

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Boys**

**1 : 424pts : Brentwood School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Callum Stewart	13.8	20pts	Nile Grandison	13.9	20pts
100m	Fawwaz Adeboye	12.2	28pts	Onye Asiegbu	13.0	20pts
200m	Melvyn Kabongolo	27.0	20pts	Sam Boboye	27.4	19pts
300m	Max Dowman	40.5	23pts	Sam Redgrave	44.6	16pts
800m	Kieran Catherall	2:40.0	17pts	Leo Lorraine	2:37.0	18pts
1500m	Feargus Addicott	5:29.0	14pts	Oliver Weston-Stokes	5:32.0	14pts
Long_Jump	Melvyn Kabongolo	4.70	19pts	Callum Stewart	4.08	12pts
High_Jump	Max Dowman	1.50	20pts	Sam Boboye	1.35	15pts
Triple_Jump	Fawwaz Adeboye	9.52	16pts	Leo Lorraine	8.17	9pts
Pole_Vault						
Shot	Nick Harvey	9.23	17pts	Onye Asiegbu	9.62	18pts
Discus				Sam Redgrave	23.69	18pts
Javelin	Kieran Catherall	21.16	14pts	Feargus Addicott	7.29	0pts
Hammer				Jesse Epstein	27.73	20pts
Relay	Nile Grandison , Nick Harvey , Oliver Weston-Stokes , Jesse Epstein				56.4	17pts

**2 : 413pts : St Thomas More High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Aadrian Damo	13.6	21pts			
100m	Joel Ladegbaye	12.0	30pts	Luca Clements	13.1	19pts
200m	Praise Adebayo	24.5	28pts	Chibuikem Ofomata	28.9	15pts
300m	Deon Selvin	49.1	8pts	David Femi-Alade	40.8	23pts
800m	Luke Tiller	2:26.0	21pts	Schmaiah Bgwereketai	2:38.0	17pts
1500m	Daniel Walker	5:16.0	18pts			
Long_Jump	Daniel Walker	3.48	6pts	Luca Clements	4.48	16pts
High_Jump	Aadrian Damo	1.44	18pts	Schmaiah Bgwereketai	1.29	13pts
Triple_Jump	Joel Ladegbaye	10.43	21pts	David Femi-Alade	10.50	21pts
Pole_Vault						
Shot	Praise Adebayo	11.13	23pts	Sean Chikamata	9.02	16pts
Discus	Luke Tiller	16.51	11pts	Chibuikem Ofomata	23.15	17pts
Javelin	Jude Affen	NM	0pts	Deon Selvin	15.97	8pts
Hammer	Ekow Koomson	19.41	12pts	Anaya Amoh	23.40	16pts
Relay	Sean Chikamata , Jude Affen , Anaya Amoh , Ekow Koomson				58.4	15pts

**3 : 413pts : Great Baddow High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jake Ellis	12.4	27pts	Oscar Lewis	14.4	17pts
100m	Liam Anderson	13.6	14pts	Stevie Fletcher	13.9	12pts
200m	Daniel Ennis	27.2	19pts	Tom Hale	29.5	13pts
300m	William Edwards	45.4	15pts	Jakub Skamla	40.7	23pts
800m	Thomas Mills	2:38.0	17pts	Finn Mulholland	2:31.0	20pts
1500m	Alex Bradburn	5:38.0	12pts	Freddie Fletcher	5:31.0	14pts
Long_Jump	Liam Anderson	4.00	12pts	Jakub Skamla	4.64	18pts
High_Jump	William Edwards	1.44	18pts	Oscar Lewis	1.29	13pts
Triple_Jump	Finn Mulholland	10.08	19pts	Jake Ellis	10.78	22pts
Pole_Vault						
Shot	Evan Green	10.14	20pts	Jeff Efosa-Agho	7.40	11pts
Discus	Daniel Ennis	17.48	11pts	Freddie Fletcher	25.28	19pts
Javelin	Stevie Fletcher	24.40	17pts	Tom Hale	25.75	18pts
Hammer						
Relay	Alex Bradburn , Evan Green , Thomas Mills , Jeff Efosa-Agho				60.1	12pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Boys**

**4 : 411pts : Chase High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Clinton Obazee	13.4	22pts	Corben Newton	15.0	14pts
100m	Dylan Condon	13.3	17pts	Brian Memshi	12.7	23pts
200m	Syon Constable	27.1	19pts	Zion Orebiyi	28.5	16pts
300m	Laurentiu Balan	46.9	12pts	Sam zabait	47.1	12pts
800m	Tolou Akinwumiju	2:29.0	20pts	Jake Green	2:35.0	18pts
1500m						
Long_Jump	Laurentiu Balan	4.61	18pts	Jake Green	3.88	10pts
High_Jump	Sam Zabait	1.32	14pts	Zion Orebiyi	1.35	15pts
Triple_Jump	Dylan Condon	8.89	13pts	stan Lazarov	9.08	14pts
Pole_Vault						
Shot	Syon Constable	9.76	18pts	Brian Memshi	11.10	23pts
Discus	Clinton Obazee	26.06	20pts	Noah Morley	23.04	17pts
Javelin	Ben Smith	16.93	9pts	Corben Newton	24.14	17pts
Hammer	Tolou Akinwumiju	25.92	18pts	Noah Joseph	29.78	22pts
Relay	Noah Morley , Ben Smith , Noah Joseph , Stan Lazarov				62.5	10pts

**5 : 386pts : Beauchamps High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Finley Greve	14.7	16pts	Ronnie O'Brien	13.5	22pts
100m	Sonni Nelson	13.6	14pts	Max Young	13.2	18pts
200m	Harry Beckley	27.2	19pts	Kairon Mills	26.2	22pts
300m	Luke Kelly	41.7	21pts			
800m	Mason Gerchen	2:24.0	22pts	Kyan Dickson	3:04.0	9pts
1500m	Troy Austin	5:04.0	21pts	Ernest Solims	5:16.0	18pts
Long_Jump	Finley Greve	4.19	13pts	Max Young	4.42	16pts
High_Jump	Sonni Nelson	1.23	11pts	Bailey Denham	1.38	16pts
Triple_Jump	Luke Kelly	9.90	18pts	Ronnie O'Brien	8.80	13pts
Pole_Vault						
Shot	Troy Austin	8.91	16pts	Kairon Mills	8.62	15pts
Discus	George Campling	15.95	10pts			
Javelin	Oliver Jackson	13.99	6pts	Harry Beckley	NM	0pts
Hammer	Mason Gerchen	22.94	15pts	Ernest Solims	27.14	20pts
Relay	Oliver Jackson , George Campling , Bailey Denham , Kyan Dickson				58.0	15pts

