
Eastern Athletic Association

Track & Field Championships



Sunday 30th June 2019

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



SM 100 Final

1	10.98	3	Akeem Akintokun	Havering AC
2	11.01	40	Lewis Thorn	Braintree & District AC
3	11.04	29	Gideon Okoh	Nene Valley Harriers
4	11.04	39	Mohamed Tamedou	Harlow AC
5	11.46	37	Ben Slayman	Braintree & District AC
6	11.54	43	Freddy Williams	City Of Norwich AC
7	11.63	6	Jan Barnard	Basildon AC
DNS		16	Jordan Gombas	Southend On Sea AC

SM 100 Heat 1

1	10.94	29	Gideon Okoh	Nene Valley Harriers
2	11.11	3	Akeem Akintokun	Havering AC
3	11.41	43	Freddy Williams	City Of Norwich AC
4	11.53	6	Jan Barnard	Basildon AC
5	11.63	16	Jordan Gombas	Southend On Sea AC

SM 100 Heat 2

1	11.01	40	Lewis Thorn	Braintree & District AC
2	11.18	39	Mohamed Tamedou	Harlow AC
3	11.46	37	Ben Slayman	Braintree & District AC
4	11.75	10	Simon Carty	Ryston Runners
5	12.04	31	Yinka Opaleye	Huntingdonshire AC
6	12.44	28	Liam O'Dell	City Of Norwich AC

SM 110 Hurdles Final

1	15.05	23	Liam Hunt	City Of Norwich AC
2	15.36	35	Bradley Reed	Chelmsford AC
DQ		9	Ayo Byron	St Albans AC

SM 1500 Final

1	4.08.98	46	Kieran Wood	Cambridge & Coleridge
2	4.09.74	32	Oliver Park	Cambridge & Coleridge
3	4.17.82	30	James O'Neill	Ryston Runners
4	4.17.89	26	Benjamin Miller	Colchester & Tendring
5	4.44.51	22	Ben Holdgate	Braintree & District AC
6	5.11.39	25	Joe McGrath	Basildon AC

SM 200 Final

1	22.65	3	Akeem Akintokun	Havering AC
2	22.76	40	Lewis Thorn	Braintree & District AC
3	23.38	15	Sean Garmory	Nene Valley Harriers
4	26.55	28	Liam O'Dell	City Of Norwich AC
DNF		29	Gideon Okoh	Nene Valley Harriers
DNS		6	Jan Barnard	Basildon AC

SM 3000 Final

1	9.16.42	30	James O'Neill	Ryston Runners
2	9.21.70	38	Kurtis Swan	Braintree & District AC
2	10.23.35	5	Tony Bacon	Haverhill Running Club

SM 400 Final

1	50.58	95	Charlie Shingleton	Braintree & District AC
2	51.88	15	Sean Garmory	Nene Valley Harriers
3	52.36	21	Adam Herring	Blackheath & Bromley
4	53.73	16	Jordan Gombas	Southend On Sea AC

SM 400 Hurdles Final

1	56.19	18	James Greenhalgh	City Of Norwich AC
2	57.42	11	Rhys Collings	Chelmsford AC
3	74.55	36	Dave Shortridge	Braintree & District AC
DNS		34	Alex Patten	The HAWCS

SM 800 Final

1	1.59.68	19	Scott Greeves	City Of Norwich AC
2	1.59.96	17	Paul Grange	Ilford AC
3	2.02.66	14	Dylan Doggett	Cambridge & Coleridge
4	2.02.68	30	James O'Neill	Ryston Runners
5	2.04.02	33	Richard Park	Cambridgeshire
DNS		25	Joe McGrath	Basildon AC

SM Discus Final

1	38.90	4	Jake Allen	West Suffolk AC
2	37.82	20	Maxim Hall	Dartford Harriers AC
3	32.93	24	Declan Manning	City Of Norwich AC

SM Hammer Final

1	42.22	4	Jake Allen	West Suffolk AC
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SM High Jump Final

1	1.90	45	Curtis Wood	Cambridge & Coleridge
2	1.80	12	Regan Cuthbert	Thurrock Harriers
3	1.40	25	Joe McGrath	Basildon AC

SM Javelin Final

1	50.52	20	Maxim Hall	Dartford Harriers AC
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SM Long Jump Final

1	5.72	27	Ryan Morgan	Braintree & District Ac
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SM Shot Final

1	12.39	44	Hugh Williams	Woodford Green AC wi
2	11.04	24	Declan Manning	City Of Norwich AC

SM Triple Jump Final

1	15.42	13	Lawrence Davis	Woodford Green AC wi
2	13.63	27	Ryan Morgan	Braintree & District Ac
3	10.73	25	Joe McGrath	Basildon AC

SW 100 Final

1	12.34	121	Kirstie Overfield	Basildon AC
2	12.66	123	Sophie Rickner	Southend On Sea AC
3	12.87	115	Chantelle Kilpatrick	Ipswich Harriers
4	13.20	128	Victoria Staines	Southend On Sea AC

SW 1500 Final

1	5.02.44	104	Claire Bentley	Watford Harriers
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SW 200 Final

1	25.74	121	Kirstie Overfield	Basildon AC
2	26.67	103	Krystle Balogun	Ilford AC
3	27.83	122	Rhiannon Philps	Lincoln Wellington Ath
4	28.73	120	Toyin Olufemi	Thurrock Harriers
5	29.18	128	Victoria Staines	Southend On Sea AC

SW 3000 Final

1	11.20.20	127	Rebecca Sharpe	Cambridge & Coleridge
2	12.17.45	110	Kelly Crawford	Huntingdonshire AC

SW 400 Final

1	56.78	126	Lauren Rule	Stevenage & North He
2	60.53	101	Indea Adams-Burnett	Shaftesbury Barnet Ha
3	61.42	125	Francesca Riley	Biggleswade AC
4	61.50	122	Rhiannon Philps	Lincoln Wellington Ath
5	62.40	103	Krystle Balogun	Ilford AC

SW 400 Hurdles Final

1	73.13	105	Rachel Bentley	Watford Harriers
2	93.09	111	Micha Dornan	Basildon AC

SW 800 Final

1	2.21.13	124	Hannah Ridley	Huntingdonshire AC
2	2.26.05	117	Katie Margarson	Cambridge & Coleridge
3	2.43.73	113	Lauren Holmes	Cambridge University

SW 100 Hurdles Final

1	21.45	111	Micha Dornan	Basildon AC
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SW Discus Final

1	32.21	108	Debbie Castle	Braintree & District AC
2	28.08	118	Sarah McGrath	Cambridge & Coleridge

SW Hammer Final

1 (CBP)	55.12	116	Megan Larkins	Colchester Harriers AC
2	52.97	129	Gemma Vickery	City Of Norwich AC
3	48.19	102	Lauren Aldridge	Stevenage & North He
4	26.31	108	Debbie Castle	Braintree & District AC

