

Essex County Championship Results. Colchester 2nd May & Mayesbrook Park 14th/15th May.2005

Boys Under 13 100m (b)

		w/speed: -0.5
Michael Akinola	Dagenham Park Sch	12.78s
Jim Tele	Southend AC	13.50s
Marlow Mitchell	N E B	13.76s
Damien Turner	De La Salle Sch	14.09s
Philip Whittaker	Chelmsford AC	14.18s
J Jackman	Orion H	14.33s
Ryan Wennington	Fitzwimark	14.82s

Boys Under 13 1500m (a)

Marc Reynolds	Chelmsford AC	4m55.77
J Staines	Southend Boys H S	5m02.04
Paul Scanlan	Trinity Sch	5m04.74
George Moxon	Basildon AC/Deanes Sch	5m08.43
Daniel Yaxley	Harlow AC	5m08.50
Harris Foster-Carter	Southend AC	5m16.90
Alex Gordon	Orion H	5m18.26
William Matthews	Fitzwimark	5m20.08

Boys Under 13 200m (a)

		w/speed: -3.8s
Michael Akinola	Dagenham Park Sch	27.63s
Jim Tele	Southend AC	28.77s
Marlow Mitchell	N E B	29.09s
Oliver Webber	Saffron Walden C H S	29.20s
Jacob Weaver	Fitzwimark	29.80s
Ben Austin	Southend AC	30.08s
Ben Mason	Chelmsford AC	30.31s
Charlie Beckwith	Chelmsford AC	32.18s

Boys Under 13 75m Hurdles (a)

		w/speed: -2.1
C Dudman	Southend Boys H S	12.97s
J Jackman	Orion H	13.22s
C Irwin	Southend Boys H S	13.30s
Joe Peplow	Fitzwimark	13.46s
Jack Edgar	Basildon AC	13.73s
T Tayo	Southend Boys H S	13.88s
Alex Elliott	Cecil Jones Sch	13.89s
Ashley Kingston	Fitzwimark	14.44s

Boys Under 13 800m (c)

Paul Scanlan	Trinity Sch	2m21.75
Marc Reynolds	Chelmsford AC	2m25.37
Daniel Yaxley	Harlow AC	2m26.21
Jamie Buckley-	Havering/Mayesbrook	2m30.88
Michael Jones	Havering/Mayesbrook	2m33.82
William Matthews	Fitzwimark	2m38.29
Ryan Irving	Basildon AC	2m44.27

Boys Under 13 Long Jump (a)

Ryan Wennington	Fitzwimark	4.45m
Tom Poulson	Fitzwimark	4.40m
Ben Mason	Chelmsford AC	4.35m
Jake King	Eastwood Sch	4.34m
Jim Tele	Southend AC	4.23m
J Staines	Southend Boys H S	4.22m
M Gilmore	Southend Boys H S	4.18m
Philip Whittaker	Chelmsford AC	4.11m

Boys Under 13 Shot (a)

Michael Akinola	Dagenham Park Sch	9.64m
Courtney Barnes	Cecil Jones Sch	8.02m
C Irwin	Southend Boys H S	7.65m
Alex Elliott	Cecil Jones Sch	6.94m
Dominic Norton	N E B	6.59m
Luke Hadlow	Fitzwimark	6.42m
Ryan Hayward	Fitzwimark	6.38m
Robert Holden	Fitzwimark	6.36m

Boys Under 15 100m (b)

		w/speed: -3.1
Deji Akande	Chelmsford AC	12.37s
Matthew Lumm	Basildon AC	12.42s
Christopher Vickers	W G & E L	12.48s
Emanuel Okpokiri	N E B	12.77s
David Lo	Col H	12.85s
Jake Young	Castle View Sch	12.86s
Malcolm Mitchell	Orion H	13.04s
Ashley Dowson	Southend AC	13.06s

Boys Under 15 1500m (a)

Matt Bloy	Havering/Mayesbrook	4m24.76
Omar Mangour	W G & E L	4m30.16
Ronnie Sparke	W G & E L	4m32.65
Andrew Poole	Col & Tend	4m35.79
Gavin Lewis	Orion H	4m37.78
Alex Cornwell	W G & E L	4m40.08
S McLachlan	Havering/Mayesbrook	4m42.72
Joe Webster	Havering/Mayesbrook	4m42.91

Boys Under 15 200m (a)

		w/speed: -1.7
Deji Akande	Chelmsford AC	24.08s
Matthew Lumm	Basildon AC	24.23s
Christopher Vickers	W G & E L	24.27s
Aidan Lee	Harlow AC	24.66s
David Lo	Col H	24.82s
Ryan Chidwick	Havering/Mayesbrook	24.97s
Mark Hunt	Chelmsford	25.00s
Liam Sneath	Chelmsford AC	25.39s

Boys Under 15 400m (c)

Matthew Lumm	Basildon AC	53.28s
Mark Hunt	Chelmsford	53.92s
Matt Bloy	Havering/Mayesbrook	55.52s
Ashley Dowson	Southend AC	57.04s
Joe Webster	Havering/Mayesbrook	58.10s
Jake Eagleton	Basildon AC	58.34s
Daniel Winters	Havering/Mayesbrook	59.08s

Boys Under 15 800m (b)

Matt Bloy	Havering/Mayesbrook	2m03.41
Mark Hunt	Chelmsford	2m05.10
Omar Mangour	W G & E L	2m11.07
Andrew Poole	Col & Tend	2m11.07
Ronnie Sparke	W G & E L	2m14.30
Grant Twist	Havering/Mayesbrook	2m14.99
Daniel Winters	Havering/Mayesbrook	2m15.34
Jake Eagleton	Basildon AC	2m15.46

Boys Under 15 80m Hurdles (b)

Emanuel Okpokiri	N E B	12.29s
Andrew Bailey	Fitzwimark	12.80s
Daniel White	Southend Boys H S	13.22s
Jack Adams	Fitzwimark	13.72s
M Francheschi	Southend Boys H S	14.26s
Kyle Aldridge	Southend	14.55s
Dean Murray	De La Salle Sch	15.13s

Boys Under 15 Discus (a)

