

## Eastern Region & Counties' Championships & Open

Bedford International Stadium

Saturday/Sunday, 26th/27th September, 2009

Suffolk J	Bedfordshire J	Berkshire S	Middlesex S	Cambridgeshire S	Buckinghamshire S	Senior & Junior Men's Decathlon		100m.		LONG JUMP		SHOT PUT		HIGH JUMP		400m.		110m. HURDLES		DISCUS THROW		POLE VAULT		JAVELIN THROW		1500m.					
						Junior	SENIOR	Open/East	East	OPEN																					
		1					1	13	Michael Dyer		84	11.69	713	6.37	668	11.83	596	1.86	679	51.68	739	15.25	820	33.72	538	4.00	617	47.98	559	5:05.23	530
									Reading A.C.			+0.4	713	+0.3	1381		1977		2656		3395	+1.0	4215		4753		5370		5929		6459
				1			1	16	Josh Moulard		88	11.94	663	5.86	556	10.06	489	1.74	577	53.00	682	16.50	677	31.36	491	3.70	535	37.20	402	4:48.90	625
									Cambridge University A.C.			+0.4	663	+0.4	1219		1708		2285		2967	+1.0	3644		4135		4670		5072		5697
1							1	27	Luke Allen		90	11.89	673	5.72	527	12.54	639	1.71	552	59.45	432	16.12	719	30.47	474	2.50	242	42.95	485	6:08.47	231
									West Suffolk A.C.			+1.0	673	+0.5	1200		1839		2391		2823	-0.2	3542		4016		4258		4743		4974
				2			2	18	Edward Moyse		89	11.70	711	6.07	602	9.86	477	1.59	457	52.83	689	17.54	569	29.50	455	2.90	333	20.45	167	5:09.88	504
									Cambridge University A.C.			+0.4	711	+0.6	1313		1790		2247		2936	+1.0	3505		3960		4293		4460		4964
							2	30	Samuel Lawrence		91	11.58	736	5.95	576	11.41	571	1.68	528	61.13	376	17.91	533	29.71	459	2.90	333	48.53	567	6:06.80	237
									Nene Valley Harriers			+1.0	736	+1.0	1312		1883		2411		2787	-0.2	3320		3779		4112		4679		4916
			1				4	2	Bilen Ahmet		85	12.66	527	5.09	400	9.65	465	1.65	504	65.13	255	19.89	358	30.41	473	3.40	457	34.35	361	5:29.25	403
									Kingston A.C. & Polytechnic Harriers			+0.7	527	+0.2	927		1392		1896		2151	+1.0	2509		2982		3439		3800		4203
				3			3	3	Matthew Dalton		80	11.45	763	5.10	402	7.45	334	1.38	303	55.02	598	16.99	625	24.09	350	2.20	179	17.99	134	6:00.24	263
									Peterborough A.C.			+0.4	763	+1.0	1165		1499		1802		2400	+1.0	3025		3375		3554		3688		3951
				1			6	24	Gaith Taha		80	12.42	571	5.16	413	8.26	382	1.47	367	58.60	462	22.69	168	22.87	326	1.50	54	29.14	287	5:40.72	348
									Vale of Aylesbury A.C.			+0.7	571	+0.2	984		1366		1733		2195	+1.0	2363		2689		2743		3030		3378
				4			4	21	Sam Richards		89	12.34	586	NJ	0	5.74	234	1.71	552	60.20	406	22.19	197	NT	0	1.90	121	23.33	207	5:30.31	398
									Cambridge & Coleridge A.C.			+0.7	586		586		820		1372		1778	+1.0	1975		1975		2096		2303		2701
1							3	38	Liam O'Dell		91	13.33	413	4.50	290	5.75	234	1.41	324	67.04	205	25.09	60	20.62	284	NHC	0	16.77	118	7:06.34	59
									Luton A.C.			+1.0	413	-0.1	703		937		1261		1466	-0.2	1526		1810		1810		1928		1987

