
Eastern Athletic Association

Track & Field Championships



Saturday 29th June 2013

University Track, Cambridge

Results

Senior Men

U20 Men

U17 Men

U15 Boys

U13 Boys

Senior Women

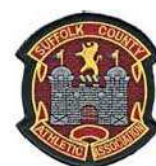
U20 Women

U17 Women

U15 Girls

U13 Girls

Click on Age groups to View Results



EASTERN AA CHAMPIONSHIPS – 2013

Senior Men 100m Final

1	11.0	27	Richard Taylor	Great Yarmouth and District AC
2	11.1	1	Akeem Akintokun	Newham & Essex Beagles
3	11.1	8	Lee Dollard	Basildon
4	11.2	10	Ben Gibbs	Thurrock Harriers
5	11.4	7	Mark Collins	EVAC
6	11.5	4	Aderian Bright	Luton A C

Senior Men 1500m Final

1	4.24.79	15	James O'Neill	Ryston Runners
2	4.38.70	14	John Nash	Nene Valley Harriers
3	5.04.03	16	David Pettitt	Cambridge & Coleridge

Senior Men 200m Final (+1.1)

1	21.79	27	Richard Taylor	Great Yarmouth and District AC
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Senior Men 3000m Final

1	9.11.21	15	James O'Neill	Ryston Runners
2	9.15.97	11	Istvan Jacso	Cambridge & Coleridge
3	10.33.57	16	David Pettitt	Cambridge & Coleridge

Senior Men 400m Hurdles Final

1	56.95	21	Christian Roberts	Cambridge University
2	65.20	23	David Robinson	Serpentine

Senior Men 800m Final

1	2.08.22	19	Steven Rand	Havering Mayesbrook
2	2.36.16	26	Neil Swan	Thetford AC

Senior Men Discus Final

1	47.67	13	Christopher Linque	Woodford Green with Essex Ladies
2	46.59	9	Jonathan Edwards	Hunts AC

EASTERN AA CHAMPIONSHIPS – 2013

Senior Men Hammer Final

1	58.37	9	Jonathan Edwards	Hunts AC
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Senior Men High Jump Final

1	1.70	24	Paul Spicer	Stevenage & North Herts
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Senior Men Long Jump Final

1	6.44	20	Sam Richards	Cambridge & Coleridge
2	5.75	2	Luke Allen	West Suffolk AC

Senior Men Pole Vault Final

1	3.40	5	Stuart Chisholm	Ashford AC
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Senior Men Shot Final

1	14.51	9	Jonathan Edwards	Hunts AC
2	10.87	4	Aderian Bright	Luton A C
3	10.17	2	Luke Allen	West Suffolk AC

Senior Men Triple Jump Final

1	13.13	12	Ezra Leonce	Luton A C
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EASTERN AA CHAMPIONSHIPS – 2013

Senior Women 100m Final (+0.3)

1	12.84	47	Heidi Nicholas	Basildon AC
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Senior Women 100m Hurdles Final (+1.8)

1	15.67	47	Heidi Nicholas	Basildon AC
2	16.41	33	Evie Castle	Chelmsford AC

Senior Women 1500m Final

1	4.40.78	43	Ellen Leggate	Cambridge & Coleridge
2	4.43.47	53	Karen Whitmarsh	Basildon AC
3	4.57.38	34	Sophie Cowper	Lincoln Wellington AC

Senior Women 200m Final (+1.3)

1	26.54	37	Nichola Gibson	Peterborough AC
2	26.68	47	Heidi Nicholas	Basildon AC

Senior Women 3000m Final

1	10.10.13	34	Sophie Cowper	Lincoln Wellington AC
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Senior Women 400m Final

1	59.08	39	Alexandra Hill	Herts Phoenix
2	59.63	44	Jenna McGrevey	Lincoln Wellington AC
3	61.42	37	Nichola Gibson	Peterborough AC

Senior Women 800m Final

1	2.16.57	44	Jenna McGrevey	Lincoln Wellington AC
2	2.23.01	39	Alexandra Hill	Herts Phoenix

Senior Women Discus Final

1	34.85	40	Georgia Howe	Ipswich Harriers
2	30.56	33	Evie Castle	Chelmsford AC
3	29.63	35	Louise Deer	Chelmsford AC

EASTERN AA CHAMPIONSHIPS – 2013

Senior Women Hammer Final

1	46.53	40	Georgia Howe	Ipswich Harriers
2	37.79	48	Katie Parker	Enfield & Haringey
3	36.63	35	Louise Deer	Chelmsford AC
4	35.67	49	Hayley Sayer	Cambridge & Coleridge
5	34.67	33	Evie Castle	Chelmsford AC
6	32.72	41	Becky Knapp	Stevenage & North Herts

Senior Women High Jump Final

1	1.60	51	Chloe Vernon-Hamilton	Stevenage & North Herts
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Senior Women Javelin Final

1	42.85	45	Eloise Meakins	Herts Phoenix
2	32.16	33	Evie Castle	Chelmsford AC
3	31.63	52	Claire Ward	Stevenage & North Herts

