

[Southern 1 - East Westminster Lodge](#)
[Sunday 21 Jun 2009](#)

FINAL MATCH SCORES AND POSITIONS



Posn	Points after	82 event(s)
1	Havering Mayesbrook	442.5
2	St Albans AC	419.5
3	Hastings AC	315.0
4	Ilford A C	102.0

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Perf Grades

Southern 1 - East Westminster Lodge

Sunday, June 21 2009

	Perf	Wind	Reco	ds	Grade		Perf	Grades			
T32 U17M 100m 'A'			Wind=			U17M 100m 'B'			Wind=		
1	21	Jordan Kirby	Ilford A C	11.50	G3*	1	16	Jack Edgar-Hill	Havering Mayesbroo	11.80	G4
2	31	Kieran Moss	St Albans AC	11.80	G4	2	32	Conner Archer	St Albans AC	12.10	
3	15	Terry Hughes	Havering Mayesbroc	11.90		3	14	Peter Seach	Hastings AC	14.60	
4	13	Craig Howard	Hastings AC	14.20		4					
T8 U17M 200m 'A'			Wind=			U17M 200m 'B'			Wind=		
1	21	Jordan Kirby	Ilford A C	23.40	G3*	1	16	Michael Lewis	Havering Mayesbroo	24.40	
2	15	Jordan Brown	Havering Mayesbroc	24.30		2	32	Conner Archer	St Albans AC	24.80	
3	13	Mark West	Hastings AC	24.80		3	14	Peter Seach	Hastings AC	30.70	
4	31	Carl Palin	St Albans AC	25.70		4					
T25 U17M 400m 'A'						U17M 400m 'B'					
1	21	Jordan Kirby	Ilford A C	53.20	G3*	1	16	Michael Lewis	Havering Mayesbroo	55.80	G4
2	13	Mark West	Hastings AC	55.60	G4	2	14	Craig Howard	Hastings AC	57.10	
3	15	Michael Jones	Havering Mayesbroc	56.50	G4	3	32	Jonathan Howarth	St Albans AC	57.50	
4	31	Carl Palin	St Albans AC	57.60		4					
T14 U17M 800m 'A'						U17M 800m 'B'					
1	13	Max Thomas	Hastings AC	02:07.8		1	14	Kris Everitt	Hastings AC	02:09.5	
2	15	Massi Dendani	Havering Mayesbroc	02:10.3		2	16	Dean Leftley	Havering Mayesbroo	02:15.2	
3	31	Ian Miller	St Albans AC	02:18.5		3	32	Joseph Romain	St Albans AC	02:20.3	
4	21	Omar Rashid	Ilford A C	02:27.1		4					
T37 U17M 1500m 'A'						U17M 1500m 'B'					
1	15	Jamie Buckley Stanton	Havering Mayesbroc	04:22.7	G40	1	14	Kris Everitt	Hastings AC	04:37.5	00
2	31	Khalid Al Abaidy	St Albans AC	04:27.5	00	2	16	Ross Barnby	Havering Mayesbroo	05:05.8	00
3	13	Russ Skelton	Hastings AC	04:28.3	00	3	32	Joseph Romain	St Albans AC	05:13.8	00
4	21	Omar Rashid	Ilford A C	05:28.9	00	4					
T16 U17M 3000m 'A'						U17M 3000m 'B'					
1	31	Khalid Al Abaidy	St Albans AC	09:18.5	G2*	1	16	Adam Edwards	Havering Mayesbroo	10:14.3	00
2	13	Russ Skelton	Hastings AC	09:21.6	G2*	2					
3	15	Josheph Waked	Havering Mayesbroc	09:48.5	G30	3					
4						4					
T2 U17M 400mH 'A'						U17M 400mH 'B'					
1	15	Jake Nelson	Havering Mayesbroc	64.90		1	16	Jon Seekings	Havering Mayesbroo	80.70	
2	31	Joel Trounce	St Albans AC	66.10		2					
3	13	Craig Howard	Hastings AC	75.30		3					
4						4					
T23 U17M 100mh 'A'			Wind=			U17M 100mh 'B'			Wind=		
1	15	Jack Edgar-Hill	Havering Mayesbroc	14.30	G2*	1	16	Jake Nelson	Havering Mayesbroo	16.10	
2	21	Kofi Gibbon Jeffers	Ilford A C	16.50		2	32	Jack Baron	St Albans AC	17.90	
3	31	Joel Trounce	St Albans AC	32.90		3					
4						4					
T44 U17M 1500m S/Chase 'A'						U17M 1500m S/Chase 'B'					
1	13	Max Thomas	Hastings AC	04:52.9	G3*	1	16	Glen Wileman	Havering Mayesbroo	06:12.2	00
2	15	Adam Wileman	Havering Mayesbroc	05:34.5	00	2					
3						3					
4						4					

