

# Essex County Championships 2012

Chelmsford

12/05/2012

## Results

### Event 1 Senior Men - 100M

#### Final (T26)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: +3.9 M/S	
1	Sam Watts	W G w E L	10.53
2	Emmanuel Stephens	N & E B	10.54
3	Eugene Ayanful	W G w E L	10.59
4	Olufunmi Sobodu	Unattached	10.66
5	George Kenyon	Unattached	10.83
6	Mark Dyble	Basildon A C	10.90
7	Lee Dollard	Basildon A C	11.08
8	Michael Holden	Kent A C	11.21

### Event 7 Senior Men - 5000M

#### Final (T37)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Adam Hickey	Southend A C	14:21.23
2	Paul Whittaker	Chelmsford A C	14:34.39
3	Thomas Frith	Southend A C	15:03.04
4	James Nunn	Billericay Striders	15:30.41
5	Ryan Prout	Chelmsford A C	15:41.85
6	Angus Holford	W G w E L	15:44.98
7	Grant Webb	Basildon A C	15:55.97
8	Chrispian Bloomfield	Billericay Striders	15:58.80
9	Ashley Capel	Southend A C	17:00.92
10	David Kail	N & E B	17:31.24

### Event 12 Senior Men - 110M Hurdles

#### Final (T5)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +3.3 M/S	
1	Daniel Awde	W G w E L	14.14 CBP (w)
2	James McLean	Southend A C	14.74
3	Michael Holden	Kent A C	14.78
4	Bradley Reed	Chelmsford A C	15.64
5	Matthew Rose	Colchester Harriers	15.66
6	Michael Shortall	Thurrock Harriers	16.51
7	Luke Keteleers	Chelmsford A C	18.02

### Event 14 Senior Men - High Jump

**Final (F5)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
Flight 1			
1	Jeremy Watson	Havering Mayesbrook	1.85
2	Greg Godrem	Southend A C	1.75

**Event 15 Senior Men - Pole Vault****Final (F14)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Daniel Awde	W G w E L	5.05
2	Michael Holden	Kent A C	4.90
---	Aaron Kaye	Seevic College	NH

**Event 18 Senior Men - Shot Putt****Final (F8)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	
1	Devon Douglas	W G w E L	13.86	
2	Daniel Awde	W G w E L	13.36	
3	Laurence Goodacre	Havering Mayesbrook	13.08	
-7	Rob Page	Unattached	7.97	Disabled F37

**Event 20 Senior Men - Hammer****Final (F25)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Simon Bown	N & E B	60.31
2	Stuart Thurgood	Luton A C	58.32
3	Peter Clarke	W G w E L	55.20
4	Wesley Clarke	Iford A C	40.63
5	Fergus Harford	W G w E L	37.93

**Event 30 U20 Men - 100M****Final (T16)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: +3.0 M/S			
1	Ryan O'Sullivan	Chelmsford A C	10.99
2	David Ajayi	N & E B	11.35
3	Samuel Afrfyie	Enfield & H A C	11.36
4	Oliver Best	Basildon A C	11.53
5	Jack Hurst	Colchester & Tendring	11.57
6	Paris Pilgrim	N & E B	11.59
7	Richard Holland	Havering Mayesbrook	11.60

**Event 32 U20 Men - 400M****Final (T12)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Jake King	Southend A C	50.19
2	Ben Argent	Colchester Harriers	50.29
3	Danny Wilson	Havering Mayesbrook	51.78
4	Benjamin Ridley-Johnson	Colchester Harriers	52.74
5	Tyler Bown	W G w E L	53.00
6	Emmanuel Nanang	Seevic College	53.31
7	Charlie Gray	Chelmsford A C	53.99

**Event 33 U20 Men - 800M**

**Final (T24)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Chris Youell	Chelmsford A C	1:52.90
2	Tommy Bower	N & E B	1:58.17
3	Jon Kerridge	Southend H S B	1:58.84
4	Massi Dendani	Havering Mayesbrook	2:00.78
5	Michael Porter	Colchester & Tendring	2:01.40
6	Alex Finch	Thurrock Harriers	2:02.70
7	Yasir Sheikh	N & E B	2:05.49
8	Samuel Robinson	Chelmsford A C	2:05.94
9	Adam Crook	Chelmsford A C	2:11.95
10	Tom Gifford	Colchester & Tendring	2:19.20

