

**Under 13 Girls**

Club	Score	Position
Col & Tend	74	4
Luton	88	3
Gt Yarmouth	61	5
Southend	89	2
Braintree	103	1
Breckland	0	
-	0	

**Under 15 Girls**

Club	Score	Position
Col & Tend	92	3
Luton	63	4
Gt Yarmouth	102	2
Southend	146	1
Braintree	51	5
Breckland	11	6
-	0	

**Ladies**

Club	Score	Position
Col & Tend	137	1
Luton	108	4
Gt Yarmouth	47	5
Southend	115	3
Braintree	123	2
Breckland	8	6
-	0	

**Under 13 Boys**

Club	Score	Position
Col & Tend	86	2
Luton	14	6
Gt Yarmouth	79	4
Southend	98	1
Braintree	74	5
Breckland	86	2
-	0	

**Under 15 Boys**

Club	Score	Position
Col & Tend	161	1
Luton	80	3
Gt Yarmouth	105.5	2
Southend	51	5
Braintree	53.5	4
Breckland	17	6
-	0	

**Under 17 Men**

Club	Score	Position
Col & Tend	20	6
Luton	70	2
Gt Yarmouth	24	5
Southend	28	4
Braintree	168	1
Breckland	38	3
-	0	

**Senior Men**

Club	Score	Position
Col & Tend	129.5	1
Luton	129	2
Gt Yarmouth	98.5	3
Southend	84	4
Braintree	43	5
Breckland	0	
-	0	

**Overall Match result**

Club	Total Score	Match position
Col & Tend	699.5	1
Luton	552	4
Gt Yarmouth	517	5
Southend	611	3
Braintree	615.5	2
Breckland	160	6
-	0	

Scored by **Rob Hewes**

Checked by .....

The host club should check that all results have been entered correctly, and that names are correct vs field cards etc, before sending out the results. The full results sheets must be e-mailed to the two league secretaries and a copy e-mailed to all visiting clubs by the Tuesday following the match. This should be as the original Excel workbook - not a pdf file

**Host clubs should not send the results to Power of 10 - the League Sec will do that after the results have been checked by the visiting clubs.**

(Full results workbook - to Mr Noel Moss, 18 Hunts Rd, Duxford, Cambs, CB22 4RE - e-mail noelmoss@btinternet.com

and to Mr Tony Cheatham, 13 Longfield Rd, Capel-St-Mary, Ipswich, IP9 2UA - e-mail anthonycheatham1107@btinternet.com)

All team declaration sheets, and officials signing in sheets, must be sent by post to Mr Tony Cheatham as soon as possible.

**Visiting clubs will then have 48 hours to notify the two league Secretaries by e-mail of any name errors etc.**

**After this time (on Friday morning) the results will be sent to Power of 10 and Athletics weekly by the league Secs, and it will then become the responsibility of an athletes' own club to notify to Power of 10 of any further name corrections.**

This is to attempt to reduce the number of corrections which had to be sent to Power of 10 last year

## Under 13 Girls

U13 Girl's A 100m			W/S=	U13 Girl's B 100m			W/S=
Joy Ogunleye	Col & Tend	13.2	.	Lauren Woodiwiss	Col & Tend	14.0	.
Ellie Rowan	Southend	13.5	.	Hannah Smith	Braintree	14.5	.
Kierra Grant	Luton	13.7	.	Lucy Burton	Luton	15.0	.
Yasmin Cowley	Braintree	14.3	.	Andie Brown	Gt Yarmouth	16.8	.
Sharna Dobson	Gt Yarmouth	15.8	.			0.0	.
		0.0	.			0.0	.
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U13 Girl's A 200m			W/S=	U13 Girl's B 200m			W/S=
Joy Ogunleye	Col & Tend	27.5	.	Yasmin Cowley	Braintree	29.0	.
Ellie Rowan	Southend	28.4	.	Brogan Ravenall	Southend	29.6	.
Nicole Roulfey	Braintree	28.7	.	Lauren Woodiwiss	Col & Tend	30.2	.
Erin Penn	Gt Yarmouth	30.3	.	Ayanna Cowie	Luton	30.6	.
Kierra Grant	Luton	30.8	.	Alice Wakeley	Gt Yarmouth	31.9	.

U13 Girl's A 800m				U13 Girl's B 800m			
Meghan Samuels	Southend	2:37.6	.	Andie Brown	Gt Yarmouth	2:51.0	.
Georgia Nunn	Luton	2:43.4	.	Kirsty Lewis	Luton	2:57.7	.
Georgia Harrod	Braintree	2:44.4	.	Morgan Harrod	Braintree	3:00.4	.
Daisy Spurway	Gt Yarmouth	2:44.5	.	Eleanor Butt	Southend	3:03.5	.
Emma Gadston	Col & Tend	3:09.3	.	Elysia Kingdon-Jolly	Col & Tend	3:09.9	.
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U13 Girl's A 1500m				U13 Girl's B 1500m			
Courtney Gordon	Braintree	5:31.9	.	Grace Ralston	Southend	5:57.7	.
Joanne Rimmington	Southend	5:34.0	.			0	.
Natasha Hayman	Luton	5:52.6	.			.	.
Abbie Bales	Gt Yarmouth	6:09.5	.			.	.
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U13 Girl's A 75mH			W/S=	U13 Girl's B 75mH			W/S=
Brogan Ravenall	Southend	12.4	.	Melissa Gurteen	Braintree	14.0	.
Kierra Grant	Luton	12.7	.	Lucy Burton	Luton	18.2	.
Hannah Smith	Braintree	13.0	.			.	.
Erin Penn	Gt Yarmouth	13.5	.			.	.
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**U13 Girl's 4x100m**

