

# SEAA Senior Championships - Julie Rose Stadium, Ashford

## 18(a)/19(b) June 2005

### Senior Men 100 Metres (a)

T5

CBP J.Livingstone

Shaftesbury Barnet Harriers

1992

10.09

#### Heat 1

w/s -0.8

Posn	Num	Name	Club	Heat	Perf
1	9	Leon Baptiste	Enfield & Haringey AC	Q	10.84
2	23	Christopher Dougherty	Thames Valley Harriers	Q	10.89
3	71	Joshua Wood	Harrow AC	Q	11.02
4	10	Josh Baxter	Reading AC		11.21
5	61	David Swift	Newton Abbot AC		11.23
6	7	Alexander Animashaun	University of Bath AC		11.28
7	65	Tom Waiting	Dacorum & Tring AC		11.37

#### Heat 2

w/s -0.8

Posn	Num	Name	Club	Heat	Perf
1	25	James Ellington	Belgrave Harriers	Q	10.91
2	39	Andrew Mensah	Shaftesbury Barnet Harriers	Q	11.04
3	66	Matthew Walker	Enfield & Haringey AC	Q	11.07
4	1	Isaiah Adekanmbi	Enfield & Haringey AC		11.21
5	52	William Pobie	Woodford Green w Essex L		11.30
6	4	Michael-Taiwo Akintunde	Enfield & Haringey AC		11.50
DNS	54	Richard Reader	Cambridge University AC		

#### Heat 3

w/s -1.8

Posn	Num	Name	Club	Heat	Perf
1	11	Graham Beasley	Belgrave Harriers	Q	10.87
2	60	Terence Stamp	Newham & Essex Beagles AC	Q	10.95
3	37	Keith Marle	Enfield & Haringey AC	Q	11.06
4	16	Jonathan Browne	Kent AC		11.19
5	2	Kwadjo Adjepong	Belgrave Harriers		11.37
6	28	Ryan Freckleton	Luton University		11.64
7	49	Michael Otubambo	Enfield & Haringey AC		11.73

#### Heat 4

w/s +0.0

Posn	Num	Name	Club	Heat	Perf
1	24	Gavin Eastman	Enfield & Haringey AC	Q	10.90
2	62	Aidan Syers	Newham & Essex Beagles AC	Q	10.96
3	56	Matthew Russell	Havering Mayesbrook AC	Q	11.02
4	40	Lawrence Mensah	Herne Hill Harriers	q.	11.14
5	44	Victor Nwagbara	Kingston AC & Poly Harriers		11.16
6	59	Steven Small	Bournemouth AC		11.22
7	43	Andre Nembhard	Kingston AC & Poly Harriers		11.31
8	38	Daniel May	Epsom & Ewell Harriers		11.55

<b>Heat 5</b>					<b>w/s -1.1</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	27	Rikki Fifton	Victoria Park H & Tower H AC	Q	10.68	
2	63	Josephus Thomas	Woodford Green w Essex L	Q	10.85	
3	35	Ousman Jatta	Newham & Essex Beagles AC	Q	10.88	
4	50	Rion Pierre	Windsor S E & Hounslow	q.	11.01	
5	26	Ben Ellis	Winchester & District AC	q.	11.07	
6	22	Darren Constable	Harrow AC		11.48	
7	13	Jeff Bond	Windsor S E & Hounslow		11.65	
8	8	Robert Ashlsey	Ealing Southall & Middlesex AC		12.00	

<b>Heat 6</b>					<b>w/s -0.8</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	42	Ryan Moseley	Shaftesbury Barnet Harriers	Q	10.93	
2	21	Fabian Collymore	Blackheath & Bromley Harriers	Q	11.04	
3	70	Elijah Winn	Enfield & Haringey AC	Q	11.11	
4	6	Rafael Alleyne	City of Sheffield AC		11.18	
5	69	Gary Wilson	Belgrave Harriers		11.40	
6	48	Idris Ojuriye	Herne Hill Harriers		11.46	
7	12	Thomas Berry	Team Southampton		11.76	
8	17	Lincoln Campbell	Kent AC		11.80	

