

Spring Warm Up - Plymouth - 7th April 2024

Track Results

300m Hurdles							Manual
1	298	Stephen	Blackford	City of Plymouth AC	M60		59.8
400m Hurdles							Manual
1	191	Evie	Rowe	Exeter Harriers	U20W		1:14.7
3000m							Manual
1	187	Paige	Quinn	Torbay AC	U17W		9:54.9
2	193	Daniel	Salmon	City of Plymouth AC	U15B		10:33.1
3	299	Joshua	Blake	City of Plymouth AC	SM		10:53.7
4	209	Phoebe	Timson	City of Plymouth AC	U20W		11:28.4
5	143	Ellis	Hemsley-Whorne	Erme Valley Harriers	U17M		11:33.1
100m Race 1			+2.0 (Manual)	M/S			Manual
1	173	Leonora	Noonan	South Devon AC	U13G		15.5
2	286	Harriet	Rogers	Erme Valley Harriers	U13G		15.6
3	161	Amelia	Lyons	Erme Valley Harriers	U13G		15.9
4	197	Rubi	Shillabeer	Newton Abbot AC	U13G		19.1
100m Race 2			+2.1 (Manual)	M/S			Manual
1	139	Lamara	Hammoudeh	City of Plymouth AC	U13G		14.3
2	148	Jazz	Jackman	City of Plymouth AC	U13G		14.8
2	219	Sadie	Whitehouse	Cornwall AC	U13G		14.8
4	290	Eryn	Hoey	Erme Valley Harriers	U13G		15.3
100m Race 3			+0.2 (Manual)	M/S			
1	165	Harrison	McConnell	Exeter Harriers	U13B		13.96
2	154	Hugo	Keir	Exeter Harriers	U13B		14.25
3	296	Henry	Gardiner	South Devon AC	U13B		14.61
4	101	Elliott	Barrett	Erme Valley Harriers	U13B		14.83
5	130	Oscar	Fasuba	City of Plymouth AC	U13B		14.90
6	113	Luke	Byrne	Exeter Harriers	U13B		15.55
100m Race 4			+3.0 (Manual)	M/S			
1	128	Annabelle	Fasuba	City of Plymouth AC	U15G		12.71
2	283	Isla	Perry	South Devon AC	U15G		13.28
3	198	Frankie	Skelly	Torbay AC	U15G		13.54
4	179	Ayla	Orgacki	City of Plymouth AC	U15G		14.77
5	289	Isla	Foley	South Devon AC	U15G		15.52
100m Race 5			+0.5 (Manual)	M/S			
1	176	Bryan	Oldfield	City of Plymouth AC	U15B		11.71
2	140	Omar	Hammoudeh	City of Plymouth AC	U15B		13.75
3	282	Akein	Nahayakkam	Exeter Harriers	U15B		14.46
4	118	Harrison	Crawford	City of Plymouth AC	U15B		14.90
100m Race 6			+3.2 (Manual)	M/S			

1	160	Keeley	Little	Torbay AC	U17W	12.48
2	141	Nia	Harradine-Cole	City of Plymouth AC	U17W	13.28
3	216	Millie	Westwood	City of Plymouth AC	U17W	14.09
100m Race 7			+0.8 (Manual)	M/S		
1	177	David	Oldfield	City of Plymouth AC	U17M	11.43
2	297	Aaron	Amith	Exeter Harriers	U17M	11.65
3	220	Jack	Williams	Exeter Harriers	U17M	11.66
4	217	George	White	City of Plymouth AC	U17M	11.95
5	190	Alexander	Robshaw	City of Plymouth AC	U17M	12.10
6	134	Matt	Gilbert	City of Plymouth AC	U17M	12.11
100m Race 8			+0.8 (Manual)	M/S		
1	136	Tara	Green	City of Plymouth AC	U20W	13.12
2	116	Lauren	Carr	South Devon AC	U20W	13.95
3	185	Grace	Povey	South Devon AC	U20W	14.27
4	115	Hannah	Carr	South Devon AC	U20W	14.42
100m Race 9			+1.3 (Manual)	M/S		
1	284	Brook	Adnitt	City of Plymouth AC	SM	11.86
2	171	Andrew	Morey	Newton Abbot AC	M50	12.62
3	175	Charlie	Nyeko-Lacek	Exeter Harriers	U20M	13.42
4	120	Matthew	Dyson	Newquay and Par AC	M40	14.72
75m Race 1			+1.0 (Manual)	M/S		
1	111	Alice	Burke		U11G	12.09
2	221	Harriet	Woodman-Hardy	City of Plymouth AC	U11G	12.12
3	164	Bluebell	McBride	Erme Valley Harriers	U11G	13.79
4	102	Millie	Barrett	Erme Valley Harriers	U11G	14.92
5	278	Ruby	Turner	Newton Abbot AC	U11G	15.44
75m Race 2			+0.0 (Manual)	M/S		
1	291	Chloe	Souness	City of Plymouth AC	U11G	12.84
2	158	Harper	Linney-Goodall	City of Plymouth AC	U11G	13.15
3	157	Ivy	Ling	City of Plymouth AC	U11G	14.09
4	180	Elsa	Orgacki	City of Plymouth AC	U11G	14.38
5	218	Olivia	White	City of Plymouth AC	U11G	14.42
75m Race 3			+1.5 (Manual)	M/S		
1	132	Sennen	Gibson	Cornwall AC	U11G	11.85
2	195	Ruby	Shattock	City of Plymouth AC	U13G	11.88
3	293	Harper	Thurston	Exeter Harriers	U11G	13.46
4	147	Shara	Ingleby	City of Plymouth AC	U11G	13.99
75m Race 4			+2.8 (Manual)	M/S		
1	211	Reuben	Tripp	Cornwall Athletics Academy	U11B	12.39
2	285	William	Rogers	Erme Valley Harriers	U11B	12.47
3	280	Jacob	Sweeney	City of Plymouth AC	U11B	13.08
4	295	George	Gardiner	South Devon AC	U11B	13.23
5	162	Isaac	Lyons	Erme Valley Harriers	U11B	13.41

