

HAVERING AC - CLUB CHAMPIONSHIPS AND OPEN MEETING Held at HORNCHURCH

Sunday 15th September 2024

| | No. | Pos | Name | Club | Age Group | Performance | HAC Medals |
|---|-----|-----|-------------------------|----------|-----------|-------------|-------------|
| 300m - Under 15 Girls | | | | | | | |
| 300 | 123 | 1 | Annabella Drake | Have | U15G | 43.02 | U15G Gold |
| 300 | 109 | 2 | Jasmine Asmal | Have | U15G | 44.01 | U15G Silver |
| 300 | 124 | 3 | Jessica Page | Have | U15G | 45.17 | U15G Bronze |
| 300 | 100 | 4 | Daisy Cossey-Atkins | Have | U15G | 47.12 | |
| 300 | 111 | 5 | Isabelle Ridley | Have | U15G | 48.00 | |
| 300m - Under 15 Girls & Under 17 Women | | | | | | | |
| 300 | 129 | 1 | Lucy Chapelhow | Thurr | U17W | 44.14 | |
| 300 | 127 | 2 | Rhianna John | Thurr | U15G | 45.25 | |
| 300 | 126 | 3 | Keira Nix | Bas | U15G | 46.71 | |
| 300m - Under 15 Boys | | | | | | | |
| 300 | 45 | 1 | Aidan Doherty | Have | U15B | 38.60 | U15B Gold |
| 300 | 135 | 2 | Rahul Solanki | WGEL | U15B | 39.17 | |
| 300 | 85 | 3 | Jayden Wilkinson | Have | U15B | 40.07 | U15B Silver |
| 300 | 134 | 4 | Toby Taylor | WGEL | U15B | 40.87 | |
| 300 | 52 | 5 | George Hill | S'end | U15B | 42.16 | |
| 1500m - Under 13 & Under 15 Girls | | | | | | | |
| 1500 | 156 | 1 | Emmie Lole | Have | U15G | 5:00.58 | U15G Gold |
| 1500 | 148 | 2 | Mia Lawes | C&T | U13G | 5:03.93 | |
| 1500 | 153 | 3 | Orla Friel | Have | U15G | 5:06.67 | U15G Silver |
| 1500 | 152 | 4 | Poppy Vines | Have | U15G | 5:10.70 | U15G Bronze |
| 1500 | 149 | 5 | Sadie Owen | SS | U13G | 5:15.17 | |
| 1500 | 154 | 6 | Ruby Beasley | Have | U15G | 5:33.44 | |
| 1500 | 147 | 7 | Megan Latham | Have | U13G | 6:39.16 | U13G Gold |
| 1500m - Under 13 & Under 15 Boys | | | | | | | |
| 1500 | 193 | 1 | Harvey Thomas | Newmkt J | U15B | 5:00.37 | |
| 1500 | 181 | 2 | Charlie Lee | SS | U13B | 5:01.88 | |
| 1500 | 176 | 3 | Reuben McDermott | Have | U13B | 5:07.81 | U13B Gold |
| 1500 | 180 | 4 | Callum Millard Jennings | Have | U13B | 5:11.88 | U13B Silver |
| 1500 | 183 | 5 | Daniel Smith | Chelm | U13B | 5:15.82 | |
| 1500m - Under 17 & above | | | | | | | |
| 1500 | 196 | 1 | Freddie Rowe | Have | U17M | 3:59.90 | U17M Gold |
| 1500 | 200 | 2 | James McAllen | W'vney | U17M | 4:01.35 | |
| 1500 | 290 | 3 | Alex Ford | Have | SM | 4:03.15 | |
| 1500 | 292 | 4 | James Stewart | Have | SM | 4:07.56 | |
| 1500 | 293 | 5 | Robert Trevor | Have | M45 | 4:39.11 | |
| 1500 | 294 | 6 | Scott Thrush | Thurr | M35 | 4:41.31 | |
| 1500 | 164 | 7 | Jessica Walker | S'end | U17W | 4:45.86 | |
| 1500 | 142 | 8 | Andy Jordan | St Alb | M60 | 5:00.40 | |
| 1500 | 171 | 9 | Jordan Lacey | Chelm | SW | 5:25.85 | |
| 1500 | 166 | 10 | Charlotte Evans | Have | U20W | 5:32.45 | |
| 1500 | 169 | 11 | Rebecca O'Rourke | Have | SW | 5:43.75 | |

