

Category	Description	Last name	First name	Full name	Club	Age-gp	Performance
SM	Hammer throw Sen men final	5 Steve	Burke	Steve Burke	Huntingdonshire AC	SM	35.91
		35 Jake	Young	Jake Young	SS Athletics	SM	33.89
		21 Declan	Manning	Declan Manning	City Of Norwich AC	SM	31.1
U20M	Hammer throw U20 men fina .	373 Wyatt	Larkins	Wyatt Larkins	Harrow AC	U20M	68.96
		377 Thomas	Norkett	Thomas Norkett	Thetford AC	U20M	41.19
		364 Toby	Carroll	Toby Carroll	Huntingdonshire AC	U20M	33.91
U17M	Hammer throw U17M final .	303 Oran	Blake	Oran Blake	Biggleswade AC	U17M	44.63
		317 Finley	Dines	Finley Dines	West Suffolk AC	U17M	26.43
U15B	Hammer throw U15B final .	177 Miles	Lugo-Hankins	Miles Lugo-Hankins	Ipswich Harriers	U15B	37.92
		187 Leon	Pullen	Leon Pullen	Thetford AC	U15B	37.74
		154 Bevan	Dove	Bevan Dove	Chelmsford AC	U15B	36.71
		197 Carter	Williams	Carter Williams	Basilidon AC	U15B	29.14
		147 Aaron	Bell	Aaron Bell	Basilidon AC	U15B	27.9
		152 Jacob	Dines	Jacob Dines	West Suffolk AC	U15B	26.88
		172 Hector	Johnson	Hector Johnson	Chelmsford AC	U15B	26.43
		146 William	Bacon	William Bacon	Bedford & County AC	U15B	16.29
SW	Hammer throw Sen Women f .	71 Gemma	Vickery	Gemma Vickery	City Of Norwich AC	SW	48.11
		50 Leonie	Brunning	Leonie Brunning	Biggleswade AC	SW	41.05
		70 Megan	Thomas	Megan Thomas	City Of Norwich AC	SW	36.45
		49 Hannah	Brunning	Hannah Brunning	Biggleswade AC	SW	32.58
		51 Tamzin	Digpal-Race	Tamzin Digpal-Race	Huntingdonshire AC	SW	31.54
U20W	Hammer throw U20 women f .	280 Willow	Bedding	Willow Bedding	Huntingdonshire AC	U20W	45.84
		285 Lilymae	Coote	Lilymae Coote	Great Yarmouth & Distri	U20W	39.28
		287 Rhiana	Drew	Rhiana Drew	Harlow AC	U20W	36.75
U17W	Hammer throw U17 women f .	433 Monica	Malagala	Monica Malagala	Chelmsford AC	U17W	43.96
		410 Lila	Chapelhow	Lila Chapelhow	Havering AC	U17W	38.94
		441 Madison	Poulter	Madison Poulter	Chelmsford AC	U17W	35.46
		400 Chloe	Ainsworth	Chloe Ainsworth	Great Yarmouth & Distri	U17W	30.16
U15G	Hammer throw u15 Girls fina .	221 Mia	Flynn	Mia Flynn	Bedford & County AC	U15G	45.79
		251 Olivia	Mullineaux	Olivia Mullineaux	Chelmsford AC	U15G	37.77
		266 Adanna	Udechuku	Adanna Udechuku	Colchester & Tendring A	U15G	36.59
		256 Oluwatimileyin	Osei	Oluwatimileyin Elizabet	Chelmsford AC	U15G	23.81
SM	Discus throw Sen Men final .	21 Declan	Manning	Declan Manning	City Of Norwich AC	SM	37.31
		5 Steve	Burke	Steve Burke	Huntingdonshire AC	SM	29.09
U20M	Discus throw U20 men final .	364 Toby	Carroll	Toby Carroll	Huntingdonshire AC	U20M	25.25
U17M	Discus throw U17 men final .	327 Oscar	Jerman	Oscar Jerman	City Of Norwich AC	U17M	38.68
		317 Finley	Dines	Finley Dines	West Suffolk AC	U17M	35.41
		335 Sonny	McKeich	Sonny McKeich	Dacorum Athletics Club	U17M	34.61
U15B	Discus throw U15 Boys final .	197 Carter	Williams	Carter Williams	Basilidon AC	U15B	28.39
		172 Hector	Johnson	Hector Johnson	Chelmsford AC	U15B	28.19
		177 Miles	Lugo-Hankins	Miles Lugo-Hankins	Ipswich Harriers	U15B	24.92
		154 Bevan	Dove	Bevan Dove	Chelmsford AC	U15B	24.53
		161 George	Ganley	George Ganley	City Of Norwich AC	U15B	19.34
SW	Discus throw Sen Women fin .	44 Gemma	Barnsdale	Gemma Barnsdale	Lincoln Wellington Athle	SW	35.26
		49 Hannah	Brunning	Hannah Brunning	Biggleswade AC	SW	34.28
		70 Megan	Thomas	Megan Thomas	City Of Norwich AC	SW	33.73
		54 Caroline	Drewitt	Caroline Drewitt	Thurrock Harriers	SW	32.21
		56 Helen	Fleming	Helen Fleming	City Of Norwich AC	SW	17.44
U20W	Discus throw U20 Women fin .	287 Rhiana	Drew	Rhiana Drew	Harlow AC	U20W	29.55
		283 Orlagh	Brunning	Orlagh Brunning	Biggleswade AC	U20W	28.6
		294 Grace	Smith	Grace Smith	Luton Athletic Club	U20W	27.49
		280 Willow	Bedding	Willow Bedding	Huntingdonshire AC	U20W	24.14
U17W	Discus throw U17 Women fin .	433 Monica	Malagala	Monica Malagala	Chelmsford AC	U17W	35.98
		425 Matilda	Hewitt	Matilda Hewitt	Chelmsford AC	U17W	33.86

		441 Madison	Poulter	Madison Poulter	Chelmsford AC	U17W	28.66
		410 Lila	Chapelhow	Lila Chapelhow	Havering AC	U17W	23.04
		438 Anjola	Opaleye	Anjola Opaleye	Huntingdonshire AC	U17W	22.66
		444 Alice	Robinson	Alice Robinson	Cambridge & Coleridge	U17W	18.96
		400 Chloe	Ainsworth	Chloe Ainsworth	Great Yarmouth & Distri	U17W	18.75
		407 Esa	Blake	Esa Blake	Biggleswade AC	U17W	17.13
U15G	Discus throw U15 Girls final						
		251 Olivia	Mullineaux	Olivia Mullineaux	Chelmsford AC	U15G	28.22
		266 Adanna	Udechuku	Adanna Udechuku	Colchester & Tendring A	U15G	26.76
		221 Mia	Flynn	Mia Flynn	Bedford & County AC	U15G	25.94
		256 Oluwatimileyin	Osei	Oluwatimileyin Elizabeth	Chelmsford AC	U15G	20.82
		250 Maddie	Moss	Maddie Moss	Chelmsford AC	U15G	19.23
SM	Shot put Sen Men final						
		6 David	Bush	David Bush	Peterborough & Nene Vc	SM	12.08
		12 Zack	Grinsted	Zack Grinsted	Luton Athletic Club	SM	12.03
		32 Hugh	Williams	Hugh Williams	Woodford Green AC w/itl	SM	11.66
		21 Declan	Manning	Declan Manning	City Of Norwich AC	SM	11.12
		35 Jake	Young	Jake Young	SS Athletics	SM	10.13
		5 Steve	Burke	Steve Burke	Huntingdonshire AC	SM	9.07
U20M	Shot put U20 men final						
		363 Alastair	Brown	Alastair Brown	Chelmsford AC	U20M	16.7
		364 Toby	Carroll	Toby Carroll	Huntingdonshire AC	U20M	10.75
U17M	Shot put U17 men final						
		327 Oscar	Jerman	Oscar Jerman	City Of Norwich AC	U17M	12.19
U15B	Shot put U15 Boys final						
		190 Max	Segerstrale	Max Segerstrale	Cambridge & Coleridge	U15B	11.2
		152 Jacob	Dines	Jacob Dines	West Suffolk AC	U15B	11.06
		187 Leon	Pullen	Leon Pullen	Thetford AC	U15B	10.79
		197 Carter	Williams	Carter Williams	Basilton AC	U15B	9.21
		147 Aaron	Bell	Aaron Bell	Basilton AC	U15B	9.16
U13B	Shot put U13 Boys final						
		82 Remy	Hillier	Remy Hillier	SS Athletics	U13B	9.66
SW	Shot put Sen Women final						
		50 Leonie	Brunning	Leonie Brunning	Biggleswade AC	SW	10.85
		44 Gemma	Barnsdale	Gemma Barnsdale	Lincoln Wellington Athle	SW	9.99
