

Event		U17W 300 Hurdles Final		
1	375	47.40	Lily Parris	Chelmsford AC
2	392	54.10	Katie Wright	Huntingdonshire AC

Event		U17M 400 Hurdles Final		
1	331	57.33	Freddie Reilly	Stevenage & North Herts AC
2	334	60.07	Jude Thorne	Braintree & District AC
3	339	67.68	Alfie Williams	West Norfolk AC

Event		U20W 400 Hurdles Final		
1	197	68.66	Megan Sims	Peterborough AC

Event		U20M 400 Hurdles Final		
1	173	61.45	William Forster	Bedford & County AC
2	169	61.48	Samuel Clarke	Cambridge & Coleridge AC

Event		SM 400 Hurdles Final		
1	18	56.90	James Greenhalgh	West Norfolk AC
2	4	59.77	Jack Benedickter	Bedford & County AC
3	5	62.96	Peter Benedickter	Bedford & County AC

Event		U13G 100 Wind Speed			0.2
1	283	14.23	Kaia Purdie	Cambridge & Coleridge AC	
2	270	14.67	Tamsin Digpal-Race	Huntingdonshire AC	
3	272	15.01	Rose Fairhurst	City Of Norwich AC	
4	279	15.05	Lucy Oakley	Ryston Runners	
5	288	15.21	Hollie Willeard	Great Yarmouth & District AC	

Event		U13G 100 Wind Speed			1.3
1	285	14.10	Eve Seyf	Cambridge & Coleridge AC	
2	269	14.23	Freya Coley	Chelmsford AC	
3	289	14.39	Gabby Wright	Waveney Valley AC	
4	268	15.37	Emily Butler	Thurrock Harriers	

Event		U15G 100 Wind Speed			1.6
1	111	12.41	Emily Cann	West Suffolk AC	
2	131	12.71	Elizabeth Harrison	Huntingdonshire AC	
3	135	13.15	Emily Knight	Enfield and Haringey A C	
4	101	13.37	Toyosi Agbaniyaka	Watford Harriers	
5	142	13.45	Ella Reed	Huntingdonshire AC	
6	100	13.55	Oluwafunr Adewole	Thurrock Harriers	

Event	U15G 100 I Wind Speed				0.0
1	151	12.68	Isabella Smith	Havering AC	
2	113	12.90	Jessica Clark	Cambridge & Coleridge AC	
3	155	13.37	Karis Thomas	Braintree & District AC	
4	147	13.59	Ruby Schwarz	West Norfolk AC	
5	138	13.64	Daisy Marshall	The HAWCS	
6	104	13.98	Bethany Barrett	Dereham Runners & AC	
7	156	14.51	Milly Unsworth	Cambridge & Coleridge AC	

Event	U13B 100 I Wind Speed				1
1	243	13.25	David MacQueen	Ryston Runners	
2	235	13.29	Ben Agbenu	Bedford & County AC	
3	237	14.58	Sebastian Alexandru	Havering AC	
4	248	15.13	Samuel Nash	West Norfolk AC	

Event	U13B 100 I Wind Speed				0.8
1	250	12.72	Otis Omoniyi	Watford Harriers	
2	236	13.22	Dominic Alexandru	Havering AC	
3	245	13.45	Dylan Mitchell	Bedford & County AC	
4	257	14.24	Jack Wheatley	Peterborough AC	
5	238	15.32	Maximilian Brookes	Diss and District AC	

Event	U15B 100 I Wind Speed			
1	68	12.03	William Kong	Nene Valley Harriers
2	79	12.11	Ayo Opaleye	Huntingdonshire AC
3	45	12.69	Desmond Agbenu	Bedford & County AC
4	54	13.86	Liam Clare	Ryston Runners

Event	U15B 100 I Wind Speed				0.8
1	71	11.97	Merveilles Masseurbo	Woodford Green AC with Essex Ladies	
2	74	12.37	Alexander Munoz Davey	The HAWCS	
3	90	12.71	Bryce Tabshabalala	Peterborough AC	
4	88	13.79	Matthew Simpson	Peterborough AC	

Event	U17M 100 Wind Speed				2.3
1	301	11.19	Louis Albrow	City Of Norwich AC	
2	313	11.66	Luke Holland	Bedford & County AC	
3	320	11.81	James Marsh	Nene Valley Harriers	
4	318	11.83	Robert MacQueen	Ryston Runners	
5	314	11.98	Fortune Isoka	Watford Harriers	
6	324	12.05	Liam Mvula	Shaftesbury Barnet Harriers	

Event	U17M 100 Wind Speed				0.7
1	309	11.39	Edward Brown	Braintree & District AC	
2	315	11.48	Daniel Jones	Colchester Harriers AC	
3	316	11.54	Daniel Knight	Enfield and Haringey A C	
4	327	11.59	Louis Palmer	City Of Norwich AC	
5	322	11.64	Joshua Mayston	Waveney Valley AC	
6	326	11.79	Tomi Ogunyoye	Nene Valley Harriers	

