

HAVERING MAYESBROOK - SPRING WARM UP Held at MAYESBROOK  
PARK, BARKING, 15 April 2007

Pos	Name	No.	Club	Performance	Age Group
<b>Junior Women 400 Hurdles</b>					
1	Rebecca Quinlan	f24	Chelms	67.3	JW
2	Vicky Randall	f17	M & M	68.3	JW
3	Lisa Schofield	f26	Hav M	69.5	JW
4	Laura Gnanapragasam	f19	WG&EL	71.2	JW
5					
6					
7					
<b>U17 &amp; Junior/Senior Men 400 Hurdles</b>					
1	Michael Baker	m8	M & M	53.7	JM
2	Louis Persent	m21	Col H	55.9	JM
3	Michael Shortall	m15	Thurr	56.7	SM
4	James Murphy	m24	Hav M	59.7	SM
5	Daryl Martin	m10	CONAC	60.7	JM
6	Kieran Nelson	m34	Hav M	70.8	U17M
<b>Girls &amp; Boys U11 800m</b>					
1	Marleen Avonthur	f48	Harlow	2:53.3	U11G
2	Kerry McGrory	f64	Southend	3:26.6	U11G
3	Robbie Marlow	m46	Unatt	3:35.9	U11B
4	Reece Kelly	m48	Hav M	3:38.9	U11B
<b>Boys U13 &amp; U15 800m</b>					
1	Chrisopher Da Costa	m51	Hav M	2:23.4	U17M
2	Ryan O'Mahoney	m29	Hav M	2:30.8	U13B
3	Liam Leddy	m6	Ilford	2:31.9	U15B
4	Ashley Capel	m44	Southend	2:34.5	U13B
5	Jonathan Seekings	m35	Hav M	2:45.6	U15M
6	Luke Sewell	m47	Hav M	3:07.2	U13B
7	Jordan Da Costa	m50	Hav M	3:11.2	U13B
8	George Hadler	m22	Ilford	3:30.1	U13B
9	Andrew Townsend	m40	Ilford	3:49.7	U15M
<b>Girls U13 800m</b>					
1	Amy Bragg	f40	Basildon	2:43.2	U13G
2	Celli Middleton	f43	Basildon	2:50.2	U13G
3	Sarah Boreham	f89	Hav M	2:54.6	U13G
4	Jessica Fazakerley	f28	Hav M	2:56.2	U13G
5	Jordan Lacey	f32	Southend	3:02.0	U13G
6	Megan Moore	f35	Col H	3:05.5	U13G
7	Jennifer Harries	f67	Hav M	3:08.1	U13G
8	Imogen Adams	f72	Unatt	3:21.7	U13G
9	Chloe Cockell	f29	Braintree	3:23.0	U13G
<b>Girls U15 800m</b>					
1	Amber Turner	f69	Hav M	2:42.5	U15G
2	Angel Collins	f22	Crawley	2:44.9	U15G
3	Charlotte Malton	f21	Chelms	2:45.9	U15G
4	Michelle Lovell	f55	Hav M	3:07.5	U15G
5					
<b>U17, Junior, Senior Women 800m</b>					
1	Danielle Sale	f78	Orion	2:17.0	JW
2	Sara Luck	f60	Hav M	2:17.7	SW
3	Laura Condron	f77	Chelms	2:21.6	U17W
4	Zoey Littlechild	f90	Hav M	2:27.3	U17W
5	Hayley Pegg	f74	Hav M	2:29.3	JW
6	Emma Fox	f92	Hav M	2:37.5	U17W
7	Alex Beard	f71	Hav M	2:39.7	U17W
8	Zena Uppal	f23	Ilford	2:42.4	U17W
9	Josie Condron	f76	Chelms	2:47.0	U17W

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Pos	Name	No.	Club	Performance	Age Group
<b>U17, Junior, Senior Men 800m</b>					
1	Salvator Mutijima	m32	Hav M	2:00.1	SM
2	Andy Poole	m37	Col & T	2:01.6	U17M
3	Jonathan Booty	m25	Chelms	2:02.4	SM
4	Harry King	m23	Thurr	2:15.5	U17M
