

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

Saturday 9th April 2022

	No.	Pos	Name	Club	Age Group	Performance
<b>T1.1 300m Hurdles - Mixed</b>						
300HM	290	1	Jacob Blanc	Have	U20M	38.47
300HU17W	130	2	Stephanie Okoro	Have	U17W	43.93
300HU17W	264	3	Sophie Osborn	E&E	U17W	45.81
300HM	52	4	Michael Shortall	Thurr	M35	DNF
<b>T2.1 200m - Under 13 Girls &amp; Boys</b>						
						wind: 1.2
200	11	1	Karolis Bartkus	Coopers Co Sch	U13B	30.35
200	3	2	Scarlett Lecomber	Have	U13G	32.84
<b>T2.2 200m - Under 13 Girls &amp; Boys</b>						
						wind: 0.7
200	1	1	Jessica Page	Have	U13G	28.95
200	10	2	Matthew Mia	Coopers Co Sch	U13B	30.13
200	4	3	Isabelle Ridley	Have	U13G	33.33
200	5	4	Jessica Latham	Have	U13G	34.64
<b>T2.3 200m - Under 13 Girls &amp; Boys</b>						
						wind: 0.1
200	7	1	Lily Hartman	Bas	U13G	27.14
200	9	2	Aidan Doherty	Have	U13B	27.46
200	13	3	Sanderson Campbell	Unatt	U13B	28.39
200	12	4	James Houghton	NEB	U13B	28.71
200	8	5	Keiran Catherall	Have	U13B	30.24
<b>T2.4 200m - Under 15 Girls Race 1</b>						
						wind: 1.1
200	18	1	Oluwafisola Fagbadegun	Have	U15G	27.36
200	14	2	Leila Jones	Have	U15G	27.76
200	17	3	Libby Ward	Have	U15G	28.36
<b>T2.4 200m - Under 15 Girls Race 2</b>						
						wind: 0.3
200	23	1	Tigerlily Gascoyne-Odle	Have	U15G	28.98
200	21	2	Maddison Powell	Have	U15G	30.78
200	19	3	Poppy Smith	Have	U15G	32.21
<b>T2.5 200m - Under 15 Boys</b>						
						wind: 0.3
200	26	1	Kamel Adjei	Have	U15B	25.87
200	28	2	Rashaun Mullings-Smith	Have	U15B	26.46
200	27	3	William Tilson	Have	U15B	28.60
<b>T3.1 200m - Under 17W &amp; above Race 1</b>						
						wind: 0.5
200	39	1	Emma Ramsden	Have	U20W	27.08
200	40	2	Sophie Anderson	S'end	U20W	27.26
200	30	3	Miriam Adebayo	Have	U17W	27.61
200	265	4	Cara Duncan	Chelm	U17W	27.70
200	33	5	Ruby Tillson	Have	U17W	27.74
200	29	6	Cassie Campbell	Have	U17W	27.78

