

CHELMSFORD OPEN MEETING

11th APRIL 2009

800 Metres Under 13 Year Girls

283	1	Tuckfield	Georgia	Orion	2m	30.9s
92	2	Smith-Hahn	Eleanor	Hercules Wimbledon	2m	34.8s
149	3	Avontour	Marleen	Harlow	2m	36.9s
199	4	Smith	Jessica	Chelmsford	2m	43.0s
6	5	Maier	Hannah	Diss	2m	46.2s
218	6	Barrett	Amelia	Woodford Green & E.L.	2m	48.4s
215	7	Chalmers	Abbey	Chelmsford	2m	49.4s
60	7	Pointing	Daisy	Basildon	2m	49.4s
265	9	Norman	Ella	Chelmsford	2m	56.8s
99	10	Neville	Zoe	Colchester & Tnd.	2m	57.2s
124	11	Ward	Lydia	Chelmsford	2m	58.3s
258	12	Hicks	Sian	Colchester & Tnd.	3m	02.5s

800 Metres Under 15 Year Girls

254	1	Judd	Jessica	Thurrock	2m	15.2s
161	2	Riches	Sophie	Chelmsford	2m	23.2s
143	3	Mead	Jessica	Southend	2m	24.0s
128	4	Ferrari	Georgina	Woodford Green & E.L.	2m	29.1s
90	5	Antoine-Chagar	Armanni	Orion & Anglo Euro Sch	2m	30.4s
107	6	Crow	Emily	Southend	2m	34.7s
171	7	Williams	Chloe	Southend & Greensward C.	2m	34.8s
68	8	Crofts	Sophie	Thurrock	2m	35.8s
207	9	Sartori-Sigrist	Nikkita	Orion	2m	42.2s
230	10	Stevens	Louise	Diss	2m	45.1s
162	11	Johansen	Kim	Chelmsford	2m	45.3s
146	12	Moss	Isobel	Harlow	2m	45.8s
155	13	Barnes	Lucy	Ipswich	2m	54.9s
270	14	Harding	Jade	Chelmsford	2m	58.8s
47	15	Easdon	Zoe	Basildon	2m	59.9s
243	16	Saengon	Sunisa	Southend	3m	11.2s

800 Metres Under 17 Year Women

244	1	Smee	Camilla	Southend	2m	22.3s
249	2	Dabhi	Neha	Newham & E.B.	2m	22.8s
86	3	Macgregor	Lauren	Orion	2m	23.1s
236	4	Woodhouse	Natalie	Southend	2m	26.9s
11	5	Eyers	Stacey	Colchester & Tnd.	2m	28.8s
120	6	Hannon	Kara	St John Payne School	2m	32.9s
282	7	Pattie-Belleu	Holly	Woodford Green & E.L.	2m	33.7s
156	8	Webber	Georgia	Thurrock	2m	40.5s
182	9	Kyriakides	Amelia	Southend	2m	45.9s
196	10	Steele	Heidi	Colchester Harriers	2m	56.6s

800 Metres Junior & Senior Women

232	1	Scott	Harriet	Havering M'brook	2m	13.1s
129	2	Neale	Ella	Colchester Harriers	2m	23.1s
253	3	Tuttlebury	Katie-Ann	Chelmsford	2m	26.5s
288	4	Sefton	Katherine	Basildon	2m	28.9s
64	5	Hillyard	Laura	Colchester & Tnd.	2m	31.2s
106	6	Hill	Caroline	Thurrock	2m	33.1s
9	7	Barden	Karen	Chelmsford	2m	37.1s

600 Metres Under 11 Year Girls

255	1	Judd	Jodie	Thurrock	1m	58.2s
140	2	Ley	Emily	Chelmsford	2m	01.5s
138	3	Stancomb	Anna	Thorpe Hall School	2m	08.6s
96	4	Wallis	Meg	Mildmay Junior School	2m	11.2s
181	5	Baggs	Amy	Havering M'brook	2m	14.0s
62	6	Walker	Jemima	Basildon	2m	16.4s
192	7	Compton	Amy	Colchester & Tnd.	2m	16.9s
262	8	Curtis	Sian	Harlow	2m	29.5s
237	9	Poole	Rosie	Harlow	2m	31.3s

800 Metres Under 13 Year Boys

34	1	Morgan	Daniel	Colchester Harriers	2m	31.1s
186	2	Charleston	Callum	Chelmsford	2m	34.1s
182	3	Chalk	Lewis	Woodford Green & E.L.	2m	39.2s
57	4	Antoine-Chagar	Cheyenne	Orion & Anglo Euro.Sch	2m	42.2s
189	5	Rudgewick	Oliver	Chelmsford	2m	46.0s
255	6	Mardle	Matthew	Stevenage	2m	46.8s
26	7	Farboud	Nima	Cambridge & Coleridge	2m	51.0s
161	8	Murphy	James	Braintree	2m	56.4s
112	9	Lamb	Darien	Basildon	3m	04.0s
113	10	Ronald	Andrew	Braintree	3m	25.2s

800 Metres Under 15 Year Boys

235	1	Kerridge	Jon	Southend	2m	06.7s
103	2	Porter	Michael	Colchester & Tnd.	2m	06.9s
99	3	Silverstone	Ben	Orion & Chigwell Sch.	2m	20.8s
111	4	Lamb	Daniel	Basildon	2m	21.0s
346	5	Willis	Adam		2m	22.0s
107	6	Bateman	Adam	Chelmsford	2m	24.7s
74	7	Whitley	Matthew	St.John Payne Sch	2m	25.9s
323	8	Bridge	Jack	Eastwood School	2m	29.7s
56	9	Price	Connor	Colchester Harriers	2m	33.6s
219	10	Woodhouse	Oliver	Southend	2m	37.3s
174	11	Hancock	Steven	Southend	2m	39.5s
345	12	Todd	Connor	Colchester Harriers	2m	48.0s
344	13				3m	03.8s

800 Metres Under 17 Year Men

333	1	Oliver	Luke	Eastwood School	2m	03.3s
23	2	Pollitt	Richard	Braintree	2m	04.8s
13	3	Grose	Harry	Southend	2m	06.7s
109	4	Ramsay	Martainn	City of Norwich	2m	08.0s
348	5	Bird	Ben	Chelmsford	2m	11.2s
115	6	Crook	Adam	Chelmsford	2m	16.1s
329	7	Blake	James	Eastwood School	2m	17.1s
35	8	Stapleton	Alexander	Southend	2m	17.2s
100	9	Dendani	Massi	Havering Mayesbrook	2m	17.5s
46	10	Kirton	Joseph	Thetford	2m	20.0s
32	11	Palmer	Craig	Diss	3m	37.7s

800 Metres Junior/Senior Men

176	1	Gibbon	David	Colchester & Tnd.	1m	55.8s
257	2	Smale	David	Southend	1m	57.5s
183	3	Hartshorne	Damien	Braintree	2m	05.3s
169	4	Collins	Neill	Havering Mayesbrook	2m	06.4s
5	5	Aldridge	Kyle	Southend	2m	10.9s
190	6	Martin	Adrian	Chelmsford	2m	25.6s

