

HAVERING MAYESBROOK - SPRING WARM UP Held

at MAYESBROOK PARK, BARKING, 9 April 2006

Pos	Name	Club	Performance	Age Group
300m Hurdles - Under 17 Women				
1	Frankie Calder	Hav M	48.2	WU17
2	Katrina Cosby	B & B	50.2	WU17
3	Rebecca Hayward	B & B	51.5	WU17
4	Lucy Mapp	Col H	54.1	WU17
5	Fionnuala Crowe	Ilford	66.1	WU17
400m Hurdles - Junior & Senior Women				
1	Chloe van Wulven	Hav M	69.5	JW
2	Clare Leckie	WG & EL	72.0	JW
3	Sara Luck	Hav M	72.5	SW
4	Sophie Copping	M & M	73.7	JW
5	Charlotte Owen	Hav M	81.8	JW
400m Hurdles - U17, Junior & Senior Men				
1	Michael Baker	M & M	55.3	MU17
2	Michael Shorthall	Thurrock	58.7	SM
3	Enrique Melin	N & EB	59.2	JM
4	Greg Goodrem	Southend	60.5	SM
5	Phil Tierney	Hav M	62.7	SM
800m - Under 11 & Under 13 Girls				
1	Rebecca O'Neill	Hav M	2:35.7	U13G
2	Nicola Peachey	Hav M	2:48.0	U13G
3	Zara Heath	Southend	3:02.7	U13G
4	Daisy Bond	Southend	3:05.1	U13G
5	Hannah Bloy	Hav M	3:07.3	U11G
6	Avril Loynes	Newtons Sch	3:09.8	U11G
800m - Under 15 Girls & Under 17 Women				
1	Kathrine Foy	WG & EL	2:26.1	WU17
2	Lara Tembey	WG & EL	229.5	GU15
3	Ingrid Deane	Hav M	2:34.9	WU17
4	Caroline Hill	Thurrock	2:36.9	GU15
5	Lydia Hall	Ilford	2:38.5	GU15
6	Hannah Griffiths	Southend	2:39.9	GU15
7	Aimee Jones	Ilford	2:41.7	GU15
8	Jennifer Holland	Hav M	2:43.8	GU15
0	Nicole Dalton	Hav M	2:49.9	GU15
800m - Under 11 & Under 13 Boys				
1	Joseph Gibbon	Col & T	2:37.6	U13B
2	Matthew Chine	Hav M	2:39.8	U13B
3	Josh Hegarty	Southend	2:40.7	U13B
4	Ryan O'Mahoney	Hav M	2:48.9	U13B
5	Jordan Akisanya	Ilford	2:50.5	U11B
6	Tevin Westfield	Hav M	2:52.0	U11B
7	Reuben Browning	Southend	2:52.6	U11B
8	Andrew Holland	Hav M	3:23.4	U11B
800m - Under 15 Boys				
1	Harry King	Thurrock	2:18.3	BU15
2	Antony Taylor	Thurrock	2:20.9	BU15
3	Oliver Davey	Thurrock	2:27.8	BU15
4	Daniel Yaxley	Harlow	2:34.1	BU15
5	Kieron Nelson	Hav M	2:34.1	BU15
6	Julian Tamplin	Harlow	2:34.2	BU15
7	Alex Stapleton	Southend	2:39.9	BU15
8	Alex Legon	Ilford	2:59.4	U13B

