

CHELMSFORD OPEN MEETING,

7th APRIL 2007

JUNIOR WOMEN**100 METRES**

1	Lyndsey North	Chelmsford	12.8 s
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200 METRES

1	Jessica Tappin	Chelmsford	26.1 s.
2	Georgina Malster	Ipswich	27.2
3	Olivia Jones	Southend	27.7

400METRES

1	Lauren Clark	Havering Mayesbrook	60.4 s
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800 METRES

1	Danielle Sale	Orion Harriers	2	m.	23.3 s.
2	Hayley Pegg	Havering Mayesbrook	2		31.8

1500 METRES

1	Danielle Sale	Orion Harriers	4	m.	45.2 s.
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HAMMER

1	Louisa Taylor	Chelmsford	36	.	39 mts
2	Vikki Taylor	Harlow	24		15

HIGH JUMP

1	Jessica Tappin	Chelmsford	1	.	55 mts
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JAVELIN

1	Emma Christmas	Havering Mayesbrook	35	.	92 mts
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LONG JUMP

1	Keignley Taplin	Braintree	4	.	96 mts
2	Jessica Tappin	Chelmsford	4	.	83

POLE VAULT

1	Charlotte Howarth	Chelmsford	2	.	90 mts
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SHOT PUTT

1	Louisa Taylor	Chelmsford	8	.	61 mts
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TRIPLE JUMP

1	Kirsty Willson	Basildon	10	.	59 mts
2	Rebecca Quinlan	Chelmsford	10	.	48
3	Georgina Malster	Ipswich	10	.	35
4	Olivia Jones	Southend	9	.	46
5	Stephanie De Smedt	Basildon	9	.	42

JUNIOR MEN**100 METRES**

1	Martin Pitts	Braintree	11.2 s
2	Matthew Harrison	Basildon	11.4
3	Michael Hill	Basildon	11.5
4	Joseph Naughton	Braintree	11.9
5	Joe Carey	Southend	12.0
6	Dominic Barnard	Basildon	12.2
7	Ben Tuck	City of Norwich	12.3
8	Paul Norris		13.2

200 METRES

1	Martin Pitts	Braintree	22.8 s.
2	Matthew Harrison	Basildon	23.3
3	Michael Hill	Basildon	23.5
4	Joseph Naughton	Braintree	24.2
5	Ben Tuck	City of Norwich	24.7
6	Glen Pascal	Luton	24.9
7	Dominic Barnard	Basildon	25.7

400 METRES

1	Louis Persent	Colchester Harriers	49.7 s.
2	Michael Holden	Colchester Harriers	52.7
3	Glen Pascal	Luton	54.3
4	Sam Ashdown	Thurrock	54.5
5	Chris Stubbings	Chelmsford	54.6
6	Richard Mead	Chelmsford	56.4

800 METRES

1	David Gibbon	Colchester & Tendring	1	m.	58.3 s.
2	Ben Hunter	Southend	2		3.2
3	Peter Smale	Southend	2		3.9
4	Paul Whittaker	Southend	2		5.5
5	Richard Mead	Chelmsford	2		5.7
6	Paul Norris		2		34.7

1500 METRES

1	George Windsor	Chelmsford	4		35.1
2	Daniel Palmer	Ipswich	4		36.6
3	Paul Norris		5		19.2

DISCUS

1	Lee Mathurin	Woodford Green	44	.	69 mts
2	Edward Williams	Chelmsford	41	.	92
3	Christopher Linque	Woodford Green	41	.	60
4	Daniel Moles	Colchester Harriers	25	.	76

HAMMER

1	Daniel Moles	Colchester Harriers	27	.	14 mts
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HIGH JUMP

1	Louis Persent	Colchester Harriers	1	.	90 mts
2	Jon Rossi	Southend	1	.	65

JAVELIN

1	Bonne Buwembo	Havering Mayesbrook	61	.	84
2	George Bean	Mayesbrook	47	.	92
3	Daniel Moles	Colchester Harriers	25	.	51

LONG JUMP

1	Calvin Barnes	Chelmsford	6	.	11 mts
2	Joe Carey	Southend	6	.	9
3	Nathan Hanley	Woodford Green	5	.	64
4	Charlie Dickson	Southend High School	5	.	42

POLE VAULT

1	Michael Read	Chelmsford	4	.	20
2	Michael Holden	Colchester Harriers	3	.	90
3	Jon Rossi	Southend High Sch.	2	.	90

SHOT PUTT

1	Daniel Moles	Colchester Harriers	8	.	90 mts
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TRIPLE JUMP

1	Nathan Hanley	Woodford Green	11	.	72 mts
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SENIOR WOMEN

100METRES

1	Katie Skelding	Woodford Green	12.2 s
2	Louise Wood	Chelmsford	12.4 s.
3	Heidi Nicholas	Basildon	12.9
4	Karen Barden	Chelmsford	13.3
5	Lauren Longhurst	Chelmsford	13.8

200 METRES

1	Katie Skelding	Woodford Green	25.4
2	Heidi Nicholas	Basildon	27.3
3	Karen Barden	Chelmsford	28.4
4	Linda McKelne	Unattached	31.9 s.

