

Under 13 Girls

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 65 | 4 |
| Southend | 86 | 1 |
| Ipswich | 71 | 3 |
| Peterborough | 64 | 5 |
| Braintree | 77 | 2 |
| - | 0 | |
| Blank | 0 | |

Under 15 Girls

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 75 | 4 |
| Southend | 110 | 2 |
| Ipswich | 121 | 1 |
| Peterborough | 68 | 5 |
| Braintree | 78 | 3 |
| - | 0 | |
| Blank | 0 | |

Ladies

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 111 | 3 |
| Southend | 128 | 2 |
| Ipswich | 161 | 1 |
| Peterborough | 35 | 5 |
| Braintree | 77 | 4 |
| - | 0 | |
| Blank | 0 | |

Under 13 Boys

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 88 | 1 |
| Southend | 70 | 3 |
| Ipswich | 78 | 2 |
| Peterborough | 33 | 5 |
| Braintree | 66 | 4 |
| - | 0 | |
| Blank | 0 | |

Under 15 Boys

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 125 | 1 |
| Southend | 53 | 4 |
| Ipswich | 109 | 2 |
| Peterborough | 5 | 5 |
| Braintree | 75 | 3 |
| - | 0 | |
| Blank | 0 | |

Under 17 Men

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 67 | 3 |
| Southend | 36 | 4 |
| Ipswich | 92 | 2 |
| Peterborough | 6 | 5 |
| Braintree | 97 | 1 |
| - | 0 | |
| Blank | 0 | |

Senior Men

| Club | Score | Position |
|--------------|-------|----------|
| CATs | 17 | 5 |
| Southend | 93 | 3 |
| Ipswich | 115 | 1 |
| Peterborough | 105 | 2 |
| Braintree | 87 | 4 |
| - | 0 | |
| Blank | 0 | |

Overall Match result

| Club | Total Score | Match position |
|--------------|-------------|----------------|
| CATs | 548 | 4 |
| Southend | 576 | 2 |
| Ipswich | 747 | 1 |
| Peterborough | 316 | 5 |
| Braintree | 557 | 3 |
| - | 0 | |
| Blank | 0 | |

Scored by Rob Hewes

Checked by

The host club should check that all results have been entered correctly, and that names are correct vs field cards etc, before sending out the results
The full results sheets must be e-mailed to the two league secretaries and a copy e-mailed to all visiting clubs by the Tuesday following the match.

This should be as the original Excel workbook - not a pdf file

Host clubs should not send the results to Power of 10 - the League Sec will do that after the results have been checked by the visiting clubs.

(Full results workbook - to Mr Noel Moss, 18 Hunts Rd, Duxford, Cambs, CB22 4RE - e-mail noelmoss@btinternet.com
and to Mr Tony Cheatham, 13 Longfield Rd, Capel-St-Mary, Ipswich, IP9 2UA - e-mail anthonycheatham1107@btinternet.com)

All team declaration sheets, and officials signing in sheets, must be sent by post to Mr Tony Cheatham as soon as possible.

Visiting clubs will then have 48 hours to notify the two league Secretaries by e-mail of any name errors etc.

After this time (on Friday morning) the results will be sent to Power of 10 and Athletics weekly by the league Secs, and it will then become the responsibility of an athletes' own club to notify to Power of 10 of any further name corrections.

This is to attempt to reduce the number of corrections which had to be sent to Power of 10 last year

Under 13 Boys

| | | | | | | | | | |
|--------------------------|--------------|--------|------|---|--------------------------|--------------|--------|------|---|
| U13 Boy's A 100m | | | W/S= | . | U13 Boy's B 100m | | | W/S= | . |
| Akin Akinboh | CATs | 13.3 | | | JAMES LEGRAND | Ipswich | 14.3 | | |
| LEON MAYCOCK | Ipswich | 14.3 | | | Luis Beardsell | CATs | 15.1 | | |
| Sam Butcher | Southend | 15.1 | | | Ayanfe Coker | Southend | 16.5 | | |
| Ewan Banner | Braintree | 15.9 | | | Joshua Possee | Braintree | 17.1 | | |
| Luke Ferris | Peterborough | 17.0 | | | Finley Thorpe | Peterborough | 17.1 | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| U13 Boy's A 200m | | | W/S= | . | U13 Boy's B 200m | | | W/S= | . |
| Akin Akinboh | CATs | 28.1 | | | Sam Butcher | Southend | 29.4 | | |
| JAMES LEGRAND | Ipswich | 29.9 | | | Luis Beardsell | CATs | 29.9 | | |
| Joseph Hudson | Southend | 30.7 | | | TOM HARRINGTON | Ipswich | 31.3 | | |
| Freddie Trevanion | Braintree | 33.1 | | | James Cooper | Peterborough | 34.0 | | |
| Luke Ferris | Peterborough | 35.9 | | | Daniel Jordan | Braintree | 35.1 | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| U13 Boy's A 800m | | | | | U13 Boy's B 800m | | | | |
| TOM HARRINGTON | Ipswich | 2:35.2 | | | FRANCO GIUSTI | Ipswich | 2:40.6 | | |
| Joseph Hudson | Southend | 2:38.7 | | | Sam Wheatley | Southend | 2:48.0 | | |
| James Cooper | Peterborough | 2:49.2 | | | Rafe Donnelly | Braintree | 2:51.3 | | |
| Joshua Mesina | Braintree | 2:51.0 | | | Tom Flint | CATs | 3:04.3 | | |
| Thomas Sturgeon | CATs | 2:51.2 | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| U13 Boy's A 1500m | | | | | U13 Boy's B 1500m | | | | |
| George Fricker | Ipswich | 5:14.2 | | | Ewan Baxter | Ipswich | 5:20.9 | | |
| Freddie Trevanion | Braintree | 5:20.1 | | | Alfie Kelaway | CATs | 5:34.6 | | |
| Harvey Hancock | Peterborough | 5:23.2 | | | Nathan Thornton | Southend | 5:38.1 | | |
| Ethan Bird | Southend | 5:27.4 | | | | | . | | |
| Benn Mann | CATs | 5:31.1 | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| U13 Boy's A 75mH | | | W/S= | . | U13 Boy's B 75mH | | | W/S= | . |
| Alfie Kelaway | CATs | 15.8 | | | Tom Flint | CATs | 16.3 | | |
| Sam Wheatley | Southend | 16.8 | | | Thomas McInerney | Braintree | 18.9 | | |
| Daniel Jordan | Braintree | 17.0 | | | | | . | | |
| Harvey Hancock | Peterborough | 17.3 | | | | | . | | |
| | | . | | | | | . | | |
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| | | . | | | | | . | | |
| | | . | | | | | . | | |
| U13 Boy's 4x100m | | | | | | | | | |
| Ipswich | Ipswich | 61.8 | | | | | | | |
| Southend | Southend | 61.9 | | | | | | | |
| Braintree | Braintree | 65.0 | | | | | | | |
| Peterborough | Peterborough | 65.7 | | | | | | | |
| #N/A | CATs | 66.5 | | | | | | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |
| | | . | | | | | . | | |

U13 Boy's A High Jump

| | | |
|-----------------|-----------|------|
| MARTEL FORD | Ipswich | 1.40 |
| Adam Pleasance | Braintree | 1.20 |
| Elliot Black | CATs | 1.10 |
| Nathan Thornton | Southend | 1.10 |

U13 Boy's B High Jump

| | | |
|-----------------|------|------|
| Thomas Sturgeon | CATs | 1.10 |
|-----------------|------|------|

U13 Boy's A Long Jump

| | | |
|----------------|--------------|------|
| Luke Bracey | CATs | 4.20 |
| LEON MAYCOCK | Ipswich | 3.99 |
| Ewan Banner | Braintree | 3.75 |
| Harvey Hancock | Peterborough | 3.64 |
| Ayanfe Coker | Southend | 2.90 |

U13 Boy's B Long Jump

| | | |
|-----------------|--------------|------|
| Thomas Sturgeon | CATs | 3.34 |
| ADAM WOOD | Ipswich | 3.17 |
| Joshua Possee | Braintree | 3.10 |
| Luke Ferris | Peterborough | 2.69 |

U13 Boy's A Shot Putt

| | | |
|----------------|--------------|------|
| FRANCO GIUSTI | Ipswich | 7.39 |
| Ewan Banner | Braintree | 7.30 |
| James Cooper | Peterborough | 6.33 |
| Sam Wheatley | Southend | 5.79 |
| Luis Beardsell | CATs | 5.10 |

U13 Boy's B Shot Putt

| | | |
|---------------|-----------|------|
| Joseph Hudson | Southend | 5.23 |
| Bradley Hicks | CATs | 4.95 |
| Ben Sanctuary | Braintree | 4.12 |

U13 Boy's A Discus

| | | |
|--------------------|-----------|-------|
| Bradley Hicks | CATs | 13.96 |
| Ethan Bird | Southend | 13.04 |
| William Pennington | Braintree | 10.32 |
| NICHOLAS MALES | Ipswich | 9.90 |

