

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>300m Hurdles - Race 1</b>						
300HM	M2	1	Coleman Corry	B&B	U20M	40.53
300HU17M	M120	2	Toby Bishop	Have	U17M	43.18
300HM	M19	3	Sebastian Jacobs	Unatt	U20M	46.60
300HW	F137	4	Claire Brennan	Have	W35	48.94
<b>300m Hurdles - Race 2 Senior Men</b>						
300HM	M156	1	Michael Shortall	Thurr	SM	40.75
300HM	M161	2	Rhys Collings	Chelm	SM	40.94
300HM	M162	3	Luke Keteleers	Chelm	SM	42.41
<b>200m - Under 13 Girls Race 1</b>						
						wind: +1.9
200	F7	1	Chenoa Acquah	NEB	U13G	28.81
200	F5	2	Cassie Campbell	Have	U13G	29.05
200	F33	3	Etienne King	Chelm	U13G	29.64
200	F20	4	Precious Fagbadegun	Have	U13G	30.53
200	F31	5	Gaby Bilbie	Chelm	U13G	30.75
200	F1	6	Amaka Agwo	Unatt	U13G	35.34
<b>200m - Under 13 Girls Race 2</b>						
						wind: +1.1
200	F25	1	Tai'bat Owosho	Thurr	U13G	32.29
200	F24	2	Scarlet Robinson	Bas	U13G	32.47
200	F19	3	Natasha Mangion	Unatt	U13G	33.30
200	F26	4	Imogen Baker	Bas	U13G	34.17
200	F32	5	Winnie Taylor	Have	U13G	36.09
200	F2	6	Amelia Patchett	Have	U13G	36.46
<b>200m - Under 15 Girls Race 1</b>						
						wind: +0.7
200	F153	1	Callia Downey	BFTTA	U13G	28.56
200	F65	2	Sophia Stephanou	Have	U15G	30.23
200	F165	3	Zoe Gregory	Bas	U13G	31.12
200	F170	4	Brianna Ofori	Have	U13G	31.81
200	F39	5	Darcy Snares	Unatt	U15G	33.72
200	F176	6	Grace Coster	Unatt	U13G	36.37
<b>200m - Under 15 Girls Race 2</b>						
						wind: n/a
200	F81	1	Olivia Sorrell	Have	U15G	27.32
200	F38	2	Daisy Donoghue	Bas	U15G	27.76
200	F36	3	Ava Sparham	Bas	U15G	28.02
200	F62	4	Rhys Cole	Have	U15G	28.54
200	F76	5	Dara Otitoju	Have	U15G	29.47
200	F75	6	Sophie Nugent	Bas	U15G	29.60
<b>200m - Under 15 Girls Race 3</b>						
						wind: +0.5
200	F71	1	Olivia Tinubu	NEB	U15G	28.03
200	F47	2	Lucy Nattrass	Have	U15G	29.03
200	F61	3	Rania Richards	Have	U15G	30.14

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	No.	Pos	Name	Club	Age Group	Performance
<b>200m - Under 15 Girls Race 4</b>						<b>+0.8</b>
200	F37	1	Clara Odoch	Have	U15G	28.69
200	F174	2	Lola Kane	Have	U15G	29.60
200	F51	3	Man Man Chau	Have	U15G	31.97
200	F46	4	Lucy Gagen	Have	U15G	34.48
200	F145	5	Molly Brooker	Have	U15G	37.72
<b>200m - Under 13 Boys Race 1</b>						<b>wind: +0.1</b>
200	M53	1	Daniel Lammas	Have	U13B	27.73
200	M50	2	Kinyo Okenla	Bas	U13B	28.61
200	M30	3	Edward Matthews	Have	U13B	29.76
200	M62	4	Emmanuel Asirifi-Otchere	Thurr	U13B	29.95
200	M33	5	James Radden	Have	U13B	34.02
<b>200m - Under 13 Boys Race 2</b>						<b>wind: +0.9</b>
200	M38	1	Noah Harriott	Have	U13B	30.04
200	M34	2	Kaesideya Okoro	Have	U13B	30.19
200	M49	3	Tobias Tinubu	NEB	U13B	31.66
200	M56	4	Dylan Hall	Thurr	U13B	33.57
<b>200m - Under 13 Boys Race 3</b>						<b>wind: +0.4</b>
200	M159	1	Peter Ogbonmwan	BFTTA	U13B	25.26
200	M57	2	Thomas Barnacle	Have	U13B	29.70
200	M59	3	Aly Hashem	Have	U13B	34.67
<b>200m - Under 15 Boys Race 1</b>						<b>wind: +0.5</b>
200	M85	1	Ossari Acquah	NEB	U15B	23.88
200	M98	2	Alexander Nunn	S'end	U15B	24.16
200	M72	3	Jacob Blanc	Have	U15B	24.81
200	M87	4	Reece Malcolm	Have	U15B	27.48
200	M99	5	Harry Nunn	S'end	U15B	27.61
200	M93	6	Tobi Ekerin	Bas	U15B	28.11
<b>200m - Under 15 Boys Race 2</b>						<b>wind: +0.4</b>
200	M70	1	Georgie Russell	Unatt	U15B	27.94
200	M92	2	Timi Oladunjoye	Have	U15B	29.36
200	M107	3	Archie Winney	Have	U15B	30.27
200	M98	4	Alexander Nunn	S'end	U15B	30.35
<b>200m - Under 15 Boys Race 3</b>						<b>wind: +1.2</b>
200	M158	1	Jack Botha	Have	U15B	25.19
200	M152	2	Tom Lee	Thurr	U15B	26.26
200	M164	3	Kosi Okonyia	Thurr	U15B	27.10
<b>200m - Under 17 Women Race 1</b>						<b>wind: +1.2</b>
200	F107	1	Poppy Ellis	Have	U17W	25.68
200	F105	2	Lottie Hinson	Bas	U17W	27.45
200	F108	3	Shalom Gbadebo	Have	U17W	27.57
200	F109	4	Aisha Marenah	Have	U17W	28.68

