
Eastern Athletic Association

Track & Field Championships



Saturday 27th June 2015

University Track, Cambridge

Results

Senior Men

U20 Men

U17 Men

U15 Boys

U13 Boys

Senior Women

U20 Women

U17 Women

U15 Girls

U13 Girls

Click on Age groups to View Results



SM 100 Final (Wind Speed +2.0)

| | | | | |
|---|-------|----|----------------|---------------------------|
| 1 | 10.95 | 30 | Max Lowery | Watford Harriers |
| 2 | 11.22 | 4 | Joshua Bada | Luton AC |
| 3 | 11.54 | 3 | Shane Atherton | Great Yarmouth & District |
| 4 | 11.80 | 5 | Matthew Bailey | West Norfolk AC |
| 5 | 12.79 | 34 | Liam O'Dell | Luton AC |

SM 110 Hurdles Final (Wind Speed +3.3)

| | | | | |
|---|-------|----|-------------------|-------------------|
| 1 | 15.83 | 5 | Matthew Bailey | West Norfolk AC |
| 2 | 15.86 | 41 | Michael Shortall | Thurrock Harriers |
| 3 | 22.40 | 16 | Andrew Cohen-Wray | Bedford & County |

SM 1500 Final

| | | | | |
|---|---------|----|---------------|------------------|
| 1 | 4.13.01 | 35 | James O'Neill | Ryston Runners |
| 2 | 4.14.67 | 33 | Tom Mead | Luton AC |
| 3 | 5.15.06 | 42 | Paukl Snowdon | Ipswich Harriers |

SM 200 Final (Wind Speed +3.0)

| | | | | |
|---|-------|----|----------------|---------------------------|
| 1 | 22.11 | 30 | Max Lowery | Watford Harriers |
| 2 | 22.85 | 10 | Aderian Bright | Luton AC |
| 3 | 22.97 | 4 | Joshua Bada | Luton AC |
| 4 | 23.34 | 3 | Shane Atherton | Great Yarmouth & District |
| 5 | 23.52 | 18 | Dylan Doggett | Cambridge & Coleridge |
| 6 | 26.73 | 34 | Liam O'Dell | Luton AC |

SM 3000 Final

| | | | | |
|---|----------|----|----------------|------------------------|
| 1 | 9.26.62 | 35 | James O'Neill | Ryston Runners |
| 2 | 10.06.88 | 19 | Kieren Drane | Ely Runners |
| 3 | 10.50.81 | 21 | Richard Hill | Ely Runners |
| 4 | 12.38.66 | 28 | Shane Lawrence | C.A. Fola (Luxembourg) |

SM 400 Final

| | | | | |
|---|-------|----|----------------|-----------------------|
| 1 | 49.66 | 24 | Marcus Hunt | Chelmsford AC |
| 2 | 51.71 | 18 | Dylan Doggett | Cambridge & Coleridge |
| 3 | 52.96 | 45 | Chris Thornley | Bedford & County |
| 4 | DNS | 10 | Aderian Bright | Luton AC |

SM 400 Hurdles Final

| | | | |
|---|-------|----------------------|----------------------|
| 1 | 57.41 | 13 David Bush | Nene Valley Harriers |
| 2 | 57.47 | 41 Michael Shortall | Thurrock Harriers |
| 3 | 59.05 | 9 Peter Benedickter | Bedford & County |
| 4 | 59.45 | 17 Matthew Dalton | Peterborough AC |
| 5 | 60.74 | 8 Jack Benedickter | Bedford & County |
| 6 | 67.05 | 16 Andrew Cohen-Wray | Bedford & County |

SM 800 Final

| | | | |
|---|---------|------------------|-----------------------|
| 1 | 1.59.48 | 35 James O'Neill | Ryston Runners |
| 2 | 2.00.50 | 27 Thomas Kearns | Luton AC |
| 3 | 2.01.51 | 37 Richard Park | Cambridge & Coleridge |
| 4 | 2.08.67 | 32 Joe McGrath | Billericay Striders |

SM Discus Final

| | | | |
|---|-------|-----------------------|-------------------------------|
| 1 | 47.41 | 29 Christopher Linque | Woodford Green & Essex Ladies |
| 2 | 41.53 | 1 Jake Allen | West Suffolk AC |
| 3 | 39.31 | 36 Michael Painter | City of Norwich |
| 4 | 35.69 | 12 David Burrell | Luton AC |
| 5 | 32.76 | 11 Callum Brown | City of Norwich |
| 6 | 31.74 | 23 David Hughes | Ipswich Harriers |
| 7 | 29.92 | 6 Michael Bartlett | Chelmsford AC |
| 8 | 29.91 | 31 Declan Manning | City of Norwich |

SM Hammer Final

| | | | |
|---|-------|--------------------|----------------------|
| 1 | 65.44 | 11 Callum Brown | City of Norwich |
| 2 | 61.12 | 36 Michael Painter | City of Norwich |
| 3 | 48.60 | 44 Oliver Thompson | Thetford AC |
| 4 | 42.68 | 12 David Burrell | Luton AC |
| 5 | 41.58 | 47 Sam Wilson | Nene Valley Harriers |
| 6 | 30.41 | 31 Declan Manning | City of Norwich |
| 7 | 30.04 | 23 David Hughes | Ipswich Harriers |

SM High Jump Final

| | | | |
|---|------|------------------|---------------------|
| 1 | 2.00 | 25 Scott Johnson | Bedford & County |
| 2 | 1.55 | 32 Joe McGrath | Billericay Striders |

SM Javelin Final

| | | | |
|---|-------|--------------------|-----------------------|
| 1 | 41.83 | 13 David Bush | Nene Valley Harriers |
| 2 | 35.03 | 20 Michael Hausler | Cambridge & Coleridge |

SM Long Jump Final

| | | | |
|---|------|-----------------|------------------------|
| 1 | 6.92 | 40 Sam Richards | Cambridge & Coleridge |
| 2 | 6.85 | 43 Joe Steele | Thames Valley Harriers |
| 3 | 6.51 | 24 Marcus Hunt | Chelmsford AC |
| 4 | 5.97 | 2 Luke Allen | West Suffolk AC |

SM Pole Vault Final

| | | | |
|----|------|--------------------|----------|
| 1= | 3.00 | 15 Stuart Chisholm | Kent AC |
| 1= | 3.00 | 38 Richard Phelan | Hunts AC |

SM Shot Putt Final

| | | | |
|---|-------|-------------------|-------------------------------|
| 1 | 11.92 | 46 Hugh Williams | Woodford Green & Essex Ladies |
| 2 | 11.75 | 1 Jake Allen | West Suffolk AC |
| 3 | 10.81 | 12 David Burrell | Luton AC |
| 4 | 10.40 | 31 Declan Manning | City of Norwich |
| 5 | 10.30 | 2 Luke Allen | West Suffolk AC |

SM Triple Jump Final

| | | | |
|---|-------|--------------------|---------------------|
| 1 | 13.33 | 22 Matthew Houlden | Kingston & Poly |
| 2 | 10.64 | 32 Joe McGrath | Billericay Striders |

SW 100 Final (Wind Speed +3.8)

| | | | |
|---|-------|---------------------|----------|
| 1 | 12.95 | 215 Shanara Hibbert | Luton AC |
|---|-------|---------------------|----------|

