

**City of Plymouth A.C. Spring Warm up  
6th April 2008**

U11 Girls	75Mtrs	Name	Club	Time
		Laurie Dawkins	Exeter	12.4
		Maylah Chapman	Newquay Par	12.5
		Mollie Daly	Newton Abbot	12.6
		Ellen McGirr	Plymstock Road Runners	12.9
		Jana Holmes	Cornwall A.C.	13.2
		Celina Meek	Newton Abbot	13.6
		Katie Jones	Cornwall A.C.	13.6
		Briony Evans	Plymstock Road Runners	13.6
		Charlotte Kennedy	Torbay	13.7
		Melody Cherrington	Plymouth Athletic Club	14.1
		Cody Morrish	Plymstock Road Runners	14.7
		Olivia Eveson	Newquay Par	14.7
		Bethany Trevail	Newquay Par	15.3

U11 Girls	150Mtrs	Name	Club	Time
		Molly Daly	Newton Abbot	25.3
		Laurie Dawkins	Exeter	25.3
		Maylah Chapman	Newquay Par	25.3
		Ellen McGirr	Plymstock Road Runners	26.2
		Briony Evans	Plymstock Road Runners	28.5
		Melody Cherrington	Plymouth Athletic Club	30.2

U11 Girls	Long Jump	Name	Club	Distance
		Jade Simpson	Erme Valley	3.63
		Molly Daly	Newton Abbot	3.54
		Jana Holmes	Cornwall A.C.	3.40
		Ellen McGirr	Plymstock Road Runners	3.23
		Katie Jones	Cornwall A.C.	3.05
		Laurie Dawkins	Exeter	3.00
		Bethany Trevail	Newquay Par	2.81
		Charlotte Kennedy	Torbay	2.73
		Olivia Eveson	Newquay Par	2.45
		Celina Meek	Newton Abbot	2.38

U11 Girls	Turbo-Javelin	Name	Club	Distance
		Bethany Trevail	Newquay Par	5.89
		Olivia Eveson	Newquay Par	5.26

U11 Girls	Cricket Ball	Name	Club	Distance
		Jade Simpson	Erme Valley	26.14
		Maylah Chapman	Newquay Par	18.5
		Katie Jones	Cornwall A.C.	14.42
		Melody Cherrington	Plymouth Athletic Club	13.58
		Briony Evans	Plymstock Road Runners	12.21
		Jana Holmes	Cornwall A.C.	8.99

U11 Boys	75Mtrs	Name	Club	Time
		Peter Tointon	Newquay Par	12.3
		Jack Trewmella	Mounts Bay	12.6
		Lewis Pascoe	Newquay Par	12.7
		Jack Digby	Plymstock Road Runners	12.8
		Lyndon Cooke	Plymouth Athletic Club	12.9
		Lachlan Malcolm	Plymouth Athletic Club	13.1
		Brandon Akerman	Plymouth Athletic Club	14.0
		Frankie Aldred	Plymouth Athletic Club	14.2
		Jacob Cherrington	Plymouth Athletic Club	14.2
		Jack Moncur	Exeter	14.8
		Tyler Curtis	Plymstock Road Runners	15.6

U11 Boys	150Mtrs	Name	Club	Time
		Jack Digby	Plymstock Road Runners	25.4
		Lachlan Malcolm	Plymouth Athletic Club	26.1
		Jacob Cherrington	Plymouth Athletic Club	31.1

U11 Boys	Long Jump	Name	Club	Distance
		Peter Tointon	Newquay Par	3.23
		Lewis Pascoe	Newquay Par	3.13
		Frankie Aldred	Plymouth Athletic Club	2.99

U11 Boys	Turbo-Javelin	Name	Club	Distance
		Jack Trewmella	Mounts Bay	23.36
		Jack Moncur	Exeter	16.3
		Peter Tointon	Newquay Par	14.15
		Jack Digby	Plymstock Road Runners	12.29
		Lachlan Malcolm	Plymouth Athletic Club	12.04

