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# Eastern Athletic Association

## Track & Field Championships



Saturday 30th June 2018

Embankment Track, Peterborough

## 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



### SM 100 Final

1	11.27	39	Ashley Watson	Nene Valley Harriers
2	11.32	41	Freddy Williams	City Of Norwich AC
3	11.36	30	Gideon Okoh	Nene Valley Harriers
4	11.50	16	Ben Gibbs	Thurrock Harriers
5	12.10	2	Zoheb Arif	Leeds University Ac/cc Club
6	12.52	29	Liam O'Dell	City Of Norwich AC

### SM 1500 Final

Guest	4.10.18	13	Christopher Dryden	New Zealand
1	4.18.57	31	James O'Neill	Ryston Runners
2	4.30.84	32	Andrew Parmenter	Cambridge & Coleridge AC
3	4.53.88	27	Joe McGrath	Basildon AC

### SM 200 Final

1	22.50	36	Lewis Thorn	Braintree & District AC
2	23.55	18	James Greenhalgh	West Norfolk AC
3	23.69	20	Adam Herring	Blackheath and Bromley Harr
4	26.00	29	Liam O'Dell	City Of Norwich AC

### SM 3000 Final

1	9.19.03	31	James O'Neill	Ryston Runners
2	9.22.32	11	Ryan Marc Davidson	Bure Valley Harriers
3	9.27.86	34	Steve Robinson	Peterborough AC
4	9.40.83	14	Craig Emmerson	Bedford & County AC
5	12.41.80	23	Shane Lawrence	Cambridge University Hare a

### SM 400 Final

1	50.64	36	Lewis Thorn	Braintree & District AC
2	51.25	37	Chris Thornley	Bedford & County AC
3	51.37	26	James McCrae	Nene Valley Harriers
4	52.51	20	Adam Herring	Blackheath and Bromley Harr

### SM 400 Hurdles Final

1	56.90	18	James Greenhalgh	West Norfolk AC
2	59.77	4	Jack Benedickter	Bedford & County AC
3	62.96	5	Peter Benedickter	Bedford & County AC

### SM 800 Final

1	1.58.08	26	James McCrae	Nene Valley Harriers
2	2.05.52	31	James O'Neill	Ryston Runners

### SM Discus Final

1	48.51	6	Joe Bloomfield	Chelmsford AC
2	44.51	12	Devon Douglas	Woodford Green AC with Ess
3	38.9	35	Aedan Slack	Cambridge & Coleridge AC
4	34.70	24	Declan Manning	City Of Norwich AC

### SM Hammer Final

1	56.58	25	Richard Martin	Bedford & County AC
2	55.88	6	Joe Bloomfield	Chelmsford AC
3	40.51	35	Aedan Slack	Cambridge & Coleridge AC
4	33.64	24	Declan Manning	City Of Norwich AC

### SM High Jump Final

1	1.65	21	Gareth Hunt	Ryston Runners
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### SM Javelin Final

1	48.87	10	Roy Chambers	Woking AC
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### SM Long Jump Final

1	5.88	21	Gareth Hunt	Ryston Runners
2	4.50	28	Luke Nash	West Norfolk AC

### SM Pole Vault Final

1	3.00	27	Joe McGrath	Basildon AC
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### SM Shot Final

1	12.81	42	Hugh Williams	Woodford Green Ac With Ess
2	12.04	24	Declan Manning	City Of Norwich AC
3	11.88	35	Aedan Slack	Cambridge & Coleridge AC

### SM Triple Jump Final

1	14.22	8	Joshua Bones	Scunthorpe & District Ac
2	10.71	21	Gareth Hunt	Ryston Runners

### SW 100 Final

1	12.36	200	Ellie Bandy	Herts Phoenix AC
2	12.95	201	Tayla Benson	West Norfolk AC
3	13.01	227	Victoria Staines	Southend On Sea AC
4	14.38	205	April Castle	Braintree & District AC

### SW 100 Hurdles Final

1	18.22	205	April Castle	Braintree & District AC
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### SW 1500 Final

Guest	4.24.07	223	Katrina Robinson	New Zealand
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### SW 200 Final

1	29.02	227	Victoria Staines	Southend On Sea AC
2	30.48	205	April Castle	Braintree & District AC

### SW 400 Final

1	57.96	224	Lauren Rule	Stevenage & North Herts AC
2	59.92	219	Kirstie Overfield	Basildon AC
3	62.24	222	Francesca Riley	Biggleswade AC
4	63.44	207	Stacey Evers	Colchester Harriers AC
5	63.61	210	Amy Frith	Bedford & County AC
6	64.35	217	Katie Margaron	Cambridge & Coleridge AC

### SW 800 Final

1	2.22.09	207	Stacey Evers	Colchester Harriers AC
2	2.33.25	212	Hannah Hall	Cambridge & Coleridge AC

