

**Upper Darby Conestoga**  
**Upper Darby Marple Newtown**  
**26-Mar**  
**Marple Newtown HS**

<b>300IH</b>	John King	41.0	
	Terrence Topping-Brown	43.4	
	Charles Smith	44.3	
	Sam Harris	44.7	
	John Flores	47.1	
	Neo Nikoi	47.3	
	Surprise Gbaim	49.9	
	Brian Blakey	DQ	

<b>4x800</b>	Mark McDevitt	2:07.4	
	Stephen Pohlig	2:07.8	
	Amar Ali	2:14.3	
	Chris Hypolite	2:06.5	8:35.8
	Dominic Williams	2:19.1	
	Ephrem Thesome	2:23.0	
	Dagmawi Thesome	2:28.9	
	Dave Batchelor	2:29.4	9:40.3

<b>100M</b>	Chris Green	11.1
	Emmanuel Rupert	11.2
	John Henry Jarwood	11.2
	Julius Brewington	11.2
	Aaron Duncan	12.0
	Sekela Mwantemre	12.0
	Niyi Adewole	12.2
	Andre Henry	12.3
	Kwame Akuffo	12.4
	Rory Pitter	12.6
	Antonie Brewington	12.7

<b>Mile</b>	Daniel Edgar	4:48.8
	Andrew Butsick	4:54.5
	Abdul Hamid	5:06.0
	Tom Andresen	5:08.6
	Shama Pierre	5:10.2
	Chris Vito	5:24.3
	Adrian Reist	5:30.6

<b>400M</b>	Brian Blakey	50.7
	Keith Anderson	53.1
	John Henry Jarwood	53.6
	Reggie Johnson	56.6
	Keenan Harris	56.7
	Eyakeno Ekpo	58.5
	Andrew Carey	58.8
	Tony Pearson	58.8
	Jon Skuback	59.7
	Steve Willis	60.5
	Davinder Singh	81.9

<b>4x100</b>	Julius Brewington
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<b>200M</b>	Emmanuel Rupert	23.0
	Julius Brewington	23.0
	Chris Green	23.2
	Antonie Brewington	23.9
	Neo Nikoi	24.2
	Charles Smith	24.2
	Niyi Adewole	24.7
	Aaron Duncan	25.1
	Rory Pitter	25.2
	Sekela Mwantemre	25.4
	Surprise Gbaim	26.4
	Kwame Akuffo	27.1

<b>3200M</b>	Ephrem Thesome	11:18.5
	Dagmawi Thesome	11:58.4
	Andrew Butsick	11:10.1

<b>4x400</b>	John King	51.9
	Chris Hypolite	53.0
	John Henry Jarwood	55.0
	Brian Blakey	51.3

<b>Pole Vault</b>	Mazin Mahgoub	11' 0"
	Ian Hunter	9' 6"
	Charles Smith	7' 6"
	Rana	7' 6"
	Gerald Murphy	NH

<b>Long Jump</b>	Brian Blakey	21' 5"
	Terrence Topping-Brown	19' 6.5"
	Aaron Duncan	18' 1"
	Reggie Johnson	17' 1.25"
	Neo Nikoi	17' 1"

<b>Triple Jump</b>	Sam Harris	38' 10"
	Terrence Topping-Brown	40' 1.5"

<b>Shot Put</b>	Dominic Pinkston	42' 5"
	TJ Quinn	35' 8"
	Chris Flores	34' 4"
	Joe Jeffries	32' 6.5"
	Stephen Kaestle	32' 2.25"
	Chris Chase	28' 7.5"
	Nick Perotti	27' 11"
	Andrew Perry	F

<b>Javelin</b>	Ben Batchelor	76' 11"
	Joshua Frazier	78' 0"
	Luke Landmesser	111' 11"
	Robert Robinson	104' 3"
	Stephen Kaestle	107' 7"
	Syed Waleed	145' 7"
	Vincent Tavella	95' 1"

<b>Discus</b>	TJ Quinn	101' 1"
	Andrew Perry	97' 4"

Sam Harris	
Emmanuel Rupert	
Chris Green	43.4

Aaron Duncan	
Niyi Adewole	
Andre Henry	
Neo Nikoi	46.9

<b>110HH</b>	Terrence Topping-Brown	15.2
	John King	15.4
	Charles Smith	16.8
	John Flores	DQ

<b>800M</b>	Stephen Pohlig	2:06.7
	Chris Hypolite	2:08.3
	Daniel Edgar	2:13.5
	Mark McDevitt	2:16.0
	Amar Ali	2:16.1
	Michael Nwanah	2:20.6
	Dominic Williams	2:22.0
	Chris Vito	2:23.4
	Adrian Reist	2:23.9
	Tom Andresen	2:26.0
	Dave Batchelor	2:27.3
	Matt Skuback	2:28.3
	Abdul Hamid	2:43.9

Dominic Pinkston	90' 6"
Joshua Frazier	76' 1"
Chris Flores	75' 4"
Joe Jeffries	64' 6"
Nick Perotti	58' 7"

<b>High Jump</b>	Sam Harris	5' 10"
	Chris Hypolite	5' 6"
	Reggie Johnson	NH

3:31.1

**Chichester Relays**  
**Chichester HS**

**29-Mar**

<b>SMR</b>	Chris Green				<b>Triple Jump</b>	Sam Harris	?
	<b>1248</b> Emmanuel Rupert	34.4				Reggie Johnson	?
	Keith Anderson	53.2			<b>Javelin</b>	Stephen Kaestle	?
	Stephen Pohlig	2:05.4	3:33.0			Luke Landmesser	?
<b>4x800</b>	John King	2:03.8			<b>Discus</b>	TJ Quinn	?
	Chris Hypolite	2:04.5				Dominic Pinkston	?
	Amar Ali	2:14.6			<b>Shot Put</b>	Andrew Perry	?
	Mark McDevitt	2:08.8	8:31.6			Chris Flores	?
<b>4x200</b>	Antonine Brewington				<b>Pole Vault</b>	Ian Hunter	?
	Aaron Duncan				<b>(Penncrest)</b>	Mazin Mahgoub	?
	Niyi Awedole				<b>Long Jump</b>	Aaron Duncan	?
	Keenan Harris	1:40.1				Terrence Topping-Brown	?
<b>DMR</b>	Daniel Edgar	3:28.1					
	Reggie Johnson	56.1					
	Ephrem Thesome	2:21.1					
	Andrew Butsick	4:57	11:42.5				
<b>4x100</b>	Julius Brewington						
	Sam Harris						
	Emmanuel Rupert						
	Chris Green	DQ					
<b>3200m Novice</b>	Abdul Hamid						
	Dagwami Thesome						
<b>4x400</b>	Terrence Topping-Brown	53.4					
	Keith Anderson	52.7					
	Niyi Awedole	55.1					
	John King	52.4	03:31.5				
<b>4x1600</b>	Adrian Reist	05:16.2					
	Chris Vito	05:23.0					
	Ephrem Thesome	05:15.6					
	Tom Andresen	05:12.0					

