

# Essex County Championships 2017

Chelmsford

13 and 14 May 2017

## Results

### Event 1 Senior Men - 100M

#### Final (T35)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.4 M/S			
1	Emmanuel Stephens	N & E B	10.61
2	Joseph Chimkah	Chelmsford AC	11.04
3	Eniola Oluwasanya	Victoria Park H	11.46
4	Nathan Steele	Havering A.C.	11.50
5	Ayomide Akingbehin	Havering A.C.	11.86
6	Mark Celaire	N & E B	12.88

### Event 2 Senior Men - 200M

#### Final (T25)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.2 M/S			
1	Akeem Akintokun	N & E B	22.84
2	Ayomide Akingbehin	Havering A.C.	24.22
3	Vivek Joshi	Unattached	24.49
4	Amr Ziko	Braintree & Dist AC	24.87
5	Jan Barnard	Basildon AC	25.29
6	Mark Celaire	N & E B	26.76

### Event 3 Senior Men - 400M

#### Final (T61)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Paul Owen	Chelmsford AC	50.94
2	Regan Cuthbert	Thurrock Harriers AC	54.28

### Event 4 Senior Men - 800M

#### Final (T58)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Mark Woodley	Chelmsford AC	1:55.77
2	Paul Scanlan	W G w E L	1:56.76
3	Darren Blackwell	Chelmsford AC	1:57.59
4	Alex Richards	Iford AC	1:58.92
5	George Watts	Basildon AC	1:59.27

### Event 5 Senior Men - 1500M

#### Final (T33)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Mark Woodley	Chelmsford AC	4:04.12
2	Darren Blackwell	Chelmsford AC	4:11.97

**Event 6 Senior Men - 3000m**

**Final (T39)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Grant Twist	Chelmsford AC	8:56.15
2	Kurtis Swan	Billericay Striders	9:31.98
3	James Smith	Springfield Striders	9:36.84
4	Antony Goodall	Springfield Striders	10:07.98

**Event 7 Senior Men - 5000M**

**Final (T42)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Robert Warner	Havering A.C.	15:27.75
2	Euan Brown	East London Runners	15:44.93
3	Crispian Bloomfield	Billericay Striders	15:53.92
4	Patrick Brown	East London Runners	16:05.65
5	Peter Hawkings	Highgate Harriers	16:30.10
6	Paul Quinton	East London Runners	16:32.81
7	James Smith	Springfield Striders	16:36.42
8	Alex Manton	Springfield Striders	17:08.41

**Event 9 Senior Men - 2000m Steeplechase**

**Final (T2)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Robert Warner	Havering A.C.	6:16.98
2	Lee Taylor	Southend AC	6:59.37

**Event 12 Senior Men - 110M Hurdles**

**Final (T10)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.2 M/S			
1	Khai Riley-Laborde	Enfield & Haringey AC	14.04
2	Bradley Reed	Chelmsford AC	16.11
3	Clint Nicholls	Basildon AC	16.72
---	Michael Shortall	Thurrock Harriers AC	DNF

**Event 13 Senior Men - 400M Hurdle**

**Final (T10)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Bradley Reed	Chelmsford AC	58.86

2 Michael Shortall Thurrock Harriers AC 1:00.32

**Event 14 Senior Men - High Jump**

**Final (F1)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Clint Nicholls	Basildon AC	1.75
2	Regan Cuthbert	Thurrock Harriers AC	1.70
3	Keiran Kelly	Basildon AC	1.65

**Event 15 Senior Men - Pole Vault**

**Final (F16)**

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

**Event 16 Senior Men - Long Jump**

**Final (F14)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Kevin Brown	Southend AC	6.42	2.4
2	Alex Law	Havering A.C.	6.34	3.2
3	Adeolu Adeyemi	Basildon AC	5.84	4.2
4	Clint Nicholls	Basildon AC	5.66	2.0

**Event 17 Senior Men - Triple Jump**

**Final (F35)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Charlie Shingleton	Braintree & Dist AC	12.52	2.4
2	Adeolu Adeyemi	Basildon AC	11.74	0.8

**Event 18 Senior Men - Shot Putt**

**Final (F32)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Matthew Baptiste	N & E B	15.21
2	Archie Leeming	Basildon AC	14.66
3	Hugh Williams	W G w E L	12.48
4	Kevin Wilson	Chelmsford AC	11.75
5	Akwasi Nkrumah	N & E B	7.89
6	Mike Hills	Braintree & Dist AC	6.48

**Event 19 Senior Men - Discus**

**Final (F22)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Matthew Baptiste	N & E B	48.33
2	Christopher Linque	W G w E L	45.24

3	Kevin Wilson	Chelmsford AC	41.81
4	Hugh Williams	W G w E L	33.56
5	Mike Hills	Braintree & Dist AC	19.59

#### Event 20 Senior Men - Hammer

##### Final (F10)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	James Hamblin	Shaftesbury Barnet Harriers	58.02
2	Alex Warner	N & E B	57.89
3	Fergus Harford	W G w E L	34.67
4	Mike Hills	Braintree & Dist AC	27.56

#### Event 21 Senior Men - Javelin

##### Final (F4)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Craig Lacy	Birchfield Harriers	60.39
2	David Sketchley	Harrow A.C.	55.15
3	Paul Cooper	Colchester Harriers	50.60
4	Jonathan Harvey	Thames Valley Harriers	49.09
5	Sam Harrison	Havering A.C.	43.77
6	Mike Hills	Braintree & Dist AC	17.80

#### Event 23 Senior Men -3000M Walk

##### Final (T28)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Dominic King	Colchester Harriers	12:00.91
2	Daniel King	Colchester Harriers	12:31.76
3	Simon Le Mare	Southend AC	17:23.29
4	Keith Palmer	Southend AC	19:38.34

#### Event 30 U20 Men - 100M

##### Prelims (T34)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -1.2 M/S	
1	Mayowa Osunsami	N & E B	11.01 Q
2	Charlie Dobson	Colchester Harriers	11.03 Q
3	Lewis Thorn	Braintree & Dist AC	11.39 q
4	Harry Woodall	Harlow AC	11.81 q
5	Charlie Splarn	Thurrock Harriers AC	11.92
---	Nifemi Oyediran	W G w E L	DNS
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: 0.4 M/S	
1	Shemar Boldizsar	Harlow AC	11.38 Q
2	Rashaan Stewart	Orion Harriers	11.38 Q
3	Tom Starling	Basildon AC	11.55 q

4	Jack Broadbent	Basildon AC	11.71 q
5	Emmanuel Orebela	Thurrock Harriers AC	12.02
6	Sam Barker	W G w E L	12.34
7	Myles Kelly-Hyatt	Orion Harriers	12.57

Top 2 places + 4 next fastest times advance to next round

### Final (T53)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -1.5 M/S	
1	Mayowa Osunsami	N & E B	10.99
2	Charlie Dobson	Colchester Harriers	11.04
3	Rashaan Stewart	Orion Harriers	11.22
4	Shemar Boldizar	Harlow AC	11.23
5	Tom Starling	Basildon AC	11.65
6	Harry Woodall	Harlow AC	11.84
7	Jack Broadbent	Basildon AC	11.86
8	Lewis Thorn	Braintree & Dist AC	44.99

### Event 31 U20 Men - 200M

#### Prelims (T26)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: 1.1 M/S	
1	Shayne Dewar	W G w E L	22.24 Q
2	Emmanuel Sosanya	N & E B	22.55 Q
3	Jos Farquharson	W G w E L	22.77 q
4	Elliott Addison	Havering A.C.	23.47 q
---	Emmanuel Orebela	Thurrock Harriers AC	DNF

### Event 31 U20 Men - 200M

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -1.5 M/S	
1	Charlie Dobson	Colchester Harriers	21.91 Q
2	Shemar Boldizar	Harlow AC	22.30 Q
3	Yinka Sodipo	Thurrock Harriers AC	22.89 q
4	Kelechi Okorie	Victoria Park H	23.39 q
5	Daniel Mitchell	Basildon AC	24.71
---	Sam Barker	W G w E L	DQ

Top 2 places + 4 next fastest times advance to next round

### Final (T49)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.2 M/S	
1	Shayne Dewar	W G w E L	21.88
2	Shemar Boldizar	Harlow AC	21.94
3	Charlie Dobson	Colchester Harriers	21.99
4	Emmanuel Sosanya	N & E B	22.56
5	Jos Farquharson	W G w E L	23.06
6	Yinka Sodipo	Thurrock Harriers AC	23.09
---	Kelechi Okorie	Victoria Park H	DNS
---	Elliott Addison	Havering A.C.	DNS

**Event 32 U20 Men - 400M****Final (T62)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Thomas Pitkin	Havering A.C.	48.59
2	Emmanuel Sosanya	N & E B	48.62
3	Kelechi Okorie	Victoria Park H	51.13
4	Harry Sloman	Chelmsford AC	52.06
5	Matthew Owers	Havering A.C.	52.68
---	Michael Oku-Ampofo	N & E B	DNF
---	Lewis Thorn	Braintree & Dist AC	DNS

**Event 33 U20 Men - 800M****Prelims (T47)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Finn Hutton	Havering A.C.	2:01.90 Q
2	Daniel Richards	Orion Harriers	2:02.05 Q
3	Joseph Patterson	Colchester & Tendring	2:02.07 q
4	Charlie Everest	Chelmsford AC	2:03.05 q
5	Jordan Chrisostomou	Orion Harriers	2:05.13
6	Harry Tullett	Chelmsford AC	2:05.51
7	Kieran O'Hara	Havering A.C.	2:07.62
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Jake Young	Colchester Harriers	2:02.83 Q
2	Mitchel Cox	Basildon AC	2:02.91 Q
3	Nathan Brearley	Chelmsford AC	2:02.95 q
4	Samuel Smith	Thurrock Harriers AC	2:04.71 q
5	Shailen White	Orion Harriers	2:04.88

Top 2 places + 4 next fastest times advance to next round

**Final (T63)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Daniel Richards	Orion Harriers	1:55.64
2	Finn Hutton	Havering A.C.	1:57.74
3	Nathan Brearley	Chelmsford AC	1:58.42
4	Mitchel Cox	Basildon AC	1:59.13
5	Jake Young	Colchester Harriers	2:01.92
6	Charlie Everest	Chelmsford AC	2:02.39
7	Joseph Patterson	Colchester & Tendring	2:09.85
8	Samuel Smith	Thurrock Harriers AC	2:19.72

**Event 34 U20 Men - 1500M****Final (T32)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Harrison Smith	Basildon AC	4:05.39
2	Charlie Everest	Chelmsford AC	4:06.36
3	Nathan Brearley	Chelmsford AC	4:14.46
4	Brandon Thorpe	Basildon AC	4:18.61
5	James Stewart	Havering A.C.	4:26.56

**Event 35 U20 Men - 3000M**

**Final (T40)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Joe Payne	Basildon AC	10:47.82

**Event 36 U20 Men - 2000m Steeplechase**

**Final (T3)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Ben Davis	Havering A.C.	6:12.13
2	Owen Thomas	Chelmsford AC	6:33.56
3	Samuel Smith	Thurrock Harriers AC	6:58.30