6	288	Jack	Sweeting	Erme Valley Harriers	U11B	13.51
50m Quad Kids Race 1						
1	287	Daisy	Sweeting	Erme Valley Harriers	U11G	9.61
2	124	Max	Elliott	City of Plymouth AC	U11B	9.61
3	292	Claudia	Taylor		U8G	10.29
4	214	Joel	Vague	Cornwall Athletics Academy	U8B	10.44
5	210	Jessamy	Tripp	Cornwall Athletics Academy	U8G	10.51
50m Quad Kids Race 2						
1	129	Elsa	Fasuba	City of Plymouth AC	U8G	8.61
2	149	Libby	Johnson	Newton Abbot AC	U11G	10.01
3	146	Dempsey	Ingleby	City of Plymouth AC	U8B	10.10
4	183	Elsie	Penney	City of Plymouth AC	U8G	10.54
800m Race 1						
1	188	Ella	Richards	Torbay AC	U15G	2:27.86
2	274	Anya	McAulay	Tavistock AC	U17W	2:50.35
3	194	Molly	Searle	City of Plymouth AC	U15G	3:01.93
800m Race 2						
1	121	Seth	Dyson	Newquay and Par AC	U15B	2:15.07
2	105	Finley	Bennett	City of Plymouth AC	U15B	2:19.84
3	155	Stanley	Kingdom	City of Plymouth AC	U15B	2:35.27
4	151	Taylan	Jones	City of Plymouth AC	U15B	2:39.14
800m Race 3						
1	133	Caleb	Gifford-Groves	Tavistock AC	U17M	2:02.48
2	273	Matthew	Bradley	City of Plymouth AC	SM	2:08.26
3	189	Jacob	Robinson	City of Plymouth AC	U20M	2:14.01
4	277	Douglas	Richardson	City of Plymouth AC	U17M	2:18.17
5	120	Matthew	Dyson	Newquay and Par AC	M40	2:42.63
600m Race 1						
1	154	Hugo	Keir	Exeter Harriers	U13B	1:50.54
2	296	Henry	Gardiner	South Devon AC	U13B	1:50.73
3	159	Annalise	Little	Torbay AC	U13G	1:52.46
4	281	Lucas	Sweeney	City of Plymouth AC	U13B	1:55.83
5	112	Evan	Burke		U13B	1:58.47
6	166	Jenni	Merrifield	City of Plymouth AC	U13G	1:59.01
7	142	Emily	Harvey	Cornwall AC	U13G	2:03.25
8	286	Harriet	Rogers	Erme Valley Harriers	U13G	2:07.95
9	123	Daisy	Elliott	City of Plymouth AC	U13G	2:10.71
10	290	Eryn	Hoey	Erme Valley Harriers	U13G	2:16.39
11	203	Freya	Steward	Torbay AC	U13G	2:23.85
600m Race 2						
1	184	Jack	Penney	City of Plymouth AC	U11B	2:01.52
2	111	Alice	Burke		U11G	2:08.99
3	285	William	Rogers	Erme Valley Harriers	U11B	2:09.57

