

EASTERN AA
TRACK AND FIELD
CHAMPIONSHIPS

WILBERFORCE ROAD
CAMBRIDGE

8th July 2007

Click on Age Group to view results

[U13G](#)

[U13B](#)

[U15G](#)

[U15B](#)

[U17W](#)

[U17M](#)

[U20W](#)

[U20M](#)

[SW](#)

[SM](#)

EASTERN AA CHAMPIONSHIPS 8 JULY 2007

Senior Men Results

100m Final

Position

1	5	Mark Collins	11.1	Luton AC
2	8	Bradley Gelman	11.3	Herts Phoenix

110m Hurdles Final

Position

1	20	Michael Shortall	15.6	Thurrock Harriers
---	----	------------------	------	-------------------

1500m Final

Position

1	11	Andrew Johnson	4.15.2	Luton AC
---	----	----------------	--------	----------

400m Final

Position

1	6	Adam Daish	48.5	Loughborough Students
---	---	------------	------	-----------------------

400m Hurdles Final

Position

1	20	Michael Shortall	58.7	Thurrock Harriers
---	----	------------------	------	-------------------

800m Final

Position

1	27	Ian Williamson	1.56.1	Cambridge & Coleridge AC
2	16	Daniel Poulton	1.58.8	Stevenage & North Herts
3	15	James O'Neill	2.00.1	City of Norwich AC
4	22	Barry Stratford	2.00.6	Huntingdonshire AC
5	9	Tim Harris	2.02.3	Luton AC

Discus Final

Position

1	2	David Bauer	40.80	Harlow AC
2	26	Andy Wheble	37.65	Cambridge University AC
3	14	Ray McKenna	36.80	Watford Harriers

Hammer Final

Position

1	12	Andrew Lee	38.92	Cambridge University AC
2	17	Ricky Ramsussen	38.69	Luton AC
3	26	Andy Wheble	34.43	Cambridge University AC
4	2	David Bauer	31.82	Harlow AC

Long Jump Final

Position

1	4	Alexander Boyce	5.24	Cambridge & Coleridge AC
---	---	-----------------	------	--------------------------

Pole Vault Final

Position

1	25	Carl Titman	3.60	Peterborough AC
2	4	Alexander Boyce	3.40	Cambridge & Coleridge AC

Shot Putt Final

Position

1	14	Ray McKenna	12.01	Watford Harriers
2	13	Stephen Martin	11.94	Cambridge University AC

Senior Women Results

100m Final

Position

1	408	Louise Wood	12.1	Chelmsford AC
2	40	Heidi Nicholas	12.6	Basildon AC

1500m Final

Position

1	34	Karen Goode	4.46.7	Basildon AC
2	32	Sarah Colson	5.11.9	West Suffolk AC

200m Final

Position

1	40	Heidi Nicholas	26.5	Basildon AC
---	----	----------------	------	-------------

400m Final

Position

1	38	Claire Mainwood	58.9	Bedford & County AC
2	39	Stacy McGivern	59.7	Peterborough AC
3	33	Lauren Cunningham	61.8	Stevenage & North Herts

800m Final

Position

1	33	Lauren Cunningham	2.17.9	Stevenage & North Herts
2	41	Natalie Shaw	2.19.4	Staffordshire Uni

Discus Final

Position

1	30	Gwen Bird	36.26	Lewes AC
---	----	-----------	-------	----------

Hammer Final

Position

1	36	Andrea Jenkins	46.85	Bedford & County AC
---	----	----------------	-------	---------------------

High Jump Final

Position

1	40	Heidi Nicholas	1.50	Basildon AC
---	----	----------------	------	-------------

Long Jump Final

Position

1	39	Stacy McGivern	5.30	Peterborough AC
2	37	Lauren Longhurst	4.87	Chelmsford AC
3	40	Heidi Nicholas	4.85	Basildon AC

Pole Vault Final

Position

1	31	Florence Cavalli	3.40	Cambridge University AC
---	----	------------------	------	-------------------------

Triple Jump Final

Position

1	37	Lauren Longhurst	09.87	Chelmsford AC
---	----	------------------	-------	---------------

U13 Boys Results

100m Final

Position

1	46	Matthew Constable	12.6	Ipswich Harriers
2	44	Jake Berney	12.7	Peterborough AC
3	52	Max Everest	13.1	Peterborough AC
4	45	Tom Church	13.2	St Albans AC
5	66	Michael Turffrey	13.4	Southend AC
6	62	Harry Rodgers	14.3	Nene Valley Harriers
7	55	Liam Hanisch	14.7	Peterborough AC

100m Heat 1

Position

1	45	Tom Church	13.1	St Albans AC
2	52	Max Everest	13.1	Peterborough AC
3	66	Michael Turffrey	13.5	Southend AC
4	65	Louis Tierney	13.5	Peterborough AC
5	55	Liam Hanisch	14.6	Peterborough AC
6	54	Scott Greeves	15.0	City of Norwich AC
7	48	Lawrence Davis	15.0	Harlow AC

100m Heat 2

Position

1	44	Jake Berney	12.8	Peterborough AC
2	46	Matthew Constable	12.9	Ipswich Harriers
3	62	Harry Rodgers	14.3	Nene Valley Harriers
4	68	James Vane	14.9	Cambridge & Coleridge AC
5	67	Simon Underwood	15.2	Colchester Harriers
6	56	Rhys Harvey	15.2	Biggleswade AC

