

# Lewes AC Spring Warm Up

Lewes Athletic Track, Lewes

25/04/2010

## TRACK

### U11 G 75m

Position	First Name	Surname	Club	Performance
1	Anya	Van-Heuvelen	Lewes	13.10
2	Jasmine	Guilford	Lewes	13.30
3	Anna	Bomford	Lewes	13.30

### U11 B 75m

Position	First Name	Surname	Club	Performance
1	Samson	Page	Lewes	13.30
2	Wills	De Coverly-Vaele	Lewes	13.70

### U13 G 75m

Position	First Name	Surname	Club	Performance
1	Millie	Cable	Lewes	11.40
2	Jade	Bowman	Lewes	11.90
3	Arabella	Carter	Lewes	12.80
4	Alana	Ferenc	Lewes	13.20
5	Alex	Chitty	Lewes	13.30

### U13 B 75m

Position	First Name	Surname	Club	Performance
1	Oliver	Smith	Lewes	12.20
2	Todd	Cotterill	Lewes	12.60
3	Mathew	Masani	Lewes	12.80
4	Scott	Staples	Lewes	14.10

### U13 B 100m

Position	First Name	Surname	Club	Performance
1	David	Thomas	Lewes	15.00

### U15 G 100m

Position	First Name	Surname	Club	Performance
1	Jessica	Jasper	Lewes	15.20

### U15 B 100m

Position	First Name	Surname	Club	Performance
1	James	Kemp	Lewes	13.60
2	William	Mawer	Lewes	14.90
3	Luke	Staples	Lewes	16.00
4	Luke	Reid	Lewes	17.60

### U17 W 100m

Position	First Name	Surname	Club	Performance
1	Emily	Blackwell	Lewes	14.30
2	Faith	Daughtery	Lewes	15.10
3	Nicola	Horrell	Lewes	15.80

### U17 M 100m

Position	First Name	Surname	Club	Performance
1	Aaron	Guilford	Lewes	13.00
2	Daniel	Sullivan	Lewes	13.00
3	Ben	Blencowe	Lewes	13.10
4	Eric	Watts	Lewes	14.00

### U20 W 100m

Position	First Name	Surname	Club	Performance
1	Claudette	Povey	Lewes	15.70

### Vet 40 W 100m

Position	First Name	Surname	Club	Performance
1	Jo	Bebbington	Lewes	16.70
2	Melisa	Bomford	Lewes	17.80

### Vet 35 M 100m

Position	First Name	Surname	Club	Performance
1	Artan	Prifti	Lewes	14.50

### Vet 45 M 100m

Position	First Name	Surname	Club	Performance
1	John	Carroll	Lewes	16.10

## FIELD

### U11 B Turbo Javelin

Position	First Name	Surname	Club	Performance
1	Wills	De Coverly-Vaele	Lewes	10.02

### U11 G Turbo Javelin

Position	First Name	Surname	Club	Performance
1	Anya	Van-Heuvelen	Lewes	8.10

### U13 B Javelin

Position	First Name	Surname	Club	Performance
1	Scott	Staples	Lewes	26.41

### U15 B Javelin

Position	First Name	Surname	Club	Performance
1	Bryce	Williams-Watson	Lewes	25.49
2	Gaelan	Komen	Lewes	24.89

### U17 W Javelin

Position	First Name	Surname	Club	Performance
1	Emily	Blackwell	Lewes	18.35

### U17 M Javelin

Position	First Name	Surname	Club	Performance
1	Eric	Watts	Lewes	33.58

### U20 M Javelin

Position	First Name	Surname	Club	Performance
1	Sam	Brown	Lewes	42.10

### V35 M Javelin

Position	First Name	Surname	Club	Performance
1	Simon	Bomford	Lewes	34.26

### V50 M Javelin

Position	First Name	Surname	Club	Performance
1	Rick	Pilling	Lewes	28.60
2	Mike	Bale	HH/Lewes	20.34

### U13 G Pole Vault

Position	First Name	Surname	Club	Performance
1	Olivia	Connor	Lewes	2.55
2	Vicky	Warren	Lewes	2.05

### U15 G Pole Vault

Position	First Name	Surname	Club	Performance
1	Naomi	Lee	Lewes	2.75
2	Eve	Rothwell	Lewes	1.85

