

	Team		Score	
1	Braintree AC	B	207	B
2	Colchester & Tendering AC	H	227	H
3	Eton Manor AC	C	121	C
4	Harlow AC	D	122	D
5	Huntingdon AC	E	132	E
6	Loughton AC	G	159	G
7	Newham & Essex Beagles AC	M	217	M
8	Team 8		0	Z
9	Team 9		0	I
10	Team 10		0	J
11	Team 11		0	K
12	Team 12		0	L

Senior A 100m

Wind

1	samara niche	u20	Huntingdon AC	12.8	7
2	kirsty smith	SW	Newham & Essex Beagles AC	13.2	6
3	kundai matring	u20	Colchester & Tendering AC	13.3	5
4	clarice parrott	u17	Braintree AC	13.4	4
5	poppy walton	SW	Harlow AC	14.3	3
6	helen real	SW	Loughton AC	15.7	2
7	Claudette Solomon	v50	Eton Manor AC	16.1	1
8					0
9					0
10					0
11					0
12					0

Senior B 100m

Wind

1	lilly Seach	u20	Huntingdon AC	13.1	7
2	paula watson	v35	Newham & Essex Beagles AC	13.2	6
3	lisa crowhurst	u17	Colchester & Tendering AC	13.4	5
4	hope hawkins	SW	Harlow AC	14.2	4
5	lana gillard	SW	Braintree AC	14.4	3
6	vicki want	SW	Loughton AC	15.9	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 200m

Wind

1	shanice joseph-downer	u17	Newham & Essex Beagles AC	26.6	7
2	samara niche	u20	Huntingdon AC	26.6	6
3	kirsty ronald	u17	Braintree AC	26.9	5
4	kundai matring	u20	Colchester & Tendering AC	28.1	4
5	hope hawkins	SW	Harlow AC	30.7	3
6	georgina keeling	SW	Loughton AC	32.5	2
7	Claudette Solomon	v50	Eton Manor AC	39.0	1
8					0
9					0
10					0
11					0
12					0

Senior B 200m

Wind

1	deborah aj	u17	Newham & Essex Beagles AC	28.0	7
2	sian gifford	v40	Colchester & Tendering AC	30.2	6
3	yvette mays	SW	Loughton AC	31.1	5
4	vicky brockbank	SW	Braintree AC	32.8	4
5					3
6					2
7					1

8				0
9				0
10				0
11				0
12				0

Senior A 400m

1	lilly Seach	u20	Huntingdon AC	59.9	7
2	helen bloomfield	SW	Colchester & Tendering AC	61.6	6
3	meghan logue	u20	Newham & Essex Beagles AC	62.1	5
4	amie harrison	SW	Loughton AC	67.1	4
5	rachel ball	SW	Braintree AC	69.4	3
6	Zoe Woodward	v45	Eton Manor AC	99.9	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 400m

1	lisa crowhurst	u17	Colchester & Tendering AC	64.9	7
2	Sammie Skinner	SW	Huntingdon AC	67.7	6
3	vicki want	SW	Loughton AC	75.5	5
4	rachel brittle	SW	Eton Manor AC	79.3	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 800m

1	mary knapman	SW	Loughton AC	2.32.2	7
2	rachel ball	SW	Braintree AC	2.36.1	6
3	sian gifford	v40	Colchester & Tendering AC	2.38.0	5
4	Sammie Skinner	SW	Huntingdon AC	2.41.7	4
5	sharon wright	SW	Harlow AC	2.47.7	3
6	katie ramsden	u20	Newham & Essex Beagles AC	3.08.5	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 800m

1	isobel moss	SW	Harlow AC	2.53.4	7
2	yvette mays	SW	Loughton AC	2.57.5	6
3	hannah mohamed	u17	Newham & Essex Beagles AC	3.41.3	5
4	vicky brockbank	SW	Braintree AC	3.41.6	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 1500m