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## U.17 Men's Octathlon

Middlesex	Hertfordshire	East	OPEN	LONG JUMP		100m. HURDLES		JAVELIN THROW		400m.		HIGH JUMP		SHOT PUT		DISCUS THROW		1500m.					
		<b>1</b>	<b>1</b>	90	<b>Michael Bartlett</b>		92	6.03	593	15.24	666	44.48	507	56.39	544	1.78	610	11.73	590	34.50	554	5:15.84	472
					Thurrock Harriers			+0.7	593	+1.1	1259		1766		2310		2920		3510		4064		4536
			<b>2</b>	94	<b>Liam Hutton</b>		93	5.75	533	15.38	651	38.72	424	56.32	547	1.75	585	10.70	528	32.74	519	5:09.52	506
					Marshall Milton Keynes A.C.			+1.3	533	+0.5	1184		1608		2155		2740		3268		3787		4293
<b>1</b>			<b>3</b>	95	<b>Sean Lee Rice</b>		92	5.70	523	15.05	686	42.74	482	57.51	502	1.72	560	10.92	541	33.99	544	5:23.11	434
					St Mary's Richmond A.C.			+1.1	523	+1.1	1209		1691		2193		2753		3294		3838		4272
		<b>2</b>	<b>4</b>	91	<b>David Bush</b>		92	5.31	443	16.18	571	40.56	450	54.02	639	1.57	441	11.31	565	29.88	462	4:49.39	622
					Nene Valley Harriers			-0.2	443	+0.5	1014		1464		2103		2544		3109		3571		4193
	<b>1</b>	<b>3</b>	<b>5</b>	92	<b>Tom Carter</b>		94	5.70	523	16.07	582	44.48	507	55.82	566	1.69	536	10.06	489	21.12	293	5:01.06	554
					Enfield & Haringey A.C.			+0.8	523	+0.5	1105		1612		2178		2714		3203		3496		4050
<b>2</b>			<b>6</b>	99	<b>Saoirse Chinery-Edoo</b>		93	5.32	445	15.21	669	20.39	167	54.70	611	1.54	419	10.24	500	39.51	655	5:04.88	532
					Harrow A.C.			+0.7	445	+1.1	1114		1281		1892		2311		2811		3466		3998
	<b>2</b>	<b>4</b>	<b>7</b>	98	<b>Connor Winters</b>		92	5.97	580	15.30	660	27.48	264	58.17	478	1.84	661	9.98	484	22.50	319	5:18.45	458
					Stevenage & North Herts A.C.			+1.3	580	+0.7	1240		1504		1982		2643		3127		3446		3904
	<b>3</b>	<b>5</b>	<b>8</b>	96	<b>Laurence Levy</b>		93	5.16	413	17.60	441	28.50	278	59.19	441	1.69	536	10.09	491	28.24	430	5:06.98	520
					Stevenage & North Herts A.C.			+0.7	413	+0.7	854		1132		1573		2109		2600		3030		3550
	<b>4</b>	<b>6</b>	<b>9</b>	97	<b>Michael Wadlow</b>		93	4.93	369	20.76	208	30.82	311	60.59	393	1.42	331	9.86	477	33.68	537	5:06.26	524
					Dacorum & Tring A.C.			+1.1	369	+0.7	577		888		1281		1612		2089		2626		3150

**Eastern Region & Counties' Championships & Open**  
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 Saturday, 26th September, 2009