<b>Heat 7</b>					<b>w/s +2.6</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	18	Gary Carr	Ashford AC	Q	10.97	
2	32	Mark Hanson	Enfield & Haringey AC	Q	11.04	
3	31	Jason Greenidge	Woodford Green w Essex L	Q	11.10	
4	3	Adekunle Adesoji	Newham & Essex Beagles AC		11.26	
5	57	John Skeete	Harrow AC		11.37	
6	20	Mark Collins	Luton AC		11.69	
7	46	Micah Oboh	Windsor S E & Hounslow		11.75	
8	41	Kieran Millar	Cambridge University AC		11.81	

**Senior Men 100 Metres (a)**

*CBP J.Livingstone*                      *Shaftesbury Barnet Harriers*                      *1992*                      **T11**  
*10.09*

**2nd Rd**

<b>Heat 1</b>					<b>w/s -1.5</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	27	Rikki Fifton	Victoria Park H & Tower H AC	Q	10.57	
2	42	Ryan Moseley	Shaftesbury Barnet Harriers	Q	10.75	
3	66	Matthew Walker	Enfield & Haringey AC		10.88	
4	18	Gary Carr	Ashford AC		10.91	
5	21	Fabian Collymore	Blackheath & Bromley Harriers		10.95	
6	37	Keith Marle	Enfield & Haringey AC		10.97	
7	32	Mark Hanson	Enfield & Haringey AC		11.00	
8	40	Lawrence Mensah	Herne Hill Harriers		11.21	

<b>Heat 2</b>				<b>w/s -0.3</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>
1	9	Leon Baptiste	Enfield & Haringey AC	Q	10.64
2	26	Ben Ellis	Winchester & District AC	Q	10.73
3	63	Josephus Thomas	Woodford Green w Essex L	q.	10.75
4	25	James Ellington	Belgrave Harriers	q.	10.75
5	62	Aidan Syers	Newham & Essex Beagles AC		10.86
6	39	Andrew Mensah	Shaftesbury Barnet Harriers		10.89
7	31	Jason Greenidge	Woodford Green w Essex L		11.02
8	71	Joshua Wood	Harrow AC		11.11

<b>Heat 3</b>				<b>w/s +0.0</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>
1	24	Gavin Eastman	Enfield & Haringey AC	Q	10.68
2	11	Graham Beasley	Belgrave Harriers	Q	10.71
3	35	Ousman Jatta	Newham & Essex Beagles AC		10.80
4	60	Terence Stamp	Newham & Essex Beagles AC		10.83
5	50	Rion Pierre	Windsor S E & Hounslow		10.88
6	23	Christopher Dougherty	Thames Valley Harriers		10.92
7	70	Elijah Winn	Enfield & Haringey AC		11.06
DNS	56	Matthew Russell	Havering Mayesbrook AC		

#### **Senior Men 100 Metres (a)**

*CBP J.Livingstone*                      *Shaftesbury Barnet Harriers*                      *1992*                      **T11**  
10.09

<b>Final</b>				<b>w/s +1.8</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Final</b>	<b>Perf</b>
1	42	Ryan Moseley	Shaftesbury Barnet Harriers		10.44
2	11	Graham Beasley	Belgrave Harriers		10.48
3	27	Rikki Fifton	Victoria Park H & Tower H AC		10.50
4	9	Leon Baptiste	Enfield & Haringey AC		10.53
5	24	Gavin Eastman	Enfield & Haringey AC		10.57
6	26	Ben Ellis	Winchester & District AC		10.59
7	25	James Ellington	Belgrave Harriers		10.61
8	63	Josephus Thomas	Woodford Green w Essex L		10.63

#### **Senior Men 200 Metres (b)**

*CBP L.Christie*                      *Thames Valley Harriers*                      *1992*                      **T20**  
20.71

<b>Heat 1</b>				<b>w/s -0.9</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>
1	23	Rikki Fifton	Victoria Park H & Tower H AC	Q	21.97
2	32	Nick Leavey	Thames Valley Harriers	Q	22.35
3	30	Mark Holloway	Windsor S E & Hounslow	Q	22.63
4	3	Michael-Taiwo Akintunde	Enfield & Haringey AC	q.	22.73
5	6	Samuel Baptiste	Newham & Essex Beagles AC		23.22
6	35	Daniel May	Epsom & Ewell Harriers		23.41
7	10	Jeff Bond	Windsor S E & Hounslow		23.62

