

## Watford Open Graded Meeting 4th April 2018

Track Events 100m/200m/1500m/3000m

Field Events - Long Jump/

Cool and heavy outburst during the 3000m races

First Race in each event is the 'slowest'

Pos	No	Name	Affiliation	Age Group	Time
<b>100m</b>					
<b>Race 1</b> WS +1.2M/S					
	1	4 Kate Backhouse	Oxford C	SW	14.38
	2	39 Ellie West	Watford H	U17W	15.08
	3	16 Daisy Harvey-Dew	SBH	U13G	15.11
	4	19 Mia Higson	SBH	U13G	15.43
	5	22 Ffion Mabey	VoA	U13G	15.45
	6	34 Clare St John-Colema	Chelmsford	W55	16.07
	7	31 Patrick Reynolds	Barnet & D	M65	16.34

<b>100m</b>					
<b>Race 2</b> WS +0.7 M/S					
	1	26 Onachukwu Ndefo	R&N	U13G	14.09
	2	6 John Broadis	Chiltern H	U13B	14.49
	3	17 Olive Harvey-Dew	SBH	U13G	14.66
	4	1 Rosie Alexander	Watford H	U13G	15.04
	5	24 Sara Maruboyina	Watford H	U13G	15.37
	6	42 Rosalind Zeffertt	SBH	W55	15.88
	7	27 David Newman	Garden City R	M55	16.99

<b>100m</b>					
<b>Race 3</b> WS +1.9M/S					
	1	18 Jordan Henderson	Harrow	SM	12.26
	2	20 Edward Hopper	D&T	U17M	12.55
	3	13 Charles Grant	SBH	U17M	12.98
	4	9 Maisie Doherty	Watford H	U15G	13.66
	5	37 Jemma Thomson	Chiltern H	U13G	14.08
	6	35 Peter Stansbury	D&T	M50	14.20
	7	29 Tara Offside	Chiltern H	U15G	14.30
	8	36 Andrew Stewart	UNATT	M55	15.12

<b>100m</b>					
<b>Race 4</b> WS +1.9M/S					
	1	10 Anita Dzre	MMK	SW	13.20
	2	21 Nick Jones	Watford H	M50	13.26
	3	3 Shannon Anderson	UNATT	SW	13.46
	4	12 Lisa Fitzpatrick	WPH	SW	13.52
	5	15 Alice Harroway	TVH	U20W	13.53
	6	11 Kelsi Ellis	NVH	U20W	13.60
	7	41 Sophie Wilkes	Watford H	U15G	15.28

**100m** WS +1.5M/S

## Race 5

1	28 Andrew Nicolaou	SBH	U17M	11.62
2	5 Lewis Black	VoA	U20M	11.71
3	2 Alex Allen	Warwick Uni	U20M	11.71
4	25 Mittio Mohammadian	SBH	U17M	11.99
5	279 Dom Hastings	VoA	U17M	12.30
6	32 Prince Richman	Herts P	SM	12.81
7	8 James Davis	SBH	U20M	13.11
8	23 Michael Martin	St Albans	SM	13.42

## 1500m

### Race 1

1	101 Woody Day	VoA	U13B	05:24.22
2	88 Daniel Clouston	Thetford	U13B	05:36.49
3	134 Jessica Kempton	R&N	U13G	05:41.22
4	168 Alison Putko	Watford H	W35	05:47.55
5	94 Oliver Cooper	Watford H	U13B	05:48.58
6	96 Katie Crowhurst	Maidenhead	U15G	05:52.33
7	278 James Turton	Watford H	U13M	05:57.18
8	98 Lucy Cuthbert	VoA	U13G	05:58.83
9	140 Robyn Lower	Watford H	SW	06:01.24
10	83 Kevin Clark	Watford H	M50	06:03.35
11	162 Jonah Peris	UNATT	U13B	06:25.57
DNS	24 Sara Maruboyina	Watford H	U13G	