200m Final

Position

1	44	Jake Berney	26.5	Peterborough AC
2	52	Max Everest	27.6	Peterborough AC
3	58	Sebastian Howarth	27.8	Cambridge & Coleridge AC
4	51	Alex Ette	28.4	Cambridge & Coleridge AC
5	66	Michael Turffrey	28.7	Southend AC
6	62	Harry Rodgers	29.2	Nene Valley Harriers

200m Heat 1

Position

1	44	Jake Berney	26.2	Peterborough AC
2	58	Sebastian Howarth	27.6	Cambridge & Coleridge AC
3	51	Alex Ette	28.4	Cambridge & Coleridge AC
4	62	Harry Rodgers	29.0	Nene Valley Harriers

200m Heat 2

Position

1	46	Matthew Constable	28.1	Ipswich Harriers
2	66	Michael Turffrey	28.3	Southend AC
3	52	Max Everest	29.2	Peterborough AC
4	67	Simon Underwood	31.9	Colchester Harriers
5	68	James Vane	32.4	Cambridge & Coleridge AC

800m Final

Position

1	61	Michael Porter	2.18.2 (CBP)	Colchester & Tendring AC
2	54	Scott Greeves	2.24.4	City of Norwich AC
3	50	Tom Eames	2.29.3	West Suffolk AC
4	51	Alex Ette	2.30.4	Cambridge & Coleridge AC
5	62	Harry Rodgers	2.31.0	Nene Valley Harriers
6	58	Sebastian Howarth	2.31.2	Cambridge & Coleridge AC
7	43	Jack Benedickter	2.33.0	Luton AC
8	63	Luke Scott	2.35.8	Huntingdonshire AC
9	59	Kieran Jack	2.48.1	Peterborough AC
10	64	Jack Thompson	2.51.0	Ryston Runners

Long Jump Final

Position

1	65	Louis Tierney	4.84	Peterborough AC
2	66	Michael Turffrey	4.53	Southend AC
3	51	Alex Ette	4.31	Cambridge & Coleridge AC
4	58	Sebastian Howarth	4.18	Cambridge & Coleridge AC
5	55	Liam Hanisch	4.14	Peterborough AC
6	54	Scott Greeves	4.02	City of Norwich AC
7	56	Rhys Harvey	3.72	Biggleswade AC
8	67	Simon Underwood	3.19	Colchester Harriers

Shot Putt Final

Position

1	60	Michael Painter	9.45 (CBP)	City of Norwich AC
---	----	-----------------	------------	--------------------

U13 Girls Results

100m Final

Position

1	93	Cleio Stephenson	12.9 (CBP)	City of Norwich AC
2	91	Hannah Smithdale	13.1	Chelmsford AC
3	84	Laura McDonald	13.3	City of Norwich AC
4	94	Kelly Sutton	13.3	Colchester Harriers
5	89	Hannah Ronald	13.4	Luton AC
6	90	Eloise Scott	14.5	Peterborough AC
7	87	Matilda Oliver	15.7	Cambridge & Coleridge AC
8	77	Beth Harvey	15.7	Biggleswade AC
	78	Anna Hayward	DNS	Thetford AC

200m Final

Position

1	84	Laura McDonald	27.5 (CBP)	City of Norwich AC
2	91	Hannah Smithdale	27.8	Chelmsford AC
3	94	Kelly Sutton	28.0	Colchester Harriers
4	81	Hannah Joy	29.7	Braintree & District
5	83	Emma Lowe	30.0	Cambridge & Coleridge AC
6	90	Eloise Scott	30.8	Peterborough AC
7	86	Rachel Mumford	30.9	Thetford AC
8	80	Lauren James	34.4	West Suffolk AC

800m Final

Position

1	82	Jessica Judd	2.23.2 (CBP)	Thurrock Harriers
2	72	Lucy Barnes	2.37.6	Ipswich Harriers
3	73	Lizzie Bird	2.37.8	Herts Phoenix
4	70	Bethany Bainbridge	2.40.4	Huntingdonshire AC
5	86	Rachel Mumford	2.48.3	Thetford AC
6	71	Celine Bangay	2.50.4	Corby AC
7	74	Stephanie Burton	2.58.1	Werrington Joggers
8	78	Anna Hayward	3.01.6	Thetford AC
9	83	Emma Lowe	3.03.5	Cambridge & Coleridge AC
10	80	Lauren James	3.04.6	West Suffolk AC
11	79	Katie Ivens	3.16.4	Nene Valley Harriers

Long Jump Final

Position

1	93	Cleio Stephenson	4.83 (CBP)	City of Norwich AC
2	76	Alex Gates	4.53	Stevenage & North Herts
3	94	Kelly Sutton	4.34	Colchester Harriers
4	81	Hannah Joy	4.08	Braintree & District
5	86	Rachel Mumford	4.02	Thetford AC
6	90	Eloise Scott	3.92	Peterborough AC
7	83	Emma Lowe	3.63	Cambridge & Coleridge AC
8	89	Hannah Ronald	3.56	Luton AC
9	73	Lizzie Bird	3.52	Herts Phoenix
10	78	Anna Hayward	3.34	Thetford AC
11	79	Katie Ivens	3.09	Nene Valley Harriers
12	80	Lauren James	2.33	West Suffolk AC

Shot Putt Final

Position

1	84	Laura McDonald	09.22	City of Norwich AC
2	77	Beth Harvey	05.93	Biggleswade AC
3	74	Stephanie Burton	05.11	Werrington Joggers
4	79	Katie Ivens	04.18	Nene Valley Harriers

