

EASTERN CHAMPIONS 2005

Track and Field Outdoor

Senior Mens Championship:

| | | | | |
|--------------|--------------------|------------------------|---------|---------------|
| 100M | Mark Collins | Luton AC | 11.8 | |
| 200M | Michael Fuller | Ipswich Harriers | 24.6 | |
| 400M | Robert Smith | Thames Valley Harriers | 49.7 | |
| 800M | Robert Smith | Thames Valley Harriers | 1.56.6 | |
| 1500M | NOT HELD | | | |
| 3000M | Paul Woodyatt | City of Norwich AC | 11.04.6 | |
| 110M Hurdles | NOT HELD | | | |
| 400M Hurdles | NOT HELD | | | |
| High Jump | Zak Morrison | Biggleswade AC | 1.75 | |
| Long Jump | James Brennard | Cambridge & Coleridge | 5.53 | |
| Triple Jump | James Brennard | Cambridge & Coleridge | 11.12 | |
| Pole Vault | NOT HELD | | | |
| Javelin | Mark Roberson | Newham & Essex Beagles | 64.50 | |
| Discus | Scott Linten-Hayes | Newham & Essex Beagles | 47.03 | |
| Hammer | Simon Bown | Newham & Essex Beagles | 66.87 | RECORD |
| Shot | Damian Larrington | Bedford & County AC | 12.53 | |

U20 Mens Championship:

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|--------------|-----------------|----------------------|--------|--|
| 100M | Ben Higgins | Ipswich Harriers | 11.8 | |
| 200M | Jonathon Brown | Ipswich Harriers | 24.8 | |
| 400M | NOT HELD | | | |
| 800M | NOT HELD | | | |
| 1500M | David Holgate | Colchester Harriers | 4.03.9 | |
| 3000M | Aaron Shepherd | Nene Valley Harriers | 9.31.3 | |
| 110M Hurdles | NOT HELD | | | |
| 400M Hurdles | NOT HELD | | | |
| High Jump | NOT HELD | | | |
| Long Jump | Mark Fairbridge | Ryston Runners | 6.14 | |
| Triple Jump | Simon Gardiner | Ipswich Harriers | 10.02 | |
| Pole Vault | Francis Baker | City of Norwich AC | 4.00 | |
| Javelin | Mark Fairbridge | Ryston Runners | 28.80 | |
| Discus | NOT HELD | | | |
| Hammer | Josh Steel | Bedford & County AC | 44.43 | |
| Shot | NOT HELD | | | |

U17 Mens Championship:

| | | | | |
|--------------|--------------------|-----------------------|--------|---------------|
| 100M | Joe Abbott-Gribben | Cambridge & Coleridge | 11.9 | |
| 200M | James Godden | Cambridge & Coleridge | 23.8 | |
| 400M | Lawrence Smith | Ipswich Harriers | 52.5 | |
| 800M | David Gibbon | Colchester & Tendring | 2.05.1 | |
| 1500M | Mitch Goose | City of Norwich AC | 4.07.2 | |
| 3000M | Oli Jennings | Colchester & Tendring | 9.24.3 | |
| 100M Hurdles | Matthew Ploszajski | Bedford & County AC | 16.3 | |
| 400M Hurdles | Daryl Martin | City of Norwich AC | 61.7 | |
| High Jump | Lewis Ely | West Norfolk AC | 1.95 | |
| Long Jump | Andy Slizys | Bedford & County AC | 6.00 | |
| Triple Jump | Andy Slizys | Bedford & County AC | 12.51 | |
| Pole Vault | Scott Hawes | City of Norwich AC | 3.20 | |
| Javelin | Daniel Moles | Colchester Harriers | 24.29 | |
| Discus | Dan Tinkler | Peterborough AC | 44.03 | |
| Hammer | Dan Tinkler | Peterborough AC | 36.94 | |
| Shot | Dan Tinkler | Peterborough AC | 17.00 | RECORD |

U13 Boys Championship:

| | | | | |
|-----------|-------------------|-------------------------|--------|--|
| 100M | Luke Hennessey | Stevenage & North Herts | 14.2 | |
| 200M | Luke Hennessey | Stevenage & North Herts | 29.0 | |
| 800M | Christopher Smith | Hunts AC | 2.27.1 | |
| Long Jump | Luke Hennessey | Stevenage & North Herts | 4.27 | |
| Shot | Alex D'Andrea | Colchester & Tendring | 5.52 | |

