

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING Held at MAYESBROOK PARK

Sunday 11 April 2010

No.	Pos	Name	Club	Age Group	Performance	AW/POT
<b>800m - Under 13 Girls</b>						
800	f21	1 Isobel Ives	Bas	U13W	2:32.4	*
800	f49	2 Heidi Surman-Wells	Hav M	U13W	2:40.7	*
800	f13	3 Lucy Kidwell	S'end	U13W	2:41.3	*
800	f22	4 Anna Stancomb	Thurr	U13W	2:48.2	
800	f12	5 Gemma Archer-Haley	Hav M	U13W	3:02.2	
800	f33	6 Tilly Aitmarri	Bas	U13W	3:05.2	
<b>800m - Under 15 Girls</b>						
800	f28	1 Maisie Jones	Bas	U15W	2:30.6	*
800	f30	2 Emma Jarvis	S'end	U15W	2:32.7	*
800	f14	3 Katie Solis	Chelm	U15W	2:38.3	
800	f16	4 Natasha Fisher	Chelm	U15W	2:42.4	
800	f17	5 Rebecca Wade	Chelm	U15W	2:42.5	
800	f34	6 Poppy Aitmarri	Bas	U15W	2:43.1	
<b>800m - Under 17 and Under 20 Women</b>						
800	f23	1 Samantha Redgrave	C&T	U17W	2:20.1	*
800	f19	2 Laura O'Connor	Chelm	U17W	2:26.4	*
800	f25	3 Sophie Johnstone	Chelm	U17W	2:28.3	*
800	f26	4 Poppy Blake	Chelm	U20W	2:30.4	
800	f24	5 Kim Johansen	Chelm	U17W	2:35.7	
800	f18	6 Kiersty Johnston	Cecil Jones Coll	U17W	2:47.9	
800	f31	7 Sophe Jarvis	S'end	U17W	2:50.5	
800	f5	8 Gemma Wright	Brain	U17W	3:10.6	
<b>800m - Under 11 Boys</b>						
800	m49	1 Aaron Westbrook	Ilf	U11M	3:05.3	
800	m27	2 Lewis Bennett	Hav M	U11M	3:12.2	
<b>800m - Under 13 and Under 15 Boys</b>						
800	m75	1 Nicholas Duffey	Hav M	U15M	2:23.1	
800	m26	2 Callum Pastfield	S'end	U15M	2:27.7	
800	m41	3 Billy Pullan	Bas	U15M	2:29.4	
800	m72	4 Benjamin Cockrill	S'end	U15M	2:31.9	
800	m44	5 Max Jones	Bas	U13M	2:34.6	*
800	m62	6 Robert Woodgate	Hav M	U13M	2:43.0	
800	m38	7 Ben Pattison	Orion	U13M	2:48.6	
800	m66	8 James Hiscock	Eastwood Sch	U13M	2:56.2	
<b>800m - Under 17 Men</b>						
800	m67	1 Luke Oliver	Eastwood Sch	U17M	2:04.2	*
800	m51	2 Massi Dendani	Hav M	U17M	2:05.3	*
800	m74	3 Tom Gifford	C&T	U17M	2:06.9	*
800	m12	4 Michael Porter	C&T	U17M	2:09.3	*
800	m48	5 Adam Crook	S'end	U17M	2:11.3	
800	m17	6 Adam Wileman	Hav M	U17M	2:25.7	
<b>800m - Under 20 Men</b>						
800	m36	1 Ashley Cochran	Ilf	U20M	2:09.1	
800	m6	2 Sebastian Green	Ports	U20M	2:18.0	
<b>800m - Senior &amp; Veteran Men</b>						
800	m22	1 Sam Dobbin	Camb U	SM	1:59.0	*
800	m23	2 Tom Heslop	Camb U	SM	2:01.9	*
800	m61	3 Damien Hartshorne	Brain	SM	2:03.5	*
800	m59	4 Simon Richards	Hav M	SM	2:04.0	*
800	m45	5 Alec Wing	VP&TH	SM	2:05.9	
800	m21	6 David Nefs	Hav M	SM	2:07.8	
800	m76	7 Chris Smith	Hav M	M35	2:13.1	
<b>100m - Under 11 Girls and Boys</b>						
100	f47	1 Alex Robertson	Unatt	U11W	16.1	
100	f49	2 Heidi Surman-Wells	Hav M	U13W	16.7	