Bradley Reece	Havering/Mayesbrook	33.58m
Shaun McCarthy	Basildon AC	33.36m
Aidan Lee	Harlow AC	31.26m
Tameem Nazari	Dagenham Park Sch	29.58m
Michael Smith	James Hornsby HS	27.93m
Brendan Cross	Fitzwimark	26.47m
Thomas Parker	Southend	26.41m
William King	Chelmsford AC	23.80m

Boys Under 15 Hammer (b)

Matthew Baptiste	N E B	41.90m
C Leeding	Southend Boys H S	35.82m
Brandon Brooks	De La Salle Sch	34.93m
Anthony Oshodi	W G & E L	34.67m
Amer Osman	Eastwood Sch	28.53m
Scott Horsburgh	Fitzwimark	19.14m

Boys Under 15 High Jump (b)

Luca Frankis	Basildon AC	1.75m
Robert Reed	Fitzwimark	1.65m
D Eager	Southend Boys H S	1.60m
C Potts	Southend Boys H S	1.50m
A Kidd	Southend Boys H S	1.50m
Jack Adams	Fitzwimark	1.50m
M Lee	Southend Boys H S	1.45m

Boys Under 15 Javelin (c)

Jake Young	Castle View Sch	40.28m
Charlie Harris	Chalvedon Sch	36.60m
Nathan Barham	Fitzwimark	36.14m
Alan Beldzik	Chalvedon Sch	35.74m
Tom Eden	Fitzwimark	29.50m
Matthew Baptiste	N E B	29.31m
R Bragg	Southend Boys H S	27.63m
Michael Simpson	Basildon AC	26.98m

Boys Under 15 Long Jump (b)

Kevin Brown	Eastwood Sch	5.39m
Lewis King	Chelmsford AC	5.33m
Daniel White	Southend Boys H S	5.13m
Andrew Almond	Cecil Jones Sch	5.13m
A Dowson	Southend Boys H S	5.08m
James Hayward	Fitzwimark	5.05m
Thomas Pickering	Fitzwimark	4.84m
Adam McCarthy	Fitzwimark	4.83m

w/speed: -2.2

Boys Under 15 Pole Vault (a)

J Eddie	Southend Boys H S	3.00m
Daniel Bodey	Fitzwimark	2.60m
Jack Withrington	Fitzwimark	2.30m
J Coy	Southend Boys H S	2.30m
Chris Humphries	Fitzwimark	2.00m
S Peniston	Southend Boys H S	2.00m
T Frith	Southend AC/Southend B HS	1.80m

Boys Under 15 Shot (c)

Lewis Taylor	Chelmsford AC	14.48m
Matthew Baptiste	N E B	12.41m
S Sutcliffe	Southend Boys H S	12.25m
Anthony Oshodi	W G & E L	11.94m
Mark Staples	Cecil Jones Sch	11.22m
Tameem Nazari	Dagenham Park Sch	11.20m
Shaun McCarthy	Basildon AC	9.80m
Daniel Riches	Fitzwimark	9.76m

Boys Under 15 Triple Jump (b)

Emanuel Okpokiri	N E B	12.21m
Jay Semper	Warren Comp Sch	11.93m
Aidan Lee	Harlow AC	11.88m
Ashley Perry	Eastwood Sch	11.79m
M Francheschi	Southend Boys H S	11.68m
James Hayward	Fitzwimark	10.86m
Ben Hawker	Eastwood Sch	10.62m
Lewis King	Chelmsford AC	10.51m

Boys Under 15 Pentathlon (a)

Nathan Barham	Fitzwimark	2100
Charlie Harris	Chalvedon Sch	2087
M Francheschi	Southend Boys H S	2042
Nico Ward	James Hornsby HS	2033
Andrew Bailey	Fitzwimark	1949
Harry McQueen	Chelmsford AC	1792
C Potts	Southend Boys H S	1769
James Hayward	Fitzwimark	1761

Girls Under 13 1200m (a)

Nikki Twine	Basildon AC	4m02.58
Neha Dabhi	N.E.B	4m06.16
Katharine Nutman	Southend AC	4m08.58
Paisley Clarke	Chelmsford AC	4m11.68
Sidnie Sales	Havering/Mayesbrook	4m15.96
Amy Webb	Basildon AC	4m17.89
Eleanor Bounds	Havering/Mayesbrook	4m19.09
Emma McAuliffe	Havering/Mayesbrook	4m20.26

Girls Under 13 150m (a)

Rakiya Edwards	W G & E L	21.06s
Maria Okpokiri	N E B	21.07s
Chloe Longhurst	Southend	21.73s
Rebecca Gibbs	Chelmsford AC	22.17s
Gemma Vine	Basildon AC	22.33s
Nancy Le Beau	Thurrock H	22.45s
Elizabeth Ridley	Chelmsford AC	22.69s

w/speed: -1.6

Girls Under 13 70m Hurdles (a)

Jessica Cutts	Col H	12.50s
Georgia Atkins	Southend AC	12.66s
Ellie Besford	Chelmsford AC	12.76s
Ailish Wincott	Chelmsford AC	12.82s
Ellen Bubb	Fitzwimark	13.01s
Lily Usher	Fitzwimark	13.19s
Sarah Thompson	Greensward	13.56s
Elizabeth Ridley	Chelmsford AC	14.29s

w/speed: -1.9

Girls Under 13 75m (c)

Maria Okpokiri	N E B	10.50s
Nancy Le Beau	Thurrock H	10.74s
Chloe Longhurst	Southend	10.78s
Rebecca Clements	Havering/Mayesbrook	10.82s
Rebecca Gibbs	Chelmsford AC	10.88s
Anna Parkins	Chelmsford AC	10.99s
Mary Ryan	Loughton AC	11.14s
Georgia Atkins	Southend AC	11.43s

w/speed: -0.0

Girls Under 13 800m (c)

Nikki Twine	Basildon AC	2m31.88
Paisley Clarke	Chelmsford AC	2m34.30
Katherine Till	Basildon AC	2m37.10
Rebecca Allender-	W G & E L/Davenant	2m38.60
Eleanor Bounds	Havering/Mayesbrook	2m39.30
Chloe Jackson	Havering/Mayesbrook	2m41.38
Hannah McGowan	Thurrock H	2m46.41

Girls Under 13 Long Jump (a)