		51 Tamzin	Digpal-Race	Tamzin Digpal-Race	Huntingdonshire AC	SW	9.09
		49 Hannah	Brunning	Hannah Brunning	Biggleswade AC	SW	8.53
		42 Haleema	Asmal	Haleema Asmal	Havering AC	SW	5.37
U20W	Shot put U20 women final						
		292 Daniella	Oladele	Daniella Oladele	Thurrock Harriers	U20W	9.79
		283 Orlagh	Brunning	Orlagh Brunning	Biggleswade AC	U20W	8.01
U17W	Shot put U17 women final						
		433 Monica	Malagala	Monica Malagala	Chelmsford AC	U17W	12.72
		425 Matilda	Hewitt	Matilda Hewitt	Chelmsford AC	U17W	12.65
		405 Kaidy	Baptiste	Kaidy Baptiste	Woodford Green AC w/itl	U17W	8.77
		438 Anjola	Opaleye	Anjola Opaleye	Huntingdonshire AC	U17W	8.54
		400 Chloe	Ainsworth	Chloe Ainsworth	Great Yarmouth & Distri	U17W	7.86
		444 Alice	Robinson	Alice Robinson	Cambridge & Coleridge	U17W	7.79
U15G	Shot put U15 Girls final						
		266 Adanna	Udechuku	Adanna Udechuku	Colchester & Tendring A	U15G	12.52
		251 Olivia	Mullineaux	Olivia Mullineaux	Chelmsford AC	U15G	10.5
		211 Jessica	Botheras	Jessica Botheras	Herts Phoenix AC	U15G	10.44
		242 Jennifer	Mardle	Jennifer Mardle	City Of Norwich AC	U15G	10.28
		202 Shindara	Ayo-Adeyemo	Shindara Ayo-Adeyemo	Chelmsford AC	U15G	10.25
		256 Oluwatimileyin	Osei	Oluwatimileyin Elizabeth	Chelmsford AC	U15G	8.38
		207 Jessica	Bone	Jessica Bone	Brentwood Beagles Athl	U15G	8.09
		204 Cara	Blower	Cara Blower	West Suffolk AC	U15G	7.92
		250 Maddie	Moss	Maddie Moss	Chelmsford AC	U15G	6
U13G	Shot put U13 Girls final						
		129 Davina	Oladele	Davina Oladele	Thurrock Harriers	U13G	9.29
		135 Isabella	Springer	Isabella Springer	Harlow AC	U13G	7.64
		105 Hannah	Berry	Hannah Berry	Stevenage & North Hert:	U13G	7.08
		131 Olive	Pyecroft	Olive Pyecroft	Bedford & County AC	U13G	7.01
		114 Sofia	Gilboy	Sofia Gilboy	West Norfolk AC	U13G	6.53
SM	Javelin Sen Men final						
		2 Henry	Bennet	Henry Bennet	Woodford Green AC w/itl	SM	50.58
		8 Roy	Chambers	Roy Chambers	Woking AC	SM	46.63
		35 Jake	Young	Jake Young	SS Athletics	SM	38.23
U20M	Javelin U20 mens final						
		3					
		384 Arto	Treece	Arto Treece	Biggleswade AC	U20M	39.15
U17M	Javelin U17 mens final						

		317 Finley	Dines	Finley Dines	West Suffolk AC	U17M	56.67
		322 Charles	Harvey	Charles Harvey	SS Athletics	U17M	46.11
		324 Callum	Hennessy	Callum Hennessy	Cambridge & Coleridge	U17M	37.3
		330 Thomas	Jones	Thomas Jones	Cambridge & Coleridge	U17M	29.41
		316 Darian	Denchev	Darian Denchev	Bedford & County AC	U17M	25.28
U15B	Javelin U15 Boys final						
		152 Jacob	Dines	Jacob Dines	West Suffolk AC	U15B	43.86
		185 Joshua	Power	Joshua Power	West Suffolk AC	U15B	35.01
		151 Tristan	De Belligny	Tristan De Belligny	Colchester & Tendring A	U15B	34.93
		198 Henry	Worley-Smith	Henry Worley-Smith	Basildon AC	U15B	32.45
		172 Hector	Johnson	Hector Johnson	Chelmsford AC	U15B	30.24
		187 Leon	Pullen	Leon Pullen	Thetford AC	U15B	30.21
		158 Isaac	Ebers	Isaac Ebers	Huntingdonshire AC	U15B	29.29
SW	Javelin Senior women final						
		45 Kirsty	Bateman Foley	Kirsty Bateman Foley	Woodford Green AC witr	SW	33.98
		51 Tamzin	Digpal-Race	Tamzin Digpal-Race	Huntingdonshire AC	SW	26.05
		56 Helen	Fleming	Helen Fleming	City Of Norwich AC	SW	17.52
U20W	Javelin U20 women final						
		295 Hollie	Willeard	Hollie Willeard	Great Yarmouth & Distri	U20W	38.42
		294 Grace	Smith	Grace Smith	Luton Athletic Club	U20W	30.72
U17W	Javelin U17 women final						
		432 Aggie	Long	Aggie Long	City Of Norwich AC	U17W	34.49
		431 Martha	Lewey	Martha Lewey	Bedford & County AC	U17W	25.86
		441 Madison	Poulter	Madison Poulter	Chelmsford AC	U17W	25.76
		404 Jasmine	Asmal	Jasmine Asmal	Havering AC	U17W	25.28
U15G	Javelin U15 Girls final						
		215 Robyn	Colyer	Robyn Colyer	Brentwood Beagles Athl	U15G	20.48
		250 Maddie	Moss	Maddie Moss	Chelmsford AC	U15G	15.8
		205 Sophie	Blundell	Sophie Blundell	Newmarket Joggers	U15G	11.41
SM	Longjump Sen men final						
		20 David	MacQueen	David MacQueen	Cambridge & Coleridge	SM	6.17
		15 Thomas	Hufford	Thomas Hufford	Cambridge & Coleridge	SM	5.88
		8 Roy	Chambers	Roy Chambers	Woking AC	SM	5.69
		1 Craig	Beecham	Craig Beecham	Newbury AC	SM	5.63
		28 Cameron	Ross (T20)	Cameron Ross (T20)	West Norfolk AC	SM	4.11
U20M	Longjump U20 men final						
		385 William	Watts	William Watts	Thurrock Harriers	U20M	6.41
		369 Billy	Francis	Billy Francis	City Of Norwich AC	U20M	5.59
		365 Bryn	Cock-Starkey	Bryn Cock-Starkey	Cambridge & Coleridge	U20M	5.37
U17M	Longjump U17 mens final						
		310 Thomas	Chivers	Thomas Chivers	Stevenage & North Hert:	U17M	5.72
		355 Caleb	Wilson	Caleb Wilson	Ely Runners	U17M	5.71
		342 Luca	Patrick	Luca Patrick	Brentwood Beagles Athl	U17M	5.66
		346 Toby	Rix	Toby Rix	Cambridge & Coleridge	U17M	5.53
		344 Toby	Pentlow	Toby Pentlow	Bedford & County AC	U17M	5.19
U15B	Longjump U15 Boys final						
		185 Joshua	Power	Joshua Power	West Suffolk AC	U15B	5.43
		159 Adam	Edwards	Adam Edwards	Great Yarmouth & Distri	U15B	4.82
		143 Rowan	Alcock	Rowan Alcock	Cambridge & Coleridge	U15B	4.45
		192 Charlie	Sutton	Charlie Sutton	City Of Norwich AC	U15B	4.18
		156 Jamar	Eason	Jamar Eason	Huntingdonshire AC	U15B	4.07
U13B	Longjump U13 Boys final						
		73 Jacob	Allam	Jacob Allam	Chelmsford AC	U13B	4.42
		78 Max	Cheetham	Max Cheetham	Brentwood Beagles Athl	U13B	4.41
		98 Florian	Vaughan	Florian Vaughan	Cambridge & Coleridge	U13B	4.35
		94 Percy	Strachan	Percy Strachan	Ipswich Harriers	U13B	3.88
		89 Oliver	Nevill	Oliver Nevill	Brentwood Beagles Athl	U13B	3.87
		93 Alfie	Shallcross	Alfie Shallcross	Great Yarmouth & Distri	U13B	3.58
SW	Longjump Sen women final						
		40 Mary	Adeniji	Mary Adeniji	Blackheath & Bromley H	SW	5.96
		61 Louisa	Johnstone	Louisa Johnstone	Great Yarmouth & Distri	SW	5.34
		68 Hannah	Smith	Hannah Smith	Braintree & District AC	SW	4.97
U20W	Longjump U20 women final						
			0	0	0	0	0