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| 70m Hurdles - Under 13 Girls Race 1 | | | | | wind: | -0.4 | |
| 70HU13G | 101 | 1 | Emma Frisby | S'end | U13G | 11.66 | |
| 70HU13G | 102 | 2 | Brooke Lavey | Have | U13G | 12.39 | U13G Silver |
| 70HU13G | 104 | 3 | Siobhan Etemadi | Have | U13G | 12.47 | U13G Bronze |
| 70HU13G | 61 | 4 | Abigail Adegite | Have | U13G | 12.85 | |
| 70HU13G | 106 | 5 | Eddie Smith | Have | U13G | 15.77 | |
| 75m Hurdles - Under 15 Girls | | | | | wind: | -1.2 | |
| 75HU15G | 113 | 1 | Evie Abbott | B Beagles | U15G | 12.64 | |
| 75HU15G | 112 | 2 | Dakota Sladden | SS | U15G | 12.91 | |
| 75HU15G | 109 | 3 | Jasmine Asmal | Have | U15G | 13.12 | U15G Gold |
| 75HU15G | 111 | 4 | Isabelle Ridley | Have | U15G | 14.87 | U15G Silver |
| 75m Hurdles - Under 13 Boys | | | | | wind: | 0.0 | |
| 75HU13B | 119 | 1 | Derin Okubanjo | Have | U13B | 13.14 | U13B Gold |
| 75HU13B | 34 | 2 | Nathan Hathaway | Have | U13B | 13.36 | U13B Silver |
| 80m Hurdles - Under 17 Girls | | | | | wind: | -2.6 | |
| 80HU17W | 116 | 1 | Alice Coshell | Thurr | U17W | 11.77 | |
| 80HU17W | 114 | 3 | Oma Nwapa | Have | U17W | 12.51 | U17W Gold |
| 80HU17W | 97 | 3 | Maggie Smith | Have | U17W | 12.56 | U17W Silver |
| 80HU17W | 115 | 4 | Amy Mansell | Have | U17W | 13.25 | U17W Bronze |
| 80m Hurdles - Under 15 Boys | | | | | wind: | 0.0 | |
| 80HU15B | 122 | 1 | Ajay Whiteman | S'end | U15B | 11.62 | |
| 80HU15B | 121 | 2 | Jeremy Andersen | Chelm | U15B | 12.04 | |
| 80HU15B | 120 | 3 | Oliver Cambridge | Have | U15B | 13.08 | U15B Gold |
| 100m Hurdles - Under 17 Man/Senior Wom | | | | | wind: | 0.0 | |
| 100HU17M | 21 | 1 | William Watts | Thurr | U17M | 14.80 | |
| 100HW | 117 | 2 | Chloe Williams | Have | W35 | 15.16 | |
| 400m Mixed | | | | | | | |
| 400 | 132 | 1 | Rebecca Quinlan | Chelm | W35 | 63.71 | |
| 400 | 142 | 2 | Andy Jordan | St Alb | M60 | 66.56 | |
| 400 | 91 | 3 | Holly Huett | Bas | U20W | 66.95 | |
| 400 | 130 | 4 | Imogen Jones | Bas | U20W | 73.73 | |
| 400 | 131 | 5 | Haleema Asmal | Have | W50 | 90.35 | |
| 400m Under 17, Under 20 & Senior Men | | | | | | | |
| 400 | 140 | 1 | Kieran O'Hara | Have | SM | 51.57 | |
| 400 | 5 | 2 | Louis Berrett | Have | SM | 51.65 | |
| 400 | 138 | 3 | Charlie Burgess | Have | U20M | 53.73 | |
| 400 | 136 | 4 | Jake Shaw | Have | U17M | 55.69 | U17M Gold |

