

**Throws Festival****2nd April****Hammer Under 13 Girls**

No.	Pos	Name	Club		
319	1	Bethany Harley	SNHAC	11	3

**Hammer Under 13 Boys**

No.	Pos	Name	Club	
318	1	Peter Elsdon-Dean	Newmarket	7

**Hammer Under 15 Girls**

No.	Pos	Name	Club		
303	1	Emily Evans	SNHAC	25	74
307	2	Ellie Broomfield	Ipswich Harriers	22	3
321	3	Chloe Cocknell	Braintree Ac	20	77
345	4	Louisa Marshall	Great Yarmouth Ac	18	27
351	5	Jade Harding	Chelmsford Ac	14	73
354					

**Hammer Under 15 Boys**

No.	Pos	Name	Club	
305	1	Thomas Head	Newham and Essex Begle	47
339	2	C Grant	Southend Boys	35
316	3	oliver Thompson	Thetford Ac	34
358	4	C.Pitt	Southend Boys	27
347	5	M Sinclair	Southend Boys	25
346	6	James Palmer	Woodford Green	16
348	7	James Mead	Chelmsford Ac	

**Shot Under 17 Women****Hammer U17 Boys**

No.	Pos	Name	Club		
328	1	Sophie McKinna	GYDAC	14	30
326	2	Debra Blamey	Thurrock Harriers	8	88
352	3	Jenny Chapman	Wm Edwards	8	13
342	4	Hannah scammell	Newham and essex Beagles	7	95
363	5	Flavia Kumar	C+C	6	94
351	6	Jessica Smith	Orion Harriers	6	1
343	7	Sophie Jarvis	Southend Ac	5	62
312	8	Hannah Castle	Braintree Ac	5	13
309	9	Sophia Goddard	SNHAC		

No.	Pos	Name	Club		
362	1	Harry Clarke	Woodford Green		57
306	2	Sam Wilson	Peterborough Ac		43
330	3	Alex Calvert	Chelmsford Ac		42
337	4	Lawrence Levy	Stevenage		41
358	5	James Palmer	Woodford Green		30

#### Shot Junior and Senior Women

No.	Pos	Name	Club		
313	1	Evie Castle	Braintree Ac	9	28
329	2	Hayley Sayer	C+C	8	55
358	3	Vicky Brockbank	Braintree Ac	6	62

#### Hammer Junior Men

No.	Pos	Name	Club		
338	1	peter Clark	Woodford Green and esse		57

348	1	Wendy Dungford	Epsom	9	4
316	2	Shirley Quinn	Chelmsford Ac	7	41

**Javelin Under 13 Girls**

No.	Pos	Name	Club		
304	1	Eleanor Moss	Harlow Ac	16	16
310	2	Alisha Levy	SNHAC	12	13
314	3	Peggy-Mai Norman	West Suffolk Ac	11	47
319	4	Fenella Astley	Southend high School	10	71
338					
356					
360					

**Javelin Under 15 Girls**

No.	Pos	Name	Club		
318	1	Kira Fitzpatrick	colchester & Tendering	20	60
359	2	Katherine West	Reading AC	20	17
325	3	nicola Gregory	Bexley Ac	19	77
337	4	Gerogia Ibbotson	colchester & Tendering	16	28
321	5	Chloe Leach	Braintree Ac	16	53
310	6	April Castle	Braintree Ac	14	42
311	7	Debbie Castle	Braintree Ac	14	51
336	8	Bethany Ibbotson	colchester & Tendering	14	50
344	9	Emma Jarvis	Southend Ac	12	24

**Shot Under 15 Girls**

No.	Pos	Name	Club		
347	12	Chelsea Wade	West Suffolk Ac	9	55
325		Nicola Gregory	Bexley Ac	9	16
301	3	Helena Coe	Ipswich Harriers	7	81
311	4	Debbie Castle	Braintree Ac	7	37
336	5	Bethany Ibbotson	colchester & Tendering	7	35
337	6	Gerogia Ibbotson	colchester & Tendering	7	53
344	7	Emma Jarvis	Southend Ac	6	68
345	8	Louisa Marshall	Great Yarmouth Ac	6	5

**Hammer Senior Men**

No.	Pos	Name	Club	
336	1	Simon Bown	Newham & Essex	66
303	2	Joe Bloomfield	Ipswich Harriers	59
334	3	Steve Feely	SNHAC	26