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	No.	Pos	Name	Club	Age Group	Performance
<b>200m - Under 17 Women Race 2</b>						wind: <b>+0.5</b>
200	F179	1	Sophie Anderson	S'end	U17W	26.27
200	F155	2	Funmi Adewole	BFTTA	U17W	27.33
200	F157	3	Tunmise Abbas	BFTTA	U17W	27.89
200	F178	4	Javene Alexander	Ilf	U17W	30.18
<b>200m - Under 20 &amp; Under 17 Women</b>						wind: <b>+1.2</b>
200	F116	1	Alice Atkins	Have	U17W	28.26
200	F115	2	Lottie Courtney	Have	U17W	29.45
200	F124	3	Jess Summers	M&M	U20W	32.25
<b>200m - Under 20 &amp; Senior Women</b>						wind: <b>+0.1</b>
200	F126	1	Skye Wicks	HAWC	U20W	25.76
200	F120	2	Hannah Lygo	Ips	U20W	26.76
200	F133	3	Victoria Staines	S'end	SW	29.68
200	F132	4	Toyin Olufemi	Thurr	SW	30.07
200	F135	5	Rachel Kerr	Have	SW	30.86
<b>200m - Under 20 &amp; Senior Men Race 1</b>						wind: <b>-0.2</b>
200	M21	1	Ishmael Smith-John	Craw	SM	22.83
200	M15	2	Richard Akinyebo	Have	U20M	23.13
200	M20	3	Dennis Jefia	NEB	U20M	23.28
200	M12	4	William Rean	Bas	U20M	24.09
200	M22	5	Jordan Gombas	S'end	SM	24.29
<b>200m - Under 17 &amp; Under 20 Men Race 1</b>						wind: <b>-0.4</b>
200	M129	1	Sam Sanusi	Have	U17M	23.94
200	M14	2	Aaron Freshwater	Have	U20M	24.30
200	M122	3	Daragh Thomas	Have	U17M	25.10
200	M118	4	Michael Okoro	Have	U17M	25.12
200	M19	5	Sebastian Jacobs	Unatt	U20M	25.45
200	M11	6	Tayo Harry	Have	U20M	25.91
<b>200m - Under 17 Men &amp; Upwards</b>						wind: <b>-0.5</b>
200	M188	1	Rashann Stewart	Orion	SM	23.29
200	M172	2	Thomas Kennedy	Herts P	SM	23.90
200	M160	3	Jevane-Drew Sampson	NEB	U17M	25.50
200	M189	4	Hanif Henry	Orion	SM	27.20
200	M154	5	Bradley Brown	Ilf	M45	42.13

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	No.	Pos	Name	Club	Age Group	Performance
<b>1500m - Under 13 Boys &amp; Girls</b>						
1500	M61	1	Gregory Martin	Chelm	U13B	4:51.81
1500	M55	2	Beau MacDonald	S'end	U13B	4:53.29
1500	M44	3	Toby Johnson	Have	U13B	5:05.24
1500	M39	4	Oliver Taylor-Bush	Have	U13B	5:11.63
1500	M41	5	Ryan Carroll	Have	U13B	5:13.88
1500	F6	6	Charlotte Evans	Have	U13G	5:26.05
1500	M54	7	Zack Higgins	Have	U13B	5:26.55
1500	F17	8	Lucy Nuttall	Chelm	U13G	5:42.13
<b>1500m - Under 15 Boys &amp; Girls</b>						
1500	M81	1	Matthew Blacklock	Have	U15B	4:30.09
1500	M74	2	James Winship	Brack	U15B	4:32.00
1500	M65	3	Charlie Howell	Have	U15B	4:37.60
1500	M95	4	William Nuttall	Chelm	U15B	4:40.50
1500	M180	5	Reece Munro	S'end	U15B	4:44.82
1500	F55	6	Natalie Sewell	Have	U15G	4:50.19
1500	M86	7	Owen Fisher	Have	U15B	5:01.70
1500	M102	8	Ryan Holeyman	Ilf	U15B	5:07.16
1500	F150	9	Chloe Rand	Have	U15G	5:08.20
1500	F52	10	Matilda Canty	Have	U15G	5:09.46
1500	F80	11	Ruby Higgins	Have	U15G	5:12.61
1500	F54	12	Millie Costin	Bas	U15G	5:27.28
1500	M100	13	Finley Wolton	Have	U15B	5:32.12
<b>1500m - Under 17 , Under 20 &amp; Seniors</b>						
1500	M191	1	Ermeas Afewerki	Col H	U20M	4:15.31
1500	M177	2	Zach Bridgeland	Chelm	U20M	4:15.83
1500	M26	3	James Stewart	Have	SM	4:17.77
1500	M3	4	Eric Williams	K&P	U20M	4:19.60
1500	M17	5	George Barnacle	Have	U20M	4:22.95
1500	M190	6	Danny Millward	Col H	U20M	4:30.11
1500	M117	7	Luke Chester	Have	U17M	4:33.56
1500	F111	8	Sydney Foley	Have	U17W	4:55.35
1500	F130	9	Ginte Bailey	Have	SW	5:06.55
1500	F136	10	Isabella Woods	Have	SW	5:15.71
<b>70m Hurdles - Under 13 Girls Race 1</b>						
					wind:	<b>+1.9</b>
70HU13G	F28	1	Eliza Poulson	Have	U13G	12.18
70HU13G	F4	2	Beth Jarret	Have	U13G	12.25
70HU13G	F23	3	Ruby Tillson	Have	U13G	13.58
70HU13G	F25	4	Tai'bat Owosho	Thurr	U13G	14.04
70HU13G	F29	5	Lucy Chapelhow	Thurr	U13G	14.36