*= AW Standards

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Grades

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		Perf	Wind	Recor ds	Grade			Perf	Grades	
					<u>Sunday, June 21 2009</u>					
F2 U17M 5k Hammer 'A'							U17M 5k Hammer 'B'			
1	15	Lewis Williams	Havering Mayesbroc	36.54	G4	1	16	Massi Dendani	Havering Mayesbroo	4.63
2	31	Jonathan Howarth	St Albans AC	25.61		2				
3						3				
4						4				
F9 U17M 1.5k Discus 'A'							U17M 1.5k Discus 'B'			
1	16	Bradley Burr	Havering Mayesbroc	34.23	G3*	1	15	Laurence Goodacre	Havering Mayesbroo	27.86
2	31	Ian Miller	St Albans AC	16.48		2				
3						3				
4						4				
F22 U17M 5k Shot 'A'							U17M 5k Shot 'B'			
1	15	Laurence Goodacre	Havering Mayesbroc	12.82	G2*	1	16	Bradley Burr	Havering Mayesbroo	11.07 G4
2	31	Ian Miller	St Albans AC	7.81		2				
3						3				
4						4				
F32 U17M 700g Javelin 'A'							U17M 700g Javelin 'B'			
1	15	Bradley Burr	Havering Mayesbroc	48.54	G2*	1	16	Jordan Brown	Havering Mayesbroo	30.60
2	31	Jonathan Howarth	St Albans AC	32.61		2	32	Khalid Al Abaidy	St Albans AC	21.27
3						3				
4						4				
F13 U17M Pole Vault 'A'							U17M Pole Vault 'B'			
1	32	Jack Baron	St Albans AC	2.80	G4	1	31	Joel Trounce	St Albans AC	2.30
F29 U17M High Jump 'A'							U17M High Jump 'B'			
1	15	Jake Nelson	Havering Mayesbroc	1.73	G4	1	16	Jack Edgar-Hill	Havering Mayesbroo	1.60
2	21	Kofi Gibbon Jeffers	Ilford A C	1.70	G4	2	32	Jack Baron	St Albans AC	1.55
3	31	Carl Palin	St Albans AC	1.60						
4	14	-	Hastings AC	1.55						
F17 U17M Long Jump 'A'							U17M Long Jump 'B'			
1	16	Terry Hughes	Havering Mayesbroc	6.24	G2*	1	15	Jordan Brown	Havering Mayesbroo	5.29
2	31	Kieran Moss	St Albans AC	6.15	G2*	2	32	Conner Archer	St Albans AC	5.14
3	21	Kofi Gibbon Jeffers	Ilford A C	5.17		3	22	Omar Rashid	Ilford A C	4.26
4	13	Russ Skelton	Hastings AC	4.38		4				
F34 U17M Triple Jump 'A'							U17M Triple Jump 'B'			
1	15	Terry Hughes	Havering Mayesbroc	11.06		1	16	Adam Wileman	Havering Mayesbroo	10.06
2	13	Max Thomas	Hastings AC	10.68		2	14	Kris Everitt	Hastings AC	9.07
3						3				
4						4				

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				Perf	Wind	Recor	ds	Grade						
									Sunday, June 21 2009					
									Perf	Grades				
T30 U15B 100m 'A'				Wind=					U15B 100m 'B'				Wind=	
1	31	Jake Awe	St Albans AC	11.80		G2*			1	32	Luke Yaxley	St Albans AC	12.50	G4*
2	13	Jamie Ellis	Hastings AC	12.30		G4*			2	22	George Hadler	Iford A C	12.70	*
3	15	Ashley Purnell	Havering Mayesbrooc	12.40		G4*			3	14	Adam Nash	Hastings AC	14.00	
4	21	Jordan Akisanja	Iford A C	13.50		*			4	16	Ryan Blake	Havering Mayesbrooc	14.30	
T6 U15B 200m 'A'				Wind=					U15B 200m 'B'				Wind=	
1	13	Jamie Ellis	Hastings AC	24.90		G4*			1	32	Jordan Thomas	St Albans AC	25.90	
2	31	Luke Yaxley	St Albans AC	25.20		G4*			2	16	Ryan Omahony	Havering Mayesbrooc	26.50	
3	21	George Hadler	Iford A C	25.40		G4			3	14	Adam Nash	Hastings AC	27.60	
4	15	Dan Wilson	Havering Mayesbrooc	25.70					4					
T24 U15B 400m 'A'									U15B 400m 'B'					
1	31	Joel McNeill	St Albans AC	53.20		G1*			1	14	Tom Watson	Hastings AC	55.70	G2*
2	13	Jamie Ellis	Hastings AC	59.60					2	32	Chris Hilton	St Albans AC	57.30	G4
3	15	Josa Conners	Havering Mayesbrooc	64.60					3	16	Finbar Smythe	Havering Mayesbrooc	62.50	
4	21	Taschan Peart	Iford A C	75.20					4					
T12 U15B 800m 'A'									U15B 800m 'B'					
1	31	James Mc Murray	St Albans AC	02:06.7		G1*			1	32	Chris Hilton	St Albans AC	02:08.5	G2*
2	15	Hoseah Gikungu	Havering Mayesbrooc	02:17.3		G4			2	16	Josa Conners	Havering Mayesbrooc	02:22.7	
3	13	Tom Watson	Hastings AC	02:20.8					3	14	Sam Garland	Hastings AC	02:34.5	
4	21	Taschan Peart	Iford A C	02:46.2					4					
T35 U15B 1500m 'A'									U15B 1500m 'B'					
1	15	Ryan Omahony	Havering Mayesbrooc	04:37.2		G40			1	16	Tom Davis	Havering Mayesbrooc	04:49.3	00
2	31	Oliver Poulain	St Albans AC	04:48.1		00			2	32	Sam Jameison West	St Albans AC	04:54.9	00
3	13	James Weston	Hastings AC	05:14.3		00			3	14	Ryan Higgs	Hastings AC	05:22.7	00
4									4					
T21 U15B 80mh 'A'				Wind=					U15B 80mh 'B'				Wind=	
1	31	Christine Gaddes	St Albans AC	11.60		G1*			21	32	Jason Tang	St Albans AC	12.20	G1*
2	21	George Hadler	Iford A C	12.40		G2*			2	14	Joe Rodriguez	Hastings AC	15.30	
3	13	Luke Alexander	Hastings AC	12.70		G3*			3	16	Finbar Smythe	Havering Mayesbrooc	15.90	
4	15	Dan Wilson	Havering Mayesbrooc	13.70		G4			4					
F1 U15B 4k Hammer 'A'									U15B 4k Hammer 'B'					
1	13	Rob James	Hastings AC	35.46		G3*			1	32	Josh Pieterse	St Albans AC	24.29	
2	15	Patric Wilson	Havering Mayesbrooc	32.67		G3			2	14	Luke Alexander	Hastings AC	9.78	
3	31	Billy Sach	St Albans AC	24.54					3					
4									4					
F8 U15B 1.25k Discus 'A'									U15B 1.25k Discus 'B'					
1	15	Dan Wilson	Havering Mayesbrooc	35.32		G2*			1	32	Jason Tang	St Albans AC	25.39	
2	31	Billy Sach	St Albans AC	32.01		G3*			2	16	Lee Jerrold	Havering Mayesbrooc	19.76	
3	13	Rob James	Hastings AC	27.65		G4			3	14	Sam Garland	Hastings AC	8.10	
4									4					
F23 U15B 4.00k Shot 'A'									U15B 4.00k Shot 'B'					
1	31	Joel McNeill	St Albans AC	10.49		G4			1	32	Josh Pieterse	St Albans AC	10.28	G4
2	13	Rob James	Hastings AC	7.70					2	16	Patrick Lear	Havering Mayesbrooc	6.17	
3	15	Lee Jerrold	Havering Mayesbrooc	6.50					3					
4									4					