Event		U17M 800 Wind Speed		
1	330 2.04.57	Jamie	Putt	Harlow AC
2	311 2.05.34	George	Dowding	Dacorum & Tring AC
3	302 2.05.60	Michael	Armstrong	Dacorum & Tring AC
4	319 2.11.13	Matt	Magin	Cambridge & Coleridge AC

Event		SM 800 Final		
1	26 1.58.08	James	McCrae	Nene Valley Harriers
2	31 2.05.52	James	O'Neill	Ryston Runners

Event		U13G 800 Final		
1	282 2.33.7	Katie	Olive	Bedford & County AC
2	276 2.35.8	Daisy	Mainwaring	Watford Harriers
3	273 2.36.2	Lola	Fletcher	Peterborough AC
4	275 3.04.6	Sophie	Leslie	Bedford & County AC

Event		U15G 800 Final		
1	122 2.25.26	Olivia	Edwards	Dacorum & Tring AC
2	125 2.26.88	Penelope	Francis	Bedford & County AC
3	126 2.29.11	Dana	Fraser	Cambridge & Coleridge AC
4	124 2.34.49	Orla	Foley	St Albans AC
5	102 2.42.46	Sophie	Allen	West Suffolk AC

Event		U17W 800 Final		
1	390 2.13.43	Beatrix	Wraith	The HAWCS
2	378 2.22.25	Ella	Robinson	Nene Valley Harriers
3	351 2.24.35	Isabella	Armitage	Cambridge & Coleridge AC
4	364 2.36.41	Jessica	Hoar	Dacorum & Tring AC

Event		SW 800 Final		
1	207 2.22.09	Stacey	Eyers	Colchester Harriers AC
2	212 2.33.25	Hannah	Hall	Cambridge & Coleridge AC

Event		U13B 800 Final		
1	244 2.13.33	Luca	McGrath	Cambridge & Coleridge AC
2	246 2.18.24	Isaac	Morris	Cambridge & Coleridge AC
3	251 2.20.25	Benjamin	Peck	Thetford AC
4	256 2.35.52	Tom	Waterworth	Huntingdonshire AC
5	237 2.48.64	Sebastian	Alexandru	Haverling AC
6	241 2.48.99	Toby	Johnson	Haverling AC
7	239 2.57.65	Elija	Browne	Haverling AC

Event		U15B 800 Final			
1	95	2.09.06	Tyler	Wannerton	Stevenage & North Herts AC
2	60	2.09.46	Tom	Gaunce	Dacorum & Tring AC
3	85	2.13.03	Jack	Raine	Dacorum & Tring AC
4	66	2.14.55	Joshua	Keeble	North Norfolk Harriers Athletics Club
5	96	2.15.15	Joseph	Wheeler	Cambridge & Coleridge AC
6	67	2.15.18	George	Keen	Cambridge & Coleridge AC
7	92	2.20.16	Dylan	Tomaselli	Nene Valley Harriers
8	56	2.24.10	Howard	Croft	Huntingdonshire AC
9	65	2.26.08	Brad	Keay	North Norfolk Harriers Athletics Club
10	63	2.45.21	Freddie	House	Nene Valley Harriers

Event		U17M 800 Final			
1	330	2.04.57	Jamie	Putt	Harlow AC
2	311	2.05.34	George	Dowding	Dacorum & Tring AC
3	302	2.05.60	Michael	Armstrong	Dacorum & Tring AC
4	319	2.11.13	Matt	Magin	Cambridge & Coleridge AC

Event		SM 800 Fin			
1	26	1.58.08	James	McCrae	Nene Valley Harriers
2	31	2.05.52	James	O'Neill	Ryston Runners

Event		U20W 100 Wind Speed			
1	196	12.08	Bethany	Shaw	St Albans AC
2	194	12.61	Remi	Jessop	Dacorum & Tring AC
3	190	13.72	Hannah	Greenhalgh	West Norfolk AC

Event		SW 100 Fin Wind Speed			0.6
1	200	12.36	Ellie	Bandy	Herts Phoenix AC
2	201	12.95	Tayla	Benson	West Norfolk AC
3	227	13.01	Victoria	Staines	Southend On Sea AC
4	205	14.38	April	Castle	Braintree & District AC

Event		U13B 100 F Wind Speed			1.0
1	250	12.75	Otis	Omoniyi	Watford Harriers
2	243	12.85	David	MacQueen	Ryston Runners
3	235	12.90	Ben	Agbenu	Bedford & County AC
4	236	13.14	Dominic	Alexandru	Havering AC
5	245	13.32	Dylan	Mitchell	Bedford & County AC
6	257	14.49	Jack	Wheatley	Peterborough AC
7	237	14.65	Sebastian	Alexandru	Havering AC
8	248	15.37	Samuel	Nash	West Norfolk AC

Event		U15B 100 F Wind Speed			1.2
1	71	11.76	Merveilles	Massembo	Woodford Green AC with Essex Ladies
2	68	11.81	William	Kong	Nene Valley Harriers
3	74	12.32	Alexander	Munoz Davey	The HAWCS
4	90	12.62	Bryce	Tabshabalala	Peterborough AC
5	45	12.81	Desmond	Agbenu	Bedford & County AC
6	54	13.83	Liam	Clare	Ryston Runners

