

Athlete Name	Team / School	75m	
		Time	Points
JAMES NEALE	EAST ESSEX TRI	11.1	59
MEGAN ROBINSON	WESTCLIFF HIGH SCHOOL	11.4	56
MEGAN CLARK	BASILDON AC	11.7	53
SINEAD CLARK	BENFLEET	12.1	49
EMILY WARREN	BENFLEET	12.1	49
YASMIN ROBINSON	BENFLEET	12.1	49
MORGAN THOMPSON	BRAINTREE & DISTRICT AC	12.2	48
ZACH BRIDGELAND	NEWLANDS SPRING PRIMARY	12.5	45
ELIZA ELVIDGE	BENFLEET	12.5	45
HARRY SAMPSON	BENFLEET	12.6	44
NIAMH O'RIORDAN-MITCHELL	BENFLEET	12.7	43
HANNAH SMITH	BRAINTREE & DISTRICT AC	12.7	43
CHLOE GOUGH	BENFLEET	12.7	43
DARCEY BLACKMAN	BENFLEET	12.8	42
ISABELLE DE CRISTOFANO	BENFLEET	12.9	41
JAMIE GREENHALGH	BENFLEET	12.9	41
ELLA-MARIA BIRMINGHAM	DUNMOW ST MARYS	13.0	40
DAISY PEARSON	BENFLEET	13.0	40
AMY CADMAN	BENFLEET	13.2	38
ADAM WRIGHT	BENFLEET	13.3	37
KERYS MIDDLETON	HAVERING MAYESBROOK AC	13.5	35
JOSHUA POSSEE	BRAINTREE & DISTRICT AC	13.6	34
JEMMA CLARKE	BENFLEET	13.6	34
INAAYA ALAM	BENFLEET	13.6	34
TOBY STEPHENS	BENFLEET	13.8	32
HARRY STEPHENS	BENFLEET	13.8	32
JAMIE SARGENT	BENFLEET	14.2	28
CHLOE NATION	BENFLEET	14.2	28
SCARLETT BLACKMAN	BENFLEET	14.3	27
OLIVER WRIGHT	BENFLEET	14.5	25
GEMMA CADMAN	BENFLEET	14.5	25
CHRISTOPHER NATION	BENFLEET	14.6	24
EMILY HOLLOWAY	BRAINTREE & DISTRICT AC	15.2	18
REBECCA BALDOCK	BRAINTREE & DISTRICT AC	15.3	17
ELLIS SWINDELL	BENFLEET	15.4	16
HENRY ELVIDGE	BENFLEET	15.6	14
MEREDITH THOMPSON	BRAINTREE & DISTRICT AC	16.0	10
ARON SWINDELL	BENFLEET	17.0	10

Athlete Name	Team / School	Long Jump	
		Distance	Points
MORGAN THOMPSON	BRAINTREE & DISTRICT AC	3.94	68
JAMES NEALE	EAST ESSEX TRI	3.93	67
MEGAN CLARK	BASILDON AC	3.73	61
SINEAD CLARK	BENFLEET	3.51	53
MEGAN ROBINSON	WESTCLIFF HIGH SCHOOL	3.40	50
ISABELLE DE CRISTOFANO	BENFLEET	3.18	42
DAISY PEARSON	BENFLEET	3.03	37
EMILY WARREN	BENFLEET	2.92	34
ZACH BRIDGELAND	NEWLANDS SPRING PRIMARY	2.94	34
ADAM WRIGHT	BENFLEET	2.85	31
NIAMH O'RIORDAN-MITCHELL	BENFLEET	2.80	30
KERYS MIDDLETON	HAVERING MAYESBROOK AC	2.81	30
HANNAH SMITH	BRAINTREE & DISTRICT AC	2.78	29
JOSHUA POSSEE	BRAINTREE & DISTRICT AC	2.70	26
ELLA-MARIA BIRMINGHAM	DUNMOW ST MARYS	2.65	25
CHLOE GOUGH	BENFLEET	2.67	25
HARRY STEPHENS	BENFLEET	2.67	25
DARCEY BLACKMAN	BENFLEET	2.59	23
ELIZA ELVIDGE	BENFLEET	2.59	23
JAMIE GREENHALGH	BENFLEET	2.51	20
OLIVER WRIGHT	BENFLEET	2.49	19
CHLOE NATION	BENFLEET	2.38	16
MEREDITH THOMPSON	BRAINTREE & DISTRICT AC	2.39	16
AMY CADMAN	BENFLEET	2.37	15
ELLIS SWINDELL	BENFLEET	2.37	15
YASMIN ROBINSON	BENFLEET	2.25	11
TOBY STEPHENS	BENFLEET	2.25	11
INAAYA ALAM	BENFLEET	2.23	11
CHRISTOPHER NATION	BENFLEET	2.23	11
HARRY SAMPSON	BENFLEET	1.52	10
JEMMA CLARKE	BENFLEET	1.86	10
JAMIE SARGENT	BENFLEET	2.02	10
GEMMA CADMAN	BENFLEET	1.60	10
SCARLETT BLACKMAN	BENFLEET	1.71	10
ARON SWINDELL	BENFLEET	1.64	10
EMILY HOLLOWAY	BRAINTREE & DISTRICT AC	2.10	10
REBECCA BALDOCK	BRAINTREE & DISTRICT AC	1.41	10
HENRY ELVIDGE	BENFLEET	2.19	10