SW High Jump Final

1	1.35	119	Heidi Nicholas	Basildon AC
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SW Javelin Final

1	34.80	108	Debbie Castle	Braintree & District AC
2	33.03	111	Micha Dornan	Basildon AC
3	24.38	130	Dawn Williams	Luton Athletic Club
4	20.07	114	Sandra Ingham	Biggleswade AC

SW Long Jump Final

1	5.38	115	Chantelle Kilpatrick	Ipswich Harriers
2	4.65	119	Heidi Nicholas	Basildon AC
3	4.45	100	Jo Abel	Huntingdonshire AC
4	3.95	107	Penny Butcher	Bedford & County AC
5	3.88	130	Dawn Williams	Luton Athletic Club
6	3.37	111	Micha Dornan	Basildon AC

SW Shot Final

1	11.57	109	Lydia Church	Nene Valley Harriers
2	9.66	108	Debbie Castle	Braintree & District AC
3	9.57	120	Toyin Olufemi	Thurrock Harriers
4	9.21	118	Sarah McGrath	Cambridge & Coleridge
5	8.70	111	Micha Dornan	Basildon AC
6	6.17	114	Sandra Ingham	Biggleswade AC

SW Triple Jump Final

1	12.04	112	Shanara Hibbert	Luton Athletic Club
2	9.70	100	Jo Abel	Huntingdonshire AC
3	8.63	119	Heidi Nicholas	Basildon AC

U13B 100 Final

1(CBP)	12.01	370	Samson Onilogbo	Basildon AC
2	12.52	342	Matthew Ajayi	Watford Harriers
3	12.59	351	Barney Clarke	City Of Norwich AC
4	12.73	374	Ethan Rattenbury	City Of Norwich AC
5	13.12	383	Reuben White	Herts Phoenix AC
6	13.31	360	Okeri Hambira	Ipswich Harriers
7	13.48	355	Innocent Doru	Southend On Sea AC
8	13.49	341	Tobias Achampong	Watford Harriers

U13B 100 Heat 1

1	12.19	370	Samson Onilogbo	Basildon AC
2	13.27	383	Reuben White	Herts Phoenix AC
3	13.68	341	Tobias Achampong	Watford Harriers
4	14.02	373	Beni Postenyi	Cambridge & Coleridge
5	14.42	368	Ricky Nicholls	Ipswich Harriers
6	14.59	349	Theo Carus	City Of Norwich AC

U13B 100 Heat 2

1	12.48	342	Matthew Ajayi	Watford Harriers
2	13.36	360	Okeri Hambira	Ipswich Harriers
3	13.54	355	Innocent Doru	Southend On Sea AC
4	14.08	375	Kavanaugh Remy	City Of Norwich AC
5	14.30	357	Aidan Gaffey	Luton Athletic Club
6	16.30	372	Ashton Parkes	Luton Athletic Club

U13B 100 Heat 3

1	12.58	351	Barney Clarke	City Of Norwich AC
2	12.74	374	Ethan Rattenbury	City Of Norwich AC
3	13.90	382	Jack Wheatley	Peterborough AC
4	14.83	362	Paul Lambrecht	Cambridge & Coleridge
5	15.27	376	Elliot Sly	Huntingdonshire AC
6	15.50	353	Zak Collett	Ipswich Harriers

U13B 200 Final

1	26.00	370	Samson Onilogbo	Basildon AC
2	26.61	351	Barney Clarke	City Of Norwich AC
3	27.76	383	Reuben White	Herts Phoenix AC
4	28.60	380	Lester Ward	Southend On Sea AC
5	28.83	371	Funbi Osunsami	Newham & Essex Beag
6	28.98	382	Jack Wheatley	Peterborough AC
7	29.12	350	Maxwell Chisholm	Herts Phoenix AC
8	29.19	358	Mackinley Gall	Southend On Sea AC

U13B 200 Heat 1

1	28.58	371	Funbi Osunsami	Newham & Essex Beag
2	28.83	350	Maxwell Chisholm	Herts Phoenix AC
3	29.57	379	Christopher Thompso	Newham & Essex Beag
4	30.60	375	Kavanaugh Remy	City Of Norwich AC
DNS		342	Matthew Ajayi	Watford Harriers

U13B 200 Heat 2

1	26.50	370	Samson Onilogbo	Basildon AC
2	28.80	382	Jack Wheatley	Peterborough AC
3	29.25	358	Mackinley Gall	Southend On Sea AC
4	31.12	360	Okeri Hambira	Ipswich Harriers
5	32.37	364	Alasdair Large	Huntingdonshire AC
DNS		362	Paul Lambecht	Cambridge & Coleridge

U13B 200 Heat 3

1	27.41	351	Barney Clarke	City Of Norwich AC
2	28.09	383	Reuben White	Herts Phoenix AC
3	28.69	380	Lester Ward	Southend On Sea AC
4	29.50	357	Aidan Gaffey	Luton Athletic Club
5	33.20	376	Elliot Sly	Huntingdonshire AC
DNS		368	Ricky Nicholls	Ipswich Harriers

U13B 75 Hurdles Final

1	12.30	351	Barney Clarke	City Of Norwich AC
2	12.58	371	Funbi Osunsami	Newham & Essex Beag
3	13.01	382	Jack Wheatley	Peterborough AC
4	13.04	336	Edward Hughes	Chelmsford AC
5	15.68	346	Jonty Bridger	Cambridge & Coleridge
6	15.86	345	Donncha Blake	Biggleswade AC
DNF		367	Alex Mortimer	Huntingdonshire AC

U13B 800 Final

1	2.18.95	377	Matthew Smith	Cambridge & Coleridge
2	2.19.51	354	Liam Davison	Ipswich Harriers
3	2.22.53	365	Joe MacHin	City Of Norwich AC
4	2.25.82	366	Gregory Martin	Chelmsford AC
5	2.28.18	363	Daniel Lammas	Havering AC
6	2.28.98	358	Mackinley Gall	Southend On Sea AC
7	2.30.36	380	Lester Ward	Southend On Sea AC
8	2.32.33	361	Theo Keen	Watford Harriers
9	2.32.71	381	Tom Waterworth	Huntingdonshire AC
10	2.33.63	352	Daniel Clouston	Thetford AC
11	2.35.12	346	Jonty Bridger	Cambridge & Coleridge
12	2.37.94	364	Alasdair Large	Huntingdonshire AC
13	2.41.64	373	Beni Postenyi	Cambridge & Coleridge
14	2.44.24	359	Harry Gillon	Colchester Harriers AC

