

Suffolk County AA Championships Results 2014 - 25th May, Ipswich

Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Hannah	Mayne	Waveney Valley AC	13.7	
	2	Jasmine	Cant	Ipswich Harriers	13.8	
	3	Lonarra	Youngs	Ipswich Harriers	14.0	
	4	Mia	Hopson	Waveney Valley AC	14.4	
	5	Isabella	Prince	Brandeston Hall	15.3	
	6	Faith	Reader	Brandeston Hall	15.4	
	7	Alice	Collyer	Bungay HS	15.8	
	8	Daisey	Charles	Diss AC	16.0	
200m	1	Hannah	Mayne	Waveney Valley AC	28.5	
	2	Jasmine	Cant	Ipswich Harriers	28.6	
	3	Lonarra	Youngs	Ipswich Harriers	29.5	
	4	Isabella	Prince	Brandeston Hall	32.7	
	5	Daisey	Charles	Diss AC	33.8	
800m	1	Libby	Walshe	West Suffok AC	2.35.7	
	2	Alice	Collyer	Bungay HS	2.58.5	
	3	-	-	-		
1500m	1	Emilia	Salsby	Brandeston Hall	5.42.7	
	2	Alana	Wilson	West Suffok AC	5.47.8	
	3	Evie	Morgan	Ipswich Harriers	5.51.1	
	4	Eliza	Bowditch	Brandeston Hall	5.59.1	
70m H	1	Mia	Hopson	Waveney Valley AC	14.2	
	2	Meg	Gooderham	Ipswich HS	14.3	
HJ	1	Faith	Reader	Brandeston Hall	1.25	
	2	Isabella	Prince	Brandeston Hall	1.25	
	3	Eliza	Bowditch	Brandeston Hall	1.15	
PV	1	-	-	-		
LJ	1	Hannah	Mayne	Waveney Valley AC	4.79	CBP
	2	Alana	Wilson	West Suffok AC	3.98	
	3	Daisey	Charles	Diss AC	3.35	
SP	1	Poppy	Mayall	Brandeston Hall	8.72	CBP
	2	Megan	Hughes	Ipswich Harriers	6.88	
	3	Harriet	Gooch	Waveney Valley AC	5.46	
DT	1	Megan	Hughes	Ipswich Harriers	23.24	
	2	Poppy	Mayall	Brandeston Hall	20.19	
	3	Meg	Gooderham	Ipswich HS	14.10	
	4	Harriet	Gooch	Waveney Valley AC	12.02	
HT	1	-	-	-		
JT	1	Poppy	Mayall	Brandeston Hall	24.01	
	2	Megan	Hughes	Ipswich Harriers	23.50	
	3	Mia	Hopson	Waveney Valley AC	13.52	

Under 15 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Janae	Duporte-Clarke	Ipswich Harriers	13.3	
	2	Georgia	Harrold	Ipswich Harriers	13.5	
	3	Connie	Fairchild	Ipswich Harriers	13.6	
	4	Meg	Bartholomew	West Suffok AC	14.4	
	5	Rose	Winter	Brandeston Hall	14.6	
200m	1	Georgia	Harrold	Ipswich Harriers	28.2	
	2	Mikayela	Sealby	West Suffok AC	29.1	
	3	Lauren	Flude	Ipswich Harriers	29.9	
	4	Natasha	Males	Ipswich Harriers	30.2	
	5	Emma	Jobbins	West Suffok AC	31.5	
300m	1	Ella	Gooderham	Ipswich HS	46.4	
	2	Isabella	Keeley	Ipswich Harriers	46.4	
	3	Maddie	Craig	Ipswich Harriers	46.4	
	4	Jevony	Hall	Culford School	46.6	
	5	Liberty	Salsby	Brandeston Hall	47.5	
	6	Emma	Jobbins	West Suffok AC	49.5	
800m	1	Mikayela	Sealby	West Suffok AC	2.32.8	
	2	Katrina	Kemp	West Suffok AC	2.34.2	
	3	Maddie	Craig	Ipswich Harriers	2.35.5	
	4	Isabella	Keeley	Ipswich Harriers	2.35.5	
	5	Ella	Gooderham	Ipswich HS	2.43.0	
	6	Elena	Saiu-Bell	West Suffok AC	2.56.5	
1500m	1	Olivia	Allum	West Suffok AC	5.05.6	
	2	Charlotte	Summers	Brandeston Hall	5.05.6	
	3	Nella	Walters	West Suffok AC	5.12.9	
	4	Anna	Firth	Ipswich Harriers	5.20.9	
	5	Megan	Newton	West Suffok AC	5.24.4	
	6	Daisy	Maile	Brandeston Hall	6.11.2	
75m H	1	Isabella	Keeley	Ipswich Harriers	12.5	
	2	Natasha	Males	Ipswich Harriers	13.0	
	3	Maddie	Craig	Ipswich Harriers	13.1	
	4	Lauren	Flude	Ipswich Harriers	13.3	
	5	Maddie	Venn	Kesgrave HS	13.6	
1K Walk	1	Sophie	Totton	Ipswich HS	7.39.0	
	2	-	-	-		

