

**HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM Sunday 30 March
2014**

	No.	Pos	Name	Club	Age Group	Performance
300m Hurdles - Under 17 Women						
300HW	F77	1	Millie Sandell	Herts & Ware	U17W	47.3
300HW	F85	2	Leah Everson	B&B	U17W	48.0
300HW	F106	3	Una Laqueretabua	Tonb	U17W	48.1
300HW	F19	4	Shannon Jameson	NEB	U17W	51.0
300m Hurdles - Senior Women & Vet Man						
300HW	F81	1	Emily Stevens	E&H	SW	45.7
300HW	F111	2	Alex Hill	Herts P	SW	45.8
300HW	F99	3	Claire Brennan	Have	SW	47.4
300HM65	M98	4	Robert Maggio	Orion	M65	68.0
300m Hurdles - Under 17 Men						
300HU17M	m79	1	Thomas Pitkin	Have	U17M	41.1
300HU17M	m44	2	Cameron Amedee	Ashf	U17M	42.2
300HU17M	m53	3	Matthew Owers	Have	U17M	45.4
300m Hurdles - Under 20 & Senior Men						
300HM	M42	1	George Hadler	Have	U20M	39.8
300HM	M84	2	Lewis Church	Tonb	U20M	40.4
300HM	M96	3	Gareth Morris	Cardiff	SM	DNF
800m - Under 11 Girls						
800	F56	1	Abigail Ives	Bas	U11G	2:39.7
800	F35	2	Be Sheehan	HHH	U11G	2:49.4
800	F121	3	Eva Holland	HHH	U11G	2:53.9
800	F24	4	Hollie Jo McArdell	WGEL	U11G	2:57.0
800	F126	5	Claudia King	WGEL	U11G	3:02.9
800	F125	6	Sydney Foley	Have	U11G	3:03.7
800	F132	7	Ciara Pearce	Unatt	U11G	3:03.9
800	F6	8	Alice Atkins	Unatt	U11G	3:12.4
800	F45	9	Gabriella Browne	Unatt	U11G	3:16.0
800	F43	10	Katie McGowan	Bas	U11G	3:16.0
800m - Under 13 Girls Race 1						
800	F29	1	Ndidikama Okoh	Chelm	U13G	2:45.3
800	F71	2	Katie Liptrot	Herts & Ware	U13G	2:50.6
800	F38	3	Georgia Tombs	Brain	U13G	2:52.4
800	F15	4	Poppy Ellis	Have	U13G	2:53.4
800	F72	5	Katie Egerton	Herts & Ware	U13G	2:59.2
800	F51	6	Ann Cooper	Have	U13G	2:59.7
800	F70	7	Ella King	Have	U13G	3:00.5
800	F64	8	Amy Raven	Thurr	U13G	3:02.8
800	F58	9	Mary Carter	Have	U13G	3:09.6
800	F53	10	Kate Hoggart	Have	U13G	3:15.3
800m - Under 13 Girls Race 2						
800	F131	1	Aoibheann Pearce	Orion	U13G	2:38.3
800	F108	2	Felicity Galbally	S'end	U13G	2:42.7
800	F102	3	Savanna Harrison	Col H	U13G	2:45.0
800	F114	4	Keirra Scott	Thurr	U13G	2:49.1
800	F8	5	Rosie Brown	Have	U13G	2:52.7
800	F88	6	Hannah Panchal	Have	U13G	2:57.4
800	F130	7	Chloe Gagen	Have	U13G	3:00.2
800	F123	8	Chloe Morter	Have	U13G	3:04.9
800	F82	9	Grace Griffiths	Have	U13G	3:06.7
800	F124	10	Lucy Priestley	Have	U13G	3:09.1
800	F134	11	Charlotte Wright	Have	U13G	3:11.1

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	No.	Pos	Name	Club	Age Group	Performance
800m - Under 15 Girls & Under 17 Women						
800	F26	1	Katie Mitchell	Have	U15G	2:28.7
800	F21	2	Lucy Kidwell	S'end	U17W	2:32.8
800	F27	3	Jessica Mitchell	Have	U15G	2:40.3
800	F116	4	Brooke Mensah	Thurr	U17W	2:43.1
800	F86	5	Eugenie-Alexia Mulumba	NEB	U15G	2:46.0
800	F107	6	Heather Peters	Thurr	U15G	2:47.4
800	F119	7	Maria Holloway	Have	U15G	2:48.2
800	F112	8	Rhiannon Ryan	Thurr	U15G	2:48.8
800	F9	9	Isabella Burns	Unatt	U15G	2:53.4
800	F68	10	Amelia Day	Have	U15G	3:16.4
800m - Under 11 Boys						
800	M112	1	Owen Adams	Bas	U11B	2:58.3
800	M33	2	Jake Yems	Bas	U11B	3:04.7