**Event 37 U20 Men - 110M Hurdles**

**Final (T9)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Mayowa Osunsami	N & E B	14.69
2	Michael Shields	Basildon AC	15.25
3	Jack Broadbent	Basildon AC	15.93
4	Rhys Collings	Chelmsford AC	15.94

**Event 39 U20 Men - 400M Hurdles**

**Final (T9)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Rhys Collings	Chelmsford AC	57.99

**Event 40 U20 Men - High Jump**

**Final (F2)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Thomas Hewes	Chelmsford AC	2.00
2	Robert Runciman	Chelmsford AC	1.85
3	Leo Chashchin	Harlow AC	1.75

**Event 41 U20 Men - Pole Vault**

**Final (F17)**

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

**Event 42 U20 Men - Long Jump****Final (F15)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Leo Chashchin	Harlow AC	6.20	1.9

**Event 43 U20 - Triple Jump****Final (F36)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Theophilus Fadayiro	N & E B	14.00	3.5
2	Moses Musana	Orion Harriers	13.27	1.8
3	Leo Chashchin	Harlow AC	12.34	-0.5

**Event 44 U20 Men - Shot****Final (F33)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Billy Prait-Singh	Southend AC	14.61
2	Victor Adebisi	Chelmsford AC	14.51

**Event 45 U20 Men - Discus****Final (F23)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Alexander Reynolds	Chelmsford AC	39.95
2	Billy Prait-Singh	Southend AC	37.79
3	Michael Duncan	Havering A.C.	36.10

**Event 46 U20 Men - Hammer****Final (F11)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Billy Prait-Singh	Southend AC	61.37
2	Alexander Reynolds	Chelmsford AC	55.53

**Event 47 U20 Men - Javelin****Final (F5)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Joss Foot	Orion Harriers	54.40
2	Jordan Fester	Colchester Harriers	44.85
3	Thomas Mitchell	Colchester Harriers	43.95
4	Michael Duncan	Havering A.C.	38.08

**Event 60 U17 Mens -100M****Prelims (T30)**

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

Wind: -1.5 M/S

1	Thomas Cooney	Victoria Park H	11.37	Q
2	Dominique Diomande	Harlow AC	11.77	Q
3	Theo Adesina	Thurrock Harriers AC	11.78	q
4	Oliver Jackson	W G w E L	12.33	
5	Tayo Harry	Havering A.C.	12.68	
6	Joey Awala-Shaw	Southend HSB	12.75	
7	Benision George	Harlow AC	12.90	

Plac: Name Affiliation Time

## Heat 2

Wind: -0.2 M/S

1	Sam Bennett	Basildon AC	11.10	Q
2	William Adeyeye	N & E B	11.15	Q
3	Callum Mckay	Colchester Harriers	11.48	q
4	Lewis Golding	Chelmsford AC	11.71	q
5	James Allen	Herts Phoenix AC	12.23	q
6	Oliver Pockett	Chelmsford AC	13.55	

## Final (T52)

Plac: Name Affiliation Time

Wind: -1.8 M/S

1	Sam Bennett	Basildon AC	11.27	
2	William Adeyeye	N & E B	11.29	
3	Thomas Cooney	Victoria Park H	11.54	
4	Callum Mckay	Colchester Harriers	11.60	
5	Lewis Golding	Chelmsford AC	11.86	
6	Dominique Diomande	Harlow AC	11.87	
7	Theo Adesina	Thurrock Harriers AC	12.08	
8	James Allen	Herts Phoenix AC	12.26	

## Event 61 U17 Men - 200M

## Prelims (T24)

Plac: Name Affiliation Time

## Heat 1

Wind: 0.4 M/S

1	Thomas Cooney	Victoria Park H	23.13	Q
2	Freddie Martin	Braintree & Dist AC	23.91	Q
3	Shane Johnson	Ilford AC	24.09	q
4	Leo Regis-Findlay	N & E B	24.95	
5	Tayo Harry	Havering A.C.	25.41	
6	Alex Fisher	Fitzwimarc School	26.56	

Plac: Name Affiliation Time

## Heat 2

Wind: 0.6 M/S

1	Sam Bennett	Basildon AC	22.46	Q
2	Liam Chivers	Thurrock Harriers AC	23.93	Q
3	Lewis Golding	Chelmsford AC	23.95	q
4	Zac Islam-Moore	W G w E L	23.96	q
5	Sam Butcher	Southend AC	24.46	q
6	Jairzinho Morris	Havering A.C.	24.64	

Top 2 places + 4 next fastest times advance to next round

### Final (T47)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -2.9 M/S	
1	Sam Bennett	Basildon AC	22.94
2	Thomas Cooney	Victoria Park H	23.18
3	Liam Chivers	Thurrock Harriers AC	23.97
4	Zac Islam-Moore	W G w E L	24.10
5	Freddie Martin	Braintree & Dist AC	24.36
6	Shane Johnson	Ilford AC	24.38
7	Sam Butcher	Southend AC	25.01
---	Lewis Golding	Chelmsford AC	DNS

### Event 62 U17 Men - 400M

#### Final (T46)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Liam Chivers	Thurrock Harriers AC	51.14
2	William Rean	Basildon AC	51.78
3	Shane Johnson	Ilford AC	52.33
4	Teale Cunningham	Harlow AC	52.57
5	Freddie Martin	Braintree & Dist AC	52.80
6	Sam Butcher	Southend AC	53.43
7	Alexander Friend	Havering A.C.	56.27
8	Kuba Allchorne	Southend AC	58.81

### Event 63 U17 Men - 800M

#### Prelims (T14)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Thomas Keevil	Chelmsford AC	1:58.40 Q
2	Yusuf Bizimana	Victoria Park H	1:59.26 Q
3	Jack Rice	Havering A.C.	2:00.73 q
4	Jack Exley	Thurrock Harriers AC	2:06.28 q
5	Alexander Friend	Havering A.C.	2:10.66
6	George Hill	Basildon AC	2:12.57
7	Mark Beale	Chelmsford AC	2:18.93
---	Owen Harknett	Orion Harriers	DNS

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

1	Oliver Lill	Basildon AC	2:01.69 Q
2	Joseph Geller	W G w E L	2:01.73 Q
3	Thomas Palmer	Colchester & Tendring	2:01.97 q
4	Taylor Newell	Thurrock Harriers AC	2:04.88 q
5	Jamie Putt	Harlow AC	2:07.66
6	Matthew Houchell	Basildon AC	2:11.52
7	Isaac Dodd	Southend AC	2:16.17

8 Jack Halil Ilford AC 2:27.28

Top 2 places + 4 next fastest times advance to next round

### Final (T41))

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Yusuf Bizimana	Victoria Park H	1:56.06
2	Thomas Keevil	Chelmsford AC	1:57.35
3	Oliver Lill	Basildon AC	1:57.80
4	Thomas Palmer	Colchester & Tendring	1:58.91
5	Jack Rice	Havering A.C.	1:59.21
6	Joseph Geller	W G w E L	2:03.95
7	Taylor Newell	Thurrock Harriers AC	2:06.88
8	Jack Exley	Thurrock Harriers AC	2:10.30

### Event 64 U17 Men - 1500M

#### Prelims (T21)

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

1	Yusuf Bizimana	Victoria Park H	4:23.23 Q
2	Daniel Riley	Basildon AC	4:23.33 Q
3	Isaac Brown	Basildon AC	4:24.28 q
4	Freddy Richardson	Colchester & Tendring	4:24.58 q
5	Oliver Randall	Southend AC	4:27.81
6	Reece Scott	Basildon AC	4:32.44
7	Zachariah Bridgeland	Chelmsford AC	4:34.03
8	Louis Berrett	Havering A.C.	4:51.66
---	Andrei Gare	Southend HSB	DNS

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

1	Joseph Owen	Orion Harriers	4:12.74 Q
2	Elliot Cordery	Chelmsford AC	4:13.03 Q
3	Lewis Harknett	Orion Harriers	4:13.31 q
4	Jack Exley	Thurrock Harriers AC	4:21.33 q
5	Max Caulfield	Colchester Harriers	4:26.16
6	Luke Savage	Basildon AC	4:32.59
7	Ben Prior	Thurrock Harriers AC	4:33.00
8	Harrison Darley	Fitzwimarc School	4:46.76
9	Saul Ashon	Orion Harriers	4:47.88
---	Charlie Sullivan	Fitzwimarc School	DNS

Top 2 places + 4 next fastest times advance to next round

### Final (T44)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Joseph Owen	Orion Harriers	3:58.19
2	Yusuf Bizimana	Victoria Park H	3:58.48
3	Lewis Harknett	Orion Harriers	4:09.71
4	Daniel Riley	Basildon AC	4:16.94

5	Isaac Brown	Basildon AC	4:22.76
6	Jack Exley	Thurrock Harriers AC	4:25.41
7	Freddy Richardson	Colchester & Tendring	4:38.85
---	Elliot Cordery	Chelmsford AC	DNS

**Event 65 U17 Men - 3000M**

**Final (T16)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Joseph Owen	Orion Harriers	8:48.85
2	Elliot Cordery	Chelmsford AC	9:09.87
3	Samuel Norris	Southend AC	9:57.60
4	Zachariah Bridgeland	Chelmsford AC	10:01.08
5	Brandon Gill	Southend HSB	10:59.81
6	James Wright	Basildon AC	11:08.24
7	Ethan Bird	Southend HSB	11:29.22
---	Lewis Harknett	Orion Harriers	DNS

**Event 66 U17 Men - 2000M Steeplechase**

**Final (T4)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Lewis Harknett	Orion Harriers	6:35.84
2	Mungo Prior	Iford AC	7:08.47
3	Owen Harknett	Orion Harriers	8:36.58

**Event 68 U17 Men - 100M Hurdles**

**Final (T8)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: 1.5 M/S			
1	Sam Bennett	Basildon AC	13.37
2	William Adeyeye	N & E B	13.57
3	Rotimi Osunsami	N & E B	14.22
4	Daniel Knight	Enfield & Haringey AC	14.49
5	Theo Adesina	Thurrock Harriers AC	14.93
6	Alex Coleman	Fitzwimarc School	15.08
7	Thomas Farquharson	Southend HSB	18.06

**Event 69 U17 Men - 400M Hurdles**

**Final (T8)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Karl Johnson	N & E B	55.54

**Event 70 U17 Men - High Jump**

**Final (F3)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
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1	Theo Adesina	Thurrock Harriers AC	1.80
2	Jack Shackland	Southend HSB	1.70
3	John Boyle	Chelmsford AC	1.70
4	Euan McDonnell	Havering A.C.	1.70
5	Joey O'Neill	W G w E L	1.60

**Event 71 U17 Men - Pole Vault**

**Final (F18)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Josef Roser	Southend HSB	3.10
2	Andrei Gare	Southend HSB	2.80

**Event 72 U17 Men - Long Jump**

**Final (F16)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Theo Adesina	Thurrock Harriers AC	6.69	1.2
2	Sam Butcher	Southend AC	5.75	2.9
3	Taro Hitzeroth	Maltings Academy	5.72	0.5

**Event 73 U17 Men - Triple Jump**

**Final (F37)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Taro Hitzeroth	Maltings Academy	12.08	1.0
2	Kuba Allchorne	Southend AC	10.17	1.1

