

| Team          | Score |
|---------------|-------|
| A BASILDON    | 120   |
| B BEXLEY      | 136   |
| C CRAWLEY     | 77    |
| R BOURNEMOUTH | 81    |
| T THURROCK    | 128   |
| M M & M       | 0     |
| 7 Team 7      | 0     |
| 8 Team 8      | 0     |
| 9 Team 9      | 0     |
| 10 Team 10    | 0     |
| 11 Team 11    | 0     |
| 12 Team 12    | 0     |

A  
B  
C  
R  
T  
M  
G  
N  
I  
J  
K  
L

**Senior A 100m**

Wind

|    |                |     |             |      |   |
|----|----------------|-----|-------------|------|---|
| 1  | Heidi Nicholas | SW  | BASILDON    | 13.0 | 6 |
| 2  | Olivia Edwards | U17 | BEXLEY      | 13.3 | 5 |
| 3  | Asha McAlpine  | U17 | CRAWLEY     | 13.6 | 4 |
| 4  | Toyin Olufemi  | U17 | THURROCK    | 14.2 | 3 |
| 5  | Anya Kaye      | SW  | BOURNEMOUTH | 14.4 | 2 |
| 6  |                |     |             |      | 1 |
| 7  |                |     |             |      | 0 |
| 8  |                |     |             |      | 0 |
| 9  |                |     |             |      | 0 |
| 10 |                |     |             |      | 0 |
| 11 |                |     |             |      | 0 |
| 12 |                |     |             |      | 0 |

**Senior B 100m**

Wind

|    |                 |     |             |      |   |
|----|-----------------|-----|-------------|------|---|
| 1  | Nicole Granger  | U17 | CRAWLEY     | 13.3 | 6 |
| 2  | Jess Quick      | U20 | BASILDON    | 13.3 | 5 |
| 3  | Natalie Le Bean | SW  | THURROCK    | 13.4 | 4 |
| 4  | Veronia Spaine  | U20 | BEXLEY      | 14.0 | 3 |
| 5  | Calla Bennett   | U17 | BOURNEMOUTH | 14.3 | 2 |
| 6  |                 |     |             |      | 1 |
| 7  |                 |     |             |      | 0 |
| 8  |                 |     |             |      | 0 |
| 9  |                 |     |             |      | 0 |
| 10 |                 |     |             |      | 0 |
| 11 |                 |     |             |      | 0 |
| 12 |                 |     |             |      | 0 |

**Senior A 200m**

Wind

|    |                |     |             |      |   |
|----|----------------|-----|-------------|------|---|
| 1  | Kim Baptiste   | SW  | CRAWLEY     | 24.9 | 6 |
| 2  | Kaylee Dodd    | U17 | BASILDON    | 26.6 | 5 |
| 3  | Rebecca Harris | SW  | BEXLEY      | 28.0 | 4 |
| 4  | Katrina White  | U20 | BOURNEMOUTH | 30.2 | 3 |
| 5  | Toyin Olufemi  | U17 | THURROCK    | 30.9 | 2 |
| 6  |                |     |             |      | 1 |
| 7  |                |     |             |      | 0 |
| 8  |                |     |             |      | 0 |
| 9  |                |     |             |      | 0 |
| 10 |                |     |             |      | 0 |
| 11 |                |     |             |      | 0 |
| 12 |                |     |             |      | 0 |

**Senior B 200m**

Wind

|   |                 |     |             |      |   |
|---|-----------------|-----|-------------|------|---|
| 1 | Heidi Nicholas  | SW  | BASILDON    | 27.1 | 6 |
| 2 | Temi Teovoghade | U17 | BEXLEY      | 27.5 | 5 |
| 3 | Nicole Granger  | U17 | CRAWLEY     | 27.7 | 4 |
| 4 | Natalie Le Bean | SW  | THURROCK    | 27.7 | 3 |
| 5 | Jemma Bates     | SW  | BOURNEMOUTH | 32.1 | 2 |
| 6 |                 |     |             |      | 1 |

|    |  |  |  |   |
|----|--|--|--|---|
| 7  |  |  |  | 0 |
| 8  |  |  |  | 0 |
| 9  |  |  |  | 0 |
| 10 |  |  |  | 0 |
| 11 |  |  |  | 0 |
| 12 |  |  |  | 0 |

