

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Under 20 Men

Under 20 Men 100 Metres (b)

	CBP 1	Jason Livingstone	Croydon Harriers	10.4	
Posn	Num	Name	Club	Perf	
Heat 1					W/S -2.3
1	603	Niall Bevan	Enfield & Haringey AC	11.33	Q
2	627	Zack Smith	White Horse Harriers AC	11.34	Q
3	613	Daniel John	Thames Valley Harriers	11.48	Q
4	628	Nilrem Stewart	Thames Valley Harriers	11.58	
5	632	Michael Watson	Medway & Maidstone AC	11.65	
6	601	Amar-Mazigh Aichoun	Thames Valley Harriers	12.11	
	630	Shamar Thomas-Campbell	Blackheath & Bromley Harriers	DQ	162.7
Heat 2					W/S -1.4
1	615	Camron Lyttle	Bexley AC	11.03	Q
2	625	Keano-Elliott Paris-Samuel	Thames Valley Harriers	11.32	Q
3	614	Olamide Lanahun	Thames Valley Harriers	11.33	Q
4	616	Will Martin	Tonbridge AC	11.45	q
5	606	Cameron Challis	Windsor S E & Hounslow AC	11.55	
6	621	Matteo Okogie	Cambridge Harriers	11.76	
7	605	Kristian Brown	Basildon AC	12.07	
Heat 3					W/S -1.0
1	633	Jahde Williams	Hillingdon AC	11.09	Q
2	607	Eden Davis	Herts Phoenix AC	11.15	Q
3	612	Marlon Hogg-Williams	Harrow AC	11.31	Q
4	600	Frank Ahanon	Windsor S E & Hounslow AC	11.37	q
5	608	Luke Dorrell	Aldershot Farnham & DAC	11.40	q
6	610	Rhys Francis	Cambridge Harriers	11.68	
7	624	Emmanuel Owolabi	Luton AC	11.72	
Heat 4					W/S -1.3
1	623	Kesi Oludoyi	Harrow AC	11.19	Q
2	619	Kamal Mitchell	Thames Valley Harriers	11.33	Q
3	622	Wale Olatunji	Victoria Park H & Tower H AC	11.41	Q
4	620	Nweike Nwabude	Thurrock Harriers	11.48	q
5	629	Charles Tankeh	Harlow AC	11.56	
6	631	Lewis Thorn	Braintree & District AC	11.60	
7	609	Kaylen Francis	Sutton & District AC	11.73	
8	618	Tyrell Mills-Rhule	Thames Valley Harriers	11.89	
Semi Final 1					W/S -1.3
1	615	Camron Lyttle	Bexley AC	11.10	Q
2	607	Eden Davis	Herts Phoenix AC	11.17	Q
3	612	Marlon Hogg-Williams	Harrow AC	11.19	Q
4	603	Niall Bevan	Enfield & Haringey AC	11.25	Q
5	627	Zack Smith	White Horse Harriers AC	11.31	
6	620	Nweike Nwabude	Thurrock Harriers	11.33	
7	600	Frank Ahanon	Windsor S E & Hounslow AC	11.41	
8	613	Daniel John	Thames Valley Harriers	11.41	
Semi Final 2					W/S -2.8
1	623	Kesi Oludoyi	Harrow AC	11.07	Q
2	633	Jahde Williams	Hillingdon AC	11.11	Q
3	614	Olamide Lanahun	Thames Valley Harriers	11.30	Q
4	608	Luke Dorrell	Aldershot Farnham & DAC	11.35	Q
5	619	Kamal Mitchell	Thames Valley Harriers	11.38	
6	622	Wale Olatunji	Victoria Park H & Tower H AC	11.40	
7	625	Keano-Elliott Paris-Samuel	Thames Valley Harriers	11.43	
8	616	Will Martin	Tonbridge AC	11.48	
Final					W/S -0.8

