
Eastern Athletic Association

Track & Field

Championships



Sunday 5th July 2009
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



Senior Men Results

100m Final (W/S +0.9)

Position

1	246	Tonderai Tomu	10.91	Stevenage & North Herts
2	219	George Kenyon	11.19	Cambridge University AC
3	208	Matthew Dalton	11.53	Peterborough AC
4	203	Bradley Bellamy	11.54	Woodford Green & Essex Ladies
5	231	Ernest Ngwane	11.62	Luton AC
6	247	Simon Turnock	11.62	Nene Valley Harriers
7	200	Amin Ahmadnia	11.79	Cambridge University AC
8	216	Jonathan Humphries	12.33	Herts Phoenix

110m Hurdles Final (W/S +1.3)

Position

1	241	Michael Shortall	16.17	Thurrock Harriers
2	208	Matthew Dalton	17.12	Peterborough AC

1500m Final

Position

1	236	Robert Prady	4.55.82	Nene Valley Harriers
2	233	David Pettit	5.10.21	Cambridge & Coleridge AC

200m Final (W/S +4.6)

Position

1	246	Tonderai Tomu	22.05	Stevenage & North Herts
2	217	Mitchell Jarvis	23.16	Braintree & District
3	221	David Leadbitter	23.42	Huntingdonshire AC
4	247	Simon Turnock	23.63	Nene Valley Harriers
5	222	Matt Leadbitter	23.66	Huntingdonshire AC
6	231	Ernest Ngwane	23.66	Luton AC

3000m Final

Position

1	225	Will Mackay	9.06.27	Cambridge University AC
2	204	John Bowstead	9.32.24	Cambridge & Coleridge AC
3	236	Robert Prady	9.51.05	Nene Valley Harriers
4	218	David Johnson	10.15.24	Cambridge & Coleridge AC

400m Final

Position

1	235	Martin Pitts	50.91	Braintree & District
2	222	Matt Leadbitter	51.30	Huntingdonshire AC
3	214	Matt Hamilton	51.91	Herts Phoenix
4	240	Adam Searle	53.99	Stevenage & North Herts
5	242	Graham Stark	55.38	City of Norwich AC

400m Hurdles Final

Position

1	241	Michael Shortall	57.68	Thurrock Harriers
2	227	Aaron Mason	57.89	Imperial College
3	226	Daryl Martin	58.83	City of Norwich AC
4	213	Adam Fidgett	61.66	Nene Valley Harriers

800m Final

Position

1	245	Andrew Suter	2.00.21	Peterborough AC
2	228	Liam McNabola	2.01.76	Luton AC
3	202	Martin Bell	2.05.38	Cambridge & Coleridge AC

Discus Final

Position

1	223	Christopher Linque	43.91	Woodford Green & Essex Ladies
2	232	John Painter	36.00	City of Norwich AC
3	229	Daniel Moles	27.65	Colchester Harriers

Hammer Final

Position

1	207	Sam Coe	58.91	Imperial College
2	210	James Earle	44.15	Colchester Harriers
3	229	Daniel Moles	24.05	Colchester Harriers

High Jump Final

Position

1	212	Lewis Ely	1.90	Blackheath & Bromley
2	234	Laurie Pirie	1.85	Stevenage & North Herts

Javelin Final

Position

1	239	Tomas Saunorius	61.29	Peterborough AC
2	238	Martin Safford	33.30	Huntingdonshire AC

Long Jump Final

Position

1	217	Mitchell Jarvis	6.84 (+2.76)	Braintree & District
2	209	Nick Dowsett	6.46 (+2.93)	Woodford Green & Essex Ladies
3	219	George Kenyon	6.40 (+1.83)	Cambridge University AC
4	237	Sam Richards	6.30 (+2.13)	Cambridge & Coleridge AC
5	243	Joe Steele	6.29 (+1.29)	Luton AC

Pole Vault Final

Position

1	211	Simon Eastwood	3.60	Bedford & County AC
2	201	Alex Bates	3.20	Cambridge University AC

Shot Putt Final

Position

1	232	John Painter	11.19	City of Norwich AC
2	229	Daniel Moles	08.83	Colchester Harriers

Triple Jump Final

Position

1	242	Graham Stark	11.86	City of Norwich AC
2	237	Sam Richards	11.25	Cambridge & Coleridge AC

Senior Women Results

100m Final

Position

1	266	Heidi Nicholas	12.88	Basildon AC
2	253	Hayley-Jayne Cone	12.97	Thames Valley Harriers
3	259	Emma Hughes	13.05	Luton AC
4	254	Emily Craven	14.39	Peterborough AC

100m Hurdles Final (W/S +1.2)

Position

1	266	Heidi Nicholas	16.20	Basildon AC
2	254	Emily Craven	19.20	Peterborough AC

1500m Final

Position

1	268	Natasha Peters	4.43.72	Bedford & County AC
2	261	Natalie Kipps	4.52.01	Orion H
3	249	Clare Bassill	4.55.86	Luton AC

200m Final

Position

1	266	Heidi Nicholas	26.64	Basildon AC
2	259	Emma Hughes	27.06	Luton AC

3000m Final

Position

1	271	Danielle Tatum	10.48.21	Colchester & Tendring AC
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400m Final

Position

1	255	Nichola Gibson	64.11	Peterborough AC
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800m Final

Position

1	261	Natalie Kipps	2.18.02	Orion H
2	257	Nicola Goode	2.20.33	Basildon AC
3	248	Karen Barden	2.34.14	Chelmsford AC

Discus Final

Position

1	251	Louise Capicotto	33.99	Watford Harriers
2	250	Shannon Bunker	33.32	Luton AC
3	269	Sarka Robinson	31.62	Dacorum & Tring AC

Hammer Final

Position

1	272	Katie Winwood	43.74	Bedford & County AC
2	250	Shannon Bunker	40.24	Luton AC

High Jump Final

Position

1=	263	Natalie LeBeau	1.60	Thurrock Harriers
1=	270	Tania Spurling	1.60	West Suffolk AC
3	266	Heidi Nicholas	1.55	Basildon AC

Javelin Final

Position

1	267	Clare Palmer	34.79	Cambridge University AC
2	250	Shannon Bunker	32.17	Luton AC
3	260	Sandra Ingham	25.16	Biggleswade AC

