

EASTERN AA
TRACK AND FIELD
CHAMPIONSHIPS

WILBERFORCE ROAD
CAMBRIDGE

6th July 2008

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Senior Men Results

100m Final (W/S +0.0)

Position

| | | | | |
|---|-----|-----------------|-------|-------------------------------|
| 1 | 490 | Kyle Andrew | 11.21 | Luton AC |
| 2 | 494 | Mark Collins | 11.37 | Luton AC |
| 3 | 497 | George Kenyon | 11.55 | Cambridge University AC |
| 4 | 495 | Matthew Dalton | 11.68 | Peterborough AC |
| 5 | 492 | Bradley Bellamy | 11.75 | Woodford Green & Essex Ladies |
| 6 | 498 | David Stephens | 12.55 | Horsham Blue Star |

110m Hurdles Final (W/S -0.5)

Position

| | | | | |
|---|-----|----------------|-------|-------------------------|
| 1 | 525 | Jeff Wheeler | 16.90 | Cambridge University AC |
| 2 | 495 | Matthew Dalton | 17.52 | Peterborough AC |

1500m Final

Position

| | | | | |
|---|-----|-------------|---------|-------------------------|
| 1 | 520 | Adam Searle | 4.15.88 | Stevenage & North Herts |
|---|-----|-------------|---------|-------------------------|

200m Final (W/S +1.0)

Position

| | | | | |
|---|-----|-----------------|-------|-------------------------|
| 1 | 490 | Kyle Andrew | 23.22 | Luton AC |
| 2 | 509 | Mitchell Jarvis | 23.93 | Braintree & District |
| 3 | 491 | Alex Bates | 24.49 | Cambridge University AC |

3000m Final

Position

| | | | | |
|---|-----|---------------|----------|--------------------|
| 1 | 505 | Hanno Fischer | 11.31.90 | Huntingdonshire AC |
|---|-----|---------------|----------|--------------------|

400m Final

Position

| | | | | |
|---|-----|------------------|-------|------------------------|
| 1 | 517 | Michael Osunsami | 51.71 | Newham & Essex Beagles |
| 2 | 506 | Kelvin Goodwin | 52.06 | Newham & Essex Beagles |
| 3 | 516 | Nelson Oboh | 52.50 | Newham & Essex Beagles |
| 4 | 515 | Friday Obaje | 54.13 | Luton AC |

400m Hurdles Final

Position

| | | | | |
|---|-----|-------------------|-------|------------------------|
| 1 | 513 | Enrique Melin | 59.10 | Newham & Essex Beagles |
| 2 | 489 | Alex Wing | 59.77 | Herts Phoenix |
| 3 | 501 | Peter Benedickter | 60.39 | Luton AC |

800m Final

Position

| | | | | |
|---|-----|------------------|---------|--------------------------|
| 1 | 522 | Peter Smale | 2.02.82 | Southend AC |
| 2 | 526 | Steven Whittaker | 2.05.61 | Southend AC |
| 3 | 500 | Martin Bell | 2.06.12 | Cambridge & Coleridge AC |

Discus Final

Position

| | | | | |
|---|-----|--------------------|-------|-------------------------------|
| 1 | 512 | Christopher Linque | 42.45 | Woodford Green & Essex Ladies |
| 2 | 518 | John Painter | 33.36 | City of Norwich AC |
| 3 | 499 | Emmanuel Akinluyi | 32.13 | Cambridge University AC |

Hammer Final

Position

| | | | | |
|---|-----|------------|-------|--------------------------|
| 1 | 511 | Andrew Lee | 41.63 | Cambridge & Coleridge AC |
|---|-----|------------|-------|--------------------------|

Javelin Final

Position

| | | | | |
|---|-----|------------|-------|-------------------------|
| 1 | 508 | Aaron Hull | 39.03 | Stevenage & North Herts |
|---|-----|------------|-------|-------------------------|

Long Jump Final

Position

| | | | | |
|---|-----|-----------------|------|-------------------------|
| 1 | 497 | George Kenyon | 6.38 | Cambridge University AC |
| 2 | 509 | Mitchell Jarvis | 6.27 | Braintree & District |
| 3 | 498 | David Stephens | 5.41 | Horsham Blue Star |

Pole Vault Final

Position

| | | | | |
|---|-----|------------|------|--------------------------|
| 1 | 491 | Alex Bates | 3.50 | Cambridge University AC |
| 2 | 502 | Alex Boyce | 3.50 | Cambridge & Coleridge AC |

Shot Putt Final

Position

| | | | | |
|---|-----|--------------------|-------|-------------------------------|
| 1 | 512 | Christopher Linque | 12.55 | Woodford Green & Essex Ladies |
| 2 | 499 | Emmanuel Akinluyi | 11.60 | Cambridge University AC |
| 3 | 518 | John Painter | 11.28 | City of Norwich AC |

Senior Women Results

100m Final (W/S +0.7)

Position

| | | | | |
|---|----|------------------|-------|------------------------|
| 1 | 8 | Hayley-Jane Cone | 12.78 | Thames Valley Harriers |
| 2 | 16 | Heidi Nicholas | 12.87 | Basildon AC |

100m Hurdles Final

Position

| | | | | |
|---|----|----------------|------|-----------------|
| 1 | 22 | Tania Spurling | 16.2 | West Suffolk AC |
| 2 | 16 | Heidi Nicholas | 16.8 | Basildon AC |

1500m Final

Position

| | | | | |
|---|----|---------------|---------|--------------------------|
| 1 | 18 | Nicola Rogers | 4.46.88 | Colchester & Tendring AC |
|---|----|---------------|---------|--------------------------|

200m Final (W/S +1.4)

Position

| | | | | |
|---|----|------------------|-------|---------------------|
| 1 | 20 | Heather Shepherd | 26.41 | Colchester Harriers |
| 2 | 16 | Heidi Nicholas | 27.27 | Basildon AC |

3000m Final

Position

| | | | | |
|---|----|----------------|----------|--------------------------|
| 1 | 23 | Danielle Tatum | 10.40.03 | Colchester & Tendring AC |
|---|----|----------------|----------|--------------------------|

400m Final

Position

| | | | | |
|---|----|------------------|-------|-----------------------|
| 1 | 19 | Natalie Shaw | 58.66 | Loughborough Students |
| 2 | 20 | Heather Shepherd | 58.83 | Colchester Harriers |

800m Final

Position

| | | | | |
|---|----|------------------|---------|--------------------------|
| 1 | 3 | Helen Bloomfield | 2.16.63 | Colchester & Tendring AC |
| 2 | 19 | Natalie Shaw | 2.16.92 | Loughborough Students |
| 3 | 11 | Karen Goode | 2.21.86 | Basildon AC |
| 4 | 7 | Sarah Colson | 2.26.33 | West Suffolk AC |
| 5 | 1 | Claire Bassill | 2.28.03 | Luton AC |

Discus Final

Position

| | | | | |
|---|----|----------------|-------|--------------------|
| 1 | 10 | Chloe Edwards | 35.85 | Huntingdonshire AC |
| 2 | 4 | Shannon Bunker | 29.34 | Luton AC |

Hammer Final

Position

| | | | | |
|---|----|----------------|-------|----------|
| 1 | 24 | Suzanna Wise | 38.94 | Luton AC |
| 2 | 4 | Shannon Bunker | 35.25 | Luton AC |

High Jump Final

Position

| | | | | |
|---|----|----------------|------|-----------------|
| 1 | 22 | Tania Spurling | 1.55 | West Suffolk AC |
| 2 | 16 | Heidi Nicholas | 1.55 | Basildon AC |

Javelin Final

Position

| | | | | |
|---|----|----------------|-------|-------------------------|
| 1 | 17 | Clare Palmer | 35.19 | Cambridge University AC |
| 2 | 4 | Shannon Bunker | 29.63 | Luton AC |

Long Jump Final

Position

| | | | | |
|---|----|------------------|------|------------------------|
| 1 | 22 | Tania Spurling | 5.37 | West Suffolk AC |
| 2 | 16 | Heidi Nicholas | 5.24 | Basildon AC |
| 3 | 8 | Hayley-Jane Cone | 5.18 | Thames Valley Harriers |
| 4 | 6 | Jade Christie | 4.79 | Luton AC |

Pole Vault Final

Position

| | | | | |
|---|---|------------------|------|-------------------------|
| 1 | 5 | Florence Cavalli | 3.00 | Cambridge University AC |
|---|---|------------------|------|-------------------------|

Shot Putt Final

Position

| | | | | |
|---|----|----------------|-------|--------------------|
| 1 | 10 | Chloe Edwards | 14.33 | Huntingdonshire AC |
| 2 | 4 | Shannon Bunker | 10.64 | Luton AC |
| 3 | 24 | Suzanna Wise | 09.21 | Luton AC |

Triple Jump Final

Position

| | | | | |
|---|----|----------------|-------|-----------------|
| 1 | 22 | Tania Spurling | 11.46 | West Suffolk AC |
| 2 | 6 | Jade Christie | 10.27 | Luton AC |

U13 Boys Results

100m Final (W/S -0.5)

Position

| | | | | |
|---|-----|------------------|-------|---------------------|
| 1 | 246 | Jake Berney | 12.81 | Peterborough AC |
| 2 | 250 | Ross Gilbert | 14.39 | City of Norwich AC |
| 3 | 266 | Jordan Shipp | 14.40 | Stewards School |
| 4 | 272 | Shaquille Thomas | 14.49 | Luton AC |
| 5 | 261 | Anthony Pegg | 14.87 | Basildon AC |
| 6 | 256 | James McCrae | 15.09 | Werrington Joggers |
| 7 | 273 | Simon Underwood | 15.19 | Colchester Harriers |