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Perf
Grades

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				Perf	Wind	Records	Grades	Sunday, June 21 2009				
F33 U15B 600g Javelin 'A'								U15B 600g Javelin 'B'				
1	15	Ashley Purnell	Havering Mayesbroc	36.24		G4		1	16	Patrick Lear	Havering Mayesbroo	30.99
2	32	Josh Pieterse	St Albans AC	31.18				2	31	Joel McNeill	St Albans AC	28.02
3	13	Joe Rodriguez	Hastings AC	18.66				3	14	Ryan Higgs	Hastings AC	12.03
4	21	Thomas King	Ilford A C	15.54				4	22	Taschan Peart	Ilford A C	11.72
F16 U15B Long Jump 'A'								U15B Long Jump 'B'				
1	32	Christine Gaddes	St Albans AC	5.90		G1*		1	31	Jake Awe	St Albans AC	5.75 G1*
2	15	-	Havering Mayesbroc	5.48		G3		2	14	Sam Garland	Hastings AC	4.29
3	21	Jordan Akisanja	Ilford A C	4.98				3	16	Ashley Purnell	Havering Mayesbroo	4.29
4	13	Adam Nash	Hastings AC	4.39				4	22	Thomas King	Ilford A C	3.63
F28 U15B High Jump 'A'								U15B High Jump 'B'				
1	31	Christine Gaddes	St Albans AC	1.60		G3*		1	32	Jake Awe	St Albans AC	1.45
2	13	Tom Watson	Hastings AC	1.45				2	14	Luke Alexander	Hastings AC	1.45
3	15	Lee Jerrold	Havering Mayesbroc	1.40				3	16	Finbar Smythe	Havering Mayesbroo	1.30
F12 U15B Pole Vault 'A'								U15B Pole Vault 'B'				
1	31	Chris Gillespie	St Albans AC	1.90				1	32	Oliver Poulain	St Albans AC	1.80

