

Essex & Eastern Indoor Championships 2014

Lee Valley
8th and 9th February 2014

Results

Event 1 Senior Men - 60M

Prelims (T109)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	Essex
Heat 1				
1	Ross Elsby	Cambridge UNI AC	7.29 Q	
2	Matthew Houlden	Cambridge UNI AC	7.34 q	
3	Sam Richards	Cambridge & Coleridge	7.62	
4	Taha Undre	EX Ilford AC	7.78	
5	Mark Celaire	EX N & E B	7.79	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Chris Morter	Cambridge & Coleridge	7.20 Q	
2	Ben Gibbs	EX Thurrock Harriers AC	7.21 q	
3	James Grant	EX Colchester Harriers AC	7.35	2
4	Nicolas Rousset	Cambridge UNI AC	7.59	
5	Oriyan Prizant	Cambridge UNI AC	7.61	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 3				
1	Sylvester Juwe	Cambridge UNI AC	7.28 Q	
2	Louis Tapper	Cambridge UNI AC	7.34 q	
3	Mark Collins	Eastern Vets AC	7.35	
4	Ian Tobin	Herts Phoenix AC	7.39	
5	Andrew Elie	EX N & E B	7.56	3
---	Vincent Bruce	Luton AC	DQ	

Top 1 places + 3 next fastest times advance to next round

Final (T146)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Sylvester Juwe	Cambridge UNI AC	7.14	
2	Chris Morter	Cambridge & Coleridge	7.15	
3	Ben Gibbs	EX Thurrock Harriers AC	7.18	1
4	Ross Elsby	Cambridge UNI AC	7.28	
5	Louis Tapper	Cambridge UNI AC	7.32	
6	Matthew Houlden	Cambridge UNI AC	7.36	

Event 2 Senior Men - 200M

Final (T15)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Chris Morter	Cambridge & Coleridge	22.88

2	Daniel Yellop	Ryston Runners	23.97	
3	Matthew Brown	Cambridge UNI AC	24.95	
4	Alex Milbank	EX Southend AC	24.97	1
5	Patrick Calver	Cambridge UNI AC	25.34	
---	Tom Neill	Cambridge UNI AC	DNF	

Event 3 Senior Men - 400M

Prelims (T30)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Jake King	EX Southend AC	50.04	Q
2	Tom Gifford	EX Colchester & Tendring	50.61	q
3	Lennox Thompson	EX N & E B	50.98	q
4	Daniel Yellop	Ryston Runners	53.56	
5	Yuan Wang-Koh	Cambridge UNI AC	56.96	
6	Lorenzo Aversa	Cambridge UNI AC	57.55	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Heat 2				
1	Markus Hunt	EX Chelmsford AC	50.33	Q
2	Matthew Hamilton	Enfield & Haringey AC	50.67	q
3	James Brooks	Cambridge UNI AC	51.52	q
4	Paul Owen	EX Chelmsford AC	52.66	
5	Brad Dixon	Cambridge UNI AC	55.39	
6	Alex Milbank	EX Southend AC	56.02	

Top 1 places + 4 next fastest times advance to next round

Final (T55)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Jake King	EX Southend AC	48.86	CBP	1 CBP
2	Matthew Hamilton	Enfield & Haringey AC	49.42		
3	Markus Hunt	EX Chelmsford AC	49.53		2
4	Lennox Thompson	EX N & E B	50.18		3
5	Tom Gifford	EX Colchester & Tendring	53.51		
---	James Brooks	Cambridge UNI AC	DNF		

Event 4 Senior Men - 800M

Final (T117)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Lloyd Hilton	Cambridge UNI AC	1:57.44	
2	Gavin Lewis	EX W G w E L	1:57.91	1
3	Paul Scanlan	EX W G w E L	1:58.29	2
4	Michael Porter	EX Colchester & Tendring	1:58.66	3
5	Edward Smith	Cambridge UNI AC	2:02.11	
6	Pater Cameron	Cambridge UNI AC	2:04.06	
7	Andrew Coleman	EX Basildon AC	2:09.27	
8	Lorenzo Aversa	Cambridge UNI AC	2:11.31	

Event 5 Senior Men - 1500M**Final (T23)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Gavin Lewis	EX W G w E L	4:14.07	1
2	Nick Shasha	EX Orion Harriers AC	4:16.21	2
3	Richard Ollington	Cambridge UNI AC	4:24.16	
4	Petros Gianaros	Cambridge UNI AC	4:25.22	

Event 6 Senior Men - 60M Hurdles**Prelims (T106)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Jack Edgar-Hill	EX Basildon AC	9.08 Q	
2	Oriyan Prizant	Cambridge UNI AC	9.42 q	
3	Luke Keteleers	EX Chelmsford AC	9.52	
---	Maxim Hall	Kent A C	DNS	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Bradley Reed	EX Chelmsford AC	8.72 Q	
2	Ross Elsby	Cambridge UNI AC	8.80 q	
3	Keno Mario-Ghae	Cambridge UNI AC	9.16 q	
4	Jeremy Watson	EX Havering Mayesbrook	9.37 q	

Top 1 places + 4 next fastest times advance to next round

Final (T152)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Bradley Reed	EX Chelmsford AC	8.64	1
2	Ross Elsby	Cambridge UNI AC	8.86	
3	Jack Edgar-Hill	EX Basildon AC	8.88	2
4	Keno Mario-Ghae	Cambridge UNI AC	9.07	
5	Jeremy Watson	EX Havering Mayesbrook	9.14	3
---	Oriyan Prizant	Cambridge UNI AC	DNS	

Event 7 Senior Men - High Jump**Final (F113)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Bradley Armorgie	EX Herts Phoenix AC	1.95	1
2	Keno Mario-Ghae	Cambridge UNI AC	1.95	
3	Christopher Little	Cambridge UNI AC	1.80	
4	Antoni Shilling	Cambridge UNI AC	1.80	
5	Quentin Gouil	Cambridge UNI AC	1.70	
6	Killian Rutherford	Cambridge UNI AC	1.65	
6	Clint Nicholls	EX Basildon AC	1.65	2

Event 8 Senior Men - Pole Vault

Final (F118)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Liam Yarwood	EX Chelmsford AC	4.75	1
2	Maxim Hall	Kent A C	4.40	
3	Michael Bartlett	EX Thames Valley Harriers	4.30	2
3	Quentin Gouil	Cambridge UNI AC	4.30	
5	Zaamin Hussain	Cambridge UNI AC	3.80	
6	Matthias Winter	Stevenage & North Herts	3.20	
6	Stuart Chisholm	Ashford AC	3.20	
---	Freddie Bunbury	Cambridge UNI AC	NH	

Event 9 Senior Men - Long Jump**Final (F103)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Maxim Hall	Kent A C	6.54	
2	Simeon Stuart	EX W G w E L	6.42	1
3	Matthew Houlden	Cambridge UNI AC	6.31	
4	Joel Grenfell	Peterborough AC	6.31	
5	Ian Tobin	Herts Phoenix AC	6.01	
6	Keno Mario-Ghae	Cambridge UNI AC	5.57	
7	Clint Nicholls	EX Basildon AC	5.34	2
8	Jamie Magee	Cambridge UNI AC	5.23	

Event 10 Senior Men - Triple Jump**Final (F123)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Kevin Brown	EX Southend AC	13.84	1
2	Emmanuel Gbegli	Cambridge UNI AC	13.22	
3	Matthew Houlden	Cambridge UNI AC	12.87	
4	Daniel Smith	Cambridge UNI AC	12.21	
---	Richard Elliott	Bedford & County AC	NM	

Event 11 Senior Men - Shot Putt**Final (F117)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Stephen Whyte	Thames Valley Harriers	14.34	
2	Emmanuel Quarshie	EX Havering Mayesbrook	13.67	1
3	Matthew Baptiste	EX N & E B	13.58	2
4	Michael Bartlett	EX Thames Valley Harriers	11.69	3
5	Geoffrey Tyler	EX Chelmsford AC	9.90	
6	Declan Manning (F20 Athlete)	City of Norwich AC	9.83	
7	Ross Elsby	Cambridge UNI AC	9.52	
8	Quentin Gouil	Cambridge UNI AC	8.66	

Event 12 Senior Men - 1 Mile Walk**Final (T122)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Francisco Reis	OPEN - Ilford A C	7:31.79	
2	Steven Uttley	EX Ilford AC	7:57.54	1
3	Steve Allen	Barnet & Dist AC	8:13.34	
4	Stuart Bennett	EX Ilford AC	8:45.02	2
5	Steve Kemp	EX Eastern Vet AC	9:39.87	3
6	Keith Palmer	EX Southend AC	10:00.95	
7	John Brock	EX Southend AC	10:25.72	
8	Peter Cassidy	EX Loughton AC	11:04.09	
9	David Ainsworth	EX Ilford AC	11:58.71	

Event 13 U20 Men - 60M**Prelims (T108)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Joseph Dewar	EX W G w E L	6.78 Q	CBP	CBP
2	Karl Tucker	EX Havering Mayesbrook	7.34 q		
2	Oluwakorede Atanda	W G w E L	7.34 q		
4	George Hamilton	EX W G w E L	7.425 q		
5	Asad Ahmed	EX Ilford AC	7.46		
6	Daniel Ajetunmobi	EX W G w E L	7.64		
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 2					
1	Richard Shingleton	EX Braintree & Dist AC	7.39 Q		
2	Kyle Potter	West Suffolk AC	7.40 q		
3	James Bongart	EX W G w E L	7.421 q		
4	Joseph Gamage	EX Southend AC	7.64		
5	Ryan Makuku	EX N & E B	7.66		
---	Euan Dickson-Earle	Biggleswade AC	DNS		

Event 13 U20 Men - 60M

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Edward Yamah	EX W G w E L	7.19 Q
2	Theo Wooldridge	EX Basildon AC	7.41 q
3	Matthew Bailey	West Norfolk AC	7.60
4	Alex Holdsworth	Cambridge & Coleridge	7.67
5	Harry Unwin	West Suffolk AC	7.71
6	Edward Thompson	EX Havering Mayesbrook	8.16
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
1	Hanif Henry	EX Orion Harriers AC	7.34 Q
2	Gabriele Ejikeme	Cambridge UNI AC	7.39 q
3	Jake Berney	Nene Valley Harriers	7.41 q
4	Will Morris	Cambridge UNI AC	7.42 q

5	Callum Grant	West Suffolk AC	7.61
6	James Curran	West Suffolk AC	7.68

Top 1 places + 10 next fastest times advance to next round

Semis (T147)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Joseph Dewar	EX W G w E L	6.78 Q
2	Kyle Potter	West Suffolk AC	7.33 Q
3	George Hamilton	EX W G w E L	7.34 Q
4	Richard Shingleton	EX Braintree & Dist AC	7.35
5	Oluwakorede Atanda	W G w E L	7.35
6	Jake Berney	Nene Valley Harriers	7.36
---	James Bongart	EX W G w E L	DNS

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
		Wind: NWI	
1	Edward Yamah	EX W G w E L	7.13 Q
2	Hanif Henry	EX Orion Harriers AC	7.22 Q
3	Gabriele Ejikeme	Cambridge UNI AC	7.33 Q
4	Karl Tucker	EX Havering Mayesbrook	7.36
5	Will Morris	Cambridge UNI AC	7.40
6	Theo Wooldridge	EX Basildon AC	7.42

Top 3 places + 0 next fastest times advance to next round

Final (T155)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Joseph Dewar	EX W G w E L	6.82	1
2	Edward Yamah	EX W G w E L	7.14	2
3	Hanif Henry	EX Orion Harriers AC	7.28	3
4	Gabriele Ejikeme	Cambridge UNI AC	7.34	
5	Kyle Potter	West Suffolk AC	7.35	
6	George Hamilton	EX W G w E L	7.37	

Event 14 U20 Men - 200M

Prelims (T14)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Ben Argent	EX Colchester Harriers AC	23.44 Q
2	Hanif Henry	EX Orion Harriers AC	23.90 Q
3	Jack Reed	EX Harlow AC	24.64 q
4	Joseph Gamage	EX Southend AC	25.03 q
Heat 2			
1	Asad Ahmed	EX Ilford AC	24.65 Q
2	Calum Barlow	Cambridge & Coleridge	25.17 Q
---	Sam Green	City of Norwich AC	DNF
---	Sam Malpass	EX Ilford AC	DNS

Top 2 places + 2 next fastest times advance to next round

Final (T57)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Ben Argent	EX Colchester Harriers AC	22.82	1
2	Hanif Henry	EX Orion Harriers AC	23.72	2
3	Asad Ahmed	EX Ilford AC	24.55	3
4	Jack Reed	EX Harlow AC	24.83	
5	Joseph Gamage	EX Southend AC	24.90	
---	Calum Barlow	Cambridge & Coleridge	DNS	