**Penncrest 92 Upper Darby 58  
Upper Darby 119 Ridley 31  
2-Apr**

				<b>200M</b>	Julius Brewington	23.3	
					Antonie Brewington	24.1	
					Emmanuel Rupert	24.1	
<b>300IH</b>	John King	39.8			Chris Green	24.2	
	Terrence Topping-Brown	41.6			Aaron Duncan	24.7	
	Charles Smith	44.4			Rory Pitter	26.8	
	Sam Harris	44.5			Surprise Gbaim	26.8	
	John Flores	47.6			Steve Willis	27.7	
	Neo Nikoi	48.6			Tyree Watson	29.3	
	Surprise Gbaim	52.0					
	James Peifer	53.9					
				<b>3200M</b>	Andrew Butsick	10:36	
					Dagmawi Thesome	11:28	
					Ephrem Thesome	11:10	
<b>4x800</b>	Mark McDevitt	2:06.0		<b>4x400</b>	John King	52.2	
	Stephen Pohlig	2:06.5			John Henry Jarwood	54.7	
	Amar Ali	2:09.5			Niyi Adewole	54.9	
	Chris Hypolite	2:05.2	8:27.9		Brian Blakey	52.3	3:33.8
	Mike Nwanah	2:12					
	Shama Pierre	2:21		<b>Pole Vault</b>	Gerald Murphy	NH	
	Chris Vito	2:15			Ian Hunter	9' 6"	
	Abdul Hamid	2:15	9:15.7		Mazin Mahgoub	10' 6"	
<b>100M</b>	Chris Green	11.5		<b>Long Jump</b>	Brian Blakey	21' 4"	
	John Henry Jarwood	11.6			Terrence Topping-Brown	20' 7"	
	Julius Brewington	11.6			Aaron Duncan	20' 10"	
	Emmanuel Rupert	11.7			Chris Green	18' 10.5"	
	Niyi Adewole	11.9			Cory Harrison	18' 7.25"	
	Antonie Brewington	12.0			Neo Nikoi	17' 6"	
	Aaron Duncan	12.1			Reggie Johnson	15' 11.5"	
	Steve Willis	12.2					
	Sekela Mwantemre	12.5		<b>Triple Jump</b>	Terrence Topping-Brown	39' 7"	
	Andrew Carey	12.6			Cory Harrison	38' 11.5"	
	Keenan Harris	12.6			Sam Harris	38' 8"	
	Surprise Gbaim	12.6			Reggie Johnson	33' 4"	
	Jon Skuback	13.2					
	Kwame Akuffo	13.3		<b>Shot Put</b>	Dominic Pinkston	45' 5.5"	
<b>1600M</b>	Daniel Edgar	4:48			Andrew Perry	40' 7"	
	Tom Andresen	5:01			TJ Quinn	35' 6"	
	Adrian Reist	5:13			Stephen Kaestle	35' 2.5"	
	Dave Batchelor	5:24			Joe Jeffries	34' 3"	
					Chris Flores	33' 7"	
<b>400M</b>	Brian Blakey	51.2			Chris Chase	31' 10.75"	
	John Henry Jarwood	54.0			Nick Perotti	30' 3.5"	
	Andre Henry	56.2		<b>Javelin</b>	Ben Batchelor		
	Reggie Johnson	56.3			Chris Chase		
	Keenan Harris	57.7			Luke Landmesser		
	Jon Skuback	58.6			Robert Robinson		
	Eyakeno Ekpo	59.0			Stephen Kaestle		
	Steve Willis	59.4			Syed Waleed	138' 4"	
	Jaebum Jo	63.8			Vincent Tavella		
	Rory Pitter	65.1					
	Tyree Steele	69.9		<b>Discus</b>	Andrew Perry	108' 10"	
	Andrew Carey	DQ			Chris Chase		
	Keith Anderson	DQ			Chris Flores		
<b>4x100</b>	Julius Brewington				Dominic Pinkston	109' 7"	
	Sam Harris				Joe Jeffries		
	Emmanuel Rupert				Nick Perotti		
	Chris Green	43.6			Sekela Mwantemre		
	Aaron Duncan				Stephen Kaestle		
	Niyi Adewole				TJ Quinn	98' 9"	
	Antonie Brewington			<b>High Jump</b>	Brian Blakey		
	Neo Nikoi	?			Chris Hypolite		
<b>110HH</b>	John King	15.5			Reggie Johnson		
	Terrence Topping-Brown	15.6			Sam Harris		
	Charles Smith	17.4			Zahmeir Reid		
	John Flores	20.3					
	Rory Pitter	20.3					
	James Peifer	20.6					
<b>800M</b>	Daniel Edgar	2:09.0					
	Mark McDevitt	2:10.0					
	Michael Nwanah	2:13.0					
	Amar Ali	2:15.0					
	Chris Vito	2:15.9					
	Dominic Williams	2:17.0					
	Stephen Pohlig	2:21.0					
	Adrian Reist	2:22.0					

