

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>300m Hurdles - Under 17 &amp; Senior Women</b>						
300HW	F31	1	Mia Chantree	Chelm	U17W	46.5
300HW	F112	2	Claire Brennan	Have	W35	48.6
<b>300m Hurdles - Senior Men Race 1</b>						
300HM	M61	1	Kieran Riddell	Have	U20M	46.9
300HM	M70	2	David Robinson	Serp	M40	49.5
300HM	M92	3	David Shortridge	VPTH	M45	52.2
<b>300m Hurdles - Under 20 &amp; Senior Men</b>						
300HM	M20	1	Bradley Reed	SM	SM	40.0
300HM	M93	2	Michael Shortall	SM	SM	40.5
300HM	M24	3	Rhys Collings	SM	SM	40.6
300HM	M28	4	Luke Keteleers	SM	SM	41.8
<b>200m - Under 13 Girls Race 1</b>						
200	F53	1	Karis Wilson	NEB	U13G	29.5
200	F25	2	Shylah Brook	Have	U15G	31.0
200	F85	3	Heidi Aylen	Have	U13G	31.2
200	F128	4	Lucy Boys	Have	U13G	31.6
200	F47	5	Libby Kirby	Craw	U13G	32.8
<b>200m - Under 13 Girls Race 2</b>						
200	F6	1	Lucy Natrass	Have	U13G	31.2
200	F119	2	Gabrielle Purdie	Have	U13G	31.6
200	F133	3	Callie Bovill	Have	U13G	32.8
200	F139	4	Sophie Matthews	Thurr	U13G	33.1
200	F28	5	Ella Whitfield	Bas	U13G	34.5
200	F98	6	Emily Wapshott	Have	U13G	35.9
<b>200m - Under 15 Girls Race 1</b>						
200	F58	1	Isabella Smith	Have	U15G	27.6
200	F4	2	Millie Ambrose	Bas	U15G	27.8
200	F11	3	Freya Higginbottom	Have	U15G	28.1
200	F135	4	Trinity Bolger	S'end	U15G	29.7
<b>200m - Under 15 Girls Race 2</b>						
200	F99	1	Sophie Nugent	Bas	U15G	29.2
200	F41	2	Gabriella Browne	Have	U15G	29.2
200	F104	3	Lottie Courtney	Have	U15G	29.5
200	F35	4	Isabel O'Connor	Have	U15G	29.5
<b>200m - Under 15 Girls Race 1</b>						
200	F13	1	Uche Okpalauko	Have	U15G	28.7
200	F72	2	Ava Sparham	Bas	U15G	28.8
200	F65	3	Shalom Gbadebo	Have	U15G	28.9
200	F84	4	Martha Smith	Bas	U15G	29.1
200	F138	5	Lola Kane	Have	U15G	31.8

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	No.	Pos	Name	Club	Age Group	Performance
<b>200m - Under 13 Boys Race 1</b>						
200	M49	1	Ossari Acquah	NEB	U13B	25.4
200	M10	2	Lewis Dixon	Have	U13B	29.9
200	M25	3	Louie Seamons	Cookham	U13B	30.9
200	M18	4	Sebastian Alexandru	Have	U13B	31.1
<b>200m - Under 13 Boys Race 2</b>						
200	M29	1	Reece Malcolm	Have	U13B	30.6
200	M43	2	Toby Johnson	Have	U13B	32.6
200	M12	3	Alex Rawle	Have	U13B	33.0
200	M45	4	Kyle Hewson	Have	U13B	34.9
<b>200m - Under 13 Boys Race 3</b>						
200	M47	1	Edward Matthews	Have	U13B	30.1
200	M52	2	Rocco Barwick	Have	U13B	33.0
200	M100	3	Callum Basinger	Have	U13B	33.1
200	M81	4	Retief Kumar	Have	U13B	33.4
200	M55	5	Robbie Brown	Have	U13B	34.8
<b>200m - Under 15 Boys</b>						
200	M38	1	Alexander Nunn	S'end	U15B	25.1
200	M6	2	Malcolm Oshungbohun	Have	U15B	25.4
200	M22	3	Michael Okoro	Have	U15B	25.8
200	M21	4	Daragh Thomas	Have	U15B	26.1
200	M26	5	Denzel Achi	Have	U15B	26.5
200	M4	6	Matthew Blacklock	Have	U15B	28.3
<b>200m - Under 17 Women</b>						
200	F50	1	Jade Kavanagh	Have	U17W	26.5
200	F93	2	Lottie Hinson	Bas	U17W	27.6
200	F38	3	Rosie Brown	Have	U17W	28.2
200	F140	4	Keturah Christie	Have	U20W	29.8
200	F127	5	Esther Bakare	NEB	U17W	31.9
<b>200m - Under 20 &amp; Senior Women</b>						
200	F132	1	Ella Rowan	S'end	U20W	27.9
200	F117	2	Lakhesia Adams Poku	Warw U	SW	28.5
200	F5	3	Victoria Staines	S'end	SW	29.3
200	F44	4	Josie Waddams	Have	U20W	29.6
200	F43	5	April Castle	Brain	SW	29.8
<b>200m - Under 17 Men Race 1</b>						
200	M77	1	Richard Akinyebo	Have	U17M	23.5
200	M60	2	Reece Harriott	Have	U17M	23.8
200	M97	3	Judah Effah	NEB	U17M	25.3
200	M63	4	Aaron Freshwater	Have	U17M	25.5

