

Southern 1 East Westminster Lodge
Sunday, May 06 2007

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FINAL MATCH SCORES AND POSITIONS

Points Summary	St Alb	Inv EK	S'end	HW				
Boys	165.5	71.5	72.0	175.0				
Girls	191.5	132.5	93.0	40.0				
Officials	25.0	25.0	10.0	14.0				
Total	382.0	229.0	175.0	229.0				
Position	1	2	4	2	5	5	5	5

ATHLETES OF THE MATCH				
	Name	Club	Age Group/Event	Performance
MALE TRACK	Jack Balsdon	Inv EK	u13b 800	2 min 24.8
MALE FIELD	Henry Howard	S'end	u15b hj	1 metre 65
FEMALE TRACK	Rebecca Weston	Inv EK	u15g 800	2 min 21.6
FEMALE FIELD	Abigail Holman	St Alb	u15g lj	5 metre 04

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T32 U17 Men's 100m 'A'				U17 Men's 100m 'B'			
1	11 Mike Tadirade	Hercules Wimbledon	12.5				1 12 Ismael Lawrence Hercules Wimbledon 13.0
2							2
3							3
4							4
T8 U17 Men's 200m 'A'				U17 Men's 200m 'B'			
1	11 Jon Dwonga	Hercules Wimbledon	24.6		G4		1 12 Richard Agyapong Hercules Wimbledon 25.0
2							2
3							3
4							4
T25 U17 Men's 400m 'A'				U17 Men's 400m 'B'			
1	29 Steven Ng	St Albans AC	57.2				1 30 Jonathon Oxley St Albans AC 57.9
2	11 Richard Agyapong	Hercules Wimbledon	64.8				2 12 Charles Mukambina Hercules Wimbledon 58.6
3	#N/A						3
4							4
T14 U17 Men's 800m 'A'				U17 Men's 800m 'B'			
1	19 Andy Cope	Invicta East Kent AC	02:12.8				1
2	29 Jonathon Oxley	St Albans AC	02:14.6				2
3	27 Kyle Aldridge	Southend on Sea AC	02:29.6				3
4	11 Will Spooner	Hercules Wimbledon	02:33.3				4
T37 U17 Men's 1500m 'A'				U17 Men's 1500m 'B'			
1	19 Andy Cope	Invicta East Kent AC	04:40.2				1
2	11 Will Spooner	Hercules Wimbledon	05:23.6				2
3							3
4							4
T16 U17 Men's 3000m 'A'				U17 Men's 3000m 'B'			
1	96 No Competitors Declared						1
2							2
3							3
4							4
T2 U17 Men's 400m Hurdles 'A'				U17 Men's 400m Hurdles 'B'			
1	27 Adam Mccarthy	Southend on Sea AC	61.3		G3		1
2	29 Steven Ng	St Albans AC	63.7		G4		2
3	11 -	Hercules Wimbledon	89.1				3
4							4
T23 U17 Men's 100m Hurdles 'A'				U17 Men's 100m Hurdles 'B'			
1	11 Derek Frempong	Hercules Wimbledon	15.7		G4		1 12 Clarence Orenzo Hercules Wimbledon 20.3
2	27 Dan Cassidy	Southend on Sea AC	15.8		G4		2
3							3
4							4
T44 U17 Men's 1500m S/Chase 'A'				U17 Men's 1500m S/Chase 'B'			
1	27 Kyle Aldridge	Southend on Sea AC	06:02.7				1
2							2
3							3
4							4
F2 U17 Men's Hammer (5k) 'A'				U17 Men's Hammer (5k) 'B'			
1	19 Visar Baquiri	Invicta East Kent AC	43.97		G3*		1
2	29 Jonathon Contantinou	St Albans AC	31.67		G4		2
3	11 Ismael Lawrence	Hercules Wimbledon	16.04				3
4							4

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F9 U17 Men's Discus (1.5k) 'A'

1	19 Visar Baquiri	Invicta East Kent AC	30.08	G3
2	29 Jonathon Contantinou	St Albans AC	26.02	G4
3	12 Derek Frempong	Hercules Wimbledon	24.40	G4
4				

U17 Men's Discus (1.5k) 'B'

1	11 Jon Dwonga	Hercules Wimbledon	21.80	
2				
3				
4				

F21 U17 Men's Shot Putt (5k) 'A'