**U.15 Boys' Pentathlon**

Suffolk	Hertfordshire	Berkshire	Bedfordshire	East	OPEN			80m.	SHOT	LONG	HIGH	800m.							
								HURDLES	PUT	JUMP	JUMP								
	<b>1</b>			<b>1</b>	<b>1</b>	111	<b>Christian Gaddes</b>		94	11.19	797	11.41	571	5.29	439	1.72	560	2:22.42	418
							St Albans A.C.			+0.5	797		1368	+0.9	1807		2367		2785
	<b>2</b>			<b>2</b>	<b>2</b>	100	<b>Jake Awe</b>		94	12.36	668	9.27	442	5.88	561	1.60	464	2:29.35	330
							St Albans A.C.			-0.4	668		1110	+1.3	1671		2135		2465
	<b>3</b>			<b>3</b>	<b>3</b>	113	<b>Christopher Hilton</b>		94	13.16	586	9.35	447	4.80	345	1.51	396	2:07.08	648
							St Albans A.C.			-0.4	586		1033	+0.5	1378		1774		2422
	<b>4</b>			<b>4</b>	<b>4</b>	145	<b>Luke Yaxley</b>		94	11.45	767	7.33	327	5.13	407	1.48	374	2:20.48	445
							St Albans A.C.			+0.5	767		1094	+1.0	1501		1875		2320
			<b>1</b>	<b>5</b>	<b>5</b>	106	<b>Martin Danobrega</b>		95	12.87	615	7.96	364	5.25	431	1.69	536	2:29.68	326
							Bedford & County A.C.			-0.4	615		979	+1.4	1410		1946		2272
		<b>1</b>			<b>6</b>	130	<b>Ben Pearson</b>		95	12.54	649	9.05	429	5.44	469	1.54	419	2:37.41	239
							Reading A.C.			-0.4	649		1078	+1.0	1547		1966		2205
<b>1</b>				<b>6</b>	<b>7</b>	103	<b>Tim Barrow</b>		94	13.88	517	9.60	462	4.80	345	1.48	374	2:28.51	340
							West Suffolk A.C.			+0.5	517		979	+0.6	1324		1698		2038
	<b>5</b>			<b>7</b>	<b>8</b>	135	<b>William Ridgway</b>		96	17.29	243	7.39	330	4.17	234	1.54	419	2:33.33	283
							Stevenage & North Herts A.C.			+0.5	243		573	+0.9	807		1226		1509
				<b>8</b>	<b>9</b>	107	<b>Nathan Denial</b>		95	15.88	345	6.49	277	3.60	145	1.30	250	2:25.26	381
							Bourne Town Harriers			+0.5	345		622	+0.8	767		1017		1398
	<b>6</b>			<b>9</b>	<b>10</b>	138	<b>Jason Tang</b>		95	DNF	0	7.93	362	4.71	328	1.33	270	DNF	0
							St Albans A.C.				0		362	+2.0	690		960		960

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Middlesex	Hertfordshire	Berkshire	Senior & Junior Women's Heptathlon			100m.		HIGH		SHOT		200m.		LONG		JAVELIN		800m.					
			East	Open	East/Herts	HURDLES	JUMP	PUT		JUMP	THROW												
					<b>1</b>	89	<b>Moe Sasegbon</b>		91	15.37	793	1.62	759	7.69	379	27.33	685	5.18	609	22.96	344	2:30.22	690
							Stevenage & North Herts A.C.			+0.7	793		1552		1931	+0.0	2616	+2.2	3225		3569		4259
			<b>1</b>	<b>1</b>		52	<b>Heidi Nicholas</b>		81	15.43	786	1.56	689	7.91	394	26.07	791	5.06	576	20.21	293	2:42.02	550
							Basildon A.C.			+0.7	786		1475		1869	+0.0	2660	+0.4	3236		3529		4079
		<b>1</b>		<b>2</b>		53	<b>Lesley Owusu</b>		78	17.40	552	1.47	588	8.10	406	25.77	817	4.72	485	19.25	275	2:21.78	799
							Windsor, Slough, Eton & Hounslow A.C.			+0.6	552		1140		1546	+0.0	2363	+2.4	2848		3123		3922
<b>1</b>				<b>3</b>		61	<b>Claudia Tabony</b>		87	16.04	709	1.47	588	8.45	428	28.65	581	4.85	519	27.78	435	2:46.84	497
							Harrow A.C.			+0.7	709		1297		1725	+0.0	2306	+1.1	2825		3260		3757
					<b>2</b>	88	<b>Jessica Barber</b>		92	20.54	259	1.23	340	6.87	327	29.64	508	3.52	204	18.55	262	2:38.49	590
							Stevenage & North Herts A.C.			+0.6	259		599		926	+0.0	1434	-0.1	1638		1900		2490
						50	<b>Natalie Farman</b>		88	16.29	679	1.59	724	9.99	529	28.37	602	5.13	595	28.93	456	DNS	
							Herts Phoenix A.C.			+0.7	679		1403		1932	+0.0	2534	+1.1	3129		3585		

