
Eastern Athletic Association Track & Field Championships



Saturday 17th July 2010
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



U13G Results

70m Hurdles Final (W/S +3.4)

| | | | | | |
|---|-------------|-----|---------|----------|----------------------------|
| 1 | 11.55 (CBP) | 111 | Alice | Gill | Greshams |
| 2 | 11.74 | 109 | Katie | Ellis | Chelmsford AC |
| 3 | 11.87 | 102 | Laura | Armorgie | Herts Phoenix AC |
| 4 | 12.51 | 127 | Louise | Phillips | Stevenage & North Herts AC |
| 5 | 12.66 | 136 | Sarah | Weaver | Southend AC |
| 6 | 13.06 | 119 | Fiona | McQuire | Watford Harriers |
| 7 | 13.07 | 132 | Jessica | Robinson | Dacoran & Tring AC |
| 8 | 13.22 | 128 | Rebecca | Pickard | Stevenage & North Herts AC |
| 9 | 13.62 | 115 | Martha | Huggins | Stevenage & North Herts AC |

100m Final (W/S NR)

| | | | | | |
|---|-------|-----|-----------|----------|----------------------------|
| 1 | 13.25 | 123 | Ebony | Ogle | Hinchingbrooke |
| 2 | 13.67 | 127 | Louise | Phillips | Stevenage & North Herts AC |
| 3 | 13.77 | 118 | Shannon | McNeil | Basildon AC |
| 4 | 14.33 | 117 | Finlay | Marriott | Cambridge & Coleridge AC |
| 5 | 14.41 | 122 | Peggy-Mai | Norman | West Suffolk AC |
| 6 | 14.65 | 110 | Lauren | Gibbs | West Suffolk AC |
| 7 | 14.69 | 108 | Honor | Danzie | Cambridge & Coleridge AC |
| 8 | 14.74 | 133 | Ellie | Savva | Braintree & District AC |
| 9 | 15.08 | 107 | Amy | Coleman | Braintree & District AC |

200m Final (W/S +5.0)

| | | | | | |
|---|-------|-----|---------|----------|----------------------------|
| 1 | 27.64 | 123 | Ebony | Ogle | Hinchingbrooke |
| 2 | 28.04 | 124 | Jade | Packer | Southend AC |
| 3 | 28.34 | 127 | Louise | Phillips | Stevenage & North Herts AC |
| 4 | 29.05 | 128 | Rebecca | Pickard | Stevenage & North Herts AC |
| 5 | 31.20 | 133 | Ellie | Savva | Braintree & District AC |

800m Final

| | | | | | |
|---|---------|-----|-----------|-----------|--------------------------|
| 1 | 2:32.64 | 135 | Sophie | Tooley | West Suffolk AC |
| 2 | 2:34.55 | 120 | Charlotte | Murphy | Cambridge & Coleridge AC |
| 3 | 2:35.86 | 125 | Amy | Pettitt | Cambridge & Coleridge AC |
| 4 | 2:37.31 | 129 | Daisy | Pointing | Basildon AC |
| 5 | 2:48.45 | 104 | Ella | Bliss | Cambridge & Coleridge AC |
| 6 | 2:56.46 | 106 | Emma | Coffey | Cambridge & Coleridge AC |
| 7 | 2:56.76 | 112 | Catherine | Hemingway | Riverside Runners |
| 8 | 3:02.40 | 121 | Alice | Newcombe | Cambridge & Coleridge AC |
| 9 | 3:15.15 | 101 | Tilly | Aitmarri | Basildon AC |

Long Jump Final

| | | | | | | |
|----|------|-----|-----------|----------|------|----------------------------|
| 1 | 4.57 | 133 | Ellie | Savva | +2.5 | Braintree & District AC |
| 2 | 4.53 | 114 | Rhiannon | Howard | +4.4 | Braintree & District AC |
| 3 | 4.53 | 111 | Alice | Gill | +4.5 | Greshams |
| 4 | 4.04 | 132 | Jessica | Robinson | +1.6 | Dacoran & Tring AC |
| 5 | 3.94 | 119 | Fiona | McQuire | +1.9 | Watford Harriers |
| 6 | 3.88 | 108 | Honor | Danzie | +1.1 | Cambridge & Coleridge AC |
| 7 | 3.75 | 122 | Peggy-Mai | Norman | +1.8 | West Suffolk AC |
| 8 | 3.74 | 110 | Lauren | Gibbs | +1.5 | West Suffolk AC |
| 9 | 3.74 | 115 | Martha | Huggins | +2.5 | Stevenage & North Herts AC |
| 10 | 3.69 | 107 | Amy | Coleman | +2.4 | Braintree & District AC |

Shot Putt Final

| | | | | | | |
|---|------|-----|-----------|----------|--|--------------------------|
| 1 | 7.20 | 122 | Peggy-Mai | Norman | | West Suffolk AC |
| 2 | 7.18 | 105 | Olivia | Bullis | | Basildon AC |
| 3 | 6.78 | 119 | Fiona | McQuire | | Watford Harriers |
| 4 | 6.30 | 110 | Lauren | Gibbs | | West Suffolk AC |
| 5 | 5.85 | 130 | Karolina | Rehakova | | Cambridge & Coleridge AC |
| 6 | 5.61 | 117 | Finlay | Marriott | | Cambridge & Coleridge AC |
| 7 | 5.60 | 132 | Jessica | Robinson | | Dacoran & Tring AC |

U13B Results

75m Hurdles Final (W/S +2.1)

| | | | | | |
|---|-------|----|---------|------------|----------------------------|
| 1 | 13.52 | 77 | James | Greenhalgh | West Norfolk AC |
| 2 | 13.57 | 76 | Gregory | Goddard | Stevenage & North Herts AC |
| 3 | 14.19 | 73 | Edward | De Winton | West Norfolk AC |

100m Final (W/S N/R)

| | | | | | |
|----|-------|----|--------|------------|--------------------------|
| 1 | 13.17 | 70 | Joshua | Amofah | Southend AC |
| 2 | 13.78 | 79 | Daniel | Griffin | City of Norwich AC |
| 3 | 13.97 | 88 | Lewis | Thorn | Braintree & District AC |
| 4 | 14.01 | 77 | James | Greenhalgh | West Norfolk AC |
| 5 | 14.08 | 84 | Nathan | Monck | Cambridge & Coleridge AC |
| 6 | 14.15 | 81 | Jamie | Horne | Peterborough AC |
| 7 | 14.16 | 75 | Toby | Edwards | Peterborough AC |
| 8 | 14.53 | 72 | Joe | De Lucis | Peterborough AC |
| 9 | 14.88 | 83 | Ben | Martin | West Norfolk AC |
| 10 | 15.07 | 87 | James | Spratt | Taversham Hall School |

200m Final (W/S N/R)

| | | | | | |
|---|-------|----|----------|---------|-------------------------|
| 1 | 26.82 | 85 | Blessing | Mutazu | Southend AC |
| 2 | 29.62 | 88 | Lewis | Thorn | Braintree & District AC |
| 3 | 30.05 | 75 | Toby | Edwards | Peterborough AC |
| 4 | 31.53 | 83 | Ben | Martin | West Norfolk AC |

800m Final

| | | | | | |
|---|---------|----|--------|----------|----------------------------|
| 1 | 2:27.89 | 89 | Connor | Trudgill | Biggleswade AC |
| 2 | 2:29.45 | 80 | Thomas | Heylen | Cambridge & Coleridge AC |
| 3 | 2:34.07 | 82 | Max | Jones | Basildon AC |
| 4 | 2:37.76 | 71 | Robert | Bolton | Stevenage & North Herts AC |