Event 15 U20 Men - 400M**Prelims (T28)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	George Hadler	EX Havering Mayesbrook	51.98 Q	
2	Charlie Shingleton	EX Braintree & Dist AC	52.98 q	
3	Amazigh Laoudi	EX N & E B	53.92 q	
4	Jared Amos	Huntingdonshire AC	57.23 q	
5	Abdihakim Ayanle	EX N & E B	1:04.27	
---	Sam Malpass	EX Ilford AC	DNS	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Dylan Doggett	Cambridge & Coleridge	52.36 Q	
2	Adam Herring	City of Norwich AC	53.59 q	
3	Justin Hall	EX Braintree & Dist AC	1:02.32	
---	Jack Strachan	City of Norwich AC	DQ	
---	Sam Green	City of Norwich AC	DNS	

Top 1 places + 4 next fastest times advance to next round

Final (T53)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	George Hadler	EX Havering Mayesbrook	51.30	1
2	Dylan Doggett	Cambridge & Coleridge	51.68	
3	Amazigh Laoudi	EX N & E B	52.68	2
4	Charlie Shingleton	EX Braintree & Dist AC	53.49	3
---	Adam Herring	City of Norwich AC	DNF	
---	Jared Amos	Huntingdonshire AC	DNS	

Event 16 U20 Men - 800M**Final (T115)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Scott Greeves	City of Norwich AC	1:55.88	CBP
2	Amazigh Laoudi	EX N & E B	2:09.36	1
3	Haider Razzaq	EX Orion Harriers AC	2:11.57	2
4	Abdihakim Ayanle	EX N & E B	2:21.19	3
5	Alexander Chrisostomou	EX Orion Harriers AC	2:21.83	

Event 17 U20 Men - 1500M**Final (T24)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Joesph Nourse	EX Braintree & Dist AC	4:20.48	1
2	Robin O'Connor	EX Chelmsford AC	4:20.50	2
3	Stephen Davies	EX Basildon AC	4:50.11	3

Event 18 U20 Men - 60M Hurdles**Prelims (T105)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Euan Dickson-Earle	Biggleswade AC	8.10 Q
2	Matthew Scott	EX Basildon AC	8.77 q
3	Matthew Bailey	West Norfolk AC	8.81 q

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Robbie Clarricoats	EX N & E B	8.23 Q
2	Liam Hunt	Cambridge & Coleridge	8.70 q
3	Karl Tucker	EX Havering Mayesbrook	8.84 q
---	James Weaver	EX Enfield & Haringey AC	DQ

Top 1 places + 4 next fastest times advance to next round

Final (T151)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Euan Dickson-Earle	Biggleswade AC	7.95	CBP	
2	Robbie Clarricoats	EX N & E B	8.17		1 CBP
3	Matthew Scott	EX Basildon AC	8.68		2
4	Liam Hunt	Cambridge & Coleridge	8.76		
5	Matthew Bailey	West Norfolk AC	8.80		
6	Karl Tucker	EX Havering Mayesbrook	8.98		3

Event 19 U20 Men - High Jump**Final (F114)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
No Entries			

Event 20 U20 Men - Pole Vault**Final (F115)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Edward Thompson	EX Havering Mayesbrook	4.10	1
2	Edward Borrmann	Ryston Runners	3.90	
3	James Weller	Dacorum & Tring AC	3.80	
4	David Spicer	Stevenage & North Herts	3.50	

Event 21 U20 Men - Long Jump**Final (F104)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
Flight 1				
1	Terry Lucas	EX Chelmsford AC	6.56	1
2	Alex Law	EX Havering Mayesbrook	6.43	2
3	Richard Shingleton	EX Braintree & Dist AC	5.99	3
4	James Allen	Cambridge UNI AC	5.93	
5	Justin Hall	EX Braintree & Dist AC	4.35	

Event 22 U20 Men - Triple Jump

Final (F124)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Lawrence Fanutza-Davis	EX Enfield & Haringey AC	14.74	CBP	1 CBP
2	David Abiona	EX Basildon AC	13.76		2
3	Charlie Shingleton	EX Braintree & Dist AC	11.65		3

Event 23 U20 Men - Shot Putt

Final (F118)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Hugh Williams	EX W G w E L	12.28	1
2	Joseph Gamage	EX Southend AC	8.46	2

Event 24 U20 Men - 1 Mile Walk

Final (T123)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Callum Wilkinson	Enfield & Haringey AC	6:38.86	CBP

Event 25 U17 Men - 60M

Prelims (T9)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Daniel Wong	City of Norwich AC	7.40 Q
2	John Cambridge	St Albans AC	7.56 q
3	Lewis Thorn	EX Braintree & Dist AC	7.68
4	Joshua Boreham	EX Cecil Jones College	7.81
5	Matthew Hick	Huntingdonshire AC	7.97
6	Bradley Hedman	EX Braintree & Dist AC	8.50

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Lewis Bailey	EX Havering Mayesbrook	7.33 Q
2	Max Price	Stevenage & North Herts	7.45 q
3	Joseph Wilkin	EX Colchester Harriers AC	7.74
4	Corey Harrison	EX Harlow AC	7.82
5	Ashley Rich	EX Harlow AC	7.88
---	Daniel Igbokwe	EX WSEH	DNS

Heat 3

1	Ben Matsuka-Williams	City of Norwich AC	7.31 Q
2	Emmanuel Ogunleye	EX Colchester & Tendring	7.39 q
3	Dylan Ellis	EX Harlow AC	7.39 q
4	Ashley Cooper	City of Norwich AC	7.52 q
5	Ben Slayman	EX Braintree & Dist AC	7.59
6	Harry Woodall	EX Harlow AC	7.63

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Event 25 U17 Men - 60M**Heat 4**

1	Jack Dearden	City of Norwich AC	7.44 Q
2	Gabriel Yiadom	EX Ilford AC	7.50 q
3	Thomas Lake	City of Norwich AC	7.55 q
4	Shemar Boldizsar	EX Harlow AC	7.67
5	Matthew Owers	EX Havering Mayesbrook	7.79
6	James Greenhalgh	West Norfolk AC	8.20

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 5

1	Mohamed Tamedou	Harlow AC	7.41 Q
2	Shayne Dewar	EX W G w E L	7.60
3	Zak Brocklebank	EX Cornelius Vermuyden School	7.61
4	Lewis Wright	EX Harlow AC	9.00
---	Joe Stedman	EX Chelmsford AC	DQ

Top 1 places + 7 next fastest times advance to next round

Semis (T40)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Daniel Wong	City of Norwich AC	7.35 Q
2	Jack Dearden	City of Norwich AC	7.38 Q
3	Dylan Ellis	EX Harlow AC	7.43 Q
4	Ashley Cooper	City of Norwich AC	7.50
5	John Cambridge	St Albans AC	7.65
---	Ben Matsuka-Williams	City of Norwich AC	DQ

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Gabriel Yiadom	EX Ilford AC	7.34 Q
2	Lewis Bailey	EX Havering Mayesbrook	7.34 Q
3	Mohamed Tamedou	Harlow AC	7.41 Q
4	Emmanuel Ogunleye	EX Colchester & Tendring	7.41
5	Max Price	Stevenage & North Herts	7.51
6	Thomas Lake	City of Norwich AC	7.75

Top 3 places + 0 next fastest times advance to next round

Final (T50)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Daniel Wong	City of Norwich AC	7.30
2	Gabriel Yiadom	EX Ilford AC	7.31

3	Mohamed Tamedou	Harlow AC	7.34	
4	Jack Dearden	City of Norwich AC	7.35	
5	Lewis Bailey	EX Havering Mayesbrook	7.36	2
6	Dylan Ellis	EX Harlow AC	7.45	3

Event 26 U17 Men - 200M

Prelims (T121)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Abass Hemoh	EX N & E B	23.39	Q
2	Lewis Bailey	EX Havering Mayesbrook	23.68	q
3	Ashley Cooper	City of Norwich AC	23.93	q
4	Shemar Boldizar	EX Harlow AC	24.20	
5	Joshua Boreham	EX Cecil Jones College	26.15	
6	James Regan	EX Chelmsford AC	26.31	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Heat 2				
1	Ben Matsuka-Williams	City of Norwich AC	23.29	Q
2	Emmanuel Ogunleye	EX Colchester & Tendring	23.62	q
3	Gabriel Yiadom	EX Ilford AC	24.15	q
4	Emmanuel Sosanya	EX N & E B	24.63	
5	Lewis Thorn	EX Braintree & Dist AC	24.81	
---	John Cambridge	St Albans AC	DNF	

Top 1 places + 4 next fastest times advance to next round

Final (T143)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Abass Hemoh	EX N & E B	23.07	1
2	Ben Matsuka-Williams	City of Norwich AC	23.08	
3	Emmanuel Ogunleye	EX Colchester & Tendring	23.54	2
4	Lewis Bailey	EX Havering Mayesbrook	23.66	3
5	Ashley Cooper	City of Norwich AC	23.95	
6	Gabriel Yiadom	EX Ilford AC	24.25	

Event 27 U17 Men - 400M

Prelims (T12)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Connor Oliver	EX Colchester Harriers AC	51.48	Q
2	Harry Sloman	EX Orion Harriers AC	53.04	q
3	Joseph Bailey	EX Harlow AC	54.16	
4	Rhys Collings	EX Chelmsford AC	54.33	
5	Matthew Hick	Huntingdonshire AC	58.38	
6	Jack Chilvers	EX Castle View School	1:00.37	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Elliot Holland	City of Norwich AC	50.17	Q CBP
2	Thomas Pitkin	EX Havering Mayesbrook	51.57	q

3	Abass Hemoh	EX N & E B	52.28 q
4	Michael Oku-ampofo	EX N & E B	54.00 q
5	Matthew Owers	EX Havering Mayesbrook	57.01
6	Matthew Ashley	EX Basildon AC	58.55

Top 1 places + 4 next fastest times advance to next round

Final (T51)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Elliot Holland	City of Norwich AC	50.16	CBP
2	Thomas Pitkin	EX Havering Mayesbrook	51.48	1
3	Abass Hemoh	EX N & E B	51.53	2
4	Connor Oliver	EX Colchester Harriers AC	51.80	3
5	Harry Sloman	EX Orion Harriers AC	52.39	
6	Michael Oku-ampofo	EX N & E B	52.46	

Event 28 U17 Men - 800M

Final (T113)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Harry Sloman	EX Orion Harriers AC	2:05.11	1
2	Thomas Lake	City of Norwich AC	2:06.23	
3	Thomas Young	EX Orion Harriers AC	2:06.64	2
4	Paul Notley	Cambridge & Coleridge	2:06.76	

Event 29 U17 Men - 1500m

Final (T26)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>			
1	Usamah Patel	EX Ilford AC	4:21.95	BP	1	CBP
2	Jack Maher	EX Ilford AC	4:25.37		2	
3	Daniel Ashley	EX Basildon AC	4:28.59		3	
4	Ben Pattison	EX Orion Harriers AC	4:42.00			
5	Harry Morris	EX Castle View School	5:30.25			

Event 30 U17 Men - 60M Hurdles

Prelims (T104)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Michael Shields	EX Basildon AC	8.66 Q
2	James Greenhalgh	West Norfolk AC	9.31 q
3	Matthew Owers	EX Havering Mayesbrook	9.98
4	Morgan Thompson	EX Braintree & Dist AC	11.41
---	Christopher Jones	Ipswich Harriers AC	DNF
---	Rhys Collings	EX Chelmsford AC	DQ
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Max Price	Stevenage & North Herts	8.40 Q
2	Callum Dickson-Earle	Biggleswade AC	8.75 q

3	James Pearson	EX Enfield & Haringey AC	9.35	q	
4	Ollie Goodwin	EX Cecil Jones College	9.61	q	
5	Max Lambert	EX Brentwood School	9.61		3
6	Samuel Spicer	EX Braintree & Dist AC	11.76		

Top 1 places + 4 next fastest times advance to next round

Final (T150)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Max Price	Stevenage & North Herts	8.36		
2	Michael Shields	EX Basildon AC	8.68		1
3	James Pearson	EX Enfield & Haringey AC	9.22		2
4	James Greenhalgh	West Norfolk AC	9.42		
---	Ollie Goodwin	EX Cecil Jones College	DNF		
---	Callum Dickson-Earle	Biggleswade AC	DQ		

Event 31 U17 Men - High Jump

Final (F112)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>			
1	Matthew Lally	Shaftsbury Barnet AC	1.96	CBP		
2	Joseph Winn	EX Thurrock Harriers AC	1.93		1	CBP
3	William Cartledge	Stevenage & North Herts	1.80			
3	Shayne Dewar	EX W G w E L	1.80		2	
5	Scott Webster	EX W G w E L	1.75		3	
6	Christopher Jones	Ipswich Harriers AC	1.70			
7	James Regan	EX Chelmsford AC	1.70			
8	Max Lambert	EX Brentwood School	1.70			
9	Jamal Blackman	EX Cecil Jones College	1.65			
10	Morgan Thompson	EX Braintree & Dist AC	1.60			
11	Samuel Spicer	EX Braintree & Dist AC	1.60			
12	Ben Henderson	EX Cecil Jones College	1.50			
13	Joe Steadman 2	EX Cecil Jones College	1.50			

