

**Under 13 Girls**

Club	Score	Position
Chelmsford	113	1
Ipswich	106.5	2
Peterborough	92	4
Norwich	82	5
Hunts AC	66.5	6
Luton	62	7
Braintree	99	3
Camb & Col	60	8

**Under 15 Girls**

Club	Score	Position
Ipswich	133.5	2
Norwich	124	3
Chelmsford	137.5	1
Peterborough	111	4
Camb & Col	107	5
Gt Yarmouth	91	7
Southend	98	6
Hunts AC	46	8

**Ladies**

Club	Score	Position
Norwich	128	5
Ipswich	146	2
Camb & Col	163.5	1
Chelmsford	133	3
Southend	130.5	4
Nene Valley	76.5	8
Luton	97	7
Braintree	106.5	6

**Under 13 Boys**

Club	Score	Position
Norwich	56	8
Ipswich	94	2
Nene Valley	92	3
Camb & Col	88.5	5
Hunts AC	90	4
Chelmsford	99	1
Peterborough	70	7
Southend	81.5	6

**Under 15 Boys**

Club	Score	Position
Chelmsford	158	1
Ipswich	131	2
Colch & tend	117	4
Hunts AC	110.5	5
Camb & Col	95	6
Norwich	124	3
Gt Yarmouth	81.5	7
Luton	65	8

**Under 17 Men**

Club	Score	Position
Braintree	159	1
Ipswich	124	3
Nene Valley	116	4
West Suffolk	150	2
Norwich	81	6
Camb & Col	84	5
Luton	79	7
Southend	37	8

**Senior Men**

Club	Score	Position
Ipswich	149.5	2
Camb & Col	136	3
Luton	154.5	1
Norwich	136	3
Ryston	116	5
West Norf	84	6
Gt Yarmouth	25	8
Southend	45	7

Scored by .....

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

<b>U13 Girl's A 100m</b>			W/S=	.	<b>U13 Girl's B 100m</b>			W/S=	.
Connie Forman	Chelmsford	13.4			Georgia Harrold	Ipswich	14.2		
Saira Hussain	Braintree	13.8			Felicity Wall	Chelmsford	14.3		
Nichole Hughes	Ipswich	14.0			Cassie Thompson	Camb & Col	14.7		
Maisey Snaith	Camb & Col	14.1			Harriet Fenton	Peterborough	14.9		
Alicia Akinbiyi	Norwich	14.1			Hannah Smith	Braintree	15.1		
Kierra Grant	Luton	14.3			Lucy Burton	Luton	15.1		
Kelsie Ellis	Peterborough	14.7			Lena Matsuka-Williams	Norwich	15.6		
Harriet Bruce	Hunts AC	14.9			Jasmine Hope	Hunts AC	16.1		
<b>U13 Girl's A 200m</b>			W/S=	.	<b>U13 Girl's B 200m</b>			W/S=	.
Alicia Akinbiyi	Norwich	28.4			Nicole Roffey	Braintree	29.8		
Connie Forman	Chelmsford	28.6			Ellie Bartram Sheppard	Chelmsford	30.1		
Maisey Snaith	Camb & Col	29.5			Chloe Quantrill	Norwich	30.5		
Yasmin Cowley	Braintree	29.7			Christy Fraser	Ipswich	30.8		
Jasmine Cant	Ipswich	30.3			Frannie Chapman	Hunts AC	30.8		
Kelsie Ellis	Peterborough	30.3			Ellie Forrest	Peterborough	31.2		
Hannah Foster	Luton	31.4			Ayanna Cowie	Luton	31.7		
Jasmine Hope	Hunts AC	31.5			Ruby Buchan	Camb & Col	33.7		
<b>U13 Girl's A 800m</b>					<b>U13 Girl's B 800m</b>				
Isabella Keeley	Ipswich	2:40.1			Josephine Fortune	Peterborough	2:43.6		
Katie Goldsmith	Norwich	2:40.8			Niamh Hedges-Quinn	Ipswich	2:46.5		
Yasmin Cowley	Braintree	2:42.1			Sophie Peach	Norwich	2:49.9		
Georgia Nunn	Luton	2:42.6			Kirsty Lewis	Luton	2:54.7		
Katie Porter	Peterborough	2:42.7			Nicole Covell	Hunts AC	2:55.3		
Hannah Smith	Chelmsford	2:47.1			Cassie Thompson	Camb & Col	2:56.1		
Caitlyn Procter	Hunts AC	2:53.2			Masie King	Chelmsford	3:22.6		
Sophie Ealey	Camb & Col	2:55.0			Rebecca baldock	Braintree	3:47.0		
<b>U13 Girl's A 1500m</b>					<b>U13 Girl's B 1500m</b>				
Jessica Whiley	Chelmsford	5:07.7			Anna Warrington	Peterborough	5:52.3		
Charlotte Summers	Ipswich	5:15.2			Nadia Mason	Ipswich	5:54.1		
Courtney Gordon	Braintree	5:29.3			Regan Boyle	Chelmsford	5:54.5		
Helena Dyce	Camb & Col	5:38.6			Natasha Hayman	Luton	6:06.8		
Amber Park	Peterborough	5:41.3			Tallulah Lebon	Norwich	6:09.6		
Nelly Porter	Norwich	5:44.8			Ruby Buchan	Camb & Col	6:14.7		
Libby Jay	Luton	5:50.7			Olivia Cooper	Braintree	6:15.1		
C C Hime	Hunts AC	5:53.1			Emily Purbrick	Hunts AC	6:35.4		
<b>U13 Girl's A 70mH</b>			W/S=	.	<b>U13 Girl's B 70mH</b>			W/S=	.
Maddie Craig	Ipswich	12.3			Isabella Keeley	Ipswich	12.4		
Olivia Smith	Chelmsford	12.4			Milly Watling	Peterborough	12.8		
Ellie Forrest	Peterborough	12.5			Katie Daniels	Norwich	13.1		
Nicole Covell	Hunts AC	12.6			Melissa Gurteen	Braintree	13.5		
Kierra Grant	Luton	12.6			Eleanor Phipps	Hunts AC	13.7		
Hannah smith	Braintree	13.0			Hannah Foster	Luton	14.0		
Chloe Quantrill	Norwich	13.0			Theresa Norman-Dowson	Camb & Col	16.6		
Cassie Thompson	Camb & Col	13.3			Nancy Eagle	Chelmsford	DNF		

**U13 Girl's 4x100m**

Hunts AC	Hunts AC	57.1
Braintree	Braintree	57.1
Chelmsford	Chelmsford	57.5
Peterborough	Peterborough	58.3
Ipswich	Ipswich	58.4
Norwich	Norwich	59.4
Camb & Col	Camb & Col	60.4
Luton	Luton	61.0

**U13 Girl's A High Jump**

Harriet Bruce	Hunts AC	1.40
Courtney Gordon	Braintree	1.35
Ellie Forrest	Peterborough	1.35
Jessica Whiley	Chelmsford	1.35
Chloe Quantrill	Norwich	1.20
Maddie Venn	Ipswich	1.20
Rachel Foster	Luton	1.15
Emma Wallis	Camb & Col	1.10

**U13 Girl's B High Jump**

Olivia Smith	Chelmsford	1.30
Harriet Fenton	Peterborough	1.30
Daisy Partridge	Braintree	1.25
Marnie Kelly	Norwich	1.10
Megan Thear	Camb & Col	1.10
Emily Purbrick	Hunts AC	1.10
Jessie Debenham	Ipswich	1.10
Jazz Sears	Luton	NH

**U13 Girl's A Long Jump**

Connie Forman	Chelmsford	4.40
Alicia Akinbiyi	Norwich	4.18
Hannah Smith	Braintree	4.05
Harriet Bruce	Hunts AC	3.94
Ella Greenwood	Peterborough	3.77
Rachel Foster	Luton	3.74
Maddie Venn	Ipswich	3.64
Amy Morgan	Camb & Col	3.35

**U13 Girl's B Long Jump**

Ellie Bartram Sheppard	Chelmsford	4.01
Nicole Covell	Hunts AC	3.93
Melissa Gurteen	Braintree	3.74
Katie Daniels	Norwich	3.62
Jazz Sears	Luton	3.57
Anna Warrington	Peterborough	3.25
Jessica Robinson	Camb & Col	3.22
Maddie Craig	Ipswich	3NJ

