | Chelmsford AC | 3.70 | 3.50 o; 3.60 xxo; 3.70 xxo; 3.80 xxx |
| | | | | CBP | |
| 2 | 57 | Lucy Stickland | Horsham Blue Star Harriers | 3.40 | 3.20 o; 3.30 xo; 3.40 xo; 3.50 xxx |
| 3 | 56 | Anne Rees | Stevenage & North Herts AC | 3.30 | 3.20 xo; 3.30 o; 3.40 xxx |
| 4 | 55 | Christina Moore | Blackheath & Bromley Harriers | 3.20 | 3.00 o; 3.10 o; 3.20 o; 3.30 xxx |
| 5 | 58 | Rosa Williams | Herne Hill Harriers | 3.00 | 3.00 o; 3.10 xxx |
| 6 | 52 | Lauren Kennedy | Chelmsford AC | 2.80 | 2.50 o; 2.70 o; 2.80 xo; 2.90 xxx |
| 7= | 53 | Chloe Loader | Horsham Blue Star Harriers | 2.50 | 2.50 o; 2.70 xxx |
| 7= | 54 | Sophie Millett | Chichester Runners & AC | 2.50 | 2.30 o; 2.50 o; 2.70 xxx |

Under 20 Women Long Jump (b)

| CBP | S.Claxton | Colchester & Tendring AC | 1997 | 6.18 | |
|------------|------------------|-------------------------------------|-------------------------------|-------------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 63 | Lorraine Ugen | Blackheath & Bromley Harriers | 6.12 | 4.81; 6.04; 6.12; 5.85; 5.68; 5.99 |
| 2 | 59 | Sarah Abrams | Sutton & District AC | 5.70 | 5.70; nj; nj; 3.58; 3.87; nj |
| 3 | 14 | Marilyn Nwawulor | Harrow AC | 5.49 | nj; 5.46; nj; 3.13; nj; 5.49 |
| 4 | 61 | Symone Keisha | Victoria Park H & Tower H AC | 5.43 | 4.76; 5.17; 5.02; 5.09; 4.93; 5.43 |
| 5 | 62 | Elise Lovell | Hastings AC | 5.36 | nj; 5.25; 5.36; 5.27; 5.20; nj |
| 6 | 10 | Aleasha Kiddle | Braintree & District AC | 5.08 | 4.99; 5.01; nj; 5.08; 5.07; 5.05 |
| 7 | 33 | Amelia Richards | Sutton & District AC | 4.91 | 4.91; 4.81; 4.83 |
| 8 | 9 | Jonelle Johnson-Turner | Luton AC | 4.78 | 4.74; 3.24; 4.78 |
| 9 | 18 | Amy Radcliffe | Haywards Heath Harriers | 4.65 | 4.45; 4.65; 4.65 |
| 10 | 6 | Louise Deer | Braintree & District AC | 4.19 | 4.19; 4.11; nj |
| 11 | 36 | Melody Kane | Blackheath & Bromley Harriers | 3.67 | 3.67; 3.28; 3.32 |

Under 20 Women Triple Jump (a)

| CBP | C.Linskill | North Devon AC | 2006 | 12.23 | |
|------------|-------------------|------------------------|----------------------------|--------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 59 | Sarah Abrams | Sutton & District AC | 11.46 | nj; 11.45; nj; Pass; 11.26; 11.46 |
| 2 | 64 | Rachel Dean | Woodford Green w Essex L | 11.19 | 11.08; 10.76; 10.80; 10.58; 10.84; 11.19 |
| 3 | 7 | Rachel Hanagan | Ashford AC | 10.57 | 10.21; 10.33; 10.13; 10.57; 10.27; 10.24 |
| 4 | 9 | Jonelle Johnson-Turner | Luton AC | 10.33 | nj; 10.33; nj; nj; nj; nj |
| 5 | 6 | Louise Deer | Braintree & District AC | 10.17 | 10.00; 10.17; 9.90; 9.92; nj; 9.88 |
| 6 | 65 | Charley Nightingale | Stevenage & North Herts AC | 9.81 | 9.54; nj;nj; nj; 9.81; nj |

Under 20 Women Shot (b)

| CBP | S.Brown | Blackheath & Bromley Harriers | 2009 | 13.90 | |
|------------|----------------|--|-------------------------------|--------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 70 | Kathryn Rothwell | Channel Islands AC | 12.31 | 12.31; 12.30; np; 11.55; 11.64; 11.85 |
| 2 | 71 | Anesa Wanogho | Cambridge Harriers | 12.20 | 11.52; 12.20; 11.92; 11.92; 11.31; 11.50 |
| 3 | 67 | Sabine Efiannayi | Blackheath & Bromley Harriers | 11.65 | 11.15; 11.53; 11.04; 11.12; 11.65; 10.32 |
| 4 | 68 | Samantha Milner | Blackheath & Bromley Harriers | 11.44 | 10.42; 10.59; 10.46; 10.85; np; 11.44 |
| 5 | 69 | Millie Phelan | Herts Phoenix AC | 9.99 | 9.65; 9.99; 9.46; np; np; 9.13 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 17 Men 60 Metres (b)

| CBP K.Showler-Davis | | | | Winchester & District AC | 2008 | 6.86 | |
|----------------------------|------------|--------------------|--------------------------------|-------------------------------------|-------------|-------------|--|
| Posn | Num | Name | Club | | Heat | Perf | |
| | | | | | 1 | | |
| 1 | 32 | Aaron Saunders | Ealing Southall & Middlesex AC | | Q | 7.2 | |
| 2 | 3 | Peter Bammodu | Belgrave Harriers | | Q | 7.4 | |
| 3 | 16 | Jordan Gilvear | City of Salisbury A & RC | | Q | 7.5 | |
| 4 | 25 | Kamoal McRae | Windsor S E & Hounslow | | q | 7.5 | |
| 5 | 6 | Joe Berth-Jones | Cambridge Harriers | | | 7.6 | |
| 6 | 41 | Efe Uwaifo | Harrow AC | | | 7.6 | |
| | | | | | 2 | | |
| Posn | Num | Name | Club | | Heat | Perf | |
| 1 | 34 | Cameron Smith | Croydon Harriers | | Q | 7.1 | |
| 2 | 5 | Jake Bernard | Croydon Harriers | | Q | 7.4 | |
| 3 | 44 | Adedyi Williams | Belgrave Harriers | | Q | 7.5 | |
| 4 | 18 | Nathan Hanson | Victoria Park H & Tower H AC | | q | 7.5 | |
| 5 | 24 | Samuel McDowall | Newham & Essex Beagles AC | | | 7.8 | |
| 6 | 39 | Shiv Talla | Windsor S E & Hounslow | | | 8.0 | |
| | | | | | 3 | | |
| Posn | Num | Name | Club | | Heat | Perf | |
| 1 | 20 | Tunde Judun | Victoria Park H & Tower H AC | | Q | 7.2 | |
| 2 | 30 | Toby Rottner | Brighton & Hove City AC | | Q | 7.7 | |
| 3 | 35 | Matthew Smith | Belgrave Harriers | | Q | 7.7 | |
| 4 | 1 | Sabeel Asghar | Reading AC | | | 7.7 | |
| 5 | 8 | Tom Brady | Chiltern Harriers AC | | | 7.9 | |
| 6 | 26 | Thomas Morgan | Jersey Spartan AC | | | 8.0 | |
| | | | | | 4 | | |
| Posn | Num | Name | Club | | Heat | Perf | |
| 1 | 43 | Ashley Watson | Peterborough AC | | Q | 7.4 | |
| 2 | 9 | Tristan Coles | Reading AC | | Q | 7.5 | |
| 3 | 21 | Calvin Knight | Enfield & Haringey AC | | Q | 7.5 | |
| 4 | 12 | Craig Dummer | Worthing & District Harriers | | q | 7.5 | |
| 5 | 42 | Stevie Walder | Ashford AC | | | 7.8 | |
| 6 | 36 | Benjamin Soganle | Westminster City School | | | 8.0 | |
| | | | | | 5 | | |
| Posn | Num | Name | Club | | Heat | Perf | |
| 1 | 7 | David Bolarinwa | Cambridge Harriers | | Q | 7.1 | |
| 2 | 27 | Michael Ojo | Ealing Southall & Middlesex AC | | Q | 7.4 | |
| 3 | 40 | Ugo Umekwe | Thames Valley Harriers | | Q | 7.4 | |
| 4 | 17 | Karl Goodman | Vale of Aylesbury AC | | q | 7.5 | |
| 5 | 2 | Jake Awe | St Albans AC | | q | 7.5 | |
| 6 | 33 | Andrew Scull | Cheltenham & County Harriers | | | 8.1 | |
| | | | | | 6 | | |
| Posn | Num | Name | Club | | Heat | Perf | |
| 1 | 19 | Romaine Harris | Enfield & Haringey AC | | Q | 7.2 | |
| 2 | 104 | Takudzwa Muzlinghi | Windsor S E & Hounslow | | Q | 7.4 | |
| 3 | 15 | Dan Gill | Medway & Maidstone AC | | Q | 7.6 | |
| 4 | 22 | Jordan Knox | Bournemouth AC | | | 7.7 | |
| 5 | 13 | Kwame Francis | Croydon Harriers | | | 7.7 | |
| 6 | 45 | Luke Yaxley | St Albans AC | | | 7.8 | |

| Posn | Num | Name | Club | Heat 7 | Perf |
|------|-----|------------------|-------------------------------|-----------|------|
| 1 | 38 | Joshua Street | South London Harriers | Q | 7.3 |
| 2 | 11 | Anton Daly | Blackheath & Bromley Harriers | Q | 7.5 |
| 3 | 31 | Richard Sackey | Herts Phoenix AC | Q | 7.6 |
| 4 | 37 | Robbie Stenhouse | Jersey Spartan AC | | 7.6 |
| | 23 | Shane Martin | Victoria Park H & Tower H AC | | DNS |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|--------------------|------------------------------|----------|------|
| 1 | 7 | David Bolarinwa | Cambridge Harriers | Q | 6.97 |
| 2 | 104 | Takudzwa Muzlinghi | Windsor S E & Hounslow | | 7.37 |
| 3 | 5 | Jake Bernard | Croydon Harriers | | 7.38 |
| 4 | 31 | Richard Sackey | Herts Phoenix AC | | 7.55 |
| 5 | 12 | Craig Dummer | Worthing & District Harriers | | 7.56 |
| 6 | 35 | Matthew Smith | Belgrave Harriers | | 7.92 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|---------------|--------------------------------|----------|------|
| 1 | 34 | Cameron Smith | Croydon Harriers | Q | 7.10 |
| 2 | 27 | Michael Ojo | Ealing Southall & Middlesex AC | | 7.16 |
| 3 | 11 | Anton Daly | Blackheath & Bromley Harriers | | 7.37 |
| 4 | 17 | Karl Goodman | Vale of Aylesbury AC | | 7.49 |
| 5 | 15 | Dan Gill | Medway & Maidstone AC | | 7.62 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|----------------|-----------------------|----------|------|
| 1 | 19 | Romaine Harris | Enfield & Haringey AC | Q | 7.21 |
| 2 | 3 | Peter Bammodu | Belgrave Harriers | | 7.33 |
| 3 | 9 | Tristan Coles | Reading AC | | 7.47 |
| 4 | 21 | Calvin Knight | Enfield & Haringey AC | | 7.52 |
| | 2 | Jake Awe | St Albans AC | | DNS |

| Posn | Num | Name | Club | S/F 4 | Perf |
|------|-----|-----------------|------------------------------|----------|------|
| 1 | 20 | Tunde Judun | Victoria Park H & Tower H AC | Q | 7.08 |
| 2 | 43 | Ashley Watson | Peterborough AC | | 7.37 |
| 3 | 25 | Kamoal McRae | Windsor S E & Hounslow | | 7.46 |
| 4 | 44 | Adedyi Williams | Belgrave Harriers | | 7.49 |
| 5 | 30 | Toby Rottner | Brighton & Hove City AC | | 7.54 |

| Posn | Num | Name | Club | S/F 5 | Perf |
|------|-----|----------------|--------------------------------|----------|------|
| 1 | 32 | Aaron Saunders | Ealing Southall & Middlesex AC | Q | 7.11 |
| 2 | 38 | Joshua Street | South London Harriers | q | 7.11 |
| 3 | 40 | Ugo Umekwe | Thames Valley Harriers | | 7.32 |
| 4 | 18 | Nathan Hanson | Victoria Park H & Tower H AC | | 7.37 |
| 5 | 16 | Jordan Gilvear | City of Salisbury A & RC | | 7.38 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-----------------|--------------------------------|-------|------|
| 1 | 7 | David Bolarinwa | Cambridge Harriers | | 6.87 |
| 2 | 20 | Tunde Judun | Victoria Park H & Tower H AC | | 6.99 |
| 3 | 34 | Cameron Smith | Croydon Harriers | | 7.08 |
| 4 | 19 | Romaine Harris | Enfield & Haringey AC | | 7.11 |
| 5 | 38 | Joshua Street | South London Harriers | | 7.16 |
| | 32 | Aaron Saunders | Ealing Southall & Middlesex AC | | DNS |