Event 32 U17 Men - Pole Vault

Final (F101)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Alex Gale	EX Castle View School	2.80		1
2	Max Price	Stevenage & North Herts	2.80		
3	Josh Breaker-Rolfe	Stevenage & North Herts	2.70		
4	Joe Nash	EX Castle View School	2.70		2
---	William Cartledge	Stevenage & North Herts	NH		

Event 33 U17 Men - Long Jump

Final (F106)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
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1	Keiran Pottle	EX Cecil Jones College	6.05	1
2	Jack Dearden	City of Norwich AC	5.84	
3	Ashley Cooper	City of Norwich AC	5.83	
4	Thomas Lake	City of Norwich AC	5.75	
5	Lewis Thorn	EX Braintree & Dist AC	5.71	2
6	James Regan	EX Chelmsford AC	5.38	3
7	Fluke Ladphanna	EX Castle View School	5.31	
8	Morgan Thompson	EX Braintree & Dist AC	4.93	
9	Samuel Spicer	EX Braintree & Dist AC	4.39	

Event 34 U17 Men - Triple Jump

Final (F125)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Jack Dearden	City of Norwich AC	12.71	
2	Fluke Ladphanna	EX Castle View School	11.96	1
3	Ryan Morgan	EX Braintree & Dist AC	11.88	2
4	William Cartledge	Stevenage & North Herts	10.75	
5	James Greenhalgh	West Norfolk AC	10.15	
---	Bradley Samaroo	EX Cecil Jones College	NM	

Event 35 U17 Men - Shot Putt

Final (F119)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	James Pearson	EX Enfield & Haringey AC	13.06	1
2	Jack Dearden	City of Norwich AC	11.16	
3	Levi Caulson	EX Castle View School	10.55	2
4	Joshua Boreham	EX Cecil Jones College	10.15	3
5	Owen Eves	EX Cecil Jones College	8.95	
6	Owen Khory-Davison	EX Cecil Jones College	8.39	
7	Callum Bruton	EX Harlow AC	7.44	

Event 37 U15 Boys - 60M

Prelims (T10)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Femi Seki	EX N & E B	7.42 Q
2	Nathaniel Sherger	EX Chelmsford AC	7.60 q
3	Seyi Wilson-Oluwole	EX N & E B	7.86 q
4	Nicholas Harrison	Stevenage & North Herts	7.99
5	Aaron Wong	EX Thurrock Harriers AC	8.20
5	James Hoddell	EX Colchester Harriers AC	8.20
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Mayowa Osunsami	EX N & E B	7.57 Q
2	Brian Kasanda	EX William Edwards School	7.81 q
3	Charlie Dobson	EX Colchester Harriers AC	7.85 q

4	Charlie Splarn	EX Thurrock Harriers AC	7.90 q
5	Jordan Sheridan	EX Harlow AC	8.41
6	Kyran White	EX Thurrock Harriers AC	8.56

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 3

1	Brandon Shibchurn	EX W G w E L	7.58 Q
2	Callum Mckay	EX Colchester Harriers AC	7.66 q
3	Jermaine Brown	EX W G w E L	7.73 q
4	Kelechi Ojiako	EX W G w E L	7.87 q
5	Ashleigh Spurling	EX Cecil Jones College	8.35
6	Rotimi Osunsami	EX N & E B	8.61

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 4

1	Wesley Matsuka-Williams	City of Norwich AC	7.90 Q
2	Bradley Strong	Biggleswade AC	8.24
3	Teale Cunningham	EX Harlow AC	8.47
4	Harvey Simpkins	Cambridge & Coleridge	8.48
5	Charlie Teager-Neale	EX Basildon AC	8.51
6	Tobani Olabowale	EX Thurrock Harriers AC	8.53

Top 1 places + 8 next fastest times advance to next round

Semis (T38)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Femi Seki	EX N & E B	7.37 Q
2	Nathaniel Sherger	EX Chelmsford AC	7.58 Q
3	Seyi Wilson-Oluwole	EX N & E B	7.68 Q
4	Callum Mckay	EX Colchester Harriers AC	7.73
5	Brian Kasanda	EX William Edwards School	7.89
6	Charlie Splarn	EX Thurrock Harriers AC	7.99

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Mayowa Osunsami	EX N & E B	7.47 Q
2	Brandon Shibchurn	EX W G w E L	7.60 Q
3	Jermaine Brown	EX W G w E L	7.74 Q
4	Charlie Dobson	EX Colchester Harriers AC	7.84
5	Wesley Matsuka-Williams	City of Norwich AC	7.87
6	Kelechi Ojiako	EX W G w E L	7.94

Top 3 places + 0 next fastest times advance to next round

Final (T48)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Femi Seki	EX N & E B	7.38	1
2	Mayowa Osunsami	EX N & E B	7.47	2
3	Nathaniel Sherger	EX Chelmsford AC	7.51	3
4	Brandon Shibchurn	EX W G w E L	7.55	
5	Seyi Wilson-Oluwole	EX N & E B	7.66	
6	Jermaine Brown	EX W G w E L	7.75	

Event 38 U15 Boys - 200M**Prelims (T120)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Charlie Dobson	EX Colchester Harriers AC	25.11 Q
2	Callum Mckay	EX Colchester Harriers AC	25.13 q
3	Seyi Wilson-Oluwole	EX N & E B	25.53 q
4	Tommy Wheeler	EX Brentwood School	26.94

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Femi Seki	EX N & E B	24.60 Q
2	Wesley Matsuka-Williams	City of Norwich AC	25.53 q
3	Karl Johnson	EX N & E B	25.57
4	Nicholas Harrison	Stevenage & North Herts	25.69
5	Bradley Strong	Biggleswade AC	26.63

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Nathaniel Sherger	EX Chelmsford AC	24.24 Q
2	Sam Barker	EX W G w E L	26.80
3	James Spencer	EX Boswell School	27.78
4	Tobani Olabowale	EX Thurrock Harriers AC	28.73

Top 1 places + 3 next fastest times advance to next round

Final (T142)**Event 38 U15 Boys - 200M**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Femi Seki	EX N & E B	23.98	1
2	Nathaniel Sherger	EX Chelmsford AC	24.03	2
3	Charlie Dobson	EX Colchester Harriers AC	24.99	3
4	Wesley Matsuka-Williams	City of Norwich AC	25.35	
5	Seyi Wilson-Oluwole	EX N & E B	25.78	
---	Callum Mckay	EX Colchester Harriers AC	DNS	

Event 39 U15 Boys - 300M**Final (T19)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Brian Kasanda	EX William Edwards School	43.88	1
2	Jay Godfrey	EX Castle View School	44.23	2
3	Luke Gunning	EX Cecil Jones College	44.62	3
4	Zac Weston	EX Castle View School	45.33	

Event 40 U15 Boys - 800M**Prelims (T116)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Jake Young	EX Colchester Harriers AC	2:25.46 Q

2	Ryan Boden	Huntingdonshire AC	2:25.86
3	Joey Croft	Huntingdonshire AC	2:27.92
4	Liam Chivers	EX Thurrock Harriers AC	2:37.61
---	John Goodwin	EX Cecil Jones College	DNF
---	Sam Gilbert	EX Castle View School	DNS
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 2

1	Max Williams	EX Colchester & Tendring	2:17.12 Q
2	Charlie Everest	EX Colchester Harriers AC	2:17.90 q
3	Max Fewster	EX Brentwood School	2:19.89 q
4	Elliot Corderoy	EX Brentwood School	2:20.47 q
5	Jamie Sales	Cambridge & Coleridge	2:22.93 q
6	Kyle Lundie	EX W G w E L	2:23.99

Top 1 places + 4 next fastest times advance to next round

Final (T135)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Jake Young	EX Colchester Harriers AC	2:08.04	CBP	1 CBP
2	Max Williams	EX Colchester & Tendring	2:10.38		2
3	Charlie Everest	EX Colchester Harriers AC	2:14.67		3
4	Max Fewster	EX Brentwood School	2:19.19		
5	Elliot Corderoy	EX Brentwood School	2:19.65		
6	Jamie Sales	Cambridge & Coleridge	2:22.33		

Event 41 U15 Boys - 60M Hurdles

Prelims (T04)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Mayowa Osunsami	EX N & E B	8.83 Q
2	Nedum Okonyia	EX Thurrock Harriers AC	9.81 q
3	Victor Adebisi	EX Castle View School	10.43
4	Luke Gunning	EX Cecil Jones College	10.72
5	Jack Baldwin	EX Cecil Jones College	10.79
6	Rotimi Osunsami	EX N & E B	10.82
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 2

1	William Adeyeye	EX William Edwards School	9.11 Q
2	Robert Runciman	EX Chelmsford AC	9.14 q
3	Bradley Samaroo	EX Cecil Jones College	10.37
4	Teale Cunningham	EX Harlow AC	10.56
5	Christopher Kerr	Stevenage & North Herts	10.78
6	Alexander Godley	EX Colchester Harriers AC	12.32

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 3

1	Karl Johnson	EX N & E B	9.40 Q
2	Nicholas Harrison	Stevenage & North Herts	9.83 q
3	Samuel Clarke	Cambridge & Coleridge	10.37

4	Dubindlela Magonya	EX Cecil Jones College	10.51
5	Jack Clark	EX Cecil Jones College	11.45
6	Benjamin Simpson	EX Colchester & Tendring	14.15

Top 1 places + 3 next fastest times advance to next round

Final (T44)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Mayowa Osunsami	EX N & E B	8.72	1
2	Robert Runciman	EX Chelmsford AC	8.99	2
3	Karl Johnson	EX N & E B	9.47	3
4	Nedum Okonyia	EX Thurrock Harriers AC	9.90	
5	Nicholas Harrison	Stevenage & North Herts	10.09	
---	William Adeyeye	EX William Edwards School	DQ	

Event 42 U15 Boys - High Jump

Final (F18)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Thomas Hewes	EX Chelmsford AC	1.78	CBP	1 CBP
2	Kian Bradshaw	EX Cecil Jones College	1.45		2
2	John Boyle	EX Chelmsford AC	1.45		3
2	Reece Ward	EX Castle View School	1.45		
5	James Spencer	EX Boswell School	1.35		
6	Christopher Kerr	Stevenage & North Herts	1.30		

Event 43 U15 Boys - Pole Vault

Final (F102)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Michael Stocker	Stevenage & North Herts	3.10	CBP
2	Lee Brown	Stevenage & North Herts	2.60	
3	Toby Walker	EX Castle View School	2.50	1
4	Mathew Spicer	Stevenage & North Herts	2.40	
5	Elliot Breen	Herts Phoenix AC	2.10	

Event 44 U15 Boys - Long Jump

Final (F05)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Robert Runciman	EX Chelmsford AC	5.56	1
2	Karl Johnson	EX N & E B	5.51	2
3	Ryan Morgan	EX Braintree & Dist AC	5.45	3
4	William Adeyeye	EX William Edwards School	5.43	
5	George Cunningham	EX W G w E L	5.13	
6	Oscar Robins	EX Brentwood School	4.98	
7	James Hoddell	EX Colchester Harriers AC	4.89	
8	Charlie Dobson	EX Colchester Harriers AC	4.75	
9	Christopher Kerr	Stevenage & North Herts	4.72	

10	Jordan Sheridan	EX Harlow AC	4.67
11	Nedum Okonyia	EX Thurrock Harriers AC	4.32
12	Aaron Wong	EX Thurrock Harriers AC	4.30
13	Teale Cunningham	EX Harlow AC	4.20
14	Harvey Simpkins	Cambridge & Coleridge	4.20
15	Jack Clark	EX Cecil Jones College	4.10
16	Liam Chivers	EX Thurrock Harriers AC	3.80
17	Charlie Teager-Neale	EX Basildon AC	3.78

Event 45 U15 Boys - Shot Putt

Final (F08)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Victor Adebisi	EX Castle View School	12.76	1
2	Brian Kasanda	EX William Edwards School	11.12	2
3	Charlie Splarn	EX Thurrock Harriers AC	10.09	3
4	Josh Harris	EX Cecil Jones College	8.46	
5	Jakob Weekes	EX Cecil Jones College	7.74	
6	Aaron Wong	EX Thurrock Harriers AC	7.34	
7	John Boyle	EX Chelmsford AC	6.58	
8	Samuel Larkins	EX Braintree & Dist AC	6.45	
9	Liam Chivers	EX Thurrock Harriers AC	5.87	

Event 47 U13 Boys - 60M

Prelims (T36)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Theo Adesina	EX William Edwards School	8.38	Q	
2	Harry Worsfold	EX William Edwards School	8.79	q	
3	Finn O'Reilly	EX Colchester Harriers AC	9.15		
4	Harry Nicholson	EX Orion Harriers AC	9.24		
5	Lewis McElwee	EX Cecil Jones College	9.71		
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 2					
1	Akin Akinboh	EX Colchester & Tendring	8.22	Q	CBP
2	Harry Miller	EX Thurrock Harriers AC	8.76	q	
3	Brandon White	Peterborough AC	9.09		
4	Jack Walker	EX William Edwards School	9.73		
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 3					
1	Jairzinho Morris	EX Havering Mayesbrook	7.99	Q	CBP CBP
2	Joseph Harding	EX N & E B	8.28	q	
3	William Wilshere	EX Orion Harriers AC	9.06		
4	Alfie Whelan	EX Orion Harriers AC	9.39		