**6 : 360pts : The King Edmund School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Dylan Kent	14.0	19pts	Cameron Pennells	15.6	11pts
100m	Bradon Karabulut	13.5	15pts	Cameron Razaq	13.9	12pts
200m	Frankie Bones	28.5	16pts	Henry Sutton	27.5	18pts
300m	Fayyaz Rahman	42.8	19pts	Micheal Diogo	48.0	10pts
800m	Ryan Ball	2:33.0	19pts	Charles Pennells	2:30.0	20pts
1500m	Daniel Scotchford	5:54.0	9pts			
Long_Jump	Micheal Diogo	4.26	14pts	Cameron Pennells	4.41	16pts
High_Jump	Frankie Bones	1.29	13pts	Fayyaz Rahman	NM	0pts
Triple_Jump	Daniel Scotchford	9.46	16pts	Henry Sutton	9.18	14pts
Pole_Vault						
Shot	Brandon Karabulut	10.04	19pts	Drewe Cole	8.20	13pts
Discus					21.92	16pts
Javelin	Charles Pennells	27.96	20pts	Roy Osman	21.86	14pts
Hammer	Ben Anderson	21.55	14pts	Cameron Razaq	21.27	14pts
Relay	Ben Anderson , Roy Osman , Drewe Cole , Ryan Ball				64.0	9pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Boys**

**7 : 360pts : Emerson Park Academy, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Quincy Garry	13.2	23pts	George Rogers	14.6	16pts
100m	Josias Manpinga	13.1	19pts	Jaiden Mahli	13.1	19pts
200m	Sam Kolawole	25.8	23pts	Matthew Riley	32.1	7pts
300m				Charlie Greenwood	42.1	20pts
800m	Josh Esho	2:33.0	19pts	Alex Turcan	2:36.0	18pts
1500m	Ethan Wood	5:11.0	19pts	Sam Singh	5:10.0	19pts
Long_Jump	Josias Manpinga	4.55	17pts	Charlie Greenwood	4.01	12pts
High_Jump	Quincy Garry	1.41	17pts	Himat Hansra	1.32	14pts
Triple_Jump	Ethan Wood	8.35	10pts	Sam Kolawole	10.50	21pts
Pole_Vault						
Shot	Nathan Halverson	7.67	11pts	Jaiden Mahli	6.99	9pts
Discus	Matthew Riley	15.85	10pts	Sam Singh	16.15	10pts
Javelin	George Rogers	13.43	6pts	Max Copeman	14.44	7pts
Hammer						
Relay	Josh Esho , Max Copeman , Himat Hansra , Alex Turcan				58.7	14pts

**8 : 341pts : Davenant Foundation School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Nick Gould	14.7	16pts	Jospeh Britton	16.0	9pts
100m	Filip Cieply	12.9	21pts	Camren Charles	13.0	20pts
200m	Kaleb Silva	25.9	23pts	Isiah Oham	27.7	18pts
300m	Samuel Sam-Amoye	42.5	19pts	Joshua Pownell-Jones	45.9	14pts
800m	Ivan Brown	2:42.0	16pts	Daniel Arnold	2:24.0	22pts
1500m	Felito Machine	5:28.0	15pts			
Long_Jump	Kaleb Silva	4.08	12pts	Joseph Britton	4.23	14pts
High_Jump	Nick Gould	1.35	15pts	Daniel Fairlamb	1.35	15pts
Triple_Jump						
Pole_Vault						
Shot	Ivan Brown	7.00	9pts	Isiah Oham	7.09	9pts
Discus	Jude McCaughley	19.12	13pts	Joshua Pownell-Jones	NM	0pts
Javelin	Filip Cieply	16.53	9pts			
Hammer	Martim De Aguiar Vieria	33.17	25pts	Daniel Arnold	15.80	8pts
Relay	Daniel Fairlamb , Martim De Aguiar Vieria , Jude McCaughley , Felito Machii				54.6	19pts

**9 : 337pts : The Appleton School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Chase Eaton	14.4	17pts	Sidney Turner-Brown	15.6	11pts
100m	Stan Sycamore	12.9	21pts	Taylor Raymond	14.3	10pts
200m	Michael Akinlade	28.9	15pts	Louis Hambleton	31.3	9pts
300m	Ahmed Taha	44.8	16pts	Lennon Attew	44.7	16pts
800m	Templeton Spreadboroug	2:46.0	15pts	Elliot Cater	2:38.0	17pts
1500m	Jerome Nimako	5:42.0	11pts	Louie Clarke	5:38.0	12pts
Long_Jump				Elliot Cater	3.53	7pts
High_Jump	Chase Eaton	1.41	17pts	Taylor Raymond	NM	0pts
Triple_Jump	Michael Akinlade	8.75	12pts	Oscar Fairs	8.29	10pts
Pole_Vault						
Shot	Ahmed Taha	8.80	15pts	DJ Wensley	8.05	13pts
Discus	Stan Sycamore	29.58	24pts	Louie Clarke	16.18	10pts
Javelin	Templeton Spreadboroug	20.82	13pts	Sidney Turner-Brown	18.93	11pts
Hammer				Lennon Attew	27.17	20pts
Relay	Jerome Nimako , Oscar Fairs , Louis Hambleton , DJ Wensley				58.1	15pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Boys**

