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# Eastern Athletic Association

# Track & Field

# Championships



**Sunday 5th July 2009**  
**University Track, Cambridge**

## Results

**Senior Men**

**U20 Men**

**U17 Men**

**U15 Boys**

**U13 Boys**

**Senior Women**

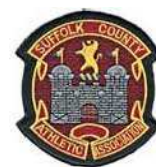
**U20 Women**

**U17 Women**

**U15 Girls**

**U13 Girls**

Click on Age groups to View Results



## Senior Men Results

### 100m Final (W/S +0.9)

#### Position

1	246	Tonderai Tomu	10.91	Stevenage & North Herts
2	219	George Kenyon	11.19	Cambridge University AC
3	208	Matthew Dalton	11.53	Peterborough AC
4	203	Bradley Bellamy	11.54	Woodford Green & Essex Ladies
5	231	Ernest Ngwane	11.62	Luton AC
6	247	Simon Turnock	11.62	Nene Valley Harriers
7	200	Amin Ahmadnia	11.79	Cambridge University AC
8	216	Jonathan Humphries	12.33	Herts Phoenix

### 110m Hurdles Final (W/S +1.3)

#### Position

1	241	Michael Shortall	16.17	Thurrock Harriers
2	208	Matthew Dalton	17.12	Peterborough AC

### 1500m Final

#### Position

1	236	Robert Prady	4.55.82	Nene Valley Harriers
2	233	David Pettit	5.10.21	Cambridge & Coleridge AC

### 200m Final

#### Position

220	Dwayne King	DNF	Luton AC
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### 200m Final (W/S +4.6)

#### Position

1	246	Tonderai Tomu	22.05	Stevenage & North Herts
2	217	Mitchell Jarvis	23.16	Bedford & County AC
3	221	David Leadbitter	23.42	Huntingdonshire AC
4	247	Simon Turnock	23.63	Nene Valley Harriers
5	222	Matt Leadbitter	23.66	Huntingdonshire AC
6	231	Ernest Ngwane	23.66	Luton AC

## 3000m Final

### Position

1	225	Will Mackay	9.06.27	Cambridge University AC
2	204	John Bowstead	9.32.24	Cambridge & Coleridge AC
3	236	Robert Prady	9.51.05	Nene Valley Harriers
4	218	David Johnson	10.15.24	Cambridge & Coleridge AC

## 400m Final

### Position

1	235	Martin Pitts	50.91	Bedford & County AC
2	222	Matt Leadbitter	51.30	Huntingdonshire AC
3	214	Matt Hamilton	51.91	Herts Phoenix
4	240	Adam Searle	53.99	Stevenage & North Herts
5	242	Graham Stark	55.38	City of Norwich AC

## 400m Hurdles Final

### Position

1	241	Michael Shortall	57.68	Thurrock Harriers
2	227	Aaron Mason	57.89	Imperial College
3	226	Daryl Martin	58.83	City of Norwich AC
4	213	Adam Fidgett	61.66	Nene Valley Harriers

## 800m Final

### Position

1	245	Andrew Suter	2.00.21	Peterborough AC
2	228	Liam McNabola	2.01.76	Luton AC
3	202	Martin Bell	2.05.38	Cambridge & Coleridge AC

## Discus Final

### Position

1	223	Christopher Linque	43.91	Woodford Green & Essex Ladies
2	232	John Painter	36.00	City of Norwich AC
3	229	Daniel Moles	27.65	Colchester Harriers

## Hammer Final

### Position

1	207	Sam Coe	58.91	Imperial College
2	210	James Earle	44.15	Colchester Harriers
3	229	Daniel Moles	24.05	Colchester Harriers

## High Jump Final

### Position

1	212	Lewis Ely	1.90	Blackheath & Bromley
2	234	Laurie Pirie	1.85	Stevenage & North Herts

## Javelin Final

### Position

1	239	Tomas Saunorius	61.29	Peterborough AC
2	238	Martin Safford	33.30	Huntingdonshire AC

## Long Jump Final

### Position

1	217	Mitchell Jarvis	6.84 (+2.76)	Bedford & County AC
2	209	Nick Dowsett	6.46 (+2.93)	Woodford Green & Essex Ladies
3	219	George Kenyon	6.40 (+1.83)	Cambridge University AC
4	237	Sam Richards	6.30 (+2.13)	Cambridge & Coleridge AC
5	243	Joe Steele	6.29 (+1.29)	Luton AC

## Shot Putt Final

### Position

1	232	John Painter	11.19	City of Norwich AC
2	229	Daniel Moles	08.83	Colchester Harriers

## Triple Jump Final

### Position

1	242	Graham Stark	11.86	City of Norwich AC
2	237	Sam Richards	11.25	Cambridge & Coleridge AC

## Senior Women Results

### 100m Final

#### Position

1	266	Heidi Nicholas	12.88	Basildon AC
2	253	Hayley-Jayne Cone	12.97	Thames Valley Harriers
3	259	Emma Hughes	13.05	Luton AC
4	254	Emily Craven	14.39	Peterborough AC

### 100m Hurdles Final (W/S +1.2)

#### Position

1	266	Heidi Nicholas	16.20	Basildon AC
2	254	Emily Craven	19.20	Peterborough AC

### 1500m Final

#### Position

1	268	Natasha Peters	4.43.72	Bedford & County AC
2	261	Natalie Kipps	4.52.01	Orion H
3	249	Clare Bassill	4.55.86	Luton AC

### 200m Final

#### Position

1	266	Heidi Nicholas	26.64	Basildon AC
2	259	Emma Hughes	27.06	Luton AC

### 3000m Final

#### Position

1	271	Danielle Tatum	10.48.21	Colchester & Tendring AC
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### 400m Final

#### Position

1	255	Nichola Gibson	64.11	Peterborough AC
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### 800m Final

#### Position

1	261	Natalie Kipps	2.18.02	Orion H
2	257	Nicola Goode	2.20.33	Basildon AC
3	248	Karen Barden	2.34.14	Chelmsford AC

## Discus Final

### Position

1	251	Louise Capicotto	33.99	Watford Harriers
2	250	Shannon Bunker	33.32	Luton AC
3	269	Sarka Robinson	31.62	Dacorum & Tring AC