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			Perf	Wind	Records	Grade	Sunday, June 21 2009			Perf	Grades
T28 U13B 100m 'A'			Wind=				U13B 100m 'B'			Wind=	
1	15	Jordan Fox	Havering Mayesbrooc	14.20			1	16	Chris Gell	Havering Mayesbrooc	14.40
2	13	Kobe Griffith	Hastings AC	14.60			2	22	Raeis Mer	Iford A C	14.90
3	21	Harry Kyriacou	Iford A C	14.60			3	32	Marcus Bell	St Albans AC	15.10
4	31	Alex Brown	St Albans AC	15.00			4	14	Luca Pola	Hastings AC	15.70
T4 U13B 200m 'A'			Wind=				U13B 200m 'B'			Wind=	
1	15	Alex Law	Havering Mayesbrooc	26.60		G1*	1	16	Chris Gell	Havering Mayesbrooc	29.80
2	21	Harry Kyriacou	Iford A C	29.30			2	32	Marcus Bell	St Albans AC	30.50
3	13	Kobe Griffith	Hastings AC	29.60			3	14	Luca Pola	Hastings AC	31.20
4	31	Robert Redshaw	St Albans AC	30.10			4				
T10 U13B 800m 'A'							U13B 800m 'B'				
1	21	Raeis Mer	Iford A C	02:31.5		G4	1	16	Sean Wilson	Havering Mayesbrooc	02:47.3
2	31	Luke Dee	St Albans AC	02:36.8			2	32	Alex Brown	St Albans AC	02:52.3
3	15	Jordan Fox	Havering Mayesbrooc	02:39.8			3	14	Alex Atkins	Hastings AC	03:33.7
4	13	Alfie Jeffery	Hastings AC	02:49.6			4				
T33 U13B 1500m 'A'							U13B 1500m 'B'				
1	15	Freddy Keefe	Havering Mayesbrooc	04:47.8		G1*	1	16	Thomas Pitkin	Havering Mayesbrooc	05:42.6 00
2	21	Shanjay Sivakumaran	Iford A C	05:32.3		00	2	32	Charlie Begg	St Albans AC	06:14.9 00
3	13	Hanny Reece	Hastings AC	05:37.4		00	3				
4	31	Robert Redshaw	St Albans AC	05:48.0		00	4				
T17 U13B 75mh 'A'			Wind=				U13B 75mh 'B'			Wind=	
1	15	Alex Law	Havering Mayesbrooc	13.50		G2	1	16	Chris Gell	Havering Mayesbrooc	15.10 G4
2	31	Simon Smyth	St Albans AC	15.00		G4	2	32	Devon Graham	St Albans AC	17.20
3	21	Shanjay Sivakumaran	Iford A C	16.60			3	14	Alex Atkins	Hastings AC	19.10
4	13	Alfie Jeffery	Hastings AC	17.30			4				
F15 U13B 3.25k Shot 'A'							U13B 3.25k Shot 'B'				
1	21	Harry Kyriacou	Iford A C	8.32		G3	1	32	James Owler	St Albans AC	5.45
2	31	Alex Brown	St Albans AC	6.40			2	16	Sean Wilson	Havering Mayesbrooc	4.29
3	15	Lewis Middleton	Havering Mayesbrooc	5.61			3	13	Alex Atkins	Hastings AC	3.94
4	14	Hanny Reece	Hastings AC	4.77			4				
F25 U13B Long Jump 'A'							U13B Long Jump 'B'				
1	15	Alex Law	Havering Mayesbrooc	4.59		G2*	1	16	Lewis Middleton	Havering Mayesbrooc	4.01
2	13	Kobe Griffith	Hastings AC	4.40		G3*	2	32	James Owler	St Albans AC	3.57
3	31	Marcus Bell	St Albans AC	3.84			3	14	Luca Pola	Hastings AC	3.48
4							4				
F6 U13B High Jump 'A'							U13B High Jump 'B'				
1	15	Jordan Fox	Havering Mayesbrooc	1.35		G3*	1	16	Sean Wilson	Havering Mayesbrooc	1.25
2	31	Simon Smyth	St Albans AC	1.30		G4	2	14	Hanny Reece	Hastings AC	1.20
3	13	Alfie Jeffery	Hastings AC	1.25			3	22	Shanjay Sivakumaran	Iford A C	1.15
4	21	Raeis Mer	Iford A C	1.25			4	32	Luke Dee	St Albans AC	1.10

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	Perf	Wind	Reco	ds	Grade		Perf	Grades
T31 U17W 100m 'A'		Wind=				U17W 100m 'B'	Wind=	
1 15 Holly Thomas	13.1		G4			1 16 Nicola Peachey	14.1	
2 13 Jamila Smikle	14.2					2 14 Summer Husble	14.2	
3						3		
4						4		
T7 U17W 200m 'A'		Wind=				U17W 200m 'B'	Wind=	
1 31 Alice Marshall	28.8					1 32 Abi Holman	27.8	
2 13 Summer Husble	29.7					2 16 Shelly Wilson	30.9	
3 15 Kelly Jarold	31.0					3		
4						4		
T26 U17W 300m 'A'						U17W 300m 'B'		
1 31 Alice Marshall	44.6		*			1 14 April Johns	46.9	
2 13 Amy McCarthy	45.5					2 16 Jess Seekings	48.2	
3 15 Rebecca O'Neill	46.8					3 32 Daisy Yeomans	48.6	
4						4		
T13 U17W 800m 'A'						U17W 800m 'B'		
1 15 Rebecca O'Neill	02:24.0		G4*			1 14 April Johns	02:39.7	
2 13 Stacy Cluster	02:24.7		G4*			2 16 Michelle Lovell	03:01.5	
3 31 Daisy Yeomans	02:34.8					3		
4						4		
T36 U17W 1500m 'A'						U17W 1500m 'B'		
1 31 Laura Farrar	05:13.7		00			1		
2						2		
3						3		
4						4		
T19 U17W 3000m 'A'						U17W 3000m 'B'		
1 31 Laura Farrar	10:51.3		G3*			1		
2 13 Stacy Cluster	11:04.6		G40			2		
3 15 Patsy Mc Weeney	13:03.7		00			3		
4						4		
T20 U17W 80mh 'A'		Wind=				U17W 80mh 'B'	Wind=	
1 15 Holly Thomas	11.9		G1*			1 16 Nicola Peachey	12.9	G3*
2						2		
3						3		
4						4		
T1 U17W 300mH 'A'						U17W 300mH 'B'		
1 13 Amy McCarthy	48.8		G4*			1 16 Jess Seekings	54.0	
2 15 Nicola Peachey	50.0		G4*			2 14 Summer Husble	62.2	
3 21 Clare Rodway	56.7					3		
4						4		
F3 U17W 4k Hammer 'A'			MR			U17W 4k Hammer 'B'		
1 13 Louisa James	45.27		G1*			1 14 Lisa Normoyle	26.51	G4
2 21 Victoria Onyeki	20.31					2 16 Shelly Wilson	18.70	
3 15 Katherine Knight	19.38					3		
4						4		

