

Boys Under 15 100m

		w/speed: +1.0
David Lo	Colchester Harriers	11.79s
Joel Ison	Basildon A.C.	12.17s
Joseph Burns	Colchester & Tendring	12.22s
Carl Rendora	W.G. & E.L	12.22s
Aidan Lee	Harlow A.C.	12.26s
Alvin Bonbo	Orion Harriers	12.41s
Liam Hughes	Havering & Mayesbrook A.C	12.57s
Flynn Spence	Seven Kings H.S./W.G. &	12.83s

Boys Under 15 800m

David Smale	Southend HS for Boys	2m03.36s
Harry King	Thurrock Harriers	2m07.20s
Jake Eagleton	Basildon A.C.	2m08.27s
Antony Taylor	Thurrock Harriers	2m08.27s
Tom Frith	Southend HS for Boys	2m09.19s
Oliver Thursby	Cecil Jones College	2m10.01s
Dale Clutterbuck	Basildon A.C.	2m13.02s
Alex Cornwell	W.G. & E.L	2m20.41s

Boys Under 15 80m Hurdles

		w/speed: -0.6
Jerelle Mensah	Southend HS for Boys	12.47s
Jack Adams	Fitzwimarc School	12.84s
Nathan Greenaway	Chelmsford A.C.	12.90s
Jack Edgar	Basildon A.C.	12.91s
Chris Potts	Southend HS for Boys	13.17s
Sam Carvosso	Greensward College	13.48s
Kyle Aldridge	Cecil Jones College	13.58s
Jack Carvosso	Greensward College	13.73s

Boys Under 15 Hammer

Shaun McCarthy	Basildon A.C.	43.83m
Kieron Pritchard	Southend HS for Boys	37.18m
Ben Gemmell	Southend HS for Boys	35.13m
Matthew Bacon	Eastwood School	31.99m
Scott Horsburgh	Fitzwimarc School	31.55m
Luke Vincett	Southend HS for Boys	29.21m
Stephen Bond	Eastwood School	29.16m
David Butcher	SWCHS	28.83m

Boys Under 15 High Jump

Sam Bailey	Chelmsford A.C.	1.75m
Daniel Cassidy	Eastwood School	1.70m
Chris Potts	Southend HS for Boys	1.60m
Nick Hilder	Eastwood School	1.60m
Dimitri Loizou	Eastwood School	1.55m
Alex Elliot	Cecil Jones College	1.55m
Oliver Higgs	Southend HS for Boys	1.50m
Jimi Ikusika	Eton Manor A.C.	1.50m

Boys Under 15 Long Jump

Andrew Almond	Cecil Jones College	5.75m
Lewis King	Chelmsford A.C.	5.31m
Cameron Irwin	Southend HS for Boys	5.26m
Ryan Wennington	Fitzwimarc School	5.18m
Adam McCarthy	Fitzwimarc School	5.16m
David Butcher	SWCHS	4.84m
Jorrell Alleyne	Ilford A.C.	4.83m
Thomas Pickering	Fitzwimarc School	4.52m

Boys Under 15 Triple Jump

Adam McCarthy	Fitzwimarc School	11.35m
Oliver Thursby	Cecil Jones College	10.88m
Jerelle Mensah	Southend HS for Boys	10.87m
Terry Hughes	Havering & Mayesbrook A.C	10.32m
Scott Golding	Eastwood School	10.18m
Matthew Gilmore	Southend HS for Boys	10.08m
Jack Carvosso	Greensward College	10.04m
Connor Bunney	Eastwood School	9.99m

Girls Under 15 100m

		w/speed: +3.0
Kitan Eleyae	W.G. & E.L	12.30s
Esther Tele	Southend A.C.	12.75s
Aleasha Kiddle	Braintree & District	13.04s
Jessica Grainger	Chelmsford A.C.	13.05s
Elise Walker	Chelmsford A.C.	13.27s
Alex Lusty	Chelmsford A.C.	13.62s
Linzi Boosey	Thurrock Harriers	13.80s
Sophie Fisher	Colchester Harriers	13.82s

Girls Under 15 75m Hurdles

		w/speed: +1.0
Chloe Galloway	W.G. & E.L	11.65s
Kaneesha Johnson	Colchester Harriers	12.03s
Francesca Herbert	W.G. & E.L	12.31s
Eleanor Evans	Southend A.C.	12.81s
Georgia Atkins	Southend A.C.	13.31s
Natasha Davis	Chelmsford A.C.	13.52s
Ailish Wincott	Chelmsford A.C.	14.90s