800	M67	3	Rafferty Eastwood	Unatt	U11B	DNF
800m - Under 13 Boys						
800	M115	1	John Fennessey	Have	U15B	2:24.9
800	M39	2	Harry Parker	Thurr	U13B	2:25.6
800	M102	3	Mohammed Ali	HHH	U13B	2:25.6
800	M114	4	Oliver Woods	Have	U13B	2:33.7
800	M61	5	Max Caulfield	Col H	U13B	2:39.1
800	M14	6	Mason Hambleton	Thurr	U13B	2:46.9
800	M120	7	Ben Jones	Have	U13B	2:50.5
800	M99	8	Sonny Rossington	Have	U13B	2:53.3
800	M66	9	Jay Vassallo	Have	U13B	2:53.3
800	M116	10	Sam Shrimpton	Have	U13B	2:58.0
800m - Under 15 Boys						
800	M70	1	Saadaq Yousuf	NEB	U15B	2:16.3
800	M88	2	Taylor Newell	Thurr	U15B	2:25.1
800	M87	3	Jack Exley	Thurr	U15B	2:27.1
800	M97	4	Reece Scott	Thurr	U15B	2:29.2
800	M76	5	Mitchell Lawrence	S'end	U15B	2:35.1
800	M73	6	Maximus Gilhespy	Bed C	U15B	2:36.1
800	M105	7	Kieran O'Hara	Have	U15B	2:42.6
800m - Under 17 & Under 20 Men						
800	M104	1	Jack Maher	Ilf	U17M	2:01.5
800	M68	2	Finn Hutton	Have	U17M	2:22.3
800	M36	3	James Stewart	Have	U17M	2:42.1
800m - Under 20 & Senior Men						
800	M100	1	Lennox Thompson	NEB	SM	2:09.2
800	M5	2	Matthew Bland	Have	M45	2:14.7
800	M23	3	Noor Mohamoud	Harrow	U20M	2:16.4
800	M86	4	Bradley Brown	Ilf	M40	2:36.4

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	No.	Pos	Name	Club	Age Group	Performance
100m - Under 11 Girls Race 1						
100	f36	1	Isabella Smith	Unatt	U11G	15.7
100	f23	2	Ruby Mace	Unatt	U11G	16.0
100	f6	3	Alice Atkins	Unatt	U11G	16.2
100	f7	4	Alice Brown	Have	U11G	16.5
100m - Under 11 Girls Race 2						
100	f95	1	Holly Saxby	Unatt	U11G	16.9
100	f125	2	Sydney Foley	Have	U11G	17.1
100	f45	3	Gabriella Browne	Unatt	U11G	17.1
100m - Under 13 Girls Race 1						
100	f14	1	Leah Duncan	Brain	U13G	13.9
100	f70	2	Ella King	Have	U13G	14.5
100	f91	3	Charlotte Fransham	Have	U13G	14.6
100	f102	4	Savanna Harrison	Col H	U13G	14.7
100	f96	5	Grace Newson	Have	U13G	15.1
100m - Under 13 Girls Race 2						
100	F33	1	Caitlin Saggars	Unatt	U13G	14.3
100	F18	2	Lottie Hinson	Bas	U13G	14.4
100	F28	3	Holly Nicholls	Have	U13G	14.6
100	F15	4	Poppy Ellis	Have	U13G	15.3
100m - Under 13 Girls Race 3						
100	F52	1	Ava King	S'end	U13G	15.0
100	F8	2	Rosie Brown	Have	U13G	15.2
100	F51	3	Ann Cooper	Have	U13G	16.4
100	F58	4	Mary Carter	Have	U13G	16.5
100m - Under 13 Girls Race 4						
100	F100	1	Robyn Moody	Have	U13G	15.0
100	F67	2	Jessie Gower	Unatt	U13G	15.2
100	F97	3	Oznur Uckan	NEB	U13G	15.8
100	F88	4	Hannah Panchal	Have	U13G	15.9
100m - Under 13 Girls Race 5						
100	F118	1	Shona Gonese	S'end	U13G	13.9
100	F109	2	Evie Anderson	S'end	U13G	15.3
100	F115	3	Olivia Searle	Have	U13G	16.6
100	F120	4	Rebecca Stanley	Have	U13G	17.8
100m - Under 13 Girls Race 6						
100	F138	1	Isabella George	NEB	U13G	14.0
100	F140	2	Uloma Akwani	NEB	U13G	14.8
100	F129	3	Katie Judd	Unatt	U13G	15.2
100	F128	4	Lois Gordon	Brain	U13G	15.4

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	No.	Pos	Name	Club	Age Group	Performance
100m - Under 15 Girls - Race 1						
100	F49	1	Abigail Shipton	Have	U15G	13.4
100	F66	2	Ellie Rowan	S'end	U15G	13.5
