

SEAA Indoor Championships - Lee Valley Athletic Centre

19(a)/20(b) January 2008

Senior Men 60 Metres (a)

CBP C.Pickering

Marshall Milton Keynes AC

2007 6.56

Posn	Num	Name	Club	Heat	Perf
1	69	Matthew Walker	Enfield & Haringey AC	1	6.92Q
2	66	Nick Thomas	Newham & Essex Beagles AC	1	6.93Q
3	12	Duayne Bovell	Blackheath & Bromley Harriers	1	7.00q
4	35	Michael Hill	Basildon AC	1	7.59
5	45	Ricardo Martin	Kent AC	1	7.64
	52	Dwain Nicely	Coventry Godiva Harriers AC	1	DNS
Posn	Num	Name	Club	Heat	Perf
1	50	Ryan Moseley	Shaftesbury Barnet Harriers	2	6.96Q
2	21	Daniel Davis	Sutton & District AC	2	6.97Q
3	5	Moses Arthur	London Heathside Runners	2	7.07q
4	31	Michael Grant	University of East Anglia	2	7.11
5	20	Solomon Daniels	Newham & Essex Beagles AC	2	7.34
6	17	Philip Browne	University of Bath AC	2	7.38
Posn	Num	Name	Club	Heat	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	3	6.81Q
2	47	Andrew Mensah	Shaftesbury Barnet Harriers	3	7.08Q
3	55	Michael Otubambo	Enfield & Haringey AC	3	7.29
4	2	Jim Allan	Eastbourne Rovers	3	7.41
5	200	Ka Chuen To	Hercules Wimbledon AC	3	7.58
	64	Adrian Stamp	Woodford Green w Essex L	3	DNS
Posn	Num	Name	Club	Heat	Perf
1	15	Dwain Bromfield	Highgate Harriers	4	7.03Q
2	36	Mark Holloway	Windsor S E & Hounslow	4	7.04Q
3	23	Danny Doyley	Blackheath & Bromley Harriers	4	7.04q
4	59	Ben Richardson	Cambridge University AC	4	7.10
5	65	Neil Stevens	Cambridge University AC	4	7.36
6	9	Josh Baxter	Reading AC	4	7.36
Posn	Num	Name	Club	Heat	Perf
1	48	Monu Miah	Woodford Green w Essex L	5	6.95Q
2	72	Gary Wilson	Belgrave Harriers	5	7.14Q
3	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	5	7.19
4	60	Oskar Seon	Enfield & Haringey AC	5	7.25
5	43	Seun Marcus	Loughborough University AC	5	7.43
6	42	Will MacGee	Team Southampton	5	7.51
Posn	Num	Name	Club	Heat	Perf
1	73	Elijah Winn	Enfield & Haringey AC	6	6.94Q
2	8	Jonathan Barbour	Blackheath & Bromley Harriers	6	7.03Q
3	24	Paul Egboh	Kent AC	6	7.32
4	58	Stephen Prosser	Channel Islands AC	6	7.35
5	10	Bradley Bellamy	Woodford Green w Essex L	6	7.51
6	29	David Gardiner	Cambridge Harriers	6	7.68
Posn	Num	Name	Club	Heat	Perf
1	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	7	6.87Q
2	16	Jonathan Browne	Kent AC	7	6.97Q
3	28	Babatunde Funmilayo	Queens Park Harriers	7	7.15
4	32	Jason Greenidge	Woodford Green w Essex L	7	7.15
5	6	Aaron Balogun	Ilford AC	7	7.24
6	49	Chris Minn	Crawley AC	7	7.44
Posn	Num	Name	Club	Heat	Perf
1	46	Andrew Matthews	Windsor S E & Hounslow	8	6.87Q