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	No.	Pos	Name	Club	Age Group	Performance
<b>70m Hurdles - Under 13 Girls Race 2</b>						wind: <b>+0.5</b>
70HU13G	F165	1	Zoe Gregory	Bas	U13G	13.42
70HU13G	F6	2	Charlotte Evans	Have	U13G	15.13
70HU13G	F26	3	Imogen Baker	Bas	U13G	15.55
70HU13G	F9	4	Emmie Fulker	Chelm	U13G	15.90
70HU13G	F2	5	Amelia Patchett	Have	U13G	20.55
<b>75m Hurdles - Under 13 Boys</b>						wind: <b>+1.3</b>
75HU13B	M40	1	Oscar Shearing	Have	U13B	13.73
75HU13B	M43	2	Sebastian Alexandru	Have	U13B	14.49
75HU15G	M32	3	Harry Conlan	Have	U13B	14.56
<b>75m Hurdles - Under 15 Girls Race 1</b>						wind: <b>+0.5</b>
75HU15G	F57	1	Paige Robinson	Have	U15G	12.09
75HU15G	F58	2	Paris King	Have	U15G	12.50
75HU15G	F44	3	Isabel O'Connor	Have	U15G	12.60
75HU15G	F50	4	Maisie Fulker	Chelm	U15G	DQ
<b>75m Hurdles - Under 15 Girls Race 2</b>						wind: <b>+0.3</b>
75HU15G	F63	1	Rosie Townley	Thurr	U15G	13.45
75HU15G	F87	2	Tallulah Brown	Have	U15G	13.78
75HU15G	F43	3	Heidi Aylen	Have	U15G	14.03
75HU15G	F186	4	Gabrielle Purdie	Have	U15G	14.28
75HU15G	F92	5	Amya Edwards	Unatt	U15G	17.56
<b>80m Hurdles: U17 Women, U15 Boys</b>						wind: <b>+1.1</b>
80HU15B	M72	1	Jacob Blanc	Have	U15B	11.73
80HU15B	M69	2	Dominic Alexandru	Have	U15B	13.12
80HU17W	F110	3	Tilly Monk	Thurr	U17W	13.78
80HU15B	M66	4	Charlie Seago	Thurr	U15B	14.06
80HU15B	M76	5	Jonathan Ellerton	B&B	U15B	17.59
<b>100m Hurdles - Under 17 Men</b>						wind:
100HU17M	M129	1	Sam Sanusi	Have	U17M	13.87
100HU17M	M116	2	James With	Have	U17M	15.56
<b>110m Hurdles - Under 20 &amp; Senior Men</b>						wind:
110HU20M	M6	1	Leonid Chashchin	Harl	U20M	17.02
110H	M162	2	Luke Keteleers	Chelm	SM	17.65

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	No.	Pos	Name	Club	Age Group	Performance
<b>300m - Under 15 Girls Race 1</b>						
300	F77	1	Olivia Boachie	Have	U15G	43.07
300	F67	2	Uche Okpalauko	Have	U15G	43.30
300	F47	3	Lucy Natrass	Have	U15G	46.87
300	F41	4	Freya Long	Have	U15G	48.08
<b>300m - Under 15 Girls Race 2</b>						
300	F75	1	Sophie Nugent	Bas	U15G	47.06
300	F73	2	Madeline Barker	Have	U15G	47.44
300	F93	3	Beyonce Huusfeldt	Unatt	U15G	48.91
300	F69	4	Claudia Attewell	Have	U15G	51.85
<b>300m - Under 15 Boys &amp; Under 17 Women</b>						
300	M72	1	Jacob Blanc	Have	U15B	40.37
300	M106	2	Orhan Corek	Thurr	U15B	42.55
300	F116	3	Alice Atkins	Have	U17W	45.42
300	M90	4	Samuel Mahoney	Have	U15B	51.42
300	M109	5	Jayden Bowman	Have	U15B	53.01
<b>400m Under 17 Men, Under 20 &amp; Senior Women</b>						
400	M119	1	Somto Okpalauko	Have	U17M	55.70
400	F123	2	Jade Kavanagh	Have	U20W	58.73
400	F193	3	Nayanna Dubarry-Gay	VPTH	U20W	58.78
400	F117	4	Alice Brown	Have	U17W	62.10
400	M111	5	Calum Paget	Have	U17M	63.10
400	F143	6	Nina Brennan	Have	SW	66.38
<b>400m Under 20 Men</b>						
400	M10	1	Reece Harriott	Have	U20M	51.43
400	M12	2	William Rean	Bas	U20M	52.44
400	M18	3	Matthew Agnimel	Have	U20M	52.97
400	M6	4	Leonid Chashchin	Harl	U20M	53.20
400	M7	5	Lewis Debenham	Have	U20M	56.24
<b>400m &amp; Senior Men</b>						
400	M189	1	Hanif Henry	Orion	SM	53.76
400	M198	2	James Sermon	Guernsey	SM	54.57
400	M28	3	Otto Bolton	NEB	SM	55.65