**Event 40 U20 Men - High Jump**

**Final (F6)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Kashif Jones	Stevenage & N Herts	1.85

**Event 41 U20 Men - Pole Vault**

**Final (F15)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Liam Yarwood	Chelmsford A C	4.20
2	Mitch Etheridge	Chelmsford A C	4.20
---	Robert Wood	Southend H S B	NH

**Event 44 U20 Men - Shot**

**Final (F9)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Youcef Zatat	W G w E L	14.66
2	Luke Beard	Seevic College	11.23

**Event 46 U20 Men - Hammer**

**Final (F26)**

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

**Event 60 U17 Mens -100M**

**Final (T15)**

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Wind: +3.2 M/S			
1	Jermaine Hamilton	Orion Harriers	10.72 <b>CBP (w)</b>
2	George Perkins	Chelmsford A C	10.84
3	Kyal Palmer-Francis	Orion Harriers	10.98
4	Daniel Sheffield	Fitzwimarc School	11.48
5	Sam Malpass	Iford A C	11.70
6	Chandler Durbridge	Southend H S B	11.83
7	Shaun Knights	Southend H S B	12.37
8	Damon Nugent	Thurrock Harriers	12.59

**Event 62 U17 Men - 400M**

**Prelims (T11)**

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
1	James Gillingham	Basildon A C 52.03 Q
2	Faiz Bapikee	Orion Harriers 52.51 Q
3	Jack Farmer	Thurrock Harriers 53.19 q
4	Tom White	Colchester Harriers 56.38 q

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		
1	Sam Malpass	Iford A C 52.43 Q
2	George Wood	Chelmsford A C 52.99 Q
3	Alex O'Brien	Chelmsford A C 54.27 q
4	Amazigh Ladudi	N & E B 56.61 q
5	Matthew Iley	Southend H S B 57.07

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

**Final (T32)**

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	James Gillingham	Basildon A C 50.97
2	Sam Malpass	Iford A C 52.29
3	Faiz Bapikee	Orion Harriers 52.86
4	Jack Farmer	Thurrock Harriers 52.95
5	George Wood	Chelmsford A C 53.94
6	Alex O'Brien	Chelmsford A C 56.14
---	Tom White	Colchester Harriers DNS
---	Amazigh Ladudi	N & E B DNS

**Event 63 U17 Men - 800M**

**Final (T22)**

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Dean Frost	Colchester & Tendring	2:02.15
2	Adam Houchell	Basildon A C	2:04.00
3	Robert Clarke	Colchester Harriers	2:05.49
4	Jonathan Rocha	N & E B	2:07.62
5	Jim Fodder	N & E B	2:08.61
6	Jonathan Burton	Basildon A C	2:11.10
7	Connor Price	Colchester Harriers	2:11.45
8	Tony Gibbons	Southend H S B	2:13.12
9	Alfie Barton	Southend H S B	2:15.59
10	John Nutman	Southend H S B	2:16.46
11	Joseph Ray	Eastwood School	2:18.52
12	Alexander Chrisostomou	Orion Harriers	2:20.23

#### Event 70 U17 Men - High Jump

##### Final (F7)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Max Paulin	Chelmsford A C	1.95
2	Lee Jarrold	Havering Mayesbrook	1.70
3	Terry Lucas	Chelmsford A C	1.65
3	Keiran Kelly	Basildon A C	1.65
5	Tommy Metcalfe	Southend H S B	1.65
6	Drew Rawlinson	Eastwood School	1.65
7	Zacharie Wright	Cecil Jones College	1.55
8	Alom Hussain	Cecil Jones College	1.45

#### Event 71 U17 Men - Pole Vault

##### Final (F16)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Perry Osborne	Bexley A C	3.60
2	John Nutman	Southend H S B	3.20
3	Damon Nugent	Thurrock Harriers	3.00
4	Antony Day	Castle View School	2.80