2	30	Robert Graham	Herne Hill Harriers	8	6.97Q
3	26	Ryan Ffrench-Shand	Herne Hill Harriers	8	7.27
4	13	James Bridge	Ashford AC	8	7.28
5	37	Jason Johnston	Woodford Green w Essex L	8	7.41
	70	Conrad Williams	Kent AC	8	DNS
Posn	Num	Name	Club	Heat	Perf
1	61	Leroy Slue Jnr	Harrow AC	9	6.97Q
2	40	Jeffrey Lawal-Balogun	Kent AC	9	6.98Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	9	7.06q
4	3	Rafael Alleyne	City of Sheffield AC	9	7.19
5	14	Aaron Broderick	Kent AC	9	7.54
6	51	Robert Murkin	Belgrave Harriers	9	8.66
Posn	Num	Name	Club	Heat	Perf
1	71	Colin Wilson	Woodford Green w Essex L	10	6.93Q
2	74	Joshua Wood	Harrow AC	10	7.09Q
3	18	Mark Collins	Luton AC	10	7.16
4	27	Gianni Frankis	Newham & Essex Beagles AC	10	7.23
5	11	Jermaine Bossman	Watford Harriers	10	7.42
6	33	Marius Guei	Highgate Harriers	10	7.52
Posn	Num	Name	Club	2nd rd	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.74Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.78Q
3	8	Jonathan Barbour	Blackheath & Bromley Harriers	1	6.91q
4	5	Moses Arthur	London Heathside Runners	1	7.00
5	61	Leroy Slue Jnr	Harrow AC	1	7.01
6	36	Mark Holloway	Windsor S E & Hounslow	1	7.08
Posn	Num	Name	Club	2nd rd	Perf
1	40	Jeffrey Lawal-Balogun	Kent AC	2	6.85Q
2	48	Monu Miah	Woodford Green w Essex L	2	6.86Q
3	46	Andrew Matthews	Windsor S E & Hounslow	2	6.87q
4	47	Andrew Mensah	Shaftesbury Barnet Harriers	2	6.93q
5	15	Dwain Bromfield	Highgate Harriers	2	7.14
	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	2	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	73	Elijah Winn	Enfield & Haringey AC	3	6.78Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	3	6.80Q
3	66	Nick Thomas	Newham & Essex Beagles AC	3	6.95
4	23	Danny Doyley	Blackheath & Bromley Harriers	3	6.97
5	74	Joshua Wood	Harrow AC	3	7.04
	21	Daniel Davis	Sutton & District AC	3	DNS
Posn	Num	Name	Club	2nd rd	Perf
1	30	Robert Graham	Herne Hill Harriers	4	6.88Q
2	71	Colin Wilson	Woodford Green w Essex L	4	6.90Q
3	16	Jonathan Browne	Kent AC	4	6.92q
4	12	Duayne Bovell	Blackheath & Bromley Harriers	4	7.00
5	72	Gary Wilson	Belgrave Harriers	4	7.24
	69	Matthew Walker	Enfield & Haringey AC	4	DNS
Posn	Num	Name	Club	S/F	Perf
1	1	Harry Aikines-Aryeetey	Sutton & District AC	1	6.72Q
2	50	Ryan Moseley	Shaftesbury Barnet Harriers	1	6.77Q
3	46	Andrew Matthews	Windsor S E & Hounslow	1	6.83Q
4	30	Robert Graham	Herne Hill Harriers	1	6.88

5	47	Andrew Mensah	Shaftesbury Barnet Harriers	1	6.93
6	71	Colin Wilson	Woodford Green w Essex L	1	6.95
Posn	Num	Name	Club	S/F	Perf
1	73	Elijah Winn	Enfield & Haringey AC	2	6.72Q
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC	2	6.85Q
3	40	Jeffrey Lawal-Balogun	Kent AC	2	6.88Q
4	8	Jonathan Barbour	Blackheath & Bromley Harriers	2	6.89
5	16	Jonathan Browne	Kent AC	2	6.95
DNS	48	Monu Miah	Woodford Green w Essex L	2	

