

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at MAYESBROOK ARENA, BARKING, 5 April 2008

Pos	Name	Club	Age Group	Result
800m - U11 & U13 Girls				
1	Sophie Crofts	Thurr	U13W	2:34.6
2	Suzanne Bentley	Watford	U13W	2:49.6
3	Gemma Foley	Col H	U13W	2:53.8
4	Isobel Ives	Bas	U11W	3:01.0
800m - U15 Girls				
1	Natalie Woodhouse	S'end	U15W	2:28.4
2	Hollie Martin Wood	Thurr	U15W	2:44.6
3	Nikkita Sartori-Sigrist	Orion	U15W	2:46.4
4	Rebecca Barnard	Thurr	U15W	2:48.1
5	Claire Bentley	Watford	U15W	2:49.1
800m - U17, U20 & Senior Women				
1	Ella Neale	Col H	U17W	2:26.3
2	Rebecca Oatham	WG&EL	U20W	2:28.3
3	Laura Hillyard	C&T	U17W	2:28.8
4	Maureen Miller	B&B	W40	2:29.7
5	Nikki Twine	Bas	U17W	2:31.1
6	Hayley Pegg	Hav M	SW	2:31.7
7	Samantha Cutler	Bedf	U17W	2:35.6
8	Kate Stockings	WG&EL	U17W	2:39.9
800m - U11 Boys				
1	Tommy Cobain	Unatt	U11M	2:52.5
2	Darien Lamb	Bas	U11M	3:12.4
3	Matthew Markham	Unatt	U11M	3:42.3
800m - U13 Boys				
1	Rob Frith	S'end	U13M	2:32.0
2	Freddy Keefe	Hav M	U13M	2:38.3
3	George Hadler	lff	U13M	2:42.8
4	Oliver Woodhouse	S'end	U13M	2:49.1
5	Mitchell Chesterton	Hav M	U13M	2:51.6
6	George Seaton	lff	U13M	3:18.6
800m - U15 Boys				
1	Daniel Lamb	Bas	U15M	2:21.6
2	James Vaughan	Thurr	U15M	2:23.4
3	James Stockings	WG&EL	U15M	2:25.8
4	Ross Earney	Hav M	U15M	2:47.9
800m - U17, U20 & Senior Men				
1	Tom Frith	S'end	U17M	2:04.1
2	Adam Dawson	Thurr	U17M	2:11.8
3	Ben Bird	Chelm	U17M	2:17.2
4	Terry Noonan	Thurr	SM	2:19.5
5	Kyle Aldridge	S'end	U17M	2:25.7

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Pos	Name	Club	Age Group	Result
100m - U13 Girls				
1	Tomi Akingbade	Hav M	U13W	14.7
2	Chloe Young	Col H	U13W	14.8
3	Kerry McGrory	S'end	U13W	15.8
100m - U15 Girls Race 1				
1	Amie Speller	Col H	U15W	13.4
2	Ghanelle Edwards	S'end	U15W	13.5
3	Claire Mayo	Bas	U15W	13.8
4	Sian McGrory	S'end	U15W	13.9
5	Leanne McGrory	S'end	U15W	14.1
6	Nikkita Sartori-Sigrist	Orion	U15W	14.3
100m - U15 Girls Race 2				
1	Kelly Sutton	Col H	U15W	13.3
2	Chloe Macdougall	Worthing	U15W	14.0
3	Rylie Trott	Hav M	U15W	15.1
4	Amelia Thompson	Worthing	U15W	15.6
5	Rachel Gifford	Worthing	U15W	15.6
6	Megan Dickson	Worthing	U15W	15.8
100m - U17 Women Race 1				
1	Bethanie Moore	Col H	U17W	13.0
2	Jessica Grainger	Chelm	U17W	13.5
3	Alice Galvin	S'end	U17W	14.1
4	Emma Akinnuwa	NEB	U17W	14.8