Girls Under 15 Shot

Chelsea Coker	Southend A.C.	9.46m
Elizabeth Scott	Fitzwimarc School	8.95m
Charlotte Rider	Fitzwimarc School	8.88m
Kaneesha Johnson	Colchester Harriers	8.69m
Cherrell Scott	Chalvedon School	8.55m
Elise Walker	Chelmsford A.C.	8.53m
Nicole Brown	W.G. & E.L	8.37m
Charlotte Deacon	Ilford A.C.	8.27m

Junior Men 100m

		w/speed: +4.1
Louis Kwakye	W.G. & E.L	10.80s
Gianni Frankis	Basildon A.C.	10.98s
Matthew Davies	Chelmsford A.C.	11.07s
Seyi Akande	Chelmsford A.C.	11.07s
Tyrone Carter	W.G. & E.L	11.08s
Shosilva Daniel	Thurrock Harriers	11.50s
Aaron Balogun	Ilford A.C.	12.40s

Junior Men 110m Hurdles

		w/speed: +2.2
Gianni Frankis	Basildon A.C.	14.40s
Daniel Awde	W.G. & E.L	15.00s
Michael Holden	Colchester Harriers	15.50s
Anthony Williams	Havering & Mayesbrook A.C	16.00s
C Dickson	Southend HS for Boys	18.70s

Junior Men 400m

Tashan Christian	Chelmsford A.C.	50.85s
Chris Phillips	Basildon A.C.	51.52s
Calvin Barnes	Chelmsford A.C.	52.36s
Kieran Quinn	Southend A.C.	53.05s
Nicholas Rawling	Southend HS for Boys	54.59s
Daniel Mullings	W.G. & E.L.	54.78s

Junior Men 800m

Mark Burgess	W.G. & E.L.	1m54.21s
Adam Hickett	Southend HS for Boys	1m54.67s
Mark Woodley	Chelmsford A.C.	1m54.87s
Scott Phillips	Basildon A.C.	1m55.70s
Andres Duque	N & E.B.	1m59.40s
Angus Holford	W.G. & E.L.	2m00.83s
David Holgate	Colchester Harriers	2m02.96s
James Burnett	Southend HS for Boys	2m12.94s

Junior Men Hammer

Jamie Earle	Colchester Harriers	55.63m
James Wayland	N & E.B.	47.55m
Joseph Forde	Havering & Mayesbrook A.C	46.06m
D Chapman	Southend HS for Boys	34.86m
Danny Brown	Basildon A.C.	31.98m
Daniel Moles	Colchester Harriers	25.41m

Junior Men High Jump

Simon Hemmings	Southend A.C.	1.90m
Jeremy Watson	Chelmsford A.C.	1.80m
M Dingis	Southend HS for Boys	1.65m
Colin Jackson	Chelmsford A.C.	1.50m

Junior Men Javelin

B Scully	Southend HS for Boys	38.25m
Louis Kwakye	W.G. & E.L.	37.64m

Junior Men Pole Vault

Daniel Awde	W.G. & E.L.	4.50m
C Dickson	Southend HS for Boys	3.20m
Kevin Jarvis	GBHS	3.20m

Junior Men Shot

Bradley Mason	W.G. & E.L.	13.90m
Louis Kwakye	W.G. & E.L.	10.59m
Christopher Linque	W.G. & E.L.	10.25m
Danny Brown	Basildon A.C.	10.12m
D Chapman	Southend HS for Boys	9.93m

Junior Women 100m

	w/speed: -0.8	
Asha Philip	N & E.B.	12.24s
Lucy Sargent	Havering & Mayesbrook A.C	12.32s
Ria Ali-Jackson	Harlow A.C.	12.70s
Hannah Frankson	W.G. & E.L.	12.77s
Nichole Leggett	Colchester Harriers	13.00s
Lauren Longhurst	Chelmsford A.C.	13.46s

Junior Women 100m Hurdles

	w/speed: -0.1	
Nicola Gaisford	Colchester Harriers	15.84s
Rebecca Quinlan	Chelmsford A.C.	16.64s