4	280	Jacob	Sweeney	City of Plymouth AC	U11B	2:10.82
5	152	Theia	Jones	City of Plymouth AC	U11G	2:11.36
6	103	Edie	Bater	North Devon AC	U11G	2:12.76
7	158	Harper	Linney-Goodall	City of Plymouth AC	U11G	2:14.64
8	132	Sennen	Gibson	Cornwall AC	U11G	2:16.78
9	162	Isaac	Lyons	Erme Valley Harriers	U11B	2:17.90
10	157	Ivy	Ling	City of Plymouth AC	U11G	2:20.66
11	295	George	Gardiner	South Devon AC	U11B	2:34.50
12	293	Harper	Thurston	Exeter Harriers	U11G	2:41.57

400m Quad Kids

1	124	Max	Elliott	City of Plymouth AC	U11B	1:33.39
2	146	Dempsey	Ingleby	City of Plymouth AC	U8B	1:37.68
3	149	Libby	Johnson	Newton Abbot AC	U11G	1:39.37
4	287	Daisy	Sweeting	Erme Valley Harriers	U11G	1:40.70
5	183	Elsie	Penney	City of Plymouth AC	U8G	1:47.83
6	214	Joel	Vague	Cornwall Athletics Academy	U8B	1:48.94
7	292	Claudia	Taylor		U8G	1:57.15
8	210	Jessamy	Tripp	Cornwall Athletics Academy	U8G	2:02.36

70m Hurdles (55cm) U11 Race 1

1	291	Chloe	Souness	Plymouth AC	U11G	16.48
2	218	Olivia	White	City of Plymouth AC	U11G	18.07

70m Hurdles (55cm) U11 Race 2

1	221	Harriet	Woodman-Hardy	City of Plymouth AC	U11G	17.16
2	180	Elsa	Orgacki	City of Plymouth AC	U11G	18.86

70m Hurdles (55cm) U11 Race 3

1	126	Theo	England	Erme Valley Harriers	U11B	15.21
2	184	Jack	Penney	City of Plymouth AC	U11B	15.32
3	162	Isaac	Lyons	Erme Valley Harriers	U11B	16.08

70m Hurdles U13G

1	148	Jazz	Jackman	City of Plymouth AC	U13G	13.66
2	142	Emily	Harvey	Cornwall AC	U13G	13.76
3	195	Ruby	Shattock	City of Plymouth AC	U13G	19.58

75m Hurdles Race 1

+0.6 (Manual)

M/S

1	204	Libby	Straight	Cornwall AC	U15G	13.15
2	150	Megan	Johnson	Newton Abbot AC	U15G	13.18
3	283	Isla	Perry	South Devon AC	U15G	13.19

75m Hurdles Race 2

+3.5 (Manual)

M/S

1	165	Harrison	McConnell	Exeter Harriers	U13B	12.60
2	196	Luca	Shillabeer	Newton Abbot AC	U13B	14.45
3	154	Hugo	Keir	Exeter Harriers	U13B	14.98
4	279	Austin	Kier	Exeter Harriers	U13B	18.29

80m Hurdles

+5.9 (Manual)

M/S

1	272	Isabella	Trowell	Erme Valley Harriers	U17W	13.03
2	110	Lauren	Booker	Newton Abbot AC	U17W	13.04
100m Hurdles			+0.5 (Manual)	M/S		
1	116	Lauren	Carr	South Devon AC	U20W	21.31
110m Hurdles (99cm)			+1.6 (Manual)	M/S		
1	120	Matthew	Dyson	Newquay and Par AC	M40	21.76
300m Race 1						
1	141	Nia	Harradine-Cole	City of Plymouth AC	U17W	42.54
1	125	Cara	Ellis	Cornwall AC	U17W	42.54
3	205	Robyn	Summers	Tavistock AC	U17W	47.00
4	179	Ayla	Orgacki	City of Plymouth AC	U15G	47.20
300m Race 2						
1	151	Taylan	Jones	City of Plymouth AC	U15B	46.49
2	282	Akein	Nahayakkam	Exeter Harriers	U15B	47.96
400m Race 1						
1	163	Nicolas	Maczugowski	City of Plymouth AC	U20M	50.39
2	206	Matthew	Sumner	City of Plymouth AC	SM	52.54
3	202	Sam	Stevens	Exeter Harriers	U17M	52.58
4	174	Poppy	Northcott	City of Plymouth AC	U20W	1:01.46
5	191	Evie	Rowe	Exeter Harriers	U20W	1:04.54
1500m Race 1						
1	189	Jacob	Robinson	City of Plymouth AC	U20M	4:39.41
2	201	Olivia	Steer	Exeter Harriers	U17W	4:46.94
3	200	Joseph	Steer	Exeter Harriers	U15B	4:50.26
4	104	Isla	Bater	North Devon AC	U15G	4:50.76
5	271	Jasmine	Gray	Tavistock	SW	4:58.27
6	135	Elsie	Goodspeed	City of Plymouth AC	U15G	5:09.62
7	276	Teddy	Nutbrown-Hughes	Plymouth Uni	SM	5:14.91
8	120	Matthew	Dyson	Newquay and Par AC	M40	5:32.97
150m Race 1			+1.9 (Manual)	M/S		
1	285	William	Rogers	Erme Valley Harriers	U11B	25.27
2	103	Edie	Bater	North Devon AC	U11G	25.62
3	152	Theia	Jones	City of Plymouth AC	U11G	26.56
4	288	Jack	Sweeting	Erme Valley Harriers	U11B	26.70
150m Race 2			+3.4 (Manual)	M/S		
1	280	Jacob	Sweeney	City Of Plymouth	U11B	26.97
2	153	Isabelle	Joynes	Erme Valley Harriers	U11G	28.16
3	278	Ruby	Turner	Newton Abbot AC	U11G	32.00
150m Race 3			+2.5 (Manual)	M/S		
1	139	Lamara	Hammoudeh	City of Plymouth AC	U13G	21.62
2	148	Jazz	Jackman	City of Plymouth AC	U13G	22.31

