

# ESSEX INDOOR CHAMPIONSHIPS

## LEE VALLEY ATHLETICS CENTRE

### 26 AND 27 January 2008

#### RESULTS – MALE

##### Senior Men 60m      Heat 1

	No.	Name	Club/School	Time	
1	55	Bradley Bellamy	W G & E L	07.38s	Q
2	3	David Sketchley	Harrow A.C.	07.39s	Q
3	23	Rory Vanhorn	Orion A.C	07.51s	
4	43	Nick Dowsett	W G & E L	07.59s	
5	6	Lloyd Ellis	Harlow A.C.	07.70s	
6	36	Keith Palmer	Southend A.C.	07.85s	

##### Senior Men 60m      Heat 2

	No.	Name	Club/School	Time	
1	24	Nick Thomas	Newham & Essex Beagles	06.97s	Q (Record)
2	22	Taiwo Sodeyi	Blackheath & Bromley A.C.	07.03s	Q
3	49	Solomon Daniels	Newham & Essex Beagles	07.23s	Q
4	38	Charlie Knight	Southend A.C.	07.45s	Q
5	30	Michael Hill	Basildon A.C	07.54s	
6	42	Chris Doggett	Chelmsford A.C.	08.65s	

##### Senior Men 60m      Final

	No.	Name	Club/School	Time	
1	24	Nick Thomas	Newham & Essex Beagles	06.98s	
2	22	Taiwo Sodeyi	Blackheath & Bromley A.C.	07.05s	
3	38	Charlie Knight	Southend A.C.	07.32s	
4	3	David Sketchley	Harrow A.C.	07.35s	
5	55	Bradley Bellamy	W G & E L	07.50s	
6	49	Solomon Daniels	Newham & Essex Beagles	DNS	

##### Senior Men 400m      Heat 1

	No.	Name	Club/School	Time	
1	32	James Nicol	Enfield & Haringay A.C.	51.63s	Q
2	38	Charlie Knight	Southend A.C.	53.01s	Q
3	37	Greg Goodrem	Southend A.C.	53.69s	Q
4	36	Keith Palmer	Southend A.C.	56.69s	

##### Senior Men 400m      Heat 2

	No.	Name	Club/School	Time	
1	20	Graham Eastty	Southend A.C.	53.99s	Q
2	40	Glen Paxman	Harlow A.C.	54.23s	Q
3	56	Michael Osunsami	Newham & Essex Beagles	54.96s	Q

##### Senior Men 400m      Final

	No.	Name	Club/School	Time	
1	32	James Nicol	Enfield & Haringay A.C.	50.91s	
2	40	Glen Paxman	Harlow A.C.	51.89s	
3	37	Greg Goodrem	Southend A.C.	52.32s	
4	38	Charlie Knight	Southend A.C.	53.39s	
5	20	Graham Eastty	Southend A.C.	54.19s	
6	56	Michael Osunsami	Newham & Essex Beagles	54.54s	

**Senior Men 800m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	47	Jon Long	W G & E L	1m59.91s	
2	20	Graham Eastty	Southend A.C.	2m05.69s	

**Senior Men 1500m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	45	Scott Sterling	Newham & Essex Beagles	4m05.20s	
2	46	Colin Miles	Southend A.C.	4m11.70s	
3	53	Richard Holland	W G & E L	4m34.90s	

**Senior Men 60m Hurdles**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	22	Taiwo Sodeyi	Blackheath & Bromley A.C.	08.07s	

**Senior Men High Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	16	Darryl Stone	Shaftesbury	2.20m	Record
2	41	Gareth Dyball	W G & E L	1.95m	

**Senior Men Long Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	24	Nick Thomas	Newham & Essex Beagles	7.02m	Record

**Senior Men Triple Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	34	Keith Newton	W G & E L	13.36m	
2	23	Rory Vanhorn	Orion A.C	12.53m	