U13 Boy's A Javelin

| | | |
|----------------|-----------|-------|
| Thomas May | Southend | 17.11 |
| Bradley Hicks | CATs | 16.98 |
| Joshua Possee | Braintree | 13.70 |
| NICHOLAS MALES | Ipswich | 12.18 |

Under 13 Girls

| U13 Girl's A 100m | | | W/S= | U13 Girl's B 100m | | | W/S= |
|--------------------------|--------------|------|------|--------------------------|--------------|------|------|
| Shona Gonese | Southend | 13.5 | . | Lonarra Youngs | Ipswich | 14.6 | . |
| Leah Duncan | Braintree | 13.8 | . | Ava Iris King | Southend | 14.8 | . |
| Daisy Green | CATs | 14.2 | . | Ella Greenwood | Peterborough | 15.3 | . |
| Jasmine Cant | Ipswich | 14.5 | . | Hannah Smith | Braintree | 15.4 | . |
| Harriet Fenton | Peterborough | 14.8 | . | Elanor Harden | CATs | 15.9 | . |

| U13 Girl's A 200m | | | W/S= | U13 Girl's B 200m | | | W/S= |
|--------------------------|--------------|------|------|--------------------------|--------------|------|------|
| Shona Gonese | Southend | 28.2 | . | Lonarra Youngs | Ipswich | 30.8 | . |
| Leah Duncan | Braintree | 29.0 | . | Ava Iris King | Southend | 30.8 | . |
| Daisy Green | CATs | 29.3 | . | Leisha Hunt | Braintree | 31.7 | . |
| Jasmine Cant | Ipswich | 29.6 | . | Katie Porter | Peterborough | 33.4 | . |
| Harriet Fenton | Peterborough | 30.2 | . | Elysia Kingdon-jolly | CATs | 34.3 | . |

| U13 Girl's A 800m | | | | U13 Girl's B 800m | | | |
|--------------------------|--------------|--------|---|--------------------------|--------------|--------|---|
| Katie Porter | Peterborough | 2:42.3 | . | Mia Patterson | CATs | 2:44.7 | . |
| Elsie Gray | CATs | 2:43.1 | . | Maisey Armstrong | Ipswich | 3:02.7 | . |
| Morgan Harrod | Braintree | 2:48.1 | . | Sky Fay | Braintree | 3:04.3 | . |
| Georgia Coldwell | Ipswich | 3:01.4 | . | Lois Collins | Peterborough | 3:07.1 | . |

| U13 Girl's A 1500m | | | | U13 Girl's B 1500m | | | |
|---------------------------|--------------|--------|---|---------------------------|--------------|--------|---|
| Keira Hornsby | Braintree | 5:33.3 | . | Amelia Mart | Southend | 5:49.5 | . |
| Grace Ralston | Southend | 5:33.9 | . | Georgia Tombs | Braintree | 5:52.3 | . |
| Evie Morgan | Ipswich | 5:47.6 | . | Hannah Lugo | Ipswich | 6:11.3 | . |
| Georgia Price | Peterborough | 6:02.8 | . | Laura Collins | Peterborough | 6:12.8 | . |
| Ally Thorndyke | CATs | 6:05.4 | . | Jennifer Palmer | CATs | 6:46.1 | . |

| U13 Girl's A 70mH | | | W/S= | U13 Girl's B 70mH | | | W/S= |
|--------------------------|--------------|------|------|--------------------------|--------------|------|------|
| Shona Gonese | Southend | 11.8 | . | Eleanor Butt | Southend | 13.5 | noel |
| Hannah Smith | Braintree | 12.9 | . | Sky Fay | Braintree | 14.0 | . |
| Georgie Ives-Lappin | Peterborough | 13.1 | . | Freya Richardson | CATs | 16.4 | . |
| | | | . | Laura Collins | Peterborough | 18.0 | . |

U13 Girl's 4x100m

| | | |
|--------------|--------------|------|
| Southend | Southend | 57.7 |
| Braintree | Braintree | 58.1 |
| Peterborough | Peterborough | 59.5 |
| Ipswich | Ipswich | 59.6 |
| CATs | CATs | 62.7 |
| #N/A | CATs | 68.3 |

U13 Girl's A High Jump

| | | |
|----------------|--------------|------|
| Harriet Fenton | Peterborough | 1.43 |
| Emma Gadson | CATs | 1.25 |
| Evie Anderson | Southend | 1.25 |
| Bea Quantrill | Ipswich | 1.15 |
| Georgia Tombs | Braintree | 1.00 |

U13 Girl's B High Jump

| | | |
|-----------------|--------------|------|
| Ella Greenwood | Peterborough | 1.15 |
| Katie Judd | Southend | 1.10 |
| Freya Coulton | Braintree | 1.00 |
| Jennifer Palmer | CATs | 1.00 |
| Lily Fielden | Ipswich | 1.00 |

U13 Girl's A Long Jump

| | | |
|----------------|--------------|------|
| Daisy Green | CATs | 3.99 |
| Katie Judd | Southend | 3.95 |
| Ella Greenwood | Peterborough | 3.78 |
| Leisha Hunt | Braintree | 3.73 |
| Hannah Lugo | Ipswich | 3.49 |

U13 Girl's B Long Jump

| | | |
|-------------------|--------------|------|
| Elanor Harden | CATs | 3.78 |
| Florence Gardiner | Ipswich | 3.32 |
| Evie Anderson | Southend | 3.28 |
| Molly Fletcher | Peterborough | 3.09 |

U13 Girl's A Shot Putt

| | | |
|------------------|--------------|------|
| Faye Alexander | Ipswich | 6.79 |
| Amelia Mart | Southend | 6.11 |
| Lucy Day | Braintree | 5.78 |
| Freya Richardson | CATs | 4.99 |
| Molly Fletcher | Peterborough | 4.41 |

U13 Girl's B Shot Putt

| | | |
|----------------|-----------|------|
| Megan Hughes | Ipswich | 6.40 |
| Emily Holloway | Braintree | 5.69 |
| Eleanor Harden | CATs | 3.74 |

U13 Girl's A Discus

| | | |
|---------------------|--------------|------|
| Eleanor Butt | Southend | 17.9 |
| Megan Hughes | Ipswich | 16.7 |
| Keira Hornsby | Braintree | 15.4 |
| Georgie Ives-Lappin | Peterborough | 10.6 |
| Mia Patterson | CATs | 9.5 |

U13 Girl's A Javelin

| | | |
|---------------------|--------------|------|
| Eleanor Butt | Southend | 26.1 |
| Megan Hughes | Ipswich | 24.8 |
| Keira Hornsby | Braintree | 18.0 |
| Georgie Ives-Lappin | Peterborough | 11.8 |
| Lauren Sims | CATs | 6.0 |

EAST ANGLIAN T&F LEAGUE

at Colchester

4th May 2014

Under 15 Boys

U15 Boy's A 100m

| | | |
|---------------|-----------|------|
| Mufaro Shava | CATs | 12.8 |
| Ryan Morgan | Braintree | 12.9 |
| JONATHAN ELEY | Ipswich | 13.0 |

W/S= .

.

U15 Boy's B 100m

| | | |
|----------------|-----------|------|
| Jameel Garba | CATs | 12.9 |
| Thomas Dowson | Braintree | 13.0 |
| JAMES GIDDINGS | Ipswich | 13.1 |

W/S= .

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U15 Boy's A 200m

| | | |
|---------------|-----------|------|
| Ben Seulphe | Ipswich | 25.8 |
| Mufaro Shava | CATs | 26.0 |
| Thomas Dowson | Braintree | 26.5 |

W/S= .

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U15 Boy's B 200m

| | | |
|-----------------|-----------|------|
| JAMES GIDDINGS | Ipswich | 26.7 |
| Jameel Garba | CATs | 27.6 |
| Henry Trevanion | Braintree | 32.1 |

W/S= .

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U15 Boy's A 300m

| | | |
|--------------------|-----------|------|
| JAKE GREENLEAF | Ipswich | 40.4 |
| Harrison Beardsell | CATs | 44.3 |
| Henry Trevanion | Braintree | 48.6 |
| Ben Abbott | Southend | 52.0 |

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U15 Boy's B 300m

| | | |
|---------------|----------|------|
| Owen Foakes | CATs | 43.5 |
| Craig Wheeler | Southend | 45.5 |
| CHARLIS ALDIS | Ipswich | 48.1 |

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U15 Boy's A 800m

| | | |
|--------------|--------------|--------|
| Max Williams | CATs | 2:10.8 |
| LOUIS BREYER | Ipswich | 2:14.4 |
| Toby Wright | Southend | 2:18.1 |
| Josh Parker | Peterborough | 2:37.0 |

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U15 Boy's B 800m

| | | |
|--------------------|----------|--------|
| Craig Wheeler | Southend | 2:30.2 |
| Freddie Richardson | CATs | 2:40.5 |
| Oliver Gillespie | Ipswich | 2:42.3 |

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U15 Boy's A 1500m

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|-----------------|---------|--------|
| ALEX BAXTER | Ipswich | 4:25.8 |
| Benjamin Miller | CATs | 4:37.5 |

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U15 Boy's B 1500m

| | | |
|-----------------|---------|--------|
| MATTHEW SNOWDON | Ipswich | 4:50.9 |
| Dillan Beard | CATs | 5:42.7 |

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U15 Boy's A 80mH

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|-----------------|-----------|------|
| Jacob Wilson | CATs | 14.0 |
| Cameron Sanders | Braintree | 15.0 |

W/S= .