**U13 Girl's A Shot Putt**

Laura Runciman	Chelmsford	9.61
Charlotte Davies	Camb & Col	8.00
Gemma Ramsey	Ipswich	7.40
Milly Watling	Peterborough	7.01
Lucy Burton	Luton	6.79
Daisy Partridge	Braintree	6.77
Frannie Chapman	Hunts AC	6.11
Lena Matsuka-Williams	Norwich	5.90

**U13 Girl's B Shot Putt**

Kelsie Ellis	Peterborough	6.47
Alyssa Grinsted	Luton	6.40
Jessie Debenham	Ipswich	6.04
Mia Fairbrother Burton	Hunts AC	5.56
Ellie Bartram Sheppard	Chelmsford	5.54
Amy Morgan	Camb & Col	5.36
Nicole Rolfey	Braintree	5.23
Imogen La Chappelle	Norwich	5.11

**U13 Girl's A Discus**

Yasmin Cowley	Braintree	21.9
Gemma Ramsey	Ipswich	19.9
Charlotte Davies	Camb & Col	19.2
Devon Matthews	Chelmsford	19.1
Alyssa Grinsted	Luton	17.5
Lena Matsuka-Williams	Norwich	15.9
Milly Watling	Peterborough	14.2
Mia Fairbrother Burton	Hunts AC	12.9

**U13 Girl's A Javelin**

Gemma Ramsey	Ipswich	30.9
Daisy Partridge	Braintree	25.5
Devon Matthews	Chelmsford	25.3
Katie Daniels	Norwich	22.9
Mia Fairbrother Burton	Hunts AC	12.7
Ashlee Billington	Luton	12.3
Anna Warrington	Peterborough	11.8
Emma Wallis	Camb & Col	11.8

## Under 15 Girls

U15 Girl's A 100m			W/S=	U15 Girl's B 100m			W/S=
Tallulah Bell	Norwich	13.1	.	Emily Mace	Norwich	13.3	.
Holly Brown	Peterborough	13.7		Megan Sims	Peterborough	13.4	
Chiamaka Okafor	Chelmsford	13.7		Ataylia Clarke	Ipswich	13.6	
Natoya Rimmer	Gt Yarmouth	13.7		Charlotte Prior	Chelmsford	13.8	
Lermae Youngs	Ipswich	13.8		Emily Wannop	Camb & Col	14.0	
Tasmin Erysthee	Southend	13.9		Melody Tillbrook	Southend	14.0	
Adelaide Omitowoju	Camb & Col	14.3		Alisha Morgan	Hunts AC	14.4	
Molly Gregorius	Hunts AC	14.5		Holly Baker	Gt Yarmouth	14.8	

U15 Girl's A 200m			W/S=	U15 Girl's B 200m			W/S=
Tallulah Bell	Norwich	27.6	.	Emily Mace	Norwich	28.4	.
Shereen Raouf	Southend	27.8		Lermae Youngs	Ipswich	28.5	
Lauren Grubb	Ipswich	28.4		Hannah Badger	Chelmsford	29.4	
Charlotte Prior	Chelmsford	29.5		Tasmin Erysthee	Southend	29.5	
Megan Porter	Peterborough	29.5		Alicia Whittle	Camb & Col	29.9	
Louise Stableford	Camb & Col	30.2		Serena Korkmaz	Peterborough	30.1	
Chloe Long	Gt Yarmouth	30.3		Ella Wakeley	Gt Yarmouth	30.3	
Molly Gregorius	Hunts AC	32.1		Alisha Morgan	Hunts AC	30.4	

U15 Girl's A 300m			W/S=	U15 Girl's B 300m			W/S=
Emma Perks	Chelmsford	43.4	.	Gabriella Pearson	Southend	45.7	.
Shereen Raouf	Southend	43.9		Casey Hilliam	Peterborough	46.3	
Lucy Parker	Camb & Col	44.3		Chloe Godbold	Ipswich	46.3	
Megan Sims	Peterborough	44.9		Izzy Chrisafi	Norwich	46.6	
Ella Hughes	Ipswich	45.3		Finlay Marrriott	Camb & Col	48.2	
Lauren Stansbury	Norwich	47.4		Phoebe Jeffery	Chelmsford	49.1	
Aleta Fraylich	Hunts AC	47.5		Elena Ensor	Hunts AC	57.7	
Ella Wakeley	Gt Yarmouth	48.1					

U15 Girl's A 800m				U15 Girl's B 800m			
Emma Perks	Chelmsford	2:24.2		Kate Ketheridge	Chelmsford	2:36.1	
Lucy Parker	Camb & Col	2:25.2		Amy Chalmers	Camb & Col	2:40.4	
Anna Bakewell	Norwich	2:31.4		Emma Nichols	Ipswich	2:44.0	
Natasha May	Southend	2:33.9		Reannah Mcnee	Peterborough	2:44.6	
Casey Hilliam	Peterborough	2:36.2		Charlotte Hudson-Madge	Norwich	2:47.4	
India Goodwin	Ipswich	2:43.3		Iona Doyle	Southend	2:52.3	
Erin Irwin	Gt Yarmouth	2:49.1		Lucy Waller	Hunts AC	2:57.3	
Chloe Wilson	Hunts AC	3:08.6					

U15 Girl's A 1500m				U15 Girl's B 1500m			
Jodie Judd	Chelmsford	4:53.7		Rachel Broome	Chelmsford	5:16.8	
Alice Newcombe	Camb & Col	5:01.0		Abigail Rose	Ipswich	5:27.1	
Amy Clarke	Norwich	5:10.2		Amy Gore	Peterborough	6:01.6	
Daniella Giusti	Ipswich	5:21.7		Natasha Walter	Southend	6:05.9	
Bethany Goymour	Peterborough	5:34.1		Madeline Parle	Norwich	6:34.3	
Flora Dell	Gt Yarmouth	5:43.6					
Eleanor Pepper	Southend	5:59.9					
Megan Wilson	Hunts AC	6:55.4					

U15 Girl's A 75mH			W/S=	U15 Girl's B 75mH			W/S=
Megan Sims	Peterborough	12.3		Finlay Marrriott	Camb & Col	11.9	
Isabella Blowers	Ipswich	12.4		Miri Budd	Ipswich	12.9	
Robyn Stafford	Chelmsford	12.4		Natoya Rimmer	Gt Yarmouth	13.0	
Amy Dowsett	Gt Yarmouth	12.8		Jamelia Smith	Peterborough	13.1	
Adelaide Omitowoju	Camb & Col	13.1		Imogen Bennett	Chelmsford	13.5	
Lauren Bradfield	Norwich	13.6		Iona Doyle	Southend	13.9	
Lily Marrable	Southend	13.8		Amy Quantrill	Norwich	14.2	
Holly Lawman	Hunts AC	14.8		Amelia Cantwell	Hunts AC	18.0	

U15 Girl's 4x100m							
Norwich	Norwich	53.8		Ipswich	Ipswich	56.0	
Southend	Southend	54.1		Gt Yarmouth	Gt Yarmouth	56.2	
Chelmsford	Chelmsford	55.3		Camb & Col	Camb & Col	56.9	
Peterborough	Peterborough	55.4		Hunts AC	Hunts AC	58.4	

**U15 Girl's A High Jump**

Natoya Rimmer	Gt Yarmouth	1.50
Lauren Grubb	Ipswich	1.45
Charlotte Boyle	Chelmsford	1.40
Sienna Sexton	Norwich	1.40
Megan Porter	Peterborough	1.40
Holly Lawman	Hunts AC	1.35
Louise Rayment	Southend	1.35
Karolina Rehakova	Camb & Col	1.25

**U15 Girl's A Long Jump**

Tallulah Bell	Norwich	4.91
Miri Budd	Ipswich	4.57
Alex Pullan	Peterborough	4.46
Robyn Stafford	Chelmsford	4.45
Shereen Raouf	Southend	4.39
Adelaide Omitowaju	Camb & Col	4.26
Holly Baker	Gt Yarmouth	4.10
Molly Gregorius	Hunts AC	3.86

**U15 Girl's A Shot Putt**

Jasmin Kemp	Gt Yarmouth	10.07
Lana Fulcher	Ipswich	8.94
Jessica Down	Chelmsford	8.84
Valentina Coppolaro	Camb & Col	8.52
Madison Stubbs	Norwich	7.53
Charlie Batterbee	Hunts AC	7.45
Tasmin Erysthee	Southend	6.49
Alex Pullan	Peterborough	6.41