**Senior Men Pole Vault**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	48	John Mahon	Orion A.C	1.90m	

**Senior Men Shot**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
	10	Stuart Thurgood	Watford Harrier	4 No Throws	

**Junior Men 60m Heat 1**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	140	Jorhelio Ramos	Newham & Essex Beagles	07.22s	Q
2	149	Douglas Elom	Colchester & Tendring A.C.	07.32s	Q
3	158	Kashid Kakoza	Newham & Essex Beagles	07.38s	
4	107	David Farrogia	W G & E L	07.48s	
5	155	Joshua Ejinkonye	Newham & Essex Beagles	07.50s	
6	148	Anthony Williams	Havering Mayesbrook A.C.	07.87s	

**Junior Men 60m Heat 2**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	125	Eugene Ayanful	W G & E L	07.10s	Q
2	139	Dominique Daniel	W G & E L	07.23s	Q
3	129	Martin Pitts	Braintree & District A.C.	07.34s	
4	126	Antoine Green	Ilford A.C	07.39s	
5	157	Emmanuel Okpokiri	Newham & Essex Beagles	07.41s	
6	142	Devon Douglas	W G & E L	08.03s	

**Junior Men 60m Heat 3**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	137	Deji Akande	Chelmsford A.C.	07.17s	Q
2	114	Matthew Harrison	Basildon A.C.	07.32s	Q
3	121	Mark Dyble	Basildon A.C.	07.36s	
4	130	Joseph Ramie	Havering Mayesbrook A.C.	07.45s	
5	159	Nkemnulem Chiagorom	Newham & Essex Beagles	07.46s	
6	131	Simeon Stuart	Ilford A.C.	07.58s	

**Junior Men 60m Final**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	125	Eugene Ayanful	W G & E L	07.06s
2	137	Deji Akande	Chelmsford A.C.	07.25s
3	139	Dominique Daniel	W G & E L	07.27s
4	114	Matthew Harrison	Basildon A.C.	07.30s
5	140	Jorhelio Ramos	Newham & Essex Beagles	07.37s
	149	Douglas Elom	Colchester & Tendring A.C.	DNS

**Junior Men 400m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	150	Paige Haines	Basildon A.C.	50.45s
2	113	Markus Hunt	Chelmsford A.C.	50.68s

**Junior Men 800m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	146	Matt Bloy	Basildon A.C.	1m55.41s
2	156	Omar Mansour	W G & E L	1m57.07s
3	123	Oliver Heeks	Orion A.C.	1m57.44s
4	127	James Meadows	W G & E L	2m00.66s
5	151	Mark Sampford	Basildon A.C.	2m03.64s
6	145	Jake Wright	Basildon A.C.	2m06.00s

**Junior Men 60m Hurdles**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	108	Michael Holden	Colchester Harriers A.C.	08.19s	Record
2	157	Emmanuel Okpokiri	Newham & Essex Beagles	08.33s	
3	148	Anthony Williams	Havering Mayesbrook A.C.	09.47s	

**Junior Men High Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>
1	104	Bradley Armorgie	Herts Phoenix A.C.	1.90m
2	141	Elijah Collins	Ilford A.C.	1.75m

**Junior Men Long Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>
1	131	Simeon Stuart	Ilford A.C.	6.34m
2	130	Joseph Ramie	Havering Mayesbrook A.C.	5.98m
3	126	Antoine Green	Ilford A.C.	5.86m
4	141	Elijah Collins	Ilford A.C.	5.38m

**Junior Men Triple Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	116	Kevin Brown	Southend A.C.	13.25m	Record
2	130	Joseph Ramie	Havering Mayesbrook A.C.	13.09m	
3	155	Joshua Ejinkonye	Newham & Essex Beagles	12.11m	

**Junior Men Pole Vault**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	115	Michael Read	Chelmsford A.C.	4.45m	Record

## Junior Men Shot

	No.	Name	Club/School	Measure
1	153	Matthew Baptiste	Newham & Essex Beagles	14.54m
2	142	Devon Douglas	W G & E L	13.38m

## Men Under 17 60m Heat 1

	No.	Name	Club/School	Time	
1	211	Alex Cooke	Chelmsford A.C.	07.30s	Q
2	253	Carl Rendora	W G & E L	07.49s	Q
3	270	Alvin Bombo	Orion A.C	07.54s	Q
4	254	David Crisp	W G & E L	07.78s	
5	208	Fraser Hubbard	Chelmsford A.C.	07.83s	