### SW Discus Final

1	36.70	215	Andrea Jenkins	Nene Valley Harriers
2	35.59	214	Georgina Howe	Chelmsford AC
3	30.70	206	Debbie Castle	Braintree & District AC
4	19.17	218	Eleanor Moss	Herts Phoenix AC

### SW Hammer Final

1	46.43	214	Georgina Howe	Chelmsford AC
2	46.15	228	Gemma Vickery	City Of Norwich AC
3	44.41	215	Andrea Jenkins	Nene Valley Harriers
4	25.48	206	Debbie Castle	Braintree
5	17.07	218	Elesnor Moss	Herts Phoenix

### SW High Jump Final

1	1.75	225	Moe Sasegbon	Stevenage & North Herts AC
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### SW Javelin Final

1	31.41	206	Debbie Castle	Braintree & District AC
2	29.20	211	Alice Galloway	Cambridge & Coleridge AC
3	30.37	218	Eleanor Moss	Herts Phoenix AC

### SW Long Jump Final

1	4.34	205	April Castle	Braintree & District AC
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### SW Pole Vault Final

1	3.20	204	Holly Brown	Peterborough Ac
2	3.10	203	Erin Breen	Herts Phoenix

### SW Shot Final

1	9.66	211	Alice Galloway	Cambridge & Coleridge AC
2	8.94	206	Debbie Castle	Braintree & District AC
3	7.46	201	Tayla Benson	West Norfolk AC
4	6.28	218	Eleanor Moss	Herts Phoenix AC

### SW Triple Jump Final

1	11.61	213	Shanara Hibbert	Luton Athletic Club
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### U13B 100 Final

1	12.75	250	Otis Omoniyi	Watford Harriers
2	12.85	243	David MacQueen	Ryston Runners
3	12.9	235	Ben Agbenu	Bedford & County AC
4	13.14	236	Dominic Alexandru	Havering AC
5	13.32	245	Dylan Mitchell	Bedford & County AC
6	14.49	257	Jack Wheatley	Peterborough AC
7	14.65	237	Sebastian Alexandru	Havering AC
8	15.37	248	Samuel Nash	West Norfolk AC

### U13B 100 Heat 1

1	13.25	243	David MacQueen	Ryston Runners
2	13.29	235	Ben Agbenu	Bedford & County AC
3	14.58	237	Sebastian Alexandru	Havering AC
4	15.13	248	Samuel Nash	West Norfolk AC

### U13B 100 Heat 2

1	12.72	250	Otis Omoniyi	Watford Harriers
2	13.22	236	Dominic Alexandru	Havering AC
3	13.45	245	Dylan Mitchell	Bedford & County AC
4	14.24	257	Jack Wheatley	Peterborough AC
5	15.32	238	Maximilian Brookes	Diss and District AC

### U13B 200 Final

1	26.31	250	Otis Omoniyi	Watford Harriers
2	27.04	243	David MacQueen	Ryston Runners
3	27.06	245	Dylan Mitchell	Bedford & County AC
4	27.95	236	Dominic Alexandru	Havering AC
5	27.98	242	Daniel Lammas	Havering AC
6	29.16	255	Lester Ward	Southend On Sea AC

### U13B 75 Hurdles Final

1 (CBP)	12.02	236	Dominic Alexandru	Havering AC
2	14.80	237	Sebastian Alexandru	Havering AC
3	16.42	247	Alex Mortimer	Huntingdonshire AC

### U13B 800 Final

1 (CBP)	2.13.33	244	Luca McGrath	Cambridge & Coleridge AC
2	2.18.24	246	Isaac Morris	Cambridge & Coleridge AC
3	2.20.25	251	Benjamin Peck	Thetford AC
4	2.35.52	256	Tom Waterworth	Huntingdonshire AC
5	2.48.64	237	Sebastian Alexandru	Havering AC
6	2.48.99	241	Toby Johnson	Havering AC
7	2.57.65	239	Elija Browne	Havering AC

### U13B Long Jump Final

1	4.74	243	David MacQueen	Ryston Runners
2	4.39	249	Harry Nunn	Southend On Sea AC
3	3.66	248	Samuel Nash	West Norfolk AC
4	3.55	241	Toby Johnson	Havering AC
5	3.48	238	Maximilian Brookes	Diss and District AC
6	3.44	239	Elija Browne	Havering AC

### U13B Shot Final

1	7.99	245	Dylan Mitchell	Bedford & County AC
2	6.22	238	Maximilian Brookes	Diss and District AC
3	5.10	247	Alex Mortimer	Huntingdonshire AC

