

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 3rd April 2016

	No.	Pos	Name	Club	Age Group	Performance
300m Hurdles - Under 17 & Senior Women						
300HW	f81	1	Alex Hill	Herts P	SW	45.2
300HW	f18	2	Isobel Mills	Orion	U17W	47.8
300HW	f74	3	Isabella Woods	Have	SW	50.5
300m Hurdles - Under 17 Men, Under 20 & Senior Men						
300HM	m81	1	Michael Shortall	Thurr	SM	41.0
300HM	m30	2	Cameron Amedee	Ashf	U20M	41.8
300HU17M	m31	3	Kieran Riddell	Have	U17M	46.8
800m - Under 13 Girls						
800	f5	1	Alice Brown	Have	U13G	2:33.5
800	f93	2	Maddie Barker	Unatt	U13G	2:54.7
800	f12	3	Claudia Attewell	Have	U13G	2:57.5
800	f58	4	Mary Lammas	Have	U13G	3:00.1
800	f35	5	Rebecca O'Rourke	Have	U13G	3:02.2
800	f23	6	Mia Price	Have	U13G	3:03.4
800	f41	7	Holly Bradley	Unatt	U13G	3:05.0
800	f70	8	Rose Mears	Have	U13G	3:05.9
800	f95	9	Jenna Cavanagh	Unatt	U13G	3:17.6
800m - Under 15 Girls						
800	f76	1	Molly Sweetman	Have	U15G	2:28.2
800	f6	2	Rosie Brown	Have	U15G	2:30.1
800	f94	3	Katie Wright	Hunts	U15G	2:33.3
800	f56	4	Hannah Panchal	Have	U15G	2:37.4
800	f88	5	Summer Thorpe	Bas	U15G	2:45.1
800	f1	6	Charlotte Wright	Have	U15G	2:50.8
800	f83	7	Isabella Hick	Ilf	U15G	2:52.2
800	f37	8	Ann Cooper	Have	U15G	2:56.5
800	f21	9	Mary Carter	Have	U15G	2:57.1
800	f3	10	Nicole Emeka-Ugwuadu	Have	U15G	3:06.9
800m - Under 17 & Senior Women						
800	f84	1	Jordan Hinds	Ilf	U17W	2:31.7
800	f25	2	Hayley Pegg	Chelm	SW	2:32.9
800	f91	3	Charlotte George	Bas	U17W	2:46.4
800	f51	4	Emily Crane	Have	U17W	2:59.0
800m - Under 13 Boys						
800	m70	1	Jacob Blanc	Have	U13B	2:42.9
800	m79	2	Matthew Hick	Ilf	U13B	2:47.9
800	m125	3	Timi McDaniel	Have	U13B	2:51.1
800	m3	4	Lewis Dalley	Have	U13B	2:51.2
800	m71	5	Max Georgiou	Have	U15B	3:03.8
800	m38	6	James Monaghan	Have	U13B	3:05.8
800	m11	7	Liam Keevil	Bas	U13B	3:20.3
800m - Under 15 Boys						
800	m88	1	Farris Patel	Ilf	U15B	2:16.0
800	m98	2	Harry Parker	Thurr	U15B	2:16.5
800	m87	3	Mungo Prior	Ilf	U15B	2:17.3
800	m80	4	Kimathi Christie	Have	U15B	2:19.2
800	m23	5	Alexander Friend	Have	U15B	2:20.5
800	m75	6	Jack Halil	Ilf	U15B	2:31.7
800	m19	7	George Hill	Bas	U15B	2:33.1
800	m105	8	Dom Jarvis	Have	U15B	2:38.5
800	m93	9	Bradley Deacon	Ilf	U15B	2:40.9
800	m62	10	Samuel Odotei	Have	U15B	2:47.6
800	m49	11	Reece Debenham	Have	U15B	2:48.5
800	m104	12	Jake Long	Have	U15B	2:48.8

