

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING Held at HORNCHURCH,

28 March 2010

Pos	Name	Club	Age Group	Performance
300m Hurdles - U17 Women Race 1				
1	Hayley McLean	Chelm	U17W	44.4
2	Samantha Brown	Dartf	U17W	45.9
3	Caroline Hatley	Ashf	U17W	46.6
4	Stephanie Williams	Herts P	U17W	46.8
5	Holly Pattie-Belleli	WG&EL	U17W	47.8
300m Hurdles - U17 Women Race 2				
1	Georgia Green-Muid	Bas	U17W	47.3
2	Nicola Peachey	Hav M	U17W	48.9
3	Jessica Seekings	Hav M	U17W	51.5
4	Deborah Knight	Hav M	U17W	52.0
300m Hurdles - U17 Women Race 3				
1	Gemma Armorgie	Herts P	U17W	50.8
2	Amy Doyle	WG&EL	U17W	51.2
3	Claire Bentley	Wat	U17W	58.6
4	Hannah Pattie-Belleli	WG&EL	U15W	dnf
300m Hurdles - U20 Women				
1	Emily Stevens	Herts P	U20W	43.6
2	Felicity Clarke	Hav M	U20W	47.7
3	Samantha Beckett	Ashf	U20W	50.8
4	Rachel Bentley	Wat	U20W	52.2
5				
300m Hurdles - U20 & Senior Women				
1	Claire Brennan	Hav M	SW	47.6
2	Claire Leckie	WG&EL	SW	47.9
3	Chloe van Wulven	Hav M	SW	48.1
4	Louise Douglass	Bas	SW	48.6
300m Hurdles - U17 & U20 Men				
1	Isaac Ogunlade	Hav M	U20M	40.7
2	Ben Phillips	WG&EL	U20M	42.4
3	Ben Kennard	Walton	U17M	47.5
300m Hurdles - Senior Men				
1	Adam McCarthy	Walton	SM	40.4
2	Michael Shortall	Thurr	SM	41.6
3	Julian Langley	Walton	M35	47.8
80m - Under 13 Girls Race 1				
1	Sarah Weaver	S'end	U13W	12.4
2	Hannah Welch	Col H	U13W	12.5
3	Phoebe Maloney	Hav M	U13W	12.5
4	Rachel Stanton	Col H	U13W	12.9
5	Phoebe Fuhr	WG&EL	U11W	13.1
80m - Under 13 Girls Race 2				
1	Shannon McNeil	Bas	U13W	11.6
2	Emma Whitby	Hav M	U13W	11.9
3	Michelle Hughes	S'end HS for Girls	U13W	12.3
4	Maisy Shead	Hav M	U13W	13.4
5	Freya Gutteridge	Hav M	U13W	13.9
80m - Under 13 Girls Race 2				
1	Modupe Shokunbi	Hav M	U13W	11.9
2	Tolu Akingbade	Hav M	U13W	12.7
3	Katie Dawson	Ardleigh Gn Sch	U13W	13.0
4	Sophia Sharpe	Hav M	U13W	13.6

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28 March 2010

Pos	Name	Club	Age Group	Performance
80m - Under 15 Girls Race 1				
1	Camilla Papa	Walton	U15W	10.9
2	Natasha Hadley	Herts P	U15W	10.9
3	Tia Telford-Dickson	Hav M	U15W	11.1
4	Tomi Akingbade	Hav M	U15W	11.7
5	Kerry McCrory	S'end	U15W	12.0
6	Sidnie Phillips	Hav M	U15W	13.8
80m - Under 15 Girls Race 2				
1	Moesha Howard	Chelm	U15W	11.0
2	Lucy Paskell	Walton	U15W	11.4
3	Rachel Phelan	Hav M	U15W	12.3
4	Debrah Fitin Oyekan	Hav M	U15W	12.5
5	Nicole Blunt	Hav M	U15W	12.7
80m - Under 17 Women				
1	Olivia Law	S'end	U17W	11.0
2	Sian McCrory	S'end	U17W	11.0
3	Leanne McCrory	S'end	U17W	11.5
4	Lucy Arnold	Hav M	U20W	11.5
5	Sophie Reynolds	Hav M	U17W	11.7
80m - Under 20 & Veteran Women				
1	Angela James	Hav M	U20W	11.5
2	Christina Kelekun	NEB	W40	12.3
3	Rosamund Aylett	Walton	W55	12.6
80m - Under 11 boys				
1	Jake Young	Col H	U11M	12.4
2	Thomas Finch	WG&EL	U11M	13.0
3	Aaron Westwood	Ilf	U11M	13.1
4	Kieran Seager	Bas	U11M	13.4
80m - Under 13 Boys Race 1				
1	Alexander Hewitt	Hav M	U13M	11.4
2	Jamie Rattu	Bas	U13M	11.7
3	Ryan Green	Hav M	U13M	12.2
4	Marcus Turner	Hav M	U13M	12.5
5	Stephen Seager	Bas	U13M	13.3
80m - Under 13 Boys Race 2				
1	Josh Owen	Col H	U13M	11.8
2	Robert Woodgate	Hav M	U13M	12.0
3	Sam Dell	Hav M	U13M	12.4
4	John Nelson	Hav M	U13M	14.2
80m - Under 15 Men				
1	Jack Downes	Hav M	U15M	10.9
2	Liam Appleyard	Thurr	U15M	11.0
3	Oliver Garwandoe	Hav M	U15M	11.3
4	Chris Gell	Hav M	U15M	12.2
80m - Under 17 Men				
1	Ashley Purnell	Hav M	U17M	9.9
2	Dale Marks-Swain	Hav M	U17M	10.2
3	Michael Blunt	Unatt	U17M	10.5
80m - Under 20 Men				
1	Cameron Irwin	Col H	U20M	9.7
2	Tamovy Black	E&H	U20M	10.1
3	Tyron James	E&H	SM	10.1
4	James Lammin	Hav M	U20M	10.5