**Senior A 400m**

|    |                 |     |             |      |   |
|----|-----------------|-----|-------------|------|---|
| 1  | Jess Quick      | U20 | BASILDON    | 62.9 | 6 |
| 2  | Rebecca Harris  | SW  | BEXLEY      | 65.0 | 5 |
| 3  | Rebecca Barnard | U20 | THURROCK    | 71.9 | 4 |
| 4  | Jemma Bates     | SW  | BOURNEMOUTH | 75.8 | 3 |
| 5  |                 |     |             |      | 2 |
| 6  |                 |     |             |      | 1 |
| 7  |                 |     |             |      | 0 |
| 8  |                 |     |             |      | 0 |
| 9  |                 |     |             |      | 0 |
| 10 |                 |     |             |      | 0 |
| 11 |                 |     |             |      | 0 |
| 12 |                 |     |             |      | 0 |

**Senior B 400m**

|    |             |     |          |        |   |
|----|-------------|-----|----------|--------|---|
| 1  | Kaylee Dodd | U17 | BASILDON | 62.6   | 6 |
| 2  | Lynn Talbot | V50 | THURROCK | 70.9   | 5 |
| 3  | Laura Crane | SW  | BEXLEY   | 1:26.2 | 4 |
| 4  |             |     |          |        | 3 |
| 5  |             |     |          |        | 2 |
| 6  |             |     |          |        | 1 |
| 7  |             |     |          |        | 0 |
| 8  |             |     |          |        | 0 |
| 9  |             |     |          |        | 0 |
| 10 |             |     |          |        | 0 |
| 11 |             |     |          |        | 0 |
| 12 |             |     |          |        | 0 |

**Senior A 800m**

|    |                  |     |          |        |   |
|----|------------------|-----|----------|--------|---|
| 1  | Gemma Holloway   | U17 | THURROCK | 2:20.9 | 6 |
| 2  | Anoushka Johnson | Vet | BEXLEY   | 3:01.1 | 5 |
| 3  | Rachel Williams  | SW  | CRAWLEY  | 3:21.4 | 4 |
| 4  |                  |     |          |        | 3 |
| 5  |                  |     |          |        | 2 |
| 6  |                  |     |          |        | 1 |
| 7  |                  |     |          |        | 0 |
| 8  |                  |     |          |        | 0 |
| 9  |                  |     |          |        | 0 |
| 10 |                  |     |          |        | 0 |
| 11 |                  |     |          |        | 0 |
| 12 |                  |     |          |        | 0 |

**Senior B 800m**

|    |              |        |          |        |   |
|----|--------------|--------|----------|--------|---|
| 1  | Sarah Driver | V40    | THURROCK | 2:45.0 | 6 |
| 2  | Claire Buck  | SW     | BEXLEY   | 3:17.8 | 5 |
| 3  | Wendy Hadley | VET 45 | CRAWLEY  | 3:49.8 | 4 |
| 4  |              |        |          |        | 3 |
| 5  |              |        |          |        | 2 |
| 6  |              |        |          |        | 1 |
| 7  |              |        |          |        | 0 |
| 8  |              |        |          |        | 0 |
| 9  |              |        |          |        | 0 |
| 10 |              |        |          |        | 0 |
| 11 |              |        |          |        | 0 |
| 12 |              |        |          |        | 0 |

**Senior A 1500m**

|   |                  |     |          |        |   |
|---|------------------|-----|----------|--------|---|
| 1 | Emily Ballard    | U20 | BASILDON | 5:14.8 | 6 |
| 2 | Sarah Driver     | W40 | THURROCK | 5:55.2 | 5 |
| 3 | Anoushka Johnson | Vet | BEXLEY   | 6:40.7 | 4 |

|    |                 |     |             |        |   |
|----|-----------------|-----|-------------|--------|---|
| 4  | Ornella O'Brien | U20 | BOURNEMOUTH | 6:49.4 | 3 |
| 5  | Rachel Williams | SW  | CRAWLEY     | 7:13.4 | 2 |
| 6  |                 |     |             |        | 1 |
| 7  |                 |     |             |        | 0 |
| 8  |                 |     |             |        | 0 |
| 9  |                 |     |             |        | 0 |
| 10 |                 |     |             |        | 0 |
| 11 |                 |     |             |        | 0 |
| 12 |                 |     |             |        | 0 |

