

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

**Senior Men 100 Metres (a)**

Posn	Num	Name	Club	Perf
	CBP 1	Jason Livingstone	Croydon Harriers	10.09
W/S +1.9				
<b>Heat 1</b>				
1	333	Salim Muhammad	Harrow AC	10.68 Q
2	353	André Wright	Medway & Maidstone AC	10.88 Q
3	341	Jordan Smith-Bent	Kingston AC & Poly Harriers	10.94 Q
4	339	Bill Porter	South London Harriers	11.03 q
5	314	Darren Green	Kent AC	11.04
6	311	Dan Gill	Medway & Maidstone AC	11.15
7	321	Nima Jam	Thames Valley Harriers	11.45
W/S +1.9				
<b>Heat 2</b>				
1	334	Alex Murdock	Victoria Park H & Tower H AC	10.64 Q
2	337	Subomi Onanuga	Thames Valley Harriers	10.78 Q
3	332	Lee McLaughlin	Croydon Harriers	10.91 Q
4	310	Mark Dyble	Thames Valley Harriers	11.02 q
5	330	Gift McLaren	South London Harriers	11.23
6	352	Joshua Wood	Harrow AC	11.63
7	301	Berenger Akue Assoumou	Thames Valley Harriers	12.07
W/S +2.0				
<b>Heat 3</b>				
1	320	Nayef Iman	Sale Harriers	10.68 Q
2	302	James Alaka	Blackheath & Bromley Harriers	10.71 Q
3	345	Enrico Tawiah-Kwabena	Enfield & Haringey AC	10.98 Q
4	315	Mark Hanson	Enfield & Haringey AC	10.99 q
5	338	Eugene Osei-Amevenu	Herne Hill Harriers	11.14
6	347	Daryl Thomas	Herne Hill Harriers	11.35
	322	Agyemang Jesse	Herne Hill Harriers	DNS
W/S +2.2				
<b>Heat 4</b>				
1	346	Adam Thomas	Bracknell AC	10.53 Q
2	316	Toby Harries	Brighton Phoenix AC	10.71 Q
3	312	Jordan Glaze	London Heathside AC	10.86 Q
4	350	Oweka Wanogho	Blackheath & Bromley Harriers	10.91 q
5	300	Aaron Adom	Marshall Milton Keynes AC	11.01 q
6	336	Eniola Oluwasanya	Victoria Park H & Tower H AC	11.37
7	317	Christopher Hewitt	Brighton & Hove AC	11.52
W/S +0.8				
<b>Heat 5</b>				
1	325	Confidence Lawson	Shaftesbury Barnet Harriers	10.57 Q
2	351	Kyron Williams	Enfield & Haringey AC	10.80 Q
3	335	Idris Ojuriye	Herne Hill Harriers	10.82 Q
4	329	Chaka Maillet	Thames Valley Harriers	11.22
5	322	Agyemang Jesse	Herne Hill Harriers	11.24
6	342	Ishmael Smith-John	Blackheath & Bromley Harriers	11.42
7	327	Sean Lodovica	Shaftesbury Barnet Harriers	11.46
	343	Adrian Stamp	Woodford Green w Essex L	DNS
W/S +3.0				
<b>Heat 6</b>				
1	308	Leroy Cain	Thames Valley Harriers	10.54 Q
2	344	Emmanuel Stephens	Newham & Essex Beagles AC	10.60 Q
3	340	Mutara Sheriff	St Mary's Richmond AC	10.62 Q
4	318	Errol Houston	Enfield & Haringey AC	11.03 q
5	324	Calvin Kirstein	Eastbourne Rovers AC	11.34
6	313	Jerwayne Grant	Harrow AC	11.38
7	348	Karl Tucker	Havering AC	11.39
8	306	Jan Barnard	Basildon AC	11.79
W/S +0.7				
<b>Semi Final 1</b>				
1	325	Confidence Lawson	Shaftesbury Barnet Harriers	10.52 Q
2	334	Alex Murdock	Victoria Park H & Tower H AC	10.61 Q
3	332	Lee McLaughlin	Croydon Harriers	10.62 q
4	337	Subomi Onanuga	Thames Valley Harriers	10.68 q
5	312	Jordan Glaze	London Heathside AC	10.73

