

Spring Warm Up Results

Sunday 4th April 2010

Age/event	Pos	Name	Club	Time /Dist
<u>Under 11 Girls</u>				
75m	1st	Eleanor Lloyd	Cornwall AC	11.8
	2nd	Jasmine Gray	East Cornwall Harriers	12.7
	3rd	Imogen Tointon	Newquay & Par	13.0
	4th	Samantha Harris	Erme Valley Harriers	13.2
	4th	Alice Gray	Tavistock	13.2
	4th	Laura Sant	East Cornwall Harriers	13.2
	4th	Arielle Fitkin	Newquay & Par	13.2
	8th	Holly Kinsley	Tavistock	13.5
	9th	Olivia Dobson	Newton Abbot	13.6
	10th	Georgia Smith	Newton Abbot	14.5
	11th	Indra Brooks	Plymouth AC	14.5
	12th	Leah Rosenstein	Plymouth AC	15.8
	13th	Zoe Crutchley	Plymouth AC	15.8
150m	1st	Eleanor Lloyd	Cornwall AC	24.7
	2nd	Jasmine Gray	East Cornwall Harriers	25.7
	3rd	Laura Sant	East Cornwall Harriers	26.4
	4th	Samantha Harris	Erme Valley Harriers	26.6
	5th	Holly Kinsley	Tavistock	26.7
	6th	Imogen Tointon	Newquay & Par	27.3
	7th	Arielle Fitkin	Newquay & Par	27.9
600m	1st	Jasmine Gray	East Cornwall Harriers	2.05.9
	2nd	Arielle Fitkin	Newquay & Par	2.13.5
	3rd	Laura Sant	East Cornwall Harriers	2.14.0
	4th	Alice Gray	Tavistock	2.16.5
	5th	Holly Kinsley	Tavistock	2.19.2
Long Jump	1st	Eleanor Lloyd	Cornwall AC	3.35
	2nd	Imogen Tointon	Newquay & Par	3.19
	3rd	Samantha Harris	Erme Valley Harriers	2.81
	4th	Olivia Dobson	Newton Abbot	2.64
	5th	Leah Rosenstein	Plymouth AC	2.24
	6th	Indra Brooks	Plymouth AC	2.17
	7th	Caitlin Henderson	Oreston School	1.93
Vortex	1st	Olivia Dobson	Newton Abbot	20.00
	2nd	Georgia Smith	Newton Abbot	10.09
	3rd	Zoe Crutchley	Plymouth AC	6.60
<u>Under 11 Boys</u>				
75m	1st	Matthew Birkett	Torbay AC	12.3
	2nd	Robert Stockdale	Erme Valley Harriers	13.0
	3rd	Ryan Birkett	Torbay AC	13.7

	4th	Jed Dove	Exeter Harriers	14.4
	5th	Oliver Smith	Newton Abbot	14.9
150m	1st	Robert Stockdale	Erme Valley Harriers	26.4
600m	1st	Matthew Birkett	Torbay AC	1.58.3
	2nd	Craig Pettitt	Newquay & Par	2.00.1
	3rd	Leon Edwards	Plymstock RR	2.12.1
	4th	Ryan Birkett	Torbay AC	2.17.0
	5th	Devon T-Smith	Exeter Harriers	2.24.0
Long Jump	1st	Jed Dove	Exeter Harriers	2.92
Vortex	1st	Devon T-Smith	Exeter Harriers	28.84
	2nd	Matthew Birkett	Torbay AC	24.35
	3rd	Ryan Birkett	Torbay AC	22.86
	4th	Jed Dove	Exeter Harriers	22.32
	5th	Oliver Smith	Newton Abbot	14.52

