

AC - SPRING WARM UP MEETING Held at HORNCHURCH STADIUM

Sunday 2nd April 2023

Pos	Name	Club	Age Group	Performance
T1.1 300m Hurdles - Mixed				
1	Jacob Blanc	Have	U20M	39.72
2	Stephanie Okoro	Have	U20W	43.00
3	Chloe Williams	Have	W35	46.86
4	Lucy Chapelhow	Thurr	U17W	50.69
T2.1 200m - Under 13 Girls Race 1			wind:	1.2
1	Millie-Anne Mansfield	Thurr	U13G	29.92
2	Autumn Eke-Aluong	NEB	U13G	30.33
3	Sophie Halford	B Beagles	U13G	31.01
4	Talia Malcolm	Have	U13G	31.30
T2.2 200m - Under 13 Girls Race 2			wind:	2.6
1	Isla Coppard	Bas	U13G	31.00
2	Lauren Devine	Have	U13G	31.26
3	Ayla Baker	Have	U13G	32.24
4	Indira Bhooma-Loader	Have	U13G	34.36
T2.3 200m - Under 13 Boys			wind:	1.1
1	Nicky Mulholland	B Beagles	U13B	30.01
2	George Rogers	Have	U13B	30.23
3	William Millard	Have	U13B	31.04
4	Henry Langford	Have	U13B	31.65
T2.4 200m - Under 15 Girls Race 1			wind:	1.2
1	Lily Hartman	Bas	U15G	26.28
2	Fisola Fagbadegun	Have	U15G	27.08
3	Amy Mansell	Have	U15G	27.66
4	Ava Carter	B Beagles	U15G	28.14
5	Ella Gilder-Briggs	B Beagles	U15G	28.32
6	Lucy Bulman	Chelm	U15G	28.61
T2.5 200m - Under 15 Girls Race 2			wind:	1.7
1	Mary Olubukola-Sogbetun	Have	U15G	28.55
2	Stephanie Smith	B Beagles	U15G	28.78
3	Honey Peck	B Beagles	U15G	28.87
4	Mirabelle Richter	Chelm	U15G	29.16
5	Daisy Middlemiss	Unatt	U15G	31.25
6	Jessie Lynes	Unatt	U15G	31.33
T2.6 200m - Under 15 Girls Race 3			wind:	2.0
1	Ite Egbinola	Thurr	U15G	27.96
2	Daisy Cossey-Atkins	Have	U15G	30.95
3	Callie Ziepe	Have	U15G	31.16
4	Holly Copping	Have	U15G	31.65
5	Jessica Latham	Have	U13G	36.84

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Pos	Name	Club	Age Group	Performance
T2.6 200m - Under 15 Boys			wind:	1.8
1	David Bajela	S'end	U15B	24.94
2	Lee Boka	Bas	U15B	25.50
3	Tobias Samuel	Have	U15B	26.01
4	Oliver Spence	Have	U15B	28.79
T3.1 200m - Under 17W & above Race 1			wind:	1.6
1	Olivia Boachie	Have	U20W	26.00
2	Precious Fagbadegun	Have	U17W	27.16
3	Cassie Campbell	Have	U17W	27.40
4	Mya Thomas	Have	U17W	27.65
T3.2 200m - Under 17W & above Race 2			wind:	2.1
1	Summer Foskett	S'end	U17W	26.95
2	Abi Banjoko	Bas	U17W	27.30
3	Miriam Adebayo	Have	U17W	27.84
T3.4 200m - Under 17M & above Race 1			wind:	2.3
1	Joel Ajayi	Have	U17M	22.49
2	Matthew Agnimel	Have	SM	22.96
3	Harry Anderson	S'end	U17M	23.06
4	Reece Malcolm	Have	U20M	23.41
T3.5 200m - Under 17M & above Race 2			wind:	2.3
1	Calvin Sanni	Have	U20M	24.53
2	Joseph Gray	Have	U17M	25.10
3	Alec Jones	Unatt	SM	28.87
4	Frank Hayes	Bas	M75	42.63