U17W	Longjump U17 women final						
		446 Mia	Squires	Mia Squires	Great Yarmouth & Distri	U17W	5.48
		411 Chelsea	Clarke	Chelsea Clarke	Chelmsford AC	U17W	5.28
		450 Milana	Thorpe	Milana Thorpe	Chelmsford AC	U17W	4.99
		442 Emily	Rapley	Emily Rapley	Stevenage & North Hert:	U17W	4.72
		406 Isla	Barker	Isla Barker	Ipswich Harriers	U17W	4.58
		418 Lily	Ganley	Lily Ganley	City Of Norwich AC	U17W	4.52

		413 Louise	Duffy	Louise Duffy	Harlow AC	U17W	4.26
		431 Martha	Lewey	Martha Lewey	Bedford & County AC	U17W	4.01
U15G	Longjump U15 Girls final	242 Jennifer	Mardle	Jennifer Mardle	City Of Norwich AC	U15G	4.8
		237 Tia	Leaver	Tia Leaver	Enfield and Haringey A C	U15G	4.51
		257 Finlay-Rae	Oshea	Finlay-Rae Oshea	City Of Norwich AC	U15G	4.51
		202 Shindara	Ayo-Adeyemo	Shindara Ayo-Adeyemo	Chelmsford AC	U15G	4.37
		215 Robyn	Colyer	Robyn Colyer	Brentwood Beagles Athl	U15G	4.26
		210 India	Bostock	India Bostock	Saint Edmund Pacers	U15G	4.11
		204 Cara	Blower	Cara Blower	West Suffolk AC	U15G	4.02
		252 Lacey	Murray	Lacey Murray	Harlow AC	U15G	3.92
		229 Alexa	Hillman	Alexa Hillman	Herts Phoenix AC	U15G	3.79
		271 Maya	Willis	Maya Willis	Harlow AC	U15G	3.75
		225 Alice	Gordon	Alice Gordon	Harlow AC	U15G	3.69
		264 Alexa	Tsindides-O'Shea	Alexa Tsindides-O'Shea	Harlow AC	U15G	2.65
		270 Caelah-Leigh	Whyte	Caelah-Leigh Whyte	Great Yarmouth & Distri	U15G	NM
U13G	Longjump U13 Girls final	107 Poppy	Brandom	Poppy Brandom	Bedford & County AC	U13G	4.56
		136 Talia	Stowers	Talia Stowers	City Of Norwich AC	U13G	4.40
		120 Nathania	Lewis	Nathania Lewis	Biggleswade AC	U13G	4.37
		129 Davina	Oladele	Davina Oladele	Thurrock Harriers	U13G	4.33
		134 Vilte	Slenderyte	Vilte Slenderyte	Harlow AC	U13G	3.96
		133 Clara	Rowles	Clara Rowles	City of Southend On Sea	U13G	3.90
		113 Alice	Ganley	Alice Ganley	City Of Norwich AC	U13G	3.70
		100 Bailey-Rae	Agyemang	Bailey-Rae Agyemang	Stevenage & North Hert	U13G	3.70
		110 Amelia	Dawson	Amelia Dawson	Bedford & County AC	U13G	3.67
		109 Emmie	Brooks	Emmie Brooks	Great Yarmouth & Distri	U13G	3.65
		106 Natasha	Bishop	Natasha Bishop	Harlow AC	U13G	3.55
		121 Sofia	Lyttle	Sofia Lyttle	Colchester & Tendring A	U13G	3.53
		137 Elise	Totton	Elise Totton	Cambridge & Coleridge	U13G	3.23
		119 Ariana	Lewis	Ariana Lewis	Biggleswade AC	U13G	3.16
		140 Barbara	Wawrzaszek	Barbara Wawrzaszek	Bedford & County AC	U13G	3.08
		104 Zarina	Beer	Zarina Beer	Cambridge & Coleridge	U13G	2.88
SM	Triplejump Sen men final	15 Thomas	Hufford	Thomas Hufford	Cambridge & Coleridge	SM	11.76
U20M	Triplejump U20 Men final	379 Raphael	Sanders	Raphael Sanders	Bedford & County AC	U20M	10.89
		369 Billy	Francis	Billy Francis	City Of Norwich AC	U20M	10.28
U17M	Triplejump U17 men final	329 Ned	Jones	Ned Jones	Cambridge & Coleridge	U17M	10.74
		342 Luca	Patrick	Luca Patrick	Brentwood Beagles Athl	U17M	10.22
		330 Thomas	Jones	Thomas Jones	Cambridge & Coleridge	U17M	8.78
U15B	Triplejump U15Boys final	168 Kairhys	Hoyte	Kairhys Hoyte	Brentwood Beagles Athl	U15B	9.57
		159 Adam	Edwards	Adam Edwards	Great Yarmouth & Distri	U15B	9.12
		196 Jasper	Warner	Jasper Warner	Cambridge & Coleridge	U15B	8.88
		161 George	Ganley	George Ganley	City Of Norwich AC	U15B	8.8
		170 William	Hughes	William Hughes	Brentwood Beagles Athl	U15B	8.74
		156 Jamar	Eason	Jamar Eason	Huntingdonshire AC	U15B	8.39
SW	Triplejump Sen Women final	66 Reese	Robinson	Reese Robinson	Cambridge University A	SW	12.52 Record
		67 Mia	Rutherford	Mia Rutherford	Huntingdonshire AC	SW	8.76
U20W	Triplejump U20 women final		0	0	0	0	0
U17W	Triplejump U17 Women final	427 Isla	Jackson	Isla Jackson	West Norfolk AC	U17W	10.42
		445 Dakota	Sladden	Dakota Sladden	SS Athletics	U17W	10.36
		439 Samantha-Aure	Osei	Samantha-Aurelia Osei	Harlow AC	U17W	10.07
U15G	Triplejump U15 Girls final	237 Tia	Leaver	Tia Leaver	Enfield and Haringey A C	U15G	9.81
		259 Hannah	Posner	Hannah Posner	St Albans AC	U15G	9.74
		216 Amelia	Cooper	Amelia Cooper	Harlow AC	U15G	9.63
		240 Katie	Lowe	Katie Lowe	Chelmsford AC	U15G	9.51
		261 Hazel	Spitzer	Hazel Spitzer	Stevenage & North Hert	U15G	9.47
SM	Polevault Sen Men final	33 Louis	Willson	Louis Willson	Newham & Essex Beagls	SM	3.90
		17 Robert	Kingman	Robert Kingman	Bedford & County AC	SM	3.80
		22 Glen	Morris	Glen Morris	Enfield and Haringey A C	SM	NM
U20M	Polevault U20 Men final	362 Donncha	Blake	Donncha Blake	Biggleswade AC	U20M	4.00
U15B	Polevault U15 Boys final						

SW	Polevault Sen Women final	157 Oskar	Eastwood	Oskar Eastwood	Bedford & County AC	U15B	2.60
		47 Sasha	Birrell	Sasha Birrell	City Of Norwich AC	SW	3.10
		55 Jemma	Eastwood	Jemma Eastwood	Bedford & County AC	SW	2.80
		41 Amelia	Appleyard	Amelia Appleyard	Braintree & District AC	SW	2.60
U17W	Polevault U17 Women final	428 Chloe	Kingman	Chloe Kingman	Bedford & County AC	U17W	2.80
U15G	Polevault U15 Girls final	222 Lois	Fordham	Lois Fordham	Bedford & County AC	U15G	3.10
		235 Amber	Keen	Amber Keen	Enfield and Haringey A C	U15G	2.50
		257 Finlay-Rae	Oshea	Finlay-Rae Oshea	City Of Norwich AC	U15G	2.22
SM	Highjump Sen men final						
		0	0	0	0	0	
U20M	Highjump U20 men final	369 Billy	Francis	Billy Francis	City Of Norwich AC	U20M	1.55
		376 Julian	Moynihan	Julian Moynihan	Ely Runners	U20M	1.55
U17M	Highjump U17 Men final	341 Omondi	Owuor	Omondi Owuor	Cambridge & Coleridge	U17M	1.85
		352 Bode	Thompson	Bode Thompson	Havering AC	U17M	1.7
		329 Ned	Jones	Ned Jones	Cambridge & Coleridge	U17M	1.6
		342 Luca	Patrick	Luca Patrick	Brentwood Beagles Athl	U17M	1.55
U15B	Highjump U15 Boys final	162 Austin	Gibbs	Austin Gibbs	Great Yarmouth & Distri	U15B	1.5
		171 Ethan	Imhagwe	Ethan Imhagwe	Cambridge & Coleridge	U15B	1.5
		164 Jake	Grimes	Jake Grimes	Cambridge & Coleridge	U15B	1.45
SW	Highjump Sen women final	50 Leonie	Brunning	Leonie Brunning	Biggleswade AC	SW	1.6
		67 Mia	Rutherford	Mia Rutherford	Huntingdonshire AC	SW	1.25
