



BRAINTREE & DISTRICT ATHLETIC CLUB



AAA Award Recipients 2017

U13

AAA	Event	Athlete	Meeting	Location	Date	Results
1	100	Karis Thomas	East Anglian League Final	Bury St Edmunds	17/09/2017	13.40
1	1500	Sadie Frater-White	Eastern Young Athletes' League	Watford	07/05/2017	4:54.70
1	200	Sadie Frater-White	Eastern Young Athletes' League	Cambridge	02/07/2017	28.10
1	800	Sadie Frater-White	Essex County Championships	Chelmsford	13/05/2017	2:23.67
1	JT400	Lily Brand	Eastern Young Athletes' League	Ware	30/07/2017	32.39m
1	SP2.72K	Lily Brand	Woking Young Athletes Open	Woking	03/09/2017	9.41m
2	100	Zarah Okakah	Eastern Young Athletes' League	Cambridge	02/07/2017	13.80
2	200	Karis Thomas	South of England AA U15 / U17 Championships	Crystal Palace	19/08/2017	28.56
2	800	Teegan Rayner	East Anglian League	Ipswich	16/07/2017	2:30.70
2	DT0.75K	Lily Brand	Woking Young Athletes Open	Woking	03/09/2017	21.63m
3	100	Amelie Mason	Eastern Young Athletes' League	Cambridge	02/07/2017	14.10
3	100	Cara Duncan	Eastern Young Athletes' League	Watford	07/05/2017	14.10
3	1500	Tom Wood	Danny Mullane Open	Chelmsford	25/03/2018	4:56.70
3	200	William Laidlaw	East Anglian League	Ipswich	16/07/2017	27.50
3	200	Zarah Okakah	Eastern Young Athletes' League	Watford	07/05/2017	29.20
3	60i	Cara Duncan	Essex County & Eastern AA Championships	Lee Valley	03/02/2018	8.73
3	HJ	Burgess Holden	Eastern Young Athletes' League	Stevenage	13/08/2017	1.35m
4	100	William Laidlaw	East Anglian League	Ipswich	16/07/2017	13.60
4	1500	Oliver Prince	East Anglian League	Ipswich	16/07/2017	5:07.50
4	1500	Madison Hill	Eastern Young Athletes' League	Cambridge	02/07/2017	5:30.80
4	1500	Rose Sheppard	Eastern Young Athletes' League	Cambridge	02/07/2017	5:32.50
4	200	Amelie Mason	East Anglian League	Ipswich	16/07/2017	30.10
4	200	Cara Duncan	Essex County Championships	Chelmsford	13/05/2017	30.16
4	800	Madison Hill	Eastern Young Athletes' League	Stevenage	13/08/2017	2:40.80
4	DT1K	Wyatt Larkins	Bedfordshire AAA Open Meeting	Sandy	24/03/2018	17.75m
4	HJ	Rosie Dickason	East Anglian League	Colchester	11/06/2017	1.25m
4	HJ	Kirsty Way	East Anglian League	Colchester	11/06/2017	1.25m
4	JT400	Daisy Donnelly	East Anglian League	Ipswich	16/07/2017	17.38m
4	LJ	Kyle Ford	East Anglian League	Ipswich	16/07/2017	4.16m