<b>Heat 2</b>					<b>w/s -2.6</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	21	James Ellington	Belgrave Harriers	Q	21.93	
2	2	Adekumle Adesoji	Newham & Essex Beagles AC	Q	22.65	
3	7	Matt Barclay	Crawley AC	Q	22.91	
4	4	Alexander Animashaun	University of Bath AC		22.92	
5	46	Christopher Pink	Medway & Maidstone AC		23.29	
6	44	Andy Parker	Sale Harriers		23.94	
7	55	Richard Twine	Bath University		24.18	

<b>Heat 3</b>					<b>w/s -1.4</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	58	Colin Wilson	Woodford Green w Essex L	Q	22.13	
2	22	Ben Ellis	Winchester & District AC	Q	22.32	
3	52	Peter Stafford	University of Wales Institute	Q	22.82	
4	27	Jason Greenidge	Woodford Green w Essex L		22.86	
5	20	Paul Egboh	Kent AC		22.88	
DNS	12	Jonathan Browne	Kent AC			

<b>Heat 4</b>					<b>w/s -2.2</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	51	Leroy Slue Jnr	Harrow AC	Q	22.25	
2	26	Leighton Green	Thames Valley Harriers	Q	22.28	
3	16	Tawanda Chiwira	Blackheath & Bromley Harriers	Q	22.36	
4	39	Victor Nwagbara	Kingston AC & Poly Harriers	q.	22.40	
5	28	Mark Hanson	Enfield & Haringey AC	q.	22.61	
6	33	Will MacGee	Team Southampton	q.	22.64	
7	18	Darren Constable	Harrow AC		23.15	

**Senior Men 200 Metres (b)**

CBP L.Christie Thames Valley Harriers 1992 T27 20.71

<b>S/F 1</b>					<b>w/s -1.7</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	21	James Ellington	Belgrave Harriers	Q	21.55	
2	51	Leroy Slue Jnr	Harrow AC	Q	22.08	
3	16	Tawanda Chiwira	Blackheath & Bromley Harriers	Q	22.09	
4	26	Leighton Green	Thames Valley Harriers	Q	22.12	
5	39	Victor Nwagbara	Kingston AC & Poly Harriers		22.32	
6	2	Adekumle Adesoji	Newham & Essex Beagles AC		22.45	
7	3	Michael-Taiwo Akintunde	Enfield & Haringey AC		22.48	
8	7	Matt Barclay	Crawley AC		22.49	

<b>S/F 2</b>					<b>w/s -1.1</b>	
<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>	
1	23	Rikki Fifton	Victoria Park H & Tower H AC		21.47	
2	22	Ben Ellis	Winchester & District AC		21.63	
3	58	Colin Wilson	Woodford Green w Essex L		22.03	
4	32	Nick Leavey	Thames Valley Harriers		22.17	
5	28	Mark Hanson	Enfield & Haringey AC		22.36	
6	33	Will MacGee	Team Southampton		22.70	
7	52	Peter Stafford	University of Wales Institute		23.14	
DNS	30	Mark Holloway	Windsor S E & Hounslow			

**Senior Men 200 Metres (b)**

CBP L.Christie

Thames Valley Harriers

1992

**T35**

20.71

Final					w/s -1.2
Posn	Num	Name	Club	Heat	Perf
1	23	Rikki Fifton	Victoria Park H & Tower H AC		21.20
2	22	Ben Ellis	Winchester & District AC		21.44
3	21	James Ellington	Belgrave Harriers		21.45
4	58	Colin Wilson	Woodford Green w Essex L		21.75
5	51	Leroy Slue Jnr	Harrow AC		21.78
6	32	Nick Leavey	Thames Valley Harriers		21.91
7	26	Leighton Green	Thames Valley Harriers		22.28
DNS	16	Tawanda Chiwira	Blackheath & Bromley Harriers		

**Senior Men 400 Metres (a)**

CBP A.Mafe

London Irish AC

1992

**T13**

45.81

**Heat 1**

Posn	Num	Name	Club	Heat	Perf
1	20	Mark Hylton	Windsor S E & Hounslow	Q	49.05
2	7	Mark Berridge	Basingstoke & Mid Hants AC	Q	49.97
3	31	Nengi Ossai	Shaftesbury Barnet Harriers	Q	50.33
4	46	Paul Yarham	Team Southampton	q.	50.99
5	12	Rohan Dyer	Enfield & Haringey AC		52.55
6	2	David Awde	Andover AC		53.53
7	23	Phill Lacey	Walton AC		56.49