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	No.	Pos	Name	Club	Age Group	Performance
<b>200m - Under 17 Men Race 2</b>						
200	M96	1	Ogie Efosa Oliha	NEB	U17M	24.7
200	M5	2	Somto Okpalauko	Have	U17M	25.3
200	M103	3	Marcus Stansbury	Dac & T	U17M	30.5
<b>200m - Under 20 &amp; Senior Men Race 2</b>						
200	M87	1	Lewis Bailey	Have	SM	22.7
200	M84	2	Dennis Jefia	NEB	U20M	23.3
200	M8	3	Joseph Wilkin	Col H	SM	23.9
200	M98	4	Femi Seki	NEB	U20M	24.1
200	M70	5	David Robinson	Serp	M40	28.7
200	M83	6	Jordon Duncan	Have	U20M	DNF
<b>1500m - Under 13 &amp; Under 15 Girls</b>						
1500	F74	1	Natalie Sewell	Have	U15G	5:00.4
1500	F51	2	Megan Harris	Bas	U15G	5:00.5
1500	F73	3	Sydney Foley	Have	U15G	5:05.4
1500	F24	4	Holly Watson	Chelm	U13G	5:23.2
1500	F144	5	Miya Maeda	WGEL	U15G	5:31.1
1500	F21	6	Millie Costin	Bas	U13G	5:34.4
1500	F15	7	Rebecca O'Rourke	Have	U15G	5:45.8
<b>1500m - Under 13 &amp; Under 15 Boys</b>						
1500	M4	1	Matthew Blacklock	Have	U15B	4:47.4
1500	M89	2	Shane Hart	Have	U15B	5:00.4
1500	M106	3	Matthew Hick	Ilf	U15B	5:05.8
1500	M67	4	Harry Lewis	Bas	U13B	5:12.9
1500	M13	5	Owen Fisher	Have	U13B	5:39.6
1500	M58	6	Charlie Burgess	Have	U13B	5:40.2
1500	M43	7	Toby Johnson	Have	U13B	5:45.7
1500	M102	8	Nathan Hart	Have	U13B	5:47.8
1500	M23	9	Archie Winney	Have	U13B	6:00.4
<b>1500m - Under 17 &amp; Under 20 Women</b>						
1500	F54	1	Kate O'Neill	Have	U20W	4:45.0
1500	F143	2	Molly Sweetman	Have	U17W	4:54.2
1500	F141	3	Beth Ashley	Bas	U17W	5:16.8
1500	F68	4	Amy Kilner	Have	U17W	6:25.3

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	No.	Pos	Name	Club	Age Group	Performance
<b>1500m - Under 17, Under 20 &amp; Senior Men</b>						
1500	M110	1	Stephen Strange	Bas	SM	4:09.8
1500	M104	2	Rian McCawley	AFD	SM	4:18.9
1500	M80	3	Sam Atkins	Have	U20M	4:20.8
1500	M69	4	James Stewart	Have	U20M	4:22.8
1500	M32	5	Alexander Friend	Have	U17M	4:24.3
1500	M109	6	Jak Wright	Ilf	U17M	4:26.9
1500	M1	7	John Whitehead	Have	SM	4:27.1
1500	M75	8	George Barnacle	Have	U17M	4:33.2
1500	M111	9	Bradley Deacon	Ilf	U17M	4:46.3
1500	M64	10	Luke Chester	Have	U17M	4:46.7
1500	M70	11	David Robinson	Serp	M40	5:17.2
1500	M107	12	Bradley Brown	Ilf	M40	5:48.4
<b>70m Hurdles - Under 13 Girls Race 1</b>						
70HU13G	F66	1	Rosie Townley	Thurr	U13G	13.2
70HU13G	F85	2	Heidi Aylen	Have	U13G	13.3
70HU13G	F17	3	Freya Long	Have	U13G	13.7
70HU13G	F28	4	Ella Whitfield	Bas	U13G	17.1
70HU13G	F83	5	Ruby Lendon	Have	U13G	19.2
<b>70m Hurdles - Under 13 Girls Race 2</b>						
70HU13G	F146	1	Elise Jennings	Bas	U13G	12.7
70HU13G	F119	2	Gabrielle Purdie	Have	U13G	15.0
70HU13G	F111	3	Charlotte Bumpus	S'end	U13G	15.1
70HU13G	F113	4	Lola Tolhurst	S'end	U13G	15.1
70HU13G	F129	5	Isabella Uzal	Essex Sch	U13G	15.8
<b>75m Hurdles - Under 15 Girls Race 1</b>						
75HU15G	F142	1	Emily Knight	E&H	U15G	11.5
75HU15G	F145	2	Ruby Mace	Have	U15G	12.0
75HU15G	F46	3	Lucy Kirby	Craw	U15G	12.2
<b>75m Hurdles - Under 15 Girls Race 2</b>						
75HU15G	F1	1	Paige Robinson	Have	U15G	12.7
75HU15G	F91	2	Maisie Westbrook	Oxf C	U15G	13.3
75HU15G	F22	3	Holly Newman	Bas	U15G	13.4
75HU15G	F87	4	Maddie Booty	Thurr	U15G	13.8
<b>75m Hurdles - Under 13 Boys</b>						
75HU13B	M17	1	Dominic Alexandru	Have	U13B	12.4
75HU13B	M12	2	Alex Rawle	Have	U13B	18.9
<b>80m Hurdles - Under 17 Women</b>						
80HU17W	F86	1	Ruby Bridger	Thurr	U17W	12.4
80HU17W	F82	2	Lily Parris	Chelm	U17W	12.5
80HU17W	F124	3	Hannah Bardo	Thurr	U17W	13.0

