

Over Under Race - Girls

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	43	Emily Knight	Thurrock	20.4
	2	28	Ariyanna McGee	Basildon	20.5
	3	37	Nadia Lay	Basildon	22.6
	4	34	Katie McGowan	Basildon	23.2

2	1	100	Millie Ambrose	Basildon	22.1
	2	35	Keitan Adediji	Ardleigh Gn Jrs	22.5
	3	38	Olivia Sorrell	Upminster Jnr	22.9
	4	27	Amy Bates	Upminster Jnr	23.6

4 Lap Race - Girls

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	68	Kiera Bainsfair	Basildon	51.6
	2	78	Poppy Ellis	Havering AC	51.7
	3	76	Ndidikama Okoh	Chelmsford	52.0
	4	88	Ellie Bartram-Sheppard	Chelmsford	59.9

2	1	73	Lottie Hinson	Basildon	52.4
	2	56	Chloe Jordan	Basildon	53.0
	3	64	Jessica Krise	Basildon	55.5
	4				

3	1	59	Emma Ramsden	Basildon	52.4
	2	60	Freya Duffey	Redden Court	52.8
	3	55	Anna Wardell	Basildon	52.8
	4				

**1 Lap Race - Girls**

**Sportshall**

**U11 only**

Heat	Position	No.	Name	Club / School	Time
1	1	41	Seanna Omogbai	Basildon	12.5
	2	26	Alice Brown	Havering AC	12.6
	3	43	Emily Knight	Thurrock	12.7
	4	37	Nadia Lay	Basildon	12.9

2	1	31	Chloe Brand	Upminster Jnr	13.3
	2	27	Amy Bates	Upminster Jnr	13.7
	3	30	Chloe Austin	Branfil Pri	13.9
	4	29	Brooke Curran	Woodlands Sch	14.4

3	1	38	Olivia Sorrell	Upminster Jnr	13.0
	2	96	Sydney Foley	Havering AC	13.1
	3	32	Eliza Bearfield	Branfil Pri	13.6
	4				

**6 Lap Race - Girls**

**Sportshall**

**u13 only**

Heat	Position	No.	Name	Club / School	Time
1	1	70	Lauren Strutt	Colch H	1:24.1
	2	99	Caitlin Fowler	Basildon	1:25.6
	3	81	Rosie Brown	Havering AC	1:26.0
	4				

**2 Lap Race - Girls**

**Sportshall**

**U11**

Heat	Position	No.	Name	Club / School	Time
1	1	36	Mali Grant	Havering AC	24.8
	2	26	Alice Brown	Havering AC	25.4
	3	28	Ariyanna McGee	Basildon	25.7

2	1	41	Seanna Omogbai	Basildon	25.0
	2	100	Millie Ambrose	Basildon	26.8
	3	96	Sydney Foley	Havering AC	27.2

3	1	32	Eliza Bearfield	Branfil Pri	27.0
	2	40	Rebecca Apps	Nelmes Pri	27.9
	3	29	Brooke Curran	Woodlands Sch	29.0

2 Lap Race - Girls



U13

1	1	65	Jessica Smith	Enf & Har	24.0
	2	74	Millie Hodges	Havering AC	24.4
	3	73	Lottie Hinson	Basildon	24.8
	4	78	Poppy Ellis	Havering AC	25.3

2	1	66	Jessica Welsh	Basildon	24.0
	2	59	Emma Ramsden	Basildon	24.6
	3	55	Anna Wardell	Basildon	25.2
	4				

3	1	61	Funminiyi Olajide	Thurrock	23.8
	2	62	Hannah Bardo	Chelmsford	25.0
	3	58	Elize Bonning	Havering AC	25.0
	4	81	Rosie Brown	Havering AC	25.4

4	1	83	Sola Taiwo	Thurrock	24.1
	2	67	Jessie Gower	Havering AC	24.8
	3	84	Tia Vickers	Thurrock	26.3
	4				