Anna Parkins	Chelmsford AC	4.26m
Ellie Besford	Chelmsford AC	4.18m
Elizabeth Ridley	Chelmsford AC	4.15m
Ailish Wincott	Chelmsford AC	4.13m
Nikki Twine	Basildon AC	4.02m
Nancy Le Beau	Thurrock H	3.99m
Jody Botha	De La Salle Sch	3.94m
Jessica Cutts	Col H	3.93m

Girls Under 13 Shot (a)

Chelsea Coker	Greensward	8.57m
Rochelle Rhodes	Havering/Mayesbrook	7.98m
Maria Okpokiri	N E B	7.64m
Anna Parkins	Chelmsford AC	7.22m
Nikki Twine	Basildon AC	7.21m
Kamilah Bartley	Ilford AC	6.96m
Ellie Besford	Chelmsford AC	6.42m
Linzi Boosey	Grays Convent	5.87m

Girls Under 15 100m (b)

Kitan Eleyae	W G & E L	13.05s
Frankie Calder	Southend AC	13.10s
Esther Tele	Havering/Mayesbrook	13.10s
Rachel Pereira	Orion H	13.43s
Abena Patterson	N E B	13.56s
Lyanta Peters	N E B	13.62s
Kirsty Shepherd	Basildon AC	13.67s
Josie Wyre	W G & E L	14.08s

w/speed: -2.4

Girls Under 15 1500m (a)

Laura Condron	Chelmsford AC	4m47.63
Ingrid Deane	Havering/Mayesbrook	4m57.06
Lara Tembey	W G & E L	4m58.31
Annie Dunn	Chelmsford AC	5m00.55
Denise Dignum	Basildon AC	5m01.41
Gemma Phillips	Chelmsford AC	5m04.04
Emma Fidge	Chelmsford AC	5m05.82
Venita Dabhi	N E B	5m14.68

Girls Under 15 200m (a)

Asha Philip	N E B	25.78s
Frankie Calder	Havering/Mayesbrook	27.31s
Kitan Eleyae	W G & E L	27.40s
Rachel Pereira	Orion H	27.47s
Esther Tele	Southend AC	27.47s
Alysia Halsey	Col H	28.11s
Elise Walker	Chelmsford AC	28.42s
Alex Lusty	Chelmsford AC	29.15s

w/speed: -1.7

Girls Under 15 3000WALK (c)

Chelsea O'Rawe-	Blackheath & Bromley H	16m32.4
Lauren Bouchard	Southend AC	25m27.0

Girls Under 15 75m Hurdles (b)

Nicola Hill	Havering/Mayesbrook	11.89s
Chloe Galloway	W G & E L	12.28s
Lauren Bouchard	Southend AC	12.56s
Rachel Pereira	Orion H	12.63s
Francesca Herbert	W G & E L	12.63s
Catrina McAuliffe	Havering/Mayesbrook	12.82s
Alice McFarlane	Chelmsford AC	12.90s
Laura Tindall	Col & Tend	13.50s

w/speed: -1.0

Girls Under 15 800m (c)

Laura Condron	Chelmsford AC	2m17.96
Lara Tembey	W G & E L	2m18.25
Denise Dignum	Basildon AC	2m20.04
Kathrine Foy	St Johns School	2m22.98
Ingrid Deane	Havering/Mayesbrook	2m24.78
Gemma Phillips	Chelmsford AC	2m28.16
Nina Edwards	Herts Phoenix	2m29.82
Jodie Shaw	Orion H	2m36.41

Girls Under 15 Discus (a)

Sarah Mc Illwain-	Chelmsford AC	28.82m
Leeanna Davies	Thurrock H	26.57m
Jessica Humpheryes	Havering/Mayesbrook	25.23m
Jamie Stephens	Fitzwimark	22.06m
Kerry Freeman	Fitzwimark	21.60m
Heather Finley	Chelmsford AC	18.40m
Demi Lawrence	Eastwood	16.18m
Kristina Hill	Eastwood Sch	14.95m

Girls Under 15 Hammer (c)

Sarah Mc Illwain-	Chelmsford AC	33.01m
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Girls Under 15 High Jump (c)

Charlotte Vale	Southend High for Girls	1.40m
Natalie Goodman	Basildon AC	1.40m
Kirsty Shepherd	Basildon AC	1.40m
Jennifer Holland	Havering/Mayesbrook	1.35m
Lauren Bouchard	Southend AC	1.35m
Sade Bailey	Basildon AC	1.30m
Claire Parker	Basildon AC	1.30m
Stacey McMillan	Southend High for Girls	1.25m

Girls Under 15 Javelin (a)

Natalie Clark	Southend AC/S'end H S for	28.40m
Georgie-Lou Sales	Havering/Mayesbrook	22.85m
Sophie Harmon	Fitzwimark	22.29m
Eloise Williams	Fitzwimark	18.37m
Casey Blaber	Fitzwimark	17.35m

Girls Under 15 Long Jump (c)

Alexandra Lusty	Chelmsford AC	4.85m
Kitan Eleyae	W G & E L	4.85m
Nicola Hill	Havering/Mayesbrook	4.81m
Lauren Bouchard	Southend AC	4.81m
Hannah Besford	Chelmsford AC	4.67m
Rebecca Denton	Col H	4.51m
Josie Wyre	W G & E L	4.50m
Charlie Atkins	Southend AC	4.48m

Girls Under 15 Shot (b)

Sarah Smith	W G & E L	11.26m
Leeanna Davies	Thurrock H	9.39m
Buddie Mycock	Southend AC	8.19m
Hannah Coxall	Saffron Walden C H S	7.32m
Aimee Manning	Chafford Hundred Campus	6.41m
Emily Eaton	Basildon AC	5.72m

Girls Under 15 Pentathlon (a)

Nicola Hill	Havering/Mayesbrook	2563
Chloe Galloway	W G & E L	2464
Sarah Glanville	Col & Tend	2398
Hannah Besford	Chelmsford AC	2282
Catrina McAuliffe	Havering/Mayesbrook	2190
Josie Wyre	W G & E L	2178
Lauren Edgar	Basildon AC	1768
Rebecca Lovelock	James Hornsby HS	1768

Junior Men 100m (b)

Luke Stott	Havering/Mayesbrook	11.40s
Gianni Frankis	Basildon AC	11.60s
Seyi Akande	Chelmsford AC	11.72s
Matt Davies	Chelmsford AC	11.75s
Ashley Lewis	N E B	11.78s

