

Essex Championships Day One Track Results.
Ilford 1st May 2006

Age Group	Event	Number	Name	Club	time	Heat			
B U13	75mH	82	C Carter	Orion	13.10	1	-1.9		
		67	B Didman	South HS	13.80				
		86	J Griffiths	Chalvedon	14.80				
		41	C Stannett	Eastwood	15.40				
		110	S Alo	De La'Salle	15.60				
		17	S Druce	Fitzwimarc	16.60				
		84	S Gula	Chalvedon	14.60	2	NTT		
		68	M Fox	South HS	14.60				
		113	J Lazell	De La'Salle	15.50				
		26	T Everest	Fitzwimarc	16.70				
		29	E Sands	Fitzwimarc	14.00	3	-1.3		
		69	J Rees	South HS	14.30				
		85	C Kirby	Chalvedon	15.70				
		107	T Williams	Bas	15.80				
		114	D Martin	De La'Salle	16.00				
		66	J Sirkett	South HS	13.60	4	-2.0		
		13	S Jobey	Fitzwimarc	15.70				
		15	J Stone	Fitzwimarc	15.90				
		100	H Newton	Bas	16.20				
		14	C Batchelor	Fitzwimarc	17.20				
		2	C McLean	Southend AC	14.70	5	-1.8		
		116	M Salarko	De La'Salle	14.80				
		18	L Williams	Fitzwimarc	15.00				
		22	S Lawrence	Fitzwimarc	16.00				
		32	T Bloxham	Fitzwimarc	16.00				
		53	J Tele	Southend AC	13.40	6	-1.9		
		87	B Goldstone	Chalvedon	14.00				
		43	B Yates	Eastwood	15.70				
		28	T Catlin	Fitzwimarc	16.00				
		61	B Clark	Cecil Jones	16.80				
		66	J Sirkett	South HS	12.94	S/F1	-1.5		
		82	C Carter	Orion	13.31				
		29	E Sands	Fitzwimarc	13.87				
		87	B Goldstone	Chalvedon	14.17				
		2	C McLean	Southend AC	14.44				
		86	J Griffiths	Chalvedon	14.73				
		53	J Tele	Southend AC	13.03	S/F2	-3.1		
		67	B Didman	South HS	13.11				
		69	J Rees	South HS	14.12				
		84	S Gula	Chalvedon	14.72				
		116	M Salarko	De La'Salle	14.93				
		68	M Fox	South HS	16.41				
		53	J Tele	Southend AC	13.12	Final	-2.7		
		67	B Didman	South HS	13.14				
		66	J Sirkett	South HS	13.54				
		69	J Rees	South HS	14.16				
		29	E Sands	Fitzwimarc	14.42				
		82	C Carter	Orion	DNS				
		B U13	200m	53	J Tele	Southend AC	27.72	H1	0
				44	C Smith	Hav/Mayes	28.05		
				16	B Austin	Fitzwimarc	29.33		
				100	H Newton	Basildon	31.19		
				14	C Batchel	Fitzwimarc	32.45		
				24	J Llander	Fitzwimarc	DNS		
				55	A Akintok	Thurrock	26.76	H2	-4.3
				94	A Thorne	Greensward	29.34		
4	J Pitts			C'ford AC	31.73				
22	S Lawrence			Fitzwimarc	32.52				
27	J Catt			Fitzwimarc	33.54				
23	C Rydon			Fitzwimarc	35.06				
58	N Mitchell-Blake			Ilford AC	29.06	H3	-4.1		
116	M Salarko			De La Salle	31.35				
113	J Layzell			De La Salle	32.04				
46	J Eaton			Eastwood	32.51				
57	C Eaton			Basildon	32.79				
5	J Watts			N & E B	35.06				
45	B Harris			Eastwood	29.76	H4	-3.8		
92	B Goldston			Chalvedon	30.72				
101	T Alexan			Basildon	31.54				
25	J Southwick			Fitzwimarc	32.56				
52	H Lowe			N & E B	33.40				
9	N West			Orion H	36.63				
83	R McKay			Orion H	27.20	H5	-3.5		