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING Held at HORNCHURCH,

28 March 2010

Pos	Name	Club	Age Group	Performance
80m - Senior Men				
1	Tobi Oputa	Leeds Uni	SM	9.5
2	Michael Shortall	Thurr	SM	9.9
3	Nat Senior	Ilf	SM	10.3
600m - Under 13 Girls & Under 15 Women				
1	Lydia Hallam	Hav M	U15W	1:46.1
2	Sophie Crofts	Chelm	U15W	1:47.9
3	Jessica Swain	Chelm	U15W	1:52.2
4	Joanne Cywinski	WG&EL	U15W	1:54.2
5	Bethany Chambers	Hav M	U15W	1:55.9
6	Amelia Barrett	WG&EL	U15W	1:56.4
7	Katherine-Jayne Watts	Col H	U13W	1:58.3
8	Anna Stancomb	Thurr	U13W	2:00.4
9	Alicia McArdell	WG&EL	U13W	2:01.3
10	Sky Mulvey	WG&EL	U13W	2:05.2
11	Amy Baggs	Hav M	U13W	2:06.3
12	Abigail Read	Col H	U13W	2:15.1
13	Amelia Hart	Hav M	U15W	2:15.8
600m - Under 17, Under 20 & Senior Women				
1	Perri Shakes-Drayton	VP&TH	SW	1:32.0
2	Sian Harry	Herts P	U20W	1:43.0
3	Zoe Watson	WG&EL	SW	1:43.9
4	Louise Douglass	Bas	SW	1:44.2
5	Jasmine Forde	SNH	SW	1:45.4
6	Nicola Aylett	Walton	U20W	1:49.5
7	Rachel Bentley	Wat	U20W	1:51.7
8	Claire Bentley	Wat	U17W	2:06.8
9	Gemma Wright	Brain	U17W	2:15.7
600m - Under 11 Boys				
1	Jake Young	Col H	U11M	1:54.2
2	Jack Woolf	S'end	U11M	2:09.8
3	Kieran Rattu	Bas	U11M	2:21.0
4	Terie Oduyoye	Unatt	U11M	2:37.5
600m - Under 13 Boys & Under 15 Men				
1	Jordan Fox	Hav M	U15M	1:49.2
2	Jack Maher	Ilf	U13M	1:51.1
3	Ryan Green	Hav M	U13M	1:51.8
4	Benjamin Haynes	NEB	U13M	1:54.1
5	Sean Wilson	Hav M	U13M	1:58.0
6	Samuel Smith	Thurr	U13M	1:59.8
7	Ben Pattison	Orion	U13M	2:01.1
600m - Under 17, Under 20 & Senior Men				
1	James Foley	VP&TH	SM	1:25.1
2	Simon Richards	Hav M	SM	1:26.4
3	Eric Nyangezi	Ilf	U20M	1:27.3
4	Massi Dendani	Hav M	U17M	1:27.8
5	Lennox Thompson	Thurr	U17M	1:32.6
6	Tony Macdowall	VP&TH	SM	1:35.8
7	Ben Kennard	Walton	U17M	1:37.0
8	Sam Bengé	WG&EL	U17M	1:37.8
9	Christopher Hyde	Hav M	U17M	1:39.6
10	Martin Norman	Walton	U20M	1:40.8
11	Julian Langley	Walton	M35	1:43.2
150m - Under 11 & Under 13 Girls				
1	Tolu Akingbade	Hav M	U13W	24.2
2	Phoebe Fuhr	WG&EL	U11W	25.5