Junior Women 1500m

Linzi Snow	W.G. & E.L.	4m33.82s
Katherine Sparke	W.G. & E.L.	4m40.15s
Katie Richardson	Havering & Mayesbrook A.C	4m42.64s
Stacey Wheat	Colchester Harriers	4m51.02s
Jessica Dunn	Basildon A.C.	4m53.71s
Hayley Stibbs	Havering & Mayesbrook A.C	5m01.41s
Robyn Matson	Havering & Mayesbrook A.C	5m04.71s
Nicole Kelly	Southend A.C.	5m11.60s
Carran Lefever	Southend A.C.	5m17.47s

Junior Women 400m

Kara-Aretha Graham	N & E.B.	58.25s
Lauren Searles	Basildon A.C.	59.65s
Lauren Clark	Havering & Mayesbrook A.C	1m00.17s
Emma Bubb	Basildon A.C.	1m03.24s
Robyn Delivett	Havering & Mayesbrook A.C	1m04.60s

Junior Women Discus

Kim Box	Basildon A.C.	31.41m
Eleni Pontikis	Basildon A.C.	21.90m

Junior Women Long Jump

Kirsty Smith	Havering & Mayesbrook A.C	5.15m
Vicky Poulteney	Castle Point A.C.	5.12m
Lauren Longhurst	Chelmsford A.C.	5.05m
Jessica Manning	Iford A.C.	4.83m
Natalie LeBeau	Thurrock Harriers	4.82m
Michelle Holdsworth	Colchester Harriers	4.64m

Junior Women Shot

Eleni Pontikis	Basildon A.C.	9.80m
Zoe Young	Basildon A.C.	9.63m

Junior Women Triple Jump

Hannah Frankson	W.G. & E.L.	12.32m
Kirsty Smith	Havering & Mayesbrook A.C	11.71m
Charlotte Hodges	Thurrock Harriers	11.04m
Rebecca Quinlan	Chelmsford A.C.	10.57m
Charlotte Howarth	Chelmsford A.C.	10.42m
Lauren Longhurst	Chelmsford A.C.	10.41m

Men Under 17 100m

	w/speed: +2.6	
Eugene Ayanful	Havering & Mayesbrook A.C	10.97s
Matthew Harrison	Basildon A.C.	11.15s
James McLean	Southend A.C.	11.22s
Dominique Daniel	W.G. & E.L.	11.30s
Mark Dyble	Basildon A.C.	11.30s
Richard Morrissey	Southend HS for Boys	11.33s
Deji Akande	Chelmsford A.C.	11.34s
Lemar Charles	Blackheath & Bromley	11.40s

Men Under 17 100m Hurdles

	w/speed: +0.3	
James McLean	Southend A.C.	13.50s
Louis Persent	Colchester & Tendring	13.80s
Chris Warden	Havering & Mayesbrook A.C	14.40s
Emmanuel Okpokiri	N & E.B.	14.40s
Chris Stubbings	Chelmsford A.C.	14.60s
S Walford	Southend HS for Boys	15.30s
Daniel White	Southend HS for Boys	15.60s

Men Under 17 400m

Martin Pitts	Braintree & District	49.72s
Paige Haines	Basildon A.C.	49.95s
Alexander Brown	W.G. & E.L	50.69s
Matthew Lumm	Basildon A.C.	51.80s
Paul Adair	Havering & Mayesbrook A.C	52.78s
Oliver Heeks	Orion Harriers	53.52s
N Underwood	Orion Harriers	54.48s

Men Under 17 800m

James Shane	Basildon A.C.	1m52.84s
Matt Bloy	Havering & Mayesbrook A.C	1m58.14s
David Gibbon	Colchester& Tendring	1m59.89s
Omar Mansour	W.G. & E.L	2m01.10s
Lloyd Hartsman	Southend HS for Boys	2m04.86s
Andrew Poole	Colchester& Tendring	2m05.22s
Grant Twist	Havering & Mayesbrook A.C	2m06.75s
Sean Wilson	Colchester& Tendring	2m08.01s

Men Under 17 Hammer

Peter Clarke	W.G. & E.L	49.06m
Lewis Taylor	Chelmsford A.C.	47.41m
Jackson Wray	Basildon A.C.	44.70m
Adam Hawkes	Cecil Jones College	41.19m
M. Gorbell	Chalvedon School	33.65m
Brandon Brooks	De La Salle School	23.13m

