

Event	Category	Description	Bib	Full name	Club	Age-gp	Performance	Wind m/s
300H	U16B	300m Hurdles U16B	.					
			247	Deron Morilla	Colchester & Tendring AC	U16B	44.48	
			271	Charlie Sutton	City Of Norwich AC	U16B	56.90	
300H	U16W	300m Hurdles U16 Girls	.					
			368	Hazel Spitzer	Herts Phoenix AC	U16G	48.95	
			318	Beatrice Harpur-Davies	West Suffolk AC	U16G	50.35	
			292	Jessica Bone	Brentwood Beagles Athletics Club	U16G	52.92	
			316	Hannah Hardy	Dacorum Athletics Club	U16G	66.53	
400H	U18W	400m Hurdles Under 18 women						
			459	Eleanor Roberts	Shaftesbury Barnet Harriers	U18W	67.36	
			439	Lily Ganley	City Of Norwich AC	U18W	67.36	
			461	Charlotte Smith	Peterborough & Nene Valley AC	U18W	69.69	
400H	U20W	400m Hurdles Under 20 Women	.	#N/A	#N/A	#N/A		
400H	SW	400m Hurdles Sen Women						
			503	Jessica Downing	Herts Phoenix AC	SW	66.76	
400H	U18M	400m Hurdles Under 18 men	.	#N/A	#N/A	#N/A		
400H	U20M	400m Hurdles Under 20 men						
			477	Joseph Arnold	Woodford Green AC with Essex Ladies	U20M	58.77	
400H	SM	400m Hurdles Senior men						
			6	David Bush	Peterborough & Nene Valley AC	SM	60.56	
100	U14G	100m U14 Girls heat 1						
			188	Lena Wawrzaszek	Bedford & County AC	U14G	13.15	-1.8
			180	Talia Stowers	City Of Norwich AC	U14G	13.24	-1.8
			161	Leonor Monforte Monteiro Thompson	Cambridge & Coleridge AC	U14G	13.77	-1.8
			130	Emmie Brooks	Great Yarmouth & District AC	U14G	13.80	-1.8
			192	Ela Yagiz	City of Southend On Sea AC	U14G	14.04	-1.8
			150	Isla-May Kenton	Peterborough & Nene Valley AC	U14G	14.10	-1.8
			174	Vilte Slenderyte	Harlow AC	U14G	14.27	-1.8
			164	Danielle Nti-Jackson	SS Athletics	U14G	14.50	-1.8
			556	Bethy Morris	St faiths school	U14G	15.00	-1.8

100	U14G	100m U14 Girls heat 2	515	Shalom Odetola	Bedford & County AC	U14G	12.99	-0.6
			132	Amiyah Cooper	Notts AC	U14G	13.17	-0.6
			120	Ayla Akay	Biggleswade AC	U14G	13.92	-0.6
			121	Felicia Amadasun	City Of Norwich AC	U14G	13.98	-0.6
100	U14G	100m U14 Girls heat 3	145	Kayla Iyere	Bedford & County AC	U14G	13.21	2.1
			170	Clodagh Quinn-Offe	City Of Norwich AC	U14G	13.62	2.1
			139	Alice Ganley	City Of Norwich AC	U14G	13.81	2.1
			510	Anna Bogusiewicz	Bedford & County AC	U14G	13.95	2.1
			152	Ariana Lewis	Biggleswade AC	U14G	14.26	2.1
100	U14G	100m U14 Girls heat 4	513	Desirae Mutsekwa	Bedford & County AC	U14G	12.71	1.7
			153	Nathania Lewis	Biggleswade AC	U14G	12.84	1.7
			171	Jessica Radcliffe	The HAWCS	U14G	13.28	1.7
			184	Lily Twumasi	Peterborough & Nene Valley AC	U14G	13.48	1.7
			179	Yasmin Stalham	SS Athletics	U14G	13.62	1.7
			181	Lily Talbot	Huntingdonshire AC	U14G	13.95	1.7
			151	Sofia Lawrence	Chelmsford AC	U14G	14.25	1.7
			134	Sienna Edwards	Herts Phoenix AC	U14G	14.38	1.7
100	U14G	100m U14 Girls final	513	Desirae Mutsekwa	Bedford & County AC	U14G	12.80	-1.9
			153	Nathania Lewis	Biggleswade AC	U14G	13.07	-1.9
			515	Shalom Odetola	Bedford & County AC	U14G	13.18	-1.9
			188	Lena Wawrzaszek	Bedford & County AC	U14G	13.28	-1.9
			132	Amiyah Cooper	Notts AC	U14G	13.40	-1.9
			145	Kayla Iyere	Bedford & County AC	U14G	13.43	-1.9
			180	Talia Stowers	City Of Norwich AC	U14G	13.46	-1.9
			171	Jessica Radcliffe	The HAWCS	U14G	13.66	-1.9
			170	Clodagh Quinn-Offe	City Of Norwich AC	U14G	13.85	-1.9
100	U16G	100m U16 Girls heat 1	502	Tia Somuyiwa	Herts Phoenix AC	0 U16G	12.32	1.2
			298	Eva Celestin	Thurrock Harriers	U16G	12.52	1.2
			538	Adrielle Mutsekwa	Bedford & County AC	U16G	12.75	1.2
			285	Zara Agbame	Bedford & County AC	U16G	12.82	1.2
			374	Deborah Udoh	Bedford & County AC	U16G	13.29	1.2
			317	Eva Harmel	Herts Phoenix AC	U16G	13.42	1.2