Top 1 places + 3 next fastest times advance to next round

Final (T46)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Jairzinho Morris	EX Havering Mayesbrook	7.90	CBP	1 CBP
2	Joseph Harding	EX N & E B	8.13		2
3	Akin Akinboh	EX Colchester & Tendring	8.18		3
4	Theo Adesina	EX William Edwards School	8.25		
5	Harry Miller	EX Thurrock Harriers AC	8.57		
6	Harry Worsfold	EX William Edwards School	8.63		

Event 48 U13 Boys - 200M

Prelims(T119)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Jairzinho Morris	EX Havering Mayesbrook	27.17 Q	CBP	CBP
2	Alfie Whelan 2	EX Orion Harriers AC	30.73 q		
3	Freddie Trevanion	EX Braintree & Dist AC	31.62		
4	Thomas May	EX Southend AC	32.68		

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 2					
1	Cameron Campbell	EX Orion Harriers AC	29.49 Q		
2	Bryce Breen	Herts Phoenix AC	30.48 q		
3	Jamie Goodhew	EX Orion Harriers AC	30.53 q		
4	Luis Beardsell	EX Colchester & Tendring	30.95 q		

Top 1 places + 4 next fastest times advance to next round

Final (T141)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Jairzinho Morris	EX Havering Mayesbrook	27.19		1
2	Cameron Campbell	EX Orion Harriers AC	29.45		2
3	Luis Beardsell	EX Colchester & Tendring	30.49		3
4	Bryce Breen	Herts Phoenix AC	30.84		
5	Jamie Goodhew	EX Orion Harriers AC	30.91		
---	Alfie Whelan 2	EX Orion Harriers AC	DNS		

Event 50 U13 Boys - 800M

Final (T132) - Timed Finals

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Max Wintle	EX W G w E L	2:23.80	CBP	1 CBP
2	Dominic Clatworthy 2	EX Brentwood School	2:28.37		2
3	Finn O'Reilly	EX Colchester Harriers AC	2:34.86		3
4	James Murphy	Harlow AC	2:38.11		
5	Oliver Woods	EX Havering Mayesbrook	2:39.44		
6	Sebastian Clatworthy	Cambridge & Coleridge	2:40.48		
7	Freddie Trevanion	EX Braintree & Dist AC	2:44.49		
8	Bryce Breen	Herts Phoenix AC	2:49.40		
9	Chris Phillips	EX Cecil Jones College	2:52.66		
10	Sebastian Darnell	Huntingdonshire AC	2:55.96		
11	Alfie Whelan 2	EX Orion Harriers AC	3:27.14		
---	Thomas May	EX Southend AC	DNS		

--- Cameron Campbell EX Orion Harriers AC DNS

Event 51 U13 Boys - 60M Hurdles

Prelims (T2)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Haydn Williams	Watford Harriers	10.53	Q
2	Thomas Arrowsmith	EX Cecil Jones College	11.05	q
3	Kieran Bennett	EX Chelmsford AC	11.05	q
4	Danny Sanderson	EX Harlow AC	11.69	
5	Billy Carr	EX Cecil Jones College	13.22	
---	Thomas Ray-Dobson	EX Cecil Jones College	DNS	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Ren Mansfield	EX Cecil Jones College	11.07	Q
2	Max Law	EX Havering Mayesbrook	11.07	q
3	Ralph Williams	Watford Harriers	11.34	q
4	Tom Duffy	EX William Edwards School	11.92	
5	Josh Taylor	EX Cecil Jones College	13.34	

Top 1 places + 4 next fastest times advance to next round

Final (T42)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Haydn Williams	Watford Harriers	10.52	
2	Ren Mansfield	EX Cecil Jones College	10.69	1
3	Max Law	EX Havering Mayesbrook	10.80	2
4	Thomas Arrowsmith	EX Cecil Jones College	10.82	3
5	Ralph Williams	Watford Harriers	10.86	
6	Kieran Bennett	EX Chelmsford AC	10.95	

Event 53 U13 Boys - High Jump

Final (F19)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Theo Adesina	EX William Edwards School	1.40	1 CBP
2	Ren Mansfield	EX Cecil Jones College	1.40	2 CBP
3	Aaron Freshwater	EX Havering Mayesbrook	1.35	3
4	Sebastian Clatworthy	Cambridge & Coleridge	1.30	
5	Taylor Doyle	EX Cecil Jones College	1.25	
6	Billy Carr	EX Cecil Jones College	1.20	
7	Ralph Williams	Watford Harriers	1.20	
8	Josh Taylor	EX Cecil Jones College	1.15	
---	Jack Walker	EX William Edwards School	NH	

Event 54 U13 Boys - Long Jump

Final (F06)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
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1	Finn O'Reilly	EX Colchester Harriers AC	4.54	1
2	Jairzinho Morris	EX Havering Mayesbrook	4.24	2
3	Max Law	EX Havering Mayesbrook	4.15	3
4	William Wilshere	EX Orion Harriers AC	4.02	
5	Haydn Williams	Watford Harriers	3.91	
6	Brandon White	Peterborough AC	3.62	
7	Tom Duffy	EX William Edwards School	3.53	
8	Alfie Whelan	EX Orion Harriers AC	3.34	
9	Thomas Arrowsmith	EX Cecil Jones College	3.32	
10	Jamie Goodhew	EX Orion Harriers AC	3.27	
11	Thomas Ray-Dobson	EX Cecil Jones College	3.05	

Event 55 U13 Boys - Shot Putt

Final (F09)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Josh Shittu	EX William Edwards School	8.54	1
2	Tomiwa Adedayo	EX William Edwards School	8.20	2
3	Max Law	EX Havering Mayesbrook	7.69	3
4	Billy Sims	EX Cecil Jones College	7.58	
5	Thomas Milton	EX Cecil Jones College	7.20	
6	Jamie Goodhew	EX Orion Harriers AC	6.10	
7	Ralph Williams	Watford Harriers	4.45	
8	Haydn Williams	Watford Harriers	4.44	
9	Alfie Whelan	EX Orion Harriers AC	4.36	

Event 56 U13 Boys - 1 Mile Walk

Final

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
No entries				

Event 57 Vet Men - 60m

Final (T153)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
Wind: NWI				
1	Scott Craddock	EX Medway & Maidstone	7.42	1 CBP
2	Leigh Porter	Peterborough AC	7.78	
3	Amr Ziko	Bedford & County AC	8.05	
4	Keith Palmer	EX Southend AC	8.25	2
5	Keith Clarke	Cambridge & Coleridge	8.29	
6	Steve Mayfield	FVSpartans	18.21	

Event 58 Vet Men - 400m

Final (T31)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Michael Osunsami	EX N & E B	55.58	1 CBP
2	Peter Benedickter	Bedford & County AC	55.75	

3	Christopher Westcott	FV Spartans	58.17	
4	Keith Palmer	EX Southend AC	1:00.30	2

Event 59 Vet Men - 1500m

Final (T25)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Christopher Westcott	FV Spartans	4:35.54	
2	Richard Holland	W G w E L	4:59.27	

Event 60 Senior Women - 60M

Prelims (T144)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Anna Pugh	Cambridge UNI AC	8.31	Q
2	Georgia Green	EX Chelmsford AC	8.37	q
3	Victoria Onyeka	EX Ilford AC	8.52	q
4	Olivia Lala	Cambridge UNI AC	8.87	
---	Carole Filer	City of Norwich AC	DNS	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Heat 2

1	Jessica Fox	Cambridge & Coleridge	8.05	Q
2	Sharna Emanuel	Peterborough AC	8.34	q
3	Maria Preuss	Cambridge UNI AC	8.70	q
---	Francesca Thompson	Cambridge UNI AC	DQ	

Top 1 places + 4 next fastest times advance to next round

Final (T156)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Jessica Fox	Cambridge & Coleridge	8.08	
2	Sharna Emanuel	Peterborough AC	8.22	
3	Georgia Green	EX Chelmsford AC	8.26	1
4	Anna Pugh	Cambridge UNI AC	8.37	
5	Victoria Onyeka	EX Ilford AC	8.50	2
6	Maria Preuss	Cambridge UNI AC	8.78	

Event 61 Senior Women - 200M

Prelims (T13)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Katherine Skelding	W G w E L	25.7	CBP
2	Georgina Malster	Ipswich Harriers AC	26.4	
3	Alice Kaye	Cambridge UNI AC	26.5	
4	Natalie Lebeau	EX Thurrock Harriers AC	27.0	1
5	Nichola Gibson	Peterborough AC	27.8	
---	Eleanor Simmons	Cambridge UNI AC	DNS	

Event 62 Senior Women - 400M

Prelims (T29)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Georgina Ivens	Nene Valley Harriers	1:01.51 Q
2	Nichola Gibson	Peterborough AC	1:02.96 q
3	Rebecca McLean	Cambridge UNI AC	1:03.03 q
4	Louise Douglass	EX Basildon AC	1:03.81 q
5	Emily Goodband	Cambridge UNI AC	1:04.96

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Alex Hill	EX Herts Phoenix AC	1:00.48 Q
2	Eleanor Simmons	Cambridge UNI AC	1:00.99 q
3	Tracy Bezance	Eastern Vets AC	1:04.91
---	Abigail Griffiths	Herts Phoenix AC	DNS

Top 1 places + 4 next fastest times advance to next round

Final (T54)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Georgina Ivens	Nene Valley Harriers	56.75	CBP	CBP
2	Alex Hill	EX Herts Phoenix AC	59.12		1
3	Eleanor Simmons	Cambridge UNI AC	1:01.38		
4	Nichola Gibson	Peterborough AC	1:02.16		
5	Louise Douglass	EX Basildon AC	1:03.87		2
6	Rebecca McLean	Cambridge UNI AC	1:04.6		

Event 63 Senior Women - 800M**Final (T130)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Alex Hill	EX Herts Phoenix AC	2:21.7	1
2	Victoria Smith	EX Havering Mayesbrook	2:22.6	2
3	Krystle Balogun	EX Ilford AC	2:24.1	3
4	Kerry Dixon	EX Enfield & Haringey AC	2:24.1	
5	Katy Sealy	Ipswich Harriers AC	2:38.10	
---	Louise Douglass	EX Basildon AC	DNF	

Event 64 Senior Women - 1500M**Final (T20)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Victoria Smith	EX Havering Mayesbrook	4:55.74	1

Event 65 Senior Women - 60M Hurdles**Final (T103)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Holly Thomas	EX N & E B	8.97	CBP	1
2	Evie Castle	West Suffolk AC	10.65		

3	Maria Preuss	Cambridge UNI AC	10.97
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Event 66 Senior Women - High Jump

Final (F13)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Bethan Siddons	EX Havering Mayesbrook	1.65	1
2	Natalie Lebeau	EX Thurrock Harriers AC	1.60	2
2	Gemma Armorgie	EX Herts Phoenix AC	1.60	3
4	Annabelle Bates	Cambridge UNI AC	1.50	

Event 67 Senior Women - Pole Vault

Final (F10)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Rebecca Hulbert	Cambridge UNI AC	2.10
2	Emily Brady	Cambridge UNI AC	2.10
3	Hannah Church	Cambridge UNI AC	1.80
---	Louise Shortland	Stevenage & North Herts	NH

Event 68 Senior Women - Long Jump

Final (F110)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Jessica Fox	Cambridge & Coleridge	5.37	
2	Natalie Lebeau	EX Thurrock Harriers AC	5.01	1
3	Katy Sealy	Ipswich Harriers AC	4.84	
4	Maria Preuss	Cambridge UNI AC	4.78	
5	Anna Pugh	Cambridge UNI AC	4.77	
6	Carole Filer	City of Norwich AC	4.61	
7	Fiona James	Cambridge UNI AC	3.99	
8	Hannah Castle	West Suffolk AC	3.42	

Event 69 Senior Women - Triple Jump

Final (F121)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Kirsty Smith	EX N & E B	11.59
2	Maria Preuss	Cambridge UNI AC	10.04
3	Fiona Jing	Cambridge UNI AC	10.03
4	Evie Castle	West Suffolk AC	9.46
5	Fiona James	Cambridge UNI AC	9.15

Event 70 Senior Women - Shot Putt

Final (F107)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
Flight 1			
1	Chloe Vernon-Hamilton	Stevenage & North Herts	11.73

2	Evie Castle	West Suffolk AC	11.05	
3	Sue Lawrence	EX Thurrock Harriers AC	10.55	1
4	Katy Sealy	Ipswich Harriers AC	9.75	

Event 71 Senior Women - 1 Mile Walk

Final (T124)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Pamela Abbott	Enfield & Haringey AC	10:48.75	