## 1500m

### Race 2

1	187 Charlie Stone	Chiltern H	U15B	04:54.83
2	161 Benjamin Peck	Thryford	U13B	04:55.70
3	100 Liam Davison	Ipswich	U13B	05:17.05
4	155 Lesedi Nkoane	Chiltern H	U13G	05:17.53
5	120 Georgina Halfhead	Abingdon	U15G	05:18.16
6	176 Morris Rock	TVH	U13B	05:18.57
7	164 Ethan Perry	VoA	U13B	05:21.38
8	85 Alfie Clifford	Chiltern H	U13B	05:24.65
9	163 Solomon Peris	UNATT	U15B	05:26.00
10	157 Jessica Nuttall	MKDP	U20W	05:28.27
11	61 Sanders Annabel	MKDP	MKDP	05:32.92
12	143 Daisy Mainwaring	Watford H	U13G	05:42.66
13	62 Christine Anthony	West Suffolk	W55	05:45.46

## 1500m

### Race 3

1	81 Scot Charlton	Watford J	SM	04:34.81
2	66 Tony Bacon	Haverhill RC	SM	04:51.24
3	190 Nathan Sweeney	Chiltern H	U15B	05:09.88
4	201 Isabella Wijsman	WPH	U17W	05:14.02
5	142 Lily Mae Smith	MKDP	U15G	05:16.69
6	90 Rachel Clutterbuck	WSEH	U13G	05:17.36
7	136 Amy Killick	Leighton Buzzard	U17W	05:17.57
8	103 Christina Durbin	St Albans	U17W	05:18.71
9	189 Emma Styles	WPH	U17W	05:18.79
10	151 William Muzio	B&H	U13B	05:19.79
11	80 Madeleine Casey	TVH	U15G	05:21.26

12	8 James Davis	SBH	U20M	05:22.02
13	93 John Cooper	Bracknell	M45	05:35.59
14	36 Andrew Stewart	UNATT	M55	05:38.47

### 1500m Race 4

1	71 Simeon Beckford-Ton	Watford H	SM	04:50.39
2	158 Daisy Palmer	Oxford C	U17W	04:56.92
3	64 Thomas Ashton	D&T	U15B	04:57.02
4	113 Jamie Garry	Oxford C	U20W	04:58.28
5	118 Peter Guevara	OUAC	SM	05:01.06
6	138 Anna Kofoed-Gregory	MKDP	U20W	05:08.89
7	78 Ella Carey	MMK	U17W	05:10.48
8	89 Katie Clutterbuck	WSEH	U17W	05:10.80
9	174 Phoebe Roberts	Bracknell	U20W	05:13.61
10	107 Muzio Emily	B&H	U15G	05:14.96
11	145 Amelia McMurtrie	R&N	U17W	05:15.37
12	121 Megan Harrowis	WPH	U15G	05:18.67
DNF	193 Charlotte Underwood	MMK	U15G	
DNS	150 Ciara Muzio	B&H	U15G	

### 1500m Race 5

1	180 Anna Sharp	SOTON	SW	04:44.22
2	77 Natalie Bretherton	Camberley & D	SW	04:45.25
3	144 Darren Matussa	North Herts RC	M40	04:49.71
4	86 Matthew Clifford	Chiltern H	U17M	04:51.30
5	99 Joseph Davison	Ipswich	U15B	04:56.01
6	79 Amelia Casey	TVH	U20W	04:56.10
7	82 Cameron Clark	Watford H	U20M	04:56.52
8	84 Lewis Clark	Watford H	U17M	04:57.16
9	149 Aidan Murphy	MMK	U15B	04:58.49
10	110 Jordi Evans Rodrigue	WSEH	U17M	05:00.51
11	102 Leon Doran	Chiltern H	U13B	05:02.67
12	123 Ruby Horton	AFD	U15G	05:03.36
13	137 Imogen King	MMK	U17W	05:04.52
14	159 Charlotte Parsons	AFD	U17W	05:06.13