Under 17 Men 200 Metres (a)

CBP D.Putnam **Blackheath & Bromley Harriers** **2008** **22.14**

| Posn | Num | Name | Club | Heat 1 | Perf |
|------|-----|-----------------|--------------------|-----------|-------|
| 1 | 7 | David Bolarinwa | Cambridge Harriers | Q | 23.02 |

| | | | | | |
|---|----|-----------------|----------------------------|---|-------|
| 2 | 51 | Samuel Gibson | Newham & Essex Beagles AC | Q | 24.76 |
| 3 | 48 | Alex Best | Horsham Blue Star Harriers | Q | 24.92 |
| 4 | 1 | Sabeel Asghar | Reading AC | | 25.31 |
| 5 | 60 | Daniel Sullivan | Lewes AC | | 25.69 |
| 6 | 53 | Piotr Mahey | Team Bath AC | | 25.72 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|----------------|------------------------------|----------|-------|
| | | | | 2 | |
| 1 | 46 | Joshua Atille | Croydon Harriers | Q | 23.65 |
| 2 | 33 | Andrew Scull | Cheltenham & County Harriers | Q | 24.99 |
| 3 | 22 | Jordan Knox | Bournemouth AC | Q | 25.01 |
| 4 | 45 | Luke Yaxley | St Albans AC | q | 25.05 |
| 5 | 61 | Jack Templeman | Andover AC | | 25.29 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|-------------------------------|----------|-------|
| | | | | 3 | |
| 1 | 58 | Jonathan Pettet | Blackheath & Bromley Harriers | Q | 24.01 |
| 2 | 21 | Calvin Knight | Enfield & Haringey AC | Q | 24.19 |
| 3 | 37 | Robbie Stenhouse | Jersey Spartan AC | Q | 24.55 |
| 4 | 62 | Jordan Thomas | St Albans AC | | 25.23 |
| 5 | 26 | Thomas Morgan | Jersey Spartan AC | | 25.56 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|---------------------------|----------|-------|
| | | | | 4 | |
| 1 | 56 | Clifford Newby | Enfield & Haringey AC | Q | 23.78 |
| 2 | 30 | Toby Rottner | Brighton & Hove City AC | Q | 24.33 |
| 3 | 24 | Samuel McDowall | Newham & Essex Beagles AC | Q | 24.93 |
| 4 | 42 | Stevie Walder | Ashford AC | | 25.52 |
| 5 | 49 | Daniel Cady | Chiltern Harriers AC | | 27.20 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|--------------|----------------------|----------|-------|
| | | | | 5 | |
| 1 | 2 | Jake Awe | St Albans AC | Q | 23.88 |
| 2 | 47 | Alex Bell | Dartford Harriers AC | Q | 24.09 |
| 3 | 17 | Karl Goodman | Vale of Aylesbury AC | Q | 24.27 |
| 4 | 57 | Carl Palin | St Albans AC | q | 24.47 |
| 5 | 59 | Ryan Skipp | Thetford AC | q | 24.48 |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|------------------|----------------------------|----------|-------|
| | | | | 1 | |
| 1 | 7 | David Bolarinwa | Cambridge Harriers | Q | 22.56 |
| 2 | 47 | Alex Bell | Dartford Harriers AC | Q | 24.02 |
| 3 | 37 | Robbie Stenhouse | Jersey Spartan AC | | 24.39 |
| 4 | 21 | Calvin Knight | Enfield & Haringey AC | | 24.54 |
| 5 | 48 | Alex Best | Horsham Blue Star Harriers | | 25.01 |
| 6 | 45 | Luke Yaxley | St Albans AC | | 25.74 |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|-----------------|-------------------------------|----------|-------|
| | | | | 2 | |
| 1 | 46 | Joshua Atille | Beacon School | Q | 23.47 |
| 2 | 58 | Jonathan Pettet | Blackheath & Bromley Harriers | Q | 23.78 |
| 3 | 17 | Karl Goodman | Vale of Aylesbury AC | | 23.96 |
| 4 | 30 | Toby Rottner | Brighton & Hove City AC | | 24.19 |
| 5 | 59 | Ryan Skipp | Thetford AC | | 24.87 |
| 6 | 24 | Samuel McDowall | Newham & Essex Beagles AC | | 24.98 |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|----------------|---------------------------|----------|-------|
| | | | | 3 | |
| 1 | 56 | Clifford Newby | Enfield & Haringey AC | Q | 23.72 |
| 2 | 2 | Jake Awe | St Albans AC | Q | 24.01 |
| 3 | 57 | Carl Palin | St Albans AC | | 24.52 |
| 4 | 51 | Samuel Gibson | Newham & Essex Beagles AC | | 24.76 |

| | | | | |
|---|----|--------------|------------------------------|-------|
| 5 | 33 | Andrew Scull | Cheltenham & County Harriers | 24.87 |
| 6 | 22 | Jordan Knox | Bournemouth AC | 24.93 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-----------------|-------------------------------|-------|-------|
| 1 | 7 | David Bolarinwa | Cambridge Harriers | | 22.34 |
| 2 | 46 | Joshua Atille | Beacon School | | 23.46 |
| 3 | 56 | Clifford Newby | Enfield & Haringey AC | | 23.62 |
| 4 | 58 | Jonathan Pettet | Blackheath & Bromley Harriers | | 23.77 |
| 5 | 2 | Jake Awe | St Albans AC | | 24.20 |
| 6 | 47 | Alex Bell | Dartford Harriers AC | | 24.46 |

Under 17 Men 1,500 Metres (b)

| | | | | |
|------------|----------------|--|-------------|----------------|
| CBP | R.Letch | Aldershot Farnham & District AC | 2008 | 4.11.58 |
|------------|----------------|--|-------------|----------------|

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|----------------------|----------|---------|
| | | | | 1 | |
| 1 | 75 | Stephen Strange | Basildon AC | Q | 4:42.49 |
| 2 | 70 | Jon Kerridge | Southend on Sea AC | Q | 4:44.49 |
| 3 | 68 | Matthew Fayers | Hillingdon AC | Q | 4:44.78 |
| 4 | 69 | Chris Hilton | St Albans AC | | 4:45.27 |
| 5 | 65 | Nyle Clinton | Swindon Harriers | | 4:51.33 |
| 6 | 67 | Jack Dutton | Chiltern Harriers AC | | 5:53.87 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-----------------|---------------------------|----------|---------|
| | | | | 2 | |
| 1 | 72 | Michael Randall | Team Kennet Triathlon AC | Q | 4:24.82 |
| 2 | 66 | Elliott Dorey | Jersey Spartan AC | Q | 4:25.38 |
| 3 | 64 | Peter Chambers | Croydon Harriers | Q | 4:25.68 |
| 4 | 73 | Yasir Sheikh | Newham & Essex Beagles AC | q | 4:27.26 |
| 5 | 71 | Henry Loughlin | West Norfolk AC | q | 4:27.58 |
| 6 | 63 | Tommy Bower | Newham & Essex Beagles AC | q | 4:29.04 |

| Posn | Num | Name | Club | Final | Perf |
|----------|-----------|-----------------------|---------------------------|-------|----------------|
| 1 | 68 | Matthew Fayers | Hillingdon AC | | 4:11.27 |
| | | | | | CBP |
| 2 | 63 | Tommy Bower | Newham & Essex Beagles AC | | 4:13.73 |
| 3 | 71 | Henry Loughlin | West Norfolk AC | | 4:16.17 |
| 4 | 70 | Jon Kerridge | Southend on Sea AC | | 4:17.44 |
| 5 | 73 | Yasir Sheikh | Newham & Essex Beagles AC | | 4:20.46 |
| 6 | 72 | Michael Randall | Team Kennet Triathlon AC | | 4:22.50 |
| 7 | 75 | Stephen Strange | Basildon AC | | 4:22.86 |
| 8 | 64 | Peter Chambers | Croydon Harriers | | 4:29.69 |
| | 66 | Elliott Dorey | Jersey Spartan AC | | DNS |

Under 17 Men 60m Hurdles (a)

| | | | | |
|------------|----------------|---------------------------------|-------------|-------------|
| CBP | D.Davis | Sutton & District AC | 2004 | 7.99 |
|------------|----------------|---------------------------------|-------------|-------------|

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|-------------------------------|----------|------|
| | | | | 1 | |
| 1 | 77 | Blade Ashby | Herne Hill Harriers | Q | 8.42 |
| 2 | 78 | Christian Gaddes | St Albans AC | Q | 8.79 |
| 3 | 80 | Aaron Lloyd | Blackheath & Bromley Harriers | Q | 8.83 |
| 4 | 45 | Luke Yaxley | St Albans AC | q | 9.07 |
| 5 | 84 | Charlie Perry | Cambridge Harriers | q | 9.11 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|---------------|------------------------|----------|------|
| | | | | 2 | |
| 1 | 81 | Sam Maguire | Windsor S E & Hounslow | Q | 8.40 |
| 2 | 87 | Joe Yarde | Croydon Harriers | Q | 8.47 |
| 3 | 88 | William Yates | Isle of Wight AC | Q | 8.94 |
| 4 | 76 | Marc Alner | Jersey Spartan AC | q | 9.77 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|-------------------|------------------------|-------------|-------------|
| | | | | 3 | |
| 1 | 86 | Marcus Woodington | Oxford City AC | Q | 8.57 |
| 2 | 79 | Nathan Higgins | City of Plymouth AC | Q | 8.62 |
| 3 | 82 | Cameron McRoberts | Windsor S E & Hounslow | Q | 9.64 |
| | 85 | Jason Tang | St Albans AC | | DQ |

| Posn | Num | Name | Club | S/F | Perf |
|-------------|------------|-------------------|-------------------------------|------------|-------------|
| | | | | 1 | |
| 1 | 77 | Blade Ashby | Herne Hill Harriers | Q | 8.39 |
| 2 | 86 | Marcus Woodington | Oxford City AC | Q | 8.52 |
| 3 | 80 | Aaron Lloyd | Blackheath & Bromley Harriers | Q | 8.77 |
| 4 | 78 | Christian Gaddes | St Albans AC | | 8.81 |
| 5 | 84 | Charlie Perry | Cambridge Harriers | | 8.86 |
| 6 | 45 | Luke Yaxley | St Albans AC | | 9.02 |

