

Suffolk County AA Championships Results 2013 - 26th May, Ipswich

Senior Men:

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Ben	Higgins	Ipswich Harriers	11.8	
	2	Mark	Robinson	Ipswich Harriers	11.8	
	3	Luke	Allen	West Suffolk AC	12.2	
	4	Nigel	Hayman	Ipswich Harriers	12.6	
	5	Paul	Harrison	Ryston	13.0	
	6	Neil	Gillingham	Ipswich Harriers	13.0	
	7	Patrick	Giddings	Ipswich Harriers	13.7	
	8	-	-	-	-	
200m	1	Mark	Robinson	Ipswich Harriers	23.9	
	2	Neil	Gillingham	Ipswich Harriers	27.5	
	3	-	-	-	-	
	4	-	-	-	-	
	5	-	-	-	-	
400m	1	Ben	Higgins	Ipswich Harriers	51.0	
	2	Lee	Bowker	Ipswich Harriers	56.3	
800m	1	Andrew	Rooke	AF&D	2.00.5	
	2	Neil	Gillingham	Ipswich Harriers	2.30.4	
	3	-	-	-	-	
1500m	1	Andrew	Rooke	AF&D	4.15.1	
	2	Neil	Gillingham	Ipswich Harriers	4.43.6	
	3	-	-	-	-	
	4	-	-	-	-	
3000m	1	-	-	-	-	
	2	-	-	-	-	
	3	-	-	-	-	
	4	-	-	-	-	
2000m S/C	1	-	-	-	-	
	-	-	-	-	-	
110m H	1	Nigel	Hayman	Ipswich Harriers	18.0	
400m H	1	No Competition	-	-	-	
	-	-	-	-	-	
3k Walk	1	No Competition	-	-	-	
	-	-	-	-	-	
HJ	1	No Competition	-	-	-	
	-	-	-	-	-	
PV	1	No Competition	-	-	-	
	-	-	-	-	-	
LJ	1	Luke	Allen	West Suffolk AC	5.92	
	2	Paul	Harrison	Ryston	4.97	

	3	Andrew	McAllister	Capel Cheetas	4.79
		-	-	-	
TJ	1	Paul	Harrison	Ryston	10.27
	2	Andrew	McAllister	Capel Cheetas	9.87
		-	-	-	
SP	1	Luke	Allen	West Suffolk AC	10.69
	2	Andrew	McAllister	Capel Cheetas	9.41
	3	Michael	Davis	Ipswich Harriers	7.67
		-	-	-	
DT	1	Josh	Pirt	Thetford AC	31.33
	2	Michael	Davis	Ipswich Harriers	22.95
	3	-	-	-	
HT	1	Malcolm	Fenton	Ipswich Harriers	46.03
	2	Michael	Davis	Ipswich Harriers	26.31
	3	-	-	-	
JT	1	-	-	-	
	2	-	-	-	
	3	-	-	-	

#### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

##### Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Errol	Thompson	Ipswich Harriers	11.4	
	2	Harry	Reidy	Culford Sch	12.0	
		-	-	-		
200m	1	No Competition				
		-	-	-		
400m	1	Billy	Stanley	Colchester Harriers	55.1	
		-	-	-		
800m	1	Ross	Tennant	Ipswich Harriers	2.00.1	
	2	-	-	-		
	3	-	-	-		
	4	-	-	-		
		-	-	-		
1500m	1	MaCauley	Delo	West Suffolk AC	4.07.0	
	2	-	-	-		
	3	-	-	-		
		-	-	-		
3000m	1	MaCauley	Delo	West Suffolk AC	8.51.9	
	2	Dominic	Oliver	CONAC	9.15.5	
		-	-	-		
2000m S/C	1	No Competition				
		-	-	-		
110m H	1	No Competition				
		-	-	-		
400m H	1	No Competition				
		-	-	-		
3k Walk	1	No Competition				

