

	Team		Score	
1	Braintree AC	B	172.5	B
2	Colchester & Tendering AC	H	184	H
3	Eton Manor AC	C	70	C
4	Harlow AC	D	131	D
5	Huntingdon AC	E	150	E
6	Loughton AC	G	165.5	G
7	Newham & Essex Beagles AC	M	228	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	Temi Erinso	SW	Newham & Essex Beagles AC	13.1	7
2	Kundai Mantringe	u20	Colchester & Tendering AC	13.5	6
3	Kirsty Ronald	u17	Braintree AC	13.7	5
4	Meredith Ash	U17	Huntingdon AC	13.9	4
5	Georgina Keeling	SW	Loughton AC	16.0	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 100m

Wind

1	Stephanie Ugbo	V20	Newham & Essex Beagles AC	13.5	7
2	Lily Seach	U20	Huntingdon AC	13.5	6
3	Lisa Crowhurst	u17	Colchester & Tendering AC	14.0	5
4	Lana Gillard	SW	Braintree AC	15.0	4
5	Michaela Davis	V45	Loughton AC	15.9	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 200m

Wind

1	Martina Xvereb	SW	Newham & Essex Beagles AC	27.2	7
2	Kundai Mantringe	u20	Colchester & Tendering AC	28.3	6
3	Meredith Ash	U17	Huntingdon AC	29.0	5
4	Michaela Davis	V45	Loughton AC	34.2	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 200m

Wind

1	Stacey Evers	U20	Colchester & Tendering AC	29.7	7
2	Karen	SW	Newham & Essex Beagles AC	34.0	6
3	Jane Clarke	V50	Loughton AC	37.1	5
4					4
5					3
6					2
7					1

8				0
9				0
10				0
11				0
12				0

Senior A 400m

1	Lily Seach	U20	Huntingdon AC	61.4	7
2	Doja Atanda	U20	Newham & Essex Beagles AC	64.1	6
3	Lisa Crowhurst	U17	Colchester & Tendering AC	66.8	5
4	Rachel Ball	U17	Braintree AC	69.1	4
5	Lorna Gaffney	V40	Loughton AC	72.8	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 400m

1	Emily Binner	SW	Huntingdon AC	65.1	7
2	Sian Gifford	V40	Colchester & Tendering AC	67.7	6
3	Helen Real	SW	Loughton AC	75.7	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 800m

1	Stacey Evers	U20	Colchester & Tendering AC	2:30.7	7
2	Mary Knapman	SW	Loughton AC	2:33.1	6
3	Sammie Skinner	SW	Huntingdon AC	2:34.7	5
4	Rachel Ball	SW	Braintree AC	2:40.7	4
5	Isobel Moss	U17	Harlow AC	2:48.0	3
6	Paula Watson	V35	Newham & Essex Beagles AC	3:42.8	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 800m

1	Laura Hillyard	SW	Colchester & Tendering AC	2:36.8	7
2	Helen Real	SW	Loughton AC	2:41.3	6
3	Lauren Freeman	U20	Harlow AC	2:50.4	5
4	Adele Stach-Kwitz	u17	Newham & Essex Beagles AC	3:05.2	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 1500m

1	Chloe Beckett	U20	Braintree AC	5:07.0	7
2	Mary Knapman	SW	Loughton AC	5:21.0	6
3	Isobel Moss	U17	Harlow AC	5:25.8	5
4	Stacey Evers	SW	Colchester & Tendering AC	5:53.5	4

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

Senior B 1500m

1	Sian Gifford	V40	Colchester & Tendering AC	6:06.2	7
2	Michelle Hurley	V35	Loughton AC	6:14.4	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	Georgina Keeling	SW	Loughton AC	12:45.8	7
2	Laura Hillyard	SW	Colchester & Tendering AC	13:08.4	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 3000m

1	Helen Real	SW	Loughton AC	13.00.5	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 100mH

1	Stephanie Ugbo	U20	Newham & Essex Beagles AC	17.2	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	Emily Binner	SW	Huntingdon AC	1:18.9	7
2	Barbara Higgins	V55	Loughton AC	1:59.5	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	Emily Binner	SW	Huntingdon AC	1.47	7
2	Demi Bromfield	U17	Newham & Essex Beagles AC	1.20	6
3=	Lara Regan	SW	Loughton AC	1.20	4.5
3=	Lana Gillard	SW	Braintree AC	1.20	4.5
5	Laura Hillyard	SW	Colchester & Tendering AC	1.00	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B High Jump