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	No.	Pos	Name	Club	Age Group	Performance
<b>100m - Under 13 Girls Race 1</b>						wind: <b>+1.0</b>
100	F34	1	Divine Joseph	Unatt	U13G	14.08
100	F5	2	Cassie Campbell	Have	U13G	14.36
100	F28	3	Eliza Poulson	Have	U13G	15.23
100	F170	4	Brianna Ofori	Have	U13G	15.57
100	F1	5	Amaka Agwo	Unatt	U13G	16.77
<b>100m - Under 13 Girls Race 2</b>						wind:
100	F20	1	Precious Fagbadegun	Have	U13G	14.49
100	F35	2	Esther Adewunmi	Unatt	U13G	15.01
100	F165	3	Zoe Gregory	Bas	U13G	15.03
100	F12	4	Hannah Evans	Have	U13G	15.32
100	F9	5	Emmie Fulker	Chelm	U13G	15.79
<b>100m - Under 13 Girls Race 3</b>						wind: <b>+0.9</b>
100	F4	1	Beth Jarret	Have	U13G	14.53
100	F3	2	Angel Wright	Chelm	U13G	14.70
100	F2	3	Amelia Patchett	Have	U13G	17.61
100	F8	4	Ella Natrass	Have	U13G	17.92
<b>100m - Under 13 Girls Race 4</b>						wind: <b>+1.1</b>
100	F14	1	Lois Gable	Have	U13G	15.54
100	F19	2	Natasha Mangion	Unatt	U13G	16.12
100	F16	3	Lucy Lendon	Have	U13G	18.46
100	F27	4	Maisie Lee	Have	U13G	18.83
<b>100m - Under 15 Girls - Race 1</b>						wind: <b>+0.1</b>
100	F57	1	Paige Robinson	Have	U15G	13.26
100	F67	2	Uche Okpalauko	Have	U15G	13.59
100	F185	3	Ugechukwu Nzekwe	Thurr	U15G	13.62
100	F58	4	Paris King	Have	U15G	13.62
100	F56	5	Olivia Purdie	Have	U15G	14.45
<b>100m - Under 15 Girls - Race 2</b>						wind: <b>+0.3</b>
100	F49	1	Madi Poppy	Bas	U15G	13.77
100	F44	2	Isabel O'Connor	Have	U15G	13.93
100	F38	3	Daisy Donoghue	Bas	U15G	13.94
100	F76	4	Dara Otitoju	Have	U15G	14.26
100	F50	5	Maisie Fulker	Chelm	U15G	14.31
100	F60	6	Poppie Griggs	Chelm	U15G	15.04
<b>100m - Under 15 Girls - Race 3</b>						wind:
100	F71	1	Olivia Tinubu	NEB	U15G	13.60
100	F61	2	Rania Richards	Have	U15G	14.15
100	F94	3	Esther Balogun	Unatt	U15G	14.30
100	F139	4	Isabelle Bradley	Have	U15G	14.55
100	F79	5	Zarah McDaniel	Have	U15G	14.66
100	F85	6	Shante Roserie	Have	U15G	14.70