1	19 Visar Baquiri	Invicta East Kent AC	10.08	G4
2	11 Mike Tadirade	Hercules Wimbledon	8.73	
3	27 Dan Cassidy	Southend on Sea AC	7.95	
4				

U17 Men's Shot Putt (5k) 'B'

1	12 Ismael Lawrence	Hercules Wimbledon	6.82	
2	28 Kyle Aldridge	Southend on Sea AC	6.70	
3				
4				

F31 U17 Men's Javelin (700g) 'A'

1	29 Jonathon Contantinou	St Albans AC	44.83	G2
2	11 Derek Frempong	Hercules Wimbledon	30.17	
3	27 -	Southend on Sea AC	21.78	
4				

U17 Men's Javelin (700g) 'B'

1	12 Clarence Orenzo	Hercules Wimbledon	20.57	
2				
3				
4				

F12 U17 Men's Pole Vault 'A'

1	96 No Competitors Declared			
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U17 Men's Pole Vault 'B'

F28 U17 Men's High Jump 'A'

1	27 Dan Cassidy	Southend on Sea AC	1.75	G3*
2	19 Callum Barling-Jeffery	Invicta East Kent AC	1.70	G3
3	11 Richard Agyapong	Hercules Wimbledon	1.60	G4

U17 Men's High Jump 'B'

1	12 Charles Mukambina	Hercules Wimbledon	1.45	
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F16 U17 Men's Long Jump 'A'

1	11 Mike Tadirade	Hercules Wimbledon	5.89	G2
2	29 Anthony Hadgill	St Albans AC	5.59	G3
3	19 Callum Barling-Jeffery	Invicta East Kent AC	5.53	G4
4	27 Adam Mccarthy	Southend on Sea AC	5.34	G4

U17 Men's Long Jump 'B'

1	12 Jon Dwonga	Hercules Wimbledon	5.11	
2				
3				
4				

F33 U17 Men's Triple Jump 'A'

1	19 Callum Barling-Jeffery	Invicta East Kent AC	12.07	G3
2	30 Steven Ng	St Albans AC	11.03	G4
3				
4				

U17 Men's Triple Jump 'B'

