

Club	Chelmsford	Basilston	Braintree	Norwich	Colchester & T	Benfleet	Bedford	Wasted Points
Club Letters	F	L	A	G	O	E	B	
Scores - Boys Under 13	95	98	70	80	72	22	130	21
Scores - Boys Under 15	138	118	46	95	70	20	134	79
Scores - Men Under 17	124	119.5	87.5	117	51	13	92	152
Scores - Girls Under 13	103	91	109	97	39	11	89	49
Scores - Girls Under 15	138.5	103	50.5	113	44	34	119	98
Scores - Women Under 17	148	129	28	135	37	20	136	123
Officials points **	20	20	20	20	20	10	20	30
Total club points score	766.5	678.5	411	657	333	130	700	552
Match Positions	1	3	5	4	6	7	2	
Total points (4228)								4228

Scored by.....Robert Hewes..... Checked by.....Roy Meadowcroft.....

** add 5 points each for a Track Judge, a Timekeeper and 2 qualified field judges in yellow boxes above for each club (max 20pts per club)

RESULTS PROCEDURE (to avoid overloading Power of 10 with corrections)

Immediately after the match send the overall match score to Ray Gibbins – tel. 0208 373 1957, or e-mail raygibbins1@hotmail.co.uk and all visiting clubs

By Tuesday evening following the match, e-mail out the checked and complete “provisional” results spreadsheet, inc all non-scorers, to the visiting clubs for feedback (do not send it to Power of 10 at this stage).

Visiting clubs should feedback any errors/name changes to the host club, by Thursday evening.

On Friday morning, the host club should then e-mail the final corrected results Excel spreadsheet to Power of 10 (not a pdf), the league Sec, and all visiting clubs.

Also send a hard copy of the complete score sheet, inc. non-scorers, plus all team declarations to the Fixtures Secretary – Mr R Gibbins, 6 Hoecroft Court, Hoe Lane, Enfield, Middlesex, EN3 5SJ

Any changes not notified in time must be then be notified directly to Power of 10 by the club concerned, but only if they are of importance for statistical purposes.

Power of 10 can automatically up-load the data from this spreadsheet in Excel format including non-scorers and will pass results to Athletics weekly

Under no circumstances should Power of 10 be asked to up-load a complete revised spread-sheet when they have already uploaded the initial spread-sheet – their automated system cannot do that.

EASTERN YOUNG ATHLETES LEAGUE UNDER 13 GIRLS**Chelmsford****15th June 2014**

100m A string		W/S=	.	100m B string		W/S=	.
Leah Duncan	Braintree		13.1	Mya Anderson	Colchester & T		14.1
Daisy Green	Colchester & T		13.3	Hannah Smith	Braintree		14.2
Evie Howe	Basildon		13.4	Lottie Hinson	Basildon		14.3
Georgina Bramwell	Bedford		14.0	Jazmin Edwards	Norwich		14.5
Amber Whitehorne	Chelmsford		14.1	Izzy Beazley-Long	Chelmsford		14.8
Marnie Kelly	Norwich		14.3	Christiana Labor	Bedford		15.0
Jemma Clarke	Benfleet		16.4				

200m A string		W/S=	.	200m B string		W/S=	.
Leah Duncan	Braintree		27.9	Emma Ramsden	Basildon		29.6
Evie Howe	Basildon		28.6	Marnie Kelly	Norwich		30.0
Daisy Green	Colchester & T		28.7	Mya Anderson	Colchester & T		30.3
Chloe Quantrill	Norwich		28.8	Catherine Levick	Braintree		30.7
Emily Foster	Chelmsford		29.5	Amelia Day	Chelmsford		30.9
Dominika Domel	Bedford		29.8	Sophie McKnight	Bedford		31.1
Kate Montgomery	Benfleet		30.0				

800m A String				800m B String			
Kiera Hornsby	Braintree		noel	Emily Chittock	Braintree		2:45.2
Caitlin Fowler	Basildon		2:48.7	Eleanor White	Chelmsford		2:51.7
Laura Paxman	Chelmsford		2:51.6	Emily Kidd	Basildon		2:59.1
Serena Grace	Norwich		2:52.0	Ella Meehan	Bedford		3:02.2
Darcy Button	Bedford		2:55.0	Elise Cooper	Norwich		3:16.2
Jemma Clarke	Benfleet		2:59.8				

1500m A String				1500m B String			
Katie Goldsmith	Norwich		5:09.6	Femke Rosbergen	Norwich		5:26.7
Rose Abbott	Bedford		5:10.5	Hannah Smith	Chelmsford		5:33.9
Ndidikama Okoh	Chelmsford		5:18.7	Lucy-Mae Shepherd	Bedford		5:58.2
Sarah Blockley	Basildon		5:46.6	Sophie Wetheridge	Basildon		6:00.0
Hannah Humm	Braintree		5:51.8	Sky Fay	Braintree		6:17.7
Emma Gadsdon	Colchester & T		6:08.4	Jennifer Palmer	Colchester & T		6:44.2

70m Hurdles A String		W/S=	.	70m Hurdles B String		W/S=	.
Hannah Smith	Braintree		11.5	Chloe Jordan	Basildon		12.8
Chloe Quantrill	Norwich		12.0	Amelia Day	Chelmsford		13.0
Nancy Eagle	Chelmsford		13.0	Eleanor Brown	Norwich		13.8
Carly Thompson	Bedford		13.6	Sky Fay	Braintree		14.5
				Hannah Nottingham	Bedford		15.6

4 x 100 relay			
Braintree	Braintree		56.7
Chelmsford	Chelmsford		57.5
Norwich	Norwich		58.0
Bedford	Bedford		59.2
Basildon	Basildon		59.2

Highjump A String			Highjump B String		
Chloe Quantrill	Norwich	1.35	Ndidikama Okoh	Chelmsford	1.15
Christiana Labor	Bedford	1.30	Abby Flaxmer	Norwich	1.15
Emma Gadsdon	Colchester & T	1.25	Anna Wardell	Basildon	1.10
Nancy Eagle	Chelmsford	1.25	Emily Holloway	Braintree	1.00
Kate Montgomery	Benfleet	1.20			.
Kiera Hornsby	Braintree	1.15			.
Caitlin Fowler	Basildon	1.15			.
Longjump A String			Longjump B String		
Evie Howe	Basildon	4.26	Catherine Levick	Braintree	4.01
Eleanor Brown	Norwich	4.10	Serena Grace	Norwich	4.00
Daisy Green	Colchester & T	4.10	Amber Whitehorne	Chelmsford	3.78
Hannah Smith	Braintree	4.08	Hannah Nottingham	Bedford	3.31
Hannah Bardo	Chelmsford	3.94	Chloe Jordan	Basildon	3.25
Dominika Domel	Bedford	3.68	Elysia Kingdon-Jolly	Colchester & T	2.95
Kate Montgomery	Benfleet	3.50			.
Shot A String			Shot B String		
Nancy Eagle	Chelmsford	8.34	Cliona Blackwell	Bedford	6.25
Carly Thompson	Bedford	7.11	Rebecca Ashley	Basildon	5.91
Alicia Wisbey	Basildon	6.51	Lucy Day	Braintree	5.82
Emily Holloway	Braintree	5.90	Amber Whitehorne	Chelmsford	5.50
Jemma Clarke	Benfleet	4.32			.
Abby Flaxmer	Norwich	3.81			.
Discus A String			Discus B String		
Cliona Blackwell	Bedford	16.05	Lucy Day	Braintree	12.64
Liberty Griffin	Braintree	15.25	Hannah Smith	Chelmsford	12.24
Hannah Bardo	Chelmsford	15.03	Zoe Rixson	Basildon	11.57
Alicia Wisbey	Basildon	13.78	Darcy Button	Bedford	10.52
Marnie Kelly	Norwich	13.45	Femke Rosbergen	Norwich	9.21
		.			.
		.			.
Javelin A String			Javelin B String		
Cliona Blackwell	Bedford	19.90	Carly Thompson	Bedford	19.82
Eleanor Brown	Norwich	19.73	Izzy Beazley-Long	Chelmsford	12.01
Regan Boyle	Chelmsford	15.96	Jazmin Edwards	Norwich	8.08
Kiera Hornsby	Braintree	15.64	Daisy Mixture	Braintree	6.26
Emma Ramsden	Basildon	14.13			.
		.			.
		.			.

