

Senior Men 60 Metres (a)

CBP 2007	Craig Pickering	Marshall Milton Keynes AC	6.56	
Posn	Num	Name	Club	Perf
Heat 1				
1	318	Marvin Popoola	Herne Hill Harriers	6.89 Q
2	293	Jack Dearden	City of Norwich AC	6.95 Q
3	308	Omari Markland-Montgomery	Cambridge Harriers	7.01 q
4	322	Luke Sargeant	Kent AC	7.29
5	335	Luke Yaxley	Southampton AC	7.32
6	325	Harrison Smith	Isle of Wight AC	7.56
Heat 2				
1	329	Josh Swaray	Harrow AC	6.85 Q
2	317	Zanson Plummer	Shaftesbury Barnet Harriers	7.00 Q
3	326	Jordan Smith-Bent	Kingston AC & Poly Harriers	7.10
4	314	Eniola Oluwasanya	Victoria Park H & Tower H AC	7.21
5	285	Justin Bailey	Dartford Harriers AC	7.32
6	298	Daniel Gregory	Oxford University AC	7.41
Heat 3				
1	306	Confidence Lawson	Shaftesbury Barnet Harriers	6.80 Q
2	465	Mutara Sheriff	St Mary's Richmond AC	6.91 Q
3	319	Kyle Potter	West Suffolk AC	7.06 q
4	303	William Kennedy	Team Bath AC	7.18
5	332	Fred Williams	City of Norwich AC	7.30
6	292	Tyrell Dankwa	Marshall Milton Keynes AC	7.44
Heat 4				
1	469	Rion Pierre	Windsor Slough & Eton	6.81 Q
2	330	Enrico Tawiah-Kwabena	Enfield & Haringey AC	7.02 Q
3	280	Shad-Marc Aaron	Birchfield Harriers	7.09 q
4	334	Rob Woolgar	Bournemouth AC	7.22
5	474	Calvin Kirstein	Eastbourne Ro	7.43
6	286	Matthew Bailey	West Norfolk AC	7.47
Heat 5				
1	324	Kieran Showler-Davis	Basingstoke & Mid Hants AC	6.84 Q
2	471	Luke Dorell	Aldershot Farnham & Dist	6.92 Q
3	301	Jake Hatfield	Bracknell AC	7.09 q
4	333	Joshua Wood	Harrow AC	7.21
5	302	Joshua Ingham	Preston Harriers	7.50
6	288	Mathew Beech	Swale Combined School	7.84
Heat 6				
1	287	Omari Barton-Ellington	Enfield & Haringey AC	6.89 Q
2	320	Damien Powell	Croydon Harriers	6.94 Q
3	299	Matt Hamilton	Enfield & Haringey AC	7.07 q
4	294	Jason Dwaah	Tonbridge AC	7.42
5	284	Kyle Andrews	Croydon Harriers	7.51
6	336	Amr Ziko	Braintree & District AC	7.97
Heat 7				
1	313	Idris Ojuriye	Herne Hill Harriers	6.93 Q
2	305	Nimi Kolade	Hercules Wimbledon AC	7.13 Q
3	297	Gianni Frankis	Newham & Essex Beagles AC	7.18
4	316	Bradley Pickup	Newham & Essex Beagles AC	7.26
5	307	Jonathan Le-Grange	Jersey Spartan AC	7.40
6	311	Juan Nosti	Victoria Park H & Tower H AC	7.67
Heat 8				
1	282	Edmond Amaning	Thames Valley Harriers	6.83 Q
2	315	Subomi Onanuga	Thames Valley Harriers	6.92 Q
3	310	Brandon Murray	South London Harriers	7.00 q
4	473	Frano Vainio-Doiseul	Cambridge Harriers	7.22

