

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 Boys

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	566	0	70	60	60	54	50	48	30	54	54	58	28	0
2	Central London	purple	366	0	0	70	70	30	30	54	0	28	24	0	30	30
3	East London	red	140	0	0	0	0	0	28	28	0	26	30	0	0	28

Team Results

Central London (purple)

Competition:

ASHA-London Regional Final Under 13 Boys

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	566	0	70	60	60	54	50	48	30	54	54	58	28	0
2	Central London	purple	366	0	0	70	70	30	30	54	0	28	24	0	30	30
3	East London	red	140	0	0	0	0	0	28	28	0	26	30	0	0	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
1	Jason Qwusu	2LR	22.4	0.0			22.4	1	30
1	Jason Qwusu	VJ	53	55	56	57	57	1	30
2	Randeu Nekadia	4LR	49.2	0.0			49.2	1	30
2	Randeu Nekadia	SB	56				56	4	24
3	Yanidc Munu	6LR	1:16.2				1:16.2	1	30
3	Yanidc Munu	STJ	6.55	6.66	6.74	0.00	6.74	1	30
4	Guny Kisimbila	6LR	1:24.7				1:24.7	4	24
4	Guny Kisimbila	S	7.34	7.35	7.34	0.00	7.35	2	28

Team Results

East London (red)

Competition:
ASHA-London Regional Final Under 13 Boys

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	566	0	70	60	60	54	50	48	30	54	54	58	28	0
2	Central London	purple	366	0	0	70	70	30	30	54	0	28	24	0	30	30
3	East London	red	140	0	0	0	0	0	28	28	0	26	30	0	0	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
13	Lance Scott	6LR	1:18.9				1:18.9	2	28
13	Lance Scott	SB	74				74	1	30
13	Lance Scott	SLJ	1.72	1.86	1.84	1.78	1.86		
14	Andrew Mbaki	4LR	52.1	0.0			52.1	2	28
14	Andrew Mbaki	SLJ	1.82	1.96	1.70	1.86	1.96		
14	Andrew Mbaki	VJ	43	38	43	40	43	2	28
15	Deogracias B.Fundi	S	7.27	6.46	6.05	0.00	7.27	3	26
15	Deogracias B.Fundi	SLJ	2.00	1.98	2.06	1.92	2.06		

Team Results

South London (orange)

Competition:

ASHA-London Regional Final Under 13 Boys

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	566	0	70	60	60	54	50	48	30	54	54	58	28	0
2	Central London	purple	366	0	0	70	70	30	30	54	0	28	24	0	30	30
3	East London	red	140	0	0	0	0	0	28	28	0	26	30	0	0	28

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
37	James Selway	4LR	53.7	0.0			53.7	4	24
37	James Selway	SB	65				65	3	26
38	Michael Essam	2LR	25.5	0.0			25.5	3	26
38	Michael Essam	S	5.64	4.72	5.62	0.00	5.64	4	24
39	Louis Hopgood	6LR	1:21.3				1:21.3	3	26
39	Louis Hopgood	S	6.67	7.63	6.47	0.00	7.63	1	30
40	William Thistleton	4LR	52.8	0.0			52.8	3	26
40	William Thistleton	STJ	5.88	5.98	6.08	0.00	6.08	2	28
41	Aedan O'Brien	6LR	1:26.4				1:26.4	5	22
41	Aedan O'Brien	SB	71				71	2	28
42	Carl Manners	SLJ	1.94	1.90	1.88	1.88	1.94	2	28
43	Shai Murlock	2LR	25.3	0.0			25.3	2	28
43	Shai Murlock	HJ	0.00				0.00		
43	Shai Murlock	SLJ	2.02	2.08	2.02	2.02	2.08	1	30
44	Tom Marr	HJ	1.52				1.52	1	30

Results Sheet

2 Lap Race

Competition:
ASHA-London Regional Final Under 13 Boys

Venue:
Newham Leisure Centre

Date
21 Feb 2009

Ranking	Team	Colour	Points			
1	East London	red	0			
	South London	orange	54			
2	Central London	purple	30			
Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	1	Jason Qwusu	22.4	30
2	South London	orange	43	Shai Murlock	25.3	28
3	South London	orange	38	Michael Essam	25.5	26