Southend	Southend	57.3
Col & Tend	Col & Tend	57.6
Braintree	Braintree	58.3
Luton	Luton	59.5
Gt Yarmouth	Gt Yarmouth	63.0
#N/A	Luton	66.5
#N/A	Braintree	69.5

**U13 Girl's A High Jump**

Sophie Clinch	Col & Tend	1.35
Yasmin Cowley	Braintree	1.30
Jazz Sears	Luton	1.15

**U13 Girl's B High Jump**

Eni Coker	Col & Tend	1.25
Courtney Gordon	Braintree	1.15
Rachel Hawtin	Luton	1.10

**U13 Girl's A Long Jump**

Brogan Ravenall	Southend	4.24
Sophie Clinch	Col & Tend	3.97
Erin Penn	Gt Yarmouth	3.93
Hannah Smith	Braintree	3.92
Jazz Sears	Luton	3.83

**U13 Girl's B Long Jump**

Meghan Samuels	Southend	4.05
Melissa Gurteen	Braintree	3.62
Abbie Bales	Gt Yarmouth	3.49
Eni Coker	Col & Tend	3.45
Rachel Hawtin	Luton	3.29

**U13 Girl's A Shot Putt**

Alice Wakeley	Gt Yarmouth	8.11
Blythe Pearson	Southend	7.39
Daisy Partridge	Braintree	6.79
Lucy Burton	Luton	6.35
Eni Coker	Col & Tend	6.25

**U13 Girl's B Shot Putt**

Alyssa Grinsted	Luton	6.15
Emily Holloway	Braintree	5.14
Emma Gadston	Col & Tend	3.93

**U13 Girl's A Discus**

Blythe Pearson	Southend	23.2
Daisy Partridge	Braintree	18.9
Alyssa Grinsted	Luton	16.5
Rebecca Alston	Col & Tend	13.4
Sharna Dobson	Gt Yarmouth	11.1

**U13 Girl's A Javelin**

Daisy Partridge	Braintree	23.8
Eleanor Butt	Southend	23.4
Alice Wakeley	Gt Yarmouth	19.2
Ashlee Billington	Luton	11.3

## Under 15 Girls

<b>U15 Girl's A 100m</b>			W/S=	.	<b>U15 Girl's B 100m</b>			W/S=	.
Tahlia Nelson	Luton	12.6			Tasmin Erysthee	Southend	13.6		
Natoya Rimmer	Gt Yarmouth	13.1			Kendra Wilkins	Braintree	14.3		
Shereen Raouf	Southend	13.4			Aimee Patel	Col & Tend	14.3		
Alex Leslie	Col & Tend	13.6			Aleah Givans-Flynn	Luton	14.5		
Kelsie Sutton	Braintree	15.3			Holly Baker	Gt Yarmouth	14.5		
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<b>U15 Girl's A 200m</b>			W/S=	.	<b>U15 Girl's B 200m</b>			W/S=	.
Tahlia Nelson	Luton	26.6			Alisha Hayes	Southend	28.8		
Shereen Raouf	Southend	26.8			Ella Wakeley	Gt Yarmouth	29.1		
Natoya Rimmer	Gt Yarmouth	27.7			Aleah Givans-Flynn	Luton	30.2		
Alex Leslie	Col & Tend	28.5					.		
Kendra Wilkins	Braintree	29.8					.		
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<b>U15 Girl's A 300m</b>			W/S=	.	<b>U15 Girl's B 300m</b>			W/S=	.
Gabriella Pearson	Southend	45.1			Ella Wakeley	Gt Yarmouth	46.5		
Amy Dowsett	Gt Yarmouth	45.4			Eloise Lewis	Southend	48.2		
Georgie Sturgeon	Col & Tend	47.0					.		
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<b>U15 Girl's A 800m</b>					<b>U15 Girl's B 800m</b>				
Georgie Sturgeon	Col & Tend	2:32.0			Iona Doyle	Southend	2:52.6		
Natasha May	Southend	2:38.8					0		
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<b>U15 Girl's A 1500m</b>					<b>U15 Girl's B 1500m</b>				
Kayley Billington	Luton	5:21.9			Jessica Riches	Col & Tend	5:54.2		
Flora Dell	Gt Yarmouth	5:32.1			Natasha Walter	Southend	6:10.6		
Lydia Callan	Col & Tend	5:43.2					.		
Eleanor Pepper	Southend	6:09.4					.		
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<b>U15 Girl's A 75mH</b>			W/S=	.	<b>U15 Girl's B 75mH</b>			W/S=	.
Amy Dowsett	Gt Yarmouth	12.7			Georgia Clarke	Gt Yarmouth	13.6		
Lily Marrable	Southend	13.7			Iona Doyle	Southend	13.7		
Kayley Billington	Luton	15.0					.		
Lydia Callan	Col & Tend	19.3					.		
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<b>U15 Girl's 4x100m</b>							.		
Southend	Southend	53.7					.		
Gt Yarmouth	Gt Yarmouth	55.2					.		
Col & Tend	Col & Tend	56.2					.		
Luton	Luton	56.9					.		