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6	310 Mark Dyble	Thames Valley Harriers	11.02
7	318 Errol Houston	Enfield & Haringey AC	11.04
8	316 Toby Harries	Brighton Phoenix AC	12.84

**Semi Final 2**

			W/S -1.1
1	346 Adam Thomas	Bracknell AC	10.63 Q
2	353 André Wright	Medway & Maidstone AC	10.76 Q
3	344 Emmanuel Stephens	Newham & Essex Beagles AC	10.77
4	340 Mutara Sheriff	St Mary's Richmond AC	10.80
5	320 Nayef Iman	Sale Harriers	10.86
6	345 Enrico Tawiah-Kwabena	Enfield & Haringey AC	11.10
7	350 Oweka Wanogho	Blackheath & Bromley Harriers	11.12
8	300 Aaron Adom	Marshall Milton Keynes AC	11.18

**Semi Final 3**

			W/S +0.0
1	302 James Alaka	Blackheath & Bromley Harriers	10.46 Q
2	308 Leroy Cain	Thames Valley Harriers	10.56 Q
3	333 Salim Muhammad	Harrow AC	10.68
4	351 Kyron Williams	Enfield & Haringey AC	10.78
5	335 Idris Ojuriye	Herne Hill Harriers	10.87
6	315 Mark Hanson	Enfield & Haringey AC	10.90
7	339 Bill Porter	South London Harriers	11.06
8	341 Jordan Smith-Bent	Kingston AC & Poly Harriers	11.06

**Final**

			W/S +1.3
1	346 Adam Thomas	Bracknell AC	10.43
2	325 Confidence Lawson	Shaftesbury Barnet Harriers	10.47
3	332 Lee McLaughlin	Croydon Harriers	10.55
4	308 Leroy Cain	Thames Valley Harriers	10.58
5	337 Subomi Onanuga	Thames Valley Harriers	10.62
6	353 André Wright	Medway & Maidstone AC	10.64
7	334 Alex Murdock	Victoria Park H & Tower H AC	10.64
	302 James Alaka	Blackheath & Bromley Harriers	DQ 162.7

**Senior Men 200 Metres (b)**

CBP 1	Linford Christie	Thames Valley Harriers	20.71
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**Posn Num Name**

**Club Perf**

**Heat 1** W/S -1.5

1	302 James Alaka	Blackheath & Bromley Harriers	21.70 Q
2	310 Mark Dyble	Thames Valley Harriers	22.44 Q
3	355 Luke Chown	Abingdon AC	22.51
4	370 Luke Sargeant	Kent AC	22.57
5	328 Max Lowery	Watford Harriers	22.80
6	367 Daniel Ogun	Sutton & District AC	23.01
7	311 Dan Gill	Medway & Maidstone AC	23.34
8	301 Berenger Akue Assoumou	Thames Valley Harriers	25.74

**Heat 2**

			W/S -1.6
1	325 Confidence Lawson	Shaftesbury Barnet Harriers	21.82 Q
2	300 Aaron Adom	Marshall Milton Keynes AC	22.27 Q
3	369 Byron Robinson	Herne Hill Harriers	22.48 q
4	345 Enrico Tawiah-Kwabena	Enfield & Haringey AC	22.76
5	361 Kema Egbunike	Ealing Southall & Middlesex AC	22.93
6	363 Daniel Lavipour	Highgate Harriers	23.12
7	364 Elijah Lyle-Vidal	Kingston AC & Poly Harriers	23.12
8	339 Bill Porter	South London Harriers	23.35

