

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 |
|------|-----|------------------------|----------------------------------|-------------|-------------|
| | | CBP C.Pickering | Marshall Milton Keynes AC | 2007 | 6.56 |
| 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 |

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|---------------------|----|-----------------------|--------------------------------|-----|------|
| 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 |
| Second Round | | | | | |
| 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 |

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|---|----|-----------------|-------------------------------|----|------|
| 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 |

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|---|----|-----------------|--------------------------------|----|------|
| 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 |

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|---|----|-----------------------|------------------------------|----|------|
| 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 |

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|-----|----|-----------------|------------------------|----|------|
| 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 | |

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|-----|----|----------------------|-----------------------------|----|------|
| 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 |

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

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|-----|----|-----------------------|-----------------------------|--|------|
| 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)

| Posn | Num | Name | Club | Heat | Perf |
|---|------------|-----------------------|-------------------------------|-------------|-------------|
| <i>CBP R.Fifton Victoria Park H & 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 | Iford 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 | | | | | |

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|---|----|---------------|-------------------------------|---------|
| 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)

| CBP | | R.Fifton | Victoria Park H & Tower H AC | 2007 | 21.19 |
|--------------|-----|----------------------|---|-------------|--------------|
| 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)

| CBP | | R.Fifton | Victoria Park H & Tower H AC | 2007 | 21.19 |
|------------|-----|-----------------|---|-------------|--------------|
| 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)

| CBP | | P.Bridger | Luton AC | 2008 | 3.50.9 |
|------------|-----|------------------|-----------------|-------------|---------------|
| 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 |