100m Heat 1 (W/S +1.7)

Position

| | | | | |
|---|-----|---------------|-------|--------------------|
| 1 | 246 | Jake Berney | 12.92 | Peterborough AC |
| 2 | 256 | James McCrae | 14.44 | Werrington Joggers |
| 3 | 254 | Corey Jackson | 14.45 | Luton AC |
| 4 | 261 | Anthony Pegg | 14.82 | Basildon AC |
| 5 | 252 | Daniel Howe | 16.09 | Thetford AC |

100m Heat 2 (W/S +0.0)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------|
| 1 | 250 | Ross Gilbert | 14.34 | City of Norwich AC |
| 2 | 266 | Jordan Shipp | 14.43 | Stewards School |
| 3 | 272 | Shaquille Thomas | 14.55 | Luton AC |
| 4 | 273 | Simon Underwood | 15.20 | Colchester Harriers |
| 5 | 263 | Vishal Saroye | 15.29 | Stevenage & North Herts |
| 6 | 265 | Jacob Shea | 15.97 | Diss AC |

200m Final (W/S +2.4)

Position

| | | | | |
|---|-----|-----------------|-------|---------------------|
| 1 | 246 | Jake Berney | 26.17 | Peterborough AC |
| 2 | 250 | Ross Gilbert | 29.81 | City of Norwich AC |
| 3 | 256 | James McCrae | 30.60 | Werrington Joggers |
| 4 | 273 | Simon Underwood | 32.63 | Colchester Harriers |

75m Hurdles Final (W/S -0.4)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------|
| 1 | 272 | Shaquille Thomas | 13.65 | Luton AC |
| 2 | 245 | Alistair Beedie | 13.72 | Bedford & County AC |
| 3 | 247 | Edward De Winton | 14.98 | West Norfolk AC |
| 4 | 263 | Vishal Saroye | 15.52 | Stevenage & North Herts |
| 5 | 261 | Anthony Pegg | 16.24 | Basildon AC |
| 6 | 249 | Ross Forder | 17.37 | West Suffolk AC |

800m Final

Position

| | | | | |
|----|-----|---------------------|---------|-------------------------------|
| 1 | 251 | Scott Greeves | 2.26.31 | City of Norwich AC |
| 2 | 270 | Ross Tennant | 2.31.31 | Ipswich Harriers |
| 3 | 262 | Tobias Rankin | 2.31.98 | Hadleigh Hares |
| 4 | 274 | Bradley Wattleworth | 2.36.66 | Farlingaye High School |
| 5 | 271 | James Thomas | 2.38.07 | Biggleswade AC |
| 6 | 269 | Tom Stead | 2.40.86 | Bedford & County AC |
| 7 | 257 | Kieran McMorran | 2.49.86 | Waveney AC |
| 8 | 268 | Ashley Stallman | 2.52.63 | St Mary's School |
| 9 | 258 | James Murphy | 2.57.25 | Braintree & District |
| 10 | 248 | Harry Docking | 2.58.59 | Woodford Green & Essex Ladies |
| 11 | 265 | Jacob Shea | 3.00.79 | Diss AC |

Long Jump Final

Position

| | | | | |
|---|-----|------------------|------|-------------------------|
| 1 | 245 | Alistair Beedie | 4.52 | Bedford & County AC |
| 2 | 261 | Anthony Pegg | 4.07 | Basildon AC |
| 3 | 254 | Corey Jackson | 4.04 | Luton AC |
| 4 | 247 | Edward De Winton | 3.82 | West Norfolk AC |
| 5 | 258 | James Murphy | 3.79 | Braintree & District |
| 6 | 263 | Vishal Saroye | 3.59 | Stevenage & North Herts |
| 7 | 273 | Simon Underwood | 3.53 | Colchester Harriers |
| 8 | 266 | Jordan Shipp | 3.44 | Stewards School |
| 9 | 249 | Ross Forder | 3.26 | West Suffolk AC |

Shot Putt Final

Position

| | | | | |
|---|-----|---------------|-------|-------------------------------|
| 1 | 265 | Jacob Shea | 06.59 | Diss AC |
| 2 | 259 | Stephen Myatt | 05.49 | Colchester Harriers |
| 3 | 258 | James Murphy | 04.46 | Braintree & District |
| 4 | 248 | Harry Docking | 03.68 | Woodford Green & Essex Ladies |

U13 Girls Results

100m Final (W/S +0.0)

Position

| | | | | |
|---|-----|--------------------|-------|--------------------------|
| 1 | 233 | Hephzibah Ogunro | 13.19 | Luton AC |
| 2 | 227 | Emily Lambert | 13.61 | Ipswich Harriers |
| 3 | 219 | Megan Edwards | 13.71 | Peterborough AC |
| 4 | 209 | Paige Cole | 13.93 | Luton AC |
| 5 | 212 | Alexandria Davis | 13.96 | Watford Harriers |
| 6 | 218 | Renee Earl-Jarrett | 14.05 | Peterborough AC |
| 7 | 223 | Bethany Ibbotson | 14.36 | Colchester & Tendring AC |
| 8 | 221 | Chellie Gray | 14.51 | Dacorum & Tring AC |

100m Heat 1 (W/S +1.5)

Position

| | | | | |
|---|-----|-----------------------|-------|--------------------------|
| 1 | 233 | Hephzibah Ogunro | 13.11 | Luton AC |
| 2 | 212 | Alexandria Davis | 13.81 | Watford Harriers |
| 3 | 221 | Chellie Gray | 14.18 | Dacorum & Tring AC |
| 4 | 225 | Sophie Keeble | 14.20 | Stevenage & North Herts |
| 5 | 206 | Katie Bright | 14.67 | Braintree & District |
| 6 | 222 | Georgia Ibbotson | 14.67 | Colchester & Tendring AC |
| 7 | 205 | Harriet Brereton-Ward | 15.14 | Colchester & Tendring AC |

100m Heat 2 (W/S +1.5)

Position

| | | | | |
|---|-----|--------------------|-------|--------------------------|
| 1 | 227 | Emily Lambert | 13.72 | Ipswich Harriers |
| 2 | 218 | Renee Earl-Jarrett | 14.05 | Peterborough AC |
| 3 | 223 | Bethany Ibbotson | 14.17 | Colchester & Tendring AC |
| 4 | 229 | Isabella Manning | 14.40 | Thetford AC |
| 5 | 243 | Katie Vickery | 14.64 | City of Norwich AC |
| 6 | 239 | Kirsty Ronald | 14.93 | Braintree & District |
| 7 | 215 | Sophia Diss | 15.96 | Braintree & District |

100m Heat 3 (W/S +0.6)

Position

| | | | | |
|---|-----|----------------|-------|-----------------|
| 1 | 219 | Megan Edwards | 13.67 | Peterborough AC |
| 2 | 209 | Paige Cole | 14.16 | Luton AC |
| 3 | 228 | Kate Lennon | 14.76 | Luton AC |
| 4 | 213 | Freya De Wild | 15.76 | West Suffolk AC |
| 5 | 234 | Rachel O'Neill | 16.03 | Harrow AC |
| 6 | 230 | Kerry McCrory | 16.48 | Southend AC |

200m Final (W/S +2.1)

Position

| | | | | |
|---|-----|------------------|-------------|-------------------------|
| 1 | 233 | Hephzibah Ogunro | 26.65 (CBP) | Luton AC |
| 2 | 227 | Emily Lambert | 28.30 | Ipswich Harriers |
| 3 | 219 | Megan Edwards | 28.69 | Peterborough AC |
| 4 | 225 | Sophie Keeble | 29.53 | Stevenage & North Herts |
| 5 | 212 | Alexandria Davis | 29.53 | Watford Harriers |
| 6 | 228 | Kate Lennon | 29.73 | Luton AC |
| 7 | 221 | Chellie Gray | 29.81 | Dacorum & Tring AC |
| 8 | 229 | Isabella Manning | 30.54 | Thetford AC |

200m Heat 1 (W/S +1.3)

Position

| | | | | |
|---|-----|------------------|-------------|------------------|
| 1 | 233 | Hephzibah Ogunro | 27.12 (CBP) | Luton AC |
| 2 | 229 | Isabella Manning | 29.87 | Thetford AC |
| 3 | 212 | Alexandria Davis | 30.62 | Watford Harriers |
| 4 | 230 | Kerry McCrory | 34.51 | Southend AC |

200m Heat 2 (W/S +1.5)

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 219 | Megan Edwards | 29.56 | Peterborough AC |
| 2 | 228 | Kate Lennon | 29.86 | Luton AC |
| 3 | 211 | Joanne Cywinski | 31.20 | Passmores School |
| 4 | 223 | Bethany Ibbotson | 31.36 | Colchester & Tendring AC |
| 5 | 242 | Christy Tilley | 32.41 | Luton AC |
| 6 | 238 | Natalia Rehakova | 32.59 | Cambridge & Coleridge AC |

200m Heat 3 (W/S +0.3)

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 227 | Emily Lambert | 28.94 | Ipswich Harriers |
| 2 | 221 | Chellie Gray | 29.63 | Dacorum & Tring AC |
| 3 | 225 | Sophie Keeble | 29.77 | Stevenage & North Herts |
| 4 | 222 | Georgia Ibbotson | 31.23 | Colchester & Tendring AC |

70m Hurdles Final (W/S -0.4)