400 METRES

1	Catherine Tullett	Chelmsford	60.3 s.
2	Helen Bloomfield	Colchester & Tendring	60.9
3	Robyn Delivett	Havering Mayesbrook	62.4
4	Jessica Dunn	Basildon	63.6

800 METRES

1	Helen Bloomfield	Colchester & Tendring	2	m	21.1 s.
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1500 METRES

1	Frances Cliffe	Chelmsford	4	m.	46.8 s.
2	Claire Colmer	Southend	4		52.4
3	Rebecca Luxton	Chelmsford	5		7.6

DISCUS

1	Hollie Redman	Braintree	38	.	80	mts
2	Shirley Quinn	Chelmsford	30		55	
3	Victoria Thompson	Colchester Harriers	26		64	
4	Sarah Besford	Chelmsford	25		74	

HAMMER

1	Sadie Watts	Milton Keynes	43		47	
2	Victoria Thompson	Colchester Harriers	34		62	mts
3	Sarah Besford	Chelmsford	29	.	99	
4	Gina Watts	Milton Keynes	28		66	
v.imp	Shirley Quinn	Chelmsford	34		0	

HIGH JUMP

1	Lucy Howes	Thurrock	1		55	
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LONG JUMP

1	Lana Bond	Chelmsford	4	.	54	
2	Lauren Longhurst	Chelmsford	4	.	35	mts
3	Lorraine Brown	City of Norwich	4	.	22	
4	Cikare St John-Coleman	Chelmsford	3	.	81	

JAVELIN

1	Emma Christmas	Havering Mayesbrook	36	.	66	mts
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SHOT PUTT

1	Sarah Besford	Chelmsford	8	.	57	mts
2	Lauren Longhurst	Chelmsford	6	.	63	

POLE VAULT

1	Florence Cavalli	Cambridge University	3	.	20	
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SENIOR MEN

100 METRES

1	Seyi Akande	Chelmsford	11.3 s.
2	Robert Smith	Colchester & Tendring	11.5
3	Leighton Green	Braintree	11.5
4	Marc Malone	V.P.H & Tower Hamlets	11.8
5	Steve Elliott	Colchester Harriers	11.9
6	Neil Gillingham	Ipswich	12.0
7	John Browne	Chelmsford	12.1
8	Dan Thompson	Colchester Harriers	12.4

200 METRES

1	Seyi Akande	Chelmsford	22.6 s.
2	Robert Smith	Colchester & Tendring	22.7
3	Lee Rogers		25.3

400 METRES

1	Ed Messer	Chelmsford	52.7 s.
2	Neil Gillingham	Ipswich	52.9
3	Lee Rogers		55.4
4	Matthew Missen	Chelmsford	56.2

800 METRES

1	Ed Messer	Chelmsford	1	m.	57.5 s.
2	Jon Booty	Chelmsford	2		4.0
3	Matthew Missen	Chelmsford	2		12.0

1500 METRES

1	Will Wright	Chelmsford	4	m.	14.3 s.
2	James Williams	Chelmsford	4		16.7
3	Rob Starr	Sutton in Ashfield	5		1.7

DISCUS

1	Kevin Mittl-Galley	Chelmsford	30	.	46	mts
2	Mike Williams	Chelmsford	30		26	

HAMMER

1	Stuart Thurgood	Watford	54	.	88	mts
2	Mike Williams	Chelmsford	35		27	
3	Kevin Mittl-Galley	Chelmsford	32		75	

LONG JUMP

1	J J Jegede	Newham & Essex B.	6	.	99	mts
2	Jermaine Bernard	Woodford Green	6		85	
3	Marc Malone	V.P.H. & Tower Hamlet	5		91	

JAVELIN

1	Dave Sketchley	Harrow	62	.	3	mts
2	Bonne Buwembo	Havering Mayesbrook	58	.	51	
3	James Everard	Belgrave	56	.	36	
4	Jay Boddington	Woodford Green	54	.	38	
5	Jonathon Harvey	Thames Valley H.	53	.	59	
6	Sam Harrison	Havering Mayesbrook	50	.	88	
7	Kevin Mittl-Galley	Chelmsford	40	.	30	
8	C Watts		28	.	24	

SHOT PUTT

1	Kevin Mittl-Galley	Chelmsford	10	.	94	mts
2	Mike Williams	Chelmsford	10	.	11	

TRIPLE JUMP

1	Jermaine Bernard	Woodford Green	8	.	87	mts
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POLE VAULT

1	Kevin Hughes	Southend	4	.	30	mts
2	Ramanan Navaratnam	Cambridge University	3	.	40	
3	Bilen Ahmet	Cambridge University	3	.	20	
4	Alex Bates	Cambridge University	3	.	0.0	

CHELMSFORD OPEN MEETING

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GIRLS UNDER 11 YEARS

Pos.