U11 Boys	Cricket Ball	Name	Club	Distance
		Jack Trewmella	Mounts Bay	35.08
		Jack Moncur	Exeter	26.73
		Brandon Akerman	Plymouth Athletic Club	25.78
		Tyler Curtis	Plymstock Road Runners	23.82
		Jacob Cherrington	Plymouth Athletic Club	20.86

U13 Girls	100Mtrs	Name	Club	Time
		Sophie Mason	Plymouth Athletic Club	14.1
		Abbey Hewitt	Cornwall A.C.	15.1
		Jessica Strang	Plymouth Athletic Club	15.7
		Sophie Digby	Plymstock Road Runners	17.7
		Megan Gardener	Plymouth Athletic Club	19.4

U13 Girls	200Mtrs	Name	Club	Time
		Jessica Strang	Plymouth Athletic Club	32.1
		Lottie Jose	Mounts Bay	33.9
		Lucy Farrell	Plymouth Athletic Club	36.8
		Natasha Duncan	Erme Valley Harriers	37.6
		Megan Garener	Plymouth Athletic Club	41.9

U13 Girls	600Mtrs	Name	Club	Time
		Jessica Strang	Plymouth Athletic Club	2.01.1
		Lottie Jose	Mounts Bay	2.02.3
		Lucy Farrell	Plymouth Athletic Club	2.09.5
		Sophie Mason	Plymouth Athletic Club	2.12.0
		Isabella Richards	Plymouth Athletic Club	2.12.1
		Natasha Duncan	Erme Valley Harriers	2.15.9

U13 Girls	70Mtr Hurdles	Name	Club	Time
		Chloe Livingstone	Newton Abbot	15.7
		Sophie Digby	Plymstock Road Runners	16.0

U13 Girls	Long Jump	Name	Club	Distance
		Chloe Livingstone	Newton Abbot	3.17

U13 Girls	Shot	Name	Club	Distance
		Sophie Mason	Plymouth Athletic Club	8.43
		Karis Harrington	Newquay & Par	7.92
		Chloe Livingstone	Newton Abbot	5.26

U13 Girls	Javelin	Name	Club	Distance
		Karis Harrington	Newquay & Par	24.1
		Lucy Farrell	Plymouth Athletic Club	6.97
		Megan Garener	Plymouth Athletic Club	5.88

U13 Boys	100Mtrs	Name	Club	Time
		Jack Kennedy	Torbay	15.0
		Alistair Tamblyn	Plymouth Athletic Club	15.3
		Graeme Tinker	Newton Abbot	15.7
		Aaron Everson	Newquay Par	16.1
		Shay Drew	Newquay Par	16.9
		Alex Caers	Cornwall.A.C.	17.4
		Damon Akerman	Plymouth Athletic Club	17.5
		Dean Taylor	Newton Abbot	20.9

U13 Boys	200Mtrs	Name	Club	Time
		Alistair Tamblyn	Plymouth Athletic Club	31.2
		Graeme Tinker	Newton Abbot	32.2

U13 Boys	600Mtrs	Name	Club	Time
		Graeme Tinker	Newton Abbot	1.49.3
		Alistair Tamblyn	Plymouth Athletic Club	1.55.2
		Ned Oliver	Bideford	1.55.2
		Henry Metherell	Plymouth Athletic Club	2.08.1
		Alex Caers	Cornwall A.C	2.11.4

U13 Boys	70Mtr Hurdles	Name	Club	Time
		Jack Kennedy	Torbay	15.6
		Karl Underwood	Plymstock Road Runners	16.3
		Henry Metherell	Plymouth Athletic Club	16.8
		Alex Caers	Cornwall A.C	17.9
		Sam Grannell	Erme Valley Harriers	18.1
		Shay Drew	Newquay Par	21.0