1	Holly Addis	U17	Huntingdon AC	1.30	7
2	Lorna Gaffney	V40	Loughton 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 Chittock	U20	Eton Manor AC	1.80	7
2	Sandra Pedley	V45	Huntingdon AC	1.70	6
3	Barbara Higgins	V55	Loughton AC	1.70	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Pole Vault

1	Michaela Davis	V45	Loughton AC	1.60	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 Long Jump

Wind

1	Clarice Parrott	u17	Braintree AC	5.25	7
2	Fran Keith	U17	Colchester & Tendering AC	4.38	6
3	Emily Binner	SW	Huntingdon AC	4.26	5
4	Hannah Mohamed	U17	Newham & Essex Beagles AC	4.09	4
5	Lorna Gaffney	V40	Loughton AC	3.73	3
6	Lauren Freeman	SW	Harlow AC	2.05	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Long Jump

Wind

1	Kirsty Ronald	u17	Braintree AC	4.93	7
2	Lily Seach	U20	Huntingdon AC	4.04	6
3	Georgina Keeling	SW	Loughton AC	3.15	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Triple Jump

Wind

1	Kirsty Ronald	U17	Braintree AC	10.51	7
2	Fran Keith	U17	Colchester & Tendering AC	9.47	6
3	Hannah Mohamed	U17	Newham & Essex Beagles AC	9.21	5
4	Lara Regan	SW	Loughton AC	7.82	4
5	Kelly Chittock	SW	Eton Manor AC	7.08	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Triple Jump

Wind

1	Lana Gillard	SW	Braintree AC	9.26	7
2	Ellie Simmons	U17	Colchester & Tendering AC	9.12	6
3	Michaela Davis	V45	Loughton AC	6.11	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Shot Putt

1	Sarah Smith	SW	Harlow AC	9.56	7
2	Kate Merritt	V45	Eton Manor AC	6.99	6
3	Sonia Zac Williams	V40	Newham & Essex Beagles AC	6.83	5
4	Lisa Potter	SW	Braintree AC	6.42	4
5	Michelle Hurley	V35	Loughton AC	6.03	3
6	Jacqui Lawrence	SW	Colchester & Tendering AC	5.51	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Shot Putt

1	Vickie Taylor	SW	Harlow AC	6.48	7
2	Demi Bromfield	U17	Newham & Essex Beagles AC	6.43	6
3	Lara Regan	SW	Loughton AC	6.00	5
4	Pam A-Snow	V55	Eton Manor AC	5.85	4
5	Rachel Ball	SW	Braintree AC	5.40	3
6	Sian Gifford	V40	Colchester & Tendering AC	5.22	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Discus

1	Stephanie Fuller	SW	Harlow AC	25.61	7
2	Kate Merritt	V45	Eton Manor AC	21.73	6
3	Chloe Cockell	u17	Braintree AC	21.22	5
4	Kundai Mantringe	u17	Colchester & Tendering AC	16.52	4
5	Brogan Harris	U17	Newham & Essex Beagles AC	15.32	3
6	Michelle Hurley	V35	Loughton AC	14.58	2
7					1
8					0
9					0

10				0
11				0
12				0

Senior B Discus

1	Vickie Taylor	SW	Harlow AC	17.80	7
2	Lisa Potter	SW	Braintree AC	17.62	6
3	Pam A-Snow	V55	Eton Manor AC	16.23	5
4	Demi Bromfield	U17	Newham & Essex Beagles AC	14.50	4
5	Mary Knapman	SW	Loughton AC	14.05	3
6	Jacqui Lawrence	u20	Colchester & Tendering AC	12.39	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Hammer

1	Sarah Smith	SW	Harlow AC	48.70	7
2	Chloe Cockell	u17	Braintree AC	31.98	6
3	Sonia Zac Williams	V40	Newham & Essex Beagles AC	28.66	5
4	Pam A-Snow	V55	Eton Manor AC	21.59	4
5	Ellie Simmons	SW	Colchester & Tendering AC	16.94	3
6	Lara Regan	SW	Loughton AC	16.25	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Hammer

