

## Eastern Young Athletes' League, St Albans Sunday 19<sup>th</sup> April 2009

	<b>Total</b>	<b>GU13</b>	<b>GU15</b>	<b>WU17</b>	<b>BU13</b>	<b>BU15</b>	<b>MU17</b>
1. St Albans	<b>750</b>	<b>107</b>	<b>155</b>	126	94	<b>143</b>	125
2. <b>Havering Mayesbrook</b>	<b>656</b>	65	91	97	<b>120</b>	126	<b>157</b>
3. Southend	<b>613</b>	99	132	<b>133</b>	44	131	74
4. Watford	<b>371</b>	59	90	103	63	37	19
5. Trent Park	<b>243</b>	48	11	41	48	20	75
6. Biggleswade	<b>47</b>	0	11	0	4	16	16

### Under 17 Girls

Event	"A" STRING	RESULT	POS	"B" STRING	RESULT	POS
100m	--					
200m	Shelley Wilson	32.2	3			
300m	Sharmila Golan	53.0	5	Michelle Lovell	51.9	3
800m	Michelle Lovell	2:49.3	3	Sharmila Golan	2:50.1	5
1500m	Rachel Sadler	5:12.3	4	Sharmila Golan	5:52.8	4
80m H	Jess Seekings	16.3	2			
High J	Kelly Jarrold	1.35	3			
Long J	Kelly Jarrold	4.31	4	Shelley Wilson	3.49	4
Triple J	Kelly Jarrold	9.38	2			
Shot	Jess Seekings	5.93	3	Michelle Lovell	4.98	3
Discus	Katherine Knight	30.01 <b>PB</b>	2	Shelley Wilson	24.05	<b>1</b>
Javelin	Katherine Knight	15.18	3			
Hammer	Katherine Knight	19.83	2			
4 x 100mR	Michelle, Jess, Kelly, Shelley				59.4	4

### Under 15 Girls

Event	"A" STRING	RESULT	POS	"B" STRING	RESULT	POS
100m	Deborah Knight	14.2	3	Grace Duffey	15.5	4
200m	Rylie Trott	30.8	2	Grace Duffey	32.0	3
300m	Avril Loynes	50.2	3			
800m	Avril Loynes	2:46.7	3			
1500m						
75m H	Rylie Trott	13.0	2	Deborah Knight	14.7	2
Long J	Bethany Chambers	4.03	5			
High J	Rylie Trott	1.20	4			
Shot	Erin Baggs	5.67	3	Rosie Brett	6.24	2
Discus	Erin Baggs	20.08	<b>1</b>	Grace Duffey	19.84	<b>1</b>
Javelin	Deborah Knight	23.55	2	Bethany Chambers	7.85	2
Hammer	--					
4x100mR	Rylie, Bethany, Grace, Deborah				56.7	3

### Under 13 Girls

Event	"A" STRING	RESULT	POS	"B" STRING	RESULT	POS
100m	Tomi Akingbade	15.1	4	Mercy Gutteridge	15.8	3
200m	Tomi Akingbade	31.8	3	Phoebe Maloney	32.4	3
800m						
1500m						
70m H						
Long J	Mercy Gutteridge	3.53	5	Phoebe Maloney	3.35	3
High J	Georgie Taylor	1.20	3	Tomi Akingbade	1.15	2
Discus	Georgie Taylor	23.91	<b>1</b>	Rebecca Fox	15.71	<b>1</b>
Shot	Georgie Taylor	7.51	<b>1</b>			
4x100mR	Tomi, Mercy, Phoebe, Georgie				59.6	2

### Non Scoring – Girls

Age Gp	Event	Name	Result	Age Gp	Event	Name	Result
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### Under 17 Men

Event	'A' String	Result	Pos	'B' String	Result	Pos
100m	Terry Hughes	12.2	1	Thomas Salmon	12.9	2
200m	Jordan Brown	24.8	1	Thomas Salmon	26.2	2
400m	Massi Dendani	57.6	3	Dean Leftley	61.8	2
800m	Massi Dendani	2:11.7	3	Liam Bush	2:19.7	3
1500m	Jamie B-Stanton	4:22.2	2	Joseph Waked	4:23.7	1
100m H	Jake Nelson	15.8 PB	1	Jonathan Seekings	21.3	1
High Jump	Jake Nelson	1.70	1	Jordan Brown	1.50	1
Long Jump	Jordan Brown	5.00	3			
Triple Jump	Terry Hughes	10.84	2	Adam Wileman	10.32	2
Shot	Laurence Goodacre	13.62	1	Glen Wileman	6.62	1
Discus	Laurence Goodacre	41.63	1	Jamie B-Stanton	10.72	2
Javelin	Laurence Goodacre	37.22	1	Jake Nelson	27.22	1
Hammer	==					
4x100m R	Jordan, Thomas, Jake, Terry				48.6	2

### Under 15 Boys

100m	Fred Mokoso	14.5	5	Ryan Blake	14.2	4
200m	Dan Wood	26.4	3	Tyler Bennett	29.1	3
400m	Dan Wood	59.0	3	Ryan O'Mahoney	60.0	2
800m	Ryan O'Mahoney	2:15.2	3	Tyler Bennett	2:30.8	2
1500m	Tom Davies	4:50.1	3	Nick Duffey	5:12.6	3
80m H	Danny Wilson	14.4	2	Nick Duffey	17.6	2
High Jump	Lee Jarrold	1.45	3	Ryan O'Mahoney	1.25	3
Long Jump	Ryan Blake	4.39	3	Fred Mokoso	4.20	2
Pole Vault						
Shot	Dan Wood	7.67	2	Lee Jarrold	6.02	2
Discus	Danny Wilson	36.44	1	Tyler Bennett	19.41	1
Javelin	Patrick Lear	28.28	2	Danny Wilson	26.63	1
Hammer						
4x100m R	Ryan, Fred, Dan Wood, Danny Wilson				53.4	3

### Under 13 Boys

100m	Alex Law	13.4	1	Jordan Fox	14.5	1
200m	Freddy Keefe	30.4 PB	1	Alexander Hewitt	30.4 PB	1
800m	Mitchell Chesterton	2:42.8	4	Harry Copping	3:26.1 PB	3
1500m	Freddy Keefe	4:45.2	1 PB			
75m Hurdles	Alex Law	13.8	1	Chris Gell	16.0 PB	1
Long Jump	Jordan Fox	4.37 PB	1	Chris Gell	3.83m PB	1
High Jump	Chris Gell	1.20 PB	2	Mitchell Chesterton	1.20m PB	1
Discus	Alex Law	26.35 PB#	1	Jordan Fox	18.48 PB	1
Shot	Nathan Jackson	6.42	1	Freddy Keefe	5.28m PB	1
4x100m R	Freddy, Jordan, Chris, Alex				55.7	1

### # Alex Law Discus club record

### Non Scoring – Boys

Age Gp	Event	Name	Result	Age Gp	Event	Name	Result
U13	L/jump	Harry Copping	3.21				
U13	200	Harry Copping	39.6				
U13	100	Alexander Hewitt	14.8				
U13	100	Nathan Jackson	13.8				
U13	100	Mitchell Chesterton	??				
U13	L/jump	Nathan Jackson	3.95				