**U15 Girl's A Discus**

Ella Wakeley	Gt Yarmouth	21.47
Valentina Coppolaro	Camb & Col	21.16
Holly Brown	Peterborough	20.24
Emma Nichols	Ipswich	18.55
Bethany Harrington	Chelmsford	16.80
Georgia Johnston	Southend	14.18
Madison Stubbs	Norwich	14.13
Charlie Batterbee	Hunts AC	13.65

**U15 Girl's A Javelin**

Neve Palmer	Camb & Col	25.75
Jasmin Kemp	Gt Yarmouth	24.62
Natasha May	Southend	23.23
Isabella Blowers	Ipswich	20.73
Jessica Down	Chelmsford	19.60
Amy Gore	Peterborough	18.83
Lauren Stansbury	Norwich	12.10
Amelia Cantwell	Hunts AC	9.26

**U15 Girl's A Hammer**

Lana Fulcher	Ipswich	40.76
Amy Dowsett	Gt Yarmouth	26.54
Charlie Batterbee	Hunts AC	25.03
Valentina Coppolaro	Camb & Col	20.55

**U15 Girl's B High Jump**

Amy Gore	Peterborough	1.35
Phoebe Jeffery	Chelmsford	1.35
Freya Emerick	Ipswich	1.30
Lauren Bradfield	Norwich	1.30
Holly Baker	Gt Yarmouth	1.20
Alisha Morgan	Hunts AC	1.20
Amy Chalmers	Camb & Col	1.10
Eleanor Pepper	Southend	1.10

**U15 Girl's B Long Jump**

Sophie Bishop	Norwich	4.50
Janea Duporte-Clarke	Ipswich	4.29
Gabriella Pearson	Southend	4.26
Chiamaka Okafor	Chelmsford	4.25
Holly Brown	Peterborough	4.18
Neve Rutter	Camb & Col	3.83
Chloe Long	Gt Yarmouth	3.82
Elena Ensor	Hunts AC	2.98

**U15 Girl's B Shot Putt**

Chiamaka Okafor	Chelmsford	8.37
Karolina Rehakova	Camb & Col	7.87
Sienna Sexton	Norwich	6.73
Ella Hughes	Ipswich	6.15
Georgia Johnston	Southend	5.74
Bethan Gilligan	Peterborough	5.25
Megan Wilson	Hunts AC	4.96

**U15 Girl's B Discus**

Karolina Rehakova	Camb & Col	18.45
Jasmin Kemp	Gt Yarmouth	18.40
Chloe Wilson	Hunts AC	13.51
Sienna Sexton	Norwich	13.51
Jamelia Smith	Peterborough	12.15
Imogen Bennett	Chelmsford	12.13
Lana Fulcher	Ipswich	NT
Iona Doyle	Southend	NT

**U15 Girl's B Javelin**

Amy Dowsett	Gt Yarmouth	20.98
Robyn Stafford	Chelmsford	17.90
Georgia Johnston	Southend	15.55
Emma Nichols	Ipswich	13.52
Izzy Chrisafi	Norwich	8.37
Amelia Darnell	Hunts AC	7.19
Casey Hilliam	Peterborough	NT

Natasha May	Southend	14.92
Georgia Ray	Chelmsford	14.60
Reannah Mcnee	Peterborough	7.53
Amy Quantrill	Norwich	6.23

## Women

<b>Women's A 100m</b>				W/S=	.	<b>Women's B 100m</b>				W/S=	.
Georgina Malster		0 Ipswich	12.8			Lucy Gillies	U20W	Camb & Col	12.8		
Jade Packer	U17W	Southend	12.8			Enya Moore		0 Ipswich	12.9		
Jessica Fox	U20W	Camb & Col	12.8			Victoria Staines	U17W	Southend	13.7		
Tamyka Spence	U17W	Luton	13.2			Megan Goddard	U17W	Braintree	13.7		
Kirsty Ronald	U17W	Braintree	13.3			Tanya Daniels		0 Norwich	15.6		
Katie Clark		0 Norwich	13.4						.		
April Castle		0 Chelmsford	13.6						.		
Devon Spencer		0 Nene Valley	13.8						.		
<b>Women's A 200m</b>				W/S=	.	<b>Women's B 200m</b>				W/S=	.
Georgina Malster		0 Ipswich	26.4			Sophie Rickner	U17W	Southend	26.7		
Jade Packer	U17W	Southend	26.8			Enya Moore		0 Ipswich	26.9		
Joanne Peak	U20W	Camb & Col	27.0			Lucy Gillies	U20W	Camb & Col	26.9		
Kirsty Ronald	U20W	Braintree	28.0			Miriam Arbach		0 Norwich	27.9		
Tamyka Spence	U17W	Luton	28.4			Fiona Kerr	U17W	Braintree	28.4		
Harriet Searjeant		0 Norwich	28.6						.		
Kate Robinson		0 Nene Valley	30.1						.		
Hayley Mclean		0 Chelmsford	31.1						.		
<b>U17 Women's A 300m</b>						<b>U17 Women's B 300m</b>					
Tilly Thomas		0 Ipswich	42.6			Chloe Stopher		0 Ipswich	45.8		
Sophie Rickner	U17W	Southend	43.8			Diana Chalmers	U17W	Camb & Col	46.1		
Erin Minton-Branfoot	U17W	Chelmsford	44.3			Lucy Kidwell	U17W	Southend	47.6		
Catriona Marriott	U17W	Camb & Col	44.9			Amy Gibbons		0 Nene Valley	50.3		
Harriet Searjeant		0 Norwich	46.8			Megan Wilson		0 Norwich	51.9		
Jennifer baldock	U17W	Braintree	50.8			Sarah Austin	U17W	Braintree	55.5		
Alison Church		0 Nene Valley	51.0						.		
<b>Women's A 400m</b>						<b>Women's B 400m</b>					
Hayley Mclean		0 Chelmsford	58.4			Rebecca Wade		0 Chelmsford	62.5		
Sophie Billington	U20W	Luton	59.3			Joanne Peak	U20W	Camb & Col	63.4		
Hollie Parker	U17W	Camb & Col	59.5			Kirsty Thorndike		0 Ipswich	67.6		
Keeley Whitlock		0 Ipswich	64.2			Kayleigh Beedon	SW	Braintree	81.4		
Hayley Lamkin	U20W	Southend	68.7			Tanya Daniels		0 Norwich	83.4		
Katie Vickery		0 Norwich	69.1						.		
Chloe Pavey		0 Nene Valley	69.7						.		
Claire Gordon	SW	Braintree	88.0						.		
<b>Women's A 800m</b>						<b>Women's B 800m</b>					
Hollie Parker	U17W	Camb & Col	2:19.1			Diana Chalmers	U17W	Camb & Col	2:30.2		
Rebecca Wade		0 Chelmsford	2:28.0			Hayley Lamkin	U20W	Southend	2:33.0		
Lucy Kidwell	U17W	Southend	2:31.9			Alice Goodwin		0 Ipswich	2:54.3		
Hannah Farmer	U20W	Luton	2:36.7			Amy Gibbons		0 Nene Valley	2:57.8		
Chloe Pavey		0 Nene Valley	2:38.6			Kayleigh Beedon	SW	Braintree	2:59.9		
Kirsty Thorndike		0 Ipswich	2:42.5			Tanya Daniels		0 Norwich	3:34.7		
Claire Gordon	SW	Braintree	2:53.6						.		
Grace Ashworth		0 Norwich	3:01.6						.		
<b>Women's A 1500m</b>						<b>Women's B 1500m</b>					
Sophie Billington	U20W	Luton	4:53.5			Natalie Griffiths	SW	Camb & Col	5:01.9		
Claire Wilson	U17W	Camb & Col	4:54.9			Hannah Farmer	U20W	Luton	5:20.8		
Jordan Lacey	U20W	Southend	5:15.6			Sarah Imbush	U20W	Southend	5:23.0		
Laura Thomas		0 Ipswich	5:17.7			Greta Supinate		0 Ipswich	5:49.0		
Georgia Gibbs		0 Nene Valley	5:34.0			Emily Brands		0 Nene Valley	5:51.9		
Claire Gordon	SW	Braintree	5:58.2			Kayleigh Beedon	SW	Braintree	6:16.9		
<b>U17 Women's A 80mH</b>				W/S=	.	<b>U17 Women's B 80mH</b>				W/S=	.
April Castle	U17W	Chelmsford	12.8			Grace Ashworth		0 Norwich	13.4		
Katie Clark		0 Norwich	12.9			Paige Hutchings	U17W	Southend	14.2		
Sarah Weaver	U17W	Southend	13.1			Charlotte Trevillion	U17W	Braintree	15.8		
Katie Reynolds	U17W	Camb & Col	14.3						.		
Jazmine Barnett	U17W	Luton	16.1						.		
Caitlin Edwards	U17W	Braintree	17.1						.		