| Posn | Num | Name | Club | S/F | Perf |
|-------------|------------|-------------------|------------------------|------------|-------------|
| | | | | 2 | |
| 1 | 81 | Sam Maguire | Windsor S E & Hounslow | Q | 8.29 |
| 2 | 87 | Joe Yarde | Croydon Harriers | Q | 8.44 |
| 3 | 79 | Nathan Higgins | City of Plymouth AC | Q | 8.59 |
| 4 | 88 | William Yates | Isle of Wight AC | | 8.78 |
| 5 | 76 | Marc Alner | Jersey Spartan AC | | 9.56 |
| 6 | 82 | Cameron McRoberts | Windsor S E & Hounslow | | 9.76 |

| Posn | Num | Name | Club | Final | Perf |
|-------------|------------|-------------------|-------------------------------|--------------|-------------|
| 1 | 77 | Blade Ashby | Herne Hill Harriers | | 8.30 |
| 2 | 81 | Sam Maguire | Windsor S E & Hounslow | | 8.30 |
| 3 | 87 | Joe Yarde | Croydon Harriers | | 8.36 |
| 4 | 79 | Nathan Higgins | City of Plymouth AC | | 8.52 |
| 5 | 86 | Marcus Woodington | Oxford City AC | | 8.54 |
| 6 | 80 | Aaron Lloyd | Blackheath & Bromley Harriers | | 8.95 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 17 Men High Jump (b)

| CBP | S.Bailey | Chelmsford AC | 2008 | 2.05 | | |
|------|----------|---------------|------------------|----------------------------|---------|---|
| Posn | Num | Name | Club | Perf | Details | |
| | 1 | 90 | Ryan Bonifas | Reading AC | 1.97 | 1.70 0; 1.75 -; 1.80 o; 1.85 xxo; 1.90 o; 1.93 o; 1.95 xo; 1.97 0; 1.99 xxx |
| | 2 | 94 | Charlie Simmons | Bedford & County AC | 1.90 | 1.65 o; 1.70 o; 1.75 o; 1.80 o; 1.85 xxo; 1.90 xo; 1.93 xxx |
| | 3 | 93 | Oliver Newport | Crawley AC | 1.85 | 1.70 0; 1.75 o; 1.80 o; 1.85 xo; 1.90 xxx |
| | 4 | 91 | Jacques Ezzeldin | St Mary's Richmond AC | 1.75 | 1.65 o; 1.70 o; 1.75 o; 1.80 xxx |
| | 5 | 89 | Tommy Black | Orion Harriers | 1.75 | 1.70 0; 1.75 xo; 1.80 xxx |
| | 6 | 92 | Robbie Hammond | Dartford Harriers AC | 1.70 | 1.65 0; 1.70 o; 1.80 xxx |
| | 7 | 76 | Marc Alner | Jersey Spartan AC | 1.65 | 1.65 o; 1.70 xxx |
| | | 95 | Paul Spicer | Stevenage & North Herts AC | nhr | 1.65 xxx |

Under 17 Men Pole Vault (a)

| CBP | R.Smith | Peterborough AC | 1997 | 4.50 | | |
|------|---------|-----------------|--------------------|----------------------------|---------|---|
| Posn | Num | Name | Club | Perf | Details | |
| | 1 | 97 | Daniel Gardner | Stevenage & North Herts AC | 3.80 | 3.80 o; 3.90 xxx |
| | 2 | 96 | Mitchell Etheridge | Basildon AC | 3.70 | 2.80 o; 3.00 o; 3.20 o; 3.35 o; 3.50 xxo; 3.60 xxo; 3.70 xo; 3.80 xxx |
| | =3 | 100 | Jamie Moore | Chichester Runners & AC | 3.60 | 3.00 o; 3.20 o; 3.35 o; 3.50 o; 3.60 o; 3.70 xxx |
| | =3 | 103 | Robert Wood | Basildon AC | 3.60 | 3.35 o; 3.50 o; 3.60 o; 3.70 xxx |
| | 5 | 98 | Tadgh Healy | Tonbridge AC | 3.50 | 3.00 o; 3.20 xo; 3.35 o; 3.50 o; 3.60 xxx |
| | 6 | 102 | Jack Snook | Wimborne AC | 3.35 | 2.80 o; 3.00 o; 3.20 xo; 3.35 xo; 3.50 xxx |

Under 17 Men Long Jump (a)

| CBP | D.Thomas | Ealing Southall & Middlesex AC | 2003 | 6.77 | | |
|------|----------|--------------------------------|-------------------|-------------------------------|---------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details | |
| | 1 | 110 | Elliot Safo | Croydon Harriers | 6.68 | 6.56; 6.68; 6.53; 6.39; -; - |
| | 2 | 109 | Joel Grenfell | Peterborough AC | 6.55 | nj; 6.50; 6.55; nj; nj; 6.35 |
| | 3 | 77 | Blade Ashby | Herne Hill Harriers | 6.40 | 6.40; Pass; 6.40; 6.26; 6.32; 6.22 |
| | 4 | 108 | Ben Clark | Chelmsford AC | 6.19 | nj; 5.93; 5.99; 6.05; 6.19; 5.78 |
| | 5 | 106 | Javari Cameron | Croydon Harriers | 6.06 | nj; 6.06; 5.61; 2.23; nj; nj |
| | 6 | 93 | Oliver Newport | Crawley AC | 6.02 | 5.56; 6.02; 6.01; 5.46; nj; 5.60 |
| | 7 | 52 | Ross Hanley | Guernsey Island AAC | 5.93 | nj; 5.92; 5.93 |
| | 8 | 2 | Jake Awe | St Albans AC | 5.79 | 5.59; 5.79; 5.41 |
| | 9 | 61 | Jack Templeman | Andover AC | 5.69 | 4.38; 5.35; 5.69 |
| | 10 | 105 | James Allen | Blackheath & Bromley Harriers | 5.65 | 5.28; 5.55; 5.65 |
| | 11 | 22 | Jordan Knox | Bournemouth AC | 5.58 | 5.48; 5.55; 5.58 |
| | 12 | 92 | Robbie Hammond | Dartford Harriers AC | 5.56 | nj; 5.34; 5.56 |
| | 13 | 41 | Efe Uwaifo | Harrow AC | 5.46 | 5.05; 5.12; 5.46 |
| | 14 | 26 | Thomas Morgan | Jersey Spartan AC | 5.43 | 5.43; 5.36; 5.25 |
| | 15 | 60 | Daniel Sullivan | Lewes AC | 4.65 | 4.65; 4.59; nj |
| | 16 | 107 | Denzel Cash-Abbey | Victoria Park H & Tower H AC | 4.16 | 3.88; 4.16; 4.09 |

Under 17 Men Triple Jump (b)

| CBP | B.Amosu | Croydon Harriers | 2008 | 14.57 | | |
|------|---------|------------------|-----------------|---------------------------|---------|--|
| Posn | Num | Name | Club | Perf | Details | |
| | 1 | 112 | Bradley Pike | Dacorum & Tring AC | 13.51 | 13.22; 13.28; 13.39; 13.44; 13.51; nj |
| | 2 | 52 | Ross Hanley | Guernsey Island AAC | 13.45 | 13.18; 13.28; nj; 13.30; 12.14; 13.34 |
| | 3 | 111 | Chuko Cribb | Marshall Milton Keynes AC | 12.93 | 12.78; 12.70; 12.77; 12.51; 12.56; 12.93 |
| | 4 | 116 | Ross Barker | Team Southampton | 12.80 | 12.13; 12.49; 12.46; 12.80; 11.92; 12.43 |
| | 5 | 113 | Joshua Thompson | Croydon Harriers | 12.40 | 11.60; 11.63; 11.89; 11.90; 11.84; 12.40 |

Under 17 Men Shot (b)**CBP** *M.Wheeler**Herne Hill Harriers***2007****18.20**

| Posn | Num | Name | Club | Perf | Details |
|-------------|------------|-------------|---------------------|-------------|-------------------------------------|
| 1 | 115 | Alan Sydee | Luton AC | 12.66 | 11.09; 12.66; np; np; 12.14; 12.06 |
| 2 | 114 | Louis Keen | Herne Hill Harriers | 12.28 | 12.28; 12.04; 12.28; 11.64; np; np5 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 17 Women 60 Metres (b)

| CBP | J. Williams | Herts Phoenix AC | 2009 | 7.38 | |
|-------------|--------------------|--------------------------|--------------------------------|-------------|-------------|
| Posn | Num | Name | Club | Heat | Perf |
| | | | | 1 | |
| 1 | 31 | Uzoma Nwachukwu | Enfield & Haringey AC | Q | 8.0 |
| 2 | 33 | Teresa Roberts | Guernsey Island AAC | Q | 8.3 |
| 3 | 41 | Annie Waghorn | Medway & Maidstone AC | Q | 8.5 |
| 4 | 5 | Sophie Ayre | Medway & Maidstone AC | q | 8.5 |
| 5 | 40 | Serlina Swaby-Constatine | Victoria Park H & Tower H AC | q | 8.6 |
| 6 | 22 | Caroline Kyle | Guernsey Island AAC | | 8.7 |
| | | | | 2 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 7 | Cleo-Patrice Barbour | Croydon Harriers | Q | 8.0 |
| 2 | 10 | Charlotte Colegate | Blackheath & Bromley Harriers | Q | 8.5 |
| 3 | 6 | Nicole Bailey | Enfield & Haringey AC | Q | 8.6 |
| 4 | 24 | Emma Le Conte | Guernsey Island AAC | | 8.7 |
| 5 | 32 | Laura Owler | St Albans AC | | 9.0 |
| | | | | 3 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 38 | Clieo Stephenson | City of Norwich AC | Q | 8.1 |
| 2 | 4 | Emily Ashong | Sutton & District AC | Q | 8.2 |
| 3 | 36 | Amie Speller | Colchester Harriers | Q | 8.4 |
| 4 | 21 | Nida Khan | Worthing & District Harriers | | 9.1 |
| | 18 | Molly Jehan | Jersey Spartan AC | | DNS |
| | | | | 4 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 26 | Laura McDonald | City of Norwich AC | Q | 8.3 |
| 2 | 39 | Kelly Sutton | Colchester Harriers | Q | 8.4 |
| 3 | 17 | Jemma Gregory | Abingdon Amblers | Q | 8.4 |
| 4 | 11 | Lisa Crowhurst | Colchester & Tendring AC | | 8.7 |
| 5 | 8 | Katherine Bird | Worthing & District Harriers | | 9.0 |
| | | | | 5 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | Q | 8.0 |
| 2 | 15 | Sophie East | Chiltern Harriers AC | Q | 8.5 |
| 3 | 19 | Nicola Keegan | Medway & Maidstone AC | Q | 8.5 |
| 4 | 14 | Caitlin Dock | Ashford AC | q | 8.6 |
| 5 | 2 | Henrietta Adewole | Havering Mayesbrook AC | | 8.7 |
| | | | | 6 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 3 | Rianne Ashitey | Newham & Essex Beagles AC | Q | 8.1 |
| 2 | 28 | Nadia Mills | Ealing Southall & Middlesex AC | Q | 8.3 |
| 3 | 37 | Stephanie Steele-Boyce | Victoria Park H & Tower H AC | Q | 8.3 |
| 4 | 1 | Emily Abbott | Braintree & District AC | q | 8.6 |
| 5 | 12 | Rosie Dailly | Chelmsford AC | | 8.7 |
| | | | | 7 | |
| Posn | Num | Name | Club | Heat | Perf |
| 1 | 42 | Bianca Williams | Enfield & Haringey AC | Q | 7.9 |
| 2 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | Q | 8.1 |
| 3 | 9 | Naomi Carvalho | Sutton & District AC | Q | 8.4 |

