

EASTERN AA INDOOR CHAMPIONSHIPS 18 FEBRUARY 2007

Senior Men Results

60m Final

Position

1	10	Darren Green	7.2	Luton United
2	6	Mark Collins	7.2	Luton United
3	20	Daniel Yellop	7.4	Ryston Runners
4	19	Humphrey Waddington	7.5	Cambridge University
5	14	Sheldon Mcgowan	7.6	Newham & Essex Beagles
6	9	Adam Fidgett	7.7	Nene Valley Harriers

60m Heat 1

Position

1	10	Darren Green	7.3	Luton United
2	11	Leighton Green	7.5	Braintree & District
3	19	Humphrey Waddington	7.6	Cambridge University
4	4	James Brennand	8.2	Cambridge & Coleridge AC

60m Heat 2

Position

1	6	Mark Collins	7.4	Luton United
2	9	Adam Fidgett	7.6	Nene Valley Harriers
3	14	Sheldon Mcgowan	7.6	Newham & Essex Beagles

60m Heat 3

Position

1	20	Daniel Yellop	7.5	Ryston Runners
2	3	Thomas Brennand	7.7	Cambridge & Coleridge AC
3	7	Chris Doggett	8.9	Chelmsford AC

60m Hurdles Final

Position

1	17	Michael Shortall	8.8	Thurrock Harriers
2	9	Adam Fidgett	9.3	Nene Valley Harriers

High Jump Final

Position

1	1	Bilen Ahmet	1.70	Cambridge University
2	12	Barry Mainstone	1.65	Stevenage & North Herts

Long Jump Final

Position

1	19	Humphrey Waddington	6.31	Cambridge University
2	13	Sam Malekout	5.97	Ilford AC
3	20	Daniel Yellop	5.81	Ryston Runners
4	11	Leighton Green	5.79	Braintree & District
5	4	James Brennand	5.36	Cambridge & Coleridge AC
6	3	Thomas Brennand	5.24	Cambridge & Coleridge AC
7	1	Bilen Ahmet	4.90	Cambridge University

Shot Putt Final

Position

1	1	Bilen Ahmet	09.63	Cambridge University
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Triple Jump Final

Position

1	19	Humphrey Waddington	12.69	Cambridge University
2	13	Sam Malekout	12.13	Ilford AC
3	4	James Brennand	11.41	Cambridge & Coleridge AC
4	3	Thomas Brennand	11.02	Cambridge & Coleridge AC

Senior Women Results

60m Final

Position

1	26	Heidi Nicholas	8.1	Basildon AC
2	29	Louise Wood	8.1	Chelmsford AC
3	21	Claire Brennan	8.5	Havering Mayesbrook
4	23	Lisa Griffin	9.0	City of Norwich

60m Hurdles Final

Position

1	21	Claire Brennan	9.6	Havering Mayesbrook
2	26	Heidi Nicholas	10.1	Basildon AC

High Jump Final

Position

1	28	Tania Spurling	1.50	West Suffolk AC
2	25	Stacy Mcgivern	1.50	Peterborough AC

Long Jump Final

Position

1	25	Stacy Mcgivern	5.37	Peterborough AC
2	28	Tania Spurling	5.20	West Suffolk AC
3	26	Heidi Nicholas	5.09	Basildon AC
4	29	Louise Wood	5.03	Chelmsford AC

Shot Putt Final

Position

1	22	Chloe Edwards	13.09 cbp	Huntingdonshire AC
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Triple Jump Final

Position

1	28	Tania Spurling	11.47 cbp	West Suffolk AC
2	25	Stacy Mcgivern	10.70	Peterborough AC

U13 Boys Results

60m Final

Position

1	178	Jake Berney	8.4=cbp	Peterborough AC
2	180	Tom Church	8.4=cbp	St Albans AC
3	182	Mitchell Turffrey	8.6	Southend AC
4	179	Alexander Bishop	8.7	Luton United

Long Jump Final

Position

1	182	Mitchell Turffrey	4.29	Southend AC
2	178	Jake Berney	4.16	Peterborough AC
3	181	Samuel Frith	2.94	Bedford & County

