
Eastern Athletic Association

Track & Field Championships



Saturday 24th June 2017

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

1	10.82	25	Gideon Okoh	Nene Valley Har
2	11.26	34	Richard Shingleton	Braintree & Dist
3	11.40	18	Mathew Hudson	Luton AC
4	11.54	3	Matthew Bailey	West Norfolk A
5	11.72	11	Sydney Conteh	Havering AC
	DNS	15	Lawrence Harvey	Trafford AC

SM 110 Hurdles Final

1	16.12	3	Matthew Bailey	West Norfolk A
1	15.12	220	Michael Shields	Basildon AC
2	16.91	203	Samuel Clarke	Cambridge & Co

SM 1500 Final

1	4.21.61	26	James O'Neill	Ryston Runners
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SM 200 Final

	DNS	34	Richard Shingleton	Braintree & Dist
	DNS	7	Aderian Bright	Luton AC
1	23.16	25	Gideon Okoh	Nene Valley Har
2	23.69	12	Dylan Doggett	Cambridge & Co
3	23.97	17	Adam Herring	Blackheath & Br
4	23.98	11	Sydney Conteh	Havering AC
5	24.62	38	James Tufnell	Cambridge Univ

SM 3000 Final

1	9.18.12	26	James O'Neill	Ryston Runners
2	9.19.41	40	James Whitehead	Peterborough A

SM 400 Final

1	51.25	33	Charlie Shingleton	Braintree & Dist
2	51.82	12	Dylan Doggett	Cambridge & Co
3	53.09	17	Adam Herring	Blackheath & Br
	DNF	7	Aderian Bright	Luton AC

SM 400 Hurdles Final

1	1.00.14	35	Michael Shortall	Thurrock Harrie
2	1.00.81	4	Jack Benedickter	Bedford & Coun
3	1.03.90	39	Luke Whitby	Luton AC

SM 800 Final

1	2.07.44	28	Richard Park	Cambridge & Co
2	2.07.91	26	James O'Neill	Ryston Runners

SM Discus Final

1	46.42	22	Christopher Linque	Woodford Gree
2	39.74	37	Martin Tinkler	Nene Valley Har
3	39.42	1	Jake Allen	West Suffolk AC
4	37.89	36	Aedan Slack	Cambridge & Co
5	34.67	23	Declan Manning	City of Norwich
6	32.76	8	David Bush	Nene Valley Har
7	31.61	41	Hugh Williams	Woodford Gree
8	28.59	30	Jamie Potton-Burrell	Luton AC

SM Hammer Final

1	53.88	30	Jamie Potton-Burrell	Luton AC
2	46.19	1	Jake Allen	West Suffolk AC
3	41.03	36	Aedan Slack	Cambridge & Co
4	31.88	23	Declan Manning	City of Norwich

SM High Jump Final

1	1.90	13	Lewis Ely	Blackheath & Br
2	1.75	19	Gareth Hunt	Ryston Runners

SM Javelin Final

1	63.34	10	Marshall Childs	Ipswich Harriers
2	43.37	8	David Bush	Nene Valley Har

SM Long Jump Final

1	6.50	18	Mathew Hudson	Luton AC
2	6.39	33	Charlie Shingleton	Braintree & Dist
3	5.95	2	Luke Allen	West Suffolk AC
4	5.77	19	Gareth Hunt	Ryston Runners
5	5.57	34	Richard Shingleton	Braintree & Dist

SM Shot Final

1	14.26	37	Martin Tinkler	Nene Valley Har
2	12.45	36	Aedan Slack	Cambridge & Co
3	12.09	41	Hugh Williams	Woodford Gree
4	11.99	1	Jake Allen	West Suffolk AC
5	11.82	8	David Bush	Nene Valley Har
6	11.30	23	Declan Manning	City of Norwich
7	10.60	30	Jamie Potton-Burrell	Luton AC
8	10.53	2	Luke Allen	West Suffolk AC
9	8.86	27	Yinka Opaleye	Hunts AC

SM Triple Jump Final

1 (CBP)	15.50	5	Joshua Bones	Scunthorpe & D
2	12.46	19	Gareth Hunt	Ryston Runners
3	11.69	9	Neil Carrington	Hunts AC

SW 100 Final

1	12.32	342	Jessica Fox	Cambridge & Co
2	12.71	349	Chantelle Kilpatrick	Ipswich Harriers
3	12.74	357	Sarah Ridley	Biggleswade AC
4	13.25	360	Victoria Staines	Southend on Se
5	15.73	340	Amanda Dodge	Basildon AC

SW 100 Hurdles Final

1	21.15	336	April Castle	Colchester & Te
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SW 1500 Final

1	4.59.15	334	Claire Bentley	Watford Harrier
2	5.11.17	339	Diana Chalmers	Bedford & Coun
3	5.14.38	364	Ruby Woolfe	Thames Hare &
4	5.50.28	350	Jordan Lacey	Southend on Se