Event		U17M 100 Wind Speed				1.8
1	301	11.22	Louis	Albrow	City Of Norwich AC	
2	315	11.25	Daniel	Jones	Colchester Harriers AC	
3	316	11.38	Daniel	Knight	Enfield and Haringey A C	
4	309	11.41	Edward	Brown	Braintree & District AC	
5	322	11.58	Joshua	Mayston	Waveney Valley AC	
6	327	11.62	Louis	Palmer	City Of Norwich AC	
7	313	11.70	Luke	Holland	Bedford & County AC	
8	326	11.72	Tomi	Ogunyoye	Nene Valley Harriers	

Event		U20M 100 Wind Speed				0.5
1	171	11.64	Leon	Field	Waveney Valley AC	

Event		SM 100 Fin Wind Speed				0.3
1	39	11.27	Ashley	Watson	Nene Valley Harriers	
2	41	11.32	Freddy	Williams	City Of Norwich AC	
3	30	11.36	Gideon	Okoh	Nene Valley Harriers	
4	16	11.50	Ben	Gibbs	Thurrock Harriers	
5	2	12.10	Zoheb	Arif	Leeds University Ac/cc Club	
6	29	12.52	Liam	O'Dell	City Of Norwich AC	

Event		U13G 100 I Wind Speed				3.7
1	283	13.80	Kaia	Purdie	Cambridge & Coleridge AC	
2	285	13.90	Eve	Seyf	Cambridge & Coleridge AC	
3	269	13.99	Freya	Coley	Chelmsford AC	
4	289	14.26	Gabby	Wright	Waveney Valley AC	
5	270	14.28	Tamsin	Digpal-Race	Huntingdonshire AC	
6	272	14.70	Rose	Fairhurst	City Of Norwich AC	
7	288	15.14	Hollie	Willeard	Great Yarmouth & District AC	
8	

Event		U15G 100 I Wind Speed				0.0001
1	151	12.69	Isabella	Smith	Havering AC	
2	111	12.76	Emily	Cann	West Suffolk AC	
3	131	12.83	Elizabeth	Harrison	Huntingdonshire AC	
4	113	12.89	Jessica	Clark	Cambridge & Coleridge AC	
5	135	13.16	Emily	Knight	Enfield and Haringey A C	
6	101	13.43	Toyosi	Agbaniyaka	Watford Harriers	
7	142	13.52	Ella	Reed	Huntingdonshire AC	
8	155	13.66	Karis	Thomas	Braintree & District AC	

Event		U17W 100 Wind Speed				0.7
1	388	12.14	Skye	Wicks	The HAWCS	
2	370	12.53	Iona	Newbegin	Bedford & County AC	
3	368	12.54	Sophie	Mayor	Braintree & District AC	
4	363	12.63	Serena	Grace	City Of Norwich AC	
5	365	12.74	Marli	Jessop	Dacorum & Tring AC	
6	361	13.73	Holly	Field	Braintree & District Ac	
7	367	14.48	Molly	May	Biggleswade AC	

Event	U20W 400 Final			
1	190	70.75	Hannah Greenhalgh	West Norfolk AC

Event	SW 400 Final			
1	224	57.96	Lauren Rule	Stevenage & North Herts AC
2	219	59.92	Kirstie Overfield	Basildon AC
3	222	62.24	Francesca Riley	Biggleswade AC
4	207	63.44	Stacey Evers	Colchester Harriers AC
5	210	63.61	Amy Frith	Bedford & County AC
6	217	64.35	Katie Margaron	Cambridge & Coleridge AC

Event	U13G 70 H Wind Speed				1.5
1	277	11.4	Katie Marsh	Nene Valley Harriers	
2	286	12.1	Sadie Werrett	Bedford & County AC	
3	290	12.4	Elena Rivetti	Peterborough AC	
4	284	12.4	Mia Rowan	Harlow AC	
5	288	12.9	Hollie Willeard	Great Yarmouth & District AC	
6	272	14.0	Rose Fairhurst	City Of Norwich AC	
7	267	15.0	Charlotte Bridger	Cambridge & Coleridge AC	

Event	U13B 75 H Wind Speed				2.6
1	236	12.02	Dominic Alexandru	Havering AC	
2	237	14.80	Sebastian Alexandru	Havering AC	
3	247	16.42	Alex Mortimer	Huntingdonshire AC	

Event	U15G 75 H Wind Speed				1.3
1	135	11.47	Emily Knight	Enfield and Haringey A C	
2	121	11.83	Charlotte Dunstone	Peterborough AC	
3	127	11.97	Scarlett Gammell	Watford Harriers	
4	141	12.02	Abbie Parker	Dacorum & Tring AC	
5	144	12.23	Paige Robinson	Havering Ac	
6	128	13.30	Beth Greenwood	Great Yarmouth & District AC	
7	104	13.51	Bethany Barrett	Dereham Runners & AC	
8	112	15.28	Louise Chance	Peterborough AC	