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| | No. | Pos | Name | Club | Age Group | Performance | HAC Medals |
|-------------------------------------|-----|-----|---------------------------|-----------|-----------|-------------|-------------|
| 100m - Under 13 Girls Race 1 | | | | | wind: | -3.5 | |
| 100 | 61 | 1 | Abigail Adegite | Have | U13G | 13.94 | U13G Gold |
| 100 | 69 | 2 | Freya Homer | S'end | U13G | 14.29 | |
| 100 | 62 | 3 | Ria Kataria | Have | U13G | 14.95 | U13G Silver |
| 100 | 67 | 4 | Scarlett Barclay | Have | U13G | 15.03 | U13G Bronze |
| 100 | 66 | 5 | Ria-Simone Sandhu-Nelson | Have | U13G | 15.24 | |
| 100m - Under 13 Girls Race 2 | | | | | wind: | -0.3 | |
| 100 | 60 | 1 | Elsie Smith | Have | U13G | 15.09 | |
| 100 | 64 | 2 | Megan Murphy | Have | U13G | 15.29 | |
| 100 | 58 | 3 | Emily Richardson-Ojok | Have | U13G | 15.89 | |
| 100 | 59 | 4 | Nailah Enobakhare | Have | U13G | 15.90 | |
| 100 | 63 | 5 | Thaila Hayes | Have | U13G | 16.22 | |
| 100m - Under 13 Boys Race 1 | | | | | wind: | 0.0 | |
| 100 | 38 | 1 | Tobi Oluborode Oluseye | Have | U13B | 12.98 | U13B Gold |
| 100 | 36 | 2 | Timi Oluborode Oluseye | Have | U13B | 13.31 | U13B Silver |
| 100 | 34 | 3 | Nathan Hathaway | Have | U13B | 13.79 | U13B Bronze |
| 100 | 37 | 4 | Austin Broadhurst | Have | U13B | 14.40 | |
| 100 | 39 | 5 | Euan Cheesewright | Have | U13B | 14.42 | |
| 100m - Under 15 Girls Race 1 | | | | | wind: | -1.4 | |
| 100 | 71 | 1 | Kara Adegite | Have | U15G | 13.17 | U15G Gold |
| 100 | 73 | 2 | Omezirim Nwapa | Have | U15G | 13.33 | U15G Silver |
| 100 | 80 | 3 | Honey Peck | B Beagles | U15G | 13.61 | |
| 100 | 79 | 4 | Katie Lowe | B Beagles | U15G | 13.89 | |
| 100 | 76 | 5 | Kalea Martin | Have | U15G | 14.09 | |
| 100 | 72 | 6 | Leah Jones | Have | U15G | 15.13 | |
| 100m - Under 15 Girls Race 2 | | | | | wind: | 0.0 | |
| 100 | 78 | 1 | Zivah Amobi | Have | U15G | 13.88 | U15G Bronze |
| 100 | 77 | 2 | Emmanuella Joshua-Omonijo | Have | U15G | 14.62 | |
| 100 | 70 | 3 | Holly Bradbury | Have | U15G | 14.70 | |
| 100 | 74 | 4 | Tomiwa Holloway | Have | U15G | 15.17 | |
| 100 | 75 | 5 | Sophia-rae Ahmad | Have | U15G | 15.24 | |
| 100m - Under 15 Boys Race 1 | | | | | wind: | -1.3 | |
| 100 | 56 | 1 | Adeoluwani Ademuyiwa | Thurr | U15B | 12.38 | |
| 100 | 54 | 2 | Raheem Said | Thurr | U15B | 12.68 | |
| 100 | 52 | 3 | George Hill | S'end | U15B | 12.73 | |
| 100 | 55 | 4 | George Thompson | S'end | U15B | 12.76 | |
| 100 | 49 | 5 | Roy Mumbamarwo | Have | U15B | 13.44 | U15B Bronze |
| 100 | 47 | 6 | Oba Samuel | Have | U15B | 14.00 | |
| 100m - Under 15 Boys Race 2 | | | | | wind: | -3.6 | |
| 100 | 45 | 1 | Aidan Doherty | Have | U15B | 12.58 | U15B Gold |
| 100 | 43 | 2 | Harrison Rabess | Have | U15B | 13.28 | U15B Silver |
| 100 | 57 | 3 | Isaac Bajela | S'end | U15B | 13.40 | |
| 100 | 51 | 4 | Oluyemi Oduyeye | Thurr | U15B | 13.96 | |
| 100 | 50 | 5 | Schalk Steyn | Have | U15B | 14.02 | |

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| 100m - Under 17 Women & above Race 1 | | | | | wind: | -1.0 | |
| 100 | 30 | 1 | Cassie Campbell | Have | U20W | 12.67 | |
| 100 | 31 | 2 | Stephanie Osuala | Have | U20W | 12.69 | |
| 100 | 22 | 3 | Oluwafisola Fagbadegun | Have | U17W | 12.85 | U17W Gold |
| 100 | 25 | 4 | Erin Frisby | S'end | U17W | 12.86 | |
| 100m - Under 17 Women & above Race 2 | | | | | wind: | 0.3 | |
| 100 | 26 | 1 | Jessica Lunt | Chelm | U17W | 13.83 | |
| 100 | 28 | 2 | Victoria Ananwa | Ilf | U17W | 14.21 | |
| 100 | 29 | 3 | Evie Nobrega | SS | U17W | 14.46 | |
| 100 | 23 | 4 | Esther Jegede | Have | U17W | 14.57 | U17W Silver |
| 100 | 32 | 5 | Clare St John-Coleman | Chelm | W60 | 16.22 | |
| 100m - Under 17 Men & above Race 1 | | | | | wind: | -0.2 | |
| 100 | 4 | 1 | Fosuhene Enyiam | Thurr | U20M | 10.92 | |
| 100 | 15 | 2 | Daniel Asiedu | Thurr | U17M | 11.34 | |
| 100 | 3 | 3 | Reece Malcolm | Have | U20M | 11.42 | |
| 100 | 16 | 4 | Oluwaseun Oduyeye | Thurr | U17M | 11.51 | |
| 100m - Under 17 Men & above Race 2 | | | | | wind: | 0.0 | |
| 100 | 12 | 1 | Maxwell Adeosun | Have | U17M | 11.47 | U17M Gold |
| 100 | 8 | 2 | Jordon Duncan | Ilf | SM | 11.49 | |
| 100 | 1 | 3 | Chris Agnimel | Have | U20M | 11.52 | |
| 100 | 17 | 4 | Yambukani Phiri | C&T | U17M | 11.63 | |
| 100m - Under 17 Men & above Race 3 | | | | | wind: | 0.0 | |
| 100 | 18 | 1 | Louie Sach | Thurr | U17M | 11.63 | |
| 100 | 5 | 2 | Louis Berrett | Have | SM | 11.83 | |
| 100 | 7 | 3 | Aaron Freshwater | Have | SM | 11.84 | |
| 100 | 10 | 4 | Thomas Backham | Have | U17M | 11.87 | U17M Silver |
| 100m - Under 17 Men & above Race 3 | | | | | wind: | 0.0 | |
| 100 | 21 | 1 | William Watts | Thurr | U17M | 11.94 | |
| 100 | 13 | 2 | Bradley Humm | Have | U17M | 12.25 | U17M Bronze |
| 100 | 20 | 3 | Luke Bolton | St Alb | U17M | 12.27 | |
| 100 | 19 | 4 | Aly Hashem | Have | U17M | 13.04 | |