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	No.	Pos	Name	Club	Age Group	Performance
<b>T3.2 200m - Under 17W &amp; above Race 2</b>						wind: <b>0.8</b>
200	36	1	Caitlyn Harvey	K&P	U17W	26.64
200	38	2	Precious Fagbadegun	Have	U17W	27.26
200	41	3	Madeleine Booty	Thurr	U20W	28.22
200	35	4	Angel Wright	C&T	U17W	28.42
<b>T3.3 200m - Under 17W &amp; above Race 3</b>						wind: <b>1.1</b>
200	37	1	Abbie Dowdye	NEB	U17W	27.90
200	32	2	Stephanie Osuala	Have	U17W	28.61
200	34	3	Liana Constable	Have	U17W	28.96
200	261	4	Imogen Jones	Bas	U17W	29.72
200	42	5	Rachel Kerr	Have	SW	30.31
<b>T3.4 200m - Under 17M &amp; above Race 1</b>						wind: <b>-0.4</b>
200	55	1	Lewis Bailey	Have	SM	22.51
200	51	2	Ronnie Adoma	Have	U20M	23.01
200	54	3	Matthew Agnimel	Have	SM	23.40
200	56	4	Marcus Hunt	Chelm	SM	23.50
200	53	5	Toby Bishop	Have	U20M	24.23
<b>T3.5 200m - Under 17M &amp; above Race 2</b>						wind: <b>nws</b>
200	47	1	Tom Lee	Thurr	U17M	23.50
200	46	2	Reece Malcolm	Have	U17M	24.19
200	49	3	Ike Okwudi	Have	U17M	24.57
200	43	4	Leon Bengo	Have	U17M	25.32
<b>T3.6 200m - Under 17M &amp; above Race 3</b>						wind: <b>0.2</b>
200	45	1	Lewis Dixon	Have	U17M	25.08
200	50	2	Calvin Sanni	Have	U20M	25.21
200	48	3	Teddy Matthews	Have	U17M	25.27
200	44	4	Benjamin Suddaby	Have	U17M	30.18

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	<b>No.</b>	<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Performance</b>
<b>T4.1 1500m - Under 13 Girls &amp; Boys</b>						
1500	156	1	Liam Battrum	Have	U13B	5:01.20
1500	260	2	Summer Smith	Have	U13G	5:06.47
1500	143	3	Isabel Forrest	Thurr	U13G	5:17.02
1500	158	4	Hayden Preston	Col H	U13B	5:31.59
1500	144	5	Evie De Bruyn	B&B	U13G	5:34.64
1500	145	6	Sofia Mendes	HHH	U13G	5:38.57
1500	157	7	Stanley Churchill	Have	U13B	5:42.41
1500	160	8	Theo Copsey	Unatt	U13B	5:44.08
1500	256	9	Amelie Ramdeen	B&B	U13G	5:58.91
1500	254	10	Heidi Ely	Craw	U13G	6:01.93
1500	159	11	Sean Mugagga	Have	U13B	6:03.58
<b>T4.2 1500m - Under 15 Girls</b>						
1500	149	1	Olivia Forrest	Thurr	U15G	5:00.65
1500	146	2	Rosie Warner	Have	U15G	5:14.95
1500	147	3	Rosie Hopper	Chelm	U15G	5:23.45
1500	150	4	Isla Garrett	Harl	U15G	5:41.85
<b>T4.3 1500m - Under 15 Boys</b>						
1500	163	1	Jacob Hurrell	Chelm	U15B	4:31.56
1500	161	2	Freddie Rowe	Have	U15B	4:31.97
1500	166	3	Harry Wright	S'end	U15B	4:59.55
1500	164	4	Mason Grant	Chelm	U15B	5:00.08
1500	276	5	Stevie Reynolds	Have	U15B	5:07.17
1500	165	6	Patrick Croker	NEB	U15B	5:07.35
<b>T5.1 1500m - Under 17 &amp; above Mixed</b>						
1500	170	1	Kieran O'Hara	Have	SM	4:14.19
1500	167	2	Owen Fisher	Have	U17M	4:27.91
1500	169	3	Gregory Martin	Chelm	U17M	4:30.57
1500	120	4	Kane Pugsley	S'end	U20M	4:38.97
1500	271	5	Charlie Burgess	Have	U17M	4:40.00
1500	154	6	Demi Eves	Bas	U20W	4:41.97
1500	152	7	Charlotte Evans	Have	U17W	5:04.09
1500	151	8	Hannah Evans	Have	U17W	5:20.81
1500	153	9	Abigail Swan	Have	U17W	5:34.13
1500	155	10	Georgia Phillips	Have	SW	6:17.01