		-	-	-	
HJ	1	Errol	Thompson	Ipswich Harriers	1.80
	2	Harry	Reidy	Culford Sch	1.65
		-	-	-	
PV	1	No Competition			
		-	-	-	
LJ	1	Errol	Thompson	Ipswich Harriers	6.32
	2	Steve	Smith	West Suffolk AC	4.92
		-	-	-	
TJ	1	No Competition			
		-	-	-	
SP	1	Jake	Allen	West Suffolk AC	12.92
	2	Steve	Smith	West Suffolk AC	10.86
	3	Matthew	Foulger	Orwell Panthers	6.28
	4	Montell	Leslie	Orwell Panthers	6.03
		-	-	-	
DT	1	Jake	Allen	West Suffolk AC	40.79
	2	Oliver	Thompson	Thetford AC	31.30
	3	Matthew	Foulger	Orwell Panthers	18.84
	4	Montell	Leslie	Orwell Panthers	12.77
		-	-	-	
HT	1	Oliver	Thompson	Thetford AC	48.49
	2	Jake	Allen	West Suffolk AC	47.98
	3	Matthew	Foulger	Orwell Panthers	17.33
		-	-	-	
JT	1	Steve	Smith	West Suffolk AC	32.80
		-	-	-	
		-	-	-	

#### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

##### Under 17 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	George	Johnson	Ipswich Harriers	11.5	
	2	Kyle	Potter	West Suffolk AC	11.5	
	3	Daniel	Wong	Benjamin Britten HS	11.7	
	4	Owen	Giddings	Ipswich Harriers	11.9	
	5	James	Curran	West Suffolk AC	12.1	
	6	Harry	Unwin	West Suffolk AC	12.1	
	7	Andrew	Davis	Ipswich Harriers	12.7	
	8	-	-	-	-	
200m Final	1	Kyle	Potter	West Suffolk AC	23.1	
	2	George	Johnson	Ipswich Harriers	23.1	
	3	Daniel	Wong	Benjamin Britten HS	23.8	
	4	Andrew	Davis	Ipswich Harriers	24.6	
	5	Harry	Unwin	West Suffolk AC	24.6	
	6	-	-	-	-	
400m	1	Christian	Frost	Ipswich Harriers	52.4	
		-	-	-		

	2	-	-	-		
	3	-	-	-		
		-	-	-		
800m	1	Cameron	McKie	West Suffolk AC	2.04.2	
	2	Sam	Allen	Ipswich Harriers	2.04.6	
	3	Richard	Ling	Ipswich Harriers	2.11.9	
	4	Joshua	Thompson	Ipswich Harriers	2.16.2	
	5	Alastair	Mason	Ipswich Sch	2.32.5	
	6	-	-	-		
	7	-	-	-		
		-	-	-		
1500m	1	Michael	Bartram	West Suffolk AC	4.22.3	
	2	Tommie	Williams	Bungay Black Dog	4.55.7	
	3	-	-	-		
	4	-	-	-		
		-	-	-		
3000m	1	Ben	Eames	West Suffolk AC	9.10.8	
	2	Michael	Bartram	West Suffolk AC	9.21.4	
	3	Christopher	Morton	Stowmarket Striders	10.06.8	
	4	Tommie	Williams	Bungay Black Dog	11.00.7	
	5	-	-	-		
	6	-	-	-		
		-	-	-		
1500m S/C	1	-	-	-		
		-	-	-		
100m H	1	Mark	Smith	West Suffolk AC	16.2	
	2	Harrison	Layton	Ipswich Harriers	17.0	
	3	-	-	-		
400m H	1	No Competition				
3k Walk	1	Callum	Wilkinson	Enfield & Haringey	13.43.5	CBP
		-	-	-		
HJ	1	Harrison	Layton	Ipswich Harriers	1.76	
		-	-	-		
PV	1	No Competition				
		-	-	-		
LJ	1	Cameron	McKie	West Suffolk AC	5.19	
	2	Mark	Smith	West Suffolk AC	5.07	
	3	Richard	Ling	Ipswich Harriers	4.81	
		-	-	-		
TJ	1	No Competition				
		-	-	-		
SP	1	Harry	Hughes	West Suffolk AC	12.07	
	2	Owen	Giddings	Ipswich Harriers	10.57	
	3	-	-	-		
		-	-	-		
DT	1	Harry	Hughes	West Suffolk AC	40.34	
	2	Daniel	Howe	Thetford AC	34.14	
	3	Alastair	Mason	Ipswich Sch	23.06	

		Jordan	Turner	Thetford AC	22.73	
		-	-	-		
HT	1	Daniel	Howe	Thetford AC	46.94	
	2	Jordan	Turner	Thetford AC	29.79	
	3	-	-	-		
JT	1	Harry	Hughes	West Suffolk AC	68.59	CBP
	2	-	-	-		
	3	-	-	-		
		-	-	-		