Long Jump Final

| | | | | | | |
|---|------|----|-----------|------------|----|--------------------------|
| 1 | 4.60 | 79 | Daniel | Griffin | NR | City of Norwich AC |
| 2 | 4.48 | 77 | James | Greenhalgh | NR | West Norfolk AC |
| 3 | 4.44 | 84 | Nathan | Monck | NR | Cambridge & Coleridge AC |
| 4 | 4.31 | 88 | Lewis | Thorn | NR | Braintree & District AC |
| 5 | 4.29 | 73 | Edward | De Winton | NR | West Norfolk AC |
| 6 | 4.18 | 85 | Blessing | Mutazu | NR | Southend AC |
| 7 | 3.69 | 83 | Ben | Martin | NR | West Norfolk AC |
| 8 | 3.64 | 78 | Nathanael | Grenfell | NR | Peterborough AC |
| 9 | 2.87 | 86 | Andrew | Ronald | NR | Braintree & District AC |

Shot Putt Final

| | | | | | |
|---|------|----|-----------|-----------|----------------------------|
| 1 | 8.00 | 76 | Gregory | Goddard | Stevenage & North Herts AC |
| 2 | 7.11 | 78 | Nathanael | Grenfell | Peterborough AC |
| 3 | 6.84 | 72 | Joe | De Lucis | Peterborough AC |
| 4 | 6.05 | 87 | James | Spratt | Taverham Hall School |
| 5 | 5.49 | 73 | Edward | De Winton | West Norfolk AC |
| 6 | 4.01 | 86 | Andrew | Ronald | Braintree & District AC |

U15G Results

75m Hurdles (W/S +4.0)

| | | | | | |
|---|-------|----|----------|----------|--------------------------|
| 1 | 12.17 | 17 | Ella | De Lucis | Peterborough AC |
| 2 | 12.46 | 23 | Abigail | Frith | Southend AC |
| 3 | 12.52 | 28 | Natashia | Hadley | Herts Phoenix AC |
| 4 | 12.54 | 48 | Clarice | Parrott | Braintree & District AC |
| 5 | 12.61 | 3 | Katrina | Bass | Cambridge & Coleridge AC |
| 6 | 12.62 | 4 | Suzanne | Bentley | Watford Harriers |
| 7 | 12.75 | 41 | Leah | Mapston | West Suffolk AC |
| 8 | 13.07 | 18 | Ellie | de Wild | West Suffolk AC |
| 9 | 14.46 | 7 | April | Castle | Chelmsford AC |

100m Heat 1 (W/S N/R)

| | | | | | |
|---|-------|----|----------|----------|----------------------------|
| 1 | 12.78 | 39 | Emily | Lambert | Ipswich Harriers |
| 2 | 12.92 | 34 | Bethany | Ibbotson | Colchester & Tendring AC |
| 3 | 12.94 | 38 | Sophie | Keeble | Stevenage & North Herts AC |
| 4 | 13.37 | 24 | Alice | Galloway | Cambridge & Coleridge AC |
| 5 | 13.39 | 60 | Keeley | Whitlock | Ipswich Harriers |
| 6 | 13.47 | 42 | Catriona | Marriott | Cambridge & Coleridge AC |
| 7 | 13.78 | 43 | Keray | McCrary | Southend AC |

100m Heat 2 U15G (W/S N/R)

| | | | | | |
|---|-------|----|-----------|-----------|--------------------------|
| 1 | 12.60 | 21 | Megan | Edwards | Peterborough AC |
| 2 | 12.84 | 28 | Natasha | Hadley | Herts Phoenix AC |
| 3 | 12.94 | 31 | Ella | Houghton | Cambridge & Colridge AC |
| 4 | 13.22 | 53 | Kirsty | Ronald | Braintree & District AC |
| 5 | 13.50 | 47 | Favour | Osuchukwu | West Suffolk AC |
| 6 | 13.64 | 35 | Georgia | Ibbotson | Colchester & Tendring AC |
| 7 | 13.68 | 25 | Charlotte | Griffin | City of Norwich AC |

100m Final U15G (W/S +3.8)

| | | | | | |
|---|-------|----|----------|----------|----------------------------|
| 1 | 12.65 | 21 | Megan | Edwards | Peterborough AC |
| 2 | 12.70 | 34 | Bethany | Ibbotson | Colchester & Tendring AC |
| 3 | 12.71 | 39 | Emily | Lambert | Ipswich Harriers |
| 4 | 12.75 | 28 | Natashia | Hadley | Herts Phoenix AC |
| 5 | 12.84 | 31 | Ella | Houghton | Cambridge & Coleridge AC |
| 6 | 12.99 | 38 | Sophie | Keeble | Stevenage & North Herts AC |
| 7 | 13.45 | 53 | Kirsty | Ronald | Braintree & District AC |
| 8 | 13.50 | 24 | Alice | Galloway | Cambridge & Coleridge AC |

200m U15G Heat 1 (W/S +5.1)

| | | | | | |
|---|------|----|---------|----------|--------------------------|
| 1 | 26.6 | 34 | Bethany | Ibbotson | Colchester & Tendring AC |
| 2 | 27.0 | 41 | Leah | Mapston | West Suffolk AC |
| 3 | 27.0 | 63 | Chloe | Young | Colchester Harriers |
| 4 | 27.9 | 24 | Alice | Galloway | Cambridge & Coleridge AC |
| 5 | 28.5 | 43 | Keray | McCrary | Southend AC |

200m Heat 2 (W/S +3.9)

| | | | | | |
|---|------|----|-----------|-----------|----------------------------|
| 1 | 27.2 | 38 | Sophie | Keeble | Stevenage & North Herts AC |
| 2 | 27.3 | 39 | Emily | Lambert | Ipswich Harriers |
| 3 | 27.6 | 47 | Favour | Osuchukwu | West Suffolk AC |
| 4 | 28.1 | 42 | Catriona | Marriott | Cambridge & Coleridge AC |
| 5 | 28.7 | 35 | Georgia | Ibbotson | Colchester & Tendring AC |
| 6 | 28.8 | 25 | Charlotte | Griffin | City of Norwich AC |

200m Heat 3 (W/S N/R)

| | | | | | |
|---|------|----|---------|----------|--------------------------|
| 1 | 26.3 | 21 | Megan | Edwards | Peterborough AC |
| 2 | 27.2 | 31 | Ella | Houghton | Cambridge & Coleridge AC |
| 3 | 27.2 | 10 | Bethany | Chambers | Havering Mayesbrook AC |
| 4 | 27.4 | 60 | Keeley | Whitlock | Ipswich Harriers |
| 5 | 28.0 | 17 | Ella | De Lucis | Peterborough AC |

200m Final (W/S +5.2)

| | | | | | |
|---|-------|----|---------|----------|----------------------------|
| 1 | 26.18 | 21 | Megan | Edwards | Peterborough AC |
| 2 | 26.25 | 39 | Emily | Lambert | Ipswich Harriers |
| 3 | 26.55 | 34 | Bethany | Ibbotson | Colchester & Tendring AC |
| 4 | 27.35 | 63 | Chloe | Young | Colchester Harriers |
| 5 | 27.42 | 38 | Sophie | Keeble | Stevenage & North Herts AC |
| 6 | 27.53 | 10 | Bethany | Chambers | Havering Mayesbrook AC |
| 7 | 27.65 | 41 | Leah | Mapston | West Suffolk AC |
| 8 | 27.82 | 31 | Ella | Houghton | Cambridge & Coleridge AC |

800m Final

| | | | | | |
|---|---------|----|-----------|----------|----------------------------|
| 1 | 2:23.03 | 46 | Hephribah | Ogunro | Luton AC |
| 2 | 2:27.53 | 54 | Katie | Scholey | Huntingdonshire AC |
| 3 | 2:30.86 | 9 | Elena | Cervi | Stevenage & North Herts AC |
| 4 | 2:31.70 | 50 | Natalia | Rehakova | Cambridge & Coleridge AC |
| 5 | 2:33.52 | 12 | Ella | Clarke | Colchester & Tendring AC |
| 6 | 2:33.75 | 51 | Susannah | Reid | Ipswich Harriers |
| 7 | 2:36.13 | 2 | Marleen | Avontuur | Harlow AC |
| 8 | 2:41.74 | 1 | Poppy | Aitmarri | Basildon AC |
| | DNF | 16 | Christy | Dailly | Chelmsford AC |