100	m82	3 Kieran Seager	Bas	U11M	16.9	
100	m27	4 Lewis Bennett	Hav M	U11M	17.6	

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	No.	Pos	Name	Club	Age Group	Performance	AW/POT
<b>100m - Under 13 Girls</b>							
100	f70	1	Michelle Hughes	S'end HS Girls	U13W	15.2	
100	f84	2	Phoebe Maloney	Hav M	U13W	15.9	
100	f15	3	Amy Coleman	Brain	U13W	16.6	
100	f45	4	Maisy Shead	Hav M	U13W	16.8	
100	f66	5	Sophia Sharpe	Hav M	U13W	16.8	
<b>100m - Under 13 Girls</b>							
100	f58	1	Jade Packer	S'end	U13W	14.2	
100	f72	2	Tolu Akingbade	Hav M	U13W	15.6	
100	f50	3	Shannon Jameson	Thurr	U13W	16.0	
100	f40	4	Alyssa Sumun	Thurr	U13W	16.6	
100	f61	5	Sabrei Ackah	Unatt	U15W	17.8	
<b>100m - Under 15 Girls - Race 1</b>							
100	f63	1	Rebecca Withams	S'end	U15W	14.1	
100	f73	2	Tomi Akingbade	Hav M	U15W	14.4	
100	f77	3	Deborah Johnson	NEB	U15W	14.4	
100	f57	4	Tasia Stephens	Aberdare	U15W	15.2	
100	f62	5	Ellie Mason	Unatt	U15W	15.5	
<b>100m - Under 15 Girls - Race 2</b>							
100	f56	1	Sharai Williams	Unatt	U15W	13.9	
100	f38	2	Jasmine Collard - Peters	NEB	U15W	14.0	
100	f37	3	Leticia Yeboah	NEB	U15W	14.0	
100	f48	4	Sydney Robertson	Unatt	U15W	14.1	
100	f53	5	Kerry McCrory	S'end	U15W	14.9	
100	f43	6	Mercy Gutteridge	Hav M	U15W	15.7	
<b>100m - Under 17, Under 20 &amp; Veteran Women</b>							
100	f39	1	Kelly Sutton	Col H	U17W	13.5	
100	f83	2	Sarah Kigozi	NEB	U20W	13.7	
100	f78	3	Mubamakat Akinshipa	NEB	U17W	13.9	
100	f52	4	Sian McCrory	S'end	U17W	14.1	
100	f3	5	Linzi Boosey	Thurr	U20W	14.3	
100	f54	6	Leanne McCrory	S'end	U17W	14.4	
100	f67	7	Cynthia Oluwayemi-Coker	NEB	W35	14.7	
<b>100m - Senior Women</b>							
100	f55	1	Lisa Potter	Brain	SW	14.7	
100	f59	2	Christina Kelekun	NEB	W40	15.6	
<b>100m - Under 13 Boys</b>							
100	m40	1	Alexander Hewitt	Hav M	U13M	14.2	
100	m78	2	Lewis Thorn	Brain	U13M	15.2	
100	m62	3	Robert Woodgate	Hav M	U13M	15.4	
100	m81	4	Stephen Seager	Bas	U13M	16.6	
<b>100m - Under 15 Boys</b>							
100	m69	1	Mitchell Turrfrey	Eastwood Sch	U15M	13.2	
100	m124	2	Nathan Jackson	Hav M	U15M	13.2	
100	m64	3	Conor Butcher	Col H	U15M	13.2	
100	m97	4	Oliver Garwandoe	Hav M	U15M	14.0	
100	m120	5	John Kigozi	Ilf	U15M	14.7	
100	m109	6	Chris Gell	Hav M	U15M	15.1	
<b>100m - Under 17 Men</b>							
100	m112	1	David Ajayi	NEB	U17M	12.2	
100	m60	2	Sam McDowall	NEB	U17M	12.3	
100	m58	3	Samuel Gibson	NEB	U17M	12.4	
100	m16	4	Jake Nelson	Hav M	U17M	13.0	
100	m56	5	Lewis Walker-Dobson	Hav M	U17M	13.7	
<b>100m - Under 20 Men</b>							
100	m4	1	Jordan Brown	Hav M	U20M	12.4	
100	m118	2	Timmy Gbadebo	NEB	U20M	12.5	
100	m114	3	Terry Hughes	Hav M	U20M	12.7	
