

# 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 15 Girls

**Venue:**

Newham Leisure Centre

**Date**

21 Feb 2009

Ranking	Team	Score	Individual	P8	4x2
1	South London	691	551	70	70
2	Central London	609	499	60	50
3	East London	565	455	50	60

# Athlete Results

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	82	Jah-Nay Opoku	South London	146	50		46			50
2	87	Jessica Moore	South London	140		44		50	46	
3	65	Monique Chambers	Central London	137	45			44	48	
4	86	Frances Read	South London	135	39			48		48
5	68	Deborah Knight	East London	131	45		50			36
6	85	Rachel Robinson	South London	130		50	40		40	
7	83	Nicole Butler-Akins	South London	129		46		41		42
8=	62	Anita Amartiefio	Central London	124		48		36		40
8=	66	Ada Bahumoktom	Central London	124		40	34		50	
8=	84	Victoria Munt	South London	124	42		38		44	
11	73	Mika Mareston	East London	118	32		48			38
12	70	Deborah Dyelade	East London	116		42		38	36	
13	61	Kerreal Thomas	Central London	114	36			34		44
14	71	Chanelle Bragg	East London	90	48				42	
15	69	Summer Daines	East London	87				41		46
16	74	Shadice Nartey	East London	85	39			46		
17	64	Lenni Beckley	Central London	80		38	42			
18	63	Mica O'Neale	Central London	78			44		34	
19	72	Chantelle Martey	East London	74			36		38	
20	67	Sienna King	Central London	68	34					34
21	88	Ellie Duffy-Penny	South London	0						

# Team Results

# Central London (purple)

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Team	Score	Individual	P8	4x2
1	South London	691	551	70	70
2	Central London	609	499	60	50
3	East London	565	455	50	60

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
61	Kerreal Thomas	2LR	24.2				24.2	8	36
61	Kerreal Thomas	SB	63				63	9	34
61	Kerreal Thomas	VJ	51	49	49		51	4	44
62	Anita Amartiefio	4LR	50.9				50.9	2	48
62	Anita Amartiefio	SB	64				64	8	36
62	Anita Amartiefio	VJ	45	49	48		49	6	40
63	Mica O'Neale	S	7.39	7.07	7.03		7.39	4	44
63	Mica O'Neale	SLJ	1.38	1.20	1.24		1.38	9	34
64	Lenni Beckley	4LR	1:40.0				1:40.0	7	38
64	Lenni Beckley	S	5.90	6.08	7.13		7.13	5	42
64	Lenni Beckley	SLJ	0.00	0.00	0.00		0.00		
65	Monique Chambers	2LR	23.5				23.5	3=	45
65	Monique Chambers	SB	67				67	4	44
65	Monique Chambers	SLJ	2.20	2.20	2.26		2.26	2	48
66	Ada Bahumoktom	4LR	54.5				54.5	6	40
66	Ada Bahumoktom	S	4.62	5.13	4.18		5.13	9	34
66	Ada Bahumoktom	SLJ	1.94	1.70	2.66		2.66	1	50
67	Sienna King	2LR	24.4				24.4	9	34
67	Sienna King	SB	0				0		
67	Sienna King	VJ	40	37	41		41	9	34

# Team Results

# East London (red)

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Team	Score	Individual	P8	4x2
1	South London	691	551	70	70
2	Central London	609	499	60	50
3	East London	565	455	50	60

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
68	Deborah Knight	2LR	23.5				23.5	3=	45
68	Deborah Knight	S	7.38	7.01	9.22		9.22	1	50
68	Deborah Knight	VJ	40	46	46		46	8	36
69	Summer Daines	SB	66				66	5=	41
69	Summer Daines	VJ	48	50	53		53	3	46
70	Deborah Dyelade	4LR	53.8				53.8	5	42
70	Deborah Dyelade	SB	65				65	7	38
70	Deborah Dyelade	SLJ	1.34	1.52	1.34		1.52	8	36
71	Chanelle Bragg	2LR	23.3				23.3	2	48
71	Chanelle Bragg	SLJ	1.98	2.12	2.06		2.12	5	42
72	Chantelle Martey	S	4.59	5.37	5.52		5.52	8	36
72	Chantelle Martey	SLJ	1.18	1.62	1.46		1.62	7	38
73	Mika Mareston	2LR	24.9				24.9	10	32
73	Mika Mareston	S	7.41	7.36	7.71		7.71	2	48
73	Mika Mareston	VJ	41	44	47		47	7	38
74	Shadice Narthey	2LR	23.8				23.8	6=	39
74	Shadice Narthey	SB	71				71	3	46

# Team Results

# South London (orange)

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Team	Score	Individual	P8	4x2
1	South London	691	551	70	70
2	Central London	609	499	60	50
3	East London	565	455	50	60

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
82	Jah-Nay Opoku	2LR	22.7				22.7	1	50
82	Jah-Nay Opoku	S	7.13	7.19	7.62		7.62	3	46
82	Jah-Nay Opoku	VJ	55	57	58		58	1	50
83	Nicole Butler-Akins	4LR	52.1				52.1	3	46
83	Nicole Butler-Akins	SB	66				66	5=	41
83	Nicole Butler-Akins	VJ	50	49	48		50	5	42
84	Victoria Munt	2LR	23.7				23.7	5	42
84	Victoria Munt	S	5.65	5.55	4.43		5.65	7	38
84	Victoria Munt	SLJ	2.14	2.18	2.04		2.18	4	44
85	Rachel Robinson	4LR	50.0				50.0	1	50
85	Rachel Robinson	S	6.27	5.73	6.24		6.27	6	40
85	Rachel Robinson	SLJ	1.96	2.04	1.96		2.04	6	40
86	Frances Read	2LR	23.8				23.8	6=	39
86	Frances Read	SB	77				77	2	48
86	Frances Read	VJ	54	56	56		56	2	48
87	Jessica Moore	4LR	52.9				52.9	4	44
87	Jessica Moore	SB	87				87	1	50
87	Jessica Moore	SLJ	2.18	2.16	2.24		2.24	3	46
88	Ellie Duffy-Penny	S	8.21	9.30	8.82		9.30		