<b>Women's A 100mH</b>				W/S=	<b>Women's B 100mH</b>				W/S=
Hayley Mclean		0 Chelmsford	15.2		Evie Castle	0 Chelmsford	17.1		
Miriam Arbach		0 Norwich	17.0		Jessica Fox	U20W Camb & Col	17.1		
Alice Galloway	U20W	Camb & Col	17.2		Tanya Daniels	0 Norwich	22.2		
Kerry Fuller		0 Ipswich	20.1						
<b>Women's 4x100m</b>									
Camb & Col		0 Camb & Col	50.9		Chelmsford	0 Chelmsford	56.9		
Ipswich		0 Ipswich	51.5						
Southend		0 Southend	51.9						
Norwich		0 Norwich	53.5		Braintree	0 Braintree	DQ		
<b>Women's A High Jump</b>					<b>Women's B High Jump</b>				
Sarah Prescott-Smith		0 Chelmsford	1.55		Paige Hutchings	U17W Southend	1.45		
Kate Robinson		0 Nene Valley	1.50		Emma Hornsby	0 Nene Valley	1.45		
Sarah Weaver	U17W	Southend	1.50		Sophie Godbold	0 Ipswich	1.20		
Katie Reynolds	U17W	Camb & Col	1.45		Charlotte trevillion	U17W Braintree	1.20		
Keeley Whitlock		0 Ipswich	1.40		Diana Chalmers	U17W Camb & Col	1.20		
Jennifer Baldock	U17W	Braintree	1.35						
Miriam Arbach		0 Norwich	1.35						
Niamh O'Connor	U17W	Luton	1.10						
<b>Women's A Long Jump</b>					<b>Women's B Long Jump</b>				
Hayley Mclean		0 Chelmsford	5.35		Chantelle Kilpatrick	0 Ipswich	4.90		
Georgina Malster		0 Ipswich	5.23		Megan Goddard	U17W Braintree	4.49		
Emma Hornsby		0 Nene Valley	5.15		Jasmine Ruscoe	U17W Southend	4.41		
Jessica Fox	U20W	Camb & Col	5.11		Devon Spencer	0 Nene Valley	4.36		
Kirsty Ronald	U20W	Braintree	5.11		Magan Wilson	0 Norwich	4.17		
Sophie Rickner	U17W	Southend	4.72		Lucy Gillies	U20W Camb & Col	4.14		
Katie Vickery		0 Norwich	4.69		Niamh O'Connor	U17W Luton	3.77		
Jazmine Barnett	U17W	Luton	4.30						
<b>Women's A Triple Jump</b>					<b>Women's B Triple Jump</b>				
Kirsty Ronald	U20W	Braintree	10.87		Elle-Mae Stokes	0 Nene Valley	10.10		
Devon Spencer		0 Nene Valley	10.59		Niamh O'Connor	U17W Luton	9.48		
April Castle		0 Chelmsford	10.52		Evie Castle	0 Chelmsford	9.40		
Jazmine Barnett	U17W	Luton	10.10		Katie Vickery	0 Norwich	9.35		
Jasmine Ruscoe	U17W	Southend	9.69		Paige Hutchings	U17W Southend	8.64		
Katie Reynolds	U17W	Camb & Col	9.68		Sophie Godbold	0 Ipswich	8.10		
Rachel Ryan		0 Ipswich	9.57						
Megan Wilson		0 Norwich	9.55						
<b>Women's A Shot Putt</b>					<b>Women's B Shot Putt</b>				
Evie Castle		0 Chelmsford	10.92		Elsbeth Jamieson	0 Norwich	8.91		
Alice Galloway	U20W	Camb & Col	10.15		Victoria Hill	U17W Luton	8.40		
Jo Blair	SW	Luton	9.43		Georgina Howe	0 Ipswich	8.26		
Gemma Thrower		0 Norwich	9.04		Hayley Sayer	SW Camb & Col	7.76		
Kerry Fuller		0 Ipswich	8.64		Debbie Castle	0 Chelmsford	7.75		
Stacey Lebond	SW	Braintree	7.85		Vicky Brockbank	SW Braintree	7.27		
Jade Packer	U17W	Southend	7.77		Alison Church	0 Nene Valley	5.80		
Emma Hornsby		0 Nene Valley	6.93		Stephanie Stamp	W60 Southend	5.69		
<b>Women's A Discus</b>					<b>Women's B Discus</b>				
Debbie Castle		0 Chelmsford	28.82		Victoria Hill	U17W Luton	23.94		
Jo Blair	SW	Luton	25.45		Hannah Castle	0 Chelmsford	21.89		
Gemma Thrower		0 Norwich	24.32		Gemma Vickery	0 Norwich	21.78		
Anne Moindrot	SW	Camb & Col	24.23		Rebecca Clarke	SW Camb & Col	16.67		
Stacey Lebond	SW	Braintree	23.29		Vicky Brockbank	SW Braintree	12.50		
Kerry Fuller		0 Ipswich	19.09						
June Cork	W60	Southend	10.11		Georgina Howe	0 Ipswich	NT		
					Sarah Weaver	U17W Southend	NT		
<b>Women's A Javelin</b>					<b>Women's B Javelin</b>				
Jo Blair	SW	Luton	39.47		Elsbeth Jamieson	0 Norwich	32.33		
Gemma Thrower		0 Norwich	35.19		Debbie Castle	0 Chelmsford	30.49		
Evie Castle		0 Chelmsford	33.29		Chloe Cockell	U20W Braintree	20.58		
Brittany Esterhuizen	U17W	Braintree	27.15		Joanne Peak	U20W Camb & Col	19.68		
Elle-Mae Stokes		0 Nene Valley	24.41		Georgina Howe	0 Ipswich	19.00		
Greta Supinaite		0 Ipswich	23.67		Victoria Staines	U17W Southend	12.87		
Alice Galloway	U17W	Camb & Col	19.69		Keely Grinstead	W45 Luton	11.58		
Jasmine Ruscoe	U17W	Southend	18.25						
<b>Women's A Hammer</b>									
Kerry Fuller		0 Ipswich	45.24		Chloe Cockell	U20W Braintree	34.85		
Gemma Vickery		0 Norwich	40.17		Keely Grinstead	W45 Luton	27.32		
Hayley Sayer	SW	Camb & Col	38.06		Susan Brown	W45 Southend	17.32		
Evie Castle		0 Chelmsford	37.25						

**EAST ANGLIAN T&F LEAGUE**at **Bury St Edmunds****15/9/13****Under 13 Boys**

<b>U13 Boy's A 100m</b>			W/S=	<b>U13 Boy's B 100m</b>			W/S=
Harry England	Hunts AC	13.3	.	Matthew Snowdon	Ipswich	14.3	.
Charles Hughes	Nene Valley	13.6		Jasper Wiblin	Southend	14.3	
Leon Maycock	Ipswich	14.0		Adam Cross	Camb & Col	14.4	
Alex Marsh	Camb & Col	14.1		Reece Drew	Nene Valley	14.8	
James McKillop	Norwich	14.3		Tyler Blunden	Norwich	15.1	
Brayden Flannery	Southend	14.5		James Roberts	Hunts AC	15.6	
Ola Karim	Peterborough	15.1		Kobi Essiltre	Peterborough	15.7	
Oliver Wiseman	Chelmsford	15.7		Keiran Bennett	Chelmsford	15.9	

<b>U13 Boy's A 200m</b>			W/S=	<b>U13 Boy's B 200m</b>			W/S=
Harry England	Hunts AC	27.6	.	Riccardo Nori	Camb & Col	29.5	.
Will Gore	Peterborough	29.0		Joseph Hudson	Southend	30.9	
Matthew Snowdon	Ipswich	30.0		Ryan Olbromski	Peterborough	31.2	
Adam Cross	Camb & Col	30.0		Oli Pocklington	Hunts AC	31.8	
James McKillop	Norwich	30.0		Charlie Aldis	Ipswich	31.8	
Elliot Cordery	Chelmsford	31.3		Oliver Wiseman	Chelmsford	32.2	
Brayden Flannery	Southend	32.8		Tyler Blunden	Norwich	32.4	
Jonathan Friend	Nene Valley	33.5		Kia Harrison	Nene Valley	33.5	

