

No.	Pos	Name	Club/School	Age Group	Performance
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Over Under Race - U11 Boys



Over Under Race - Under 11 Boys - race 1

26	1	Kyle Constable	Havering M	U11B	17.9
12	2	Freddie Trevanion	Braintree	U11B	19.7
22	3	Jay Vassallo	Havering M	U11B	20.4

Over Under Race - Under 11 Boys - race 2

23	1	Joshua Oteng	Groewood Pri	U11B	18.4
10	2	Edward Clark	Basildon	U11B	19.8
15	3	Isaac Hurrell	Chelmsford	U11B	20.0
34	4	William Fox	Trinity Rd Pri	U11B	25.4

Over Under Race - Under 11 Boys - race 3

33	1	Tosin Olajide	Thurrock	U11B	21.2
11	2	Daniel Byott	Barnes Fm Jnr	U11B	21.6

Over Under Race - Under 11 Boys - OVERALL

26	1	Kyle Constable	Havering M	U11B	17.9
23	2	Joshua Oteng	Groewood Pri	U11B	18.4
12	3	Freddie Trevanion	Braintree	U11B	19.7
10	4	Edward Clark	Basildon	U11B	19.8
15	5	Isaac Hurrell	Chelmsford	U11B	20.0
22	6	Jay Vassallo	Havering M	U11B	20.4
33	7	Tosin Olajide	Thurrock	U11B	21.2
11	8	Daniel Byott	Barnes Fm Jnr	U11B	21.6
34	9	William Fox	Trinity Rd Pri	U11B	25.4

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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1 Lap Race - U11 Boys



One Lap - Under 11 Boys - race 1

29	1	Michael Adesiyan	Basildon	U11B	11.9
14	2	Henry Paul	Basildon	U11B	12.0
7	3	Cameron McMeekin	Basildon	U11B	14.0

One Lap - Under 11 Boys - race 2

27	1	Luis Beardsell	CATS	U11B	12.7
5	2	Bradley Gittins	Basildon	U11B	12.7
6	3	Bradley James	Thurrock	U11B	12.9

One Lap - Under 11 Boys - race 3

32	1	Tom Keen	Braintree	U11B	12.8
13	2	George Hey	Bournes Green	U11B	12.9
21	3	Jamie Simmons	Thurrock	U11B	13.0
31	4	Shaun Ebiwarebo	Basildon	U11B	13.1

One Lap - Under 11 Boys - race 4

4	1	Ben See	Basildon	U11B	12.9
25	2	Kieran Pope	Chancellor Pk Sch	U11B	13.2
24	3	Joshua Smith	Basildon	U11B	13.2
11	4	Daniel Byott	Barnes Fm Jnr	U11B	13.6

One Lap - Under 11 Boys - race 5

35	1	William Manuelsson	St Johns B'cay	U11B	13.1
53	2	Jasper Howlett	Holy Trinity, Halstd	U11B	13.2
30	3	Rowan Abbott	St Cedds	U11B	13.9
34	4	William Fox	Trinity Rd Pri	U11B	14.6

One Lap - Under 11 Boys - OVERALL

29	1	Michael Adesiyan	Basildon	U11B	11.9
14	2	Henry Paul	Basildon	U11B	12.0
27	3	Luis Beardsell	CATS	U11B	12.7
5	3	Bradley Gittins	Basildon	U11B	12.7
32	5	Tom Keen	Braintree	U11B	12.8
6	6	Bradley James	Thurrock	U11B	12.9
13	6	George Hey	Bournes Green	U11B	12.9
4	6	Ben See	Basildon	U11B	12.9
21	9	Jamie Simmons	Thurrock	U11B	13.0
31	10	Shaun Ebiwarebo	Basildon	U11B	13.1
35	10	William Manuelsson	St Johns B'cay	U11B	13.1
25	12	Kieran Pope	Chancellor Pk Sch	U11B	13.2
24	12	Joshua Smith	Basildon	U11B	13.2
53	12	Jasper Howlett	Holy Trinity, Halstd	U11B	13.2
11	15	Daniel Byott	Barnes Fm Jnr	U11B	13.6
30	16	Rowan Abbott	St Cedds	U11B	13.9
7	17	Cameron McMeekin	Basildon	U11B	14.0
34	18	William Fox	Trinity Rd Pri	U11B	14.6

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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2 Lap Race - U11 Boys



Two Lap - Under 11 Boys - race 1

14	1	Henry Paul	Basildon	U11B	24.0
5	2	Bradley Gittins	Basildon	U11B	24.1
13	3	George Hey	Bournes Green	U11B	25.3
3	4	Ben Myers	Woodford	U11B	25.4

Two Lap - Under 11 Boys - race 2

27	1	Luis Beardsell	CATS	U11B	24.9
4	2	Ben See	Basildon	U11B	25.0
22	3	Jay Vassallo	Havering M	U11B	25.5
31	4	Shaun Ebiwarebo	Basildon	U11B	26.3

Two Lap - Under 11 Boys - race 3

20	1	Jake Yems	Basildon	U11B	26.0
15	2	Isaac Hurrell	Chelmsford	U11B	26.6
7	3	Cameron McMeekin	Basildon	U11B	27.2
8	4	Charley Levey	Basildon	U11B	27.8

Two Lap - Under 11 Boys - race 4

24	1	Joshua Smith	Basildon	U11B	25.8
31	2	Shaun Ebiwarebo	Basildon	U11B	25.9
17	3	Jack Goodwin	Basildon	U11B	26.2
16	4	Jack Evans	Gt Totham Pri	U11B	26.7