Event	U17W 80 F Wind Speed				2.3
1	365	11.40	Marli Jessop	Dacorum & Tring AC	
2	375	11.65	Lily Parris	Chelmsford AC	
3	379	12.39	Kirsty Sait-Stewart	City Of Norwich AC	
4	382	12.65	Kate Sheppard	Braintree & District AC	
5	383	13.04	Hannah Smith	Braintree & District AC	

Event	U15B 80 H Wind Speed				1.7
1	59	11.00	Freddie Fraser	Nene Valley Harriers	
2	84	11.12	Joe Purbrick	Huntingdonshire AC	
3	62	11.15	Ruben Hedman	Braintree & District AC	
4	51	12.76	Jacob Blanc	Havering Ac	
5	73	13.95	Elliot Mortimer	Huntingdonshire AC	
6	54	15.26	Liam Clare	Ryston Runners	

Event		U15B 300 Final			
1	87	37.71	Samuel Shippey	Colchester Harriers AC	
2	80	39.62	Samuel Oshodi	Woodford Green AC with Essex Ladies	
3	55	40.89	Thomas Coley	Chelmsford AC	
4	66	41.46	Joshua Keeble	North Norfolk Harriers Athletics Club	
5	78	42.16	Mubarik Omer	Newham & Essex Beagles AC	
6	52	42.58	Joel Burgess	Waveney Valley AC	

Event		U17W 300 Final			
1	388	40.74	Skye Wicks	The HAWCS	
2	374	43.12	Yasmin Palmer	Shaftesbury Barnet Harriers	
3	387	43.38	Georgia Tombs	Chelmsford AC	
4	355	44.72	Jasmine Cant	Ipswich Harriers	
5	392	46.57	Katie Wright	Huntingdonshire AC	

Event		U17M 400 Final			
1	337	54.81	James Vincent	Southend On Sea AC	
2	340	55.15	Charlie Williams	West Norfolk AC	
3	333	55.83	Patryk Szpryngiel	Peterborough AC	

Event		U20M 400 Final			
1	184	50.23	Morgan Webster	Biggleswade AC	

Event		SM 400 Final			
1	36	50.64	Lewis Thorn	Braintree & District AC	
2	37	51.25	Chris Thornley	Bedford & County AC	
3	26	51.37	James McCrae	Nene Valley Harriers	
4	20	52.51	Adam Herring	Blackheath and Bromley Harriers Athletic Club	

Event		U13G 200 Wind Speed			0.7
1	281	28.43	Nneka Okoh	Chelmsford AC	
2	289	29.16	Gabby Wright	Waveney Valley AC	
3	274	30.00	Moria Howard	Huntingdonshire AC	
4	290	30.14	Elena Rivetti	Peterborough AC	

Event		U13G 200 Wind Speed			3.4
1	271	28.70	Cara Duncan	Braintree & District AC	
2	285	29.48	Eve Seyf	Cambridge & Coleridge AC	
3	270	31.47	Tamsin Digpal-Race	Huntingdonshire AC	
4	268	32.44	Emily Butler	Thurrock Harriers	
5	267	34.53	Charlotte Bridger	Cambridge & Coleridge AC	

Event		U15G 200 I Wind Speed				3.1
1	154	26.56	Elizabeth	Taylor	Peterborough AC	
2	118	27.63	Daisy	Coulson-Bascombe	Huntingdonshire AC	
3	100	27.65	Oluwafunr	Adewole	Thurrock Harriers	
4	115	28.08	Emily	Collard	Cambridge & Coleridge AC	
5	144	28.10	Paige	Robinson	Havering Ac	
6	123	28.13	Rosie	Field	Braintree & District AC	
7	157	29.24	Maya	Vandermark	Cambridge & Coleridge AC	
8	156	29.97	Milly	Unsworth	Cambridge & Coleridge AC	

Event		U15G 200 I Wind Speed				2.1
1	141	26.20	Abbie	Parker	Dacorum & Tring AC	
2	131	26.98	Elizabeth	Harrison	Huntingdonshire AC	
3	113	27.22	Jessica	Clark	Cambridge & Coleridge AC	
4	130	28.37	Eden	Harrison	City Of Norwich AC	
5	140	28.45	Mia	Moore	Ryston Runners	
6	147	28.84	Ruby	Schwarz	West Norfolk AC	
7	155	29.47	Karis	Thomas	Braintree & District AC	

Event		U17W 3000 Final			
1	380	12.19.79	Keirra	Scott	Basildon AC

Event		U17M 3000 Final			
1	308	9.54.26	Thomas	Bridger	Cambridge & Coleridge AC
2	338	10.52.20	Matthew	Warner	Southend On Sea AC

Event		SM 3000 Final			
1	31	9.19.03	James	O'Neill	Ryston Runners
2	11	9.22.32	Ryan Marc	Davidson	Bure Valley Harriers
3	34	9.27.86	Steve	Robinson	Peterborough AC
4	14	9.40.83	Craig	Emmerson	Bedford & County AC
5	23	12.41.80	Shane	Lawrence	Cambridge University Hare and Hounds Club