**10 : 296pts : Sydney Russell School, Essex**

<b>Event</b>	<b>Name</b>	<b>Perf</b>	<b>Points</b>	<b>Name</b>	<b>Perf</b>	<b>Points</b>
<b>Hurdles</b>	Jeremiah Akposheri	15.4	12pts	Zeeda Sulemana	14.3	18pts
<b>100m</b>	Lamar Burke	12.8	22pts	Bola Awotungase	13.3	17pts
<b>200m</b>	Finley Conway	30.9	10pts	Nashe Chinengundu	28.4	16pts
<b>300m</b>	Lucas Adegboye	48.0	10pts			
<b>800m</b>	Yasser Kadaoui	2:34.0	19pts	Firdaus Bakare	2:33.0	19pts
<b>1500m</b>	Micheal Obeng	5:33.0	13pts	Daniel Nicholas	5:40.0	12pts
<b>Long_Jump</b>	Lamar Burke	4.16	13pts	Bolarinwa Awotungase	3.78	9pts
<b>High_Jump</b>	Jeremiah Akposheri	1.32	14pts	Lucas Adegboye	NM	0pts
<b>Triple_Jump</b>	Michael Obeng	8.50	11pts	Nashe Chinengundu	8.00	8pts
<b>Pole_Vault</b>						
<b>Shot</b>	Alhassan Kin	8.01	13pts	Micheal Milburn	5.97	6pts
<b>Discus</b>	Yasser Kadaoui	17.14	11pts			
<b>Javelin</b>	Firdaus Bakare	18.46	11pts	Zeeda Sulemana	24.28	17pts
<b>Hammer</b>						
<b>Relay</b>	<u>Alhassan Kin , Michael Milburn , Daniel Nicholas , Finley Conway</u>				<u>57.7</u>	<u>15pts</u>

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Girls**

**1 : 359pts : Sydney Russell School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Whitney Osei-Afriyie	15.5	12pts			
100m	Aysia Carson-Matabaro	13.8	21pts	Shalom Przezdziecki	13.4	25pts
200m	Detola Shenaiké-Balogun	28.2	24pts	Ayi Khumbula	31.9	11pts
300m	Mia Harbigé	53.6	9pts	Chiara Mullings-Smith	47.3	18pts
800m	Rosie Geoghegan	2:31.0	27pts	Fatiha Musah	2:35.0	26pts
1500m	Laiba Kabuyé	5:55.0	20pts			
Long_Jump	Aysia Carson-Matabaro	4.27	18pts	Detola Shenaiké-Balogun	4.44	19pts
High_Jump	Shalom Przezdziecki	1.41	21pts	Fatiha Musah	1.17	13pts
Triple_Jump						
Pole_Vault						
Shot	Rosie Geoghegan	7.56	18pts	Autumn Onyesom-Enu	7.95	20pts
Discus	Chiara Mullings-Smith	13.40	11pts	Whitney Osei-Afriyie	13.78	11pts
Javelin	Laiba Kabuyé	11.25	8pts	Mia Green	16.65	15pts
Hammer						
Relay	Ayi Khumbula , Mia Green , Autumn Onyesom-Enu , Mia Harbigé				64.2	12pts

**2 : 345pts : Brentwood Ursuline Convent High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Josephine Walsh	13.1	23pts	Makarria Osei-Tutu	14.8	15pts
100m	Nile Mansingh	14.7	13pts	Ufuoma Obukata	12.6	33pts
200m	Chizaram Nwaobilor	30.1	17pts	Shantay Charles	30.1	17pts
300m						
800m	Alessia Cossalter-Byrd	2:54.0	20pts	Abigail Bergin-McCarthy	2:43.0	23pts
1500m	Katie Hallett	6:14.0	17pts	Ella Fagan	6:08.0	18pts
Long_Jump	Josephine Walsh	4.34	18pts	Ufuoma Obukata	3.57	10pts
High_Jump	Katie Hallett	NM	0pts	Shantay Charles	1.11	11pts
Triple_Jump						
Pole_Vault						
Shot	Chizaram Nwaobilor	6.92	15pts	Joyce Akintode	7.48	18pts
Discus	Dika Nzekwe	15.11	13pts			
Javelin	Nile Mansingh	19.10	18pts	Abigail Bergin-McCarthy	17.14	15pts
Hammer				Makarria Osei-Tutu	21.60	17pts
Relay	Alessia Cossalter-Byrd , Dika Nzekwe , Ella Fagan , Joyce Akintode				62.9	14pts

**3 : 326pts : Woodbridge School, Suffolk**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Frankie Fletcher	14.5	16pts			
100m	Issy Hutchinson	14.4	15pts	Amelie Pettitt	15.2	11pts
200m	Georgia Clarke	30.3	17pts	Rosie Stennett	32.1	11pts
300m					51.9	11pts
800m	Sophie Keith	2:45.0	23pts	Grace Hotham	2:49.0	21pts
1500m	Romilly Adams	5:18.0	27pts	Felicity Mitchell	5:19.0	26pts
Long_Jump	Georgia Clarke	4.18	17pts	Cleo Robinson	3.51	10pts
High_Jump	Romilly Adams	NM	0pts	Frankie Fletcher	1.11	11pts
Triple_Jump						
Pole_Vault						
Shot	Rosie Stennett	6.87	15pts	Chloe Smith	6.42	13pts
Discus	Amelie Pettitt	19.19	18pts	Issy Hutchinson	15.51	14pts
Javelin	Sukie Hallam	13.58	11pts	Eirann Cheale	21.24	21pts
Hammer						
Relay	Chloe Smith , Felicity Mitchell , Sukie Hallam , Grace Hotham				60.2	18pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Girls**

**4 : 306pts : The Appleton School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Evie Hardiman	15.0	14pts			
100m	Sienna More	14.8	13pts	Rosa Brin	15.1	11pts
200m	Libby Flahey	31.6	12pts	Buhlebethu Hlongwa	31.8	12pts
300m	Abigail Barber	46.4	20pts			
800m	Sienna-Lily Terry	2:52.0	20pts	Tayleigh Cross	2:49.0	21pts
1500m	Demitria Robinson	5:56.0	20pts	Alicia Morton	5:59.0	20pts
Long_Jump	Sienna More	3.79	12pts	Buhlebethu Hlongwa	3.05	5pts
High_Jump	Evie Hardiman	1.29	17pts	Skyla-Rose Gosling	1.32	18pts
Triple_Jump						
Pole_Vault						
Shot	Callie Hall	8.23	22pts	Alicia Morton	6.25	12pts
Discus	Libby Flahey	11.67	8pts	Tayleigh Cross	14.02	12pts
Javelin	Abigail Barber	14.58	12pts	Rosa Brin	16.49	14pts
Hammer						
Relay	Sienna-Lily Terry , Callie Hall , Skyla-Rose Gosling , Demi Robinson				65.2	11pts