100	m121	4	Muhammad Bello	Ilf	U20M	12.9	

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	No.	Pos	Name	Club	Age Group	Performance	AW/POT
<b>100m - Senior Men - Race 1</b>							
100	m96	1	Abdul-Wahab Buhari	VP&TH	SM	11.6	
100	m47	2	Ammad Masood	Hav M	SM	11.9	
100	m55	3	Alloy Wilson	B&B	SM	12.0	
100	m98	4	Scott Craddock	M&M	M35	12.1	
100	m54	5	Luke Allen	W Suff	SM	12.3	
100	m20	6	Owen Churton	Camb U	SM	12.8	
<b>100m - Senior Men - Race 2</b>							
100	m111	1	Sho-Silva Daniel	Thurr	SM	12.1	
100	m63	2	A N Other	Not Known	SM	12.3	
100	m95	3	Michael Shortall	Thurr	SM	12.5	
100	m88	4	Robert Liev	NEB	SM	13.2	
100	m119	5	Leroy Gould	NEB	M45	13.9	
<b>70m Hurdles - Under 13 Girls</b>							
70HU13G	f40	1	Alyssa Sumun	Thurr	U13W	16.6	
70HU13G	f88	2	Katherine Myers	WG&EL	U13W	16.7	
70HU13G	f44	3	Freya Gutteridge	Hav M	U13W	18.7	
<b>75M Hurdles - Under 13 Boys</b>							
75HU13B	m31	1	Perry Sexton	Cecil Jones Coll	U13M	14.8	*
75HU13B	m110	2	Thomas Moore	Col H	U13M	17.1	
<b>75M Hurdles - Under 15 Girls</b>							
75HU15G	f63	1	Rebecca Withams	S'end	U15W	12.9	*
75HU15G	f74	2	Shannon Mackie	S'end	U15W	13.3	*
75HU15G	f41	3	Amelia Sumun	Thurr	U15W	14.3	
75HU15G	f10	4	April Castle	Brain	U15W	15.6	
75HU15G	f94	5	Nicole Blunt	Hav M	U15W	15.8	
75HU15G	f9	6	Debbie Castle	Brain	U15W	15.8	
<b>80M Hurdles - Under 17 Women</b>							
80HU17W	f65	1	Holly Thomas	Hav M	U17W	12.3	*
80HU17W	f27	2	Nicola Peachey	Hav M	U17W	14.2	
80HU17W	f64	3	Rylie Trott	Hav M	U17W	14.6	
80HU17W	f35	4	Deborah Knight	Hav M	U17W	15.5	
<b>80M Hurdles - Under 15 Boys</b>							
80HU15M	m122	1	George Hadler	Ilf	U15M	12.9	*
80HU15M	m106	2	Billy Bilton	Hav M	U15M	13.0	*
80HU15M	m33	3	Reece Waters	Cecil Jones Coll	U15M	13.9	*
80HU15M	m107	4	Karl Tucker	Hav M	U15M	14.5	
80HU15M	m97	5	Oliver Garwandoe	Hav M	U15M	15.3	
80HU15M	m109	6	Chris Gell	Hav M	U15M	17.6	
<b>100M Hurdles - Under 20 &amp; Senior Women</b>							
100HW	f68	1	Claire Brennan	Hav M	SW	16.6	*
100HW	f7	2	Evie Castle	Brain	U20W	18.7	
100HW	f55	3	Lisa Potter	Brain	SW	19.5	
<b>100M Hurdles - Under 17 Men</b>							
100HU17M	m1	1	Joshua Olawore	Hav M	U17M	14.7	*
100HU17M	m68	2	Andrew Paul	Eastwood Sch	U17M	17.1	
100HU17M	m35	3	David Chen	Cecil Jones Coll	U17M	21.7	
<b>110M Hurdles - Under 20 &amp; Senior Men</b>							
110HU20M	m135	1	Isaac Ogunlade	Hav M	U20M	15.7	*
110H	m95	2	Michael Shortall	Thurr	SM	17.2	*
110H	m54	3	Luke Allen	W Suff	SM	18.5	
<b>3000m - Women</b>							
3000	f76	1	Hannah McGowan-Jones	Thurr	U17W	10:58.5	
3000	f80	2	Eleanor Johnson	Bas	U17W	11:04.9	
