

Notts AC Spring Spruce

April 18 2010

Senior/Vet Men

100m

Joe Appiah	Kent AC	11.6	
Aaron Aplin	Mansfield Harriers	11.6	
Samuel Stone	Notts AC	11.7	
R. Higson-Blythe	Wakefield	11.9	VetM
Karim Adesanua	Notts AC	11.9	
Stephen Thorpe	Wakefield	11.9	VetM
Peter Hall		12.0	
Peter Sserunkuma	Notts AC	12.1	

200m

Francesca Garzia	Notts AC	22.1	
James Baines	Notts AC	22.2	
Aaron Aplin	Mansfield Harriers	23.1	
Lewis Summer-Rell	Notts AC	23.7	
Stefan Wilcockson	Mansfield Harriers	23.8	
R. Higson-Blythe	Wakefield	24.3	VetM
Peter Hall		24.3	
Stephen Thorpe	Wakefield	24.7	VetM
Peter Sserunkuma	Notts AC	25.4	
Clive Trusson	Notts AC	26.9	VetM

400m

James Baines	Notts AC	48.6	
Paul Wright	Mansfield Harriers	50.3	
Jonathan Hiorns	Basingstoke & Mid Hants	52.0	
Joe Mellor	Notts AC	52.9	
Andrew McCafferty	Notts AC	58.1	
Kevin Pye	Charnwood AC	58.6	VetM

800m

1500m

Senior/Vet Women

100m

200m

400m

Rebecca Smith	Mansfield Harriers	61.5
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800m

1500m

110m Hurdles**400m Hurdles**

Stefan Wilcockson	Mansfield Harriers	56.6
Jonathan Newell	Mansfield Harriers	62.3

2000m S/C**Hammer**

Steve Woolley	Mansfield Harriers	42.32	VetM
Andrew Mitchell	Sutton Harriers	33.09	VetM
K. Macpherson	Notts AC	22.49	VetM

Shot

Steve Woolley	Mansfield Harriers	11.54	VetM
K. Macpherson	Notts AC	9.62	VetM
Stephen Rubery	Charnwood AC	6.05	VetM

Javelin**Discus**

Steve Woolley	Mansfield Harriers	35.22	VetM
K. Macpherson	Notts AC	25.97	VetM
Stephen Rubery	Charnwood AC	17.50	VetM

Long Jump

Stephen Rubery	Charnwood AC	1.84	VetM
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100m Hurdles**400m Hurdles**

Emily Moss	Peterborough	63.1
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1500m S/C**Hammer**

Dorothy Rubery	Charnwood AC	21.49	VetF
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Shot

Susan Allcock	Sutton Harriers	7.12	VetF
Dorothy Rubery	Charnwood AC	5.00	VetF

Javelin**Discus**

Susan Allcock	Sutton Harriers	19.31	VetF
Dorothy Rubery	Charnwood AC	15.08	VetF

Long Jump

High Jump

Pole Vault

Under 20 Men

100m

Elijah Skervin	Notts AC	11.1
Jackson M Blyton	Notts AC	11.5
PaAbdon Oyie	Notts AC	12.1
Joe Williamson	Charnwood AC	12.2

200m

Michael Warner	Notts AC	22.6
Tom Moakes	Notts AC	22.6
Adam Sansom	Mansfield Harriers	22.6
PaAbdon Oyie	Notts AC	24.7
Ryan Bloore	Notts AC	25.7

400m

800m

Abdullahi Nur	Notts AC	2.31.2
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1500m

110m Hurdles

High Jump

Pole Vault

Under 20 Women

100m

Laura Mason	Notts AC	12.9
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200m

Emma Hourd	Notts AC	26.5
Laura Mason	Notts AC	26.7
Hannah Stevenson	Notts AC	26.7
Alessia Valente	Notts AC	27.6

400m

Emma Komocki	Notts AC	59.5
Emma Hourd	Notts AC	61.7
Hannah Stevenson	Notts AC	62.2
Clare Ashley	Notts AC	62.4

