

ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - SENIOR WOMEN

SENIOR WOMENS - 3000 Metre FINALS

VestNumber	First Name	Last Name	Affiliation		
005	Karen	Goode	Basildon A.C	10:51.3	1

Women's 10K Walk

VestNumber	First Name	Last Name	Affiliation		
010	K	Howard	Southend A.C.	69:01.8	1

RESULTS - JUNIOR WOMEN

JUNIOR WOMEN - 3000 Metre - FINALS

VestNumber	First Name	Last Name	Affiliation		
004	Stacey	Wheat	Colchester Harriers A.C.	10:48.1	1
008	Natalie	Kipps	Orion Harriers	10:54.5	2

Senior, Junior & U17 3000m run as combined race
(22nd)

RESULTS - WOMEN UNDER 17

WOMEN UNDER 17 - 3000 Metre - FINALS

VestNumber	First Name	Last Name	Affiliation		
001	Laura	Condron	Colchester & Tendring A.C.	10:30.9	1
006	Rebecca	Oatham	Thurrock Harriers A.C	10:35.6	2
012	Danielle	Hurley	Southend A.C.	11:43.7	3
009	Georgie-lou	Sales	Havering Mayesbrook A.C.	DNF	

WOMEN UNDER 17 - RELAYS - 4 x 100 Metre - FINALS

VestNumber	Club		
200	Chelmsford A.C. (A)	50.1	1
184	Basildon A.C. (A)	51.4	2
183	Newham & Essex Beagles	52.1	3
186	Colchester Harriers A.C.	52.8	4
192	Orion Harriers	53.0	5

WOMEN UNDER 17 - RELAYS - 3 x 800 Metre - FINALS

VestNumber	Club		
155	Colchester & Tendring A.C.	07:19.6	1
176	W G & E L	07:22.5	2
152	Basildon A.C.	07:29.0	3
175	Colchester Harriers A.C.	08:04.8	4

Laura Hilliard	2m27.5s	Jessica Bond	2m28.5s	Laura Condron	2m23.6s
Lara Temby	2m30.9s	Becky Hewitt	2m20.1s	Katherine Foy	2m31.5s
Sophie Carroll	2m32.7s	Denise Dignum	2m31.3s	Gemma Kersey	2m25.0s
Ella Neale	2m33.4s	Phoebe May	2m58.4s	Melanie Caumont	2m33.0s

Relay team order is shown as declared but may differ from actual running order

ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - GIRLS UNDER 15

Girls Under 15 - 300 Metre - Final

VestNumber	First Name	Last Name	Affiliation		
009	Nikki	Twine	Basildon A.C	44.0	1
006	Jessica	Cutts	Colchester Harriers A.C.	44.2	2
004	Bethanie	Moore	Colchester Harriers A.C.	44.9	3
008	Alexandra	Edwards	Havering Mayesbrook A.C.	45.4	4
002	Stacey	Eyers	Colchester & Tendring A.C.	45.5	5
005	Emily	Moore	Colchester Harriers A.C.	45.6	6

GIRLS UNDER 15 - RELAYS - 4 x 100 Metre - SEMI FINALS

Heat	VestNumber	Club		
1	183	Southend A.C. (A)	51.9	1Q
	191	Basildon A.C. (A)	53.1	2Q
	156	Newham & Essex Beagles (B)	54.0	3Q
	182	Colchester & Tendring A.C. (A)	57.2	
	167	Basildon A.C. (C)	59.0	
2	160	Newham & Essex Beagles (A)	51.4	1Q
	174	Thurrock Harriers (A)	51.4	2Q
	185	Chelmsford A.C.	53.9	3Q
	186	Basildon A.C. (B)	54.3	4Q
	190	Orion Harriers	55.6	5Q