3000	f79	3	Jordan Lacey	S'end	U17W	11:50.5	
3000	f96	4	Katy Brett	Orion	SW	12:17.0	

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	No.	Pos	Name	Club	Age Group	Performance	AW/POT
<b>3000m - Men</b>							
3000	m5	1	Harry Carter	Ports	U20M	8:52.8	*
3000	m127	2	Tony McDowall	VP&TH	SM	9:28.5	*
3000	m80	3	Stephen Woodford	Chelm	U17M	9:35.0	*
3000	m132	4	Samuel Robinson	Chelm	U17M	9:42.7	*
3000	m6	5	Sebastian Green	Ports	U20M	9:58.0	
3000	m76	6	Chris Smith	Hav M	M35	10:03.1	
3000	m125	7	Dennis Cross	Thurr	U17M	10:07.4	
3000	m11	8	Joe Alexander	C&T	U17W	10:33.7	
3000	m52	9	Joshua Conners	Hav M	U17M	10:45.3	
3000	m116	10	Stephen Davies	Thurr	U15M	11:07.6	
3000	m99	11	Ross Earney	Hav M	U17M	11:34.9	
3000	m142	12	Thomas King	lff	U15M	11:34.9	
3000	m71	13	Rodger Alexander	C&T	M50	12:02.0	
<b>300m - Race 1 - Under 15 Girls &amp; Under 17 Women</b>							
300	f38	1	Jasmine Collard - Peters	NEB	U15W	43.7	*
300	f52	2	Sian McCrory	S'end	U17W	43.9	*
300	f69	3	Adedoja Atanda	NEB	U17W	44.4	*
300	f87	4	Bianca Ashbrook	Chelm	U17W	46.4	
300	f75	5	Megan Moore	Col H	U15W	46.5	
300	f101	6	Hannah Maslen	S'end	U15W	47.1	
<b>300m - Race 2 - Under 17 Women</b>							
300	f65	1	Holly Thomas	Hav M	U17W	42.5	*
300	f93	2	Jessica Quick	Bas	U17W	43.3	*
300	f78	3	Mubamakat Akinshipa	NEB	U17W	45.4	*
300	f27	4	Nicola Peachey	Hav M	U17W	46.4	
300	f99	5	Jessica Seekings	Hav M	U17W	47.4	
300	f5	6	Gemma Wright	Brain	U17W	52.3	
<b>400m Junior &amp; Senior Women</b>							
400	f86	1	Katrina Cosby	B&B	U20W	59.1	*
400	f89	2	Helen Bloomfield	C&T	SW	62.0	*
400	f1	3	Heidi Nicholas	Bas	SW	64.5	
400	f98	4	Nina Brennan	Hav M	SW	68.5	
<b>400m - Under 15 Men</b>							
400	m122	1	George Hadler	lff	U15M	58.4	*
400	m131	2	Robert Clarke	Col H	U15M	60.4	*
400	m42	3	Casey Hewitt	Eastwood Sch	U15M	63.7	
400	m140	4	Lewis Middleton	Hav M	U15M	72.3	
<b>400m - Under 17 Men</b>							
400	m134	1	Lennox Thompson	Thurr	U17M	53.7	*
400	m100	2	Dale Marks-Swain	Hav M	U17M	54.0	*
400	m67	3	Luke Oliver	Eastwood Sch	U17M	55.1	*
400	m51	4	Massi Dendani	Hav M	U17M	55.7	
400	m12	5	Michael Porter	C&T	U17M	55.8	
400	m144	6	Jonathan Seekings	Hav M	U17M	68.5	
<b>400m - Under 20 &amp; Senior Men</b>							
400	m73	1	Richard Morrissey	Hav M	U20M	50.0	*
400	m143	2	Cameron Irwin	Col H	U20M	50.5	*
400	m46	3	James Foley	VP&TH	SM	51.6	*
400	m19	4	Aaron Edwards	NEB	SM	53.8	
400	m20	5	Owen Churton	Camb U	SM	55.0	
400	m117	6	Simon Basey	VP&TH	SM	55.7	
400	m119	7	Leroy Gould	NEB	M45	60.5	
<b>200m - Under 13 Girls</b>							
200	f58	1	Jade Packer	S'end	U13W	29.6	*
200	f84	2	Phoebe Maloney	Hav M	U13W	32.2	