U13 Girls Results

60m Final

Position

1	201	Cleio Stephenson	8.3 cbp	City of Norwich
2	199	Hephzibah Ogunro	8.5	Luton United
3	196	Laura Mcdonald	8.5	City of Norwich
4	191	Aziza Hill-Williams	8.8	Newham & Essex Beagles
5	197	Victoria Mitchell	8.9	City of Norwich
6	202	Kelly Sutton	9.0	Colchester Harriers

60m Heat 1

Position

1	201	Cleio Stephenson	8.3	City of Norwich
2	199	Hephzibah Ogunro	8.5	Luton United
3	189	Charlotte Griffin	9.7	City of Norwich
4	188	Hattie Fletcher	10.2	West Suffolk AC

60m Heat 2

Position

1	191	Aziza Hill-Williams	8.8	Newham & Essex Beagles
2	203	Millie Turner	9.6	Cambridge & Coleridge AC
3	190	Stephanie Griffin	9.8	City of Norwich
4	192	Lauran James	10.2	West Suffolk AC

60m Heat 3

Position

1	194	Olivia Law	8.8	Southend AC
2	197	Victoria Mitchell	9.0	City of Norwich
3	204	Jade Willis	9.4	Ipswich Harriers
4	193	Amy Johnson	9.7	Bedford & County

60m Heat 4

Position

1	202	Kelly Sutton	8.9	Colchester Harriers
2	183	Paige Cole	9.0	Luton United
3	200	Charlotte Shelley	9.2	Ipswich Harriers
4	195	Suzanne Maynard	9.4	Southend AC

60m Heat 5

Position

1	196	Laura Mcdonald	8.5	City of Norwich
2	185	Rosie Dailly	9.0	Chelmsford AC
3	187	Megan Edwards	9.1	Peterborough AC
4	198	Olivia Moore	9.6	Southend AC

60m Hurdles Final

Position

1	196	Laura Mcdonald	10.4	City of Norwich
2	200	Charlotte Shelley	10.7	Ipswich Harriers
3	191	Aziza Hill-Williams	10.8	Newham & Essex Beagles
4	189	Charlotte Griffin	12.9	City of Norwich
5	190	Stephanie Griffin	13.0	City of Norwich

60m Semi Final 1

Position

1	201	Cleio Stephenson	8.3	City of Norwich
2	191	Aziza Hill-Williams	8.7	Newham & Essex Beagles
3	197	Victoria Mitchell	8.9	City of Norwich
4	183	Paige Cole	9.2	Luton United

60m Semi Final 2

Position

1	199	Hephzibah Ogunro	8.4	Luton United
2	196	Laura Mcdonald	8.4	City of Norwich
3	202	Kelly Sutton	8.9	Colchester Harriers
4	185	Rosie Dailly	9.0	Chelmsford AC

Long Jump Final

Position

1	201	Cleio Stephenson	4.29	City of Norwich
2	200	Charlotte Shelley	4.19	Ipswich Harriers
3	197	Victoria Mitchell	3.83	City of Norwich
4	191	Aziza Hill-Williams	3.68	Newham & Essex Beagles
5	202	Kelly Sutton	3.68	Colchester Harriers
6	187	Megan Edwards	3.63	Peterborough AC
7	199	Hephzibah Ogunro	3.61	Luton United
8	194	Olivia Law	3.47	Southend AC
9	204	Jade Willis	3.47	Ipswich Harriers
10	183	Paige Cole	3.21	Luton United
11	193	Amy Johnson	3.16	Bedford & County
12	188	Hattie Fletcher	3.00	West Suffolk AC
13	192	Lauran James	2.99	West Suffolk AC

U15 Boys Results

60m Final

Position

1	120	Jake King	7.6	Southend AC
2	124	Delarey Veenendaal	7.6	City of Norwich
3	113	Andrew Gadsden	7.8	Luton United
4	115	Nathan Greenaway	7.8	Chelmsford AC
5	108	Akeem Akintokun	7.8	Thurrock Harriers
6	110	Alex Cooke	7.8	Chelmsford AC

60m Heat 1

Position

1	113	Andrew Gadsden	7.9	Luton United
2	117	Joe Jackson	8.8	Braintree & District
3	109	Jack Bingley	8.9	Ryston Runners

60m Heat 2

Position

1	124	Delarey Veenendaal	7.8	City of Norwich
2	115	Nathan Greenaway	7.8	Chelmsford AC
3	110	Alex Cooke	7.9	Chelmsford AC