100	U16G	100m U16 Girls heat 2	303	Amelia Dawes	Bedford & County AC	U16G	13.94	1.2
			343	Abigail McElroy	Chelmsford AC	U16G	12.43	1.0
			313	Bri Grant	Luton Athletic Club	U16G	12.69	1.0
			305	Nina Dominique	Luton Athletic Club	U16G	13.34	1.0
			355	Mya Orekoya	Luton Athletic Club	U16G	14.03	1.0
			299	Maya Colese-Siklodi	Chelmsford AC	U16G	14.40	1.0
100	U16G	100m U16 Girls heat 3	377	Caelah-Leigh Whyte	Great Yarmouth & District AC	U16G	12.76	0.9
			381	Saskia Wyeth	Ipswich Harriers	U16G	13.15	0.9
			363	Simone Scott	Huntingdonshire AC	U16G	13.42	0.9
			341	Emilia Marron-Quevedo	Cambridge & Coleridge AC	U16G	15.65	0.9
			343	Abigail McElroy	Chelmsford AC	U16G	12.39	-1.6
100	U16G	100m U16 Girls final	502	Tia Somuyiwa	Herts Phoenix AC	0	12.48	-1.6
			298	Eva Celestin	Thurrock Harriers	U16G	12.66	-1.6
			313	Bri Grant	Luton Athletic Club	U16G	12.81	-1.6
			377	Caelah-Leigh Whyte	Great Yarmouth & District AC	U16G	12.92	-1.6
			538	Adrielle Mutsekwa	Bedford & County AC	U16G	12.98	-1.6
			285	Zara Agbame	Bedford & County AC	U16G	13.22	-1.6
			381	Saskia Wyeth	Ipswich Harriers	U16G	13.23	-1.6
			374	Deborah Udoh	Bedford & County AC	U16G	13.32	-1.6
			429	Maizie Boylan	Great Yarmouth & District AC	U18W	11.98	0.5
			473	Ellie Warman	City Of Norwich AC	U18W	12.28	0.5
			436	Evanna Eze	Woodford Green AC with Essex Ladies	U18W	12.31	0.5
			438	Erin Frisby	City of Southend On Sea AC	U18W	12.59	0.5
			426	Sureyya Akay	Biggleswade AC	U18W	13.10	0.5
475	Tia Weekes	Harlow AC	U18W	13.29	0.5			
474	Chloe Waters	Stevenage & North Herts AC	U18W	13.31	0.5			
437	Kayla Flack	Bedford & County AC	U18W	13.80	0.5			
100	U20W	100m U20W final						
100	SW	100m Sen Women final	497	Aisha Elouassi	City Of Norwich AC	U20W	12.88	-1.8
			47	Eleanor Griffin	Luton Athletic Club	SW	12.76	-1.8
			34	Krystle Balogun	Ilford AC	SW	13.09	
			49	Ruby Love	City Of Norwich AC	SW	13.34	

100	U14B	100m U14 Boys heat 1	51	Victoria Staines	City of Southend On Sea AC	SW	13.63	
			74	Max Cheetham	Brentwood Beagles Athletics Club	U14B	11.60	1.1
			98	Alfie Olaore	Peterborough & Nene Valley AC	U14B	11.80	
			107	Samuel Smith	Bedford & County AC	U14B	13.01	
			88	Savain Kolamunne	Cambridge & Coleridge AC	U14B	13.70	
			65	Reble Baxendale	Huntingdonshire AC	U14B	13.70	
			549	Tawana Zanamwe	St faiths school	U14B	13.75	
			116	Isaac Western	Ryston Runners	U14B	14.88	
100	U14B	100m U14 Boys heat 2	117	Alex Westgate	Herts Phoenix AC	U14B	11.95	1.5
			97	Kalu Ojike	The HAWCS	U14B	12.37	
			102	Harrison Pettit	Cambridge & Coleridge AC	U14B	12.74	
			95	Joel Mukasa	Stevenage & North Herts AC	U14B	14.26	
			105	Alfie Shallcross	Great Yarmouth & District AC	U14B	15.44	
			110	Samuel Torr	Peterborough & Nene Valley AC	U14B	15.63	
			72	Max Carmichael	Huntingdonshire AC	U14B	17.68	
			100	U14B	100m U14 boys Heat 3	57	Hannas Aina	Thurrock Harriers
56	Nathan Adeleye	Herts Phoenix AC				U14B	12.22	
76	Seif Fahmy	SS Athletics				U14B	13.52	
78	Aaditya Gupta	Cambridge & Coleridge AC				U14B	14.88	
74	Max Cheetham	Brentwood Beagles Athletics Club				U14B	11.55	-0.4
100	U14B	100m U14 Boys final	117	Alex Westgate	Herts Phoenix AC	U14B	11.67	
			98	Alfie Olaore	Peterborough & Nene Valley AC	U14B	11.83	
			57	Hannas Aina	Thurrock Harriers	U14B	11.93	
			56	Nathan Adeleye	Herts Phoenix AC	U14B	12.29	
			97	Kalu Ojike	The HAWCS	U14B	12.77	
			102	Harrison Pettit	Cambridge & Coleridge AC	U14B	13.11	
			107	Samuel Smith	Bedford & County AC	U14B	13.34	
			76	Seif Fahmy	SS Athletics	U14B	13.53	
100	U16B	100m U16 Boys heat 1	246	Kiyan Medina	Be Fit Today Track Academy	U16B	11.2	0.5
			245	Emmanuel Mba	Cambridge & Coleridge AC	U16B	11.8	
			212	Theo Cumberbatch	Bedford & County AC	U16B	12.5	
			206	Anthony Chen	The HAWCS	U16B	13.0	

