

# SEAA Indoor Championships - Lee Valley Athletic Centre

## 19(a)/20(b) January 2008

Under 20 Men 60 Metres (a)

CBP H.Aikines-Aryeetey Sutton & District AC 2007 6.67

| Posn | Num | Name                    | Club                           | Heat | Perf  |
|------|-----|-------------------------|--------------------------------|------|-------|
| 1    | 34  | Jordan Huggins          | Enfield & Haringey AC          | 1    | 7.04Q |
| 2    | 48  | Gareth Price            | Team Southampton               | 1    | 7.10Q |
| 3    | 38  | Confidence Lawson       | Shaftesbury Barnet Harriers    | 1    | 7.26Q |
| 4    | 31  | Antoine Green           | Ilford AC                      | 1    | 7.50  |
| 5    | 50  | Jevone Robinson         | Hillingdon AC                  | 1    | 7.52  |
| 6    | 52  | Liam Sneath             | Team Kennet Triathlon AC       | 1    | 7.55  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 35  | Antonio Infantino       | Enfield & Haringey AC          | 2    | 6.94Q |
| 2    | 49  | Sam Ratcliffe           | Havant AC                      | 2    | 7.23Q |
| 3    | 25  | Anthony Dockery         | Herne Hill Harriers            | 2    | 7.25Q |
| 4    | 46  | Karel Pile              | Bedford College                | 2    | 7.56  |
| 5    | 27  | Joshua Ejinkonye        | Newham & Essex Beagles         | 2    | 7.62  |
| 6    | 19  | Rian Corbin             | Reading AC                     | 2    | 9.44  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 5   | James Alaka             | Blackheath & Bromley Harriers  | 3    | 7.03Q |
| 2    | 198 | Nigel Levine            | Windsor, Slough, Eton & H.AC   | 3    | 7.04Q |
| 3    | 44  | Alexander Ojo           | Ealing Southall & Middlesex AC | 3    | 7.25Q |
| 4    | 8   | Luke Allen              | West Suffolk AC                | 3    | 7.49  |
| 5    | 33  | Sam Hickman             | Reading AC                     | 3    | 7.55  |
| 6    | 12  | Jonathan Baxter         | Cambridge&Coleridge            | 3    | 7.61  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 24  | Omar Dixon              | Croydon Harriers               | 4    | 7.10Q |
| 2    | 1   | Kola Adedoyin           | Sutton & District AC           | 4    | 7.20Q |
| 3    | 40  | Stefan Mitchell         | Cambridge Harriers             | 4    | 7.33Q |
| 4    | 42  | Praful Nargund          | Hercules Wimbledon AC          | 4    | 7.35q |
| 5    | 36  | John Iwhdibie           | South London Harriers          | 4    | 7.41  |
| 6    | 57  | Andre Wright            | Medway & Maidstone AC          | 4    | 7.45  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 10  | Eugene Ayanful          | Woodford Green w Essex L       | 5    | 6.99Q |
| 2    | 26  | Junior Ejehu            | Harrow AC                      | 5    | 7.04Q |
| 3    | 11  | Moses Bano              | Harrow & Weald College         | 5    | 7.19Q |
| 4    | 13  | Curtis Blake            | Victoria Park H & Tower H AC   | 5    | 7.30q |
| 5    | 56  | Maurice Walker          | Stanmore College               | 5    | 7.49  |
| 6    | 28  | David Farrugia          | Woodford Green w Essex L       | 5    | 7.63  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 39  | Lee McLaughlin          | Croydon Harriers               | 6    | 7.11Q |
| 2    | 37  | Lloyd King              | Thames Valley Harriers         | 6    | 7.30Q |
| 3    | 15  | Clement Boateng         | Herne Hill Harriers            | 6    | 7.33Q |
| 4    | 16  | Harvey Byrne            | Newham & Essex Beagles AC      | 6    | 7.38q |
| 5    | 43  | Thomas O'Brien          | Shaftesbury Barnet Harriers    | 6    | 7.40  |
| 6    | 32  | Scott Harris            | Invicta East Kent AC           | 6    | 7.44  |
| Posn | Num | Name                    | Club                           | Heat | Perf  |
| 1    | 7   | Jemaine Alexander       | Blackheath & Bromley Harriers  | 7    | 7.28Q |
| 2    | 4   | Deji Akande             | Chelmsford AC                  | 7    | 7.29Q |
| 3    | 23  | William de Torvy-Ballou | Thames Valley Harriers         | 7    | 7.35Q |
| 4    | 14  | Andrew Bleakley         | Vale of Aylesbury AC           | 7    | 7.42  |
| 5    | 47  | Billy Porter            | South London Harriers          | 7    | 7.43  |
| 6    | 54  | Gary Steventon          | Reading AC                     | 7    | 7.46  |