1	B Western			Hav/Mayes	29.84				
110	S Alo			De La Salle	30.19				
13	S Jobey			Fitzwimarc	32.01				
15	J Stone			Fitzwimarc	32.27				
18	L Williams			Fitzwimarc	33.73				

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Age Group	Event	Number	Name	Club	time	Heat			
B U13	200m (cont.)	83	R McKay	Orion H	26.89	S/F1	-1.4		
		58	N Mitchell-Blake	Ilford AC	27.54				
		53	J Tele	Southend AC	27.63				
		94	A Thorne	Greensward	29.66				
		110	S Alo	De La Salle	29.99				
		92	B Goldston	Chalvedon	30.67				
		55	A Akintok	Thurrock	27.02	S/F2	-2.6		
		1	B Western	Hav/Mayes	29.80				
		45	B Harris	Eastwood	29.95				
		116	M Salarko	De La Salle	31.29				
		44	C Smith	Hav/Mayes	DNS				
		16	B Austin	Fitzwimarc	DNS				
		55	A Akintok	Thurrock	26.51	FINAL	-1.6		
		83	R McKay	Orion H	27.32				
		53	J Tele	Southend AC	27.79				
		48	N Mitchell-Blake	Ilford AC	28.45				
		1	B Western	Hav/Mayes	30.91				
		94	A Thorne	Greensward	DNS				
		B U13	1500m	70	A Short	S'end HS for B	5m18.57	H1	
				26	T Everest	Fitzwimarc	5m25.18		
103	H Foster-Carter			Southend AC	5m29.33				
6	J Seekings			Hav/Mayes	5m36.30				
59	R O'Mahoney			Hav/Mayes	5m37.62				
79	T Penfold			Orion H	5m43.17				
21	S James			Fitzwimarc	5m57.15				
77	J Glynn			Orion H	6m16.93				
35	S Brown			Eastwood	DNS				
81	A Gordon			Orion H	5m18.32	H2			
60	J Gibbon			Col & T	5m23.15				
10	S Adcock			C'ford AC	5m25.29				
90	A Sullivan			Chalvedon	5m33.93				
98	E Pearse			Basildon	5m34.40				
38	N Smooth			Eastwood	5m36.88				
19	S Butler			Fitzwimarc	5m51.39				
106	A Legon			Ilford AC	5m58.75				
3	D Worbey			Thurrock	5m07.43	H3			
16	B Austin			Fitzwimarc	5m17.90				
39	S Mitchell			Eastwood	5m25.95				
99	H O'Donahue			Basildon	5m26.03				
109	C Sear			WG & EL	5m31.47				
71	J Fitsall			Basildon	5m40.59				
40	D Hunt			Eastwood	6m09.24				
78	N Glynn			Orion H	7m19.1				
36	M Creasey			Eastwood	DNF				
3	D Worbey			Thurrock	4m59.07	FINAL			
60	J Gibbon			Col & T	5m09.00				
70	A Short			S'end HS for B	5m09.43				
81	A Gordon			Orion H	5m09.83				
16	B Austin	Fitzwimarc	5m12.76						
10	S Adcock	C'ford AC	5m28.07						
103	H Foster-Carter	Southend AC	5m30.63						
26	T Everest	Fitzwimarc	5m44.20						
39	S Mitchell	Eastwood	DNF						
99	H O'Donahue	Basildon	DNS						
B U15	200m	69	F Spence	S.Kings/WG & EL	26.99	H1	-1.6		
		120	O Abiodu	Eton Manor AC	27.07				
		65	J Latimer	N & E B	34.77				
		141	A Lee	Harlow AC	DNS				
		57	M Donhou	Eastwood	DNS				
		5	D Lo	Col H	25.49	H2	-1.8		
		139	N Greenaway	C'ford AC	26.16				
		145	F Hubbard	C'ford AC	26.18				
		125	A Bonbo	Orion H	26.51				
		22	W West	Orion H	30.12				
		115	J Alleyne	Ilford AC	26.80	H3	-1.8		