Senior Women Long Jump Final

1	5.12	47	Heidi Nicholas	Basildon AC
2	4.68	52	Claire Ward	Stevenage & North Herts

Senior Women Pole Vault Final

1	2.40	36	Kara Gibbs	Bedford & County
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Senior Women Shot Final

1	11.38	33	Evie Castle	Chelmsford AC
2	8.01	52	Claire Ward	Stevenage & North Herts

Senior Women Triple Jump Final

1	10.30	47	Heidi Nicholas	Basildon AC
2	9.66	33	Evie Castle	Chelmsford AC

EASTERN AA CHAMPIONSHIPS – 2013

U13 Boys 100m Final (+1.2)

1	12.43	61	William Adeyeye	Thurrock Harriers
2	13.84	71	Alexander Marsh	Cambridge & Coleridge AC
3	14.22	82	Matthew Snowdon	Ipswich Harriers
4	14.52	62	Theodore Aubrey	Cambridge & Coleridge

U13 Boys 200m Final (+1.9)

1	28.10	62	Theodore Aubrey	Cambridge & Coleridge
2	28.90	64	Liam Chivers	Thurrock Harriers
3	31.49	86	Ralph Williams	Watford Harriers
4	31.97	74	Adam Newton	West Suffolk AC

U13 Boys 75m Hurdles Final (+1.1)

1	15.17	86	Ralph Williams	Watford Harriers
2	15.18	85	Haydn Williams	Watford Harriers

U13 Boys Long Jump Final

1	5.33	61	William Adeyeye	Thurrock Harriers
2	4.73	80	Harvey Simpkins	Cambridge & Coleridge
3	4.49	73	Thomas McCarthy	West Suffolk AC
4	4.38	75	Finn O'Reilly	Colchester Harriers
5	4.31	68	Benjamin Hunt	Dacorum & Tring
6	4.10	82	Matthew Snowdon	Ipswich Harriers
7	3.97	85	Haydn Williams	Watford Harriers
8	3.61	72	Tommy Martin	West Suffolk
	NDR	86	Ralph Williams	Watford Harriers

U13 Boys Shot Final

1	11.29 (CBP)	61	William Adeyeye	Thurrock Harriers
2	5.16	75	Finn O'Reilly	Colchester Harriers

EASTERN AA CHAMPIONSHIPS – 2013

U13 Boys 800m Final

1	2.23.71	82	Matthew Snowdon	Ipswich Harriers
2	2.23.81	70	Thomas Keen	Cambridge & Coleridge
3	2.26.40	84	Aiden Try	Thetford AC
4	2.26.45	66	Jack Exley	Thurrock Harriers
5	2.26.77	69	Wilson Jeffery	Woodford Green with Essex Ladies
6	2.27.65	83	Harley Swan	Thetford Academy
7	2.28.61	73	Thomas McCarthy	West Suffolk AC
8	2.30.22	67	Ross Gladman	Stevenage & North Herts
9	2.32.54	81	Joseph Smythe	Thetford AC
10	2.33.82	87	Andrew Worrall	Hunts AC
11	2.33.83	76	Oliver Pocklington	Hunts AC
12	2.34.25	72	Tommy Martin	West Suffolk
13	2.37.72	63	Elliot Breen	Herts Phoenix
14	2.40.03	60	Cameron Ackroyd	West Suffolk
15	2.43.68	64	Liam Chivers	Thurrock Harriers
16	2.45.88	74	Adam Newton	West Suffolk AC
17	2.53.09	85	Haydn Williams	Watford Harriers
	DNF	65	Jay Cook	West Suffolk AC

EASTERN AA CHAMPIONSHIPS – 2013

U13 Girls 100m Final (+1.0)

1	13.82	126	Georgia Harrold	Ipswich Harriers
2	14.23	116	Jasmine Cant	Ipswich Harriers
3	14.31	146	Lauren Strutt	Colchester Harriers
4	14.36	139	Breanna Quist	Watford Harriers
5	14.73	121	Harriet Fenton	Peterborough AC
6	14.73	147	Milly Watling	Peterborough AC
7	14.79	119	Katie Daniels	City of Norwich
8	14.84	113	Ella Bradfield	Dacorum & Tring
9	15.48	133	Olivia Mynett	Thurrock Harriers

U13 Girls 200m Final (+1.9)

1	28.70	123	Molly Gardner	Woodford Green with Essex Ladies
2	29.22	126	Georgia Harrold	Ipswich Harriers
3	29.47	116	Jasmine Cant	Ipswich Harriers
4	29.76	146	Lauren Strutt	Colchester Harriers
5	29.93	121	Harriet Fenton	Peterborough AC
6	30.01	139	Breanna Quist	Watford Harriers
7	30.65	113	Ella Bradfield	Dacorum & Tring
	DNS	138	Chloe Quantrill	City of Norwich

U13 Girls 200m Heat 1 (+2.3)

