

# 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	<b>NOT HELD</b>			
3000M	Paul Woodyatt	City of Norwich AC	11.04.6	
110M Hurdles	<b>NOT HELD</b>			
400M Hurdles	<b>NOT HELD</b>			
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	<b>NOT HELD</b>			
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	<b>RECORD</b>
Shot	Damian Larrington	Bedford & County AC	12.53	

### U20 Mens Championship:

100M	Ben Higgins	Ipswich Harriers	11.8	
200M	Jonathon Brown	Ipswich Harriers	24.8	
400M	<b>NOT HELD</b>			
800M	<b>NOT HELD</b>			
1500M	David Holgate	Colchester Harriers	4.03.9	
3000M	Aaron Shepherd	Nene Valley Harriers	9.31.3	
110M Hurdles	<b>NOT HELD</b>			
400M Hurdles	<b>NOT HELD</b>			
High Jump	<b>NOT HELD</b>			
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	<b>NOT HELD</b>			
Hammer	Josh Steel	Bedford & County AC	44.43	
Shot	<b>NOT HELD</b>			

### 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	<b>RECORD</b>

### 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	<b>NOT HELD</b>		
200M	<b>NOT HELD</b>		
400M	<b>NOT HELD</b>		
800M	Nicki Gooderham	Diss AC	2.26.3
1500M	Sarah Bailey	Stevenage & N.Herts AC	5.00.5
3000M	<b>NOT HELD</b>		
100M Hurdles	<b>NOT HELD</b>		
400M Hurdles	<b>NOT HELD</b>		
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	<b>NOT HELD</b>		
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	<b>NOT HELD</b>		
Discus	<b>NOT HELD</b>		
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	<b>RECORD</b>
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	<b>in Heats she done 28.0 RECORD</b>
800M	Emma Burroughs	Ipswich Harriers	2.37.6	<b>RECORD</b>
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	<b>NOT HELD</b>			
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	<b>RECORD</b>
Long Jump	Sam Blunt	Wisbech Grammer	5.53	<b>RECORD</b>
Javelin	Chris Morter	Cambridge & Coleridge AC	35.26	
Discus	Martin Tinker	Peterborough AC	41.96	<b>RECORD</b>
Hammer	Joseph Bloomfield	Ipswich Harriers	47.91	
Shot	Martin Tinker	Peterborough AC	15.45	<b>RECORD</b>