
Eastern Athletic Association

Track & Field

Championships



Saturday 28th July 2011
University Track, Cambridge

Results

Senior Men

U20 Men

U17 Men

U15 Boys

U13 Boys

Senior Women

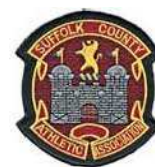
U20 Women

U17 Women

U15 Girls

U13 Girls

Click on Age groups to View Results



EASTERN AA CHAMPIONSHIPS 28 MAY 2011

Senior Men Results

100m Final (W/S +3.6)

Position

1	415	Cameron Webb	11.04	Stevenage & North Herts
2	407	Deji Akande	11.11	Chelmsford AC
3	412	Mark Collins	11.33	EVAC
4	427	Simon Turnock	11.65	Nene Valley Harriers
5	426	Andrew McNamara	12.19	Great Yarmouth
6	414	Liam O'Dell	12.79	Luton AC

110m Hurdles Final (W/S +4.5)

Position

1	418	Michael Shortall	15.69	Thurrock Harriers
2	405	Matthew Dalton	17.18	Peterborough AC
3	426	Andrew McNamara	18.25	Great Yarmouth

1500m Final

Position

1	422	Miguel Zenner Branco	4.28.07	Serpentine AC
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200m Final (W/S +3.9)

Position

1	419	Mark Dyble	22.33	Basildon AC
2	415	Cameron Webb	22.40	Stevenage & North Herts
3	410	Mitchell Jarvis	22.88	Woodford Green & Essex Ladies
4	414	Liam O'Dell	26.91	Luton AC

400m Final

Position

1	416	Christian Roberts	52.61	Huntingdonshire AC
2	409	Louis Walshe	53.97	Herts Phoenix
3	427	Simon Turnock	54.99	Nene Valley Harriers

400m Hurdles Final

Position

1	406	Adam Fidgett	1.00.58	Nene Valley Harriers
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Discus Final

Position

1	420	Christopher Linque	45.49	Woodford Green & Essex Ladies
2	421	Damian Larrington	37.55	Bedford & County AC
3	425	David Burrell	36.40	Luton AC
4	413	John Painter	31.46	City of Norwich AC
5	411	Declan Manning	27.92	City of Norwich AC

Hammer Final

Position

1	403	Richard Martin	47.43	Bedford & County AC
2	425	David Burrell	40.75	Luton AC

Long Jump Final

Position

1	410	Mitchell Jarvis	6.67	Woodford Green & Essex Ladies
2	402	Nick Dowsett	6.42	Woodford Green & Essex Ladies
3	424	Luke Allen	6.04	West Suffolk AC
4	426	Andrew McNamara	5.64	Great Yarmouth

Pole Vault Final

Position

404	Benedict Abbott-Gribbe	NHC	Enfield & Haringey
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Shot Putt Final

Position

1	420	Christopher Linque	13.03	Woodford Green & Essex Ladies
2	421	Damian Larrington	12.24	Bedford & County AC
3	425	David Burrell	11.57	Luton AC
4	424	Luke Allen	10.79	West Suffolk AC
5	413	John Painter	10.09	City of Norwich AC
6	411	Declan Manning	8.36	City of Norwich AC

Triple Jump Final

Position

1	424	Luke Allen	12.70 (+1.2)	West Suffolk AC
2	426	Andrew McNamara	12.16 (+2.6)	Great Yarmouth

Senior Women Results

100m Final (W/S +5.3)

Position

1	189	Jade Savage	12.29	Luton AC
2	177	Hayley-Jane Cone	12.73	Thames Valley Harriers
3	186	Kirsty Shepherd	12.79	Basildon AC
4	194	Heidi Nicholas	12.95	Basildon AC
5	190	Lauren Longhurst	13.12	Chelmsford AC

100m Hurdles Final (W/S +3.3)

Position

1	197	Nicola Gaisford	15.41	Colchester Harriers
2	194	Heidi Nicholas	15.70	Basildon AC

200m Final (W/S +3.4)

Position

1	185	Nichola Gibson	26.85	Peterborough AC
2	194	Heidi Nicholas	27.13	Basildon AC
3	193	Emily Craven	27.88	Peterborough AC

400m Final

Position

1	189	Jade Savage	58.96	Luton AC
2	183	June Swift	59.65	Peterborough AC
3	185	Nichola Gibson	61.31	Peterborough AC
4	193	Emily Craven	61.64	Peterborough AC
5	178	Rachel Baust	63.60	Cambridge & Coleridge AC

400m Hurdles Final

Position

1	181	Jo Murphy	1.10.55	Basildon AC
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800m Final

Position

1	191	Helen Zenner Branco	2.22.24	Serpentine AC
2	195	Nicola Bredin	2.23.23	Basildon AC
3	176	Sian Gifford	2.39.62	Colchester Harriers

Discus Final

Position

1	187	Suzanna Wise	31.33	Luton AC
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Hammer Final

Position

1	187	Suzanna Wise	35.87	Luton AC
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High Jump Final

Position

1	194	Heidi Nicholas	1.55	Basildon AC
2	197	Nicola Gaisford	1.50	Colchester Harriers

Javelin Final

Position

1	184	Sandra Ingham	21.13	Biggleswade AC
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Long Jump Final

Position

1	194	Heidi Nicholas	5.28 (+2.05)	Basildon AC
2	175	Lana Gillard	4.88 (+2.96)	Braintree & District
3	188	Clare St John-Coleman	4.04 (+3.6)	Chelmsford AC