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Under 20 Men

1	623 Kesi Oludoyi	Harrow AC	10.87
2	615 Camron Lyttle	Bexley AC	10.89
3	607 Eden Davis	Herts Phoenix AC	10.97
4	633 Jahde Williams	Hillingdon AC	11.02
5	612 Marlon Hogg-Williams	Harrow AC	11.04
6	603 Niall Bevan	Enfield & Haringey AC	11.13
7	614 Olamide Lanahun	Thames Valley Harriers	11.18
8	608 Luke Dorrell	Aldershot Farnham & DAC	11.27

Under 20 Men 200 Metres (a)

CBP 2 Dwayne Grant		Blackheath Harriers	20.09	
Posn	Num	Name	Club	Perf
Heat 1			W/S +0.2	
1	637	Sean Crowie	Hillingdon AC	22.09 Q
2	600	Frank Ahanon	Windsor S E & Hounslow AC	22.41 Q
3	641	Jevonni McFarlane	Herne Hill Harriers	22.51
4	628	Nilrem Stewart	Thames Valley Harriers	22.73
5	639	Jurek Garrido	Cambridge & Coleridge AC	23.59
6	604	Shemar Boldizsar	Harlow AC	25.37
Heat 2			W/S +0.1	
1	619	Kamal Mitchell	Thames Valley Harriers	22.20 Q
2	645	Luke Smith	Herts Phoenix AC	22.29 Q
3	612	Marlon Hogg-Williams	Harrow AC	22.31 q
4	625	Keano-Elliott Paris-Samuel	Thames Valley Harriers	22.55
5	631	Lewis Thorn	Braintree & District AC	22.76
6	618	Tyrell Mills-Rhule	Thames Valley Harriers	23.75
	626	Owen Richardson	Basingstoke & Mid Hants AC	DQ 162.7
Heat 3			W/S +0.1	
1	607	Eden Davis	Herts Phoenix AC	22.18 Q
2	635	Isayah Boers	Highgate Harriers	22.24 Q
3	642	Chad Miller	Hercules Wimbledon AC	22.27 q
4	636	Khalil Bruney	Enfield & Haringey AC	22.32
5	638	Eghosa Evbosomon	Cambridge Harriers	22.90
6	613	Daniel John	Thames Valley Harriers	23.54
Final			W/S -1.7	
1	637	Sean Crowie	Hillingdon AC	21.95
2	607	Eden Davis	Herts Phoenix AC	22.03
3	635	Isayah Boers	Highgate Harriers	22.15
4	642	Chad Miller	Hercules Wimbledon AC	22.24
5	645	Luke Smith	Herts Phoenix AC	22.38
6	619	Kamal Mitchell	Thames Valley Harriers	22.50
7	612	Marlon Hogg-Williams	Harrow AC	22.66
8	600	Frank Ahanon	Windsor S E & Hounslow AC	22.67

Under 20 Men 400 Metres

CBP 2 Martyn Rooney		Croydon Harriers	46.75	
Posn	Num	Name	Club	Perf
Heat 1 (a)				
1	626	Owen Richardson	Basingstoke & Mid Hants AC	47.62 Q
2	677	Henry Marshall	Tonbridge AC	49.58 Q
3	684	Tim Stephens	Oxford City AC	49.66 Q
4	672	Conor Breslin	Bracknell AC	50.23 q
5	671	Ryan Brackstone	Bracknell AC	51.37
6	669	Matthew Birchall	Bedford & County AC	51.99
7	681	William Pope	Blackheath & Bromley Harriers	52.11
8	682	Caleb Purdy	Brighton & Hove AC	52.84
Heat 2 (a)				
1	678	Michael Oku-Ampofo	Newham & Essex Beagles AC	48.87 Q
2	644	Ocean Schwartz	Blackheath & Bromley Harriers	49.11 Q