**Central League Relays****Haverford HS****5-Apr****11:30 Bus****Some times where missed!**

**Shuttle Hurdle** John King  
 Terrence Topping-Brown  
 Charles Smith  
 John Flores 1:07.3

**1st School Record**

**DMR** Andrew Butsick  
 Niyi Awedole  
 Chris Vito  
 Abdul Hamid 11:51.6

Tom Andresen  
 Keenan Harris  
 Adrian Reist  
 Ephrem Thesome 12:06.1

**4x200** Julius Brewinton  
 Brian Blakey  
 Emmanuel Rupert  
 Chris Green 1:31.3

Neo Nikoi  
 Sekela Mwantembre  
 Aaron Duncan  
 John Flores 1:42.2

**SMR** Sam Harris  
 John Henry Jarwood  
 Keith Anderson  
 Amar Ali DQ

Niyi Adewole 24.?  
 Paul Manyisha 24.?  
 Andre Henry 56.2  
 Dave Batchelor 2:22.0 4:06.4

**4x100** Julius Brewinton  
 Brian Blakey  
 Emmanuel Rupert  
 Chris Green 43.0

**2nd**

**4x800** John King 2:02.7  
 Chris Hypolite 2:03.8  
 Stephen Pohlig 2:05.7  
 Mark McDevitt 2:04.2 8:16.1 **1st**

Dominic Williams 2:14.2  
 Michael Nwanah 2:16.1  
 Abdul Hamid 2:16.6  
 Shama Pierre 2:18.9 9:04.9

**3200M** Dagwami Thesome 11:40.1

**4x400** John Henry Jarwood 52.1  
 Keith Anderson 52.8  
 Charles Smith 53.9  
 Reggie Johnson 55.2 3:33.8

Mazin Mahgoub 55.5  
 Andre Henry 55.7  
 Keenan Harris 56.8  
 Shama Pierre 57.2 3:45.1

**Shot Put** Andrew Perry 35' 7.5"  
 Dominic Pinkston 43' 1.5"

**Discus** Andrew Perry 117' 2"  
 Dominic Pinkston 108' 7"

**Javelin** Andrew Perry 66' 8"  
 John Flores 91' 0"

**Pole Vault** Ian Hunter 10' 0"  
 Mazin Mahgoub 11' 0"

**Long Jump** Terrence Topping-Brown 19' 11.5"  
 Aaron Duncan 20' 0.75"

**High Jump** Sam Harris 5' 6"  
 Terrence Topping-Brown 5' 4"

**Upper Darby 96 Lower Merion 54**

**9-Apr**

**Upper Darby HS**

				<b>200M</b>	John Henry Jarwood	22.7	
					Emmanuel Rupert	22.9	
					Julius Brewington	23.1	
					Antonie Brewington	23.8	
					Niyi Adewole	24.4	
					Sekela Mwantemre	24.7	
					Paul Manyisha	24.8	
					Mark McDevitt	25.1	
					Shama Pierre	25.5	
					Surprise Gbaim	25.7	
					Aaron Duncan	26.1	
					Chris Green	26.4	
					Tyree Watson	26.4	
					Steve Willis	26.8	
					Tony Pearson	27.3	
					Tryell Steele	27.4	
<b>300IH</b>	John King	41.2					
	Terrence Topping-Brown	42.3					
	Charles Smith	43.9					
	Neo Nikoi	46.9					
	John Flores	47.0					
	Surprise Gbaim	48.5					
	James Peifer	53.0					
<b>4x800</b>	Andrew Butsick	2:15.6					
	Chris Vito	2:13.8					
	Dominic Williams	2:12.5					
	Amar Ali	2:12.6	8:54.7				
<b>100M</b>	Chris Green	11.2					
	Emmanuel Rupert	11.2					
	John Henry Jarwood	11.2		<b>3200M</b>	Andrew Butsick	10:43.9	
	Sam Harris	11.5			Ephrem Thesome	11:20.7	
	Julius Brewington	11.6			Dagmawi Thesome	11:32.6	
	Paul Manyisha	11.9					
	Steve Willis	12.4		<b>4x400</b>	John King	52.1	
	Sekela Mwantemre	12.7			Chris Hypolite	51.5	
	Surprise Gbaim	12.8			Keith Anderson	52.8	
	Rory Pitter	12.9			John Henry Jarwood	53.6	3:29.9
	Kwame Akuffo	13.2					
	Tyree Watson	13.4		<b>Pole Vault</b>	Mazin Mahgoub	11' 6"	
					Ian Hunter	9' 6"	
<b>1600M</b>	Stephen Pohlig	4:47.3			Jerel Crew	8' 0"	
	Tom Andresen	4:55.0			Gerald Murphy	NH	
	Mark McDevitt	4:55.1		<b>Long Jump</b>	Aaron Duncan	20' 6"	
	Ephrem Thesome	5:07.7			Chris Green	19' 7"	
	Shama Pierre	5:13.6			Terrence Topping-Brown	19' 4"	
	Adrian Reist	5:15.9			Cory Harrison	18' 4"	
	Dave Batchelor	5:19.6			Reggie Johnson	17' 4"	
	Kwame Akuffo	6:29.0					
				<b>Triple Jump</b>	Sam Harris	39' 10"	
<b>400M</b>	Chris Hypolite	50.6			Cory Harrison	37' 3"	
	Keith Anderson	54.0			Reggie Johnson	36' 11"	
	Reggie Johnson	54.0		<b>Shot Put</b>	Dominic Pinkston	43' 6"	
	Niyi Adewole	56.7			TJ Quinn	36' 3"	
	Jon Skuback	56.9			Stephen Kaestle	33' 11"	
	Keenan Harris	56.9			Chris Flores	33' 1"	
	Tony Pearson	57.0			Nick Perotti	30' 4"	
	Eyakeno Ekpo	59.1			Joe Jeffries	29' 3"	
	Steve Willis	60.1			Andrew Perry	F	
	Tyrell Steele	63.2		<b>Javelin</b>	TJ Quinn	127' 0"	
	Odin Boppell	66.1			Stephen Kaestle	121' 2"	
<b>4x100</b>	Julius Brewington				Syed Waleed	119' 10"	
	Sam Harris				Luke Landmesser	109' 9"	
	Emmanuel Rupert				Robert Robinson	105' 5"	
	Chris Green	44.2			Vincent Tavella	96' 9"	
					Chris Flores	85' 6"	
<b>110HH</b>	John King	15.0			Ben Batchelor	82' 9"	
	Terrence Topping-Brown	15.2		<b>Discus</b>	Dominic Pinkston	122' 5"	
	Charles Smith	17.0			TJ Quinn	99' 10"	
	John Flores	19.4			Chris Flores	84' 4"	
	Rory Pitter	19.4			Joe Jeffries	69' 4"	
	James Peifer	21.0			Nick Perotti	61' 10"	
					Andrew Perry	F	
<b>800M</b>	John King	2:03.3		<b>High Jump</b>	Larry Dupree	5' 8"	
	Mark McDevitt	2:13.8			Sam Harris	5' 6"	
	Stephen Pohlig	2:15.0			Terrence Topping-Brown	5' 6"	
	Amar Ali	2:16.3			Chris Hypolite	5' 4"	
	Chris Vito	2:16.8			Reggie Johnson	NH	
	Tom Andresen	2:18.9					
	Adrian Reist	2:21.5					
	Dominic Williams	2:22.1					
	Chris Hypolite	2:22.5					
	Dave Batchelor	2:22.9					