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	<b>No.</b>	<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Performance</b>
<b>T6.1 70m Hurdles - Under 13 Girls Race 1</b>						<b>wind: -0.4</b>
70HU13G	254	1	Heidi Ely	Craw	U13G	13.07
70HU13G	125	2	Amy Pugsley	S'end	U13G	13.07
70HU13G	61	3	Aliah Storari	Chelm	U13G	13.43
70HU13G	126	4	Hollie Matthews	Thurr	U13G	13.64
<b>T6.2 70m Hurdles - Under 13 Girls Race 2</b>						<b>wind: 0.4</b>
70HU13G	124	1	Isabelle James	Coopers Co Sch	U13G	12.66
70HU13G	252	2	Tomilola Ojolowo	Coopers Co Sch	U13G	14.29
70HU13G	5	3	Jessica Latham	Have	U13G	16.57
70HU13G	4	4	Isabelle Ridley	Have	U13G	16.91
<b>T6.3 75m Hurdles - Race 1</b>						<b>wind: 0.2</b>
75HU15G	76	1	Milana Thorpe	Chelm	U15G	12.43
75HU15G	74	2	Sophie Catchpole	Chelm	U15G	12.71
75HU15G	129	3	Lucy Chapelhow	Thurr	U15G	12.89
75HU15G	127	4	Maggie Smith	Have	U15G	12.92
<b>T6.4 75m Hurdles - Race 2</b>						<b>wind: 0.6</b>
75HU15G	14	1	Leila Jones	Have	U15G	13.10
75HU15G	73	2	Kate Case	Chelm	U15G	15.53
75HU15G	18	3	Oluwafisola Fagbadegun	Have	U15G	14.96
75HU15G	108		Olive Ann Lane	Chelm	U15G	DNF
<b>T6.5 75m Hurdles - Race 3</b>						<b>wind: -0.2</b>
75HU15G	105	1	Oma Nwapa	Have	U15G	13.41
75HU15G	107	2	Amy Mansell	Have	U15G	13.49
75HU13B	83	3	Leo Hodgkiss	Unatt	U13B	15.44
<b>T6.6 80m Hurdles Under 17 Women</b>						<b>wind: 1.2</b>
80HU17W	132	1	Jodie Self	Thurr	U17W	11.54
80HU17W	130	2	Stephanie Okoro	Have	U17W	12.04
80HU17W	33	3	Ruby Tillson	Have	U17W	12.54
80HU17W	131	4	Maisie Fulker	Chelm	U17W	12.74
80HU17W	261	5	Imogen Jones	Bas	U17W	17.52
<b>T6.7 80m Hurdles Under 15 Boys</b>						<b>wind: -0.3</b>
80HU15B	137	1	Jamie Newton	Unatt	U15B	13.22
80HU15B	136	2	Simeon Barker	Have	U15B	13.31