Shot Putt Final

Position

1	184	Sandra Ingham	6.75	Biggleswade AC
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Triple Jump Final

Position

1	188	Clare St John-Coleman	8.27 (6.51)	Chelmsford AC
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U13 Boys Results

100m Final

Position

1	95	Ashley Cooper	12.69	City of Norwich AC
2	92	Benson Craven	13.17	Ipswich Harriers
3	84	Callum Dickson-Earle	13.65	Biggleswade AC
4	97	Kieren Shipp	13.84	Peterborough AC
5	87	Steven Jack	13.95	Nene Valley Harriers
6	78	Yinka Sodipu	13.99	Thurrock Harriers
7	83	Samuel Cridland	14.03	Cambridge & Coleridge AC
8	85	Jack Noble	14.28	Peterborough AC
9	88	Joe Dickinson	14.31	City of Norwich AC
10	93	Samuel Clarke	14.58	Cambridge & Coleridge AC

200m Final (W/S +4.5)

Position

1	95	Ashley Cooper	26.49	City of Norwich AC
2	92	Benson Craven	27.00	Ipswich Harriers
3	86	Jake Young	27.49	Colchester Harriers
4	87	Steven Jack	28.61	Nene Valley Harriers
5	97	Kieren Shipp	28.72	Peterborough AC
6	94	James Pearson	29.04	Thurrock Harriers
7	96	Alexander Bevan	29.09	Peterborough AC
8	78	Yinka Sodipu	30.04	Thurrock Harriers

200m Heat 1

Position

1	95	Ashley Cooper	27.04	City of Norwich AC
2	92	Benson Craven	27.27	Ipswich Harriers
3	86	Jake Young	28.48	Colchester Harriers
4	97	Kieren Shipp	29.14	Peterborough AC
5	85	Jack Noble	29.90	Peterborough AC
6	93	Samuel Clarke	30.95	Cambridge & Coleridge AC

200m Heat 2

Position

1	94	James Pearson	28.89	Thurrock Harriers
2	87	Steven Jack	29.04	Nene Valley Harriers
3	78	Yinka Sodipu	29.41	Thurrock Harriers
4	96	Alexander Bevan	29.70	Peterborough AC
5	83	Samuel Cridland	30.15	Cambridge & Coleridge AC
6	88	Joe Dickinson	30.77	City of Norwich AC

75m Hurdles Final

Position

1	94	James Pearson	12.35	Thurrock Harriers
2	84	Callum Dickson-Earle	12.43	Biggleswade AC
3	96	Alexander Bevan	14.43	Peterborough AC
4	90	Morgan Thompson	16.35	Braintree & District
5	91	Peter Elsdon-Dean	17.31	Newmarket Joggers

800m Final

Position

1	79	Max Jones	2.26.79	Basildon AC
2	96	Alexander Bevan	2.30.21	Peterborough AC
3	86	Jake Young	2.31.18	Colchester Harriers
4	80	Thomas Beddall	2.47.78	Stevenage & North Herts
5	91	Peter Elsdon-Dean	2.56.17	Newmarket Joggers

Long Jump Final

Position

1	95	Ashley Cooper	4.92(+3.0)	City of Norwich AC
2	92	Benson Craven	4.64 (+1.9)	Ipswich Harriers
3	96	Alexander Bevan	4.05 (+2.2)	Peterborough AC
4	78	Yinka Sodipu	4.01 (+1.8)	Thurrock Harriers
5	90	Morgan Thompson	3.84 (+1.4)	Braintree & District
6	93	Samuel Clarke	3.77 (+1.7)	Cambridge & Coleridge AC
7	91	Peter Elsdon-Dean	3.51(+2.0)	Newmarket Joggers

Shot Putt Final

Position

1	94	James Pearson	10.31	Thurrock Harriers
2	90	Morgan Thompson	5.23	Braintree & District

U13 Girls Results

100m Final (W/S +3.4)

Position

1	315	Adelaide Omitowoju	13.61	Cambridge & Coleridge AC
2	327	Finlay Marriott	13.71	Cambridge & Coleridge AC
3	318	Oluwaseun Faith Alao	14.16	Colchester Harriers
4	317	Isabel Sawyer	14.17	Colchester Harriers
5	326	Nicola Massey	14.19	Thurrock Harriers
6	325	Lily Jewell	14.43	Thurrock Harriers
7	321	Amy Coleman	14.76	Braintree & District
8	324	Annabel Quantrill	15.62	Cambridge & Coleridge AC
9	322	Millie Belbin	15.70	Colchester Harriers

200m Final (W/S +2.2)

Position

1	326	Nicola Massey	29.78	Thurrock Harriers
2	323	Zoe Benton	29.86	Herts Phoenix
3	318	Oluwaseun Faith Alao	29.98	Colchester Harriers
4	317	Isabel Sawyer	30.02	Colchester Harriers
5	310	Imogen Walker	30.16	Herts Phoenix
6	325	Lily Jewell	30.73	Thurrock Harriers
7	319	Rebecca Beddall	33.04	Stevenage & North Herts
8	324	Annabel Quantrill	33.22	Cambridge & Coleridge AC

70m Hurdles Final (W/S +2.4)

Position

1	323	Zoe Benton	12.13	Herts Phoenix
2	327	Finlay Marriott	12.65	Cambridge & Coleridge AC
3	316	Amy Dowsett	12.89	Great Yarmouth
4	322	Millie Belbin	15.56	Colchester Harriers