**Event 74 U17 Men - Shot Putt**

**Final (F34)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Dara Shekoni	Harlow AC	12.68
2	Alfie Cassidy	Fitzwimarc School	12.21
3	Daniel Gregory	Cornelius Vermuyden School	11.70
4	Monty Brooks	Southend HSB	10.17
5	Thomas Farquharson	Southend HSB	10.07

**Event 75 U17 Men - Discus**

**Final (F24)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Ryan Whitehead	Enfield & Haringey AC	39.94
2	Ramzan Moshan	N & E B	29.60
3	Samuel Stuart	Basildon AC	27.86
4	Joey Awala-Shaw	Southend HSB	24.17

**Event 76 U17 Men - Hammer**

**Final (F12)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Jolaoluwa Omotosho	Dartford Harriers	56.22
2	Tom Milton	Cecil Jones College	55.79
3	Rhys Martin	W G w E L	46.24
4	Alden Ledger	Appleton School	40.65
5	Samuel Larkins	Braintree & Dist AC	38.80
6	Joshua Colvill	Southend HSB	37.83

**Event 77 U17 Men - Javelin****Final (F6)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Max Law	Havering A.C.	61.21	CBP
2	Jess Walker	Basildon AC	46.45	
3	Alex Coleman	Fitzwimarc School	45.32	
4	Charlie Savill	Havering A.C.	36.66	
5	Toby Brittleton	Southend HSB	34.90	
6	Sam Mellor	Southend HSB	29.12	

**Event 90 U15 Boys - 100M****Prelims (T28)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.5 M/S	
1	Jimi Sijuwola	Colchester & Tendring	11.98 Q
2	Luhan Bely	Cambridge & Coleridge	12.54
3	Joshua Oteng	Fitzwimarc School	13.12
4	Michael Okoro	Havering A.C.	13.21
5	Daragh Thomas	Havering A.C.	13.78
5	Ruben Hedman	Maltings Academy	13.78
7	Dolapo Adetunji	Chelmsford AC	13.84
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.5 M/S	
1	Graig Anya-Joseph	Colchester Harriers	11.51 Q
2	Cameron Ellis	Woodlands School	12.10 q
3	Mario Dobrescu	Ilford AC	12.18 q
4	Ademide Fajobi	Chelmsford AC	12.45
5	Finlay Staff	Chelmsford AC	12.83
6	Jamie Crane	Thurrock Harriers AC	13.70
7	Henry Lethbridge	W G w E L	14.17
8	Richard Olanlyan	Woodlands School	18.00
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: -1.3 M/S	
1	Daniel Ogotuga	Thurrock Harriers AC	12.10 Q
2	Henry Lawes	Colchester Harriers	12.15 q
3	Edward Brown	Braintree & Dist AC	12.16 q

4	Senam Akpokavi	N & E B	12.36 q
5	Daniel Beestone	Fitzwimarc School	14.09
6	Gbenga Adewole	Thurrock Harriers AC	15.43

Top 1 places + 5 next fastest times advance to next round

### Final (T50)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -2.1 M/S			
1	Graig Anya-Joseph	Colchester Harriers	11.64
2	Jimi Sijuwola	Colchester & Tendring	11.93
3	Edward Brown	Braintree & Dist AC	12.10
4	Senam Akpokavi	N & E B	12.22
5	Henry Lawes	Colchester Harriers	12.22
6	Mario Dobrescu	Iford AC	12.31
7	Daniel Ogutuga	Thurrock Harriers AC	12.40
8	Cameron Ellis	Woodlands School	13.27

### Event 91 U15 Boys - 200M

#### Prelims T22)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -1.2 M/S			
1	Graig Anya-Joseph	Colchester Harriers	23.92 Q
2	Edward Brown	Braintree & Dist AC	24.19 Q
3	Mario Dobrescu	Iford AC	24.55 q
4	Daniel Ogutuga	Thurrock Harriers AC	25.00 q
5	Finlay Staff	Chelmsford AC	25.76 q
6	Daragh Thomas	Havering A.C.	26.60
7	Joshua Oteng	Fitzwimarc School	26.63

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: 0.00 M/S			
1	Jimi Sijuwola	Colchester & Tendring	24.24 Q
2	Emmanuel Oke	Southend HSB	24.90 Q
3	Luhan Bely	Cambridge & Coleridge	25.80 q
4	Michael Okoro	Havering A.C.	26.48
5	Ruben Hedman	Maltings Academy	27.47
---	Gbenga Adewole	Thurrock Harriers AC	DNS

Top 2 places + 4 next fastest times advance to next round

### Final (T51)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.1			
1	Graig Anya-Joseph	Colchester Harriers	24.23
2	Jimi Sijuwola	Colchester & Tendring	24.60
3	Edward Brown	Braintree & Dist AC	24.68
4	Mario Dobrescu	Iford AC	24.92
5	Emmanuel Oke	Southend HSB	25.58
6	Daniel Ogutuga	Thurrock Harriers AC	26.10
7	Finlay Staff	Chelmsford AC	26.30
---	Luhan Bely	Cambridge & Coleridge	DNS

**Event 92 U15 Boys - 300M****Final (T23)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Malik Oshiyemi	Southend HSB	38.81
2	Max Skinner	Fitzwimarc School	38.95
3	Samuel Shippey	Colchester & Tendring	39.29
4	Farris Patel	Iford AC	39.30
5	Jack Heffer	Springfield Striders	41.72
6	Will Thompson	Southend AC	41.90
7	George Hey	Southend AC	42.53
---	James Petty	Harlow AC	DNS

**Event 93 U15 Boys - 800M****Prelims (T13)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Sidnie Ward	W G w E L	2:11.82 Q
2	Kristians Kalmanis	Southend AC	2:14.79 Q
3	Jack Saunders	Appleton School	2:14.90 q
4	Billy Saunders	Appleton School	2:18.46
5	Sam Tremelling	Chelmsford AC	2:25.12
6	Aaron Parker	Fitzwimarc School	2:30.63
7	Thomas Woodward	Chelmsford AC	2:40.90

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Harry Parker	Thurrock Harriers AC	2:09.80 Q
2	Jude Thorne	Maltings Academy	2:09.87 Q
3	Aaron Samuel	Southend HSB	2:09.96 q
4	Samuel Shippey	Colchester & Tendring	2:11.08 q
5	Luhan Bely	Cambridge & Coleridge	2:13.77 q
6	Owen Adams	Basildon AC	2:20.93
7	Dylan Harrod	Thurrock Harriers AC	2:30.33

Top 2 places + 4 next fastest times advance to next round

**Final (T40)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Sidnie Ward	W G w E L	2:03.69
2	Aaron Samuel	Southend HSB	2:04.44
3	Jude Thorne	Maltings Academy	2:07.48
4	Harry Parker	Thurrock Harriers AC	2:07.55
5	Samuel Shippey	Colchester & Tendring	2:13.50
6	Kristians Kalmanis	Southend AC	2:17.61
7	Jack Saunders	Appleton School	2:18.33
---	Luhan Bely	Cambridge & Coleridge	DNS

**Event 94 U15 Boys -1500M**



**Final (T18)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Aaron Samuel	Southend HSB	4:13.82
2	Ziggy Lambton	Colchester Harriers	4:24.75
3	Harry Parker	Thurrock Harriers AC	4:29.21
4	Luke Meridew	Basildon AC	4:32.37
5	Matthew Warner	Southend AC	4:36.62
6	Matthew Stevens-Brown	Appleton School	4:38.75
7	Kieran Allgood	W G w E L	4:39.58
8	Toby Linsell	Southend AC	4:41.81
9	Ryan Dooley	W G w E L	4:45.69
10	Thomas Franklin	Fitzwimarc School	4:46.05
11	Harry Jackson	Basildon AC	4:47.38
12	Luke Randall	Southend AC	4:49.13
13	Finn McGrath	Cambridge & Coleridge	5:01.36
14	Daniel Houchell	Basildon AC	5:03.09
15	Dylan Harrod	Thurrock Harriers AC	5:06.38
---	Luke Pullen	Southend AC	DNS

**Event 95 U15 Boys - 3000m****Final (T15)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Matthew Warner	Southend AC	10:10.05
2	Joseph Morgan	W G w E L	10:29.06
3	Scott Thomas	Chelmsford AC	10:34.41
4	George Mann	Colchester Harriers	11:10.23

**Event 97 U15 Boys -80M Hurdles****Prelims (F5)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.5			
1	Alfie Kelway	Colchester & Tendring	12.20 Q
2	Safir Ahmed	Southend HSB	12.75 Q
3	Sam Sanusi	Cecil Jones College	12.81 q
4	Gabriel Lawson	Southend HSB	12.88 q
5	Jude Thorne	Maltings Academy	12.89 q
6	Matt Fuller	Woodlands School	13.60
7	Oliver Early	Chelmsford AC	18.32
---	Leo Thomas	Fitzwimarc School	DNS

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: -1.2			
1	Joseph Harding	Basildon AC	10.89 Q CBP
2	Tom Jones	Woodlands School	12.68 Q
3	Emmanuel Oke	Southend HSB	12.83 q
4	Ethan Hunter	Chelmsford AC	13.06

5	Ruben Hedman	Maltings Academy	13.38
6	Luhan Bely	Cambridge & Coleridge	13.75
7	Regan Lawrence	Harlow AC	14.81
8	Jamie Crane	Thurrock Harriers AC	15.77

Top 2 places + 4 next fastest times advance to next round

### Final (T15)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.2			
1	Joseph Harding	Basildon AC	11.01
2	Alfie Kelway	Colchester & Tendring	12.63
3	Sam Sanusi	Cecil Jones College	12.71
4	Safir Ahmed	Southend HSB	12.83
5	Emmanuel Oke	Southend HSB	12.89
6	Jude Thorne	Maltings Academy	13.32
7	Gabriel Lawson	Southend HSB	13.37
8	Tom Jones	Woodlands School	13.85

### Event 98 U15 Boys - High Jump

#### Final (F26)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Sebastian Clatworthy	Chelmsford AC	1.63
2	Jude Thorne	Maltings Academy	1.55
3	Moyoyin Ladele	Southend HSB	1.50
4	Oluwadamilare Akande	Southend HSB	1.45
4	Ethan Hunter	Chelmsford AC	1.45

### Event 99 U15 Boys - Pole Vault

#### Final (F19)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Sam Tremelling	Chelmsford AC	3.20
2	Luke Mason	Fitzwimarc School	2.70
2	Harley Waller	Southend HSB	2.70
4	Fynn Hearn	Maltings Academy	2.60
5	Nathan Sands	Southend HSB	2.50
5	Sebastian Clatworthy	Chelmsford AC	2.50
7	Nathan Cockcroft	Southend HSB	2.10
8	James Luxton	Chelmsford AC	2.00

### Event 100 U15 Boys - Long Jump

#### Final (F7)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>	
1	Joseph Harding	Basildon AC	6.76	1.0	CBP
2	Cameron Ellis	Woodlands School	5.51	0.7	
3	Henry Lawes	Colchester Harriers	5.41	2.6	
4	Safir Ahmed	Southend HSB	5.07	1.2	