1	29 Anthony Hadgill	St Albans AC	10.99	G4
2				
3				
4				

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	Perf	Wind	Records	Grades		Perf	Grades
T30 U15 Boy's 100m 'A'				U15 Boy's 100m 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	11 Kyran Mitchell Nanton	Hercules Wimbledon	13.2	*	1	12 Jose Costa	Hercules Wimbledon 13.5 *
2	29 Daniel Malwhinney	St Albans AC	13.3	*	2	30 Ethan Lau	St Albans AC 14.9
3					3		
4					4		
T6 U15 Boy's 200m 'A'				U15 Boy's 200m 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	11 Kyran Mitchell Nanton	Hercules Wimbledon	26.2	G4	1	30 Jamie Spurway	St Albans AC 26.7 G4
2	29 Daniel Malwhinney	St Albans AC	26.3	G4	2	12 Jose Costa	Hercules Wimbledon 26.8 G4
3					3		
4					4		
T24 U15 Boy's 400m 'A'				U15 Boy's 400m 'B'			
1	29 Jamie Spurway	St Albans AC	59.4	G4	1	28 Alec Stapleton	Southend on Sea AC 59.8 G4
2	27 Henry Howard	Southend on Sea AC	60.2	G4	2	30 Chris Giles	St Albans AC 63.7
3	11 Joe Toomay	Hercules Wimbledon	61.3	G4	3	12 Tommy Village	Hercules Wimbledon 65.7
4					4		
T12 U15 Boy's 800m 'A'				U15 Boy's 800m 'B'			
1	27 Henry Howard	Southend on Sea AC	02:15.1	G3	1	28 Alec Stapleton	Southend on Sea AC 02:21.8 G4
2	19 Sam Hudson	Invicta East Kent AC	02:19.3	G4	2	12 Geordie Logan	Hercules Wimbledon 02:28.5
3	11 Ed Saywell	Hercules Wimbledon	02:24.1		3	20 Robert Whiskin	Invicta East Kent AC 02:44.4
4	29 Khalid Al Ababy	St Albans AC	02:25.9		4	30 David Fernie	St Albans AC dnf
T35 U15 Boy's 1500m 'A'				U15 Boy's 1500m 'B'			
1	11 Joe Toomay	Hercules Wimbledon	04:35.5	G2	1	12 Liam White	Hercules Wimbledon 04:45.5 G4
2	29 Elliot Poulain	St Albans AC	04:40.2	G3	2		
3	19 Chris Thomas	Invicta East Kent AC	04:44.3	G4	3		
4	27 Rhys Gillard	Southend on Sea AC	05:22.6		4		
T21 U15 Boy's 80m Hurdles 'A'				U15 Boy's 80m Hurdles 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	29 Daniel Malwhinney	St Albans AC	14.7		1	12 Luis Costa	Hercules Wimbledon 15.9
2	19 Dan Walker	Invicta East Kent AC	15.9		2	30 Jonathan Howarth	St Albans AC 16.3
3	11 Geordie Logan	Hercules Wimbledon	17.0		3		
4					4		
F1 U15 Boy's Hammer (4k) 'A'				U15 Boy's Hammer (4k) 'B'			
1	29 Nicholas Robinson	St Albans AC	17.92		1		
2					2		
3					3		
4					4		
F8 U15 Boy's Discus (1.25k) 'A'				U15 Boy's Discus (1.25k) 'B'			
1	30 Chris Giles	St Albans AC	23.13	G4	1	29 Elliot Poulain	St Albans AC 16.83
2	11 Joe Toomay	Hercules Wimbledon	19.48		2	12 Ed Saywell	Hercules Wimbledon 13.32
3					3		
4					4		
F22 U15 Boy's Shot Putt (4k) 'A'				U15 Boy's Shot Putt (4k) 'B'			
1	29 Nicholas Robinson	St Albans AC	8.16		1	30 David Fernie	St Albans AC 6.88
2	11 Ed Saywell	Hercules Wimbledon	6.40		2	20 -	Invicta East Kent AC 5.32
3	19 Sam Hudson	Invicta East Kent AC	5.93		3	12 Liam White	Hercules Wimbledon 5.05
4					4		
F32 U15 Boy's Javelin (600g) 'A'				U15 Boy's Javelin (600g) 'B'			
1	12 Luis Costa	Hercules Wimbledon	33.16	G4	1	11 Jose Costa	Hercules Wimbledon 32.32 G4
2	29 Nicholas Robinson	St Albans AC	26.27		2	20 Chris Thomas	Invicta East Kent AC 1.87
3	19 Sam Hudson	Invicta East Kent AC	9.32		3		
4					4		

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F15 U15 Boy's Long Jump 'A'

1	29	Chris Giles	St Albans AC	4.83	G4
2	11	Luis Costa	Hercules Wimbledon	4.71	G4
3	19	Dan Walker	Invicta East Kent AC	4.50	
4					

U15 Boy's Long Jump 'B'

1	30	Ethan Lau	St Albans AC	4.21
2	12	Lawrence Fraser	Hercules Wimbledon	3.56
3				
4				

F27 U15 Boy's High Jump 'A'

1	27	Henry Howard	Southend on Sea AC	1.65	G2*
2	11	Kyran Mitchell Nanton	Hercules Wimbledon	1.35	
3=	19	Dan Walker	Invicta East Kent AC	1.30	
3=	30	David Fernie	St Albans AC	1.30	

U15 Boy's High Jump 'B'

1	12	Liam White	Hercules Wimbledon	1.30
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F10 U15 Boy's Pole Vault 'A'

1	96	No Competitors Declared			
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U15 Boy's Pole Vault 'B'