| | | | | | |
|---|----|------------------|----------------------|---|-----|
| 4 | 30 | Maria Nikodemova | Chiltern Harriers AC | q | 8.5 |
| 5 | 35 | Charlotte Sexton | Bedford & County AC | | 8.8 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|--------------------------|--------------------------------|-------|------|
| 1 | 42 | Bianca Williams | Enfield & Haringey AC | Q | 7.79 |
| 2 | 28 | Nadia Mills | Ealing Southall & Middlesex AC | | 8.16 |
| 3 | 33 | Teresa Roberts | Guernsey Island AAC | | 8.33 |
| 4 | 19 | Nicola Keegan | Medway & Maidstone AC | | 8.47 |
| 5 | 40 | Serlina Swaby-Constatine | Victoria Park H & Tower H AC | | 8.60 |
| 6 | 6 | Nicole Bailey | Enfield & Haringey AC | | 8.60 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-----------------|-----------------------|-------|------|
| 1 | 31 | Uzoma Nwachukwu | Enfield & Haringey AC | Q | 7.92 |
| 2 | 4 | Emily Ashong | Sutton & District AC | | 8.19 |
| 3 | 39 | Kelly Sutton | Colchester Harriers | | 8.33 |
| 4 | 41 | Annie Waghorn | Medway & Maidstone AC | | 8.41 |
| 5 | 5 | Sophie Ayre | Medway & Maidstone AC | | 8.48 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|----------------------|-------------------------------|-------|------|
| 1 | 7 | Cleo-Patrice Barbour | Croydon Harriers | Q | 7.87 |
| 2 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | q | 7.98 |
| 3 | 9 | Naomi Carvalho | Sutton & District AC | | 8.40 |
| 4 | 10 | Charlotte Colegate | Blackheath & Bromley Harriers | | 8.48 |
| 5 | 30 | Maria Nikodemova | Chiltern Harriers AC | | 8.56 |

| Posn | Num | Name | Club | S/F 4 | Perf |
|------|-----|----------------|-------------------------------|-------|------|
| 1 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | Q | 7.97 |
| 2 | 26 | Laura McDonald | City of Norwich AC | | 8.27 |
| 3 | 17 | Jemma Gregory | Abingdon Amblers | | 8.33 |
| 4 | 15 | Sophie East | Chiltern Harriers AC | | 8.61 |
| 5 | 14 | Caitlin Dock | Ashford AC | | 8.63 |

| Posn | Num | Name | Club | S/F 5 | Perf |
|------|-----|------------------------|------------------------------|-------|------|
| 1 | 3 | Rianne Ashitey | Newham & Essex Beagles AC | Q | 7.99 |
| 2 | 38 | Clieo Stephenson | City of Norwich AC | | 8.02 |
| 3 | 37 | Stephanie Steele-Boyce | Victoria Park H & Tower H AC | | 8.28 |
| 4 | 36 | Amie Speller | Colchester Harriers | | 8.44 |
| 5 | 1 | Emily Abbott | Braintree & District AC | | 8.48 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|----------------------|-------------------------------|-------|------|
| 1 | 31 | Uzoma Nwachukwu | Enfield & Haringey AC | | 7.80 |
| 2 | 42 | Bianca Williams | Enfield & Haringey AC | | 7.81 |
| 3 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | | 7.92 |
| 4 | 7 | Cleo-Patrice Barbour | Croydon Harriers | | 7.95 |
| 5 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | | 8.02 |
| 6 | 3 | Rianne Ashitey | Newham & Essex Beagles AC | | 8.04 |

Under 17 Women 200 Metres (a)

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------------|------------------------------|------|-------|
| 1 | 37 | Stephanie Steele-Boyce | Victoria Park H & Tower H AC | Q | 26.83 |
| 2 | 19 | Nicola Keegan | Medway & Maidstone AC | Q | 27.25 |
| 3 | 5 | Sophie Ayre | Medway & Maidstone AC | Q | 27.46 |
| 4 | 9 | Naomi Carvalho | Sutton & District AC | q | 27.60 |
| 5 | 60 | Elizabeth Read | Marshall Milton Keynes AC | | 29.41 |
| 6 | 32 | Laura Owler | St Albans AC | | 30.91 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|--------------------|------|-------|
| 1 | 38 | Clieo Stephenson | City of Norwich AC | Q | 26.29 |

| | | | | | |
|---|----|---------------------|-------------------------------|---|-------|
| 2 | 51 | Finolla Frederick | Herts Phoenix AC | Q | 27.31 |
| 3 | 23 | Amara Lalemi-Jacobs | Blackheath & Bromley Harriers | Q | 27.42 |
| 4 | 63 | Akesha Smith | Enfield & Haringey AC | q | 27.83 |
| 5 | 54 | Ilesha Hinds | Croydon Harriers | q | 27.90 |
| 6 | 50 | Melissa Donaldson | Brighton & Hove City AC | | 32.68 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|--------------------|-------------------------------|----------|-------|
| | | | | 3 | |
| 1 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | Q | 25.74 |
| 2 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | Q | 27.07 |
| 3 | 33 | Teresa Roberts | Guernsey Island AAC | Q | 27.77 |
| 4 | 18 | Molly Jehan | Jersey Spartan AC | | 28.06 |
| 5 | 24 | Emma Le Conte | Guernsey Island AAC | | 28.67 |
| 6 | 61 | Rachel Robinson | Blackheath & Bromley Harriers | | 28.94 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|----------------------|--------------------------|----------|-------|
| | | | | 4 | |
| 1 | 52 | Shanice Harrison | South London Harriers | Q | 26.32 |
| 2 | 57 | Melissa Owusu-Ansah | Cambridge Harriers | Q | 26.67 |
| 3 | 56 | Ruth Onyekwe | Cambridge Harriers | Q | 27.18 |
| 4 | 11 | Lisa Crowhurst | Colchester & Tendring AC | | 28.59 |
| 5 | 66 | Leah Wallace-Alleyne | Orion Harriers | | 29.13 |
| 6 | 59 | Tamara Porritt | Luton AC | | 29.37 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|-----------------------|----------|-----------|
| | | | | 5 | |
| 1 | 53 | Desiree Henry | Enfield & Haringey AC | Q | 24.76 CBP |
| 2 | 41 | Annie Waghorn | Medway & Maidstone AC | Q | 26.86 |
| 3 | 65 | Katie Swift | Chelmsford AC | Q | 27.36 |
| 4 | 45 | Isabelle Assirati | Chiltern Harriers AC | | 28.77 |
| 5 | 14 | Caitlin Dock | Ashford AC | | 29.04 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|---------------------|-------------------------------|-------|-----------|
| 1 | 53 | Desiree Henry | Enfield & Haringey AC | Q | 24.59 CBP |
| 2 | 57 | Melissa Owusu-Ansah | Cambridge Harriers | Q | 26.32 |
| 3 | 41 | Annie Waghorn | Medway & Maidstone AC | | 26.93 |
| 4 | 23 | Amara Lalemi-Jacobs | Blackheath & Bromley Harriers | | 27.04 |
| 5 | 51 | Finolla Frederick | Herts Phoenix AC | | 27.39 |
| 6 | 54 | Ilesha Hinds | Croydon Harriers | | 27.45 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|------------------------|-------------------------------|-------|-------|
| 1 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | Q | 25.77 |
| 2 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | Q | 26.60 |
| 3 | 37 | Stephanie Steele-Boyce | Victoria Park H & Tower H AC | | 26.70 |
| 4 | 56 | Ruth Onyekwe | Cambridge Harriers | | 26.71 |
| 5 | 5 | Sophie Ayre | Medway & Maidstone AC | | 27.54 |
| 6 | 63 | Akesha Smith | Enfield & Haringey AC | | 27.87 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|------------------|-----------------------|-------|-------|
| 1 | 38 | Clieo Stephenson | City of Norwich AC | Q | 26.21 |
| 2 | 52 | Shanice Harrison | South London Harriers | Q | 26.21 |
| 3 | 19 | Nicola Keegan | Medway & Maidstone AC | | 27.18 |
| 4 | 9 | Naomi Carvalho | Sutton & District AC | | 27.35 |
| 5 | 65 | Katie Swift | Chelmsford AC | | 27.98 |
| 6 | 33 | Teresa Roberts | Guernsey Island AAC | | 28.07 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------|-------------------------------|-------|-----------|
| 1 | 53 | Desiree Henry | Enfield & Haringey AC | | 24.47 CBP |
| 2 | 13 | Rachel Dickens | Blackheath & Bromley Harriers | | 25.14 |
| 3 | 38 | Clieo Stephenson | City of Norwich AC | | 25.96 |
| 4 | 52 | Shanice Harrison | South London Harriers | | 26.19 |

| | | | | |
|---|----|---------------------|-------------------------------|-------|
| 5 | 57 | Melissa Owusu-Ansah | Cambridge Harriers | 26.61 |
| 6 | 27 | Georgina Middleton | Blackheath & Bromley Harriers | 26.92 |

Under 17 Women 1,500 Metres (b)

CBP **M.Wood** **Marshall Milton Keynes AC** **2009** **4.34.99**

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|----------------------|---------------------------|------|---------|
| 1 | 72 | Melanie Wood | Marshall Milton Keynes AC | | 4:48.40 |
| 2 | 69 | Eleanor Bounds | Newham & Essex Beagles AC | | 4:55.95 |
| 3 | 70 | Grace Howie | Poole AC | | 4:56.01 |
| 4 | 67 | Holly Archer | West Suffolk AC | | 5:01.97 |
| 5 | 71 | Catherine MacKintosh | St Albans AC | | 5:17.18 |
| 6 | 68 | Chloe Beckett | Braintree & District AC | | 5:18.84 |
| | 64 | Katie Snowden | Herne Hill Harriers | | DNS |

Under 17 Women 60m Hurdles (a)

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

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------------|-------------------------------|----------|-------|
| | | | | 1 | |
| 1 | 86 | Emily Moore | Colchester Harriers | Q | 9.20 |
| 2 | 81 | Rhiannon Jones | Blackheath & Bromley Harriers | Q | 9.31 |
| 3 | 78 | Sian Duffy | Blackheath & Bromley Harriers | q | 9.42 |
| 4 | 77 | Natalie Burgess | Horsham Blue Star Harriers | q | 9.68 |
| 5 | 51 | Finolla Frederick | Herts Phoenix AC | | 9.71 |
| 6 | 34 | Nikkita Sartori-Sigrist | Orion Harriers | | 10.01 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|----------------------------|----------|-------|
| | | | | 2 | |
| 1 | 90 | Holly Thomas | Havering Mayesbrook AC | Q | 9.11 |
| 2 | 83 | Jess McCabe | Guildford & Godalming AC | Q | 9.11 |
| 3 | 76 | Laura Brown | Horsham Blue Star Harriers | | 9.72 |
| 4 | 73 | Anne-Lise Arnold | Brighton & Hove City AC | | 10.12 |
| 5 | 87 | Leanne O'Donovan | Cambridge Harriers | | 10.21 |
| 6 | 35 | Charlotte Sexton | Bedford & County AC | | 10.60 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|--------------------|--------------------------|----------|-------|
| | | | | 3 | |
| 1 | 91 | Jahisha Thomas | Sutton & District AC | Q | 9.04 |
| 2 | 82 | Nancy Le Beau | Thurrock Harriers AC | Q | 9.07 |
| 3 | 74 | Cseperke Asztales | Cambridge & Coleridge AC | q | 9.48 |
| 4 | 18 | Molly Jehan | Jersey Spartan AC | | 10.09 |
| 5 | 80 | Georgia Green-Muid | Basildon AC | | 10.57 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|----------------------|-------------------------------|----------|-------|
| | | | | 4 | |
| 1 | 84 | Hayley McLean | Chelmsford AC | Q | 9.09 |
| 2 | 75 | Charlotte Banks | Windsor S E & Hounslow | Q | 9.48 |
| 3 | 88 | Holly Pattie-Belleli | Woodford Green w Essex L | q | 9.51 |
| 4 | 79 | Rachel Giannini | Blackheath & Bromley Harriers | | 10.52 |
| | 89 | Stephanie Rukin | St Albans AC | | DNF |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|-----------------|-------------------------------|-------|------|
| 1 | 91 | Jahisha Thomas | Sutton & District AC | Q | 8.97 |
| 2 | 82 | Nancy Le Beau | Thurrock Harriers AC | Q | 9.00 |
| 3 | 86 | Emily Moore | Colchester Harriers | Q | 9.25 |
| 4 | 75 | Charlotte Banks | Windsor S E & Hounslow | | 9.56 |
| 5 | 78 | Sian Duffy | Blackheath & Bromley Harriers | | 9.58 |
| 6 | 77 | Natalie Burgess | Horsham Blue Star Harriers | | 9.81 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|---------------|--------------------------|-------|------|
| 1 | 84 | Hayley McLean | Chelmsford AC | Q | 8.93 |
| 2 | 83 | Jess McCabe | Guildford & Godalming AC | Q | 9.02 |

