

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>300m Hurdles - Women Race 1</b>						
300HW	1	Adefunke Oyewole	NEB	U20W	47.2	*
300HW	2	Jessica Maw	Winch	U17W	47.9	*
300HW	3	Nikita Satori-Sigrist	Orion	U17W	49.5	*
300HW	4	Hannah Pattie-Belleli	WG&EL	U17W	DNF	
<b>300m Hurdles - Women Race 2</b>						
300HW	1	Emily Stevens	Herts P	SW	43.2	*
300HW	2	Claire Brennan	Hav M	SW	46.4	*
300HW	3	Stephanie Williams	Herts P	U17W	47.2	*
300HW	4	Chloe Van Wulven	Hav M	SW	DNF	
<b>300m Hurdles - Male</b>						
300HM	1	Michael Shorthall	Thurr	SM	40.2	*
300HM	2	Adam McCarthy	Hav M	SM	41.2	*
300HU17M	3	George Hadler	Hav M	U17M	42.3	*
<b>800m - Under 11 &amp; Under 13 Girls Race 1</b>						
800	1	Anna Stancomb	Thurr	U13W	2:43.4	*
800	2	Niamh Smith	Bas	U13W	2:51.6	
800	3	Brittany Abbott-Trangmar	Thurr	U13W	2:54.2	
800	4	Emily Marshall	Hav M	U13W	2:56.6	
800	5	Mayi Hughes	Hav M	U11W	3:06.6	
800	6	Sophie Rand	Branfill Pri	U11W	3:07.3	
<b>800m - Under 13 Girls Race 2</b>						
800	1	Amy Baggs	Hav M	U13W	2:44.7	*
800	2	Ameila Thorne	S'end	U13W	2:52.9	
800	3	Elle Smith	Wm Edwd Sch	U13W	2:57.2	
800	4	Joelle Onabanjo	Bishops Chal Sch	U13W	2:57.5	
800	5	Stephanie Clay	Wm Edwd Sch	U13W	3:09.1	
800	6	Polly Banks	C&T	U13W	3:10.6	
<b>800m - Under 15 Girls Race 1</b>						
800	1	Heidi Surman-Wells	Hav M	U15W	2:27.1	*
800	2	Lucy Kidwell	S'end	U15W	2:34.6	*
800	3	Hanna Banks	C&T	U15W	2:37.3	
800	4	Tara Procter	Herts P	U15W	2:38.5	
800	5	Georgia Mills	Wm Edwd Sch	U15W	2:42.9	
800	6	Kajal Chopra	Wm Edwd Sch	U15W	3:01.1	
<b>800m - Under 15 Girls Race 2</b>						
800	1	Abigail Spink	Hav M	U15W	2:34.5	*
800	2	Olivia Sofroniou	S'end HSG	U15W	2:38.8	
800	3	Zoe Rudgley	Hav M	U15W	2:59.8	
800	4	Robbie Nunn	Hav M	U15W	3:09.2	
800	5	Ella -Rose Rudgley	Hav M	U15W	3:35.5	
<b>800m - Under 17, Under 20 &amp; senior Women</b>						
800	1	Perri Shakes-Drayton	VP&TH	SW	2:08.6	*
800	2	Deborah Willis	Herts P	U20W	2:24.7	*
800	3	Maureen Miller	B&B	W45	2:31.4	
800	4	Kelly Mavididi	Ilf	U17W	2:35.1	
800	5	Hanah Thompson	WSEH	SM	2:37.8	
<b>800m - Under 11 &amp; Under 13 Boys</b>						
800	1	Tyler Chu	Wm Edwd Sch	U15M	2:39.3	
800	2	Ryan Green	Hav M	U13M	2:39.3	
800	3	Aaron Westwood	Hav M	U13M	2:53.1	
800	4	Michael Hollette	Hav M	U13M	2:57.1	
800	5	Eddie Rudgley	Hav M	U13M	3:02.9	
800	6	Jack Payne	Upm Jnr	U13M	3:08.2	
800	7	Joshua Stephens	Hav M	U13M	3:15.9	

