

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

Garon Park
Saturday 18th July 2009

www.southend-on-sea-athletic-club.co.uk

U13G 70mH

1	Paloma Sanz	SAC	14.1
2	Olivia St Clair	Shoeb	14.4
3			
4			
5			
6			
7			
8			

U13B 75mH

1	Poppy Lake	Basi	13.2
2	Tyla Shaw	Shoeb	14.1
3	Shannon Mackie	SAC	14.4
4	Emma Bennett	St.Ber	17.1
5			
6			
7			
8			

U15G

1
2
3
4
5
6
7
8

U15B 80mH

1	Tom Watts	SAC	12.3
2	Andrew Paul	SAC	14.3
3			
4			
5			
6			
7			
8			

U17W 80mH

1	Eleanor Evans		12.7
2			
3			
4			
5			
6			
7			
8			

U17M 100mH

1	Callum McLean	SAC	16.9
2			
3			
4			
5			
6			
7			
8			

U20W H

1
2
3
4
5
6
7
8

U20M H

1
2
3
4
5
6
7
8

SW H

1
2
3
4
5
6
7
8

SM H

1
2
3
4
5
6
7
8

VW H

1
2
3
4
5
6
7
8

VM 400mH

1	Christopher Cattano	SAC	89.5
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G 100m

1	Tinashe Mutsure	SAC	14.4
2	Holly Pain	SAC	16.6
3			
4			
5			
6			
7			
8			

U13B 100m

1	L Bourne	Green	15.2
2			
3			
4			
5			
6			
7			
8			

U15G 100m

1	Roni Hause	SAC	14.9
2	Hayley Lamkin	SAC	15.5
3			
4			
5			
6			
7			
8			

U15B 100m

1	R O'Sullivan	Basi	12.4
2	D Coker	WHSB	12.7
3	Lewis King	Thur	13.0
4	Kyle Marshall	SAC	13.1
5	Andrew Paul	SAC	14.0
6	L Appleyard	Thur	14.5
7			
8			