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	No.	Pos	Name	Club	Age Group	Performance
<b>T7.1 100m Hurdles - U20 &amp; Senior Women</b>						wind: <b>0.3</b>
100HW	135	1	Chloe Williams	Have	SW	14.50
100HW	133	2	Zion Ateba	Chelm	U20W	16.84
100HW	134	3	Chioma Oruche	NEB	U20W	21.17
<b>T7.2 100m Hurdles - U17 Men</b>						wind: <b>-0.9</b>
100HW	138	1	Charlie Seago	Thurr	U17M	14.24
100HW	288	2	Sanjay Saunders	NEB	U17M	16.81
100HW	139	3	Jack Warren	Thurr	U17M	18.71
<b>T7.3 110m Hurdles - U20 &amp; Senior M35</b>						wind: <b>0.0</b>
110HM	103	1	Joseph Agbodza	S'end	SM	14.71
110HM	141	2	Bradley Reed	Chelm	SM	15.07
110HM35	52	3	Michael Shortall	Thurr	M35	16.32
110HM	140	4	Luke Williams	Ashf	SM	20.56
<b>T8.1 300m - Race 1</b>						
300	107	1	Amy Mansell	Have	U15G	44.34
300	105	2	Oma Nwapa	Have	U15G	46.60
300	75	3	Lucy Bulman	Chelm	U15G	46.65
300	106	4	Emmie Fulker	Chelm	U15G	46.95
<b>T8.2 300m - Race 2</b>						
300	113	1	William Watts	Thurr	U15B	41.40
300	36	2	Caitlyn Harvey	K&P	U17W	41.49
300	112	3	Max Goodey	Bas	U15B	41.50
300	30	4	Miriam Adebayo	Have	U17W	43.38
300	266	5	Emily Deveney	B&B	U17W	46.10
300	110	6	Faith Wicks	Have	U17W	46.44
<b>T9.1 400m Race 1</b>						
400	115	1	Joshua Lee-Prime	Have	U17M	54.89
400	116	2	Jeffrey Fenoo	Have	U17M	57.30
400	123	3	Scott Thrush	Thurr	SM	63.72
400	267	4	Nina Brennan	Have	W35	64.88
400	111	5	Amy Kilner	Have	U20W	70.85
<b>T9.2 400m Race 2</b>						
400	286	1	Jack Gilbert	Chelm	U17M	52.84
400	117	2	Daniel Lammas	Have	U17M	53.34
400	88	3	Bayley Hartman	Bas	U17M	56.69
400	119	4	Nathan Hart	Have	U17M	58.20
400	122	5	Nacho Fernandez	S'end	SM	58.86
<b>T9.3 400m Race 3</b>						
400	118	1	Oliver Blainey	Ilf	U17M	52.35
400	102	2	Louis Berrett	Have	SM	53.73
400	101	3	Enrique Flores-Calderon Lovaco	Unatt	SM	54.54
400	282	4	Alexander McCree	Have	SM	55.11
400	121	5	Shane Hart	Have	U20M	55.61
400	120	6	Kane Pugsley	S'end	U20M	58.51

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<b>T10.1 100m - Under 13 Girls Race 1</b>						<b>wind: 1.5</b>
100	7	1	Lily Hartman	Bas	U13G	13.28
100	62	2	Elle Behari	NEB	U13G	13.65
100	61	3	Aliah Storari	Chelm	U13G	14.90
100	58	4	Amelie Shearing	Have	U13G	15.68
100	60	5	Sophie Meek	Coopers Co Sch	U13G	16.72
<b>T10.2 100m - Under 13 Girls Race 2</b>						<b>wind: 1.5</b>
100	252	1	Tomilola Ojolowo	Coopers Co Sch	U13G	14.63
100	63	2	Autumn Eke-Aluong	NEB	U13G	15.43
100	3	3	Scarlett Lecomber	Have	U13G	15.50
100	57	4	Sophia-Rae Ahmad	Have	U13G	16.15
100	59	5	Ellen Moore	Have	U13G	16.55
<b>T10.3 100m - Under 15 Girls Race 1</b>						<b>wind: -0.2</b>
100	18	1	Oluwafisola Fagbadegun	Have	U15G	13.17
100	76	2	Milana Thorpe	Chelm	U15G	13.51
100	17	3	Libby Ward	Have	U15G	13.77
100	78	4	Mary Olubukola-Sogbetun	Have	U15G	14.11
100	21	5	Maddison Powell	Have	U15G	14.76
<b>T10.4 100m - Under 15 Girls Race 2</b>						<b>wind: 1.4</b>
100	65	1	Niamh Donovan	Have	U15G	13.82
100	74	2	Sophie Catchpole	Chelm	U15G	13.97
100	75	3	Lucy Bulman	Chelm	U15G	14.20
100	71	4	Georgiana Sweeting	Tonb	U15G	14.34
100	64	5	Ellie Bradley	Have	U15G	14.72
100	70	6	Lucy Lendon	Have	U15G	16.23
<b>T10.5 100m - Under 15 Girls Race 3</b>						<b>wind: 1.2</b>
100	66	1	Christine Atumonyogo	Have	U15G	13.81
100	73	2	Kate Case	Chelm	U15G	14.12
100	77	3	Elena Stent	Bas	U15G	14.38
100	68	4	Eboni Roach	Have	U15G	14.61
100	69	5	Heidi Burt	Coopers Co Sch	U15G	14.70
100	67	6	Lottie Guynan	Have	U15G	18.84
<b>T10.6 100m - Under 13 Boys</b>						<b>wind: -0.1</b>
100	82	1	Emmanuel Olubukola-Sogbetun	Have	U13B	14.45
100	81	2	Callum Higgs	Thurr	U13B	14.47
100	79	3	Harrison Rabess	Have	U13B	14.59
100	80	4	Isaac Shearing	Have	U13B	15.95
<b>T10.6 100m - Under 15 Boys</b>						<b>wind: -1.2</b>
100	85	1	Joel Ajayi	Have	U15B	12.46
100	26	2	Kamel Adjei	Have	U15B	12.70
100	28	3	Rashaun Mullings-Smith	Have	U15B	13.22
100	84	4	Aly Hashem	Have	U15B	14.31

