



ESAA English Schools' Track and Field Cup 2025  
Round - 1, ESS 3 : Thurrock - Wednesday 14th May 2025



Junior Boys  
1 : 558pts : Southend High School for Boys, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Aiden Tricker	12.5		27pts	Derin Okubanjo	12.4		27pts
100m	Logan Hay	11.9		31pts	William Moir	12.4		26pts
200m	Jayden Ofili	26.3		22pts	Bevan Dove	28.8		15pts
300m	Alan Arul	43.1		18pts	Toby Tubbs	41.8		21pts
800m	Kayden Hodgson	2:33.0		19pts	George Tanner	2:26.0		21pts
1500m	Oliver Lupton	4:53.0		23pts	Jonny Nash	4:58.0		22pts
Long_Jump					Derin Okubanjo	4.85		20pts
High_Jump	Oliver Lupton	1.35		15pts				
Triple_Jump	Alan Arul	11.17		24pts	William Moir	10.22		20pts
Pole_Vault	Aiden Tricker	2.45		22pts	Toby Tubbs	2.35		20pts
Shot	Logan Hay	10.50		21pts	George Tanner	8.74		15pts
Discus	Jayden Ofili	32.18		26pts	Hector Johnson	32.39		26pts
Javelin								
Hammer	Charlie Taylor	41.08		32pts	Bevan Dove	38.85		30pts
Relay	Jonny Nash , Hector Johnson , Charlie Taylor , Kayden Hodgson					57.9		15pts

2 : 478pts : Woodlands School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Kundiso Chibatamoto	12.4		27pts	Zak Naylor	12.5		27pts
100m	Oliver Francis	12.9		21pts	Harry Cleland	13.2		18pts
200m	Oliver Everard	27.6		18pts	Fahim Abdul	27.9		17pts
300m	Tommy Taylor	42.8		19pts	Charlie Dingwall	42.1		20pts
800m	Alex Butcher	2:36.0		18pts	Teddy Wormald	2:37.0		18pts
1500m	Elliot Trent	5:21.0		16pts	Louie Gillingham	5:14.0		18pts
Long_Jump	Oliver Everard	4.47		16pts	Zak Naylor	4.92		21pts
High_Jump					Alex Butcher	1.44		18pts
Triple_Jump	Oliver Francis	9.46		16pts	Fahim Abdul	9.64		17pts
Pole_Vault								
Shot	Kundiso Chibatamoto	8.23		13pts	Laurentiu Popov	11.09		23pts
Discus	Tommy Taylor	28.18		22pts	Charlie Dingwall	19.53		14pts
Javelin					Teddy Wormald	23.27		16pts
Hammer	Andrew Persunaru	39.93		31pts	Harry Cleland	26.35		19pts
Relay	Laurentiu Popov , Andrew Persunaru , Elliot Trent , Louie Gillingham					57.8		15pts

3 : 404pts : Brentwood School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Daniel Sheath	14.5		17pts	Tommy Davies	16.1		9pts
100m	Toby Faley	12.1		29pts	Chuk Umeh	12.8		22pts
200m	Adriel Nwasei	28.4		16pts	Henry Qui	29.8		13pts
300m	Will Adenagbe	40.7		23pts	Will Sanderson	46.1		13pts
800m	Justin Edwards	2:35.0		18pts				
1500m	Hugo Wilks	5:17.0		17pts	Mason Grindrod	5:21.0		16pts
Long_Jump	Cammy Woods	4.35		15pts	Justin Edwards	4.01		12pts
High_Jump	Daniel Sheath	1.32		14pts	Will Sanderson	1.41		17pts
Triple_Jump	Toby Faley	9.54		16pts	Adriel Nwasei	8.83		13pts
Pole_Vault								
Shot	Will Adenagbe	12.68		28pts	Henry Qui	8.09		13pts
Discus	Josh Freeman	20.75		15pts				
Javelin	Tommy Davies	26.67		19pts	Mason Grindrod	17.85		10pts
Hammer	Chuk Umeh	16.78		9pts	Prince Bamiduro	23.43		16pts
Relay	Cammy Woods , Prince Bamiduro , Hugo Wilks , Josh Freeman					58.8		14pts



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Junior Boys

4 : 396pts : Chase High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	James Dampier	14.8		15pts	Malachi Onslow	13.0		24pts
100m	Casey Killworth	14.5		9pts	Elijah French	14.3		10pts
200m	Emmanuel Jimoh	27.9		17pts	Jack Gourley	25.1		26pts
300m	Amin Sufian-Taher	45.2		15pts	Alex Gege	42.8		19pts
800m	Dexter Mills	2:48.0		14pts	Elliott Mcmillan	2:40.0		17pts
1500m	Dexter Haynes	4:55.0		23pts				
Long_Jump	Casey Killworth	3.69		8pts	Malachi Onslow	4.41		16pts
High_Jump	Max Timpson	1.41		17pts	Elliott Mcmillan	1.44		18pts
Triple_Jump		8.83		13pts	Jack Gourley	9.56		16pts
Pole_Vault								
Shot	Amin Sufian-Taher	10.69		21pts		7.80		12pts
Discus	Elijah French	21.21		15pts	Alex Gege	24.63		19pts
Javelin					Callum Knight	23.08		16pts
Hammer	Dexter Mills	32.27		24pts				
Relay	Dexter Haynes , Callum Knight , Zubair Rahimi , Max Timpson					61.0		12pts

5 : 372pts : Greensward Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Mitchell Johnson	13.1		24pts	Aaron Polain	14.1		19pts
100m	Alfie Gjoni	12.5		25pts	George Long	12.7		23pts
200m	Jack Adams	30.9		10pts	Tate Carthy	29.8		13pts
300m	Seb Bonser	51.1		6pts	Sean Pearce	42.8		19pts
800m	Louie Rawlinsom	2:18.0		24pts				
1500m	Harry Edwards	5:36.0		13pts				
Long_Jump	Mitchell Johnson	3.96		11pts	Sean Pearce	4.98		21pts
High_Jump	Edward Swann	1.29		13pts	Aaron Polain	1.20		10pts
Triple_Jump	Leo Carroll	8.27		10pts	Louie Rawlinsom	9.52		16pts
Pole_Vault								
Shot	Alfie Gjoni	10.39		20pts	Seb Bonser	8.66		15pts
Discus	Tate Carthy	17.64		12pts	Jack Adams	19.05		13pts
Javelin	Harry Edwards	17.35		10pts	George Long	19.06		12pts
Hammer	Riley Baker	22.90		15pts	Roman Mulhearn	15.98		8pts
Relay	Roman Mulhearn , Riley Baker , Edward Swann , Leo Carroll					62.3		10pts

6 : 366pts : Forest, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Charlie Kyson	13.4		22pts	Jonah Gemeyal	14.1		19pts
100m	Nakai Actille	13.1		19pts	Israel Aduba	12.9		21pts
200m	Asa Josey	25.5		24pts	Joe Allam	27.9		17pts
300m	Rhys Phillips	48.1		10pts	Eli Barnes	46.8		12pts
800m	Oskar Prince	2:20.0		23pts	Ashton Jokyia	2:34.0		19pts
1500m	Khalif Ali	5:05.0		20pts	Hector Pitkhethly	5:33.0		13pts
Long_Jump	Nakai Actille	4.72		19pts	Israel Aduba	3.88		10pts
High_Jump	Ashton Jokyia	1.17		9pts	Kayden Kankam	1.20		10pts
Triple_Jump	Eli Barnes	8.34		10pts	Rhys Phillips	7.87		7pts
Pole_Vault								
Shot	Asa Josey	10.35		20pts	Ellis Gentles	6.13		6pts
Discus	Jonah Gemeyal	20.78		15pts	Joe Allam	14.32		8pts
Javelin	Oskar Prince	26.55		19pts	Charlie Kyson	9.13		2pts
Hammer								
Relay	Hector Pitkhethly , Ellis Gentles , Khalif Ali , Kayden Kankam					60.4		12pts