### U13G 100 Final

1	13.80	283	Kaia Purdie	Cambridge & Coleridge AC
2	13.90	285	Eve Seyf	Cambridge & Coleridge AC
3	13.99	269	Freya Coley	Chelmsford AC
4	14.26	289	Gabby Wright	Waveney Valley AC
5	14.28	270	Tamsin Diggpal-Race	Huntingdonshire AC
6	14.7	272	Rose Fairhurst	City Of Norwich AC
7	15.14	288	Hollie Willeard	Great Yarmouth & District AC

### U13G 100 Heat 1

1	14.23	283	Kaia Purdie	Cambridge & Coleridge AC
2	14.67	270	Tamsin Diggpal-Race	Huntingdonshire AC
3	15.01	272	Rose Fairhurst	City Of Norwich AC
4	15.05	279	Lucy Oakley	Ryston Runners
5	15.21	288	Hollie Willeard	Great Yarmouth & District AC

### U13G 100 Heat 2

1	14.10	285	Eve Seyf	Cambridge & Coleridge AC
2	14.23	269	Freya Coley	Chelmsford AC
3	14.39	289	Gabby Wright	Waveney Valley AC
4	15.37	268	Emily Butler	Thurrock Harriers

### U13G 200 Final

1	28.29	281	Nneka Okoh	Chelmsford AC
2	28.98	271	Cara Duncan	Braintree & District AC
3	29.25	285	Eve Seyf	Cambridge & Coleridge AC
4	29.51	289	Gabby Wright	Waveney Valley AC
5	30.64	274	Moria Howard	Huntingdonshire AC
6	31.04	270	Tamsin Diggpal-Race	Huntingdonshire AC

### U13G 200 Heat 1

1	28.43	281	Nneka Okoh	Chelmsford AC
2	29.16	289	Gabby Wright	Waveney Valley AC
3	30.00	274	Moria Howard	Huntingdonshire AC
4	30.14	290	Elena Rivetti	Peterborough AC

### U13G 200 Heat 2

1	28.7	271	Cara Duncan	Braintree & District AC
2	29.48	285	Eve Seyf	Cambridge & Coleridge AC
3	31.47	270	Tamsin Digpal-Race	Huntingdonshire AC
4	32.44	268	Emily Butler	Thurrock Harriers
5	34.53	267	Charlotte Bridger	Cambridge & Coleridge AC

### U13G 70 Hurdles Final

1 (CBP)	11.4	277	Katie Marsh	Nene Valley Harriers
2	12.1	286	Sadie Werrett	Bedford & County AC
3	12.4	290	Elena Rivetti	Peterborough AC
4	12.4	284	Mia Rowan	Harlow AC
5	12.9	288	Hollie Willeard	Great Yarmouth & District AC
6	14.0	272	Rose Fairhurst	City Of Norwich AC
7	15.0	267	Charlotte Bridger	Cambridge & Coleridge AC

### U13G 800 Final

1	2.33.7	282	Katie Olive	Bedford & County AC
2	2.35.8	276	Daisy Mainwaring	Watford Harriers
3	2.36.2	273	Lola Fletcher	Peterborough AC
4	3.04.6	275	Sophie Leslie	Bedford & County AC

### U13G Long Jump Final

1	4.58	277	Katie Marsh	Nene Valley Harriers
2	4.45	281	Nneka Okoh	Chelmsford AC
3	4.17	274	Moria Howard	Huntingdonshire AC
4	3.89	284	Mia Rowan	Harlow AC
5	3.87	269	Freya Coley	Chelmsford AC
6	3.67	288	Hollie Willeard	Great Yarmouth & District AC
7	3.28	267	Charlotte Bridger	Cambridge & Coleridge AC
8	3.18	271	Cara Duncan	Braintree & District AC



### U13G Shot Final

1 (CBP)	9.55	279	Lucy Oakley	Ryston Runners
2	8.34	265	Willow Bedding	Huntingdonshire AC
3	7.35	270	Tamsin Digpal-Race	Huntingdonshire AC
4	6.00	272	Rose Fairhurst	City Of Norwich AC

### U15B 100 Final

1	11.76	71	Merveilles Massebo	Woodford Green AC with Ess
2	11.81	68	William Kong	Nene Valley Harriers
3	12.32	74	Alexander Munoz Dav	The HAWCS
4	12.62	90	Bryce Tabshabalala	Peterborough AC
5	12.81	45	Desmond Agbenu	Bedford & County AC
6	13.83	54	Liam Clare	Ryston Runners

### U15B 100 Heat 1

1	12.03	68	William Kong	Nene Valley Harriers
2	12.11	79	Ayo Opaleye	Huntingdonshire AC
3	12.69	45	Desmond Agbenu	Bedford & County AC
4	13.86	54	Liam Clare	Ryston Runners