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28 March 2010

Pos	Name	Club	Age Group	Performance
150m - Under 13 Girls Race 1				
1	Shannon McNeil	Bas	U13W	21.8
2	Sarah Weaver	S'end	U13W	23.1
3	Alice Martin	Thurr	U13W	23.3
4	Hannah Welch	Col H	U13W	23.7
5	Maisy Shead	Hav M	U13W	25.0
150m - Under 13 Girls Race 2				
1	Modupe Shokunbi	Hav M	U13W	22.3
2	Michelle Hughes	S'end HS for Girls	U13W	23.0
3	Phoebe Maloney	Hav M	U13W	23.5
4	Rachel Stanton	Col H	U13W	24.5
5	Sophia Sharpe	Hav M	U13W	25.9
150m - Under 15 Girls Race 1				
1	Moesha Howard	Chelm	U15W	20.9
2	Lucy Paskell	Walton	U15W	21.3
3	Kerry McCrory	S'end	U15W	22.3
4	Rachel Phelan	Hav M	U15W	23.4
5	Mercy Gutteridge	Hav M	U15W	23.5
6	Debrah Fitin Oyekan	Hav M	U15W	23.9
150m - Under 15 Girls Race 2				
1	Tia Telford-Dickson	Hav M	U15W	19.8
2	Camilla Papa	Walton	U15W	19.9
3	Natasha Hadley	Herts P	U15W	20.5
4	Tomi Akingbade	Hav M	U15W	21.6
5	Hannah Pattie-Belleli	WG&EL	U15W	21.7
150m - Under 17 & Under 20 Women				
1	Millie Phelan	Herts P	U20W	20.1
2	Holly Pattie-Belleli	WG&EL	U17W	20.7
3	Leanne McCrory	S'end	U17W	21.4
4	Lucy Allen	Hav M	U17W	21.4
5	Lucy Arnold	Hav M	U20W	22.0
6	Samantha Hill	Hav M	U20W	22.3
150m - Senior Women				
1	Tatyana Gutmann-Hancocks	Unatt	SW	20.0
2	Claire Brennan	Hav M	SW	21.1
3	Christina Kelekun	NEB	W40	23.7
4	Rosamund Aylett	Walton	W55	24.1
150m - Under 11 Boys				
1	Thomas Finch	WG&EL	U11M	24.5
2	Terie Oduyoye	Unatt	U11M	25.7
3	Kieran Seager	Bas	U11M	25.9
4	Aaron Westwood	Ilf	U11M	26.2
5	Kieran Rattu	Bas	U11M	26.3
150m - Under 13 Boys Race 1				
1	Alexander Hewitt	Hav M	U13M	21.2
2	Jamie Rattu	Bas	U13M	21.9
3	Ryan Green	Hav M	U13M	22.5
4	Marcus Turner	Hav M	U13M	24.3
5	Stephen Seager	Bas	U13M	24.8
150m - Under 13 Boys Race 1				
1	Josh Owen	Col H	U13M	22.0
2	Robert Woodgate	Hav M	U13M	22.8
3	Sam Dell	Hav M	U13M	23.6
4	Oliver Heazel	Hav M	U13M	23.8
5	Ryan Crane	Hav M	U13M	27.9