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	No.	Pos	Name	Club	Age Group	Performance
<b>80m Hurdles - Under 15 Boys</b>						
80HU15B	M14	1	Bradley James	Have	U15B	12.2
80HU15B	M88	2	Ruben Hedman	Brain	U15B	12.3
80HU15B	M9	3	Jacob Blanc	Have	U15B	12.4
<b>100m Hurdles - Under 20 &amp; Senior Women</b>						
100HSW	F43	1	April Castle	Brain	SW	17.3
100HSW	F120	2	Isabella Purdie	Have	U20W	19.0
<b>110m Hurdles - Under 20 &amp; Senior Men</b>						
110H	M20	1	Bradley Reed	Chelm	SM	16.0
110H	M28	2	Luke Keteleers	Chelm	SM	17.2
<b>300m - Under 15 Girls</b>						
300	F49	1	Sophie Anderson	S'end	U15G	44.3
300	F27	2	Olivia Boachie	Have	U15G	45.0
300	F30	3	Olivia Sorrell	Have	U15G	47.2
300	F74	4	Natalie Sewell	Have	U15G	47.5
300	F81	5	Holly Bradley	Have	U15G	50.7
<b>300m - Under 15 Boys &amp; Under 17 Women</b>						
300	M21	1	Daragh Thomas	Have	U15B	43.9
300	F149	2	Maxine Williams	Chelm	U17W	44.8
300	M34	3	Jack Botha	Have	U15B	47.3
300	F12	4	Charlotte Wright	Have	U17W	48.2
300	F157	5	Ann Cooper	Have	U17W	50.5
<b>400m Under 17 Men</b>						
400	M66	1	William Rean	Bas	U17M	52.5
400	M118	2	Farris Patel	Ilf	U17M	52.8
400	M113	3	James Vincent	S'end	U17M	54.0
400	M105	4	Kimathi Christie	Have	U17M	54.7
<b>400m Under 20 &amp; Senior Women</b>						
400	F9	1	Yasmin Robinson	S'end	U20W	62.1
400	F158	2	Amy Fix	S'end	U20W	63.8
400	F121	3	Nina Brennan	Have	SW	69.2
400	F159	4	Georgia Phillips	Have	U20W	71.9
400	F43	5	April Castle	Brain	SW	72.6
<b>400m Under 20 &amp; Senior Men</b>						
400	M125	1	Harry Sloman	Chelm	SM	51.5
400	M115	2	Myles Kelly-Hyatt	Orion	SM	52.7
400	M114	3	Hanif Henry	Orion	SM	53.2
400	M116	4	Rashaan Stewart	Orion	U20M	53.6
400	M112	5	Matthew Agnimel	Have	U20M	53.7
400	M28	6	Luke Keteleers	Chelm	SM	56.9

