

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

Under 20 Women 100 Metres (b)

Posn	Num	Name	Club	Perf
		CBP 2 Asha Philip	Newham & Essex Beagles AC	11.54
Heat 1			w/s +1.5	
1	6	Ebony Carr	Marshall Milton Keynes AC	12.19 Q
2	15	Brittany Robinson	Thames Valley Harriers	12.30 Q
3	3	Kristal Awuah	Herne Hill Harriers	12.54 Q
4	13	Darcey Kuypers	Medway & Maidstone AC	12.62 q
5	18	Modupe Shokunbi	Blackheath & Bromley Harriers	12.73
6	9	Sophie Dickerson	Vale of Aylesbury AC	13.04
7	17	Lauren Shaw	Bracknell AC	13.04
8	16	Sherique Ruddock	Thames Valley Harriers	13.44
Heat 2			w/s -1.8	
1	2	Finette Agyapong	Newham & Essex Beagles AC	11.95 Q
2	7	Vera Chinedu	Cambridge Harriers	12.39 Q
3	8	Ashleigh Clarke	Croydon Harriers	12.39 Q
4	10	Leanzah Dwaah	Poole AC	12.67 q
5	11	Sophia Henlon	Sutton & District AC	12.69
6	12	Salome Japal	Enfield & Haringey AC	12.94
7	14	Bube Popo	Jersey Spartan AC	13.21
Final			w/s +0.3	
1	2	Finette Agyapong	Newham & Essex Beagles AC	11.78
2	7	Vera Chinedu	Cambridge Harriers	12.11
3	15	Brittany Robinson	Thames Valley Harriers	12.13
4	6	Ebony Carr	Marshall Milton Keynes AC	12.15
5	3	Kristal Awuah	Herne Hill Harriers	12.31
6	8	Ashleigh Clarke	Croydon Harriers	12.33
7	10	Leanzah Dwaah	Poole AC	12.51
8	13	Darcey Kuypers	Medway & Maidstone AC	12.73

Under 20 Women 200 Metres (a)

Posn	Num	Name	Club	Perf
		CBP 2 Vernicha James	Belgrave Harriers	23.60
Heat 1			W/S +1.6	
1	2	Finette Agyapong	Newham & Essex Beagles AC	23.80 Q
2	15	Brittany Robinson	Thames Valley Harriers	24.80 Q
3	27	Sophie Segun	Herts Phoenix AC	24.44 Q
4	24	Mary Martin	Enfield & Haringey AC	25.82 q
5	13	Darcey Kuypers	Medway & Maidstone AC	25.89
6	16	Sherique Ruddock	Thames Valley Harriers	27.13
Heat 2			W/S +0.7	
1	22	Mair Edwards	Basingstoke & Mid Hants AC	24.42 Q
2	20	Jazz Crawford	Blackheath & Bromley Harriers	24.83 Q
3	28	Jemma Wood	Guildford & Godalming AC	25.01 Q
4	3	Kristal Awuah	Herne Hill Harriers	25.55 q
5	1	Molly Adams	Horsham Blue Star Harriers	25.94
6	25	Tahlia Nelson	Luton AC	26.08
Final			W/S -1.3	
1	2	Finette Agyapong	Newham & Essex Beagles AC	23.72
2	20	Jazz Crawford	Blackheath & Bromley Harriers	24.87
3	22	Mair Edwards	Basingstoke & Mid Hants AC	24.87
4	15	Brittany Robinson	Thames Valley Harriers	24.92
5	28	Jemma Wood	Guildford & Godalming AC	24.98
6	27	Sophie Segun	Herts Phoenix AC	25.83
7	24	Mary Martin	Enfield & Haringey AC	25.91
		3 Kristal Awuah	Herne Hill Harriers	DNF

Under 20 Women 400 Metres

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Posn	Num	Name	Club	Perf
		CBP 2 Holly Croxford	Winchester & District AC	54.28
Heat 1 (a)				
1	21	Rebecca Croft	Windsor S E & Hounslow AC	57.24 Q
2	60	Emily Saunders	Stevenage & North Herts AC	57.98 Q
3	19	Lizzie Adam	Marshall Milton Keynes AC	58.49 Q
4	50	Ellie Bandy	Herts Phoenix AC	58.90 q
5	54	Yasmin Lookess	Jersey Spartan AC	59.66
Heat 2 (a)				
1	49	Nastassja Allin	Enfield & Haringey AC	57.56 Q
2	56	Hannah McClay	Bracknell AC	58.44 Q
3	51	Belinda Clark	City of Norwich AC	58.71 Q
4	61	Chloe Thornton	Enfield & Haringey AC	58.88 q
5	59	Emma Perks	Chelmsford AC	60.43
6	58	Katya Oldfield	Southampton AC	
Final (b)				
1	49	Nastassja Allin	Enfield & Haringey AC	56.20
2	21	Rebecca Croft	Windsor S E & Hounslow AC	56.34
3	60	Emily Saunders	Stevenage & North Herts AC	57.26
4	56	Hannah McClay	Bracknell AC	58.23
5	61	Chloe Thornton	Enfield & Haringey AC	58.57
6	51	Belinda Clark	City of Norwich AC	59.14
7	19	Lizzie Adam	Marshall Milton Keynes AC	60.47
8	50	Ellie Bandy	Herts Phoenix AC	DNS