U13 Boys	Long Jump	Name	Club	Distance
		Jack Kennedy	Torbay	4.40
		Aaron Everson	Newquay Par	4.37
		Karl Underwood	Plymstock Road Runners	3.89
		Shay Drew	Newquay Par	3.85
		Henry Metherell	Plymouth Athletic Club	3.33
		Damion Ackerman	Plymouth Athletic Club	2.79
		Nathan Cooper	Plymouth Athletic Club	2.56

U13 Boys	Shot	Name	Club	Distance
		Sam Grannell	Erme Valley Harriers	5.11
		Dean Taylor	Newton Abbot	2.19

U13 Boys	Javelin	Name	Club	Distance
		Nathan Cooper	Plymouth Athletic Club	10.75
		Aaron Everson	Newquay Par	26.28
		Sam Grannell	Erme Valley Harriers	18.55

U15 Girls	100Mtrs	Name	Club	Time
		Sophie O'Neill	Torbay	13.9
		Jasmin Gould	Plymouth Athletic Club	14.3
		Poppy Kirkup	Plymouth Athletic Club	14.6
		Shawna Walsh	Plymouth Athletic Club	14.8
		Charlotte Drew	Cornwall A.C.	15.0

U15 Girls	200Mtrs	Name	Club	Time
		Adele Merry	Plymouth Athletic Club	28.8
		Jasmin Gould	Plymouth Athletic Club	29.3
		Poppy Kirkup	Plymouth Athletic Club	30.1
		Megan Hansen	Erme Valley	31.2

U15 Girls	800Mtrs	Name	Club	Time
		Katie Anderson	Plymouth Athletic Club	2.49.6
		Lauren Chown	Plymouth Athletic Club	2.59.4

U15 Girls	1500Mtrs	Name	Club	Time
		Katie Burns	Plymouth Athletic Club	5.19.5
		Samantha Walker	Torbay	5.51.8
		Bridie Head	Bideford	6.09.09

U15 Girls	75M Hurdles	Name	Club	Time
		Shawna Walsh	Plymouth Athletic Club	14.2
		Elenor Williams	Erme Valley Harriers	17.9

U15 Girls	Long Jump	Name	Club	Distance
		Sophie O'Neill	Torbay	4.58
		Megan Hansen	Plymouth Athletic Club	4.34
		Shawna Walsh	Plymouth Athletic Club	4.30
		Yasmin Lymn	Plymouth Athletic Club	4.20
		Samantha Walker	Torbay	3.64

U15 Girls	High Jump	Name	Club	Height
		Adele Merry	Plymouth Athletic Club	1.4
		Elenor Williams	Erme Valley Harriers	1.32

U15 Girls	Shot	Name	Club	Distance
		Bobby Hodge	Plymouth Athletic Club	7.77
		Sophie O'Neill	Torbay	7.65
		Poppy Kirkup	Plymouth Athletic Club	7.17
		Adelle Merry	Plymouth Athletic Club	5.53
		Sam Walker	Torbay	5.31
		Yasmine Lymn	Plymouth Athletic Club	5.08

U15 Girls	Javelin	Name	Club	Distance
		Bobby Hodge	Plymouth Athletic Club	13.54

U15 Girls	Discus	Name	Club	Distance
		Bobby Hodge	Plymouth Athletic Club	21.48

U15 Boys	100Mtrs	Name	Club	Time
		Den Kelland	Plymouth Athletic Club	13.4
		Nathan Higgins	Plymouth Athletic Club	13.8
		Iain Tinkler	Newton Abbot	15.3

U15 Boys	200Mtrs	Name	Club	Time
		Den Kelland	Plymouth Athletic Club	26.6
		Nathan Higgins	Plymouth Athletic Club	28.6
		Iain Tinkler	Newton Abbot	31.5

U15 Boys	800Mtrs	Name	Club	Time
		Callum Jones	Cornwall A.C.	2.25.9
		Freddie Richards	Plymouth Athletic Club	2.34.7

U15 Boys	1500Mtrs	Name	Club	Time
		Ayden Everson	Newquay Par	5.11.4
		Josh Tack	Plymouth Athletic Club	5.12.3
		Aaron Jose	Mounts Bay	5.14.9