**Heat 3**

			W/S -1.3
1	332 Lee McLaughlin	Croydon Harriers	21.90 Q
2	353 André Wright	Medway & Maidstone AC	22.02 Q
3	359 Jordan Duvigneau	Harrow AC	22.39 q
4	356 Alex Cooke	Chelmsford AC	22.57

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5	358 Craig Cox	Crawley AC	23.07
6	321 Nima Jam	Thames Valley Harriers	23.39
	368 Jack Olsen	Kingston AC & Poly Harriers	DNF
	362 Matt Hamilton	Enfield & Haringey AC	DNS

**Final** W/S -1.5

1	332 Lee McLaughlin	Croydon Harriers	21.66
2	353 André Wright	Medway & Maidstone AC	21.92
3	300 Aaron Adom	Marshall Milton Keynes AC	22.06
4	359 Jordan Duvigneau	Harrow AC	22.28
5	310 Mark Dyble	Thames Valley Harriers	22.49
6	369 Byron Robinson	Herne Hill Harriers	22.85
	302 James Alaka	Blackheath & Bromley Harriers	DNS
	325 Confidence Lawson	Shaftesbury Barnet Harriers	DNS

**Senior Men 400 Metres**

	CBP 1 Ade Mafe	London Irish AC	45.81
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Posn	Num	Name	Club	Perf
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**Heat 1 (a)**

1	393 Samuel Adeyemi	Herne Hill Harriers	49.45 Q
2	396 Nicholas Atwell	Herne Hill Harriers	49.64 Q
3	409 Adam Hassan	Reading AC	49.70 Q
4	401 Columba Blango	Victoria Park H & Tower H AC	50.63
5	358 Craig Cox	Crawley AC	50.94
6	411 Adam Herring	City of Norwich AC	52.54
7	360 Jason Dwaah	Victoria Park H & Tower H AC	52.71

**Heat 2 (a)**

1	422 William Snook	Harlow AC	48.26 Q
2	418 Peter Phillips	Herne Hill Harriers	48.56 Q
3	420 Harrison Pocock	City of Portsmouth AC	48.64 Q
4	404 Peter De'Ath	Stevenage & North Herts AC	48.71 q
5	417 Tyson Oladokun	Southampton AC	49.91 q
6	397 Hugh Baker	Dorking & Mole Valley AC	50.77
	406 Ace-Ugochukwu Ezegbe	Victoria Park H & Tower H AC	DQ 163.3a

**Heat 3 (a)**

1	414 Jordan Layne	Wycombe Phoenix Harriers & AC	48.72 Q
2	394 Krishawn Aiken	Enfield & Haringey AC	49.08 Q
3	400 Alex Bell	Woodford Green w Essex L	49.11 Q
4	410 Sam Hazel	Shaftesbury Barnet Harriers	49.12 q
5	363 Daniel Lavipour	Highgate Harriers	50.54 q
6	423 Christopher Zah	Victoria Park H & Tower H AC	51.54
	413 Neil Kirkham	Victoria Park H & Tower H AC	DNS

**Heat 4 (a)**

1	421 Oliver Smith	Chichester Runners & AC	48.34 Q
2	412 Marcus Hunt	Chelmsford AC	48.98 Q
3	403 Darren Corbin	Enfield & Haringey AC	49.40 Q
4	402 Calum Bressington	Southampton AC	50.57
5	405 John Duggan	Kingston AC & Poly Harriers	50.99
	415 Omari Markland-Montgomery	Cambridge Harriers	DNF
	399 Daniel Barry	Worthing & District Harriers	DNS

**Semi Final 1 (a)**

1	393 Samuel Adeyemi	Herne Hill Harriers	48.43 Q
2	418 Peter Phillips	Herne Hill Harriers	48.45 Q
3	422 William Snook	Harlow AC	48.51 Q
4	404 Peter De'Ath	Stevenage & North Herts AC	48.65 Q
5	396 Nicholas Atwell	Herne Hill Harriers	48.93
6	420 Harrison Pocock	City of Portsmouth AC	49.16
7	409 Adam Hassan	Reading AC	49.80
8	363 Daniel Lavipour	Highgate Harriers	50.22