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Under 13 Girls Race 1</b>						
100	F155	1	Madalin Peterson	Have	U13G	15.3
100	F128	2	Lucy Boys	Have	U13G	15.4
100	F139	3	Sophie Matthews	Thurr	U13G	16.2
100	F118	4	Ema Aldea	Thurr	U13G	16.4
100	F98	5	Emily Wapshott	Have	U13G	17.5
<b>100m - Under 13 Girls Race 2</b>						
100	F146	1	Elise Jennings	Bas	U13G	14.5
100	F25	2	Shylah Brook	Have	U15G	15.1
100	F37	3	Isabelle Bradley	Have	U13G	15.3
100	F59	4	Lucy Gilham	Have	U13G	15.4
100	F111	5	Charlotte Bumpus	S'end	U13G	15.8
100	F109	6	Megan Cook	Have	U13G	17.4
<b>100m - Under 15 Girls Race 3</b>						
100	F58	1	Isabella Smith	Have	U15G	13.1
100	F1	2	Paige Robinson	Have	U15G	13.4
100	F4	3	Millie Ambrose	Bas	U15G	13.4
100	F13	4	Uche Okpalauko	Have	U15G	13.6
100	F87	5	Maddie Booty	Thurr	U15G	13.7
100	F84	6	Martha Smith	Bas	U15G	13.8
<b>100m - Under 15 Girls - Race 2</b>						
100	F7	1	Aaliyah Payne	Have	U15G	13.6
100	F49	2	Sophie Anderson	S'end	U15G	13.6
100	F35	3	Isabel O'Connor	Have	U15G	14.3
100	F99	4	Sophie Nugent	Bas	U15G	14.4
100	F135	5	Trinity Bolger	S'end	U15G	14.6
100	F134	6	Zoe Gregory	Bas	U13G	16.0
<b>100m - Under 13 Boys Race 1</b>						
100	M49	1	Ossari Acquah	NEB	U13B	12.4
100	M17	2	Dominic Alexandru	Have	U13B	13.5
100	M25	3	Louie Seamons	Cookham	U13B	14.8
100	M18	4	Sebastian Alexandru	Have	U13B	14.9
100	M58	5	Charlie Burgess	Have	U13B	15.3
<b>100m - Under 13 Boys Race 2</b>						
100	M10	1	Lewis Dixon	Have	U13B	14.6
100	M47	2	Edward Matthews	Have	U13B	14.8
100	M59	3	Matthew Davies	Have	U13B	15.2
100	M81	4	Retief Kumar	Have	U13B	15.8
100	M101	5	Elija Browne	Have	U13B	16.1

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Under 13 Boys Race 3</b>						
100	M86	1	Joshua Evans	Folks	U13B	14.2
100	M29	2	Reece Malcolm	Have	U13B	14.8
100	M23	3	Archie Winney	Have	U13B	15.4
100	M130	4	Samuel Bernard	Thurr	U13B	15.5
100	M52	5	Rocco Barwick	Have	U13B	15.6
<b>100m - Under 15 Boys Race 1</b>						
100	M6	1	Malcolm Oshungbohun	Have	U15B	12.3
100	M38	2	Alexander Nunn	S'end	U15B	12.3
100	M22	3	Michael Okoro	Have	U15B	12.3
100	M88	4	Ruben Hedman	Brain	U15B	12.9
100	M26	5	Denzel Achi	Have	U15B	13.0
<b>100m - Under 15 Boys Race 2</b>						
100	M33	1	Aaron Ashmead-Shoye	NEB	U15B	12.2
100	M126	2	Hassan Abande	Thurr	U15B	12.5
100	M128	3	Jedidiah Oni	Have	U15B	12.8
100	M9	4	Jacob Blanc	Have	U15B	13.7
100	M34	5	Jack Botha	Have	U15B	14.3
<b>100m - Under 17 Women</b>						
100	F50	1	Jade Kavanagh	Have	U17W	12.8
100	F148	2	Esther Agnimel	Have	U17W	12.9
100	F33	3	Zara Leaver	Bas	U17W	13.5
100	F93	4	Lottie Hinson	Bas	U17W	13.6
100	F12	5	Charlotte Wright	Have	U17W	14.2
100	F8	6	Temitope Ajayi	Have	U17W	14.3
<b>100m - Under 20 &amp; Senior Women Race 1</b>						
100	F76	1	Dolita Awala-Shaw	NEB	U20W	12.4
100	F56	2	Jazmin Whitehead-Shakes	NEB	U20W	13.1
100	F5	3	Victoria Staines	S'end	SW	13.5
100	F43	4	April Castle	Brain	SW	14.0
100	F44	5	Josie Waddams	Have	U20W	14.6
<b>100m - Under 20 &amp; Senior Women Race 2</b>						
100	F132	1	Ella Rowan	S'end	U20W	13.5
100	F117	2	Lakhesia Adams Poku	Warw U	SW	13.8
100	F162	3	Olatomiwa Sanwo	Have	U20W	13.8
100	F80	4	Clare St John-Coleman	Chelm	W50	15.7
<b>100m - Under 17 Men</b>						
100	M77	1	Richard Akinyebo	Have	U17M	11.6
100	M132	2	Yuki Edogiawerie	NEB	U17M	12.1
100	M63	3	Aaron Freshwater	Have	U17M	12.3
100	M74	4	Tayo Harry	Have	U17M	12.4
100	M103	5	Marcus Stansbury	Dac & T	U17M	14.7

