

**HAVERING MAYESBROOK AC - SPRING WARM UP MEETING Held at  
HORNCHURCH, 29 March 2009**

	No.	Pos	Name	Club	Age Group	Performance
<b>300m Hurdles - U17 Women</b>						
300HU17W	f1	1	Caroline Hatley	Ashford	U17W	46.8
300HU17W	f6	2	Sophie Fuhr	WG&EL	U17W	50.2
300HU17W	f7	3	Nicola Peachey	Hav M	U17W	50.6
300HU17W	f11	4	Jessica Seekings	Hav M	U17W	56.8
<b>300m Hurdles - U20 Women</b>						
300HW	f5	1	Nicola Hill	Hav M	U20W	44.5
300HW	f40	2	Lauren Edgar-Hill	Hav M	U20W	DNF
<b>300m Hurdles - Senior Women</b>						
300HW	f13	1	Claire Brennan	Hav M	SW	48.7
300HW	f14	2	Laura Bealey	Hav M	SW	50.0
300HW	f2	3	Jo Murphy	Bas	SW	50.1
300HW	f4	4	Louise Douglass	Bas	SW	DNF
<b>300m Hurdles - U17 U20 &amp; Vet Men</b>						
300HM	m6	1	Adam McCarthy	Hav M	U20M	43.0
300HM	m8	2	Peter Benedickter	Luton	M40	43.1
300HU17M	m30	3	Jack Edgar-Hill	Hav M	U17M	43.1
300HM	m25	4	Leroy Gould	NEB	M40	46.9
<b>300m Hurdles - Senior Men</b>						
300HM	m2	1	Steve Surety	Bas	SM	39.3
300HM	m5	2	Michael Shortall	Thurr	SM	40.6
<b>80m - Under 11/ Under 13 Girls</b>						
80	f58	1	Modupe Shokunbi	Hav M	U11W	12.1
80	f44	2	Ella Lindsay	Unatt	U11W	12.7
80	f63	3	Thiziri Dendani	Hav M	U13W	12.9
80	f27	4	Erin Barrett	Hav M	U11W	13.1
<b>80m - Under 13 Girls</b>						
80	f22	1	Charlene Kudvidza	S'end	U13W	11.2
80	f43	2	Moesha Howard	Chelm	U13W	11.8
80	f46	3	Emily Jane Stockford	Chelm	U13W	11.9
80	f36	4	Mel Deer	Brain	U13W	12.3
80	f30	5	Kerry McCrory	S'end	U13W	12.5
<b>80m - Under 15 Girls Race 1</b>						
80	f12	1	Deborah Knight	Hav M	U15W	11.1
80	f20	2	Rylie Trott	Hav M	U15W	11.6
80	f57	3	Kaysia Grant	NEB	U15W	11.8
80	f19	4	Holly Clements	S'end	U15W	12.1
80	f51	5	Lydia Gad	Hav M	U15W	12.6
<b>80m - Under 15 Girls Race 2</b>						
80	f24	1	Jessica Quick	Bas	U15W	10.6
80	f33	2	Olivia Law	S'end	U15W	10.7
80	f64	3	Lucy Allen	Hav M	U15W	11.4
80	f56	4	Chantel Grey	NEB	U15W	11.6
80	f41	5	Sophie Reynolds	Hav M	U15W	11.6
80	f16	6	Gemma Wright	Brain	U15W	12.8
<b>80m - Under 17 Women</b>						
80	f50	1	Holly Thomas	Hav M	U17W	10.8
80	f28	2	Katie Swift	Chelm	U17W	11.2
80	f29	3	Sian McCrory	S'end	U17W	11.3
80	f31	4	Leanne McCrory	S'end	U17W	11.7
80	f32	5	Kelly Reynolds	Hav M	U17W	12.5
<b>80m - Senior 17 Women</b>						
80	f37	1	Lucy Sargent	Hav M	SW	10.1
80	f48	2	Elise Walker	Chelm	U20W	10.6
80	f4	3	Louise Douglass	Bas	SW	11.2