Event		SW 100 Hu Wind Speed			
1	205	18.22	April	Castle	Braintree & District AC

Event		U17M 100 Wind Speed				3.5
1	316	13.22	Daniel	Knight	Enfield and Haringey A C	
2	341	13.85	Ralph	Williams	Dacorum & Tring AC	

Event		U20M 110 Wind Speed				1.1
1	168	14.85	Jack	Broadbent	Basildon AC	
2	169	16.09	Samuel	Clarke	Cambridge & Coleridge AC	
3	171	16.13	Leon	Field	Waveney Valley AC	

Event		U15G 1500 Final			
1	149	4.57.47	Natalie	Simmons	Bedford & County AC
2	114	5.08.95	Abigail	Clouston	Thetford AC
3	153	5.09.61	Memphis	Symonds	City Of Norwich AC
4	137	5.13.50	Amelie	Maris	Cambridge & Coleridge AC

Event		U17W 1500 Final			
1	371	4.50.37	Jessica	Norkett	Thetford AC
Event		SW 1500 Final			
1	223	4.24.07	Katrina	Robinson	New Zealand
Event		U15B 1500 Final			
1	72	4.23.01	Alexander	Melloy	Cambridge & Coleridge AC
2	50	4.26.74	Matthew	Blacklock	Havering AC
3	64	4.29.62	Ben	Hunter	Watford Harriers
4	82	4.30.04	James	Peck	Thetford Ac
5	81	4.40.67	Gabriel	Parmenter	Cambridge & Coleridge AC
6	48	5.03.43	Thomas	Ashton	Dacorum & Tring AC
7	98	5.07.83	Daniel	Zailer Fletcher	Cambridge & Coleridge AC
8	77	5.13.40	Innes	O'Malley	North Norfolk Harriers Athletics Club
Event		U20M 1500 Final			
1	174	4.11.69	Lewis	Harknett	Orion Harriers
Event		SM 1500 Final			
1	13	4.10.18	Christophe	Dryden	New Zealand
2	31	4.18.57	James	O'Neill	Ryston Runners
3	32	4.30.84	Andrew	Parmenter	Cambridge & Coleridge AC
4	27	4.53.88	Joe	McGrath	Basildon AC
Event		U20W 200 Wind Speed			1
1	194	26.38	Remi	Jessop	Dacorum & Tring AC
2	189	26.80	Amy	Fix	Southend On Sea AC
Event		SW 200 Fin Wind Speed			1
1	227	29.02	Victoria	Staines	Southend On Sea AC
2	205	30.48	April	Castle	Braintree & District AC
Event		U13B 200 F Wind Speed			-0.2
1	250	26.31	Otis	Omoniyi	Watford Harriers
2	243	27.04	David	MacQueen	Ryston Runners
3	245	27.06	Dylan	Mitchell	Bedford & County AC
4	236	27.95	Dominic	Alexandru	Havering AC
5	242	27.98	Daniel	Lammas	Havering AC
6	255	29.16	Lester	Ward	Southend On Sea AC
Event		U15B 200 F Wind Speed			0.6
1	58	23.7	Aiden	Fernando	Woodford Green AC with Essex Ladies
2	75	24.5	Alexander	Nunn	Southend On Sea AC
3	51	25.2	Jacob	Blanc	Havering Ac
4	94	25.2	Michael	Van Haren	Waveney Valley AC
5	45	26.5	Desmond	Agbenu	Bedford & County AC

	Event		U17M 200 Wind Speed			0.8
	1	301	23.13 Louis Albrow	City Of Norwich AC		
	2	327	23.22 Louis Palmer	City Of Norwich AC		
3 =		309	23.50 Edward Brown	Braintree & District AC		
3 =		321	23.50 Freddie Martin	Braintree & District AC		
	5	320	23.59 James Marsh	Nene Valley Harriers		
	6	326	23.96 Tomi Ogunyoye	Nene Valley Harriers		
	7	318	23.99 Robert MacQueen	Ryston Runners		
	Event		U20M 200 Wind Speed			1.4
	1	171	23.46 Leon Field	Waveney Valley AC		
	Event		SM 200 Fin Wind Speed			1.4
	1	36	22.50 Lewis Thorn	Braintree & District AC		
	2	18	23.55 James Greenhalgh	West Norfolk AC		
	3	20	23.69 Adam Herring	Blackheath and Bromley Harriers Athletic Club		
	4	29	26.00 Liam O'Dell	City Of Norwich AC		
	Event		U13G 200 I Wind Speed			0.3
	1	281	28.29 Nneka Okoh	Chelmsford AC		
	2	271	28.98 Cara Duncan	Braintree & District AC		
	3	285	29.25 Eve Seyf	Cambridge & Coleridge AC		
	4	289	29.51 Gabby Wright	Waveney Valley AC		
	5	274	30.64 Moria Howard	Huntingdonshire AC		
	6	270	31.04 Tamsin Digpal-Race	Huntingdonshire AC		
	Event		U15G 200 I Wind Speed			2.6
	1	154	25.95 Elizabeth Taylor	Peterborough AC		
	2	141	26.41 Abbie Parker	Dacorum & Tring AC		
	3	131	26.67 Elizabeth Harrison	Huntingdonshire AC		
	4	113	26.76 Jessica Clark	Cambridge & Coleridge AC		
	5	144	27.40 Paige Robinson	Havering Ac		
	6	118	27.68 Daisy Coulson-Bascombe	Huntingdonshire AC		
	7	115	27.95 Emily Collard	Cambridge & Coleridge AC		
	Event		U17W 200 Wind Speed			1.3
	1	373	25.43 Naomi Palmer	Shaftesbury Barnet Harriers		
	2	363	25.83 Serena Grace	City Of Norwich AC		
	3	370	26.03 Iona Newbegin	Bedford & County AC		
	4	355	28.00 Jasmine Cant	Ipswich Harriers		