Junior Men 110m Hurdles (b)

Gianni Frankis	Basildon AC	15.06s
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Junior Men 1500m ©

Adam Hickey	Southend Boys H S	3m51.81
Mark Burgess	W G & E L	4m02.00
Dan Shane	Basildon AC	4m03.09
Mark Bailey	Southend AC	4m04.40
Mark Woodley	Chelmsford AC	4m05.34
Lewis Gamble-	Col H	4m08.70
David Bottjer	Basildon AC	4m09.44
David Crichton	Southend Boys H S	4m10.57

Junior Men 200m (c)

Luke Stott	Havering/Mayesbrook	23.00s
Adam Shaw	Southend AC	23.10s
Emola Oluwasanya	Victoria Park H	23.72s
Zachari Bach	N E B	23.74s
Daniel Mullings	W G & E L	24.83s

Junior Men 400m (b)

Raphael Lewis	N E B	50.40s
Adam Shaw	Southend AC	50.54s
Luke Stott	Havering/Mayesbrook	51.33s
Carl Paxman	Harlow AC	55.12s
Daniel Mullings	W G & E L	55.49s
Matt Garner	Southend AC	1m00.01

Junior Men 400m Hurdles (c)

Danny Hunt	N E B	58.70s
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Junior Men 800m (b)

Jon Long	W G & E L	1m54.96
Andrew Osagie	Harlow AC	1m55.18
Adam Hickey	Southend Boys H S	1m56.42
Mark Woodley	Chelmsford AC	1m58.03
Mark Burgess	W G & E L	1m59.35
David Crichton	Southend Boys H S	2m00.09
Daniel Moses	Orion H	2m05.95
Peter Smale	Southend Boys H S	2m09.00

Junior Men Discus (c)

Bradley Mason	W G & E L	41.65m
Patrick Halcrow	Thurrock H	40.88m
David Sperring	Southend Boys H S	37.47m
Christian Newton	Havering/Mayesbrook	31.70m
Chris Linque	W G & E L	29.05m
Adam Hickey	Southend Boys H S	22.02m

Junior Men Hammer (b)

Jamie Earle	Col H	52.22m
Joe Forde	Havering/Mayesbrook/Camp	44.34m
James Wayland	N E B	42.79m

Junior Men High Jump (b)

Simon Hemmings	Southend AC	1.90m
Danny Spelman	Basildon	1.85m

Junior Men Javelin (b)

Bradley Mason	W G & E L	40.74m
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Junior Men Long Jump (c)

Tyrone Carter	W G & E L	6.66m
Nathan Gray	W G & E L	6.58m
Luke Stott	Havering/Mayesbrook	6.13m
David Crichton	Southend Boys H S	5.37m

Junior Men Pole Vault (b)

James Ryan	Loughton AC	2.10m
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Junior Men Shot (b)

Patrick Halcrow	Thurrock H	12.63m
Bradley Mason	W G & E L	12.46m
Chris Linque	W G & E L	12.05m

Junior Men Triple Jump (c)

Tyrone Carter	W G & E L	13.91m
Nathan Gray	W G & E L	13.42m

Junior Women 100m (b)

w/speed: -1.8

Bukola Azeez	N E B	12.66s
Sarah Brown	Chelmsford AC	13.10s
Ria Ali-Jackson	Harlow AC	13.15s
Lilian Amadi	N E B	13.25s
Lauren Longhurst	Chelmsford AC	13.62s
Pavidra	W G & E L	13.67s
Emma Christmas	Hav/M	13.85s

Junior Women 100m Hurdles (b)

w/speed: -1.4

Catherine Holdsworth	Col H	14.68s
Bukola Azeez	N E B	14.87s

Junior Women 1500m (b)

Jessica Sparke	W G & E L	4m36.59
Frances Cliffe	Chelmsford AC	4m45.19
Kirsty Tydeman	Basildon AC	4m51.39
Robyn Matson	Havering/Mayesbrook	5m02.88
Danielle Tatum	Col & Tend	5m12.41
Carron Lefever	Southend AC	5m25.87

Junior Women 200m (c)

w/speed: +0.7

Kara-Aretha	N E B	24.92s
Lucy Rodgers	Thurrock H	26.07s
Christina Kalejaiye	Havering/Mayesbrook	26.41s
Liz Belsey	W G & E L	26.90s
Lilian Amadi	N E B	27.25s
Chloe Van Wulven	Havering/Mayesbrook	27.34s
Ria Ali-Jackson	Harlow AC	27.69s
Jennifer Szantai	Havering/Mayesbrook	28.13s

Junior Women 400m (b)

Lucy Rodgers	Thurrock H	58.19s
Lauren Clark	Havering/Mayesbrook (U17)	1m00.15
Jennifer Szantai	Havering/Mayesbrook	1m02.64
Robyn Delivett	Havering/Mayesbrook	1m03.90
Phillipa Haines	N E B	1m03.90

Junior Women 400m Hurdles (c)

Catherine Holdsworth	Col H	1m00.87
Lauren Newman	W G & E L	1m05.69
Claire Leckie	W G & E L	1m06.28
Hayley Ramos-	W G & E L	1m07.23
Nicola Schofield	Havering/Mayesbrook	1m10.53

Junior Women 800m (c)

Jessica Sparke	W G & E L	2m11.15
Linzi Snow	W G & E L	2m16.00
Hayley Stibbs	Havering/Mayesbrook	2m18.84
Frances Cliffe	Chelmsford AC	2m19.81
Kirsty Tydeman	Basildon AC	2m20.42
Tara Bird	W G & E L	2m28.55
Vicky Smith	Havering/Mayesbrook	2m29.13

Junior Women Discus (b)

Monique Buchanan	W G & E L	36.03m
Lynsey Clark	Havering/Mayesbrook	33.98m
Kim Box	Basildon AC	31.62m

Junior Women Hammer (c)

Monique Buchanan	W G & E L	53.80m CBP
Stephanie Fuller	Herts Phoenix	36.69m
Louisa Taylor	Southend AC	33.41m
Jacqui Stow	Harlow AC	25.67m
Terri Bown	Braintree & D	22.21m

Junior Women High Jump (c)