5	Kyle Aldridge	m26	Southend	2:20.9	U17M
<b>Boys U11 100m</b>					
1	Michael Law	m64	Southend	14.9	U11B
2	Arry Hale	m79	Basildon	15.2	U11B
3	Jason Dennis	m58	Unatt	18.0	U11B
4	Robbie Marlow	m46	Unatt	20.0	U11B
5	Reece Kelly	m48	Hav M	20.9	U11B
<b>Girls U11 100m</b>					
1	Christy Dailly	f97	Chelms	15.8	U11G
2	Madison Montgomery	f47	NEB	16.9	U11G
3	Emily Smith	f83	Ardleigh Gn Jnr Sch	17.1	U11G
4	Kerry McGrory	f64	Southend	17.2	U11G
<b>Girls U13 100m race 1</b>					
1	Olivia Law	f101	Southend	13.9	U13G
2	Kelly Sutton	f18	Col H	14.0	U13G
3	Rosie Dailly	f96	Chelms	14.4	U13G
4	Sacha Martin	f61	Hav M	14.5	U13G
5	Olamide Ladipo	f56	NEB	15.5	U13G
<b>Girls U13 100m race2</b>					
1	Mariam Kelekun	f58	NEB	14.8	U13G
2	Moli Geng	f88	Hav M	15.7	U13G
3	Sarah Boreham	f89	Hav M	16.2	U13G
4	Imogen Adams	f72	Unatt	18.0	U13G
5	Chloe Cockell	f29	Braintree	18.2	U13G
<b>Boys U13 100m</b>					
1	Frederick Mokoso	m45	Hav M	14.0	U13B
2	Ryan Blake	m38	Hav M	14.1	U13B
3	Daniel Wood	m73	Hav M	14.7	U13B
4	Kyle Marshall	m75	Southend	14.8	U13B
5	Samuel Frith	m69	Bedford & C	16.6	U13B
6	Luke Sewell	m47	Hav M	16.9	U13B
7	Jamie Marlow	m49	Unatt	19.1	U13B
<b>Girls U15 100m race 1</b>					
1	Bethanie Moore	f36	Col H	13.0	U15G
2	Chloe Longhurst	f103	Southend	13.4	U15G
3	Ghanelle Edwards	f81	Southend	13.5	U15G
4	Ese Akpoobi	f52	NEB	13.6	U15G
5	Lucy Newman	f79	Hav M	13.7	U15G
<b>Girls U15 100m race 2</b>					
1	Rebecca Clements	f87	Hav M	13.9	U15G
2	Leanne McGrory	f63	Southend	14.4	U15G
3	Hannah Collard	f104	Southend	14.5	U15G
4	Simbiat Salami	f108	Hav M	14.8	U15G
5	Nicole Dalton	f73	Hav M	15.0	U15G
<b>Boys U15 100m</b>					
1	Cameron Irwin	m36	Chelms	12.2	U15M
2	Jordan Brown	m55	Hav M	12.4	U15M
3	Fraser Hubbard	m83	Chelms	12.6	U15M
4	Chuks Onyiuke	m80	Hav M	12.7	U15M
5	Charlie Smith	m56	Hav M	12.8	U15M
6	Ben Western	m17	Hav M	13.7	U15M
7	Sam McDowall	m28	Hav M	15.1	U15M

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Pos	Name	No.	Club	Performance	Age Group
<b>Women's U17 100m</b>					
1	Natasha Matthews	f95	WG & EL	13.1	U17W
2	Emma Collard	f105	Southend	13.1	U17W
3	Charlotte Mackie	f50	M & M	13.3	U17W
4	Yasmyn Joseph	f93	M & M	13.4	U17W
5	Lyanta Peters	f51	NEB	13.4	U17W
6	Laura Townsend	f68	Ilford	14.2	U17W
<b>Junior &amp; Senior Women's 100m</b>					
1	Heidi Nicholas	f1	Basildon	12.9	SW
2	Zoe Young	f14	Basildon	13.2	JW
3	Hannah Biddiss	f94	M & M	13.3	JW
4	Kelsey Boosey	f9	Thurr	13.3	JW