<b>U13 Boy's A 800m</b>				<b>U13 Boy's B 800m</b>			
Matthew Snowdon	Ipswich	2:27.9		Ben Kerwin	Chelmsford	2:36.3	
Will Gore	Peterborough	2:34.4		Joseph Hudson	Southend	2:39.8	
Jamie Sales	Camb & Col	2:36.8		Alexander Hartfield	Ipswich	2:40.5	
Craig Wheeler	Southend	2:37.7		Ben McCann	Peterborough	2:45.0	
Oli Pocklington	Hunts AC	2:39.3		Harvey Bullin	Hunts AC	2:47.3	
George Hay	Chelmsford	2:39.3		Ben Rutherford	Camb & Col	2:48.3	
Ben Horton	Norwich	2:41.4		Lewis Thurston	Norwich	2:52.7	
Jonathan Friend	Nene Valley	2:42.9					

<b>U13 Boy's A 1500m</b>				<b>U13 Boy's B 1500m</b>			
Elliot Cordery	Chelmsford	4:53.6		Dominic Clatworthy	Camb & Col	5:12.5	
Thomas Keen	Camb & Col	4:54.4		Oliver Oakley	Nene Valley	5:22.0	
Keilin Spurden	Nene Valley	5:03.4		Sam Rawlinson	Chelmsford	5:31.4	
Ben Roberts	Peterborough	5:04.4		Sam Wheatley	Southend	5:51.0	
Mitchell Lawrence	Southend	5:15.6		Seb Darnell	Hunts AC	5:53.2	
Andrew Worrall	Hunts AC	5:17.9		Adam Wood	Ipswich	6:12.5	
Matthew Horton	Norwich	5:36.7					
Ewan Baxter	Ipswich	5:44.1					

<b>U13 Boy's A 75mH</b>			W/S=	<b>U13 Boy's B 75mH</b>			W/S=
Matthew Barnes	Chelmsford	13.0	.	Keiran Bennett	Chelmsford	15.4	.
Ola Karim	Peterborough	13.6		Kobi Essiltre	Peterborough	15.9	
Lewis Thurston	Norwich	15.0		Toby Jordan	Southend	16.5	
Keilin Spurden	Nene Valley	15.5		Jaaziel Kajoba	Ipswich	16.6	
Charlie Aldis	Ipswich	15.7		Reece Drew	Nene Valley	17.3	
Mitchell Lawrence	Southend	15.7					
Nehemiah Goodridge	Hunts AC	17.0					

<b>U13 Boy's 4x100m</b>			
Camb & Col	Camb & Col	57.5	
Hunts AC	Hunts AC	58.0	
Southend	Southend	58.9	
Nene Valley	Nene Valley	59.0	
Peterborough	Peterborough	60.0	
Norwich	Norwich	60.4	
Chelmsford	Chelmsford	60.7	



**U13 Boy's A High Jump**

William Hughes	Nene Valley	1.45
Charlie Aldis	Ipswich	1.35
Rhyse Pritchard Jones	Camb & Col	1.35
John Boyle	Chelmsford	1.30
Will Gore	Peterborough	1.25
Tom Lynn	Hunts AC	1.20
Toby Jordan	Southend	1.10
Ben Horton	Norwich	1.10

**U13 Boy's B High Jump**

Henry Wood	Chelmsford	1.25
Nehemiah Goodridge	Hunts AC	1.25
Alexander Hartfield	Ipswich	1.10
Jonathan Friend	Nene Valley	1.10
Thomas Lillicrap	Camb & Col	1.00
Matthew Horton	Norwich	1.00
Kobi Essiltre	Peterborough	1.00

**U13 Boy's A Long Jump**

Harry England	Hunts AC	4.65
Ricardo Nori	Camb & Col	4.28
James McKillop	Norwich	4.21
Mitchell Lawrence	Southend	4.14
Oliver Wiseman	Chelmsford	3.90
Jaaziel Kajoba	Ipswich	3.84
Ola Karim	Peterborough	3.78
Keilin Spurden	Nene Valley	3.27

**U13 Boy's B Long Jump**

Jake Balaam	Hunts AC	4.30
Tyler Blunden	Norwich	3.95
Ben Kerwin	Chelmsford	3.78
Leon Maycock	Ipswich	3.77
Reece Drew	Nene Valley	3.19
Ben McCann	Peterborough	3.17
Jasper Wiblin	Southend	3.15
Jack Purdie	Camb & Col	2.93

**U13 Boy's A Shot Putt**

Charles Hughes	Nene Valley	8.90
Kieron Sadler	Ipswich	7.87
John Boyle	Chelmsford	7.69
Lockie Smith	Camb & Col	7.35
Jake Balaam	Hunts AC	7.07
Craig Wheeler	Southend	6.44
Ryan Olbromski	Peterborough	5.96
Mattie Sexton	Norwich	5.62

**U13 Boy's B Shot Putt**

Kia Harrison	Nene Valley	8.71
Harvey Bullin	Hunts AC	6.75
Ben Kerwin	Chelmsford	6.69
Edward Bellet Travers	Camb & Col	6.60
Joseph Hudson	Southend	5.65
Jaaziel Kajoba	Ipswich	5.55
Ben Roberts	Peterborough	3.87
Ben Horton	Norwich	3.76

**U13 Boy's A Discus**

Kia Harrison	Nene Valley	22.55
George Hay	Chelmsford	21.97
Craig Wheeler	Southend	19.59
Kieron Sadler	Ipswich	17.22
Edward Bellet Travers	Camb & Col	15.38
Harry Ketteringham	Norwich	14.56
Nehemiah Goodridge	Hunts AC	13.79
Ryan Olbromski	Peterborough	10.71

**U13 Boy's A Javelin**

Charles Hughes	Nene Valley	34.53
Kieron Sadler	Ipswich	29.24
George Hay	Chelmsford	26.67
Toby Jordan	Southend	22.10
Mattie Sexton	Norwich	20.02
Harvey Bullin	Hunts AC	19.86
Ben McCann	Peterborough	14.89
Jack Purdie	Camb & Col	13.54

**EAST ANGLIAN T&F LEAGUE****at Bury St Edmunds****15/9/13****Under 15 Boys****U15 Boy's A 100m**

		W/S= .	
Benson Craven	Ipswich		11.7
Nathaniel Sherger	Chelmsford		11.7
Emmanuel Ogunleye	Colch & tend		11.9
Sam Durnan	Hunts AC		12.3
Hayden Page	Gt Yarmouth		12.8
Cameron Lindsay	Norwich		13.1
Aidan Manning - Williams	Camb & Col		13.2

**U15 Boy's B 100m**

		W/S= .	
Llewelyn Thomas	Hunts AC		12.4
Joseph Ford	Ipswich		12.5
Jacob Parker	Chelmsford		12.8
Wesley Matsuka-Williams	Norwich		13.3
Kenny Jenkins	Camb & Col		13.5
Dyson Lagellier	Colch & tend		13.5
Billy Randell	Gt Yarmouth		14.2

**U15 Boy's A 200m**

		W/S= .	
Emmanuel Ogunleye	Colch & tend		23.9
Ashley Cooper	Norwich		24.0
Benson Craven	Ipswich		24.0
Nathaniel Sherger	Chelmsford		24.2
Lewelyn Thomas	Hunts AC		26.0
Hayden Page	Gt Yarmouth		26.0
Joseph Hubbock	Luton		26.9
Samuel Clarke	Camb & Col		29.5

**U15 Boy's B 200m**

		W/S= .	
Conor Jeffreys	Ipswich		25.5
Robert Runciman	Chelmsford		25.8
Cameron Lindsay	Norwich		25.9
Che Stephen	Luton		27.0
James Gowland	Hunts AC		28.1
Kenny Jenkins	Camb & Col		28.2
Connor Dobson	Gt Yarmouth		30.2
Harrison Beardsell	Colch & tend		30.6

**U15 Boy's A 300m**

Marley Wright	Gt Yarmouth		40.7
Lewelyn Thomas	Hunts AC		41.8
Che Stephen	Luton		41.9
Jacob Parker	Chelmsford		42.1
Jake Greenleaf	Ipswich		44.9
Dominic Doherty	Colch & tend		45.0
Lewis Chalcraft	Norwich		46.4

**U15 Boy's B 300m**

Sam Durnan	Hunts AC		42.7
Joseph Hubbock	Luton		43.7
Andrew Hill	Chelmsford		46.0
Max Williams	Colch & tend		47.6
Will Blackburn	Ipswich		47.8
Falco Rosenburg	Norwich		49.3
Harry Fransham	Gt Yarmouth		52.3