3	196	Luca	Shillabeer	Newton Abbot AC	U13B	22.56
4	215	Mischa	Vague	Cornwall AC	U13G	22.86
5	281	Lucas	Sweeney	City Of Plymouth	U13B	24.09
6	123	Daisy	Elliott	City of Plymouth AC	U13G	24.28
150m Race 4			+0.9 (Manual)	M/S		
1	159	Annalise	Little	Torbay AC	U13G	21.85
2	219	Sadie	Whitehouse	Cornwall AC	U13G	22.22
3	192	Bo	Salmon	Cornwall AC	U13G	23.53
4	286	Harriet	Rogers	Erme Valley Harriers	U13G	23.92
5	195	Ruby	Shattock	City of Plymouth AC	U13G	24.02
200m Race 1			+0.7 (Manual)	M/S		
1	128	Annabelle	Fasuba	City of Plymouth AC	U15G	25.83
2	198	Frankie	Skelly	Torbay AC	U15G	28.27
3	179	Ayla	Orgacki	City of Plymouth AC	U15G	29.28
4	104	Isla	Bater	North Devon AC	U15G	30.43
200m Race 2			+2.1 (Manual)	M/S		
1	176	Bryan	Oldfield	City of Plymouth AC	U15B	24.10
2	105	Finley	Bennett	City of Plymouth AC	U15B	27.17
3	121	Seth	Dyson	Newquay and Par AC	U15B	27.31
4	282	Akein	Nahayakkam	Exeter Harriers	U15B	31.00
200m Race 3			+0.8 (Manual)	M/S		
1	155	Stanley	Kingdom	City of Plymouth AC	U15B	27.26
2	140	Omar	Hammoudeh	City of Plymouth AC	U15B	27.59
3	118	Harrison	Crawford	City of Plymouth AC	U15B	28.59
200m Race 4			+3.9 (Manual)	M/S		
1	160	Keeley	Little	Torbay AC	U17W	25.08
2	174	Poppy	Northcott	City of Plymouth AC	U20W	26.50
3	216	Millie	Westwood	City of Plymouth AC	U17W	29.26
4	205	Robyn	Summers	Tavistock AC	U17W	29.38
200m Race 5			+2.6 (Manual)	M/S		
1	136	Tara	Green	City of Plymouth AC	U20W	27.02
2	185	Grace	Povey	South Devon AC	U20W	29.66
3	294	Tamzin	Gribble	City Of Plymouth	W50	32.96
200m Race 6			+3.3 (Manual)	M/S		
1	297	Aaron	Amith	Exeter Harriers	U17M	23.36
2	220	Jack	Williams	Exeter Harriers	U17M	23.59
3	177	David	Oldfield	City of Plymouth AC	U17M	23.72
4	134	Matt	Gilbert	City of Plymouth AC	U17M	24.74
5	217	George	White	City of Plymouth AC	U17M	24.77
200m Race 7			+3.6 (Manual)	M/S		
1	163	Nicolas	Maczugowski	City of Plymouth AC	U20M	22.18
2	120	Matthew	Dyson	Newquay and Par AC	M40	31.98

3	298	Stephen	Blackford	City of Plymouth	M60	32.68
1500m SChase						
1	105	Finley	Bennett	City of Plymouth AC	U15B	5:42.05
2	207	Verity	Tank	City of Plymouth AC	U20W	5:52.37
3	269	Stephen	Burns	City of Plymouth AC	M60	5:59.10
4x100m Relay						
1				City of Plymouth AC	SM	47.52
2				City of Plymouth AC	U15B	1:01.91
3				City of Plymouth AC	U15G	1:03.00
4				City of Plymouth AC	U11G	1:14.21
5				City of Plymouth AC	U11B	1:22.39
6				City of Plymouth AC	Panthers	1:26.06