

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 29 March 2015

	No.	Pos	Name	Club	Age Group	Performance
<b>300m Hurdles - Under 17 Women</b>						
300HW	f14	1	Megan Sims	P'boro	U17W	47.8
300HW	f2	2	Alexandra Prickett	Ashf	U17W	57.4
300HM60	m73	3	Robert Maggio	Eton M	M65	71.2
<b>300m Hurdles - Under 17 &amp; U20 Women</b>						
300HW	f137	1	Michelle Hughes	Have	U20W	44.8
300HW	f32	2	Amber Carroll	Dac & T	U17W	47.3
300HW	f24	3	Isobel Mills	Orion	U17W	50.0
<b>300m Hurdles - Under 17 Men</b>						
300HU17M	m20	1	Thomas Pitkin	Have	U20M	41.0
300HU17M	m47	2	Cameron Amedee	Ashf	U17M	43.3
300HU17M	m66	3	Matthew Owers	Have	U17M	46.4
<b>300m Hurdles - Under 20 &amp; Senior Men</b>						
300HM	m77	1	Michael Shortall	Thurr	SM	40.9
300HM	m57	2	Lewis Smith	Ashf	U20M	42.0
<b>800m - Under 11 Girls</b>						
800	f68	1	Annabella Bailey	HHH	U11G	2:50.8
800	F66	2	Madeline Read	Thurr	U11G	2:55.8
800	F142	3	Ciara Pearce	Orion	U11G	3:03.8
800	F63	4	Giselle Bryan	Unatt	U11G	3:05.6
800	F41	5	Mazy King	C&T	U11G	3:09.3
<b>800m - Under 13 Girls Race 1</b>						
800	F47	1	Amy Miller	HHH	U13G	2:34.7
800	F37	2	Jessica Tabraham	HHH	U13G	2:37.9
800	F3	3	Alice Brown	Have	U13G	2:39.4
800	F38	4	Valerie Parocki	HHH	U13G	3:05.4
<b>800m - Under 15 Girls</b>						
800	F85	1	Joanna Rimmington	S'end	U15G	2:31.3
800	F29	2	Katie Balme	HHH	U15G	2:34.7
800	F20	3	Jessica Mitchell	Have	U15G	2:36.0
800	F15	4	Lauren Goddard	B&B	U15G	2:37.5
800	F125	5	Anna Grey	HAWC	U15G	2:43.2
800	F127	6	Katie Liptrot	HAWC	U15G	2:51.5
800	F141	7	Catherine Barker	Have	U15G	2:57.3
800	F4	8	Rosie Brown	Have	U15G	2:57.3
800	F90	9	Charlotte Wright	Have	U15G	3:01.6
<b>800m - Under 17 &amp; Under 20 Women</b>						
800	F58	1	Katherine-Jayne Watts	Col H	U20W	2:24.8
800	F78	2	Heidi Surman-Wells	Have	U20W	2:25.0
800	F26	3	Olivia Sofroniou	Unatt	U20W	2:27.9
800	F23	4	Katie Faint	Chelm	U17W	2:34.5
800	F100	5	Megan Richardson	Bas	U17W	2:42.0
800	F150	6	Briony Findlay	Bas	U17W	2:59.4

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	No.	Pos	Name	Club	Age Group	Performance
<b>800m - Under 11 Boys</b>						
800	m38	1	Jacob Harrison	HHH	U11B	2:39.1
800	m37	2	Benjamin Harrison	HHH	U11B	2:41.6
800	m18	3	Louis Vallis	Unatt	U11B	2:51.4
800	m11	4	Tom Wood	Unatt	U11B	2:54.3
800	m44	5	Louis Willson	NEB	U11B	3:03.6
800	m94	6	Harrison Thorpe	Bas	U11B	3:04.8
<b>800m - Under 13 Boys</b>						
800	m92	1	Jaden Kennedy	HHH	U15B	2:23.4
800	m17	2	John Fennessey	Have	U15B	2:24.1
800	M95	3	Oliver Pocklington	Hunts	U15B	2:24.3
<b>800m - Under 17 Men &amp; upwards</b>						
800	M148	1	Jake Young	Col H	U17M	2:07.7
800	M87	2	Billy Rungay	Have	SM	2:09.0