SW 1500 Final

| | | | |
|---|---------|-------------------|------------------|
| 1 | 4.59.46 | 214 Alanah Harris | Bedford & County |
| 2 | 5.37.47 | 220 Jordan Lacey | Southend AC |

SW 200 Final (Wind Speed +2.5)

| | | | |
|---|-------|--------------------|----------------------|
| 1 | 26.54 | 218 Georgina Ivens | Nene Valley Harriers |
| 2 | 27.63 | 212 Nichola Gibson | Peterborough AC |

SW 3000 Final

| | | | |
|---|----------|------------------|-------------|
| 1 | 12.32.55 | 220 Jordan Lacey | Southend AC |
|---|----------|------------------|-------------|

SW 400 Final

| | | | |
|---|-------|--------------------|----------------------|
| 1 | 58.58 | 218 Georgina Ivens | Nene Valley Harriers |
| 2 | 60.44 | 216 Caroline Hill | Chelmsford AC |
| 3 | 63.80 | 212 Nichola Gibson | Peterborough AC |

SW 400 Hurdles Final

| | | | |
|---|-------|--------------------|------------------|
| 1 | 70.71 | 200 Rachel Bentley | Watford Harriers |
|---|-------|--------------------|------------------|

SW 800 Final

| | | | |
|---|---------|---------------------|--------------------------|
| 1 | 2.18.28 | 226 Siobhan Skinner | Hunts AC |
| 2 | 2.23.12 | 208 Stacey Evers | Colchester & Tendring AC |
| 3 | 2.25.11 | 207 Rebecca Cooke | Colchester Harriers |

SW Discus Final

| | | | |
|---|-------|-------------------|-----------------|
| 1 | 30.16 | 204 Debbie Castle | West Suffolk AC |
| 2 | 21.53 | 205 Hannah Castle | West Suffolk AC |

SW Hammer Final

| | | | |
|---|-------|------------------------|---------------------------|
| 1 | 37.00 | 213 Sophie Goddard | Stevenage and North Herts |
| 2 | 30.94 | 209 Laura Feely | Stevenage and North Herts |
| 3 | 27.61 | 202 Victoria Brockbank | Braintree & District |

SW Javelin Final

| | | | |
|---|-------|--------------------|-----------------|
| 1 | 48.30 | 201 Joanna Blair | Luton AC |
| 2 | 46.01 | 222 Eloise Meakins | Herts Phoenix |
| 3 | 28.21 | 204 Debbie Castle | West Suffolk AC |
| 4 | 20.71 | 217 Sandra Ingham | Biggleswade AC |

SW Long Jump Final

| | | | |
|---|------|---------------------|-----------------|
| 1 | 5.60 | 215 Shanara Hibbert | Luton AC |
| 2 | 4.11 | 205 Hannah Castle | West Suffolk AC |

SW Pole Vault Final

| | | | |
|---|------|----------------------|------------------|
| 1 | 3.20 | 225 Alessandra Rossi | BRAT |
| 2 | 2.80 | 223 Tina Quinlivan | Havering AC |
| 3 | 2.80 | 211 Kara Gibbs | Bedford & County |

SW Shot Putt Final

| | | | | |
|---|-------|-----|--------------------|----------------------|
| 1 | 10.50 | 201 | Joanna Blair | Luton AC |
| 2 | 8.71 | 204 | Debbie Castle | West Suffolk AC |
| 3 | 7.72 | 202 | Victoria Brockbank | Braintree & District |
| 4 | 6.26 | 217 | Sandra Ingham | Biggleswade AC |

U13B 100 Final (Wind Speed +1.4)

| | | | | |
|---|-------|----|-----------------------|-----------------------|
| 1 | 13.40 | 88 | Robert Macqueen | Ryston Runners |
| 2 | 13.41 | 82 | Jack Fayers | Ipswich Harriers |
| 3 | 13.66 | 89 | Oisin Murphy | Cambridge & Coleridge |
| 4 | 13.66 | 94 | Joseph Purbrick | Hunts AC |
| 5 | 15.21 | 84 | George Hamilton-Smith | Hunts AC |
| 6 | 16.14 | 97 | Cameron Try | Thetford AC |

U13B 200 Final (Wind Speed +2.1)

| | | | | |
|---|-------|----|-----------------|-----------------------|
| 1 | 27.91 | 88 | Robert Macqueen | Ryston Runners |
| 2 | 28.06 | 85 | George Hey | Southend AC |
| 3 | 28.55 | 89 | Oisin Murphy | Cambridge & Coleridge |
| 4 | 28.63 | 94 | Joseph Purbrick | Hunts AC |
| 5 | 29.08 | 92 | OJ Parmenter | Cambridge & Coleridge |
| 6 | 29.11 | 80 | Bryce Breen | Herts Phoenix |
| 7 | DNS | 96 | Joseph Short | Hunts AC |

U13B 75 Hurdles Final (Wind Speed +1.7)

| | | | | |
|---|-------|----|----------------|-----------------------|
| 1 | 15.20 | 81 | Thomas Bridger | Cambridge & Coleridge |
|---|-------|----|----------------|-----------------------|

U13B 800 Final

| | | | | |
|---|--------|----|----------------|-----------------------|
| 1 | 2.25.4 | 91 | Harry Parker | Thurrock Harriers |
| 2 | 2.26.3 | 80 | Bryce Breen | Herts Phoenix |
| 3 | 2.30.0 | 87 | Finnlay Lowe | Thurrock Harriers |
| 4 | 2.31.2 | 85 | George Hey | Southend AC |
| 5 | 2.34.1 | 81 | Thomas Bridger | Cambridge & Coleridge |
| 6 | 2.38.2 | 92 | OJ Parmenter | Cambridge & Coleridge |
| 7 | 2.46.9 | 96 | Joseph Short | Hunts AC |

U13B Long Jump Final

| | | | |
|---|------|--------------------------|-----------------------|
| 1 | 4.74 | 82 Jack Fayers | Ipswich Harriers |
| 2 | 4.35 | 88 Robert Macqueen | Ryston Runners |
| 3 | 4.26 | 94 Joseph Purbrick | Hunts AC |
| 4 | 4.22 | 376 Cameron Connolly | Cambridge & Coleridge |
| 5 | 4.18 | 85 George Hey | Southend AC |
| 6 | 3.98 | 84 George Hamilton-Smith | Hunts AC |
| 7 | 3.84 | 89 Oisin Murphy | Cambridge & Coleridge |
| 8 | 3.67 | 92 OJ Parmenter | Cambridge & Coleridge |
| 9 | 2.80 | 86 Samuel Lewis | Southend AC |

U13B Shot Putt Final

| | | | |
|---|------|--------------------------|-----------------------|
| 1 | 9.03 | 83 Jolyon Glynn | Cambridge & Coleridge |
| 2 | 8.90 | 98 Kai Tunstall | Watford Harriers |
| 3 | 8.72 | 84 George Hamilton-Smith | Hunts AC |
| 4 | 6.48 | 97 Cameron Try | Thetford AC |
| 5 | 5.23 | 96 Joseph Short | Hunts AC |
| 6 | 4.30 | 86 Samuel Lewis | Southend on Sea AC |