**Heat 2**

Posn	Num	Name	Club	Heat	Perf
1	43	Conrad Williams	Kent AC	Q	48.37
2	34	David Pratt	Bedford & County AC	Q	50.17
3	25	Nigel Lowther	Medway & Maidstone AC	Q	50.31
4	44	Simon Williams	Windsor S E & Hounslow	q.	50.77
5	41	Richard Twine	Bath University		51.58
6	17	Kurtis Greenaway	Enfield & Haringey AC		52.78

**Heat 3**

Posn	Num	Name	Club	Heat	Perf
1	10	Adam Charlton	Huntingdonshire AC	Q	49.00
2	6	Andrew Bennett	Belgrave Harriers	Q	49.13
3	1	Ian Allerton	Blackheath & Bromley Harriers	Q	49.62
4	4	Samuel Baptiste	Newham & Essex Beagles AC	q.	51.29
5	32	Andy Parker	Sale Harriers		51.93
6	35	Daniel Scurrall	Ipswich Harriers		52.67

**Heat 4**

Posn	Num	Name	Club	Heat	Perf
1	42	Adam Vittozzi	Windsor S E & Hounslow	Q	49.91
2	19	Benjamin Higgins	Ipswich Harriers	Q	50.85
3	11	Simon Ciaravella	Team Southampton	Q	51.25
4	36	Greg Smith	Highgate Harriers	q.	51.32
5	33	Matt Peel	Crawley AC		51.75
6	14	James Fox	Worthing & District Harriers		51.86

**Senior Men 400 Metres (a)**

CBP A.Mafe

London Irish AC

1992

**T37**

45.81

**S/F 1**

Posn	Num	Name	Club	Heat	Perf
1	43	Conrad Williams	Kent AC	Q	47.26
2	19	Benjamin Higgins	Ipswich Harriers	Q	48.64
3	42	Adam Vittozzi	Windsor S E & Hounslow	Q	48.80
4	1	Ian Allerton	Blackheath & Bromley Harriers	Q	49.37
5	11	Simon Ciaravella	Team Southampton		50.80
6	44	Simon Williams	Windsor S E & Hounslow		51.19
7	36	Greg Smith	Highgate Harriers		52.44
DNF	6	Andrew Bennett	Belgrave Harriers		

**S/F 2**

Posn	Num	Name	Club	Heat	Perf
1	10	Adam Charlton	Huntingdonshire AC	Q	47.05
2	20	Mark Hylton	Windsor S E & Hounslow	Q	47.06
3	7	Mark Berridge	Basingstoke & Mid Hants AC	Q	48.49
4	31	Nengi Ossai	Shaftesbury Barnet Harriers	Q	50.06
5	25	Nigel Lowther	Medway & Maidstone AC		50.12
6	4	Samuel Baptiste	Newham & Essex Beagles AC		50.37
7	34	David Pratt	Bedford & County AC		50.49
8	46	Paul Yarham	Team Southampton		50.57

**Senior Men 400 Metres (b)**

CBP A.Mafe

London Irish AC

1992

45.81

**Final**

Posn	Num	Name	Club	Heat	Perf
1	43	Conrad Williams	Kent AC		47.06
2	20	Mark Hylton	Windsor S E & Hounslow		47.07
3	42	Adam Vittozzi	Windsor S E & Hounslow		47.87
4	10	Adam Charlton	Huntingdonshire AC		48.02
5	7	Mark Berridge	Basingstoke & Mid Hants AC		48.03
6	1	Ian Allerton	Blackheath & Bromley Harriers		49.97
7	31	Nengi Ossai	Shaftesbury Barnet Harriers		50.43
DNS	19	Benjamin Higgins	Ipswich Harriers		

**T37****Senior Men 800 Metres (a)**

CBP A.Lill

Newham &amp; Essex Beagles AC

1992

**T4**

1.46.84

**Heat 1**

Posn	Num	Name	Club	Heat	Perf
1	58	Matthew Carlisle	Enfield & Haringey AC	Q	1:58.75
2	65	Danny Crates	Thurrock Harriers AC		1:59.03
3	79	Alex Pritchard	Winchester & District AC		1:59.29
4	78	Russell Osborn	Team Southampton		2:00.00
5	63	Paul Couldridge	Windsor S E & Hounslow		2:00.68
6	51	Ian Barrett	Crawley AC		2:00.93
DNF	52	Tim Bayley	Belgrave Harriers		