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U15 Boy's B 80mH

| | | |
|-------------|------|------|
| Owen Foakes | CATs | 16.0 |
|-------------|------|------|

W/S= .

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U15 Boy's 4x100m

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|---------|---------|------|
| CATs | CATs | 52.9 |
| Ipswich | Ipswich | 53.0 |

| | | |
|----------|----------|------|
| Southend | Southend | 58.4 |
|----------|----------|------|

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|-----------|-----------|------|
| #N/A | CATs | 57.2 |
| Braintree | Braintree | 57.7 |

U15 Boy's A High Jump

| | | |
|--------------------|-----------|------|
| Harrison Beardsell | CATs | 1.50 |
| CHARLIE ALDIS | Ipswich | 1.40 |
| Toby Wright | Southend | 1.30 |
| Cameron Sanders | Braintree | 1.30 |

U15 Boy's B High Jump

| | | |
|--------------|---------|------|
| Jacob Wilson | CATs | 1.40 |
| ALEX BAXTER | Ipswich | 1.30 |

U15 Boy's A Long Jump

| | | |
|----------------|--------------|------|
| Ryan Morgan | Braintree | 5.19 |
| JAKE GREENLEAF | Ipswich | 4.33 |
| Oscar Waller | Southend | 4.12 |
| Adam Vigar | CATs | 4.05 |
| Josh Parker | Peterborough | 2.74 |

U15 Boy's B Long Jump

| | | |
|-----------------|-----------|------|
| JONATHAN ELEY | Ipswich | 3.99 |
| Cameron Sanders | Braintree | 3.87 |
| Toby Wright | Southend | 3.40 |

U15 Boy's A Triple Jump

| | | |
|--------------|-----------|-------|
| Ryan Morgan | Braintree | 12.00 |
| Ben Abbott | Southend | 8.13 |
| Oscar Callan | CATs | 7.90 |

U15 Boy's B Triple Jump**U15 Boy's A Shot Putt**

| | | |
|----------------|-----------|------|
| JAMES GIDDINGS | Ipswich | 9.01 |
| Adam Vigar | CATs | 6.45 |
| Samuel Larkins | Braintree | 6.15 |

U15 Boy's B Shot Putt

| | | |
|---------------|-----------|------|
| Kieron Sadler | Ipswich | 8.54 |
| Kian Culham | Braintree | 5.42 |

U15 Boy's A Discus

| | | |
|----------------|-----------|-------|
| Kieron Sadler | Ipswich | 20.92 |
| Craig Wheeler | Southend | 17.69 |
| Max Williams | CATs | 16.01 |
| Samuel Larkins | Braintree | 15.59 |

U15 Boy's B Discus

| | | |
|-----------------|-----------|-------|
| Kian Culham | Braintree | 14.92 |
| Matthew Snowdon | Ipswich | 14.75 |
| Dillan Beard | CATs | 13.17 |

U15 Boy's A Javelin

| | | |
|--------------------|-----------|-------|
| Harrison Beardsell | CATs | 28.28 |
| Toby Jordan | Southend | 24.24 |
| Keiron Sadler | Ipswich | 24.14 |
| Samuel Larkins | Braintree | 21.02 |

U15 Boy's B Javelin

| | | |
|---------------|-----------|-------|
| Jacob Wilson | CATs | 24.31 |
| Louis Breyer | Ipswich | 22.31 |
| Rhys Williams | Braintree | 19.61 |

U15 Boy's A Hammer

| | | |
|--------------|----------|-------|
| Toby Jordan | Southend | 15.36 |
| Max Williams | CATs | 15.29 |

Under 15 Girls

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|---------------------------|--------------|------|--------|---------------------------|--------------|------|--------|
| U15 Girl's A 100m | | | | U15 Girl's B 100m | | | |
| | | W/S= | . | | | W/S= | . |
| Joy Ogunleye | CATs | | 12.9 | Janae Duporte Clarke | Ipswich | | 13.5 |
| Eldece Emery | Ipswich | | 13.2 | Megan Porter | Peterborough | | 13.7 |
| Megan Sims | Peterborough | | 13.3 | Eloise Lewis | Southend | | 13.9 |
| Ellie Rowan | Southend | | 13.5 | Lauren Woodiwiss | CATs | | 14.2 |
| Saira Hussain | Braintree | | 13.7 | Yasmin Cowley | Braintree | | 14.8 |
| | | | . | | | | . |
| | | | . | | | | . |
| | | | . | | | | . |
| U15 Girl's A 200m | | | | U15 Girl's B 200m | | | |
| | | W/S= | . | | | W/S= | . |
| Joy Ogunleye | CATs | | 26.4 | Ataylia Clarke | Ipswich | | 27.7 |
| Megan Sims | Peterborough | | 27.1 | Lauren Woodiwiss | CATs | | 28.9 |
| Eldece Emery | Ipswich | | 27.6 | Yasmin Cowley | Braintree | | 29.6 |
| Eloise Lewis | Southend | | 28.2 | Jamelia Smith | Peterborough | | 29.6 |
| Nicole Roffey | Braintree | | 29.6 | | | | . |
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| | | | . | | | | . |
| | | | . | | | | . |
| U15 Girl's A 300m | | | | U15 Girl's B 300m | | | |
| | | W/S= | . | | | W/S= | . |
| Ella Hughes | Ipswich | | 44.0 | Nicole Hughes | Ipswich | | 45.6 |
| Laura Knight | Southend | | 47.4 | Louise Rayment | Southend | | 48.1 |
| Nicole Roffey | Braintree | | 47.9 | Melissa Gurteen | Braintree | | 50.1 |
| Amanda Thompson | CATs | | 56.9 | Alicia Walklett | CATs | | 55.8 |
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| | | | . | | | | . |
| U15 Girl's A 800m | | | | U15 Girl's B 800m | | | |
| | | | | | | | |
| Courtney Gordon | Braintree | | 2:28.2 | Maddie Craig | Ipswich | | 2:39.6 |
| Daniella Giusti | Ipswich | | 2:33.6 | Georgia Harrod | Braintree | | 2:45.3 |
| Georgia Goble | Southend | | 2:34.0 | Iona Doyle | Southend | | 2:51.6 |
| Emily Donahue | CATs | | 2:41.9 | Katie Black | CATs | | 3:20.7 |
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| | | | . | | | | . |
| | | | . | | | | . |
| U15 Girl's A 1500m | | | | U15 Girl's B 1500m | | | |
| | | | | | | | |
| Joanna Rimmington | Southend | | 5:07.1 | Juliette Le Mare | Southend | | 5:28.7 |
| Isabelle Wickens | Ipswich | | 5:12.6 | Anna Firth | Ipswich | | 5:29.4 |
| Mary Ann Deasy | CATs | | 5:20.2 | Tara Thorndyke | CATs | | 6:24.7 |
| Paige Nealon | Peterborough | | 5:46.4 | | | | . |
| | | | . | | | | . |
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| | | | . | | | | . |
| | | | . | | | | . |
| U15 Girl's A 75mH | | | | U15 Girl's B 75mH | | | |
| | | W/S= | | | | W/S= | |
| Megan Sims | Peterborough | | 12.0 | Elena Iruskieta | Southend | | 12.5 |
| Brogan Ravenall | Southend | | 12.9 | Jamelia Smith | Peterborough | | 12.6 |
| Isabella Keeley | Ipswich | | 13.1 | Maddie Craig | Ipswich | | 13.9 |
| Melissa Gurteen | Braintree | | 15.6 | Daisy Partridge | Braintree | | 14.6 |
| Katie Black | CATs | | 17.4 | | | | . |
| | | | . | | | | . |
| | | | . | | | | . |
| | | | . | | | | . |
| U15 Girl's 4x100m | | | | | | | |
| | | | | | | | |
| Ipswich | Ipswich | | 52.5 | CATs | CATs | | 56.9 |
| Southend | Southend | | 54.1 | #N/A | CATs | | 61.9 |
| Braintree | Braintree | | 56.3 | | | | . |
| Peterborough | Peterborough | | 56.4 | | | | . |

U15 Girl's A High Jump

| | | |
|--------------------|--------------|------|
| Megan Porter | Peterborough | 1.50 |
| Aimee Patel | CATs | 1.40 |
| Louise Rayment | Southend | 1.35 |
| Ines Bowman-Boyles | Ipswich | 1.30 |
| Courtney Gordon | Braintree | 1.30 |

U15 Girl's B High Jump

| | | |
|--------------------|--------------|------|
| Amy Gore | Peterborough | 1.35 |
| Georgia Goble | Southend | 1.30 |
| Elizabeth Philpott | CATs | 1.30 |
| Sophie Conway | Braintree | 1.25 |
| Maddie Venn | Ipswich | 1.25 |