Position

| | | | | |
|---|-----|------------------|-------|----------------------|
| 1 | 236 | Clarice Parrott | 12.25 | Braintree & District |
| 2 | 214 | Eleanor De Wild | 12.50 | West Suffolk AC |
| 3 | 240 | Phoebe Smithdale | 12.64 | Chelmsford AC |
| 4 | 244 | Chelsea Wade | 13.10 | West Suffolk AC |
| 5 | 239 | Kirsty Ronald | 13.62 | Braintree & District |
| 6 | 242 | Christy Tilley | 13.82 | Luton AC |
| 7 | 215 | Sophia Diss | 17.24 | Braintree & District |

800m Final

Position

| | | | | |
|----|-----|------------------|---------|--------------------------|
| 1 | 216 | Kaylee Dodd | 2.26.73 | Basildon AC |
| 2 | 210 | Sophie Crofts | 2.28.76 | Thurrock Harriers |
| 3 | 208 | Stephanie Burton | 2.33.71 | Nene Valley Harriers |
| 4 | 226 | Paige Lambert | 2.38.38 | Nene Valley Harriers |
| 5 | 207 | Emily Bullis | 2.42.13 | Basildon AC |
| 6 | 211 | Joanne Cywinski | 2.44.62 | Passmores School |
| 7 | 241 | Jessica Swain | 2.45.45 | Basildon AC |
| 8 | 215 | Sophia Diss | 2.52.17 | Braintree & District |
| 9 | 235 | Hollie Parker | 2.52.26 | Cambridge & Coleridge AC |
| 10 | 238 | Natalia Rehakova | 2.56.71 | Cambridge & Coleridge AC |
| 11 | 203 | Sophie Barker | 3.02.18 | West Suffolk AC |
| 12 | 234 | Rachel O'Neill | 3.04.58 | Harrow AC |
| 13 | 237 | Katie Peake | 3.04.75 | Ipswich JAFFA |

Long Jump Final

Position

| | | | | |
|----|-----|-----------------------|------|--------------------------|
| 1 | 233 | Hephzibah Ogunro | 4.53 | Luton AC |
| 2 | 219 | Megan Edwards | 4.47 | Peterborough AC |
| 3 | 236 | Clarice Parrott | 4.46 | Braintree & District |
| 4 | 243 | Katie Vickery | 4.34 | City of Norwich AC |
| 5 | 244 | Chelsea Wade | 4.13 | West Suffolk AC |
| 6 | 223 | Bethany Ibbotson | 4.06 | Colchester & Tendring AC |
| 7 | 206 | Katie Bright | 3.97 | Braintree & District |
| 8 | 214 | Eleanor De Wild | 3.89 | West Suffolk AC |
| 9 | 239 | Kirsty Ronald | 3.79 | Braintree & District |
| 10 | 205 | Harriet Brereton-Ward | 3.64 | Colchester & Tendring AC |
| 11 | 217 | Lauren Dunbar | 3.62 | West Suffolk AC |
| 12 | 240 | Phoebe Smithdale | 3.61 | Chelmsford AC |
| 13 | 213 | Freya De Wild | 3.40 | West Suffolk AC |
| 14 | 230 | Kerry McCrory | 3.19 | Southend AC |

Shot Putt Final

Position

| | | | | |
|---|-----|-----------------------|-------|--------------------------|
| 1 | 209 | Paige Cole | 08.26 | Luton AC |
| 2 | 244 | Chelsea Wade | 07.53 | West Suffolk AC |
| 3 | 205 | Harriet Brereton-Ward | 07.36 | Colchester & Tendring AC |
| 4 | 222 | Georgia Ibbotson | 06.15 | Colchester & Tendring AC |

U15 Boys Results

100m Final (W/S -2.1)

Position

| | | | | |
|---|-----|-------------------|-------|-------------------------|
| 1 | 291 | Matthew Constable | 12.30 | Ipswich Harriers |
| 2 | 343 | Ben Young | 12.30 | Watford Harriers |
| 3 | 281 | Tyler Berry | 12.72 | City of Norwich AC |
| 4 | 340 | Liam Vooght | 13.02 | Stevenage & North Herts |
| 5 | 294 | Peter De'ath | 13.22 | Stevenage & North Herts |
| 6 | 278 | Andrew Baldwin | 13.28 | Biggleswade AC |
| 7 | 296 | Daniel Enzer | 13.75 | Huntingdonshire AC |
| 8 | 276 | George Large | 13.79 | Huntingdonshire AC |

100m Heat 1 (W/S +2.1)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------|
| 1 | 343 | Ben Young | 12.44 | Watford Harriers |
| 2 | 340 | Liam Vooght | 12.99 | Stevenage & North Herts |
| 3 | 276 | George Large | 13.34 | Huntingdonshire AC |
| 4 | 290 | Marvin Collymore | 14.34 | Luton AC |
| 5 | 286 | Thomas Busson | 14.42 | Thetford AC |

100m Heat 2 (W/S +1.8)

Position

| | | | | |
|---|-----|-------------------|-------|-------------------------|
| 1 | 291 | Matthew Constable | 12.58 | Ipswich Harriers |
| 2 | 281 | Tyler Berry | 12.83 | City of Norwich AC |
| 3 | 294 | Peter De'ath | 13.10 | Stevenage & North Herts |
| 4 | 278 | Andrew Baldwin | 13.30 | Biggleswade AC |
| 5 | 296 | Daniel Enzer | 13.66 | Huntingdonshire AC |
| 6 | 321 | Omar Maynard | 14.13 | Luton AC |

1500m Final

Position

| | | | | |
|----|-----|----------------------|---------|--------------------------|
| 1 | 310 | Jake Hughes | 4.35.93 | West Suffolk AC |
| 2 | 329 | Edward Shepherd | 4.36.50 | Herts Phoenix |
| 3 | 313 | Danny Jackson | 4.40.19 | Ipswich Harriers |
| 4 | 293 | Simon Dawson | 4.41.80 | West Suffolk AC |
| 5 | 330 | Nick Stone | 4.46.87 | Peterborough AC |
| 6 | 289 | James Cochrane | 4.52.00 | Cambridge & Coleridge AC |
| 7 | 295 | Tom Eames | 4.54.78 | West Suffolk AC |
| 8 | 303 | Harris Foster-Carter | 4.57.10 | Southend AC |
| 9 | 315 | Lloyd Kempson | 5.01.10 | Nene Valley Harriers |
| 10 | 316 | Joseph Kirton | 5.16.16 | Thetford AC |
| 11 | 317 | George Langston | 5.41.03 | Leighton Buzzard |

200m Final (W/S +2.6)

Position

| | | | | |
|---|-----|-------------------|-------|-------------------------|
| 1 | 336 | Sam Thornburn | 24.23 | Nene Valley Harriers |
| 2 | 305 | Jordan Gillbanks | 24.87 | Huntingdonshire AC |
| 3 | 291 | Matthew Constable | 25.18 | Ipswich Harriers |
| 4 | 281 | Tyler Berry | 25.46 | City of Norwich AC |
| 5 | 340 | Liam Vooght | 26.34 | Stevenage & North Herts |
| 6 | 278 | Andrew Baldwin | 27.26 | Biggleswade AC |
| 7 | 294 | Peter De'ath | 27.36 | Stevenage & North Herts |

200m Heat 1 (W/S +1.5)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------|
| 1 | 336 | Sam Thornburn | 24.73 | Nene Valley Harriers |
| 2 | 281 | Tyler Berry | 26.07 | City of Norwich AC |
| 3 | 340 | Liam Vooght | 26.62 | Stevenage & North Herts |
| 4 | 290 | Marvin Collymore | 30.43 | Luton AC |
| 5 | 286 | Thomas Busson | 30.56 | Thetford AC |

200m Heat 2 (W/S +1.9)

Position

| | | | | |
|---|-----|------------------------|-------|-------------------------|
| 1 | 305 | Jordan Gillbanks | 25.74 | Huntingdonshire AC |
| 2 | 291 | Matthew Constable | 26.37 | Ipswich Harriers |
| 3 | 278 | Andrew Baldwin | 27.15 | Biggleswade AC |
| 4 | 285 | Daniel Bruce | 27.24 | Farlingaye High School |
| 5 | 294 | Peter De'ath | 27.45 | Stevenage & North Herts |
| 6 | 321 | Omar Maynard | 29.42 | Luton AC |
| 7 | 301 | Lawrence Fanutza-Davis | 31.70 | Harlow AC |

400m Final

Position

| | | | | |
|---|-----|------------------|-------|---------------------------|
| 1 | 338 | Ryan Townsend | 53.30 | William De Ferrers School |
| 2 | 305 | Jordan Gillbanks | 53.57 | Huntingdonshire AC |
| 3 | 341 | Tom Watts | 56.63 | Southend AC |
| 4 | 325 | Michael Porter | 57.83 | Colchester & Tendring AC |

800m Final

Position

| | | | | |
|---|-----|----------------|---------|--------------------------|
| 1 | 325 | Michael Porter | 2.11.84 | Colchester & Tendring AC |
| 2 | 314 | Oliver Jones | 2.25.08 | Ipswich Harriers |
| 3 | 328 | Calum Rutter | 2.28.02 | West Suffolk AC |
| 4 | 312 | Ross Huskisson | 2.32.67 | Nene Valley Harriers |
| 5 | 298 | Alex Ette | 2.37.92 | Parkside |

80m Hurdles Final

Position

| | | | | |
|---|-----|------------------|------|--------------------|
| 1 | 322 | Callum McLean | 12.5 | Southend AC |
| 2 | 342 | Craig Weyman | 12.7 | Chelmsford AC |
| 3 | 305 | Jordan Gillbanks | 12.7 | Huntingdonshire AC |
| 4 | 306 | Peter Godly | 14.7 | Peterborough AC |
| 5 | 280 | Joshua Benson | 15.2 | Peterborough AC |