### U17 W Pole Vault

Position	First Name	Surname	Club	Performance
1	Emily	Blackwell	Lewes	3.05

### U20 W Pole Vault

Position	First Name	Surname	Club	Performance
1	Claudette	Povey	Lewes	1.95

### U15 B Pole Vault

Position	First Name	Surname	Club	Performance
1	James	Shackleton	Lewes	2.15
2	Bryce	Williams-Watson	Lewes	2.05

### U11 B High Jump

Position	First Name	Surname	Club	Performance
1	Charles	Taylor	Lewes	0.95
2	Ben	Vacher	Lewes	0.95

### U13 G High Jump

Position	First Name	Surname	Club	Performance
1	Ruby	White-Wilding	Lewes	1.25
2	Olivia	Williamson	Lewes	1.20

U11 G 150m				
Position	First Name	Surname	Club	Performance
1	Amy	Fines	Lewes	27.70
2	Ella	Mundy	Lewes	30.00

U11 B 150m				
Position	First Name	Surname	Club	Performance
1	Samson	Page	Lewes	26.50

U13 G 150m				
Position	First Name	Surname	Club	Performance
1	Olivia	Connor	Lewes	21.90
2	Millie	Cable	Lewes	22.20
3	Jade	Bowman	Lewes	23.20
4	Mia	Williams-Watson	Lewes	24.30
5	Arabella	Carter	Lewes	25.10
6	Alana	Ferenc	Lewes	26.10

U13 B 150m				
Position	First Name	Surname	Club	Performance
1	Oliver	Smith	Lewes	23.70
2	Tom	Lambert	Lewes	24.40
3	Connor	Sullivan	Lewes	24.50
4	Todd	Cotterill	Lewes	25.00
5	Mathew	Masani	Lewes	25.40
6	Sam	Rogers	Lewes	25.90

U15 G 200m				
Position	First Name	Surname	Club	Performance
1	Holly	English	Lewes	29.9

U15 B 200m				
Position	First Name	Surname	Club	Performance
1	Evan	Carter	Lewes	26.80
2	James	Kemp	Lewes	27.90
3	Luke	Reid	Lewes	33.90

U17 W 200m				
Position	First Name	Surname	Club	Performance
1	Nicola	Horrell	Lewes	30.70
2	Faith	Daughtery	Lewes	31.30
3	Katie	Shrieves	Lewes	32.20

U17 M 200m				
Position	First Name	Surname	Club	Performance
1	Daniel	Sullivan	Lewes	25.60
2	Aaron	Guilford	Lewes	25.70

V35 M 200m				
Position	First Name	Surname	Club	Performance
1	Andrew	Masters	Lewes	27.60
2	Artan	Prihti	Lewes	28.20

V45 M 200m				
Position	First Name	Surname	Club	Performance
1	John	Carroll	Lewes	32.10

U13 B 400m				
Position	First Name	Surname	Club	Performance
1	George	Amiet-West	Lewes	67.30

U15 B 400m				
Position	First Name	Surname	Club	Performance
1	Sebastian	Royle	Lewes	70.80

U17 M 400m				
Position	First Name	Surname	Club	Performance
1	Aaron	Guilford	Lewes	62.30
2	Emrys	Komen	Lewes	63.00

U11 G 600m				
Position	First Name	Surname	Club	Performance
1	Jasmine	Tickner	Lewes	2:27.2

U11 B 600m				
Position	First Name	Surname	Club	Performance
1	Charles	Taylor	Lewes	2:23.8

U13 B High Jump				
Position	First Name	Surname	Club	Performance
1	Sam	Jackson	Lewes	1.15

U15 G High Jump				
Position	First Name	Surname	Club	Performance
1	Ella	James	Lewes	1.35
2	Alice	Fouch	Lewes	1.25

U15 B High Jump				
Position	First Name	Surname	Club	Performance
1	William	Mawer	Lewes	1.25

U17 W High Jump				
Position	First Name	Surname	Club	Performance
1	Nicola	Horrell	Lewes	1.45
2	Hannah	Jackson	Lewes	1.00

U11 G Long Jump				
Position	First Name	Surname	Club	Performance
1	Amy	Fines	Lewes	3.15
2	Anna	Bomford	Lewes	2.77
3	Anya	Van-Heuvelen	Lewes	2.45
4	Georgia	Taylor	Lewes	2.32