Event		U15B Hammer Final			
1	70	38.44	Nathan	Litchfield	Bedford & County AC
	61	29.94	Zack	Grinsted	Luton Athletic Club
3	97	22.53	Billy	White	Cambridge & Coleridge AC

Event		U17M Hammer Final			
1	335	34.51	Kyle	Thornton	Chelmsford AC
2	332	29.80	Thomas	Smith	Huntingdonshire AC

Event		U20M Hammer Final			
1	181	43.24	Joseph	Nicholson	Thetford AC

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

Event		U17W Shot Final			
1	385	11.73	Kenyeh	Soyei	Bedford & County AC
2	361	10.31	Holly	Field	Braintree & District Ac
3	389	9.90	Alana	Wilson	West Suffolk AC

Event		U20W Shot Final			
1	188	10.61	Priscilla	Dadzie	Nene Valley Harriers
2	191	9.87	Bethany	Harryman	Harlow AC

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

Event		U17M Long Jump Final			
1	342	6.50	Josh	Woods	Dacorum & Tring AC
2	322	5.33	Joshua	Mayston	Waveney Valley AC

Event		U20M Long Jump Final			
1	166	6.21	Rahim	Benson	West Norfolk AC

Event		SM Long Jump Final			
1	21	5.88	Gareth	Hunt	Ryston Runners
2	28	4.50	Luke	Nash	West Norfolk AC

Event		U15G High Jump Final			
1	129	1.45	Maddie	Greenwood	West Suffolk AC
2	144	1.35	Paige	Robinson	Havering Ac
3	100	1.35	Oluwafunr	Adewole	Thurrock Harriers

Event		U15G Hammer Final			
1	110	40.88	Amy Bunting	Lincoln Wellington Athletic Club	
2	150	31.85	Olivia Simon	Colchester Harriers AC	
3	109	30.02	Luella Brookes	Diss and District AC	
4	157	20.94	Maya Vandermark	Cambridge & Coleridge AC	
5	160	18.06	Sasha Wilson	West Suffolk AC	
6	119	16.21	Lucy Cowman	Thurrock Harriers	

Event		U15G Pole Vault Final			
1	150	2.60	Olivia Simon	Colchester Harriers AC	
2	116	2.50	Jessie Collier	Havering AC	
3	129	2.00	Maddie Greenwood	West Suffolk AC	
4	120	1.90	Zowie Dodge	Basildon AC	

Event		SW Pole Vault Final			
1	204	3.20	Holly Brown	Peterborough Ac	
2	203	3.10	Erin Breen	Herts Phoenix	

Event		U13B Shot Final			
1	245	7.99	Dylan Mitchell	Bedford & County AC	
2	238	6.22	Maximilian Brookes	Diss and District AC	
3	247	5.10	Alex Mortimer	Huntingdonshire AC	

Event		U15B Shot Final			
1	53	12.76	Donovan Capes	Nene Valley Harriers	
2	94	12.47	Michael Van Haren	Waveney Valley AC	
3	93	11.53	Cameron Try	Thetford AC	
4	97	11.03	Billy White	Cambridge & Coleridge AC	
5	61	10.64	Zack Grinsted	Luton Athletic Club	

Event		U20W Long Jump Final			
1	192	5.16	Abbie Hawkins	Cambridge & Coleridge AC	
2	198	4.69	Jessica Whitbread	Thurrock Harriers	

Event		SW Long Jump Final			
1	205	4.34	April Castle	Braintree & District AC	

Event		U17W Hammer Final			
1	386	48.40	Libby Taylor	Stevenage & North Herts AC	
2	362	39.92	Elizabeth Finch	Chelmsford AC	
3	384	29.80	Megan Smith	Thurrock Harriers	

Event		U20W Hammer Final			
1	187	43.42	Lauren Aldridge	Stevenage & North Herts AC	

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

Event		U13G Shot Final			
1	279	9.55	Lucy	Oakley	Ryston Runners
2	265	8.34	Willow	Bedding	Huntingdonshire AC
3	270	7.35	Tamsin	Digpal-Race	Huntingdonshire AC
4	272	6.00	Rose	Fairhurst	City Of Norwich AC