**U15 Boy's A 800m**

Andrew Hill	Chelmsford		2:21.1
Max Williams	Colch & tend		2:22.3
Luke King	Luton		2:23.6
Connor Wright	Gt Yarmouth		2:26.9
Falco Rosenburg	Norwich		2:28.8
Christopher Jones	Ipswich		2:31.2
Matthew Houghton	Camb & Col		2:31.4
Joey Croft	Hunts AC		2:35.1

**U15 Boy's B 800m**

William Page	Colch & tend		2:22.4
Will Blackburn	Ipswich		2:22.7
Ben Abubacker	Luton		2:31.5
Oliver New	Camb & Col		2:36.4
Ryan Boden	Hunts AC		2:40.3
Harry Fransham	Gt Yarmouth		2:48.2
Joshua Sage	Chelmsford		2:55.9

**U15 Boy's A 1500m**

Rob Huckle	Camb & Col		4:23.4
Luke Spear	Norwich		4:27.2
Henry Milldown	Ipswich		4:39.3
Joe Patterson	Colch & tend		4:41.9
Nathan Brearley	Chelmsford		4:51.0
Chris Duma	Hunts AC		5:32.7
Jack Collins	Gt Yarmouth		5:34.3

**U15 Boy's B 1500m**

Jordan Wood	Camb & Col		4:43.4
Alex Baxter	Ipswich		4:54.8
Euan Chess	Colch & tend		4:55.6
Lewis Stantiall	Chelmsford		4:57.2
Sam Edgely	Hunts AC		6:04.8

**U15 Boy's A 80mH**

		W/S= .	
Robert Runciman	Chelmsford		12.5
Lewis Chalcraft	Norwich		13.8
Samuel Clarke	Camb & Col		14.7
Sam Lawrence	Hunts AC		14.9
Harrison Beardsell	Colch & tend		17.9

**U15 Boy's B 80mH**

		W/S= .	
Joshua Sage	Chelmsford		13.5
Kenny Jenkins	Camb & Col		13.6
Mathew Hick	Hunts AC		14.0
Miles Doncaster	Norwich		14.7
Euan Chess	Colch & tend		18.5

**U15 Boy's 4x100m**

Chelmsford	Chelmsford		49.3
Hunts AC	Hunts AC		49.6
Norwich	Norwich		52.1
Ipswich	Ipswich		54.0

Gt Yarmouth	Gt Yarmouth		54.3
Colch & tend	Colch & tend		55.0
Camb & Col	Camb & Col		55.9
Luton	Luton		56.9

**U15 Boy's A High Jump**

Christopher Jones	Ipswich	1.65
Robert Runciman	Chelmsford	1.65
Thomas Hewes	Colch & tend	1.65
Marley Wright	Gt Yarmouth	1.40
Sam Lawrence	Hunts AC	1.40
Lewis Chalcraft	Norwich	1.30
Ben Abubacker	Luton	1.10

**U15 Boy's B High Jump**

Jacob Parker	Chelmsford	1.50
Daniel Cole	Colch & tend	1.40
Conor Jeffreys	Ipswich	1.40
Jack Collins	Gt Yarmouth	1.10
		.
		.
Edward Hick	Hunts AC	NH

**U15 Boy's A Long Jump**

Ashley Cooper	Norwich	5.40
Hayden Page	Gt Yarmouth	5.00
Benson Craven	Ipswich	4.61
Joey Croft	Hunts AC	4.37
Liam Wright	Chelmsford	4.30
Dominic Doherty	Colch & tend	4.14
Aidan Manning - Williams	Camb & Col	3.72
Ben Abubacker	Luton	3.55

**U15 Boy's B Long Jump**

Wesley Matsuka-Williams	Norwich	4.84
Jonathan Eley	Ipswich	4.53
Connor Dobson	Gt Yarmouth	4.26
Nathan Brearley	Chelmsford	4.17
William Page	Colch & tend	4.08
		.

**U15 Boy's A Triple Jump**

Ashley Cooper	Norwich	11.45
Mathew Hick	Hunts AC	10.32
Samuel Clarke	Camb & Col	10.12
Billy Randell	Gt Yarmouth	9.83
Joshua Sage	Chelmsford	9.43
Joseph Hubbock	Luton	9.42
Joseph Ford	Ipswich	8.93
William Page	Colch & tend	8.92

**U15 Boy's B Triple Jump**

Wesley Matsuka-Williams	Norwich	11.42
Aidan Manning - Williams	Camb & Col	9.57
James Gowland	Hunts AC	9.30
Connor Dobson	Gt Yarmouth	9.30
Liam Wright	Chelmsford	9.18
Jonathan Eley	Ipswich	8.55
Luke King	Luton	7.79
		.

**U15 Boy's A Shot Putt**

Sam Durnan	Hunts AC	11.53
Olly Massingham	Norwich	11.39
James Regan	Chelmsford	10.74
Joshua Richards	Ipswich	8.91
Darcy Quinn-Sekyi	Camb & Col	8.89
Euan Chess	Colch & tend	7.73
Oliver O'Dell	Luton	7.56
Connor Wright	Gt Yarmouth	5.93

**U15 Boy's B Shot Putt**

Alex Reynolds	Chelmsford	10.27
Daniel Bainbridge	Norwich	9.34
James Giddings	Ipswich	8.61
Matthew Bridgeman	Camb & Col	7.92
Joe Patterson	Colch & tend	6.84
Marcus Smith	Gt Yarmouth	5.35
		.

**U15 Boy's A Discus**

Alex Reynolds	Chelmsford	33.70
Olly Massingham	Norwich	31.10
Oliver O'Dell	Luton	25.28
Joshua Richards	Ipswich	22.45
Robert Green	Colch & tend	22.37
Marley Wright	Gt Yarmouth	22.19
Matthew Bridgeman	Camb & Col	22.18
Edward Hick	Hunts AC	16.54

**U15 Boy's B Discus**

James Regan	Chelmsford	26.11
Marcus Gaiser- Porter	Camb & Col	20.31
Marcus Smith	Gt Yarmouth	15.43
Luke King	Luton	15.19
Chris Duma	Hunts AC	15.09
Max Williams	Colch & tend	13.54
		.
James Giddings	Ipswich	NT

**U15 Boy's A Javelin**

Danny Bainbridge	Norwich	49.69
Daniel Cole	Colch & tend	40.06
Oliver O'Dell	Luton	31.10
Henry Milldown	Ipswich	25.69
David Swannack	Camb & Col	24.82
Robert Avonthuur	Chelmsford	24.09
Joey Croft	Hunts AC	19.22
Harry Fransham	Gt Yarmouth	8.73

**U15 Boy's B Javelin**

Robert Green	Colch & tend	33.19
Conor Jeffreys	Ipswich	24.10
Liam Wright	Chelmsford	21.73
Olly Massingham	Norwich	21.28
Edward Hick	Hunts AC	13.90
Matthew Holdsworth	Camb & Col	12.64
		.
Marcus Smith	Gt Yarmouth	NT

**U15 Boy's A Hammer**

Alex Reynolds	Chelmsford	48.75
Marcus Gaiser -Porter	Camb & Col	25.48
Joshua Richards	Ipswich	23.96
Che Stephen	Luton	20.46

Robert Green	Colch & tend	15.73
Chris Duma	Hunts AC	13.60
		.