		18	P Whittaker	C'ford AC	27.22				
		27	T Pickering	Fitzwimarc	27.86				
		7	A Legg	Hav/Mayes	DNS				
		71	B Harrison	Basildon	DNS				
		147	J Ison	Basildon	24.98	H4	-2.1		
		112	C Rendora	WG & EL	26.32				
		154	K Rururo	De La Salle	28.55				
157	DNS								

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Age Group	Event	Number	Name	Club	time	Heat		
B U15	200m (cont.)	5	D Lo	Col H	25.21	S/F1 -1.0		
		112	C Rendora	WG & EL	26.12			
		145	F Hubbard	C'ford AC	26.24			
		115	J Alleyne	Ilford AC	26.79			
		18	P Whittaker	C'ford AC	27.49			
		154	K Rururo	De La Salle	DNS			
		147	J Ison	Basildon	24.92	S/F2 -2.0		
		139	N Greenaway	C'ford AC	25.88			
		69	F Spence	S Kings/WG & EL	26.16			
		125	A Bonbo	Orion H	26.59			
		120	O Abiodu	Eton Manor AC	27.43			
		27	T Pickering	Fitzwimarc	27.55			
		5	D Lo	Col H	24.56	FINAL -2.6		
		147	J Ison	Basildon	24.70			
		139	N Greenaway	C'ford AC	25.96			
		112	C Rendora	WG & EL	26.35			
		69	F Spence	S Kings/WG & EL	26.48			
		145	F Hubbard	C'ford AC	26.57			
		B U15	1500m	151	D Clutterbuck	Basildon	4m42.46	H1
				136	A Cornwell	WG & EL	4m44.87	
				85	R Prior	South HS	4m49.73	
				138	P Scanlan	WG & EL	4m51.37	
				19	D Shanney	Hav Mays	4m54.14	
				142	S Payne	Basildon	5m01.42	5.1
				33	C Bea	Fitzwimarc	5m05.47	
				137	B Phillips	WG & EL	5m15.64	
134	D Yaxley			Harlow	5m16.54			
110	P Hawkings			Chelmsford	4m35.90	H2		
6	A Taylor			Thurrock	4m38.45			
12	R Pearce			Basildon	5m10.29			
150	R Reynolds			Basildon	5m18.12			
23	I Pearce			Hav Mays	5m19.45			
130	G Webb			Chalvedon	5m21.09			
124	E Ball			Orion H	5m23.50			
9	L Leddy			Ilford	5m24.54			
88	T Frith			Southend HS	4m44.80	H3		
111	M Reynolds			Chelmsford	4m52.95			
87	J Staines			Southend HS	4m57.09			
20	T Shanney			Hav.Mays	5m05.69			
140	J Tamplin			Harlow	5m09.16			
153	G Moxon			Basildon	5m09.48			
135	S Shanney			Hav Mays	5m15.77			
109	A Stapleton			Southend AC	5m20.32			
152	S Swain			Hav Mays	5m38.45			
89	D Smale			Southend HS	4m34.16	H4		
1	H King			Thurrock	4m34'56			
38	A O'Leary			Fitzwimarc	4m38.59			
116	M Swamad			Ilford	4m40.04			
121	M Moy			Orion H	4m40.15			
2	O Davey			Thurrock	4m47.18			
10	J Buckley Stanton			Hav Mays	4m57.04			
86	M Lee			Southend HS	5m10.39			
133	L Ball			Mark Hall Sc	5m20.26			
89	D Smale			South HS	4m27.22	Final		
1	H King			Thurrock	4m31.50			
136	Alex Cornwell			WG & EL	4m31.95			
6	Antony Taylor			Thurrock	4m32.77			
151	Dale Clutterbuck			Basildon	4m36.06			
88	Tom Frith			South HS	4m37.59			
116	Mohammed Swar	Ilford	4m37.68					
38	Alex O'Leary	Fitzwimarc	4m40.92					
110	Peter Hawkings	C'ford AC	4m42.54					
121	Matthew Moy	Orion H	4m47.63					