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Junior Boys

7 : 361pts : Chigwell School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Noah King	14.7		16pts	Eesa Mehr	16.0		9pts
100m	Harrison Dawe	11.9		31pts	Raph Adebowale	13.7		13pts
200m	Jacob Somogyi	30.6		11pts	Evan Page	27.9		17pts
300m	Duarte Buzio	46.2		13pts	Rajan Kundi	44.5		16pts
800m	Jack Joslin	2:52.0		13pts	Ralph Laming	2:39.0		17pts
1500m	Woody Qureshi	4:52.0		24pts	William Smith	4:55.0		23pts
Long_Jump	Jacob Somogyi	3.87		10pts	Duarte Buzio	3.78		9pts
High_Jump	Rajan Kundi	1.20		10pts	Tobi Dosunmu	1.17		9pts
Triple_Jump	Woody Qureshi	9.17		14pts	Jack Joslin	8.17		9pts
Pole_Vault								
Shot	Harrison Dawe	11.73		25pts	Eesa Mehr	7.25		10pts
Discus	Noah King	18.60		13pts	Raph Adebowale	17.90		12pts
Javelin	Ben Morrison	17.32		10pts	Evan Page	16.11		9pts
Hammer								
Relay	Ralph Laming , William Smith , Ben Morrison , Tobi Dosunmu					55.9		18pts

8 : 356pts : The King Edmund School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Bobby Hopson	15.7		11pts	Tommy Lewis	14.9		15pts
100m	Kieron Smallbone	13.2		18pts	George Assiter	13.5		15pts
200m	Riley Hurst	26.1		22pts	Bradley Mpofu	28.3		16pts
300m	Danny Hope	48.4		10pts	Tyler St Omer-Fake	44.1		17pts
800m	Freddie Forward	2:29.0		20pts	Zak Collins	2:34.0		19pts
1500m	Stanley Lord	5:31.0		14pts	Oliver Brimfield	5:16.0		18pts
Long_Jump	Riley Hurst	4.67		18pts	George Assiter	4.03		12pts
High_Jump	Tommy Lewis	1.32		14pts	Oliver Brimfield	1.23		11pts
Triple_Jump	Stanley Lord	7.68		5pts	Bradley Mpofu	8.51		11pts
Pole_Vault								
Shot						7.79		12pts
Discus	Kieron Smallbone	22.81		17pts	Bobby Hopson	12.26		6pts
Javelin	Jacob Kegg	27.08		20pts	Freddie Forward	16.38		9pts
Hammer	Zach Miles	24.59		17pts				
Relay	Zak Collins , Jacob Kegg , Zach Miles , Danny Hope					63.4		9pts

9 : 338pts : Emerson Park Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Freddie Foster	15.6		11pts	Jack Rossington	15.7		11pts
100m	E-Man Kolawole	14.2		11pts	Louis Fox	14.0		12pts
200m	Cameron Smith	30.0		12pts	Riley Roche	25.8		23pts
300m	Ali Moreno	44.7		16pts	Tristian Wells	42.5		19pts
800m	Ebraheem Bizimana	2:29.0		20pts	Cyrus Mujaji-Baro	2:32.0		19pts
1500m	Rafael Maghera	5:13.0		18pts	Denny Indriliunas	5:09.0		19pts
Long_Jump	Riley Roche	4.17		13pts	Kai Richardson	3.60		8pts
High_Jump	E-Man Kolawole	1.17		9pts	Cyrus Mujaji-Baro	1.20		10pts
Triple_Jump	Freddie Foster	8.57		11pts	Tristian Wells	NM		0pts
Pole_Vault								
Shot	Ali Moreno	7.82		12pts	Jack Rossington	8.51		14pts
Discus	Ebraheem Bizimana	22.34		16pts	Louis Fox	16.51		11pts
Javelin	Cameron Smith	17.44		10pts	Arthur McKellick	23.22		16pts
Hammer								
Relay	Rafael Maghera , Kai Richardson , Arthur McKellick , Denny Indriliunas					56.5		17pts



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Junior Boys

10 : 314pts : West Hatch High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Hayden Kushin	15.6		11pts	Ruben Adjei	15.3		13pts
100m	Che Jordan	13.4		16pts	Aren Parmer	13.7		13pts
200m	Rian Parmar	27.7		18pts	Daniel Simmonds	26.7		20pts
300m	Riley Atkin	45.9		14pts	Kaito Synnot	44.3		16pts
800m	Harrison Westcarr-Jourda	2:39.0		17pts	Dominik Mensah	2:43.0		16pts
1500m	Luke Bennett	5:37.0		12pts				
Long_Jump	Riley Atkin	2.76		0pts	Aren Parmer	3.47		6pts
High_Jump	Che Jordan	1.35		15pts	Ruben Adjei	1.26		12pts
Triple_Jump	Hayden Kushin	8.64		12pts	Kaito Synnot	7.97		8pts
Pole_Vault								
Shot	Taquan Cobb	8.75		15pts	Daniel Simmonds	9.28		17pts
Discus	Deinas Kairiukstis	17.17		11pts	Rian Parmar	21.59		16pts
Javelin	Harrison Westcarr-Jourda	22.15		15pts	Dominik Mensah	14.38		7pts
Hammer								
Relay	Deinas Kairiukstis , Taquan Cobb , Jack Grech , Luke Bennett					58.9		14pts

11 : 292pts : King Edward Vi Grammar School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Caden James	15.3		13pts	Josiah Iseghohimen	15.2		13pts
100m	Haiyang Shi	13.5		15pts	Freddie Allen	13.7		13pts
200m	Zach Allen	28.7		15pts	Myles Osei	29.2		14pts
300m	Olujimi Mgbatogu	45.5		14pts				
800m	Mitchell Evans	2:44.0		15pts	George Cubbin	2:47.0		14pts
1500m	Joshua Dalton	4:43.0		26pts	Seb Young	5:15.0		18pts
Long_Jump	Caden James	3.51		7pts	Josiah Iseghohimen	3.08		2pts
High_Jump	Mitchell Evans	1.17		9pts	Freddie Allen	1.35		15pts
Triple_Jump	Olujimi Mgbatogu	9.37		15pts	Mishkat Kalam	NM		0pts
Pole_Vault								
Shot	Haiyang Shi	8.08		13pts	Nathaniel Vickers	8.72		15pts
Discus	Seb Young	13.02		7pts		NM		0pts
Javelin	Zach Allen	17.65		10pts	Myles Osei	22.46		15pts
Hammer								
Relay	Nathaniel Vickers , Joshua Dalton , George Cubbin , Mishkat Kalam					59.2		14pts

12 : 279pts : St Bonaventure's, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Chidubem Azogama	13.9		20pts	Kayden Aideh	14.3		18pts
100m	Kay Ingleton	12.9		21pts	Samuel Oye	13.3		17pts
200m	Louis Numafu	32.5		6pts	Jason Omoijade	29.6		13pts
300m	Edem Tachie	45.2		15pts	Laurent Assante-Boateng	44.3		16pts
800m	Jacques Ettiene-Crone	2:28.0		21pts				
1500m	Amen Saku	5:26.0		15pts	Cameron Lall	5:27.0		15pts
Long_Jump	Edem Tachie	3.36		5pts	Samuel Oye	3.32		5pts
High_Jump	Chidubem Azogama	1.20		10pts	Kayden Aideh	1.41		17pts
Triple_Jump	Jacques Ettiene-Crone	7.71		6pts	Laurent Assante-Boateng	NM		0pts
Pole_Vault								
Shot	Kay Ingleton	7.57		11pts	Ashley Kabba	5.89		5pts
Discus	Mayowa Bello	20.78		15pts	Samuel Oye	NM		0pts
Javelin	Enrikas Padriesaz	14.51		7pts	Jayden Jordan	15.27		8pts
Hammer								
Relay	Enrikas Padriesaz , Mayowa Bello , Jason Omoijade , Amen Saku					60.0		13pts



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Junior Boys  
13 : 191pts : Cecil Jones Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Emmanuel Olawuyi	19.7		0pts	JAMIE BLACKMORE	18.9		0pts
100m	Theo Woolford	16.3		0pts	KADEN WICKER	17.7		0pts
200m	KAMSI IBENEME	31.4		9pts	KIYA WALTON	27.4		19pts
300m	BATU PEEV	46.6		13pts	Trenton King	46.5		13pts
800m	Teddy Lindoe	2:39.0		17pts				
1500m						6:16.0		6pts
Long_Jump	OLIVER AXCELL	2.49		0pts	EMMANUEL OLAWUYI	3.55		7pts
High_Jump	KAMSI IBENEME	1.26		12pts	JOEL DARKO	1.29		13pts
Triple_Jump	TRENTON KING	NM		0pts	TEDDY LINDOE	8.16		9pts
Pole_Vault								
Shot	Harley Duffy	8.02		13pts	KADEN WICKER	4.55		2pts
Discus	BATU PEEV	18.46		12pts	KIYA WALTON	14.03		8pts
Javelin	Theo Woolford	10.53		3pts	JAMIE BLACKMORE	11.61		4pts
Hammer	CHARLIE HONEY-HARRIS	19.48		12pts	DYLAN DAWSON	19.49		12pts
Relay	DYLAN DAWSON , CHARLIE HONEY-HARRIS , JOEL DARKO , Harley Duffy					66.0		7pts