1	29.02	126	Georgia Harrold	Ipswich Harriers
2	29.36	138	Chloe Quantrill	City of Norwich
3	29.58	139	Breanna Quist	Watford Harriers
4	31.01	129	Georgina Ives	Peterborough AC
5	31.51	136	Katie Porter	Peterborough AC

EASTERN AA CHAMPIONSHIPS – 2013

U13 Girls 200m Heat 2 (+3.5)

1	28.34	123	Molly Gardner	Woodford Green with Essex Ladies
2	29.32	116	Jasmine Cant	Ipswich Harriers
3	29.64	146	Lauren Strutt	Colchester Harriers
4	29.86	121	Harriet Fenton	Peterborough AC
5	30.92	113	Ella Bradfield	Dacorum & Tring
6	34.56	142	Megan Smith	Thurrock Harriers

U13 Girls 70m Hurdles Final (+1.4)

1	11.48 (CBP)	128	Amber Hornbuckle	Enfield & Haringey
2	12.44	122	Ellie Forrest	Peterborough AC
3	12.64	138	Chloe Quantrill	City of Norwich
4	12.66	147	Milly Watling	Peterborough AC
5	13.31	125	Melissa Gurteen	Braintree and District AC
6	13.33	119	Katie Daniels	City of Norwich
7	15.30	129	Georgina Ives	Peterborough AC
8	15.84	145	Rhea Stavri	Thurrock Harriers

U13 Girls 800m Final

1	2.31.88	141	Hannah Shelton	Riverside Runners
2	2.36.37	131	Jessica Mitchell	Havering Mayesbrook
3	2.40.72	136	Katie Porter	Peterborough AC
4	2.40.89	106	Molly Bath	St Mary's School
5	2.41.88	134	Kate O'Neill	Havering Mayesbrook
6	2.44.28	140	Sophie Rand	Havering Mayesbrook
7	2.49.83	137	Shona Pybus	Stevenage & North Herts
8	2.52.95	121	Harriet Fenton	Peterborough AC
9	2.53.06	148	Beth Wilson	Cambridge & Coleridge
10	2.54.10	130	Aoife Kennedy	Colchester & Tendring
11	2.58.07	102	Gemma Barnsdale	Lincoln Wellington
12	3.01.91	142	Megan Smith	Thurrock Harriers
13	3.02.56	110	Emma Bolton	Stevenage & North Herts

EASTERN AA CHAMPIONSHIPS – 2013

U13 Girls Long Jump Final

1	4.16	139	Breanna Quist	Watford Harriers
2	4.10	128	Amber Hornbuckle	Enfield & Haringey
3	4.08	119	Katie Daniels	City of Norwich
4	4.08	122	Ellie Forrest	Peterborough AC
5	4.06	125	Melissa Gurteen	Braintree and District AC
6	3.91	126	Georgia Harrold	Ipswich Harriers
7	3.48	145	Rhea Stavri	Thurrock Harriers
8	3.30	133	Olivia Mynett	Thurrock Harriers

U13 Girls Shot Final

1	8.51	137	Shona Pybus	Stevenage & North Herts
2	6.05	147	Milly Watling	Peterborough AC
3	5.54	142	Megan Smith	Thurrock Harriers
4	5.45	133	Olivia Mynett	Thurrock Harriers
5	5.38	145	Rhea Stavri	Thurrock Harriers

EASTERN AA CHAMPIONSHIPS – 2013

U15 Boys 100m Final (+2.0)

1	11.87	185	Nathaniel Sherger	Chelmsford AC
2	11.99	181	Max Price	Stevenage & North Herts
3	12.41	193	Morgan Webster	Biggleswade AC
4	12.51	162	Callum Dickson-Earle	Biggleswade
5	12.62	155	Nathan Burke	Herts Phoenix
6	12.78	176	Lynden Mcpherson	Cambridge & Coleridge
7	12.82	192	Bradley Strong	Biggleswade AC

U15 Boys 1500m Final

1	4.33.52	180	Joseph Patterson	Colchester & Tendring
2	4.33.64	166	Austin Herbert	Nene Valley Harriers
3	4.34.86	196	Jordan Wood	Cambridge & Coleridge
4	4.40.24	161	Elliot Dee	Shaftesbury Barnet Harriers
5	4.42.97	189	Samuel Smith	Thurrock Harriers
6	4.45.84	151	Niall Ackroyd	West Suffolk
7	4.53.01	158	Adam Crawford	West Suffolk
	DNS	152	Oliver Bath	Havering & Myaesbrook

U15 Boys 200m Final (0)

1	24.5	185	Nathaniel Sherger	Chelmsford AC
2	25.3	193	Morgan Webster	Biggleswade AC
3	26.0	188	William Slaughter	Thurrock Harriers
4	26.5	192	Bradley Strong	Biggleswade AC
5	27.5	190	Charlie Splarn	Thurrock Harriers