# Results Sheet

# 2 Lap Race

**Competition:**

ASHA-London Regional Final Under 15 Girls

**Venue:**

Newham Leisure Centre

**Date**

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	82	Jah-Nay Opoku	22.7	50
2	East London	red	71	Chanelle Bragg	23.3	48
3=	Central London	purple	65	Monique Chambers	23.5	45
3=	East London	red	68	Deborah Knight	23.5	45
5	South London	orange	84	Victoria Munt	23.7	42
6=	East London	red	74	Shadice Nartey	23.8	39
6=	South London	orange	86	Frances Read	23.8	39
8	Central London	purple	61	Kerreal Thomas	24.2	36
9	Central London	purple	67	Sienna King	24.4	34
10	East London	red	73	Mika Mareston	24.9	32

# Results Sheet

# 4 Lap Race

**Competition:**

ASHA-London Regional Final Under 15 Girls

**Venue:**

Newham Leisure Centre

**Date**

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	85	Rachel Robinson	50.0	50
2	Central London	purple	62	Anita Amartiefio	50.9	48
3	South London	orange	83	Nicole Butler-Akins	52.1	46
4	South London	orange	87	Jessica Moore	52.9	44
5	East London	red	70	Deborah Dyelade	53.8	42
6	Central London	purple	66	Ada Bahumoktom	54.5	40
7	Central London	purple	64	Lenni Beckley	1:40.0	38



# Results Sheet

# 8 Lap Paarlauf

## Competition:

ASHA-London Regional Final Under 15 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	1:45.9	0.0	1:45.9	60.0
3	02	East London	red	1:47.2	0.0	1:47.2	50.0

# Results Sheet

# 4 x 2 Lap Relay

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	04	South London	orange	1:35.5	0.0	1:35.5	70.0
2	02	East London	red	1:36.1	0.0	1:36.1	60.0
3	01	Central London	purple	1:38.5	0.0	1:38.5	50.0

# Results Sheet

# Shot

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	East London	red	68	Deborah Knight	9.22	50
2	East London	red	73	Mika Mareston	7.71	48
3	South London	orange	82	Jah-Nay Opoku	7.62	46
4	Central London	purple	63	Mica O'Neale	7.39	44
5	Central London	purple	64	Lenni Beckley	7.13	42
6	South London	orange	85	Rachel Robinson	6.27	40
7	South London	orange	84	Victoria Munt	5.65	38
8	East London	red	72	Chantelle Martey	5.52	36
9	Central London	purple	66	Ada Bahumoktom	5.13	34
	South London	orange	88	Ellie Duffy-Penny	9.30	0

# Results Sheet

# Speed Bounce

## Competition:

ASHA-London Regional Final Under 15 Girls

## Venue:

Newham Leisure Centre

## Date

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Total	Points
1	South London	orange	87	Jessica Moore	87	50
2	South London	orange	86	Frances Read	77	48
3	East London	red	74	Shadice Nartey	71	46
4	Central London	purple	65	Monique Chambers	67	44
5=	East London	red	69	Summer Daines	66	41
5=	South London	orange	83	Nicole Butler-Akins	66	41
7	East London	red	70	Deborah Dyelade	65	38
8	Central London	purple	62	Anita Amartiefio	64	36
9	Central London	purple	61	Kerreal Thomas	63	34
	Central London	purple	67	Sienna King	0	0

# Results Sheet

# Standing Long Jump

**Competition:**

ASHA-London Regional Final Under 15 Girls

**Venue:**

Newham Leisure Centre

**Date**

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	66	Ada Bahumoktom	2.66	50
2	Central London	purple	65	Monique Chambers	2.26	48
3	South London	orange	87	Jessica Moore	2.24	46
4	South London	orange	84	Victoria Munt	2.18	44
5	East London	red	71	Chanelle Bragg	2.12	42
6	South London	orange	85	Rachel Robinson	2.04	40
7	East London	red	72	Chantelle Martey	1.62	38
8	East London	red	70	Deborah Dyelade	1.52	36
9	Central London	purple	63	Mica O'Neale	1.38	34
	Central London	purple	64	Lenni Beckley	0.00	0

# Results Sheet

# Vertical Jump

**Competition:**

ASHA-London Regional Final Under 15 Girls

**Venue:**

Newham Leisure Centre

**Date**

21 Feb 2009

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	82	Jah-Nay Opoku	58	50
2	South London	orange	86	Frances Read	56	48
3	East London	red	69	Summer Daines	53	46
4	Central London	purple	61	Kerreal Thomas	51	44
5	South London	orange	83	Nicole Butler-Akins	50	42
6	Central London	purple	62	Anita Amartiefio	49	40
7	East London	red	73	Mika Mareston	47	38
8	East London	red	68	Deborah Knight	46	36
9	Central London	purple	67	Sienna King	41	34