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Pos	Name	Club	Age Group	Performance
T4.1 1500m - Under 13/15 Girls & Boys				
1	Olivia Forrest	B Beagles	U15G	4:50.68
2	Stephen Bradley	Bas	U15B	5:08.09
3	Isabel Forrest	B Beagles	U15G	5:15.57
4	Hayden Preston	Col H	U13B	5:17.56
5	Schalk Steyn	Have	U13B	5:42.04
6	Amalie Twydell	Brain	U13G	5:48.04
7	Scarlett Pearson	Benf	U15G	5:57.68
8	Connie Coates	Benf	U15G	6:00.70
T4.2 1500m - Mixed				
1	Freddie Rowe	Have	U15B	4:16.30
2	Jacob Hurrell	Chelm	U17M	4:19.19
3	Charlie Burgess	Have	U20M	4:24.72
4	Toby Johnson	Have	U17M	4:30.31
5	Finley Wolton	Have	U20M	4:43.16
6	Hannah Clark	B&B	U20W	4:44.19
7	Rilwan Choi	Unatt	U17M	4:47.62
8	Natalie Sewell	Have	U20W	4:47.93
9	John Barker	Have	M55	4:48.42
10	Finlay Evison	Bas	U17M	4:51.06
11	Madison Heil	Have	U17W	5:11.89
12	Isabella Louth	B&B	U20W	5:19.30
13	Rosie Warner	Have	U17W	5:21.32
14	Caleb Lee	Col H	U17M	5:25.98
15	Sophie Cottam	Chelm	U20W	5:27.03

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Sunday 2nd April 2023

Pos	Name	Club	Age Group	Performance
T6.1 70m Hurdles - Under 13 Girls Race 1			wind:	1.9
1	Hollie Matthews	Thurr	U13G	12.72
2	Alice Watts	Thurr	U13G	12.99
3	Francesca Hopper	Chelm	U13G	14.04
T6.3 75m Hurdles - Under 15B			wind:	1.9
1	Felix Churchill-Browne	Bas	U13B	14.80
2	George Rogers	Have	U13B	15.56
3	Isaac Shearing	Have	U13B	16.00
4	Henry Langford	Have	U13B	16.64
T6.4 75m Hurdles - Under 15G			wind:	1.1
1	Oma Nwapa	Have	U15G	12.41
2	Ellie Picton	HAWC	U15G	12.87
3	Isabelle James	Have	U15G	13.28
4	Florence Tillson	Have	U15G	13.30
	Fisola Fagbadegun	Have	U15G	DNF
T6.7 80m Hurdles Under 15 Boys			wind:	NWI
1	Bode Thompson	Have	U15B	15.69
T7.1 100m Hurdles - U20 & Senior Women			wind:	2.1
1	Chloe Williams	Have	W35	14.51
2	Finley Vincent	S'end	U17M	15.09
3	Jack Hignett	Have	U17M	15.10
T7.3 110m Hurdles - U20 & Senior M35 (99cms)			wind:	2.2
1	Kieran Madahar	Chelm	U20M	19.23
2	Luke Williams	Have	M35	19.77

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Pos	Name	Club	Age Group	Performance
T8.1 300m - Under 15G				
1	Jessica Page	Have	U15G	44.72
2	Nicole Hawkins	B Beagles	U15G	45.09
3	Honey Peck	B Beagles	U15G	46.92
4	Stephanie Smith	B Beagles	U15G	47.11
5	Agnesa Kollarova	Have	U15G	48.71
T8.2 300m - Under 15B & U17W				
1	Aidan Doherty	Have	U15B	45.80
2	Emily Bailey	Bas	U17W	47.66
T9.1 400m Race 1				
1	Daniel Lammass	Have	U17M	53.35
2	Thomas Peacock	Thurr	U20M	53.94
3	Louis Berrett	Have	SM	53.95
4	Lewis Bailey	Have	SM	54.31
T9.2 400m Race 2				
1	Kinyo Okenla	Bas	U17M	56.26
2	Joseph Gray	Have	U17M	56.52
3	Scott Thrush	Thurr	M35	64.15
4	Nina Brennan	Have	W35	65.45
5	Amy Kilner	Have	SW	65.84