60m Heat 3

Position

1	120	Jake King	7.6	Southend AC
2	108	Akeem Akintokun	7.8	Thurrock Harriers
3	121	Conner Mennell	8.3	Braintree & District

60m Hurdles Final

Position

1	115	Nathan Greenaway	9.3	Chelmsford AC
2	119	Adam Kimber	11.2	Peterborough AC
3	114	Peter Godly	11.3	Peterborough AC

High Jump Final

Position

1	118	Jack Jones	1.72	Nene Valley Harriers
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Long Jump Final

Position

1	111	Ben Davies	5.36	Cambridge & Coleridge AC
2	121	Conner Mennell	5.20	Braintree & District
3	118	Jack Jones	5.16	Nene Valley Harriers
4	117	Joe Jackson	4.17	Braintree & District
5	114	Peter Godly	3.77	Peterborough AC

Shot Putt Final

Position

1	111	Ben Davies	11.04	Cambridge & Coleridge AC
2	116	Andrew Harrison	11.02	Chelmsford AC
3	112	Jonathan Edwards	10.84	Huntingdonshire AC
4	125	Youcef Zatat	08.51	Ilford AC
5	123	Andrew Townsend	06.36	Ilford AC

Triple Jump Final

Position

1	114	Peter Godly	8.51	Peterborough AC
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U15 Girls Results

60m Final

Position

1	164	Victoria Ohuruogo	8.2	Newham & Essex Beagles
2	132	Shanice Burch	8.3	West Norfolk AC
3	175	Victoria Williamson	8.4	City of Norwich
4	172	Lauren Stewart	8.4	Bedford & County
5	157	Chloe Longhurst	8.6	Southend AC
6	143	Ghanelle Edwards	8.6	Southend AC

60m Heat 1

Position

1	164	Victoria Ohuruogo	8.2	Newham & Essex Beagles
2	142	Molly Edwards	8.9	Peterborough AC
3	159	Leanne Mccrory	9.0	Southend AC
4	126	Helen Ager	9.6	Colchester & Tendring

60m Heat 2

Position

1	172	Lauren Stewart	8.5	Bedford & County
2	146	Amy Fleming	8.7	Luton United
3	160	Sian Mccrory	9.0	Southend AC
4	163	Lucy Moore	9.2	Southend AC

60m Heat 3

Position

1	132	Shanice Burch	8.3	West Norfolk AC
2	133	Charlotte Cattermole	8.5	Ipswich Harriers
3	137	Hannah Collard	9.0	Southend AC
4	156	Meg Kelly	9.1	Southend AC

60m Heat 4

Position

1	175	Victoria Williamson	8.5	City of Norwich
2	161	Amy Mcdonald	8.7	Southend AC
3	135	Rebecca Clements	8.8	Havering Mayesbrook
4	136	Chelsea Coker	9.0	Southend AC

60m Heat 5

Position

1	157	Chloe Longhurst	8.6	Southend AC
2	167	Tamara Porrit	8.7	Luton United
3	173	Laura Vincent	9.1	West Norfolk AC
4	139	Kailey Crowe	9.1	Huntingdonshire AC

60m Heat 6

Position

1	165	Danielle Patmore	8.5	Dacorum & Tring
2	141	Alexandra Edwards	8.9	Havering Mayesbrook
3	153	Hannah Hoyle	9.0	Chelmsford AC
4	129	Rebecca Bailey	9.2	Colchester & Tendring

60m Heat 7

Position

1	143	Ghanelle Edwards	8.6	Southend AC
2	144	Catherine England	9.0	Peterborough AC
3	170	Lauren Sammout	9.1	Cambridge & Coleridge AC

60m Hurdles Final

Position

1	127	Cseperke Asztalos	9.7	Cambridge & Coleridge AC
2	134	Felicity Clarke	9.8	Southend AC
3	128	Georgia Atkins	9.9	Southend AC
4	176	Ailish Wincott	9.9	Chelmsford AC
5	133	Charlotte Cattermole	10.2	Ipswich Harriers

60m Hurdles Heat 1

Position

1	127	Cseperke Asztalos	9.8	Cambridge & Coleridge AC
2	130	Ellie Besford	10.0	Chelmsford AC
3	149	Lizzy Harrison	10.5	West Suffolk AC
4	131	Georgina Bristow	10.6	Cambridge & Coleridge AC
5	177	Natalie Woodhouse	11.1	Southend AC