5	Sam Sanusi	Cecil Jones College	5.06	2.5
6	Richard Olanlyan	Woodlands School	4.98	1.5
7	Jude Thorne	Maltings Academy	4.96	1.8
8	Leo Thomas	Fitzwimarc School	4.73	1.8
9	Ayanfe Coker	Southend AC	4.55	1.8
10	Regan Lawrence	Harlow AC	4.51	1.2
11	Ashton Thatcher-Gray	Havering A.C.	4.35	1.3
11	Daniel Beestone	Fitzwimarc School	4.35	2.4
13	Henry Lethbridge	W G w E L	4.24	2.9
14	Gbenga Adewole	Thurrock Harriers AC	3.71	0.9

#### Event 101 U15 Boys - Triple Jump

##### Final (F35)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Emmanuel Oke	Southend HSB	12.10	NWI
2	Richard Olanlyan	Woodlands School	11.26	NWI
3	Jude Thorne	Maltings Academy	11.10	NWI
4	Max Skinner	Fitzwimarc School	10.50	NWI
5	Will Thompson	Southend AC	9.39	NWI

#### Event 102 U15 Boys - Shot Putt

##### Final (F13)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Senyo Ablorde	Southend HSB	12.10
2	Ben Austin	Maltings Academy	11.14
3	Ayanfe Coker	Southend AC	10.63
4	Georgie Acraman	Woodlands School	10.52
5	Luhan Bely	Cambridge & Coleridge	8.81
6	Owen Dodge	Basildon AC	7.51
7	Gbenga Adewole	Thurrock Harriers AC	6.55

#### Event 103 U15 Boys - Discus

##### Final (F33)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Ben Cotton	Southend HSB	34.40
2	Kenneth Ikeji	Southend HSB	33.89
3	Noah Townley	Southend HSB	32.65
4	Kyle Thornton	Chelmsford AC	31.38
5	Taylor Purdy	Woodlands School	28.27
6	Aaron Parker	Fitzwimarc School	18.72

#### Event 104 U15 Boys - Hammer

##### Final (F8)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
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1	Kenneth Ikeji	Southend HSB	51.67
2	Senyo Ablorde	Southend HSB	40.63
3	Finley Rix-Clancy	Woodlands School	38.32
4	Archie Tilson	Maltings Academy	36.81
5	Lucas Nash	Appleton School	33.04
6	Jessie Okpetu	Appleton School	25.45
7	Ben Cotton	Southend HSB	24.18
8	Georgie Acraman	Woodlands School	19.75

### Event 105 U15 Boys - Javelin

#### Final (F30)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Will Harris	Southend HSB	37.43
2	Jake Marouane	Chelmsford AC	34.87
3	Thomas Willmore	Fitzwimarc School	32.15
4	Owen Dodge	Basildon AC	24.85

### Event 108 U13 Boys - 100M

#### Prelims (T27)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.6 M/S	
1	Ossari Acquah	N & E B	13.14 Q
2	Teddy Kinsley	Woodlands School	14.17 Q
3	Kai Anderson	Beam C P School	14.17 q
4	Henry Fayehun	Woodlands School	14.20 q
5	Ademola Adetunji	Chelmsford AC	14.37 q
6	Denzel Bilson	Beam C P School	14.47
7	Zak Sapsford	Fitzwimarc School	14.61
8	Cooper Mills	Chelmsford AC	14.62
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.4 M/S	
1	Demilade Fajobi	Chelmsford AC	13.29 Q
2	Dominic Alexandru	Havering A.C.	14.45 Q
3	Joshua Fenton-Jones	Hedingham School	14.46 q
4	Kilan Lartey	Beam C P School	14.59
5	Patrick McLean-Tattan	Havering A.C.	14.63
6	Ryan Hoskins	Fitzwimarc School	14.84
7	Sam Gowen	Chelmsford AC	14.94
8	Luke Holloway	Maltings Academy	15.10

Top 2 places + 4 next fastest times advance to next round

#### Final (T49)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -0.9 M/S	
1	Ossari Acquah	N & E B	13.20
2	Demilade Fajobi	Chelmsford AC	13.46
3	Ademola Adetunji	Chelmsford AC	14.14

4	Kai Anderson	Beam C P School	14.29
5	Teddy Kinsley	Woodlands School	14.31
6	Joshua Fenton-Jones	Hedingham School	14.35
7	Henry Fayehun	Woodlands School	14.50
8	Dominic Alexandru	Havering A.C.	14.56

### Event 109 U13 Boys - 200M

#### Prelims (T20)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: 0.6 M/S	
1	George Gutteridge	Chelmsford AC	27.65 Q
2	Kai Anderson	Beam C P School	29.22 Q
3	Denzel Bilson	Beam C P School	29.53 q
4	Henry Dover	Colchester & Tendring	29.63 q
5	Reece Williams	Woodlands School	29.70
6	Dressman Adamawa	Beam C P School	31.28

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: 0.8 M/S	
1	Ossari Acquah	N & E B	27.24 Q
2	Sam Peck	Maltings Academy	29.26 Q
3	Toluwanimi Olufeko	Southend HSB	29.38 q
4	Cooper Mills	Chelmsford AC	29.44 q
5	Patrick McLean-Tattan 1	Havering A.C.	29.71

#### Final (T50)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -1.8 M/S	
1	Ossari Acquah	N & E B	27.02
2	George Gutteridge	Chelmsford AC	27.66
3	Sam Peck	Maltings Academy	29.37
4	Denzel Bilson	Beam C P School	29.43
5	Kai Anderson	Beam C P School	29.64
6	Toluwanimi Olufeko	Southend HSB	29.72
7	Henry Dover	Colchester & Tendring	29.86
8	Cooper Mills	Chelmsford AC	29.87

### Event 110 U13 Boys - 800M

#### Final (T54) - Timed Finals

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	James Geller	W G w E L	2:24.32
2	Matthew Blacklock	Havering A.C.	2:24.34
3	Luca McGrath	Cambridge & Coleridge	2:27.80
4	Henry Dover	Colchester & Tendring	2:28.07
5	Shane Hart	Havering A.C.	2:29.21
6	Cooper Mills	Chelmsford AC	2:31.32
7	Sam Peck	Maltings Academy	2:31.64
8	Daniel Ajetunmobi	Southend HSB	2:32.41



1	Henry Fayehun	Woodlands School	12.89
2	Emmanuel Iheanetu	Southend HSB	12.97
3	Mohammad Khan	Southend HSB	13.14
4	Teddy Kinsley	Woodlands School	13.31
5	Maxime Farrell	Southend HSB	13.94
6	Sam Nagle	Fitzwimarc School	14.40
7	Alfred Johnston	Southend HSB	14.71
8	Onyekachukwu Okoh	Chelmsford AC	15.55

### Event 121 U13 Boys - High Jump

#### Final (F27)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Maxime Farrell	Southend HSB	1.45
2	Sam Peck	Maltings Academy	1.40
3	Patrick McLean-Tattan	Havering A.C.	1.30
4	Orhan Corek	Thurrock Harriers AC	1.2
5	Olowo Olasunkanmi	Appleton School	1.20

### Event 122 U13 Boys - Long Jump

#### Final (F25)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
Flight 1				
1	Maxime Farrell	Southend HSB	4.72	2.6
2	Nicholas Watson	Southend HSB	4.37	3.0
3	Sam Peck	Maltings Academy	4.29	2.8
4	Ossari Acquah	N & E B	4.26	2.0
5	Orhan Corek	Thurrock Harriers AC	4.24	0.8
6	Jay Russell	W G w E L	4.20	1.5
6	Sam Gowen	Chelmsford AC	4.12	1.4
8	Ryan Hoskins	Fitzwimarc School	4.12	2.5
9	Zak Sapsford	Fitzwimarc School	4.08	3.0
10	Mohammad Khan	Southend HSB	4.05	3.8
11	Luke Holloway	Maltings Academy	4.04	2.3
12	Bradley Perrin	Fitzwimarc School	4.01	1.6
13	Sam Nagle	Fitzwimarc School	3.89	3.3
14	Daniel Ajetunmobi	Southend HSB	3.85	3.4
15	Earl Beeching	Woodlands School	3.71	2.2
16	Dominic Alexandru	Havering A.C.	3.60	2.1
17	Jack Finn	Woodlands School	3.50	0.7
18	Henry Fayehun	Woodlands School	3.37	2.0

### Event 123 U13 Boys - Shot Putt

#### Final (F21)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Thomas Bullard	Fitzwimarc School	8.72

2	Ronnie Adoma	Southend HSB	8.31
3	Tom Overbury	Maltings Academy	7.92
4	Josh Shannon	Maltings Academy	6.99
5	Reece Williams	Woodlands School	6.80
6	Alfred Kneller	Woodlands School	6.75
7	Coby Heard	Maltings Academy	6.55
8	Patrick McLean-Tattan	Havering A.C.	6.30
9	Charlie Palmer	Colchester & Tendring	6.02

#### Event 124 U13 Boys - Discus

##### Final (F34)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Toluwanimi Olufeko	Southend HSB	23.11
2	Lewis Buick	Maltings Academy	22.16
3	Noah Wooding	Southend HSB	22.00
4	Alfred Johnston	Southend HSB	21.62
5	Glen Morris	Southend HSB	21.31
6	Alfred Kneller	Woodlands School	19.95
7	Daniel Dillway	Woodlands School	16.26
8	Luke Finch	W G w E L	15.30

#### Event 125 U13 Boys - Hammer

##### Final (F9)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Tom Overbury	Maltings Academy	24.93
2	Coby Heard	Maltings Academy	24.22
3	Luke Finch	W G w E L	21.83
4	Josh Shannon	Maltings Academy	13.52

#### Event 126 U13 Boys - Javelin

##### Final (F31)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Oliver Yexley	Havering A.C.	35.77
2	Simon Hill	Basildon AC	30.22
3	Kieran Gredley	Appleton School	26.86
4	Zak Sapsford	Fitzwimarc School	22.62
5	Ellis Wright	Basildon AC	21.91
6	Freddie Hockey	Fitzwimarc School	21.77
7	Lewis Buick	Maltings Academy	21.01
8	Louis Chapman	Fitzwimarc School	19.91
9	Ethan Hutton	Woodlands School	18.80

#### Event 140 Veteran Men - 100m

##### Final (T26)



<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -0.8 M/S			
1	Amr Ziko	Braintree & Dist AC	11.89
2	Jan Barnard	Basildon AC	12.18
3	Clint Nicholls	Basildon AC	12.41
4	Alan James	W G w E L	12.90

#### Event 141 Veteran Men - 300M

##### Final (T17)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Amr Ziko	Braintree & Dist AC	38.63
2	Michael Osunsami	N & E B	40.16
3	Graham Eastty	Southend AC	40.34
4	Keith Palmer	Southend AC	44.85

#### Event 142 Veteran Men -1500M

##### Final (T34)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Tim Woulfe	Braintree & Dist AC	4:21.64
2	Nick Shasha	Orion Harriers	4:22.99
3	Lee Taylor	Southend AC	4:28.93
4	Mark Waine	Springfield Striders	4:31.22
5	Steve Read	G F & D R	4:37.75
6	Russell Davies	Springfield Striders	4:40.95
7	John Barker	Thrift Green Trotters	4:48.49
8	Antony Goodall	Springfield Striders	4:53.38
9	Gary Chandler	Springfield Striders	4:54.85

