

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

			Perf	Records	Grades				Perf	Grades
T13	17M 100m 'A'		Wind=	+0.2				17M 100m 'B'	Wind=	+0.2
1	C Daniel Haque	B & B		11.3	G1*	1	CC Scott Blackwell	B & B		11.6 G2*
2	M Josh Baxter	Read		11.3	G1*	2	PP Dan Mullins	WG & EL		12.1 G4
3	P Gerald Sarpong	WG & EL		11.3	G1*	3	MM Tom Felix	Read		12.9
4	I Chris Clements	Hav M		11.7	G3*	4	II Danny Nunn	Hav M		13.2
T30	17M 200m 'A'		Wind=	nwi				17M 200m 'B'	Wind=	nwi
1	M Kelvin Callendar	Read		22.8	G1*	1	MM Josh Baxter	Read		23.3 G2*
2	P Gerald Sarpong	WG & EL		22.8	G1*	2	PP Scott Parrish	WG & EL		23.9 G3*
3	I Michael Waller	Hav M		23.4	G2*	3	II Chris Clements	Hav M		24.0 G4*
4	CC James Summersby	B & B		23.5	G3*	4	C Daniel Haque	B & B		25.5
T49	17M 400m 'A'							17M 400m 'B'		
1	I Michael Waller	Hav M		51.6	G2*	1	II David Nefs	Hav M		53.5 G3*
2	C Scott Blackwell	B & B		52.6	G2*	2	CC Robert D'Angelo	B & B		56.2
3	M Sam Johnson	Read		54.5	G4	3	MM Matt Quine	Read		57.3
4	P Dan Mullins	WG & EL		55.8	G4	4	PP Joe Douse	WG & EL		57.4
T22	17M 800m 'A'							17M 800m 'B'		
1	I David Nefs	Hav M		02:05.8	G4	1	CC Alex Letchford	B & B		02:09.3 G4
2	C Robert D'Angelo	B & B		02:08.0	G4	2	II Andrew Luck	Hav M		02:12.5
3	P Andrew Murray	WG & EL		02:08.4	G4	3	PP Joe Douse	WG & EL		02:22.5
4	M Matt Quine	Read		02:30.6		4	MM Jack Wilcox	Read		02:35.1
T61	17M 1500m 'A'							17M 1500m 'B'		
1	C Tim Ayers	B & B		04:27.5	G4	1	CC Richard Davies	B & B		04:34.6
2	II Dan Walsh	Hav M		04:28.6	G4	2	I Ross Clarke	Hav M		04:43.2
3	P Tom Phillips	WG & EL		04:28.8	G4	3	PP Andrew Murray	WG & EL		05:17.2
4	M Mark Apsey	Read		04:48.0		4				
T32	17M 3000m 'A'							17M 3000m 'B'		
1	I Ashley Reece	Hav M		09:00.2	G2*	1	CC Tom Beech	B & B		10:06.4 G4
2	P Mark Burgess	WG & EL		09:04.4	G2*	2	II Lewis Huckfield	Hav M		10:09.6 G4
3	C Danny Brewer	B & B		09:50.3	G4	3	PP Daryl Savage	WG & EL		13:08.4
4	M Mark Apsey	Read		10:15.7		4				
T74	17M 1500m S/Chase 'A'							17M 1500m S/Chase 'B'		
1	C Richard Daniels	B & B		05:01.3	G4	1	II Jay Ryan	Hav M		05:20.3
2	I Andrew Luck	Hav M		05:18.5		2	CC Dale Wallis	B & B		05:22.0
3	P Chris Berg	WG & EL		05:21.7		3	PP Daryl Savage	WG & EL		05:22.8
4						4				
T3	17M 400m Hurdles 'A'							17M 400m Hurdles 'B'		
1	C Richard Daniels	B & B		60.2	G2*	1	CC James Summersby	B & B		63.8 G4
2	M Aaron Ifill	Read		64.6	G4	2	PP Daryl Savage	WG & EL		73.2
3	I Jay Ryan	Hav M		64.8	G4	3				
4	P Joe Newman	WG & EL		70.0		4				
T46	17M 100m Hurdles 'A'		Wind=	nwi				17M 100m Hurdles 'B'	Wind=	nwi
1	C Alex Al-Ameen	B & B		14.3	G2*	1	II Richard Demko	Hav M		16.8
2	I Anthony Williams	Hav M		15.7	G4	2	CC Richard Jamelsay	B & B		22.6
3						3				
4						4				