Suffolk County AA Championships Results 2013 - 26th May, Ipswich

Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Benson	Craven	Ipswich Harriers	12.3	
	2	Conor	Jeffreys	East Bergholt HS	12.7	
	3	James	Giddings	Ipswich Harriers	13.3	
	4	Charlie	Hurrell	West Suffolk AC	13.4	
		-	-	-	-	
200m Final	1	Benson	Craven	Ipswich Harriers	24.1	#NAME?
	2	Conor	Jeffreys	East Bergholt HS	25.2	
	3	Charlie	Hurrell	West Suffolk AC	27.1	
	4	Jake	Greenleaf	Ipswich Harriers	27.6	
	5	Yuri	Kostantinidis	Culford Sch	27.7	
	-	-	-	-		
300m Final	1	Jake	Greenleaf	Ipswich Harriers	42.8	CBP
	2	Peter	Elsdon-Dean	Newmarket Joggers	45.4	
	-	-	-	-		
800m	1	Ben	Charles	Diss AC	2.59.1	
	-	-	-	-		
1500m	1	Henry	Milldown	Ipswich Harriers	4.35.7	
	2	Alex	Baxter	Ipswich Harriers	4.53.0	
	3	Adam	Crawford	West Suffolk AC	4.57.8	
	4	Will	Blackburn	Ipswich JAFFA	5.18.7	
	5	Dominic	Mason	Ipswich Sch	5.24.5	
	-	-	-	-		
80m H	1	No Competition				
	2	-	-	-		
	3	-	-	-		
	4	-	-	-		
1k Walk	1	No Competition				
	2	-	-	-		
	3	-	-	-		
HJ	1	Wesley	Roper	West Suffolk AC	1.35	
	-	-	-	-		
LJ	1	Benson	Craven	Ipswich Harriers	6.12	
	2	Yuri	Kostantinidis	Culford Sch	4.63	
	3	Charlie	Hurrell	West Suffolk AC	4.45	
	4	Jake	Greenleaf	Ipswich Harriers	4.12	

	5	Peter	Elsdon-Dean	Newmarket Joggers	4.08
	6	Dominic	Mason	Ipswich Sch	3.98
	-	-	-	-	-
TJ	1	Wesley	Roper	West Suffolk AC	10.34
	-	-	-	-	-
SP	1	James	Giddings	Ipswich Harriers	8.45
	-	-	-	-	-
HT	1	-	-	-	-
	-	-	-	-	-
DT	1	Levi-Jack	Roper	West Suffolk AC	21.77
	2	Ben	Charles	Diss AC	14.10
	-	-	-	-	-
HT	1	Levi-Jack	Roper	West Suffolk AC	34.32
	-	-	-	-	-
JT	1	Yuri	Kostantinidis	Culford Sch	33.73
	2	Levi-Jack	Roper	West Suffolk AC	32.26
	3	Peter	Elsdon-Dean	Newmarket Joggers	26.83
	4	Ben	Charles	Diss AC	26.18
	5	Dominic	Mason	Ipswich Sch	23.81
	-	-	-	-	-

#### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

##### Under 13 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Max	Derbyshire	Culford Sch	15.1	
	2	Nicholas	Males	Ipswich Harriers	15.5	
	3	Adam	Newton	West Suffolk AC	16.5	
	-	-	-	-	-	
200m Final	1	Nicholas	Males	Ipswich Harriers	31.2	
	2	Thomas	McCarthy	West Suffolk AC	31.5	
	-	-	-	-	-	
800m	1	Thomas	McCarthy	West Suffolk AC	2.30.1	
	2	Tommy	Martin	West Suffolk AC	2.41.6	
	3	Adam	Newton	West Suffolk AC	2.52.7	
	-	-	-	-	-	
1500m	1	Matthew	Snowdon	Ipswich Harriers	4.59.2	CBP
	2	Jess	Walters	West Suffolk AC	5.15.9	
	3	Ewan	Baxter	Ipswich Harriers	5.25.1	
	4	-	-	-	-	
	5	-	-	-	-	
	-	-	-	-	-	
75m H	1	Nicholas	Males	Ipswich Harriers	15.0	
	2	Max	Derbyshire	Culford Sch	15.1	
	-	-	-	-	-	
1k Walk	1	George	Wilkinson	Moulton Primary Sch	7.06.1	
	-	-	-	-	-	
HJ	1	No Competition	-	-	-	
	-	-	-	-	-	
LJ	1	Thomas	McCarthy	West Suffolk AC	4.43	