5	Hannah Gamester	f99	Hav M	13.7	SW
6	Lauren Longhurst	f12	Brunel Uni	13.9	SW
7	Jade Fitzpatrick	f100	Belg H	14.4	SW
<b>Men's Under 17 100m</b>					
1	David Lo	m78	Col H	11.5	U17M
2	Lemar Charles	m67	B & B	11.8	U17M
3	Daniel McDowall	m27	Hav M	11.9	U17M
4	Simeon Stuart	m18	Ilford	12.2	U17M
<b>Junior Men's 100m</b>					
1	Luke Sargeant	m66	Belg H	11.5	JM
2	Michael Baker	m8	M & M	11.6	JM
3	Martin Pitts	m41	Braintree	11.6	JM
4	Michael Hill	m72	Basildon	11.9	JM
5	Glen Paxman	m86	Harlow	11.9	JM
6	Segun Oshiu	m94	Unatt	12.1	JM
7	Mitchell Jarvis	m12	Braintree	12.2	JM
8	Chris Travis	m88	Unatt	12.5	JM
<b>Senior Men's 100m</b>					
1	Luke Stott	m57	Hav M	11.5	SM
2	Roy Chambers	m62	Woking	11.6	SM
3	Michael Shortall	m15	Thurr	11.7	SM
4	Rob Hyatt	m71	Loughton	12.2	SM
5	Lloyd Ellis	m85	Harlow	12.2	SM
6	James Harris	m70	Hav M	13.2	SM
<b>Girls' U13 &amp; U15 1500m</b>					
1	Rebecca O'Neill	f117	Hav M	5:02.4	U15G
2	Camilla Smee	f82	Southend	5:23.9	U15G
3	Rebecca Stanley	f128	Hav M	5:28.3	U13G
4	Rachel Sadler	f139	Hav M	5:31.6	U15G
5	Sophie Riches	f42	Basildon	5:36.3	U13G
6	Patsy McWeeney	f130	Hav M	5:50.5	U13G
7	Hollie Martin-Wood	f125	Thurr	5:55.1	U15G
8	Hannah Bloy	f122	Hav M	6:00.6	U13G
<b>Boys' U13 &amp; U15 1500m</b>					
1	Jamie Buckley-Stanton	m81	Hav M	4:44.8	U15M
2	Adam Wileman	m97	Hav M	5:42.5	U15M
3	Jason Clifton	m82	Hav M	6:15.8	U15M
<b>U17, Junior &amp; Senior Women's 1500m</b>					
1	Helen Roche	f133	Hav M	4:43.1	SW
2	Danielle Sale	f78	Orion	4:46.8	JW
3	Hayley Stibbs	f120	Hav M	4:55.4	SW
4	Candy Hawkins	f124	Ashford	5:03.7	W35
5	Zoey Littlechild	f90	Hav M	5:16.2	U17W
6	Dani Thomas	f98	Unatt	5:19.7	SW

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Pos	Name	No.	Club	Performance	Age Group
<b>U17, Junior &amp; Senior Men's 1500m</b>					
1	Matthew Bland	m91	Hav M	4:16.4	M40
2	Howard Clarke	m65	Southend	4:19.6	U17M
3	Tom Frith	m92	Southend	4:22.3	U17M
4	Callum Sutton	m103	Hav M	4:24.3	U17M
5	John Whitehead	m104	Hav M	4:27.9	U17M
6	Daniel Shanney	m105	Hav M	4:32.5	U17M
7	Thomas Shanney	m106	Hav M	4:34.4	U17M
8	Ryan Prout	m108	Chelms	4:36.9	SM
9	Simon Brown	m100	Hav M	4:42.3	U17M
10	Joshua Crompton	m98	Southend	4:43.4	U17M
<b>Girls' U13 70m Hurdles</b>					
1	Deborah Knight	f84	Hav M	14.2	U13G
<b>Girls' U15 75m Hurdles Race 1</b>					
1	Felicity Clarke	f102	Southend	12.1	U15G
2	Georgia Atkins	f33	Southend	12.2	U15G
3	Nancy Lebeau	f45	Thurr	12.3	U15G
4	Eleanor Evans	f75	Southend	12.5	U15G