U17W 100m

1	Amy McDonald	SAC	13.7
2	Sian McCrory	SAC	14.2
3			
4			
5			
6			
7			
8			

U17M 100m

1	Jake King	SAC	12.3
2			
3			
4			
5			
6			
7			
8			

U20W 100m

1			
2			
3			
4			
5			
6			
7			
8			

U20M 100m

1	Kevin Brown	SAC	12.8
2			
3			
4			
5			
6			
7			
8			

SW 100m

1			
2			
3			
4			
5			
6			
7			
8			

SM 100m

1	Richard Abrahams	SAC	13.2
2			
3			
4			
5			
6			
7			
8			

VW 100m

1			
2			
3			
4			
5			
6			
7			
8			

VM 100m

1	Keith Palmer	SAC	13.7
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G 200m

1	Tinashe Mutsure	SAC	30.8
2	Paloma Sanz	SAC	34.8
3	Laura Kidd	SAC	35.5
4			
5			
6			
7			
8			

U13B 200m

1
2
3
4
5
6
7
8

U15G 200m

1	Sophie Jarvis	SAC	30.0
2	Shannon Mackie	SAC	31.1
3	Sunisa Saengon	SAC	33.5
4			

U15B 200m

1	Tom Watts	SAC	25.9
2	Kyle Marshall	SAC	26.7
3	Alexander Masterson	SAC	27.9
4			

5
6
7
8

5
6
7
8

U17W 200m

1	Amy McDonald	SAC	27.8
2	Sian McCrory	SAC	28.4
3	Natalie Woodhouse	SAC	29.3
4			

U17M 200m

1	Jake King	SAC	24.3
2			
3			
4			

5
6
7
8

5
6
7
8

U20W 200m

1
2
3
4
5
6
7
8

U20M 200m

1	Kevin Brown	SAC	25.3
2			
3			
4			
5			
6			
7			
8			

SW 200m

1
2
3
4
5
6
7
8

SM 200m

1	Gregory Goodrem	SAC	25.6
2			
3			
4			
5			
6			
7			
8			

VW 200m

1
2
3
4
5
6
7
8

VM 200m

1	Keith Palmer	SAC	26.9
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G 400m

1
2
3
4
5
6
7
8

U13B 400m

1
2
3
4
5
6
7
8

U15G 300m

1	Jessica Mead	SAC	46.1
2	Hannah Maslen	SAC	47.7
3	Hayley Lamkin	SAC	48.4
4	Sunisa Saengon	SAC	50.6
5			
6			
7			
8			

U15B 400m

1	Alexander Masterson	SAC	56.2
2	Rob Whitemell	WHSB	57.1
3	Tom Watson	Basi	57.3
4			
5			
6			
7			
8			

U17W 300m

1	Amy McDonald	SAC	43.2
2			
3			
4			
5			
6			
7			
8			

U17M 400m

1	Harry Grose	SAC	55.2
2	Oliver Herd	SAC	61.5
3			
4			
5			
6			
7			
8			

U20W 400m

1
2
3
4
5
6
7
8

U20M 400m

1	Thomas Frith	SAC	52.2
2			
3			
4			
5			
6			
7			
8			

SW 400m

1
2
3
4
5
6
7
8

SM 400m

1	Gregory Goodrem	SAC	53.9
2			
3			
4			
5			
6			
7			
8			

VW 400m

1
2
3
4
5
6
7
8

VM 400m

1
2
3
4
5
6
7
8

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G 800m

1	Emma Jarvis	SAC	2,48.6
2	Isabel Hewitt	SAC	3,02.9
3	Imogen Hoskyns	SAC	3,03.9
4			

5
6
7
8

U13B 800m

1	Edward Cooper		2,44.9
2	Edward Morgan	SAC	2,59.5
3	Harry Hoskyns	SAC	3,14.5
4			

5
6
7
8

U15G 800m

1	Jessica Mead	SAC	2,30.7
2	Sophie Jarvis	SAC	2,34.9
3			
4			
5			
6			
7			
8			

U15B 800m

1	Joseph Beard	SAC	2,22.9
2	Callum Pastfield	SAC	2,27.3
3	Tate Baron	SAC	2,30.3
4			
5			
6			
7			
8			

U17W 800m

1	Camilla Smee	SAC	2,24.7
2			
3			
4			
5			
6			
7			
8			

U17M 800m

1	Jonathan Staines	SAC	2,02.9
2	Luke Oliver	SAC	2,05.7
3	Oliver Herd	SAC	2,20.8
4			
5			
6			
7			
8			

U20W 800m

1
2
3
4
5
6
7
8

U20M 800m

1
2
3
4
5
6
7
8

SW 800m

1
2
3
4
5
6
7
8

SM 800m

1
2
3
4
5
6
7
8

VW 800m

1
2
3
4
5
6
7
8

VM 800m

1	Christopher Cattano	SAC	2,34.0
2			
3			
4			
5			
6			
7			
8			

U13G 1500m

U13B 1500m

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

1	Laura Kidd	SAC	6,14.8
2	Phoebe Birch		6,58.1
3			
4			
5			
6			
7			
8			

1	Josh Mann	SAC	5,01.1
2	Billy Pullen	Belf	5,15.2
3			
4			
5			
6			
7			
8			

U15G 1500m

1	Jordan Lacey	SAC	5,42.1
2	Alexandra Morgan	SAC	5,48.1
3	Sarah Imbush	St Hil	5,49.6
4	Lucy Dalgano	SHSG	6,12.7
5			
6			
7			
8			

U15B 1500m

1	Oliver Kyriakides	SAC	4,42.9
2	James Dalton	Basi	4,59.3
3	Josh Hegarty	SAC	5,13.5
4			
5			
6			
7			
8			

U17W 1500m

1			
2			
3			
4			
5			
6			
7			
8			

U17M 1500m

1	George Moxon	SAC	4,34.9
2	Alex Stapleton	SAC	4,51.3
3			
4			
5			
6			
7			
8			

U20W 1500m

1			
2			
3			
4			
5			
6			
7			
8			

U20M 1500m

1			
2			
3			
4			
5			
6			
7			
8			

SW 1500m

1	Kerry Holland	SAC	5,34.2
2			
3			
4			
5			
6			
7			
8			

SM 1500m

1			
2			
3			
4			
5			
6			
7			
8			

VW 1500m

1	Breda Kidd		7,57.0
2			
3			
4			
5			
6			
7			
8			

VM 1500m

1	Chris Cattano	SAC	5,30.5
2	Edwal Evans		9,06.8
3			
4			
5			
6			
7			
8			

U15G 3000m

U15B 3000m

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

1	Eleanor Johnson		11,42.4	1	Robbie Frith	SAC	10,52.4
2	Jordan Lacey	SAC	11,55.1	2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			