80 METRES		
1	Sophie Croft	Thurrock 11.9 s.
2	Christy Dailly	Chelmsford 12.7
3	Samantha Ragos	Halstead 12.9
4	Lydia Ward	Chelmsford 13.3
5	Lucy Galloway	13.3
6	Chloe Miles	Colchester Harriers 13.4
7	Abbie Latchford	Harlow 13.5

150 METRES		
1	Sophie Croft	Thurrock 22.1 s.
2	Christy Dailly	Chelmsford 24
3	Marleen Avontour	Harlow 24.1
4	Samantha Ragos	Halstead 24.4
5	Chloe Miles	Colchester Harriers 25.5
6	Kerry McCrory	Southend 25.8
7	Lydia Ward	Chelmsford 25.9
8	Abbie Latchford	Harlow 26.1

600 METRES		
1	Marleen Avontour	Harlow 2 m. 2.1 s.
2	Selina Caulfield	Braintree 2 3.5
3	Samantha Ragos	Halstead 2 6.7
4	Olivia Tidd	Bourne Green Sch. 2 8.3
5	Lydia Ward	Chelmsford 2 12.6
6	Kerry McCrory	Southend 2 22.9

LONG JUMP		
1	Sophie Croft	Thurrock 3 . 54.0 mts
2	Lucy Galloway	3 . 35.0
3	Marleen Avontour	Harlow 3 . 11.0
4	Abbie Latchford	Harlow 2 . 41

BOYS UNDER 11 YEARS

Race Pos

80 METRES		
1	Swazini Mhlanga	Orion Harriers 12.2 s.
2	Michael Law	Southend 12.2
3	Arry Hale	Basildon 12.3
4	Dylan Ponty	Colchester & Tendring 12.4
5	Lewis Nye-Catto	Thurrock 12.7
6	David Spicer	Stevenage & N.Herts 12.8
7	Lewis Wood	Brightlingsea 12.9
8	Connor Smith	Bourne Green Sch. 13.5
9	Daniel Howe	Thetford 13.6
10	Alex Pearson	Colchester & Tendring 13.6
11	Gabriel Winterford	Colchester & Tendring 13.7
12	Callum Burns	Bourne Green Sch. 13.9
13	Alex Barr	Chelmsford 14.2
14	Harry Hamilton	Brightlingsea 14.6
15	William Milner	Clare Middle Sch. 14.8

150 METRES		
1	Swazini Mhlanga	Orion Harriers 22.5 s.
2	Arry Hale	Basildon 22.6
3	Michael Law	Southend 22.8
4	Dylan Ponty	Colchester & Tendring 22.8
5	Christopher Waltham	Chelmsford 23.3
6	Lewis Nye-Catto	Thurrock 24.1
7	Cameron McKie	Diss 24.3
8	Lewis Wood	Brightlingsea 24.9
9	Gabriel Winterford	CATS 25.7
10	Connor Smith	Bourne Green Sch. 26.4
11	Callum Burns	Bourne Green Sch. 27
12	William Milner	Clare Middle Sch. 28.4

600 METRES		
1	Christopher Waltham	Chelmsford 1 m. 56.5 s.
2	Cameron McKie	Diss 1 57.6
3	Swazini Mhlanga	Orion Harriers 2 m. 1.4
4	Dylan Ponty	Colchester & Tendring 2 4.3
5	Connor Smith	Bourne Green Sch. 2 17.1
6	David Spicer	Stevenage & N.Herts 2 22.5
7	Callum Burns	Bourne Green Sch. 2 26.8
8	Harry Hamilton	Brightlingsea 3 m. 5.0

LONG JUMP		
1	Cameron McKie	Diss 3 . 41 mts
2	Alex Pearson	Colchester & Tendring 3 . 19
3	David Spicer	Stevenage & N.Herts 3 . 15
4	Lewis Wood	Brightlingsea 2 . 96
5	William Milner	Clare Middle Sch. 2 . 94
6	Daniel Howe	Thetford 2 . 85
7	Alex Barr	Chelmsford 2 . 28