**Coaches Assoc. Relays**  
**Upper Dublin**  
**4/12/2008**

<b>4x1600</b>	Abdul Hamid Adrian Reist Dagmawi Thesome Shama Pierre	5:19.5 5:20.5 5:19.7 5:10.6 #####	<b>Long Jump</b>	Aaron Duncan	20' 2.5" <b>2nd</b>
			<b>Shot Put</b>	Andrew Perry	37' 9"
			<b>Discus</b>	Andrew Perry	105' 5"
<b>Shuttle Hurdle</b>	John King Terrence Topping-Brown Charles Smith John Flores	1:06.16 <b>3rd</b>	<b>Javelin</b>	TJ Quinn	117' 5"
			<b>Pole Vault</b>	Mazin Mahgoub	11' 6"
			<b>High Jump</b>	Sam Harris	5' 4"
<b>4x200M</b>	Chris Hypolite John Henry Jarwood Niyi Adewole Charles Smith	1:34.44 <b>5th</b>	<b>Triple Jump</b>	Cory Harrison	37' 6"
<b>4x800M</b>	Chris Vito Dominic Williams Tom Andresen Shama Pierre	2:13.3 2:16.9 2:16.4 2:20.0 9:05.90			
<b>SMR</b>	Reggie Johnson <b>2248</b> Neo Nikoi Keenan Harris Ephrem Thesome	4:06.74			
<b>Southern SMR</b>	Aaron Duncan <b>1124</b> Sam Harris Keith Anderson Terrence Topping-Brown	1:38.88 <b>2nd</b>			
<b>DMR</b>	Mark McDevitt Reggie Johnson Amar Ali Andrew Butsick	3:31 53.8 2:12.6 4:48.4 #####			
<b>4x400M</b>	John King Chris Hypolite Keith Anderson John Henry Jarwood	3:25.65 <b>3rd</b>			



**Garnet Valley/ Springfield**

**15-Apr**

**Springfield HS**

<b>300IH</b>	John King	39.6	
	Terrence Topping-Brown	41.0	
	Charles Smith	42.9	
	Rory Pitter	46.2	
	John Flores	47.4	
	Surprise Gbaim	48.5	
	Odin Boppell	61.0	

<b>4x800</b>	Mark McDevitt	2:03.9	
	Stephen Pohlig	2:04.2	
	Amar Ali	2:09.5	
	Chris Vito	2:11.4	8:28.8
	Ephrem Thesome	2:20.6	
	Shama Pierre	2:16.1	
	Dominic Williams	2:12.3	
	Abdul Hamid	2:27.0	9:15.8

<b>100M</b>	Chris Green	11.3	
	Sam Harris	11.4	
	John Henry Jarwood	11.5	
	Aaron Duncan	11.7	
	Emmanuel Rupert	11.7	
	Niyi Adewole	11.9	
	Antonie Brewington	12.0	
	Paul Manyisha	12.0	
	Sekela Mwantemre	12.1	
	Surprise Gbaim	12.5	
	Kwame Akuffo	12.9	
	Steve Willis	12.9	

<b>1600M</b>	Andrew Butsick	4:49.2	
	Tom Andresen	4:54.4	
	Adrian Reist	5:07.8	
	Dave Batchelor	5:08.9	
	Daqmawi Thesome	5:16.4	

<b>400M</b>	Chris Hypolite	51.1	
	Keith Anderson	51.8	
	John Henry Jarwood	53.1	
	Keenan Harris	55.8	
	Jon Skuback	56.2	
	Eyakeno Ekpo	57.6	
	Darryl Lancaster-Smith	58.2	
	Tony Pearson	59.9	
	Steve Willis	60.9	
	Jaebum Jo	61.4	
	Tyree Watson	66.4	
	E. Satti	81.1	

<b>4x100</b>	Aaron Duncan		
	Sam Harris		
	Emmanuel Rupert		
	Chris Green	44.0	

<b>110HH</b>	John King	15.1	
	Terrence Topping-Brown	15.4	
	Charles Smith	16.9	
	John Flores	18.6	
	Rory Pitter	19.6	
	James Peifer	20.5	

<b>800M</b>	John King	2:04.8	
	Stephen Pohlig	2:07.0	
	Chris Hypolite	2:12.0	
	Chris Vito	2:14.3	
	Mark McDevitt	2:17.2	
	Dominic Williams	2:21.0	
	Michael Nwanah	2:25.0	
	Kwame Akuffo	2:25.4	
	Adrian Reist	2:26.0	
	John Flores	2:28.0	

<b>200M</b>	Chris Green	23.1
	John Henry Jarwood	23.2
	Emmanuel Rupert	23.3
	Antonie Brewington	23.4
	Niyi Adewole	24.1
	Michael Nwanah	24.1
	Paul Manyisha	24.4
	Cory Harrison	24.4
	Keenan Harris	25.1
	Rory Pitter	25.3
	Mark McDevitt	25.5
	Darryl Lancaster-Smith	25.9
	Surprise Gbaim	25.9
	Tony Pearson	25.9
	Stephen Pohlig	26.2
	Steve Willis	26.6
	Tyree Watson	27.5
	Tryell Steele	27.9

<b>3200M</b>	Andrew Butsick	10:41.5
	Dagmawi Thesome	11:47.9
	Ephrem Thesome	11:13.8
	Tom Andresen	11:00.3