**5 : 306pts : Bedford Girls' School, Bedfordshire**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Alanna Green	15.0	14pts	Emily Foster	16.5	9pts
100m	Sienna Berger	14.7	13pts	Nazor Onuekwusi	14.1	18pts
200m	Jaya Hall	28.2	24pts	Caitlin Gill	32.8	9pts
300m	Emily Pugsley	52.5	11pts	Scarlett John	51.8	12pts
800m	Brooke Bendall	3:09.0	15pts	Sophie Chapman	2:52.0	20pts
1500m	Megan Barnicoat	5:29.0	25pts			
Long_Jump				Sophie Chapman	3.53	10pts
High_Jump	Sienna Berger	1.23	15pts	Emily Foster	1.38	20pts
Triple_Jump						
Pole_Vault						
Shot	Claudia Jewers	6.99	15pts	Caitlin Gill	6.67	14pts
Discus	Megan Barnicoat	14.79	12pts	Nazor Oneukwusi	12.75	10pts
Javelin	Brooke Bendall	13.39	10pts	Alana Green	13.10	10pts
Hammer						
Relay	Jaya Hall , Scarlett John , Claudia Jewers , Emily Pugsley				58.7	20pts

**6 : 302pts : Westcliff High School for Girls, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Emilia Gibson	15.4	13pts	Emilia Beevers	15.7	12pts
100m	Ome Nwapa	14.1	18pts	Aize Michael	13.4	25pts
200m	Chi Chi Musa-Onyeka	27.6	26pts	Erin Upward	30.8	15pts
300m						
800m	Sarah Lawal	2:44.0	23pts			
1500m	Brianna Fox	6:42.0	13pts	Anna Smith	5:45.0	22pts
Long_Jump	Sarah Lawal	3.86	13pts	Aaliyah Elliott	3.74	12pts
High_Jump	Ome Nwapa	1.26	16pts	Emilia Beevers	1.14	12pts
Triple_Jump						
Pole_Vault						
Shot	Chi Chi Musa-Onyeka	6.25	12pts	Aize Michael	5.17	9pts
Discus	Mide Domsumu	13.80	11pts	Lexie Bennis	12.38	9pts
Javelin	Brianna Fox	10.53	7pts	Erin Upward	16.79	15pts
Hammer						
Relay	Emilia Gibson , Mide Domsumu , Anna Smith , Aaliyah Elliott				59.6	19pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Girls**

**7 : 299pts : The King John School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Evie Parry	15.7	12pts	Daisy Berry	16.8	8pts
100m	Daisie Mansell	14.7	13pts	Lilly Brooks-Garrad	14.0	19pts
200m	Kate Williamson	31.4	13pts	Tolani Olaleye	30.2	17pts
300m	Rosie-Mai Pendrigh	47.0	19pts	Kayla Ayeni-Oluabey	49.5	14pts
800m	Holly Bailey	2:55.0	19pts	Florence Jones	2:54.0	20pts
1500m	Holly Shepherd	5:53.0	21pts	Scarlett Pearson	5:48.0	22pts
Long_Jump	Holly Shepherd	NM	0pts	Daisy Berry	3.96	14pts
High_Jump	Daisie Mansell	1.08	10pts	Florence Jones	1.11	11pts
Triple_Jump						
Pole_Vault						
Shot				Tolani Olaleye	6.96	15pts
Discus	Kate Williamson	15.25	13pts	Kayla Ayeni-Oluabey	12.45	9pts
Javelin	Evie Parry	12.95	10pts			
Hammer						
Relay	<u>Rosie-Mai Pendrigh , Scarlett Pearson , Holly Bailey , Lilly Brooks-Garrad</u>				<u>58.7</u>	<u>20pts</u>

**8 : 296pts : Davenant Foundation School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Annabella Oti-Atakorah	19.0	1pts			
100m	Tare Akpoveta	14.5	14pts	Lacey Murray	14.6	14pts
200m	Holly Cooper	30.1	17pts	Pheobe Whelan	30.1	17pts
300m				Alexia Sinclair	47.4	18pts
800m	Isabellah Butler-Davis	2:53.0	20pts	Frankie Kelly	2:52.0	20pts
1500m	Isobel Cowell	6:13.0	17pts			
Long_Jump	Holly Cooper	3.70	12pts	Alexia Sinclair	3.08	5pts
High_Jump	Isabellah Butler-Davis	1.17	13pts	Pheobe Whelan	1.23	15pts
Triple_Jump						
Pole_Vault						
Shot	Akua Amankwah	6.82	15pts	Tare Akpoveta	6.21	12pts
Discus	Annabella Oti-Atakorah	16.19	14pts	Frankie Kelly	14.91	13pts
Javelin	Angel Lucas	14.49	12pts	Lacey Murray	17.46	16pts
Hammer	Evelyn Gauden	17.37	13pts			
Relay	<u>Angel Lucas , Akua Amankwah , Evelyn Gauden , Isobel Cowell</u>				<u>59.8</u>	<u>18pts</u>

**9 : 290pts : The King Edmund School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Erin O'Neil	16.0	11pts	Mya Osman	16.4	9pts
100m	Ava Simpson	13.1	28pts	Emily Hallums	13.8	21pts
200m	Neive Miller	33.1	8pts	Sofia Dabbs	34.0	7pts
300m	Lexie Croft	54.3	8pts			
800m				Bethany Walls	2:48.0	22pts
1500m		6:15.0	17pts			
Long_Jump	Ava Simpson	3.94	14pts	Alexa Beveridge	3.87	13pts
High_Jump	Emily Hallums	1.17	13pts	Bethany Walls	1.29	17pts
Triple_Jump						
Pole_Vault						
Shot	Amelia Daye	6.86	15pts	Erin O'Neil	5.72	11pts
Discus	Izzy Jones	21.40	21pts	Mia Osman	14.96	13pts
Javelin	Lexie Croft	15.76	14pts	Neive Miller	14.31	12pts
Hammer						
Relay	<u>Amelia Daye , Sofia Dabbs , Izzy Jones , Hayley Hughes</u>				<u>61.8</u>	<u>16pts</u>