BRAINTREE & DISTRICT ATHLETIC CLUB



AAA Award Recipients 2017

U15

AAA	Event	Athlete	Meeting	Location	Date	Results
1	100	Edward Brown	Eastern Young Athletes' League	Cambridge	02/07/2017	11.70
1	100	Leah Duncan	Eastern Young Athletes' League	Cambridge	02/07/2017	12.00
1	200	Leah Duncan	England Athletics U15 / U17 Championships	Bedford	26/08/2017	25.20
1	800	Jude Thorne	England Athletics U15 / U17 Championships	Bedford	26/08/2017	2:04.83
1	LJ	Amber Whitehorne	Eastern Young Athletes' League	Ware	30/07/2017	5.20m
1	Pen	Jude Thorne	English Schools	Boston	16/09/2017	2607
2	100	Amber Whitehorne	England Athletics U15 / U17 Championships	Bedford	26/08/2017	12.80
2	100	Sophie Mayor	East Anglian League	Ipswich	16/07/2017	12.90
2	200	Edward Brown	Eastern Young Athletes' League	Cambridge	02/07/2017	24.10
2	60i	Karis Thomas	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/2018	8.25
2	75H	Kate Sheppard	Eastern Young Athletes' League	Cambridge	02/07/2017	12.00
2	80H	Nathaniel Downes	Eastern Young Athletes' League	Ware	30/07/2017	12.10
2	HT3K	Josephine Larkins	Colchester Harriers Autumn Throws Invitational Series	Colchester	19/11/2017	41.07m
3	100	Sky Fay	East Anglian League	Ipswich	16/07/2017	13.10
3	1500	Aidan Cahill	Essex County Schools Championships	Chelmsford	10/06/2017	4:32.45
3	1500	Tyler Wiltshire	Eastern Young Athletes' League	Watford	07/05/2017	4:34.90
3	200	Nathaniel Downes	Eastern Young Athletes' League	Chelmsford	04/06/2017	24.80
3	300	Sky Fay	Essex County Championships	Chelmsford	13/05/2017	44.08
3	300	Poppy Selmes	Essex County Championships	Chelmsford	13/05/2017	44.12
3	80H	Jude Thorne	Essex Schools Combined Events Championships	Brentwood	24/05/2017	12.30
3	HJ	Jude Thorne	East Anglian League	Luton	20/08/2017	1.61m
3	LJ	Sophie Mayor	Eastern Young Athletes' League	Cambridge	02/07/2017	4.76m
3	TJ	Jude Thorne	Essex County Championships	Chelmsford	13/05/2017	11.10m
4	100	Daniel Peralta-Simmons	East Anglian League	Ipswich	16/07/2017	12.40
4	100	Nathaniel Downes	Eastern Young Athletes' League	Ware	30/07/2017	12.50
4	100	Lois Gordon	East Anglian League	Ipswich	23/04/2017	13.40
4	100	Rosie Field	Danny Mullane Open	Chelmsford	25/03/2018	13.50
4	200	Sky Fay	Eastern Young Athletes' League	Cambridge	02/07/2017	27.80
4	60i	Ruben Hedman	Essex County & Eastern AA Championships	Lee Valley	03/02/2018	8.07
4	60i	Elisha Elliston	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/2018	8.53



BRAINTREE & DISTRICT ATHLETIC CLUB



AAA Award Recipients 2017

4	60i	Zarah Okakah	Essex County & Eastern AA Championships	Lee Valley	03/02/2018	8.54
4	60i	Rosie Field	Essex County & Eastern AA Championships	Lee Valley	03/02/2018	8.68
4	60i	Amelie Mason	London U13 / U15 / U17 Games	Lee Valley	20/01/2018	8.74
4	800	Aidan Cahill	East Anglian League	Luton	20/08/2017	2:14.10
4	80H	Ruben Hedman	Essex Schools Combined Events Championships	Brentwood	24/05/2017	13.00
4	DT1K	Esther Wilkins	ISA National Championships	Birmingham	19/06/2017	22.85m
4	DT1K	Josephine Larkins	East Anglian League	Ipswich	16/07/2017	22.61m
4	DT1K	Kaia Allen	Essex County Schools Championships	Chelmsford	10/06/2017	19.96m
4	JT500	Amber Whitehorne	Eastern Young Athletes' League	Chelmsford	04/06/2017	26.18m
4	LJ	Jude Thorne	Essex Schools Combined Events Championships	Brentwood	24/05/2017	5.13m
4	LJ	Kate Sheppard	Eastern Young Athletes' League	Ware	30/07/2017	4.69m
4	Pen	Kate Sheppard	Essex County Multi Events Championships	Grays	01/05/2017	2195
4	SP3K	Rosie Field	East Anglian League	Ipswich	16/07/2017	8.41m