Two Lap - Under 11 Boys - OVERALL

14	1	Henry Paul	Basildon	U11B	24.0
5	2	Bradley Gittins	Basildon	U11B	24.1
27	3	Luis Beardsell	CATS	U11B	24.9
4	4	Ben See	Basildon	U11B	25.0
13	5	George Hey	Bournes Green	U11B	25.3
3	6	Ben Myers	Woodford	U11B	25.4
22	7	Jay Vassallo	Havering M	U11B	25.5
24	8	Joshua Smith	Basildon	U11B	25.8
31	9	Shaun Ebiwarebo	Basildon	U11B	25.9
20	10	Jake Yems	Basildon	U11B	26.0
17	11	Jack Goodwin	Basildon	U11B	26.2
31	12	Shaun Ebiwarebo	Basildon	U11B	26.3
15	13	Isaac Hurrell	Chelmsford	U11B	26.6
16	14	Jack Evans	Gt Totham Pri	U11B	26.7
7	15	Cameron McMeekin	Basildon	U11B	27.2
8	16	Charley Levey	Basildon	U11B	27.8

No.	Pos	Name	Club/School	Age Group	Performance
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Chest Push - U11 Boys

Sportshall

29	1	Michael Adesiyen	Basildon	U11B	7.00	6.50
23	2	Joshua Oteng	Groewood Pri	U11B	7.00	6.25
5	3	Bradley Gittins	Basildon	U11B	7.00	5.75
14	4	Henry Paul	Basildon	U11B	6.25	
31	5	Shaun Ebiwarebo	Basildon	U11B	5.75	
7	6	Cameron McMeekin	Basildon	U11B	5.50	
33	7	Tosin Olajide	Thurrock	U11B	5.25	

Vertical Jump - U11 Boys

3	1	Ben Myers	Woodford	U11B	49	
26	2	Kyle Constable	Havering M	U11B	47	
27	3	Luis Beardsell	CATS	U11B	44	42
33	4	Tosin Olajide	Thurrock	U11B	44	35
17	5	Jack Goodwin	Basildon	U11B	39	
25	6	Kieran Pope	Chancellor Pk Sch	U11B	37	
13	7	George Hey	Bournes Green	U11B	36	36
31	8	Shaun Ebiwarebo	Basildon	U11B	36	34
20	9	Jake Yems	Basildon	U11B	35	
21	10	Jamie Simmons	Thurrock	U11B	34	
4	11	Ben See	Basildon	U11B	33	
8	12	Charley Levey	Basildon	U11B	31	

Speed Bounce - U11 Boys

26	1	Kyle Constable	Havering M	U11B	52	
12	2	Freddie Trevanion	Braintree	U11B	51	
32	3	Tom Keen	Braintree	U11B	49	
13	4	George Hey	Bournes Green	U11B	48	
53	5	Jasper Howlett	Holy Trinity, Halstd	U11B	46	
15	6	Isaac Hurrell	Chelmsford	U11B	45	
10	7	Edward Clark	Basildon	U11B	43	
35	7	William Manuelsson	St Johns B'cay	U11B	43	
20	9	Jake Yems	Basildon	U11B	41	
30	9	Rowan Abbott	St Cedds	U11B	41	
8	11	Charley Levey	Basildon	U11B	30	

Standing Long Jump - U11 Boys

26	1	Kyle Constable	Havering M	U11B	2.09	
5	2	Bradley Gittins	Basildon	U11B	1.91	1.89 - 1.83
23	3	Joshua Oteng	Groewood Pri	U11B	1.91	1.89 - NJ
12	4	Freddie Trevanion	Braintree	U11B	1.86	
35	5	William Manuelsson	St Johns B'cay	U11B	1.69	
16	6	Jack Evans	Gt Totham Pri	U11B	1.63	
33	7	Tosin Olajide	Thurrock	U11B	1.61	1.59 - 1.57
7	8	Cameron McMeekin	Basildon	U11B	1.61	1.59 - 1.53
24	9	Joshua Smith	Basildon	U11B	1.59	
15	10	Isaac Hurrell	Chelmsford	U11B	1.58	
11	11	Daniel Byott	Barnes Fm Jnr	U11B	1.45	
30	12	Rowan Abbott	St Cedds	U11B	1.31	
34	13	William Fox	Trinity Rd Pri	U11B	1.27	

No.	Pos	Name	Club/School	Age Group	Performance
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Standing Triple Jump - U11 Boys



12	1	Freddie Trevanion	Braintree	U11B	5.86
32	2	Tom Keen	Braintree	U11B	5.72
3	3	Ben Myers	Woodford	U11B	5.36
29	4	Michael Adesiyan	Basildon	U11B	5.30
10	5	Edward Clark	Basildon	U11B	5.14
14	6	Henry Paul	Basildon	U11B	5.00
22	7	Jay Vassallo	Havering M	U11B	4.94
6	8	Bradley James	Thurrock	U11B	4.66

Hi Stepper - U11 Boys

22	1	Jay Vassallo	Havering M	U11B	12.7
32	2	Tom Keen	Braintree	U11B	12.8
53	2	Jasper Howlett	Holy Trinity, Halstd	U11B	12.8
21	4	Jamie Simmons	Thurrock	U11B	12.9
16	5	Jack Evans	Gt Totham Pri	U11B	13.5
17	6	Jack Goodwin	Basildon	U11B	15.2
20	7	Jake Yems	Basildon	U11B	15.4
34	8	William Fox	Trinity Rd Pri	U11B	15.7

Target Throw - U11 Boys

6	1	Bradley James	Thurrock	U11B	16
4	2	Ben See	Basildon	U11B	14
10	3	Edward Clark	Basildon	U11B	12
53	3	Jasper Howlett	Holy Trinity, Halstd	U11B	12
17	5	Jack Goodwin	Basildon	U11B	10