SW 200 Final

1	25.73	342	Jessica Fox	Cambridge & Co
2	26.41	347	Caroline Johnson	Cambridge Univ
3	26.86	352	Catriona Marriott	Cambridge & Co
4	28.03	345	Nichola Gibson	Peterborough A
5	29.47	360	Victoria Staines	Southend on Se

SW 3000 Final

1	10.51.04	364	Ruby Woolfe	Thames Hare &
	DNF	350	Jordan Lacey	Southend on Se

SW 400 Final

1	57.80	358	Lauren Rule	Stevenage & No
2	59.39	347	Caroline Johnson	Cambridge Univ
3	61.34	352	Catriona Marriott	Cambridge & Co
4	61.89	362	Lucy Weber	Cambridge & Co
5	64.39	345	Nichola Gibson	Peterborough A
6	65.09	356	Hannah Ridley	Biggleswade AC

SW Discus Final

1	38.48	346	Andrea Jenkins	Nene Valley Har
2	30.79	337	Debbie Castle	Colchester & Te
3	28.60	354	Anne Moindrot	Cambridge & Co
4	26.89	361	Gemma Vickery	City of Norwich
5	23.45	338	Hannah Castle	Colchester & Te

SW Hammer Final

1	48.07	361	Gemma Vickery	City of Norwich
2	45.43	346	Andrea Jenkins	Nene Valley Har
3	33.58	355	Clare Pacini	Cambridge & Co
4	27.41	337	Debbie Castle	Colchester & Te

SW Javelin Final

1	35.22	337	Debbie Castle	Colchester & Te
2	30.85	343	Alice Galloway	Cambridge & Co
3	19.92	336	April Castle	Colchester & Te

SW Long Jump Final

1	5.44	342	Jessica Fox	Cambridge & Co
2	5.17	353	Stacy McGivern	Peterborough A
3	4.95	349	Chantelle Kilpatrick	Ipswich Harriers
4	4.83	336	April Castle	Colchester & Te
5	4.31	276	Bethany James	Havering AC
6	3.86	338	Hannah Castle	Colchester & Te

SW Pole Vault Final

1	2.80	344	Kara Gibbs	Bedford & Coun
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SW Shot Final

1	9.81	357	Sarah Ridley	Biggleswade AC
2	9.74	337	Debbie Castle	Colchester & Te
3	9.53	343	Alice Galloway	Cambridge & Co
4	7.17	363	Keeley Whitlock	Ipswich Harriers

SW Triple Jump Final

1 (CBP)	12.14	410	Shanara Hibbert	Luton AC
2	9.05	276	Bethany James	Havering AC

U13B 100 Final

1	13.10	375	Ben Greenleaf	Ipswich Harriers
2	13.55	365	Joel Burgess	Waveney Valley
3	13.97	370	Liam Clare	Ryston Runners
4	14.16	380	Barney McCallum	Ipswich Harriers
5	14.44	379	David Macqueen	Ryston Runners
6	14.53	372	Lewis Dixon	Havering AC
7	15.09	368	Oliver Cawston	Nene Valley Har

U13B 200 Final

1	27.21	365	Joel Burgess	Waveney Valley
2	27.22	375	Ben Greenleaf	Ipswich Harriers
3	29.57	377	Freddie House	Nene Valley Har
4	30.15	383	Gabriel Parmenter	Cambridge & Co
5	30.41	379	David Macqueen	Ryston Runners
6	DNS	389	Jimmy Williams	Ipswich Harriers
7	DNS	372	Lewis Dixon	Havering AC

U13B 75 Hurdles Final

1	13.14	380	Barney McCallum	Ipswich Harriers
2	13.23	389	Jimmy Williams	Ipswich Harriers
3	14.38	370	Liam Clare	Ryston Runners

U13B 800 Final

1	2.21.92	374	Elliot Gladwell	Ipswich Harriers
10	2.43.96	385	Benjamin Peck	Thetford AC
11	2.46.59	368	Oliver Cawston	Nene Valley Har
12	2.54.69	390	Ryan Wood	Ryston Runners
2	2.24.05	386	James Peck	Thetford AC
3	2.24.93	382	Luca Mcgrath	Cambridge & Co
4	2.30.25	384	Thomas Peacock	Thurrock Harrie
5	2.30.98	381	Joel Mcginess	Hunts AC
6	2.33.06	376	Jason Hart	Hunts AC
7	2.33.91	369	Kai Chilvers	Nene Valley Har
8	2.37.24	377	Freddie House	Nene Valley Har
9	2.39.90	371	Joshua Cook	Ipswich Harriers

U13B Long Jump Final

1	4.28	380	Barney McCallum	Ipswich Harriers
2	4.15	370	Liam Clare	Ryston Runners
3	3.97	379	David Macqueen	Ryston Runners
4	3.95	389	Jimmy Williams	Ipswich Harriers
5	3.81	368	Oliver Cawston	Nene Valley Har
6	3.75	383	Gabriel Parmenter	Cambridge & Co
7	3.43	390	Ryan Wood	Ryston Runners
8	3.41	372	Lewis Dixon	Havering AC

