

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T1.1 300m Hurdles - Female U17+						
300HU17W	138	1	Sophie Catchpole	Chelm	U17W	46.64
300HW	137	2	Chloe Williams	Have	W35	47.28
300HU17W	134	3	Maggie Smith	Have	U17W	48.39
300HW	140	4	Claire Brennan	Have	W40	50.33
300HW	139	5	Keira Bellas	Orion	U20W	65.19
T1.2 300m Hurdles - Male						
300HM	142	1	Kelvin Amankwaah	Thurr	U20M	46.40
300HM50	143	2	Nigel Gardner	Chelm	M50	50.10
T2.1 200m - Under 13 Girls Race 1						
					wind:	-1.2
200	75	1	Alaia Ajanlekoko Gomendio	VPTH	U13G	28.19
200	66	2	Millie Cook	Have	U13G	29.48
200	70	3	Siobhan Etemadi	Have	U13G	31.41
200	71	4	Emily Richardson-Ojok	Have	U13G	34.32
T2.2 200m - Under 13 Girls Race 2						
					wind:	-5.7
200	83	1	Mya Larter	VPTH	U13G	28.90
200	81	2	Lucy Croker	Bas	U13G	30.18
200	85	3	Brooke Lavey	Unatt	U13G	31.64
200	68	4	Zenobia Williams	Have	U13G	32.33
200	79	5	Esther Olajide	Unatt	U13G	33.62
T2.3 200m - Under 13 Girls Race 3						
					wind:	-3.0
200	84	1	Shindara Ayo-Adeyemo	Chelm	U13G	29.92
200	78	2	Breanna Dosumu	Chelm	U13G	31.97
200	72	3	Abigail Adegite	Have	U13G	32.86
200	69	4	Hanna Moore	Have	U13G	36.36
T2.4 200m - Under 13 Girls Race 4						
					wind:	-0.5
200	73	1	Charlene Bangne	Have	U13G	30.70
200	77	2	Ruby Wealleans	Unatt	U13G	31.79
200	82	3	Alexandra Robson	SS	U13G	34.50
200	76	4	Ava-Rose Riches	Have	U13G	35.89
200	67	5	Thaila Hayes	Have	U13G	36.73
T2.5 200m - Under 13 Boys Race 1						
					wind:	-4.7
200	87	1	Jack Rossington	Have	U13B	30.96
200	90	2	Nathan Hathaway	Have	U13B	31.32
200	88	3	Lucas Hardy	Harl	U13B	33.57
T2.6 200m - Under 13 Boys Race 2						
					wind:	-0.7
200	92	1	Euan Cheesewright	Have	U13B	30.95
200	89	2	Ali Alam	Have	U13B	31.52
200	86	3	Teddy Madlin	Have	U13B	31.52

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Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T2.7 200m - Under 15 Girls Race 1						wind: -1.0
200	50	1	Betsy Agboola	VPTH	U15G	27.13
200	47	2	Kara Adegite	Have	U15G	27.76
200	57	3	Ife Olabanji	VPTH	U15G	28.51
200	46	4	Poppy Dent-Jones	Have	U15G	28.86
200	49	5	Emma Christ	VPTH	U15G	31.45
T2.8 200m - Under 15 Girls Race 2						wind: -0.9
200	55	1	Josephine Walsh	Chelm	U15G	28.03
200	45	2	Omezirim Nwapa	Have	U15G	29.10
200	48	3	Leah Jones	Have	U15G	33.07
T2.9 200m - Under 15 Girls Race 3						wind: 0.3
200	54	1	Saya Saunders	Chelm	U15G	29.16
200	53	2	Jessie Lynes	Have	U15G	29.38
200	52	3	Keira Nix	Bas	U15G	29.98
200	56	4	Niah Rachel Avaloy-Garcia	VPTH	U15G	31.67
200	44	5	Sophia-Rae Ahmad	Have	U15G	32.72
T2.10 200m - Under 15 Boys						wind: -0.9
200	63	1	George Dixon	Chelm	U15B	27.16
200	64	2	George Hill	S'end	U15B	28.46
200	65	3	Charlie Lingley	B Beagles	U15B	30.26
200	62	4	William Millard	Have	U15B	30.38
200	61	5	Zachary Binge	Have	U15B	30.46
200	59	6	George Rogers	Have	U15B	31.37
T3.1 200m - Under 17W & above Race 1						wind: -0.9
200	26	1	Olivia Boachie	Have	U20W	25.92
200	23	2	Cassie Campbell	Have	U20W	26.00
200	16	3	Amy Mansell	Have	U17W	26.80
200	19	4	Lucy Bulman	Chelm	U17W	27.12
200	25	5	Precious Fagbadegun	Have	U20W	28.11
T3.2 200m - Under 17W & above Race 2						wind: -1.2
200	18	1	Amelie Scott	Chelm	U17W	26.91
200	15	2	Mya Thomas	Have	U17W	26.94
200	24	3	Stephanie Osuala	Have	U20W	27.10
200	17	4	Oluwafisola Fagbadegun	Have	U17W	27.33
200	20	5	Olivia Hall	Chelm	U17W	27.76
T3.3 200m - Under 17W & above Race 3						wind: -1.1
200	21	1	Nereci Da Silva	VPTH	U17W	28.07
200	27	2	Angel Wright	C&T	U20W	28.35
200	28	3	Emily Knight	E&H	SW	28.83
200	22	4	Alexandra Okolo	S'end	U17W	32.07