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	Pos	Name	Club	Age Group	Performance	AW/POT
<b>800m - Under 15 Boys</b>						
800	1	Silvio Junior	Beth Gn TC	U15M	2:31.3	
800	2	Robert Hall	Thurr	U15M	2:29.1	
800	3	Jack Bundock	Wm Edwd Sch	U15M	2:51.4	
800	4	Sam Dell	Hav M	U15M	2:53.9	
800	5	Mitchel Girt	Wm Edwd Sch	U15M	2:54.7	
800	6	William Hart	Hav M	U15M	2:56.3	
<b>800m - Under 17 &amp; Under 20 Men</b>						
800	1	Joe Robinson	NEB	U17M	2:12.2	
800	2	Jordan Purkiss	Wm Edwd Sch	U17M	2:21.2	
800	3	Omar Rashid	Ilf	U20M	2:22.4	
<b>800m - Senior Men</b>						
800	1	Mike Cummings	HHH	SM	2:01.0	*
800	2	Tom Gardner	Ilf	SM	2:03.4	*
800	3	Tom Heslop	VP&TH	SM	2:04.0	*
800	4	Alec Wing	VP&TH	SM	2:05.0	
800	5	Simon Basey	VP&TH	SM	2:09.1	
800	6	Glenn Gray	Harrow	M40	2:14.1	
<b>100m - Under 11 &amp; Under 13 Girls Race 1</b>						
100	1	Lilly Jewell	Wm Edwd Sch	U13W	14.7	*
100	2	Amy Coleman	Brain	U13W	15.0	
100	3	Chloe Hallett	Wm Edwd Sch	U13W	15.5	
100	4	Lily-May Hill	Hav M	U13W	16.6	
100	5	Mayi Hughes	Hav M	U11W	16.8	
<b>100m - Under 13 Girls Race 2</b>						
100	1	Modupe Shokunbi	Hav M	U13W	13.7	*
100	2	Jessica Appeagyei	Bishops Chal Sch	U13W	13.9	*
100	3	Annie Maguire	Hav M	U13W	14.7	*
100	4	Jessica Down	S'end	U13W	15.1	
100	5	Zoe Deighton	Wm Edwd Sch	U13W	16.1	
100	6	Holly Adeniji	Wm Edwd Sch	U13W	17.7	
<b>100m - Under 13 Girls Race 3</b>						
100	1	Tolu Akingbade	Hav M	U13W	14.6	*
100	2	Charlotte Welch	Unatt	U13W	14.7	*
100	3	Sophia Sharpe	Hav M	U13W	15.3	
100	4	Jordanne Lewis-Shodeine	Newtons Pri	U13W	15.4	
100	5	Bebe Ray	Wm Edwd Sch	U13W	15.7	
100	6	Maisy Shead	Hav M	U13W	15.9	
<b>100m - Under 15 Girls - Race 1</b>						
100	1	Moesha Howard	Chelm	U15W	13.0	*
100	2	Ashleigh Lewis-Shodeine	Frances Bards Sch	U15W	13.7	*
100	3	Amber Meakins	Herts P	U15W	13.7	*
100	4	Lucy Jewell	Thurr	U15W	14.2	
100	5	Emma Whitby	Hav M	U15W	14.3	
100	6	Phoebe Maloney	Hav M	U15W	14.7	
<b>100m - Under 15 Girls - Race 2</b>						
100	1	Hillary Brown-Adams	Bishops Chal Sch	U15W	13.6	*
100	2	Kerry McCrory	S'end	U15W	13.7	*
100	3	Esther Gbenebor	Bishops Chal Sch	U15W	14.2	
100	4	Mercy Gutteridge	Hav M	U15W	14.3	
100	5	Beth James	Thurr	U15W	14.7	
100	6	Marina Boules	Wm Edwd Sch	U15W	15.6	
<b>100m - Under 15 Girls - Race 3</b>						
100	1	Tomi Akingbade	Hav M	U15W	13.6	*
100	2	Joanna Kaleni	Bishops Chal Sch	U15W	13.7	*
100	3	Lucy Shaw	S'end	U15W	13.9	
100	4	Michelle Hughes	Hav M	U15W	13.9	
100	5	Tamsin Jokhan	Wm Edwd Sch	U15W	15.5	

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	Pos	Name	Club	Age Group	Performance	AW/POT
<b>100m - Under 17 Women</b>						
100	1	Tamara Chambers	Ilf	U17W	13.1	*
100	2	Natashia Hadley	Herts P	U17W	13.1	*
100	3	Deborah Knight	Hav M	U17W	13.5	
100	4	Shannon Procter	Herts P	U17W	13.6	
100	5	Zaika Nche	Bishops Chal Sch	U17W	13.9	
100	6	Daniella Bonomo	Ilf	U17W	15.8	
<b>100m - Under 20 Women</b>						
100	1	Abbie Griffiths	Herts P	U20W	13.4	
100	2	Adefunke Oyewole	NEB	U20W	13.6	
100	3	Sian McCrory	S'end	U20W	13.8	
100	4	Leanne McCrory	S'end	U20W	14.4	
<b>100m - Under 20 Women</b>						
100	1	Heather Shephard	Col H	SW	12.8	*
100	2	Leah Barrow	WSEH	SW	12.9	*
100	3	Paula Watson	NEB	W40	13.4	*
<b>100m - Under 11 Boys</b>						
100	1	Joshua Oluwayemi	Harold Wood Pri	U11M	15.7	
100	2	Louie Shead	St Joseph's Pri	U11M	15.8	
100	3	Findley Hall	Unatt	U11M	16.0	
<b>100m - Under 13 Boys Race 1</b>						
100	1	David Rufai	Wm Edwd Sch	U13M	14.8	
100	2	Joe Winn	Wm Edwd Sch	U13M	15.5	
100	3	Aaron Westwood	Hav M	U13M	16.2	
100	4	Michael Hollette	Hav M	U13M	17.5	
100	5	Stephen Wilson	Ilf	U13M	18.0	
<b>100m - Under 13 Boys Race 2</b>						
100	1	James Pearson	Wm Edwd Sch	U13M	13.3	*
100	2	Morgan Seaman	Hav M	U13M	14.2	*
100	3	Danny-Lee Dodge	Wm Edwd Sch	U13M	14.6	
100	4	Oscar Brigden	Unatt	U13M	14.9	
100	5	Callum Wood	Hav M	U13M	15.9	
<b>100m - Under 15 Boys</b>						
100	1	Joshua Norman	Hav M	U15M	13.4	
100	2	Reece Dunn	Wm Edwd Sch	U15M	14.0	
100	3	Lewis Thorn	Brain	U15M	14.1	
100	4	Sam Dell	Hav M	U15M	14.9	
<b>100m - Under 15 Boys</b>						
100	1	Tobi Adeyeni	Hav M	U15M	12.6	*
100	2	Alexander Hewitt	Hav M	U15M	13.2	
100	3	Liam Norman	Hav M	U15M	14.2	
100	4	Jack Lewis	Harlow	U15M	14.9	
<b>100m - Under 17 Men Race 1</b>						
100	1	Tom Watts	S'end	U17M	11.7	*
100	2	Qu Edwards	Ilf	U17M	12.1	
100	3	Bobby N-Ike	Ilf	U17M	12.2	
100	4	Gospel Adepanjo	NEB	U17M	12.2	
100	5	Kyle Marshall	S'end	U17M	12.2	
<b>100m - Under 17 Men Race 2</b>						
100	1	Oliver Best	Bas	U17M	11.7	*
100	2	Alec Roeper	Coopers Coborn	U17M	12.1	
100	3	Simon Wilson	Ilf	U17M	13.2	
100	4	Kevin Wilson	Ilf	U17M	15.9	
<b>100m - Under 17 Men Race 3</b>						
100	1	Gabriel Imiko	Wm Edwd Sch	U17M	12.0	*
100	2	Reece Mathurin	Hav M	U17M	12.1	
100	3	Rolce Marcelo	Beth Gn TC	U17M	12.5	
100	4	Chris Needham	Harlow	U17M	13.2	