## Men Under 17 60m Heat 2

	No.	Name	Club/School	Time	
1	206	Jake King	Southend A.C.	07.42s	Q
2	251	Omololu Abiodun	Eton Manor A.C.	07.64s	Q
3	229	Thomas Larkin	W G & E L	07.69s	Q
4	233	Karden Campbell	Eton Manor A.C.	07.89s	
5	217	Daniel Yaxley	W G & E L	08.31s	

## Men Under 17 60m Final

	No.	Name	Club/School	Time
1	211	Alex Cooke	Chelmsford A.C.	07.26s
2	206	Jake King	Southend A.C.	07.38s
3	253	Carl Rendora	W G & E L	07.47s
4	270	Alvin Bombo	Orion A.C	07.55s
5	251	Omololu Abiodun	Eton Manor A.C.	07.63s
6	229	Thomas Larkin	W G & E L	07.68s

## Men Under 17 200m Heat 1

	No.	Name	Club/School	Time	
1	237	David Lo	Colchester Harriers A.C.	23.53s	Q
2	206	Jake King	Southend A.C.	23.90s	Q
3	251	Omololu Abiodun	Eton Manor A.C.	24.55s	Q
4	208	Fraser Hubbard	Chelmsford A.C.	25.35s	

## Men Under 17 200m Heat 2

	No.	Name	Club/School	Time	
1	229	Thomas Larkin	W G & E L	24.19s	Q
2	201	Jacob Ansong	Ilford A.C	24.47s	Q
3	224	Jordan Brown	Havering Mayesbrook A.C.	24.82s	Q

## Men Under 17 200m Final

	No.	Name	Club/School	Time
1	237	David Lo	Colchester Harriers A.C.	23.29s
2	206	Jake King	Southend A.C.	23.76s
3	229	Thomas Larkin	W G & E L	23.79s
4	251	Omololu Abiodun	Eton Manor A.C.	24.23s
5	201	Jacob Ansong	Ilford A.C	24.40s
6	224	Jordan Brown	Havering Mayesbrook A.C.	24.67s

## Men Under 17 400m

	No.	Name	Club/School	Time
1	216	Paul Scanlan	W G & E L	51.94s
2	229	Thomas Larkin	W G & E L	53.61s
3	201	Jacob Ansong	Ilford A.C	57.30s
4	217	Daniel Yaxley	W G & E L	59.13s
5	272	Michael Wong	Ilford A.C	1m00.86s

### Men Under 17 60m Hurdles

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	243	Jack Edgar-Hill	Havering Mayesbrook A.C.	08.69s	
2	271	Huy Vli	Orion A.C	08.75s	
3	203	Ross Armorgie	Herts Phoenix A.C	08.97s	
4	221	Joe Peploe	Basildon A.C	09.13s	
5	214	Aaron Kaye	Cecil Jones School	09.37s	
6	219	Nathan Greenaway	Chelmsford A.C.	09.79s	

### Men Under 17 High Jump

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	204	Samuel Bailey	Chelmsford A.C.	1.90m	=Record
2	203	Ross Armorgie	Herts Phoenix A.C	1.70m	
3	214	Aaron Kaye	Cecil Jones School	1.65m	

### Men Under 17 Long Jump

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	236	Gabriel Makinwa	Havering Mayesbrook A.C.	5.55m	
2	214	Aaron Kaye	Cecil Jones School	5.39m	
3	233	Karden Campbell	Eton Manor A.C.	5.14m	
4	234	Carlton Campbell	Eton Manor A.C.	5.14m	
5	252	Connor Mennell	Braintree & District A.C.	5.05m	
6	213	Michael Bartlett	Thurrock A.C.	4.39m	

### Men Under 17 Triple Jump

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	254	David Crisp	W G & E L	12.56m	
2	236	Gabriel Makinwa	Havering Mayesbrook A.C.	12.33m	
3	271	Huy Vli	Orion A.C	12.27m	