600 Metres Under 11 Year Boys

64	1	Jones	Max	Basildon	1m	54.9s
44	2	Webb	Mason	Basildon	2m	01.9s
245	3	Fisher	Billy	Chelmsford	2m	10.6s
301	4	Gillard	Bryn	Southend	2m	17.3s
8	5	Poole	Jason	Colchester & Tnd.	2m	28.0s

100 Metres Under 13 Year Girls

167	1	Ibbotson	Bethaney	Colchester & Tnd.	13.8s
166	2	Ibbotson	Georgia	Colchester & Tnd.	14.1s
226	3	Smithdale	Phoebe	Chelmsford	14.2s
157	4	Frith	Abigail	Southend	14.4s
50	4	Young	Chloe	Colchester Harriers	14.4s
158	6	Prescott-Smith	Sarah	Colchester Harriers	14.5s
215	7	Chalmers	Abbey	Chelmsford	14.6s
168	7	Mutsure	Tinoshe	Southend	14.8s
195	9	Ajagun-Brauns	Jade	Colchester Harriers	14.8s
97	10	Stockford	Emily	Chelmsford & St Martins	14.9s
36	10	Howard	Moesha	Chelmsford	14.9s
216	12	Deer	Melanie	Braintree	15.2s
46	13	Drake	Ellie	Diss	15.3s
165	14	Humby	Grace	Thetford	15.6s
51	14	Pursehouse	Katie	Diss	15.6s
286	16	Duah	Isabel	Colchester & Tnd.	15.7s
99	16	Neville	Zoe	Colchester & Tnd.	15.7s
1	18	Savva	Ellie	Braintree	15.8s
245	18	McCrorry	Kerry	Southend	15.8s
280	20	Lott	Eloise	Harlow	15.9s
271	20	Dhuga	Raveena	Colchester Harriers	15.9s
24	22	Castle	April	Braintree	16.3s
133	23	Ashford	Naomi	Chelmsford & St Cedds S	16.4s
25	24	Cameron	Venton	St Ursulas School	16.6s
67	25	Holloway	Danielle	Braintree	17.6s
233	26	Cassidy	Maisie	Cambridge & Coleridge	17.7s
303	27	Rolewicz	Emilia	Braintree	17.9s

100 Metres Under 13 Year Boys

233	1	Law	Alex	Havering Mayesbrook	13.2s
355	2	Steel	Joshua	Harlow	13.7s
59	2	Ponty	Dylan	Colchester & Tnd.	13.7s
249	4	Jackson	Nathan	Havering Mayesbrook	14.0s
24	5	Woolnough	Scott	Chelmsford	14.2s
222	6	Griffin	Daniel	City of Norwich	14.3s
309	7	Turfrey	Lewis	Eastwood School	14.6s
50	8	Mhlanga	Swazini	Mayflower School	14.7s
310	9	Bouchard	Alex	Eastwood School	14.9s
162	10	Owen	Joshua	Colchester Harriers	15.0s
351	10	Britton	Thomas	Colchester Harriers	15.0s
295	12	Hookiegharevba	Jordan	Mark Hall Sch.Harlow	15.2s
26	13	Farboud	Nima	Cambridge& Coleridge	15.4s
40	14	Howe	Daniel	Thetford	15.8s
202	15	Barrett	Joe	Woodford Green & E.L.	15.9s
60	16	Assadi	Daniel	Impington College	16.6s
113	17	Ronald	Andrew	Braintree	20.20s

100 Metres Under 15 Year Girls

118	1	Smithdale	Hannah	Chelmsford & St John P.	12.8s
17	2	Speller	Amie	Ipswich	12.9s
32	3	Sutton	Kelly	Colchester Harriers	13.0s
248	4	Quick	Jessica	Basildon	13.1s
210	5	Dodd	Kaylee	Basildon	13.4s
2	5	Lambert	Emily	Ipswich	13.4s
72	7	Stark	Rachael	Chelmsford	13.4s
18	8	Crissell	Jessica	Ipswich	13.6s
234	8	Green-Muid	Georgia	Basildon	13.6s
201	10	Lambert	Broghan	Chelmsford	13.8s
69	11	Fox	Jessica	Cambridge & Coleridge	14.0s
85	12	Clarke	Beth	Ipswich	14.1s
160	12	Withams	Rebecca	Southend	14.1s
116	14	Smith	Antonia	St John Payne School	14.2s
77	14	Leigh-Pearson	Sophie	Ipswich	14.2s
49	14				14.2s
240	17	Griffin	Charlotte	City of Norwich	14.4s
285	17	Simi	Pam	Peterborough	14.4s
152	17	Ronald	Kirsty	Braintree	14.4s
189	17	Moore	Megan	Colchester Harriers	14.4s
16	21	Bright	Katie	Braintree	14.5s
52	22	Pursehouse	Emily	Diss	14.6s
38	23	Bailey	Rhianna	Diss	14.7s
59	24	Pay	Sasha	Medway & Maidstone	14.8s
190	24	Lehkyj	Lissie	Ipswich	14.8s
15	26	Gugenheim	Alice	Ipswich	14.9s
23	27	Castle	Debbie	Braintree	15.1s
206	27	Beadel	Ella	Boswells School	15.1s
147	29	Parker	Lucy	Harlow	15.5s
87	30	Bowers	Elisha	Thetford	16.4s

100 Metres Under 15 Year Boys

106	1	O'Sullivan	Ryan	Basildon	11.9s
63	2	Constable	Matthew	Ipswich	12.4s
171	3	Hamilton	Jermaine	Orion	12.7s
302	3	King	Lewis	Thurrock	12.7s
277	5	Watts	Tom	Southend/Cecil Jones S.	12.8s
205	6	Patterson	Cameron	Colchester & Tnd.	12.9s
247	7	Perkins	George	New Hall School	13.0s
94	8	Marshall	Kyle	Southend	13.1s
274	9	McCluskey	Paul	Cecil Jones School	13.4s
319	10	Dunn	Taylor	Eastwood School	13.8s
1	11	Appleyard	Liam	Thurrock	14.1s
89	11	Gregan	Chris	St.John Payne Sch	14.1s
203	11	Cousins	Felix	Braintree	14.1s
168	14	Watt	Ben	Colchester & Tnd.	14.5s
204	15	Underwood	Simon	Colchester Harriers	14.6s
41	16	Fanutza-Davis	Lawrence	Harlow	14.8s
344	17				15.3s
45	18	Kirton	Thomas	Thetford	15.5s
110	19	Alexander	Joseph	Colchester & Tnd.	16.0s

100 Metres Under 17 Year Women					
187	1	Gray	Georgie	Ipswich	14.1
26	2	McCrorry	Leanne	Southend	14.3
108	2	Bunbury	Emily	Diss	14.3
112	4	Deer	Louise	Braintree	14.7
10	5	Moore	Bethanie	Colchester Harriers	12.7s
6	6	McDonald	Amy	Southend	13.1s
7	7	Alleyne	Rianna	Sutton & District	13.2s
8	8	Leigh-Pearson	Alexandra	Ipswich	13.3s
302	9	Donovan	Sian	Harlow	13.5s
170	9	Mayo	Claire	Chelmsford & S.H.S.G.	13.5s
76	11	Swift	Katie	Chelmsford	13.6s
246	12	Abbott	Emily	Braintree	13.7s
287	12	McCrorry	Sian	Southend	13.7s
217	14	Rogers	Emily	West Suffolk	13.9s
15	15	Ashbrook	Bianca	Southend & St Bernards	14.8s
16	16	Taylor	Zoe	Chelmsford	15.0s