	2	Max	Derbyshire	Culford Sch	4.20
	3	Tommy	Martin	West Suffolk AC	3.66
	-	-	-	-	-
SP	1	Kieron	Sadler	Ipswich Harriers	8.31
	2	Victor	Kostantinidis	Culford Sch	6.42
	-	-	-	-	-
DT	1	Victor	Kostantinidis	Culford Sch	15.42
	-	-	-	-	-
JT	1	Victor	Kostantinidis	Culford Sch	17.05
	-	-	-	-	-

### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

#### Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Katy	Sealy	Ipswich Harriers	13.7	
	2	Evie	Castle	Chelmsford AC	14.0	
	-	-	-	-	-	-
200m	1	Elizabeth	Welbourn	Ipswich Harriers	30.2	
	-	-	-	-	-	-
400m	1	-	-	-	-	-
	2	-	-	-	-	-
	-	-	-	-	-	-
800m	1	-	-	-	-	-
	-	-	-	-	-	-
1500m	1	-	-	-	-	-
	-	-	-	-	-	-
3000m	1	-	-	-	-	-
	-	-	-	-	-	-
1500m S/C	1	No competition		-	-	-
	2	-	-	-	-	-
	3	-	-	-	-	-
100m H	1	Evie	Castle	Chelmsford AC	17.1	
	-	-	-	-	-	-
3k Walk	1	Linda	Spinks	Enfield & Haringey	20.30.5	
	-	-	-	-	-	-
HJ	1	No competition		-	-	-
	-	-	-	-	-	-
PV	1	No competition		-	-	-
	-	-	-	-	-	-
LJ	1	Tania	Spurling	West Suffolk AC	5.11	
	2	Katy	Sealy	Ipswich Harriers	4.80	
	-	-	-	-	-	-
TJ	1	Tania	Spurling	West Suffolk AC	11.10	
	2	Evie	Castle	Chelmsford AC	8.40	
	-	-	-	-	-	-
SP	1	Evie	Castle	Chelmsford AC	10.83	
	2	Katy	Sealy	Ipswich Harriers	9.88	
	-	-	-	-	-	-

DT	1	Evie	Castle	Chelmsford AC	25.35	
		-	-	-		
HT	1	Evie	Castle	Chelmsford AC	36.41	CBP
		-	-	-		
JT	1	Evie	Castle	Chelmsford AC	34.56	
	2	Katy	Sealy	Ipswich Harriers	33.13	
		-	-	-		

Suffolk County AA Championships Results 2013 - 26th May, Ipswich

Under 20 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Polly	Davies	Gt Yarmouth & Dist AC	13.4	
		-	-	-		
200m	1	Keeley	Whitlock	Ipswich Harriers	27.0	
	2	-	-	-		
	3	-	-	-		
		-	-	-		
400m	1	Keeley	Whitlock	Ipswich Harriers	60.6	
		-	-	-		
800m	1	No competition				
		-	-	-		
1500m	1	No competition				
		-	-	-		
3000m	1	No competition				
	2	-	-	-		
	3	-	-	-		
100m H	1	No competition				
400m H	1	Emily	Robinson	Ipswich Harriers	78.5	
		-	-	-		
3k Walk	1	No competition				
	2	-	-	-		
	3	-	-	-		
HJ	1	No competition				
		-	-	-		
PV	1	No competition				
	2	-	-	-		
	3	-	-	-		
LJ	1	Charlotte	Shelley	Ipswich Harriers	5.04	
	2	Bethany	Clarke	Ipswich Harriers	4.74	
	3	Chelsea	Wade	West Suffolk AC	4.02	
	4	Hannah	Castle	Chelmsford AC	3.54	
		-	-	-		
TJ	1	Charlotte	Shelley	Ipswich Harriers	10.11	
	2	Chelsea	Wade	West Suffolk AC	9.90	
	3	Bethany	Clarke	Ipswich Harriers	9.64	
		-	-	-		
SP	1	Alice	Robinson	Ipswich Harriers	8.85	
	2	Debbie	Castle	Chelmsford AC	7.70	
		-	-	-		



DT	1	Debbie	Castle	Chelmsford AC	32.19
	2	Hannah	Castle	Chelmsford AC	24.40
		-	-	-	
HT	1	Debbie	Castle	Chelmsford AC	25.43
		-	-	-	
JT	1	Alice	Robinson	Ipswich Harriers	32.69
	2	Debbie	Castle	Chelmsford AC	27.17
	3	Hannah	Castle	Chelmsford AC	16.64
	4	-	-	-	

#### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

##### Under 17 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Chantelle	Kilpatrick	Ipswich Harriers	13.2	
	2	Lauren	Gibbs	West Suffolk AC	13.5	
	3	Chloe	Stopher	Ipswich Harriers	13.7	
	4	Francesca	Betson	West Suffolk AC	13.9	
	5	-	-	-	-	
200m	1	Chantelle	Kilpatrick	Ipswich Harriers	27.1	
	2	Peggy-Mai	Norman	West Suffolk AC	27.4	
	3	Francesca	Betson	West Suffolk AC	28.6	
	4	-	-	-	-	
	5	-	-	-	-	
300m Final	1	Alana	Hart	West Suffolk AC	46.1	
	2	Lauren	Ramsey	Ipswich Harriers	46.7	
	3	Eleanor	Tennant	Ipswich Harriers	47.5	
	4	-	-	-	-	
800m	1	Eleanor	Tennant	Ipswich Harriers	2.38.5	
	2	-	-	-	-	
	3	-	-	-	-	
1500m	1	Emily	Moyes	West Suffolk AC	5.14.0	
	2	Lauren	Howe	Bungay Black Dog	5.17.7	
	3	Emma	Watts	St Edmund Pacers	5.22.3	
	4	-	-	-	-	
3000m	1	Lauren	Howe	Bungay Black Dog	12.13.0	
		-	-	-	-	
1500m S/C	1	No competition				
80m H	1	April	Castle	Chelmsford AC	13.0	
	2	-	-	-	-	
300m H	1	Hannah	Maher	City of Norwich	52.7	
	2	April	Castle	Chelmsford AC	54.3	
		-	-	-	-	
HJ	1	No competition				

PV	1	Sophie	Godbold	Ipswich Harriers	1.70
		-	-	-	
LJ	1	Chantelle	Kilpatrick	Ipswich Harriers	5.05
	2	Alana	Hart	West Suffolk AC	4.55
	3	Lauren	Gibbs	West Suffolk AC	4.38
	4	Francesca	Betson	West Suffolk AC	4.33
		-	-	-	
TJ	1	Rachel	Ryan	Ipswich Harriers	10.96
	2	April	Castle	Chelmsford AC	10.03
	3	Lauren	Gibbs	West Suffolk AC	9.50
	4	Alana	Hart	West Suffolk AC	9.16
	5	Sophie	Godbold	Ipswich Harriers	7.81
		-	-	-	
SP	1	Hannah	Maher	City of Norwich	7.91
	2	Peggy-Mai	Norman	West Suffolk AC	7.59
		-	-	-	
DT	1	No competition			
	2	-	-	-	
	3	-	-	-	
	4	-	-	-	
	5	-	-	-	
HT	1	No competition			
	2	-	-	-	
	3	-	-	-	
JT	1	No competition			
		-	-	-	

#### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

##### Under 15 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Miri	Budd	Ipswich Harriers	13.5	
	2	Lauren	Grubb	Ipswich Harriers	13.6	
	3	Chloe	Godbold	Ipswich Harriers	13.7	
	4	Saskia	Wright	Ipswich Harriers	14.4	
200m Final	1	Lauren	Grubb	Ipswich Harriers	27.9	
	2	-	-	-		
	3	-	-	-		
	4	-	-	-		
	5	-	-	-		
300m Final	1	Roma	Radziunaite	Ipswich Harriers	44.5	
	2	Jevony	Hall	West Suffolk AC	46.8	
	3	Freya	Emerick	Ipswich Harriers	47.4	
	4	Emma	Jobbins	West Suffolk AC	48.1	
	5	Saskia	Wright	Ipswich Harriers	49.0	
	6	Katerina	Males	Ipswich Harriers	49.2	
		-	-	-		