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T28 U13 Boy's 100m 'A'				U13 Boy's 100m 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	29 Frankie Smith	St Albans AC	14.6	G4	1	20 Louis Duprez	Invicta East Kent AC 15.1
2	19 Jack Balsdon	Invicta East Kent AC	14.9		2	30 Ben Blight	St Albans AC 15.3
3	11 Hugo Dawson	Hercules Wimbledon	15.2		3	12 Charlie Willams	Hercules Wimbledon 15.5
4	27 Kyle Marshall	Southend on Sea AC	15.4		4	28 Oliver Woodhouse	Southend on Sea AC 15.7
T4 U13 Boy's 200m 'A'				U13 Boy's 200m 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	11 Hugo Dawson	Hercules Wimbledon	28.9	G3	1	30 Jack Smith	St Albans AC 31.5
2	27 Kyle Marshall	Southend on Sea AC	29.1	G4	2	12 Jonathan Dench	Hercules Wimbledon 35.0
3	29 Toby Sweeny	St Albans AC	29.5	G4	3		
4	19 Louis Duprez	Invicta East Kent AC	31.0		4		
T10 U13 Boy's 800m 'A'				U13 Boy's 800m 'B'			
1	19 Jack Balsdon	Invicta East Kent AC	02:24.8	G2*	1	30 Andrew Wheatcroft	St Albans AC 02:59.9
2	11 Charlie Willams	Hercules Wimbledon	02:40.5	G4	2		
3	29 James Lumley Smith	St Albans AC	02:40.8	G4	3		
4					4		
T33 U13 Boy's 1500m 'A'				U13 Boy's 1500m 'B'			
1	29 Oliver Poulian	St Albans AC	05:23.6	G4	1	30 Ben Brewer	St Albans AC 06:15.8
2	27 Oliver Woodhouse	Southend on Sea AC	05:59.1		2		
3					3		
4					4		
T17 U13 Boy's 75m Hurdles 'A'				U13 Boy's 75m Hurdles 'B'			
		<i>Wind=</i>				<i>Wind=</i>	
1	11 -	Hercules Wimbledon	15.8	G4	1	30 Toby Sweeny	St Albans AC 16.0 G4
2	29 Frankie Smith	St Albans AC	16.5		2		
3	27 George Cassidy	Southend on Sea AC	17.3		3		
4					4		
F14 U13 Boy's Shot Putt (3.25k) 'A'				U13 Boy's Shot Putt (3.25k) 'B'			
1	29 Sasoon Moskofain	St Albans AC	7.72	G3	1	30 Ben Brewer	St Albans AC 6.30 G4
2	27 George Cassidy	Southend on Sea AC	7.70	G3	2	28 Jake Inwood	Southend on Sea AC 4.27
3	19 Louis Duprez	Invicta East Kent AC	3.66		3		
4					4		
F24 U13 Boy's Long Jump 'A'				U13 Boy's Long Jump 'B'			
1	30 Ben Blight	St Albans AC	4.34	G3	1	29 Jack Smith	St Albans AC 4.00 G4
2	19 Jack Balsdon	Invicta East Kent AC	4.29	G3	2	27 Oliver Woodhouse	Southend on Sea AC 3.27
3	28 Jake Inwood	Southend on Sea AC	3.75	G4	3	12 Charlie Willams	Hercules Wimbledon 2.90
4	11 Jonathan Dench	Hercules Wimbledon	3.72		4		
F6 U13 Boy's High Jump 'A'				U13 Boy's High Jump 'B'			
				MR			MR
1	29 Frankie Smith	St Albans AC	1.27	G4	1	30 Oliver Poulian	St Albans AC 1.20 G4
2	27 George Cassidy	Southend on Sea AC	1.20	G4			