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	No.	Pos	Name	Club	Age Group	Performance
<b>80m - Under 13 Boys</b>						
80	m7	1	Alex Law	Hav M	U13M	10.8
80	m16	2	Jordan Fox	Hav M	U13M	11.2
80	m15	3	Chris Gell	Hav M	U13M	11.7
80	m31	4	Alexander Hewitt	Hav M	U13M	12.1
<b>80m - Under 15 Boys Race 1</b>						
80	m14	1	Ashley Purnell	Hav M	U15M	10.5
80	m19	2	Liam Appleyard	Thurr	U15M	11.5
80	m23	3	Marcus Ratcliff	Cecil Jones HS	U15M	11.9
80	m20	4	Lawrence Fanutza-Davis	Harl	U15M	12.0
<b>80m - Under 15 Boys Race 2</b>						
80	m9	1	Ryan O'Sullivan	Bas	U15M	9.6
80	m18	2	Tom Watts	S'end	U15M	10.4
80	m13	3	Patrick Chimhini	Hav M	U15M	10.7
80	m24	4	Reece Waters	Cecil Jones HS	U15M	11.8
<b>80m - Under 17 &amp; Under 20 Men</b>						
80	m26	1	Simon Richards	Hav M	U20M	10.4
80	m41	2	Steven Hagan-Barnard	Hav M	U17M	10.5
<b>80m - Senior Men</b>						
80	m5	1	Michael Shortall	Thurr	SM	9.7
80	m17	2	David Stephens	Horsh	SM	10.2
80	m32	3	Nat Senior	Ilf	SM	10.3
80	m1	4	David Kains	Unatt	SM	10.5
<b>600m - Under 13 Girls</b>						
600	f42	1	Abbey Chalmers	Chelm	U13W	1:58.2
600	f34	2	Amelia Barrett	WG&EL	U13W	1:58.6
600	f60	3	Abigail Spink	Hav M	U13W	1:58.6
600	f36	4	Mel Deer	Brain	U13W	2:08.5
600	f21	5	Ellen Atkinson	Ilf	U13W	2:11.5
600	f74	6	Imogen Hoskyns-Staples	S'end	U13W	2:13.4
<b>600m - Under 15 Girls</b>						
600	f62	1	Georgina Ferrari	WG&EL	U15W	1:44.1
600	f52	2	Sophie Crofts	Thurr	U15W	1:46.3
600	f65	3	Amanda Blaxland	Hav M	U15W	1:51.1
600	f35	4	Joanne Cywinski	WG&EL	U15W	1:52.8
600	f55	5	Madeline Smith	Col H	U15W	2:08.8
600	f47	6	Reggie Mathu	NEB	U15W	2:22.3
<b>600m - Under 17, Under 20 &amp; Senior Women</b>						
600	f4	1	Louise Douglass	Bas	SW	1:42.1
600	f72	2	Hannah McGowan-Jones	Thurr	U17W	1:43.9
600	f53	3	Katie-Ann Tuttlebury	Chelm	U20W	1:45.1
600	f68	4	Amber Turner	Hav M	U17W	1:46.8
600	f6	5	Sophie Fuhr	WG&EL	U17W	1:47.0
600	f26	6	Stacey Evers	C&T	U17W	1:47.8
600	f54	7	Nicola Page	Thurr	SW	1:50.9
<b>600m - Under 13 &amp; Under 15 Boys</b>						
600	m36	1	Michael Porter	C&T	U15M	1:29.6
600	m46	2	Nicholas Duffey	Hav M	U15M	1:48.0
600	m28	3	Freddy Keefe	Hav M	U13M	1:50.6
600	m21	4	Stephen Davies	Thurr	U13M	2:01.9
600	m43	5	Lorenzo Ferrari	WG&EL	U13M	2:06.1
600	m51	6	Harry Staples	S'end	U13M	2:15.9