800	M54	3	Joe McGrath	Billericay	SM	2:15.0
800	M96	4	Sam Walsh	Bas	U17M	2:24.5
800	M65	5	James Stewart	Have	U17M	2:30.8
800	M71	6	Bradley Brown	lff	M40	2:40.3
<b>100m - Under 11 Girls Race 1</b>						
100	f172	1	Sariyah Shoyelu-Armstrong	NEB	U11G	15.7
100	f63	2	Giselle Bryan	Unatt	U11G	17.6
<b>100m - Under 13 Girls Race 1</b>						
100	f39	1	Emma Ramsden	Bas	U13G	14.4
100	f31	2	Lottie Hinson	Bas	U13G	14.6
100	f64	3	Jessie Gower	Have	U13G	15.5
100	f71	4	Gabriella Browne	Have	U13G	16.2
100	f18	5	Tia Vickers	Thurr	U13G	16.8
<b>100m - Under 13 Girls Race 2</b>						
100	f67	1	Aliyah Dyer	NEB	U13G	14.4
100	f43	2	Millie Ambrose	Bas	U13G	15.2
100	f80	3	Grace Griffiths	Have	U13G	15.8
100	f45	4	Alice Atkins	Unatt	U13G	16.0
100	f72	5	Isobella Ndiwe	Have	U13G	17.1
<b>100m - Under 13 Girls Race 3</b>						
100	f152	1	Enya Davies-Collins	S'end	U13G	14.1
100	f164	2	Kiki Oluwaniyi	S'end	U13G	14.5
100	f149	3	Isabella Smith	Have	U13G	15.4
100	f144	4	Ruby Mace	Have	U13G	16.3
100	f81	5	Mia Price	Unatt	U13G	17.1
100	f75	6	Amy Bates	Unatt	U13G	17.2

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Under 15 Girls - Race 1</b>						
100	f60	1	Jazmin Whitehead	NEB	U15G	13.2
100	f126	2	Ella Wansell	HAWC	U15G	13.3
100	f46	3	Dolita Awala-Shaw	NEB	U15G	13.4
100	f27	4	Amelia Bell	K&P	U15G	13.8
100	f79	5	Yasmin Robinson	S'end	U15G	13.8
<b>100m - Under 15 Girls - Race 2</b>						
100	f84	1	Danielle Bakare	NEB	U15G	14.0
100	f13	2	Charlotte Fransham	Have	U15G	14.5
100	f34	3	Sarah Orr	Chelm	U15G	14.6
100	f83	4	Hannah Allen	Have	U15G	14.7
100	f40	5	Collette Browne	Have	U15G	15.5
<b>100m - Under 15 Girls - Race 3</b>						
100	f145	1	Ellie Rowan	S'end	U15G	14.1
100	f62	2	Jade Kavanagh	Have	U15G	14.5
100	f82	3	Ella King	Have	U15G	15.1
100	f129	4	Mollie Gumble	HAWC	U15G	15.1
100	f131	5	Nwachi Adanri	HAWC	U15G	16.2
<b>100m - Under 15 Girls - Race 4</b>						
100	f153	1	Hazel Samuels	Unatt	U15G	14.8
100	f147	2	Charlotte Crampton	Ashf	U15G	15.3
100	f170	3	Kiya Dawkins	Unatt	U15G	15.4
100	f177	4	Jordan Alaezibe	Have	U15G	15.9
100	f189	5	Mogana Anbarasu	Have	U15G	16.8
<b>100m - Under 17 Women Race 1</b>						
100	f36	1	Rebecca Jeggo	Col H	U17W	12.9
100	f49	2	Zoe Thompson	NEB	U17W	13.4
100	f9	3	Eloise Lewis	S'end	U17W	13.4
100	f52	4	Millie Belbin	Col H	U17W	13.6
100	f7	5	Amy Day	Chelm	U17W	13.7
<b>100m - Under 17 Women Race 2</b>						
100	f140	1	Modupe Shokunbi	Have	U17W	13.0
100	f21	2	Georgia Woodburn	Have	U17W	15.3
100	f70	3	Rafiah Ayandipo	Have	U17W	15.6
100	f166	4	Aoife O'Sullivan	Have	U17W	15.7
<b>100m - Under 20 &amp; Senior Women</b>						
100	f25	1	Tayla Humm	Have	U20W	13.0
