

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Senior Men

Senior Men High Jump (a)

Posn	Num	Name	Club	Perf	Details
	CBP 1	Mark Naylor	Hillingdon AC	2.21	
Final					1.80 1.85
1	510	Ryan Bonifas	Basingstoke & Mid Hants AC	2.10	
2	515	William Grimsey	Enfield & Haringey AC	2.05	
3	511	Akin Coward	Shaftesbury Barnet Harriers	2.05	
4	517	Scott Johnson	Bedford & County AC	2.05	
5	521	Joshua Watson	Biggleswade AC	1.95	o
6	520	Ben Russell	Bracknell AC	1.95	o o
7	514	Jake Field	Sutton & District AC	1.95	xxo
8	518	Kashif Jones	Stevenage & North Herts AC	1.90	xo o
9	513	Lewis Ely	Blackheath & Bromley Harriers	1.90	o o
10	512	Mason Doyle	Paddock Wood AC	1.80	xxo xxx

Senior Men Pole Vault (b)

Posn	Num	Name	Club	Perf	Details
	CBP 1	Kevin Hughes	Haringey AC	5.36	
Final					3.80 4.00
=1	522	Samuel Bass-Cooper	Southampton AC	4.20	
=1	523	Matthew Harris	Ashford AC	4.20	o o
=3	528	Alexander Wharfe	Ashford AC	3.80	xo xxx
=3	525	Chris Mills	Windsor S E & Hounslow AC	3.80	xo xxx

Senior Men Long Jump (a)

Posn	Num	Name	Club	Perf	Details
	CBP 2	Greg Rutherford	Marshall Milton Keynes	8.09	
Final					R1 R2
1	538	JJ Jegede	Newham & Essex Beagles AC	7.38	7.15 7.24
2	541	Paul Ogun	Croydon Harriers	7.18	7.18 / 1.0 7.00
3	533	Anton Dixon	Woodford Green w Essex L	7.17	6.82 7.17 / +0.5
4	529	Ogo Anochirionye	Thames Valley Harriers	7.00	6.72 6.77
5	532	Eusebio Da-Silva	Newham & Essex Beagles AC	6.78	6.78 / -0.6 x
6	535	Joel Grenfell	Peterborough AC	6.69	6.69 / +1.3 1.55
7	537	Matthew Houlden	Kingston AC & Poly Harriers	6.62	6.57 6.62 / -0.9
8	531	Mark Cryer	Blackheath & Bromley Harriers	6.59	6.59 / +0.5 x
9	545	Rob Woolgar	Bournemouth AC	6.44	6.21 6.07
10	539	Alex Law	Havering AC	6.42	6.18 6.24
11	343	Adrian Stamp	Woodford Green w Essex L	6.41	x x
12	540	Emmanuel Nwaobodo	London Heathside AC	6.30	2.36 6.3 / +0.1
13	543	Charlie Shingleton	Braintree & District AC	5.80	x x
		530 Oliver Cooper	Thanet AC	NM	x R
		542 Ryan Raghoo	Brunel University AC	NM	

Senior Men Triple Jump (b)

Posn	Num	Name	Club	Perf	Details
	CBP 1	Julian Golley	Thames Valley Harriers	16.81	
Final					R1 R2
1	551	Jonathan Ilori	Blackheath & Bromley Harriers	15.34	x 15.16
2	555	Efe Uwaifo	Enfield & Haringey AC	15.03	14.54 x
3	554	Robert Sutherland	Wycombe Phoenix Harriers & AC	14.93	14.59 x
4	548	Lawrence Davis	Enfield & Haringey AC	14.80	14.41 14.43
5	536	Lawrence Harvey	Trafford AC	14.72	14.04 14.20
6	547	Carl Britto	Oxford University AC	13.95	13.53 13.95 / +1.4
7	556	David Wellstead	Kent AC	13.87	x 13.87 / +2.0

Senior Men Shot (a)

Posn	Num	Name	Club	Perf	Details
	CBP 1	Geoff Capes	Enfield Harriers	21.36	

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				R1	R2
Final					
1	561	Joey Watson	Windsor S E & Hounslow AC	16.79	16.39
2	557	Matthew Baptiste	Newham & Essex Beagles AC	14.44	14.44
3	558	Archie Leeming	Basildon AC	13.96	12.48
4	563	Kevin Wilson	Chelmsford AC	13.32	13.32
5	562	Hugh Williams	Woodford Green w Essex L	12.97	12.84
Guest	559	Lorn Mayers	Enfield & Haringey AC	12.18	11.52
Guest	560	Michael Pope	St Albans AC	9.90	9.56

Senior Men Discus (a)