CHELMSFORD OPEN MEETING

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GIRLS UNDER 13 YEARS

Pos	100 METRES		
1	Laura McDonald	City of Norwich	13.5 s.
2	Kelly Sutton	Colchester Harriers	13.9
3	Olivia Law	Southend	14.0
4	Rosie Dailly	Chelmsford	14.4
5	Zoe Davies	Chelmsford	14.5
6	Deborah Knight	Havering Mayesbrook	14.7
7	Jade Willis	Ipswich	14.9
8	Evie Padmore	Orion Harriers	15.1
9	Olivia Moore	Southend	15.2
10	Rachel Cooke	Ipswich	15.3
11	Abigail Ashford	St Cedds School	15.4
12	Sasha Pay	Medway & Maidstone	15.4
13	Bethaney Goldfinch	Southend High Sch.	15.6
14	Rosanna Critchell	Chelmsford	15.8
15	Georgia Gill	Orion Harriers	15.9
16	Louise Stevens	Diss	16.1
	200 METRES		
1	Laura McDonald	City of Norwich	27.9 s.
2	Kelly Sutton	Colchester Harriers	28.2
3	Hayley McLean	Thurrock	29
4	Jessica Judd	Thurrock	29.5
5	Charlie Shelley	Ipswich	29.7
6	Rosie Dailly	Chelmsford	29.8
7	Nikkita Sartoris	Orion Harriers	30.3
8	Ruth Bastow	Harlow	30.5
9	Jade Willis	Ipswich	30.6
10	Zoe Davies	Chelmsford	31.3
11	Evie Padmore	Orion Harriers	31.4
12	Hayley Cooke	Ipswich	32.5
13	Olivia Moore	Southend	32.6
14	Sasha Pay	Medway & Maidstone	33.6
15	Georgia Gill	Orion Harriers	34.1
	800 METRES		
1	Hayley McLean	Thurrock	2 m. 43.9 s.
2	Lucy Barnes	Ipswich	2 45.4
3	Nikkita Sartoris	Orion Harriers	2 45.7
4	Louise Stevens	Diss	2 46.5
5	Ruth Bastow	Harlow	2 46.6
6	Alice Park		2 49.6
7	Kim Johansen	Chelmsford	2 51.1
8	Jordan Lacey		2 52.9
9	Katie Sorenson		2 53.4
10	Hannah Bloy	Havering Mayesbrook	3 0.2
11	Katie Greenaway	Chelmsford	3 m 7.7
	1500 METRES		
1	Jessica Judd	Thurrock	5 m. 2.2 s.
2	Daisy Durden	Southend High Sch.	54.3
3	Madelaine Akpabio	St Michaels Sch.Chelm	6 3.8
4	Jade Rule	Chelmsford	20.0
5	Kirsty Palmer	Diss	7 12.8
	HIGH JUMP		
1	Charlie Shelley	Ipswich	1 . 45 mts
2	Bethaney Goldfinch	Southend High Sch.	1 20
	DISCUS		
1	Erin Baggs	Havering Mayesbrook	17 . 12 mts
2	Deborah Knight	Havering Mayesbrook	16 22
	JAVELIN		
1	Laura McDonald	City of Norwich	34 75
2	Deborah Knight	Havering Mayesbrook	22 74
3	Sasha Pay	Medway & Maidstone	13 80
4	Jade Willis	Ipswich	12 97
	LONG JUMP		
1	Hayley McLean	Thurrock	4 . 4 mts
2	Kelly Sutton	Colchester Harriers	4 2
3	Abigail Ashford	St. Cedds School	3 96
4	Rachel Cooke	Ipswich	3 92
5	Rosanna Critchell	Chelmsford	3 38
6	Kirsty Palmer	Diss	2 86

BOYS UNDER 13 YEARS

Race Pos	100 METRES		
1	Jake Berney	Peterborough	13.3 s.
2	Matthew Constable	Ipswich	13.4
3	Mitchell Turffrey	Southend	13.6
4	Max Everest	Peterborough	13.6
5	Maxwell Adeoye	Colchester Harriers	14.4
6	Paul Inkpen	Orion Harriers	14.8
7	Reuben Browning	Southend	14.9
8	Jack Waller	Orion Harriers	15.9
9	David Payne	Basildon	16.3
10	Martyn Hillyard	Colchester & Tendring	16.3
	200 METRES		
1	Jake Berney	Peterborough	26.4
2	Max Everest	Peterborough	28.1
3	Matthew Constable	Ipswich	28.2
4	Adam Willis	Bexley	29.4
5	Maxwell Adeoye	Col. Harriers	30.7
6	Paul Inkpen	Orion Harriers	31.4
7	Reuben Browning	Southend	31.8
8	Chris Bearman	Bourne Green Sch.	32.6
9	Jack Waller	Orion Harriers	33.9
	800 METRES		
1	Daniel Lamb	Basildon	2 m. 34.6 s.
2	Steven Adcock	Chelmsford	2 34.8
3	David Payne	Basildon	2 48.4
4	Paul Inkpen	Orion Harriers	2 50.5
5	Chris Bearman	Bourne Green Sch.	2 52.7
6	Edward Borrmann	Ryston	3 m 5.3
	1500 METRES		
1	Stephen Woodford	Chelmsford	5 m. 1.5 s.
2	Robert Frith	Southend	5 16.7
3	Adam Willis	Bexley	5 25.2
4	Ciaran Rodway	Ilford	5 47.7
5	Harrison Cutler	Braintree	5 51.1
	HIGH JUMP		
1	Martin Hillyard	Colchester & Tendring	1 . 0 mts
	DISCUS		
1	George Cassidy	Eastwood School	21 . 15 mts
2	Oliver Thompson	Thetford	15 4
3	Edward Boomann	Ryston	10 34
	JAVELIN		
1	Jarred Bird	Chelmsford	31 74 mts
	POLE VAULT		
1	Edward Fitch	Peterborough	2 50
	LONG JUMP		
1	Adam Willis	Bexley	4 . 31 mts
2	Reuben Browning	Southend	3 97
3	Jack Waller	Orion Harriers	3 46
4	Ciaran Rodway	Ilford	3 38
5	Edward Borrmann	Ryston	3 16
6	Chris Bearman	Bourne Green Sch.	3 9
	SHOT PUTT		
1	Lawrence Green	Woodford	7 25 mts
2	Oliver Thompson	Thetford	5 79

