

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at HORNCHURCH, 30 March 2008

Pos	Name	Club	Age Group	Performance
300m Hurdles - U17 Women				
1	Chloe Galloway	WG&EL	U17W	47.9
2	Nikki Twine	Bas	U17W	51.3
3	Zoe Barnard	Thurr	U17W	62.3
300m Hurdles - Junior/Senior Women				
1	Nicola Hill	Hav M	U20W	46.9
2	Laura Bealey	Hav M	SW	48.8
3	Lauren Edgar-Hill	Hav M	U20W	50.3
4	Heidi Nicholas	Bas	SW	51.1
5	Cathy Matthews	Unatt	W35	54.1
300m Hurdles - U17 Men & Senior Men				
1	Michael Shortall	Thurr	SM	40.6
2	Peter Benedickter	Luton	M35	42.9
3	Adam McCarthy	Hav M	U17M	43.4
4	Jack Edgar-Hill	Hav M	U17M	44.1
80m - Under 11 Girls H1				
1	Georgina Oliver	Brentwood Sch	U11W	12.4
2	Chioma Abazie	Hav M	U11W	13.0
3	Georgia Macalle	Bas	U11W	13.5
4	Phoebe Maloney	Unatt	U11W	14.0
80m - Under 11 Girls H2				
1	Gloria Osumah	St Edw PS	U11W	12.8
2	Allison Akwei	St Edw PS	U11W	13.6
3	Lucy Day	Bas	U11W	14.2
80m - Under 11 Boys				
1	Joshua Amorah	St Edwards PS	U11M	12.3
2	Omari Acheampong	St Edwards PS	U11M	13.8
80m - Under 13 Girls H1				
1	Sacha Martin	Hav M	U13W	11.9
2	Deborah Johnson	Albany Sch	U13W	12.6
3	Kirsty Evans	Hav M	U13W	12.8
4	Elohor Sanomi	Hav M	U13W	12.8
5	Grace Duffy	Hav M	U13W	12.9
80m - Under 13 Girls H2				
1	Chloe Young	Col H	U13W	12.2
2	Ellie Mills	Hav M	U13W	13.4
3	Kerry McGrory	S'end	U13W	13.6
4	Hannah King	St Edw PS	U13W	13.7
80m - Under 13 Girls H3				
1	Shinaid Wilson	Unatt	U13W	12.5
2	Rachel Charlton	Hav M	U13W	13.2
3	Ellie Bullen	Hav M	U13W	13.5
4	Eniola Makanjuola	Hav M	U13W	14.1
80m - Under 13 Boys H1				
1	Mitchell Turffrey	S'end	U13M	11.8
2	Michael Law	S'end	U13M	12.1
3	Lee Jarrold	Hav M	U13M	12.4
4	Michael Law	S'end	U13M	12.5
80m - Under 13 Boys H2				
1	Scott Woolnough	Brentwood Sch	U13M	11.1
2	Liam Appleyard	Thurr	U13M	12.3
3	Jack Lawrence	Unatt	U13M	13.2
4	Theo Atkins	Unatt	U13M	14.0