Event		U15G Shot Final			
1	123	8.91	Rosie	Field	Braintree & District AC
2	159	8.74	Katie	Webb	Dacorum & Tring AC
3	109	8.31	Luella	Brookes	Diss and District AC
4	157	7.98	Maya	Vandermark	Cambridge & Coleridge AC
5	119	7.86	Lucy	Cowman	Thurrock Harriers
6	105	7.68	Abeni	Beckham	Waveney Valley AC
7	160	7.25	Sasha	Wilson	West Suffolk AC

Event		U15B High Jump Final			
1	83	1.61	Dylan	Phillips	Peterborough AC
2	90	1.55	Bryce	Tabshabalala	Peterborough AC
3	76	1.50	Onyekachu	Okoh	Chelmsford Ac
4	51	1.45	Jacob	Blanc	Havering Ac

Event		U15G Long Jump Final			
1	142	4.76	Ella	Reed	Huntingdonshire AC
2	111	4.66	Emily	Cann	West Suffolk AC
3	147	4.15	Ruby	Schwarz	West Norfolk AC
4	161	4.14	Elizabeth	Wood	West Norfolk AC
5	128	4.12	Beth	Greenwood	Great Yarmouth & District AC
6	112	3.98	Louise	Chance	Peterborough AC
7	140	3.86	Mia	Moore	Ryston Runners
8	107	3.80	Lucy	Boyde	Cambridge & Coleridge AC

Event		U15G Discus Final			
1	159	33.14	Katie	Webb	Dacorum & Tring AC
2	136	22.24	Alice	Lord	Cambridge & Coleridge AC
3	109	19.43	Luella	Brookes	Diss and District AC
4	108	17.41	Katie	Brennan	Harlow AC

Event		U17W Discus Final			
1	362	26.57	Elizabeth	Finch	Chelmsford AC
2	384	23.80	Megan	Smith	Thurrock Harriers

	Event		U20W Discus Final		
1	198	16.33	Jessica	Whitbread	Thurrock Harriers
	Event		SW Discus Final		
1	215	36.70	Andrea	Jenkins	Nene Valley Harriers
2	214	35.59	Georgina	Howe	Chelmsford AC
3	206	30.70	Debbie	Castle	Braintree & District AC
4	218	19.17	Eleanor	Moss	Herts Phoenix AC
	Event		SW Triple Jump Final		
1	213	11.61	Shanara	Hibbert	Luton Athletic Club
	Event		U15G Javelin Final		
1	136	29.80	Alice	Lord	Cambridge & Coleridge AC
2	159	29.13	Katie	Webb	Dacorum & Tring AC
3	160	28.99	Sasha	Wilson	West Suffolk AC
4	119	28.21	Lucy	Cowman	Thurrock Harriers
5	112	28.12	Louise	Chance	Peterborough AC
6	130	28.04	Eden	Harrison	City Of Norwich AC
	Event		U17W Javelin Final		
1	381	38.56	Georgia	Shephard-Gazely	Stevenage & North Herts AC
2	389	32.19	Alana	Wilson	West Suffolk AC
3	384	25.10	Megan	Smith	Thurrock Harriers
	Event		U13B Long Jump Final		
1	243	4.74	David	MacQueen	Ryston Runners
2	249	4.39	Harry	Nunn	Southend On Sea AC
3	248	3.66	Samuel	Nash	West Norfolk AC
4	241	3.55	Toby	Johnson	Havering AC
5	238	3.48	Maximilian	Brookes	Diss and District AC
6	239	3.44	Elija	Browne	Havering AC
	Event		U15B Long Jump Final		
1	68	5.78	William	Kong	Nene Valley Harriers
2	80	5.75	Samuel	Oshodi	Woodford Green AC with Essex Ladies
3	91	5.46	Nikolaos	Tirchineci	Peterborough AC
4	79	4.98	Ayo	Opaleye	Huntingdonshire AC
5	83	4.27	Dylan	Phillips	Peterborough AC
6	54	3.85	Liam	Clare	Ryston Runners
	Event		U15B Triple Jump Final		
1	79	12.12	Ayo	Opaleye	Huntingdonshire AC
2	91	11.13	Nikolaos	Tirchineci	Peterborough AC
3	52	10.45	Joel	Burgess	Waveney Valley AC
	Event		U20M Triple Jump Final		
1	180	13.02	Ryan	Morgan	Braintree & District Ac
2	169	11.85	Samuel	Clarke	Cambridge & Coleridge AC