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Junior Girls**

**10 : 270pts : Greensward Academy, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Isobel Cooke	14.0	19pts	Elizabeth Gilham	16.6	9pts
100m	Eliza-rose Drain	14.9	12pts	Lacey French	14.9	12pts
200m	Farah O'Donovan	29.7	19pts	Lucy Keig	32.3	10pts
300m	Ruby McLoughlin	55.0	8pts	Ruby Bixby	48.3	16pts
800m	Ava Jolly	3:06.0	16pts	Jasmine Addington	2:54.0	20pts
1500m	Aurelia Miller	6:28.0	15pts			
Long_Jump	Libby Mitchell	3.98	14pts			
High_Jump	Ava Jolly	1.14	12pts	Lucy Keig	1.20	14pts
Triple_Jump						
Pole_Vault						
Shot	Ruby McLoughlin	5.45	10pts	Evie Knaapen	6.87	15pts
Discus	Isobel Cooke	13.95	11pts	Ruby Bixby	14.41	12pts
Javelin	Eliza-rose Drain	7.05	2pts	Jasmine Addington	12.00	9pts
Hammer						
Relay	Farah O'Donovan , Aurelia Miller , Evie Knaapen , Lacey French				62.5	15pts

**11 : 262pts : Norwich School, Norfolk**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jennifer Mardle	13.0	24pts			
100m	Havana Karlson-Evans	14.5	14pts	Lucy Stafford	15.3	10pts
200m	Sophie Slinger	32.0	11pts	Florence Littlewood	33.2	8pts
300m	Amaya Rastrick	49.3	15pts	Antonia Watson	49.5	14pts
800m	Hannah Conway	2:52.0	20pts	Ruby Ivie	3:02.0	17pts
1500m						
Long_Jump	Florence Littlewood	4.08	15pts	Ruby Ivie	2.92	4pts
High_Jump	Antonia Watson	1.35	19pts	Hannah Conway	1.23	15pts
Triple_Jump						
Pole_Vault						
Shot	Minnie Richardson	8.88	25pts			
Discus					10.30	7pts
Javelin	Jennifer Mardle	22.60	23pts			
Hammer						
Relay	Minnie Richardson , Amaya Rastrick , Sophie Slinger , Havana Karlson-Evar			57.9		21pts



**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Boys**

**1 : 433pts : Chase High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Finley Vincent	11.0	30pts	Jamie Newton	12.4	23pts
100m	Brian Thompson	12.1	22pts	Isaac Davis	13.1	12pts
200m	Tobiasz Lakatosz	27.5	12pts	Matush Mayoathan	26.3	16pts
300m	Kuba Chiryk	44.4	11pts			
800m	Arsenii Hanzii	2:28.0	17pts			
1500m	Rilwan Choi	4:39.0	22pts	Ayomide Akinwumiju	4:59.0	18pts
Long_Jump	Finley Vincent	5.54	20pts	Mitush Mayoathan	5.15	16pts
High_Jump	Arsenii Hanzii	1.71	23pts	Jamie Newton	1.68	22pts
Triple_Jump	Rilwan Choi	10.65	15pts	Ayomide Akinwumiju	9.60	10pts
Pole_Vault						
Shot	Brian Thompson	10.41	17pts	Linards Jurisons	10.15	16pts
Discus	Kuba Chiryk	25.82	17pts	Isaac Davis	29.10	20pts
Javelin	Tobiasz Lakatosz	40.30	20pts	Troy Schofield	41.34	21pts
Hammer	Elijah Joseph	27.13	16pts	Peter Lee	29.36	17pts
Relay						

**2 : 428pts : The Appleton School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Fin Moore	13.4	18pts	Liam Ferrier	13.5	17pts
100m	Tom Legros	12.0	23pts	Charlie Cook	12.5	18pts
200m	Harvey Durham	25.6	18pts	Joshua Turton	25.7	18pts
300m	Clark Junieor Viernes	40.6	20pts	Jack Taylor	43.5	13pts
800m	Boris Payne	2:11.0	24pts	Dominic Glover	2:20.0	19pts
1500m				Jacob Hurrell	5:15.0	15pts
Long_Jump				Mason Sweeting	4.93	14pts
High_Jump	Tom Legros	1.59	19pts	Fin Moore	1.59	19pts
Triple_Jump	Liam Ferrier	10.81	16pts	Charlie Cook	10.84	16pts
Pole_Vault						
Shot	Harvey Durham	9.53	14pts	Dominic Glover	10.42	17pts
Discus	Joshua Turton	31.04	22pts	Jacob Hurrell	27.85	19pts
Javelin	Boris Payne	22.10	8pts	Benny Mahoney	17.82	5pts
Hammer		30.06	18pts		38.96	23pts
Relay	Benny Mahoney , Jack Taylor , Mason Sweeting , Thomas Birks				53.7	15pts

**3 : 421pts : Great Baddow High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Dylan Nowell	12.1	24pts	Oscar Turpin	12.9	20pts
100m	Daniel Elliott	12.2	21pts	Don Trae Rowe	12.3	20pts
200m	Rehan Kaludewa	26.3	16pts	Trei Coborn	24.9	21pts
300m	Jett Murphy	41.9	16pts	Ryan Jiggins	40.0	21pts
800m	Alex Collins	2:13.0	23pts	Dan Knight	2:24.0	18pts
1500m	Jamie Tweed	4:59.0	18pts	Harry Dickinson	5:53.0	7pts
Long_Jump	Rehan Kaludewa	4.84	13pts	Don Trae Rowe	4.63	11pts
High_Jump	Daniel Elliott	1.56	18pts	Dylan Nowell	1.62	20pts
Triple_Jump	Jett Murphy	11.97	21pts	Trei Coborn	9.96	11pts
Pole_Vault						
Shot	Dan Knight	8.22	10pts	Elijah Tamakloe	9.66	14pts
Discus	Henry Obeng	26.19	17pts	Oscar Turpin	22.27	13pts
Javelin	Harry Dickinson	35.97	17pts	Alex Collins	30.71	14pts
Hammer						
Relay	Henry Obeng , Ryan Jiggins , Elijah Tamakloe , Jamie Tweed				52.4	17pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Boys**

**4 : 412pts : Barking Abbey School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles				Junior Yomba	12.9	20pts
100m	Valentin Luzolo	11.2	31pts	Abraham Patrick Nnadi	12.2	21pts
200m	Zephan Osei-Akoto	24.6	22pts	Prince John	25.7	18pts
300m	Jothan Sorae	43.2	13pts	Romeo Taylor	40.4	20pts
800m	Marques-Jay Croasdaile-B	2:19.0	20pts	Josiah Antwi	2:55.0	8pts
1500m	Jack Houston Taylor	5:19.0	14pts	George Bagna	4:58.0	18pts
Long_Jump	Valentin Luzolo	5.31	18pts	Prince John	4.86	13pts
High_Jump	Micael Filho	1.71	23pts	Josiah Antwi	1.47	15pts
Triple_Jump	Marques-Jay Croasdaile-B	10.64	15pts	Junior Yomba	10.63	15pts
Pole_Vault						
Shot	Tonis Vaitiekunas	11.23	20pts	Abraham Patrick Nnadi	8.06	9pts
Discus	Jothan Sorae	23.10	14pts	Musa Harun	21.55	13pts
Javelin	Jack Houston Taylor	24.32	10pts	George Bagna	31.29	14pts
Hammer				Romeo Taylor	21.03	11pts
Relay	<u>Micael Filho , Tonis Vaitiekunas , Zephan Osei-Akoto , Musa Harun</u>				52.3	17pts