Lucy Howes	Thurrock H	1.63m
Lindsey Nash	Basildon AC	1.55m

Junior Women Javelin (c)

Hayley Thomas	Thurrock H	37.27m
Emma Smith	W G & E L	36.39m
Kim Box	Basildon AC	34.05m
Emma Christmas	Hav/M	32.32m
Louise Lockwood	Basildon AC	31.87m

Junior Women Long Jump (b)

Victoria Poultney	Chelmsford AC	5.14m
Lauren Longhurst	Chelmsford AC	4.98m
Michelle	Col H	4.95m

Junior Women Pole Vault (c)

Kirsty Mackintosh	W G & E L	3.20m
Danielle Ross	Havering/Mayesbrook	2.30m
Melissa Strevens	N E B	2.10m

Junior Women Shot (b)

Jessica Mole	Col H	11.57m
Catherine Holdsworth	Col H	10.78m
Hayley Thomas	Thurrock H	9.82m

Junior Women Triple Jump (b)

Kirsty Smith	Havering/Mayesbrook	10.86m
Lauren Longhurst	Chelmsford AC	10.27m
Victoria Poultney	Chelmsford AC	10.15m

Men Under 17 100m (b)

Aaron Balogun	Ilford AC	11.50s
Eugene Ayanful	Havering/Mayesbrook	11.79s
Joseph Perry	Ilford AC	12.08s
Mark Dyble	Basildon AC	12.10s
Ross Brewer	De La Salle Sch	12.15s
Christopher Clements	Havering/Mayesbrook	12.16s
Daniel Locke	N E B	12.20s

w/speed: -2.0

Men Under 17 100m Hurdles (b)

Louis Persent	Col & Tend	14.17s
Michael Holden	Col H	14.44s
Richard Demko	Havering/Mayesbrook	14.55s
Anthony Williams	Havering/Mayesbrook	14.68s
Ross Brewer	De La Salle Sch	15.08s
S Walford	Southend Boys H S	15.24s
C Dickson	Southend Boys H S	15.47s

w/speed: -2.9

Men Under 17 1500m (a)

James Shane	Basildon AC	4m03.90
Paul Bumstead	Basildon AC	4m09.75
Liam Murray	Col & Tend	4m12.14
Paige Haines	Basildon N/S	4m18.84
Ben Hunter	Southend AC	4m22.99
Glen Wooldridge	Col & Tend	4m26.48
Andrew Murray	W G & E L	4m28.01
Tom Phillips	W G & E L	4m28.82

Men Under 17 200m (a)

Richard Batten	N E B	23.61s
Eugene Ayanful	Havering/Mayesbrook	24.02s
Ross Brewer	De La Salle Sch	24.19s
Michael Holden	Col H	24.28s
Christopher Clements	Havering/Mayesbrook	24.37s
Brian Gaisie	Havering/Mayesbrook	24.45s
Martin Pitts	Braintree & D	24.53s
Dominic Barnard	Basildon AC	24.87s

w/speed: -2.8

Men Under 17 400m (b)

Gary Smallman	Ilford AC	51.40s
Christopher Phillips	Basildon AC	51.60s
Martin Pitts	Braintree & D	52.50s
Calvin Barnes	Chelmsford	52.60s
Paul McGregor	Thurrock H	54.10s
Joe Blake	Southend AC	54.30s
N Rawling	Southend Boys H S	56.10s

Men Under 17 400m Hurdles (c)

Ross Brewer	De La Salle Sch	57.64s
A Walsh	Southend Boys H S	1m00.93
Christopher Dale	Col H	1m03.33
M Shiel	Southend Boys H S	1m06.09

Men Under 17 800m (b)

James Shane	Basildon AC	1m57.76
Paul Bumstead	Basildon AC	1m59.07
Paige Haines	Basildon N/S	2m00.05
Glen Wooldridge	Col & Tend	2m02.63
Kieran Quinn	Southend AC	2m03.82
Ben Hunter	Southend AC	2m06.87
David Gibbon	Col & Tend	2m07.54
Paul Adair	Havering/Mayesbrook	2m11.63

Men Under 17 Discus (a)

Lee Matthews	W G & E L	39.14m
Zack King	Col & Tend	37.11m
D Chapman	Southend Boys H S	34.06m
Adam Loveridge	James Hornsby HS	33.98m
Billy Flicker	De La Salle Sch	27.32m
Ben Butler	Fitzwimark	24.78m
Chris Travis	Thurrock H	23.15m

Men Under 17 Hammer (b)

D Chapman	Southend Boys H S	39.20m
Ross Brewer	De La Salle Sch	33.51m
S Gibb	Southend Boys H S	33.04m
A Willmore	Southend Boys H S	30.08m
R Morton	Southend Boys H S	26.06m
Billy Flicker	De La Salle Sch	24.22m
James Needham	Fitzwimark	21.11m

Men Under 17 High Jump (b)

Louis Persent	Col & Tend	1.85m
Tom Graham	William Ed Sch	1.80m
Danny Spelman	Basildon	1.75m
Ross Brewer	De La Salle Sch	1.70m
Billy-John Evans-	Cecil Jones Sch	1.65m
J Rossi	Southend Boys H S	1.65m
D Amos	Southend Boys H S	1.65m
M Stojisavijevic	Southend Boys H S	1.35m

Men Under 17 Javelin (c)

Bonne Buwembo	Havering/Mayesbrook	49.18m
Jay Boddington	W G & E L	47.18m
Zack King	Col & Tend	47.07m
Danny Spelman	Basildon	45.41m
Tom Graham	William Ed Sch	45.33m
Scott Thomas	William Ed Sch	41.21m
B Scully	Southend Boys H S	39.80m
L Garrard	Southend Boys H S	36.84m

Men Under 17 Long Jump (c)

Michael Holden	Col H	6.61m
Louis Persent	Col & Tend	6.33m
Dominique Daniel	W G & E L	6.20m
Calvin Barnes	Chelmsford	6.14m
C Dickson	Southend Boys H S	6.03m
Matthew Tong	Chelmsford AC	5.98m
Danny Spelman	Basildon	5.83m
Anthony Williams	Havering/Mayesbrook	5.83m

Men Under 17 Pole Vault (a)

