

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Women

Under 20 Women High Jump

Posn	Num	Name	Club	Perf	Details
CBP 2010		Jo Jennings	West Suffolk AC	1.83	
Final (a)					
1	242	Rebecca Hawkins	Bexley AC	1.75	1.60o;1.65-;1.70o;1.75xo;1.81xxx
2	244	Ashleigh West	Medway & Maidstone AC	1.70	1.60o;1.65o;1.70o;1.75xxx
3	241	Lillie Franks	Crawley AC	1.70	1.60xo;1.65xo;1.70xo;1.75xxx
4	243	Amy Thurgood	Dacorum & Tring AC	1.60	1.50o;1.55o;1.60xo;1.65xxx

Under 20 Women Pole Vault

Posn	Num	Name	Club	Perf	Details
CBP 2008		Jade Ive	Sutton & District AC	3.95	
Final (b)					
1	246	Natasha Purchas	Crawley AC	3.90	3.80xo;3.90xo;3.96xxx
2	248	Lois Warden	Blackheath & Bromley Harriers	3.40	3.20xo;3.30o;3.40xxo;3.50xxx
3	245	Victoria Harte	Radley AC	2.90	2.50o;2.70o;280o;290o;3.00xxx
4	247	Grace Thomas	Bexley AC	2.90	2.70xxo;2.80o;2.90o;3.00xxx

Under 20 Women Long Jump

Posn	Num	Name	Club	Perf	Details
CBP 2010		Jermaine Olasan	Blackheath & Bromley Harriers	7.53	
Final (a)					
1	250	Ore Adamson	Herne Hill Harriers	5.94(1.0)	5.57(-1.9);x;5.94(1.0);x;5.77(2.1);x
2	190	Pippa Earley	Kingston AC & Poly Harriers	5.55(2.0)	5.45(-0.4);5.25(-0.4);x;5.55(2.0);5.52
3	192	Amelia MacDonald	Woodford Green w Essex L	5.42(2.2)	5.00(-2.2);x;5.34(-0.6);5.42(2.2);x;5.2
4	251	Mary Adeniji	Blackheath & Bromley Harriers	5.41(0.3)	5.11(1.3);5.28(-0.2);5.20(1.0);5.11(0.

Under 20 Women Triple Jump

Posn	Num	Name	Club	Perf	Details
CBP 2014		Lia Stephenson	Thames Valley Harriers	12.71	
Final (b)					
1	258	Jazz Sears	Shaftesbury Barnet Harriers	12.58	x;12.09(1.5);x;x;12.58(1.6);12.33(0.0)
2	256	Adelaide Omitowoju	Cambridge & Coleridge AC	12.28	x;12.28(2.7);12.19(1.4);x;12.04(0.4);;
3	257	Jade Oni	Blackheath & Bromley Harriers	12.15	x;x;11.87(0.3);12.15(0.0);12.12(1.3);;
4	259	Madeleine Smith	Oxford University AC	11.63	11.31(0.0);11.60(0.0);x;11.63(2.6);x;;
5	255	Karina Harris	Blackheath & Bromley Harriers	11.59	11.31(1.0);11.59(0.6);11.51(1.3);11.5
6	253	Sonyce Archer	Croydon Harriers	11.15	9.34(0.7);11.15(1.5);10.96(0.1);10.52
7	260	Grace Sullivan	Ashford AC	11.12	10.98(2.0);10.52(0.3);11.06(2.3);11.1
8	254	Georgia Coleshill	Brighton & Hove AC	10.68	10.33(0.4);10.19(0.2);10.68(1.5);10.5
9	191	Jamelia Henson	Peterborough AC	10.30	10.30(0.3);10.14(0.1);x

Under 20 Women Shot

Posn	Num	Name	Club	Perf	Details
CBP 1988		Justine Buttle	Greenwich	15.00	
Final (a)					
1	261	Luisa Chantler Edmond	Birchfield Harriers	11.47	11.47;x;x;x;11.19;11.33
2	262	Heather Cabbage	City of Portsmouth AC	11.42	x;x;x;x;11.42;x
3	265	Megan Greenfield-Byers	Highgate Harriers	9.65	8.75;9.36;9.32;8.59;9.65;9.29