1	mary knapman	v35	Loughton AC	5.22.4	7
2	kirsty smith	SW	Newham & Essex Beagles AC	7.10.7	6
3					5
4					4

5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 1500m

1	michelle hurley	v35	Loughton AC	5.59.2	7
2	grace jenkins	SW	Newham & Essex Beagles AC	8.55.7	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 3000m

1	lorna gaffney	v40	Loughton AC	12.14.7	7
2	sian gifford	v40	Colchester & Tendering AC	12.26.6	6
3	adele stach-kwitz	v40	Newham & Essex Beagles AC	12.34.5	5
4	dionne jones	SW	Harlow AC	12.38.7	4
5	Zoe Woodward	v45	Eton Manor AC	13.39.9	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 3000m

1	helen real	SW	Loughton AC	12.28.8	7
2	d. wooler	SW	Colchester & Tendering AC	13.24.8	6
3	rachel brittle	SW	Eton Manor AC	15.22.3	5
4	christine kelekun	SW	Newham & Essex Beagles AC	15.23.3	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 100mH

1					7
2					6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Wind

Senior B 100mH

1					7
2					6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Wind

Senior A 400mH

1	amie harrison	SW	Loughton AC	79.3	7
2	lisa potter	SW	Braintree AC	83.8	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0

10				0
11				0
12				0

Senior B 400mH

1				7
2				6
3				5
4				4
5				3
6				2
7				1
8				0
9				0
10				0
11				0
12				0

Senior A High Jump

1	dawn jones	SW	Harlow AC	1.50	7
2	Laurel Phelan	u17	Huntingdon AC	1.45	6
3	iana gillard	SW	Braintree AC	1.25	5
4	lara regan	SW	Loughton AC	1.25	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B High Jump

1	hope hawkins	SW	Harlow AC	1.15	7
2	gemma jarvis	SW	Braintree AC	1.00	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Pole Vault

1	kelly montgomery	v35	Newham & Essex Beagles AC	2.60	7
2	barbara higgins	v50	Loughton AC	1.60	6
3	Sandra Pedley	v45	Huntingdon AC	1.60	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Pole Vault

1	melisa stevens	SW	Newham & Essex Beagles AC	2.60	7
2	lorna gaffney	v40	Loughton AC	1.60	6
3					5
4					4
5					3
6					2

7					1
8					0
9					0
10					0
11					0
12					0

Senior A Long Jump

Wind

1	clarice parrott	SW	Braintree AC	5.08	7
2	helen bloomfield	SW	Colchester & Tendering AC	5.08	6
3	paula watson	v35	Newham & Essex Beagles AC	4.69	5
4	lilly Seach	u20	Huntingdon AC	4.14	4
5	mary knapman	SW	Loughton AC	3.93	3
6	isobel moss	SW	Harlow AC	3.85	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Long Jump

Wind

1	kirsty ronald	u17	Braintree AC	4.25	7
2	hannah mohamed	u17	Newham & Essex Beagles AC	3.99	6
3	lorna gaffney	v40	Loughton AC	3.65	5
4	sian gifford	v40	Colchester & Tendering AC	3.29	4
5	Sandra Pedley	v45	Huntingdon AC	3.24	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Triple Jump

Wind

1	chioma matthews	SW	Newham & Essex Beagles AC	12.35	7
2	kirsty ronald	SW	Braintree AC	10.25	6
3	dawn jones	SW	Harlow AC	9.82	5
4	ellie simmons	u17	Colchester & Tendering AC	8.95	4
5	lara regan	SW	Loughton AC	8.23	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Triple Jump

Wind

1	iana gillard	SW	Braintree AC	9.12	7
2	poppy walton	SW	Harlow AC	9.06	6
3	hannah mohamed	u17	Newham & Essex Beagles AC	8.48	5
4	jean hobbs	vet	Loughton AC	5.41	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Shot Putt