100	U16B	100m U16 Boys heat 2	220	Caylan Emmanuel	St Albans AC	U16B	11.15	-0.2
			234	George Hill	City of Southend On Sea AC	U16B	11.44	
			257	Zac Petherbridge	SS Athletics	U16B	11.67	
			273	George Thompson	City of Southend On Sea AC	U16B	12.05	
			249	Robert Nicholls	City Of Norwich AC	U16B	12.24	
			276	Callum Wallis	Herts Phoenix AC	U16B	12.76	
100	U16B	100m U16 Boys Heat 3	225	Kaiden Gayle	Luton Athletic Club	U16B	11.61	0.7
			217	Sebastian Downs	Bedford & County AC	U16B	11.64	
			203	Gabriel Bronkhurst	Stevenage & North Herts AC	U16B	12.06	
			239	Ibrahim Khan	Bedford & County AC	U16B	12.11	
			525	Charlie Fyers	Bedford & County AC	U16B	13.86	
100	U16B	100m U16 Boys final	220	Caylan Emmanuel	St Albans AC	U16B	11.00	1.9
			246	Kiyan Medina	Be Fit Today Track Academy	U16B	11.09	
			234	George Hill	City of Southend On Sea AC	U16B	11.15	
			225	Kaiden Gayle	Luton Athletic Club	U16B	11.42	
			257	Zac Petherbridge	SS Athletics	U16B	11.55	
			217	Sebastian Downs	Bedford & County AC	U16B	11.59	
			245	Emmanuel Mba	Cambridge & Coleridge AC	U16B	11.78	
			273	George Thompson	City of Southend On Sea AC	U16B	11.96	
			203	Gabriel Bronkhurst	Stevenage & North Herts AC	U16B	12.01	
100	U18M	100m U18 Men final	401	Noah Karat	Cambridge & Coleridge AC	U18M	10.97	2.1
			417	Jerome Whiteley	City of Southend On Sea AC	U18M	11.14	
			407	Lester Palmer	Ipswich Harriers	U18M	11.36	
			390	Henry Elbro	City Of Norwich AC	U18M	11.58	
			419	Caleb Wilson	Ely Runners	U18M	11.83	
			404	Liam Morris	Huntingdonshire AC	U18M	12.22	
100	U20M	100m U20 men final	486	Thomas Moody-Tipping	Cambridge & Coleridge AC	U20M	11.12	1.7
			483	Archie Hannent	City Of Norwich AC	U20M	11.27	
			476	Nurein Adams	Ipswich Harriers	U20M	11.39	

100	SM	100m Sen Men final	27	Christian Tansey	Cambridge & Coleridge AC	SM	11.26	0.0		
			11	Tade Elesheku	Harlow AC	SM	11.67			
			19	Ryan Kennerley	Biggleswade AC	SM	11.81			
			7	Roy Chambers	Woking AC	SM	12.20			
800	U14G	800m U14 Girls final	Ht2	190	Katie Wiles	Basildon AC	U14G	2:21.88		
			Ht2	126	Chloe Berry	Saint Edmund Pacers	U14G	2:21.90		
			Ht2	168	Grace Peters	Herts Phoenix AC	U14G	2:23.98		
			Ht2	137	Libby Flitton	Luton Athletic Club	U14G	2:25.72		
			Ht2	154	Poppy Makin	Bedford & County AC	U14G	2:26.14		
			Ht2	149	Kitty Kelly	Huntingdonshire AC	U14G	2:29.10		
			Ht2	191	April Winfield	Dacorum Athletics Club	U14G	2:31.76		
			Ht2	128	Katie Biscoe	Luton Athletic Club	U14G	2:32.22		
			Ht 1	144	Chloe-anne Howard	City of Southend On Sea AC	U14G	2:37.00		
			Ht2	146	Danica Jagiello	Luton Athletic Club	U14G	2:38.00		
			Ht 1	125	Lillya Bellabiod	Peterborough & Nene Valley AC	U14G	2:45.98		
			Ht 1	133	Isobel Edwards	Huntingdonshire AC	U14G	2:47.35		
			Ht 1	136	Sofia Ewen	Brentwood Beagles Athletics Club	U14G	2:50.35		
			Ht 1	140	Keira Hadley	Basildon AC	U14G	2:50.65		
			Ht 1	129	Darcie-Rae Brewer	Herts Phoenix AC	U14G	2:51.26		
			Ht 1	143	Lucy Hilton	Huntingdonshire AC	U14G	2:55.33		
			Ht 1	173	Ella Silvain	Basildon AC	U14G	2:55.82		
Ht 1	124	Elissia Bell	Saint Edmund Pacers	U14G	2:58.36					
800	U16G	800m U16 Girls final	345	Alexandra McVittie	Saint Edmund Pacers	U16G	2:16.90			
			350	Keira Nix	Basildon AC	U16G	2:20.60			
			294	India Bostock	Saint Edmund Pacers	U16G	2:23.37			
			314	Giselle Green	Cambridge & Coleridge AC	U16G	2:25.13			
			306	Serena Fadda-Archibald	Bedford & County AC	U16G	2:25.47			
			322	Izzy Hilton	Huntingdonshire AC	U16G	2:29.34			
			361	Hattie Roques	Cambridge & Coleridge AC	U16G	2:29.80			
			376	Ava Weathers	West Suffolk AC	U16G	2:31.17			
			312	Tayla Goodswen	City Of Norwich AC	U16G	2:35.33			
			365	Ella Simpson	Colchester Harriers AC	U16G	2:37.53			
			800	U18W	800m U18 Women final	440	Evie Gowers	Colchester Harriers	U18W	2:41.5