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Perf
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				Perf	Wind	Reco ds	Grade						
								Sunday, June 21 2009					
F20 U17W 1.0k Discus 'A'								U17W 1.0k Discus 'B'					
1	21	Victoria Onyeki	Ilford A C	32.47		G2*		1	16	Katherine Knight	Havering Mayesbroo	27.14	G4*
2	15	Shophie Baggs	Havering Mayesbroc	30.46		G2*		2	14	Lisa Normoyle	Hastings AC	25.01	G4
3	13	Louisa James	Hastings AC	29.64		G3*		3	31	Aisling Langham	St Albans AC	9.88	
4	32	Daisy Yeomans	St Albans AC	12.72				4					
F31 U17W 4k Shot 'A'								U17W 4k Shot 'B'					
1	13	Louisa James	Hastings AC	8.47		G4		1	14	Lisa Normoyle	Hastings AC	8.31	G4
2	15	Shophie Baggs	Havering Mayesbroc	7.92		G4		2	22	Clare Rodway	Ilford A C	5.15	
3	21	Victoria Onyeki	Ilford A C	7.03				3	16	Patsy Mc Weeney	Havering Mayesbroo	4.96	
4	31	Abibie Smith	St Albans AC	5.02				4	32	Laura Farrar	St Albans AC	4.64	
F26 U17W 600g Javelin 'A'								U17W 600g Javelin 'B'					
1	16	Patsy Mc Weeney	Havering Mayesbroc	23.10				1	15	Katherine Knight	Havering Mayesbroo	13.88	
2	13	Stacy Cluster	Hastings AC	21.07				2	32	Abibie Smith	St Albans AC	13.56	
3	31	Aisling Langham	St Albans AC	17.58				3					
4								4					
F5 U17W Long Jump 'A'								U17W Long Jump 'B'					
1	31	Abi Holman	St Albans AC	5.11		G2*		1	16	Kelly Jarold	Havering Mayesbroo	4.15	
2	15	Holly Thomas	Havering Mayesbroc	4.87		G4*		2	32	Abibie Smith	St Albans AC	3.67	
3	21	Rochelle Rhodes	Ilford A C	4.28				3					
4	13	Jamila Smikle	Hastings AC	3.94				4					
F35 U17W Triple Jump 'A'								U17W Triple Jump 'B'					
1	31	Abi Holman	St Albans AC	10.87		G1*		1					
2	21	Rochelle Rhodes	Ilford A C	10.23		G3*		2					
3	13	Jamila Smikle	Hastings AC	9.73		G4*		3					
4	15	Kelly Jarold	Havering Mayesbroc	9.36		G4*		4					
F19 U17W High Jump 'A'								U17W High Jump 'B'					
1	21	Rochelle Rhodes	Ilford A C	1.45									
2	13	Amy McCarthy	Hastings AC	1.35									
F11 U17W Pole Vault 'A'								U17W Pole Vault 'B'					
1	96	No Competitors Declare											

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			Perf	Wind	Reco	ds	Grade					
			Perf									
T29 U15G 100m 'A'			Wind=					U15G 100m 'B'			Wind=	
1	15	Ricarda Chapman	Havering Mayesbrooc	13.4			G4	1	16	Lucy Allen	Havering Mayesbrooc	13.9
2	13	Sky Hamilton Brown	Hastings AC	14.0				2	32	Laura Owler	St Albans AC	14.3
3	31	Alica Tymon McEwan	St Albans AC	14.2				3	14	Grace Baker	Hastings AC	14.9
4								4				
T5 U15G 200m 'A'			Wind=					U15G 200m 'B'			Wind=	
1	15	Lucy Allen	Havering Mayesbrooc	28.9				1	16	Henrietta Adewole	Havering Mayesbrooc	30.3
2	31	Stephanie Rukin	St Albans AC	29.0				2	32	Laura Owler	St Albans AC	30.6
3	13	Sky Hamilton Brown	Hastings AC	29.3				3	14	Lauren Ellis	Hastings AC	32.1
4								4				
T11 U15G 800m 'A'								U15G 800m 'B'				
1	13	Grace Baker	Hastings AC	02:29.7			G4	1	16	Jess Fazakerley	Havering Mayesbrooc	02:59.5
2	15	Becky Stanley	Havering Mayesbrooc	02:41.4				2	32	Jess Smith	St Albans AC	03:17.7
3	31	Chloe Beard	St Albans AC	02:58.3				3	14	Kayling Store	Hastings AC	03:34.8
4								4				
T34 U15G 1500m 'A'								U15G 1500m 'B'				
1	15	Amanda Blaxland	Havering Mayesbrooc	05:14.1			G40	1	16	Avril Loynes	Havering Mayesbrooc	05:19.6 00
2	31	Hanna Hull	St Albans AC	05:16.8			00	2	14	Chole Reed	Hastings AC	06:26.6 00
3	21	Bethany Hall	Ilford A C	05:20.9			00	3				
4	13	Lauren Ellis	Hastings AC	05:27.8			00	4				
T18 U15G 75mh 'A'			Wind=					U15G 75mh 'B'			Wind=	
1	31	Alica Tymon McEwan	St Albans AC	12.4			G3*	1	32	Stephanie Rukin	St Albans AC	12.3 G2*
2	15	Rylie Trott	Havering Mayesbrooc	12.8			G3*	2	16	Jess Fazakerley	Havering Mayesbrooc	15.8
3	13	Kayling Store	Hastings AC	18.0				3	14	Chole Reed	Hastings AC	17.5
4								4				
F4 U15G Long Jump 'A'								U15G Long Jump 'B'				
1	31	Alica Tymon McEwan	St Albans AC	4.44			G4	1	32	Niamh Lawson	St Albans AC	4.16
2	15	Ricarda Chapman	Havering Mayesbrooc	4.22				2	16	Becky Stanley	Havering Mayesbrooc	2.77
3	13	Sky Hamilton Brown	Hastings AC	3.29				3				
4	21	Bethany Hall	Ilford A C	2.85				4				
F18 U15G High Jump 'A'								U15G High Jump 'B'				
1	15	Becky Lawrence	Havering Mayesbrooc	1.38				1=	16	Jess Fazakerley	Havering Mayesbrooc	1.15
2	31	Stephanie Rukin	St Albans AC	1.20				1=	32	Hanna Hull	St Albans AC	1.15
F10 U15G Pole Vault 'A'							LR MR	U15G Pole Vault 'B'				
1	31	Rowen Seglah	St Albans AC	1.90			FALSE					
2	13	Grace Baker	Hastings AC	1.80			FALSE					
F21 U15G 1.00k Discus 'A'								U15G 1.00k Discus 'B'				
1	31	Abi Wilde	St Albans AC	20.08			G4	1	16	Avril Loynes	Havering Mayesbrooc	14.11
2	15	Erin Baggs	Havering Mayesbrooc	19.40				2	32	Jess Smith	St Albans AC	11.80
3								3				
4								4				