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	Pos	Name	Club	Age Group	Performance	AW/POT	
<b>100m - Under 20 &amp; Senior Men Race 1</b>							
	100	1	Ammad Masood	Hav M	SM	11.7	
	100	2	Paris Pilgrim	NEB	U20M	11.9	
	100	3	Richard Holland	Hav M	U20M	12.1	
	100	4	Philip Groombridge	Hav M	SM	12.6	
	100	5	David Newman	Garden City Runners	SM	15.4	
<b>100m - Senior Men Race 2</b>							
	100	1	Cameron Webb	Stevenage	SM	11.3	*
	100	2	Lee Dollard	Bas	SM	11.4	*
	100	3	Devon Samson	Hav M	SM	11.4	*
	100	4	Roy Chambers	Woking	SM	11.7	
	100	5	Michael Shorthall	Thurr	SM	12.1	
<b>1500m - Under 13 &amp; Under 15 Girls</b>							
	1500	1	Lydia Hallam	Hav M	U15W	4:52.6	*
	1500	2	Isobel Ives	Bas	U15W	5:00.3	*
	1500	3	Sarah Wilson	Hav M	U15W	5:08.1	*
	1500	4	Francesca Smith	Hav M	U15W	5:37.1	
	1500	5	Charlie Duke	SNH	U13W	5:38.4	*
	1500	6	Gemma Archer-Haley	Hav M	U13W	5:46.3	*
	1500	7	Ellie Robinson	Wm Edwd Sch	U13W	6:06.7	
	1500	8	Megan Ruffell	Hav M	U13W	6:19.5	
	1500	9	Amire Abase	Beth Gn TC	U13W	6:20.5	
<b>1500m - Under 17 &amp; Senior Women</b>							
	1500	1	Wendy King	Chelm	W35	5:08.8	*
	1500	2	Hanah Thompson	WSEH	SM	5:15.5	
	1500	3	Sarah Imbush	S'end	U17W	5:16.3	
	1500	4	Lindsay McLachlan	Hav M	U17W	5:19.2	
	1500	5	Isabella Woods	Hav M	U17W	5:29.1	
	1500	6	Lindsey Wiggins	Hav M	U17W	5:57.4	
<b>1500m - Under 13 &amp; Under 15 Boys</b>							
	1500	1	Adam Hill	Hav M	U15M	4:54.2	*
	1500	2	Benjamin Haynes	NEB	U13M	4:56.8	*
	1500	3	Robert Woodgate	Hav M	U15M	5:08.5	
	1500	4	George Hart	Hav M	U13M	5:50.0	
<b>1500m - Under 17, Under 20 &amp; Senior Men</b>							
	1500	1	Hoseah Gikungu	Hav M	U17M	4:11.7	*
	1500	2	Tom Gardner	Ilf	SM	4:15.5	*
	1500	3	Chris Lowe	Witney RR	U20M	4:20.1	*
	1500	4	Robin O'Connor	SB	U15M	4:20.8	*
	1500	5	Alex Richards	Ilf	U20M	4:21.9	*
	1500	6	Michael Bridgeland	Chelm	M50	4:33.6	*
	1500	7	Joe Alexander	Col & T	U17M	4:38.7	
	1500	8	Thomas King	Ilf	U17M	5:10.9	
<b>70m Hurdles - Under 13 Girls</b>							
	70HU13G	1	Jessica Appeageyi	Bishops Chal Sch	U13W	13.2	*
	70HU13G	2	Lily Jefferee	Wm Edwd Sch	U13W	14.1	
	70HU13G	3	Chloe Hallett	Wm Edwd Sch	U13W	14.4	
	70HU13G	4	Lilly Jewell	Wm Edwd Sch	U13W	16.1	
	70HU13G	5	Lauren Cable	Wm Edwd Sch	U13W	17.0	
<b>75M Hurdles - Under 15 Girls Race 1</b>							
	75HU15G	1	Moesha Howard	Chelm	U15W	12.1	*
	75HU15G	2	Millie Sandell	Herts P	U15W	12.2	*
	75HU15G	3	Heidi Surman-Wells	Hav M	U15W	13.8	*
	75HU15G	4	Melissa Doran	SNH	U15W	14.2	
	75HU15G	5	Holly Moore	Wm Edwd Sch	U15W	14.3	
	75HU15G	6	Ellyse Skeggs	Wm Edwd Sch	U15W	16.4	

