

Senior Men 60 Metres (a)

Posn	Num	Name	Club	Perf	
CBP 2007		Craig Pickering	Marshall Milton Keynes AC	6.56	
Heat 1					
	1	318 Renard Frederick	Harrow AC	7.04	Q
	2	301 Frederick Afrifa	Crawley AC	7.09	Q
	3	351 Lewis Thorn	Braintree & District AC	7.27	Q
	4	309 Matthew Bailey	West Norfolk AC	7.59	
	5	360 Amr Ziko	Braintree & District AC	7.60	
	6	356 Emile Morgan Williams	Oxford Brookes University	7.62	
	7	314 Sydney Conteh	Havering AC	7.76	
Heat 2					
	1	317 Theo Etienne	Hercules Wimbledon AC	6.77	Q
	2	343 Damien Powell	Kent AC	7.00	Q
	3	316 Luis Da Silva	St Albans AC	7.12	Q
	4	347 Yinka Sodipo	Thurrock Harriers	7.24	
	5	353 Chung Tu	Cambridge & Coleridge AC	7.56	
	6	361 Tjerk Zult	Cambridge & Coleridge AC	7.82	
	7	311 Mahmoud Barrie	Thames Valley Harriers	DNS	
Heat 3					
	1	341 John Otugade	Shaftesbury Barnet Harriers	6.79	Q
	2	349 Shamar Thomas-Campbell	Blackheath & Bromley Harriers	6.90	Q
	3	327 Miguel Larrea	Thames Valley Harriers	7.02	Q
	4	354 Karl Tucker	Havering AC	7.30	
	5	323 Jordan Harry	Bristol & West AC	7.47	
	6	328 Leslie Lartey	Invicta East Kent AC	8.05	
	7	358 Joshua Wood	Harrow AC	DQ	162.7
Heat 4					
	1	329 Confidence Lawson	Shaftesbury Barnet Harriers	6.77	Q
	2	320 Omar Grant	Harrow AC	6.89	Q
	3	333 Ben Matsuka-Williams	City of Norwich AC	6.99	Q
	4	330 Jack Lennard	Tonbridge AC	7.01	q
	5	300 John Adekoya	Cambridge & Coleridge AC	7.11	
	6	355 Joe Wilkin	Colchester Harriers	7.43	
	7	306 Joe Appiah	Kent AC	7.47	
Heat 5					
	1	319 Tremayne Gilling	Blackheath & Bromley Harriers	6.91	Q
	2	340 Subomi Onanuga	Thames Valley Harriers	6.99	Q
	3	345 Jamal-Marcus Rhoden-Stevens	Shaftesbury Barnet Harriers	7.00	Q
	4	326 Dickson Kusi	Marshall Milton Keynes AC	7.11	
	5	337 Pa Abdou Njie	Brighton & Hove AC	7.45	
	6	350 Elliot Thompson	Enfield & Haringey AC	7.64	
	7	331 Sean Lodovica	Shaftesbury Barnet Harriers	DQ	162.7
Heat 6					
	1	344 Tommy Ramdhan	Bexley AC	6.82	Q
	2	336 Brandon Murray	Blackheath & Bromley Harriers	6.93	Q
	3	325 Nimi Kolade	Hercules Wimbledon AC	7.05	Q
	4	357 Fred Williams	City of Norwich AC	7.17	
	5	313 Duayne Bovell	Blackheath & Bromley Harriers	7.21	
	6	308 Femi Awe	Invicta East Kent AC	7.57	