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	Perf	Wind	Records	Grade		Perf	Grades			
F27 U15G 600g Javelin 'A'					U15G 600g Javelin 'B'					
1	31	Abi Wilde	St Albans AC	29.26	G2*	1	32	Niamh Lawson	St Albans AC	11.95
2	15	Rylie Trott	Havering Mayesbroc	12.11		2	14	Chole Reed	Hastings AC	9.78
3	13	Lauren Ellis	Hastings AC	10.83		3	16	Becky Lawrence	Havering Mayesbroo	8.56
4						4				
F30 U15G 3.25k Shot 'A'					U15G 3.25k Shot 'B'					
1	15	Henrietta Adewole	Havering Mayesbroc	8.30	G4	1	32	Laura Owler	St Albans AC	6.14
2	31	Niamh Lawson	St Albans AC	6.93		2	16	Erin Baggs	Havering Mayesbroo	5.80
3						3				
4						4				

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GradesSouthern 1 - East Westminster Lodge

				Perf	Wind	Reco ds	Grade	<u>Sunday, June 21 2009</u>				
T27 U13G 75m 'A'					Wind=			U13G 75m 'B'				
1	13	Robyn Mackay	Hastings AC	11.0		G4*		1	14	Becy Haggar	Hastings AC	11.8
2	31	Emma Clarke	St Albans AC	11.2		G4*		2	32	Laura Nofer	St Albans AC	12.0
3	15	Phoebe Maloney	Havering Mayesbrooc	11.7				3	16	Thiziri Dendani	Havering Mayesbrooc	12.4
4	21	Ellie Atkinson	Ilford A C	13.1				4				
T3 U13G 150m 'A'					Wind=			U13G 150m 'B'				
1	31	Emma Clarke	St Albans AC	22.4		G4		1	32	Joetta James	St Albans AC	24.7
2	13	Robyn Mackay	Hastings AC	22.5				2	16	Becky Fox	Havering Mayesbrooc	25.7
3	15	Phoebe Maloney	Havering Mayesbrooc	23.6				3	14	Zoe Botting	Hastings AC	27.3
4								4				
T9 U13G 800m 'A'								U13G 800m 'B'				
1	13	-	Hastings AC	02:39.4		G3*		1	14	Katie Garland	Hastings AC	03:04.3
2	31	Chloe Rutherford Hughe	St Albans AC	02:46.6				2	32	Grace Hull	St Albans AC	03:09.0
3	15	Abigail Spink	Havering Mayesbrooc	02:49.6				3				
4	21	Ellie Atkinson	Ilford A C	02:58.6				4				
T22 U13G 1200m 'A'								U13G 1200m 'B'				
1	13	Louise Nash	Hastings AC	04:16.8		G4*		1	32	Charlotte Brookes	St Albans AC	04:51.1 00
2	31	Pippa Bailey	St Albans AC	04:26.7		G40		2	14	Zoe Botting	Hastings AC	05:05.8 00
3								3				
4								4				
T15 U13G 70mh 'A'					Wind=			U13G 70mh 'B'				
1	31	Laura Nofer	St Albans AC	13.2		G4		1	32	Joetta James	St Albans AC	13.0 G3*
2	13	Becy Haggar	Hastings AC	16.6				2	14	Louise Nash	Hastings AC	17.9
3								3				
4								4				
F7 U13G High Jump 'A'								U13G High Jump 'B'				
1	31	Lucy Dicks	St Albans AC	1.43		G1*		1	32	Alice Townend	St Albans AC	1.30 G3
2	13	-	Hastings AC	1.41		G1*						
3	15	Georgie Taylor	Havering Mayesbrooc	1.15								
F24 U13G Long Jump 'A'								U13G Long Jump 'B'				
1	13	-	Hastings AC	4.30		G2*		1	32	Emma Clarke	St Albans AC	3.78 G4
2	31	Chloe Rutherford Hughe	St Albans AC	3.81		G4		2	14	Katie Garland	Hastings AC	3.50
3	21	Ellie Atkinson	Ilford A C	2.79				3	15	Thiziri Dendani	Havering Mayesbrooc	2.34
4	16	Becky Fox	Havering Mayesbrooc	2.40				4				
F14 U13G 2.72k Shot 'A'								U13G 2.72k Shot 'B'				
1	31	Alice Townend	St Albans AC	8.04		G1*		1	32	Cate Brooks	St Albans AC	5.33
2	15	Georgie Taylor	Havering Mayesbrooc	7.60		G2*		2	16	Becky Fox	Havering Mayesbrooc	5.32
3	14	Katie Garland	Hastings AC	4.56				3	13	Zoe Botting	Hastings AC	4.19
4								4				

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Perf Wind Recor ds Grade
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Perf Grades