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Senior Womens Championship:

| | | | |
|--------------|--------------------|------------------------|--------|
| 100M | NOT HELD | | |
| 200M | NOT HELD | | |
| 400M | NOT HELD | | |
| 800M | Nicki Gooderham | Diss AC | 2.26.3 |
| 1500M | Sarah Bailey | Stevenage & N.Herts AC | 5.00.5 |
| 3000M | NOT HELD | | |
| 100M Hurdles | NOT HELD | | |
| 400M Hurdles | NOT HELD | | |
| High Jump | Wendy Meadow-Smith | West Suffolk AC | 1.65 |
| Long Jump | Tania Spurling | West Suffolk AC | 5.31 |
| Triple Jump | Tania Spurling | West Suffolk AC | 11.21 |
| Pole Vault | NOT HELD | | |
| Javelin | Jessica Mole | Colchester Harriers | 18.53 |
| Discus | Hollie Redman | Braintree AC | 38.25 |
| Hammer | Olivia Birkett | City of Norwich AC | 38.78 |
| Shot | Jessica Mole | Colchester Harriers | 10.45 |

U17 Womens Championship:

| | | | |
|--------------|-----------------|--------------------------|--------|
| 100M | Charlotte Lacey | Cambridge & Coleridge AC | 13.8 |
| 200M | Charlotte Lacey | Cambridge & Coleridge AC | 27.30 |
| 300M | Rachel Stringer | City of Norwich AC | 41.60 |
| 800M | Rachel Stringer | City of Norwich AC | 2.18.7 |
| 1500M | Christy Smith | Hunts AC | 5.56.9 |
| 80M Hurdles | Emily Moss | Boston & District AC | 13.5 |
| 300M Hurdles | Dianna Firbank | West Suffolk AC | 54.2 |
| High Jump | Dianna Firbank | West Suffolk AC | 1.50 |
| Long Jump | Emily Moss | Boston & District AC | 4.68 |
| Triple Jump | Emily Moss | Boston & District AC | 10.47 |
| Javelin | NOT HELD | | |
| Discus | NOT HELD | | |
| Hammer | Alice Forster | Cambridge & Coleridge AC | 26.98 |
| Shot | Alice Forster | Cambridge & Coleridge AC | 10.22 |

U15 Girls Championship:

| | | | | |
|-----------|-----------------|--------------------------|--------|---------------|
| 100M | Harriet Lucas | City of Norwich AC | 13.2 | |
| 200M | Harriet Lucas | City of Norwich AC | 26.3 | |
| 800M | Katie Parker | Cambridge & Coleridge AC | 2.23.9 | |
| 1500M | Katherine Mason | Nene Valley Harriers | 5.40.5 | |
| High Jump | Kelly Johnson | Bedford & County AC | 1.45 | RECORD |
| Long Jump | Ellie Rhodes | Hunts AC | 4.69 | |
| Javelin | Holly Andrews | Gt.Yarmouth & Dist.AC | 11.85 | |
| Shot | Ellie Rhodes | Hunts AC | 8.77 | |

U13 Girls Championship:

| | | | | |
|-----------|---------------------|--------------------------|--------|--------------------------------------|
| 100M | Rhiannon Goodman | Bedford & County AC | 13.7 | |
| 200M | Rhiannon Goodman | Bedford & County AC | 28.6 | in Heats she done 28.0 RECORD |
| 800M | Emma Burroughs | Ipswich Harriers | 2.37.6 | RECORD |
| Long Jump | Victoria Williamson | City of Norwich AC | 4.27 | |
| Shot | Lauren Sammout | Cambridge & Coleridge AC | 7.77 | |

U15 Boys Championship:

| | | | | |
|-----------|-------------------|--------------------------|--------|---------------|
| 100M | Josh Aldred | Gt.Yarmouth & Dist.AC | 11.7 | |
| 200M | William Goldsmith | Ipswich Harriers | 24.4 | |
| 400M | NOT HELD | | | |
| 800M | Christian Roberts | Hunts AC | 2.12.8 | |
| 1500M | Elliot Palmer | Ipswich Harriers | 4.33.0 | |
| High Jump | Chris Baker | City of Norwich AC | 1.80 | RECORD |
| Long Jump | Sam Blunt | Wisbech Grammer | 5.53 | RECORD |
| Javelin | Chris Morter | Cambridge & Coleridge AC | 35.26 | |
| Discus | Martin Tinker | Peterborough AC | 41.96 | RECORD |
| Hammer | Joseph Bloomfield | Ipswich Harriers | 47.91 | |
| Shot | Martin Tinker | Peterborough AC | 15.45 | RECORD |