**U15 Girl's A High Jump**

Natoya Rimmer	Gt Yarmouth	1.60
Rebecca Hawtin	Luton	1.50
Louise Rayment	Southend	1.35
Mia Braune	Breckland	1.25
Katie Rowe	Col & Tend	1.25

**U15 Girl's B High Jump**

Alisha Hayes	Southend	1.30
Holly Baker	Gt Yarmouth	1.20
Alex Leslie	Col & Tend	1.00

**U15 Girl's A Long Jump**

Gabriella Pearson	Southend	4.32
Chloe Long	Gt Yarmouth	4.04
Rebecca Hawtin	Luton	3.86
Georgie Sturgeon	Col & Tend	3.84
Charlotte Day	Braintree	3.42

**U15 Girl's B Long Jump**

Shereen Raouf	Southend	4.14
Georgia Clarke	Gt Yarmouth	3.98
Amy Mann	Col & Tend	3.50
Kelsie Sutton	Braintree	3.34
Tahlia Nelson	Luton	2.96

**U15 Girl's A Shot Putt**

Charlotte Day	Braintree	6.63
Gabriella Pearson	Southend	6.54
Katie Rowe	Col & Tend	6.27

**U15 Girl's B Shot Putt**

Madi Fribbens	Braintree	6.59
Tasmin Erysthee	Southend	5.12
Aimee Patel	Col & Tend	4.88

**U15 Girl's A Discus**

Iona Doyle	Southend	22.53
Ella Wakeley	Gt Yarmouth	18.76
Rebecca Hawtin	Luton	15.04
Amy Mann	Col & Tend	14.99
Abigail Shelley	Braintree	12.97

**U15 Girl's B Discus**

Lily Marrable	Southend	14.50
Katie Rowe	Col & Tend	14.21

**U15 Girl's A Javelin**

Natasha May	Southend	23.78
Georgia Clarke	Gt Yarmouth	14.42
Kelsie Sutton	Braintree	13.06
Lydia Callan	Col & Tend	11.57

**U15 Girl's B Javelin**

Georgia Johnston	Southend	14.91
Abigail Shelley	Braintree	12.48
Amy Mann	Col & Tend	10.56

**U15 Girl's A Hammer**

Mia Braune	Breckland	36.84
Amy Dowsett	Gt Yarmouth	26.42
Kayley Billington	Luton	19.71
Madi Fribbens	Braintree	18.04

## Women

<b>Women's A 100m</b>				W/S=	.	<b>Women's B 100m</b>				W/S=	.
Jade Packer	U17W	Southend			12.8	Shanara Hibbert	0 Luton				12.9
Angele Joseph		0 Col & Tend			12.9	Sophie Rickner	U17W Southend				13.0
Tamyka Spence		0 Luton			12.9	Bethany Ibbotson	0 Col & Tend				13.0
Kirsty Ronald		0 Braintree			13.5	Megan Goddard	0 Braintree				13.8
Caroline Drewitt		0 Gt Yarmouth			15.2						.
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<b>Women's A 200m</b>				W/S=	.	<b>Women's B 200m</b>				W/S=	.
Jade Packer	U17W	Southend			26.5	Sophie Billington	0 Luton				27.5
Angele Joseph		0 Col & Tend			26.8	Megan Goddard	0 Braintree				28.0
Kirsty Ronald		0 Braintree			27.2	Alice Kemp	0 Col & Tend				29.7
Tamyka Spence		0 Luton			27.6	Victoria Staines	U20W Southend				30.5
Abbie Ruggles		0 Breckland			28.3						.
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<b>U17 Women's A 300m</b>						<b>U17 Women's B 300m</b>					
Sophie Rickner	U17W	Southend			43.0	Kerry McCrory	U17W Southend				46.7
Ami Fosker		0 Col & Tend			43.6	Sian Hicks	0 Col & Tend				50.2
Anna Bright		0 Luton			43.6						.
Emily Anderson	U17W	Gt Yarmouth			45.3						.
Jennifer Baldock		0 Braintree			48.7						.
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<b>Women's A 400m</b>						<b>Women's B 400m</b>					
Sophie Billington		0 Luton			61.1	Sian Gifford	0 Col & Tend				67.0
Georgia Ibbotson		0 Col & Tend			63.0						.
Abbie Ruggles		0 Breckland			64.7						.
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<b>Women's A 800m</b>						<b>Women's B 800m</b>					
Hayley Lamkin	U20W	Southend			2:26.8	Lucy Kidwell	U17W Southend				2:30.8
Ami Fosker		0 Col & Tend			2:27.8	Sian Hicks	0 Col & Tend				2:39.3
Claire Gordon		0 Braintree			2:51.1	Kayleigh Beedon	0 Braintree				2:51.4
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<b>Women's A 1500m</b>						<b>Women's B 1500m</b>					
Sophie Billington		0 Luton			4:55.7	Hannah Farmer	0 Luton				5:10.1
Catherine Lee	U20W	Gt Yarmouth			5:12.7	Kayleigh Beedon	0 Braintree				5:58.0
Jordan Lacey		0 Southend			5:20.7	Hanna Banks	0 Col & Tend				6:14.1
Phillipa Baxter		0 Col & Tend			5:29.7						.
Claire Gordon		0 Braintree			5:57.6						.
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<b>U17 Women's A 80mH</b>				W/S=	.	<b>U17 Women's B 80mH</b>				W/S=	.
Sarah Weaver	U17W	Southend			12.9						.
Isabel Duah		0 Col & Tend			13.8						.
Charlotte Trevillion		0 Braintree			17.2						.
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## EAST ANGLIAN T&amp;F LEAGUE

at Colchester

1st Sept 2013

## Under 13 Boys

## U13 Boy's A 100m

		W/S=	.
Tyreece Lawrence	Luton	13.1	
Joshua Downes	Braintree	13.6	
Tyreece Simpson	Gt Yarmouth	14.1	
Brayden Flannery	Southend	14.1	
Sam Rolph	Breckland	14.2	
Frankie Beedon	Col & Tend	14.5	

## U13 Boy's B 100m

		W/S=	.
Kian Statham	Breckland	14.3	
Jasper Wiblin	Southend	14.4	
Jack Reid	Braintree	14.5	
Cameron Barnes	Gt Yarmouth	15.2	
Dylan Beard	Col & Tend	15.7	
		0.0	

## U13 Boy's A 200m

		W/S=	.
Tyreece Lawrence	Luton	26.4	
Sam Rolph	Breckland	29.1	
Jack Reid	Braintree	30.3	
Craig Wheeler	Southend	30.5	
Levi Lawson	Gt Yarmouth	30.5	
Oscar Callan	Col & Tend	30.9	