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Pos	Name	Club	Age Group	Performance
80m - Under 15 Girls H1				
1	Hayley McLean	Thurr	U15W	11.4
2	Rosie Dailly	Chelm	U15W	11.7
3	Sian McGrory	S'end	U15W	11.7
4	Leanne McGrory	S'end	U15W	11.9
5	Rylie Trott	Hav M	U15W	12.2
80m - Under 15 Girls H2				
1	Olivia Law	S'end	U15W	11.3
2	Nikkita Sartori-Sigrist	Orion	U15W	11.6
3	Deborah Knight	Hav M	U15W	12.1
4	Nnedinjo Kochi	Hav M	U15W	12.8
80m - Under 15 Boy, U20 & Senior Men				
1	Akeem Akintokun	Bas	U15M	9.7
2	Michael Shortall	Thurr	SM	9.8
3	Nat Senior	Ilf	U20M	10.5
4	Ashley Purnell	Hav M	U15M	10.8
80m - Under 17 & Senior Women				
1	Heidi Nicholas	Bas	SW	10.7
2	Lydia St Ange	Hav M	U17W	11.3
3	Charlotte Malton	Chelm	U17W	12.1
4	Cathy Matthews	Unatt	W35	12.2
5	Precious Ayandokun	Hav M	U17W	12.8
600m - Under 11 Boys				
1	Fraser Scott	Unatt	U11M	1:57.4
2	Liam Norman	Ardleigh Grn Sch	U11M	2:04.8
600m - Under 11 & Under 13 Girls				
1	Sophie Crofts	Thurr	U13W	1:47.8
2	Suzanne Bentley	Watf	U13W	2:02.6
3	Kirsty Day	Bas	U13W	2:04.5
4	Christy Dailly	Chelm	U13W	2:05.4
5	Lydia Hallam	Hav M	U13W	2:06.4
6	Gemma Holloway	Thurr	U13W	2:08.0
7	Chay Clark	Unatt	U13W	2:08.6
8	Poppy Aitmarri	Unatt	U13W	2:10.4
9	Isobel Ives	Bas	U11W	2:12.1
10	Ruby Winchester	Thurr	U13W	2:41.9
600m - Under 13 Boys				
1	Nicholas Duffey	Hav M	U13M	1:50.8
2	Freddy Keefe	Hav M	U13M	1:56.7
3	Ciaran Rodway	Ilf	U13M	1:59.9
4	Theo Atkins	Unatt	U13M	2:03.7
5	Jacob Ronson	Albany Sch	U13M	2:05.9
6	George Dixon	Hav M	U13M	2:13.7
600m - Under 15 Girls				
1	Hayley McLean	Thurr	U15W	1:44.2
2	Natalie Woodhouse	S'end	U15W	1:49.9
3	Angel Collins-Smith	B & H	U15W	1:59.2
4	Claire Bentley	Watf	U15W	2:04.4

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Pos	Name	Club	Age Group	Performance
600m - Under 15 Boys				
1	James Vaughan	Thurr	U15M	1:42.0
2	Jack Benedickter	Luton	U15M	1:49.6
3	Ross Earney	Hav M	U15M	1:59.6
4	Christopher Hyde	Hav M	U15M	2:01.3
600m - Under 17, U20 & Senior Women				
1	Laura Bealey	Hav M	SW	1:44.4
2	Amber Turner	Hav M	U17W	1:45.2
3	Nicola Hill	Hav M	U20W	1:45.8
4	Stacey Eyers	C&T	U17W	1:46.4
5	Katie-Ann Tuttlebury	Chelm	U17W	1:48.0
6	Charlotte Malton	Chelm	U17W	1:57.7
600m - Under 17, U20 & Senior Men				
1	Thomas Larkin	WG&EL	U17M	1:28.2
2	Ben Bird	Chelm	U17M	1:32.1
3	Calum Fraser	B&B	U20M	1:33.1
4	Craig Moore	Hav M	U20M	1:36.1
5	Gordon Slater	Norwich	M45	1:38.3
6	Jamie Buckley-Stanton	Hav M	U17M	1:39.6
7	Jack Webb	Ilf	U17M	1:40.2
150m - Under 11 Girls				
1	Georgina Oliver	Brentwood Sch	U11W	23.6
2	Gloria Osumah	St Edw PS	U11W	24.3
3	Chioma Abazie	Hav M	U11W	24.8
4	Allison Akwei	St Edw PS	U11W	26.7
5	Lucy Day	Bas	U11W	26.9
6	Gemma Gilbert	Hav M	U11W	27.2
150m - Under 11 Boys				
1	Joshua Amorah	St Edwards PS	U11M	23.6
2	Liam Norman	Ardleigh Grn Sch	U11M	24.6
3	Omari Acheampong	St Edwards PS	U11M	25.9
150m - Under 13 Girls H1				
1	Shinaid Wilson	Unatt	U13W	23.2
2	Deborah Johnson	Albany Sch	U13W	23.8
3	Grace Duffy	Hav M	U13W	24.5
4	Elohor Sanomi	Hav M	U13W	24.6
5	Ellie Bullen	Hav M	U13W	25.5
150m - Under 13 Girls H2				
1	Chloe Young	Col H	U13W	22.8
2	Christy Dailly	Chelm	U13W	23.6
3	Ellie Mills	Hav M	U13W	25.2
4	Eniola Makanjuola	Hav M	U13W	27.1
150m - Under 13 Girls H3				
1	Suzanne Bentley	Watf	U13W	23.9
2	Rachel Charlton	Hav M	U13W	24.3
3	Kerry McGrory	S'end	U13W	25.5
4	Hannah King	St Edw PS	U13W	28.3
150m - Under 13 Boys				
1	Mitchell Turffrey	S'end	U13M	20.8
2	Jack Farmer	Thurr	U13M	21.6
3	Scott Woolnough	Brentwood Sch	U13M	22.2
4	Liam Appleyard	Thurr	U13M	23.7
5	Michael Law	S'end	U13M	23.7
6	Albert Stokes	Hav M	U13M	27.6