**5 : 410pts : The Sandon School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Fin Moore	11.3	28pts	Ben Negus	11.8	26pts
100m	Tom Legros	12.5	18pts	Charlie Cook	12.7	16pts
200m	Liam Ferrier	27.2	13pts	Joshua Turton	25.3	19pts
300m	Clark Junior Viernes	40.0	21pts	Jack Taylor	39.2	23pts
800m	Boris Payne	2:25.0	18pts	Dominic Glover	2:39.0	13pts
1500m				Jacob Hurrell	4:14.0	28pts
Long_Jump	Clark Junior Viernes	5.35	18pts	Ben Negus	5.26	17pts
High_Jump	Tom Legros	1.50	16pts	Fin Moore	1.50	16pts
Triple_Jump	Liam Ferrier	12.50	24pts	Charlie Cook	10.60	15pts
Pole_Vault						
Shot	Mason Sweeting	8.27	10pts	Dominic Glover	10.63	18pts
Discus	Joshua Turton	20.50	12pts	Jacob Hurrell	11.53	3pts
Javelin	Boris Payne	28.17	12pts	Benny Mahoney	22.25	8pts
Hammer						
Relay	<u>Benny Mahoney , Jack Taylor , Mason Sweeting , Thomas Birks</u>				51.8	18pts

**6 : 399pts : Greensward Academy, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Zaki Labeze	13.2	19pts	Freddie Hadden	14.2	14pts
100m	Sid Smith	12.1	22pts	Ronnie Edwards	12.2	21pts
200m	Tom Von Isenburg	26.5	15pts	Joshua Lawrence	27.6	12pts
300m	Neo Bourne	40.5	20pts	Hudson Wasmuth	44.5	11pts
800m	Ethan Love	2:28.0	17pts	Tom Duffy	2:41.0	12pts
1500m	Adrian Austin	5:07.0	16pts	Lucas Day	5:14.0	15pts
Long_Jump	Lucas Day	4.30	8pts	Zaki Labeze	4.95	14pts
High_Jump	Hudson Wasmuth	1.50	16pts	Joshua Lawrence	1.50	16pts
Triple_Jump	Neo Bourne	11.05	17pts	Freddie Hadden	10.06	12pts
Pole_Vault						
Shot	Freddie Shearing	10.44	17pts	Tom Von Isenburg	9.20	13pts
Discus	Tom Duffy	23.35	14pts	Jack Martin	28.93	20pts
Javelin	Adrien Austin	20.12	7pts	Ronnie Edwards	29.16	13pts
Hammer	Sam Harris	29.14	17pts	Sid Smith	20.81	10pts
Relay	<u>Jack Martin , Sam Harris , Ethan Love , Freddie Shearing</u>				57.0	11pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Boys**

**7 : 386pts : West Hatch High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Takeem Campbell	13.5	17pts	Micah Mussington	13.6	17pts
100m	Harrison Palmer	12.2	21pts	Rocco McKiernan`	12.4	19pts
200m	Jerome Lovell	25.9	17pts	Coby Stuchfield	26.9	14pts
300m	Ryan Foster	38.7	24pts	Simeon Roukin	40.7	19pts
800m	James Thake	2:06.0	26pts	Habib Sikiru	2:29.0	16pts
1500m	Josh Ssempiira	4:55.0	19pts	Jackson Moore	5:13.0	15pts
Long_Jump	Ryan Foster	5.48	19pts	Takeem Campbell	4.13	6pts
High_Jump	James Thake	1.41	13pts	Micah Mussington	1.41	13pts
Triple_Jump	Jackson More	10.22	13pts	Josh Ssempiira	7.46	0pts
Pole_Vault						
Shot	Micah Chukwu	10.84	18pts	Habib Sikiru	8.18	9pts
Discus	Jerome Lovell	22.42	13pts	Coby Stuchfield	20.96	12pts
Javelin	Mikaeel Lodhi	25.90	11pts	Rocco McKiernan`	31.40	14pts
Hammer						
Relay	<u>Micah Chukwu , Mikaeel Lodhi , Harrison Palmer , Simeon Roukin</u>				50.1	21pts

**8 : 363pts : St Thomas More High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles						
100m	Innocent Duru	11.8	25pts	Tash Zvirawa	12.4	19pts
200m	Joshua Davies	26.4	16pts	Ariel Akoman	25.6	18pts
300m				Rahim Rajulawalla	39.7	22pts
800m	Jeremiah Emmanuel	2:30.0	16pts	Praise Likolo	2:30.0	16pts
1500m						
Long_Jump	Innocent Duru	6.02	25pts	Rahim Rajulawala	5.35	18pts
High_Jump	Dylan Bansietoko	1.47	15pts	Chidera Ofomata	1.53	17pts
Triple_Jump	Ummeli Moyo	11.98	21pts	Praise Likolo	11.08	17pts
Pole_Vault						
Shot	David Bajela	10.25	16pts	Tash Zvirawa	7.10	6pts
Discus	Jeremiah Emmanuel	21.35	12pts	Ariel Akoman	23.76	15pts
Javelin	Raphael Cohen	36.71	18pts	Travis Okeke	26.34	11pts
Hammer	Joshua Davies	20.75	10pts	Malachi Kasamba	24.69	14pts
Relay	<u>Raphael Cohen , Dylan Bansietoko , Travis Okeke , Chidera Ofomata</u>				52.7	16pts