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Intermediate Girls  
1 : 500pts : Southend High School for Girls, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Emily Archer	13.3		20pts	Dakota Sladden	11.8		28pts
100m	Oluwanifemi Farri	13.5		20pts	Layla Zhou	14.5		11pts
200m	Keiki Bucci	28.1		20pts	Eloise Thomas	29.1		17pts
300m	Annebelle Hutley	48.8		16pts	Abigail Babalola	42.8		26pts
800m	Niamh Staunton	2:46.0		18pts	Mila Cubeddu	2:32.0		25pts
1500m	Orla Bowd	5:08.0		26pts	Anna Regan	6:11.0		14pts
Long_Jump	Keiki Bucci	4.34		16pts	Mila Cubeddu	4.28		16pts
High_Jump	Eloise Thomas	1.59		24pts	Emily Archer	1.53		22pts
Triple_Jump	Annebelle Hutley	10.49		26pts	Dakota Sladden	9.21		17pts
Pole_Vault								
Shot	Oluwanifemi Farri	8.81		19pts	Layla Zhou	7.44		14pts
Discus	Niamh Staunton	17.76		13pts	Anna Regan	18.96		14pts
Javelin	Holly Bowdler	30.49		26pts	Elicia Richardson	33.82		30pts
Hammer								
Relay	Elouise Thomas , Elicia Richardson , Orla Bowd , Abigail Babalola					56.3		22pts

2 : 454pts : Brentwood Ursuline Convent High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Liya Adeyeri	13.0		22pts	Josephine Walsh	11.9		27pts
100m	Ufuoma Obukata	11.9		37pts	Chanae Andrews	13.1		24pts
200m	Aiseose Iluobe	28.5		19pts				
300m	Abigail Bergin-McCarthy	42.8		26pts	Osese Iluobe	44.9		22pts
800m	Michelle Eshun	2:44.0		19pts	Ria Forson	2:47.0		17pts
1500m	Ella Fagan	5:22.0		23pts	Katie Hallett	6:40.0		9pts
Long_Jump	Aiseose Iluobe	4.18		15pts	Chanae Andrews	3.89		12pts
High_Jump	Liya Adeyeri	1.38		17pts	Osese Iluobe	1.32		15pts
Triple_Jump								
Pole_Vault					Katie Hallett	2.20		17pts
Shot	Ufuoma Obukata	10.03		23pts	Ria Forson	7.44		14pts
Discus	Michelle Eshun	21.67		18pts	Josephine Walsh	14.38		8pts
Javelin	Abigail Bergin-McCarthy	20.81		15pts	Nile Mansingh	20.54		15pts
Hammer	Makarria Osei-Tutu	26.10		19pts				
Relay	Nile Mansingh , Makarria Osei-Tutu , Ella Fagan , Natalia Hamber					57.1		21pts

3 : 399pts : Woodlands School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Florence Butler	12.7		23pts	Ayla Laguda	13.7		19pts
100m					Darcy Birkett	15.6		5pts
200m	Nykiya Adams	29.8		14pts	Emijila Ratekyte	30.1		13pts
300m	Salet Borrego Fals	42.2		27pts	Nicole Hawkins	46.8		19pts
800m	Lilly-May Kehler	2:51.0		16pts	mia jordon	3:08.0		10pts
1500m	Katie Hawkins	5:46.0		18pts	Kendall Carr	5:59.0		16pts
Long_Jump					Mia Jordan	3.31		6pts
High_Jump	Florence Butler	1.50		21pts	Darcy Birkett	1.38		17pts
Triple_Jump	Nicole Hawkins	8.64		13pts	Ayla Laguda	10.03		22pts
Pole_Vault								
Shot	Nykiya Adams	9.20		20pts	betsy zaffio	7.71		15pts
Discus	Kendall Carr	16.57		11pts	Katie Hawkins	17.82		13pts
Javelin	Saule Indrikonyte	16.71		9pts	Salet Borrego Fals	16.53		9pts
Hammer	Brooke Buddle	30.47		23pts	Emijila Ratekyte	31.50		24pts
Relay	Brooke Buddle , Lilly-May Kehler , betsy zaffio , Saule Indrikonyte					60.9		16pts



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Intermediate Girls  
4 : 382pts : Robert Clack, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Keziah Pothin	12.1		26pts	Davina Huston	16.2		11pts
100m	Tyiana Samuel	13.7		19pts	Paris Brown	14.1		14pts
200m	Joan Osuala	28.1		20pts	Lady Aborah	30.7		11pts
300m	Faizah Mogaji	47.5		18pts	Leyla Oden	47.7		17pts
800m	Betty-Lou Duffield	3:11.0		9pts	Savannah Stewart	2:49.0		16pts
1500m								
Long_Jump	Tyiana Samuel	4.00		13pts	Lady Aborah	3.66		10pts
High_Jump	Keziah Pothin	1.29		14pts	Paris Brown	1.35		16pts
Triple_Jump	Faizah Mogaji	8.95		15pts	Davina Huston	9.02		15pts
Pole_Vault								
Shot	Joanna Osuala	8.97		19pts	Leyla Oden	6.65		11pts
Discus	Joan Osuala	25.04		22pts	Savannah Stewart	12.67		6pts
Javelin	Betty-Lou Duffield	15.59		7pts	Belange Morais	20.91		15pts
Hammer	Tumi Aladenika	27.98		20pts	Natasha Fania	28.30		21pts
Relay	Joanna Osuala , Belange Morais , Natasha Fania , Tumi Aladenika					59.7		17pts

5 : 369pts : Greensward Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Annabel Elkington	16.1		11pts	Poppy Sharpe	16.4		10pts
100m	Libby Mitchell	12.4		32pts	Caitlin Godwin	13.8		17pts
200m	Lucy Keig	29.6		15pts	Farah O'Donovan	28.8		18pts
300m	Ava Lea Harris	51.7		11pts	Elsie Blackshaw	48.8		16pts
800m	Charlotte Devoir	2:57.0		14pts	Ava Jolly	2:48.0		17pts
1500m	Isabella Gonsalves	5:23.0		23pts	Tilly Dowell	5:50.0		18pts
Long_Jump	Libby Mitchell	4.88		22pts	Caitlin Godwin	3.80		11pts
High_Jump	Lucy Keig	1.29		14pts	Ava Jolly	1.29		14pts
Triple_Jump								
Pole_Vault								
Shot	Ava Lea Harris	5.64		8pts	Tilly Dowell	7.22		13pts
Discus	Charlotte Devoir	13.51		7pts	Poppy Sharpe	13.59		7pts
Javelin	Isla Frost	30.59		26pts	Elsie Blackshaw	18.56		12pts
Hammer	Annabel Elkington	12.60		5pts	Elouise Jobber	18.55		11pts
Relay	Elouise Jobber , Isabella Gonsalves , Isla Frost , Farah O'Donovan					60.0		17pts

6 : 345pts : Forest, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Charlotte Edwards	14.4		17pts	Lennie Micallif	15.8		12pts
100m	Bisi Ojospsi	13.8		17pts	Connie Barnes	14.2		13pts
200m	Maya Robinson	25.8		28pts	Keerit Binopal	28.5		19pts
300m	Evanna Eze	41.4		28pts	Anya Agbim	46.0		20pts
800m	Eni Fadhunsu	2:43.0		19pts	Alice Richardson	3:13.0		8pts
1500m	Amelie Somers	5:47.0		18pts	Amber McLean	6:57.0		6pts
Long_Jump	Maya Robinson	4.35		17pts	Anya Agbim	3.58		9pts
High_Jump	Keerit Binopal	1.29		14pts	Eni Fadhunsu	1.29		14pts
Triple_Jump	Lennie Micallif	8.55		12pts	Esmee Mahalingham	9.68		20pts
Pole_Vault								
Shot	Evanna Eze	7.89		15pts	Bella Holiday	7.20		13pts
Discus	Bisi Ojospsi	17.43		12pts		11.33		4pts
Javelin	Amelie Somers	17.63		10pts	Charlotte Edwards	6.41		0pts
Hammer								
Relay								