EASTERN YOUNG ATHLETES LEAGUE UNDER 15 GIRLS**Chelmsford****15th June 2014**

100m A string		W/S=		100m B string		W/S=	
Joy Ogunleye	Colchester & T		12.3	Katie Short	Basildon		13.1
Sophia Mullings	Basildon		12.6	Jonelle Nathan	Bedford		13.4
Connie Forman	Chelmsford		12.8	Madelaine Parle	Norwich		13.6
Yasmin Robinson	Benfleet		13.1	Ruby Hammond	Chelmsford		13.7
Saira Hussain	Braintree		13.2	Lauren Woodiwiss	Colchester & T		13.7
Madison Stubbs	Norwich		13.4	Izzy Stevens	Braintree		13.7
Jessica Crabb	Bedford		14.4				

200m A string		W/S=		200m B string		W/S=	
Joy Ogunleye	Colchester & T		25.4	Katie Short	Basildon		26.5
Emily Mace	Norwich		25.7	Madison Stubbs	Norwich		26.6
Sophia Mullings	Basildon		26.5	Ruby Hammond	Chelmsford		27.3
Connie Forman	Chelmsford		27.0	Jessica Crabb	Bedford		28.3
Yasmin Robinson	Benfleet		27.7	Lauren Woodiwiss	Colchester & T		28.3
Laurelle Bedeau-Rider	Bedford		28.2	Izzy Stevens	Braintree		28.6
Yasmin Cowley	Braintree		33.8				

300m A String				300m B String			
Zoe Stannard	Basildon		44.4	Emily Mace	Norwich		42.1
Phoebe Jeffery	Chelmsford		44.5	Sophie Davies	Basildon		46.6
Madelaine Parle	Norwich		46.0	Eleanor Bartram-Sheppard	Chelmsford		47.7
Lauren Woodiwiss	Colchester & T		46.2	Abbie Roberts	Bedford		48.1
Courtney Gordon	Braintree		46.3	Melissa Gurteen	Braintree		48.7
Lottie Robinson	Bedford		47.6				

800m A String				800m B String			
Jessica Whiley	Chelmsford		2:27.5	Ellie Lawton	Bedford		2:34.7
Sinead Stovell	Bedford		2:34.1	Phoebe Jeffery	Chelmsford		2:35.7
Megan Richardson	Basildon		2:37.4	Katie Daniels	Norwich		2:46.3
Emily Donoghue	Colchester & T		2:39.9	Darsey Blackman	Basildon		2:51.5
Lara Foster	Benfleet		2:42.8	Ellisa Baggott	Colchester & T		2:57.6
Sarah Costello	Norwich		2:50.1				

1500m A String				1500m B String			
Lauren Nichols	Bedford		4:55.5	Francesca Worrall	Bedford		5:04.5
Rachel Broome	Chelmsford		5:00.2	Kate Etheridge	Chelmsford		5:26.8
Ella Findlay	Basildon		5:40.4	Leah McGill	Basildon		6:03.8
Genevieve Pate	Benfleet		5:57.4	Chloe Nation	Benfleet		7:00.1
	Norwich		6:06.9				

75m Hurdles A String		W/S=		75m Hurdles B String		W/S=	
Vicky Sales	Bedford		12.1	Jonelle Nathan	Bedford		12.6
Lauren Bradfield	Norwich		12.9	Sarah Costello	Norwich		13.2
Jessica Whiley	Chelmsford		13.0	Hannah Williams	Chelmsford		15.8
Melissa Gurteen	Braintree		13.2				

4 x 100 relay			
Norwich	Norwich		53.6
Chelmsford	Chelmsford		53.9
Braintree	Braintree		54.6
Basildon	Basildon		54.9
Colchester & T	Colchester & T		55.1
Bedford	Bedford		55.3

Polevault A String

.

.

.

.

.

Highjump A String

Amy Matthews	Norwich	1.50
Hannah Baumert	Bedford	1.37
Georgia Ray	Chelmsford	1.37
Eniola Coker	Colchester & T	1.37
Sophie Conway	Braintree	1.35
Sinead Clark	Benfleet	1.30

.

Highjump B String

Alisha Hayes	Chelmsford	1.37
Katie Daniels	Norwich	1.30
Courtney Gordon	Braintree	1.25
Elena Bowles	Bedford	1.25
Chloe Nation	Benfleet	1.16

.

Longjump A String

Connie Forman	Chelmsford	5.28
Vicky Sales	Bedford	5.06
Sophie Bishop	Norwich	4.96
Zoe Stannard	Basildon	4.78
Sophie Conway	Braintree	4.24
Mia Anderson	Colchester & T	3.54

.

Longjump B String

Beatrice Rodriguez-Caresia	Bedford	4.54
Eleanor Bartram-Sheppard	Chelmsford	4.51
Sarah Costello	Norwich	4.06

.

Shot A String

Jessica Down	Chelmsford	10.23
Madison Stubbs	Norwich	8.48
Megan Kavanagh	Bedford	8.02
Yasmin Cowley	Braintree	7.27
Ciara Tierney	Basildon	6.86

.

Shot B String

Laura Runciman	Chelmsford	8.85
Lottie Robinson	Bedford	7.93
Sophie Bishop	Norwich	6.84
Devon Matthews	Basildon	6.75
Melissa Gurteen	Braintree	6.00

.

Discus A String

Kelechi Nze	Chelmsford	25.72
Yasmin Cowley	Braintree	18.13
Devon Matthews	Basildon	14.68
Megan Kavanagh	Bedford	14.43
Lauren Bradfield	Norwich	13.95
Joy Ogunleye	Colchester & T	13.15
Sinead Clark	Benfleet	11.99

.

Discus B String

Ciara Tierney	Basildon	13.98
Sophie Bishop	Norwich	13.87
Laura Runciman	Chelmsford	13.70
Charlotte Day	Braintree	13.69
Gabriella Tarrant	Bedford	12.42
Mia Anderson	Colchester & T	8.76

.