Men Under 17 High Jump

Danny Spelman	Basildon A.C.	1.90m
Phillip Lidgley	Harlow A.C.	1.85m
Louis Persent	Colchester& Tendring	1.85m
Luca Frankis	Basildon A.C.	1.80m
Tom Graham	Thurrock Harriers	1.80m
Adam Kidd	Southend HS for Boys	1.65m
Lloyd Hartsman	Southend HS for Boys	1.55m
Robert Reed	Fitzwimarc School	1.55m

Senior Men 100m

		w/speed: -2.2
Matthew Thomas	N & E.B.	11.06s
Adrian Stamp	W.G. & E.L	11.61s
Saum Patel	Ilford A.C.	11.67s
Bradley Bellamy	W.G. & E.L	12.05s

Senior Men 110m Hurdles

		w/speed: -1.7
James Wright	W.G. & E.L	14.90s
Patrick Halcrow	Thurrock Harriers	15.30s
Martin Ohrland	Chelmsford A.C.	15.50s
Michael Shortall	Thurrock Harriers	16.10s
Greg Goodrem	Southend A.C.	16.80s

Senior Men 400m

Scott Spencer	Havering & Mayesbrook A.C	50.31s
Raphael Lewis	N & E.B.	50.36s
Solomon Daniels	N & E.B.	50.96s
Samuel Baptiste	N & E.B.	51.90s
Leighton Green	Puma TVH	52.10s

Senior Men 5000m

James Nunn	Billericay Striders	14m53.76s
Gareth Riddell	Basildon A.C.	15m17.12s
Crispian Bloomfield	Billericay Striders	15m24.34s
Lewis Gamble-	Colchester Harriers	15m42.13s
Iain Campbell	Ilford A.C.	15m48.63s
Malcolm Muir	Ilford A.C.	16m05.17s
Trevor Keys	Havering & Mayesbrook A.C	16m16.98s
Garon Heslop	Chelmsford A.C.	16m18.19s

Senior Men 800m

Robert Smith	Puma TVH	1m53.56s
James Tydeman	Basildon A.C.	1m55.34s
Danny Crates	Thurrock Harriers	1m55.83s
Jon Long	W.G. & E.L	1m56.31s
Louis Dale	N & E.B.	2m00.36s
Gavin Chatterton	Chelmsford A.C.	2m01.85s
Jon Booty	Chelmsford A.C.	2m07.68s

Senior Men Hammer

Simon Bown	N & E.B.	64.38m
Rob Earle	Colchester Harriers	55.05m
Stuart Thurgood	Watford Harriers	53.40m

Senior Men High Jump

Darryl Stone	Shaftsbury Barnet	2.15m
Gareth Dyball	W.G. & E.L	2.00m
Patrick Halcrow	Thurrock Harriers	1.90m
Aaron Edwards	N & E.B.	1.85m
David Etheridge	Sale Harriers	1.80m
James Everard	Belgrave Harriers	1.80m

Senior Men Javelin

David Sketchley	Harrow A.C	63.59m
James Everard	Belgrave Harriers	62.97m
Jon Lundman	N & E.B.	61.53m
Samuel Harrison	Havering & Mayesbrook A.C	54.03m
Jonathan Harvey	Thames Valley Harriers	52.83m
Daniel Strevens	N & E.B.	39.84m

Senior Men Pole Vault

James Wright	W.G. & E.L	4.50m
Robert Thickpenny	Thames Valley Harriers	4.30m
Matt Buck	W.G. & E.L	4.00m
Chris Awde	W.G. & E.L	3.80m
Shaun Slator	N & E.B.	3.20m

Senior Women 100m

		w/speed: -0.5
Julie Pratt	W.G. & E.L	12.10s
Joanne Ryan	Loughton A.C.	12.22s
Katherine Skelding	W.G. & E.L	12.33s
Heidi Nicholas	Basildon A.C.	12.95s
Sarah Brown	Chelmsford A.C.	13.21s
Claire Brennan	Havering & Mayesbrook A.C	13.36s
Karen Barden	Chelmsford A.C.	14.16s
Louise Wood	Chelmsford A.C.	14.69s

Senior Women 100m Hurdles

		w/speed: -0.1
Louise Wood	Chelmsford A.C.	14.69s
Jo Murphy	Basildon A.C.	14.97s
Claire Brennan	Havering & Mayesbrook A.C	15.34s