100	F69	3	Eloise Lewis	S'end	U15G	13.7
100	F94	4	Danielle Bakare	NEB	U15G	14.1
100m - Under 15 Girls - Race 2						
100	F76	1	Ella Wansell	Herts & Ware	U15G	14.2
100	F5	2	Elizabeth Adams	Have	U15G	14.6
100	F86	3	Eugenie-Alexia Mulumba	NEB	U15G	15.0
100	F90	4	Yinka Shokunbi	Have	U15G	16.2
100m - Under 15 Girls - Race 3						
100	F139	1	Hannah Allen	Have	U15G	14.4
100	F141	2	Josie Waddams	Have	U15G	14.4
100	F9	3	Isabella Burns	Unatt	U15G	15.0
100	F133	4	Charlotte Knight	Orion	U15G	16.9
100m - Under 17 Women Race 1						
100	F65	1	Abby Beswick	E Grin	U17W	13.0
100	F93	2	Lucinda Bailey	Have	U17W	13.5
100	F50	3	Sasha Potgieter	S'end	U17W	14.6
100m - Under 17 Women Race 2						
100	F89	1	Modupe Shokunbi	Have	U17W	12.5
100	F19	2	Shannon Jameson	NEB	U17W	13.7
100	F61	3	Beth James	Thurr	U17W	14.5
100m - Senior Women						
100	F105	1	Natalie Le Beau	Thurr	SW	13.0
100	F103	2	Mercy Gutteridge	Have	U20W	13.4
100	F37	3	Clare St John-Coleman	Chelm	W50	15.7
100m - Under 11 Boys						
100	M57	1	Ashton Thatcher-Gray	Unatt	U11B	15.8
100	M59	2	Todd Riddell	Have	U11B	16.4
100	M28	3	Mason Smith	Unatt	U11B	16.5
100	M67	4	Rafferty Eastwood	Unatt	U11B	21.1
100m - Under 13 Boys Race 1						
100	M77	1	Jairzinho Morris	Have	U13B	12.6
100	M52	2	Joseph Harding	NEB	U13B	13.3
100	M13	3	Aaron Freshwater	Have	U13B	14.8
100	M1	4	James Adams	Have	U13B	15.1
100	M25	5	Max Polley	Have	U13B	16.2
100m - Under 13 Boys Race 2						
100	M120	1	Ben Jones	Have	U13B	15.1
100	M130	2	Kyle Constable	Have	U13B	15.5
100	M66	3	Jay Vassallo	Have	U13B	16.0
100	M74	4	Mack McAuley	Have	U13B	16.5
100m - Under 13 Boys Race 3						
100	M78	1	Tobi Idowu	Unatt	U13B	14.8
100	M71	2	Charlie Savill	Have	U13B	15.4
100	M32	3	Joe Wyatt	Have	U13B	16.2
100	M48	4	Frederick Perry	Have	U13B	16.3

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	No.	Pos	Name	Club	Age Group	Performance
100m - Under 15 Boys						
100	M29	1	Charlie Splarn	Thurr	U15B	12.5
100	M10	2	Charlie Dobson	Col H	U15B	12.5
100	M56	3	Karl Johnson	NEB	U15B	12.6
100	M24	4	Jack Noons	Have	U15B	13.2
100	M43	5	Jordan Sheridan	Harl	U15B	13.3
100m - Under 15 Boys						
100	M123	1	Mayowa Osunsami	NEB	U15B	11.6
100	M49	2	Jake Young	Col H	U15B	12.6
100	M109	3	Dennis Jeria	NEB	U15B	12.6
100	M110	4	Christopher Edwards	NEB	U15B	12.6
100	M81	5	Deandre Blake	Herts & Ware	U15B	13.8
100m - Under 17 Men Race 1						
100	M4	1	Lewis Bailey	Have	U17M	11.4
100	M45	2	Joseph Wilkin	Col H	U17M	12.0
100	M6	3	Fraser Boston	Have	U17M	12.0
100	M53	4	Matthew Owers	Have	U17M	12.3
100	M17	5	Alexander Hewitt	Have	U17M	13.3
100m - Under 17 Men Race 2						
100	M85	1	Joe Fuggle	Tonb	U17M	11.7
100	M55	2	Elliott Addison	Have	U17M	12.5
100	M82	3	Aidan Simpson	Thurr	U17M	12.6
100m - Under 17 Men Race 3						
100	M132	1	Abass Hemoh	NEB	U17M	11.5
100	M128	2	Connor Oliver	Col H	U17M	11.6
100	M133	3	Samuel Olofin	Have	U17M	12.9
100	M83	4	George Goss	Have	U17M	13.5
100m - Senior Men Race 1						
100	M37	1	Nicholas Atwell	HHH	SM	11.1