Soft Javelin - U11 Boys

27	1	Luis Beardsell	CATS	U11B	17	17
6	2	Bradley James	Thurrock	U11B	17	16
25	3	Kieran Pope	Chancellor Pk Sch	U11B	13	11
3	4	Ben Myers	Woodford	U11B	13	10
22	5	Jay Vassallo	Havering M	U11B	12	12
8	6	Charley Levey	Basildon	U11B	12	11
30	6	Rowan Abbott	St Cedds	U11B	12	11
24	8	Joshua Smith	Basildon	U11B	11	
11	9	Daniel Byott	Barnes Fm Jnr	U11B	10	

No.	Pos	Name	Club/School	Age Group	Performance
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2 Lap Race - U13 Boys

Sportshall

Two Lap - Under 13 Boys - race 1

48	1	William Adeyeye	Thurrock	U13B	22.3
37	2	Charlie Teager-Neale	Basildon	U13B	22.6
40	3	Jack Teager-Neale	Basildon	U13B	22.6
38	4	Daniel Knight	Thurrock	U13B	24.6

Two Lap - Under 13 Boys - race 2

41	1	Jamie Greenhalgh	Benfleet	U13B	24.6
39	2	Finley Hall	Boswells	U13B	24.7
45	3	Reilly Tripp	Thurrock	U13B	26.7
43	4	Kian Culham	Braintree	U13B	26.8

Two Lap - Under 13 Boys - OVERALL

48	1	William Adeyeye	Thurrock	U13B	22.3
37	2	Charlie Teager-Neale	Basildon	U13B	22.6
40	2	Jack Teager-Neale	Basildon	U13B	22.6
38	4	Daniel Knight	Thurrock	U13B	24.6
41	4	Jamie Greenhalgh	Benfleet	U13B	24.6
39	6	Finley Hall	Boswells	U13B	24.7
45	7	Reilly Tripp	Thurrock	U13B	26.7
43	8	Kian Culham	Braintree	U13B	26.8

4 Lap Race - U13 Boys

Four Lap - Under 13 Boys - OVERALL

44	1	Liam Chivers	Thurrock	U13B	49.5
47	2	Thomas Wakeling	Thurrock	U13B	52.0
39	3	Finley Hall	Boswells	U13B	52.0
41	4	Jamie Greenhalgh	Benfleet	U13B	53.2

6 Lap Race - U13 Boys

Six Lap - Under 13 Boys - OVERALL

46	1	Sam Rawlinson	Chelmsford	U13B	1:21.1
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No.	Pos	Name	Club/School	Age Group	Performance
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Shot Putt - U13 Boys

Sportshall

48	1	William Adeyeye	Thurrock	U13B	12.09	
47	2	Thomas Wakeling	Thurrock	U13B	7.19	7.16
39	3	Finley Hall	Boswells	U13B	7.19	6.54
44	4	Liam Chivers	Thurrock	U13B	6.26	
38	5	Daniel Knight	Thurrock	U13B	5.86	
43	6	Kian Culham	Braintree	U13B	5.66	
45	7	Reilly Tripp	Thurrock	U13B	4.96	

Standing Long Jump - U13 Boys

48	1	William Adeyeye	Thurrock	U13B	2.82
47	2	Thomas Wakeling	Thurrock	U13B	2.15
37	3	Charlie Teager-Neale	Basildon	U13B	2.04
44	4	Liam Chivers	Thurrock	U13B	1.94
39	5	Finley Hall	Boswells	U13B	1.81
45	6	Reilly Tripp	Thurrock	U13B	1.74

Speed Bounce - U13 Boys

37	1	Charlie Teager-Neale	Basildon	U13B	74
40	2	Jack Teager-Neale	Basildon	U13B	73
44	3	Liam Chivers	Thurrock	U13B	71
46	4	Sam Rawlinson	Chelmsford	U13B	69
43	5	Kian Culham	Braintree	U13B	61
41	6	Jamie Greenhalgh	Benfleet	U13B	60
45	7	Reilly Tripp	Thurrock	U13B	57

Standing Triple Jump - U13 Boys

48	1	William Adeyeye	Thurrock	U13B	8.52
40	2	Jack Teager-Neale	Basildon	U13B	6.09
47	3	Thomas Wakeling	Thurrock	U13B	6.00
46	4	Sam Rawlinson	Chelmsford	U13B	5.48
41	5	Jamie Greenhalgh	Benfleet	U13B	5.37

Vertical Jump - U13 Boys

46	1	Sam Rawlinson	Chelmsford	U13B	45
38	2	Daniel Knight	Thurrock	U13B	43

No.	Pos	Name	Club/School	Age Group	Performance
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2 Lap Race - U15 Boys

Sportshall

Two Lap - Under 15 Boys - OVERALL

51	1	Nweike Nwabude	Thurrock	U15B	21.0
50	2	Finn Hutton	Havering M	U15B	21.4
52	3	Samuel Ekunola	Thurrock	U15B	21.8

4 Lap Race - U15 Boys

Two Lap - Under 15 Boys - OVERALL

50	1	Finn Hutton	Havering M	U15B	45.8
49	2	Conor Culham	Braintree	U15B	46.9

Shot Putt - U15 Boys

49	1	Conor Culham	Braintree	U15B	9.46
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Speed Bounce - U15 Boys

50	1	Finn Hutton	Havering M	U15B	74.0
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Standing Long Jump - U15 Boys