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades
F1 17M Hammer 'A'							17M Hammer 'B'					
1	C	Alistair Tawanaee	B & B	57.06		G1*	1	CC	Stuart Harvey	B & B	30.70	G4
2	I	Joe Forde	Hav M	43.40		G3*	2	P	Christopher Lingue	WG & EL	15.36	
3	M	Jack Wilcox	Read	24.29			3					
4	PP	Dan Coates	WG & EL	20.72			4					
F56 17M Discus 'A'							17M Discus 'B'					
1	C	Alistair Tawanaee	B & B	41.86		G2*	1	II	Alex Van Ristell	Hav M	31.39	G4
2	I	Christian Newton	Hav M	34.58		G4*	2	PP	Dan Coates	WG & EL	31.09	G4
3	P	Christopher Lingue	WG & EL	31.82		G4	3	CC	Alex Jones	B & B	29.58	G4
4	M	Sam Johnson	Read	31.30		G4	4	MM	Nathan Walters	Read	25.59	
F47 17M Javelin 'A'							17M Javelin 'B'					
1	C	Stuart Harvey	B & B	58.07		G1*	1	MM	Ricky Littlewood	Read	31.98	
2	M	Sam Johnson	Read	43.03		G3	2	I	Ashley Reece	Hav M	25.86	
3	P	Kevin Kimani	WG & EL	35.16			3	CC	Alex Jones	B & B	25.67	
4	II	Christian Newton	Hav M	26.02			4					
F65 17M Shot 'A'							17M Shot 'B'					
1	P	Christopher Lingue	WG & EL	11.76		G4	1	C	Alistair Tawanaee	B & B	11.13	G4
2	CC	Stuart Harvey	B & B	11.44		G4	2	PP	Daniel Buckman	WG & EL	10.90	
3	MM	Nathan Walters	Read	9.63			3	M	Jack Wilcox	Read	9.30	
4	II	Alex Van Ristell	Hav M	9.39			4	I	Christian Newton	Hav M	8.57	
F5 17M Long Jump 'A'							17M Long Jump 'B'					
1	M	Kelvin Callendar	Read	6.05		G3*	1	II	Anthony Williams	Hav M	5.57	G4
2	I	Carl Patten	Hav M	5.65		G4	2	MM	Tom Felix	Read	5.25	
3	C	Dominic Eden	B & B	5.36			3	CC	Jenner Cole	B & B	4.81	
4	PP	Kevin Kimani	WG & EL	5.11			4	P	Jo Douse	WG & EL	4.54	
F73 17M Triple Jump 'A'							17M Triple Jump 'B'					
1	I	Carl Patten	Hav M	12.62		G2*	1	II	James Coppeard	Hav M	12.03	G4
2	M	Tom Felix	Read	11.33			2	CC	Shavar Stevens	B & B	10.89	
3	C	Jenner Cole	B & B	10.94			3	MM	Matt Quine	Read	10.31	
4							4					
F23 17M High Jump 'A'							17M High Jump 'B'					
1	I	Michael Jenkins	Hav M	1.70		G4	1	II	Anthony Williams	Hav M	1.60	
2	C	Dale Wallis	B & B	1.65		G4	2	CC	Robert Jones	B & B	1.50	
3	M	Aaron Ifill	Read	1.60			3					
4							4					
F42 17M Pole Vault 'A'							17M Pole Vault 'B'					
1	C	Scott Huggins	B & B	3.60		G2*	1	CC	Adam Berry	B & B	3.30	G3*
2	I	Jay Ryan	Hav M	2.80		G4	2					
3							3					
4							4					