Long Jump Final

Position

1	259	Emma Hughes	5.76 (+2.4)	Luton AC
2	270	Tania Spurling	5.44 (+0.5)	West Suffolk AC
3	266	Heidi Nicholas	5.36 (+0.5)	Basildon AC
4	253	Hayley-Jayne Cone	4.88 (+2.4)	Thames Valley Harriers
5	264	Stacy McGivern	4.88 (+0.3)	Peterborough AC

Pole Vault Final

Position

1	269	Sarka Robinson	3.30	Dacorum & Tring AC
2	258	Jemma Harding	3.10	Bedford & County AC

Shot Putt Final

Position

1	250	Shannon Bunker	11.25	Luton AC
2	260	Sandra Ingham	07.18	Biggleswade AC

Triple Jump Final

Position

1	270	Tania Spurling	11.66	West Suffolk AC
2	264	Stacy McGivern	10.52	Peterborough AC
3	260	Sandra Ingham	08.22	Biggleswade AC

U13 Boys Results

100m Final

Position

1	282	Ross Gilbert	13.16	City of Norwich AC
2	284	Daniel Griffin	13.87	City of Norwich AC
3	277	Joshua Daramola	13.98	Stevenage & North Herts
4	292	James McCrae	14.04	Werrington Joggers
5	286	Jamie Horne	14.55	Peterborough AC
6	296	Joshua Owen	14.57	Colchester Harriers
7	300	James Spratt	15.15	Taverham School
8	275	Matthew Carter	15.48	Cambridge & Coleridge AC

200m Final

Position

1	290	Alex Law	26.52	Havering Mayesbrook
2	282	Ross Gilbert	28.07	City of Norwich AC
3	274	Michael Bartram	29.29	Newmarket Joggers
4	277	Joshua Daramola	29.75	Stevenage & North Herts
5	299	George Seach	29.82	Huntingdonshire AC
6	292	James McCrae	30.70	Werrington Joggers
7	281	Nathan Gardner	32.18	Stevenage & North Herts
8	296	Joshua Owen	32.46	Colchester Harriers

75m Hurdles Final (W/S +0.8)

Position

1	282	Ross Gilbert	12.43	City of Norwich AC
2	290	Alex Law	12.90	Havering Mayesbrook
3	295	James Murphy	13.83	Braintree & District
4	281	Nathan Gardner	14.50	Stevenage & North Herts
5	278	Edward De Winton	14.73	West Norfolk AC
6	292	James McCrae	16.34	Werrington Joggers
7	300	James Spratt	17.05	Taverham School

800m Final

Position

1	288	Freddy Keefe	2.22.29	Havering Mayesbrook
2	274	Michael Bartram	2.32.75	Newmarket Joggers
3	276	Lewis Chalk	2.35.04	Woodford Green & Essex Ladies
4	287	Jonathan Janes	2.36.09	Bedford & County AC
5	291	Matthew Mardle	2.39.06	Stevenage & North Herts
6	297	Benedict Parker	2.43.26	Felixstowe RR
7	278	Edward De Winton	2.53.88	West Norfolk AC
8	294	Nathan Monck	2.54.69	Cambridge & Coleridge AC
9	295	James Murphy	3.02.71	Braintree & District

Long Jump Final

Position

1	290	Alex Law	4.80 (+2.2)	Havering Mayesbrook
2	298	Joe Richards	4.46 (+2.1)	Cambridge & Coleridge AC
3	284	Daniel Griffin	4.35 (+1.7)	City of Norwich AC
4	295	James Murphy	4.31 (+1.9)	Braintree & District
5	278	Edward De Winton	4.27 (+0.5)	West Norfolk AC
6	299	George Seach	4.15 (+1.2)	Huntingdonshire AC
7	289	Simon Kumar	4.02 (+1.6)	Cambridge & Coleridge AC
8	281	Nathan Gardner	4.01 (+0.9)	Stevenage & North Herts
9	286	Jamie Horne	3.99 (+0.9)	Peterborough AC
10	296	Joshua Owen	3.74 (+2.0)	Colchester Harriers
11	275	Matthew Carter	3.63 (+0.2)	Cambridge & Coleridge AC
12	279	Toby Edwards	3.56 (+1.9)	Peterborough AC
13	291	Matthew Mardle	3.51 (+0.3)	Stevenage & North Herts

Shot Putt Final

Position

1	283	Samuel Green	07.22	City of Norwich AC
2	298	Joe Richards	06.40	Cambridge & Coleridge AC
3	289	Simon Kumar	06.36	Cambridge & Coleridge AC
4	275	Matthew Carter	05.87	Cambridge & Coleridge AC
5	280	Jack Frankland	05.83	Peterborough AC
6	286	Jamie Horne	05.69	Peterborough AC

U13 Girls Results

100m Final (W/S +1.2)

Position

1	325	Sophie Keeble	13.12	Stevenage & North Herts
2	321	Moesha Howard	13.19	Chelmsford AC
3	320	Ella Houghton	13.20	Cambridge & Coleridge AC
4	331	Ebony Ogle	13.72	Peterborough AC
5	335	Anya Rodriguez	13.84	Huntingdonshire AC
6	339	Bridie-Leigh Wilkins	13.92	Ipswich Harriers
7	341	Chloe Young	14.17	Colchester Harriers
8	310	Elena Cervi	14.38	Stevenage & North Herts

100m Heat 1

Position

1	321	Moesha Howard	13.50	Chelmsford AC
2	331	Ebony Ogle	13.64	Peterborough AC
3	335	Anya Rodriguez	13.82	Huntingdonshire AC
4	341	Chloe Young	13.93	Colchester Harriers
5	314	Melanie Deer	14.99	Braintree & District
6	333	Amy Pettit	15.25	Cambridge & Coleridge AC
7	337	Georgina Sexton	15.73	Bedford & County AC

100m Heat 2

Position

1	320	Ella Houghton	13.17	Cambridge & Coleridge AC
2	325	Sophie Keeble	13.22	Stevenage & North Herts
3	339	Bridie-Leigh Wilkins	13.73	Ipswich Harriers
4	310	Elena Cervi	14.08	Stevenage & North Herts
5	329	Jessica McNaughton	14.21	City of Norwich AC
6	316	Katie Ellis	14.38	Chelmsford AC
7	328	Kerry McGrory	14.56	Southend AC
8	317	Georgina Friswell	15.84	Southend AC