52	1	Samuel Ekunola	Thurrock	U15B	2.65
51	2	Nweike Nwabude	Thurrock	U15B	2.51
49	3	Conor Culham	Braintree	U15B	2.25
50	4	Finn Hutton	Havering M	U15B	2.17

Standing Triple Jump - U15 Boys

51	1	Nweike Nwabude	Thurrock	U15B	7.93
52	2	Samuel Ekunola	Thurrock	U15B	7.42

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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Over Under Race - U11 Girls



Over Under Race - Under 11 Girls - race 1

110	1	Hannah Bardo	Chelmsford	U11G	18.7
122	2	Leisha Hunt	Braintree	U11G	19.6
114	3	Isabelle Douglas-Ward	Basildon	U11G	19.7
102	4	Charlotte McCoy	Braintree	U11G	20.2

Over Under Race - Under 11 Girls - race 2

125	1	Ndidikama Okoh	Chelmsford	U11G	19.1
106	2	Emily Knight	Thurrock	U11G	19.3
123	3	Lizzie Agombar	Ardleigh Gn Jrs	U11G	19.4
104	4	Ella Wigul	Woodford	U11G	20.1

Over Under Race - Under 11 Girls - race 3

129	1	Poppy Goldsmith	Basildon	U11G	20.2
119	2	Katie Agombar	Ardleigh Gn Jrs	U11G	20.3
117	3	Josie Hedger	Benfleet	U11G	20.4
108	4	Evelyn Pope	Perryfields Jnr	U11G	20.8

Over Under Race - Under 11 Girls - race 3

132	1	Sky Fay	Braintree	U11G	20.7
111	2	Helen Sage	Langham Sch	U11G	21.6
112	3	Holly Freegard	Sth Green Jnr	U11G	26.4
130	4	Rebecca Knowles	Benfleet	U11G	29.5

Over Under Race - Under 11 Girls - OVERALL

110	1	Hannah Bardo	Chelmsford	U11G	18.7
125	2	Ndidikama Okoh	Chelmsford	U11G	19.1
106	3	Emily Knight	Thurrock	U11G	19.3
123	4	Lizzie Agombar	Ardleigh Gn Jrs	U11G	19.4
122	5	Leisha Hunt	Braintree	U11G	19.6
114	6	Isabelle Douglas-Ward	Basildon	U11G	19.7
104	7	Ella Wigul	Woodford	U11G	20.1
102	8	Charlotte McCoy	Braintree	U11G	20.2
129	8	Poppy Goldsmith	Basildon	U11G	20.2
119	10	Katie Agombar	Ardleigh Gn Jrs	U11G	20.3
117	11	Josie Hedger	Benfleet	U11G	20.4
132	12	Sky Fay	Braintree	U11G	20.7
108	13	Evelyn Pope	Perryfields Jnr	U11G	20.8
111	14	Helen Sage	Langham Sch	U11G	21.6
112	15	Holly Freegard	Sth Green Jnr	U11G	26.4
130	16	Rebecca Knowles	Benfleet	U11G	29.5

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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One Lap Race - U11 Girls



One Lap - Under 11 Girls - race 1

128	1	Poppy Ellis	Havering M	U11G	12.3
124	2	Lottie Hinson	Basildon	U11G	12.4
116	3	Jessica Welsh	Basildon	U11G	12.4
103	4	Elize Bonning	Ardleigh Gn Jrs	U11G	12.6

One Lap - Under 11 Girls - race 2

127	1	Oluwatanmise Abbas	Thurrock	U11G	12.3
107	2	Emma Ramsden	Basildon	U11G	12.4
129	3	Poppy Goldsmith	Basildon	U11G	12.4
123	4	Lizzie Agombar	Ardleigh Gn Jrs	U11G	12.6

One Lap - Under 11 Girls - race 3

114	1	Isabelle Douglas-Ward	Basildon	U11G	12.5
115	2	Jessica Krise	Basildon	U11G	12.9
106	3	Emily Knight	Thurrock	U11G	13.1
119	4	Katie Agombar	Ardleigh Gn Jrs	U11G	13.6

One Lap - Under 11 Girls - race 4

108	1	Evelyn Pope	Perryfields Jnr	U11G	13.2
101	2	Ariyanna McGee	Basildon	U11G	13.7
121	3	Lauren Sims	CATS	U11G	13.9

One Lap - Under 11 Girls - race 5

118	1	Kate Baldwin	Chelmsford	U11G	12.9
113	2	Iona Singleton	Moulsham Jnrs	U11G	13.4
120	3	Katie McGowan	Basildon	U11G	14.0

One Lap - Under 11 Girls - race 6

126	1	Olivia Reilly	Chelmsford	U11G	12.8
121	2	Lauren Sims	CATS	U11G	12.9
105	3	Emily Cox	Thurrock	U11G	13.9

One Lap - Under 11 Girls - race 7

173	1	Jessie Gower	Branfil Pri	U11G	13.0
112	2	Holly Freegard	Sth Green Jnr	U11G	13.7
130	3	Rebecca Knowles	Benfleet	U11G	15.4

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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Sportshall