100	f159	2	Lyndsay St Luce Boyce	HHH	SW	13.8
100	f44	3	April Castle	C&T	U20W	14.0
100	f91	4	Rosalind Zeffertt	SBH	W50	16.6

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Under 11 Boys</b>						
100	m38	1	Jacob Harrison	HHH	U11B	15.6
100	m44	2	Louis Willson	NEB	U11B	15.9
100	m37	3	Benjamin Harrison	HHH	U11B	16.0
<b>100m - Under 13 Boys Race 1</b>						
100	m98	1	Ashton Thatcher-Gray	Have	U13B	15.7
100	m62	2	Todd Riddell	Have	U13B	16.1
100	m93	3	Mack McAuley	Have	U13B	16.1
<b>100m - Under 13 Boys Race 2</b>						
100	m53	1	Aaron Ashmead-Shoye	NEB	U13B	14.2
100	m28	2	Emmanuel Oke	NEB	U13B	14.5
100	m165	3	Alfie Kelly	Have	U13B	15.3
<b>100m - Under 15 Boys Race 1</b>						
100	m16	1	Samuel Bennett	Unatt	U15B	12.2
100	m27	2	Liam Chivers	Thurr	U15B	13.4
100	m85	3	Tobi Idowu	Have	U15B	13.6
100	m155	4	Ethan Coombs	Have	U15B	15.0
100	m64	5	Jordan Ajibawo	Have	U15B	16.3
<b>100m - Under 15 Boys Race 2</b>						
100	m174	1	Debo Adekoyejo	NEB	U15B	12.4
100	m76	2	Rob Worman	Chelt	U15B	13.3
100	m163	3	George Jones	Have	U15B	14.8
100	m36	4	Aaron Freshwater	Have	U15B	14.8
100	m84	5	Nathaniel Louis	Have	U15B	15.2
<b>100m - Under 17 Men Race 1</b>						
100	m48	1	Dominic Ashwell	Dac & T	U17M	11.2
100	m51	2	Thomas Ramsey	Brain	U17M	12.4
100	m5	3	Ryan Hall	Derby	U17M	12.7
100	m66	4	Matthew Owers	Have	U17M	12.7
100	m31	5	Jack Noons	Have	U17M	13.4
<b>100m - Under 17 Men Race 2</b>						
100	m45	1	Connor Owen	Ashf	U17M	12.8
100	m75	2	Jamie Worman	Chelt	U17M	12.9
100	m167	3	Elliott Addison	Have	U17M	13.1
100	m63	4	Kieran Riddell	Have	U17M	13.1
100	m100	5	Richard Peel	Have	U17M	13.3
<b>100m - Under 20 Men Race 1</b>						
100	m24	1	Lewis Thorn	Brain	U20M	11.5
100	m34	2	Richard Shingleton	Brain	U20M	11.6
100	m21	3	Lewis Bailey	Have	U20M	11.7
100	m26	4	Ben Slayman	Brain	U20M	11.7
100	m14	5	Charlie Shingleton	Brain	U20M	11.8
100	m40	6	Ayomide Akingbehin	Have	U20M	11.9
<b>100m - Under 20 Men Race 2</b>						
100	m99	1	Rotimi Kuye	Have	U20M	11.8
100	m59	2	Joseph Wilkin	Col H	U20M	11.9
100	m30	3	Mahmoud Barrie	Brain	U20M	12.1
100	m49	4	Simon Zeffertt	SBH	U20M	12.3
100	m50	5	Danny Burrowes	TVH	U20M	12.4
100	m61	6	Josh Ajibawo	Have	U20M	13.2

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Senior Men Race 1</b>						
100	m41	1	Nicholas Atwell	HHH	SM	11.3
100	m52	2	Peter Phillips	HHH	SM	11.4
100	m161	3	Lawrence Croll Mensah	HHH	SM	11.4
100	m203	4	John Olubiyi	Unatt	SM	11.7
100	m91	5	Ben Silva	Jersey Sp	M35	12.0
<b>100m - Senior Men Race 2</b>						
100	m74	1	Cameron Webb	WSEH	SM	11.7
100	m154	2	Jared Gray	Brighton Uni	SM	12.6
100	m158	3	Laurence Goodacre	Have	SM	13.0
100	m90	4	Michael May	K&P	M50	15.2