800m	1	Sophie	Tooley	West Suffolk AC	2.16.5	CBP
	2	Chloe	Godbold	Ipswich Harriers	2.34.6	
	3	Chloe	Doyle	St Edmund Pacers	2.41.0	
	4	Emma	Jobbins	West Suffolk AC	2.49.3	
	5	-	-	-	-	
	6	-	-	-	-	
	7	-	-	-	-	
1500m	1	Holly	Davies	West Suffolk AC	4.55.4	
	2	Nella	Walters	West Suffolk AC	5.00.9	
	3	Megan	Newton	West Suffolk AC	5.08.9	
	4	Felicity	Jarvis	Ipswich High School	5.32.6	
	5	Elena	Saiu-Bell	West Suffolk AC	6.00.9	
75m H Final	1	Isobella	Blowers	Ipswich Harriers	12.3	
	2	Miri	Budd	Ipswich Harriers	12.6	
	3	Natasha	Males	Ipswich Harriers	13.3	
	4	Isabella	O'Brien-Miller	West Suffolk AC	14.3	
	5	-	-	-	-	
HJ	1	Lauren	Grubb	Ipswich Harriers	1.58	
	2	Beth	Keswick	Culford Sch	1.56	
	3	Isabella	O'Brien-Miller	West Suffolk AC	1.45	
	4	Freya	Emerick	Ipswich Harriers	1.30	
	5	-	-	-	-	
PV	1	Isobella	Blowers	Ipswich Harriers	2.20	CBP
	-	-	-	-	-	
LJ	1	Miri	Budd	Ipswich Harriers	4.90	
	2	Beth	Keswick	Culford Sch	4.59	
	3	Niamh	Leeson	West Suffolk AC	4.44	
	4	Jevony	Hall	West Suffolk AC	4.17	
	5	Freya	Emerick	Ipswich Harriers	4.10	
	6	Chloe	Godbold	Ipswich Harriers	4.09	
	7	Natasha	Males	Ipswich Harriers	3.95	
	8	-	-	-	-	
TJ	1	Niamh	Leeson	West Suffolk AC	8.63	
	2	Katerina	Males	Ipswich Harriers	8.15	
SP	1	Lana	Fulcher	Ipswich Harriers	9.55	
	2	Holly	Davies	West Suffolk AC	6.96	
DT	1	Laura	Graham	Woodbridge Sch	27.05	
	2	Lana	Fulcher	Ipswich Harriers	25.15	
HT	1	Lana	Fulcher	Ipswich Harriers	39.45	CBP
	2	Mia	Browne	Thetford AC	34.64	
JT	1	Laura	Graham	Woodbridge Sch	32.22	CBP

2	Isobella	Blowers	Ipswich Harriers	24.87
3	-	-	-	
	-	-	-	
	-	-	-	

### Suffolk County AA Championships Results 2013 - 26th May, Ipswich

#### Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Georgia	Harrold	Ipswich Harriers	14.4	
	2	Christy	Fraser	Ipswich Harriers	14.5	
	3	Jasmine	Cant	Ipswich Harriers	14.7	
	4	Libby	Parker	RHS	15.0	
	5	Meg	Bartholomew	West Suffolk AC	15.2	
	6	Meg	Gooderham	Ipswich Harriers	16.2	
			-	-		
200m Final	1	Christy	Fraser	Ipswich Harriers	29.0	
	2	Jasmine	Cant	Ipswich Harriers	29.2	
	3	Claudia	Spencer-Hall	West Suffolk AC	31.8	
	4	Lola	Goodall	West Suffolk AC	34.1	
	5	Daisy	Charles	Diss AC	36.9	
			-	-		
800m	1	Claudia	Spencer-Hall	West Suffolk AC	2.54.0	
	2	Evie	Morgan	Ipswich JAFFA	3.01.9	
	3	-	-	-		
			-	-		
1500m	1	Olivia	Allum	West Suffolk AC	5.12.4	
	2	Nadia	Mason	Ipswich Sch	5.43.8	
	3	Alana	Wilson	Cherry Trees Prep Sch	5.46.3	
	4	Lola	Goodall	West Suffolk AC	6.05.7	
	5	Daisy	Charles	Diss AC	7.20.6	
			-	-		
70m H	1	Libby	Parker	RHS	14.1	
	2	Meg	Gooderham	Ipswich Harriers	16.3	
			-	-		
HJ	1	Sophie	Totton	Ipswich Sch	1.10	
			-	-		
LJ	1	Claudia	Spencer-Hall	West Suffolk AC	4.20	
	2	Nadia	Mason	Ipswich Sch	3.70	
	3	Christy	Fraser	Ipswich Harriers	3.31	
	4	Daisy	Charles	Diss AC	2.99	
			-	-		
SP	1	Gemma	Ramsey	Ipswich Harriers	8.01	CBP
			-	-		
DT	1	Gemma	Ramsey	Ipswich Harriers	20.11	
	2	Sophie	Totton	Ipswich Sch	16.92	
			-	-		
JT	1	Gemma	Ramsey	Ipswich Harriers	24.51	CBP
	2	Nadia	Mason	Ipswich Sch	12.14	
	3	-	-	-		