200m Final (W/S +2.4)

Position

1	321	Moesha Howard	27.72	Chelmsford AC
2	325	Sophie Keeble	27.78	Stevenage & North Herts
3	319	Emma Hornsby	28.55	Nene Valley Harriers
4	339	Bridie-Leigh Wilkins	29.18	Ipswich Harriers
5	310	Elena Cervi	29.54	Stevenage & North Herts
6	331	Ebony Ogle	29.63	Peterborough AC
7	333	Amy Pettit	32.63	Cambridge & Coleridge AC
8	317	Georgina Friswell	33.26	Southend AC

70m Hurdles Final (W/S +1.1)

Position

1	321	Moesha Howard	11.67	Chelmsford AC
2	318	Abigail Frith	11.98	Southend AC
3	319	Emma Hornsby	12.15	Nene Valley Harriers
4	334	Sarah Prescott-Smith	12.28	Colchester Harriers
5	313	Ella De Lucis	12.37	Peterborough AC
6	301	Katherine Amps	13.04	Peterborough AC
7	329	Jessica McNaughton	13.10	City of Norwich AC
8	335	Anya Rodriguez	13.46	Huntingdonshire AC
9	305	Suzanne Bentley	13.50	Watford Harriers
10	327	Hannah Maher	13.56	Diss AC

800m Final

Position

1	330	Danielle Murphy	2.31.37	Stevenage & North Herts
2	302	Marleen Avontuur	2.31.75	Harlow AC
3	322	Carla Humphrey	2.31.82	Riverside Runners
4	332	Hollie Parker	2.34.56	Cambridge & Coleridge AC
5	338	Catrina Thomas	2.38.40	Lincoln Wellington
6	311	Alice Cheverton	2.38.97	City of Norwich AC
7	304	Amelia Barrett	2.43.51	Woodford Green & Essex Ladies
	336	Katie Scholey	DNS	Riverside Runners

800m Heat 1

Position

1	332	Hollie Parker	2.34.38	Cambridge & Coleridge AC
2	338	Catrina Thomas	2.35.25	Lincoln Wellington
3	336	Katie Scholey	2.36.88	Riverside Runners
4	311	Alice Cheverton	2.41.22	City of Norwich AC
5	304	Amelia Barrett	2.43.85	Woodford Green & Essex Ladies
6	340	Claire Wilson	2.45.10	Cambridge & Coleridge AC
7	309	Ashleigh Bunn	2.47.02	City of Norwich AC
8	303	Hanna Banks	2.52.78	Colchester & Tendring AC

800m Heat 2

Position

1	330	Danielle Murphy	2.36.47	Stevenage & North Herts
2	302	Marleen Avontuur	2.38.77	Harlow AC
3	322	Carla Humphrey	2.39.63	Riverside Runners
4	326	Janie Latchford	2.44.76	Stevenage & North Herts
5	323	Katie Hutchinson	2.45.50	Peterborough AC
6	305	Suzanne Bentley	2.49.28	Watford Harriers
7	327	Hannah Maher	2.49.74	Diss AC
8	308	Megan Bird	2.52.76	City of Norwich AC

Long Jump Final

Position

1	334	Sarah Prescott-Smith	4.94 (CBP) (+	Colchester Harriers
2	319	Emma Hornsby	4.71 (+0.98)	Nene Valley Harriers
3	329	Jessica McNaughton	4.24 (+3.59)	City of Norwich AC
4	301	Katherine Amps	4.20 (+5.31)	Peterborough AC
5	327	Hannah Maher	4.13 (+4.77)	Diss AC
6	316	Katie Ellis	3.98 (+3.36)	Chelmsford AC
7	335	Anya Rodriguez	3.92 (+1.29)	Huntingdonshire AC
8	328	Kerry McGrory	3.90 (+1.43)	Southend AC
9	310	Elena Cervi	3.65 (+1.41)	Stevenage & North Herts
10	326	Janie Latchford	3.35 (+0.57)	Stevenage & North Herts
11	337	Georgina Sexton	3.26 (+1.01)	Bedford & County AC

Shot Putt Final

Position

1	312	Helena Coe	07.65	Diss AC
2	314	Melanie Deer	06.94	Braintree & District

U15 Boys Results

100m Final (W/S +1.0)

Position

1	390	Ryan O'Sullivan	11.44	Basildon AC
2	373	Joel Grenfell	11.76	Peterborough AC
3	348	Tyrone Behari Jnr	11.94	Woodford Green & Essex Ladies
4	407	Liam Vooght	11.98	Stevenage & North Herts
5	361	William Davies	12.29	Thetford AC
6	359	Billy Collins-Nuttall	12.34	Basildon AC
7	386	Brandon Lewsey	12.46	Luton AC
8	362	Peter De'ath	12.77	Stevenage & North Herts

100m Heat 1

Position

1	390	Ryan O'Sullivan	11.43 (CBP)	Basildon AC
2	407	Liam Vooght	12.05	Stevenage & North Herts
3	359	Billy Collins-Nuttall	12.23	Basildon AC
4	386	Brandon Lewsey	12.54	Luton AC
5	347	Andrew Baldwin	12.61	Biggleswade AC
6	355	Conor Butcher	12.85	Colchester Harriers
7	393	Mark Phillipson	13.27	Great Yarmouth
8	398	Kane Robbins	13.97	Cambridge & Coleridge AC
9	378	Alexander Ingham	14.56	Biggleswade AC

100m Heat 2

Position

1	373	Joel Grenfell	12.06	Peterborough AC
2	348	Tyrone Behari Jnr	12.21	Woodford Green & Essex Ladies
3	361	William Davies	12.32	Thetford AC
4	362	Peter De'ath	12.47	Stevenage & North Herts
5	356	Myles Carter	13.22	Cambridge & Coleridge AC
6	353	Craig Brooks	13.57	West Norfolk AC
7	399	Vishal Saroye	14.10	Stevenage & North Herts
8	412	Simon Underwood	14.26	Colchester Harriers