### Men Under 17 Pole Vault

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	214	Aaron Kaye	Cecil Jones School	3.70m	
2	209	Jack Witherington	Shaftesbury	3.50m	
3	213	Michael Bartlett	Thurrock A.C.	2.30m	
4	269	Calum Wellings	Orion A.C	1.90m	

### Men Under 17 Shot

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	210	Laurence Goodacre	Havering Mayesbrook A.C.	13.43m	
2	247	Tom Richards	W G & E L	11.07m	
3	208	Fraser Hubbard	Chelmsford A.C.	10.00m	
4	213	Michael Bartlett	Thurrock A.C.	8.69m	
5	250	Andrew Townsend	Ilford A.C	7.24m	

### Boys Under 15 60m

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	324	Akeem Akintokun	Basildon A.C	07.43s	Record
2	319	Jim Tele	Havering Mayesbrook A.C.	07.58s	
3	329	Jamal Walker	Orion A.C	07.72s	
4	309	Tom Watts	Southend A.C.	08.31s	
5	349	Olaoluwu Abiodun	Eton Manor A.C.	08.83s	

### Boys Under 15 200m

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	319	Jim Tele	Havering Mayesbrook A.C.	24.44s	
2	309	Tom Watts	Southend A.C.	26.13s	
3	349	Olaoluwu Abiodun	Eton Manor A.C.	29.25s	

**Boys Under 15 400m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	347	Michael Porter	Colchester & Tendring A.C.	1m01.16s
	359	Reece Simpson	Newham & Essex Beagles	Disqualified

**Boys Under 15 800m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	357	Tommy Bower	Newham & Essex Beagles	2m17.98s
2	347	Michael Porter	Colchester & Tendring A.C.	2m20.31s
3	350	Yoje Kikanka	Eton Manor A.C.	2m26.40s
	328	Ben Austin	Southend A.C.	Disqualified

**Boys Under 15 60m Hurdles**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	326	Craig Weyman	Chelmsford A.C.	09.78s

**Boys Under 15 High Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	307	Chris Swanborough	Basildon A.C.	1.75m	Record
2	333	Tommy Black	Orion A.C.	1.60m	
3	353	Cameron Fazakerley	Havering Mayesbrook A.C.	1.25m	

**Boys Under 15 Long Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>
1	319	Jim Tele	Havering Mayesbrook A.C.	5.63m
2	318	Lawrence Fanutza-Davis	Harlow A.C.	4.12m
3	309	Tom Watts	Southend A.C.	3.57m

**Boys Under 15 Pole Vault**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>
1	331	Rowan Mahon	Orion A.C.	1.40m

**Boys Under 15 Shot**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>
1	301	Alexander Calvert	Chelmsford A.C.	11.32m
2	325	Youcef Zatat	Ilford A.C.	10.46m
3	309	Tom Watts	Southend A.C.	8.67m
4	332	Carl Young	Orion A.C.	7.72m

**Boys Under 13 60m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	420	Mitchell Turffrey	Southend A.C.	08.43s
2	423	Kyle Marshall	Southend A.C.	08.55s
3	416	Liam Appleyard	Thurrock A.C.	08.92s
4	418	Zac Stratford	Basildon A.C.	09.09s
5	409	Oliver Woodhouse	Southend A.C.	09.21s

**Boys Under 13 200m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	418	Zac Stratford	Basildon A.C.	33.82s

**Boys Under 13 800m**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>
1	418	Zac Stratford	Basildon A.C.	3m17.89s

**Boys Under 13 60m Hurdles**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Time</b>	
1	401	Oliver Garner	Chelmsford A.C.	10.75s	Record

**Boys Under 13 High Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	401	Oliver Garner	Chelmsford A.C.	1.35m	

**Boys Under 13 Long Jump**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	420	Mitchell Turffrey	Southend A.C.	4.64m	Record
2	409	Oliver Woodhouse	Southend A.C.	4.03m	

**Boys Under 13 Shot**

	<b>No.</b>	<b>Name</b>	<b>Club/School</b>	<b>Measure</b>	
1	423	Kyle Marshall	Southend A.C.	6.24m	