| | | | | | |
|---|----|----------------------|-------------------------------|---|------|
| 3 | 90 | Holly Thomas | Havering Mayesbrook AC | Q | 9.12 |
| 4 | 81 | Rhiannon Jones | Blackheath & Bromley Harriers | | 9.36 |
| 5 | 88 | Holly Pattie-Belleli | Woodford Green w Essex L | | 9.43 |
| 6 | 74 | Cseperke Asztalos | Cambridge & Coleridge AC | | 9.52 |

| Posn | Num | Name | Club | Final | Perf |
|-------------|------------|----------------|--------------------------|--------------|-------------|
| 1 | 91 | Jahisha Thomas | Sutton & District AC | | 8.80 |
| 2 | 84 | Hayley McLean | Chelmsford AC | | 8.81 |
| 3 | 82 | Nancy Le Beau | Thurrock Harriers AC | | 8.96 |
| 4 | 90 | Holly Thomas | Havering Mayesbrook AC | | 9.06 |
| 5 | 86 | Emily Moore | Colchester Harriers | | 9.19 |
| 6 | 83 | Jess McCabe | Guildford & Godalming AC | | 9.24 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 17 Women High Jump (a)

| CBP | | I.Pooley | Aldershot Farnham & District AC | 2009 | 1.78 |
|------------|-----|-------------------|--|-------------|---|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 95 | Elizabeth Grimsey | Enfield & Haringey AC | 1.63 | 1.45 o; 1.50 o; 1.60 o; 1.63 xxo; 1.66 xxx |
| 2 | 92 | Gemma Armorgie | Herts Phoenix AC | 1.60 | 1.45 o; 1.50 o; 1.55 o; 1.60 xxo; 1.63 xxx |
| =3 | 97 | Alice Rackham | Stevenage & North Herts AC | 1.55 | 1.45 o; 1.50 o; 1.55 o; 1.60 xxx |
| =3 | 98 | Philippa Rogan | Reading AC | 1.55 | 1.50 o; 1.55 o; 1.60 xxx |
| 5 | 93 | Isobel Brown | Chichester Runners & AC | 1.55 | 1.45 o; 1.50 o; 1.55 xo; 1.60 xxx |
| 6 | 94 | Janet Browne | Stevenage & North Herts AC | 1.50 | 1.45 o; 1.50 o; 1.55 xxx |
| 7 | 41 | Annie Waghorn | Medway & Maidstone AC | 1.50 | 1.45 xo; 1.50 o; 1.55 xxx |
| | 50 | Melissa Donaldson | Brighton & Hove City AC | nh | 1.45 xxx |

Under 17 Women Pole Vault (b)

| CBP | | J.Ive | Sutton & District AC | 2008 | 3.80 |
|------------|-----|-------------------|---------------------------------|-------------|---|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 100 | Emilie Blackwell | Lewes AC | 3.00 | 2.80 o; 2.90 xo; 3.00 o; 3.20 xxx |
| 2 | 95 | Elizabeth Grimsey | Enfield & Haringey AC | 2.90 | 2.60 o; 2.70 o; 2.80 o; 2.90 xo; 3.00 xxx |
| 3 | 101 | Anna Huggins | Blackheath & Bromley Harriers | 2.60 | 2,40 xo; 2.60 o; 2.70 xxx |

Under 17 Women Long Jump (b)

| CBP | | S.Wilhelmy | Southend on Sea AC | 1995 | 5.97 |
|------------|-----|--------------------------|-------------------------------|-------------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 91 | Jahisha Thomas | Sutton & District AC | 5.28 | 5.08; 5.07; 5.28; 5.14; nj; 5.14 |
| 2 | 84 | Hayley McLean | Chelmsford AC | 5.21 | 5.04; 5.07; nj; 5.21; nj; 5.11 |
| 3 | 103 | Katie Hardcastle | Chichester Runners & AC | 5.17 | 4.73; 5.03; 4.85; 5.04; 5.17; 5.06 |
| 4 | 82 | Nancy Le Beau | Thurrock Harriers AC | 5.14 | 4.69; 4.99; 5.03; 5.14; 4.94; 5.02 |
| 5 | 5 | Sophie Ayre | Medway & Maidstone AC | 4.97 | 4.97; 4.81; 4.90; 4.79; 4.87; 4.97 |
| 6 | 109 | Lauren Stevens | Blackheath & Bromley Harriers | 4.92 | 4.83; 4.92; 4.70; nj; 4.81; 4.90 |
| 7 | 22 | Caroline Kyle | Guernsey Island AAC | 4.87 | 4.67; 4.74; 4.87 |
| 8 | 41 | Annie Waghorn | Medway & Maidstone AC | 4.77 | 4.77; 4.70; 4.49 |
| 9 | 12 | Rosie Dailly | Chelmsford AC | 4.74 | 4.57; 4.74; 4.74 |
| 10 | 40 | Serlina Swaby-Constatine | Victoria Park H & Tower H AC | 4.74 | nj; nj; 4.74 |
| 11 | 107 | Jessica Moore | Blackheath & Bromley Harriers | 4.61 | 4.61; 3.77; 4.51 |
| 12 | 102 | Jessica Fox | Cambridge & Coleridge AC | 4.56 | 4.21; 4.56; 4,41 |
| 13 | 108 | Natalie Sampson | Worthing & District Harriers | 4.54 | 4.54; 4.47; 4.43 |
| 14 | 105 | Hannah Hoyle | Chelmsford AC | 4.51 | nj; 4.51; nj |
| 15 | 104 | Georgie Haynes | Windsor S E & Hounslow | 4.37 | nj; 4.37; 4.17 |
| 16 | 66 | Leah Wallace-Alleyne | Orion Harriers | 4.23 | 4.23; 4.07; 4.07 |
| 17 | 106 | Flavia Kumar | Cambridge & Coleridge AC | 4.17 | 4.17; 3.27; 3.78 |

Under 17 Women Triple Jump (a)

| CBP | | H.Frankson | Woodford Green w Essex L | 2005 | 11.60 |
|------------|-----|-------------------|---------------------------------|-------------|---------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 26 | Laura McDonald | City of Norwich AC | 11.40 | nj; 11.21; 11.40; 11.11; 11.25; nj |
| 2 | 103 | Katie Hardcastle | Chichester Runners & AC | 10.83 | 10.60; 10.53; nj; 10.81; 10.72; 10.83 |
| 3 | 113 | Frances Read | Blackheath & Bromley Harriers | 10.71 | 10.34; 10.35; 10.53; 10.71; -; 10.15 |
| 4 | 102 | Jessica Fox | Cambridge & Coleridge AC | 9.94 | 9.83; 9.94; 9.73; 9.73; 9.62; 9.78 |
| 5 | 111 | Laura Hanagan | Ashford AC | 9.72 | 9.71; 9.72; 9.65; 9.61; 9.63; 9.60 |
| 6 | 22 | Caroline Kyle | Guernsey Island AAC | 9.62 | 9.62; nj; 9.48; 9.50; 9.39; 9.52; |
| 7 | 60 | Elizabeth Read | Marshall Milton Keynes AC | ndr | nj; nj; nj; |

Under 17 Women Shot (a)

| CBP | C.Bennett | Epsom & Ewell Harriers | 1994 | 12.39 | |
|-------------|------------------|-----------------------------------|--------------------------|-----------------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 117 | Sophie McKinna | Great Yarmouth & Dist AC | 13.18 CBP 13.18 | 12.79; 12.07; 12.65; 12.74; 12.74; |
| 2 | 115 | Shadine Duquemin | Jersey Spartan AC | 10.57 | 9.78; 9.97; 10.04; 10.57; 10.16; 10.21 |
| 3 | 116 | Carla Letheby | Walton AC | 10.30 | 10.30; 10.06; 9.36; 8.99; 9.81; 9.78 |
| 4 | 118 | Sarah Miller | Herts Phoenix AC | 8.95 | 8.13; 8.49; 8.95; 8.81; 8.66; 8.66 |
| 5 | 119 | Chioma Obi-Adewole | South London Harriers | 8.90; | 8.67; 8.37; 8.90; 8.23; 8.42; np |
| 6 | 18 | Molly Jehan | Jersey Spartan AC | 8.83 | 8.35; 7.93; 8.83; 8.65; np; np |
| 7 | 2 | Henrietta Adewole | Havering Mayesbrook AC | 8.26 | 6.53; 8.26; 7.96 |
| 8 | 120 | Iyani Obi-Adewole | South London Harriers | 7.59 | 7.59; 7.22; 7.38 |
| 9 | 122 | Alexandra Smith | St Albans AC | 7.22 | 6.95; 7.22; np |
| 10 | 50 | Melissa Donaldson | Brighton & Hove City AC | 5.87 | 5.60; 5.50; 5.87 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 15 Boys 60 Metres (b)