#### Event 76 U17 Men - Hammer

##### Final (F1)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Thomas Head	N & E B	58.01
2	Sam Grant	Southend H S B	47.41
3	Josh Prentice	Fitzwimarc School	42.05
4	Archie Leeming	Castle View School	42.05
5	Hugh Williams	W G w E L	37.19
6	William Weston	Southend H S B	34.03
---	James Hamblin	Colchester Harriers	NM

#### Event 90 U15 Boys - 100M

**Prelims (T14)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +4.1 M/S	
1	Inigo Iruskieta	Southend H S B	11.97 Q
2	James Pearson	Thurrock Harriers	12.09 Q
3	Aaron Pollock	Basildon A C	12.25 q
4	Shemar Boldizar	Harlow A C	13.20
5	Moyin Oladapo	Campion School	13.51
6	James Redman	Colchester & Tendring	13.57

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +3.7 M/S	
1	Akingbehin Ayomide	Unattached	12.14 Q
2	Joshua Amofah	Southend H S B	12.46 Q
3	Alexander Hewitt	Havering Mayesbrook	12.67 q
3	Joe Stedman	Chelmsford A C	12.67 q
5	Lewis Thorn	Braintree & District	13.15 q
6	Matthew Owers	Havering Mayesbrook	13.68

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

**Final (T38)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +3.2 M/S	
1	James Pearson	Thurrock Harriers	12.07
2	Inigo Iruskieta	Southend H S B	12.08
3	Akingbehin Ayomide	Unattached	12.27
4	Aaron Pollock	Basildon A C	12.34
5	Joshua Amofah	Southend H S B	12.44
6	Alexander Hewitt	Havering Mayesbrook	12.68
7	Joe Stedman	Chelmsford A C	12.75
8	Lewis Thorn	Braintree & District	13.36

**Event 93 U15 Boys - 800M****Prelims (T7)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Laurence Willmore	Southend H S B	2:12.26 Q
2	Daniel Rowden	W G w E L	2:13.09 Q
3	Ollie Cantwell	Basildon A C	2:14.06 q
4	Fraser Gibbs	Castle View School	2:16.92
5	Adam Jordan	Southend A C	2:17.10
6	Ben Pattison	Orion Harriers	2:19.76
7	Charlie Ackland	N & E B	2:23.70
8	Michael Oku-Ampofo	St Bonaventures Sch	2:26.46
9	Sayone Sriskantha	Ilford A C	2:52.49
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	George Elliott	Eastwood School	2:11.54 Q
2	Daniel Richards	Orion Harriers	2:14.87 Q

3	Daniel Ashley	Basildon A C	2:15.74 q
4	Max Jones	Basildon A C	2:15.97 q
5	Adam Foster	Southend H S B	2:16.69 q
6	Jody Meredith	Thurrock Harriers	2:17.04
7	James Redman	Colchester & Tendring	2:19.86
8	Brandon Thorpe	Basildon A C	2:26.21
9	Joe Kidd	Southend H S B	2:30.49

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

### Final (T31)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	George Elliott	Eastwood School	2:00.59
2	Daniel Rowden	W G w E L	2:06.80
3	Laurence Willmore	Southend H S B	2:10.67
4	Ollie Cantwell	Basildon A C	2:13.31
5	Daniel Richards	Orion Harriers	2:14.68
6	Daniel Ashley	Basildon A C	2:14.94
7	Max Jones	Basildon A C	2:15.25
8	Adam Foster	Southend H S B	2:16.12

### Event 104 U15 Boys - Hammer

#### Final (F2)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Harrison King	Chelmsford A C	39.96
2	George Clark	Southend H S B	36.11
3	William Leslie-Green	Southend H S B	34.85
4	Jack Dyer	Southend H S B	34.31
5	Ben Betts	Castle View School	26.72
6	Jordan Keys	Eastwood School	24.90
7	Denzil Simpson	Cecil Jones College	20.57

