

Aviva Sportshall UK Championships

London Regional Final
Newham Leisure Centre
Saturday 21 February 2009

Central London
East London
North London
South London
West London

purple
red
green
orange
grey



2009 Regional Finals

uk:athletics 


AVIVA

Competition Results

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | HJ | S | SB | SLJ | STJ | VJ |
|---------|----------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|----|-----|-----|----|
| 1 | South London | orange | 772 | 70 | 70 | 70 | 70 | 56 | 52 | 56 | 58 | 56 | 54 | 50 | 56 | 54 |
| 2 | Central London | purple | 632 | 50 | 60 | 60 | 60 | 46 | 48 | 48 | 26 | 52 | 46 | 52 | 42 | 42 |
| 3 | East London | red | 600 | 60 | 50 | 50 | 50 | 48 | 50 | 46 | 0 | 42 | 50 | 48 | 52 | 54 |

Team Results

Central London (purple)

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | HJ | S | SB | SLJ | STJ | VJ |
|---------|----------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|----|-----|-----|----|
| 1 | South London | orange | 772 | 70 | 70 | 70 | 70 | 56 | 52 | 56 | 58 | 56 | 54 | 50 | 56 | 54 |
| 2 | Central London | purple | 632 | 50 | 60 | 60 | 60 | 46 | 48 | 48 | 26 | 52 | 46 | 52 | 42 | 42 |
| 3 | East London | red | 600 | 60 | 50 | 50 | 50 | 48 | 50 | 46 | 0 | 42 | 50 | 48 | 52 | 54 |

| Comp No | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking | Points |
|---------|-----------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 1 | Miriam Owusu | VJ | 35 | 36 | 40 | 35 | 40 | 5 | 22 |
| 2 | Maregka Merchant-Read | 4LR | 57.8 | 0.0 | | | 57.8 | 6 | 20 |
| 2 | Maregka Merchant-Read | SB | 67 | | | | 67 | 4 | 24 |
| 3 | Joyce Mabilia | VJ | 23 | 27 | 27 | 28 | 28 | 6 | 20 |
| 4 | Sena Wogequmbu | S | 7.61 | 8.23 | 6.27 | 6.17 | 8.23 | 2 | 28 |
| 5 | Vicki Idowu | 6LR | 1:37.1 | | | | 1:37.1 | 6 | 20 |
| 5 | Vicki Idowu | SB | 66 | | | | 66 | 5 | 22 |
| 6 | Labake Okanalawon | 4LR | 50.2 | 50.9 | | | 50.9 | 2 | 28 |
| 6 | Labake Okanalawon | STJ | 4.58 | 4.92 | 5.04 | 0.00 | 5.04 | 5 | 22 |
| 7 | Jonnille Bennet | 2LR | 24.2 | 0.0 | | | 24.2 | 5 | 22 |
| 7 | Jonnille Bennet | STJ | 4.35 | 4.68 | 4.66 | 0.00 | 4.68 | 6 | 20 |
| 8 | Lauren Ashton | 6LR | 1:24.9 | | | | 1:24.9 | 2 | 28 |
| 8 | Lauren Ashton | HJ | 1.10 | | | | 1.10 | 3 | 26 |
| 9 | Deborah Famodun | SLJ | 1.74 | 1.84 | 1.84 | 1.90 | 1.90 | 5 | 22 |
| 10 | Zoe Doran | 2LR | 23.7 | 23.5 | | | 23.5 | 4 | 24 |
| 10 | Zoe Doran | SLJ | 2.24 | 2.28 | 2.22 | 2.24 | 2.28 | 1 | 30 |
| 11 | Lydia Marshall | S | 4.53 | 4.47 | 5.00 | 5.05 | 5.05 | 4 | 24 |

Team Results

East London (red)

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | HJ | S | SB | SLJ | STJ | VJ |
|---------|----------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|----|-----|-----|----|
| 1 | South London | orange | 772 | 70 | 70 | 70 | 70 | 56 | 52 | 56 | 58 | 56 | 54 | 50 | 56 | 54 |
| 2 | Central London | purple | 632 | 50 | 60 | 60 | 60 | 46 | 48 | 48 | 26 | 52 | 46 | 52 | 42 | 42 |
| 3 | East London | red | 600 | 60 | 50 | 50 | 50 | 48 | 50 | 46 | 0 | 42 | 50 | 48 | 52 | 54 |