100	M19	2	Christopher Hewitt	B&H	SM	11.4
100	M92	3	Richard Holland	Have	SM	12.0
100	M54	4	George Sanderson	Notts Uni	SM	12.5
100	M86	5	Bradley Brown	Ilf	M40	15.2
100m - Senior Men Race 2						
100	M119	1	Ben Gibbs	Thurr	SM	11.4
100	M117	2	John Adekoya	Have	U20M	11.9
100	M113	3	Ed Thompson	Have	U20M	12.6
100	M137	4	Matthew Sturges	Have	U20M	12.9

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	No.	Pos	Name	Club	Age Group	Performance
1500m - Under 13 Girls						
1500	F17	1	Ursula Hall	HHH	U13G	5:22.8
1500	F149	2	Abigail Cunningham	HHH	U13G	5:25.6
1500	F146	3	Molly Sweetman	Have	U13G	5:31.3
1500	F151	4	Grace Ralston	S'end	U13G	5:35.0
1500	F32	5	Hannah Paton	Have	U13G	6:23.1
1500	F83	6	Hannah Rodgers	Col H	U13G	7:03.0
1500m - Under 15 Girls						
1500	F42	1	Maddie Shaw	HHH	U15G	5:00.5
1500	F127	2	Courtney Gordon	Brain	U15G	5:03.4
1500	F13	3	Tatiana Cooke	HHH	U15G	5:09.9
1500	F30	4	Kate O'Neill	Have	U15G	5:11.4
1500	F75	5	Elaina Rylance	Herts & Ware	U15G	5:58.4
1500	F148	6	Catherine Barker	Have	U15G	6:06.5
1500m - Under 17 & Under 20 Women						
1500	F142	1	Niamh Bridson-Hubbard	B&B	U17W	4:35.9
1500	F57	2	Isobel Ives	Bas	U17W	4:37.4
1500	F113	3	Gemma Holloway	Thurr	U20W	4:42.7
1500	F48	4	Kiera Tippett	Bas	U17W	5:10.9
1500	F122	5	Amy Baggs	Have	U17W	5:24.1
1500	F145	6	Charlotte Skeggs	Bas	U17W	5:24.5
1500	F150	7	Lois Wyatt	Have	U17W	5:27.2
1500	F147	8	Melissa Berry	SLH	U17W	5:28.1
1500m - Under 13 & Under 15 Boys						
1500	M51	1	Mosope Oyelola	NEB	U15B	4:31.7
1500	M103	2	Oliver Morter	Have	U15B	4:39.2
1500	M145	3	Bailey Hearne	Have	U15B	5:12.5
1500	M3	4	Samuel Atkins	Have	U15B	5:15.1
1500	M46	5	Arun Manget	Ilf	U13B	5:32.8
1500	M134	6	Bradley Deacon	Ilf	U13B	5:44.8
1500	M107	7	Peter Brinton-Quinn	Have	U13B	5:53.2
1500	M144	8	Matthew Bright	Have	U13B	6:02.5
1500m - Under 17, Under 20 & Senior Men						
1500	M142	1	Tom Gardner	Ilf	SM	4:14.2
1500	M138	2	Joseph Nourse	Brain	U20M	4:18.7
1500	M106	3	Usamah Patel	Ilf	U17M	4:21.4
1500	M5	4	Matthew Bland	Have	M45	4:23.8
1500	M80	5	Matthew Braybrook	Have	U17M	4:25.1
1500	M72	6	Joseph Patterson	C&T	U17M	4:28.9
1500	M121	7	Abdul Mohamed	Have	U20M	4:32.2
1500	M131	8	John Barker	Thrift Green	M45	4:32.7
1500	M40	9	Benjamin Haynes	Bas	U17M	4:34.1
1500	M122	10	Ghiles Salhi	Col H	U17M	4:37.2
1500	M124	11	Gary Cahill	Thurr	U17M	4:43.4
1500	M135	12	Stephen Davies	Bas	U20M	4:46.2
1500	M143	13	Samuel Smith	Thurr	U17M	4:52.3
1500	M47	14	Simon Tippett	Bas	M45	4:56.3

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	No.	Pos	Name	Club	Age Group	Performance
70m Hurdles - Under 13 Girls - Race 1						
70HU13G	F96	1	Grace Newson	Have	U13G	13.5
70HU13G	F29	2	Ndidikama Okoh	Chelm	U13G	14.5
70HU13G	F60	3	Adelaide Thatcher-Gray	Have	U13G	16.2
70m Hurdles - Under 13 Girls - Race 2						
70HU13G	F118	1	Shona Gonese	S'end	U13G	12.2
70HU13G	F131	2	Aoibheann Pearce	Orion	U13G	12.5
70HU13G	F63	3	Amy Nash	Have	U13G	16.7
75m Hurdles - Under 15 Girls Race 1						
75HU15G	F74	1	Nicole Parcell	Herts & Ware	U15G	12.1