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

			Perf	Records	Grades			Perf	Grades
T71 17M 4 x 100m Relay 'A'									
1	P	WG & EL		Kevin Kimani	Scott Parrish		Dan Mullins	Gerald Sarpong	46.0
2	C	B & B		Adam Berry	Dominic Eden		Alex Al-Ameen	James Summersby	46.2
3	M	Read		Josh Baxter	Matt Quine		Kelvin Callendar	Tom Felix	46.3
4	I	Hav M		Chris Clements	Danny Nunn		Michael Waller	Anthony Williams	47.9
T76 17M 4 x 400m Relay 'A'									
1	C	B & B		Richard Daniels	Robert D'Angelo		Scott Blackwell	Alex Al-Ameen	03:34.4
2	I	Hav M		Ashley Reece	David Nefs		Michael Waller	Dave Walsh	03:35.2
3	P	WG & EL		Andrew Murray	Daniel Awde		Mark Burgess	Scott Parrish	03:56.6
4	M	Read		Jack Wilcox	Sam Johnson		Aaron Ifill	Mark Apsey	04:33.2
T11 15B 100m 'A'									
			Wind=	+1.5			15B 100m 'B'	Wind=	+1.5
1	C	James Alaka	B & B	11.1	G1*	1	PP Chris Vickers	WG & EL	11.9 G1*
2	I	Eugene Ayanful	Hav M	11.2	G1*	2	II Gary Tonks	Hav M	12.6 G3
3	P	Dominique Daniel	WG & EL	11.6	G1*	3	CC Heaven Lee Roach	B & B	12.7 G3
4	M	Scott Pryor	Read	12.0	G2*	4	MM Alex Salmon	Read	13.7
T28 15B 200m 'A'									
			Wind=				15B 200m 'B'	Wind=	
1	C	James Alaka	B & B	23.1	G1*	1	PP Chris Vickers	WG & EL	24.2 G1*
2	P	Dominique Daniel	WG & EL	23.8	G1*	2	II Gary Tonks	Hav M	25.9 G4
3	I	Eugene Ayanful	Hav M	24.1	G1*	3	CC Dane Cole	B & B	26.4 G4
4	M	Scott Pryor	Read	24.5	G2*	4	MM Oliver Charlton	Read	26.4 G4
T48 15B 400m 'A'									
							15B 400m 'B'		
1	II	Paul Adair	Hav M	55.9	G2*	1	PP Alex Levinson	WG & EL	57.9 G3
2	P	Lee Lovelock-Jemmott	WG & EL	57.4	G3	2	I Ben Warden	Hav M	60.0 G4
3	M	Ross Adamson	Read	59.7	G4	3	MM Rian Corbin	Read	63.3
4	C	Edward Martin	B & B	63.3		4	CC Tom Dillow-Hearne	B & B	70.6
T20 15B 800m 'A'									
							15B 800m 'B'		
1	I	Matt Bloy	Hav M	02:08.3	G2*	1	II Paul Adair	Hav M	02:10.7 G2*
2	M	Ross Adamson	Read	02:17.2	G3	2	MM Oliver Charlton	Read	02:20.1 G4
3	C	Edward Martin	B & B	02:22.1	G4	3	CC Tom Dillow-Hearne	B & B	02:41.0
4	P	Ronnie Sparke	WG & EL	02:22.7	G4	4			
T59 15B 1500m 'A'									
							15B 1500m 'B'		
1	I	Joe Webster	Hav M	04:44.6	G4	1	II Chris Maclachlan	Hav M	04:49.5 G4
2	C	Stuart Wirley	B & B	05:00.1		2	CC Cameron Ward	B & B	05:02.7
3	PP	Matthew Abbay	WG & EL	05:03.5		3	P Tom Hollis	WG & EL	05:14.5
4	MM	Andre Gordon	Read	05:22.2		4	M Alex Thompson	Read	05:24.0
T37 15B 3000m 'A'									
							15B 3000m 'B'		
1	I	Bradley Tungatt	Hav M	09:50.4	G2*	1	II Steve Maclachlan	Hav M	10:18.8 G3
2	C	Sam Simpson	B & B	10:00.4	G3	2	CC Robert Evans	B & B	10:18.8 G3
3	P	Omar Marksoud	WG & EL	10:18.8	G3	3	PP Tom Hollis	WG & EL	11:21.9
4						4			

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades	
				Wind=	nwi						Wind=	nwi	
T39	15B 80m Hurdles 'A'						15B 80m Hurdles 'B'						
1	C	Heaven Lee Roach	B & B		12.7	G3*	1	CC	Marcus Morrison	B & B		14.6	
2	I	Chris Handley	Hav M		12.9	G3*	2	MM	Andre Gordon	Read		16.5	
3	P	Michael Kennedy	WG & EL		13.5	G4	3						
4	M	Ryan Harrison	Read		15.1		4						
F14	15B Hammer 'A'						15B Hammer 'B'						
1	C	Richard Al-Ameen	B & B		51.71	G1*	1	P	Lee Lovelock-Jemmott	WG & EL		27.02 G4	
2	PP	Lee Mathurin	WG & EL		30.21	G3	2	CC	Robert Evans	B & B		12.40	
3	I	Bradley Reece	Hav M		26.08	G4	3						
4	M	Luke Harper	Read		25.15	G4	4						
F52	15B Discus 'A'						15B Discus 'B'						
1	P	Lee Mathurin	WG & EL		36.40	G1*	1	I	Ben Warden	Hav M		26.15 G4	
2	II	Bradley Reece	Hav M		27.58	G4	2	CC	Akeem Smith	B & B		22.97	
3	C	Richard Al-Ameen	B & B		24.56	G4	3	M	Luke Harper	Read		21.09	
4	MM	Rian Corbin	Read		22.81		4						
F41	15B Javelin 'A'						15B Javelin 'B'						
1	I	Bonne Buwembo	Hav M		44.51	G1*	1	MM	Alex Thompson	Read		14.64	
2	P	Lee Mathurin	WG & EL		34.82	G4	2	PP	Chris Vickers	WG & EL		13.58	
3	M	Ryan Harrison	Read		25.71		3	CC	Tom Dillow-Hearne	B & B		6.24	
4	C	Akeem Smith	B & B		17.57		4						
F45	15B Shot 'A'						15B Shot 'B'						
1	P	Lee Lovelock-Jemmott	WG & EL		12.39	G2*	1	CC	Akeem Smith	B & B		9.99 G4	
2	C	Richard Al-Ameen	B & B		11.76	G2*	2	PP	Chris Vickers	WG & EL		8.89	
3	I	Ben Warden	Hav M		9.89	G4	3	II	Gary Tonks	Hav M		8.88	
4	MM	Alex Thompson	Read		8.60		4	M	Luke Harper	Read		7.70	
F34	15B Long Jump 'A'						15B Long Jump 'B'						
1	P	Dominique Daniel	WG & EL		5.32	G3	1	PP	Michael Kennedy	WG & EL		5.22 G3	
2	I	Nathaniel Senior	Hav M		5.19	G4	2	II	Vincent Lazaro	Hav M		4.98 G4	
3	M	Scott Pryor	Read		5.10	G4	3	MM	Alex Salmon	Read		4.84 G4	
4	C	Dane Cole	B & B		5.02	G4	4	CC	Marcus Morrison	B & B		4.83 G4	
F64	15B High Jump 'A'						15B High Jump 'B'						
1	C	Dane Cole	B & B		1.65	G2*	1	CC	Marcus Morrison	B & B		1.45 G4	
2	P	Michael Kennedy	WG & EL		1.50	G4	2						
3	M	Ryan Harrison	Read		1.45	G4	3						
4					0.00		4						
F6	15B Pole Vault 'A'						15B Pole Vault 'B'						
1	C	Robert Evans	B & B		2.30	G4	1						
2					0.00		2						
3					0.00		3						
4					0.00		4						