800m Final

Position

1	302	Sophie Tooley	2.29.12	West Suffolk AC
2	306	Lucy Parker	2.30.07	Cambridge & Coleridge AC
3	311	Khahisa Mhlanga	2.31.90	Chelmsford AC
4	316	Amy Dowsett	2.40.31	Great Yarmouth
5	320	Nella Walters	2.40.41	West Suffolk AC
6	303	Alice Newcombe	2.55.81	Cambridge & Coleridge AC
7	309	Lauren Murphy	2.59.25	Cambridge & Coleridge AC
8	314	Sarah Brunton	3.00.79	Cambridge Triathlon
9	308	Briony Findlay	3.02.34	Basildon AC
10	307	Polly Banks	3.03.53	Colchester & Tendring AC
11	313	Juliana Rehakova	3.04.54	Cambridge & Coleridge AC
12	305	Francesca Worrall	3.08.58	Huntingdonshire AC
13	304	Maisie Pritchard	3.14.97	Riverside Runners

Long Jump Final

Position

1	323	Zoe Benton	3.83	Herts Phoenix
2	321	Amy Coleman	3.45	Braintree & District
3	325	Lily Jewell	3.06	Thurrock Harriers
4	324	Annabel Quantrill	3.05	Cambridge & Coleridge AC
5	319	Rebecca Beddall	3.03	Stevenage & North Herts

Shot Putt Final

Position

1	312	Karolina Rehakova	6.83	Cambridge & Coleridge AC
2	326	Nicola Massey	6.20	Thurrock Harriers

U15 Boys Results

100m Final (W/S +5.0)

Position

1	354	Joseph Ebanks	11.71	Cambridge & Coleridge AC
2	356	George Johnson	11.85	Ipswich Harriers
3	364	James Curran	12.26	West Suffolk AC
4	355	Alex Holdsworth	12.32	Cambridge & Coleridge AC
5	366	Lewis Thorn	13.85	Braintree & District
6	373	Omari Wilson	14.47	Luton AC
7	353	Andrew Ronald	17.91	Braintree & District

1500m Final

Position

1	360	Cameron Mckie	4.28.84	West Suffolk AC
2	376	Richard Charleston	4.30.35	Chelmsford AC
3	353	Andrew Ronald	6.33.81	Braintree & District

200m Final (W/S +5.6)

Position

1	354	Joseph Ebanks	23.95	Cambridge & Coleridge AC
2	356	George Johnson	24.84	Ipswich Harriers
3	355	Alex Holdsworth	25.52	Cambridge & Coleridge AC
4	350	Darius Azarmi	26.46	Colchester Harriers
5	366	Lewis Thorn	28.92	Braintree & District
6	373	Omari Wilson	31.14	Luton AC

400m Final

Position

1	365	Elliot Holland	59.25	West Norfolk AC
2	349	Swazini Mhlanga	62.54	Chelmsford AC

800m Final

Position

1	343	Jamal Lewis	2.10.02	Luton AC
2	345	Dominic Stevens	2.15.68	Stevenage & North Herts
3	365	Elliot Holland	2.16.53	West Norfolk AC
4	348	Laurence Willmore	2.17.11	Southend AC
5	341	Theo Passmore	2.24.66	Ipswich Harriers
6	372	Matthew Mardle	2.25.29	Stevenage & North Herts
7	340	Harry Lander	2.31.29	Luton AC
8	342	Robert Bolton	2.36.20	Stevenage & North Herts

80m Hurdles Final (W/S +3.3)

Position

1	371	Alex Law	11.27	Havering Mayesbrook
2	346	Tope Fisayo	13.05	Luton AC
3	358	Daniel Griffin	14.05	City of Norwich AC

Discus Final

Position

1	357	Daniel Fleming	35.15	Lincoln Wellington
2	364	James Curran	25.82	West Suffolk AC
3	368	Aedan Slack	24.71	Cambridge & Coleridge AC
4	372	Matthew Mardle	24.38	Stevenage & North Herts
5	369	Nathanael Grenfell	23.73	Peterborough AC

Hammer Final

Position

1	368	Aedan Slack	33.88	Cambridge & Coleridge AC
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High Jump Final

Position

1	351	Joshua Conroy	1.65	Bedford & County AC
2	371	Alex Law	1.60	Havering Mayesbrook
3	352	Lee Johnson	1.55	Bedford & County AC
4	361	Gregory Goddard	1.50	Stevenage & North Herts
5	375	Jamie Horne	1.45	Peterborough AC

Javelin Final

Position

1	372	Matthew Mardle	36.11	Stevenage & North Herts
2	362	James Murphy	32.77	Braintree & District
3	359	Euan Mckie	29.94	West Suffolk AC
4	361	Gregory Goddard	29.23	Stevenage & North Herts

Long Jump Final

Position

1	371	Alex Law	6.30 (+1.8)	Havering Mayesbrook
2	344	Ben Gilbert	4.92 (+1.3)	Cambridge & Coleridge AC
3	362	James Murphy	4.85 (+2.1)	Braintree & District
4	369	Nathanael Grenfell	4.48 (+2.1)	Peterborough AC
5	366	Lewis Thorn	4.33 (+2.5)	Braintree & District

Shot Putt Final

Position

1	368	Aedan Slack	9.53	Cambridge & Coleridge AC
2	357	Daniel Fleming	9.00	Lincoln Wellington

Triple Jump Final

Position

1	369	Nathanael Grenfell	10.46 (+1.5)	Peterborough AC
2	360	Cameron Mckie	10.17 (+1.7)	West Suffolk AC
3	358	Daniel Griffin	9.59 (+1.1)	City of Norwich AC

