



AAA Award recipients 2018

U13

AAA	Event	Athlete	Meeting	Location	Date	Results
1	60	Cara Duncan	Lee Valley December Open	Lee Valley	02/12/2018	8.54
2	100	Cara Duncan	Essex County Schools U13 Championships	Chelmsford	04/07/2018	13.7
2	200	Isabel Wadley	Eastern Young Athletes' League	Braintree	08/07/2018	28.7
2	200	Cara Duncan	Essex County Championships	Chelmsford	12/05/2018	28.81
2	DT1K	Wyatt Larkins	East Anglian League	Braintree	12/08/2018	22.39
3	800	Gaby Bilbie	Watford Open Graded Meeting	Watford	11/07/2018	02:31.5
3	1500	Tom Wood	Essex County Schools U13 Championships	Chelmsford	04/07/2018	04:55.1
3	1500	Oliver Prince	Eastern Young Athletes' League	Braintree	08/07/2018	05:00.4
3	LJ	Isabel Wadley	National Preparatory Schools Championships	Birmingham	03/07/2018	4.29
3	JT400	Jessica Pugh	Southend-on-Sea AC Open	Southend	27/08/2018	20.78
4	70H	Evie Wilson	East Anglian League	Braintree	12/08/2018	13
4	70H	Rosie Dickason	Eastern Young Athletes' League	Braintree	08/07/2018	13.3
4	75H	Oliver Prince	East Anglian League Final	Bury St Edmunds	16/09/2018	15
4	100	Isabel Wadley	East Anglian League	Luton	22/07/2018	14.2
4	200	James Richardson	Eastern Young Athletes' League	Bedford	05/08/2018	29.1
4	200	Gaby Bilbie	Eastern Young Athletes' League	Braintree	08/07/2018	30.2
4	800	Lewis Somaroo	Eastern Young Athletes' League	Braintree	08/07/2018	02:30.5
4	800	Alastair Moscuza	Eastern Young Athletes' League	Braintree	08/07/2018	02:32.9
4	1500	Alastair Moscuza	Eastern Young Athletes' League	Grays	06/05/2018	05:11.8
4	HJ	Jessica Pugh	Lee Valley Minithon	Lee Valley	20/10/2018	1.25
4	HJ	Cara Duncan	Eastern Young Athletes' League	Basildon	03/06/2018	1.25
4	LJ	Harry Root	East Anglian League Final	Bury St Edmunds	16/09/2018	4.16
4	LJ	Cara Duncan	Eastern Young Athletes' League	Stevenage	15/04/2018	4.01
4	LJ	Gaby Bilbie	Essex County Championships	Chelmsford	12/05/2018	3.98
4	LJ	Maisy Clark	Essex County Schools U13 Championships	Chelmsford	04/07/2018	3.95
4	SP2.72K	Emily Newman	Eastern Young Athletes' League	Braintree	08/07/2018	6.99



AAA Award recipients 2018

U15

AAA	Event	Athlete	Meeting	Location	Date	Results
1	60	Thomas Martin	Essex County & Eastern AA Championships	Lee Valley	02/02/2019	7.59
1	60	Karis Thomas	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/2019	8.14
1	80H	Ruben Hedman	Eastern Counties AA Championships	Peterborough	30/06/2018	11.15
1	JT500	Lily Brand	Essex County Championships	Chelmsford	12/05/2018	34.53
2	1500	Finley Budden	Essex County Schools Championships	Chelmsford	09/06/2018	04:26.1
2	1500	Sadie Frater-White	Essex County Schools Championships	Chelmsford	09/06/2018	04:50.7
2	SP3K	Lily Brand	Southend-on-Sea AC Open	Southend	27/08/2018	9.92
2	SP3K	Rosie Field	Essex County Schools Championships	Chelmsford	09/06/2018	9.63
3	60	Cara Duncan	Essex County & Eastern AA Championships	Lee Valley	02/02/2019	8.48
3	100	Elisha Elliston	Eastern Young Athletes' League	Braintree	08/07/2018	13
3	100	Karis Thomas	East Anglian League Final	Bury St Edmunds	16/09/2018	13.1
3	HJ	Ruben Hedman	East Anglian League	Braintree	12/08/2018	9.63
4	75H	Ferne Farmer	Eastern Young Athletes' League	Braintree	08/07/2018	12.7
4	100	Thomas Martin	Eastern Young Athletes' League	Braintree	08/07/2018	12.5
4	100	Zarah Okakah	Eastern Young Athletes' League	Braintree	08/07/2018	13.5
4	100	Rosie Field	Eastern Young Athletes' League	Stevenage	15/04/2018	13.5
4	200	Thomas Martin	Eastern Young Athletes' League	Braintree	08/07/2018	25.1
4	200	Ruben Hedman	East Anglian League	Braintree	12/08/2018	25.4
4	200	Karis Thomas	Eastern Young Athletes' League	Braintree	08/07/2018	27.3
4	200	Elisha Elliston	Essex County Schools Championships	Chelmsford	09/06/2018	27.61
4	200	Rosie Field	East Anglian League	Peterborough	22/04/2018	28
4	800	Sadie Frater-White	South of England AA U15 / U17 Championships	Lee Valley	12/01/2019	02:25.5
4	800	Teegan Rayner	Essex County & Eastern AA Championships	Lee Valley	02/02/2019	02:26.8
4	LJ	Ruben Hedman	Essex Schools Combined Events Championships	Brentwood	23/05/2018	5.02
4	SP3K	Teegan Rayner	East Anglian League	Braintree	12/08/2018	8.19