| Posn | Num | Name              | Club                           | S/F | Perf  |
|------|-----|-------------------|--------------------------------|-----|-------|
| 1    | 35  | Antonio Infantino | Enfield & Haringey AC          | 1   | 6.93Q |
| 2    | 198 | Nigel Levine      | Windsor, Slough, Eton & H.AC   | 1   | 6.93q |
| 3    | 26  | Junior Ejehu      | Harrow AC                      | 1   | 7.08q |
| 4    | 25  | Anthony Dockery   | Herne Hill Harriers            | 1   | 7.20  |
| 5    | 44  | Alexander Ojo     | Ealing Southall & Middlesex AC | 1   | 7.28  |
| 6    | 16  | Harvey Byrne      | Newham & Essex Beagles AC      | 1   | 7.36  |

| Posn | Num | Name               | Club                          | S/F | Perf  |
|------|-----|--------------------|-------------------------------|-----|-------|
| 1    | 10  | Eugene Ayanful     | Woodford Green w Essex L      | 2   | 7.01Q |
| 2    | 48  | Gareth Price       | Team Southampton              | 2   | 7.09  |
| 3    | 11  | Moses Bano         | Harrow & Weald College        | 2   | 7.10  |
| 4    | 7   | Jermaine Alexander | Blackheath & Bromley Harriers | 2   | 7.22  |
| 5    | 38  | Confidence Lawson  | Shaftesbury Barnet Harriers   | 2   | 7.24  |
| 6    | 42  | Praful Nargund     | Hercules Wimbledon AC         | 2   | 7.34  |

| Posn | Num | Name            | Club                          | S/F | Perf  |
|------|-----|-----------------|-------------------------------|-----|-------|
| 1    | 5   | James Alaka     | Blackheath & Bromley Harriers | 3   | 6.98Q |
| 2    | 39  | Lee McLaughlin  | Croydon Harriers              | 3   | 7.09  |
| 3    | 1   | Kola Adedoyin   | Sutton & District AC          | 3   | 7.10  |
| 4    | 37  | Lloyd King      | Thames Valley Harriers        | 3   | 7.26  |
| 5    | 13  | Curtis Blake    | Victoria Park H & Tower H AC  | 3   | 7.34  |
| 6    | 15  | Clement Boateng | Herne Hill Harriers           | 3   | 7.36  |

| Posn | Num | Name                    | Club                   | S/F | Perf  |
|------|-----|-------------------------|------------------------|-----|-------|
| 1    | 34  | Jordan Huggins          | Enfield & Haringey AC  | 4   | 6.93Q |
| 2    | 24  | Omar Dixon              | Croydon Harriers       | 4   | 7.09  |
| 3    | 4   | Deji Akande             | Chelmsford AC          | 4   | 7.23  |
| 4    | 40  | Stefan Mitchell         | Cambridge Harriers     | 4   | 7.25  |
| 5    | 23  | William de Torvy-Ballou | Thames Valley Harriers | 4   | 7.27  |
| 6    | 49  | Sam Ratcliffe           | Havant AC              | 4   | 7.28  |

| Posn | Num | Name              | Club                          | Final | Perf |
|------|-----|-------------------|-------------------------------|-------|------|
| 1    | 34  | Jordan Huggins    | Enfield & Haringey AC         |       | 6.79 |
| 2    | 5   | James Alaka       | Blackheath & Bromley Harriers |       | 6.81 |
| 3    | 35  | Antonio Infantino | Enfield & Haringey AC         |       | 6.87 |
| 4    | 198 | Nigel Levine      | Windsor, Slough, Eton & H.AC  |       | 6.89 |
| 5    | 10  | Eugene Ayanful    | Woodford Green w Essex L      |       | 6.92 |
| 6    | 26  | Junior Ejehu      | Harrow AC                     |       | 7.05 |