7	477 Keith Bachiller	Cambridge & Coleridge AC	8.08	
Heat 7				
1	307 Reuben Arthur	Enfield & Haringey AC	6.76	Q
2	352 Jimmy Thoronka	Shaftesbury Barnet Harriers	6.91	Q
3	348 Nigel Thomas	Thames Valley Harriers	6.92	Q
4	359 Gabriel Yiadom	Shaftesbury Barnet Harriers	6.98	q
5	324 Hanif Henry	Orion Harriers	7.05	q
6	302 Ayomide Akingbehin	Havering AC	7.23	
7	321 Daniel Gregory	Oxford University AC	7.40	
Heat 8				
1	304 Edmond Amaning	Thames Valley Harriers	6.79	Q
2	342 Marvin Popoola	Herne Hill Harriers	6.92	Q
3	312 Jacob Berkeley	Shaftesbury Barnet Harriers	7.03	Q
4	346 Rory Roberts	Enfield & Haringey AC	7.09	q
5	315 Tyrell Dankwa	Marshall Milton Keynes AC	7.44	
6	305 Kyle Andrews	Croydon Harriers	7.57	
Semi Final 1				
1	307 Reuben Arthur	Enfield & Haringey AC	6.74	Q
2	320 Omar Grant	Harrow AC	6.81	q
3	359 Gabriel Yiadom	Shaftesbury Barnet Harriers	6.98	
4	301 Frederick Afrifa	Crawley AC	7.06	
5	318 Renard Frederick	Harrow AC	7.09	
6	351 Lewis Thorn	Braintree & District AC	7.23	
7	348 Nigel Thomas	Thames Valley Harriers	7.28	
Semi Final 2				
1	329 Confidence Lawson	Shaftesbury Barnet Harriers	6.76	Q
2	349 Shamar Thomas-Campbell	Blackheath & Bromley Harriers	6.93	
3	333 Ben Matsuka-Williams	City of Norwich AC	6.95	
4	330 Jack Lennard	Tonbridge AC	6.97	
5	343 Damien Powell	Kent AC	6.98	
6	316 Luis Da Silva	St Albans AC	7.13	
7	319 Tremayne Gilling	Blackheath & Bromley Harriers	DQ	162.7
Semi Final 3				
1	317 Theo Etienne	Hercules Wimbledon AC	6.76	Q
2	344 Tommy Ramdhan	Bexley AC	6.79	q
3	352 Jimmy Thoronka	Shaftesbury Barnet Harriers	6.85	
4	340 Subomi Onanuga	Thames Valley Harriers	6.92	
5	345 Jamal-Marcus Rhoden-Stevens	Shaftesbury Barnet Harriers	6.94	
6	325 Nimi Kolade	Hercules Wimbledon AC	7.00	
7	346 Rory Roberts	Enfield & Haringey AC	7.12	
Semi Final 4				
1	341 John Otugade	Shaftesbury Barnet Harriers	6.67	Q
2	304 Edmond Amaning	Thames Valley Harriers	6.79	q
3	336 Brandon Murray	Blackheath & Bromley Harriers	6.93	
4	342 Marvin Popoola	Herne Hill Harriers	6.94	
5	327 Miguel Larrea	Thames Valley Harriers	7.01	
6	324 Hanif Henry	Orion Harriers	7.04	
7	312 Jacob Berkeley	Shaftesbury Barnet Harriers	7.09	
Final				
1	341 John Otugade	Shaftesbury Barnet Harriers	6.60	

2	317 Theo Etienne	Hercules Wimbledon AC	6.67
3	307 Reuben Arthur	Enfield & Haringey AC	6.68
4	329 Confidence Lawson	Shaftesbury Barnet Harriers	6.72
5	344 Tommy Ramdhan	Bexley AC	6.77
6	304 Edmond Amaning	Thames Valley Harriers	6.78
7	320 Omar Grant	Harrow AC	6.80

Senior Men 200 Metres (b)

CBP 2009	Leon Baptiste	Enfield & Haringey AC	21.19
CBP 2007	Rikki Fifton	Victoria Park H & Tower H AC	21.19

Posn	Num	Name	Club	Perf
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Heat 1

1	310 Niclas Baker	Crawley AC	22.41 Q
2	364 Alex Bell	Woodford Green w Essex L	22.87 Q
3	351 Lewis Thorn	Braintree & District AC	23.22 Q
4	365 Craig Cox	Crawley AC	23.47 q
5	356 Emile Morgan Williams	Oxford Brookes University	24.61
6	337 Pa Abdou Njie	Brighton & Hove AC	DQ 163.3a

Heat 2

1	333 Ben Matsuka-Williams	City of Norwich AC	22.84 Q
2	366 Kaesi Opara	Cambridge University AC	22.89 Q
3	370 Yinka Sodipo	Thurrock Harriers	23.17 Q
4	371 Michael Watson	Medway & Maidstone AC	23.18 q
5	367 Will Oyowe	Newham & Essex Beagles AC	23.37 q
6	363 Dave Awde	Andover AC	24.26

Heat 3

1	368 Luke Smith	Shaftesbury Barnet Harriers	22.73
2	330 Jack Lennard	Tonbridge AC	22.88 Q
3	372 Theodore Zake	Brunel University AC	23.24 Q
4	312 Jacob Berkeley	Shaftesbury Barnet Harriers	23.49 Q
5	308 Femi Awe	Invicta East Kent AC	24.56
6	360 Amr Ziko	Braintree & District AC	25.30