100	m71	5	Bradley Brown	Ilf	M40	16.1
<b>1500m - Under 13 Girls</b>						
1500	f88	1	Abigail Ives	Bas	U13G	5:47.3
1500	f169	2	Sophia Di Carlo	HHH	U15G	6:05.2
1500	f8	3	Billie Perry	Bas	U13G	6:32.1
<b>1500m - Under 13 Boys &amp; Under 15 Girls</b>						
1500	m23	1	Toby Reynolds	HHH	U13B	5:07.4
1500	f1	2	Kate O'Neill	Have	U15G	5:09.3
1500	f171	3	Molly Sweetman	Have	U15G	5:16.1
1500	m6	4	Jacob Alley	HHH	U13B	5:23.1
1500	m12	5	Henry Lay	Have	U13B	5:26.8
1500	m168	6	Jacob Solon	HHH	U13B	5:35.4
1500	m178	7	Bradley Deacon	Ilf	U13B	5:40.6
1500	m25	8	Luke Chester	Have	U13B	5:41.8
1500	m22	9	Alex Ford	Have	U13B	5:43.0
1500	f146	10	Summer Thorpe	Bas	U15G	6:00.6
1500	f199	11	Jasmine Elcock	Unatt	U15G	6:16.3
<b>1500m - Under 15 Boys</b>						
1500	m89	1	Mohamed Mohamed	HHH	U15B	4:30.8
1500	m29	2	Sam Atkins	Have	U15B	4:59.4
1500	m200	3	Harry Jones	Have	U15B	5:08.3
1500	m88	4	Mohamed Ali	HHH	U15B	5:13.5
1500	m194	5	Lewis Clements	Unatt	U15B	5:58.0
<b>1500m - Under 17 &amp; Under 20 Women</b>						
1500	f55	1	Victoria Hiscock	Benf	U20W	5:00.1
1500	f181	2	Gemma Archer-Haley	Bas	U17W	5:18.4
1500	f179	3	Niamh Smith	Bas	U15G	5:19.9
1500	f195	4	Jordan Lacey	S'end	U20W	5:30.2
<b>1500m - Under 17, Under 20 &amp; Senior Men</b>						
1500	m190	1	George Elliott	Bas	U20M	4:24.1
1500	m187	2	Max Jones	Bas	U17M	4:27.3
1500	m162	3	Ramadan Osman	C&T	U20M	4:28.9
1500	m156	4	Matthew Braybrook	Have	U20M	4:34.7
1500	m67	5	Oscar Bell	HAWC	U17M	4:50.1
1500	m9	6	Bradley West	Have	U20M	4:53.4
1500	m65	7	James Stewart	Have	U17M	5:06.4
1500	m184	8	Joe Payne	Bas	U20M	5:30.8
1500	m71	9	Bradley Brown	Ilf	M40	5:54.7

*The positions from 4th to 6th have been revised from those reported on the day*

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	No.	Pos	Name	Club	Age Group	Performance
<b>70m Hurdles - Under 13 Girls</b>						
70HU13G	f157	1	Adelaide Thatcher-Gray	Have	U13G	15.4
<b>75m Hurdles - Under 13 Boys &amp; Under 15 Girls</b>						
75HU15G	f143	1	Aoibheann Pearce	Orion	U15G	13.9
75HU15G	m165	2	Alfie Kelly	Have	U13B	16.1
75HU15G	m2	3	Peter Brinton-Quinn	Have	U13B	16.4
<b>80m Hurdles - Under 17 Women</b>						
80HU17W	f176	1	Shannon Dooley	Have	U17W	12.9
80HU17W	f14	2	Megan Sims	P'boro	U17W	13.3
80HU17W	f74	3	Rebecca Hawkins	Bexley	U17W	14.5
80HU17W	f24	4	Isobel Mills	Orion	U17W	14.7
<b>80m Hurdles - Under 15 Boys &amp; Women 45</b>						
80HU17W	m13	1	Karl Johnson	NEB	U15B	12.0
80HW45	f175	2	Dawn Jones	Harl	W45	DNF
<b>100m Hurdles - Under 17 Men</b>						
100HU17M	m47	1	Cameron Amedee	Ashf	U17M	14.5
110HU20M	m63	2	Kieran Riddell	Have	U17M	19.9
110HU20M	m68	3	Alex Patten	HAWC	U17M	DNF
<b>100m Hurdles</b>						