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| 800m - Under 13 Girls | | | | | | | |
| 800 | 143 | 1 | Millie Cook | Have | U13G | 2:36.55 | U13G Gold |
| 800 | 144 | 2 | Zenobia Williams | Have | U13G | 2:46.28 | U13G Silver |
| 800 | 103 | 3 | Olivia Wheeler | Have | U13G | 2:46.37 | U13G Bronze |
| 800 | 145 | 4 | Violet Everett | Have | U13G | 3:00.83 | |
| 800 | 105 | 5 | Betsy Morrow | Have | U13G | 3:04.66 | |
| 800 | 106 | 6 | Edie Smith | Have | U13G | 3:08.20 | |
| 800m - Under 13 Boys | | | | | | | |
| 800 | 34 | 1 | Nathan Hathaway | Have | U13B | 2:32.79 | U13B Gold |
| 800 | 37 | 2 | Austin Broadhurst | Have | U13B | 2:33.44 | U13B Silver |
| 800 | 179 | 3 | Michael Lesser | Have | U13B | 2:43.31 | U13B Bronze |
| 800 | 172 | 4 | Harrison Nolan | Have | U13B | 2:44.64 | |
| 800 | 175 | 5 | Cruz Carvell | Have | U13B | 2:45.55 | |
| 800 | 178 | 6 | Samuel Kirk | Have | U13B | 2:53.75 | |
| 800m - Under 15 Girls | | | | | | | |
| 800 | 159 | 1 | Georgia Banyard | Col H | U15G | 2:32.21 | |
| 800 | 126 | 2 | Keira Nix | Bas | U15G | 2:33.68 | |
| 800 | 150 | 3 | Elena Williams | Have | U15G | 2:40.90 | U15G Gold |
| 800 | 158 | 4 | Daisy Middlemiss | B Beagles | U15G | 2:41.47 | |
| 800 | 151 | 5 | Olivia Bradbury | Have | U15G | 2:46.35 | U15G Silver |
| 800m - Under 15 Boys | | | | | | | |
| 800 | 45 | 1 | Aidan Doherty | Have | U15B | 2:13.16 | U15B Gold |
| 800 | 189 | 2 | Daniel Jones | Have | U15B | 2:17.11 | U15B Silver |
| 800 | 122 | 3 | Ajay Whiteman | S'end | U15B | 2:18.01 | |
| 800 | 192 | 4 | James Houghton | NEB | U15B | 2:24.88 | |
| 800 | 121 | 5 | Jeremy Andersen | Chelm | U15B | 2:26.89 | |
| 800 | 194 | 6 | Frankie Edwards | B Beagles | U15B | 2:29.30 | |
| 800 | 190 | 7 | Sean Mugagga | Have | U15B | 2:30.99 | U15B Bronze |
| 800m - Under 17 & above Women | | | | | | | |
| 800 | 162 | 1 | Lucy Thompson | C&T | U17W | 2:22.81 | |
| 800 | 167 | 2 | Abigail Swan | Have | U20W | 2:36.20 | |
| 800 | 165 | 3 | Hannah Evans | Have | U20W | 2:37.17 | |
| 800 | 161 | 4 | Ava Madsen | Craw | U17W | 2:38.01 | |
| 800m - Under 17 & above Men | | | | | | | |
| 800 | 138 | 1 | Charlie Burgess | Have | U20M | 2:08.25 | |
| 800 | 197 | 2 | Shea Sweeney | Have | U17M | 2:08.30 | U17M Gold |
| 800 | 289 | 3 | Nathan Hart | Have | U20M | 2:09.71 | |
| 800 | 296 | 4 | Chris Scott | Orion | SM | 2:17.52 | |
| 800 | 142 | 5 | Andy Jordan | St Alb | M60 | 2:31.25 | |