1	Stephanie Fuller	SW	Harlow AC	33.28	7
2	Kate Merritt	V45	Eton Manor AC	21.01	6
3	Sonia Zac Williams	V40	Newham & Essex Beagles AC	15.85	5
4	Barbara Higgins	V55	Loughton AC	15.65	4
5	Jacqui Lawrence	SW	Colchester & Tendering AC	14.42	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	35.31	7
2	Ellie Simmons	U17	Colchester & Tendering AC	24.80	6
3	Chloe Cockell	u17	Braintree AC	22.09	5
4	Stephanie Fuller	SW	Harlow AC	15.01	4
5	Helen Real	SW	Loughton AC	14.90	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Javelin

1	Brogan Harris	U17	Newham & Essex Beagles AC	27.90	7
2	Lisa Potter	SW	Braintree AC	18.39	6
3	Fran Keith	u17	Colchester & Tendering AC	17.42	5
4	Lorna Gaffney	V40	Loughton AC	13.34	4
5	Lauren Freeman	U20	Harlow AC	9.74	3
6					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	53.9	7
2	Huntingdon AC	SW	Huntingdon AC	54.9	6
3	Colchester & Tendering AC	SW	Colchester & Tendering AC	55.7	5
4	Braintree AC	SW	Braintree AC	57.2	4
5	Loughton AC	SW	Loughton AC	66.2	3
6	Harlow AC	SW	Harlow AC	69.6	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior 4x400m

1	Colchester & Tendering AC	SW	Colchester & Tendering AC	4:25.9	7
2	Huntingdon AC	SW	Huntingdon AC	4:51.5	6
3	Braintree AC	SW	Braintree AC	5:01.8	5
4	Loughton AC	SW	Loughton AC	5:04.4	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

V **U17 Women A 80mH**

Wind

1	Demi Bromfield	U17	Newham & Essex Beagles AC	15.2	7
2	Holly Addis	U17	Huntingdon AC	15.9	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	Hannah Mohamed	U17	Newham & Essex Beagles AC	18.2	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	NO RACE				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	Kirelle Mbone	U15	Newham & Essex Beagles AC	13.5	7
2	Sade brown	U15	Eton Manor AC	13.8	6
3	Ellie Savva	U15	Braintree AC	14.0	5
4	Hannah Lawrence	U15	Colchester & Tendering AC	14.0	4
5	Gemma Duma	U15	Huntingdon AC	15.0	3
6	Ellie Williams	U15	Harlow AC	16.1	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 100m

Wind

1	Moesha Hedman	U15	Newham & Essex Beagles AC	13.7	7
2	Rhiannon Howard	U15	Braintree AC	13.8	6
3	Hanna Banks	U15	Colchester & Tendering AC	15.0	5
4	Jessica Alden	U15	Huntingdon AC	15.2	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A 200m

Wind

1	Kirelle Mbone	U15	Newham & Essex Beagles AC	28.0	7
2	Sade brown	U15	Eton Manor AC	28.0	6
3	Anna Clark	U15	Loughton AC	29.8	5
4	Gemma Duma	U15	Huntingdon AC	30.5	4
5	Eloise Lott	U15	Harlow AC	31.9	3
6	Antonia Adefolya	U15	Colchester & Tendering AC	32.6	2
7	Danielle Holloway	U15	Braintree AC	33.1	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 200m

Wind

1	Penny Richards	U15	Newham & Essex Beagles AC	30.1	7
2	Jessica Alden	U15	Huntingdon AC	34.2	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 800m

1	Anna Clark	U15	Loughton AC	2:30.4	7
2	Jennifer Baldock	U15	Braintree AC	2:39.0	6
3	Sian Hicks	U15	Colchester & Tendering AC	2:39.8	5
4	Rebecca Pedley	U15	Huntingdon AC	2:42.1	4
5	Katie Pemberton	U13	Harlow AC	3:01.0	3
6	Adam Jagne	U15	Newham & Essex Beagles AC	3:04.8	2
7	Freya Preedy	U15	Eton Manor AC	3:13.0	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B 800m

1	Hanna Banks	U15	Colchester & Tendering AC	dnf	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 1500m

1	Rosie Poole	U15	Harlow AC	5:22.4	7
2	Frida Petersen	U15	Loughton AC	6:24.9	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	Jessica Stirley	U15	Huntingdon AC	12.9	7
2	Isabel Duah	U15	Colchester & Tendering AC	13.7	6
3	Moesha Hedman	U15	Newham & Essex Beagles AC	13.8	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	Jasmin Hedman	U15	Newham & Essex Beagles AC	13.8	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 High Jump