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T31 U17 Women's 100m 'A'		Wind=		U17 Women's 100m 'B'		Wind=	
1 29 Ayesha Connaughton	St Albans AC	13.6		1 30 Alice Bushall	St Albans AC	13.9	
2 11 Jennifer Fernando	Hercules Wimbledon	14.9		2 20 Emmaline Rendell	Invicta East Kent AC	14.7	
3 19 Katie Bowell	Invicta East Kent AC	16.0		3 12 Caroline Hicks	Hercules Wimbledon	15.0	
4				4			
T7 U17 Women's 200m 'A'		Wind=		U17 Women's 200m 'B'		Wind=	
1 29 Molly Cutler	St Albans AC	27.8		1 30 Ayesha Connaughton	St Albans AC	27.9	
2 19 Katie Bowell	Invicta East Kent AC	33.1		2			
3				3			
4				4			
T26 U17 Women's 300m 'A'				U17 Women's 300m 'B'			
1 29 Molly Cutler	St Albans AC	45.7	G4	1 30 Corinna Ng	St Albans AC	48.8	
2 11 Jennifer Fernando	Hercules Wimbledon	46.7		2 12 Rosemary Fernando	Hercules Wimbledon	48.9	
3				3			
4				4			
T13 U17 Women's 800m 'A'				U17 Women's 800m 'B'			
1 11 Jennifer Fernando	Hercules Wimbledon	02:28.7	G4	1 12 Caroline Hicks	Hercules Wimbledon	02:45.5	
2 19 Amy Hill-Turner	Invicta East Kent AC	02:43.9		2 20 Danica Rendell	Invicta East Kent AC	03:08.8	
3 27 Hannah Inwood	Southend on Sea AC	03:21.7		3			
4				4			
T36 U17 Women's 1500m 'A'				U17 Women's 1500m 'B'			
1 11 Rosemary Fernando	Hercules Wimbledon	05:21.7		1 28 Danielle Hurley	Southend on Sea AC	07:08.0	
2 27 Hannah Inwood	Southend on Sea AC	05:22.8		2			
3 19 Amy Hill-Turner	Invicta East Kent AC	05:36.6		3			
4				4			
T19 U17 Women's 3000m 'A'				U17 Women's 3000m 'B'			
1 27 Danielle Hurley	Southend on Sea AC	11:18.6	G4	1			
2				2			
3				3			
4				4			
T20 U17 Women's 80m Hurdles 'A'		Wind=		U17 Women's 80m Hurdles 'B'		Wind=	
1 29 Corinna Ng	St Albans AC	16.9		1			
2				2			
3				3			
4				4			
T1 U17 Women's 300m Hurdles 'A'				U17 Women's 300m Hurdles 'B'			
1 96 No Competitors Declared				1			
2				2			
3				3			
4				4			
F3 U17 Women's Hammer (4k) 'A'				U17 Women's Hammer (4k) 'B'			=M
1 96 No Competitors Declared				1			
2				2			
3				3			
4				4			
F20 U17 Women's Discus (1.0k) 'A'				U17 Women's Discus (1.0k) 'B'			
1 19 Charlotte Burnett	Invicta East Kent AC	14.98		1			
2 27 Hannah Inwood	Southend on Sea AC	13.19		2			
3 29 Corinna Ng	St Albans AC	11.64		3			
4				4			

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F30 U17 Women's Shot Putt (4k) 'A'

1	19 Amy Hill-Turner	Invicta East Kent AC	6.11
2	27 Jordon Coker	Southend on Sea AC	5.53
3			
4			

U17 Women's Shot Putt (4k) 'B'

1	20 -	Invicta East Kent AC	5.22
2			
3			
4			

F25 U17 Women's Javelin (600g) 'A'

1	19 Charlotte Burnett	Invicta East Kent AC	14.40
2	29 Gemma Davis	St Albans AC	11.87
3	11 Rosemary Fernando	Hercules Wimbledon	11.03
4	27 Jordon Coker	Southend on Sea AC	7.72

U17 Women's Javelin (600g) 'B'

1	30 Meghan Chapple	St Albans AC	10.18
2			
3			
4			

F5 U17 Women's Long Jump 'A'

1	29 Martha Jones	St Albans AC	4.50	G4
2	11 Coroline Hicks	Hercules Wimbledon	4.09	
3				
4				

U17 Women's Long Jump 'B'

1	30 Alice Bushall	St Albans AC	4.46	G4
2				
3				
4				

F34 U17 Women's Triple Jump 'A'

1	29 Ayesha Connaughton	St Albans AC	9.73	G4*
2				
3				
4				

U17 Women's Triple Jump 'B'

1				
2				
3				
4				

F18 U17 Women's High Jump 'A'

1	29 Gemma Davis	St Albans AC	1.50	G4
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U17 Women's High Jump 'B'

F11 U17 Women's Pole Vault 'A'

1	19 Emmaline Rendell	Invicta East Kent AC	2.80	G3*
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U17 Women's Pole Vault 'B'