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28 March 2010

Pos	Name	Club	Age Group	Performance
150m - Under 15 Men Race 1				
1	Billy Bilton	Hav M	U15M	19.4
2	Alex Habbershaw	Hav M	U15M	20.1
3	Jack Downes	Hav M	U15M	20.4
4	Oliver Garwandoe	Hav M	U15M	21.1
150m - Under 15 Men Race 2				
1	Alex Law	Hav M	U15M	19.3
2	Lewis Middleton	Hav M	U15M	22.6
3	Chris Gell	Hav M	U15M	23.1
150m - Under 17 Men				
1	Tyler Bown	WG&EL	U17M	18.1
2	Tom Watts	S'end	U17M	18.3
3	Christopher Zah	VP&TH	U17M	18.9
4	Daniel Wilson	Hav M	U17M	18.9
5	Michael Blunt	Unatt	U17M	19.6
6	Jack Jordan	Hav M	U17M	20.0
150m - Under 20 Men Race 1				
1	Sam Watts	WG&EL	U20M	16.1
2	Isaac Ogunlade	Hav M	U20M	17.1
3	Curtis Blake	VP&TH	U20M	17.3
4	Omololu Abiodun	WG&EL	U20M	17.3
5	Tamovy Black	E&H	U20M	18.4
6	Ross Armorgie	Herts P	U20M	18.4
150m - Under 20 Men Race 2				
1	Cameron Webb	SNH	U20M	17.3
2	Austin Joseph	WG&EL	U20M	17.4
3	Eric Nyangezi	Ilf	U20M	18.0
4	Tom Larkin	WG&EL	U20M	18.0
5	Jack Edgar-Hill	Hav M	U20M	18.4
150m - Senior Men Race 1				
1	Leevan Yearwood	VP&TH	SM	16.3
2	Abdul-Wahab Buhari	VP&TH	SM	16.5
3	Matthew Thomas	NEB	SM	17.0
4	Saul Paine	VP&TH	SM	17.1
5	Tobi Oputa	Leeds Uni	SM	17.3
150m - Senior Men Race 2				
1	Darren Robinson	RAF	SM	17.1
2	Toleme Ezekiel	VP&TH	SM	17.2
3	Adam McCarthy	Walton	SM	17.9
4	Michael Shortall	Thurr	SM	18.0
5	Antonio Harewood	VP&TH	SM	18.2
150m - Senior Men Race 3				
1	Alex Babb	VP&TH	SM	17.5
2	Ammad Masood	Hav M	SM	17.8
3	Alex Aylett	Walton	SM	18.7
4	David O'Connell	Walton	SM	19.9
5	Leroy Gould	NEB	M45	20.2
300m - Under 15 Girls				
1	Jessica Swain	Chelm	U15W	49.1
2	Anna Stancomb	Thurr	U13W	53.2
3	Amy Baggs	Hav M	U13W	53.9
300m - Under 17 Women - Race 1				
1	Holly Thomas	Hav M	U17W	42.0
2	Finolla Frederick	Herts P	U17W	42.6
3	Aby Griffiths	Herts P	U17W	43.7
4	Georgia Green-Muid	Bas	U17W	43.8
5	Sian McCrory	S'end	U17W	44.8

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28 March 2010

Pos	Name	Club	Age Group	Performance
300m - Under 17 Women - Race 2				
1	Nicola Peachey	Hav M	U17W	45.4
2	Deborah Knight	Hav M	U17W	45.8
3	Lucy Allen	Hav M	U17W	46.8
4	Jessica Seekings	Hav M	U17W	46.9
5	Sophie Reynolds	Hav M	U17W	50.4
300m - Under 20 Women				
1	Emily Stevens	Herts P	U20W	41.4
2	Deborah Willis	Herts P	U20W	42.2
3	Amy McDonald	E&H	U20W	43.3
4	Samantha Beckett	Ashf	U20W	44.1
5	Felicity Clarke	Hav M	U20W	45.4
300m - Under 20 & Senior Women				
1	Katrina Cosby	B&B	U20W	40.8
2	Alexandra Hill	Herts P	U20W	43.5
3	Kelsey Boosey	Thurr	SW	46.6
4	Nina Brennan	Hav M	SW	48.5
5	Samantha Hill	Hav M	U20W	49.0
6	Nicola Aylett	Walton	U20W	49.2
300m - Under 13 Boys				
1	Sam Dell	Hav M	U13M	50.7
2	Samuel Smith	Thurr	U13M	51.2
3	Oliver Heazel	Hav M	U13M	52.0
300m - Under 17 men Race 1				
1	Simon Wake	Herts P	U17M	37.4
2	Lennox Thompson	Thurr	U17M	38.9
3	Massi Dendani	Hav M	U17M	39.4
4	Jack Jordan	Hav M	U17M	43.3
300m - Under 17 men Race 2				
1	Daniel Wilson	Hav M	U17M	38.9
2	George Huxley	Ashf	U17M	39.3
3	Dale Marks-Swain	Hav M	U17M	dnf
300m - Under 20 men				
1	Cameron Irwin	Col H	U20M	36.6
2	Peter Kirabo	WG&EL	U20M	38.5
3	Jack Edgar-Hill	Hav M	U20M	38.9
4	Martin Norman	Walton	U20M	40.0
300m - Senior Men Race 1				
1	Hamim Lubega	VP&TH	SM	34.7
2	Bomene Barikor	B&B	SM	34.8
3	Matt Hamilton	Herts P	SM	35.1
4	Steve Surety	Bas	SM	35.5
5	Alloy Wilson	B&B	SM	35.5
300m - Senior Men Race 2				
1	Alex Babb	VP&TH	SM	36.5
2	Darren Robinson	RAF	SM	36.6
3	Tobi Oputa	Leeds Uni	SM	36.6
4	Alec Wing	VP&TH	SM	40.8
300m - Senior Men Race 3				
1	Not known	Not known	SM	35.6
2	Alex Aylett	Walton	SM	40.1
3	David O'Connell	Walton	SM	41.5
4	Leroy Gould	NEB	M45	41.6