U13B Shot Final

1	11.03	366	Donovan Capes	Nene Valley Har
2	5.14	390	Ryan Wood	Ryston Runners

U13G 100 Final

1 (CBP)	12.58	232	Emily Cann	West Suffolk AC
2	13.43	243	Lizzy Harrison	Hunts AC
3	13.84	237	Cara Duncan	Braintree & Dist
4	14.02	245	Jessica Hawken	Nene Valley Har
5	14.22	231	Olivia Boachie	Havering
6	14.41	258	Maya Vandermark	Cambridge & Co
7	14.69	253	Niamh Rushton	Nene Valley Har
8	14.72	229	Arabella Allen	Nene Valley Har
9	15.03	230	Eva Askey	Stevenage & No
10	16.07	236	Zowie Dodge	Basildon AC

U13G 200 Final

1	28.05	248	Leah Jay	Luton AC
2	28.38	241	Scarlett Gammell	Watford Harrier
3	29.17	243	Lizzy Harrison	Hunts AC
4	29.32	239	Sophie Forbes-Laird	Biggleswade AC
5	30.30	249	Madison Kelly	City of Norwich
6	30.69	231	Olivia Boachie	Havering
7	31.32	237	Cara Duncan	Braintree & Dist
8	DNS	232	Emily Cann	West Suffolk AC

U13G 200 Heat 1

1	27.03	232	Emily Cann	West Suffolk AC
2	28.37	241	Scarlett Gammell	Watford Harrier
3	29.22	239	Sophie Forbes-Laird	Biggleswade AC
4	30.78	249	Madison Kelly	City of Norwich
5	32.91	253	Niamh Rushton	Nene Valley Har

U13G 200 Heat 2

1	27.55	243	Lizzy Harrison	Hunts AC
2	27.65	248	Leah Jay	Luton AC
3	29.73	231	Olivia Boachie	Havering
4	30.58	237	Cara Duncan	Braintree & Dist
5	31.07	247	Sabrina Jansen	Watford Harrier

U13G 70 Hurdles Final

1	11.84	241	Scarlett Gammell	Watford Harrier
2	12.58	252	Elena Rivetti	Peterborough A
3	13.01	242	Maddie Greenwood	West Suffolk AC
4	14.94	258	Maya Vandermark	Cambridge & Co
5	15.10	257	Rosie Townley	Thurrock Harrie

U13G 800 Final

1	2.23.66	248	Leah Jay	Luton AC
2	2.25.86	240	Sadie Frater-White	Braintree & Dist
3	2.27.15	259	Aimi Weightman	Shaftesbury Bar
4	2.34.55	238	Olivia Edwards	Dacorum & Trin
5	2.37.98	249	Madison Kelly	City of Norwich
6	2.39.10	261	Stella Whitlum	Dacorum & Trin
7	2.41.08	251	Molly Redgrave	Colchester & Te
8	2.44.00	247	Sabrina Jansen	Watford Harrier
9	2.45.67	233	Abigail Clouston	Thetford AC
10	2.47.82	260	Rebecca West	Cambridge & Co
11	2.57.66	257	Rosie Townley	Thurrock Harrie

U13G Long Jump Final

1	4.42	232	Emily Cann	West Suffolk AC
2	4.33	243	Lizzy Harrison	Hunts AC
3	4.05	241	Scarlett Gammell	Watford Harrier
4	3.89	246	Bea Honeybone	Ryston Runners
5	3.68	252	Elena Rivetti	Peterborough A
6	3.62	230	Eva Askey	Stevenage & No
7	3.53	236	Zowie Dodge	Basildon AC
8	3.51	235	Eloise Dickins	Watford Harrier
9	3.47	242	Maddie Greenwood	West Suffolk AC
10	3.39	257	Rosie Townley	Thurrock Harrie
11	3.38	237	Cara Duncan	Braintree & Dist
12	3.04	229	Arabella Allen	Nene Valley Har
13	2.88	253	Niamh Rushton	Nene Valley Har

U13G Shot Final

1	7.76	254	Olivia Simon	Colchester Harri
2	7.49	244	Emily Hart	Hunts AC
3	7.16	262	Sasha Wilson	West Suffolk AC
4	6.67	246	Bea Honeybone	Ryston Runners
5	6.45	258	Maya Vandermark	Cambridge & Co
6	5.99	242	Maddie Greenwood	West Suffolk AC

U15B 100 Final

1	11.47	303	Edward Brown	Braintree & Dist
2	11.86	333	James Vincent	Southend on Se
3	11.92	316	Joshua Ogunfolaju	Chelmsford AC
4	11.95	313	Robert Macqueen	Ryston Runners
5	12.23	306	Daniel Fielding	HAWCS
6	12.37	312	Alfie Kovacs	Cambridge & Co
7	12.76	317	Ayo Opaleye	Hunts AC
8	13.85	315	Elliot Mortimer	Hunts AC
9	14.15	309	Sebastien Jacobs	Colchester Harri