100 Metres Under 17 Year Men					
337	1	King	Jake	Eastwood School	11.4s
184	1	Akintokun	Akeem	Basildon	11.4s
244	3	Hubbard	Fraser	Chelmsford	12.3s
17	3	Patey	David	Horsham Blue Star	12.3s
9	5	Sturgeon	Michael	Ipswich	12.6s
28	5	Hagan-Barnard	Steven	Havering Mayesbrook	12.6s
42	5	Mennell	Connor	Braintree	12.6s
116	5	Rowham	Shaun	Sandon School	12.6s
352	5				12.6s
246	5	Perkins	James	Coopers School	12.6s
357	11	Salmon	Thomas	Havering Mayesbrook	12.7s
25	11	Leonard	Jonathan	Woodford Green & E.L.	12.7s
187	13	Skinner	Andrew	Sandon School	13.0s
276	14	Martin	Zane	Cecil Jones School	13.2s
334	15	King	Tim	Eastwood School	13.8s
164	16	Jessup	Kieron	Diss	13.9s
336	17	Brown	Shane	Eastwood School	14.2s
335	18	Prior	Jarrat	Eastwood School	14.6s
330	18	Hickey	Aaron	Eastwood School	14.6s

100 Metres Junior & Senior Women					
194	1	Kiddle	Aleasha	Braintree	12.7s
141	2	Walker	Elise	Chelmsford	13.4s
12	3	Sword	Michelle	Dartford	13.5s
198	4	Sivanandarajah	Pavidra	Woodford Green & E.L.	13.6s
208	5	Biddis	Hannah	Medway & Maidstone	13.7s
221	6	Borrmann	Victoria	Ryston	13.9s
20	7	Castle	Melisa	Braintree	16.1s

100 Metres Junior / Senior Men					
98	1	Gibbs	Ben	Thurrock	11.4s
58	2	King	Lewis	Chelmsford & Coopers S.	11.6s
197	3	Lee	Aidan	Woodford Green & E.L.	11.8s
227	4	Dredge	Burton	Herne Hill	11.8s
97	5	Holmes	Jared	Ipswich	11.9s
53	6	Allen	Luke	West Suffolk	12.0s
175	7	Sapsford	Liam	Chelmsford	12.2s
297	8	Gibbons	Peter	Serpentine	12.6s

80 Metres Under 11 Year Girls					
140	1	Ley	Emily	Chelmsford	12.6s
96	2	Wallis	Meg	Midmay Junior School	13.5s
181	3	Baggs	Amy	Havering M'brook	13.7s
192	4	Compton	Amy	Colchester & Tnd.	14.0s
41	5	Peake	Lucy	Ipswich Jaffa	14.3s
136	6	Champion	Verity	Colchester Harriers	15.9s

80 Metres Under 11 Year Boys					
294	1	Duwas	Myakea	Boreham Primary Sch	12.4s
8	2	Poole	Jason	Colchester & Tnd.	12.7s
66	3	Mitchell	Tom	Colchester Harriers	12.8s
65	4	Jones	Joshua	Basildon	13.0s
178	5	Moore	Thomas	Colchester Harriers	13.3s

1500 Metres Under 13 Year Girls					
102	1	Jones	Maisie	Basildon	5m 16.7s
44	2	Prideaux	Rosa	Chelmsford	5m 22.2s
104	3	Murphy	Danielle	Stevenage & N.H.	5m 29.5s
114	4	Solis	Katie	St John Payne School	5m 31.5s
269	5	Gough	Maddy	Chelmsford	5m 32.7s
130	6	Ragus	Samantha	Braintree	5m 37.8s
211	6	Holloway	Gemma	Thurrock	5m 37.8s
65	8	Diss	Sophia	Braintree	5m 42.4s
80	9	Ives	Isobel	Basildon	5m 43.0s
31	10	Watts	Katherine	Colchester Harriers	5m 43.9s
113	11	Corking	Rachel	St John Payne School	5m 44.6s
306	12	Fisher	Natasha	Chelmsford	5m 45.1s
46	13	Drake	Ellie	Diss	5m 45.4s
229	14	Bird	Megan	City of Norwich	5m 50.4s
42	15	Peake	Katie	Ipswich Harriers	5m 50.6s
308	16	Kidwell	Lucy	Chelmsford	5m 52.4s
307	17	Artmarri	Poppy	Basildon	5m 53.9s
53	18	Snell	Charlotte	St.Martins School	5m 54.6s
165	19	Humby	Grace	Thetford	6m 06.4s
228	20	Hoskyns-Staples	Imogen	Southend	6m 16.1s
172	21	Bey	Emily	Boswells School	6m 42.1s

1500 Metres Under 13 Year Boys					
361	1	Keefe	Freddie	Havering Mayesbrook	4m 50.4s
225	2	Bartram	Michael	Newmarket Joggers	5m 20.0s
67	3	Howard	Ben	St.John Payne Sch	5m 23.7s
37	4	Biggs	Joe	Cambridge & Coleridge	5m 36.3s
21	5	Baker	Max	Colchester Harriers	5m 45.7s
288	6	Polkinghorn	Billy	Cecil Jones School	5m 54.4s
215	7	Hoskyns-Staples	Harry	Southend	6m 18.4s

1500 Metres Under 15 Year Girls					
291	1	Garnett	Aimee	Chelmsford	4m 56.9s
210	2	Dodd	Kaylee	Basildon	5m 06.0s
144	3	Johnson	Eleanor	Basildon	5m 12.0s
213	4	Lacey	Jordan	Southend	5m 15.4s
183	5	Bullis	Emily	Basildon	5m 18.3s
260	6	Norry	Megan	Thetford	5m 27.9s
135	7	Loynes	Avril	Havering M'brook	5m 29.2s
27	8	Wade	Rebecca	Chelmsford	5m 35.9s
75	9	Warren	Isabella	Chelmsford	5m 38.5s
56	10	Bulleid	Emily	Braintree	5m 47.5s
101	11	Swords	Laura	Ilford	6m 05.0s
169	12	Jessup	Emma	Diss	6m 28.8s
109	13	Smith	Madeline	Colchester Harriers	6m 29.9s
57	14	Palmer	Kirsty	Diss	6m 33.7s

