

# SEAA Indoor Championships - Lee Valley Athletics Centre

## 17(a) and 18(b) January 2009

### Senior Men 60 Metres (b)

Posn	Num	Name	Club	Heat	Perf
		<b>CBP C.Pickering</b>	<b>Marshall Milton Keynes AC</b>	<b>2007</b>	<b>6.56</b>
1	77	Craig Pickering	Marshall Milton Keynes AC	1Q	6.71
2	61	Othroy Marsh	Harrow AC	1Q	6.95
3	64	Anthony McWilliams	Rugby & Northampton AC	1q	6.98
4	70	Shawn Mullix	St Mary's University College	1	7.26
5	4	Joe Appiah	Kent AC	1	7.39
6	28	Criag Cox	Crawley AC	1	7.51
1	85	Josh Swaray	Hillingdon AC	2Q	6.97
2	30	Daniel Davis	Woodford Green w Essex L	2Q	6.99
3	33	Danny Doyley	Blackheath & Bromley Harriers	2q	7.03
4	5	El-Houssine Azzaoui	Crawley AC	2	7.22
5	42	Lee Fulham	Worthing & District Harriers	2	7.25
6	83	Matthew Sinclair	Crawley AC	2	7.41
1	72	Akeem Ogunyemi	Enfield & Haringey AC	3Q	6.84
2	51	Mark Holloway	Windsor S E & Hounslow	3Q	6.96
3	26	Jason Comissiong	Thames Valley Harriers	3q	7.11
4	67	Chris Minn	Crawley AC	3	7.42
5	89	Chris Travis	Thurrock Harriers AC	3	7.49
1	32	Chris Dougherty	Thames Valley Harriers	4Q	6.97
2	94	Elijah Winn	Enfield & Haringey AC	4Q	6.97
3	75	Michael Otubambo	Enfield & Haringey AC	4	7.37
4	74	Adam Omisore	Bournemouth AC	4	7.39
5	57	Will MacGee	Team Southampton	4	7.40
6	13	Aaron Broderick	Kent AC	4	7.42
1	43	Justin Geohagen	Shaftesbury Barnet Harriers	5Q	6.97
2	56	Nigel Levine	Windsor S E & Hounslow	5Q	6.99
3	36	James Ellington	Belgrave Harriers	5q	7.03
4	40	James Folkes	Andover AC	5	7.20
5	91	Craig Walters	Reading AC	5	7.33
6	8	Rhys Bennett	Bournemouth AC	5	7.52
1	78	Rion Pierre	Windsor S E & Hounslow	6Q	6.89
2	14	Dwain Bromfield	Highgate Harriers	6Q	6.89
3	46	Darren Green	Luton AC	6q	6.97
4	90	Luke Wale	Reading AC	6q	7.10
5	62	Ricardo Martin	Kent AC	6	7.42
6	24	Owen Churton	Cambridge University AC	6	7.86
1	29	James Dasaolu	Croydon Harriers	7Q	6.75
2	84	Leroy Slue	Harrow AC	7Q	7.01
3	27	Rian Corbin	Reading AC	7	7.23
4	12	James Bridge	Ashford AC	7	7.28
5	1	Amin Ahmadnia	Cambridge University AC	7	7.35