Posn	Num	Name	Club	Final	Perf
1	73	Elijah Winn	Enfield & Haringey AC		6.71
2	7	Gibrilla-Pato Bangura	Victoria Park H & Tower H AC		6.71
3	1	Harry Aikines-Aryeetey	Sutton & District AC		6.72
4	50	Ryan Moseley	Shaftesbury Barnet Harriers		6.76
5	40	Jeffrey Lawal-Balogun	Kent AC		6.82
6	46	Andrew Matthews	Windsor S E & Hounslow		6.84

Senior Men 200 Metres (b)

CBP R.Fifton

Victoria Park H & Tower H AC

2007 21.19

Posn	Num	Name	Club	Heat	Perf
1	75	Tim Abeyie	Woodford Green w Essex L	1	22.2Q
2	70	Conrad Williams	Kent AC	1	22.4Q
3	31	Michael Grant	University of East Anglia	1	23.5Q
4	43	Seun Marcus	Loughborough University AC	1	25.3
5	85	Andy Smith	Marshall Milton Keynes AC	1	25.7
	77	Kylon Collins	Victoria Park H & Tower H AC	1	DQ
Posn	Num	Name	Club	Heat	Perf
1	80	Ben Ellis	Winchester & District AC	2	22.5Q
2	61	Leroy Slue Jnr	Harrow AC	2	22.9Q
3	84	Matthew Sinclair	Crawley AC	2	23.7Q
4	81	James Folkes	Andover AC	2	23.9q
5	82	Nick Grocock	Havant AC	2	25.3
Posn	Num	Name	Club	Heat	Perf
1	23	Danny Doyley	Blackheath & Bromley Harriers	3	23.1Q
2	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	3	23.3Q
3	79	Sho-Silva Daniel	Thurrock Harriers AC	3	23.9Q
4	42	Will MacGee	Team Southampton	3	24.0
5	83	Chris Lloyd	Tonbridge AC	3	24.7
Posn	Num	Name	Club	Heat	Perf
1	40	Jeffrey Lawal-Balogun	Kent AC	4	22.3Q
2	6	Aaron Balogun	Ilford AC	4	22.6Q
3	20	Solomon Daniels	Newham & Essex Beagles AC	4	22.9Q
4	76	Sean Buckeridge	Ealing Southall & Middlesex AC	4	23.5q
5	14	Aaron Broderick	Kent AC	4	25.2
Posn	Num	Name	Club	Heat	Perf
1	86	Ryan Thomas	Belgrave Harriers	5	22.6Q
2	13	James Bridge	Ashford AC	5	23.3Q
3	78	Gavin Comber	Dartford Harriers AC	5	23.9Q
4	62	Ronald Smith	Highgate Harriers	5	23.9q
5	35	Michael Hill	Basildon AC	5	24.6

Posn	Num	Name	Club	SEMI FINAL	Perf
1	75	Tim Abeyie	Woodford Green w Essex L	1	21.56 Q
2	70	Conrad Williams	Kent AC	1	21.91 Q

3	6	Aaron Balogun	Ilford AC	1	22.33
4	31	Michael Grant	University of East Anglia	1	23.26
5	62	Ronald Smith	Highgate Harriers	1	23.90
	84	Matthew Sinclair	Crawley AC	1	DNS
Posn	Num	Name	Club	SEMI	Perf
				FINAL	
1	40	Jeffrey Lawal-Balogun	Kent AC	2	21.94 Q
2	23	Danny Doyley	Blackheath & Bromley Harriers	2	22.40 Q
3	20	Solomon Daniels	Newham & Essex Beagles AC	2	22.47
4	61	Leroy Slue Jnr	Harrow AC	2	22.63
5	81	James Folkes	Andover AC	2	23.65
6	79	Sho-Silva Daniel	Thurrock Harriers AC	2	23.99
Posn	Num	Name	Club	SEMI	Perf
				FINAL	
1	86	Ryan Thomas	Belgrave Harriers	3	22.11 Q
2	80	Ben Ellis	Winchester & District AC	3	22.16 Q
3	13	James Bridge	Ashford AC	3	22.82
4	54	Tamunonengi Ossai	Shaftesbury Barnet Harriers	3	22.98
5	78	Gavin Comber	Dartford Harriers AC	3	24.27
	76	Sean Buckeridge	Ealing Southall & Middlesex AC	3	DNS