1500 Metres Under 15 Year Boys					
305	1				4m 36.8s
6	2	Kyriakides	Oliver	Southend	4m 38.4s
22	3	McLeod	James	Colchester & Tnd.	4m 45.0s
321	4	Frith	Rob	Eastwood School	4m 47.4s
315	5	Mashford	Zach	Eastwood School	4m 50.4s
166	6	Robinson	Samuel	Chelmsford	4m 51.0s
105	7	Capel	Ashley	Southend	4m 51.4s
259	7	Connors	Josh	Havering Mayesbrook	4m 51.4s
96	9	Jack	Kieran	Peterborough	4m 54.1s
39	10	Scott	Luke	Huntingdon	4m 55.6s
78	11	Johnson	Daniel	St.John Payne Sch	4m 59.1s
248	12	Adcock	Steven	Chelmsford	5m 01.4s
359	13	Pastfied	Callum		5m 09.5s
353	14	Higgins	Jason	Thetford	5m 10.4s
114	15	Clarke	Robert	Colchester Harriers	5m 16.8s
110	16	Alexander	Joseph	Colchester & Tnd.	5m 18.1s
92	17	Johnson	Matthew	St.John Payne Sch	5m 32.5s
73	18	Dawson	Matthew	St.John Payne Sch	5m 44.4s

1500 Metres Under 17 Year, Junior & Senior Women					
174	1	O'Conner	Laura	Chelmsford	5m 03.0s
267	2	Johnstone	Sophie	Chelmsford	5m 06.8s
223	3	Pegg	Hayley	Chelmsford	5m 14.0s
293	4	Hayes	Victoria	Chelmsford	5m 17.0s
292	5	Blake	Poppy	Chelmsford	5m 24.8s
350	6	Gillard	Holly		5m 33.9s
220	7	Freeman	Lauren	Woodford Green & E.L.	6m 02.1s
276	8	Petersen	Fiona	Loughton	6m 11.7s

300 Metres Under 17 Year Women					
26	1	McDonald	Amy	Southend	42.1s
249	2	Dabhi	Neha	Newham & E.B.	43.1s
188	3	Moore	Emily	Colchester Harriers	43.5s
103	3	Cutts	Jessica	Colchester Harriers	43.5s
78	5	Leigh-Pearson	Alexandra	Ipswich	43.7s
309	6	Grainger	Jessica	Chelmsford	43.9s
177	7	Clarke	Felicity	Southend	44.2s
178	8	Furr	Sophie	Woodford Green & E.L.	44.3s
95	9	Mayo	Claire	Chelmsford & S.H.S.G.	44.8s
81	10	Burroughs	Emma	Ipswich	45.0s
219	11	Patterson	Alesha	Colchester & Tnd.	45.2s
86	12	Macgregor	Lauren	Orion	45.4s
256	13	Swain	Emily	Colchester Harriers	45.8s
11	14	Eyers	Stacey	Colchester & Tnd.	46.3s
58	15	Connelly	Rebecca	Thurrock	47.1s
159	16	Gibbs	Rebecca	Chelmsford	47.2s
112	16	Ashbrook	Bianca	Southend & St Bernards	47.2s
40	18	Glasson	Sophie	Basildon	48.6s

150 Metres Under 11 Year Girls					
140	1	Ley	Emily	Chelmsford	22.9s
96	2	Wallis	Meg	Mildmay Junior School	25.0s
181	3	Baggs	Amy	Havering M'brook	25.3s
192	4	Compton	Amy	Colchester & Tnd.	26.9s
55	5	Bulleid	Jessica	Braintree	27.9s
264	6	Brewer	Maria	R.A.Butter School	28.0s
136	7	Champion	Verity	Colchester Harriers	31.0s

1500 Metres Under 17, Junior & Senior Men					
306	1	Wright	Will	Chelmsford	4m 08.4s
307	2	Fewell	David	Chelmsford	4m 15.4s
165	3	Pickering	Lee	Chelmsford	4m 19.6s
331	4	Brown	Sam	Eastwood School	4m 26.2s
242	5	Mead	Richard	Chelmsford	4m 28.3s
240	6	Short	Alex	Chelmsford	4m 30.4s
253	7	Nicholson	Matthew	Bedford	4m 31.6s
303	8	Scott	Michael	Hunts	4m 40.9s
11	9	Yaxley	Daniel	Woodford Green & E.L.	4m 43.8s
300	10	Gillard	Rhys	Southend	4m 50.2s
195	11	Waity	Phil	Thetford	4m 53.4s
360	12				4m 57.3s

150 Metres Under 11 Year Boys					
294	1	Duwal	Myakea	Boreham Primary Sch	23.4s
64	2	Jones	Max	Basildon	23.5s
66	3	Mitchell	Tom	Colchester Harriers	23.7s
8	4	Poole	Jason	Colchester & Tnd.	24.3s
65	5	Jones	Joshua	Basildon	24.5s
178	6	Moore	Thomas	Colchester Harriers	25.0s

200 Metres Under 13 Year Boys					
233	1	Law	Alex	Havering Mayesbrook	26.9s
225	2	Bartram	Michael	Newmarket Joggers	29.1s
24	3	Woolnough	Scott	Chelmsford	29.7s
286	4	Simpson	Jake	Cecil Jones School	30.4s
222	5	Griffin	Daniel	City of Norwich	31.0s
26	6	Farboud	Nima	Cambridge & Coleridge	32.3s
162	7	Owen	Joshua	Colchester Harriers	32.4s
21	8	Baker	Max	Colchester Harriers	33.2s
198	9	Holloway	Jack	Thurrock	33.8s

200 Metres Under 13 Year Girls			
167	1	Ibbotson Bethaney	Colchester & Tnd. 28.6s
279	2	Dailly Christy	Chelmsford 28.7s
92	2	Smith-Hahn Eleanor	Hercules Wimbledon 28.7s
166	4	Ibbotson Georgia	Colchester & Tnd 29.2s
50	5	Young Chloe	Colchester Harriers 29.3s
158	5	Prescott-Smith Sarah	Colchester Harriers 29.3s
36	7	Howard Moesha	Chelmsford 30.2s
195	8	Ajagun-Brauns Jade	Colchester Harriers 30.4s
149	9	Avontour Marleen	Harlow 30.6s
97	10	Stockford Emily	Chelmsford & St Martins 31.3s
130	11	Ragus Samantha	Braintree 31.8s
216	12	Deer Melanie	Braintree 32.4s
245	13	McCroory Kerry	Southend 32.6s
271	14	Dhuga Raveena	Colchester Harriers 33.1s
25	15	Cameron Venton	St Ursulas School 34.0s
258	16	Hicks Sian	Colchester & Tnd. 35.7s
233	17	Cassidy Maisie	Cambridge & Coleridge 37.5s

200 Metres Under 15 Year Boys			
106	1	O'Sullivan Ryan	Basildon 23.8s
171	2	Hamilton Jermaine	Orion 25.1s
48	3	Hardler George	Ifford 25.9s
94	4	Marshall Kyle	Southend 26.1s
317	4	Turfrey Mitchell	Eastwood School 26.1s
322	6	Tansley Scott	Eastwood School 26.9s
221	7	Buckingham Luke	Colchester Harriers 27.3s
266	8	Waters Reece	Cecil Jones School 28.3s
95	9	Farmer Jack	Thurrock 28.4s
269	10	Walker Daniel	Cecil Jones School 28.8s
1	11	Appleyard Liam	Thurrock 29.2s
327	12	Price Ryan	Eastwood School 29.3s
89	13	Gregan Chris	St John Payne Sch 29.5s
168	14	Watt Ben	Colchester & Tnd. 29.8s
41	15	Fanutza-Davis Lawrence	Harlow 30.2s
204	16	Underwood Simon	Colchester Harriers 30.5s
110	17	Alexander Joseph	Colchester & Tnd. 32.5s