5	Michelle Makunganya	Hav M	U17W	15.8
100m - U17 Women Race 2				
1	Anna-Marie Rappova	Liaz (Czech Rep)	U17W	13.1
2	Pavlina Soprova	Liaz (Czech Rep)	U17W	13.4
3	Lydia St Ange	Hav M	U17W	13.4
4	Eleanor Evans	S'end	U17W	14.0
5	Alison Moore	Worthing	U17W	14.1
100m - U20 & Senior Women				
1	Mildred Gamba	SB	SW	12.4
2	Kirsty Shepherd	Bas	U20W	12.7
3	Kelly Denyer	Worthing	U20W	13.0
4	Emma Collard	S'end	U20W	13.1
5	Nicola Hill	Hav M	U20W	13.3
6	Nina Brennan	Hav M	SW	14.5
7	Cathy Matthews	Unatt	W35	15.1
100m - U11 & U13 Boys				
1	Mitchell Turrfrey	S'end	U13M	13.8
2	Joshua Owen	Col H	U11M	15.6
3	George Seaton	Ilf	U13M	18.0
100m - U15 Boys				
1	Aji Lawal	NEB	U15M	12.2
2	Lewis Cullen	Worthing	U15M	12.4
3	Samuel Gibson	NEB	U15M	12.4
4	Tom Watts	S'end	U15M	12.8
5	Henrik Skogmo	Sandnes Il (Norway)	U15M	12.9
6	Frederick Mokoso	Hav M	U15M	13.6
7	Ryan Blake	Hav M	U15M	14.3

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Pos	Name	Club	Age Group	Result	
100m - U17Men					
1	David Lo	Col H	U17M	11.8	
2	Jordan Brown	Hav M	U17M	12.2	
3	Kelechi Dyke	Hav M	U17M	12.3	
4	Harry Hughes	Hav M	U17M	13.4	
100m - U20 & Senior Men					
1	Tom Jolly	Worthing	U20M	11.7	
2	Joseph Ramie	Hav M	U20M	11.7	
3	Toma Davies	Hav M	U20M	11.8	
4	Michael Shortall	Thurr	SM	11.8	
5	Adam Wardell	Worthing	U20M	11.9	
6	Michael Peacock	Belgr	M35	12.2	
3000m - U15 Girls & U17 Women					
1	Gemma Kersey	Bas	U17W	10:56.7	
2	Jordan Lacey	S'end	U15W	11:15.9	
3	Emily Ballard	Bas	U15W	11:47.0	
4	Charlotte Bishop	Bas	U17W	11:47.7	
5	Lauren Richardson	Orion	SW	12:17.9	
70m Hurdles - U13 Girls & 75m Hurdles U15 Girls Race 1					
1	Abigail Ashford	Chelm	U13W	12.8	70 - 68cm
2	Suzanne Bentley	Watford	U13W	14.7	70 - 68cm
3	Deborah Knight	Hav M	U15W	14.9	75 - 76cm
4	Rylie Trott	Hav M	U15W	15.9	75 - 76cm
5	Rachel Gifford	Worthing	U15W	16.3	75 - 76cm
6	Amelia Thompson	Worthing	U15W	16.7	75 - 76cm
7	Megan Dickson	Worthing	U15W	16.9	75 - 76cm
75m Hurdles - U15 Girls Race 2					
1	Nancy Lebeau	Thurr	U15W	11.8	75 - 76cm
2	Emily Moore	Col H	U15W	12.3	75 - 76cm
3	Natalie Woodhouse	S'end	U15W	13.1	75 - 76cm
4	Nikkita Sartori-Sigrist	Orion	U15W	13.3	75 - 76cm
5	Sophie Baggs	Hav M	U15W	13.7	75 - 76cm
75m Hurdles - U15 Girls Race 3					
1	Annabelle Baker	Bas	U15W	13.1	75 - 76cm
2	Maren Hetland	Sandnes IL (Norway)	U15W	13.6	75 - 76cm
80m Hurdles - U17 Women					