U15 Boys 300m Final

1	40.24	164	Beck Grover	Herts Phoenix
2	41.88	179	Matthew Owers	Havering Mayesbrook
3	43.36	169	Chris Jones	Ipswich Harriers
4	45.51	170	Daniel Kerwin	Cambridge & Coleridge
5	45.51	163	Peter Elsdon - Dean	Newmarket Joggers
	DNS	151	Niall Ackroyd	West Suffolk

EASTERN AA CHAMPIONSHIPS – 2013

U15 Boys 75m Hurdles Final (+2.3)

1	11.67	181	Max Price	Stevenage & North Herts
2	11.78	162	Callum Dickson-Earle	Biggleswade
3	13.14	179	Matthew Owers	Havering Mayesbrook
4	13.97	157	Samuel Clarke	Cambridge & Coleridge AC

U15 Boys 800m Final

1	2.03.25 (CBP)	167	Rob Huckle	Cambridge and Coleridge
2	2.05.79	164	Beck Grover	Herts Phoenix
3	2.20.62	188	William Slaughter	Thurrock Harriers
4	2.22.10	170	Daniel Kerwin	Cambridge & Coleridge
5	2.40.66	152	Oliver Bath	Havering & Myaesbrook
	DNS	153	Christopher Blatch	Cambridge & Coleridge

U15 Boys Discus Final

1	30.46	173	Alexander Marchant	City of Norwich
2	29.91	175	Oliver Massingham	City of Norwich
3	20.99	182	Wesley Roper	West Suffolk AC
4	19.32	190	Charlie Splarn	Thurrock Harriers
5	17.03	178	Joseph Nicholson	Thetford AC

U15 Boys Javelin Final

1	35.04	173	Alexander Marchant	City of Norwich
2	30.12	160	Alex Dargan-Bloss	Thurrock Harriers
3	29.61	182	Wesley Roper	West Suffolk AC
4	24.47	163	Peter Elsdon - Dean	Newmarket Joggers
5	19.34	157	Samuel Clarke	Cambridge & Coleridge AC

U15 Boys Hammer Final

1	53.41	174	George Marvell	Stevenage & North Herts
2	33.25	183	Levi-Jack Roper	West Suffolk AC
3	23.62	178	Joseph Nicholson	Thetford AC

EASTERN AA CHAMPIONSHIPS – 2013

U15 Boys High Jump Final

1	1.82 (CBP)	181	Max Price	Stevenage & North Herts
2	1.70	169	Chris Jones	Ipswich Harriers
3	1.45	160	Alex Dargan-Bloss	Thurrock Harriers
4	1.40	154	Lee Brown	Stevenage & North Herts

U15 Boys Long Jump Final

1	4.89	155	Nathan Burke	Herts Phoenix
2	4.36	159	Sam Cridland	Cambridge & Coleridge
3	4.27	154	Lee Brown	Stevenage & North Herts
4	4.19	163	Peter Elsdon - Dean	Newmarket Joggers

U15 Boys Pole Vault Final

1	2.70	191	Michael Stocker	Stevenage & North Herts
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U15 Boys Shot Final

1	12.60	173	Alexander Marchant	City of Norwich
2	12.26	175	Oliver Massingham	City of Norwich
3	8.90	160	Alex Dargan-Bloss	Thurrock Harriers

U15 Boys Triple Jump Final

1	11.50	177	Ryan Morgan	Colchester Harriers
2	10.72	183	Levi-Jack Roper	West Suffolk AC
3	9.55	157	Samuel Clarke	Cambridge & Coleridge AC
4	9.02	190	Charlie Splarn	Thurrock Harriers
5	8.70	191	Michael Stocker	Stevenage & North Herts

EASTERN AA CHAMPIONSHIPS – 2013

U15 Girls 100m Final (+1.4)

1	12.81	381	Shannon Mcneil	Chelmsford AC
2	12.95	386	Caitlin O'Reilly	Colchester Harriers
3	13.20	403	Megan Sims	Peterborough AC
4	13.39	373	Lauren Grubb	Ipswich Harriers
5	13.47	371	Chloe Godbold	Ipswich Harriers
6	13.74	374	Bethany Harley	Stevenage & North Herts
7	13.85	377	Serena Korkmaz	Peterborough AC
8	14.08	393	Alexandra Pullan	Peterborough AC

U15 Girls 100m Heat 1 (+1.2)

1	12.86	381	Shannon Mcneil	Chelmsford AC
2	13.18	403	Megan Sims	Peterborough AC
3	13.33	373	Lauren Grubb	Ipswich Harriers
4	13.78	377	Serena Korkmaz	Peterborough AC
5	14.08	362	Georgia Chambers	Herts Phoenix

U15 Girls 100m Heat 2 (+1.2)

1	13.38	386	Caitlin O'Reilly	Colchester Harriers
2	13.52	371	Chloe Godbold	Ipswich Harriers
3	13.70	374	Bethany Harley	Stevenage & North Herts
4	13.85	393	Alexandra Pullan	Peterborough AC
5	14.13	378	Elena March	Thurrock Harriers
6	14.80	355	Courtney Mae Bland	Colchester Harriers