U15 Boys	80Mtr Hurdles	Name	Club	Time
		David King	Plymouth Athletic Club	13.1
		Nathan Higgins	Plymouth Athletic Club	13.3

U15 Boys	Long Jump	Name	Club	Distance
		Ayden Everson	Newquay Par	4.43

U15 Boys	High Jump	Name	Club	Height
		David King	Plymouth Athletic Club	1.62
		Kieran Luxton	Exeter	1.45

U15 Boys	Shot	Name	Club	Distance
		Cy Chapman	Newquay & Par	7.01

U15 Boys	Javelin	Name	Club	Distance
		Ayden Everson	Newquay Par	25.54
		Bradley Green	Plymouth Athletic Club	25.43
		Callum Jones	Cornwall A.C.	21.66

U15 Boys	Discus	Name	Club	Distance
		Cy Chapman	Newquay Par	16.57

U17 Ladies	100Mtrs	Name	Club	Time
		Rebecca Chapman	Exeter	13.9
		Jess Driver	Plymouth Athletic Club	14.1
		Kiah Rosenstein	Plymouth Athletic Club	14.3

U17 Ladies	200Mtrs	Name	Club	Time
		Hayley Harvey	Plymouth Athletic Club	27.6
		Jess Driver	Plymouth Athletic Club	29.9

U17 Ladies	300Mtrs	Name	Club	Time
		Hayley Harvey	Plymouth Athletic Club	42.1
		Beth Anderson	Plymouth Athletic Club	44.5
		Thuza Edworthy	Newton Abbot	46.3
		Caroline Parmenter	North Devon	51.2

U17 Ladies	800Mtrs	Name	Club	Time
		Hanna Iles	Cornwall A.C.	2.32.9
		Liv Driver	Plymouth Athletic Club	2.52.3

U17 Ladies	300Mtr Hurdles	Name	Club	Time
		Thuza Edworthy	Newton Abbot	52.4
		Philipa Stiff	Plymouth Athletic Club	61.9

U17 Ladies	80Mtr Hurdles	Name	Club	Time
		Thuza Edworthy	Newton Abbot	15.5
		Philipa Stiff	Plymouth Athletic Club	17.2

U17 Ladies	Long Jump	Name	Club	Distance
		Rebecca Chapman	Exeter	5.08
		Anna Rust	Exeter	4.07
		Ayesha Lymn	Plymouth Athletic Club	3.91
		Liv Driver	Plymouth Athletic Club	3.91
		Hayley Harvey	Plymouth Athletic Club	3.42

U17 Ladies	High Jump	Name	Club	Height
		Caroline Parmenter	Exeter	1.40
		Becky Price	North Devon	1.25

U17 Ladies	Shot	Name	Club	Distance
		Liv Driver	Plymouth Athletic Club	5.66

U17 Ladies	Javelin	Name	Club	Distance
		Philipa Stiff	Plymouth Athletic Club	22.84

U17 Ladies	Discus	Name	Club	Distance
		Nicole Kemp	Plymouth Athletic Club	17.56
		Ayesha Lymn	Plymouth Athletic Club	15.28

U17 Men	100Mtrs	Name	Club	Time
		Tyler Johnson	Plymouth A.C.	12.1
		Alex Crowter	Exeter Harriers	12.2
		Chris Harris	Newquay Par	
				14

U17 Men	200Mtrs	Name	Club	Time
		Tyler Johnson	Plymouth A.C.	24.2
		Alex Crowter	Exeter Harriers	24.5
		Tom Rainey	Dunblaine Queen Victoria	29.8

U17 Men	400Mtrs	Name	Club	Time
		Alec Crowter	Exeter	54.7
		Ben Anderson	Plymouth Athletic Club	58.4
		Daniel Drew	Cornwall A.C.	58.9
		Andrew Reed	Erme Valley Harriers	61.0
		Callum Jones	Cornwall A.C.	63.9
		Ian Tinkler	Newton Abbot	70.0

