

SESSA Indoors 2017
Lee Valley Athletics Centre
6th December 2017
Track Results

400m Men Heats Time :11:34

Heat:1

1	49	Jack Avery	BRIG	52.91
	Q			
2	210	Joshua Firsht	BHAS	53.36
	q			
3	173	Henry McGoldrick	GODC	53.96
	q			
4	76	Matt Pickering	OXBU	56.06
5	125	Nick Hinchley	UCLN	56.58
6	9	Glen Jepson	WINC	57.13

400m Men Heats Time :11:34

Heat:2

1	113	William Martin	OAKC	53.26
	Q			
2	63	Robert Pattinson	ITCH	54.10
	q			
3	138	Philip Dabinski	PORT	55.41
4	26	Cameron Worso	SGSC	58.78
5	190	Alex Stone	UEAN	59.72
6	219	Andrea Mignogna	WORT	76.95

400m Men Heats Time :11:34

Heat:3

1	112	Chad Miller	OAKC	52.04
	Q			
2	34	Simeon Cousins	STMU	54.06
	q			
3	139	Phil Samuel	PORT	55.10
4	10	Matt South	WINC	55.60
5	77	Ben Evans	OXBU	55.99
6	192	Cameron McIntosh	UEAN	59.87

400m Men Heats Time :11:34

Heat:4

1	36	Matthew Overall	CHIC	50.71
	Q			

2	171	Thomas Westerman	GODC	52.32
	q			
3	114	Michael Kobeh	OAKC	54.77
	q			
4	27	James Davis	SGSC	61.37
	201	Mohammad Ghorbani	WORT	DIS
	141	Oskar Yap	PORT	DNF

400m Men Heats Time :11:34

Heat:5

1	59	Jack Higgins	ITCH	51.99
	Q			
2	92	Dan Thomas	PSYC	53.05
	q			
3	48	Phillip Allen	BRIG	55.34
4	12	Michael Nickells	WINC	59.69
5	204	Jakub Konador	WORT	65.35
6	151	Edward Baker	PORT	65.51

400 m Sen Women Time :11:48

Heat:1

1	329	Abigail Dennison	PSYC	60.29
	Q			
2	338	Vera Chinedu	OAKC	62.73
	q			
3	315	Ami Carr	ITCH	69.35
	q			
4	321	Monika Dochan	OXBU	75.30
5	397	Lucy Relf	WORT	82.83

400 m Sen Women Time :11:48

Heat:2

1	385	Elise Bray	UEAN	66.49
	Q			
2	391	Georgina Sturgeon	UEAN	68.28
	q			
3	311	Naomi Kershaw	CHIC	71.41
	q			
4	320	Milly Laffey	OXBU	75.73
5	354	Emerlyne Fuka	SDOM	84.86

60 m Sen Men Time :12:23

Heat:1

1	86	Daniel John	BASC	7.34
	Q			
2	85	Tishane Hinds	BASC	7.49
3	191	Daniel Kitchener	UEAN	7.55
4	124	Darren Chan	UCLN	8.08
5	6	Declan Grant	WINC	8.10
6	56	Dan Hoiles	ITCH	8.10

60 m Sen Men Time :12:23
Heat:2

1	104	John Johnson	MIDX	7.24
	Q			
2	129	Ore Akinmolayan	SDOM	7.33
	q			
3	193	Joshua Oppong	UEAN	7.86
4	8	Rory Goodman	WINC	7.86
5	87	Jamie Castle	BASC	7.88
6	57	Bill Stacey	ITCH	7.93

60 m Sen Men Time :12:23
Heat:3

1	106	Shevhone Lumsden	OAKC	6.99
	Q			
2	17	mikkel bassue	SGSC	7.03
	q			
3	194	Myles Lynch	UEAN	7.40
	q			
4	130	John Nwawulor	SDOM	7.42
	q			
5	90	David Oduekun	PSYC	7.76
6	62	Jacob Thomas	ITCH	8.05

60 m Sen Men Time :12:23
Heat:4

1	108	Brandon Mingelli	OAKC	7.00
	Q			
2	103	Ezekiel Akinsola	MIDX	7.61
3	138	Philip Dabinski	PORT	7.61
4	195	Hassan Ahmed	UEAN	7.71
5	18	Cameron Lohia	SGSC	7.71