<b>4x400</b>	John King	52.2
	Chris Hypolite	51.5
	Charles Smith	54.1
	Keith Anderson	52.9

<b>Pole Vault</b>	Mazin Mahgoub	11' 0"
	Ian Hunter	9' 6"
	Jerel Crew	9' 0"
	Charles Smith	9' 0"
	Gerald Murphy	NH
	Malik Muhammed	NH

<b>Long Jump</b>	Terrence Topping-Brown	19' 0"
	Chris Green	18' 7.75"
	Aaron Duncan	18' 4"
	Larry Dupree	16' 8"
	Cory Harrison	16' 4.5"
	Neo Nikoi	15' 10"

<b>Triple Jump</b>	Sam Harris	37' 6"
	Cory Harrison	F

<b>Shot Put</b>	Dominic Pinkston	40' 3.5"
	Andrew Perry	37' 10"
	Chris Flores	31' 9.25"
	Nick Perotti	31' 8"
	Chris Chase	31' 5"

<b>Javelin</b>	Ben Batchelor	80' 6"
	Chris Chase	95' 0"
	Luke Landmesser	100' 8"
	Robert Robinson	97' 9"
	Stephen Kaestle	115' 9"
	Syed Waleed	146' 9"
	Joshua Frazier	94' 0"
	Vincent Tavella	102' 0"

<b>Discus</b>	Dominic Pinkston	117' 0"
	Andrew Perry	108' 2"
	Chris Flores	79' 8"
	Joshua Frazier	67' 6"
	Nick Perotti	66' 5"

<b>High Jump</b>	Chris Hypolite	?
	Larry Dupree	5' 10"
	Terrence Topping-Brown	?
	Sam Harris	?

3:30.5

**Central League JV Meet  
Conestoga HS  
18-Apr**

<b>300IH</b>	Neo Nikoi	46.7
	Cory Harrison	47.1
	Surprise Gbain	47.3
	James Peifer	51.7
	Odin Boppell	52.8

<b>100M</b>	Steven Willis	12.8
	Tyree Watson	13.3

<b>1600M</b>	Amar Ali	4:55.2
	Adrian Reist	5:03.7
	Shama Pierre	5:09.6
	Dave Batchelor	5:09.9
	Abdul Hamid	5:17.8
	Ephrem Teshome	5:19.4
	Dagmawi Teshome	5:28.3

<b>400M</b>	Jon Skuback	54.9
	Tony Pearson	56.5
	Darryl Lancaster-Smith	58.0
	Jaebum Jo	60.2

<b>110HH</b>	Rory Pitter	19.2
	James Peifer	20.3

<b>800M</b>	Reggie Johnson	2:13.4
	Dominic Williams	2:14.7
	Michael Nwanah	2:20.6

<b>200M</b>	Rory Pitter	24.6
	Shama Pierre	25.2
	Steven Willis	25.7
	Surprise Gbain	25.7
	Tyree Watson	27.6

**3200M**

<b>4x400</b>	Jon Skuback	
	Reggie Johnson	
	Tony Pearson	
	Darryl Lancaster-Smith	3:51.2

<b>Pole Vault</b>	Jerel Crew	9' 6"
	Charles Smith	9' 0"
	Malik Muhammed	7' 6"
	Gerald Murphy	7' 0"

<b>Shot Put</b>	Stephen Kaestle	35' 11"
	Chris Flores	35' 1.5"
	Chris Chase	31' 9.5"
	Nick Perotti	30' 9.5"
	Joe Jeffries	29' 8"

<b>Javelin</b>	Stephen Kaestle	125' 2"
	Chris Chase	109' 1"
	Robert Robinson	103' 1"
	Ben Batchelor	89' 9"

<b>Discus</b>	Stephen Kaestle	89' 6"
	Joe Jeffries	77' 9"
	Chris Flores	72' 7"
	Nick Perotti	71' 4"

<b>Long Jump</b>	Cory Harrison	18' 10.5"
	Neo Nikoi	18' 5"
	Reggie Johnson	16' 6"

<b>Triple Jump</b>	Cory Harrison	36' 8"
	Reggie Johnson	35' 6"

**Great Valley Relays**  
**Great Valley HS**  
**4/19/2008**

**4x800m** John King 1:59.2  
Chris Hypolite 2:02.9  
Stephen Pohlig 2:03.5  
Mark McDevitt 2:04.6 8:10.15 **3rd**

**4x200m** Antonie Brewington  
Sekela Mwantembre  
Niyi Adewole  
Paul Manyisha 1:35.60

**DMR** Andrew Butsick 3:21.6  
Keenan Harris 56.9  
Chris Vito 2:08.4  
Tom Andresen 4:50.9 11:21.48

**SMR** Aaron Duncan  
**2248** Charles Smith  
Keith Anderson 52.4  
Terrence Topping-Brown 2:09.6 3:50.60

**4x100m** Emmanuel Rupert  
Chris Green  
Sam Harris  
John Henry Jarwood 43.39 **3rd**

**Weight 4x100** Dominic Pinkston  
Andrew Perry  
Syed Waleed  
TJ Quinn 51.77 **8th**

**4x400m** John King 51.4  
Chris Hypolite 50.8  
Stephen Pohlig 55.3  
Mark McDevitt 54.4 3:31.70

**Shot Put** Dominic Pinkston 45' 6"  
Andrew Perry 36' 11"

**Javelin** Syed Waleed 143' 1"  
TJ Quinn 97' 2"

**Pole Vault** Mazin Mahgoub 12' 0"  
Charles Smith NH

**Long Jump** Aaron Duncan 20' 4.25"  
Chris Green 19' 4" **5th**

**Discus** Dominic Pinkston 133' 1"  
Andrew Perry F

**High Jump** Sam Harris 5' 4"  
Terrence Topping Brown 5' 8"

**Upper Darby 89 Haverford 61****22-Apr****Upper Darby HS**

<b>300IH</b>	John King	40.0
	Terrence Topping-Brown	41.4
	Charles Smith	43.0
	Rory Pitter	44.5
	Neo Nikoi	45.0
	Cory Harrison	45.6
	John Flores	46.3
	Surprise Gbain	47.0
	James Peifer	51.1
	Odin Boppell	51.1