75HU15G	F84	2	Shannon Dooley	Have	U15G	12.7
75HU15G	F62	3	Holly Nash	Have	U15G	13.4
75HU15G	F9	4	Isabella Burns	Unatt	U15G	16.4
75HU15G	F143	5	Rochelle Constable	Have	U15G	DNF
75m Hurdles - Under 13 Boys						
75HU13B	M118	1	Harry Jaranauskas	Unatt	U13B	14.6
75HU13B	M90	2	Max Law	Have	U13B	14.7
80m Hurdles - Under 15 Boys & Under 17 Women						
80HU15M	F65	1	Abby Beswick	E Grin	U17W	12.3
80HU17W	F93	2	Lucinda Bailey	Have	U17W	12.8
80HU17W	F19	3	Shannon Jameson	NEB	U17W	13.4
80HU15M	M60	4	Kieran Riddell	Have	U15B	14.5
80HU17W	F50	5	Sasha Potgieter	S'end	U17W	14.9
100m Hurdles - Under 17 Men (& Under 17 Woman)						
100HU17M	M2	1	Ethan Akanni	Bexley	U17M	14.1
100HU17M	M44	2	Cameron Amedee	Ashf	U17M	14.7
100HU18W	F79	3	Jenna Hoyte	Herts & Ware	U17W	15.9
100HU17M	M27	4	James Regan	Chelm	U17M	16.5
110m Hurdles - Under 20 Men						
110HU20M	M42	1	George Hadler	Have	U20M	15.7
110HU20M	M136	2	Matthew Scott	Bas	U20M	16.0
110HU20M	M84	3	Lewis Church	Tonb	U20M	16.2
110HU20M	M58	4	Karl Tucker	Have	U20M	16.8
110m Hurdles - Senior Men						
110H	M18	1	Matthew Hewitt	B&H	SM	15.3
110H	M96	2	Gareth Morris	Cardiff	SM	16.0

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	No.	Pos	Name	Club	Age Group	Performance
300m - Under 15 Girls						
300	F152	1	Emily Sharpe	Orion	U15G	44.2
300	F25	2	Isobel Mills	Orion	U15G	45.4
300	F69	3	Eloise Lewis	S'end	U15G	45.9
300	F153	4	Jaydan Alexander	Unatt	U15G	47.4
300	F59	5	Elysha Thatcher-Gray	Have	U15G	47.6
300	F68	6	Amelia Day	Have	U15G	60.6
300m - Under 17 Women						
300	F47	1	Katie Dawson	Have	U17W	44.5
300	F78	2	Amber Meakins	Herts & Ware	U17W	44.8
300m - Under 15 Boys						
300	M148	1	Femi Seki	NEB	U15B	37.6
300	M49	2	Jake Young	Col H	U15B	38.8
300	M70	3	Saadaq Yousuf	NEB	U15B	43.3
300	M24	4	Jack Noons	Have	U15B	45.1
400m Under 17 Men						
400	M65	1	James Hirst	Col H	U17M	52.2
400	M11	2	Michael Duncan	Have	U17M	57.4
400	M127	3	Tchai Codrington	Orion	U17M	57.7
400	M125	4	William Slaughter	Thurr	U17M	58.1
400	M129	5	Kody Powell	Camb H	U17M	59.0
400	M36	6	James Stewart	Have	U17M	71.1
400m - Under 20 Men						
400	M126	1	Hanif Henry	Orion	U20M	54.9
400	M15	2	Matthew Hamilton T47	Bas	U20M	56.2
400	M147	3	Ben Holdgate	Brain	U20M	60.5
400m - Senior Men						
400	M37	1	Nicholas Atwell	HHH	SM	48.3
400	M139	2	Markus Hunt	Chelm	SM	49.6
400	M146	3	Sam Coombes	Dartford	SM	53.4
400	M86	4	Bradley Brown	Ilf	M40	66.4
200m - Under 13 Girls Race 1						
200	F14	1	Leah Duncan	Brain	U13G	29.3
200	F33	2	Caitlin Saggars	Unatt	U13G	29.7
200	F18	3	Lottie Hinson	Bas	U13G	30.4
200	F52	4	Ava King	S'end	U13G	31.9
200m - Under 13 Girls Race 2						
200	F71	1	Katie Liptrot	Herts & Ware	U13G	29.9
200	F88	2	Hannah Panchal	Have	U13G	32.6
200	F60	3	Adelaide Thatcher-Gray	Have	U13G	35.3
200	F82	4	Grace Griffiths	Have	U13G	35.9
200m - Under 13 Girls Race 2						
200	F70	1	Ella King	Have	U13G	30.4
200	F128	2	Lois Gordon	Brain	U13G	31.3
200	F100	3	Robyn Moody	Have	U13G	32.8