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Intermediate Girls  
7 : 335pts : The Appleton School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Mia Hicks	15.8		12pts	Evie Hardiman	13.1		21pts
100m	Lucy Hayden	14.1		15pts	Pippa Mailley	15.3		7pts
200m	Angelina Smart	29.2		16pts	Mia Randall	30.5		12pts
300m	Jaiden Robinson	49.6		14pts	Rosa Brin	52.4		11pts
800m	Tayleigh Cross	2:41.0		20pts	Demitria Robinson	2:31.0		25pts
1500m	Alicia Morton	6:44.0		8pts	Buhlebethu Hlongwa	5:14.0		25pts
Long_Jump	Jaiden Robinson	4.52		18pts	Mia Randall	3.65		10pts
High_Jump	Tayleigh Cross	1.26		13pts	Buhlebethu Hlongwa	1.23		12pts
Triple_Jump	Angelina Smart	9.10		16pts	Evie Hardiman	8.46		12pts
Pole_Vault								
Shot	Lucy Hayden	5.25		7pts	Pippa Mailley	6.93		12pts
Discus								
Javelin	Gemma Mings	15.70		8pts	Rosa Brin	18.60		12pts
Hammer	Alicia Morton	21.39		14pts	Omotolani Babatunde	11.40		4pts
Relay	Demitria Robinson , Omotolani Babatunde , Mia Hicks , Gemma Mings					64.0		11pts

8 : 304pts : The King Edmund School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Lydia Szumanski	16.7		9pts	Hayley Hughes	15.6		13pts
100m	Ava Simpson	13.4		21pts	Emily Hallums	13.7		18pts
200m	Aimee Lawrence	28.2		20pts	Sophie Foster	29.6		15pts
300m	Neive Miller	49.8		14pts	Bethany Walls	49.8		14pts
800m	Lily Meyers	2:59.0		13pts	Erin O'Neil	3:16.0		7pts
1500m								
Long_Jump	Ava Simpson	4.04		13pts	Aimee Lawrence	4.25		16pts
High_Jump	Bethany Walls	1.23		12pts	Emily Hallums	1.29		14pts
Triple_Jump	Hayley Hughes	8.11		9pts	Sophie Foster	7.86		7pts
Pole_Vault								
Shot	Neive Miller	7.07		13pts	Erin O'Neil	6.94		12pts
Discus	Ama Gymafi-Apertang	15.32		9pts	Mya Osman	16.78		11pts
Javelin	Lexie Croft	19.23		13pts	Lily Meyers	10.98		2pts
Hammer	Lydia Szumanski	NM		0pts	Destiny Ricketts	23.00		16pts
Relay	Ama Gymafi-Apertang , Mya Osman , Destiny Ricketts , Lexie Croft					62.9		13pts

9 : 245pts : Woodford County High School for Girls, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Adjoa Osei-Bonsu	15.8		12pts	Iman Balogun	17.8		5pts
100m	Aicha Fofana	13.5		20pts	Isis Brown	15.5		6pts
200m	Remi Salako	27.7		21pts	Shema Narendran	33.4		4pts
300m	Navya Singh	57.9		4pts	Rochelle Rubyjoseph	54.4		8pts
800m	Charlotte Cheung	3:12.0		9pts	Diya Boparai	3:10.0		9pts
1500m					Disha Shah	7:18.0		3pts
Long_Jump	Shema Narendran	3.39		7pts	Rochelle Rubyjoseph	2.76		1pts
High_Jump	Isabella Suzuki-Wheatley	1.26		13pts	Isis Brown	1.23		12pts
Triple_Jump	Remi Salako	10.72		29pts	Aicha Fofana	9.06		16pts
Pole_Vault								
Shot	Adjoa Osei-Bonsu	7.34		14pts	Michelle Rubyjoseph	5.32		7pts
Discus	Alina Mirza	17.50		12pts	Navya Singh	13.39		7pts
Javelin	Charlotte Cheung	20.52		15pts	Iman Balogun	7.96		0pts
Hammer								
Relay	Diya Boparai , Michelle Rubyjoseph , Disha Shah , Alina Mirza					64.3		11pts



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Intermediate Girls  
10 : 240pts : Chase High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Nicola Bartkowiak	14.6		16pts	Darcey Ebanks	15.2		14pts
100m	Wiktorja Kolek	14.0		15pts	Lataya French	15.6		5pts
200m	Sabella Allotey-Annan	28.8		18pts	Fredella Odafen	32.5		6pts
300m	Fern Arrowsmith	58.0		4pts	Delilah Kaufman	60.7		0pts
800m	Mary Goldsmith-Poet	3:06.0		11pts	Anna Karvatska	3:35.0		1pts
1500m								
Long_Jump	Mary Goldsmith-Poet	3.71		10pts	Nicola Bartkowiak	4.41		17pts
High_Jump	Wiktorja Kolek	1.32		15pts	Delilah Kaufman	NM		0pts
Triple_Jump					Anna Karvatska	8.57		12pts
Pole_Vault	Fern Arrowsmith	1.80		10pts	Darcey Ebanks	1.50		4pts
Shot	Sabella Allotey-Annan	9.90		23pts	Lataya French	6.26		10pts
Discus	Harmony Ekhator	18.35		13pts	Fradella Odafen	16.49		11pts
Javelin	Isabelle Lamb	15.57		7pts	Klaudia Chiryk	14.50		6pts
Hammer		13.54		6pts				
Relay	Isabelle Lamb , Harmony Ekhator , Klaudia Chiryk , Lauren Gontsi					67.9		6pts

11 : 238pts : Emerson Park Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Neli Stubbs	17.2		7pts	Emme Whiting	15.9		12pts
100m	Lily Harris	14.7		10pts	Julija Jaskaite	15.5		6pts
200m	Lyla Bailey	33.6		3pts	Frankie Morris	32.2		7pts
300m	Ivy James	49.9		14pts	Izzy Foster	53.1		10pts
800m	Skye Eastman	2:53.0		15pts	Claudette Pursey	3:03.0		12pts
1500m	Lois Smith	5:18.0		24pts	Naomi Akeju	6:53.0		7pts
Long_Jump	Lyla Bailey	3.45		8pts	Naomi Akeju	3.11		4pts
High_Jump	Neli Stubbs	1.29		14pts	Esme Mercer	1.20		11pts
Triple_Jump	Lois Smith	7.30		2pts	Ivy James	7.96		8pts
Pole_Vault								
Shot	Airlie Cotter	6.50		11pts	Julija Jaskaite	6.63		11pts
Discus	Frankie Morris	14.82		9pts	Izzy Foster	18.25		13pts
Javelin	Lily Harris	11.54		3pts	Emme Whiting	11.72		3pts
Hammer								
Relay	Skye Eastman , Airlie Cotter , Esme Mercer , Claudette Pursey					62.3		14pts

12 : 196pts : West Hatch High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Tamera Brotherton	13.9		16pts	Olivia Camporese	14.5		11pts
200m	Amber Jackson	32.7		6pts	Izzy Phillips	31.8		8pts
300m								
800m	Marissa Higgs Smith	2:45.0		18pts	Sofia Gipson	2:59.0		13pts
1500m	Sophia Parker	5:29.0		22pts	Emily Mathias	7:06.0		5pts
Long_Jump	Sophia Parker	3.45		8pts		3.55		9pts
High_Jump	Tamera Brotherton	1.23		12pts				
Triple_Jump	Freya Barbieri	NM		0pts		NM		0pts
Pole_Vault	Marissa Higgs Smith	2.30		19pts				
Shot					Sofia Gipson	5.71		8pts
Discus					Hanna Pitrowska	11.53		4pts
Javelin	Daisy Sherrin	20.13		14pts	Olivia Camporese	14.44		6pts
Hammer								
Relay	Jaidenay Jaiteth , Natasha McKiernan , Izzy Phillips , Daisy Sherrin					60.1		17pts