Hammer A String

Storm Judge	Bedford	35.20
Laura Runciman	Chelmsford	32.48
Ciara Tierney	Basildon	18.72
Lauren Bradfield	Norwich	9.77

.

.

.

Javelin A String

Chloe Ayres	Basildon	26.69
Jessica Down	Chelmsford	24.57
Jonelle Nathan	Bedford	18.93
Sinead Clark	Benfleet	17.96
Amy Matthews	Norwich	16.24

.

.

Javelin B String

Devon Matthews	Basildon	22.26
Yasmin Robinson	Benfleet	17.92
Olivia Elliott	Chelmsford	16.13
Gabriella Tarrant	Bedford	11.52
Katie Daniels	Norwich	7.69

.

.

EASTERN YOUNG ATHLETES LEAGUE UNDER 17 WOMEN**Chelmsford****15th June 2014**

100m A string		W/S=		100m B string		W/S=	
Tallulah Bell	Norwich		12.4	Mia Chapman	Bedford		12.4
Eleanor Usher	Bedford		12.4	Eleanor Frankland	Norwich		12.5
Maddy Bourne	Basildon		12.7	Shannon McNeil	Basildon		12.5
Amber Chudleigh	Braintree		13.1	Charlotte Prior	Chelmsford		13.8
Amy Day	Chelmsford		13.3	Caitlin Edwards	Braintree		14.1
Ima Coker	Colchester & T		14.0	Kiele Anderson	Colchester & T		14.4

200m A string		W/S=		200m B string		W/S=	
Lauren Russell	Bedford		25.9	Eleanor Frankland	Norwich		26.5
Tallulah Bell	Norwich		26.0	Erin Minton-Branfoot	Chelmsford		26.5
Tia Wood	Basildon		27.1	Julie-Ann Adeniyi	Bedford		28.6
Alex Leslie	Chelmsford		27.2	Charlotte Skeggs	Basildon		29.0
Amber Chudleigh	Braintree		27.6	Kiele Anderson	Colchester & T		30.9
Ima Coker	Colchester & T		29.2				

300m A String				300m B String			
Lauren Russell	Bedford		40.7	Mia Chapman	Bedford		41.4
Harriet Searjeant	Norwich		43.6	Mae Bullman	Basildon		44.7
Amy Day	Chelmsford		45.3	Charlotte Hudson-Madge	Norwich		45.6
Niamh Tuohey	Benfleet		46.1	Phillipa Baxter	Colchester & T		48.8
Georgina Sturgeon	Colchester & T		46.3	Katie Faint	Chelmsford		49.8
Shannon Sims	Basildon		47.5				

800m A String				800m B String			
Gemma Archer-Hayley	Basildon		2:28.6	Madeline Henderson	Chelmsford		2:30.0
Katie Faint	Chelmsford		2:29.9	Phillipa Baxter	Colchester & T		2:32.8
Georgina Sturgeon	Colchester & T		2:30.1	Charlotte Skeggs	Basildon		2:37.3
Maisie Relton	Bedford		2:32.9	Lois Cox	Bedford		2:53.3
Emily Warren	Benfleet		2:37.8	Kes Clarke	Norwich		3:01.5
Charlotte Hudson-Madge	Norwich		2:49.8				

1500m A String				1500m B String			
Isobel Ives	Basildon		4:48.2	Kierra Tippett	Basildon		5:06.3
Emma Perks	Chelmsford		5:08.1	Megan Williams	Chelmsford		5:21.4
Lauren Howe	Norwich		5:18.8	Molly Relton	Bedford		5:44.4
Courtney Hunter	Bedford		5:26.6				

80m Hurdles A String		W/S=		80m Hurdles B String		W/S=	
Jessica Doncaster	Norwich		12.9	Grace Ashworth	Norwich		13.5
Sophie Wright	Basildon		12.9	Bronwen Smith	Chelmsford		14.2
Robyn Stafford	Chelmsford		12.9	Caitlin Blackwell	Bedford		17.5
Alice Quinn	Bedford		15.0				
Caitlin Edwards	Braintree		15.1				

4 x 100 relay			
Bedford	Bedford		51.9
Norwich	Norwich		52.0
Basildon	Basildon		52.3
Chelmsford	Chelmsford		53.7
Colchester & T	Colchester & T		58.1

Polevault A String					
Caitlin Boyle	Chelmsford	2.60	.	.	.
Georgina Sharp	Bedford	1.90	.	.	.
.					
Highjump A String					
Mae Bullman	Basildon	1.60	.	Highjump B String	.
Octavia Cavill	Bedford	1.55	.	Grace Ashworth	Norwich 1.45
Charlotte Boyle	Chelmsford	1.50	.	Bronwen Smith	Chelmsford 1.40
Sienna Sexton	Norwich	1.50	.	Sophie Wright	Basildon 1.40
Sarah-Anne Austin	Braintree	1.25	.	Anneli Gilhespy	Bedford 1.25
.					
Longjump A String					
Tallulah Bell	Norwich	4.91	.	Longjump B String	.
Robyn Stafford	Chelmsford	4.66	.	Eleanor Frankland	Norwich 4.67
Caitlin Edwards	Braintree	4.55	.	Caitlin Boyle	Chelmsford 4.38
Sophie Wright	Basildon	4.44	.	Julie-Ann Adeniyi	Bedford 3.39
Anneli Gilhespy	Bedford	3.45	.	.	
.					
Triplejump A String					
Mae Bullman	Basildon	10.39	.	Triplejump B String	.
Octavia Cavill	Bedford	10.15	.	Meg Rapley	Basildon 9.75
Charlotte Prior	Chelmsford	9.71	.	Harriet Searjeant	Norwich 8.89
Charlotte Hudson-Madge	Norwich	9.58	.	Bronwen Smith	Chelmsford 8.50
Megan Clark	Benfleet	8.76	.	Niamh Tuohey	Benfleet 8.41
.					
Shot A String					
Gabrielle Quigley	Chelmsford	11.32	.	Shot B String	.
Octavia Cavill	Bedford	9.98	.	Sienna Sexton	Norwich 8.65
Grace Ashworth	Norwich	9.08	.	Hannah Badger	Chelmsford 8.10
Olivia Bullis	Basildon	8.74	.	Charlotte Skeggs	Basildon 7.74
Megan Clark	Benfleet	6.93	.	Caitlin Blackwell	Bedford 7.32
Danielle Holloway	Braintree	5.93	.	Sarah-Anne Austin	Braintree 5.34
.					
Discus A String					
Gabrielle Quigley	Chelmsford	33.15	.	Discus B String	.
Olivia Bullis	Basildon	23.16	.	Lauren Stansbury	Norwich 16.62
Sienna Sexton	Norwich	19.63	.	Imogen Bennett	Chelmsford 15.58
Anneli Gilhespy	Bedford	14.86	.	Lily-Mae Wilson	Bedford 14.21
Megan Clark	Benfleet	14.70	.	.	
.					
Hammer A String					
Gabrielle Quigley	Chelmsford	39.37	.	.	
Olivia Bullis	Basildon	38.18	.	.	
Harriet Searjeant	Norwich	11.55	.	.	
.					
Javelin A String					
Rachel Ayres	Basildon	31.14	.	Javelin B String	.
Lily-Mae Wilson	Bedford	23.11	.	Kierra Tippett	Basildon 23.24
Imogen Bennett	Chelmsford	16.56	.	Caitlin Blackwell	Bedford 16.83
Lauren Stansbury	Norwich	15.43	.	Hannah Badger	Chelmsford 10.67
Georgina Sturgeon	Colchester & T	13.64	.	Phillipa Baxter	Colchester & T 4.89
Sarah-Anne Austin	Braintree	11.55	.	.	
.					