### Event 123 U13 Boys - Shot Putt

#### Final (F27)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Victor Adebiji	Castle View School	10.71
2	Michael Buckley	Southend H S B	9.21
3	Sam Stone	Fitzwimarc School	7.43
4	Harrison Cutler	Fitzwimarc School	7.35
5	Jakub Lagosz	Southend H S B	6.65

### Event 125 U13 Boys - Hammer

#### Final (F3)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Victor Adebiji	Castle View School	20.10

**Event 130 Veteran Men -1500M****Final (T36)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Andrew Coleman	W G w E L	4:29.13
2	Jez Mancer	Benfleet R C	4:30.40
3	Paul Spowage	Colchester Harriers	4:34.01
4	Dave Tullett	Chelmsford A C	4:39.10
5	Jonathan Metcalf	Thurrock Harriers	4:46.15
6	Don Lawless	Thurrock Harriers	4:55.33

**Event 200 Senior Women - 100M****Final (T28)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: +3.6 M/S	
1	Aleasha Kiddle	Windsor S, E, & H A C	11.86
2	Temi Erinoso	Unattached	12.40
3	Heidi Nicholas	Basildon A C	12.76

**Event 202 Senior Women - 400M****Final (T10)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Nicola Hill	Enfield & H A C	56.64
2	Joanne Ryan	Loughton A C	58.79
3	Caroline Hill	Chelmsford A C	59.18
4	Lauren Longhurst	Chelmsford A C	1:01.01
5	Louise Douglass	Basildon A C	1:02.29
6	Denise Morley	Colchester Harriers	1:02.43
7	Sarah Driver	Thurrock Harriers	1:08.89

**Event 204 Senior Women - 1500M****Final (T34)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Gemma Kersey	Basildon A C	4:23.04
2	Anna Whitfield	Basildon A C	5:17.23

**Event 210 Senior Women - 100M Hurdles****Final (T4)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: +2.5 M/S	
1	Nicola Hill	Enfield & H A C	14.06
2	Heidi Nicholas	Basildon A C	15.68

**Event 214 Senior Women - Long Jump****Final (F23)**



	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Aleasha Kiddle	Windsor S, E, & H A C	5.64	+2.0
2	Kirsty Smith	N & E B	5.25	+3.3
3	Heidi Nicholas	Basildon A C	5.23	+3.5
4	Natalie LeBeau	Thurrock Harriers	5.04	+2.5
5	Hannah Connor	Havering Mayesbrook	5.01	+1.5
6	Helen Bloomfield	Colchester Harriers	4.87	+1.8
7	Lana Gillard	Braintree & District	4.83	+2.8
8	Lauren Longhurst	Chelmsford A C	4.83	+4.2
9	Ellie Watson	Havering Mayesbrook	4.11	+2.3

#### Event 215 Senior Women - Triple Jump

##### Final (F17)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Polly Woods	Herts Phoenix A C	10.52	+2.3
2	Heidi Nicholas	Basildon A C	10.10	+2.2
3	Ellie Watson	Havering Mayesbrook	9.29	+1.8

#### Event 216 Senior Women - Shot Putt

##### Final (F11)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Samantha Milner	Blackheath & Bromley	10.69

#### Event 217 Senior Women - Discus

##### Final (F33)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Samantha Milner	Blackheath & Bromley	44.86
2	Hollie Redman	W G w E L	43.02
3	Melanie Harrison	Enfield & H A C	40.78

#### Event 230 U20 Women - 100M

##### Final (T25)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: +3.7 M/S			
1	Hayley McLean	Chelmsford A C	12.22
2	Rianne Ashitey-Dennis	N & E B	12.30
3	Kelly Sutton	Colchester Harriers	12.33
4	Roseanne Ampofo	N & E B	12.54
5	Sweetey Akindede	Unattached	12.77
6	Gloria Alabi	N & E B	13.22
7	Holly Thomas	N & E B	13.52
8	Abigail Newbold	Colchester Harriers	13.64