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Intermediate Girls  
13 : 107pts : Chigwell School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m						18.5		0pts
200m	Bobbi Morris	30.0		14pts	Skye Moore	29.5		15pts
300m								
800m								
1500m						5:56.0		16pts
Long_Jump								
High_Jump								
Triple_Jump								
Pole_Vault								
Shot	Bobbi Morris	7.92		16pts	Alexia Karras	6.10		10pts
Discus	India Harrod-Hill	15.33		9pts	Skye Moore	13.84		7pts
Javelin	Savannah Roos	8.68		0pts	Sarah Rehman	10.85		2pts
Hammer								
Relay	India Harrod-Hill , Savannah Roos , Isla O'Dowd , Sarah Rehman					59.2		18pts



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Intermediate Boys  
1 : 584pts : Southend High School for Boys, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Daniel Mendoza	11.5		27pts	Edward Grange	11.3		28pts
100m	Razzaq Okeyode	11.8		25pts	Samuel Abioye	11.4		29pts
200m	Lloyd Uwadiae	24.7		21pts	Jacob Campbell	25.0		20pts
300m	Jeremy Andersen	37.5		27pts	Joshua Lawrence	39.9		21pts
800m	George Webb	2:13.0		23pts	George Safwat	2:17.0		21pts
1500m	Jude Hearn	4:17.0		26pts	Hayden Potton	4:43.0		21pts
Long_Jump	Daniel Mendoza	5.24		17pts	Jacob Campbell	5.10		16pts
High_Jump					Edward Grange	1.62		20pts
Triple_Jump	Lloyd Uwadiae	12.83		26pts				
Pole_Vault	Ethan Williams	3.15		24pts	Joshua Lawrence	2.90		22pts
Shot	Jeremy Andersen	14.81		32pts	Samuel Abioye	12.39		23pts
Discus	Razzaq Okeyode	33.18		24pts	George Safwat	33.18		24pts
Javelin	George Webb	48.10		26pts				
Hammer					Stanley Britton	34.49		20pts
Relay	Stanley Britton , Hayden Potton , Jude Hearn , Ethan Williams					50.2		21pts

2 : 516pts : Robert Clack, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Samuel Ogbonmwan	11.9		25pts	Jahmaine Aldridge	11.5		27pts
100m	Joshua Buxton	11.7		26pts	Peter Aderibige	11.9		24pts
200m	Chibuke Ukah	24.0		24pts	Tyler Fredericks	24.8		21pts
300m	Eugene poku	40.2		21pts	Zephaniah Smith	44.8		11pts
800m	Tyreece Tyrrell	2:27.0		17pts	Charlie Burke	2:14.0		22pts
1500m	Gifton Cizungu	5:10.0		16pts				
Long_Jump	Jahmaine Aldridge	5.25		17pts	Peter Aderibige	5.27		17pts
High_Jump	Samuel Ogbonmwan	1.68		22pts	Charlie Burke	1.44		14pts
Triple_Jump	Chibuke Ukah	12.22		23pts	Tyreece Tyrrell	11.21		18pts
Pole_Vault								
Shot	Eugene poku	11.60		21pts	Tyler Fredericks	12.11		23pts
Discus	Joshua Buxton	35.25		26pts	Qbduel ramon lawal	33.39		24pts
Javelin	Gifton Cizungu	35.88		17pts				
Hammer	Kelly Osei Boampong	27.72		17pts	Teddy Peebles	32.85		20pts
Relay	Qbduel ramon lawal , Kelly Osei Boampong , Teddy Peebles , Zephaniah Smith					48.7		23pts

3 : 505pts : Woodlands School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Fabian Nayan	10.9		30pts	Fawwaz Owolabi	11.3		28pts
100m	Joshua Cabulo	11.5		28pts	Daniel Dikio	12.6		17pts
200m	Joshua Oshitola	25.7		18pts	Oscar Clarke	23.9		24pts
300m	Charlie Rose	39.7		22pts	Roman Dwyer	37.8		27pts
800m	Archie Brooker	2:28.0		17pts	Edward Hazelgrove	2:19.0		20pts
1500m	Charlie Cletus	4:43.0		21pts	Zak Williams-Lewis	4:45.0		21pts
Long_Jump	Joshua Oshitola	3.85		3pts	Daniel Dikio	5.04		15pts
High_Jump	Charlie Cletus	1.59		19pts	Oscar Clarke	1.79		26pts
Triple_Jump	Joshua Cabulo	12.55		24pts	Roman Dwyer	10.63		15pts
Pole_Vault								
Shot	Fabian Nayan	10.38		17pts	Fawwaz Owolabi	11.13		19pts
Discus	Charlie Rose	22.84		14pts	Felix Rosen	30.99		22pts
Javelin	Archie Brooker	43.01		22pts				
Hammer					Joshua Thomas	30.04		18pts
Relay	Edward Hazelgrove , Felix Rosen , Joshua Thomas , Zak Williams-Lewis					51.9		18pts



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Intermediate Boys  
4 : 482pts : Forest, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Nathaniel Gittens	12.3		23pts				
100m	Lawrence Foster	11.3		30pts	Oscar Morsy	11.5		28pts
200m	Oscar Kyson	24.5		22pts	Henry Tyfield	23.8		25pts
300m	Cosmo Miller	38.3		25pts	Hamza Khan	38.3		25pts
800m	Callum Whiteside	2:12.0		23pts	Charlie Pledger	2:17.0		21pts
1500m	Jude Josey	4:39.0		22pts	Rory Willis	4:32.0		23pts
Long_Jump	Nathaniel Gittens	5.75		22pts	Oscar Morsy	4.67		11pts
High_Jump	Jude Josey	1.38		12pts	Callum Whiteside	1.38		12pts
Triple_Jump	Hamza Khan	11.39		18pts	Charlie Pledger	9.47		9pts
Pole_Vault								
Shot	Cosmo Miller	11.12		19pts	Josh Avery	10.46		17pts
Discus	Henry Tyfield	28.41		19pts	Joel Williams	18.63		10pts
Javelin	Oscar Kyson	32.94		15pts	Rory Willis	21.20		8pts
Hammer	James Balleny	26.64		16pts				
Relay	James Balleny , Joel Williams , Josh Avery , Lawrence Foster					46.9		27pts

5 : 428pts : King Edward Vi Grammar School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Carwyn Ewusie	12.6		22pts	Kareem Abudu	14.7		11pts
100m	Chimebuka Nwobodo	11.7		26pts	Anoush Sanjeev	11.7		26pts
200m	Brume Okuko	24.6		22pts	David Obialor	25.6		18pts
300m	Matt Umejiego	41.9		16pts	George Marshall	41.8		17pts
800m	Stephen Bradley	2:07.0		26pts	Matthew Meadows	2:20.0		19pts
1500m	Jacob Parrott	4:37.0		22pts	Jamie Gilbey	4:36.0		22pts
Long_Jump	Carwyn Ewusie	5.02		15pts	Anoush Sanjeev	5.49		19pts
High_Jump	Zhi Chen Lin	1.44		14pts	Kareem Abudu	1.56		18pts
Triple_Jump	Brume Okuko	10.70		15pts	George Marshall	9.97		11pts
Pole_Vault								
Shot	Matt Umejiego	6.45		4pts	David Obialor	9.54		14pts
Discus	Chimebuka Nwobodo	28.55		20pts	Ryan Dube	18.62		10pts
Javelin	Stephen Bradley	33.59		16pts	Matthew Meadows	26.50		11pts
Hammer								
Relay	Jacob Parrott , Zhi Chen Lin , Jamie Gilbey , Ryan Dube					54.0		14pts

6 : 401pts : Emerson Park Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Ade Ademoroti	13.0		20pts	George Rogers	14.7		11pts
100m	Josias Manpinga	12.3		20pts	Sam Kolawole	11.6		27pts
200m	Aaron Thwala	25.6		18pts	Jaiden Mahli	24.8		21pts
300m	Joaquim Longjojka	42.8		14pts	Charlie Greenwood	37.6		27pts
800m	Ethan Wood	2:21.0		19pts	Matthew Crane	2:28.0		17pts
1500m	Divine Akingbola	5:06.0		16pts	Sam Singh	4:35.0		23pts
Long_Jump	Josias Manpinga	5.15		16pts	Charlie Greenwood	4.95		14pts
High_Jump	Ade Ademoroti	1.44		14pts	Matthew Crane	1.41		13pts
Triple_Jump	Ethan Wood	8.82		6pts	Sam Kolawole	11.32		18pts
Pole_Vault								
Shot	George Rogers	6.45		4pts	Divine Akingbola	8.67		11pts
Discus	Aaron Thwala	21.96		13pts	Sam Singh	23.24		14pts
Javelin	Zain Igot	26.57		11pts				
Hammer	Nathan Halverson	22.89		12pts				
Relay	Jaiden Mahli , Joaquim Longjojka , Nathan Halverson , Zain Igot					49.1		22pts