200 Metres Under 15 Year Girls			
118	1	Smithdale Hannah	Chelmsford 26.3s
32	2	Sutton Kelly	Colchester Harriers 26.7s
248	3	Quick Jessica	Basildon 26.9s
17	3	Speller Amie	Ipswich 26.9s
175	5	McLean Hayley	Chelmsford 27.2s
2	6	Lambert Emily	Ipswich 27.4s
201	7	Lambert Brogan	Chelmsford 28.1s
234	8	Green-Muid Georgia	Basildon 28.4s
257	9	Mumford Rachel	Thetford 28.7s
240	10	Griffin Charlotte	City of Norwich 29.4s
77	11	Leigh-Pearson Sophie	Ipswich 29.6s
38	12	Bailey Rhianna	Diss 29.9s
116	13	Smith Antonia	St John Payne School 30.1s
189	14	Moore Megan	Colchester Harriers 30.2s
52	15	Pursehouse Emily	Diss 30.4s
59	16	Pay Sasha	Medway & Maidstone 30.5s
45	17	Glazier Ella	Basildon 31.1s
285	18	Simi Pam	Peterborough 31.2s
304	19	Solomon Daisy	Braintree 31.8s
47	20	Easdon Zoe	Basildon 32.0s
146	21	Moss Isobel	Harlow 33.6s
98	22	Ponty Molly	Colchester & Tnd. 34.2s
87	23	Bowers Elisha	Thetford 35.7s

200 Metres Under 17 Year Men			
184	1	Akintokun Akeem	Basildon 22.4s
337	2	King Jake	Eastwood School 22.6s
298	3	Brown Alex	Woodford Green & E.L. 22.8s
172	4	Moss Charlie	Havering Mayesbrook 22.9s
356	5		23.3s
227	6	Dredge Burton	Herne Hill 23.6s
16	7	Bush David	Nene Valley 24.0s
17	8	Patey David	Horsham Blue Star 24.4s
9	9	Sturgeon Michael	Ipswich 25.2s
25	10	Leonard Jonathan	Woodford Green & E.L. 25.7s
241	11	Brewer Morgan	Chelmsford 27.2s
195	12	Waity Phil	Thetford 29.0s
164	13	Jessup Kieron	Diss 29.3s

200 Metres Senior Men			
214	1	Buhari Abdul	Victoria Park 23.2s
206	2	Holden Michael	Colchester Harriers 23.3s
2	2	Jarvis Mitchell	Braintree 23.3s
224	4	Brown Nathan	Victoria Park 23.7s
36	5	Woodley Mark	Chelmsford 24.1s
296	6	Mullings Daniel	Woodford Green & E.L. 24.6s
230	7	Fox Ricky	Blackheath & Bromley 26.2s
258	8	Rogers Paul	Unattached 26.4s
251	9	Rogers Lee	Unattached 28.0s

200 Metres Under 17 Year Women					
302	1	Alleyn	Rianna	Sutton & District	26.2s
187	2	Moore	Bethanie	Colchester Harriers	26.7s
170	3	Swift	Katie	Chelmsford	27.6s
247	4	McCrorry	Sian	Southend	27.7s
309	4	Grainger	Jessica	Chelmsford	27.7s
176	6	Dean	Alex	Southend	28.2s
108	7	Abbott	Emily	Braintree	28.5s
256	8	Swain	Emily	Colchester Harriers	28.7s
246	9	McCrorry	Leanne	Southend	29.2s
250	10	Broadbent	Claire	Harlow	29.4s
58	11	Connelly	Rebecca	Thurrock	29.6s
40	12	Glasson	Sophie	Basildon	30.7s

200 Metres Junior & Senior Women					
194	1	Kiddle	Aleasha	Braintree	25.7s
151	2	Skelding	Katherine	Woodford Green & E.L.	25.8s
310	3	Tappin	Jessica	Chelmsford	26.0s
141	4	Walker	Elise	Chelmsford	26.9s
129	5	Neale	Ella	Colchester Harriers	27.8s
198	6	Sivanandarajah	Pavidra	Woodford Green & E.L.	28.1s
12	7	Sword	Michelle	Dartford	28.2s
221	8	Borrmann	Victoria	Ryton	28.4s
127	9	Longhurst	Lauren	Chelmsford	28.4s

400 Metres Junior & Senior Women					
232	1	Scott	Harriet	Havering M'brook	59.4s
311	2	Watson	Zoe	Woodford Green & E.L.	60.9s
106	3	Hill	Caroline	Thurrock	62.6s
93	4	Bailey	Sade	Basildon	63.4s
266	5	Hoyle	Sally	Chelmsford	63.7s
253	6	Tuttlebury	Katie-Ann	Chelmsford	65.3s
208	7	Biddis	Hannah	Medway & Maidstone	65.6s
261	8	Oatham	Rebecca	Woodford Green & E.L.	66.2s

400 Metres Under 15 Year Boys					
103	1	Porter	Michael	Colchester & Tnd.	56.1s
277	2	Watts	Tom	Southend/Cecil Jones S.	56.3s
223	3	Lubbock	Alex	City of Norwich	57.7s
48	4	Hadler	George	Ilford	58.7s
316	5	Mackenzie	Callum	Eastwood School	62.0s
326	6	Bunney	Lewis	Eastwood School	62.5s
74	7	Whitley	Matthew		63.1s
322	8	Tansley	Scott	Eastwood School	63.6s
78	9	Johnson	Daniel	St.John Payne Sch	63.7s
359	10	Pastfield	Callum	Cecil Jones School	64.6s
318	11	Ager	James	Eastwood School	65.3s
324	12	Browning	Reuben	Eastwood School	68.4s
341	13	Jeacock	George	Eastwood School	70.2s
38	14	Adams	Andrew	Orion Harriers	70.6s

400 Metres Under 17 Year Men					
101	1	Greenaway	Nathan	Chelmsford	51.2s
16	2	Bush	David	Nene Valley	54.1s
253	3	Nicholson	Matthew	Bedford	58.2s
187	4	Skinner	Andrew	Sandon School	61.3s
339	5	Iley	Joe	Eastwood School	64.2s
195	6	Walty	Phil	Thetford	67.2s

17	1	Patey	David	Horsham Blue Star	53.2s
358	2				54.8s
348	3	Bird	Ben	Chelmsford	57.0s
338	4	Nash	Jon	Eastwood School	57.3s
243	5	Hart	Chris	Chelmsford	59.8s
100	6	Dendani	Massi	Havering Mayesbrook	60.4s
188	7	Rudgewick	Christopher	Chelmsford	61.6s

400 Metres Junior / Senior Men					
299	1	Lubegu	Hamin	Victoria Park	49.8s
33	2	Lo	David	Colchester Harriers	51.5s
228	3	Nefs	David	Havering Mayesbrook	51.9s
36	4	Woodley	Mark	Chelmsford	52.3s
163	5	Hunt	Gareth	Ryston	53.6s
104	6	Stubbings	Chris	Chelmsford	53.9s
251	7	Rogers	Lee	Unattached	59.5s
258	8	Rogers	Paul	Unattached	60.0s