60m Hurdles Heat 2

Position

1	128	Georgia Atkins	9.8	Southend AC
2	133	Charlotte Cattermole	10.0	Ipswich Harriers
3	138	Hana Colman	10.1	West Suffolk AC
4	151	Samantha Hill	10.4	Havering Mayesbrook

60m Hurdles Heat 3

Position

1	134	Felicity Clarke	9.9	Southend AC
2	176	Ailish Wincott	10.1	Chelmsford AC
3	168	Elizabeth Ridley	10.4	Chelmsford AC
	126	Helen Ager	DNF	Colchester & Tendring

60m Hurdles Heat 4

Position

1	140	Jessica Cutts	10.2	Colchester Harriers
2	175	Victoria Williamson	10.7	City of Norwich
3	150	Kristie Hearne	11.0	Colchester & Tendring
4	129	Rebecca Bailey	11.2	Colchester & Tendring

60m Hurdles Semi Final 1

Position

1	127	Cseperke Asztalos	9.7	Cambridge & Coleridge AC
2	134	Felicity Clarke	9.8	Southend AC
3	133	Charlotte Cattermole	10.0	Ipswich Harriers
4	168	Elizabeth Ridley	10.1	Chelmsford AC
5	151	Samantha Hill	10.4	Havering Mayesbrook

60m Hurdles Semi Final 2

Position

1	128	Georgia Atkins	9.9	Southend AC
2	176	Ailish Wincott	10.0	Chelmsford AC
3	138	Hana Colman	10.1	West Suffolk AC
4	130	Ellie Besford	10.1	Chelmsford AC
5	140	Jessica Cutts	10.2	Colchester Harriers

60m Semi Final 1

Position

1	164	Victoria Ohuruogo	8.1	Newham & Essex Beagles
2	175	Victoria Williamson	8.5	City of Norwich
3	143	Ghanelle Edwards	8.5	Southend AC
4	157	Chloe Longhurst	8.5	Southend AC

60m Semi Final 2

Position

1	132	Shanice Burch	8.4	West Norfolk AC
2	165	Danielle Patmore	8.7	Dacorum & Tring
3	146	Amy Fleming	8.7	Luton United
4	167	Tamara Porrit	8.8	Luton United

60m Semi Final 3

Position

1	172	Lauren Stewart	8.5	Bedford & County
2	133	Charlotte Cattermole	8.6	Ipswich Harriers
3	161	Amy McDonald	8.7	Southend AC

High Jump Final

Position

1	168	Elizabeth Ridley	1.50	Chelmsford AC
2	147	Hannah Frith	1.45	Bedford & County
3	171	Chloe Smith	1.45	City of Norwich
4	154	Kelly Johnson	1.45	Bedford & County
5	149	Lizzy Harrison	1.40	West Suffolk AC
6	150	Kristie Hearne	1.35	Colchester & Tendring
7	174	Karen Vincent	1.30	Luton United
8	177	Natalie Woodhouse	1.30	Southend AC
9	173	Laura Vincent	1.15	West Norfolk AC

Long Jump Final

Position

1	168	Elizabeth Ridley	4.77	Chelmsford AC
2	128	Georgia Atkins	4.67	Southend AC
3	175	Victoria Williamson	4.66	City of Norwich
4	158	Charlotte Malton	4.65	Chelmsford AC
5	130	Ellie Besford	4.63	Chelmsford AC
6	170	Lauren Sammout	4.43	Cambridge & Coleridge AC
7	140	Jessica Cutts	4.39	Colchester Harriers
8	174	Karen Vincent	4.38	Luton United
9	165	Danielle Patmore	4.30	Dacorum & Tring
10	176	Ailish Wincott	4.13	Chelmsford AC
11	162	Samantha Milner	3.97	West Suffolk AC
12	177	Natalie Woodhouse	3.86	Southend AC
13	156	Meg Kelly	3.70	Southend AC
14	126	Helen Ager	3.69	Colchester & Tendring
15	169	Lucina Rolewicz	3.60	Braintree & District
16	139	Kailey Crowe	3.37	Huntingdonshire AC