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

			Perf	Records	Grades				Perf	Grades
T69	15B 4 x 100m Relay 'A'									
1	I Hav M	Ryan Chidwick		Gary Tonks		Bonne Buwembo		Eugene Ayanful	48.7	
2	P WG & EL	Alex Levinson		Chris Vickers		Michael Kennedy		Dominique Daniel	48.8	
3	C B & B	Dane Cole		Edward Martin		Lee Carpenter		James Alaka	49.6	
4	M Read	Scott Pryor		Alex Salmon		Ryan Harrison		Rian Corbin	51.1	
T75	15B 4 x 400m Relay 'A'									
1	I Hav M	Paul Adair		Grant Twist		Bradley Tungatt		Matt Bloy	03:56.4	
2	C B & B	Stuart Wirley		Edward Martin		Sam Simpson		James Alaka	03:59.7	
3	P WG & EL	Omar Marksoud		Mathew Abram		Alex Levinson		Lee Lovelock-Jemmott	04:09.2	
4	M Read	Alex Thompson		Andre Gordon		Oliver Charlton		Ross Adamson	04:27.0	
T9	13B 100m 'A'		Wind= +0.4			13B 100m 'B'		Wind= +0.4		
1	M Ishmael Husbands	Read	13.3	G2*	1	CC Lawrie Barnes	B & B	13.5	G3*	
2	C Izzy Ukoko Jr	B & B	13.3	G2*	2	II Diarmid Sherry	Hav M	13.9	G3	
3	I James McAusland	Hav M	13.8	G3	3	PP Joe Newell	WG & EL	14.9	G4	
4	P Flynn Spense	WG & EL	14.3	G4	4	MM Jake Felix	Read	15.5		
T26	13B 200m 'A'		Wind=			13B 200m 'B'		Wind=		
1	C Izzy Ukoko Jr	B & B	27.9	G3*	1	CC Stephen Camacho	B & B	28.6	G3	
2	M Max Rayner	Read	29.2	G4	2	MM William Salmon	Read	31.5		
3	I James McAusland	Hav M	30.0	G4	3					
4	P Flynn Spense	WG & EL	30.7		4					
T18	13B 800m 'A'					13B 800m 'B'				
1	C Stephen Cavey	B & B	02:33.2	G3	1	CC Ben Greenhalgh	B & B	02:38.9	G4	
2	P Ben Philips	WG & EL	02:34.6	G3	2	MM William Salmon	Read	02:53.6		
3	I Harrison Ellis	Hav M	02:38.9	G4	3	II Steve Payne	Hav M	02:58.5		
4	M Conor Keogh	Read	02:51.2		4					
T57	13B 1500m 'A'					13B 1500m 'B'				
1	M Max Rayner	Read	04:52.8	G2*	1	PP James Goodwin	WG & EL	05:18.3	G4	
2	P Alex Cornwall	WG & EL	04:54.3	G2*	2	II Diarmid Sherry	Hav M	05:40.6		
3	C Joe Harding	B & B	05:00.5	G2*	3	CC Harry Beazley	B & B	05:54.8		
4	I Simon Brown	Hav M	05:03.6	G3*	4					
F44	13B Long Jump 'A'					13B Long Jump 'B'				
1	I Harrison Ellis	Hav M	4.33	G3	1	CC Izzy Ukoko Jr	B & B	4.13	G3	
2	C Stephen Camacho	B & B	4.24	G3	2	PP Oliver Lumb	WG & EL	4.00	G4	
3	M Ishmael Husbands	Read	4.22	G3	3	II James McAusland	Hav M	3.87	G4	
4	P Joe Newell	WG & EL	4.13	G3	4	MM Conor Keogh	Read	3.57		
F55	13B Shot 'A'					13B Shot 'B'				
1	I Harrison Ellis	Hav M	9.81	G2*	1	CC Harry Beazley	B & B	7.58	G3	
2	C Andrew Jordon	B & B	8.84	G2*	2	II Adam Felgate	Hav M	6.17	G4	
3	M Jake Felix	Read	7.58	G3	3	PP Oliver Lumb	WG & EL	5.90		
4	P Joe Newell	WG & EL	6.14	G4	4	MM William Salmon	Read	3.61		