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<b>T11.1 100m - Under 17W &amp; above Race 1</b>						wind: <b>1.4</b>
100	39	1	Emma Ramsden	Have	U20W	12.92
100	95	2	Chizara Okocha	Have	U17W	12.98
100	40	3	Sophie Anderson	S'end	U20W	13.32
100	97	4	Divine Joseph	NEB	U17W	13.56
<b>T11.2 100m - Under 17W &amp; above Race 2</b>						wind: <b>1.0</b>
100	38	1	Precious Fagbadegun	Have	U17W	13.17
100	29	2	Cassie Campbell	Have	U17W	13.41
100	35	3	Angel Wright	C&T	U17W	13.52
100	36	4	Caitlyn Harvey	K&P	U17W	13.54
<b>T11.3 100m - Under 17W &amp; above Race 3</b>						wind: <b>NWS</b>
100	32	1	Stephanie Osuala	Have	U17W	13.90
100	34	2	Liana Constable	Have	U17W	13.98
100	96	3	Thea Callender	NEB	U17W	14.15
<b>T11.4 100m - Under 17M &amp; above Race 1</b>						wind: <b>-0.4</b>
100	103	1	Joseph Agbodza	S'end	SM	11.23
100	51	2	Ronnie Adoma	Have	U20M	11.42
100	47	3	Tom Lee	Thurr	U17M	11.59
100	94	4	Dominic Alexandru	Have	U17M	11.63
100	93	5	Joseph Haroun	Unatt	U17M	11.94
<b>T11.5 100m - Under 17M &amp; above Race 2</b>						wind: <b>0.6</b>
100	91	1	Eliel Assande	NEB	U17M	11.67
100	49	2	Ike Okwudi	Have	U17M	12.06
100	102	3	Louis Berrett	Have	SM	12.27
100	43	4	Leon Bengo	Have	U17M	12.30
100	101	5	Enrique Flores-Calderon Lovaco	Unatt	SM	12.32
<b>T11.6 100m - Under 17M &amp; above Race 3</b>						wind: <b>-0.8</b>
100	46	1	Reece Malcolm	Have	U17M	11.92
100	90	2	Isaac Wright	Bas	U17M	12.25
100	45	3	Lewis Dixon	Have	U17M	12.63
100	92	4	Alexei Marcu	NEB	U17M	12.94
<b>T11.7 100m - Under 17M &amp; above Race 4</b>						wind: <b>0.6</b>
100	89	1	Harry Anderson	S'end	U17M	12.03
100	88	2	Bayley Hartman	Bas	U17M	12.52
100	87	3	Joseph Gray	Have	U17M	13.08
100	104	4	Justin Waithe	Thurr	SM	13.25