EASTERN YOUNG ATHLETES LEAGUE UNDER 13 BOYS**Chelmsford****15th June 2014**

100m A string		W/S=	.	100m B string		W/S=	.
Luke Bracey	Colchester & T		12.7	Ryan Apps	Bedford		13.9
Matthew Bruce	Chelmsford		13.3	Luis Beardsell	Colchester & T		14.0
Dylan Gibson	Bedford		13.4	Tristan McLellan	Norwich		14.6
Henry Paul	Basildon		14.3	Jack Eaglestone	Basildon		14.7
Jake Garside	Norwich		14.3	Joe Sutton	Braintree		14.8
Jamie Greenhalgh	Benfleet		14.5	Sean Donovan	Chelmsford		15.0
Ewan Banner	Braintree		15.7	Billy Saunders	Benfleet		15.6

200m A string		W/S=	.	200m B string		W/S=	.
Luke Bracey	Colchester & T		26.6	Thomas Lichfield	Bedford		29.5
Matthew Bruce	Chelmsford		27.8	Alfie Kelway	Colchester & T		29.9
Dylan Gibson	Bedford		29.6	Jake Garside	Norwich		30.4
Jamie Brown	Norwich		29.7	Kieran Bennett	Chelmsford		30.7
Henry Paul	Basildon		30.8	Jack Eaglestone	Basildon		30.9
Jamie Greenhalgh	Benfleet		30.9	Harry Sampson	Benfleet		31.9
Luke Eve	Braintree		32.5	Nathaniel Downes	Braintree		32.1

800m A String				800m B String			
Callum Nicholson	Bedford		2:26.1	Oliver Lill	Basildon		2:25.8
Zach Bridgeland	Chelmsford		2:27.1	William Hall	Bedford		2:30.8
James Wright	Basildon		2:37.3	Jack Karmy	Chelmsford		2:36.9
Harry Sampson	Benfleet		2:38.2	Freddie Trevanion	Braintree		2:43.4
Alfie Kelway	Colchester & T		2:39.6	Charlie Green	Norwich		2:53.8
Luke Eve	Braintree		2:40.0	Billy Saunders	Benfleet		3:06.3
Toby Robinson	Norwich		2:41.1				.

1500m A String				1500m B String			
Andrew Worrall	Bedford		4:54.9	Ed Blythman	Bedford		5:01.1
Finlay Spear	Norwich		5:11.2	Daniel McGill	Basildon		5:35.8
Thomas Ray	Basildon		5:12.1	Max Stapleton	Benfleet		5:40.9
Joe Abbott	Chelmsford		5:21.1	Matthew Austin	Braintree		5:45.2
Nathaniel Downes	Braintree		5:22.3	Joseph Hammond	Colchester & T		6:01.5
Jack Saunders	Benfleet		5:34.7	Richard Faint	Chelmsford		6:15.0
Thomas Sturgeon	Colchester & T		5:47.0				.

75m Hurdles A String		W/S=	.	75m Hurdles B String		W/S=	.
Drew Kuma	Chelmsford		12.4	Kieran Bennett	Chelmsford		14.0
George Hill	Basildon		14.9	Durrell Brown	Bedford		14.2
Ben Noble	Bedford		14.9	Thomas Flint	Colchester & T		16.5
Alfie Kelway	Colchester & T		15.4	Daniel Jordan	Braintree		17.4
Freddie Trevanion	Braintree		16.4	Sam Armsden	Basildon		17.5

4 x 100 relay			
Bedford	Bedford		56.7
Norwich	Norwich		60.0
Basildon	Basildon		60.5
Chelmsford	Chelmsford		60.8
Braintree	Braintree		61.8
Colchester & T	Colchester & T		62.8
Benfleet	Benfleet		67.8

Highjump A String

Drew Kuma	Chelmsford	1.30
Chris Hex	Basildon	1.25
Durrell Brown	Bedford	1.20
Matthew Austin	Braintree	1.20
Tristan McLellan	Norwich	1.20
Elliot Black	Colchester & T	1.15

Highjump B String

Joe Abbott	Chelmsford	1.25
William Hall	Bedford	1.20
Freddie Trevanion	Braintree	1.10
Alex Whall	Norwich	1.10
Callum Mate	Basildon	1.05

Longjump A String

Luke Bracey	Colchester & T	4.46
Jack Eaglestone	Basildon	4.31
Ryan Apps	Bedford	4.27
Jake Garside	Norwich	4.02
Jack Karmy	Chelmsford	3.91
Adam Pleasance	Braintree	3.81
Jack Saunders	Benfleet	3.12

Longjump B String

Dylan Gibson	Bedford	4.24
George Hill	Basildon	4.09
Tristan McLellan	Norwich	3.90
Luis Beardsell	Colchester & T	3.80
Ewan Banner	Braintree	3.32
Richard Faint	Chelmsford	2.56

Shot A String

Ewan Banner	Braintree	8.66
Ben Kerwin	Chelmsford	7.62
Thomas Lichfield	Bedford	7.33
Robert Moore	Basildon	6.99
Mattie Sexton	Norwich	5.99
Bradley Hicks	Colchester & T	5.11

Shot B String

Ben Noble	Bedford	7.08
Chris Hex	Basildon	6.39
Charlie Green	Norwich	5.78
Joshua Possee	Braintree	4.88
Sean Donovan	Chelmsford	4.86

Discus A String

Thomas Lichfield	Bedford	21.98
Aaron Cummins	Basildon	15.18
Bradley Hicks	Colchester & T	14.69
Scott Leeder	Norwich	13.49
Joe Abbott	Chelmsford	13.36
Joe Sutton	Braintree	11.22

Discus B String

Louis Case	Bedford	20.71
Kieran Bennett	Chelmsford	12.89
Toby Robinson	Norwich	12.87
Adam Pleasance	Braintree	10.94
Thomas Sturgeon	Colchester & T	10.94
Robert Moore	Basildon	9.97

Javelin A String

Ben Graves	Norwich	28.01
Louis Case	Bedford	27.42
Matthew Austin	Braintree	18.22
Callum Mate	Basildon	17.40
Bradley Hicks	Colchester & T	15.12
Alexandre Davies	Chelmsford	13.11

Javelin B String

Mattie Sexton	Norwich	25.92
Ryan Jessop	Bedford	23.62
Joshua Possee	Braintree	15.68
Aaron Cummins	Basildon	13.42
Zach Bridgeland	Chelmsford	11.62
Elliot Black	Colchester & T	10.85