Semi Final 1

1	310 Niclas Baker	Crawley AC	22.38 Q
2	330 Jack Lennard	Tonbridge AC	22.77 Q
3	365 Craig Cox	Crawley AC	23.07 Q
4	351 Lewis Thorn	Braintree & District AC	23.24
	372 Theodore Zake	Brunel University AC	DNS
	364 Alex Bell	Woodford Green w Essex L	DNF

Semi Final 2

1	368 Luke Smith	Shaftesbury Barnet Harriers	22.30 Q
2	333 Ben Matsuka-Williams	City of Norwich AC	22.39 Q
3	366 Kaesi Opara	Cambridge University AC	23.05 Q
4	371 Michael Watson	Medway & Maidstone AC	23.39
5	370 Yinka Sodipo	Thurrock Harriers	23.62
	367 Will Oyowe	Newham & Essex Beagles AC	DNS

Final

1	310 Niclas Baker	Crawley AC	21.78
2	368 Luke Smith	Shaftesbury Barnet Harriers	22.26
3	333 Ben Matsuka-Williams	City of Norwich AC	22.38

4	330	Jack Lennard	Tonbridge AC	22.81
5	366	Kaesi Opara	Cambridge University AC	22.83
6	365	Craig Cox	Crawley AC	23.15

Senior Men 400 Metres (b)

CBP 2008 Steven Green Newham & Essex Beagles AC 47.05

Posn	Num	Name	Club	Perf
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Heat 1

1	379	Matt Chant	Andover AC	50.21 Q
2	383	Harry Fisher	Southampton AC	50.44 Q
3	395	Nick Stewart	Enfield & Haringey AC	51.03 q
4	386	Ronan Llyr	Oxford University AC	51.43
5	476	Zachary Stapleton	Rugby & Northampton AC	51.53
6	387	Jack Maher	Ilford AC	52.87

Heat 2

1	396	Lennox Thompson	Newham & Essex Beagles AC	50.25 Q
2	367	Will Oyowe	Newham & Essex Beagles AC	50.31 Q
3	381	Kema Egbunike	Harrow AC	50.41 q
4	374	Cameron Bain	Oxford University AC	51.23 q
5	389	Victor Nutakor	Newham & Essex Beagles AC	51.65
6	382	Jamie Farrell	Bexley AC	52.42

Heat 3

1	394	Emmanuel Sosanya	Newham & Essex Beagles AC	50.15 Q
2	391	Paul Scanlan	Woodford Green w Essex L	51.03 Q
3	388	Matthew Newton	Oxford University AC	51.13 q
4	380	Dylan Doggett	Cambridge & Coleridge AC	52.90
5	373	Jordan Andrew	Newham & Essex Beagles AC	54.39
6	393	David Shortridge	Victoria Park H & Tower H AC	59.55

Heat 4

1	376	Scott Barker	Andover AC	51.17 Q
2	378	Columba Blango	Victoria Park H & Tower H AC	51.28 Q
3	390	Edward Rees	Oxford University AC	51.57
4	375	Hugh Baker	Oxford University AC	51.69
5	377	Peter Benedickter	Bedford & County AC	59.28

Semi Final 1

1	394	Emmanuel Sosanya	Newham & Essex Beagles AC	50.14 Q
2	383	Harry Fisher	Southampton AC	50.78 Q
3	381	Kema Egbunike	Harrow AC	50.80
4	395	Nick Stewart	Enfield & Haringey AC	51.35
		367 Will Oyowe	Newham & Essex Beagles AC	DNS

Semi Final 2

1	396	Lennox Thompson	Newham & Essex Beagles AC	49.89 Q
2	379	Matt Chant	Andover AC	50.05 Q
3	378	Columba Blango	Victoria Park H & Tower H AC	50.45 q
4	391	Paul Scanlan	Woodford Green w Essex L	50.61 q
5	388	Matthew Newton	Oxford University AC	51.03

Final

1	394	Emmanuel Sosanya	Newham & Essex Beagles AC	49.68
2	378	Columba Blango	Victoria Park H & Tower H AC	50.15
3	379	Matt Chant	Andover AC	50.15

4	396	Lennox Thompson	Newham & Essex Beagles AC	50.22
5	383	Harry Fisher	Southampton AC	50.31
6	391	Paul Scanlan	Woodford Green w Essex L	DNS

Senior Men 800 Metres (b)