CHELMSFORD OPEN MEETING

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GIRLS UNDER 15 YEARS

Pos 100 METRES

1	Victoria Williamson	City of Norwich	13.1 s.
2	Shance Burch	W.N.A.C	13.2
3	Jessica Grainger	Chelmsford	13.2
4	Laura Green	City of Norwich	13.2
5	Sian Donovan	Harlow	13.3
6	Georgia Atkins	Southend	13.4
7	Annie Waghorn	Medway & Maidstone	13.6
8	Charlotte Cattermole	Ipswich	13.6
9	Chloe Longhurst	Southend	13.6
10	Nicola Keegan	Medway & Maidstone	13.8
11	Danielle Cornish	CATS	13.9
12	Hannah Hoyle	Chelmsford	14.0
13	Alex Dean	Southend High Sch.	14.1
14	Leanne McCrory	Southend	14.1
15	Alice Singleton	Woodford Green	14.1
16	Rebecca Connelly	Thurrock	14.2
17	Giorgia Crosland	Chelmsford	14.2
18	Lucy Moore	Southend	14.3
19	Emma Collins	Colchester & Tendring	14.5
20	Sian McCrory	Southend	14.5
21	Hannah Collard	Southend	14.8
22	Georgia Collings	Chelmsford	14.9

200 METRES

1	Shance Burch	W.N.A.C	27.4 s.
2	Victoria Williamson	City of Norwich	27.7
3	Linzi Boosey	Thurrock	27.8
4	Jessica Grainger	Chelmsford	27.8
5	Chloe Longhurst	Southend	27.9
6	Rebecca Clements	Havering Mayesbrook	28.0
7	Laura Green	City of Norwich	28.1
8	Annie Waghorn	Medway & Maidstone	28.2
9	Sian Collard	Harlow	28.2
10	Kara Hannan	Braintree	28.3
11	Ghanelle Edwards	Southend	28.4
12	Nicola Keegan	Medway & Maidstone	28.4
13	Charlotte Cattermole	Ipswich	28.4
14	Emma Burroughs	Ipswich	28.5
15	Grace Delaney	Chelmsford	28.7
16	Danielle Cornish	Colchester & Tendring	28.8
17	Jay Latchford	Harlow	29.2
18	Rebecca Gibbs	Chelmsford	29.4
19	Alex Dean	Southend High Sch.	29.4
20	Sian McCrory	Southend	30.5
21	Leanne McCrory	Southend	30.5
22	Rebecca Bailey	CATS	30.7
23	Lucy Moore	Southend	30.8

800 METRES

1	Emma Burroughs	Ipswich	2	m.	28.8 s.
2	Neha Dabhi	Newham & Essex B.	2		29.3
3	Eleanor Bounds	Havering Mayesbrook	2		30.4
4	Tasmin Searle	Thetford	2		39.4
5	Ellen Triggs	Colchester & Tendring	2		41.7
6	Emily Moore	Colchester Harriers	2		47.2
7	Nicola Peachey	Havering Mayesbrook	2		51.0

1500 METRES

1	Camilla Smith	Southend	5	m	14.5 s.
2	Kara Hannan	Braintree	5		25.3
3	Bethaney Hawkings	Chelmsford	5		33.8
4	Sophie Johnstone	Chelmsford	5		38.2
5	Jessica Park		5		44.2
6	Alesha Patterson	Colchester & Tendring	5		48.9
7	Hollie Martin-Wood	Thurrock	5		59.9
8	Stephanie Ashurst	Chelmsford	6	m	6.4
9	Emma Lodge	Ipswich	6		8.5
10	Charlotte Cutler	Braintree	6		27.4

BOYS UNDER 15 YEARS

Pos 100 METRES

1	Nathan Greenaway	Chelmsford	11.9 s.
2	Philip Whittaker	Chelmsford	11.9
3	Jake King	Eastwood School	12.0
4	Cameron Irwin	Chelmsford	12.1
5	Jake Ovenden	Luton	12.1
6	Alex Cooke	Chelmsford	12.2
7	Thomas Larkin	Woodford Green	12.3
8	Fraser Hubbard	Chelmsford	12.4
9	Adam Samuel	Havering Mayesbrook	12.5
10	Benjamin Davies	Cambridge & C ridge	12.5
11	Billy Harris	Eastwood School	13.1
12	Zachary Alison	Harlow	13.1
13	Conner Mennell	Braintree	13.1
14	Connor Bunney	Eastwood School	13.4

200 METRES

1	5	Nathan Greenaway	Chelmsford	23.8 s.
2	39	Jake King	Southend	23.9
3	36	Philip Whittaker	Chelmsford	24.3
4	80	Michael Sturgeon	Ipswich	24.4
5	12	Alex Cooke	Chelmsford	24.6
6	69	Adam Samuel	Havering Mayesbrook	25.1

400 METRES

1	Thomas Larkin	Woodford Green	55.4 s.
2	Scott Golding	Eastwood School	60.2
3	James Blake	Eastwood School	63.3

800 METRES

1	James Blake	Southend	2	m.	23.6 s.
2	Michael Etherton	Eastwood School			25.6
3	Stephen Strange	Melbourne A.C.			32.6
4	Callum Brown	City of Norwich			34.5

1500 METRES

1	Richard Pollitt	Braintree	4	m.	38 s.
2	Jamie B'ley-Stanton	Havering Mayesbrook	4		56.4
3	Ben Bird	Chelmsford	5		0
4	Daniel Yaxley	Woodford Green	5		6.7
5	Julian Tamplin	Harlow	5		18
6	Steven Hardy	Chelmsford	5		43.7
7	Alex Gordon	Orion Harriers	5		59.9
8	Paul Spicer	Stevenage & N.Herts.	5		53.9