## Hammer Final

### Position

1	272	Katie Winwood	43.74	Bedford & County AC
2	250	Shannon Bunker	40.24	Luton AC

## High Jump Final

### Position

1=	263	Natalie LeBeau	1.60	Thurrock Harriers
1=	270	Tania Spurling	1.60	West Suffolk AC
3	266	Heidi Nicholas	1.55	Basildon AC

## Javelin Final

### Position

1	267	Clare Palmer	34.79	Cambridge University AC
2	250	Shannon Bunker	32.17	Luton AC
3	260	Sandra Ingham	25.16	Biggleswade AC

## Long Jump Final

### Position

1	259	Emma Hughes	5.76 (+2.4)	Luton AC
2	270	Tania Spurling	5.44 (+0.5)	West Suffolk AC
3	266	Heidi Nicholas	5.36 (+0.5)	Basildon AC
4	253	Hayley-Jayne Cone	4.88 (+2.4)	Thames Valley Harriers
5	264	Stacy McGivern	4.88 (+0.3)	Peterborough AC

## Shot Putt Final

### Position

1	250	Shannon Bunker	11.25	Luton AC
2	260	Sandra Ingham	07.18	Biggleswade AC

## U13 Boys Results

### 100m Final

#### Position

1	282	Ross Gilbert	13.16	City of Norwich AC
2	284	Daniel Griffin	13.87	City of Norwich AC
3	277	Joshua Daramola	13.98	Stevenage & North Herts
4	292	James McCrae	14.04	Werrington Joggers
5	286	Jamie Horne	14.55	Peterborough AC
6	296	Joshua Owen	14.57	Colchester Harriers
7	300	James Spratt	15.15	Taverham School
8	275	Matthew Carter	15.48	Cambridge & Coleridge AC

### 200m Final

#### Position

1	290	Alex Law	26.52	Havering Mayesbrook
2	282	Ross Gilbert	28.07	City of Norwich AC
3	274	Michael Bartram	29.29	Newmarket Joggers
4	277	Joshua Daramola	29.75	Stevenage & North Herts
5	299	George Seach	29.82	Huntingdonshire AC
6	292	James McCrae	30.70	Werrington Joggers
7	281	Nathan Gardner	32.18	Stevenage & North Herts
8	296	Joshua Owen	32.46	Colchester Harriers

### 75m Hurdles Final (W/S +0.8)

#### Position

1	282	Ross Gilbert	12.43	City of Norwich AC
2	290	Alex Law	12.90	Havering Mayesbrook
3	295	James Murphy	13.83	Bedford & County AC
4	281	Nathan Gardner	14.50	Stevenage & North Herts
5	278	Edward De Winton	14.73	West Norfolk AC
6	292	James McCrae	16.34	Werrington Joggers
7	300	James Spratt	17.05	Taverham School

## 800m Final

### Position

1	288	Freddy Keefe	2.22.29	Havering Mayesbrook
2	274	Michael Bartram	2.32.75	Newmarket Joggers
3	276	Lewis Chalk	2.35.04	Woodford Green & Essex Ladies
4	287	Jonathan Janes	2.36.09	Bedford & County AC
5	291	Matthew Mardle	2.39.06	Stevenage & North Herts
6	297	Benedict Parker	2.43.26	Felixstowe RR
7	278	Edward De Winton	2.53.88	West Norfolk AC
8	294	Nathan Monck	2.54.69	Cambridge & Coleridge AC
9	295	James Murphy	3.02.71	Bedford & County AC

## Discus Final

### Position

1	391	Michael Painter	43.22	City of Norwich AC
2	408	Alan Sydee	34.02	Luton AC
3	416	Morgan Young	26.24	Cambridge & Coleridge AC
4	411	Oliver Thompson	23.01	Thetford AC
5	403	Jake Shea	18.21	Diss AC
6	378	Alexander Ingham	17.81	Biggleswade AC

## Long Jump Final

### Position

1	290	Alex Law	4.80 (+2.2)	Havering Mayesbrook
2	498	Michael Frankland	4.46 (+2.1)	Peterborough AC
3	284	Daniel Griffin	4.35 (+1.7)	City of Norwich AC
4	295	James Murphy	4.31 (+1.9)	Bedford & County AC
5	278	Edward De Winton	4.27 (+0.5)	West Norfolk AC
6	299	George Seach	4.15 (+1.2)	Huntingdonshire AC
7	289	Simon Kumar	4.02 (+1.6)	Cambridge & Coleridge AC
8	281	Nathan Gardner	4.01 (+0.9)	Stevenage & North Herts
9	286	Jamie Horne	3.99 (+0.9)	Peterborough AC
10	296	Joshua Owen	3.74 (+2.0)	Colchester Harriers
11	275	Matthew Carter	3.63 (+0.2)	Cambridge & Coleridge AC
12	279	Toby Edwards	3.56 (+1.9)	Peterborough AC
13	291	Matthew Mardle	3.51 (+0.3)	Stevenage & North Herts

## Shot Putt Final

### Position

1	283	Samuel Green	07.22	City of Norwich AC
2	298	Joe Richards	06.40	Cambridge & Coleridge AC
3	289	Simon Kumar	06.36	Cambridge & Coleridge AC
4	275	Matthew Carter	05.87	Cambridge & Coleridge AC
5	280	Jack Frankland	05.83	Peterborough AC
6	286	Jamie Horne	05.69	Peterborough AC

## U13 Girls Results

### 100m Final (W/S +1.2)

#### Position

1	325	Sophie Keeble	13.12	Stevenage & North Herts
2	321	Moesha Howard	13.19	Chelmsford AC
3	320	Ella Houghton	13.20	Cambridge & Coleridge AC
4	331	Ebony Ogle	13.72	Peterborough AC
5	335	Anya Rodriguez	13.84	Huntingdonshire AC
6	339	Bridie-Leigh Wilkins	13.92	Ipswich Harriers
7	341	Chloe Young	14.17	Colchester Harriers
8	310	Elena Cervi	14.38	Stevenage & North Herts