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Pos	Name	Club	Performance	Age Group
800m - Under 17 & Senior Men				
1	Salvator Mutijima	Hav M	2:01.5	SM
2	Graham Easty	Southend	2:02.4	SM
3	David Gibbon	Col & T	2:02.9	MU17
4	Andrew Poole	Col & T	2:13.8	MU17
5	Tashan Charles	Unattached	2:50.3	MU17
100m - Under 11 Boys				
1	Jordan Akisanya	Ilford	14.6	U11B
2	Reuben Browning	Southend	15.0	U11B
3	Tevin Westfield	Hav M	15.7	U11B
100m - Under 13 Boys				
1	Charlie Smith	Hav M	13.0	U13B
2	Conor Mullen	Hav M	14.9	U13B
3	Frederick Mokoso	Hav M	15.1	U13B
4	Christopher Eaton	Basildon	15.6	U13B
5	James Eaton	Unattached	15.8	U13B
100m - Under 13 Girls				
1	Chloe Longhurst	Southend	13.9	U13G
2	Annie Adewole	Thurrock	14.3	U13G
3	Sian McCrory	Southend	14.7	U13G
4	Leanne McCrory	Southend	14.8	U13G
5	Chelsey Walker	Hav M	15.4	U13G
6	Tianna Blake	Hav M	17.6	U13G
100m - Under 13 Girls				
1	Ghanelle Edwards	Southend	14.4	U13G
2	Simbiat Salami	Hav M	14.8	U13G
3	Rebecca O'Neill	Hav M	15.4	U13G
4	Daisy Bond	Southend	16.0	U13G
5	Georgia Shields	Hav M	16.7	U13G
100m - Under 15 Girls				
1	Rebecca Clements	Hav M	13.8	GU15
2	Lilla Jacks	Hav M	14.2	GU15
3	Phoebe Boulton Jaggi	Highgate H	15.2	GU15
4	Kelly Jarrod	Hav M	15.3	GU15
5	Chelsea Freed	Highgate H	15.9	GU15
6	Prescilla Nyemba	Hav M	16.0	GU15
100m - Under 15 Boys				
1	Oscar Faina	Unattached	12.4	BU15
2	Anthony Norris	Highgate H	12.5	BU15
3	Matt Fletcher	B & B	12.5	BU15
4	Jayden Sharras	Markhall Sch	12.8	BU15
5	Gabriel Makinwa	Hav M	13.2	BU15
6	Terry Hughes	Hav M	13.3	BU15
7	Michael Isted	Hav M	13.7	BU15
8	Chuks Onyilke	Hav M	14.1	BU15
100m - Under 17 Women				
1	Becky Sanders-Clarke	Radley	13.0	WU17
2	Lisa Connel	Radley	13.0	WU17
3	Frankie Calder	Hav M	13.2	WU17
4	Charlotte Mackie	M & M	13.3	WU17
5	Viki Randall	M & M	13.3	WU17
6	Dorcas Wright	Radley	13.4	WU17
7	Charlie Atkins	Southend	14.3	WU17

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Pos	Name	Club	Performance	Age Group
100m - Junior & Senior Women				
1	Louise Wood	Chelmsford	12.4	SW
2	Claire Triggs	Radley	12.4	JW
3	Vickie Cole	B & B	12.9	SW
4	Heidi Nicolas	Basildon	12.9	SW
5	Sarah Brown	Chelmsford	13.2	SW
6	Estelle Djah	SLH	13.3	JW
100m - Under 17 Men				
1	Eugene Ayanful	Hav M	11.3	MU17
2	Martin Pitts	Braintree	11.5	MU17
3	Dominique Daniel	WG&EL	11.7	MU17
4	Lemar Charles	B & B	11.8	MU17
5	Deji Akande	Chelmsford	11.8	MU17
6	Hakeem Ady	Highgate H	12.2	MU17
7	Gary Tonks	Hav M	12.5	MU17
100m - Under 17 Men				
1	Eugene Ayanful	Hav M	11.3	MU17
2	Martin Pitts	Braintree	11.5	MU17
3	Dominique Daniel	WG&EL	11.7	MU17
4	Lemar Charles	B & B	11.8	MU17
5	Deji Akande	Chelmsford	11.8	MU17
6	Hakeem Ady	Highgate H	12.2	MU17
7	Gary Tonks	Hav M	12.5	MU17
100m - Under 17 Men				
1	Daniel McDowall	Hav M	12.4	MU17
2	Adam Taylor	Highgate H	12.4	MU17
3	Matthew Walters	B & B	12.5	MU17
4	Jessy Mendes	Unattached	12.5	MU17
5	Vincente Lazaro	Hav M	12.8	MU17
6	Liam Hughes	Hav M	12.8	BU15
7	Marlon Moseley	Hav M	12.9	MU17
100m - Junior Men				
1	Daniel Haque	B & B	11.4	JM
2	Seyi Akande	Chelmsford	11.5	JM
3	Tyrone Carter	WG&EL	11.7	JM
4	Chris Clements	Hav M	11.7	JM
100m - Senior Men				
1	Nick Thomas	WG&EL	11.2	SM
2	Scott Craddock	M & M	11.4	SM
3	Michael Shorthall	Thurrock	11.7	SM
4	Denzil Duncan	Kent AC	11.9	SM
5	Nuka Kpoturu	Kent AC	12.4	SM
8				
70m Hurdles - Under 13 Girls & 75 Hurdles Under 15 Girls				
1	Chloe Galloway	WG & EL	11.8	GU15
2	Georgia Atkins	Southend	12.7	GU15
3	Sarah Griffiths	Southend	13.7	U13G
4	Katie Peachey	Southend	13.7	U13G
80m Hurdles - Under 17 Women				
1	Nicola Hill	Hav M	12.3	WU17
2	Becky Sanders-Clarke	Radley	12.7	WU17
3	Eloise Wyre	WG & EL	13.5	WU17
4	Catrina McAuliffe	Hav M	14.1	WU17