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Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T3.4 200m - Under 17M & above Race 1						wind: NWI
200	3	1	Michael Miller	HHH	SM	23.12
200	13	2	Emmanuel Asirifi-Otchere	Have	U17M	23.22
200	5	3	Reece Malcolm	Have	U20M	23.64
200	2	4	George Dean	Harrow	SM	23.83
200	4	5	Jordon Duncan	Ilf	SM	24.01
T3.5 200m - Under 17M & above Race 2						wind: -3.8
200	14	1	Yambukani Phiri	C&T	U17M	24.79
200	6	2	Johnpaul Nzekwe	NEB	U20M	25.75
200	7	3	Jake Shaw	Have	U17M	31.36
T3.6 200m - Under 17M & above Race 2						wind: -3.9
200	10	1	Maxwell Adeosun	Have	U17M	24.70
200	12	2	Miles Davis	C&T	U17M	27.10
200	8	3	Edgar Wetherell	VPTH	U17M	27.31
T4.1 1500m - Under 13 & U15 Girls & Boys						
1500	189	1	Madison Kindler	B Beagles	U13G	4:45.94
1500	198	2	Ethan Carroll	Have	U15B	5:16.06
1500	197	3	Billy Sheridan	Unatt	U13B	5:24.40
1500	190	4	Poppy Vines	Have	U15G	5:30.06
1500	196	5	Max Sillett	Have	U13B	5:59.27
1500	191	6	Jessica Latham	Have	U15G	6:24.71
T5.1 1500m - Under 17 & above						
1500	199	1	Daniel Lesser	Have	U17M	4:56.56
1500	194	2	Lucy Chapelhow	Thurr	U17W	5:09.06
1500	200	3	Nacho Fernandez	S'end	SM	5:12.95
1500	193	4	Zara Morley	Bas	U17W	5:13.27
1500	192	5	Ruby Price	Have	U17W	5:23.68

