

EASTERN AA
TRACK AND FIELD
CHAMPIONSHIPS

WILBERFORCE ROAD
CAMBRIDGE

6th July 2008

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Senior Men Results

100m Final (W/S +0.0)

Position

1	490	Kyle Andrew	11.21	Luton AC
2	494	Mark Collins	11.37	Luton AC
3	497	George Kenyon	11.55	Cambridge University AC
4	495	Matthew Dalton	11.68	Peterborough AC
5	492	Bradley Bellamy	11.75	Woodford Green & Essex Ladies
6	498	David Stephens	12.55	Horsham Blue Star

110m Hurdles Final (W/S -0.5)

Position

1	525	Jeff Wheeler	16.90	Cambridge University AC
2	495	Matthew Dalton	17.52	Peterborough AC

1500m Final

Position

1	520	Adam Searle	4.15.88	Stevenage & North Herts
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200m Final (W/S +1.0)

Position

1	490	Kyle Andrew	23.22	Luton AC
2	509	Mitchell Jarvis	23.93	Braintree & District
3	491	Alex Bates	24.49	Cambridge University AC

3000m Final

Position

1	505	Hanno Fischer	11.31.90	Huntingdonshire AC
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400m Final

Position

1	517	Michael Osunsami	51.71	Newham & Essex Beagles
2	506	Kelvin Goodwin	52.06	Newham & Essex Beagles
3	516	Nelson Oboh	52.50	Newham & Essex Beagles
4	515	Friday Obaje	54.13	Luton AC

400m Hurdles Final

Position

1	513	Enrique Melin	59.10	Newham & Essex Beagles
2	489	Alex Wing	59.77	Herts Phoenix
3	501	Peter Benedickter	60.39	Luton AC

800m Final

Position

1	522	Peter Smale	2.02.82	Southend AC
2	526	Steven Whittaker	2.05.61	Southend AC
3	500	Martin Bell	2.06.12	Cambridge & Coleridge AC

Discus Final

Position

1	512	Christopher Linque	42.45	Woodford Green & Essex Ladies
2	518	John Painter	33.36	City of Norwich AC
3	499	Emmanuel Akinluyi	32.13	Cambridge University AC

Hammer Final

Position

1	511	Andrew Lee	41.63	Cambridge & Coleridge AC
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Javelin Final

Position

1	508	Aaron Hull	39.03	Stevenage & North Herts
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Long Jump Final

Position

1	497	George Kenyon	6.38	Cambridge University AC
2	509	Mitchell Jarvis	6.27	Braintree & District
3	498	David Stephens	5.41	Horsham Blue Star

Pole Vault Final

Position

1	491	Alex Bates	3.50	Cambridge University AC
2	502	Alex Boyce	3.50	Cambridge & Coleridge AC

Shot Putt Final

Position

1	512	Christopher Linque	12.55	Woodford Green & Essex Ladies
2	499	Emmanuel Akinluyi	11.60	Cambridge University AC
3	518	John Painter	11.28	City of Norwich AC

Senior Women Results

100m Final (W/S +0.7)

Position

1	8	Hayley-Jane Cone	12.78	Thames Valley Harriers
2	16	Heidi Nicholas	12.87	Basildon AC
3	36	Charlotte Lacey	13.94	Cambridge & Coleridge AC

100m Hurdles Final

Position

1	22	Tania Spurling	16.2	West Suffolk AC
2	16	Heidi Nicholas	16.8	Basildon AC

1500m Final

Position

1	18	Nicola Rogers	4.46.88	Colchester & Tendring AC
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200m Final (W/S +1.4)

Position

1	20	Heather Shepherd	26.41	Colchester Harriers
2	16	Heidi Nicholas	27.27	Basildon AC

3000m Final

Position

1	23	Danielle Tatum	10.40.03	Colchester & Tendring AC
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400m Final

Position

1	19	Natalie Shaw	58.66	Loughborough Students
2	20	Heather Shepherd	58.83	Colchester Harriers

800m Final

Position

1	3	Helen Bloomfield	2.16.63	Colchester & Tendring AC
2	19	Natalie Shaw	2.16.92	Loughborough Students
3	11	Karen Goode	2.21.86	Basildon AC
4	7	Sarah Colson	2.26.33	West Suffolk AC
5	1	Claire Bassill	2.28.03	Luton AC

Discus Final

Position

1	10	Chloe Edwards	35.85	Huntingdonshire AC
2	4	Shannon Bunker	29.34	Luton AC

Hammer Final

Position

1	24	Suzanna Wise	38.94	Luton AC
2	4	Shannon Bunker	35.25	Luton AC

High Jump Final

Position

1	22	Tania Spurling	1.55	West Suffolk AC
2	16	Heidi Nicholas	1.55	Basildon AC

Javelin Final

Position

1	17	Clare Palmer	35.19	Cambridge University AC
2	4	Shannon Bunker	29.63	Luton AC

Long Jump Final

Position

1	22	Tania Spurling	5.37	West Suffolk AC
2	16	Heidi Nicholas	5.24	Basildon AC
3	8	Hayley-Jane Cone	5.18	Thames Valley Harriers
4	6	Jade Christie	4.79	Luton AC

Pole Vault Final

Position

1	5	Florence Cavalli	3.00	Cambridge University AC
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Shot Putt Final

Position

1	10	Chloe Edwards	14.33	Huntingdonshire AC
2	4	Shannon Bunker	10.64	Luton AC
3	24	Suzanna Wise	09.21	Luton AC

Triple Jump Final

Position

1	22	Tania Spurling	11.46	West Suffolk AC
2	6	Jade Christie	10.27	Luton AC

U13 Boys Results

100m Final (W/S -0.5)

Position

1	246	Jake Berney	12.81	Peterborough AC
2	250	Ross Gilbert	14.39	City of Norwich AC
3	266	Jordan Shipp	14.40	Stewards School
4	272	Shaquille Thomas	14.49	Luton AC
5	261	Anthony Pegg	14.87	Basildon AC
6	256	James McCrae	15.09	Werrington Joggers
7	273	Simon Underwood	15.19	Colchester Harriers

100m Heat 1 (W/S +1.7)

Position

1	246	Jake Berney	12.92	Peterborough AC
2	256	James McCrae	14.44	Werrington Joggers
3	254	Corey Jackson	14.45	Luton AC
4	261	Anthony Pegg	14.82	Basildon AC
5	252	Daniel Howe	16.09	Thetford AC

100m Heat 2 (W/S +0.0)