5	1	77	Omolola Omowanile	Thurrock	23.2
	2	69	Kira Wealls	Colch H	23.7
	3	80	Robyn Moody	Havering AC	25.2
	4				

6	1	72	Liberty Griffin	Braintree	24.5
	2	60	Freya Duffey	Redden Court	26.2
	3	79	Rebecca Stanley	Havering AC	26.8
	4				

7	1	118	Kate Chachanidze	Coopers' CS	25.9
	2	57	Chloe Locke	Thurrock	26.7
	3				
	4				

U15

1	1	91	Kendrea Nwaelene	Thurrock	22.6
	2	89	Jessica Whitbread	Thurrock	24.1
	3	90	Jodie Cooper	Basildon	24.7
	4				

2	1	88	Ellie Bartram-Sheppard	Chelmsford	24.0
	2	93	Lucy Rutter	Chelmsford	24.9
	3	94	Maisy Webb	Thurrock	25.3
	4				

Over Under Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	4	Daniel Lucking	Thurrock	19.9
	2	18	Olamide Odupitan	Braintree	20.9
	3	5	Eddie Connor	Thurrock	25.3
	4				

2	1=	17	Liam Robertson	Branfil Pri	21.0
	1=	10	Jimi Gower	Branfil Pri	21.0
	3	21	Onyekachukwu Okoh	St Helens RC	21.9
	4	8	Jack Hamilton	Nelmes Pri	26.4

3	1	119	Glen Morris	Benfleet	21.4
	2	9	Jamie Philbrick	Nelmes Pri	21.9
	3	2	Billy Sacristan-Smart	Nelmes Pri	24.9
	4				

4 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	97	Finley Hall	Chelmsford	50.8
	2	45	George Sharpe	Thurrock	53.8
	3	44	Ben Myers	Orion H	53.8
	4				

2	1	86	Liam Chivers	Thurrock	48.8
	2	47	Joseph Hogan-O'Neill	Havering AC	51.9
	3				
	4				

Liam Chivers = Under 15

1 Lap Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	6	Francis Omowanile	Thurrock	12.5
	2	23	Tomi Akinrinlade	Basildon	12.9
	3	7	Hugo Whitten	Chelmsford	13.0
	4	24	Tosin Olajide	Thurrock	13.5

2	1	14	Joshua Lock	Lt Thurrock Sch	12.3
	2	22	Shaun Ebiwarebo	Basildon	12.9
	3	25	Jakub Kowalski	Thurrock	13.1
	4				

3	1	18	Olamide Odupitan	Braintree	12.4
	2	1	Arthur Day	Brentwood Sch	12.9
	3	9	Jamie Philbrick	Nelmes Pri	13.9
	4	2	Billy Sacristan-Smart	Nelmes Pri	14.1

4	1	98	Michael Adesiyani	Basildon	11.7
	2	16	Lenny Houston	Branfil Pri	12.3
	3	20	Oliver Jones	Upminster Jnr	12.8
	4				

## 6 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	51	Theo Adesima	Thurrock	1:13.4
	2				
	3				
	4				

## 2 Lap Race - Boys

Sportshall

U11

Heat	Position	No.	Name	Club / School	Time
1	1	6	Francis Omowanile	Thurrock	24.6
	2	23	Tomi Akinrinlade	Basildon	25.0
	3	3	Bradley James	Thurrock	25.2
	4	7	Hugo Whitten	Chelmsford	26.0

2	1	21	Onyekachukwu Okoh	St Helens RC	26.5
	2	11	Joseph Baxter	Branfil Pri	28.2
	3	2	Billy Sacristan-Smart	Nelmes Pri	31.0
	4				

3	1	16	Lenny Houston	Branfil Pri	24.5
	2	14	Joshua Lock	Lt Thurrock Sch	24.8
	3	20	Oliver Jones	Upminster Jnr	25.4
	4	17	Liam Robertson	Branfil Pri	27.9