Discus Final

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 323 | Adam Mohan | 37.80 | Nene Valley Harriers |
| 2 | 319 | Christopher Line | 36.40 | Dacorum & Tring AC |
| 3 | 283 | Frank Bloomfield | 32.94 | Ipswich Harriers |
| 4 | 332 | Alan Sydee | 23.66 | Luton AC |
| 5 | 287 | James Carter | 18.43 | Cambridge & Coleridge AC |

Hammer Final

Position

| | | | | |
|---|-----|------------------|-------------|--------------------------|
| 1 | 288 | Danny Clayton | 51.10 (CBP) | City of Norwich AC |
| 2 | 284 | Callum Brown | 41.58 | City of Norwich AC |
| 3 | 319 | Christopher Line | 37.07 | Dacorum & Tring AC |
| 4 | 318 | Lawrence Levy | 30.06 | Stevenage & North Herts |
| 5 | 332 | Alan Sydee | 23.75 | Luton AC |
| 6 | 287 | James Carter | 15.04 | Cambridge & Coleridge AC |

High Jump Final

Position

| | | | | |
|---|-----|-------------------|------------|------------------------|
| 1 | 331 | Chris Swanborough | 1.81 (CBP) | Basildon AC |
| 2 | 285 | Daniel Bruce | 1.60 | Farlingaye High School |

Javelin Final

Position

| | | | | |
|---|-----|-----------------------|-------|-------------------------|
| 1 | 311 | Jacob Hukin | 41.57 | Bedford & County AC |
| 2 | 300 | Jake Exton | 39.04 | Stevenage & North Herts |
| 3 | 284 | Callum Brown | 38.57 | City of Norwich AC |
| 4 | 339 | Billy Vernon-Hamilton | 33.32 | Stevenage & North Herts |
| 5 | 322 | Callum McLean | 33.14 | Southend AC |
| 6 | 275 | Joe Adams | 27.83 | Bedford & County AC |

Long Jump Final

Position

| | | | | |
|---|-----|------------------------|------|-------------------------|
| 1 | 307 | Joel Grenfell | 5.55 | Peterborough AC |
| 2 | 281 | Tyler Berry | 5.04 | City of Norwich AC |
| 3 | 337 | Louis Tierney | 5.00 | Peterborough AC |
| 4 | 318 | Lawrence Levy | 4.98 | Stevenage & North Herts |
| 5 | 301 | Lawrence Fanutza-Davis | 4.26 | Harlow AC |
| 6 | 327 | Daniels Reynolds | 4.25 | Luton AC |
| 7 | 317 | George Langston | 3.76 | Leighton Buzzard |

Pole Vault Final

Position

| | | | | |
|---|-----|----------------|------------|-------------------------|
| 1 | 304 | Daniel Gardner | 3.30 (CBP) | Stevenage & North Herts |
| 2 | 302 | Edward Fitch | 2.90 | Peterborough AC |

Shot Putt Final

Position

| | | | | |
|---|-----|------------------|-------|-------------------------|
| 1 | 288 | Danny Clayton | 11.61 | City of Norwich AC |
| 2 | 318 | Lawrence Levy | 10.94 | Stevenage & North Herts |
| 3 | 319 | Christopher Line | 10.75 | Dacorum & Tring AC |
| 4 | 332 | Alan Sydee | 08.17 | Luton AC |

Triple Jump Final

Position

| | | | | |
|---|-----|------------------|-------|-----------------|
| 1 | 327 | Daniels Reynolds | 09.87 | Luton AC |
| 2 | 306 | Peter Godly | 09.44 | Peterborough AC |

U15 Girls Results

100m Final (W/S -0.6)

Position

| | | | | |
|---|-----|-------------------|-------|---------------------|
| 1 | 186 | Hannah Smithdale | 12.79 | Chelmsford AC |
| 2 | 189 | Cleio Stephenson | 12.84 | City of Norwich AC |
| 3 | 190 | Lauren Stewart | 13.11 | Bedford & County AC |
| 4 | 170 | Victoria Mitchell | 13.24 | City of Norwich AC |
| 5 | 185 | Frances Slater | 13.34 | Herts Phoenix |
| 6 | 171 | Samara Nche | 13.55 | Huntingdonshire AC |
| 7 | 175 | Tamara Porritt | 13.56 | Luton AC |
| 8 | 156 | Rebecca Huxtable | 13.85 | Peterborough AC |

100m Heat 1 (W/S +0.0)

Position

| | | | | |
|---|-----|------------------|-------|--------------------|
| 1 | 186 | Hannah Smithdale | 13.10 | Chelmsford AC |
| 2 | 171 | Samara Nche | 13.59 | Huntingdonshire AC |
| 3 | 156 | Rebecca Huxtable | 13.65 | Peterborough AC |
| 4 | 163 | Leanne McCrory | 14.04 | Southend AC |
| 5 | 187 | Anna Spratt | 14.17 | City of Norwich AC |

100m Heat 2 (W/S +0.8)

Position

| | | | | |
|---|-----|-------------------|-------|--------------------------|
| 1 | 189 | Cleio Stephenson | 12.77 | City of Norwich AC |
| 2 | 170 | Victoria Mitchell | 13.14 | City of Norwich AC |
| 3 | 175 | Tamara Porritt | 13.60 | Luton AC |
| 4 | 141 | Lisa Crowhurst | 14.02 | Colchester & Tendring AC |
| 5 | 192 | Rachael Swain | 14.21 | Colchester Harriers |
| 6 | 137 | Elisha Bowers | 15.86 | Thetford AC |

100m Heat 3 (W/S +0.8)

Position

| | | | | |
|---|-----|----------------|-------|--------------------------|
| 1 | 185 | Frances Slater | 13.48 | Herts Phoenix |
| 2 | 190 | Lauren Stewart | 13.52 | Bedford & County AC |
| 3 | 164 | Sian McCrory | 14.08 | Southend AC |
| 4 | 180 | Hannah Ronald | 14.23 | Luton AC |
| 5 | 136 | Sasha Bernard | 14.46 | City of Norwich AC |
| 6 | 159 | Georgina Kelly | 16.08 | Colchester & Tendring AC |

1500m Final

Position

| | | | | |
|----|-----|---------------------|---------------|--------------------------|
| 1 | 158 | Jessica Judd | 4.44.54 (CBP) | Thurrock Harriers |
| 2 | 150 | Aimee Garnett | 4.51.62 | Southend AC |
| 3 | 195 | Charlotte Taylor | 4.52.35 | Nene Valley Harriers |
| 4 | 148 | Laura Farrar | 4.58.35 | St Albans AC |
| 5 | 157 | Sophie Johnstone | 5.00.86 | Chelmsford AC |
| 6 | 200 | Stephanie Williams | 5.05.75 | Peterborough AC |
| 7 | 183 | Georgina Schwiening | 5.07.66 | Cambridge & Coleridge AC |
| 8 | 184 | Jasmine Seller | 5.31.46 | Ipswich Harriers |
| 9 | 147 | Abigail Dow | 5.33.72 | The Perse School |
| 10 | 172 | Megan Norry | 5.37.72 | Thetford AC |
| 11 | 145 | Tamsin Desborough | 6.03.90 | Waveney AC |

200m Final (W/S +0.7)

Position

| | | | | |
|---|-----|----------------|-------|--------------------------|
| 1 | 171 | Samara Nche | 27.51 | Huntingdonshire AC |
| 2 | 164 | Sian McCrory | 27.56 | Southend AC |
| 3 | 175 | Tamara Porritt | 28.08 | Luton AC |
| 4 | 163 | Leanne McCrory | 28.93 | Southend AC |
| 5 | 177 | Emma Przybyl | 29.05 | Nene Valley Harriers |
| 6 | 193 | Katie Swift | 29.16 | Chelmsford AC |
| 7 | 141 | Lisa Crowhurst | 29.25 | Colchester & Tendring AC |

200m Heat 1 (W/S +0.0)

Position

| | | | | |
|---|-----|----------------|-------|--------------------------|
| 1 | 175 | Tamara Porritt | 28.41 | Luton AC |
| 2 | 193 | Katie Swift | 28.74 | Chelmsford AC |
| 3 | 177 | Emma Przybyl | 29.24 | Nene Valley Harriers |
| 4 | 141 | Lisa Crowhurst | 29.44 | Colchester & Tendring AC |

200m Heat 2 (W/S +0.7)

Position

| | | | | |
|---|-----|------------------|-------|--------------------|
| 1 | 164 | Sian McCrory | 27.97 | Southend AC |
| 2 | 171 | Samara Nche | 28.00 | Huntingdonshire AC |
| 3 | 142 | Georgina Culling | 28.46 | City of Norwich AC |
| 4 | 163 | Leanne McCrory | 29.31 | Southend AC |
| 5 | 143 | Polly Davies | 29.56 | Waveney AC |
| 6 | 176 | Jessica Powers | 30.90 | Luton AC |

75m Hurdles Final (W/S -0.8)

Position

| | | | | |
|---|-----|---------------------|-------|--------------------------|
| 1 | 199 | Victoria Williamson | 11.79 | City of Norwich AC |
| 2 | 133 | Cseperke Asztalos | 12.15 | Cambridge & Coleridge AC |
| 3 | 174 | Nicola Peachey | 12.44 | Havering Mayesbrook |
| 4 | 201 | Natalie Woodhouse | 12.47 | Southend AC |
| 5 | 187 | Anna Spratt | 12.64 | City of Norwich AC |
| 6 | 192 | Rachael Swain | 13.35 | Colchester Harriers |
| 7 | 200 | Stephanie Williams | 13.57 | Peterborough AC |
| 8 | 172 | Megan Norry | 17.78 | Thetford AC |