Position

1	250	Ross Gilbert	14.34	City of Norwich AC
2	266	Jordan Shipp	14.43	Stewards School
3	272	Shaquille Thomas	14.55	Luton AC
4	273	Simon Underwood	15.20	Colchester Harriers
5	263	Vishal Saroye	15.29	Stevenage & North Herts
6	265	Jacob Shea	15.97	Diss AC

200m Final (W/S +2.4)

Position

1	246	Jake Berney	26.17	Peterborough AC
2	250	Ross Gilbert	29.81	City of Norwich AC
3	256	James McCrae	30.60	Werrington Joggers
4	273	Simon Underwood	32.63	Colchester Harriers

75m Hurdles Final (W/S -0.4)

Position

1	272	Shaquille Thomas	13.65	Luton AC
2	245	Alistair Beedie	13.72	Bedford & County AC
3	247	Edward De Winton	14.98	West Norfolk AC
4	263	Vishal Saroye	15.52	Stevenage & North Herts
5	261	Anthony Pegg	16.24	Basildon AC
6	249	Ross Forder	17.37	West Suffolk AC

800m Final

Position

1	251	Scott Greeves	2.26.31	City of Norwich AC
2	270	Ross Tennant	2.31.31	Ipswich Harriers
3	262	Tobias Rankin	2.31.98	Hadleigh Hares
4	274	Bradley Wattleworth	2.36.66	Farlingaye High School
5	271	James Thomas	2.38.07	Biggleswade AC
6	269	Tom Stead	2.40.86	Bedford & County AC
7	257	Kieran McMorran	2.49.86	Waveney AC
8	268	Ashley Stallman	2.52.63	St Mary's School
9	258	James Murphy	2.57.25	Braintree & District
10	248	Harry Docking	2.58.59	Woodford Green & Essex Ladies
11	265	Jacob Shea	3.00.79	Diss AC

Long Jump Final

Position

1	245	Alistair Beedie	4.52	Bedford & County AC
2	261	Anthony Pegg	4.07	Basildon AC
3	254	Corey Jackson	4.04	Luton AC
4	247	Edward De Winton	3.82	West Norfolk AC
5	258	James Murphy	3.79	Braintree & District
6	263	Vishal Saroye	3.59	Stevenage & North Herts
7	273	Simon Underwood	3.53	Colchester Harriers
8	266	Jordan Shipp	3.44	Stewards School
9	249	Ross Forder	3.26	West Suffolk AC

Shot Putt Final

Position

1	265	Jacob Shea	06.59	Diss AC
2	259	Stephen Myatt	05.49	Colchester Harriers
3	258	James Murphy	04.46	Braintree & District
4	248	Harry Docking	03.68	Woodford Green & Essex Ladies

U13 Girls Results

100m Final (W/S +0.0)

Position

1	233	Hephzibah Ogunro	13.19	Luton AC
2	227	Emily Lambert	13.61	Ipswich Harriers
3	219	Megan Edwards	13.71	Peterborough AC
4	209	Paige Cole	13.93	Luton AC
5	212	Alexandria Davis	13.96	Watford Harriers
6	218	Renee Earl-Jarrett	14.05	Peterborough AC
7	223	Bethany Ibbotson	14.36	Colchester & Tendring AC
8	221	Chellie Gray	14.51	Dacorum & Tring AC

100m Heat 1 (W/S +1.5)

Position

1	233	Hephzibah Ogunro	13.11	Luton AC
2	212	Alexandria Davis	13.81	Watford Harriers
3	221	Chellie Gray	14.18	Dacorum & Tring AC
4	225	Sophie Keeble	14.20	Stevenage & North Herts
5	206	Katie Bright	14.67	Braintree & District
6	222	Georgia Ibbotson	14.67	Colchester & Tendring AC
7	205	Harriet Brereton-Ward	15.14	Colchester & Tendring AC

100m Heat 2 (W/S +1.5)

Position

1	227	Emily Lambert	13.72	Ipswich Harriers
2	218	Renee Earl-Jarrett	14.05	Peterborough AC
3	223	Bethany Ibbotson	14.17	Colchester & Tendring AC
4	229	Isabella Manning	14.40	Thetford AC
5	243	Katie Vickery	14.64	City of Norwich AC
6	239	Kirsty Ronald	14.93	Braintree & District
7	215	Sophia Diss	15.96	Braintree & District

100m Heat 3 (W/S +0.6)

Position

1	219	Megan Edwards	13.67	Peterborough AC
2	209	Paige Cole	14.16	Luton AC
3	228	Kate Lennon	14.76	Luton AC
4	213	Freya De Wild	15.76	West Suffolk AC
5	234	Rachel O'Neill	16.03	Harrow AC
6	230	Kerry McCrory	16.48	Southend AC

200m Final (W/S +2.1)

Position

1	233	Hephzibah Ogunro	26.65 (CBP)	Luton AC
2	227	Emily Lambert	28.30	Ipswich Harriers
3	219	Megan Edwards	28.69	Peterborough AC
4	225	Sophie Keeble	29.53	Stevenage & North Herts
5	212	Alexandria Davis	29.53	Watford Harriers
6	228	Kate Lennon	29.73	Luton AC
7	221	Chellie Gray	29.81	Dacorum & Tring AC
8	229	Isabella Manning	30.54	Thetford AC

200m Heat 1 (W/S +1.3)

Position

1	233	Hephzibah Ogunro	27.12 (CBP)	Luton AC
2	229	Isabella Manning	29.87	Thetford AC
3	212	Alexandria Davis	30.62	Watford Harriers
4	230	Kerry McCrory	34.51	Southend AC

200m Heat 2 (W/S +1.5)

Position

1	219	Megan Edwards	29.56	Peterborough AC
2	228	Kate Lennon	29.86	Luton AC
3	211	Joanne Cywinski	31.20	Passmores School
4	223	Bethany Ibbotson	31.36	Colchester & Tendring AC
5	242	Christy Tilley	32.41	Luton AC
6	238	Natalia Rehakova	32.59	Cambridge & Coleridge AC

200m Heat 3 (W/S +0.3)

Position

1	227	Emily Lambert	28.94	Ipswich Harriers
2	221	Chellie Gray	29.63	Dacorum & Tring AC
3	225	Sophie Keeble	29.77	Stevenage & North Herts
4	222	Georgia Ibbotson	31.23	Colchester & Tendring AC

70m Hurdles Final (W/S -0.4)

Position

1	236	Clarice Parrott	12.25	Braintree & District
2	214	Eleanor De Wild	12.50	West Suffolk AC
3	240	Phoebe Smithdale	12.64	Chelmsford AC
4	244	Chelsea Wade	13.10	West Suffolk AC
5	239	Kirsty Ronald	13.62	Braintree & District
6	242	Christy Tilley	13.82	Luton AC
7	215	Sophia Diss	17.24	Braintree & District