U13G 100 Final (Wind Speed +2.1)

| | | | |
|---|-------------|-------------------|---------------------------|
| 1 | 12.67 (CBP) | 378 Leah Duncan | Braintree & District |
| 2 | 13.60 | 379 Kayley Earl | Great Yarmouth & District |
| 3 | 13.62 | 383 Lottie Hinson | Basildon AC |
| 4 | 13.76 | 385 Marli Jessop | Watford Harriers |
| 5 | 13.86 | 384 Ruby James | Cambridge & Coleridge |
| 6 | 13.87 | 377 Jose Downer | Nene Valley Harriers |
| 7 | 13.97 | 381 Lois Gordon | Braintree & District |
| 8 | 14.63 | 382 Dior Harrison | Nene Valley Harriers |
| 9 | 15.38 | 394 Hollie Wilkes | Luton AC |

U13G 200 Final (Wind Speed +3.4)

| | | | |
|---|-------------|---------------------|-----------------------|
| 1 | 26.28 (CBP) | 378 Leah Duncan | Braintree & District |
| 2 | 28.36 | 391 Lauren Simpson | Herts Phoenix |
| 3 | 28.51 | 383 Lottie Hinson | Basildon AC |
| 4 | 29.33 | 377 Jose Downer | Nene Valley Harriers |
| 5 | 31.14 | 388 Jessica Norkett | Thetford AC |
| 6 | 31.40 | 386 Rebecca Malyon | Cambridge & Coleridge |

U13G 70 Hurdles Final (Wind Speed +1.7)

| | | | |
|---|-------|---------------------|-----------------------|
| 1 | 11.54 | 385 Marli Jessop | Watford Harriers |
| 2 | 11.84 | 373 Ruby Bridger | Thurrock Harriers |
| 3 | 11.95 | 372 Hannah Bardo | Chelmsford |
| 4 | 12.23 | 374 Eleanor Brown | City of Norwich |
| 5 | 12.25 | 371 Maisy Armstrong | Ipswich Harriers |
| 6 | 12.45 | 384 Ruby James | Cambridge & Coleridge |
| 7 | 15.02 | 394 Holly Wilks | Luton AC |
| 8 | 15.95 | 382 Dior Harrison | Nene Valley Harriers |

U13G 800 Final

| | | | |
|----|---------|---------------------|-----------------------|
| 1 | 2.24.34 | 389 Ndidikama Okoh | Chelmsford AC |
| 2 | 2.32.75 | 393 Georgia Tombs | Chelmsford AC |
| 3 | 2.35.72 | 380 Demi Eves | Thurrock Harriers |
| 4 | 2.36.68 | 370 Tilly Aldis | Ipswich Harriers |
| 5 | 2.38.88 | 395 Beatrix Wraith | HAWCS |
| 6 | 2.41.65 | 388 Jessica Norkett | Thetford AC |
| 7 | 2.43.19 | 392 Matilda Taylor | Cambridge & Coleridge |
| 8 | 2.45.54 | 394 Holly Wilks | Luton AC |
| 9 | 2.46.48 | 375 Alice Claridge | Hunts AC |
| 10 | DNS | 396 Milly Wych | Cambridge & Coleridge |

U13G Long Jump Final

| | | | |
|---|------|--------------------|---------------------------|
| 1 | 4.77 | 391 Lauren Simpson | Herts Phoenix |
| 2 | 4.66 | 389 Ndidikama Okoh | Chelmsford AC |
| 3 | 4.59 | 377 Jose Downer | Nene Valley Harriers |
| 4 | 4.35 | 385 Marli Jessop | Watford Harriers |
| 5 | 4.34 | 372 Hannah Bardo | Chelmsford |
| 6 | 3.92 | 382 Dior Harrison | Nene Valley Harriers |
| 7 | 3.89 | 379 Kayley Earl | Great Yarmouth & District |
| 8 | 3.74 | 373 Ruby Bridger | Thurrock Harriers |
| 9 | 3.72 | 384 Ruby James | Cambridge & Coleridge |

U13G Shot Putt Final

| | | | |
|---|------|--------------------|-----------------------|
| 1 | 9.33 | 391 Lauren Simpson | Herts Phoenix |
| 2 | 8.42 | 387 Robyn Moody | Havering |
| 3 | 7.61 | 386 Rebecca Malyon | Cambridge & Coleridge |
| 4 | 7.46 | 373 Ruby Bridger | Thurrock Harriers |
| 5 | 7.17 | 374 Eleanor Brown | City of Norwich |

U15B 100 Final (Wind Speed +2.9)

| | | | |
|---|-------|-------------------|-----------------------|
| 1 | 11.36 | 178 Callum Mckay | St Helena School |
| 2 | 11.51 | 165 Adam Cross | Cambridge & Coleridge |
| 3 | 12.17 | 179 Owen Moir | Cambridge & Coleridge |
| 4 | 12.31 | 188 Daniel Soyebo | Thurrock Harriers |
| 5 | 12.45 | 170 Matthew Gough | Hunts AC |

U15B 1500 Final

| | | | |
|---|---------|------------------------|-----------------------|
| 1 | 4.21.28 | 184 Jamie Sales | Cambridge & Coleridge |
| 2 | 4.27.09 | 190 Aiden Try | Thetford AC |
| 3 | 4.33.48 | 181 Connor Page | Braintree & District |
| 4 | 4.47.09 | 158 Thomas Abbott | Ipswich Harriers |
| 5 | 4.51.42 | 187 Matthew Snowdon | Ipswich Harriers |
| 6 | 5.00.81 | 182 Oliver Pocklington | Hunts AC |

U15B 200 Final (Wind Speed +2.1)

| | | | |
|---|-------|-------------------|-----------------------|
| 1 | 23.79 | 165 Adam Cross | Cambridge & Coleridge |
| 2 | 25.08 | 179 Owen Moir | Cambridge & Coleridge |
| 3 | 25.25 | 188 Daniel Soyebo | Thurrock Harriers |

U15B 300 Final

| | | | | |
|---|-------|-----|--------------|-------------------------|
| 1 | 39.86 | 168 | Oliver Eves | Colchester and Tendring |
| 2 | 40.36 | 164 | Liam Chivers | Thurrock Harriers |
| 3 | 42.81 | 189 | Harley Swan | Thetford AC |
| 4 | DNS | 171 | Joshua Hulse | Ipswich Harriers |

U15B 80 Hurdles Final (Wind Speed +2.3)

| | | | | |
|---|-------|-----|----------------|---------------------------|
| 1 | 12.78 | 341 | Kayode Odumosu | Thurrock Harriers |
| 2 | 12.95 | 193 | Ralph Williams | Stevenage and North Herts |
| 3 | 13.86 | 183 | Joshua Rathjen | Hunts AC |
| 4 | 14.39 | 192 | Haydn Williams | Stevenage and North Herts |

U15B 800 Final

| | | | | |
|---|---------------|-----|------------------|-----------------------|
| 1 | 2.00.32 (CBP) | 171 | Joshua Hulse | Ipswich Harriers |
| 2 | 2.10.33 | 189 | Harley Swan | Thetford AC |
| 3 | 2.10.64 | 176 | Thomas Lillicrap | Cambridge & Coleridge |
| 4 | 2.11.88 | 166 | Luke Dudley | Peterborough AC |
| 5 | 2.14.93 | 180 | Taylor Newell | Thurrock Harriers |
| 6 | 2.22.36 | 185 | Reece Scott | Basildon AC |