Under 13 Girls

70m Hur	1st	Francesca Waters	Cornwall AC	13.1
	2nd	Jamie Birkett	Torbay AC	16.5
100m	1st	Jessica Dobson	Newton Abbot	13.8
	2nd	Harmony Rump	Plymouth AC	14.9
	3rd	Jade Kinsey	Tavistock	16.1
	4th	Clara Smith	Newton Abbot	16.2
	5th	Jodie Stacey	Tavistock	16.3
	6th	Hazel Crutchley	Plymouth AC	17.1
	7th	Jasmine Edwards	Tavistock	18.0
200m	1st	Francesca Waters	Cornwall AC	33.4
	2nd	Jodie Stacey	Tavistock	34.0
	3rd	Bethany Parsons	Plymouth AC	34.7
	4th	Jade Kinsey	Tavistock	35.0
	5th	Clara Smith	Newton Abbot	35.5
	6th	Jasmine Edwards	Tavistock	38.4
600m	1st	Poppy Tank	Plymouth AC	1.53.1
	2nd	Jessica Dobson	Newton Abbot	1.53.6
	3rd	Francesca Waters	Cornwall AC	1.54.3
	4th	Bethany Parsons	Plymouth AC	2.06.3
	5th	Rebecca Tinkler	Newton Abbot	2.15.4
	6th	Jade Kinsey	Tavistock	2.17.4
	7th	Hazel Crutchley	Plymouth AC	2.18.3
Long Jump	1st	Harmony Rump	Plymouth AC	3.97
	2nd	Jodie Stacey	Tavistock	3.59
	3rd	Clara Smith	Newton Abbot	3.08
	4th	Hazel Crutchley	Plymouth AC	2.99

	5th	Jasmine Edwards	Tavistock	2.87
Javelin	1st	Natalie Brown	Newquay & Par	24.28
	2nd	Jessica Dobson	Newton Abbot	14.43
	3rd	Jamie Birkett	Torbay AC	8.98

Under 13 Boys

75m Hur	1st	Sam Dove	Exeter Harriers	15.8
	2nd	Jack Moncur	Exeter Harriers	18.1
	3rd	George White	Tavistock	20.4
100m	1st	Liam Kelland	Plymouth AC	14.6
	2nd	Lewis Pascoe	Newquay & Par	15.6
	3rd	Elliott Taylor-Hawkins	Erme Valley Harriers	16.3
	4th	George White	Tavistock	17.5
200m	1st	Liam Kelland	Plymouth AC	29.0
	2nd	Jack Trehwella	Mounts Bay Harriers	30.8
	3rd	Elliott Taylor-Hawkins	Erme Valley Harriers	32.0
600m	1st	Frankie Aldred	Plymouth AC	1.54.3
	2nd	Elliott Taylor-Hawkins	Erme Valley Harriers	2.06.4
	3rd	Callum Edwards	Plymstock RR	2.20.5
	4th	Charlie Shipton	Tamar Trotters	2.21.0
Long Jump	1st	Lewis Pascoe	Newquay & Par	3.90
	2nd	Sam Dove	Exeter Harriers	3.81
	3rd	Charlie Shipton	Tamar Trotters	3.02
	4th	Harry Thompson	U/A	2.73
Javelin	1st	Jack Trehwella	Mounts Bay Harriers	29.95
	2nd	Jack Moncur	Exeter Harriers	27.12
	3rd	Charlie Shipton	Tamar Trotters	11.99
Discus	1st	Harry Thompson	U/A	12.29
Shot	1st	Jack Trehwella	Mounts Bay Harriers	8.53
	2nd	Jack Moncur	Exeter Harriers	5.95
	3rd	Harry Thompson	U/A	5.62

Under 15 Girls

100m	1st	Fleur Millership	Plymouth AC	13.4
	2nd	Holly Stewart	Plymouth AC	14.7
200m	1st	Fleur Millership	Plymouth AC	27.6
	2nd	Holly Stewart	Plymouth AC	29.8
	3rd	Katie Jose	Cornwall AC	31.0

300m	1st	Holly Stewart	Plymouth AC	45.8
	2nd	Emma Tonkin	Plymouth AC	51.0
1500m	1st	Lottie Jose	Cornwall AC	5.43.9
Pole Vault	1st	Charlotte Lowe	Newquay & Par	2.50
Javelin	1st	Sophie Mason	Plymouth AC	26.19
Shot	1st	Karis Harrisoon	Newquay & Par	10.74
	2nd	Fleur Millership	Plymouth AC	7.93
	3rd	Danielle Stoops	Newquay & Par	7.89
Hammer	1st	Chantelle Rowe	Plymouth AC	34.84