800m Final

Position

1	216	Kaylee Dodd	2.26.73	Basildon AC
2	210	Sophie Crofts	2.28.76	Thurrock Harriers
3	208	Stephanie Burton	2.33.71	Nene Valley Harriers
4	226	Paige Lambert	2.38.38	Nene Valley Harriers
5	207	Emily Bullis	2.42.13	Basildon AC
6	211	Joanne Cywinski	2.44.62	Passmores School
7	241	Jessica Swain	2.45.45	Basildon AC
8	215	Sophia Diss	2.52.17	Braintree & District
9	235	Hollie Parker	2.52.26	Cambridge & Coleridge AC
10	238	Natalia Rehakova	2.56.71	Cambridge & Coleridge AC
11	203	Sophie Barker	3.02.18	West Suffolk AC
12	234	Rachel O'Neill	3.04.58	Harrow AC
13	237	Katie Peake	3.04.75	Ipswich JAFFA

Long Jump Final

Position

1	233	Hephzibah Ogunro	4.53	Luton AC
2	219	Megan Edwards	4.47	Peterborough AC
3	236	Clarice Parrott	4.46	Braintree & District
4	243	Katie Vickery	4.34	City of Norwich AC
5	244	Chelsea Wade	4.13	West Suffolk AC
6	223	Bethany Ibbotson	4.06	Colchester & Tendring AC
7	206	Katie Bright	3.97	Braintree & District
8	214	Eleanor De Wild	3.89	West Suffolk AC
9	239	Kirsty Ronald	3.79	Braintree & District
10	205	Harriet Brereton-Ward	3.64	Colchester & Tendring AC
11	217	Lauren Dunbar	3.62	West Suffolk AC
12	240	Phoebe Smithdale	3.61	Chelmsford AC
13	213	Freya De Wild	3.40	West Suffolk AC
14	230	Kerry McCrory	3.19	Southend AC

Shot Putt Final

Position

1	209	Paige Cole	08.26	Luton AC
2	244	Chelsea Wade	07.53	West Suffolk AC
3	205	Harriet Brereton-Ward	07.36	Colchester & Tendring AC
4	222	Georgia Ibbotson	06.15	Colchester & Tendring AC

U15 Boys Results

100m Final (W/S -2.1)

Position

1	291	Matthew Constable	12.30	Ipswich Harriers
2	343	Ben Young	12.30	Watford Harriers
3	281	Tyler Berry	12.72	City of Norwich AC
4	340	Liam Vooght	13.02	Stevenage & North Herts
5	294	Peter De'ath	13.22	Stevenage & North Herts
6	278	Andrew Baldwin	13.28	Biggleswade AC
7	296	Daniel Enzer	13.75	Huntingdonshire AC
8	276	George Large	13.79	Huntingdonshire AC

100m Heat 1 (W/S +2.1)

Position

1	343	Ben Young	12.44	Watford Harriers
2	340	Liam Vooght	12.99	Stevenage & North Herts
3	276	George Large	13.34	Huntingdonshire AC
4	290	Marvin Collymore	14.34	Luton AC
5	286	Thomas Busson	14.42	Thetford AC

100m Heat 2 (W/S +1.8)

Position

1	291	Matthew Constable	12.58	Ipswich Harriers
2	281	Tyler Berry	12.83	City of Norwich AC
3	294	Peter De'ath	13.10	Stevenage & North Herts
4	278	Andrew Baldwin	13.30	Biggleswade AC
5	296	Daniel Enzer	13.66	Huntingdonshire AC
6	321	Omar Maynard	14.13	Luton AC

1500m Final

Position

1	310	Jake Hughes	4.35.93	West Suffolk AC
2	329	Edward Shepherd	4.36.50	Herts Phoenix
3	313	Danny Jackson	4.40.19	Ipswich Harriers
4	293	Simon Dawson	4.41.80	West Suffolk AC
5	330	Nick Stone	4.46.87	Peterborough AC
6	289	James Cochrane	4.52.00	Cambridge & Coleridge AC
7	295	Tom Eames	4.54.78	West Suffolk AC
8	303	Harris Foster-Carter	4.57.10	Southend AC
9	315	Lloyd Kempson	5.01.10	Nene Valley Harriers
10	316	Joseph Kirton	5.16.16	Thetford AC
11	317	George Langston	5.41.03	Leighton Buzzard

200m Final (W/S +2.6)

Position

1	336	Sam Thornburn	24.23	Nene Valley Harriers
2	305	Jordan Gillbanks	24.87	Huntingdonshire AC
3	291	Matthew Constable	25.18	Ipswich Harriers
4	281	Tyler Berry	25.46	City of Norwich AC
5	340	Liam Vooght	26.34	Stevenage & North Herts
6	278	Andrew Baldwin	27.26	Biggleswade AC
7	294	Peter De'ath	27.36	Stevenage & North Herts

200m Heat 1 (W/S +1.5)

Position

1	336	Sam Thornburn	24.73	Nene Valley Harriers
2	281	Tyler Berry	26.07	City of Norwich AC
3	340	Liam Vooght	26.62	Stevenage & North Herts
4	290	Marvin Collymore	30.43	Luton AC
5	286	Thomas Busson	30.56	Thetford AC

200m Heat 2 (W/S +1.9)

Position

1	305	Jordan Gillbanks	25.74	Huntingdonshire AC
2	291	Matthew Constable	26.37	Ipswich Harriers
3	278	Andrew Baldwin	27.15	Biggleswade AC
4	285	Daniel Bruce	27.24	Farlingaye High School
5	294	Peter De'ath	27.45	Stevenage & North Herts
6	321	Omar Maynard	29.42	Luton AC
7	301	Lawrence Fanutza-Davis	31.70	Harlow AC

400m Final

Position

1	338	Ryan Townsend	53.30	William De Ferrers School
2	305	Jordan Gillbanks	53.57	Huntingdonshire AC
3	341	Tom Watts	56.63	Southend AC
4	325	Michael Porter	57.83	Colchester & Tendring AC

800m Final

Position

1	325	Michael Porter	2.11.84	Colchester & Tendring AC
2	314	Oliver Jones	2.25.08	Ipswich Harriers
3	328	Calum Rutter	2.28.02	West Suffolk AC
4	312	Ross Huskisson	2.32.67	Nene Valley Harriers
5	298	Alex Ette	2.37.92	Parkside