800	U20W	800m U20 Womens final					
			499	Izzie Newman	Huntingdonshire AC	U20W	2:24.5
800	SW	800m Sen Women final					
			36	Jasmine Bilner	Ipswich Jaffa RC	SW	2:46.7
800	U14B	800m U14 Boys final					
			82	Jake Henson	Huntingdonshire AC	U14B	2:16.18
			93	Finlay McGeehan	Cambridge & Coleridge AC	U14B	2:17.93
			69	Ayrton Brenkley	SS Athletics	U14B	2:18.93
			99	Jake Oliver	Luton Athletic Club	U14B	2:20.73
			106	Moses Smith	Huntingdonshire AC	U14B	2:21.39
			103	Eddie Radford	Peterborough & Nene Valley AC	U14B	2:22.20
			104	Endri Rodha	SS Athletics	U14B	2:22.39
			114	Jake Wallace	Bedford & County AC	U14B	2:22.90
			71	Owen Calver	Cambridge & Coleridge AC	U14B	2:24.83
			113	Isaac Unsworth	City Of Norwich AC	U14B	2:28.65
800	U16B	800m U16 Boys final					
			281	Finley Winship	City Of Norwich AC	U16B	2:02.18
			226	Austin Gibbs	Great Yarmouth & District AC	U16B	2:07.09
			238	Alfie Kelly	Ipswich Jaffa RC	U16B	2:08.47
			254	Samuel Parker	Cambridge & Coleridge AC	U16B	2:12.77
			265	Josh Seaman	Ipswich Jaffa RC	U16B	2:14.12
			233	Dexter Haynes	SS Athletics	U16B	2:15.35
			261	Samuel Pryke	Cambridge & Coleridge AC	U16B	2:15.52
			232	Jonathan Gruppetta	Luton Athletic Club	U16B	2:21.54
			274	Noah Tsjoen	Saint Edmund Pacers	U16B	2:23.37
800	U18M	800m U18 Men final					
			.	#N/A	#N/A	#N/A	
800	U20M	800m U20 mens final					
			493	William Wassmer	Great Yarmouth & District AC	U20M	2:00.54
800	SM	800m Sen mens final					
			384	Stephen Bradley	Basildon AC	U18M	2:11.53
400	U18W	400m U18 Womens final					
			465	Bella Taylor	Saint Edmund Pacers	U18W	58.33
			463	Stephanie Smith	Chelmsford AC	U18W	59.78
			443	Tilly Heaton	Basildon AC	U18W	60.23
			467	Allegra Thornton	Herts Phoenix AC	U18W	61.50
			464	Charlotte Stannage	Peterborough & Nene Valley AC	U18W	63.67

			442	Aimee Hays	Huntingdonshire AC	U18W	67.14
			470	Eva Townshend	North Norfolk Harriers Athletics Club	U18W	68.88
400	U20W	400m U20 Womens final					
			499	Izzie Newman	Huntingdonshire AC	U20W	62.51
400	SW	400m Sen Womens final					
			33	Vanessa Ansuaa	Shaftesbury Barnet Harriers	SW	57.75
			49	Ruby Love	City Of Norwich AC	SW	65.97
400	U18M	400m U18 mens final					
			412	Daniel Stefan	Basildon AC	U18M	51.01
			405	Aston Oakley	Herts Phoenix AC	U18M	51.91
			394	Alphin Hadfield	Peterborough & Nene Valley AC	U18M	52.35
			420	Jayden Wood	Luton Athletic Club	U18M	52.38
			409	Jakub Skamla	Chelmsford AC	U18M	53.14
			421	Samuel Woodhall	Huntingdonshire AC	U18M	53.54
400	U20M	400m U20 men final					
			484	George Hardy	Biggleswade AC	U20M	49.83
			490	Femi Seyi-Adelaja	Ipswich Harriers	U20M	50.00
			489	Benedict Scott	Huntingdonshire AC	U20M	50.37
			480	Oliver Curran	Herts Phoenix AC	U20M	54.46
400	SM	400m Sen mens final					
			4	Zachary Bowes	Huntingdonshire AC	SM	49.99
300	U16G	300m U16 Girls heat 1					
			354	Gabriela Olusanya-Artiles	Dacorum Athletics Club	U16G	40.93
			337	Isobel Lofty	Herts Phoenix AC	U16G	43.60
			371	Lottie Stocker	Herts Phoenix AC	U16G	45.30
			287	Betty Appleton	City Of Norwich AC	U16G	47.28
			366	Isabella Smith	Huntingdonshire AC	U16G	50.78
300	U16G	300m U16 Girls heat 2					
			332	Maya Kihogo	The HAWCS	U16G	44.00
			350	Keira Nix	Basildon AC	U16G	44.06
			330	Ella Kading	Ipswich Harriers	U16G	44.29
			359	Phoebe-Rose Roberts	Luton Athletic Club	U16G	45.08
			284	Bernice Afonso	The HAWCS	U16G	45.70
300	U16G	300m U16 Girls heat 3					
			352	Abigail Nwakor	Chelmsford AC	U16G	43.13
			306	Serena Fadda-Archibald	Bedford & County AC	U16G	44.27
			342	Maisie Martin	Luton Athletic Club	U16G	45.02