1	grace jenkins	u20	Newham & Essex Beagles AC	9.36	7
2	Andrea Buenaventura	SW	Eton Manor AC	8.29	6
3	helen bloomfield	SW	Colchester & Tendering AC	7.87	5
4	michelle hurley	v35	Loughton AC	6.31	4
5	gemma jarvis	SW	Braintree AC	6.24	3
6	stephanie fuller	hca	Harlow AC	6.16	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Shot Putt

1	Kate Merritt	v45	Eton Manor AC	7.29	7
2	lara regan	SW	Loughton AC	6.22	6
3	katie ramsden	u20	Newham & Essex Beagles AC	6.19	5
4	vicky brockbank	SW	Braintree AC	6.16	4
5	jacqui lawrence	vet	Colchester & Tendering AC	5.11	3
6	judith moss	SW	Harlow AC	4.55	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Discus

1	grace jenkins	u20	Newham & Essex Beagles AC	39.69	7
2	Kate Merritt	v45	Eton Manor AC	21.56	6
3	stephanie fuller	hca	Harlow AC	20.75	5
4	chloe cockell	u17	Braintree AC	20.11	4
5	ellie simmons	u17	Colchester & Tendering AC	18.61	3
6	michelle hurley	v35	Loughton AC	16.63	2
7					1
8					0
9					0

10				0
11				0
12				0

Senior B Discus

1	lisa potter	SW	Braintree AC	19.21	7
2	Andrea Buenaventura	SW	Eton Manor AC	19.10	6
3	kundai matring	u20	Colchester & Tendering AC	16.03	5
4	katie ramsden	u20	Newham & Essex Beagles AC	15.63	4
5	mary knapman	SW	Loughton AC	14.87	3
6	judith moss	SW	Harlow AC	12.93	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Hammer

1	stephanie fuller	hca	Harlow AC	34.16	7
2	chloe cockell	u17	Braintree AC	30.55	6
3	adele stach-kwitz	v40	Newham & Essex Beagles AC	27.07	5
4	Pam A-Snow	v55	Eton Manor AC	22.29	4
5	barbara higgins	v50	Loughton AC	18.96	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Hammer

1	Kate Merritt	v45	Eton Manor AC	21.81	7
2	gemma jarvis	SW	Braintree AC	20.51	6
3	katie ramsden	u20	Newham & Essex Beagles AC	16.66	5
4	lara regan	SW	Loughton AC	10.20	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Javelin

1	demi bromfield	u17	Newham & Essex Beagles AC	35.29	7
2	ellie simmons	u17	Colchester & Tendering AC	25.89	6
3	chloe cockell	u17	Braintree AC	21.91	5
4	helen real	SW	Loughton AC	19.39	4
5	Andrea Buenaventura	SW	Eton Manor AC	18.82	3
6	stephanie fuller	hca	Harlow AC	14.44	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Javelin

1	brogan harris	u17	Newham & Essex Beagles AC	24.60	7
2	lisa potter	SW	Braintree AC	20.31	6
3	helen bloomfield	SW	Colchester & Tendering AC	18.01	5
4	Kate Merritt	v45	Eton Manor AC	16.73	4
5	lara regan	SW	Loughton AC	12.76	3
6	isobel moss	SW	Harlow AC	7.05	2

7					1
8					0
9					0
10					0
11					0
12					0

Senior 4x100m

1	Newham & Essex Beagles AC	SW	Newham & Essex Beagles AC	51.6	7
2	Huntingdon AC	SW	Huntingdon AC	52.7	6
3	Colchester & Tendering AC	SW	Colchester & Tendering AC	54.4	5
4	Braintree AC	SW	Braintree AC	55.7	4
5	Loughton AC	SW	Loughton AC	60.3	3
6	Harlow AC	SW	Harlow AC	61.4	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior 4x400m