EASTERN AA CHAMPIONSHIPS – 2013

U15 Girls 1500m Final

1	4.55.92	383	Alice Newcombe	Cambridge & Coleridge
2	5.01.83	390	Emma Perks	Chelmsford AC
3	5.02.65	467	Francesca Worrall	Hunts AC
4	5.05.77	358	Rachel Broome	Chelmsford AC
5	5.06.25	382	Lauren Murphy	West Suffolk AC
6	5.09.18	384	Megan Newton	West Suffolk
7	5.21.62	380	Rhiannon Martin	Lincoln Wellington AC
8	5.24.14	392	Maisie Pritchard	Bedford & County
9	6.14.53	368	Holly Eaton	Moulsham High School

U15 Girls 200m Final (+2.9)

1	26.71	381	Shannon Mcneil	Chelmsford AC
2	27.01	386	Caitlin O'Reilly	Colchester Harriers
3	27.26	403	Megan Sims	Peterborough AC
4	27.31	371	Chloe Godbold	Ipswich Harriers
5	28.04	353	Zoe Benton	Herts Phoenix
6	28.32	396	Michaela Raine	Ryston Runners
7	28.39	391	Megan Porter	Peterborough AC
	DNS	373	Lauren Grubb	Ipswich Harriers

U15 Girls 200m Heat 1 (+3.2)

1	26.90	381	Shannon Mcneil	Chelmsford AC
2	27.87	386	Caitlin O'Reilly	Colchester Harriers
3	27.98	353	Zoe Benton	Herts Phoenix
4	28.23	396	Michaela Raine	Ryston Runners
5	28.36	377	Serena Korkmaz	Peterborough AC
6	30.00	354	Freya Biles	Breckland School
7	32.10	384	Megan Newton	West Suffolk

EASTERN AA CHAMPIONSHIPS – 2013

U15 Girls 200m Heat 2 (+3.8)

1	27.27	403	Megan Sims	Peterborough AC
2	27.28	371	Chloe Godbold	Ipswich Harriers
3	27.54	373	Lauren Grubb	Ipswich Harriers
4	28.07	391	Megan Porter	Peterborough AC
5	28.46	393	Alexandra Pullan	Peterborough AC
6	29.26	362	Georgia Chambers	Herts Phoenix
7	29.57	372	Molly Gregorious	Hunts AC

U15 Girls 75m Hurdles Final (+1.3)

1	11.54	379	Finlay Marriott	Cambridge & Coleridge
2	12.02	401	Alice Semark	Herts Phoenix
3	12.20	387	Nicole Parcell	Herts Phoenix
4	12.28	399	Emily Russell	Harrow AC
5	12.53	403	Megan Sims	Peterborough AC
6	12.79	367	Amy Dowsett	Great Yarmouth and District AC
7	13.14	353	Zoe Benton	Herts Phoenix
8	13.28	394	Amy Quantrill	City of Norwich
9	13.91	378	Elena March	Thurrock Harriers
	DNF	356	Lauren Bradfield	City of Norwich

U15 Girls 800m Final

1	2.28.39	395	Annabel Quantrill	Cambridge & Coleridge
2	2.29.77	400	Mikayela Sealby	West Suffolk
3	2.31.37	369	Kate Etheridge	Chelmsford AC
4	2.37.01	366	Emily Donoghue	Colchester & Tendring
5	2.37.38	354	Freya Biles	Breckland School
6	2.42.94	364	Amelia Darnell	Hunts AC
7	2.45.63	397	Juliana Rehakova	Cambridge & Coleridge
DNS	405		Nella Walters	West Suffolk AC

U15 Girls Discus Final

1	21.59	398	Karolina Rehakova	Cambridge & Coleridge
2	16.82	372	Molly Gregorious	Hunts AC

EASTERN AA CHAMPIONSHIPS – 2013

U15 Girls Hammer Final

1	35.15	360	Mia Browne	Thetford AC
2	29.40	352	Alice Barnsdale	Lincoln Wellington
3	21.33	367	Amy Dowsett	Great Yarmouth and District AC
4	21.26	398	Karolina Rehakova	Cambridge & Coleridge

U15 Girls High Jump Final

1	1.59 (CBP)	373	Lauren Grubb	Ipswich Harriers
2	1.53	374	Bethany Harley	Stevenage & North Herts
3	1.45	391	Megan Porter	Peterborough AC
4	1.30	356	Lauren Bradfield	City of Norwich
5	1.25	375	Seniz Jessener	Thurrock Harriers

U15 Girls Javelin Final

1	17.81	354	Freya Biles	Breckland School
2	16.30	374	Bethany Harley	Stevenage & North Herts

U15 Girls Long Jump Final

1	5.02	387	Nicole Parcell	Herts Phoenix
2	4.84	365	Bethany Denial	Nene Valley Harriers
3	4.63	386	Caitlin O'Reilly	Colchester Harriers
4	4.41	355	Courtney Mae Bland	Colchester Harriers
5	4.33	378	Elena March	Thurrock Harriers
6	4.25	393	Alexandra Pullan	Peterborough AC
7	3.86	375	Seniz Jessener	Thurrock Harriers