1500m Final

Position

1	375	Michael Harrison	4.29.35	Bedford & County AC
2	385	Oliver Kyriakides	4.31.64	Southend AC
3	343	Ben Alcock	4.36.73	Bedford & County AC
4	365	James Downing	4.44.85	Huntingdonshire AC
5	379	Ryan Isaacson	4.45.41	Bedford & County AC
6	372	Scott Greeves	4.46.25	City of Norwich AC
7	414	Bradley Wattleworth	4.51.37	Ipswich Harriers
8	402	Luke Scott	4.56.32	Huntingdonshire AC
9	344	Joseph Alexander	5.01.48	Colchester & Tendring AC
10	354	Darryl Broughton	5.08.93	City of Norwich AC
11	400	Joshua Saunders	5.10.04	Bedford & County AC
12	406	Freddy Steele	5.34.48	City of Norwich AC

200m Final (W/S +2.0)

Position

1	360	Matthew Constable	24.18	Ipswich Harriers
2	407	Liam Vooght	24.70	Stevenage & North Herts
3	348	Tyrone Behari Jnr	24.72	Woodford Green & Essex Ladies
4	373	Joel Grenfell	25.01	Peterborough AC
5	361	William Davies	25.65	Thetford AC
6	347	Andrew Baldwin	26.40	Biggleswade AC
7	353	Craig Brooks	27.21	West Norfolk AC

200m Heat 1 (W/S +2.2)

Position

1	373	Joel Grenfell	24.08	Peterborough AC
2	348	Tyrone Behari Jnr	25.60	Woodford Green & Essex Ladies
3	347	Andrew Baldwin	25.64	Biggleswade AC
4	353	Craig Brooks	27.08	West Norfolk AC
5	369	Lawrence Fanutza-Davis	29.77	Harlow AC
6	412	Simon Underwood	30.97	Colchester Harriers

200m Heat 2 (W/S +1.9)

Position

1	407	Liam Vooght	24.75	Stevenage & North Herts
2	360	Matthew Constable	24.82	Ipswich Harriers
3	361	William Davies	25.60	Thetford AC
4	386	Brandon Lewsey	26.84	Luton AC
5	393	Mark Phillipson	27.92	Great Yarmouth
6	398	Kane Robbins	29.02	Cambridge & Coleridge AC
7	344	Joseph Alexander	31.75	Colchester & Tendring AC

400m Final

Position

1	405	Ryan Skipp	53.46	Thetford AC
2	386	Brandon Lewsey	54.49	Luton AC
3	362	Peter De'ath	56.66	Stevenage & North Herts
4	387	Alex Lubbock	58.49	City of Norwich AC
5	371	Lewis Goddard	61.04	Lincoln Wellington
6	396	Connor Price	67.77	Colchester Harriers

800m Final

Position

1	394	Michael Porter	2.04.83 (CBP)	Colchester & Tendring AC
2	358	James Cochrane	2.08.59	Cambridge & Coleridge AC
3	382	Oliver Jones	2.13.53	Ipswich Harriers
4	410	Ross Tennant	2.22.20	Ipswich Harriers
5	357	Ben Churchman	2.24.15	Bedford & County AC
6	397	Tobias Rankin	2.26.09	West Suffolk AC
7	364	Jack Douglas	2.27.39	Bedford & County AC
8	396	Connor Price	2.35.10	Colchester Harriers

80m Hurdles Final (W/S +1.7)

Position

1	374	Steven Hadley	12.88	Wymondham High School
2	406	Freddy Steele	15.74	City of Norwich AC

Discus Final

Position

1	391	Michael Painter	43.22	City of Norwich AC
2	408	Alan Sydee	34.02	Luton AC
3	416	Morgan Young	26.24	Cambridge & Coleridge AC
4	411	Oliver Thompson	23.01	Thetford AC
5	403	Jake Shea	18.21	Diss AC
6	378	Alexander Ingham	17.81	Biggleswade AC

Hammer Final

Position

1	391	Michael Painter	56.21 (CBP)	City of Norwich AC
2	408	Alan Sydee	44.13	Luton AC
3	411	Oliver Thompson	30.57	Thetford AC

High Jump Final

Position

1	350	Tyler Berry	1.60	City of Norwich AC
2	409	Adam Tapley	1.60	Cambridge & Coleridge AC
3	374	Steven Hadley	1.55	Wymondham High School

Javelin Final

Position

1	352	Oliver Bradfield	62.33 (CBP)	City of Norwich AC
2	367	Jake Exton	41.97	Stevenage & North Herts
3	346	Jonathan Bailey	36.94	Cambridge & Coleridge AC
4	416	Morgan Young	36.51	Cambridge & Coleridge AC
5	384	James Kent	33.76	City of Norwich AC
6	356	Myles Carter	32.83	Cambridge & Coleridge AC
7	351	William Blackwell	30.52	Cambridge & Coleridge AC
8	355	Conor Butcher	26.67	Colchester Harriers
9	403	Jake Shea	25.43	Diss AC

Long Jump Final

Position

1	373	Joel Grenfell	6.08 (+4.4)	Peterborough AC
2	350	Tyler Berry	5.61 (+3.7)	City of Norwich AC
3	369	Lawrence Fanutza-Davis	4.42 (+3.0)	Harlow AC
4	353	Craig Brooks	4.21 (+2.1)	West Norfolk AC
5	396	Connor Price	3.82 (+2.1)	Colchester Harriers
6	412	Simon Underwood	3.78 (+3.6)	Colchester Harriers

Pole Vault Final

Position

1	363	Jake Devereux	3.30 (=CBP)	Bedford & County AC
2	370	Edward Fitch	2.90	Peterborough AC

Shot Putt Final

Position

1	391	Michael Painter	12.50	City of Norwich AC
2	367	Jake Exton	12.25	Stevenage & North Herts
3	408	Alan Sydee	10.89	Luton AC
4	368	Tyler Exton	10.34	Stevenage & North Herts
5	393	Mark Phillipson	08.54	Great Yarmouth
6	403	Jake Shea	07.33	Diss AC
7	384	James Kent	06.92	City of Norwich AC
8	411	Oliver Thompson	06.47	Thetford AC