### 100m Heat 1

#### Position

1	321	Moesha Howard	13.50	Chelmsford AC
2	331	Ebony Ogle	13.64	Peterborough AC
3	335	Anya Rodriguez	13.82	Huntingdonshire AC
4	341	Chloe Young	13.93	Colchester Harriers
5	314	Melanie Deer	14.99	Bedford & County AC
6	333	Amy Pettit	15.25	Cambridge & Coleridge AC
7	337	Georgina Sexton	15.73	Bedford & County AC

### 100m Heat 2

#### Position

1	320	Ella Houghton	13.17	Cambridge & Coleridge AC
2	325	Sophie Keeble	13.22	Stevenage & North Herts
3	339	Bridie-Leigh Wilkins	13.73	Ipswich Harriers
4	310	Elena Cervi	14.08	Stevenage & North Herts
5	329	Jessica McNaughton	14.21	City of Norwich AC
6	316	Katie Ellis	14.38	Chelmsford AC
7	328	Kerry McGrory	14.56	Southend AC
8	317	Georgina Friswell	15.84	Southend AC

## 200m Final (W/S +2.4)

### Position

1	321	Moesha Howard	27.72	Chelmsford AC
2	325	Sophie Keeble	27.78	Stevenage & North Herts
3	319	Emma Hornsby	28.55	Nene Valley Harriers
4	339	Bridie-Leigh Wilkins	29.18	Ipswich Harriers
5	310	Elena Cervi	29.54	Stevenage & North Herts
6	331	Ebony Ogle	29.63	Peterborough AC
7	333	Amy Pettit	32.63	Cambridge & Coleridge AC
8	317	Georgina Friswell	33.26	Southend AC

## 70m Hurdles Final (W/S +1.1)

### Position

1	321	Moesha Howard	11.67	Chelmsford AC
2	318	Abigail Frith	11.98	Southend AC
3	319	Emma Hornsby	12.15	Nene Valley Harriers
4	334	Sarah Prescott-Smith	12.28	Colchester Harriers
5	313	Ella De Lucis	12.37	Peterborough AC
6	301	Katherine Amps	13.04	Peterborough AC
7	329	Jessica McNaughton	13.10	City of Norwich AC
8	335	Anya Rodriguez	13.46	Huntingdonshire AC
9	305	Suzanne Bentley	13.50	Watford Harriers
10	327	Hannah Maher	13.56	Diss AC

## 800m Final

### Position

1	330	Danielle Murphy	2.31.37	Stevenage & North Herts
2	302	Marleen Avontuur	2.31.75	Harlow AC
3	322	Carla Humphrey	2.31.82	Riverside Runners
4	332	Hollie Parker	2.34.56	Cambridge & Coleridge AC
5	338	Catrina Thomas	2.38.40	Lincoln Wellington
6	311	Alice Cheverton	2.38.97	City of Norwich AC
7	304	Amelia Barrett	2.43.51	Woodford Green & Essex Ladies
	336	Katie Scholey	DNS	Riverside Runners

## 800m Heat 1

### Position

1	332	Hollie Parker	2.34.38	Cambridge & Coleridge AC
2	338	Catrina Thomas	2.35.25	Lincoln Wellington
3	336	Katie Scholey	2.36.88	Riverside Runners
4	311	Alice Cheverton	2.41.22	City of Norwich AC
5	304	Amelia Barrett	2.43.85	Woodford Green & Essex Ladies
6	340	Claire Wilson	2.45.10	Cambridge & Coleridge AC
7	309	Ashleigh Bunn	2.47.02	City of Norwich AC
8	303	Hanna Banks	2.52.78	Colchester & Tendring AC

## 800m Heat 2

### Position

1	330	Danielle Murphy	2.36.47	Stevenage & North Herts
2	302	Marleen Avontuur	2.38.77	Harlow AC
3	322	Carla Humphrey	2.39.63	Riverside Runners
4	326	Janie Latchford	2.44.76	Stevenage & North Herts
5	323	Katie Hutchinson	2.45.50	Peterborough AC
6	305	Suzanne Bentley	2.49.28	Watford Harriers
7	327	Hannah Maher	2.49.74	Diss AC
8	308	Megan Bird	2.52.76	City of Norwich AC

## Long Jump Final

### Position

1	334	Sarah Prescott-Smith	4.94 (CBP) (+	Colchester Harriers
2	319	Emma Hornsby	4.71 (+0.98)	Nene Valley Harriers
3	329	Jessica McNaughton	4.24 (+3.59)	City of Norwich AC
4	301	Katherine Amps	4.20 (+5.31)	Peterborough AC
5	327	Hannah Maher	4.13 (+4.77)	Diss AC
6	316	Katie Ellis	3.98 (+3.36)	Chelmsford AC
7	335	Anya Rodriguez	3.92 (+1.29)	Huntingdonshire AC
8	328	Kerry McGrory	3.90 (+1.43)	Southend AC
9	310	Elena Cervi	3.65 (+1.41)	Stevenage & North Herts
10	326	Janie Latchford	3.35 (+0.57)	Stevenage & North Herts
11	337	Georgina Sexton	3.26 (+1.01)	Bedford & County AC

## Shot Putt Final

### Position

1	312	Helena Coe	07.65	Diss AC
2	314	Melanie Deer	06.94	Bedford & County AC

## U15 Boys Results

### 100m Final (W/S +1.0)

#### Position

1	390	Ryan O'Sullivan	11.44	Basildon AC
2	373	Joel Grenfell	11.76	Peterborough AC
3	348	Tyrone Behari Jnr	11.94	Woodford Green & Essex Ladies
4	407	Liam Vooght	11.98	Stevenage & North Herts
5	361	William Davies	12.29	Thetford AC
6	359	Billy Collins-Nuttall	12.34	Basildon AC
7	386	Brandon Lewsey	12.46	Luton AC
8	362	Peter De'ath	12.77	Stevenage & North Herts