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<b>100m - Under 20 &amp; Senior Men</b>						
100	M84	1	Dennis Jefia	NEB	U20M	11.7
100	M68	2	Prince Richman	Herts P	SM	12.4
100	M123	3	Dominic Barnard	Bas	SM	13.1
100	M72	4	Andrew Stewart	Chelm	M50	15.2
<b>800m - Under 13 Girls</b>						
800	F40	1	Stephanie Okoro	Have	U13G	2:26.6
800	F154	2	Nneka Okoh	Chelm	U13G	2:30.0
800	F71	3	Ruby Higgins	Have	U13G	2:36.9
800	F17	4	Freya Long	Have	U13G	2:37.4
800	F64	5	Ruby Aylott	Benf	U13G	2:50.0
800	F118	6	Ema Aldea	Thurr	U13G	2:54.2
800	F139	7	Sophie Matthews	Thurr	U13G	2:54.2
800	F113	8	Lola Tolhurst	S'end	U13G	2:58.2
800	F66	9	Rosie Townley	Thurr	U13G	3:00.2
800	F6	10	Lucy Nattrass	Have	U13G	3:02.3
800	F131	11	Francesca Ford	Thurr	U13G	3:10.4
800	F83	12	Ruby Lendon	Have	U13G	3:25.7
<b>800m - Under 15 Girls</b>						
800	F39	1	Alice Brown	Have	U15G	2:18.5
800	F152	2	Demi Eves	Thurr	U15G	2:21.7
800	F77	3	Jayne Elvin	Thurr	U15G	2:23.4
800	F62	4	Aimi Weightman	SBH	U15G	2:24.0
800	F52	5	Madison Harris	Bas	U15G	2:34.8
800	F137	6	Alice Atkins	Have	U15G	2:34.8
800	F61	7	Kennedy Beardwell	Thurr	U15G	2:38.8
800	F18	8	Hannah Yexley	Have	U15G	2:39.5
800	F101	9	Leah Brewer	Thurr	U15G	2:40.0
800	F97	10	Rosie Spring	Thurr	U15G	2:40.9
800	F161	11	Madeline Barker	Have	U15G	2:41.7
800	F94	12	Olivia Witton	Have	U15G	2:42.0
800	F60	13	Isabelle O'Connor	Have	U15G	2:51.4
800	F75	14	Claudia Attewell	Have	U15G	3:23.1
<b>800m - Under 13 Boys</b>						
800	M65	1	Frank Lewis	Bas	U13B	2:34.0
800	M62	2	Joshua Lee-Prime	Have	U13B	2:38.3
800	M50	3	Freddie Harris	Have	U13B	2:44.7
800	M100	4	Callum Basinger	Have	U13B	2:45.3
800	M56	5	Max Robbins	Have	U13B	2:47.9
800	M53	6	Harry Tobin	Thurr	U13B	2:48.9
800	M82	7	Jonathan Pearson	Have	U13B	2:51.5
800	M133	8	Oliver Jarvis	Have	U13B	2:53.1
800	M18	9	Sebastian Alexandru	Have	U13B	2:56.6
800	M95	10	Matthew Page	Have	U13B	2:58.3
800	M130	11	Samuel Bernard	Thurr	U13B	3:10.9



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<b>800m - Under 15 Boys</b>						
800	M35	1	Dylan Harrod	Thurr	U15B	2:25.7
800	M122	2	Onyeka Okoh	Chelm	U15B	2:30.6
800	M42	3	Timi McDaniel	Have	U15B	2:35.9
800	M19	4	Lewis Edwards	Have	U15B	2:39.3
800	M71	5	Sunny Vehit	Thurr	U15B	2:40.0
<b>800m - Under 17, Under 20 &amp; Senior Men</b>						
800	M131	1	Paul Grange	Have	M35	1:59.7
800	M119	2	Aaron Samuel	Ilf	U17M	2:00.9
800	M60	3	Reece Harriott	Have	U17M	2:02.5
800	M27	4	Paul Owen	Chelm	SM	2:03.6
800	M30	5	Lewis Debenham	Have	U20M	2:07.4
800	M129	6	Zach Bridgeland	Chelm	U17M	2:07.7
800	M40	7	George Hill	Bas	U17M	2:09.4
800	M48	8	Joshua McGill	Bas	U17M	2:11.6
800	M127	9	Harry Parker	Thurr	U17M	2:12.9
800	M51	10	Calum Paget	Have	U17M	2:37.4
800	M124	11	Samuel Odotei	Have	U17M	2:41.3
800	M72	12	Andrew Stewart	Chelm	M50	2:45.1
<b>800m - Under 17, Under 20 &amp; Senior Women</b>						
800	F160	1	Jordan Hinds	Ilf	U20W	2:32.3
800	F164	2	Amy Baggs	Have	SW	2:35.2
800	F116	3	Keirra Scott	Bas	U17W	2:38.0
800	F57	4	Emily Fall	Thurr	U17W	2:42.6
800	F12	5	Charlotte Wright	Have	U17W	2:46.0
800	F163	6	Sarah Blockley	Thurr	U17W	2:47.1
800	F48	7	Amelia Daniel	Bas	U17W	2:50.7