#### Event 200 Senior Women - 100M

##### Final (T32)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -0.4 M/S			
1	Aleasha Kiddle	Chelmsford AC	12.23
2	Kehinde Ademola	N & E B	13.01
3	Victoria Staines	Southend AC	13.47
4	Toyin Olufemi	Thurrock Harriers AC	13.55
5	Natalie Lebeau	Thurrock Harriers AC	13.81
6	Tiffany Ammar	University of East London	13.90

#### Event 201 Senior Women - 200M

##### Final (T46)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: NWI			
1	Kehinde Ademola	N & E B	27.03
2	Nicola Hill	Havering A.C.	27.44
3	Toyin Olufemi	Thurrock Harriers AC	28.51

4	Victoria Staines	Southend AC	29.08
5	Tiffany Ammar	University of East London	29.35
6	Jolekha Shasha	Orion Harriers	35.39

#### Event 202 Senior Women - 400M

##### Final (T60)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Hayley McLean	Chelmsford AC	55.48

#### Event 203 Senior Women - 800M

##### Final (T57)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Joceline Monteiro	Chelmsford AC	2:09.13
2	Anna Clark	W G w E L	2:12.33
3	Krystle Balogun	Ilford AC	2:18.09
4	Charlotte Bishop	Basildon AC	2:20.96
5	Stacey Eyers	Colchester Harriers	2:25.28

#### Event 204 Senior Women - 1500M

##### Final (T36)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Anna Clark	W G w E L	4:38.51
2	Emily Bullis	Basildon AC	4:51.19
3	Anna Whitfield	Basildon AC	4:57.89
---	Alicia McArdell	W G w E L	DNS

#### Event 205 Senior Women - 3000M

##### Final (T37)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Elizabeth Davies	Springfield Striders	9:57.20
2	Alexa Joel	Chelmsford AC	10:24.54
3	Emily Bullis	Basildon AC	10:27.26
4	Anna Whitfield	Basildon AC	10:34.79
5	Hayley Pegg	Chelmsford AC	11:25.52

#### Event 206 Senior Women - 5000M

##### Final (T43)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Clare Thurgood	Orion Harriers	18:44.85
2	Isabella Woods	Havering A.C.	20:12.13
3	Hayley Pegg	Chelmsford AC	20:35.32

#### Event 210 Senior Women - 100M Hurdles

**Final (T7)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -1.4 M/S	
1	Amy Richards	Orion Harriers	17.84
2	Iris Verweij	W G w E L	18.05

**Event 211 Senior Women - 400M Hurdles****Final (T7)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Hayley McLean	Chelmsford AC	59.53
2	Kerry Dixon	Enfield & Haringey AC	1:01.25

**Event 212 Senior Women - High Jump****Final (F1)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Amy Richards	Orion Harriers	1.50

**Event 213 Senior Women - Pole Vault****Final (F17)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Claire Brennan	Havering A.C.	2.30

**Event 214 Senior Women - Long Jump****Final (F10)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Amy Richards	Orion Harriers	5.13	1.0
2	Natalie Lebeau	Thurrock Harriers AC	5.04	1.4
3	Heidi Nicholas	Basildon AC	4.79	2.5
4	Melissa Coleman	Chelmsford AC	4.37	1.5
5	Beth James	Havering A.C.	4.22	1.1
6	Victoria Staines	Southend AC	3.30	2.4

**Event 215 Senior Women - Triple Jump****Final (F36)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Beth James	Havering A.C.	8.83	1.72

**Event 216 Senior Women - Shot Putt****Final (F30)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Melanie Harrison	Enfield & Haringey AC	10.45
2	Jemma Pemberton	Basildon AC	9.84

3	Amy Richards	Orion Harriers	8.73
4	Katherine Ellis	Basildon AC	7.78

#### Event 217 Senior Women - Discus

##### Final (F22)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Grace Jenkins	N & E B	41.84
2	Melanie Harrison	Enfield & Haringey AC	35.91
3	Shirley Quinn	Chelmsford AC	29.34
4	Sue Lawrence	Thurrock Harriers AC	28.85

#### Event 218 Senior Women - Hammer

##### Final (F13)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Chloe Cockell	Braintree & Dist AC	40.35
2	Sue Lawrence	Thurrock Harriers AC	35.63
3	Katherine Ellis	Basildon AC	32.13
4	Shirley Quinn	Chelmsford AC	28.39

#### Event 219 Senior Women - Javelin

##### Final (F4)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
Flight 1			
1	Louise Lacy	Havering A.C.	47.39
2	Katherine Ellis	Basildon AC	26.82
3	Jemma Pemberton	Basildon AC	26.27

#### Event 220 Senior Women - 3000m Walk

##### Final (T29)

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

#### Event 230 U20 Women - 100M

##### Final (T31)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.4 M/S			
1	Modupe Shokunbi	Blackheath & Bromley AC	12.38
2	Caitlin O'Reilly	Colchester Harriers	12.51
3	Jasmine Okoye	N & E B	12.87
4	Eloise Lewis	Southend AC	13.09

#### Event 231 U20 Women - 200M

##### Final (T27)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -3.2 M/S			
1	Zoe Thompson	N & E B	25.49

2	Caitlin O'Reilly	Colchester Harriers	25.99
3	Jasmine Okoye	N & E B	26.53
4	Sophie Rickner	Southend AC	26.79
5	Erin Minton-Branfoot	Chelmsford AC	27.09
6	Kyra White	Enfield & Haringey AC	27.45
7	Weronika Czekajlo	Chelmsford AC	27.58
8	Katy Short	Basildon AC	27.64

#### Event 232 U20 Women - 400M

##### Final (T59)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Zoe Thompson	N & E B	57.85
2	Erin Minton-Branfoot	Chelmsford AC	59.69
3	Emma Perks	Chelmsford AC	1:03.49
4	Eloise Lewis	Southend AC	1:05.61

#### Event 233 U20 Women - 800M

##### Final (T56)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Khahisa Mhlanga	Chelmsford AC	2:07.15	CBP
2	Georgia Phillips	Havering A.C.	2:50.67	

#### Event 234 U20 Women - 1500M

##### Final (T37)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Jodie Judd	Chelmsford AC	4:30.37
2	Rachel Broome	Chelmsford AC	4:54.35

#### Event 235 U20 Women - 3000M

##### Final (T38)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Jodie Judd	Chelmsford AC	9:44.97	CBP
---	Aoife Guyatt	Enfield & Haringey AC	DNF	

#### Event 236 U20 Women - 2000M Steeplechase

##### Final

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

#### Event 238 U20 Women - 100M Hurdles

##### Final (T6)

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

#### Event 239 U20 Women - 400M Hurdles

**Final (T6)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Zoe Benton	Herts Phoenix AC	1:06.75
2	Isobel Mills	Orion Harriers	1:09.02

**Event 240 U20 Women - High Jump****Final (F2)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Georgia Ray	Chelmsford AC	1.45

**Event 241 U20 Women - Pole Vault****Final (F18)**

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

**Event 242 U20 Women - Long Jump****Final (F11)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Charlotte Skeggs	Basildon AC	5.04	2.1
2	Caitlin O'Reilly	Colchester Harriers	4.82	1.0
3	Emmi Goldenberg	Southend AC	4.71	2.1
4	Katie Petyt	W G w E L	4.68	0.7

**Event 243 U20 Women -Triple Jump****Final (F37)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Katie Petyt	W G w E L	10.40	1.69
2	Emmi Goldenberg	Southend AC	9.69	1.68

**Event 244 U20 Women -Shot Putt****Final (F31)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Megan Larkins	Braintree & Dist AC	10.60
2	Elysha Thatcher-Gray	Havering A.C.	10.03
3	Ellie Griffith-Erysthee	Dartford Harriers	9.09

**Event 245 U20 Women - Discus****Final (F23)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Gabrielle Quigley	Chelmsford AC	34.81
2	Megan Larkins	Braintree & Dist AC	30.13

**Event 246 U20 Women - Hammer****Final (F14)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Philippa Davenall	Colchester Harriers	54.67	CBP
2	Megan Larkins	Braintree & Dist AC	52.19	
3	Stephanie Howe	W G w E L	45.25	
4	Lucy Dodd	Orion Harriers	33.15	

**Event 247 U20 Women - Javelin****Final (F5)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Charlotte Skeggs	Basildon AC	30.56

**Event 260 U17 Women - 100M****Prelims (T29)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: 0.00 M/S	
1	Joy Ogunleye	Colchester & Tendring	12.22 Q
2	Angela Davis	Orion Harriers	12.62 Q
3	Abena Oteng	Southend AC	12.73 q
4	Amy Fix	Southend AC	13.22 q
5	Ella Gray	Colchester & Tendring	13.47
6	Emily Foster	Chelmsford AC	13.47
7	Eva Corbett	Braintree & Dist AC	13.57

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.4 M/S	
1	Eve Wright	Braintree & Dist AC	12.40 Q
2	Skye Wicks	Hertford & Ware AC	12.40 Q
3	Dolita Shaw	N & E B	12.45 q
4	Yasmin Robinson	Southend AC	13.24 q
5	Megan Stevens	Colchester Harriers	13.49
6	Mary Igbinosa-Ighile	Havering A.C.	13.79
7	Ami Ashby	Harlow AC	14.56

Top 2 places + 4 next fastest times advance to next round

**Final (T51)**

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -0.3 M/S	
1	Joy Ogunleye	Colchester & Tendring	12.14
2	Eve Wright	Braintree & Dist AC	12.22
3	Skye Wicks	Hertford & Ware AC	12.44
4	Dolita Shaw	N & E B	12.52
5	Angela Davis	Orion Harriers	12.73
6	Abena Oteng	Southend AC	12.90
7	Amy Fix	Southend AC	13.36
---	Yasmin Robinson	Southend AC	DNS

**Event 261 U17 Women - 200M****Prelims (T23)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: 0.7 M/S	
1	Angela Davis	Orion Harriers	25.58 Q
2	Mia Chantree	Chelmsford AC	26.28 q
3	Uchenna Okafor	Southend HSG	27.15 q
4	Samanta Bendaraviciute	W G w E L	27.89
5	Nicole Harvey	Basildon AC	28.43
6	Millie Daniel	Basildon AC	28.63
7	Ruby Wheeler	Chelmsford AC	29.44

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: 0.5 M/S	
1	Dolita Shaw	N & E B	25.40 Q
2	Abena Oteng	Southend AC	26.18 q
3	Lauren Woodiwiss	Colchester & Tendring	26.68 q
4	Myomi Tonge	N & E B	27.47
5	Megan Stevens	Colchester Harriers	27.76
6	Hannah Smith	Braintree & Dist AC	28.27
7	Eva Corbett	Braintree & Dist AC	28.37
8	Rachel Hoddell	Colchester Harriers	30.36