1	Colchester & Tendering AC	SW	Colchester & Tendering AC	4.20.9	7
2	Huntingdon AC	SW	Huntingdon AC	4.21.6	6
3	Loughton AC	SW	Loughton AC	4.44.2	5
4	Newham & Essex Beagles AC	SW	Newham & Essex Beagles AC	4.46.0	4
5	Braintree AC	SW	Braintree AC	5.03.4	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

V **U17 Women A 80mH**

Wind

1	clarice parrott	U17	Braintree AC	13.0	7
2	hannah mohamed	U17	Newham & Essex Beagles AC	20.0	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

V **U17 Women B 80mH**

Wind

1					7
2					6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

U17 Women A 300mH

1	Laurel Phelan	U17	Huntingdon AC	54.8	7
2					6
3					5

4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 100m

Wind

1	bethany ibbottson	U15	Colchester & Tendering AC	13.2	7
2	moesha hedman	u15	Newham & Essex Beagles AC	13.6	6
3	naomi harryman	U15	Harlow AC	14.3	5
4	Alliah Auguste	u13	Eton Manor AC	14.4	4
5	emily george	U15	Huntingdon AC	14.5	3
6	danielle holloway	U15	Braintree AC	15.4	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 100m

Wind

1	georgia ibbottson	U15	Colchester & Tendering AC	13.3	7
2	penny richards	U15	Newham & Essex Beagles AC	14.5	6
3	jessica aiden	U15	Huntingdon AC	14.7	5
4	Vanessa Owosu	U15	Eton Manor AC	15.0	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 200m

Wind

1	bethany ibbottson	U15	Colchester & Tendering AC	27.3	7
2	ellie savva	U15	Braintree AC	28.4	6
3	anna clark	U15	Loughton AC	29.1	5
4	penny richards	U15	Newham & Essex Beagles AC	29.7	4
5	gemma дума	U15	Huntingdon AC	30.3	3
6	naomi harryman	U15	Harlow AC	30.5	2
7	Sade brown	U15	Eton Manor AC	31.5	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 200m

Wind

1	georgia ibbottson	U15	Colchester & Tendering AC	27.7	7
2	Esther Onofawokun	U15	Eton Manor AC	29.2	6
3	jennifer baldock	U15	Braintree AC	31.3	5
4	jessica aiden	U15	Huntingdon AC	31.7	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 800m

1	anna clark	U15	Loughton AC	2.30.3	7
2	rebecca pedley	U15	Huntingdon AC	2.41.5	6
3	hannah banks	U15	Colchester & Tendering AC	2.41.7	5
4	sophia diss	U15	Braintree AC	2.45.2	4
5	cheyenne st.lewis	u13	Newham & Essex Beagles AC	2.49.6	3
6	Sade brown	U15	Eton Manor AC	2.54.2	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 800m

1	sian hicks	U15	Colchester & Tendering AC	2.45.9	7
2	jennifer baldock	U15	Braintree AC	2.52.2	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 1500m

1	ami fosker	U15	Colchester & Tendering AC	5.37.0	7
2	frida petersen	U15	Loughton AC	6.29.5	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 1500m

1					7
2					6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 75mH

Wind

1	Isabel duah	U15	Colchester & Tendering AC	12.8	7
2	kye-rochelle harris	U15	Huntingdon AC	15.5	6
3	Sade brown	U15	Eton Manor AC	15.7	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0

11				0
12				0

V Under 15 Girls B 75mH

Wind

1	hannah lawrence	U15	Colchester & Tendering AC	17.3	7
2	Sevin Crawford	U15	Eton Manor AC	18.3	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A High Jump

1	hannah lawrence	U15	Colchester & Tendering AC	1.48	7
2	sophia diss	U15	Braintree AC	1.40	6
3	naomi harryman	U15	Harlow AC	1.40	5
4	gemma дума	U15	Huntingdon AC	1.30	4
5	Esther Onofawokun	U15	Eton Manor AC	1.15	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B High Jump