U15 Girls Results

100m Final (W/S +4.1)

Position

1	51	Moesha Howard	12.76	Chelmsford AC
2	41	Gemma Gow	12.96	Cambridge & Coleridge AC
3	26	Keisha Holohan-Yates	13.10	Colchester Harriers
4	33	Chloe Young	13.13	Colchester Harriers
5	45	Catriona Marriott	13.27	Cambridge & Coleridge AC
6	53	Ellie Savva	13.61	Braintree & District
7	31	Emilie West	13.64	West Norfolk AC

100m Heat 1 (W/S +2.8)

Position

1	51	Moesha Howard	12.84	Chelmsford AC
2	33	Chloe Young	13.24	Colchester Harriers
3	26	Keisha Holohan-Yates	13.55	Colchester Harriers
4	55	April Castle	14.23	Chelmsford AC
5	69	Hannah Welch	14.40	Colchester Harriers
6	50	Megan Roberts	14.62	Biggleswade AC

100m Heat 2 (W/S +4.8)

Position

1	41	Gemma Gow	12.95	Cambridge & Coleridge AC
2	42	Sophie Keeble	13.02	Stevenage & North Herts
3	45	Catriona Marriott	13.48	Cambridge & Coleridge AC
4	53	Ellie Savva	13.50	Braintree & District
5	31	Emilie West	13.61	West Norfolk AC
6	64	Courtney Osborne-Walk	13.93	Bedford & County AC
7	63	Emily Anderson	14.03	Great Yarmouth

1500m Final

Position

1	13	Abbie Donnelly	5.02.01	Lincoln Wellington
2	27	Charlotte Gillard	5.06.44	Cambridge & Coleridge AC
3	17	Charlotte Murphy	5.08.21	Cambridge & Coleridge AC
4	9	Alice Cheverton	5.12.10	City of Norwich AC
5	7	Katherine-Jane Watts	5.21.58	Colchester Harriers
6	10	Danielle Murphy	5.23.68	Stevenage & North Herts
7	3	Leigh-Ann Rose	5.29.79	Werrington Joggers
8	22	Sarah Jane Chan	5.43.54	Nene Valley Harriers
9	5	Polly Smith	6.00.94	Huntingdonshire AC

200m Final (W/S +3.3)

Position

1	33	Chloe Young	27.61	Colchester Harriers
2	45	Catrina Marriott	28.52	Cambridge & Coleridge AC
3	32	Megan Soanes	28.60	City of Norwich AC
4	60	Michelle Hughes	28.83	Havering Mayesbrook
5	26	Keisha Holohan-Yates	28.84	Colchester Harriers
6	64	Courtney Osborne-Walk	29.23	Bedford & County AC
7	52	Chloe Rixon	29.44	Watford Harriers
8	63	Emilie Anderson	29.98	Great Yarmouth

200m Heat 1 (W/S +3.7)

Position

1	33	Chloe Young	27.35	Colchester Harriers
2	60	Michelle Hughes	28.42	Havering Mayesbrook
3	45	Catrina Marriott	28.43	Cambridge & Coleridge AC
4	41	Gemma Gow	28.73	Cambridge & Coleridge AC
5	31	Emilie West	27.30	West Norfolk AC
6	19	Rachel Stanton	30.93	Colchester Harriers

200m Heat 2 (W/S +2.2)

Position

1	26	Keisha Holohan-Yates	27.83	Colchester Harriers
2	32	Megan Soanes	28.60	City of Norwich AC
3	52	Chloe Rixon	28.66	Watford Harriers
4	16	Amber Meakins	28.72	Herts Phoenix
5	57	Grace Ashworth	31.29	City of Norwich AC

200m Heat 3 (W/S +1.7)

Position

1	64	Courtney Osborne-Walk	28.73	Bedford & County AC
2	63	Emily Anderson	29.64	Great Yarmouth
3	69	Hannah Welch	30.95	Colchester Harriers
4	55	April Castle	31.37	Chelmsford AC

75m Hurdles Final (W/S +3.2)

Position

1	51	Moesha Howard	11.65	Chelmsford AC
2	36	Suzanne Bentley	11.71	Watford Harriers
3	46	Millie Sandell	12.19	Herts Phoenix
4	15	Ella De Lucis	12.50	Peterborough AC
5	48	Jenna Hoyte	12.51	Herts Phoenix
6	60	Michelle Hughes	12.71	Havering Mayesbrook
7	57	Grace Ashworth	13.04	City of Norwich AC
8	61	Katherine Amps	13.14	Peterborough AC

75m Hurdles Heat 1 (W/S +3.0)

Position

1	51	Moesha Howard	11.97	Chelmsford AC
2	46	Millie Sandell	12.15	Herts Phoenix
3	61	Katherine Amps	12.86	Peterborough AC
4	57	Grace Ashworth	13.28	City of Norwich AC

75m Hurdles Heat 2 (W/S +3.7)

Position

1	36	Suzanne Bentley	11.86	Watford Harriers
2	15	Ella De Lucis	11.86	Peterborough AC
3	48	Jenna Hoyte	12.64	Herts Phoenix
4	60	Michelle Hughes	13.03	Havering Mayesbrook
5	55	April Castle	13.57	Chelmsford AC