800m

Safia Zerdazi	Rushcliffe AC	2.38.1
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1500m

100m Hurdles

Micael Feeney Amber Valley 15.1

400m Hurdles

Tom Moakes Notts AC 53.1
Adam Sansom Mansfield Harriers 57.1

2000m S/C

Hammer

Shot

Adam Rubery Charnwood AC 9.58

Javelin

Adam Rubery Charnwood AC 33.98

Discus

Adam Rubery Charnwood AC 24.12

Long Jump

Fraser Kesteven Notts AC 6.07
Abhinay Settipalli Notts High School 5.80

High Jump

Pole Vault

Emma Komocki Notts AC 15.7

400m Hurdles

Emma Komocki Notts AC 63.7
Rhiannon Linington-Payne Bridgnorth 70.3
Clare Ashley Notts AC 70.6

1500m S/C

Hammer

Shot

Javelin

Discus

Long Jump

Alessia Valente Notts AC 5.22

High Jump

Pole Vault

Under 17 Men**100m**

Timmion Skervin	Notts AC	11.6
Jarrold Skervin	Notts AC	11.8
Matthew Gregg	Notts AC	12.0
Adam Chambers	Notts AC	12.0
Alex Ferguson	Notts AC	12.1
Kaylan Francis-Stephens	Notts AC	12.5
Alex Heath	Mansfield Harriers	14.6

200m

Alex Skidmore	Notts AC	23.8
Jarrold Skervin	Notts AC	24.5
Adam Chambers	Notts AC	24.6
Matthew Gregg	Notts AC	24.7
Alex Ferguson	Notts AC	25.0

400m

David Lagerberg	Mansfield Harriers	49.8
Alex Skidmore	Notts AC	52.4
Lewis Gollledge	Notts AC	54.2
Paul Corbin	Notts AC	54.6
Said Ibeggazene	Notts AC	56.0

800m

Thomas Williams	Notts AC	2.15.6
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1500m

Kaci Ibeggazene	Notts AC	4.49.6
Alesky Prokapyszyn	Notts AC	5.37.7 U15M

100m Hurdles

Jordan Mitchell	Sutton Harriers	16.9
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Under 17 Women**100m**

Anna Davies	Notts AC	12.8
Alice Hillyer	Notts AC	12.9
Kate Platts	Notts AC	12.9
Cheyenne Haye	Notts AC	13.0

200m

Anna Davies	Notts AC	27.2
Cheyenne Haye	Notts AC	28.1

300m

Alice Hillyer	Notts AC	45.2
Annabelle Palmer	Notts AC	50.0

800m

Hannah Robinson	Notts AC	2.36.7
Grace Foster	Notts AC	2.41.6
Hannah McLennaghan	Notts AC	2.51.4

1500m**80m Hurdles**

Anna Davies	Notts AC	12.6
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400m Hurdles

Lewis Golledge	Notts AC	60.7
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Hammer**Shot****Javelin**

Jordan Mitchell	Sutton Harriers	30.77
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Discus**Long Jump**

Lewis Golledge	Notts AC	5.55
Jordan Mitchell	Sutton Harriers	5.16

300m Hurdles**Hammer**

Laura Maplethorpe	Lincoln Wellington	32.79
Emily Campbell	Notts AC	22.22
Annabelle Palmer	Notts AC	21.14

Shot

Helen Gill	Notts AC	9.10
Emily Campbell	Notts AC	8.70
Mia Gell	Notts AC	7.14

Javelin

Becky Woolley	Mansfield Harriers	32.39
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Discus

Kate Platts	Notts AC	26.26
Emily Campbell	Notts AC	25.63
Mia Gell	Notts AC	21.00

Long Jump

Anna Davies	Notts AC	5.05
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High Jump

Lewis Golledge	Notts AC	1.59
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Pole Vault

Thomas Lyons	Notts AC	3.50
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2000m S/C**Under 15 Boys****100m**