U20W	Highjump U20 women final	283 Orlagh	Brunning	Orlagh Brunning	Biggleswade AC	U20W	1.4
U17W	Highjump U17 women final	443 Imogen	Rennie	Imogen Rennie	St Albans AC	U17W	1.4
U15G	Highjump U15 Girls final	253 Zinachidi	Nwamarah	Zinachidi Nwamarah	Peterborough & Nene Vc	U15G	1.53
		232 Elly	Jackson	Elly Jackson	West Norfolk AC	U15G	1.45
		263 Eunice	Stewart-Wallace	Eunice Stewart-Wallace	Cambridge & Coleridge	U15G	1.45
		216 Amelia	Cooper	Amelia Cooper	Harlow AC	U15G	1.35

Event	Category	Description	Bib	First name	Family name	Full name	Club	Age-gp	Performance	Wind m/s
300H	U17W	300m Hurdles U17 Women	445	Dakota	Sladden	Dakota Sladden	SS Athletics	U17W	47.42	
			418	Lily	Ganley	Lily Ganley	City Of Norwich AC	U17W	49.56	
			413	Louise	Duffy	Louise Duffy	Harlow AC	U17W	56.29	
			412	Rebekah	Clough	Rebekah Clough	Peterborough & Nene Valley AC	U17W	59.20	
			434	Kirstie	McWilliam	Kirstie McWilliam	Bedford & County AC	U17W	60.06	
300H	M60	300m hurdles Men 60	31	Ian	Wells	Ian Wells	Great Yarmouth & District AC	SM	47.61	
400H	U20W	400m Hurdles U20 Women	288	Isabelle	Kyson	Isabelle Kyson	Woodford Green AC with Essex Le	U20W	67.75	
400H	U17M	400m Hurdles U17 Men	308	Freddie	Chatfield-Grandi	Freddie Chatfield-Grandi	Cambridge & Coleridge AC	U17M	64.58	
			309	Monty	Chatfield-Grandi	Monty Chatfield-Grandi	Cambridge & Coleridge AC	U17M	66.98	
400H	U20M	400m Hurdles 20 Men	376	Julian	Moynihan	Julian Moynihan	Ely Runners	U20M	62.57	
400H	SM	400m Hurdles Sen Men	6	David	Bush	David Bush	Peterborough & Nene Valley AC	SM	59.64	
			10	Timothy	Clough	Timothy Clough	Peterborough & Nene Valley AC	SM	89.95	
100	U13G	100m U13 Girls heat 1	103	Arit	Ana	Arit Ana	Bedford & County AC	U13G	13.33	-0.1
			128	Shalom	Odetola	Shalom Odetola	Bedford & County AC	U13G	13.55	
			118	Alexandra	Kubiak	Alexandra Kubiak	Lincoln Wellington Athletic Club	U13G	13.70	
			101	Ayla	Akay	Ayla Akay	Biggleswade AC	U13G	14.78	
			130	Theia	Parson	Theia Parson	Huntingdonshire AC	U13G	15.04	
			133	Clara	Rowles	Clara Rowles	City of Southend On Sea AC	U13G	15.99	
			138	Lily	Twumasi	Lily Twumasi	Huntingdonshire AC	U13G	14.33	-0.3
100	U13G	100m U13 Girls heat 2	134	Vilte	Slenderyte	Vilte Slenderyte	Harlow AC	U13G	14.42	
			119	Ariana	Lewis	Ariana Lewis	Biggleswade AC	U13G	14.76	
			106	Natasha	Bishop	Natasha Bishop	Harlow AC	U13G	14.77	
			142	Evie	Willimott	Evie Willimott	Cambridge & Coleridge AC	U13G	16.40	
			140	Barbara	Wawrzaszek	Barbara Wawrzaszek	Bedford & County AC	U13G	16.79	
			104	Zarina	Beer	Zarina Beer	Cambridge & Coleridge AC	U13G	17.42	
			120	Nathania	Lewis	Nathania Lewis	Biggleswade AC	U13G	13.50	0.2
100	U13G	100m U13 Girls heat 3	116	Natanya	Itiola	Natanya Itiola	Brentwood Beagles Athletics Club	U13G	13.72	
			121	Sofia	Lyttle	Sofia Lyttle	Colchester & Tendring AC	U13G	14.24	
			141	Lena	Wawrzaszek	Lena Wawrzaszek	Bedford & County AC	U13G	14.45	
			109	Emmie	Brooks	Emmie Brooks	Great Yarmouth & District AC	U13G	14.46	
			125	Poppy	McHale	Poppy McHale	Cambridge & Coleridge AC	U13G	14.67	
			102	Felicia	Amadasun	Felicia Amadasun	Thetford AC	U13G	14.84	
			137	Elise	Totton	Elise Totton	Cambridge & Coleridge AC	U13G	15.07	
100	U13G	100m U13 Girls final	120	Nathania	Lewis	Nathania Lewis	Biggleswade AC	U13G	13.13	0.6
			128	Shalom	Odetola	Shalom Odetola	Bedford & County AC	U13G	13.33	
			103	Arit	Ana	Arit Ana	Bedford & County AC	U13G	13.37	
			118	Alexandra	Kubiak	Alexandra Kubiak	Lincoln Wellington Athletic Club	U13G	13.53	
			116	Natanya	Itiola	Natanya Itiola	Brentwood Beagles Athletics Club	U13G	13.75	
			138	Lily	Twumasi	Lily Twumasi	Huntingdonshire AC	U13G	14.20	
			121	Sofia	Lyttle	Sofia Lyttle	Colchester & Tendring AC	U13G	14.27	
100	U15G	100m U15 Girls heat 1	134	Vilte	Slenderyte	Vilte Slenderyte	Harlow AC	U13G	14.32	
			219	Nina	Dominique	Nina Dominique	Luton Athletic Club	U15G	13.08	0.7
			201	Chloe	Allam	Chloe Allam	Chelmsford AC	U15G	13.23	
			206	Eva	Bolton	Eva Bolton	Bedford & County AC	U15G	13.64	
			254	Mya	Orekoya	Mya Orekoya	Luton Athletic Club	U15G	13.78	
			249	Cherri	Moss	Cherri Moss	Chelmsford AC	U15G	14.20	
			252	Lacey	Murray	Lacey Murray	Harlow AC	U15G	14.98	
264	Alexa	Tsindides-O'Shea	Alexa Tsindides-O'Shea	Harlow AC	U15G	16.40				
229	Alexa	Hillman	Alexa Hillman	Herts Phoenix AC	U15G	DNF				
100	U15G	100m U15 Girls heat 2	270	Caelah-Leigh	Whyte	Caelah-Leigh Whyte	Great Yarmouth & District AC	U15G	12.89	0.6
			253	Zinachidi	Nwamarah	Zinachidi Nwamarah	Peterborough & Nene Valley AC	U15G	13.28	
			234	Zoe	Kaku	Zoe Kaku	Harlow AC	U15G	13.51	
			257	Finlay-Rae	Oshea	Finlay-Rae Oshea	City Of Norwich AC	U15G	13.79	
			230	Dolci	Hoyte	Dolci Hoyte	Brentwood Beagles Athletics Club	U15G	13.95	
			223	Myley	Gilboy	Myley Gilboy	West Norfolk AC	U15G	14.17	
			225	Alice	Gordon	Alice Gordon	Harlow AC	U15G	14.53	
100	U15G	100m U15 Girls final	270	Caelah-Leigh	Whyte	Caelah-Leigh Whyte	Great Yarmouth & District AC	U15G	12.81	1.6
			201	Chloe	Allam	Chloe Allam	Chelmsford AC	U15G	12.84	
			253	Zinachidi	Nwamarah	Zinachidi Nwamarah	Peterborough & Nene Valley AC	U15G	13.12	
			219	Nina	Dominique	Nina Dominique	Luton Athletic Club	U15G	13.19	
			234	Zoe	Kaku	Zoe Kaku	Harlow AC	U15G	13.36	
			206	Eva	Bolton	Eva Bolton	Bedford & County AC	U15G	13.58	
			257	Finlay-Rae	Oshea	Finlay-Rae Oshea	City Of Norwich AC	U15G	13.78	
254	Mya	Orekoya	Mya Orekoya	Luton Athletic Club	U15G	13.84				
100	U17W	100m U17 Women heat 1	408	Maizie	Boylan	Maizie Boylan	Great Yarmouth & District AC	U17W	12.16	0.1
			436	Nikola	Obotewicz	Nikola Obotewicz	Cambridge & Coleridge AC	U17W	12.41	
			430	Iris	Kwakye	Iris Kwakye	Peterborough & Nene Valley AC	U17W	12.58	
			439	Samantha-Au	Osei	Samantha-Aurelia Osei	Harlow AC	U17W	12.93	
			447	Arihanna	Streete	Arihanna Streete	Huntingdonshire AC	U17W	13.07	
			456	Tia	Weekes	Tia Weekes	Harlow AC	U17W	13.13	