Posn	Num	Name	Club	FINAL	Perf
1	75	Tim Abeyie	Woodford Green w Essex L		21.46
2	40	Jeffrey Lawal-Balogun	Kent AC		21.63
3	70	Conrad Williams	Kent AC		21.97
4	23	Danny Doyley	Blackheath & Bromley Harriers		22.54
	80	Ben Ellis	Winchester & District AC		DNS
	86	Ryan Thomas	Belgrave Harriers		DNS

Senior Men 400 Metres (b)

CBP S.Green Newham & Essex Beagles AC 2007 47.9

Posn	Num	Name	Club	Heat	Perf
1	107	Jason Hussain	Belgrave Harriers	1	50.71 Q
2	111	Philip Octave	Shaftesbury Barnet Harriers	1	52.24 Q
3	113	Glen Paxman	Harlow AC	1	52.71
4	98	David Elderfield	Newbury AC	1	53.53
	190	Tom Love	City of Norwich AC	1	DNS
	41	Nigel Levine	Windsor S E & Hounslow	1	DNF
Posn	Num	Name	Club	Heat	Perf
1	101	Dale Garland	Birchfield Harriers	2	49.12 Q
2	99	Jonathan Elderfield	Basingstoke & Mid Hants AC	2	49.67 Q
3	89	Kofi Appiah	Enfield & Haringey AC	2	50.27 q
4	116	Jamie Wass	Cambridge Harriers	2	53.02
5	100	Lee Fulham	Worthing & District Harriers	2	53.24
6	92	Martin Bigg	Shaftesbury Barnet Harriers	2	57.38
Posn	Num	Name	Club	Heat	Perf

1	102	Steven Green	Newham & Essex Beagles AC	3	49.81 Q
2	114	Louis Sellers	Winchester & District AC	3	50.29 Q
3	103	Edward Harrison	Blackheath & Bromley Harriers	3	51.12 q
4	110	David Nefs	Cambridge University AC	3	52.35
5	117	James Whiteman	Andover AC	3	54.75
6	97	Eno Ebong	Reading AC	3	56.18

osn	Num	Name	Club	Heat	Perf
1	95	Tom Druce	Channel Islands AC	4	50.31 Q
2	94	Mark Brown	Newham & Essex Beagles AC	4	50.46 Q
3	104	Glyn Hawkes	Loughborough University AC	4	51.04 q
4	118	Philip Wren	Reading AC	4	52.31
5	96	Graham Eastty	Southend on Sea AC	4	55.50

Posn	Num	Name	Club	Heat	Perf
1	108	Nick Leavey	Thames Valley Harriers	5	49.75 Q
2	91	Mark Berridge	Basingstoke & Mid Hants AC	5	49.75 Q
3	105	Jonathan Hiorns	Basingstoke & Mid Hants AC	5	51.10 q
4	115	Andrew Thornton	City of Norwich AC	5	51.62
5	106	Jack Huddleston	Cambridge & Coleridge AC	5	54.76

Posn	Num	Name	Club	Heat	Perf
1	87	Adebowale Ademuyewo	Sale Harriers	6	49.62 Q
2	93	Andy Blow	Basingstoke & Mid Hants AC	6	49.90 Q
3	90	Adam Bellis	Kingston AC & Poly Harriers	6	51.22 q
4	88	Ian Allerton	Blackheath & Bromley Harriers	6	51.39 q
5	82	Nick Grocock	Havant AC	6	55.76