800m Final

Position

| | | | | |
|---|-----|----------------|---------|-------------------------------|
| 1 | 131 | Holly Archer | 2.22.02 | West Suffolk AC |
| 2 | 168 | Jessica Mead | 2.25.78 | Southend AC |
| 3 | 149 | Sophie Fuhr | 2.27.41 | Woodford Green & Essex Ladies |
| 4 | 143 | Polly Davies | 2.37.68 | Waveney AC |
| 5 | 159 | Georgina Kelly | 3.01.38 | Colchester & Tendring AC |

Discus Final

Position

| | | | | |
|---|-----|----------------|-------|-------------------------|
| 1 | 155 | Georgina Howe | 30.66 | Thetford AC |
| 2 | 196 | Megan Thomas | 30.12 | City of Norwich AC |
| 3 | 188 | Sarah Stanhope | 29.35 | Boston & District |
| 4 | 154 | Renee Hector | 25.02 | Stevenage & North Herts |
| 5 | 198 | Sarah White | 22.46 | Colchester Harriers |
| 6 | 197 | Beth Wade | 15.98 | West Suffolk AC |
| 7 | 137 | Elisha Bowers | 09.40 | Thetford AC |

Hammer Final

Position

| | | | | |
|---|-----|-------------------|-------------|--------------------|
| 1 | 196 | Megan Thomas | 41.91 (CBP) | City of Norwich AC |
| 2 | 188 | Sarah Stanhope | 37.78 | Boston & District |
| 3 | 155 | Georgina Howe | 31.40 | Thetford AC |
| 4 | 162 | Laura Maplethorpe | 24.59 | Lincoln Wellington |
| 5 | 139 | Lindsay Campbell | 22.23 | Lincoln Wellington |

High Jump Final

Position

| | | | | |
|---|-----|--------------------|------|-----------------|
| 1 | 132 | Gemma Armorgie | 1.50 | Herts Phoenix |
| 2 | 144 | Honor De Winton | 1.50 | West Norfolk AC |
| 3 | 201 | Natalie Woodhouse | 1.45 | Southend AC |
| 4 | 180 | Hannah Ronald | 1.40 | Luton AC |
| 5 | 153 | Abigail Harrington | 1.40 | West Suffolk AC |
| 6 | 181 | Rebecca Russell | 1.35 | West Norfolk AC |
| 7 | 200 | Stephanie Williams | 1.30 | Peterborough AC |

Javelin Final

Position

| | | | | |
|---|-----|----------------|-------------|--------------------|
| 1 | 165 | Laura McDonald | 35.58 (CBP) | City of Norwich AC |
| 2 | 188 | Sarah Stanhope | 25.69 | Boston & District |

Long Jump Final

Position

| | | | | |
|----|-----|--------------------|------|--------------------------|
| 1 | 151 | Alex Gates | 4.71 | Stevenage & North Herts |
| 2 | 144 | Honor De Winton | 4.69 | West Norfolk AC |
| 3 | 174 | Nicola Peachey | 4.69 | Havering Mayesbrook |
| 4 | 136 | Sasha Bernard | 4.49 | City of Norwich AC |
| 5 | 170 | Victoria Mitchell | 4.35 | City of Norwich AC |
| 6 | 181 | Rebecca Russell | 4.31 | West Norfolk AC |
| 7 | 140 | Hannah Coltart | 4.30 | Colchester & Tendring AC |
| 8 | 195 | Charlotte Taylor | 4.22 | Nene Valley Harriers |
| 9 | 179 | Lucina Rolewicz | 4.03 | Braintree & District |
| 10 | 153 | Abigail Harrington | 3.93 | West Suffolk AC |

Pole Vault Final

Position

| | | | | |
|---|-----|------------------|------|--------------------|
| 1 | 142 | Georgina Culling | 2.10 | City of Norwich AC |
|---|-----|------------------|------|--------------------|

Shot Putt Final

Position

| | | | | |
|---|-----|---------------------|-------|----------------------------|
| 1 | 166 | Sophie McKinna | 11.12 | Great Yarmouth |
| 2 | 196 | Megan Thomas | 09.68 | City of Norwich AC |
| 3 | 199 | Victoria Williamson | 09.45 | City of Norwich AC |
| 4 | 138 | Emily Butcher | 09.35 | St Michael Catholic School |
| 5 | 134 | Ayo Awokoya | 08.62 | Stevenage & North Herts |
| 6 | 198 | Sarah White | 08.48 | Colchester Harriers |
| 7 | 154 | Renee Hector | 08.35 | Stevenage & North Herts |

Triple Jump Final

Position

| | | | | |
|---|-----|-----------------|------|-------------------------|
| 1 | 151 | Alex Gates | 9.62 | Stevenage & North Herts |
| 2 | 136 | Sasha Bernard | 9.62 | City of Norwich AC |
| 3 | 181 | Rebecca Russell | 8.99 | West Norfolk AC |

U17 Men Results

100m Final (W/S -0.3)

Position

| | | | | |
|---|-----|----------------------|-------|----------------------|
| 1 | 412 | Isaac Rasmussen | 11.40 | Ickneild High School |
| 2 | 423 | Emmanuel Stephens | 11.42 | Thurrock Harriers |
| 3 | 366 | John Cousins | 11.49 | Woodbridge School |
| 4 | 385 | Alexander Jovanovski | 11.59 | Watford Harriers |
| 5 | 388 | Jake King | 11.63 | Southend AC |
| 6 | 355 | Robert Broadley | 11.74 | Leighton Buzzard |
| 7 | 431 | Philip Whittaker | 11.84 | Enfield & Haringey |
| 8 | 380 | Kai Hewitt | 11.96 | Great Yarmouth |

100m Heat 1 (W/S +0.0)

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 355 | Robert Broadley | 11.53 | Leighton Buzzard |
| 2 | 431 | Philip Whittaker | 11.63 | Enfield & Haringey |
| 3 | 398 | Ross McConnanhie | 12.12 | Peterborough AC |
| 4 | 374 | Jack Firman | 12.21 | Thetford AC |
| 5 | 421 | Jordan Stafford | 12.23 | Cambridge & Coleridge AC |
| 6 | 344 | Kwasi Adomakoh | 12.30 | Watford Harriers |
| 7 | 401 | Connor Mennell | 12.72 | Braintree & District |

100m Heat 2 (W/S -0.2)

Position

| | | | | |
|---|-----|-------------------|-------|--------------------------|
| 1 | 423 | Emmanuel Stephens | 11.38 | Thurrock Harriers |
| 2 | 366 | John Cousins | 11.51 | Woodbridge School |
| 3 | 388 | Jake King | 11.68 | Southend AC |
| 4 | 415 | Lewis Rickards | 12.27 | Peterborough AC |
| 5 | 390 | Frazer Lamb | 12.75 | Colchester & Tendring AC |
| 6 | 409 | Christopher Peck | 12.87 | Waveney AC |

100m Heat 3 (W/S +0.5)

Position

| | | | | |
|---|-----|----------------------|-------|----------------------|
| 1 | 412 | Isaac Rasmussen | 11.55 | Ickneild High School |
| 2 | 385 | Alexander Jovanovski | 11.57 | Watford Harriers |
| 3 | 380 | Kai Hewitt | 12.05 | Great Yarmouth |
| 4 | 434 | Tim Wormull | 12.30 | Braintree & District |
| 5 | 350 | Sam Barker | 12.37 | Colchester Harriers |
| 6 | 392 | Adam Lincoln | 12.51 | Watford Harriers |

100m Hurdles Final (W/S -0.5)

Position

| | | | | |
|---|-----|-----------------|-------|--------------------------|
| 1 | 387 | Ben Kelk | 14.30 | Cambridge & Coleridge AC |
| 2 | 371 | Jack Edgar-Hill | 14.47 | Havering Mayesbrook |
| 3 | 413 | Bradley Reed | 14.65 | Chelmsford AC |

1500m Final

Position

| | | | | |
|---|-----|-------------------|---------|--------------------------|
| 1 | 419 | Michael Smith | 4.14.85 | Huntingdonshire AC |
| 2 | 370 | Alex Dunbar | 4.18.80 | West Suffolk AC |
| 3 | 400 | Tom Mead | 4.20.43 | Luton AC |
| 4 | 379 | Alex Groiss | 4.27.98 | West Suffolk AC |
| 5 | 357 | Nick Burch | 4.28.71 | Cambridge & Coleridge AC |
| 6 | 427 | Dominic Thackeray | 4.30.51 | West Suffolk AC |
| 7 | 351 | John Baslington | 4.34.08 | Cambridge & Coleridge AC |
| 8 | 375 | Thomas Francis | 4.49.54 | Thetford AC |

200m Final (W/S +2.1)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------------|
| 1 | 378 | Nathan Greenaway | 23.00 | Chelmsford AC |
| 2 | 388 | Jake King | 23.13 | Southend AC |
| 3 | 402 | Jahmal Mills | 23.42 | Great Yarmouth |
| 4 | 389 | Thomas Klarkin | 23.68 | Woodford Green & Essex Ladies |
| 5 | 380 | Kai Hewitt | 24.14 | Great Yarmouth |
| 6 | 433 | Tom Worboys | 24.35 | Biggleswade AC |
| 7 | 434 | Tim Wormull | 24.53 | Braintree & District |

200m Heat 1 (W/S +1.4)