**Javelin U13 Boys**

No.	Pos	Name	Club	
310	1	Gregory Goddard	SNHAC	13
318	23	Peter Elsdon-Dean	Newmarket	13
342		Ryan Timpson	Orion Harriers	11

**Javelin U15 Boys**

No.	Pos	Name	Club	
339	1	Oliver Bradfield	CONAC	63
314	2	James Mead	Chelmsford Ac	30
319	3	Jake Shea	Diss Ac	29
325	4	Adam Brown	Basildon Ac	26
329	5	Simon Kumar	C+C	25
328	6	Connor Price	colchester Harriers	20
331	7	James Murphy	Braintree Ac	18

322	9	Ellie Cockell	Braintree Ac	6	72
359	10	Kira Fitzpatrick	CATs	6	83
310	11	April Castle		4	39

#### Hammer Under 17 Women

No.	Pos	Name	Club		
308	1	Georgina Howe	Ipswich Harriers	41	47
302	2	Megan Thomas	City of Norwich Ac	36	24
309	3	sophia Goddard	SNHAC	32	13
349	4	Laura Feely	SNHAC	23	54
335	5	Sarah White	Colchester Harriers	23	28
342	6	Hannah scammell	Newham and essex Beagles	20	76
364	7	Melissa Timpson	Orion Harriers	15	60

#### Javelin U17 Boys

No.	Pos	Name	Club	
350	1	Alex Wright	Basildon Athletics	46
345	2	Luke Beard	Basildon Athletics	38
317	3	Alex Marsh	C+C	27
322	4	Jake Allen	West Suffolk Ac	26
337	5	Lawrence Levy	Stevenage	24

#### Hammer Junior Women

No.	Pos	Name	Club		
317	1	Becky knapp	SNHAC	41	78
329	2	Hayley Sayer		38	82
320	3	Frances Gross	SNHAC	35	82
313	4	Evie Castle	Braintree Ac	19	51

#### Javelin Junior Men

No.	Pos	Name	Club	
320	1	Craig Lacy	cambridge Harriers	57
308	2	Tom Richards	Woodford Green & Essex I	46
319	3	David Bush	Nene Valley Harriers	38
	4	Gordon Coe	Cambridge Harriers	31

**Hammer Senior Women**

No.	Pos	Name	Club		
316	1	Shirley Quinn	Chelmsford Ac	29	48
348	2	Wendy Dungford	Epsom	28	44

**Javelin Senior Men**

No.	Pos	Name	Club	
344	1	D Sketchley	Harlow AC	60
324	2	Matt Stoker	Shaftesbury Barnet Harrier	57
321	3	Luke Allen	West Suffolk Ac	38
349	4	Brett Heath	Unattched	37

**Discus U13 Girls**

No.	Pos	Name	Club		
334	1	Amy Briggs	Havering & Mayesbrook Ac	16	21
360	2	Alisha Levy	snhac	13	7
338	3	Peggy-Mai Norman	West Suffolk Ac	12	73
324	4	Michelle hughes	Southend high School	12	57
304	5	Eleanor Moss	Harlow Ac	11	73

**Shot U17 Boys**

No.	Pos	Name	Club	
330	1	Alex Calvert	Chelmsford Ac	12
322	2	Jake Allen	West Suffolk Ac	10
337	3	Lawrence Levy	Stevenage	10
	4	James Palmer	Woodford Green and Esse	8

**Javelin U17 Women**

No.	Pos	Name	Club		
323	1	freya Leserve	West Norfolk Ac	30	33
315	2	Bethanie Griffiths	Chelmsford Ac	29	90
352	3	Jenny Chapman	A.W.E School	28	39
340	4	Deborah Knight	Havering and Mayesbrook Ac	24	12
363	5	Flavia Kumar	C+C	21	23
331	6	Emily Cross	West Suffolk	21	20

**Shot Junior Men**

No.	Pos	Name	Club	
303	2	Joe Bloomfield	Ipswich Harriers	12
301	1	Oliver Deacon	Braintree Ac	12
341	3	Gordon Coe	Diss Ac	10
319	5	David Bush	Nene Valley Harriers	9
321		Luke Allen	West Suffolk Ac	