#### Event 232 U20 Women - 400M

**Final (T13)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Hayley McLean	Chelmsford A C	56.78
2	Alex Hill	Herts Phoenix A C	58.58
3	Mubarakat Akinshipo	N & E B	1:00.01
4	Jessica Quick	Basildon A C	1:01.09
5	Georgia Green-Muid	Southend H S B	1:02.22
6	Lisa Crowhurst	Colchester & Tendring	1:07.14
7	Abigail Newbold	Colchester Harriers	1:08.23

**Event 234 U20 Women - 1500M****Final (T18)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
1	Jessica Judd	Chelmsford A C	4:23.11	CBP
2	Kimberly Johansen	Chelmsford A C	4:43.82	
3	Jordan Lacey	Basildon A C	5:21.61	

**Event 238 U20 Women - 100M Hurdles****Final (T3)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	
Wind: +2.7 M/S				
1	Holly Thomas	N & E B	14.27	CBP (w)
2	Holly Pattie-Belleli	W G w E L	14.37	
3	Emily Moore	Herts Phoenix A C	15.06	
4	Rebecca Humphries	Seevic College	17.48	

**Event 242 U20 Women - Long Jump****Final (F24)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Holly Pattie-Belleli	W G w E L	5.38	+2.5

**Event 243 U20 Women -Triple Jump****Final (F18)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Rebecca Humphries	Seevic College	9.24	+2.3

**Event 244 U20 Women -Shot Putt****Final (F12)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Kathrine Ellis	Seevic College	7.42

**Event 245 U20 Women - Discus****Final (F21)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Chelsea Coker	Chelmsford A C	34.46
2	Victoria Onyeka	W G w E L	31.46
3	Laura Drew	Havering Mayesbrook	25.30
4	Kathrine Ellis	Seevic College	15.13

#### Event 260 U17 Women - 100M

##### Prelims (T27)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
Wind: +4.1 M/S			
1	Moesha Howard	Chelmsford A C	12.63 Q
2	Kirsty Ronald	Braintree & District	12.84 Q
3	Madelaine Akpabio	Chelmsford A C	12.88 q
4	Keisha Holohan-Yates	Colchester Harriers	13.04 q
5	Amy Richards	Orion Harriers	13.08 q
6	Moesha Hedman	N & E B	13.82

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
Wind: +1.9 M/S			
1	Phoebe Smithdale	Chelmsford A C	13.19 Q
2	Kiera Paul-Jones	Orion Harriers	13.23 Q
3	Kirielle Mbone	N & E B	13.26 q
4	Kerry McCrory	Southend A C	13.42
5	Frankie Rickwood	Fitzwimarc School	13.81

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

##### Final (T41)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: +3.3 M/S			
1	Moesha Howard	Chelmsford A C	12.59
2	Phoebe Smithdale	Chelmsford A C	12.90
3	Kirsty Ronald	Braintree & District	12.94
4	Amy Richards	Orion Harriers	13.06
5	Kiera Paul-Jones	Orion Harriers	13.08
6	Keisha Holohan-Yates	Colchester Harriers	13.19
7	Kirielle Mbone	N & E B	13.33
---	Madelaine Akpabio	Chelmsford A C	DNS

#### Event 263 U17 Women - 800M

##### Final (T23)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Lydia Hallam	Havering Mayesbrook	2:15.42
2	Gemma Holloway	Thurrock Harriers	2:17.52
3	Rebecca Wade	Chelmsford A C	2:20.86
4	Anna Clark	Loughton A C	2:25.04
5	Emily Bullis	Basildon A C	2:25.95
6	Emma Jarvis	Southend A C	2:26.36

7	Natasha Fisher	Chelmsford A C	2:30.49
8	Annabel Matthews-Smith	Southend A C	2:33.77
9	Poppy Aitmarri	Basildon A C	2:34.90
10	Ami Fosker	Colchester & Tendring	2:38.09
11	Sarah Imbush	Southend A C	2:50.43
12	Laura Solley	Fitzwimarc School	2:50.99

#### Event 265 U17 Women - 3000M

##### Final (T19)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Georgia Tuckfield	Orion Harriers	10:16.18
2	Katie Solis	Chelmsford A C	10:47.11
3	Isabella Woods	Havering Mayesbrook	11:23.05