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T6.1 70m Hurdles - Under 13 Girls Race 1						wind: -3.5
70HU13G	75	1	Alaia Ajanlekoko Gomendio	VPTH	U13G	12.54
70HU13G	72	2	Abigail Adegite	Have	U13G	13.86
70HU13G	70	3	Siobhan Etemadi	Have	U13G	14.31
70HU13G	128	4	Maya Colese-Siklodi	Chelm	U13G	14.87
70HU13G	126	5	Inari Rawle	Have	U13G	16.20
T6.2 70m Hurdles - Under 13 Girls Race 2						wind: -0.9
70HU13G	85	1	Brooke Lavey	Unatt	U13G	14.48
70HU13G	81	2	Lucy Croker	Bas	U13G	15.52
70HU13G	127	3	Scarlett Barclay	Have	U13G	16.03
70HU13G	130	4	Bethany Friel	Have	U13G	16.37
T6.3 75m Hurdles Under 15 Girls Race 1						wind: -3.4
75HU15G	111	1	Chelsea Clarke	Chelm	U15G	12.28
75HU15G	115	2	Amy Pugsley	Chelm	U15G	12.54
75HU15G	55	3	Josephine Walsh	Chelm	U15G	12.68
75HU15G	46	4	Poppy Dent-Jones	Have	U15G	12.85
75HU15G	118	5	Nicola Bartkowiak	Unatt	U15G	13.18
T6.4 75m Hurdles Under 15 Girls Race 2						wind: -1.8
75HU15G	117	1	Alicja Yalaju	Chelm	U15G	12.76
75HU15G	133	2	Rebecca Turner	Dart	U15G	13.76
75HU15G	131	3	Amelie Shearing	Have	U15G	13.87
75HU15G	132	4	Alice Watts	Thurr	U15G	14.09
75HU15G	114	5	Cherri Moss	Chelm	U15G	16.10
T6.5 80m Hurdles Under 17 Women						wind: -3.3
80HU17W	18	1	Amelie Scott	Chelm	U17W	12.66
80HU17W	134	2	Maggie Smith	Have	U17W	12.68
80HU17W	135	3	Oma Nwapa	Have	U17W	13.53
80HU17W	16	4	Amy Mansell	Have	U17W	13.96
T6.6 80m Hurdles Under 15 Boys						wind: -0.4
80HU15B	121	1	Oliver Cambridge	Have	U15B	14.39
80HU15B	59	2	George Rogers	Have	U15B	16.70
T7.1 100m Hurdles - U20 & Senior Women						wind: -0.3
100HW	136	1	Ruby Tillson	Have	U20W	14.31
100HW	137	2	Chloe Williams	Have	W35	14.72
100HW	28	3	Emily Knight	E&H	SW	15.88
T7.2 100m Hurdles - U17 Men						wind: -0.4
100HU17M	123	1	William Watts	Thurr	U17M	15.10
100HU17M	124	2	Stephen Adesina	Chelm	U17M	15.15

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	No.	Pos	Name	Club	Age Group	Performance
T8.1 300m - Under 15 Girls						
300	50	1	Betsy Agboola	VPTH	U15G	42.47
300	52	2	Keira Nix	Bas	U15G	47.46
300	49	3	Emma Christ	VPTH	U15G	48.24
T8.2 300m - Under 15 Boys Race 1						
300	148	1	Jakub Skamla	Chelm	U15B	40.13
300	149	2	Amin Ballamine	VPTH	U15B	41.23
300	61	3	Zachary Binge	Have	U15B	45.92
300	147	4	Isaac Shearing	Have	U15B	50.38
T8.3 300m - Under 15 Boys Race 2						
300	146	1	Aidan Doherty	Have	U15B	43.20
300	150	2	George Burgess	Have	U15B	47.20
300	65	3	Charlie Lingley	B Beagles	U15B	48.22
T9.1 400m Race 1						
400	158	1	Romell Glave	Croy	SM	49.05
400	159	2	Korede Awe	Inv EK	SM	50.68
400	160	3	Isaac Ogunlade	Have	SM	51.20
T9.2 400m Race 2						
400	161	1	Enzo Madden	Sale	SM	50.94
400	155	2	Archie Winney	Have	U20M	53.16
400	36	3	Louis Berrett	Have	SM	53.29
400	156	4	Samuel Wright	Chelm	U20M	54.19
T9.3 400m Race 3						
400	144	1	Stephanie Okoro	Have	U20W	55.67
400	123	2	William Watts	Thurr	U17M	57.99
400	145	3	Abigail Swan	Have	U20W	72.64