200	f72	3	Tolu Akingbade	Hav M	U13W	32.6	

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<b>200m - Under 15 Girls</b>							
200	f48	1	Sydney Robertson	Unatt	U15W	27.9	*
200	f103	2	Bethany Chambers	Hav M	U15W	29.1	
200	f77	3	Deborah Johnson	NEB	U15W	29.2	
200	f73	4	Tomi Akingbade	Hav M	U15W	30.0	
200	f62	5	Ellie Mason	Unatt	U15W	30.2	
200	f53	6	Kerry McCrory	S'end	U15W	30.2	
200	f94	7	Nicole Blunt	Hav M	U15W	33.3	
<b>200m - Under 17 Women</b>							
200	f39	1	Kelly Sutton	Col H	U17W	27.6	
200	f52	2	Sian McCrory	S'end	U17W	28.2	
200	f54	3	Leanne McCrory	S'end	U17W	28.6	
200	f100	4	Lucy Allen	Hav M	U17W	29.4	
200	f87	5	Bianca Ashbrook	Chelm	U17W	29.8	
<b>200m - Under 20 &amp; Senior Women</b>							
200	f68	1	Claire Brennan	Hav M	SW	27.7	
200	f83	2	Sarah Kigozi	NEB	U20W	27.7	
200	f2	3	Kelsey Boosey	Thurr	SW	29.5	
200	f67	4	Cynthia Oluwayemi-Coker	NEB	W35	32.1	
200	f59	5	Christina Kelekun	NEB	W40	32.8	
<b>200m - Under 13 Boys</b>							
200	m40	1	Alexander Hewitt	Hav M	U13M	29.2	*
200	m113	2	Connor Peralta	Eastwood Sch	U13M	30.6	
200	m62	3	Robert Woodgate	Hav M	U13M	32.0	
200	m78	4	Lewis Thorn	Brain	U13M	32.3	
200	m87	5	Connor Summerhill	Eastwood Sch	U13M	32.8	
200	m147	6	Ryan Crane	Hav M	U13M	39.3	
<b>200m - Under 15 Boys</b>							
200	m124	1	Nathan Jackson	Hav M	U15M	26.5	
200	m70	2	James Nadin	Eastwood Sch	U15M	29.6	
200	m93	3	Darnell Weise	Unatt	U15M	30.5	
<b>200m - Under 17 Men</b>							
200	m112	1	David Ajayi	NEB	U17M	25.3	
200	m60	2	Sam McDowall	NEB	U17M	25.5	
200	m58	3	Samuel Gibson	NEB	U17M	25.9	
200	m138	4	Joshua Okunkwu	NEB	U17M	26.0	
200	m137	5	Glen Toonga	NEB	U17M	26.0	
200	m126	6	Christopher Zah	VP&TH	U17M	26.1	
200	m136	7	Michael Blunt	Hav M	U17M	27.1	
200	m56	8	Lewis Walker-Dobson	Hav M	U17M	27.9	
<b>200m - Under 20 &amp; Senior Men Race 1</b>							
200	m135	1	Isaac Ogunlade	Hav M	U20M	23.6	
200	m59	2	Simon Richards	Hav M	SM	24.4	
200	m154	3	Lewos Elliott	Ashf	U20M	24.5	
200	m4	4	Jordan Brown	Hav M	U20M	24.8	
200	m118	4	Timmy Gbadebo	NEB	U20M	24.9	
<b>200m - Under 20 &amp; Senior Men Race 2</b>							
200	m146	1	Hamim Lubeya	VP&TH	SM	22.5	*
200	m96	2	Abdul-Wahab Buhari	VP&TH	SM	22.6	*
200	m55	3	Alloy Wilson	B&B	SM	23.2	*
200	m111	4	Sho-Silva Daniel	Thurr	SM	23.8	
200	m129	5	Greg Goodren	S'end	SM	24.0	
200	m65	6	Leon Braithwaite	Unatt	M35	24.0	
<b>1500m - Female</b>							
1500	f106	1	Lydia Hallam	Hav M	U15W	5:06.3	*
1500	f102	2	Sarah Imbush	S'end	U15W	5:34.0	
1500	f81	3	Avril Loynes	Hav M	U15W	5:45.0	
1500	f36	4	Victoria Hiscock	S'end HS Girls	U13W	5:55.0	