U11 B Long Jump				
Position	First Name	Surname	Club	Performance
1	Charlie	Bebbington	Lewes	3.08
2	Ben	Vacher	Lewes	2.86
3	Charles	Taylor	Lewes	2.63
4	Wills	De Coverly-Vaele	Lewes	2.62

U13 G Long Jump				
Position	First Name	Surname	Club	Performance
1	Ruby	White-Wilding	Lewes	3.72
2	Romy	Loughman	Lewes	3.22
3	Alex	Chitty	Lewes	3.16
4	Mia	Williams-Watson	Lewes	2.87

U13 B Long Jump				
Position	First Name	Surname	Club	Performance
1	Oliver	Smith	Lewes	3.76
2	Connor	Sullivan	Lewes	3.26
3	Sam	Jackson	Lewes	3.15
4	Mathew	Masani	Lewes	3.11
5	Scott	Staples	Lewes	2.98

U15 G Long Jump				
Position	First Name	Surname	Club	Performance
1	Louise	Carter	Lewes	2.70

U15 B Long Jump				
Position	First Name	Surname	Club	Performance
1	James	Kemp	Lewes	4.78
2	William	Mawer	Lewes	3.88
3	Gaelan	Komen	Lewes	3.77
4	Luke	Reid	Lewes	3.63

U17 W Long Jump				
Position	First Name	Surname	Club	Performance
1	Faith	Daughtery	Lewes	3.83

U17 M Long Jump				
Position	First Name	Surname	Club	Performance
1	Ben	Blencowe	Lewes	4.77
2	Daniel	Sullivan	Lewes	4.53

U20 W Long Jump				
Position	First Name	Surname	Club	Performance
1	Claudette	Povey	Lewes	3.44

V40 W Long Jump				
Position	First Name	Surname	Club	Performance
1	Jo	Bebington	Lewes	3.63
2	Fiona	Monson	Lewes	3.36
3	Melisa	Bomford	Lewes	3.26

U13 G 600m				
Position	First Name	Surname	Club	Performance
1	Ruby	White-Wilding	Lewes	2:01.7
2	Romy	Loughman	Lewes	2:03.9
3	Olivia	Williamson	Lewes	2:06.6
4	Arabella	Carter	Lewes	2:22.8

U13 B 600m				
Position	First Name	Surname	Club	Performance
1	Todd	Cotterill	Lewes	2:12.2

U13 B 800m				
Position	First Name	Surname	Club	Performance
1	Tom	Lambert	Lewes	2:43.2
2	Connor	Sullivan	Lewes	2:51.1

U15 B 800m				
Position	First Name	Surname	Club	Performance
1	Sebastian	Royle	Lewes	2:49.8
2	George	Amiet-West	Lewes	2:55.3

U11 G 1000m				
Position	First Name	Surname	Club	Performance
1	Amy	Fines	Lewes	4:12.9
2	Ella	Mundy	Lewes	4:41.8

U11 B 1000m				
Position	First Name	Surname	Club	Performance
1	Samson	Page	Lewes	4:06.8
2	Ben	Vacher	Lewes	4:11.1
3	Alex	Monson	Lewes	4:16.5

U13 G 1000m				
Position	First Name	Surname	Club	Performance
1	Alana	Ferenc	Lewes	5:10.0

U13 G 1500m				
Position	First Name	Surname	Club	Performance
1	Alex	Chitty	Lewes	7:03.7

U13 B 1500m				
Position	First Name	Surname	Club	Performance
1	Sam	Jackson	Lewes	5:54.2
2	Sam	Rogers	Lewes	5:58.2

U15 G 1500m				
Position	First Name	Surname	Club	Performance
1	Holly	English	Lewes	5:35.2
2	Ella	James	Lewes	5:51.9

U15 B 1500m				
Position	First Name	Surname	Club	Performance
1	Jas	Rogers	Lewes	5:33.7

U17 W 1500m				
Position	First Name	Surname	Club	Performance
1	Hannah	Jackson	Lewes	5:27.8

U17 M 1500m				
Position	First Name	Surname	Club	Performance
1	Ludo	Goodliffe	Lewes	4:34.4
2	Emrys	Komen	Lewes	4:58.3