#### Under 20 Men 200 Metres (b)

CBP D.Telfer-James Enfield & Haringey AC 2007 21.95

| Posn | Num | Name             | Club                           | Heat | Perf   |
|------|-----|------------------|--------------------------------|------|--------|
| 1    | 5   | James Alaka      | Blackheath & Bromley Harriers  | 1    | 22.81Q |
| 2    | 64  | Matthew Harrison | Basildon AC                    | 1    | 23.49Q |
| 3    | 52  | Liam Sneath      | Team Kennet Triathlon AC       | 1    | 24.33  |
| 4    | 60  | Daniel Bunting   | Enfield & Haringey AC          | 1    | 24.74  |
| 5    | 70  | Andrius Stulga   | Newham & Essex Beagles AC      | 1    | 25.73  |
|      | 44  | Alexander Ojo    | Ealing Southall & Middlesex AC | 1    | DNS    |

| Posn | Num | Name                | Club                     | Heat | Perf   |
|------|-----|---------------------|--------------------------|------|--------|
| 1    | 71  | Danny Talbot        | St Augustines School     | 2    | 22.71Q |
| 2    | 72  | Lawrence Wooldridge | Tonbridge AC             | 2    | 23.10Q |
| 3    | 11  | Moses Bano          | Harrow & Weald College   | 2    | 23.30q |
| 4    | 25  | Anthony Dockery     | Herne Hill Harriers      | 2    | 23.32q |
| 5    | 56  | Maurice Walker      | Stanmore College         | 2    | 24.08  |
| 6    | 63  | James Godden        | Cambridge & Coleridge AC | 2    | 25.36  |

| Posn | Num | Name           | Club                     | Heat | Perf   |
|------|-----|----------------|--------------------------|------|--------|
| 1    | 10  | Eugene Ayanful | Woodford Green w Essex L | 3    | 22.84Q |

|             |            |                 |                          |             |             |
|-------------|------------|-----------------|--------------------------|-------------|-------------|
| 2           | 65         | Markus Hunt     | Chelmsford AC            | 3           | 23.11Q      |
| 3           | 61         | Mark Dyble      | Basildon AC              | 3           | 24.05q      |
| 4           | 58         | George Baker    | Cambridge & Coleridge AC | 3           | 24.13       |
| 5           | 15         | Clement Boateng | Herne Hill Harriers      | 3           | 24.26       |
| <b>Posn</b> | <b>Num</b> | <b>Name</b>     | <b>Club</b>              | <b>Heat</b> | <b>Perf</b> |
| 1           | 68         | Tim Sayers      | Yeovil Olympiads AC      | 4           | 23.35Q      |
| 2           | 40         | Stefan Mitchell | Cambridge Harriers       | 4           | 23.49Q      |
| 3           | 37         | Lloyd King      | Thames Valley Harriers   | 4           | 23.74q      |
| 4           | 67         | Joshua Rowlands | Invicta East Kent AC     | 4           | 25.55       |
|             | 57         | Andre Wright    | Medway & Maidstone AC    | 4           | DQ          |

| <b>Posn</b> | <b>Num</b> | <b>Name</b>         | <b>Club</b>            | <b>SEMI<br/>FINAL</b> | <b>Perf</b> |
|-------------|------------|---------------------|------------------------|-----------------------|-------------|
| 1           | 71         | Danny Talbot        | St Augustines School   | 1                     | 22.54 Q     |
| 2           | 72         | Lawrence Wooldridge | Tonbridge AC           |                       | 22.92 Q     |
| 3           | 11         | Moses Bano          | Harrow & Weald College |                       | 23.16 Q     |
| 4           | 40         | Stefan Mitchell     | Cambridge Harriers     |                       | 23.34       |
| 5           | 68         | Tim Sayers          | Yeovil Olympiads AC    |                       | 23.46       |
|             | 61         | Mark Dyble          | Basildon AC            |                       | DNF         |