800m Final

Position

1	34	Hollie Parker	2.21.85	Cambridge & Coleridge AC
2	11	Isobel Ives	2.24.28	Basildon AC
3	23	Christy Dailly	2.29.35	Chelmsford AC
4	32	Megan Soanes	2.31.63	City of Norwich AC
5	37	Marleen Avonthur	2.32.77	Chelmsford AC
6	29	Elena Cervi	2.40.42	Stevenage & North Herts
7	21	Tara Procter	2.42.16	Herts Phoenix
8	14	Hanna Banks	2.42.97	Colchester & Tendring AC
9	66	Sian Hicks	2.45.00	Colchester & Tendring AC

Discus Final

Position

1	58	Georgia Taylor	39.81	Havering Mayesbrook
2	25	Helena Coe	21.83	Ipswich Harriers
3	37	Marleen Avonthur	21.82	Chelmsford AC
4	30	Eloise Mabey	20.25	Ipswich Harriers
5	38	Olivia Bullis	19.80	Basildon AC

Hammer Final

Position

1	40	Elle Cockell	34.87	Braintree & District
2	58	Georgia Taylor	26.48	Havering Mayesbrook

High Jump Final

Position

1	35	Sarah Prescott-Smith	1.57	Ipswich Harriers
2	12	Laura Armorgie	1.55	Herts Phoenix
3	48	Jenna Hoyte	1.50	Herts Phoenix
4	60	Michelle Hughes	1.35	Havering Mayesbrook
5	59	Katie Reynolds	1.35	Cambridge & Coleridge AC
6	49	Martha Huggins	1.30	Stevenage & North Herts
7	64	Courtney Osborne-Walk	1.20	Bedford & County AC
8	68	Georgina Sexton	1.20	Bedford & County AC

Javelin Final

Position

1	36	Suzanne Bentley	25.22	Watford Harriers
2	2	Eleanor Moss	22.78	Woodford Green & Essex Ladies
3	40	Elle Cockell	17.84	Braintree & District

Long Jump Final

Position

1	35	Sarah Prescott-Smith	5.42 (+2.8)	Ipswich Harriers
2	53	Ellie Savva	4.98 (+1.9)	Braintree & District
3	61	Katherine Amps	4.71 (+4.2)	Peterborough AC
4	52	Chloe Rixon	4.63 (+2.0)	Watford Harriers
5	50	Megan Roberts	4.27 (+4.1)	Biggleswade AC
6	29	Elena Cervi	4.25 (+2.5)	Stevenage & North Herts
7	57	Grace Ashworth	4.14 (+3.3)	City of Norwich AC
8	1	Li Ann Cowley	3.90 (+2.00)	Cambridge & Coleridge AC
9	63	Emily Anderson	3.88 (+2.9)	Great Yarmouth

Pole Vault Final

Position

1	28	Anya Rodriguez	3.20	Shaftesbury Barnet
2	49	Martha Huggins	2.10	Stevenage & North Herts

Shot Putt Final

Position

1	58	Georgia Taylor	9.72	Havering Mayesbrook
2	25	Helena Coe	9.68	Ipswich Harriers
3	18	Mel Deer	9.07	Alec Hunter College
4	30	Eloise Mabey	8.11	Ipswich Harriers
5	44	Hannah Maher	7.86	City of Norwich AC
6	46	Millie Sandell	7.81	Herts Phoenix
7	38	Olivia Bullis	7.39	Basildon AC

Triple Jump Final

Position

1	59	Katie Reynolds	9.18 (+3.09)	Cambridge & Coleridge AC
2	4	Emily Jerram	8.77 (+3.92)	West Suffolk AC

U17 Men Results

100m Final

Position

133	George Perkins	DQ	Chelmsford AC
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100m Final (W/S +3.7)

Position

1	123	John Otugade	11.05	Shaftesbury Barnet
2	135	Joshua Cox	11.27	Bedford & County AC
3	164	Efe Uwaifo	11.27	Harrow AC
4	146	Tom Powell	11.30	Ipswich Harriers
5	150	Lewis Taylor	11.34	Luton AC
6	148	Ben Argent	11.50	Colchester Harriers
7	151	Thomas Nind	11.65	Colchester Harriers

100m Heat 1

Position

1	133	George Perkins	11.13	Chelmsford AC
2	150	Lewis Taylor	11.34	Luton AC
3	164	Efe Uwaifo	11.41	Harrow AC
4	148	Ben Argent	11.51	Colchester Harriers
5	151	Thomas Nind	11.64	Colchester Harriers
6	161	Karl Tucker	11.81	Havering Mayesbrook
7	128	Mark Phillipson	12.30	Great Yarmouth

100m Heat 2 (W/S +3.9)

Position

1	123	John Otugade	11.16	Shaftesbury Barnet
2	135	Joshua Cox	11.29	Bedford & County AC
3	146	Tom Powell	11.46	Ipswich Harriers
4	156	William Blackwell	12.03	Cambridge & Coleridge AC
5	130	Euan Dickson-Earle	12.13	Biggleswade AC
6	160	Craig Brooks	12.20	West Norfolk AC
7	144	Ryan Gowler	12.36	West Norfolk AC

100m Hurdles Final (W/S +2.9)

Position

1	129	Robbie Clarricoats	14.45	Thurrock Harriers
2	161	Karl Tucker	14.77	Havering Mayesbrook
3	112	Matthew Bailey	15.66	West Norfolk AC
4	155	Jonathan Bywaters	16.73	Luton AC

1500m Final

Position

1	121	Ben Alcock	4.21.16	Bedford & County AC
2	113	Oliver Kyriakides	4.22.87	Southend AC
3	107	Christopher Allison	4.23.31	Nene Valley Harriers
4	120	Joseph Gibbon	4.28.52	Colchester & Tendring AC
5	147	Ross Tennant	4.31.03	Ipswich Harriers
6	124	George Ward	4.43.93	Luton AC
7	158	Connor Price	4.47.73	Colchester Harriers
8	143	Dominic Oliver	4.50.33	Great Yarmouth
9	103	Daniel Cade	4.50.95	Cambridge & Coleridge AC