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<b>100m - Under 15 Girls - Race 4</b>					wind:	<b>+1.6</b>
100	F205	1	Janet Sanyaolu	BFTTA	U17W	13.53
100	F37	2	Clara Odoch	Have	U15G	14.66
100	F51	3	Man Man Chau	Have	U15G	15.17
100	F78	4	Emily Butler	Thurr	U15G	15.20
100	F53	5	Megan Cook	Have	U15G	16.41
<b>100m - Under 15 Girls - Race 5</b>					wind:	
100	F202	1	Eloise Sillett	Have	U15G	15.18
100	F86	2	Mya Burton	Have	U15G	15.79
<b>100m - Under 13 Boys Race 1</b>					wind:	<b>-0.2</b>
100	M50	1	Kinyo Okenla	Bas	U13B	14.19
100	M33	2	James Radden	Have	U13B	14.45
100	M34	3	Kaesideya Okoro	Have	U13B	14.45
100	M30	4	Edward Matthews	Have	U13B	14.52
100	M62	5	Emmanuel Asirifi-Otchere	Thurr	U13B	14.68
<b>100m - Under 13 Boys Race 2</b>					wind:	<b>+0.5</b>
100	M48	1	Joseph Gray	Have	U13B	14.86
100	M42	2	Ronin Valydon	Bas	U13B	15.10
100	M49	3	Tobias Tinubu	NEB	U13B	15.52
100	M51	4	Riley Biggs	Have	U13B	15.71
<b>100m - Under 13 Boys Race 3</b>					wind:	<b>+0.1</b>
100	M159	1	Peter Ogbonmwan	BFTTA	U13B	12.58
100	M152	2	Tom Lee	Thurr	U15B	12.58
100	M151	3	Innocent Duru	S'end	U13B	13.71
100	M57	4	Thomas Barnacle	Have	U13B	14.77
100	M59	5	Aly Hashem	Have	U13B	16.49
100	M60	6	Adam Murphy	Have	U13B	16.86
<b>100m - Under 15 Boys Race 1</b>					wind:	<b>+1.5</b>
100	M85	1	Ossari Acquah	NEB	U15B	11.78
100	M98	2	Alexander Nunn	S'end	U15B	12.08
100	M158	3	Jack Botha	Have	U15B	12.24
100	M69	4	Dominic Alexandru	Have	U15B	13.27
100	M70	5	Georgie Russell	Unatt	U15B	13.78
100	M93	6	Tobi Ekerin	Bas	U15B	14.26
<b>100m - Under 15 Boys Race 2</b>					wind:	<b>+0.9</b>
100	M106	1	Orhan Corek	Thurr	U15B	13.05
100	M166	2	Abdul Akande	Thurr	U15B	13.11
100	M87	3	Reece Malcolm	Have	U15B	13.53
100	M99	4	Harry Nunn	S'end	U15B	13.84



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<b>100m - Under 15 Boys Race 3</b>						wind:
100	M164	1	Kosi Okonya	Thurr	U15B	13.18
100	M88	2	Rocco Barwick	Have	U15B	14.72
100	M89	3	Sam Ellis	Have	U15B	15.25
<b>100m - Under 17 Women Race 1</b>						wind: <b>+1.4</b>
100	F107	1	Poppy Ellis	Have	U17W	12.83
100	F142	2	Esther Agnimel	Have	U17W	12.85
100	F96	3	Aaliyah Payne	Have	U17W	13.20
100	F157	4	Tunmise Abbas	BFTTA	U17W	13.35
100	F108	5	Shalom Gbadebo	Have	U17W	13.42
100	F155	6	Funmi Adewole	BFTTA	U17W	13.50
<b>100m - Under 17 Women Race 2</b>						wind: <b>+1.3</b>
100	F195	1	Beyonce Harding	BFTTA	U17W	13.17
100	F179	2	Sophie Anderson	S'end	U17W	13.19
100	F109	3	Aisha Marenah	Have	U17W	13.82
100	F113	4	Kendra Okanlawon	Bas	U17W	14.47
<b>100m - Under 20 &amp; Senior Women Race 2</b>						wind: <b>+0.8</b>
100	F194	1	Kiah Dubarry-Gay	VPTH	U20W	12.37
100	F120	2	Hannah Lygo	Ips	U20W	13.25
100	F187	3	Ndeye Nam	NEB	SW	13.45
100	F133	4	Victoria Staines	S'end	SW	14.10
100	F132	5	Toyin Olufemi	Thurr	SW	14.43
100	F125	6	Rosemary Betts	Cov G	U20W	14.69
<b>100m - Under 17 Men</b>						wind: <b>+0.5</b>
100	M128	1	Malcolm Oshungbohun	Have	U17M	11.89
100	M196	2	Farief Seales-Telemacque	NEB	U17M	11.99
100	M182	3	Daniel Ogutuga	Thurr	U17M	12.17
100	M118	4	Michael Okoro	Have	U17M	12.32
100	M112	5	David Naylor	Crewe	U17M	12.48
<b>100m - Under 20 &amp; Senior Men Race 1</b>						wind:
100	M21	1	Ishmael Smith-John	Craw	SM	11.25
100	M24	2	Shandell Taylor	Have	SM	11.40
100	M20	3	Dennis Jefia	NEB	U20M	11.43
100	M15	4	Richard Akinyebo	Have	U20M	11.46
100	M22	5	Jordan Gombas	S'end	SM	12.02
<b>100m - Under 20 &amp; Senior Men Race 2</b>						wind: <b>+1.2</b>
100	m172	1	Thomas Kennedy	Herts P	SM	11.51
100	m14	2	Aaron Freshwater	Have	U20M	12.02
100	m11	3	Tayo Harry	Have	U20M	12.07
100	m183	4	Jordan Akinpelu	Ilf	U20M	12.07
100	m169	5	Ridwam Islam	NEB	SM	12.69
100	m154	6	Bradley Brown	Ilf	M45	20.61