Under 15 Boys

100m	1st	Callum Reynolds	Exeter Harriers	12.5
	2nd	Liam Littlejohns	Cornwall AC	12.8
	3rd	Sam Crowter	Exeter Harriers	14.5
200m	1st	Callum Reynolds	Exeter Harriers	25.7
	2nd	Liam Littlejohns	Cornwall AC	25.9
	3rd	Sam Crowter	Exeter Harriers	28.8
	4th	Matt Neyle-Opie	Plymouth AC	28.9
	5th	Liam Deeprise	Plymouth AC	31.2
400m	1st	Callum Reynolds	Exeter Harriers	58.4
	2nd	Joe Haslam	Plymouth AC	63.6
	3rd	Matt Neyle-Opie	Plymouth AC	64.8
	4th	Dean Smith	Tavistock	69.0
800m	1st	Joe Haslam	Plymouth AC	2.24.0
	2nd	Keiran Rowe	Newquay & Par	2.25.7
	3rd	Graeme Tinkler	Newton Abbot	2.26.2
	4th	Matt Neyle-Opie	Plymouth AC	2.27.3
	5th	Dean Smith	Tavistock	2.37.4
	6th	Liam Deeprise	Plymouth AC	2.43.4
	7th	Jim Blackford	Plymouth AC	2.43.8
1500m	1st	Jim Blackford	Plymouth AC	5.33.2
Long Jump	1st	Liam Littlejohns	Cornwall AC	4.99
	2nd	Pete Jarman	Tavistock	3.14
Discus	1st	Pete Jarman	Tavistock	11.44
Shot	1st	Pete Jarman	Tavistock	5.14

Under 17 Women

80m Hur	1st	Shawna Walsh	Plymouth AC	16.6
	2nd	Allie Guy	Tavistock	18.2
100m	1st	Shawna Walsh	Plymouth AC	14.1
1500m	1st	Katie Burns	Plymouth AC	5.08.4
3000m	1st	Claire Fraser	Tavistock	11.05.4
	2nd	Frederica Richards	Plymouth AC	11.17.3
Long Jump	1st	Megan Hansen	Erme Valley Harriers	4.31
	2nd	Tess Young	Tavistock	3.58
	3rd	Allie Guy	Tavistock	3.08
High Jump	1st	Tess Young	Tavistock	1.30
	2nd	Megan Hansen	Erme Valley Harriers	1.25
	3rd	Allie Guy	Tavistock	1.10
Javelin	1st	Bobbie L- Hodge	Plymouth AC	24.08
Discus	1st	Bobbie L- Hodge	Plymouth AC	27.27
	2nd	Megan Hansen	Erme Valley Harriers	17.41
Hammer	1st	Bobbie L- Hodge	Plymouth AC	37.80

Under 17 Men

100m Hur	1st	David King	Plymouth AC	14.2
100m	1st	David King	Plymouth AC	12.2
	2nd	Paul Wilkinson	Plymouth AC	12.4
	3rd	Nathan Higgins	Plymouth AC	12.5
	4th	Peter Conway	Cornwall AC	12.8
	5th	Jack Tonkin	Plymouth AC	13.2
200m	1st	David King	Plymouth AC	24.2
	2nd	Dan Kelland	Plymouth AC	24.9
	3rd	Paul Wilkinson	Plymouth AC	25.0
	4th	Nathan Higgins	Plymouth AC	25.6
	5th	Jack Tonkin	Plymouth AC	27.6
400m	1st	Dan Kelland	Plymouth AC	53.2
	2nd	Andrew Scull	Cheltenham	55.1
	3rd	Luke McLoughlin	Plymouth AC	58.2
800m	1st	Jordan Bransberg	Skyrac	2.00.1
	2nd	Luke McLoughlin	Plymouth AC	2.13.5
1500m	1st	Owen Morris	East Cornwall Harriers	4.51.6

Javelin	1st	Bradley Green	Exeter Harriers	50.65
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Under 20 Women

400m Hur	1st	Thuza Edworthy	Newton Abbot	71.8
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200m	1st	Hayley Harvey	Plymouth AC	27.0
	2nd	Rebecca Chapman	Exeter Harriers	27.9

400m	1st	Thuza Edworthy	Newton Abbot	70.3
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800m	1st	Hayley Harvey	Plymouth AC	2.26.6
	1st	Lauren Anning	Erme Valley Harriers	2.26.6
	3rd	Olivia Driver	Plymouth AC	2.57.7

1500m	1st	Olivia Driver	Plymouth AC	6.07.5
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Long Jump	1st	Rebecca Chapman	Exeter Harriers	4.71
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Javelin	1st	Rebecca Chapman	Exeter Harriers	31.16
	2nd	Lauren Anning	Erme Valley Harriers	27.16
	3rd	Amanda Mancey	Cornwall AC	25.95