**Senior B 1500m**

|    |              |        |          |        |   |
|----|--------------|--------|----------|--------|---|
| 1  | Emily Bullis | U17    | BASILDON | 5:39.7 | 6 |
| 2  | Laura Crane  | SW     | BEXLEY   | 7:26.2 | 5 |
| 3  | Wendy Hadley | VET 45 | CRAWLEY  | 7:52.0 | 4 |
| 4  |              |        |          |        | 3 |
| 5  |              |        |          |        | 2 |
| 6  |              |        |          |        | 1 |
| 7  |              |        |          |        | 0 |
| 8  |              |        |          |        | 0 |
| 9  |              |        |          |        | 0 |
| 10 |              |        |          |        | 0 |
| 11 |              |        |          |        | 0 |
| 12 |              |        |          |        | 0 |

**Senior A 3000m**

|    |                 |     |             |         |   |
|----|-----------------|-----|-------------|---------|---|
| 1  | Jordan Lacey    | U20 | BASILDON    | 11:42.7 | 6 |
| 2  | Sarah Driver    | W40 | THURROCK    | 12:49.1 | 5 |
| 3  | Claire Buck     | SW  | BEXLEY      | 14.09.5 | 4 |
| 4  | Ornella O'Brien | U20 | BOURNEMOUTH | 14:16.2 | 3 |
| 5  | Rachel Williams | SW  | CRAWLEY     | 14.52.9 | 2 |
| 6  |                 |     |             |         | 1 |
| 7  |                 |     |             |         | 0 |
| 8  |                 |     |             |         | 0 |
| 9  |                 |     |             |         | 0 |
| 10 |                 |     |             |         | 0 |
| 11 |                 |     |             |         | 0 |
| 12 |                 |     |             |         | 0 |

**Senior B 3000m**

|    |                  |        |          |         |   |
|----|------------------|--------|----------|---------|---|
| 1  | Charlotte Bishop | U20    | BASILDON | 13:19.5 | 6 |
| 2  | Wendy Hadley     | VET 45 | CRAWLEY  | 15:55.4 | 5 |
| 3  |                  |        |          |         | 4 |
| 4  |                  |        |          |         | 3 |
| 5  |                  |        |          |         | 2 |
| 6  |                  |        |          |         | 1 |
| 7  |                  |        |          |         | 0 |
| 8  |                  |        |          |         | 0 |
| 9  |                  |        |          |         | 0 |
| 10 |                  |        |          |         | 0 |
| 11 |                  |        |          |         | 0 |
| 12 |                  |        |          |         | 0 |

**Senior A 100mH**

|    |                 |     |             |      |   |
|----|-----------------|-----|-------------|------|---|
| 1  | Heidi Nicholas  | SW  | BASILDON    | 16.0 | 6 |
| 2  | Kerry Squires   | SW  | BOURNEMOUTH | 17.1 | 5 |
| 3  | Amy Hewitt      | U20 | CRAWLEY     | 17.3 | 4 |
| 4  | Rebecca Barnard | U20 | THURROCK    | 20.1 | 3 |
| 5  | Sarah Covill    | SW  | BEXLEY      | 20.6 | 2 |
| 6  |                 |     |             |      | 1 |
| 7  |                 |     |             |      | 0 |
| 8  |                 |     |             |      | 0 |
| 9  |                 |     |             |      | 0 |
| 10 |                 |     |             |      | 0 |
| 11 |                 |     |             |      | 0 |
| 12 |                 |     |             |      | 0 |

Wind

**Senior B 100mH**

|    |                |     |          |      |   |
|----|----------------|-----|----------|------|---|
| 1  | Amelia Sumun   | U17 | THURROCK | 20.4 | 6 |
| 2  | Veronia Spaine | U20 | BEXLEY   | 21.6 | 5 |
| 3  |                |     |          |      | 4 |
| 4  |                |     |          |      | 3 |
| 5  |                |     |          |      | 2 |
| 6  |                |     |          |      | 1 |
| 7  |                |     |          |      | 0 |
| 8  |                |     |          |      | 0 |
| 9  |                |     |          |      | 0 |
| 10 |                |     |          |      | 0 |
| 11 |                |     |          |      | 0 |
| 12 |                |     |          |      | 0 |