Scott Bartlett	Fitzwimark	3.60m
Michael Read	Chelmsford AC/Greensward	3.40m
C Dickson	Southend Boys H S	3.40m
Michael Holden	Col H	3.00m
Chris Horsley	Fitzwimark	3.00m
Daniel Needham	Fitzwimark	3.00m
B Scully	Southend Boys H S	2.80m
Matthew Sweeney	Fitzwimark	2.80m
J Rossi	Southend Boys H S	2.60m

Men Under 17 Shot (c)

I Sperring	Southend Boys H S	12.68m
Lee Lovelock-	W G & E L	12.33m
Ross Brewer	De La Salle Sch	11.92m
L Miller	Southend Boys H S	11.52m
O Husselbee	Southend Boys H S	10.65m
Adam Loveridge	James Hornsby HS	10.54m
Bernard Mabey	Cecil Jones Sch	9.96m
A Cast	Southend Boys H S	9.90m

Men Under 17 Triple Jump (c)

Louis Persent	Col & Tend	13.35m
Alex Neville	Fitzwimark	13.01m
Anthony Williams	Havering/Mayesbrook	12.62m
Nat Senior	Havering/Mayesbrook	12.48m
A Walsh	Southend Boys H S	11.98m
S Walford	Southend Boys H S	11.96m
Ross Brewer	De La Salle Sch	11.81m
J Gould	Southend Boys H S	11.64m

Senior Men 100m (b)

		w/speed: -2.2
Matthew Thomas	N E B	10.75s
Matthew Russell	Havering/Mayesbrook	10.92s
Ousman Jatta	N E B	10.97s
Nick Thomas	W G & E L	11.18s
Adekunle Adesoji	N E B	11.21s
Alloy Wilson	Blackheath & Bromley H	11.52s
Daniel Grant	Ilford AC	11.65s
Nick Dowsett	W G & E L	11.70s

Senior Men 110m Hurdles (b)

		w/speed: -4.4
James Wright	W G & E L	15.69s
Michael Shortall	Thurrock H	16.36s
Greg Goodrem	Southend AC	16.87s
Jon Franklin	W G & E L	18.05s

Senior Men 1500m (c)

Gavin Maley	Havering/Mayesbrook	3m53.41
Tom Snow	W G & E L	3m54.86
David Fewell	Chelmsford AC	3m58.34
Gareth Riddell	Basildon AC	4m00.60
James Nunn	Billericay Str	4m01.71
Ian Vickers	Col & Tend	4m04.74
Gavin Chatterton	Chelmsford AC	4m09.72
Lee Pickering	Chelmsford AC	4m12.49

Senior Men 200m (c)

		w/speed: +0.7
Matthew Russell	Havering/Mayesbrook	21.67s
Leighton Green	Puma T V H	21.83s
Ousman Jatta	N E B	21.97s
Nick Thomas	W G & E L	22.20s
Alloy Wilson	Blackheath & Bromley H	22.50s
Adekunle Adesoji	N E B	22.61s
James Wright	W G & E L	22.97s

Senior Men 3000M S/CHASE (c)

Mark Sanford	Basildon AC	9m20.19
James Young	Orion H	9m58.27
Robert Warner	Havering/Mayesbrook	10m03.5
Steve Read	Enfield & Har	10m39.7
M Muir	Ilford AC	10m49.2

Senior Men 3000WALK (c)

Dominic King	Col H	11m55.7
Daniel King	Col H	11m58.1
Steve Uttley	Ilford AC	14m54.5
Steve Allen	Ilford AC	15m57.4
Peter Cassidy	Loughton AC	16m15.3
David Sharpe	Ilford AC	16m24.7
Laurence Dordoy	Ilford AC	17m01.5
Alan O'Rawe	Ilford AC	17m40.0

Senior Men 400m (b)

Simon Toye	Thurrock H	49.50s
Bomene Barikor	Blackheath & Bromley H	49.96s
Gareth Turner	W G & E L	50.27s
Scott Spencer	Havering/Mayesbrook	50.46s
Samuel Baptiste	N E B	51.15s
James Wright	W G & E L	1m01.33

Senior Men 400m Hurdles ©

Steven Surety	Basildon AC	52.7s
Michael Shortall	Thurrock H	58.2s
Graham Easty	Southend AC	58.4s
Greg Goodrem	Southend AC	58.7s
Jon Franklin	W G & E L	1m00.8
Ross Tressider	Thurrock H	1m02.2
Leroy Gould	N E B	1m05.7

Senior Men 5000m (b)

Scott Sterling	Basildon AC	15m12.2
Gareth Riddell	Basildon AC	15m18.9
James Nunn	Billericay Str	15m32.1
David Fewell	Chelmsford AC	15m37.6
Neil Heppel	Basildon AC	15m39.8
James Connor	Kent AC (guest)	15m47.8
James Williams	Chelmsford AC	15m54.3
Colin Miles	Southend AC	16m08.6
Ryan Prout	Chelmsford AC	16m13.6
Richard Holland	W G & E L	16m18.5

Senior Men 800m (b)

Robert Smith	Col H	1m53.70
Mark Sanford	Basildon AC	1m53.89
Tom Snow	W G & E L	1m54.54
Ian Vickers	Col & Tend	1m56.57
Louis Dale	N E B	1m57.62
Gavin Chatterton	Chelmsford AC	2m02.59
Leigh Crispin	N E B	2m02.62
Matthew Maple	Ilford AC	2m05.44
Lee Pickering	Chelmsford AC	2m06.73
Antony Babbs	Loughton AC	2m09.78

Senior Men Discus (c)

Scott Litton-Hayes	N E B	47.34m
David Bauer	Harlow AC	39.44m
Craig Burrow	Ilford AC	35.69m
James Wright	W G & E L	28.11m

Senior Men Hammer (b)

Simon Bown	N E B	64.92m
Stuart Thurgood	Harlow AC	55.09m
Daniel Gamester	Havering/Mayesbrook	45.51m
Kevin Deacon	Havering/Mayesbrook	45.48m
Wesley Clarke	Ilford AC	44.02m
Ionut Tatarua	Highgate H	39.45m
Fergus Harford	W G & E L	37.55m
Daniel Strevens	N E B	35.75m
Craig Burrow	Ilford AC	32.97m

Senior Men High Jump (b)