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

			Perf	Records	Grades			Perf	Grades
T67	13B 4 x 100m Relay 'A'								
1	C B & B	Stephen Camacho	Andrew Jordon	Harry Beazley	Stephen Cavey			55.8	
2	I Hav M	James McAusland	Diarmuid Sherry	Simon Brown	Steve Payne			57.0	
3	P WG & EL	Joe Newell	Alex Cornwall	Oliver Lumb	Flynn Spense			59.0	
4	M Read	Ishmael Husbands	Max Rayner	William Salmon	Jake Felix			59.5	
T12	17W 100m 'A'		Wind= -0.2			17W 100m 'B'		Wind= -0.2	
1	P Alicia Roberts-Brown	WG & EL	12.7	G2*	1	PP Liz Belsey	WG & EL	12.8	G2*
2	CC Rebecca Syrocki	B & B	12.8	G2*	2	C Clare Cooper	B & B	13.2	G3
3	M Bryony Wilmott	Read	13.6	G4	3				
4	I Emma Christmas	Hav M	14.2		4				
T29	17W 200m 'A'		Wind= nwi			17W 200m 'B'		Wind=	
1	P Alicia Roberts-Brown	WG & EL	26.1	G2*	1	PP Liz Belsey	WG & EL	26.1	G2*
2	CC Katie Murray	B & B	26.9	G4*	2	C Rachele Brace	B & B	30.7	
3	M Hannah Watt	Read	27.8		3				
4	I Robyn Delivett	Hav M	28.5		4				
T51	17W 300m 'A'					17W 300m 'B'			
1	C Rebecca Syrocki	B & B	41.3	G1*	1	CC Leanne Critchley	B & B	43.0	G3*
2	I Katie Richardson	Hav M	42.2	G2*	2	PP Jessica Sparke	WG & EL	43.0	G3*
3	P Clare Leckie	WG & EL	42.6	G2*	3	MM Bridie Casey	Read	43.5	G3*
4	M Bryony Wilmott	Read	43.3	G3*	4				
T21	17W 800m 'A'					17W 800m 'B'			
1	P Jessica Sparke	WG & EL	02:22.6	G3*	1	II Vicky Smith	Hav M	02:29.5	G4
2	I Helen Roche	Hav M	02:24.2	G3*	2	CC Sarah Coombs	B & B	02:30.2	G4
3	C Katie Murray	B & B	02:26.3	G3	3	PP Katherine Sparke	WG & EL	02:35.7	
4	M Hannah Watt	Read	02:28.9	G4	4	MM Claire Blackburn	Read	02:52.1	
T60	17W 1500m 'A'					17W 1500m 'B'			
1	C Katie Murray	B & B	05:11.7	G4	1	CC Bryony Proctor	B & B	05:15.1	
2	I Vicky Smith	Hav M	05:20.7		2	II Helen Roche	Hav M	05:54.2	
3	P Kavita Solder	WG & EL	05:24.3		3				
4	M Charlotte Phillips	Read	06:31.1		4				
T43	17W 3000m 'A'					17W 3000m 'B'			
1	I Robyn Matson	Hav M	11:17.4	G3	1	CC Vanessa Evans	B & B	13:17.1	
2	C Debbie Shearing	B & B	11:53.7	G4	2				
3					3				
4					4				
T38	17W 80m Hurdles 'A'		Wind= +2.1			17W 80m Hurdles 'B'		Wind= +2.1	
1	I Chloe van Wulven	Hav M	11.8	G1*	1	II Lisa Schofield	Hav M	12.0	G2*
2	C Leanne Critchley	B & B	12.8	G4*	2	CC Jo Wood	B & B	13.7	
3	P Clare Leckie	WG & EL	13.2	G4	3	PP Megan Lane	WG & EL	15.1	
4	M Alice Tomlin	Read	14.1		4				