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Sunday 2nd April 2023

Pos	Name	Club	Age Group	Performance
T10.1 100m - Under 13 Race 1			wind:	2.4
1	Millie-Anne Mansfield	Thurr	U13G	13.62
2	Poppy Dent-Jones	Unatt	U13G	14.05
3	Autumn Eke-Aluong	NEB	U13G	14.42
4	Sophia-Rae Ahmad	Have	U13G	14.97
5	Talia Malcolm	Have	U13G	14.99
6	Indira Bhooma-Loader	Have	U13G	16.12
T10.2 100m - Under 13 Race 2			wind:	2.1
1	Omezirim Nwapa	Have	U13G	14.16
2	Lauren Devine	Have	U13G	14.71
3	William Millard	Have	U13B	15.01
4	Michael Lesser	Have	U13B	15.03
5	Dulce Smith Rodriguez	Unatt	U13G	15.52
6	Ayla Baker	Have	U13G	15.54
T10.3 100m - Under 15 Girls Race 1			wind:	2.1
1	Lily Hartman	Bas	U15G	12.79
2	Fisola Fagbadegun	Have	U15G	12.84
3	Kara Adegite	Have	U15G	12.95
4	Ava Carter	B Beagles	U15G	13.45
5	Mary Olubukola-Sogbetun	Have	U15G	13.82
6	Lilly Brooks-Garrod	Bas	U15G	14.28
T10.4 100m - Under 15 Girls Race 2			wind:	0.6
1	Ellie Picton	HAWC	U15G	13.98
2	Tomilola Ojelowo	Have	U15G	14.15
3	Roy Mumbamarwo	Unatt	U13B	14.17
4	Lottie Guynan	Have	U15G	14.85
5	Daisy Middlemiss	Unatt	U15G	14.91
6	Isobel Pridie	Have	U15G	16.22
T10.6 100m - Under 15 Boys			wind:	NWI
1	Tobias Samuel	Have	U15B	12.06
2	Jake Shaw	Have	U15B	12.58
3	Oliver Spence	Have	U15B	13.49

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Pos	Name	Club	Age Group	Performance
T11.1 100m - Under 17W & above Race 1			wind:	1.9
1	Summer Foskett	S'end	U17W	13.01
2	Mya Thomas	Have	U17W	13.15
3	Precious Fagbadegun	Have	U17W	13.22
4	Cassie Campbell	Have	U17W	13.49
	Kendrea Nwaelene	Thurr	SW	DNF
T11.2 100m - Under 17W & above Race 2			wind:	3.2
1	Joyce Nzekwe	Thurr	U20W	12.61
2	Miriam Adebayo	Have	U17W	13.46
3	Emmie Fulker	Chelm	U17W	13.67
4	Niamh Donovan	Have	U17W	14.07
T11.3 100m - Under 17W & above Race 3			wind:	1.5
1	Heidi Burt	Have	U17W	14.42
2	Lucy Chapelhow	Thurr	U17W	14.43
3	Ellie Bradley	Have	U17W	14.44
4	Megan Cook	Have	U20W	14.57
T11.4 100m - Under 17M & above Race 1			wind:	3.6
1	Joel Ajayi	Have	U17M	10.90
2	Harry Anderson	S'end	U17M	11.26
3	Ike Okwudi	Have	U17M	11.30
4	Reece Malcolm	Have	U20M	11.36
5	Chris Agnimel	Have	U17M	11.61
T11.5 100m - Under 17M & above Race 2			wind:	NWI
1	Louis Berrett	Have	SM	12.01
2	Kamel Adjei	Have	U17M	12.12
3	Ganga Peddapothu	Bas	U17M	12.92
4	Alec Jones	Unatt	SM	13.51
5	Aly Hashem	Have	U17M	13.79
6	Frank Hayes	Bas	M75	20.99