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	No.	Pos	Name	Club	Age Group	Performance
800m - Under 17 Men						
800	m90	1	Harley Swan	Thet	U17M	2:07.8
800	m102	2	Shane Johnson	Ilf	U17M	2:09.1
800	m60	3	Max Durrell	Have	U17M	2:34.8
800m - Under 20 & Senior Men						
800	m33	1	Paul Owen	Chelm	SM	1:58.6
800	m63	2	Christopher Youell	Chelm	SM	1:59.7
800	m54	3	Darren Blackwell	Chelm	SM	2:01.2
800	m53	4	Ben Davis	Have	U20M	2:04.2
800	m57	5	Thomas Pitkin	Have	U20M	2:05.1
800	m92	6	Nathan Brearley	Chelm	U20M	2:06.1
800	m91	7	Kelechi Okorie	Ilf	U20M	2:09.7
800	m41	8	Kieran O'Hara T20	Have	U20M	2:10.6
800	m100	9	Abdul Mohamed	Have	U20M	2:14.4
800	m82	10	Brandon Thorpe	Bas	U20M	2:15.2
800	m107	11	Fryderyk Eldred-Dutton	VPTH	U20M	2:25.1
100m - Under 13 Girls Race 1						
100	f11	1	Millie Ambrose	Bas	U13G	14.8
100	f44	2	Gabriella Browne	Have	U13G	15.1
100	f23	3	Mia Price	Have	U13G	15.6
100	f31	4	Karina Hudson	Have	U13G	16.0
100m - Under 13 Girls Race 2						
100	f97	1	Isabella Smith	Have	U13G	14.2
100	f99	2	Uche Okpalauko	Unatt	U13G	14.7
100	f26	3	Tiana Smith	Have	U13G	15.0
100	f52	4	Sophie Crane	Have	U13G	16.2
100m - Under 13 Girls Race 3						
100	f121	1	Lilly Hadrava	Have	U13G	14.9
100	f20	2	Paige Robinson	Have	U13G	15.1
100	f108	3	Lottie Courtney	Have	U13G	16.3
100	f24	4	May Lee	Have	U13G	17.0
100	f113	5	Arabella Boon	Have	U13G	17.8
100m - Under 15 Girls - Race 1						
100	f7	1	Ayesha Anderson	Have	U15G	14.4
100	f4	2	Lily Parris	Chelm	U15G	14.4
100	f28	3	Ella King	Have	U15G	14.8
100	f61	4	Chloe Chapman	Have	U15G	14.9
100	f40	5	Jessie Gower	Have	U15G	14.9
100m - Under 15 Girls - Race 2						
100	f109	1	Abena Oteng	S'end	U15G	13.3
100	f100	2	Megan Stevens	Col H	U15G	13.6
100	f119	3	Charlotte Fransham	Have	U15G	14.3
100	f29	4	Mogana Anbarasu	Have	U15G	15.8
100m - Under 17 Women & above Race 1						
100	f85	1	Kendrea Nwaelene	Thurr	U17W	13.1
100	f92	2	Sophie Rickner	S'end	U20W	13.2
100	f38	3	Eloise Lewis	S'end	U17W	13.3
100	f34	4	Ellie Rowan	S'end	U17W	13.4
100m - Under 17 Women & above Race 2						
100	f62	1	Emmi Goldenberg	S'end	U17W	13.7
100	f110	2	Elena Iruskieta	S'end	U17W	13.7
100	f111	3	Hannah Allen	Have	U17W	14.4
100	f112	4	Aoife O'Sullivan	Have	U17W	15.2