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	Pos	Name	Club	Age Group	Performance	AW/POT
<b>75M Hurdles - Under 15 Girls Race 2</b>						
75HU15G	1	Whitney Idowa	Bishops Chal Sch	U15W	12.4	*
75HU15G	2	Precious Ejims	Bishops Chal Sch	U15W	12.5	*
75HU15G	3	Jenna Hoyte	Herts P	U15W	12.7	*
75HU15G	4	Chay Clark	Wm Edwd Sch	U15W	13.2	*
75HU15G	5	Shannon Jameson	Thurr	U15W	13.3	*
75HU15G	6	Zoe Herbert	Wm Edwd Sch	U15W	DNF	
<b>75M Hurdles - Under 13 Boys</b>						
75HU13B	1	Joshua Opoosun	Wm Edwd Sch	U13M	13.7	*
75HU13B	2	Thomas Finch	WG&EL	U13M	18.0	
<b>80M Hurdles - Under 15 Boys &amp; Under 17 Women</b>						
80HU15M	1	Alex Law	Hav M	U15M	12.0	*
80HU17W	2	Nikita Satori-Sigrist	Orion	U17W	13.2	*
80HU15M	3	Lewis Beard	Wm Edwd Sch	U15M	13.6	*
80HU15M	4	Jake Bailey	Wm Edwd Sch	U15M	13.6	*
<b>80M Hurdles - Under 15 Boys Race 2</b>						
80HU15M	1	Thomas Pitkin	Hav M	U15M	14.5	
80HU15M	2	Sam Shobo	Wm Edwd Sch	U15M	15.1	
80HU15M	3	Emmanuel Odunaïke	VP&TH	U15M	16.9	
<b>100M Hurdles - Under 20 &amp; Senior Women</b>						
100HW	1	Chloe Van Wulven	Hav M	SW	15.3	*
100HU18W	2	Finolla Frederick	Herts P	U17W	15.4 (* U18 spec)	
100HW	3	Claire Brennan	Hav M	SW	16.6	*
<b>100M Hurdles - Under 17 Men</b>						
100HU17M	1	Joshua Olawore	Hav M	U17M	13.7	*
100HU17M	2	Robbie Clarricoats	Thurr	U17M	14.2	*
100HU17M	3	Karl Tucker	Hav M	U17M	15.4	*
100HU17M	4	Ashley Sinclair	Wm Edwd Sch	U17M	DNF	
<b>110M Hurdles - Senior Men</b>						
110H	1	Michael Shorthall	Thurr	SM	16.4	*
110H	2	Mark Plowman	Yeovil/RAF	SM	16.5	*
<b>300m - Race 1 - Under 15 Girls</b>						
300	1	Melissa Doran	SNH	U15W	47.4	
300	2	Hanna Banks	C&T	U15W	47.9	
300	3	Robbie Nunn	Hav M	U15W	53.2	
300	4	Zoe Rudgley	Hav M	U15W	59.7	
300	5	Ella -Rose Rudgley	Hav M	U15W	66.0	
<b>300m - Under 17 Women</b>						
300	1	Jessica Maw	Winch	U17W	44.1	*
300	2	Kelly Mavididi	Ilf	U17W	45.0	*
300	3	Hannah Adelegun	NEB	U17W	46.1	
300	4	Gbeni Odunaïke	NEB	U17W	49.8	
<b>400m Junior &amp; Senior Women</b>						
400	1	Heather Shephard	Col H	SW	57.8	*
400	2	Sian Harry	Herts P	U20W	57.9	*
400	3	Emily Stevens	Herts P	SW	58.6	
400	4	Stephanie Williams	Herts P	U17W	61.2	
400	5	Idene Curley	NEB	SW	61.8	
400	6	Sophie Baggs	Hav M	U20W	72.2	
<b>400m - Under 15 Men</b>						
400	1	Thomas Horton	Herts P	U15M	61.8	
400	2	Thomas Pitkin	Hav M	U15M	62.5	
400	3	Ayo Meshe	Wm Edwd Sch	U15M	64.7	
400	4	Liam Norman	Hav M	U15M	67.2	
400	5	James Day	Wm Edwd Sch	U15M	68.1	
400	6	Billy Kirk	Wm Edwd Sch	U15M	75.9	