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Pos	Name	Club	Age Group	Performance
T12.1 800m - Under 13 Girls				
1	Hollie Matthews	Thurr	U13G	2:39.22
2	Chloe Morez	B&B	U13G	2:44.17
3	Isabella Jenkins	B&B	U13G	2:50.88
4	Autumn Eke-Aluong	NEB	U13G	2:51.43
5	Skye Eastman	Have	U13G	2:58.04
6	Orlaith McLaren	Have	U13G	3:14.50
T12.2 800m - Under 13 Boys				
1	Oliver West	Have	U13B	2:27.15
2	Isaac Shearing	Have	U13B	2:40.52
3	Theo Copsey	Unatt	U13B	2:41.69
4	Ollie Johnson	B Beagles	U13B	2:43.47
5	Alex Lole	Have	U13B	2:45.11
T12.2 800m - Under 15 Girls Race 1				
1	Dorka Bakler-Kugler	Bas	U15G	2:28.82
2	Emmie Lole	Have	U15G	2:28.90
3	Celia Allen	Cam H	U15G	2:31.38
4	Sophie Wright	HHH	U15G	2:37.63
5	Poppy Pepper	Bas	U15G	2:39.54
6	Aisling O'Leary	B Beagles	U15G	2:45.60
7	Poppy Vines	Have	U15G	2:47.87
8	Jessie Lynes	Unatt	U15G	2:53.80
T12.2 800m - Under 15 Girls Race 2				
1	Leah Kyriacou	B&B	U15G	2:26.11
2	Evangeline Warn	B Beagles	U15G	2:36.58
3	Ruby Price	Have	U15G	2:43.71
4	Freya Dinwiddy	B&B	U15G	2:49.00
5	Scarlett Woods	Have	U15G	2:51.48
T12.3 800m - Under 15 Boys				
1	Findlay McLaren	Have	U15B	2:04.75
2	Shea Sweeney	Have	U15B	2:18.09
3	Aidan Doherty	Have	U15B	2:29.92
4	Sean Mugagga	Have	U15B	2:52.81

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Pos	Name	Club	Age Group	Performance
T13.1 800m - Under 17, Under 20 & Senior Women				
1	Lucy Wright	HHH	U17W	2:21.94
2	Lily Meers	B&B	U20W	2:35.56
3	Emily De Backer	B&B	U20W	2:30.86
4	Madison Heil	Have	U17W	2:34.08
5	Abigail Swan	Have	U17W	2:38.71
6	Olivia Magee-Brown	B&B	U20W	2:40.68
7	Rebecca O'Rourke	Have	SW	2:48.63
T13.2 800m - Under 17, Under 20 & Senior Men Race 1				
1	Reece Munro	S'end	U20M	2:00.06
2	Mackinley Gall	S'end	U17M	2:02.56
3	Laurence Sleath	Bas	U17M	2:03.53
4	Max Sanderson	B Beagles	U17M	2:03.74
5	Owen Fisher	Have	U20M	2:06.88
6	Jack Edwards	Bas	U20M	2:09.61
7	Jack West	Have	U17M	2:10.08
T13.2 800m - Under 17, Under 20 & Senior Men				
1	Adam Bakler-Kugler	Bas	U17M	2:11.74
2	Louis Geater	B Beagles	U17M	2:18.97
3	Cole Trenkel-Munro	S'end	U17M	2:22.74
4	Daniel Lesser	Have	U17M	2:29.99

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Pos	Name	Club	Age Group	Performance
Long Jump - Pool 1				
1	Tobias Samuel	Have	U15B	4.81
2	Tomilola Ojelowo	Have	U15G	4.06
3	Ava Bailey	Bas	U15G	3.98
4	Freddie Hatcher	Have	U15B	3.86
5	Millie-Anne Mansfield	Thurr	U13G	3.73
6	Lilly Brooks-Garrod	Bas	U15G	3.54
7	Schalk Steyn	Have	U13B	3.52
8	Amalie Twydell	Brain	U13G	3.47
9	Isabelle James	Have	U15G	3.31
10	Florence Tillson	Have	U15G	3.19
11	Dulce Smith Rodriguez	Unatt	U13G	3.18
12	Theo Copsey	Unatt	U13B	3.16
13	William Millard	Have	U13B	3.14
14	Ollie Johnson	B Beagles	U13B	3.03
Long Jump - Pool 2				
1	Daniel Headley	Bas	U17M	6.41
2	Patrick McLean-Tattan	Have	U20M	5.90
3	David Bajela	S'end	U15B	5.52
4	Ganga Peddapothu	Bas	U17M	5.09
5	Thomas Atkins	Have	U20M	5.09
6	Harry Lee	Chelm	U15B	4.81
7	Luca Gregory	Have	U17M	4.67
8	Zac Scroxtton	Bas	U17M	4.65
9	Maisie Fulker	Chelm	U20W	4.54
10	Grace Tremelling	Chelm	U20W	4.43
11	Amy Mansell	Have	U15G	4.20
12	Amy Kilner	Have	SW	3.49
13	Poppy Smith	Have	U17W	3.35