### 100m Heat 1

#### Position

1	390	Ryan O'Sullivan	11.43 (CBP)	Basildon AC
2	407	Liam Vooght	12.05	Stevenage & North Herts
3	359	Billy Collins-Nuttall	12.23	Basildon AC
4	386	Brandon Lewsey	12.54	Luton AC
5	347	Andrew Baldwin	12.61	Biggleswade AC
6	355	Conor Butcher	12.85	Colchester Harriers
7	393	Mark Phillipson	13.27	Great Yarmouth
8	398	Kane Robbins	13.97	Cambridge & Coleridge AC
9	378	Alexander Ingham	14.56	Biggleswade AC

### 100m Heat 2

#### Position

1	373	Joel Grenfell	12.06	Peterborough AC
2	348	Tyrone Behari Jnr	12.21	Woodford Green & Essex Ladies
3	361	William Davies	12.32	Thetford AC
4	362	Peter De'ath	12.47	Stevenage & North Herts
5	356	Myles Carter	13.22	Cambridge & Coleridge AC
6	353	Craig Brooks	13.57	West Norfolk AC
7	399	Vishal Saroye	14.10	Stevenage & North Herts
8	412	Simon Underwood	14.26	Colchester Harriers

## 1500m Final

### Position

1	375	Michael Harrison	4.29.35	Bedford & County AC
2	385	Oliver Kyriakides	4.31.64	Southend AC
3	343	Ben Alcock	4.36.73	Bedford & County AC
4	365	James Downing	4.44.85	Huntingdonshire AC
5	379	Ryan Isaacson	4.45.41	Bedford & County AC
6	372	Scott Greeves	4.46.25	City of Norwich AC
7	414	Bradley Wattleworth	4.51.37	Ipswich Harriers
8	402	Luke Scott	4.56.32	Huntingdonshire AC
9	344	Joseph Alexander	5.01.48	Colchester & Tendring AC
10	354	Darryl Broughton	5.08.93	City of Norwich AC
11	400	Joshua Saunders	5.10.04	Bedford & County AC
12	406	Freddy Steele	5.34.48	City of Norwich AC

## 200m Final (W/S +2.0)

### Position

1	360	Matthew Constable	24.18	Ipswich Harriers
2	407	Liam Vooght	24.70	Stevenage & North Herts
3	348	Tyrone Behari Jnr	24.72	Woodford Green & Essex Ladies
4	373	Joel Grenfell	25.01	Peterborough AC
5	361	William Davies	25.65	Thetford AC
6	347	Andrew Baldwin	26.40	Biggleswade AC
7	353	Craig Brooks	27.21	West Norfolk AC

## 200m Heat 1 (W/S +2.2)

### Position

1	373	Joel Grenfell	24.08	Peterborough AC
2	348	Tyrone Behari Jnr	25.60	Woodford Green & Essex Ladies
3	347	Andrew Baldwin	25.64	Biggleswade AC
4	353	Craig Brooks	27.08	West Norfolk AC
5	369	Lawrence Fanutza-Davis	29.77	Harlow AC
6	412	Simon Underwood	30.97	Colchester Harriers

## 200m Heat 2 (W/S +1.9)

### Position

1	407	Liam Vooght	24.75	Stevenage & North Herts
2	360	Matthew Constable	24.82	Ipswich Harriers
3	361	William Davies	25.60	Thetford AC
4	386	Brandon Lewsey	26.84	Luton AC
5	393	Mark Phillipson	27.92	Great Yarmouth
6	398	Kane Robbins	29.02	Cambridge & Coleridge AC
7	344	Joseph Alexander	31.75	Colchester & Tendring AC

## 400m Final

### Position

1	405	Ryan Skipp	53.46	Thetford AC
2	386	Brandon Lewsey	54.49	Luton AC
3	362	Peter De'ath	56.66	Stevenage & North Herts
4	387	Alex Lubbock	58.49	City of Norwich AC
5	371	Lewis Goddard	61.04	Lincoln Wellington
6	396	Connor Price	67.77	Colchester Harriers

## 800m Final

### Position

1	394	Michael Porter	2.04.83 (CBP)	Colchester & Tendring AC
2	358	James Cochrane	2.08.59	Cambridge & Coleridge AC
3	382	Oliver Jones	2.13.53	Ipswich Harriers
4	410	Ross Tennant	2.22.20	Ipswich Harriers
5	357	Ben Churchman	2.24.15	Bedford & County AC
6	397	Tobias Rankin	2.26.09	West Suffolk AC
7	364	Jack Douglas	2.27.39	Bedford & County AC
8	396	Connor Price	2.35.10	Colchester Harriers

## 80m Hurdles Final (W/S +1.7)

### Position

1	374	Steven Hadley	12.88	Wymondham High School
2	406	Freddy Steele	15.74	City of Norwich AC

## Hammer Final

### Position

1	391	Michael Painter	56.21 (CBP)	City of Norwich AC
2	408	Alan Sydee	44.13	Luton AC
3	411	Oliver Thompson	30.57	Thetford AC

## High Jump Final

### Position

1	350	Tyler Berry	1.60	City of Norwich AC
2	409	Adam Tapley	1.60	Cambridge & Coleridge AC
3	374	Steven Hadley	1.55	Wymondham High School

## Javelin Final

### Position

1	352	Oliver Bradfield	62.33 (CBP)	City of Norwich AC
2	367	Jake Exton	41.97	Stevenage & North Herts
3	346	Jonathan Bailey	36.94	Cambridge & Coleridge AC
4	416	Morgan Young	36.51	Cambridge & Coleridge AC
5	384	James Kent	33.76	City of Norwich AC
6	356	Myles Carter	32.83	Cambridge & Coleridge AC
7	351	William Blackwell	30.52	Cambridge & Coleridge AC
8	355	Conor Butcher	26.67	Colchester Harriers
9	403	Jake Shea	25.43	Diss AC

## Long Jump Final

### Position

1	373	Joel Grenfell	6.08 (+4.4)	Peterborough AC
2	350	Tyler Berry	5.61 (+3.7)	City of Norwich AC
3	369	Lawrence Fanutza-Davis	4.42 (+3.0)	Harlow AC
4	353	Craig Brooks	4.21 (+2.1)	West Norfolk AC
5	396	Connor Price	3.82 (+2.1)	Colchester Harriers
6	412	Simon Underwood	3.78 (+3.6)	Colchester Harriers