5	Charlotte Malton	f21	Chelms	13.8	U15G
<b>Girls' U15 75m Hurdles Race 2</b>					
1	Jessica Cutts	f86	Col H	12.8	U15G
2	Nicola Peachey	f113	Hav M	13.1	U15G
3	Emily Moore	f37	Col H	13.2	U15G
4	Jessica Seekings	f62	Hav M	14.8	U15G
<b>Women Under 17 &amp; Boys' Under 15 80 Hurdles</b>					
1	Kaneesha Johnson	f110	Col H	12.1	U17W
2	Nathan Greenaway	m76	Chelms	12.2	U15M
3	Alysia Halsey	f112	Col H	13.6	U17W
4	Jake Nelson	m33	Hav M	16.4	U15M
<b>Junior &amp; Senior Women's 100m Hurdles</b>					
1	Claire Brennan	f80	Hav M	15.5	SW
2	Vicki Wheatland	f111	Col H	15.5	JW
3	Lisa Schofield	f26	Hav M	16.2	JW
4	Rebecca Quinlan	f24	Chelms	17.4	JW
5	Sophie Copping	f16	M & M	17.6	JW
6	Lisa Potter	f20	Braintree	17.7	JW
7					
<b>Under 17 Men's 100 Hurdles</b>					
1	Danny Cassidy	m61	Southend	15.7	U17M
2	Adam McCarthy	m16	Southend	16.0	U17M
3	Kieran Nelson	m34	Hav M	21.1	U17M
4					
<b>Junior (99.0cm) &amp; Senior Men's (106.4cm) 110m Hurdles</b>					
1	Francis Baker	m14	CONAC	15.2	SM
2	Louis Persent	m21	Col H	15.4	JM
3	Michael Holden	m3	Col H	15.4	JM
4	Michael Shortall	m15	Thurr	16.1	SM
5	Daryl Martin	m10	CONAC	19.5	JM
6					
<b>Women U15 300</b>					
1	Sophie Cannon	f136	Worthing	42.5	U15G
2	Jessica Cutts	f86	Col H	44.6	U15G
3	Emily Moore	f37	Col H	45.7	U15G
4	Sian McGrory	f65	Southend	48.0	U15G
5	Jessica Seekings	f62	Hav M	48.6	U15G
6	Nicole Dalton	f73	Hav M	49.8	U15G

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Pos	Name	No.	Club	Performance	Age Group
<b>Women U17 300 Race 1</b>					
1	Yasmyn Joseph	f93	M & M	43.0	U17W
2	Lydia Hall	f132	Ilford	44.0	U17W
3	Mae Kenny	f131	Chelms	44.1	U17W
4	Polly Woods	f137	Harlow	46.0	U17W
5	Emily Fisher	f121	Col H	46.6	U17W
6					
<b>Women U17 300 Race 2</b>					
1	Kirsty Shepherd	f142	Basildon	43.2	U17W
2	Alexandra Lusty	f13	Chelms	44.6	U17W
3	Emma Fox	f92	Hav M	48.0	U17W
4	Emily Henry	f140	NEB	48.0	U17W
5					
6					
<b>Senior Women's 400m</b>					
1	Robyn Delivett	f134	Hav M	62.5	SW
2	Lynn Talbert	f7	Thurr	64.4	W45
3	Heidi Nicholas	f1	Basildon	68.3	SW
4					
<b>Junior Women's 400m</b>					
1	Kelly Denyer	f135	Worthing	57.6	JW
2	Lauren Clark	f38	Hav M	59.9	JW
3	Katie Richardson	f49	Hav M	61.9	JW
4	Hannah Biddiss	f94	M & M	62.4	JW
5	Becky Owen	f145	Hav M	66.6	U17W
6	Hayley Pegg	f74	Hav M	69.0	JW
7					
<b>Under 17 Men 400m</b>					
1	Matthew Walters	m95	B & B	52.9	U17M
2	Andy Poole	m37	Col & T	54.1	U17M
3	Adam McCarthy	m16	Southend	58.9	U17M