U15 Boys Results

100m Final

Position

1	133	Alex Pycock	11.5 (CBP)	Boston & District
2	143	Delarey Veenendaal	11.6	City of Norwich AC
3	146	Philip Whittaker	11.7	Chelmsford AC
4	105	Alex Cooke	11.8	Chelmsford AC
5	103	Daniel Chapman	11.9	Nene Valley Harriers
6	107	Benjamin Davies	12.0	Cambridge & Coleridge AC
7	108	Jack Firman	12.2	Thetford AC
8	101	David Bush	12.3	Nene Valley Harriers

100m Heat 1

Position

1	146	Philip Whittaker	11.7	Chelmsford AC
2	105	Alex Cooke	11.7	Chelmsford AC
3	108	Jack Firman	12.0	Thetford AC
4	107	Benjamin Davies	12.2	Cambridge & Coleridge AC
5	111	Nicholas Goldsmith	13.9	St Edmunds Pacers

100m Heat 2

Position

1	133	Alex Pycock	11.5 (CBP)	Boston & District
2	143	Delarey Veenendaal	11.6	City of Norwich AC
3	103	Daniel Chapman	12.0	Nene Valley Harriers
4	101	David Bush	12.2	Nene Valley Harriers
5	148	Daniel Yaxley	13.2	Woodford Green & Essex Ladies

1500m Final

Position

1	140	Anthony Taylor	4.18.7 (CBP)	Thurrock Harriers
2	106	Oliver Davey	4.20.5	Thurrock Harriers
3	128	Tom Mead	4.30.0	Luton AC
4	136	Tom Rodgers	4.31.0	Nene Valley Harriers
5	112	Jack Goodwin	4.33.0	Bedford & County AC
6	137	Edward Shepherd	4.43.9	Herts Phoenix
7	119	Lloyd Kempson	4.50.8	Nene Valley Harriers
8	121	Joseph Kirton	5.43.0	Thetford AC
	114	Alexander Groiss	DQ	West Suffolk AC

200m Final

Position

1	133	Alex Pycock	23.4	Boston & District
2	105	Alex Cooke	23.6	Chelmsford AC
3	122	Thomas Larkin	24.2	Woodford Green & Essex Ladies
4	146	Philip Whittaker	24.2	Chelmsford AC
5	108	Jack Firman	25.2	Thetford AC

400m Final

Position

1	143	Delarey Veenendaal	52.2 (CBP)	City of Norwich AC
2	122	Thomas Larkin	53.7	Woodford Green & Essex Ladies
3	117	Lewis Keeble	53.9	Stevenage & North Herts

800m Final

Position

1	127	Nick McNaught	2.09.8	Herts Phoenix
2	100	James Burton	2.10.5	Bedford & County AC
3	114	Alexander Groiss	2.13.1	West Suffolk AC
4	132	Jake Oxenham	2.19.4	Bedford & County AC
5	96	Jeremy Baily	2.20.2	Boston & District
6	104	Gary Chimuzinga	2.21.4	Denbigh High School
7	148	Daniel Yaxley	2.21.9	Woodford Green & Essex Ladies

80m Hurdles Final

Position

1	118	Benedict Kelk	12.1	Cambridge & Coleridge AC
2	142	Jumar Uddin	13.7	Denbigh High School

Discus Final

Position

1	126	Adam Mohan	33.10	Nene Valley Harriers
2	116	Richard Humphries	32.63	Herts Phoenix
3	125	John MacGillivray	29.70	Cambridge & Coleridge AC
4	60	Michael Painter	28.40	City of Norwich AC
5	98	Josh Bignell	27.49	Dacorum & Tring AC
6	124	Chris Line	26.37	Dacorum & Tring AC
7	144	Michael Wadlow	25.65	Dacorum & Tring AC
8	99	Callum Brown	20.13	City of Norwich AC

Hammer Final

Position

1	116	Richard Humphries	42.81	Herts Phoenix
2	60	Michael Painter	38.93	City of Norwich AC
3	125	John MacGillivray	32.41	Cambridge & Coleridge AC
4	124	Chris Line	26.74	Dacorum & Tring AC
5	123	Lawrence Levy	25.97	Stevenage & North Herts
6	99	Callum Brown	23.21	City of Norwich AC

High Jump Final

Position

1	139	Chris Swanborough	1.65	Basildon AC
2	142	Jumar Uddin	1.50	Denbigh High School
3	123	Lawrence Levy	1.45	Stevenage & North Herts
4	104	Gary Chimuzinga	1.40	Denbigh High School
5	144	Michael Wadlow	1.40	Dacorum & Tring AC

Javelin Final

Position

1	134	Kieran Record	51.04 (CBP)	Basildon AC
2	101	David Bush	33.09	Nene Valley Harriers
3	148	Daniel Yaxley	32.43	Woodford Green & Essex Ladies
4	129	Alex Morter	32.12	Cambridge & Coleridge AC
5	130	Timothy Orme	31.20	Colchester Harriers
6	111	Nicholas Goldsmith	26.17	St Edmunds Pacers

Long Jump Final

Position

1	108	Jack Firman	5.49	Thetford AC
2	146	Philip Whittaker	5.41	Chelmsford AC
3	107	Benjamin Davies	5.21	Cambridge & Coleridge AC
4	147	Connor Winters	4.60	Stevenage & North Herts

Pole Vault Final

Position

1	147	Connor Winters	2.60 (CBP)	Stevenage & North Herts
2	109	Edward Fitch	2.50	Peterborough AC

Shot Putt Final

Position

1	126	Adam Mohan	11.00	Nene Valley Harriers
2	125	John MacGillivray	10.42	Cambridge & Coleridge AC
3	124	Chris Line	09.95	Dacorum & Tring AC
4	123	Lawrence Levy	09.72	Stevenage & North Herts