80m Hurdles Final

Position

1	322	Callum McLean	12.5	Southend AC
2	342	Craig Weyman	12.7	Chelmsford AC
3	305	Jordan Gillbanks	12.7	Huntingdonshire AC
4	306	Peter Godly	14.7	Peterborough AC
5	280	Joshua Benson	15.2	Peterborough AC

Discus Final

Position

1	323	Adam Mohan	37.80	Nene Valley Harriers
2	319	Christopher Line	36.40	Dacorum & Tring AC
3	283	Frank Bloomfield	32.94	Ipswich Harriers
4	332	Alan Sydee	23.66	Luton AC
5	287	James Carter	18.43	Cambridge & Coleridge AC

Hammer Final

Position

1	288	Danny Clayton	51.10 (CBP)	City of Norwich AC
2	284	Callum Brown	41.58	City of Norwich AC
3	319	Christopher Line	37.07	Dacorum & Tring AC
4	318	Lawrence Levy	30.06	Stevenage & North Herts
5	332	Alan Sydee	23.75	Luton AC
6	287	James Carter	15.04	Cambridge & Coleridge AC

High Jump Final

Position

1	331	Chris Swanborough	1.81 (CBP)	Basildon AC
2	285	Daniel Bruce	1.60	Farlingaye High School

Javelin Final

Position

1	311	Jacob Hukin	41.57	Bedford & County AC
2	300	Jake Exton	39.04	Stevenage & North Herts
3	284	Callum Brown	38.57	City of Norwich AC
4	339	Billy Vernon-Hamilton	33.32	Stevenage & North Herts
5	322	Callum McLean	33.14	Southend AC
6	275	Joe Adams	27.83	Bedford & County AC

Long Jump Final

Position

1	307	Joel Grenfell	5.55	Peterborough AC
2	281	Tyler Berry	5.04	City of Norwich AC
3	337	Louis Tierney	5.00	Peterborough AC
4	318	Lawrence Levy	4.98	Stevenage & North Herts
5	301	Lawrence Fanutza-Davis	4.26	Harlow AC
6	327	Daniels Reynolds	4.25	Luton AC
7	317	George Langston	3.76	Leighton Buzzard

Pole Vault Final

Position

1	304	Daniel Gardner	3.30 (CBP)	Stevenage & North Herts
2	302	Edward Fitch	2.90	Peterborough AC

Shot Putt Final

Position

1	288	Danny Clayton	11.61	City of Norwich AC
2	318	Lawrence Levy	10.94	Stevenage & North Herts
3	319	Christopher Line	10.75	Dacorum & Tring AC
4	332	Alan Sydee	08.17	Luton AC

Triple Jump Final

Position

1	327	Daniels Reynolds	09.87	Luton AC
2	306	Peter Godly	09.44	Peterborough AC

U15 Girls Results

100m Final (W/S -0.6)

Position

1	186	Hannah Smithdale	12.79	Chelmsford AC
2	189	Cleio Stephenson	12.84	City of Norwich AC
3	190	Lauren Stewart	13.11	Bedford & County AC
4	170	Victoria Mitchell	13.24	City of Norwich AC
5	185	Frances Slater	13.34	Herts Phoenix
6	171	Samara Nche	13.55	Huntingdonshire AC
7	175	Tamara Porritt	13.56	Luton AC
8	156	Rebecca Huxtable	13.85	Peterborough AC

100m Heat 1 (W/S +0.0)

Position

1	186	Hannah Smithdale	13.10	Chelmsford AC
2	171	Samara Nche	13.59	Huntingdonshire AC
3	156	Rebecca Huxtable	13.65	Peterborough AC
4	163	Leanne McCrory	14.04	Southend AC
5	187	Anna Spratt	14.17	City of Norwich AC

100m Heat 2 (W/S +0.8)

Position

1	189	Cleio Stephenson	12.77	City of Norwich AC
2	170	Victoria Mitchell	13.14	City of Norwich AC
3	175	Tamara Porritt	13.60	Luton AC
4	141	Lisa Crowhurst	14.02	Colchester & Tendring AC
5	192	Rachael Swain	14.21	Colchester Harriers
6	137	Elisha Bowers	15.86	Thetford AC

100m Heat 3 (W/S +0.8)

Position

1	185	Frances Slater	13.48	Herts Phoenix
2	190	Lauren Stewart	13.52	Bedford & County AC
3	164	Sian McCrory	14.08	Southend AC
4	180	Hannah Ronald	14.23	Luton AC
5	136	Sasha Bernard	14.46	City of Norwich AC
6	159	Georgina Kelly	16.08	Colchester & Tendring AC

1500m Final

Position

1	158	Jessica Judd	4.44.54 (CBP)	Thurrock Harriers
2	150	Aimee Garnett	4.51.62	Southend AC
3	195	Charlotte Taylor	4.52.35	Nene Valley Harriers
4	148	Laura Farrar	4.58.35	St Albans AC
5	157	Sophie Johnstone	5.00.86	Chelmsford AC
6	200	Stephanie Williams	5.05.75	Peterborough AC
7	183	Georgina Schwiening	5.07.66	Cambridge & Coleridge AC
8	184	Jasmine Seller	5.31.46	Ipswich Harriers
9	147	Abigail Dow	5.33.72	The Perse School
10	172	Megan Norry	5.37.72	Thetford AC
11	145	Tamsin Desborough	6.03.90	Waveney AC

200m Final (W/S +0.7)

Position

1	171	Samara Nche	27.51	Huntingdonshire AC
2	164	Sian McCrory	27.56	Southend AC
3	175	Tamara Porritt	28.08	Luton AC
4	163	Leanne McCrory	28.93	Southend AC
5	177	Emma Przybyl	29.05	Nene Valley Harriers
6	193	Katie Swift	29.16	Chelmsford AC
7	141	Lisa Crowhurst	29.25	Colchester & Tendring AC

200m Heat 1 (W/S +0.0)

Position

1	175	Tamara Porritt	28.41	Luton AC
2	193	Katie Swift	28.74	Chelmsford AC
3	177	Emma Przybyl	29.24	Nene Valley Harriers
4	141	Lisa Crowhurst	29.44	Colchester & Tendring AC

200m Heat 2 (W/S +0.7)

Position

1	164	Sian McCrory	27.97	Southend AC
2	171	Samara Nche	28.00	Huntingdonshire AC
3	142	Georgina Culling	28.46	City of Norwich AC
4	163	Leanne McCrory	29.31	Southend AC
5	143	Polly Davies	29.56	Waveney AC
6	176	Jessica Powers	30.90	Luton AC

75m Hurdles Final (W/S -0.8)

