

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

Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:
100m Final	1	Ataylia	Clarke	Ipswich Harriers	14.0
	2	Christy	Fraser	Ipswich Harriers	14.8
	3	Natasha	Males	Ipswich Harriers	14.9
	4	Jevony	Hall	West Suffolk AC	14.9
	5	Julia	D'Lima	Culford School	16.2
	6	Charlotte	Picton-Jenkins	All Saints Middle School	17.2
200m Final	1	Ataylia	Clarke	Ipswich Harriers	29.6
	2	Georgia	Harris	Ipswich Harriers	30.1
	3	Christy	Fraser	Ipswich Harriers	31.0
	4	Liberty	Salsby	Brandeston Hall	31.4
	5	Ella	Gooderham	Ipswich High School	31.8
	6	Ellie	Mayall	Brandeston Hall	32.5
	7	-	-	-	-
	8	-	-	-	-
800m	1	Charlotte	Summers	Brandeston Hall	2.38.1
	2	Mikayela	Sealby	West Suffolk AC	2.41.7
	3	Megan	Newton	West Suffolk AC	2.45.8
	4	Oliva	Allum	West Suffolk AC	2.46.4
	5	Jevony	Hall	West Suffolk AC	2.48.5
	6	Ella	Gooderham	Ipswich High School	2.51.2
	7	-	-	-	-
	8	-	-	-	-
	9	-	-	-	-
	10	-	-	-	-
1500m	1	Nella	Walters	West Suffolk AC	5.02.8
	2	Polly	Peate	West Suffolk AC	5.44.7
	3	-	-	-	-
	4	-	-	-	-
	5	-	-	-	-
	6	-	-	-	-
	7	-	-	-	-
	8	-	-	-	-
	9	-	-	-	-
	10	-	-	-	-
70m H	1	Natasha	Males	Ipswich Harriers	12.7
	2	Georgia	Harris	Ipswich Harriers	13.2
	3	India	Lawson	Brandeston Hall	14.9
	4	-	-	-	-
	5	-	-	-	-
	6	-	-	-	-
	7	-	-	-	-
	8	-	-	-	-
HJ	1	India	Lawson	Brandeston Hall	1.35
	2	Georgia	Harris	Ipswich Harriers	1.35
	3	-	-	-	-
PV	1	-	-	-	-
	2	-	-	-	-
	3	-	-	-	-
LJ	1	Ella	Gooderham	Ipswich High School	4.07
	2	Jevony	Hall	West Suffolk AC	3.94

	3	Charlotte	Summers	Brandeston Hall	3.8
	4	Natasha	Males	Ipswich Harriers	3.76
	5	India	Lawson	Brandeston Hall	3.75
	6	Lucy	Carter	Brandeston Hall	3.41
	7	Liberty	Salsby	Brandeston Hall	3.07
	8	Ellie	Mayall	Brandeston Hall	3.00
	9	Christy	Fraser	Ipswich Harriers	3.00
TJ	1	-	-	-	
	2	-	-	-	
	3	-	-	-	
	16	-	-	-	
SP	1	Lily	Kooreman-Abbs	Brandeston Hall	6.78
	2	Lucy	Carter	Brandeston Hall	5.81
	3	-	-	-	
	4	-	-	-	
DT	1	Sophie	Gibbon	Brandeston Hall	13.47
	2	-	-	-	
	3	-	-	-	
JT	1	Lily	Kooreman-Abbs	Brandeston Hall	16.58
	2				
	3				