### U15B 100 Heat 2

1	11.97	71	Merveilles Massebo	Woodford Green AC with Ess
2	12.37	74	Alexander Munoz Dav	The HAWCS
3	12.71	90	Bryce Tabshabalala	Peterborough AC
4	13.79	88	Matthew Simpson	Peterborough AC

### U15B 1500 Final

1	4.23.01	72	Alexander Melloy	Cambridge & Coleridge AC
2	4.26.74	50	Matthew Blacklock	Havering AC
3	4.29.62	64	Ben Hunter	Watford Harriers
4	4.30.04	82	James Peck	Thetford Ac
5	4.40.67	81	Gabriel Parmenter	Cambridge & Coleridge AC
6	5.03.43	48	Thomas Ashton	Dacorum & Tring AC
7	5.07.83	98	Daniel Zailer Fletcher	Cambridge & Coleridge AC
8	5.13.40	77	Innes O'Malley	North Norfolk Harriers Athlet

### U15B 200 Final

1	23.7	58	Aiden Fernando	Woodford Green AC with Ess
2	24.5	75	Alexander Nunn	Southend On Sea AC
3	25.2	51	Jacob Blanc	Havering Ac
4	25.2	94	Michael Van Haren	Waveney Valley AC
5	26.5	45	Desmond Agbenu	Bedford & County AC

### U15B 300 Final

1	37.71	87	Samuel Shippey	Colchester Harriers AC
2	39.62	80	Samuel Oshodi	Woodford Green AC with Ess
3	40.89	55	Thomas Coley	Chelmsford AC
4	41.46	66	Joshua Keeble	North Norfolk Harriers Athlet
5	42.16	78	Mubarik Omer	Newham & Essex Beagles AC
6	42.58	52	Joel Burgess	Waveney Valley AC

### U15B 80 Hurdles Final

1 (CBP)	11.00	59	Freddie Fraser	Nene Valley Harriers
2	11.12	84	Joe Purbrick	Huntingdonshire AC
3	11.15	62	Ruben Hedman	Braintree & District AC
4	12.76	51	Jacob Blanc	Havering Ac
5	13.95	73	Elliot Mortimer	Huntingdonshire AC
6	15.26	54	Liam Clare	Ryston Runners

### U15B 800 Final

1	2.09.06	95	Tyler Wannerton	Stevenage & North Herts AC
2	2.09.46	60	Tom Gaunce	Dacorum & Tring AC
3	2.13.03	85	Jack Raine	Dacorum & Tring AC
4	2.14.55	66	Joshua Keeble	North Norfolk Harriers Athlet
5	2.15.15	96	Joseph Wheeler	Cambridge & Coleridge AC
6	2.15.18	67	George Keen	Cambridge & Coleridge AC
7	2.20.16	92	Dylan Tomaselli	Nene Valley Harriers
8	2.24.10	56	Howard Croft	Huntingdonshire AC
9	2.25.08	65	Brad Keay	North Norfolk Harriers Athlet
10	2.45.21	63	Freddie House	Nene Valley Harriers

### U15B Discus Final

1	41.89	93	Cameron Try	Thetford AC
2	34.23	53	Donovan Capes	Nene Valley Harriers
3	32.50	94	Michael Van Haren	Waveney Valley AC
4	31.58	70	Nathan Litchfield	Bedford & County AC
5	29.56	61	Zack Grinsted	Luton Athletic Club
6	17.28	88	Matthew Simpson	Peterborough AC

### U15B Hammer Final

1	38.44	70	Nathan Litchfield	Bedford & County AC
2	29.94	61	Zack Grinsted	Luton Athletic Club
3	22.53	97	Billy White	Cambridge & Coleridge AC

### U15B High Jump Final

1	1.61	83	Dylan Phillips	Peterborough AC
2	1.55	90	Bryce Tabshabalala	Peterborough AC
3	1.50	76	Onyekachukwu Okoh	Chelmsford Ac
4	1.45	51	Jacob Blanc	Havering Ac

### U15B Javelin Final

1	27.05	88	Matthew Simpson	Peterborough AC
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### U15B Long Jump Final

1	5.78	68	William Kong	Nene Valley Harriers
2	5.75	80	Samuel Oshodi	Woodford Green AC with Ess
3	5.46	91	Nikolaos Tirchineci	Peterborough AC
4	4.98	79	Ayo Opaleye	Huntingdonshire AC
5	4.27	83	Dylan Phillips	Peterborough AC
6	3.85	54	Liam Clare	Ryston Runners

### U15B Pole Vault Final

1	3.00	48	Thomas Ashton	Dacorum & Tring AC
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### U15B Shot Final

1	12.76	53	Donovan Capes	Nene Valley Harriers
2	12.47	94	Michael Van Haren	Waveney Valley AC
3	11.53	93	Cameron Try	Thetford AC
4	11.03	97	Billy White	Cambridge & Coleridge AC
5	10.64	61	Zack Grinsted	Luton Athletic Club