## Shot Putt Final

### Position

1	391	Michael Painter	12.50	City of Norwich AC
2	367	Jake Exton	12.25	Stevenage & North Herts
3	408	Alan Sydee	10.89	Luton AC
4	368	Tyler Exton	10.34	Stevenage & North Herts
5	393	Mark Phillipson	08.54	Great Yarmouth
6	403	Jake Shea	07.33	Diss AC
7	384	James Kent	06.92	City of Norwich AC
8	411	Oliver Thompson	06.47	Thetford AC

## Triple Jump Final

### Position

1	356	Myles Carter	10.38	Cambridge & Coleridge AC
2	378	Alexander Ingham	09.91	Biggleswade AC
3	369	Lawrence Fanutza-Davis	09.77	Harlow AC
4	399	Vishal Saroye	08.98	Stevenage & North Herts

## U15 Girls Results

### 100m Final (W/S +3.0)

#### Position

1	462	Jessica Quick	12.63	Basildon AC
2	470	Kelly Sutton	12.84	Colchester Harriers
3	445	Emily Lambert	12.87	Ipswich Harriers
4	430	Megan Edwards	12.89	Peterborough AC
5	481	Rebecca Withams	13.36	Southend AC
6	458	Simi Pam	13.40	Peterborough AC
7	429	Renee Earl-Jarrett	13.42	Peterborough AC
8	471	Emma Tilbrook	13.43	West Suffolk AC

### 100m Heat 1

#### Position

1	462	Jessica Quick	12.85	Basildon AC
2	445	Emily Lambert	13.15	Ipswich Harriers
3	458	Simi Pam	13.49	Peterborough AC
4	429	Renee Earl-Jarrett	13.65	Peterborough AC
5	425	Beth Clarke	13.80	Ipswich Harriers
6	447	Louisa Marshall	14.20	Great Yarmouth
7	417	Iram Arif	14.46	Peterborough AC

### 100m Heat 2

#### Position

1	470	Kelly Sutton	12.98	Colchester Harriers
2	430	Megan Edwards	13.02	Peterborough AC
3	471	Emma Tilbrook	13.44	West Suffolk AC
4	481	Rebecca Withams	13.72	Southend AC
5	437	Charlotte Griffin	14.24	City of Norwich AC
6	467	Charlotte Sexton	14.35	Bedford & County AC
7	421	Elisha Bowers	16.29	Thetford AC

### 1500m Final

#### Position

1	457	Rebecca Murray	4.57.19	Bedford & County AC
2	464	Susannah Reid	5.03.03	Ipswich Harriers
3	461	Nastassja Potgieter	5.04.65	City of Norwich AC
4	468	Megan Shreeves	5.17.93	Bedford & County AC

## 200m Final (W/S +3.2)

### Position

1	450	Hayley McLean	26.01	Chelmsford AC
2	462	Jessica Quick	26.35	Basildon AC
3	430	Megan Edwards	26.78	Peterborough AC
4	470	Kelly Sutton	26.96	Colchester Harriers
5	432	Finolla Frederick	27.02	Herts Phoenix
6	429	Renee Earl-Jarrett	27.69	Peterborough AC
7	445	Emily Lambert	27.76	Ipswich Harriers
8	474	Katie Vickery	28.40	City of Norwich AC

## 200m Heat 1 (W/S +1.4)

### Position

1	462	Jessica Quick	26.97	Basildon AC
2	474	Katie Vickery	29.07	City of Norwich AC
3	447	Louisa Marshall	29.59	Great Yarmouth
4	481	Rebecca Withams	29.69	Southend AC
5	417	Iram Arif	30.23	Peterborough AC

## 200m Heat 2 (W/S +3.6)

### Position

1	430	Megan Edwards	27.01	Peterborough AC
2	470	Kelly Sutton	27.32	Colchester Harriers
3	429	Renee Earl-Jarrett	28.04	Peterborough AC
4	458	Simi Pam	29.26	Peterborough AC
5	466	Megan Sanderson	29.84	Peterborough AC
6	421	Elisha Bowers	36.52	Thetford AC

## 200m Heat 3 (W/S +2.0)

### Position

1	450	Hayley McLean	26.85	Chelmsford AC
2	432	Finolla Frederick	27.47	Herts Phoenix
3	445	Emily Lambert	27.58	Ipswich Harriers
4	448	Hannah Maslen	29.74	Southend AC
5	467	Charlotte Sexton	30.22	Bedford & County AC
6	453	Laura Millichap	30.61	Cambridge & Coleridge AC

## 75m Hurdles Final (W/S +1.9)

### Position

1	450	Hayley McLean	11.40 (CBP)	Chelmsford AC
2	424	Ella Cave	11.77	Cambridge & Coleridge AC
3	472	Kylie Trott	11.92	Havering Mayesbrook
4	436	Georgia Green-Muid	12.22	Basildon AC
5	480	Stephanie Williams	12.34	Peterborough AC
6	459	Clarice Parrott	13.06	Bedford & County AC
7	467	Charlotte Sexton	13.09	Bedford & County AC

## 800m Final

### Position

1	444	Jessica Judd	2.15.34 (CBP)	Thurrock Harriers
2	465	Sophie Riches	2.19.89	Chelmsford AC
3	460	Rhiannon Philps	2.20.56	Lincoln Wellington
4	428	Kaylee Dodd	2.24.50	Basildon AC
5	451	Jessica Mead	2.29.40	Southend AC
	420	Sophie Billington	DNS	Luton AC
	423	Stephanie Burton	DNS	Nene Valley Harriers
	443	Kim Johansen	DNS	Chelmsford AC

## 800m Heat 1

### Position

1	444	Jessica Judd	2.21.41	Thurrock Harriers
2	465	Sophie Riches	2.22.63	Chelmsford AC
3	451	Jessica Mead	2.23.75	Southend AC
4	420	Sophie Billington	2.24.61	Luton AC
5	423	Stephanie Burton	2.31.29	Nene Valley Harriers
6	455	Ellie Montgomery	2.47.12	Herts Phoenix
7	466	Megan Sanderson	2.50.48	Peterborough AC