			416	Kayla	Flack	Kayla Flack	Bedford & County AC	U17W	13.71	
405	Kaidy	Baptiste	Kaidy Baptiste	Woodford Green AC with Essex Le	U17W	14.58				
100	U17W	100m U17 Women heat 2	455	Ellie	Warman	Ellie Warman	City Of Norwich AC	U17W	12.54	0.9
			429	Ohemaa	Koranteng	Ohemaa Koranteng	Luton Athletic Club	U17W	12.58	
			415	Amy	Fielding	Amy Fielding	Great Yarmouth & District AC	U17W	12.64	

100 U17W	100m U17 Women final	406 Isla Barker	Isla Barker	Ipswich Harriers	U17W	12.92		
		442 Emily Rapley	Emily Rapley	Stevenage & North Herts AC	U17W	12.95		
		437 Aladi Omachi-Abu	Aladi Omachi-Abu	Luton Athletic Club	U17W	13.91		
		408 Maizie Boylan	Maizie Boylan	Great Yarmouth & District AC	U17W	12.16	0.8	
		436 Nikola Obotewicz	Nikola Obotewicz	Cambridge & Coleridge AC	U17W	12.35		
		430 Iris Kwakye	Iris Kwakye	Peterborough & Nene Valley AC	U17W	12.54		
		429 Ohemaa Koranteng	Ohemaa Koranteng	Luton Athletic Club	U17W	12.59		
		455 Ellie Warman	Ellie Warman	City Of Norwich AC	U17W	12.59		
		415 Amy Fielding	Amy Fielding	Great Yarmouth & District AC	U17W	12.80		
		439 Samantha-Au Osei	Samantha-Aurelia Os	Harlow AC	U17W	12.86		
		406 Isla Barker	Isla Barker	Ipswich Harriers	U17W	12.92		
100 U20W	100m U20W final	293 Rebecca Owen	Rebecca Owen	Dacorum Athletics Club	U20W	12.72	1	
100 SW	100m Sen Women final	59 Serena Grace	Serena Grace	Windsor Slough Eton & Hounslow SW		11.78	1 Record	
		72 Ellie Wright	Ellie Wright	Iford AC	SW	12.39		
		58 Keira Gilman	Keira Gilman	Windsor Slough Eton & Hounslow SW		12.46		
		57 Jessica Frost	Jessica Frost	Bedford & County AC	SW	12.56		
		60 Eleanor Griffin	Eleanor Griffin	Luton Athletic Club	SW	12.84		
		43 Krystle Balogun	Krystle Balogun	Iford AC	SW	12.92		
		69 Victoria Staines	Victoria Staines	City of Southend On Sea AC	SW	13.17		
		62 Emily Knight	Emily Knight	Enfield and Haringey A C	SW	13.32		
100 U13B	100m U13 Boys Final	78 Max Cheetham	Max Cheetham	Brentwood Beagles Athletics Clut	U13B	12.29	1.4	
		73 Jacob Allam	Jacob Allam	Chelmsford AC	U13B	13.52		
		96 Micah Udechuku	Micah Udechuku	Colchester & Tendring AC	U13B	13.62		
		98 Florian Vaughan	Florian Vaughan	Cambridge & Coleridge AC	U13B	13.80		
		75 Adam Bacon	Adam Bacon	Bedford & County AC	U13B	13.90		
100 U15B	100m U15 Boys final	93 Alfie Shallcross	Alfie Shallcross	Great Yarmouth & District AC	U13B	16.10		
		160 Caylan Emmanuel	Caylan Emmanuel	St Albans AC	U15B	11.52	0.7	
		184 Corben Pollard	Corben Pollard	Great Yarmouth & District AC	U15B	11.57		
		169 Jacob Hughes	Jacob Hughes	City Of Norwich AC	U15B	12.49		
		181 Robert Nicholls	Robert Nicholls	City Of Norwich AC	U15B	12.70		
		189 Felix Rogers	Felix Rogers	Brentwood Beagles Athletics Clut	U15B	12.75		
		179 Dexter Moore	Dexter Moore	Peterborough & Nene Valley AC	U15B	12.87		
		159 Adam Edwards	Adam Edwards	Great Yarmouth & District AC	U15B	13.26		
		168 Kairhys Hoyte	Kairhys Hoyte	Brentwood Beagles Athletics Clut	U15B	13.27		
176 Hugo Lindemann	Hugo Lindemann	Cambridge & Coleridge AC	U15B	16.85				
100 U17M	100m U17 Men Heat 1	318 Henry Elbro	Henry Elbro	City Of Norwich AC	U17M	11.64	0.7	
		351 Francisco Telo	Francisco Telo	Cambridge & Coleridge AC	U17M	11.96		
		310 Thomas Chivers	Thomas Chivers	Stevenage & North Herts AC	U17M	12.03		
		339 Henry Mortonson	Henry Mortonson	Waveney Valley AC	U17M	12.52		
		344 Toby Pentlow	Toby Pentlow	Bedford & County AC	U17M	12.54		
		348 Alfie Sinclair	Alfie Sinclair	Huntingdonshire AC	U17M	12.76		
100 U17M	100m U17 Men Heat 2	340 Tommy Newnham	Tommy Newnham	Harlow AC	U17M	11.26	1.1	
		346 Toby Rix	Toby Rix	Cambridge & Coleridge AC	U17M	12.02		
		321 Thomas Jack Green	Thomas Jack Green	West Norfolk AC	U17M	12.15		
		338 Liam Morris	Liam Morris	Huntingdonshire AC	U17M	12.21		
		355 Cateb Wilson	Cateb Wilson	Ely Runners	U17M	12.61		
		347 Charlie Roe	Charlie Roe	City Of Norwich AC	U17M	13.11		
		331 Rory King	Rory King	Newmarket Joggers	U17M	14.57		
		340 Tommy Newnham	Tommy Newnham	Harlow AC	U17M	11.21	1.3	
		318 Henry Elbro	Henry Elbro	City Of Norwich AC	U17M	11.68		
		310 Thomas Chivers	Thomas Chivers	Stevenage & North Herts AC	U17M	11.84		
		346 Toby Rix	Toby Rix	Cambridge & Coleridge AC	U17M	11.92		
		351 Francisco Telo	Francisco Telo	Cambridge & Coleridge AC	U17M	11.99		
		321 Thomas Jack Green	Thomas Jack Green	West Norfolk AC	U17M	12.28		
		338 Liam Morris	Liam Morris	Huntingdonshire AC	U17M	12.30		
		339 Henry Mortonson	Henry Mortonson	Waveney Valley AC	U17M	12.52		
100 U20M	100m U20 men final	387 Alecks Whyte	Alecks Whyte	Great Yarmouth & District AC	U20M	11.26	1.2	
100 SM	100m Sen Men final	34 Nathan Yao	Nathan Yao	Cambridge & Coleridge AC	SM	11.12	1.2	
		14 Adam Herring	Adam Herring	City Of Norwich AC	SM	11.46		
		26 Neio Pereira	Neio Pereira	Cambridge & Coleridge AC	SM	11.50		
		8 Roy Chambers	Roy Chambers	Woking AC	SM	12.01		
		25 David Otusanya	David Otusanya	Bedford & County AC	SM	12.58		
		24 Liam O'Dell	Liam O'Dell	West Norfolk AC	SM	13.21		
		28 Cameron Ross (T20)	Cameron Ross (T20)	West Norfolk AC	SM	13.99		
800 U13G	800m U13 Girls final	122 Poppy Makin	Poppy Makin	Bedford & County AC	U13G	2:26.39		DQ 175.1
		112 Sienna Finnegan	Sienna Finnegan	SS Athletics	U13G	2:26.61		
		126 Anna Moggridge	Anna Moggridge	Cambridge & Coleridge AC	U13G	2:34.39		
		111 Lianne Esterhuysen	Lianne Esterhuysen	Brentwood Beagles Athletics Clut	U13G	2:37.13		
		115 Ivy-Rose Hallahan	Ivy-Rose Hallahan	Colchester & Tendring AC	U13G	2:43.05		
		110 Amelia Dawson	Amelia Dawson	Bedford & County AC	U13G	2:46.82		
		127 Ellie Newman	Ellie Newman	Huntingdonshire AC	U13G	3:01.39		
		124 Nisa May	Nisa May	West Suffolk AC	U13G			
800 U15G	800m U15 Girls final	245 Alexandra McVittie	Alexandra McVittie	Saint Edmund Pacers	U15G	2:23.53		
		226 Eva Goulsbra	Eva Goulsbra	Lincoln Wellington Athletic Club	U15G	2:24.64		