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T29 U15 Girls' 100m 'A'			<i>Wind=</i>				U15 Girls' 100m 'B'			<i>Wind=</i>	
1	29 Abigail Holman	St Albans AC	13.9		G4		1	30 Rachael Evans	St Albans AC	14.4	
2	19 Molly Ratenbury	Invicta East Kent AC	14.3				2	28 Lucy Moore	Southend on Sea AC	14.7	
3	27 Leanne McCrory	Southend on Sea AC	14.3				3	20 Charlotte Griffen	Invicta East Kent AC	15.0	
4							4				
T5 U15 Girls' 200m 'A'			<i>Wind=</i>				U15 Girls' 200m 'B'			<i>Wind=</i>	
1	29 Abigail Holman	St Albans AC	28.1		G4		1	20 Molly Ratenbury	Invicta East Kent AC	29.0	
2	27 Sian McCrory	Southend on Sea AC	29.2				2	28 Leanne McCrory	Southend on Sea AC	29.3	
3	19 Charlotte Griffen	Invicta East Kent AC	30.1				3	30 Rachael Evans	St Albans AC	29.4	
4	11 Jade Brooks	Hercules Wimbledon	30.9				4				
T11 U15 Girls' 800m 'A'							U15 Girls' 800m 'B'				
1	19 Rebecca Weston	Invicta East Kent AC	02:21.6		G2*		1	30 Daisy Yeomans	St Albans AC	02:35.8	G4
2	29 Abbie Smith	St Albans AC	02:33.8		G4		2	20 Charlotte Feasey	Invicta East Kent AC	02:44.4	
3	27 Natalie Woodhouse	Southend on Sea AC	02:38.0		G4		3	28 Bianca Ashbrook	Southend on Sea AC	02:56.5	
4	11 Jade Brooks	Hercules Wimbledon	02:56.9				4				
T34 U15 Girls' 1500m 'A'							U15 Girls' 1500m 'B'				
1	19 Emily Hosker	Invicta East Kent AC	04:59.2		G2*		1	20 Bethany Burnett	Invicta East Kent AC	05:43.8	
2	29 Laura Farrah	St Albans AC	05:17.2		G4		2	30 Emily Huxley	St Albans AC	06:01.5	
3	27 Holly Gillard	Southend on Sea AC	05:51.5				3				
4							4				
T18 U15 Girls' 75m Hurdles 'A'			<i>Wind=</i>				U15 Girls' 75m Hurdles 'B'			<i>Wind=</i>	
1	27 Georgia Atkins	Southend on Sea AC	12.4		G2*		1	28 -	Southend on Sea AC	13.5	G4
2	19 Hannah Ridge	Invicta East Kent AC	13.6		G4		2	20 Faye Gilman	Invicta East Kent AC	14.8	
3	29 Rhianon Chapman	St Albans AC	14.0		G4		3	30 Ailis Tulley	St Albans AC	15.3	
4							4				
F4 U15 Girls' Long Jump 'A'							U15 Girls' Long Jump 'B'				
1	29 Abigail Holman	St Albans AC	5.04		G2*		1	30 Rhianon Chapman	St Albans AC	4.10	
2	27 Georgia Atkins	Southend on Sea AC	5.03		G2*		2	28 Hannah Collard	Southend on Sea AC	3.91	
3	20 Grace Balsdon	Invicta East Kent AC	3.81				3				
4							4				
F17 U15 Girls' High Jump 'A'							U15 Girls' High Jump 'B'				
1	19 Hannah Ridge	Invicta East Kent AC	1.25				1=	20 Faye Gilman	Invicta East Kent AC	1.20	
2	29 Amelia Sweeny	St Albans AC	1.25				1=	30 Alice Marshall	St Albans AC	1.20	
3	27 Natalie Woodhouse	Southend on Sea AC	1.20								
F19 U15 Girls' Discus (1.0k) 'A'							U15 Girls' Discus (1.0k) 'B'				
1	27 Chelsea Coker	Southend on Sea AC	23.44		G2*		1	30 Emily Huxley	St Albans AC	15.90	G4
2	19 Grace Balsdon	Invicta East Kent AC	19.24		G3		2	20 Rebecca Weston	Invicta East Kent AC	13.12	
3	29 Laura Whickham	St Albans AC	17.09		G4		3	28 Hannah Collard	Southend on Sea AC	11.50	
4							4				
F26 U15 Girls' Javelin (600g) 'A'							U15 Girls' Javelin (600g) 'B'				
1	19 Hannah Ridge	Invicta East Kent AC	20.69		G3		1	29 Laura Whickham	St Albans AC	15.49	
2	30 Alix Smith	St Albans AC	18.01		G4		2	28 Bianca Ashbrook	Southend on Sea AC	7.81	
3	27 Chelsea Coker	Southend on Sea AC	16.71		G4		3				
4	11 Jade Brooks	Hercules Wimbledon	9.40				4				
F29 U15 Girls' Shot Putt (3.25k) 'A'							U15 Girls' Shot Putt (3.25k) 'B'				
1	27 Chelsea Coker	Southend on Sea AC	10.12		G2*		1	30 Alex Rukin	St Albans AC	6.10	
2	19 Grace Balsdon	Invicta East Kent AC	9.02		G3*		2	20 Charlotte Feasey	Invicta East Kent AC	5.04	
3	29 Alix Smith	St Albans AC	6.83				3				
4							4				