200	F72	4	Katie Egerton	Herts & Ware	U13G	32.8

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	No.	Pos	Name	Club	Age Group	Performance
200m - Under 15 Girls						
200	F66	1	Ellie Rowan	S'end	U15G	28.3
200	F76	2	Ella Wansell	Herts & Ware	U15G	28.4
200	F62	3	Holly Nash	Have	U15G	28.6
200	F141	4	Josie Waddams	Have	U15G	30.5
200	F101	5	Lucy Scrutton	Have	U15G	30.6
200m - Under 17 & Under 20 Women						
200	F89	1	Modupe Shokunbi	Have	U17W	26.1
200	F47	2	Katie Dawson	Have	U17W	27.9
200	F136	3	Georgie Taylor	Have	U20W	28.5
200m - Under 13 Boys Race 1						
200	M77	1	Jairzinho Morris	Have	U13B	26.1
200	M13	2	Aaron Freshwater	Have	U13B	29.9
200	M71	3	Charlie Savill	Have	U13B	31.6
200	M50	4	Jamie Goodhew	Orion	U13B	31.7
200	M75	5	Dylan Alexander	NEB	U13B	32.9
200m - Under 13 Boys Race 2						
200	M95	1	Sam Mezoori	Have	U13B	30.1
200	M32	2	Joe Wyatt	Have	U13B	33.6
200	M107	3	Peter Brinton-Quinn	Have	U13B	33.7
200	M25	4	Max Polley	Have	U13B	34.3
200m - Under 15 Boys Race 1						
200	M10	1	Charlie Dobson	Col H	U15B	24.8
200	M29	2	Charlie Splarn	Thurr	U15B	25.5
200	M51	3	Mosope Oyelola	NEB	U15B	25.8
200	M24	4	Jack Noons	Have	U15B	28.0
200m - Under 15 Boys Race 2						
200	M148	1	Femi Seki	NEB	U15B	23.8
200	M63	2	Chinwuba Mezue	Herts & Ware	U15B	25.0
200	M110	3	Christopher Edwards	NEB	U15B	25.8
200m - Under 17 Men						
200	M4	1	Lewis Bailey	Have	U17M	23.7
200	M2	2	Ethan Akanni	Bexley	U17M	23.7
200	M45	3	Joseph Wilkin	Col H	U17M	24.5
200	M64	4	Josh West	Herts & Ware	U17M	24.9
200	M6	5	Fraser Boston	Have	U17M	25.4
200	M55	6	Elliott Addison	Have	U17M	26.0
200m - Under 17 & Senior Men						
200	M101	1	Michael Oku-Ampofo	NEB	U17M	23.3
200	M128	2	Connor Oliver	Col H	U17M	23.4
200	M85	3	Joe Fuggle	Tonb	U17M	23.5
200	M111	4	Noel Iziegbe	NEB	U17M	24.8
200	M140	5	Dominic Barnard	Bas	SM	25.5
200	M98	6	Robert Maggio	Orion	M65	37.0

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	No.	Pos	Name	Club	Age Group	Performance
Long Jump - Under 17, 20 & Senior Women						
LJ	F105	1	Natalie Le Beau	Thurr	SW	5.37
LJ	F34	2	Katy Sealy	Ips	SW	5.20
LJ	F4	3	April Castle	W Suff	U20W	4.68
LJ	F3	4	Hannah Castle	W Suff	SW	4.12
LJ	F37	5	Clare St John-Coleman	Chelm	v50	4.07
LJ	F65	1	Abby Beswick	E Grin	U17W	4.95
LJ	F61	2	Beth James	Thurr	U17W	4.58
LJ	F50	3	Sasha Potgieter	S'end	U17W	4.23
Long Jump - Under 17, 20 & Senior Men						
LJ	M91	1	Alex Law	Have	U20M	6.66
LJ	M89	2	Kieren Lock	C&C	U20M	6.57
LJ	M92	3	Richard Holland	Have	SM	6.16
LJ	M101	1	Michael Oku-Ampofo	NEB	U17M	6.35
Discus - All Male age groups						
DT2K	M12	1	Brett Foster	S'end	SM	28.81
DT1.75K	M93	1	Duane Jibunoh	Have	U20M	49.68
DT1.75K	M108	2	Joey Watson	WSEH	U20M	45.33
DT1.5K	M21	1	Will Hur	Woking	U17M	36.37
DT1.5K	M11	2	Michael Duncan	Have	U17M	32.04
DT1.5K	M94	3	Zach Mezoori	Have	U17M	24.46
DT1.5K	M27	4	James Regan	Chelm	U17M	24.07
DT1.0K	M90	1	Max Law	Have	U13B	27.34
DT1.0K	M69	2	Hal Hutton	Have	U13B	17.46
Discus - Senior & Under 20 Women						
DTW	F1	1	Evie Castle	W Suff	SW	24.19