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<b>400m - Under 20 Men</b>						
400	1	Tom Barfoot	Herts P	U20M	51.8	*
400	2	Massi Dendani	Hav M	U20M	52.5	*
400	3	Matt Gibson	Herts P	U20M	53.9	*
400	4	Chris Lowe	Witney RR	U20M	57.5	
400	5	Omar Rashid	Ilf	U20M	63.8	
<b>400m - Senior Men Race 1</b>						
400	1	Isaac Ogunlade	Hav M	SM	50.4	*
400	2	Nnamdi Umeh	WG&EL	SM	52.2	*
400	3	Matthew Rose	Col & T	SM	52.8	*
400	4	Vaughan McPherson	HHH	SM	53.4	
<b>400m - Senior Men Race 2</b>						
400	1	Kevin Brown	S'end	SM	52.5	*
400	2	Roy Chambers	Woking	SM	54.6	
400	3	Mike Cummings	HHH	SM	55.9	
400	4	Reece Partridge	Chelm	SM	58.9	
<b>200m - Under 13 Girls Race 1</b>						
200	1	Annie Maguire	Hav M	U13W	30.2	*
200	2	Bethany Harley	SNH	U13W	31.3	*
200	3	Jessica Down	S'end	U13W	32.6	
200	4	Tolu Akingbade	Hav M	U13W	33.4	
200	5	Sophia Sharpe	Hav M	U13W	33.9	
200	6	Kassia Vicente	Beth Gn TC	U13W	44.6	
<b>200m - Under 13 Girls Race 2</b>						
200	1	Modupe Shokunbi	Hav M	U13W	28.9	*
200	2	Bethany Harley	SNH	U13W	33.0	
200	3	Lauren Earle	Hav M	U13W	33.3	
200	4	Jordanne Lewis-Shodeine	Newtons Pri	U13W	33.6	
200	5	Maisy Shead	Hav M	U13W	34.2	
<b>200m - Under 15 Girls Race 1</b>						
200	1	Tomi Akingbade	Hav M	U15W	28.7	
200	2	Jenna Hoyte	Herts P	U15W	28.7	
200	3	Kerry McCrory	S'end	U15W	29.1	
200	4	Tara Procter	Herts P	U15W	29.6	
200	5	Shannon Jameson	Thurr	U15W	30.6	
200	6	Phoebe Maloney	Hav M	U15W	31.2	
<b>200m - Under 15 Girls Race 2</b>						
200	1	Precious Ejims	Bishops Chal Sch	U15W	27.8	*
200	2	Amber Meakins	Herts P	U15W	28.2	*
200	3	Michelle Hughes	Hav M	U15W	29.4	
200	4	Heidi Surman-Wells	Hav M	U15W	29.9	
200	5	Lucy Jewell	Thurr	U15W	30.6	
200	6	Whitney Briggs	Wm Edwd Sch	U15W	33.0	
<b>200m - Under 15 Girls Race 3</b>						
200	1	Ashleigh Lewis-Shodeine	Frances Bards Sch	U15W	28.9	
200	2	Fiyin Alaka	Beth Gn TC	U15W	31.9	
200	3	Marina Boules	Wm Edwd Sch	U15W	33.6	
200	4	Harriet Wilson	Col H	U15W	34.5	
<b>200m - Under 15 Girls Race 4</b>						
200	1	Hillary Brown-Adams	Bishops Chal Sch	U15W	28.5	*
200	2	Millie Sandell	Herts P	U15W	29.0	
200	3	Georgia Knight	Wm Edwd Sch	U15W	30.1	
200	4	Holly Moore	Wm Edwd Sch	U15W	30.1	

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>200m - Under 17 Women</b>						
200	1	Finolla Frederick	Herts P	U17W	26.7	*
200	2	Natashia Hadley	Herts P	U17W	27.2	*
200	3	Olivia Harry	Herts P	U17W	27.6	
200	4	Shannon Procter	Herts P	U17W	27.7	
200	5	Hannah Adelegun	NEB	U17W	28.2	
<b>200m - Under 20 &amp; Senior Women</b>						
200	1	Leah Barrow	WSEH	SW	26.3	*
200	2	Deborah Willis	Herts P	U20W	26.6	*
200	3	Abbie Griffiths	Herts P	U20W	27.1	*
200	4	Holly Pattie-Belleli	WG&EL	U20W	27.4	
200	5	Sian McCrory	S'end	U20W	27.8	
200	6	Natalie Le Beau	Thurr	SW	28.4	
<b>200m - Under 13 Boys</b>						
200	1	James Pearson	Wm Edwd Sch	U13M	28.4	*
200	2	Ryan Green	Hav M	U13M	28.9	*
200	3	Joe Winn	Wm Edwd Sch	U13M	31.3	
200	4	Thomas Finch	WG&EL	U13M	31.9	
200	5	Eddie Rudgley	Hav M	U13M	35.9	
<b>200m - Under 15 Boys Race 1</b>						
200	1	Joshua Norman	Hav M	U15M	27.1	
200	2	Alexander Hewitt	Hav M	U15M	27.2	
200	3	Silvio Junior	Beth Gn TC	U15M	28.6	
200	4	James Day	Wm Edwd Sch	U15M	30.0	
<b>200m - Under 15 Boys Race 2</b>						
200	1	David Joseph	NEB	U15M	25.1	*
200	2	Tom Dreher	Wm Edwd Sch	U15M	26.9	
200	3	Emmanuel Odunaike	VP&TH	U15M	28.5	
200	4	Jack Lewis	Harlow	U15M	30.5	
<b>200m - Under 17 Men Race 1</b>						
200	1	Oliver Best	Bas	U17M	24.1	*
200	2	Alec Roeper	Coopers Coborn	U17M	24.8	
200	3	Bobby N-Ike	Ilf	U17M	25.3	
200	4	Simon Wilson	Ilf	U17M	27.1	
200	5	Kevin Wilson	Ilf	U17M	31.8	
<b>200m - Under 17 Men Race 2</b>						
200	1	Gospel Adepanjo	NEB	U17M	24.7	
200	2	Rolce Marcelo	Beth Gn TC	U17M	25.9	
200	3	George White	Wm Edwd Sch	U17M	26.5	
200	4	Oliver Garwandoe	Hav M	U17M	27.0	
<b>200m - Senior Men Race 1</b>						
200	1	Richard Morrissey	Hav M	SM	22.3	*
200	2	Harry McQueen	Chelm	SM	22.4	*
200	3	Abdul Buhari	VP&TH	SM	22.7	*
200	4	Cameron Webb	Stevenage	SM	22.7	*
200	5	Abdul Balor	VP&TH	SM	23.0	*
200	6	Devon Samson	Hav M	SM	23.3	*
<b>200m - U20 Men &amp; Senior Men Race 2</b>						
200	1	Paris Pilgrim	NEB	U20M	23.0	*
200	2	Adam McCarthy	Hav M	SM	24.4	
200	3	Chris Lowe	Witney RR	U20M	26.0	
<b>200m - U20 Men &amp; Senior Men Race 3</b>						
200	1	Quincie Michael	VP&TH	U20M	22.9	*
200	2	Alex Babb	Unatt	SM	23.5	
200	3	David Newman	Garden City Runners	SM	31.6	