### U15B Triple Jump Final

1	12.12	79	Ayo Opaleye	Huntingdonshire AC
2	11.13	91	Nikolaos Tirchineci	Peterborough AC
3	10.45	52	Joel Burgess	Waveney Valley AC

### U15G 100 Final

1	12.69	151	Isabella Smith	Havering AC
2	12.76	111	Emily Cann	West Suffolk AC
3	12.83	131	Elizabeth Harrison	Huntingdonshire AC
4	12.89	113	Jessica Clark	Cambridge & Coleridge AC
5	13.16	135	Emily Knight	Enfield and Haringey A C
6	13.30	101	Toyosi Agbaniyaka	Watford Harriers
7	13.52	142	Ella Reed	Huntingdonshire AC
8	13.66	155	Karis Thomas	Braintree & District AC

### U15G 100 Heat 1

1	12.41	111	Emily Cann	West Suffolk AC
2	12.71	131	Elizabeth Harrison	Huntingdonshire AC
3	13.15	135	Emily Knight	Enfield and Haringey A C
4	13.37	101	Toyosi Agbaniyaka	Watford Harriers
5	13.45	142	Ella Reed	Huntingdonshire AC
6	13.55	100	Oluwafunmilayo Ade	Thurrock Harriers

### U15G 100 Heat 2

1	12.68	151	Isabella Smith	Havering AC
2	12.90	113	Jessica Clark	Cambridge & Coleridge AC
3	13.37	155	Karis Thomas	Braintree & District AC
4	13.59	147	Ruby Schwarz	West Norfolk AC
5	13.64	138	Daisy Marshall	The HAWCS
6	13.98	104	Bethany Barrett	Dereham Runners & AC
7	14.51	156	Milly Unsworth	Cambridge & Coleridge AC

### U15G 1500 Final

1	4.57.47	149	Natalie Simmons	Bedford & County AC
2	5.08.95	114	Abigail Clouston	Thetford AC
3	5.09.61	153	Memphis Symonds	City Of Norwich AC
4	5.13.50	137	Amelie Maris	Cambridge & Coleridge AC

### U15G 200 Final

1	25.95	154	Elizabeth Taylor	Peterborough AC
2	26.41	141	Abbie Parker	Dacorum & Tring AC
3	26.67	131	Elizabeth Harrison	Huntingdonshire AC
4	26.76	113	Jessica Clark	Cambridge & Coleridge AC
5	27.40	144	Paige Robinson	Havering Ac
6	27.68	118	Daisy Coulson-Bascom	Huntingdonshire AC
7	27.95	115	Emily Collard	Cambridge & Coleridge AC

### U15G 200 Heat 1

1	26.56	154	Elizabeth Taylor	Peterborough AC
2	27.63	118	Daisy Coulson-Bascom	Huntingdonshire AC
3	27.65	100	Oluwafunmilayo Ade	Thurrock Harriers
4	28.08	115	Emily Collard	Cambridge & Coleridge AC
5	28.10	144	Paige Robinson	Havering Ac
6	28.13	123	Rosie Field	Braintree & District AC
7	29.24	157	Maya Vandermark	Cambridge & Coleridge AC
8	29.97	156	Milly Unsworth	Cambridge & Coleridge AC

### U15G 200 Heat 2

1	26.20	141	Abbie Parker	Dacorum & Tring AC
2	26.98	131	Elizabeth Harrison	Huntingdonshire AC
3	27.22	113	Jessica Clark	Cambridge & Coleridge AC
4	28.37	130	Eden Harrison	City Of Norwich AC
5	28.45	140	Mia Moore	Ryston Runners
6	28.84	147	Ruby Schwarz	West Norfolk AC
7	29.47	155	Karis Thomas	Braintree & District AC

### U15G 75 Hurdles Final

1	11.47	135	Emily Knight	Enfield and Haringey A C
2	11.83	121	Charlotte Dunstone	Peterborough AC
3	11.97	127	Scarlett Gammell	Watford Harriers
4	12.02	141	Abbie Parker	Dacorum & Tring AC
5	12.23	144	Paige Robinson	Havering Ac
6	13.30	128	Beth Greenwood	Great Yarmouth & District AC
7	13.51	104	Bethany Barrett	Dereham Runners & AC
8	15.28	112	Louise Chance	Peterborough AC

### U15G 800 Final

1	2.25.26	122	Olivia Edwards	Dacorum & Tring AC
2	2.26.88	125	Penelope Francis	Bedford & County AC
3	2.29.11	126	Dana Fraser	Cambridge & Coleridge AC
4	2.34.49	124	Orla Foley	St Albans AC
5	2.42.46	102	Sophie Allen	West Suffolk AC