U13B Long Jump Final

1	5.04	379	Christopher Thompso	Newham & Essex Beag
2	4.97	355	Innocent Doru	Southend On Sea AC
3	4.53	358	Mackinley Gall	Southend On Sea AC
4	4.47	341	Tobias Achampong	Watford Harriers
5	4.24	360	Okeri Hambira	Ipswich Harriers
6	4.04	365	Joe MacHin	City Of Norwich AC
7	3.99	368	Ricky Nicholls	Ipswich Harriers
8	3.99	336	Edward Hughes	Chelmsford AC
9	3.76	376	Elliot Sly	Huntingdonshire AC
10	3.73	349	Theo Carus	City Of Norwich AC
11	3.58	346	Jonty Bridger	Cambridge & Coleridge
12	3.23	362	Paul Lambrecht	Cambridge & Coleridge
13	3.23	345	Donncha Blake	Biggleswade AC
14	2.27	372	Ashton Parkes	Luton Athletic Club

U13B Shot Final

1	10.15	347	Maximilian Brookes	Diss and District AC
2	9.13	342	Matthew Ajayi	Watford Harriers
3	6.79	350	Maxwell Chisholm	Herts Phoenix AC
4	6.03	367	Alex Mortimer	Huntingdonshire AC
5	5.59	372	Ashton Parkes	Luton Athletic Club
6	5.56	345	Donncha Blake	Biggleswade AC
7	5.19	364	Alasdair Large	Huntingdonshire AC
8	4.71	353	Zak Collett	Ipswich Harriers

U13G 100 Final

1	13.05	301	Serena Akomah	City Of Norwich AC
2	13.31	303	Lily Bradley	City Of Norwich AC
3	13.42	306	Freya Coley	Chelmsford AC
4	13.49	335	Angel Wright	Chelmsford AC
5	13.78	309	Sophia Delville-Jones	Cambridge & Coleridge
6	13.83	322	Hollie Martin-Whyma	Colchester Harriers AC
7	14.03	316	Faith Harrison	Huntingdonshire AC
8	14.37	329	Jessica Scotchmer	Colchester Harriers AC

U13G 100 Heat 1

1	13.47	301	Serena Akomah	City Of Norwich AC
2	13.83	322	Hollie Martin-Whyma	Colchester Harriers AC
3	13.92	335	Angel Wright	Chelmsford AC
4	14.52	300	Leyla Akay	Biggleswade AC
5	14.68	334	Robyn Whitehouse	Southend On Sea AC
6	14.86	332	Mya Thomas	Braintree & District AC
7	15.28	311	Skye Foster	The HAWCS
8	15.47	323	Murron McCulloch	Cambridge & Coleridge

U13G 100 Heat 2

1	13.61	303	Lily Bradley	City Of Norwich AC
2	13.80	306	Freya Coley	Chelmsford AC
3	13.88	309	Sophia Delville-Jones	Cambridge & Coleridge
4	14.21	316	Faith Harrison	Huntingdonshire AC
5	14.34	329	Jessica Scotchmer	Colchester Harriers AC
6	14.54	326	Maisie Patrick	City Of Norwich AC
7	14.68	307	Abigail Crisp	Braintree & District AC
8	15.41	317	Rachel Harvey	The HAWCS
9	15.51	333	Zaina Turay	Dacorum & Tring AC

U13G 200 Final

1	27.31	301	Serena Akomah	City Of Norwich AC
2	28.50	303	Lily Bradley	City Of Norwich AC
3	28.78	318	Moria Howard	Huntingdonshire AC
4	29.19	335	Angel Wright	Chelmsford AC
5	30.00	322	Hollie Martin-Whyma	Colchester Harriers AC
6	30.81	300	Leyla Akay	Biggleswade AC
7	30.91	308	Gracie Dean	Great Yarmouth & Dist
8	31.48	329	Jessica Scotchmer	Colchester Harriers AC

U13G 200 Heat 1

1	27.83	301	Serena Akomah	City Of Norwich AC
2	25.25	335	Angel Wright	Chelmsford AC
3	30.46	322	Hollie Martin-Whyma	Colchester Harriers AC
4	31.35	308	Gracie Dean	Great Yarmouth & Dist
5	31.68	328	Francesca Rollison	Watford Harriers
6	33.93	333	Zaina Turay	Dacorum & Tring AC

U13G 200 Heat 2

1	28.73	303	Lily Bradley	City Of Norwich AC
2	28.83	318	Moria Howard	Huntingdonshire AC
3	31.03	300	Leyla Akay	Biggleswade AC
4	31.85	326	Maisie Patrick	City Of Norwich AC
5	33.15	313	Emmie Fulker	Chelmsford AC
DNS		334	Robyn Whitehouse	Southend On Sea AC

U13G 70 Hurdles Final

1	12.32	318	Moria Howard	Huntingdonshire AC
2	12.86	327	Natalie Pepper	Braintree & District AC
3	12.87	308	Gracie Dean	Great Yarmouth & Dist
4	13.16	304	Orlagh Brunning	Biggleswade AC
5	15.78	323	Murron McCulloch	Cambridge & Coleridge

U13G 800 Final

1	2.33.33	319	Amelia King	Chelmsford AC
2	2.34.92	315	Rose Green	Cambridge & Coleridge
3	2.35.89	310	Lola Fletcher	Nene Valley Harriers
4	2.38.83	321	Eliza Mardon	Nene Valley Harriers
5	2.39.33	304	Orlagh Brunning	Biggleswade AC
6	2.41.99	312	Elena Fraser	Cambridge University
7	2.48.17	313	Emmie Fulker	Chelmsford AC
8	2.51.18	320	Gina Luckhurst	Watford Harriers

U13G Long Jump Final

1	4.73	306	Freya Coley	Chelmsford AC
2	4.56	335	Angel Wright	Chelmsford AC
3	4.45	318	Moria Howard	Huntingdonshire AC
4	4.20	329	Jessica Scotchmer	Colchester Harriers AC
5	4.09	304	Orlagh Brunning	Biggleswade AC
6	3.97	300	Leyla Akay	Biggleswade AC
7	3.88	331	Kayleigh Seago	Braintree & District AC
8	3.85	308	Gracie Dean	Great Yarmouth & Dist
9	3.85	305	Poppy Coker	Woodbridge Wolves A
10	3.69	330	Jessica Seago	Braintree & District AC
11	3.46	332	Mya Thomas	Braintree & District AC
12	3.43	322	Hollie Martin-Whyma	Colchester Harriers AC
13	3.38	311	Skye Foster	The HAWCS
14	3.34	307	Abigail Crisp	Braintree & District AC
15	3.26	317	Rachel Harvey	The HAWCS

U13G Shot Final

1	5.97	323	Murron McCulloch	Cambridge & Coleridge
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U15B 100 Final

1	11.45	438	Alexander Nunn	Southend On Sea AC
2	11.76	419	Jaiden Dean	City Of Norwich AC
3	11.83	450	William Trangmar	West Suffolk AC
4	11.98	434	Christian Mkandawire	Southend On Sea AC
5	12.44	420	Omatsola Dudu	Watford Harriers
6	12.60	421	Ethan Ellis	City Of Norwich AC
DNS		445	Jasper Roberts-Fox	Cambridge & Coleridge
DNS		452	Jimmy Williams	Ipswich Harriers