U15 Girl's A Long Jump

| | | |
|----------------------|--------------|------|
| Janae Duporte Clarke | Ipswich | 4.60 |
| Brogan Ravenall | Southend | 4.42 |
| Jamelia Smith | Peterborough | 4.19 |
| Sophie Conway | Braintree | 4.17 |
| Katie Black | CATs | 3.40 |

U15 Girl's B Long Jump

| | | |
|---------------|-----------|------|
| Mia Dessaur | Ipswich | 4.34 |
| Eloise Lewis | Southend | 4.06 |
| Saira Hussain | Braintree | 3.86 |
| Polly Wija | CATs | 3.20 |

U15 Girl's A Shot Putt

| | | |
|----------------|--------------|------|
| Gemma Ramsey | Ipswich | 8.16 |
| Blythe Pearson | Southend | 7.72 |
| Georgia Harrod | Braintree | 7.57 |
| Katie Rowe | CATs | 6.75 |
| Milly Watling | Peterborough | 6.67 |

U15 Girl's B Shot Putt

| | | |
|-----------------|--------------|------|
| Eldece Emery | Ipswich | 7.83 |
| Brogan Ravenall | Southend | 5.99 |
| Chloe Cracknell | Braintree | 5.43 |
| Paige Nealon | Peterborough | 5.17 |
| Beth Philpott | CATs | 5.08 |

U15 Girl's A Discus

| | | |
|-----------------|--------------|-------|
| Iona Doyle | Southend | 24.75 |
| Gemma Ramsey | Ipswich | 20.94 |
| Daisy Partridge | Braintree | 20.65 |
| Amy Gore | Peterborough | 17.84 |
| Katie Rowe | CATs | 17.31 |

U15 Girl's B Discus

| | | |
|----------------|--------------|-------|
| Blythe Pearson | Southend | 24.05 |
| Yasmin Cowley | Braintree | 19.29 |
| Lorna Sharp | CATs | 17.04 |
| Milly Watling | Peterborough | 15.96 |
| Cara Dessaur | Ipswich | 13.30 |

U15 Girl's A Javelin

| | | |
|-----------------|--------------|-------|
| Gemma Ramsey | Ipswich | 33.77 |
| Daisy Partridge | Braintree | 25.58 |
| Amy Gore | Peterborough | 24.29 |
| Lorna Sharp | CATs | 16.45 |
| Natasha Walter | Southend | 11.48 |

U15 Girl's B Javelin

| | | |
|-----------------|--------------|-------|
| Anna Firth | Ipswich | 15.11 |
| Georgia Harrod | Braintree | 12.55 |
| Daisy Pallett | Southend | 10.20 |
| Paige Nealon | Peterborough | 9.16 |
| Alicia Walklett | CATs | 7.04 |

U15 Girl's A Hammer

| | | |
|----------------|----------|-------|
| Blythe Pearson | Southend | 26.19 |
| Hannah Grubb | Ipswich | 15.78 |

Under 17 Men

U17 Men's A 100m

| | | | |
|---------------|-----------|--------|------|
| | | W/S= . | |
| OWEN GIDDINGS | Ipswich | | 11.4 |
| Lewis Thorn | Braintree | | 11.8 |
| Ragnar Callan | CATs | | 12.1 |
| | | | . |
| | | | . |
| | | | . |
| | | | . |

U17 Men's B 100m

| | | | |
|-------------|-----------|--------|------|
| | | W/S= . | |
| MARK FERNIZ | Ipswich | | 11.6 |
| Ben Slayman | Braintree | | 12.0 |
| | | | . |
| | | | . |
| | | | . |
| | | | . |

U17 Men's A 200m

| | | | |
|---------------|-----------|--------|------|
| | | W/S= . | |
| OWEN GIDDINGS | Ipswich | | 23.3 |
| Lewis Thorn | Braintree | | 24.0 |
| Ragnar Callan | CATs | | 24.9 |
| Adam Jordan | Southend | | 26.0 |
| | | | . |
| | | | . |
| | | | . |
| | | | . |

U17 Men's B 200m

| | | | |
|-------------|-----------|--------|------|
| | | W/S= . | |
| MARK FERNIZ | Ipswich | | 23.5 |
| Ben Slayman | Braintree | | 24.3 |
| | | | . |
| | | | . |
| | | | . |
| | | | . |

U17 Men's A 400m

| | | | |
|----------------|-----------|--|------|
| Ragnar Callan | CATs | | 54.8 |
| Adam Jordan | Southend | | 57.0 |
| Josh Partridge | Braintree | | 65.9 |
| | | | . |
| | | | . |
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| | | | . |

U17 Men's B 400m

| | | | |
|---------------|------|--|------|
| Callum McCain | CATs | | 56.8 |
| | | | . |
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| | | | . |
| | | | . |

U17 Men's A 800m

| | | | |
|-----------------|--------------|--|--------|
| Daniel Mees | Peterborough | | 2:05.9 |
| Adam Jordan | Southend | | 2:10.6 |
| Dominic Doherty | CATs | | 2:15.5 |
| WILL BLACKBURN | Ipswich | | 2:16.4 |
| Joseph Hornsby | Braintree | | 2:34.9 |
| | | | . |
| | | | . |
| | | | . |

U17 Men's B 800m

| | | | |
|-----------------|-----------|--|--------|
| William Page | CATs | | 2:17.8 |
| JOSHUA THOMPSON | Ipswich | | 2:21.0 |
| Josh Partridge | Braintree | | 2:37.4 |
| | | | . |
| | | | . |
| | | | . |

U17 Men's A 1500m

| | | | |
|--------------|-----------|--|--------|
| John Millar | Ipswich | | 4:24.8 |
| Conor Culham | Braintree | | 4:57.6 |
| | | | . |
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| | | | . |
| | | | . |

U17 Men's B 1500m

| | | | |
|---------------|---------|--|--------|
| Dominic Mason | Ipswich | | 5:07.0 |
| | | | . |
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| | | | . |

U17 Men's A 100mH

| | | | |
|---------------|-----------|--------|------|
| | | W/S= . | |
| Samuel Spicer | Braintree | | 19.9 |
| | | | . |
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U17 Men's B 100mH

| | | | |
|--|--|--------|---|
| | | W/S= . | |
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U17 Men's 4x100m

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U17 Men's A High Jump

| | | |
|-------------------|-----------|------|
| CHRISTOPHER JONES | Ipswich | 1.80 |
| Ben Henderson | Southend | 1.60 |
| Samuel Spicer | Braintree | 1.45 |

U17 Men's B High Jump

| | | |
|----------------|-----------|------|
| Joseph Hornsby | Braintree | 1.35 |
|----------------|-----------|------|

U17 Men's A Long Jump

| | | |
|-----------------|-----------|------|
| Ben Slayman | Braintree | 4.97 |
| Dominic Doherty | CATs | 4.95 |
| JOSHUA THOMPSON | Ipswich | 4.62 |

U17 Men's B Long Jump

| | | |
|--------------|------|------|
| William Page | CATs | 4.42 |
|--------------|------|------|

U17 Men's A Triple Jump

| | | |
|-----------------|-----------|-------|
| Callum McCain | CATs | 10.35 |
| JOSHUA THOMPSON | Ipswich | 10.00 |
| Bradley Hedman | Braintree | 9.96 |

U17 Men's B Triple Jump

| | | |
|----------------|---------|------|
| William Page | CATs | 9.12 |
| WILL BLACKBURN | Ipswich | 8.43 |

U17 Men's A Shot Putt

| | | |
|--------------------|-----------|-------|
| Billy Praitm-Singh | Southend | 11.83 |
| OWEN GIDDINGS | Ipswich | 11.12 |
| Alex Camp | Braintree | 9.12 |

U17 Men's B Shot Putt

| | | |
|-----------------|-----------|------|
| Conor Culham | Braintree | 8.90 |
| JOSHUA RICHARDS | Ipswich | 8.68 |

U17 Men's A Discus

| | | |
|--------------------|-----------|-------|
| Billy Praitm-Singh | Southend | 31.96 |
| JOSHUA RICHARDS | Ipswich | 24.32 |
| Alex Camp | Braintree | 23.00 |
| Callum McCain | CATs | 17.38 |

U17 Men's B Discus

| | | |
|--------------|-----------|-------|
| Conor Culham | Braintree | 22.96 |
| John Millar | Ipswich | 16.67 |

U17 Men's A Javelin

| | | |
|------------------|-----------|-------|
| Daniel Cole | CATs | 43.13 |
| Stuart Pleasance | Braintree | 30.78 |
| MARK FERNIZ | Ipswich | 29.50 |

U17 Men's B Javelin

| | | |
|-----------------|-----------|-------|
| Alex Camp | Braintree | 29.82 |
| Dominic Doherty | CATs | 27.39 |

U17 Men's A Hammer

| | | |
|--------------------|-----------|-------|
| Billy Praitm-Singh | Southend | 51.93 |
| Stuart Pleasance | Braintree | 25.36 |
| JOSHUA RICHARDS | Ipswich | 21.95 |