Event 72 U20 Women - 60M

Prelims (T107)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Tamara Chambers	EX Ilford AC	8.10	Q
2	Kirielle Mbone	EX N & E B	8.14	q
3	Tayla Benson	West Norfolk AC	8.18	q
4	Alice Galloway	Cambridge & Coleridge	8.40	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Event 72 U20 Women - 60M

Heat 2				
1	Kelly Sutton	EX Colchester Harriers AC	7.95	Q
2	Kirsty Ronald	EX Braintree & Dist AC	8.32	
3	Freya Webb	West Suffolk AC	8.57	
4	Kerry McCrory	EX Southend AC	8.63	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Heat 3				
1	Finette Agyapong	EX N & E B	7.80	Q
2	Laura Johnson	City of Norwich AC	7.99	q
3	Mercy Gutteridge	EX Havering Mayesbrook	8.30	
4	Jessica Narweh	EX W G w E L	8.48	
5	Anna Taylor	EX Colchester Harriers AC	8.94	

Top 1 places + 3 next fastest times advance to next round

Final (T154)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Finette Agyapong	EX N & E B	7.77	1
2	Kelly Sutton	EX Colchester Harriers AC	7.83	2
3	Laura Johnson	City of Norwich AC	7.98	
4	Tamara Chambers	EX Ilford AC	8.10	3
5	Kirielle Mbone	EX N & E B	8.13	
6	Tayla Benson	West Norfolk AC	8.30	

Event 73 U20 Women - 200M

Final (T16)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Finette Agyapong	EX N & E B	25.37	1

2	Amy Richards	EX Orion Harriers AC	26.59	2
3	Joanne Peak	Cambridge & Coleridge	26.82	
4	Tayla Benson	West Norfolk AC	26.97	
5	Alice Galloway	Cambridge & Coleridge	27.03	
---	Kirielle Mbone	EX N & E B	DNS	

Event 74 U20 Women - 400M

Prelims (T27)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Laviai Nielsen	EX Enfield & Haringey AC	1:02.63	Q
2	Lucy Weber	Cambridge & Coleridge	1:06.00	q
3	Emily Linney	EX Ursuline High School	1:07.03	
4	Tayla Benson	West Norfolk AC	1:09.11	
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Event 74 U20 Women - 400M

Heat 2				
1	Ami Fosker	EX Colchester & Tendring	1:01.38	Q
2	Rebecca Wade	EX Chelmsford AC	1:01.52	q
3	Elena Cervi	Stevenage & North Herts	1:03.31	q
4	Georgie Taylor	EX Havering Mayesbrook	1:05.26	q
5	Kerry McCrory	EX Southend AC	1:06.55	

Top 1 places + 4 next fastest times advance to next round

Final (T52)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Laviai Nielsen	EX Enfield & Haringey AC	57.41	1
2	Ami Fosker	EX Colchester & Tendring	1:01.06	2
3	Rebecca Wade	EX Chelmsford AC	1:02.08	3
4	Elena Cervi	Stevenage & North Herts	1:06.11	
5	Georgie Taylor	EX Havering Mayesbrook	1:06.80	
6	Lucy Weber	Cambridge & Coleridge	1:09.28	

Event 75 U20 Women - 800M

Final (T131)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Georgia Tuckfield	EX Chelmsford AC	2:14.20	CBP	1 CBP
2	Anna Clark	EX Loughton AC	2:17.94		2
3	Jessica Swain	EX Chelmsford AC	2:27.20		3
4	Annabel Matthews-Smith	EX Southend AC	2:31.23		
5	Lina Nielsen	EX Enfield & Haringey AC	2:33.20		

Event 76 U20 Women - 1500M

Final (T21)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Kaylee Dodd	EX Basildon AC	5:03.86	CBP 1

2	Isabella Woods	EX Havering Mayesbrook	5:19.57	2
3	Jordan Lacey	EX Southend AC	5:42.05	3

Event 77 U20 Women - 60M Hurdles

Prelims (T102)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Emma Nwofor	EX N & E B	8.83	Q
2	Georgia Green	EX Enfield & Haringey AC	9.03	q
3	Alicia Tymon-McEwan	St Albans AC	9.11	q
4	Georgia Sleep	EX Basildon AC	10.72	

Event 77 U20 Women - 60M Hurdles

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Georgina Duke	EX Chelmsford AC	9.40	Q
2	Amy Richards	EX Orion Harriers AC	9.82	q
3	Alice Galloway	Cambridge & Coleridge	10.13	q
4	April Castle	West Suffolk AC	11.98	

Top 1 places + 4 next fastest times advance to next round

Final (T149)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
1	Emma Nwofor	EX N & E B	8.69	CBP	1 CBP
2	Georgia Green	EX Enfield & Haringey AC	9.18		2
3	Alicia Tymon-McEwan	St Albans AC	9.43		
4	Georgina Duke	EX Chelmsford AC	9.49		3
5	Amy Richards	EX Orion Harriers AC	9.53		
---	Alice Galloway	Cambridge & Coleridge	DNS		

Event 78 U20 Women - High Jump

Final (F14)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Megan Smith	Dacorum & Tring AC	1.68	
2	Lizzie Peattie	EX Enfield & Haringey AC	1.65	1
3	Chay Clark	EX Thurrock Harriers AC	1.60	2
4	Cherelle Hibbert	Luton AC	1.55	

Event 79 U20 Women - Pole Vault

Final (F11)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
Flight 1				
1	Shannon Connolly	EX Basildon AC	3.10	1
2	Mercy Gutteridge	EX Havering Mayesbrook	3.00	2
3	Emily Bulleid	EX Chelmsford AC	2.70	3
4	Amy Clark	EX Chelmsford AC	2.50	

Event 80 U20 Women - Long Jump

Final (F111)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
Flight 1				
1	Georgia Green	EX Enfield & Haringey AC	5.27	1 CBP
2	Amy Richards	EX Orion Harriers AC	5.26	2
3	Sarah Prescott-Smith	Chelmsford AC	4.99	
4	Kerry McCrory	EX Southend AC	4.55	3
5	April Castle	West Suffolk AC	4.45	
6	Amezeh Efejuku	EX N & E B	4.34	

Event 81 U20 Women - Triple Jump**Final (F122)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Kirsty Ronald	EX Braintree & Dist AC	10.72	1
2	Bethany Chambers	EX W G w E L	10.35	2
3	Sarah Prescott-Smith	Chelmsford AC	10.27	
4	Ebony Bobb-Semple	EX W G w E L	10.26	3
5	April Castle	West Suffolk AC	9.86	
6	Victoria Oshunremi	EX Basildon AC	9.79	
7	Georgia Sleep	EX Basildon AC	9.73	

Event 82 U20 Women - Shot Putt**Final (F108)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Simi Pam	Peterborough AC	11.82	
2	Alice Galloway	Cambridge & Coleridge	10.88	
3	Georgie Taylor	EX Havering Mayesbrook	10.33	1
4	Rachel Forder	EX Havering Mayesbrook	9.71	2
5	Debbie Castle	West Suffolk AC	8.66	
6	Demi Bromfield	EX N & E B	8.26	3

Event 84 U17 Women - 60M**Prelims (T06)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Michelle Hughes	EX Havering Mayesbrook	8.00 Q
2	Emily Wood	St Albans AC	8.13 q
3	Alexandria Leslie	EX Colchester & Tendring	8.44
4	Rebecca Pickard	Stevenage & North Herts	8.58
5	Louise Lear	EX Havering Mayesbrook	8.69
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Jade Packer	EX Southend AC	8.10 Q
2	Chloe Godbold	Ipswich Harriers AC	8.54
2	Tolu Adebambo-Abisogun	Unattached	8.54
4	Isabel Sawyer	EX Colchester Harriers AC	8.61

5	Ashley Kossa	EX N & E B	8.72
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Event 84 U17 Women - 60M

Heat 3

1	Modupe Shokunbi	EX Havering Mayesbrook	7.91 Q
2	Chiamaka Okafor	EX Chelmsford AC	8.11 q
3	Shannon McNeil	EX Basildon AC	8.12 q
4	Beverley Prince	EX N & E B	8.16 q
5	Sienna Sexton	City of Norwich AC	8.59
6	Ellie Williams	EX Harlow AC	9.07
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 4

1	Chloe Stopher	Ipswich Harriers AC	8.10 Q
2	Finlay Marriott	Cambridge & Coleridge	8.11 q
3	Jasmine Ruscoe	EX Southend AC	8.31 q
4	Sophie Rickner	EX Southend AC	8.35
5	Amber Chudleigh	EX Braintree & Dist AC	8.80
6	Molly Gregorious	Huntingdonshire AC	9.04
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 5

1	Chantelle Kilpatrick	Ipswich Harriers AC	8.23 Q
2	Zoe Barracks	EX Orion Harriers AC	8.38
3	Bethany Harley	Stevenage & North Herts	8.52
4	Matilda Gomperts Willis	Cambridge & Coleridge	8.59
5	Beth James	EX Thurrock Harriers AC	8.78
6	Victoria Staines	EX Southend AC	29.63
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 6

1	Harriet Searjeant	City of Norwich AC	8.46 Q
2	Tasmin Erythee	EX Southend AC	8.47
3	Shannon Jameson	EX N & E B	8.56
4	Laura Satahoo	Biggleswade AC	9.01
5	Courtney Bland	EX Colchester Harriers AC	9.10

Top 1 places + 6 next fastest times advance to next round

Semis (T39)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Modupe Shokunbi	EX Havering Mayesbrook	7.86 Q
2	Jade Packer	EX Southend AC	8.06 Q
3	Chiamaka Okafor	EX Chelmsford AC	8.10 Q
4	Finlay Marriott	Cambridge & Coleridge	8.18
5	Chantelle Kilpatrick	Ipswich Harriers AC	8.43
6	Jasmine Ruscoe	EX Southend AC	8.49
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 2

1	Michelle Hughes	EX Havering Mayesbrook	7.89 Q
2	Emily Wood	St Albans AC	8.01 Q

3	Beverley Prince	EX N & E B	8.12 Q
4	Shannon McNeil	EX Basildon AC	8.13
5	Chloe Stopher	Ipswich Harriers AC	8.28
6	Harriet Searjeant	City of Norwich AC	8.50

Top 3 places + 0 next fastest times advance to next round

Final (T49)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1		Wind: NWI		
1	Modupe Shokunbi	EX Havering Mayesbrook	7.80	1
2	Michelle Hughes	EX Havering Mayesbrook	7.91	2
3	Emily Wood	St Albans AC	8.03	
4	Jade Packer	EX Southend AC	8.04	3
5	Chiamaka Okafor	EX Chelmsford AC	8.08	
6	Beverley Prince	EX N & E B	8.12	

Event 85 U17 Women - 200M

Prelims (T112)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Michelle Hughes	EX Havering Mayesbrook	26.08 Q	
2	Shereen Raouf	EX Southend AC	26.79	
3	Chloe Godbold	Ipswich Harriers AC	28.06	
4	Gabriella Pearson	EX Southend AC	28.06	
5	Isabel Sawyer	EX Colchester Harriers AC	28.94	
6	Laura Satahoo	Biggleswade AC	29.95	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2				
1	Chloe McCarthy	St Albans AC	25.52 Q	
2	Emily Wood	St Albans AC	26.20 q	
3	Shannon McNeil	EX Basildon AC	27.07	
4	Charlotte Skeggs	EX Basildon AC	28.66	
5	Charlotte Walters	EX Brentwood School	28.74	
6	Amber Chudleigh	EX Braintree & Dist AC	29.53	

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 3				
1	Jade Packer	EX Southend AC	26.39 Q	
2	Sophie Rickner	EX Southend AC	26.63 q	
3	Zoe Barracks	EX Orion Harriers AC	27.76	
4	Melody Tillbrook	EX Southend AC	28.26	
5	Alexandria Leslie	EX Colchester & Tendring	28.34	
6	Amy Hunt	EX Harlow AC	28.97	

Final (T129)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Chloe McCarthy	St Albans AC	25.24	CBP
2	Michelle Hughes	EX Havering Mayesbrook	25.64	1
3	Jade Packer	EX Southend AC	25.96	2

4	Emily Wood	St Albans AC	26.12
---	Shereen Raouf	EX Southend AC	DQ
---	Sophie Rickner	EX Southend AC	DNS

Event 86 U17 Women - 300M

Prelims (T17)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Emily Hack	St Albans AC	43.09 Q
2	Zoe Benton	EX Herts Phoenix AC	43.81 q
3	Gabriella Pearson	EX Southend AC	45.97
4	Ella Lindsay	EX Brentwood School	47.49
5	Eryn Madsen	Harlow AC	48.51
---	Tiffany Weaving	EX Castle View School	DNS
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 2			
1	Chloe McCarthy	St Albans AC	42.61 Q
2	Serena Espeute	EX Orion Harriers AC	43.85 q
3	Belinda Clark	City of Norwich AC	44.61
4	Harriet Searjeant	City of Norwich AC	46.20
---	Izzy Chrysafi	City of Norwich AC	DNS
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 3			
1	Shereen Raouf	EX Southend AC	43.54 Q
2	Matilda Gomperts Willis	Cambridge & Coleridge	44.54 q
3	Megan Price	EX Harlow AC	46.20
4	Bethany Harley	Stevenage & North Herts	46.55
5	Vickii Ogunleye	EX Brentwood School	47.71
---	Lucy Shaw	EX Southend AC	DNS