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Age Group	Event	Number	Name	Club	time	Heat				Points		
					Hurdles	SP	LJ	HJ	800m			
B U15	Pentathlon	16	Adam McCarthy	Fitzwimarc	13.59	8.11	5.40	1.49	2m19.54	2217		
		92	Cameron Irwin	Southend H S	13.11	8.65	5.05	1.55	2m25.52	2192		
		91	Chris Potts	Southend H S	13.78	8.29	4.85	1.61	2m32.06	2034		
		90	Jerelle Mensah	Southend H S	13.05	8.22	4.95	1.56	2m38.05	2007		
		78	Andrew Almond	Cecil J	14.22	8.61	5.37	1.49	2m42.21	1916		
		49	Daniel Cassidy	Eastwood	13.82	8.17	4.66	1.61	2m41.55	1887		
		37	Ryan Wennington	Fitzwimarc	13.76	7.78	4.59	1.43	2m30.77	1838		
		74	Jon Allen	Cecil J	13.59	9.9	4.52	1.49	2m32.64	1814		
		39	Jack Adams	Fitzwimarc	13.01	8.9	4.18	1.49	2m52.62	1742		
		53	Matthew Saunder	Eastwood	14.86	8.13	4.72	1.46	2m38.66	1719		
		132	William Stone	De La Salle	16.19	5.66	4.34	1.40	2m23.05	1539		
		52	Dimitri Loizou	Eastwood	16.11	8.06	4.24	1.52	2m32.57	1520		
		51	Stephen Bond	Eastwood	16.47	7.48	4.21	1.46	2m39.32	1456		
		32	Adam Vyse	Fitzwimarc	16.52	7.21	4.40	1.49	2m46.19	1427		
		67	Lewis Bishop	Col H	15.52	5.73	4.44	1.40	2m39.85	1416		
		43	Sean Henderson	Fitzwimarc	16.61	7.97	4.29	1.40	2m43.96	1402		
		47	Ashley Kingston	Fitzwimarc	14.89	5.95	4.08	1.43	2m58.59	1296		
		155	Grant Morris	De La Salle	15.76	7.68	3.84	1.28	2m46.86	1269		
		50	Nick Hilder	Eastwood	16.30	6.91	4.27	1.52	DNC	1269		
		146	George Buck	De La Salle	17.74	9.6	4.15	1.34	DNC	1182		
		28	Jacob Cleaver	Fitzwimarc	16.68	7.97	4.2		retired			
		M U17	200m	21	E Ayanful	Hav/Mayes	23.46	H1	-2.8			
				41	M Dyble	Basildon	24.04					
				121	S Watson	Braintree & D	25.13					
				80	B Al-Akku	Ilford AC	25.47					
				1	S Ashdown	Thurrock	25.73					
				81	N Senior	Ilford AC	26.15					
				8	M Pitts	Braintree & D	23.62	H2	-3.0			
59	R Morrissey			S'end HS for B	23.87							
125	D Akande			C'ford AC	24.13							
57	C Leeding			S'end HS for B	26.26							
98	L Kelly			Chalvedon Sch	27.16							
3	M Harrison			Basildon	23.72	H3	-1.7					
109	M Lumm			Basildon	23.83							
116	A Thompson			WG & EL	24.26							
90	N Underwood			Orion H	24.42							
112	O Nzeako			Ilford AC	26.90							
40	L Charles			B'heath & Bromley	23.79	H4	-1.6					
42	C Vickers			WG & EL	24.03							
91	M Mitchell			Orion H	25.30							
12	C Travis			Thurrock	26.18							
83	R Sutovas			Eton Manor AC	27.82							
21	E Ayanful			Hav/Mayes	22.74	S/F1	-3.3					
40	L Charles			B'heath & Bromley	23.19							
59	R Morrissey			S'end HS for B	23.45							
41	M Dyble			Basildon	23.61							
90	N Underwood			Orion H	23.80							
125	D Akande			C'ford AC	23.81							
8	M Pitts			Braintree & D	23.63	S/F2	-1.1					
3	M Harrison			Basildon	23.63							
109	M Lumm			Basildon	23.87							
116	A Thompson			WG & EL	24.06							