6	73	Tim Siu	OXBU	7.91
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60 m Sen Men Time :12:23
Heat:5

1	109 Q	Lee Richards	OAKC	7.28
2	22	Treay Reid	SGSC	7.55
3	74	Emile Morgan williams	OXBU	7.64
4	19	Cadell Reid	SGSC	7.65
5	149	Aston lockwood	PORT	7.77
6	196	Oliver Beardmore	UEAN	8.10

60 m Sen Men Time :12:23
Heat:6

1	200 Q	Jake Binns	WORT	7.25
2	75	Femi Peter	OXBU	7.48
3	23	Tai Jan Deidrich	SGSC	7.53
4	157	Noah Lamont	PORT	7.60
5	20	Ibrahim Eldewieh	SGSC	7.64
6	25	Sam Glenn	SGSC	8.05

60 m Sen Men Time :12:23
Heat:7

1	33 Q	Shemar Boldizsar	STMU	7.09
2	162 q	Sam Bradnick	SOUT	7.20
3	154 q	Adam Grabmuller	PORT	7.29
4	80 q	Jordan Levy	CORC	7.40
5	21	Ruben Findlay	SGSC	7.65
6	111	Emre Adel	OAKC	7.74

60 m Sen Men Time :12:23
Heat:8

1	161 Q	Tom Kenwright	SOUT	7.41
2	170	Oliver Nicholson	GODC	7.45

3	83	Afolabi Soboyede	BASC	7.45
4	202	Josh O'Kang	WORT	7.68
5	115	Ashley Cooper	SURY	7.73
6	24	Wisdom Danna	SGSC	7.91
7	169	Galen NG	SOUT	8.06

60 m Sen Men Time :12:23
Heat:9

1	176	Ayomide Akingbehin	UKAA	7.42
	Q			
2	116	Brandon Gomes	SURY	7.47
3	137	Kenneth Muhumuza	PORT	7.49
4	203	Harry Latos	WORT	7.84
5	136	Morgan Hayward	SWIN	8.06
6	35	Aaron York	CHIC	8.92

60 m Sen Men Time :12:23
Heat:10

1	55	Joe Martin	ITCH	7.30
	Q			
2	178	kwame Morris	BEDF	7.49
3	32	William Amobi	STMU	7.54
4	209	Shadman Hossain	BHAS	7.58
5	48	Phillip Allen	BRIG	7.80
6	121	Stefan Parker-Steele	SURY	8.07

60 m Sen Men Time :12:23
Heat:11

1	30	Emmanuel Owolabi	STMU	7.44
	Q			
2	53	James Pearce	BRIG	7.56
3	123	Ahmed Zaky	UCLN	7.94
4	84	Justin Soetan	BASC	7.99
5	189	Julian Osborne	UEAN	8.23

194 Myles Lynch UEAN DNS

60 m Sen Women Time :12:37

Heat:1

1	336	Rosa Pitt	OAKC	8.11
	Q			
2	304	Sarah Smith	WINC	8.25
	q			
3	352	Louisenna Momavuli	SDOM	8.69
4	326	Shanae Rose	BASC	8.80
5	396	Ella Sezen	WORT	9.08
6	403	Connie Petronzio	BHAS	9.14

60 m Sen Women Time :12:37

Heat:2

1	337	Lakiesha Owusu-Junior	OAKC	7.94
	Q			
2	350	Juliette Champaud	UCLN	8.44
	q			
3	307	Shannon Anderson	STMU	8.59
	q			
4	404	Wiktoria Aras	BHAS	8.86
5	367	Ellie Tuson	PORT	9.44
	327	Tyannah Smith	BASC	DNS

60 m Sen Women Time :12:37

Heat:3

1	406	Amber Anning	BHAS	7.77
	Q			
2	305	Jenna Blundell	SGSC	8.16
	q			
3	308	Lucinda Bailey	STMU	8.31
	q			
4	395	Yolanda North	WORT	8.71
5	344	Lauren Talbot	SURY	9.33
6	366	Abbey Campbell	PORT	10.05