V45 M 1500m				
Position	First Name	Surname	Club	Performance
1	John	Carroll	Lewes	5:38.5

V35 M 5000m				
Position	First Name	Surname	Club	Performance
1	Simon	Bomford	Lewes	19:46.7
2	Derek	Connor	Lewes	21:48.0

V45 M 5000m				
Position	First Name	Surname	Club	Performance
1	Ian	Fines	Lewes	19:03.2

V45 M Long Jump				
Position	First Name	Surname	Club	Performance
1	John	Carroll	Lewes	3.52

U13 G Shot Putt				
Position	First Name	Surname	Club	Performance
1	Jade	Bowman	Lewes	5.94

U13 B Shot Putt				
Position	First Name	Surname	Club	Performance
1	David	Thomas	Lewes	8.05

U15 G Shot Putt				
Position	First Name	Surname	Club	Performance
1	Naomi	Lee	Lewes	7.75
2	Alice	Fouch	Lewes	5.51

U15 B Shot Putt				
Position	First Name	Surname	Club	Performance
1	Luke	Staples	Lewes	7.05

U17 W Shot Putt				
Position	First Name	Surname	Club	Performance
1	Megan	Thomas	Lewes	6.75
2	Katie	Shrieves	Lewes	5.21

U17 M Shot Putt				
Position	First Name	Surname	Club	Performance
1	Ben	Blencowe	Lewes	8.22
2	Emrys	Komen	Lewes	7.63
3	Ludo	Goodliffe	Lewes	6.10

U20 M Shot Putt				
Position	First Name	Surname	Club	Performance
1	Sam	Brown	Lewes	10.38

SEN W Shot Putt				
Position	First Name	Surname	Club	Performance
1	Caroline	Connor	Lewes	5.66

V35 M Shot Putt				
Position	First Name	Surname	Club	Performance
1	Andrew	Masters	Lewes	6.09

V50 M Shot Putt				
Position	First Name	Surname	Club	Performance
1	Rick	Pilling	Lewes	9.63
2	Mike	Bale	HH/Lewes	7.73

V70 M Shot Putt				
Position	First Name	Surname	Club	Performance
1	Hamilton	Thomas	Lewes	8.83

U15 G Hammer				
Position	First Name	Surname	Club	Performance
1	Naomi	Lee	Lewes	36.26

U15 B Hammer				
Position	First Name	Surname	Club	Performance
1	Luke	Staples	Lewes	18.49

U20 M Hammer				
Position	First Name	Surname	Club	Performance
1	Chris	Darling	Lewes	41.52

V50 M Hammer				
Position	First Name	Surname	Club	Performance
1	Mike	Bale	HH/Lewes	32.23

V70 M Hammer				
Position	First Name	Surname	Club	Performance
1	Hamilton	Thomas	Lewes	34.62

U13 G Discus				
Position	First Name	Surname	Club	Performance
1	Olivia	Conner	Lewes	21.44

U15 G Discus				
Position	First Name	Surname	Club	Performance
1	Ella	James	Lewes	14.33

**U15 B Discus**

Position	First Name	Surname	Club	Performance
1	Luke	Staples	Lewes	20.72
2	Bryce	Williams-Watson	Lewes	17.80
3	James	Shackleton	Lewes	12.68

**U17 W Discus**

Position	First Name	Surname	Club	Performance
1	Hannah	Jackson	Lewes	13.95

**U17 M Discus**

Position	First Name	Surname	Club	Performance
1	Emrys	Komen	Lewes	20.23

**U20 M Discus**

Position	First Name	Surname	Club	Performance
1	Sam	Brown	Lewes	33.11

**Sen W Discus**

Position	First Name	Surname	Club	Performance
1	Eleanor	Gatrell	Woking	38.61

**Sen M Discus**

Position	First Name	Surname	Club	Performance
1	Tom	Norman	Woodford	50.03

**V45 M Discus**

Position	First Name	Surname	Club	Performance
1	John	Carroll	Lewes	14.61

**V50 M Discus**

Position	First Name	Surname	Club	Performance
1	Rick	Pilling	Lewes	22.65
2	Mike	Bale	HH/Lewes	19.16

**V70 M Discus**

Position	First Name	Surname	Club	Performance
1	Hamilton	Thomas	Lewes	27.47