
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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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Discus Final

1	19.02	475	Kathleen	Warhurst	Lincoln Wellington AC
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Hammer Final

1	21.46	475	Kathleen	Warhurst	Lincoln Wellington AC
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Javelin Final

1	24.39	464	Sandra	Ingham	Biggleswade AC
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Shot Putt Final

1	7.82	464	Sandra	Ingham	Biggleswade AC
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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
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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