Triple Jump Final

Position

1	356	Myles Carter	10.38	Cambridge & Coleridge AC
2	378	Alexander Ingham	09.91	Biggleswade AC
3	369	Lawrence Fanutza-Davis	09.77	Harlow AC
4	399	Vishal Saroye	08.98	Stevenage & North Herts

U15 Girls Results

100m Final (W/S +3.0)

Position

1	462	Jessica Quick	12.63	Basildon AC
2	470	Kelly Sutton	12.84	Colchester Harriers
3	445	Emily Lambert	12.87	Ipswich Harriers
4	430	Megan Edwards	12.89	Peterborough AC
5	481	Rebecca Withams	13.36	Southend AC
6	458	Simi Pam	13.40	Peterborough AC
7	429	Renee Earl-Jarrett	13.42	Peterborough AC
8	471	Emma Tilbrook	13.43	West Suffolk AC

100m Heat 1

Position

1	462	Jessica Quick	12.85	Basildon AC
2	445	Emily Lambert	13.15	Ipswich Harriers
3	458	Simi Pam	13.49	Peterborough AC
4	429	Renee Earl-Jarrett	13.65	Peterborough AC
5	425	Beth Clarke	13.80	Ipswich Harriers
6	447	Louisa Marshall	14.20	Great Yarmouth
7	417	Iram Arif	14.46	Peterborough AC

100m Heat 2

Position

1	470	Kelly Sutton	12.98	Colchester Harriers
2	430	Megan Edwards	13.02	Peterborough AC
3	471	Emma Tilbrook	13.44	West Suffolk AC
4	481	Rebecca Withams	13.72	Southend AC
5	437	Charlotte Griffin	14.24	City of Norwich AC
6	467	Charlotte Sexton	14.35	Bedford & County AC
7	421	Elisha Bowers	16.29	Thetford AC

1500m Final

Position

1	457	Rebecca Murray	4.57.19	Bedford & County AC
2	464	Susannah Reid	5.03.03	Ipswich Harriers
3	461	Nastassja Potgieter	5.04.65	City of Norwich AC
4	468	Megan Shreeves	5.17.93	Bedford & County AC

200m Final (W/S +3.2)

Position

1	450	Hayley McLean	26.01	Chelmsford AC
2	462	Jessica Quick	26.35	Basildon AC
3	430	Megan Edwards	26.78	Peterborough AC
4	470	Kelly Sutton	26.96	Colchester Harriers
5	432	Finolla Frederick	27.02	Herts Phoenix
6	429	Renee Earl-Jarrett	27.69	Peterborough AC
7	445	Emily Lambert	27.76	Ipswich Harriers
8	474	Katie Vickery	28.40	City of Norwich AC

200m Heat 1 (W/S +1.4)

Position

1	462	Jessica Quick	26.97	Basildon AC
2	474	Katie Vickery	29.07	City of Norwich AC
3	447	Louisa Marshall	29.59	Great Yarmouth
4	481	Rebecca Withams	29.69	Southend AC
5	417	Iram Arif	30.23	Peterborough AC

200m Heat 2 (W/S +3.6)

Position

1	430	Megan Edwards	27.01	Peterborough AC
2	470	Kelly Sutton	27.32	Colchester Harriers
3	429	Renee Earl-Jarrett	28.04	Peterborough AC
4	458	Simi Pam	29.26	Peterborough AC
5	466	Megan Sanderson	29.84	Peterborough AC
6	421	Elisha Bowers	36.52	Thetford AC

200m Heat 3 (W/S +2.0)

Position

1	450	Hayley McLean	26.85	Chelmsford AC
2	432	Finolla Frederick	27.47	Herts Phoenix
3	445	Emily Lambert	27.58	Ipswich Harriers
4	448	Hannah Maslen	29.74	Southend AC
5	467	Charlotte Sexton	30.22	Bedford & County AC
6	453	Laura Millichap	30.61	Cambridge & Coleridge AC

75m Hurdles Final (W/S +1.9)

Position

1	450	Hayley McLean	11.40 (CBP)	Chelmsford AC
2	424	Ella Cave	11.77	Cambridge & Coleridge AC
3	472	Kylie Trott	11.92	Havering Mayesbrook
4	436	Georgia Green-Muid	12.22	Basildon AC
5	480	Stephanie Williams	12.34	Peterborough AC
6	459	Clarice Parrott	13.06	Braintree & District
7	467	Charlotte Sexton	13.09	Bedford & County AC

800m Final

Position

1	444	Jessica Judd	2.15.34 (CBP)	Thurrock Harriers
2	465	Sophie Riches	2.19.89	Chelmsford AC
3	460	Rhiannon Philps	2.20.56	Lincoln Wellington
4	428	Kaylee Dodd	2.24.50	Basildon AC
5	451	Jessica Mead	2.29.40	Southend AC
	420	Sophie Billington	DNS	Luton AC
	423	Stephanie Burton	DNS	Nene Valley Harriers
	443	Kim Johansen	DNS	Chelmsford AC

800m Heat 1

Position

1	444	Jessica Judd	2.21.41	Thurrock Harriers
2	465	Sophie Riches	2.22.63	Chelmsford AC
3	451	Jessica Mead	2.23.75	Southend AC
4	420	Sophie Billington	2.24.61	Luton AC
5	423	Stephanie Burton	2.31.29	Nene Valley Harriers
6	455	Ellie Montgomery	2.47.12	Herts Phoenix
7	466	Megan Sanderson	2.50.48	Peterborough AC

800m Heat 2

Position

1	428	Kaylee Dodd	2.29.19	Basildon AC
2	460	Rhiannon Philps	2.29.35	Lincoln Wellington
3	443	Kim Johansen	2.29.70	Chelmsford AC
4	473	Millie Turner	2.32.80	Cambridge & Coleridge AC
5	456	Rachel Mumford	2.36.71	Thetford AC
6	476	Sophie Rolt	2.43.97	Huntingdonshire AC

Discus Final

Position

1	440	Renee Hector	32.05	Stevenage & North Herts
2	477	Beth Wade	25.11	West Suffolk AC
3	435	Sophie Goddard	20.86	Stevenage & North Herts
4	437	Charlotte Griffin	17.87	City of Norwich AC
5	447	Louisa Marshall	15.82	Great Yarmouth
6	475	Gemma Vickery	13.28	City of Norwich AC