Wind

**Senior A 400mH**

|   |                 |     |             |      |   |
|---|-----------------|-----|-------------|------|---|
| 1 | Kerry Squires   | SW  | BOURNEMOUTH | 70.8 | 6 |
| 2 | Rebecca Barnard | U20 | THURROCK    | 78.4 | 5 |
| 3 | Georgia Sleep   | U17 | BASILDON    | 80.1 | 4 |
| 4 | Sarah Covill    | SW  | BEXLEY      | 84.5 | 3 |
| 5 |                 |     |             |      | 2 |
| 6 |                 |     |             |      | 1 |
| 7 |                 |     |             |      | 0 |
| 8 |                 |     |             |      | 0 |
| 9 |                 |     |             |      | 0 |

|    |  |  |  |  |   |
|----|--|--|--|--|---|
| 10 |  |  |  |  | 0 |
| 11 |  |  |  |  | 0 |
| 12 |  |  |  |  | 0 |

**Senior B 400mH**

|    |             |     |          |        |   |
|----|-------------|-----|----------|--------|---|
| 1  | Zoe Easdon  | U20 | BASILDON | 90.4   | 6 |
| 2  | Laura Crane | SW  | BEXLEY   | 1:50.2 | 5 |
| 3  |             |     |          |        | 4 |
| 4  |             |     |          |        | 3 |
| 5  |             |     |          |        | 2 |
| 6  |             |     |          |        | 1 |
| 7  |             |     |          |        | 0 |
| 8  |             |     |          |        | 0 |
| 9  |             |     |          |        | 0 |
| 10 |             |     |          |        | 0 |
| 11 |             |     |          |        | 0 |
| 12 |             |     |          |        | 0 |

**Senior A High Jump**

|    |                 |     |          |      |   |
|----|-----------------|-----|----------|------|---|
| 1  | Heidi Nicholas  | SW  | BASILDON | 1.55 | 6 |
| 2  | Natalie Le Bean | SW  | THURROCK | 1.50 | 5 |
| 3  | Amy Hewitt      | U20 | CRAWLEY  | 1.30 | 4 |
| 4  | Sarah Covill    | SW  | BEXLEY   | 1.25 | 3 |
| 5  |                 |     |          |      | 2 |
| 6  |                 |     |          |      | 1 |
| 7  |                 |     |          |      | 0 |
| 8  |                 |     |          |      | 0 |
| 9  |                 |     |          |      | 0 |
| 10 |                 |     |          |      | 0 |
| 11 |                 |     |          |      | 0 |
| 12 |                 |     |          |      | 0 |

**Senior B High Jump**

|    |                |     |          |      |   |
|----|----------------|-----|----------|------|---|
| 1  | Lucy Howes     | SW  | THURROCK | 1.50 | 6 |
| 2  | Veronia Spaine | U20 | BEXLEY   | 1.25 | 5 |
| 3  |                |     |          |      | 4 |
| 4  |                |     |          |      | 3 |
| 5  |                |     |          |      | 2 |
| 6  |                |     |          |      | 1 |
| 7  |                |     |          |      | 0 |
| 8  |                |     |          |      | 0 |
| 9  |                |     |          |      | 0 |
| 10 |                |     |          |      | 0 |
| 11 |                |     |          |      | 0 |
| 12 |                |     |          |      | 0 |

**Senior A Pole Vault**

|    |  |  |  |  |   |
|----|--|--|--|--|---|
| 1  |  |  |  |  | 6 |
| 2  |  |  |  |  | 5 |
| 3  |  |  |  |  | 4 |
| 4  |  |  |  |  | 3 |
| 5  |  |  |  |  | 2 |
| 6  |  |  |  |  | 1 |
| 7  |  |  |  |  | 0 |
| 8  |  |  |  |  | 0 |
| 9  |  |  |  |  | 0 |
| 10 |  |  |  |  | 0 |
| 11 |  |  |  |  | 0 |
| 12 |  |  |  |  | 0 |