1	Pavlina Soprova	Liaz (Czech Rep)	U17W	12.3	80 - 76cm
2	Eleanor Evans	S'end	U17W	12.6	80 - 76cm
3	Marija Sciberras	Melita (Malta)	U17W	12.7	80 - 76cm
4	Klara Michalska	Liaz (Czech Rep)	U17W	12.8	80 - 76cm
5	Jessica Cutts	Col H	U17W	12.8	80 - 76cm
6	Sandra Bakken Stolle	Sandnes IL (Norway)	U17W	14.0	80 - 76cm
7	Zoe Barnard	Thurr	U17W	15.4	80 - 76cm
80m Hurdles - U15 Boys					
1	Lukas Kozisek	Liaz (Czech Rep)	U15M	12.1	80 - 84cm
2	Jake Nelson	Hav M	U15M	12.7	80 - 84cm
3	Glenn Wileman	Hav M	U15M	17.0	80 - 84cm
4	Adam Samuel	Hav M	U15M	18.4	80 - 84cm
3000m - Male U15 and upwards					
1	Ozan Kiani	Hav M	U17M	11:01.4	
2	Andreas Hebnes	Sandnes II (Norway)	U17M	11:43.8	

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Pos	Name	Club	Age Group	Result	
100m Hurdles - U20 & Senior Women					
1	Claire Brennan	Hav M	SW	15.8	100 - 84cm
2	Nicola Hill	Hav M	U20W	16.0	100 - 84cm
3	Lauren Edgar-Hill	Hav M	U20W	18.5	100 - 84cm
4	Cathy Matthews	Unatt	W35	19.2	100 - 84cm
100m Hurdles - U17 Men					
1	Ross Armorgie	Herts P	U17M	14.6	100 -91cm
2	Kjartan Lovoll	Sandnes II (Norway)	U17M	14.9	100 -91cm
3	Roman Pulicek	Liaz (Czech Rep)	U17M	15.0	100 -91cm
4	Marius Bakken Stole	Sandnes II (Norway)	U17M	16.3	100 -91cm
100m Hurdles - U17 Men					
1	Jack Edgar-Hill	Hav M	U17M	14.6	100 -91cm
2	Per Magne Florvaag	Sandnes II (Norway)	U17M	14.9	100 -91cm
3	No. 67	?	U17M	15.6	100 -91cm
4	Patrik Filip	Liaz (Czech Rep)	U17M	15.7	100 -91cm
110m Hurdles - U20 & Senior Men					
1	Mike Holden	Col H	U20M	15.0	110 - 99
2	Michael Shortall	Thurr	SM	16.1	110 - 107
300m - U15 Girls Race 1					
1	Emily Moore	Col H	U15W	44.6	
2	Sian McGrory	S'end	U15W	45.7	
3	Bianca Ashbrook	S'end	U15W	46.2	
4	Rosie Dailly	Chelm	U15W	46.8	
300m - U17 Women					
1	Ella Neale	Col H	U17W	43.3	
2	Jessica Cutts	Col H	U17W	43.6	
3	Jessica Grainger	Chelm	U17W	44.7	
4	Nikki Twine	Bas	U17W	45.2	
5	Alison Moore	Worthing	U17W	45.3	
6	Tereza Rozcova	Liaz (Czech Rep)	U17W	48.6	
400m - U20 & Senior Women					
1	Kirsty Shepherd	Bas	U20W	62.9	
2	Nina Brennan	Hav M	SW	65.5	
3	Alysia Halsey	Chelm	U20W	67.4	
4	Heidi Nicholas	Bas	SW	67.5	
400m - U15 Boys					
1	James Vaughan	Thurr	U15M	62.3	
2	Even Rege	Sandnes II (Norway)	U15M	63.2	
3	Ross Earney	Hav M	U15M	72.4	
400m - U17 Men					
1	Andrew Lewis	Hav M	U17M	53.5	
2	Thomas Cutts	Col H	U17M	55.3	