**Heat 2**

Posn	Num	Name	Club	Heat	Perf
1	50	Timothy Alexander	Medway & Maidstone AC	Q	1:53.18
2	56	Alex Budd	City of Portsmouth AC	q.	1:53.20
3	70	Ian Hough	City of Sheffield AC		1:55.22
4	84	Robert Smith	Thames Valley Harriers		1:57.20
5	57	Rory Campbell	Highgate Harriers		1:58.25
6	61	Timothy Coates	Channel Islands AC		1:58.78
7	83	James Scarth	Bracknell AC		1:59.29
DNF	74	Gavin Lawrence	Reigate Priory AC		

**Heat 3**

Posn	Num	Name	Club	Heat	Perf
1	80	Dave Ragan	Basingstoke & Mid Hants AC	Q	1:54.77
2	87	Scott Sterling	Basildon AC		1:55.34
3	59	Laurence Chandy	Thames Valley Harriers		1:57.43
4	76	Mark Murison	Dartford Harriers AC		1:57.50
5	69	David Harmer	Medway & Maidstone AC		2:01.62
6	75	Robbie McIntyre	Croydon Harriers		2:03.85
7	67	Terry Feasey	Basingstoke & Mid Hants AC		2:05.32
DNF	88	Robert Wilkins	Windsor S E & Hounslow		

**Heat 4**

Posn	Num	Name	Club	Heat	Perf
1	54	Chris Bolt	Aldershot Farnham & DAC	Q	1:51.70
2	66	Patrick Davis	Highgate Harriers	q.	1:51.79
3	71	Paul Laslett	Aldershot Farnham & DAC	q.	1:52.51
4	82	Simon Rusbridge	Exeter Harriers	q.	1:55.10
5	60	Richard Clayton	Crawley AC		1:56.02
6	55	David Boyce	Brighton & Hove City AC		2:03.68
7	77	Thomas O'Loughlin	London Heathside Runners AC		2:04.69
8	81	Lee Reynolds	Herts Phoenix AC		2:05.74

**Senior Men 800 Metres (b)**

CBP A.Lill

Newham &amp; Essex Beagles AC 1992

**T30**

1.46.84

**Final**

Posn	Num	Name	Club	Final	Perf
1	54	Chris Bolt	Aldershot Farnham & DAC		1:52.97
2	80	Dave Ragan	Basingstoke & Mid Hants AC		1:53.52
3	66	Patrick Davis	Highgate Harriers		1:53.62
4	50	Timothy Alexander	Medway & Maidstone AC		1:54.05
5	71	Paul Laslett	Aldershot Farnham & DAC		1:54.38
6	56	Alex Budd	City of Portsmouth AC		1:59.08
DNS	58	Matthew Carlisle	Enfield & Haringey AC		
DNS	82	Simon Rusbridge	Exeter Harriers		

**Senior Men 1,500 Metres (a)**

CBP S.Ovett

Phoenix AC

1985

**T9**

3.38.51

**Heat1**

Posn	Num	Name	Club	Heat	Perf
1	40	Tom Snow	Woodford Green w Essex L	Q	3:52.91
2	10	Lee Bowron	Ealing Southall & Middlesex AC	Q	3:53.49
3	5	Frank Baddick	North Devon AC	Q	3:53.79
4	39	Mark Sanford	Basildon AC	q.	3:55.03
5	38	Andrew Rayner	Blackheath & Bromley Harriers	q.	3:55.72
6	12	Peter Bridger	Luton AC	q.	3:56.92
7	13	Matthew Bristow	Brighton & Hove City AC		4:01.57
8	46	Ben Warren	Hailsham Harriers		4:03.30
9	11	Bryan Brett	Brighton & Hove City AC		4:03.83
10	20	David Fewell	Chelmsford AC		4:06.74
11	14	Michael Claff	Blackheath & Bromley Harriers		4:09.17