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28 March 2010

Pos	Name	Club	Age Group	Performance
High Jump - U20 & Senior Women				
1	Ellie Watson	Hav M	U20W	1.48
2	Chloe van Wulven	Hav M	SW	1.45
High Jump - U13 & Under 15 Girls				
1	Michelle Hughes	S'end HS for Girls	U13W	1.21
2	Katie Dawson	Ardleigh Gn Sch	U13W	1.15
3	Sidnie Phillips	Hav M	U15W	nhc
High Jump - Under 17, Under 20 & Senior Men				
1	James Lammin	Hav M	U20M	1.60
2	Harry Phillips	Hav M	U17M	1.57
3	Joshua Olawore	Hav M	U17M	1.55
4	Ammad Masood	Hav M	SM	1.51
High Jump - Under 15 Men				
1	Karl Tucker	Hav M	U15M	1.50
Long Jump - Under 20 Men				
1	Jack Valeri	B&H	U20M	6.05
2	Jonathan Gladwell	Col H	U20M	5.97
3	Kieran Nelson	Hav M	U20M	4.77
Long Jump - Under 17 Men				
1	Joshua Olawore	Hav M	U17M	6.16
2	Ashley Purnell	Hav M	U17M	5.59
3	Tom Watts	S'end	U17M	5.43
4	Lewis King	Thurr	U17M	5.22
5	Jake Nelson	Hav M	U17M	5.15
6	Adam Wileman	Hav M	U17M	4.89
7	Harry Phillips	Hav M	U17M	4.40
Long Jump - Under 15 Boys				
1	Alex Law	Hav M	U15M	5.42
2	Alex Habbershaw	Hav M	U15M	5.25
3	Billy Bilton	Hav M	U15M	4.52
4	Oliver Garwandoe	Hav M	U15M	4.49
5	Liam Appleyard	Thurr	U15M	4.15
6	Chris Gell	Hav M	U15M	3.84
Long Jump - Under 11 & Under 13 Boys				
1	Robert Woodgate	Hav M	U13M	3.75
2	Josh Owen	Col H	U13M	3.47
3	Benjamin Haynes	NEB	U13M	2.98
4	John Nelson	Hav M	U13M	2.64
1	Jake Young	Col H	U11M	3.31
Long Jump - Senior Women				
1	Hannah Connor	Hav M	SW	4.34
Long Jump - Under 17 Women				
1	Holly Thomas	Hav M	U17W	4.98
2	Nancy Le Beau	Thurr	U17W	4.85
3	Gemma Wright	Brain	U17W	3.60
Long Jump - Under 15 Women				
1	Clarice Parrott	Brain	U15W	4.64
2	Kerry McCrory	S'end	U15W	3.79
Long Jump - Under 13 Girls				
1	Alice Martin	Thurr	U13W	3.75
2	Sarah Weaver	S'end	U13W	3.55
1	Freya Gutteridge	Hav M	U13W	3.19
2	Sophia Sharpe	Hav M	U13W	2.52

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING Held at HORNCHURCH,

28 March 2010

Pos	Name	Club	Age Group	Performance
Pole Vault - Senior Women				
1	Karen Baldwin	Hav M	SW	2.80
2	Danielle Ross	Hav M	SW	2.50
Pole Vault - Under 15 Girls				
1	Mercy Gutteridge	Hav M	U15W	1.80
Triple Jump - U20 and Senior Women				
1	Annie Onions	Ports	SW	10.49
2	Polly Woods	Herts P	U20W	10.32
3	Rachel Dean	WG&EL	U20W	10.13
Triple Jump - U15 Boys				
1	Alex Law	Hav M	U15M	10.51
2	Liam Appleyard	Thurr	U15M	9.49
Triple Jump - U17 Men				
1	Joshua Olawore	Hav M	U17M	12.32
2	Adam Wileman	Hav M	U17M	9.93
Triple Jump - U20 and Senior Men				
1	Tom French	B&H	U20M	13.44
2	Jason Richards-Thompson	VP&TH	SM	13.34
3	Peter Kirabo	WG&EL	U20M	13.24
4	Nat Senior	Ilf	SM	13.12
5	Jack Valeri	B&H	U20M	12.65
6	Patrick Apantaku	Worth	U20M	12.28