Men

Men's A 100m

| | | W/S= | . |
|--------------------|-------------------|------|------|
| Joe Thompson | 0 Ipswich | | 11.7 |
| Richard Shingleton | 0 Braintree | | 12.1 |
| Brandon Howell | U20M Peterborough | | 12.4 |
| Greg Goodrem | 0 Southend | | 12.4 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's B 100m

| | | W/S= | . |
|--------------|----------------|------|------|
| Jay Gibson | 0 Ipswich | | 12.1 |
| Alex Milbank | 0 Southend | | 12.3 |
| Rob Alker | 0 Peterborough | | 12.7 |
| Amr Ziko | 0 Braintree | | 12.9 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's A 200m

| | | W/S= | . |
|--------------------|-------------------|------|------|
| Richard Shingleton | 0 Braintree | | 23.9 |
| Tom Metcalf | 0 Southend | | 24.5 |
| Jay Gibson | 0 Ipswich | | 24.8 |
| Brandon Howell | U20M Peterborough | | 25.7 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's B 200m

| | | W/S= | . |
|--------------|----------------|------|------|
| Joe Thompson | 0 Ipswich | | 24.3 |
| Alex Milbank | 0 Southend | | 25.2 |
| Rob Alker | 0 Peterborough | | 25.7 |
| Amr Ziko | 0 Braintree | | 26.9 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's A 400m

| | | | |
|--------------------|-------------------|---|------|
| Jake King | 0 Southend | | 47.8 |
| Matthew Constable | 0 Ipswich | | 49.2 |
| Charlie Shingleton | 0 Braintree | | 52.8 |
| Artem Usatenko | U20M Peterborough | | 55.3 |
| | | . | . |
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| | | . | . |

Men's B 400m

| | | | |
|--------------------|----------------|---|------|
| Ben Higgins | 0 Ipswich | | 49.4 |
| Greg Goodrem | 0 Southend | | 53.0 |
| Steven Rolfe | 0 Braintree | | 54.7 |
| Amittai Ben-Israel | 0 Peterborough | | 56.9 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's A 800m

| | | | |
|---------------|-------------------|---|--------|
| Adam Bateman | 0 Braintree | | 1:56.6 |
| Joel Reed | U20M Peterborough | | 2:03.1 |
| Joshua Sugars | 0 Ipswich | | 2:12.7 |
| Greg Goodrem | 0 Southend | | 2:17.9 |
| | | . | . |
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| | | . | . |

Men's B 800m

| | | | |
|--------------------|----------------|---|--------|
| Amittai Ben-Israel | 0 Peterborough | | 2:08.0 |
| Ben Holdgate | 0 Braintree | | 2:13.3 |
| Ben Wharnsby | 0 Ipswich | | 2:20.1 |
| Tony Balding | 0 Southend | | 2:32.2 |
| | | . | . |
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Men's A 3000m

| | | | |
|----------------|-----------------|---|---------|
| Andy Suter | SM Peterborough | | 9:08.2 |
| Joe Nourse | 0 Braintree | | 9:19.0 |
| Connor Whiting | 0 Ipswich | | 9:20.3 |
| Gary Riches | 0 CATs | | 11:13.5 |
| Tony Balding | 0 Southend | | 11:30.5 |
| | | . | . |
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Men's B 3000m

| | | | |
|--------------|----------------|---|---------|
| Adam Bateman | 0 Braintree | | 9:59.2 |
| Oliver Mason | 0 Peterborough | | 10:20.2 |
| Daniel Jones | 0 Ipswich | | 10:56.7 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's A 110mH

| | | W/S= | . |
|----------------|-----------------|------|------|
| Greg Goodrem | 0 Southend | | 17.0 |
| Matthew Dalton | SM Peterborough | | 17.6 |
| | | . | . |
| | | . | . |
| | | . | . |

Men's B 110mH

| | | W/S= | . |
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Men's 4x100m

| | | | |
|--------------|----------------|---|------|
| Ipswich | 0 Ipswich | | 45.8 |
| Braintree | 0 Braintree | | 46.6 |
| Peterborough | 0 Peterborough | | 49.6 |
| | | . | . |

Mens scoring results

0.0

Men's A High Jump

| | | | |
|----------------|-----|--------------|------|
| Errol Thompson | 0 | Ipswich | 1.80 |
| Greg Goodrem | 0 | Southend | 1.75 |
| Leigh Porter | M35 | Peterborough | 1.60 |
| James Murphy | 0 | Braintree | 1.55 |

Men's B High Jump

| | | | |
|----------------|---|--------------|------|
| Matthew Dalton | 0 | Peterborough | 1.55 |
|----------------|---|--------------|------|

Men's A Long Jump

| | | | |
|--------------------|-----|--------------|------|
| Errol Thompson | 0 | Ipswich | 6.22 |
| Richard Shingleton | 0 | Braintree | 6.05 |
| Tom Metcalf | 0 | Southend | 5.51 |
| Leigh Porter | M35 | Peterborough | 5.33 |

Men's B Long Jump

| | | | |
|----------------|---|--------------|------|
| James Murray | 0 | Braintree | 5.73 |
| Greg Goodrem | 0 | Southend | 5.47 |
| Matthew Dalton | 0 | Peterborough | 4.45 |
| Connor Whiting | 0 | Ipswich | 4.36 |

Men's A Triple Jump

| | | | |
|----------------|-----|--------------|-------|
| Leigh Porter | M35 | Peterborough | 11.40 |
| James Murphy | 0 | Braintree | 11.36 |
| Errol Thompson | 0 | Ipswich | 11.01 |
| Greg Goodrem | 0 | Southend | 10.77 |

Men's B Triple Jump

| | | | |
|----------------|---|--------------|-------|
| Matthew Dalton | 0 | Peterborough | 10.46 |
| Hugo Jacquot | 0 | Ipswich | 8.05 |

Men's A Shot Putt

| | | | |
|--------------|---|--------------|------|
| Tom Metcalf | 0 | Southend | 9.69 |
| Ben Higgins | 0 | Ipswich | 9.53 |
| Leigh Porter | 0 | Peterborough | 9.22 |
| Warren Page | 0 | CATs | 9.13 |
| Mark Gurteen | 0 | Braintree | 6.55 |

Men's B Shot Putt

| | | | |
|---------------|-----|--------------|------|
| Karl Eve | M50 | Peterborough | 8.80 |
| Michael Davis | 0 | Ipswich | 7.79 |
| Tony Balding | 0 | Southend | 5.83 |
| Justin Hall | 0 | Braintree | 4.75 |

Men's A Discus

| | | | |
|---------------|-----|--------------|-------|
| Karl Eve | M50 | Peterborough | 29.78 |
| Tom Metcalf | 0 | Southend | 28.45 |
| Warren Page | 0 | CATs | 26.42 |
| Michael Davis | 0 | Ipswich | 22.59 |
| Justin Hall | 0 | Braintree | 14.83 |

Men's B Discus

| | | | |
|--------------|---|-----------|-------|
| Tony Fuller | 0 | Ipswich | 16.66 |
| Mark Gurteen | 0 | Braintree | 15.77 |
| Tony Balding | 0 | Southend | 15.56 |

Men's A Javelin

| | | | |
|--------------|-----|--------------|-------|
| Tom Metcalf | 0 | Southend | 41.35 |
| Ben Higgins | 0 | Ipswich | 40.10 |
| James Murphy | 0 | Braintree | 36.22 |
| Karl Eve | M50 | Peterborough | 31.29 |
| Warren Page | 0 | CATs | 28.15 |

Men's B Javelin

| | | | |
|--------------|---|----------|-------|
| Oliver Minns | 0 | Ipswich | 28.24 |
| Gary Riches | 0 | CATs | 23.82 |
| Tony Balding | 0 | Southend | 11.04 |

Men's A Hammer

| | | | |
|---------------|-----|--------------|-------|
| Michael Davis | 0 | Ipswich | 29.55 |
| Karl Eve | M50 | Peterborough | 20.93 |
| Tony Balding | 0 | Southend | 11.75 |