Under 20 Women 800 Metres (b)

Posn	Num	Name	Club	Perf
		CBP 2 Charlotte Best	Crawley AC	2.06.56
Final				
1	63	Isabelle Boffey	Enfield & Haringey AC	2.13.05
2	53	Evie Grice	Aldershot Farnham & DAC	2.16.41
3	66	Emily Moyes	West Suffolk AC	2.18.00
4	68	Georgia Walton	Reading AC	2.21.47
5	64	Sophie Botham	Marshall Milton Keynes AC	2.26.15

Under 20 Women 1,500 Metres (b)

Posn	Num	Name	Club	Perf
		CBP 1 Paula Radcliffe	Bedford & County AC	4.16.82
Final				
1	70	Niamh Bridson-Hubbard	Blackheath & Bromley Harriers	4.29.83
2	76	Charlotte-Tara Murphy	West Suffolk AC	4.34.06
3	69	Lydia Blythe	Reading AC	4.42.34
4	72	Holly Davies	West Suffolk AC	4.45.59
5	75	Stevie Lawrence	Croydon Harriers	4.47.93
6	71	Charlotte Dannatt	Camberley & District AC	4.49.23
7	77	Alice Newcombe	Cambridge & Coleridge AC	4.49.98

Under 20 Women 3,000 Metres (a)

Posn	Num	Name	Club	Perf
		CBP 2 Steph Twell	Aldershot & Farnham & DAC	9.15.04
Final				
1	83	Sophia Parvizi-Wayne	Shaftesbury Barnet Harriers	9.39.97
2	80	Georgia Fear	Highgate Harriers	9.50.94
3	81	Jessica Keene	Blackheath & Bromley Harriers	10.29.11
4	82	Eve Morris-Gray	Cambridge & Coleridge AC	10.53.82

Under 20 Women 100 Metres Hurdles (b)

Posn	Num	Name	Club	Perf
		CBP 1 Julie Pratt	Essex Ladies	13.57

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Heat 1		w/s -2.1		
1	33 Sophie Elliss	Croydon Harriers		14.25 Q
2	36 Isabella Hillditch	Blackheath & Bromley Harriers		14.57 Q
3	34 Amber-Leigh Hall	Reading AC		14.79 Q
4	38 Michelle Hughes	Havering AC		15.39 q
5	42 Grace Sullivan	Ashford AC		15.98
6	31 Sally Cowler	Herts Phoenix AC		18.56
7	14 Bube Popo	Jersey Spartan AC	DQ	168.7b

Heat 2		w/s -1.5		
1	40 Hope Sarti	Guildford & Godalming AC		14.19 Q
2	32 Anastasia Davies	Blackheath & Bromley Harriers		14.58 Q
3	37 Alice Hopkins	Radley AC		14.76 Q
4	39 Olivia Hunter	Poole AC		15.26 q
5	29 Lucinda Bailey	Havering AC		16.26
6	30 Elena Bilsland	Windsor S E & Hounslow AC		17.20
7	41 Alice Semark	Herts Phoenix AC		18.08

Final		w/s -3.5		
1	40 Hope Sarti	Guildford & Godalming AC		14.43
2	33 Sophie Elliss	Croydon Harriers		14.59
3	34 Amber-Leigh Hall	Reading AC		14.62
4	36 Isabella Hillditch	Blackheath & Bromley Harriers		14.76
5	37 Alice Hopkins	Radley AC		15.38
6	39 Olivia Hunter	Poole AC		15.52
7	32 Anastasia Davies	Blackheath & Bromley Harriers	DQ	168.7b
8	38 Michelle Hughes	Havering AC	DNS	

Under 20 Women 400 Metres Hurdles (b)

	CBP 2 Perri Shakes-Drayton	Victoria Park Harriers & TH AC		58.47
Posn	Num Name	Club	Perf	
Final				
1	45 Alice Byles	Oxford City AC		63.14
2	47 Hannah Knights	Guildford & Godalming AC		63.20
3	38 Michelle Hughes	Havering AC		64.77
4	43 Zoe Benton	Herts Phoenix AC		66.63
5	48 Corinne Wake-Smith	Invicta East Kent AC		71.51