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Intermediate Boys  
7 : 380pts : The King Edmund School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Charles Pennells	13.1		19pts	Lenny Emmons	13.3		18pts
100m	Brandon Karonbulut	12.6		17pts	Frankie Bones	12.0		23pts
200m	Connor Dobson	26.0		17pts	Henry Sutton	25.3		19pts
300m	Duke Pearman	39.3		23pts	Jakob Hanson	41.8		17pts
800m	Ryan Ball	2:30.0		16pts	Cameron Pennells	2:16.0		21pts
1500m	Auther Ally	dnf		0pts	Drew Cole	5:17.0		14pts
Long_Jump	Cameron Pennells	5.14		16pts	Henry Sutton	4.33		8pts
High_Jump					Billy Nelder	1.23		7pts
Triple_Jump	Duke Pearman	10.03		12pts	Frankie Bones	10.96		16pts
Pole_Vault								
Shot	Brandon Karonbulut	11.90		22pts	Drew Cole	8.37		10pts
Discus	Connor Dobson	20.91		12pts	Dylan Kent	25.56		17pts
Javelin	Charles Pennells	34.67		17pts	Louie Atherton	21.33		8pts
Hammer					Lenny Emmons	27.03		16pts
Relay	Ryan Ball , Auther Ally , Dylan Kent , Louie Atherton					53.3		15pts

8 : 350pts : Chigwell School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Karim Lawal	15.2		9pts	Michael Maselino-Akyena	16.7		1pts
100m	Felix Lammin	12.1		22pts	Latif Khan	12.4		19pts
200m	Seb Curtis	28.6		9pts	Syon Edmonds	24.5		22pts
300m	Jacob Springett	45.2		10pts	Ethan Akinola	39.8		22pts
800m	Rory Evans	2:26.0		17pts	George Worwood	2:15.0		22pts
1500m	Archie Cooper	5:20.0		14pts	Sachin Gharu	5:08.0		16pts
Long_Jump	Felix Lammin	4.63		11pts	Latif Khan	4.77		12pts
High_Jump	Rory Evans	1.41		13pts	Sachin Gharu	1.50		16pts
Triple_Jump	Seb Curtis	9.55		9pts	Syon Edmonds	9.89		11pts
Pole_Vault								
Shot	Karim Lawal	11.24		20pts	Michael Maselino-Akyena	11.26		20pts
Discus	Jacob Springett	18.68		10pts	George Worwood	23.23		14pts
Javelin	William Isherwood	33.16		16pts	Harry Saunders	10.77		1pts
Hammer								
Relay	William Isherwood , Harry Saunders , Ethan Akinola , Archie Cooper					54.3		14pts

9 : 337pts : West Hatch High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Toby Taylor	16.7		1pts	Osa Samual	13.1		19pts
100m	Sammy Geist	11.7		26pts	Adam Hoque	14.5		4pts
200m	Arun Kapoor	31.9		1pts	Adrian Toderov	25.7		18pts
300m	Ollie Craine	40.2		21pts	Nirvana Jordan	41.0		19pts
800m	Charlie Whitcheloh	2:13.0		23pts	Lucas Freedman	2:08.0		25pts
1500m	Darcy O'leary	4:58.0		18pts	Dylan Champion	5:04.0		17pts
Long_Jump	Charlie Whitcheloh	4.61		11pts	Nirvana Jordan	4.38		8pts
High_Jump	Toby Taylor	1.53		17pts	Alex Pham	1.50		16pts
Triple_Jump	Sammy Geist	13.24		28pts	Arun Kapoor	9.11		7pts
Pole_Vault								
Shot					Ayo Adeniran Obey	10.34		17pts
Discus	Ollie Craine	19.13		10pts	George Petkov	25.32		16pts
Javelin	Darcy O'leary	17.93		5pts	Adam Hoque	24.84		10pts
Hammer								
Relay	George Petkov , Lucas Freedman , Ayo Adeniran Obey , Ollie Craine					DQ		0pts



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Intermediate Boys  
10 : 327pts : St Bonaventure's, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles	Ian Donkor	13.4		18pts	John Momoh	15.2		9pts	
100m	Terell Okeny	11.7		26pts	Isaac Daniel	11.8		25pts	
200m	Miguel Pierre-Broderick	39.3		0pts	Desmond Makmot	23.9		24pts	
300m	Nana Dapaah	41.4		18pts	Gianpiero Lardieri-Sanche	39.6		22pts	
800m	Nana-Yaw	2:29.0		16pts					
1500m						4:48.0		20pts	
Long_Jump	Ian Donkor	4.85		13pts	Isaac Daniel	5.80		23pts	
High_Jump	Terell Okeny	1.38		12pts	John Momoh	1.50		16pts	
Triple_Jump	Miguel Pierre-broderick	9.79		10pts	Gianpiero Lardieri-Sanche	8.76		5pts	
Pole_Vault									
Shot	Elyon Kwatei	9.09		12pts	Jackson Owusu	10.41		17pts	
Discus	Nana Dapah	19.96		11pts	Abraham Ogunrin	8.62		0pts	
Javelin	Nana-Yaw	12.14		2pts	Aritz Akinrele	27.93		12pts	
Hammer									
Relay	Jackson Owusu , Abraham Ogunrim , Elyon Kwatei , Desmond Makmot						52.7		16pts

11 : 324pts : Chase High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles					Fejiro Akpikie	13.8		16pts	
100m	Noah Morley	14.2		5pts	Brian Memishai	12.4		19pts	
200m	Abdulie Cham	29.7		7pts	Luke Green	27.3		13pts	
300m	Malakai Mills	45.0		10pts	Stan Mitula	40.6		20pts	
800m	Nisar Rahimi	2:51.0		9pts	Emmanuel Idowu-Agida	2:37.0		14pts	
1500m	Jake Green	5:07.0		16pts	Konrad Hamilton	5:02.0		17pts	
Long_Jump	Jake Green	4.60		11pts	Luke Green	4.51		10pts	
High_Jump	Malakai Mills	1.41		13pts	Fejiro Akpikie	1.50		16pts	
Triple_Jump	Richard Gwezere	8.33		3pts	Stan Mitula	10.15		12pts	
Pole_Vault									
Shot	Zion Orebiyi	8.49		10pts	Brian Memishai	11.98		22pts	
Discus	Nisar Rahimi	22.18		13pts	Noah Morley	22.93		14pts	
Javelin	Sam Zbaidat	32.31		15pts					
Hammer	Kingston Aaron	30.75		18pts	Emmanuel Idowu-Agida	23.48		13pts	
Relay	Konrad Hamilton , Sam Zbaidat , Kingston Aaron , Salah Hussein						59.1		8pts

12 : 318pts : Greensward Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points	
Hurdles									
100m	Vinnie Young	13.5		9pts		12.8		15pts	
200m	Jonny Watson	26.9		14pts	Archie Austin	25.2		20pts	
300m	Kaiden Nott	41.5		17pts	Evan Henty	45.0		10pts	
800m	Jacob Gilbert	2:24.0		18pts					
1500m	Jude Booth	5:04.0		17pts	Josh Lewis	4:37.0		22pts	
Long_Jump	Vinnie Young	4.47		9pts	Lennie Paine	4.63		11pts	
High_Jump	Jude Booth	1.56		18pts	Kaiden Nott	1.44		14pts	
Triple_Jump	Jacob Gilbert	9.80		11pts	Evan Henty	8.25		3pts	
Pole_Vault									
Shot	Jonny Watson	9.72		15pts	Josh Lewis	9.75		15pts	
Discus	Jacob Gilbert	18.21		9pts	Archie Austin	NM		0pts	
Javelin	Henry Bowyer	28.84		13pts	Karim Pasquini	30.24		14pts	
Hammer	Sid Adger	27.04		16pts	Caleb Kent	25.08		15pts	
Relay	Henry Bowyer , Karim Pasquini , Sid Adger , Caleb Kent						55.4		13pts



