

Suffolk County AA Championships Results 2012 - 13th May, Bury St Edmunds

Senior Men:

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Luke	Allen	West Suffolk AC	12.1	
	2	David	Nichols	West Suffolk AC	12.6	
	3	Nigel	Hayman	Ipswich Harriers	12.7	
	4	Jon	Lockwood	St Edmunds Pacers	13.1	
	5	Kieran	Jessup	City of Norwich AC	13.9	
200m	1	David	Nichols	West Suffolk AC	25.7	
	2	Oliver	Minns	Ipswich Harriers	27.5	
	3	Kieran	Jessup	City of Norwich AC	29.1	
400m	1	Jon	Lockwood	St Edmunds Pacers	58.5	
	2	Oliver	Minns	Ipswich Harriers	62.9	
800m	1	Andrew	Rooke	Ipswich Harriers	2.03.9	
	2	Neil	Gillingham	Ipswich Harriers	2.35.9	
1500m	1	Andrew	Rooke	Ipswich Harriers	4.13.2	
	2	Peter	Barker	St Edmunds Pacers	4.21.0	
	3	Jim	Norris	UWIC	4.21.7	
	4	Neil	Gillingham	Ipswich Harriers	4.52.5	
3000m	1	Andrew	Rooke	Ipswich Harriers	9.07.2	
	2	Chris	Rooke	Ipswich Harriers	9.11.2	
	3	Simon	Gardiner	Ipswich Harriers	9.52.9	
	4	Colin	Ridley	West Suffolk AC	10.11.2	
	5	Neil	Gillingham	Ipswich Harriers	11.02.8	
	6	Ronald	Benjamin	Colchester Harriers	12.09.0	
110m H	1	Nigel	Hayman	Ipswich Harriers	16.8	
	2	Jeremy	Smith	Ipswich Harriers	23.5	
3k Walk	1	Alan	Ellam	Enfield & Haringey	15.53.7	
	2	David	Buchanan	Hadleigh Hares	18.20.0	
	3	Michael	Graham	Belgrave Harriers	19.07.7	
	4	Tony	Wilkinson	Unattached	21.34.4	
LJ	1	Luke	Allen	West Suffolk AC	5.82	
	2	Jeremy	Smith	Ipswich Harriers	3.89	
	3	Oliver	Minns	Ipswich Harriers	3.62	
	4	Kieran	Jessup	City of Norwich AC	3.31	
SP	1	Gary	Parsons	Cambridge & Coleric	10.92	
	2	Luke	Allen	West Suffolk AC	10.40	
	3	Gordon	Coe	Diss & District AC	9.58	
	4	Michael	Davis	Ipswich Harriers	7.68	
DT	1	Gary	Parsons	Cambridge & Coleric	34.71	
	2	Gordon	Coe	Diss & District AC	31.13	
HT	1	Malcolm	Fenton	Ipswich Harriers	44.69	
	2	Gary	Parsons	Cambridge & Coleric	36.68	
	3	Michael	Davis	Ipswich Harriers	20.60	