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>Long Jump - Under 13 Boys</b>						
LJ	M10	1	Lewis Dixon	Have	U13B	4.23
LJ	M86	2	Joshua Evans	Folks	U13B	3.98
LJ	M29	3	Reece Malcolm	Have	U13B	3.85
LJ	M39	4	Harry Nunn	S'end	U13B	3.80
LJ	M12	5	Alex Rawle	Have	U13B	3.61
LJ	M47	6	Edward Matthews	Have	U13B	3.57
LJ	M52	7	Rocco Barwick	Have	U13B	3.52
LJ	M45	8	Kyle Hewson	Have	U13B	3.48
<b>Long Jump - Under 15 Boys</b>						
LJ	M33	1	Aaron Ashmead-Shoye	NEB	U15B	5.77
LJ	M94	2	Joshua Ogunfolaju	Chelm	U15B	5.59
LJ	M26	3	Denzel Achi	Have	U15B	4.37
LJ	M22	4	Michael Okoro	Have	U15B	4.08
LJ	M85	5	Ashton Thatcher-Gray	Have	U15B	3.89
LJ	M4	6	Matthew Blacklock	Have	U15B	3.76
<b>Discus - All Male age groups</b>						
DT2K	M90	1	James Mead	Chelm	SM	32.29
DT2K	M37	2	Edward Brinton-Quinn	Have	SM	25.55
DT2K	M79	-	Devon Douglas	WGEL	SM	NM
DT1.75K	M73	1	Leonid Chashchin	Harl	U20M	20.65
DT1.25K	M16	1	Patrick McLean-Tattan	Have	U15B	25.03
DT1.25K	M44	2	Mason Smith	Have	U15B	21.19
DT1.25K	M19	3	Lewis Edwards	Have	U15B	20.86
DT1.25K	M41	4	Simon Hill	Bas	U15B	17.17
DT1K	M59	1	Matthew Davies	Have	U13B	15.76
DT1K	M86	1	Joshua Evans	Folks	U13B	11.27
<b>Discus - All Female age groups</b>						
DTW	F26	1	Chimdi Okpalauko	Have	U20W	30.81
DTW	F42	2	Debbie Castle	Brain	SW	26.05
DTW	F106	1	Alexandrea Adeniji	Have	U17W	30.80
DTW	F20	2	Robyn Moody	Have	U17W	24.51
DTW	F39	1	Alice Brown	Have	U15G	35.69
DTW	F107	2	Maddy Window	Essex Sch	U15G	24.64
DTW	F156	3	Ella Chantree	Chelm	U15G	24.57
DTW	F18	4	Hannah Yexley	Have	U15G	23.45
DTW	F3	5	Zoe Powers	Norw	U15G	22.39
DTW	F27	6	Olivia Boachie	Have	U15G	15.58
DTW	F84	7	Martha Smith	Bas	U15G	12.51

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
DT0.75K	F16	1	Katie Ennis	Have	U13G	22.20
DT0.75K	F89	2	Katy Mitchell	Have	U13G	14.09
DT0.75K	F70	3	Ruby Brown	Have	U13G	13.91
DT0.75K	F147	4	Kirby Jennings	Bas	U13G	13.88
<b>Long Jump - Under 15 Girls</b>						
LJ	F11	1	Freya Higginbottom	Have	U15G	4.60
LJ	F100	2	Florence Jones	S'end	U15G	4.11
LJ	F104	3	Lottie Courtney	Have	U15G	4.07
LJ	F81	4	Holly Bradley	Have	U15G	3.63
LJ	F138	5	Lola Kane	Have	U15G	3.24
LJ	F151	6	Grace Rees	Have	U15G	3.16
<b>Long Jump - Under 13 Girls</b>						
LJ	F40	1	Stephanie Okoro	Have	U13G	4.12
LJ	F96	2	Lydia Cheek	S'end	U13G	4.01
LJ	F146	3	Elise Jennings	Bas	U13G	3.73
LJ	F103	4	Daisy Chapman	S'end	U13G	3.68
LJ	F17	5	Freya Long	Have	U13G	3.43
LJ	F113	6	Lola Tolhurst	S'end	U13G	3.32
LJ	F6	7	Lucy Natrass	Have	U13G	3.31
LJ	F53	8	Karis Wilson	NEB	U13G	3.31
LJ	F118	9	Ema Aldea	Thurr	U13G	3.21
LJ	F110	10	Isabelle Bartlett	Have	U13G	3.13
LJ	F109	11	Megan Cook	Have	U13G	2.32
LJ	F150	12	Jessie Rees	Have	U13G	1.98
<b>Long Jump - Under 17 &amp; above</b>						
LJ	M120	1	Tobi Idowu	Have	U17M	5.63
LJ	M5	2	Somto Okpalauko	Have	U17M	5.20
LJ	F50	3	Jade Kavanagh	Have	U17W	5.04
LJ	F95	4	Jessica Whitbread	Thurr	U20W	4.93
LJ	F153	5	Ndidi Okoh	Chelm	U17W	4.62
LJ	F33	6	Zara Leaver	Bas	U17W	4.54
LJ	F43	7	April Castle	Brain	SW	4.42
LJ	F125	8	Brogan Ravenall	S'end	U20W	4.33
LJ	F93	9	Lottie Hinson	Bas	U17W	4.07
LJ	M103	10	Marcus Stansbury	Dac & T	U17M	4.00
LJ	F36	11	Elizabeth Adams	Have	U20W	3.91
LJ	F8	12	Temitope Ajayi	Have	U17W	3.66
LJ	F92	13	Georgia Woodburn	Have	SW	3.61
LJ	F114	14	Freya Duffy	Have	U17W	3.28
LJ	F68	15	Amy Kilner	Have	U17W	2.99