U15B Discus Final

| | | | | |
|---|-------------|-----|-----------------|---------------------|
| 1 | 44.31 (CBP) | 177 | Alfred Mawdsley | Herne Hill Harriers |
| 2 | 19.42 | 183 | Joshua Rathjen | Hunts AC |

U15B Hammer Final

| | | | | |
|---|-------|-----|----------------|---------------------------|
| 1 | 16.38 | 193 | Ralph Williams | Stevenage and North Herts |
|---|-------|-----|----------------|---------------------------|

U15B High Jump Final

| | | | | |
|---|------|-----|-------------------|--------------------------|
| 1 | 1.75 | 163 | Finlay Castledine | Bedford & County |
| 2 | 1.65 | 160 | Charlie Aldis | Ipswich Harriers |
| 3 | 1.60 | 175 | Alfie Johnson | Hastingsbury High School |
| 4 | 1.55 | 341 | Kayode Odumosu | Thurrock Harriers |

U15B Javelin Final

| | | | | |
|---|-------|-----|----------------|---------------------------|
| 1 | 32.44 | 191 | Harry Will | Cambridge & Coleridge |
| 2 | 21.30 | 192 | Haydn Williams | Stevenage and North Herts |

U15B Long Jump Final

| | | | |
|---|------|---------------------|-------------------------|
| 1 | 5.40 | 186 Harvey Simpkins | Cambridge & Coleridge |
| 2 | 5.32 | 168 Oliver Eves | Colchester and Tendring |
| 3 | 5.31 | 170 Matthew Gough | Hunts AC |
| 4 | 5.15 | 173 Tom Humphrey | Cambridge & Coleridge |
| 5 | 5.01 | 187 Matthew Snowdon | Ipswich Harriers |
| 6 | 5.00 | 179 Owen Moir | Cambridge & Coleridge |

U15B Pole Vault Final

| | | | |
|---|------------|---------------------|---------------------------|
| 1 | 3.60 (CBP) | 174 Frankie Johnson | Bedford & County |
| 2 | 3.00 | 162 Elliot Breen | Herts Phoenix |
| 3 | 2.40 | 192 Haydn Williams | Stevenage and North Herts |

U15B Shot Putt Final

| | | | |
|---|------|------------------|-------------------|
| 1 | 8.43 | 164 Liam Chivers | Thurrock Harriers |
|---|------|------------------|-------------------|

U15B Triple Jump Final

| | | | |
|---|-------|----------------------|-----------------------|
| 1 | 11.26 | 188 Daniel Soyebo | Thurrock Harriers |
| 2 | 10.89 | 186 Harvey Simpkins | Cambridge & Coleridge |
| 3 | 9.93 | 187 Matthew Snowdon | Ipswich Harriers |
| 4 | 9.00 | 172 William Humphrey | Cambridge & Coleridge |

U15G 100 Final (Wind Speed +2.1)

| | | | | |
|---|-------|-----|-----------------|---------------------------|
| 1 | 12.81 | 323 | Jasmine Hope | Hunts AC |
| 2 | 12.82 | 352 | Ellie Rowan | Southend AC |
| 3 | 13.13 | 311 | Jasmine Cant | Ipswich Harriers |
| 4 | 13.20 | 351 | Yasmin Robinson | Southend AC |
| 5 | 13.20 | 336 | Hannah Mayne | Great Yarmouth & District |
| 6 | 13.27 | 332 | Kristal Lister | Luton AC |
| 7 | 13.27 | 340 | Jennifer Nwosu | Stevenage and North Herts |

U15G 100 Heat 1 (Wind Speed +0.8)

| | | | | |
|---|-------|-----|----------------|----------------------|
| 1 | 12.95 | 323 | Jasmine Hope | Hunts AC |
| 2 | 13.20 | 365 | Skye Wicks | HAWCS |
| 3 | 13.29 | 332 | Kristal Lister | Luton AC |
| 4 | 13.52 | 339 | Charlie Moore | Ipswich Harriers |
| 5 | 13.52 | 333 | Hannah Lygo | Ipswich Harriers |
| 6 | DNS | 303 | Jasmine Allen | Nene Valley Harriers |

U15G 100 Heat 2 (Wind Speed +1.7)

| | | | | |
|---|-------|-----|-----------------|---------------------------|
| 1 | 12.90 | 352 | Ellie Rowan | Southend AC |
| 2 | 13.12 | 336 | Hannah Mayne | Great Yarmouth & District |
| 3 | 13.12 | 351 | Yasmin Robinson | Southend AC |
| 4 | 13.25 | 311 | Jasmine Cant | Ipswich Harriers |
| 5 | 13.35 | 340 | Jennifer Nwosu | Stevenage and North Herts |

U15G 1500 Final

| | | | | |
|---|---------|-----|-------------------|-----------------------|
| 1 | 4.52.88 | 315 | Helena Dyce | Cambridge & Coleridge |
| 2 | 4.54.47 | 318 | Shannon Flockhart | Hunts AC |
| 3 | 4.55.54 | 337 | Jessica Mitchell | Havering AC |
| 4 | 4.58.16 | 342 | Kate O'Neill | Havering AC |
| 5 | 4.59.01 | 326 | Hayley Instance | Thurrock Harriers |
| 6 | 4.59.48 | 343 | Amber Park | Nene Valley Harriers |
| 7 | 5.22.59 | 319 | Josephine Fortune | Nene Valley Harriers |

U15G 200 Final (Wind Speed +1.4)

| | | | | |
|---|-------|-----|-----------------|----------------------|
| 1 | 25.53 | 363 | Ella Wansell | HAWCS |
| 2 | 26.29 | 303 | Jasmine Allen | Nene Valley Harriers |
| 3 | 26.60 | 331 | Katie Liptrot | HAWCS |
| 4 | 26.69 | 327 | Elena Iruskieta | Southend AC |
| 5 | 27.19 | 311 | Jasmine Cant | Ipswich Harriers |
| 6 | 27.37 | 351 | Yasmin Robinson | Southend AC |
| 7 | 27.70 | 332 | Kristal Lister | Luton AC |
| 8 | 27.76 | 333 | Hannah Lygo | Ipswich Harriers |

U15G 200 Heat 1 (Wind Speed +1.9)

| | | | | |
|---|------|-----|----------------|---------------------------|
| 1 | 26.0 | 363 | Ella Wansell | HAWCS |
| 2 | 26.9 | 331 | Katie Liptrot | HAWCS |
| 3 | 27.1 | 311 | Jasmine Cant | Ipswich Harriers |
| 4 | 27.2 | 332 | Kristal Lister | Luton AC |
| 5 | 29.2 | 340 | Jennifer Nwosu | Stevenage and North Herts |
| 6 | 30.5 | 312 | Emily Cox | HAWCS |

U15G 200 Heat 2 (Wind Speed +2.5)

| | | | | |
|---|------|-----|-----------------|----------------------|
| 1 | 26.6 | 303 | Jasmine Allen | Nene Valley Harriers |
| 2 | 27.0 | 327 | Elena Iruskieta | Southend AC |
| 3 | 27.3 | 351 | Yasmin Robinson | Southend AC |
| 4 | 27.9 | 333 | Hannah Lygo | Ipswich Harriers |
| 5 | 28.5 | 310 | Lucy Burton | Luton AC |
| 6 | DNS | 352 | Ellie Rowan | Southend AC |