Daryl Stone	Shaafesbury B H	2.12m
Gareth Dyball	W G & E L	2.00m
James Everard	Belgrave H	1.85m

Senior Men Javelin (b)

Dan Carter	W G & E L	68.10m
David Sketchley	Harrow AC	62.13m
Jon Lundman	N E B	61.54m
James Everard	Belgrave H	58.18m
James Wright	W G & E L	51.09m
Daniel Strevens	N E B	45.87m

Senior Men Long Jump (c)

Nick Dowsett	W G & E L	7.11m
Levi Edwards	N E B	6.88m
Mitchell Wilkin	Southend AC	6.65m

Senior Men Pole Vault (b)

James Wright	W G & E L	4.20m
Stuart Tufton	Havering/Mayesbrook	3.20m
Alan Hardy	Blackheath & Bromley H	3.20m

Senior Men Shot

Scott Litton-Hayes	N E B	14.95m
David Bauer	Harlow AC	11.67m
Craig Burrow	Ilford AC	11.21m
James Wright	W G & E L	10.48m

Senior Men Triple Jump (c)

Keith Newton	W G & E L	13.94m
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Senior Women 100m (b)

Amina Ceesay	N E B	w/speed: -1.5	12.19s
Katherine Skelding	W G & E L		12.38s
Heidi Nicholas	Basildon AC		12.95s
Sarah Green	Braintree & D		13.09s

Senior Women 100m Hurdles (b)

Julie Pratt	W G & E L	w/speed: -1.4	13.91s
Claire Brennan	Havering/Mayesbrook		15.84s

Senior Women 1500m (b)

Alexa Joel	Basildon AC	4m30.30
Ellie Childs	Basildon AC	4m35.50
Sarah Mullins	Southend AC	4m36.70
Clare Hayes	Chelmsford AC	4m52.20
Joanne Smith	Chelmsford AC	5m04.80
Teresa Davis	Basildon AC	5m21.70
Diana Kennedy	W G & E L	5m28.90
Gail Royston	Basildon AC	5m33.30

Senior Women 200m (c)

Amina Ceesay	N E B	w/speed: +2.4	24.20s
Katherine Skelding	W G & E L		24.69s
Julie Pratt	W G & E L		24.96s
Kate Brewington	Havering/Mayesbrook		25.99s
Heidi Nicholas	Basildon AC		26.17s
Sarah Green	Braintree & D		26.69s
Claire Brennan	Havering/Mayesbrook		26.80s

Senior Women 3000WALK (c)

Gabrielle Brooks	Loughton AC	17m50.9
Liz Stocker	Eastern Vets	18m01.2
Kim Howard	Southend AC	18m34.6
Valerie Mountford	Southend AC	21m46.9

Senior Women 400m (b)

Helen Bloomfield	Col & Tend	58.83s
Karen Goode	Basildon AC	1m00.76
Laurie-Jane Cossey	Havering/Mayesbrook	1m01.78
Grace Brown	Chelmsford AC	1m02.50
Laura Abel	Harlow AC	1m05.75

Senior Women 400m Hurdles (c)

Nicola Martell	Col H	1m00.92
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Senior Women 5000m (c)

Danielle Sales	Orion H	16m47.7
Sarah Mullins	Southend AC	16m51.8
Grace Greenhalgh	W G & E L	17m50.6

Senior Women 800m (c)

Helen Bloomfield	Col & Tend	2m16.06
Denise Morley	Col H	2m16.48
Karen Goode	Basildon AC	2m16.98
Bernadine Pritchett	W G & E L	2m17.18
Clare Hayes	Chelmsford AC	2m20.59
Jackie Socas	N E B	2m25.66
Pooja Kapur	W G & E L	2m27.53
Grace Brown	Chelmsford AC	2m29.42
Gail Royston	Basildon AC	2m40.40
Gabrielle Brooks	Loughton AC	2m53.99

Senior Women Discus (c)

Hollie Redman	Braintree & D	37.31m
Melanie Harrison	Havering/Mayesbrook	37.06m
Joanne Jackson	Harlow AC	34.88m
Kylie Brown	Herts Phoenix	34.76m
S Lawrence	Thurrock H	34.32m
Kim Box	Basildon AC	31.37m
Shirley Quinn	Chelmsford	29.50m

Senior Women Hammer

Paula Peaty	N E B	41.62m
Sarah Deacon	Havering/Mayesbrook	40.15m
Victoria Thompson	Colchester H	39.65m
S Lawrence	Thurrock H	36.34m
Shirley Quinn	Chelmsford	27.12m

Senior Women High Jump

Kate Brewington	Havering/Mayesbrook	1.69m
Heidi Nicholas	Basildon AC	1.45m

Senior Women Javelin (c)

Louise Matthews	Thurrock H	44.03m
Hayley Thomas	Thurrock H	35.48m
Kim Box	Basildon AC	35.44m
Kate Brewington	Havering/Mayesbrook	33.50m
S Lawrence	Thurrock H	31.94m
Somma Power	Basildon AC	28.74m

Senior Women Long Jump (b)

Kate Brewington	Havering/Mayesbrook	5.87m
Sarah Green	Braintree & D	5.53m
Heidi Nicholas	Basildon AC	5.27m
Hannah Gamester	Havering/Mayesbrook	5.12m
Lana Bond	Chelmsford AC	4.72m

Senior Women Pole Vault (c)

Hannah Gamester	Havering/Mayesbrook	2.50m
Kelly Montgomery	N E B	2.30m

Senior Women Shot (b)

Joanne Duncan	W G & E L	15.25m
Somma Power	Basildon AC	12.35m
Kate Brewington	Havering/Mayesbrook	11.74m
S Lawrence	Thurrock H	10.91m
Hayley Thomas	Thurrock H	10.64m
Melanie Harrison	Havering/Mayesbrook	10.50m

Senior Women Triple Jump (b)

Louise Wood	Chelmsford AC	11.07m
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Vet Women 1500m (b)

Bernadine Pritchett	W G & E L	4m45.50
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Vet Women 400m (b)

Denise Morley	Col H	1m00.37
Bernadine Pritchett	W G & E L	1m04.64
Lynn Talbert	Thurrock H	1m04.87
Lesley Felton	Havering/Mayesbrook	1m06.65
Veronica Haines	N E B	1m08.93
Margaret Jarvis	Chelmsford AC	1m16.46