60 m Sen Women Time :12:37

Heat:4

1	319	Aurelia Marcus	OXBU	8.56
	Q			
2	359	Natella Beridze	PORT	8.62

3	335	Joyce Kalombo	MIDX	8.79
4	390	Ula Pakulska	UEAN	8.93
5	377	Janice Amber	BEDF	9.21
6	365	Kate Richards	PORT	9.97

60 m Sen Women Time :12:37

Heat:5

1	384	Ellie Bandy	UEAN	8.21
	Q			
2	328	Ines Karel Zepa	BASC	8.24
	q			
3	393	Sherrifah Arewa	GOLD	8.28
	q			
4	387	sara Henderson	UEAN	8.78
5	383	Pamela Ugochukwu	UEAN	9.25

3000 m Sen Women Time :13:04

Heat:1

1	312	Alice Wright	CHIC	11:06.28
2	392	Ruby Wyles	GODC	11:23.41
3	362	Sarah Hall	PORT	11:29.14
4	351	Polly Smith	UCLN	11:35.79
5	313	Sophie Wright	CHIC	11:40.99
6	323	Maisie Boast	OXBU	12:18.46
7	399	Jodie Bushby	WORT	12:36.49

3000 m Sen Men Time :14:12

Heat:1

1	29	Ben Rawlins	SGSC	9:49.55
2	101	Ben Ringrose-vose	PSYC	10:05.23
3	134	Camron Wright	SDOM	10:05.29
4	99	Chris Lotery	PSYC	10:27.45
5	145	Patrick Bew	PORT	10:56.74
6	3	Steve Barber	CCCU	11:09.87
7	40	OM Thanawachara Phulphan	CHIC	11:10.66

8	144	Marcus Harding	PORT	11:11.23
9	150	Simon Slattery	PORT	11:35.85
10	43	Teagan Bowring	CHIC	11:49.20

3000 m Sen Men Time :14:12
Heat:2

1	68	Antonin Boissin	LSEP	9:35.73
2	47	Joe Godwood	CHIC	9:48.45
3	155	Alex Garbas	PORT	9:52.91
4	39	John Coates	CHIC	10:19.21
5	133	Aaron O'Connell	SDOM	10:20.61
6	166	Peter wattke	SOUT	10:26.48
7	14	David Hannah	WINC	10:55.98
8	159	Luke Jackson	PORT	11:06.23
9	42	Daniel Peason	CHIC	11:16.51
10	183	Daniel Stanton	BEDF	11:39.67

3000 m Sen Men Time :14:12
Heat:3

1	197	Zakaryia Mahmed	ITCH	8:54.97
2	205	Owen Knight	WORT	9:34.21
3	185	Liam Barry-Carroll	SOUT	10:21.14
4	156	Dan Slayford	PORT	10:21.17
5	214	James Milsom	BHAS	10:55.24
6	167	Niall Simmonds	SOUT	10:57.09
7	147	Karl-Erik Laid	PORT	11:03.69
8	208	Tobias Hawkins	BHAS	11:23.92
	206	Amanuel Brhane	WORT	DNF
	155	Alex Garbas	PORT	DNS

3000 m Sen Men Time :14:12
Heat:4

1	50	Declan Neary	BRIG	8:43.73
2	119	Cameron Payas	SURY	8:52.40
3	98	Sam Tyas	PSYC	8:52.80
4	67	Amarik Gill	LSEP	9:02.52
5	215	Tomer Tarragano	BHAS	9:20.24
6	216	Joe Clayson	BHAS	9:30.63
7	96	Keir Sullivan	PSYC	9:33.79
8	140	Paddy Haynes	PORT	9:40.31
9	120	Declan Greaves	SURY	9:45.49
10	13	Dan Haynes	WINC	10:33.51

400m Men B & A Final Time :14:15
Heat:1

1	92	Dan Thomas	PSYC	53.09
2	210	Joshua Firsht	BHAS	53.11
3	34	Simeon Cousins	STMU	53.31
4	114	Michael Kobeh	OAKC	53.42
5	63	Robert Pattinson	ITCH	55.01
	173	Henry McGoldrick	GODC	DNS