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| 200m - Under 13 Girls Race 1 | | | | | wind: | -0.4 | |
| 200 | 101 | 1 | Emma Frisby | S'end | U13G | 28.24 | |
| 200 | 61 | 2 | Abigail Adegite | Have | U13G | 29.40 | U13G Gold |
| 200 | 104 | 3 | Siobhan Etemadi | Have | U13G | 30.97 | U13G Silver |
| 200 | 102 | 4 | Brooke Lavey | Have | U13G | 30.99 | U13G Bronze |
| 200m - Under 13 Girls Race 2 | | | | | wind: | 0.0 | |
| 200 | 69 | 1 | Freya Homer | S'end | U13G | 29.27 | |
| 200 | 67 | 2 | Scarlett Barclay | Have | U13G | 31.02 | |
| 200 | 62 | 3 | Ria Kataria | Have | U13G | 31.30 | |
| 200 | 103 | 4 | Olivia Wheeler | Have | U13G | 32.57 | |
| 200m - Under 13 Girls Race 3 | | | | | wind: | 0.0 | |
| 200 | 105 | 1 | Betsy Morrow | Have | U13G | 31.85 | |
| 200 | 60 | 2 | Elsie Smith | Have | U13G | 32.01 | |
| 200 | 64 | 3 | Megan Murphy | Have | U13G | 32.12 | |
| 200m - Under 13 Boys | | | | | wind: | 0.0 | |
| 200 | 38 | 1 | Tobi Oluborode Oluseye | Have | U13B | 27.22 | U13B Gold |
| 200 | 36 | 2 | Timi Oluborode Oluseye | Have | U13B | 27.23 | U13B Silver |
| 200 | 84 | 3 | Kesse Enyiam | Thurr | U13B | 30.22 | |
| 200m - Under 15 Girls Race 1 | | | | | wind: | 0.0 | |
| 200 | 71 | 1 | Kara Adegite | Have | U15G | 27.50 | U15G Gold |
| 200 | 73 | 2 | Omezirim Nwapa | Have | U15G | 27.82 | U15G Silver |
| 200 | 79 | 3 | Katie Lowe | B Beagles | U15G | 29.16 | |
| 200 | 76 | 4 | Kalea Martin | Have | U15G | 29.63 | U15G Bronze |
| 200m - Under 15 Girls Race 2 | | | | | wind: | 0.0 | |
| 200 | 100 | 1 | Daisy Cossey-Atkins | Have | U15G | 30.03 | |
| 200 | 77 | 2 | Emmanuella Joshua-Omonijo | Have | U15G | 30.03 | |
| 200 | 70 | 3 | Holly Bradbury | Have | U15G | 30.38 | |
| 200 | 72 | 4 | Leah Jones | Have | U15G | 30.77 | |
| 200 | 75 | 5 | Sophia-rae Ahmad | Have | U15G | 32.22 | |
| 200 | 74 | 6 | Tomiwa Holloway | Have | U15G | 32.51 | |
| 200m - Under 15 Boys Race 1 | | | | | wind: | 0.1 | |
| 200 | 87 | 1 | Bode Thompson | Have | U15B | 25.10 | U15B Gold |
| 200 | 85 | 2 | Jayden Wilkinson | Have | U15B | 25.55 | U15B Silver |
| 200 | 55 | 3 | George Thompson | S'end | U15B | 26.38 | |
| 200 | 89 | 4 | Luca Patrick | B Beagles | U15B | 27.31 | |
| 200 | 86 | 5 | Reggie Marshall | Have | U15B | 27.44 | U15B Bronze |
| 200 | 49 | 6 | Roy Mumbamarwo | Have | U15B | 29.15 | |

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| 200m - Under 17 & above Women Race 1 | | | | | wind: | -1.2 | |
| 200 | 30 | 1 | Cassie Campbell | Have | U20W | 26.05 | |
| 200 | 90 | 2 | Ruby Tillson | Have | U20W | 26.20 | |
| 200 | 95 | 3 | Krystle Balogun | If | W35 | 26.58 | |
| 200m - Under 17 & above Women Race 2 | | | | | wind: | 0.0 | |
| 200 | 96 | 1 | Alicia Fairmaner | Have | U17W | 26.50 | U17W Gold |
| 200 | 31 | 2 | Stephanie Osuala | Have | U20W | 26.85 | |
| 200 | 98 | 3 | Leila Jones | Have | U17W | 27.70 | U17W Silver |
| 200 | 97 | 4 | Maggie Smith | Have | U17W | 28.58 | U17W Bronze |
| 200 | 91 | 5 | Holly Huett | Bas | U20W | 28.94 | |
| 200m - Under 17 & above Men Race 1 | | | | | wind: | -0.1 | |
| 200 | 4 | 1 | Fosuhene Enyiam | Thurr | U20M | 22.53 | |
| 200 | 297 | 2 | Isaac Ogunlade | Have | SM | 23.00 | |
| 200 | 8 | 3 | Jordon Duncan | If | SM | 23.00 | |
| 200 | 3 | 4 | Reece Malcolm | Have | U20M | 23.13 | |
| 200m - Under 17 & above Men Race 2 | | | | | wind: | 0.0 | |
| 200 | 12 | 1 | Maxwell Adeosun | Have | U17M | 23.52 | U17M Gold |
| 200 | 17 | 2 | Yambukani Phiri | C&T | U17M | 23.90 | |
| 200 | 5 | 3 | Louis Berrett | Have | SM | 23.95 | |
| 200 | 81 | 4 | Lorenzo Millington | NEB | SM | 26.10 | |
| 200m - Under 17 & above Men Race 3 | | | | | wind: | 0.0 | |
| 200 | 21 | 1 | William Watts | Thurr | U17M | 24.13 | |
| 200 | 82 | 2 | Ryan Alexander | Have | U17M | 24.43 | |
| 200 | 10 | 3 | Thomas Backham | Have | U17M | 24.46 | |
| 200 | 13 | 4 | Bradley Humm | Have | U17M | 25.24 | |
| 200 | 20 | 5 | Luke Bolton | St Alb | U17M | 25.32 | |