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U17

AAA	Event	Athlete	Meeting	Location	Date	Results
1	60	Leah Duncan	South of England AA U15 / U17 Championships	Lee Valley	12/01/19	7.78
1	100	Leah Duncan	Essex County Schools Championships	Chelmsford	09/06/18	12.08
1	200	Leah Duncan	East Anglian League	Peterborough	22/04/18	25.2
2	100	Edward Brown	Eastern Young Athletes' League	Basildon	03/06/18	11.3
2	100	Sophie Mayor	Eastern Counties AA Championships	Peterborough	30/06/18	12.54
2	100	Eve Wright	East Anglian League	Peterborough	22/04/18	12.4
2	400	Adam Reid	East Anglian League	Peterborough	22/04/18	51.9
2	HT3K	Josephine Larkins	East Anglian League	Braintree	12/08/18	46.5
3	60	Sophie Mayor	Essex County & Eastern AA Championships	Lee Valley	02/02/19	8.05
3	60H	Ruben Hedman	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/19	8.44
3	200	Edward Brown	Lee Valley Sprint Open Series	Lee Valley	06/06/18	23.38
3	200	Freddie Martin	Essex County Schools Championships	Chelmsford	09/06/18	23.38
3	800	Jude Thorne	South of England AA U15 / U17 Championships	Lee Valley	11/08/18	2:01.1
3	LJ	Emily Quinn	East Anglian League Final	Bury St Edmunds	16/09/18	5.22
3	LJ	Hannah Smith	East Anglian League	Luton	22/07/18	5.22
3	TJ	Holly Field	Essex County Schools Championships	Chelmsford	09/06/18	10.25
3	SP3K	Holly Field	Eastern Young Athletes' League	Grays	06/05/18	10.52
4	80H	Kate Sheppard	Eastern Young Athletes' League	Braintree	08/07/18	12.7
4	80H	Hannah Smith	East Anglian League	Braintree	12/08/18	12.6
4	100	Emily Quinn	East Anglian League	Luton	22/07/18	13.0
4	100	Adam Reid	Eastern Young Athletes' League	Stevenage	15/04/18	11.8
4	100	Amber Whitehorne	Eastern Young Athletes' League	Bedford	05/08/18	12.9
4	100H	Nathaniel Downes	Eastern Young Athletes' League	Basildon	03/06/18	15.1
4	200	Adam Reid	Essex County Championships	Chelmsford	12/05/18	23.7
4	400	Freddie Martin	Essex County Championships	Chelmsford	12/05/18	53.56
4	400	Jude Thorne	Essex County Championships	Chelmsford	12/05/18	53.37
4	400H	Jude Thorne	Eastern Counties AA Championships	Peterborough	30/06/18	1:00.07
4	1500	Jude Thorne	English Schools' Combined Events	Bedford	15/09/18	4:26.07
4	LJ	Amber Whitehorne	East Anglian League	Braintree	12/08/18	5.02
4	LJ	Jude Thorne	East Anglian League	Luton	17/06/18	5.65
4	LJ	Kate Sheppard	Essex County Schools Championships	Chelmsford	09/06/18	4.88
4	LJ	Adam Pleasance	Eastern Young Athletes' League	Braintree	08/07/18	5.64
4	LJ	Sophie Mayor	Eastern Young Athletes' League	Grays	06/05/18	4.92
4	TJ	Cosette Wootton	Eastern Young Athletes' League	Braintree	08/07/18	9.54
4	TJ	Abigail Barnes	East Anglian League	Braintree	12/08/18	9.63
4	HT3K	Emily Holloway	Eastern Young Athletes' League	Braintree	08/07/18	29.51
4	DT1K	Esther Wilkins	ISA National Championships	Birmingham	19/06/18	25.15
4	DT1K	Josephine Larkins	East Anglian League	Braintree	12/08/18	25.91
4	DT1.5K	Jude Thorne	English Schools' Combined Events	Bedford	15/09/18	28.43
4	Oct	Jude Thorne	English Schools' Combined Events	Bedford	15/09/18	4046



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U20

AAA	Event	Athlete	Meeting	Location	Date	Results
1	60	Eve Wright	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/19	7.73
2	60	Freddie Martin	Newham & Essex Beagles 60m Sprint Series	Newham	16/01/19	7.06
2	JT800	Jonah Carter	East Anglian League Final	Bury St Edmunds	16/09/18	54.26
3	400	Adam Reid	England Athletics U15 / U17 / U20 Championships	Sheffield	24/02/19	50.46
3	JT600	Daisy Partridge	East Anglian League Final	Bury St Edmunds	16/09/18	35.01
3	TJ	Ryan Morgan	East Anglian League Final	Bury St Edmunds	16/09/18	13.23

U23

AAA	Event	Athlete	Meeting	Location	Date	Results
1	HT4K	Megan Larkins	East Anglian League Final	Bury St Edmunds	16/09/18	57.9
2	DT1K	Megan Larkins	East Anglian League Final	Bury St Edmunds	16/09/18	38.07
3	400	Charlie Shingleton	British Athletics League Division 3	Chelmsford	02/06/18	49.66
3	400	Lewis Thorn	British Athletics League Division 3	Chelmsford	02/06/18	49.72
3	SP4K	Megan Larkins	Southern Athletics League Division 3N	Braintree	14/07/18	11.07

SEN

AAA	Event	Athlete	Meeting	Location	Date	Results
2	JT800	Jonathan Harvey	Southern Athletics League Division 3N	Perivale	20/05/18	54.32
3	400	Charlie Shingleton	BUCS Championships	Sheffield	15/02/19	49.74