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<b>T12.1 800m - Under 13 Girls</b>						
800	173	1	Sophie Wright	HHH	U13G	2:34.12
800	174	2	Nicole Hawkins	Thurr	U13G	2:37.12
800	1	3	Jessica Page	Have	U13G	2:40.81
800	177	4	Francesca Philipps	Chelm	U13G	2:45.19
800	126	5	Hollie Matthews	Thurr	U13G	2:47.31
800	63	6	Autumn Eke-Aluong	NEB	U13G	2:49.51
800	255	7	Isabella Taylor-Bush	Have	U13G	2:51.40
800	178	8	Salina Mikhail	NEB	U13G	2:53.08
800	58	9	Amelie Shearing	Have	U13G	2:53.74
800	175	10	Katie Hawkins	Thurr	U13G	2:55.46
800	171	11	Daisy Cossey-Atkins	Have	U13G	3:08.69
800	172	12	Holly Copping	Have	U13G	3:13.70
800	176	13	Grace Coates Norton	Coopers Co Sch	U13G	3:20.74
<b>T12.2 800m - Under 13 Boys</b>						
800	9	1	Aidan Doherty	Have	U13B	2:37.44
800	12	2	James Houghton	NEB	U13B	2:40.56
800	192	3	Oliver West	Have	U13B	2:44.05
800	11	4	Karolis Bartkus	Coopers Co Sch	U13B	2:45.83
800	193	5	Fraser Wolton	Have	U13B	2:45.93
800	80	6	Isaac Shearing	Have	U13B	2:55.25
<b>T12.2 800m - Under 15 Girls</b>						
800	181	1	Lucy Wright	HHH	U15G	2:26.27
800	127	2	Maggie Smith	Have	U15G	2:37.90
800	187	3	Niniola Agboola Salmon-Alaran	NEB	U15G	2:41.76
800	182	4	Eliza Bridges	WGEL	U15G	2:42.23
800	179	5	Scarlett Woods	Have	U15G	2:49.08
800	180	6	Emily Quinlan	Have	U15G	2:56.00
800	185	7	Lisa Osuala	Have	U15G	3:22.43
<b>T12.3 800m - Under 15 Boys</b>						
800	197	1	Jack West	Have	U15B	2:15.97
800	269	2	Sean Langan	Have	U15B	2:22.44
800	198	3	Shea Sweeney	Have	U15B	2:25.57
800	275	4	Manny Richards	Harl	U15B	2:28.30
800	200	5	Charlie Keenan	Have	U15B	2:30.66
800	199	6	Taylor Dixon	Have	U15B	2:46.22



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<b>T13.1 800m - Under 17, Under 20 &amp; Senior Women</b>						
800	268	1	Natalie Sewell	Have	U20W	2:19.41
800	262	2	Madi Harris	Bas	U20W	2:20.12
800	188	3	Freya Long	Have	U17W	2:35.28
800	189	4	Lisa Leinemann	Chelm	U17W	2:43.36
800	190	5	Rebecca O'Rourke	Have	U20W	2:46.85
<b>T13.2 800m - Under 17, Under 20 &amp; Senior Men</b>						
800	278	1	Samuel Mahoney	Have	U17M	2:05.33
800	283	2	Jason Kamau	NEB	U17M	2:12.42
800	294	3	David Aisa Miller	HHH	U20M	2:16.12
800	281	4	Finley Wolton	Have	U17M	2:16.84
800	287	5	Oliver Taylor-Bush	Have	U17M	2:17.37
800	87	6	Joseph Gray	Have	U17M	2:19.76
800	280	7	Michael Tesi	Have	U17M	2:23.50