One Lap - Under 11 Girls - OVERALL

127	1	Oluwatumise Abbas	Thurrock	U11G	12.3
128	1	Poppy Ellis	Havering M	U11G	12.3
107	3	Emma Ramsden	Basildon	U11G	12.4
116	3	Jessica Welsh	Basildon	U11G	12.4
124	3	Lottie Hinson	Basildon	U11G	12.4
129	3	Poppy Goldsmith	Basildon	U11G	12.4
114	7	Isabelle Douglas-Ward	Basildon	U11G	12.5
103	8	Elize Bonning	Ardleigh Gn Jrs	U11G	12.6
123	8	Lizzie Agombar	Ardleigh Gn Jrs	U11G	12.6
126	10	Olivia Reilly	Chelmsford	U11G	12.8
115	11	Jessica Krise	Basildon	U11G	12.9
118	11	Kate Baldwin	Chelmsford	U11G	12.9
121	11	Lauren Sims	CATS	U11G	12.9
173	14	Jessie Gower	Branfil Pri	U11G	13.0
106	15	Emily Knight	Thurrock	U11G	13.1
108	16	Evelyn Pope	Perryfields Jnr	U11G	13.2
113	17	Iona Singleton	Moulsham Jnrs	U11G	13.4
119	18	Katie Agombar	Ardleigh Gn Jrs	U11G	13.6
101	19	Ariyanna McGee	Basildon	U11G	13.7
112	19	Holly Freegard	Sth Green Jnr	U11G	13.7
105	21	Emily Cox	Thurrock	U11G	13.9
121	21	Lauren Sims	CATS	U11G	13.9
120	23	Katie McGowan	Basildon	U11G	14.0
130	24	Rebecca Knowles	Benfleet	U11G	15.4

2 Lap Race - U11 Girls

Two Lap - Under 11 Girls - race 1

127	1	Oluwatumise Abbas	Thurrock	U11G	24.2
124	2	Lottie Hinson	Basildon	U11G	24.3
107	3	Emma Ramsden	Basildon	U11G	24.5
116	4	Jessica Welsh	Basildon	U11G	24.8

Two Lap - Under 11 Girls - race 2

128	1	Poppy Ellis	Havering M	U11G	24.4
122	2	Leisha Hunt	Braintree	U11G	24.5
109	3	Georgia Tombs	Braintree	U11G	25.6
125	4	Ndidikama Okoh	Chelmsford	U11G	25.7

Two Lap - Under 11 Girls - race 3

115	1	Jessica Krise	Basildon	U11G	25.9
102	2	Charlotte McCoy	Braintree	U11G	26.2
117	3	Josie Hedger	Benfleet	U11G	26.9

Two Lap - Under 11 Girls - race 4

112	1	Holly Freegard	Sth Green Jnr	U11G	26.9
113	2	Iona Singleton	Moulsham Jnrs	U11G	27.0
105	3	Emily Cox	Thurrock	U11G	30.5

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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Sportshall

Two Lap - Under 11 Girls - Overall

127	1	Oluwatumise Abbas	Thurrock	U11G	24.2
124	2	Lottie Hinson	Basildon	U11G	24.3
128	3	Poppy Ellis	Havering M	U11G	24.4
107	4	Emma Ramsden	Basildon	U11G	24.5
122	4	Leisha Hunt	Braintree	U11G	24.5
116	6	Jessica Welsh	Basildon	U11G	24.8
109	7	Georgia Tombs	Braintree	U11G	25.6
125	8	Ndidikama Okoh	Chelmsford	U11G	25.7
115	9	Jessica Krise	Basildon	U11G	25.9
102	10	Charlotte McCoy	Braintree	U11G	26.2
112	11	Holly Freegard	Sth Green Jnr	U11G	26.9
117	12	Josie Hedger	Benfleet	U11G	26.9
113	13	Iona Singleton	Moulsham Jnrs	U11G	27.0
105	14	Emily Cox	Thurrock	U11G	30.5

Chest Push - U11 Girls

103	1	Elize Bonning	Ardleigh Gn Jrs	U11G	6.50
110	2	Hannah Bardo	Chelmsford	U11G	6.25
111	3	Helen Sage	Langham Sch	U11G	5.75
105	4	Emily Cox	Thurrock	U11G	3.50

Speed Bounce - U11 Girls

128	1	Poppy Ellis	Havering M	U11G	57
116	2	Jessica Welsh	Basildon	U11G	55
122	3	Leisha Hunt	Braintree	U11G	49
124	4	Lottie Hinson	Basildon	U11G	48
107	5	Emma Ramsden	Basildon	U11G	47
117	6	Josie Hedger	Benfleet	U11G	46
125	7	Ndidikama Okoh	Chelmsford	U11G	45
173	8	Jessie Gower	Branfil Pri	U11G	44
109	9	Georgia Tombs	Braintree	U11G	40
112	9	Holly Freegard	Sth Green Jnr	U11G	40
108	11	Evelyn Pope	Perryfields Jnr	U11G	34
120	11	Katie McGowan	Basildon	U11G	34
130	13	Rebecca Knowles	Benfleet	U11G	33
101	14	Ariyanna McGee	Basildon	U11G	32

No.	Pos	Name	Club/School	Age Group	Performance
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Standing Long Jump - U11 Girls

Sportshall

127	1	Oluwatumise Abbas	Thurrock	U11G	2.11	
110	2	Hannah Bardo	Chelmsford	U11G	1.95	1.93
116	3	Jessica Welsh	Basildon	U11G	1.95	1.86
119	4	Katie Agombar	Ardleigh Gn Jrs	U11G	1.91	
103	5	Elize Bonning	Ardleigh Gn Jrs	U11G	1.89	
173	6	Jessie Gower	Branfil Pri	U11G	1.84	
131	7	Seanna Omogbai	Chelmsford	U11G	1.82	
104	8	Ella Wigul	Woodford	U11G	1.81	
113	9	Iona Singleton	Moulsham Jnrs	U11G	1.79	1.77
129	10	Poppy Goldsmith	Basildon	U11G	1.79	1.73
107	11	Emma Ramsden	Basildon	U11G	1.77	
118	12	Kate Baldwin	Chelmsford	U11G	1.74	
109	13	Georgia Tombs	Braintree	U11G	1.73	
126	14	Olivia Reilly	Chelmsford	U11G	1.71	
111	15	Helen Sage	Langham Sch	U11G	1.69	
122	16	Leisha Hunt	Braintree	U11G	1.67	
108	17	Evelyn Pope	Perryfields Jnr	U11G	1.64	
101	18	Ariyanna McGee	Basildon	U11G	1.55	
117	19	Josie Hedger	Benfleet	U11G	1.51	
121	20	Lauren Sims	CATS	U11G	1.49	
120	21	Katie McGowan	Basildon	U11G	1.43	
112	22	Holly Freegard	Sth Green Jnr	U11G	1.42	
130	23	Rebecca Knowles	Benfleet	U11G	1.23	