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| Hammer | | | | | | | |
| HT3K | 263 | 1 | Lila Chapelhow | Have | U15G | 35.88 | U15G Gold |
| HT3K | 280 | 2 | Stevie Makepeace | S'end | U15G | 30.26 | |
| HT3K | 283 | 3 | Eboni Roach | Have | U17W | 28.28 | U17W Gold |
| HT3K | 259 | 4 | Dulce Smith-Rodriguez | Have | U15G | 23.34 | U15G Silver |
| HT3K | 281 | 5 | Eleanor Angeli | B Beagles | U15G | 14.47 | |
| HT3K | 282 | 6 | Isabelle Stander | WGEL | U15G | 12.59 | |
| HT3K | 274 | | Madison Poulter | Chelm | U15G | NM | |
| HT4K | 381 | 1 | Katie Ennis | Have | U20W | 33.95 | |
| HT4K | 273 | 1 | William Stander | WGEL | U15B | 51.13 | |
| HT4K | 256 | 2 | Sam Johnson | Have | U15B | 42.32 | U15B Gold |
| HT4K | 358 | 3 | Kian Traynor | WGEL | U15B | 24.79 | |
| HT5K | 370 | 1 | Robert Oliver | M'head | U17M | 24.26 | |
| HT5K | 380 | 2 | Freddie Hatcher | Have | U17M | 18.81 | U17M Gold |
| HT7.26K | 378 | 1 | Jake Young | SS | SM | 22.57 | |
| HT7.26K | 379 | 2 | Jonathan Oliver | M'head | M45 | 22.07 | |
| HT7.26K | 295 | 3 | Stuart Thurgood | SW Vets | M45 | NM | |
| Long Jump - Pool 1 | | | | | | | |
| LJ | 85 | 1 | Jayden Wilkinson | Have | U15B | 5.58 | U15B Gold |
| LJ | 43 | 2 | Harrison Rabess | Have | U15B | 5.00 | U15B Silver |
| LJ | 40 | 3 | Tobi Oloyede | Have | U13B | 4.78 | U13B Gold |
| LJ | 36 | 4 | Timi Oluborode Oluseye | Have | U13B | 4.65 | U13B Silver |
| LJ | 38 | 5 | Tobi Oluborode Oluseye | Have | U13B | 4.51 | U13B Bronze |
| LJ | 83 | 6 | Max Sillett | Have | U13B | 4.32 | |
| LJ | 49 | 7 | Roy Mumbamarwo | Have | U15B | 4.32 | U15B Bronze |
| LJ | 47 | 8 | Oba Samuel | Have | U15B | 4.17 | |
| LJ | 119 | 9 | Derin Okubanjo | Have | U13B | 3.96 | |
| LJ | 76 | 1 | Kalea Martin | Have | U15G | 4.61 | U15G Gold |
| LJ | 99 | 2 | Cleopatra Drake | Have | U15G | 4.32 | U15G Silver |
| LJ | 75 | 3 | Sophia-rae Ahmad | Have | U15G | 3.54 | U15G Bronze |
| LJ | 58 | 4 | Emily Richardson-Ojok | Have | U13G | 3.53 | U13G Gold |
| LJ | 104 | 5 | Siobhan Etemadi | Have | U13G | 3.40 | U13G Silver |
| LJ | 74 | 6 | Tomiwa Holloway | Have | U15G | 3.30 | |
| LJ | 267 | 7 | Ellen Moore | Have | U15G | 3.24 | |
| LJ | 63 | 8 | Thaila Hayes | Have | U13G | 3.13 | U13G Bronze |
| LJ | 107 | 9 | Inari Rawle | Have | U13G | 2.99 | |
| LJ | 251 | 10 | Isabelle Moore | Have | U13G | 2.58 | |