U15B 100 Heat 1

1	11.52	438	Alexander Nunn	Southend On Sea AC
2	11.95	419	Jaiden Dean	City Of Norwich AC
3	12.32	420	Omatsola Dudu	Watford Harriers
4	12.37	452	Jimmy Williams	Ipswich Harriers
5	12.40	445	Jasper Roberts-Fox	Cambridge & Coleridge
6	12.56	411	William Chin	Cambridge & Coleridge
7	12.75	441	Kosi Okonyia	Thurrock Harriers

U15B 100 Heat 2

1	11.80	450	William Trangmar	
2	11.92	434	Christian Mkandawire	Southend On Sea AC
3	12.39	421	Ethan Ellis	City Of Norwich AC
4	12.43	415	Daniel Connor	The HAWCS
5	12.44	412	Liam Clare	Ryston Runners
6	13.38	431	Barney McCallum	Ipswich Harriers
7	14.08	439	Harry Nunn	Southend On Sea AC

U15B 1500 Final

1	4.28.49	403	Matthew Blacklock	Havering AC
2	4.37.35	423	George Green	Cambridge & Coleridge
3	4.39.80	436	Isaac Morris	Cambridge & Coleridge
4	5.13.67	433	Lennon McKenzie	Braintree & District AC
5	5.41.71	416	Arthur Cooke	Cambridge & Coleridge

U15B 200 Final

1	23.75	438	Alexander Nunn	Southend On Sea AC
2	23.91	448	Calvin Smith	City Of Norwich AC
3	24.40	450	William Trangmar	West Suffolk AC
4	25.39	415	Daniel Connor	The HAWCS
5	26.34	421	Ethan Ellis	City Of Norwich AC
DNS		413	Cameron Clowes	The HAWCS
DNS		412	Liam Clare	Ryston Runners

U15B 200 Heat 1

1	23.68	438	Alexander Nunn	Southend On Sea AC
2	25.42	415	Daniel Connor	The HAWCS
3	25.57	412	Liam Clare	Ryston Runners
4	26.08	421	Ethan Ellis	City Of Norwich AC
5	26.95	441	Kosi Okonyia	Thurrock Harriers

U15B 200 Heat 2

1	24.11	448	Calvin Smith	City Of Norwich AC
2	24.25	450	William Trangmar	West Suffolk AC
3	25.59	446	William Scates	City Of Norwich AC
4	25.74	413	Cameron Clowes	The HAWCS
5	30.45	442	Ronan O'Reilly	The HAWCS

U15B 300 Final

1	37.39	448	Calvin Smith	City Of Norwich AC
2	40.03	446	William Scates	City Of Norwich AC
3	40.56	405	Harry Bridge	Dacorum & Tring AC

U15B 80 Hurdles Final

1	11.68	400	Arya Ariasa-Surrey	Dacorum & Tring AC
2	11.70	419	Jaiden Dean	City Of Norwich AC
3	11.82	452	Jimmy Williams	Ipswich Harriers
4	12.36	412	Liam Clare	Ryston Runners
5	13.00	431	Barney McCallum	Ipswich Harriers
6	13.41	449	Jake Sutton	Stevenage & North He
7	14.28	447	Charlie Seago	Thurrock Harriers

U15B 800 Final

1	2.05.83	426	George Keen	Cambridge & Coleridge
2	2.08.12	443	Gabriel Parmenter	Cambridge & Coleridge
3	2.14.49	432	Luca McGrath	Cambridge & Coleridge
4	2.19.36	404	Alex Blake	Cambridge & Coleridge
5	2.29.77	429	Lawrence Martin	Chelmsford AC

U15B Discus Final

1	42.33	424	Zack Grinsted	Luton Athletic Club
2	35.86	427	William Lamprell	Ipswich Harriers
3	33.41	406	Alastair Brown	West Suffolk AC
4	13.16	408	Daniel Cafferkey	Cambridge & Coleridge

U15B Hammer Final

1	37.67	451	Billy White	Cambridge & Coleridge
2	33.23	406	Alastair Brown	West Suffolk AC
3	18.65	402	Vaughan Beckham	Waveney Valley AC

U15B High Jump Final

1	1.70	427	William Lamprell	Ipswich Harriers
2	1.60	447	Charlie Seago	Thurrock Harriers
3	1.55	437	Evan Nimmons	Huntingdonshire AC
4	1.50	425	Joel Isaac	Huntingdonshire AC
5	1.40	414	Archie Connolly	Bedford & County AC

U15B Javelin Final

1	48.57	454	Oliver Yexley	Havering AC
2	31.34	423	George Green	Cambridge & Coleridge
3	26.47	431	Barney McCallum	Ipswich Harriers
4	25.54	435	Alex Moore	Ipswich Harriers

U15B Long Jump Final

1	5.74	453	Conrad Winter	City Of Norwich AC
2	5.51	407	Joel Burgess	Waveney Valley AC
3	5.27	421	Ethan Ellis	City Of Norwich AC
4	5.21	420	Omatsola Dudu	Watford Harriers
5	5.10	402	Vaughan Beckham	Waveney Valley AC
6	4.86	428	David MacQueen	Ryston Runners
7	4.42	414	Archie Connolly	Bedford & County AC
8	4.26	425	Joel Isaac	Huntingdonshire AC
9	3.76	442	Ronan O'Reilly	The HAWCS

U15B Shot Final

1	14.55	427	William Lamprell	Ipswich Harriers
2	14.40	409	Donovan Capes	Nene Valley Harriers
3	13.35	406	Alastair Brown	West Suffolk AC
4	12.86	424	Zack Grinsted	Luton Athletic Club
5	11.27	451	Billy White	Cambridge & Coleridge
6	10.08	441	Kosi Okonyia	Thurrock Harriers

U15B Triple Jump Final

1	12.07	400	Arya Ariasa-Surrey	Dacorum & Tring AC
2	11.91	453	Conrad Winter	City Of Norwich AC
3	11.62	452	Jimmy Williams	Ipswich Harriers
4	11.56	407	Joel Burgess	Waveney Valley AC
5	10.79	402	Vaughan Beckham	Waveney Valley AC
6	10.74	428	David MacQueen	Ryston Runners
7	9.31	433	Lennon McKenzie	Braintree & District AC

U15G 100 Final

1	12.59	275	Karis Thomas	Braintree & District AC
2	12.60	242	Lizzy Harrison	Huntingdonshire AC
3	12.97	206	Serena Blackwood	Cambridge & Coleridge
4	13.04	241	Jasmine Hardy	Dacorum & Tring AC
5	13.14	224	Cara Duncan	Braintree & District AC
6	13.22	263	Evie Patrick	City Of Norwich AC
7	13.30	238	Olivia Gillon	Colchester Harriers AC
8	13.33	279	Maya Vandermark	Cambridge & Coleridge