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Under 20 Men

3	683 Emmanuel Sosanya	Newham & Essex Beagles AC	49.59	Q
4	676 Nimi Kolade	Hercules Wimbledon AC	50.58	q
5	680 Max Perez-Diaz	Kingston AC & Poly Harriers	50.86	
6	670 Tom Boggon	Biggleswade AC	50.86	
7	679 Leo Pashov	Dulwich College	51.69	

Final (b)

1	626 Owen Richardson	Basingstoke & Mid Hants AC	47.72	
2	678 Michael Oku-Ampofo	Newham & Essex Beagles AC	48.31	
3	644 Ocean Schwartz	Blackheath & Bromley Harriers	49.25	
4	684 Tim Stephens	Oxford City AC	49.55	
5	677 Henry Marshall	Tonbridge AC	49.80	
6	683 Emmanuel Sosanya	Newham & Essex Beagles AC	50.04	
7	676 Nimi Kolade	Hercules Wimbledon AC	50.19	
8	672 Conor Breslin	Bracknell AC	50.55	

Under 20 Men 800 Metres

CBP 1	Andrew Lill	Peterborough AC	1.48.7	
-------	-------------	-----------------	--------	--

Posn Num Name

Club

Perf

Heat 1 (a)

1	687 Billy Black	Herne Hill Harriers	1.57.96	Q
2	689 Ciaran Cooper	Swindon Striders	1.58.29	Q
3	699 Bonnor Sullivan	Winchester & District AC	1.59.52	Q
4	696 Daniel Richards	Orion Harriers	2.01.85	
5	691 William Forster	Bedford & County AC	2.02.64	

Heat 2 (a)

1	694 Daniel Mees	Peterborough AC	1.57.15	Q
2	693 Sam Jones	St Albans AC	1.59.05	Q
3	688 Kieron Connor	Croydon Harriers	2.00.37	Q
4	690 Kieran Eland	Tonbridge AC	2.00.84	q
5	686 Amittai Ben-Israel	Peterborough AC	2.01.79	q
6	695 Joseph Patterson	Colchester & Tendring AC	2.14.02	

Final (b)

1	694 Daniel Mees	Peterborough AC	1.53.78	
2	687 Billy Black	Herne Hill Harriers	1.54.92	
3	689 Ciaran Cooper	Swindon Striders	1.57.24	
4	699 Bonnor Sullivan	Winchester & District AC	1.58.90	
5	690 Kieran Eland	Tonbridge AC	1.59.40	
6	693 Sam Jones	St Albans AC	1.59.61	
7	688 Kieron Connor	Croydon Harriers	2.00.69	
8	686 Amittai Ben-Israel	Peterborough AC	2.02.86	

Under 20 Men 1,500 Metres (b)

CBP 1	Colin Reitz	Newham & Essex Beagles	3.46.20	
-------	-------------	------------------------	---------	--

Posn Num Name

Club

Perf

Final

1	709 Will Perkin	Chiltern Harriers AC	3.58.70	
2	711 Miles Weatherseed	Tonbridge AC	4.00.82	
3	710 Daniel Stidder	Brighton Phoenix AC	4.01.26	
4	701 Jake Berry	Medway & Maidstone AC	4.01.74	
5	708 Thomas MacSwayne	City of Portsmouth AC	4.03.29	
6	700 Ahmed Abdulle	Ilford AC	4.03.77	
7	706 James Heneghan	Winchester & District AC	4.05.44	
8	702 Ashley Brown	Cambridge & Coleridge AC	4.06.50	
9	712 Jack Woods	Worthing & District Harriers	4.08.61	
10	707 Max Jones	Basildon AC	4.09.57	
11	704 Oliver Dunn	Tonbridge AC	4.18.93	
12	705 Mukhtar Farah	Ealing Southall & Middlesex AC	4.21.82	

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Under 20 Men

Under 20 Men 5,000 Metres (b)