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: -0.3 M/S	
1	Skye Wicks	Hertford & Ware AC	25.02 Q
2	Joy Ogunleye	Colchester & Tendring	25.19 q
3	Emily Foster	Chelmsford AC	27.69
4	Ella Gray	Colchester & Tendring	28.02
5	Breanna Philip	Harlow AC	28.30
6	Brogan Ravenall	Southend AC	28.48
7	Katie Rice	Colchester Harriers	28.90
8	Ami Ashby	Harlow AC	29.75

Top 1 places + 5 next fastest times advance to next round

**Final (T45)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: NWI	
1	Skye Wicks	Hertford & Ware AC	24.66
2	Joy Ogunleye	Colchester & Tendring	24.96
3	Dolita Shaw	N & E B	25.24
4	Angela Davis	Orion Harriers	25.39
5	Abena Oteng	Southend AC	26.25
6	Mia Chantree	Chelmsford AC	26.26
7	Lauren Woodiwiss	Colchester & Tendring	26.97
8	Uchenna Okafor	Southend HSG	26.98

**Event 262 U17 Women - 300M****Prelims (T16)**

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

1	Kyesha Robinson	W G w E L	42.13 Q
2	Emily Sharpe	Orion Harriers	42.73 Q
3	Jade Kavanagh	Havering A.C.	42.77 q
4	Lauren Woodiwiss	Colchester & Tendring	43.94 q
5	Samanta Bendaraviciute	W G w E L	44.74 q

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

1	Amy Fix	Southend AC	42.64 Q
2	Yasmin Robinson	Southend AC	43.92 Q
3	Rosie Brown	Havering A.C.	44.67 q
4	Millie Daniel	Basildon AC	46.23
---	Hollie Speller	Colchester Harriers	DNS

Top 2 places + 4 next fastest times advance to next round

### Final (T42)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Yasmin Robinson	Southend AC	41.54
2	Amy Fix	Southend AC	41.95
3	Kyesha Robinson	W G w E L	42.16
4	Jade Kavanagh	Havering A.C.	42.57
5	Lauren Woodiwiss	Colchester & Tendring	42.62
6	Rosie Brown	Havering A.C.	43.31
7	Emily Sharpe	Orion Harriers	43.77
8	Samanta Bendaraviciute	W G w E L	45.22

### Event 263 U17 Women - 800M

#### Final (T12)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Molly Sweetman	Havering A.C.	2:15.65
2	Hayley Instance	Thurrock Harriers AC	2:16.06
3	Amber Pullinger	Thurrock Harriers AC	2:18.66
4	Louise Gilbert	W G w E L	2:21.57
5	Hannah Smith	Chelmsford AC	2:26.20
6	Vicky Lovegrove	Braintree & Dist AC	2:27.32
7	Charlotte Matthews	Chelmsford AC	2:32.26
8	Summer Thorpe	Basildon AC	2:41.84
9	Lucie Ball	Thurrock Harriers AC	2:50.89

### Event 264 U17 Women - 1500M

#### Final (T22)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Molly Sweetman	Havering A.C.	4:42.26
2	Hayley Instance	Thurrock Harriers AC	4:42.88
3	Jessica Mitchell	Havering A.C.	4:43.77

4	Grace Burrell	Basildon AC	4:45.85
5	Annalie Cole	Orion Harriers	4:50.80
6	Elsie Gray	Colchester & Tendring	4:51.79
7	Louise Gilbert	W G w E L	4:56.84
8	Abby Rex	Basildon AC	5:38.15
---	Charlotte Matthews	Chelmsford AC	5:16.97

#### Event 265 U17 Women - 3000M

##### Final (T18)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Grace Burrell	Basildon AC	10:37.93
2	Siena Taylor	W G w E L	11:52.80
3	Aoibheann Pearce	Orion Harriers	11:59.05
4	Catherine Barker	Havering A.C.	12:41.96
---	Joanna Rimmington	Southend AC	DNF

#### Event 266 U17 Women - 2000M Steeplechase

##### Final (T1)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Kiera Hornsby	Braintree & Dist AC	7:43.96
2	Lucie Ball	Thurrock Harriers AC	9:13.03

#### Event 268 U17 Women - 80M Hurdles

##### Prelims

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: -0.6 M/S			
1	Amber Hornbuckle	Enfield & Haringey AC	12.05 Q
2	Jessica Hopkins	Maltings Academy	12.08 Q
3	Mia Chantree	Chelmsford AC	12.25 q
4	Jessica Smith	Enfield & Haringey AC	12.48 q
5	Hannah Smith	Braintree & Dist AC	12.66
6	Olivia Smith	Hertford & Ware AC	12.84
7	Ami Ashby	Harlow AC	13.62
Heat 2			
Wind: -0.9 M/S			
1	Kiera Bainsfair	Basildon AC	11.75 Q
2	Mayi Hughes	Havering A.C.	12.06 Q
3	Grace Newson	Havering A.C.	12.46 q
4	Charlotte Grant	Orion Harriers	12.62 q
5	Elena Iruskieta	Southend AC	12.86
6	Isabella Purdie	Havering A.C.	12.91
7	Millie Hodges	Havering A.C.	13.06

Top 2 places + 4 next fastest times advance to next round

##### Final (T14)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -2.6 M/S			

1	Kiera Bainsfair	Basildon AC	11.86
2	Mayi Hughes	Havering A.C.	12.14
3	Jessica Hopkins	Maltings Academy	12.14
4	Amber Hornbuckle	Enfield & Haringey AC	12.23
5	Mia Chantree	Chelmsford AC	12.38
6	Jessica Smith	Enfield & Haringey AC	12.47
7	Charlotte Grant	Orion Harriers	12.63
8	Grace Newson	Havering A.C.	12.70

#### Event 269 U17 Women - 300M Hurdles

##### Final (T5)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Kiera Bainsfair	Basildon AC	45.22
2	Emily Sharpe	Orion Harriers	46.95
3	Jessica Whiley	Chelmsford AC	49.02

#### Event 270 U17 Women - High Jump

##### Final (F3)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Mia Chantree	Chelmsford AC	1.65
2	Jessica Hopkins	Maltings Academy	1.65
3	Bethany Harryman	Harlow AC	1.60
4	Millie Daniel	Basildon AC	1.45
5	Charlotte Evans	Cornelius Vermuyden School	1.30

#### Event 271 U17 Women - Pole Vault

##### Final (F19)

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

#### Event 272 U17 Women - Long Jump

##### Final (F12)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Jessica Hopkins	Maltings Academy	5.58	3.0
2	Funminiyi Olajide	Thurrock Harriers AC	5.37	0.1
3	Mia Chantree	Chelmsford AC	5.33	2.2
4	Jessica Whitbread	Thurrock Harriers AC	5.32	1.8
5	Jade Kavanagh	Havering A.C.	5.09	2.1
6	Hannah Smith	Braintree & Dist AC	5.08	2.6
7	Kiera Bainsfair	Basildon AC	4.81	2.4
8	Zara Leaver	Basildon AC	4.79	2.3
9	Elena Iruskieta	Southend AC	4.76	2.8
10	Charlotte Fransham	Havering A.C.	4.74	3.1
11	Brogan Ravenall	Southend AC	4.68	1.3
12	Eve Wright	Braintree & Dist AC	4.61	2.5

13	Emily Foster	Chelmsford AC	4.58	2.8
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### Event 273 U17 Women - Triple Jump

#### Final (F38)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
Flight 1				
1	Mayi Hughes	Havering A.C.	11.28	3.54
2	Nicole Harvey	Basildon AC	10.72	1.51
3	Kiera Hornsby	Braintree & Dist AC	10.46	3.92
4	Holly Field	Braintree & Dist AC	10.20	2.77
5	Jessica Whitbread	Thurrock Harriers AC	9.97	1.39
6	Charlotte Fransham	Havering A.C.	9.68	1.13
7	Isabelle Beazley-Long	Chelmsford AC	9.48	1.63
8	Charlotte Grant	Orion Harriers	9.45	1.20
9	Rhea Stavri	Thurrock Harriers AC	8.46	2.27

### Event 274 U17 Women - Shot Putt

#### Final (F32)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Jessica Hopkins	Maltings Academy	13.28	CBP
2	Kim English	Maltings Academy	12.30	
3	Bethany Harryman	Harlow AC	11.18	
4	Philippa Gill	Havering A.C.	11.05	
5	Toni Egbulefu	Chelmsford AC	10.62	
6	Holly Field	Braintree & Dist AC	10.33	
7	Rhea Stavri	Thurrock Harriers AC	8.03	

### Event 275 U17 Women - Discus

#### Final (F24)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Rosie Brown	Havering A.C.	31.49
2	Eloise Badger	Basildon AC	25.78
3	Toni Egbulefu	Chelmsford AC	21.58
4	Megan Smith	Thurrock Harriers AC	20.90

### Event 276 U17 Women - Hammer

#### Final (F15)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Laura Runciman	Chelmsford AC	55.39
2	Victoria Cuthbert	W G w E L	41.77
3	Kim English	Maltings Academy	37.37
4	Yinka Shokunbi	Blackheath & Bromley AC	37.01
5	Philippa Gill	Havering A.C.	36.60
6	Devon Matthews	Basildon AC	23.53
7	Emily Holloway	Braintree & Dist AC	22.65

8 Megan Smith Thurrock Harriers AC 20.64

### Event 277 U17 Women - Javelin

#### Final (F6)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Jessica Whiley	Chelmsford AC	32.61
2	Daisy Partridge	Braintree & Dist AC	31.92
3	Eleanor Butt	Southend HSG	31.70
4	Grace Hinman	Basildon AC	30.74
5	Devon Matthews	Basildon AC	29.76
6	Philippa Gill	Havering A.C.	29.02
7	Rhea Stavri	Thurrock Harriers AC	20.98
8	Grace Sanderson	Cornelius Vermuyden School	19.64
9	Megan Smith	Thurrock Harriers AC	18.74
10	Hollie Speller	Colchester Harriers	15.31
11	Katie Giles	Cornelius Vermuyden School	13.25
---	Jennifer Morgan	Ipswich Harriers	NM

### Event 290 U15 Girls - 100M

#### Prelims (T24)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.5 M/S	
1	Leah Duncan	Braintree & Dist AC	12.54 Q
2	Sophie Mayor	Braintree & Dist AC	13.27 q
3	Dominika Czekajlo	Chelmsford AC	13.39 q
4	Daniella Oleary	Colchester & Tendring	13.63
5	Tamicore Aderonmu	Southend HSG	14.49
6	Funmi Adewole	Thurrock Harriers AC	14.54
7	Mkiyah Page-Gordon	Southend HSG	14.77
8	Olivia Mayhew	Chelmsford AC	15.17
Heat 2		Wind: -0.6 M/S	
1	Amber Whitehorne	Braintree & Dist AC	12.95 Q
2	Maxine Williams	Chelmsford AC	13.13 q
3	Enya Collins	Southend AC	13.39 q
4	Nicole Alves	W G w E L	13.54
5	Kate Sheppard	Braintree & Dist AC	13.84
6	Eleanor Hopgood	Colchester Harriers	14.02
7	Rosie Field	Braintree & Dist AC	14.82
Heat 3		Wind: -1.6 M/S	
1	Hannah Bell	N & E B	13.09 Q
2	Mya Miller-Thomas	N & E B	13.34 q
3	Lois Gordon	Braintree & Dist AC	13.48
4	Millie Ambrose	Basildon AC	13.70
5	Isabella Smith	Havering A.C.	13.84