U15 Girls Pole Vault Final

1	3.00	359	Holly Brown	Peterborough AC
2	2.60	357	Erin Breen	Herts Phoenix
3	2.20	372	Molly Gregorious	Hunts AC

EASTERN AA CHAMPIONSHIPS – 2013

U15 Girls Shot Final

1	10.85	387	Nicole Parcell	Herts Phoenix
2	8.46	398	Karolina Rehakova	Cambridge & Coleridge
3	7.03	375	Seniz Jessener	Thurrock Harriers
4	5.99	355	Courtney Mae Bland	Colchester Harriers

U15 Girls Triple Jump Final

1	9.35	367	Amy Dowsett	Great Yarmouth and District AC
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EASTERN AA CHAMPIONSHIPS – 2013

U17 Men 100m Final (+1.2)

1	11.10	202	Dominic Burnham	Great Yarmouth and District AC
2	11.49	218	Kyle Potter	West Suffolk AC
3	11.71	222	Richard Shingleton	Braintree and District AC
4	12.02	227	Harry Unwin	West Suffolk AC
5	12.05	229	Aaron Would	Lincoln Wellington AC
6	12.27	225	Lewis Thorn	Braintree AC

U17 Men 100m Hurdles Final (+1.8)

1	13.98	210	Matthew Hall	Watford Harriers
2	14.03	219	Max Schopp	Stevenage & North Herts

U17 Men 200m Final (+0.8)

1	22.51	202	Dominic Burnham	Great Yarmouth and District AC
2	24.58	227	Harry Unwin	West Suffolk AC
3	24.67	225	Lewis Thorn	Braintree AC
DNS	218		Kyle Potter	West Suffolk AC

U17 Men 3000m Final

1	9.59.86	201	Robert Bolton	Stevenage & North Herts
2	10.45.64	208	Jack Gladman	Stevenage & North Herts

U17 Men 400m Final

1	49.90	212	Elliot Holland	City of Norwich
2	51.17	203	Nick Cooper	Braintree and District AC
3	51.93	221	Charlie Shingleton	Braintree and District AC
4	56.44	228	Curtis Wood	Cambridge & Coleridge
5	57.60	209	Matthew Grapes	City of Norwich
6	58.03	224	Aaron Spalter	Watford Harriers

U17 Men 800m Final

1	2.19.31	209	Matthew Grapes	City of Norwich
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EASTERN AA CHAMPIONSHIPS – 2013

U17 Men Discus Final

1	34.59	213	Daniel Howe	Thetford AC
2	29.90	214	Isaac Huskisson	Nene Valley Harriers
3	23.80	226	Jordan Turner	Thetford AC

U17 Men Hammer Final

1	51.64	214	Isaac Huskisson	Nene Valley Harriers
2	47.56	213	Daniel Howe	Thetford AC
3	25.50	226	Jordan Turner	Thetford AC

U17 Men High Jump Final

1	1.70	228	Curtis Wood	Cambridge & Coleridge
2	1.65	209	Matthew Grapes	City of Norwich
3	1.50	223	Aidan Simpson	Thurrock Harriers

U17 Men Javelin Final

1	55.85	217	Albert Pavelin	Cambridge & Coleridge AC
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U17 Men Long Jump Final

1	5.61	222	Richard Shingleton	Braintree and District AC
2	5.29	225	Lewis Thorn	Braintree AC
3	4.74	223	Aidan Simpson	Thurrock Harriers

U17 Men Pole Vault Final

1	4.00	207	Nathan Gardner	Stevenage & North Herts
2	3.70	216	Lewis Nicholson	Bedford & County
3	3.20	220	Tyler Seager	Bedford & County

U17 Men Shot Final

1	10.72	214	Isaac Huskisson	Nene Valley Harriers
2	7.57	226	Jordan Turner	Thetford AC
3	5.73	211	Alexander Hewitt	Havering Mayesbrook

EASTERN AA CHAMPIONSHIPS – 2013

U17 Men Triple Jump Final

1	13.39	200	Tom Boggon	Biggleswade AC
2	12.24	221	Charlie Shingleton	Braintree and District AC
3	10.62	223	Aidan Simpson	Thurrock Harriers

EASTERN AA CHAMPIONSHIPS – 2013

U17 Women 100m Final (+1.0)

1	12.89	323	Chantelle Kilpatrick	Ipswich Harriers
2	12.91	338	Chloe Stopher	Ipswich Harriers
3	14.43	318	Rhiannon Howard	Braintree and District AC

U17 Women 1500m Final

1	4.44.09	329	Charlotte- Tara Murphy	West Suffolk AC
2	4.53.37	341	Claire Wilson	Cambridge & Coleridge
3	5.19.32	320	Bronwyn Jacobs	West Suffolk AC

U17 Women 200m Final (+1.4)