Triple Jump Final

Position

1	96	Jeremy Baily	11.14 (CBP)	Boston & District
2	147	Connor Winters	09.70	Stevenage & North Herts
3	99	Callum Brown	09.26	City of Norwich AC

U15 Girls Results

100m Final

Position

1	176	Ghanelle Edwards	12.9	Southend AC
2	227	Victoria Willaimson	13.2	City of Norwich AC
3	206	Tamara Porritt	13.3	Luton AC
4	179	Amy Fleming	13.5	Luton AC
5	194	Kelly Lepore	13.6	Bedford & County AC
6	169	Jenni Corbett	13.6	Cambridge & Coleridge AC
7	216	Caroline SENWain	13.8	Peterborough AC
8	203	Abby Midgley	13.8	Cambridge & Coleridge AC

100m Heat 1

Position

1	227	Victoria Willaimson	13.2	City of Norwich AC
2	179	Amy Fleming	13.4	Luton AC
3	206	Tamara Porritt	13.4	Luton AC
4	216	Caroline SENWain	13.7	Peterborough AC
5	194	Kelly Lepore	13.8	Bedford & County AC
6	209	Sherilyn Rigby	14.2	St Edmunds Pacers

100m Heat 2

Position

1	176	Ghanelle Edwards	13.0	Southend AC
2	169	Jenni Corbett	13.4	Cambridge & Coleridge AC
3	203	Abby Midgley	13.9	Cambridge & Coleridge AC
4	172	Georgina Culling	14.0	City of Norwich AC
5	165	Amber Clayden	14.1	Luton AC

1500m Final

Position

1	173	Rebecca Daines	4.56.8 (CBP)	West Norfolk AC
2	174	Dea-Anna Davey	4.58.9	Lincoln Wellington
3	150	Holly Archer	5.00.2	West Suffolk AC
4	222	Victoria Walker	5.09.1	Watford Harriers
5	155	Emily Barker	5.09.6	West Suffolk AC
6	225	Helen West	5.14.6	Huntingdonshire AC
7	218	Laura Thomas	5.17.0	Ipswich Harriers
8	191	Ellie Jones	5.20.2	Lincoln Wellington
9	212	Kayleigh Samuels	5.20.6	West Suffolk AC
10	149	Justine Anthony	5.27.0	St Edmunds Pacers
11	180	Penelope Ford	5.33.6	Peterborough AC
12	162	Rebecca Carter	5.44.6	Cambridge & Coleridge AC
13	182	Lois Gillie-Andrew	5.52.3	Cambridge & Coleridge AC
	198	Tansy Mae Makins	DQ	Thetford AC

200m Final

Position

1	200	Amy McDonald	26.3	Southend AC
2	183	Rhiannon Goodman	26.6	Bedford & County AC
3	189	Georgina Ivens	26.8	Nene Valley Harriers
4	176	Ghanelle Edwards	27.2	Southend AC
5	179	Amy Fleming	27.6	Luton AC
6	206	Tamara Porritt	27.7	Luton AC
7	169	Jenni Corbett	28.1	Cambridge & Coleridge AC
8	159	Emma Burroughs	28.5	Ipswich Harriers

200m Heat 1

Position

1	200	Amy McDonald	26.6	Southend AC
2	183	Rhiannon Goodman	26.8	Bedford & County AC
3	179	Amy Fleming	27.7	Luton AC
4	206	Tamara Porritt	27.9	Luton AC
5	214	Alice Singleton	29.0	Woodford Green & Essex Ladies
6	165	Amber Clayden	29.3	Luton AC

200m Heat 2

Position

1	189	Georgina Ivens	26.9	Nene Valley Harriers
2	176	Ghanelle Edwards	27.0	Southend AC
3	169	Jenni Corbett	28.3	Cambridge & Coleridge AC
4	159	Emma Burroughs	28.5	Ipswich Harriers
5	216	Caroline SENWain	28.7	Peterborough AC

75m Hurdles Final

Position

1	163	Felicity Clarke	11.6 (CBP)	Southend AC
2	177	Eleanor Evans	11.7	Southend AC
3	153	Georgia Atkins	11.8	Southend AC
4	152	Cseperke Asztalos	11.9	Cambridge & Coleridge AC
5	227	Victoria Willaimson	12.0	City of Norwich AC
6	226	Ellis Whyler	12.4	Boston & District
7	199	Charlotte Malton	12.6	Chelmsford AC

75m Hurdles Heat 1

Position

1	177	Eleanor Evans	11.7 (CBP)	Southend AC
2	163	Felicity Clarke	11.9	Southend AC
3	227	Victoria Willaimson	11.9	City of Norwich AC
4	199	Charlotte Malton	12.6	Chelmsford AC
5	208	Jenny Richards	14.0	Cambridge & Coleridge AC
6	157	Georgia Bristow	14.2	Cambridge & Coleridge AC

75m Hurdles Heat 2

Position

1	153	Georgia Atkins	11.7 (CBP)	Southend AC
2	152	Cseperke Asztalos	11.9	Cambridge & Coleridge AC
3	154	Gaby Bangay	12.1	Corby AC
4	226	Ellis Whyler	12.5	Boston & District
5	164	Lisa Clarke	12.7	Luton AC
6	186	Emma Houghton	14.0	Peterborough AC