### 1500m Race 6

1	132 Alex Johnson	Chiltern H	U17M	04:28.33
2	130 BAmet & Dey Jackm	AFD	U15B	04:37.77
3	169 Owen Quin	QPH	U17M	04:37.88
4	95 Fergus Crouch	Colchester H	U20M	04:40.00
5	194 James WInship	Bracknell	U15B	04:40.72
6	109 Ted Enser	Bracknell	U15B	04:41.88
7	73 Biny Bloom	SBH	U17M	04:42.52
8	175 Basil Rock	TVH	U15B	04:44.55
9	75 Sophie Botham	MMK	U20W	04:52.12
10	129 Hayley Instance	Thurrock H	U17W	04:55.41
11	68 James Bailey	D&T	U15B	04:56.45
12	133 Ben Kelly	SBH	U17M	04:58.20
13	156 Jessica Norkett	MKDP	U17W	04:58.20
14	74 Charlie Borgnis	Bracknell	U15B	05:05.28

15	177 Alexander Roseworn	Harrow	U17M	05:10.83
16	139 Harrowy Legg	MKDP	U15B	05:39.51

### 1500m

#### Race 7

1	63 Haydn Arnall	R&N	U20M	04:24.95
2	76 Lucas Boyt	UNATT	U20M	04:30.42
3	196 Charlie Wagstaff	AFD	U15B	04:31.18
4	167 Lee Pretlove	Royston F	SM	04:32.62
5	183 Mintu Sidhu	MKDP	U17M	04:34.85
6	119 Nathan Hackley	Chiltern H	U15B	04:35.05
7	87 Pierce Clisham	Coventry G	U17M	04:36.16
8	146 William McMurtrie	R&N	U20M	04:36.84
9	181 Chloe Sharp	Dartford H	U20W	04:37.94
10	170 Ashley Quinlan	AFD	SM	04:40.22
11	188 Mark Stringer	WSEH	U17M	04:46.81
12	179 Floren Scrafton	OUAC	SW	04:48.25
13	97 Conor Culham	Braintree & D	U20M	04:54.76
DNS	43 Jake Brockwell	UNATT	SM	

### 1500m

#### Race 8

1	199 Leon Wheeler	Thurrock H	U17M	04:13.95
2	147 Conall Mcginness	Hunts	U17M	04:14.38
3	108 Cameron Enser	Bracknell	U17M	04:14.53
4	171 James Quinlan	AFD	SM	04:15.29
5	111 Jack Exley	Thurrock H	U20M	04:16.13
6	148 Tom Mead	CONAC	U20M	04:17.10
7	182 Craig Sharp	Dartford H	M40	04:21.14
8	72 Noah Bennett	R&N	U15B	04:24.56
9	114 Finlay Zak Lewis Gib	MMK	U17M	04:25.77
10	153 Max Nicolle	VoA	U17M	04:28.46
11	65 Amar Babhanian	WSEH	U17M	04:33.24
12	128 Harrowy Hyde	AFD	U15B	04:34.12
13	192 Charlie Turner	UNATT	U15B	04:36.02
14	106 Jad El-Houssami	NEB	SM	04:36.25
15	105 Chauncey Edwards	ESM	U17M	04:37.61
16	131 Woody Jackson	Chiltern H	U15B	04:44.25

### 1500m

#### Race 9

1	202 Alfred Yabsley	MKDP	U20M	03:55.32
2	122 Max Heyden	AFD	U20M	03:56.95
3	117 Jamie Grose	Poole	SM	03:59.38
4	125 John Howorth	Team Bath	U20M	03:59.51
5	124 Dan Howells	AFD	U17M	04:01.71
6	184 Jed Skilton	Poole	U20M	04:03.58
7	126 Robert Howorth	Team Bath	U20M	04:05.45
8	198 Benjamin West	Bicester	U20M	04:05.55
9	185 Liam Smith	MMK	SM	04:07.38
10	112 Ewan Forsythe	MMK	U20M	04:10.72
11	166 Elliot Pocock	AFD	U17M	04:11.24
12	69 ArChiltern He Banks	CHARN	U20M	04:11.44
13	141 Oli Lum	Bracknell	SM	04:13.38