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	No.	Pos	Name	Club	Age Group	Performance
T10.1 100m - Under 13 Girls Race 1						wind: -4.6
100	83	1	Mya Larter	VPTH	U13G	13.91
100	84	2	Shindara Ayo-Adeyemo	Chelm	U13G	14.25
100	81	3	Lucy Croker	Bas	U13G	14.39
100	257	4	Ria-Simone Sandhu-Nelson	Have	U13G	15.38
100	70	5	Siobhan Etemadi	Have	U13G	15.50
T10.2 100m - Under 13 Girls Race 2						wind: -1.6
100	77	1	Ruby Wealleans	Unatt	U13G	15.23
100	79	2	Esther Olajide	Unatt	U13G	15.81
100	128	3	Maya Colese-Siklodi	Chelm	U13G	16.06
100	127	4	Scarlett Barclay	Have	U13G	16.07
100	69	5	Hanna Moore	Have	U13G	16.43
T10.3 100m - Under 13 Girls Race 3						wind: -1.3
100	78	1	Breanna Dosumu	Chelm	U13G	14.52
100	254	2	Skye Hanchard	Have	U13G	15.84
100	165	3	Violet Everett	Have	U13G	16.52
100	71	4	Emily Richardson-Ojok	Have	U13G	16.82
100	162	5	Edie Smith	Have	U13G	16.95
T10.4 100m - Under 13 Girls Race 4						wind: -1.6
100	73	1	Charlene Bangne	Have	U13G	15.20
100	258	2	Macie Hall	Chelm	U13G	15.54
100	76	3	Ava-Rose Riches	Have	U13G	16.11
100	163	4	Elsie Smith	Have	U13G	16.13
100	67	5	Thaila Hayes	Have	U13G	16.93
T10.5 100m - Under 13 Boys Race 1						wind: -1.0
100	98	1	Ethan Rawlings	WGEL	U13B	14.56
100	90	2	Nathan Hathaway	Have	U13B	14.63
100	88	3	Lucas Hardy	Harl	U13B	15.35
100	100	4	Archie Wilson	VPTH	U13B	15.38
T10.6 100m - Under 13 Boys Race 2						wind: -3.2
100	92	1	Euan Cheesewright	Have	U13B	14.86
100	89	2	Ali Alam	Have	U13B	14.87
100	102	3	Archie Bright	Have	U13B	15.39
100	99	4	Kyelan Brian	WGEL	U13B	15.69

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Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T10.7 100m - Under 15 Girls Race 1						wind: -3.9
100	117	1	Alicja Yalaju	Chelm	U15G	13.37
100	111	2	Chelsea Clarke	Chelm	U15G	13.38
100	47	3	Kara Adegite	Have	U15G	13.52
100	58	4	Mercy Ojo	VPTH	U15G	13.64
100	57	5	Ife Olabanji	VPTH	U15G	13.75
T10.8 100m - Under 15 Girls Race 2						wind: -1.0
100	46	1	Poppy Dent-Jones	Have	U15G	13.69
100	105	2	Dulce Smith Rodriguez	Have	U15G	14.46
T10.9 100m - Under 15 Girls Race 3						wind: -0.8
100	115	1	Amy Pugsley	Chelm	U15G	14.27
100	56	2	Niah Rachel Avaloy-Garcia	VPTH	U15G	14.98
100	114	3	Cherri Moss	Chelm	U15G	15.01
100	109	4	Ayla Baker	Have	U15G	15.18
100	48	5	Leah Jones	Have	U15G	15.40
T10.10 100m - Under 15 Boys Race 1						wind: -1.0
100	95	1	Sam Steadman	Chelm	U15B	12.07
100	60	2	Teddy Monk	Have	U15B	12.71
100	61	3	Zachary Binge	Have	U15B	14.52
100	62	4	William Millard	Have	U15B	15.19
T10.11 100m - Under 15 Boys Race 2						wind: -3.0
100	96	1	Adam Staunton	B Beagles	U15B	13.92
100	93	2	Harrison Rabess	Have	U15B	14.04
100	64	3	George Hill	S'end	U15B	14.08
100	97	4	Oba Samuel	Have	U15B	14.17