| Comp No | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking | Points |
|---------|-------------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 13 | Rochelle Barden Simpson | 4LR | 53.3 | 55.7 | | | 55.7 | 4 | 24 |
| 13 | Rochelle Barden Simpson | VJ | 42 | 45 | 46 | 49 | 49 | 3 | 26 |
| 14 | Adam Jagne | 6LR | 1:31.5 | | | | 1:31.5 | 5 | 22 |
| 14 | Adam Jagne | SB | 64 | | | | 64 | 6 | 20 |
| 15 | Viktorija Vasilahskite | S | 4.55 | 4.85 | 4.49 | 5.00 | 5.00 | 5 | 22 |
| 16 | Kirielle Mbone | STJ | 5.62 | 6.15 | 6.18 | 0.00 | 6.18 | 2 | 28 |
| 17 | Cheerece Davidson | S | 4.14 | 4.00 | 4.48 | 4.32 | 4.48 | 6 | 20 |
| 18 | Crystal Riley | 4LR | 52.6 | 54.4 | | | 54.4 | 3 | 26 |
| 18 | Crystal Riley | VJ | 45 | 51 | 49 | 47 | 51 | 2 | 28 |
| 19 | Emma Achike | 2LR | 24.3 | 0.0 | | | 24.3 | 6 | 20 |
| 19 | Emma Achike | SB | 75 | | | | 75 | 1 | 30 |
| 20 | Seja Tharb | 6LR | 1:30.3 | | | | 1:30.3 | 4 | 24 |
| 20 | Seja Tharb | SLJ | 1.86 | 0.78 | 1.88 | 1.82 | 1.88 | 6 | 20 |
| 22 | Niam Solomon | STJ | 4.82 | 5.74 | 5.68 | 0.00 | 5.74 | 4 | 24 |
| 23 | Abigale Thomas | 2LR | 24.0 | 23.0 | | | 23.0 | 2 | 28 |
| 23 | Abigale Thomas | SLJ | 2.16 | 2.18 | 2.26 | 2.10 | 2.26 | 2 | 28 |

Team Results

South London (orange)

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Score | OR | P8 | 4x1 | 4x2 | 2LR | 4LR | 6LR | HJ | S | SB | SLJ | STJ | VJ |
|---------|----------------|--------|-------|----|----|-----|-----|-----|-----|-----|----|----|----|-----|-----|----|
| 1 | South London | orange | 772 | 70 | 70 | 70 | 70 | 56 | 52 | 56 | 58 | 56 | 54 | 50 | 56 | 54 |
| 2 | Central London | purple | 632 | 50 | 60 | 60 | 60 | 46 | 48 | 48 | 26 | 52 | 46 | 52 | 42 | 42 |
| 3 | East London | red | 600 | 60 | 50 | 50 | 50 | 48 | 50 | 46 | 0 | 42 | 50 | 48 | 52 | 54 |

| Comp No | Name | Event | Perf1 | Perf2 | Perf3 | Perf4 | Best | Ranking | Points |
|---------|---------------------|-------|--------|-------|-------|-------|--------|---------|--------|
| 37 | Laura Cook | SB | 72 | | | | 72 | 3 | 26 |
| 38 | Samantha Leighton | SB | 74 | | | | 74 | 2 | 28 |
| 39 | Aine Hurlock | 2LR | 23.0 | 22.7 | | | 22.7 | 1 | 30 |
| 39 | Aine Hurlock | SLJ | 2.18 | 2.14 | 2.14 | 2.14 | 2.18 | 3 | 26 |
| 40 | Dina Asher-Smith | 4LR | 48.8 | 47.8 | | | 47.8 | 1 | 30 |
| 40 | Dina Asher-Smith | STJ | 6.42 | 6.64 | 6.64 | 0.00 | 6.64 | 1 | 30 |
| 41 | Holly Fletcher | 6LR | 1:20.1 | | | | 1:20.1 | 1 | 30 |
| 41 | Holly Fletcher | HJ | 1.30 | | | | 1.30 | 1 | 30 |
| 42 | Laura Reilly | VJ | 51 | 51 | 52 | 52 | 52 | 1 | 30 |
| 43 | Tofunmi Ladeea | STJ | 5.00 | 5.22 | 5.86 | 0.00 | 5.86 | 3 | 26 |
| 44 | Shannon Clark | S | 5.73 | 5.87 | 5.78 | 5.45 | 5.87 | 3 | 26 |
| 45 | Oshuwa Ogbeta | 2LR | 23.1 | 23.3 | | | 23.3 | 3 | 26 |
| 45 | Oshuwa Ogbeta | VJ | 42 | 35 | 41 | 41 | 42 | 4 | 24 |
| 46 | Ellie Lawrence | 6LR | 1:28.4 | | | | 1:28.4 | 3 | 26 |
| 46 | Ellie Lawrence | S | 8.41 | 7.80 | 7.99 | 7.78 | 8.41 | 1 | 30 |
| 47 | Alana Fajks-Collins | HJ | 1.15 | | | | 1.15 | 2 | 28 |
| 48 | Amber Johnson | 4LR | 55.1 | 0.0 | | | 55.1 | 5 | 22 |
| 48 | Amber Johnson | SLJ | 1.96 | 1.98 | 1.90 | 1.98 | 1.98 | 4 | 24 |