Top 1 places + 3 next fastest times advance to next round

Final (T33)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Chloe McCarthy	St Albans AC	41.04	
2	Shereen Raouf	EX Southend AC	42.28	1
3	Serena Espeute	EX Orion Harriers AC	42.54	2
4	Emily Hack	St Albans AC	42.82	
5	Zoe Benton	EX Herts Phoenix AC	44.13	3
6	Matilda Gomperts Willis	Cambridge & Coleridge	44.80	

Event 87 U17 Women - 800M

Prelims (T114)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Jodie Judd	EX Castle View School	2:25.93 Q
2	Katherine-Jayne Watts	EX Colchester Harriers AC	2:26.37 q
3	Diana Chalmers	Cambridge & Coleridge	2:28.80 q

4	Amy Baggs	EX Havering Mayesbrook	2:34.31
5	Amelia Darnell	Huntingdonshire AC	2:49.61
6	Charlotte Skeggs	EX Basildon AC	2:51.81

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Kiera Tippett	EX Basildon AC	2:25.31 Q
2	Emma Perks	EX Chelmsford AC	2:25.35 q
3	Lucy Kidwell	EX Southend AC	2:31.02 q
4	Natasha May	EX Southend AC	2:32.11
5	Charlotte Hudson Madge	City of Norwich AC	2:44.57

Top 1 places + 4 next fastest times advance to next round

Final (T134)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Jodie Judd	EX Castle View School	2:21.20	1
2	Kiera Tippett	EX Basildon AC	2:23.76	2
3	Emma Perks	EX Chelmsford AC	2:24.27	3
4	Diana Chalmers	Cambridge & Coleridge	2:24.62	
5	Katherine-Jayne Watts	EX Colchester Harriers AC	2:25.21	
6	Lucy Kidwell	EX Southend AC	2:29.45	

Event 88 U17 Women -1500m

Final (T22)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Jodie Judd	EX Castle View School	4:59.83	1
2	Kiera Tippett	EX Basildon AC	5:13.81	2

Event 89 U17 Women - 60M Hurdles

Prelims (T101)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Finlay Marriott	Cambridge & Coleridge	9.2 Q
2	Sally Cowler	Herts Phoenix AC	9.2 q
3	Lucinda Bailey	EX Havering Mayesbrook	9.5 q
4	Ashleigh Spiliopoulou	Hertford & Ware	9.6 q
5	Rebecca Pickard	Stevenage & North Herts	10.1
6	Alicia Paternott	Watford Harriers	10.5

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Michelle Hughes	EX Havering Mayesbrook	8.93 Q
2	Naomi Harryman	EX Harlow AC	9.26 q
3	Alice Semark	Herts Phoenix AC	9.66
4	Shannon Jameson	EX N & E B	9.86
5	Rebecca Beddall	Stevenage & North Herts	10.00
6	Alicia Julien	EX W G w E L	11.01

Top 1 places + 4 next fastest times advance to next round

Final (T148)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Michelle Hughes	EX Havering Mayesbrook	8.97	1
2	Finlay Marriott	Cambridge & Coleridge	9.10	
3	Naomi Harryman	EX Harlow AC	9.11	2
4	Sally Cowler	Herts Phoenix AC	9.25	
5	Lucinda Bailey	EX Havering Mayesbrook	9.53	3
6	Ashleigh Spiliopoulou	Hertford & Ware	9.66	

Event 90 U17 Women - High Jump**Final (F12)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
Flight 1				
1	Sienna Sexton	City of Norwich AC	1.55	
2	Rebecca Pickard	Stevenage & North Herts	1.50	
3	Mellisa Cleary	EX Orion Harriers AC	1.45	1
3	Charlotte Boyle	EX Chelmsford AC	1.45	2
3	Bethany Harley	Stevenage & North Herts	1.45	
3	Rebecca Hawtin	Luton AC	1.45	
7	Charlotte Skeggs	EX Basildon AC	1.40	3
8	Tiffany Weaving	EX Castle View School	1.30	
9	Rebecca Beddall	Stevenage & North Herts	1.20	

Event 91 U17 Women - Pole Vault**Final (F01)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
Flight 1				
1	Martha Huggins	Stevenage & North Herts	2.80	
1	Holly Brown	Peterborough AC	2.80	
3	Erin Breen	Herts Phoenix AC	2.75	
4	Caitlin Boyle	EX Chelmsford AC	2.40	1
5	Rebecca Beddall	Stevenage & North Herts	2.20	
6	Molly Gregorious	Huntingdonshire AC	1.95	
6	Sophie Grant	EX Orion Harriers AC	1.95	2
8	Joelle Ewen	EX Orion Harriers AC	1.65	3

Event 92 U17 Women - Long Jump**Final (F03)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Naomi Harryman	EX Harlow AC	5.50	1	CBP
2	Sally Cowler	Herts Phoenix AC	5.05		
3	Jasmin Hedman	EX N & E B	4.88	2	
4	Sophie Rickner	EX Southend AC	4.68	3	
5	Charlotte Skeggs	EX Basildon AC	4.56		
6	Chantelle Kilpatrick	Ipswich Harriers AC	4.48		
7	Rhiannon Howard	EX Braintree & Dist AC	4.36		

8	Courtney Bland	EX Colchester Harriers AC	4.29
9	Gabriella Pearson	EX Southend AC	4.27
10	Chiamaka Okafor	EX Chelmsford AC	4.26
11	Isabel Sawyer	EX Colchester Harriers AC	4.17
12	Beth James	EX Thurrock Harriers AC	4.12
13	Tiffany Weaving	EX Castle View School	3.74
14	Victoria Staines	EX Southend AC	3.21

Event 93 U17 Women - Triple Jump

Final (F07)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Naomi Harryman	EX Harlow AC	10.96	CBP	1 CBP
2	Jessica Kennard	Cambridge & Coleridge	10.37		
3	Jasmine Ruscoe	EX Southend AC	10.06		2
4	Chantelle Kilpatrick	Ipswich Harriers AC	9.75		
5	Beth James	EX Thurrock Harriers AC	9.74		3
6	Ella Lindsay	EX Brentwood School	9.42		
7	Chloe Godbold	Ipswich Harriers AC	9.25		
8	Charlotte Hudson Madge	City of Norwich AC	9.23		
9	Vickii Ogunleye	EX Brentwood School	8.97		
10	Louise Lear	EX Havering Mayesbrook	8.79		
11	Izzy Chrysafi	City of Norwich AC	8.45		

Event 94 U17 Women - Shot Put

Final (F109)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Katie Reynolds	Cambridge & Coleridge	9.43		
2	Philippa Davenall	EX Colchester Harriers AC	9.19		1
3	Georgia Wright	EX Castle View School	8.20		2
4	Megan Larkins	EX Braintree & Dist AC	7.53		3
5	Kiera Tippett	EX Basildon AC	6.97		
6	Beth James	EX Thurrock Harriers AC	6.74		
7	Oluwaseun Alao	EX Colchester Harriers AC	6.72		
8	Charlotte Hudson Madge	City of Norwich AC	6.65		
9	Amy Hunt	EX Harlow AC	5.68		

Event 95 U17 Women - 1 Mile Walk

Final (T125)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Lauren Kemp	EX Cornelius Vermuyden School	13:53.62	CBP	1

Event 96 U15 Girls - 60M

Prelims (T08)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			

1	Caitlin O'Reilly	EX Colchester Harriers AC	8.09 Q
2	Ellie Rowan	EX Southend AC	8.39 Q
3	Alexandra Pullan	Nene Valley Harriers	8.66 q
4	Alisha Hayes	EX Chelmsford AC	8.68 q
5	Madelaine Parle	City of Norwich AC	8.76 q
6	Harriet Bruce	Huntingdonshire AC	9.04

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Zoe Thompson	EX N & E B	8.02 Q
2	Remi Jessop	Watford Harriers	8.38 Q
3	Megan Porter	Peterborough AC	8.44 q
4	Jasmine Allen	Nene Valley Harriers	8.54 q
5	Saira Hussain	EX Braintree & Dist AC	8.62 q
6	Holly Reipond	EX Castle View School	9.41

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 3

1	Janea Duporte-Clarke	Ipswich Harriers AC	8.40 Q
2	Weronika Czekajlo	EX Chelmsford AC	8.44 Q
3	Serena Korkmaz	Nene Valley Harriers	8.85
4	Daisy Pallett	EX Southend AC	8.89
5	Cassie Thompson	Cambridge & Coleridge	8.96

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 4

1	Joy Ogunleye	EX Colchester & Tendring	8.22 Q
2	Kendrea Nwaelene	EX Thurrock Harriers AC	8.46 Q
3	India Jade Goodman	Ipswich Harriers AC	8.66 q
4	Cidney Payton	EX Brentwood School	8.96
5	Emma Dewdney	West Norfolk AC	8.97
6	Connie Bell	EX Brentwood School	9.29

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 5

1	Eden Brown	EX Orion Harriers AC	8.34 Q
2	Emily Russell	Harrow AC	8.51 Q
3	Sewa Adedoja	EX Southend HSG	8.52 q
4	Seniz Jessener	EX Thurrock Harriers AC	8.77 q
5	Nicole Harvey	EX Brentwood School	8.98
6	Lauren Bradfield	City of Norwich AC	9.08

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 6

1	Eleanor Bartram-Sheppard	EX Chelmsford AC	8.53 Q
2	Joyce Mbatika	EX Orion Harriers AC	8.70 Q
3	Millie Belbin	EX Colchester Harriers AC	8.98
4	Lola Kalejaiye	EX Brentwood School	9.17
5	Melissa Gurteen	EX Braintree & Dist AC	9.53

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 7

1	Emily Mace	City of Norwich AC	8.25 Q
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2	Eloise Lewis	EX Southend AC	8.73 Q
3	Holly Nash	EX Havering Mayesbrook	8.76 q
4	Meg Bartholomew	West Suffolk AC	9.02
5	Sophie Julian	Herts Phoenix AC	9.08
6	Malaika Grante	EX Ursuline High School	9.10

Top 2 places + 10 next fastest times advance to next round

Round 2 (T11)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Zoe Thompson	EX N & E B	8.09 Q
2	Remi Jessop	Watford Harriers	8.38 Q
3	Ellie Rowan	EX Southend AC	8.52 Q
4	Sewa Adedoja	EX Southend HSG	8.53
5	Seniz Jessener	EX Thurrock Harriers AC	8.73
---	Jasmine Allen	Nene Valley Harriers	DNS

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Caitlin O'Reilly	EX Colchester Harriers AC	8.12 Q
2	Megan Porter	Peterborough AC	8.46 Q
3	Weronika Czekajlo	EX Chelmsford AC	8.50 Q
4	Eleanor Bartram-Sheppard	EX Chelmsford AC	8.74
5	Holly Nash	EX Havering Mayesbrook	8.75
---	Saira Hussain	EX Braintree & Dist AC	DNS

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Kendrea Nwaelene	EX Thurrock Harriers AC	8.30 Q
2	Janea Duporte-Clarke	Ipswich Harriers AC	8.43 Q
3	India Jade Goodman	Ipswich Harriers AC	8.61 Q
4	Eloise Lewis	EX Southend AC	8.69
5	Madelaine Parle	City of Norwich AC	8.82
---	Joy Ogunleye	EX Colchester & Tendring	DNS

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
1	Emily Mace	City of Norwich AC	8.16 Q
2	Eden Brown	EX Orion Harriers AC	8.27 Q
3	Emily Russell	Harrow AC	8.38 Q
4	Alexandra Pullan	Nene Valley Harriers	8.57
5	Alisha Hayes	EX Chelmsford AC	8.63
6	Joyce Mbatika	EX Orion Harriers AC	8.72

Top 3 places + 0 next fastest times advance to next round

Semis (T35)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Zoe Thompson	EX N & E B	8.02 Q
2	Kendrea Nwaelene	EX Thurrock Harriers AC	8.26 Q
3	Janea Duporte-Clarke	Ipswich Harriers AC	8.37 Q
4	Eden Brown	EX Orion Harriers AC	8.42

5	Megan Porter	Peterborough AC	8.73
6	India Jade Goodman	Ipswich Harriers AC	8.91
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 2

1	Caitlin O'Reilly	EX Colchester Harriers AC	8.03 Q
2	Emily Mace	City of Norwich AC	8.14 Q
3	Remi Jessop	Watford Harriers	8.32 Q
4	Weronika Czekajlo	EX Chelmsford AC	8.50
5	Emily Russell	Harrow AC	8.51
6	Ellie Rowan	EX Southend AC	8.55