42	C Vickers			WG & EL	24.20							
121	S Watson	Braintree & D	25.31									
21	E Ayanful	Hav/Mayes	22.71	FINAL	-2.6							
8	M Pitts	Braintree & D	23.35									
40	L Charles	B'heath & Bromley	23.41									
3	M Harrison	Basildon	23.45									
59	R Morrissey	S'end HS for B	23.79									
41	M Dyble	Basildon	23.92									

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Age Group	Event	Number	Name	Club	time	Heat	
M U17	1500m	5	M Bloy	Hav Mays	4m22.75	H1	
		120	P Haines	Basildon	4m22.76		
		111	K Mitchell	Basildon	4m25.49		
		11	G Twist	Hav Mays	4m29.86		
		39	O Heeks	Orion	4m33.82		
		62	L Hartsman	Southend HS	4m33.59		
		17	J Crompton	Southend AC	4m52.30	H2	
		119	L Swain	Hav Mays	5m11.53		
		94	Z Bloomfield	Chalvedon	5m29.83		
		4	R Sparke	WG & EL	4m32.98		
		73	G Windsor	Chelmsford	4m35.38		
		15	L Heard	Col & Tend	4m41.56		
		123	S McLachlan	Hav Mays	4m45.55		
		108	L Bickford	Southend HS	4m46.22		
		88	D Nutt	Orion	4m51.86		
		61	T Smith	Southend HS	5m00.80		
		84	B Gereme	Eton Manor	5m19.44		
		108	J Shane	Basildon	4m16.41		H3
		124	B Hunter	Southend AC	4m18.03		
		45	D Gibbon	Col & Tend	4m18.99		
		26	H Clarke	Fitzwimarc	4m28.35		
		2	M Hunt	Chelmsford	4m31.24		
		13	A Poole	Col & Tend	4m31.68		
		75	S Wilson	Col & Tend	4m35.23		
		118	J Reynolds	Basildon	4m38.13		
		115	M Sampford	Basildon	4m54.89		
		108	J Shane	Basildon	3m58.08	FINAL	
		120	P Haines	Basildon	4m06.15		
		45	D Gibbon	Col & Tend	4m08.15		
		5	M Bloy	Hav Mays	4m09.56		
11	G Twist	Hav Mays	4m25.32				
4	R Sparke	WG & EL	4m26.16				
111	K Mitchell	Basildon	4m29.53				
26	H Clarke	Fitzwimarc	4m33.11				
73	G Windsor	C'ford AC	4m44.97				
124	B Hunter	Southend AC	DNS				

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Age Group	Event	Number	Name	Club	time	Heat	
G U13	150m	10	C Bragg	N & EB	22.35	H1	-4.3
		13	R Amp	Orion	22.67		
		77	K Sutton	Colch H	23.02		
		80	F Hum	S/end HS Girls	23.27		
		50	R Willis	Basildon	23.42		
		15	J Seeking	Hav Mays	24.63		
		19	M Kelekum	N & EB	22.48	H2	
		84	C Mayo	Basildon	22.5		
		40	E Washbourne	Hav Mays	23.3		
		20	D Francis	Orion	23.32		
		27	G Hutchins	Fitzwimarc	23.64		
		14	K Straiton	Col. H	25.83		
		4	C Longhurst	Southend	21.59	H3	
		88	R Davies	S/end HS Girls	23.55		
		56	N Sartori-Sigrist	Orion	23.68		
		9	M Hastin	Col H	24.61		
		76	K Day	Basildon	24.73		
		95	C Denham	S/end HS Girls	27.53		
		46	M Okpokiri	N & EB	21.48	H4	
		44	R Gooday	Col H	22.41		
		39	C Bailey	Basildon	23.36		
		86	R Dailly	Chelmsford	23.89		
		28	I Pickering	Fitzwimarc	24.61		
		90	E Finn	S/end HS Girls	25.14		
		1	H McGow	Thurrock	22.19	H5	
		37	C Rfidley	Chelmsford	22.47		
		79	G Brown	Basildon	22.64		