### U15G Discus Final

1	33.14	159	Katie Webb	Dacorum & Tring AC
2	22.24	136	Alice Lord	Cambridge & Coleridge AC
3	19.43	109	Luella Brookes	Diss and District AC
4	17.41	108	Katie Brennan	Harlow AC

### U15G Hammer Final

1	40.88	110	Amy Bunting	Lincoln Wellington Athletic Cl
2	31.85	150	Olivia Simon	Colchester Harriers AC
3	30.02	109	Luella Brookes	Diss and District AC
4	20.94	157	Maya Vandermark	Cambridge & Coleridge AC
5	18.06	160	Sasha Wilson	West Suffolk AC
6	16.21	119	Lucy Cowman	Thurrock Harriers

### U15G High Jump Final

1	1.45	129	Maddie Greenwood	West Suffolk AC
2	1.35	144	Paige Robinson	Havering Ac
3	1.35	100	Oluwafunmilayo Ade	Thurrock Harriers

### U15G Javelin Final

1	29.80	136	Alice Lord	Cambridge & Coleridge AC
2	29.13	159	Katie Webb	Dacorum & Tring AC
3	28.99	160	Sasha Wilson	West Suffolk AC
4	28.21	119	Lucy Cowman	Thurrock Harriers
5	28.12	112	Louise Chance	Peterborough AC
6	28.04	130	Eden Harrison	City Of Norwich AC

### U15G Long Jump Final

1	4.76	142	Ella Reed	Huntingdonshire AC
2	4.66	111	Emily Cann	West Suffolk AC
3	4.15	147	Ruby Schwarz	West Norfolk AC
4	4.14	161	Elizabeth Wood	West Norfolk AC
5	4.12	128	Beth Greenwood	Great Yarmouth & District AC
6	3.98	112	Louise Chance	Peterborough AC
7	3.86	140	Mia Moore	Ryston Runners
8	3.80	107	Lucy Boyde	Cambridge & Coleridge AC

### U15G Pole Vault Final

1	2.60	150	Olivia Simon	Colchester Harriers AC
2	2.50	116	Jessie Collier	Havering AC
3	2.00	129	Maddie Greenwood	West Suffolk AC
4	1.90	120	Zowie Dodge	Basildon AC

### U15G Shot Final

1	8.91	123	Rosie Field	Braintree & District AC
2	8.74	159	Katie Webb	Dacorum & Tring AC
3	8.31	109	Luella Brookes	Diss and District AC
4	7.98	157	Maya Vandermark	Cambridge & Coleridge AC
5	7.86	119	Lucy Cowman	Thurrock Harriers
6	7.68	105	Abeni Beckham	Waveney Valley AC
7	7.25	160	Sasha Wilson	West Suffolk AC

### U15G Triple Jump Final

1	9.57	105	Abeni Beckham	Waveney Valley AC
2	9.48	142	Ella Reed	Huntingdonshire AC
3	8.81	152	Ellis Stewart	Great Yarmouth & District AC
4	8.55	107	Lucy Boyde	Cambridge & Coleridge AC

### U17M 100 Final

1	11.22	301	Louis Albrow	City Of Norwich AC
2	11.25	315	Daniel Jones	Colchester Harriers AC
3	11.38	316	Daniel Knight	Enfield and Haringey A C
4	11.41	309	Edward Brown	Braintree & District AC
5	11.58	322	Joshua Mayston	Waveney Valley AC
6	11.62	327	Louis Palmer	City Of Norwich AC
7	11.70	313	Luke Holland	Bedford & County AC
8	11.72	326	Tomi Ogunyoye	Nene Valley Harriers

### U17M 100 Heat 1

1	11.19	301	Louis Albrow	City Of Norwich AC
2	11.66	313	Luke Holland	Bedford & County AC
3	11.81	320	James Marsh	Nene Valley Harriers
4	11.83	318	Robert MacQueen	Ryston Runners
5	11.98	314	Fortune Isoka	Watford Harriers
6	12.05	324	Liam Mvula	Shaftesbury Barnet Harriers

### U17M 100 Heat 2

1	11.39	309	Edward Brown	Braintree & District AC
2	11.48	315	Daniel Jones	Colchester Harriers AC
3	11.54	316	Daniel Knight	Enfield and Haringey A C
4	11.59	327	Louis Palmer	City Of Norwich AC
5	11.64	322	Joshua Mayston	Waveney Valley AC
6	11.69	326	Tomi Ogunyoye	Nene Valley Harriers

### U17M 100 Hurdles Final

1 (CBP)	13.22	316	Daniel Knight	Enfield and Haringey A C
2	13.85	341	Ralph Williams	Dacorum & Tring AC