**Heat 2**

Posn	Num	Name	Club	Heat	Perf
1	42	Phillip Tulba	Basingstoke & Mid Hants AC	Q	4:00.81
2	2	Mathew Ashton	Aldershot Farnham & DAC	Q	4:00.91
3	37	Ben Paviour	Serpentine RC	Q	4:01.77
4	41	Brian Stopher	Aldershot Farnham & DAC		4:02.75
5	7	Simon Beardsall	Dorking & Mole Valley AC		4:03.00
6	4	Chris Axe	Belgrave Harriers		4:04.76
7	30	Karl McCulloch	Aldershot Farnham & DAC		4:05.58
8	1	Ashley Allen	Peterborough AC		4:05.71
9	26	Iskander Ibrahim	London Heathside Runners AC		4:15.59
10	18	Tim Elsey	Dorking & Mole Valley AC		4:21.73
DNF	29	Gavin Maley	Havering Mayesbrook AC		

**Heat 3**

Posn	Num	Name	Club	Heat	Perf
1	6	Tim Bayley	Belgrave Harriers	Q	3:53.14
2	45	Richard Vint	Aldershot Farnham & DAC	Q	3:53.42
3	23	Alex Hodgkinson	Shaftesbury Barnet Harriers	Q	3:53.66
4	15	Laurence Cox	Aldershot Farnham & DAC	q.	3:53.75
5	17	Sean Dixon	London Heathside Runners AC	q.	3:55.24
6	8	Darrell Bellinger	Oxford City AC		3:57.80
7	25	John Hutchins	Basingstoke & Mid Hants AC		4:00.84
8	47	Andrew Welch	Ashford AC		4:02.26
9	35	Kevin Nasa	Belgrave Harriers		4:04.48
10	34	Rob Mullett	Lewes AC		4:09.26
11	44	Ian Vickery	Colchester & Tendring AC		4:11.08

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

CBP S.Ovett

Phoenix AC

1985

**T25**

3.38.51

**FINAL**

Posn	Num	Name	Club	Heat	Perf
1	6	Tim Bayley	Belgrave Harriers		3:50.92
2	39	Mark Sanford	Basildon AC		3:52.37
3	40	Tom Snow	Woodford Green w Essex L		3:52.74
4	45	Richard Vint	Aldershot Farnham & DAC		3:53.12
5	10	Lee Bowron	Ealing Southall & Middlesex AC		3:54.90
6	38	Andrew Rayner	Blackheath & Bromley Harriers		3:55.19
7	5	Frank Baddick	North Devon AC		3:55.57
8	2	Mathew Ashton	Aldershot Farnham & DAC		3:57.45
9	12	Peter Bridger	Luton AC		3:57.76
10	23	Alex Hodgkinson	Shaftesbury Barnet Harriers		3:58.74
11	42	Phillip Tulba	Basingstoke & Mid Hants AC		4:01.28
12	15	Laurence Cox	Aldershot Farnham & DAC		4:03.56
13	17	Sean Dixon	London Heathside Runners AC		4:03.90
14	37	Ben Paviour	Serpentine RC		4:06.17

**Senior Men 5000 Metres (b)**

CBP G.Minty

Thames Valley Harriers

1972

**T22**

13.38.0

**FINAL**

Posn	Num	Name	Club	Heat	Perf
1	79	Thomas Payn	Birchfield Harriers		14:38.01
2	67	Matthew Janes	Bedford & County AC		14:40.61
3	75	Ben Moreau	Aldershot Farnham & DAC		14:44.88
4	50	Nick Altman	Herne Hill Harriers		14:49.69
5	58	Daniel Dalmedo	Bedford & County AC		14:50.71
6	59	Henry Dodwell	Highgate Harriers		15:14.13
7	68	Louis Jones	Crawley AC		15:17.17
8	83	Gareth Suffling	Luton AC		15:25.21
9	73	Neil Miller	Bedford & County AC		15:26.56
10	70	Trevor Keys	Havering Mayesbrook AC		15:31.20
11	62	Richard Gamble	Barnet & District AC		15:36.27
12	81	Gareth Riddell	Basildon AC		15:38.31
13	72	John Lisiewicz	Morpeth Harriers		15:46.65
14	52	Dale Bickham	Highgate Harriers		15:47.28
15	84	James Sumpter	Thames Valley Harriers		15:53.90
16	65	Neil Heppel	Basildon AC		15:56.96
17	71	Richard Lee	Windsor S E & Hounslow		16:06.36
18	66	Jonathan Holmans	Canterbury Harriers		16:09.27
19	82	John Robertson	Ealing Southall & Middlesex AC		16:18.71
20	77	James Nunn	Billericay Striders		16:29.82
21	56	John Clarke	Belgrave Harriers		16:31.95
22	51	Richard Batchelor	Aldershot Farnham & DAC		16:37.46
23	69	Shay Joyce	Orion Harriers		17:00.68
24	87	Tatsuo Yoshiwara	Invicta East Kent AC		17:17.41
DNF	61	Deron Fagen	Herne Hill Harriers		
DNF	76	Alister Moses	Reigate Priory AC		
DNF	85	Philip Wicks	Belgrave Harriers		
DNF	86	Peter Willis	Belgrave Harriers		