Pole Vault Under 15 Year Girls
 145 1 Martins Abi City of Norwich 3.10m

Pole Vault Under 17 Year Women
 301 1 Robertson Ashley Woodford Green & E.L. 2.30m

Pole Vault Senior Women
 61 1 Mackintosh Kirsty Woodford Green & E.L. 3.20m

High Jump Under 13 Year Girls
 65 1 Diss Sophia Braintree 1.30m
 92 2 Smith-Hahn Eleanor Hercules Wimbledon 1.25m
 36 3 Howard Moesha Chelmsford 1.25m
 133 4 Ashford Naomi Chelmsford & St Cedds S 1.10m

High Jump Under 15 Year Women
 91 1 Lake Poppy Basildon 1.63m
 175 2 McLean Hayley Chelmsford 1.55m
 274 3 De-Wild Ellie West Suffolk 1.40m
 239 4 Wade Chelsea West Suffolk 1.40m
 132 5 Ashford Abigail Chelmsford & C.C.H.S 1.40m
 257 6 Mumford Rachel Thetford 1.35m
 14 7 Parrott Clarice Braintree 1.30m
 191 8 Bowers Sophie Chelmsford 1.25m
 43 9 Wright Gemma Braintree 1.25m
 304 10 Solomon Daisy Braintree 1.25m

Shot Putt Junior Women
 153 1 Brockbank Vicky Braintree 7.13m

Long Jump Under 11 Year Girls
 70 1 Fox Annabelle Cambridge & Coleridge 2.96m
 237 2 Poole Rosie Harlow 2.76m
 62 3 Walker Jemima Basildon 2.62m

Long Jump Under 13 Year Girls
 158 1 Prescott-Smith Sarah Colchester Harriers 4.62m
 277 2 Stacey Frances Boswells School 4.38m
 226 3 Smithdale Phoebe Chelmsford 3.94m
 6 4 Maher Hannah Diss 3.85m
 286 5 Duh Isabel Colchester & Tnd. 3.55m
 1 6 Savva Ellie Braintree 3.49m
 172 7 Bey Emily Boswells School 3.46m
 46 8 Drake Ellie Diss 3.44m
 245 9 McCrory Kerry Southend 3.42m
 211 10 Holloway Gemma Thurrock 3.37m
 51 11 Pursehouse Katie Diss 3.32m
 24 12 Castle April Braintree 3.16m
 227 13 Rolewicz Emilia Braintree 2.95m
 233 14 Cassidy Maisie Cambridge & Coleridge 2.78m
 25 15 Cameron Venton St Ursulas School 2.75m
 67 16 Holloway Danielle Braintree 2.70m

Pole Vault Under 15 Year Boys
 61 1 Etheridge Mitchell 3.70m
 15 2 Fitch Edward Peterborough 3.10m
 274 3 McCluskey Paul Cecil Jones School 2.60m
 321 4 Frith Rob Southend 2.10m
 207 5 Bordmann Edward Ryston 2.10m

Pole Vault Under 17 Year, Junior & Senior Men
 12 1 Warner Timothy Herts Phoenix 3.10m

163 1 Hunt Gareth Ryston 3.00m
 4 2 Coe Gordon Diss 2.75m

256 1 Ahmet Bilen Kingston & Poly 3.40m
 234 2 Williams Luke Paddockwood 3.20m
 254 3 Bates Alex Cambridge University 3.00m
 290 4 Isbell Joe 2.20m

High Jump Under 13 Year Boys
 314 1 Heath Callum Eastwood School 1.25m
 308 2 Aquilina Chris Eastwood School 1.15m
 286 3 Simpson Jake Cecil Jones School 1.10m

High Jump Under 15 Year Boys
 235 1 Kerridge Jon Southend 1.50m
 70 2 Climie George St.John Payne Sch 1.25m
 75 3 Smith Andrew Smith 1.25m

Shot Putt Junior & Senior Men
 4 1 Coe Gordon Diss 12.07m
 304 2 Cutts Thomas Colchester Harriers 10.53m
 55 1 Williams Michael Chelmsford 10.77m
 30 2 Palmer Barry Diss 7.10m
 347 3 Cartwright Stephen Colchester & Tnd. 8.67m
 10 4 Moles Daniel Colchester Harriers 8.95m

Hammer Throw Under 15 Boys
 185 1 Head Thomas William Edwards Sch. 34.06m
 328 2 Brown Charlie Eastwood School 26.45m
 341 3 Jeacock George 24.41m
 320 4 McColl Ryan Eastwood School 21.16m
 271 5 Brand Connor Cecil Jones School 20.90m

High Jump Under 17 & Junior Men
 241 1 Brewer Morgan Chelmsford 1.60m
 85 1 Bailey Sam Chelmsford & St.John P. 1.90m
 4 2 Coe Gordon Diss 1.55m

Long Jump Under 11 Boys
 178 1 Moore Thomas Colchester Harriers 3.11m

Long Jump Under 13 Year Boys
 161 1 Murphy James Braintree 4.19m
 222 2 Griffin Daniel City of Norwich 4.05m
 295 3 Hookiegharevba Jordan Mark Hall Sch.Harlow 4.00m
 309 4 Turffrey Lewis Eastwood School 3.88m
 37 5 Biggs Joe Cambridge & Coleridge 3.63m
 167 6 Kumar Simon Cambridge & Coleridge 3.57m
 310 7 Bouchard Alex Eastwood School 3.17m
 311 8 Eden Billy Eastwood School 3.16m
 31 9 Palmer Shaun Diss 2.18m

Hammer Throw Under 15 Year Girls
 89 1 Goddard Sophie Stevenage & N.H. 31.22m

High Jump Under 17 Year, Junior & Senior Women

164 1 Smith Chloe City of Norwich 1.60m
 134 2 Lebeau Nancy Thurrock 1.50m
 236 3 Woodhouse Natalie Southend 1.45m
 287 4 Bunbury Emily Diss 1.25m
 156 5 Webber Georgia Thurrock 1.20m
 93 1 Bailey Sade Basildon 1.55m
 88 1 Lebeau Natalie Thurrock 1.60m

Hammer Throw Junior & Senior Women

39 1 Sayer Hayley Cambridge & Coleridge 36.80m
 105 2 Thomas Megan City of Norwich 34.56m
 203 3 Coker Chelsea Chelmsford 34.44m
 29 4 Knapp Becay Stevenage & N.H. 33.98m
 66 5 Howe Georgina Ipswich 33.42m
 10 6 Taylor Zoe Chelmsford 26.23m
 125 7 Larkin Amy Woodford Green & E.L. 25.50m
 37 8 Kirkby Lucy Chelmsford 22.71m
 74 1 Scanes Loren Stevenage & N.H. 33.50m
 150 3 Hartigan Katie Chelmsford 32.08m
 242 2 Gross Frances Stevenage & Nth.Herts 22.92m
 73 1 Thompson Victoria Colchester Harriers 35.05m
 63 2 Quinn Shirley Chelmsford 31.44m
 13 3 Taylor Louisa Chelmsford 30.88m