**9 : 357pts : Cecil Jones Academy, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	RIO MICHAELS	13.4	18pts	LIAM GALLI	14.6	12pts
100m	YEMI OWONIFARI	12.5	18pts	KONSTANTIN MARINOV	13.0	13pts
200m	RYAN POTTER	27.0	14pts	BESARD MARKAJ	26.9	14pts
300m				TYLER LOCKE	42.4	15pts
800m	LORENT FERIZI	2:24.0	18pts	LEWIS BAKANOWSKI	2:38.0	13pts
1500m	TOBY JONES	4:32.0	23pts			
Long_Jump	RYAN POTTER	4.82	13pts	LEWIS BAKANOWSKI	4.62	11pts
High_Jump	RIO MICHAELS	1.56	18pts	LIAM GALLI	1.59	19pts
Triple_Jump	TOBY JONES	9.95	11pts	Tyler Locke	11.98	21pts
Pole_Vault						
Shot	LORENT FERIZI	8.89	12pts	HARRY GODDARD	9.95	15pts
Discus	YEMI OWONIFARI	25.51	17pts	BESARD MARKAJ	24.39	15pts
Javelin	Brajan Kwiek	NM	0pts	Vayu Patel	15.94	4pts
Hammer	Logan Dare	27.26	16pts	KONSTANTIN MARINOV	24.75	14pts
Relay	<u>Vayu Patel , Brajan Kwiek , LOGAN DARE , HARRY GODDARD</u>				55.1	13pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Girls**

**1 : 364pts : Bedford Girls' School, Bedfordshire**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Fleur Mount	15.2	14pts	Alice Lawson	15.6	13pts
100m	Isla Campbell	13.1	25pts	Isabella Bacon	14.2	14pts
200m	Lara Spajic	30.5	12pts	Charlotte Proctor	31.5	9pts
300m	Neva Grimshaw	46.0	20pts	Lucy Nissen	49.4	15pts
800m	Jessica Parrish	2:33.0	24pts	Zofia Wylezek	2:44.0	19pts
1500m	Amelia Perry	5:51.0	17pts	Ellie McCutcheon	6:10.0	14pts
Long_Jump	Neva Grimshaw	4.13	14pts	Isabella Bacon	3.69	10pts
High_Jump	Amelia Perry	1.23	12pts	Lucy Nissen	1.20	11pts
Triple_Jump	Alice Lawson	8.79	14pts	Danae Karavaggelis	9.00	15pts
Pole_Vault						
Shot	Isabelle Wright	8.41	17pts	Ellie McCutcheon	6.27	10pts
Discus	Lara Spajic	17.92	13pts	Fleur Mount	13.46	7pts
Javelin	Jessica Parrish	18.77	12pts	Charlotte Proctor	21.30	16pts
Hammer						
Relay	Isla Campbell , Isabelle Wright , Zofia Wylezek , Danae Karavaggelis				59.9	17pts

**2 : 354pts : The Appleton School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Lily McKenzie	13.7	19pts	Margot Dornton Duff	16.5	10pts
100m	Lyrach Brous	14.3	13pts	Millie Brightey	13.9	17pts
200m		29.9	14pts		30.6	12pts
300m		44.8	22pts	Lily Fisher	53.0	10pts
800m	Elouise Crouch Carter	2:54.0	15pts		2:47.0	17pts
1500m	Phoebe Davies	6:01.0	16pts			
Long_Jump	Elouise Crouch Carter	3.48	8pts		3.54	8pts
High_Jump	Margot Dornton Duff	1.44	19pts	Lily Fisher	1.26	13pts
Triple_Jump		9.11	16pts		8.96	15pts
Pole_Vault						
Shot	Margot Richards	6.35	10pts	Scarlett Houston	9.03	19pts
Discus	Lyrach Brous	14.65	8pts	Ben Meades	17.45	12pts
Javelin				Millie Brightey	21.47	16pts
Hammer		20.62	13pts		25.24	18pts
Relay	Scarlett Houston , Margot Richards , Lily Fisher , Charlie Phillips				62.2	14pts

**3 : 349pts : Westcliff High School for Girls, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Rosie Curtis	16.2	11pts	Hannah Packer	17.7	6pts
100m	Allianna Casimo	13.3	23pts	Mini Israel-Olidiya	13.5	21pts
200m	Pearl Osei-Yeboah	30.2	13pts	Eni Kehinde	28.3	19pts
300m	Agnessa Kollarova	46.7	19pts	Helayna Stimpson-Cook	49.6	14pts
800m	Scarlett Treadwell	3:04.0	11pts	Lily Jones	3:01.0	12pts
1500m	Olivia Pritchard	5:58.0	16pts	Pelumi Salu	5:57.0	16pts
Long_Jump	Allianna Casimo	4.27	16pts	Mary Akanki	3.80	11pts
High_Jump	Lola Conran	1.44	19pts	Lily Jones	1.35	16pts
Triple_Jump	Pearl Osei-Yeboah	9.87	21pts	Helayna Stimpson-Cook	8.33	11pts
Pole_Vault						
Shot	Olivia Pritchard	4.65	5pts	Pelumi Salu	6.29	10pts
Discus	Rosie Curtis	12.82	6pts	Eni Kehinde	15.98	10pts
Javelin	Scarlett Treadwell	22.60	17pts	Hannah Packer	12.13	3pts
Hammer						
Relay	Agnessa Kollarova , Lola Conran , Mini Israel-Olidiya , Mary Akanki				55.5	23pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Girls**

**4 : 342pts : The King John School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Chloe Thompson	16.4	10pts	casey glover	15.8	12pts
100m	Esme Palmer	14.2	14pts	Alice Bishop	15.3	7pts
200m	jess chalmers	31.0	10pts	Hannah Batt	31.3	9pts
300m	Sophie Cottis	47.1	18pts	beau edmunds	47.7	17pts
800m	tess Mcgaulin	2:59.0	13pts	Sophie Palmer	2:35.0	23pts
1500m	zuriel osei	6:26.0	11pts	annabelle webb	5:56.0	16pts
Long_Jump	tess Mcgaulin	4.11	14pts	Esme Palmer	3.62	9pts
High_Jump	jess chalmers	1.29	14pts	beau edmunds	1.26	13pts
Triple_Jump	Hannah Batt	8.23	10pts	sophie cottis campbell	8.76	14pts
Pole_Vault						
Shot	zuriel osei	7.51	14pts	Alice Bishop	7.68	15pts
Discus	cece coyle	20.28	16pts	Sydney White	17.49	12pts
Javelin	sophie palmer	20.85	15pts	annabelle webb	27.27	22pts
Hammer						
Relay	Chloe Thompson , cece coyle , casey glover , Sydney White				61.9	14pts