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>Long Jump - Female U17 and above</b>						
LJ	1	Natalie Le Beau	Thurr	SW	4.82	*
LJ	2	Zoe Young	Hav M	SW	4.71	
LJ	3	Hannah Connor	Hav M	SW	4.63	
LJ	4	Claire St John-Coleman	Chelm	W50	4.00	
LJ	1	Holly Pattie-Belleli	WG&EL	U20W	5.18	*
LJ	2	Tessa Martin	East Grinstead	U20W	4.53	
LJ	3	Fatou Samateh	NEB	U20W	4.26	
LJ	1	Bethany Chambers	Hav M	U17W	4.55	
LJ	2	Tamara Chambers	Ilf	U17W	4.29	
LJ	3	Finolla Frederick	Herts P	U17W	3.69	
LJ	4	Avril Loynes	Hav M	U17W	3.52	
LJ		Clarice Parrott	Brain	U17W	NJ	
<b>Long Jump - Male U17 and above</b>						
LJ	1	Richard Holland	Hav M	U20M	6.30	*
LJ	2	Adam Wileman	Hav M	U20M	5.78	*
LJ	3	Pat Barrett	Herts P	SM	5.36	
LJ	4	Jake Nelson	Hav M	U20M	5.26	
LJ	1	Joshua Olawore	Hav M	U17M	6.64	*
LJ	2	Alex Law	Hav M	U15M	5.92	*
LJ	3	Qu Edwards	Ilf	U17M	5.73	*
LJ	4	Jamie Kensie	Thurr	U17M	5.19	
LJ	5	Ashley Purnell	Hav M	U17M	NJ	
<b>Discus - Male - Under 13 &amp; upwards</b>						
DTU13M	1	James Pearson	Wm Edwd Sch	U13M	28.91	*
DTU13M	2	Jack Payne	Upm Jnr	U13M	8.18	
DTU13M	3	David Rufai	Wm Edwd Sch	U13M	NT	
DTU15M	1	James Day	Wm Edwd Sch	U15M	21.66	
DTU15M	2	Aaron York	Bas	U15M	20.51	
DTU17M	1	Danny Wilson	Hav M	U17M	42.04	*
DTU17M	2	Jack Taylor	Thurr	U17M	41.11	*
DTU17M	3	Ben Thompson	Hav M	U17M	31.45	*
DTU17M	4	Gabriel Imiko	Wm Edwd Sch	U17M	26.94	*
DT	1	Mark Plowman	Yeovil/RAF	SM	38.85	*
<b>Discus - Female</b>						
DTU13W	1	Stephanie Howe	WG&EL	U13W	23.66	*
DTU13W	2	Freya Gutteridge	Hav M	U13W	23.54	*
DTU13W	3	Kiera Law	Hav M	U13W	17.50	*
DTU13W	4	Amy Baggs	Hav M	U13W	16.85	*
DTU13W	5	Bethany Harley	SNH	U13W	12.35	
DTU13W	6	Gemma Archer-Haley	Hav M	U13W	12.13	
DTU13W	7	Holly Adeniji	Wm Edwd Sch	U13W	NT	
DTW	1	Georgie Taylor	Hav M	U15W	34.11	*
DTW	2	Melissa Doran	SNH	U15W	20.13	*
DTW	3	Beth James	Thurr	U15W	15.47	
DTW	4	Whitney Briggs	Wm Edwd Sch	U15W	14.53	
DTW	5	Tamsin Jokhan	Wm Edwd Sch	U15W	12.07	
DTW	1	Erin Baggs	Hav M	U17W	26.49	*
DTW	2	Laura Drew	Hav M	U17W	25.14	*
DTW	3	Melissa Hadley	Herts P	U17W	23.04	*
DTW	1	Katherine Knight	Hav M	U20W	26.85	*
DTW	1	Hollie Redman	WG&EL	SW	37.58	*
DTW	2	Lauren Clark	Hav M	SW	33.40	*