200m Final (W/S +5.3)

Position

1	133	George Perkins	22.42	Chelmsford AC
2	131	Benjamin Snaith	22.60	Cambridge & Coleridge AC
3	146	Tom Powell	23.25	Ipswich Harriers
4	134	Peter De'ath	23.36	Stevenage & North Herts
5	150	Lewis Taylor	23.66	Luton AC
6	137	Corey Jackson	24.82	Luton AC

200m Heat 1 (W/S +3.8)

Position

1	131	Benjamin Snaith	22.86	Cambridge & Coleridge AC
2	146	Tom Powell	23.20	Ipswich Harriers
3	134	Peter De'ath	23.37	Stevenage & North Herts
4	151	Thomas Nind	24.36	Colchester Harriers
5	137	Corey Jackson	24.72	Luton AC

200m Heat 2 (W/S +5.5)

Position

1	133	George Perkins	23.02	Chelmsford AC
2	139	Dereece O'Callaghan	23.77	Luton AC
3	150	Lewis Taylor	23.93	Luton AC
4	160	Craig Brooks	25.23	West Norfolk AC
5	128	Mark Phillipson	25.88	Great Yarmouth

3000m Final

Position

1	116	Ashley Capel	9.46.24	Southend AC
2	126	Joe Alexander	9.58.84	Colchester & Tendring AC

400m Final

Position

1	139	Dereece O'Callaghan	50.95	Luton AC
2	134	Peter De'ath	51.82	Stevenage & North Herts
3	137	Corey Jackson	55.29	Luton AC
4	145	Thomas White	57.65	Colchester Harriers

400m Hurdles Final

Position

1	111	George Hadler	1.01.48	Havering Mayesbrook
2	155	Jonathan Bywaters	1.05.74	Luton AC

800m Final

Position

1	127	Michael Porter	2.07.99	Colchester & Tendring AC
2	114	James Cochrane	2.08.70	Cambridge & Coleridge AC
3	143	Dominic Oliver	2.18.38	Great Yarmouth
4	115	Tobias Rankin	2.24.46	Ipswich Harriers

Discus Final

Position

1	154	Michael Painter	51.51	City of Norwich AC
2	119	Danny Wilson	44.29	Havering Mayesbrook
3	152	Oliver Holway	37.63	Cambridge & Coleridge AC
4	163	Alan Sydee	37.05	Luton AC
5	153	James Kent	29.37	City of Norwich AC

Hammer Final

Position

1	154	Michael Painter	65.47	City of Norwich AC
2	166	Dominic Sykes	55.53	Lincoln Wellington
3	163	Alan Sydee	50.45	Luton AC
4	152	Oliver Holway	40.12	Cambridge & Coleridge AC

High Jump Final

Position

1	161	Karl Tucker	1.65	Havering Mayesbrook
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Javelin Final

Position

1	104	Morgan Young	54.39	Cambridge & Coleridge AC
2	149	Oliver Bradfield	53.94	City of Norwich AC
3	153	James Kent	41.04	City of Norwich AC
4	156	William Blackwell	38.86	Cambridge & Coleridge AC
5	108	Alexander Ingham	35.73	Biggleswade AC
6	157	Jake Shea	34.45	Diss AC
7	165	Jamie Kensey	30.04	Thurrock Harriers
8	158	Connor Price	22.63	Colchester Harriers

Long Jump Final

Position

1	164	Efe Uwaifo	6.66	Harrow AC
2	165	Jamie Kensey	5.59	Thurrock Harriers
3	144	Ryan Gowler	5.21	West Norfolk AC
4	160	Craig Brooks	5.19	West Norfolk AC

Pole Vault Final

Position

1	141	Mitchell Etheridge	4.40	Fitzmarc School
	109	Edward Borrman	NHC	Ryston Runners

Shot Putt Final

Position

1	154	Michael Painter	14.78	City of Norwich AC
2	152	Oliver Holway	13.73	Cambridge & Coleridge AC
3	163	Alan Sydee	11.20	Luton AC
4	153	James Kent	10.41	City of Norwich AC
5	105	Steve Smith	10.39	West Suffolk AC
6	157	Jake Shea	8.34	Diss AC

Triple Jump Final

Position

1	159	Lawrence Fanuta-Davis	12.12 (+0.9)	Chelmsford AC
2	129	Robbie Clarricoats	12.08 (+3.0)	Thurrock Harriers
3	117	Ola Fisayo	12.05 (+4.5)	Luton AC
4	101	Ben Jie Cowley	11.54 (+2.7)	Cambridge & Coleridge AC
5	157	Jake Shea	10.10 (+1.3)	Diss AC

U17 Women Results

100m Final (W/S +3.4)

Position

1	227	Megan Edwards	12.72	Peterborough AC
2	240	Joanna Peak	12.96	Cambridge & Coleridge AC
3	247	Emma Tilbrook	13.05	West Norfolk AC
4	246	Kirsty Ronald	13.15	Braintree & District
5	251	Alice Galloway	13.39	Cambridge & Coleridge AC

1500m Final

Position

1	220	Emily Ruane	4.59.77	Herts Phoenix
2	236	Sarah Imbush	5.14.53	Southend AC
3	216	Emily Bullis	5.17.18	Basildon AC
4	219	Emma Joy Chan	5.27.07	Nene Valley Harriers
5	235	Jordan Lacey	5.46.11	Southend AC