6	31	Michael Donovan	Andover AC	7	7.71
1	50	Mark Hanson	Enfield & Haringey AC	8Q	7.06
2	19	Sean Buckeridge	Ealing Southall & Middlesex AC	8Q	7.11
3	38	Toleme Ezekiel	Victoria Park H & Tower H AC	8q	7.13
4	23	Shane Christie	Herne Hill Harriers	8	7.30
5	10	Jason-Louis Bernard	Kingston AC & Poly Harriers	8	7.50
dns	66	Monu Miah	Woodford Green w Essex L	8	
1	69	Ryan Moseley	Shaftesbury Barnet Harriers	9Q	6.79
2	22	James Christie	Thames Valley Harriers	9Q	6.92
3	11	Phillip Brickley	Reading AC	9q	7.02
4	86	Matthew Thomas	Newham & Essex Beagles AC	9	7.15
5	48	Marius Guei	Highgate Harriers	9	7.42
DQ	15	Nathan Brown	Victoria Park H & Tower H AC	9	
1	55	Jeffrey Lawal-Balogun	Kent AC	10Q	6.82
2	73	Idris Ojuriye	Herne Hill Harriers	10Q	6.93
3	20	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	10q	7.06
4	47	Justin Green	Kingston AC & Poly Harriers	10q	7.10
5	21	Gary Carr	Ashford AC	10q	7.11
6	49	Christopher Hamilton	Dacorum & Tring AC	10	7.49
1	63	Andrew Matthews	Windsor S E & Hounslow	11Q	6.90
2	17	Jonathan Browne	Kent AC	11Q	6.98
3	35	Paul Egboh	Kent AC	11q	7.13
4	45	Michael Grant	Bedford & County AC	11	7.25
5	96	Andre Young	Andover AC	11	7.41
1	9	Wade Bennett-Jackson	Belgrave Harriers	12Q	6.85
2	92	Matthew Wekpe	Kent AC	12Q	7.04
3	95	Joshua Wood	Harrow AC	12q	7.11
4	53	George Kenyon	Cambridge University AC	12	7.37
5	6	Aaron Balogun	Ilford AC	12	7.63
1	7	Leon Baptiste	Enfield & Haringey AC	13Q	6.81
2	93	Dean Wicks	Kent AC	13Q	6.99
3	3	James Alaka	Blackheath & Bromley Harriers	13q	7.02
4	18	Vinny Bruce	Luton AC	13q	7.09
5	80	Ben Richardson	Cambridge University AC	13q	7.09
<b>Second Round</b>					
1	77	Craig Pickering	Marshall Milton Keynes AC	1Q	6.68
2	14	Dwain Bromfield	Highgate Harriers	1Q	6.88
3	22	James Christie	Thames Valley Harriers	1q	6.90
4	3	James Alaka	Blackheath & Bromley Harriers	1	6.95
5	64	Anthony McWilliams	Rugby & Northampton AC	1	6.99
6	38	Toleme Ezekiel	Victoria Park H & Tower H AC	1	7.05
1	61	Othroy Marsh	Harrow AC	2Q	6.90
2	50	Mark Hanson	Enfield & Haringey AC	2Q	6.91
3	46	Darren Green	Luton AC	2	7.03
4	35	Paul Egboh	Kent AC	2	7.14
5	11	Phillip Brickley	Reading AC	2	7.14
6	29	James Dasaolu	Croydon Harriers	2	8.06

1	69	Ryan Moseley	Shaftesbury Barnet Harriers	3Q	6.77
2	43	Justin Geohagen	Shaftesbury Barnet Harriers	3Q	6.88
3	51	Mark Holloway	Windsor S E & Hounslow	3	6.94
4	33	Danny Doyley	Blackheath & Bromley Harriers	3	6.97
5	95	Joshua Wood	Harrow AC	3	7.04
6	92	Matthew Wekpe	Kent AC	3	7.04

1	94	Elijah Winn	Enfield & Haringey AC	4Q	6.83
2	7	Leon Baptiste	Enfield & Haringey AC	4Q	6.84
3	32	Chris Dougherty	Thames Valley Harriers	4q	6.90
4	36	James Ellington	Belgrave Harriers	4	6.99
5	19	Sean Buckeridge	Ealing Southall & Middlesex AC	4	7.15
6	21	Gary Carr	Ashford AC	4	7.21

1	55	Jeffrey Lawal-Balogun	Kent AC	5Q	6.75
2	85	Josh Swaray	Hillingdon AC	5Q	6.90
3	84	Leroy Slue	Harrow AC	5q	6.92
4	56	Nigel Levine	Windsor S E & Hounslow	5q	6.93
5	20	Abdul-Wahab Buhari	Victoria Park H & Tower H AC	5	7.05
6	26	Jason Comissiong	Thames Valley Harriers	5	7.09