Shot Putt Final

Position

1	136	Chelsea Coker	09.81	Southend AC
2	170	Lauren Sammout	09.23	Cambridge & Coleridge AC
3	162	Samantha Milner	09.21	West Suffolk AC
4	158	Charlotte Malton	08.32	Chelmsford AC
5	130	Ellie Besford	08.24	Chelmsford AC
6	140	Jessica Cutts	07.28	Colchester Harriers
7	152	Georgina Howe	06.80	Thetford AC
8	129	Rebecca Bailey	06.69	Colchester & Tendring
9	173	Laura Vincent	05.47	West Norfolk AC
10	139	Kailey Crowe	05.34	Huntingdonshire AC

U17 Men Results

60m Final

Position

1	66	Charlie Dack	7.3	Thurrock Harriers
2	67	Douglas Elom-Ogbodo	7.3	Colchester & Tendring
3	79	Cameron Webb	7.5	Stevenage & North Herts
4	74	Isaac Rasmussen	7.5	Luton United
5	73	Chris Morter	7.6	Cambridge & Coleridge AC
6	62	Jonathon Baxter	7.6	Cambridge & Coleridge AC

60m Heat 1

Position

1	67	Douglas Elom-Ogbodo	7.4	Colchester & Tendring
2	73	Chris Morter	7.5	Cambridge & Coleridge AC
3	62	Jonathon Baxter	7.6	Cambridge & Coleridge AC

60m Heat 2

Position

1	66	Charlie Dack	7.4	Thurrock Harriers
2	59	Sebastian Aguilar	7.8	Peterborough AC
3	80	Tim Wormull	7.9	Braintree & District

60m Heat 3

Position

1	79	Cameron Webb	7.5	Stevenage & North Herts
2	74	Isaac Rasmussen	7.6	Luton United
3	64	Kevin Brown	8.0	Southend AC

60m Hurdles Final

Position

1	75	Christian Roberts	8.5	Huntingdonshire AC
2	60	Luke Allen	9.1	West Suffolk AC
3	77	Matthew Wake	10.6	West Suffolk AC

High Jump Final

Position

1	70	Jamie Irons	1.85	Peterborough AC
2	71	Scott Johnson	1.80	Bedford & County
3	69	Gareth Hunt	1.65	Ryston Runners
4	77	Matthew Wake	1.50	West Suffolk AC

Long Jump Final

Position

1	64	Kevin Brown	6.12	Southend AC
2	60	Luke Allen	5.80	West Suffolk AC
3	69	Gareth Hunt	5.21	Ryston Runners

Shot Putt Final

Position

1	68	Paul Hayball	15.14	Huntingdonshire AC
2	76	Martin Tinkler	14.80	Peterborough AC
3	63	Joe Bloomfield	14.64	Ipswich Harriers
4	60	Luke Allen	11.66	West Suffolk AC

Triple Jump Final

Position

1	64	Kevin Brown	12.89 cbp	Southend AC
2	69	Gareth Hunt	11.22	Ryston Runners
3	65	Thomas Coxall	11.15	Melbourne School

U17 Women Results

60m Final

Position

1	95	Harriet Lucas	8.0	City of Norwich
2	94	Aleasha Kiddle	8.2	Braintree & District
3	83	Sarah Batting	8.3	West Suffolk AC
4	96	Precious Oladugba	8.3	Southend AC
5	89	Sharna Emanuel	8.4	Peterborough AC
6	87	Emma Collard	8.5	Southend AC

60m Heat 1

Position

1	95	Harriet Lucas	8.0	City of Norwich
2	94	Aleasha Kiddle	8.2	Braintree & District
3	96	Precious Oladugba	8.2	Southend AC
4	81	Charlie Atkins	8.7	Southend AC

60m Heat 2

Position

1	87	Emma Collard	8.3	Southend AC
2	98	Sophie Poyner	8.6	City of Norwich
3	88	Amy Donegan	8.9	West Suffolk AC
4	106	Eloise Williamson	9.0	Beauchamps School

60m Heat 3

Position

1	89	Sharna Emanuel	8.3	Peterborough AC
2	83	Sarah Batting	8.3	West Suffolk AC
3	97	Marianne Oliver	9.1	Cambridge & Coleridge AC

60m Hurdles Final

Position

1	91	Nicola Hill	9.0 =cbp	Havering Mayesbrook
2	84	Lauren Bouchard	9.3	Southend AC
3	90	Sarah Glanvill	9.6	Colchester & Tendring
4	82	Laura Bass	9.7	Cambridge & Coleridge AC