1500m Final

| | | | | | | |
|---|---------|----|-----------|----------|--|----------------------------|
| 1 | 5.03.61 | 29 | Alanah | Harris | | Bedford & County AC |
| 2 | 5.04.38 | 20 | Abbie | Donnelly | | Lincoln Wellington AC |
| 3 | 5.05.93 | 62 | Claire | Wilson | | Cambridge & Coleridge AC |
| 4 | 5.07.32 | 64 | Catherine | Lee | | Great Yarmouth AC |
| 5 | 5.19.31 | 6 | Emily | Bullis | | Basildon AC |
| 6 | 5.19.64 | 58 | Rebekah | Ward | | Lincoln Wellington AC |
| 7 | 5.23.66 | 44 | Faye | McLellan | | Comberton V College |
| 8 | 5.24.08 | 61 | Caroline | Willis | | Stevenage & North Herts AC |
| 9 | 5.35.85 | 15 | Sophie | Crofts | | Chelmsford AC |

Long Jump Final

| | | | | | | |
|----|------------|----|---------|-----------|------|----------------------------|
| 1 | 5.15 (CBP) | 48 | Clarice | Parrott | +1.1 | Braintree & District AC |
| 2 | 4.90 | 53 | Kirsty | Ronald | +4.2 | Braintree & District AC |
| 3 | 4.88 | 10 | Bethany | Chambers | +4.9 | Havering Mayesbrook AC |
| 4 | 4.81 | 23 | Abigail | Frith | +3.3 | Southend AC |
| 5 | 4.53 | 47 | Favour | Osuchukwu | +5.7 | West Suffolk AC |
| 6 | 4.40 | 31 | Ella | Houghton | +3.2 | Cambridge & Coleridge AC |
| 7 | 4.22 | 52 | Anya | Rodriguez | +2.0 | Huntingdonshire AC |
| 8 | 4.17 | 9 | Elena | Cervi | +2.9 | Stevenage & North Herts AC |
| 9 | 3.89 | 7 | April | Castle | +2.2 | Chelmsford AC |
| 10 | 3.59 | 60 | Keeley | Whitlock | +4.5 | Ipswich Harriers |

Triple Jump Final

| | | | | | | |
|---|-------------|----|---------|----------|----|-------------------------|
| 1 | 10.62 (CBP) | 57 | Chelsea | Wade | NR | West Suffolk AC |
| 2 | 10.45 | 53 | Kirsty | Ronald | NR | Braintree & District AC |
| 3 | 10.19 | 10 | Bethany | Chambers | NR | Havering Mayesbrook AC |
| 4 | 8.68 | 36 | Emily | Jerram | NR | West Suffolk AC |

High Jump Final

| | | | | | | |
|---|------|----|----------|---------|--|----------------------------|
| 1 | 1.50 | 59 | Zoe | Waters | | Cambridge & Coleridge AC |
| 2 | 1.50 | 18 | Ellie | de Wild | | West Suffolk AC |
| 3 | 1.45 | 38 | Sophie | Keeble | | Stevenage & North Herts AC |
| 4 | 1.45 | 41 | Leah | Mapston | | West Suffolk AC |
| 5 | 1.40 | 30 | Cherelle | Hibbert | | Luton AC |
| 6 | 1.20 | 7 | April | Castle | | Chelmsford AC |

Discus Final

| | | | | | |
|---|-------|----|-----------|------------|--------------------------|
| 1 | 31.48 | 55 | Georgie | Taylor | Havering Mayesbrook AC |
| 2 | 24.98 | 8 | Debbie | Castle | Chelmsford AC |
| 3 | 24.26 | 5 | Ellie | Bloomfield | Ipswich Harriers |
| 4 | 23.76 | 35 | Georgia | Ibbotson | Colchester & Tendring AC |
| 5 | 21.80 | 26 | Stephanie | Griffin | City of Norwich AC |
| 6 | 19.21 | 2 | Marleen | Avontuur | Harlow AC |
| 7 | 16.21 | 33 | Imogen | Hyde | Cambridge & Coleridge AC |

Hammer Final

| | | | | | |
|---|-------|----|--------|------------|----------------------------|
| 1 | 34.50 | 56 | Gemma | Vickery | City of Norwich AC |
| 2 | 33.11 | 22 | Emily | Evans | Stevenage & North Herts AC |
| 3 | 32.03 | 13 | Chloe | Cockell | Braintree & District AC |
| 4 | 28.34 | 5 | Ellie | Bloomfield | Ipswich Harriers |
| 5 | 27.30 | 14 | Elle | Cockell | Braintree & District AC |
| 6 | 25.54 | 33 | Imogen | Hyde | Cambridge & Coleridge AC |

Javelin Final

| | | | | | |
|---|-------|----|-----------|---------|--------------------------|
| 1 | 31.92 | 26 | Stephanie | Griffin | City of Norwich AC |
| 2 | 21.28 | 13 | Chloe | Cockell | Braintree & District AC |
| 3 | 20.84 | 8 | Debbie | Castle | Chelmsford AC |
| 4 | 19.92 | 4 | Suzanne | Bentley | Watford Harriers |
| 5 | 19.71 | 33 | Imogen | Hyde | Cambridge & Coleridge AC |
| 6 | 12.33 | 14 | Elle | Cockell | Braintree & District AC |
| 7 | 11.82 | 45 | Jenna | Mohan | Nene Valley Harriers |

Shot Putt Final

| | | | | | |
|---|------|----|-----------|----------|--------------------------|
| 1 | 9.83 | 57 | Chelsea | Wade | West Suffolk AC |
| 2 | 9.07 | 26 | Stephanie | Griffin | City of Norwich AC |
| 3 | 8.14 | 8 | Debbie | Castle | Chelmsford AC |
| 4 | 7.98 | 34 | Bethany | Ibbotson | Colchester & Tendring AC |
| 5 | 7.00 | 14 | Elle | Cockell | Braintree & District AC |

U15B Results

80m Hurdles Final (W/S +2.4)

| | | | | | |
|---|-------|-----|---------|---------------|------------------------|
| 1 | 11.95 | 161 | Euan | Dickson-Earle | Biggleswade AC |
| 2 | 12.38 | 191 | Karl | Tucker | Havering Mayesbrook AC |
| 3 | 12.97 | 152 | Matthew | Bailey | West Norfolk AC |

100m Final (W/S +3.6)

| | | | | | |
|---|-------------|-----|--------|------------|--------------------------|
| 1 | 11.12 (CBP) | 179 | George | Perkins | Chelmsford AC |
| 2 | 11.43 | 153 | Jake | Berney | Peterborough AC |
| 3 | 11.93 | 175 | Kyle | Marshall | Southend AC |
| 4 | 12.16 | 180 | Mark | Phillipson | Gt Yarmouth AC |
| 5 | 12.29 | 168 | Alex | Holdsworth | Cambridge & Coleridge AC |
| 6 | 12.34 | 159 | James | Curran | West Suffolk AC |
| 7 | 12.35 | 157 | Craig | Brooks | West Norfolk AC |

200m Final (W/S +5.8)

| | | | | | |
|---|-------|-----|---------|------------|--------------------------|
| 1 | 22.89 | 179 | George | Perkins | Chelmsford AC |
| 2 | 24.82 | 175 | Kyle | Marshall | Southend AC |
| 3 | 25.16 | 155 | William | Blackwell | Cambridge & Coleridge AC |
| 4 | 25.40 | 180 | Mark | Phillipson | Gt Yarmouth AC |
| 5 | 25.53 | 157 | Craig | Brooks | West Norfolk AC |
| 6 | 26.63 | 159 | James | Curran | West Suffolk AC |
| | DQ | 153 | Jake | Berney | Peterborough AC |

400m Final

| | | | | | |
|---|---------|-----|--------|---------|--------------------------|
| 1 | 53.69 | 187 | Ben | Snaith | Cambridge & Coleridge AC |
| 2 | 56.13 | 164 | Fred | Haines | Braintree & District AC |
| 3 | 58.07 | 172 | Corey | Jackson | Luton AC |
| 4 | 1.00.08 | 176 | James | McCrae | Werrington Joggers |
| 5 | 1.02.51 | 186 | Jake | Shea | Diss AC |
| 6 | 1.06.34 | 169 | Daniel | Hudson | Nobel School |