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Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T11.1 100m - Under 17W & above Race 1						wind: -2.4
100	17	1	Oluwafisola Fagbadegun	Have	U17W	13.07
100	23	2	Cassie Campbell	Have	U20W	13.10
100	15	3	Mya Thomas	Have	U17W	13.11
100	18	4	Amelie Scott	Chelm	U17W	13.15
100	25	5	Precious Fagbadegun	Have	U20W	13.16
T11.2 100m - Under 17W & above Race 2						wind: -0.5
100	43	1	Alicia Fairmaner	Have	U17W	12.83
100	24	2	Stephanie Osuala	Have	U20W	13.00
100	42	3	Chanttal Abaga-Valcarcel	VPTH	U20W	13.09
100	20	4	Olivia Hall	Chelm	U17W	13.15
100	39	5	Evelyn Shonde	Chelm	U17W	13.28
100	27	6	Angel Wright	C&T	U20W	13.42
T11.3 100m - Under 17W & above Race 3						wind: NWI
100	37	1	Christine Atumonyogo	Have	U17W	13.87
100	38	2	Heidi Burt	Have	U17W	14.61
100	40	3	Jessica Lunt	Chelm	U17W	14.67
100	41	4	Shakira Rauof	S'end	U17W	14.80
100	22	5	Alexandra Okolo	S'end	U17W	15.68
T11.4 100m - Under 17M & above Race 1						wind: -2.9
100	34	1	Joel Ajayi	Have	U17M	11.00
100	35	2	David Bajela	S'end	U17M	11.55
100	30	3	Tobias Samuel	Have	U17M	11.80
100	36	4	Louis Berrett	Have	SM	12.22
100	29	5	Jae Callender	Have	U17M	12.57
T11.5 100m - Under 17M & above Race 2						wind: -2.2
100	14	1	Yambukani Phiri	C&T	U17M	11.74
100	10	2	Maxwell Adeosun	Have	U17M	11.93
100	31	3	Ryan Alexander	Have	U17M	12.08
100	12	4	Miles Davis	C&T	U17M	12.49
100	33	5	Jack Warren-Gunn	Chelm	U17M	12.58
100	32	6	Aly Hashem	Have	U17M	13.09

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Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
T12.1 800m - Under 13 Girls						
800	66	1	Millie Cook	Have	U13G	2:36.98
800	68	2	Zenobia Williams	Have	U13G	2:48.09
800	164	3	Phoebe Lecomber	Have	U13G	2:51.40
800	165	4	Violet Everett	Have	U13G	2:54.46
800	72	5	Abigail Adegite	Have	U13G	2:59.12
800	130	6	Bethany Friel	Have	U13G	3:02.28
800	85	7	Brooke Lavey	Unatt	U13G	3:07.96
800	163	8	Elsie Smith	Have	U13G	3:08.78
800	162	9	Edie Smith	Have	U13G	3:14.04
800	126	10	Inari Rawle	Have	U13G	3:15.93
T12.2 800m - Under 13 Boys						
800	175	1	Callum Millard Jennings	Have	U13B	2:43.13
800	173	2	Austin Broadhurst	Have	U13B	2:43.27
800	100	3	Archie Wilson	VPTH	U13B	2:45.43
800	90	4	Nathan Hathaway	Have	U13B	2:46.84
800	86	5	Teddy Madlin	Have	U13B	2:48.87
800	91	6	Barney Sullivan	Have	U13B	2:59.29
800	178	7	Thomas Swan	Have	U13B	3:02.40
800	102	8	Archie Bright	Have	U13B	3:07.13
800	177	9	Cruz Carvell	Have	U13B	3:09.73
T12.3 800m - Under 15 Girls & Boys						
800	180	1	Stephen Bradley	Bas	U15B	2:15.05
800	146	2	Aidan Doherty	Have	U15B	2:16.51
800	182	3	James Houghton	NEB	U15B	2:22.86
800	179	4	Oliver West	Have	U15B	2:23.61
800	183	5	Hayden Preston	Col H	U15B	2:31.91
800	147	6	Isaac Shearing	Have	U15B	2:37.17
800	150	7	George Burgess	Have	U15B	2:37.94
800	181	8	Theo Copsey	S'end	U15B	2:39.20
800	169	9	Ruby Beasley	Have	U15G	2:44.38
800	168	10	Daisy Middlemiss	B Beagles	U15G	2:45.08
T13.1 800m - Under 17 & above						
800	185	1	Patrick Croker	NEB	U17M	2:11.86
800	187	2	Toby Johnson	Have	U20M	2:13.47
800	171	3	Poppy Pepper	Bas	U17W	2:36.00
800	170	4	Niamh Roberts	Chelm	U17W	2:37.62
800	145	5	Abigail Swan	Have	U20W	2:48.67