300	U16G	300m U16 Girls final	346	Imogen McVittie	Saint Edmund Pacers	U16G	49.34				
			354	Gabriela Olusanya-Artiles	Dacorum Athletics Club	U16G	40.99				
			350	Keira Nix	Basildon AC	U16G	42.33				
			337	Isobel Lofty	Herts Phoenix AC	U16G	42.64				
			352	Abigail Nwakor	Chelmsford AC	U16G	42.67				
			332	Maya Kihogo	The HAWCS	U16G	43.43				
			330	Ella Kading	Ipswich Harriers	U16G	43.94				
			342	Maisie Martin	Luton Athletic Club	U16G	44.55				
300	U16B	300m U16 Boys heat 1	306	Serena Fadda-Archibald	Bedford & County AC	U16G	45.46				
			243	Noah Marklew	SS Athletics	U16B	38.3				
			209	James Coleman	Huntingdonshire AC	U16B	38.5				
			275	Toby Tubbs	Chelmsford AC	U16B	38.7				
			203	Gabriel Bronkhurst	Stevenage & North Herts AC	U16B	41.4				
			230	Ben Grey	Cambridge & Coleridge AC	U16B	41.9				
			300	U16B	300m U16 Boys heat 2	235	Jacksen Hornagold	Huntingdonshire AC	U16B	37.94	
						194	Luke Anderson	West Norfolk AC	U16B	39.02	
252	Amanze Ojike	The HAWCS				U16B	41.36				
249	Robert Nicholls	City Of Norwich AC				U16B	42.11				
232	Jonathan Gruppetta	Luton Athletic Club				U16B	43.52				
300	U16B	300m U16 Boys final				235	Jacksen Hornagold	Huntingdonshire AC	U16B	37.76	
						243	Noah Marklew	SS Athletics	U16B	38.28	
						194	Luke Anderson	West Norfolk AC	U16B	38.38	
			275	Toby Tubbs	Chelmsford AC	U16B	39.10				
			203	Gabriel Bronkhurst	Stevenage & North Herts AC	U16B	40.79				
			252	Amanze Ojike	The HAWCS	U16B	44.34				
			75H	U14G	75m Hurdles U14 Girls final	166	Davina Oladele	Thurrock Harriers	U14G	12.0	1.1
						131	Nina Cant	City Of Norwich AC	U14G	12.5	
139	Alice Ganley	City Of Norwich AC				U14G	12.5				
119	Bailey-Rae Agyemang	Stevenage & North Herts AC				U14G	12.6				
192	Ela Yagiz	City of Southend On Sea AC				U14G	12.6				
189	Delilah Whittle	Cambridge & Coleridge AC				U14G	12.8				
147	Kylie Kayembe	Chelmsford AC				U14G	12.9				

			557	Maggie Morris	St faiths school	U14G	12.9	
			157	Alice McLaren	Cambridge & Coleridge AC	U14G	13.1	
80H	U16G	80m Hurdles U16 Girls heat 1						
			340	Jennifer Mardle	City Of Norwich AC	U16G	12.48	-0.5
			297	Saoirse Casey-Bond	Harlow AC	U16G	12.62	
			339	Oluwagbemisola Majiyagbe	The HAWCS	U16G	12.62	
			368	Hazel Spitzer	Herts Phoenix AC	U16G	13.26	
			347	Cherri Moss	Chelmsford AC	U16G	13.50	
			382	Skyrah Yarnold-Da Silva	Thetford AC	U16G	18.66	
80H	U16G	80m Hurdles U16 Girls heat 2						
			375	Clara Upjohn	Dacorum Athletics Club	U16G	12.14	-1.0
			331	Esme Khakpour-Smith	Dacorum Athletics Club	U16G	12.56	
			380	Madison Wright	St Albans AC	U16G	12.66	
			286	Chloe Allam	Chelmsford AC	U16G	12.79	
			344	Erin McFarlane	Herts Phoenix AC	U16G	14.84	
			366	Isabella Smith	Huntingdonshire AC	U16G	16.67	
80H	U16G	80m Hurdles U16 Girls Final						
			375	Clara Upjohn	Dacorum Athletics Club	U16G	11.85	0.2
			286	Chloe Allam	Chelmsford AC	U16G	12.30	
			331	Esme Khakpour-Smith	Dacorum Athletics Club	U16G	12.30	
			340	Jennifer Mardle	City Of Norwich AC	U16G	12.40	
			380	Madison Wright	St Albans AC	U16G	12.57	
			368	Hazel Spitzer	Herts Phoenix AC	U16G	12.92	
			297	Saoirse Casey-Bond	Harlow AC	U16G	12.94	
80H	U14B	80m Hurdles U14 Boys Final						
			58	Jacob Allam	Chelmsford AC	U14B	12.57	0.4
			545	Sam Johnson	St faiths school	U14B	13.24	
			81	Owen Henderson	Cambridge & Coleridge AC	U14B	13.26	
			62	Adam Bacon	Bedford & County AC	U14B	13.58	
			73	Cian Casey-Bond	Harlow AC	U14B	14.74	
			90	Douglas Lofty	Herts Phoenix AC	U14B	15.22	
100H	U18W	100m Hurdles U18 Women final						
			460	Dakota Sladden	SS Athletics	U18W	15.89	-0.6
			448	Desire Kehinde	Basildon AC	U18W	16.17	
			437	Kayla Flack	Bedford & County AC	U18W	23.24	
100H	SW	100m Hurdles SW Women final						
			41	Jessica Dixon-Walker	Peterborough & Nene Valley AC	SW	15.59	-0.6