## U13 Boy's B 200m

		W/S=	.
Kian Statham	Breckland	29.5	
Brayden Flannery	Southend	30.6	
Tyler Bilyard	Gt Yarmouth	31.4	
Ben Mann	Col & Tend	33.5	
Luke Eve	Braintree	35.7	

## U13 Boy's A 800m

Harley Swan	Breckland	2:28.1
Kieran Stevenson	Col & Tend	2:28.1
Craig Wheeler	Southend	2:37.6
Tyler Bilyard	Gt Yarmouth	2:38.7
Will Lynnes	Braintree	2:43.4

## U13 Boy's B 800m

Ollie Eves	Col & Tend	2:37.5
Joseph Hudson	Southend	2:39.1
Jamie Fairweather	Breckland	2:41.3
Luke Eve	Braintree	2:45.3
Kai Beadle	Gt Yarmouth	2:45.8

## U13 Boy's A 1500m

Mitchell Lawrence	Southend	5:14.5
Aiden Try	Breckland	5:16.7
Cameron Barnes	Gt Yarmouth	5:22.2
Freddie Richardson	Col & Tend	5:41.0
Matthew Austin	Braintree	5:41.1

## U13 Boy's B 1500m

Kieran Moody	Breckland	5:29.6
Luke Norton	Braintree	6:09.8
Luke Sodeau	Southend	6:11.7
Joseph Hammond	Col & Tend	6:35.9

## U13 Boy's A 75mH

		W/S=	.
Jacob Wilson	Col & Tend	13.5	
Mitchell Lawrence	Southend	15.7	
Callum Clarke	Gt Yarmouth	17.6	

## U13 Boy's B 75mH

		W/S=	.
Tyler Bilyard	Gt Yarmouth	16.4	
Frankie Beedon	Col & Tend	16.6	
Jasper Wiblin	Southend	17.0	

## U13 Boy's 4x100m

Col & Tend	Col & Tend	57.8
Southend	Southend	58.1
Gt Yarmouth	Gt Yarmouth	58.7
Breckland	Breckland	59.4
#N/A	Col & Tend	61.7
#N/A	Southend	62.1
Braintree	Braintree	66.0



**U13 Boy's A High Jump**

Jacob Wilson	Col & Tend	1.38
Harley Swan	Breckland	1.25
Matthew Austin	Braintree	1.20
Toby Jordan	Southend	1.20
Kai Beadle	Gt Yarmouth	1.20

**U13 Boy's B High Jump**

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**U13 Boy's A Long Jump**

Jacob Wilson	Col & Tend	4.98
Joshua Downes	Braintree	4.51
Mitchell Lawrence	Southend	4.04
Aiden Try	Breckland	3.71
Cameron Barnes	Gt Yarmouth	3.55

**U13 Boy's B Long Jump**

Ollie Eves	Col & Tend	3.98
Callum Cahill	Braintree	3.74
Jamie Fairweather	Breckland	3.70
Jasper Wiblin	Southend	3.69
Tyreece Simpson	Gt Yarmouth	3.48

**U13 Boy's A Shot Putt**

Tyreece Simpson	Gt Yarmouth	7.93
Harley Swan	Breckland	6.43
Kian Culham	Braintree	5.63
Joseph Hudson	Southend	5.20
Bradley Hicks	Col & Tend	4.10

**U13 Boy's B Shot Putt**

Callum Clarke	Gt Yarmouth	6.18
Callum Cahill	Braintree	4.23
Luke Sodeau	Southend	3.92
Kieran Moody	Breckland	3.73

**U13 Boy's A Discus**

Craig Wheeler	Southend	20.05
Kian Culham	Braintree	15.95
Kian Statham	Breckland	15.08
Bradley Hicks	Col & Tend	11.70
Levi Lawson	Gt Yarmouth	10.11

**U13 Boy's A Javelin**

Toby Jordan	Southend	26.41
Callum Clarke	Gt Yarmouth	21.95
Luke Wallace	Braintree	19.35
Aiden Try	Breckland	18.23
Bradley Hicks	Col & Tend	14.13



**U15 Boy's A High Jump**

Thomas Hewes	Col & Tend	1.60
Morgan Thompson	Braintree	1.40
Marley Wright	Gt Yarmouth	1.40
Jake Stearman	Breckland	1.10

**U15 Boy's B High Jump**

Daniel Cole	Col & Tend	1.50
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**U15 Boy's A Long Jump**

Arran Kelly	Southend	5.35
Hayden Page	Gt Yarmouth	4.62
Morgan Thompson	Braintree	4.58
Ben Whiteley	Breckland	4.49
Harrison Beardsell	Col & Tend	4.20

**U15 Boy's B Long Jump**

William Page	Col & Tend	4.08
Toby Wright	Southend	3.84
Josh Partridge	Braintree	3.74
Connor Wright	Gt Yarmouth	3.65
Jake Stearman	Breckland	3.23

**U15 Boy's A Triple Jump**

Arran Kelly	Southend	11.65
Billy Randell	Gt Yarmouth	9.80
William Page	Col & Tend	8.94
Luke King	Luton	7.87

**U15 Boy's B Triple Jump**

Connor Dobson	Gt Yarmouth	9.52
Oliver Skinner	Col & Tend	8.17

**U15 Boy's A Shot Putt**

Billy Praitm-Singh	Southend	12.52
Connor Culham	Braintree	9.21
Emmanuel Ogunleye	Col & Tend	9.17
Oliver O'Dell	Luton	8.25
Kasper Czyn	Gt Yarmouth	7.85