U15G 100 Heat 1

1	12.91	206	Serena Blackwood	Cambridge & Coleridge
2	13.21	263	Evie Patrick	City Of Norwich AC
3	13.50	279	Maya Vandermark	Cambridge & Coleridge
4	13.57	203	Sophie Bambridge	Huntingdonshire AC
5	13.74	277	Talia Turay	Dacorum & Tring AC
6	13.79	215	Ceci Cafferkey	Cambridge & Coleridge
7	13.84	200	Alice Arslanova	Cambridge & Coleridge

U15G 100 Heat 2

1	12.72	275	Karis Thomas	Braintree & District AC
2	13.21	224	Cara Duncan	Braintree & District AC
3	13.33	238	Olivia Gillon	Colchester Harriers AC
4	13.71	251	Nicole Kaszczak	City Of Norwich AC
5	13.72	264	Kaia Purdie	Cambridge & Coleridge
6	13.98	287	Talia Wynter	Colchester Harriers AC
7	14.27	286	Kyra Wirz	Southend On Sea AC

U15G 100 Heat 3

1	12.60	242	Lizzy Harrison	Huntingdonshire AC
2	12.92	241	Jasmine Hardy	Dacorum & Tring AC
3	13.89	276	Grace Tremelling	Chelmsford AC
4	13.96	247	Khadijah Hyjazy	The HAWCS
5	14.24	207	Heather Blacoe	Ipswich Harriers
6	14.70	278	Milly Unsworth	Cambridge & Coleridge

U15G 1500 Final

1(CBP)	4.42.12	270	Natalie Sewell	Havering AC
2	4.48.65	265	Hattie Reynolds	North Norfolk Harriers
3	5.05.36	271	Natalie Simmons	Bedford & County AC
4	5.06.14	217	Matilda Canty	Havering AC
5	5.08.93	201	Madelene Bacon	City Of Norwich AC
6	5.08.99	219	Abigail Clouston	Thetford AC
7	5.20.68	209	Chelsie Bole	Nene Valley Harriers
8	5.23.43	256	Daisy Mainwaring	Watford Harriers
9	5.45.69	250	Maddy Jones	Huntingdonshire AC

U15G 200 Final

1	25.26	253	Millie King	Ipswich Harriers
2	26.35	269	Sara Sardi	Thurrock Harriers
3	26.84	275	Karis Thomas	Braintree & District AC
4	27.11	241	Jasmine Hardy	Dacorum & Tring AC
5	28.32	263	Evie Patrick	City Of Norwich AC
6	28.89	287	Talia Wynter	Colchester Harriers AC
DNS		242	Lizzy Harrison	Huntingdonshire AC
DNS		279	Maya Vandermark	Cambridge & Coleridge

U15G 200 Heat 1

1(CBP)	25.19	253	Millie King	Ipswich Harriers
2	26.57	269	Sara Sardi	Thurrock Harriers
3	26.68	275	Karis Thomas	Braintree & District AC
4	28.72	238	Olivia Gillon	Colchester Harriers AC
5	28.91	251	Nicole Kaszczak	City Of Norwich AC
6	28.99	221	Rosie Dickason	Braintree & District AC
7	29.82	215	Ceci Cafferkey	Cambridge & Coleridge

U15G 200 Heat 2

1	26.47	242	Lizzy Harrison	Huntingdonshire AC
2	26.58	241	Jasmine Hardy	Dacorum & Tring AC
3	27.74	279	Maya Vandermark	Cambridge & Coleridge
4	28.23	263	Evie Patrick	City Of Norwich AC
5	28.56	287	Talia Wynter	Colchester Harriers AC
6	29.73	286	Kyra Wirz	Southend On Sea AC
7	30.66	278	Milly Unsworth	Cambridge & Coleridge

U15G 300 Final

1	42.73	231	Sophie Forbes-Laird	Shaftesbury Barnet Ha
2	43.66	262	Nneka Okoh	Chelmsford AC
3	44.64	232	Alexa Forster	The HAWCS
4	44.76	249	Leah Jay	Luton Athletic Club
5	47.13	243	Louise Hirst	Sleaford Striders AC
6	48.00	203	Sophie Bambridge	Huntingdonshire AC
7	48.95	236	Abigail Fuller	Huntingdonshire AC
DNS		267	Elena Rivetti	Peterborough AC

U15G 75 Hurdles Final

1(CBP)	11.01	260	Mia McIntosh	Dacorum & Tring AC
2	11.73	237	Scarlett Gammell	Watford Harriers
3	12.21	257	Katie Marsh	Nene Valley Harriers
4	12.26	268	Mia Rowan	Harlow AC
5	12.35	235	Maisie Fulker	Chelmsford AC
6	12.38	205	Alice Bennett	Peterborough AC
7	12.39	267	Elena Rivetti	Peterborough AC
8	12.71	282	Sadie Werrett	Bedford & County AC

U15G 75 Hurdles Heat 1

1	11.37	260	Mia McIntosh	Dacorum & Tring AC
2	12.33	205	Alice Bennett	Peterborough AC
3	12.47	235	Maisie Fulker	Chelmsford AC
4	12.47	257	Katie Marsh	Nene Valley Harriers
5	12.52	267	Elena Rivetti	Peterborough AC
6	13.69	221	Rosie Dickason	Braintree & District AC
7	13.99	251	Nicole Kaszczak	City Of Norwich AC

U15G 75 Hurdles Heat 2

1	11.70	237	Scarlett Gammell	Watford Harriers
2	12.35	268	Mia Rowan	Harlow AC
3	12.52	282	Sadie Werrett	Bedford & County AC
4	12.59	229	Rose Fairhurst	City Of Norwich AC
5	13.13	284	Hollie Willeard	Great Yarmouth & Dist
6	13.29	208	Teagan Blake	Biggleswade AC

U15G 800 Final

1	2.22.86	283	Stella Whitlum	Dacorum & Tring AC
2	2.24.69	227	Jayne Elvin	Thurrock Harriers
3	2.24.99	249	Leah Jay	Luton Athletic Club
4	2.25.91	274	Memphis Symonds	City Of Norwich AC
5	2.33.11	233	Dana Fraser	Cambridge & Coleridge
6	2.35.19	259	Eva Marshall	West Suffolk AC
7	2.39.58	246	Roisin Hurley	The HAWCS
8	2.40.65	248	Sabrina Jansen	Watford Harriers

U15G Discus Final

1	30.68	213	Hannah Brunning	Biggleswade AC
2	30.05	288	Hannah Yexley	Havering Ac
3	27.00	212	Luella Brookes	Diss and District AC
4	24.50	204	Willow Bedding	Huntingdonshire AC
5	21.79	225	Mia Edwards	West Suffolk AC
6	21.58	266	Phoebe Richardson	Basildon AC
7	15.95	214	Emily Butler	Thurrock Harriers
8	14.30	281	Jessica Welham	Cambridge & Coleridge