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	No.	Pos	Name	Club	Age Group	Performance
100m - Under 17 Women & above Race 3						
100	f30	1	Jasmine Hope	Hunts	U17W	13.3
100	f69	2	Amy Fix	S'end	U17W	13.5
100	f46	3	Lucinda Bailey	Have	U20W	13.8
100	f66	4	Laura Knight	S'end	U17W	13.8
100m - Under 13 Boys						
100	m5	1	David Emeka-Ugwuadu	Have	U13B	14.1
100	m68	2	Alfie Chapman	Unatt	U13B	15.5
100	m28	3	Oliver Shead	Unatt	U13B	17.7
100m - Under 15 Boys						
100	m34	1	Zachary Hope	Hunts	U15B	12.9
100	m43	2	Tobi Idowu	Have	U15B	13.3
100	m67	3	Aaron Freshwater	Have	U15B	14.3
100m - Under 17 Men						
100	m40	1	Samuel Bennett	Bas	U17M	11.5
100	m37	2	Mufaro Shava	Col H	U17M	11.7
100	m31	3	Kieran Riddell	Have	U17M	12.4
100	m35	4	Jack Noons	Have	U17M	12.8
100m - Under 20 & Senior Men Race 1						
100	m85	1	Lewis Thorn	Brain	U20M	11.6
100	m84	2	Ben Slayman	Brain	U20M	11.8
100	m46	3	Igbinosa Omoregbee	Notts Uni	SM	11.9
100	m29	4	Ryan Sterling-Noel	Sheffield Hallam Uni	SM	12.4
100	m51	5	Jeffrey Doa	Surrey Uni	SM	13.1
100m - Under 20 & Senior Men Race 2						
100	m48	1	Yinka Sodipo	Thurr	U20M	11.3
100	m64	2	Lewis Bailey	Have	U20M	11.4
100	m26	3	Fraser Boston	Have	U20M	11.6
100	m36	4	Nweike Nwabude	Thurr	U20M	11.7
100m - Under 20 & Senior Men Race 3						
100	m115	1	George Hadler	Have	SM	11.9
100	m106	2	Jack Reed	Harl	SM	12.0
100	m95	3	Ben Gad	Have	U20M	12.3
100	m89	4	Samuel Omo-Olofin	Have	U20M	12.4
100	m114	5	Berenger Akue	TVH	SM	12.5
100m - Under 20 & Senior Men Race 4						
100	m124	1	Leevan Yearwood	VPTH	SM	10.9
100	m73	2	Marcus Hunt	Chelm	SM	11.1
100	m127	3	Sydney Conteh	Have	SM	11.8
100	m126	4	Elliott Addison	Have	U20M	12.0
1500m - Under 13 Girls & Boys						
1500	m10	1	Jaden Kennedy	HHH	U13B	4:47.2
1500	f67	2	Abigail Ives	Bas	U13G	4:58.2
1500	m4	3	Alex Ford	Have	U13B	5:00.1
1500	f120	4	Demi Eves	Thurr	U13G	5:15.3
1500	m55	5	Oliver Yexley	Have	U13B	5:22.7
1500	m27	6	Onyekachukwu Okoh	Chelm	U13B	5:27.6
1500	m39	7	Samuel Bradley	Unatt	U13B	5:31.7
1500	f77	8	Sydney Foley	Have	U13G	5:31.7
1500	f53	9	Hannah Yexley	Have	U13G	5:43.9
1500	m15	10	Joseph Baxter	Have	U13B	6:05.7

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	No.	Pos	Name	Club	Age Group	Performance
1500m - Under 15 Boys						
1500	m131	1	Daniel Riley	Bas	U15B	4:39.4
1500	m117	2	Zach Bridgeland	Chelm	U15B	4:39.7
1500	m65	3	Harry Jones	Have	U15B	4:47.1
1500	m74	4	Oliver Woods	Have	U15B	4:54.1
1500	m24	5	Henry Lay	Have	U15B	5:20.6
1500	m21	6	Scott Thomas	Chelm	U15B	5:22.9
1500m - Under 15 Girls, Under 17, Under 20 & Senior Women						
1500	f55	1	Jessica Mitchell	Have	U17W	4:50.4
1500	f118	2	Stacey Eyers	Col H	SW	4:53.8
1500	f9	3	Kate O'Neill	Have	U17W	4:56.5
1500	f43	4	Emma Livingstone	Col H	U17W	5:12.9
1500	f74	5	Isabella Woods	Have	SW	5:15.5
1500	f87	6	Ella Findlay	Bas	U15G	5:51.7
1500m - Under 17, Under 20 & Senior Men						
1500	m128	1	Yusuf Bizimana	Ilf	U17M	4:15.0
1500	m116	2	Ramadan Osman	C&T	U20M	4:15.1
1500	m16	3	Jake Young	Col H	U17M	4:21.1
1500	m132	4	Jack Rice	Have	U17M	4:23.3
1500	m138	5	Joe Nourse	Brain	U20M	4:27.3
1500	m50	6	Lewis Debenham	Have	U17M	4:33.1
1500	m139	7	Ben Holdgate	Brain	SM	4:33.6
1500	m59	8	Joe McGrath	Bas	M35	4:35.0
1500	m69	9	James Stewart	Have	U20M	4:39.9
1500	m18	10	Sam Atkins	Have	U17M	4:43.8
70m Hurdles - Under 13 Girls						
70HU13G	f13	1	Alice Atkins	Have	U13G	13.1
70HU13G	f31	2	Karina Hudson	Have	U13G	16.9
75m Hurdles - Under 15 Girls						
75HU15G	f78	1	Kiera Bainsfair	Bas	U15G	11.8
75HU15G	f49	2	Elize Bonning	Have	U15G	12.8
75HU15G	f4	3	Lily Parris	Chelm	U15G	13.2
75HU15G	f17	4	Ndidikama Okoh	Chelm	U15G	13.4
75HU15G	f45	5	Grace Griffiths	Have	U15G	14.1
80m Hurdles - Under 17 Women						
80HU17W	f133	1	Shannon Dooley	Have	U17W	13.0
80HU17W	f65	2	Harriet Bruce	Hunts	U17W	13.6
80HU17W	f19	3	Jessica Whitbread	Thurr	U17W	14.3
100m Hurdles - Under 17 Men						
100HU17M	m40	1	Samuel Bennett	Bas	U17M	14.1
100HU17M	m31	2	Kieran Riddell	Have	U17M	17.5
110m Hurdles - Under 20 & Senior Men						
110HU20M	m12	1	Michael Shields	Bas	U20M	15.6
110HU20M	m56	2	Kristian Brown	Bas	U20M	15.7
110H	m115	3	George Hadler	Have	SM	16.1
300m - Under 15 Girls						
300	f17	1	Ndidikama Okoh	Chelm	U15G	45.3
300	f6	2	Rosie Brown	Have	U15G	45.7
300	f56	3	Hannah Panchal	Have	U15G	47.1
300	f86	4	Poppy Ellis	Have	U15G	48.9
300	f2	5	Lucy Odell	Soton	U15G	52.1