800m Final

| | | | | | |
|---|---------|-----|---------|-----------|----------------------------|
| 1 | 2:13.41 | 158 | Robert | Clarke | Colchester Harriers |
| 2 | 2:15.19 | 185 | William | Ridgway | Stevenage & North Herts AC |
| 3 | 2:16.41 | 188 | Billy | Stanley | West Suffolk AC |
| 4 | 2:18.31 | 182 | Tobias | Rankin | West Suffolk AC |
| 5 | 2:19.14 | 176 | James | McCrae | Werrington Joggers |
| 6 | 2:27.93 | 167 | Tom | Hemingway | Riverside Runners |
| 7 | 2:29.57 | 160 | Matthew | Davitt | Huntingdonshire AC |

1500m Final

| | | | | | | |
|---|---------|-----|-----------|-----------|--|--------------------------|
| 1 | 4.33.02 | 171 | Ryan | Isaacson | | Bedford & County AC |
| 2 | 4.42.64 | 162 | James | Downing | | Huntingdonshire AC |
| 3 | 4.46.63 | 150 | Joseth | Alexander | | Colchester & Tendring AC |
| 4 | 4.50.32 | 178 | Kieran | McMorran | | Bungay Black Dog RC |
| 5 | 4.58.30 | 151 | Sebastian | Anthony | | West Suffolk AC |
| 6 | 5.10.15 | 177 | Cameron | Mckie | | West Suffolk AC |
| 7 | 5.12.85 | 190 | James | Thomas | | Biggleswade AC |

Long Jump Final

| | | | | | | |
|---|------|-----|-----------|-----------|----|--------------------------|
| 1 | 6.02 | 156 | Oliver | Bradfield | NR | City of Norwich AC |
| 2 | 5.88 | 173 | Alex | Law | NR | Havering Mayesbrook AC |
| 3 | 5.05 | 170 | Alexander | Ingham | NR | Biggleswade AC |
| 4 | 4.70 | 183 | Joe | Richards | NR | Cambridge & Coleridge AC |

Triple Jump Final

| | | | | | | |
|---|-------------|-----|-----------|--------|----|------------------------|
| 1 | 11.34 (CBP) | 173 | Alex | Law | NR | Havering Mayesbrook AC |
| 2 | 10.78 | 170 | Alexander | Ingham | NR | Biggleswade AC |
| 3 | 10.23 | 191 | Karl | Tucker | NR | Havering Mayesbrook AC |
| 4 | 9.07 | 169 | Daniel | Hudson | NR | Nobel School |

High Jump Final

| | | | | | | |
|---|------|-----|---------|---------|--|----------------------------|
| 1 | 1.60 | 185 | William | Ridgway | | Stevenage & North Herts AC |
| 2 | 1.55 | 191 | Karl | Tucker | | Havering Mayesbrook AC |

Discus Final

| | | | | | | |
|---|-------|-----|-------|----------------|--|--------------------------|
| 1 | 26.32 | 181 | Jamie | Potton-Burrell | | Luton AC |
| 2 | 24.58 | 159 | James | Curran | | West Suffolk AC |
| 3 | 23.99 | 165 | James | Hambin | | Royal Grammar Colchester |
| 4 | 22.61 | 186 | Jake | Shea | | Diss AC |

Hammer Final

| | | | | | | |
|---|-------|-----|-------|----------------|--|--------------------------|
| 1 | 41.95 | 165 | James | Hambin | | Royal Grammar Colchester |
| 2 | 37.86 | 181 | Jamie | Potton-Burrell | | Luton AC |

Javelin Final

| | | | | | | |
|---|-------|-----|-----------|-----------|--|--------------------------|
| 1 | 61.57 | 156 | Oliver | Bradfield | | City of Norwich AC |
| 2 | 45.48 | 166 | Daniel | Hauck | | Peterborough AC |
| 3 | 43.15 | 155 | William | Blackwell | | Cambridge & Coleridge AC |
| 4 | 33.68 | 186 | Jake | Shea | | Diss AC |
| 5 | 30.15 | 170 | Alexander | Ingham | | Biggleswade AC |

Shot Putt Final

| | | | | | |
|---|-------|-----|--------|----------------|----------------------------|
| 1 | 10.73 | 165 | James | Hambin | Royal Grammar Colchester |
| 2 | 10.31 | 175 | Kyle | Marshall | Southend AC |
| 3 | 8.49 | 181 | Jamie | Potton-Burrell | Luton AC |
| 4 | 7.62 | 184 | Andrew | Ridgway | Stevenage & North Herts AC |

U17W Results

80m Hurdles Final (W/S +2.3)

| | | | | | |
|---|-------|-----|---------|------------|--------------------------|
| 1 | 11.99 | 267 | Finolla | Frederick | Herts Phoenix AC |
| 2 | 12.26 | 257 | Ella | Cave | Cambridge & Coleridge AC |
| 3 | 12.42 | 269 | Georgia | Green-Muid | Chelmsford AC |
| 4 | 12.85 | 293 | Rylie | Trott | Havering Mayesbrook AC |

100m Final (W/S N/R)

| | | | | | |
|---|-------|-----|---------|-----------|--------------------------|
| 1 | 12.37 | 290 | Hannah | Smithdale | Chelmsford AC |
| 2 | 12.44 | 284 | Jessica | Quick | Basildon AC |
| 3 | 13.00 | 257 | Ella | Cave | Cambridge & Coleridge AC |
| 4 | 13.18 | 259 | Lisa | Crowhurst | Colchester & Tendring AC |
| 5 | 13.20 | 278 | Sian | McCrary | Southend AC |
| 6 | 13.58 | 277 | Leanne | McCrary | Southend AC |

200m Final (W/S +4.4)

| | | | | | |
|---|-------|-----|---------|-----------|--------------------------|
| 1 | 26.00 | 284 | Jessica | Quick | Basildon AC |
| 2 | 26.21 | 287 | Emily | Rogers | West Suffolk AC |
| 3 | 26.27 | 270 | Abbie | Griffiths | Herts Phoenix AC |
| 4 | 26.55 | 288 | Lily | Seach | Huntingdonshire AC |
| 5 | 27.01 | 278 | Sian | McCrary | Southend AC |
| 6 | 27.48 | 259 | Lisa | Crowhurst | Colchester & Tendring AC |
| 7 | 29.56 | 282 | Laura | Millichap | Cambridge & Coleridge AC |

300m Final

| | | | | | |
|---|-------|-----|-----------|-------|----------------------------|
| 1 | 42.74 | 288 | Lily | Seach | Huntingdonshire AC |
| 2 | 47.71 | 253 | Charlotte | Baird | Stevenage & North Herts AC |

300m Hurdles Final

| | | | | | |
|---|-------|-----|-----------|------------|--------------------|
| 1 | 46.34 | 297 | Stephanie | Williams | Herts Phoenix AC |
| 2 | 47.54 | 269 | Georgia | Green-Muid | Chelmsford AC |
| 3 | 51.44 | 291 | Anna | Spratt | City of Norwich AC |
| 4 | 55.28 | 254 | Claire | Bentley | Watford Harriers |
| 5 | 59.34 | 263 | Zoe | Easdon | Basildon AC |

800m Final

| | | | | | |
|---|---------|-----|----------|----------|----------------------------|
| 1 | 2:19.99 | 286 | Samantha | Redgrave | Colchester & Tendring AC |
| 2 | 2:23.08 | 261 | Hannah | Dewhurst | Stevenage & North Herts AC |
| 3 | 2:28.31 | 294 | Millie | Turner | Cambridge & Coleridge AC |
| 4 | 2:54.11 | 263 | Zoe | Easdon | Basildon AC |

1500m Final

| | | | | | | |
|---|---------|-----|----------|-----------|--|-----------------------|
| 1 | 4.54.35 | 250 | Holly | Archer | | West Suffolk AC |
| 2 | 4.56.96 | 265 | Laura | Farrar | | St Albans AC |
| 3 | 5.13.86 | 296 | Natalie | Wickins | | Watford Harriers |
| 4 | 5.44.42 | 281 | Sheridan | McWilliam | | Lincoln Wellington AC |