5	323 Richard Shingleton	Braintree & District AC	7.30
6	295 Steven Edwards	Hertford & Ware Combined AC	7.68
Heat 9			
1	327 Emmanuel Stephens	Newham & Essex Beagles AC	6.74 Q
2	467 Scott Bajere	Bristol & West AC	6.93 Q
3	309 Gift McLaren	South London Harriers	7.16
4	470 Duayne Bovell	Blackheath & Bromley AC	7.19
5	472 Aaron Adam	Marshall Milton Keynes AC	7.20
6	291 David Coleman	Tonbridge AC	7.78
Round 2 - Heat 1			
1	327 Emmanuel Stephens	Newham & Essex Beagles AC	6.67 Q
2	287 Omari Barton-Ellington	Enfield & Haringey AC	6.88 Q
3	317 Zanson Plummer	Shaftesbury Barnet Harriers	6.97
4	313 Idris Ojuriye	Herne Hill Harriers	7.03
5	330 Enrico Tawiah-Kwabena	Enfield & Haringey AC	7.07
6	280 Shad-Marc Aaron	Birchfield Harriers	7.14
Round 2 - Heat 2			
1	306 Confidence Lawson	Shaftesbury Barnet Harriers	6.85 Q
2	465 Mutara Sheriff	St Mary's Richmond AC	6.87 Q
3	293 Jack Dearden	City of Norwich AC	6.95
4	301 Jake Hatfield	Bracknell AC	7.03
5	305 Nimi Kolade	Hercules Wimbledon AC	7.05
6	318 Marvin Popoola	Herne Hill Harriers	7.07
Round 2 - Heat 3			
1	469 Rion Pierre	Windsor Slough & Eton	6.75 Q
2	329 Josh Swaray	Harrow AC	6.80 Q
3	320 Damien Powell	Croydon Harriers	6.91 q
4	471 Luke Dorell	Aldershot Farnham & Dist	6.91 q
5	310 Brandon Murray	South London Harriers	6.93
6	299 Matt Hamilton	Enfield & Haringey AC	7.12
Round 2 - Heat 4			
1	282 Edmond Amaning	Thames Valley Harriers	6.78 Q
2	324 Kieran Showler-Davis	Basingstoke & Mid Hants AC	6.85 Q
3	315 Subomi Onanuga	Thames Valley Harriers	6.86 q
4	467 Scott Bajere	Bristol & West AC	6.89 q
5	308 Omari Markland-Montgomery	Cambridge Harriers	7.01
6	319 Kyle Potter	West Suffolk AC	7.09
Semi Final 1			
1	327 Emmanuel Stephens	Newham & Essex Beagles AC	6.68 Q
2	329 Josh Swaray	Harrow AC	6.78 Q
3	315 Subomi Onanuga	Thames Valley Harriers	6.86 Q
4	471 Luke Dorell	Aldershot Farnham & Dist	6.94
	306 Confidence Lawson	Shaftesbury Barnet Harriers	DQ
	287 Omari Barton-Ellington	Enfield & Haringey AC	DNS
Semi Final 2			
1	469 Rion Pierre	Windsor Slough & Eton	6.74 Q
2	282 Edmond Amaning	Thames Valley Harriers	6.76 Q
3	467 Scott Bajere	Bristol & West AC	6.86 Q
4	465 Mutara Sheriff	St Mary's Richmond AC	6.91
5	320 Damien Powell	Croydon Harriers	6.95
	324 Kieran Showler-Davis	Basingstoke & Mid Hants AC	DNS
Final			
1	327 Emmanuel Stephens	Newham & Essex Beagles AC	6.69
2	469 Rion Pierre	Windsor Slough & Eton	6.79
=3	282 Edmond Amaning	Thames Valley Harriers	6.81
=3	329 Josh Swaray	Harrow AC	6.81
5	315 Subomi Onanuga	Thames Valley Harriers	6.85

6 467 Scott Bajere Bristol & West AC 6.87

Senior Men 200 Metres (b)

CBP 2009 Leon Baptiste Enfield & Haringey AC 21.19

CBP 2007 Rikki Fitton Victoria Park H & Tower H AC 21.19

Posn Num Name Club Perf

Heat 1

1 340 Nick Leavey Woodford Green w Essex L 22.43 Q
2 472 Aaron Adam Marshall Milton Keynes AC 22.76 q
3 285 Justin Bailey Dartford Harriers AC 23.68
4 292 Tyrell Dankwa Marshall Milton Keynes AC 24.31
323 Richard Shingleton Braintree & District AC DIS R162.7
302 Joshua Ingham Preston Harriers DNS