**Senior B Pole Vault**

|   |  |  |  |  |   |
|---|--|--|--|--|---|
| 1 |  |  |  |  | 6 |
| 2 |  |  |  |  | 5 |
| 3 |  |  |  |  | 4 |
| 4 |  |  |  |  | 3 |
| 5 |  |  |  |  | 2 |
| 6 |  |  |  |  | 1 |

|    |  |  |  |  |   |
|----|--|--|--|--|---|
| 7  |  |  |  |  | 0 |
| 8  |  |  |  |  | 0 |
| 9  |  |  |  |  | 0 |
| 10 |  |  |  |  | 0 |
| 11 |  |  |  |  | 0 |
| 12 |  |  |  |  | 0 |

**Senior A Long Jump**

Wind

|    |                 |     |             |      |   |
|----|-----------------|-----|-------------|------|---|
| 1  | Heidi Nicholas  | SW  | BASILDON    | 5.05 | 6 |
| 2  | Katrina White   | U20 | BOURNEMOUTH | 4.97 | 5 |
| 3  | Natalie Le Bean | SW  | THURROCK    | 4.80 | 4 |
| 4  | Olivia Edwards  | U17 | BEXLEY      | 4.62 | 3 |
| 5  | Asha McAlpine   | U17 | CRAWLEY     | 4.50 | 2 |
| 6  |                 |     |             |      | 1 |
| 7  |                 |     |             |      | 0 |
| 8  |                 |     |             |      | 0 |
| 9  |                 |     |             |      | 0 |
| 10 |                 |     |             |      | 0 |
| 11 |                 |     |             |      | 0 |
| 12 |                 |     |             |      | 0 |

**Senior B Long Jump**

Wind

|    |                 |     |             |      |   |
|----|-----------------|-----|-------------|------|---|
| 1  | Calla Bennett   | U17 | BOURNEMOUTH | 4.66 | 6 |
| 2  | Amelia Sumun    | U17 | THURROCK    | 4.64 | 5 |
| 3  | Temi Teovoghade | U17 | BEXLEY      | 4.56 | 4 |
| 4  | Abby Alexander  | U17 | BASILDON    | 3.73 | 3 |
| 5  |                 |     |             |      | 2 |
| 6  |                 |     |             |      | 1 |
| 7  |                 |     |             |      | 0 |
| 8  |                 |     |             |      | 0 |
| 9  |                 |     |             |      | 0 |
| 10 |                 |     |             |      | 0 |
| 11 |                 |     |             |      | 0 |
| 12 |                 |     |             |      | 0 |

**Senior A Triple Jump**

Wind

|    |                 |     |             |       |   |
|----|-----------------|-----|-------------|-------|---|
| 1  | Katrina White   | U20 | BOURNEMOUTH | 10.18 | 6 |
| 2  | Amelia Sumun    | U17 | THURROCK    | 9.70  | 5 |
| 3  | Georgia Sleets  | SW  | BASILDON    | 8.93  | 4 |
| 4  | Violeta Mitrova | U17 | BEXLEY      | 8.33  | 3 |
| 5  |                 |     |             |       | 2 |
| 6  |                 |     |             |       | 1 |
| 7  |                 |     |             |       | 0 |
| 8  |                 |     |             |       | 0 |
| 9  |                 |     |             |       | 0 |
| 10 |                 |     |             |       | 0 |
| 11 |                 |     |             |       | 0 |
| 12 |                 |     |             |       | 0 |

**Senior B Triple Jump**

Wind

|    |                 |     |          |      |   |
|----|-----------------|-----|----------|------|---|
| 1  | Rebecca Barnard | U20 | THURROCK | 8.45 | 6 |
| 2  | Sarah Covill    | SW  | BEXLEY   | 8.16 | 5 |
| 3  |                 |     |          |      | 4 |
| 4  |                 |     |          |      | 3 |
| 5  |                 |     |          |      | 2 |
| 6  |                 |     |          |      | 1 |
| 7  |                 |     |          |      | 0 |
| 8  |                 |     |          |      | 0 |
| 9  |                 |     |          |      | 0 |
| 10 |                 |     |          |      | 0 |
| 11 |                 |     |          |      | 0 |
| 12 |                 |     |          |      | 0 |