400m Men B & A Final Time :14:15
Heat:2

1	112	Chad Miller	OAKC	49.90
2	36	Matthew Overall	CHIC	50.15
3	59	Jack Higgins	ITCH	50.48
4	171	Thomas Westerman	GODC	51.92
5	113	William Martin	OAKC	52.44
6	49	Jack Avery	BRIG	52.88

400m Women Final Time :14:16

Heat:1

1	329	Abigail Dennison	PSYC	59.34
2	338	Vera Chinedu	OAKC	61.93
3	385	Elise Bray	UEAN	64.69
4	391	Georgina Sturgeon	UEAN	66.98
5	315	Ami Carr	ITCH	69.19
6	311	Naomi Kershaw	CHIC	71.44

400m Men B & A Final Time :14:22

Heat:1 CORRECTED

1	92	Dan Thomas	PSYC	53.09
2	210	Joshua Firsht	BHAS	53.11
3	34	Simeon Cousins	STMU	53.31
4	63	Robert Pattinson	ITCH	53.42
5	114	Michael Kobeh	OAKC	55.01
	173	Henry McGoldrick	GODC	DNS

400m Men B & A Final Time :14:22

Heat:2 CORRECTED

1	112	Chad Miller	OAKC	49.90
2	36	Matthew Overall	CHIC	50.15
3	59	Jack Higgins	ITCH	50.48
4	171	Thomas Westerman	GODC	51.92
5	113	William Martin	OAKC	52.44
6	49	Jack Avery	BRIG	52.88

60m Women B & A Final Time :14:34

Heat:1

1	328	Ines Karel Zepa	BASC	8.21
2	304	Sarah Smith	WINC	8.22
3	393	Sherrifah Arewa	GOLD	8.30
4	350	Juliette Champaud	UCLN	8.65

5	307	Shannon Anderson	STMU	8.83
	308	Lucinda Bailey	STMU	DNS

60m Women B & A Final Time :14:34
Heat:2

1	337	Lakiesha Owusu-Junior	OAKC	7.83
2	406	Amber Anning	BHAS	8.04
3	336	Rosa Pitt	OAKC	8.13
4	305	Jenna Blundell	SGSC	8.18
5	384	Ellie Bandy	UEAN	8.25
6	319	Aurelia Marcus	OXBU	8.56

60m Men SF Time :14:34
Heat:1

1	106 Q	Shevhone Lumsden	OAKC	6.97
2	17 q	mikkel bassue	SGSC	7.03
3	104 q	John Johnson	MIDX	7.11
4	55	Joe Martin	ITCH	7.27
5	161	Tom Kenwright	SOUT	7.40
6	30	Emmanuel Owolabi	STMU	7.63

60m Men SF Time :14:34
Heat:2

1	108 Q	Brandon Mingelli	OAKC	6.99
2	200 q	Jake Binns	WORT	7.17
3	162	Sam Bradnick	SOUT	7.26
4	176	Ayomide Akingbehin	UKAA	7.29
5	129	Ore Akinmolayan	SDOM	7.30
6	80	Jordan Levy	CORC	7.51

60m Men SF Time :14:34
Heat:3

1	33 Q	Shemar Boldizsar	STMU	6.94
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2	130	John Nwawulor	SDOM	7.19
3	109	Lee Richards	OAKC	7.19
4	86	Daniel John	BASC	7.24
5	194	Myles Lynch	UEAN	7.41
6	154	Adam Grabmuller	PORT	7.43

800m Women Time :15:14
Heat:1

1	331	Natasha Miles	PSYC	2:32.64
2	316	Hannah Ingram	ITCH	2:42.16
3	376	Madeleine Sturgess	GODC	2:47.85
4	371	Leia Bateman	PORT	2:53.64
5	398	Martina Gianpaglia	WORT	3:06.91

800m Women Time :15:14
Heat:2

1	375	Alexandra Shaw	GODC	2:15.08
2	330	Maisie Grice	PSYC	2:18.19
3	301	Briony Walsh	CCCU	2:21.35
4	300	Gabija Rasiukeviciute	CCCU	2:30.42
5	364	erin Stewart	PORT	2:32.18
6	355	Rachael Haddow	SDOM	2:35.93
7	361	Georgina Bradford	PORT	2:54.02