EASTERN YOUNG ATHLETES LEAGUE UNDER 15 BOYS**Chelmsford****15th June 2014**

100m A string			W/S=	100m B string			W/S=
Ben Clements	Bedford	11.7		Luke Vincent	Norwich	12.1	
Sam Brown	Norwich	11.8		Daniel Mitchell	Basildon	12.2	
Mufaro Shava	Colchester & T	11.9		Thomas Hewes	Chelmsford	12.4	
Tom Starling	Basildon	12.1		Owen Fookes	Colchester & T	12.6	
Joshua Downes	Braintree	12.9		Finlay Castledine	Bedford	13.0	
Oliver Wiseman	Chelmsford	14.3		Louis Sheppard	Braintree	13.1	

200m A string			W/S=	200m B string			W/S=
Nathan Cox	Bedford	23.5		Sam Brown	Norwich	24.9	
Robert Runciman	Chelmsford	24.1		Jacob Smith	Bedford	25.1	
Wesley Matsuka-Williams	Norwich	24.4		Daniel Mitchell	Basildon	25.6	
Mufaro Shava	Colchester & T	24.8		Taylor Turner	Chelmsford	26.2	
Tom Starling	Basildon	24.9		Elliott Ault	Colchester & T	27.8	
Rushwan Lewis	Benfleet	25.1		Zak Churn	Benfleet	28.4	
Cameron Sanders	Braintree	26.7		Henry Trevanion	Braintree	31.0	

300m A String				300m B String			
Nathan Cox	Bedford	37.7		Joe Forrest	Bedford	39.4	
Wesley Matsuka-Williams	Norwich	38.5		Aaron Cottis	Basildon	41.4	
Ryan O'Connell	Basildon	38.5		Oliver Hay	Chelmsford	41.6	
Will Kerwin	Chelmsford	39.8		Max Williams	Colchester & T	42.6	
Owen Fookes	Colchester & T	42.6		Bradley Smith	Braintree	45.0	
Henry Trevanion	Braintree	49.9					

800m A String				800m B String			
Will Kerwin	Chelmsford	2:09.1		Tommy Sedgwick	Chelmsford	2:14.3	
Max Gilhesby	Bedford	2:11.9		Luke Dooley	Basildon	2:26.4	
Max Williams	Colchester & T	2:12.6		Max Gilhespy	Bedford	2:34.3	
Gus Withers	Basildon	2:15.6					
Rushwan Lewis	Benfleet	2:21.5					
Joe Dickinson	Norwich	2:46.6					

1500m A String				1500m B String			
Joe Wakerley	Basildon	4:29.1		Sebastian Fentelman	Bedford	4:55.7	
Ben Miller	Colchester & T	4:33.3		Mitchel Cox	Basildon	5:00.5	
Josh Rogers	Bedford	4:42.1		Sam Knock	Chelmsford	5:04.7	
Elliott Cordery	Chelmsford	4:43.9		Charles Fletcher	Braintree	5:20.0	
Zak Churn	Benfleet	4:58.1					
Joshua Downes	Braintree	5:05.3					

80m Hurdles A String			W/S=	80m Hurdles B String			W/S=
Robert Runciman	Chelmsford	12.0		Jack Broadbent	Basildon	12.8	
Jacob Smith	Bedford	12.3		Taylor Turner	Chelmsford	12.8	
Nicholas Cowen	Basildon	12.4		Finlay Castledine	Bedford	12.9	
Cameron Sanders	Braintree	14.5		Alfie Garside	Norwich	16.5	
Tyler Blunden	Norwich	17.1					

4 x 100 relay			
Bedford	Bedford	47.7	
Norwich	Norwich	48.2	
Chelmsford	Chelmsford	49.2	
Basildon	Basildon	49.5	
Colchester & T	Colchester & T	54.3	

Polevault A String		
Frankie Johnson	Bedford	2.80
Oliver Hay	Chelmsford	2.10

Highjump A String		
Thomas Hewes	Chelmsford	1.75
Finlay Castledine	Bedford	1.55
Harrison Beardsell	Colchester & T	1.55
Xander Styles	Basildon	1.40
Joe Dickinson	Norwich	1.30
Cameron Sanders	Braintree	1.30

Highjump B String		
Alfie Johnson	Bedford	1.50
John Boyle	Chelmsford	1.40
Louis Sheppard	Braintree	1.30
Owen Fookes	Colchester & T	1.25

Longjump A String		
Ryan Morgan	Braintree	5.70
Tom Starling	Basildon	5.69
Wesley Matsuka-Williams	Norwich	5.69
Robert Runciman	Chelmsford	5.57
Rushwan Lewis	Benfleet	4.51
Jacob Wilson	Colchester & T	4.84
Jacob Smith	Bedford	4.44

Longjump B String		
Thomas Hewes	Chelmsford	5.35
Luke Vincent	Norwich	5.29
Nicholas Cowen	Basildon	4.91
Adam Vigar	Colchester & T	4.26
Louis Sheppard	Braintree	3.97
Zak Churn	Benfleet	3.96
Sebastian Fentelman	Bedford	3.95

Shot A String		
Ben Clements	Bedford	12.17
Will Kerwin	Chelmsford	10.03
Joe Dickinson	Norwich	7.61
Sean Bundy	Benfleet	7.48
Luke Dooley	Basildon	7.20
Adam Vigar	Colchester & T	6.91

Shot B String		
Sam Knock	Chelmsford	9.84
Alfie Garside	Norwich	7.19
Rhys Bennett	Basildon	6.34
Max Williams	Colchester & T	5.46

Discus A String		
Ben Clements	Bedford	28.90
George Hay	Chelmsford	25.93
Rhys Bennett	Basildon	23.63
Jaquan Moore	Norwich	22.18
Kian Culham	Braintree	15.80
Jacob Wilson	Colchester & T	13.76

Discus B String		
Michael Avraam	Chelmsford	23.83
Jensen Baird	Bedford	17.08
Chosen Odushoga	Basildon	14.21
Luke Vincent	Norwich	12.81

Hammer A String		
Jaquan Moore	Norwich	32.52
Hamish Paulin	Chelmsford	23.08
Luke Dooley	Basildon	22.92
Alfie Johnson	Bedford	15.01

Javelin A String		
Jamie Viney	Bedford	35.25
Harrison Beardsell	Colchester & T	33.00
Nicholas Cowen	Basildon	32.73
Jaquan Moore	Norwich	31.87
George Hay	Chelmsford	30.50
Lukas Wallis	Braintree	23.12
Sean Bundy	Benfleet	15.95

Javelin B String		
Mitchel Cox	Basildon	29.66
Will Lunt	Chelmsford	25.72
Alfie Garside	Norwich	25.49
Jacob Wilson	Colchester & T	21.54
Josh Rogers	Bedford	20.31
Rhys Williams	Braintree	18.19

EASTERN YOUNG ATHLETES LEAGUE UNDER 17 MEN

Chelmsford

15th June 2014

100m A string		W/S=	.
Daniel Wong	Norwich	11.2	
Emmanuel Ogunleye	Colchester & T	11.3	
Michael Shields	Basildon	11.7	
Qwame Morris	Bedford	11.7	
Ben Slayman	Braintree	11.9	
Joe Stedman	Chelmsford	12.1	
		.	