## Under 17 Men

<b>U17 Men's A 100m</b>			W/S= .	<b>U17 Men's B 100m</b>			W/S= .
Kyle Potter	West Suffolk	11.4		Gerald Matthew	Luton	11.4	
Calum Slater	Nene Valley	11.5		Jordan Ipede	Braintree	11.6	
Danny Wong	Norwich	11.7		Joseph Thompson	Ipswich	12.0	
Mark Ferniz	Ipswich	11.8		Ben Matsuka-Williams	Norwich	12.0	
Richard Shingleton	Braintree	11.8		Harry Unwin	West Suffolk	12.2	
Alex Holdsworth	Camb & Col	12.1		Chris Jagne	Nene Valley	12.3	
Emmanuel Owolabi	Luton	12.2					
Joseph Ray	Southend	14.5					
<b>U17 Men's A 200m</b>			W/S= .	<b>U17 Men's B 200m</b>			W/S= .
Kyle Potter	West Suffolk	23.7		Richard Shingleton	Braintree	23.8	
Jordan Ipede	Braintree	24.1		James Walden	Norwich	24.1	
Jay Gibson	Ipswich	24.2		Owen Giddings	Ipswich	24.1	
Danny Wong	Norwich	24.3		Chris Jagne	Nene Valley	25.0	
Calum Slater	Nene Valley	24.8		James Curran	West Suffolk	25.3	
Alex Holdsworth	Camb & Col	25.0		Adam Jordan	Southend	26.7	
Gerald Matthew	Luton	25.4					
Henry Snell	Southend	26.7					
<b>U17 Men's A 400m</b>				<b>U17 Men's B 400m</b>			
Nick Cooper	Braintree	51.5		Charlie Shingleton	Braintree	53.3	
Christian Frost	Ipswich	52.8		Callum Grant	West Suffolk	54.9	
Tom Lake	Norwich	53.2		Jordan Tye	Norwich	55.5	
Cameron McKie	West Suffolk	53.4		Curtis Wood	Camb & Col	55.9	
Sam Hazel	Luton	53.7		Luke Whitby	Luton	57.0	
Bradley Spurdens	Nene Valley	55.4		Andrew Davis	Ipswich	59.3	
Tim Cobden	Camb & Col	57.0					
Henry Snell	Southend	58.8					
<b>U17 Men's A 800m</b>				<b>U17 Men's B 800m</b>			
Tim Cobden	Camb & Col	2:02.8		Curtis Wood	Camb & Col	2:10.5	
Sebastian Anthony	West Suffolk	2:03.6		Ben Eames	West Suffolk	2:12.4	
Louis Hazel	Luton	2:05.5		Joshua Sugars	Ipswich	2:13.9	
Bradley Spurdens	Nene Valley	2:06.9		Matt Grapes	Norwich	2:21.5	
Ashley Waterson	Norwich	2:08.7		Andrew Berry	Southend	2:21.9	
Theo Passmore	Ipswich	2:14.7		Justin Hall	Braintree	2:23.7	
Henry Snell	Southend	2:18.2					
Jakob Beck	Braintree	2:34.6					
<b>U17 Men's A 1500m</b>				<b>U17 Men's B 1500m</b>			
Joe Nourse	Braintree	4:23.0		Adam Jordan	Southend	4:36.8	
Sebastian Anthony	West Suffolk	4:29.2		Matthew Le Poidevin	West Suffolk	4:37.6	
Thomas Blatch	Camb & Col	4:29.5		Harry Topham	Camb & Col	4:38.1	
Joseph Ray	Southend	4:32.7		Ben Holdgate	Braintree	4:59.4	
Damien Rutherford	Nene Valley	4:42.5		Joshua Thompson	Ipswich	5:11.6	
Richard Ling	Ipswich	5:01.6					
<b>U17 Men's A 100mH</b>			W/S= .	<b>U17 Men's B 100mH</b>			W/S= .
Liam Hunt	Camb & Col	14.5		Luke Whitby	Luton	17.3	
Tope Fisayo	Luton	15.0		Justin Hall	Braintree	19.2	
Mark Smith	West Suffolk	15.6		Thomas Fresen	Nene Valley	21.7	
James Murphy	Braintree	15.8					
Chris Jagne	Nene Valley	18.7					
<b>U17 Men's 4x100m</b>				<b>U17 Men's 4x100m</b>			
Braintree	Braintree	46.1		Luton	Luton	48.4	
West Suffolk	West Suffolk	46.3		Nene Valley	Nene Valley	49.5	
Ipswich	Ipswich	46.9		Southend	Southend	53.4	
Norwich	Norwich	47.3					

**U17 Men's A High Jump**

Sam Bird	Luton	1.80
Lawrence Taylor	West Suffolk	1.75
Curtis Wood	Camb & Col	1.70
Matt Grapes	Norwich	1.70
Ben slayman	Braintree	1.50
Matt Hudson	Nene Valley	1.50
Christian Frost	Ipswich	1.50

**U17 Men's B High Jump**

Kieran Strong	West Suffolk	1.70
Sam spicer	Braintree	1.40
Damien Rutherford	Nene Valley	1.40
Antonio Capasso	Ipswich	1.40

**U17 Men's A Long Jump**

Richard shingleton	Braintree	6.14
Scott Handley-Howard	West Suffolk	5.74
Matt Hudson	Nene Valley	5.65
Emmanuel Owolabi	Luton	5.33
Tom Lake	Norwich	5.20
Owen Giddings	Ipswich	5.18
Joseph Ray	Southend	2.85

**U17 Men's B Long Jump**

Lewis thorn	Braintree	5.46
Sam Bird	Luton	5.21
Thomas Fresen	Nene Valley	5.13
Ben Matsuka-Williams	Norwich	4.45
Richard Ling	Ipswich	4.36
Lawrence Taylor	West Suffolk	4.33

**U17 Men's A Triple Jump**

Scott Handley-Howard	West Suffolk	12.82
Charlie shingleton	Braintree	12.44
Tom Lake	Norwich	12.11
Tope Fisayo	Luton	11.85
Joshua Thompson	Ipswich	10.59
Thomas Fresen	Nene Valley	9.82

**U17 Men's B Triple Jump**

Lawrence Taylor	West Suffolk	11.89
Jordon lipede	Braintree	11.09
Jordan Tye	Norwich	9.84
Antonio Capasso	Ipswich	9.66
Sam Hazel	Luton	NJ

**U17 Men's A Shot Putt**

Callum Slater	Nene Valley	12.05
Aedan Slack	Camb & Col	10.25
Owen Giddings	Ipswich	9.99
Alex camp	Braintree	8.58
Mark Smith	West Suffolk	8.42
Sam Bird	Luton	8.06
Jordan Tye	Norwich	7.70
Adam Jordan	Southend	7.36

**U17 Men's B Shot Putt**

Isaac Huskisson	Nene Valley	10.35
Marshall Childs	Ipswich	9.71
Harry Unwin	West Suffolk	7.72
Justin Hall	Braintree	7.46
Andrew Berry	Southend	7.24

**U17 Men's A Discus**

Aedan Slack	Camb & Col	32.79
Isaac Huskisson	Nene Valley	28.98
Marshall Childs	Ipswich	25.21
Alex camp	Braintree	22.92
James Curran	West Suffolk	21.80
Danny Wong	Norwich	14.28

**U17 Men's B Discus**

Joseph Thompson	Ipswich	24.38
James Murphy	Braintree	21.04
Mark Smith	West Suffolk	20.68
Nathan Jasper	Nene Valley	16.51

**U17 Men's A Javelin**

Marshall Childs	Ipswich	57.50
Albert Pavelin	Camb & Col	54.63
Nathan Jasper	Nene Valley	43.99
James Murphy	Braintree	39.22
Cameron McKie	West Suffolk	35.07
Andrew Berry	Southend	27.94
Luke Whitby	Luton	27.55
Ben Matsuka-Williams	Norwich	14.00

**U17 Men's B Javelin**

Kyle Potter	West Suffolk	31.04
Alex Camp	Braintree	27.84
Mark Ferniz	Ipswich	26.22
Matt Hudson	Nene Valley	23.36
Louis Hazel	Luton	7.15

**U17 Men's A Hammer**

Isaac Huskisson	Nene Valley	52.90
Aedan Slack	Camb & Col	35.99
Stuart Pleasance	Braintree	26.66
Andrew Davis	Ipswich	15.77

## Men

## Men's A 100m

			W/S=	.
Joshua Bada	SM	Luton	11.4	
Errol Thompson	U20M	Ipswich	11.6	
Jon Baxter	SM	Camb & Col	11.7	
Daniel Yellop		0 Ryston	11.7	
Jack Strachan		0 Norwich	11.7	
Matthew Bailey	U20M	West Norf	11.8	
Shane Atherton	U20M	Gt Yarmouth	12.0	

## Men's B 100m

			W/S=	.
Aderian Bright	SM	Luton	11.8	
Mark Robinson	SM	Ipswich	12.0	
Richard Mohan	U20M	West Norf	12.0	
Chung Tu	SM	Camb & Col	12.2	
Aaron Raine		0 Ryston	12.3	
Mark Phillipson	U20M	Gt Yarmouth	12.3	
Adam Herring		0 Norwich	13.9	

## Men's A 200m

			W/S=	.
Jack Strachan		0 Norwich	23.9	
Daniel Green	SM	Ipswich	24.0	
Jake Mair	U20M	Camb & Col	24.1	
Joshua Bada	SM	Luton	24.4	
Shane Atherton	U20M	Gt Yarmouth	24.4	
Aaron Raine		0 Ryston	24.9	
Craig Brooks	U20M	West Norf	25.3	