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Pos	Name	Club	Age Group	Performance
Discus - All				
1	Toby Bishop	Have	SM	31.32
1	Patrick McLean-Tattan	Have	U20M	39.97
1	William Watts	Thurr	U17M	23.50
1	Dillon Humphrey	Have	U15B	28.46
2	Isaac Davis	Unatt	U15B	26.89
3	Harrison Rabess	Have	U15B	25.09
4	Stephen Bradley	Bas	U15B	16.84
1	Caitlin Rimmer	Shef/Dearn	SW	32.61
2	Ndidikama Okoh	Chelm	SW	19.45
3	Lila Chapelhow	Thurr	U15G	16.59
4	Isobel Pridie	Have	U15G	13.63
1	Francesca Hopper	Chelm	U13G	15.44
2	Dolly Humphrey	Have	U13G	10.70
Shot - All				
1	Luca Gregory	Have	U17M	8.76
1	Caitlin Rimmer	Shef/Dearn	SW	10.66
2	Harrison Rabess	Have	U15B	8.12
3	Freddie Hatcher	Have	U15B	7.71
1	Ellis Thomas	Bas	U15G	10.87
2	Lila Chapelhow	Thurr	U15G	8.06
3	Poppy Smith	Have	U17W	7.08
4	Isabelle James	Have	U15G	6.84
5	Jessica Page	Have	U15G	6.78
6	Florence Tillson	Have	U15G	5.86
7	Callie Ziepe	Have	U15G	5.60
8	Lilly Brooks-Garrod	Bas	U15G	5.22
1	Ayla Baker	Have	U13G	8.02
2	Dulce Smith Rodriguez	Unatt	U13G	6.83

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Pos	Name	Club	Age Group	Performance
High Jump - Pool 1				
1	Aidan Doherty	Have	U15B	1.53
2	Bode Thompson	Have	U15B	1.53
3	Oma Nwapa	Have	U15G	1.48
4	Zac Petherbridge	SS	U13B	1.35
5	Lucia Ward	Have	U17W	1.30
6	Finn Petherbridge	SS	U13B	1.30
7	Omezirim Nwapa	Have	U13G	1.25
8	Alice Watts	Thurr	U13G	1.20
9=	Isaac Shearing	Have	U13B	1.20
9=	Felix Churchill-Browne	Bas	U13B	1.20
High Jump - Pool 2				
1	Finley Vincent	S'end	U17M	1.70
2	Jack Hignett	Have	U17M	1.70
3	Arsenii Handzii	Unatt	U15B	1.70
4	Emily Bailey	Bas	U17W	1.65
5	Jamie Newton	S'end	U17M	1.60
Javelin - Pool 1				
1	George Rogers	Have	U13B	17.08
2	Alex Lole	Have	U13B	12.83
3	Schalk Steyn	Have	U13B	7.42
	John Coshell	Thurr	U13B	NT
1	Jessica Page	Have	U15G	23.63
2	Scarlett Woods	Have	U15G	21.50
3	Lila Chapelhow	Thurr	U15G	19.86
4	Isobel Pridie	Have	U15G	14.93
1	Samuel Burdett	Have	U15B	36.76
2	Stephen Bradley	Bas	U15B	25.53

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Pos	Name	Club	Age Group	Performance
Javelin - Pool 2				
1	Lydia Churchill-Browne	Bas	U17W	23.67
1	Joyce Nzekwe	Thurr	U20W	26.95
2	Katie Ennis	Have	U20W	19.97
3	Maisie Fulker	Chelm	U20W	19.11
1	Luca Gregory	Have	U17M	37.75
2	Jamie Newton	S'end	U17M	35.31
1	Peter Brinton-Quinn	Have	SM	66.06
2	Hal Hutton	Have	SM	51.28
3	Matthew Page	Have	U20M	43.82
4	Patrick McLean-Tattan	Have	U20M	42.69
Triple Jump - all				
1	Kendrea Nwaelene	Thurr	SW	10.43
2	Miriam Adebayo	Have	U17W	10.34
3	Harry Lee	Chelm	U15B	9.65
4	Harrison Rabess	Have	U15B	9.62
5	Ava Bailey	Bas	U15G	8.79
Pole Vault - All				
1	Luke Williams	Have	M35	3.50
2	Matthew Page	Have	U20M	3.10
3	Scarlett Woods	Have	U15G	2.00