

TRACK PROGRAMME

T01 – 800m – Wheelchair - All							10:00
164	Jack Gower	Harlow AC	M	U14	T34	G	02:52.34
169	James Cordwell	SNHAC	M	Senior	54	G	02:52.01
177	Sophie Etheridge	BRJ Run & Tri Club	F	Senior	MW	G	07:36.46

T02 – 400m – Wheelchair - Male							10:10
161	Ggo Mizuma	Harlow AC	M	Senior	T54	G	01:12.54
179	Matthew Gardiner		M	U14	T54	G	01:28.08
184	Lyncoln Street	Harlow AC	M	U16	33	G	02:21.27

T03 – 400m – Ambulant - All Senior							10:15
131	Jamie Maison	NVH Special Needs Club	M	Senior	MLD		
135	Russell Hyman	Dovedale Flyers	M	Senior	MLD	B	01:24.93
178	Kieran O'Hara	Havering AC	M	Senior	MLD	G	55:49.00
180	Luke Parry	Cambridge & Coleridge AC	M	Senior	MLD	S	01:01.39

T04 – 400m – Ambulant - All							10:20
128	Josh Stanwell	NVH Special Needs Club	M	U18	MLD	G	01:06.56
136	Ben Laundon	Dovedale Flyers	M	U20	MLD	G	01:08.17
145	Alfie Glanville	Orwell Panthers	M	U16	MLD	G	01:10.97
147	Ben Brown	Orwell Panthers	M	U18	MLD	S	01:14.40
175	Harry Arnold-Pepper	Royston	M	U12	47	G	01:17.00

T05 – 400m – Wheelchair - Female							10:25
162	Claire Connon	Cambridge & Coleridge AC	F	Senior	MW		
187	Emma Alexander	Harlow AC	F	Senior	T33	G	02:25.83
165	Chloe Lewis	Harlow AC	F	U14	T54	G	01:32.89
177	Sophie Etheridge	BRJ Run & Tri Club	F	Senior	MW	G	03:45.95

T06 – 60m – All							10:40
142	Sammy MacSween	Dovedale Flyers	M	U16	SLD	G	00:13.77
144	Hamish Crawford	Orwell Panthers	M	U16	CP	G	00:27.05
158	Sandy Hunt	Orwell Panthers	F	PRIMARY	HI/MLD	G	00:13.11
182	Gracie Forster	Northgate AC	F	U12	CP	G	00:46.58
183	Ivan Street	Harlow AC	M	U18	SLD	G	00:12.87

T07 – 200m – Female All							10:55
130	Hayley Watson	NVH Special Needs Club	F	Senior	MLD	G	00:47.46
	Guide						
143	Nell Doubleddee	Orwell Panthers	F	U18	T12	G	00:38.48
159	Rebecca O'Rourke	Havering AC	F	U16	MLD	G	00:32.15

T08 – 200m – Senior Male							11:00
135	Russell Hyman	Dovedale Flyers	M	Senior	MLD	S	00:35.44
157	Ollie Carton	Orwell Panthers	M	Senior	SLD	G	00:40.26
160	Cameron Ross	West Norfolk AC	M	Senior	MLD	G	00:27.63

T09 – 200m – U14 / U16 / U18 Male							11:05
127	Vincent Forkner	NVH Special Needs Club	M	U14	MLD	0	DNS
145	Alfie Glanville	Orwell Panthers	M	U16	MLD	G	00:32.35
146	Rhys Ford	Orwell Panthers	M	U18	MLD	G	00:29.92
147	Ben Brown	Orwell Panthers	M	U18	MLD	S	00:34.51
163	Ben Jones	Individual	M	U18	A	G	00:38.85

T10 – 100m - Wheelchair Female All							11:20
162	Claire Connon	Cambridge & Coleridge AC	F	Senior	MW		
165	Chloe Lewis	Harlow AC	F	U14	T54	G	00:28.46
186	Ester Leighton	Cambridge & Coleridge AC	F	Senior	RR	G	00:25.25
187	Emma Alexander	Harlow AC	F	Senior	T33	G	00:42.31

T11 – 100m - Wheelchair Male All							11:30
161	Ggo Mizuma	Harlow AC	M	Senior	T54	G	00:20.80
164	Jack Gower	Harlow AC	M	U14	T34	G	00:24.23
169	James Cordwell	SNHAC	M	Senior	T54	S	00:25.25
179	Matthew Gardiner		M	U14	T54	G	00:24.74
184	Lyncoln Street	Harlow AC	M	U16	T33	G	00:35.53