U17 Men	800Mtrs	Name	Club	Time
		Ben Anderson	Plymouth Athletic Club	2.06.6
		Daniel Drew	Cornwall A.C.	2.16.0
		Leigh Donald	Plymouth Athletic Club	2.21.0
		Andrew Reed	Erme Valley Harriers	2.22.0
		Matt McNamara Waddington	Tavistock	2.30.3
		Tom Rainey	Dunblaine Queen Victoria	2.39.1
		Owen Drage	Tavistock	2.40.9
		Rueben Grice	Tavistock	2.56.4

U17 Men	1500Mtrs	Name	Club	Time
		Eliot Buckner	Totnes	4.45.6
		Andrew Reed	Erme Valley Harriers	4.58.7
		Oliver Syrett	South Devon	5.04.0

U17 Men	Long Jump	Name	Club	Distance
		Chris Bryant	Plymouth Athletic Club	5.44
		Chris Harris	Newquay Par	5.11

U17 Men	High Jump	Name	Club	Height
		Owen Drage	Tavistock	1.60
		Matt McNamara Waddington	Tavistock	1.50
		Tom Rainey	Dunblane Queen Victoria	1.45
		Rueben Grice	Tavistock	1.20

U17 Men	Shot	Name	Club	Distance
		Matt Halton	Newquay Par	12.51

U17 Men	Javelin	Name	Club	Distance
		Steven Turnock		54.4
		Rueben Grice	Tavistock	15.42

U17 Men	Discus	Name	Club	Distance
		Michael King	Plymouth Athletic Club	34.32
		Matt Halton	Newquay Par	31.16

Junior/Snr Ladies	100Mtrs	Name	Club	Time
		Lucy Sings	Plymouth Athletic Club	13.3
		Sarah Mageean	Newquay Par	14.2
	U20	Suzanne McNiff	Plymouth Athletic Club	14.3
	Vet 35	Tamzin Gribble	Plymouth Athletic Club	14.9

Junior/Snr Ladies	200Mtrs	Name	Club	Time
	Vet 50	Judith O,Carroll	Erme Valley Harriers	45.6

Junior/Snr Ladies	400Mtrs	Name	Club	Time
		Lucy Sings	Plymouth Athletic Club	59.2
		Leah Pawley	Newquay Par	60.7
		Amanda Evans	Exeter	62.3
		Katie Hewitt	Cornwall A.C.	63.0
	Vet 35	Tamsin Gribble	Plymouth Athletic Club	67.9
	Vet 50	Judith O'Carroll	Erme Valley Harriers	1.47.7

Junior/Snr Ladies	800Mtrs	Name	Club	Time
	Vet 40	Linda Ansell	Newquay Par	2.38.5
	Vet 50	Judith O'Carroll	Erme Valley Harriers	3.42.3

Junior/Snr Ladies	100Mtr Hurdles	Name	Club	Time
	Vet 35	Tamsin Gribble	Plymouth Athletic Club	18.9

Junior/Snr Ladies	3000Mtrs	Name	Club	Time
		Anna Rust	Exeter	11.45.6
		Emma Anderson	Plymouth Athletic Club	12.12.7

Junior/Snr Ladies	Shot	Name	Club	Distance
	VET 35	Kerry Smith Wightman	Plymouth Athletic Club	8.69
	U20	Suzanne McNiff	Plymouth Athletic Club	8.08
	U20	Diane Neza	Plymouth Athletic Club	6.97

Junior/Snr Ladies	Javelin	Name	Club	Distance
	U20	Diane Neza	Plymouth Athletic Club	22.77

Junior/Snr Men	100Mtrs	Name	Club	Time
	U20	Matthew Harris	Newquay Par	12.2
	U20	Kingsley Garrison	Plymouth Athletic Club	12.3
	U20	Sam Peters	Erme Valley Harriers	12.4
	Snr	Keegan Galleymore	Plymouth Athletic Club	12.8
	U20	Jamie Croft	Newton Abbot	13.4
	Vet 40	Bob Crowter	Unattached	14.7