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**Semi Final 2 (a)**

1	414 Jordan Layne	Wycombe Phoenix Harriers & AC	48.15	Q
2	412 Marcus Hunt	Chelmsford AC	48.31	Q
3	421 Oliver Smith	Chichester Runners & AC	48.47	Q
4	394 Krishawn Aiken	Enfield & Haringey AC	48.79	Q
5	403 Darren Corbin	Enfield & Haringey AC	48.93	
6	400 Alex Bell	Woodford Green w Essex L	49.99	
7	417 Tyson Oladokun	Southampton AC	50.75	
8	410 Sam Hazel	Shaftesbury Barnet Harriers	DNS	

**Final (b)**

1	421 Oliver Smith	Chichester Runners & AC	47.78	
2	414 Jordan Layne	Wycombe Phoenix Harriers & AC	47.90	
3	418 Peter Phillips	Herne Hill Harriers	48.03	
4	393 Samuel Adeyemi	Herne Hill Harriers	48.09	
5	412 Marcus Hunt	Chelmsford AC	48.28	
6	422 William Snook	Harlow AC	48.35	
7	394 Krishawn Aiken	Enfield & Haringey AC	48.39	
8	404 Peter De'Ath	Stevenage & North Herts AC	48.70	

**Senior Men 800 Metres**

CBP 2 Steve Fennel                      Tonbridge AC                      1.46.67

Posn	Num	Name	Club	Perf
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**Heat 1 (a)**

1	432 Dale King-Clutterbuck	Newham & Essex Beagles AC	1.51.07	Q
2	427 Ed Dodd	Eastbourne Rovers AC	1.53.65	Q
3	430 Sam Harding	Wells City Harriers	1.54.21	q
4	443 Allan Stewart	Chiltern Harriers AC	1.54.38	q
5	426 Tom Bowerman	Aldershot Farnham & DAC	1.54.44	
6	448 Peter Watkeys	Basingstoke & Mid Hants AC	2.01.07	
7	434 Richard MacCaulay	London Heathside AC	2.01.59	

**Heat 2 (a)**

1	438 Joseph O'Hara	Bexley AC	1.56.07	Q
2	440 Eric Sapac	Herne Hill Harriers	1.56.63	Q
3	441 Paul Scanlan	Woodford Green w Essex L	1.56.65	
4	447 Adam Varvel	City of Norwich AC	1.57.05	
5	435 Ramone Martinez-Rodney	Victoria Park H & Tower H AC	1.57.27	
6	431 Ben Hawkins	Taunton AC	1.59.21	
7	446 Donald Thomson	Hillingdon AC	2.14.76	

**Heat 3 (a)**

1	444 Patrick Taylor	Vale of Aylesbury AC	1.53.41	Q
2	437 Victor Nutakor	Newham & Essex Beagles AC	1.54.22	Q
3	428 Hugo Fleming	Walton AC	1.54.86	
4	429 Jamie Grose	Poole AC	1.55.54	
5	445 Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	1.56.90	
6	442 Dominic Speight	Hillingdon AC	2.01.11	
7	425 Simeon Balson-Jones	Ilford AC	2.02.80	

**Final (b)**

1	432 Dale King-Clutterbuck	Newham & Essex Beagles AC	1.51.14	
2	427 Ed Dodd	Eastbourne Rovers AC	1.52.23	
3	438 Joseph O'Hara	Bexley AC	1.52.78	
4	444 Patrick Taylor	Vale of Aylesbury AC	1.53.26	
5	430 Sam Harding	Wells City Harriers	1.53.63	
6	440 Eric Sapac	Herne Hill Harriers	1.54.10	
7	437 Victor Nutakor	Newham & Essex Beagles AC	1.54.38	
8	443 Allan Stewart	Chiltern Harriers AC	1.58.48	