Under 20 Women Discus

Posn	Num	Name	Club	Perf	Details
CBP 2001		Claire Smithson	Brighton & Hove City AC	52.80	
Final (a)					
1	262	Heather Cabbage	City of Portsmouth AC	44.40	37.28;44.40;41.38;41.55;43.35;42.62
2	261	Luisa Chantler Edmond	Birchfield Harriers	43.51	35.30;43.51;40.44;39.80;42.47;39.71
3	267	Daisy Partridge	Braintree & District AC	25.91	25.30;25.91;25.50;25.00;x;x

Under 20 Women Hammer

Posn	Num	Name	Club	Perf	Details
CBP 2012		Louisa James	Hastings AC	58.30	

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Women

Final (b)					
1	274	Laura Runciman	Chelmsford AC	47.92	x;x;47.22;44.39;47.04;47.92
2	275	Cerys Thomas	City of Portsmouth AC	47.76	45.30;47.76;46.42;44.28;46.13;43.38
3	276	Victoria Wiltshire	Blackheath & Bromley Harriers	47.68	37.53;44.99;45.21;43.84;47.68;46.13
4	269	Lauren Aldridge	Stevenage & North Herts AC	45.30	39.88;x;40.48;45.30;38.97;39.91
5	271	Paige Barnes	Marshall Milton Keynes AC	43.59	40.91;41.02;43.59;x;x;x
6	272	Stephanie Howe	Woodford Green w Essex L	40.45	35.02;40.45;x;37.67;39.76;37.77
7	273	Devon Matthews	Basildon AC	22.89	21.92;19.75;20.71;20.85;22.11;22.89

Under 20 Women Javelin

CBP 2011	Izzy Jeffs	North Devon AC	52.55		
Posn	Num	Name	Club	Perf	Details

Final (b)					
1	280	Amber Pennington	Brighton & Hove AC	41.57	39.08;41.57;38.85;x;39.78;39.62
2	190	Pippa Earley	Kingston AC & Poly Harriers	37.73	30.41;35.22;35.49;32.27;31.53;37.73
3	279	Neve Palmer	Cambridge & Coleridge AC	37.46	33.39;37.46;34.68;34.52;35.64;x
4	277	Florence Baulk	Woking AC	37.38	33.24;32.23;36.30;36.35;37.38;36.69
5	267	Daisy Partridge	Braintree & District AC	31.32	31.32;30.00;x;30.59;28.75;28.02
6	273	Devon Matthews	Basildon AC	28.77	x;x;28.13;x;x;28.77

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Women

12(2.6);10.68(0.6);10.16(1.5)

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Women

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Women

Senior Women High Jump

Posn	Num	Name	Club	Perf	Details
	CBP 1993	Debbi Marti	Bromley Ladies AC	1.91	
Final (b)					
1	756	Philippa Rogan	Thames Valley Harriers	1.76	1.65o;1.70o;1.73o;1.76o;1.80xxx
2	757	Moe Sasegbon	Stevenage & North Herts AC	1.73	1.65o;1.70o;1.73xxo;1.76xxx
3	753	Janet Browne	Stevenage & North Herts AC	1.70	1.65o;1.70o;1.73xxx
4	755	Deborah Martin	Ashford AC	1.65	1.60o;1.65xxo;1.70xxx
5	758	Stephanie Ugbo	Newham & Essex Beagles AC	1.60	1.55xo;1.60xxo;1.65xxx