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

**Saturday 9th April 2022**

	<b>No.</b>	<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Performance</b>
<b>Long Jump - Pool 1</b>						
LJ	61	1	Aliah Storari	Chelm	U13G	3.79
LJ	125	2	Amy Pugsley	S'end	U13G	3.34
LJ	223	3	Isabelle Curtis-Rich	Have	U13G	3.26
LJ	58	4	Amelie Shearing	Have	U13G	3.22
LJ	59	5	Ellen Moore	Have	U13G	3.03
LJ	74	1	Sophie Catchpole	Chelm	U15G	4.14
LJ	108	2	Olive Ann Lane	Chelm	U15G	3.75
LJ	146	3	Rosie Warner	Have	U15G	3.65
LJ	230	4	Maisie Lee	Have	U15G	3.45
LJ	82	1	Emmanuel Olubukola-Sogbetun	Have	U13B	3.87
LJ	160	2	Theo Copsey	Unatt	U13B	3.40
LJ	80	3	Isaac Shearing	Have	U13B	3.28
LJ	81	4	Callum Higgs	Thurr	U13B	3.18
LJ	113	1	William Watts	Thurr	U15B	5.31
LJ	240	2	Luca Gregory	Have	U15B	4.16
LJ	236	3	Freddie Hatcher	Have	U15B	3.69
<b>Long Jump - Pool 2</b>						
LJ	253	1	Ogo Anochirionye	TVH	SM	6.84
LJ	122	2	Nacho Fernandez	S'end	SM	4.77
LJ	45	1	Lewis Dixon	Have	U17M	5.17
LJ	116	2	Jeffrey Fenoo	Have	U17M	5.08
LJ	139	3	Jack Warren	Thurr	U17M	4.57
LJ	198	1	Shea Sweeney	Have	U15B	3.72
LJ	34	1	Liana Constable	Have	U17W	4.01
LJ	107	1	Amy Mansell	Have	U15G	4.17
LJ	71	2	Georgiana Sweeting	Tonb	U15G	4.01
LJ	77	3	Elena Stent	Bas	U15G	3.54
LJ	177	1	Francesca Philipps	Chelm	U13G	3.43

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

**Saturday 9th April 2022**

	<b>No.</b>	<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Performance</b>
<b>Discus - All</b>						
DT0.75K	222	1	Lila Chapelhow	Thurr	U13G	17.71
DT1K	106	1	Emmie Fulker	Chelm	U15G	17.35
DT1K	68	2	Eboni Roach	Have	U15G	8.56
DT1K	233	3	Katie Ennis	Have	U17W	30.05
DT1K	263	4	Erin Delea	Have	U17W	24.90
DT1K	274	5	Tilly Bunn	Have	U17W	23.63
DT1K	191	1	Hannah Yexley	Have	U20W	27.91
DT2K	259	1	James Moncrieff	S'end	SM	30.34
DT2K	122	2	Nacho Fernandez	S'end	SM	26.76
DT1.75K	53	1	Toby Bishop	Have	U20M	NT
DT1.5K	280	1	Michael Tesi	Have	U17M	25.43
DT1.25K	237	1	James Campbell	Have	U15B	20.77
DT1.25K	239	2	Dillon Humphrey	Have	U15B	20.59
DT1.25K	198	3	Shea Sweeney	Have	U15B	15.37
DT1K	79	1	Harrison Rabess	Have	U13B	19.52
<b>Shot - All</b>						
SP4K	113	1	William Watts	Thurr	U15B	11.33
SP4K	240	2	Luca Gregory	Have	U15B	8.64
SP4K	237	3	James Campbell	Have	U15B	6.97
SP4K	239	4	Dillon Humphrey	Have	U15B	6.77
SP4K	236	5	Freddie Hatcher	Have	U15B	5.94
SP3K	131	1	Maisie Fulker	Chelm	U17W	9.36
SP3K	263	2	Erin Delea	Have	U17W	8.81
SP3K	68	1	Eboni Roach	Have	U15G	7.37
SP3K	75	2	Lucy Bulman	Chelm	U15G	7.16
SP3K	230	3	Maisie Lee	Have	U15G	6.69
SP3K	19	4	Poppy Smith	Have	U15G	6.03
SP2.72K	2	1	Callie Ziepe	Have	U13G	5.88
SP2.72K	221	2	Coco Thomas	Coopers Co Sch	U13G	5.58