Posn	Num	Name	Club	SEMI FINAL	Perf
1	101	Dale Garland	Birchfield Harriers	1	48.74Q
2	95	Tom Druce	Channel Islands AC	1	49.17
3	89	Kofi Appiah	Enfield & Haringey AC	1	49.79
4	111	Philip Octave	Shaftesbury Barnet Harriers	1	51.13
5	88	Ian Allerton	Blackheath & Bromley Harriers	1	51.22
	99	Jonathan Elderfield	Basingstoke & Mid Hants AC	1	DQ

Posn	Num	Name	Club	SEMI FINAL	Perf
1	91	Mark Berridge	Basingstoke & Mid Hants AC	2	49.03Q
2	87	Adebowale Ademuyewo	Sale Harriers	2	49.05q
3	94	Mark Brown	Newham & Essex Beagles AC	2	49.19
4	104	Glyn Hawkes	Loughborough University AC	2	50.03
5	90	Adam Bellis	Kingston AC & Poly Harriers	2	51.19
6	107	Jason Hussain	Belgrave Harriers	2	51.28

Posn	Num	Name	Club	SEMI FINAL	Perf
1	102	Steven Green	Newham & Essex Beagles AC	3	48.36Q
2	108	Nick Leavey	Thames Valley Harriers	3	48.92Q
3	114	Louis Sellers	Winchester & District AC	3	49.12q
4	93	Andy Blow	Basingstoke & Mid Hants AC	3	49.26
5	103	Edward Harrison	Blackheath & Bromley Harriers	3	50.91

6 105 Jonathan Hiorns Basingstoke & Mid Hants AC 3 51.43

Posn	Num	Name	Club	FINAL	Perf
1	102	Steven Green	Newham & Essex Beagles AC		47.05 CBP
2	101	Dale Garland	Birchfield Harriers		47.41
3	108	Nick Leavey	Thames Valley Harriers		48.51
4	87	Adebowale Ademuyewo	Sale Harriers		48.83
5	91	Mark Berridge	Basingstoke & Mid Hants AC		48.84
6	114	Louis Sellers	Winchester & District AC		49.79

Senior Men 800 Metres (a)

CBP D.St Clair Enfield & Haringey AC 2007 1.53.0

Posn	Num	Name	Club	Heat	Perf
1	119	Ed Aston	Cambridge & Coleridge AC	1	2:01.23 Q
2	109	Jon Long	Woodford Green w Essex L	1	2:01.77 Q
3	127	Colin Miles	Southend on Sea AC	1	2:01.93
4	122	Sam Dobin	Cambridge University AC	1	2:02.48
5	128	Simon Reed	Reading AC	1	2:02.74
6	120	Alex Babb	Victoria Park H & Tower H AC	1	2:08.37
Posn	Num	Name	Club	Heat	Perf
1	123	Carl Goose	City of Norwich AC	2	1:57.64 Q
2	130	Daniel Stepney	Phoenix AC	2	1:58.00 Q
3	118	Philip Wren	Reading AC	2	1:58.43 q
4	129	Will Rice	Cambridge University AC	2	2:01.20 q
5	125	Kearon Hooley	Andover AC	2	2:04.38
6	126	Steven Hutson	Vale of Aylesbury AC	2	2:09.95
Posn	Num	Name	Club	FINAL	Perf
1	119	Ed Aston	Cambridge & Coleridge AC		1:54.84
2	109	Jon Long	Woodford Green w Essex L		1:58.85
3	130	Daniel Stepney	Phoenix AC		2:00.59
4	118	Philip Wren	Reading AC		2:02.49
5	129	Will Rice	Cambridge University AC		2:02.55
	123	Carl Goose	City of Norwich AC		DNS

Senior Men 1,500 Metres (b)