Senior Women 1500m

Faye Fullerton	Havering & Mayesbrook A.C	4m27.63s
Jessica Sparke	W.G. & E.L	4m28.87s
Harriet Scott	Havering & Mayesbrook A.C	4m32.26s
Frances Cliffe	Chelmsford A.C.	4m37.21s
Anna Ferguson	Chelmsford A.C.	4m52.73s
Mary Knapman	Loughton A.C.	4m53.18s
Katherine	Victoria Park Harriers	5m12.49s
Gail Royston	Basildon A.C.	5m26.40s

Senior Women 400m

Natalie Street	Harlow A.C.	55.55s
Helen Bloomfield	Colchester& Tendring	58.45s
Denise Morley	Colchester Harriers	59.30s
Karen Goode	Basildon A.C.	59.35s
Catherine Tullett	Chelmsford A.C.	1m01.19s
Jo Barker	Basildon A.C.	1m01.45s
Grace Brown	Chelmsford A.C.	1m02.57s
Nina Brennan	Havering & Mayesbrook A.C	1m05.20s

Senior Women Discus

Joanne Duncan	W.G. & E.L	46.33m
Melanie Harrison	Havering & Mayesbrook A.C	40.21m
Monique Buchanan	W.G. & E.L	40.03m
Hollie Redman	Braintree & District	37.13m
Sue Lawrence	Thurrock Harriers	35.19m

Senior Women Long Jump

Kate Brewington	Havering & Mayesbrook A.C	5.42m
Heidi Nicholas	Basildon A.C.	4.94m
Lindsey Nash	Basildon A.C.	4.71m

Senior Women Shot

Somma Power	Basildon A.C.	12.48m
Sue Lawrence	Thurrock Harriers	12.03m
Melanie Harrison	Havering & Mayesbrook A.C	11.47m
Kate Brewington	Havering & Mayesbrook A.C	11.15m
Lindsey Nash	Basildon A.C.	9.82m

Senior Women Triple Jump

Louise Wood	Chelmsford A.C.	12.15m
Karen Barden	Chelmsford A.C.	9.90m

Vet Women 1500m

Bernadine Pritchett	W.G. & E.L	4m31.91s
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Vet Women 400m

Bernadine Pritchett	W.G. & E.L	1m03.66s
Lynn Talbot	Thurrock Harriers	1m04.03s

Veterans 100m

Keith Palmer	Southend A.C.	12.21s
Paul Barrett	Colchester Harriers	13.36s
John Mahon	Orion Harriers	13.43s

Women Under 17 100m

Kirsty Shepherd	Basildon A.C.	w/speed: -0.1	12.54s
Lyndsey North	Chelmsford A.C.		12.65s
Rachel Pereira	Orion Harriers		13.21s
Precious Oladugba	Southend A.C.		13.24s
Sarah Kigozi	Iford A.C.		13.34s
Lyanta Peters	St Angela's Ursuline		13.34s
Alysia Halsey	Colchester Harriers		13.66s

Women Under 17 80m Hurdles

Nicola Hill	Havering & Mayesbrook A.C	w/speed: +1.4	11.95s
Lauren Bouchard	Southend A.C.		12.17s
Frankie Calder	Havering & Mayesbrook A.C		12.28s
Jessica Tappin	Chelmsford A.C.		12.38s
Vicky Wheatland	Colchester Harriers		12.67s
Laura	W.G. & E.L		12.84s
Rebecca Pike	City of Norwich A.C.		12.85s

Women Under 17 High Jump

Gemma Grainger	Basildon A.C.	1.66m
Bethan Siddons	Havering & Mayesbrook A.C	1.63m
Vicky Wheatland	Colchester Harriers	1.55m
Sade Bailey	Basildon A.C.	1.50m
April Alexander	Chelmsford A.C.	1.50m
Kirsty Willson	Basildon A.C.	1.50m
Bethany Tyrie	Southend HS for Girls	1.45m
Lucy Mapp	Colchester Harriers	1.40m

Women Under 17 Triple Jump

Rochelle Jones	St Angela's Ursuline	10.44m
Chloe Galloway	W.G. & E.L	10.29m
Bethan Siddons	Havering & Mayesbrook A.C	10.28m
Hannah Besford	Chelmsford A.C.	10.14m
Eloise Wyre	W.G. & E.L	10.00m
Hana Downs	W.G. & E.L	9.74m
Lauren Bouchard	Southend A.C.	9.22m