1500	f92	5	Amy Baggs	Hav M	U13W	5:56.6	
1500	f104	6	Grace Balmford	Hav M	U17W	5:59.8	
1500	f88	7	Katherine Myers	WG&EL	U13W	6:34.7	

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<b>1500m - Male</b>							
1500	m94	1	Joseph Waked	Hav M	U20M	4:32.1	
1500	m153	2	Rob Frith	Eastwood Sch	U15M	4:42.3	*
1500	m152	3	Josh Mann	S'end	U15M	4:52.7	*
1500	m157	4	Sean Kenny	WG&EL	U17M	5:09.3	
1500	m85	5	Benjamin Haynes	NEB	U13M	5:10.3	*
1500	m150	6	Joe Ray	Eastwood Sch	U15M	5:18.4	
1500	m156	7	Andrew Holland	Hav M	U15M	5:26.7	
1500	m91	8	Zach Inwood	S'end	U15M	5:38.1	
1500	m155	9	Samuel Smith	Thurr	U13M	6:00.5	
<b>Hammer - Male</b>							
HT	m14	1	Rob Earle	Col H	M45	50.07	*
HT	m9	2	Wes Clarke	lff	M45	39.62	*
HTU20M	m10	1	Bradley Reece	Hav M	U20M	48.72	*
HTU20M	m39	2	Lewis Williams	Hav M	U20M	37.10	*
HTU17M	m2	1	Ryan Redmen	Tonb	U17M	57.18	*
HTU17M	m13	2	Tom Parker	Tonb	U17M	52.27	*
HTU17M	m7	3	James Smith	WG&EL	U17M	43.73	*
HTU17M	m30	3	Sam Jarvis	Cecil Jones Coll	U17M	14.74	
HTU15M	m3	1	James Mead	Chelm	U15M	29.99	*
HTU15M	m29	2	Luke Allen	Cecil Jones Coll	U15M	22.76	
HTU15M	m28	3	James Barns	Cecil Jones Coll	U15M	21.89	
HTU15M	m25	4	James Hamblin	Col H	U15M	NT	
<b>Hammer - Female</b>							
HTW	f3	1	Linzi Boosey	Thurr	U20W	36.39	*
HTU17W	f4	1	Louisa James	Hast	U17W	51.84	*
<b>Long Jump - Senior Women</b>							
LJ	f1	1	Heidi Nicholas	Bas	SW	5.34	*
LJ	f32	2	Zoe Young	Hav M	SW	4.93	*
LJ	f11	3	Lana Gillard	Brain	SW	4.76	*
LJ	f20	4	Hannah Connor	Hav M	SW	4.69	
<b>Long Jump - Under 17 Women</b>							
LJ	f27	1	Nicola Peachey	Hav M	U17W	4.80	*
LJ	f5	2	Gemma Wright	Brain	U17W	3.82	
<b>Long Jump - Male U17 and above</b>							
LJ	m8	1	Jason Richards-Thompson	VP&TH	SM	5.99	*
LJ	m15	2	Kieran Nelson	Hav M	U20M	4.60	
LJ	m1	1	Joshua Olawore	Hav M	U17M	6.45	*
LJ	m16	2	Jake Nelson	Hav M	U17M	5.73	*
LJ	m56	3	Lewis Walker-Dobson	Hav M	U17M	5.05	
<b>Discus - Male - Under 15 &amp; upwards</b>							
DT	m86	1	Mark Plowman	Yeovil	SM	43.82	*
DT	m18	2	Devon Douglas	WG&EL	SM	43.68	*
DT	m14	3	Rob Earle	Col H	M45	40.53	*
DT	m24	4	Tom Eiton	Camb U	SM	29.20	*
DT	m84	5	Andy Tierney	Hav M	SM	26.34	*
DTU20M	m90	1	Oliver Deacon	Brain	U20M	33.17	*
DTU20M	m57	2	Laurence Goodacre	Hav M	U20M	30.03	*
DTU17M	m43	1	Youcef Zatat	WG&EL	U17M	46.15	*
DTU17M	m53	2	Jake Allen	W Suff	U17M	30.10	*
DTU17M	m92	3	Jake Inwood	S'end	U17M	17.28	
DTU17M	m37	4	Blake Robinson	Ashf	U17M	NT	

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	No.	Pos	Name	Club	Age Group	Performance	AW/POT
<b>Discus - Male - Under 15 &amp; upwards Continued</b>							
DTU15M	m50	1	Joseph Laszaris	Roding Sch	U15M	36.71	*