<b>4x800</b>	Abdul Hamid	2:23.2
	Shama Pierre	2:10.7
	Amar Ali	2:08.3
	Chris Vito	2:09.4

<b>100M</b>	Chris Green	11.2
	Emmanuel Rupert	11.2
	John Henry Jarwood	11.2
	Julius Brewington	11.3
	Sam Harris	11.3
	Antonie Brewington	11.6
	Paul Manyisha	11.7
	Aaron Duncan	11.8
	Niyi Adewole	11.8
	Sekela Mwantemre	12.3
	Steve Willis	12.7

<b>1600M</b>	Andrew Butsick	4:45.9
	Stephen Pohlig	4:48.6
	Tom Andresen	4:52.4
	Adrian Reist	5:01.2
	Dave Batchelor	5:05.2
	Kwame Akuffo	5:37.8

<b>400M</b>	Chris Hypolite	49.9
	John Henry Jarwood	50.6
	Keith Anderson	51.5
	Niyi Adewole	52.7
	Reggie Johnson	53.0
	Andre Henry	54.3
	Keenan Harris	56.0
	Eyakeno Ekpo	56.2
	Jon Skuback	56.4
	Tony Pearson	57.3
	Darryl Lancaster-Smith	58.3
	Steve Willis	58.9
	Jaebum Jo	59.5
	Tyree Watson	63.2
	E. Satti	80.0

<b>4x100</b>	Julius Brewington	
	Sam Harris	
	Emmanuel Rupert	
	Chris Green	43.9

<b>110HH</b>	John King	15.2
	Terrence Topping-Brown	15.6
	Charles Smith	17.0
	Rory Pitter	19.2
	John Flores	19.5
	Cory Harrison	19.6
	James Peifer	20.1
	Odin Boppell	21.5

<b>800M</b>	John King	2:00.4
	Mark McDevitt	2:05.3
	Stephen Pohlig	2:11.7
	Chris Hypolite	2:13.1
	Dave Batchelor	2:13.6
	Amar Ali	2:16.5
	Adrian Reist	2:20.4
	Shama Pierre	2:20.7
	Andre Henry	2:30.5

<b>200M</b>	Emmanuel Rupert	22.9
	Chris Green	23.0
	Julius Brewington	23.3
	Antonie Brewington	23.9
	Niyi Adewole	24.7
	Aaron Duncan	24.8
	Rory Pitter	25.0
	Darryl Lancaster-Smith	25.1
	Surprise Gbain	25.4
	Tyree Watson	27.4

<b>3200M</b>	Andrew Butsick	10:35.7
	Tom Andresen	10:43.7
	Ephrem Teshome	11:10.0
	Dagmawi Teshome	11:35.7
	Abdul Hamid	11:36.0

<b>4x400</b>	John Henry Jarwood	52.1
	Reggie Johnson	52.9
	Charles Smith	53.9
	Keith Anderson	52.9

<b>Pole Vault</b>	Mazin Mahgoub	12' 0"
	Ian Hunter	9' 6"
	Jerel Crew	9' 6"
	Malik Muhammed	9' 0"
	Charles Smith	8' 6"
	Gerald Murphy	7' 6"

<b>Long Jump</b>	Chris Green	20' 4"
	Aaron Duncan	19' 8.5"
	Terrence Topping-Brown	18' 11"
	Cory Harrison	17' 11"
	Neo Nikoi	16' 7.5"

<b>Triple Jump</b>	Sam Harris	37' 9.5"
	Terrence Topping-Brown	38' 7"
	Cory Harrison	Foul

<b>Shot Put</b>	Dominic Pinkston	44' 9"
	Andrew Perry	35' 10"
	Stephen Kaestle	34' 11"
	Nick Perotti	34' 1"
	Chris Flores	32' 11"
	Joe Jeffries	31' 0"
	Chris Chase	30' 2"

<b>Javelin</b>	Syed Waleed	150' 11"
	Stephen Kaestle	124' 1"
	Vincent Tavella	110' 7"
	Chris Chase	109' 10"
	Robert Robinson	100' 5"
	Ben Batchelor	92' 9"
	Joshua Frazier	85' 9"

<b>Discus</b>	Dominic Pinkston	128' 9"
	Andrew Perry	123' 6"
	Chris Flores	85' 9"
	Joe Jeffries	85' 5"
	Joshua Frazier	84' 1"
	Nick Perotti	68' 6"

<b>High Jump</b>	Sam Harris	5' 8"
	Chris Hypolite	5' 6"