100HU18W	f137	1	Michelle Hughes	Have	U20W	19.6
100HM65	m73	2	Robert Maggio	Eton M	M65	26.2
<b>110m Hurdles - Senior Men</b>						
110H	m180	1	Matthew Scott	Bas	SM	18.0
<b>300m - Under 15 Girls</b>						
300	f128	1	Molly Gardner	HAWC	U15G	45.8
300	f205	2	Emily Crane	Unatt	U15G	56.2
<b>300m - Under 17 Women</b>						
300	f49	1	Zoe Thompson	NEB	U17W	44.9
300	f9	2	Eloise Lewis	S'end	U17W	45.4
300	f65	3	Shekinah Joseph	NEB	U17W	46.0
300	f17	4	Katie Dawson	Have	U17W	46.5
300	f185	5	Chloe Nash	Have	U17W	51.3
<b>300m - Under 15 Boys</b>						
300	m160	1	Dennis Jefia	NEB	U15B	42.7
300	m36	2	Aaron Freshwater	Have	U15B	52.4
<b>400m Under 17 Men</b>						
400	m202	1	Connor Oliver	Col H	U20M	50.7
400	m173	2	Hanif Henry	Orion	U20M	57.6
400	m45	3	Connor Owen	Ashf	U17M	59.6
400	f11	4	Katie Silva	Jersey Sp	SW	64.0
400	m71	5	Bradley Brown	Ilf	M40	76.5

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<b>200m - Under 13 Girls</b>						
200	f39	1	Emma Ramsden	Bas	U13G	28.8
200	f67	2	Aliyah Dyer	NEB	U13G	29.3
200	f31	3	Lottie Hinson	Bas	U13G	30.3
200	f3	4	Alice Brown	Have	U13G	32.5
200	f45	5	Alice Atkins	Unatt	U13G	32.9
<b>200m - Under 15 Girls Race 1</b>						
200	f126	1	Ella Wansell	HAWC	U15G	27.0
200	f46	2	Dolita Awala-Shaw	NEB	U15G	27.1
200	f84	3	Danielle Bakare	NEB	U15G	29.0
200	f62	4	Jade Kavanagh	Have	U15G	29.1
200	f127	5	Katie Liptrot	HAWC	U15G	29.1
<b>200m - Under 15 Girls Race 2</b>						
200	f145	1	Ellie Rowan	S'end	U15G	28.8
200	f153	2	Hazel Samuels	Unatt	U15G	30.4
200	f13	3	Charlotte Fransham	Have	U15G	32.0
200	f147	4	Charlotte Crampton	Ashf	U15G	33.8
<b>200m - Under 15 Girls Race 3</b>						
200	f125	1	Anna Grey	HAWC	U15G	30.3
200	f207	2	Millie Redgrave	Have	U15G	30.7
200	f89	3	Lexie Chiswell	Unatt	U15G	33.9
200	f90	4	Charlotte Wright	Have	U15G	34.3
200	f206	5	Anna Osborn	Have	U15G	35.7
<b>200m - Under 17 Women Race 1</b>						
200	f14	1	Megan Sims	P'boro	U17W	27.8
200	f134	2	Ashleigh Spilipoulou	HAWC	U17W	27.9
200	f74	3	Rebecca Hawkins	Bexley	U17W	28.4
200	f185	4	Chloe Nash	Have	U17W	33.4
<b>200m - Under 17 Women Race 2</b>						
200	f36	1	Rebecca Jeggo	Col H	U17W	26.2
200	f140	2	Modupe Shokunbi	Have	U17W	26.4
200	f192	3	Victoria Adebowale	Have	U17W	28.4
200	f52	4	Millie Belbin	Col H	U17W	29.1
200	f186	5	Lestine Manduakila	Have	U17W	29.4
<b>200m - Under 20 Women</b>						
200	f201	1	Tamara Anderson	Ashf	U20W	26.5
200	f92	2	Sophie Rickner	S'end	U20W	27.4
200	f44	3	April Castle	C&T	U20W	30.9
<b>200m - Under 15 Boys</b>						
200	m174	1	Debo Adekoyejo	NEB	U15B	25.7
200	m160	2	Dennis Jefia	NEB	U15B	25.9
200	m78	3	AJ Jordan	Have	U15B	28.6
<b>200m - Under 17 Men</b>						