U15G 75 Hurdles Final (Wind Speed +1.9)

| | | | | |
|---|-------------|-----|----------------------|----------------------|
| 1 | 11.25 (CBP) | 355 | Marissa Sims | Enfield & Haringey |
| 2 | 11.74 | 327 | Elena Iruskieta | Southend AC |
| 3 | 12.44 | 328 | Georgie Ives- Lappin | Peterborough AC |
| 4 | 12.56 | 334 | Amy Matthews | City of Norwich |
| 5 | 13.01 | 357 | Jessica Smith | Enfield & Haringey |
| 6 | 13.14 | 356 | Hannah Smith | Braintree & District |
| 7 | 13.67 | 329 | Monet Jervier | Thurrock Harriers |

U15G 800 Final

| | | | |
|----|---------|---------------------|-----------------------|
| 1 | 2.18.04 | 348 Amber Pullinger | Thurrock Harriers |
| 2 | 2.19.56 | 321 Courtney Gordon | Braintree & District |
| 3 | 2.19.72 | 354 Hannah Shelton | Bedford & County |
| 4 | 2.20.27 | 338 Katie Mitchell | Enfield & Haringey |
| 5 | 2.26.85 | 350 Jasmine Rapley | Cambridge & Coleridge |
| 6 | 2.26.90 | 347 Katie Porter | Peterborough AC |
| 7 | 2.32.01 | 368 Katie Wright | Hunts AC |
| 8 | 2.32.19 | 305 Megan Bennett | Lincoln Wellington AC |
| 9 | 2.34.47 | 366 Beth Wilson | Cambridge & Coleridge |
| 10 | 2.39.99 | 331 Katie Liptrot | HAWCS |

U15G Discus Final

| | | | |
|---|-------|--------------------|--------------------|
| 1 | 35.71 | 317 Jessica Emery | Watford Harriers |
| 2 | 21.41 | 357 Jessica Smith | Enfield & Haringey |
| 3 | 21.25 | 361 Taia Tunstall | Watford Harriers |
| 4 | 18.75 | 335 Devon Matthews | Basildon AC |

U15G Hammer Final

| | | | |
|---|-------|------------------------|-------------------|
| 1 | 39.63 | 330 Lucy Koenigsberger | W Norfolk |
| 2 | 18.94 | 335 Devon Matthews | Basildon AC |
| 3 | 18.88 | 358 Megan Smith | Thurrock Harriers |

U15G High Jump Final

| | | | |
|---|------|-------------------|--------------------|
| 1 | 1.55 | 334 Amy Matthews | City of Norwich |
| 2 | 1.40 | 357 Jessica Smith | Enfield & Haringey |

U15G Javelin Final

| | | | |
|---|-------|---------------------|----------------------|
| 1 | 36.14 | 349 Gemma Ramsey | Ipswich Harriers |
| 2 | 34.16 | 344 Daisy Partridge | Braintree & District |
| 3 | 26.13 | 317 Jessica Emery | Watford Harriers |
| 4 | 25.98 | 335 Devon Matthews | Basildon AC |
| 5 | 18.66 | 360 Rhea Stavri | Thurrock Harriers |

U15G Long Jump Final

| | | | |
|---|------|-----------------------|---------------------------|
| 1 | 5.12 | 303 Jasmine Allen | Nene Valley Harriers |
| 2 | 4.87 | 336 Hannah Mayne | Great Yarmouth & District |
| 3 | 4.73 | 364 Jessica Whitbread | Thurrock Harriers |
| 4 | 4.68 | 322 Melissa Gurteen | Braintree & District |
| 5 | 4.51 | 333 Hannah Lygo | Ipswich Harriers |
| 6 | 4.50 | 346 Abigail Pickard | Stevenage and North Herts |
| 7 | 4.38 | 356 Hannah Smith | Braintree & District |
| 8 | 4.06 | 360 Rhea Stavri | Thurrock Harriers |

U15G Pole Vault Final

| | | | |
|---|------|---------------------|---------------------------|
| 1 | 2.40 | 346 Abigail Pickard | Stevenage and North Herts |
|---|------|---------------------|---------------------------|

U15G Shot Putt Final

| | | | |
|---|-------|------------------------|-------------------|
| 1 | 10.36 | 330 Lucy Koenigsberger | West Norfolk AC |
| 2 | 8.24 | 329 Monet Jervier | Thurrock Harriers |
| 3 | 7.83 | 361 Taia Tunstall | Watford Harriers |

U15G Triple Jump Final

| | | | |
|---|-------|-----------------------|----------------------|
| 1 | 10.03 | 364 Jessica Whitbread | Thurrock Harriers |
| 2 | 9.55 | 322 Melissa Gurteen | Braintree & District |
| 3 | 8.84 | 339 Charlie Moore | Ipswich Harriers |
| 4 | 8.70 | 360 Rhea Stavri | Thurrock Harriers |

U17M 100 Final (Wind Speed +1.8)

| | | | |
|---|-------|-----------------------|---------------------------|
| 1 | 11.25 | 122 Nathan Cox | Bedford & County |
| 2 | 11.25 | 144 Nathaniel Sherger | Chelmsford AC |
| 3 | 11.65 | 152 Morgan Webster | Biggleswade AC |
| 4 | 11.68 | 129 Charlie Hurrell | West Suffolk AC |
| 5 | 11.89 | 148 Joe Stedman | Chelmsford AC |
| 6 | 11.94 | 125 Jonathan Eley | Ipswich Harriers |
| 7 | 11.99 | 137 Hayden Page | Great Yarmouth & District |
| 8 | 12.09 | 131 Lynden Mcpherson | Cambridge & Coleridge |

U17M 100 Heat 1 (Wind Speed +1.6)

| | | | |
|---|-------|-----------------------|---------------------------|
| 1 | 11.18 | 144 Nathaniel Sherger | Chelmsford AC |
| 2 | 11.62 | 129 Charlie Hurrell | West Suffolk AC |
| 3 | 11.91 | 137 Hayden Page | Great Yarmouth & District |
| 4 | 11.95 | 131 Lynden Mcpherson | Cambridge & Coleridge |
| 5 | 12.18 | 143 Harry Round | Cambridge & Coleridge |

U17M 100 Heat 2 (Wind Speed +1.5)

| | | | |
|---|-------|--------------------|---------------------------|
| 1 | 11.38 | 122 Nathan Cox | Bedford & County |
| 2 | 11.62 | 152 Morgan Webster | Biggleswade AC |
| 3 | 11.88 | 148 Joe Stedman | Chelmsford AC |
| 4 | 12.01 | 125 Jonathan Eley | Ipswich Harriers |
| 5 | 12.53 | 124 Connor Dobson | Great Yarmouth & District |
| 6 | 12.65 | 150 Bradley Strong | Biggleswade AC |

U17M 100 Hurdles Final (Wind Speed +1.4)

| | | | |
|---|-------|-------------------|-----------------------|
| 1 | 15.30 | 117 Rahim Benson | West Norfolk AC |
| 2 | 15.90 | 121 Samuel Clarke | Cambridge & Coleridge |