U15G Hammer Final

1	39.17	272	Olivia Simon	Colchester Harriers AC
2	29.17	254	Ellie Kingsley	Stevenage & North He
3	28.45	212	Luella Brookes	Diss and District AC
4	27.72	222	Tamzin Diggpal-Race	Huntingdonshire AC
5	27.25	281	Jessica Welham	Cambridge & Coleridge
6	27.10	214	Emily Butler	Thurrock Harriers
7	24.44	210	Lily Brand	Chelmsford AC
8	20.61	204	Willow Bedding	Huntingdonshire AC
9	14.64	285	Sasha Wilson	West Suffolk AC

U15G High Jump Final

1(CBP)	1.60	240	Maddie Greenwood	West Suffolk AC
2	1.50	277	Talia Turay	Dacorum & Tring AC
3	1.45	208	Teagan Blake	Biggleswade AC
4	1.40	247	Khadijah Hyjazy	The HAWCS
5	1.40	205	Alice Bennett	Peterborough AC
6	1.40	261	Amy Moses	City Of Norwich AC
7	1.35	229	Rose Fairhurst	City Of Norwich AC
8	1.30	223	Moira Doleman	City Of Norwich AC
9	1.25	245	Caitlin Howe	Cambridge & Coleridge

U15G Javelin Final

1	33.45	210	Lily Brand	Chelmsford AC
2	31.95	285	Sasha Wilson	West Suffolk AC
3	31.54	213	Hannah Brunning	Biggleswade AC
4	28.42	280	Millie Webster	Woodford Green AC wi
5	28.05	282	Sadie Werrett	Bedford & County AC
6	26.45	244	Maegan Hopkins	Chelmsford AC
7	24.25	222	Tamzin Diggpal-Race	Huntingdonshire AC
8	21.35	284	Hollie Willeard	Great Yarmouth & Dist
9	17.96	245	Caitlin Howe	Cambridge & Coleridge
10	15.44	281	Jessica Welham	Cambridge & Coleridge
11	10.06	211	Charlotte Bridger	Cambridge & Coleridge

U15G Long Jump Final

1	4.81	206	Serena Blackwood	Cambridge & Coleridge
2	4.75	257	Katie Marsh	Nene Valley Harriers
3	4.72	267	Elena Rivetti	Peterborough AC
4	4.70	247	Khadijah Hyjazy	The HAWCS
5	4.62	269	Sara Sardi	Thurrock Harriers
6	4.60	276	Grace Tremelling	Chelmsford AC
7	4.49	277	Talia Turay	Dacorum & Tring AC
8	4.38	203	Sophie Bambridge	Huntingdonshire AC
9	4.30	261	Amy Moses	City Of Norwich AC
10	4.28	229	Rose Fairhurst	City Of Norwich AC
11	4.18	240	Maddie Greenwood	West Suffolk AC
12	4.10	268	Mia Rowan	Harlow AC
13	4.03	207	Heather Blacoe	Ipswich Harriers
14	3.91	287	Talia Wynter	Colchester Harriers AC
15	3.78	200	Alice Arslanova	Cambridge & Coleridge
16	3.69	264	Kaia Purdie	Cambridge & Coleridge
17	3.56	230	Ella Fisher	Cambridge & Coleridge

U15G Shot Final

1(CBP)	11.71	210	Lily Brand	Chelmsford AC
2	10.76	244	Maegan Hopkins	Chelmsford AC
3	10.29	213	Hannah Brunning	Biggleswade AC
4	9.23	266	Phoebe Richardson	Basildon AC
5	8.61	222	Tamzin Digpal-Race	Huntingdonshire AC
6	7.77	285	Sasha Wilson	West Suffolk AC
7	7.49	225	Mia Edwards	West Suffolk AC
8	7.44	204	Willow Bedding	Huntingdonshire AC
9	7.27	214	Emily Butler	Thurrock Harriers
10	7.23	223	Moira Doleman	City Of Norwich AC
11	7.09	279	Maya Vandermark	Cambridge & Coleridge
12	6.93	235	Maisie Fulker	Chelmsford AC

U15G Triple Jump Final

1	10.12	243	Louise Hirst	Sleaford Striders AC
2	9.84	208	Teagan Blake	Biggleswade AC
3	9.56	248	Sabrina Jansen	Watford Harriers
4	9.29	261	Amy Moses	City Of Norwich AC
5	9.18	205	Alice Bennett	Peterborough AC
6	8.83	282	Sadie Werrett	Bedford & County AC
7	8.42	284	Hollie Willeard	Great Yarmouth & Dist

U17M 100 Final

1	11.14	84	Marley Sarling	Harlow AC
2	11.15	86	Jimi Sijuwola	Colchester Harriers AC
3	11.49	69	Freddie Henderson	Harlow AC
4	11.67	75	Gabriel Mason	Braintree & District AC
5	11.68	60	Alex Crouch	West Suffolk AC
6	11.74	61	Caleb Des-Ruisseaux	Cambridge & Coleridge
7	11.78	64	Daniel Fielding	The HAWCS

U17M 100 Hurdles Final

1	13.21	83	Joe Purbrick	Huntingdonshire AC
2	13.55	87	Stephen Simmons	Bedford & County AC
3	13.77	68	Ruben Hedman	Braintree & District AC

U17M 1500 Final

1	4.16.65	76	Alexander Melloy	Cambridge & Coleridge
2	4.20.85	55	Joseph Chamberlain	Dacorum & Tring AC
3	4.37.06	66	Dylan Harrod	Thurrock Harriers
4	4.56.63	93	Sunny Vehit	Thurrock Harriers

U17M 200 Final

1	22.74	77	Alex Mortimer	City Of Norwich AC
2	22.88	84	Marley Sarling	Harlow AC
3	23.12	85	Samuel Shippey	Colchester Harriers AC
4	23.48	86	Jimi Sijuwola	Colchester Harriers AC
5	23.80	60	Alex Crouch	West Suffolk AC
6	24.42	61	Caleb Des-Ruisseaux	Cambridge & Coleridge
7	24.95	58	Jay Collett	Ipswich Harriers

U17M 3000 Final

1	9.56.04	94	Corban Wood	Cambridge & Coleridge
2	10.14.90	72	Billy Life	North Norfolk Harriers

U17M 400 Final

1	52.08	82	James Petty	Harlow Ac
2	52.42	71	William Kong	Nene Valley Harriers
3	53.45	74	Robert MacQueen	Ryston Runners
4	53.76	62	Will Farndale	The HAWCS
5	56.73	58	Jay Collett	Ipswich Harriers
6	58.15	59	Fletcher Collins-Shirle	Cambridge & Coleridge

U17M 400 Hurdles Final

1(CBP)	55.16	71	William Kong	Nene Valley Harriers
2	67.02	53	Thomas Bridger	Cambridge & Coleridge

U17M 800 Final

1	2.02.68	55	Joseph Chamberlain	Dacorum & Tring AC
2	2.03.75	81	Thomas O'Reilly	Dacorum & Tring AC
3	2.09.81	65	Daniel Harrison	Great Yarmouth & Dist