6	Alessia Daniele	Ursuline High School	14.05
7	Kate Baldwin	Chelmsford AC	14.30
8	Lami Cato	Southend HSG	14.98

Top 1 places + 5 next fastest times advance to next round

### Final (T36)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.5 M/S			
1	Leah Duncan	Braintree & Dist AC	12.34
2	Amber Whitehorne	Braintree & Dist AC	12.85
3	Hannah Bell	N & E B	13.02
4	Maxine Williams	Chelmsford AC	13.06
5	Mya Miller-Thomas	N & E B	13.19
6	Dominika Czekajlo	Chelmsford AC	13.38
7	Sophie Mayor	Braintree & Dist AC	13.40
8	Enya Collins	Southend AC	13.51

### Event 291 U15 Girls - 200m

#### Prelims (T19)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1 Wind: -2.6 M/S			
1	Leah Duncan	Braintree & Dist AC	26.41 Q
2	Nicole Alves	W G w E L	27.53 q
3	Sky Fay	Braintree & Dist AC	28.48 q
4	Funmi Adewole	Thurrock Harriers AC	29.13
5	Jessie Collier	Havering A.C.	30.02
6	Alice Atkins	Havering A.C.	31.16
7	Emilia McMeekin	Basildon AC	31.49

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2 Wind: -1.5 M/S			
1	India Perry	Basildon AC	27.21 Q
2	Daniella Oleary	Colchester & Tendring	28.49
3	Isabella Smith	Havering A.C.	28.90
4	Eleanor Hopgood	Colchester Harriers	29.18
5	Kayleigh Hale	Chelmsford AC	29.69
6	Isabella Minder	Colchester Harriers	31.94

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3 Wind: -1.1 M/S			
1	Maxine Williams	Chelmsford AC	27.12 Q
2	Enya Collins	Southend AC	27.33 q
3	Keren Ulame-Eweka	Thurrock Harriers AC	27.81 q
4	Ella Thomas	Chelmsford AC	27.96 q
5	Jennifer Palmer	Colchester & Tendring	29.34
6	Annalin Galvin	Basildon AC	31.86

Top 1 places + 5 next fastest times advance to next round

### Final (T48)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.3 M/S			

1	Leah Duncan	Braintree & Dist AC	25.33
2	India Perry	Basildon AC	26.96
3	Maxine Williams	Chelmsford AC	27.13
4	Enya Collins	Southend AC	27.56
5	Nicole Alves	W G w E L	27.82
6	Keren Ulame-Eweka	Thurrock Harriers AC	28.40
7	Ella Thomas	Chelmsford AC	28.47
8	Sky Fay	Braintree & Dist AC	28.83

#### Event 292 U15 Girls - 300M

##### Prelims (T20)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Poppy Selmes	Braintree & Dist AC	44.12 Q
2	Becky Richards	Orion Harriers	44.69 Q
3	Mary Olayiwola	Colchester & Tendring	45.27 q
4	Jennifer Palmer	Colchester & Tendring	45.63 q
5	Ariyanna Mcgee	Basildon AC	45.89
6	Robyn Moody	Havering A.C.	45.99
7	Georgina Handford	W G w E L	49.19

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Hannah Bolton	Chelmsford AC	43.73 Q
2	Sophie Anderson	Southend AC	43.83 Q
3	Leisha Hunt	Chelmsford AC	43.89 q
4	Sky Fay	Braintree & Dist AC	45.62 q
5	Jessica Krise	Basildon AC	47.09
6	Jessie Collier	Havering A.C.	49.07

Top 2 places + 4 next fastest times advance to next round

##### Final (T43)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Leisha Hunt	Chelmsford AC	43.22
2	Sophie Anderson	Southend AC	43.54
3	Sky Fay	Braintree & Dist AC	44.08
4	Hannah Bolton	Chelmsford AC	44.33
5	Becky Richards	Orion Harriers	44.36
6	Poppy Selmes	Braintree & Dist AC	45.06
7	Jennifer Palmer	Colchester & Tendring	46.39
8	Mary Olayiwola	Colchester & Tendring	46.44

#### Event 293 U15 Girls - 800M

##### Prelims (T11)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Faye Sweeting	Chelmsford AC	2:28.73 Q
2	Georgia Tombs	Chelmsford AC	2:29.21 Q

3	Amelie Maris	Cambridge & Coleridge	2:31.63
4	Neve Gribble	Fitzwimarc School	2:35.70
5	Kennedy Beardwell	Thurrock Harriers AC	2:37.02
6	Sasha Whiley	Chelmsford AC	2:41.33
7	Rose Mears	Havering A.C.	2:45.67
8	Holly Randall	Maltings Academy	2:47.75

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

1	Alice Brown	Havering A.C.	2:24.79 Q
2	Demi Eves	Thurrock Harriers AC	2:25.93 Q
3	Hannah Bolton	Chelmsford AC	2:25.99 q
4	Martha Smith	Chelmsford AC	2:26.54 q
5	Hannah Phipps	Southend HSG	2:28.15 q
6	Savanna Sirkett	Orion Harriers	2:28.85 q
7	Esme Robb	Chelmsford AC	2:39.47
8	Sophie Anderson	Southend AC	2:43.41
9	Hannah Peacock	Thurrock Harriers AC	2:43.92

Top 2 places + 4 next fastest times advance to next round

#### Final (T38)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Georgia Tombs	Chelmsford AC	2:21.29
2	Demi Eves	Thurrock Harriers AC	2:21.30
3	Hannah Bolton	Chelmsford AC	2:21.50
4	Alice Brown	Havering A.C.	2:21.55
5	Faye Sweeting	Chelmsford AC	2:23.47
6	Martha Smith	Chelmsford AC	2:23.92
7	Savanna Sirkett	Orion Harriers	2:26.62
8	Hannah Phipps	Southend HSG	2:30.90

#### Event 294 U15 Girls - 1500M

#### Final (T19)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Faye Sweeting	Chelmsford AC	4:56.04
2	Martha Smith	Chelmsford AC	4:56.52
3	Sydney Foley	Havering A.C.	4:57.91
4	Milly Presland	Colchester Harriers	5:04.18
5	Holly Freegard	Basildon AC	5:05.05
6	Georgia Tombs	Chelmsford AC	5:08.72
7	Wren Mclean-Jackson	W G w E L	5:11.54
8	Sophie Wetheridge	Basildon AC	5:12.04
9	Daizy Mai Harris	Basildon AC	5:17.22
10	Jennifer Quansah	N & E B	5:18.37
11	Amelie Maris	Cambridge & Coleridge	5:24.24
12	Esme Robb	Chelmsford AC	5:29.69
13	Hollie Rex	Basildon AC	5:36.89



**Event 295 U15 Girls - 3000M****Final (T17)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Sydney Foley	Havering A.C.	10:44.52
2	Holly Freegard	Basildon AC	11:04.10
3	Sophie Wetheridge	Basildon AC	11:21.49
4	Daizy Mai Harris	Basildon AC	11:42.45
5	Rebecca O'Rourke	Havering A.C.	12:44.57

**Event 301 U15 Girls - 75M Hurdles****Prelims (T3)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -1.2 M/S	
1	Ruby Bridger	Thurrock Harriers AC	11.30 Q
2	Lily Parris	Chelmsford AC	11.71 Q
3	Holly Lawrence	Chelmsford AC	11.93 q
4	Kate Sheppard	Braintree & Dist AC	12.35 q
5	Leisha Hunt	Chelmsford AC	12.73
6	Rachel Carter	Chelmsford AC	13.14
7	Shannon Beeching	Cornelius Vermuyden School	14.42
8	Funmi Adewole	Thurrock Harriers AC	14.67
<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.8 M/S	
1	Emily Knight	Enfield & Haringey AC	11.99 Q
2	Ruby Mace	Havering A.C.	12.07 Q
3	Sola Taiwo	Thurrock Harriers AC	12.09 q
4	Elize Bonning	Havering A.C.	12.25 q
5	Becky Richards	Orion Harriers	12.45
6	Ariyanna Mcgee	Basildon AC	13.14
7	Mkiyah Page-Gordon	Southend HSG	14.17
8	Alice Atkins	Havering A.C.	15.34

Top 2 places + 4 next fastest times advance to next round

**Final (T13)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -0.3 M/S	
1	Ruby Bridger	Thurrock Harriers AC	11.25
2	Lily Parris	Chelmsford AC	11.61
3	Holly Lawrence	Chelmsford AC	11.70
4	Emily Knight	Enfield & Haringey AC	11.82
5	Ruby Mace	Havering A.C.	12.14
6	Sola Taiwo	Thurrock Harriers AC	12.25
7	Kate Sheppard	Braintree & Dist AC	12.33
8	Elize Bonning	Havering A.C.	13.18

**Event 302 U15 Girls - High Jump**

**Final (F28)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Ndidikama Okoh	Chelmsford AC	1.62
2	Holly Lawrence	Chelmsford AC	1.59
3	Ruby Bridger	Thurrock Harriers AC	1.56
4	Ariyanna Mcgee	Basildon AC	1.45
5	Candy Webster	Woodlands School	1.40
6	Jessica Krise	Basildon AC	1.25
7	Tamicore Aderonmu	Southend HSG	1.20

**Event 303 U15 Girls - Pole Vault****Final (F20)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Olivia Simon	Colchester Harriers	2.35
2	Rachel Carter	Chelmsford AC	1.90

**Event 304 U15 Girls - Long Jump****Final (F7)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Leisha Hunt	Chelmsford AC	5.30	2.00
2	Ruby Bridger	Thurrock Harriers AC	5.22	2.20
3	Lily Parris	Chelmsford AC	5.19	2.20
4	Ndidikama Okoh	Chelmsford AC	5.01	1.70
5	Sola Taiwo	Thurrock Harriers AC	4.75	0.80
6	Emily Knight	Enfield & Haringey AC	4.75	1.75
7	Hannah Bardo	Chelmsford AC	4.48	2.10
8	Amber Whitehorne	Braintree & Dist AC	4.43	1.65
9	Dominika Czekajlo	Chelmsford AC	4.34	1.90
10	Keren Ulame-Eweka	Thurrock Harriers AC	4.24	0.10
11	Sophie Anderson	Southend AC	4.18	1.20
12	Emilia McMeekin	Basildon AC	4.02	0.30
13	Kate Baldwin	Chelmsford AC	4.02	0.80
14	Rachel Carter	Chelmsford AC	3.93	2.35
15	Isabella Minder	Colchester Harriers	3.88	3.10
16	Olivia Mayhew	Chelmsford AC	3.79	1.30
17	Rosie Field	Braintree & Dist AC	3.48	1.30
18	Savanna Sirkett	Orion Harriers	3.36	1.80
---	Funmi Adewole	Thurrock Harriers AC	NM	NWI