100H	U16B	100m Hurdles U16 Boys final	256 Finn Petherbridge	SS Athletics	U16B	14.86	-0.6
			240 Ashton King	Stevenage & North Herts AC	U16B	15.86	
			253 Derin Okubanjo	Havering AC	U16B	16.63	
110H	U18M	110m Hurdles U18 men final	402 James Lupton	City Of Norwich AC	U18M	15.56	
110H	SM	110m Hurdles Sen men final	19 Ryan Kennerley	Biggleswade AC	SM	17.03	
3000	U16G	3k U16 Girls final	288 Heidi Bailey	Basildon AC	U16G	10:46.40	
			357 Sadie Owen	SS Athletics	U16G	11:03.41	
			372 Amalie Twydell	Brentwood Beagles Athletics Club	U16G	11:34.52	
			360 Demitria Robinson	Basildon AC	U16G	12:29.52	
3000	U18W	3k U18 women final	454 Zara Morley	Brentwood Beagles Athletics Club	U18W	11:01.14	
3000	SW	3kSen Women final	39 Grace Burrell	Basildon AC	SW	9:41.33	
3000	U16B	3k U16B final	231 Noah Griffiths	Ipswich Jaffa RC	U16B	9:22.90	
			531 Oliver Henderson	Bedford & County AC	U16B	9:38.25	
			215 Harry Doran	Great Yarmouth & District AC	U16B	10:14.71	
			218 Liam Durrant	Beccles & Bungay Harriers	U16B	11:30.70	
3000	U18M	3k U18 men final	398 Adam Johnson	Cambridge & Coleridge AC	U18M	9:21.47	
			410 Isaac Skivington	North Norfolk Harriers Athletics Club	U18M	9:25.60	
			393 Jacob Griffin	Saint Edmund Pacers	U18M	9:26.97	
3000	SM	3k Sen Men final	25 Joe Payne	Basildon AC	SM	10:46.93	
			31 Iain Wood	Cambridge & Coleridge AC	SM	10:58.32	
			20 Shane Lawrence	Eastern Masters AC	SM	15:58.31	
200	U14G	200m U14 Girls heat 1	165 Shalom Odetola	Bedford & County AC	U14G	26.42	2.3
			132 Amiyah Cooper	Notts AC	U14G	27.33	
			184 Lily Twumasi	Peterborough & Nene Valley AC	U14G	28.30	
			128 Katie Biscoe	Luton Athletic Club	U14G	28.93	
			556 Bethy Morris	St faiths school	U14G	31.51	

200	U14G	200m U14 Girls heat 2	162	Desirae Mutsekwa	Bedford & County AC	U14G	26.88	1.6
			130	Emmie Brooks	Great Yarmouth & District AC	U14G	28.61	
			147	Kylie Kayembe	Chelmsford AC	U14G	29.21	
200	U14G	200m U14 Girls heat 3	188	Lena Wawrzaszek	Bedford & County AC	U14G	26.61	1.9
			145	Kayla Iyere	Bedford & County AC	U14G	27.17	
			171	Jessica Radcliffe	The HAWCS	U14G	27.37	
			121	Felicia Amadasun	City Of Norwich AC	U14G	28.63	
			152	Ariana Lewis	Biggleswade AC	U14G	29.40	
			174	Vilte Slenderyte	Harlow AC	U14G	30.20	
			129	Darcie-Rae Brewer	Herts Phoenix AC	U14G	31.32	
200	U14G	200m U14 Girls heat 4	153	Nathania Lewis	Biggleswade AC	U14G	26.62	-0.5
			150	Isla-May Kenton	Peterborough & Nene Valley AC	U14G	28.35	
			120	Ayla Akay	Biggleswade AC	U14G	29.18	
			151	Sofia Lawrence	Chelmsford AC	U14G	29.58	
200	U14G	200m U14 Girls final	162	Desirae Mutsekwa	Bedford & County AC	U14G	26.18	-0.2
			153	Nathania Lewis	Biggleswade AC	U14G	26.62	
			165	Shalom Odetola	Bedford & County AC	U14G	26.88	
			188	Lena Wawrzaszek	Bedford & County AC	U14G	27.46	
			132	Amiyah Cooper	Notts AC	U14G	27.64	
			171	Jessica Radcliffe	The HAWCS	U14G	27.75	
			145	Kayla Iyere	Bedford & County AC	U14G	27.95	
200	U16G	200m U16 Girls final	326	Ettillie Jack	Ipswich Harriers	U16G	25.78	1.4
			377	Caelah-Leigh Whyte	Great Yarmouth & District AC	U16G	26.21	
			313	Bri Grant	Luton Athletic Club	U16G	26.52	
			374	Deborah Udoh	Bedford & County AC	U16G	27.37	
			286	Chloe Allam	Chelmsford AC	U16G	27.60	
			317	Eva Harmel	Herts Phoenix AC	U16G	28.56	
			300	Robyn Colyer	Brentwood Beagles Athletics Club	U16G	29.00	
			355	Mya Orekoya	Luton Athletic Club	U16G	30.53	