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Pos	Name	Club	Performance	Age Group
100m Hurdles - Junior & Senior Women and Under 17 Men				
1	Michael Baker	M & M	13.7	MU17
2	Louise Wood	Chelmsford	14.8	SW
3	Nicola Gaisford	Col H	15.1	JW
4	Chloe van Wulven	Hav M	15.2	JW
5	Lisa Schofield	Hav M	16.6	JW
6	Heidi Nicolas	Basildon	17.1	SW
110m Hurdles - Junior & Senior Men				
1	Michael Holden	Col H	16.0	JM
2	Michael Shorthall	Thurrock	16.0	SM
3	Joe Appiah	Kent AC	16.3	SM
4	Greg Goodrem	Southend	16.5	SM
5	Ethelbert Metzger	Kent AC	17.9	SM
1500m - Under 13 & Under 15 Girls				
1	Nena Dabhi	N & EB	5:09.1	GU15
2	Jessica Judd	Thurrock	5:12.9	U13G
3	Gemma Phillips	Chelmsford	5:14.3	GU15
4	Rosie Digwood	Chelmsford	5:15.3	GU15
5	Camilla Smee	Southend	5:20.6	U13G
6	Zoey Littlechild	Hav M	5:22.5	GU15
7	Bethany Hawkings	Chelmsford	5:34.8	GU15
8	Rebecca Luck	Hav M	5:41.9	GU15
9	Jade Timothy	Hav M	5:43.1	GU15
10	Josie Condron	Chelmsford	5:44.4	GU15
11	Amy-Jane Cotter	Highgate H	6:06.5	U13G
12	Rebecca Stanley	Hav M	6:11.0	U13G
1500m - Under 17 & Junior Women				
1	Hayley Stibbs	Hav M	5:07.9	JW
2	Emma Fidge	Chelmsford	5:11.0	WU17
3	Venta Dabhi	N & EB	5:11.0	WU17
4	Rebecca Oatham	Thurrock	5:13.6	WU17
5	Becky Owen	Hav M	5:58.6	WU17
1500m - Under 13 & Under 15 Boys				
1	Alex Richards	Ilford	5:09.4	U13B
2	Ben Austin	Southend	5:22.8	U13B
3	Harris Foster-Carter	Southend	5:36.5	U13B
4	Robert Lofthouse	Hav M	5:43.1	BU15
1500m - Under 17 & Senior Men				
1	Matthew Maple	Ilford	4:23.3	SM
2	Grant Twist	Hav M	4:34.9	MU17
3	Paul Berrett	Hav M	4:40.1	VM40
4	Andrew Poole	Col & T	4:43.5	MU17
5	Joshua Crompton	Southend	5:04.8	MU17
300m Under 15 Girls & Under 17 Women				
1	Katrina Cosby	B & B	42.6	WU17
2	Dorcas Wright	Radley	43.0	WU17
3	Kelsey Boosey	Thurrock	43.6	WU17
4	Kathrine Foy	WG & EL	44.7	WU17
5	Gemma Murray	WG & EL	45.3	GU15
6	Rachel Kerr	Hav M	46.0	WU17