Shot Putt Under 13 Year Girls

7 1 Coe Helma Diss 7.38m
 166 2 Ibbotson Georgia Colchester & Tnd. 6.99m
 167 3 Ibbotson Bethaney Colchester & Tnd. 6.29m
 184 4 Bullis Olivia Basildon 5.99m
 179 5 Cockell Elle Braintree 5.50m
 148 6 Moss Eleanor Harlow 5.46m
 216 7 Deer Melanie Braintree 5.27m
 195 8 Ajagun-Brauns Jade Colchester Harriers 4.89m

Shot Putt Under 15 Year Girls

285 1 Simi Pam Peterborough 9.10m
 241 2 Griffin Stephanie City of Norwich 7.72m
 185 3 Gregory Nicola Bexley 7.70m
 222 4 Clear Elisabeth Fitzwimarc School 7.66m
 239 5 Wade Chelsea West Suffolk 7.64m
 238 6 Wade Beth West Suffolk 6.87m
 89 7 Goddard Sophie Stevenage & N.H. 6.87m
 180 8 Cockell Chloe Braintree 6.76m
 91 9 Lake Poppy Basildon 6.70m
 23 10 Castle Debbie Braintree 6.14m
 202 11 Clark Amy Chelmsford 5.91m
 57 12 Palmer Kirsty Diss 5.27m
 98 13 Ponty Molly Colchester & Tnd. 5.20m
 281 14 Pattie-Belleu Hannah Woodford Green & E.L. 4.87m

Shot Putt Under 17 Year Women

203 1 Coker Chelsea Chelmsford 10.55m
 154 2 Milner Samantha West Suffolk 10.04m
 186 3 Sammout Lauren Cambridge & Coleridge 8.83m
 54 4 White Sarah Colchester Harriers 8.68m
 39 5 Sayer Hayley Cambridge & Coleridge 8.59m
 284 6 Doughty Emma Basildon 7.91m
 21 7 Castle Evie Braintree 7.87m
 103 8 Cutts Jessica Colchester Harriers 7.71m
 10 9 Taylor Zoe Chelmsford 6.60m
 214 10 Donovan Sian Harlow 6.56m
 173 11 Kumar Flavia Cambridge & Coleridge 6.10m
 22 12 Castle Hannah Braintree 4.36m

Javelin Under 13 Year Girls

179 1 Cockell Elle Braintree 12.15m
 148 2 Moss Eleanor Harlow 10.85m
 67 3 Holloway Danielle Braintree 6.09m

Javelin Under 15 Year Girls

241 1 Griffin Stephanie City of Norwich 20.55m
 52 2 Pursehouse Emily Diss 10.16m
 98 3 Ponty Molly Colchester & Tnd. 9.78m
 180 4 Cockell Chloe Braintree 8.79m

Long Jump Under 15 Year Boys

317 1 Turfrey Mitchell Eastwood School 5.28m
 277 2 Watts Tom Southend/Cecil Jones S. 5.20m
 277 3
 74 4 Whitley Matthew St.John Payne Sch 4.69m
 322 5 Tansley Scott Eastwood School 4.69m
 95 6 Farmer Jack Thurrock 4.57m
 326 7 Bunney Lewis Eastwood School 4.55m
 318 8 Ager James Eastwood School 4.35m
 75 9 Smith Andrew St.John Payne Sch 4.34m
 41 10 Fanutza-Davis Lawrence Harlow 4.30m
 269 11 Walker Daniel Cecil Jones School 4.28m
 219 12 Woodhouse Oliver Southend 4.16m
 323 13 Bridge Jack Eastwood School 4.12m
 203 14 Cousins Felix Braintree 4.11m
 353 15 Higgins Jason Thetford 4.09m
 89 16 Gregan Chris St.John Payne Sch 4.00m
 204 17 Underwood Simon Colchester Harriers 3.91m
 56 18 Price Connor Colchester Harriers 3.89m
 174 19 Hancock Steven Southend 3.83m
 345 20 Todd Connor Colchester Harriers 3.38m

Long Jump Under 17 Year Men

42 1 Mennell Connor Braintree 5.73m
 29 2 Topping-Green Daniel Ipswich 5.63m
 276 3 Martin Zane Cecil Jones School 5.18m
 246 4 Perkins James Coopers School 4.78m
 164 5 Jessup Kieron Diss 3.94m
 338 6 Nash Jon Eastwood School 3.74m

Long Jump Junior & Senior Men

58 1 King Lewis Chelmsford & Coopers S. 6.83m
 98 2 Gibbs Ben Thurrock 6.14m
 163 3 Hunt Gareth Ryston 5.80m
 4 4 Coe Gordon Diss 5.53m
 53 5 Allen Luke West Suffolk 5.33m
 206 1 Holden Michael Colchester Harriers 6.41m
 220 2 Richards Sam Cambridge & Coleridge 5.87m

Hammer Throw Under 17 Year, Junior & Senior Men

3 1 Calvert Alex Chelmsford 37.79m
 332 2 Bacon Max Eastwood School 35.42m
 284 3 Drury Ben Cecil Jones School 31.74m
 27 1 Marytr Kurtland 41.41m
 180 1 Earle Jamie Colchester Harriers 42.61m
 55 2 Williams Michael Chelmsford 36.82m
 10 3 Moles Daniel Colchester Harriers 26.40m
 347 4 Cartwright Stephen Colchester & Tnd. 20.46m
 179 Fenton Malcolm Ipswich 6kg 57.47m

Shot Putt Under 13 Year Boys

14 1 Steel Joshua 9.16m
 249 2 Jackson Nathan Havering Mayesbrook 7.44m
 102 3 Hughes Harry West Suffolk 6.82m
 198 4 Holloway Jack Thurrock 5.89m
 31 5 Palmer Shaun Diss 4.37m

Javelin Under 17 Year Women					
21	1	Castle	Evie	Braintree	25.94m
236	2	Woodhouse	Natalie	Southend	19.36m
282	3	Pattie-Belleu	Holly	Woodford Green & E.L.	7.54m

Discus Junior & Senior Women					
193	1	Davies	Leeanna	Thurrock	34.27m
153	2	Brockbank	Vicky	Braintree	18.89m

Long Jump Under 15 Year Girls					
175	1	McLean	Hayley	Chelmsford	4.98m
69	2	Fox	Jessica	Cambridge & Coleridge	4.63m
18	3	Crissell	Jessica	Ipswich	4.60m
14	4	Parrott	Clairce	Braintree	4.41m
38	5	Bailey	Rhianna	Diss	4.30m
107	6	Crow	Emily	Southend	4.17m
152	7	Ronald	Kirsty	Braintree	4.16m
85	8	Clarke	Beth	Ipswich	4.10m
91	9	Lake	Poppy	Basildon	4.04m
160	10	Withams	Rebecca	Southend	4.01m
202	11	Clark	Amy	Chelmsford	4.01m
230	12	Stevens	Louise	Diss	3.96m
270	13	Harding	Jade	Chelmsford	3.90m
281	14	Pattie-Belleu	Hannah	Woodford Green & E.L.	3.86m
16	15	Bright	Katie	Braintree	3.81m
23	16	Castle	Debbie	Braintree	3.62m
43	17	Wright	Gemma	Braintree	3.48m
260	18	Norry	Megan	Thetford	3.40m
169	19	Jessup	Emma	Diss	3.35m
87	20	Bowers	Elisha	Thetford	3.04m