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<b>600m - Under 17, Under 20 &amp; Senior Men</b>					
600	m44	1 Paul Scanlan	WG&EL	U17M	1:22.9
600	m34	2 Peter Smale	S'end	SM	1:25.9
600	m37	3 Peter Clinch	Ilf	M35	1:29.8
600	m35	4 Tom Gifford	C&T	U17M	1:31.5
600	m33	5 Jamie Buckley-Stanton	Hav M	U17M	1:33.6
600	m48	6 Russell Middleton	Hav M	M40	1:34.6
600	m42	7 Terry Noonan	Thurr	SM	1:34.9
600	m38	8 Massi Dendani	Hav M	U17M	1:35.0
600	m29	9 Joel Benedickter	Luton	SM	2:08.5
<b>150m - Under 11 Girls</b>					
150	f58	1 Modupe Shokunbi	Hav M	U11W	22.5
150	f44	2 Ella Lindsay	Unatt	U11W	24.0
150	f61	3 Lucy Goodfellow	Thurr	U11W	26.1
<b>150m - Under 13 Girls Race 1</b>					
150	f22	1 Charlene Kudvidza	S'end	U13W	21.3
150	f43	2 Moesha Howard	Chelm	U13W	21.8
150	f46	3 Emily Jane Stockford	Chelm	U13W	22.7
150	f21	4 Ellen Atkinson	Ilf	U13W	26.4
<b>150m - Under 13 Girls Race 2</b>					
150	f42	1 Abbey Chalmers	Chelm	U13W	23.0
150	f30	2 Kerry McCrory	S'end	U13W	23.6
150	f36	3 Mel Deer	Brain	U13W	24.2
<b>150m - Under 15 Girls Race 1</b>					
150	f24	1 Jessica Quick	Bas	U15W	19.9
150	f33	2 Olivia Law	S'end	U15W	20.3
150	f49	3 Georgia Green-Muid	Bas	U15W	20.4
150	f12	4 Deborah Knight	Hav M	U15W	21.0
150	f56	5 Chantel Grey	NEB	U15W	21.7
150	f20	6 Rylie Trott	Hav M	U15W	22.0
<b>150m - Under 15 Girls Race 2</b>					
150	f64	1 Lucy Allen	Hav M	U15W	21.6
150	f57	2 Kaysia Grant	NEB	U15W	21.9
150	f41	3 Sophie Reynolds	Hav M	U15W	22.6
150	f69	4 Grace Duffey	Hav M	U15W	22.8
150	f15	5 Isobel Barry	Orion	U15W	23.2
<b>150m - Under 17/Under 20 Women</b>					
150	f76	1 Rianne Ashitey	NEB	U17W	20.6
150	f39	2 Alexandra Edwards	NEB	U17W	20.7
150	f50	3 Holly Thomas	Hav M	U17W	20.8
150	f78	4 Nofisat Akerrele	NEB	U20W	21.1
150	f66	5 Bianca Ashbrook	S'end	U17W	22.5
<b>150m - Under 17/Under 20/ Senior Women</b>					
150	f48	1 Elise Walker	Chelm	U20W	20.0
150	f80	2 Jodine Williams	NEB	U17W	21.2
150	f59	3 Nina Brennan	Hav M	SW	21.8
150	f31	4 Leanne McCrory	S'end	U17W	21.9
<b>150m - Under 13 Boys</b>					
150	m16	1 Jordan Fox	Hav M	U13M	21.8
150	m15	2 Chris Gell	Hav M	U13M	22.8
150	m31	3 Alexander Hewitt	Hav M	U13M	23.4

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	No.	Pos	Name	Club	Age Group	Performance
<b>150m - Under 15 Boys</b>						
150	m9	1	Ryan O'Sullivan	Bas	U15M	17.5
150	m47	2	George Hadler	Ilf	U15M	19.3
150	m13	3	Patrick Chimhini	Hav M	U15M	19.6
150	m19	4	Liam Appleyard	Thurr	U15M	21.6
150	m20	5	Lawrence Fanutza-Davis	Harl	U15M	22.3
<b>150m - Under 17 Men</b>						
150	m27	1	Thomas Larkin	WG&EL	U17M	17.4
150	m53	2	Fraser Hubbard	Chelm	U17M	18.4
150	m39	3	Matthew Pickford	Hav M	U17M	19.4
150	m41	4	Steven Hagan-Barnard	Hav M	U17M	19.5
150	m40	5	Kavan Gillespie	Hav M	U17M	20.5
<b>150m - Under 20 &amp; Senior Men</b>						
150	m54	1	Charlie Moss	Hav M	U20M	17.7
150	m5	2	Michael Shortall	Thurr	SM	18.3
150	m52	3	Adam Fidgett	NVH	SM	18.4
150	m17	4	David Stephens	Horsh	SM	18.8
150	m1	5	David Kains	Unatt	SM	19.5
150	m25	6	Leroy Gould	NEB	M40	19.9
<b>300m Under 15 Girls Race 1</b>						
300	f62	1	Georgina Ferrari	WG&EL	U15W	44.2
300	f24	2	Jessica Quick	Bas	U15W	44.5
300	f52	3	Sophie Crofts	Thurr	U15W	47.7
300	f69	4	Grace Duffey	Hav M	U15W	49.4
<b>300m Under 15 Girls Race 2</b>						
300	f3	1	Hayley McLean	Unatt	U15W	43.2
300	f49	2	Georgia Green-Muid	Bas	U15W	45.0
300	f79	3	Hannah Maslen	S'end	U15W	46.8
<b>300m - Under 17 Women</b>						
300	f29	1	Sian McCrory	S'end	U17W	44.5
300	f28	2	Katie Swift	Chelm	U17W	45.2
300	f66	3	Bianca Ashbrook	S'end	U17W	46.3
300	f39	4	Alexandra Edwards	NEB	U17W	46.6
300	f76	5	Rianne Ashitey	NEB	U17W	48.3
300	f80	6	Jodine Williams	NEB	U17W	48.4
<b>300m - Under 20 Women</b>						
300	f77	1	Sarah Kigozi	NEB	U20W	45.7
300	f78	2	Nofisat Akerrele	NEB	U20W	46.8
300	f53	3	Katie-Ann Tuttlebury	Chelm	U20W	47.0
<b>300m - Senior Women</b>						
300	f37	1	Lucy Sargent	Hav M	SW	40.3
300	f59	2	Nina Brennan	Hav M	SW	46.4
300	f54	3	Nicola Page	Thurr	SW	48.6
<b>300m - Under 15 Boys</b>						
300	m18	1	Tom Watts	S'end	U15M	39.7
300	m47	2	George Hadler	Ilf	U15M	41.2
<b>300m - Under 17 Men</b>						
300	m44	1	Paul Scanlan	WG&EL	U17M	36.2
300	m27	2	Thomas Larkin	WG&EL	U17M	36.6
300	m50	3	Samuel Gibson	NEB	U17M	39.9
300	m53	4	Fraser Hubbard	Chelm	U17M	41.0
300	m4	5	Jonathan Seekings	Hav M	U17M	51.7