		243 Orla Martin	Orla Martin	Chelmsford AC	U15G	2:27.66		
		265 Amalie Twydell	Amalie Twydell	Brentwood Beagles Athletics Clut	U15G	2:31.12		
		269 Ava Weathers	Ava Weathers	West Suffolk AC	U15G	2:32.26		
		210 India Bostock	India Bostock	Saint Edmund Pacers	U15G	2:32.41		
		205 Sophie Blundell	Sophie Blundell	Newmarket Joggers	U15G	2:42.47		
		244 Bethan McColl	Bethan McColl	Cambridge & Coleridge AC	U15G	2:47.79		
		268 Darcey Wallis	Darcey Wallis	Basildon AC	U15G	2:48.93		

800 U17W	800m U17 Women final	417 Isla	Fulling	Isla Fulling	Harlow AC	U17W	2:21.46			
		424 Tilly	Heaton	Tilly Heaton	Basildon AC	U17W	2:22.35			
		420 Juliette	Hames	Juliette Hames	Cambridge & Coleridge AC	U17W	2:31.23			
		404 Jasmine	Asmal	Jasmine Asmal	Havering AC	U17W	2:32.87			
		451 Eva	Townshend	Eva Townshend	North Norfolk Harriers Athletics C	U17W	2:43.22			
800 U20W	800m U20 women final	412 Rebekah	Clough	Rebekah Clough	Peterborough & Nene Valley AC	U17W	3:00.01			
		291 Izzie	Newman	Izzie Newman	Huntingdonshire AC	U20W	2:30.30			
800 SW	800m Senior womens fin	46 Jasmine	Bilner	Jasmine Bilner	Ipswich Jaffa RC	SW	2:34.18			
		63 Jordan	Lacey	Jordan Lacey	Chelmsford AC	SW	2:51.61			
800 U13B	800m U13 Boys final	81 Jake	Henson	Jake Henson	Huntingdonshire AC	U13B	2:22.22			
		77 George	Brooks	George Brooks	Bedford & County AC	U13B	2:25.21			
		88 Isaac	Morgan	Isaac Morgan	Bedford & County AC	U13B	2:25.95			
		94 Percy	Strachan	Percy Strachan	Ipswich Harriers	U13B	2:26.43			
		92 Lars	Rowe	Lars Rowe	Cambridge & Coleridge AC	U13B	2:27.40			
		76 Ross	Bone	Ross Bone	Biggleswade AC	U13B	2:31.71			
		99 Jake	Wallace	Jake Wallace	Bedford & County AC	U13B	2:33.06			
		84 Hari	Jugdaohsingh	Hari Jugdaohsingh	Cambridge & Coleridge AC	U13B	2:35.38			
		79 Eban	Clarke	Eban Clarke	Cambridge & Coleridge AC	U13B	2:39.92			
		95 John	Thaventhiran	John Thaventhiran	Cambridge & Coleridge AC	U13B	2:42.31			
		83 Dylan	Hulme	Dylan Hulme	Cambridge & Coleridge AC	U13B	2:42.65			
		87 Leo	Martin	Leo Martin	Ely Runners	U13B	2:51.21			
		800 U15B	800m U15B Final	174 Alfie	Kelly	Alfie Kelly	Ipswich Jaffa RC	U15B	2:03.55	
162 Austin	Gibbs			Austin Gibbs	Great Yarmouth & District AC	U15B	2:11.43			
183 Lucas	Pitt			Lucas Pitt	Bedford & County AC	U15B	2:14.44			
180 Jonny	Nash			Jonny Nash	SS Athletics	U15B	2:17.69			
193 Harvey	Thomas			Harvey Thomas	Newmarket Joggers	U15B	2:17.97			
186 Samuel	Pryke			Samuel Pryke	Cambridge & Coleridge AC	U15B	2:18.15			
155 Liam	Durrant			Liam Durrant	Becctes & Bungay Harriers	U15B	2:38.36			
800 U17M	800m U17 Men final			312 Lewis	Cummins	Lewis Cummins	Huntingdonshire AC	U17M	2:04.41	
				304 Stephen	Bradley	Stephen Bradley	Basildon AC	U17M	2:06.23	
		319 Jack	Evans	Jack Evans	Herts Phoenix AC	U17M	2:09.78			
		326 Charlie	Irons	Charlie Irons	Huntingdonshire AC	U17M	2:12.16			
		332 Henry	Knox	Henry Knox	Biggleswade AC	U17M	2:16.71			
		315 Matthew	Delea	Matthew Delea	Brentwood Beagles Athletics Clut	U17M	2:28.88			
		334 Owen	McColl	Owen McColl	Cambridge & Coleridge AC	U17M		DQ 175.1		
800 U20M	800m U20 mens final	380 Max	Sanderson	Max Sanderson	Brentwood Beagles Athletics Clut	U20M	1:56.94			
		366 Jake	Dorbin	Jake Dorbin	City Of Norwich AC	U20M	1:59.74			
		381 Jacob	Schuricht	Jacob Schuricht	Bedford & County AC	U20M	2:03.14			
800 SM	800m Sen mens final	4 David	Brown	David Brown	Peterborough & Nene Valley AC	SM	2:08.18			
400 U20W	400m U20 Womens final	291 Izzie	Newman	Izzie Newman	Huntingdonshire AC	U20W	64.11			
		281 Bethany	Botheras	Bethany Botheras	Herts Phoenix AC	U20W	65.67			
400 SW	400m Sen Womens final	65 Rhiannon	Philps	Rhiannon Philps	Lincoln Wellington Athletic Club	SW	62.69			
		64 Nausicaa Hue	Ng	Nausicaa Huen Kiu N	Cambridge University AC	SW	70.96			
		42 Haleema	Asmal	Haleema Asmal	Havering AC	SW	95.62			
400 U17M	400m U17 mens final	350 Daniel	Stefan	Daniel Stefan	Basildon AC	U17M	51.89			
		349 Theo	Souter	Theo Souter	Bedford & County AC	U17M	53.97			
		353 Harry	Ward	Harry Ward	Huntingdonshire AC	U17M	57.62			
		360 Mickey	Ayling	Mickey Ayling	Saint Edmund Pacers	U20M	48.89			
		371 George	Hardy	George Hardy	Biggleswade AC	U20M	50.21			
400 U20M	400m U20 men final	368 Harry	Exell	Harry Exell	Huntingdonshire AC	U20M	51.11			
		382 Matthew	Smith	Matthew Smith	Cambridge & Coleridge AC	U20M	53.94			
		375 Ben	Lewis	Ben Lewis	The HAWCS	U20M	54.89			
		29 Olly	Slinko	Olly Slinko	Luton Athletic Club	SM	DNF			
		400 SM	400m Sen mens final	27 Jack	Ring	Jack Ring	Harlow AC	SM	52.79	
300 U15G	300m U15 Girls final	262 Charlotte	Stannage	Charlotte Stannage	Peterborough & Nene Valley AC	U15G	43.32			
		272 Sophia	Wing	Sophia Wing	Bedford & County AC	U15G	43.85			
		239 Isobel	Lofty	Isobel Lofty	Herts Phoenix AC	U15G	44.77			
		207 Jessica	Bone	Jessica Bone	Brentwood Beagles Athletics Clut	U15G	45.62			
		219 Nina	Dominique	Nina Dominique	Luton Athletic Club	U15G	46.08			
		229 Alexa	Hillman	Alexa Hillman	Herts Phoenix AC	U15G	48.00			
300 U17W	300m U17 Women final	406 Isla	Barker	Isla Barker	Ipswich Harriers	U17W	41.61			
		417 Isla	Fulling	Isla Fulling	Harlow AC	U17W	44.19			
		401 Sureyya	Akay	Sureyya Akay	Biggleswade AC	U17W	44.97			
		403 Freya	Ambler	Freya Ambler	Huntingdonshire AC	U17W	46.01			
		451 Eva	Townshend	Eva Townshend	North Norfolk Harriers Athletics C	U17W	48.15			
300 U15B	300m U15 Boys final	144 Luke	Anderson	Luke Anderson	West Norfolk AC	U15B	39.97			
		194 Toby	Tubbs	Toby Tubbs	Chelmsford AC	U15B	43.00			
		186 Samuel	Pryke	Samuel Pryke	Cambridge & Coleridge AC	U15B	45.07			
70H	U13G	70m Hurdles U13 Girls fi	100 Bailey-Rae	Agyemang	Bailey-Rae Agyemang	Stevenage & North Herts AC	U13G	11.82	1.2	
			136 Talia	Stowers	Talia Stowers	City Of Norwich AC	U13G	12.29		
			113 Alice	Gantley	Alice Gantley	City Of Norwich AC	U13G	12.40		
			129 Davina	Oladele	Davina Oladele	Thurrock Harriers	U13G	13.27		