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150m - Under 15 Girls H1				
1	Olivia Law	S'end	U15W	21.1
2	Sian McGrory	S'end	U15W	21.3
3	Nikkita Sartori-Sigrist	Orion	U15W	21.9
4	Deborah Knight	Hav M	U15W	23.7
5	Olivia Law	S'end	U15W	23.8
150m - Under 15 Girls H2				
1	Leanne McGrory	S'end	U15W	21.7
2	Bianca Ashbrook	S'end	U15W	21.9
3	Veronique Oheari	Unatt	U15W	23.0
4	Rylie Trott	Hav M	U15W	23.9
5	Claire Bentley	Watf	U15W	24.4
150m - Under 15 Boys & Under 17 men				
1	Jack Edgar-Hill	Hav M	U17M	18.7
2	Kelechi Dyke	Unatt	U17M	18.9
3	Tom Watts	S'end	U15M	19.7
4	Jamie Buckley-Stanton	Hav M	U17M	22.6
150m - Under 17 & Under 20 Women				
1	Amy McDonald	S'end	U17W	20.0
2	Kelsey Boosey	Thurr	U20W	20.6
3	Jessica Grainger	Chelm	U17W	20.8
4	Shackeira Thomas	Camb H	U20W	20.9
5	Lauren Edgar-Hill	Hav M	U20W	22.2
150m - Senior Women				
1	Laura Hitchman	B & H	SW	19.6
2	Heidi Nicholas	Bas	SW	20.2
3	Zoe Young	Hav M	SW	20.7
4	Claire Brennan	Hav M	SW	20.7
5	Nina Brennan	Hav M	SW	22.2
6	Cathy Matthews	Unatt	W35	23.2
150m - Under 20 Men				
1	Charlie Dack	Thurr	U20M	17.0
2	Joseph Ramie	Hav M	U20M	17.7
3	Chris Travis	Thurr	U20M	18.4
4	Toma Davies	Unatt	U20M	19.0
5	Nat Senior	Ilf	U20M	19.5
150m - Senior Men				
1	Michael Shortall	Thurr	SM	18.0
2	James Murphy	Hav M	SM	18.3
3	Michael Peacock	Belg	M35	18.5
300m - Under 15 Girls				
1	Rebecca O'Neill	Hav M	U15W	46.5
2	Rosie Dailly	Chelm	U15W	47.6
3	Clare Rodway	Ilf	U15W	51.3
	Bianca Ashbrook	S'end	U15W	49.6
	<i>(missed race - ran with U20M)</i>			
300m - Under 15 Boys & Under 17 Men				
1	Akeem Akintokun	Bas	U15M	36.7
2	Tom Watts	S'end	U15M	40.9
3	Jack Edgar-Hill	Hav M	U17M	42.0
300m - Under 17 Women				
1	Amy McDonald	S'end	U17W	43.4
2	Jessica Grainger	Chelm	U17W	45.5
3	Nikki Twine	Bas	U17W	46.0
4	Katie-Ann Tuttlebury	Chelm	U17W	48.2
5	Kelly Jarrold	Hav M	U17W	49.8