200	m46	1	Shemar Boldizsar	Harl	U17M	23.3
200	m193	2	Kody Powell	Camb H	U17M	23.9
<b>200m - Under 20 Men</b>						
200	m24	1	Lewis Thorn	Brain	U20M	22.8
200	m34	2	Richard Shingleton	Brain	U20M	23.3
200	m26	3	Ben Slayman	Brain	U20M	23.6
200	m49	4	Simon Zeffertt	SBH	U20M	24.0

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<b>200m - Senior Men Race 1</b>						
200	m41	1	Nicholas Atwell	HHH	SM	22.4
200	m52	2	Peter Phillips	HHH	SM	22.7
200	m161	3	Lawrence Croll Mensah	HHH	SM	23.0
200	m69	4	Lennox Thompson	NEB	SM	23.3
<b>200m - Senior Men Race 2</b>						
200	m188	1	Columba Blango	VPTH	SM	23.7
200	m203	2	John Olubiyi	Unatt	SM	24.1
200	m90	3	Michael May	K&P	M50	31.3
200	m71	4	Bradley Brown	Ilf	M40	37.0
<b>Long Jump - Under 17, 20 &amp; Senior Women</b>						
LJ	f93	1	Natalie Le Beau	Thurr	SW	5.11
LJ	f91	2	Rosalind Zeffertt	SBH	W50	3.58
LJ	f138	1	Clarice Parrott	Brain	U20W	5.07
LJ	f92	2	Sophie Rickner	S'end	U20W	4.78
LJ	f44	3	April Castle	C&T	U20W	4.45
LJ	f57	4	Beth James	Thurr	U20W	4.43
LJ	f135	1	Nicole Parcell	HAWC	U17W	4.73
LJ	f30	2	Annie Maguire	Have	U17W	4.57
LJ	f95	3	Lauryn Dossery	Unatt	U17W	4.14
LJ	f9	4	Eloise Lewis	S'end	U17W	4.11
LJ	f70	5	Rafiah Ayandipo	Have	U17W	3.71
LJ	f21	6	Georgia Woodburn	Have	U17W	3.54
LJ	f94	7	Alisha Hayes	Chelm	U17W	NJ
<b>Long Jump - Under 17 &amp; Under 20 Men</b>						
LJ	m14	1	Charlie Shingleton	Brain	U20M	5.84
LJ	m50	2	Danny Burrowes	TVH	U20M	5.81
LJ	m34	3	Richard Shingleton	Brain	U20M	5.65
LJ	m26	4	Ben Slayman	Brain	U20M	5.60
LJ	m24	5	Lewis Thorn	Brain	U20M	NJ
LJ	m75	1	Jamie Worman	Chelt	U17M	5.94
LJ	m63	2	Kieran Riddell	Have	U17M	4.52
<b>Discus - All Male age groups</b>						
DT2K	m79	1	Mark Andrews	Holl Sp	SM	30.28
DT2K	m56	2	James Cooper	Ashf	SM	26.96
DT2K	m10	3	Hugh Williams	WGEL	SM	25.28
DT2K	m42	4	Ben Roberts	Ashf	SM	19.27
DT2K	m72	5	William Heaps	Unatt	SM	17.00
DT1.75K	m1	1	Adam Graham	E&H	U20M	43.98
DT1.75K	m82	2	Michael Duncan	Have	U20M	30.81
DT1.75K	m81	3	James Regan	Chelm	U17M	28.01
DT1.75K	m3	4	Edward Brinton-Quinn	Have	U20M	18.68
DT1.5K	m83	1	David Burrell	Luton	M50	40.29
DT1.25K	m80	1	Max Law	Have	U15B	28.86
DT1.25K	m76	2	Rob Worman	Chelt	U15B	26..79
DT1.0K	m2	1	Peter Brinton-Quinn	Have	U13B	18.79
DT1.0K	m55	2	Hal Hutton	Have	U13B	15.95
DT1.0K	m33	3	Joshua Ayling	Have	U13B	11.48



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	No.	Pos	Name	Club	Age Group	Performance
<b>Discus - All Female age groups</b>						
DTW	f99	1	Freya Gutteridge	Have	U17W	34.37
DTW	f151	2	Anastasia Constantinides	WGEL	U17W	26.43
DTW	f97	3	Clare Madigan	Unatt	U17W	13.70
DTW	f4	1	Rosie Brown	Have	U15G	19.99