Shot	1st	Rebecca Chapman	Exeter Harriers	8.75
	2nd	Lauren Anning	Erme Valley Harriers	7.12
	3rd	Olivia Driver	Plymouth AC	6.58

Under 20 Men

110m Hur	1st	Haydn Brown-Williams	Plymouth AC	16.8
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400m Hur	1st	Matt Sumner	Plymouth AC	56.1
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100m	1st	Owen Styler	Torbay	12.2
	2nd	David Willis	Cornwall AC	12.2
	3rd	Philip Powell	Cornwall AC	13.7

200m	1st	Matt Sumner	Plymouth AC	23.4
	2nd	Owen Styler	Torbay	23.6
	3rd	David Willis	Cornwall AC	23.8

400m	1st	Philip Powell	Cornwall AC	56.4
	2nd	Philip Pascoe	Newquay & Par	59.6
	3rd	Will Rowse	Plymouth AC	64.8

800m	1st	Charles Gunning	Shaftsbury Barnet	1.59.7
	2nd	Andrew Reed	Erme Valley Harriers	2.10.5
	3rd	Tom Lawson	Tavistock	2.12.9
	4th	Ashley Smith	Plymouth AC	2.13.6
	5th	Philip Pascoe	Newquay & Par	2.26.3
	6th	Will Rowse	Plymouth AC	2.30.8

1500m	1st	Charles Gunning	Shaftsbury Barnet	4.22.2
	2nd	Andrew Reed	Erme Valley Harriers	4.33.2
	3rd	Ashley Smith	Plymouth AC	4.42.0
	4th	Owen Drage	Tavistock	4.56.5
	5th	Reuben Grace	Tavistock	5.21.6
2000m S/C	1st	Andrew Reed	Erme Valley Harriers	7.23.9
High Jump	1st	Owen Drage	Tavistock	1.65
	2nd	Reuben Grace	Tavistock	1.40
	3rd	Haydn Brown-Williams	Plymouth AC	1.30
Pole Vault	1st	Jordan Henwood	Newquay & Par	4.15
	2nd	Ben Conibear	Exeter Harriers	3.30
Javelin	1st	Steven Turnock	Exeter Harriers	57.63
	2nd	Haydn Brown-Williams	Plymouth AC	37.63
	3rd	Reuben Grace	Tavistock	15.79
	4th	Owen Drage	Tavistock	15.24
Discus	1st	Ben Conibear	Exeter Harriers	32.34
	2nd	Michael King	Plymouth AC	31.90
	3rd	Steven Turnock	Exeter Harriers	26.52
Shot	1st	Ben Conibear	Exeter Harriers	10.86
	2nd	Jordan Henwood	Newquay & Par	9.92
	3rd	Steven Turnock	Exeter Harriers	9.86

Senior Women

400m Hur	1st	Tamzyn Gribble	Plymouth AC	74.2	V35
1500m	1st	Felicity Elliott	SWRR	4.57.6	
	2nd	Julie Stroud	RNAC	5.03.0	

Senior Men

100m Hur	1st	Clive Pengelly	Newquay & Par	17.5	V50
110m Hur	1st	Lee Hamilton	Newquay & Par	16.6	
400m Hur	1st	Lee Hamilton	Newquay & Par	58.9	
	2nd	Neil Edwards	RNAC	62.4	V35
100m	1st	Mark Robotham	Plymouth AC	11.9	
	2nd	Lennox Cabral	Plymouth AC	12.3	
	3rd	Dave Waters	Cornwall AC	14.8	V40
200m	1st	Mark Robotham	Plymouth AC	22.8	

800m	1st	Steven Waldron	Plymouth AC	2.10.1	
	2nd	Prathees Kishore	Plymouth AC	2.35.1	
2000m S/C	1st	Oz Ellis	RAF	6.46.1	
	2nd	John Cooper	Plymouth Harriers	6.56.6	
High Jump	1st	Dave Waters	Cornwall AC	1.40	V40
Javelin	1st	Luke Sings	Plymouth AC	40.24	
	2nd	Dale Johns	SW Vets AC	18.25	V50
Discus	1st	Luke Sings	Plymouth AC	30.77	
	2nd	Dale Johns	SW Vets AC	17.66	V50
Shot	1st	Dale Johns	SW Vets AC	6.79	V50