**5 : 336pts : West Hatch High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Jazz Molloy	15.4	13pts	Lexie Gobran	15.5	13pts
100m	Chloe Collins	13.9	17pts	Elizabeth Reid	14.1	15pts
200m	Angel Aluko	29.1	17pts	Josie Comerford	31.9	8pts
300m	Mia Harding	49.4	15pts			
800m	Summer Maw	2:36.0	23pts	Desi Angelov	2:56.0	14pts
1500m	Molly Sherrin	5:31.0	21pts	Amber Higgs Smith	6:07.0	15pts
Long_Jump	Josie Comerford	4.01	13pts	Chloe Collins	3.82	11pts
High_Jump	Jazz Molloy	1.41	18pts	Desi Angelov	1.29	14pts
Triple_Jump	Angel Aluko	9.28	17pts	Mia Harding	8.93	15pts
Pole_Vault	Amber Higgs Smith	1.90	11pts			
Shot	Elizabeth Reid	7.72	15pts	Ava O'Reilly	9.02	19pts
Discus	Summer Maw	14.39	8pts	Jesica Hazell	12.22	5pts
Javelin	Mily Blaine	11.83	3pts			
Hammer						
Relay	Millie Blaine , Molly Sherrin , Ava O'Reilly , Lexie Gobran				60.4	16pts

**6 : 304pts : Mayflower High School, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Holly Vickers	17.1	8pts	Erin Lambe	15.1	14pts
100m	Amber Gooch	14.2	14pts	Holly Nethercoat	15.0	9pts
200m	Kyla Moffat	30.6	12pts	Grace O'Mahoney	29.8	14pts
300m	Maggie Shepherd	43.1	25pts			
800m	Lauren Carter	2:43.0	19pts	Katy Ames	2:50.0	16pts
1500m	Emma Thrussell	5:54.0	17pts	Eadie Hatchard	6:11.0	14pts
Long_Jump				Eadie Hatchard	3.28	6pts
High_Jump	Kyla Moffatt	1.32	15pts	Erin Lambe	1.47	20pts
Triple_Jump	Maggie Shepherd	8.79	14pts			
Pole_Vault						
Shot	Holly Vickers	6.73	12pts	Holly Nethercoat	6.11	10pts
Discus	Amber Gooch	15.82	10pts	Katy Ames	12.19	5pts
Javelin	Lauren Carter	24.35	19pts	Emma Eccles	19.24	13pts
Hammer						
Relay	Emma Thrussell , Nicole Tidder , Grace O'Mahoney , Amy Norman				59.6	18pts

**ESAA English Schools' Track and Field Cup 2023**  
**Regional 'B' Final, EA 1 at Basildon Athletics Track - Tuesday 13th June 2023**

**Intermediate Girls**

**7 : 302pts : Royal hospital school, Suffolk**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Sophie Benbow	14.6	16pts	Honor Bisset	17.7	6pts
100m	Michelle Raji	14.4	12pts	Ella Ikotun	13.9	17pts
200m	Lucy Frank	28.4	19pts	Ema Mate	29.8	14pts
300m	Bella Morton	51.1	12pts	Martha Hunter	52.1	11pts
800m	Leontine Schweinsberg	2:51.0	16pts	Grace Hanlon	3:12.0	9pts
1500m	Connie Green	6:24.0	12pts	Romane Levy	6:42.0	9pts
Long_Jump	Sophie Benbow	3.66	10pts	Lucy Frank	3.68	10pts
High_Jump	Nanayaa Zuta	1.23	12pts	Honor Bisset	1.41	18pts
Triple_Jump	Leontine Schweinsberg	8.24	10pts	Romane Levy	8.31	11pts
Pole_Vault						
Shot	Michelle Raji	7.30	14pts	Grace Hanlon	6.95	12pts
Discus	Bella Morton	15.23	9pts	Georgia Scarff	16.10	10pts
Javelin	Connie Green	NM	0pts	Martha Hunter	16.58	9pts
Hammer						
Relay	Nanayaa Zuta , Georgia Scarff , Ella Ikotun , Ema Mate				55.4	24pts

**8 : 281pts : Emerson Park Academy, Essex**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles				Millie Ramsey	15.5	13pts
100m	Tiger-lily Gascoyne	14.2	14pts	Eva Goodwin	14.4	12pts
200m	Poppy Holman	29.6	15pts	Alice Rossall	28.6	18pts
300m						
800m	Abi Rogers	2:33.0	24pts	Lexie O'Connor	3:05.0	11pts
1500m	Carmen Ewen	5:59.0	16pts	Maddie Dennis	6:16.0	13pts
Long_Jump	Poppy Holman	4.17	15pts	Alice Rossall	3.52	8pts
High_Jump	Lexie O'Connor	1.29	14pts	Millie Ramsey	1.23	12pts
Triple_Jump	Tiger-lily Gascoyne	8.10	9pts	Eva Goodwin	7.60	5pts
Pole_Vault						
Shot	Nancy Harrison	6.56	11pts	Francesca Byron	6.68	11pts
Discus	Lucie Guirey	17.93	13pts	Carmen Ewen	12.80	6pts
Javelin	Lily-Rose Wood	18.89	12pts	Maddie Dennis	18.08	11pts
Hammer						
Relay	Abi Rogers , Nancy Harrison , Lucie Guirey , Francesca Byron				59.1	18pts

**9 : 211pts : Woodbridge School, Suffolk**

Event	Name	Perf	Points	Name	Perf	Points
Hurdles	Lily McKenzie	17.5	6pts	Margot Dornton Duff	17.2	7pts
100m	Lyrach Brous	13.7	19pts	Millie Brightey	14.2	14pts
200m						
300m						
800m	Eloise Crouch Carter	2:48.0	17pts			
1500m				Charlie Phillips	5:47.0	18pts
Long_Jump	Eloise Crouch Carter	4.21	15pts			
High_Jump	Margot Dornton Duff	1.38	17pts	Lily Fisher	1.29	14pts
Triple_Jump						
Pole_Vault						
Shot	Margot Richards	6.83	12pts	Scarlett Houston	7.32	14pts
Discus	Lyrach Brous	17.43	12pts	Bea Meades	16.40	11pts
Javelin	Lily McKenzie	18.46	12pts	Millie Brightey	14.58	6pts
Hammer						
Relay	Scarlett Houston , Margot Richards , Lily Fisher , Charlie Phillips				59.9	17pts