			119 Ariana	Lewis	Ariana Lewis	Biggleswade AC	U13G	15.38		
75H	U15G	75m Hurdles U15 Girls Fi	253 Zinachidi	Nwamarah	Zinachidi Nwamarah	Peterborough & Nene Valley AC	U15G	12.02	1.3	
			201 Chloe	Allam	Chloe Allam	Chelmsford AC	U15G	12.32		
			261 Hazel	Spitzer	Hazel Spitzer	Stevenage & North Herts AC	U15G	12.48		

			259 Hannah Posner	Hannah Posner	St Albans AC	U15G	12.52		
			249 Cherri Moss	Cherri Moss	Chelmsford AC	U15G	12.56		
			224 Alanna Gill	Alanna Gill	Bedford & County AC	U15G	13.29		
			202 Shindara Ayo-Adeyemo	Shindara Ayo-Adeyemo	Chelmsford AC	U15G	13.38		
			216 Amelia Cooper	Amelia Cooper	Harlow AC	U15G	13.87		
75H	U13B	75m Hurdles U13 Boys F .	73 Jacob Allam	Jacob Allam	Chelmsford AC	U13B	13.12	1.2	
			89 Oliver Nevill	Oliver Nevill	Brentwood Beagles Athletics Clut	U13B	15.24		
			86 Douglas Lofty	Douglas Lofty	Herts Phoenix AC	U13B	15.36		
			98 Florian Vaughan	Florian Vaughan	Cambridge & Coleridge AC	U13B	15.38		
80H	U17W	80m Hurdles U17 Womei .	411 Chelsea Clarke	Chelsea Clarke	Chelmsford AC	U17W	11.97	1	
			445 Dakota Sladden	Dakota Sladden	SS Athletics	U17W	12.25		
			450 Milana Thorpe	Milana Thorpe	Chelmsford AC	U17W	12.49		
			404 Jasmine Asmal	Jasmine Asmal	Havering AC	U17W	13.60		
			443 Imogen Rennie	Imogen Rennie	St Albans AC	U17W	13.96		
			416 Kayla Flack	Kayla Flack	Bedford & County AC	U17W	13.97		
80H	U15B	80m Hurdles U15 Boys fi .	161 George Ganley	George Ganley	City Of Norwich AC	U15B	15.15	1.4	
			192 Charlie Sutton	Charlie Sutton	City Of Norwich AC	U15B	17.76		
100H	U17M	100m Hurdles U17 men f .	333 Harry Lee	Harry Lee	Chelmsford AC	U17M	13.37	0.1	
			306 Luke Carlin	Luke Carlin	St Albans AC	U17M	13.72		
			320 Marcus Fazackerley	Marcus Fazackerley	Chelmsford AC	U17M	14.39		
			336 Daniel Mendoza	Daniel Mendoza	City of Southend On Sea AC	U17M	14.79		
			356 William Wood	William Wood	Watford AC	U17M	14.86		
100H	SW	100m Hurdles Sen Wome .	52 Jessica Dixon-Walker	Jessica Dixon-Walker	Peterborough & Nene Valley AC	SW	15.57	-0.3	
			62 Emily Knight	Emily Knight	Enfield and Haringey A C	SW	15.88		
			57 Jessica Frost	Jessica Frost	Bedford & County AC	SW	15.88		
110H	U20M	110 Hurdles U20M Final .	386 Jack Wheatley	Jack Wheatley	Peterborough & Nene Valley AC	U20M	14.91	-1.1	
3000	U17W	3000m U17 Women Fina .	454 Poppy Vines	Poppy Vines	Havering AC	U17W	10:36.95		
			421 Ellie Harper	Ellie Harper	Bedford & County AC	U17W	11:24.17		
			449 Alice Thompson-Read	Alice Thompson-Rear	North Norfolk Harriers Athletics C	U17W	11:41.69		
3000	U20W	3000m U20W Women fin .	290 Isabel Moore	Isabel Moore	Saint Edmund Pacers	U20W	10:17.24	Record	
3000	U17M	3000m U17 men final .	313 Andrew De Koning	Andrew De Koning	Cambridge & Coleridge AC	U17M	9:42.84		
			311 Oliver Coombes	Oliver Coombes	Bedford & County AC	U17M	9:59.76		
3000	SM	3000m Sen Men Final .	30 Nathan Stockdale	Nathan Stockdale	Ryston Runners	SM	9:01.49		
			18 Shane Lawrence	Shane Lawrence	Eastern Masters AC	SM	15:39.16		
200	U13G	200m U13 Girls heat 1 .	103 Arit Ana	Arit Ana	Bedford & County AC	U13G	28.02	1.7	
			121 Sofia Lyttle	Sofia Lyttle	Colchester & Tendring AC	U13G	30.09		
			125 Poppy McHale	Poppy McHale	Cambridge & Coleridge AC	U13G	30.26		
			101 Ayla Akay	Ayla Akay	Biggleswade AC	U13G	30.50		
			113 Alice Ganley	Alice Ganley	City Of Norwich AC	U13G	30.68		
200	U13G	200m U13 Girls heat 2 .	109 Emmie Brooks	Emmie Brooks	Great Yarmouth & District AC	U13G	29.73	2.7	
			102 Felicia Amadasun	Felicia Amadasun	Thetford AC	U13G	30.27		
			134 Vitte Slenderyte	Vitte Slenderyte	Harlow AC	U13G	30.33		
			137 Elise Totton	Elise Totton	Cambridge & Coleridge AC	U13G	30.93		
200	U13G	200m U13 Girls Heat 3 .	120 Nathania Lewis	Nathania Lewis	Biggleswade AC	U13G	27.27	1.7	
			128 Shalom Odetola	Shalom Odetola	Bedford & County AC	U13G	27.65		
			136 Talia Stowers	Talia Stowers	City Of Norwich AC	U13G	28.71		
			138 Lily Twumasi	Lily Twumasi	Huntingdonshire AC	U13G	30.38		
			130 Theia Parson	Theia Parson	Huntingdonshire AC	U13G	31.35		
			142 Evie Willimott	Evie Willimott	Cambridge & Coleridge AC	U13G	34.17		
200	U13G	200m U13 Girls final	120 Nathania Lewis	Nathania Lewis	Biggleswade AC	U13G	27.52	0.9	
			128 Shalom Odetola	Shalom Odetola	Bedford & County AC	U13G	27.70		
			103 Arit Ana	Arit Ana	Bedford & County AC	U13G	28.26		
			136 Talia Stowers	Talia Stowers	City Of Norwich AC	U13G	28.44		
			109 Emmie Brooks	Emmie Brooks	Great Yarmouth & District AC	U13G	29.76		
			125 Poppy McHale	Poppy McHale	Cambridge & Coleridge AC	U13G	30.80		
			102 Felicia Amadasun	Felicia Amadasun	Thetford AC	U13G	30.92		
			121 Sofia Lyttle	Sofia Lyttle	Colchester & Tendring AC	U13G	32.01		
200	U15G	200m U15 Girls final .	270 Caelah-Leigh Whyte	Caelah-Leigh Whyte	Great Yarmouth & District AC	U15G	27.44	1.5	
			219 Nina Dominique	Nina Dominique	Luton Athletic Club	U15G	27.73		
			215 Robyn Colyer	Robyn Colyer	Brentwood Beagles Athletics Clut	U15G	28.65		
			254 Mya Orekoya	Mya Orekoya	Luton Athletic Club	U15G	29.16		
			205 Sophie Blundell	Sophie Blundell	Newmarket Joggers	U15G	31.85		
200	U17W	200m U17 women final .	408 Maizie Boylan	Maizie Boylan	Great Yarmouth & District AC	U17W	24.83	1.7	
			436 Nikola Obolewicz	Nikola Obolewicz	Cambridge & Coleridge AC	U17W	25.27		
			430 Iris Kwakye	Iris Kwakye	Peterborough & Nene Valley AC	U17W	25.92		
			429 Ohemaa Koranteng	Ohemaa Koranteng	Luton Athletic Club	U17W	26.08		
			415 Amy Fielding	Amy Fielding	Great Yarmouth & District AC	U17W	26.62		
			447 Arihanna Streete	Arihanna Streete	Huntingdonshire AC	U17W	26.92		
			456 Tia Weekes	Tia Weekes	Harlow AC	U17W	27.44		
200	U20W	200m U20 women final .	282 Lily Bradley	Lily Bradley	City Of Norwich AC	U20W	25.2*	1.1	
200	SW	200m Sen Women final .	59 Serena Grace	Serena Grace	Windsor Slough Eton & Hounslow	SW	24.1*	1.1	Manual times record