U17M 1500 Final

| | | | |
|---|---------|----------------------|--------------------------|
| 1 | 4.15.93 | 133 Benjamin Miller | Colchester & Tendring AC |
| 2 | 4.17.26 | 126 Charlie Everest | Colchester Harriers |
| 3 | 4.18.93 | 268 Adam Crawford | West Suffolk AC |
| 4 | 4.27.15 | 138 Joseph Patterson | Colchester & Tendring AC |
| 5 | 4.29.67 | 153 Max Williams | Colchester Harriers |
| 6 | 4.38.36 | 130 Alex Lione | Cambridge & Coleridge |

U17M 200 Final (Wind Speed +2.6)

| | | | |
|---|-------|-----------------------|---------------------------|
| 1 | 22.65 | 144 Nathaniel Sherger | Chelmsford AC |
| 2 | 22.68 | 122 Nathan Cox | Bedford & County |
| 3 | 23.14 | 152 Morgan Webster | Biggleswade AC |
| 4 | 23.63 | 136 Matthew Owers | Havering AC |
| 5 | 24.18 | 137 Hayden Page | Great Yarmouth & District |
| 6 | 24.20 | 129 Charlie Hurrell | West Suffolk AC |
| 7 | 24.36 | 124 Connor Dobson | Great Yarmouth & District |

U17M 200 Heat 1 (Wind Speed +4.4)

| | | | | |
|---|-------|-----|------------------|---------------------------|
| 1 | 22.99 | 122 | Nathan Cox | Bedford & County |
| 2 | 23.69 | 136 | Matthew Owers | Havering AC |
| 3 | 24.20 | 137 | Hayden Page | Great Yarmouth & District |
| 4 | 24.53 | 124 | Connor Dobson | Great Yarmouth & District |
| 5 | 24.98 | 131 | Lynden Mcpherson | Cambridge & Coleridge |

U17M 200 Heat 2 (Wind Speed +3.1)

| | | | | |
|---|-------|-----|-------------------|------------------|
| 1 | 23.39 | 144 | Nathaniel Sherger | Chelmsford AC |
| 2 | 23.92 | 152 | Morgan Webster | Biggleswade AC |
| 3 | 24.03 | 129 | Charlie Hurrell | West Suffolk AC |
| 4 | 24.36 | 125 | Jonathan Eley | Ipswich Harriers |
| 5 | 25.68 | 150 | Bradley Strong | Biggleswade AC |

U17M 3000 Final

| | | | | |
|---|---------|-----|------------|----------|
| 1 | 9.24.87 | 123 | Joey Croft | Hunts AC |
|---|---------|-----|------------|----------|

U17M 400 Final

| | | | | |
|---|-------|-----|------------------|------------------|
| 1 | 53.11 | 119 | Matthew Birchall | Bedford & County |
| 2 | 53.78 | 128 | Jake Greenleaf | Ipswich Harriers |

U17M 400 Hurdles Final

| | | | | |
|---|-------|-----|---------------|-----------------------|
| 1 | 61.25 | 118 | Lordie Bevan | Eton College |
| 2 | 66.64 | 121 | Samuel Clarke | Cambridge & Coleridge |

U17M 800 Final

| | | | | |
|---|---------|-----|------------------|---------------------|
| 1 | 2.00.23 | 132 | Daniel Mees | Peterborough AC |
| 2 | 2.04.68 | 119 | Matthew Birchall | Bedford & County |
| 3 | 2.05.05 | 127 | William Forster | Bedford & County |
| 4 | 2.05.81 | 154 | Jake Young | Colchester Harriers |
| 5 | 2.08.22 | 146 | Samuel Smith | Thurrock Harriers |
| 6 | 2.13.34 | 120 | Ryan Boden | Hunts AC |

U17M Discus Final

| | | | | |
|---|-------|-----|-----------------|-----------------|
| 1 | 34.12 | 141 | Levi-Jack Roper | West Suffolk AC |
| 2 | 26.42 | 140 | Declan Rice | Hunts AC |

U17M Hammer Final

| | | | | |
|---|-------|-----|-------------|----------|
| 1 | 35.49 | 140 | Declan Rice | Hunts AC |
|---|-------|-----|-------------|----------|

U17M High Jump Final

| | | | |
|---|------|------------------|-----------------|
| 1 | 1.76 | 142 Wesley Roper | West Suffolk AC |
|---|------|------------------|-----------------|

U17M Javelin Final

| | | | |
|---|-------|------------------|---------------------|
| 1 | 45.97 | 134 Tom Mitchell | Colchester Harriers |
|---|-------|------------------|---------------------|

U17M Long Jump Final

| | | | |
|---|------|-----------------|---------------------------|
| 1 | 5.94 | 135 Ryan Morgan | Braintree & District |
| 2 | 5.47 | 137 Hayden Page | Great Yarmouth & District |

U17M Pole Vault Final

| | | | |
|---|------|---------------------|---------------------------|
| 1 | 3.10 | 149 Michael Stocker | Stevenage and North Herts |
|---|------|---------------------|---------------------------|

U17M Shot Putt Final

| | | | |
|---|------|---------------------|---------------------------|
| 1 | 9.29 | 140 Declan Rice | Hunts AC |
| 2 | 9.16 | 149 Michael Stocker | Stevenage and North Herts |

U17M Triple Jump Final

| | | | |
|---|-------|-------------------|-----------------------|
| 1 | 12.68 | 135 Ryan Morgan | Braintree & District |
| 2 | 11.84 | 142 Wesley Roper | West Suffolk AC |
| 3 | 10.54 | 121 Samuel Clarke | Cambridge & Coleridge |

U17W 100 Final (Wind Speed +1.5)

| | | | |
|---|-------|-------------------------|---------------------------|
| 1 | 12.39 | 282 Rebecca Jeggo | Colchester Harriers |
| 2 | 12.42 | 272 Eldece Emery | Ipswich Harriers |
| 3 | 12.85 | 284 Remi Jessop | Watford Harriers |
| 4 | 12.95 | 287 Eloise Lewis | Southend on Sea AC |
| 5 | 12.96 | 280 Kerri Hilton-Taylor | Cambridge & Coleridge |
| 6 | 13.31 | 277 Bethany Harley | Stevenage and North Herts |
| 7 | 13.34 | 276 Chloe Godbold | Ipswich Harriers |
| 8 | 13.35 | 261 Millie Belbin | Colchester Harriers |
| 9 | 13.49 | 278 Alisha Hayes | Chelmsford |

U17W 1500 Final

| | | | |
|---|---------|----------------------------|-----------------------|
| 1 | 5.00.34 | 297 Emma Schaertlin Coffey | Cambridge & Coleridge |
| 2 | 5.26.80 | 269 Amelia Darnell | Hunts AC |

U17W 200 Final (Wind Speed +1.6)

| | | | | |
|---|-------|-----|----------------|---------------------|
| 1 | 25.30 | 282 | Rebecca Jeggo | Colchester Harriers |
| 2 | 25.33 | 272 | Eldece Emery | Ipswich Harriers |
| 3 | 26.57 | 284 | Remi Jessop | Watford Harriers |
| 4 | 27.04 | 267 | Belinda Clark | City of Norwich |
| 5 | 27.85 | 273 | Aleta Fraylich | Hunts AC |
| 6 | 28.00 | 278 | Alisha Hayes | Chelmsford |
| 7 | DNS | 298 | Megan Sims | Peterborough AC |