Senior Women Pole Vault

Posn	Num	Name	Club	Perf	Details
	CBP 2007	Louise Butterworth	Birchfield Harriers	4.00	
	CBP 2003	Liz Hughes	Blackheath & Bromley H	4.00	
	CBP 2002	Tracey Bloomfield	Guildford & Godalming AC	4.00	
Final (a)					
1	767	Jade Ive	Sutton & District AC	4.20	3.90o;4.00o;4.10xxo;4.20xo;4.30xxx
2	768	Emma Kiviniemi Andersson	Shaftesbury Barnet Harriers	4.00	3.70o;3.80xo;3.90xo;4.00o;4.10xxx
3	771	Clare Maurer	Woking AC	3.70	3.40xo;3.50xo;3.60o;3.70xxo;3.80xx
4	775	Jade Spencer-Smith	Harrow AC	3.50	3.50o;3.60-;3.70xxx
5	762	Sophie Dowson	Blackheath & Bromley Harriers	3.50	3.40xo;3.50o;3.60xxx
6	760	Jade Brewster	Swansea Harriers	3.50	3.30o;3.40xo;3.50xo;3.60xxx
7	764	Alexa Eichelmann	Shaftesbury Barnet Harriers	3.40	3.20o;3.30o;3.40o;3.50xxx
8	773	Sam Morrison	Woking AC	3.40	3.20o.3.30o.3.40xo;3.50xxx
9	763	Laura Edwards	Southampton AC	3.40	3.40xxo;3.50xxx
10	776	Amber Try	Stevenage & North Herts AC	3.40	3.30xo;3.40xxo;3.50xxx
11	772	Christina Moore	Blackheath & Bromley Harriers	3.30	3.05o;3.20o;3.30xo;3.40xxx
12	759	Erin Breen	Herts Phoenix AC	3.20	2.90o;3.05o;3.20xxo;3.30xxx
13	774	Caroline Parkinson	Wycombe Phoenix Harriers & AC	3.20	3.05xxo;3.20xxo;3.30xxx

Senior Women Long Jump

Posn	Num	Name	Club	Perf	Details
	CBP 1989	Mary Berkeley	Croydon Harriers	6.63	
Final (b)					
1	777	Sarah Abrams	Blackheath & Bromley Harriers	6.09	6.03(1.1);6.01(0.0);5.95(0.0);4.32(0.0)
2	675	Alice Hopkins	Oxford City AC	6.00	5.79(0.0);5.84(0.4);5.63(0.0);5.58(-0.0)
3	784	Joanne Ware	Tonbridge AC	5.97	5.79(-0.7);x;5.76(1.1);5.65(-0.0);5.97
4	779	Sofija Korf	Windsor S E & Hounslow AC	5.66	5.40(0.0);5.57(0.0);x;x;5.66(1.7);5.58
5	783	Lia Stephenson	Thames Valley Harriers	5.56	5.52(0.0);x;5.40(0.7);5.56(0.0);x;x
6	778	Emma Gayler	Harrow AC	5.28	5.28(0.7);5.21(-0.0);4.44(0.0);-;x;x
7	781	Toyin Orelaja	Blackheath & Bromley Harriers	5.27	5.07(0.4);5.18(2.0);5.23(0.0);5.05(0.0)
8	782	Victoria Oshunremi	Basildon AC	4.96	4.82(0.0);4.96(1.4);x;x;x;x;
9	785	Louise Wood	Guildford & Godalming AC	4.27	4.23(0.0);4.21(1.9);4.27(0.0)

Senior Women Triple Jump

Posn	Num	Name	Club	Perf	Details
	CBP 1996	Michelle Griffith	Windsor S E & Hounslow	14.04	
Final (a)					
1	786	Shanara Hibbert	Luton AC	11.88(0.1)	x;11.63(1.4);x;11.73(2.1);11.88(0.1);

Senior Women Shot

Posn	Num	Name	Club	Perf	Details
	CBP 1990	Myrtle Augee	Bromley Ladies AC	18.43	
Final (b)					
1	789	Sophie McKinna	Great Yarmouth & Dist AC	17.76	17.11;17.08;17.76;16.98;17.24;17.42
2	792	Amelia Strickler	Thames Valley Harriers	17.26	16.67;17.17;17.14;17.26;17.07;16;54
3	790	Sophie Merritt	Bournemouth AC	14.18	13.09;13.83;13.84;14.18;14.18;13.82
4	791	Danielle Opara	Thames Valley Harriers	13.25	12.60;12.58;12.95;13.25;13.03;12.44
5	678	Marilyn Nwawulor	Harrow AC	12.91	12.51;12.64;12.86;12.91;x;x