100m B string		W/S=	.
Ben Matsuka-Williams	Norwich	11.4	
Morgan Croker	Bedford	11.6	
Daniel Rugg	Basildon	11.6	
Jamie Walford	Chelmsford	11.7	
Dyson Langellier	Colchester & T	11.8	
Jamie Sutton	Braintree	12.0	
		.	

200m A string		W/S=	.
Emmanuel Ogunleye	Colchester & T	22.7	
Lewis Thorn	Braintree	23.4	
Daniel Wong	Norwich	23.6	
Daniel Rugg	Basildon	23.9	
Morgan Croker	Bedford	24.2	
Joe Stedman	Chelmsford	24.8	
Alex Pate	Benfleet	27.7	

200m B string		W/S=	.
Jack Dearden	Norwich	22.9	
Ben Slayman	Braintree	23.9	
Dyson Langellier	Colchester & T	23.9	
Jamie Walford	Chelmsford	24.3	
Matt Birchall	Bedford	24.4	
Mark Donnithorne	Basildon	24.8	
		.	

400m A String			
Matt Birchall	Bedford	53.7	
Jay Omokanjuola	Basildon	54.6	
Jordan Tye	Norwich	56.2	
Jacob Parker	Chelmsford	57.5	
Joseph Patterson	Colchester & T	58.0	
Alex Pate	Benfleet	61.6	
		.	

400m B String			
Matthew Ashley	Basildon	57.3	
Callum Mullins	Bedford	60.7	
Joe Ellis	Chelmsford	61.9	
Cameron Lindsay	Norwich	78.9	
		.	

800m A String			
Daniel Ashley	Basildon	2:07.4	
Joseph Patterson	Colchester & T	2:07.8	
William Mullins	Bedford	2:09.2	
Conor Culham	Braintree	2:17.2	
James Hiscock	Benfleet	2:21.8	
Jacob Cotton	Norwich	2:23.4	
		.	

800m B String			
Dom Peachey	Bedford	2:11.8	
Lewis Hall	Basildon	2:14.2	
William Page	Colchester & T	2:14.8	
Claude Wallis	Braintree	2:24.7	
Ben Goodson	Norwich	2:40.4	
		.	

1500m A String			
Luke Spear	Norwich	4:19.7	
Sam Barton	Bedford	4:27.6	
Nathan Brearley	Chelmsford	4:36.3	
Christian Gray	Basildon	4:37.9	
Eddy Cooper	Benfleet	4:46.5	
		.	

1500m B String			
Callum Mullins	Bedford	4:39.2	
Brandon Thorpe	Basildon	4:47.1	
Jacob Cotton	Norwich	4:55.8	
Alex Smith	Chelmsford	5:03.6	
		.	

100m Hurdles A String		W/S=	.
Michael Shields	Basildon	13.4	
Jack Dearden	Norwich	15.7	
James Regan	Chelmsford	16.1	
Morgan Thompson	Braintree	19.2	
		.	

100m Hurdles B String		W/S=	.
Lewis Beard	Basildon	14.2	
Samuel Spicer	Braintree	19.3	
		.	

4 x 100 relay			
Norwich	Norwich	45.5	
Braintree	Braintree	47.5	
Colchester & T	Colchester & T	47.5	
Bedford	Bedford	48.4	
Chelmsford	Chelmsford	49.0	
Basildon	Basildon	49.6	
		.	

Polevault A String					
Jamie Allway	Chelmsford	3.4			.
		.			.
		.			.
		.			.
Highjump A String					
Lee Johnson	Bedford	1.9	Highjump B String		
James Murrell	Chelmsford	1.8	Joe McQuillan	Chelmsford	1.7
Samuel Spicer	Braintree	1.5	Morgan Thompson	Braintree	1.45
Kristian Brown	Basildon	1.5			.
Josh Kemp	Norwich	1.4			.
		.			.
		.			.
Longjump A String					
Ryan Doidge	Chelmsford	5.88	Longjump B String		
Jay Omokanjuela	Basildon	5.71	James Regan	Chelmsford	5.66
Morgan Thompson	Braintree	5.13	Bradley Hart	Basildon	5.2
Daniel Wong	Norwich	4.64	Ben Goodson	Norwich	4.33
Ben Davies	Bedford	4.43	Qwame Morris	Bedford	3.93
James Hiscock	Benfleet	3.72			.
		.			.
		.			.
Triplejump A String					
Ryan Doidge	Chelmsford	11.46	Triplejump B String		
Lee Johnson	Bedford	11.43	Ben Goodson	Norwich	8.91
William Page	Colchester & T	10.18	Qwame Morris	Bedford	8.41
Bradley Hart	Basildon	9.87			.
Jordan Tye	Norwich	9.61			.
Eddy Cooper	Benfleet	8.11			.
		.			.
		.			.
Shot A String					
Oliver Massingham	Norwich	12.85	Shot B String		
Levi Causton	Chelmsford	11.45	Alex Reynolds	Chelmsford	11.42
Conor Culham	Braintree	9.38	Alex Camp	Braintree	9.22
Ben Davies	Bedford	6.75	Ben Matsuka-Williams	Norwich	8.51
Joe Kidd	Basildon	5.7	Freddie Ayre	Bedford	5.81
		.			.
		.			.
		.			.
Discus A String					
Oliver Massingham	Norwich	38.55	Discus B String		
Alex Reynolds	Chelmsford	38.27	Jacob Parker	Chelmsford	26.67
Conor Culham	Braintree	28.08	Alex Camp	Braintree	24.65
Jay Omokanjuela	Basildon	26.16	Harry Oldacre	Basildon	19.88
		.	Ben Matsuka-Williams	Norwich	19.08
		.			.
		.			.
		.			.
Hammer A String					
Levi Causton	Chelmsford	60.01			.
Zach Wooldridge	Basildon	36.67			.
Stuart Pleasance	Braintree	25.46			.
Oliver Massingham	Norwich	21.06			.
Javelin A String					
Kristian Brown	Basildon	45.79	Javelin B String		
Daniel Cole	Colchester & T	43.15	Robert Avontuur	Chelmsford	25.54
Joe Ellis	Chelmsford	35.31	Joe Kidd	Basildon	20.21
Alex Camp	Braintree	29.96			0
Jacob Cotton	Norwich	14.01			.
		.			.
		.			.