3	Kjartan Lovou	Sandnes II (Norway)	U17M	56.5	
4	Per Magne Florvag	Sandnes II (Norway)	U17M	58.0	
5	Marius Bakken Stole	Sandnes II (Norway)	U17M	58.4	
6	Mikhail Barnwell	Unatt	U17M	63.7	

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Pos	Name	Club	Age Group	Result
400m - U20 & Senior Men				
1	Glen Paxman	Harl	SM	51.7
2	Tom Jolly	Worthing	U20M	52.3
3	James Murphy	Hav M	SM	54.1
4	Peter Ilo	Barnet	M45	59.6
200m - U13 Girls				
1	Chloe Young	Col H	U13W	29.8
2	Christy Dailly	Chelm	U13W	30.9
3	Suzanne Bentley	Watford	U13W	31.1
4	Tomi Akingbade	Hav M	U13W	31.4
5	Kerry McGrory	S'end	U13W	34.1
200m - U15 Girls Race 1				
1	Kelly Sutton	Col H	U15W	27.3
2	Amie Speller	Col H	U15W	27.9
3	Katherine Bird	Worthing	U15W	29.3
4	Leanne McGrory	S'end	U15W	29.5
5	Rosie Dailly	Chelm	U15W	30.1
6	Claire Bentley	Watford	U15W	33.0
200m - U15 Girls Race 2				
1	Ghanelle Edwards	S'end	U15W	27.9
2	Chloe Macdougall	Worthing	U15W	28.5
3	Bianca Ashbrook	S'end	U15W	29.1
4	Deborah Knight	Hav M	U15W	30.7
5	Rylie Trott	Hav M	U15W	32.4
200m - U17 Women				
1	Bethanie Moore	Col H	U17W	27.2
2	Polly Woods	Harl	U17W	28.9
3	Lucie Rozcova	Liaz (Czech Rep)	U17W	29.6
200m - U20 & Senior Women				
1	Kelly Denyer	Worthing	U20W	26.2
2	Emma Collard	S'end	U20W	26.2
3	Claire Brennan	Hav M	SW	27.6
4	Kelsey Boosey	Thurr	U20W	27.8
5	Lauren Edgar-Hill	Hav M	U20W	28.7
6	Laura Moore	Hav M	SW	32.3
200m - U15 Boys & U17 men				
1	David Lo	Col H	U17M	23.3
2	Jack Edgar-Hill	Hav M	U17M	25.2
3	Chris Myatt	Col H	U17M	25.2
4	Samuel Gibson	NEB	U15M	25.7
5	Henrik Skogmo	Sandnes II (Norway)	U15M	27.5
200m - U20 & senior Men				
1	Adam Wardell	Worthing	U20M	24.2
2	Lee Lovelock-Jemmett	WG&EL	U20M	24.3
3	Michael Peacock	Belgr	M35	24.5
4	Chris Sullivan	Thurr	U20M	24.6
5	Toma Davies	Hav M	U20M	24.7
6	Craig Moore	Hav M	U20M	25.4
1500m - Mixed				
1	Tommy Bower	NEB	U15M	4:40.2
2	Daniel Yaxley	WG&EL	U17M	4:48.5
3	Hayley Pegg	Hav M	SW	5:06.5
4	Christopher Waltham	Chelm	U13M	5:22.1
5	Thomas King	Ilf	U13M	5:23.6
6	Katie-Ann Tuttlebury	Chelm	U17W	5:24.4
7	Megan Moore	Col H	U13W	6:20.9

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Pos	Name	Club	Age Group	Result	weight
Hammer - Men					
1	Daniel Gamester	Hav M	SM	44.83	7.26
2	Bradley Reece	Hav M	U20M	37.56	7.26
1	Bradley Reece	Hav M	U20M	45.90	6.00
2	Lee Lovelock-Jemmett	WG&EL	U20M	41.37	6.00