U15B 1500 Final

1	4.31.26	308	Ben Hunter	Watford Harrier
2	4.50.94	300	Danny Adams	City of Norwich
3	4.54.41	314	Finn McGrath	Cambridge & Co
4	5.16.42	301	Miles Benyan	Cambridge & Co

U15B 200 Final

1	24.11	303	Edward Brown	Braintree & Dist
2	24.21	333	James Vincent	Southend on Se
3	24.22	325	Samuel Shippey	Colchester & Te
4	25.00	321	Luke Phillips	Peterborough A
5	25.46	313	Robert Macqueen	Ryston Runners
6	25.90	322	Alexandra Pickard	Stevenage & No
	26.03	312	Alfie Kovacs	Cambridge & Co
	27.07	328	Nikolaos Tirchineci	Peterborough A

U15B 200 Heat 1

1	24.48	303	Edward Brown	Braintree & Dist
2	25.10	321	Luke Phillips	Peterborough A
3	25.39	313	Robert Macqueen	Ryston Runners
4	26.38	312	Alfie Kovacs	Cambridge & Co
5	28.06	329	Dylan Tomaselli	Nene Valley Har

U15B 200 Heat 2

1	24.82	333	James Vincent	Southend on Se
2	25.63	325	Samuel Shippey	Colchester & Te
3	26.33	322	Alexandra Pickard	Stevenage & No
4	27.10	328	Nikolaos Tirchineci	Peterborough A
5	29.35	315	Elliot Mortimer	Hunts AC
	DNS	309	Sebastien Jacobs	Colchester Harri

U15B 300 Final

1	40.05	306	Daniel Fielding	HAWCS
2	40.74	326	Finlay Staff	Chelmsford AC
3	44.46	329	Dylan Tomaselli	Nene Valley Har

U15B 80 Hurdles Final

1	14.55	315	Elliot Mortimer	Hunts AC
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U15B 800 Final

1	2.12.84	319	Harry Parker	Thurrock Harrie
2	2.19.38	325	Samuel Shippey	Colchester & Te

U15B Discus Final

1	28.77	332	Cameron Try	Thetford AC
2	24.65	366	Donovan Capes	Nene Valley Har
3	17.26	305	Owen Dodge	Basildon AC
4	13.71	324	Joseph Scase	Impington Villag

U15B Hammer Final

1	23.48	332	Cameron Try	Thetford AC
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U15B High Jump Final

1	1.65	321	Luke Phillips	Peterborough A
2	1.40	317	Ayo Opaleye	Hunts AC

U15B Javelin Final

1	43.45	310	Bradley James	Havering AC
2	24.14	305	Owen Dodge	Basildon AC

U15B Long Jump Final

1	5.67	306	Daniel Fielding	HAWCS
2	5.01	328	Nikolaos Tirchineci	Peterborough A
3	4.79	317	Ayo Opaleye	Hunts AC
4	4.66	327	Ashton Thatcher-Gray	Havering AC
5	4.25	322	Alexandra Pickard	Stevenage & No
6	3.65	309	Sebastien Jacobs	Colchester Harri

U15B Pole Vault Final

1	3.10	302	Bryce Breen	Herts Phoenix
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U15B Triple Jump Final

1	11.52	316	Joshua Ogunfolaju	Chelmsford AC
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U15G 100 Final

1 (CBP)	11.88	57	Leah Duncan	Braintree & Dist
2	12.21	77	Iona Newbegin	Bedford & Coun
3	12.33	65	Serena Grace	City of Norwich
4	12.55	70	Marli Jessop	Dacorum & Trin
5	13.16	69	Ruby James	Cambridge & Co
6	13.17	64	Lois Gordon	Braintree & Dist
7	13.34	56	Jose Downer	Nene Valley Har
8	13.69	58	Charlotte Dunstone	Peterborough A

U15G 100 Heat 1

1	12.46	57	Leah Duncan	Braintree & Dist
2	12.67	70	Marli Jessop	Dacorum & Trin
3	13.32	64	Lois Gordon	Braintree & Dist
4	14.04	68	Grace Iyinbor	Harlow AC
5	14.22	83	Ella Reed	Hunts AC
6	15.19	49	Ines Borley	West Suffolk AC

U15G 100 Heat 2

1	12.32	77	Iona Newbegin	Bedford & Coun
2	12.38	65	Serena Grace	City of Norwich
3	13.11	69	Ruby James	Cambridge & Co
4	13.37	56	Jose Downer	Nene Valley Har
5	13.74	58	Charlotte Dunstone	Peterborough A