Position

1	199	Victoria Williamson	11.79	City of Norwich AC
2	133	Cseperke Asztalos	12.15	Cambridge & Coleridge AC
3	174	Nicola Peachey	12.44	Havering Mayesbrook
4	201	Natalie Woodhouse	12.47	Southend AC
5	187	Anna Spratt	12.64	City of Norwich AC
6	192	Rachael Swain	13.35	Colchester Harriers
7	200	Stephanie Williams	13.57	Peterborough AC
8	172	Megan Norry	17.78	Thetford AC

800m Final

Position

1	131	Holly Archer	2.22.02	West Suffolk AC
2	168	Jessica Mead	2.25.78	Southend AC
3	149	Sophie Fuhr	2.27.41	Woodford Green & Essex Ladies
4	143	Polly Davies	2.37.68	Waveney AC
5	159	Georgina Kelly	3.01.38	Colchester & Tendring AC

Discus Final

Position

1	155	Georgina Howe	30.66	Thetford AC
2	196	Megan Thomas	30.12	City of Norwich AC
3	188	Sarah Stanhope	29.35	Boston & District
4	154	Renee Hector	25.02	Stevenage & North Herts
5	198	Sarah White	22.46	Colchester Harriers
6	197	Beth Wade	15.98	West Suffolk AC
7	137	Elisha Bowers	09.40	Thetford AC

Hammer Final

Position

1	196	Megan Thomas	41.91 (CBP)	City of Norwich AC
2	188	Sarah Stanhope	37.78	Boston & District
3	155	Georgina Howe	31.40	Thetford AC
4	162	Laura Maplethorpe	24.59	Lincoln Wellington
5	139	Lindsay Campbell	22.23	Lincoln Wellington

High Jump Final

Position

1	132	Gemma Armorgie	1.50	Herts Phoenix
2	144	Honor De Winton	1.50	West Norfolk AC
3	201	Natalie Woodhouse	1.45	Southend AC
4	180	Hannah Ronald	1.40	Luton AC
5	153	Abigail Harrington	1.40	West Suffolk AC
6	181	Rebecca Russell	1.35	West Norfolk AC
7	200	Stephanie Williams	1.30	Peterborough AC

Javelin Final

Position

1	165	Laura McDonald	35.58 (CBP)	City of Norwich AC
2	188	Sarah Stanhope	25.69	Boston & District

Long Jump Final

Position

1	151	Alex Gates	4.71	Stevenage & North Herts
2	144	Honor De Winton	4.69	West Norfolk AC
3	174	Nicola Peachey	4.69	Havering Mayesbrook
4	136	Sasha Bernard	4.49	City of Norwich AC
5	170	Victoria Mitchell	4.35	City of Norwich AC
6	181	Rebecca Russell	4.31	West Norfolk AC
7	140	Hannah Coltart	4.30	Colchester & Tendring AC
8	195	Charlotte Taylor	4.22	Nene Valley Harriers
9	179	Lucina Rolewicz	4.03	Braintree & District
10	153	Abigail Harrington	3.93	West Suffolk AC

Pole Vault Final

Position

1	142	Georgina Culling	2.10	City of Norwich AC
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Shot Putt Final

Position

1	166	Sophie McKinna	11.12	Great Yarmouth
2	196	Megan Thomas	09.68	City of Norwich AC
3	199	Victoria Williamson	09.45	City of Norwich AC
4	138	Emily Butcher	09.35	St Michael Catholic School
5	134	Ayo Awokoya	08.62	Stevenage & North Herts
6	198	Sarah White	08.48	Colchester Harriers
7	154	Renee Hector	08.35	Stevenage & North Herts

Triple Jump Final

Position

1	151	Alex Gates	9.62	Stevenage & North Herts
2	136	Sasha Bernard	9.62	City of Norwich AC
3	181	Rebecca Russell	8.99	West Norfolk AC

U17 Men Results

100m Final (W/S -0.3)

Position

1	412	Isaac Rasmussen	11.40	Ickneild High School
2	423	Emmanuel Stephens	11.42	Thurrock Harriers
3	366	John Cousins	11.49	Woodbridge School
4	385	Alexander Jovanovski	11.59	Watford Harriers
5	388	Jake King	11.63	Southend AC
6	355	Robert Broadley	11.74	Leighton Buzzard
7	431	Philip Whittaker	11.84	Enfield & Haringey
8	380	Kai Hewitt	11.96	Great Yarmouth

100m Heat 1 (W/S +0.0)

Position

1	355	Robert Broadley	11.53	Leighton Buzzard
2	431	Philip Whittaker	11.63	Enfield & Haringey
3	398	Ross McConnanhie	12.12	Peterborough AC
4	374	Jack Firman	12.21	Thetford AC
5	421	Jordan Stafford	12.23	Cambridge & Coleridge AC
6	344	Kwasi Adomakoh	12.30	Watford Harriers
7	401	Connor Mennell	12.72	Braintree & District

100m Heat 2 (W/S -0.2)

Position

1	423	Emmanuel Stephens	11.38	Thurrock Harriers
2	366	John Cousins	11.51	Woodbridge School
3	388	Jake King	11.68	Southend AC
4	415	Lewis Rickards	12.27	Peterborough AC
5	390	Frazer Lamb	12.75	Colchester & Tendring AC
6	409	Christopher Peck	12.87	Waveney AC

100m Heat 3 (W/S +0.5)

Position

1	412	Isaac Rasmussen	11.55	Ickneild High School
2	385	Alexander Jovanovski	11.57	Watford Harriers
3	380	Kai Hewitt	12.05	Great Yarmouth
4	434	Tim Wormull	12.30	Braintree & District
5	350	Sam Barker	12.37	Colchester Harriers
6	392	Adam Lincoln	12.51	Watford Harriers

100m Hurdles Final (W/S -0.5)

Position

1	387	Ben Kelk	14.30	Cambridge & Coleridge AC
2	371	Jack Edgar-Hill	14.47	Havering Mayesbrook
3	413	Bradley Reed	14.65	Chelmsford AC

1500m Final

Position

1	419	Michael Smith	4.14.85	Huntingdonshire AC
2	370	Alex Dunbar	4.18.80	West Suffolk AC
3	400	Tom Mead	4.20.43	Luton AC
4	379	Alex Groiss	4.27.98	West Suffolk AC
5	357	Nick Burch	4.28.71	Cambridge & Coleridge AC
6	427	Dominic Thackeray	4.30.51	West Suffolk AC
7	351	John Baslington	4.34.08	Cambridge & Coleridge AC
8	375	Thomas Francis	4.49.54	Thetford AC