Junior/Snr Men	200Mtrs	Name	Club	Time
	Under 20	Sam Peters	Erme Valley Harriers	24.5
	Vet 50	Julian Kennedy	Souh West Vets	31.3

Junior/Snr Men	400Mtrs	Name	Club	Time
		James Ansell	Newquay Par	53.4
		Keegan Galleymore	Plymouth Athletic Club	55.0
	Vet 40	Simon Anderson	Plymouth Athletic Club	59.6

Junior/Snr Men	800Mtrs	Name	Club	Time
	U20	Daniel Pike	Newquay Par	2.02.7
	Snr	James Ansell	Newquay Par	2.04.3
	U20	Darren Franklin	Plymouth Athletic Club	2.04.7
	U20	Tom Hartley	Exeter	2.05.3
	Snr	Keegan Galleymore	Plymouth Athletic Club	2.05.4
	U20	Dan Daly	Plymouth Athletic Club	2.05.4
	Snr	Richard Wallace	South Devon	2.06.2
	U20	Matt Knight	Plymouth Athletic Club	2.22.1

Junior/Snr Men	1500Mtrs	Name	Club	Time
	Vet 40	Simon Anderson	Plymouth Athletic Club	4.37.3

Junior/Snr Men	3000Mtrs	Name	Club	Time
		Harry Wiltshire	Tavistock	9.10.7
		Charles Gunning	Shaftsbury	9.11.1
		Simon Anderson	Plymouth Athletic Club	9.28.1
		Jacob Landers	Plymouth Athletic Club	9.33.9
		Chris Sykes	Plymouth Athletic Club	9.36.3
		Richard Drage	Tavistock	9.59.5
		Will Strang	Unnatached	10.23.1
		Josh Salter	Plymouth Athletic Club	10.25.0
		Adam Caunter	Newton Abbot	11.42.1

Junior/Snr Men	110Mtr Hurdles	Name	Club	Time
		Clive Pengelley	Newquay Par	17.7

Junior/Snr Men	Long Jump	Name	Club	Distance
		Mat Harris	Newquay Par	5.73
		Matt Gilbert	Plymouth Athletic Club	5.52
	Vet 55	Julian Kennedy	South West Vets	4.26

Junior/Snr Men	High Jump	Name	Club	Height
		Matt Gilbert	Plymouth Athletic Club	1.80
		Jamie Croft	Newton Abbot	1.45
	Vet 45	John Perkins	Newquay Par	1.70

Junior/Snr Men	Shot	Name	Club	Distance
	Vet 55	Julian Kennedy	South West Vets	9.07

Junior/Snr Men	Javelin	Name	Club	Distance
	U20	Luke Sings	Plymouth Athletic Club	39.56
		Micheal Grannell	Erme Valley Harriers	22.77
	U20	Owen Drage	Tavistock	20.26

Junior/Snr Men	Discus	Name	Club	Distance
	U20	Luke Sings	Plymouth Athletic Club	32.52
	Vet 55	Julian Kennedy	South West Vets	27.85

<b>Female</b>	<b>Hammer</b>	<b>Name</b>	<b>Club</b>	<b>Distance</b>
	U20	Suzanne McNiff	Plymouth Athletic Club	37.94
	Vet 35	Kerry Smith Wightman	Plymouth Athletic Club	34.56
	U15	Bobby Hodge	Plymouth Athletic Club	28.45
	U13	Karis Harrington	Newquay par	17.59
	U20	Diane Neza	Plymouth Athletic Club	16.79

<b>Male</b>	<b>Hammer</b>	<b>Name</b>	<b>Club</b>	<b>Distance</b>
	U17	Matt Halton	Newquay Par	41.21
	Vet 45	Dale Johns	Plymouth Athletic Club	15.46