T43 17M 4x100m

1	15	Havering Mayesbrook	Jordan Brown	Terry Hughes	Jack Edgar-Hill	Michael Lewis	46.40 *
2	31	St Albans AC	Jack Baron	Jonathan Howarth	Conner Archer	Kieran Moss	47.60
3							
4							

T47 17M 4x400m

1	13	Hastings AC	Russ Skelton	Kris Everitt	Mark West	Max Thomas	##### *
2	31	St Albans AC	Khalid Al Abaidy	Ian Miller	Carl Palin	Kieran Moss	##### *
3	15	Havering Mayesbrook	Joseph Waked	Michael Jones	Massi Dendani	Jamie Buckley Stant	##### *
4							

T41 15B 4x100m

1	31	St Albans AC	Luke Yaxley	Jason Tang	Billy Sach	Jake Awe	47.80 *
2	15	Havering Mayesbrook	Ryan Blake	Ryan Omahony	Hoseah Gikungu	Ashley Purnell	51.60
3	13	Hastings AC	Adam Nash	Mat Atkins	Luke Alexander	Joe Rodriguez	52.90
4							

T46 15B 4x400m

1	31	St Albans AC	Christine Gaddes	Chris Gillespie	Chris Hilton	Joel McNeill	##### *
2	15	Havering Mayesbrook	Finbar Smythe	Hoseah Gikungu	Josa Connors	Ryan Omahony	#####
3	13	Hastings AC	Tom Watson	James Weston	Sam Garland	Jamie Ellis	#####
4							

T39 13B 4x100m

1	15	Havering Mayesbrook	Lewis Middleton	Jordan Fox	Chris Gell	Alex Law	54.90 *
2	31	St Albans AC	Alex Brown	Simon Smyth	Marcus Bell	Luke Dee	58.80
3	13	Hastings AC	Luca Pola	Hanny Reece	Alfie Jeffery	Kobe Griffith	59.90
4							

T42 17W 4x100m

1	13	Hastings AC	Lisa Normoyle	Louisa James	Summer Husble	April Johns	59.00
2	15	Havering Mayesbrook	Katherine Knight	Kelly Jarold	Patsy Mc Weeney	Shophie Baggs	61.50
3							
4							

T45 17W 4x300m

1	13	Hastings AC	Stacy Cluster	Jamila Smikle	April Johns	Amy McCarthy	#####
2	15	Havering Mayesbrook	Nicola Peachey	Jess Seekings	Rebecca O'Neill	Holly Thomas	#####
3	31	St Albans AC	Daisy Yeomans	Laura Farrar	Abi Holman	Abibie Smith	#####
4							

T40 15G 4x100m

1	15	Havering Mayesbrook	Henrietta Adewole	Ricarda Chapman	Rylie Trott	Lucy Allen	53.70
2	31	St Albans AC	Niamh Lawson	Laura Owler	Alica Tymon McEwan	Stephanie Rukin	54.80
3	13	Hastings AC	Sky Hamilton Brown	Grace Baker	Lauren Ellis	Kayling Store	56.60
4							

T38 13G 4x100m

1	31	St Albans AC	Chloe Rutherford Hu	Joetta James	Emma Clarke	Laura Nofer	59.20
2	13	Hastings AC	Louise Nash	-	Robyn Mackay	Zoe Botting	60.40
3							
4							

* = AW Standards

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Events	St Alb		Hast		Hav M		Ilf						Unused	T
	31		13		15		21							
17M 100m	3.0	3.0	1.0	2.0	2.0	4.0	4.0						1	20
17M 200m	1.0	3.0	2.0	2.0	3.0	4.0	4.0						1	20
17M 400m	1.0	2.0	3.0	3.0	2.0	4.0	4.0						1	20
17M 800m	2.0	2.0	4.0	4.0	3.0	3.0	1.0						1	20
17M 1500m	3.0	2.0	2.0	4.0	4.0	3.0	1.0						1	20
17M 3000m	4.0		3.0		2.0	4.0							1	6 20
17M 400mH	3.0		2.0		4.0	4.0							1	6 20
17M 100mh	2.0	3.0			4.0	4.0	3.0						1	3 20
17M 1500m S			4.0		3.0	4.0							3	6 20
17M 5k Hamm	3.0				4.0	4.0							3	6 20
17M 1.5k Disc	3.0				4.0	4.0							3	6 20
17M 5k Shot	3.0				4.0	4.0							3	6 20
17M 700g Jav	3.0	3.0			4.0	4.0							3	3 20
17M Pole Vau	4.0	4.0											6	6 20
17M High Jum	2.0	3.0	1.0		4.0	4.0	3.0						3	20
17M Long Jum	3.0	3.0	1.0		4.0	4.0	2.0	2.0					1	20
17M Triple Jum			3.0	3.0	4.0	4.0							3	3 20
17M 4x100m	3.0				4.0								3	10
17M 4x400m	3.0		4.0		2.0								1	10
	46.0	28.0	30.0	18.0	61.0	62.0	22.0	2.0					31	60 360