**Senior Men 110 Metres Hurdles (b)**

CBP H.Teape Borough of Enfield Harriers 1990 T23 13.71

**FINAL**

Posn	Num	Name	Club	Heat	Perf	w/s -2.9
1	81	Tristan Anthony	Enfield & Haringey AC		14.47	
2	80	Richard Alleyne	Woodford Green w Essex L		14.93	
3	82	Tom Carey	Shaftesbury Barnet Harriers		15.10	
4	88	Charles Akpabio	Woodford Green w Essex L		15.29	
5	83	Michael Dyer	Reading AC		15.39	
6	86	Simon Wombwell	Herts Phoenix AC		15.78	
7	85	Martin Ohrland	Chelmsford AC		15.93	
8	84	Chris Minn	Crawley AC		16.77	

**Senior Men 400 Metres Hurdles (a)**

CBP M.Robertson Wolverhampton & Bilston AC 1986 T2 49.56

**Heat 1**

Posn	Num	Name	Club	Heat	Perf
1	76	Steven Green	Cornwall AC	Q	52.69
2	84	Derek Paisley	Pitreavie AAC	Q	53.20
3	88	Christopher Sleeman	Enfield & Haringey AC	Q	53.26
4	71	Tom Carey	Shaftesbury Barnet Harriers	q.	54.24
5	80	Peter Irving	Channel Islands AC		55.35
6	83	Anthony Mitchell	Woking AC		57.41

**Heat 2**

Posn	Num	Name	Club	Heat	Perf
1	89	Steven Surety	Basildon AC	Q	52.24
2	70	Dan Bray	Cambridge University AC	Q	53.28
3	87	Jean-Charles Roghi	Shaftesbury Barnet Harriers	Q	53.84
4	77	Edward Harrison	Blackheath & Bromley Harriers	q.	54.75
5	72	Simon Child	Highgate Harriers		56.20
DNS	75	Andrew Gill	Bedford & County AC		

**Senior Men 400 Metres Hurdles (a)**

CBP M.Robertson Wolverhampton & Bilston AC 1986 T8 49.56

**Final**

1	76	Steven Green	Cornwall AC	52.32
2	88	Christopher Sleeman	Enfield & Haringey AC	52.83
3	70	Dan Bray	Cambridge University AC	53.01
4	89	Steven Surety	Basildon AC	53.17
5	87	Jean-Charles Roghi	Shaftesbury Barnet Harriers	54.08
6	71	Tom Carey	Shaftesbury Barnet Harriers	54.17
7	84	Derek Paisley	Pitreavie AAC	54.46
DNS	77	Edward Harrison	Blackheath & Bromley Harriers	

**Senior Men 3000 Metres Steeplechase (a)**

CBP M.Rowland

Phoenix AC

1989

**T15**

8.30.34

**Final**

<b>Posn</b>	<b>Num</b>	<b>Name</b>	<b>Club</b>	<b>Heat</b>	<b>Perf</b>
1	90	Andrew Robinson	Newham & Essex Beagles AC		8.50.44
2	96	Simon Wurr	Herne Hill Harriers		9.12.15
3	87	Lee Garland	Channel Islands AC		9.17.54
4	82	Matt Blunden	Notts AC		9.21.19
5	80	Sam Aldridge	Reading AC		9.28.26
6	88	Dean Lacy	Cambridge Harriers		9.32.06
7	89	Paul Martin	Tonbridge AC		9.34.77
8	81	James Baker	Chichester Runners & AC		9.42.57
9	86	Steve Dawes	Channel Islands AC		9.50.94
10	94	Anthony Wilson	South Devon AC		9.56.23
11	83	Mark Caven	Exeter Harriers		10.06.74
12	84	Joel Clewett	Crawley AC		10.09.17
13	93	Michael Wilsmore	Royal Navy AC		10.38.57