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Women

6 788 Vanessa Hannam Medway & Maidstone AC 9.83 9.30;9.29;9.16;9.43;9.83;9.57

Senior Women Discus

CBP 2003 Shelley Newman

Belgrave Harriers

60.46

Posn Num Name

Club

Perf

Details

Final (b)

1	797 Amy Holder	Windsor S E & Hounslow AC	55.48	50.14;48.27;55.48;54.02;51.07;51.61
2	796 Phoebe Dowson	Bournemouth AC	53.03	48.88;46.99;50.62;52.83;50.22;53.03
3	798 Kathryn Woodcock	Radley AC	47.51	44.42;47.04;42.97;47.51;x;46.14
4	795 Helen Broadbridge	Newbury AC	43.28	42.57;37.03;39.69;41.34;39.80;43.28
5	790 Sophie Merritt	Bournemouth AC	43.10	41.23;41.77;40.73;43.10;42.18;41.80
6	793 Emma Beales	Marshall Milton Keynes AC	41.76	39.35;41.76;41.13;39.44;40.72;41.13
7	788 Vanessa Hannam	Medway & Maidstone AC	35.07	35.07;34.28;x;33.62;33.43;x

Senior Women Hammer

CBP 2013 Shaunagh Brown

Blackheath & Bromley H

61.33

Posn Num Name

Club

Perf

Details

Final (a)

1	803 Kayleigh Presswell	Marshall Milton Keynes AC	60.67	58.24;59.04;60.67;x;59.74;x
2	805 Pippa Wingate	Kingston AC & Poly Harriers	59.48	52.61;57.39;59.48;x;57.59;x
3	802 Rebecca Keating	Shaftesbury Barnet Harriers	58.02	x;x;55.25;58.02;x;x
4	801 Philippa Davenall	Colchester Harriers	56.29	52.84;55.42;56.29;x;x;x
5	795 Helen Broadbridge	Newbury AC	52.73	51.07;x;x;51.63;52.73;x
6	804 Gemma Vickery	City of Norwich AC	50.94	45.38;48.76;50.94;44.98;49.31;49.18
7	800 Cathy Coleman	Loughborough University AC	47.43	46.99;47.43;x;x;x
8	794 Emma Beardmore	Marshall Milton Keynes AC	46.76	45.19;46.76;46.45;45.52;44.84;42.85
9	799 Bonnie Brito Costa	Cambridge Harriers	31.00	x;x;31.00

Senior Women Javelin

CBP 2002 Kirsty Morrison

Shaftesbury Barnet H

55.74

Posn Num Name

Club

Perf

Details

Final (a)

1	809 Eloise Meakins	Herts Phoenix AC	46.28	44.73;45.65;45.09;46.28;43.25;43.87
2	807 Hannah Johnson	Windsor S E & Hounslow AC	44.88	42.93;40.87;44.26;41.54;39.63;44.88
3	810 Johanna Schoenecker	Cambridge University AC	39.40	x;38.46;39.40;x;36.81;37.97
4	808 Ellie Lane	Cambridge University AC	35.96	31.14;35.96;35.15;34.95;32.60;32.51

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Women

);5.93(1.3);6.09(1.3)

);4.85(0.0);5.27(1.9)

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Women

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Men

Under 20 Men High Jump

CBP 2005	Robbie Grabarz	Bedford & County AC	2.15	
Posn	Num Name	Club	Perf	Details

Final (b)

1	105 Luke Okosieme	Cambridge Harriers	1.90	1.90o;1.96xxx
2	106 Thomas Wright	Dacorum & Tring AC	1.85	1.85o;1.90x--
3	104 Robert Lewis	Marshall Milton Keynes AC	1.85	1.75o;1.80o;1.85xo;1.90xxx
4	54 Leonid Chashchin	Harlow AC	1.80	1.70o;1.75o;1.80o;1.85xxx
5	102 Dean Fox	Cambridge & Coleridge AC	1.75	1.70o;1.75xo;1.80xxx
6	50 Oscar Jopp	Stevenage & North Herts AC	1.70	1.70xxo;1.75xxx