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

##### Final (T2)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Wind: +1.9 M/S			
1	Georgia Green	Enfield & H A C	11.82
2	Emma Nwofor	St Angela's School	11.84
3	Jade Harding	Chelmsford A C	12.81
4	Moesha Howard	Chelmsford A C	12.92
5	Amelia Suman	Thurrock Harriers	13.36
6	Lauren Baxter	Basildon A C	13.38
7	Paloma Sanz	Southend H S G	13.52

#### Event 270 U17 Women - High Jump

##### Final (F13)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Poppy Lake	Chelmsford A C	1.70
2	Lizzie Peattie	Orion Harriers	1.60
3	Paloma Sanz	Southend H S G	1.45
3	Jade Harding	Chelmsford A C	1.45
5	Shannon Connolly	Castle View School	1.40

#### Event 273 U17 Women - Triple Jump

##### Final (F19)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Georgia Green	Enfield & H A C	10.66	+2.3
2	Kirsty Ronald	Braintree & District	10.59	+2.1
3	Amelia Suman	Thurrock Harriers	10.27	+2.3
4	Frankie Rickwood	Fitzwimarc School	9.78	+2.4
5	Bethanie Chambers	Havering Mayesbrook	9.59	+3.1
6	Lauren Baxter	Basildon A C	9.46	+2.1
7	Amy Everett	Castle View School	9.16	+3.6

**Event 275 U17 Women - Discus****Final (F22)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Georgie Taylor	Havering Mayesbrook	41.43
2	Rachel Forder	Havering Mayesbrook	38.08
3	Ella-Rose Rudgley	Havering Mayesbrook	16.26
4	Rosie Foster	Castle View School	12.75

**Event 277 U17 Women - Javelin****Final (F21)**

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Demi Bromfield	N & E B	38.09
2	Eleanor Moss	Herts Phoenix A C	25.85
3	Marlene Avontuur	Chelmsford A C	22.18
4	Rachel Forder	Havering Mayesbrook	21.80
5	Vanessa Omer	Castle View School	12.37

3 Rac

**Event 290 U15 Girls - 100M****Prelims (T17)**

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +2.9 M/S	
1	Susan Omope	Orion Harriers	13.45 Q
2	Jennifer Okafer	Southend H S G	13.98 Q
3	Chioma Abazie	Havering Mayesbrook	14.00
4	Shannon Sims	Basildon A C	14.05
5	Abby Cronin	Southend A C	14.65
6	Jemima Sofowora	Southend H S G	15.39
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +3.3 M/S	
1	Modupe Shokunbi	Havering Mayesbrook	12.67 Q
2	Shereen Raouf	Southend A C	13.46 Q
3	Philippa Davenall	Colchester Harriers	13.90 q
4	Lois Wightman	Southend H S G	13.91 q
5	Francesca Roast	Basildon A C	13.99
6	Joanna Sofowora	Southend H S G	14.71
7	Joanne Adeyinka	Cecil Jones College	15.11
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3		Wind: +4.4 M/S	
1	Hillary Adams	Bishops Challoner Coll	13.03 Q
2	Aysha Bentick	N & E B	13.46 Q
3	Jasmin Hedman	N & E B	13.50 q
4	Olamide Adeyemi	N & E B	13.80 q
5	Oluwaseun Alao	Colchester Harriers	13.95 q
6	Beth James	Thurrock Harriers	14.47

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 4		
Wind: +3.0 M/S		
1 Shannon McNeil	Chelmsford A C	12.94 Q
2 Zoe Barracks	Orion Harriers	13.47 Q
3 Michelle Manyewe	Cecil Jones College	13.66 q
4 Shannon Jameson	Thurrock Harriers	13.88 q
5 Amy Hunt	Harlow A C	13.90 q
6 Isabel Sawyer	Colchester Harriers	14.24
7 Kerri St-Rose	Bishops Challoner Coll	14.30