800m Final

Position

1	156	Kelly Barnard	2.25.4	West Suffolk AC
2	220	Nikki Twine	2.26.5	Basildon AC
3	159	Emma Burroughs	2.26.8	Ipswich Harriers
4	197	Hannah Lynch	2.32.7	Huntingdonshire AC
5	178	Stacey Eyers	2.33.6	Colchester & Tendring AC
6	170	JaSENMine Cornwell	2.36.5	Lincoln Wellington
7	198	Tansy Mae Makins	2.54.9	Thetford AC
8	158	Jenny Burgin	2.59.0	Huntingdonshire AC
9	221	Katy Waite	3.00.4	Cambridge & Coleridge AC
10	217	Katie Taylor	3.06.2	Unattached

Discus Final

Position

1	223	Mollie Ward	34.38 (CBP)	Watford Harriers
2	204	Samantha Milner	33.09	West Suffolk AC
3	211	Lauren Sammout	27.82	Cambridge & Coleridge AC
4	187	Georgina Howe	25.63	Thetford AC
5	161	Jenna Cannell	20.95	City of Norwich AC
6	213	Hayley Sayer	20.40	Cambridge & Coleridge AC
7	166	Chelsea Coker	19.23	Southend AC
8	192	Rebecca Knapp	17.88	Stevenage & North Herts
9	219	Megan Thomas	17.33	City of Norwich AC
10	195	Chantelle Lewis	15.71	Thetford AC

Hammer Final

Position

1	161	Jenna Cannell	38.06 (CBP)	City of Norwich AC
2	219	Megan Thomas	36.42	City of Norwich AC
3	213	Hayley Sayer	35.63	Cambridge & Coleridge AC
4	192	Rebecca Knapp	28.43	Stevenage & North Herts
5	204	Samantha Milner	27.83	West Suffolk AC
6	160	Lindsay Campbell	19.35	Lincoln Wellington
7	195	Chantelle Lewis	16.29	Thetford AC
8	175	Georgia Eastwood	11.46	Harlow AC

High Jump Final

Position

1	207	Anne Rees	1.58 (CBP)	Stevenage & North Herts
2	184	Daniella Hankins	1.55	Bedford & County AC
3	177	Eleanor Evans	1.55	Southend AC
4	199	Charlotte Malton	1.45	Chelmsford AC
5	186	Emma Houghton	1.45	Peterborough AC
6	226	Ellis Whyler	1.40	Boston & District
7	151	Gemma Armorgie	1.35	Herts Phoenix

Javelin Final

Position

1	202	Eloise Meakins	31.24 (CBP)	Herts Phoenix
2	229	Emma Woodroffe	27.09	Huntingdonshire AC
3	203	Abby Midgley	24.34	Cambridge & Coleridge AC
4	198	Tansy Mae Makins	11.61	Thetford AC

Long Jump Final

Position

1	153	Georgia Atkins	5.08 (CBP)	Southend AC
2	199	Charlotte Malton	4.95	Chelmsford AC
3	154	Gaby Bangay	4.93	Corby AC
4	226	Ellis Whyler	4.75	Boston & District
5	194	Kelly Lepore	4.71	Bedford & County AC
6	227	Victoria Willaimson	4.56	City of Norwich AC
7	172	Georgina Culling	3.98	City of Norwich AC
8	171	Amy Crabb	3.47	Cambridge & Coleridge AC

Pole Vault Final

Position

1	207	Anne Rees	2.50	Stevenage & North Herts
2	154	Gaby Bangay	2.20	Corby AC

Shot Putt Final

Position

1	204	Samantha Milner	11.24 (CBP)	West Suffolk AC
2	211	Lauren Sammout	10.53	Cambridge & Coleridge AC
3	166	Chelsea Coker	10.44	Southend AC
4	201	Cherice McKay	10.0	Woodford Green & Essex Ladies
5	213	Hayley Sayer	08.91	Cambridge & Coleridge AC
6	219	Megan Thomas	08.84	City of Norwich AC
7	161	Jenna Cannell	08.24	City of Norwich AC
8	187	Georgina Howe	07.05	Thetford AC
9	208	Jenny Richards	06.73	Cambridge & Coleridge AC
10	195	Chantelle Lewis	06.03	Thetford AC

Triple Jump Final

Position

1	211	Lauren Sammout	09.87	Cambridge & Coleridge AC
2	209	Sherilyn Rigby	08.57	St Edmunds Pacers

U17 Men Results

100m Final

Position

1	268	David Lo	11.3	Colchester Harriers
2	291	Cameron Webb	11.3	Stevenage & North Herts
3	257	William Goldsmith	11.6	Ipswich Harriers
4	276	Isaac Rasmussen	11.7	Luton AC
5	237	Jonathan Baxter	11.7	Cambridge & Coleridge AC
6	271	Chris Marshall	11.8	City of Norwich AC
7	230	Sebastian Aguilar	12.0	Peterborough AC
8	281	Jayden Shorris	12.0	Woodford Green & Essex Ladies

100m Heat 1

Position

1	268	David Lo	11.4	Colchester Harriers
2	276	Isaac Rasmussen	11.6	Luton AC
3	271	Chris Marshall	11.8	City of Norwich AC
4	230	Sebastian Aguilar	11.8	Peterborough AC
5	281	Jayden Shorris	11.8	Woodford Green & Essex Ladies
6	243	Jamie Caress	12.6	Nene Valley Harriers

100m Heat 2

Position

1	291	Cameron Webb	11.3	Stevenage & North Herts
2	257	William Goldsmith	11.6	Ipswich Harriers
3	237	Jonathan Baxter	11.7	Cambridge & Coleridge AC
4	294	Tim Wormull	12.0	Braintree & District
5	244	Adam Caress	12.7	Nene Valley Harriers