EASTERN YOUNG ATHLETES LEAGUE NON SCORERS

VENUE Chelmsford

Date 15th June 2014

Event	Age group	Name	Club	Perf	Event	Age group	Name	Club	Perf
100	U13B	Jamie Brown	Norwich	14.0	1500	U13B	Alexander Colby	Chelmsford	5:58.2
100	U13B	Scott Leeder	Norwich	14.1	1500	U13B	Alexandre Davis	Chelmsford	6:05.9
100	U13B	Alex Whall	Norwich	14.5	1500	U13B	Oliver Taylor	Basildon	6:54.4
100	U13B	Daniel Smith	Bedford	14.6	1500	U15B	George Applewhite	Basildon	5:37.9
100	U13B	Durrey Brion	Bedford	15.0	1500	U17M	Mason Webb	Basildon	4:24.6
100	U13B	Adam Pleasance	Braintree	15.6	1500	U17M	Ryan Ward	Bedford	4:41.7
100	U13B	Joshua Possee	Braintree	16.4	1500	U17M	Joe Payne	Basildon	5:28.7
100	U13B	Daniel Jordan	Braintree	16.8	Relay	U13B	.	Bedford	61.7
100	U13B	Freddie Martin	Braintree	14.1	75H	U13B	Dylan Green	Bedford	15.7
100	U13B	Oliver Burridge-Dean	Bedford	14.3	75H	U13B	.	HAWC's	16.8
100	U13B	Thomas Flint	Colchester & T	14.5	80H	U15B	Rhys Bennett	Basildon	12.9
100	U13B	Joshua McGill	Basildon	14.7	JT	U13B	Owen Dodge	Basildon	12.59
100	U13B	Luke Eve	Braintree	15.0	JT	U13B	Robert Moore	Basildon	10.42
100	U13B	Nathaniel Downes	Braintree	15.6	JT	U15B	Jensen Baird	Bedford	18.31
100	U13B	Alexandre Davis	Chelmsford	15.7	JT	U15B	Joshua Downes	Braintree	19.51
100	U13B	Dylan Green	Bedford	16.0	LJ	U15B	Daniel Mitchell	Basildon	5.04
100	U15B	Matthew Gauci	Basildon	12.8	LJ	U15B	Oliver Wiseman	Chelmsford	3.95
100	U15B	Ryan O'Connell	Basildon	11.8	LJ	U15B	Matthew Gauci	Basildon	4.65
100	U15B	Chosen Odushoga	Basildon	12.8	LJ	U17M	Samuel Spicer	Braintree	4.45
100	U15B	Tyler Peart	Bedford	13.0	PV	U15B	Henry Wood	Chelmsford	2.00
100	U15B	Bradley Smith	Braintree	13.4	SP	U13B	Alex Whall	Norwich	4.33
100	U15B	Ketan Aggarwal	Basildon	13.6	SP	U13B	Owen Dodge	Basildon	4.19
100	U15B	Adam Vigar	Colchester & T	14.0	SP	U13B	Aaron Cummins	Basildon	5.50
100	U15B	Rhys Williams	Braintree	14.3	SP	U13B	Ben Graves	Norwich	5.08
100	U15B	Henry Trevanion	Braintree	14.3	SP	U15B	John Boyle	Chelmsford	7.23
100	U17M	Mo Adepoju	Colchester & T	11.8	100	U13G	Emily Foster	Chelmsford	13.9
100	U17M	Harry Oldacre	Basildon	11.8	100	U13G	Kate Sheppard	Braintree	14.5
100	U17M	Cameron Lindsay	Norwich	12.2	100	U13G	Maise King	Chelmsford	14.6
100	U17M	Stuart Pleasance	Braintree	12.3	100	U13G	Abby Flaxmer	Norwich	15.0
100	U17M	Jamie Allway	Chelmsford	12.8	100	U13G	Anna Wardell	Basildon	15.1
100	U17M	Mark Donnithorne	Basildon	12.8	100	U13G	Elysia Kingdon-Jolly	Colchester & T	15.2
200	U13B	Ryan Apps	Bedford	29.2	100	U13G	Annabelle Griffiths	Basildon	17.3
200	U13B	Luis Beardsell	Colchester & T	29.2	100	U13G	Emma Ramsden	Basildon	14.2
200	U13B	Callum Nicholson	Bedford	29.6	100	U13G	Freya Coulton	Braintree	14.7
200	U13B	Scott Leeder	Norwich	30.7	100	U13G	Ndidikama Okoh	Chelmsford	15.3
200	U13B	Joshua McGill	Basildon	30.8	100	U13G	Paige Clemonson	Colchester & T	15.5
200	U13B	.	.	31.0	100	U13G	Zoe Rixson	Basildon	15.5
200	U13B	Thomas Flint	Colchester & T	32.1	100	U13G	Robyn Bennett	Chelmsford	15.7
200	U13B	Dylan Green	Bedford	32.7	100	U13G	Lucy Day	Braintree	14.5
200	U15B	Chosen Odushoga	Basildon	26.9	100	U13G	Leisha Hunt	Braintree	14.8
200	U15B	Tyler Peart	Bedford	27.6	100	U13G	Poppy Goldsmith	Basildon	15.1
200	U15B	Bradley Smith	Braintree	28.1	100	U13G	Isobelle Douglas-Ward	Basildon	15.4
200	U15B	Ketan Aggarwal	Basildon	28.6	100	U13G	Emily Holloway	Braintree	15.9
200	U17M	Jordan Tye	Norwich	23.9	100	U13G	Emily Chittock	Braintree	15.0
200	U17M	Joshua White	Chelmsford	23.9	100	U13G	Grace Camfield	Bedford	15.2
200	U17M	Jamie Sutton	Braintree	24.2	100	U13G	Daisy Mixture	Braintree	15.5
200	U17M	Anthony Morgan	Chelmsford	24.5	100	U13G	Scarlett Blackman	Basildon	15.8
200	U17M	Cameron Lindsay	Norwich	25.5	100	U13G	Imogen Milroy	Norwich	15.8
200	U17M	Matthew Ashley	Basildon	26.2	100	U13G	Amy Poulter	Basildon	18.7
200	U17M	Joseph Hornsby	Braintree	26.4	100	U13G	Catherine Levick	Braintree	14.1
300	U15B	Matthew Gauci	Basildon	42.4	100	U13G	Liberty Griffin	Braintree	15.0
400	U17M	Lewis Hall	Basildon	55.2	100	U13G	Georgia Tombs	Braintree	15.3
400	U17M	Bradley Hart	Basildon	57.2	100	U13G	Imogen Eisenmann	Norwich	15.7
800	U13B	Daniel Smith	Bedford	2:30.3	100	U13G	Millie Cox	Bedford	15.9
800	U13B	Ben Noble	Bedford	2:31.9	100	U13G	Emma Bartlett	Basildon	17.1
800	U13B	Owen Brownston	Bedford	2:35.4	100	U15G	Grace Pountney	Bedford	13.6
800	U13B	Joe Sutton	Braintree	2:44.9	100	U15G	Eleanor Bartram-Shepp	Chelmsford	13.7
800	U13B	Archie Goodwin	Bedford	2:56.4	100	U15G	Ella Wright	Chelmsford	13.8
800	U15B	Lucas Wells	Chelmsford	2:35.6	100	U15G	Leah McGill	Basildon	14.6
800	U15B	George Goodspeed	Basildon	2:44.4	100	U15G	Mia Anderson	Colchester & T	14.8
800	U15B	William Lunt	Chelmsford	3:00.4	100	U15G	Katie Hamilton	Basildon	17.2
800	U17M	Tanya Holland	Bedford	2:19.5	100	U15G	Beatrice Rodriguez-Car	Bedford	14.1
800	U17M	Joe Kidd	Basildon	2:30.9	100	U15G	Lauren Ramsden	Basildon	14.6
1500	U13B	Jack Goodwin	Bedford	5:08.2	100	U15G	Ellenor Chaplin	Chelmsford	15.1
1500	U13B	Freddie Martin	Braintree	5:19.9	100	U15G	Sophie Wells	Braintree	15.5
1500	U13B	Oliver Dunkley	Bedford	5:22.0	100	U15G	Charlotte Day	Braintree	15.9
1500	U13B	Ethan Horden-Gray	Basildon	5:57.1	100	U17W	Niamh Butler	Chelmsford	13.5