		83	G Edwar	Southend	22.85		
		11	C Denton	Col H	24.09		
		46	M Okpokiri	N & EB	21.22	S/F1	
		44	R Gooday	Col H	22.00		
		79	G Brown	Basildon	22.11		
		84	C Mayo	Basildon	22.16		
		77	K Sutton	Col H	22.24		
		10	C Bragg	N & EB	22.35		
		4	C Longhurst	Southend	21.51	S/F2	
		13	R Ampofo	Orion	21.91		
		1	H McGow	Thurrock	22.20		
		83	G Edwar	Southend	22.51		
		19	M Kelekum	N & EB	22.87		
		37	C Rfidley	Chelmsford	DNS		
		46	M Okpokiri	N & EB	21.13	Final	
		4	C Longhurst	Southend	21.17		
		13	R Ampofo	Orion	21.70		
		79	G Brown	Basildon	22.11		
		44	R Gooday	Col H	22.36		
		84	C Mayo	Basildon	22.59		
		G U13	70mH	30	E Graves	Fitzwimarc	
89	M Clark			South Girls HS	13.37		
17	K Hearne			Col & T	13.88		
87	M Parker			South Girls HS	14.03		
5	N Woodhouse			Southend AC	14.04		
91	E Ginn			South Girls HS	16.27		
38	K Draper			Greensward	13.48	H2	
43	S Griffiths			Greensward	13.84		
56	N Sartori-Sigrist			Orion H	14.73		
81	L Jones			South Girls HS	15.64		
16	R Barnard			Thurrock	16.90		
80	F Humfrey			South Girls HS	13.59	H3	
94	G Chapman			South Girls HS	14.78		
49	S Baggs			Hav/Mayes	14.89		
15	J Seekings			Hav/Mayes	15.40		
92	Poppy Lee			South Girls HS	DNF		
30	E Graves			Fitzwimarc	12.51	S/F 1	
80	F Humfrey			South Girls HS	13.26		
43	S Griffiths			Greensward	13.69		
87	M Parker			South Girls HS	14.52		
94	G Chapman			South Girls HS	14.77		
49	S Baggs			Hav/Mayes	15.35		
38	K Draper			Greensward	12.99	S/F 2	
89	M Clark			South Girls HS	13.34		
56	N Sartori-Sigrist			Orion H	14.01		
17	K Hearne			Col & T	14.04		
5	N Woodhouse			Southend AC	14.26		
15	J Seekings			Hav/Mayes	16.24		
30	E Graves			Fitzwimarc	12.55	FINAL	
80	F Humfrey			South Girls HS	12.83		
38	K Draper	Greensward	12.94				
89	M Clark	South Girls HS	13.03				
43	S Griffiths	Greensward	13.34				
56	N Sartori-Sigrist	Orion H	13.72				

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Age Group	Event	Number	Name	Club	time	Heat							
G U13	1200m	8	J Judd	Thurrock	4m07.91	H1							
		53	E McAuliff	Hav/Mayes	4m24.64								
		57	L Macgregor	Orion H	4m25.57								
		78	T Atkins	Basildon	4m37.78								
		21	N Danimo	C'ford AC	4m42.41								
		85	S Ashurst	C'ford AC	4m43.16								
		22	D Knight	Hav/Mayes	4m47.67	H2							
		93	S Richard	South Girls HS	4m51.24								
		92	Poppy Lee	South Girls HS	4m56.00								
		23	C Smee	Southend AC	4m04.54								
		7	R O'Neill	Hav/Mayes	4m06.18								
		45	S Jarvis	Southend AC	4m43.59								
		54	A Buckmast	Orion H	4m44.78	H3							
		60	L Pereira	Orion H	4m45.85								
		24	E Griffiths	Fitzwimarc	4m55.85								
		12	R Murphy	Hav/Mayes	5m19.93								
		63	D Moore	St Angelas Urs	5m27.37								
		3	E Bounds	Hav/Mayes	4m10.01								