200m Final (W/S +2.1)

Position

1	378	Nathan Greenaway	23.00	Chelmsford AC
2	388	Jake King	23.13	Southend AC
3	402	Jahmal Mills	23.42	Great Yarmouth
4	389	Thomas Klarkin	23.68	Woodford Green & Essex Ladies
5	380	Kai Hewitt	24.14	Great Yarmouth
6	433	Tom Worboys	24.35	Biggleswade AC
7	434	Tim Wormull	24.53	Braintree & District

200m Heat 1 (W/S +1.4)

Position

1	378	Nathan Greenaway	23.36	Chelmsford AC
2	385	Alexander Jovanovski	23.52	Watford Harriers
3	360	Josh Chaplin-Barton	25.04	West Norfolk AC
4	374	Jack Firman	25.29	Thetford AC

200m Heat 2 (W/S +2.0)

Position

1	388	Jake King	23.30	Southend AC
2	389	Thomas Klarkin	23.50	Woodford Green & Essex Ladies
3	434	Tim Wormull	24.45	Braintree & District
4	398	Ross McConnanhie	24.67	Peterborough AC
5	421	Jordan Stafford	25.00	Cambridge & Coleridge AC

200m Heat 3 (W/S +1.1)

Position

1	402	Jahmal Mills	23.90	Great Yarmouth
2	380	Kai Hewitt	24.35	Great Yarmouth
3	433	Tom Worboys	24.48	Biggleswade AC
4	390	Frazer Lamb	25.04	Colchester & Tendring AC
5	416	Luke Singleton	25.82	Colchester Harriers
6	409	Christopher Peck	26.58	Waveney AC

3000m Final

Position

1	367	Thomas Crawshaw	09.22.67	City of Norwich AC
2	396	Ian Maplethorpe	09.34.72	Lincoln Wellington
3	430	Grant Webb	09.41.16	Basildon AC
4	383	Sam Hunt	09.47.41	Werrington Joggers
5	418	Christopher Smith	09.48.73	Huntingdonshire AC
6	358	Asa Burnett	10.16.97	West Suffolk AC
7	395	Josh Mann	10.45.60	Southend AC

400m Final

Position

1	389	Thomas Klarkin	52.80	Woodford Green & Essex Ladies
2	433	Tom Worboys	53.59	Biggleswade AC
3	381	Darrellon Holding	53.65	Werrington Joggers
4	386	Lewis Keeble	53.91	Stevenage & North Herts
5	425	Thomas Strachan	55.10	City of Norwich AC
6	397	Adam McCarthy	55.30	Havering Mayesbrook
7	360	Josh Chaplin-Barton	55.31	West Norfolk AC
8	406	Christopher Myatt	56.69	Colchester Harriers

400m Hurdles Final

Position

1	397	Adam McCarthy	66.75	Havering Mayesbrook
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800m Final

Position

1	399	John McDonnell	2.02.63	Luton AC
2	364	Andrew Constable	2.02.95	Ipswich Harriers
3	428	Luke Turnbull	2.03.48	Bedford & County AC
4	411	Richard Pollitt	2.03.97	Braintree & District
5	359	Stuart Campbell	2.04.44	Lincoln Wellington
6	353	Peter Benedickter	2.10.16	Luton AC
7	410	Julien Pennycook	2.12.23	Colchester Harriers

800m Heat 1

Position

1	399	John McDonnell	2.05.34	Luton AC
2	359	Stuart Campbell	2.07.52	Lincoln Wellington
3	353	Peter Benedickter	2.08.63	Luton AC
4	425	Thomas Strachan	2.10.38	City of Norwich AC
5	416	Luke Singleton	2.10.95	Colchester Harriers
6	435	Daniel Yaxley	2.15.70	Woodford Green & Essex Ladies
7	422	Alexander Stapleton	2.17.24	Southend AC

800m Heat 2

Position

1	428	Luke Turnbull	2.03.97	Bedford & County AC
2	364	Andrew Constable	2.04.08	Ipswich Harriers
3	411	Richard Pollitt	2.04.63	Braintree & District
4	410	Julien Pennycook	2.09.85	Colchester Harriers
5	349	Thomas Barfoot	2.10.54	Herts Phoenix
6	408	Sam Palmer	2.14.11	Huntingdonshire AC

Discus Final

Position

1	372	Jonathan Edwards	34.09	Huntingdonshire AC
2	391	Martin Lawrence	30.66	Cambridge & Coleridge AC
3	429	Michael Wadlow	29.10	Dacorum & Tring AC

Hammer Final

Position

1	382	Richard Humphries	46.03	Herts Phoenix
2	372	Jonathan Edwards	33.40	Huntingdonshire AC
3	429	Michael Wadlow	20.90	Dacorum & Tring AC

High Jump Final

Position

1	373	Billy Falconer	1.80	Passmores School
2	346	Ross Armorgie	1.70	Herts Phoenix
3	347	Wesley Attew	1.70	Great Yarmouth
4	362	Jack Chrisman	1.65	West Suffolk AC

Javelin Final

Position

1	404	Matti Mortimore	63.30 (CBP)	Ipswich Harriers
2	420	Pieter Snyman	57.27	Bedford & County AC
3	354	Josh Bignell	41.89	Dacorum & Tring AC
4	368	Tom Cutts	41.27	Colchester Harriers
5	403	Alex Morter	40.42	Cambridge & Coleridge AC
6	435	Daniel Yaxley	33.08	Woodford Green & Essex Ladies

Long Jump Final

Position

1	402	Jahmal Mills	6.33	Great Yarmouth
2	377	Jonathan Gladwell	6.18	Colchester Harriers
3	352	Josh Bassett	5.98	Luton AC
4	388	Jake King	5.56	Southend AC
5	374	Jack Firman	5.19	Thetford AC
6	401	Connor Mennell	5.18	Braintree & District

Shot Putt Final

Position

1	391	Martin Lawrence	11.77	Cambridge & Coleridge AC
2	372	Jonathan Edwards	11.20	Huntingdonshire AC
3	429	Michael Wadlow	08.19	Dacorum & Tring AC

Triple Jump Final

Position

1	380	Kai Hewitt	11.94	Great Yarmouth
2	410	Julien Pennycook	11.47	Colchester Harriers
3	401	Connor Mennell	10.00	Braintree & District

U17 Women Results

100m Final (W/S +0.6)