**U15 Boy's B Shot Putt**

Lamin Coker	Luton	7.75
Daniel Cole	Col & Tend	7.50
Marcus Smith	Gt Yarmouth	5.65

**U15 Boy's A Discus**

Billy Praitm-Singh	Southend	34.99
Connor Culham	Braintree	26.98
Marley Wright	Gt Yarmouth	25.34
Oliver O'Dell	Luton	24.33
Robert Green	Col & Tend	20.58

**U15 Boy's B Discus**

Kasper Czyn	Gt Yarmouth	22.30
Max Williams	Col & Tend	14.69
Luke King	Luton	13.46

**U15 Boy's A Javelin**

Daniel Cole	Col & Tend	39.93
Oliver O'Dell	Luton	32.04
Marcus Smith	Gt Yarmouth	23.27

**U15 Boy's B Javelin**

Robert Green	Col & Tend	38.58
Harry Fransham	Gt Yarmouth	13.39

**U15 Boy's A Hammer**

Billy Praitm-Singh	Southend	50.99
Kasper Czyn	Gt Yarmouth	18.52
Che Stephen	Luton	18.38
Robert Green	Col & Tend	17.57

## Under 17 Men

## U17 Men's A 100m

Jordon Lipede	Braintree	11.6
Emmanuel Owalabi	Luton	12.0
Ragnar Callan	Col & Tend	12.1
Malcolm Wandera	Breckland	12.6

W/S= .

## U17 Men's B 100m

Richard Shingleton	Braintree	11.8
Sam Hazel	Luton	12.1

W/S= .

## U17 Men's A 200m

Jordon Lipede	Braintree	23.5
Emmanuel Owalabi	Luton	23.7
Ragnar Callan	Col & Tend	25.1
Adam Jordan	Southend	26.3

W/S= .

## U17 Men's B 200m

Louis Hazel	Luton	24.3
Lewis Thorn	Braintree	24.9
Henry Snell	Southend	25.9

W/S= .

## U17 Men's A 400m

Charlie Shingleton	Braintree	52.5
Luke Whitby	Luton	56.0
Henry Snell	Southend	56.2
Stanley Collins	Gt Yarmouth	57.9
Ashley Jarvis	Breckland	60.0

## U17 Men's B 400m

Justin Hall	Braintree	62.5
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## U17 Men's A 800m

Josh Clark	Gt Yarmouth	2:03.4
Louis Hazel	Luton	2:03.4
Logan Smith	Breckland	2:12.0
Henry Snell	Southend	2:12.5
Sam Spicer	Braintree	2:45.9

## U17 Men's B 800m

Stanley Collins	Gt Yarmouth	2:09.9
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## U17 Men's A 1500m

Joe Nourse	Braintree	4:27.6
Alfie Foster	Col & Tend	4:37.0
Adam Jordan	Southend	4:40.0

## U17 Men's B 1500m

Ben Holdgate	Braintree	5:02.7
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## U17 Men's A 100mH

Tope Fisayo	Luton	15.1
James Murphy	Braintree	17.0
		0.0
		0.0

W/S= .

## U17 Men's B 100mH

Sam Spicer	Braintree	23.6
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W/S= .

## U17 Men's 4x100m

Braintree	Braintree	46.9
Luton	Luton	47.4
#N/A	Braintree	53.7

**U17 Men's A High Jump**

James Murphy	Braintree	1.50
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**U17 Men's B High Jump**

Sam Spicer	Braintree	1.40
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**U17 Men's A Long Jump**

Malcolm Wandera	Breckland	5.73
Emmanuel Owalabi	Luton	5.64
Richard Shingleton	Braintree	5.58
Ragnar Callan	Col & Tend	4.38
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**U17 Men's B Long Jump**

Lewis Thorn	Braintree	5.53
Logan Smith	Breckland	4.40
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**U17 Men's A Triple Jump**

Tope Fisayo	Luton	12.25
Malcolm Wandera	Breckland	11.81
Charlie Shingleton	Braintree	11.65
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**U17 Men's B Triple Jump**

Sam Hazel	Luton	12.22
Jordon Lipede	Braintree	10.62
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**U17 Men's A Shot Putt**

Ashley Jarvis	Breckland	9.22
Alex Camp	Braintree	8.53
Adam Jordan	Southend	7.53
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**U17 Men's B Shot Putt**

A Ronald	Braintree	6.16
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**U17 Men's A Discus**

Alex Camp	Braintree	23.28
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**U17 Men's B Discus**

Stuart Pleasance	Braintree	21.66
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**U17 Men's A Javelin**

Alex Camp	Braintree	30.79
Josh Clark	Gt Yarmouth	24.91
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**U17 Men's B Javelin**

Stuart Pleasance	Braintree	27.29
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**U17 Men's A Hammer**

Stuart Pleasance	Braintree	25.74
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## Men