4	Callum Sutton	m103	Hav M	60.1	U17M
5					
<b>Junior &amp; Senior Men's 400m</b>					
1	Alloy Wilson	m77	B & B	49.7	SM
2	Salvator Mutijima	m32	Hav M	51.3	SM
3	Glen Paxman	m86	Harlow	52.4	JM
4	James Murphy	m24	Hav M	52.8	SM
5	Carl Paxman	m87	Harlow	53.3	JM
6	Lee Lovelock-Jemmett	m107	WG&EL	55.5	JM
7	Craig Moore	m13	Hav M	57.0	JM
<b>Under 13 Girls' 200m</b>					
1	Kelly Sutton	f18	Col H	28.9	U13G
2	Sacha Martin	f61	Hav M	29.5	U13G
3	Rosie Dailly	f96	Chelms	30.0	U13G
4	Olivia Law	f101	Southend	30.4	U13G
5	Christy Dailly	f97	Chelms	33.4	U11G
6	Jessica Fazakerley	f28	Hav M	33.6	U13G
7	Imogen Adams	f72	Unatt	37.6	U13G
<b>Under 13 B&amp; Under 15 Boys' 200m</b>					
1	Jordan Brown	m55	Hav M	25.0	U15M
2	Charlie Smith	m56	Hav M	25.6	U15M
3	Ben Western	m17	Hav M	28.8	U15M
4	Frederick Mokoso	m45	Hav M	29.3	U13B

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<b>Girls Under 15 200m race 1</b>					
1	Victoria Ohuruogu	f53	NEB	26.1	U15G
2	Sophie Cannon	f136	Worthing	26.6	U15G
3	Bethanie Moore	f36	Col H	27.6	U15G
4	Hannah Frith	f109	Bedford & C	27.8	U15G
5	Chloe Longhurst	f103	Southend	28.1	U15G
6	Ghanelle Edwards	f81	Southend	28.3	U15G
7	Lucy Newman	f79	Hav M	28.4	U15G
8	Rebecca Clements	f87	Hav M	28.4	U15G
<b>Girls Under15 200m race 2</b>					
1	Felicity Clarke	f102	Southend	27.5	U15G
2	Linzi Boosey	f8	Thurr	27.6	U15G
3	Amy McDonald	f143	Southend	27.8	U15G
4	Georgia Atkins	f33	Southend	28.7	U15G
5	Nicola Peachey	f113	Hav M	29.3	U15G
6	Leanne McGrory	f63	Southend	30.1	U15G
7	Hannah McWeeney	f129	Hav M	33.2	U15G
8	Hollie Martin-Wood	f125	Thurr	34.2	U15G
<b>Women's Under 17 200m</b>					
1	Kaneesha Johnson	f110	Col H	25.7	U17W
2	Charlotte Mackie	f50	M & M	26.8	U17W
3	Alysia Halsey	f112	Col H	28.6	U17W
4	Elisher Osagie	f138	Harlow	29.4	U17W
<b>Junior &amp; Senior Women 200m</b>					
1	Kelly Denyer	f135	Worthing	25.8	JW
2	Jade Morgan	f66	Col H	26.1	JW
3	Vicky Randall	f17	M & M	26.1	JW
4	Vicki Wheatland	f111	Col H	26.6	JW
5	Hannah Gamester	f99	Hav M	27.9	SW
6	Kelsey Boosey	f9	Thurr	27.9	JW
<b>Under 17 Men 200m</b>					
1	David Lo	m78	Col H	22.7	U17M
2	Lemar Charles	m67	B & B	22.8	U17M
3	Andy Millen	m99	Worthing	22.9	U17M
4	Daniel McDowall	m27	Hav M	23.8	U17M
<b>Junior &amp; Senior Men's 200m</b>					
1	Luke Stott	m57	Hav M	22.6	SM
2	Martin Pitts	m41	Braintree	22.9	JM
3	Sho-Silva Daniel	m111	Thurr	23.3	JM
4	Michael Shortall	m15	Thurr	23.5	SM
5	Mitchell Jarvis	m12	Braintree	23.6	JM