EASTERN YOUNG ATHLETES LEAGUE NON SCORERS

VENUE

Chelmsford

Date 15th June 2014

Event	Age group	Name	Club	Perf	Event	Age group	Name	Club	Perf
100	U17W	Shannon Sims	Basildon	13.5	HJ	U15G	Megan Paxman	Chelmsford	1.37
100	U17W	Gina Giff	Basildon	13.6	JT	U13G	Chloe Jordan	Basildon	14.56
100	U17W	Julie-Anne Adeniyi	Bedford	13.7	JT	U13G	Robyn Alderman	Basildon	12.62
100	U17W	Danielle Holloway	Braintree	18.8	JT	U13G	Sophie McKnight	Bedford	10.55
200	U13G	Sky Fay	Braintree	33.7	JT	U15G	Ellenor Chaplin	Chelmsford	12.68
200	U13G	Lottie Hinson	Basildon	29.6	JT	U15G	Sophie Davies	Basildon	12.95
200	U13G	Kate Sheppard	Braintree	30.6	LJ	U15G	Ciara Dockrill	Basildon	3.24
200	U13G	Liberty Griffin	Braintree	31.2	LJ	U15G	Storm Judge	Bedford	3.41
200	U13G	Morgan Harrod	Braintree	31.4	LJ	U15G	Grace Pountney	Bedford	3.84
200	U13G	Grace Camfield	Bedford	32.5	LJ	U15G	Lauren Ramsden	Basildon	2.98
200	U13G	Daisy Mixture	Braintree	32.6	LJ	U15G	Sophie Wells	Braintree	3.28
200	U13G	Imogen Eisenmann	Norwich	33.2	LJ	U15G	Leah McGill	Basildon	2.38
200	U13G	Robyn Bennett	Chelmsford	33.6	LJ	U15G	Sampritha Sivakumar	Basildon	3.23
200	U13G	Serena Grace	Norwich	29.9	LJ	U15G	Lottie Robinson	Bedford	4.12
200	U13G	Emily Chittock	Braintree	30.7	LJ	U15G	Katie Hamilton	Basildon	2.39
200	U13G	Robyn Alderman	Basildon	31.5	SP	U13G	Leisha Hunt	Braintree	5.21
200	U13G	Imogen Milroy	Norwich	33.0	SP	U13G	Morgan Harrod	Braintree	5.65
200	U13G	Emily Kidd	Basildon	33.5	SP	U13G	Robyn Alderman	Basildon	5.56
200	U13G	Angel Friend	Chelmsford	34.4	SP	U13G	Angel Friend	Chelmsford	5.44
200	U13G	Lucy Dixon	Bedford	36.0	SP	U15G	Kelechi Nze	Chelmsford	9.52
200	U13G	Abby Flaxmer	Norwich	36.8	SP	U15G	Hannah Williams	Chelmsford	5.90
200	U15G	Saira Hussain	Braintree	27.8	Relay	U13G	.	Chelmsford	61.1
200	U15G	Jessica Down	Chelmsford	28.2	Relay	U13G	.	Basildon	61.8
200	U15G	Alisha Hayes	Chelmsford	28.7	Relay	U13G	.	Braintree	63.6
200	U15G	Shannon Dass	Bedford	29.0	Relay	U13G	.	HAWC's	64.3
200	U15G	Eniola Coker	Colchester & T	29.6	DT	U17M	Joseph Hornsby	Braintree	16.88
200	U15G	Jasmine Green	Bedford	30.0	DT	U17M	James Regan	Chelmsford	29.35
200	U15G	Daisy Partridge	Braintree	30.4	DT	U17M	Kristian Brown	Basildon	26.47
200	U15G	Megan Kavanagh	Bedford	30.4	DT	U17M	Joe Ellis	Chelmsford	20.69
200	U15G	Ciara Dockrill	Basildon	32.0	SP	U17M	Robert Avontuur	Chelmsford	9.42
200	U17W	Charlotte Prior	Chelmsford	28.1	HT	U17M	Alex Reynolds	Chelmsford	52.78
200	U17W	Niamh Butler	Chelmsford	28.5	HJ	U15B	Henry Wood	Chelmsford	1.50
200	U17W	Felicity Wall	Chelmsford	28.5
200	U17W	Lauren Stansbury	Norwich	29.1
300	U15G	Jessica Whiley	Chelmsford	45.3
300	U15G	Ella Wright	Chelmsford	46.7
300	U15G	Shannon Dass	Bedford	48.2
300	U15G	Sampritha Sivakumar	Basildon	48.4
300	U15G	Lily Wollett	Chelmsford	49.2
300	U17W	Niamh Butler	Chelmsford	45.5
300	U17W	Georgina Sharp	Bedford	46.7
300	U17W	Amber King	Chelmsford	46.9
800	U13G	Georgia Tombs	Braintree	2:42.4
800	U13G	Morgan Harrod	Braintree	2:44.2
800	U13G	Charlotte Granger	Basildon	3:20.6
800	U13G	Marni Dawes	Chelmsford	2:55.2
800	U15G	Lily Wollett	Chelmsford	2:38.8
800	U15G	Olivia Elliott	Chelmsford	2:39.8
800	U15G	Anna Vinnicombe	Bedford	2:46.7
800	U15G	Georgia Baines	Basildon	3:09.9
800	U17W	Meg Rapley	Basildon	2:32.3
1500	U15G	Megan Paxman	Chelmsford	5:31.8
Relay	U13G	.	0 Norwich	60.2
Relay	U15G	.	Braintree	59.1
70H	U13G	Hannah Bardo	Chelmsford	13.5
70H	U13G	Jazmin Edwards	Norwich	15.2
70H	U13G	Millie Cox	Bedford	15.8
70H	U13G	Zoe Rixson	Basildon	16.2
70H	U13G	Freya Coulton	Braintree	16.9
70H	U13G	Anna Wardell	Basildon	13.6
70H	U13G	Femke Rosbergen	Norwich	14.0
70H	U13G	Emily Kidd	Basildon	15.6
70H	U13G	Angel Friend	Chelmsford	15.8
70H	U13G	Isobelle Douglas-Ward	Basildon	16.4
70H	U13G	Robyn Bennett	Chelmsford	16.6
75H	U15G	Amy Matthews	Norwich	12.4
75H	U15G	Phoebe Jeffery	Chelmsford	12.6
75H	U15G	Elena Bowles	Bedford	12.9
75H	U15G	Jasmine Green	Bedford	13.9
75H	U15G	Ellenor Chaplin	Chelmsford	14.8
80H	U17W	Hannah Badger	Chelmsford	13.1