<b>Men's A 100m</b>				W/S=	.	<b>Men's B 100m</b>				W/S=	.
Joshua Bada		0	Luton		11.3	Aderian Bright		0	Luton		11.8
James Grant		0	Col & Tend		11.5	Abdul Karim-Alseed		0	Col & Tend		12.0
Shane Atherton	U20M		Gt Yarmouth		11.8	Mark Phillipson	U20M		Gt Yarmouth		12.3
Tom Metcalf		0	Southend		12.2	Graham Eastty		0	Southend		12.6
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<b>Men's A 200m</b>				W/S=	.	<b>Men's B 200m</b>				W/S=	.
Joshua Bada		0	Luton		23.3	Rhys Lewis		0	Luton		24.1
Shane Atherton	U20M		Gt Yarmouth		23.9	Tom Burgess	U20M		Gt Yarmouth		24.4
Abdul Karim-Alseed		0	Col & Tend		24.2						.
Tom Metcalf		0	Southend		24.8						.
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<b>Men's A 400m</b>						<b>Men's B 400m</b>					
Nick Choudhury		0	Luton		49.5	Joe Gibbon		0	Col & Tend		55.0
Tom Gifford		0	Col & Tend		50.8	Jamal Williams		0	Luton		55.2
Tom Burgess	U20M		Gt Yarmouth		52.9	Mark Phillipson	SM		Gt Yarmouth		60.1
Adam Bateman		0	Braintree		53.1						.
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<b>Men's A 800m</b>						<b>Men's B 800m</b>					
Nick Choudhury		0	Luton		1:59.6	John Pamplin		0	Gt Yarmouth		3:52.1
Oliver Gifford		0	Col & Tend		2:15.1						.
Mark Lawson	M45		Gt Yarmouth		2:41.0						.
Simon Mennell		0	Braintree		2:49.1						.
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<b>Men's A 3000m</b>						<b>Men's B 3000m</b>					
Joe Gibbon		0	Col & Tend		9:33.1	Joe Alexander		0	Col & Tend		11:17.9
Adam Bateman		0	Braintree		9:48.0	Andrew Baker		0	Gt Yarmouth		11:59.8
Shane Jay		0	Luton		10:09.3						.
Sean Jermy	M55		Gt Yarmouth		10:23.4						.
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<b>Men's A 110mH</b>				W/S=	.	<b>Men's B 110mH</b>				W/S=	.
Tom Metcalf		0	Southend		21.1						.
Michael Porter		0	Col & Tend		21.5						.
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<b>Men's 4x100m</b>											
Luton		0	Luton		47.4						.
Col & Tend		0	Col & Tend		47.5						.
Gt Yarmouth		0	Gt Yarmouth		51.6						.
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**Men's A High Jump**

Jamie Baughan	0	Luton	1.70
Tom Metcalf	0	Southend	1.60
Michael Porter	0	Col & Tend	1.50
Tom Burgess	U20M	Gt Yarmouth	1.10

**Men's B High Jump**

Graham Eastty	0	Southend	1.50
Andy Baker	0	Gt Yarmouth	1.10
Joe Gibbon	0	Col & Tend	1.10

**Men's A Long Jump**

Jamie Baughan	0	Luton	5.64
Tom Metcalf	0	Southend	5.55
Mark Phillipson	U20M	Gt Yarmouth	5.08
Michael Porter	0	Col & Tend	4.90

**Men's B Long Jump**

Aderian Bright	0	Luton	4.82
Graham Eastty	0	Southend	4.42
Joe Gibbon	0	Col & Tend	4.25
Mark Lawson	0	Gt Yarmouth	4.01

**Men's A Triple Jump**

Tom Gifford	0	Col & Tend	10.77
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**Men's B Triple Jump**

Oliver Gifford	0	Col & Tend	10.03
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**Men's A Shot Putt**

Matthew Hill	0	Luton	11.00
Brett Foster	0	Southend	9.89
Warren Page	0	Col & Tend	8.28
Mark Gurteen	0	Braintree	7.30
Geoff Marshall	M55	Gt Yarmouth	6.73

**Men's B Shot Putt**

Dave Burrell	0	Luton	10.41
Tom Metcalf	0	Southend	9.44
Mike Hills	0	Braintree	6.49
James Grant	0	Col & Tend	6.08
Andy Baker	0	Gt Yarmouth	5.31

**Men's A Discus**

Dave Burrell	0	Luton	33.99
Brett Foster	0	Southend	30.17
Warren Page	0	Col & Tend	22.70
Mark Lawson	0	Gt Yarmouth	19.66
Mike Hills	0	Braintree	18.73

**Men's B Discus**

Matthew Hill	0	Luton	32.39
Tom Metcalf	0	Southend	24.97
Oliver Gifford	0	Col & Tend	17.42
Geoff Marshall	M55	Gt Yarmouth	16.07
Simon Mennell	0	Braintree	15.30

**Men's A Javelin**

Matthew Hill	0	Luton	52.66
Tom Metcalf	0	Southend	41.79
Michael Porter	0	Col & Tend	29.34
Neil Potter	0	Braintree	27.98
John Pamplin	0	Gt Yarmouth	15.44

**Men's B Javelin**

Warren Page	0	Col & Tend	29.32
Jamie Potton-Burrell	0	Luton	28.74
Brett Foster	0	Southend	26.90
Mike Hills	0	Braintree	14.12

**Men's A Hammer**

Jamie Potton-Burrell	0	Luton	42.55
Mike Hills	0	Braintree	26.85
Brett Foster	0	Southend	26.60
Geoff Marshall	M55	Gt Yarmouth	20.32