Long Jump Under 17 Year Women					
134	1	Lebeau	Nancy	Thurrock	5.20m
186	2	Sammout	Lauren	Cambridge & Coleridge	4.80m
84	3	Rogers	Emily	West Suffolk	4.53m
282	4	Pattie-Belleu	Holly	Woodford Green & E.L.	4.52m
48	5	Rolewicz	Lucina	Braintree	4.47m
173	6	Kumar	Flavia	Cambridge & Coleridge	4.17m
217	7	Deer	Louise	Braintree	4.11m
22	8	Castle	Hannah	Braintree	3.15m

Long Jump Junior & Senior Women					
194	1	Kiddle	Aleasha	Braintree	5.39m
121	2	Whitlock	Alice	St John Payne School	4.37m

Discus Under 13 Year Girls					
149	1	Avontour	Marleen	Harlow	18.76m
65	2	Diss	Sophia	Braintree	16.75m
184	3	Bullis	Olivia	Basildon	14.42m
179	4	Cockell	Elle	Braintree	13.07m
148	5	Moss	Eleanor	Harlow	12.68m

Discus Under 15 Year Girls					
185	1	Gregory	Nicola	Bexley	25.96m
209	2	Birch	Katherine	Woodford Green & E.L.	24.85m

Shot Put Under 15 Year Boys					
191	1	Goodwin	Samuel	Chelmsford	10.16m
342	2	Jeacock	Charlie	Eastwood School	9.01m
70	3	Climie	George	St John Payne Sch	8.60m
341	4	Jeacock	George	Eastwood School	8.45m
316	5	MacKenzie	Callum	Eastwood School	8.13m
94	6	Marshall	Kyle	Southend	7.99m
185	7	Head	Thomas	William Edwards Sch.	7.82m
319	8	Dunn	Taylor	Eastwood School	7.13m
192	9	Shea	Jake	Diss	7.13m
221	10	Buckingham	Luke	Colchester Harriers	7.11m
354	11	Thompson	Oliver	Thetford	6.66m
45	12	Kirton	Thomas	Thetford	4.45m

Shot Put Under 17 Year Men					
3	1	Calvert	Alex	Chelmsford	12.00m
244	2	Hubbard	Fraser	Chelmsford	10.61m
239	3	Martin	Tanq	Basildon	9.10m
336	4	Brown	Shane	Eastwood School	8.67m
32	5	Palmer	Craig	Diss	5.79m

Javelin Under 13 Year Boys					
102	1	Hughes	Harry		31.46m
167	2	Kumar	Simon	Cambridge & Coleridge	27.37m
255	3	Mardle	Matthew	Stevenage	22.04m
161	4	Murphy	James	Braintree	19.92m
60	5	Assasdi	Daniel		13.55m
102	6	Ponty	Dylan		13.23m
31	7	Palmer	Shaun		8.00m

Javelin Under 15 Year Boys					
362	1	Sutton	Tom		33.11m
342	2	Jeacock	Charlie		25.61m
192	3	Shea	Jake	Diss	22.24m
219	4	Woodhouse	Oliver	Southend	21.98m

Javelin Under 17 Year Men					
19	1	Richards	Tom	Woodford Green & E.L.	46.50m
16	2	Bush	David	Nene Valley	31.53m
339	3	Iley	Joe	Eastwood School	27.38m

Discus Junior & Senior Men					
193	1	Mathurin	Lee	Woodford Green & E.L.	46.67m
53	2	Allen	Luke	West Suffolk	31.92m
4	3	Coe	Gordon	Diss	27.18m

206	1	Holden	Michael	Colchester Harriers	32.75m
55	2	Williams	Michael	Chelmsford	32.49m
232	3	Sroka	Tomasz	Woodford Green & E.L.	28.11m
10	4	Moles	Daniel	Colchester Harriers	27.33m
347	5	Cartwright	Stephen	Colchester & Tnd.	23.63m
30	6	Palmer	Barry	Diss	21.43m

238	3	Wade	Beth	West Suffolk	21.12m
82	4	Baggs	Erin	Havering M'brook	19.18m
240	5	Griffin	Charlotte	City of Norwich	16.02m
239	6	Wade	Chelsea	West Suffolk	14.32m
57	7	Palmer	Kirsty	Diss	12.51m
180	8	Cockell	Chloe	Braintree	11.84m
146	9	Moss	Isobel	Harlow	11.45m
147	10	Parker	Lucy	Harlow	11.17m
118	11	Smithdale	Hannah	Chelmsford & St John P.	19.76

Discus Under 17 Year Women

154	1	Milner	Samantha	West Suffolk	37.96m
203	2	Coker	Chelsea	Chelmsford	35.18m
66	3	Howe	Georgina	Ipswich	30.66m
186	4	Sammout	Lauren	Cambridge & Coleridge	28.57m
231	5	Wilson	Shelley	Havering M'brook	26.11m
83	6	Baggs	Sophie	Havering M'brook	26.08m
54	7	White	Sarah	Colchester Harriers	25.13m
105	8	Thomas	Megan	City of Norwich	23.44m
39	9	Sayer	Hayley	Cambridge & Coleridge	20.76m
21	10	Castle	Evie	Braintree	20.66m
37	11	Kirkby	Lucy	Chelmsford	16.71m
284	12	Doughty	Emma	Basilidon	15.13m
22	13	Castle	Hannah	Braintree	13.98m
48	14	Rolewicz	Lucina	Braintree	12.54m

Javelin Junior Women

150	1	Hartigan	Katie	Chelmsford	25.30m
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Discus Under 13 Year Boys					
113	1	Ronald	Andrew	Braintree	6.69m
233	2	Law	Alex	Havering Mayesbrook	24.50m
255	3	Mardle	Matthew	Stevenage	15.57m
40	4	Howe	Daniel	Thetford	13.24m

Discus Under 15 Year Boys

363	1	Mead	James		28.01m
343	2	Cassidy	George		25.89m
54	3	Thompson	Oliver	Thetford	19.36m
192	4	Shea	Jake	Diss	19.21m
69	5	Conulvez	Rhyse	St.John Payne Sch	16.90m
359	6	Pastfield	Callum		16.07m

Discus Under 17 Year Men

108	1	Zatat	Youcef	Woodford Green	39.89m
32	2	Palmer	Craig	Diss	14.49m
244	3	Hubbard	Fraser	Chelmsford	29.28

Javelin Junior & Senior Men

194	1	Turner	Sam	Woodford Green & E.L.	41.06m
53	2	Allen	Luke	West Suffolk	41.29m
304	3	Cutts	Thomas	Colchester Harriers	38.75m
117	1	Sketchley	David	Harrow	57.79m
10	2	Moles	Daniel	Colchester Harriers	25.55m
210	3	Cartwright	Stephen	Colchester & Tnd.	18.92m