## 800m Heat 2

### Position

1	428	Kaylee Dodd	2.29.19	Basildon AC
2	460	Rhiannon Philps	2.29.35	Lincoln Wellington
3	443	Kim Johansen	2.29.70	Chelmsford AC
4	473	Millie Turner	2.32.80	Cambridge & Coleridge AC
5	456	Rachel Mumford	2.36.71	Thetford AC
6	476	Sophie Rolt	2.43.97	Huntingdonshire AC

## Discus Final

### Position

1	440	Renee Hector	32.05	Stevenage & North Herts
2	477	Beth Wade	25.11	West Suffolk AC
3	435	Sophie Goddard	20.86	Stevenage & North Herts
4	437	Charlotte Griffin	17.87	City of Norwich AC
5	447	Louisa Marshall	15.82	Great Yarmouth
6	475	Gemma Vickery	13.28	City of Norwich AC

## Hammer Final

### Position

1	435	Sophie Goddard	37.59	Stevenage & North Herts
2	440	Renee Hector	26.62	Stevenage & North Herts
3	475	Gemma Vickery	26.40	City of Norwich AC

## High Jump Final

### Position

1	432	Finolla Frederick	1.55	Herts Phoenix
2	422	Janet Browne	1.50	Stevenage & North Herts
3	463	Alice Rackham	1.50	Stevenage & North Herts
4	480	Stephanie Williams	1.45	Peterborough AC
5	471	Emma Tilbrook	1.40	West Suffolk AC
6	456	Rachel Mumford	1.40	Thetford AC

## Javelin Final

### Position

1	449	Laura McDonald	40.31 (CBP)	City of Norwich AC
2	453	Laura Millichap	23.85	Cambridge & Coleridge AC
3	439	Stephanie Griffin	23.55	City of Norwich AC
4	455	Ellie Montgomery	16.16	Herts Phoenix

## Long Jump Final

### Position

1	471	Emma Tilbrook	5.03 (+1.8)	West Suffolk AC
2	427	Honor De Winton	5.02 (+0.9)	West Norfolk AC
3	450	Hayley McLean	4.99 (+0.6)	Chelmsford AC
4	431	Jessica Fox	4.90 (+0.5)	Cambridge & Coleridge AC
5	430	Megan Edwards	4.67 (+1.5)	Peterborough AC
6	474	Katie Vickery	4.66 (+1.6)	City of Norwich AC

## Shot Putt Final

### Position

1	458	Simi Pam	09.80	Peterborough AC
2	418	Ayo Awokoya	09.25	Stevenage & North Herts
3	439	Stephanie Griffin	08.89	City of Norwich AC
4	478	Chelsea Wade	08.32	West Suffolk AC
5	477	Beth Wade	07.56	West Suffolk AC
6	435	Sophie Goddard	07.23	Stevenage & North Herts

## U17 Men Results

### 100m Final

#### Position

1	492	Alex Cooke	11.31	Chelmsford AC
2	547	De Larey Veenendaal	11.35	City of Norwich AC
3	493	George Cummins	11.66	Cambridge & Coleridge AC
4	494	Joel Daramola	11.83	Stevenage & North Herts
5	533	Ross McConnachie	12.01	Peterborough AC
6	484	Zoheb Arif	12.16	Peterborough AC
7	548	Billy Vernon-Hamilton	13.09	Stevenage & North Herts

### 100m Hurdles Final (W/S +0.2)

#### Position

1	495	Jack Edgar-Hill	13.65	Havering Mayesbrook
2	540	Joe Peploe	14.20	Basildon AC
3	534	Callum McLean	15.58	Southend AC

### 1500m Final

#### Position

1	593	Jack Goodwin	4.17.95	Bedford & County AC
2	535	Tom Mead	4.20.24	Luton AC
3	523	Sam Hunt	4.21.01	Nene Valley Harriers
4	539	George Moxon	4.26.74	Southend AC
5	553	Jacob Wisbey	4.29.20	Peterborough AC

### 200m Final

#### Position

1	528	Thomas Larkin	23.71	Woodford Green & Essex Ladies
2	494	Joel Daramola	23.91	Stevenage & North Herts
3	484	Zoheb Arif	24.67	Peterborough AC
4	533	Ross McConnachie	28.58	Peterborough AC

### 3000m Final

#### Position

1	546	Nicholas Stone	9.51.02	Peterborough AC
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## 400m Final

### Position

1	519	Darrellon Holding	50.38	Nene Valley Harriers
2	547	De Larey Veenendaal	50.91	City of Norwich AC
3	524	Lewis Keeble	50.96	Stevenage & North Herts
4	528	Thomas Larkin	51.73	Woodford Green & Essex Ladies
5	542	Ben Ridley-Johnson	52.22	Colchester Harriers

## 800m Final

### Position

1	485	Tom Barfoot	2.01.40	Herts Phoenix
2	532	Henry Loughlin	2.03.03	West Norfolk AC
3	554	Daniel Yaxley	2.05.12	Woodford Green & Essex Ladies
4	510	Jack Harrison	2.06.39	City of Norwich AC

## Discus Final

### Position

1	537	Adam Mohan	40.47	Nene Valley Harriers
2	531	Chris Line	39.43	Dacorum & Tring AC
3	507	Laurence Goodacre	38.34	Havering Mayesbrook
4	496	Jonathan Edwards	37.72	Huntingdonshire AC
5	529	Martin Lawrence	36.54	Cambridge & Coleridge AC
6	489	Callum Brown	33.19	City of Norwich AC
7	483	Jake Allen	21.44	West Suffolk AC

## Hammer Final

### Position

1	521	Richard Humphries	57.05	Herts Phoenix
2	550	Harry Wells	53.79	Nene Valley Harriers
3	589	Cameron Webb	52.60	Stevenage & North Herts
4	491	Danny Clayton	47.90	City of Norwich AC
5	490	Harry Clarke	47.12	Woodford Green & Essex Ladies
6	496	Jonathan Edwards	41.81	Huntingdonshire AC
7	530	Lawrence Levy	39.69	Stevenage & North Herts
8	551	Sam Wilson	35.61	Peterborough AC
9	531	Chris Line	34.83	Dacorum & Tring AC