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### U.17 Women's Heptathlon

Suffolk	Hertfordshire	Cambridgeshire	Berkshire	East	OPEN	80m.		HIGH		SHOT		200m.		LONG		JAVELIN		800m.					
						HURDLES		JUMP		PUT				JUMP		THROW							
	1			1	1	80	Anne Rees		92	12.43	743	1.57	701	9.32	485	28.47	594	5.13	595	25.62	394	2:48.07	484
							Stevenage & North Herts A.C.			+0.4	743		1444		1929	+1.1	2523	+1.5	3118		3512		3996
1				2	2	69	Montana Jackson		93	13.36	635	1.42	534	6.78	321	26.90	720	5.30	643	19.93	288	2:28.21	715
							West Suffolk A.C.			+0.4	635		1169		1490	+1.1	2210	+0.5	2853		3141		3856
				3	3	77	Holly Pattie-Belleli		94	12.98	677	1.48	599	7.12	343	27.93	636	4.74	490	15.29	202	2:36.87	609
							Woodford Green with Essex Ladies' A.C.			+0.4	677		1276		1619	+1.1	2255	+2.1	2745		2947		3556
	2			4	4	87	Claire Ward		93	12.86	691	1.48	599	6.59	309	29.26	535	3.68	237	21.81	323	2:33.40	651
							Stevenage & North Herts A.C.			+0.4	691		1290		1599	+1.6	2134	+1.5	2371		2694		3345
2				5	5	81	Emily Rogers		94	14.86	489	1.45	566	7.65	377	26.83	726	4.99	557	NT	0	2:42.59	544
							West Suffolk A.C.			+0.4	489		1055		1432	+1.1	2158	+1.3	2715		2715		3259
		1		6	6	85	Lauren Sammout		93	13.83	585	1.48	599	9.43	492	29.57	513	4.64	464	27.36	427	DNF	0
							Cambridge & Coleridge A.C.			+0.4	585		1184		1676	+1.6	2189	+0.5	2653		3080		3080
		2		7	7	72	Flavia Kumar		93	17.15	314	1.24	350	6.21	285	31.31	394	4.34	388	23.01	345	2:53.71	426
							Cambridge & Coleridge A.C.			+0.4	314		664		949	+1.6	1343	+2.6	1731		2076		2502
			1		8	70	Becky Johnson		94	16.68	348	1.18	293	5.51	240	32.94	297	3.91	287	15.59	207	3:07.70	297
							Bracknell A.C.			+0.4	348		641		881	+1.6	1178	-0.6	1465		1672		1969

## Eastern Region & Counties' Championships & Open

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Sunday, 27th September, 2009