CBP T.Marley University of Wales Institute 2007 4.03.43

Posn	Num	Name	Club	Heat	Perf
1	152	Richard Ward	Cambridge University AC	1	4:02.93 Q
2	141	Tom Marley	Bristol & West AC	1	4:03.83 Q
3	132	Rich Airey	Brighton & Hove City AC	1	4:05.95
4	136	Matthew Carlisle	Herts Phoenix AC	1	4:11.02
5	151	Mike Tallis	IIF Group	1	4:14.28
6	139	Lee Harper	Aldershot Farnham & DAC	1	4:15.41
7	149	Colin Ridley	West Suffolk AC	1	4:25.11
Posn	Num	Name	Club	Heat	Perf
1	121	Peter Bridger	Luton AC	2	3:58.93 Q CBP
2	154	Ian Williamson	Cambridge & Coleridge AC	2	3:59.57 Q
3	142	David McKinlay	Blackheath & Bromley Harriers	2	4:00.48 q
4	145	Andrew Pickett	Dartford Harriers AC	2	4:06.33
5	122	Sam Dobin	Cambridge University AC	2	4:07.98
6	135	David Bowker	Stevenage & North Herts AC	2	4:41.33
7	131	Matthew Addison	Bromsgrove & Redditch AC	2	dnf

Posn	Num	Name	Club	Heat	Perf
1	143	Rob Mullett	Lewes AC	3	4:00.89 Q
2	144	Tom Penfold	Birchfield Harriers	3	4:01.66 Q
3	150	Scott Sterling	Newham & Essex Beagles AC	3	4:02.62 q
4	147	Dave Ragan	Basingstoke & Mid Hants AC	3	4:03.50 q
5	146	Daniel Poulton	Stevenage & North Herts AC	3	4:06.19
6	140	Matthew Judson	Harrow AC	3	4:28.23
7	133	Kevin Archer	Reigate Priory AC	3	4:35.22

Posn	Num	Name	Club	FINAL	Perf
1	121	Peter Bridger	Luton AC		3:50.9 CBP
2	143	Rob Mullett	Lewes AC		3:51.0
3	144	Tom Penfold	Birchfield Harriers		3:51.9
4	154	Ian Williamson	Cambridge & Coleridge AC		3:52.9
5	141	Tom Marley	Bristol & West AC		3:54.1
6	152	Richard Ward	Cambridge University AC		3:58.7
7	150	Scott Sterling	Newham & Essex Beagles AC		4:05.5
8	142	David McKinlay	Blackheath & Bromley Harriers		4:08.3
	147	Dave Ragan	Basingstoke & Mid Hants AC		DNS

Senior Men 60m Hurdles (a)

CBP R.Alleyne Woodford Green w Essex L 2007 7.94

Posn	Num	Name	Club	Heat	Perf
1	155	Richard Alleyne	Woodford Green w Essex L	1	7.95Q
2	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L	1	8.01Q
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers	1	8.10q
4	59	Ben Richardson	Cambridge University AC	1	8.21q
5	49	Chris Minn	Crawley AC	1	8.95

Posn	Num	Name	Club	Heat	Perf
1	21	Daniel Davis	Sutton & District AC	2	7.98Q
2	27	Gianni Frankis	Newham & Essex Beagles AC	2	8.00Q
3	157	Richard Baderin	Liverpool Harriers	2	8.65
4	156	Joe Appiah	Kent AC	2	8.66

Posn	Num	Name	Club	FINAL	Perf
1	155	Richard Alleyne	Woodford Green w Essex L		7.82 CBP
2	27	Gianni Frankis	Newham & Essex Beagles AC		7.92
3	63	Taiwo Sodeyi	Blackheath & Bromley Harriers		8.01
4	21	Daniel Davis	Sutton & District AC		8.11
5	158	Mohammed Sillah-Freckleton	Woodford Green w Essex L		8.20
6	59	Ben Richardson	Cambridge University AC		8.49