

### Kingston & Poly AC Open Throws Meeting 21st March 2010 at Ewell Court

Hammer	Name	Club	1		2		3		4		5		6		Best Throw
U15 (4kg)	Woody Cox	Worthing Harriers	N	T	N	T	17	78	N	T	N	T	N	T	17.78
U15 (4kg)	Curtis Knight	Walton AC	20	87	20	62	N	T	N	T	N	T	21	2	21.02
U17 (5kg)	Robert Duke	Worthing & District Harriers	40	46	50	37	49	7	51	2	N	T	51	54	51.54
U18 (5kg)	Dempsey McGuigan	Shaftesbury Barnet Harriers AC	61	43	61	70	61	95	60	89	61	3	N	T	61.95
U20 (6kg)	Matthew Evans	Worthing & District Harriers	N	T	N	T	42	94	44	95	N	T	45	76	45.76
U20 (6kg)	Simon Evans	Worthing & District Harriers	45	67	43	4	44	79	43	74	N	T	45	66	45.67
U20 (6kg)	Sam Ridgway	Marshall Milton Keynes	51	52	N	T	N	T	N	T	N	T	N	T	51.52
U20 (6kg)	Nathan Featherstone	Epsom & Ewell	N	T	N	T	32	89	N	T	N	T	32	95	32.95
SM (7.26kg)	Jim Lawrence	Marshall Milton Keynes	17	83	19	15	19	68	N	T	19	27	17	78	19.68
M40 (7.26kg)	Gareth Cook	Kingston & Poly AC	48	2	N	T	N	T	46	92	45	53	47	72	48.02
M45 (7.26kg)	David Burrell	Luton AC	44	23	N	T	43	75	46	3	N	T	44	0	46.03
M50 (6kg)	Guy Perryman	Reading AC	37	75	42	49	41	41	41	25	42	93	43	60	43.6
M50 (6kG)	Mike Bale	Haywards Heath Harriers	30	24	30	6	30	44	30	6	N	T	31	89	31.89
M65 (5kg)	Brian Harlick	Epsom & Ewell Harriers	25	99	N	T	N	T	N	T	22	64	N	T	25.99
M65 (5kg)	Richard Jegou	White Horse Harriers	N	T	28	69	29	36	28	7	29	77	N	T	29.77
M50 (6kg)	Jim Lawrence	Marshall Milton Keynes	23	33	N	T	23	38	2	86	N	T	21	18	23.86
M70 (4kg)	Hamilton Thomas	Lewis AC	28	7	N	T	N	T	27	52	31	79	29	40	31.79
M80 (3kg)	Jaroslav Hanus	VAC	27	50	27	6	N	T	25	90	28	3	29	31	29.31

Shot	Name	Club	1		2		3		4		5		6		Best Throw	
U15 (4kg)	Lewis Barnes	Marshall Milton Keynes	N	T	11	17	11	61	12	10	11	78	12	23	12.23	
U15 (4kg)	Woody Cox	Worthing Harriers	7	97	8	88	8	59	8	72	8	6	7	98	8.88	PB
U15 (4kg)	Curtis Knight	Walton AC	-	-	8	93	-	-	-	-	7	45	6	67	8.93	
U15 (4kg)	Ells Lookwood	Worthing	10	18	10	64	10	51	10	20	9	66	9	80	10.44	PB
U17 (5kg)	Robert Duke	Worthing & District Harriers	N	T	12	13	12	77	N	T	13	6	N	T	13.06	PB
U17 (5kg)	Max Featherstone	Epsom & Ewell	8	57	8	78	7	66	8	45	7	51	8	74	8.78	
U20 (6kg)	Hussein Al-Keimachki	Kingston & Poly AC	11	0	N	T	11	84	11	29	N	T	9	59	11.84	PB
U20 (6kg)	Nathan Featherstone	Epsom & Ewell	9	98	8	18	N	T	10	32	10	44	10	23	10.44	
SM (7.26kg)	Ian Frankish	Epsom & Ewell	12	22	11	59	11	39	12	5	11	91	12	54	12.54	
SM (7.26kg)	Dave Blackwell	Dartford Harriers	-	-	9	30	10	24	-	-	9	97	9	80	10.25	
M40 (7.26kg)	John Lockwood	Worthing	7	95	8	30	8	2	7	65	7	82	7	99	8.30	
M45 (7.26kg)	David Burrell	Luton AC	11	82	11	97	12	5	N	T	N	T	12	54	12.54	PB
M50 (6kg)	Guy Perryman	Reading AC	12	48	12	52	12	31	12	60	12	45	12	62	12.62	
M65 (5kg)	Richard Jegou	White Horse Harriers	10	60	10	61	10	51	10	38	10	11	10	18	10.61	
M65 (5kg)	Brian Harlick	Epsom & Ewell Harriers	8	1	7	85	-	-	7	45	7	96	8	40	8.40	
M70 (4kg)	Hamilton Thomas	Lewes AC	8	18	8	49	8	23	7	96	8	29	-	-	8.49	
M80 (4kg)	Jaroslav Hanus	VAC	8	57	8	63	8	27	8	35	8	31	8	92	8.92 BR	