### U.15 Girls' Pentathlon

Suffolk	Norfolk	Hertfordshire	Cambridgeshire	Buckinghamshire	Berkshire	Bedfordshire	East	OPEN	LONG JUMP		75m. HURDLES		SHOT PUT		HIGH JUMP		800m.				
		1					1	1	365	Charlotte Wingfield	94	5.12	592	12.29	642	8.43	427	1.48	599	2:43.53	533
									Barnet & District A.C.			+0.5	592	+2.3	1234		1661		2260		2793
	1						2	2	356	Emma Tilbrook	94	4.91	535	13.36	534	9.21	478	1.51	632	2:46.14	504
									West Norfolk A.C.			-0.1	535	+2.1	1069		1547		2179		2683
1							3	3	362	Chelsea Wade	96	4.64	464	13.49	521	9.57	501	1.51	632	2:56.02	403
									West Suffolk A.C.			+0.7	464	+1.3	985		1486		2118		2521
			1				4	4	367	Georgia Woods	95	3.55	210	12.45	625	7.69	379	1.54	666	2:41.17	560
									Peterborough A.C.			-0.1	210	+1.1	835		1214		1880		2440
2							5	5	344	Sarah Prescott-Smith	96	4.74	490	13.17	552	5.42	235	1.51	632	2:45.77	508
									Colchester Harriers			+0.2	490	+1.3	1042		1277		1909		2417
		2					6	6	348	Stephanie Rukin	95	4.19	352	11.86	691	6.78	321	1.36	470	2:45.90	507
									St Albans A.C.			+0.5	352	+1.1	1043		1364		1834		2341
							7	7	355	Rachel Swain	95	4.38	398	12.64	605	7.35	357	1.39	502	2:50.42	459
									Colchester Harriers			-0.2	398	+1.1	1003		1360		1862		2321
		3					8	8	345	Alice Rackham	95	4.00	308	13.09	559	5.78	257	1.48	599	2:38.79	587
									Stevenage & North Herts A.C.			+1.2	308	+2.1	867		1124		1723		2310
3							9	9	319	Elie de Wild	96	4.63	461	13.05	563	6.35	294	1.42	534	2:51.17	452
									West Suffolk A.C.			+1.0	461	+2.3	1024		1318		1852		2304
4							10	10	335	Leah Mapston	95	4.63	461	13.50	521	6.22	285	1.42	534	2:49.67	467
									West Suffolk A.C.			+0.4	461	+2.1	982		1267		1801		2268
							11	11	327	Georgia Green-Muid	94	4.05	319	12.15	658	7.98	398	1.24	350	2:48.05	484
									Basildon A.C.			+1.4	319	+1.1	977		1375		1725		2209
							12	12	343	Hannah Pattie	95	4.10	331	13.17	552	5.68	251	1.36	470	2:44.65	521
									Woodford Green with Essex Ladies' A.C.			-0.1	331	+1.1	883		1134		1604		2125
		4					13	13	303	Ayo Awokoya	94	3.95	296	13.50	521	8.73	447	1.39	502	3:07.00	303
									Stevenage & North Herts A.C.			+0.8	296	+2.1	817		1264		1766		2069
5							14	14	321	Joanne Eley	96	4.37	396	13.85	489	6.47	301	1.45	566	3:08.91	287
									West Suffolk A.C.			+0.3	396	+1.3	885		1186		1752		2039
				1			15	15	312	Natasha Cornwell	94	4.19	352	13.19	550	7.01	336	1.30	409	2:57.80	386
									Vale of Aylesbury A.C.			+0.4	352	+2.1	902		1238		1647		2033
						1	15	16	352	Charlotte Sexton	94	3.89	283	12.54	615	5.95	268	1.30	409	2:51.14	452
									Bedford & County A.C.			+1.0	283	+2.3	898		1166		1575		2027
	2						16	17	361	Katie Vickery	96	4.34	388	12.97	571	5.66	250	1.36	470	3:05.50	316
									City of Norwich A.C.			+0.4	388	+2.3	959		1209		1679		1995
				2			18	18	347	Elizabeth Read	94	4.49	426	14.42	438	5.73	254	1.36	470	2:57.51	389
									Marshall Milton Keynes A.C.			+0.6	426	+1.5	864		1118		1588		1977
6							17	19	314	Georgia Cutts	96	4.10	331	14.18	463	5.88	264	1.45	566	3:08.26	292
									West Suffolk A.C.			+0.7	331	+1.3	794		1058		1624		1916
							20	20	311	Charlotte Cornwell	94	3.83	270	14.91	399	8.08	405	1.24	350	2:48.86	475
				3					Vale of Aylesbury A.C.			+0.1	270	+1.5	669		1074		1424		1899
7							18	21	320	Freya de Wild	96	3.84	272	14.65	422	6.03	273	1.27	379	2:57.01	393
									West Suffolk A.C.			+0.2	272	+1.3	694		967		1346		1739
							19	22	324	Jessica Fox	94	4.63	461	20.40	92	5.78	257	1.36	470	2:54.72	416
									Cambridge & Coleridge A.C.			+0.2	461	+2.3	553		810		1280		1696
		5					20	23	305	Claire Bentley	94	3.58	216	15.79	341	5.69	252	1.24	350	2:49.95	464
									Watford Harriers			-0.4	216	+1.5	557		809		1159		1623
		6					21	24	342	Laura Owler	94	3.99	306	17.66	223	6.66	313	1.18	293	3:18.91	209
									St Albans A.C.			+1.4	306	+1.5	529		842		1135		1344
						2	22	25	308	Charlotte Bodger	96	3.42	184	16.36	301	5.18	220	1.15	266	3:13.15	253
									Bedford & County A.C.			+0.3	184	+1.5	485		705		971		1224