DISCUS

1	Linzi Boosey	Thurrock	26	18	mts
2	Lauren Sammont	Cambridge & C`ridge	24	84	
3	Samantha Milner	West Suffolk	22	52	
4	Georgia Howe	Thetford	22	85	
5	Sophie Baggs	Havering Mayesbrook	21	57	
6	Katherine Knight	Havering Mayesbrook	20	37	
7	Hayley Sayer	Cambridge & C`ridge	19	28	
8	Chelsea Coker	Southend	19	58	
9	Natalie Pearson	Colchester & Tendring	15	3	
10	Chanielle Lewis	Thetford	15	49	
11	Shelley Wilson	Southend High Sch.	14	13	
12	Georgia Collings	Chelmsford	14	17	
13	Tasmin Searle	Thetford	13	28	
14	Georgia Eastwood	Harlow	9	31	

HAMMER

1	Hayley Sayer	Cambridge & C`ridge	35	36	mts
2	Linzi Boosey	Thurrock	31	70	
3	Georgia Howe	Thetford	16	8	

HIGH JUMP

1	Charlotte Malton	Chelmsford	1	50	mts
2	Eleanor Evans	Southend	1	45	
3	Chloe Smith	City of Norwich	1	45	
4	Molly Martin-Wilson	Basildon	1	40	
5	Nancy LeBeau	Thurrock	1	35	
6	Giorgia Crosland	Chelmsford	1	35	
7	Sophie Baggs	Havering Mayesbrook	1	20	

JAVELIN

1	Katie Ramsden	Newham & Essex B.	22	72	mts
2	Natalie Pearson	Colchester & Tend.	18	74	

LONG JUMP

1	Georgia Atkins	Southend	4	96	mts
2	Ellie Besford	Chelmsford	4	78	
3	Nancy Le Beau	Thurrock	4	56	
4	Charlotte Malton	Chelmsford	4	54	
5	Hannah Hoyle	Chelmsford	4	48	
6	Jessica Cutts	Colchester Harriers	4	42	
7	Rebecca Connelly	Thurrock	4	20	
8	Nicola Peachey	Havering Mayesbrook	3	96	
9	Annie Waghorn	Medway & Maidstone	3	90	
10	Rebecca Bailey	Colchester & Tendring	3	72	
11	Jessica Park	Braintree	3	69	
12	Hannah Collard	Southend	3	64	
13	Alice Singleton	Woodford Green	3	36	
14	Jay Latchford	Harlow	3	30	
15	Rachel Gooday	Colchester	2	11	

POLE VAULT

1	Ellie Besford	Chelmsford	3	0.0	mts
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SHOT PUTT

1	Samantha Milner	West Suffolk	10	22	
2	Lauren Sammout	Cambridge & C`ridge.		20	mts
3	Chelsea Coker	Southend		11	
4	Ellie Besford	Chelmsford	8	0	
5	Charlotte Malton	Chelmsford	7	85	
6	Hayley Sayer	Cambridge & C`ridge		67	
7	Rebecca Bailey	Colchester & Tendring		49	
8	Jessica Cutts	Colchester Harriers		13	
9	Victoria Williamson	City of Norwich		10	
10	Georgia Howe	Thetford	6	90	
11	Rachel Dean	Woodford Green		55	
12	Sian Donovan	Harlow		21	
13	Eleanor Evans	Southend		17	
14	Chanielle Lewis	Thetford		6	
15	Rebecca Connelly	Thurrock	5	14	
16	Georgia Eastwood	Harlow		5	

TRIPLE JUMP

1	Lauren Sammout	Cambridge & C`ridge.	10	14	
2	Rachel Dean	Woodford Green	9	98	
3	Samantha Milner	West Suffolk	9	9	

DISCUS

1	Michael Etherton	Eastwood School	27	40	mts
2	Youcef Zatat	Ilford	20	8	
3	Tim Orme	Colchester Harriers	17	76	
4	Andrew Townsend	Ilford	16	42	

HAMMER

1	Ruddiger Mittl-Galley	Chelmsford	26	23	mts
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HIGH JUMP

1	Chris Swanborough	Basildon	1	66	mts
2	Laurence Pocock	Chelmsford	1	40	
3	Paul Spicer	Stevenage & N.Herts.	1	30	

JAVELIN

1	Ryan Wennington	Basildon	48	7	mts
2	Fraser Hubbard	Chelmsford	32	96	
3	Charlie Bradford	Eastwood School	32	79	
4	Adam Kimber	Peterborough	29	29	
5	Ruddiger Mittl-Galley	Chelmsford	26	38	
6	Callum Brown	City of Norwich	25	2	
7	Tim Orme	Colchester Harriers	20	79	

LONG JUMP

1	Billy Harris	Eastwood School	5	49	mts
2	Cameron Irwin	Chelmsford	5	37	
3	Zachary Alison	Harlow	5	25	
4	Benjamin Davies	Cambridge & C`ridge	5	22	
5	Philip Whittaker	Chelmsford	5	1	
6	Conner Mennell	Braintree	5	0	
7	Scott Golding	Eastwood School	4	53	
8	Michael Etherton	Eastwood School	4	13	
9	Jack Pitts	Braintree	4	5	
10	Alex Legon	Ilford	3	98	