### U17M 200 Final

1	23.13	301	Louis Albrow	City Of Norwich AC
2	23.22	327	Louis Palmer	City Of Norwich AC
3	23.50	309	Edward Brown	Braintree & District AC
3	23.50	321	Freddie Martin	Braintree & District AC
5	23.59	320	James Marsh	Nene Valley Harriers
6	23.96	326	Tomi Ogunyoye	Nene Valley Harriers
7	23.99	318	Robert MacQueen	Ryston Runners



### U17M 3000 Final

1	9.54.26	308	Thomas Bridger	Cambridge & Coleridge AC
2	10.52.20	338	Matthew Warner	Southend On Sea AC

### U17M 400 Final

1	54.81	337	James Vincent	Southend On Sea AC
2	55.15	340	Charlie Williams	West Norfolk AC
3	55.83	333	Patryk Szpryngiel	Peterborough AC

### U17M 400 Hurdles Final

1	57.33	331	Freddie Reilly	Stevenage & North Herts AC
2	60.07	334	Jude Thorne	Braintree & District AC
3	67.68	339	Alfie Williams	West Norfolk AC

### U17M 800 Final

1	2.04.57	330	Jamie Putt	Harlow AC
2	2.05.34	311	George Dowding	Dacorum & Tring AC
3	2.05.60	302	Michael Armstrong	Dacorum & Tring AC
4	2.11.13	319	Matt Magin	Cambridge & Coleridge AC

### U17M Discus Final

1	45.31	310	Dominic Buckland	Stevenage & North Herts AC
2	33.81	340	Charlie Williams	West Norfolk AC
3	33.01	332	Thomas Smith	Huntingdonshire AC
4	31.64	304	Archie Bell	Ryston Runners
5	31.55	335	Kyle Thornton	Chelmsford AC

### U17M Hammer Final

1	34.51	335	Kyle Thornton	Chelmsford AC
2	29.80	332	Thomas Smith	Huntingdonshire AC

### U17M High Jump Final

1	1.70	326	Tomi Ogunyoye	Nene Valley Harriers
2	1.65	339	Alfie Williams	West Norfolk AC

### U17M Javelin Final

1	50.14	323	Thomas Mitson	West Suffolk AC
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### U17M Long Jump Final

1	6.50	342	Josh Woods	Dacorum & Tring AC
2	5.33	322	Joshua Mayston	Waveney Valley AC

### U17M Pole Vault Final

1	4.00	307	Bryce Breen	Herts Phoenix
2	3.30	303	William Ashton	Dacorum & Tring AC

### U17M Shot Final

1	14.44	317	Thomas Litchfield	Bedford & County AC
2	13.21	339	Alfie Williams	West Norfolk AC
3	10.08	332	Thomas Smith	Huntingdonshire AC
4	10.04	335	Kyle Thornton	Chelmsford AC
5	9.93	304	Archie Bell	Ryston Runners

### U17W 100 Final

1	12.14	388	Skye Wicks	The HAWCS
2	12.53	370	Iona Newbegin	Bedford & County AC
3	12.54	368	Sophie Mayor	Braintree & District AC
4	12.63	363	Serena Grace	City Of Norwich AC
5	12.74	365	Marli Jessop	Dacorum & Tring AC
6	13.73	361	Holly Field	Braintree & District Ac
7	14.48	367	Molly May	Biggleswade AC

### U17W 1500 Final

1	4.50.37	371	Jessica Norkett	Thetford AC
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### U17W 200 Final

1	25.43	373	Naomi Palmer	Shaftesbury Barnet Harriers
2	25.83	363	Serena Grace	City Of Norwich AC
3	26.03	370	Iona Newbegin	Bedford & County AC
4	28.00	355	Jasmine Cant	Ipswich Harriers

### U17W 300 Final

1	40.74	388	Skye Wicks	The HAWCS
2	43.12	374	Yasmin Palmer	Shaftesbury Barnet Harriers
3	43.38	387	Georgia Tombs	Chelmsford AC
4	44.72	355	Jasmine Cant	Ipswich Harriers
5	46.57	392	Katie Wright	Huntingdonshire AC

### U17W 300 Hurdles Final

1	47.40	375	Lily Parris	Chelmsford AC
2	54.10	392	Katie Wright	Huntingdonshire AC

### U17W 3000 Final

1	12.19.79	380	Keirra Scott	Basildon AC
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### U17W 80 Hurdles Final

1 (CBP)	11.40	365	Marli Jessop	Dacorum & Tring AC
2	11.65	375	Lily Parris	Chelmsford AC
3	12.39	379	Kirsty Sait-Stewart	City Of Norwich AC
4	12.65	382	Kate Sheppard	Braintree & District AC
5	13.04	383	Hannah Smith	Braintree & District Ac