1	63	Andrew Matthews	Windsor S E & Hounslow	6Q	6.76
2	72	Akeem Ogunyemi	Enfield & Haringey AC	6Q	6.81
3	90	Luke Wale	Reading AC	6	7.06
4	18	Vinny Bruce	Luton AC	6	7.14
DNF	73	Idris Ojuriye	Herne Hill Harriers	6	
DNS	93	Dean Wicks	Kent AC	6	

1	9	Wade Bennett-Jackson	Belgrave Harriers	7Q	6.82
2	30	Daniel Davis	Woodford Green w Essex L	7Q	6.94
3	17	Jonathan Browne	Kent AC	7	7.02
4	47	Justin Green	Kingston AC & Poly Harriers	7	7.10
5	80	Ben Richardson	Cambridge University AC	7	7.12
DNS	78	Rion Pierre	Windsor S E & Hounslow	7	

#### Semi-Finals

1	77	Craig Pickering	Marshall Milton Keynes AC	1Q	6.75
2	94	Elijah Winn	Enfield & Haringey AC	1Q	6.89
3	61	Othroy Marsh	Harrow AC	1	6.93
4	85	Josh Swaray	Hillingdon AC	1	6.94
5	50	Mark Hanson	Enfield & Haringey AC	1	6.94
6	56	Nigel Levine	Windsor S E & Hounslow	1	6.95

1	55	Jeffrey Lawal-Balogun	Kent AC	2Q	6.70
2	72	Akeem Ogunyemi	Enfield & Haringey AC	2Q	6.71
3	9	Wade Bennett-Jackson	Belgrave Harriers	2	6.88
4	30	Daniel Davis	Woodford Green w Essex L	2	6.94
5	84	Leroy Slue	Harrow AC	2	6.94
6	43	Justin Geohagen	Shaftesbury Barnet Harriers	2	6.95

1	69	Ryan Moseley	Shaftesbury Barnet Harriers	3Q	6.75
2	63	Andrew Matthews	Windsor S E & Hounslow	3Q	6.77
3	7	Leon Baptiste	Enfield & Haringey AC	3	6.83
4	14	Dwain Bromfield	Highgate Harriers	3	6.98

5	22	James Christie	Thames Valley Harriers	3	6.98
dns	32	Chris Dougherty	Thames Valley Harriers	3	

**FINAL**

1	69	Ryan Moseley	Shaftesbury Barnet Harriers		6.65
2	72	Akeem Ogunyemi	Enfield & Haringey AC		6.66
3	55	Jeffrey Lawal-Balogun	Kent AC		6.69
4	63	Andrew Matthews	Windsor S E & Hounslow		6.75
dns	94	Elijah Winn	Enfield & Haringey AC		
dns	77	Craig Pickering	Marshall Milton Keynes AC		

**Senior Men 200 Metres (a)**

<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>
<i>CBP R.Fifton Victoria Park H &amp; Tower H AC 2007 21.19</i>					
Heat 1					
1	7	Leon Baptiste	Enfield & Haringey AC		21.70 Q
2	108	Patrick North	Swindon Harriers		22.92 Q
3	109	Louis Sellers	Basingstoke & Mid Hants AC		23.00 Q
4	70	Shawn Mullix	St Mary's University College		23.07 q
5	117	Lawrence Wooldridge	Kent AC		23.14 q
6	13	Aaron Broderick	Kent AC		24.23
Heat 2					
1	113	Andy Turner	Sale Harriers		21.84 Q
2	115	Conrad Williams	Kent AC		22.17 Q
3	5	El-Houssine Azzaoui	Crawley AC		22.92 Q
4	98	Kelvin Callender	Newbury AC		23.77
5	102	Alex Fields	Bristol & West AC		24.00
6	97	Dan Brooker	Brighton & Hove City AC		24.04
Heat 3					
1	103	Edward Harrison	Blackheath & Bromley Harriers		22.85 Q
2	114	Christopher Wakeford	Tonbridge AC		23.41 Q
3	101	Nick Duggan	Crawley AC		24.13 Q
4	106	David Maris	Marshall Milton Keynes AC		24.62
5	31	Michael Donovan	Andover AC		25.35
	55	Jeffrey Lawal-Balogun	Kent AC		DNF
Heat 4					
1	78	Rion Pierre	Windsor S E & Hounslow		22.34 Q
2	111	Ryan Thomas	Belgrave Harriers		22.70 Q
3	116	Darren Wollen	Croydon Harriers		23.43 Q
4	21	Gary Carr	Ashford AC		23.74
5	99	Venwshka Condegama	Brighton & Hove City AC		24.31
6	16	John Browne	Southend on Sea AC		26.24
Heat 5					
1	17	Jonathan Browne	Kent AC		22.12 Q
2	36	James Ellington	Belgrave Harriers		22.34 Q
3	6	Aaron Balogun	Ilford AC		22.48 Q
4	107	James Moorcroft	Team Kennet Triathlon AC		23 47
5	67	Chris Minn	Crawley AC		23.84
Heat 6					
1	105	Nick Leavey	Brunel University AC		22.25 Q
2	100	Phil Doorgachurn	Cardiff AAC		22.66 Q
3	83	Matthew Sinclair	Crawley AC		23.07 Q
4	10	Jason-Louis Bernard	Kingston AC & Poly Harriers		23.35 q
5	24	Owen Churton	Cambridge University AC		25.44
Heat 7					