GIRLS UNDER 15 - RELAYS - 4 x 100 Metre - FINALS

Heat	VestNumber	Club		
	160	Newham & Essex Beagles (A)	50.3	1
	174	Thurrock Harriers (A)	50.7	2
	183	Southend A.C. (A)	50.8	3
	191	Basildon A.C. (A)	53.0	4
	185	Chelmsford A.C.	53.3	5
	156	Newham & Essex Beagles (B)	54.1	6
	190	Orion Harriers	55.3	7
	186	Basildon A.C. (B)	Disqualified	

GIRLS UNDER 15 - RELAYS - 3 x 800 Metre - FINALS

Heat	VestNumber	Club								
	170	Havering Mayesbrook A.C. (A)	07:26.8	1	Sidnie Sales	2m34.6s	Rebecca O'Neill	2m28.6s	Eleanor Bounds	2m23.6s
	171	Colchester & Tendring A.C.	07:31.4	2	Alesha Patterson	2m29.1s	Felicity Doe	2m32.8s	Stacey Eyers	2m29.5s
	151	Basildon A.C. (A)	07:38.8	3	Emily Ballard	2m35.9s	Charlotte Bishop	2m33.2s	Nikki Twine	2m29.7s
	152	Thurrock Harriers	07:41.9	4	Hannah McGowan-Jones	2m29.6s	Hollie Martin-Wood	2m40.2s	Linzi Boosey	2m32.1s
	168	Newham & Essex Beagles	07:44.0	5	Katherine De-Belen	2m42.0s	Adidoja Atanda	2m29.4s	Neha Dabhi	2m32.6s
	193	Orion Harriers	07:44.3	6	Jay Andrews	2m39.5s	Laura O'Connor	2m39.6s	Lauren Macgregor	2m25.2s
	173	W G & E L	07:49.3	7	Holly P.B	2m37.9s	Claudia Conway	2m39.3s	Sophie Fuhr	2m32.6s
	177	Havering Mayesbrook A.C. (B)	07:51.7	8	Sharmila Golan	2m42.6s	Rachel Sadler	2m41.5s	Amber Turner	2m30.6s
	185	Colchester Harriers A.C.	08:05.2	9	Annabelle Abbott	2m41.7s	Heidi Steele	2m36.2s	Emily Swaine	2m47.3s
	155	Basildon A.C. (B)	08:16.0	10	Holly Meyes	2m46.4s	Charlotte Doherty	2m50.5s	Eleanor Corocon	2m39.1s

Relay team order is shown as declared but may differ from actual running order

ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - GIRLS UNDER 13

GIRLS UNDER 13 - RELAYS - 4 x 100 Metre - SEMI FINALS

VestNumber	Club		
175	Basildon A.C. (A)	55.5	1Q
184	Southend A.C.	57.5	2Q
190	Colchester & Tendring A.C. (A)	58.6	3Q
185	Orion Harriers	59.3	4Q
154	Basildon A.C. (C)	64.6	
156	Thurrock Harriers (A)	55.9	1Q
179	Colchester Harriers A.C.	56.2	2Q
189	Chelmsford A.C. (A)	57.5	3Q
183	Basildon A.C. (B)	59.6	4Q
151	Havering Mayesbrook A.C.	61.9	

GIRLS UNDER 13 - RELAYS - 4 x 100 Metre - FINALS

VestNumber	Club		
175	Basildon A.C. (A)	54.7	1
156	Thurrock Harriers (A)	55.2	2
189	Chelmsford A.C. (A)	55.8	3
179	Colchester Harriers A.C.	56.3	4
184	Southend A.C.	56.7	5
185	Orion Harriers	58.8	6
190	Colchester & Tendring A.C. (A)	59.3	7
183	Basildon A.C. (B)	59.7	8

GIRLS UNDER 13 - RELAYS - 3 x 800 Metre - FINALS

VestNumber	Club		
179	Thurrock Harriers	07:28.9	1
189	Basildon A.C.(A)	07:46.6	2
168	Orion Harriers	08:09.0	3
185	Havering Mayesbrook A.C. (A)	08:23.7	4
182	W G & E L	08:32.8	5
162	Basildon A.C.(B)	08:37.7	6
178	Havering Mayesbrook A.C. (B)	09:14.1	7
173	Colchester Harriers A.C.	09:20.2	8