4	1	1	Arthur Day	Brentwood Sch	25.0
	2	18	Olamide Odupitan	Braintree	25.6
	3	10	Jimi Gower	Branfil Pri	26.3
	4	15	Joshua Spink	Branfil Pri	26.6

5	1	98	Michael Adesiyani	Basildon	23.9
	2	22	Shaun Ebiwarebo	Basildon	25.8
	3	119	Glen Morris	Benfleet	26.0
	4	25	Jakub Kowalski	Thurrock	26.3

2 Lap Race - Boys

Sportshall

U13

Heat	Position	No.	Name	Club / School	Time
1	1	97	Finley Hall	Chelmsford	23.8
	2	50	Noah Osinowo	Havering AC	24.0
	3	48	Joshua Ayling	Havering AC	25.9
	4	45	George Sharpe	Thurrock	26.3

2	1	117	Samuel Odotei	Havering AC	26.9
	2	49	Mack McAuley	Havering AC	27.3
	3	52	Todd Riddell	Havering AC	27.6
	4				

U15

1	1	87	William Adeyeye	Thurrock	21.3
	2	95	Charlie Splarn	Thurrock	21.4
	3	86	Liam Chivers	Thurrock	23.3
	4				





# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Standing Long Jump

Sportshall

Girls U11 / U13 / U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	36	Mali Grant	Havering AC				1.86
U11G	26	Alice Brown	Havering AC				1.82
U11G	38	Olivia Sorrell	Upminster Jnr				1.79
U11G	28	Ariyanna McGee	Basildon				1.76
U11G	100	Millie Ambrose	Basildon				1.71
U11G	27	Amy Bates	Upminster Jnr				1.61
U11G	96	Sydney Foley	Havering AC				1.61
U11G	32	Eliza Bearfield	Branfil Pri				1.58
U11G	31	Chloe Brand	Upminster Jnr				1.56
U11G	30	Chloe Austin	Branfil Pri				1.41
U11G	29	Brooke Curran	Woodlands Sch				1.21
U13G	61	Funminiyi Olajide	Thurrock				2.20
U13G	77	Omolola Omowanile	Thurrock				2.19
U13G	66	Jessica Welsh	Basildon				2.05
U13G	58	Elize Bonning	Havering AC				2.04
U13G	62	Hannah Bardo	Chelmsford				2.01
U13G	83	Sola Taiwo	Thurrock				2.00
U13G	70	Lauren Strutt	Colch H				1.97
U13G	74	Millie Hodges	Havering AC				1.95
U13G	81	Rosie Brown	Havering AC				1.91
U13G	67	Jessie Gower	Havering AC				1.91
U13G	69	Kira Wealls	Colch H				1.90
U13G	56	Chloe Jordan	Basildon				1.90
U13G	54	Alex Gordon	Thurrock				1.87
U13G	60	Freya Duffey	Redden Court				1.81
U13G	99	Caitlin Fowler	Basildon				1.80
U13G	80	Robyn Moody	Havering AC				1.79
U13G	57	Chloe Locke	Thurrock				1.75
U13G	84	Tia Vickers	Thurrock				1.74
U13G	59	Emma Ramsden	Basildon				1.70
U15G	89	Jessica Whitbread	Thurrock				2.13
U15G	91	Kendrea Nwaelene	Thurrock				2.02
U15G	93	Lucy Rutter	Chelmsford				1.81
U15G	92	Lauren Taylor	Basildon				1.43



# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Vertical Jump

**Sportshall**

**Girls U11/ U13 / U15**

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11G	35	Keitan Adediji	Ardleigh Gn Jrs				45
U11G	43	Emily Knight	Thurrock				44
U11G	41	Seanna Omogbai	Basildon				43
U11G	34	Katie McGowan	Basildon				32
U13G	61	Funminiyi Olajide	Thurrock				60
U13G	77	Omolola Omowanile	Thurrock				55
U13G	62	Hannah Bardo	Chelmsford				54
U13G	65	Jessica Smith	Enf & Har				52
U13G	68	Kiera Bainsfair	Basildon				51
U13G	55	Anna Wardell	Basildon				48
U13G	78	Poppy Ellis	Havering AC				48
U13G	80	Robyn Moody	Havering AC				47
U13G	57	Chloe Locke	Thurrock				46
U13G	118	Kate Chachanidze	Coopers' CS				43
U13G	67	Jessie Gower	Havering AC				41
U13G	73	Lottie Hinson	Basildon				40
U13G	64	Jessica Krise	Basildon				33
U15G	91	Kendrea Nwaelene	Thurrock				55
U15G	88	Ellie Bartram-Sheppard	Chelmsford				52
U15G	90	Jodie Cooper	Basildon				47
U15G	94	Maisy Webb	Thurrock				44

### Hi Stepper

**Sportshall**

**Girls U11**

	No.	Name	Club/School	Trial
				1
U11G	40	Rebecca Apps	Nelmes Pri	15.0
U11G	41	Seanna Omogbai	Basildon	15.5
U11G	100	Millie Ambrose	Basildon	15.5
U11G	43	Emily Knight	Thurrock	15.6
U11G	34	Katie McGowan	Basildon	16.3

# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Target Throw



Girls U11

No.	Name	Club/School	Total Points
U11G 34	Katie McGowan	Basildon	16
U11G 26	Alice Brown	Havering AC	15
U11G 100	Millie Ambrose	Basildon	15
U11G 38	Olivia Sorrell	Upminster Jnr	15
U11G 28	Ariyanna McGee	Basildon	13
U11G 31	Chloe Brand	Upminster Jnr	12
U11G 35	Keitan Adediji	Ardleigh Gn Jrs	9
U11G 36	Mali Grant	Havering AC	9
U11G 37	Nadia Lay	Basildon	7
U11G 30	Chloe Austin	Branfil Pri	5

### Speed Bounce

### Sportshall

**Girls U11 (20 secs)**

No.	Name	Club/School	Trial 1
U11G 96	Sydney Foley	Havering AC	52
U11G 31	Chloe Brand	Upminster Jnr	51
U11G 38	Olivia Sorrell	Upminster Jnr	51
U11G 36	Mali Grant	Havering AC	49
U11G 28	Ariyanna McGee	Basildon	49
U11G 40	Rebecca Apps	Nelmes Pri	47
U11G 100	Millie Ambrose	Basildon	45
U11G 34	Katie McGowan	Basildon	43
U11G 32	Eliza Bearfield	Branfil Pri	34
U11G 29	Brooke Curran	Woodlands Sch	22

### Speed Bounce

### Sportshall

**Girls U13 / U15 (30 secs)**

No.	Name	Club/School	Trial 1
U13G 66	Jessica Welsh	Basildon	79
U13G 65	Jessica Smith	Enf & Har	75
U13G 76	Ndidikama Okoh	Chelmsford	75
U13G 69	Kira Wealls	Colch H	75
U13G 55	Anna Wardell	Basildon	74
U13G 73	Lottie Hinson	Basildon	73
U13G 78	Poppy Ellis	Havering AC	71
U13G 118	Kate Chachanidze	Coopers' CS	69
U13G 74	Millie Hodges	Havering AC	68
U13G 70	Lauren Strutt	Colch H	65
U13G 59	Emma Ramsden	Basildon	64
U13G 84	Tia Vickers	Thurrock	64
U13G 99	Caitlin Fowler	Basildon	63
U13G 81	Rosie Brown	Havering AC	62
U13G 64	Jessica Krise	Basildon	61
U13G 67	Jessie Gower	Havering AC	55
U15G 90	Jodie Cooper	Basildon	69
U15G 93	Lucy Rutter	Chelmsford	62
U15G 92	Lauren Taylor	Basildon	58
U15G 94	Maisy Webb	Thurrock	54



# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Standing Long Jump

Sportshall

Boys U11 / U13 / U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11B	98	Michael Adesiyen	Basildon				2.13
U11B	16	Lenny Houston	Branfil Pri				1.88
U11B	6	Francis Omowanile	Thurrock				1.82
U11B	18	Olamide Odupitan	Braintree				1.77
U11B	4	Daniel Lucking	Thurrock				1.76
U11B	24	Tosin Olajide	Thurrock				1.76
U11B	119	Glen Morris	Benfleet				1.72
U11B	7	Hugo Whitten	Chelmsford				1.70
U11B	9	Jamie Philbrick	Nelmes Pri				1.68
U11B	25	Jakub Kowalski	Thurrock				1.66
U11B	3	Bradley James	Thurrock				1.65
U11B	15	Joshua Spink	Branfil Pri				1.60
U11B	10	Jimi Gower	Branfil Pri				1.58
U11B	17	Liam Robertson	Branfil Pri				1.53
U11B	11	Joseph Baxter	Branfil Pri				1.48
U11B	8	Jack Hamilton	Nelmes Pri				1.05
U13B	51	Theo Adesima	Thurrock				2.30
U13B	47	Joseph Hogan-O'Neill	Havering AC				2.16
U13B	97	Finley Hall	Chelmsford				1.98
U13B	53	Tom Keen	Braintree				1.94
U13B	48	Joshua Ayling	Havering AC				1.80
U13B	49	Mack McAuley	Havering AC				1.71
U13B	117	Samuel Odotei	Havering AC				1.63
U13B	45	George Sharpe	Thurrock				1.58
U13B	52	Todd Riddell	Havering AC				1.52
U15B	87	William Adeyeye	Thurrock				2.90
U15B	95	Charlie Splarn	Thurrock				2.48





# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Vertical Jump

Sportshall

Boys U11 / U13 / U15

	No.	Name	Club/School	Trial			Best
				1	2	3	
U11B	24	Tosin Olajide	Thurrock				49
U11B	18	Olamide Odupitan	Braintree				41
U11B	22	Shaun Ebiwarebo	Basildon				41
U11B	2	Billy Sacristan-Smart	Nelmes Pri				38
U11B	20	Oliver Jones	Upminster Jnr				36
U11B	5	Eddie Connor	Thurrock				27
U13B	49	Mack McAuley	Havering AC				48
U13B	50	Noah Osinowo	Havering AC				44
U13B	44	Ben Myers	Orion H				42
U13B	117	Samuel Odotei	Havering AC				37
U15B	95	Charlie Splarn	Thurrock				59
U15B	86	Liam Chivers	Thurrock				41

### Hi Stepper

Sportshall

Boys U11

	No.	Name	Club/School	Trial
				1
U11B	1	Arthur Day	Brentwood Sch	16.1
U11B	10	Jimi Gower	Branfil Pri	16.2
U11B	14	Joshua Lock	Lt Thurrock Sch	17.1

# EAN - SPORTSHALL COMPETITION

## Upminster, Sunday 12th October 2014

### Target Throw



Boys U11

No.	Name	Club/School	Total Points
U11B 3	Bradley James	Thurrock	17
U11B 9	Jamie Philbrick	Nelmes Pri	12
U11B 17	Liam Robertson	Branfil Pri	10
U11B 4	Daniel Lucking	Thurrock	9
U11B 23	Tomi Akinrinlade	Basildon	9
U11B 11	Joseph Baxter	Branfil Pri	8
U11B 7	Hugo Whitten	Chelmsford	7
U11B 10	Jimi Gower	Branfil Pri	7
U11B 22	Shaun Ebiwarebo	Basildon	7
U11B 2	Billy Sacristan-Smart	Nelmes Pri	5
U11B 8	Jack Hamilton	Nelmes Pri	4
U11B 5	Eddie Connor	Thurrock	2