| <b>Posn</b> | <b>Num</b> | <b>Name</b>      | <b>Club</b>                   | <b>SEMI<br/>FINAL</b> | <b>Perf</b> |
|-------------|------------|------------------|-------------------------------|-----------------------|-------------|
| 1           | 5          | James Alaka      | Blackheath & Bromley Harriers | 2                     | 22.15 Q     |
| 2           | 10         | Eugene Ayanful   | Woodford Green w Essex L      |                       | 22.75 Q     |
| 3           | 65         | Markus Hunt      | Chelmsford AC                 |                       | 23.16 Q     |
| 4           | 64         | Matthew Harrison | Basildon AC                   |                       | 23.39       |
| 5           | 25         | Anthony Dockery  | Herne Hill Harriers           |                       | 23.41       |
| 6           | 37         | Lloyd King       | Thames Valley Harriers        |                       | 23.61       |

| <b>Posn</b> | <b>Num</b> | <b>Name</b>         | <b>Club</b>                   | <b>FINAL</b> | <b>Perf</b> |
|-------------|------------|---------------------|-------------------------------|--------------|-------------|
| 1           | 5          | James Alaka         | Blackheath & Bromley Harriers |              | 21.80 CBP   |
| 2           | 71         | Danny Talbot        | St Augustines School          |              | 22.40       |
| 3           | 10         | Eugene Ayanful      | Woodford Green w Essex L      |              | 22.65       |
| 4           | 72         | Lawrence Wooldridge | Tonbridge AC                  |              | 22.98       |
| 5           | 11         | Moses Bano          | Harrow & Weald College        |              | 23.05       |
| 6           | 65         | Markus Hunt         | Chelmsford AC                 |              | 23.28       |

#### Under 20 Men 400 Metres (b)

CBP T.Tomu Cambridge & Coleridge AC 2007 49.94

| <b>Posn</b> | <b>Num</b> | <b>Name</b>           | <b>Club</b>                   | <b>Heat</b> | <b>Perf</b> |
|-------------|------------|-----------------------|-------------------------------|-------------|-------------|
| 1           | 73         | Michael Baker         | Medway & Maidstone AC         | 1           | 50.27 Q     |
| 2           | 76         | James Moorcroft       | Team Kennet Triathlon AC      | 1           | 50.32 Q     |
| 3           | 54         | Gary Steventon        | Reading AC                    | 1           | 50.34 q     |
| 4           | 75         | Michael Fraser        | City of Norwich AC            | 1           | 51.88 q     |
| 5           | 74         | Alexander Blair       | Blackheath & Bromley Harriers | 1           | 53.30       |
| <b>Posn</b> | <b>Num</b> | <b>Name</b>           | <b>Club</b>                   | <b>Heat</b> | <b>Perf</b> |
| 1           | 79         | Richard Oppong-Konadu | Cambridge & Coleridge AC      | 2           | 51.53 Q     |
| 2           | 84         | Oweka Wanogho         | Croydon Harriers              | 2           | 52.90 Q     |
| 3           | 83         | Duncan Stevenson      | Basingstoke & Mid Hants AC    | 2           | 52.97       |
| 4           | 70         | Andrius Stulga        | Newham & Essex Beagles AC     | 2           | 58.90       |
|             | 78         | Patrick North         | Swindon Harriers              | 2           | DQ          |

| <b>Posn</b> | <b>Num</b> | <b>Name</b>           | <b>Club</b>              | <b>FINAL</b> | <b>Perf</b> |
|-------------|------------|-----------------------|--------------------------|--------------|-------------|
| 1           | 79         | Richard Oppong-Konadu | Cambridge & Coleridge AC |              | 50.44       |
| 2           | 73         | Michael Baker         | Medway & Maidstone AC    |              | 50.50       |

|   |    |                 |                          |       |
|---|----|-----------------|--------------------------|-------|
| 3 | 54 | Gary Steventon  | Reading AC               | 50.51 |
| 4 | 76 | James Moorcroft | Team Kennet Triathlon AC | 50.57 |
| 5 | 75 | Michael Fraser  | City of Norwich AC       | 51.80 |
| 6 | 84 | Oweka Wanogho   | Croydon Harriers         | 52.98 |