**HAVERING MAYESBROOK AC - SPRING WARM UP MEETING**

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>Long Jump - Under 15 Girls</b>						
LJ	1	Precious Ejims	Bishops Chal Sch	U15W	5.06	*
LJ	2	Ashleigh Lewis-Shodeine	Frances Bards Sch	U15W	4.77	*
LJ	3	Rhiannon Howard	Brain	U15W	4.33	*
LJ	4	Chay Clark	Wm Edwd Sch	U15W	4.18	
LJ	5	Dominique Grieson	Unatt	U15W	4.18	
LJ	6	Tomi Akingbade	Hav M	U15W	4.14	
LJ	7	Beth James	Thurr	U15W	4.02	
LJ	8	Abigail Spink	Hav M	U15W	3.94	
LJ	9	Holly Moore	Wm Edwd Sch	U15W	3.75	
LJ	10	Shannon Jameson	Thurr	U15W	3.57	
LJ	11	Phoebe Maloney	Hav M	U15W	3.51	
LJ	12	Joanna Kaleni	Bishops Chal Sch	U15W	3.48	
LJ	13	Harriet Wilson	Col H	U15W	3.20	
LJ	14	Marina Boules	Wm Edwd Sch	U15W	2.74	
LJ	15	Lucy Shaw	S'end	U15W	NJ	
<b>Long Jump - Under 13 Girls</b>						
LJ	1	Jessica Appeageyi	Bishops Chal Sch	U13W	4.22	*
LJ	2	Charlotte Welch	Unatt	U13W	3.85	*
LJ	3	Amy Coleman	Brain	U13W	3.76	
LJ	4	Tolu Akingbade	Hav M	U13W	3.71	
LJ	5	Modupe Shokunbi	Hav M	U13W	3.47	
LJ	6	Jessica Down	S'end	U13W	3.28	
LJ	7	Bebe Ray	Wm Edwd Sch	U13W	3.22	
LJ	8	Lilly Jewell	Wm Edwd Sch	U13W	3.17	
LJ	9	Lauren Earle	Hav M	U13W	3.02	
LJ	10	Jordanne Lewis-Shodeine	Newtons Pri	U13W	2.97	
LJ	11	Joelle Onabanjo	Bishops Chal Sch	U13W	2.96	
LJ	12	Lauren Cable	Wm Edwd Sch	U13W	2.83	
LJ	13	Maisy Shead	Hav M	U13W	2.74	
LJ	14	Kassia Vicente	Beth Gn TC	U13W	2.56	
LJ						
<b>Long Jump - Under 11 Girls</b>						
LJ	1	Mayi Hughes	Hav M	U11W	2.67	
LJ	2	Brody White	Beth Gn TC	U11W	2.59	
LJ	3	Sophie Rand	Branfill Pri	U11W	2.16	
<b>Long Jump - Male Under 15</b>						
LJ	1	Tobi Adeyeni	Hav M	U15M	5.22	*
LJ	2	Lewis Beard	Wm Edwd Sch	U15M	4.40	
LJ	3	Lewis Thorn	Brain	U15M	4.30	
LJ	4	Tom Dreher	Wm Edwd Sch	U15M	4.21	
LJ	5	Sam Dell	Hav M	U15M	3.96	
LJ	6	Mitchel Girt	Wm Edwd Sch	U15M	3.88	
LJ	7	Robert Woodgate	Hav M	U15M	3.78	
<b>Long Jump - Male Under 13</b>						
LJ	1	Ryan Morgan	Notley Gn Prim	U13M	3.87	
LJ	2	Joshua Opoosun	Wm Edwd Sch	U13M	3.84	
LJ	3	Callum Wood	Hav M	U13M	3.39	
LJ	4	Oscar Brigden	Unatt	U13M	NJ	
<b>Long Jump - Male Under 11</b>						
LJ	1	Joshua Oluwayemi	Harold Wood Pri	U11M	3.41	

**HAVERING MAYESBROOK AC - SPRING WARM UP MEETING**

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>Shot - Female - Under 15 &amp; upwards</b>						
SPW	1	Melissa Hadley	Herts P	U17W	9.02	*
SPW	2	Laura Drew	Hav M	U17W	6.96	
SPU15W	1	Georgie Taylor	Hav M	U15W	8.63	*
SPU15W	2	Georgia Knight	Wm Edwd Sch	U15W	8.37	*
SPU15W	3	Lucy Jewell	Thurr	U15W	5.96	
SPU13W	1	Stephanie Howe	WG&EL	U13W	7.92	*
SPU13W	2	Holly Adeniji	Wm Edwd Sch	U13W	7.14	*
SPU13W	3	Bebe Ray	Wm Edwd Sch	U13W	6.45	*
SPU13W	4	Zoe Deighton	Wm Edwd Sch	U13W	4.25	
<b>Shot - Male - Under 15 &amp; upwards</b>						
SPU15M	1	Alexander Hewitt	Hav M	U15M	5.32	*
SPU15M	2	Aaron York	Bas	U15M	8.54	*
SPU17M	1	Rolce Marcelo	Beth Gn TC	U17M	10.29	
SPU17M	2	Ben Thompson	Hav M	U17M	9.58	
<b>High Jump - Female</b>						
HJ	1	Natalie Le Beau	Thurr	SW	1.50	*
HJ	1	Hannah Adelegun	NEB	U17W	1.50	*
HJ	2	Daniella Bonomo	lff	U17W	1.15	
HJ	1	Whitney Idowa	Bishops Chal Sch	U15W	1.45	*
HJ	2	Michelle Hughes	Hav M	U15W	1.40	*
HJ	3=	Georgia Mills	Wm Edwd Sch	U15W	1.40	*
HJ	3=	Chay Clark	Wm Edwd Sch	U15W	1.40	*
HJ	5	Sarah Wilson	Hav M	U15W	1.35	
HJ	6	Kajal Chopra	Wm Edwd Sch	U15W	1.30	
HJ	7	Zoe Herbert	Wm Edwd Sch	U15W	1.25	
HJ	8	Amy-Louise Cocker	Beth Gn TC	U15W	1.15	
HJ	1	Bethany Harley	SNH	U13W	1.30	*
HJ	2	Lily Jefferee	Wm Edwd Sch	U13W	1.20	*
HJ	3	Annie Maguire	Hav M	U13W	1.20	*
HJ	4	Amy Baggs	Hav M	U13W	1.20	*
HJ	5	Freya Gutteridge	Hav M	U13W	1.15	
HJ		Megan Ruffell	Hav M	U13W	NH	
HJ		Amire Abase	Beth Gn TC	U13W	NH	
<b>High Jump - Male</b>						
HJ	1	Kieran Gore	Wm Edwd Sch	U13M	1.25	*
HJ	2	Danny-Lee Dodge	Wm Edwd Sch	U13M	1.25	
HJ	3	Morgan Seaman	Hav M	U13M	1.00	
HJ		David Rufai	Wm Edwd Sch	U13M	NH	
HJ	1	Tom Dreher	Wm Edwd Sch	U15M	1.55	*
HJ	2	Jake Bailey	Wm Edwd Sch	U15M	1.50	*
HJ	3	Sam Shobo	Wm Edwd Sch	U15M	1.45	
HJ	4	Ayo Meshe	Wm Edwd Sch	U15M	1.40	
HJ	5	Reece Dunn	Wm Edwd Sch	U15M	1.40	
HJ	1	George White	Wm Edwd Sch	U17M	1.75	*
HJ	2	Ashley Sinclair	Wm Edwd Sch	U17M	1.70	*
HJ	3	Karl Tucker	Hav M	U17M	1.65	*
HJ	1	Martin Cherrington	Tipton	SM	1.90	*
HJ		Mark Plowman	Yeovil/RAF	SM	NH	