Under 20 Men Pole Vault

CBP 2010	Matthew Devereux	Shaftesbury Barnet Harriers	5.10	
Posn	Num Name	Club	Perf	Details

Final (a)

1	109 Jack Harris	Lewes AC	4.60	4.10xo;4.20-;4.30xo;4.40-;4.50o;4.60
2	110 Frankie Johnson	Bedford & County AC	4.60	4.40o;4.50-;4.60xo;4.70xxx
3	50 Oscar Jopp	Stevenage & North Herts AC	4.10	3.80o;3.95xxo;4.10o;4.20xxx
4	107 Elliot Breen	Herts Phoenix AC	4.10	3.95xo;4.10xxo;4.20xxx
5	108 Ross Hajipanayi	Shaftesbury Barnet Harriers	3.80	3.80o;3.95xxx
6	111 George Pope	Blackheath & Bromley Harriers	3.80	3.80xo;3.95xxx

Under 20 Men Long Jump

CBP 2010	Jermaine Olasan	Blackheath & Bromley Harriers	7.53	
Posn	Num Name	Club	Perf	Details

Final (b)

1	115 Shandell Taylor	Havering AC	7.14	6.85(1.4);7.14(0.0);x;6.92(1.5);6.90(1.5)
2	114 Daniel Hopper	Dacorum & Tring AC	7.13	6.84(0.0);7.13(2.3);6.63(1.8);6.84(2.8)
3	112 Samuel Challis	Windsor S E & Hounslow AC	6.97	x;6.97(1.5);x;x;6.59(1.5);6.76(2.4)
4	117 Robbie Wilde	Derby AC	6.80	6.46(1.0);6.80(3.1);6.69(1.7);x;6.65(2.4)
5	113 Idan Gal-Shohet	Highgate Harriers	6.42	x;x;x;x;6.42(1.7);x
6	50 Oscar Jopp	Stevenage & North Herts AC	5.78	5.78(1.3);x;5.74(0.0);5.58(1.1);5.60(1.5)
7	118 Jack Woodford	Crawley AC	5.77	5.56(0.6);5.77(1.2);5.72(0.7);5.59(0.8)

Under 20 Men Triple Jump

CBP 1989	Junior Campbell	Woodford Green AC	15.81	
Posn	Num Name	Club	Perf	Details

Final (a)

1	119 Andrew Adegbite	Newham & Essex Beagles AC	13.74(2.5)	13.74(2.5);13.07(0.0);13.39(1.5);13.39(1.5)
2	54 Leonid Chashchin	Harlow AC	13.07(0.7)	12.65(2.3);12.94(0.0);12.33(1.2);12.59(0.7)

Under 20 Men Shot

CBP 2009	Curtis Griffith-Parker	Cambridge Harriers	19.16	
Posn	Num Name	Club	Perf	Details

Final (b)

1	126 Alfie Scopes	Tonbridge AC	14.94	14.93;x;14.87;x;14.94;14.74
2	123 Oliver Massingham	City of Norwich AC	14.37	13.74;14.37;13.96;x;14.30;14.26
3	125 Jack Royden	Medway & Maidstone AC	13.82	13.82;13.60;x;x;13.47;x
4	128 Alexander Wiafe	Croydon Harriers	13.48	13.34;12.31;13.21;12.61;12.77;13.48
5	127 Alex Spratley-Kemp	Reading AC	12.15	x;x;x;x;11.87;12.15
6	122 Dejean Marshall Brown	Herne Hill Harriers	12.08	x;x;11.58;12.08;p;p
7	124 Euan Metcalfe	Stevenage & North Herts AC	11.92	10.97;11.37;x;11.92;x;x

Under 20 Men Discus

CBP 2014	Nick Percy	Shaftesbury Barnet Harriers	62.79	
Posn	Num Name	Club	Perf	Details

Final (b)

1	133 Samuel Woodley	Herts Phoenix AC	54.60	50.67;50.32;54.60;47.52;x;x
2	126 Alfie Scopes	Tonbridge AC	50.87	49.87;x;48.15;x;50.74;50.87