POLE VAULT

1	Adam Kimber	Peterborough	2	40	
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SHOT PUTT

1	Martin Lawrence	Cambridge & Coleridge	12	24	mts
2	Andrew Harrison	Chelmsford	11	21	
3	Fraser Hubbard	Chelmsford	11	12	
4	Benjamin Davies	Cambridge & C`ridge	11	4	
5	Charlie Bradford	Eastwood School	10	50	
6	Youcef Zatat	Ilford	9	26	

TRIPLE JUMP

1	Billy Harris	Eastwood School	10	45	mts
2	Connor Bunney	Eastwood School	10	40	
3	Ryan Wennington	Basildon	9	48	
4	Tim Orme	Colchester Harriers	9	11	

WOMEN UNDER 17 YEARS

Pos 100 METRES

1	Kitan Eleyae	Woodford Green	12.4 s.
2	Aleasha Kiddle	Braintree	12.8
3	Emma Collard	Southend	13.0
4	Kirsty Shepherd	Basildon	13.0
5	Sharna Emanuel	Peterborough	13.1
6	Precious Oladugba	Cecil Jones College	13.1
7	Sarah Batting	West Suffolk	13.3
8	Sophie Poyner	City of Norwich	13.5
9	Victoria Borrmann	Ryston	13.7
10	Charlie Atkins	Southend	13.8
11	Alysia Halsey	Colchester Harriers	14.0
12	Carys Hartley	Medway & Maidstone	14.1

200 METRES

1	Kitan Eleyae	Woodford Green	25.4 s.
2	Aleasha Kiddle	Braintree	26.3
3	Kirsty Shepherd	Basildon	26.7
4	Emma Collard	Southend	26.8
5	Sharna Emanuel	Peterborough	27
6	Sarah Batting	West Suffolk	27.6
7	Precious Oladugba	Cecil Jones College	27.6
8	Victoria Borrmann	Ryston	28
9	Sarah Glanville	Colchester & Tendring	29
10	Carys Hartley	Medway & Maidstone	29.2

300 METRES

1	Annie Dunn	Basildon	42.9 s.
2	Lydia Hall	Ilford	43.3
3	Felicity Clarke	Southend	43.6
4	Sally Hoyle	Chelmsford	44.3
5	Rachael Haley	Chelmsford	44.6
6	Caroline Hill	Thurrock	44.7
7	Gemma Murray	Woodford Green	45.2
8	April Eastwood	Harlow	45.6
9	Sarah Glanville	Colchester & Tendring	46
10	Lucy Mapp	Colchester Harriers	46.6

800 METRES

1	Rebecca Oatham	Thurrock	2	m.	23.1 s.
2	Ella Neale	Colchester Harriers	2		26.4
3	Venita Dabhi	Newham & Essex B	2		29.2
4	Caroline Hill	Thurrock	2		35.7
5	Lydia Hall	Ilford	2		44.0

1500 METRES

1	Laura Condron	Chelmsford	4	m.	55.2 s.
2	Gemma Phillips	Chelmsford	5		6.4
3	Venita Dabhi	Newham & Essex B.	5		12.1
4	Victoria Hayes	Chelmsford	5		36.4
5	Josie Condron	Chelmsford	5		54.4
6	Kayleigh Beedon	Chelmsford	6		36.6

MEN UNDER 17 YEARS

100 METRES

1	Charlie Dack		11.3 s
2	David Lo	Colchester Harriers	11.4
3	Aidan Lee	Woodford Green	11.4
4	William Goldsmith	Ipswich	11.5
5	Charles Lemar	Blackheath	11.6
6	David Farrugia	Woodford Green	11.8
7	Isaac Rasmussen		11.8
8	Craig Andrew	Luton	11.9
9	Matt Fernando	Harlow	12.1
10	Jayden Shiraz	Woodford Green	12.2
11	Tim Wormull	Braintree	12.2
12	Mark Robinson	Ipswich	12.5
13	Gordon Coe	Diss	12.6
14	Liam O'Dell	Luton	13.4

200 METRES

1	David Lo	Colchester Harriers	23 s.
2	Charles Lemar	Blackheath	23
3	Charlie Dack		23.1
4	William Goldsmith	Ipswich	23.7
5	Isaac Rasmussen		23.8
6	David Farrugia	Woodford Green	24.2
7	Mark Robinson	Ipswich	24.3
8	Matt Fernando	Harlow	24.4
9	Jerelle Mensah	Southend High Sch.	24.5
10	Jack Eddie	Southend High Sch.	24.7
11	Tim Wormull	Braintree	24.8
12	Jack Cripps	Southend High Sch.	24.8
13	Bradley Harrison	Basildon	24.9
14	Liam O'Dell	Luton	28.7

400 METRES

1	Mark Hunt	Chelmsford	50.5
2	Aidan Lee	Woodford Green	51.5
3	Chris Vickers	Woodford Green	53
4	Paul Spicer	Stevenage	55.1
5	Craig Andrew	Luton	56.5
6	Daniel Walden	Southend High Sch.	56.6
7	Gareth Hunt	Ryston	57.3
8	Adam McCarthy	Southend	58.5
9	Andrew Constable	Ipswich	59.3