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades
T2 17W 300m Hurdles 'A'							17W 300m Hurdles 'B'					
1	P	Clare Leckie	WG & EL	45.1		G1*	1	II	Lisa Schofield	Hav M	48.9	G3*
2	I	Chloe van Wulven	Hav M	45.4		G1*	2	CC	Jo Wood	B & B	50.5	G3
3	C	Leanne Critchley	B & B	46.8		G2*	3	PP	Megan Lane	WG & EL	54.8	
4							4					
F72 17W Discus 'A'							17W Discus 'B'					
1	C	Flo Clark	B & B	33.92		G2*	1	CC	Rachel Blackie	B & B	28.22	G3*
2	I	Lauren Clark	Hav M	29.82		G3*	2	II	Louise Yard	Hav M	26.79	G4
3	M	Lizzie Glover	Read	19.62			3	MM	Charlotte Phillips	Read	13.94	
4	P	Alenka Groggs	WG & EL	16.95			4					
F35 17W Shot 'A'							17W Shot 'B'					
1	C	Victoria Thomas	B & B	10.08		G3*	1	CC	Flo Clark	B & B	9.49	G3*
2	I	Louise Yard	Hav M	9.03		G4*	2	II	Lauren Clark	Hav M	6.46	
3	P	Alenka Groggs	WG & EL	6.88			3	M	Charlotte Phillips	Read	5.30	
4	MM	Claire Blackburn	Read	5.48			4					
F24 17W Javelin 'A'							17W Javelin 'B'					
1	I	Emma Christmas	Hav M	31.34		G3*	1	CC	Frances Athawes	B & B	27.63	G4
2	C	Rachelle Brace	B & B	30.72		G3*	2	II	Lauren Clark	Hav M	14.29	
3	M	Lizzie Glover	Read	24.48		G4	3	MM	Bridie Casey	Read	12.40	
4	P	Alenka Groggs	WG & EL	15.15			4	PP	Megan Lane	WG & EL	9.40	
F15 17W Long Jump 'A'							17W Long Jump 'B'					
1	CC	Rachel King	B & B	4.96		G3*	1	II	Katie Richardson	Hav M	4.29	
2	I	Lisa Schofield	Hav M	4.77		G4	2	C	Jo Wood	B & B	3.93	
3	P	Laura Robinson	WG & EL	4.58		G4	3	MM	Kathrine Neep	Read	3.84	
4	M	Alice Tomlin	Read	4.24			4					
F53 17W High Jump 'A'							17W High Jump 'B'					
1	I	Chloe van Wulven	Hav M	1.60		G2*	1	CC	Rachel King	B & B	1.50	G3
2	C	Anna Smith	B & B	1.55		G3*	2	M	Alice Tomlin	Read	1.35	
3	MM	Kathrine Neep	Read	1.40			3					
4	P	Alicia Roberts-Brown	WG & EL	1.35			4					
T70 17W 4 x 100m Relay 'A'							17W 4 x 100m Relay 'B'					
1	P	WG & EL	Clare Leckie	Liz Belsey	Megan Lane	Alicia Roberts-Brown	51.9					
2	C	B & B	Leanne Critchley	Katie Murray	Rachel King	Rebecca Syrocki	52.3					
3	I	Hav M	Lisa Schofield	Katie Richardson	Helen Roche	Chloe van Wulven	52.8					
4	M	Read	Bryony Wilmott	Alice Tomlin	Bridie Casey	Hannah Watt	54.9					
T10 15G 100m 'A'				Wind=	+1.2		15G 100m 'B'				Wind=	+1.2
1	C	Serita Solomon	B & B	12.6		G1*	1	P	Shelley Marquis	WG & EL	13.3	G3*
2	I	Frankie Calder	Hav M	12.6		G1*	2	II	Louisa Wood	Hav M	14.2	
3	PP	Georgiana Foster	WG & EL	13.1		G3*	3	MM	Hannah Copeland	Read	14.3	
4	M	Becky Blake	Read	13.3		G3*	4					

