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# 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