1	Hannah Lawrence	U15	Colchester & Tendering AC	1.45	7
2	Eloise Lott	U15	Harlow AC	1.30	6
3	Gemma Duma	U15	Huntingdon AC	1.30	5
4	Jasmin Hedman	U13	Newham & Essex Beagles AC	1.30	4
5	Freya Preedy	U15	Eton Manor AC	1.10	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B High Jump

1	Penny Richards	U15	Newham & Essex Beagles AC	1.25	7
2	Dilon Aktas	U15	Eton Manor AC	1.10	6
3	Eleanor Moss	U15	Harlow AC	0.85	5
4					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	4.99	7
2	Jasmin Hedman	U13	Newham & Essex Beagles AC	4.83	6
3	Jessica Stirley	U15	Huntingdon AC	4.71	5
4	Hannah Lawrence	U15	Colchester & Tendering AC	4.48	4
5	Eloise Lott	U15	Harlow AC	3.84	3
6	Sade brown	U15	Eton Manor AC	3.67	2
7	Anna Clark	U15	Loughton AC	3.44	1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Long Jump Wind

1	Rhiannon Howard	U15	Braintree AC	4.67	7
2	Kirelle Mbone	u13	Newham & Essex Beagles AC	4.65	6
3	Ella Blaxill	U15	Colchester & Tendering AC	3.96	5
4	Jessica Alden	U15	Huntingdon AC	3.79	4
5	Dilon Aktas	U15	Eton Manor AC	3.39	3
6	Hanai Sbai	U13	Harlow AC	2.46	2
7					1

8				0
9				0
10				0
11				0
12				0

Under 15 Girls A Shot Putt

1	Ellie Cockell	U15	Braintree AC	8.26	7
2	Lois Zac-Williams	U15	Newham & Essex Beagles AC	7.22	6
3	Ella Blaxill	U15	Colchester & Tendering AC	6.88	5
4	Jessica Stirley	U15	Huntingdon AC	6.81	4
5	Lucy Freeman	U15	Harlow AC	5.45	3
6	Freya Preedy	U15	Eton Manor AC	5.22	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Shot Putt

1	Rhiannon Howard	U15	Braintree AC	8.00	7
2	Penny Richards	U15	Newham & Essex Beagles AC	6.49	6
3	Rebecca Pedley	U15	Huntingdon AC	5.53	5
4	Laura Jephcott	U13	Harlow AC	3.99	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A Discus

1	Lois Zac-Williams	U15	Newham & Essex Beagles AC	19.98	7
2	Ellie Cockell	U15	Braintree AC	18.94	6
3	Eleanor Moss	U15	Harlow AC	17.91	5
4	Isabel Duah	U15	Colchester & Tendering AC	16.25	4
5	Rebecca Pedley	U15	Huntingdon AC	13.51	3
6	Tamara Atkinson	U15	Loughton AC	13.10	2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls B Discus

1	Sian Hicks	U15	Colchester & Tendering AC	12.70	7
2	Lucy Freeman	U15	Harlow AC	10.79	6
3	Frida Petersen	U15	Loughton AC	10.71	5
4	Danielle Holloway	U15	Braintree AC	9.24	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls A Javelin

1	Eleanor Moss	U15	Harlow AC	23.40	7
2	Eleanor Ling	U13	Newham & Essex Beagles AC	20.20	6
3	Ellie Cockell	U15	Braintree AC	17.43	5
4	Ella Blaxill	U15	Colchester & Tendering AC	14.60	4

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

Under 15 Girls B Javelin

1	Adam Jagne	U15	Newham & Essex Beagles AC	13.55	7
2	Danielle Holloway	U15	Braintree AC	12.65	6
3	Laura Jephcott	U13	Harlow AC	10.44	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Under 15 Girls 4x100m

1	Newham & Essex Beagles AC	U15	Newham & Essex Beagles AC	54.0	7
2	Huntingdon AC	U15	Huntingdon AC	57.4	6
3	Braintree AC	U15	Braintree AC	60.6	5
4	Harlow AC	U15	Harlow AC	64.5	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0