High Jump Final

Position

1	99	Katy Sealy	1.55	Ipswich Harriers
2	107	Sophie Wright	1.40	Bedford & County
3	103	Charlotte Vince	1.30	Bedford & County

Long Jump Final

Position

1	91	Nicola Hill	5.12	Havering Mayesbrook
2	94	Aleasha Kiddle	4.94	Braintree & District
3	81	Charlie Atkins	4.81	Southend AC
4	106	Eloise Williamson	4.80	Beauchamps School
5	99	Katy Sealy	4.74	Ipswich Harriers
6	88	Amy Donegan	4.53	West Suffolk AC
7	98	Sophie Poyner	4.51	City of Norwich
8	90	Sarah Glanvill	4.50	Colchester & Tendring
9	102	Michaela Smith	4.36	Cambridge & Coleridge AC
10	97	Marianne Oliver	4.02	Cambridge & Coleridge AC

Shot Putt Final

Position

1	90	Sarah Glanvill	08.19	Colchester & Tendring
2	99	Katy Sealy	08.17	Ipswich Harriers
3	97	Marianne Oliver	06.13	Cambridge & Coleridge AC

U20 Men Results

60m Final

Position

1	36	Michael Hill	7.2	Basildon AC
2	32	Sho-Silva Daniel	7.4	Thurrock Harriers
3	33	James Godden	7.4	Cambridge & Coleridge AC
4	40	Joseph Naughton	7.6	Braintree & District
5	41	Chris Pattle	7.6	Ipswich Harriers
6	30	Stephen Barnard	7.7	Enfield & Haringey

60m Heat 1

Position

1	36	Michael Hill	7.4	Basildon AC
2	40	Joseph Naughton	7.6	Braintree & District
3	41	Chris Pattle	7.6	Ipswich Harriers

60m Heat 2

Position

1	32	Sho-Silva Daniel	7.5	Thurrock Harriers
2	33	James Godden	7.5	Cambridge & Coleridge AC
3	30	Stephen Barnard	7.6	Enfield & Haringey
4	37	Mitchell Jarvis	7.8	Braintree & District

High Jump Final

Position

1	35	Simon Hemmings	1.95	Southend AC
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Long Jump Final

Position

1	31	Calvin Barnes	6.30	Chelmsford AC
2	39	Vincent Lazaro	6.27	Havering College
3	34	Nathan Hanley	6.01	Woodford Green & Essex Ladies
4	37	Mitchell Jarvis	5.74	Braintree & District

Triple Jump Final

Position

1	39	Vincent Lazaro	12.58	Havering College
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U20 Women Results

60m Final

Position

1	57	Jessica Tappin	8.2	Chelmsford AC
2	44	Ria-Bianca Ali-Jackson	8.2	Chelmsford AC
3	55	Lisa Schofield	8.4	Havering Mayesbrook
4	45	Sophie Harriman	8.5	City of Norwich
5	49	Olivia Morton	8.5	Cambridge & Coleridge AC
6	53	Lisa Potter	8.6	Braintree & District

60m Hurdles Final

Position

1	57	Jessica Tappin	9.2	Chelmsford AC
2	51	Kim Motley	9.8	Cambridge & Coleridge AC
3	55	Lisa Schofield	9.9	Havering Mayesbrook
4	53	Lisa Potter	10.4	Braintree & District
5	48	Jade Morgan	12.0	Colchester Harriers

High Jump Final

Position

1	58	Zoe Young	1.50	Basildon AC
2	52	Chelsea Papworth	1.45	Bedford & County

Long Jump Final

Position

1	56	Keighley Taplin	5.31	Braintree & District
2	57	Jessica Tappin	5.17	Chelmsford AC
3	49	Olivia Morton	4.98	Cambridge & Coleridge AC
4	48	Jade Morgan	4.84	Colchester Harriers
5	47	Georgina Malster	4.79	Ipswich Harriers
6	53	Lisa Potter	4.63	Braintree & District
7	45	Sophie Harriman	4.33	City of Norwich
8	46	Gemma Jarvis	4.15	Braintree & District

Triple Jump Final

Position

1	54	Rebecca Quinlan	10.49	Chelmsford AC
2	48	Jade Morgan	10.49	Colchester Harriers