U15G 1500 Final

1	4.56.37	44	Tilly Aldis	Ipswich Harriers
2	5.03.02	74	Olivia Mead	Nene Valley Har
3	5.11.41	85	Keirra Scott	Basildon AC
4	5.12.20	47	Sarah Blockley	Thurrock Harrie
5	5.25.08	67	Grace Hucknall	Watford Harrier
6	5.29.02	72	Sophie Magson	Harlow AC

U15G 200 Final

1	25.39	57	Leah Duncan	Braintree & Dist
2	26.19	77	Iona Newbegin	Bedford & Coun
3	26.22	96	Lisa Uzokwe	Stevenage & No
4	26.55	65	Serena Grace	City of Norwich
5	26.64	79	Naomi Palmer	Luton AC
6	27.05	90	Elizabeth Taylor	Peterborough A
7	28.64	61	Sky Fay	Braintree & Dist
	DNS	99	Milly Wych	Cambridge & Co

U15G 200 Heat 1

1	26.15	57	Leah Duncan	Braintree & Dist
2	26.49	65	Serena Grace	City of Norwich
3	26.63	96	Lisa Uzokwe	Stevenage & No
4	28.23	61	Sky Fay	Braintree & Dist
5	29.26	58	Charlotte Dunstone	Peterborough A
6	31.76	75	Isabella Minder	Colchester Harri
	DNS	48	Elize Bonning	Havering AC

U15G 200 Heat 2

1	25.80	77	Iona Newbegin	Bedford & Coun
2	26.23	90	Elizabeth Taylor	Peterborough A
3	26.25	79	Naomi Palmer	Luton AC
4	28.23	99	Milly Wych	Cambridge & Co
5	29.46	64	Lois Gordon	Braintree & Dist
6	30.52	84	Lily Richards	Cambridge & Co
	DNS	56	Jose Downer	Nene Valley Har

U15G 75 Hurdles Final

1	11.51	70	Marli Jessop	Dacorum & Trin
2	12.02	71	Emily Knight	Enfield & Haring
3	12.15	48	Elize Bonning	Havering AC
4	12.66	58	Charlotte Dunstone	Peterborough A
5	12.69	45	Maisy Armstrong	Ipswich Harriers
6	13.00	68	Grace Iyinbor	Harlow AC
7	13.30	69	Ruby James	Cambridge & Co
8	14.26	50	Eliza Brown	Stevenage & No
9	15.82	75	Isabella Minder	Colchester Harri

U15G 800 Final

1	2.20.58	78	Jessica Norkett	Thetford AC
10	2.46.27	99	Milly Wych	Cambridge & Co
11	2.53.87	84	Lily Richards	Cambridge & Co
12	DNF	87	Savanna Sirkett	Orion Harriers
2	2.21.04	60	Demi Eves	Thurrock Harrie
3	2.23.28	98	Beatrix Wraith	HAWCS
4	2.28.17	92	Lucy Taylor	Stevenage & No
5	2.37.01	95	Georgia Tombs	Chelmsford AC
6	2.39.66	318	Yasmin Palmer	Luton AC
7	2.42.19	55	Mia Dann	Ipswich Harriers
8	2.44.22	46	Kennedy Beardwell	Thurrock Harrie
9	2.46.19	81	Hannah Peacock	Thurrock Harrie

U15G Discus Final

1	26.37	63	Elizabeth Finch	Chelmsford AC
2	25.99	76	Amy Money	City of Norwich
3	25.27	97	Katie Webb	Dacorum & Trin
4	25.11	82	Zoe Powers	City of Norwich
5	24.40	51	Stephanie Browne	Cambridge & Co
6	13.66	66	Aleisha Hancock	Nene Valley Har

U15G Hammer Final

1	39.53	51	Stephanie Browne	Cambridge & Co
2	38.98	63	Elizabeth Finch	Chelmsford AC
3	33.00	76	Amy Money	City of Norwich
4	32.09	405	Simbiyat Sikiru	Woodford Gree
5	16.70	66	Aleisha Hancock	Nene Valley Har
6	14.91	97	Katie Webb	Dacorum & Trin

U15G Javelin Final

1	34.36	93	Adelaide Thatcher-Gray	Havering AC
2	27.06	52	Louise Chance	Peterborough A
3	26.17	97	Katie Webb	Dacorum & Trin
4	23.91	68	Grace Iyinbor	Harlow AC
5	23.51	76	Amy Money	City of Norwich

U15G Long Jump Final

1	5.35	70	Marli Jessop	Dacorum & Trin
2	4.97	71	Emily Knight	Enfield & Haring
3	4.57	67	Grace Hucknall	Watford Harrier
4	4.41	56	Jose Downer	Nene Valley Har
5	4.03	52	Louise Chance	Peterborough A
6	4.02	49	Ines Borley	West Suffolk AC
7	3.54	75	Isabella Minder	Colchester Harri
8	3.50	62	Rosie Field	Braintree & Dist
9	3.45	84	Lily Richards	Cambridge & Co