Results Sheet

Obstacle Relay

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|----------------|--------|------|--------|-------------|--------|
| 1 | 04 | South London | orange | 0.0 | 1:21.6 | 1:21.6 | 70.0 |
| 2 | 02 | East London | red | 0.0 | 1:30.2 | 1:30.2 | 60.0 |
| 3 | 01 | Central London | purple | 0.0 | 1:32.4 | 1:32.4 | 50.0 |

Results Sheet

2 Lap Race

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 56 |
| 2 | East London | red | 48 |
| 3 | Central London | purple | 46 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|-----------------|------|--------|
| 1 | South London | orange | 39 | Aine Hurlock | 22.7 | 30 |
| 2 | East London | red | 23 | Abigale Thomas | 23.0 | 28 |
| 3 | South London | orange | 45 | Oshuwa Ogbeta | 23.3 | 26 |
| 4 | Central London | purple | 10 | Zoe Doran | 23.5 | 24 |
| 5 | Central London | purple | 7 | Jonnille Bennet | 24.2 | 22 |
| 6 | East London | red | 19 | Emma Achike | 24.3 | 20 |

Results Sheet

4 Lap Race

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 52 |
| 2 | East London | red | 50 |
| 3 | Central London | purple | 48 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|-------------------------|------|--------|
| 1 | South London | orange | 40 | Dina Asher-Smith | 47.8 | 30 |
| 2 | Central London | purple | 6 | Labake Okanalawon | 50.9 | 28 |
| 3 | East London | red | 18 | Crystal Riley | 54.4 | 26 |
| 4 | East London | red | 13 | Rochelle Barden Simpson | 55.7 | 24 |
| 5 | South London | orange | 48 | Amber Johnson | 55.1 | 22 |
| 6 | Central London | purple | 2 | Maregka Merchant-Read | 57.8 | 20 |

Results Sheet

6 Lap Time Trial

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 56 |
| 2 | Central London | purple | 48 |
| 3 | East London | red | 46 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|----------------|--------|--------|
| 1 | South London | orange | 41 | Holly Fletcher | 1:20.1 | 30 |
| 2 | Central London | purple | 8 | Lauren Ashton | 1:24.9 | 28 |
| 3 | South London | orange | 46 | Ellie Lawrence | 1:28.4 | 26 |
| 4 | East London | red | 20 | Seja Tharb | 1:30.3 | 24 |
| 5 | East London | red | 14 | Adam Jagne | 1:31.5 | 22 |
| 6 | Central London | purple | 5 | Vicki Idowu | 1:37.1 | 20 |

Results Sheet

8 Lap Paarlauf

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|----------------|--------|--------|-------|-------------|--------|
| 1 | 04 | South London | orange | 1:41.7 | 0.0 | 1:41.7 | 70.0 |
| 2 | 01 | Central London | purple | 1:44.1 | 0.0 | 1:44.1 | 60.0 |
| 3 | 02 | East London | red | 1:55.2 | 0.0 | 1:55.2 | 50.0 |

Results Sheet

4 x 1 Lap Relay

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|----------------|--------|------|-------|-------------|--------|
| 1 | 04 | South London | orange | 49.9 | 0.0 | 49.9 | 70.0 |
| 2 | 01 | Central London | purple | 50.9 | 0.0 | 50.9 | 60.0 |
| 3 | 02 | East London | red | 51.7 | 0.0 | 51.7 | 50.0 |

Results Sheet

4 x 2 Lap Relay

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Code | Team | Colour | Heat | Final | Performance | Points |
|---------|------|----------------|--------|--------|-------|-------------|--------|
| 1 | 04 | South London | orange | 1:35.8 | 0.0 | 1:35.8 | 70.0 |
| 2 | 01 | Central London | purple | 1:36.4 | 0.0 | 1:36.4 | 60.0 |
| 3 | 02 | East London | red | 1:37.1 | 0.0 | 1:37.1 | 50.0 |