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			Perf	Wind	Records	Grades	Sunday, May 06 2007			Perf	Grades
T27 U13 Girls' 75m 'A'			<i>Wind=</i>				U13 Girls' 75m 'B'			<i>Wind=</i>	
1	29	Stephanie Rukin	St Albans AC	10.9	G3*		1	30	Anshula Bain	St Albans AC	11.1 G4*
2	27	Suzanne Maynard	Southend on Sea AC	11.4	G4		2	20	Saskia Barnard	Invicta East Kent AC	12.1
3	19	Annabel Carter	Invicta East Kent AC	11.5	G4		3	28	Olivia Moore	Southend on Sea AC	12.6
4							4				
T3 U13 Girls' 150m 'A'			<i>Wind=</i>				U13 Girls' 150m 'B'			<i>Wind=</i>	
1	29	Rhianna Parke	St Albans AC	21.7	G3*		1	30	Rowen Seglah	St Albans AC	23.0 G4
2	27	Suzanne Maynard	Southend on Sea AC	22.2	G4		2	28	Olivia Moore	Southend on Sea AC	23.4
3	11	Eleanor Smith-Hahn	Hercules Wimbledon	22.4	G4		3				
4	19	Natasha Rendell	Invicta East Kent AC	25.5			4				
T9 U13 Girls' 800m 'A'							U13 Girls' 800m 'B'				
1	19	Annabel Carter	Invicta East Kent AC	02:42.4	G4		1	30	Lauren Dee	St Albans AC	02:48.1 G4
2	29	Meghan Steer	St Albans AC	02:46.2	G4		2				
3	27	Kerry McCrory	Southend on Sea AC	03:17.4			3				
4							4				
T22 U13 Girls' 1200m 'A'							U13 Girls' 1200m 'B'				
1	11	Eleanor Smith-Hahn	Hercules Wimbledon	04:22.7	G4		1	30	Sabina Messent	St Albans AC	04:44.1
2	19	Saskia Barnard	Invicta East Kent AC	04:27.6	G4		2				
3	27	Jordan Lacey	Southend on Sea AC	04:30.9	G4		3				
4	29	Anna Mackenzie	St Albans AC	04:42.8			4				
T15 U13 Girls' 70m Hurdles 'A'			<i>Wind=</i>				U13 Girls' 70m Hurdles 'B'			<i>Wind=</i>	
1	29	Stephanie Rukin	St Albans AC	12.8	G2*		1	30	Hannah Hull	St Albans AC	16.0
2	19	Anna Alvarez	Invicta East Kent AC	12.9	G3*		2				
3							3				
4							4				
F7 U13 Girls' High Jump 'A'							U13 Girls' High Jump 'B'				
1	29	Sinead Reading	St Albans AC	1.25	G3		1	30	Anna Mackenzie	St Albans AC	1.15
2	11	Eleanor Smith-Hahn	Hercules Wimbledon	1.05							
F23 U13 Girls' Long Jump 'A'							U13 Girls' Long Jump 'B'				
1	30	Stephanie Rukin	St Albans AC	4.06	G3		1	29	Rhianna Parke	St Albans AC	4.06 G3
2	19	Anna Alvarez	Invicta East Kent AC	3.67	G4		2	20	Natasha Rendell	Invicta East Kent AC	2.67
3	28	-	Southend on Sea AC	2.71			3				
4							4				
F13 U13 Girls' Shot Putt (2.72k) 'A'							U13 Girls' Shot Putt (2.72k) 'B'				
1	19	Anna Alvarez	Invicta East Kent AC	7.23	G3		1	20	Annabel Carter	Invicta East Kent AC	5.42
2	29	Hannah Hull	St Albans AC	5.38			2	30	Rowen Seglah	St Albans AC	4.92
3	28	Emma Bennett	Southend on Sea AC	3.78			3	27	Jordan Lacey	Southend on Sea AC	2.74
4							4				