3000m Final

| | | | | | | |
|---|----------|-----|---------|-------|--|--------------------|
| 1 | 11.28.06 | 274 | Jordan | Lacey | | Southend AC |
| 2 | 12.27.29 | 289 | Eleanor | Smith | | Huntingdonshire AC |

Long Jump Final

| | | | | | | |
|---|------|-----|---------|-----------|------|----------------------------|
| 1 | 5.27 | 268 | Alex | Gates | +6.1 | Stevenage & North Herts AC |
| 2 | 5.21 | 287 | Emily | Rogers | +5.8 | West Suffolk AC |
| 3 | 5.19 | 266 | Jessica | Fox | +4.6 | Cambridge & Coleridge AC |
| 4 | 4.46 | 271 | Lizzie | Hannaford | +8.4 | West Suffolk AC |

Triple Jump Final

| | | | | | | |
|---|-------|-----|---------|-----------|----|----------------------------|
| 1 | 10.10 | 268 | Alex | Gates | NR | Stevenage & North Herts AC |
| 2 | 10.10 | 258 | Jessica | Crissell | NR | Ipswich Harriers |
| 3 | 10.07 | 266 | Jessica | Fox | NR | Cambridge & Coleridge AC |
| 4 | 9.66 | 291 | Anna | Spratt | NR | City of Norwich AC |
| 5 | 9.18 | 271 | Lizzie | Hannaford | NR | West Suffolk AC |
| 6 | 8.91 | 264 | Tillie | Farman | NR | Stevenage & North Herts AC |

High Jump Final

| | | | | | | |
|---|------|-----|-----------|-----------|--|----------------------------|
| 1 | 1.66 | 251 | Gemma | Armorgie | | Herts Phoenix AC |
| 2 | 1.60 | 297 | Stephanie | Williams | | Herts Phoenix AC |
| 3 | 1.55 | 255 | Janet | Browne | | Stevenage & North Herts AC |
| 4 | 1.50 | 267 | Finolla | Frederick | | Herts Phoenix AC |

Discus Final

| | | | | | | |
|---|-------|-----|--------|----------|--|------------------------|
| 1 | 32.56 | 252 | Sophie | Baggs | | Havering Mayesbrook AC |
| 2 | 28.01 | 292 | Sarah | Stanhope | | Lincoln Wellington AC |
| 3 | 17.67 | 256 | Hannah | Castle | | Chelmsford AC |

Javelin Final

| | | | | | | |
|---|-------|-----|--------|-----------|--|--------------------------|
| 1 | 26.93 | 282 | Laura | Millichap | | Cambridge & Coleridge AC |
| 2 | 16.05 | 256 | Hannah | Castle | | Chelmsford AC |

Pole Vault Final

| | | | | | | |
|---|------|-----|--------|--------|--|----------------------------|
| 1 | 2.40 | 264 | Tillie | Farman | | Stevenage & North Herts AC |
|---|------|-----|--------|--------|--|----------------------------|

Hammer Final

| | | | | |
|---|-----------------|-------|-------------|-----------------------|
| 1 | 42.53 (CBP) 292 | Sarah | Stanhope | Lincoln Wellington AC |
| 2 | 30.81 276 | Laura | Maplethorpe | Lincoln Wellington AC |

Shot Putt Final

| | | | | |
|---|----------|--------|--------|---------------|
| 1 | 5.89 256 | Hannah | Castle | Chelmsford AC |
|---|----------|--------|--------|---------------|

U17M Results

100m Final (W/S +5.4)

| | | | | | |
|---|-------------|-----|-----------|-----------------|----------------------------|
| 1 | 10.78 (CBP) | 229 | Alexander | McNally | Peterborough AC |
| 2 | 10.99 | 230 | Ryan | O'Sullivan | Basildon AC |
| 3 | 11.13 | 216 | Joel | Grenfell | Peterborough AC |
| 4 | 11.19 | 211 | Max | Everest | Peterborough AC |
| 5 | 11.51 | 214 | Andrew | Gallacher | Braintree & District AC |
| 6 | 11.54 | 238 | Billy | Vernon-Hamilton | Stevenage & North Herts AC |
| 7 | 11.66 | 239 | Liam | Vooght | Stevenage & North Herts AC |
| 8 | 11.89 | 204 | Andrew | Baldwin | Biggleswade AC |

100m Hurdles Final (W/S +2.2)

| | | | | | |
|---|-------|-----|-----|---------|-----------------|
| 1 | 14.56 | 211 | Max | Everest | Peterborough AC |
| 2 | 16.16 | 240 | Tom | Watts | Southend AC |

200m Final (W/S +2.7)

| | | | | | |
|---|-------|-----|--------|-----------------|----------------------------|
| 1 | 23.19 | 216 | Joel | Grenfell | Peterborough AC |
| 2 | 23.33 | 215 | Jordan | Gillbanks | Huntingdonshire AC |
| 3 | 23.55 | 238 | Billy | Vernon-Hamilton | Stevenage & North Herts AC |
| 4 | 24.00 | 214 | Andrew | Gallacher | Braintree & District AC |
| 5 | 24.10 | 221 | Tom | Johnson | Huntingdonshire AC |
| 6 | 24.75 | 204 | Andrew | Baldwin | Biggleswade AC |
| | DQ | 239 | Liam | Vooght | Stevenage & North Herts AC |

400m Final

| | | | | | |
|---|-------|-----|--------|-----------|----------------------------|
| 1 | 51.73 | 215 | Jordan | Gillbanks | Huntingdonshire AC |
| 2 | 52.74 | 245 | Peter | De'ath | Stevenage & North Herts AC |
| 3 | 55.65 | 221 | Tom | Johnson | Huntingdonshire AC |
| 4 | 55.95 | 224 | Thomas | Kinsella | Stevenage & North Herts AC |
| 5 | 57.53 | 217 | Daniel | Holdgate | Braintree & District AC |

800m Final

| | | | | | |
|---|---------|-----|---------|----------|--------------------------|
| 1 | 2:02.90 | 232 | Michael | Porter | Colchester & Tendring AC |
| 2 | 2:03.67 | 228 | James | McLeod | Braintree & District AC |
| 3 | 2:03.96 | 205 | Ollie | Bass | Cambridge & Coleridge AC |
| 4 | 2:07.09 | 208 | James | Cochrane | Cambridge & Coleridge AC |

1500m Final

| | | | | | |
|---|---------|-----|--------|--------|--------------------|
| 1 | 4.43.78 | 234 | Andrew | Revell | Ipswich Harriers |
| 2 | 4.46.97 | 235 | Luke | Scott | Huntingdonshire AC |

3000m Final

| | | | | | | |
|---|---------|-----|--------|----------|--|---------------------|
| 1 | 9:17.8 | 236 | Edward | Shepherd | | Herts Phoenix AC |
| 2 | 9:28.4 | 233 | James | Powley | | Ipswich Harriers |
| 3 | 9:47.6 | 202 | Ben | Alcock | | Bedford & County AC |
| 4 | 10:26.8 | 220 | Kieran | Jack | | Stanhope College |
| 5 | 10:47.4 | 209 | Adam | Cripps | | West Suffolk AC |

Long Jump Final

| | | | | | | |
|---|------|-----|----------|---------------|------|-----------------|
| 1 | 6.45 | 216 | Joel | Grenfell | +3.6 | Peterborough AC |
| 2 | 5.67 | 225 | Ezra | Leonce | +2.9 | Luton AC |
| 3 | 5.62 | 240 | Tom | Watts | +4.1 | Southend AC |
| 4 | 4.65 | 212 | Lawrence | Fanutza-Davis | +3.2 | Chelmsford AC |

Triple Jump Final

| | | | | | | |
|---|-------|-----|-----------|---------------|----|---------------|
| 1 | 12.33 | 227 | Alexander | MacDonald | NR | Q.E.H.S. |
| 2 | 11.68 | 225 | Ezra | Leonce | NR | Luton AC |
| 3 | 9.91 | 212 | Lawrence | Fanutza-Davis | NR | Chelmsford AC |