U17M Discus Final

1	39.45	92	Michael Van Haren	Waveney Valley AC
2	32.89	88	Thomas Smith	Huntingdonshire AC
3	29.57	73	Nathan Litchfield	Bedford & County AC

U17M Hammer Final

1	45.59	73	Nathan Litchfield	Bedford & County AC
2	37.08	88	Thomas Smith	Huntingdonshire AC

U17M High Jump Final

1	1.80	56	Seb Clatworthy	Chelmsford AC
2	1.60	81	Thomas O'Reilly	Dacorum & Tring AC
3	1.50	94	Corban Wood	Cambridge & Coleridge

U17M Javelin Final

1	48.05	70	Matthew Jones	West Suffolk AC
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U17M Long Jump Final

1	6.26	64	Daniel Fielding	The HAWCS
2	6.15	91	Nikolaos Tirchineci	Peterborough AC
3	5.90	71	William Kong	Nene Valley Harriers
4	5.78	89	Ashton Thatcher-Gray	Havering AC
5	5.20	58	Jay Collett	Ipswich Harriers

U17M Shot Final

1	14.02	50	Jordan Ackuaku	Bedford & County AC
2	12.19	92	Michael Van Haren	Waveney Valley AC
3	11.13	88	Thomas Smith	Huntingdonshire AC

U17M Triple Jump Final

1	12.69	80	Ayo Opaleye	Huntingdonshire AC
2	11.03	91	Nikolaos Tirchineci	Peterborough AC
3	11.00	67	Isaac Hayes	Huntingdonshire AC

U17W 100 Final

1	12.36	177	Iona Newbegin	Shaftesbury Barnet Ha
2	12.40	159	Serena Grace	City Of Norwich AC
3	12.65	165	Marli Jessop	Dacorum & Tring AC
4	12.82	158	Keira Gilman	Nene Valley Harriers
5	12.83	163	Naomi Holder	Harrow AC
6	12.91	172	Sophie Mayor	Braintree & District AC
7	13.00	146	Jessica Clark	Cambridge & Coleridge
8	13.84	152	Elisha Elliston	Braintree & District AC

U17W 100 Heat 1

1	12.31	159	Serena Grace	City Of Norwich AC
2	12.51	165	Marli Jessop	Dacorum & Tring AC
3	12.86	146	Jessica Clark	Cambridge & Coleridge
4	13.14	152	Elisha Elliston	Braintree & District AC
5	13.32	187	Abigail Smith	Cambridge & Coleridge
6	13.74	189	Ellis Stewart	Great Yarmouth & Dist

U17W 100 Heat 2

1	12.41	177	Iona Newbegin	Shaftesbury Barnet Ha
2	12.64	172	Sophie Mayor	Braintree & District AC
3	12.75	163	Naomi Holder	Harrow AC
4	12.91	158	Keira Gilman	Nene Valley Harriers
5	14.37	171	Molly May	Huntingdonshire AC
DNS		143	Mica Carus	City Of Norwich AC

U17W 1500 Final

1	4.57.40	157	Grace Forster	City Of Norwich AC
2	5.12.73	174	Olivia Mead	Nene Valley Harriers

U17W 200 Final

1	25.85	159	Serena Grace	City Of Norwich AC
2	26.52	177	Iona Newbegin	Shaftesbury Barnet Ha
3	26.89	158	Keira Gilman	Nene Valley Harriers
4	27.47	156	Molly Fletcher	Peterborough AC
5	27.88	187	Abigail Smith	Cambridge & Coleridge
6	28.58	175	Mia Moore	Ryston Runners

U17W 300 Final

1	41.36	135	Sophie Anderson	Southend On Sea AC
2	42.48	190	Elizabeth Taylor	Peterborough AC
3	46.43	175	Mia Moore	Ryston Runners
4	47.90	148	Jessica Cooke	Huntingdonshire AC
DNS		180	Leila Querns	Cambridge & Coleridge

U17W 300 Hurdles Final

1(CBP)	44.29	179	Lily Parris	Chelmsford Ac
2	46.33	183	Becky Richards	Orion Harriers
3	50.74	156	Molly Fletcher	Peterborough AC
4	54.89	170	Isabel Matthews-Clark	Great Yarmouth & Dist

U17W 3000 Final

1	10.46.07	197	Megan Hughes	Basildon AC
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U17W 80 Hurdles Final

1	11.49	165	Marli Jessop	Dacorum & Tring AC
2	11.63	167	Holly Lawrence	Basildon AC
3	11.73	179	Lily Parris	Chelmsford Ac
4	11.84	142	Katie Callcut	Nene Valley Harriers
5	12.17	186	Kirsty Sait-Stewart	City Of Norwich AC
6	12.86	140	Darcy Button	Bedford & County AC
7	13.24	160	Beth Greenwood	Great Yarmouth & Dist
8	13.39	189	Ellis Stewart	Great Yarmouth & Dist
9	14.07	139	Leonie Brunning	Biggleswade AC
10	17.10	151	Charlotte Dunstone	Peterborough AC

U17W 800 Final

1	2.13.71	196	Beatrix Wraith	The HAWCS
2	2.15.98	178	Jessica Norkett	Thetford AC
3	2.18.98	184	Ella Robinson	Nene Valley Harriers
4	2.25.86	180	Leila Querns	Cambridge & Coleridge
5	2.48.29	153	Emily Fall	Thurrock Harriers

U17W Discus Final

1	36.82	195	Katie Webb	Shaftesbury Barnet Ha
2	31.19	145	Ella Chantree	Chelmsford AC
3	29.62	138	Stephanie Browne	Cambridge & Coleridge
4	28.52	185	Emily Ross	Watford Harriers
5	26.77	176	Elizabeth Moorhouse	Nene Valley Harriers
6	20.48	194	Ella-Jade Twyman	Watford Harriers
7	16.21	169	Alice Lord	Cambridge & Coleridge

U17W Hammer Final

1	46.35	166	Josephine Larkins	Colchester Harriers AC
2	42.02	138	Stephanie Browne	Cambridge & Coleridge
3	35.33	149	Lucy Cowman	Thurrock Harriers
4	32.62	145	Ella Chantree	Chelmsford AC
5	26.90	143	Mica Carus	City Of Norwich AC

U17W High Jump Final

1	1.63	181	Emma Rattle	Chelmsford AC
2	1.61	139	Leonie Brunning	Biggleswade AC
3	1.50	147	Grace Cluskey	Chelmsford AC

U17W Javelin Final

1	37.19	191	Adelaide Thatcher-Gr	Havering AC
2	33.98	169	Alice Lord	Cambridge & Coleridge
3	30.92	188	Aliyah Soames	Colchester Harriers AC
4	30.22	144	Louise Chance	Peterborough AC
5	29.21	149	Lucy Cowman	Thurrock Harriers