Position

1	90	Aleasha Kiddle	12.72	Braintree & District
2	109	Kelly Murphy	13.02	Basildon AC
3	108	Ellie Morris	13.18	Cambridge & Coleridge AC
4	79	Amy Flemming	13.37	Luton AC
5	55	Katy Barber	13.61	Waveney AC
6	114	Sophie Poyner	13.68	City of Norwich AC
7	59	Victoria Borrmann	14.18	Ryston Runners

100m Heat 1 (W/S -0.7)

Position

1	109	Kelly Murphy	13.04	Basildon AC
2	108	Ellie Morris	13.15	Cambridge & Coleridge AC
3	79	Amy Flemming	13.35	Luton AC
4	112	Leanne Parker	14.28	Thetford AC

100m Heat 2 (W/S -2.0)

Position

1	90	Aleasha Kiddle	13.03	Braintree & District
2	55	Katy Barber	13.58	Waveney AC
3	114	Sophie Poyner	13.61	City of Norwich AC
4	67	Charlotte Cattermole	13.67	Ipswich Harriers
5	59	Victoria Borrmann	14.16	Ryston Runners
6	94	Jessica Langston	14.34	Leighton Buzzard

1500m Final

Position

1	66	Rebecca Carter	5.25.24	Cambridge & Coleridge AC
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200m Final (W/S +0.3)

Position

1	104	Amy McDonald	26.42	Southend AC
2	109	Kelly Murphy	26.62	Basildon AC
3	108	Ellie Morris	27.42	Cambridge & Coleridge AC
4	55	Katy Barber	28.20	Waveney AC
5	81	Robyn Gribble	29.73	Peterborough AC

3000m Final

Position

1	102	Alex Marshall	11.13.90	Huntingdonshire AC
2	54	Emily Baker	12.33.47	West Suffolk AC

300m Final

Position

1	104	Amy McDonald	42.72	Southend AC
2	127	Deborah Willis	42.88	Herts Phoenix
3	79	Amy Flemming	43.36	Luton AC
4	121	Emily Swain	43.47	Colchester Harriers
5	84	Kara Hannon	44.24	St John Payne School
6	101	Abigail Marriott	45.36	West Suffolk AC

300m Heat 1

Position

1	127	Deborah Willis	43.03	Herts Phoenix
2	88	Georgina Ivens	43.37	Nene Valley Harriers
3	79	Amy Flemming	43.53	Luton AC
4	84	Kara Hannon	43.72	St John Payne School
5	92	Zoe Kier	46.20	Cambridge & Coleridge AC
6	81	Robyn Gribble	46.87	Peterborough AC
7	126	Julia White	46.94	Stevenage & North Herts

300m Heat 2

Position

1	104	Amy McDonald	42.95	Southend AC
2	101	Abigail Marriott	43.26	West Suffolk AC
3	121	Emily Swain	43.37	Colchester Harriers
4	75	Nina Edwards	43.77	Herts Phoenix
5	85	Caroline Hill	44.97	Thurrock Harriers
6	59	Victoria Borrmann	46.52	Ryston Runners

300m Hurdles Final

Position

1	69	Felicity Clarke	46.2 (CBP)	Southend AC
2	71	Jessica Cutts	47.5	Colchester Harriers
3	122	Chloe Vernon-Hamilton	47.6	Stevenage & North Herts

800m Final

Position

1	110	Ella Neale	2.24.38	Colchester Harriers
2	101	Abigail Marriott	2.29.10	West Suffolk AC
3	77	Stacey Eyers	2.29.93	Colchester & Tendring AC
4	57	Gemma Bays	2.30.40	Peterborough AC
5	124	Victoria Walker	2.33.69	Watford Harriers
6	94	Jessica Langston	2.34.10	Leighton Buzzard
7	86	Laura Hillyard	2.41.42	Colchester & Tendring AC

80m Hurdles Final (W/S +0.0)

Position

1	76	Eleanor Evans	12.59	Southend AC
2	89	Angela James	12.64	Havering Mayesbrook
3	92	Zoe Kier	13.01	Cambridge & Coleridge AC
4	115	Anne Rees	14.62	Stevenage & North Herts

Discus Final

Position

1	105	Toni McManus	32.86	Watford Harriers
2	63	Samantha Burke	29.21	Watford Harriers
3	65	Jenna Cannell	26.32	City of Norwich AC
4	93	Beccy Knapp	25.89	Stevenage & North Herts
5	53	Sarah Ayling-Bate	24.35	West Suffolk AC

Hammer Final

Position

1	65	Jenna Cannell	38.66 (CBP)	City of Norwich AC
2	117	Hayley Sayer	35.00	Cambridge & Coleridge AC
3	58	Katie Bland	34.67	Biggleswade AC
4	93	Beccy Knapp	33.61	Stevenage & North Herts
5	82	Frances Gross	30.97	Stevenage & North Herts

High Jump Final

Position

1	83	Daniella Hankins	1.64	Bedford & County AC
2	115	Anne Rees	1.55	Stevenage & North Herts
3	92	Zoe Kier	1.50	Cambridge & Coleridge AC
4	120	Chloe Smith	1.50	City of Norwich AC
5	119	Holly Slater	1.50	City of Norwich AC
6	123	Karen Vincent	1.40	Luton AC
7	73	Beth Dixon	1.40	Cambridge & Coleridge AC

Javelin Final

Position

1	64	Stephanie Burt	33.70	City of Norwich AC
2	128	Emma Woodroffe	31.74	Huntingdonshire AC
3	78	Amber Fielden	31.27	Bedford & County AC
4	99	Amy Lyons	26.22	Biggleswade AC

Long Jump Final

Position

1	90	Aleasha Kiddle	5.60	Braintree & District
2	116	Lauren Sammout	4.93	Cambridge & Coleridge AC
3	123	Karen Vincent	4.81	Luton AC
4	112	Leanne Parker	4.39	Thetford AC
5	118	Bethan Scanes	4.37	Stevenage & North Herts
6	73	Beth Dixon	4.10	Cambridge & Coleridge AC

Pole Vault Final

Position

1	115	Anne Rees	3.00 (CBP)	Stevenage & North Herts
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Shot Putt Final

Position

1	60	Hannah Bright	09.76	Braintree & District
2	116	Lauren Sammout	09.20	Cambridge & Coleridge AC
3	53	Sarah Ayling-Bate	09.14	West Suffolk AC
4	117	Hayley Sayer	08.29	Cambridge & Coleridge AC

Triple Jump Final

Position

1	112	Leanne Parker	8.75	Thetford AC
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U20 Men Results

100m Final (W/S -4.2)