### U17W 800 Final

1 (CBP)	2.13.43	390	Beatrix Wraith	The HAWCS
2	2.22.25	378	Ella Robinson	Nene Valley Harriers
3	2.24.35	351	Isabella Armitage	Cambridge & Coleridge AC
4	2.36.41	364	Jessica Hoar	Dacorum & Tring AC

### U17W Discus Final

1	26.57	362	Elizabeth Finch	Chelmsford AC
2	23.80	384	Megan Smith	Thurrock Harriers

### U17W Hammer Final

1	48.40	386	Libby Taylor	Stevenage & North Herts AC
2	39.92	362	Elizabeth Finch	Chelmsford AC
3	29.80	384	Megan Smith	Thurrock Harriers

### U17W High Jump Final

1	1.60	377	Aisla Rhodes	Stevenage & North Herts AC
2	1.55	354	Leonie Brunning	Biggleswade AC

### U17W Javelin Final

1	38.56	381	Georgia Shephard-Gaz	Stevenage & North Herts AC
2	32.19	389	Alana Wilson	West Suffolk AC
3	25.10	384	Megan Smith	Thurrock Harriers

### U17W Long Jump Final

1	5.01	383	Hannah Smith	Braintree & District Ac
2	4.96	353	Eleanor Brown	City Of Norwich AC
3	4.89	354	Leonie Brunning	Biggleswade AC

### U17W Shot Final

1	11.73	385	Kenyeh Soyei	Bedford & County AC
2	10.31	361	Holly Field	Braintree & District Ac
3	9.90	389	Alana Wilson	West Suffolk AC

### U17W Triple Jump Final

1	10.90	353	Eleanor Brown	City Of Norwich AC
2	10.06	361	Holly Field	Braintree & District Ac

### U20M 100 Final

1	11.64	171	Leon Field	Waveney Valley AC
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### U20M 110 Hurdles Final

1	14.85	168	Jack Broadbent	Basildon AC
2	16.09	169	Samuel Clarke	Cambridge & Coleridge AC
3	16.13	171	Leon Field	Waveney Valley AC

### U20M 1500 Final

1	4.11.69	174	Lewis Harknett	Orion Harriers
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### U20M 200 Final

1	23.46	171	Leon Field	Waveney Valley AC
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### U20M 400 Final

1	50.23	184	Morgan Webster	Biggleswade AC
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### U20M 400 Hurdles Final

1	61.45	173	William Forster	Bedford & County AC
2	61.48	169	Samuel Clarke	Cambridge & Coleridge AC

### U20M Discus Final

1	52.61	178	Oliver Massingham	City Of Norwich AC
2	38.99	185	Ryan Whitehead	Enfield and Haringey A C
3	37.49	179	Grantas Mockaitis	Woodford Green AC with Ess
4	26.26	181	Joseph Nicholson	Thetford AC

### U20M Hammer Final

1	43.24	181	Joseph Nicholson	Thetford AC
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### U20M Long Jump Final

1	6.21	166	Rahim Benson	West Norfolk AC
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### U20M Pole Vault Final

1	4.80	176	Frankie Johnson	Bedford & County AC
2	3.10	168	Jack Broadbent	Basildon AC

### U20M Shot Final

Guest	19.96	165	Ryan Ballantyne	New Zealand
Guest	18.92	182	Nick Palmer	New Zealand
1	14.14	178	Oliver Massingham	City Of Norwich AC

### U20M Triple Jump Final

1	13.02	180	Ryan Morgan	Braintree & District Ac
2	11.85	169	Samuel Clarke	Cambridge & Coleridge AC

### U20W 100 Final

1	12.08	196	Bethany Shaw	St Albans AC
2	12.61	194	Remi Jessop	Dacorum & Tring AC
3	13.72	190	Hannah Greenhalgh	West Norfolk AC

### U20W 200 Final

1	26.38	194	Remi Jessop	Dacorum & Tring AC
2	26.80	189	Amy Fix	Southend On Sea AC

### U20W 400 Final

1	70.75	190	Hannah Greenhalgh	West Norfolk AC
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### U20W 400 Hurdles Final

1	68.66	197	Megan Sims	Peterborough AC
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### U20W Discus Final

1	16.33	198	Jessica Whitbread	Thurrock Harriers
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### U20W Hammer Final

1	43.42	187	Lauren Aldridge	Stevenage & North Herts AC
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### **U20W High Jump Final**

1	1.55	191	Bethany Harryman	Harlow AC
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### **U20W Long Jump Final**

1	5.16	192	Abbie Hawkins	Cambridge & Coleridge AC
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2	4.69	198	Jessica Whitbread	Thurrock Harriers
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### **U20W Shot Final**

1	10.61	188	Priscilla Dadzie	Nene Valley Harriers
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2	9.87	191	Bethany Harryman	Harlow AC
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