Hayley McLean	2m33.1s	Sophie Crofts	2m36.2s	Jessica Judd	2m19.6s
Shannon Wennington	2m35.6s	Ella Glazier	2m33.3s	Jessica Swain	2m37.7s
Amy Cooper	2m48.5s	Sarah Dudley	2m44.3s	Armarni Chafer	2m36.2s
Amanda Blaxland	2m43.7s	Avril Loynes	2m56.2s	Becky Stanley	2m43.8s
Hannah P.B	2m55.2s	Stephanie Smith	3m01.0s	Georgina Ferrari	2m36.6s
Sophie Riches	2m57.5s	Kaylee Dodd	2m41.2s	Amy Bragg	2m59.0s
Sarah Boreham	3m05.2s	Jenni Harries	3m10.5s	Deborah Knight	2m58.4s
Kirsty Straiton	3m39.4s	Megan Moore	2m52.1s	Chloe Wilson	2m48.7s

Relay team order is shown as declared but may differ from actual running order

ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - SENIOR MEN

SENIOR MENS - 3000 Metre - FINALS

VestNumber	First Name	Last Name	Affiliation		
011	Mark	Sandford	Basildon A.C	8:40.0	1
009	Daniel	Shane	Basildon A.C	8:48.8	2
003	James	Nunn	Billericay Striders	8:50.9	3
008	Will	Wright	Chelmsford A.C.	8:54.6	4
002	Nick	Shasha	Walthamstow A.C	8:57.8	5
001	Crispian	Bloomfield	Billericay Striders	8:59.0	6
004	Daniel	Moses	Orion Harriers	9:16.6	7
007	John	Ferguson	Chelmsford A.C.	9:22.7	8
005	Andy	Wray	Colchester & Tendring A.C.	10:22.5	9

SENIOR MENS - 10,000 Metre - FINALS (23rd)

VestNumber	First Name	Last Name	Affiliation		
003	James	Nunn	Billericay Striders	32:56.6	1
005	Andy	Wray	Colchester & Tendring A.C.	39:46.2	2

Men's 10K Walk

VestNumber	First Name	Last Name	Affiliation		
010	Phil	Barnard	Castle Point A.C.	52:39.1	1
001	Stephen	Crane	Ilford A.C.	53:52.3	2
011	Steve	Uttley	Ilford A.C.	54:41.9	3
009	S	Cottano	Southend A.C.	55:31.3	4
012	S	Allen	Ilford A.C.	57:13.5	5
002	D	Sharpe	Ilford A.C.	59:49.8	6
003	Laurence	Dordoy	Ilford A.C.	60:28.4	7
007	R	Dobson	Ilford A.C.	62:39.2	8
004	A	O'Rawe	Ilford A.C.	68:18.8	9
006	Amos	Seddon	Enfield	DNF	
008	Peter	Cassidy	Loughton A.C.	DNF	

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ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - JUNIOR MEN

JUNIOR MEN - 3000 Metre - FINAL

VestNumber	First Name	Last Name	Affiliation		
002	Ben	Hunter	Southend A.C.	08:52.5	1
005	David	Gibbon	Colchester & Tendring A.C.	08:54.5	2
001	Angus	Holford	W.G. & E.L.	09:05.4	3
004	Jack	Stroud	Orion Harriers	09:52.7	4

Junior & U17 3000m run as combined race (22nd)

RESULTS - MEN UNDER 17

MENS U17 - 1500 Metre Steeplechase - FINAL (23rd)

VestNumber	First Name	Last Name	Affiliation		
013	Jake	Wright	Basildon A.C	05:01.6	1
004	Kyle	Aldridge	Southend A.C.	05:30.7	2