Jack Harris	Notts AC	12.3
Jake Lyons	Notts AC	12.4
Isaac Stevens	Notts AC	13.2
Nicholas Carter	Notts AC	13.3
Matthew Keady	Notts AC	13.5
Ross Golledge	Notts AC	14.0
James Williamson	Charnwood AC	15.3

200m

Jake Lyons	Notts AC	25.5
Jack Harris	Notts AC	25.6
Nicholas Carter	Notts AC	27.4
Maranga Mokaya	Notts AC	28.4
Matthew Keady	Notts AC	28.9
Zachary Lambley	Notts AC	29.5
James Williamson	Charnwood AC	32.7

400m**High Jump****Pole Vault**

Jenny Robbins	Notts AC	2.70
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Under 15 Girls**100m**

Robyn Foster	Mansfield Harriers	13.3
Rachel Norris	Mansfield Harriers	13.5
Samantha Farmer	Notts AC	13.6
Etienne Hodge	Notts AC	13.8
Jessica Platts	Notts AC	14.0
Sheriene Kelly	Notts AC	14.1
Jenny Robbins	Notts AC	14.1
Mancinelli Ilaria	Notts AC	14.2
Miasky Spence	Notts AC	14.4

200m

Robyn Foster	Mansfield Harriers	27.0
Rachel Norris	Mansfield Harriers	27.3
Etienne Hodge	Notts AC	28.5
Jessica Platts	Notts AC	29.3
Rhiannon Philps	Lincoln Wellington	29.5
Sheriene Kelly	Notts AC	29.9
Miasky Spence	Notts AC	30.3
Nicole Lawrence	Notts AC	33.5

Nathan Udall	Coventry Godiva	58.9
Matthew Allcock	Sutton Harriers	69.1

800m

Nathan Udall	Coventry Godiva	2.11.1
Paddy Clark	Notts AC	2.11.9
Ben Collins	Notts AC	2.24.6
Marcus Skidmore	Notts AC	2.41.2
Andrew McCarthy	Notts AC	2.46.7
Sam Godwin	Notts AC	2.53.2
Boston O'Grady	Notts AC	3.11.1

80m Hurdles

Maranga Mokaya	Notts AC	13.8
Ross Golledge	Notts AC	16.2

Shot

Rory Westwood	Notts AC	7.71
Andrew McCarthy	Notts AC	6.47

Javelin

Zachary Lambley		22.92
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Discus

Sam Pitts	Notts AC	16.26
Matthew Allcock	Sutton Harriers	14.56

Long Jump

800m

Rhiannon Philps	Lincoln Wellington	2.25.3
Claire Norris	Mansfield Harriers	2.33.0
Miasky Spence	Notts AC	2.42.2
Emma Heath	Mansfield Harriers	2.43.7
Daisy Reed	Notts AC	2.54.4

75m Hurdles

Jenny Robbins	Notts AC	12.5
Chloe Worts	Notts AC	12.5
Beth Mortiboy	Mansfield Harriers	13.5

Shot

Sarah Gooch	Worksop Harriers	6.45
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Javelin

Sarah Gooch	Worksop Harriers	19.47
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Discus

Sarah Gooch	Worksop Harriers	14.76
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Long Jump

Matthew Keady	Notts AC	4.95
Maranga Mokaya	Notts AC	4.63
Nicholas Carter	Notts AC	4.61
Matthew Allcock	Sutton Harriers	4.32

High Jump

Maranga Mokaya	Notts AC	1.55
Ross Golledge	Notts AC	1.50

Pole Vault

Under 13 Boys

100m

Jaikan Wood	Notts AC	14.0
Joshua Ilyk	Notts AC	14.9
Jack Taylor	Notts AC	15.6

200m

Jaikan Wood	Notts AC	28.4
Jack Harmer	Notts AC	29.1

800m

Jack Harmer	Notts AC	2.35.3
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Chloe Worts	Notts AC	4.84
Beth Mortiboy	Mansfield Harriers	4.32
Samantha Farmer	Notts AC	4.14
Daisy Reed	Notts AC	3.91
Miasky Spence	Notts AC	3.38
Nicole Lawrence	Notts AC	3.29