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>800m - Under 13 Girls</b>						
800	F31	1	Gaby Bilbie	Chelm	U13G	2:31.57
800	F13	2	Amelia King	Chelm	U13G	2:31.61
800	F23	3	Ruby Tillson	Have	U13G	2:36.37
800	F12	4	Hannah Evans	Have	U13G	2:49.58
800	F29	5	Lucy Chapelhow	Thurr	U13G	2:54.82
800	F11	6	Grace Curtis	Bas	U13G	2:57.58
800	F15	7	Lucia Ward	Have	U13G	2:59.72
800	F173	8	Niamh Mulqueen	Unatt	U13G	3:00.04
800	F10	9	Erin Chester	Have	U13G	3:06.65
<b>800m - Under 13 Boys</b>						
800	M53	1	Daniel Lammas	Have	U13B	2:31.99
800	M199	2	Nathan Hart	Have	U13B	2:33.14
800	M40	3	Oscar Shearing	Have	U13B	2:33.51
800	M46	4	William Watts	Thurr	U13B	2:41.70
800	M43	5	Sebastian Alexandru	Have	U13B	2:43.30
800	M37	6	Michael Tesi	Have	U13B	2:44.11
800	M48	7	Joseph Gray	Have	U13B	2:47.98
800	M32	8	Harry Conlan	Have	U13B	2:54.01
<b>800m - Under 15 Girls</b>						
800	F70	1	Aimi Weightman	SBH	U15G	2:23.01
800	F66	2	Stephanie Okoro	Have	U15G	2:26.86
800	F73	3	Madeline Barker	Have	U15G	2:32.95
800	F42	4	Hannah Yexley	Have	U15G	2:34.12
800	F41	5	Freya Long	Have	U15G	2:39.54
800	F88	6	Isobelle O'Connor	Have	U15G	2:44.73
800	F204	7	Alexia Arizi	Have	U15G	2:50.66
800	F43	8	Heidi Aylen	Have	U15G	2:55.54
800	F84	9	Maddie Booty	Thurr	U15G	2:56.21
800	F64	10	Ruby Lendon	Have	U15G	3:05.69
<b>800m - Under 15 Boys</b>						
800	M94	1	Will Steadman	Chelm	U15B	2:06.76
800	M103	2	Oliver Jones	Have	U15B	2:23.48
800	M171	3	Lewis Edwards	Have	U15B	2:26.97
800	M78	4	Joshua Lee-Prime	Have	U15B	2:27.17
800	M67	5	Dan Peters	Have	U15B	2:29.81
800	M163	6	Harry Lewis	Bas	U15B	2:31.70
800	M168	7	Frank Lewis	Bas	U15B	2:32.08
800	M108	8	Lawrence Martin	Chelm	U15B	2:37.17
800	M83	9	Max Robbins	Have	U15B	2:38.19
800	M64	10	Charlie Burgess	Have	U15B	2:38.54
800	M77	11	Josh Oberius	Have	U15B	2:45.44
800	M90	12	Samuel Mahoney	Have	U15B	2:51.09
800	M73	13	Jake Hart	Bas	U15B	2:52.78
800	M107	14	Archie Winney	Have	U15B	2:53.13
800	M104	15	Samuel Wilkins	Have	U15B	3:00.24

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
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**800m - Under 17, Under 20 & Senior Women**

800	F99	1	Ellie Dolby	B&B	U17W	2:22.95
800	F138	2	Amy Baggs	Have	SW	2:35.44
800	F144	3	Amy Kilner	Have	U17W	2:38.96
800	F118	4	Amelia Daniel	Bas	U20W	2:49.55

**800m - Under 17, Under 20 & Senior Men**

800	m13	1	Sam Wheatley	S'end	U20M	2:00.85
800	M5	2	Harry Jones	Have	U20M	2:03.98
800	m125	3	Joshua McGill	Bas	U17M	2:05.79
800	m203	4	Ben Holdgate	Brain	SM	2:07.02
800	m3	5	Eric Williams	K&P	U20M	2:07.80
800	m16	6	Daniel McGill	Bas	U20M	2:08.63
800	m124	7	George Hey	S'end	U17M	2:08.74
800	m111	8	Calum Paget	Have	U17M	2:35.09

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>Long Jump - Under 13 Boys</b>						
LJ	M33	1	James Radden	Have	U13B	3.83
LJ	M46	2	William Watts	Thurr	U13B	3.69
LJ	M30	3	Edward Matthews	Have	U13B	3.64
LJ	M49	4	Tobias Tinubu	NEB	U13B	3.55
LJ	M51	5	Riley Biggs	Have	U13B	3.43
LJ	M54	6	Zack Higgins	Have	U13B	3.42
LJ	M32	7	Harry Conlan	Have	U13B	3.32
LJ	M42	8	Ronin Valydon	Bas	U13B	3.12
LJ	M34	9	Kaesideya Okoro	Have	U13B	3.10
<b>Long Jump - Under 15 Boys</b>						
LJ	M87	1	Reece Malcolm	Have	U15B	4.51
LJ	M70	2	Georgie Russell	Unatt	U15B	4.36
LJ	M88	3	Rocco Barwick	Have	U15B	4.05
LJ	M93	4	Tobi Ekerin	Bas	U15B	3.67
LJ	M80	5	Liam Keevil	Bas	U15B	2.78
<b>Long Jump - Under 13 Girls</b>						
LJ	F3	1	Angel Wright	Chelm	U13G	4.17
LJ	F25	2	Tai'bat Owosho	Thurr	U13G	3.83
LJ	F23	3	Ruby Tillson	Have	U13G	3.56
LJ	F34	4	Divine Joseph	Unatt	U13G	3.54
LJ	F29	5	Lucy Chapelhow	Thurr	U13G	3.20
LJ	F24	6	Scarlet Robinson	Bas	U13G	2.94
LJ	F1	7	Amaka Agwo	Unatt	U13G	2.73
LJ	F19	8	Natasha Mangion	Unatt	U13G	2.14
<b>Long Jump - Under 15 Girls</b>						
LJ	F66	1	Stephanie Okoro	Have	U15G	4.41
LJ	F58	2	Paris King	Have	U15G	4.07
LJ	F49	3	Madi Poppy	Bas	U15G	4.04
LJ	F92	4	Amya Edwards	Unatt	U15G	4.04
LJ	F91	5	Mya Gull	Unatt	U15G	3.84
LJ	F37	6	Clara Odoch	Have	U15G	3.80
LJ	F95	7	Amelia Smith	Unatt	U15G	3.71
LJ	F84	8	Maddie Booty	Thurr	U15G	3.43
LJ	F93	9	Beyonce Huusfeldt	Unatt	U15G	3.42