DTW	f139	2	Yinka Shokunbi	Have	U15G	17.98
DTW	f50	3	Megan Smith	Thurr	U15G	13.41
DTW	f19	4	Devon Matthews	Bas	U15G	12.53
DT0.75K	f6	1	Robyn Moody	Have	U13G	21.43
DT0.75K	f3	2	Alice Brown	Have	U13G	17.00
DT0.75K	f76	3	Hannah Sullivan	WGEL	U13G	10.92
<b>Long Jump - Under 15 Boys</b>						
LJ	m16	1	Samuel Bennett	Unatt	U15B	5.37
LJ	m78	2	AJ Jordan	Have	U15B	4.40
<b>Long Jump - Under 15 Girls</b>						
LJ	f130	1	Grace Gentry	HAWC	U15G	4.99
LJ	f13	2	Charlotte Fransham	Have	U15G	4.44
LJ	f127	3	Katie Liptrot	HAWC	U15G	4.08
LJ	f34	4	Sarah Orr	Chelm	U15G	3.97
LJ	f131	5	Nwachi Adanri	HAWC	U15G	3.80
<b>Long Jump - Under 11 Girls</b>						
LJ	f66	1	Madeline Read	Thurr	U11G	2.48
LJ	f41	2	Mazy King	C&T	U11G	2.17
<b>Long Jump - Under 13 Girls</b>						
LJ	f61	1	Ella Wigul	Unatt	U13G	3.73
LJ	f80	2	Grace Griffiths	Have	U13G	3.66
LJ	f64	3	Jessie Gower	Have	U13G	3.40
LJ	f72	4	Isobella Ndiwe	Have	U13G	2.99
<b>Long Jump - Under 11 Boys</b>						
LJ	m18	1	Louis Vallis	Unatt	U11B	2.33
<b>Long Jump - Under 13 Boys</b>						
LJ	m53	1	Aaron Ashmead-Shoye	NEB	U13B	4.18
LJ	m165	2	Alfie Kelly	Have	U13B	3.85
LJ	m98	3	Ashton Thatcher-Gray	Have	U13B	3.40
LJ	m33	4	Joshua Ayling	Have	U13B	3.36
LJ	m97	5	Mason Smith	Have	U13B	3.30
LJ	m93	6	Mack McAuley	Have	U13B	3.19
LJ	m62	7	Todd Riddell	Have	U13B	3.05
LJ	m12	8	Henry Lay	Have	U13B	3.00
LJ	m58	9	Joseph Chiswell	Unatt	U13B	2.23

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	No.	Pos	Name	Club	Age Group	Performance
<b>Shot - Women 4K</b>						
SP4K	f22	1	Felicia Rudolfo	E&H	SW	9.02
<b>Shot - Women 3K (U17W/U18W)</b>						
SP3K	f59	1	Lois Wightman	Unatt	U17W	9.88
SP3K	f134	2	Ashleigh Spilipoulou	HAWC	U17W	8.62
SP3K	f98	3	Jade Packer	S'end	U20W	8.45
<b>Shot - Women 3K (U15G)</b>						
SP3K	f130	1	Grace Gentry	HAWC	U15G	7.62
SP3K	f19	2	Devon Matthews	Bas	U15G	6.77
SP3K	f50	3	Megan Smith	Thurr	U15G	6.47
SP3K	f87	4	Amelia Owers	Have	U15G	5.65
<b>Shot - Under 13 girls</b>						
SP2.72K	f6	1	Robyn Moody	Have	U13G	7.51
SP2.72K	f144	2	Ruby Mace	Have	U13G	6.49
SP2.72K	f80	3	Grace Griffiths	Have	U13G	6.26
SP2.72K	f18	4	Tia Vickers	Thurr	U13G	4.81
<b>Shot - Senior Men</b>						
SP7.26K	m10	1	Hugh Williams	WGEL	SM	10.89
SP7.26K	m79	2	Mark Andrews	Holl Sp	SM	8.23
<b>Shot - Under 20 Men</b>						
SP6K	m82	1	Michael Duncan	Have	U20M	8.31
SP6K	m3	2	Edward Brinton-Quinn	Have	U20M	7.21
SP6K	m1		Adam Graham	E&H	U20M	NM
<b>Shot - Men 50</b>						
SP6K	m8	1	John Braybrook	East Vets	M50	6.83
<b>Shot - Under 15 Men</b>						
SP4K	m76	1	Rob Worman	Chelt	U15B	8.73
<b>Shot - Under 13 Boys</b>						
SP3.25K	m23	1	Toby Reynolds	HHH	U13B	6.89
<b>High Jump - Senior Women</b>						