6	James Harris	m70	Hav M	25.8	SM
<b>FIELD EVENTS</b>					
<b>Hammer - Senior Men</b>					
1	Amir Williamson	m1	B&B	58.78	SM
<b>Hammer - U15 Boys</b>					
1	Andrew Kerr	m9	Hav M	26.87	U15B
2	Lewis Williams	m5	Hav M	26.80	U15B
3	James Smith	m4	WG&EL	21.36	U15B
<b>Hammer - U13 Boys</b>					
1	Thomas Head	m2	Lt Thurrock Sch	22.50	U13B
<b>Hammer - Senior Women</b>					
1	Sarah Deacon	f11	Hav M	44.30	SW
2	Lesley Shrosbree	f3	EVAC	34.73	W60
3	Emma Smith	f4	WG&EL	31.05	SW

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<b>Hammer - Junior &amp; U17 Women</b>					
1	Sarah Smith	f5	WG&EL	42.31	U17W
2	Louisa Taylor	f2	Chelms	39.30	JW
3	Amy Cox	f6	Hav M	24.42	U17W
<b>Hammer -U15 Women</b>					
1	Linzi Boosey	f8	Thurr	31.16	U15G
<b>Long Jump - Senior &amp; Junior Men</b>					
1	Michael Holden	m3	Col H	6.45	JM
2	Dan George	m7	Thurr	6.33	SM
3	Mitchell Jarvis	m12	Braintree	5.65	JM
4	Craig Moore	m13	Hav M	5.44	JM
<b>Long Jump Under 17 Men</b>					
1	Kevin Brown	m11	Southend	5.97	U17M
2	Joseph Ramie	m19	Hav M	5.86	U17M
3	Simeon Stuart	m18	Ilford	5.72	U17M
4	Adam McCarthy	m16	Southend	5.47	U17M
<b>Long Jump - Senior &amp; Junior Women</b>					
1	Heidi Nicholas	f1	Basildon	5.03	SW
2	Lisa Potter	f20	Braintree	4.81	JW
3	Lauren Longhurst	f12	Brunel Uni	4.79	SW
4	Zoe Young	f14	Basildon	4.52	JW
<b>Long Jump Under 17 Women</b>					
1	Lyanta Peters	f51	NEB	4.68	U17W
2	Alexandra Lusty	f13	Chelms	4.54	U17W
3	Rebecca Rollinson	f31	Hav M	3.75	U17W
4					
<b>Discus Senior Men</b>					
1	Felice Miele	m43	E & H	44.53	SM
2	Leo Barker	m68	Hav M	30.46	SM
<b>Discus Junior Men</b>					
1	Lee Mathurin	m53	WG&EL	42.83	JM
2	Christopher Linque	m52	WG&EL	38.09	JM
3	Michael Holden	m3	Col H	32.61	JM
4	Craig Moore	m13	Hav M	28.82	JM
<b>Discus Under 17 Men</b>					
1	Matthew Baptiste	m30	NEB	33.22	U17M
<b>Discus Under 15 Men</b>					
1	Youcef Zatat	m39	Ilford	24.69	U15M
2	Jake Nelson	m33	Hav M	18.14	U15M
3	Andrew Townsend	m40	Ilford	16.21	U15M
4	Jonathan Seekings	m35	Hav M	15.83	U15M
<b>Discus Under 13 Men</b>					
1	George Cassidy	m60	Southend	18.77	U13B

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Pos	Name	No.	Club	Performance	Age Group
<b>Long Jump - Girls Under 15</b>					
1	Nancy Lebeau	f45	Thurr	4.95	U15G
2	Georgia Atkins	f33	Southend	4.94	U15G
3	Charlotte Malton	f21	Chelms	4.60	U15G
4	Rachel Dean	f39	WG&EL	4.52	U15G
5	Eleanor Evans	f75	Southend	4.38	U15G
6	Lucy Newman	f79	Hav M	4.25	U15G