Women

| | | | | | | | | | | | |
|---------------------------|------|---|--------------|------|--------|---------------------------|------|------|--------------|------|--------|
| Women's A 100m | | | | W/S= | . | Women's B 100m | | | | W/S= | . |
| Jade Packer | | 0 | Southend | | 13.0 | Sophie Rickner | | 0 | Southend | | 13.5 |
| Chantelle Kilpatrick | | 0 | Ipswich | | 13.2 | Chloe Godbold | | 0 | Ipswich | | 13.9 |
| Nichola Gibson | SW | | Peterborough | | 13.5 | Amber Chudleigh | | 0 | Braintree | | 14.3 |
| Megan Goddard | | 0 | Braintree | | 13.8 | Abigail Vergette | U20W | | Peterborough | | 14.4 |
| Alice Kemp | | 0 | CATs | | 13.8 | | | | | | . |
| | | | | | . | | | | | | . |
| | | | | | . | | | | | | . |
| | | | | | . | | | | | | . |
| Women's A 200m | | | | W/S= | . | Women's B 200m | | | | W/S= | . |
| Bethany Ibbotson | | 0 | CATs | | 26.3 | Sophie Rickner | | 0 | Southend | | 27.1 |
| Jade Packer | | 0 | Southend | | 26.5 | Chloe Godbold | | 0 | Ipswich | | 27.9 |
| Nichola Gibson | SW | | Peterborough | | 27.5 | Ami Fosker | | 0 | CATs | | 28.1 |
| Chantelle Kilpatrick | | 0 | Ipswich | | 27.6 | Amber Chudleigh | | 0 | Braintree | | 28.5 |
| Megan Goddard | | 0 | Braintree | | 29.4 | Abigail Vergette | U20W | | Peterborough | | 29.7 |
| | | | | | . | | | | | | . |
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| U17 Women's A 300m | | | | | | U17 Women's B 300m | | | | | |
| Shereen Raouf | U17W | | Southend | | 41.9 | Gabriella Pearson | U17W | | Southend | | 45.5 |
| Tilly Thomas | U17W | | Ipswich | | 43.1 | Freya Emerick | U17W | | Ipswich | | 47.8 |
| Alice Kemp | U17W | | CATs | | 46.1 | Sian Hicks | U17W | | CATs | | 50.5 |
| | | | | | . | | | | | | . |
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| | | | | | . | | | | | | . |
| Women's A 400m | | | | | | Women's B 400m | | | | | |
| Georgina Malster | | 0 | Ipswich | | 58.4 | Keeley Whitlock | | 0 | Ipswich | | 64.8 |
| Ami Fosker | | 0 | CATs | | 61.4 | Kerry McCrory | | 0 | Southend | | 67.5 |
| Annabel Matthews-Smith | | 0 | Southend | | 66.5 | | | | | | . |
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| Women's A 800m | | | | | | Women's B 800m | | | | | |
| Hayley Lamkin | | 0 | Southend | | 2:30.1 | Annabel Matthews-Smith | | 0 | Southend | | 2:32.3 |
| Kirsty Thorndyke | | 0 | Ipswich | | 2:38.7 | Molly Leeson | | 0 | Ipswich | | 2:43.8 |
| Claire Gordon | | 0 | Braintree | | 2:42.5 | Kayleigh Beedon | | 0 | Braintree | | 2:46.5 |
| Sian Hicks | | 0 | CATs | | 2:44.8 | Catherine Blacklock | | 0 | CATs | | 3:00.7 |
| | | | | | . | | | | | | . |
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| | | | | | . | | | | | | . |
| Women's A 1500m | | | | | | Women's B 1500m | | | | | |
| Alice Goodwin | | 0 | Ipswich | | 5:04.9 | Natasha May | | 0 | Southend | | 5:12.4 |
| Lydia Callan | | 0 | CATs | | 5:10.0 | Charlotte Wickens | | 0 | Ipswich | | 5:21.5 |
| Sarah Imbush | | 0 | Southend | | 5:11.1 | Jess Riches | | 0 | CATs | | 5:36.3 |
| Wendy Perkins | | 0 | Peterborough | | 5:34.5 | Kayleigh Beedon | | 0 | Braintree | | 5:48.8 |
| Claire Gordon | | 0 | Braintree | | 5:38.4 | | | | | | . |
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| | | | | | . | | | | | | . |
| U17 Women's A 80mH | | | | W/S= | . | U17 Women's B 80mH | | | | W/S= | . |
| Isabella Blowers | U17W | | Ipswich | | 12.7 | | | | | | . |
| Sasha Potgieter | U17W | | Southend | | 14.2 | | | | | | . |
| Jess Riches | U17W | | CATs | | 18.0 | | | | | | . |
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| | | | | | . | | | | | | . |
| Women's A 100mH | | | | W/S= | . | Women's B 100mH | | | | W/S= | . |
| Katy Sealy | | 0 | Ipswich | | 16.8 | Kerry Kinsey | | 0 | Ipswich | | 19.1 |
| | | | | | . | | | | | | . |
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| | | | | | . | | | | | | . |
| Women's 4x100m | | | | | | Women's 4x100m | | | | | |
| Southend | | 0 | Southend | | 51.4 | Braintree | | 0 | Braintree | | 57.1 |
| CATs | | 0 | CATs | | 52.8 | #N/A | | #N/A | CATs | | 59.0 |
| Ipswich | | 0 | Ipswich | | 53.8 | | | | | | . |
| Peterborough | | 0 | Peterborough | | 53.8 | | | | | | . |

East Anglian League Non-Scorers Colchester 4th May 2014

For under 11's use Under 11's sheet)

| Event | Age group | Number | Name | Club | Performance |
|-------|-----------|--------|--------------------|--------------|-------------|
| | 100 SM | 51 | Hugo Jacquot | Ipswich | 12.4 |
| | 100 SM | 52 | Lee Bowker | Ipswich | 13.1 |
| | 100 SM | 54 | Jeremy Smith | Ipswich | 14.5 |
| | 200 SM | 12 | Justin Hall | Braintree | 27.4 |
| | 200 SM | 51 | Hugo Jacquot | Ipswich | 26.0 |
| | 200 SM | 52 | Errol Thompson | Ipswich | 23.4 |
| | 200 SM | 54 | Jeremy Smith | Ipswich | 29.9 |
| | 200 SM | 53 | Christian Frost | Ipswich | 24.1 |
| | 400 SM | 14 | Ben Holdgate | Braintree | 59.3 |
| | 400 SM | 53 | Christian Frost | Ipswich | 52.9 |
| | 400 SM | 52 | Lee Bowker | Ipswich | 57.9 |
| | 800 SM | 39 | Josh White | PAC | 2:06.6 |
| | 800 SM | 40 | Simon Ryan | PAC | 2:18.6 |
| | 800 SM | 53 | Oliver Minns | Ipswich | 2:27.9 |
| | 800 SM | 54 | Dalton Coe | Braintree | 2:18.6 |
| | 3000 SM | 36 | Daniel Grant | PAC | 11:36.5 |
| | 3000 SM | 53 | Chris Sugars | Ipswich | 11:11.8 |
| | 3000 SM | 54 | Dalton Coe | Ipswich | 10:51.4 |
| LJ | SM | 13 | Charlie Shingleton | Braintree | 5.32 |
| | 100 U13B | 12 | Ben Sanctuary | Braintree | 16.2 |
| | 100 U13B | 14 | Rafe Donnelly | Braintree | 16.3 |
| | 100 U13B | 13 | Daniel Jordan | Braintree | 16.6 |
| | 100 U13B | 15 | Thomas McInerney | Braintree | 17.0 |
| | 100 U13B | 51 | Adam Boxhall | Ipswich | 15.0 |
| | 100 U13B | 52 | Nicholas Males | Ipswich | 15.6 |
| | 100 U13B | 53 | Martel Ford | Ipswich | 14.3 |
| | 100 U13B | 62 | Tom Flint | Colch & Tend | 15.3 |
| | 100 U13B | 41 | Ethan Bird | Southend | 16.0 |
| | 200 U13B | 15 | Joshua Mesina | Braintree | 34.2 |
| | 200 U13B | 12 | Ben Sanctuary | Braintree | 34.4 |
| | 200 U13B | 13 | Thomas McInerney | Braintree | 34.3 |
| | 200 U13B | 14 | Rafe Donnelly | Braintree | 32.5 |
| | 200 U13B | 51 | Adam Boxhall | Ipswich | 31.5 |
| | 200 U13B | 62 | Elliot Black | Colch & Tend | 35.3 |
| | 200 U13B | 36 | Finley Thorpe | PAC | 34.9 |
| | 200 U13B | 43 | Ayanfe Coker | Southend | 34.1 |
| | 800 U13B | 65 | Albert McCain | Colch & Tend | 3:10.3 |
| | 800 U13B | 41 | Thomas May | Southend | 2:49.4 |
| | 1500 U13B | 52 | Adam Wood | Ipswich | 5:43.4 |
| 75H | U13B | 13 | Freddie Trevanion | Braintree | 16.3 |
| 75H | U13B | 61 | Luke Bracey | Colch & Tend | 14.1 |
| DT | U13B | 13 | Adam Pleasance | Braintree | 12.81 |
| JT | U13B | 12 | William Pennington | Braintree | 18.35 |
| JT | U13B | 62 | Alfie Kelway | Colch & Tend | 16.43 |
| JT | U13B | 61 | Finn O'Reilly | Colch & Tend | 36.51 |
| LJ | U13B | 12 | William Pennington | Braintree | 3.01 |
| LJ | U13B | 53 | Martel Ford | Ipswich | 4.02 |
| LJ | U13B | 65 | Albert McCain | Colch & Tend | 3.41 |
| LJ | U13B | 36 | Finley Thorpe | PAC | 3.05 |
| SP | U13B | 12 | Joshua Mesina | Braintree | 5.47 |
| SP | U13B | 65 | Albert McCain | Colch & Tend | 4.02 |
| | 100 U15B | 12 | Rhys Williams | Braintree | 15.2 |
| | 100 U15B | 14 | Louis Sheppard | Braintree | 15.0 |
| | 100 U15B | 13 | Henry Trevanion | Braintree | 15.4 |
| | 100 U15B | 51 | Ben Seulpher | Ipswich | 12.7 |
| | 100 U15B | 52 | Jaaziel Kajoba | Ipswich | 13.2 |
| | 100 U15B | 53 | Jake Greenleaf | Ipswich | 13.3 |
| | 100 U15B | 62 | Adam Vigor | Colch & Tend | 13.5 |
| | 200 U15B | 12 | Rhys Williams | Braintree | 31.1 |
| | 200 U15B | 52 | Tom Lygo | Ipswich | 31.3 |
| | 200 U15B | 62 | Owen Foakes | Colch & Tend | 28.0 |
| | 300 U15B | 44 | Oscar Waller | Southend | 46.2 |
| | 800 U15B | 44 | Oscar Waller | Southend | 2:34.7 |
| | 1500 U15B | 51 | Tom Lygo | Ipswich | 5:04.8 |
| HJ | U15B | 62 | Freddie Richardson | Colch & Tend | 1.20 |
| JT | U15B | 52 | Jaaziel Kajoba | Ipswich | 13.73 |
| JT | U15B | 65 | Dillan Beard | Colch & Tend | 19.44 |
| LJ | U15B | 14 | Louis Sheppard | Braintree | 3.60 |
| LJ | U15B | 52 | Matthew Snowden | Ipswich | 4.11 |
| SP | U15B | 14 | Louis Sheppard | Braintree | 4.50 |
| | 100 U17M | 15 | Jamie Sutton | Braintree | 12.0 |
| | 100 U17M | 111 | Bradley Hedman | Braintree | 13.8 |
| | 100 U17M | 51 | Jason King | Ipswich | 12.2 |
| | 100 U17M | 52 | Lewis Morley | Ipswich | 13.0 |
| | 100 U17M | 53 | Owain Powell | Ipswich | 12.1 |
| | 100 U17M | 54 | Benson Craven | Ipswich | 11.8 |
| | 200 U17M | 15 | Jamie Sutton | Braintree | 25.0 |
| | 200 U17M | 112 | Samuel Spicer | Braintree | 28.6 |
| | 200 U17M | 51 | Jason King | Ipswich | 24.3 |
| DT | U17M | 115 | Joseph Hornsby | Braintree | 15.55 |
| LJ | U17M | 113 | Josh Partridge | Braintree | 3.57 |
| LJ | U17M | 53 | Owain Powell | Ipswich | 5.00 |
| SP | U17M | 114 | Stuart Pleasance | Braintree | 8.56 |
| TJ | U17M | 51 | Christopher Jones | Ipswich | 9.41 |
| | 100 SW | 51 | Lemae Youngs | Ipswich | 13.8 |
| | 100 SW | 52 | Miri Budd | Ipswich | 13.7 |
| | 100 SW | 53 | Elizabeth Welbourn | Ipswich | 15.2 |
| | 100 SW | 114 | Gianina Mesina | Braintree | 20.5 |
| | 100 SW | 41 | Shereen Raouf | Southend | 13.4 |
| | 100 SW | 44 | Victoria Staines | Southend | 14.9 |
| | 100 SW | 43 | Amy Eden | Southend | 14.5 |
| | 100 SW | 42 | Tasmin Erysthee | Southend | 14.1 |
| | 100 SW | 57 | Charlotte Hilton | W Norfolk | 14.3 |
| | 100 SW | 36 | Eleanor Scales | PAC | 14.2 |
| | 200 SW | 51 | Lemae Youngs | Ipswich | 28.4 |
| | 200 SW | 52 | Lauren Grubb | Ipswich | 27.9 |
| | 200 SW | 53 | Elizabeth Welbourn | Ipswich | 30.8 |