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Perf Grades

	Perf	Wind	Records	Grades		Perf	Grades
T43 U17 Men's 4 x 100m Relay							
1	11	Hercules Wimbledon	<i>Ismael Lawrence</i>	<i>Jon Dwonga</i>	<i>Ken Frenpong</i>	<i>Mike Tadirade</i>	dis
2							
3							
4							
T47 U17 Men's 4 x 400m Relay							
1	11	Hercules Wimbledon	<i>Richard Agyapong</i>	<i>Clarence Orenzo</i>	<i>Charles Mukambina</i>	<i>Will Spooner</i>	04:29.1
2							
3							
4							
T41 U15 Boy's 4 x 100m Relay							
1	11	Hercules Wimbledon	<i>Jose Costa</i>	<i>Luis Costa</i>	<i>Kyran Mitchell Nanton</i>	-	53.8
2	29	St Albans AC	<i>Ethan Lau</i>	<i>Nicholas Robinson</i>	<i>Jamie Spurway</i>	<i>Daniel Malwhinney</i>	54.1
3	19	Invicta East Kent AC	<i>Chris Thomas</i>	<i>Robert Whiskin</i>	<i>Sam Hudson</i>	<i>Dan Walker</i>	60.0
4							
T46 U15 Boy's 4 x 400m Relay							
1	11	Hercules Wimbledon	<i>Ed Saywell</i>	<i>Joe Toomay</i>	<i>Geordie Logan</i>	<i>Liam White</i>	04:27.1
2	29	St Albans AC	<i>Chris Giles</i>	<i>David Fernie</i>	<i>Jonathan Howarth</i>	<i>Jamie Spurway</i>	04:56.5
3							
4							
T39 U13 Boy's 4 x 100m Relay							
1	29	St Albans AC	<i>Ben Blight</i>	<i>Jack Smith</i>	<i>James Tully</i>	<i>Frankie Smith</i>	60.5
2	27	Southend on Sea AC	<i>Jake Inwood</i>	<i>Oliver Woodhouse</i>	<i>George Cassidy</i>	<i>Kyle Marshall</i>	65.1
3							
4							
T42 U17 Women's 4 x 100m Relay							
1	29	St Albans AC	<i>Molly Cutler</i>	<i>Ayesha Connaughton</i>	<i>Meghan Chapple</i>	<i>Alice Bushall</i>	53.6
2	19	Invicta East Kent AC	<i>Katie Bowell</i>	<i>Ayesha Connaughton</i>	<i>Danica Rendell</i>	<i>Charlotte Burnett</i>	63.0
3							
4							
T45 U17 Women's 4 x 300m Relay							
1	29	St Albans AC	<i>Corinna Ng</i>	<i>Molly Cutler</i>	<i>Alice Bushall</i>	<i>Ayesha Connaughton</i>	03:28.3
2							
3							
4							
T40 U15 Girls' 4 x 100m Relay							
1	29	St Albans AC	<i>Alice Marshall</i>	<i>Abbie Smith</i>	<i>Rachael Evans</i>	<i>Abigail Holman</i>	54.7
2	19	Invicta East Kent AC	<i>Emma</i>	<i>Abbie Smith</i>	<i>Molly Ratenbury</i>	<i>Charlotte Griffen</i>	54.7
3	27	Southend on Sea AC	<i>Hannah Collard</i>	<i>Sian McCrory</i>	<i>Lucy Moore</i>	<i>Leanne McCrory</i>	57.3
4							
T38 U13 Girls' 4 x 100m Relay							
1	29	St Albans AC	<i>Anshula Bain</i>	<i>Rowen Seglah</i>	<i>Rhianna Parke</i>	<i>Stephanie Rukin</i>	57.5 *
2	19	Invicta East Kent AC	<i>Saskia Barnard</i>	<i>Rowen Seglah</i>	<i>Natasha Rendell</i>	<i>Anna Alvarez</i>	64.4
3	27	Southend on Sea AC	<i>Suzanne Maynard</i>	<i>Kerry McCrory</i>	<i>Emma Bennett</i>	<i>Olivia Moore</i>	66.1
4							

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