High Jump Final

| | | | | | | |
|---|------|-----|----------|---------|--|----------------------------|
| 1 | 1.80 | 222 | Kashif | Jones | | Eaton Manor |
| 2 | 1.70 | 226 | Lawrence | Levy | | Stevenage & North Herts AC |
| 3 | 1.60 | 201 | Neil | Addison | | Stevenage & North Herts AC |

Pole Vault Final

| | | | | | | |
|---|------|-----|----------|-----------|--|-------------|
| 1 | 4.00 | 210 | Mitchell | Etheridge | | Basildon AC |
|---|------|-----|----------|-----------|--|-------------|

Discus Final

| | | | | | | |
|---|-------|-----|---------|----------|--|--------------------------|
| 1 | 45.91 | 231 | Michael | Painter | | City of Norwich AC |
| 2 | 43.59 | 206 | Marc | Bradbury | | Boston & District AC |
| 3 | 34.73 | 203 | Jake | Allen | | West Suffolk AC |
| 4 | 33.34 | 218 | Oliver | Holway | | Cambridge & Coleridge AC |
| 5 | 31.66 | 237 | Alan | Sydee | | Luton AC |
| 6 | 29.12 | 223 | James | Kent | | City of Norwich AC |

Hammer Final

| | | | | | | |
|---|-------|-----|----------|---------|--|----------------------------|
| 1 | 52.66 | 231 | Michael | Painter | | City of Norwich AC |
| 2 | 50.62 | 237 | Alan | Sydee | | Luton AC |
| 3 | 42.91 | 226 | Lawrence | Levy | | Stevenage & North Herts AC |
| 4 | 40.47 | 218 | Oliver | Holway | | Cambridge & Coleridge AC |

Javelin Final

| | | | | | |
|---|-------|-----|-------|-----------------|----------------------------|
| 1 | 35.16 | 201 | Neil | Addison | Stevenage & North Herts AC |
| 2 | 32.47 | 223 | James | Kent | City of Norwich AC |
| 3 | 30.88 | 238 | Billy | Vernon-Hamilton | Stevenage & North Herts AC |
| 4 | 30.39 | 203 | Jake | Allen | West Suffolk AC |

Shot Putt Final

| | | | | | |
|---|-------|-----|---------|----------|--------------------------|
| 1 | 12.99 | 206 | Marc | Bradbury | Boston & District AC |
| 2 | 11.79 | 218 | Oliver | Holway | Cambridge & Coleridge AC |
| 3 | 10.73 | 231 | Michael | Painter | City of Norwich AC |
| 4 | 10.71 | 203 | Jake | Allen | West Suffolk AC |
| 5 | 9.38 | 237 | Alan | Sydee | Luton AC |
| 6 | 8.88 | 223 | James | Kent | City of Norwich AC |

U20W Results

100m Final (W/S N/R)

| | | | | | |
|---|-------|-----|---------|----------|-----------------|
| 1 | 12.78 | 352 | Katy | Barber | Gt Yarmouth AC |
| 2 | 12.80 | 362 | Sharna | Emanuel | Peterborough AC |
| 3 | 12.89 | 364 | Jessica | Grainger | Chelmsford AC |

100m Hurdles Final (W/S +4.3)

| | | | | | |
|---|-------|-----|---------|-----------------|----------------------------|
| 1 | 14.22 | 350 | Georgia | Atkins | Chelmsford AC |
| 2 | 15.87 | 380 | Chloe | Vernon-Hamilton | Stevenage & North Herts AC |
| 3 | 16.16 | 373 | Millie | Phelan | Herts Phoenix AC |
| 4 | 16.76 | 374 | Anne | Rees | Stevenage & North Herts AC |
| 5 | 18.25 | 359 | Evie | Castle | Chelmsford AC |

200m Final (W/S +3.2)

| | | | | | |
|---|-------|-----|----------|----------|---------------------|
| 1 | 26.18 | 372 | Bethanie | Moore | Colchester Harriers |
| 2 | 26.51 | 352 | Katy | Barber | Gt Yarmouth AC |
| 3 | 26.65 | 364 | Jessica | Grainger | Chelmsford AC |

400m Final

| | | | | | |
|---|-------------|-----|----------|---------|--------------------|
| 1 | 59.25 (CBP) | 381 | Deborah | Willis | Herts Phoenix AC |
| 2 | 1.01.00 | 368 | Caroline | Hill | Chelmsford AC |
| 3 | 1.05.44 | 358 | Kayleigh | Borkett | Huntingdonshire AC |

400m Hurdles Final

| | | | | | |
|---|---------|-----|-------|-------|--------------------------|
| 1 | 1:07.49 | 354 | Laura | Bass | Cambridge & Coleridge AC |
| 2 | 1:10.13 | 365 | Laura | Green | City of Norwich AC |

800m Final

| | | | | | |
|---|---------|-----|------|-------|------------------|
| 1 | 2:20.34 | 366 | Sian | Harry | Herts Phoenix AC |
|---|---------|-----|------|-------|------------------|

1500m Final

| | | | | | |
|---|---------------|-----|-------|---------|--------------------------|
| 1 | 4.57.98 (CBP) | 357 | Poppy | Blake | Chelmsford AC |
| 2 | 5.33.54 | 353 | Lacey | Bareham | Colchester & Tendring AC |

3000m Final

| | | | | | |
|---|----------|-----|-------|-------|-----------------|
| 1 | 12.10.24 | 351 | Emily | Baker | West Suffolk AC |
|---|----------|-----|-------|-------|-----------------|

Long Jump Final

| | | | | | | |
|---|------------|-----|---------|-----------------|------|----------------------------|
| 1 | 5.65 (CBP) | 350 | Georgia | Atkins | +2.0 | Chelmsford AC |
| 2 | 5.37 | 367 | Shanara | Hibbert | +3.0 | Luton AC |
| 3 | 5.10 | 380 | Chloe | Vernon-Hamilton | +4.0 | Stevenage & North Herts AC |
| 4 | 4.94 | 375 | Lauren | Sammout | +4.5 | Cambridge & Coleridge AC |

Triple Jump Final

| | | | | | | |
|---|-------|-----|--------|---------|----|--------------------------|
| 1 | 10.55 | 375 | Lauren | Sammout | NR | Cambridge & Coleridge AC |
|---|-------|-----|--------|---------|----|--------------------------|

High Jump Final

| | | | | | | |
|---|------|-----|-----------|--------|--|----------------------------|
| 1 | 1.55 | 370 | Charlotte | Malton | | Chelmsford AC |
| 2 | 1.55 | 374 | Anne | Rees | | Stevenage & North Herts AC |

Discus Final

| | | | | | | |
|---|-------------|-----|---------|----------|--|--------------------------|
| 1 | 34.07 (CBP) | 360 | Chelsea | Coker | | Chelmsford AC |
| 2 | 29.55 | 375 | Lauren | Sammout | | Cambridge & Coleridge AC |
| 3 | 26.01 | 369 | Kelly | Lawrence | | Nene Valley Harriers |
| 4 | 25.09 | 359 | Evie | Castle | | Chelmsford AC |
| 5 | 18.73 | 376 | Hayley | Sayer | | Cambridge & Coleridge AC |

Hammer Final

| | | | | | | |
|---|-------------|-----|---------|----------|--|--------------------------|
| 1 | 42.43 (CBP) | 360 | Chelsea | Coker | | Chelmsford AC |
| 2 | 36.53 | 376 | Hayley | Sayer | | Cambridge & Coleridge AC |
| 3 | 35.98 | 369 | Kelly | Lawrence | | Nene Valley Harriers |
| 4 | 30.17 | 359 | Evie | Castle | | Chelmsford AC |

Javelin Final

| | | | | | | |
|---|-------------|-----|--------|---------|--|------------------|
| 1 | 39.97 (CBP) | 371 | Eloise | Meakins | | Herts Phoenix AC |
| 2 | 31.17 | 359 | Evie | Castle | | Chelmsford AC |

