

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

Senior Women 100 Metres (a)

Posn	Num	Name	Club	Perf
	CBP 1	Shirley Thomas	Borough of Hounslow	11.31
Heat 1				
				w/s+0.5
1	165	Diani Walker	Birchfield Harriers	11.87 Q
2	162	Shayone Simao	Blackheath & Bromley Harriers	12.20 Q
3	154	Emma Heath	Guildford & Godalming AC	12.50 Q
4	163	Claire Spurway	Shaftesbury Barnet Harriers	12.52 q
5	151	Tabita Botuli	Hercules Wimbledon AC	12.72
6	157	Anne-Celine Marie	Guildford & Godalming AC	13.75
Heat 2				
				w/s+2.9
1	158	Rachel Miller	Harrow AC	11.45 Q
2	152	Nicola Gilbert	Enfield & Haringey AC	11.66 Q
3	160	Jade Phillips	Herne Hill Harriers	12.37 Q
4	166	Michelle Watson	Herne Hill Harriers	12.52 q
5	156	Katrina Lindsay	Jersey Spartan AC	12.83
6	155	Charlotte Keane	Medway & Maidstone AC	12.98
Final				
				w/s -0.1
1	158	Rachel Miller	Harrow AC	11.57
2	152	Nicola Gilbert	Enfield & Haringey AC	11.68
3	165	Diani Walker	Birchfield Harriers	11.84
4	162	Shayone Simao	Blackheath & Bromley Harriers	12.25
5	154	Emma Heath	Guildford & Godalming AC	12.51
6	163	Claire Spurway	Shaftesbury Barnet Harriers	12.51
7	160	Jade Phillips	Herne Hill Harriers	12.52
8	166	Michelle Watson	Herne Hill Harriers	12.75

Senior Women 200 Metres (b)

Posn	Num	Name	Club	Perf
	CBP 1	Beverley Callender	Reading AC	23.08
Heat 1				
				w/s -1.8
1	180	Deborah Willis	Notts AC	25.46 Q
2	177	Natasha Segal	Birchfield Harriers	25.56 Q
3	175	Joanne Ryan	Loughton AC	25.62 Q
4	154	Emma Heath	Guildford & Godalming AC	26.26
5	274	Stephanie Kleynhans	London Heathside AC	26.27
6	169	Alima Diabate	Highgate Harriers	27.00
7	156	Katrina Lindsay	Jersey Spartan AC	27.36
8	176	Charlotte Salt	Abingdon AC	27.47
Heat 2				
				w/s-2.1
1	171	Hannah Lesbirel	Guernsey Island AAC	26.06 Q
2	163	Claire Spurway	Shaftesbury Barnet Harriers	26.17 Q
3	166	Michelle Watson	Herne Hill Harriers	26.18 Q
4	173	Hayley McLean	Chelmsford AC	26.23 q
5	160	Jade Phillips	Herne Hill Harriers	26.23 q
6	167	Nina Anderson	Highgate Harriers	27.65
7	174	Connie Mottram	Thames Valley Harriers	28.14
8	170	Sharon Dooley	St Mary's Richmond AC	30.52
Final				
				w/s -1.3
1	180	Deborah Willis	Notts AC	25.30
2	175	Joanne Ryan	Loughton AC	25.52
3	177	Natasha Segal	Birchfield Harriers	25.53
4	163	Claire Spurway	Shaftesbury Barnet Harriers	25.73
5	171	Hannah Lesbirel	Guernsey Island AAC	25.97
=6	160	Jade Phillips	Herne Hill Harriers	26.03
=6	173	Hayley McLean	Chelmsford AC	26.03
8	166	Michelle Watson	Herne Hill Harriers	26.77

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Posn	Num	Name	Club	Perf
	CBP 1	Marilyn Neufville	Cambridge Harriers	52.00
Heat 1 (a)				
1	172	Phillipa Lowe	Dacorum & Tring AC	54.70 Q
2	207	Lesley Owusu	Windsor S E & Hounslow AC	56.69 Q
3	210	Aksha Smith	Enfield & Haringey AC	57.01 Q
4	209	Lauren Rule	Stevenage & North Herts AC	57.02 q
5	211	Holly Turner	Crawley AC	57.37
6	203	Georgie Ivens	Nene Valley Harriers	57.61
7	167	Nina Anderson	Highgate Harriers	60.50
8	202	Martina Barber	Stevenage & North Herts AC	63.35
Heat 2 (a)				
1	208	Melissa Owusu-Ansah	Blackheath & Bromley Harriers	55.52 Q
2	205	Jodie Leslie	Bedford & County AC	55.59 Q
3	201	Susanna Banjo	Newham & Essex Beagles AC	56.38 Q
4	199	Yimika Adewakun	Blackheath & Bromley Harriers	56.71 q
1	179	Rebecca Williams	Swansea Harriers	57.06
6	204	Amy Jaramazovic	Andover AC	58.08
7	200	Krystle Balogun	Ilford AC	63.39
Final (b)				
1	172	Phillipa Lowe	Dacorum & Tring AC	53.07
2	208	Melissa Owusu-Ansah	Blackheath & Bromley Harriers	55.29
3	201	Susanna Banjo	Newham & Essex Beagles AC	56.35
4	210	Aksha Smith	Enfield & Haringey AC	56.67
5	207	Lesley Owusu	Windsor S E & Hounslow AC	56.85
6	199	Yimika Adewakun	Blackheath & Bromley Harriers	56.89
7	209	Lauren Rule	Stevenage & North Herts AC	57.96
8	205	Jodie Leslie	Bedford & County AC	DNS