800 METRES

1	Mark Hunt	Chelmsford	2	m.	1.3 s.
2	Andrew Poole	Colchester & Tendring	2		2.1
3	Lloyd Hartman	Southend High Sch.	2		2.6
4	Conor Judge	Chelmsford	2		15.3
5	Oliver Thursby	Cecil Jones College	2		15.9
6	Andrew Constable	Ipswich	2		16.6
7	Gareth Hunt	Ryston	2		17.6
8	Theo Watkins	Southend High Sch.	2		18.6
9	Peter Hawkings	Chelmsford	2		19.5
10	Daniel Penfold	Orion Harriers	2		21.2
11	Steve Payne	Basildon	2		21.3
12	Kyle Aldridge	Southend	2		21.7
13	Spencer Wells	Southend High Sch.	2		23.2
14	Andrew Smith	Braintree	3		3.2

1500 METRES

1	David Smale	Southend High Sch.	4	m.	15 s.
2	Elliot Palmer	Ipswich			19
3	Andrew Poole	Colchester & Tendring			22.3
4	Tom Frith	Southend High Sch.			24.2
5	John Whitehead	Albany School			26.6
6	Ryan Judge	Chelmsford			40.6
7	Lewis Ball	Havering Mayesbrook			59.7

DISCUS			
1	Leeanna Davies	Thurrock	33 . 29.0 mts
2	Katie Hartigan	Chelmsford	20 36.0

HAMMER			
1	Sadie Watts	Milton Keynes	42 92 mts
2	Katie Hartigan	Chelmsford	22 . 24

HIGH JUMP			
1	Lucy Mapp	Colchester Harriers	1 55 mts
2	Chloe Galloway	Woodford Green	1 55

JAVELIN			
1	Sadie Watts		37 . 96 mts
2	Chloe Galloway	Woodford Green	28 31
3	Katie Hartigan	Chelmsford	23 73
4	Sarah Glanville	Colchester & Tendring	19 78

LONG JUMP			
1	Kitan Eleyae	Woodford Green	5 . 32 mts
2	Aleasha Kiddle	Braintree	5 13
3	Alexandra Lusty	Chelmsford	4 77
4	Sophie Poyner	City of Norwich	4 63
5	Eloise Williamson	Chelmsford	4 60
6	Charlie Atkins	Southend	4 59
7	Alysia Halsey	Colchester Harriers	4 52
8	Chloe Galloway	Woodford Green	4 48
9	Michaela Smith	Cambridge & Coleridge	4 46

POLE VAULT			
1	Lucy Mapp	Colchester Harriers	2 40

SHOT PUTT			
1	Leeanna Davies	Thurrock	8 . 95.0 mts
2	April Eastwood	Harlow	6 2.0

TRIPLE JUMP			
1	Hannah Besford	Chelmsford	10 . 61.0 mts
2	Charlie Atkins	Southend	9 33.0
3	Eloise Williamson	Chelmsford	9 29.0
4	Victoria Borrmann	Ryston	8 95
5	Gemma Murray	Woodford Green	8 59

DISCUS			
1	Shaun McCarthy	Basildon	40 . 53 mts
2	William King	Chelmsford	31 4
3	Spencer Wells	Southend High Sch.	28 20
4	Theo Watkins	Southend High Sch.	27 89

HAMMER			
1	Kurtland Martyr	Ilford	22 . 28 mts
2	Rob Legon	Ilford	19 56

HIGH JUMP			
1	Daniel Cassidy	Eastwood School	1 . 80 mts
2	Lloyd Hartman	Southend High Sch.	1 . 60
3	Adam McCarthy	Southend	1 55

JAVELIN			
1	Georgie Bean	Havering Mayesbrook	50 . 15 mts
2	Johnny Fairclough		47 62

LONG JUMP			
1	Lewis King	Chelmsford	6 . 4 mts
2	Craig Andrew	Luton	5 64
3	Jordan Clatworthy	Basildon	5 57
4	Matt Fernando	Harlow	5 46
5	David Smale	Southend High Sch.	5 27
6	Gareh Hunt	Ryston	5 18
7	Gordon Coe	Diss	5 7
8	Kevin Brown	Eastwood School	4 64
9	Liam O'Dell	Luton	4 57

POLE VAULT			
1	Jack Eddie	Southend High Sch.	3 . 40 mts
2	Jack Witherington	Fitzwimarc School	3 10
3	Jack Hooper	Colchester Harriers	2 50

SHOT PUTT			
1	Samuel Sutcliffe	Southend High Sch.	12 . 74 mts
2	Gordon Coe	Diss	11 64
3	Rob Legon	Ilford	9 45
4	Dan Cassidy	Eastwood School	8 76

TRIPLE JUMP			
1	Kevin Brown	Southend	12 24 mts
2	Jerelle Mensah	Southend High Sch.	11 . 81
3	Jack Cripps	Southend High Sch.	11 60
4	Daniel Walden	Southend High Sch.	11 32
5	Jordan Clatworthy	Basildon	11 15
6	Oliver Thursby	Cecil Jones College	10 26