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Saturday 7th April 2024

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Hammer - Under 15 & above						
HT3K	256	1	Eboni Roach	Have	U17W	23.90
HT4K	271	1	William Stander	WGEL	U15B	42.42
HT4K	260	2	Katie Ennis	Have	U20W	33.09
HT5K	276	1	Alexander Brigden	S'end	U17M	37.99
HT5K	273	2	Freddie Hatcher	Have	U17M	18.97
HT7.26K	283	1	Noah Wooding	WGEL	SM	39.51
Long Jump - Pool 1 - Under 13s & Under 15s					wind:	Headwind
LJ	132	1	Alice Watts	Thurr	U15G	4.16
LJ	224	2	Jasmine Asmal	Have	U15G	4.00
LJ	175	3	Callum Millard Jennings	Have	U13B	3.96
LJ	196	4	Max Sillett	Have	U13B	3.95
LJ	128	5	Maya Colese-Siklodi	Chelm	U13G	3.73
LJ	88	6	Lucas Hardy	Harl	U13B	3.69
LJ	44	7	Sophia-Rae Ahmad	Have	U15G	3.45
LJ	82	8	Alexandra Robson	SS	U13G	3.13
LJ	191	9	Jessica Latham	Have	U15G	2.97
LJ	126	10	Inari Rawle	Have	U13G	2.93
Long Jump - Pool 2 - Under 17s and above					wind:	Headwind
LJ	281	1	Denzel Achi	Have	SM	6.53
LJ	280	2	Oreanuoluwa Adepegba	NEB	U20M	6.19
LJ	123	3	William Watts	Thurr	U17M	6.01
LJ	263	4	Anthony Odumosu	Unatt	U17M	6.00
LJ	30	5	Tobias Samuel	Have	U17M	6.00
LJ	43	6	Alicia Fairmaner	Have	U17W	5.61
LJ	136	7	Ruby Tillson	Have	U20W	5.41
LJ	285	8	Jordan Andrew	NEB	SM	5.35
LJ	274	9	Zac Scroxtton	Bas	U17M	5.19
LJ	42	10	Chanttal Abaga-Valcarcel	VPTH	U20W	5.12
LJ	25	11	Precious Fagbadegun	Have	U20W	5.05
LJ	8	12	Edgar Wetherell	VPTH	U17M	4.95
LJ	32	13	Aly Hashem	Have	U17M	4.91
LJ	135	14	Oma Nwapa	Have	U17W	4.64
LJ	39	15	Evelyn Shonde	Chelm	U17W	4.43
LJ	139	16	Keira Bellas	Orion	U20W	2.64

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
Shot - All						
SP2.72K	68	1	Zenobia Williams	Have	U13G	6.76
SP3K	256	1	Eboni Roach	Have	U17W	10.54
SP3K	115	2	Amy Pugsley	Chelm	U15G	8.81
SP3K	109	3	Ayla Baker	Have	U15G	8.70
SP3K	105	4	Dulce Smith Rodriguez	Have	U15G	8.45
SP3K	132	5	Alice Watts	Thurr	U15G	7.15
SP3K	220	6	Isobel Pridie	Have	U15G	6.46
SP4K	261	1	Maegan Hopkins	Chelm	U20W	12.46
SP4K	270	2	Sam Johnson	Unatt	U15B	11.24
SP4K	271	3	William Stander	WGEL	U15B	10.90
SP4K	93	4	Harrison Rabess	Have	U15B	9.26
SP4K	269	5	Jack Weston	Bas	U15B	9.24
SP4K	140	6	Claire Brennan	Have	W40	6.93
SP4K	265	7	Ethan Johnson	Have	U15B	6.74
SP5K	273	1	Freddie Hatcher	Have	U17M	8.10
SP6K	156	1	Samuel Wright	Chelm	U20M	11.22
Discus - All						
DT1K	260	1	Katie Ennis	Have	U20W	33.79
DT1K	256	2	Eboni Roach	Have	U17W	27.00
DT1K	262	3	Tilly Bunn	Have	U20W	25.87
DT1K	248	4	Izzy Jones	SS	U15G	20.36
DT1K	222	5	Clare Coogan	Have	U15G	15.06
DT1K	220	6	Isobel Pridie	Have	U15G	12.62
DT1K	264	-	Jessica Hopkins	Chelm	SW	NT
DT1.25K	93	1	Harrison Rabess	Have	U15B	29.97
DT1.25K	265	2	Ethan Johnson	Have	U15B	17.74
DT1.25K	269	3	Jack Weston	Bas	U15B	16.03
DT1.25K	150	4	George Burgess	Have	U15B	14.81
DT1.5K	124	1	Stephen Adesina	Chelm	U17M	32.26
DT1.5K	273	2	Freddie Hatcher	Have	U17M	21.70
DT1.75K	156	1	Samuel Wright	Chelm	U20M	31.00