**Senior Men 1,500 Metres**

CBP 1 Steve Ovett                      Phoenix AC                      3.38.51

Posn	Num	Name	Club	Perf
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**Heat 1 (a)**

1	464 Bradley Goater	Shaftesbury Barnet Harriers	3.52.10	Q
2	453 Jack-Alexander Crabtree	Shaftesbury Barnet Harriers	3.52.60	Q
3	456 Danny Davis	Aldershot Farnham & DAC	3.53.50	Q
4	460 Scott Evans	Kingston AC & Poly Harriers	3.54.40	Q
5	458 Corey De'Ath	Tonbridge AC	3.55.73	q
6	467 Edward Hickman-Casey	Highgate Harriers	3.57.22	q
7	449 Matthew Arnold	Aldershot Farnham & DAC	4.03.21	
8	463 Kieran Gilfedder	Wycombe Phoenix Harriers & AC	4.09.11	
9	474 Alex Richards	Ilford AC	4.11.75	
10	466 Charles Hardy	London Heathside AC	4.14.03	
11	476 John Tayleur	Herne Hill Harriers	4.21.30	

**Heat 2 (a)**

1	478 Michael Wilsmore	Bristol & West AC	3.58.55	Q
2	454 Ellis Cross	Aldershot Farnham & DAC	3.59.53	Q
3	469 Russo Luca	Tonbridge AC	3.59.58	Q
4	465 Scott Greeves	City of Norwich AC	4.00.16	Q
5	473 Matthew Revier	Southampton AC	4.00.73	q
6	450 Tom Austin	Poole AC	4.01.90	q
7	462 Alec Finch	Thurrock Harriers	4.02.60	
8	472 Brahma Pochee	Highgate Harriers	4.07.55	
9	477 Joe Walton	Taunton AC	4.16.80	
10	459 Sathira Don	St Mary's Richmond AC	4.25.29	
11	457 James Davis	Vale of Aylesbury AC	4.30.34	

**Final (b)**

1	478 Michael Wilsmore	Bristol & West AC	3.44.48	
2	453 Jack-Alexander Crabtree	Shaftesbury Barnet Harriers	3.47.48	
3	464 Bradley Goater	Shaftesbury Barnet Harriers	3.47.97	
4	454 Ellis Cross	Aldershot Farnham & DAC	3.50.36	
5	465 Scott Greeves	City of Norwich AC	3.51.26	
6	456 Danny Davis	Aldershot Farnham & DAC	3.52.05	
7	469 Russo Luca	Tonbridge AC	3.52.66	
8	460 Scott Evans	Kingston AC & Poly Harriers	3.53.14	
9	467 Edward Hickman-Casey	Highgate Harriers	3.55.56	
10	473 Matthew Revier	Southampton AC	3.55.97	
11	450 Tom Austin	Poole AC	3.59.03	
12	458 Corey De'Ath	Tonbridge AC	4.00.47	

**Senior Men 5,000 Metres**

CBP 1 Gordon Minty      Thames Valley Harriers      13.38

**Posn Num Name Club Perf**

**Final (a)**

1	492 Adam Hickey	Southend on Sea AC	14.14.31	
2	499 John Sanderson	Guildford & Godalming AC	14.53.53	
3	497 Arnold Piers	City of Norwich AC	15.00.58	
4	483 Jonathan Cornish	Hercules Wimbledon AC	15.11.56	
5	495 Oliver Maskell	City of Norwich AC	15.31.65	
6	481 Andrew Brooker	London Heathside AC	15.40.92	
7	502 Thomas Wright	Bexley AC	15.41.43	
8	487 Christopher Darling	Cambridge & Coleridge AC	15.45.08	
9	489 Tom Gardner	Ilford AC	15.46.98	
10	471 Simon Millett	Windsor S E & Hounslow AC	15.48.47	
11	491 Peter Hawkings	Highgate Harriers	15.50.70	
12	496 Martin O'Connell	Serpentine RC	15.59.05	
13	501 Mark Vardy	Newbury AC	16.03.37	
14	488 William Davies	Aldershot Farnham & DAC	16.03.98	
15	484 Max Costley	Southampton AC	16.19.62	
16	490 Spencer Goodall	City of Norwich AC	16.32.09	
17	482 Alex Cameron	Dartford Harriers AC	16.38.10	