U15G Pole Vault Final

1	2.20	67	Grace Hucknall	Watford Harrier
2	2.10	254	Olivia Simon	Colchester Harri

U15G Shot Final

1	9.89	82	Zoe Powers	City of Norwich
2	9.60	51	Stephanie Browne	Cambridge & Co
3	7.60	62	Rosie Field	Braintree & Dist
4	6.34	66	Aleisha Hancock	Nene Valley Har

U15G Triple Jump Final

1	9.65	99	Milly Wych	Cambridge & Co
2	9.14	78	Jessica Norkett	Thetford AC

U17M 100 Final

1	10.90	400	Ronan Rawlings	Nene Valley Har
2	11.33	173	Daniel Knight	Enfield & Haring
3	11.57	165	Leon Field	Waveney Valley
4	11.65	193	Daniel Soyebo	Thurrock Harrie
5	11.98	188	Adam Reid	Braintree & Dist

U17M 100 Hurdles Final

1	13.40	173	Daniel Knight	Enfield & Haring
2	15.10	165	Leon Field	Waveney Valley
3	15.56	185	Kayode Odumosu	Thurrock Harrie

U17M 1500 Final

1	4.21.46	150	Ermeas Afewerki	Colchester & Te
2	4.22.04	161	Sarab Dhillon	Thurrock Harrie
3	4.24.38	156	Max Caulfield	Colchester Harri
4	4.26.78	163	Jack Exley	Thurrock Harrie
5	4.32.97	171	Jake Harrison	Bedford & Coun
6	4.40.84	176	Ralph Laursen	Bedford & Coun
7	4.42.15	184	Callum Nicholson	Bedford & Coun

U17M 200 Final

1	22.33	159	Adam Cross	Cambridge & Co
2	22.40	400	Ronan Rawlings	Nene Valley Har
3	24.12	188	Adam Reid	Braintree & Dist
4	24.67	164	Kieron Farley	Blackheath & Br
	DNS	182	Brent Morris	Stevenage & No

U17M 3000 Final

1	9.27.42	169	Lewis Harknett	Orion Harriers
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U17M 400 Final

1	51.93	182	Brent Morris	Stevenage & No
2	52.08	158	Liam Chivers	Thurrock Harrie
3	52.75	187	William Rean	Basildon AC
4	52.80	192	Joseph Smythe	City of Norwich
5	53.46	191	Lewis Smith	Bedford & Coun
6	55.81	178	Freddie Martin	Braintree & Dist
7	57.23	164	Kieron Farley	Blackheath & Br

U17M 400 Hurdles Final

1	1.08.14	196	Haydn Williams	Dacorum & Tri
2	1.09.93	221	Megan Sims	Peterborough A
3	1.24.88	336	April Castle	Colchester & Te

U17M 800 Final

1	2.01.9	194	Aiden Try	Thetford AC
2	2.02.8	154	Isaac Brown	Basildon AC
3	2.03.1	177	William Mahoney	City of Norwich
4	2.03.6	162	George Dowding	Dacorum & Trin
5	2.04.5	179	Conall Mcginness	Hunts AC
6	2.06.5	183	Taylor Newell	Thurrock Harrie
7	2.09.5	186	Joseph Prince	Nene Valley Har
8	2.10.0	190	Reece Scott	Basildon AC
9	2.11.1	184	Callum Nicholson	Bedford & Coun
10	2.12.2	170	Owen Harknett	Orion Harriers
11	2.12.9	160	Will Davies	Cambridge & Co
12	DNS	153	Elliot Breen	Herts Phoenix

U17M Discus Final

1	36.57	155	Dominic Buckland	Stevenage & No
2	35.05	189	Kieron Sadler	Ipswich Harriers
3	29.45	152	Archie Bell	Ryston Runners
4	21.65	158	Liam Chivers	Thurrock Harrie

U17M Hammer Final

1	51.62	181	Jaquan Moore	City of Norwich
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U17M High Jump Final

1	1.65	185	Kayode Odumosu	Thurrock Harrie
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U17M Javelin Final

1	49.52	189	Kieron Sadler	Ipswich Harriers
2	40.51	180	Thomas Mitson	West Suffolk AC
3	35.37	152	Archie Bell	Ryston Runners

U17M Pole Vault Final

1 (CBP)	4.60	172	Frankie Johnson	Bedford & Coun
2	3.70	153	Elliot Breen	Herts Phoenix
3	2.90	196	Haydn Williams	Dacorum & Tri

U17M Triple Jump Final

1	12.44	167	Max Fox	Cambridge & Co
2	11.81	193	Daniel Soyebó	Thurrock Harrie

U17M Shot Final

1	11.54	189	Kieron Sadler	Ipswich Harriers
2	8.80	158	Liam Chivers	Thurrock Harrie