MEN UNDER 17 - 3000 Metre - FINALS

VestNumber	First Name	Last Name	Affiliation		
008	Lloyd	Heard	Colchester & Tendring A.C.	09:10.5	1
007	Howard	Clarke	Southend A.C.	09:16.9	2
025	Gavin	Lewis	Orion Harriers	09:23.7	3
016	Seyi	Onaeko	Basildon A.C	09:28.7	4
006	Peter	Hawkings	Chelmsford A.C.	09:33.3	5
015	David	Smale	Southend A.C.	09:38.1	6
010	Thomas	Shanney	Havering Mayesbrook A.C.	09:58.7	7
019	Frankie	Conway	Orion Harriers	10:00.8	8
018	Danny	Sach	Orion Harriers	10:04.3	9
017	Daniel	Penfold	Orion Harriers	10:40.3	10

MEN UNDER 17 - RELAYS - 4 x 100 Metre - FINALS

Heat	VestNumber	Club		
	158	W G & E L	44.7	1
	171	Orion Harriers	46.5	2
	190	Chelmsford A.C.	46.6	3
	166	Thurrock Harriers	47.1	4

MEN UNDER 17 - RELAYS - 4 x 400 Metre - FINALS

Heat	VestNumber	Club		
	164	W G & E L (A)	03:37.1	1
	157	Chelmsford A.C.	03:37.5	2
	196	Thurrock Harriers	03:45.9	3
	199	Colchester Harriers (B)	03:50.6	4

Paul Scanlan	50.1s	Daniel Yaxley	56.8s	Tom Larkin	54.8s	Aiden Lee	55.4s
James Woodley	56.0s	Conor Judge	56.2s	Ryan Judge	55.9s	Mark Hunt	49.4s
Charlie Fitt	58.0s	Adam Dawson	58.5s	Charlie Dack	52.0s	Harry King	57.4s
David Lo	59.7s	Chris Myatt	59.1s	Tom Cults	58.7s	Jack Cooper	53.1s

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ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd SEPTEMBER 2007

RESULTS - BOYS UNDER 15

BOYS UNDER 15 - 3000 Metre - FINALS

VestNumber	First Name	Last Name	Affiliation		
006	Antony	Taylor	Thurrock Harriers A.C	9:24.8	1
004	Oliver	Davey	Thurrock Harriers A.C	9:26.0	2
011	Jaimie	Bush	Southend A.C.	9:41.7	3
013	Marc	Reynolds	Chelmsford A.C.	9:54.8	4
001	George	Moxon	Basildon A.C	10:03.6	5
010	Stephen	Strange	Chelmsford A.C.	10:12.7	6
003	Ben	Bird	Chelmsford A.C.	10:38.2	7
008	Steven	Hardy	Chelmsford A.C.	10:42.1	8

BOYS UNDER 15 - RELAYS - 4 x 100 Metre - FINALS

VestNumber	Club		
163	W G & E L	47.0	1
190	Campion School	47.6	2
184	Colchester Harriers	48.8	3
153	Orion Harriers	49.4	4
172	Chelmsford A.C.(A)	50.7	5
176	Chelmsford A.C.(B)	52.1	6

BOYS UNDER 15 - RELAYS - 3 x 800 Metre - FINALS

VestNumber	Club								
156	W G & E L	06:46.6	1	Daniel Yaxley	2m15.1s	Liam Blake	2m25.1s	Paul Scanlan	2m06.4s
173	Havering Mayesbrook A.C. (A)	06:54.4	2	Michael Jones	2m13.2s	Liam Bush	2m18.5s	Jamie B-Stanton	2m22.7s
157	Thurrock Harriers	07:05.5	3	Daryl Worbey		Ben Davey		Ollie Davey	
177	Basildon A.C.	07:10.4	4	Charlie Tidy	2m22.5s	Ryan Wennington	2m25.0s	Callum Beirne	2m22.9s
159	Orion Harriers	07:22.4	5	Alex Gordon		Ellis Ball		Craig Scott	
161	Newham & Essex Beagles	07:37.6	6	Tommy Bower	2m19.3s	Jordan Edwin	2m54.9s	Nakole Iddirisu	2m23.4s
180	Campion School	07:43.3	7	David Hogan	2m27.1s	Chris Sullivan	2m32.1s	Daniel Camp	2m44.1s
168	Havering Mayesbrook A.C. (B)	07:46.6	8	Adam Wileman	2m41.6s	Ross Erney	2m35.0s	Jake Nelson	2m30.0s