14	186 Sam Southall	WSEH	U17M	04:17.29
15	91 George Cook	Herts P	SM	04:19.75

## 200m

### Race 1

	WS +0.4 M/S			
1	57 Ashton O'Connell	D&T	U13B	30.21
2	6 John Broadis	Chiltern H	U13B	30.80
3	53 Mairi Malcolm	Harlow	U17W	31.24
4	17 Olive Harvey-Dew	SBH	U13G	31.37
5	22 Ffion Mabey	VoA	U13G	32.50
6	19 Mia Higson	SBH	U13G	32.96
7	16 Daisy Harvey-Dew	SBH	U13G	33.03
8	34 Clare St John-Colema	Chelmsford	W55	35.76

## 200m

### Race 2

	WS +0.8 M/S	+0.8 M/S		
1	50 Hannah Lord	MKDP	U15G	29.44
2	29 Tara Offside	Chiltern H	U15G	29.66
3	45 Orla Foley	St Albans	U15G	29.89
4	54 Ava McCloughlin	Watford H	U15G	29.95
5	51 Hannah Mabey	VoA	U17W	30.40
6	44 Darcey Cooper	Bracknell	U15G	30.52
7	36 Andrew Stewart	UNATT	M55	31.94
DNS	56 Gen? Noel-Williams	Watford H	U17W	

## 200m

### Race 3

	WS +06 M/S			
1	13 Charles Grant	SBH	U17M	27.11
2	21 Nick Jones	Watford H	M50	27.24
3	15 Alice Harroway	TVH	U20W	27.41
4	60 Rebecca Wade	Chelmsford	SW	27.80
5	11 Kelsi Ellis	NVH	U20W	28.22
6	3 Shannon Anderson	UNATT	SW	28.51
7	52 Eilidh Malcolm	Harlow	U20W	28.58
8	37 Jemma Thomson	Chiltern H	U13G	29.29

## 200m

### Race 4

	No wind speed			
1	25 Mittio Mohammadian	SBH	U17M	23.80
2	2 Alex Allen	Warwick Uni	U20M	23.84
3	5 Lewis Black	VoA	U20M	23.94
4	47 Aidan Jackson	Camberley & D	U20M	24.11
5	55 Carl McMullen	C&S	M35	24.31
6	28 Andrew Nicolaou	SBH	U17M	24.79
7	48 Byron Johal	UNATT	U20M	27.32
8	23 Michael Martin	St Albans	SM	28.82

## 3000m

### Race 1

1	222 Abi Durand	N Norfolk H	U17W	10:05.88
2	233 Lauren Hall	AFD	SW	10:10.38
3	66 Tony Bacon	Haverhill RC	SM	10:16.09
4	260 Millie Solway	CONAC	U20W	10:17.08
5	252 Maayan Radus	SBH	U15G	10:20.41

6	230 Alice Garner	AFD	U17W	10:26.81
7	261 Lizzie Squibbs	AFD	U20W	10:32.90
8	257 Ben Rowe	Bracknell	U17M	10:40.32
9	203 Nicole Ainsworth	City of Portsmouth	U17W	10:46.60
10	205 Samuel Burnell	D&T	U15B	10:57.67
11	218 Anna Cuthbert	VoA	U15G	11:02.07
12	234 Sarah Imbush	UNATT	SW	11:10.93
13	210 Abigail Clouston	Thetford	U15G	11:14.83
14	208 Lydia Carter	AFD	U17W	11:14.87
15	270 Jennifer Wing	London H	SW	11:34.94
16	236 Emily Johnston	VoA	U17W	11:37.02
17	253 David Ridley	Cookham	M40	11:59.50
18	254 Jemima Ridley	Cookham	U15G	11:59.70
19	238 Mohammed Khan	WSEH	M60	12:10.24
20	207 Millie Carey	VoA	U15G	12:20.63
21	36 Andrew Stewart	UNATT	M55	12:29.57
22	237 Nikki Kay	MKDP	U15G	12:31.37
23	256 Jessica Rosewarn	Harrow	U20W	13:15.96