3	Devon Douglas	WG&EL	U20M	37.92	6.00
1	Lewis Williams	Hav M	U17M	27.42	5.00
1	Harry Clarke	WG&EL	U15M	37.20	4.00
2	Andrew Kerr	Hav M	U15M	35.81	4.00
Hammer - U17 Women					
1	Linzi Boosey	Thurr	U17W	29.89	4.00
Long Jump - U17, U20 & Senior Women					
1	Heidi Nicholas	Bas	SW	5.18	
2	Nicola Hill	Hav M	U20W	4.88	
3	Jessica Cutts	Col H	U17W	4.69	
Long Jump -U20 & Senior Men					
1	Mike Holden	Col H	U20M	6.61	
2	Joseph Ramie	Hav M	U20M	6.29	
3	Vincent Lazaro	Hav M	U20M	6.15	
4	Michael Shortall	Thurr	SM	5.89	
5	Mitch White	Hav M	U20M	4.74	
Long Jump - U17 Men					
1	Gabriel Makinwa	Hav M	U17M	5.33	
2	Harry Hughes	Hav M	U17M	5.25	
Shot - U20 & Senior Women					
1	Mel Harrison	Hav M	SW	11.13	
2	Heidi Nicholas	Bas	SW	7.31	
3	Alysia Halsey	Chelm	U20W	5.80	
Shot - U15 Girls					
1	Nadine Aquilina	Melita (Malta)	U15W	9.19	
2	Deborah Knight	Hav M	U15W	7.97	
3	Sophie Baggs	Hav M	U15W	7.84	
4	Erin Baggs	Hav M	U15W	5.45	
Discus - Male					
	Per Nystrom	Sandnes II (Norway)	M40	35.66	2.00
	Matthew Baptiste	NEB	U20M	49.07	1.75
	Devon Douglas	WG&EL	U20M	44.51	1.75
	Craig Moore	Hav M	U20M	31.13	1.75
	Bradley Reece	Hav M	U20M	30.55	1.75
	Roman Pulicek	Liaz (Czech Rep)	U17M	34.85	1.50
	Laurence Goodacre	Hav M	U17M	33.61	1.50
	Patrik Filip	Liaz (Czech Rep)	U17M	30.59	1.50
	Harry Clarke	WG&EL	U15M	23.74	1.25
	Magnus Nystrom	Sandnes II (Norway)	U15M	15.52	1.25
	Datinder Sekhri	Unatt	U13M	11.48	1.00
	Stephen Myatt	Col H	U13M	10.45	1.00

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Pos	Name	Club	Age Group	Result
Long Jump - U15 Boys				
1	Lewis Cullen	Worthing	U15M	5.28
2	Tom Watts	S'end	U15M	4.78
3	Ryan Blake	Hav M	U15M	4.26
4	Frederick Mokoso	Hav M	U15M	4.27
Long Jump - U13 Boys				
1	Mitchell Turffrey	S'end	U13M	4.47
2	Oliver Woodhouse	S'end	U13M	3.78
3	Christopher Waltham	Chelm	U13M	3.65
Long Jump - U11 Boys				
1	Joshua Owen	Col H	U11M	3.60
2	Darien Lamb	Bas	U11M	2.39
Long Jump - U15 Girls				
1	Nancy Lebeau	Thurr	U15W	4.80
2	Tilly Sampson	Worthing	U15W	4.35
3	Amie Speller	Col H	U15W	4.16
4	Kelly Sutton	Col H	U15W	4.09
5	Claire Mayo	Bas	U15W	3.99
6	Katherine Bird	Worthing	U15W	3.92
7	Simbiat Salami	Hav M	U15W	3.81
Long Jump - U13 Girls				
1	Chloe Young	Col H	U13W	3.40
2	Kerry McGrory	S'end	U13W	3.54
Long Jump - U11 Girls				
1	Isobel Ives	Bas	U11W	3.26
2	Laura Armorgie	Herts P	U11W	3.13