SEAA Southern Senior/U20 and U17/U15 3000m Championships

Bedford - 9/10 June 2018

Under 20 Men

3	123	Oliver Massingham	City of Norwich AC	50.53	49.56;48.86;48.93;49.36;47.81;50.53
4	131	Reuben Vaughan	Croydon Harriers	47.28	47.28;46.93;45.13;x;x;38.99
5	132	Ryan Whitehead	Enfield & Haringey AC	38.90	38.02;38.90;37.40;38.28;37.41;x
6	124	Euan Metcalfe	Stevenage & North Herts AC	37.66	x;37.08;10.09;35.95;x;37.66
7	130	Grantas Mockaitis	Woodford Green w Essex L	36.78	35.79;34.88;36.76;35.61;33.88;36.78
8	122	Dejean Marshall Brown	Herne Hill Harriers	33.29	x;31.72;32.47;x;33.29;x

Under 20 Men Hammer

CBP 2015		Taylor Campbell	Windsor S E & Hounslow AC	76.87	
Posn	Num	Name	Club	Perf	Details
Final (a)					
1	136	Ben Hawkes	Worthing & District Harriers	71.55	x;x;65.97;64.02;x;71.55
2	134	Bayley Campbell	Windsor S E & Hounslow AC	71.31	68.52;70.71;x;x;x;71.31
3	129	Oliver Hewitt	Newbury AC	62.08	61.14;58.92;60.23;60.27;61.94;62.08
4	138	Billy Praitm-Singh	Shaftesbury Barnet Harriers	61.53	x;x;61.53;x;x
5	135	Oliver Graham	Shaftesbury Barnet Harriers	58.44	54.77;58.44;x;57.01;x;x

Under 20 Men Javelin

CBP 2010		Daniel Pembroke	Windsor S E & Hounslow	72.54	
Posn	Num	Name	Club	Perf	Details
Final (a)					
1	139	Daniel Bainbridge	Shaftesbury Barnet Harriers	63.79	x;62.40;63.79;62.50;63.20;x
2	142	Scott Staples	Crawley AC	62.23	61.56;61.37;62.23;61.35;60.08;59.70
3	140	Jonny Payne	Highgate Harriers	49.28	x;49.28;46.15;47.94;45.87;45.23
4	141	Toby Seal	Tonbridge AC	47.81	x;47.46;47.81;39.55;-;-

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Men

34(0.0);13.51(0.2);x
39(1.4);13.07(0.7);12.85(0.1)

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Under 20 Men

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Men

Senior Men High Jump

CBP 1980	Mark Naylor	Hillingdon AC	2.21	
Posn	Num Name	Club	Perf	Details

Final (a)				
1	548 Tom Nichols	Harrow AC	2.05	1.90o;1.95o;2.0xo;2.05o;2.10xxx
2	546 Akin Coward	Shaftesbury Barnet Harriers	2.05	1.90o;1.95o;2.00o;2.05xo;2.10xxx
3	550 Curtis Wood	Cambridge & Coleridge AC	2.00	1.85o;1.90o;1.95o;2.00xo;2.05xxx
4	549 Sid Walters	Sutton & District AC	1.90	1.80o;1.85o;1.90o;1.95xxx
5	547 Lewis Ely	Blackheath & Bromley Harriers	1.90	1.80o;1.85o;1.90xo;1.95xxx

Senior Men Pole Vault

CBP 1998	Kevin Hughes	Haringey AC	5.36	
Posn	Num Name	Club	Perf	Details

Final (b)				
1	552 Scott Huggins	Blackheath & Bromley Harriers	5.00	4.80o;4.90o;5.00xxxo;
2	556 Jack Phipps	Birchfield Harriers	4.90	4.40o;4.50-;4.60o;4.70-;4.80o;4.90o;
3	558 George Turner	Crawley AC	4.80	4.50o;4.60xo;4.70o;4.80xxo;4.90xxx
4	551 Samuel Bass-Cooper	Southampton AC	4.60	4.50o;4.60o;4.70xxx
5	557 Thomas Snee	Kingston University AC	4.40	4.00o;4.20xxo;4.40o;4.50xxx
6	553 Charlie Maw	Winchester & District AC	4.40	4.00xo;4.20xo;4.40x0;4.50xxx
7	555 Ian Parkinson	Wycombe Phoenix Harriers & AC	4.00	3.80o;4.00o;4.20xxx