Under 15 Girls

Event:	Pos:	Name:	Surname	Club:	Result:
100m Ht 1	1	Chantelle	Kilpatrick	Ipswich Harriers	13.5
	2	Lauren	Gibbs	West Suffolk AC	13.7
	3	Miri	Budd	Ipswich Harriers	13.9
	4	Lulu	Stanford	Newmarket Joggers	14.0
	5	Molly	Brown	Culford School	14.5
	6	-	-	-	
	7	-	-	-	
	8	-	-	-	
100m Ht 2	1	Chloe	Godbold	Ipswich Harriers	13.7
	2	Charlotte	Asher	Ipswich Harriers	13.8
	3	Zoe	Beckley	West Suffolk AC	14.1
	4	Francesca	Betson	West Suffolk AC	14.1
	5	-	-	-	
	6	-	-	-	
100m Final	1	Chantelle	Kilpatrick	Ipswich Harriers	13.2
	2	Chloe	Godbold	Ipswich Harriers	13.4
	3	Lauren	Gibbs	West Suffolk AC	13.4
	4	Charlotte	Asher	Ipswich Harriers	13.4
	5	Lulu	Stanford	Newmarket Joggers	13.7
	6	Miri	Budd	Ipswich Harriers	13.8
	7	-	-	-	
200m Final	1	Lauren	Grubb	Ipswich Harriers	27.7
	2	Ella	Dowling	Culford School	28.4
	3	Charlotte	Asher	Ipswich Harriers	28.8
	4	Isabella	Blowers	Ipswich Harriers	28.9
	5	Francesca	Betson	West Suffolk AC	30.3
	6	Emma	Nichols	Ipswich Harriers	31.4
	7	Eleanor	Derbyshire	Brandeston Hall	31.5
	8	-	-	-	
300m Final	1	Sophie	Tooley	West Suffolk AC	44.1
	2	Peggy-Mai	Norman	West Suffolk AC	46.8

	3	Emma	Nichols	Ipswich Harriers	49.4
	4	Katerina	Males	Ipswich Harriers	50.1
	5	Eleanor	Tennant	Ipswich Harriers	51.1
	6	-	-	-	-
800m	1	Sophie	Tooley	West Suffolk AC	2.17.6
	2	Chloe	Godbold	Ipswich Harriers	2.35.5
	3	Eleanor	Tennant	Ipswich Harriers	2.45.0
	4	-	-	-	-
1500m	1	Holly	Davies	West Suffolk AC	5.02.5
	2	Charlotte	Wickens	Ipswich Harriers	5.04.2
	3	Emily	Moyes	Stowmarket Striders	5.09.6
	4	Lauren	Howe	Bungay Black Dog	5.24.5
	5	Molly	Leeson	Ipswich Harriers	5.36.8
	6	-	-	-	-
75m H Final	1	Lauren	Grubb	Ipswich Harriers	12.5
	2	Miri	Budd	Ipswich Harriers	12.6
	3	Isabella	Blowers	Ipswich Harriers	13.8
	4	Zoe	Beckley	West Suffolk AC	14.5
	5	-	-	-	-
HJ	1	Beth	Keswick	Culford School	1.45
	2	Lauren	Grubb	Ipswich Harriers	1.35
	3	-	-	-	-
PV	1	Isabella	Blowers	Ipswich Harriers	1.85
	2	-	-	-	-
	3	-	-	-	-
LJ	1	Chantelle	Kilpatrick	Ipswich Harriers	4.57
	2	Beth	Keswick	Culford School	4.43
	3	Chloe	Godbold	Ipswich Harriers	4.38
	4	Miri	Budd	Ipswich Harriers	4.37
	5	Lucy	Holder	Culford School	4.35
	6	Francesca	Betson	West Suffolk AC	4.29
	7	Eleanor	Derbyshire	Brandeston Hall	3.65
	8	-	-	-	-
TJ	1	Peggy-Mai	Norman	West Suffolk AC	9.26
	2	Lauren	Gibbs	West Suffolk AC	9.10
	3	-	-	-	-
SP	1	Peggy-Mai	Norman	West Suffolk AC	7.45
	2	Lana	Fulcher	Ipswich Harriers	7.22
	3	-	-	-	-
	4	-	-	-	-
	5	-	-	-	-
	6	-	-	-	-
DT	1	Lauren	Gibbs	West Suffolk AC	15.43
	2	Emma	Nichols	Ipswich Harriers	15.32
	3	-	-	-	-
HT	1	Lana	Fulcher	Ipswich Harriers	24.02
	2	-	-	-	-
	3	-	-	-	-
JT	1	Lucy	Holder	Culford School	20.39
	2	Lana	Fulcher	Ipswich Harriers	18.36
	3	Ella	Dowling	Culford School	16.43

Under 17 Women

Event:	Pos:	Name:	Surname	Club:	Result:
100m Final	1	Ellie	Keswick	Culford School	13.7