CBP 2011 Ben Wallis Guildford & Godalming AC 1.52.15

Posn Num Name Club Perf

Heat 1

1	426	Ben Waterman	Ealing Southall & Middlesex AC	1.53.47 Q
2	413	Thomas Niner	Brighton & Hove AC	1.54.78 q
3	403	Caspar Eliot	Bristol & West AC	1.54.96 q
4	398	Charlie Baldwin	Crawley AC	1.56.82
5	401	Kieron Connor	Croydon Harriers	2.00.44
6	405	Paul Howard	Brighton & Hove AC	2.06.21
7	415	Craig Rawlings	Sutton & District AC	2.07.46

Heat 2

1	411	Sean Molloy	Tonbridge AC	1.54.27 Q
2	424	Chris Thornley	Bedford & County AC	1.55.53
3	407	Samuel Jones	St Albans AC	1.57.45
4	423	Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	1.58.64
5	417	Daniel Short	Basingstoke & Mid Hants AC	2.01.26
6	420	Andrew Stewart	Chelmsford AC	2.39.84

Heat 3

1	397	Nzimah Akpan	Newham & Essex Beagles AC	1.57.14 Q
2	412	Benjamin Murphy	Tonbridge AC	1.57.89
3	421	Stephen Strange	Basildon AC	2.00.14
4	414	Thomas Powell	Bedford & County AC	2.01.11
5	400	Thomas Coe	Windsor S E & Hounslow AC	2.03.13
6	408	Neil Kirkham	Victoria Park H & Tower H AC	2.04.90

Heat 4

1	425	Robert Umeokafor	Birchfield Harriers	1.55.62 Q
2	404	Hugo Fleming	Walton AC	1.56.78
3	422	Thomas Syckelmoore	Basingstoke & Mid Hants AC	1.56.88
4	409	Jack Messenger	Basingstoke & Mid Hants AC	1.57.91
5	406	Oliver Johnson	Brighton Phoenix AC	1.58.18
6	416	Alex Richards	Ilford AC	1.59.66

Final

1	411	Sean Molloy	Tonbridge AC	1.55.05
2	426	Ben Waterman	Ealing Southall & Middlesex AC	1.55.32
3	397	Nzimah Akpan	Newham & Essex Beagles AC	1.56.99
4	425	Robert Umeokafor	Birchfield Harriers	1.57.02
5	403	Caspar Eliot	Bristol & West AC	1.58.14
6	413	Thomas Niner	Brighton & Hove AC	2.00.25

Senior Men 60m Hurdles (a)

CBP 2012 Gianni Frankis Newham & Essex Beagles 7.76

Posn Num Name Club Perf

Heat 1

1	428	Jack Andrew	Sale Harriers	8.21 Q
2	433	Bradley Reed	Chelmsford AC	8.73 Q

3	350 Elliot Thompson	Enfield & Haringey AC	8.91 Q
4	429 Ryan Bonifas	Basingstoke & Mid Hants AC	9.31

Heat 2

1	431 Matthew Hewitt	Southampton AC	8.59 Q
2	430 Ayomide Byron	St Albans AC	8.75 Q
3	306 Joe Appiah	Kent AC	8.83 Q
4	309 Matthew Bailey	West Norfolk AC	8.88 q

Final

1	428 Jack Andrew	Sale Harriers	8.20
2	431 Matthew Hewitt	Southampton AC	8.48
3	433 Bradley Reed	Chelmsford AC	8.59
4	430 Ayomide Byron	St Albans AC	8.62
5	306 Joe Appiah	Kent AC	8.62
6	309 Matthew Bailey	West Norfolk AC	8.95
7	350 Elliot Thompson	Enfield & Haringey AC	9.13

Senior Men High Jump (b)

CBP 2012 Samson Oni

Belgrave Harriers 2.26

Posn	Num	Name	Club	Perf	Details
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Final

1	438	Robert Wolski	Woodford Green w Essex L	2.05	1.80o;1.85o;1.90o;1.95o;2.00o;2.05xo;2.10xx-Retired
2	436	Tom Nichols	Harrow AC	2.00	1.85o;1.90o;1.95xo;2.00xo;2.05xxx
3	439	Curtis Wood	Cambridge & Coleridge AC	1.95	1.90xxo;1.95o;2.00xxx
4	434	Tayo Andrews	Herne Hill Harriers	1.95	1.80o;1.85o;1.90o;1.95xxo;2.00xxx
5	321	Daniel Gregory	Oxford University AC	1.80	1.80xxo;1.85xxx

Senior Men Pole Vault (b)

CBP 2002 Nick Buckfield

Crawley AC 5.62

Posn	Num	Name	Club	Perf	Details
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Final