Heat 2

1 465 Mutara Sheriff St Mary's Richmond AC 23.33 Q
2 344 Harrison Steel Oxford University AC 23.65
3 345 Jack Strachan City of Norwich AC 23.79
4 307 Jonathan Le-Grange Jersey Spartan AC 24.06
5 346 Randall Thomas-Prentice Kings College London 25.92
349 Ibrahim Turay Reading AC DIS R163.3a

Heat 3

1 337 Alexander Evelegh Highgate Harriers 23.06 Q
2 342 Harrison Pocock City of Portsmouth AC 23.18 q
3 343 Edward Rees Oxford University AC 23.80
4 339 Jacob Law Cambridge & Coleridge AC 25.26
5 336 Amr Ziko Braintree & District AC 26.50
347 Karl Tucker Havering AC DIS 163.3a

Final

1 340 Nick Leavey Woodford Green w Essex L 22.14
2 472 Aaron Adam Marshall Milton Keynes AC 22.40
3 465 Mutara Sheriff St Mary's Richmond AC 22.59
4 342 Harrison Pocock City of Portsmouth AC 22.76
5 337 Alexander Evelegh Highgate Harriers 23.16

Senior Men 400 Metres (b)

CBP 2008 Steven Green Newham & Essex Beagles AC 47.05

Posn Num Name Club Perf

Heat 1

1 364 Luke Lennon-Ford Thames Valley Harriers 50.08 Q
2 361 Lewis Heffernan Medway & Maidstone AC 50.54 Q
3 369 Tyson Oladokun Southampton AC 51.11 q
4 475 Mark Berridge Basingstoke & Mid Hants AC 51.34 q
5 365 Jack Maher Ilford AC 51.92
6 343 Edward Rees Oxford University AC 52.58

Heat 2

1 359 Harry Fisher Southampton AC 50.45 Q
2 360 Adam Hassan Reading AC 51.36 Q
3 362 Adam Herring Blackheath & Bromley Harriers 51.89
4 477 Tom Richards Tonbridge AC 53.18
5 366 Ben McGuinness Dacorum & Tring AC 54.30
6 368 Philip Octave Hillingdon AC 56.28

Heat 3

1 373 Christopher Stone Bristol & West AC 50.04 Q
2 363 Jordan Layne Wycombe Phoenix Harriers & AC 51.42 Q
3 351 Cameron Bain Oxford University AC 51.77
4 476 Dylan Doggett Cambridge & Coleridge AC 51.93
5 354 Jack Benedickter Bedford & County AC 55.36

Heat 4

1	372 Oliver Smith	Chichester Runners & AC	49.77	Q
2	356 Columba Blango	Victoria Park H & Tower H AC	51.23	Q
3	352 Hugh Baker	Oxford University AC	52.37	
4	367 Matthew Newton	Oxford University AC	53.33	
5	357 Martin Boyd	Herts Phoenix AC	55.71	
6	371 David Shortridge	Victoria Park H & Tower H AC	61.05	

Heat 5

1	374 Lennox Thompson	Newham & Essex Beagles AC	49.72	Q
2	350 Sean Adams	Southampton AC	51.04	Q
3	353 Nick Bates	Basingstoke & Mid Hants AC	57.03	
4	355 Peter Benedickter	Bedford & County AC	57.22	
5	339 Jacob Law	Cambridge & Coleridge AC	60.65	
	348 James Tufnell	Cambridge University AC	DNS	

Semi Final 1

1	374 Lennox Thompson	Newham & Essex Beagles AC	49.81	Q
2	359 Harry Fisher	Southampton AC	50.17	Q
3	360 Adam Hassan	Reading AC	50.41	q
4	356 Columba Blango	Victoria Park H & Tower H AC	52.15	
	475 Mark Berridge	Basingstoke & Mid Hants AC	DNS	
	364 Luke Lennon-Ford	Thames Valley Harriers	DIS	