1	25.67	317	Moesha Howard	Chelmsford AC
2	26.65	302	Phoebe Baker	Great Yarmouth and District AC
3	26.73	324	Catriona Marriott	Cambridge & Coleridge
4	26.84	314	Matilda Gomperts Willis	Cambridge & Coleridge
5	26.87	338	Chloe Stopher	Ipswich Harriers
6	26.95	323	Chantelle Kilpatrick	Ipswich Harriers
7	27.80	306	Ellen Brierton	Cambridge & Coleridge
8	28.19	310	Melissa Doran	Stevenage & North Herts

U17 Women 300m Final

1	42.01	302	Phoebe Baker	Great Yarmouth and District AC
2	42.57	324	Catriona Marriott	Cambridge & Coleridge
3	42.97	331	Hollie Parker	Cambridge & Coleridge
4	43.87	314	Matilda Gomperts Willis	Cambridge & Coleridge
5	44.46	300	Emily Anderson	Great Yarmouth and District AC
6	46.08	309	Elena Cervi	Stevenage & North Herts
7	47.38	311	Sarah Feely	Stevenage & North Herts

U17 Women 300m Hurdles Final

1	48.56	303	Suzanne Bentley	St Albans AC
2	48.89	310	Melissa Doran	Stevenage & North Herts
3	52.63	305	Megan Breen	Herts Phoenix

EASTERN AA CHAMPIONSHIPS – 2013

U17 Women 800m Final

1	2.15.50	316	Gemma Holloway	Thurrock Harriers
2	2.22.25	340	Katherine-Jayne Watts	Colchester Harriers
3	2.22.41	312	Ami Fosker	Colchester & Tendring
4	2.22.82	304	Ella Blake	Hunts AC
5	2.22.96	341	Claire Wilson	Cambridge & Coleridge
6	2.23.61	328	Emily Moyes	West Suffolk AC
7	2.23.68	313	Charlotte Gillard	Cambridge & Coleridge

U17 Women 80m Hurdles Final (+1.7)

1	11.46 (CBP)	317	Moesha Howard	Chelmsford AC
2	11.53	339	Charlotte Underwood	Bedford and County A.C.
3	12.21	315	Naomi Harryman	Harlow AC
4	12.46	303	Suzanne Bentley	St Albans AC
5	12.99	308	April Castle	Chelmsford AC

U17 Women Discus Final

1	30.52	326	Fiona Mcquire	Dacorum & Tring
2	27.70	300	Emily Anderson	Great Yarmouth and District AC

U17 Women Hammer Final

1	42.69 (CBP)	335	Megan Rushmore	West Norfolk AC
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U17 Women High Jump Final

1	1.73	301	Laura Armorgie	Herts Phoenix
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U17 Women Javelin Final

1	30.41	327	Eleanor Moss	Herts Phoenix
2	25.08	303	Suzanne Bentley	St Albans AC
3	24.85	325	Alice Martin	Thurrock Harriers

EASTERN AA CHAMPIONSHIPS – 2013

U17 Women Long Jump Final

1	5.31	334	Sarah Prescott- Smith	Chelmsford AC
2	4.85	323	Chantelle Kilpatrick	Ipswich Harriers
3	4.68	308	April Castle	Chelmsford AC
4	4.65	336	Ellie Savva	Great Baddow School
5	4.60	318	Rhiannon Howard	Braintree and District AC
6	4.38	309	Elena Cervi	Stevenage & North Herts
7	4.36	300	Emily Anderson	Great Yarmouth and District AC
8	4.15	310	Melissa Doran	Stevenage & North Herts
9	4.10	321	Beth James	Thurrock Harriers
10	3.76	330	Niamh O'Connor	Luton A C

U17 Women Shot Final

1	8.51	326	Fiona Mcquire	Dacorum & Tring
2	7.74	321	Beth James	Thurrock Harriers

U17 Women Triple Jump Final

1	10.88	315	Naomi Harryman	Harlow AC
2	10.52	308	April Castle	Chelmsford AC
3	10.51	326	Fiona Mcquire	Dacorum & Tring
4	9.53	321	Beth James	Thurrock Harriers
5	9.21	306	Ellen Brierton	Cambridge & Coleridge
6	9.18	330	Niamh O'Connor	Luton A C

EASTERN AA CHAMPIONSHIPS – 2013

U20 Men 100m Final (+0.3)

1	11.58	264	Joe Bradbury	Bedford AC
2	11.75	260	Shane Atherton	Great Yarmouth and District AC
3	11.87	285	Karl Tucker	Havering Mayesbrook
4	12.08	280	Aaron Raine	Ryston Runners
	DNS	275	Alexander McNally	Nene Valley Harriers
	DNS	267	Euan Dickson-Earle	Biggleswade AC

U20 Men 110m Hurdles Final (+3.9)

1	16.11	261	Matthew Bailey	West Norfolk AC
2	17.30	285	Karl Tucker	Havering Mayesbrook

U20 Men 1500m Final

1	4.22.10	291	Kieran Wood	Cambridge & Coleridge
2	4.32.45	266	James Cochrane	Cambridge & Coleridge
	DNS	281	Andrew Revell	Ipswich Harriers