Top 2 places + 8 next fastest times advance to next round

### Semis (T29)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
Wind: -0.1 M/S		
1 Modupe Shokunbi	Havering Mayesbrook	12.74 Q
2 Susan Omope	Orion Harriers	13.39 Q
3 Shereen Raouf	Southend A C	13.65 Q
4 Olamide Adeyemi	N & E B	14.15 Q
5 Oluwaseun Alao	Colchester Harriers	14.18
6 Shannon Jameson	Thurrock Harriers	14.29
7 Jennifer Okafer	Southend H S G	14.30
8 Philippa Davenall	Colchester Harriers	14.39

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		
Wind: +4.3 M/S		
1 Shannon McNeil	Chelmsford A C	12.86 Q
2 Hillary Adams	Bishops Challoner Coll	13.13 Q
3 Jasmin Hedman	N & E B	13.35 Q
4 Aysha Bentick	N & E B	13.54 Q
5 Amy Hunt	Harlow A C	13.92
6 Lois Wightman	Southend H S G	14.11
--- Michelle Manyewe	Cecil Jones College	DNS
--- Zoe Barracks	Orion Harriers	DNS

Top 4 places + 0 next fastest times advance to next round

### Final (T45)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		
Wind: +1.9 M/S		
1 Modupe Shokunbi	Havering Mayesbrook	12.74
2 Shannon McNeil	Chelmsford A C	12.86
3 Hillary Adams	Bishops Challoner Coll	13.17
4 Jasmin Hedman	N & E B	13.35
5 Susan Omope	Orion Harriers	13.55
6 Shereen Raouf	Southend A C	13.57
7 Aysha Bentick	N & E B	13.60
8 Olamide Adeyemi	N & E B	13.93

## Event 292 U15 Girls - 300M

### Final (T21)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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1	Lucy Shaw	Southend A C	43.71
2	Michelle Hughes	Havering Mayesbrook	44.93
3	Erin Minton-Branfoot	Chelmsford A C	46.11
4	Philippa Davenall	Colchester Harriers	50.66
5	Alice Martin	Thurrock Harriers	51.65
---	Jade Ajagun-Brauns	Colchester Harriers	DNS
---	Chioma Abazie	Havering Mayesbrook	DNS

### Event 293 U15 Girls - 800M

#### Prelims (T6)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1			
1	Katherine-Jayne Watts	Colchester Harriers	2:27.49 Q
2	Anna Stancomb	Thurrock Harriers	2:31.32 q
3	Cameron Venton	Chelmsford A C	2:33.49
4	Amy Baggs	Havering Mayesbrook	2:35.51
5	Megan Price	St Mark's Sch	2:36.32
6	Megan Williams	Chelmsford A C	2:37.49
7	Georgina Sturgeon	Colchester & Tendring	2:37.93
8	Eleanor Hay	Chelmsford A C	2:59.63

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2			
1	Rosa Prideaux	Chelmsford A C	2:26.67 Q
2	Serena Espeute	Orion Harriers	2:27.56 q
3	Natasha May	Southend H S G	2:36.56
4	Amy Edwards	Harlow A C	2:38.49
5	Abigail Pocock	Southend H S G	2:45.33
6	Sophie Rickner	Southend A C	2:52.69
7	Bethany Harrington	Moulsham High Sch	2:55.42
8	Briony Findlay	Basildon A C	2:55.76

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 3			
1	Millie Smith	Chelmsford A C	2:28.79 Q
2	Emma Perks	Moulsham High Sch	2:29.58 q
3	Lucy Kidwell	Southend A C	2:30.20 q
4	Jodie Ratcliff	W G w E L	2:33.04 q
5	Chaima Allali	Thurrock Harriers	2:37.50
6	Ellie Smith	Thurrock Harriers	2:38.78
7	Gabriella Pearson	Southend A C	2:40.99
8	Elise Coombs	Basildon A C	2:44.14

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

### Event 293 U15 Girls - 800M

#### Final (T30)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Rosa Prideaux	Chelmsford A C	2:19.71

2	Millie Smith	Chelmsford A C	2:21.51
3	Lucy Kidwell	Southend A C	2:24.54
4	Katherine-Jayne Watts	Colchester Harriers	2:24.93
5	Serena Espeute	Orion Harriers	2:26.34
6	Emma Perks	Moulsham High Sch	2:32.16
7	Anna Stancomb	Thurrock Harriers	2:34.86
8	Jodie Ratcliff	W G w E L	2:35.88