Position

1	449	Charlie Dack	11.37	Thurrock Harriers
2	450	Mark Dyble	11.59	Basildon AC
3	436	Josh Aldred	11.67	Great Yarmouth
4	487	Thomas White	11.73	Colchester Harriers
5	437	Luke Allen	11.78	West Suffolk AC
6	484	Simon Turnock	12.05	Nene Valley Harriers
7	456	James Godden	12.19	Cambridge & Coleridge AC
8	464	Christopher Marshall	12.28	City of Norwich AC
9	471	Liam O'Dell	13.11	Luton AC

110m Hurdles Final (W/S -0.5)

Position

1	440	Stephen Barnard	15.53	Enfield & Haringey
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1500m Final

Position

1	479	Andrew Ridley	4.21.25	West Suffolk AC
2	470	Will Mycroft	4.23.07	Cambridge & Coleridge AC
3	477	Josuha Reed	4.26.66	Nene Valley Harriers
4	448	Michael Cripps	4.33.84	West Suffolk AC
5	472	Jonny Palmer	4.37.55	Ipswich Harriers

200m Final (W/S +1.0)

Position

1	449	Charlie Dack	22.90	Thurrock Harriers
2	450	Mark Dyble	23.06	Basildon AC
3	480	Christian Roberts	23.20	Huntingdonshire AC
4	487	Thomas White	23.22	Colchester Harriers
5	484	Simon Turnock	23.98	Nene Valley Harriers
6	464	Christopher Marshall	24.11	City of Norwich AC
7	456	James Godden	24.25	Cambridge & Coleridge AC

3000m Final

Position

1	488	Paul Whittaker	08.56.84 (CB	Southend AC
2	454	Alex Gibb	09.28.94	Nene Valley Harriers
3	447	Howard Clarke	09.33.10	Southend AC
4	462	Jonathon Laybourn	09.34.20	West Norfolk AC
5	435	Daniel Yaxley	10.12.12	Woodford Green & Essex Ladies

400m Final

Position

1	473	Martin Pitts	51.00	Braintree & District
2	486	Cameron Webb	51.46	Stevenage & North Herts
3	482	Dominic Spike	55.96	Herts Phoenix

400m Hurdles Final

Position

1	480	Christian Roberts	55.97	Huntingdonshire AC
2	483	Christopher Stubbings	59.59	Chelmsford AC
3	481	Josh Saydraouten	60.20	Herts Phoenix

800m Final

Position

1	455	David Gibbon	1.57.97	Colchester & Tendring AC
2	442	Adam Binns	1.58.68	Nene Valley Harriers
3	459	Lloyd Heard	2.00.86	Colchester & Tendring AC
4	477	Josuha Reed	2.02.19	Nene Valley Harriers
5	469	Josh Moss	2.07.67	Stevenage & North Herts
6	432	Sam Poulton	2.09.89	Stevenage & North Herts

Discus Final

Position

1	485	Steve Watson	47.40	Dacorum & Tring AC
2	474	Ashley Ralph	42.29	St Albans AC
3	458	Ben Hale	37.36	Nene Valley Harriers
4	467	Daniel Moles	30.41	Colchester Harriers

Hammer Final

Position

1	443	Joe Bloomfield	56.56 (CBP)	Ipswich Harriers
2	451	Ben Flash	50.87	Dacorum & Tring AC
3	474	Ashley Ralph	46.26	St Albans AC
4	458	Ben Hale	42.88	Nene Valley Harriers
5	467	Daniel Moles	29.00	Colchester Harriers

Javelin Final

Position

1	444	Jay Boddington	50.66	Woodford Green & Essex Ladies
2	452	Perry Francis	37.83	City of Norwich AC

Long Jump Final

Position

1	438	Craig Andrew	6.37	Luton AC
2	437	Luke Allen	5.98	West Suffolk AC
3	445	Kevin Brown	5.84	Southend AC

Pole Vault Final

Position

1	476	Michael Read	4.50	Chelmsford AC
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Shot Putt Final

Position

1	466	Robert Mohan	14.75	Nene Valley Harriers
2	474	Ashley Ralph	13.63	St Albans AC
3	485	Steve Watson	11.74	Dacorum & Tring AC
4	484	Simon Turnock	10.45	Nene Valley Harriers
5	467	Daniel Moles	09.70	Colchester Harriers

Triple Jump Final

Position

1	445	Kevin Brown	13.41	Southend AC
2	438	Craig Andrew	13.32	Luton AC
3	437	Luke Allen	13.06	West Suffolk AC
4	464	Christopher Marshall	11.75	City of Norwich AC

U20 Women Results

100m Final (W/S +0.7)

Position

1	49	Kirsty Shepherd	12.62	Basildon AC
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100m Hurdles Final

Position

1	31	Emily Craven	18.3	Peterborough AC
2	46	Lisa Potter	18.5	Braintree & District

1500m Final

Position

1	25	Carrie Arkell	6.14.83	Cambridge & Coleridge AC
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200m Final (W/S +1.4)

Position

1	31	Emily Craven	29.70	Peterborough AC
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3000m Final

Position

1	51	Jessica Williams	10.58.37 (CBP)	Nene Valley Harriers
2	32	Jessica Docking	11.33.18	Woodford Green & Essex Ladies

400m Final

Position

1	26	Sade Bailey	63.47	Basildon AC
2	194	Emily Wenman	64.52	West Suffolk AC
3	35	Nicola Gibson	68.38	Peterborough AC

400m Hurdles Final

Position

1	41	Emily Moss	70.57	Peterborough AC
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800m Final

Position

1	44	Katie Parker	2.36.13	Cambridge & Coleridge AC
2	478	Nathalie Richards	2.59.80	Cambridge & Coleridge AC

Discus Final

Position

1	47	Loren Scanes	25.92 (CBP)	Stevenage & North Herts
2	27	Louise Capicotto	25.50	Watford Harriers

Hammer Final

Position

1	34	Alice Forster	29.71	Cambridge & Coleridge AC
2	47	Loren Scanes	29.34	Stevenage & North Herts

High Jump Final

Position

1	48	Katy Sealy	1.55	Ipswich Harriers
2	26	Sade Bailey	1.50	Basildon AC

Javelin Final

Position

1	37	Louise Lockwood	37.57 (CBP)	University of East London
2	48	Katy Sealy	33.16	Ipswich Harriers

Long Jump Final

Position

1	46	Lisa Potter	4.63	Braintree & District
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Shot Putt Final

Position

1	34	Alice Forster	11.15 (CBP)	Cambridge & Coleridge AC
2	48	Katy Sealy	08.90	Ipswich Harriers

Triple Jump Final

Position

1	40	Jade Morgan	11.59 (CBP)	Colchester Harriers
2	33	Katie Doody	09.83	Luton AC