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	No.	Pos	Name	Club	Age Group	Performance
300m - Under 17 Women & Under 15 Boys						
300	f38	1	Eloise Lewis	S'end	U17W	44.9
300	m24	2	Henry Lay	Have	U15B	50.5
300m - Under 20 & Senior Men & Women						
300	m73	1	Marcus Hunt	Chelm	SM	35.0
300	m63	2	Christopher Youell	Chelm	SM	36.0
300	m33	3	Paul Owen	Chelm	SM	36.6
300	m122	4	Hanif Henry	Orion	U20M	37.7
300	m123	5	Myles Kelly-Hyatt	Orion	U20M	37.9
300	f81	6	Alex Hill	Herts P	SW	41.2
400m Under 17 Men						
400	m137	1	Thomas Cooney	Ilf	U17M	54.7
400	m66	2	Teale Cunningham	Harl	U17M	55.1
400	m50	3	Lewis Debenham	Have	U17M	55.8
400m Under 20 & Senior Women						
400	f64	1	Amy Baggs	Have	U20W	64.1
400	f42	2	Katie Dawson	Have	U20W	65.0
400	f134	3	Amy Hoye	Chelm	SW	65.9
400m Under 20 Men						
400	m64	1	Lewis Bailey	Have	U20M	52.1
400	m30	2	Cameron Amedee	Ashf	U20M	52.8
400	m26	3	Fraser Boston	Have	U20M	53.1
400	m42	4	Michael Duncan	Have	U20M	53.7
400	m96	5	Elliot Vaughan	Have	U20M	54.8
400	m41	6	Kieran O'Hara T20	Have	U20M	57.1
400m Senior Men						
400	m47	1	Ross Livingstone	Col H	U20M	51.4
400	m54	2	Darren Blackwell	Chelm	SM	53.0
400	m32	3	Richard Solomon	TVH	SM	55.5
400	m135	4	Ken Hoye	Chelm	M35	58.3
200m - Under 13 Girls Race 1						
200	f5	1	Alice Brown	Have	U13G	29.5
200	f10	2	Nike Esho	Unatt	U13G	31.0
200	f27	3	Freya Higginbottom	Have	U13G	31.8
200	f13	4	Alice Atkins	Have	U13G	32.3
200m - Under 13 Girls Race 2						
200	f121	1	Lilly Hadrava	Have	U13G	30.9
200	f53	2	Hannah Yexley	Have	U13G	33.6
200	f12	3	Claudia Attewell	Have	U13G	34.1
200	f41	4	Holly Bradley	Unatt	U13G	36.3
200m - Under 15 Girls						
200	f48	1	Leah Duncan	Brain	U15G	26.2
200	f109	2	Abena Oteng	S'end	U15G	27.2
200	f100	3	Megan Stevens	Col H	U15G	27.6
200	f61	4	Chloe Chapman	Have	U15G	31.1
200	f28	5	Ella King	Have	U15G	31.7
200	f29	6	Mogana Anbarasu	Have	U15G	33.2
200m - Under 17 & Under 20 Women Race 1						
200	f92	1	Sophie Rickner	S'end	U20W	25.8
200	f85	2	Kendrea Nwaelene	Thurr	U17W	26.5
200	f34	3	Ellie Rowan	S'end	U17W	27.2
200	f110	4	Elena Iruskieta	S'end	U17W	27.8