Top 3 places + 0 next fastest times advance to next round

Final (T45)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Zoe Thompson	EX N & E B	7.97	1
2	Caitlin O'Reilly	EX Colchester Harriers AC	8.02	2
3	Emily Mace	City of Norwich AC	8.24	
4	Kendrea Nwaelene	EX Thurrock Harriers AC	8.36	3
---	Remi Jessop	Watford Harriers	DNS	
---	Janea Duporte-Clarke	Ipswich Harriers AC	DNS	

Event 97 U15 Girls - 200M

Prelims (T110)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Ellie Rowan	EX Southend AC	27.86 Q
2	Yasmin Robinson	EX Benfleet RC	28.79
3	Joyce Mbatika	EX Orion Harriers AC	29.80
4	Shae Dubois Boyce	EX N & E B	30.12
5	Mollie Crawley	EX Castle View School	32.98
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Emily Sharpe	EX Orion Harriers AC	27.64 Q
2	Kendrea Nwaelene	EX Thurrock Harriers AC	27.91 q
3	Victoria Adebawale	EX Havering Mayesbrook	28.14 q
4	Mayi Hughes	EX Havering Mayesbrook	28.85
5	Weronika Czekajlo	EX Chelmsford AC	29.10
6	Felicity Dare	EX Cecil Jones College	33.44
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Amber Hornbuckle	EX Enfield & Haringey AC	27.12 Q
2	Elena Iruskieta	EX Southend AC	28.53 q
3	Phoebe Jeffery	EX Chelmsford AC	29.35
4	Alisha Hayes	EX Chelmsford AC	29.81
5	Lily Hewitt-Bennett	EX Southend HSG	29.97
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			

1	Zoe Thompson	EX N & E B	27.03 Q
2	Caitlin O'Reilly	EX Colchester Harriers AC	27.84 q
3	Nicole Covell	Huntingdonshire AC	29.35
4	Laura Knight	EX Southend AC	29.66
5	Melissa Gurteen 2	EX Braintree & Dist AC	31.35
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 5

1	Emily Mace	City of Norwich AC	26.85 Q
2	Joy Ogunleye	EX Colchester & Tendring	27.16 q
3	Sophia Mullings	EX Basildon AC	27.68 q
4	Remi Jessop	Watford Harriers	27.72 q
5	Eleanor Bartram-Sheppard	EX Chelmsford AC	29.23
6	Hannah Greenhalgh	West Norfolk AC	29.52

Top 1 places + 7 next fastest times advance to next round

Semis (T127)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Emily Mace	City of Norwich AC	26.76 Q
2	Emily Sharpe	EX Orion Harriers AC	27.45 Q
3	Remi Jessop	Watford Harriers	27.59 Q
4	Caitlin O'Reilly	EX Colchester Harriers AC	27.73
5	Ellie Rowan	EX Southend AC	28.03
6	Elena Iruskieta	EX Southend AC	28.50

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Amber Hornbuckle	EX Enfield & Haringey AC	26.48 Q
2	Zoe Thompson	EX N & E B	26.52 Q
3	Joy Ogunleye	EX Colchester & Tendring	26.78 Q
4	Sophia Mullings	EX Basildon AC	27.66
5	Kendrea Nwaelene	EX Thurrock Harriers AC	27.70
6	Victoria Adebawale	EX Havering Mayesbrook	27.86

Top 3 places + 0 next fastest times advance to next round

Final (T138)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Amber Hornbuckle	EX Enfield & Haringey AC	26.22	1
2	Emily Mace	City of Norwich AC	26.33	
3	Zoe Thompson	EX N & E B	26.73	2
4	Joy Ogunleye	EX Colchester & Tendring	27.07	3
5	Emily Sharpe	EX Orion Harriers AC	27.64	
6	Remi Jessop	Watford Harriers	28.38	

Event 98 U15 Girls - 300M

Prelims (T18)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Eloise Lewis	EX Southend AC	47.40 Q
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2	Imogen Bennett	EX Chelmsford AC	48.76
3	Madelaine Parle	City of Norwich AC	50.84
---	Emily Mace	City of Norwich AC	DNF

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Megan Sims	Peterborough AC	44.80 Q
2	Molly Gardner	EX W G w E L	45.50
3	Hannah Badger	EX Chelmsford AC	45.86
4	Megan Porter	Peterborough AC	47.40

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 3

1	Maisey Snaith	Cambridge & Coleridge	43.96 Q
2	Kyasha Robinson	EX W G w E L	44.84 q
3	India Jade Goodman	Ipswich Harriers AC	45.35 q
4	Elena Iruskieta	EX Southend AC	45.43 q
5	Phoebe Jeffery	EX Chelmsford AC	46.63

Top 1 places + 3 next fastest times advance to next round

Final (T34)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Maisey Snaith	Cambridge & Coleridge	43.52	
2	Megan Sims	Peterborough AC	44.39	
3	Elena Iruskieta	EX Southend AC	45.37	1
4	India Jade Goodman	Ipswich Harriers AC	45.65	
5	Kyasha Robinson	EX W G w E L	46.39	2
6	Eloise Lewis	EX Southend AC	47.68	3

Event 99 U15 Girls - 800M

Prelims (T118)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Kate Etheridge	EX Chelmsford AC	2:29.78 Q
2	Katie Mitchell	EX Havering Mayesbrook	2:30.30 q
3	Rachel Broome	EX Chelmsford AC	2:31.13
4	Rebecca Brown	EX Havering Mayesbrook	2:35.39
5	Nicole Covell	Huntingdonshire AC	2:44.86
6	Hannah Smith 2	EX Castle View School	2:49.93

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Annabel Quantrill	Cambridge & Coleridge	2:26.86 Q
2	Jessica Whiley	EX Chelmsford AC	2:27.50 q
3	Isobel Mills	EX Orion Harriers AC	2:28.51 q
4	Joanna Rimmington	EX Southend AC	2:41.07
5	Emilia Clark	EX Brentwood School	2:45.32
6	Juliette Lemare	EX Southend AC	2:48.50

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 3

1	Courtney Gordon	EX Braintree & Dist AC	2:33.72 Q
2	Casey Hilliam	Peterborough AC	2:34.01
3	Katie Champion	Harlow AC	2:34.15
4	Lucy Wilde	EX Brentwood School	2:39.68
5	Jessica Mitchell	EX Havering Mayesbrook	2:46.51
6	Sophie Rand	EX Havering Mayesbrook	2:48.03

Top 1 places + 3 next fastest times advance to next round

Final (T137)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1				
1	Annabel Quantrill	Cambridge & Coleridge	2:22.61	
2	Jessica Whiley	EX Chelmsford AC	2:24.79	1
3	Isobel Mills	EX Orion Harriers AC	2:25.43	2
4	Katie Mitchell	EX Havering Mayesbrook	2:27.52	3
5	Kate Etheridge	EX Chelmsford AC	2:27.92	
6	Courtney Gordon	EX Braintree & Dist AC	2:28.29	

Event 100 U15 Girls - 60M Hurdles

Prelims (T1)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Emily Russell	Harrow AC	9.70 Q
2	Mya Anokye	EX Thurrock Harriers AC	10.60
3	Milly Watling	Peterborough AC	10.80
4	Elena March	EX Thurrock Harriers AC	11.10
5	Abigail Pickard	Stevenage & North Herts	11.30

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Megan Sims	Peterborough AC	9.70 Q
2	Shannon Dooley	EX Havering Mayesbrook	9.94 q
3	Seniz Jessener	EX Thurrock Harriers AC	10.40 q
4	Sophie Julian	Herts Phoenix AC	10.47 q
5	Emma Dewdney	West Norfolk AC	11.04
6	Shirley Acquah-Davis	EX Basildon AC	11.09

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Mayi Hughes	EX Havering Mayesbrook	9.77 Q
2	Brogan Ravenall	EX Southend AC	10.40 q
3	Hannah Greenhalgh	West Norfolk AC	10.44 q
4	Jess Whitbread	EX William Edwards School	11.57
5	Rhea Stavri	EX Thurrock Harriers AC	12.92

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4			
1	Amber Hornbuckle	EX Enfield & Haringey AC	9.60 Q
2	Hannah Badger	EX Chelmsford AC	9.90 q
3	Isabella Purdie	EX Havering Mayesbrook	10.40 q
4	Holly Nash	EX Havering Mayesbrook	10.51

5	Lauren Bradfield	City of Norwich AC	10.65
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>

Heat 5

1	Katie Petyt	EX W G w E L	9.86 Q
2	Imogen Bennett	EX Chelmsford AC	10.56
3	Melissa Gurteen	EX Braintree & Dist AC	10.74
4	Cassie Thompson	Cambridge & Coleridge	11.49
---	Harriet Bruce	Huntingdonshire AC	DNS

Top 1 places + 7 next fastest times advance to next round

Semis (T5)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Amber Hornbuckle	EX Enfield & Haringey AC	9.46 Q
2	Mayi Hughes	EX Havering Mayesbrook	9.84 Q
3	Katie Petyt	EX W G w E L	9.86 Q
4	Seniz Jessener	EX Thurrock Harriers AC	10.04
5	Isabella Purdie	EX Havering Mayesbrook	10.20
6	Sophie Julian	Herts Phoenix AC	10.45

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

Wind: NWI

1	Megan Sims	Peterborough AC	9.52 Q
2	Emily Russell	Harrow AC	9.78 Q
3	Hannah Badger	EX Chelmsford AC	9.97 Q
4	Shannon Dooley	EX Havering Mayesbrook	10.17
5	Hannah Greenhalgh	West Norfolk AC	10.38
6	Brogan Ravenall	EX Southend AC	10.48

Top 3 places advance to next round

Final (T41)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

Wind: NWI

1	Amber Hornbuckle	EX Enfield & Haringey AC	9.43	1
2	Megan Sims	Peterborough AC	9.65	
3	Emily Russell	Harrow AC	9.66	
4	Hannah Badger	EX Chelmsford AC	9.77	2
5	Mayi Hughes	EX Havering Mayesbrook	9.84	3
6	Katie Petyt	EX W G w E L	9.84	

Event 101 U15 Girls - High Jump

Final (F120)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
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1	Keira Hicks	Stevenage & North Herts	1.53	
2	Megan Porter	Peterborough AC	1.53	
3	Hannah Badger	EX Chelmsford AC	1.50	1
4	Mayi Hughes	EX Havering Mayesbrook	1.45	2
5	Molly Gardner	EX W G w E L	1.45	3
5	Phoebe Jeffery	EX Chelmsford AC	1.45	

7	Amy Gore	Peterborough AC	1.40
8	Harriet Bruce	Huntingdonshire AC	1.35
8	Alisha Hayes	EX Chelmsford AC	1.35
10	Nicole Covell	Huntingdonshire AC	1.35
11	Melissa Gurteen 2	EX Braintree & Dist AC	1.25
12	Jessica Whiley	EX Chelmsford AC	1.20

Event 102 U15 Girls - Pole Vault

Final (F02)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Keira Hicks	Stevenage & North Herts	2.50

Event 103 U15 Girls - Long Jump

Final (F15)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Katie Petyt	EX W G w E L	5.01	1
2	Caitlin O'Reilly	EX Colchester Harriers AC	4.95	2
3	Alexandra Pullan	Nene Valley Harriers	4.76	
4	Mayi Hughes	EX Havering Mayesbrook	4.58	3
5	Brogan Ravenall	EX Southend AC	4.56	
6	Lizzie Hughes	EX Southend HSG	4.44	
7	Weronika Czekajlo	EX Chelmsford AC	4.37	
8	Phoebe Jeffery	EX Chelmsford AC	4.35	
9	Isabella Purdie	EX Havering Mayesbrook	4.25	
10	Sophie Conway	EX Braintree & Dist AC	4.24	
11	Hannah Greenhalgh	West Norfolk AC	4.11	
12	Abigail Pickard	Stevenage & North Herts	4.05	
13	Millie Belbin	EX Colchester Harriers AC	4.04	
14	Eleanor Bartram-Sheppard	EX Chelmsford AC	4.03	
15	Saira Hussain	EX Braintree & Dist AC	4.02	
16	Jess Whitbread	EX William Edwards School	4.01	
17	Elena March	EX Thurrock Harriers AC	3.94	
18	Madelaine Parle	City of Norwich AC	3.88	
19	Shona Pybus	Stevenage & North Herts	3.71	
20	Melissa Gurteen	EX Braintree & Dist AC	3.67	
21	Emma Dewdney	West Norfolk AC	3.56	
22	Daisy Pallett	EX Southend AC	3.39	
23	Rhea Stavri	EX Thurrock Harriers AC	3.36	
24	Charlotte Evans	EX Cornelius Vermuyden School	3.16	
25	Holly Reipond	EX Castle View School	3.03	

Event 104 U15 Girls - Shot Putt

Final (F04)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Alex Ashaye	EX Brentwood School	9.34	1