	2	April	Castle	Chelmsford AC	13.8
200m	1	Keeley	Whitlock	Ipswich Harriers	27.9
300m Final	1	Keeley	Whitlock	Ipswich Harriers	44.2
800m	1	Megan	Soames	City of Norwich AC	2.21.4
	2	Rachel	Ryan	Ipswich Harriers	2.29.4
	3	Lauren	James	West Suffolk AC	2.52.7
	4	Emma	Beardmore	Culford School	2.57.2
	5	-	-	-	-
	6	-	-	-	-
1500m	1	Megan	Soames	City of Norwich AC	5.02.2
	2	Susannah	Reid	Ipswich Harriers	5.02.8
	3	Alice	Cheverton	City of Norwich AC	5.07.5
	4	Emma	Jessup	City of Norwich AC	7.14.0
	5	-	-	-	-
3000m	1	Alice	Cheverton	City of Norwich AC	11.28.8
	2	-	-	-	-
	3	-	-	-	-
	4	-	-	-	-
1500m S/C	1	Bethany	Tooley	West Suffolk AC	5.58.9
	2	-	-	-	-
	3	-	-	-	-
80m H	1	Sarah	Prescott-Smith		13.4
	2	April	Castle	Chelmsford AC	13.5
	3	-	-	-	-
	4	-	-	-	-
	5	-	-	-	-
	6	-	-	-	-
300m H	1	Emily	Robinson	Ipswich Harriers	52.4
	2	Hannah	Maher	City of Norwich AC	55.5
	3	-	-	-	-
3k Walk	1	-	-	-	-
	2	-	-	-	-
	3	-	-	-	-
HJ	1	Sarah	Prescott-Smith		1.55
	2	Emma	Jessup	City of Norwich AC	1.20
	3	-	-	-	-
PV	1	Sophie	Godbold	Ipswich Harriers	1.55
	2	-	-	-	-
	3	-	-	-	-
LJ	1	Sarah	Prescott-Smith		5.15
	2	Chelsea	Wade	West Suffolk AC	4.97
	3	Ellie	Keswick	Culford School	4.83
	4	-	-	-	-
	5	-	-	-	-
TJ	1	Chelsea	Wade	West Suffolk AC	10.90
	2	Rachel	Ryan	Ipswich Harriers	9.70
	3	-	-	-	-
SP	1	Helena	Coe	Ipswich Harriers	9.47
	2	Hannah	Maher	City of Norwich AC	8.63
	3	Debbie	Castle	Chelmsford AC	7.64
	4	-	-	-	-
	5	-	-	-	-
DT	1	Ellie	Bloomfield	Ipswich Harriers	29.88
	2	Debbie	Castle	Chelmsford AC	26.8
	3	Helena	Coe	Ipswich Harriers	22.9
	4	-	-	-	-

	5	-	-	-	
HT	1	Ellie	Bloomfield	Ipswich Harriers	27.48
	2	-	-	-	
	3	-	-	-	
JT	1	Alice	Robinson	Ipswich Harriers	29.72
	2	Isabel	Davies	Culford School	28.81
	3	Debbie	Castle	Chelmsford AC	19.58
	4	April	Castle	Chelmsford AC	19.15
	5	Hannah	Maher	City of Norwich AC	18.85
	6	Emma	Jessup	City of Norwich AC	13.19

Under 20 Women

Event:	Pos:	Name:	Surname	Club:	Result:
200m	1	Polly	Davies	Gt Yarmouth & Dist	26.3
	2	Emily	Rogers	West Suffolk AC	27.3
	3	-	-	-	
	4	-	-	-	
400m	1	Montana	Jackson	West Suffolk AC	61.4
	2	Emily	Rogers	West Suffolk AC	61.8
	3	-	-	-	
	4	-	-	-	
	5	-	-	-	
	6	-	-	-	
800m	1	Holly	Archer	West Suffolk AC	2.20.0
	2	-	-	-	
	3	-	-	-	
1500m	1	Katie	Duncan	West Suffolk AC	5.29.4
	2	-	-	-	
	3	-	-	-	
3000m	1	Justine	Anthony	West Suffolk AC	11.34.5
	2	Katie	Duncan	West Suffolk AC	11.38.1
	3	-	-	-	
100m H	1	Evie	Castle	Chelmsford AC	17.4
	2	-	-	-	
	3	-	-	-	
LJ	1	Hannah	Castle	Chelmsford AC	3.43
SP	1	Evie	Castle	Chelmsford AC	10.83
	2	-	-	-	
DT	1	Georgina	Howe	Ipswich Harriers	28.42
	2	Evie	Castle	Chelmsford AC	26.54
	3	Hannah	Castle	Chelmsford AC	22.04
HT	1	Georgina	Howe	Ipswich Harriers	42.90
	2	Evie	Castle	Chelmsford AC	33.53
	3	-	-	-	
JT	1	Evie	Castle	Chelmsford AC	30.76
	2	Hannah	Castle	Chelmsford AC	18.95

Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:
100m	1	Polly	Davies	Gt Yarmouth & Dist	12.7
1500m	1	Gillian	Benjamin	Colchester Harriers	7.35.8
	2	-	-	-	
	3	-	-	-	
3000m	1	Maureen	McCarthy	West Suffolk AC	11.39.2
	2	Christine	Anthony	West Suffolk AC	11.59.0
	3	-	-	-	

1500m S/C	1	Christine	Anthony	West Suffolk AC	6.18.6
	2	-	-	-	
3k Walk	1	Angie	Alstrachen		20.45.6
	2	-	-	-	
	3	-	-	-	
	3	-	-	-	
HJ	1	Wendy	Meadow-Smith	Stevenage & N Herts	1.64
	2	-	-	-	
	3	-	-	-	
PV	1	Jenny	Reason	Ipswich Harriers	2.55
	2	-	-	-	
	3	-	-	-	
LJ	1	Tania	Spurling	West Suffolk AC	5.44
	2	-	-	-	
	3	-	-	-	
TJ	1	Tania	Spurling	West Suffolk AC	12.07
	2	-	-	-	
	3	-	-	-	
SP	1	Tania	Spurling	West Suffolk AC	9.44

Under 13 Boys

Event:	Pos:	Name:	Surname	Club:	Result:
100m Final	1	Freddie	Green	Brandeston Hall	14.0
	2	Jake	Greenleaf	Ipswich Harriers	14.3
	3	Patrick	Bartram	West Suffolk AC	15.6
200m Final	1	Jake	Greenleaf	Ipswich Harriers	29.1
	2	Louis	Breyer	Ipswich Harriers	29.9
	3	Thomas	McCarthy	West Suffolk AC	30.4
	4	-	-	-	
400m	1	-	-	-	
	2	-	-	-	
	3	-	-	-	
800m	1	Jolyon	Summers	Brandeston Hall	2.30.6
	2	Thomas	McCarthy	West Suffolk AC	2.33.1
	3	Louis	Breyer	Ipswich Harriers	2.37.2
	4	Patrick	Bartram	West Suffolk AC	2.48.6
	5	Tommy	Martin	West Suffolk AC	2.48.7
	6	Ruben	Kirin	West Suffolk AC	2.50.7
1500m	1	Alex	Baxter	Hadleigh High Sch	5.03.9
	2	Elliot	Hadley	Kesgrave HS	5.29.8
	3	Jess	Walters	West Suffolk AC	5.34.7
	4	-	-	-	
1k Walk	1	James	Nichols	West Suffolk AC	7.29.9
	2	-	-	-	
	3	-	-	-	
HJ	1	Tom	Watson	Brandeston Hall	1.25
	2	Levi-Jack	Roper	West Suffolk AC	1.05
	3	-	-	-	
PV	1	-	-	-	
	2	-	-	-	
	3	-	-	-	
LJ	1	Thomas	McCarthy	West Suffolk AC	4.11
	2	Archie	Winter	Brandeston Hall	4.01
	3	Jake	Greenleaf	Ipswich Harriers	3.93
	4	Jack	McGaley	West Suffolk AC	3.65
	5	James	Nichols	West Suffolk AC	3.41

	6	Tommy	Martin	West Suffolk AC	3.37
	7	-	-	-	
SP	1	Freddie	Green	Brandeston Hall	7.57
	2	Levi-Jack	Roper	West Suffolk AC	7.06
	3	-	-	-	
DT	1	Levi-Jack	Roper	West Suffolk AC	22.13
	2	Jack	Hobbs	Brandeston Hall	19.62
	3	Tom	Watson	Brandeston Hall	14.08
HT	1	-	-	-	
	2	-	-	-	
	3	-	-	-	
JT	1	Jack	Hobbs	Brandeston Hall	31.08

Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:
100m Final	1	Andrew	Davis	Ipswich Harriers	12.6
	2	Benson	Craven	Ipswich Harriers	12.7
	3	Benjamin	Mobee	Farlingaye HS	13.1
	4	Tom	Scovell	Brandeston Hall	13.3
	5	Kweku	Zuta	Culford school	13.4
	6	James	Slim	Kesgave HS	13.5
	7	Thomas	Harwood	RHS	13.6
	8	Oliver	Campbell	Ipswich Harriers	13.7
200m Final	1	Andrew	Davis	Ipswich Harriers	26.1
	2	Kweku	Zuta	Culford school	27.3
	3	Oliver	Campbell	Ipswich Harriers	28.2
	4	Freddie	Allum	Culford School	30.9
300m Final	1	Thomas	Harwood	RHS	43.0
	2	Christie	Williams	West Suffolk AC	43.8
	3	Christopher	Jones	Ipswich Harriers	44.5
	4	Jack	Taylor	West Suffolk AC	46.1
	5	-	-	-	
	6	-	-	-	
800m	1	Jamie	Finch	City of Norwich AC	2.16.1
	2	Antonio	Capasso	Ipswich Harriers	2.25.1
	3	Christie	Williams	West Suffolk AC	2.25.8
	4	Christopher	Jones	Ipswich Harriers	2.32.0
	5	-	-	-	
1500m	1	Benjamin	Eames	West Suffolk AC	4.34.8
	2	Matthew	Le Poidevin	St Edmunds Pacers	4.67.7
	3	Richard	Ling	Ipswich Harriers	4.54.7
	4	Ieuan	Alldis	King Edward VI Sch	4.56.2
	5	Robert	Couper-Coles	RHS	5.01.9
	6	Henry	Milldown	Ipswich Harriers	5.07.2
	7	Alexander	Lawrence	Brandeston Hall	5.18.0
	8	William	Page	East Bergholt HS	5.21.9
	9	-	-	-	
1k Walk	1	Benjamin	Eames	West Suffolk AC	6.07.1
	2	-	-	-	
	3	-	-	-	
HJ	1	Christopher	Jones	Ipswich Harriers	1.50
	2	Benjamin	Mobee	Farlingaye HS	1.45
	3	Henry	Milldown	Ipswich Harriers	1.40
PV	1	-	-	-	
	2	-	-	-	

	3	-	-	-	
LJ	1	Benson	Craven	Ipswich Harriers	5.36
	2	Richard	Ling	Ipswich Harriers	4.78
	3	William	Page	East Bergholt HS	3.78
	4	-	-	-	
TJ	1	Ben	Charles	Diss & District AC	7.81
	2	-	-	-	
	3	-	-	-	
SP	1	James	Slim	Kesgave HS	10.37
	2	Tom	Scovell	Brandeston Hall	9.47
	3	-	-	-	
DT	1	Harry	Hughes	West Suffolk AC	37.35
	2	James	Slim	Kesgave HS	27.50
	3	Freddie	Allum	Culford School	17.56
	4	Ben	Charles	Diss & District AC	13.71
	5	-	-	-	
JT	1	Harry	Hughes	West Suffolk AC	59.97
	2	Robert	Hopkinson	St Louis M S	32.37
	3	Tom	Scovell	Brandeston Hall	27.8
Under 17 Men					
Event:	Pos:	Name:	Surname	Club:	Result:
100m	1	Errol	Thompson	Ipswich Harriers	11.7
	2	Kyle	Potter	West Suffolk AC	11.8
	3	George	Johnson	Ipswich Harriers	11.9
	4	James	Curran	West Suffolk AC	11.9
	5	Christian	Frost	Ipswich Harriers	12.1
	6	Connor	Butler	West Suffolk AC	12.3
	7	Harry	Unwin	West Suffolk AC	12.5
	8	-	-	-	
200m Final	1	George	Johnson	Ipswich Harriers	23.6
	2	Kyle	Potter	West Suffolk AC	23.8
	3	Christian	Frost	Ipswich Harriers	24.1
	4	Samuel	Johnson	Culford School	24.2
	5	James	Curran	West Suffolk AC	24.4
	6	Harry	Unwin	West Suffolk AC	25.2
	7	-	-	-	
	8	-	-	-	
400m	1	Samuel	Johnson	Culford School	55.5
	2	-	-	-	
800m	1	Cameron	McKie	West Suffolk AC	2.07.3
	2	Michael	Bartram	West Suffolk AC	2.10.0
	3	Dominic	Oliver	Gt Yarmouth & Dist	2.16.2
	4	Toby	Upton	Ipswich Harriers	2.22.7
	5	-	-	-	
1500m	1	Cameron	McKie	West Suffolk AC	4.22.6
	2	Seb	Anthony	West Suffolk AC	4.26.3
	3	-	-	-	
3000m	1	Ross	Tennant	Ipswich Harriers	9.25.7
	2	Seb	Anthony	West Suffolk AC	9.36.3
	3	Dominic	Oliver	Gt Yarmouth & Dist	9.42.5
	4	-	-	-	
100m H	1	Thomas	Cunningham-Fahie	Colchester & Tendring	15.2
	2	-	-	-	
3k Walk	1	Callum	Wilkinson	King Edward VI Sch	19.06.6
	2	-	-	-	