200m Final (W/S +3.0)

Position

1	227	Megan Edwards	26.74	Peterborough AC
2	251	Alice Galloway	27.18	Cambridge & Coleridge AC
3	240	Joanna Peak	27.66	Cambridge & Coleridge AC
4	225	Keeley Whitlock	28.00	Ipswich Harriers
5	243	Olivia McGuire	28.19	Cambridge & Coleridge AC
6	209	Jessie Ancill-Spowage	31.20	Colchester Harriers

3000m Final

Position

1	207	Eleanor Smith	11.27.86	Huntingdonshire AC
2	210	Eleanor Johnson	11.28.97	Basildon AC
3	211	Hannah Farmer	11.32.25	Luton AC
4	235	Jordan Lacey	11.42.73	Southend AC
5	206	Isobel Moss	12.04.59	Woodford Green & Essex Ladies
6	222	Faye McLellan	12.10.03	Huntingdonshire AC

300m Final

Position

1	213	Sabrina Bakare	40.17	Luton AC
2	212	Kaylee Dodd	42.25	Basildon AC
3	217	Shannon Procter	43.99	Herts Phoenix
4	221	Ella Lloyd	45.11	Herts Phoenix
5	225	Keeley Whitlock	45.14	Ipswich Harriers
6	239	Susannah Reid	45.27	Ipswich Harriers
7	218	Helena Page	45.60	Herts Phoenix
8	223	Megan Moore	46.37	Colchester Harriers

300m Hurdles Final

Position

1	234	Hayley McLean	44.75	Chelmsford AC
2	248	Georgia Green-Muid	47.12	Chelmsford AC
3	228	Stephanie Williams	48.84	Herts Phoenix
4	215	Hannah Pattie-Belleli	52.31	Woodford Green & Essex La
5	254	Shannon Rapacchi	56.54	Stevenage & North Herts
6	214	Claire Bentley	57.91	Watford Harriers

800m Final

Position

1	260	Zoe Macdonald	2.28.50	Cambridge & Coleridge AC
2	239	Susannah Reid	2.31.98	Ipswich Harriers
3	203	Beth Tooley	2.37.85	West Suffolk AC

80m Hurdles Final (W/S +2.5)

Position

1	234	Hayley McLean	11.57	Chelmsford AC
2	259	Ella Cave	12.28	Cambridge & Coleridge AC
3	248	Georgia Green-Muid	12.30	Chelmsford AC
4	255	Finolla Frederick	12.37	Herts Phoenix
5	253	Jade Harding	13.12	Chelmsford AC
6	258	Charlotte Sexton	13.34	Biggleswade AC
7	252	Katie Vickery	13.41	City of Norwich AC

Discus Final

Position

1	201	Debbie Castle	27.52	Chelmsford AC
2	233	Bethany Wade	24.82	West Suffolk AC
3	250	Stephanie Griffin	24.81	City of Norwich AC
4	241	Gemma Vickery	22.19	City of Norwich AC
5	256	Imogen Hyde	18.40	Cambridge & Coleridge AC

Discus Final

Position

1	201	Debbie Castle	27.52	Chelmsford AC
2	233	Bethany Wade	24.82	West Suffolk AC
3	250	Stephanie Griffin	24.81	City of Norwich AC
4	241	Gemma Vickery	22.19	City of Norwich AC
5	256	Imogen Hyde	18.40	Cambridge & Coleridge AC

Hammer Final

Position

1	241	Gemma Vickery	33.50	City of Norwich AC
2	204	Emily Evans	32.72	Stevenage & North Herts
3	202	Sophie Goddard	32.72	Stevenage & North Herts
4	237	Chloe Cockell	31.07	Braintree & District
5	256	Imogen Hyde	25.35	Cambridge & Coleridge AC
6	233	Bethany Wade	21.46	West Suffolk AC

High Jump Final

Position

1	247	Emma Tilbrook	1.55	West Norfolk AC
2	261	Alice Rackham	1.50	Stevenage & North Herts
3	253	Jade Harding	1.45	Chelmsford AC
4	254	Shannon Rapacchi	1.35	Stevenage & North Herts

Javelin Final

Position

1	257	Laura Mcdonald	40.79	City of Norwich AC
2	250	Stephanie Griffin	28.59	City of Norwich AC
3	237	Chloe Cockell	21.65	Braintree & District
4	201	Debbie Castle	21.39	Chelmsford AC
5	256	Imogen Hyde	20.82	Cambridge & Coleridge AC

Long Jump Final

Position

1	247	Emma Tilbrook	5.45 (+1.5)	West Norfolk AC
2	226	Clarice Parrott	5.33 (+2.4)	Braintree & District
3	231	Jessica Fox	5.23 (+3.1)	Cambridge & Coleridge AC
4	252	Katie Vickery	5.19 (+2.0)	City of Norwich AC
5	255	Finolla Frederick	5.05 (+3.3)	Herts Phoenix
6	246	Kirsty Ronald	4.98 (+3.1)	Braintree & District
7	249	Bethany Chambers	4.83 (+2.6)	Havering Mayesbrook

Pole Vault Final

Position

1	205	Sasha Birrell	2.90	City of Norwich AC
	242	Olivia Harry	NHC	Herts Phoenix

Shot Putt Final

Position

1	250	Stephanie Griffin	9.07	City of Norwich AC
2	251	Alice Galloway	8.08	Cambridge & Coleridge AC
3	201	Debbie Castle	7.98	Chelmsford AC