Shot Putt Final

| | | | | | | |
|---|-------|-----|---------|--------|--|--------------------------|
| 1 | 10.84 | 360 | Chelsea | Coker | | Chelmsford AC |
| 2 | 9.36 | 359 | Evie | Castle | | Chelmsford AC |
| 3 | 8.45 | 376 | Hayley | Sayer | | Cambridge & Coleridge AC |

U20M Results

100m Final U20M (W/S +3.6)

| | | | | | |
|---|-------|-----|----------|---------|--------------------------|
| 1 | 11.01 | 302 | Deji | Akande | Chelmsford AC |
| 2 | 11.11 | 308 | Jonathan | Brown | City of Norwich AC |
| 3 | 11.33 | 331 | George | Cummins | Cambridge & Coleridge AC |

110 Hurdles Final (W/S +1.8)

| | | | | | |
|---|-------|-----|--------|---------|----------------------------|
| 1 | 16.53 | 326 | Connor | Winters | Stevenage & North Herts AC |
|---|-------|-----|--------|---------|----------------------------|

200m Final (W/S +3.6)

| | | | | | |
|---|-------|-----|----------|-----------|--------------------------|
| 1 | 22.33 | 312 | Nathan | Greenaway | Chelmsford AC |
| 2 | 22.72 | 308 | Jonathan | Brown | City of Norwich AC |
| 3 | 24.03 | 331 | George | Cummins | Cambridge & Coleridge AC |
| 4 | 25.44 | 307 | Jamie | Brown | City of Norwich AC |

400m Hurdles Final

| | | | | | |
|---|-------|-----|------|----------------|------------------------|
| 1 | 57.15 | 303 | Ross | Armorgie (U20) | Herts Phoenix AC |
| 2 | 57.31 | 318 | Adam | McCarthy (U20) | Havering Mayesbrook AC |

800m Final

| | | | | | |
|---|---------|-----|---------|---------|---------------------------|
| 1 | 2:01.61 | 305 | Tom | Barfoot | Herts Phoenix AC |
| 2 | 2:05.01 | 329 | Daniel | Yaxley | Woodford Green with Essex |
| 3 | 2:05.39 | 323 | Richard | Pollitt | Braintree & District AC |
| 4 | 2:07.62 | 327 | Jacob | Wisbey4 | Peterborough AC |

1500m Final

| | | | | | |
|---|---------|-----|---------|-----------|-----------------|
| 1 | 4:11.92 | 328 | Daniel | Woodgate | Luton AC |
| 2 | 4:12.43 | 310 | Alex | Dunbar | West Suffolk AC |
| 3 | 4:13.47 | 319 | Tom | Mead | Luton AC |
| 4 | 4:33.96 | 325 | Dominic | Thackeray | West Suffolk AC |

3000m Final

| | | | | | |
|---|--------|-----|-----|-------------|-----------------------|
| 1 | 9:35.5 | 317 | Ian | Maplethorpe | Lincoln Wellington AC |
|---|--------|-----|-----|-------------|-----------------------|

Long Jump Final

| | | | | | | |
|---|------|-----|--------|---------|------|----------------------------|
| 1 | 6.49 | 326 | Connor | Winters | +5.5 | Stevenage & North Herts AC |
| 2 | 5.62 | 331 | George | Cummins | +2.9 | Cambridge & Coleridge AC |

Triple Jump Final

| | | | | | | |
|---|-------|-----|-------|-------|----|--------------------|
| 1 | 11.62 | 307 | Jamie | Brown | NR | City of Norwich AC |
|---|-------|-----|-------|-------|----|--------------------|

Pole Vault Final

| | | | | | |
|---|------|-----|----------|---------------|----------------------------|
| 1 | 4.00 | 326 | Connor | Winters | Stevenage & North Herts AC |
| 2 | 3.80 | 301 | Benedict | Abbot-Gribben | Enfield & Haringey AC |

Discus Final

| | | | | | |
|---|-------|-----|----------|---------|--------------------|
| 1 | 44.78 | 311 | Jonathan | Edwards | Huntingdonshire AC |
| 2 | 23.56 | 316 | Declan | Manning | City of Norwich AC |

Hammer Final

| | | | | | |
|---|-------|-----|----------|-----------|--------------------|
| 1 | 54.40 | 311 | Jonathan | Edwards | Huntingdonshire AC |
| 2 | 45.09 | 313 | Richard | Humphries | Herts Phoenix AC |

Javelin Final

| | | | | | |
|---|-------|-----|-------|-----------|----------------------------------|
| 1 | 63.29 | 321 | Matti | Mortimore | Ipswich Harriers |
| 2 | 49.77 | 324 | Tom | Richards | Woodford Green with Essex Ladies |
| 3 | 34.49 | 330 | David | Thurlow | Luton AC |

Shot Putt Final

| | | | | | |
|---|-------|-----|----------|---------|----------------------|
| 1 | 16.88 | 320 | Robert | Mohan | Nene Valley Harriers |
| 2 | 13.06 | 311 | Jonathan | Edwards | Huntingdonshire AC |
| 3 | 8.61 | 316 | Declan | Manning | City of Norwich AC |

Senior Women Results

100m Final (W/S NR)

| | | | | | |
|---|-------|-----|--------------|----------|-------------|
| 1 | 12.43 | 455 | Hayley-Jayne | Cone | TVH |
| 2 | 12.60 | 468 | Heidi | Nicholas | Basildon AC |
| 3 | 13.02 | 454 | Erica | Casonato | Luton AC |

100m Hurdles Final (W/S +4.3)

| | | | | | |
|---|-------|-----|-------|----------|-------------|
| 1 | 15.57 | 468 | Heidi | Nicholas | Basildon AC |
| 2 | 16.46 | 471 | Katy | Sealy | UWIC |

200m Final (W/S+2.6)

| | | | | | |
|---|-------|-----|---------|-----------|-----------------|
| 1 | 26.39 | 468 | Heidi | Nicholas | Basildon AC |
| 2 | 27.09 | 459 | Nichola | Gibson | Peterborough AC |
| 3 | 27.16 | 454 | Erica | Casonato | Luton AC |
| 4 | 27.26 | 466 | Lauren | Longhurst | Chelmsford AC |

400m Final

| | | | | | |
|---|---------|-----|---------|-----------|---------------------|
| 1 | 57.56 | 473 | Heather | Shepherd | Colchester Harriers |
| 2 | 58.99 | 470 | Jade | Savage | Luton AC |
| 3 | 59.97 | 459 | Nichola | Gibson | Peterborough AC |
| 4 | 1.00.23 | 472 | Natalie | Shaw | Derby AC |
| 5 | 1.01.96 | 466 | Lauren | Longhurst | Chelmsford AC |
| 6 | 1.03.77 | 476 | Joanna | Winfield | Luton AC |

800m Final

| | | | | | |
|---|---------|-----|---------|----------|-----------------------|
| 1 | 2:18.92 | 472 | Natalie | Shaw | Derby AC |
| 2 | 2:19.19 | 461 | Karen | Goode | Basildon AC |
| 3 | 2:20.44 | 453 | Nicola | Bredin | Basildon AC |
| 4 | 2:22.93 | 452 | Helen | Branco | Serpentine AC |
| 5 | 2:28.45 | 476 | Joanna | Winfield | Luton AC |
| 6 | 2:33.46 | 458 | Kate | Davies | West Norfolk AC |
| 7 | 2:40.14 | 450 | Rachel | Baust | Biggleswade AC |
| | DNF | 457 | Sophie | Cowper | Lincoln Wellington AC |

1500m Final

| | | | | | |
|---|---------|-----|--------|--------|-----------------------|
| 1 | 5.16.44 | 457 | Sophie | Cowper | Lincoln Wellington AC |
|---|---------|-----|--------|--------|-----------------------|

3000m Final

| | | | | | |
|---|----------|-----|---------|---------|-----------------------|
| 1 | 10.29.60 | 452 | Helen | Branco | Serpentine AC |
| 2 | 10.45.06 | 456 | Rebecca | Cousins | West Norfolk AC |
| 3 | 10.45.74 | 457 | Sophie | Cowper | Lincoln Wellington AC |