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	No.	Pos	Name	Club	Age Group	Performance
200m - Under 17 Women Race 2						
200	f69	1	Amy Fix	S'end	U17W	27.0
200	f59	2	Millie Redgrave	Have	U17W	28.3
200	f57	3	Anna Osborn	Have	U17W	33.7
200m - Under 13 Boys						
200	m55	1	Oliver Yexley	Have	U13B	31.1
200	m68	2	Alfie Chapman	Unatt	U13B	31.9
200	m17	3	Oliver Botham	Have	U13B	32.5
200	m22	4	Jake Dearman-Tur	Have	U13B	33.4
200	m61	5	Jonny Cavanagh	Have	U13B	34.2
200	m28	6	Oliver Shead	Unatt	U13B	36.3
200m - Under 15 Boys						
200	m23	1	Alexander Friend	Have	U15B	26.1
200	m67	2	Aaron Freshwater	Have	U15B	28.4
200	m77	3	Peter Brinton-Quinn	Have	U15B	31.2
200	m49	4	Reece Debenham	Have	U15B	32.0
200m - Under 17 Men						
200	m16	1	Jake Young	Col H	U17M	23.5
200	m37	2	Mufaro Shava	Col H	U17M	24.4
200	m35	3	Jack Noons	Have	U17M	26.0
200m - Under 20 & Senior Men Race 1						
200	m48	1	Yinka Sodipo	Thurr	U20M	22.9
200	m85	2	Lewis Thorn	Brain	U20M	23.0
200	m84	3	Ben Slayman	Brain	U20M	23.5
200	m26	4	Fraser Boston	Have	U20M	23.7
200	m46	5	Igbinosa Omoregbee	Notts Uni	SM	24.7
200	m59	6	Joe McGrath	Bas	M35	25.9
200m - Under 20 & Senior Men Race 2						
200	m143	1	Will Snook	Harl	SM	22.6
200	m127	2	Sydney Conteh	Have	SM	23.5
200	m126	3	Elliott Addison	Have	U20M	23.6
200	m142	4	Paul Grange	Have	M35	24.1
200	m106	5	Jack Reed	Harl	SM	24.2
200	m89	6	Samuel Omo-Olofin	Have	U20M	25.4

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	No.	Pos	Name	Club	Age Group	Performance
Long Jump - Under 17, 20 & Senior Women						
LJ	f62	1	Emmi Goldenberg	S'end	U17W	5.05
LJ	f60	2	Mayi Hughes	Have	U17W	4.94
LJ	f85	3	Kendrea Nwaelene	Thurr	U17W	4.88
LJ	f18	4	Isobel Mills	Orion	U17W	4.74
LJ	f65	5	Harriet Bruce	Hunts	U17W	4.47
LJ	f16	6	Rhea Stavri	Thurr	U17W	3.99
LJ	f69		Amy Fix	S'end	U17W	NJ
LJ	f80	1	Jade Harding	Chelm	SW	5.04
Long Jump - Under 17 & Under 20 Men						
LJ	m36	1	Nweike Nwabude	Thurr	U20M	6.63
LJ	m76	1	Alex Law	Have	SM	6.38
LJ	m86	2	Richard Holland	Have	SM	6.10
Discus - All Male age groups						
DT1K	m58	1	Joshua Bain F37	Chelm	SM	44.12
DT2K	m1	1	Mike Hills	Brain	M45	18.19
DT1.75K	m56	1	Kristian Brown	Bas	U20M	36.74
DT1.75K	m42	2	Michael Duncan	Have	U20M	36.27
DT1.75K	m78	3	Edward Brinton-Quinn	Have	U20M	24.31
DT1.5K	m83	1	Sam Mace	Walton	U17M	42.96
DT1.25K	m94	1	Joseph Hogan-O'Neill	Have	U15B	25.23
DT1.25K	m8	2	Robert Moore	Have	U15B	22.54
Discus - All Female age groups						
DTW	f89	1	Sophie Mace	Walton	U20W	44.09
DTW	f90	1	Tait Jones	Walton	U17W	32.75
DTW	f101	2	Katherine Buckley	Have	U17W	24.32
DTW	f19	3	Jessica Whitbread	Thurr	U17W	19.20
DTW	f98	4	Chimdi Okpalauko	Have	U17W	17.89
DTW	f14	5	Philippa Gill	Have	U17W	15.62
DTW	f6	1	Rosie Brown	Have	U15G	26.97
DTW	f68	2	Eleanor Butt	S'end	U15G	26.25
DTW	f22	3	Robyn Moody	Have	U15G	24.25
DTW	f63	4	Abigail Pain	Thurr	U15G	18.75
DTW	f36	5	Megan Smith	Thurr	U15G	17.32
DT0.75K	f5	1	Alice Brown	Have	U13G	25.98
DT0.75K	f71	2	Maddie Georgiou	Unatt	U13G	19.14
DT0.75K	f77	3	Sydney Foley	Have	U13G	14.67
DT0.75K	f27		Freya Higginbottom	Have	U13G	NT