BRAINTREE & DISTRICT ATHLETIC CLUB



AAA Award Recipients 2017

U17

AAA	Event	Athlete	Meeting	Location	Date	Results
1	100	Eve Wright	Eastern Young Athletes' League	Cambridge	02/07/2017	12.10
1	60i	Leah Duncan	Essex County & Eastern AA Championships	Lee Valley	03/02/2018	7.72
1	60i	Eve Wright	South of England AA U15 / U17 Championships inc. Senior & U20 1500m Championships	Lee Valley	06/01/2018	7.84
2	JT500	Daisy Partridge	Eastern Young Athletes' League	Ware	30/07/2017	39.03m
3	200	Eve Wright	East Anglian League	Ipswich	23/04/2017	26.20
3	400	Freddie Martin	Essex County Championships	Chelmsford	13/05/2017	52.80
3	60i	Sophie Mayor	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/2018	8.01
3	80H	Hannah Smith	Eastern Counties AA Championships	Cambridge	24/06/2017	12.19
3	DT1K	Daisy Partridge	Eastern Young Athletes' League	Ware	30/07/2017	28.77m
3	HT3K	Josephine Larkins	Thetford AC Winter Throws Open Series	Bury St. Edmunds	10/03/2018	41.36m
3	HT5K	Samuel Larkins	East Anglian League	Ipswich	16/07/2017	41.29m
3	LJ	Eve Wright	Chelmsford Danny Mullane Open	Chelmsford	02/04/2017	5.15m
3	SP3K	Holly Field	Essex County Championships	Chelmsford	13/05/2017	10.33m
3	TJ	Holly Field	Eastern Young Athletes' League	Chelmsford	04/06/2017	10.30m
3	TJ	Kiera Hornsby	Sweatshop Southern Athletics League Division 3N	Luton	15/04/2017	10.24m
4	100	Freddie Martin	Eastern Young Athletes' League	Watford	07/05/2017	11.70
4	1500SC	Kiera Hornsby	England Athletics U15 / U17 Championships	Bedford	26/08/2017	5:54.68
4	200	Freddie Martin	Essex County Championships	Chelmsford	13/05/2017	23.91
4	200	Adam Reid	Eastern Young Athletes' League	Watford	07/05/2017	24.10
4	400	Adam Reid	East Anglian League	Ipswich	16/07/2017	53.30
4	60i	Edward Brown	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/2018	7.40
4	800	Kiera Hornsby	Eastern Young Athletes' League	Watford	07/05/2017	2:23.00
4	DT1.5K	Samuel Larkins	East Anglian League	Ipswich	23/04/2017	29.29m
4	HJ	Callum Cahill	East Anglian League	Luton	20/08/2017	1.70m
4	HT3K	Emily Holloway	East Anglian League	Luton	20/08/2017	29.36m
4	LJ	Hannah Smith	Eastern Young Athletes' League	Watford	07/05/2017	5.06m
4	LJ	Holly Field	East Anglian League	Ipswich	23/04/2017	4.76m
4	TJ	Daisy Partridge	Sweatshop Southern Athletics League Division 3N	Woodford Green	20/05/2017	9.50m
4	TJ	Ellie Osborne	East Anglian League	Ipswich	16/07/2017	9.45m



BRAINTREE & DISTRICT ATHLETIC CLUB



AAA Award Recipients 2017

U20

AAA	Event	Athlete	Meeting	Location	Date	Results
1	HT4K	Megan Larkins	Sweatshop Southern Athletics League Division 3N	Colchester	19/08/2017	53.84m
1	SP4K	Megan Larkins	Sweatshop Southern Athletics League Division 3N	St Ives	08/07/2017	11.58m
2	DT1K	Megan Larkins	East Anglian League	Luton	20/08/2017	37.32m
3	100	Lewis Thorn	East Anglian League	Ipswich	23/04/2017	11.20
3	200	Lewis Thorn	Chelmsford Danny Mullane Open	Chelmsford	02/04/2017	22.50
3	TJ	Ryan Morgan	Eastern Counties AA Championships	Cambridge	24/06/2017	13.22m

U23

AAA	Event	Athlete	Meeting	Location	Date	Results
2	HT4K	Megan Larkins	Bedfordshire AAA Open Meeting	Sandy	24/03/2018	50.47m
3	DT1K	Megan Larkins	Bedfordshire AAA Open Meeting	Sandy	24/03/2018	36.57m
3	HT4K	Chloe Cockell	Sweatshop Southern Athletics League Division 3N	Woodford Green	20/05/2017	44.96m

SEN

AAA	Event	Athlete	Meeting	Location	Date	Results
-----	-------	---------	---------	----------	------	---------