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Pos	Name	Club	Performance	Age Group
400m Under 15 Boys & Under 17 Men				
1	Matthew Walters	B & B	55.7	MU17
2	Craig Moore	Hav M	58.6	MU17
3	Anton Elson	Hav M	63.7	BU15
4	Kieron Nelson	Hav M	65.3	BU15
400m Junior Men & Under 17 Men				
1	Mark Woodley	Chelmsford	51.9	JM
2	Enrique Melin	N & EB	54.0	JM
3	Tashan Hurmal_Russell	Kent AC	55.5	JM
4	Oshan Munishi	Highgate H	65.4	MU17
400m Senior Men				
1	Alloy Wilson	B & B	49.5	SM
2	Solomon Daniels	N & EB	50.8	SM
3	Raphael Lewis	N & EB	51.3	SM
4	Salvator Mutijima	Hav M	52.7	SM
5	James Murphy	Hav M	53.8	SM
400m Junior women				
1	Lauren Clark	Hav M	61.3	JW
2	Hannah Biddiss	M & M	62.4	JW
3	Helen Roche	Hav M	63.0	JW
4	Robyn Delivett	Hav M	65.3	JW
5	Laura Moore	Hav M	73.6	JW
200m - Under 13 Girls				
1	Chloe Longhurst	Southend	29.0	U13G
2	Sian McCrory	Southend	30.6	U13G
3	Nicola Peachey	Hav M	30.7	U13G
4	Jessica Judd	Thurrock	30.9	U13G
5	Leanne McCrory	Southend	31.6	U13G
200m - Under 13 Girls				
1	Annie Adewole	Thurrock	30.3	U13G
2	Ghanelle Edwards	Southend	31.0	U13G
3	Rebecca O'Neill	Hav M	31.5	U13G
4	Chelsey Walker	Hav M	32.4	U13G
5	Tianna Blake	Hav M	37.5	U13G
200m - Under 15 Girls				
1	Lara Tembey	WG & EL	28.8	GU15
2	Rebecca Clements	Hav M	29.1	GU15
3	Lilla Jacks	Hav M	30.3	GU15
4	Aimee Jones	Ilford	30.9	GU15
5	Phoebe Boulton Jaggi	Highgate H	32.1	GU15
6	Chelsea Freed	Highgate H	34.0	GU15
7	Paris Westfield	Hav M	40.9	GU15
200m - Under 13 Boys				
1	Charlie Smith	Hav M	27.1	U13B
2	Daniel Wood	Hav M	30.9	U13B
3	Frederick Mokoso	Hav M	31.4	U13B
4	Conor Mullen	Hav M	31.5	U13B
5	Christopher Eaton	Basildon	32.1	U13B
6	James Eaton	Unattached	32.5	U13B
7	Andrew Kerr	Hav M	34.3	U13B
200m - Under 15 Boys				
1	Anthony Norris	Highgate H	25.5	BU15
2	Ashley Legg	Unattached	25.7	BU15
3	Anton Elson	Hav M	29.4	BU15

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Pos	Name	Club	Performance	Age Group
200m - Under 17 Women				
1	Lisa Connel	Radley	25.7	WU17
2	Becky Sanders-Clarke	Radley	26.6	WU17
3	Charlotte Mackie	M & M	26.7	WU17
4	Viki Randall	M & M	26.9	WU17
5	Vicki Wheatland	Col H	27.4	WU17
6	Alysia Halsey	Col H	29.1	WU17
7	Louisa Wood	Hav M	29.7	WU17
200m - Junior Women				
1	Claire Triggs	Radley	25.7	JW
2	Nicola Gaisford	Col H	26.6	JW
3	Jade Morgan	Col H	27.0	JW
4	Sophie Copping	M & M	27.2	JW
5	Lisa Schofield	Hav M	27.2	JW
6	Hannah Biddiss	M & M	27.3	JW
7	Helen Roche	Hav M	29.6	JW
200m - Senior Women				
1	Vickie Cole	B & B	26.4	SW
2	Sarah Brown	Chelmsford	27.5	SW
3	Hannah Gamester	Hav M	27.7	SW
4	Sam Molyneux	Radley	28.6	SW
200m - Under 17 Men				
1	Eugene Ayanful	Hav M	22.6	MU17
2	Michael Baker	M & M	23.0	MU17
3	Martin Pitts	Braintree	23.2	MU17
4	Lemar Charles	B & B	23.4	MU17
5	Deji Akande	Chelmsford	24.6	MU17
6	Gary Tonks	Hav M	30.9	MU17
200m - Under 17 Men				
1	Dominique Daniel	WG&EL	23.6	MU17
2	Jessy Mendes	Unattached	24.6	MU17
3	Daniel McDowall	Hav M	24.7	MU17
4	Adam Taylor	Highgate H	24.7	MU17
5	Hakeem Ady	Highgate H	25.0	MU17
200m - Junior Men				
1	Luke Stott	Hav M	22.4	JM
2	Tyrone Carter	WG&EL	23.3	JM
3	Seyi Akande	Chelmsford	23.3	JM
4	Chris Clements	Hav M	23.5	JM
5	Mark Woodley	Chelmsford	23.9	JM
6	Calvin Barnes	Chelmsford	24.0	JM
200m - Senior Men				
1	Nick Thomas	WG&EL	22.7	SM
2	Denzil Duncan	Kent AC	23.7	SM
3	Adam Shaw	Southend	23.7	SM
4	Ethelbert Metzger	Kent AC	24.5	SM
Hammer Female				
1	Sarah Deacon	Hav M	43.70	SW
2	Sarah Smith	WG & EL	34.00	WU17
3	Louisa Taylor	Chelmsford	33.62	JW
4	Vikkie Taylor	Harlow	28.63	JW
5	Dawn Copping	M & M	24.45	VW40
Hammer Male				
1	Kevin Deacon	Hav M	43.93	SM
2	Lee Arrowsmith	Hav M	33.45	SM
3	Lewis Williams	Hav M	19.99	BU15