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Intermediate Boys  
13 : 266pts : Cecil Jones Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	HARRY COX	15.3		8pts	ALFIE ROLLINS SKINNER	13.9		15pts
100m	ASHTON BRUCE	12.3		20pts	PAUL BOYD	12.1		22pts
200m	MICHAEL NDEBELE	27.3		13pts	Sonny Thompson	26.9		14pts
300m	JAMES MORGAN	45.7		9pts	Louie Holloway	40.8		19pts
800m	SILO PEAT	2:39.0		13pts				
1500m								
Long_Jump	ASHTON BRUCE	5.13		16pts	ALFIE ROLLINS SKINNER	4.10		6pts
High_Jump	HARRY COX	1.23		7pts	SAM LOWRY	1.20		6pts
Triple_Jump	JAMES MORGAN	9.27		8pts	PAUL BOYD	9.81		11pts
Pole_Vault								
Shot	MICHAEL NDEBELE	7.72		8pts	ABDUL WAHEED	8.42		10pts
Discus	ARDA JACOBS	20.84		12pts	Sonny Thompson	8.62		0pts
Javelin	Abdul Waheed	NM		0pts	HARRY HILSDEN	23.13		9pts
Hammer	SILO PEAT	26.97		16pts	OSCAR GARGIN	25.74		15pts
Relay	OSCAR GARGIN , ARDA JACOBS , ABDUL WAHEED , HARRY HILSDEN					58.0		9pts



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Junior Girls

1 : 436pts : Southend High School for Girls, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Clara Wilson	13.2		23pts	Joannabel Eshun	12.9		24pts
100m	Jessica Agyemang	14.1		18pts	Betsy Chuks	14.5		14pts
200m	Jemimah Othieno	29.2		20pts	Emily Davison	30.2		17pts
300m	Kai Bucci	47.7		17pts	Arabella Stevens	49.9		14pts
800m	Katie Wiles	2:34.0		26pts	Rose Holland	2:33.0		27pts
1500m	Fleur Burrows	5:08.0		29pts	Sadie Owen	5:14.0		27pts
Long_Jump	Jemimah Othieno	4.60		22pts	Joannabel Eshun	4.04		15pts
High_Jump	Clara Wilson	1.44		22pts	Arabella Stevens	1.35		19pts
Triple_Jump								
Pole_Vault								
Shot	Victoria Edghill				Betsy Chuks	10.19		31pts
Discus	Jessica Agyemang	17.46		16pts				
Javelin	Kai Bucci	13.72		11pts	Emily Davison	24.64		25pts
Hammer								
Relay	Fleur Burrows , Sadie Owen , Kai Bucci , Katie Wiles					59.3		19pts

2 : 345pts : The Appleton School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Isabelle Wakefield	12.9		24pts	Isabella Ungureanu	15.3		13pts
100m	Rokaia Awad	14.8		13pts	Rosie Conway	14.0		19pts
200m	Emily Lowe	30.5		16pts	Jessica Hill	30.1		17pts
300m	Jazmin Abbott	46.1		20pts				
800m	Evie Hicks	2:49.0		21pts	Elsie-Mai Donner	2:57.0		19pts
1500m	Honey Cross	5:53.0		21pts				
Long_Jump	Isabelle Wakefield	3.78		12pts	Jessica Hill	3.54		10pts
High_Jump	Honey Cross	1.20		14pts	Isabella Ungureanu	1.23		15pts
Triple_Jump								
Pole_Vault								
Shot	Jazmin Abbott	6.79		14pts	Rosie Conway	6.13		12pts
Discus	Grace Page	17.85		17pts				
Javelin	Rokaia Awad	20.53		20pts	Elsie-Mai Donner	16.24		14pts
Hammer	Izabelle Sparks-Hill	24.39		20pts				
Relay	Evie Hicks , Grace Page , Izabelle Sparks-Hill , Emily Lowe					63.0		14pts

3 : 328pts : Woodlands School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Aimee Garrett	14.4		17pts	Savannah Girling	16.3		10pts
100m	Arianna Ogundele	14.4		15pts	Sophie Banks	13.2		27pts
200m	Maisey Hobden	30.2		17pts				
300m		52.7		10pts				
800m	Millie Tomlin	2:51.0		21pts	Orla Callaghan	2:53.0		20pts
1500m	Izzy Faulkner	6:08.0		18pts	Layla Boshell	5:35.0		24pts
Long_Jump	Arianna Ogundele	3.83		13pts	Orla Callaghan	3.78		12pts
High_Jump	Aimee Garrett	1.20		14pts	Savannah Girling	1.35		19pts
Triple_Jump								
Pole_Vault								
Shot	Millie Tomlin	6.80		15pts	Dammy Oyebanjo	8.70		24pts
Discus		12.93		10pts				
Javelin	Izzy Faulkner	11.75		8pts	Sophie Banks	7.37		2pts
Hammer	Valona Salihu	24.36		20pts				
Relay	Dammy Oyebanjo , Valona Salihu , Layla Boshell , Maisey Hobden					64.1		12pts



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Junior Girls

4 : 318pts : Brentwood Ursuline Convent High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Breanna Dasuma	16.8		8pts				
100m	Carisse Ocansey	13.8		21pts	Keziah Adutwuum	15.2		11pts
200m	Natanya Itiola	28.1		24pts	Grace Anyigba	30.4		16pts
300m	Jayda Eshun	47.9		17pts	Florence Pryer	47.4		18pts
800m	Florence White	2:41.0		24pts	Florence Murphy	2:46.0		22pts
1500m		6:10.0		18pts				
Long_Jump	Jayda Eshun	4.01		15pts	Grace Anyigba	3.22		7pts
High_Jump	Breanna Dasuma	1.41		21pts	Grace Lander	1.17		13pts
Triple_Jump								
Pole_Vault								
Shot	Diamond Nlewedum	7.23		17pts	Florence Pryer	5.32		9pts
Discus	Carisse Ocansey	16.89		15pts	Keziah Adutwuum	16.67		15pts
Javelin	Natanya Itiola	11.93		8pts	Sophie Hawes	14.85		12pts
Hammer								
Relay	Florence White , Florence Murphy , Sophie Hawes , Diamond Nlewedum					68.0		7pts

5 : 305pts : Chase High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Abbie Mills	15.1		14pts	Rachel Ojo	13.4		22pts
100m	Kaprice Page	14.0		19pts	Gabriella Goldstein	14.2		17pts
200m	Lilli Hardy	29.7		19pts	Olivia Alexander	29.8		18pts
300m					Lacie Petchey	56.5		6pts
800m	Mia Piper	3:08.0		15pts	Isla Gill-Larocque	3:08.0		15pts
1500m								
Long_Jump	Abbie Mills	3.88		13pts	Rachel Ojo	4.32		18pts
High_Jump	Lilli Hardy	1.23		15pts	Beth Woodcock	1.23		15pts
Triple_Jump								
Pole_Vault	Tiggy Blomfield	1.70		16pts				
Shot	Kaprice Page	6.70		14pts	Olivia Alexander	6.95		15pts
Discus	Lexie Denton	16.58		15pts	Lacie Petchey	13.53		11pts
Javelin	Peyton Brennan	13.08		10pts	Isla Gill-Larocque	15.11		13pts
Hammer								
Relay	Lexie Denton , Mia Piper , Peyton Brennan , Tiggy Blomfield					69.3		5pts

6 : 289pts : Brentwood School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Olivia Gildersleeves	14.9		14pts	Sophie Hoskin	17.0		7pts
100m	Teni Ogundkeo	14.0		19pts	Lucy Croker	13.7		22pts
200m	Safia Belal	30.8		15pts		30.5		16pts
300m	Ella Ward	51.6		12pts	Tallulah Hipkiss	52.1		11pts
800m	Willow Smith	3:05.0		16pts				
1500m	Molly Benton	5:11.0		28pts	Lianna Bego	5:54.0		21pts
Long_Jump	Sophie Hoskin	3.92		14pts	Rae Bettley	3.76		12pts
High_Jump	Safia Belal	NM		0pts	Isabella Levinfiche	1.35		19pts
Triple_Jump								
Pole_Vault								
Shot	Teni Ogundkeo	5.47		10pts				
Discus	Olivia Gildersleeves	13.98		11pts	Ella Ward	13.22		11pts
Javelin	Willow Smith	8.54		4pts	Lucy Croker	15.37		13pts
Hammer								
Relay	Isabella Levinfiche , Lianna Bego , Molly Benton , Tallulah Hipkiss					62.9		14pts