200	U18W	200m U18 Women heat 1	473	Ellie Warman	City Of Norwich AC	U18W	25.50	2.0
			456	Nikola Obolewicz	Cambridge & Coleridge AC	U18W	26.05	
			441	Nicole Hawkins	Chelmsford AC	U18W	26.37	
			452	Orla Matthewman	Bedford & County AC	U18W	26.89	
			475	Tia Weekes	Harlow AC	U18W	27.17	
200	U18W	200m U18 Women heat 2	429	Maizie Boylan	Great Yarmouth & District AC	U18W	24.64	2.0
			474	Chloe Waters	Stevenage & North Herts AC	U18W	26.92	
			438	Erin Frisby	City of Southend On Sea AC	U18W	26.92	
			426	Sureyya Akay	Biggleswade AC	U18W	27.37	
200	U18W	200m U18 women final	429	Maizie Boylan	Great Yarmouth & District AC	U18W	24.98	0.3
			473	Ellie Warman	City Of Norwich AC	U18W	25.54	
			441	Nicole Hawkins	Chelmsford AC	U18W	26.55	
			474	Chloe Waters	Stevenage & North Herts AC	U18W	27.38	
			452	Orla Matthewman	Bedford & County AC	U18W	27.52	
200	U20W	200m U20 women final	497	Aisha Elouassi	City Of Norwich AC	U20W	26.59	0.4
200	SW	200m Sen Women final	34	Krystle Balogun	Ilford AC	SW	26.54	0.4
			49	Ruby Love	City Of Norwich AC	SW	26.96	
			51	Victoria Staines	City of Southend On Sea AC	SW	29.69	
200	U14B	200m U14 Boys Heat 1	98	Alfie Olaore	Peterborough & Nene Valley AC	U14B	24.97	-0.4
			69	Ayrton Brenkley	SS Athletics	U14B	28.06	
			547	Rory Robertson	St faiths school	U14B	28.14	
			104	Endri Rodha	SS Athletics	U14B	28.58	
200	U14B	200m U14 Boys Heat 2	77	Finley Grebby	Luton Athletic Club	U14B	25.16	0.2
			56	Nathan Adeleye	Herts Phoenix AC	U14B	25.55	
			111	Micah Udechuku	Chelmsford AC	U14B	28.49	
			116	Isaac Western	Ryston Runners	U14B	31.75	
			105	Alfie Shallcross	Great Yarmouth & District AC	U14B	33.33	

200	U14B	200m U14 Boys Heat 3	74	Max Cheetham	Brentwood Beagles Athletics Club	U14B	24.57	0.8
			58	Jacob Allam	Chelmsford AC	U14B	27.04	
			108	Theodore Smith	Dacorum Athletics Club	U14B	28.49	
			65	Reble Baxendale	Huntingdonshire AC	U14B	28.59	
			549	Tawana Zanamwe	St faiths school	U14B	28.94	
			78	Aaditya Gupta	Cambridge & Coleridge AC	U14B	30.12	
200	U14B	200m U14 Boys final	74	Max Cheetham	Brentwood Beagles Athletics Club	U14B	24.51	
			98	Alfie Olaore	Peterborough & Nene Valley AC	U14B	25.04	
			56	Nathan Adeleye	Herts Phoenix AC	U14B	26.36	
			58	Jacob Allam	Chelmsford AC	U14B	26.97	
			547	Rory Robertson	St faiths school	U14B	28.47	
			108	Theodore Smith	Dacorum Athletics Club	U14B	29.00	
200	U16B	200m U16 Boys Heat 1	234	George Hill	City of Southend On Sea AC	U16B	24.34	0.0
			225	Kaiden Gayle	Luton Athletic Club	U16B	24.50	
			252	Amanze Ojike	The HAWCS	U16B	25.30	
			273	George Thompson	City of Southend On Sea AC	U16B	25.37	
			212	Theo Cumberbatch	Bedford & County AC	U16B	25.57	
			266	Reuben Selby	West Suffolk AC	U16B	26.10	
200	U16B	200m U16 Boys Heat 2	220	Caylan Emmanuel	St Albans AC	U16B	23.59	0.0
			221	Ben Evans	Stevenage & North Herts AC	U16B	24.25	
			530	Morgan Aislabie	Bedford & County AC	U16B	24.81	
			276	Callum Wallis	Herts Phoenix AC	U16B	26.12	
			206	Anthony Chen	The HAWCS	U16B	26.94	
200	U16B	200m U16 Boys final	220	Caylan Emmanuel	St Albans AC	U16B	22.99	0.1
			225	Kaiden Gayle	Luton Athletic Club	U16B	24.29	
			221	Ben Evans	Stevenage & North Herts AC	U16B	24.48	
			252	Amanze Ojike	The HAWCS	U16B	25.26	
200	U18M	200m U18 men final	417	Jerome Whiteley	City of Southend On Sea AC	U18M	22.80	0.2
			390	Henry Elbro	City Of Norwich AC	U18M	23.58	
			421	Samuel Woodhall	Huntingdonshire AC	U18M	23.80	
			419	Caleb Wilson	Ely Runners	U18M	24.52	

