

Waitrose

Youth Award for U21 Male & Female

Congratulations to Adam Hickey, Southend AC, (20) and to Emily Ballard, Basildon AC (15) on winning the Waitrose Youth Award Trophies for the first Under 21 year olds.

Adam was also outright winner of the race in a course-record time of 31.29. Emily's time was 45.23.

Both will have their name engraved on the perpetual trophies and have a memento trophy to keep at home.

Under 21 Males

1ST	Adam Hickey	Southend AC	31.29
2nd	Paul Whittaker	Southend AC	32.09
3rd	Craig Berg	Woodford Gn & EL	34.06
4th	Adam Chapman	Benfleet	39.52
5th	Jack Callow	Thurrock Nomads	40.50
6th	Aaron Farmer	Unattached	45.13
7th	Ben Thornton	Unattached	46.01
8th	Matthew Poore	East Essex Tri	48.22
9th	Scott Enders	Witham RC	49.58
10th	Timothy Wingrove	Unattached	51.41
11th	Steven McDonnell	Havering 90	52.11
12th	Sam Clapson	Unattached	53.06
13th	Billy-Ray Lozowski	Unattached	57.06
14th =	Dan McDonnell	Havering 90	61.07
14th =	Steven Barrett	Unattached	61.07
16th	Michael Barrett	Unattached	66.01

Under 21 Females

1st	Emily Ballard	Basildon	45.23
2nd	Laura O'Connor	Unattached	48.36
3rd	Venita Dabhi	Newham & Essex Beagles	48.39
4th	Alice Ling	Southend AC	48.53
5th	Kirstie Rowlands	Unattached	57.41
6th	Rachel Faires	Witham RC	59.51