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300m - Under 20 & Senior Women				
1	Laura Hitchman	B & H	SW	42.4
2	Laura Bealey	Hav M	SW	44.4
3	Claire Brennan	Hav M	SW	45.8
4	Nina Brennan	Hav M	SW	46.4
5	Heidi Nicholas	Bas	SW	47.2
6	Lauren Edgar-Hill	Hav M	U20W	48.5
300m - Under 20 Men (& U15 Girl)				
1	Lemar Charles	B&B	U20M	35.8
2	Alexander Blair	B&B	U20M	37.4
3	Aaron James	E&H	U20M	38.1
4	Chris Travis	Thurr	U20M	40.1
300m - Under 20 Men H2				
1	Charlie Dack	Thurr	U20M	36.6
2	Matthew Walters	B&B	U20M	37.4
3	Toma Davies	Unatt	U20M	42.2
300m - Senior Men				
1	Tyrell Boatswain	E&H	SM	36.7
2	James Murphy	Hav M	SM	37.7
3	Michael Peacock	Belg	M35	38.7
4	Luchien Anderson	Hav M	SM	40.2
5	Gordon Slater	Norwich	M45	43.6
Pole Vault - Female				
1	Melissa Strevens	NEB	SW	2.60
2	Kelly Montgomery	NEB	SW	2.30
High Jump - Under 20 Men				
1	Grant Twist	Hav M	U20M	1.63
2	Craig Moore	Hav M	U20M	1.55
High Jump - Under 17 Women				
1	Holly Slater	Norwich	U17W	1.58
2	Kelly Jarrold	Hav M	U17W	1.30
Long Jump - Under 11 Girls				
1	Georgia Macalle	Bas	U11W	3.63
2	Gemma Gilbert	Hav M	U11W	2.80
Long Jump - Under 13 Girls				
1	Deborah Johnson	Albany Sch	U13W	3.95
2	Chloe Young	Col H	U13W	3.63
3	Suzanne Bentley	Watf	U13W	3.52
4	Rachel Charlton	Hav M	U13W	2.63

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Pos	Name	Club	Age Group	Performance
Long Jump - Under 15 Girls				
1	Nancy Lebeau	Thurr	U15W	4.95
2	Natalie Woodhouse	S'end	U15W	4.30
3	Claire Bentley	Watf	U15W	3.66
Long Jump - Under 13 Boys				
1	Mitchell Turffrey	S'end	U13M	4.67
2	Toby Garner	Unatt	U13M	4.02
3	Jack Farmer	Thurr	U13M	4.00
4	Jack Lawrence	Unatt	U13M	3.85
Long Jump - Under 15 Boys:				
1	Ashley Purnell	Hav M	U15M	5.16
2	Tom Watts	S'end	U15M	4.57
Long Jump - Under 17 & Under 20 Men				
1	Joseph Ramie	Hav M	U20M	6.43
2	Kelechi Dyke	Unatt	U17M	5.36
3	Gabriel Makinwa	Hav M	U17M	5.31
Long Jump - Under 17 & Senior Women				
1	Zoe Young	Hav M	SW	5.03
2	Lana Bond	Unatt	SW	4.59
3	Emily Barratt	Thurr	U17W	4.57
4	Cathy Matthews	Unatt	W35	3.98
Triple Jump - Under 17 Women				
1	Emily Barratt	Thurr	U17W	9.66
2	Kelly Jarrold	Hav M	U17W	8.92
Triple Jump - Under 17 & Under 20 Men				
1	Joseph Ramie	Hav M	U20M	13.06
2	Gabriel Makinwa	Hav M	U17M	12.41
High Jump - Under 13 Boys				
1	Oliver Garner	Chelm	U13M	1.35
High Jump - Under 13 Girls				
1	Sacha Martin	Hav M	U13W	1.35
2	Katie Larbey	Ardleigh Grn Sch	U13W	1.15
3	Olivia Lenzion	Ardleigh Grn Sch	U13W	1.10
High Jump - Under 15 Girls				
1	Natalie Woodhouse	S'end	U15W	1.35
2	Hayley McLean	Thurr	U15W	1.30
3	Nikkita Sartori-Sigrist	Orion	U15W	1.30
4	Lydia Skilleter	Albany Sch	U15W	1.25