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>Shot - Under 20 &amp; Senior Women</b>						
SP4K	F26	1	Chimdi Okpalauko	Have	U20W	10.59
SP4K	F122	2	Elysha Thatcher-Gray	Have	U20W	9.43
SP4K	F136	3	Philippa Gill	Have	U20W	9.41
SP4K	F42	4	Debbie Castle	Brain	SW	8.51
SP4K	F125	5	Brogan Ravenall	S'end	U20W	7.77
<b>Shot - Under 17 Women</b>						
SP3K	F106	1	Alexandrea Adeniji	Have	U17W	12.49
SP3K	F124	2	Hannah Bardo	Thurr	U17W	9.33
SP3K	F86	3	Ruby Bridger	Thurr	U17W	9.23
SP3K	F20	4	Robyn Moody	Have	U17W	8.90
<b>Shot - Under 15 girls</b>						
SP3K	F130	1	Lola Kuponiyi	Have	U15G	12.11
SP3K	F3	2	Zoe Powers	Norw	U15G	9.28
SP3K	F156	3	Ella Chantree	Chelm	U15G	8.93
SP3K	F91	4	Maisie Westbrook	Oxf C	U15G	7.03
SP3K	F75	5	Claudia Attewell	Have	U15G	6.33
SP3K	F81	6	Holly Bradley	Have	U15G	5.61
SP3K	F87	7	Maddie Booty	Thurr	U15G	5.48
<b>Shot - Under 13 girls</b>						
SP2.72K	F129	1	Isabella Uzal	Essex Sch	U13G	7.35
SP2.72K	F16	2	Katie Ennis	Have	U13G	5.69
SP2.72K	F115	3	Yasmin Lindsay	Essex Sch	U13G	5.02
SP2.72K	F131	4	Francesca Ford	Thurr	U13G	4.74
<b>Shot - Senior Men</b>						
SP7.26K	M117	1	Aaron York	Bas	SM	7.96
<b>Shot - Under 15 Men</b>						
SP4K	M126	1	Hassan Abande	Thurr	U15B	9.36
SP4K	M16	2	Patrick McLean-Tattan	Have	U15B	7.98
<b>Shot - Under 13 Boys</b>						
SP3K	M59	1	Matthew Davies	Have	U13B	6.66
SP3K	M39	2	Harry Nunn	S'end	U13B	6.50
SP3K	M108	3	Harrison Mayhew	Have	U13B	5.70