Long Jump Final

| | | | | | | |
|---|------|-----|--------------|----------|------|-------------------------|
| 1 | 5.67 | 463 | Emma | Hughes | +2.7 | Luton AC |
| 2 | 5.29 | 474 | Tania | Spurling | +4.0 | West Suffolk AC |
| 3 | 5.08 | 468 | Heidi | Nicholas | +4.0 | Basildon AC |
| 4 | 4.91 | 455 | Hayley-Jayne | Cone | +3.0 | TVH |
| 5 | 4.78 | 460 | Lana | Gillard | +4.8 | Braintree & District AC |

Triple Jump Final

| | | | | | | |
|---|-------|-----|-------|----------|----|-------------------------|
| 1 | 11.18 | 474 | Tania | Spurling | NR | West Suffolk AC |
| 2 | 9.34 | 460 | Lana | Gillard | NR | Braintree & District AC |

High Jump Final

| | | | | | |
|---|------|-----|-------|----------|-----------------|
| 1 | 1.55 | 474 | Tania | Spurling | West Suffolk AC |
| 2 | 1.55 | 471 | Katy | Sealy | UWIC |
| 3 | 1.55 | 468 | Heidi | Nicholas | Basildon AC |

Pole Vault Final

| | | | | | |
|---|------|-----|-------|----------|--------------------|
| 1 | 3.30 | 469 | Sarka | Robinson | Dacoran & Tring AC |
|---|------|-----|-------|----------|--------------------|

Discus Final

| | | | | | |
|---|-------|-----|----------|----------|-----------------------|
| 1 | 19.02 | 475 | Kathleen | Warhurst | Lincoln Wellington AC |
|---|-------|-----|----------|----------|-----------------------|

Hammer Final

| | | | | | |
|---|-------|-----|----------|----------|-----------------------|
| 1 | 21.46 | 475 | Kathleen | Warhurst | Lincoln Wellington AC |
|---|-------|-----|----------|----------|-----------------------|

Javelin Final

| | | | | | |
|---|-------|-----|--------|--------|----------------|
| 1 | 24.39 | 464 | Sandra | Ingham | Biggleswade AC |
|---|-------|-----|--------|--------|----------------|

Shot Putt Final

| | | | | | |
|---|------|-----|--------|--------|----------------|
| 1 | 7.82 | 464 | Sandra | Ingham | Biggleswade AC |
|---|------|-----|--------|--------|----------------|

Senior Men Results

100m Final (W/S +3.6)

| | | | | | |
|---|-------|-----|--------|-----------|----------------------------|
| 1 | 11.24 | 401 | Amin | Ahmadnia | Cambridge University |
| 2 | 11.50 | 414 | Elior | Harris | Stevenage & North Herts AC |
| 3 | 11.66 | 435 | Simon | Turnock | Nene Valley Harriers |
| 4 | 12.61 | 433 | Alexis | Tran-Viet | Cambridge University |

110 Hurdles Final (W/S +1.8)

| | | | | | |
|---|-------|-----|---------|----------|-------------------|
| 1 | 15.74 | 432 | Michael | Shortall | Thurrock Harriers |
| 2 | 16.49 | 402 | Luke | Allen | West Suffolk AC |

200m Final (W/S +3.2)

| | | | | | |
|---|-------|-----|----------|-------------------|-------------------------|
| 1 | 22.50 | 413 | Matt | Hamilton | Herts Phoenix AC |
| 2 | 22.78 | 416 | Mitchell | Jarvis | Braintree & District AC |
| 3 | 23.31 | 422 | Sbo | Ngwane | Luton AC |
| 4 | 23.63 | 417 | David | Leadbitter | Huntingdonshire AC |
| 5 | 23.96 | 435 | Simon | Turnock | Nene Valley Harriers |
| 6 | 23.99 | 411 | Joe | Faulkner- Edwards | Newham & Essex Beagles |
| 7 | 25.38 | 433 | Alexis | Tran-Viet | Cambridge University |

400m Final

| | | | | | |
|---|-------|-----|----------|-----------|------------------|
| 1 | 48.71 | 413 | Matt | Hamilton | Herts Phoenix AC |
| 2 | 48.77 | 415 | Matthew | Harrison | Basildon AC |
| 3 | 50.10 | 407 | Nicholas | Choudhury | Luton AC |

400m Hurdles

| | | | | | |
|---|---------|-----|-----------|----------|--------------------|
| 1 | 56.48 | 431 | Christian | Roberts | Huntingdonshire AC |
| 2 | 1:00.00 | 432 | Michael | Shortall | Thurrock Harriers |
| 3 | 1:03.06 | 404 | Patrick | Barrett | Herts Phoenix AC |

800m Final

| | | | | | |
|---|---------|-----|------|----------|----------|
| 1 | 2:03.57 | 439 | Liam | McNabola | Luton AC |
|---|---------|-----|------|----------|----------|

3000m Final

| | | | | | |
|---|---------|-----|--------|-----------|----------------------------|
| 1 | 8:59.2 | 436 | Steven | Whittaker | Southend AC |
| 2 | 9:08.3 | 429 | Lee | Reynolds | Windsor Slough & Eton |
| 3 | 9:25.4 | 406 | Miguel | Branco | Serpentine AC |
| 4 | 9:27.3 | 427 | Daniel | Poulton | Stevenage & North Herts AC |
| 5 | 10:39.2 | 425 | David | Pettitt | Cambridge & Coleridge AC |

Long Jump Final

| | | | | | | |
|---|------|-----|----------|----------|------|--------------------------|
| 1 | 6.89 | 416 | Mitchell | Jarvis | +5.9 | Braintree & District AC |
| 2 | 6.70 | 430 | Sam | Richards | +3.4 | Cambridge & Coleridge AC |
| 3 | 6.13 | 402 | Luke | Allen | +1.9 | West Suffolk AC |

High Jump Final

| | | | | | | |
|---|------|-----|--------|--------|--|----------------------------|
| 1 | 1.85 | 438 | Ashley | Barker | | Cheltenham AC |
| 2 | 1.85 | 410 | Lewis | Ely | | Blackheath & Bromley AC |
| 3 | 1.80 | 414 | Elior | Harris | | Stevenage & North Herts AC |

Discus Final

| | | | | | | |
|---|-------|-----|-------------|----------|--|----------------------------------|
| 1 | 47.82 | 419 | Christopher | Linque | | Woodford Green with Essex Ladies |
| 2 | 45.07 | 437 | Steve | Whyte | | Thames Valley Harriers |
| 3 | 33.05 | 423 | John | Painter | | City of Norwich AC |
| 4 | 27.07 | 420 | David | Lipscomb | | Serpentine AC |
| 5 | 27.02 | 428 | Dave | Powers | | Luton AC |

Hammer Final

| | | | | | | |
|---|-------|-----|-------|--------|--|------------------------|
| 1 | 60.58 | 408 | Sam | Coe | | City of Norwich AC |
| 2 | 53.42 | 437 | Steve | Whyte | | Thames Valley Harriers |
| 3 | 28.13 | 428 | Dave | Powers | | Luton AC |

Javelin Final

| | | | | | | |
|---|-------|-----|------|-------------------|--|------------------------|
| 1 | 38.13 | 402 | Luke | Allen | | West Suffolk AC |
| 2 | 36.49 | 411 | Joe | Faulkner- Edwards | | Newham & Essex Beagles |

Shot Putt Final

| | | | | | | |
|---|-------|-----|-------------|----------|--|----------------------------------|
| 1 | 14.09 | 437 | Steve | Whyte | | Thames Valley Harriers |
| 2 | 14.00 | 419 | Christopher | Linque | | Woodford Green with Essex Ladies |
| 3 | 10.51 | 423 | John | Painter | | City of Norwich AC |
| 4 | 9.63 | 428 | Dave | Powers | | Luton AC |
| 5 | 8.83 | 420 | David | Lipscomb | | Serpentine AC |