100m Hurdles Final

Position

1	279	Christian Roberts	13.9	Huntingdonshire AC
2	231	Luke Allen	15.5	West Suffolk AC
3	232	Ross Armorgie	16.0	Herts Phoenix
4	288	Matthew Wake	16.1	West Suffolk AC
5	246	Gabriel Chimuzinga	17.8	Denbigh High School
6	243	Jamie Caress	18.3	Nene Valley Harriers

1500m Final

Position

1	280	James Robinson	4.11.1	West Norfolk AC
2	274	Ricahrd Pawlak	4.14.0	Peterborough AC
3	278	Andrew Ridley	4.17.4	West Suffolk AC
4	264	James Jackson	4.18.8	City of Norwich AC
5	254	Scott Forman	4.25.8	Nene Valley Harriers
6	273	Will Mycroft	4.27.5	Cambridge & Coleridge AC
7	293	Daniel Woodgate	4.32.0	Luton AC
8	255	Charlie Fry	4.32.7	West Suffolk AC
9	246	Gabriel Chimuzinga	4.49.4	Denbigh High School
10	235	Lewis Ball	4.51.5	Havering Mayesbrook

200m Final

Position

1	291	Cameron Webb	22.9	Stevenage & North Herts
2	257	William Goldsmith	23.4	Ipswich Harriers
3	234	George Baker	23.6	Cambridge & Coleridge AC
4	276	Isaac Rasmussen	23.6	Luton AC
5	230	Sebastian Aguilar	23.8	Peterborough AC
6	237	Jonathan Baxter	24.2	Cambridge & Coleridge AC
7	271	Chris Marshall	24.3	City of Norwich AC
8	294	Tim Wormull	24.4	Braintree & District

200m Heat 1

Position

1	234	George Baker	23.6	Cambridge & Coleridge AC
2	276	Isaac Rasmussen	23.9	Luton AC
3	230	Sebastian Aguilar	24.0	Peterborough AC
4	244	Adam Caress	26.0	Nene Valley Harriers

200m Heat 2

Position

1	291	Cameron Webb	23.2	Stevenage & North Herts
2	257	William Goldsmith	24.0	Ipswich Harriers
3	237	Jonathan Baxter	24.0	Cambridge & Coleridge AC
4	271	Chris Marshall	24.2	City of Norwich AC
5	294	Tim Wormull	24.6	Braintree & District

3000m Final

Position

1	280	James Robinson	09.04.0 (CBP)	West Norfolk AC
2	248	Howard Clarke	09.17.1	Southend AC
3	256	Alex Gibb	09.18.1	Nene Valley Harriers
4	239	Peter Benedickter	09.29.6	Luton AC
5	252	Alex Dunbar	09.32.6	West Suffolk AC
6	241	Nick Burch	10.36.0	Cambridge & Coleridge AC
7	292	Liam Witten	10.55.9	Huntingdonshire AC

400m Final

Position

1	289	Nathan Wake	48.9 (CBP)	Herts Phoenix
2	261	Mark Hunt	50.1	Chelmsford AC
3	262	Gareth Hunt	55.6	Ryston Runners
4	249	Andrew Constable	56.3	Ipswich Harriers
5	245	Josh Chaplin-Barton	57.6	West Norfolk AC
6	282	Adam Smith	58.8	Peterborough AC

400m Hurdles Final

Position

1	272	Adam McCarthy	61.4	Southend AC
---	-----	---------------	------	-------------

800m Final

Position

1	260	Lloyd Heard	1.56.9	Colchester & Tendring AC
2	280	James Robinson	1.58.4	West Norfolk AC
3	277	Josh Reed	2.02.4	Nene Valley Harriers
4	286	Alexander Veitch	2.04.5	Herts Phoenix
5	249	Andrew Constable	2.07.1	Ipswich Harriers
6	242	Stuart Campbell	2.07.9	Lincoln Wellington
7	250	Jack Cornwell	2.16.2	Lincoln Wellington

Discus Final

Position

1	290	Steve Watson	42.56	Dacorum & Tring AC
2	284	Martin Tinkler	42.08	Peterborough AC
3	259	Paul Hayball	41.01	Huntingdonshire AC
4	269	Robert Mohan	38.97	Nene Valley Harriers

Hammer Final

Position

1	253	Ben Flash	49.55	Dacorum & Tring AC
---	-----	-----------	-------	--------------------

High Jump Final

Position

1	233	Samuel Bailey	1.95	Chelmsford AC
2	263	Jamie Irons	1.90	Peterborough AC
3	236	Sean Band	1.85	Peterborough AC
4	232	Ross Armorgie	1.65	Herts Phoenix
4	282	Adam Smith	1.65	Peterborough AC
6	288	Matthew Wake	1.60	West Suffolk AC
7	246	Gabriel Chimuzinga	1.60	Denbigh High School

Javelin Final

Position

1	238	Georgie Bean	54.43	Havering Mayesbrook
2	236	Sean Band	45.53	Peterborough AC
3	259	Paul Hayball	42.68	Huntingdonshire AC
4	251	Tom Cutts	33.89	Colchester Harriers

Long Jump Final

Position

1	231	Luke Allen	5.87	West Suffolk AC
2	258	Gary Harewell	5.79	Hemel Hempstead School
3	262	Gareth Hunt	5.45	Ryston Runners
4	271	Chris Marshall	5.30	City of Norwich AC

Pole Vault Final

Position

1	262	Gareth Hunt	3.00	Ryston Runners
2	282	Adam Smith	2.70	Peterborough AC

Shot Putt Final

Position

1	284	Martin Tinkler	15.70	Peterborough AC
2	269	Robert Mohan	15.43	Nene Valley Harriers
3	259	Paul Hayball	14.97	Huntingdonshire AC
4	236	Sean Band	14.42	Peterborough AC
5	290	Steve Watson	13.05	Dacorum & Tring AC