800 m Sen Men Time :15:15
Heat:1

1	131	Liam Bunn	SDOM	2:15.91
2	79	Henry Barton	OXBU	2:16.98
3	2	Cian Wells	CCCU	2:19.39
4	37	Emmanuel Obine	CHIC	2:23.25
5	69	Gregoire Gosset	LSEP	2:24.00
6	105	Maher Gazali	MIDX	2:27.81

7	65	Harry Moon	ITCH	2:28.81
	141	Oskar Yap	PORT	DNS

800 m Sen Men Time :15:15
Heat:2

1	67	Amarik Gill	LSEP	2:05.39
2	4	Joseph Whitby	CCCU	2:09.39
3	213	Jamie Boucher	BHAS	2:17.59
4	78	William Angel	OXBU	2:20.16
5	198	Ivan D'Avoine	GOLD	2:22.42
6	87	Jamie Castle	BASC	2:31.62
7	60	Jack Barton	ITCH	2:33.46
	94	Lucas Lyne	PSYC	DNS

800 m Sen Men Time :15:15
Heat:3

1	93	Max Satterly	PSYC	2:05.21
2	68	Antonin Boissin	LSEP	2:06.50
3	94	Lucas Lyne	PSYC	2:10.79
4	172	Joseph Jakubait	GODC	2:14.52
5	95	Matthew Jansen	PSYC	2:22.13
6	132	Abdullah Hannan	SDOM	2:23.22

800 m Sen Men Time :15:15
Heat:4

1	91	Harry Richardson	PSYC	1:56.79
2	211	Tom Eames	BHAS	1:58.02
3	142	Jonny White	PORT	2:01.38
4	212	Sam Wilkinson	BHAS	2:06.04
	118	Callum Gillet	SURY	DNS
	51	Kai Fletcher	BRIG	DNS

60 m Sen Men Time :15:16

Heat:1

1	108	Brandon Mingelli	OAKC	6.87
2	17	mikkel bassue	SGSC	6.94
3	106	Shevhone Lumsden	OAKC	6.95
4	33	Shemar Boldizsar	STMU	6.98
5	200	Jake Binns	WORT	6.99
6	104	John Johnson	MIDX	7.09

4 x 200 m Relay Women Time :15:38

Heat:1

1	3006	Relay	OAKC	1:49.09
2	3003	Relay	UEAN	1:55.55
3	3005	Relay	SURY	2:03.29
4	3008	Relay	OXBU	2:08.94
5	3001	Relay 1	PORT	2:09.15

4 x 200 m Relay Women Time :15:38

Heat:2

1	3007	Relay	PSYC	1:50.56
2	3011	Relay	BHAS	1:56.86
3	3010	Relay	WORT	2:01.48
4	3002	Relay 2	PORT	2:07.48
5	3004	Relay	BEDF	2:10.18

4 x 200 m Relay Sen Men Time :15:57

Heat:1

1	1012	Relay 1	OAKC	1:32.62
2	1002	Relay 1	SGSC	1:34.86
3	1016	Relay 1	PORT	1:35.93
4	1023	Relay	BHAS	1:40.56
5	1001	Relay	WINC	1:43.63

6	1006	Relay 2	CHIC	1:51.85
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4 x 200 m Relay Sen Men Time :15:57
Heat:2

1	1009	Relay	OXBU	1:38.42
2	1015	Relay	UCLN	1:39.32
3	1017	Relay 2	PORT	1:40.75
4	1005	Relay 1	CHIC	1:40.84
5	1021	Relay	UEAN	1:41.12
6	1003	Relay 2	SGSC	1:45.15

4 x 200 m Relay Sen Men Time :15:57
Heat:3

1	1010	Relay	BASC	1:39.07
2	1008	Relay	ITCH	1:39.09
3	1011	Relay	PSYC	1:39.18
4	1022	Relay	WORT	1:40.14
5	1014	Relay	SURY	1:44.39