U20 Men 200m Final (+1.1)

1	22.88	262	Oliver Best	Basildon
2	23.26	264	Joe Bradbury	Bedford AC
3	23.57	260	Shane Atherton	Great Yarmouth and District AC
4	24.96	280	Aaron Raine	Ryston Runners

U20 Men 400m Final

1	49.27	268	James Gillingham	Basildon AC
2	49.93	271	Thomas Johnson	Hunts AC

U20 Men 800m Final

1	1.58.69	283	Ross Tennant	Ipswich Harriers
2	1.58.73	266	James Cochrane	Cambridge & Coleridge
3	1.59.17	281	Andrew Revell	Ipswich Harriers
4	2.01.38	278	Michael Porter	Colchester & Tendring

EASTERN AA CHAMPIONSHIPS – 2013

U20 Men Discus Final

1	46.18	277	Michael Painter	City of Norwich
2	44.38	270	Duane Jibunani	Thurrock Harriers
3	43.58	256	Jake Allen	West Suffolk AC

U20 Men Hammer Final

1	71.20	277	Michael Painter	City of Norwich
2	70.31	265	Callum Brown	City of Norwich
3	50.80	284	Oliver Thompson	Thetford A.C
4	46.86	256	Jake Allen	West Suffolk AC
5	45.37	290	Sam Wilson	Nene Valley Harriers

U20 Men High Jump Final

1	1.95	272	Kashif Jones	Stevenage & North Herts
2	1.40	285	Karl Tucker	Havering Mayesbrook

U20 Men Long Jump Final

1	6.31	274	Terry Lucas	Chelmsford AC
2	5.81	273	Alexander Knox-Hooke	Hunts AC

U20 Men Pole Vault Final

1	3.90	276	Perry Osborne	Bexley AC
2	3.80	263	Edward Borrmann	Ryston Runners

U20 Men Shot Final

1	13.23	277	Michael Painter	City of Norwich
2	12.66	256	Jake Allen	West Suffolk AC
3	10.79	282	Steve Smith	West Suffolk AC

EASTERN AA CHAMPIONSHIPS – 2013

U20 Women 100m Final (+0.3)

1	12.52	430	Laura Clark	Dacorum & Tring
2	12.89	447	Joanne Peak	Cambridge & Coleridge
3	12.97	450	Kirsty Ronald	Braintree and District AC
4	13.24	441	Georgia Green- Muid	Chelmsford AC

U20 Women 100m Hurdles Final (+1.8)

DNF	441	Georgia Green- Muid	Chelmsford AC
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U20 Women 200m Final (+1.7)

1	25.63 (CBP)	447	Joanne Peak	Cambridge & Coleridge
2	25.96	430	Laura Clark	Dacorum & Tring
3	26.42	439	Alice Galloway	Cambridge & Coleridge
4	26.74	459	Keeley Whitlock	Ipswich Harriers
5	27.54	451	Abbie Ruggles	Thetford AC
DNS	444	Zoe Macdonald	Cambridge & Coleridge	

U20 Women 3000m Final

1	11.51.13	452	Eleanor Smith	Hunts AC
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U20 Women 400m Final

1	59.80	442	Sarah Grover	Dacorum & Tring
2	60.44	459	Keeley Whitlock	Ipswich Harriers
3	60.93	451	Abbie Ruggles	Thetford AC
4	62.71	444	Zoe Macdonald	Cambridge & Coleridge

U20 Women 800m Final

1	2.35.78	445	Isobel Moss	Woodford Green with Essex Ladies
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EASTERN AA CHAMPIONSHIPS – 2013

U20 Women Discus Final

1	29.75	428	Debbie Castle	Chelmsford AC
2	27.69	458	Gemma Vickery	City of Norwich
3	20.85	429	Hannah Castle	Chelmsford AC

U20 Women Hammer Final

1	41.74	458	Gemma Vickery	City of Norwich
2	37.97	431	Emily Evans	Stevenage & North Herts
3	30.04	432	Laura Feely	Stevenage & North Herts
4	23.36	428	Debbie Castle	Chelmsford AC

U20 Women High Jump Final

1	1.52	448	Laurel Phelan	Hunts AC
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U20 Women Javelin Final

1	28.59	428	Debbie Castle	Chelmsford AC
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U20 Women Long Jump Final

1	5.43	433	Jessica Fox	Cambridge & Coleridge
2	5.07	446	Clarice Parrott	Braintree AC
3	4.87	450	Kirsty Ronald	Braintree and District AC
4	4.77	457	Katie Vickery	City of Norwich
5	3.98	429	Hannah Castle	Chelmsford AC

U20 Women Shot Final

1	11.38 (CBP)	439	Alice Galloway	Cambridge & Coleridge
2	8.40	428	Debbie Castle	Chelmsford AC

U20 Women Triple Jump Final

1	10.92	433	Jessica Fox	Cambridge & Coleridge
2	10.81	450	Kirsty Ronald	Braintree and District AC
3	9.66	457	Katie Vickery	City of Norwich