### Event 295 U15 Girls - 3000M

#### Final (T20)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
1	Jodie Judd	Castle View School	10:44.82
2	Jemima Walker	Basildon A C	11:36.81
3	Gemma Archer-Haley	Havering Mayesbrook	11:56.66

### Event 301 U15 Girls - 75M Hurdles

#### Prelims (T1)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 1		Wind: +3.2 M/S	
1	Shannon Jameson	Thurrock Harriers	12.42 Q
2	Sophie Wright	Basildon A C	12.95 Q
3	Zoe Benton	Herts Phoenix A C	13.06 q
4	Ella Nicholson	Orion Harriers	13.20 q
5	Sophia Gibbs	Castle View School	13.49
6	Ellie Williams	Harlow A C	14.37
7	Charlie Warwick	Southend H S G	14.94

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
Heat 2		Wind: +2.5 M/S	
1	Michelle Hughes	Havering Mayesbrook	11.72 Q
2	Laura Amorgie	Herts Phoenix A C	12.14 Q
3	Naomi Harryman	Harlow A C	12.64 q
4	Annie White	Southend H S G	13.04 q
5	Michelle Manyewe	Cecil Jones College	13.30
6	Amber Mason	Southend H S G	14.01
7	Chloe Hill	Castle View School	14.02

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

#### Final (T9)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
		Wind: +2.6 M/S	
1	Michelle Hughes	Havering Mayesbrook	11.82
2	Laura Amorgie	Herts Phoenix A C	11.82
3	Naomi Harryman	Harlow A C	12.38
4	Zoe Benton	Herts Phoenix A C	12.70
5	Annie White	Southend H S G	12.81
6	Sophie Wright	Basildon A C	12.98



7	Ella Nicholson	Orion Harriers	13.04
---	Shannon Jameson	Thurrock Harriers	DNF

### Event 305 U15 Girls - Triple Jump

#### Final (F20)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>	<u>Wind</u>
1	Shannon Jameson	Thurrock Harriers	9.39	+2.1

### Event 306 U15 Girls - Shot Putt

#### Final (F4)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Georgia Wright	Castle View School	8.63
2	Aysha Bentick	N & E B	8.61
3	Chioma Abazie	Havering Mayesbrook	8.46
4	Lois Wightman	Southend H S G	8.11
5	Olivia Bullis	Basildon A C	8.00
6	Stephanie Howe	W G w E L	7.68
7	Abby Cronin	Southend A C	7.59
8	Philippa Davenall	Colchester Harriers	7.45
9	Annie White	Southend H S G	7.39
10	Iris Maxfield	Orion Harriers	7.08
11	Francesca Williams	Southend H S G	6.66
12	Michelle Manyewe	Cecil Jones College	6.32
13	Holly Burns	Cecil Jones College	6.22
14	Dagye Opei-Boafo	Southend H S G	5.68
15	Bethany Harrington	Moulsham High Sch	5.26

### Event 309 U15 Girls - Javelin

#### Final (F10)

	<u>Name</u>	<u>Affiliation</u>	<u>Mark</u>
1	Natasha May	Southend H S G	21.25
2	Rachel Eayrs	Basildon A C	19.97
3	Alice Martin	Thurrock Harriers	18.82
4	Elizabeth Madell	Southend H S G	17.57
5	Lily MacGregor	Southend H S G	17.38
6	Simone Lawler	Castle View School	17.32
7	Charlotte Garner	Southend H S G	16.50
8	Evie Godfrey	Southend H S G	16.16
9	Holly Burns	Cecil Jones College	14.42
10	Iris Maxfield	Orion Harriers	13.69
11	Morgan Letch	Cecil Jones College	9.43

### Event 352 Veteran Women - 1500m

#### Final (T35)

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>
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Alex O'Brien

Chelmsford A C



















shel Forder

Havering Mayesbrook



















52.27





















21.80