In the Event and agegroup cells, if you get the STOP message for invalid data, hit cancel and use the dropdown tab

To enter results select the event eg 100m and age group using the drop down tabs and then type in the athletes number and their performance and the athletes name. (You can add results and then enter names later) The club name will come up automatically provided the correct NIS numbers have been used.

Power of 10 request that when entering the non-scoring results, that all the results for each unique event are grouped together (e.g. all U15G 100m are together, then all of the next events results). Please do not sort results into club groups as they then have to manually enter the data because the upload software can't re-group the data into the correct events again.

The print area is preset (4 pages - to line 252) but can be increased if required

- Events (use dropdown tabs)**
- 100
 - 200
 - 300
 - 400
 - 800
 - 1500
 - 3000
 - 70H
 - 75H
 - 80H
 - 100H
 - 110H
 - HJ
 - LJ
 - TJ
 - JT
 - SP
 - DT
 - HT
 - Relay

- Age Groups (Use dropdown tabs)**
- SM
 - U20M (if known)
 - U17M
 - U15B
 - U13B
 - SW
 - U20W (if known)
 - U17W (if known)
 - U15G
 - U13G
 - W35 (if known)
 - W40 (if known)
 - W45 (if known)
 - W50 (if known)
 - W55 (if known)
 - W60 (if known)
 - W65 (if known)
 - W70 (if known)
 - M35 (if known)
 - M40 (if known)
 - M45 (if known)
 - M50 (if known)
 - M55 (if known)
 - M60 (if known)
 - M65 (if known)
 - M70 (if known)

- 2 Diss
- 3 Diss
- 4 Diss
- 5 Diss
- 6 CONAC
- 7 CONAC
- 8 CONAC
- 9 CONAC
- 10 CONAC
- 11 -
- 12 Braintree
- 13 Braintree
- 14 Braintree
- 15 Braintree
- 16 WSAC
- 17 WSAC
- 18 WSAC
- 19 WSAC
- 20 WSAC
- 21 GYAD
- 22 GYAD
- 23 GYAD
- 24 GYAD
- 25 GYAD
- 26 -
- 27 -
- 28 -
- 29 -
- 30 -
- 31 L Buzz
- 32 L Buzz
- 33 L Buzz
- 34 L Buzz
- 35 L Buzz
- 36 PAC
- 37 PAC
- 38 PAC
- 39 PAC
- 40 PAC
- 41 Southend
- 42 Southend
- 43 Southend
- 44 Southend
- 45 Southend
- 46 Ryston
- 47 Ryston
- 48 Ryston
- 49 Ryston
- 50 Ryston
- 51 Ipswich
- 52 Ipswich
- 53 Ipswich
- 54 Ipswich
- 55 Ipswich
- 56 W Norfolk
- 57 W Norfolk
- 58 W Norfolk
- 59 W Norfolk
- 60 W Norfolk
- 61 Colch & Tend
- 62 Colch & Tend
- 63 Colch & Tend
- 64 Colch & Tend
- 65 Colch & Tend
- 66 HAWC's
- 67 HAWC's
- 68 HAWC's
- 69 HAWC's
- 70 HAWC's
- 71 Thetford
- 72 Thetford
- 73 Thetford
- 74 Thetford
- 75 Thetford
- 76 Luton
- 77 Luton
- 78 Luton
- 79 Luton
- 80 Luton
- 81 Camb & Col
- 82 Camb & Col
- 83 Camb & Col
- 84 Camb & Col
- 85 Camb & Col
- 86 Hunts AC
- 87 Hunts AC
- 88 Hunts AC
- 89 Hunts AC
- 90 Hunts AC
- 91 Waveney
- 92 Waveney
- 93 Waveney
- 94 Waveney
- 95 Waveney
- 96 NVH
- 97 NVH
- 98 NVH