Hammer Final

Position

1	435	Sophie Goddard	37.59	Stevenage & North Herts
2	440	Renee Hector	26.62	Stevenage & North Herts
3	475	Gemma Vickery	26.40	City of Norwich AC

High Jump Final

Position

1	432	Finolla Frederick	1.55	Herts Phoenix
2	422	Janet Browne	1.50	Stevenage & North Herts
3	463	Alice Rackham	1.50	Stevenage & North Herts
4	480	Stephanie Williams	1.45	Peterborough AC
5	471	Emma Tilbrook	1.40	West Suffolk AC
6	456	Rachel Mumford	1.40	Thetford AC

Javelin Final

Position

1	449	Laura McDonald	40.31 (CBP)	City of Norwich AC
2	453	Laura Millichap	23.85	Cambridge & Coleridge AC
3	439	Stephanie Griffin	23.55	City of Norwich AC
4	455	Ellie Montgomery	16.16	Herts Phoenix

Long Jump Final

Position

1	471	Emma Tilbrook	5.03 (+1.8)	West Suffolk AC
2	427	Honor De Winton	5.02 (+0.9)	West Norfolk AC
3	450	Hayley McLean	4.99 (+0.6)	Chelmsford AC
4	431	Jessica Fox	4.90 (+0.5)	Cambridge & Coleridge AC
5	430	Megan Edwards	4.67 (+1.5)	Peterborough AC
6	474	Katie Vickery	4.66 (+1.6)	City of Norwich AC

Shot Putt Final

Position

1	458	Simi Pam	09.80	Peterborough AC
2	418	Ayo Awokoya	09.25	Stevenage & North Herts
3	439	Stephanie Griffin	08.89	City of Norwich AC
4	478	Chelsea Wade	08.32	West Suffolk AC
5	477	Beth Wade	07.56	West Suffolk AC
6	435	Sophie Goddard	07.23	Stevenage & North Herts

Triple Jump Final

Position

1	431	Jessica Fox	10.26 (CBP)	Cambridge & Coleridge AC
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U17 Men Results

100m Final

Position

1	492	Alex Cooke	11.31	Chelmsford AC
2	547	De Larey Veenendaal	11.35	City of Norwich AC
3	493	George Cummins	11.66	Cambridge & Coleridge AC
4	494	Joel Daramola	11.83	Stevenage & North Herts
5	533	Ross McConnachie	12.01	Peterborough AC
6	484	Zoheb Arif	12.16	Peterborough AC
7	548	Billy Vernon-Hamilton	13.09	Stevenage & North Herts

100m Hurdles Final (W/S +0.2)

Position

1	495	Jack Edgar-Hill	13.65	Havering Mayesbrook
2	540	Joe Peploe	14.20	Basildon AC
3	534	Callum McLean	15.58	Southend AC

1500m Final

Position

1	593	Jack Goodwin	4.17.95	Bedford & County AC
2	535	Tom Mead	4.20.24	Luton AC
3	523	Sam Hunt	4.21.01	Nene Valley Harriers
4	539	George Moxon	4.26.74	Southend AC
5	553	Jacob Wisbey	4.29.20	Peterborough AC

200m Final

Position

1	528	Thomas Larkin	23.71	Woodford Green & Essex Ladies
2	494	Joel Daramola	23.91	Stevenage & North Herts
3	484	Zoheb Arif	24.67	Peterborough AC
4	533	Ross McConnachie	28.58	Peterborough AC

3000m Final

Position

1	546	Nicholas Stone	9.51.02	Peterborough AC
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400m Final

Position

1	519	Darrellon Holding	50.38	Nene Valley Harriers
2	547	De Larey Veenendaal	50.91	City of Norwich AC
3	524	Lewis Keeble	50.96	Stevenage & North Herts
4	528	Thomas Larkin	51.73	Woodford Green & Essex Ladies
5	542	Ben Ridley-Johnson	52.22	Colchester Harriers

400m Hurdles Final

Position

1	527	Ben Kelk	56.52 (CBP)	Cambridge & Coleridge AC
2	530	Lawrence Levy	68.95	Stevenage & North Herts

800m Final

Position

1	485	Tom Barfoot	2.01.40	Herts Phoenix
2	532	Henry Loughlin	2.03.03	West Norfolk AC
3	554	Daniel Yaxley	2.05.12	Woodford Green & Essex Ladies
4	510	Jack Harrison	2.06.39	City of Norwich AC

Discus Final

Position

1	537	Adam Mohan	40.47	Nene Valley Harriers
2	531	Chris Line	39.43	Dacorum & Tring AC
3	507	Laurence Goodacre	38.34	Havering Mayesbrook
4	496	Jonathan Edwards	37.72	Huntingdonshire AC
5	529	Martin Lawrence	36.54	Cambridge & Coleridge AC
6	489	Callum Brown	33.19	City of Norwich AC
7	483	Jake Allen	21.44	West Suffolk AC

Hammer Final

Position

1	521	Richard Humphries	57.05	Herts Phoenix
2	550	Harry Wells	53.79	Nene Valley Harriers
3	489	Callum Brown	52.60	City of Norwich AC
4	491	Danny Clayton	47.90	City of Norwich AC
5	490	Harry Clarke	47.12	Woodford Green & Essex Ladies
6	496	Jonathan Edwards	41.81	Huntingdonshire AC
7	530	Lawrence Levy	39.69	Stevenage & North Herts
8	551	Sam Wilson	35.61	Peterborough AC
9	531	Chris Line	34.83	Dacorum & Tring AC

High Jump Final

Position

1	545	Paul Spicer	1.65	Stevenage & North Herts
2	530	Lawrence Levy	1.50	Stevenage & North Herts

Javelin Final

Position

1	487	Joshua Bignell	44.71	Dacorum & Tring AC
2	554	Daniel Yaxley	39.24	Woodford Green & Essex Ladies
3	507	Laurence Goodacre	39.09	Havering Mayesbrook
4	483	Jake Allen	22.75	West Suffolk AC

Long Jump Final

Position

1	491	Danny Clayton	6.12 (+2.4)	City of Norwich AC
2	503	Daniel Gardner	5.80 (+4.3)	Stevenage & North Herts