200	U20M	200m U20 men final	416	Harry Ward	Huntingdonshire AC	U18M	24.83	
			482	Harry Emeh	Luton Athletic Club	U20M	22.73	-1.0
			486	Thomas Moody-Tipping	Cambridge & Coleridge AC	U20M	22.91	
200	SM	200m Senior men final	488	Raphael Sanders	Bedford & County AC	U20M	25.62	
			1	Thomas Abbott	Cambridge & Coleridge AC	SM	22.82	-1.0
1500	U14G	1500m final U14 Girls	27	Christian Tansey	Cambridge & Coleridge AC	SM	23.04	
			135	Lianne Esterhuysen	Brentwood Beagles Athletics Club	U14G	5:01.37	
1500	U16G	1500m final U16 Girls	156	Nisa May	West Suffolk AC	U14G	5:12.29	
			155	Amaya Mathukia	Basildon AC	U14G	5:13.85	
			142	Callie Hicks	Norwich Road Runners	U14G	5:26.58	
			517	Rosie Cusack	Bedford & County AC	U14G	5:33.40	
			187	Isabelle Upton-Lynch	North Norfolk Harriers Athletics Club	U14G	6:06.58	
			349	Cora Naylor	Herts Phoenix AC	U16G	4:46.50	
			307	Emilia Farnell	North Norfolk Harriers Athletics Club	U16G	4:57.90	
1500	U18W	1500m U18W final	383	Isla Young	Basildon AC	U16G	4:59.84	
			329	India Johnson	Saint Edmund Pacers	U16G	5:04.84	
			293	Lauren Bone	Biggleswade AC	U16G	5:06.78	
			336	Madelaine Legg	Cambridge & Coleridge AC	U16G	5:29.77	
			311	Eleanor Garnham	Colchester Harriers AC	U16G	5:36.24	
			430	Violet Brooke	City Of Norwich AC	U18W	4:51.79	
1500	U20W	1500m U20 women final	462	Molly Smith	Saint Edmund Pacers	U18W	4:53.78	
			472	Jessica Walker	Chelmsford AC	U18W	4:59.56	
			446	Cressida Hughes	Cambridge & Coleridge AC	U18W	5:11.44	
			433	Sophie Clark	Huntingdonshire AC	U18W	5:24.28	
			427	Olivia Allen	North Norfolk Harriers Athletics Club	U18W	5:52.59	
			435	Eloise Edridge	North Norfolk Harriers Athletics Club	U18W	6:10.83	
1500	SW	1500m senior women final	498	Ava Mears	North Norfolk Harriers Athletics Club	U20W	5:04.55	
			.	#N/A	#N/A	#N/A		

1500	U14B	1500m U14 Boys final	84	Cody Holland	Waveney Valley AC	U14B	4:35.41
			109	Rowan Stringer	Colchester & Tendring AC	U14B	4:38.80
			75	Ayrton Cornes Oliff	Cambridge & Coleridge AC	U14B	4:42.99
			59	Bentley Anthony	Huntingdonshire AC	U14B	4:44.93
			505	Isaac Morgan	Bedford & County AC	U14B	4:51.81
			548	Mikhail Rozhko	St faiths school	U14B	4:56.83
			115	James Watts	West Norfolk AC	U14B	5:00.04
			79	Michael Hargrave	City Of Norwich AC	U14B	5:05.34
			506	Parker Greenman	Bedford & County AC	U14B	5:08.13
			504	Elliot Janes	Bedford & County AC	U14B	5:13.59
			87	Hari Jugdaohsingh	Cambridge & Coleridge AC	U14B	5:21.61
			64	Sam Bailey	Colchester Harriers AC	U14B	5:29.62
			1500	U16B	1500m U16 Boys final	529	Fraser Williams
283	Jack Wright	Herts Phoenix AC				U16B	4:20.39
222	Fred Ferman	Chelmsford AC				U16B	4:25.73
255	Alexander Parry-Jones	Harlow AC				U16B	4:28.55
205	Charles Cass-Courtney	Saint Edmund Pacers				U16B	4:37.19
241	Charlie Lee	SS Athletics				U16B	4:39.49
204	Monty Brown	North Norfolk Harriers Athletics Club				U16B	4:43.64
228	Julius Goldie	Cambridge & Coleridge AC				U16B	4:46.87
1500	U18M	1500m U18 Men final	385	James Branch	The HAWCS	U18M	4:14.05
			408	Hayden Silvain	Basildon AC	U18M	4:57.17
1500	U20M	1500m U20 Men final	481	Sean Eales	Colchester Harriers AC	U20M	4:26.49
1500	SM	1500m Sen mens final	.				
			.	#N/A	#N/A	#N/A	#N/A