#### Under 20 Men 800 Metres (a)

CBP E.Aston Cambridge & Coleridge AC 2007 1.54.4

| Posn         | Num | Name            | Club                       | Heat 1        | Perf        |
|--------------|-----|-----------------|----------------------------|---------------|-------------|
| 1            | 95  | Rick Ward       | City of Norwich AC         |               | 2:01.91Q    |
| 2            | 76  | James Moorcroft | Team Kennet Triathlon AC   |               | 2:02.33Q    |
| 3            | 89  | Thomas Lewis    | Harrow AC                  |               | 2:03.73q    |
| 4            | 94  | Louis Walshe    | Herts Phoenix AC           |               | 2:04.99     |
|              |     |                 |                            | <b>Heat 2</b> | <b>Perf</b> |
| 1            | 91  | Omar Mansour    | Woodford Green w Essex L   |               | 2:01.49Q    |
| 2            | 88  | Oliver Heeks    | Orion Harriers             |               | 2:02.05Q    |
| 3            | 93  | Sam Poulton     | Stevenage & North Herts AC |               | 2:02.37q    |
| 4            | 92  | Samuel Miller   | Radley AC                  |               | 2:05.39     |
| <b>FINAL</b> |     |                 |                            |               |             |
| 1            | 95  | Rick Ward       | City of Norwich AC         |               | 1:56.23     |
| 2            | 91  | Omar Mansour    | Woodford Green w Essex L   |               | 1:56.75     |
| 3            | 88  | Oliver Heeks    | Orion Harriers             |               | 1:58.82     |
| 4            | 76  | James Moorcroft | Team Kennet Triathlon AC   |               | 2:00.22     |
| 5            | 93  | Sam Poulton     | Stevenage & North Herts AC |               | 2:01.14     |
| 6            | 89  | Thomas Lewis    | Harrow AC                  |               | 2:03.19     |

#### Under 20 Men 1,500 Metres (b)

CBP J.Fairclough Ashford AC 2007 4.17.44

| Posn | Num | Name             | Club                      | Heat | Perf           |
|------|-----|------------------|---------------------------|------|----------------|
| 1    | 95  | Rick Ward        | City of Norwich AC        |      | 4:04.55<br>CBP |
| 2    | 98  | Rhys Glastonbury | Radley AC                 |      | 4:06.90        |
| 3    | 86  | Shaun Collins    | Enfield & Haringey AC     |      | 4:06.92        |
| 4    | 96  | Tom Bowerman     | Aldershot Farnham & DAC   |      | 4:07.38        |
| 5    | 100 | Andrew Ridley    | West Suffolk AC           |      | 4:11.98        |
| 6    | 102 | Matthew Willmott | Marshall Milton Keynes AC |      | 4:13.05        |
| 7    | 89  | Thomas Lewis     | Harrow AC                 |      | 4:14.24        |
| 8    | 99  | Will Mycroft     | Cambridge & Coleridge AC  |      | 4:16.25        |
| 9    | 97  | Michael Cripps   | West Suffolk AC           |      | 4:20.78        |
| 10   | 101 | Jamie Walker     | Bexley AC                 |      | 4:25.80        |

#### Under 20 Men 60m Hurdles (a)

CBP A.James Enfield & Haringey AC 2007 8.17

| <b>Posn</b> | <b>Num</b> | <b>Name</b>          | <b>Club</b>                   | <b>Heat</b> | <b>Perf</b> |
|-------------|------------|----------------------|-------------------------------|-------------|-------------|
| 1           | 6          | Alex Al-Ameen        | Blackheath & Bromley Harriers |             | 8.17 =CBP   |
| 2           | 109        | Christopher Wakeford | Millfield School              |             | 8.45        |
| 3           | 108        | Zak Saucedo          | Enfield & Haringey AC         |             | 8.53        |
| 4           | 110        | Anthony Williams     | Havering Mayesbrook AC        |             | 8.74        |
| 5           | 105        | Lawrence Clarke      | Windsor S E & Hounslow        |             | 8.75        |
|             | 107        | Chris Pilling        | Lewes AC                      |             | DNF         |