**Penn Relays**  
**University of Penn**  
**4/25 - 4/26**

**4x100M** Emmanuel Rupert  
Chris Green  
Sam Harris  
John Henry Jarwood 43.12

**4x400M** John King  
Chris Hypolite  
Keith Anderson  
John Henry Jarwood *don't want to talk about it*

**Springfield Inv.  
Springfield HS  
26-Apr**

**4x800** Abdul Hamid  
Dominic Williams  
Dave Batchelor  
Adrian Reist  
9:11.2

**100M T** Paul Manyisha 11.9

**110HH T** Charles Smith 20.2 (fell)  
John Flores 19.4

**200M T** Niyi Adewole 24.1  
Antonie Brewington 23.4/ 23.9 **5th**

**300IH** Charles Smith 41.6 **1st**

**1600M** Tom Andresen 4:48.8  
Andrew Butsick 4:39.3 **6th**

**400M** Reggie Johnson 53.9 **5th**

**800M** Amar Ali 2:10.9  
Stephen Pohlig 2:04.0 **4th**

**3200M** Ephrem Teshome 11:11.8

**4x400** Amar Ali  
Reggie Johnson  
Stephen Pohlig 3:38.8 **3rd**

**Javelin** Syed Waleed 143' 9" **6th**

**Shot** Andrew Perry 35' 10"

**Discus** Andrew Perry Foul

**Pole Vault** Mazin Mahgoub 12' 0" **4th**  
Ian Hunter 10' 0"

**Long Jump** Neo Nikoi 16' 9.75"  
Reggie Johnson 16' 11.5"

**Strath Haven 91 Upper Darby 59  
Upper Darby 115.5 Radnor 34.5  
Radnor HS**

<b>300IH</b>	Charles Smith Cory Harrison James Peifer John Flores John King Neo Nikoi Odin Boppell Rory Pitter Surprise Gbain Terrence Topping-Brown	43.9   40.4   41.6	<b>200M</b>	Antonie Brewington Chris Green Darryl Lancaster-Smith Emmanuel Rupert John Henry Jarwood Julius Brewington Niyi Adewole Odin Boppell Paul Manyisha Rory Pitter Steve Willis Surprise Gbain Tyree Watson	   24.2  23.7 23.4  24.2
<b>4x800</b>	Dominic Williams Shama Pierre Amar Ali Dave Batchelor	   9:09.8	<b>3200M</b>	Abdul Hamid Andrew Butsick Dagmawi Thesome Ephrem Thesome Tom Andresen	  10:57.1  11:04.0
<b>100M</b>	Aaron Duncan Antonie Brewington Chris Green Emmanuel Rupert John Henry Jarwood Julius Brewington Niyi Adewole Paul Manyisha Sekela Mwantemre Steve Willis Sam Harris	  11 11.1 11.1 11.1   11.1	<b>4x400</b>	John King Chris Hypolite Reggie Johnson Keith Anderson	   3:26.4
<b>1600M</b>	Abdul Hamid Adrian Reist Andrew Butsick Kwame Akuffo Tom Andresen	  4:52.6  5:01.1	<b>Pole Vault</b>	Mazin Mahgoub Ian Hunter Jerel Crew Gerald Murphy	12' 6" 10' 0" 9' 6" 8' 0"
<b>400M</b>	Chris Hypolite Darryl Lancaster-Smith E. Satti Eyakeno Ekpo Jaebum Jo John Henry Jarwood Jon Skuback Keenan Harris Keith Anderson Niyi Adewole Reggie Johnson Steve Willis Tony Pearson Tyree Watson Tyrell Steele	50.4    51.3  52.2	<b>Long Jump</b>	Chris Green Aaron Duncan Terrence Topping-Brown Neo Nikoi	20' 5.5" 20' 4.75" 19' 11.5" 16' 7.5"
<b>4x100</b>	Julius Brewington Sam Harris Emmanuel Rupert Chris Green	   44.2	<b>Triple Jump</b>	Terrence Topping-Brown Sam Harris Neo Nikoi Aaron Duncan	38' 10" 36' 7" 33' 1" FOUL
<b>110HH</b>	Charles Smith Cory Harrison James Peifer John Flores John King Neo Nikoi Odin Boppell Rory Pitter Terrence Topping-Brown	   15.3   16.1	<b>Shot Put</b>	Dominic Pinkston Andrew Perry Chris Flores Nick Perotti Chris Chase Joe Jeffries	44' 6.5" 34' 11" 34' 1" 33' 0" 31' 11" 30' 8.5"
<b>800M</b>	Adrian Reist Amar Ali Andre Henry Chris Vito Dave Batchelor Dominic Williams John King Mark McDevitt Michael Nwanah Shama Pierre Stephen Pohlig	    2:01.9  2:06.8	<b>Javelin</b>	Syed Waleed Robert Robinson Chris Chase Vincent Tavella Ben Batchelor	133' 11" 108' 6" 108' 5" 105' 11" 96' 10"
			<b>Discus</b>	Dominic Pinkston Andrew Perry Joe Jeffries Chris Flores Nick Perotti	117' 11" 115' 1" 87' 8" 81' 3" 66' 3"
			<b>High Jump</b>	Chris Hypolite Mazin Mahgoub Sam Harris	5' 8" 5' 0" NH
			Sorry guys we are missing the sheet that has everyones times and splits		