2	Alisha Levy	Stevenage & North Herts	9.19	
3	Edah Efejuku	EX N & E B	9.13	2
4	Laura Runciman	EX Chelmsford AC	9.06	3
5	Cidney Payton	EX Brentwood School	8.81	
6	Jessica Emery	Watford Harriers	8.62	
7	Katie Head	EX William Edwards School	8.10	
8	Anesu Munemo	EX Southend HSG	7.74	
9	Sewa Adedoja	EX Southend HSG	7.59	
10	Connie Bell	EX Brentwood School	7.54	
11	Alexis Day	EX Castle View School	7.52	
12	Seniz Jessener	EX Thurrock Harriers AC	7.50	
13	Shona Pybus	Stevenage & North Herts	7.49	
14	Caitlin O'Reilly	EX Colchester Harriers AC	7.04	
15	Ellana Woodley	EX Cornelius Vermuyden School	6.74	
16	Milly Watling	Peterborough AC	6.47	
17	Yinka Shokunbi	EX Havering Mayesbrook	6.37	
18	Rhea Stavri	EX Thurrock Harriers AC	6.21	
19	Jess Whitbread	EX William Edwards School	5.82	

Event 105 U15 Girls - 1 Mile Walk

Final (T126)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: NWI		
---	Shae Dubois Boyce	EX N & E B
		DNS

Event 106 U13 Girls - 60M

Prelims (T07)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
1	Leah Duncan	EX Braintree & Dist AC
2	Ini Olajide	EX William Edwards School
3	Jasmine Cant	Ipswich Harriers AC
4	Abigail Coe	EX Brentwood School
5	Leisha Hunt	EX Braintree & Dist AC
6	Jessica Parkinson	EX Harlow AC
		8.75 Q
		8.79 q
		8.90 q
		8.92 q
		9.31
		9.36
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		
1	Emily Foster	EX Chelmsford AC
2	Kira Wealls	EX Colchester Harriers AC
3	Faith Rufai	EX Brentwood School
4	Hannah Smith	EX Braintree & Dist AC
5	Rachel Hoddell	EX Colchester Harriers AC
		9.01 Q
		9.02 q
		9.26
		9.29
		9.51
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		
1	Abigail Rice	West Norfolk AC
2	Lauren Strutt	EX Colchester Harriers AC
3	Megan Stevens	EX Colchester Harriers AC
		8.69 Q
		9.04 q
		9.19

4	Jasmine Marley	EX Colchester Harriers AC	9.85
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	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 4

1	Lena Matsuka-Williams	City of Norwich AC	8.88 Q
2	Monet Jervier	EX Thurrock Harriers AC	9.07 q
3	Jessica Smith	EX Thurrock Harriers AC	9.24
4	Georgie Ives-Lappin	Peterborough AC	9.37
5	Lois Gordon	EX Braintree & Dist AC	9.53
6	Milly Wych	Cambridge & Coleridge	9.61

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 5

1	Charlie Moore	Ipswich Harriers AC	9.08 Q
2	Kate Sheppard	EX Braintree & Dist AC	9.11 q
3	Marli Jessop	Watford Harriers	9.12
4	Chanel Moseley	EX Ursuline High School	9.25
5	Grace Killoughery	Cambridge & Coleridge	9.30
6	Mia Skipper	EX Brentwood School	9.38

Top 1 places + 7 next fastest times advance to next round

Semis (T37)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 1

1	Ini Olajide	EX William Edwards School	8.57 Q
2	Abigail Rice	West Norfolk AC	8.62 Q
3	Abigail Coe	EX Brentwood School	8.90 Q
4	Emily Foster	EX Chelmsford AC	8.92
5	Monet Jervier	EX Thurrock Harriers AC	9.02
6	Charlie Moore	Ipswich Harriers AC	9.04

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Heat 2

1	Leah Duncan	EX Braintree & Dist AC	8.72 Q
2	Lena Matsuka-Williams	City of Norwich AC	8.77 Q
3	Kira Wealls	EX Colchester Harriers AC	8.93 Q
4	Jasmine Cant	Ipswich Harriers AC	9.03
5	Lauren Strutt	EX Colchester Harriers AC	9.08
6	Kate Sheppard	EX Braintree & Dist AC	9.26

Top 3 places + 0 next fastest times advance to next round

Final (T47)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
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1	Abigail Rice	West Norfolk AC	8.62	
2	Leah Duncan	EX Braintree & Dist AC	8.66	1
3	Ini Olajide	EX William Edwards School	8.78	2
4	Kira Wealls	EX Colchester Harriers AC	8.81	3
5	Lena Matsuka-Williams	City of Norwich AC	8.87	
6	Abigail Coe	EX Brentwood School	8.91	

Prelims (T111)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Uchenna Okafor	EX Southend HSG	27.73 Q	CBP	CBP
2	Kira Wealls	EX Colchester Harriers AC	29.90 q		
3	Charlie Moore	Ipswich Harriers AC	31.04 q		
4	Lottie Hinson	EX Basildon AC	31.23 q		
5	Eniola Diji	EX Cecil Jones College	34.81		

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 2					
1	Shona Gonese	EX Southend AC	28.90 Q		
2	Jasmine Cant	Ipswich Harriers AC	30.29 q		
3	Marli Jessop	Watford Harriers	30.66 q		
4	Becky Richards	EX Orion Harriers AC	31.81		
5	Georgia Tombs	EX Braintree & Dist AC	33.28		

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 3					
1	Megan Penfold	EX Orion Harriers AC	29.15 Q		
2	Heidi Tanyi	EX Orion Harriers AC	29.70 q		
3	Leisha Hunt	EX Braintree & Dist AC	31.32 q		
4	Kiera Bainsfair	EX Basildon AC	31.35 q		
5	Grace Killoughery	Cambridge & Coleridge	33.31		

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 4					
1	Leah Duncan	EX Braintree & Dist AC	30.07 Q		
2	Jessica Smith 2	EX Thurrock Harriers AC	31.60		
3	Chloe Jordan	EX Basildon AC	32.62		
4	Emmelia Slee	EX St Nicholas School	33.17		
5	Rosie Day	EX Castle View School	34.74		
6	Lauren Strutt	EX Colchester Harriers AC	35.11		

Top 1 places + 8 next fastest times advance to next round

Semis (T128)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 1					
1	Uchenna Okafor	EX Southend HSG	28.15 Q		
2	Heidi Tanyi	EX Orion Harriers AC	28.98 Q		
3	Leah Duncan	EX Braintree & Dist AC	30.06 Q		
4	Marli Jessop	Watford Harriers	31.11		
5	Kiera Bainsfair	EX Basildon AC	31.38		
6	Charlie Moore	Ipswich Harriers AC	31.73		

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		
Heat 2					
1	Shona Gonese	EX Southend AC	28.61 Q		
2	Megan Penfold	EX Orion Harriers AC	28.92 Q		
3	Jasmine Cant	Ipswich Harriers AC	29.39 Q		
4	Kira Wealls	EX Colchester Harriers AC	29.62		
5	Leisha Hunt	EX Braintree & Dist AC	31.10		

6 Lottie Hinson EX Basildon AC 31.87

Top 3 places + 0 next fastest times advance to next round

Final (T139)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
	Wind: NWI		
1 Uchenna Okafor	EX Southend HSG	27.96	1
2 Megan Penfold	EX Orion Harriers AC	28.42	2
3 Shona Gonese	EX Southend AC	28.47	3
4 Heidi Tanyi	EX Orion Harriers AC	30.21	
5 Jasmine Cant	Ipswich Harriers AC	30.23	
6 Leah Duncan	EX Braintree & Dist AC	30.72	

Event 108 U13 Girls - 800M

Final (T133) - Timed Finals

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1 Thea Howlett	Ryston Runners	2:36.66	
2 Aoibheann Pearce	EX Orion Harriers AC	2:39.14	1
3 Felicity Galbally	EX Southend AC	2:40.02	2
4 Katie Porter	Peterborough AC	2:42.64	
5 Heidi Tanyi	EX Orion Harriers AC	2:43.68	3
6 Ndidikama Okoh	EX Chelmsford AC	2:47.99	
7 Ella Findlay	EX Basildon AC	2:52.03	
8 Georgia Tombs	EX Braintree & Dist AC	2:56.68	
9 Jasmine Offiler	EX Orion Harriers AC	3:00.57	
10 Katie Rice	EX Colchester Harriers AC	3:03.16	
11 Grace Killoughery	Cambridge & Coleridge	3:03.60	
12 Megan Smith	EX Thurrock Harriers AC	3:04.28	
13 Olivia Mynett	EX Thurrock Harriers AC	3:23.18	

Event 109 U13 Girls - 60M Hurdles

Prelims (T03)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 1			
1 Megan Penfold	EX Orion Harriers AC	9.93 Q	
2 Ini Olajide	EX William Edwards School	10.63 q	
3 Aoibheann Pearce	EX Orion Harriers AC	11.15	
4 Olivia Mynett	EX William Edwards School	11.58	
5 Hannah Marrs	EX Castle View School	12.50	
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Heat 2			
1 Hannah Smith	EX Braintree & Dist AC	10.33 Q	
2 Jessica Smith	EX Thurrock Harriers AC	10.67 q	
3 Georgie Ives-Lappin	Peterborough AC	11.47	
4 Mia Skipper	EX Brentwood School	11.75	
5 Katie Rice	EX Colchester Harriers AC	12.23	
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	

Heat 3

1	Monet Jervier	EX Thurrock Harriers AC	11.08 Q
2	Kiera Bainsfair	EX Basildon AC	11.09 q
3	Eleanor Butt	EX Southend AC	12.20
4	Amy Raven	EX William Edwards School	12.33
5	Megan Smith	EX William Edwards School	13.04

Top 1 places + 3 next fastest times advance to next round

Event 109 U13 Girls - 60M Hurdles**Final (T43)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Megan Penfold	EX Orion Harriers AC	10.10	1
2	Hannah Smith	EX Braintree & Dist AC	10.51	2
3	Jessica Smith	EX Thurrock Harriers AC	10.63	3
4	Ini Olajide	EX William Edwards School	10.72	
5	Monet Jervier	EX Thurrock Harriers AC	11.13	
6	Kiera Bainsfair	EX Basildon AC	11.40	

Event 110 U13 Girls - High Jump**Final (F105)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Megan Penfold	EX Orion Harriers AC	1.47 CBP	1 CBP
2	Kiera Bainsfair	EX Basildon AC	1.37	2
3	Olivia Mynett 2	EX Thurrock Harriers AC	1.30	3
4	Eleanor Butt	EX Southend AC	1.25	
4	Jessica Smith 2	EX Thurrock Harriers AC	1.25	
6	Lauren Strutt	EX Colchester Harriers AC	1.20	
7	Eniola Dijj	EX Cecil Jones College	1.20	

Event 111 U13 Girls - Long Jump**Final (F17)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Megan Penfold	EX Orion Harriers AC	4.45	1
2	Lucy Koenigsberger	West Norfolk AC	4.30	
3	Uchenna Okafor	EX Southend HSG	4.14	2
4	Ella Wigul	EX W G w E L	4.03	3
5	Hannah Smith	EX Braintree & Dist AC	3.97	
6	Heidi Tanyi	EX Orion Harriers AC	3.87	
7	Marli Jessop	Watford Harriers	3.69	
8	Leisha Hunt	EX Braintree & Dist AC	3.65	
9	Lauren Strutt	EX Colchester Harriers AC	3.61	
10	Kate Sheppard	EX Braintree & Dist AC	3.60	
11	Grace Killoughery	Cambridge & Coleridge	3.56	
12	Olivia Mynett	EX William Edwards School	3.54	
13	Abigail Coe	EX Brentwood School	3.48	
14	Jasmine Marley	EX Colchester Harriers AC	3.43	

15	Emily Foster	EX Chelmsford AC	3.39
16	Lois Gordon	EX Braintree & Dist AC	3.36
17	Rachel Hoddell	EX Colchester Harriers AC	3.32
18	Chanel Moseley	EX Ursuline High School	3.25
19	Milly Wych	Cambridge & Coleridge	3.20
20	Faith Rufai	EX Brentwood School	3.15
21	Megan Stevens	EX Colchester Harriers AC	3.15
22	Elizabeth Godley	EX Colchester Harriers AC	3.09
23	Hannah Marrs	EX Castle View School	3.02
24	Elizabeth Philpott	EX Colchester & Tendring	2.68

Event 114 U13 Girls - Shot Putt

Final (F16)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>		
1	Monet Jervier	EX Thurrock Harriers AC	9.42	CBP	1 CBP
2	Lucy Koenigsberger	West Norfolk AC	7.49		
3	Ini Olajide	EX William Edwards School	7.18		2
4	Eleanor Butt	EX Southend AC	6.83		3
5	Millie Angel	EX Castle View School	6.38		
6	Kiera Bainsfair	EX Basildon AC	6.30		
7	Bobbi Smith	EX Orion Harriers AC	6.10		
8	Jessica Smith	EX Thurrock Harriers AC	6.09		
9	Megan Smith	EX William Edwards School	5.91		
10	Rebecca Ashley	EX Basildon AC	5.62		
11	Leisha Hunt	EX Braintree & Dist AC	4.34		

Event 120 Vet Women - 60m

Final (T145)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
No entries			

Event 121 Vet Women - 400m

Final (T32)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
No entries			

Event 122 Vet Wome - 1500m

Final (T99)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
No entries			