Triple Jump - Men				
1	Andrew Cossar	Melita (Malta)	U17M	12.51
2	Gabriel Makinwa	Hav M	U17M	12.44
Triple Jump - U17 & U20 Women				
1	Stephanie Alden	Melita (Malta)	U17W	11.09
2	Polly Woods	Harl	U17W	10.73
3	Alysia Halsey	Chelm	U20W	9.40
High Jump - Male				
1	Scott Johnson	Bedford & C	U20M	1.90
2	Bradley Armorgie	Herts P	U20M	1.85
3	Tom Jolly	Worthing	U20M	1.60
4	Craig Moore	Hav M	U20M	1.55
5	Martin Donobrega	Bedford & C	U13M	1.55
6	Joshua Watson	Biggleswade	U15M	1.50
High Jump -Female				
	Bethan Siddons	Hav M	U20W	1.55
	Zoe Young	Hav M	SW	1.40
	Hannah Frith	Bedford	U17W	1.55
	Chloe Gambin	Melita (Malta)	U17W	1.40
	Annabelle Baker	Bas	U15W	1.40
	Tilly Sampson	Worthing	U15W	1.35
	Gemma Armorgie	Herts P	U15W	1.35
	Natalie Woodhouse	S'end	U15W	1.30
	Maren Hetland	Sandnes IL (Norway)	U15W	1.30
	Claire Bentley	Watford	U15W	1.15
	Abigail Ashford	Chelm	U13W	1.30

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Pos	Name	Club	Age Group	Result	Weights
Shot - Male					
	Per Nystrom	Sandnes II (Norway)	M40	11.65	7.26
	Hugh Sigrist	Orion	M45	8.75	7.26
	Devon Douglas	WG&EL	U20M	14.44	6.00
	Laurence Goodacre	Hav M	U17M	12.86	5.00
	Thomas Cutts	Col H	U17M	10.31	5.00
	Adam McCarthy	Hav M	U17M	9.19	5.00
	Jakub Krajcek	Liaz (Czech Rep)	U15M	10.19	4.00
Javelin - Male					
	1 James Everard	Belgr	SM	63.01	800
	2 Bonne Buwembo	Hav M	U20M	61.64	800
	3 Dave Sketchley	Harrow	SM	57.31	800
	4 Georgie Bean	Hav M	U17M	51.70	800
	5 Mike Holden	Col H	U20M	41.16	800
	6 Carl Paxman	Harl	SM	36.85	800
	1 Georgie Bean	Hav M	U17M	53.27	700
	2 Bradley Burr	Hav M	U17M	49.72	700
	3 Thomas Cutts	Col H	U17M	42.56	700
	4 Jonny Fairclough	HHH	U17M	41.62	700
	1 Lukas Kozisek	Liaz (Czech Rep)	U15M	33.33	600
	2 Jakub Krajcek	Liaz (Czech Rep)	U15M	28.78	600
Javelin - Female					
	1 Emma Christmas	Hav M	SW	35.89	600
	2 Amy Fry	Chelm	U17W	30.62	600
	3 Kim Box	Bas	SW	29.83	600
	4 Zoe Young	Hav M	SW	27.33	600
	5 Laura Drew	Hav M	U15W	17.57	600
	6 Bethanie Moore	Col H	U17W	11.17	600
	Megan Moore	Col H	U13W	8.35	400
Discus - Female					
	1 Mel Harrison	Hav M	SW	38.12	1.00
	2 Leanna Davies	Thurr	U20W	32.29	1.00
	3 Linzi Boosey	Thurr	U17W	28.54	1.00
	4 Kim Box	Bas	SW	28.43	1.00
	5 Sophie Baggs	Hav M	U15W	28.00	1.00
	6 Laura Drew	Hav M	U15W	16.26	1.00
	7 Erin Baggs	Hav M	U15W	15.59	1.00
	Avril Loynes	Hav M	U13W	10.50	0.75