**Delco Champs  
Interboro  
5/2 - 5/3**

**Friday 5/2**

**300IH T** John King  
Terrence Topping-Brown  
Charles Smith

**100M T** Chris Green  
Emmanuel Rupert  
John Henry Jarwood

**3200M Final** Tom Andresen  
Ephrem Teshome

**4x100 T** Emmanuel Rupert  
Chris Green  
Sam Harris  
John Henry Jarwood

**400M T** Keith Anderson  
Chris Hypolite

**110HH T** John King  
Terrence Topping-Brown

**800M T** Chris Vito  
Mark McDevitt

**200M T** Chris Green  
Emmanuel Rupert

**1600M T** Andrew Butsick  
Stephen Pohlrig

**4x400 T** Keith Anderson  
John Henry Jarwood  
Charles Smith  
Chris Hypolite

**Javelin** Syed Waleed

**Triple Jump** Neo Nikoi  
Aaron Duncan

**Discus** Dominic Pinkston  
Andrew Perry

**High Jump** Terrence Topping-Brown  
Sam Harris

**Sat 5/3**

**110HH S** John King  
Terrence Topping-Brown

**4x800** Chris Vito  
Amar Ali  
Mark McDevitt  
Stephen Pohlrig

**100M S** Chris Green  
Emmanuel Rupert

**JV 4x400M** Julius Brewington  
Keenan Harris  
Niyi Adewole  
Reggie Johnson

**Shot Put** Dominic Pinkston  
Andrew Perry

**Long Jump** Aaron Duncan  
Neo Nikoi

**Pole Vault** Mazin Mahgoub  
Ian Hunter

**300IH F** Terrence Topping-Brown  
John King  
Charles Smith

**JV 4x800** Shama Pierre  
Dominic Williams  
Dagmawi Teshome  
Abdul Hamid

**100M F**

**1600M F**

**4x100** Aaron Duncan  
Sam Harris  
Emmanuel Rupert  
Chris Green

**JV 4x100** Julius Brewington  
Niyi Adewole  
Sekela Mwantembre  
Paul Manyisha

**400M F** Chris Hypolite  
Keith Anderson

**110HH F**

**800M F** Chris Vito  
Mark McDevitt

**200M F** Emmanuel Rupert

**JV 1600M** Adrian Reist  
Dave Batchelor

**4x400M F** John King/ Terrence Topping-Brown  
Chris Hypolite  
Charles Smith  
Keith Anderson



**Central League JV Meet  
Haverford HS  
6-May**

<b>300IH</b>	Neo Nikoi	46.4	<b>Pole Vault</b>	Charles Smith	9' 0"
	John Flores	46.5		Gerald Murphy	8' 0"
	Surprise Gbain	46.9		Jerel Crew	10' 0"
	Cory Harrison	47.9	<b>Shot Put</b>	Chris Flores	36' 10"
	Odin Boppell	51.6		Joe Jeffries	27' 6"
	James Peifer	52.3		Nick Perotti	33' 8.5"
<b>100M</b>	Antonie Brewington	11.7	<b>Javelin</b>	Ben Batchelor	92' 3"
	Sekela Mwantemre	12.0		Joshua Frazier	93' 2"
	Tyree Watson	12.8		Robert Robinson	107' 11"
<b>1600M</b>	Ephrem Teshome	5:03.8		Vincent Tavella	108' 7"
	Abdul Hamid	5:12.9	<b>Discus</b>	Chris Flores	78' 4"
	Dagmawi Teshome	5:14.0		Joe Jeffries	82' 10"
	Kwame Akuffo	5:47.3		Nick Perotti	66' 9"
<b>400M</b>	Niyi Adewole	53.9	<b>Long Jump</b>	Cory Harrison	18' 4"
	Keenan Harris	56.1		Neo Nikoi	19' 2"
	Andre Henry	56.7	<b>Triple Jump</b>	Cory Harrison	37' 11"
	Eyakeno Ekpo	57.2		Neo Nikoi	36' 6.25"
	Tony Pearson	57.7			
	Darryl Lancaster-Smith	58.2			
	Jaebum Jo	60.2			
	Rob Curran	60.5			
	E. Satti	81.4			
<b>110HH</b>	Cory Harrison	20.0			
	James Peifer	19.9			
	John Flores	18.6			
	Odin Boppell	20.8			
<b>800M</b>	Michael Nwanah	2:11.8			
	Ephrem Teshome	2:19.3			
	Dagmawi Teshome	2:27.3			
	Abdul Hamid	2:31.6			
<b>200M</b>	Antonie Brewington	23.1			
	Andre Henry	23.8			
	Sekela Mwantemre	25.0			
	Surprise Gbain	25.6			
	Tyree Watson	26.4			
<b>3200M</b>	Adrian Reist	11:09.0			
	Dave Batchelor	11:38.3			
<b>4x400</b>	Eyakeno Ekpo	56.6			
	Darryl Lancaster-Smith	59.2			
	Tony Pearson	57.7			
	Keenan Harris	56.8	3:50.2		

**Central League Individuals**  
**7-May**  
**Lower Merion HS**

<b>(Field Starts at 2:30)</b>				
<b>300IH</b>	Charles Smith		41.9	<b>3rd</b>
<b>100M (Trials)</b>	Chris Green	11.0/11.0		<b>4th</b>
	Emmanuel Rupert	11.0/ 10.9		<b>3rd</b>
	Julius Brewington	11.2/ 11.4		<b>5th</b>
	Sam Harris	11.2/11.0/ 11.4		<b>7th</b>
<b>4x800</b>	Shama Pierre		2:11.0	
	Chris Vito		2:08.2	
	Dave Batchelor		2:18.6	
	Amar Ali		2:09.4	8:47.1
<b>110HH (Trials)</b>	Terrence Topping-Brown	15.2/ 15.3		<b>2nd</b>
	Charles Smith	16.5/ 19.5		<b>8th</b>
<b>1600M</b>	Andrew Butsick		4:44.9	
	Daniel Edgar		4:53.2	
<b>400M</b>	Brian Blakey		51.0	<b>3rd</b>
	Chris Hypolite		51.0	<b>2nd</b>
	Keith Anderson		52.1	<b>5th</b>
<b>4x100</b>	Aaron Duncan			
	Niyi Adewole			
	Antonie Brewington			
	Julius Brewington		44.0	
<b>800M</b>	Mark McDevitt		2:06.8	
	Stephen Pohlig		2:04.4 (owes me a blizzard)	
<b>200M</b>	Emmanuel Rupert		22.6	<b>3rd</b>
	Chris Green		22.7	<b>4th</b>
<b>3200M</b>	Tom Andresen		10:31.2	
<b>4x400</b>	John King		51.2	
	Chris Hypolite		50.5	
	Keith Anderson		51.2	
	John Henry Jarwood		50.6	3:23.3 <b>2nd</b>

<b>Long Jump</b>	Terrence Topping-Brown	20' 9.5"	<b>4th</b>
	Brian Blakey	20' 8"	<b>5th</b>
	Aaron Duncan	19' 8.75"	<b>7th</b>

<b>Pole Vault</b>	Mazin Mahgoub	12' 6"	<b>5th</b>
	Ian Hunter	nh	

<b>High Jump</b>	Sam Harris	5' 6"	<b>5th</b>
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<b>Triple Jump</b>	Aaron Duncan	nm	
	Neo Nikoi	34' 7.5"	

<b>Javelin</b>	Syed Waleed	151' 5"	<b>5th</b>
	Chris Chase	108' 2"	

<b>Shot Put</b>	Andrew Perry	38' 9.5"	
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<b>Discus</b>	Andrew Perry	119' 8"	<b>6th</b>
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**Districts**  
**Coatesville HS**  
**5/16 - 5/17**

**PIAA States**  
**Shippensburg**

<b>4x800</b>	Stephen Pohlig Mark McDevitt Chris Vito Amar Ali				<b>4x100</b>
				8:33.29	
<b>110HH</b>	John King		15.31		
	Terrence Topping-Brown	15.22/	15.96		
<b>100M</b>	Sam Harris		11.51		
<b>400M</b>	Chris Hypolite		51.72		
<b>4x100</b>	Julius Brewington Emmanuel Rupert Sam Harris John Henry Jarwood	43.68/	43.22	<b>4th</b>	
<b>300IH</b>	John King		40.42		
	Terrence Topping-Brown		40.68		
<b>200M</b>	Emmanuel Rupert	22.85/	23.61		
<b>4x400</b>	John King Chris Hypolite Keith Anderson John Henry Jarwood				3:29.70
<b>Pole Vault</b>	Mazin Mahgoub	13' 0"		<b>8th</b>	

Julius Brewington  
Emmanuel Rupert  
Sam Harris

John Henry Jarwood

43.23