Results Sheet

4 Lap Race

Competition:
ASHA-London Regional Final Under 13 Boys

Venue:
Newham Leisure Centre

Date
21 Feb 2009

Ranking	Team	Colour	Points			
1	South London	orange	50			
2	Central London	purple	30			
3	East London	red	28			
Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	2	Randeu Nekadia	49.2	30
2	East London	red	14	Andrew Mbaki	52.1	28
3	South London	orange	40	William Thistleton	52.8	26
4	South London	orange	37	James Selway	53.7	24

Results Sheet

6 Lap Time Trial

Competition:

ASHA-London Regional Final Under 13 Boys

Venue:

Newham Leisure Centre

Date

21 Feb 2009

Ranking	Team	Colour	Points
1	Central London	purple	54
2	South London	orange	48
3	East London	red	28

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	3	Yanidc Munu	1:16.2	30
2	East London	red	13	Lance Scott	1:18.9	28
3	South London	orange	39	Louis Hopgood	1:21.3	26
4	Central London	purple	4	Guny Kisimbila	1:24.7	24
5	South London	orange	41	Aedan O'Brien	1:26.4	22

Results Sheet

8 Lap Paarlauf

Competition:
ASHA-London Regional Final Under 13 Boys

Venue:
Newham Leisure Centre

Date
21 Feb 2009

Ranking	Code	Team	Colour
1	04	South London	orange

Heat	Final	Performance	Points
1:43.7	0.0	1:43.7	70.0

Results Sheet

4 x 1 Lap Relay

Competition:
ASHA-London Regional Final Under 13 Boys

Venue:
Newham Leisure Centre

Date
21 Feb 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Central London	purple	45.7	0.0	45.7	70.0
2	04	South London	orange	51.5	0.0	51.5	60.0

Results Sheet

4 x 2 Lap Relay

Competition:
ASHA-London Regional Final Under 13 Boys

Venue:
Newham Leisure Centre

Date
21 Feb 2009

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	01	Central London	purple	1:32.2	0.0	1:32.2	70.0
2	04	South London	orange	1:40.1	0.0	1:40.1	60.0

Results Sheet

High Jump

Competition:
ASHA-London Regional Final Under 13 Boys

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Newham Leisure Centre

Date
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Ranking	Team	Colour	Points
1	Central London	purple	0
	East London	red	0
	South London	orange	30

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	44	Tom Marr	1.52	30
	South London	orange	43	Shai Murlock	0.00	0

Results Sheet

Shot

Competition:
ASHA-London Regional Final Under 13 Boys

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Newham Leisure Centre

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21 Feb 2009

Ranking	Team	Colour	Points			
1	South London	orange	54			
2	Central London	purple	28			
3	East London	red	26			
Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	39	Louis Hopgood	7.63	30
2	Central London	purple	4	Guny Kisimbila	7.35	28
3	East London	red	15	Deogracias B.Fundi	7.27	26
4	South London	orange	38	Michael Essam	5.64	24

Results Sheet

Speed Bounce

Competition:

ASHA-London Regional Final Under 13 Boys

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Ranking	Team	Colour	Points
1	South London	orange	54
2	East London	red	30
3	Central London	purple	24

Ranking	Team	Colour	BibNo	Name	Total	Points
1	East London	red	13	Lance Scott	74	30
2	South London	orange	41	Aedan O'Brien	71	28
3	South London	orange	37	James Selway	65	26
4	Central London	purple	2	Randeu Nekadia	56	24

Results Sheet

Standing Long Jump

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Ranking	Team	Colour	Points
1	Central London	purple	0
	East London	red	0
	South London	orange	58

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	orange	43	Shai Murlock	2.08	30
2	South London	orange	42	Carl Manners	1.94	28
	East London	red	13	Lance Scott	1.86	0
	East London	red	14	Andrew Mbaki	1.96	0
	East London	red	15	Deogracias B.Fundi	2.06	0

Results Sheet

Standing Triple Jump

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Ranking	Team	Colour	Points			
1	East London	red	0			
	Central London	purple	30			
2	South London	orange	28			
Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	3	Yanidc Munu	6.74	30
2	South London	orange	40	William Thistleton	6.08	28

Results Sheet

Vertical Jump

Competition:

ASHA-London Regional Final Under 13 Boys

Venue:

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21 Feb 2009

Ranking	Team	Colour	Points			
1	South London	orange	0			
2	Central London	purple	30			
2	East London	red	28			
Ranking	Team	Colour	BibNo	Name	Best	Points
1	Central London	purple	1	Jason Qwusu	57	30
2	East London	red	14	Andrew Mbaki	43	28