HJ	f183	1	Deborah Martin	Ashf	SW	1.70
HJ	f48	2	Bethan Siddons	Have	SW	1.60
<b>High Jump - Under 17 Women</b>						
HJ	f17	1	Katie Dawson	Have	U17W	1.45
<b>High Jump - Senior Men</b>						
HJ	m182	1	John Bancroft	Bexley	M50	1.40
<b>High Jump - Under 15 Girls</b>						
HJ	f128	1	Molly Gardner	HAWC	U15G	1.30
<b>High Jump - Under 13 Girls</b>						
HJ	f144	1	Ruby Mace	Have	U13G	1.25
HJ	f43	2	Millie Ambrose	Bas	U13G	1.10
HJ	f72	3	Isobella Ndiwe	Have	U13G	NH

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 29 March 2015

	No.	Pos	Name	Club	Age Group	Performance
<b>High Jump - Under 13 Boys</b>						
HJ	m23	1	Toby Reynolds	HHH	U13B	1.25
HJ	m12	2=	Henry Lay	Have	U13B	1.15
HJ	m93	2=	Mack McAuley	Have	U13B	1.15
<b>High Jump - Under 15 Boys</b>						
HJ	m86	1	James Adams	Have	U15B	1.25
HJ	m84	2	Nathaniel Louis	Have	U15B	1.25
HJ	m64	3	Jordan Ajibawo	Have	U15B	1.20
<b>Triple Jump - Female</b>						
TJ	f16	1	Temilola Tewogbade	Bexley	U20W	10.08
TJ	f52	2	Millie Belbin	Col H	U17W	9.69
TJ	f44	3	April Castle	C&T	U20W	9.48
TJ	f132	4	Lily Jones	HAWC	U17W	9.27
TJ	f7	5	Amy Day	Chelm	U17W	8.73
TJ	f198	6	Louise Lear	Have	U20W	8.37
TJ	f51	7	Clare St John-Coleman	Chelm	W50	7.60
TJ	f57		Beth James	Thurr	U20W	NJ
<b>Triple Jump - Male</b>						
TJ	m14	1	Charlie Shingleton	Brain	U20M	12.22
TJ	m35	2	Jordan Sheridan	Harl	U17M	10.92
TJ	m45	3	Connor Owen	Ashf	U17M	9.53
<b>Javelin - Senior Men</b>						
JT800	m79	1	Mark Andrews	Holl Sp	SM	32.07
<b>Javelin - Under 17 Men</b>						
JT700	m191	1	Thomas Mitchell	Col H	U17M	48.15
JT700	m19	2	Joss Foot	Orion	U17M	46.63
JT700	m204	3	Frank Moore	VPTH	U17M	29.74
JT700	m81		James Regan	Chelm	U17M	NT
<b>Javelin - Under 15 Boys</b>						
JT600	m27	1	Liam Chivers	Thurr	U15B	9.33
<b>Javelin - Under 13 Men</b>						
JT400	m2	1	Peter Brinton-Quinn	Have	U13B	27.65
JT400	m25	2	Luke Chester	Have	U13B	18.88
JT400	m55	2	Hal Hutton	Have	U13B	17.60
<b>Javelin - Under 20 &amp; Senior Women</b>						
JT600	f136	1	Joanna Blair	Luton	SW	46.26
JT600	f22	2	Felicia Rudolfo	E&H	SW	37.74
JT600	f26	3	Olivia Sofroniou	Unatt	U20W	25.90
<b>Javelin - Under 17 Women</b>						
JT500	f21	1	Georgia Woodburn	Have	U17W	25.34
JT500	f135	2	Nicole Parcell	HAWC	U17W	24.38
JT500	f24	3	Isobel Mills	Orion	U17W	17.48
JT500	f134		Ashleigh Spilipoulou	HAWC	U17W	NT
<b>Javelin - Under 15 Girls</b>						
JT500	f19	1	Devon Matthews	Bas	U15G	19.94
JT500	f50	2	Megan Smith	Thurr	U15G	18.13
JT500	f79	3	Yasmin Robinson	S'end	U15G	17.53
JT500	f196	4	Victoria Cuthbert	WGEL	U15G	11.52
JT500	f197	5	Sophie Heney	WGEL	U15G	11.48
<b>Javelin - Under 13 Girls</b>						
JT500	f157	1	Adelaide Thatcher-Gray	Have	U13G	19.19