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	No.	Pos	Name	Club	Age Group	Performance
Long Jump - Under 15 Boys						
LJ	m43	1	Tobi Idowu	Have	U15B	4.78
LJ	m97	2	Somto Okpalauko	Have	U15B	4.35
LJ	m13	3	Joshua Ayling	Have	U15B	3.62
Long Jump - Under 15 Girls						
LJ	f49	1	Elize Bonning	Have	U15G	4.51
LJ	f119	2	Charlotte Fransham	Have	U15G	4.50
LJ	f86	3	Poppy Ellis	Have	U15G	4.25
LJ	f7	4	Ayesha Anderson	Have	U15G	4.22
LJ	f32	5	Megan Kendrick	Have	U15G	3.70
LJ	f40	6	Jessie Gower	Have	U15G	3.69
LJ	f3	7	Nicole Emeka-Ugwuadu	Have	U15G	3.46
LJ	f21	8	Mary Carter	Have	U15G	3.46
Long Jump - Under 13 Girls						
LJ	f13	1	Alice Atkins	Have	U13G	3.68
LJ	f27	2	Freya Higginbottom	Have	U13G	3.28
LJ	f44	3	Gabriella Browne	Have	U13G	3.18
LJ	f10	4	Nike Esho	Unatt	U13G	3.18
LJ	f31	5	Karina Hudson	Have	U13G	3.01
LJ	f20	6	Paige Robinson	Have	U13G	2.92
LJ	f79	7	Grace Rees	Have	U13G	2.91
LJ	f39	8	Scarlett Saich-Peet	Unatt	U13G	2.76
Long Jump - Under 13 Boys						
LJ	m5	1	David Emeka-Ugwuadu	Have	U13B	3.37
LJ	m38	2	James Monaghan	Have	U13B	3.19
LJ	m11	3	Liam Keevil	Bas	U13B	1.43
Shot - Under 17 Women						
SP3K	f14	1	Philippa Gill	Have	U17W	10.66
SP3K	f101	2	Katherine Buckley	Have	U17W	9.64
SP3K	f98	3	Chimdi Okpalauko	Have	U17W	9.20
Shot - Under 15 girls						
SP3K	f63	1	Abigail Pain	Thurr	U15G	7.78
SP3K	f22	2	Robyn Moody	Have	U15G	7.76
SP3K	f45	3	Grace Griffiths	Have	U15G	7.76
SP3K	f36	4	Megan Smith	Thurr	U15G	7.13
Shot - Under 13 girls						
SP2.72K	f33	1	Maddison Ruston	Have	U13G	5.25
SP2.72K	f11	2	Millie Ambrose	Bas	U13G	4.98
SP2.72K	f39	3	Scarlett Saich-Peet	Unatt	U13G	4.16
Shot - Senior Men						
SP7.26K	m1	1	Mike Hills	Brain	M45	6.93
Shot - Under 20 Men						
SP6K	m78	1	Edward Brinton-Quinn	Have	U20M	7.53
Shot - Under 17 Men						
SP5K	m52	1	Ramzan Mohsan	NEB	U17M	9.08
Shot - Under 15 Men						
SP4K	m94	1	Joseph Hogan-O'Neill	Have	U15B	10.69
SP4K	m8	2	Robert Moore	Have	U15B	9.84
SP4K	m13	3	Joshua Ayling	Have	U15B	5.39
Shot - Under 13 Boys						
SP3.25K	m70	1	Jacob Blanc	Have	U13B	5.90