7	Hannah Collard	f104	Southend	4.10	U15G
8					
<b>Long Jump - Girls Under 13</b>					
1	Moli Geng	f88	Hav M	4.22	U13G
2	Mariam Kelekun	f58	NEB	4.16	U13G
3	Kelly Sutton	f18	Col H	4.06	U13G
4	Amy Bragg	f40	Basildon	3.96	U13G
5	Olamide Ladipo	f56	NEB	3.41	U13G
6	Ginny Tsindides	f70	NEB	3.22	U13G
7	Jessica Fazakerley	f28	Hav M	3.08	U13G
8	Jennifer Harries	f67	Hav M	3.05	U13G
9	Laura Drew	f57	Hav M	2.70	U13G
<b>Long Jump - Girls Under 11</b>					
1	Madison Montgomery	f47	NEB	3.43	U11G
<b>Long Jump - Boys Under 15</b>					
1	Cameron Irwin	m36	Chelms	5.53	U15M
2	Jordan Brown	m55	Hav M	5.28	U15M
3	James Drew	m31	Hav M	4.72	U15M
4	Jack Pitts	m42	Braintree	4.39	U15M
<b>Long Jump - Boys Under 13</b>					
1	Ryan Blake	m38	Hav M	4.40	U13B
2	Frederick Mokoso	m45	Hav M	4.22	U13B
3	Samuel Frith	m69	Bedford & C	3.32	U13B
<b>Long Jump - Boys Under 11</b>					
1	Reece Kelly	m48	Hav M	2.26	U11B
2	Robbie Marlow	m46	Unatt	2.07	U11B
<b>Shot - Junior Women</b>					
1	Zoe Young	f14	Basildon	9.85	JW
2	Jade Morgan	f66	Col H	9.55	JW
<b>Shot - Under 15 Women</b>					
1	Chelsea Coker	f34	Southend	10.44	U15G
2	Maria Okpokiri	f54	NEB	9.89	U15G
<b>Shot - Senior Men</b>					
1	Leo Barker	m68	Hav M	12.65	SM
2	Paul Avontuur	m84	Harlow	9.76	SM
3					
<b>Shot - Under 17 Men</b>					
1	Matthew Baptiste	m30	NEB	15.79	U17M
<b>Shot - Under 15 Men</b>					
1	Fraser Hubbard	m83	Chelms	10.99	U15M
2	Youcef Zatat	m39	Ilford	9.45	U15M
3	James Drew	m31	Hav M	7.60	U15M



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Pos	Name	No.	Club	Performance	Age Group
<b>Pole Vault - Female</b>					
1	Kelly Montgomery	f46	NEB	2.50	W35
2	Francesca Herbert	f27	WG&EL	2.50	U17W
3	Melissa Strevens	f41	NEB	2.30	SW
4	Caroline Real	f91	Loughton	2.00	SW
5	Katie Ramsden	f30	NEB	1.70	U15G
<b>Pole Vault - Male</b>					
1	Francis Baker	m14	CONAC	4.00	SM
<b>Discus - Female - Under 15 upwards</b>					
1	Linzi Boosey	f8	Thurr	26.79	U15G
2	Lauren Newton	f118	Hav M	25.80	JW
3	Chelsea Coker	f34	Southend	25.13	U15G
4	Sophie Baggs	f126	Hav M	24.10	U15G
5	Melissa Felton	f116	Hav M	23.36	SW
6	Rebecca Luck	f59	Hav M	22.69	U17W
7	Katherine Knight	f85	Hav M	22.01	U15G
8	Carla Schofield	f25	Hav M	18.64	U17W
9	Charlie Clements	f123	Ilford	17.68	U17W
<b>Discus - Under 13 Girls</b>					
1	Deborah Knight	f84	Hav M	19.18	U13G
2	Erin Baggs	f127	Hav M	18.35	U13G
3	Laura Drew	f57	Hav M	13.74	U13G
<b>High Jump - Female Under 15</b>					