	3	-	-	-	
HJ	1	Errol	Thompson	Ipswich Harriers	1.90
	2	Mark	Smith	West Suffolk AC	1.50
	3	-	-	-	
PV	1	Toby	Upton	Ipswich Harriers	2.15
	2	-	-	-	
	3	-	-	-	
LJ	1	Cameron	McKie	West Suffolk AC	5.24
	2	Mark	Smith	West Suffolk AC	5.06
	3	-	-	-	
TJ	1	Connor	Butler	West Suffolk AC	10.94
	2	-	-	-	
	3	-	-	-	
SP	1	Oliver	Pescott Frost	Ipswich Harriers	10.69
	2	-	-	-	
DT	1	Oliver	Thompson	Thetford AC	37.02
	2	Daniel	Howe	Thetford AC	28.11
	3	-	-	-	
	4	-	-	-	
HT	1	Oliver	Thompson	Thetford AC	45.92
	2	Daniel	Howe	Thetford AC	44.26
	3	Oliver	Pescott Frost	Ipswich Harriers	34.01

Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:
100m	1	Marcus	Sladden	Bungay Black Dog	12.3
	2	-	-	-	
200m	1	Matthew	Constable	Ipswich Harriers	22.8
	2	-	-	-	
400m	1	Marcus	Sladden	Bungay Black Dog	59.6
	2	-	-	-	
1500m	1	Andrew	Revell	Ipswich Harriers	4.14.8
	2	Simon	Dawson	West Suffolk AC	4.27.1
	3	-	-	-	
3000m	1	Kieran	Clements	Ipswich Harriers	8.28.5
	2	Macauley	Delo	West Suffolk AC	9.14.3
	3	James	Powley	Ipswich Harriers	9.23.0
	4	-	-	-	
2000m S/C	1	Jack	Anthony	West Suffolk AC	
	2	-	-	-	
3k Walk	1	Alex	Wilkinson	Unattached	22.31.6
	2	-	-	-	
PV	1	Steven	Smith	West Suffolk AC	1.95
	2	-	-	-	
	3	-	-	-	
LJ	1	Steven	Smith	West Suffolk AC	4.97
	2	-	-	-	
SP	1	Jake	Allen	West Suffolk AC	12.12
	2	Steven	Smith	West Suffolk AC	11.25
	3	Matthew	Foulger	Orwell Panthers	6.44
DT	1	Matti	Mortimer	Ipswich Harriers	40.77
	2	Jake	Allen	West Suffolk AC	38.63
	3	Thomas	Lazenby	RHS	30.56
	4	Matthew	Foulger	Orwell Panthers	15.97
HT	1	Jake	Allen	West Suffolk AC	43.12
	2	Matthew	Foulger	Orwell Panthers	18.00

	3	-	-	-	
JT	1	Matti	Mortimer	Ipswich Harriers	65.69
	2	Steven	Smith	West Suffolk AC	36.54
	3	Thomas	Lazenby	RHS	35.37
Senior Men:					
Event:	Pos:	Name:	Surname	Club:	Result:
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
	6	-	-	-	-
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
	4	-	-	-	-
	5	-	-	-	-
400m	1	Jon	Lockwood	St Edmunds Pacers	58.5
	2	Oliver	Minns	Ipswich Harriers	62.9
	3	-	-	-	-
800m	1	Andrew	Rooke	Ipswich Harriers	2.03.9
	2	Neil	Gillingham	Ipswich Harriers	2.35.9
	3	-	-	-	-
	4	-	-	-	-
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
	5	-	-	-	-
	6	-	-	-	-
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
	3	-	-	-	-
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
	5	-	-	-	-
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 & Coleridge	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 & Coleridge	34.71
	2	Gordon	Coe	Diss & District AC	31.13
	3	-	-	-	-

HT	1 Malcolm	Fenton	Ipswich Harriers	44.69
	2 Gary	Parsons	Cambridge & Coleridge	36.68
	3 Michael	Davis	Ipswich Harriers	20.60

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