U17W 100 Final

1	12.11	491	Skye Wicks	HAWCS
2	12.30	482	Bethany Shaw	St Albans AC
3	12.46	471	Hannah Lygo	Ipswich Harriers
4	12.67	444	Jasmine Allen	Nene Valley Har
5	12.67	464	Abbie Hawkins	Cambridge & Co
6	12.71	449	Jasmine Cant	Ipswich Harriers
7	12.87	474	Hannah Mayne	Great Yarmouth
8	12.96	451	Evie Croom	Thurrock Harrie
9	13.38	168	Charlotte Fransham	Havering AC

U17W 1500 Final

1	4.47.24	448	Grace Burrell	Basildon AC
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U17W 200 Final

1	25.06	491	Skye Wicks	HAWCS
2	25.91	471	Hannah Lygo	Ipswich Harriers
3	26.60	449	Jasmine Cant	Ipswich Harriers
4	27.61	462	Ella Gray	Colchester & Te
5	27.89	445	Rebecca Barnes	Cambridge & Co
	DNS	482	Bethany Shaw	St Albans AC
	DNS	496	Eve Wright	Braintree & Dist

U17W 300 Final

1	41.59	459	Grace Gentry	HAWCS
2	42.80	470	Katie Liptrot	HAWCS
3	43.45	445	Rebecca Barnes	Cambridge & Co
4	43.50	461	Katie Goldsmith	City of Norwich

U17W 300 Hurdles Final

1	45.59	459	Grace Gentry	HAWCS
2	52.34	463	Melissa Gurteen	Braintree & Dist
3	53.71	479	Sophie Peach	City of Norwich

U17W 3000 Final

1	10.00.49	476	Jessica Mitchell	Havering AC
2	11.08.40	468	Libby Jay	Luton AC

U17W 80 Hurdles Final

1	11.97	494	Amelia Woodnick	Dacorum & Trin
2	12.19	484	Hannah Smith	Braintree & Dist
3	12.66	458	Ellie Forrest	Peterborough A
4	14.07	463	Melissa Gurteen	Braintree & Dist
	DQ	447	Rebecca Brown	Stevenage & No

U17W 800 Final

1	2.18.87	493	Meredith Winship	City of Norwich
2	2.19.46	467	Hayley Instance	Thurrock Harrie
3	2.20.58	461	Katie Goldsmith	City of Norwich
4	2.25.74	472	Sophie Maddock	Shaftesbury Bar
5	2.38.46	497	Katie Wright	Hunts AC
6	2.38.77	479	Sophie Peach	City of Norwich
7	2.45.60	453	Millie Daniel	Basildon AC
8	DNS	481	Amber Pullinger	Thurrock Harrie

U17W High Jump Final

1	1.45	458	Ellie Forrest	Peterborough A
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U17W Javelin Final

1	35.22	478	Daisy Partridge	Braintree & Dist
2	34.20	483	Georgia Shephard- Gazely	Stevenage & No
3	33.85	466	Megan Hughes	Ipswich Harriers
4	32.07	492	Alana Wilson	West Suffolk AC
5	28.44	479	Sophie Peach	City of Norwich
6	27.86	473	Devon Matthews	Basildon AC
7	24.65	487	Rhea Stavri	Thurrock Harrie
8	21.83	451	Evie Croom	Thurrock Harrie
9	13.34	446	Gemma Barnsdale	Lincoln Wellingt

U17W Long Jump Final

1	5.54	490	Jessica Whitbread	Thurrock Harrie
2	5.36	444	Jasmine Allen	Nene Valley Har
3	5.15	494	Amelia Woodnick	Dacorum & Trin
4	5.08	474	Hannah Mayne	Great Yarmouth
5	4.82	484	Hannah Smith	Braintree & Dist
6	4.81	447	Rebecca Brown	Stevenage & No
7	4.62	470	Katie Liptrot	HAWCS
8	4.60	168	Charlotte Fransham	Havering AC
9	4.59	457	Holly Field	Braintree & Dist
10	4.57	475	Elizabeth Minshall	Cambridge & Co
11	4.56	451	Evie Croom	Thurrock Harrie
12	3.99	498	Alex Young	Cambridge & Co
13	3.85	450	Gabrielle Clare	Ryston Runners

U17W Shot Final

1	10.17	492	Alana Wilson	West Suffolk AC
2	10.06	469	Lucy Koenigsberger	West Norfolk A
3	8.34	487	Rhea Stavri	Thurrock Harrie

U17W Triple Jump Final

1	10.19	457	Holly Field	Braintree & Dist
2	10.04	477	Charlie Moore	Ipswich Harriers
3	10.02	490	Jessica Whitbread	Thurrock Harrie
4	9.95	454	Hannah Dickins	Watford Harrier
5	9.75	168	Charlotte Fransham	Havering AC

U17W Hammer Final

1	48.97	469	Lucy Koenigsberger	West Norfolk A
2	45.32	460	Andrea Golban	Woodford Gree
3	44.49	495	Amy Wright	Dacorum & Trin
4	44.42	488	Libby Taylor	Stevenage & No
5	36.44	446	Gemma Barnsdale	Lincoln Wellingt
6	23.68	473	Devon Matthews	Basildon AC