**Event 305 U15 Girls - Triple Jump****Final**

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

**Event 306 U15 Girls - Shot Putt**

**Final (F20)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Robyn Moody	Havering A.C.	9.85
2	Ruby Bridger	Thurrock Harriers AC	9.51
3	Leisha Hunt	Chelmsford AC	9.06
4	Sade Cowan	Orion Harriers	8.99
5	Hannah Bardo	Chelmsford AC	8.85
6	Maisie Warman	Thurrock Harriers AC	8.51
7	Ella Chantree	Chelmsford AC	7.93
8	Olivia Mayhew	Chelmsford AC	6.27
9	Funmi Adewole	Thurrock Harriers AC	5.42

**Event 307 U15 Girls - Discus****Final (F26)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Alice Brown	Havering A.C.	29.75
2	Robyn Moody	Havering A.C.	28.93
3	Elizabeth Finch	Chelmsford AC	24.16
4	Maddie Windows	Cornelius Vermuyden School	21.89
5	Josephine Larkins	Braintree & Dist AC	21.69
6	Jessie Collier	Havering A.C.	21.63
7	Ella Chantree	Chelmsford AC	19.64
8	Alice Atkins	Havering A.C.	18.95
9	Maisie Warman	Thurrock Harriers AC	17.89

**Event 308 U15 Girls - Hammer****Final (F8)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Elizabeth Finch	Chelmsford AC	38.05
2	Josephine Larkins	Braintree & Dist AC	29.68
3	Maisie Warman	Thurrock Harriers AC	29.39
4	Ella Chantree	Chelmsford AC	20.22
---	Simbiyat Sikiru	W G w E L	NM

**Event 309 U15 Girls - Javelin****Final (F28)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Adelaide Thatcher-Gray	Havering A.C.	32.20
2	Ella Lewis	Basildon AC	31.22
3	Ella Thomas	Chelmsford AC	29.11
4	Aliyah Soames	Colchester Harriers	27.09
5	Jessie Collier	Havering A.C.	27.07
6	Kayleigh Hale	Chelmsford AC	26.12

7	Hannah Bardo	Chelmsford AC	24.23
8	Hannah Phipps	Southend HSG	23.58
9	Elizabeth Finch	Chelmsford AC	19.76
10	Ella Chantree	Chelmsford AC	16.28
---	Sasha Whiley	Chelmsford AC	NM

### Event 335 U13 Girls - 100M

#### Prelims (T25)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: 0.4 M/S	
1	Karis Thomas	Maltings Academy	13.68 Q
2	Paige Robinson	Havering A.C.	13.83 q
3	Zarah Okakah	Braintree & Dist AC	14.04 q
4	Olivia Boachie	Havering A.C.	14.52
5	Holly Newman	Basildon AC	15.84
6	Zowie Dodge	Basildon AC	16.20

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: -0.7 M/S	
1	Stephanie Okoro	Havering A.C.	13.94 Q
2	Kissiwaa Mensah	Boswell School	14.35 q
3	Daisy Donoghue	Fitzwimarc School	14.76
4	Koryn Archer	Beam C P School	14.78
5	Madi Poppy	Woodlands School	14.90
6	Jasmin Houchin	Fitzwimarc School	14.97

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: -0.1 M/S	
1	Paris King	Havering A.C.	14.35 Q
2	Cara Duncan	Braintree & Dist AC	14.36 q
3	Nneka Okoh	Chelmsford AC	14.48 q
4	Rania Richards	Beam C P School	14.74
5	Amelie Mason	Braintree & Dist AC	14.80
6	Iris Palamino	Beam C P School	14.95
7	Maisie Fulker	Chelmsford AC	15.45

Top 1 places + 5 next fastest times advance to next round

#### Final (T48)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: 0.0 M/S	
1	Stephanie Okoro	Havering A.C.	13.95
2	Paige Robinson	Havering A.C.	14.07
3	Karis Thomas	Maltings Academy	14.08
4	Paris King	Havering A.C.	14.33
5	Zarah Okakah	Braintree & Dist AC	14.34
6	Cara Duncan	Braintree & Dist AC	14.35
7	Nneka Okoh	Chelmsford AC	14.63
---	Kissiwaa Mensah	Boswell School	DNS

### Event 336 U13 Girls - 200M

## Prelims (T21)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -0.7 M/S	
1	Paris King	Havering A.C.	29.57 Q
2	Nneka Okoh	Chelmsford AC	29.60 Q
3	Emma Jolley	Fitzwimarc School	29.89 q
4	Koryn Archer	Beam C P School	31.27
5	Rania Richards	Beam C P School	31.84
6	Maisie Fulker	Chelmsford AC	32.43

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: 1.3 M/S	
1	Stephanie Okoro	Havering A.C.	28.25 Q
2	Zahara Malcolm	W G w E L	28.26 Q
3	Olivia Boachie	Havering A.C.	29.72 q
4	Zarah Okakah	Braintree & Dist AC	29.74 q
5	Cara Duncan	Braintree & Dist AC	30.16 q
6	Leia Edwards	Beam C P School	31.21

Top 2 places + 4 next fastest times advance to next round

## Final (T44)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: NWI	
1	Stephanie Okoro	Havering A.C.	28.21
2	Zahara Malcolm	W G w E L	28.43
3	Nneka Okoh	Chelmsford AC	29.34
4	Emma Jolley	Fitzwimarc School	29.41
5	Zarah Okakah	Braintree & Dist AC	29.72
6	Olivia Boachie	Havering A.C.	30.04
7	Cara Duncan	Braintree & Dist AC	30.32
8	Paris King	Havering A.C.	32.48

## Event 337 U13 Girls - 800M

### Final (T55) - Timed Finals

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Sadie Frater-White	Braintree & Dist AC	2:23.67
2	Erin Little	Chelmsford AC	2:25.26
3	Zahara Malcolm	W G w E L	2:25.27
4	Stephanie Okoro	Havering A.C.	2:31.25
5	Nneka Okoh	Chelmsford AC	2:31.30
6	Maisy Silverstone	Orion Harriers	2:32.61
7	Natalie Sewell	Havering A.C.	2:32.70
8	Holly Watson	Chelmsford AC	2:38.14
9	Teegan Rayner	Braintree & Dist AC	2:39.70
10	Ruby Muffett	Southend AC	2:40.32
11	Jayne Elvin	Thurrock Harriers AC	2:41.05
12	Annabelle Matthews	Chelmsford AC	2:41.09
13	Hannah Warner	Southend AC	2:41.98
14	Grace Holmes	Southend AC	2:44.50

15	Claudia Attewell	Havering A.C.	2:57.45
16	Molly Smith	Fitzwimarc School	3:10.01
17	Brooke Scott-Douglas	Fitzwimarc School	3:21.11

### Event 338 U13 Girls - 1500M

#### Final (T30)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Sadie Frater-White	Braintree & Dist AC	4:55.45	CBP
2	Erin Little	Chelmsford AC	5:04.51	
3	Maisy Silverstone	Orion Harriers	5:13.43	
4	Holly Watson	Chelmsford AC	5:25.73	
5	Matilda Canty	Havering A.C.	5:27.86	
6	Kezia Beeton	W G w E L	5:28.59	
7	Hannah Yexley	Havering A.C.	5:31.71	
8	Grace Holmes	Southend AC	5:35.72	
9	Madeline Barker	Havering A.C.	5:39.07	
10	Bronya Overington	W G w E L	5:48.52	

### Event 340 U13 Girls - 70M Hurdles

#### Prelims (T1)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: -1.1 M/S	
1	Paige Robinson	Havering A.C.	12.60 Q
2	Paris King	Havering A.C.	13.28 Q
3	Charley Hills	Woodlands School	13.48 q
4	Chloe Dornan	Woodlands School	14.28 q
5	Brooke Scott-Douglas	Fitzwimarc School	18.43
Heat 2		Wind: -0.5 M/S	
1	Tyler Barnard	Southend HSG	13.48 Q
2	Zion Ateba	Colchester Harriers	13.51 Q
3	Holly Newman	Basildon AC	14.41 q
4	Holly Bradley	Havering A.C.	14.59 q

Top 2 places + 4 next fastest times advance to next round

#### Final (T11)

<u>Place</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: -2.5 M/S	
1	Paige Robinson	Havering A.C.	12.89
2	Tyler Barnard	Southend HSG	13.32
3	Zion Ateba	Colchester Harriers	13.40
4	Chloe Dornan	Woodlands School	13.52
4	Charley Hills	Woodlands School	13.52
6	Holly Newman	Basildon AC	13.82
7	Paris King	Havering A.C.	15.41
8	Holly Bradley	Havering A.C.	16.93

### Event 341 U13 Girls - High Jump

**Final (F29)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Zion Ateba	Colchester Harriers	1.35
2	Holly Newman	Basildon AC	1.25
3	Kissiwaa Mensah	Boswell School	1.20
4	Tyler Barnard	Southend HSG	1.20

**Event 342 U13 Girls - Long Jump****Final (F25)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Maisie Fulker	Chelmsford AC	3.86	2.0
2	Nneka Okoh	Chelmsford AC	3.69	1.9
3	Zowie Dodge	Basildon AC	3.65	3.6
4	Grace Tremelling	Chelmsford AC	3.47	2.5

**Event 343 U13 Girls - Shot Putt****Final (F21)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Lily Brand	Braintree & Dist AC	9.15
2	Maegan Hopkins	Maltings Academy	7.72
3	Amber Clark	Herts Phoenix AC	7.60
4	Olivia Raffle	Maltings Academy	7.39
5	Amelia Emeny	Woodlands School	6.87
6	Grace Tremelling	Chelmsford AC	4.79

**Event 344 U13 Girls - Discus****Final (F27)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Maddie Georgiou	Havering A.C.	26.15
2	Hannah Yexley	Havering A.C.	23.14
3	Amber Clark	Herts Phoenix AC	20.61
4	Lily Brand	Braintree & Dist AC	19.44
5	Maegan Hopkins	Maltings Academy	18.42

**Event 345 U13 Girls - Hammer****Final (F9)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Lily Brand	Braintree & Dist AC	17.11
2	Olivia Raffle	Maltings Academy	16.51
3	Emma Saunders	Maltings Academy	15.15

**Event 346 U13 Girls - Javelin****Final (F29)**

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Lily Brand	Braintree & Dist AC	29.98	CBP
2	Millie Webster	W G w E L	18.94	
3	Maegan Hopkins	Maltings Academy	18.84	
4	Zowie Dodge	Basildon AC	8.40	

#### Event 350 Veteran Women - 100m

##### Final (T33)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: -1.2 M/S			
1	Heidi Nicholas	Basildon AC	14.30
2	Anick Seka	N & E B	14.77
3	Clare St John-Coleman	Chelmsford AC	15.59
4	Amanda Dodge	Basildon AC	15.66
5	Maud Hodson	East London Runners	17.03

#### Event 351 Veteran Women - 300M

##### Final (T41)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Nicola Evans	Benfleet RC	47.60
2	Heidi Nicholas	Basildon AC	49.59
3	Amanda Dodge	Basildon AC	52.73
4	Maud Hodson	East London Runners	55.86

#### Event 352 Veteran Women - 1500m

##### Final (T35)

<u>Plac</u>	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Stefanie Godfrey	Cambridge & Coleridge	5:45.86
2	Maud Hodson	East London Runners	6:12.23































































































































