CBP 2 Abel Tsegay		Invicta East Kent AC	14.48.78
Posn	Num Name	Club	Perf
Final			
1	719 Luke Prior	Yeovil Olympiads AC	15.27.07
2	713 Jack Boswell	Aldershot Farnham & DAC	15.38.78
3	714 Peter Cook	Reading AC	15.51.69
4	718 Harry Matthews	St Mary's Richmond AC	16.03.16
5	716 Oliver Dickinson	Yeovil Olympiads AC	16.08.74
6	717 Michael Lennon	Reading AC	16.24.23
7	715 George Day	Orion Harriers	16.56.57

Under 20 Men 110 Metres Hurdles (b)

CBP 2 Lawrence Clarke		Windsor S E & Hounslow	13.62	
Posn	Num Name	Club	Perf	W/S -1.9
Heat 1				
1	655 Matt Treston	Reading AC	14.25	Q
2	648 Cameron Fillery	Brighton & Hove AC	14.67	Q
3	653 Michael Shields	Basildon AC	15.20	Q
4	605 Kristian Brown	Basildon AC	15.41	q
5	650 James Greenhalgh	West Norfolk AC	15.88	
Heat 2				
1	652 Robert Sakala	Croydon Harriers	14.04	Q
2	656 George Vaughan	Enfield & Haringey AC	14.97	Q
3	649 Edson Gomes	Luton AC	15.26	Q
4	647 Tom Benavides Clark	Dulwich College	15.63	q
5	654 Joseph Thurgood	Medway & Maidstone AC	DQ	168.7b
Final				
1	652 Robert Sakala	Croydon Harriers	13.92	
2	655 Matt Treston	Reading AC	14.04	
3	648 Cameron Fillery	Brighton & Hove AC	14.62	
4	656 George Vaughan	Enfield & Haringey AC	14.74	
5	649 Edson Gomes	Luton AC	15.12	
6	605 Kristian Brown	Basildon AC	15.43	
7	647 Tom Benavides Clark	Dulwich College	15.57	
8	653 Michael Shields	Basildon AC	16.16	

Under 20 Men 400 Metres Hurdles

CBP 1 Gary Oakes		Enfield & Haringey	51.80	
Posn	Num Name	Club	Perf	
Heat 1 (a)				
1	666 Sam Wallbridge	Guernsey Island AAC	55.73	Q
2	665 Bailey Stickings	Blackheath & Bromley Harriers	56.20	Q
3	658 Rhys Collings	Chelmsford AC	57.09	Q
4	646 Cameron Amedee	Ashford AC	58.02	q
5	662 Harry Henson	Bracknell AC	59.14	q
Heat 2 (a)				
1	656 George Vaughan	Enfield & Haringey AC	55.79	Q
2	661 Robert Green	Herts Phoenix AC	56.44	Q
3	651 Thomas Miller	City of Portsmouth AC	59.12	Q
4	659 Jonty Davison	Basingstoke & Mid Hants AC	60.08	
5	664 Charles Robb	Dulwich College	61.90	
Final (b)				
1	666 Sam Wallbridge	Guernsey Island AAC	54.45	
2	656 George Vaughan	Enfield & Haringey AC	54.54	
3	665 Bailey Stickings	Blackheath & Bromley Harriers	55.78	
4	661 Robert Green	Herts Phoenix AC	56.42	
5	646 Cameron Amedee	Ashford AC	57.54	
6	662 Harry Henson	Bracknell AC	59.05	

SEAA U20/Senior Championships
Lee Valley - 11/12 June 2016
Under 20 Men

7	658 Rhys Collings	Chelmsford AC	59.13
8	651 Thomas Miller	City of Portsmouth AC	DNS

Under 20 Men 3,000 Metres Steeplechase (a)

CBP 2	Tom Hook	City of Norwich AC	9.16.40
-------	----------	--------------------	---------

Posn	Num	Name	Club	Perf
Final				
1	720	Daniel Weathers	Wycombe Phoenix Harriers & AC	10.49.45