DTW	F3	2	Hannah Castle	W Suff	SW	20.80
DTW	F136	1	Georgie Taylor	Have	U20W	38.68
DTW	F2	2	Debbie Castle	W Suff	U20W	26.53
DTW	F104	1	Freya Gutteridge	Have	U17W	34.39
DTW	F41	2	Evangeline Wilcox	BMH	U17W	29.32
DTW	F54	3	Madeleine Cannell	Thurr	U17W	24.95
DTW	F11	4	Elizabeth Butler-Clack	BMH	U17W	24.70
DTW	F135	1	Sophie Taylor	Have	U15G	22.40
DTW	F22	2	Gwen Leeming	BMH	U15G	22.35
DTW	F101	3	Lucy Scrutton	Have	U15G	20.68
DTW	F10	4	Victoria Butler-Clack	BMH	U15G	18.90
DTW	F73	5	Olivia Allen	Herts & Ware	U15G	18.41
DTW	F31	6	Daisy Partridge	Brain	U15G	17.13
DTW	F143	7	Rochelle Constable	Have	U15G	17.03
DTW	F90	8	Yinka Shokunbi	Have	U15G	15.39
DTW	F16	9	Philippa Gill	Have	U15G	12.53
DT0.75K	F44	1	Alex Gordon	Thurr	U13G	16.54

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	No.	Pos	Name	Club	Age Group	Performance
Long Jump - Under 15 Girls						
LJ	F69	1	Eloise Lewis	S'end	U15G	4.49
LJ	F110	2	Molly Daniels	Herts & Ware	U15G	3.54
Long Jump - Under 15 Boys						
LJ	M56	1	Karl Johnson	NEB	U15B	5.61
LJ	M10	2	Charlie Dobson	Col H	U15B	5.20
LJ	M43	3	Jordan Sheridan	Harl	U15B	4.99
LJ	M76	4	Mitchell Lawrence	S'end	U15B	4.51
Long Jump - Under 11 Girls						
LJ	F121	1	Eva Holland	HHH	U11G	2.88
LJ	F95	2	Holly Saxby	Unatt	U11G	2.79
LJ	F125	3	Sydney Foley	Have	U11G	2.58
Long Jump - Under 13 Girls						
LJ	F40	1	Ella Wigul	WGEL	U13G	3.88
LJ	F129	2	Katie Judd	Unatt	U13G	3.77
LJ	F91	3	Charlotte Fransham	Have	U13G	3.68
LJ	F131	4	Aoibheann Pearce	Orion	U13G	3.65
LJ	F108	5	Felicity Galbally	S'end	U13G	3.61
LJ	F128	6	Lois Gordon	Brain	U13G	3.59
LJ	F29	7	Ndidikama Okoh	Chelm	U13G	3.54
LJ	F67	8	Jessie Gower	Unatt	U13G	3.48
LJ	F82	9	Grace Griffiths	Have	U13G	3.38
LJ	F14	10	Leah Duncan	Brain	U13G	3.32
LJ	F63	11	Amy Nash	Have	U13G	3.15
LJ	F38	12	Georgia Tombs	Brain	U13G	3.12
LJ	F109	13	Evie Anderson	S'end	U13G	3.12
LJ	F58	14	Mary Carter	Have	U13G	3.09
LJ	F83	15	Hannah Rodgers	Col H	U13G	2.51
Long Jump - Under 11 Boys						
LJ	M57	1	Ashton Thatcher-Gray	Unatt	U11B	3.10
LJ	M33	2	Jake Yems	Bas	U11B	2.45
LJ	M67	3	Rafferty Eastwood	Unatt	U11B	1.96
Long Jump - Under 13 Boys						
LJ	M52	1	Joseph Harding	NEB	U13B	4.77
LJ	M77	2	Jairzinho Morris	Have	U13B	4.36
LJ	M130	3	Kyle Constable	Have	U13B	3.56
LJ	M71	4	Charlie Savill	Have	U13B	3.52
LJ	M75	5	Dylan Alexander	NEB	U13B	3.51
LJ	M118	6	Harry Jaranauskas	Unatt	U13B	3.50
LJ	M78	7	Tobi Idowu	Unatt	U13B	3.41
LJ	M66	8	Jay Vassallo	Have	U13B	3.28
LJ	M25	9	Max Polley	Have	U13B	3.14
LJ	M74	10	Mack McAuley	Have	U13B	3.06

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	No.	Pos	Name	Club	Age Group	Performance
Shot - Under 17, Under 20 & Senior Women						
SP4K	F1	1	Evie Castle	W Suff	SW	11.05
SP4K	F2	2	Debbie Castle	W Suff	U20W	8.78
SP4K	F41	3	Evangeline Wilcox	BMH	U17W	8.16
Shot - Under 15 Women						
SP3.25K	F74	1	Nicole Parcell	Herts & Ware	U15G	11.13
SP3.25K	F22	2	Gwen Leeming	BMH	U15G	8.92
SP3.25K	F16	3	Philippa Gill	Have	U15G	8.44
SP3.25K	F59	4	Elysha Thatcher-Gray	Have	U15G	7.99