**Senior A Shot Putt**

|    |                 |     |             |       |   |
|----|-----------------|-----|-------------|-------|---|
| 1  | Sue Lawrence    | V40 | THURROCK    | 10.20 | 6 |
| 2  | Nicola Gregory  | U17 | BEXLEY      | 9.21  | 5 |
| 3  | Becky Baines    | U20 | CRAWLEY     | 9.12  | 4 |
| 4  | Krisztina Black | W35 | BOURNEMOUTH | 8.52  | 3 |
| 5  | Katherine Ellis | U17 | BASILDON    | 6.84  | 2 |
| 6  |                 |     |             |       | 1 |
| 7  |                 |     |             |       | 0 |
| 8  |                 |     |             |       | 0 |
| 9  |                 |     |             |       | 0 |
| 10 |                 |     |             |       | 0 |
| 11 |                 |     |             |       | 0 |
| 12 |                 |     |             |       | 0 |

**Senior B Shot Putt**

|    |            |     |             |      |   |
|----|------------|-----|-------------|------|---|
| 1  | Ima Ikanem | U17 | CRAWLEY     | 8.78 | 6 |
| 2  | Anya Kaye  | SW  | BOURNEMOUTH | 7.87 | 5 |
| 3  | Lucy Howes | SW  | THURROCK    | 7.85 | 4 |
| 4  | Donna Kent | SW  | BEXLEY      | 7.70 | 3 |
| 5  |            |     |             |      | 2 |
| 6  |            |     |             |      | 1 |
| 7  |            |     |             |      | 0 |
| 8  |            |     |             |      | 0 |
| 9  |            |     |             |      | 0 |
| 10 |            |     |             |      | 0 |
| 11 |            |     |             |      | 0 |
| 12 |            |     |             |      | 0 |

**Senior A Discus**

|   |                 |     |             |       |   |
|---|-----------------|-----|-------------|-------|---|
| 1 | Sue Lawrence    | V40 | THURROCK    | 34.71 | 6 |
| 2 | Nicola Gregory  | U17 | BEXLEY      | 32.55 | 5 |
| 3 | Kim Box         | SW  | BASILDON    | 29.09 | 4 |
| 4 | Krisztina Black | W35 | BOURNEMOUTH | 20.28 | 3 |
| 5 |                 |     |             |       | 2 |
| 6 |                 |     |             |       | 1 |
| 7 |                 |     |             |       | 0 |
| 8 |                 |     |             |       | 0 |
| 9 |                 |     |             |       | 0 |

|    |  |  |  |  |   |
|----|--|--|--|--|---|
| 10 |  |  |  |  | 0 |
| 11 |  |  |  |  | 0 |
| 12 |  |  |  |  | 0 |

**Senior B Discus**

|    |               |     |             |       |   |
|----|---------------|-----|-------------|-------|---|
| 1  | Sarah Page    | SW  | BEXLEY      | 21.54 | 6 |
| 2  | Anya Kaye     | SW  | BOURNEMOUTH | 18.19 | 5 |
| 3  | Toyin Olufemi | U17 | THURROCK    | 17.72 | 4 |
| 4  |               |     |             |       | 3 |
| 5  |               |     |             |       | 2 |
| 6  |               |     |             |       | 1 |
| 7  |               |     |             |       | 0 |
| 8  |               |     |             |       | 0 |
| 9  |               |     |             |       | 0 |
| 10 |               |     |             |       | 0 |
| 11 |               |     |             |       | 0 |
| 12 |               |     |             |       | 0 |

**Senior A Hammer**

|    |                    |     |             |       |   |
|----|--------------------|-----|-------------|-------|---|
| 1  | Donna Kent         | SW  | BEXLEY      | 40.20 | 6 |
| 2  | Becky Baines       | U20 | CRAWLEY     | 39.96 | 5 |
| 3  | Sue Lawrence       | V40 | THURROCK    | 37.31 | 4 |
| 4  | Kayleigh Arthurton | U17 | BASILDON    | 35.02 | 3 |
| 5  | Krisztina Black    | W35 | BOURNEMOUTH | 34.15 | 2 |
| 6  |                    |     |             |       | 1 |
| 7  |                    |     |             |       | 0 |
| 8  |                    |     |             |       | 0 |
| 9  |                    |     |             |       | 0 |
| 10 |                    |     |             |       | 0 |
| 11 |                    |     |             |       | 0 |
| 12 |                    |     |             |       | 0 |