Tom Gifford	0	Col & Tend	3.36
			0.00

## East Anglian League

## Non-Scorers

## Colchester

1st Sept 2013

Event	Age group	Number	Name	Club	Performance
80	U11B	78	Lancelot Chihuri	Luton	12.0
80	U11B	63	Tom Flint	Colch & Tend	12.3
80	U11B	13	Tom Keen	Braintree	13.2
80	U11B	71	Ben Garrod	Brecklands	13.6
80	U11B	43	Thomas May	Southend	14.0
80	U11B	62	Lewis Beardsell	Colch & Tend	12.0
80	U11B	14	Joe Sutton	Braintree	12.4
80	U11B	72	Cameron Try	Brecklands	12.5
80	U11B	111	Aiden Cahill	Braintree	13.1
80	U11B	74	Josh McGuire	Brecklands	13.2
80	U11B	65	Tom Sturgeon	Colch & Tend	13.2
80	U11B	61	Matthew Cole	Colch & Tend	13.5
80	U11B	115	Nathaniel Downes	Braintree	12.5
80	U11B	64	Alfie Kelaway	Colch & Tend	12.6
80	U11B	80	Zack Grinsted	Luton	13.7
80	U11B	41	Archie Walter	Southend	13.9
80	U11B	73	Tyler Howard	Brecklands	14.4
80	U11G	65	Mya Anderson	Colch & Tend	12.6
80	U11G	12	Georgia Potter	Braintree	13.0
80	U11G	13	Ellie Hood	Braintree	13.2
80	U11G	61	Amy Thompson	Colch & Tend	14.9
80	U11G	111	Leah Duncan	Braintree	11.4
80	U11G	21	Carla Richardson-Rowe	GYAD	12.2
80	U11G	64	Elanor Pardon	Colch & Tend	13.0
80	U11G	75	Maddie Rolph	Brecklands	13.5
80	U11G	78	Emily Boylan	Luton	14.9
80	U11G	115	Leisha Hunt	Braintree	12.3
80	U11G	62	Charlotte Maher	Colch & Tend	12.7
80	U11G	23	Talame Simpson	GYAD	13.1
80	U11G	80	Leah Jay	Luton	13.2
80	U11G	14	Hannah Humm	Braintree	13.8
600	U11B	115	Nathaniel Downes	Braintree	1:55.8
600	U11B	14	Joe Sutton	Braintree	1:57.6
600	U11B	62	Lewis Beardsell	Colch & Tend	1:58.9
600	U11B	111	Aiden Cahill	Braintree	1:59.5
600	U11B	65	Tom Sturgeon	Colch & Tend	2:04.3
600	U11B	71	Ben Garrod	Brecklands	2:05.4
600	U11B	61	Matthew Cole	Colch & Tend	2:09.7
600	U11B	43	Thomas May	Southend	2:10.3
600	U11B	74	Josh McGuire	Brecklands	2:13.7
600	U11B	63	Tom Flint	Colch & Tend	2:19.8
600	U11B	73	Tyler Howard	Brecklands	2:22.0
600	U11B	41	Archie Walter	Southend	2:23.2
600	U11B	72	Cameron Try	Brecklands	2:46.5
600	U11G	44	Madisson Samuels	Southend	2:00.0
600	U11G	111	Leah Duncan	Braintree	2:02.4
600	U11G	65	Mya Anderson	Colch & Tend	2:04.7
600	U11G	115	Leisha Hunt	Braintree	2:08.0
600	U11G	62	Charlotte Maher	Colch & Tend	2:13.0
600	U11G	14	Hannah Humm	Braintree	2:13.4
600	U11G	64	Elanor Pardon	Colch & Tend	2:14.8
600	U11G	75	Maddie Rolph	Brecklands	2:15.3
600	U11G	22	Sophie Long	GYAD	2:16.1
600	U11G	80	Leah Jay	Luton	2:17.0
600	U11G	78	Emily Boylan	Luton	2:25.8
600	U11G	63	Amie Graves	Colch & Tend	2:28.7
100	U13B	24	Kai Beadle	GYAD	15.3
100	U13B	111	Tyler Bourke	Braintree	14.5
100	U13B	44	Joseph Hudson	Southend	14.8
100	U13B	43	Luke Sodeau	Southend	15.2



	100	U13B	13	Ben Sanctuary	Braintree	15.9
	100	U13B	14	Samuel Abbott	Braintree	16.1
	100	U13B	21	Marley Barker	GYAD	16.6
	100	U13B	115	Josh Posse	Braintree	17.9
	200	U13B	111	Freddie Martin	Braintree	31.3
	200	U13B	71	Kieran Moody	Brecklands	33.1
	200	U13B	43	Luke Sodeau	Southend	35.6
	200	U13B	115	Callum Cahill	Braintree	38.1
	800	U13B	62	Ben Mann	Colch & Tend	2:43.4
	800	U13B	111	Freddie Martin	Braintree	2:43.4
	800	U13B	14	Samuel Abbott	Braintree	2:47.3
	800	U13B	21	Marley Barker	GYAD	2:48.7
	800	U13B	44	???	Southend	2:53.8
	800	U13B	13	Kian Culham	Braintree	3:27.4
75H		U13B	43	Toby Jordan	Southend	16.2
75H		U13B	63	Dylan Beard	Colch & Tend	16.8
	100	U13G	62	Mia Taylor	Colch & Tend	14.6
	100	U13G	76	Jazz Sears	Luton	15.6
	100	U13G	111	Sophie Wells	Braintree	15.8
	100	U13G	14	Emily Holloway	Braintree	16.7
	100	U13G	77	Natasha Hayman	Luton	15.4
	100	U13G	12	Catherine Lavell	Braintree	14.9
	100	U13G	13	Melissa Gurteen	Braintree	15.3
	100	U13G	78	Charlotte Hopkins	Luton	16.2
	100	U13G	79	Rachel Hawtin	Luton	16.2
	100	U13G	115	Eleanor Thorn	Braintree	17.6
	100	U13G	61	Rebecca Alston	Colch & Tend	19.5
	200	U13G	76	Sophie Maddock	Luton	29.1
	200	U13G	62	Mia Taylor	Colch & Tend	31.5
	200	U13G	14	Courtney Gordon	Braintree	32.4
	200	U13G	24	Sharna Dobson	GYAD	33.2
	200	U13G	13	Lucy Day	Braintree	33.5
	200	U13G	78	Charlotte Hopkins	Luton	34.3
	200	U13G	111	Meredith Thomson	Braintree	40.3
	800	U13G	76	Sophie Maddock	Luton	2:44.5
	800	U13G	12	Eleanor Thorn	Braintree	3:32.2
	800	U13G	14	Rebecca Baldock	Braintree	3:42.8
	100	U15B	21	Billy Randell	GYAD	13.6
	100	U15B	22	Harry Fransham	GYAD	14.9
	100	U15G	44	Alisha Hayes	Southend	13.8
	100	U15G	43	Melody Tillbrook	Southend	13.7
	100	U15G	42	Eloise Lewis	Southend	14.5
	200	U15G	44	Tasmin Erysthee	Southend	28.4
	200	U15G	43	Melody Tillbrook	Southend	30.1
	200	U15G	41	Louise Rayment	Southend	31.8
	300	U15G	42	Lily Marrable	Southend	48.8
	800	U15G	41	Louise Rayment	Southend	3:00.3
	100	U17M	14	Lewis Thorn	Braintree	12.5
	200	U17M	76	Luke Whitby	Luton	25.3
100H		U17M	13	Justin Hall	Braintree	19.4
	200	SM	78	Aderian Bright	Luton	23.6
	200	SM	79	Jahmal Williams	Luton	25.9
	200	SM	22	Mark Phillipson	GYAD	26.4
	400	SM	76	???	Luton	53.2
	200	SW	77	Anna Bright	Luton	27.7
	200	SW	44	June Cork	Southend	28.0
	200	SW	14	Sarah Austin	Braintree	34.0
	800	SW	42	Sarah Imbush	Southend	40.5
SP		SM	78	Geoff Grinsted	Luton	9.90
SP		SM	76	Jamie Potton-Burrell	Luton	9.94
SP		SM	79	Aderian Bright	Luton	10.01
DT		U15B	23	Marcus Smith	GYAD	15.49
LJ		U13G	111	Meredith Thomson	Braintree	2.58