### 3000m Race 2

1	235 Jack Johnson	AFD	U17M	09:27.03
2	242 Ryan Martin	AFD	U15B	09:30.77
3	271 George Withers	St Albans	SM	09:34.39
4	264 Harrowy Turner	Cookham	U20M	09:35.31
5	250 Ben Prior	Thurrock H	U17M	09:36.71
6	223 Findlay Dyer	WPH	U20M	09:36.91
7	206 Myles Caddell	WPH	U17M	09:38.33
8	243 Khahisa Mhlanga	Chelmsford	U20W	09:38.60
9	211 Matthew Clutterbuck	WSEH	U20M	09:42.16
10	213 Ross Connor	Watford H	SM	09:46.51
11	240 Pavit Kullar	WSEH	U17M	09:49.91
12	249 James Peck	Thetford	U15B	09:56.77
13	229 Izzy Fry	Newbury	U20W	09:57.96
14	263 Freddie Truman-Willia	D&T	U17M	10:12.07
15	246 Rudi Morrell	AFD	U15B	10:13.81
16	224 Edward Leech	Forest of Dean	U17M	10:18.60
17	251 Lia Radus	SBH	U17W	10:22.13
18	67 Tara Bage	B&H	SW	10:23.70
19	266 Tabatha Walford	Bedford C	U20W	10:45.91
20	212 Declan Connolly	SMRAC	U17M	11:26.84
21	272 Ruby Wyles	GG	U20W	11:37.29
DNF	228 Ben Findlay	WSEH	SM	
DNS	132 Alex Johnson	Chiltern H	U17M	

### 3000m Race 3

1	248 Dominic Nolan	Croydon	SM	08:32.65
2	216 James Coxon	Kingston & P	SM	08:34.78
3	267 Robert Warner	Blackburn	SM	08:35.91
4	247 Daniel Mulryan	Poole R	SM	08:43.46
5	219 Jeremy Dempsey	SBH	U20M	08:44.98
6	239 Sam Knee-Robinson	Bedford C	SM	08:52.39
7	258 James Share	Poole R	SM	08:56.74

8	241	William Mahoney	CONAC	U17M	08:58.56
9	204	Mohamed Ali	ESM	U17M	09:00.46
10	269	George Wheeler	MKDP	SM	09:02.83
11	227	Alec Finch	Thurrock	SM	09:07.06
12	231	Nathan Goddard	Ipswich	U17M	09:07.91
13	214	Maxwell Cooper	Bracknell	U20M	09:12.12
14	232	Tom Greenacre	CONAC	U20M	09:18.18
15	209	Miles Clisham	Coventry G	U20M	09:21.90
16	244	James Minter	MMK	U20M	09:22.30
17	220	Sarab Dhillon	Thurrock	U20M	09:22.86
18	225	Aaron Enser	Bracknell	U20M	09:32.79
19	221	James Dowsett	MKDP	U17M	09:35.24
20	259	Will Simm	CONAC	U17M	09:37.05
21	277	Kate Avery	Sildon	SW	09:39.88
22	217	Will Cullen	Radley	SM	09:43.40
23	226	Gary Evans	Bedford C	U20M	09:51.72
DNF	268	Charlie Wheeler	MKDP	SM	

### Long Jump

12	Lisa Fitzpatrick	WPH	SF	4.42
23	Michael Martin	St Albans	SM	4.39
274	Esme O'Connell	D&T	U17F	4.37
276	Marcus Shambury	D&T	U17M	4.17
26	Ndefo Onachukwu	R&N	U13F	4.05
56	Gene Noel-Willaims	Watford H	U17F	3.99
57	Ashton O'Connell	D&T	U13M	3.95
6	John Broadis	Chiltern H	U13M	3.94
54	Ava McCloughlin	Watford H	U15F	3.83
94	Oliver Cooper	Watford H	U13M	3.27
275	Leah Shellard	Watford H	U13M	3.23

No of competitors 245

Entries 278

**Next Open Graded Meeting Wednesday 18th April 2018**

**Track Events 200m/400m/800m**

**Field Events High Jump**

### Queries

**phone 01923 235279**

**or e-mail info@watfordharriers.org.uk**

**AND THAT' IT FOR THIS MEETING.**

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