## Men's B 200m

			W/S=	.
Errol Thompson	U20M	Ipswich	23.6	
Aderian Bright	SM	Luton	23.9	
Jon Baxter	SM	Camb & Col	24.2	
Gordon Slater		0 Norwich	24.6	
Ryan Gowler	U20M	West Norf	25.2	
Gareth Hunt		0 Ryston	25.5	
Mark Phillipson	U20M	Gt Yarmouth	26.1	

## Men's A 400m

Daniel Green	SM	Ipswich	51.6	
Rhys Lewis	U20M	Luton	53.3	
Adam Herring		0 Norwich	53.4	
Craig Brooks	U20M	West Norf	54.8	
Thomas Metcalf	U20M	Southend	55.1	
Gareth Hunt		0 Ryston	56.2	
Chung Tu	SM	Camb & Col	56.3	

## Men's B 400m

Mark Robinson	SM	Ipswich	53.0	
Jahmal Williams	U20M	Luton	56.5	
Matthew Bailey	SM	West Norf	61.5	
Tom Brennand	SM	Camb & Col	64.9	

## Men's A 800m

Rhys Lewis	U20M	Luton	2:06.8	
Richard Park	SM	Camb & Col	2:08.0	
Dominic Oliver		0 Norwich	2:08.8	
Michael Fuller	SM	Ipswich	2:12.4	
Steven Hancock	SM	Southend	2:13.0	
Gareth Hunt		0 Ryston	2:23.1	
Adrian Coote	SM	West Norf	2:24.1	
Mark Lawson	M45	Gt Yarmouth	2:49.4	

## Men's B 800m

Jack Strachan		0 Norwich	2:06.9	
Will Mycroft	SM	Camb & Col	2:07.2	
Oliver Minns	SM	Ipswich	2:34.0	
Danny Bottesch		0 Luton	2:39.5	
Jack Pishorn	SM	West Norf	2:51.4	
David Lane		0 Ryston	3:08.2	

## Men's A 3000m

Kieran Wood	U20M	Camb & Col	9:07.3	
Dominic Oliver		0 Norwich	9:31.8	
Ashley Capel	U20M	Southend	9:38.5	
Shane Jay	M35	Luton	9:52.2	
Rob Simmonds		0 Ryston	9:56.1	
Sean Jermy	SM	Gt Yarmouth	10:42.3	
Dalton Coe	U20M	Ipswich	10:48.9	
Jack Pishorn	SM	West Norf	12:55.9	

## Men's B 3000m

Will Mycroft	U20M	Camb & Col	9:21.7	
Oliver Minns	SM	Ipswich	11:47.7	
Paul Brooks		0 Luton	13:18.8	
David Lane		0 Ryston	14:18.5	

## Men's A 110mH

			W/S=	.
Nigel Hayman	M35	Ipswich	16.6	
Rob Simmonds		0 Ryston	19.5	
Thomas Metcalf	U20M	Southend	19.7	
Tom Brennand	SM	Camb & Col	21.1	

## Men's B 110mH

			W/S=	.
Gareth Hunt		0 Ryston	24.8	

## Men's 4x100m

Luton		0 Luton	46.7	
West Norf		0 West Norf	47.2	
Ipswich		0 Ipswich	47.3	
Norwich		0 Norwich	50.1	

Southend		0 Southend	57.8	
Camb & Col		0 Camb & Col	DNF	

**Men's A High Jump**

Errol Thompson	U20M	Ipswich	1.70
Jamie Baughan	SM	Luton	1.70
Gareth Hunt		0 Ryston	1.60
Callum Brown	U20M	Norwich	1.60
Kieran Lock	U20M	Camb & Col	1.50
Richard Mohan	U20M	West Norf	1.40
Mark Lawson	M45	Gt Yarmouth	1.10

**Men's B High Jump**

Michael Fuller	SM	Ipswich	1.60
Rob Simmonds		0 Ryston	1.60
Tom Brennand	SM	Camb & Col	1.50
Michael Painter	U20M	Norwich	1.40
Aderian Bright	SM	Luton	1.40
Craig Brooks	U20M	West Norf	1.40

**Men's A Long Jump**

Kieran Lock	U20M	Camb & Col	6.26
Ola Fisayo	U20M	Luton	5.88
Callum Brown	U20M	Norwich	5.77
Errol Thompson	U20M	Ipswich	5.74
Gareth Hunt		0 Ryston	5.62
Craig Brooks	U20M	West Norf	5.41
Thomas Metcalf	U20M	Southend	5.06
Mark Phillipson	U20M	Gt Yarmouth	4.61

**Men's B Long Jump**

Jamie Baughan	SM	Luton	5.50
Michael Fuller	SM	Ipswich	5.49
Ryan Gowler	U20M	West Norf	5.35
Michael Painter	U20M	Norwich	5.24
Paul Harrison		0 Ryston	4.67
Mark Lawson	M45	Gt Yarmouth	3.83
Tom Brennand	SM	Camb & Col	3.51

**Men's A Triple Jump**

Ola Fisayo	U20M	Luton	13.03
Chris Ennis	U20M	Camb & Col	12.25
Nigel Hayman	M35	Ipswich	11.76
Richard Mohan	U20M	West Norf	11.52
Gareth Hunt		0 Ryston	11.03
Michael Painter	U20M	Norwich	11.02

**Men's B Triple Jump**

Kieran Lock	U20M	Camb & Col	11.92
Dominic Oliver		0 Norwich	10.79
Paul Harrison		0 Ryston	10.52
Jamie Baughan		0 Luton	10.11
Matthew Bailey	U20M	West Norf	9.05
Daniel Green	SM	Ipswich	8.43

**Men's A Shot Putt**

Michael Painter	U20M	Norwich	12.63
Dave Burrell	M45	Luton	10.88
Gary Parsons	M40	Camb & Col	10.64
Daniel Yellop		0 Ryston	10.49
Ben Higgins	SM	Ipswich	9.90
Thomas Metcalf	U20M	Southend	9.40
Gareth Driscoll	SM	West Norf	7.45
Geoff Marshall	M55	Gt Yarmouth	6.23

**Men's B Shot Putt**

Callum Brown	U20M	Norwich	10.82
Jamie Potton-Burrell	U20M	Luton	10.30
Rob Simmonds		0 Ryston	9.88
Paul Dowding	SM	Ipswich	9.67
Brett Foster	SM	Southend	9.39
Ian Slack	M50	Camb & Col	7.54

**Men's A Discus**

Michael Painter	U20M	Norwich	36.23
Dave Burrell	M45	Luton	34.03
Gary Parsons	M40	Camb & Col	32.69
Rob Simmonds		0 Ryston	30.60
Brett Foster	SM	Southend	28.35
Gareth Driscoll	SM	West Norf	25.89
Ben Higgins	SM	Ipswich	23.93
Geoff Marshall	M55	Gt Yarmouth	16.40

**Men's B Discus**

Callum Brown	U20M	Norwich	32.06
Geoff Grinsted	M45	Luton	27.72
Stuart Howlett		0 Ryston	25.68
Ian Slack	M50	Camb & Col	22.72
Paul Dowding	SM	Ipswich	22.16
Adrian Coote	U20M	West Norf	20.55
Steven Hancock		0 Southend	15.28

**Men's A Javelin**

Paul Dowding	SM	Ipswich	53.05
Tim Newenham		0 Norwich	49.60
Rob Simmonds		0 Ryston	43.01
Will Blackwell	U20M	Camb & Col	42.32
Thomas Metcalf	U20M	Southend	38.45
Adrian Coote	SM	West Norf	36.39
Dave Burrell	M45	Luton	33.15
Mark Lawson	M45	Gt Yarmouth	16.50

**Men's B Javelin**

Harry Newenham		0 Norwich	45.76
Michael Fuller	SM	Ipswich	38.35
Stuart Howlett		0 Ryston	35.61
Gary Parsons	M40	Camb & Col	31.08
Jamie Potton-Burrell	U20M	Luton	28.01
Jack Pishorn	SM	West Norf	21.34
Brett Foster	SM	Southend	NT

**Men's A Hammer**

Callum Brown	U20M	Norwich	60.60
Jamie Potton-Burrell	U20M	Luton	45.36
Gary Parsons	M40	Camb & Col	36.61
Gareth Driscoll	SM	West Norf	33.73

Michael Davis	SM	Ipswich	30.60
Rob Simmonds		0 Ryston	29.70
Brett Foster	SM	Southend	29.56
Geoff Marshall	M50	Gt Yarmouth	19.73