Event		SM Triple Jump Final			
1	8	14.22	Joshua Bones	Scunthorpe & District Ac	
2	21	10.71	Gareth Hunt	Ryston Runners	
Event		U17W High Jump Final			
1	377	1.60	Aisla Rhodes	Stevenage & North Herts AC	
2	354	1.55	Leonie Brunning	Biggleswade AC	
Event		U20W High Jump Final			
1	191	1.55	Bethany Harryman	Harlow AC	
Event		SW High Jump Final			
1	225	1.75	Moe Sasegbon	Stevenage & North Herts AC	
Event		U15B Discus Final			
1	93	41.89	Cameron Try	Thetford AC	
2	53	34.23	Donovan Capes	Nene Valley Harriers	
3	94	32.50	Michael Van Haren	Waveney Valley AC	
4	70	31.58	Nathan Litchfield	Bedford & County AC	
5	61	29.56	Zack Grinsted	Luton Athletic Club	
6	88	17.28	Matthew Simpson	Peterborough AC	
Event		U17M Discus Final			
1	310	45.31	Dominic Buckland	Stevenage & North Herts AC	
2	340	33.81	Charlie Williams	West Norfolk AC	
3	332	33.01	Thomas Smith	Huntingdonshire AC	
4	304	31.64	Archie Bell	Ryston Runners	
5	335	31.55	Kyle Thornton	Chelmsford AC	
Event		U20M Discus Final			
1	178	52.61	Oliver Massingham	City Of Norwich AC	
2	185	38.99	Ryan Whitehead	Enfield and Haringey A C	
3	179	37.49	Grantas Mockaitis	Woodford Green AC with Essex Ladies	
4	181	26.26	Joseph Nicholson	Thetford AC	
Event		SM Discus Final			
1	6	48.51	Joe Bloomfield	Chelmsford AC	
2	12	44.51	Devon Douglas	Woodford Green AC with Essex Ladies	
3	35	38.90	Aedan Slack	Cambridge & Coleridge AC	
4	24	34.70	Declan Manning	City Of Norwich AC	
Event		U15B Pole Vault Final			
1	48	3.00	Thomas Ashton	Dacorum & Tring AC	
Event		U17M Pole Vault Final			
1	307	4.00	Bryce Breen	Herts Phoenix	
2	303	3.30	William Ashton	Dacorum & Tring AC	

Event		U20M Pole Vault Final			
1	176	4.80	Frankie Johnson	Bedford & County AC	
2	168	3.10	Jack Broadbent	Basildon AC	
Event		SM Pole Vault Final			
1	27	3.00	Joe McGrath	Basildon AC	
Event		U13G Long Jump Final			
1	277	4.58	Katie Marsh	Nene Valley Harriers	
2	281	4.45	Nneka Okoh	Chelmsford AC	
3	274	4.17	Moria Howard	Huntingdonshire AC	
4	284	3.89	Mia Rowan	Harlow AC	
5	269	3.87	Freya Coley	Chelmsford AC	
6	288	3.67	Hollie Willeard	Great Yarmouth & District AC	
7	267	3.28	Charlotte Bridger	Cambridge & Coleridge AC	
8	271	3.18	Cara Duncan	Braintree & District AC	
Event		U15B Javelin Final			
1	88	27.05	Matthew Simpson	Peterborough AC	
Event		U17M Javelin Final			
1	323	50.14	Thomas Mitson	West Suffolk AC	
Event		SM Javelin Final			
1	10	48.87	Roy Chambers	Woking AC	
Event		U15G Triple Jump Final			
1	105	9.57	Abeni Beckham	Waveney Valley AC	
2	142	9.48	Ella Reed	Huntingdonshire AC	
3	152	8.81	Ellis Stewart	Great Yarmouth & District AC	
4	107	8.55	Lucy Boyde	Cambridge & Coleridge AC	
Event		U17W Triple Jump Final			
1	353	10.90	Eleanor Brown	City Of Norwich AC	
2	361	10.06	Holly Field	Braintree & District AC	
Event		U17M High Jump Final			
1	326	1.70	Tomi Ogunyoye	Nene Valley Harriers	
2	339	1.65	Alfie Williams	West Norfolk AC	
Event		SM High Jump Final			
1	21	1.65	Gareth Hunt	Ryston Runners	
Event		U17M Shot Final			
1	317	14.44	Thomas Litchfield	Bedford & County AC	
2	339	13.21	Alfie Williams	West Norfolk AC	
3	332	10.08	Thomas Smith	Huntingdonshire AC	
4	335	10.04	Kyle Thornton	Chelmsford AC	
5	304	9.93	Archie Bell	Ryston Runners	

Event		U20M Shot Final			
1	165	19.96	Ryan	Ballantyne	New Zealand
2	182	18.92	Nick	Palmer	New Zealand
3	178	14.14	Oliver	Massingham	City Of Norwich AC

Event		SM Shot Final			
1	42	12.81	Hugh	Williams	Woodford Green Ac With Essex Ladies
2	24	12.04	Declan	Manning	City Of Norwich AC
3	35	11.88	Aedan	Slack	Cambridge & Coleridge AC

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

Event		U17W Long Jump Final			
1	383	5.01	Hannah	Smith	Braintree & District Ac
2	353	4.96	Eleanor	Brown	City Of Norwich AC
3	354	4.89	Leonie	Brunning	Biggleswade AC

2	383	13.35	Hannah	Smith	Braintree & District Ac
3	395	13.09	#N/A	#N/A	#N/A
4	397	11.80	#N/A	#N/A	#N/A