1	3	James Alaka	Blackheath & Bromley Harriers	22.30 Q
2	12	James Bridge	Ashford AC	23.44 Q
3	58	Sam Malekout	Iford AC	23.96 Q
4	71	Philip Octave	Shaftesbury Barnet Harriers	24.04
5	28	Criag Cox	Crawley AC	24.48

### Senior Men 200 Metres (a)

<b>CBP</b>	<b>R.Fifton</b>	<b>Victoria Park H &amp; Tower H AC</b>	<b>2007</b>	<b>21.19</b>
Posn	Num	Name	Club	Heat Perf
Semi Final 1				
1	7	Leon Baptiste	Enfield & Haringey AC	21.73Q
2	115	Conrad Williams	Kent AC	22.01q
3	5	El-Houssine Azzaoui	Crawley AC	22.71
4	108	Patrick North	Swindon Harriers	22.91
5	10	Jason-Louis Bernard	Kingston AC & Poly Harriers	23.44
	101	Nick Duggan	Crawley AC	DNF
Semi Final 2				
1	113	Andy Turner	Sale	21.51Q
2	3	James Alaka	Blackheath & Bromley Harriers	22.02q
3	109	Louis Sellers	Basingstoke & Mid Hants AC	22.63
4	117	Lawrence Wooldridge	Kent AC	23.36
5	116	Darren Wollen	Croydon Harriers	23.36
6	114	Christopher Wakeford	Tonbridge AC	23.80
Semi Final 3				
1	105	Nick Leavey	Brunel University AC	22.10Q
2	6	Aaron Balogun	Iford AC	22.52
3	12	James Bridge	Ashford AC	22.76
4	103	Edward Harrison	Blackheath & Bromley Harriers	22.90
5	70	Shawn Mullix	St Mary's University College	23.09
	111	Ryan Thomas	Belgrave Harriers	DNF
Semi Final 4				
1	78	Rion Pierre	Windsor S E & Hounslow	21.79Q
2	36	James Ellington	Belgrave Harriers	22.09
3	17	Jonathan Browne	Kent AC	22.09
4	100	Phil Doorgachurn	Cardiff AAC	22.70
5	83	Matthew Sinclair	Crawley AC	23.16
6	58	Sam Malekout	Iford AC	23.80

### Senior Men 200 Metres (a)

<b>CBP</b>	<b>R.Fifton</b>	<b>Victoria Park H &amp; Tower H AC</b>	<b>2007</b>	<b>21.19</b>
Posn	Num	Name	Club	final Perf
Final				
1	7	Leon Baptiste	Enfield & Haringey AC	21.19=CBP
2	113	Andy Turner	Sale	21.49
3	115	Conrad Williams	Kent AC	21.93
4	105	Nick Leavey	Brunel University AC	21.97
5	3	James Alaka	Blackheath & Bromley Harriers	22.01
	78	Rion Pierre	Windsor S E & Hounslow	DNF