1	ant adefolayu	U15	Colchester & Tendering AC	1.35	7
2	emily george	U15	Huntingdon AC	1.30	6
3	eloise lott	U15	Harlow AC	1.25	5
4	Vanessa Owosu	U15	Eton Manor AC	1.10	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A Long Jump

Wind

1	ellie savva	U15	Braintree AC	4.70	7
2	hannah lawrence	U15	Colchester & Tendering AC	4.45	6
3	trinty st lewis	U15	Newham & Essex Beagles AC	4.02	5
4	hayley porter	U15	Harlow AC	3.88	4
5	gemma дума	U15	Huntingdon AC	3.86	3
6	Alliah Auguste	U15	Eton Manor AC	3.78	2
7	anna clark	U15	Loughton AC	3.49	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Long Jump

Wind

1	Isabel duah	U15	Colchester & Tendering AC	4.28	7
2	cheyenne st.lewis	u13	Newham & Essex Beagles AC	3.97	6
3	jennifer baldock	U15	Braintree AC	3.92	5
4	eloise lott	U15	Harlow AC	3.69	4
5	frida petersen	U15	Loughton AC	3.45	3
6	kye-rochelle harris	U15	Huntingdon AC	3.43	2
7					1

8				0
9				0
10				0
11				0
12				0

Under 15 Girls A Shot Putt

1	Celine Reynolds	U15	Eton Manor AC	8.42	7
2	georgia ibbottson	U15	Colchester & Tendering AC	7.91	6
3	ellie cockell	U15	Braintree AC	7.73	5
4	lois zac-williams	U15	Newham & Essex Beagles AC	6.99	4
5	rebecca pedley	U15	Huntingdon AC	6.04	3
6	eleanor moss	U15	Harlow AC	5.53	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Shot Putt

1	bethany ibbottson	U15	Colchester & Tendering AC	7.08	7
2	danielle holloway	U15	Braintree AC	5.75	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A Discus

1	sophia diss	U15	Braintree AC	21.67	7
2	Celine Reynolds	U15	Eton Manor AC	21.62	6
3	lois zac-williams	U15	Newham & Essex Beagles AC	18.19	5
4	eleanor moss	U15	Harlow AC	16.23	4
5	Isabel duah	U15	Colchester & Tendering AC	16.22	3
6	rebecca pedley	U15	Huntingdon AC	12.00	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Discus

1	ellie cockell	U15	Braintree AC	19.50	7
2	sian hicks	U15	Colchester & Tendering AC	10.36	6
3	laura jephcott	U15	Harlow AC	8.35	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A Javelin

1	Celine Reynolds	U15	Eton Manor AC	21.84	7
2	eleanor moss	U15	Harlow AC	20.79	6
3	eleanor ling	u13	Newham & Essex Beagles AC	18.24	5
4	ellie cockell	U15	Braintree AC	16.04	4

5	ami fosker	U15	Colchester & Tendering AC	12.12	3
6	emily george	U15	Huntingdon AC	11.64	2
7	frida petersen	U15	Loughton AC	10.84	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Javelin

1	lashaum greenway	U15	Newham & Essex Beagles AC	14.36	7
2	jessica aiden	U15	Huntingdon AC	11.25	6
3	danielle holloway	U15	Braintree AC	10.65	5
4	ant adefolayu	U15	Colchester & Tendering AC	9.14	4
5	laura jephcott	U15	Harlow AC	7.54	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls 4x100m

1	Colchester & Tendering AC	U15	Colchester & Tendering AC	54.0	7
2	Newham & Essex Beagles AC	U15	Newham & Essex Beagles AC	57.1	6
3	Eton Manor AC	U15	Eton Manor AC	57.3	5
4	Braintree AC	U15	Braintree AC	58.2	4
5	Huntingdon AC	U15	Huntingdon AC	59.0	3
6	Harlow AC	U15	Harlow AC	59.7	2
7					1
8					0
9					0
10					0
11					0
12					0