Position

| | | | | |
|---|-----|----------------------|-------|------------------|
| 1 | 378 | Nathan Greenaway | 23.36 | Chelmsford AC |
| 2 | 385 | Alexander Jovanovski | 23.52 | Watford Harriers |
| 3 | 360 | Josh Chaplin-Barton | 25.04 | West Norfolk AC |
| 4 | 374 | Jack Firman | 25.29 | Thetford AC |

200m Heat 2 (W/S +2.0)

Position

| | | | | |
|---|-----|------------------|-------|-------------------------------|
| 1 | 388 | Jake King | 23.30 | Southend AC |
| 2 | 389 | Thomas Klarkin | 23.50 | Woodford Green & Essex Ladies |
| 3 | 434 | Tim Wormull | 24.45 | Braintree & District |
| 4 | 398 | Ross McConnanhie | 24.67 | Peterborough AC |
| 5 | 421 | Jordan Stafford | 25.00 | Cambridge & Coleridge AC |

200m Heat 3 (W/S +1.1)

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 402 | Jahmal Mills | 23.90 | Great Yarmouth |
| 2 | 380 | Kai Hewitt | 24.35 | Great Yarmouth |
| 3 | 433 | Tom Worboys | 24.48 | Biggleswade AC |
| 4 | 390 | Frazer Lamb | 25.04 | Colchester & Tendring AC |
| 5 | 416 | Luke Singleton | 25.82 | Colchester Harriers |
| 6 | 409 | Christopher Peck | 26.58 | Waveney AC |

3000m Final

Position

| | | | | |
|---|-----|-------------------|----------|--------------------|
| 1 | 367 | Thomas Crawshaw | 09.22.67 | City of Norwich AC |
| 2 | 396 | Ian Maplethorpe | 09.34.72 | Lincoln Wellington |
| 3 | 430 | Grant Webb | 09.41.16 | Basildon AC |
| 4 | 383 | Sam Hunt | 09.47.41 | Werrington Joggers |
| 5 | 418 | Christopher Smith | 09.48.73 | Huntingdonshire AC |
| 6 | 358 | Asa Burnett | 10.16.97 | West Suffolk AC |
| 7 | 395 | Josh Mann | 10.45.60 | Southend AC |

400m Final

Position

| | | | | |
|---|-----|---------------------|-------|-------------------------------|
| 1 | 389 | Thomas Klarkin | 52.80 | Woodford Green & Essex Ladies |
| 2 | 433 | Tom Worboys | 53.59 | Biggleswade AC |
| 3 | 381 | Darrellon Holding | 53.65 | Werrington Joggers |
| 4 | 386 | Lewis Keeble | 53.91 | Stevenage & North Herts |
| 5 | 425 | Thomas Strachan | 55.10 | City of Norwich AC |
| 6 | 397 | Adam McCarthy | 55.30 | Havering Mayesbrook |
| 7 | 360 | Josh Chaplin-Barton | 55.31 | West Norfolk AC |
| 8 | 406 | Christopher Myatt | 56.69 | Colchester Harriers |

400m Hurdles Final

Position

| | | | | |
|---|-----|---------------|-------|---------------------|
| 1 | 397 | Adam McCarthy | 66.75 | Havering Mayesbrook |
|---|-----|---------------|-------|---------------------|

800m Final

Position

| | | | | |
|---|-----|-------------------|---------|----------------------|
| 1 | 399 | John McDonnell | 2.02.63 | Luton AC |
| 2 | 364 | Andrew Constable | 2.02.95 | Ipswich Harriers |
| 3 | 428 | Luke Turnbull | 2.03.48 | Bedford & County AC |
| 4 | 411 | Richard Pollitt | 2.03.97 | Braintree & District |
| 5 | 359 | Stuart Campbell | 2.04.44 | Lincoln Wellington |
| 6 | 353 | Peter Benedickter | 2.10.16 | Luton AC |
| 7 | 410 | Julien Pennycook | 2.12.23 | Colchester Harriers |

800m Heat 1

Position

| | | | | |
|---|-----|---------------------|---------|-------------------------------|
| 1 | 399 | John McDonnell | 2.05.34 | Luton AC |
| 2 | 359 | Stuart Campbell | 2.07.52 | Lincoln Wellington |
| 3 | 353 | Peter Benedickter | 2.08.63 | Luton AC |
| 4 | 425 | Thomas Strachan | 2.10.38 | City of Norwich AC |
| 5 | 416 | Luke Singleton | 2.10.95 | Colchester Harriers |
| 6 | 435 | Daniel Yaxley | 2.15.70 | Woodford Green & Essex Ladies |
| 7 | 422 | Alexander Stapleton | 2.17.24 | Southend AC |

800m Heat 2

Position

| | | | | |
|---|-----|------------------|---------|----------------------|
| 1 | 428 | Luke Turnbull | 2.03.97 | Bedford & County AC |
| 2 | 364 | Andrew Constable | 2.04.08 | Ipswich Harriers |
| 3 | 411 | Richard Pollitt | 2.04.63 | Braintree & District |
| 4 | 410 | Julien Pennycook | 2.09.85 | Colchester Harriers |
| 5 | 349 | Thomas Barfoot | 2.10.54 | Herts Phoenix |
| 6 | 408 | Sam Palmer | 2.14.11 | Huntingdonshire AC |

Discus Final

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 372 | Jonathan Edwards | 34.09 | Huntingdonshire AC |
| 2 | 391 | Martin Lawrence | 30.66 | Cambridge & Coleridge AC |
| 3 | 429 | Michael Wadlow | 29.10 | Dacorum & Tring AC |

Hammer Final

Position

| | | | | |
|---|-----|-------------------|-------|--------------------|
| 1 | 382 | Richard Humphries | 46.03 | Herts Phoenix |
| 2 | 372 | Jonathan Edwards | 33.40 | Huntingdonshire AC |
| 3 | 429 | Michael Wadlow | 20.90 | Dacorum & Tring AC |

High Jump Final

Position

| | | | | |
|---|-----|----------------|------|------------------|
| 1 | 373 | Billy Falconer | 1.80 | Passmores School |
| 2 | 346 | Ross Armorgie | 1.70 | Herts Phoenix |
| 3 | 347 | Wesley Attew | 1.70 | Great Yarmouth |
| 4 | 362 | Jack Chrisman | 1.65 | West Suffolk AC |

Javelin Final

Position

| | | | | |
|---|-----|-----------------|-------------|-------------------------------|
| 1 | 404 | Matti Mortimore | 63.30 (CBP) | Ipswich Harriers |
| 2 | 420 | Pieter Snyman | 57.27 | Bedford & County AC |
| 3 | 354 | Josh Bignell | 41.89 | Dacorum & Tring AC |
| 4 | 368 | Tom Cutts | 41.27 | Colchester Harriers |
| 5 | 403 | Alex Morter | 40.42 | Cambridge & Coleridge AC |
| 6 | 435 | Daniel Yaxley | 33.08 | Woodford Green & Essex Ladies |

Long Jump Final

Position

| | | | | |
|---|-----|-------------------|------|----------------------|
| 1 | 402 | Jahmal Mills | 6.33 | Great Yarmouth |
| 2 | 377 | Jonathan Gladwell | 6.18 | Colchester Harriers |
| 3 | 352 | Josh Bassett | 5.98 | Luton AC |
| 4 | 388 | Jake King | 5.56 | Southend AC |
| 5 | 374 | Jack Firman | 5.19 | Thetford AC |
| 6 | 401 | Connor Mennell | 5.18 | Braintree & District |

Shot Putt Final

Position

| | | | | |
|---|-----|------------------|-------|--------------------------|
| 1 | 391 | Martin Lawrence | 11.77 | Cambridge & Coleridge AC |
| 2 | 372 | Jonathan Edwards | 11.20 | Huntingdonshire AC |
| 3 | 429 | Michael Wadlow | 08.19 | Dacorum & Tring AC |

Triple Jump Final

Position

| | | | | |
|---|-----|------------------|-------|----------------------|
| 1 | 380 | Kai Hewitt | 11.94 | Great Yarmouth |
| 2 | 410 | Julien Pennycook | 11.47 | Colchester Harriers |
| 3 | 401 | Connor Mennell | 10.00 | Braintree & District |

U17 Women Results

100m Final (W/S +0.6)

Position

| | | | | |
|---|-----|-------------------|-------|--------------------------|
| 1 | 90 | Aleasha Kiddle | 12.72 | Braintree & District |
| 2 | 109 | Kelly Murphy | 13.02 | Basildon AC |
| 3 | 108 | Ellie Morris | 13.18 | Cambridge & Coleridge AC |
| 4 | 79 | Amy Flemming | 13.37 | Luton AC |
| 5 | 55 | Katy Barber | 13.61 | Waveney AC |
| 6 | 114 | Sophie Poyner | 13.68 | City of Norwich AC |
| 7 | 59 | Victoria Borrmann | 14.18 | Ryston Runners |

100m Heat 1 (W/S -0.7)

Position

| | | | | |
|---|-----|---------------|-------|--------------------------|
| 1 | 109 | Kelly Murphy | 13.04 | Basildon AC |
| 2 | 108 | Ellie Morris | 13.15 | Cambridge & Coleridge AC |
| 3 | 79 | Amy Flemming | 13.35 | Luton AC |
| 4 | 112 | Leanne Parker | 14.28 | Thetford AC |

100m Heat 2 (W/S -2.0)