SP3.25K	F31	5	Daisy Partridge	Brain	U15G	7.01
SP3.25K	F110	6	Molly Daniels	Herts & Ware	U15G	6.66
SP3.25K	F55	7	Amelia Owers	Have	U15G	6.26
Shot - Under 13 girls						
SP2.72K	F44	1	Alex Gordon	Thurr	U13G	7.44
SP2.72K	F100	2	Robyn Moody	Have	U13G	5.67
SP2.72K	F115	3	Olivia Searle	Have	U13G	4.18
SP2.72K	F120	4	Rebecca Stanley	Have	U13G	3.99
Shot - Senior Men						
SP7.26K	M108	1	Joey Watson	WSEH	U20M	15.91
SP7.26K	M12	2	Brett Foster	S'end	SM	10.49
Shot - Under 20 Men						
SP6K	M108	1	Joey Watson	WSEH	U20M	17.31
SP6K	M84	2	Lewis Church	Tonb	U20M	11.67
Shot - Under 17 Men						
SP5K	M94	1	Zach Mezoori	Have	U17M	8.49
Shot - Under 15 Men						
SP4K	M29	1	Charlie Splarn	Thurr	U15B	10.24
Shot - Under 13 Boys						
SP3.25K	M50	1	Jamie Goodhew	Orion	U13B	5.43
SP3.25K	M1	2	James Adams	Have	U13B	5.12
High Jump - Senior Women						
HJ	F98	1	Bethan Siddons	Have	SW	1.55
HJ	F105	2	Natalie Le Beau	Thurr	SW	1.55
High Jump - Under 17 Women						
HJ	F47	1	Katie Dawson	Have	U17W	1.55
HJ	F144	2	Chenice Constable	Have	U17W	1.55
HJ	F80	3	Chieniyem Mezue	Herts & Ware	U17W	1.45
High Jump - Under 15 Girls						
HJ	F49	1	Abigail Shipton	Have	U15G	1.46
HJ	F117	2	Natasha Dowie	Have	U15G	1.46
HJ	F5	3	Elizabeth Adams	Have	U15G	1.40
HJ	F62	4	Holly Nash	Have	U15G	1.35
HJ	F75	5	Elaina Rylance	Herts & Ware	U15G	1.30
High Jump - Under 13 Girls						
HJ	F109	1	Evie Anderson	S'end	U13G	1.20
HJ	F32	2	Hannah Paton	Have	U13G	1.05

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	No.	Pos	Name	Club	Age Group	Performance
High Jump - Senior Men						
HJ	M7	1	Martin Cherrington	Tip	SM	1.85
HJ	M141	2	John Bancroft	Bexley	M50	1.45
High Jump - Under 17 Men						
HJ	M27	1	James Regan	Chelm	U17M	1.70
HJ	M82	2	Aidan Simpson	Thurr	U17M	1.70
HJ	M8	3	Ben Crumpton	Tip	U17M	1.45
High Jump - Under 13 Boys						
HJ	M13	1	Aaron Freshwater	Have	U13B	1.40
HJ	M99	2	Sonny Rossington	Have	U13B	1.10
HJ	M107	3	Peter Brinton-Quinn	Have	U13B	1.05
Triple Jump - Female						
TJ	F4	1	April Castle	W Suff	U20W	10.36
TJ	F61	2	Beth James	Thurr	U17W	9.22
TJ	F37	3	Clare St John-Coleman	Chelm	v50	8.39
Triple Jump - Male						
TJ	M117	1	John Adekoya	Have	U20M	12.15
TJ	M89	2	Kieren Lock	C&C	U20M	11.72
TJ	M6	3	Fraser Boston	Have	U17M	11.12
TJ	M82	4	Aidan Simpson	Thurr	U17M	10.95
Javelin - Under 20 Men						
JT800	M35	1	James Bongart	WGEL	U20M	50.30
JT800	M84	3	Lewis Church	Tonb	U20M	40.35
JT800	M108	2	Joey Watson	WSEH	U20M	26.77
Javelin - Under 15 Men						
JT600	M63	1	Chinwuba Mezue	Herts & Ware	U15B	27.97
Javelin - Under 13 Men						
JT400	M90	1	Max Law	Have	U13B	35.10
JT400	M1	2	James Adams	Have	U13B	NT
Javelin - Under 20 & Senior Women						
JT600	F34	1	Katy Sealy	Ips	SW	33.04
JT600	F1	2	Evie Castle	W Suff	SW	31.64
JT600	F2	3	Debbie Castle	W Suff	U20W	27.79
JT600	F92	4	Natalie Mann	Camb H	SW	18.20
Javelin - Under 17 Women						
JT600	F137	1	Alice Martin	Have	U17W	29.19
Javelin - Under 15 Girls						
JT600	F31	1	Daisy Partridge	Brain	U15G	22.07
JT600	F101	2	Lucy Scrutton	Have	U15G	18.82