NYAL Southern Premier Mayesbrook Park, Barking
Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades	
				Wind=	nwi						Wind=	nwi	
T27	15G	200m	'A'				15G	200m	'B'				
1	I	Frankie Calder	Hav M		26.5	G2*	1	CC	Emily Godley	B & B		27.7	G3
2	C	Serita Solomon	B & B		27.1	G3*	2	PP	Laura Gnanaprasasm	WG & EL		29.3	
3	M	Becky Blake	Read		28.3	G4	3	II	Charlotte Humphreys	Hav M		29.5	
4	P	Georgiana Foster	WG & EL		28.6	G4	4	MM	Hannah Copeland	Read		29.9	
T19	15G	800m	'A'				15G	800m	'B'				
1	C	Rebecca Taylor	B & B		02:17.0	G1*	1	II	Charlotte Humphreys	Hav M		02:28.6	G3
2	I	Ingrid Deane	Hav M		02:26.0	G2*	2	CC	Ruby Samuels	B & B		02:32.1	G3
3	M	Shirley-Ann Dix	Read		02:29.4	G3	3	MM	Alice Wainwright	Read		02:36.4	G4
4	P	Kelsey Tomlinson	WG & EL		02:36.2	G4	4	PP	Eloise Wyre	WG & EL		02:44.7	
T58	15G	1500m	'A'				15G	1500m	'B'				
1	II	Clare Robinson	Hav M		05:09.1	G3*	1	I	Hayley Thomas	Hav M		05:13.5	G3
2	CC	Hannah Garcia	B & B		05:11.0	G3	2	C	Sarah McLellan	B & B		05:21.3	G4
3	P	Rebecca Banfield	WG & EL		05:35.2		3	PP	Laura Hudson	WG & EL		05:55.0	
4	M	Gemma Dix	Read		05:51.8		4	MM	Gemma Blackburn	Read		06:42.9	
T36	15G	75m Hurdles	'A'				15G	75m Hurdles	'B'				
				Wind=	+2.4					Wind=	+2.4		
1	C	Serita Solomon	B & B		11.7	G1*	1	CC	Sarah McLellan	B & B		12.1	G2*
2	P	Shelley Marquis	WG & EL		12.0	G2*	2	II	Catrina McAuliffe	Hav M		12.6	G3*
3	I	Nicola Hill	Hav M		12.3	G2*	3	PP	Laura Gnanaprasasm	WG & EL		12.9	G3
4							4						
F63	15G	Discus	'A'				15G	Discus	'B'				
1	P	Finesse Thompson	WG & EL		34.53	G1*	1	I	Nicola Hill	Hav M		21.62	G4
2	C	Shaunagh Brown	B & B		31.45	G1*	2	CC	Banice Brown	B & B		18.58	
3	II	Lauren Newton	Hav M		21.99	G4	3	PP	Eloise Wyre	WG & EL		18.33	
4	M	Cerys Pugh	Read		14.92		4	MM	Gemma Dix	Read		12.64	
F16	15G	Shot	'A'				15G	Shot	'B'				
1	P	Finesse Thompson	WG & EL		10.92	G1*	1	CC	Amarah Taitt	B & B		8.88	G3
2	C	Shaunagh Brown	B & B		10.04	G2*	2	PP	Clare Bond	WG & EL		8.82	G3
3	I	Frankie Calder	Hav M		8.93	G3	3	MM	Gemma Dix	Read		5.46	
4	M	Emma Dowling	Read		6.57		4						
F33	15G	Javelin	'A'				15G	Javelin	'B'				
1	CC	Shaunagh Brown	B & B		22.12	G4	1	C	Sarah McGuire	B & B		21.18	G4
2	I	Lauren Newton	Hav M		16.20		2	II	HayleyThomas	Hav M		13.05	
3	P	Finesse Thompson	WG & EL		14.02		3	PP	Clare Bond	WG & EL		12.56	
4	M	Cerys Pugh	Read		13.11		4	MM	Shirley-Ann Dix	Read		12.10	
F54	15G	Long Jump	'A'				15G	Long Jump	'B'				
1	C	Katrina Cosby	B & B		4.68	G3*	1	CC	Rachel Arnheim	B & B		4.54	G4
2	PP	Laura Hudson	WG & EL		4.31	G4	2	MM	Cerys Pugh	Read		4.21	
3	M	Emma Dowling	Read		4.28		3	P	Georgiana Foster	WG & EL		4.02	
4	II	Ingrid Deane	Hav M		4.09		4	I	Catrina McAuliffe	Hav M		3.89	