Senior Men Long Jump

CBP 2006	Greg Rutherford	Marshall Milton Keynes	8.09	
Posn	Num Name	Club	Perf	Details

Final (a)				
1	564 James Lelliott	Bournemouth AC	7.38(-0.1)	x;6.90(1.3);7.10(0.0);7.15(0.0);7.17(0.0)
2	563 Jonathan Illori	Blackheath & Bromley Harriers	7.07(1.1)	6.76(0.1);7.07(1.1);7.04(0.0);x;x;x
3	572 Patrick Sylla	Bournemouth AC	7.04(0.0)	6.97(0.0);x;x;x;7.04(0.0);x
4	559 Ogo Anochirionye	Thames Valley Harriers	7.04(1.8)	x;7.04(1.8);x;x;6.96(0.0);x
5	567 Paul Ogun	Croydon Harriers	6.99(0.0)	6.98(0.0);x;6.92(0.8);6.83(0.1);6.87(0.0)
6	574 Sebastian Wilson Dyer Gough	Herne Hill Harriers	6.95(1.1)	6.43(0.4);6.65(1.7);6.95(1.1);6.60(0.0)
7	573 Efe Uwaifo	Enfield & Haringey AC	6.91(1.9)	6.67(0.3);6.91(1.9);6.88(0.0);6.73(0.0)
8	571 Adrian Stamp	Woodford Green w Essex L	6.74(0.0)	6.15(0.0);x;6.74(0.0);x;6.60(0.0);6.38
9	566 Daniel Ogun	Sutton & District AC	6.59(1.7)	6.29(0.7);x;6.59(1.7)
10	562 Mathew Hudson	Luton AC	6.57(1.1)	x;6.57(1.1);6.53(0.0)
11	334 Subomi Onanuga	Thames Valley Harriers	6.46(0.0)	6.43(1.8);6.29(2.4);6.46(0.0);
12	570 Zak Skinner	Loughborough University AC	6.31(1.9)	x;6.25(0.0);6.31(1.9)
13	560 Luke Batup	Bracknell AC	5.93(2.0)	5.75(0.0);5.93(2.0);5.91(0.7)
14	569 Ryan Raghoo	Croydon Harriers	4.30(0.0)	4.17(0.0);x;4.13(0.0);x;4.30(0.0);x

Senior Men Triple Jump

CBP 1993	Julian Golley	Thames Valley Harriers	16.81	
Posn	Num Name	Club	Perf	Details

Final (b)				
1	583 Tosin Oke	Woodford Green w Essex L	16.28	15.86(1.8);16.13(1.4);14.14(2.8);16.28
2	563 Jonathan Illori	Blackheath & Bromley Harriers	16.28	x;x;x;15.05(0.0);16.28(1.6);x
3	585 Michael Puplampu	Newham & Essex Beagles AC	16.10	15.45(1.4);15.94(0.0);16.10(0.0);15.8
4	578 Nathan Fox	Shaftesbury Barnet Harriers	16.03	x;16.03(0.0);x;13.91(1.2);15.68(0.0);
5	573 Efe Uwaifo	Enfield & Haringey AC	15.84	15.75(0.0);15.83(1.7);x;15.71(0.0);15
6	584 Nonso Okolo	Shaftesbury Barnet Harriers	15.80	15.80(1.8);x;15.65(0.5);15.74(0.0);14
7	577 Lawrence Davis	Woodford Green w Essex L	15.36	15.06(0.6);15.36(0.0);15.27(1.9);14.9
8	575 Alando Alfred	Shaftesbury Barnet Harriers	14.65	13.13(1.7);14.65(0.0);13.18(2.2);x;14

Senior Men Shot

CBP 1976	Geoff Capes	Enfield Harriers	21.36	
Posn	Num Name	Club	Perf	Details

Final (a)				
1	590 Martin Tinkler	Nene Valley Harriers	15.07	14.74;14.66;14.78;x;15.07;x