Discus	Name	Club	1		2		3		4		5		6		Best Throw
U15 (1.25kg)	Woody Cox	Worthing Harriers	21	28	22	79	N	T	22	64	21	29	25	11	25.11
U15 (1.25kg)	Curtis Knight	Walton AC	16	21	17	36	16	9	18	3	17	97	15	87	18.03
U15 (1.25kg)	Ells Lookwood	Worthing	29	81	N	T	30	53	26	62	26	82	31	30	31.30
U15 (1.25kg)	Lewis Barnes	Marshall Milton Keynes	N	T	N	T	31	14	28	9	32	58	N	T	32.58
U15 (1.25kg)	William van Klaveren	Kingston & Poly AC	27	24	N	T	N	T	N	T	26	78	N	T	27.24
U17 (1.5kg)	Matthew Elmore	Kingston & Poly AC	17	36	18	8	21	34	20	69	21	28	19	45	21.34
U17(1.5kg)	Max Featherstone	Epsom & Ewell	N	T	18	60	18	22	18	33	19	84	21	65	21.65
U17 (1.5kg)	Saoirse Chinery-Edoo	Harrow	39	24	38	35	39	19	39	15	37	40	39	25	39.25
U17 (1.5kg)	Saoirse Chinery-Edoo	Harrow	36	39	N	T	36	5	38	7	N	T	36	40	38.07
U17(1.5kg)	Robert Duke	Worthing & District Harriers	35	11	29	80	36	93	35	18	N	T	N	T	36.93
U20 (1.75kg)	Ashley Ralph	St Albans AC	49	26	49	49	48	60	N	T	N	T	N	T	49.49
U20 (1.75kg)	Ashley Ralph	St Albans AC	49	46	46	9	48	62	N	T	49	39	N	T	49.46
U20 (1.75kg)	Sam Ridgway	Marshall Milton Keynes	29	49	30	96	N	T	35	32	N	T	35	69	35.69
SM (2kg)	Ian Frankish	Epsom & Ewell	N	T	32	73	N	T	N	T	N	T	N	T	32.73
M40 (2kg)	John Lockwood	Worthing	22	62	23	88	N	T	23	15	23	54	N	T	23.88
M45 (2kg)	David Burrell	Luton AC	-	-	36	59	37	41	N	T	35	67	N	T	37.41
M65 (1kg)	Richard Jegou	White Horse Harriers	28	82	N	T	28	99	N	T	28	29	29	14	29.14
M45 (2kg)	Geoff van Klaveren	Kingston & Poly AC	N	T	N	T	22	22	23	34	21	6	20	80	23.34
M50 (1.50kg)	Mike Bale	Haywards Heath Harriers	22	65	23	36	23	99	25	86	27	83	27	78	27.83
M65 (1kg)	Brian Harlick	Epsom & Ewell Harriers	29	60	30	38	31	9	30	36	N	T	N	T	31.09
M70 (1kg)	Hamilton Thomas	Lewis AC	N	T	22	23	23	87	22	73	23	35	25	67	25.67
M80 (1kg)	Jaroslav Hanus	VAC	18	26	20	69	N	T	22	3	23	31	N	T	23.31