HAVERING MAYESBROOK AC - SPRING WARM UP MEETING

Held at HORNCHURCH STADIUM Saturday 2 April 2011

	Pos	Name	Club	Age Group	Performance	AW/POT
<b>Triple Jump - Female</b>						
TJ	1	Claire St John-Coleman	Chelm	W50	8.05	*
TJ	1	Tessa Martin	East Grinstead	U20W	9.98	*
TJ	2	Ellie Watson	Hav M	U20W	8.84	*
TJ	1	Bethany Chambers	Hav M	U17W	10.30	*
TJ	2	Hannah Pattie-Belleli	WG&EL	U17W	9.35	*
<b>Triple Jump - Male</b>						
TJ	1	Kevin Brown	S'end	SM	14.00	*
TJ	2	Jason Richards-Thompson	VP&TH	SM	13.45	*
TJ	1	Adam Wileman	Hav M	U20M	11.57	*
TJ	2	Jake Nelson	Hav M	U20M	11.23	*
TJ	1	Robbie Clarricoats	Thurr	U17M	11.75	*
TJ	2	Alex Law	Hav M	U15M	11.42	*
TJ	3	Gabriel Imiko	Wm Edwd Sch	U17M	11.00	*
<b>Javelin - Male</b>						
JT	1	Craig Lacy	Cam H	SM	61.23	*
JT	2	Matt Stoker	SB	SM	54.59	*
JT	3	Roy Chambers	Woking	SM	49.09	*
JT	1	Alex Wright	Bas	U20M	47.31	*
JTU17M	1	Patrick Lear	Hav M	U17M	42.97	*
JTU17M	2	Luke Beard	Bas	U17M	39.48	*
JTU17M	3	Connor Gourley	Wm Edwd Sch	U17M	39.05	*
JTU17M	4	Jordan Purkiss	Wm Edwd Sch	U17M	35.22	*
JTU17M	5	Harry Abbott	Bas	U17M	33.34	*
JTU17M	6	Adam Brown	Bas	U17M	32.18	*
JTU17M	7	Jamie Kensie	Thurr	U17M	32.12	*
JTU15M	1	Ben Maru	Orion	U15M	35.59	*
JTU15M	2	Aaron York	Bas	U15M	25.00	*
JTU15M	3	Jack Bundock	Wm Edwd Sch	U15M	17.71	*
JTU15M	4	Billy Kirk	Wm Edwd Sch	U15M	15.27	*
<b>Javelin - Female</b>						
JTW	1	Kike Oniwinde	Hav M	U20W	47.18	*
JTW	1	Deborah Knight	Hav M	U17W	32.02	*
JTW	1	Jemma Pemberton	Bas	U15W	25.70	*
JTW	2	Georgie Taylor	Hav M	U15W	21.41	*
JTW	3	Olivia Sofroniou	S'end HSG	U15W	19.53	*
JTW	4	Jamie Merritt	Wm Edwd Sch	U13W	15.87	*
<b>Pole Vault - Male</b>						
PV	1	Luke Hodgetts	Soton	U17M	3.90	*
PV		Sam Bass-Cooper	Soton	U17M	NH	
PV	1	Charlie Maw	Winch	U15M	3.20	*
<b>Pole Vault - Female</b>						
PV	1	Kirsty Mackintosh	WG&EL	SW	3.50	*
PV	2	Leanne Butler (was Blaney)	Hav M	SW	2.80	*
PV	3	Kelly Montgomery	NEB	W35	2.60	*
PV	1	Olivia Harry	Herts P	U17W	2.50	*
PV	1	Mercy Gutteridge	Hav M	U15W	2.10	*
PV	2	Katie Hatchett	E&H	U15W	1.70	*
PV	3	Nicole Lewis	Unatt	U15W	1.50	*