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Junior Girls  
7 : 259pts : Forest, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Sophia Thompson	16.5		9pts	Nayantara Hannon	16.5		9pts
100m	Lala Wilson	14.7		13pts	Gabriella Goldstein	15.4		10pts
200m	Sophia Avery	29.6		19pts	Etta Alexander	33.0		9pts
300m	Blakey Paton	55.3		7pts	Klara Sundsboro	48.4		16pts
800m	Eva Prince	2:35.0		26pts	Millie Thompson	3:10.0		14pts
1500m	Zara Gold	5:50.0		21pts	Sophia Khan	6:13.0		17pts
Long_Jump	Etta Alexander	2.93		4pts	Lala Wilson	3.78		12pts
High_Jump	Zara Gold	1.14		12pts	Klara Sundsboro	1.11		11pts
Triple_Jump								
Pole_Vault								
Shot	Sophia Avery	6.77		14pts				
Discus	Nayantara Hannon	12.72		10pts				
Javelin	Eva Prince	15.10		13pts	Sophia Thompson	7.35		2pts
Hammer								
Relay	Millie Thompson , Sophia Khan , Blakey Paton , Gabriella Goldstein					65.0		11pts

8 : 249pts : Chigwell School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Sunita Nayyar	17.9		4pts	Wura Olasegha	13.8		19pts
100m	Tiffany Ford	14.8		13pts	Mila Parvais	15.0		12pts
200m	Saffron Day	38.8		0pts	Felicity Garner	32.4		10pts
300m	Isabelle Hudson	51.0		13pts	Ella Wheeldon Doyle	55.6		7pts
800m	Lottie Oates	2:42.0		24pts	Elizabeth Crowther	2:47.0		22pts
1500m	Maia Lalani	5:48.0		22pts	Isabella Newton	5:49.0		21pts
Long_Jump	Isabelle Hudson	2.74		2pts	Elizabeth Crowther	3.40		9pts
High_Jump	Sunita Nayyar	1.02		8pts	Wura Olasegha	1.14		12pts
Triple_Jump								
Pole_Vault								
Shot	Saffron Day	4.83		8pts				
Discus					Ella Wheeldon Doyle	12.80		10pts
Javelin	Maia Lalani	9.09		5pts	Tiffany Foord	15.05		13pts
Hammer								
Relay	Mila Parvais , Felicity Garner , Lottie Oates , Isabella Newton					62.2		15pts

9 : 241pts : West Hatch High School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Savannah Grant	16.1		10pts				
100m	Connie Beckett	13.5		24pts	Grace Shobbrock	15.1		11pts
200m	Mae Ramkissoon	31.3		13pts	Amelia Xhaferi	30.3		17pts
300m	Tianna William	54.4		8pts				
800m	Alizee Leighton	2:56.0		19pts				
1500m	Bella Bristow	6:34.0		14pts	Mayowa Alake-Nyantakyi	6:12.0		18pts
Long_Jump	Mae Ramkissoon	3.94		14pts	Darcy Castle	2.78		2pts
High_Jump	Tianna William	1.26		16pts	Alizee Leighton	1.23		15pts
Triple_Jump								
Pole_Vault								
Shot	Savannah Grant	4.49		6pts	Goodness Olayemi	8.23		22pts
Discus	Nina Podsiadlo	12.29		9pts	Connie Beckett	10.33		7pts
Javelin					Mayowa Alake-Nyantakyi	10.31		6pts
Hammer								
Relay	Grace Shobbrock , Amelia Xhaferi , Goodness Olayemi , Nina Podsiadlo					66.0		10pts



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Junior Girls

10 : 237pts : The King Edmund School, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Matilda Olivier	14.2		17pts	Rosie Brunt	15.7		8pts
200m	Grace Gunn	31.6		12pts	Daniella Budesteanu	32.1		11pts
300m	Leah Disley	49.9		14pts	Isabella Appleyard	54.7		8pts
800m	Rosie Guilcher	2:57.0		19pts	Beatrix Keene	3:21.0		11pts
1500m	Mia Randall	6:46.0		12pts	Emmie Smith	7:03.0		9pts
Long_Jump	Leah Disley	3.29		7pts	Matilda Olivier	3.85		13pts
High_Jump	Rosie Guilcher	1.14		12pts	Beatrix Keene	1.11		11pts
Triple_Jump								
Pole_Vault								
Shot	Daniella Budesteanu	6.14		12pts				
Discus	Matilda Whiting	13.64		11pts				
Javelin	Rosie Brunt	12.34		9pts	Isabella Appleyard	12.28		9pts
Hammer	Ruby May O Reilly Foley	16.86		12pts	Mia Randall	16.72		12pts
Relay	Grace Gunn , Matilda Whiting , Ruby May O Reilly Foley , Emmie Smith					67.4		8pts

11 : 207pts : Greensward Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles								
100m	Ruby Gordon	14.7		13pts				
200m	Ashaani Lingam	32.4		10pts	Nina Hazelwood	32.9		9pts
300m	Maybelle Hartnell-Champr	55.9		7pts	Summer Burman	52.4		11pts
800m	Aryianna Westley	2:52.0		20pts				
1500m	Isabel Martin	6:32.0		14pts	Philippa Day	6:45.0		12pts
Long_Jump	Ruby Gordon				Sian Hawood-White	3.12		6pts
High_Jump	Aleksandra Rossi	1.20		14pts	Renaee Barnes	1.20		14pts
Triple_Jump								
Pole_Vault								
Shot	Isabel Martin	5.05		8pts	Summer Burman	7.52		18pts
Discus	Aryianna Westley	11.96		9pts	Nina Hazelwood	11.86		9pts
Javelin	Ashaani Lingam	14.03		11pts	Imogen Rose	10.56		7pts
Hammer								
Relay	Imogen Rose , Philippa Day , Aleksandra Rossi , Maybelle Hartnell-Champney					62.2		15pts

12 : 207pts : Emerson Park Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles	Amy Shave	16.0		11pts	Lucy Chitty	17.3		6pts
100m	Olivia Wood	14.3		16pts	Olivia Goodwin	15.0		12pts
200m	Amaya Branch-Blasse	36.4		2pts				
300m	Jazelene Baksh	55.1		7pts				
800m	Olivia Wheeler	2:47.0		22pts	Evie Dennis	3:24.0		10pts
1500m	Memphis Hunt	6:44.0		12pts	Emily Ridgen	6:42.0		13pts
Long_Jump	Olivia Wheeler	2.23		0pts	Ruby Jannece	3.18		6pts
High_Jump	Amy Shave	1.11		11pts	Emily Ridgen	1.11		11pts
Triple_Jump								
Pole_Vault								
Shot	Kyla Ojong	6.44		13pts	Olivia Goodwin	6.19		12pts
Discus	Amaya Branch-Blasse	15.23		13pts	Evie Dennis	11.69		8pts
Javelin	Olivia Wood	14.11		11pts	Jazelene Baksh	8.59		4pts
Hammer								
Relay	Memphis Hunt , Ruby Jannece , Kyla Ojong , Lucy Chitty					68.1		7pts



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Junior Girls  
13 : 161pts : Cecil Jones Academy, Essex

Event	Name	Perf	Wind	Points	Name	Perf	Wind	Points
Hurdles						18.8		1pts
100m	TEGAN HAMMILL	14.9		12pts	BELLA-MAI JAMES	15.8		8pts
200m	Amelia Rose-Turner	32.0		11pts	Joy afuape	37.8		0pts
300m	Maddison Burman	67.2		0pts	TILLY ROLFE	53.4		10pts
800m		2:40.0		24pts				
1500m	CHLOE GINN	6:47.0		12pts				
Long_Jump	JOY AFUAPE	3.59		10pts	Amelia Rose-Turner			
High_Jump	CHLOE GINN	NM		0pts	Tegan Hammill	1.14		12pts
Triple_Jump								
Pole_Vault								
Shot	ROBYN NYANHANDA	4.84		8pts	ALICIA ADENUGA	4.93		8pts
Discus	JASMINE SKINSLEY	8.16		4pts	MADDISON BURMAN	10.29		7pts
Javelin	Tilly Rolfe	15.31		13pts	BELLA-MAI JAMES	6.11		1pts
Hammer	SHANAE SMITH	13.84		8pts				
Relay	JASMINE SKINSLEY , Anais Sandell , SHANAE SMITH , ALICIA ADENUGA					64.3		12pts