| CBP | L.Owen | Thames Valley Harriers | | 2007 | 7.20 | |
|-------------|---------------|-------------------------------|------------------------------|-------------|-------------|-------------|
| Posn | Num | Name | Club | | Heat | Perf |
| | | | | | 1 | |
| 1 | 10 | Aaron Glasgow | Orion Harriers | | Q | 7.71 |
| 2 | 28 | Jed Rimell | Newham & Essex Beagles AC | | Q | 7.88 |
| 3 | 2 | Conor Butcher | Colchester Harriers | | Q | 8.03 |
| 4 | 20 | Conlan MacDonald | Team Kennet Triathlon AC | | q | 8.04 |
| 5 | 25 | Jack Parris | Cambridge Harriers | | | 8.71 |
| | | | | | 2 | |
| 1 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | | Q | 7.86 |
| 2 | 31 | James Vosper | Biggleswade AC | | Q | 8.01 |
| 3 | 19 | Stanley Livingston | Jersey Spartan AC | | Q | 8.13 |
| 4 | 21 | Jake Mair | Cambridge & Coleridge AC | | q | 8.24 |
| 5 | 29 | Callum Trebert | Guernsey Island AAC | | | 8.61 |
| | | | | | 3 | |
| 1 | 27 | Myles Richardson | Basingstoke & Mid Hants AC | | Q | 7.74 |
| 2 | 17 | Taiwo Kamoju | Croydon Harriers | | Q | 7.82 |
| 3 | 12 | Jordan Hadley | Vale of Aylesbury AC | | Q | 7.91 |
| 4 | 15 | Jason Hull | Guernsey Island AAC | | | 8.40 |
| 5 | 24 | Keenan Morris | Reading AC | | | 8.97 |
| | | | | | 4 | |
| 1 | 9 | Daniel Ghosh | Sutton & District AC | | Q | 7.62 |
| 2 | 3 | Matthew Chant | Andover AC | | Q | 7.90 |
| 3 | 18 | Alexander Law | Havering Mayesbrook AC | | Q | 7.99 |
| 4 | 11 | Axel Gomez | Belgrave Harriers | | q | 8.28 |
| 5 | 6 | Guy Conroy-Smith | Worthing & District Harriers | | | 8.33 |
| | | | | | 5 | |
| 1 | 14 | Jermaine Hamilton | Orion Harriers | | Q | 7.66 |
| 2 | 23 | Aswad Martin | Victoria Park H & Tower H AC | | Q | 7.91 |
| 3 | 26 | Matthew Ranger | Worthing & District Harriers | | Q | 8.04 |
| 4 | 16 | Archie Isted | Worthing & District Harriers | | | 8.29 |
| | | | | | S/F | Perf |
| | | | | | 1 | |
| 1 | 17 | Taiwo Kamoju | Croydon Harriers | | Q | 7.64 |
| 2 | 9 | Daniel Ghosh | Sutton & District AC | | Q | 7.66 |
| 3 | 28 | Jed Rimell | Newham & Essex Beagles AC | | | 7.85 |
| 4 | 2 | Conor Butcher | Colchester Harriers | | | 8.05 |
| 5 | 18 | Alexander Law | Havering Mayesbrook AC | | | 8.07 |
| | 11 | Axel Gomez | Belgrave Harriers | | | DNS |
| | | | | | 2 | |
| 1 | 14 | Jermaine Hamilton | Orion Harriers | | Q | 7.62 |
| 2 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | | Q | 7.77 |
| 3 | 12 | Jordan Hadley | Vale of Aylesbury AC | | | 7.85 |
| 4 | 3 | Matthew Chant | Andover AC | | | 7.95 |
| 5 | 26 | Matthew Ranger | Worthing & District Harriers | | | 8.07 |

6 21 Jake Mair Cambridge & Coleridge AC 8.37

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|--------------------|------------------------------|----------|------|
| | | | | 3 | |
| 1 | 27 | Myles Richardson | Basingstoke & Mid Hants AC | Q | 7.62 |
| 2 | 10 | Aaron Glasgow | Orion Harriers | Q | 7.74 |
| 3 | 23 | Aswad Martin | Victoria Park H & Tower H AC | | 7.95 |
| 4 | 31 | James Vosper | Biggleswade AC | | 8.03 |
| 5 | 20 | Conlan MacDonald | Team Kennet Triathlon AC | | 8.07 |
| 6 | 19 | Stanley Livingston | Jersey Spartan AC | | 8.14 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|-------------------|------------------------------|-------|------|
| 1 | 14 | Jermaine Hamilton | Orion Harriers | | 7.46 |
| 2 | 27 | Myles Richardson | Basingstoke & Mid Hants AC | | 7.52 |
| 3 | 10 | Aaron Glasgow | Orion Harriers | | 7.53 |
| 4 | 17 | Taiwo Kamoju | Croydon Harriers | | 7.62 |
| 5 | 9 | Daniel Ghosh | Sutton & District AC | | 7.66 |
| 6 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | | 7.73 |

Under 15 Boys 200 Metres (a)

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

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|--------------------|----------------------|----------|-------|
| | | | | 1 | |
| 1 | 14 | Jermaine Hamilton | Orion Harriers | Q | 23.85 |
| 2 | 9 | Daniel Ghosh | Sutton & District AC | Q | 25.63 |
| 3 | 19 | Stanley Livingston | Jersey Spartan AC | Q | 26.08 |
| 4 | 29 | Callum Trebert | Guernsey Island AAC | q | 27.29 |
| 5 | 25 | Jack Parris | Cambridge Harriers | | 28.24 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|---------------|--------------------------|----------|-------|
| | | | | 2 | |
| 1 | 10 | Aaron Glasgow | Orion Harriers | Q | 24.51 |
| 2 | 22 | Eben Marsh | Guernsey Island AAC | Q | 25.64 |
| 3 | 15 | Jason Hull | Guernsey Island AAC | Q | 27.27 |
| 4 | 33 | Dylan Ponty | Colchester & Tendring AC | | 27.95 |
| | 17 | Taiwo Kamoju | Croydon Harriers | | DQ |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|-------------------|------------------------------|----------|-------|
| | | | | 3 | |
| 1 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | Q | 25.12 |
| 2 | 28 | Jed Rimell | Newham & Essex Beagles AC | Q | 25.15 |
| 3 | 12 | Jordan Hadley | Vale of Aylesbury AC | Q | 25.48 |
| 4 | 31 | James Vosper | Biggleswade AC | q | 26.94 |
| 5 | 32 | Jacob Ness | City of Salisbury A & RC | q | 27.87 |
| | 20 | Conlan MacDonald | Team Kennet Triathlon AC | | DNS |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|--------------------|---------------------------|----------|-------|
| | | | | 1 | |
| 1 | 14 | Jermaine Hamilton | Orion Harriers | Q | 24.68 |
| 2 | 28 | Jed Rimell | Newham & Essex Beagles AC | Q | 25.31 |
| 3 | 19 | Stanley Livingston | Jersey Spartan AC | Q | 25.51 |
| 4 | 9 | Daniel Ghosh | Sutton & District AC | | 25.82 |
| 5 | 15 | Jason Hull | Guernsey Island AAC | | 27.05 |
| | 32 | Jacob Ness | City of Salisbury A & RC | | DNS |

| Posn | Num | Name | Club | S/F | Perf |
|------|-----|-------------------|------------------------------|----------|-------|
| | | | | 2 | |
| 1 | 10 | Aaron Glasgow | Orion Harriers | Q | 24.60 |
| 2 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | Q | 25.18 |
| 3 | 12 | Jordan Hadley | Vale of Aylesbury AC | Q | 25.71 |
| 4 | 31 | James Vosper | Biggleswade AC | | 26.69 |
| 5 | 29 | Callum Trebert | Guernsey Island AAC | | 27.33 |

22 Eben Marsh Guernsey Island AAC DNS

| Posn | Num | Name | Club | Final | Perf |
|------|-----|--------------------|------------------------------|-------|-------|
| 1 | 14 | Jermaine Hamilton | Orion Harriers | | 23.58 |
| 2 | 10 | Aaron Glasgow | Orion Harriers | | 24.17 |
| 3 | 1 | Jehoosh Baliddawa | Victoria Park H & Tower H AC | | 25.18 |
| 4 | 12 | Jordan Hadley | Vale of Aylesbury AC | | 25.27 |
| 5 | 19 | Stanley Livingston | Jersey Spartan AC | | 25.48 |
| 6 | 28 | Jed Rimell | Newham & Essex Beagles AC | | 25.58 |

Under 15 Boys 1,500 Metres (b)

CBP **P.Chambers** **Croydon Harriers** **2009** **4.29.08**

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------|--------------------------|-------|---------|
| 1 | 35 | George Duggan | Tonbridge AC | | 4:37.63 |
| 2 | 37 | Benjamin Snaith | Cambridge Tri Club | | 4:48.44 |
| 3 | 34 | Stephen Ball | Cambridge Harriers | | 4:54.93 |
| 4 | 36 | George Hoy | Orion Harriers | | 4:59.47 |
| | 20 | Conlan MacDonald | Team Kennet Triathlon AC | | DNS |

Under 15 Boys 60m Hurdles (a)

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

| Posn | Num | Name | Club | Heat1 | Perf |
|------|-----|--------------------|------------------|-------|------|
| 1 | 38 | Euan Dickson-Earle | Biggleswade AC | Q | 8.95 |
| 2 | 44 | Alex Walker | Bracknell AC | Q | 9.04 |
| 3 | 39 | George Hadler | Ilford AC | q | 9.16 |
| 4 | 42 | Jordan Otu | Croydon Harriers | | 9.67 |

| Posn | Num | Name | Club | Heat2 | Perf |
|------|-----|--------------------|-------------------------|-------|------|
| 1 | 43 | Scott Thomas | Camberley & District AC | Q | 9.22 |
| 2 | 19 | Stanley Livingston | Jersey Spartan AC | Q | 9.44 |
| 3 | 41 | Francis Lammas | Medway & Maidstone AC | q | 9.49 |
| 4 | 18 | Alexander Law | Havering Mayesbrook AC | | 9.81 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|--------------------|-------------------------|-------|------|
| 1 | 38 | Euan Dickson-Earle | Biggleswade AC | | 8.84 |
| 2 | 44 | Alex Walker | Bracknell AC | | 9.05 |
| 3 | 43 | Scott Thomas | Camberley & District AC | | 9.22 |
| 4 | 39 | George Hadler | Ilford AC | | 9.24 |
| 5 | 19 | Stanley Livingston | Jersey Spartan AC | | 9.35 |
| | 41 | Francis Lammas | Medway & Maidstone AC | | DNS |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 15 Boys High Jump (b)

| CBP | J.Jones | Nene Valley Harriers | 2007 | 1.78 | |
|------------|----------------|-----------------------------|---------------------|-------------|----------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 45 | Chris Alderman | Bedford & County AC | 1.65 | 1.60 o; 1.70 xxo; 1.75 xxx |

Under 15 Boys Pole Vault (b)

| CBP | R.Smith | Peterborough AC | 1995 | 4.00 | |
|------------|----------------|------------------------|----------------------------|-------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 46 | Max Woodward | Horsham Blue Star Harriers | 2.70 | 2.50 xxo; 2.60 -; 2.70 o; 2.80 -; 2.90 xxx |

Under 15 Boys Long Jump (a)

| CBP | D.Thomas | Ealing Southall & Middlesex AC | 2002 | 6.35 | |
|------------|-----------------|---|------------------------------|-------------|------------------------------------|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 23 | Aswad Martin | Victoria Park H & Tower H AC | 5.61 | 5.61; 5.22; nj; 5.21; 5.06; 5.50 |
| 2 | 22 | Eben Marsh | Guernsey Island AAC | 5.43 | 5.43; 5.39; nj; -; nj; - |
| 3 | 49 | Aaron Scardifield | Bracknell AC | 5.43 | 5.25; 5.43; nj; 5.31; nj; 5.30 |
| 4 | 18 | Alexander Law | Havering Mayesbrook AC | 4.93 | 4.72; 4.93; 4.67; 4.86; 4.84; 4.79 |
| 5 | 33 | Dylan Ponty | Colchester & Tendring AC | 4.39 | 4.39; 4.22; 1.87; -; 2.68; 3.60 |
| 6 | 48 | Joe Richards | Cambridge & Coleridge AC | 4.37 | 4.37; 4.09; 3.94; 4.03; 3.86; nj |
| 7 | 32 | Jacob Ness | City of Salisbury A & RC | 4.26 | 4.26; 4.14; 3.03 |
| 8 | 47 | Ramone Cupee | Victoria Park H & Tower H AC | 4.25 | 4.19; 4.14; 4.25 |