1	441	Euan Bryden	Windsor S E & Hounslow AC	5.00	4.80o;5.00xo;5.20xxretired
2	443	Tom Farres	City of Portsmouth AC	4.60	4.40xo;4.50o;4.60xo;4.70xxx
3	350	Elliot Thompson	Enfield & Haringey AC	4.50	4.00o;4.20o;4.30xo;4.40o;4.50xo;4.60xxx
4	450	George Turner	Crawley AC	4.30	4.20xo;4.30o;4.40xxx
5	428	Jack Andrew	Sale Harriers	4.20	4.20xo;4.30xxx
6	442	PuiYin Cheung	Enfield & Haringey AC	4.00	3.80xo;4.00o;4.20xxx
7	448	Ian Parkinson	Wycombe Phoenix Harriers & AC	4.00	3.80o;4.00xo;4.20xxx
8	446	Chris Mills	Windsor S E & Hounslow AC	4.00	3.80o;4.00xxo;4.20xxx
9=	429	Ryan Bonifas	Basingstoke & Mid Hants AC	3.80	3.80o;4.00xxx
9=	363	Dave Awde	Andover AC	3.80	3.80o;4.00xxx
11	447	Calum Neil	Horsham Blue Star Harriers	3.80	3.80xo;4.00xxx
		449 Thomas Snee	Kingston AC & Poly Harriers	nm	
		444 Samuel Haswell	Croydon Harriers	nm	

Senior Men Long Jump (b)

CBP 2011 JJ Jegede Newham & Essex Beagles 7.52

Posn Num Name Club Perf Details**Final**

1	458	Darren Morson	Victoria Park H & Tower H AC	7.21	7.21; 7.13; 7.06; 5.91; 7.04; 7.21
2	460	Paul Ogun	Croydon Harriers	7.15	7.15; 7.06; 7.05; 6.93; x; 6.94
3	451	Ogo Anochirionye	Thames Valley Harriers	7.09	6.89; 6.78; x; 7.09; 6.93; 7.08
4	459	Emmanuel Nwaobodo	London Heathside AC	6.55	x; 6.55; x; 6.55; x; x; 5.03
5	462	Robert Sutherland	Wycombe Phoenix Harriers & AC	6.50	x; x; 6.50; 6.44; x; x
6	338	Daniel Ogun	Sutton & District AC	6.47	6.47; 6.18; 6.42; x; 6.43; 5.35
7	429	Ryan Bonifas	Basingstoke & Mid Hants AC	6.46	6.42; 6.46; 6.42;
8	454	Gamuchirai Dumbutshena	Swindon Harriers	6.39	6.39; x; x
9	456	Chris Hall	Kingston AC & Poly Harriers	6.37	6.25; 6.34; 6.37
10	452	Vytautas Chrapacas	Peterborough AC	5.90	x; x; 5.90
11	361	Tjerk Zult	Cambridge & Coleridge AC	5.45	x; 5.38; 5.45;

Senior Men Triple Jump (b)

CBP 2008 Phillips Idowu Belgrave Harriers 17.06

Posn Num Name Club Perf Details**Final**

1	465	Lawrence Davis	Enfield & Haringey AC	15.03	x;14.86;15.03;x;x;x
2	475	Julien Allwood	Herne Hill Harriers	14.59	13.87;14.15;14.25;13.92;14.18;14.59
3	466	Toheeb Tijani	Victoria Park H & Tower H AC	13.83	x;13.83;x;13.37;x;x

Senior Men Shot (b)

CBP 2010 Emeka Udechuku

Woodford Green w Essex L 18.36

Posn	Num	Name	Club	Perf	Details
Final					
1	474	Youcef Zatat	Woodford Green w Essex L	16.09	16.02;x;16.09;x;x;15.96
2	469	Samuel Heawood	Crawley AC	15.16	13.61;x;x;x;15.16;14.85
3	468	Gintas Degutis	Newham & Essex Beagles AC	14.56	14.47;14.56;14.53;x;x;x
4	471	Joshua Kelly	Havant AC	13.15	12.61;12.45;13.15;12.16;13.06;x
5	472	Declan Manning	City of Norwich AC	11.73	11.73;x;11.61;11.55;x;11.66
6	473	David Thomas	Eastbourne Rovers AC	11.46	11.41;11.32;11.46;x;10.79;10.89
7	470	Fergus Imrie	Oxford University AC	9.26	9.26;9.18;8.97
8	321	Daniel Gregory	Oxford University AC	8.80	8.42;6.91;8.80