### Senior Men 1,500 Metres (b)

<b>CBP</b>	<b>P.Bridger</b>	<b>Luton AC</b>	<b>2008</b>	<b>3.50.9</b>
Posn	Num	Name	Club	Heat Perf

1	124	Daniel Clorley	Luton AC	1Q	4;07.23
2	134	Tom Penfold	Birchfield Harriers	1Q	4;07.87
3	191	Mark Sandford	Basildon AC	1Q	4;08.29
4	126	Fabian Downs	Chiltern Harriers AC	1	4;08.98
5	192	Guy Amos	City of Norwich AC	1	4;10.66
6	121	David Boyce	Brighton & Hove City AC	1	4;12.82
7	141	Mark Woodley	Chelmsford AC	1	4;17.67
8	107	James Moorcroft	Team Kennet Triathlon AC	1	4;18.19
9	135	Colin Ridley	West Suffolk AC	1	4;31.01

1	122	Peter Bridger	Luton AC	2Q	4;01.26
2	139	Rick Ward	City of Norwich AC	2Q	4;01.79
3	128	Hussain Jama	Ealing Southall & Middlesex AC	2Q	4;02.83
4	123	Ross Clarke	Basildon AC	2q	4;04.76
5	127	Christopher Hearn	Marshall Milton Keynes AC	2q	4;07.01
6	133	Russell Osborn	Team Southampton	2q	4;08.44
7	136	Daniel Ryan	Blackheath & Bromley Harriers	2	4;15.34
8	119	Martin Bateman	Hillingdon AC	2	4;15.92
9	130	Andrew Magnall	Shaftesbury Barnet Harriers	2	4.30.49
10	131	David Mason	Belgrave Harriers	2	4;41.54
	132	David McKinlay	Blackheath & Bromley Harriers	2	DNS

### Final

1	122	Peter Bridger	Luton AC	3:56.17
2	134	Tom Penfold	Birchfield Harriers	3:57.39
3	124	Daniel Clorley	Luton AC	3:58.06
4	123	Ross Clarke	Basildon AC	3:58.50
5	139	Rick Ward	City of Norwich AC	4:00.40
6	128	Hussain Jama	Ealing Southall & Middlesex AC	4:01.21
7	191	Mark Sandford	Basildon AC	4:02.36
8	133	Russell Osborn	Team Southampton	4:08.40
	127	Christopher Hearn	Marshall Milton Keynes AC	DNF

### Senior Men 60m Hurdles (a)

**CBP R.Alleyne** **Woodford Green w Essex L** **2008** **7.82**

Heat 1					
Posn	Num	Name	Club	Heat	Perf
1	143	Richard Alleyne	Woodford Green w Essex L		7.89 Q
2	144	Lawrence Clarke	Windsor S E & Hounslow		8.17 Q
3	80	Ben Richardson	Cambridge University AC		8.20 q
4	145	Ryan Dinham	Belgrave Harriers		8.47
5	4	Joe Appiah	Kent AC		8.61
6	148	Richard Knape	Team Kennet Triathlon AC		9.27
Heat 2					
1	146	Nick Gayle	Sale Harriers		7.99 Q
2	149	Callum Priestley	Birchfield Harriers		8.00 Q
3	30	Daniel Davis	Woodford Green w Essex L		8.03 q
4	142	Alex Al-Ameen	Middlesex University		8.21
5	147	Aaron James	Enfield & Haringey AC		8.40
6	114	Christopher Wakeford	Tonbridge AC		8.43

### Senior Men 60m Hurdles (a)

**CBP R.Alleyne** **Woodford Green w Essex L** **2008** **7.82**

Final					
Posn	Num	Name	Club	Heat	Perf
1	143	Richard Alleyne	Woodford Green w Essex L		7.90
2	149	Callum Priestley	Birchfield Harriers		7.95
3	146	Nick Gayle	Sale Harriers		7.96
4	30	Daniel Davis	Woodford Green w Essex L		8.08
5	144	Lawrence Clarke	Windsor S E & Hounslow		8.12
6	80	Ben Richardson	Cambridge University AC		8.23