| | | | | | | | | |
|-------|------|------|-----|----------------------|--------------|---------|-----|--------------|
| | 200 | SW | 54 | Keeley Whitlock | Ipswich | 27.2 | 99 | NVH |
| | 200 | SW | 55 | Katy Sealy | Ipswich | 28.3 | 100 | NVH |
| | 200 | SW | 36 | Eleanor Scales | PAC | 29.0 | 101 | Diss |
| | 200 | SW | 114 | Gianina Mesina | Braintree | 31.9 | 102 | Diss |
| | 400 | SW | 52 | Rachel Ryan | Ipswich | 64.8 | 103 | Diss |
| | 400 | SW | 53 | Leanne Thorndyke | Ipswich | 67.8 | 104 | Diss |
| | 400 | SW | 54 | Kirsty Thorndyke | Ipswich | 66.2 | 105 | Diss |
| | 800 | SW | 55 | Eleanor Haste | Ipswich | 2:41.2 | 106 | CONAC |
| | 800 | SW | 51 | Felicity Jarvis | Ipswich | 2:46.0 | 107 | CONAC |
| | 800 | SW | 52 | Beth De Bree | Ipswich | 2:41.9 | 108 | CONAC |
| | 800 | SW | 44 | Eleanor Pepper | Southend | 2:38.0 | 109 | CONAC |
| | 1500 | SW | 53 | Holly Ashton | Ipswich | 6:01.2 | 110 | CONAC |
| | 1500 | SW | 54 | Greta Supinaite | Ipswich | 5:54.5 | 111 | Braintree |
| | 3000 | SW | 64 | Charlotte Kew | Colch & Tend | 13:10.9 | 112 | Braintree |
| | 3000 | SW | 62 | Margaret Deasy | Colch & Tend | 10:39.2 | 113 | Braintree |
| 100H | | SW | 55 | Jenny Reason | Ipswich | 21.1 | 114 | Braintree |
| 4x100 | | SW | 42 | | Southend | 56.2 | 115 | Braintree |
| DT | | SW | 52 | Jasmine Mallett | Ipswich | 9.65 | 116 | WSAC |
| DT | | SW | 111 | Victoria Brockbank | Braintree | 15.09 | 117 | WSAC |
| HJ | | SW | 51 | Freya Emerick | Ipswich | 1.40 | 118 | WSAC |
| HT | | SW | 113 | Chloe Cockell | Braintree | 41.23 | 119 | WSAC |
| JT | | SW | 53 | Lauren Ramsey | Ipswich | 16.40 | 120 | WSAC |
| LJ | | SW | 44 | Victoria Staines | Southend | 3.02 | 121 | GYAD |
| SP | | SW | 53 | Lauren Ramsey | Ipswich | 6.11 | 122 | GYAD |
| SP | | SW | 111 | Victoria Brockbank | Braintree | 7.34 | 123 | GYAD |
| | 100 | U13G | 51 | Florence Gardiner | Ipswich | 15.9 | 124 | GYAD |
| | 100 | U13G | 54 | Rhoda Oyebade | Ipswich | 15.2 | 125 | GYAD |
| | 100 | U13G | 53 | Hannah Lupo | Ipswich | 14.7 | 126 | - |
| | 100 | U13G | 52 | Bea Quantrell | Ipswich | 14.9 | 127 | - |
| | 100 | U13G | 55 | Deryn Baidoo | Ipswich | 15.4 | 128 | - |
| | 100 | U13G | 13 | Georgia Tombs | Braintree | 16.4 | 129 | - |
| | 100 | U13G | 12 | Emily Holloway | Braintree | 16.9 | 130 | - |
| | 100 | U13G | 14 | Kate Sheppard | Braintree | 15.0 | 131 | L Buzz |
| | 100 | U13G | 15 | Freya Coulton | Braintree | 15.7 | 132 | L Buzz |
| | 100 | U13G | 41 | Katie Judd | Southend | 15.1 | 133 | L Buzz |
| | 100 | U13G | 42 | Evie Anderson | Southend | 15.1 | 134 | L Buzz |
| | 100 | U13G | 37 | Molly Fletcher | PAC | 15.4 | 135 | L Buzz |
| | 100 | U13G | 111 | Lucy Day | Braintree | 15.0 | 136 | PAC |
| | 100 | U13G | 62 | Freya Richardson | Colch & Tend | 17.0 | 137 | PAC |
| | 100 | U13G | 61 | Connie O'Brien | Colch & Tend | 17.9 | 138 | PAC |
| | 200 | U13G | 12 | Morgan Harrod | Braintree | 32.5 | 139 | PAC |
| | 200 | U13G | 13 | Heather Hamilton | Braintree | 34.4 | 140 | PAC |
| | 200 | U13G | 14 | Kate Sheppard | Braintree | 31.6 | 141 | Southend |
| | 200 | U13G | 51 | Lily Fielden | Ipswich | 34.5 | 142 | Southend |
| | 200 | U13G | 52 | Georgia Coldwell | Ipswich | 34.5 | 143 | Southend |
| | 200 | U13G | 53 | Maisey Armstrong | Ipswich | 33.3 | 144 | Southend |
| | 200 | U13G | 54 | Rhoda Oyebade | Ipswich | 31.5 | 145 | Southend |
| | 200 | U13G | 38 | Ella Greenwood | PAC | 32.8 | 146 | Ryston |
| | 200 | U13G | 111 | Daisy Mixture | Braintree | 33.6 | 147 | Ryston |
| | 200 | U13G | 63 | Ellen Vigar | Colch & Tend | 36.6 | 148 | Ryston |
| | 200 | U13G | 65 | Lauren Sims | Colch & Tend | 37.8 | 149 | Ryston |
| | 800 | U13G | 13 | Heather Hamilton | Braintree | 3:06.8 | 150 | Ryston |
| | 800 | U13G | | | | | 151 | Ipswich |
| | 800 | U13G | 12 | Emily Holloway | Braintree | 3:26.7 | 152 | Ipswich |
| | 800 | U13G | 15 | Leah Duncan | Braintree | 2:52.9 | 153 | Ipswich |
| | 800 | U13G | 53 | Olivia Hughes | Ipswich | 2:56.6 | 154 | Ipswich |
| | 800 | U13G | 52 | Ellie May Banks | Ipswich | 2:57.5 | 155 | Ipswich |
| | 800 | U13G | 51 | Alexandra Lorish | Ipswich | 2:50.9 | 156 | W Norfolk |
| | 800 | U13G | 63 | Grace Webster | Colch & Tend | 3:08.2 | 157 | W Norfolk |
| | 800 | U13G | 64 | Emma Gadson | Colch & Tend | 3:02.0 | 158 | W Norfolk |
| | 1500 | U13G | 55 | Georgia Battle | Ipswich | 6:13.4 | 159 | W Norfolk |
| 4x100 | | U13G | 13 | | Braintree | 62.6 | 160 | W Norfolk |
| 4x100 | | U13G | 12 | | Braintree | 63.5 | 161 | Colch & Tend |
| 70H | | U13G | 15 | Freya Coulton | Braintree | 17.1 | 162 | Colch & Tend |
| 70H | | U13G | 64 | Mia Patterson | Colch & Tend | 15.6 | 163 | Colch & Tend |
| DT | | U13G | 13 | Lucy Day | Braintree | 12.72 | 164 | Colch & Tend |
| DT | | U13G | 51 | Carmen Alexander | Ipswich | 8.72 | 165 | Colch & Tend |
| DT | | U13G | 45 | Grace Ralston | Southend | 16.32 | 166 | HAWC's |
| HJ | | U13G | 44 | Amelia Mart | Southend | 1.10 | 167 | HAWC's |
| HJ | | U13G | 39 | Georgia Price | PAC | 1.20 | 168 | HAWC's |
| HJ | | U13G | 15 | Sky Fay | Braintree | 1.20 | 169 | HAWC's |
| JT | | U13G | 52 | Faye Alexander | Ipswich | 15.31 | 170 | HAWC's |
| JT | | U13G | 111 | Daisy Mixture | Braintree | 6.20 | 171 | Thetford |
| JT | | U13G | 39 | Georgia Price | PAC | 11.65 | 172 | Thetford |
| JT | | U13G | 61 | Amy Thompson | Colch & Tend | 8.42 | 173 | Thetford |
| LJ | | U13G | 14 | Kate Sheppard | Braintree | 3.67 | 174 | Thetford |
| LJ | | U13G | 51 | Alexandra Wright | Ipswich | 2.63 | 175 | Thetford |
| LJ | | U13G | 64 | Elysia Kingdon-Jolly | Colch & Tend | 2.84 | 176 | Luton |
| SP | | U13G | 12 | Morgan Harrod | Braintree | 5.76 | 177 | Luton |
| SP | | U13G | 111 | Leisha Hunt | Braintree | 4.18 | 178 | Luton |
| SP | | U13G | 55 | Georgia Battle | Ipswich | 4.23 | 179 | Luton |
| SP | | U13G | 51 | Carmen Alexander | Ipswich | 4.22 | 180 | Luton |
| SP | | U13G | 52 | Charlie Moore | Ipswich | 5.31 | 181 | Camb & Col |
| | 100 | U15G | 12 | Izzy Stevens | Braintree | 14.2 | 182 | Camb & Col |
| | 100 | U15G | 14 | Melissa Gurteen | Braintree | 15.5 | 183 | Camb & Col |
| | 100 | U15G | 15 | Sophie Wells | Braintree | 16.2 | 184 | Camb & Col |
| | 100 | U15G | 111 | Sophie Conway | Braintree | 15.5 | 185 | Camb & Col |
| | 100 | U15G | 112 | Chloe Cracknell | Braintree | 15.8 | 186 | Hunts AC |
| | 100 | U15G | 51 | Ataylia Clarke | Ipswich | 13.4 | 187 | Hunts AC |
| | 100 | U15G | 52 | Ines Bowman-Boyles | Ipswich | 13.9 | 188 | Hunts AC |
| | 100 | U15G | 53 | Mia Dessaur | Ipswich | 13.3 | 189 | Hunts AC |
| | 100 | U15G | 54 | Christy Fraser | Ipswich | 14.3 | 190 | Hunts AC |
| | 100 | U15G | 55 | Sophie Youngs | Ipswich | 14.4 | 191 | Waveney |
| | 100 | U15G | 41 | Daisy Pallett | Southend | 14.4 | 192 | Waveney |
| | 100 | U15G | 43 | Laura Knight | Southend | 14.2 | 193 | Waveney |
| | 100 | U15G | 64 | Amanda Thompson | Colch & Tend | 16.4 | 194 | Waveney |
| | 100 | U15G | 63 | Lorna Sharp | Colch & Tend | 15.2 | 195 | Waveney |
| | 200 | U15G | 12 | Izzy Stevens | Braintree | 29.8 | 196 | NVH |
| | 200 | U15G | 112 | Chloe Cracknell | Braintree | 34.6 | 197 | NVH |
| | 200 | U15G | 51 | Marley Curtis | Ipswich | 28.2 | 198 | NVH |