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
High Jump						
HJ	279	1	Thomas Lay	S'end	U20M	1.85
HJ	31	2	Ryan Alexander	Have	U17M	1.70
HJ	33	3	Jack Warren-Gunn	Chelm	U17M	1.65
HJ	259	4	Irati Ajanlekoko Gomendio	VPTH	U17W	1.55
HJ	146	5=	Aidan Doherty	Have	U15B	1.50
HJ	255	5=	Sophia Willson	Have	U17W	1.50
HJ	45	7	Omezirim Nwapa	Have	U15G	1.45
HJ	122	8	Henry Langford	Have	U15B	1.40
HJ	147	9	Isaac Shearing	Have	U15B	1.40
HJ	269	10	Jack Weston	Bas	U15B	1.35
HJ	131	11	Amelie Shearing	Have	U15G	1.35
HJ	224	12	Jasmine Asmal	Have	U15G	1.30
HJ	181	13	Theo Copsey	S'end	U15B	1.30
HJ	79	14	Esther Olajide	Unatt	U13G	1.05
HJ	121	-	Oliver Cambridge	Have	U15B	NH
Javelin - Pool 1						
JT400	215	1	Isabelle Stander	WGEL	U13G	23.31
JT400	210	2	Enara Ajanlekoko Gomendio	VPTH	U13G	17.13
JT400	176	3	Henry Richards	WGEL	U13B	14.53
JT500	54	1	Saya Saunders	Chelm	U15G	29.46
JT500	220	2	Isobel Pridie	Have	U15G	19.60
JT500	109	3	Ayla Baker	Have	U15G	18.89
JT500	224	4	Jasmine Asmal	Have	U15G	18.84
JT500	217	5	Alana Graves	Have	U15G	18.44
JT600	271	1	William Stander	WGEL	U15B	41.08
JT600	180	2	Stephen Bradley	Bas	U15B	32.77
JT600	266	3	Kai Debenham	Bas	U15B	27.69
JT600	265	4	Ethan Johnson	Have	U15B	23.84
JT600	267	5	Tommy Hewitt	Chelm	U15B	16.19
JT600	59	6	George Rogers	Have	U15B	10.44

HAVERING AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Saturday 7th April 2024

	No.	Pos	Name	Club	Age Group	Performance
Javelin - Pool 2						
JT500	16	1	Amy Mansell	Have	U17W	19.98
JT500	134	2	Maggie Smith	Have	U17W	19.21
JT600	136	1	Ruby Tillson	Have	U20W	28.94
JT600	260	2	Katie Ennis	Have	U20W	23.59
JT700	275	1	James Brinton-Quinn	Have	U17M	29.96
JT700	272	2	James Gillett	Have	U17M	27.58
JT800	284	1	Peter Brinton-Quinn	Have	SM	61.32
JT800	278	2	Samson Brichieri-Colombi	Harl	U20M	40.35
JT800	200	3	Nacho Fernandez	S'end	SM	38.25
JT800	156	4	Samuel Wright	Chelm	U20M	35.29
JT800	282	5	Spencer Lynn	Bas	SM	29.65
Triple Jump Under 15 & above						wind: Headwind
TJ	6	1	Johnpaul Nzekwe	NEB	U20M	12.43
TJ	21	2	Nereci Da Silva	VPTH	U17W	11.42
TJ	12	3	Miles Davis	C&T	U17M	11.34
TJ	286	4	Stephen Lake	Ashf	M50	9.99
TJ	121	5	Oliver Cambridge	Have	U15B	9.52
TJ	133	6	Rebecca Turner	Dart	U15G	8.71
TJ	52	7	Keira Nix	Bas	U15G	7.77