Veterans 100m (b)

Leroy Gould	N E B	w/speed: -1.5	13.29s
Paul Barrett	Col H		13.97s

Veterans 1500m (c)

Dave Tullett	Chelmsford AC	4m16.66
Neil McGregor	Thurrock H	4m17.13
Chris Waugh	Chelmsford AC	4m20.43
Paul Spowage	Col H	4m23.05
John Sear	W G & E L	4m23.58
Richard Holland	W G & E L	4m24.76
Danny Rose	Walthamstow AC	4m26.13
Martin Gibbs	Chelmsford AC	4m31.96
Peter Tullett	Chelmsford AC	4m33.29
Tony Pamphilon	W G & E L	4m38.62
Kevin Jacob	Billericay Str	4m42.20

Veterans 400m (c)

Keith Palmer	Southend AC	53.99s
Tony Ward	Southend AC	56.80s

Women Under 17 100m (b)

Lucy Sargent	Havering/Mayesbrook	w/speed: -1.7	12.19s
Nichole Leggett	Col H		12.79s
Alicia Roberts	W G & E L		13.06s
Daveen Thomas	N E B		13.10s
Lyndsey North	Chelmsford AC		13.21s
Lauren Searles	Basildon		13.22s
Kelsey Boosey	Grays Convent		13.41s
Dazzie Obasugi	N E B		13.66s

Women Under 17 1500m (a)

Katie Richardson	Havering/Mayesbrook	4m43.19
Stacey Wheat	Colchester H	4m47.21
Hayley Moore	Basildon	4m49.66
Anna Whitfield	Basildon AC	4m53.78
Katherine Sefton	Basildon AC	5m01.68
Natasha Bailey	Southend AC	5m11.06
Kavita Solder	W G & E L	5m15.75
Nicola Frith	Basildon AC	5m22.88

Women Under 17 200m (a)

Lucy Sargent	Havering/Mayesbrook	w/speed: -2.1	24.68s
Nichole Leggett	Col H		26.04s
Lyndsey North	Chelmsford AC		26.66s
Lauren Searles	Basildon		26.76s
Nicola Gaisford	Col H		27.05s
Kelsey Boosey	Grays Convent		27.26s
Daveen Thomas	N E B		27.32s
Lorna Sills	Southend AC		28.21s

Women Under 17 300m (c)

Kelsey Boosey	Grays Convent	43.16s
Lorna Sills	Southend AC	43.26s
Rebecca Quinlan	Chelmsford AC	44.02s
Nikki Baines	Southend AC	44.94s
Dazzie Obasugi	N E B	45.30s
Camilla Mussington	Orion H	45.48s

Women Under 17 300m Hurdles (c)

Lisa Schofield	Havering/Mayesbrook	45.29s
Nicola Gaisford	Col H	46.19s
Shernel Francis	N E B	54.00s

Women Under 17 800m (c)

Katie Richardson	Havering/Mayesbrook	2m14.64
Stacey Wheat	Colchester H	2m20.24
Hayley Moore	Basildon	2m22.22
Anna Whitfield	Basildon AC	2m22.74
Lauren Clark	Havering/Mayesbrook	2m24.55
Charlotte	Havering/Mayesbrook	2m27.45
Kavita Solder	W G & E L	2m27.55
Katherine Sefton	Basildon AC	2m31.37

Women Under 17 80m Hurdles (b)

w/speed: -3.1

Nicola Gaisford	Col H	12.06s
Lisa Schofield	Havering/Mayesbrook	12.29s
Holly Manning	Chelmsford AC	13.20s
Natasha	Southend AC	13.34s
Laura	W G & E L	13.62s
Suzannah	Southend AC	13.69s
Charlotte Hodges	Thurrock H	14.29s
Lisa Potter	Braintree & D	14.31s

Women Under 17 Discus (a)

Lauren Clark	Havering/Mayesbrook	29.52m
Nicole Cottage	James Hornsby HS	29.27m
Emma Hart	Southend AC	26.08m
Laura Newton	Havering/Mayesbrook	22.70m
Vickie Taylor	Harlow AC	22.59m
Alenka Griggs	W G & E L	18.66m
Kendal Moran	W G & E L	17.99m

Women Under 17 Hammer (c)

Vickie Taylor	Harlow AC	22.22m
Samijo Lang	De La Salle Sch	16.10m
Emma Tilbrook	De La Salle Sch	12.85m

Women Under 17 High Jump (b)

Gemma Grainger	Basildon AC	1.61m
Vicki Wheatland	Col H	1.58m
Nicola Gaisford	Col H	1.55m
Rebecca Quinlan	Chelmsford AC	1.50m
Kirsty Willson	Basildon AC	1.50m
Natalie Le Beau	Thurrock H	1.50m
Stacy Bishop	Basildon AC	1.50m

Women Under 17 Javelin (c)

Louise Lockwood	Basildon AC	34.98m
Micha Dornan	Basildon AC	31.39m
Zoe Young	Basildon AC	31.11m
Natalie Clark	Southend AC/S'end H S for	22.72m
Charlotte Hodges	Thurrock H	22.13m

Women Under 17 Long Jump (c)

Hannah Frankson	W G & E L	5.77m
Jade Morgan	Col & Tend	5.20m
Keighley Taplin	Braintree & D	5.18m
Kirsty Willson	Basildon AC	4.87m
Nicola Gaisford	Col H	4.75m
Vicki Wheatland	Col H	4.75m
Lyndsey North	Chelmsford AC	4.66m
Natalie Le Beau	Thurrock H	4.59m
Kayleigh O'Toole	Dagenham Park Sch	3.33m

Women Under 17 Pole Vault (c)

Sarah Clifford	Basildon AC	3.00m
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Women Under 17 Shot (c)

Finesse Thompson	W G & E L	11.68m
Zoe Young	Basildon AC	9.79m
Kayley Andrews	William Ed Sch	8.91m
Jade Morgan	Col & Tend	8.90m
Alenka Griggs	W G & E L	6.75m

Women Under 17 Triple Jump (b)

Hannah Frankson	W G & E L	<u>11.81m CBP</u>
Sinead Connolly	W G & E L	10.73m
Jade Morgan	Col & Tend	10.70m
Rebecca Quinlan	Chelmsford AC	10.59m