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Pos	Name	Club	Performance	Age Group
Long Jump - Male U17 Upwards				
	Joe Appiah	Kent AC	6.29	SM
	Vincente Lazaro	Hav M	6.05	MU17
	Marcus Morrison	B & B	5.78	MU17
	Craig Moore	Hav M	4.70	MU17
	Calvin Barnes	Chelmsford	6.38	JM
	Michael Holden	Col H	6.12	JM
	Robert Saunders	Kent AC	5.20	JM
	Rawlston Morian	Kent AC	5.02	JM
Long Jump - Female U17 Upwards				
	Lauren Blackie	B & B	5.06	WU17
	Nicola Hill	Hav M	4.96	WU17
	Charlie Atkins	Southend	4.30	WU17
	Heidi Nicolas	Basildon	5.04	SW
	Laura Moore	Hav M	3.74	JW
Discus - Male all				
	Scott Litton-Hayes	N & EB	46.13	SM
	Andy Tierney	Hav M	29.87	SM
	Matthew Baptiste	N & EB	36.92	MU17
	Craig Moore	Hav M	31.94	MU17
	Chris Newton	Hav M	31.36	JM
	Daniel Yaxley	Harlow	22.31	BU15
	Rob Legon	Ilford	19.52	BU15
	Christopher Dawe	Ilford	24.22	BU15
	Andrew Townsend	Ilford	12.27	BU15
Long Jump - Female U11, U13 & U15				
	Nicola Peachey	Hav M	3.91	U13G
	Camilla Smee	Southend	3.72	U13G
	Chelsey Walker	Hav M	3.52	U13G
	Annie Adewole	Thurrock	3.49	U13G
	Georgia Shields	Hav M	3.35	U13G
	Laura Drew	Hav M	3.05	U13G
	Tianna Blake	Hav M	2.67	U13G
	Chloe Galloway	WG & EL	4.87	GU15
	Georgia Atkins	Southend	4.53	GU15
	Nicole Dalton	Hav M	3.30	GU15
Long Jump - Male U11, U13 & U15				
	Ben Austin	Southend	4.18	U13B
	Frederick Mokoso	Hav M	4.08	U13B
	Andrew Kerr	Hav M	3.49	U13B
	Jack Pitts	Braintree	3.40	U13B
	Christopher Eaton	Basildon	3.13	U13B
	James Eaton	Unattached	NJ	U13B
	Jordan Akisanya	Ilford	3.91	U11B
	Matt Fletcher	B & B	5.72	BU15
	Robert Lofthouse	Hav M	3.81	BU15
	James Drew	Hav M	3.55	BU15
Shot Female Under 15 Upwards				
	Sarah Smith	WG & EL	9.91	WU17
	Rosie Alda	Highgate H	8.10	WU17
	Catrina McAuliffe	Hav M	7.12	WU17
	Dawn Copping	M & M	7.13	VW40
	Jade Morgan	Col H	8.99	JW
	Charlotte Deacon	Ilford	8.41	GU15
	Samantha Hill	Hav M	6.99	GU15

