

EASTERN YOUNG ATHLETES LEAGUE UNDER 13 BOYS

Allianz Park

7.8.16

100m A string	W/S=	.
Arnold Dikeocha	Barnet/Shaftesbury	13.5
David Emeka	Thurrock H	13.6
George Hey	Southend AC	13.8
Jack Gurney	Herts&Ware/Enfield	14.2
Tom Gaunce	St.Albans AC	14.2
Baruch Akwaboah	Dacorum & Tring	14.4
RussellColeman	Watford H	16.2

100m B string	W/S=	.
Frances Omowanile	Thurrock H	13.7
Sonny Maguire	Watford H	14.3
Robert Quigley	St.Albans AC	14.8
Jonathon Chinwele	Dacorum & Tring	15.2
Matthew Mills	Herts&Ware/Enfielc	15.4
Noah Clarke	Barnet/Shaftesbury	15.5

200m A string	W/S=	.
Arnold Dikeocha	Barnet/Shaftesbury	28.3
Baruch Akwaboah	Dacorum & Tring	29.6
Frances Omowanile	Thurrock H	29.8
Luke Pullen	Southend AC	30.0
Charlie Taylor	Herts&Ware/Enfield	30.4
Robert Quigley	St.Albans AC	30.7
RussellColeman	Watford H	31.1

200m B string	W/S=	.
.	Southend AC	28.6
David Emeka	Thurrock H	29.2
Benjamin Hocking	Barnet/Shaftesbury	29.6
Jonathon Chinwele	Dacorum & Tring	33.2
Zach Segal	St.Albans AC	33.8

800m A String		
Gilad Nachshen	Barnet/Shaftesbury	2:14.0
Robert Quigley	St.Albans AC	2:30.8
Luke Pullen	Southend AC	2:31.2
Harry Gilzean	Herts&Ware/Enfield	2:33.0
Thomas Ashton	Dacorum & Tring	2:43.6
Sunny Vehit	Thurrock H	2:47.6

800m B String		
Jacob Alan	Herts&Ware/Enfielc	2:33.9
Nathan Masters	Barnet/Shaftesbury	2:40.6
Jamie Crane	Thurrock H	2:49.2
Ethan Ives	Dacorum & Tring	2:51.8
Zach Segal	St.Albans AC	2:52.6
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1500m A String		
Toby Linsell	Southend AC	5:00.3
Sam Hicks	St.Albans AC	5:01.0
Samuel Greenstein	Barnet/Shaftesbury	5:27.3
Sam Burnell	Dacorum & Tring	5:29.4
RussellColeman	Watford H	5:48.2

1500m B String		
Sam Newman	St.Albans AC	5:23.6
Seth Russell	Dacorum & Tring	5:34.0

75m Hurdles A String	W/S=	.
Jack Gurney	Herts&Ware/Enfield	13.5
Jamie Crane	Thurrock H	14.9
Ollie Wilkinson	Dacorum & Tring	15.4

75m Hurdles B String	W/S=	.
Sean Emeka	Thurrock H	15.1
Matthew Mills	Herts&Ware/Enfielc	16.0
James Woodmore	Dacorum & Tring	16.9

4 x 100 relay		
Barnet/Shaftesbury	Barnet/Shaftesbury	47.6
Thurrock H	Thurrock H	51.7

Highjump A String

Oreofeolua Adepedba	Thurrock H	1.35
Oliver Jay	Dacorum & Tring	1.25
.	Southend AC	1.25
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Highjump B String

Jamie Crane	Thurrock H	1.25
Ollie Wilkinson	Dacorum & Tring	1.20
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Longjump A String

Jack Gurney	Herts&Ware/Enfield	4.50
Sean Emeka	Thurrock H	4.43
Sonny Maguire	Watford H	4.38
Baruch Akwaboah	Dacorum & Tring	4.24
James Hofmann	Barnet/Shaftesbury	4.03
Tom Gaunce	St.Albans AC	3.77
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Longjump B String

David Emeka	Thurrock H	4.20
Paddy Read	Dacorum & Tring	3.99
Chris Lewis Holgate	Barnet/Shaftesbury	3.88
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Shot A String

Oreofeolua Adepedba	Thurrock H	10.09
Benjamin Hocking	Barnet/Shaftesbury	9.20
Milan Trajkovic	Herts&Ware/Enfield	8.40
Joe Buck	Watford H	6.81
Luke Pullen	Southend AC	6.22
Joshua Ives	Dacorum & Tring	5.50
Zach Segal	St.Albans AC	4.97
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Shot B String

Ben Cooper	Thurrock H	6.96
James Woodmore	Dacorum & Tring	5.37
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Discus A String

Ciaran Kibane	Watford H	17.10
Ben Cooper	Thurrock H	15.84
Paddy Read	Dacorum & Tring	15.73
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Discus B String

Joshua Ives	Dacorum & Tring	13.09
Liam Norcott	Thurrock H	12.16
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Javelin A String

Milan Trajkovic	Herts&Ware/Enfield	36.55
Ben Hocking	Barnet/Shaftesbury	33.25
Ciaran Kibane	Watford H	24.69
Thomas Ashton	Dacorum & Tring	24.51
Toby Linsell	Southend AC	21.78
Liam Norcott	Thurrock H	20.62
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Javelin B String

Jack Levene	Herts&Ware/Enfielc	25.09
Jakub Kowalski	Thurrock H	18.05
Joe Buck	Watford H	17.57
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