Under 15 Boys Shot (b)

| CBP | M.Wheeler | Herne Hill Harriers | 2006 | 16.18 | |
|------------|------------------|----------------------------|------------------------|--------------|--|
| Posn | Num | Name | Club | Perf | Details |
| 1 | 9 | Daniel Ghosh | Sutton & District AC | 11.20 | 10.73; 11.10; 10.28; 11.20; 10.75; 11.16 |
| 2 | 50 | Simi Obi-Adewole | South London Harriers | 9.11 | 8.54; 8.45; 8.21; 8.25; 9.11; np |
| 3 | 18 | Alexander Law | Havering Mayesbrook AC | 7.87 | np; 6.92; np; 7.87; 7.57; np |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 15 Girls 60 Metres (b)

| CBP | J. Williams | Herts Phoenix AC | 2008 | 7.60 | |
|-------------|--------------------|-------------------------|------------------------------|-------------|-------------|
| Posn | Num | Name | Club | Heat | Perf |
| | | | | 1 | |
| 1 | 29 | Lukasha Morris | Reading AC | Q | 8.11 |
| 2 | 18 | Georgie Hook | Worthing & District Harriers | Q | 8.22 |
| 3 | 34 | Celia Quansah | St Mary's Richmond AC | q | 8.43 |
| 4 | 45 | Katie White | Tonbridge AC | q | 8.50 |
| 5 | 24 | Shirin Irving | Croydon Harriers | q | 8.50 |
| 6 | 9 | Fleur Dicke | Worthing & District Harriers | | 9.12 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|-----------------|-------------------------------|-------------|-------------|
| | | | | 2 | |
| 1 | 27 | Sophie Matthews | Wycombe Phoenix Harriers & AC | Q | 8.33 |
| 2 | 2 | Leona Brako | Croydon Harriers | Q | 8.39 |
| 3 | 14 | Rose Hairs | Tonbridge AC | q | 8.47 |
| 4 | 44 | Katie Vickery | City of Norwich AC | q | 8.61 |
| 5 | 36 | Kirsty Ronald | Braintree & District AC | | 8.88 |
| 6 | 10 | Atlanta Edwards | Belgrave Harriers | | 9.60 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|------------------------|------------------------------|-------------|-------------|
| | | | | 3 | |
| 1 | 39 | Anna Short | Worthing & District Harriers | Q | 8.27 |
| 2 | 28 | Enya Moore | Ipswich Harriers | Q | 8.38 |
| 3 | 20 | Ella Houghton | Cambridge & Coleridge AC | q | 8.49 |
| 4 | 23 | Georgia Ibbotson | Colchester & Tendring AC | | 8.71 |
| 5 | 6 | Jasmine Collard-Peters | Newham & Essex Beagles AC | | 8.74 |
| 6 | 37 | Niara Rowe | Belgrave Harriers | | 9.80 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|-----------------|------------------------------|-------------|-------------|
| | | | | 4 | |
| 1 | 1 | Sabrina Bakare | Luton AC | Q | 8.00 |
| 2 | 41 | Sophie Spinner | Worthing & District Harriers | Q | 8.18 |
| 3 | 40 | Tanisha Somers | Newham & Essex Beagles AC | q | 8.39 |
| 4 | 4 | Zoe Carter | Team Southampton | q | 8.54 |
| 5 | 46 | Rebecca Withams | Southend on Sea AC | | 8.87 |
| 6 | 43 | Miwa Sykes | St Albans AC | | 8.99 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|----------------|------------------------------|-------------|-------------|
| | | | | 5 | |
| 1 | 5 | Bethany Close | Worthing & District Harriers | Q | 8.15 |
| 2 | 21 | Moesha Howard | Chelmsford AC | Q | 8.62 |
| 3 | 47 | Chloe Young | Colchester Harriers | | 8.71 |
| 4 | 3 | Melody Brammer | Marshall Milton Keynes AC | | 8.91 |
| 5 | 30 | Sharlia Odoi | Victoria Park H & Tower H AC | | 9.05 |

| Posn | Num | Name | Club | Heat | Perf |
|-------------|------------|--------------------|--------------------|-------------|-------------|
| | | | | 6 | |
| 1 | 42 | Ella Stephenson | City of Norwich AC | Q | 8.24 |
| 2 | 33 | Abigail Purkis | Ashford AC | Q | 8.63 |
| 3 | 13 | Isabelle Grant | Reigate Priory AC | | 8.79 |
| 4 | 26 | Rachel Laqeretabua | Paddock Wood AC | | 8.93 |
| 5 | 8 | Lauren Davies | Tonbridge AC | | 9.50 |

| Posn | Num | Name | Club | Heat 7 | Perf |
|------|-----|------------------|--------------------------|-----------|------|
| 1 | 32 | Jessica Pointing | Reading AC | Q | 8.26 |
| 2 | 11 | Megan Edwards | Peterborough AC | Q | 8.49 |
| 3 | 25 | Deborah Johnson | The Albany School | | 8.93 |
| 4 | 16 | Samantha Heydon | Reigate Priory AC | | 9.06 |
| 5 | 12 | Karlie Evans | Colchester & Tendring AC | | 9.12 |

| Posn | Num | Name | Club | Heat 8 | Perf |
|------|-----|------------------|------------------------------|-----------|------|
| 1 | 38 | Dorica Santos | Victoria Park H & Tower H AC | Q | 8.43 |
| 2 | 22 | Bethany Ibbotson | Colchester & Tendring AC | Q | 8.47 |
| 3 | 15 | Yasmin Hanson | Victoria Park H & Tower H AC | | 8.76 |
| 4 | 7 | Sarah Cross | Chiltern Harriers AC | | 8.89 |
| 5 | 17 | Sophie Hind | Worthing & District Harriers | | 8.98 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|----------------|------------------------------|-------|------|
| 1 | 1 | Sabrina Bakare | Luton AC | Q | 8.04 |
| 2 | 41 | Sophie Spinner | Worthing & District Harriers | q | 8.13 |
| 3 | 40 | Tanisha Somers | Newham & Essex Beagles AC | | 8.33 |
| 4 | 38 | Dorica Santos | Victoria Park H & Tower H AC | | 8.48 |
| 5 | 44 | Katie Vickery | City of Norwich AC | | 8.69 |
| 6 | 33 | Abigail Purkis | Ashford AC | | 8.73 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-----------------|-------------------------------|-------|------|
| 1 | 29 | Lukesha Morris | Reading AC | Q | 8.12 |
| 2 | 18 | Georgie Hook | Worthing & District Harriers | | 8.24 |
| 3 | 27 | Sophie Matthews | Wycombe Phoenix Harriers & AC | | 8.41 |
| 4 | 4 | Zoe Carter | Team Southampton | | 8.42 |
| 5 | 21 | Moesha Howard | Chelmsford AC | | 8.53 |
| 6 | 34 | Celia Quansah | St Mary's Richmond AC | | 8.55 |

| Posn | Num | Name | Club | S/F 3 | Perf |
|------|-----|---------------|------------------------------|-------|------|
| 1 | 5 | Bethany Close | Worthing & District Harriers | Q | 8.12 |
| 2 | 39 | Anna Short | Worthing & District Harriers | | 8.29 |
| 3 | 28 | Enya Moore | Ipswich Harriers | | 8.38 |
| 4 | 11 | Megan Edwards | Peterborough AC | | 8.39 |
| 5 | 14 | Rose Hairs | Tonbridge AC | | 8.43 |
| 6 | 24 | Shirin Irving | Croydon Harriers | | 8.61 |

| Posn | Num | Name | Club | S/F 4 | Perf |
|------|-----|------------------|--------------------------|-------|------|
| 1 | 32 | Jessica Pointing | Reading AC | Q | 8.14 |
| 2 | 42 | Ella Stephenson | City of Norwich AC | q | 8.22 |
| 3 | 22 | Bethany Ibbotson | Colchester & Tendring AC | | 8.52 |
| 4 | 45 | Katie White | Tonbridge AC | | 8.54 |
| 5 | 2 | Leona Brako | Croydon Harriers | | 8.57 |
| 6 | 20 | Ella Houghton | Cambridge & Coleridge AC | | 8.62 |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------|------------------------------|-------|------|
| 1 | 1 | Sabrina Bakare | Luton AC | | 8.07 |
| 2 | 29 | Lukesha Morris | Reading AC | | 8.08 |
| 3 | 32 | Jessica Pointing | Reading AC | | 8.15 |
| 4 | 5 | Bethany Close | Worthing & District Harriers | | 8.18 |
| 5 | 42 | Ella Stephenson | City of Norwich AC | | 8.30 |
| 6 | 41 | Sophie Spinner | Worthing & District Harriers | | 8.31 |

Under 15 Girls 200 Metres (a)

CBP D.Henry

Enfield & Haringey AC

2009

25.44

| Posn | Num | Name | Club | Heat 1 | Perf |
|------|-----|-------------------|-------------------------------|-----------|-------|
| 1 | 61 | Marissa Robertson | Wycombe Phoenix Harriers & AC | Q | 27.74 |

| | | | | | |
|---|----|------------------|--------------------------|---|-------|
| 2 | 4 | Zoe Carter | Team Southampton | Q | 27.93 |
| 3 | 45 | Katie White | Tonbridge AC | q | 28.39 |
| 4 | 23 | Georgia Ibbotson | Colchester & Tendring AC | | 29.15 |
| 5 | 8 | Lauren Davies | Tonbridge AC | | 32.55 |
| 6 | 60 | Molly Ponty | Colchester & Tendring AC | | 32.94 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------|---------------------------|----------|-------|
| | | | | 2 | |
| 1 | 14 | Rose Hairs | Tonbridge AC | Q | 27.59 |
| 2 | 50 | Keeleigh Chapman | Swindon Harriers | Q | 27.72 |
| 3 | 57 | Alice Nicholls | Marshall Milton Keynes AC | q | 28.12 |
| 4 | 47 | Chloe Young | Colchester Harriers | q | 28.32 |
| 5 | 52 | Natashia Hadley | Herts Phoenix AC | | 29.25 |
| 6 | 62 | Alice Townend | St Albans AC | | 30.70 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|------------------------|---------------------------|----------|-------|
| | | | | 3 | |
| 1 | 6 | Jasmine Collard-Peters | Newham & Essex Beagles AC | Q | 27.57 |
| 2 | 19 | Chloe Horne | Enfield & Haringey AC | Q | 28.16 |
| 3 | 21 | Moesha Howard | Chelmsford AC | q | 28.20 |
| 4 | 58 | Yolanda Nicholson | Team Kennet Triathlon AC | | 28.48 |
| 5 | 51 | Georgina Green | Eton Manor AC | | 29.09 |
| 6 | 55 | Megan Moore | Colchester Harriers | | 29.51 |

| Posn | Num | Name | Club | Heat | Perf |
|------|-----|---------------------|--------------------------|----------|-------|
| | | | | 4 | |
| 1 | 29 | Lukesha Morris | Reading AC | Q | 27.13 |
| 2 | 22 | Bethany Ibbotson | Colchester & Tendring AC | Q | 28.23 |
| 3 | 33 | Abigail Purkis | Ashford AC | | 28.69 |
| 4 | 25 | Deborah Johnson | The Albany School | | 29.75 |
| 5 | 26 | Rachel Laqueretabua | Paddock Wood AC | | 29.82 |
| 6 | 43 | Miwa Sykes | St Albans AC | | 29.87 |

| Posn | Num | Name | Club | S/F 1 | Perf |
|------|-----|------------------------|---------------------------|-------|-------|
| 1 | 6 | Jasmine Collard-Peters | Newham & Essex Beagles AC | Q | 27.50 |
| 2 | 19 | Chloe Horne | Enfield & Haringey AC | Q | 27.71 |
| 3 | 14 | Rose Hairs | Tonbridge AC | Q | 27.79 |
| 4 | 21 | Moesha Howard | Chelmsford AC | | 27.95 |
| 5 | 4 | Zoe Carter | Team Southampton | | 27.97 |
| 6 | 47 | Chloe Young | Colchester Harriers | | 28.38 |

| Posn | Num | Name | Club | S/F 2 | Perf |
|------|-----|-------------------|-------------------------------|-------|-------|
| 1 | 29 | Lukesha Morris | Reading AC | Q | 27.46 |
| 2 | 50 | Keeleigh Chapman | Swindon Harriers | Q | 27.71 |
| 3 | 57 | Alice Nicholls | Marshall Milton Keynes AC | Q | 27.99 |
| 4 | 22 | Bethany Ibbotson | Colchester & Tendring AC | | 28.42 |
| 5 | 45 | Katie White | Tonbridge AC | | 28.54 |
| | 61 | Marissa Robertson | Wycombe Phoenix Harriers & AC | | DNS |

| Posn | Num | Name | Club | Final | Perf |
|------|-----|------------------------|---------------------------|-------|-------|
| 1 | 29 | Lukesha Morris | Reading AC | | 27.42 |
| 2 | 6 | Jasmine Collard-Peters | Newham & Essex Beagles AC | | 27.57 |
| 3 | 19 | Chloe Horne | Enfield & Haringey AC | | 27.70 |
| 4 | 14 | Rose Hairs | Tonbridge AC | | 27.88 |
| 5 | 50 | Keeleigh Chapman | Swindon Harriers | | 27.93 |
| | 57 | Alice Nicholls | Marshall Milton Keynes AC | | DNS |