Lunch Break

T12 – 200m – Wheelchair Female All							1:55
177	Sophie Etheridge	BRJ Run & Tri Club	F	Senior	MW	G	01:43.28
162	Claire Connon	Cambridge & Coleridge AC	F	Senior	MW	0	DNS
165	Chloe Lewis	Harlow AC	F	U14	T54	G	00:48.68
186	Ester Leighton	Cambridge & Coleridge AC	F	Senior	RR	G	00:50.05
187	Emma Alexander	Harlow AC	F	Senior	T33	G	01:19.11

T13 – 200m – Wheelchair Male All							2:00
161	Ggo Mizuma	Harlow AC	M	Senior	T54	G	00:33.69
164	Jack Gower	Harlow AC	M	U14	T34	G	00:45.44
169	James Cordwell	SNHAC	M	Senior	T54	S	00:44.00
179	Matthew Gardiner		M	U14	T54	G	00:43.44
184	Lyncoln Street	Harlow AC	M	U16	33	G	01:08.57

T14 – 100m - Senior Male - All							2:15
132	Luke Fitzjohn	NVH Special Needs Club	M	Senior	MLD	B	00:16.21
135	Russell Hyman	Dovedale Flyers	M	Senior	MLD	4th	00:16.54
149	Montell Leslie	Orwell Panthers	M	Senior	MLD	6th	00:20.36
153	Gavin Harvey	Orwell Panthers	M	Senior	MLD	5th	00:17.89
155	Andrew Brooks	Orwell Panthers	M	Senior	SLD	G	00:24.33

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160	Cameron Ross	West Norfolk AC	M	Senior	MLD	G	00:13.31
180	Luke Parry	Cambridge & Coleridge AC	M	Senior	MLD	S	00:14.05

T15 – 100m - U18 / U20 Male							2:25
125	Conor O'Hare	Chelmsford AC	M	U20	T35	G	00:19.89
146	Rhys Ford	Orwell Panthers	M	U18	MLD	G	00:14.95
163	Ben Jones	Individual	M	U18	A	G	00:18.20
166	Andrew Prior	SNHAC	M	U20	T20	G	00:18.32
183	Ivan Street	Harlow AC	M	U18	SLD	G	00:21.51

T16 – 100m - U12 / U14 Male							2:30
	Guide?						
181	Nathan Trottor	Dacorum & Tring AC	M	U12	VI	G	00:17.16
175	Harry Arnold-Pepper	Royston	M	U12	T47	G	00:17.01
127	Vincent Forkner	NVH Special Needs Club	M	U14	MLD	0	DNS
167	Thomas Rathband	SNHAC	M	U14	T37	G	00:20.28
168	Peter Cordwell	SNHAC	M	U14	MLD	G	00:17.78

T17 – 100m - Female Senior							2:35
130	Hayley Watson	NVH Special Needs Club	F	Senior	MLD	G	00:18.60
133	Rebecca Smith	NVH Special Needs Club	F	Senior	MLD	0	DNS
154	Hollie Waters	Orwell Panthers	F	Senior	SLD	G	00:20.82

T18 – 100m - U18 Female							2:40
126	Kay McNeill		F	U18	T36	G	00:24.14
134	Lily Edwards	West Norfolk AC	F	U18	T20	G	00:21.23
	Guide						
143	Nell Doubleddee	Orwell Panthers	F	U18	T12	G	00:17.74
172	Hattie Tebbit	SNHAC	F	U18	T37		DNS
182	Gracie Forster	Nortgate AC	F	U12	CP	G	01:30.55

T19 – 800m - All							2:55
	Guide?						
181	Nathan Trottor	Dacorum & Tring AC	M	U12	VI	G	03:07.65
128	Josh Stanwell	NVH Special Needs Club	M	U18	MLD	0	DNS
129	Lewis Barton	NVH Special Needs Club	M	Senior	MLD	S	02:41.08

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178	Kieran O'Hara	Havering AC	M	Senior	MLD	G	02:15.24
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T20 – Manual Wheelchair Slalom - All							3:05
137	Ben Catling	Dovedale Flyers	M	Sen	WC	G	03:25.00
177	Sophie Etheridge	BRJ Run & Tri Club	F	Senior	MW	G	01:18.70

T21 – 1500m - Wheelchair - All - RACE CANCELLED							3:20
169	James Cordwell	SNHAC	M	Senior	54		
177	Sophie Etheridge	BRJ Run & Tri Club	F	Senior	MW		DNS

T22 – 1500m - All							3:30
136	Ben Laundon	Dovedale Flyers	M	U20	MLD	G	05:59.33
148	Chris Lynch	Orwell Panthers	M	U18	MLD	G	07:07.23
159	Rebecca O'Rourke	Havering AC	F	U16	MLD	G	06:02.08