Standing Triple Jump - U11 Girls

103	1	Elize Bonning	Ardleigh Gn Jrs	U11G	5.90	
123	2	Lizzie Agombar	Ardleigh Gn Jrs	U11G	5.64	
115	3	Jessica Krise	Basildon	U11G	5.58	
132	4	Sky Fay	Braintree	U11G	5.54	
125	5	Ndidikama Okoh	Chelmsford	U11G	5.09	

Vertical Jump - U11 Girls

110	1	Hannah Bardo	Chelmsford	U11G	52	
128	2	Poppy Ellis	Havering M	U11G	50	
173	3	Jessie Gower	Branfil Pri	U11G	48	
118	4	Kate Baldwin	Chelmsford	U11G	46	44
104	5	Ella Wigul	Woodford	U11G	46	40
120	6	Katie McGowan	Basildon	U11G	46	30
109	7	Georgia Tombs	Braintree	U11G	45	
124	8	Lottie Hinson	Basildon	U11G	44	
132	9	Sky Fay	Braintree	U11G	42	
106	10	Emily Knight	Thurrock	U11G	37	
102	11	Charlotte McCoy	Braintree	U11G	33	
101	12	Ariyanna McGee	Basildon	U11G	32	
105	13	Emily Cox	Thurrock	U11G	28	

No.	Pos	Name	Club/School	Age Group	Performance
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Hi Stepper - U11 Girls

Sportshall

115	1	Jessica Krise	Basildon	U11G	13.4
114	2	Isabelle Douglas-Ward	Basildon	U11G	13.7
104	3	Ella Wigul	Woodford	U11G	13.8
132	4	Sky Fay	Braintree	U11G	14.5
127	5	Oluwatumise Abbas	Thurrock	U11G	14.6
106	6	Emily Knight	Thurrock	U11G	15.2
129	7	Poppy Goldsmith	Basildon	U11G	15.3
113	8	Iona Singleton	Moulsham Jnrs	U11G	15.7
111	9	Helen Sage	Langham Sch	U11G	15.9
131	10	Seanna Omogbai	Chelmsford	U11G	17.6

Soft Javelin - U11 Girls

123	1	Lizzie Agombar	Ardleigh Gn Jrs	U11G	13
126	2	Olivia Reilly	Chelmsford	U11G	12
118	3	Kate Baldwin	Chelmsford	U11G	12
119	4	Katie Agombar	Ardleigh Gn Jrs	U11G	10
121	5	Lauren Sims	CATS	U11G	10

Target Throw - U11 Girls

121	1	Lauren Sims	CATS	U11G	11
105	2	Emily Cox	Thurrock	U11G	8
118	3	Kate Baldwin	Chelmsford	U11G	6
131	4	Seanna Omogbai	Chelmsford	U11G	4

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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2 Lap Race - U13 Girls



Two Lap - Under 13 Girls - race 1

135	1	Brogan Ravenall	Southend	U13G	23.0
139	2	Ellie Bartram-Sheppard	Chelmsford	U13G	23.1
147	3	Isobel McDonach	Havering M	U13G	23.2
141	4	Evie Howe	Basildon	U13G	23.6

Two Lap - Under 13 Girls race 2

150	1	Jessica Whitbread	Thurrock	U13G	23.7
149	2	Jessica Smith	Thurrock	U13G	23.9
146	3	Isabella Purdie	Havering M	U13G	24.5
156	4	Millie Hodges	Havering M	U13G	24.5

Two Lap - Under 13 Girls- race 3

157	1	Molly Sweetman	Havering M	U13G	24.6
138	2	Ellenor Chaplin	Chelmsford	U13G	24.7
153	3	Liberty Griffin	Maltings Acad	U13G	24.8

Two Lap - Under 13 Girls - race 4

142	1	Funminiyi Olajide	Thurrock	U13G	25.2
161	2	Rochelle Constable	Havering M	U13G	25.3
137	3	Ciara Tierney	Basildon	U13G	25.5

Two Lap - Under 13 Girls race 5

144	1	Hannah Smith	Braintree	U13G	25.2
136	2	Chloe Jordan	Basildon	U13G	25.3
159	3	Myriam Ben Abdeljelil	Angl Euro Sch	U13G	25.5
133	4	Angel Friend	Chelmsford	U13G	26.4

Two Lap - Under 13 Girls- race 6

158	1	Monet Jervier	Thurrock	U13G	24.9
140	2	Emily Foster	Chelmsford	U13G	25.0
163	3	Yinka Shokunbi	Havering M	U13G	26.3

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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Sportshall