Athlete Name	Team / School	600m	
		Time	Points
JAMES NEALE	EAST ESSEX TRI	1.47	83
SINEAD CLARK	BENFLEET	2.03	67
EMILY WARREN	BENFLEET	2.04	66
NIAMH O'RIORDAN-MITCHELL	BENFLEET	2.09	61
ELIZA ELVIDGE	BENFLEET	2.12	58
MORGAN THOMPSON	BRAINTREE & DISTRICT AC	2.13	57
ADAM WRIGHT	BENFLEET	2.13	57
ZACH BRIDGELAND	NEWLANDS SPRING PRIMARY	2.14	56
MEGAN CLARK	BASILDON AC	2.15	55
HARRY SAMPSON	BENFLEET	2.18	52
DARCEY BLACKMAN	BENFLEET	2.19	51
ELLA-MARIA BIRMINGHAM	DUNMOW ST MARYS	2.19	51
MEGAN ROBINSON	WESTCLIFF HIGH SCHOOL	2.21	49
JAMIE GREENHALGH	BENFLEET	2.24	46
ELLIS SWINDELL	BENFLEET	2.24	46
OLIVER WRIGHT	BENFLEET	2.29	41
CHLOE GOUGH	BENFLEET	2.30	40
INAAYA ALAM	BENFLEET	2.32	38
HANNAH SMITH	BRAINTREE & DISTRICT AC	2.35	35
JAMIE SARGENT	BENFLEET	2.35	35
CHLOE NATION	BENFLEET	2.35	35
JEMMA CLARKE	BENFLEET	2.36	34
YASMIN ROBINSON	BENFLEET	2.37	33
ISABELLE DE CRISTOFANO	BENFLEET	2.39	31
ARON SWINDELL	BENFLEET	2.40	30
MEREDITH THOMPSON	BRAINTREE & DISTRICT AC	2.42	28
DAISY PEARSON	BENFLEET	2.43	27
TOBY STEPHENS	BENFLEET	2.43	27
AMY CADMAN	BENFLEET	2.44	26
CHRISTOPHER NATION	BENFLEET	2.45	25
JOSHUA POSSEE	BRAINTREE & DISTRICT AC	2.47	23
EMILY HOLLOWAY	BRAINTREE & DISTRICT AC	2.49	21
HARRY STEPHENS	BENFLEET	2.52	18
SCARLETT BLACKMAN	BENFLEET	2.53	17
REBECCA BALDOCK	BRAINTREE & DISTRICT AC	2.57	13
GEMMA CADMAN	BENFLEET	3.16	10
HENRY ELVIDGE	BENFLEET	3.07	10
KERYS MIDDLETON	HAVERING MAYESBROOK AC	3.04	10

Athlete Name	Team / School	Howler	
		Distance	Points
MORGAN THOMPSON	BRAINTREE & DISTRICT AC	33.84	67
AMY CADMAN	BENFLEET	23.67	47
JAMES NEALE	EAST ESSEX TRI	23.24	46
MEGAN ROBINSON	WESTCLIFF HIGH SCHOOL	20.28	40
YASMIN ROBINSON	BENFLEET	19.55	39
ADAM WRIGHT	BENFLEET	18.80	37
JOSHUA POSSEE	BRAINTREE & DISTRICT AC	18.28	36
MEGAN CLARK	BASILDON AC	17.56	35
SINEAD CLARK	BENFLEET	17.75	35
DARCEY BLACKMAN	BENFLEET	17.98	35
HANNAH SMITH	BRAINTREE & DISTRICT AC	17.60	35
NIAMH O'RIORDAN-MITCHELL	BENFLEET	16.91	33
JAMIE GREENHALGH	BENFLEET	16.76	33
GEMMA CADMAN	BENFLEET	16.10	32
JAMIE SARGENT	BENFLEET	15.06	30
TOBY STEPHENS	BENFLEET	14.53	29
CHLOE GOUGH	BENFLEET	13.69	27
JEMMA CLARKE	BENFLEET	13.60	27
ISABELLE DE CRISTOFANO	BENFLEET	13.38	26
EMILY WARREN	BENFLEET	12.89	25
ZACH BRIDGELAND	NEWLANDS SPRING PRIMARY	12.69	25
HARRY SAMPSON	BENFLEET	12.54	25
OLIVER WRIGHT	BENFLEET	12.69	25
CHRISTOPHER NATION	BENFLEET	12.50	25
ELIZA ELVIDGE	BENFLEET	12.34	24
DAISY PEARSON	BENFLEET	12.42	24
ELLIS SWINDELL	BENFLEET	12.13	24
KERYS MIDDLETON	HAVERING MAYESBROOK AC	12.40	24
ELLA-MARIA BIRMINGHAM	DUNMOW ST MARYS	11.35	22
HENRY ELVIDGE	BENFLEET	11.40	22
HARRY STEPHENS	BENFLEET	10.03	20
REBECCA BALDOCK	BRAINTREE & DISTRICT AC	9.80	19
SCARLETT BLACKMAN	BENFLEET	9.02	18
MEREDITH THOMPSON	BRAINTREE & DISTRICT AC	7.90	15
INAAYA ALAM	BENFLEET	7.15	14
CHLOE NATION	BENFLEET	7.08	14
ARON SWINDELL	BENFLEET	7.35	14
EMILY HOLLOWAY	BRAINTREE & DISTRICT AC	6.90	13