Triple Jump Final

Position

1	231	Luke Allen	12.60	West Suffolk AC
---	-----	------------	-------	-----------------

U17 Women Results

100m Final

Position

1	295	Bunmi Awokoya	12.7	Hitchen Girls School
2	317	Jonelle Johnson-Turner	13.0	Luton AC
3	329	Sophie Poyner	13.3	City of Norwich AC
4	323	Becky Low	13.3	St Edmunds Pacers
5	301	Victoria Borrman	13.4	Ryston Runners
6	328	Marianne Oliver	14.1	Cambridge & Coleridge AC
7	316	Sarah Jack	14.8	Peterborough AC

1500m Final

Position

1	326	Rebecca Oatham	4.51.9	Thurrock Harriers
2	325	Nicola Morgan	4.54.0	West Suffolk AC
3	315	Charlotte Hinch	5.07.8	Nene Valley Harriers
4	299	Abbie Beales	5.09.9	City of Norwich AC
5	330	Nathalie Richards	6.05.6	Cambridge & Coleridge AC

200m Final

Position

1	337	Laura Wake	25.1 (CBP)	Herts Phoenix
2	305	Emma Collard	26.8	Southend AC
3	329	Sophie Poyner	27.5	City of Norwich AC
4	301	Victoria Borrman	27.6	Ryston Runners

3000m Final

Position

1	306	Laura Condron	10.59.2	Colchester & Tendring AC
2	341	Amber Wright	11.21.8	Bedford & County AC
3	322	Natasha Little	11.25.1	Stevenage & North Herts
4	297	Emily Baker	12.55.3	St Edmunds Pacers

300m Final

Position

1	335	Kirsty Shepherd	42.4	Basildon AC
2	338	Helen Waters	43.0	West Suffolk AC
3	296	Sade-Marie Bailey	45.8	Basildon AC

300m Hurdles Final

Position

1	336	Emily Stevens	46.8 (CBP)	Herts Phoenix
2	298	Laura Bass	47.0	Cambridge & Coleridge AC
3	310	Sarah Glanvill	50.0	Colchester & Tendring AC
4	313	Sophie Hallam	50.6	Nene Valley Harriers

800m Final

Position

1	325	Nicola Morgan	2.17.1	West Suffolk AC
2	318	Gemma Kersey	2.20.4	Basildon AC
3	324	Abby Marriott	2.24.4	West Suffolk AC
4	339	Emily Wenman	2.30.4	West Suffolk AC
5	309	April Eastwood	2.34.4	Harlow AC

80m Hurdles Final

Position

1	295	Bunmi Awokoya	12.2	Hitchen Girls School
2	298	Laura Bass	12.4	Cambridge & Coleridge AC

Discus Final

Position

1	304	Samantha Burke	26.22	Watford Harriers
2	320	Kelly Lawrence	23.04	Nene Valley Harriers
3	312	Francis Gross	22.98	Stevenage & North Herts
4	332	Loren Scanes	22.67	Stevenage & North Herts

Hammer Final

Position

1	332	Loren Scanes	30.20 (CBP)	Stevenage & North Herts
2	307	Jessica Crisp	28.79	City of Norwich AC
3	320	Kelly Lawrence	22.60	Nene Valley Harriers

High Jump Final

Position

1	296	Sade-Marie Bailey	1.55	Basildon AC
2	334	Katy Sealy	1.55	Ipswich Harriers

Javelin Final

Position

1	334	Katy Sealy	32.99	Ipswich Harriers
2	313	Sophie Hallam	30.36	Nene Valley Harriers
3	310	Sarah Glanvill	27.79	Colchester & Tendring AC

Long Jump Final

Position

1	302	Lauren Bouchard	5.25	Chelmsford AC
2	334	Katy Sealy	5.04	Ipswich Harriers
3	317	Jonelle Johnson-Turner	4.98	Luton AC
4	300	Hannah Besford	4.96	Chelmsford AC
5	310	Sarah Glanvill	4.73	Colchester & Tendring AC
6	333	Bethan Scanes	4.66	Stevenage & North Herts
7	329	Sophie Poyner	4.41	City of Norwich AC

Shot Putt Final

Position

1	320	Kelly Lawrence	08.47	Nene Valley Harriers
---	-----	----------------	-------	----------------------

Triple Jump Final

Position

1	300	Hannah Besford	10.65 (CBP)	Chelmsford AC
2	333	Bethan Scanes	10.14	Stevenage & North Herts
3	338	Helen Waters	09.60	West Suffolk AC
4	301	Victoria Borrmann	09.30	Ryston Runners
5	316	Sarah Jack	08.28	Peterborough AC

U20 Men Results

100m Final

Position

1	346	Chris Craig	10.8	Spalding Grammer School
2	360	Gary Madigan	11.2	Ilford AC
3	347	Mark Dyble	11.3	Basildon AC
4	376	Thomas White	11.4	Colchester Harriers

110m Hurdles Final

Position

1	353	Michael Holden	15.2	Colchester Harriers
2	378	Anthony Williams	15.4	Havering Mayesbrook
3	356	Christopher Kingshott	19.1	Luton AC

1500m Final

Position

1	349	Edward Fry	4.21.7	West Suffolk AC
2	358	Jonathan Laybourn	4.32.9	West Norfolk AC

200m Final

Position

1	346	Chris Craig	22.2	Spalding Grammer School
2	366	Martin Pitts	22.8	Braintree & District
3	360	Gary Madigan	23.2	Ilford AC
4	347	Mark Dyble	23.4	Basildon AC
5	355	Mitchell Jarvis	23.7	Braintree & District