RESULTS - BOYS UNDER 13

BOYS UNDER 13 - RELAYS - 4 x 100 Metre - FINALS

VestNumber	Club		
165	Basildon A.C.	53.1	1
191	Campion School	55.3	2
180	Chelmsford A.C.	55.7	3
158	Colchester Harriers A.C. (C)	61.9	4
169	Colchester Harriers A.C. (B)	64.6	5

BOYS UNDER 13 - RELAYS - 3 x 800 Metre - FINALS

VestNumber	Club								
193	Colchester & Tendring A.C.	07:13.0	1	Michael Porter	2m20.1s	Joe Gibbon	2m29.1s	James Mcleod	2m23.8s
169	Havering Mayesbrook A.C.	07:40.5	2	Thomas Davis	2m38.4s	Tyler Bennett	2m32.8s	Ryan O'Mahoney	2m29.3s
166	W G & E L	07:52.7	3	Kamal Brahim	2m44.8s	Byron Shilston	2m41.9s	James Stocking	2m26.0s
176	Basildon A.C.	07:53.7	4	Curtis Reynolds	2:46.7s	Tom McKlouf	2m38.2s	Daniel Lamb	2m28.8s
180	Chelmsford A.C.	07:55.3	5	Jack Turner	2m36.5s	Andrew Smith	2m41.9s	Elliott Wincott	2m56.9s
154	Ilford A.C.	08:21.2	6	Thomas King	2m44.3s	George Hadler	2m47.3s	Ciaran Rodway	2m49.6s
178	Campion School	08:42.6	7	Matthew Cassettari	2m45.9s	Michael Evans	3m06.0s	Luke Burr	2m50.7s

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ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd / 23rd SEPTEMBER

No	Name	100M hurdles		High Jump		Shot putt		200m		Day 1 total	Long jump		Javelin		800m		Final total		
		Points	Points	Points	Points	Points	Points	Points	Points		Points	Points	Points	Points					
SENIOR WOMEN HEPTATHLON																			
021	Heidi	Nicholas	Basildon A.C	16.1	673	1.53	655	7.87	391	26.9	700	2419	5.22	620	19.00	270	2:58.5	379	3688

JUNIOR WOMEN HEPTATHLON

006	Jessica	Manning	Ilford A.C	17.8	484.00	1.53	655	8.39	425	26.9	700	2264	5.09	584	21.56	318	02:43.0	539	3705
005	Rebecca	Quinlan	Chelmsford A.C.	16.8	592.00	1.59	724	6.76	320	29.0	537	2173	4.77	498	15.56	207	02:30.9	682	3560
001	Zoe	Young	Basildon A.C	18.9	377.00	1.41	523	9.41	491	27.8	628	2019	4.51	431	29.05	459	DNF	0	2909

WOMEN UNDER 17 HEPTATHLON

002	Angela	James	Havering Mayesbrook A.C.	12.9	686.00	1.53	655.00	6.28	289	29.4	508	2138	4.88	527	23.98	363	02:55.9	404	3432
003	Lucy	Mapp	Colchester Harriers A.C.	13.2	652.00	1.53	655.00	6.26	288	29	537	2132	4.33	386	16.84	230	02:44.5	522	3270

	No	Name	100M Hurdles		Discus		Shot Putt		400M		Day 1 Total	Long Jump		High Jump		Javelin		1500m		Total
			Points	Points	Points	Points	Points	Points	Points	Points		Points	Points	Points	Points	Points				

VETERAN MEN OCTATHLON

006	Mark	Jenkins	Thurrock Harriers A.C	20.5	293	21.02	291	7.59	342	61.4	362	1288	44.50	290	1.30	250	36:00.0	330	05:32.5	387	2545
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MEN UNDER 17 OCTATHLON