HAVERING AC - CLUB CHAMPIONSHIPS AND OPEN MEETING Held at HORNCHURCH

Sunday 15th September 2024

| | No. | Pos | Name | Club | Age Group | Performance | HAC Medals |
|---------------------------|-----|-----|-----------------------|-----------|-----------|-------------|-------------|
| Shot - All | | | | | | | |
| SP2.72K | 102 | 1 | Brooke Lavey | Have | U13G | 7.14 | U13G Gold |
| SP2.72K | 105 | 2 | Betsy Morrow | Have | U13G | 7.07 | U13G Silver |
| SP2.72K | 106 | 3 | Edie Smith | Have | U13G | 5.20 | U13G Bronze |
| SP2.72K | 63 | 4 | Thaila Hayes | Have | U13G | 4.56 | |
| SP3K | 283 | 1 | Eboni Roach | Have | U17W | 11.61 | U17W Gold |
| SP3K | 259 | 2 | Dulce Smith-Rodriguez | Have | U15G | 9.25 | U15G Gold |
| SP3K | 386 | 3 | William Hiles | Have | U13B | 7.64 | U13B Gold |
| SP3K | 387 | 4 | Barney Sullivan | Have | U13B | 7.41 | U13B Silver |
| SP3K | 270 | 5 | Orlaith McLaren | Have | U15G | 7.07 | U15G Silver |
| SP3K | 131 | 6 | Haleema Asmal | Have | W50 | 5.87 | |
| SP4K | 256 | 1 | Sam Johnson | Have | U15B | 13.06 | U15B Gold |
| SP4K | 90 | 2 | Ruby Tillson | Have | U20W | 9.13 | |
| SP5K | 380 | 1 | Freddie Hatcher | Have | U17M | 8.72 | U17M Gold |
| SP5K | 363 | 2 | James Brinton-Quinn | Have | U17M | 8.01 | U17M Silver |
| SP6K | 371 | 1 | Patrick McLean-Tattan | Have | U20M | 11.82 | |
| SP7.26K | 378 | 1 | Jake Young | SS | SM | 9.09 | |
| Long Jump - Pool 2 | | | | | | | |
| LJ | 96 | 1 | Alicia Fairmaner | Have | U17W | 5.47 | U17W Gold |
| LJ | 89 | 2 | Luca Patrick | B Beagles | U15B | 4.93 | |
| LJ | 25 | 3 | Erin Frisby | S'end | U17W | 4.62 | |
| LJ | 292 | 4 | James Stewart | Have | SM | 4.59 | |
| LJ | 140 | 5 | Kieran O'Hara | Have | SM | 4.18 | |
| LJ | 384 | 6 | Ginte Bailey | Have | W35 | 3.80 | |
| LJ | 32 | 7 | Clare St John-Coleman | Chelm | W60 | 3.58 | |
| LJ | 377 | 8 | Martin Chester | Have | M50 | 3.52 | |
| Discus | | | | | | | |
| DT0.75K | 144 | 1 | Zenobia Williams | Have | U13G | 17.73 | U13G Gold |
| DT1K | 381 | 1 | Katie Ennis | Have | U20W | 33.57 | |
| DT1K | 283 | 2 | Eboni Roach | Have | U17W | 28.31 | U17W Gold |
| DT1K | 263 | 3 | Lila Chapelhow | Have | U15G | 26.16 | U15G Gold |
| DT1K | 259 | 4 | Dulce Smith-Rodriguez | Have | U15G | 19.28 | U15G Silver |
| DT1K | 269 | 5 | Amie Parker | Have | U15G | 17.31 | U15G Bronze |
| DT1K | 265 | 6 | Isobel Pridie | Have | U15G | 15.62 | |
| DT1K | 83 | 7 | Max Sillett | Have | U13B | 12.69 | U13B Gold |
| DT1.25K | 298 | 1 | Ethan Johnson | Have | U15B | 21.97 | U15B Gold |
| DT1.5K | 365 | 1 | James Mallon | Have | U17M | 33.38 | U17M Gold |
| DT1.5K | 380 | 2 | Freddie Hatcher | Have | U17M | 26.47 | U17M Silver |
| DT1.5K | 363 | 3 | James Brinton-Quinn | Have | U17M | 25.24 | U17M Bronze |
| DT1.75K | 371 | 1 | Patrick McLean-Tattan | Have | U20M | 41.69 | U17M Gold |