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades
F4 15G High Jump 'A'							15G High Jump 'B'					
1	CC	Jessica Harding	B & B	1.38		G4	1	C	Chloe Shaw	B & B	1.30	
2=	MM	Shirley-Ann Dix	Read	1.30			2	M	Emma Dowling	Read	1.30	
2=	P	Laura Gnanaprasasm	WG & EL	1.30			3	PP	Eloise Wyre	WG & EL	1.30	
4	I	Catrina McAuliffe	Hav M	1.25			4	II	Nicola Hill	Hav M	1.20	
T68 15G 4 x 100m Relay 'A'							15G 4 x 100m Relay 'B'					
1	C	B & B	Emily Godley	Sarah Harrison					Katrina Cosby	Serita Solomon	51.8	
2	P	WG & EL	Clare Bond	Shelley Marquis					Laura Gnanaprasasm	Georgiana Foster	53.7	
3	I	Hav M	Ingrid Deane	Nicola Hill					Catrina McAuliffe	Frankie Calder	54.6	
4	M	Read	Becky Blake	Shirley-Ann Dix					Cerys Pugh	Emma Dowling	55.2	
T8 13G 75m 'A'				Wind=	+0.8		13G 75m 'B'				Wind=	+0.8
1	P	Kitty Eleyae	WG & EL	9.8	=Rec	G1*	1	PP	Josie Wyre	WG & EL	10.4	G2*
2	M	Natalie Beale	Read	9.9		G1*	2	CC	Sian Hurlock	B & B	10.7	G2*
3	C	Rebecca Cook	B & B	10.1		G1*	3	MM	Jessica Osunsanmi	Read	10.7	G2*
4	I	Lilla Jacks	Hav M	10.6		G2*	4	II	Rebecca Clements	Hav M	11.0	G3*
T25 13G 150m 'A'				Wind=	nwi		13G 150m 'B'				Wind=	nwi
1	P	Kitty Eleyae	WG & EL	19.5		G1*	1	PP	Gemma Murray	WG & EL	20.7	G2*
2	M	Natalie Beale	Read	20.5		G1*	2	C	Katie Vistuer	B & B	22.5	G4
3	CC	Grace Sheppard	B & B	21.0		G2*	3	II	Alex Edwards	Hav M	22.5	G4
4	I	Lilla Jacks	Hav M	21.0		G2*	4	MM	Becky Thompson	Read	23.0	G4
T17 13G 800m 'A'							13G 800m 'B'					
1	C	Amy De Matos	B & B	02:28.8		G1*	1	CC	Lucy Price	B & B	02:38.0	G2*
2	P	Chloe Gallaway	WG & EL	02:34.7		G2*	2	PP	Elizabeth Relph	WG & EL	02:45.2	G3
3	M	Lisa Apsey	Read	02:40.9		G3	3	II	Rebecca Luck	Hav M	02:48.7	G4
4	I	Lois Smith	Hav M	02:47.7		G3	4	MM	Rosie Irvine	Read	03:47.2	
T50 13G 1200m 'A'							13G 1200m 'B'					
1	I	Georgia Davies	Hav M	04:03.2		G2*	1	CC	Grace Power	B & B	04:26.2	G4
2	C	Rebecca Smith	B & B	04:03.7		G2*	2	PP	Natasha Clulow	WG & EL	04:31.7	G4
3	P	Josie Wyre	WG & EL	04:19.2		G3*	3	II	Laura Bunton	Hav M	04:32.9	G4
4	M	Megan Chrisikpoulou	Read	05:08.8			4					
T31 13G 70m Hurdles 'A'				Wind=	nwi		13G 70m Hurdles 'B'				Wind=	nwi
1	PP	Chloe Gallaway	WG & EL	12.4		G2*	1	CC	Emma Armstrong	B & B	12.9	G3*
2	C	Alix Duffy-Penny	B & B	12.4		G2*	2	MM	Becky Thompson	Read	14.8	G4
3	I	Jessica Humphreys	Hav M	13.5		G3	3	II	Sam Hill	Hav M	15.4	
4	M	Lisa Apsey	Read	14.3		G4	4	P	KelseyMorley	WG & EL	16.0	
F7 13G Shot 'A'							13G Shot 'B'					
1	C	Katherine Jones	B & B	8.05		G2*	1	P	Gemma Murray	WG & EL	6.46	G4
2	PP	Elizabeth Relph	WG & EL	6.88		G3	2	CC	Jessica Matthews	B & B	5.35	
3	II	Georgia Davies	Hav M	6.27		G4	3	MM	Rosie Irvine	Read	4.09	
4	M	Becky Thompson	Read	4.87			4					

NYAL Southern Premier Mayesbrook Park, Barking

Sunday 18 July 2004

				Perf	Records	Grades					Perf	Grades	
<i>F62</i>						13G Long Jump 'A'							
1	P	Kitty Eleyae	WG & EL	4.21		G3*			13G Long Jump 'B'		3.78	G4	
2	CC	Alix Duffy-Penny	B & B	3.87		G4	1	C	Jessica Matthews	B & B	3.70	G4	
3	MM	Lisa Apsey	Read	3.60		G4	2	PP	Josie Wyre	WG & EL	3.58	G4	
4	II	Rebecca Clements	Hav M	3.51		G4	3	M	Jessica Osunsanmi	Read	3.49		
<i>F40</i>						13G High Jump 'A'							
1	P	Chloe Gallaway	WG & EL	1.50		G1*			13G High Jump 'B'		1.30	G3	
2	M	Natalie Beale	Read	1.44		G1*	1=	C	Newisha Nelson-Roberts	B & B	1.30	G3	
3	CC	Jessica Matthews	B & B	1.38		G2*	1=	PP	Khian Mathews	WG & EL	1.30	G3	
4	I	Rebecca Luck	Hav M	1.10			3	MM	Jessica Osunsanmi	Read	1.30	G3	
<i>T66</i>						13G 4 x 100m Relay 'A'							
1	P	WG & EL	Khian Mathews	Gemma Murray	Chloe Gallaway	Kitty Eleyae	53.9						
2	C	B & B	Katie Vistuer	Grace Sheppard	Sian Hurlock	Rebecca Cook	54.8						
3	M	Read	Natalie Beale	Becky Thompson	Lisa Apsey	Jessica Osunsanmi	57.3						
4	I	Hav M	Alex Edwards	Jessica Humphreys	Rebecca Clements	Lilla Jacks	58.4						