Triple Jump Final

Position

1	231	Jessica Fox	10.68 (+1.93)	Cambridge & Coleridge AC
2	249	Bethany Chambers	10.54 (+2.43)	Havering Mayesbrook
3	254	Shannon Rapacchi	8.97 (+4.27)	Stevenage & North Herts
4	236	Sarah Imbush	8.05 (+1.61)	Southend AC

U20 Men Results

100m Final (W/S +4.0)

Position

1	282	Alexander McNally	10.93	Peterborough AC
2	286	Ashley Watson	11.10	Peterborough AC
3	276	Leon Holmes	11.66	Ipswich Harriers

200m Final (W/S +4.6)

Position

1	282	Alexander McNally	22.38	Peterborough AC
2	286	Ashley Watson	22.68	Peterborough AC
3	279	David Bush	24.12	Nene Valley Harriers
4	292	Matthew Gibson	24.66	Herts Phoenix

400m Final

Position

1	277	Andrew Walshe	51.45	Herts Phoenix
2	279	David Bush	52.86	Nene Valley Harriers
3	280	Daniel Yaxley	53.77	Woodford Green & Essex Ladies

800m Final

Position

1	280	Daniel Yaxley	2.01.83	Woodford Green & Essex Ladies
2	274	Tom Gifford	2.18.31	Colchester & Tendring AC

Discus Final

Position

1	287	Jonathan Edwards	46.19	Huntingdonshire AC
2	281	Chris Line	40.13	Dacorum & Tring AC
3	289	Marc Bradbury	40.00	Boston & District
4	288	Jake Allen	35.81	West Suffolk AC

Hammer Final

Position

1	287	Jonathan Edwards	56.89	Huntingdonshire AC
2	293	Sam Wilson	42.52	Peterborough AC
3	288	Jake Allen	36.36	West Suffolk AC
4	289	Marc Bradbury	36.27	Boston & District

High Jump Final

Position

1	272	Paul Spicer	1.65	Stevenage & North Herts
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Javelin Final

Position

1	278	Harry Newenham	52.16	City of Norwich AC
2	283	Neil Addison	43.23	Stevenage & North Herts

Shot Putt Final

Position

1	287	Jonathan Edwards	15.32	Huntingdonshire AC
2	289	Marc Bradbury	11.83	Boston & District
3	288	Jake Allen	11.16	West Suffolk AC
4	281	Chris Line	10.43	Dacorum & Tring AC

U20 Women Results

100m Final (W/S +5.3)

Position

1	451	Polly Davies	12.56	Great Yarmouth
2	462	Emily Rodgers	12.65	West Suffolk AC
3	456	Abigail Griffiths	12.73	Herts Phoenix

100m Hurdles Final (W/S +.3.3)

Position

1	436	Evie Castle	18.02	Chelmsford AC
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1500m Final

Position

1	443	Laura Farrar	4.45.47	St Albans AC
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200m Final (W/S +3.4)

Position

1	462	Emily Rodgers	26.95	West Suffolk AC
2	456	Abigail Griffiths	27.03	Herts Phoenix

400m Final

Position

1	449	Georgie Ivens	60.54	Nene Valley Harriers
2	446	Laura Arnold	63.16	Peterborough AC

400m Hurdles Final

Position

1	455	Holly Pattie -Belleli	1.10.12	Woodford Green & Essex Ladies
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800m Final

Position

1	452	Samantha Redgrave	2.18.65	Colchester & Tendring AC
2	454	Chelsea Brockett	2.28.96	Boston & District

Discus Final

Position

1	436	Evie Castle	27.80	Chelmsford AC
2	460	Stephanie Burt	26.34	City of Norwich AC
3	435	Hannah Castle	20.87	Chelmsford AC
4	461	Hayley Sayer	19.83	Cambridge & Coleridge AC

Hammer Final

Position

1	438	Sarah Stanhope	43.53	Lincoln Wellington
2	461	Hayley Sayer	39.28	Cambridge & Coleridge AC
3	447	Laura Maplethorpe	29.86	Lincoln Wellington

High Jump Final

Position

1	444	Gemma Armorgie	1.60	Herts Phoenix
2	454	Chelsea Brockett	1.55	Boston & District
3	441	Charlotte Malton	1.50	Chelmsford AC
4	453	Brogan Webber	1.45	Methwold School

Javelin Final

Position

1	440	Eloise Meakins	41.57	Herts Phoenix
2	460	Stephanie Burt	38.22	City of Norwich AC
3	436	Evie Castle	28.66	Chelmsford AC
4	435	Hannah Castle	19.35	Chelmsford AC

Long Jump Final

Position

1	455	Holly Pattie -Belleli	5.39 (+4.95)	Woodford Green & Essex Ladies
2	462	Emily Rodgers	4.87 (+3.22)	West Suffolk AC
3	453	Brogan Webber	4.34 (+3.96)	Methwold School

Pole Vault Final

Position

237	Chloe Cockell	NHC	Braintree & District
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Shot Putt Final

Position

1	436	Evie Castle	10.57	Chelmsford AC
2	458	Anne Rees	9.93	Stevenage & North Herts
3	461	Hayley Sayer	8.47	Cambridge & Coleridge AC
4	435	Hannah Castle	5.86	Chelmsford AC

Triple Jump Final

Position

1	445	Millie Phelan	10.66 (+2.64)	Stevenage & North Herts
2	436	Evie Castle	9.35 (+1.69)	Chelmsford AC