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Pos	Name	Club	Performance	Age Group
Pole Vault - Female Under 15 Upwards				
	Danielle Ross	Hav M	2.40	SW
	Rachel Arnheim	B & B	2.80	WU17
	Rebecca Hayward	B & B	2.30	WU17
Pole Vault - Male Under 15 Upwards				
	Robert Thickpenny	TVH	4.20	SM
	Michael Ryan	Chelmsford	3.70	MU17
Discus - Female All				
	Lauren Newton	Hav M	25.44	WU17
	Leeanna Davie	Thurrock	23.66	WU17
	Catrina McAuliffe	Hav M	23.45	WU17
	Carla Schofield	Hav M	17.86	WU17
	Laura Drew	Hav M	9.35	U13G
	Jessica Humpheryes	Hav M	24.84	GU15
	Samantha Hill	Hav M	20.36	GU15
	Linzi Boosey	Thurrock	20.29	GU15
	Katherine Knight	Hav M	14.71	GU15
	Rebecca Luck	Hav M	13.52	GU15
	Melanie Harrison	Hav M	38.22	SW
Shot Male All				
	Matthew Baptiste	N & EB	15.10	MU17
	Hakeem Ady	Highgate H	11.09	MU17
	Gary Tonks	Hav M	9.76	MU17
	Anthony Norris	Highgate H	8.44	BU15
	Lewis Williams	Hav M	5.65	BU15
	James Drew	Hav M	5.57	BU15
	Andrew Townsend	Ilford	5.29	BU15
	Liam Leddy	Ilford	4.82	BU15
High Jump - Female				
	Chloe Galloway	WG & EL	1.50	GU15
	Jennifer Holland	Hav M	1.35	GU15
	Bethan Siddons	Hav M	1.60	WU17
	Sara Luck	Hav M	1.55	SW
High Jump - Male				
	Greg Goodrem	Southend	1.70	SM
	Robert Saunders	Kent AC	1.60	JM
	Danny Spelman	Basildon	1.75	MU17
	Adam Taylor	Highgate H	1.55	MU17
Triple Jump - Female				
	Lauren Blackie	B & B	10.73	WU17
	Eloise Wyre	WG & EL	9.88	WU17
	Hana Downs	WG & EL	9.80	WU17
	Sam Molyneux	Radley	9.74	SW
	Kirsty Smith	Hav M	10.78	JW
	Jade Morgan	Col H	10.49	JW
Triple Jump - Male				
	Nuka Kpoturu	Kent AC	11.64	SM
	Rawlston Morian	Kent AC	11.84	JM
	Marcus Morrison	B & B	13.02	MU17
	Joseph Ramie	Hav M	11.38	MU17
	Gabriel Makinwa	Hav M	9.85	BU15

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Pos	Name	Club	Performance	Age Group
Javelin - Male				
	Lewis Williams	Hav M	NT	BU15
	Bradley Burr	Hav M	34.27	BU15
	Juwon Oniwinde	Unattached	21.65	BU15
	Georgie Bean	Hav M	43.66	BU15
	Danny Spelman	Basildon	42.67	MU17
	Bonne Buwembo	Hav M	56.13	MU17
	Kieran Hipkins	Col & T	39.51	MU17
	Michael Holden	Col H	36.15	JM
	Bonne Buwembo	Hav M	52.91	JM/MU17
	Sam Harrison	Hav M	54.45	SM
	Dave Sketchley	Harrow	61.72	SM
Javelin - Female				
	Jessica Humpheryes	Hav M	19.62	GU15
	Kike Oniwinde	Hav M	30.57	GU15
	Samantha Hill	Hav M	13.84	GU15
	Linzi Boosey	Thurrock	14.69	GU15
	Frankie Calder	Hav M	27.66	WU17
	Lauren Newton	Hav M	22.43	WU17
	Vicki Wheatland	Col H	22.45	WU17
	Nicola Hill	Hav M	18.02	WU17
	Nicola Gaisford	Col H	23.56	JW
	Melanie Harrison	Hav M	30.07	SW