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 3rd April 2016

	No.	Pos	Name	Club	Age Group	Performance
High Jump - Senior Women						
HJ	f80	1	Jade Harding	Chelm	SW	1.50
High Jump - Under 17 Men						
HJ	m129	1	Oliver Morter	Have	U17M	1.50
High Jump - Under 15 Girls						
HJ	f78	1	Kiera Bainsfair	Bas	U15G	1.50
HJ	f4	2	Lily Parris	Chelm	U15G	1.44
HJ	f2	3	Lucy Odell	Soton	U15G	1.38
HJ	f82	4	Hannah Paton	Have	U15G	1.29
HJ	f1	5	Charlotte Wright	Have	U15G	1.29
HJ	f21	6	Mary Carter	Have	U15G	1.15
High Jump - Under 13 Girls						
HJ	f97	1	Isabella Smith	Have	U13G	1.20
High Jump - Under 13 Boys						
HJ	m17	1	Oliver Botham	Have	U13B	1.29
HJ	m39	2	Samuel Bradley	Unatt	U13B	1.26
HJ	m70	3	Jacob Blanc	Have	U13B	1.23
HJ	m61	4	Jonny Cavanagh	Have	U13B	1.18
High Jump - Under 15 Boys						
HJ	m67	1	Aaron Freshwater	Have	U15B	1.35
HJ	m62	2	Samuel Odotei	Have	U15B	1.20
HJ	m24	3	Henry Lay	Have	U15B	1.18
Triple Jump - Female						
TJ	f19	1	Jessica Whitbread	Thurr	U17W	10.35
TJ	f16	2	Rhea Stavri	Thurr	U17W	8.95
Javelin - Senior Men						
JT800	m103	1	David Sketchley	Harrow	M40	53.09
JT800	m144	2	Baddar Echakhch	VPTH	M35	51.87
JT800	m130	3	Max Law	Have	U15B	50.17
JT800	m136	4	James Bongart	WGEL	SM	47.82
JT800	m76	5	Alex Law	Have	SM	40.54
JT800	m59	6	Joe McGrath	Bas	M35	22.95
JT800	m1	7	Mike Hills	Brain	M45	17.79
JT800	m140		Georgie Bean	Have	SM	NT
Javelin - Under 17 Men						
JT700	m130	1	Max Law	Have	U15B	53.48
JT700	m52	2	Ramzan Mohsan	NEB	U17M	23.42
Javelin - Under 15 Boys						
JT600	m130	1	Max Law	Have	U15B	60.54
JT600	m77	2	Peter Brinton-Quinn	Have	U15B	30.94
JT600	m74	3	Oliver Woods	Have	U15B	29.31
JT600	m141	4	Alexander McDonach	Have	U15B	27.03
JT600	m25	5	Charlie Savill	Have	U15B	24.03
JT600	m8	6	Robert Moore	Have	U15B	22.38
Javelin - Under 13 Men						
JT400	m11	1	Liam Keevil	Bas	U13B	7.17

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 3rd April 2016

	No.	Pos	Name	Club	Age Group	Performance
Javelin - Under 20 & Senior Women						
JT600	f75	1	Georgia Woodburn	Have	U20W	23.72
JT600	f54	2	Natalie Mann	Camb H	SW	17.67
Javelin - Under 17 Women						
JT500	f14	1	Philippa Gill	Have	U17W	24.86
Javelin - Under 15 Girls						
JT500	f68	1	Eleanor Butt	S'end	U15G	31.30
JT500	f63	2	Abigail Pain	Thurr	U15G	24.09
JT500	f2	3	Lucy Odell	Soton	U15G	19.40
JT500	f36	4	Megan Smith	Thurr	U15G	18.36
JT500	f22	5	Robyn Moody	Have	U15G	8.87
Javelin - Under 13 Girls						
JT400	f20	1	Paige Robinson	Have	U13G	13.07
JT400	f11	2	Millie Ambrose	Bas	U13G	12.27
JT400	f33	3	Maddison Ruston	Have	U13G	11.84
Pole Vault - Male						
PV	m99	1	Luke Williams	Ashf	SM	3.40
PV	m59	2	Joe McGrath	Bas	M35	3.00
PV	m77	1	Peter Brinton-Quinn	Have	U15B	1.70