309	7	sophia Goddard	SNHAC	18	72
326	8	Debra Blamey	Thurrock Harriers	15	50
312	9	Hannah Castle	Braintree Ac	13	69
343	10	Sophie Jarvis	Southend Ac	10	44

#### Javelin Junior Women

No.	Pos	Name	Club		
339	1	Jessica Cutts	colchester Harriers	28	35
313	2	Evie Castle	Braintree Ac	26	89

#### Discus U13's Boys

No.	Pos	Name	Club	
		Darian Lamb	Basildon Ac	20
342	1	Ryan Timpson	Orion Harriers	17
318	2	Peter Elsdon-Dean	Newmarket	9

#### Javelin Senior Women

No.	Pos	Name	Club		
327	1	Rachel moulds	C+C	23	83

#### Discus U15 Boys

339	1	James Mead	Chelmsford Ac	29
305	2	Oliver Thompson	Thetford Ac	25
314	3	Jake Shea	Diss Ac	20
329	4	Connor Price	colchester Harriers	17
309	5	Daniel Howe	Thetford Ac	17

#### Discus U15 Girls

325	1	nicola Gregory	Bexley Ac	28	89
359	2	Kira Fitzpatrick	Colchester & Tendering	20	49
337	3	Gerogia Ibbotson	colchester & Tendering	18	42
354	4	Jade Harding	Chelmsford Ac	18	33
301	5	Helena Coe	Ipswich Harriers	17	3
357	6	Marleen Avoutuun	Harlow Ac	17	42
311	7	Debbie Castle	Braintree Ac	16	87
336	8	Bethany Ibbotson	colchester & Tendering	15	9

#### Shot U13 Boys

310	1	Gregory Goddard	SNHAC	6
352	2	Darian Lamb	Basildon AC	6

345	9	Louisa f	15	90
322	10	Ellie Cockell	14	32
310	11	April Castle	13	75

#### Shot U13 Girls

No.	1	Peggy-Mai Norman	West Suffolk Ac	6	22
338	2	Alisha Levy	Snhac	6	0
304	3	Eleanor Moss	Harlow Ac	4	95
310	4	Michelle hughes	Southend high School	2	63

#### Shot Senior Mens

No.	Pos	Name	Club	
	1	Brett Heath	Unattached	10
	2	Luke Allen	West Suffolk Ac	10
351	3	Paul Avoutuun	Chelmsford Ac	8

#### Discus U17 Women

No.	Pos	Name	Club		
302	1	Megan Thomas	City of Norwich Ac	29	90
326	2	Debra Blamey	Thurrock Harriers	28	8
308	3	Georgina Howe	Ipswich Harriers	27	49
335	4	Sarah White	Colchester Harriers	26	30
352	5	Jenny Chapman	W.E School	23	73
346	6	Beth Wade	West Ac	20	36
305	7	Becky Huddy	Chelmsford Ac	18	59
342	8	Hannah scammell	Newham and essex Beagles	17	52
312	9	Hannah Castle	Braintree Ac	14	53

#### Shot U15 boys

314	1	Jake Shea	Diss Ac	8
327	2	Robert Clarke	Colchester Harriers	8
333	3	Andrew Ridgeway	Stevenage AC	7
340	4	Simon Kumar	Cambridge ac	6
329	5	Connor Price	colchester Harriers	5

**Discus Junior Women**

No.	Pos	Name	Club		
341	1	Katherine Knight		25	52
317	2	Becky knapp	SNHAC	23	82
313	3	Evie Castle	Braintree Ac	21	58

**Discus U17 Boys**

No.	Pos	Name	Club	
307	1	andrew Harrison	Chelmsford Ac	38
326	2	Danny Wilson	Havering & Mayesbrook Ac	34
322	3	Jake Allen	West Suffolk Ac	28
306	4	Sam Wilson	Peterborough Ac	27

**Discus Senior Women**

No.	Pos	Name	Club		
365	1	Hollie Redman	Woodford Green and Ladies	37	10
316	2	Shirley Quinn	Chelmsford Ac	25	60
348	3	Wendy Dungford	Epsom	24	94

**Discus Junior Men**

No.	Pos	Name	Club	
301	1	Oliver Deacon	Braintree Ac	36
321	2	Luke Allen	West Suffolk Ac	23

**Discus Senior Men**

No.	Pos	Name	Club	
	1	Joe Bloomfield		41
343	2	Rory Mcmillan	Ipswich Harriers	21

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