Semi Final 2

1	350 Sean Adams	Southampton AC	50.68	Q
2	363 Jordan Layne	Wycombe Phoenix Harriers & AC	51.14	Q
3	369 Tyson Oladokun	Southampton AC	51.73	q
4	361 Lewis Heffernan	Medway & Maidstone AC	52.58	
	373 Christopher Stone	Bristol & West AC	DNS	
	372 Oliver Smith	Chichester Runners & AC	DNS	

Final

1	350 Sean Adams	Southampton AC	50.16	
2	360 Adam Hassan	Reading AC	50.35	
3	359 Harry Fisher	Southampton AC	50.42	
4	363 Jordan Layne	Wycombe Phoenix Harriers & AC	50.66	
5	369 Tyson Oladokun	Southampton AC	51.25	
	374 Lennox Thompson	Newham & Essex Beagles AC	DQ	

Senior Men 800 Metres (b)

CBP 2011 Ben Wallis Guildford & Godalming AC 1:52:15

Posn Num Name

Club Perf

Heat 1

1	389 James McCarthy	Chiltern Harriers AC	1.56.65	Q
2	394 Paul Scanlan	Woodford Green w Essex L	1.56.28	q
3	377 Sebastian Cheli	Harrow AC	1.56.93	
4	380 James Downing	Brunel University AC	1.58.01	
5	397 Daniel Short	Basingstoke & Mid Hants AC	1.58.42	

Heat 2

1	391 Dave Ragan	Basingstoke & Mid Hants AC	1.55.79	Q
2	388 Ramone Martinez-Rodney	Victoria Park H & Tower H AC	1.56.70	q
3	382 Caspar Eliot	Bristol & West AC	1.56.73	
4	385 Neville Harris	Sutton & District AC	2.01.71	
5	386 Ben Hazell	Basingstoke & Mid Hants AC	2.07.54	

Heat 3

1	398 Will Snook	Harlow AC	1.57.42	Q
2	396 Kieron Sexton	Thames Valley Harriers	1.58.62	

3	375 Nick Armstrong	Bexley AC	1.58.84
4	392 Alex Richards	Ilford AC	2.00.05
5	378 Ciaran Cooper	Swindon Harriers	2.06.25

Heat 4

1	395 James Senior	City of Norwich AC	1.56.80	Q
2	384 Samuel Harding	Yeovil Olympiads AC	1.58.21	
3	379 Massi Dendani	Bedford & County AC	1.59.25	
4	461 Sam Jones	St Albans AC	2.03.24	
5	393 Tony Roberts	Chelmsford AC	2.21.11	

Final

1	398 Will Snook	Harlow AC	1.54.92
2	389 James McCarthy	Chiltern Harriers AC	1.55.49
3	395 James Senior	City of Norwich AC	1.56.68
4	394 Paul Scanlan	Woodford Green w Essex L	1.57.09
5	388 Ramone Martinez-Rodney	Victoria Park H & Tower H AC	1.58.11
6	391 Dave Ragan	Basingstoke & Mid Hants AC	2.06.47

Senior Men 60m Hurdles (a)

CBP 2012 Gianni Frankis Newham & Essex Beagles AC 7.76

Posn Num Name Club Perf

Heat 1

1	412 James Weaver	Enfield & Haringey AC	8.01 Q
2	468 Reece Young	Blackheath & Bromley AC	8.25 Q
3	408 Matthew Hewitt	Brighton & Hove AC	8.33 q
4	411 Bradley Reed	Chelmsford AC	8.60 q

Heat 2

1	405 Andy Blow	Basingstoke & Mid Hants AC	8.10 Q
2	410 Jack Kirby	Harrow AC	8.19 Q
3	406 Ayomide Byron	St Albans AC	8.76
4	286 Matthew Bailey	West Norfolk AC	8.92

Final

1	412 James Weaver	Enfield & Haringey AC	7.95
2	405 Andy Blow	Basingstoke & Mid Hants AC	8.09
3	468 Reece Young	Blackheath & Bromley AC	8.12
4	410 Jack Kirby	Harrow AC	8.37
5	408 Matthew Hewitt	Brighton & Hove AC	8.40
6	411 Bradley Reed	Chelmsford AC	8.67