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>Long Jump - Mixed</b>						
LJ	M24	1	Shandell Taylor	Have	SM	7.13
LJ	M200	2	Jordan Aki-Sawyerr	K&P	SM	6.31
LJ	M29	3	James Peacock	Harl	SM	5.28
LJ	M128	1	Malcolm Oshungbohun	Have	U17M	5.26
LJ	M127	2	Justin Paul	NEB	U17M	5.02
LJ	F146	1	Freya Higginbottom	Have	U15G	4.77
LJ	F103	2	Kate Baldwin	Chelm	U17W	4.18
LJ	F115	3	Lottie Courtney	Have	U17W	4.03
LJ	F124	4	Jess Summers	M&M	U20W	3.38
<b>Shot - Under 20 &amp; Senior Women</b>						
SP4K	F119	1	Chimdi Okpalauko	Have	U20W	10.44
SP4K	F122	2	Philippa Gill	Have	U20W	9.83
SP4K	F129	3	Debbie Castle	Brain	SW	8.88
<b>Shot - Under 17 Women</b>						
SP3K	F175	1	Anne-Prisca Djondo	Have	U17W	10.54
SP3K	F103	2	Kate Baldwin	Chelm	U17W	7.70
<b>Shot - Under 15 girls</b>						
SP3K	F68	1	Amara Nwosu	Unatt	U15G	9.34
SP3K	F140	2	Isabella Uzal	Have	U15G	8.66
SP3K	F40	3	Faith Reilly	Have	U15G	7.60
SP3K	F139	4	Isabelle Bradley	Have	U15G	7.59
SP3K	F69	5	Claudia Attewell	Have	U15G	7.23
SP3K	F63	6	Rosie Townley	Thurr	U15G	6.75
SP3K	F51	7	Man Man Chau	Have	U15G	5.60
<b>Shot - Under 13 girls</b>						
SP2.72K	F22	1	Zikora Ezeonwuka	Have	U13G	7.62
SP2.72K	F4	2	Beth Jarret	Have	U13G	5.06
SP2.72K	F8	3	Ella Natrass	Have	U13G	4.54
SP2.72K	F27	4	Maisie Lee	Have	U13G	3.93

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>Shot - Senior Men</b>						
SP7.26K	M181	1	Aaron York	Bas	SM	8.33
<b>Shot - Under 20 Men</b>						
SP7.26K	M6	1	Leonid Chashchin	Harl	U20M	8.78
<b>Shot - Under 15 Men</b>						
SP4K	M101	1	Patrick McLean-Tattan	Have	U15B	11.78
SP4K	M166	2	Abdul Akande	Thurr	U15B	9.65
SP4K	M106	3	Orhan Corek	Thurr	U15B	8.82
SP4K	M164	4	Kosi Okonya	Thurr	U15B	8.41
SP4K	M171	5	Lewis Edwards	Have	U15B	7.66
SP4K	M80	6	Liam Keevil	Bas	U15B	6.37
<b>Shot - Under 13 Boys</b>						
SP3K	M38	1	Noah Harriott	Have	U13B	6.85
SP3K	M36	2	Max Kennedy	B&B	U13B	6.35
SP3K	M37	3	Michael Tesi	Have	U13B	6.02
SP3K	M47	4	James Brinton-Quinn	Have	U13B	5.57
SP3K	M60	5	Adam Murphy	Have	U13B	5.23
<b>High Jump - Under 17 Women</b>						
HJ	F110	1	Tilly Monk	Thurr	U17W	1.50
HJ	F117	2	Alice Brown	Have	U17W	1.45
<b>High Jump - Under 17 Men</b>						
HJ	M120	1	Toby Bishop	Have	U17M	1.72
HJ	M125	2	Joshua McGill	Bas	U17M	1.50
<b>High Jump - Under 15 Girls</b>						
HJ	F36	1	Ava Sparham	Bas	U15G	1.45
HJ	F81	2	Olivia Sorrell	Have	U15G	1.40
HJ	F63	3	Rosie Townley	Thurr	U15G	1.30
HJ	F72	=4	Isabelle Bartlett	Have	U15G	1.25
HJ	F76	=4	Dara Otitoju	Have	U15G	1.25
HJ	F95	=4	Amelia Smith	Unatt	U15G	1.25
HJ	F47	=7	Lucy Natrass	Have	U15G	1.25
HJ	F91	=7	Mya Gull	Unatt	U15G	1.25
HJ	F53	9	Megan Cook	Have	U15G	1.20
<b>High Jump - Under 13 Girls</b>						
HJ	F28	1	Eliza Poulson	Have	U13G	1.20
HJ	F20	2	Precious Fagbadegun	Have	U13G	1.00
<b>High Jump - Under 15 Boys</b>						
HJ	M69	1	Dominic Alexandru	Have	U15B	1.58
HJ	M66	2	Charlie Seago	Thurr	U15B	1.48
HJ	M88	3	Rocco Barwick	Have	U15B	1.30