DTU15M	m3	2	James Mead	Chelm	U15M	32.38	*
DTU15M	m25	3	James Hamblin	Col H	U15M	24.80	*
DTU15M	m75	4	Nicholas Duffey	Hav M	U15M	23.56	*
DTU15M	m32	5	Joel Gading	Cecil Jones Coll	U15M	20.19	
DTU15M	m34	6	George Sloan	Cecil Jones Coll	U15M	19.93	
DTU15M	m26	7	Callum Pastfield	S'end	U15M	19.41	
DTU13M	m89	1	Darien Lamb	Bas	U13M	17.79	*
<b>Discus - Female</b>							
DTW	f82	1	Hollie Redman	WG&EL	SW	39.20	*
DTW	f85	2	Melanie Harrison	E&H	SW	36.84	*
DTW	f95	1	Victoria Onyeka	Ilf	U17W	31.02	*
DTW	f91	2	Sophie Baggs	Hav M	U17W	26.44	*
DTW	f71	3	Laura Drew	Hav M	U17W	24.20	*
DTW	f90	4	Erin Baggs	Hav M	U17W	23.50	*
DTW	f8	5	Hannah Castle	Brain	U17W	18.77	
DTW	f60	1	Georgie Taylor	Hav M	U15W	28.93	*
DTW	f51	2	Rachel Forder	Hav M	U15W	26.38	*
DTW	f9	3	Debbie Castle	Brain	U15W	20.57	*
DTW	f46	4	Lois Zac-Williams	NEB	U15W	18.43	*
DTW	f6	5	Elle Cockell	Brain	U15W	15.61	
DTU13W	f92	1	Amy Baggs	Hav M	U13W	16.08	*
DTU13W	f70	2	Michelle Hughes	S'end HS Girls	U13W	14.67	*
DTU13W	f42	3	Kiera Law	Hav M	U13W	13.46	*
<b>Long Jump - Under 13 &amp; Under 15 Girls</b>							
LJ	f29	1	Clarice Parrott	Brain	U15W	4.91	*
LJ	f63	2	Rebecca Withams	S'end	U15W	4.46	*
LJ	f41	3	Amelia Sumun	Thurr	U15W	4.29	
LJ	f53	4	Kerry McCrory	S'end	U15W	3.81	
LJ	f10	5	April Castle	Brain	U15W	3.60	
LJ	f15	6	Amy Coleman	Brain	U13W	3.60	
LJ	f50	1	Shannon Jameson	Thurr	U13W	3.38	
LJ	f40	2	Alyssa Sumun	Thurr	U13W	3.20	
LJ	f15	2	Amy Coleman	Brain	U13W	3.10	
<b>Long Jump - Male Under 13 &amp; Under 15</b>							
LJ	m69	1	Mitchell Turffrey	Eastwood Sch	U15M	5.48	*
LJ	m105	2	Alex Habbershaw	Hav M	U15M	5.22	*
LJ	m42	3	Casey Hewitt	Eastwood Sch	U15M	4.35	
LJ	m70	1	James Nadin	Eastwood Sch	U15M	4.25	
LJ	m91	2	Zach Inwood	S'end	U15M	3.66	
LJ	m33	1	Reece Waters	Cecil Jones Coll	U15M	4.42	*
LJ	m78	2	Lewis Thorn	Brain	U13M	3.93	
LJ	m66	3	James Hiscock	Eastwood Sch	U13M	3.14	
<b>Shot - Female - Under 15 &amp; upwards</b>							
SPW	f7	1	Evie Castle	Brain	U20W	9.17	*
SPW	f18	1	Kiersty Johnston	Cecil Jones Coll	U17W	7.90	*
SPW	f8	2	Hannah Castle	Brain	U17W	5.79	
SPU15W	f60	1	Georgie Taylor	Hav M	U15W	9.12	*
SPU15W	f51	2	Rachel Forder	Hav M	U15W	8.89	*
SPU15W	f9	3	Debbie Castle	Brain	U15W	7.50	*
SPU15W	f30	4	Emma Jarvis	S'end	U15W	7.23	
SPU15W	f6	5	Elle Cockell	Brain	U15W	7.16	
SPU15W	f46	6	Lois Zac-Williams	NEB	U15W	6.89	

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<b>Shot - Male - Under 15 &amp; upwards</b>							
SP	m133	1	Emmanuel Quarshie	Hav M	U20M	12.64	*
SP	m14	2	Rob Earle	Col H	M45	12.42	*
SP	m84	3	Andy Tierney	Hav M	SM	9.46	