Senior Women 800 Metres

Posn	Num	Name	Club	Perf
	CBP 1	Shireen Bailey	Bromley Ladies AC	2.03.70
Heat 1 (a)				
1	226	Reeve Walcott-Nolan	Luton AC	2.06.20 Q
2	214	Corin Bearpark	Havant AC	2.13.31 Q
3	224	Bettina Rottweiler	Harrow AC	2.15.11 Q
4	220	Sarah Grover	Dacorum & Tring AC	2.16.05 q
5	225	Georgina Russell	Southampton AC	2.18.93 q
Heat 2 (a)				
1	206	Joceline Monteiro	Chelmsford AC	2.14.43 Q
2	218	Hannah Edwards	Herne Hill Harriers	2.17.66 Q
3	221	Stephanie Mitchell	Herne Hill Harriers	2.17.83 Q
4	219	Stacey Evers	Colchester Harriers	2.20.67
5	217	Zoe Doyle	Belgrave Harriers	2.22.36
6	227	Rebecca Wilby	Dartford Harriers AC	2.30.68
Final (b)				
1	226	Reeve Walcott-Nolan	Luton AC	2.06.64
2	206	Joceline Monteiro	Chelmsford AC	2.07.62
3	214	Corin Bearpark	Havant AC	2.10.06
4	218	Hannah Edwards	Herne Hill Harriers	2.12.28
5	220	Sarah Grover	Dacorum & Tring AC	2.16.31
6	221	Stephanie Mitchell	Herne Hill Harriers	2.16.54
7	225	Georgina Russell	Southampton AC	2.17.43
8	224	Bettina Rottweiler	Harrow AC	DNS

Senior Women 1,500 Metres

Posn	Num	Name	Club	Perf
	CBP 1	Chris Cahill	Gateshead Harriers	4.12.21

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Final (a)

1	213 Tamara Armoush	Birchfield Harriers	4.37.20
2	232 Ashley Gibson	Tonbridge AC	4.38.35
3	235 Jo Hickman-Dunne	Loughborough University AC	4.39.13
4	233 Kelly Grant	City of Norwich AC	4.39.30
5	234 Emma Haley	Radley AC	4.43.31
6	228 Katie Bingle	Aldershot Farnham & DAC	4.43.98
7	231 Gabi Eglen	Aldershot Farnham & DAC	4.44.94
8	237 Naomi Lenane	Epsom & Ewell Harriers	4.45.72
9	241 Amber Wallace	Harrow AC	4.50.30
10	230 Rhiannon Dunlop	Havant AC	4.56.39
11	238 Bernadine Pritchett	Woodford Green w Essex L	5.04.61

Senior Women 3,000 Metres (a)

CBP 1 Debbie Peel Crawley AC 9.16.8

Posn Num Name Club Perf

Final

1	249 Naomi Taschimowitz	Shaftesbury Barnet Harriers	9.33.12
2	245 Charlotte Christensen	Cambridge & Coleridge AC	9.43.92
3	250 Stacey Ward	Herne Hill Harriers	9.55.90
4	247 Steph McCall	South London Harriers	9.59.72
5	248 Claire Somerton	Cambridge & Coleridge AC	10.06.55
6	251 Anna Whitfield	Basildon AC	10.17..72
7	244 Carla Brown	Cambridge & Coleridge AC	10.23.22

Senior Women 100 Metres Hurdles (b)

CBP 2 Melanie Wilkins Windsor S E & Hounslow 13.17

Posn Num Name Club Perf

Final

				w/s -0.9
1	184 Jessica Hunter	Vale of Aylesbury AC	14.17	
2	183 Twinelle Hopeson	Croydon Harriers	14.47	
3	188 Holly Thomas	Newham & Essex Beagles AC	14.55	
4	181 Amy Barclay	Crawley AC	14.94	
5	182 Tayla Benson	Thames Valley Harriers	14.96	
6	187 Laura Reilly	Sutton & District AC	DQ 168.7b	

Senior Women 400 Metres Hurdles

CBP 1 Sally Gunnell Essex Ladies 55.33

Posn Num Name Club Perf

Heat 1 (a)

1	173 Hayley McLean	Chelmsford AC	59.41 Q
2	191 Sarah Calcott	Enfield & Haringey AC	61.01 Q
3	190 Samantha Brown	Dartford Harriers AC	61.16 Q
4	198 Stephanie Williams	Herts Phoenix AC	62.30 q
5	194 Lucy Ferguson	Thames Valley Harriers	63.00

Heat 2 (a)

1	193 Kerry Dixon	Enfield & Haringey AC	61.19 Q
2	192 Elisabeth Clifford	Southampton AC	61.88 Q
3	197 Gemma Rous	North Devon AC	62.41 Q
4	195 Alex Hill	Herts Phoenix AC	62.79 q

Final (b)

1	173 Hayley McLean	Chelmsford AC	59.57
2	190 Samantha Brown	Dartford Harriers AC	60.01
3	191 Sarah Calcott	Enfield & Haringey AC	60.47
4	192 Elisabeth Clifford	Southampton AC	60.89
5	193 Kerry Dixon	Enfield & Haringey AC	61.74
6	198 Stephanie Williams	Herts Phoenix AC	61.79
7	195 Alex Hill	Herts Phoenix AC	62.50

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8 197 Gemma Rous North Devon AC 65.84

Senior Women 3,000 Metres Steeplechase (a)

CBP 2 Emma Macready Worthing & District Harriers 10.26.78

Posn	Num	Name	Club	Perf
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Final

1	255	Emma MaCready	Worthing & District Harriers	10.29.33
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2	256	Nicole Taylor	Tonbridge AC	10.30.81
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3	253	Anna Boniface	Reading AC	11.20.05
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4	252	Claire Bentley	Watford Harriers	12.42.01
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