



Southern Counties Senior/U20 Championships
Crystal Palace
12th & 13th June 2010

Southampton Athletic Club Medalists:

Aiya Abe - **Gold** - U20W - 2K Steeplechase

Becca Carozzi - **Silver** - SW - 400mH

Jenny Beckingham - **Silver** - U20W - 800m

Aaron Bennett - **Bronze** - U20M - 800m

Name	Event	Age	Position	Performance
Sean Foord	100m (Heat 4)	SM	6	11.20
Sean Foord	200m (Heat 1)	SM	7	23.31
James Sutton	400m (Heat 3)	SM	5	51.31
Jonathan Slade	800m (Heat 3)	SM	3	1-54.72
Jonathan Slade	800m (Final)	SM	8	1-56.05
Andy Morgan-Lee	5000m (Final)	SM	5	15-19.10
Callum Bressington	100m (Heat 1)	U20M	8	12.17
Callum Bressington	200m (Heat 1)	U20M	6	23.42
Ben Winstanley	400m (Heat 1)	U20M	5	51.14
David Bolton	400m (Heat 3)	U20M	6	52.47
Simon Ninnim	800m (Heat 1)	U20M	4	1-57.97
Aaron Bennett	800m (Heat 3)	U20M	2	1-54.94
Harry Fisher	800m (Heat 3)	U20M	3	1-55.29
Aaron Bennett	800m (Final)	U20M	3	1-53.65
Harry Fisher	800m (Final)	U20M	5	1-54.06
Matt Watson	High Jump (Final)	U20M	4	2.00m
Sam Tingman	High Jump (Final)	U20M	8	1.90m
Fred Young	Discus (Final)	U20M	5	42.91m
Becca Carozzi	400mH (Final)	SW	2	62.26
Ceri Mitchell	1500m (Final)	SW	4	4-31.58
Sarah Ellis	Javelin (Final)	SW	6	42.65m
Millie Clifford	400mH (Heat 1)	U20W	2	65.02
Millie Clifford	400mH (Final)	U20W	5	63.71
Jenny Beckingham	800m (Heat 1)	U20W	3	2-21.99
Jenny Beckingham	800m (Final)	U20W	2	2-10.69
Aiya Abe	2K SC (Final)	U20W	1	6-53.05