U17W 3000m				U17M 3000m			
1	Holly Gillard	SAC	11,57.2	1	Rhys Gillard	SAC	10,25.3
2				2	Harris Foster-Carter	SAC	11,03.9
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			

VM 5000m			
1	Christopher Cattano	SAC	19,35.4
2			
3			
4			
5			
6			
7			
8			

U17M 1500m S/C				U20M 1500m S/C			
1	(NO WATERJUMP) Harry Grose	SAC	5,30.0	1	(NO WATERJUMP) Tom Frith	SAC	4,43.9
2				2			
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			

VM 1500m S/C			
1	Christopher Cattano	SAC	6,02.4
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

1	Christine Geggus		10.6		1	Oscar Sanz	SAC	9.8
2	Natasha May		11.2		2	Nathan Cutler		10.0
3	Natalie Bennet	St G	12.2		3	Jake Woolf	Holt F	10.7
4					4	Lewis Paul		11.0
5					5			
6					6			
7					7			
8					8			

U11G 150m

1	Gabrielle Pearson	SAC	24.5
2	Phoebe Birch		26.3
3	Amelia Thorne	St G	26.5
4	Natasha May		26.6
5	Natalie Bennet	St ?	32.0
6			
7			
8			

U11B 150m

1	Oscar Sanz	SAC	24.1
2	C Cokell	PrASc	24.4
3	Jack Woolf	Holt F	26.6
4	Joshua Dalton	Ash	27.6
5			
6			
7			
8			

U11G 600m

1	Gabriella Pearson	SAC	2,07.9
2	Natasha May		2,11.2
3	Amelia Thorne	(St G)	2,18.8
4	Natasha Bennett	(St?)	2,25.5
5	Rebecca Mead		2,26.4
6			
7			
8			

U11B 600m

1	Charlie Baker	SAC	2,02.4
2	Jack Woolfe	Holt F	2,05.1
3	Sean Kinch	Holt F	2,12.1
4	Oscar Sanz	SAC	2,27.5
5	Lewis Pain		2,34.8
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G HJ

1	Laura Kidd	SAC	1.25
2	Kerry McCrory	SAC	1.15
3			
4			
5			
6			
7			
8			

U13B HJ

1	Billy Pullan		1.20
2			
3			
4			
5			
6			
7			
8			

U15G HJ

1	Poppy Lake	Basi	1.55
2	Sophie Jarvis		1.55m
3	Shannon Mackie	SAC	1.45m
4			
5			
6			
7			
8			

U15B

1	Matthew Key	SAC	1.54
2	Joseph Beard	SAC	1.40m
3	Oliver Woodhouse	SAC	1.40m
4			
5			
6			
7			
8			

U17W HJ

1	Eleanor Evans		1.55m
2	Camilla Smee	SAC	1.50m
3			
4			
5			
6			
7			
8			

U17M HJ

1	Harry Grose	SAC	1.73m
2			
3			
4			
5			
6			
7			
8			

U20M HJ

1	Kevin Brown	SAC	1.50m
2			
3			
4			
5			
6			
7			
8			

SM HJ

1	Richard Abrahams	SAC	1.70m
2			
3			
4			
5			
6			
7			
8			

U15B P/V

1	Liam Yarwood	Fitz	3.30
2	Paul McCluskey	SAC	2.80
3	Oliver Kyriakides	SAC	2.70
4	Robbie Frith	SAC	2.50m
5			
6			
7			
8			

U17M P/V

1	Robert Wood	SHSB	3.90
2			
3			
4			
5			
6			
7			
8			

U20M P/V

1	J Withrington	Shaft	4.00
2			
3			
4			
5			
6			
7			
8			

SM P/V

1	Kevin Hughes	SAC	4.10
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G L/J

1	Olivia Smith	SAC	4.40
2	Tyla Shaw	Shoeb	3.95m
3	Paloma Sanz	SAC	3.83
4	Kerry McCrory	SAC	3.82
5	Emma Jarvis	SAC	3.58
6	Poppy Divine	SAC	3.48
7	Holly Divine	SAC	3.14
8	Imogen Hoskyns	SAC	3.06