U17W 300 Final

| | | | | |
|---|------|-----|----------------|--------------------|
| 1 | 41.9 | 298 | Megan Sims | Peterborough AC |
| 2 | 42.9 | 267 | Belinda Clark | City of Norwich |
| 3 | 43.3 | 287 | Eloise Lewis | Southend on Sea AC |
| 4 | 43.9 | 276 | Chloe Godbold | Ipswich Harriers |
| 5 | 44.5 | 273 | Aleta Fraylich | Hunts AC |

U17W 300 Hurdles Final

| | | | | |
|---|-------|-----|------------|-----------------|
| 1 | 46.41 | 298 | Megan Sims | Peterborough AC |
|---|-------|-----|------------|-----------------|

U17W 3000 Final

| | | | | |
|---|----------------|-----|-----------------|-----------------------|
| 1 | 10.30.10 (CBP) | 293 | Julia Paternain | Cambridge & Coleridge |
|---|----------------|-----|-----------------|-----------------------|

U17W 80 Hurdles Final (Wind Speed +3.8)

| | | | | |
|---|-------|-----|-----------------|---------------------------|
| 1 | 11.68 | 289 | Finlay Marriott | Cambridge & Coleridge |
| 2 | 13.39 | 277 | Bethany Harley | Stevenage and North Herts |

U17W 800 Final

| | | | | |
|---|---------|-----|---------------|----------------------|
| 1 | 2.15.93 | 271 | Megan Ellison | Nene Valley Harriers |
|---|---------|-----|---------------|----------------------|

U17W Discus Final

| | | | | |
|---|-------|-----|-------------------|-----------------------|
| 1 | 28.90 | 260 | Alice Barnsdale | Lincoln Wellington AC |
| 2 | 22.63 | 266 | Lydia Church | Nene Valley Harriers |
| 3 | 21.35 | 296 | Karolina Rehakova | Cambridge & Coleridge |
| 4 | 15.91 | 288 | Gabbie Lord | Grantham AC |

U17W Hammer Final

| | | | | |
|---|-------|-----|-------------------|-----------------------|
| 1 | 49.79 | 270 | Philippa Davenall | Col c HS |
| 2 | 44.20 | 260 | Alice Barnsdale | Lincoln Wellington AC |
| 3 | 40.19 | 266 | Lydia Church | Nene Valley Harriers |
| 4 | 31.46 | 288 | Gabbie Lord | Grantham AC |
| 5 | 26.58 | 296 | Karolina Rehakova | Cambridge & Coleridge |

U17W High Jump Final

| | | | | |
|---|------|-----|------------|-------------------------|
| 1 | 1.50 | 275 | Eden Frith | Sharnbrook Upper School |
|---|------|-----|------------|-------------------------|

U17W Javelin Final

| | | | | |
|---|-------|-----|---------------|-----------------------|
| 1 | 31.28 | 292 | Neve Palmer | Cambridge & Coleridge |
| 2 | 27.04 | 291 | Yasmin Othman | Colchester Harriers |

U17W Long Jump Final

| | | | | |
|---|------|-----|-----------------|-----------------------|
| 1 | 4.95 | 261 | Millie Belbin | Colchester Harriers |
| 2 | 4.78 | 285 | Jessica Kennard | Cambridge & Coleridge |
| 3 | 4.43 | 278 | Alisha Hayes | Chelmsford |

U17W Pole Vault Final

| | | | | |
|---|------|-----|--------------------|----------------------|
| 1 | 3.10 | 264 | Erin Breen | Herts Phoenix |
| 2 | 2.90 | 290 | Jessica O'Sullivan | Dacorum & Tring |
| 3 | 2.80 | 274 | Rosie Fresen | Nene Valley Harriers |

U17W Shot Putt Final

| | | | | |
|---|-------|-----|-----------------|---------------------------|
| 1 | 10.87 | 266 | Lydia Church | Nene Valley Harriers |
| 2 | 9.21 | 277 | Bethany Harley | Stevenage and North Herts |
| 3 | 8.75 | 260 | Alice Barnsdale | Lincoln Wellington AC |
| 4 | 7.72 | 283 | Seniz Jessener | Thurrock Harriers |

U17W Triple Jump Final

| | | | | |
|---|-------|-----|---------------------|-----------------------|
| 1 | 10.55 | 280 | Kerri Hilton-Taylor | Cambridge & Coleridge |
| 2 | 10.53 | 285 | Jessica Kennard | Cambridge & Coleridge |
| 3 | 9.18 | 283 | Seniz Jessener | Thurrock Harriers |

U20M 100 Final (Wind Speed +1.8)

| | | | |
|---|-------|-----------------------|----------------------|
| 1 | 11.11 | 72 Richard Shingleton | Braintree & District |
| 2 | 11.29 | 77 Joseph Wilkin | Colchester Harriers |
| 3 | 11.29 | 74 Ben Slayman | Braintree & District |
| 4 | 11.36 | 54 James Curran | West Suffolk AC |
| 5 | 12.13 | 61 Brandon Howell | Peterborough AC |

U20M 110 Hurdles Final (Wind Speed +3.3)

| | | | |
|---|-------|-----------------|-----------------------------|
| 1 | 14.62 | 58 Matthew Hall | Shaftesbury Barnet Harriers |
| 2 | 15.25 | 62 Liam Hunt | Hunts AC |

U20M 1500 Final

| | | | |
|---|---------|------------------|--------------------------|
| 1 | 4.11.74 | 69 Ramadan Osman | Colchester & Tendring AC |
|---|---------|------------------|--------------------------|

U20M 200 Final (Wind Speed +1.9)

| | | | |
|---|-------|-----------------------|----------------------|
| 1 | 22.12 | 68 Connor Oliver | Colchester Harriers |
| 2 | 22.56 | 72 Richard Shingleton | Braintree & District |
| 3 | 22.87 | 74 Ben Slayman | Braintree & District |
| 4 | 22.94 | 54 James Curran | West Suffolk AC |
| 5 | 23.10 | 53 Craig Brooks | West Norfolk AC |
| 6 | 23.48 | 77 Joseph Wilkin | Colchester Harriers |
| 7 | 23.71 | 59 Adam Herring | City of Norwich |
| 8 | 26.01 | 61 Brandon Howell | Peterborough AC |

U20M 400 Final

| | | | |
|---|-------|-----------------------|----------------------|
| 1 | 50.78 | 60 Elliot Holland | City of Norwich |
| 2 | 51.91 | 51 Tom Boggon | Biggleswade AC |
| 3 | 53.33 | 59 Adam Herring | City of Norwich |
| 4 | 54.17 | 71 Charlie Shingleton | Braintree & District |

U20M 800 Final

| | | | |
|---|---------|-----------------------|-----------------|
| 1 | 2.03.16 | 50 Amittai Ben-Israel | Peterborough AC |
|---|---------|-----------------------|-----------------|

U20M Discus Final

| | | | |
|---|-------|--------------------|-----------------------|
| 1 | 45.33 | 55 Daniel Fleming | City of York |
| 2 | 34.33 | 73 Aedan Slack | Cambridge & Coleridge |
| 3 | 30.92 | 63 Isaac Huskisson | Nene Valley Harriers |
| 4 | 27.41 | 65 Sam Isitt | Cambridge & Coleridge |