				Perf	Details	R1	R2
	CBP 1	Bill Tancred	Birchfield Harriers	61.98			
Posn	Num	Name	Club				
Final							
1	571	Mark Plowman	Royal Air Force	50.72		47.62	49.58
2	566	Devon Douglas	Woodford Green w Essex L	49.04		47.43	45.55
3	569	Christopher Linque	Woodford Green w Essex L	48.04		48.04	44.65
4	557	Matthew Baptiste	Newham & Essex Beagles AC	45.19		45.19	x
5	565	Chris Dack	Kingston AC & Poly Harriers	41.29		41.29	x
6	563	Kevin Wilson	Chelmsford AC	39.96		38.62	x
7	564	Glen Crowie	Hillingdon AC	27.14		x	27.14
Guest	570	Michael Nicholls	Shaftesbury Barnet Harriers	41.67		38.37	41.67
Guest	560	Michael Pope	St Albans AC	27.89		27.71	27.89

Senior Men Hammer (b)

				Perf	Details	R1	R2
	CBP 1	Paul Head	Newham & Essex Beagles AC	71.38			
Posn	Num	Name	Club				
Final							
1	574	Taylor Campbell	Windsor S E & Hounslow AC	71.39	CBP	69.59	71.39
2	573	Callum Brown	City of Norwich AC	66.52		x	x
3	578	Michael Painter	Newham & Essex Beagles AC	62.55		59.06	62.55
4	579	Tom Parker	Sheffield AC	61.04		57.58	58.70
5	580	Alex Warner	Newham & Essex Beagles AC	59.77		x	56.95
6	575	James Hamblin	Colchester Harriers	58.02		52.90	x
7	576	Thomas Head	Newham & Essex Beagles AC	57.16		56.34	x
8	572	Kevin Acraman	Hillingdon AC	39.87		x	39.80
9		#N/A	#N/A				

Senior Men Javelin (b)

				Perf	Details	R1	R2
	CBP 2	Mervyn Luckwell	Marshall Milton Keynes	80.08			
Posn	Num	Name	Club				
Final							
1	584	Bonne Buwembo	Enfield & Haringey AC	68.46		x	64.44
2	588	Gavin Johnson-Assoon	Herne Hill Harriers	65.63		64.18	x
3	589	Craig Lacy	Birchfield Harriers	64.47		61.03	x
4	523	Matthew Harris	Ashford AC	57.39		57.31	55.16
5	582	James Bougourd	Guernsey Island AAC	57.33		x	54.91
6	587	Luke Johnson	Horsham Blue Star Harriers	56.90		x	56.90
7	586	Allandre Johnson	Herne Hill Harriers	56.76		x	56.76
8	585	Roy Chambers	Woking AC	53.14		50.01	48.28

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1.90	1.95	2.00	2.05	2.10	2.14
o	o	o	o	xo	xxx
		o	xo	xxx	
o	o	xo	xo	xxx	
	o	xxo	xxo	xxx	
xo	xo	xxx			
o	xxo	xxx			
o	xxo	xxx			
o	xxx				
xo	xxx				

4.20	4.40
xxo	xxx
xxo	xxx

R3	R4	R5	R6
6.81	7.38 / 0.0	7.26	7.11
x	x	6.82	x
7.05	x	6.94	6.92
6.80	x	7 / -0.2	6.93
x	x	x	x
6.69	6.55	6.23	6.42
6.30	x	x	6.60
x	4.33	3.03	x
6.44 / +1.4			
6.42 / +1.5			
6.41 / -1.6			
5.34			
5.80 / -1.5			
R			

R3	R4	R5	R6
15.34 / +2.3	x	x	x
14.64	14.23	15.03 / +1.3	x
14.57	14.46	14.52	14.93 / +0.3
x	14.38	14.80 / +1.8	x
14.40	14.72 / +2.4	x	14.68
x	x	13.93	13.82
x	x	13.73	x

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R3	R4	R5	R6	
x	16.79	x	16.75	
x	x	13.03	12.3	
x	x	x	13.96	
x	x	x	x	
12.93	12.97	12.72	12.70	
11.41	11.49	x	12.18	4kg
x	9.77	9.90	9.05	6kg

R3	R4	R5	R6	
50.67	49.83	50.19	50.72	
49.04	45.32	47.64	48.15	
x	x	46.39	46.87	
x	x	x	x	
40.36	40.77	x	x	
39.76	x	x	39.96	
25.84	25.88	x	25.80	
35.55	x	38.25	x	1.5kg
27.53	x	27.24	26.56	1kg

R3	R4	R5	R6
67.78	68.44	68.48	x
63.96	66.52	64.76	65.43
61.08	61.93	x	-
60.67	60.70	58.38	61.04
x	54.19	58.61	59.77
57.56	58.02	x	57.19
x	55.93	x	57.16
x	39.87	x	x

R3	R4	R5	R6
x	63.95	68.46	x
x	x	63.55	65.63
61.76	58.99	64.47	x
55.54	52.75	56.18	57.39
x	x	x	57.33
53.47	54.14	x	52.00
54.81	x	55.38	53.45
52.38	48.03	47.21	53.14