Results Sheet

High Jump

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | East London | red | 0 |
| 2 | South London | orange | 58 |
| 2 | Central London | purple | 26 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|---------------------|------|--------|
| 1 | South London | orange | 41 | Holly Fletcher | 1.30 | 30 |
| 2 | South London | orange | 47 | Alana Fajks-Collins | 1.15 | 28 |
| 3 | Central London | purple | 8 | Lauren Ashton | 1.10 | 26 |

Results Sheet

Shot

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 56 |
| 2 | Central London | purple | 52 |
| 3 | East London | red | 42 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|------------------------|------|--------|
| 1 | South London | orange | 46 | Ellie Lawrence | 8.41 | 30 |
| 2 | Central London | purple | 4 | Sena Wogequmbu | 8.23 | 28 |
| 3 | South London | orange | 44 | Shannon Clark | 5.87 | 26 |
| 4 | Central London | purple | 11 | Lydia Marshall | 5.05 | 24 |
| 5 | East London | red | 15 | Viktorija Vasilahskite | 5.00 | 22 |
| 6 | East London | red | 17 | Cheerece Davidson | 4.48 | 20 |

Results Sheet

Speed Bounce

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 54 |
| 2 | East London | red | 50 |
| 3 | Central London | purple | 46 |

| Ranking | Team | Colour | BibNo | Name | Total | Points |
|---------|----------------|--------|-------|-----------------------|-------|--------|
| 1 | East London | red | 19 | Emma Achike | 75 | 30 |
| 2 | South London | orange | 38 | Samantha Leighton | 74 | 28 |
| 3 | South London | orange | 37 | Laura Cook | 72 | 26 |
| 4 | Central London | purple | 2 | Maregka Merchant-Read | 67 | 24 |
| 5 | Central London | purple | 5 | Vicki Idowu | 66 | 22 |
| 6 | East London | red | 14 | Adam Jagne | 64 | 20 |

Results Sheet

Standing Long Jump

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | Central London | purple | 52 |
| 2 | South London | orange | 50 |
| 3 | East London | red | 48 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|-----------------|------|--------|
| 1 | Central London | purple | 10 | Zoe Doran | 2.28 | 30 |
| 2 | East London | red | 23 | Abigale Thomas | 2.26 | 28 |
| 3 | South London | orange | 39 | Aine Hurlock | 2.18 | 26 |
| 4 | South London | orange | 48 | Amber Johnson | 1.98 | 24 |
| 5 | Central London | purple | 9 | Deborah Famodun | 1.90 | 22 |
| 6 | East London | red | 20 | Seja Tharb | 1.88 | 20 |

Results Sheet

Standing Triple Jump

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1 | South London | orange | 56 |
| 2 | East London | red | 52 |
| 3 | Central London | purple | 42 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|-------------------|------|--------|
| 1 | South London | orange | 40 | Dina Asher-Smith | 6.64 | 30 |
| 2 | East London | red | 16 | Kirielle Mbone | 6.18 | 28 |
| 3 | South London | orange | 43 | Tofunmi Ladeea | 5.86 | 26 |
| 4 | East London | red | 22 | Niam Solomon | 5.74 | 24 |
| 5 | Central London | purple | 6 | Labake Okanalawon | 5.04 | 22 |
| 6 | Central London | purple | 7 | Jonnille Bennet | 4.68 | 20 |

Results Sheet

Vertical Jump

Competition:

ASHA-London Regional Final Under 13 Girls

Venue:

Newham Leisure Centre

Date

21 Feb 2009

| Ranking | Team | Colour | Points |
|---------|----------------|--------|--------|
| 1= | East London | red | 54 |
| 1= | South London | orange | 54 |
| 3 | Central London | purple | 42 |

| Ranking | Team | Colour | BibNo | Name | Best | Points |
|---------|----------------|--------|-------|-------------------------|------|--------|
| 1 | South London | orange | 42 | Laura Reilly | 52 | 30 |
| 2 | East London | red | 18 | Crystal Riley | 51 | 28 |
| 3 | East London | red | 13 | Rochelle Barden Simpson | 49 | 26 |
| 4 | South London | orange | 45 | Oshuwa Ogbeta | 42 | 24 |
| 5 | Central London | purple | 1 | Miriam Owusu | 40 | 22 |
| 6 | Central London | purple | 3 | Joyce Mabiala | 28 | 20 |