U17W Long Jump Final

1	5.12	142	Katie Callcut	Nene Valley Harriers
2	5.05	139	Leonie Brunning	Biggleswade AC
3	4.95	160	Beth Greenwood	Great Yarmouth & Dist
4	4.90	140	Darcy Button	Bedford & County AC
5	4.77	182	Ella Reed	Huntingdonshire AC
6	4.51	144	Louise Chance	Peterborough AC
7	4.44	172	Sophie Mayor	Braintree & District AC
8	4.42	168	Olivia Lindsay	Stevenage & North He
9	4.24	192	Erin Thompson	Bedford & County AC

U17W Shot Final

1(CBP)	12.57	176	Elizabeth Moorhouse	Nene Valley Harriers
2	10.19	138	Stephanie Browne	Cambridge & Coleridge
3	9.55	140	Darcy Button	Bedford & County AC
4	9.44	145	Ella Chantree	Chelmsford AC
5	9.18	149	Lucy Cowman	Thurrock Harriers
6	8.97	154	Rosie Field	Braintree & District AC
7	8.51	185	Emily Ross	Watford Harriers
8	8.20	144	Louise Chance	Peterborough AC
9	8.09	194	Ella-Jade Twyman	Watford Harriers

U17W Triple Jump Final

1	10.14	189	Ellis Stewart	Great Yarmouth & Dist
2	9.85	136	Abeni Beckham	Waveney Valley AC
3	9.72	182	Ella Reed	Huntingdonshire AC
4	9.38	162	Emma Hayward	Cambridge & Coleridge
5	9.03	164	Maisie Isaac	Huntingdonshire AC

U20M 100 Final

1	10.75	468	Adam Cross	Cambridge & Coleridge
2	11.04	461	Louis Albrow	City Of Norwich AC
3	11.09	462	Ryan Apps	Bedford & County AC
4	11.47	474	James Marsh	Nene Valley Harriers
5	11.79	476	Joshua Mayston	Waveney Valley AC
6	11.93	472	Oliver Gibbons	Cambridge & Coleridge

U20M 1500 Final

1	4.14.21	460	Ermeas Afewerki	Colchester Harriers AC
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U20M 200 Final

1	21.95	468	Adam Cross	Cambridge & Coleridge
2	22.66	461	Louis Albrow	City Of Norwich AC
3	22.82	462	Ryan Apps	Bedford & County AC
4	22.85	474	James Marsh	Nene Valley Harriers
5	23.30	482	Adam Reid	Braintree & District AC
6	23.59	475	Freddie Martin	Braintree & District AC
7	23.81	480	Tomi Ogunyoye	Nene Valley Harriers
8	23.95	476	Joshua Mayston	Waveney Valley AC

U20M 3000 Final

1	9.23.36	479	Jed Noblett	Luton Athletic Club
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U20M 400 Final

1	52.13	482	Adam Reid	Braintree & District AC
2	52.93	463	Kai Beadle	City Of Norwich AC
3	54.06	485	Patryk Szpryngiel	Peterborough AC
4	54.32	466	Luke Burford	Dacorum & Tring AC
5	55.07	486	Joshua Walker	West Suffolk AC
6	55.93	484	Callum Stokes	Huntingdonshire AC
7	56.43	471	Mark Fitzgerald	City Of Norwich AC

U20M 800 Final

1	1.58.97	464	Tyler Bilyard	Great Yarmouth & Dist
2	1.59.06	470	Jack Exley	Thurrock Harriers
3	2.00.80	487	Sam Wheatley	Southend On Sea AC
4	2.01.69	478	Taylor Newell	Thurrock Harriers

U20M Discus Final

1	45.18	465	Dominic Buckland	Stevenage & North He
2	41.09	488	Ryan Whitehead	Enfield and Haringey A

U20M High Jump Final

1	1.80	480	Tomi Ogunyoye	Nene Valley Harriers
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U20M Javelin Final

1	51.11	490	Oliver Woods	Havering AC
2	50.30	477	Thomas Mitson	West Suffolk AC

U20M Long Jump Final

1	6.63	481	Nathan Protheroe	West Norfolk AC
2	6.46	480	Tomi Ogunyoye	Nene Valley Harriers
3	5.51	483	Jack Richards	West Suffolk AC
4	5.28	476	Joshua Mayston	Waveney Valley AC

U20M Triple Jump Final

1	11.30	483	Jack Richards	West Suffolk AC
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U20W 100 Final

1(CBP)	11.75	525	Eve Wright	Braintree & District AC
2	12.66	505	Harriet Fenton	Peterborough Ac
3	12.71	509	Eloise Lewis	Southend On Sea Ac
4	12.84	508	Remi Jessop	Dacorum & Tring AC

U20W 100 Hurdles Final

1(CBP)	14.48	507	Jessica Hopkins	Chelmsford AC
2	16.00	503	Katie Daniels	City Of Norwich AC
3	16.08	519	Hannah Smith	Braintree & District Ac

U20W 200 Final

1	24.47	522	Zoe Thompson	Newham & Essex Beag
2	26.57	509	Eloise Lewis	Southend On Sea Ac
3	26.74	508	Remi Jessop	Dacorum & Tring AC
4	26.81	514	Emily Quinn	Braintree & District AC

U20W 400 Final

1	65.37	510	Katie Liptrot	The HAWCS
2	69.79	500	Janice Amber	Huntingdonshire AC

U20W 400 Hurdles Final

1	65.52	501	Mia Chantree	Chelmsford AC
2	69.81	518	Megan Sims	Peterborough AC
3	72.88	502	Emma Clarke	Cambridge & Coleridge
4	80.08	504	Sophia Davies	Basildon AC

U20W Discus Final

1(CBP)	36.00	515	Abigail Sharples	Lincoln Wellington Ath
2	21.57	520	Megan Smith	Thurrock Harriers

U20W Hammer Final

1	42.87	521	Libby Taylor	Stevenage & North He
2	28.65	520	Megan Smith	Thurrock Harriers

U20W High Jump Final

1	1.60	505	Harriet Fenton	Peterborough Ac
2	1.55	503	Katie Daniels	City Of Norwich AC

U20W Javelin Final

1	36.99	512	Daisy Partridge	Braintree & District AC
2	34.11	517	Georgia Shephard-Gaz	Stevenage & North He
3	33.39	503	Katie Daniels	City Of Norwich AC
4	31.64	523	Alana Wilson	West Norfolk AC
5	24.24	520	Megan Smith	Thurrock Harriers

U20W Long Jump Final

1	5.49	514	Emily Quinn	Braintree & District AC
2	5.08	519	Hannah Smith	Braintree & District Ac
3	4.82	526	Alexandra Young	Cambridge & Coleridge

U20W Shot Final

1	11.31	507	Jessica Hopkins	Chelmsford AC
2	9.92	515	Abigail Sharples	Lincoln Wellington Ath
3	9.17	506	Holly Field	Braintree & District Ac
4	9.00	505	Harriet Fenton	Peterborough Ac

U20W Triple Jump Final

1	10.32	506	Holly Field	Braintree & District Ac
2	9.89	511	Charlie Moore	Ipswich Harriers