3000m Final

Position

1	358	Jonathan Laybourn	09.30.6 (CBP)	West Norfolk AC
2	354	Alex Howarth	10.10.0	Cambridge & Coleridge AC

400m Final

Position

1	374	Tonderai Tomu	48.7	Stevenage & North Herts
2	348	Ollie Francis	52.0	Cambridge & Coleridge AC
3	365	Glen Pascal	54.4	Luton AC

400m Hurdles Final

Position

1	369	Josh Saydraouten	59.9	Herts Phoenix
2	379	Alec Wing	62.0	Herts Phoenix
3	370	Christopher Stubbings	64.3	Chelmsford AC
4	354	Alex Howarth	66.6	Cambridge & Coleridge AC

800m Final

Position

1	371	James Thompson	2.03.0	Ryston Runners
2	358	Jonathan Laybourn	2.08.7	West Norfolk AC

Discus Final

Position

1	359	Christopher Linque	43.53	Woodford Green & Essex Ladies
2	353	Michael Holden	35.30	Colchester Harriers
3	345	Samuel Coe	33.74	City of Norwich AC
4	363	Daniel Moles	29.03	Colchester Harriers

Hammer Final

Position

1	345	Samuel Coe	56.56 (CBP)	City of Norwich AC
2	363	Daniel Moles	30.66	Colchester Harriers

Javelin Final

Position

1	344	Jay Boddington	54.74	Woodford Green & Essex Ladies
---	-----	----------------	-------	-------------------------------

Long Jump Final

Position

1	373	Ian Tobin	6.58	Herts Phoenix
2	357	Vincent Larzako	6.45	Havering Mayesbrook
3	410	Calvin Barnes	6.37	Chelmsford AC
4	378	Anthony Williams	6.24	Havering Mayesbrook
5	350	Steven Harris	6.00	Luton AC
6	368	Sam Richards	5.93	Cambridge & Coleridge AC
7	347	Mark Dyble	5.72	Basildon AC
8	377	Sion Whittaker	5.41	Cambridge & Coleridge AC
9	376	Thomas White	5.32	Colchester Harriers

Pole Vault Final

Position

1	353	Michael Holden	3.70	Colchester Harriers
2	356	Christopher Kingshott	3.60	Luton AC
3	342	Leo Amies	3.30	Peterborough AC

Shot Putt Final

Position

1	372	Dan Tinkler	15.57	Peterborough AC
2	345	Samuel Coe	11.85	City of Norwich AC
3	363	Daniel Moles	09.26	Colchester Harriers

Triple Jump Final

Position

1	378	Anthony Williams	12.48	Havering Mayesbrook
2	377	Sion Whittaker	11.83	Cambridge & Coleridge AC
3	376	Thomas White	11.52	Colchester Harriers

U20 Women Results

100m Final

Position

1	397	Lyndsey North	12.5	Chelmsford AC
2	380	Ria Ali-Jackson	13.3	Chelmsford AC

100m Hurdles Final

Position

1	403	Jessica Tappin	15.4	Chelmsford AC
2	395	Kim Motley	15.6	Cambridge & Coleridge AC
3	387	Emily Craven	18.1	Peterborough AC
4	407	Zoe Young	18.5	Basildon AC
5	386	Stephanie Chevalier	18.8	Luton AC

1500m Final

Position

1	383	Rebecca Burbidge	4.59.9	Cambridge & Coleridge AC
---	-----	------------------	--------	--------------------------

200m Final

Position

1	407	Zoe Young	26.5	Basildon AC
---	-----	-----------	------	-------------

3000m Final

Position

1	396	Rebecca Newstead	11.54.6	Stevenage & North Herts
2	384	Katy Burgin	13.07.1	Huntingdonshire AC

400m Final

Position

1	382	Imola Asztalos	61.8	Cambridge & Coleridge AC
2	390	JaSENMine Forde	62.5	Stevenage & North Herts
3	405	Michelle Tweed	63.9	Nene Valley Harriers

400m Hurdles Final

Position

1	400	Rebecca Quinlan	68.2	Chelmsford AC
2	387	Emily Craven	77.8	Peterborough AC

800m Final

Position

1	392	Katherine Foy	2.18.9	St Johns School
2	390	JaSENMine Forde	2.25.2	Stevenage & North Herts
3	405	Michelle Tweed	2.33.0	Nene Valley Harriers

Discus Final

Position

1	406	Susanna Wise	25.59	Luton AC
---	-----	--------------	-------	----------

Hammer Final

Position

1	389	Mel Flash	38.79	Dacorum & Tring AC
2	406	Susanna Wise	38.20	Luton AC
3	391	Alice Forster	37.15	Cambridge & Coleridge AC
4	404	Vickie Taylor	27.06	Unattached

Javelin Final

Position

1	385	Louise Capicotto	28.69	Watford Harriers
---	-----	------------------	-------	------------------

Long Jump Final

Position

1	403	Jessica Tappin	5.15	Chelmsford AC
2	399	Lisa Potter	4.93	Braintree & District
3	407	Zoe Young	4.86	Basildon AC
4	386	Stephanie Chevalier	4.80	Luton AC

Shot Putt Final

Position

1	391	Alice Forster	10.53	Cambridge & Coleridge AC
2	406	Susanna Wise	09.22	Luton AC

Triple Jump Final

Position

1	400	Rebecca Quinlan	10.28	Chelmsford AC
2	388	Stephanie Desmedt	09.63	Basildon AC
3	386	Stephanie Chevalier	09.48	Luton AC