U13B L/J

1	Joshua Prentice	SAC	4.88
2	Edward Cooper		3.58
3			
4			
5			
6			
7			
8			

U15G L/J

1	Poppy Lake	Basi	4.84
2	Sunisa Saengon	SAC	4.15
3	Hayley Lamkin	SAC	4.07
4	Chloe Williams	SAC	3.66
5	Emma Bennet	St B	3.60
6			
7			
8			

U15B L/J

1	L King	Thur	5.66
2	D Coker	WHSB	5.18
3	L Appleyard	Thur	4.75
4	J Dalton	Basi	4.73
5	Oliver Woodhouse	SAC	4.44
6			
7			
8			

U17W L/J

1	Natalie Woodhouse	SAC	4.96
2	Sian McCrory	SAC	4.89
3			
4			
5			
6			
7			
8			

U17M L/J

1	Jake King	SAC	5.02
2			
3			
4			
5			
6			
7			
8			

U20W L/J

1			
2			
3			
4			
5			
6			
7			
8			

U20M L/J

1			
2			
3			
4			
5			
6			
7			
8			

SW L/J

1			
2			
3			
4			
5			
6			
7			
8			

SM L/J

1			
2			
3			
4			
5			
6			
7			
8			

VW L/J

1			
2			
3			
4			
5			
6			
7			
8			

VM L/J

1	Ian Francis	Rot	4.30
2	Idwal Evans	Rot	4.20
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U15B T/J

1	Lewis King	Thur	10.57
2	Alex Masterson	SAC	10.09
3	L Appleyard	Thur	9.65
4			
5			
6			
7			
8			

U17M T/J

1	Kevin Brown	SAC	13.87
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G S/P

1	Carol Webb	Shoeb	8.01
2	Emma Jarvis	SAC	7.54
3	Olivia Bulls	Basi	7.16
4	Imogen Hoskyns	SAC	5.02
5			
6			
7			
8			

U13B S/P

1	Joshua Prentice	SAC	8.85
2	Mathew Iley	SHSB	8.80
3	Edward Morgan	SAC	3.64
4			
5			
6			
7			
8			

U15G S/P

1	Roni Hause	SAC	6.40
2	Emma Bennett	St B	5.93
3			
4			
5			
6			
7			
8			

U15B S/P

1	Tom Watts	SAC	10.84
2	Kyle Marshall	SAC	9.30
3			
4			
5			
6			
7			
8			

U17W S/P

1	Mollie Short	SAC	9.43
2			
3			
4			
5			
6			
7			
8			

VW S/P

1	June Cork	SAC	5.65
2			
3			
4			
5			
6			
7			
8			

VM S/P

1	Christopher Cattano	SAC	7.43
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

U13G Discus

1	Olivia St Claire	Shoeb	17.54
2	Kerry McCrory		11.55
3			
4			
5			
6			
7			
8			

U13B Discus

1	Joshua Prentice	SAC	28.78
2	Mathew Iley	SHSB	23.75
3			
4			
5			
6			
7			
8			

U15G Discus

1	Summer Dann	SAC	?
2			
3			
4			
5			
6			
7			
8			

U15B Discus

1	Callum Pastfield	SAC	19.00
2	Ellis Lander		18.52
3			
4			
5			
6			
7			
8			

U15G Javelin

1	Alexandra Morgan	SAC	12.00
2			
3			
4			
5			
6			
7			
8			

U15B Javelin

1	Oliver Woodhouse	SAC	27.28
2	Sam Langton	SHSB	27.10
3			
4			
5			
6			
7			
8			

U17W Javelin

1	Mollie Short	SAC	19.62
2	Natalie Woodhouse	SAC	19.16
3	Alexandra Dean	SAC	16.30
4			
5			
6			
7			
8			

U17M Javelin

1	Jonathan Staines	SAC	43.85
2	Callum McLean	SAC	34.27
3			
4			
5			
6			
7			
8			

VM

1	Christopher Cattano	SAC	14.77
2			
3			
4			
5			
6			
7			
8			

SM

1	Rob Frank	SAC	43.49
2			
3			
4			
5			
6			
7			
8			

Southend-on-Sea Athletic Club Track & Field Championships & Open 2009

1	June Cork	SAC	14.97	1	Matthew Key	SAC	38.51
2				2	Ellis Landel		22.66
3				3			
4				4			
5				5			
6				6			
7				7			
8				8			