**Senior B Hammer**

|    |                 |     |             |       |   |
|----|-----------------|-----|-------------|-------|---|
| 1  | Katherine Ellis | U17 | BASILDON    | 19.05 | 6 |
| 2  | Sarah Page      | SW  | BEXLEY      | 18.15 | 5 |
| 3  | Anya Kaye       | SW  | BOURNEMOUTH | 16.57 | 4 |
| 4  |                 |     |             |       | 3 |
| 5  |                 |     |             |       | 2 |
| 6  |                 |     |             |       | 1 |
| 7  |                 |     |             |       | 0 |
| 8  |                 |     |             |       | 0 |
| 9  |                 |     |             |       | 0 |
| 10 |                 |     |             |       | 0 |
| 11 |                 |     |             |       | 0 |
| 12 |                 |     |             |       | 0 |

**Senior A Javelin**

|    |               |     |             |       |   |
|----|---------------|-----|-------------|-------|---|
| 1  | Kim Box       | SW  | BASILDON    | 37.10 | 6 |
| 2  | Becky Baines  | U20 | CRAWLEY     | 26.97 | 5 |
| 3  | Sarah Page    | SW  | BEXLEY      | 25.99 | 4 |
| 4  | Sue Lawrence  | V40 | THURROCK    | 25.69 | 3 |
| 5  | Kerry Squires | SW  | BOURNEMOUTH | 18.87 | 2 |
| 6  |               |     |             |       | 1 |
| 7  |               |     |             |       | 0 |
| 8  |               |     |             |       | 0 |
| 9  |               |     |             |       | 0 |
| 10 |               |     |             |       | 0 |
| 11 |               |     |             |       | 0 |
| 12 |               |     |             |       | 0 |

**Senior B Javelin**

|   |                 |     |             |       |   |
|---|-----------------|-----|-------------|-------|---|
| 1 | Katherine Ellis | U17 | BASILDON    | 22.41 | 6 |
| 2 | Nicola Gregory  | U17 | BEXLEY      | 19.80 | 5 |
| 3 | Krisztina Black | W35 | BOURNEMOUTH | 13.01 | 4 |
| 4 | Gemma Holloway  | SW  | THURROCK    | 5.61  | 3 |
| 5 |                 |     |             |       | 2 |
| 6 |                 |     |             |       | 1 |



|    |  |  |  |  |   |
|----|--|--|--|--|---|
| 7  |  |  |  |  | 0 |
| 8  |  |  |  |  | 0 |
| 9  |  |  |  |  | 0 |
| 10 |  |  |  |  | 0 |
| 11 |  |  |  |  | 0 |
| 12 |  |  |  |  | 0 |

**Senior 4x100m**

|    |             |    |             |      |   |
|----|-------------|----|-------------|------|---|
| 1  | CRAWLEY     | SW | CRAWLEY     | 53.3 | 6 |
| 2  | BEXLEY      | SW | BEXLEY      | 55.5 | 5 |
| 3  | THURROCK    | SW | THURROCK    | 55.7 | 4 |
| 4  | BOURNEMOUTH | SW | BOURNEMOUTH | 57.0 | 3 |
| 5  |             |    |             |      | 2 |
| 6  |             |    |             |      | 1 |
| 7  |             |    |             |      | 0 |
| 8  |             |    |             |      | 0 |
| 9  |             |    |             |      | 0 |
| 10 |             |    |             |      | 0 |
| 11 |             |    |             |      | 0 |
| 12 |             |    |             |      | 0 |

**Senior 4x400m**

|    |             |    |             |        |   |
|----|-------------|----|-------------|--------|---|
| 1  | THURROCK    | SW | THURROCK    | 4:43.9 | 6 |
| 2  | BEXLEY      | SW | BEXLEY      | 5:13.5 | 5 |
| 3  | BOURNEMOUTH | SW | BOURNEMOUTH | 5:24.7 | 4 |
| 4  |             |    |             |        | 3 |
| 5  |             |    |             |        | 2 |
| 6  |             |    |             |        | 1 |
| 7  |             |    |             |        | 0 |
| 8  |             |    |             |        | 0 |
| 9  |             |    |             |        | 0 |
| 10 |             |    |             |        | 0 |
| 11 |             |    |             |        | 0 |
| 12 |             |    |             |        | 0 |