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	No.	Pos	Name	Club	Age Group	Performance
<b>300m - Under 20 Men</b>						
300	m55	1	Markus Hunt	Chelm	U20M	35.4
300	m12	2	Ben Studham	Orion	U20M	38.3
300	m26	3	Simon Richards	Hav M	U20M	39.4
300	m11	4	Cadel Thomas	Orion	U20M	39.5
<b>300m - Senior Men</b>						
300	m56	1	Alloy Wilson	B&B	SM	35.9
300	m10	2	Tyrell Spencer-Boatswain	E&H	SM	36.5
300	m57	3	David Nefs	Hav M	SM	37.2
300	m52	4	Adam Fidgett	NVH	SM	39.6
300	m1	5	David Kains	Unatt	SM	42.2
<b>High Jump</b>						
HJ	f18		Natalie LeBeau	Thurr	SW	1.57
HJ	f70		Poppy Lake	Bas	U15W	1.50
HJ	f3		Hayley McLean	Unatt	U15W	1.50
HJ	f16		Gemma Wright	Brain	U15W	NHC
HJ	f43		Moesha Howard	Chelm	U13W	1.35
HJ	f73		Georgie Taylor	Hav M	U13W	1.20
HJ	m23		Marcus Ratcliff	Cecil Jones HS	U15M	1.35
HJ	m7		Alex Law	Hav M	U13M	NHC
<b>Long Jump - Up to Under 15 - Boys &amp; Girls</b>						
LJ	m7		Alex Law	Hav M	U13M	4.44
LJ	m16		Jordan Fox	Hav M	U13M	4.31
LJ	m22		Jack Morris	Unatt	U13M	3.64
LJ	m15		Chris Gell	Hav M	U13M	3.62
LJ	f22		Charlene Kudvidza	S'end	U13W	4.28
LJ	f21		Ellen Atkinson	Ilf	U13W	2.62
LJ	m14		Ashley Purnell	Hav M	U15M	5.22
LJ	m18		Tom Watts	S'end	U15M	5.11
LJ	m20		Lawrence Fanutza-Davis	Harl	U15M	4.33
LJ	m19		Liam Appleyard	Thurr	U15M	3.99
LJ	f3		Hayley McLean	Unatt	U15W	4.65
LJ	f15		Isobel Barry	Orion	U15W	3.98
LJ	f16		Gemma Wright	Brain	U15W	3.38
<b>Long Jump - Under 17 Men &amp; Women and above</b>						
LJ	m45		Joseph Ramie	Hav M	U20M	6.52
LJ	m17		David Stephens	Horsh	SM	5.53
LJ	m39		Matthew Pickford	Hav M	U17M	4.38
LJ	f25		Lana Bond	Brain	SW	4.79
LJ	f17		Nancy LeBeau	Thurr	U17W	5.11
LJ	f23		Rachel Dean	WG&EL	U17W	4.86
<b>Pole Vault</b>						
PV	f8		Danielle Ross	Hav M	SW	2.40
PV	f9		Leanne Blayney	Hav M	SW	2.30
PV	f10		Karen Baldwin	Hav M	SW	2.20
PV	m3		Luke Williams	Padd W	SM	3.10

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	No.	Pos	Name	Club	Age Group	Performance
<b>Triple Jump - Male</b>						
TJ	m45		Joseph Ramie	Hav M	U20M	13.54
TJ	m32		Nat Senior	Ilf	SM	13.01
TJ	m49		Lee Jarrold	Hav M	U15M	8.84
TJ	m24		Reece Waters	Cecil Jones HS	U15M	7.77
<b>Triple Jump - Female</b>						
TJ	f23		Rachel Dean	WG&EL	U17W	10.67
TJ	f67		Polly Woods	Harl	U20W	10.38
TJ	f38		Louise Deer	Brain	U17W	10.01
TJ	f75		Kirsty Shepherd	Bas	U20W	9.42
TJ	f25		Lana Bond	Brain	SW	9.40
TJ	f71		Kelly Jarrold	Hav M	U17W	8.82
TJ	f45		Clare St John Coleman	Chelm	VetW	7.71