U20M 100 Final

1	10.99	225	Lewis Thorn	Braintree & Dist
2	11.50	208	Mason Hodds	Waveney Valley
3	11.53	223	Charlie Splarn	Thurrock Harrie
4	12.71	209	Isaac Holmes	Ipswich Harriers

U20M 1500 Final

1	4.17.17	213	Daniel Mees	Peterborough A
2	4.21.14	200	Tom Angell	Bedford & Coun
3	4.32.36	214	Dominic Menzies	Bedford AC

U20M 200 Final

1	22.64	225	Lewis Thorn	Braintree & Dist
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U20M 3000 Final

1	11.35.12	219	Joel Payne	Basildon AC
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U20M 400 Final

1	51.18	227	Morgan Webster	Biggleswade AC
2	51.80	225	Lewis Thorn	Braintree & Dist
3	52.16	207	Jake Greenleaf	Ipswich Harriers
4	54.39	228	Harry Woodall	Harrow AC
5	55.76	201	Tom Boggon	Biggleswade AC

U20M 400 Hurdles Final

1	59.67	206	James Greenhalgh	West Norfolk A
2	1.06.10	203	Samuel Clarke	Cambridge & Co

U20M 800 Final

1	2.04.73	205	William Forster	Bedford & Coun
2	2.10.28	226	Jamie Viney	Bedford & Coun
3	2.13.98	222	Samuel Smith	Thurrock Harrie

U20M Hammer Final

1	40.20	24	Joseph Nicholson	Thetford AC
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U20M High Jump Final

1	1.90	224	Shandell Taylor	Havering AC
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U20M Javelin Final

1	46.49	216	Thomas Mitchell	Colchester Harri
2	40.61	212	Sam Markey	Cambridge & Co
3	28.36	203	Samuel Clarke	Cambridge & Co

U20M Long Jump Final

1	5.71	217	Ryan Morgan	Braintree & Dist
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U20M Shot Final

1	10.38	223	Charlie Splarn	Thurrock Harrie
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U20M Triple Jump Final

1	13.22	217	Ryan Morgan	Braintree & Dist
2	11.98	203	Samuel Clarke	Cambridge & Co
3	11.76	208	Mason Hodds	Waveney Valley

U20W 100 Final

1 (CBP)	12.11	277	Rebecca Jeggo	Colchester Harri
2	12.56	279	Remi Jessop	Dacorum & Trin
3	12.74	281	Eloise Lewis	Southend on Se
4	12.98	286	Alexandra Pullan	Nene Valley Har
5	13.45	273	Chloe Godbold	Ipswich Harriers

U20W 100 Hurdles Final

1	14.60	282	Finlay Marriott	Cambridge & Co
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U20W 200 Final

1 (CBP)	24.88	277	Rebecca Jeggo	Colchester Harri
2	26.09	279	Remi Jessop	Dacorum & Trin
3	26.28	281	Eloise Lewis	Southend on Se
4	26.96	265	Holly Anderson	Cambridge & Co
5	27.95	273	Chloe Godbold	Ipswich Harriers

U20W 400 Final

1	59.80	268	Hannah Brown	Ryston Runners
2	65.20	480	Katie Porter	Nene Valley Har
3	66.85	270	Emma Clarke	Cambridge & Co
	DNS	281	Eloise Lewis	Southend on Se

U20W Discus Final

1	29.40	266	Alice Barnsdale	Lincoln Wellingt
2	25.13	202	Lydia Church	Nene Valley Har

U20W Hammer Final

1	49.03	266	Alice Barnsdale	Lincoln Wellingt
2	43.91	264	Lauren Aldridge	Stevenage & No
3	36.36	202	Lydia Church	Nene Valley Har
4	35.14	272	Lana Fulcher	Ipswich Harriers

U20W High Jump Final

1	1.60	285	Megan Porter	Peterborough A
2	1.45	270	Emma Clarke	Cambridge & Co

U20W Javelin Final

1	34.84	280	Abi Jones	Windsor Slough
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U20W Long Jump Final

1	5.01	275	Kerri Hilton-Taylor	Cambridge & Co
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2	4.92	286	Alexandra Pullan	Nene Valley Har
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U20W Shot Final

1	10.99	271	Priscilla Dadzie	Nene Valley Har
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2	9.87	287	Elysha Thatcher-Gray	Havering AC
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3	9.84	288	Augustine Tierney	Nene Valley Har
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4	9.82	202	Lydia Church	Nene Valley Har
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5	8.19	266	Alice Barnsdale	Lincoln Wellingt
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6	7.56	278	Seniz Jessener	Thurrock Harrie
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U20W Triple Jump Final

1 (CBP)	11.61	283	Adelaide Omirowoju	Cambridge & Co
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