Position

| | | | | |
|---|-----|----------------------|-------|----------------------|
| 1 | 90 | Aleasha Kiddle | 13.03 | Braintree & District |
| 2 | 55 | Katy Barber | 13.58 | Waveney AC |
| 3 | 114 | Sophie Poyner | 13.61 | City of Norwich AC |
| 4 | 67 | Charlotte Cattermole | 13.67 | Ipswich Harriers |
| 5 | 59 | Victoria Borrmann | 14.16 | Ryston Runners |
| 6 | 94 | Jessica Langston | 14.34 | Leighton Buzzard |

1500m Final

Position

| | | | | |
|---|----|----------------|---------|--------------------------|
| 1 | 66 | Rebecca Carter | 5.25.24 | Cambridge & Coleridge AC |
|---|----|----------------|---------|--------------------------|

200m Final (W/S +0.3)

Position

| | | | | |
|---|-----|---------------|-------|--------------------------|
| 1 | 104 | Amy McDonald | 26.42 | Southend AC |
| 2 | 109 | Kelly Murphy | 26.62 | Basildon AC |
| 3 | 108 | Ellie Morris | 27.42 | Cambridge & Coleridge AC |
| 4 | 55 | Katy Barber | 28.20 | Waveney AC |
| 5 | 81 | Robyn Gribble | 29.73 | Peterborough AC |

3000m Final

Position

| | | | | |
|---|-----|---------------|----------|--------------------|
| 1 | 102 | Alex Marshall | 11.13.90 | Huntingdonshire AC |
| 2 | 54 | Emily Baker | 12.33.47 | West Suffolk AC |

300m Final

Position

| | | | | |
|---|-----|------------------|-------|----------------------|
| 1 | 104 | Amy McDonald | 42.72 | Southend AC |
| 2 | 127 | Deborah Willis | 42.88 | Herts Phoenix |
| 3 | 79 | Amy Flemming | 43.36 | Luton AC |
| 4 | 121 | Emily Swain | 43.47 | Colchester Harriers |
| 5 | 84 | Kara Hannon | 44.24 | St John Payne School |
| 6 | 101 | Abigail Marriott | 45.36 | West Suffolk AC |

300m Heat 1

Position

| | | | | |
|---|-----|----------------|-------|--------------------------|
| 1 | 127 | Deborah Willis | 43.03 | Herts Phoenix |
| 2 | 88 | Georgina Ivens | 43.37 | Nene Valley Harriers |
| 3 | 79 | Amy Flemming | 43.53 | Luton AC |
| 4 | 84 | Kara Hannon | 43.72 | St John Payne School |
| 5 | 92 | Zoe Kier | 46.20 | Cambridge & Coleridge AC |
| 6 | 81 | Robyn Gribble | 46.87 | Peterborough AC |
| 7 | 126 | Julia White | 46.94 | Stevenage & North Herts |

300m Heat 2

Position

| | | | | |
|---|-----|-------------------|-------|---------------------|
| 1 | 104 | Amy McDonald | 42.95 | Southend AC |
| 2 | 101 | Abigail Marriott | 43.26 | West Suffolk AC |
| 3 | 121 | Emily Swain | 43.37 | Colchester Harriers |
| 4 | 75 | Nina Edwards | 43.77 | Herts Phoenix |
| 5 | 85 | Caroline Hill | 44.97 | Thurrock Harriers |
| 6 | 59 | Victoria Borrmann | 46.52 | Ryston Runners |

300m Hurdles Final

Position

| | | | | |
|---|-----|-----------------------|------------|-------------------------|
| 1 | 69 | Felicity Clarke | 46.2 (CBP) | Southend AC |
| 2 | 71 | Jessica Cutts | 47.5 | Colchester Harriers |
| 3 | 122 | Chloe Vernon-Hamilton | 47.6 | Stevenage & North Herts |

800m Final

Position

| | | | | |
|---|-----|------------------|---------|--------------------------|
| 1 | 110 | Ella Neale | 2.24.38 | Colchester Harriers |
| 2 | 101 | Abigail Marriott | 2.29.10 | West Suffolk AC |
| 3 | 77 | Stacey Eyers | 2.29.93 | Colchester & Tendring AC |
| 4 | 57 | Gemma Bays | 2.30.40 | Peterborough AC |
| 5 | 124 | Victoria Walker | 2.33.69 | Watford Harriers |
| 6 | 94 | Jessica Langston | 2.34.10 | Leighton Buzzard |
| 7 | 86 | Laura Hillyard | 2.41.42 | Colchester & Tendring AC |

80m Hurdles Final (W/S +0.0)

Position

| | | | | |
|---|-----|---------------|-------|--------------------------|
| 1 | 76 | Eleanor Evans | 12.59 | Southend AC |
| 2 | 89 | Angela James | 12.64 | Havering Mayesbrook |
| 3 | 92 | Zoe Kier | 13.01 | Cambridge & Coleridge AC |
| 4 | 115 | Anne Rees | 14.62 | Stevenage & North Herts |

Discus Final

Position

| | | | | |
|---|-----|-------------------|-------|-------------------------|
| 1 | 105 | Toni McManus | 32.86 | Watford Harriers |
| 2 | 63 | Samantha Burke | 29.21 | Watford Harriers |
| 3 | 65 | Jenna Cannell | 26.32 | City of Norwich AC |
| 4 | 93 | Beccy Knapp | 25.89 | Stevenage & North Herts |
| 5 | 53 | Sarah Ayling-Bate | 24.35 | West Suffolk AC |

Hammer Final

Position

| | | | | |
|---|-----|---------------|-------------|--------------------------|
| 1 | 65 | Jenna Cannell | 38.66 (CBP) | City of Norwich AC |
| 2 | 117 | Hayley Sayer | 35.00 | Cambridge & Coleridge AC |
| 3 | 58 | Katie Bland | 34.67 | Biggleswade AC |
| 4 | 93 | Beccy Knapp | 33.61 | Stevenage & North Herts |
| 5 | 82 | Frances Gross | 30.97 | Stevenage & North Herts |

High Jump Final

Position

| | | | | |
|---|-----|------------------|------|--------------------------|
| 1 | 83 | Daniella Hankins | 1.64 | Bedford & County AC |
| 2 | 115 | Anne Rees | 1.55 | Stevenage & North Herts |
| 3 | 92 | Zoe Kier | 1.50 | Cambridge & Coleridge AC |
| 4 | 120 | Chloe Smith | 1.50 | City of Norwich AC |
| 5 | 119 | Holly Slater | 1.50 | City of Norwich AC |
| 6 | 123 | Karen Vincent | 1.40 | Luton AC |
| 7 | 73 | Beth Dixon | 1.40 | Cambridge & Coleridge AC |

Javelin Final

Position

| | | | | |
|---|-----|----------------|-------|---------------------|
| 1 | 64 | Stephanie Burt | 33.70 | City of Norwich AC |
| 2 | 128 | Emma Woodroffe | 31.74 | Huntingdonshire AC |
| 3 | 78 | Amber Fielden | 31.27 | Bedford & County AC |
| 4 | 99 | Amy Lyons | 26.22 | Biggleswade AC |

Long Jump Final

Position

| | | | | |
|---|-----|----------------|------|--------------------------|
| 1 | 90 | Aleasha Kiddle | 5.60 | Braintree & District |
| 2 | 116 | Lauren Sammout | 4.93 | Cambridge & Coleridge AC |
| 3 | 123 | Karen Vincent | 4.81 | Luton AC |
| 4 | 112 | Leanne Parker | 4.39 | Thetford AC |
| 5 | 118 | Bethan Scanes | 4.37 | Stevenage & North Herts |
| 6 | 73 | Beth Dixon | 4.10 | Cambridge & Coleridge AC |

Pole Vault Final

Position

| | | | | |
|---|-----|-----------|------------|-------------------------|
| 1 | 115 | Anne Rees | 3.00 (CBP) | Stevenage & North Herts |
|---|-----|-----------|------------|-------------------------|

Shot Putt Final

Position

| | | | | |
|---|-----|-------------------|-------|--------------------------|
| 1 | 60 | Hannah Bright | 09.76 | Braintree & District |
| 2 | 116 | Lauren Sammout | 09.20 | Cambridge & Coleridge AC |
| 3 | 53 | Sarah Ayling-Bate | 09.14 | West Suffolk AC |
| 4 | 117 | Hayley Sayer | 08.29 | Cambridge & Coleridge AC |

Triple Jump Final

Position

| | | | | |
|---|-----|---------------|------|-------------|
| 1 | 112 | Leanne Parker | 8.75 | Thetford AC |
|---|-----|---------------|------|-------------|

U20 Men Results

100m Final (W/S -4.2)

Position

| | | | | |
|---|-----|----------------------|-------|--------------------------|
| 1 | 449 | Charlie Dack | 11.37 | Thurrock Harriers |
| 2 | 450 | Mark Dyble | 11.59 | Basildon AC |
| 3 | 436 | Josh Aldred | 11.67 | Great Yarmouth |
| 4 | 487 | Thomas White | 11.73 | Colchester Harriers |
| 5 | 437 | Luke Allen | 11.78 | West Suffolk AC |
| 6 | 484 | Simon Turnock | 12.05 | Nene Valley Harriers |
| 7 | 456 | James Godden | 12.19 | Cambridge & Coleridge AC |
| 8 | 464 | Christopher Marshall | 12.28 | City of Norwich AC |
| 9 | 471 | Liam O'Dell | 13.11 | Luton AC |

110m Hurdles Final (W/S -0.5)

Position

| | | | | |
|---|-----|-----------------|-------|--------------------|
| 1 | 440 | Stephen Barnard | 15.53 | Enfield & Haringey |
|---|-----|-----------------|-------|--------------------|