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>High Jump - Under 20 Women</b>						
HJ	F140	1	Keturah Christie	Have	U20W	1.35
<b>High Jump - Under 17 Men</b>						
HJ	M99	1	Jamal Thomas	Have	U17M	1.80
HJ	M78	2	Ethan Mitchell	S'end	U17M	1.75
HJ	M105	3	Kimathi Christie	Have	U17M	1.75
HJ	M48	4	Joshua McGill	Bas	U17M	1.65
<b>High Jump - Under 15 Girls</b>						
HJ	F13	1	Uche Okpalauko	Have	U15G	1.45
HJ	F91	2	Maisie Westbrook	Oxf C	U15G	1.45
HJ	F72	3	Ava Sparham	Bas	U15G	1.40
HJ	F1	4	Paige Robinson	Have	U15G	1.40
HJ	F22	5	Holly Newman	Bas	U15G	1.30
HJ	F30	6	Olivia Sorrell	Have	U15G	1.25
<b>High Jump - Under 13 Girls</b>						
HJ	F40	1	Stephanie Okoro	Have	U13G	1.30
HJ	F111	2	Charlotte Bumpus	S'end	U13G	1.30
HJ	F96	3	Lydia Cheek	S'end	U13G	1.25
HJ	F110	4	Isabelle Bartlett	Have	U13G	1.25
HJ	F134	5	Zoe Gregory	Bas	U13G	1.25
HJ	F66	6	Rosie Townley	Thurr	U13G	1.20
HJ	F147	7	Kirby Jennings	Bas	U13G	1.20
HJ	F37	8	Isabelle Bradley	Have	U13G	1.10
HJ	F109	9	Megan Cook	Have	U13G	1.10
HJ	F47	10	Libby Kirby	Craw	U13G	1.10
HJ	F83	11	Ruby Lendon	Have	U13G	NM
<b>Triple Jump - Male</b>						
TJ	M94	1	Joshua Ogunfolaju	Chelm	U15B	12.49
TJ	M33	2	Aaron Ashmead-Shoye	NEB	U15B	12.24
TJ	M121	3	Ben Olusesan	Have	U17M	12.15
TJ	M128	4	Jedidiah Oni	Have	U15B	11.24
TJ	M9	5	Jacob Blanc	Have	U15B	9.71
<b>Triple Jump - Female</b>						
TJ	F45	1	Sarris Teale	Ashf	U15G	10.35
TJ	F162	2	Olatomiwa Sanwo	Have	U20W	10.17
TJ	F33	3	Zara Leaver	Bas	U17W	9.67
TJ	F43	4	April Castle	Brain	SW	9.29
TJ	F44	5	Josie Waddams	Have	U20W	8.48

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>Javelin - Senior Men</b>						
JT800	M73	1	Leonid Chashchin	Harl	U20M	29.51
JT800	M70	2	David Robinson	Serp	M40	19.04
<b>Javelin - Under 17 Men</b>						
JT700	M15	1	Jess Walker	Bas	U17M	53.59
JT700	M3	2	Charlie Savill	Have	U17M	40.68
JT700	M36	3	Peter Brinton-Quinn	Have	U17M	39.62
<b>Javelin - Under 15 Boys</b>						
JT600	M14	1	Bradley James	Have	U15B	54.15
JT600	M7	2	Oliver Yexley	Have	U15B	38.96
JT600	M41	3	Simon Hill	Bas	U15B	28.82
JT600	M76	4	Jonny Cavanagh	Have	U15B	26.26
<b>Javelin - Under 13 Men</b>						
JT400	M55	1	Robbie Brown	Have	U13B	19.99
JT400	M108	2	Harrison Mayhew	Have	U13B	19.29
JT400	M65	3	Frank Lewis	Bas	U13B	18.83
JT400	M95	4	Matthew Page	Have	U13B	18.76
<b>Javelin - Under 20 &amp; Senior Women</b>						
JT600	F29	1	Daisy Partridge	Brain	U20W	31.29
JT600	F136	2	Philippa Gill	Have	U20W	26.31
JT600	F42	3	Debbie Castle	Brain	SW	25.92
JT600	F92	4	Georgia Woodburn	Have	SW	25.91
<b>Javelin - Under 17 Women</b>						
JT500	F124	1	Hannah Bardo	Thurr	U17W	26.87
JT500	F31	2	Mia Chantree	Chelm	U17W	26.53
JT500	F86	3	Ruby Bridger	Thurr	U17W	21.77
JT500	F153	4	Ndidi Okoh	Chelm	U17W	16.76

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 8th April 2018

	No.	Pos	Name	Club	Age Group	Performance
<b>Javelin - Under 15 Girls</b>						
JT500	F55	1	Harriette Mortlock	Bas	U15G	35.87
JT500	F19	2	Georgia Yexley	Have	U15G	23.88
JT500	F79	3	Jessie Collier	Have	U15G	22.23
JT500	F60	4	Isabelle O'Connor	Have	U15G	21.06
JT500	F102	5	Jenna Cavanagh	Have	U15G	16.24
JT500	F99	6	Sophie Nugent	Bas	U15G	12.14
<b>Javelin - Under 13 Girls</b>						
JT400	F147	1	Kirby Jennings	Bas	U13G	18.76
JT400	F134	2	Zoe Gregory	Bas	U13G	13.38
JT400	F16	3	Katie Ennis	Have	U13G	12.42
<b>Pole Vault - All</b>						
PV	M73	1	Leonid Chashchin	Harl	U20M	3.30
PV	M31	2	Reece Debenham	Have	U17M	2.30
PV	F79	3	Jessie Collier	Have	U15G	2.10
PV	F88	4	Zowie Dodge	Bas	U15G	1.90
PV	F137	5	Alice Atkins	Have	U15G	1.90
PV	M76	6	Jonny Cavanagh	Have	U15B	1.70
PV	M36		Peter Brinton-Quinn	Have	U17M	NM
PV	F112		Claire Brennan	Have	W35	NM