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>High Jump - Under 13 Boys</b>						
HJ	M43	1	Sebastian Alexandru	Have	U13B	1.25
HJ	M46	2	William Watts	Thurr	U13B	1.25
HJ	M40	3	Oscar Shearing	Have	U13B	1.25
HJ	M44	4	Toby Johnson	Have	U13B	1.25
HJ	M37	5	Michael Tesi	Have	U13B	1.25
<b>Javelin - Under 20 Men</b>						
JT800	M9	1	Oliver Woods	Have	U20M	48.19
JT800	M1	2	Charles Savill	Have	U20M	42.37
JT800	M6	3	Leonid Chashchin	Harl	U20M	35.81
<b>Javelin - Under 17 Men</b>						
JT700	M121	1	Peter Brinton-Quinn	Have	U17M	49.05
JT700	M114	2	Hal Hutton	Have	U17M	38.61
<b>Javelin - Under 15 Boys</b>						
JT600	M84	1	Oliver Yexley	Have	U15B	39.32
JT600	M101	2	Patrick McLean-Tattan	Have	U15B	39.02
JT600	M91	3	Simon Hill	Bas	U15B	37.59
JT600	M92	4	Timi Oladunjoye	Have	U15B	27.62
JT600	M82	5	Matthew Page	Have	U15B	27.46
JT600	M75	6	Joel Hutton	Have	U15B	25.03
JT600	M80	7	Liam Keevil	Bas	U15B	10.18
<b>Javelin - Under 13 Men</b>						
JT400	M45	1	Tom Rutter	HAWC	U13B	40.96
JT400	M52	2	Bobby Williams	Bas	U13B	34.34
JT400	M36	3	Max Kennedy	B&B	U13B	28.86
JT400	M31	4	George Francis	Have	U13B	20.12
JT400	M47		James Brinton-Quinn	Have	U13B	NT
<b>Javelin - Under 20 &amp; Senior Women</b>						
JT600	F129	1	Debbie Castle	Brain	SW	32.18
JT600	F122	2	Philippa Gill	Have	U20W	27.57
JT600	F131	3	Natalie Mann	Camb H	SW	21.33
<b>Javelin - Under 17 Women</b>						
JT500	F97	1	Elizabeth Korczak	B&H	U17W	43.65
JT500	F110	2	Tilly Monk	Thurr	U17W	17.71

# HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 7th April 2019

	No.	Pos	Name	Club	Age Group	Performance
<b>Javelin - Under 15 Girls</b>						
JT500	F74	1	Katie Marsh	Camb H	U15G	29.05
JT500	F38	2	Daisy Donoghue	Bas	U15G	28.96
JT500	F40	3	Faith Reilly	Have	U15G	26.19
JT500	F88	4	Isabelle O'Connor	Have	U15G	22.75
JT500	F55	5	Natalie Sewell	Have	U15G	20.48
JT500	F45	6	Katie Ennis	Have	U15G	17.45
JT500	F141	7	Niamh Pridie	Thurr	U15G	17.03
JT500	F90	8	Tracey Kasaine	Unatt	U15G	15.69
JT500	F83	9	Toula Stavri	Thurr	U15G	12.72
JT500	F78	10	Emily Butler	Thurr	U15G	9.48
JT500	F92		Amya Edwards	Unatt	U15G	NT
<b>Javelin - Under 13 Girls</b>						
JT400	F18	1	Lucy Quinlan	Unatt	U13G	12.12
<b>Triple Jump - Male</b>						
TJ	M200	1	Jordan Aki-Sawyerr	K&P	SM	12.91
TJ	M127	2	Justin Paul	NEB	U17M	11.10
TJ	M92	3	Timi Oladunjoye	Have	U15B	10.16
<b>Triple Jump - Female</b>						
TJ	F192	1	Funminiyi Olajide	Thurr	U20W	11.11
TJ	F184	2	Denise Evi-Parker	Ilf	U17W	10.39
TJ	F128	3	Olatomiwa Sanwo	Have	U20W	10.38
TJ	F114	4	Moyo Okenla	Bas	U17W	10.14
TJ	F201	5	Jessica Krise	Bas	U17W	9.22
<b>Pole Vault - All</b>						
PV	M110	1	Barnaby Corry	B&B	3445252	3.91
PV	M23	2	Luke Williams	Ashf	2781748	3.50
PV	M121	3	Peter Brinton-Quinn	Have	3300127	3.50
PV	F167	4	Holly Platt	B&B	3695815	2.60
PV	F112	5	Jessie Collier	Have	3478088	2.40
PV	F137	6	Claire Brennan	Have	2667112	2.40
PV	M82	7	Matthew Page	Have	3769647	1.70
PV	F41	=8	Freya Long	Have	U15G	1.60
PV	F45	=8	Katie Ennis	Have	U15G	1.60