15B 100m	4.0	4.0	3.0	2.0	2.0	1.0	1.0	3.0						20
15B 200m	3.0	4.0	4.0	2.0	1.0	3.0	2.0						1	20
15B 400m	4.0	3.0	3.0	4.0	2.0	2.0	1.0						1	20
15B 800m	4.0	4.0	2.0	2.0	3.0	3.0	1.0						1	20
15B 1500m	3.0	3.0	2.0	2.0	4.0	4.0						1	1	20
15B 80mh	4.0		2.0	3.0	1.0	2.0	3.0						5	20
15B 4k Hamm	2.0	4.0	4.0	3.0	3.0								1	3 20
15B 1.25k Disc	3.0	4.0	2.0	2.0	4.0	3.0							1	1 20
15B 4.00k Sh	4.0	4.0	3.0		2.0	3.0							1	3 20
15B 600g Jav	3.0	3.0	2.0	2.0	4.0	4.0	1.0	1.0						20
15B Long Jum	4.0	4.0	1.0	3.0	3.0	2.0	2.0	1.0						20
15B High Jum	4.0	4.0	3.0	3.0	2.0	2.0							1	1 20
15B Pole Vau	4.0	4.0											6	6 20
15B 4x100m	4.0		2.0		3.0								1	10
15B 4x400m	4.0		2.0		3.0								1	10
	54.0	45.0	35.0	28.0	37.0	29.0	11.0	5.0					13	23 280

13B 100m	1.0	2.0	3.0	1.0	4.0	4.0	2.0	3.0						20
13B 200m	1.0	3.0	2.0	2.0	4.0	4.0	3.0						1	20
13B 800m	3.0	3.0	1.0	2.0	2.0	4.0	4.0						1	20
13B 1500m	1.0	3.0	2.0		4.0	4.0	3.0						3	20
13B 75mh	3.0	3.0	1.0	2.0	4.0	4.0	2.0						1	20
13B 3.25k Sh	3.0	4.0	1.0	2.0	2.0	3.0	4.0						1	20
13B Long Jum	2.0	3.0	3.0	2.0	4.0	4.0							1	1 20
13B High Jum	3.0	1.0	2.0	3.0	4.0	4.0	1.0	2.0						20
13B 4x100m	3.0		2.0		4.0								1	10
	20.0	22.0	17.0	14.0	32.0	31.0	19.0	5.0					2	8 170

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Events	St Alb		Hast		Hav M		Ilf						Unused	T	
	31		13		15		21								
17W 100m			3.0	3.0	4.0	4.0							3	3	20
17W 200m	4.0	4.0	3.0		2.0	3.0							1	3	20
17W 300m	4.0	2.0	3.0	4.0	2.0	3.0							1	1	20
17W 800m	2.0		3.0	4.0	4.0	3.0							1	3	20
17W 1500m	4.0												6	10	20
17W 3000m	4.0		3.0		2.0								1	10	20
17W 80mh					4.0	4.0							6	6	20
17W 300mH			4.0	3.0	3.0	4.0	2.0						1	3	20
17W 4k Hamn			4.0	4.0	2.0	3.0	3.0						1	3	20
17W 1.0k Disc	1.0	2.0	2.0	3.0	3.0	4.0	4.0							1	20
17W 4k Shot	1.0	1.0	4.0	4.0	3.0	2.0	2.0	3.0							20
17W 600g Jav	2.0	3.0	3.0		4.0	4.0							1	3	20
17W Long Jum	4.0	3.0	1.0		3.0	4.0	2.0							3	20
17W Triple Ju	4.0		2.0		1.0		3.0							10	20
17W High Jum			3.0				4.0						3	10	20
17W Pole Vau													10	10	20
17W 4x100m			4.0		3.0								3		10
17W 4x300m	2.0		4.0		3.0								1		10
	32.0	15.0	46.0	25.0	43.0	38.0	20.0	3.0					39	79	340
15G 100m	2.0	3.0	3.0	2.0	4.0	4.0							1	1	20
15G 200m	3.0	3.0	2.0	2.0	4.0	4.0							1	1	20
15G 800m	2.0	3.0	4.0	2.0	3.0	4.0							1	1	20
15G 1500m	3.0		1.0	3.0	4.0	4.0	2.0							3	20
15G 75mh	4.0	4.0	2.0	2.0	3.0	3.0							1	1	20
15G Long Jum	4.0	4.0	2.0		3.0	3.0	1.0							3	20
15G High Jum	3.0	3.5			4.0	3.5							3	3	20
15G Pole Vau	4.0		3.0										3	10	20
15G 1.00k Dis	4.0	3.0			3.0	4.0							3	3	20
15G 600g Jav	4.0	4.0	2.0	3.0	3.0	2.0							1	1	20
15G 3.25k Sh	3.0	4.0			4.0	3.0							3	3	20
15G 4x100m	3.0		2.0		4.0								1		10
	39.0	31.5	21.0	14.0	39.0	34.5	3.0						18	30	230

13G 75m	3.0	3.0	4.0	4.0	2.0	2.0	1.0							1	20
13G 150m	4.0	4.0	3.0	2.0	2.0	3.0							1	1	20
13G 800m	3.0	3.0	4.0	4.0	2.0		1.0							3	20
13G 1200m	3.0	4.0	4.0	3.0									3	3	20
13G 70mh	4.0	4.0	3.0	3.0									3	3	20
13G High Jum	4.0	4.0	3.0		2.0								1	6	20
13G Long Jum	3.0	4.0	4.0	3.0	1.0	2.0	2.0							1	20
13G 2.72k Sh	4.0	4.0	2.0	2.0	3.0	3.0							1	1	20
13G 4x100m	4.0		3.0										3		10
	32.0	30.0	30.0	21.0	12.0	10.0	4.0						12	19	170

FINAL MATCH SCORES AND POSITIONS

	2	3	1	4	5	5	5	5		
Points Summa	St Alb	Hast	Hav M	Ilf					UNUSED	TOTAL
Boys	215.0	142.0	252.0	64.0					137.0	810.0
Girls	179.5	157.0	176.5	30.0					197.0	740.0
Officials	25.0	16.0	14.0	8.0					37.0	100.0
Total	419.5	315.0	442.5	102.0					371.0	####
Position	2	3	1	4	5	5	5	5		