		64	D Atanda	St Angelas Urs	4m18.75	H3							
		47	E Ballard	Basildon	4m19.67								
		2	N Peachey	Hav/Mayes	4m31.22								
		75	C Wade	Greensward	4m32.96								
		62	J Andrews	Orion H	4m44.12								
		26	M Burgess	Fitzwimarc	4m47.21								
		25	G Whitwell	Fitzwimarc	4m54.81	FINAL							
		8	J Judd	Thurrock	3m58.91								
		3	E Bounds	Hav/Mayes	3m59.86								
		7	R O'Neill	Hav/Mayes	4m01.35								
		23	C Smee	Southend AC	4m07.08								
		64	D Atanda	St Angelas Urs	4m19.44								
		47	E Ballard	Basildon	4m19.47								
		53	E McAuliff	Hav/Mayes	4m21.54								
		57	L Macgregor	Orion H	4m22.99								
		2	N Peachey	Hav/Mayes	4m33.89								
		G U15	Pentathlon					LJ	75mH	SP	HJ	800m	
				24	Chloe Galloway		WG & EL	4.80m	11.8	8.02	1.60	2m32.15	3007
				13	Sarah Glanville	Col & T	4.42m	13.5	9.39	1.36	2m58.60	2267	
				35	Elizabeth Ridley	C'ford	4.36m	13.5	6.32	1.42	3m03.48	2074	
				56	Felicity Clarke	Southend	4.00m	13.0	5.31	1.21	2m36.80	2035	
				58	Eleanor Evans	Southend AC	4.31m	13.3	5.61	1.45	3m10.08	2010	
				52	Ellie Besford	C'ford	4.42m	13.9	7.18	1.33	3m04.33	2009	
				2	Jessica Cutts	Col H	4.28m	14.1	5.6	1.24	2m45.83	1949	
45	Alice Stewart			Cecil J	4.36m	15.2	6.79	1.12	3m06.76	1509			
75	Mori Sadiq			St Angelas	3.20m	17.1	5.32	1.27	3m00.03	1371			
72	Grace Akurut	St Angelas	3.35m	16.4	NT	1.18	3m01.75	1113					
G U15	200m	40	K Eleyae	WG & EL	26.43	H1	-2.9						
		41	A Nutman	Southend AC	28.55								
		100	L Newman	Coopers C Sch	29.45								
		38	E Eaton	Basildon	30.51	H2	-4.5						
		73	N Appiah	St Angelas Urs	31.77								
		55	E Tele	Southend AC	28.91								
		14	R Gibbs	C'ford AC	29.47								
		6	A Lusty	C'ford AC	29.93								
		106	J Downes	South Girls HS	31.70								
		37	J Grainger	C'ford AC	28.40	H3	-3.3						
		31	M Kenny	C'ford AC	28.99								
		36	G Vine	Basildon	29.50								
		44	P Woods	Harlow AC	29.57								
		57	A Jones	Ilford AC	30.79								
		109	MA Yea	South Girls HS	31.29								
		37	J Grainger	C'ford AC	27.64	S/F1	-1.2						
		55	E Tele	Southend AC	27.74								
		44	P Woods	Harlow AC	29.00								
		100	L Newman	Coopers C Sch	29.27								
		36	G Vine	Basildon	30.03								
		38	E Eaton	Basildon	30.73								
		40	K Eleyae	WG & EL	26.55	S/F2	-1.7						
		41	A Nutman	Southend AC	28.73								
		14	R Gibbs	C'ford AC	28.95								
		31	M Kenny	C'ford AC	29.46								
		6	A Lusty	C'ford AC	29.52								
		57	A Jones	Ilford AC	30.45								
		40	K Eleyae	WG & EL	26.79	FINAL	-1.8						
		55	E Tele	Southend AC	27.85								
		37	J Grainger	C'ford AC	28.14								
41	A Nutman	Southend AC	28.82										
44	P Woods	Harlow AC	29.26										
14	R Gibbs	C'ford AC	29.44										