Pole Vault Final

Position

1	503	Daniel Gardner	3.80	Stevenage & North Herts
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Shot Putt Final

Position

1	537	Adam Mohan	14.18	Nene Valley Harriers
2	529	Martin Lawrence	13.46	Cambridge & Coleridge AC
3	507	Laurence Goodacre	13.45	Havering Mayesbrook
4	483	Jake Allen	10.53	West Suffolk AC

Triple Jump Final

Position

1	503	Daniel Gardner	11.46	Stevenage & North Herts
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U17 Women Results

100m Final

Position

1	49	Bethanie Moore	12.64	Colchester Harriers
2	50	Ellie Morris	12.96	Cambridge & Coleridge AC
3	32	Georgie Ivens	13.08	Nene Valley Harriers
4	7	Katy Barber	13.14	Great Yarmouth
5	1	Emily Abbott	13.36	Braintree & District
6	66	Katie Swift	13.62	Chelmsford AC
7	55	Lucy Readman	13.64	Huntingdonshire AC
8	46	Leanne McGrory	13.74	Southend AC
9	45	Katie McCormick	14.01	Braintree & District

1500m Final

Position

1	24	Laura Farrar	4.50.83	St Albans AC
2	35	Emily Kier	5.02.16	Cambridge & Coleridge AC
3	31	Nicola Isaacs	5.18.84	Lincoln Wellington
4	3	Justine Anthony	5.47.11	West Suffolk AC

200m Final (W/S +3.9)

Position

1	93	Frances Slater	25.83	Herts Phoenix
2	32	Georgie Ivens	26.22	Nene Valley Harriers
3	49	Bethanie Moore	26.59	Colchester Harriers
4	47	Sian McGrory	26.64	Southend AC
5	62	Lily Seach	27.23	Huntingdonshire AC
6	7	Katy Barber	27.35	Great Yarmouth
7	1	Emily Abbott	27.76	Braintree & District
8	55	Lucy Readman	28.24	Huntingdonshire AC

200m Heat 1

Position

1	93	Frances Slater	26.08	Herts Phoenix
2	47	Sian McGrory	27.25	Southend AC
3	1	Emily Abbott	27.77	Braintree & District
4	62	Lily Seach	27.81	Huntingdonshire AC
5	55	Lucy Readman	28.42	Huntingdonshire AC

200m Heat 2

Position

66	Katie Swift	DNS	Chelmsford AC
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200m Heat 2 (W/S +3.5)

Position

1	32	Georgie Ivens	26.74	Nene Valley Harriers
2	49	Bethanie Moore	26.94	Colchester Harriers
3	7	Katy Barber	27.33	Great Yarmouth
4	45	Katie McCormick	29.35	Braintree & District

3000m Final

Position

1	43	Lauren MacGregor	10.57.79 (CB)	Orion H
2	2	Jay Andrew	11.20.37	Orion H
3	38	Jordan Lacey	11.41.30	Southend AC
4	8	Lacey Bareham	12.28.06	Colchester & Tendring AC

300m Final

Position

1	33	Montana Jackson	42.55	West Suffolk AC
2	27	Rhiannon Goodman	43.21	Bedford & County AC
3	69	Chloe Vernon-Hamilton	43.27	Stevenage & North Herts
4	62	Lily Seach	43.43	Huntingdonshire AC
5	25	Amy Fleming	43.48	Luton AC
6	17	Rebecca Connelly	46.38	Thurrock Harriers
7	6	Charlotte Baird	47.99	Stevenage & North Herts

300m Hurdles Final

Position

1	16	Felicity Clarke	45.46 (CBP)	Southend AC
2	18	Jessica Cutts	47.04	Colchester Harriers
3	65	Anna Spratt	48.39	City of Norwich AC
4	53	Nicola Peachey	49.73	Havering Mayesbrook

800m Final

Position

1	51	Laura O'Connor	2.18.76	Chelmsford AC
2	35	Emily Kier	2.19.81	Cambridge & Coleridge AC
3	52	Rebecca O'Neill	2.21.14	Havering Mayesbrook
4	22	Stacey Eyers	2.30.42	Colchester & Tendring AC
5	56	Samantha Redgrave	2.32.96	Colchester & Tendring AC

80m Hurdles Final (W/S +1.0)

Position

1	67	Holly Thomas	11.59 (CBP)	Havering Mayesbrook
2	40	Nancy LeBeau	11.95	Thurrock Harriers
3	21	Eleanor Evans	12.28	Southend AC
4	57	Anne Rees	12.60	Stevenage & North Herts
5	41	Natacha Lee	12.90	Dacorum & Tring AC
6	53	Nicola Peachey	13.10	Havering Mayesbrook
7	54	Millie Phelan	13.29	Herts Phoenix
8	65	Anna Spratt	13.76	City of Norwich AC

Discus Final

Position

1	60	Lauren Sammout	34.52	Cambridge & Coleridge AC
2	5	Sophie Baggs	29.98	Havering Mayesbrook
3	36	Beccy Knapp	27.61	Stevenage & North Herts
4	14	Stephanie Burt	25.19	City of Norwich AC
	94	Georgina Howe	3NT	Thetford AC

Hammer Final

Position

1	61	Hayley Sayer	41.56 (CBP)	Cambridge & Coleridge AC
2	94	Georgina Howe	36.63	Thetford AC
3	36	Beccy Knapp	36.50	Stevenage & North Herts
4	39	Amy Larkin	28.49	Woodford Green & Essex Ladies

High Jump Final

Position

1	70	Karen Vincent	1.60	Luton AC
2	54	Millie Phelan	1.60	Herts Phoenix
3	4	Gemma Armorgie	1.55	Herts Phoenix
4	69	Chloe Vernon-Hamilton	1.50	Stevenage & North Herts
5	57	Anne Rees	1.40	Stevenage & North Herts
6	59	Rebecca Russell	1.35	West Norfolk AC
7	23	Tillie Farman	1.30	Stevenage & North Herts

Javelin Final

Position

1	14	Stephanie Burt	39.13	City of Norwich AC
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Long Jump Final