Under 15 Girls 1,500 Metres (b)

CBP M.Wood Marshall Milton Keynes AC 2008 4.46.4

| Posn | Num | Name | Club | Final | Perf |
|------|-----|---------------|------------------------|-------|---------|
| 1 | 63 | Joanne Fallon | Windsor S E & Hounslow | | 5:35.01 |

| | | | | |
|---|----|-----------------|-------------------|---------|
| 2 | 37 | Niara Rowe | Belgrave Harriers | 6:51.56 |
| | 10 | Atlanta Edwards | Belgrave Harriers | DNF |

Under 15 Girls 60m Hurdles (a)

| <i>CBP</i> | <i>S.Belle</i> | | <i>Tower Hamlets AC</i> | <i>1999</i> | <i>8.97</i> |
|------------|----------------|------|-------------------------|------------------------|--------------------|
| Posn | Num | Name | Club | Heat | Perf |
| | 1 | 73 | Alicia Tymon-McEwan | St Albans AC | Q 9.41 |
| | 2 | 24 | Shirin Irving | Croydon Harriers | Q 9.67 |
| | 3 | 51 | Georgina Green | Eton Manor AC | Q 10.09 |
| | 4 | 8 | Lauren Davies | Tonbridge AC | 11.07 |
| | 5 | 71 | Laura Nofer | St Albans AC | 11.11 |
| Posn | Num | Name | Club | Heat | Perf |
| | 1 | 70 | Morgan Lake | Windsor S E & Hounslow | 2 Q 9.58 |
| | 2 | 21 | Moesha Howard | Chelmsford AC | Q 9.77 |
| | 3 | 50 | Keeleigh Chapman | Swindon Harriers | Q 9.82 |
| | 4 | 68 | Ella De Lucis | Peterborough AC | q 10.25 |
| | 5 | 69 | Joetta James | St Albans AC | 11.34 |
| Posn | Num | Name | Club | Heat | Perf |
| | 1 | 65 | Natalie Allen | Herts Phoenix AC | 3 Q 9.58 |
| | 2 | 56 | Jordanna Morrish | Cornwall AC | Q 9.62 |
| | 3 | 66 | Tayler Canning | Isle of Wight AC | Q 9.68 |
| | 4 | 35 | Shona Richards | Epsom & Ewell Harriers | q 9.77 |
| | 5 | 52 | Natashia Hadley | Herts Phoenix AC | q 10.00 |
| | 6 | 72 | Freya Tubb | Reading AC | 11.31 |
| Posn | Num | Name | Club | S/F 1 | Perf |
| | 1 | 73 | Alicia Tymon-McEwan | St Albans AC | Q 9.36 |
| | 2 | 56 | Jordanna Morrish | Cornwall AC | Q 9.52 |
| | 3 | 24 | Shirin Irving | Croydon Harriers | Q 9.57 |
| | 4 | 50 | Keeleigh Chapman | Swindon Harriers | 9.84 |
| | 5 | 51 | Georgina Green | Eton Manor AC | 9.99 |
| | 6 | 68 | Ella De Lucis | Peterborough AC | 10.32 |
| Posn | Num | Name | Club | S/F 2 | Perf |
| | 1 | 70 | Morgan Lake | Windsor S E & Hounslow | Q 9.40 |
| | 2 | 65 | Natalie Allen | Herts Phoenix AC | Q 9.44 |
| | 3 | 35 | Shona Richards | Epsom & Ewell Harriers | Q 9.76 |
| | 3 | 66 | Tayler Canning | Isle of Wight AC | Q 9.76 |
| | 5 | 52 | Natashia Hadley | Herts Phoenix AC | 9.86 |
| | 6 | 21 | Moesha Howard | Chelmsford AC | 9.88 |
| Posn | Num | Name | Club | Final | Perf |
| | 1 | 73 | Alicia Tymon-McEwan | St Albans AC | 9.25 |
| | 2 | 70 | Morgan Lake | Windsor S E & Hounslow | 9.31 |
| | 3 | 65 | Natalie Allen | Herts Phoenix AC | 9.48 |
| | 4 | 24 | Shirin Irving | Croydon Harriers | 9.60 |
| | 5 | 56 | Jordanna Morrish | Cornwall AC | 9.70 |
| | 6 | 35 | Shona Richards | Epsom & Ewell Harriers | 9.82 |
| | 7 | 66 | Tayler Canning | Isle of Wight AC | 9.83 |

SEAA Indoor Championships - Lee Valley Athletics Centre

16(a) and 17(b) January 2010

Under 15 Girls High Jump (a)

| CBP | | D.Blaize | | Kingston AC & Poly Harriers | | 2002 | 1.67 |
|------------|-----|--------------------------|---------------------|--|---|-------------|-------------|
| Posn | Num | Name | Club | Perf | Details | | |
| 1 | 78 | Georgina Westwood | Reading AC | 1.68 | 1.50 o; 1.55 o; 1.60 xo; 1.65 o; 1.68 xo; | CBP | 1.70 xxx |
| =2 | 67 | Emma Cowell | Team Southampton | 1.65 | 1.50 o; 1.55 o; 1.60 o; 1.65 xo; 1.68 xxx | | |
| =2 | 56 | Jordanna Morrish | Cornwall AC | 1.65 | 1.45 o; 1.50 -; 1.55 o; 1.60 o; 1.65 xo; | | 1.68 xxx |
| 4 | 74 | Robyn Pettit | Crawley AC | 1.60 | 1.45 o; 1.50 o; 1.55 o; 1.60 xo; 1.65 xxx | | |
| 5 | 1 | Sabrina Bakare | Luton AC | 1.55 | 1.40 o; 1.45 xo; 1.50 o; 1.55 o; 1.60 xxx | | |
| 6 | 75 | Sarah Prescott-Smith | Colchester Harriers | 1.50 | 1.40 o; 1.45 o; 1.50 xo; 1.55 xxx | | |
| 7 | 59 | Courtney Osbourne-Walker | Bedford & County AC | 1.50 | 1.40 o; 1.45 xo; 1.50 xo; 1.55 xxx | | |
| 8 | 72 | Freya Tubb | Reading AC | 1.45 | 1.40.xo; 1.45 o; 1.50 xxx | | |

Under 15 Girls Pole Vault (b)

| CBP | | E.Besford | | Andover AC | | 2007 | 3.01 |
|------------|-----|------------------|-------------------------|-------------------|---|-------------|-------------|
| Posn | Num | Name | Club | Perf | Details | | |
| 1 | 82 | Naomi Lee | Lewes AC | 2.90 | 2.60 o; 2.70 -; 2.80 o; 2.90 xxo; 3.00 -; | | 3.02 xxx |
| 2 | 83 | Holly Turner | Brighton & Hove City AC | 2.30 | 1.90 o; 2.10 xo; 2.20 o; 2.30 xo; 2.40 | | xxx |
| 3 | 81 | Claire Humby | Team Southampton | 2.10 | 1.90 o; 2.10 o; 2.20 xxx | | |

Under 15 Girls Long Jump (b)

| CBP | | S.Wilhelmy | | Southend on Sea AC | | 1994 | 5.73 |
|------------|-----|----------------------|--------------------------|---------------------------|------------------------------------|-------------|-------------|
| Posn | Num | Name | Club | Perf | Details | | |
| 1 | 34 | Celia Quansah | St Mary's Richmond AC | 5.07 | 4.61; 4.77; 4.77; 5.07; 4.78; 4.73 | | |
| 2 | 87 | Clarice Parrott | Braintree & District AC | 5.05 | 4.64; 5.05; 4.91; nj; 3.09; nj | | |
| 3 | 75 | Sarah Prescott-Smith | Colchester Harriers | 5.01 | 4.77; 5.01; 4.90; 4.49; 4.67; 4.83 | | |
| 4 | 70 | Morgan Lake | Windsor S E & Hounslow | 4.88 | nj; nj; 4.88; nj; 4.79; nj | | |
| 5 | 86 | Hephzibah Ogunro | Luton AC | 4.72 | 4.58; nj; nj; 4.64; 4.72; nj | | |
| 6 | 11 | Megan Edwards | Peterborough AC | 4.56 | 4.49; 4.34; 4.45; 4.24; 4.56; 4.45 | | |
| 7 | 44 | Katie Vickery | City of Norwich AC | 4.49 | 4.49; nj; nj; 2.59; nj; nj | | |
| 8 | 84 | Isobel Barry | Orion Harriers | 4.12 | 4.06; 3.98; 4.12 | | |
| 9 | 85 | Hannah Lawrence | Colchester & Tendring AC | 4.10 | 3.94; 3.97; 4.10 | | |
| 10 | 46 | Rebecca Withams | Southend on Sea AC | 3.93 | 3.73; 3.93; 3.79 | | |
| 11 | 36 | Kirsty Ronald | Braintree & District AC | 3.85 | nj; nj; 3.85 | | |
| 12 | 12 | Karlie Evans | Colchester & Tendring AC | 3.68 | 3.37; 3.68; nj | | |

Under 15 Girls Shot (a)

| CBP | | S.Duquemin | | Jersey Spartan AC | | 2009 | 11.46 |
|------------|-----|--------------------|--------------------------------|--------------------------|------------------------------------|-------------|--------------|
| Posn | Num | Name | Club | Perf | Details | | |
| 1 | 70 | Morgan Lake | Windsor S E & Hounslow | 11.97 | 11.39; 10.00; np; np; 10.90; 11.97 | CBP | |
| 2 | 24 | Shirin Irving | Croydon Harriers | 10.14 | 10.14; 10.04; np; 8.49; np; np | | |
| 3 | 80 | Amy Holder | Reading AC | 9.99 | 8.89; 8.19; 9.13 9.03; 9.99; 9.17 | | |
| 4 | 90 | Melissa Hadley | Herts Phoenix AC | 9.27 | 8.45; 8.75; 8.68; 9.27; 8.93; 9.01 | | |
| 5 | 89 | Nicola Gregory | Bexley AC | 9.01 | 8.94; 8.87; np; 8.58; 8.81; 9.01 | | |
| 6 | 92 | Tamara Reid | The Archbishop Lanfranc School | 8.70 | np; 7.37; 8.10; np; 6.45; 8.70 | | |
| 7 | 91 | Niamh Lawson | St Albans AC | 5.40 | 5.40; 5.34; 5.30 | | |
| 8 | 88 | Ije Enwerem | Victoria Park H & Tower H AC | 7.49 | 7.49; 6.55; 7.03 | | |
| 9 | 26 | Rachel Laqeretabua | Paddock Wood AC | 7.44 | 6.53; 7.44; 7.32 | | |
| 10 | 62 | Alice Townend | St Albans AC | 7.28 | 6.75; 7.28; 6.71 | | |
| 11 | 60 | Molly Ponty | Colchester & Tendring AC | 7.59 | 7.30; 7.59; 7.03 | | |