PB

PB

Javelin	Name	Club	1		2		3		4		5		6		Best Throw
U15 (600g)	Curtis Knight	Walton AC	21	72	23	54	24	11	23	37	N	T	20	94	24.11
U15 (600g)	William van Klaveren	Kingston & Poly AC	39	73	39	51	41	35	36	8	38	19	37	36	41.35
U17 (700g)	Matthew Elmore	Kingston & Poly AC	N	T	N	T	17	40	N	T	18	87	N	T	18.87
U17 (700g)	Morgan Jury	WSEH	39	93	44	17	40	94	41	14	37	26	40	75	44.17
U17 (700g)	Matthew Sansome	Horsham Blue Stars	33	50	N	T	32	83	36	45	34	15	31	14	36.45
SM (800g)	Mike Clarke	Kingston & Poly AC	N	T	N	T	43	45	45	62	42	25	42	79	45.62
SM (800g)	Humphrey Waddington	Kingston & Poly AC	35	53	34	33	34	66	35	70	35	70	34	71	35.70
M45 (800g)	Geoff van Klaveren	Kingston & Poly AC	36	58	N	T	35	15	35	78	36	76	36	54	36.76
M65 (600g)	Brian Harlick	Epsom & Ewell Harriers	25	68	24	56	25	39	25	99	25	76	26	11	26.11

PB

Hammer	Name	Club	1		2		3		4		5		6		Best Throw
U15 (3kg)	Emily Baker	Worthing & District Harriers	17	44	N	T	20	97	N	T	21	82	21	32	21.82
U15 (3kg)	Rebecca Keating	Reading AC	N	T	24.06		N	T	N	T	20	29	23	99	24.06
U17 (4kg)	Eloise Marshall	Worthing & District Harriers	24	36	20	22	23	75	N	28	N	T	26	46	28.03
U17 (4kg)	Sophie Williams	Worthing Harriers	21	21	22	66	17	93	N	T	19	31	19	5	22.66
U20 (4kg)	Natalie Ellis	Kingston & Poly AC	15	28	N	T	21	67	20	5	N	T	N	T	21.67
U20 (4kg)	Anna Stevens	Team Southampton	26	95	28	15	27	30	28	11	29	84	26	33	29.84
U20 (4kg)	Pippa Wingate	Kingston & Poly AC	N	T	N	T	33	96	23	69	35	87	38	35	38.35
SW (4kg)	Joanna Bennett	Epsom & Ewell	N	T	31	22	30	59	N	T	N	T	N	T	31.22
SW (4kg)	Shannon Bunker	Luton AC	38	27	N	T	33	24	35	19	34	15	37	99	38.27
W45 (4kg)	Joanne Davison	Worthing & District Harriers	N	T	44	71	N	T	N	T	N	T	41	70	44.71
W45 (4kg)	Julie Wilson	Reading AC	30	29	31	85	31	12	32	22	N	T	31	67	32.22

Shot	Name	Club	1		2		3		4		5		6		Best Throw
U15 (3.25)	Isabelle Adlam	Brighton & Hove AC	7	21	7	41	8	1	8	2	8	15	8	51	8.51
U15 (3.25)	Rebecca Keating	Reading AC	8	38	8	57	8	8	8	89	8	12	8	24	8.89
U15 (3.25)	Mollie Pritchard	Reading AC	6	44	6	86	6	51	6	14	-	-	-	-	6.86
U15 (3.25)	Chelsea Pritchard	Reading AC	7	80	8	72	8	82	8	95	8	39	8	45	8.95
U17 (4kg)	Kayleigh Presswell	Marshall Milton Keynes	8	63	8	94	8	52	9	7	N	T	N	T	9.07
U17 (4kg)	Hannah Shephard	Epsom & Ewell	6	56	6	97	7	7	6	69	6	71	6	79	7.07
U17 (4kg)	Carla Letheby	Walton AC	8	97	-	-	9	28	8	73	9	58	9	68	9.68
U20 (4kg)	Anna Stevens	Team Southampton	9	3	9	20	9	37	9	9	9	14	9	42	9.42
U20 (4kg)	Holly Stroud	Guildford & Godalming	9	33	9	63	N	T	9	46	N	T	9	8	9.63
U20 (4kg)	Charlotte Webb	Reading AC	9	7	9	21	N	T	N	T	N	T	8	76	9.21
U20 (4kg)	Pippa Wingate	Kingston & Poly AC	8	66	8	27	9	2	9	34	9	15	8	88	9.34
SW (4kg)	Joanna Bennett	Epsom & Ewell	11	62	11	64	11	60	N	T	N	T	N	T	11.64
SW (4kg)	Shannon Bunker	Luton AC	10	1	9	78	-	-	-	-	-	-	-	-	10.01
W45 (4kg)	Julie Wilson	Reading AC	8	87	8	74	8	80	8	59	8	98	8	76	8.98
W55 (3kg)	Sue Dassie	Epsom & Ewell	8	0	8	0	7	85	7	85	7	83	8	15	8.15