Two Lap - Under 13 Girls OVERALL

135	1	Brogan Ravenall	Southend	U13G	23.0
139	2	Ellie Bartram-Sheppard	Chelmsford	U13G	23.1
147	3	Isobel McDonach	Havering M	U13G	23.2
141	4	Evie Howe	Basildon	U13G	23.6
150	5	Jessica Whitbread	Thurrock	U13G	23.7
149	6	Jessica Smith	Thurrock	U13G	23.9
146	7	Isabella Purdie	Havering M	U13G	24.5
156	7	Millie Hodges	Havering M	U13G	24.5
157	9	Molly Sweetman	Havering M	U13G	24.6
138	10	Ellenor Chaplin	Chelmsford	U13G	24.7
153	11	Liberty Griffin	Maltings Acad	U13G	24.8
158	12	Monet Jervier	Thurrock	U13G	24.9
140	13	Emily Foster	Chelmsford	U13G	25.0
142	14	Funminiyi Olajide	Thurrock	U13G	25.2
144	14	Hannah Smith	Braintree	U13G	25.2
136	16	Chloe Jordan	Basildon	U13G	25.3
161	16	Rochelle Constable	Havering M	U13G	25.3
137	18	Ciara Tierney	Basildon	U13G	25.5
159	19	Myriam Ben Abdeljelil	Angl Euro Sch	U13G	25.5
163	20	Yinka Shokunbi	Havering M	U13G	26.3
133	21	Angel Friend	Chelmsford	U13G	26.4

4 Lap Race - U13 Girls

Four Lap - Under 13 Girls- race 1

154	1	Mayi Hughes	Havering M	U13G	49.1
139	2	Ellie Bartram-Sheppard	Chelmsford	U13G	51.3
157	3	Molly Sweetman	Havering M	U13G	51.6

Four Lap - Under 13 Girls- race 2

140	1	Emily Foster	Chelmsford	U13G	52.2
136	2	Chloe Jordan	Basildon	U13G	53.8
148	3	Jennie Madigan	Basildon	U13G	56.0
160	4	Rhea Stavri	Thurrock	U13G	57.3

Four Lap - Under 13 Girls OVERALL

154	1	Mayi Hughes	Havering M	U13G	49.1
139	2	Ellie Bartram-Sheppard	Chelmsford	U13G	51.3
157	3	Molly Sweetman	Havering M	U13G	51.6
140	4	Emily Foster	Chelmsford	U13G	52.2
136	5	Chloe Jordan	Basildon	U13G	53.8
148	6	Jennie Madigan	Basildon	U13G	56.0
160	7	Rhea Stavri	Thurrock	U13G	57.3

No.	Pos	Name	Club/School	Age Group	Performance
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6 Lap Race - U13 Girls

Sportshall

Six Lap - Under 13 Girls - Race 1

155	1	Megan Penfold	Orion H	U13G	1:19.6
151	2	Kiera Bainsfair	Basildon	U13G	1:22.3
152	3	Lauren Strutt	Col H	U13G	1:23.3

Six Lap - Under 13 Girls - Race 2

148	1	Jennie Madigan	Basildon	U13G	1:33.2
143	2	Hannah Paton	Havering M	U13G	1:34.9

Six Lap - Under 13 Girls OVERALL

155	1	Megan Penfold	Orion H	U13G	1:19.6
151	2	Kiera Bainsfair	Basildon	U13G	1:22.3
152	3	Lauren Strutt	Col H	U13G	1:23.3
148	4	Jennie Madigan	Basildon	U13G	1:33.2
143	5	Hannah Paton	Havering M	U13G	1:34.9

Shot Putt - U13 Girls

154	1	Mayi Hughes	Havering M	U13G	9.40
147	2	Isobel McDonach	Havering M	U13G	8.90
135	3	Brogan Ravenall	Southend	U13G	7.80
158	4	Monet Jervier	Thurrock	U13G	7.80
163	5	Yinka Shokunbi	Havering M	U13G	6.86
155	6	Megan Penfold	Orion H	U13G	6.83
137	7	Ciara Tierney	Basildon	U13G	6.67
156	8	Millie Hodges	Havering M	U13G	6.25
160	9	Rhea Stavri	Thurrock	U13G	6.08
142	10	Funminiyi Olajide	Thurrock	U13G	5.78
138	11	Ellenor Chaplin	Chelmsford	U13G	5.75
149	12	Jessica Smith	Thurrock	U13G	5.66
150	13	Jessica Whitbread	Thurrock	U13G	5.55
146	14	Isabella Purdie	Havering M	U13G	5.48
143	15	Hannah Paton	Havering M	U13G	5.30
153	16	Liberty Griffin	Maltings Acad	U13G	5.28

No.	Pos	Name	Club/School	Age Group	Performance
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Speed Bounce - U13 Girls



147	1	Isobel McDonach	Havering M	U13G	82
141	2	Evie Howe	Basildon	U13G	81
161	2	Rochelle Constable	Havering M	U13G	81
138	4	Ellenor Chaplin	Chelmsford	U13G	77
139	4	Ellie Bartram-Sheppard	Chelmsford	U13G	77
157	6	Molly Sweetman	Havering M	U13G	76
102	7	Charlotte McCoy	Braintree	U11G	72
151	7	Kiera Bainsfair	Basildon	U13G	72
144	9	Hannah Smith	Braintree	U13G	71
149	10	Jessica Smith	Thurrock	U13G	70
133	11	Angel Friend	Chelmsford	U13G	66
163	11	Yinka Shokunbi	Havering M	U13G	66
148	13	Jennie Madigan	Basildon	U13G	64
160	13	Rhea Stavri	Thurrock	U13G	64
152	15	Lauren Strutt	Col H	U13G	61
156	16	Millie Hodges	Havering M	U13G	60
136	17	Chloe Jordan	Basildon	U13G	59