## High Jump Final

### Position

1	545	Paul Spicer	1.65	Stevenage & North Herts
2	530	Lawrence Levy	1.50	Stevenage & North Herts

## Javelin Final

### Position

1	487	Joshua Bignell	44.71	Dacorum & Tring AC
2	554	Daniel Yaxley	39.24	Woodford Green & Essex Ladies
3	507	Laurence Goodacre	39.09	Havering Mayesbrook
4	483	Jake Allen	22.75	West Suffolk AC

## Long Jump Final

### Position

1	491	Danny Clayton	6.12 (+2.4)	City of Norwich AC
2	503	Daniel Gardner	5.80 (+4.3)	Stevenage & North Herts

## Shot Putt Final

### Position

1	537	Adam Mohan	14.18	Nene Valley Harriers
2	529	Martin Lawrence	13.46	Cambridge & Coleridge AC
3	507	Laurence Goodacre	13.45	Havering Mayesbrook
4	483	Jake Allen	10.53	West Suffolk AC

## Triple Jump Final

### Position

1	503	Daniel Gardner	11.46	Stevenage & North Herts
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## U17 Women Results

### 100m Final

#### Position

1	49	Bethanie Moore	12.64	Colchester Harriers
2	50	Ellie Morris	12.96	Cambridge & Coleridge AC
3	32	Georgie Ivens	13.08	Nene Valley Harriers
4	7	Katy Barber	13.14	Great Yarmouth
5	1	Emily Abbott	13.36	Bedford & County AC
6	66	Katie Swift	13.62	Chelmsford AC
7	55	Lucy Readman	13.64	Huntingdonshire AC
8	46	Leanne McGrory	13.74	Southend AC
9	45	Katie McCormick	14.01	Bedford & County AC

### 1500m Final

#### Position

1	24	Laura Farrar	4.50.83	St Albans AC
2	35	Emily Kier	5.02.16	Cambridge & Coleridge AC
3	31	Nicola Isaacs	5.18.84	Lincoln Wellington
4	3	Justine Anthony	5.47.11	West Suffolk AC

### 200m Final (W/S +3.9)

#### Position

1	93	Frances Slater	25.83	Herts Phoenix
2	32	Georgie Ivens	26.22	Nene Valley Harriers
3	49	Bethanie Moore	26.59	Colchester Harriers
4	47	Sian McGrory	26.64	Southend AC
5	62	Lily Seach	27.23	Huntingdonshire AC
6	7	Katy Barber	27.35	Great Yarmouth
7	1	Emily Abbott	27.76	Bedford & County AC
8	55	Lucy Readman	28.24	Huntingdonshire AC

### 200m Heat 1

#### Position

1	93	Frances Slater	26.08	Herts Phoenix
2	47	Sian McGrory	27.25	Southend AC
3	1	Emily Abbott	27.77	Bedford & County AC
4	62	Lily Seach	27.81	Huntingdonshire AC
5	55	Lucy Readman	28.42	Huntingdonshire AC

## 200m Heat 2

### Position

66	Katie Swift	DNS	Chelmsford AC
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## 200m Heat 2 (W/S +3.5)

### Position

1	32	Georgie Ivens	26.74	Nene Valley Harriers
2	49	Bethanie Moore	26.94	Colchester Harriers
3	7	Katy Barber	27.33	Great Yarmouth
4	45	Katie McCormick	29.35	Bedford & County AC

## 3000m Final

### Position

1	43	Lauren MacGregor	10.57.79 (CB)	Orion H
2	2	Jay Andrew	11.20.37	Orion H
3	38	Jordan Lacey	11.41.30	Southend AC
4	8	Lacey Bareham	12.28.06	Colchester & Tendring AC

## 300m Final

### Position

1	33	Montana Jackson	42.55	West Suffolk AC
2	27	Rhiannon Goodman	43.21	Bedford & County AC
3	69	Chloe Vernon-Hamilton	43.27	Stevenage & North Herts
4	62	Lily Seach	43.43	Huntingdonshire AC
5	25	Amy Fleming	43.48	Luton AC
6	17	Rebecca Connelly	46.38	Thurrock Harriers
7	6	Charlotte Baird	47.99	Stevenage & North Herts

## 300m Hurdles Final

### Position

1	16	Felicity Clarke	45.46 (CBP)	Southend AC
2	18	Jessica Cutts	47.04	Colchester Harriers
3	65	Anna Spratt	48.39	City of Norwich AC
4	53	Nicola Peachey	49.73	Havering Mayesbrook

## 800m Final

### Position

1	51	Laura O'Connor	2.18.76	Chelmsford AC
2	35	Emily Kier	2.19.81	Cambridge & Coleridge AC
3	52	Rebecca O'Neill	2.21.14	Havering Mayesbrook
4	22	Stacey Eyers	2.30.42	Colchester & Tendring AC
5	56	Samantha Redgrave	2.32.96	Colchester & Tendring AC

## 80m Hurdles Heat 1 (W/S +1.0)

### Position

1	67	Holly Thomas	11.59 (CBP)	Havering Mayesbrook
2	40	Nancy LeBeau	11.98	Thurrock Harriers
3	21	Eleanor Evans	12.28	Southend AC
4	57	Anne Rees	12.60	Stevenage & North Herts
5	41	Natacha Lee	12.90	Dacorum & Tring AC
6	53	Nicola Peachey	13.10	Havering Mayesbrook
7	54	Millie Phelan	13.29	Herts Phoenix
8	65	Anna Spratt	13.76	City of Norwich AC

## Discus Final

### Position

1	60	Lauren Sammout	34.52	Cambridge & Coleridge AC
2	5	Sophie Baggs	29.98	Havering Mayesbrook
3	36	Beccy Knapp	27.61	Stevenage & North Herts
4	14	Stephanie Burt	25.19	City of Norwich AC
	94	Georgina Howe	3NT	Thetford AC