U20M Hammer Final

| | | | |
|---|-------|--------------------|-----------------------|
| 1 | 50.78 | 63 Isaac Huskisson | Nene Valley Harriers |
| 2 | 36.46 | 73 Aedan Slack | Cambridge & Coleridge |
| 3 | 24.03 | 65 Sam Isitt | Cambridge & Coleridge |

U20M High Jump Final

| | | | |
|---|------|----------------|------------------|
| 1 | 1.85 | 66 Lee Johnson | Bedford & County |
|---|------|----------------|------------------|

U20M Javelin Final

| | | | |
|---|-------|---------------------|-----------------------|
| 1 | 54.21 | 64 Alexander Ingham | Biggleswade AC |
| 2 | 47.99 | 70 Albert Pavelin | Cambridge & Coleridge |
| 3 | 35.38 | 63 Isaac Huskisson | Nene Valley Harriers |

U20M Long Jump Final

| | | | |
|---|------|-----------------------|-----------------------|
| 1 | 6.48 | 76 Joe Warwick | Cambridge & Coleridge |
| 2 | 6.28 | 72 Richard Shingleton | Braintree & District |
| 3 | 6.20 | 71 Charlie Shingleton | Braintree & District |
| 4 | 5.63 | 67 James Murphy | Braintree & District |
| 5 | 5.44 | 74 Ben Slayman | Braintree & District |

U20M Pole Vault Final

| | | | |
|---|------|--------------------|-----------------|
| 1 | 4.30 | 52 Edward Borrmann | City of Norwich |
|---|------|--------------------|-----------------|

U20M Shot Putt Final

| | | | |
|---|-------|----------------|-----------------------|
| 1 | 12.12 | 73 Aedan Slack | Cambridge & Coleridge |
| 2 | 12.10 | 65 Sam Isitt | Cambridge & Coleridge |

U20M Triple Jump Final

| | | | |
|---|-------|-----------------------|----------------------|
| 1 | 12.55 | 64 Alexander Ingham | Biggleswade AC |
| 2 | 11.92 | 71 Charlie Shingleton | Braintree & District |

U20W 100 Final (Wind Speed +3.8)

| | | | | |
|---|-------------|-----|----------------------|-------------------------|
| 1 | 12.22 (CBP) | 237 | Ella De Lucis | Peterborough AC |
| 2 | 12.43 | 232 | Tayla Benson | West Norfolk AC |
| 3 | 12.79 | 244 | Chantelle Kilpatrick | Ipswich Harriers |
| 4 | 13.15 | 253 | Francesca Riley | Biggleswade AC |
| 5 | 13.47 | 258 | Keeley Whitlock | Ipswich Harriers |
| 6 | 13.48 | 235 | April Castle | Colchester and Tendring |
| 7 | 13.74 | 255 | Laura Satahoo | Biggleswade AC |
| 8 | 13.77 | 256 | Cassie Scotting | West Suffolk AC |

U20W 100 Hurdles Final (Wind Speed +1.7)

| | | | | |
|---|------------|-----|-----------------|-------------------------|
| 1 | 14.7 (CBP) | 237 | Ella De Lucis | Peterborough AC |
| 2 | 14.8 | 232 | Tayla Benson | West Norfolk AC |
| 3 | 20.5 | 235 | April Castle | Colchester and Tendring |
| 4 | DNS | 233 | Suzanne Bentley | St Albans AC |

U20W 1500 Final

| | | | | |
|---|---------|-----|----------------|------------------|
| 1 | 4.50.54 | 248 | Emily Moyes | West Suffolk AC |
| 2 | 4.57.65 | 236 | Diana Chalmers | Bedford & County |
| 3 | 5.06.36 | 257 | Polly Smith | Hunts AC |

U20W 200 Final

| | | | | |
|---|-------|-----|----------------------|-------------------------|
| 1 | 26.85 | 244 | Chantelle Kilpatrick | Ipswich Harriers |
| 2 | 27.36 | 253 | Francesca Riley | Biggleswade AC |
| 3 | 28.20 | 258 | Keeley Whitlock | Ipswich Harriers |
| 4 | 29.07 | 255 | Laura Satahoo | Biggleswade AC |
| 5 | 29.93 | 235 | April Castle | Colchester and Tendring |
| 6 | 30.25 | 256 | Cassie Scotting | West Suffolk AC |

U20W 400 Final

| | | | | |
|---|-------------|-----|-------------------|---------------------------|
| 1 | 56.77 (CBP) | 254 | Lauren Rule | Stevenage and North Herts |
| 2 | 59.57 | 239 | Ami Fosker | Colchester & Tendring AC |
| 3 | 61.21 | 246 | Catriona Marriott | Cambridge & Coleridge |
| 4 | 62.77 | 231 | Rosie Benfield | Cambridge & Coleridge |
| 5 | DNS | 256 | Cassie Scotting | West Suffolk AC |

U20W 400 Hurdles Final

| | | | | |
|---|-------------|-----|-----------------|-----------------|
| 1 | 64.51 (CBP) | 233 | Suzanne Bentley | St Albans AC |
| 2 | 65.39 | 248 | Emily Moyes | West Suffolk AC |

U20W 800 Final

| | | | |
|---|---------------|---------------------|---------------------------|
| 1 | 2.12.02 (CBP) | 241 Gemma Holloway | Thurrock Harriers |
| 2 | 2.17.28 | 234 Ella Blake | Hunts AC |
| 3 | 2.26.05 | 230 Phillipa Baxter | Colchester & Tendring AC |
| 4 | 2.37.27 | 238 Sarah Feely | Stevenage and North Herts |

U20W Hammer Final

| | | | |
|---|-------|-------------------|----------|
| 1 | 30.52 | 240 Victoria Hill | Luton AC |
|---|-------|-------------------|----------|

U20W High Jump Final

| | | | |
|---|------|----------------------|---------------------------|
| 1 | 1.40 | 251 Shannon Rapacchi | Stevenage and North Herts |
|---|------|----------------------|---------------------------|

U20W Javelin Final

| | | | |
|---|-------|--------------------------|---------------------------|
| 1 | 34.45 | 229 Kirsty Bateman Foley | Stevenage and North Herts |
| 2 | 31.44 | 250 Siobhan Rapacchi | Stevenage and North Herts |
| 3 | 30.27 | 247 Eleanor Moss | Herts Phoenix |

U20W Long Jump Final

| | | | |
|---|------|------------------|-------------------------|
| 1 | 4.60 | 235 April Castle | Colchester and Tendring |
| 2 | 4.47 | 243 Beth James | Havering AC |

U20W Pole Vault Final

| | | | |
|---|------------|----------------------|---------------------------|
| 1 | 3.10 (CBP) | 251 Shannon Rapacchi | Stevenage and North Herts |
| 2 | 3.00 | 242 Martha Huggins | Stevenage and North Herts |

U20W Shot Putt Final

| | | | |
|---|------|-------------------|----------|
| 1 | 8.52 | 240 Victoria Hill | Luton AC |
|---|------|-------------------|----------|

U20W Triple Jump Final

| | | | |
|---|-------|--------------------------|-------------------------|
| 1 | 10.11 | 235 April Castle | Colchester and Tendring |
| 2 | 9.97 | 244 Chantelle Kilpatrick | Ipswich Harriers |
| 3 | 9.64 | 243 Beth James | Havering AC |