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

Saturday 9th April 2022

	No.	Pos	Name	Club	Age Group	Performance
<b>High Jump - Pool 1</b>						
HJ	7	1	Lily Hartman	Bas	U13G	1.30
HJ	124	2	Isabelle James	Coopers Co Sch	U13G	1.25
HJ	254	3	Heidi Ely	Craw	U13G	1.25
HJ	105	1	Oma Nwapa	Have	U15G	1.40
HJ	73	2	Kate Case	Chelm	U15G	1.35
HJ	76	3	Milana Thorpe	Chelm	U15G	1.35
HJ	127	4	Maggie Smith	Have	U15G	1.30
HJ	131	1	Maisie Fulker	Chelm	U17W	1.40
HJ	9	1	Aidan Doherty	Have	U13B	1.25
HJ	27	1	William Tilson	Have	U15B	1.25
<b>High Jump - Pool 2</b>						
HJ	28	1	Rashaun Mullings-Smith	Have	U15B	1.66
HJ	137	2	Jamie Newton	Unatt	U15B	1.63
HJ	133	3	Zion Ateba	Chelm	U20W	1.60
HJ	43	4	Leon Bengo	Have	U17M	1.55
HJ	287	5	Oliver Taylor-Bush	Have	U17M	1.50
HJ	33	6	Ruby Tillson	Have	U17W	1.50
<b>Javelin - Pool 1</b>						
JT400	1	1	Jessica Page	Have	U13G	23.88
JT400	222	2	Lila Chapelhow	Thurr	U13G	17.41
JT500	179	1	Scarlett Woods	Have	U15G	21.08
JT500	106	2	Emmie Fulker	Chelm	U15G	20.79
JT500	180	3	Emily Quinlan	Have	U15G	18.72
JT500	231	4	Jessica Heath	Bas	U15G	15.68
JT500	77	5	Elena Stent	Bas	U15G	14.44
JT500	129	6	Lucy Chapelhow	Thurr	U15G	8.86
JT600	238	1	Zak Williams	Have	U15B	35.54
JT600	241	2	John O'Brien	Have	U15B	27.12
JT600	240	3	Luca Gregory	Have	U15B	25.44
JT600	199	4	Taylor Dixon	Have	U15B	24.34

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

**Saturday 9th April 2022**

	<b>No.</b>	<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Performance</b>
<b>Javelin - Pool 2</b>						
JT500	232	1	Lucy Quinlan	Have	U17W	34.06
JT500	234	2	Emily Fessey Cook	Have	U17W	28.73
JT500	257	3	Lucia Ward	Have	U17W	19.36
JT500	153	4	Abigail Swan	Have	U17W	17.82
JT600	133	1	Zion Ateba	Chelm	U20W	21.19
JT700	243	1	Bobby Williams	Have	U17M	52.77
JT700	244	2	Oliver Grundy	Have	U17M	45.44
JT700	242	3	Matthew Page	Have	U17M	44.22
JT700	280	4	Michael Tesi	Have	U17M	27.23
JT800	251	1	Peter Brinton-Quinn	Have	SM	58.10
JT800	247	2	Simon Hill	Bas	U20M	50.52
JT800	246	3	Hal Hutton	Have	U20M	48.31
<b>Triple Jump - all</b>						
TJ	231	1	Jessica Heath	Bas	U15G	8.93
TJ	245	1	Maison Carpenter-Prout	Thurr	U17M	12.56
TJ	139	2	Jack Warren	Thurr	U17M	9.94
TJ	258		Morgan Hayward	Craw	SM	NJ
<b>Pole Vault - All</b>						
PV	250	1	Louis Willson	NEB	U20M	3.65
PV	140	2	Luke Williams	Ashf	SM	3.65
PV	249	3	Theo Baker	E&H	U20M	3.35
PV	272	4	Jennifer Sheasby	E&H	SW	2.75