Standing Long Jump - U13 Girls

150	1	Jessica Whitbread	Thurrock	U13G	2.13	
135	2	Brogan Ravenall	Southend	U13G	2.07	
147	3	Isobel McDonach	Havering M	U13G	2.05	
155	4	Megan Penfold	Orion H	U13G	2.03	
142	5	Funminiyi Olajide	Thurrock	U13G	2.01	1.96
144	6	Hannah Smith	Braintree	U13G	2.01	1.93
146	7	Isabella Purdie	Havering M	U13G	2.00	
158	8	Monet Jervier	Thurrock	U13G	1.91	
138	9	Ellenor Chaplin	Chelmsford	U13G	1.87	
136	10	Chloe Jordan	Basildon	U13G	1.83	1.83
159	11	Myriam Ben Abdeljelil	Angl Euro Sch	U13G	1.83	1.79
137	12	Ciara Tierney	Basildon	U13G	1.77	
133	13	Angel Friend	Chelmsford	U13G	1.72	
153	14	Liberty Griffin	Maltings Acad	U13G	1.64	

No.	Pos	Name	Club/School	Age Group	Performance
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Standing Triple Jump - U13 Girls

Sportshall

154	1	Mayi Hughes	Havering M	U13G	6.89
159	2	Myriam Ben Abdeljelil	Angl Euro Sch	U13G	6.04
141	3	Evie Howe	Basildon	U13G	6.02
161	4	Rochelle Constable	Havering M	U13G	5.99
146	5	Isabella Purdie	Havering M	U13G	5.83
155	6	Megan Penfold	Orion H	U13G	5.78
151	7	Kiera Bainsfair	Basildon	U13G	5.53
160	8	Rhea Stavri	Thurrock	U13G	5.33
140	9	Emily Foster	Chelmsford	U13G	5.25
152	10	Lauren Strutt	Col H	U13G	5.20

Vertical Jump - U13 Girls

154	1	Mayi Hughes	Havering M	U13G	65	
144	2	Hannah Smith	Braintree	U13G	58	
141	3	Evie Howe	Basildon	U13G	56	
142	4	Funminiyi Olajide	Thurrock	U13G	53	53
139	5	Ellie Bartram-Sheppard	Chelmsford	U13G	53	52
135	6	Brogan Ravenall	Southend	U13G	52	
156	7	Millie Hodges	Havering M	U13G	48	48
149	8	Jessica Smith	Thurrock	U13G	48	46
163	9	Yinka Shokunbi	Havering M	U13G	48	45
151	10	Kiera Bainsfair	Basildon	U13G	48	42
161	11	Rochelle Constable	Havering M	U13G	47	
158	12	Monet Jervier	Thurrock	U13G	45	
137	13	Ciara Tierney	Basildon	U13G	41	
143	14	Hannah Paton	Havering M	U13G	38	
157	15	Molly Sweetman	Havering M	U13G	37	
152	16	Lauren Strutt	Col H	U13G	33	

ESSEX ATHLETICS NETWORK - SPORTSHALL COMPETITION

Chelmsford, Saturday 7th December 2013

No.	Pos	Name	Club/School	Age Group	Performance
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2 Lap Race - U15 Girls



Two Lap - Under 15 Girls - race 1

171	1	Modupe Shokunbi	Havering M	U15G	22.2
166	2	Grace Okunola	Thurrock	U15G	22.9
164	3	Amy Day	Chelmsford	U15G	23.2

Two Lap - Under 15 Girls - race 2

172	1	Seniz Jessener	Thurrock	U15G	23.4
169	2	Josie Waddams	Havering M	U15G	23.5

Two Lap - Under 15 Girls race - OVERALL

171	1	Modupe Shokunbi	Havering M	U15G	22.2
166	2	Grace Okunola	Thurrock	U15G	22.9
164	3	Amy Day	Chelmsford	U15G	23.2
172	4	Seniz Jessener	Thurrock	U15G	23.4
169	5	Josie Waddams	Havering M	U15G	23.5

4 Lap Race - U15 Girls

Four Lap - Under 15 Girls

167	1	Hannah Badger	Chelmsford	U15G	48.7
164	2	Amy Day	Chelmsford	U15G	50.6
168	3	Holly Nash	Havering M	U15G	51.0
170	4	Katie Dawson	Havering M	U15G	51.3

No.	Pos	Name	Club/School	Age Group	Performance
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Shot - U15 Girls

Sportshall

167	1	Hannah Badger	Chelmsford	U15G	7.45
172	2	Seniz Jessener	Thurrock	U15G	7.26
169	3	Josie Waddams	Havering M	U15G	6.71

Standing Long Jump - U15 Girls

166	1	Grace Okunola	Thurrock	U15G	2.15
170	2	Katie Dawson	Havering M	U15G	2.01
168	3	Holly Nash	Havering M	U15G	1.98
167	4	Hannah Badger	Chelmsford	U15G	1.94
172	5	Seniz Jessener	Thurrock	U15G	1.88

Speed Bounce - U15 Girls

168	1	Holly Nash	Havering M	U15G	82
170	2	Katie Dawson	Havering M	U15G	78
164	3	Amy Day	Chelmsford	U15G	77
166	4	Grace Okunola	Thurrock	U15G	71
171	5	Modupe Shokunbi	Havering M	U15G	66

Vertical Jump - U15 Girls

166	1	Grace Okunola	Thurrock	U15G	61
169	2	Josie Waddams	Havering M	U15G	58
171	3	Modupe Shokunbi	Havering M	U15G	55
170	4	Katie Dawson	Havering M	U15G	52
164	5	Amy Day	Chelmsford	U15G	49
167	6	Hannah Badger	Chelmsford	U15G	46