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18	486 Sean Crummy	Hercules Wimbledon AC	16.50.69
	494 David Long	Bournemouth AC	DNF
	500 Frederick Slemeck	Hercules Wimbledon AC	DNF

**Senior Men 110 Metres Hurdles (b)**

	CBP 1 Hugh Teape	Borough of Enfield Harriers	13.71
<b>Posn</b>	<b>Num Name</b>	<b>Club</b>	<b>Perf</b>
			W/S -1.8
<b>Final</b>			
1	377 Joseph Hylton	Birchfield Harriers	14.43
2	372 Andy Blow	Basingstoke & Mid Hants AC	14.57
3	376 Anthony Higbee	Royal Air Force	14.63
4	380 Rushane Thomas	Herne Hill Harriers	14.64
5	378 Jack Kirby	Harrow AC	14.80
6	375 Matthew Hewitt	Brighton & Hove AC	15.07
7	379 Miguel Perera	Harrow AC	16.58
8	373 Matthew Dore-Weeks	Highgate Harriers	16.93

**Senior Men 400 Metres Hurdles**

	CBP 1 Max Robertson	Wolverhampton & Bilston AC	49.56
<b>Posn</b>	<b>Num Name</b>	<b>Club</b>	<b>Perf</b>
<b>Heat 1 (a)</b>			
1	392 Lennox Thompson	Newham & Essex Beagles AC	53.26 Q
2	419 Sam Plumb	Newbury AC	53.93 Q
3	388 Lee Hamilton	Newquay & Par AC	54.14 Q
4	362 Matt Hamilton	Enfield & Haringey AC	54.27 q
5	389 Lewis Heffernan	Medway & Maidstone AC	56.64
6	384 Jack Avery	Basildon AC	58.61
<b>Heat 2 (a)</b>			
1	385 Gwilym Cooper	Brighton & Hove AC	51.70 Q
2	381 Sean Adams	Southampton AC	53.21 Q
3	391 Jack Messenger	Winchester & District AC	55.15 Q
4	382 Ajibola Aderemi	Victoria Park H & Tower H AC	55.19 q
5	387 Louis Gardner	Oxford University AC	56.69
6	390 Ronan Llyr	Oxford University AC	59.73
7	383 Andrew Ajube	Thames Valley Harriers	60.06
<b>Final (b)</b>			
1	419 Sam Plumb	Newbury AC	51.99
2	381 Sean Adams	Southampton AC	52.41
3	385 Gwilym Cooper	Brighton & Hove AC	52.75
4	382 Ajibola Aderemi	Victoria Park H & Tower H AC	53.81
5	362 Matt Hamilton	Enfield & Haringey AC	54.75
6	391 Jack Messenger	Winchester & District AC	54.76
	392 Lennox Thompson	Newham & Essex Beagles AC	DQ 168.7a
	388 Lee Hamilton	Newquay & Par AC	DNS

**Senior Men 3,000 Metres Steeplechase (a)**

	CBP 1 Mark Rowland	Phoenix AC	8.30.93
<b>Posn</b>	<b>Num Name</b>	<b>Club</b>	<b>Perf</b>
<b>Final</b>			
1	507 William Mycroft	Enfield & Haringey AC	9.05.99
2	493 Adam Kirk-Smith	London Heathside AC	9.09.32
3	509 Joe Wade	Aldershot Farnham & DAC	9.13.63
4	508 James Senior	City of Norwich AC	9.21.02
5	506 Jack Hutchens	North Devon AC	9.35.26
6	504 Tom Cox	Tonbridge AC	9.45.13