1500m Final

Position

| | | | | |
|---|-----|----------------|---------|--------------------------|
| 1 | 479 | Andrew Ridley | 4.21.25 | West Suffolk AC |
| 2 | 470 | Will Mycroft | 4.23.07 | Cambridge & Coleridge AC |
| 3 | 477 | Josuha Reed | 4.26.66 | Nene Valley Harriers |
| 4 | 448 | Michael Cripps | 4.33.84 | West Suffolk AC |
| 5 | 472 | Jonny Palmer | 4.37.55 | Ipswich Harriers |

200m Final (W/S +1.0)

Position

| | | | | |
|---|-----|----------------------|-------|--------------------------|
| 1 | 449 | Charlie Dack | 22.90 | Thurrock Harriers |
| 2 | 450 | Mark Dyble | 23.06 | Basildon AC |
| 3 | 480 | Christian Roberts | 23.20 | Huntingdonshire AC |
| 4 | 487 | Thomas White | 23.22 | Colchester Harriers |
| 5 | 484 | Simon Turnock | 23.98 | Nene Valley Harriers |
| 6 | 464 | Christopher Marshall | 24.11 | City of Norwich AC |
| 7 | 456 | James Godden | 24.25 | Cambridge & Coleridge AC |

3000m Final

Position

| | | | | |
|---|-----|-------------------|--------------|-------------------------------|
| 1 | 488 | Paul Whittaker | 08.56.84 (CB | Southend AC |
| 2 | 454 | Alex Gibb | 09.28.94 | Nene Valley Harriers |
| 3 | 447 | Howard Clarke | 09.33.10 | Southend AC |
| 4 | 462 | Jonathon Laybourn | 09.34.20 | West Norfolk AC |
| 5 | 435 | Daniel Yaxley | 10.12.12 | Woodford Green & Essex Ladies |

400m Final

Position

| | | | | |
|---|-----|---------------|-------|-------------------------|
| 1 | 473 | Martin Pitts | 51.00 | Braintree & District |
| 2 | 486 | Cameron Webb | 51.46 | Stevenage & North Herts |
| 3 | 482 | Dominic Spike | 55.96 | Herts Phoenix |

400m Hurdles Final

Position

| | | | | |
|---|-----|-----------------------|-------|--------------------|
| 1 | 480 | Christian Roberts | 55.97 | Huntingdonshire AC |
| 2 | 483 | Christopher Stubbings | 59.59 | Chelmsford AC |
| 3 | 481 | Josh Saydraouten | 60.20 | Herts Phoenix |

800m Final

Position

| | | | | |
|---|-----|--------------|---------|--------------------------|
| 1 | 455 | David Gibbon | 1.57.97 | Colchester & Tendring AC |
| 2 | 442 | Adam Binns | 1.58.68 | Nene Valley Harriers |
| 3 | 459 | Lloyd Heard | 2.00.86 | Colchester & Tendring AC |
| 4 | 477 | Josuha Reed | 2.02.19 | Nene Valley Harriers |
| 5 | 469 | Josh Moss | 2.07.67 | Stevenage & North Herts |
| 6 | 432 | Sam Poulton | 2.09.89 | Stevenage & North Herts |

Discus Final

Position

| | | | | |
|---|-----|--------------|-------|----------------------|
| 1 | 485 | Steve Watson | 47.40 | Dacorum & Tring AC |
| 2 | 474 | Ashley Ralph | 42.29 | St Albans AC |
| 3 | 458 | Ben Hale | 37.36 | Nene Valley Harriers |
| 4 | 467 | Daniel Moles | 30.41 | Colchester Harriers |

Hammer Final

Position

| | | | | |
|---|-----|----------------|-------------|----------------------|
| 1 | 443 | Joe Bloomfield | 56.56 (CBP) | Ipswich Harriers |
| 2 | 451 | Ben Flash | 50.87 | Dacorum & Tring AC |
| 3 | 474 | Ashley Ralph | 46.26 | St Albans AC |
| 4 | 458 | Ben Hale | 42.88 | Nene Valley Harriers |
| 5 | 467 | Daniel Moles | 29.00 | Colchester Harriers |

Javelin Final

Position

| | | | | |
|---|-----|----------------|-------|-------------------------------|
| 1 | 444 | Jay Boddington | 50.66 | Woodford Green & Essex Ladies |
| 2 | 452 | Perry Francis | 37.83 | City of Norwich AC |

Long Jump Final

Position

| | | | | |
|---|-----|--------------|------|-----------------|
| 1 | 438 | Craig Andrew | 6.37 | Luton AC |
| 2 | 437 | Luke Allen | 5.98 | West Suffolk AC |
| 3 | 445 | Kevin Brown | 5.84 | Southend AC |

Pole Vault Final

Position

| | | | | |
|---|-----|--------------|------|---------------|
| 1 | 476 | Michael Read | 4.50 | Chelmsford AC |
|---|-----|--------------|------|---------------|

Shot Putt Final

Position

| | | | | |
|---|-----|---------------|-------|----------------------|
| 1 | 466 | Robert Mohan | 14.75 | Nene Valley Harriers |
| 2 | 474 | Ashley Ralph | 13.63 | St Albans AC |
| 3 | 485 | Steve Watson | 11.74 | Dacorum & Tring AC |
| 4 | 484 | Simon Turnock | 10.45 | Nene Valley Harriers |
| 5 | 467 | Daniel Moles | 09.70 | Colchester Harriers |

Triple Jump Final

Position

| | | | | |
|---|-----|----------------------|-------|--------------------|
| 1 | 445 | Kevin Brown | 13.41 | Southend AC |
| 2 | 438 | Craig Andrew | 13.32 | Luton AC |
| 3 | 437 | Luke Allen | 13.06 | West Suffolk AC |
| 4 | 464 | Christopher Marshall | 11.75 | City of Norwich AC |

U20 Women Results

100m Final (W/S +0.7)

Position

| | | | | |
|---|----|-----------------|-------|--------------------------|
| 1 | 49 | Kirsty Shepherd | 12.62 | Basildon AC |
| 2 | 36 | Charlotte Lacey | 13.94 | Cambridge & Coleridge AC |

100m Hurdles Final

Position

| | | | | |
|---|----|--------------|------|----------------------|
| 1 | 31 | Emily Craven | 18.3 | Peterborough AC |
| 2 | 46 | Lisa Potter | 18.5 | Braintree & District |

1500m Final

Position

| | | | | |
|---|----|---------------|---------|--------------------------|
| 1 | 25 | Carrie Arkell | 6.14.83 | Cambridge & Coleridge AC |
|---|----|---------------|---------|--------------------------|

200m Final (W/S +1.4)

Position

| | | | | |
|---|----|--------------|-------|-----------------|
| 1 | 31 | Emily Craven | 29.70 | Peterborough AC |
|---|----|--------------|-------|-----------------|

3000m Final

Position

| | | | | |
|---|----|------------------|----------|-------------------------------|
| 1 | 51 | Jessica Williams | 10.58.37 | Nene Valley Harriers |
| 2 | 32 | Jessica Docking | 11.33.18 | Woodford Green & Essex Ladies |

400m Final

Position

| | | | | |
|---|-----|---------------|-------|-----------------|
| 1 | 26 | Sade Bailey | 63.47 | Basildon AC |
| 2 | 194 | Emily Wenman | 64.52 | West Suffolk AC |
| 3 | 35 | Nicola Gibson | 68.38 | Peterborough AC |

400m Hurdles Final

Position

| | | | | |
|---|----|------------|-------|-----------------|
| 1 | 41 | Emily Moss | 70.57 | Peterborough AC |
|---|----|------------|-------|-----------------|

800m Final

Position

| | | | | |
|---|-----|-------------------|---------|--------------------------|
| 1 | 44 | Katie Parker | 2.36.13 | Cambridge & Coleridge AC |
| 2 | 478 | Nathalie Richards | 2.59.80 | Cambridge & Coleridge AC |

Discus Final

Position

| | | | | |
|---|----|------------------|-------------|-------------------------|
| 1 | 47 | Loren Scanes | 25.92 (CBP) | Stevenage & North Herts |
| 2 | 27 | Louise Capicotto | 25.50 | Watford Harriers |

Hammer Final

Position

| | | | | |
|---|----|---------------|-------|--------------------------|
| 1 | 34 | Alice Forster | 29.71 | Cambridge & Coleridge AC |
| 2 | 47 | Loren Scanes | 29.34 | Stevenage & North Herts |

High Jump Final

Position

| | | | | |
|---|----|-------------|------|------------------|
| 1 | 48 | Katy Sealy | 1.55 | Ipswich Harriers |
| 2 | 26 | Sade Bailey | 1.50 | Basildon AC |

Javelin Final

Position

| | | | | |
|---|----|-----------------|-------------|---------------------------|
| 1 | 37 | Louise Lockwood | 37.57 (CBP) | University of East London |
| 2 | 48 | Katy Sealy | 33.16 | Ipswich Harriers |

Long Jump Final

Position

| | | | | |
|---|----|-------------|------|----------------------|
| 1 | 46 | Lisa Potter | 4.63 | Braintree & District |
|---|----|-------------|------|----------------------|

Shot Putt Final

Position

| | | | | |
|---|----|---------------|-------------|--------------------------|
| 1 | 34 | Alice Forster | 11.15 (CBP) | Cambridge & Coleridge AC |
| 2 | 48 | Katy Sealy | 08.90 | Ipswich Harriers |

Triple Jump Final

Position

| | | | | |
|---|----|-------------|-------------|---------------------|
| 1 | 40 | Jade Morgan | 11.59 (CBP) | Colchester Harriers |
| 2 | 33 | Katie Doody | 09.83 | Luton AC |