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Age Group	Event	Number	Name	Club	time	Heat			
G U 15	1500m	39	Gemma Phillips	C'ford	5.27.21	1			
		92	Ella Neale	Col H	5.31.59				
		18	Abigail Plank	Bas	5.39.33				
		50	Bethenay Hawki	C'ford	5.39.71				
		51	Rebecca Luck	Hav/M	5.51.30				
		63	Anna Walkin	Orion	5.58.59				
		47	Hannah Griffiths	S'end	6.40.74				
		89	Nikki Twine	Bas	5.18.19	2			
		12	Lydia Hall	Ilf	5.22.79				
		102	Amy Webb	Bas	5.24.04				
		97	April Eastwood	Harlow	5.29.62				
		87	Kathryn Till	Bas	5.41.11				
		43	Josie Condron	C'ford	5.46.96				
		94	Chloe Dane	Bas	5.53.46				
		143	Rachel Chester	C'ford	5.55.30				
		91	Charlotte Doher	Bas	6.33.55				
		89	Nikki Twine	Bas	5m09.96	Final			
		39	Gemma Phillips	C'ford	5m11.16				
		92	Ella Neale	Col H	5m11.83				
		102	Amy Webb	Bas	5m29.82				
		12	Lydia Hall	Ilf	5m32.26				
		97	A Eastwood	Harlow	5m32.72				
		87	Kathryn Till	Bas	5m34.05				
		50	Bethenay Hawki	C'ford	5m45.55				
		18	A Plank	Bas	5m49.91				
		W U17	200m	36	A Gribble	Basildon	27.65	H1	-1.8
				17	K Boosey	Thurrock	27.9		
				23	A Halsey	Col H	28.04		
				10	R Denton	Col H	29.42		
				78	L Mapp	Col H	29.53		
				44	K Hartigan	C'ford AC	32.67		
				34	F Calder	Hav/Mayes	26.81	H2	-3.4
				52	R Giwa	Ilford AC	27.80		
57	R Pereira			Orion H	28.42				
87	N Shields			Harlow AC	28.67				
59	L Peters			St Angelas Urs	28.96				
15	R Kerr			Hav/Mayes	29.14				
1	K Shepherd			Basildon	26.91	H3	-2.6		
80	V Wheatland			Col H	27.47				
35	P Oladu			Southend AC	28.28				
53	S Kigozi			Ilford AC	28.86				
51	L Townsend			Ilford AC	30.38				
41	N Hill			Hav/Mayes	27.81	H4	-1.4		
38	S Bailey			Basildon	28.49				
4	K Wilson			Basildon	29.12				
50	M Whiston			WG & EL	29.37				
62	L Makam			St Angelas Urs	30.93				
1	K Shepherd			Basildon	27.05	S/F1	NT		
80	V Wheatland			Col H	27.31				
52	R Giwa			Ilford AC	28.20				
23	A Halsey			Col H	28.28				
87	N Shields			Harlow AC	28.43				
35	P Oladu			Southend AC	28.53				
34	F Calder			Hav/Mayes	27.07	S/F2	-1.8		
41	N Hill			Hav/Mayes	27.33				
36	A Gribble			Basildon	27.51				
17	K Boosey			Thurrock	27.79				
38	S Bailey			Basildon	28.63				
57	R Pereira	Orion H	28.67						
34	F Calder	Hav/Mayes	26.69	FINAL	-1.4				
1	K Shepherd	Basildon	26.90						
80	V Wheatland	Col H	26.96						
41	N Hill	Hav/Mayes	27.33						
36	A Gribble	Basildon	27.43						
17	K Boosey	Thurrock	27.86						
W U17	1500m	40	L Condron	Chelmsford	4.52.86	FINAL			
		69	A Dunn	Basildon	5.00.24				
		6	I Deane	Hav Mays	5.04.27				
		5	R Oatha	Thurrock	5.05.03				
		37	E Fidge	Chelmsford	5.08.98				
		39	G-L Sales	Hav Mays	5.17.30				
		68	D Lovelock	Basildon	5.29.41				
		54	K Hall	Southend	5.46.40				
		55	N Gordon	Southend	5.46.42				