HAVERING AC - CLUB CHAMPIONSHIPS AND OPEN MEETING Held at HORNCHURCH

Sunday 15th September 2024

| | No. | Pos | Name | Club | Age Group | Performance | HAC Medals |
|-------------------------|-----|-----|-------------------------|-------|-----------|-------------|-------------|
| Pole Vault - All | | | | | | | |
| PV | 88 | 1 | Max Merriman | G&G | U15B | 4.08 | |
| PV | 368 | 2 | Max Holliman | E&H | U17M | 3.20 | |
| PV | 286 | 3 | Liliana Orywal-Sykes | WSEH | U17W | 3.00 | |
| PV | 367 | 4 | Thomas Mansell | G&G | U17M | 3.00 | |
| PV | 288 | 5 | Ava Hayes | Lewes | U17W | 3.00 | |
| PV | 299 | 6 | Stephen Ng | WGEL | U15B | 2.90 | |
| PV | 383 | 7 | Giselle Moulton | WGEL | U20W | 2.70 | |
| PV | 285 | 8 | Olivia Kraus | G&G | U17W | 2.70 | |
| PV | 253 | 9 | Florence Matten | B&H | U13G | 2.60 | |
| PV | 287 | 10 | Amber Higgs-Smith | WGEL | U17W | 2.50 | |
| PV | 278 | 11 | Marissa Higgs-Smith | WGEL | U15G | 2.40 | |
| PV | 33 | 12 | Rosalind Zeffertt | SBH | W60 | 2.30 | |
| PV | 128 | 13 | Scarlett Woods | Have | U17W | 2.20 | U17W Gold |
| PV | 279 | 14 | Emily Stockill | WGEL | U15G | 2.20 | |
| PV | 388 | 15 | George Cowley | Unatt | U13B | 1.80 | |
| High Jump - All | | | | | | | |
| HJ | 90 | 1 | Ruby Tillson | Have | U20W | 1.80 | |
| HJ | 82 | 2 | Ryan Alexander | Have | U17M | 1.75 | U17M Gold |
| HJ | 198 | 3 | Findlay McLaren | Have | U17M | 1.70 | U17M Silver |
| HJ | 87 | 4 | Bode Thompson | Have | U15B | 1.65 | U15B Gold |
| HJ | 97 | 5 | Maggie Smith | Have | U17W | 1.60 | U17W Gold |
| HJ | 186 | 6 | Henry Langford | Have | U15B | 1.55 | U15B Silver |
| HJ | 123 | 7 | Annabella Drake | Have | U15G | 1.55 | U15G Gold |
| HJ | 114 | 8 | Oma Nwapa | Have | U17W | 1.45 | U17W Silver |
| HJ | 73 | 9 | Omezirim Nwapa | Have | U15G | 1.45 | U15G Silver |
| HJ | 115 | 10 | Amy Mansell | Have | U17W | 1.35 | U17W Bronze |
| HJ | 143 | 11 | Millie Cook | Have | U13G | 1.20 | U13G Gold |
| HJ | 59 | 12 | Nailah Enobakhare | Have | U13G | 1.20 | U13G Silver |
| HJ | 172 | 13 | Harrison Nolan | Have | U13B | 1.15 | U13B Gold |
| HJ | 60 | 14 | Elsie Smith | Have | U13G | 1.10 | U13G Bronze |
| HJ | 12 | 15 | Maxwell Adeosun | Have | U17M | NH | |
| Javelin - Pool 1 | | | | | | | |
| JT400 | 144 | 1 | Zenobia Williams | Have | U13G | 27.46 | U13G Gold |
| JT400 | 176 | 2 | Reuben McDermott | Have | U13B | 26.86 | U13B Gold |
| JT400 | 39 | 3 | Euan Cheesewright | Have | U13B | 25.04 | U13B Silver |
| JT400 | 179 | 4 | Michael Lesser | Have | U13B | 22.11 | U13B Bronze |
| JT400 | 180 | 5 | Callum Millard Jennings | Have | U13B | 19.27 | |
| JT400 | 250 | 6 | Phoebe Lecomber | Have | U13G | 18.10 | U13G Silver |
| JT400 | 146 | 7 | Bethany Friel | Have | U13G | 14.64 | U13G Bronze |
| JT400 | 178 | 8 | Samuel Kirk | Have | U13B | 10.69 | |
| JT500 | 124 | 1 | Jessica Page | Have | U15G | 30.59 | U15G Gold |
| JT500 | 263 | 2 | Lila Chapelhow | Have | U15G | 26.78 | U15G Silver |
| JT500 | 153 | 3 | Orla Friel | Have | U15G | 23.50 | U15G Bronze |
| JT500 | 109 | 4 | Jasmine Asmal | Have | U15G | 23.02 | |
| JT500 | 264 | 5 | Niamh Salter | Have | U15G | 20.58 | |
| JT500 | 265 | 6 | Isobel Pridie | Have | U15G | 18.38 | |
| JT600 | 298 | 1 | Ethan Johnson | Have | U15B | 28.86 | U15B Gold |

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Sunday 15th September 2024

| | No. | Pos | Name | Club | Age Group | Performance | HAC Medals |
|--------------------------|-----|-----|------------------------|-----------|-----------|-------------|-------------|
| Triple Jump - All | | | | | | | |
| TJ | 300 | 1 | Sammy Geist | WGEL | U15B | 11.95 | |
| TJ | 369 | 2 | Ugo Godwin | Have | U17M | 11.51 | U17M Gold |
| TJ | 168 | 3 | Abbie Dowdye | NEB | U20W | 11.34 | |
| TJ | 43 | 4 | Harrison Rabess | Have | U15B | 10.87 | U15B Gold |
| TJ | 116 | 5 | Alice Coshell | Thurr | U17W | 10.67 | |
| TJ | 56 | 6 | Adeoluwani Ademuyiwa | Thurr | U15B | 10.58 | |
| TJ | 31 | 7 | Stephanie Osuala | Have | U20W | 10.58 | |
| TJ | 89 | 8 | Luca Patrick | B Beagles | U15B | 10.32 | |
| TJ | 22 | 9 | Oluwafisola Fagbadegun | Have | U17W | 9.01 | U17W Gold |
| TJ | 127 | 10 | Rhianna John | Thurr | U15G | 8.70 | |
| TJ | 130 | 11 | Imogen Jones | Bas | U20W | 8.69 | |
| Javelin - Pool 2 | | | | | | | |
| JT500 | 274 | 1 | Madison Poulter | Chelm | U15G | 24.66 | |
| JT500 | 129 | 2 | Lucy Chapelhow | Thurr | U17W | 22.79 | |
| JT500 | 115 | 3 | Amy Mansell | Have | U17W | 21.78 | U17W Gold |
| JT500 | 29 | 4 | Evie Nobrega | SS | U17W | 19.47 | |
| JT500 | 114 | 5 | Oma Nwapa | Have | U17W | 16.38 | U17W Silver |
| JT600 | 382 | 1 | Lucy Quinlan | Have | U20W | 29.58 | |
| JT600 | 385 | 2 | Rachael Baylis | WGEL | SW | 19.15 | |
| JT700 | 362 | 1 | James Gillett | Have | U17M | 36.94 | U17M Gold |
| JT700 | 370 | 2 | Robert Oliver | M'head | U17M | 22.00 | |
| JT800 | 371 | 1 | Patrick McLean-Tattan | Have | U20M | 49.92 | |
| JT800 | 376 | 2 | Hal Hutton | Have | SM | 48.99 | |
| JT800 | 378 | 3 | Jake Young | SS | SM | 31.39 | |
| JT800 | 379 | 4 | Jonathan Oliver | M'head | M45 | 25.31 | |