1	Hannah Frith	f109	Bedford & C	1.55	U15G
2	Kelly Johnson	f106	Bedford & C	1.45	U15G
3	Ese Akpoobi	f52	NEB	1.45	U15G
4	Melica Jehan	f114	NEB	1.40	U15G
5	Eleanor Evans	f75	Southend	1.40	U15G
<b>High Jump - Female Under 13</b>					
1	Sacha Martin	f61	Hav M	1.30	U13G
2	Amy Johnson	f107	Bedford & C	1.20	U13G
<b>High Jump - Under 17, Junior &amp; Senior Women</b>					
1	Gemma Grainger	f15	Basildon	1.70	JW
2	Sara Luck	f60	Hav M	1.60	SW
3=	Bethan Siddons	f119	Hav M	1.55	U17W
3=	Natalie Lebeau	f44	Thurr	1.55	JW
5	Natasha Matthews	f95	WG & EL	1.50	U17W
6	Rebecca Rollinson	f31	Hav M	1.35	U17W
<b>High Jump - Under 17, Junior &amp; Senior Men</b>					
1	Louis Persent	m21	Col H	1.95	JM
2	Scott Johnson	m74	Bedford & C	1.90	U17M
3	Francis Baker	m14	CONAC	1.85	SM
4=	Danny Cassidy	m61	Southend	1.75	U17M
4=	Simeon Stuart	m18	Ilford	1.75	U17M
6	John Bancroft	M90	Bexley	1.55	SM
<b>High Jump - Under 13 &amp; Under 15 Boys</b>					
1	Jake Nelson	m33	Hav M	1.40	U15M
2	George Cassidy	m60	Southend	1.25	U13B
<b>Triple Jump - Female</b>					
1	Jade Morgan	f66	Col H	11.25	JW
2	Rebecca Quinlan	f24	Chelms	10.84	JW
3	Rachel Dean	f39	WG&EL	9.78 (& 9.76)	U15G
4	Stephanie De Smedt	f115	Basildon	9.78 (& 9.60)	JW
<b>Triple Jump - Male</b>					
1	Kevin Brown	m11	Southend	13.01	U17M
2	Joseph Ramie	m19	Hav M	12.08	U17M
3	Gabriel Makinwa	m59	Hav M	11.44	U17M
4	Segun Oshiu	m94	Thurr	11.26	JM

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Pos	Name	No.	Club	Performance	Age Group
<b>Javelin - Senior Men</b>					
1	Bonne Buwembo	m63	Hav M	59.04	JM
2	Jonathan Harvey	m96	TVH	53.86	SM
3	Roy Chambers	m62	Woking	50.31	SM
<b>Javelin - Junior Men</b>					
1	Bonne Buwembo	m63	Hav M	60.17	JM
2	Georgie Bean	m20	Hav M	49.01	U17M
3	Jonny Fairclough	m101	HHH	44.32	U17M
<b>Javelin - Under 17 Men</b>					
1	Georgie Bean	m20	Hav M	49.95	U17M
2	Jonny Fairclough	m101	HHH	49.02	U17M
3	Andy Carle	m102	Ilford	41.61	U17M
<b>Javelin - Under 15 Men</b>					
1	Keiran Record	m109	Basildon	45.08	U15M
2	Bradley Burr	m110	Hav M	37.83	U15M
3	Frazer Hubbard	m83	Chelmsford	34.65	U15M
4	Yucef Zatat	m39	Ilford	24.35	U15M
<b>Javelin - Senior Women</b>					
1	Emma Smith	f4	WG & EL	34.69	SW
<b>Javelin - Junior Women</b>					
1	Emma Christmas	f141	Hav M	34.23	JM
<b>Javelin - Under 17 Women</b>					
1	Charlie Clements	f123	Ilford	26.05	U17W
<b>Javelin - Under 15 Girls</b>					
1	Kike Oniwinde	f144	Hav M	33.90	U15G
2	Katie Ramsden	f30	NEB	27.75	U15G