L	U13G	78	Charlotte Hopkins	Luton	2.82
L	U13G	64	Lauren Woodiwiss	Colch & Tend	3.80
JT	U13B	115	Josh Posse	Braintree	10.91
JT	U13B	72	Jamie Fairweather	Brecklands	15.67
JT	U13G	78	Alyssa Grinsted	Luton	10.16
HT	SW	79	Victoria Hill	Luton	25.29
HT	SW	114	Vicky Bright	Braintree	24.91
HT	SM	77	David Burrell	Luton	39.37
TJ	U15B	23	Scott Wilson	GYAD	9.74
SP	U13G	79	Ashlee Billington	Luton	3.79
SP	U13G	14	Rebecca Baldock	Braintree	3.72
SP	U13G	12	Eleanor-Mae Thorn	Braintree	4.69
SP	U13B	21	Marley Simpson	GYAD	3.68
SP	U13B	13	Ben Sanctuary	Braintree	4.20
SP	U17M	12	Aaron Fribbens	Braintree	5.40
SP	U15G	13	Abigail Shelley	Braintree	4.96
L	U17M	115	James Murphy	Braintree	5.70
TJ	SW	65	Francesca Keith	Colch & Tend	8.02
DT	U17M	111	Andrew Ronald	Braintree	15.90
DT	U17M	12	Aaron Fribbens	Braintree	13.24
L	U13B	22	Levi Lawson	GYAD	4.07
L	U13B	64	Frankie Beedon	Colch & Tend	3.77
HJ	U13G	76	Sophie Maddock	Luton	1.15
HT	U17M	12	Aaron Fribbens	Braintree	15.50
DT	SW	23	Caroline Drewitt	GYAD	21.45
DT	SW	13	Lisa Potter	Braintree	19.16
DT	SW	14	Chloe Cockell	Braintree	20.97
L	SW	14	Sarah Austin	Braintree	2.41
L	SW	144	Victoria Staines	Southend	3.72
L	SW	78	Jasmine Barnett	Luton	4.50
DT	U13G	77	Natasha Hayman	Luton	16.40
DT	U13G	13	Lucy Day	Braintree	13.75
DT	U13G	44	Eleanor Butt	Southend	22.80
L	U15G	23	Holly Baker	GYAD	3.94
DT	SM	76	Jamie Potton-Burrell	Luton	26.35
DT	SM	80	Ian Hoube	Luton	25.59
DT	SM	78	Geoff Grinsted	Luton	25.03
JT	U17M	111	Andrew Ronald	Braintree	14.21
HJ	SM	65	Tom Gifford	Colch & Tend	1.10
SP	SW	13	Lisa Potter	Braintree	6.54
SP	SW	14	Chloe Cockell	Braintree	6.53
SP	SW	44	June Cork	Southend	5.42
DT	U15G	43	Georgia Johnston	Southend	14.15
DT	U15G	44	Natasha Walters	Southend	14.01
JT	SW	77	Jo Blair	Luton	45.61
SP	U11B	71	Ben Garrod	Brecklands	4.93
SP	U11B	80	Zack Grinsted	Luton	5.22
SP	U11B	61	Matthew Cole	Colch & Tend	5.05
SP	U11B	14	Joe Sutton	Braintree	5.48
SP	U11B	72	Cameron Try	Brecklands	5.15
SP	U11G	22	Sophie Long	GYAD	4.89
SP	U11G	64	Eleanor Harden	Colch & Tend	3.38
SP	U11G	14	Lois Gordon	Braintree	3.77
SP	U11G	115	Leisha Hunt	Braintree	3.88
SP	U11G	61	Amy Thompson	Colch & Tend	3.90
SP	U11G	115	Sky Fay	Braintree	3.30
SP	U11G	23	Talame Simpson	GYAD	3.05
L	U11B	13	Tom Keen	Braintree	3.32
L	U11B	80	Zack Grinsted	Luton	2.94
L	U11B	78	Lancelot Chihuri	Luton	3.18
L	U11B	74	Josh McGuire	Brecklands	2.43
L	U11B	41	Archie Walter	Southend	2.45
L	U11B	43	Thomas May	Southend	2.93



This page contains seven vertical lines for writing, arranged in two groups of three and one group of one. The first group consists of three lines: a solid line on the left, a solid line in the middle, and a dotted line on the right. The second group consists of three lines: a dotted line on the left, a solid line in the middle, and a solid line on the right. The lines are evenly spaced and extend across the width of the page.