SP	m18	4	Devon Douglas	WG&EL	SM	NT	
SPU20M	m133	1	Emmanuel Quarshie	Hav M	U20M	13.96	*
SPU20M	m57	2	Laurence Goodacre	Hav M	U20M	12.15	*
SPU20M	m90	3	Oliver Deacon	Brain	U20M	11.85	*
SPU17M	m53	1	Jake Allen	W Suff	U17M	10.15	*
SPU15M	m25	1	James Hamblin	Col H	U15M	9.12	
SPU15M	m34	2	George Sloan	Cecil Jones Coll	U15M	8.58	
SPU15M	m131	3	Robert Clarke	Col H	U15M	7.71	
SPU15M	m91	4	Zach Inwood	S'end	U15M	5.51	
<b>High Jump - Female</b>							
HJ	f97	1	Ellie Watson	Hav M	U20W	1.45	
HJ	f31	1	Sophe Jarvis	S'end	U17W	1.55	*
HJ	f41	1	Amelia Sumun	Thurr	U15W	1.35	
HJ	f70	1	Michelle Hughes	S'end HS Girls	U13W	1.20	*
HJ	f36	2	Victoria Hiscock	S'end HS Girls	U13W	1.20	*
<b>High Jump - Male</b>							
HJ	m86	1	Mark Plowman	Yeovil	SM	1.75	*
HJ	m16	1	Jake Nelson	Hav M	U17M	1.60	
HJ	m77	2	Harry Philips	Hav M	U17M	1.60	
HJ	m107	1	Karl Tucker	Hav M	U15M	1.55	*
HJ	m41	2	Billy Pullan	Bas	U15M	1.20	
HJ	m33	3	Reece Waters	Cecil Jones Coll	U15M	NH	
HJ	m130	1	Calum Heath	Eastwood Sch	U13M	1.30	*
HJ	m31	2	Perry Sexton	Cecil Jones Coll	U13M	1.25	*
HJ	m139	3	Max Whitehouse	Eastwood Sch	U13M	1.20	
HJ	m87	4	Connor Summerhill	Eastwood Sch	U13M	1.15	
HJ	m123	5	Reece Gunn	Eastwood Sch	U13M	NH	
<b>Triple Jump - Female</b>							
TJ	f11	1	Lana Gillard	Brain	SW	9.53	*
<b>Triple Jump - Male</b>							
TJ	m83	1	Matthew Morsia	TVH	SM	14.39	*
TJ	m8	2	Jason Richards-Thompson	VP&TH	SM	13.55	*
TJ	m115	3	Kevin Brown	S'end	SM	13.29	*
TJ	m108	4	Julien Gittens	Leeds C	M45	12.22	*
TJ	m15	1	Kieran Nelson	Hav M	U20M	10.91	
TJ	m68	1	Andrew Paul	Eastwood Sch	U17M	10.75	

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<b>Javelin - Male</b>							
JT	m145	1	Bonne Buwembo	E&H	SM	65.63	
JT	m141	2	Matt Stoker	SB	SM	57.74	
JT	m128	3	Sam Harrison	Hav M	SM	44.07	
JT	m149	1	Craig Lacy	Camb H	U20M	55.00	
JTU17M	m151	1	Alex Wright	Bas	U17M	47.32	
JTU17M	m148	2	Patrick Lear	Hav M	U17M	29.51	
JTU17M	m92	3	Jake Inwood	S'end	U17M	17.82	
JTU15M	m106	1	Billy Bilton	Hav M	U15M	32.99	
JTU15M	m29	2	Luke Allen	Cecil Jones Coll	U15M	28.53	
JTU15M	m28	3	James Barns	Cecil Jones Coll	U15M	26.32	
JTU15M	m97	4	Oliver Garwandoe	Hav M	U15M	21.32	
<b>Javelin - Female</b>							
JTW	f85	1	Melanie Harrison	E&H	SW	31.51	
JTW	f105	1	Kike Oniwinde	Hav M	U20W	30.48	
JTW	f7	2	Evie Castle	Brain	U20W	29.63	
JTW	f35	1	Deborah Knight	Hav M	U17W	29.45	
JTW	f71	2	Laura Drew	Hav M	U17W	17.32	
JTW	f8	3	Hannah Castle	Brain	U17W	14.34	
JTW	f57	1	Tasia Stephens	Aberdare	U15W	27.67	
JTW	f60	2	Georgie Taylor	Hav M	U15W	21.26	
JTW	f6	3	Elle Cockell	Brain	U15W	16.37	
JTW	f10	4	April Castle	Brain	U15W	12.72	