			72 Ellie Wright	Ellie Wright	Iford AC	SW	25.4*		
			58 Keira Gilman	Keira Gilman	Windsor Slough Eton & Hounslow	SW	25.6*		
			43 Krystle Balogun	Krystle Balogun	Iford AC	SW	26.9*		
			69 Victoria Staines	Victoria Staines	City of Southend On Sea AC	SW	28.4*		
200	U13B	200m U13 Boys final .							

			78 Max	Cheetham	Max Cheetham	Brentwood Beagles Athletics Clut	U13B	26.07	0.9
			94 Percy	Strachan	Percy Strachan	Ipswich Harriers	U13B	29.91	
			91 Huxley	Richards	Huxley Richards	Harlow AC	U13B	31.03	
			97 Noah	Udechuku	Noah Udechuku	Colchester & Tendring AC	U13B	32.36	
			93 Alfie	Shallcross	Alfie Shallcross	Great Yarmouth & District AC	U13B	34.26	
200	U15B	200m U15 Boys final							
			160 Caylan	Emmanuel	Caylan Emmanuel	St Albans AC	U15B	23.17	1.1
			144 Luke	Anderson	Luke Anderson	West Norfolk AC	U15B	25.10	
			169 Jacob	Hughes	Jacob Hughes	City Of Norwich AC	U15B	25.43	
			181 Robert	Nicholls	Robert Nicholls	City Of Norwich AC	U15B	25.49	
			194 Toby	Tubbs	Toby Tubbs	Chelmsford AC	U15B	27.65	
200	U17m	200m U17 Men heat 1							
			300 Matthew	Agbolegbe	Matthew Agbolegbe	City of Southend On Sea AC	U17M	22.94	1.3
			340 Tommy	Newnham	Tommy Newnham	Harlow AC	U17M	23.45	
			352 Bode	Thompson	Bode Thompson	Havering AC	U17M	24.01	
			338 Liam	Morris	Liam Morris	Huntingdonshire AC	U17M	25.49	
			321 Thomas Jack	Green	Thomas Jack Green	West Norfolk AC	U17M	26.28	
200	U17m	200m U17 Men heat 2							
			354 Jerome	Whiteley	Jerome Whiteley	City of Southend On Sea AC	U17M	23.31	1.8
			318 Henry	Elbro	Henry Elbro	City Of Norwich AC	U17M	23.97	
			346 Toby	Rix	Toby Rix	Cambridge & Coleridge AC	U17M	24.39	
			348 Alfie	Sinclair	Alfie Sinclair	Huntingdonshire AC	U17M	25.73	
			339 Henry	Mortonson	Henry Mortonson	Waveney Valley AC	U17M	26.55	
			331 Rory	King	Rory King	Newmarket Joggers	U17M	29.33	
200	U17M	200m U17 men final							
			300 Matthew	Agbolegbe	Matthew Agbolegbe	City of Southend On Sea AC	U17M	22.24	1.3
			354 Jerome	Whiteley	Jerome Whiteley	City of Southend On Sea AC	U17M	22.74	
			352 Bode	Thompson	Bode Thompson	Havering AC	U17M	23.76	
			318 Henry	Elbro	Henry Elbro	City Of Norwich AC	U17M	23.82	
			346 Toby	Rix	Toby Rix	Cambridge & Coleridge AC	U17M	24.44	
			338 Liam	Morris	Liam Morris	Huntingdonshire AC	U17M	25.46	
			348 Alfie	Sinclair	Alfie Sinclair	Huntingdonshire AC	U17M	25.75	
200	U20M	200m U20 men final							
			387 Alecks	Whyte	Alecks Whyte	Great Yarmouth & District AC	U20M	22.89	1.4
			375 Ben	Lewis	Ben Lewis	The HAWCS	U20M	23.97	
200	SM	200m Senior men final							
			34 Nathan	Yao	Nathan Yao	Cambridge & Coleridge AC	SM	22.97	1.4
			14 Adam	Herring	Adam Herring	City Of Norwich AC	SM	23.71	
			25 David	Olusanya	David Olusanya	Bedford & County AC	SM	25.78	
			24 Liam	O'Dell	Liam O'Dell	West Norfolk AC	SM	27.82	
			28 Cameron	Ross (T20)	Cameron Ross (T20)	West Norfolk AC	SM	30.39	
1500	U15G	1500m final U15 Girls							
			203 Heidi	Bailey	Heidi Bailey	Basildon AC	U15G	4:58.62	
			208 Lauren	Bone	Lauren Bone	Biggleswade AC	U15G	5:00.21	
			227 Faye	Goulsbra	Faye Goulsbra	Lincoln Wellington Athletic Club	U15G	5:00.96	
			233 India	Johnson	India Johnson	Saint Edmund Pacers	U15G	5:02.00	
			241 Esme	Lydon	Esme Lydon	Cambridge & Coleridge AC	U15G	5:05.76	
			258 Sadie	Owen	Sadie Owen	SS Athletics	U15G	5:09.10	
			236 Eleanor	Knight	Eleanor Knight	St Edmunds Pacers	U15G	5:12.55	
			228 Nina	Hill	Nina Hill	West Suffolk AC	U15G	5:14.78	
			273 Ellie	Zubrik	Ellie Zubrik	Huntingdonshire AC	U15G	5:22.30	
			238 Madelaine	Legg	Madelaine Legg	Cambridge & Coleridge AC	U15G	5:28.57	
1500	U17W	1500m U17W final							
			426 Sophie	Hing	Sophie Hing	Bedford & County AC	U17W	5:53.66	
			402 Olivia	Allen	Olivia Allen	North Norfolk Harriers Athletics C	U17W	5:54.69	
1500	U20W	1500 U20 women final							
			286 Amelie	Crabb	Amelie Crabb	Ipswich Jaffa RC	U20W	4:52.96	
			289 Ava	Mears	Ava Mears	North Norfolk Harriers Athletics C	U20W	5:05.03	
1500	SW	1500 Sen Women final							
1500	U15B	1500m U15 Boys final							
			63 Jordan	Lacey	Jordan Lacey	Chelmsford AC	SW	5:51.84	
			145 Joel	Arnold-Pepper	Joel Arnold-Pepper	Cambridge & Coleridge AC	U15B	4:16.1*	* manual times
			170 William	Hughes	William Hughes	Brentwood Beagles Athletics Clut	U15B	4:24.3*	
			163 Jamie	Gilbey	Jamie Gilbey	Basildon AC	U15B	4:34.2*	
			188 Henry	Pyecroft	Henry Pyecroft	Bedford & County AC	U15B	4:36.9*	
			175 Charlie	Lee	Charlie Lee	SS Athletics	U15B	4:38.9*	
			153 Harry	Doran	Harry Doran	Great Yarmouth & District AC	U15B	4:40.2*	
			165 Thomas	Harper	Thomas Harper	Bedford & County AC	U15B	4:47.5*	
			166 Theo	Hatzixanthis	Theo Hatzixanthis	Cambridge & Coleridge AC	U15B	4:54.9*	
			196 Jasper	Warner	Jasper Warner	Cambridge & Coleridge AC	U15B	5:15.9*	
1500	U17M	1500m U17 Men final							
			323 Archie	Henderson	Archie Henderson	Bedford & County AC	U17M	4:17.72	
			345 Manny	Richards	Manny Richards	Harlow AC	U17M	4:35.47	
			307 Oliver	Carlin	Oliver Carlin	St Albans AC	U17M	4:56.82	
1500	U20M	1500m U20 mens final							
			378 Connor	Peck	Connor Peck	Ipswich Jaffa RC	U20M	4:04.13	
			361 Theo	Beale	Theo Beale	Bedford & County AC	U20M	4:09.16	
			372 Mackenzie	Kotrys	Mackenzie Kotrys	Bedford & County AC	U20M	4:10.49	
			383 Alexander	Sparrow	Alexander Sparrow	Cambridge & Coleridge AC	U20M	4:31.68	