Discus	Name	Club	1		2		3		4		5		6		Best Throw
U15	Nicola Gregory	Bexley AC	27	54	27	19	28	43	29	71	28	42	28	21	29.71
U15	Isabelle Adlam	Brighton & Hove AC	13	78	18	9	18	73	15	17	N	T	13	67	18.73
U15	Lianne Baker	Worthing & District Harriers	17	35	N	T	N	T	17	63	18	8	18	64	18.64
U15	Chelsea Pritchard	Reading AC	N	T	20	81	22	98	22	86	MN	T	N	T	22.98
U17	Leanne Bettis	Dorking & Mole Valley AC	28	73	N	T	N	T	29	18	30	59	31	0	31.00
U17	Kayleigh Presswell	Marshall Milton Keynes	N	T	N	T	27	0	28	11	28	48	29	10	29.10
U17	Carla Letheby	Walton AC	29	76	33	56	28	31	30	23	28	77	31	84	33.56
U17	Hannah Shephard	Epsom & Ewell	16	38	17	31	18	76	17	84	N	T	N	T	18.76
U20	Anna Stevens	Team Southampton	28	39	27	49	28	47	29	18	27	96	28	80	29.18
U20	Holly Stroud	Guildford & Godalming	26	96	29	72	N	T	27	16	26	41	29	26	29.72
U20	Charlotte Webb	Reading AC	31	36	30	60	N	T	N	T	30	94	31	32	31.36
U20	Natalie Ellis	Kingston & Poly AC	24	55	25	20	25	36	N	T	N	T	22	79	25.36
U20	Pippa Wingate	Kingston & Poly AC	28	94	N	T	27	76	N	T	26	27	N	T	28.94
W45	Joanne Davison	Worthing & District Harriers	30	54	32	8	N	T	32	82	33	96	N	T	33.96
W45	Julie Wilson	Reading AC	30	84	32	27	29	78	N	T	N	T	N	T	32.27

<b>Javelin</b>	Name	Club	1		2		3		4		5		6		Best Throw	
U15	Isabelle Adlam	Brighton & Hove AC	N	T	13	18	N	T	N	T	11	50	N	T	13.18	
U15	Rebecca Keating	Reading AC	N	T	N	T	N	T	15	93	N	T	N	T	15.93	
U15	Mollie Pritchard	Reading AC	12	63	14	53	16	74	14	82	16	15	16	59	16.74	
U15	Chelsea Pritchard	Reading AC	22	66	N	T	N	T	20	47	20	68	19	89	22.66	
U17	Leanne Bettis	Dorking & Mole Valley AC	N	T	24	11	20	76	22	69	28	8	N	T	28.08	
U17	Gemma Burrow	Reading AC	22	93	21	86	21	6	19	13	21	48	N	T	22.93	
U17	Maura Maughan	Kingstion & Poly AC	23	88	23	67	22	95	23	13	20	46	22	53	23.88	
U17	Rahanna Gillette-Vernon	Kingston & Poly AC	25	48	27	38	22	61	24	84	25	88	26	25	27.38	
U17	Grace Hailstone	Brighton & Hove AC	36	3	35	21	35	75	37	16	31	95	34	79	37.16	
U17	Holly Webb	Horsham AC	31	27	N	T	33	72	30	69	31	68	33	51	33.72	
U20	Laura Pearce	Reading AC	25	9	27	10	27	23	27	75	25	5	26	47	27.75	
U20	Holly Stroud	Guildford & Godalming	31	66	30	10	29	62	30	12	26	93	28	29	31.66	
U20	Charlotte Webb	Reading AC	27	42	25	67	26	45	26	40	25	9	27	55	27.55	
SW	Carla Letheby	Walton AC	29	64	30	5	31	12	32	90	32	54	31	54	32.90	
W45	Julie Wilson	Reading AC	22	98	21	84	N	T	21	90	N	T	21	66	22.98	