SEAA Southern Senior/U20 and U17/U15 3000m Championships

Bedford - 9/10 June 2018

Senior Men

2	587	Gintas Degutis	Newham & Essex Beagles AC	15.01	14.38;14.29;14.78;x;14.49;15.01
3	589	Louis Mascarenhas	Blackheath & Bromley Harriers	14.92	14.77;x;14.16;14.55;14.92;x
4	588	Declan Manning	City of Norwich AC	11.87	11.40;x;x;11.87;x;x
5	586	Vitor Hugo Brito Costa	Cambridge Harriers	9.57	8.16;9.06;8.98;9.07;9.55;9.57

Senior Men Discus

CBP 1974 Bill Tancred

Birchfield Harriers

61.98

Posn Num Name**Club****Perf****Details**

Final (a)

1	595	Chris Scott	Southampton AC	54.86	53.06;52.79;54.86;54.35;53.45;53.26
2	589	Louis Mascarenhas	Blackheath & Bromley Harriers	49.24	39.75;46.60;49.24;47.53;48.16;x
3	591	Matthew Beatty	Loughborough University AC	47.86	47.86;x;46.89;x;x
4	593	Christopher Linque	Woodford Green w Essex L	47.52	45.14;45.74;x;46.58;47.52;x
5	596	Nathan Thomas	Shaftesbury Barnet Harriers	41.42	40.74;x;38.80;41.18;40.53;41.42
6	588	Declan Manning	City of Norwich AC	34.08	31.37;x;33.47;33.17;34.08;x
7	594	James Mead	Chelmsford AC	33.01	x;x;x;33.01;x
8	586	Vitor Hugo Brito Costa	Cambridge Harriers	24.10	22.73;22.24;21.81;22.48;x;24.10

Senior Men Hammer

CBP 2016 Taylor Campbell

Windsor S E & Hounslow AC

71.39

Posn Num Name**Club****Perf****Details**

Final (b)

1	597	Callum Brown	City of Norwich AC	67.04	66.12;66.88;x;67.04;64.89;66.12
2	598	Peter Cassidy	Loughborough University AC	55.26	x;55.26;x;x;x;52.02

Senior Men Javelin

CBP 2010 Mervyn Luckwell

Marshall Milton Keynes

80.08

Posn Num Name**Club****Perf****Details**

Final (b)

1	604	Gavin Johnson	Thames Valley Harriers	67.89	62.91;65.67;67.89;67.37;64.41;65.52
2	607	Neil McLellan	Stevenage & North Herts AC	67.01	63.74;66.08;67.01;65.13;x;x
3	606	Craig Lacy	Birchfield Harriers	60.62	58.97;x;60.62;x;60.30;59.95
4	608	Sonny Nash	Medway & Maidstone AC	60.35	60.35;59.26;55.52;57.42;58.47;50.49
5	603	Allandre Johnson	Herne Hill Harriers	57.13	57.13;x;53.82;55.89;55.86;52.99
6	600	David Brice	Aldershot Farnham & DAC	53.46	53.46;x;x;51.04;49.39;x
7	602	Alexander Ingham	Biggleswade AC	51.96	51.77;45.06;51.83;p;51.96;45.62
8	601	Arran Davis	Oxford University AC	51.17	x;48.25;50.92;50.49;49.83;51.17
9	605	Luke Johnson	Horsham Blue Star Harriers	50.61	50.61;50.61;50;p;p;p
10	609	Greg Sulley	Oxford University AC	30.55	27.37;30.55;26.60;p;p;p

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Men

);6.80(0.0);6.76(0.2)

24(1.9);16.08(0.0);16.28(0.2)

38(0.8);15.87(-0.4);15.35(1.2)

15.97(1.1);15.90(1.2)

15.56(0.0);15.84(0.0)

15.85(0.5);15.77(0.0)

15.32(0.6);x;15.10(1.3)

15.62(2.0);14.43(1.3)

SEAA Southern Senior/U20 and U17/U15 3000m Championships
Bedford - 9/10 June 2018
Senior Men