Position

1	40	Nancy LeBeau	5.23 (+1.6)	Thurrock Harriers
2	60	Lauren Sammout	4.90 (+2.4)	Cambridge & Coleridge AC
3	53	Nicola Peachey	4.89 (+3.0)	Havering Mayesbrook
4	70	Karen Vincent	4.80 (+1.0)	Luton AC
5	59	Rebecca Russell	4.34 (+1.0)	West Norfolk AC
	37	Flavia Kumar	3NJ	Cambridge & Coleridge AC
	42	Kelly Lepore	3NJ	Luton AC

Pole Vault Final

Position

1	57	Anne Rees	3.20 (CBP)	Stevenage & North Herts
2	23	Tillie Farman	2.30	Stevenage & North Herts

Shot Putt Final

Position

1	48	Sophie McKinna	11.89 (CBP)	Great Yarmouth
2	61	Hayley Sayer	08.52	Cambridge & Coleridge AC

Triple Jump Final

Position

1	33	Montana Jackson	11.48 (CBP)	West Suffolk AC
2	60	Lauren Sammout	10.46	Cambridge & Coleridge AC
3	17	Rebecca Connelly	09.93	Thurrock Harriers
4	19	Louise Deer	09.78	Braintree & District
5	65	Anna Spratt	09.11	City of Norwich AC
6	59	Rebecca Russell	09.06	West Norfolk AC
7	37	Flavia Kumar	08.57	Cambridge & Coleridge AC

U20 Men Results

100m Final

Position

1	589	Cameron Webb	11.21	Stevenage & North Herts
2	577	Charles Moss	11.51	Havering Mayesbrook
3	558	Jonathan Baxter	11.73	Cambridge & Coleridge AC
4	582	Christopher Peck	12.54	Great Yarmouth
5	580	Liam O'Dell	12.85	Luton AC

110m Hurdles Final (W/S +1.3)

Position

1	573	James McLean	14.61	Southend AC
2	583	Bradley Reed	15.65	Chelmsford AC
3	555	Luke Allen	16.04	West Suffolk AC
4	556	Ross Armorgie	16.08	Herts Phoenix

1500m Final

Position

1	570	James Jackson	4.24.45	City of Norwich AC
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200m Final (W/S +0.5)

Position

1	572	Chris Marshall	24.08	City of Norwich AC
2	582	Christopher Peck	25.87	Great Yarmouth
3	580	Liam O'Dell	26.60	Luton AC

3000m Final

Position

1	592	Christopher Wright	8.50.98 (CBP)	Nene Valley Harriers
2	560	Samuel Cheverton	9.01.90	City of Norwich AC
3	591	Daniel Woodgate	9.12.00	Luton AC
4	590	Grant Webb	9.18.05	Basildon AC
5	571	Josh Lunn	9.40.13	Nene Valley Harriers

400m Final

Position

1	589	Cameron Webb	50.22	Stevenage & North Herts
2	584	Aaron Reynolds	51.77	Stevenage & North Herts
3	568	Lloyd Heard	51.93	Colchester & Tendring AC
4	569	Gareth Hunt	52.48	Ryston Runners
5	578	Joss Moss	52.66	Stevenage & North Herts
6	581	Glen Pascal	52.73	Luton AC
7	586	Luke Turnbull	53.42	Bedford & County AC

400m Hurdles Final

Position

1	585	Christian Roberts	56.86	Huntingdonshire AC
2	572	Chris Marshall	58.87	City of Norwich AC

Discus Final

Position

1	588	Steve Watson	53.24	Dacorum & Tring AC
2	576	Ben Montgomery	32.40	Herts Phoenix

Hammer Final

Position

1	563	Peter Clarke	59.90 (CBP)	Woodford Green & Essex Ladies
2	576	Ben Montgomery	33.01	Herts Phoenix

High Jump Final

Position

1	556	Ross Armorgie	1.85	Herts Phoenix
2	557	Brad Armorgie	1.85	Herts Phoenix
3	569	Gareth Hunt	1.75	Ryston Runners

Javelin Final

Position

1	576	Ben Montgomery	48.47	Herts Phoenix
2	579	Harry Newenham	39.44	City of Norwich AC

Long Jump Final

Position

1	555	Luke Allen	5.98 (+1.70)	West Suffolk AC
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Shot Putt Final

Position

1	575	Robert Mohan	16.44	Nene Valley Harriers
2	555	Luke Allen	12.74	West Suffolk AC
3	564	Gordon Coe	11.29	Diss AC

Triple Jump Final

Position

1	572	Chris Marshall	11.28	City of Norwich AC
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U20 Women Results

100m Final

Position

1	79	Sharna Emanuel	12.74	Peterborough AC
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100m Hurdles Final (W/S +1.2)

Position

1	90	Moe Sasegbon	15.55	Stevenage & North Herts
2	86	Emily Moss	16.76	Peterborough AC
3	88	Lisa Potter	17.30	Braintree & District

1500m Final

Position

1	89	Nathalie Richards	5.54.14	Cambridge & Coleridge AC
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200m Final

Position

1	92	Kirsty Shepherd	25.85 (CBP)	Basildon AC
2	79	Sharna Emanuel	25.99	Peterborough AC
3	76	Kayleigh Borkett	29.08	Huntingdonshire AC

400m Final

Position

1	92	Kirsty Shepherd	60.81 (CBP)	Basildon AC
2	74	Sade-Marie Bailey	63.06	Basildon AC
3	76	Kayleigh Borkett	69.49	Huntingdonshire AC

400m Hurdles Final

Position

1	87	Rebecca Pike	66.17 (CBP)	City of Norwich AC
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800m Final

Position

1	81	Laura Hillyard	2.31.25	Colchester & Tendring AC
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High Jump Final

Position

1	90	Moe Sasegbon	1.70 (CBP)	Stevenage & North Herts
2	74	Sade-Marie Bailey	1.45	Basildon AC

Long Jump Final

Position

1	90	Moe Sasegbon	5.28 (CBP) (+	Stevenage & North Herts
2	88	Lisa Potter	4.69 (+3.3)	Braintree & District

Shot Putt Final

Position

1	80	Alice Forster	10.85	Cambridge & Coleridge AC
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Triple Jump Final

Position

1	91	Bethan Scanes	09.65	Stevenage & North Herts
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