High Jump

Jenny Robbins	Notts AC	1.45
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Pole Vault

Under 13 Girls

100m

Charlotte McLennaghan	Notts AC	13.4
Ellie Brazil	Notts AC	14.3
Emma Schaanning	Chesterfield	15.0
Katjia Cole-Adams	Notts AC	15.4
Eloise Spiers	Notts AC	15.7
Rachel Schaanning	Chesterfield	15.8
Abigail Lawrence	Notts AC	15.9
Charlotte Dakin	Carlton Le Willows School	17.2
Isobel Meldrum	Notts AC	17.8
Philippa Toll	Notts AC	18.4

200m

Charlotte McLennaghan	Notts AC	27.7
Hazel Varley	Notts AC	31.0
Emma Schaanning	Chesterfield	31.6
Ela Yesilipek	Notts AC	35.7
Bethany Newton	Notts AC	35.7
Charlotte Dakin	Carlton Le Willows School	35.9
Isobel Meldrum	Notts AC	38.4
Philippa Toll	Notts AC	39.8

800m

Ellie Brazil	Notts AC	2.36.6
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Evan Wilson	Notts AC	2.50.1
Ali Derbi	Notts AC	2.56.1

75m Hurdles

Joshua Ilyk	Notts AC	17.5
Jack Wickham	Notts AC	17.9

Shot

Javelin

Robert Palmer	Notts AC	26.40
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Long Jump

Joshua Ilyk	Notts AC	3.86
Jack Wickham	Notts AC	3.30

High Jump

Joshua Ilyk	Notts AC	1.27
Jack Taylor	Notts AC	1.10

Under 11 Boys

80m

Ruby Foster	Notts AC	2.51.9
Charlotte Sands	Notts AC	2.55.0

70m Hurdles

Hazel Varley	Notts AC	13.0
Emma Schaanning	Chesterfield	13.1
Charlotte Sands	Notts AC	13.3
Bethany Newton	Notts AC	13.9
Katjia Cole-Adams	Notts AC	14.3
Rachel Schaanning	Chesterfield	16.0

Shot

Hazel Varley	Notts AC	4.72
Bethany Newton	Notts AC	4.60

Javelin

Long Jump

Hazel Varley	Notts AC	3.89
Emma Schaanning	Chesterfield	3.64
Eloise Spiers	Notts AC	3.57
Rachel Schaanning	Chesterfield	3.40
Abigail Lawrence	Notts AC	3.14
Katjia Cole-Adams	Notts AC	3.04
Charlotte Dakin	Carlton Le Willows School	2.73
Ela Yesilipek	Notts AC	2.71
Philippa Toll	Notts AC	2.39

High Jump

Bethany Newton	Notts AC	1.00
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Under 11 Girls

80m

Lee Moakes	Notts AC	12.6
Malachi Preston	Notts AC	13.1
Devrum Yesilipek	Notts AC	13.4
Reuben Chapman	Notts AC	13.9

Sharhnee Skervin	Notts AC	11.6
Chloe Asher	Mansfield Harriers	12.5
Tess Heath	Notts AC	12.5
Florence Reed	Notts AC	13.2
Rebecca Newton	Notts AC	13.7

150m

Lee Moakes	Notts AC	23.8
Reuben Chapman	Notts AC	26.3

150m

Sharhnee Skervin	Notts AC	22.3
Tess Heath	Notts AC	23.2
Chloe Asher	Mansfield Harriers	23.4

600m

David Allcock	Sutton Harriers	2:33.1
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600m

Bella Reed	Notts AC	2:01.4
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Long Jump

Lee Moakes	Notts AC	3.62
David Allcock	Sutton Harriers	3.28
Reuben Chapman	Notts AC	2.56

Long Jump

Rebecca Newton	Notts AC	2.67
Isobel Meldrum	Notts AC	2.64

High Jump

High Jump