## Hammer Final

### Position

1	61	Hayley Sayer	41.56 (CBP)	Cambridge & Coleridge AC
2	94	Georgina Howe	36.63	Thetford AC
3	36	Beccy Knapp	36.50	Stevenage & North Herts
4	39	Amy Larkin	28.49	Woodford Green & Essex Ladies

## High Jump Final

### Position

1	70	Karen Vincent	1.60	Luton AC
2	54	Millie Phelan	1.60	Herts Phoenix
3	4	Gemma Armorgie	1.55	Herts Phoenix
4	69	Chloe Vernon-Hamilton	1.50	Stevenage & North Herts
5	57	Anne Rees	1.40	Stevenage & North Herts
6	59	Rebecca Russell	1.35	West Norfolk AC
7	23	Tillie Farman	1.30	Stevenage & North Herts

## Javelin Final

### Position

1	14	Stephanie Burt	39.13	City of Norwich AC
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## Long Jump Final

### Position

1	40	Nancy LeBeau	5.23 (+1.6)	Thurrock Harriers
2	60	Lauren Sammout	4.90 (+2.4)	Cambridge & Coleridge AC
3	53	Nicola Peachey	4.89 (+3.0)	Havering Mayesbrook
4	70	Karen Vincent	4.80 (+1.0)	Luton AC
5	59	Rebecca Russell	4.34 (+1.0)	West Norfolk AC
	37	Flavia Kumar	3NJ	Cambridge & Coleridge AC
	42	Kelly Lepore	3NJ	Luton AC

## Shot Putt Final

### Position

1	48	Sophie McKinna	11.89 (CBP)	Great Yarmouth
2	61	Hayley Sayer	08.52	Cambridge & Coleridge AC

## U20 Men Results

### 100m Final

#### Position

1	589	Cameron Webb	11.21	Stevenage & North Herts
2	577	Charles Moss	11.51	Havering Mayesbrook
3	558	Jonathan Baxter	11.73	Cambridge & Coleridge AC
4	582	Christopher Peck	12.54	Great Yarmouth
5	580	Liam O'Dell	12.85	Luton AC

### 110m Hurdles Final (W/S +1.3)

#### Position

1	573	James McLean	14.61	Southend AC
2	583	Bradley Reed	15.65	Chelmsford AC
3	555	Luke Allen	16.04	West Suffolk AC
4	556	Ross Armorgie	16.08	Herts Phoenix

### 1500m Final

#### Position

1	570	James Jackson	4.24.45	City of Norwich AC
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### 200m Final (W/S +0.5)

#### Position

1	572	Chris Marshall	24.08	City of Norwich AC
2	582	Christopher Peck	25.87	Great Yarmouth
3	580	Liam O'Dell	26.60	Luton AC

### 3000m Final

#### Position

1	592	Christopher Wright	8.50.98	Nene Valley Harriers
2	560	Samuel Cheverton	9.01.90	City of Norwich AC
3	591	Daniel Woodgate	9.12.00	Luton AC
4	590	Grant Webb	9.18.05	Basildon AC
5	571	Josh Lunn	9.40.13	Nene Valley Harriers

### 400m Hurdles Final

#### Position

1	585	Christian Roberts	56.86	Huntingdonshire AC
2	572	Chris Marshall	58.87	City of Norwich AC

## Discus Final

### Position

1	588	Steve Watson	53.24	Dacorum & Tring AC
2	576	Ben Montgomery	32.40	Herts Phoenix

## Hammer Final

### Position

1	563	Peter Clarke	59.90 (CBP)	Woodford Green & Essex Ladies
2	576	Ben Montgomery	33.01	Herts Phoenix

## High Jump Final

### Position

1	556	Ross Armorgie	1.85	Herts Phoenix
2	557	Brad Armorgie	1.85	Herts Phoenix
3	569	Gareth Hunt	1.75	Ryston Runners

## Javelin Final

### Position

1	576	Ben Montgomery	48.47	Herts Phoenix
2	579	Harry Newenham	39.44	City of Norwich AC

## Long Jump Final

### Position

1	555	Luke Allen	5.98 (+1.70)	West Suffolk AC
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## Shot Putt Final

### Position

1	575	Robert Mohan	16.44	Nene Valley Harriers
2	555	Luke Allen	12.74	West Suffolk AC
3	564	Gordon Coe	11.29	Diss AC

## Triple Jump Final

### Position

1	572	Chris Marshall	11.28	City of Norwich AC
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## U20 Women Results

### 100m Final

#### Position

1	79	Sharna Emanuel	12.74	Peterborough AC
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### 100m Hurdles Final (W/S +1.2)

#### Position

1	90	Moe Sasegbon	15.55	Stevenage & North Herts
2	86	Emily Moss	16.76	Peterborough AC
3	88	Lisa Potter	17.30	Bedford & County AC

### 1500m Final

#### Position

1	89	Nathalie Richards	5.54.14	Cambridge & Coleridge AC
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### 200m Final

#### Position

1	92	Kirsty Shepherd	25.85 (CBP)	Basildon AC
2	79	Sharna Emanuel	25.99	Peterborough AC
3	76	Kayleigh Borkett	29.08	Huntingdonshire AC

### 400m Final

#### Position

1	92	Kirsty Shepherd	60.81 (CBP)	Basildon AC
2	74	Sade-Marie Bailey	63.06	Basildon AC
3	76	Kayleigh Borkett	69.49	Huntingdonshire AC

### 400m Hurdles Final

#### Position

1	527	Ben Kelk	56.52 (CBP)	Cambridge & Coleridge AC
2	87	Rebecca Pike	66.17	City of Norwich AC
3	530	Lawrence Levy	68.95	Stevenage & North Herts

### 800m Final

#### Position

1	81	Laura Hillyard	2.31.25	Colchester & Tendring AC
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## High Jump Final

### Position

1	90	Moe Sasegbon	1.70	Stevenage & North Herts
2	74	Sade-Marie Bailey	1.45	Basildon AC

## Long Jump Final

### Position

1	90	Moe Sasegbon	5.28 (CBP) (+	Stevenage & North Herts
2	88	Lisa Potter	4.69 (+3.3)	Bedford & County AC

## Shot Putt Final

### Position

1	80	Alice Forster	10.85	Cambridge & Coleridge AC
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