002	Ross	Armorgie	Herts Phoenix A.C.	14.9	676	21.89	306	8.49	395	55.8	562	1941	5.66	514	1.78	610	27.18	260	05:02.2	559	3884
001	Adam	McCarthy	Southend A.C.	15.2	645	22.65	322	8.84	416	54.5	613	1996	5.80	544	1.48	374	19.62	156	04:39.2	685	3755
012	Aidan	Lee	W.G. & E.L.	15.1	656	40.24	669	11.62	583	52.8	684	2592	5.50	481	0.00	0	0	0	0.00	3073	

ESSEX CHAMPIONSHIPS - DAYS 4 5 - COLCHESTER 22nd / 23rd SEPTEMBER

			Long Jump		75M Hurdles		Shot Putt		High Jump		800 metres	Final total		
			Points	Points	Points	Points	Points	Points	Points	min	Points	Points	Points	
GIRLS UNDER 15 - PENTATHLON (23rd)														
007	Victoria	Williamson	City of Norwich A.C	4.77	498	11.8	698	7.90	393	1.42	534	02:43.6	532	2655
009	Nikki	Twine	Basildon A.C	4.59	451	13.1	558	8.79	451	1.36	470	02:33.4	651	2581
001	Charlotte	Malton	Chelmsford A.C.	4.87	524	12.9	578	8.90	458	1.45	566	02:59.1	374	2500
006	Jessica	Cutts	Colchester Harriers A.C.	4.48	423	12.6	609	7.70	380	1.33	439	02:36.3	616	2467
013	Nicola	Peachey	Havering Mayesbrook A.C.	4.36	393	12.7	599	5.79	258	1.39	502	02:51.1	452	2204
012	Hannah	Coltart	Colchester & Tendring A.C.	4.36	393	13.2	549	6.71	316	1.24	350	03:01.1	355	1963
003	Gemma	Armorgie	Herts Phoenix A.C.	3.55	210	14.0	480	5.86	262	1.45	566	02:52.8	435	1953
011	Rebecca	Bailey	Colchester & Tendring A.C.	4.25	367	13.8	497	8.12	407	1.21	321	03:19.1	208	1800
010	Jessica	Seekings	Havering Mayesbrook A.C.	3.39	178	13.6	511	6.61	310		0	02:55.0	413	1412

			Long Jump		70M Hurdles		Shot Putt		High Jump		800 metres	Total		
			Points	Points	Points	Points	Points	Points	Points	min	Points	Points	Points	
002	Laura	McDonald	City of Norwich A.C	4.50	428	12.2	652	9.99	529	1.33	439	02:47.3	492	2540
001	Hayley	McLean	Thurrock Harriers A.C	3.99	306	12.3	641	7.28	353	1.27	379	02:33.7	647	2326
005	Deborah	Knight	Havering Mayesbrook A.C.	3.85	274	15.4	369	7.97	397	0.97	119	03:02.0	347	1506

Note that under 13 year girls times increased by 1 sec in the hurdles

			80M Hurdles		Shot Putt		Long Jump		High Jump		800 metres	Total		
			Points	Points	Points	Points	Points	Points	Points	min	Points	Points	Points	
002	Ben	Clark	Chelmsford A.C.	12.5	629	9.34	446	5.48	477	1.53	411	2.55.7	84	2047
009	Jake	Nelson	Havering Mayesbrook A.C.	13.3	549	7.51	337	4.69	324	1.50	389	2.35.9	255	1854
012	Michael	Bartlett	Thurrock Harriers A.C	15.8	332		0	3.95	198	1.41	324	2.43.8	177	1031

			75M Hurdles		Shot Putt		Long Jump		High Jump		800 metres	Total		
			Points	Points	Points	Points	Points	Points	Points	min	Points	Points	Points	
001	Tom	Watts	Southend A.C.	16.1	310	8.01	367	4.35	264	1.26	225	2.46.1	157	1323

Note that under 13 year boys times increased by 1 sec in the hurdles