Under 15 Girls (continued)

HJ	1	Isabella	O'Brien-Miller	West Suffok AC	1.50	
	2	Katrina	Kemp	West Suffok AC	1.40	
	3	Emily	Archbold	Waveney Valley AC	1.35	
	4	Maddie	Venn	Kesgrave HS	1.25	
PV	1	-	-	-		
LJ	1	Janae	Duporte-Clarke	Ipswich Harriers	4.79	
	2	Katrina	Kemp	West Suffok AC	4.55	
	3	Isabella	O'Brien-Miller	West Suffok AC	4.33	
	4	Connie	Fairchild	Ipswich Harriers	4.17	
	5	Rose	Winter	Brandeston Hall	3.97	
	6	Liberty	Salsby	Brandeston Hall	3.95	
	7	Nadia	Mason	Ipswich Harriers	3.86	
	8	Cosima	Ross	Brandeston Hall	3.35	
TJ	1	Sophie	Wiseman	West Suffok AC	9.42	
	2	Elena	Saiu-Bell	West Suffok AC	8.52	
	3	Nadia	Mason	Ipswich Harriers	8.27	
	4	-	-	-		
SP	1	Cosima	Ross	Brandeston Hall	8.04	
	2	Sophie	Totton	Ipswich HS	6.35	
DT	1	Isabella	O'Brien-Miller	West Suffok AC	19.40	
	2	Rose	Winter	Brandeston Hall	19.10	
	3	Nella	Walters	West Suffok AC	15.02	
	4	Sophie	Totton	Ipswich HS	14.84	
	5	Cosima	Ross	Brandeston Hall	14.64	
7						
HT	1	-	-	-		
JT	1	Gemma	Ramsey	Ipswich Harriers	32.68	CBP
	2	Meg	Bartholomew	West Suffok AC	26.49	

Under 17 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Lauren	Gibbs	West Suffok AC	12.8	
	2	Chantelle	Kilpatrick	Ipswich Harriers	12.9	
	3	Chloe	Stopher	Ipswich Harriers	13.2	
	4	Miri	Budd	St Alban Catholic HS	13.3	
	5	Francesca	Betson	West Suffok AC	13.7	
	6	Jemma	Fairchild	Ipswich Harriers	13.8	
200m	1	Lauren	Gibbs	West Suffok AC	26.4	
	2	Chantelle	Kilpatrick	Ipswich Harriers	26.8	
	3	Chloe	Godbold	Ipswich Harriers	27.2	
	4	Chloe	Stopher	Ipswich Harriers	27.9	
	5	Jemma	Fairchild	Ipswich Harriers	29.0	
	6	Francesca	Betson	West Suffok AC	29.3	
300m Final	1	Chloe	Godbold	Ipswich Harriers	44.1	
	2	Peggy-Mai	Norman	West Suffok AC	45.0	
	3	Eleanor	Tennant	Ipswich Harriers	47.5	

Under 17 Women (Continued)

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
800m	1	Sophie	Tooley	West Suffok AC	2.13.8	CBP
	2	Emily	Moyes	West Suffok AC	2.28.8	
	3	Chloe	Doyle	St Edmund Pacers	2.31.9	
	4	Molly	Leeson	Ipswich Harriers	2.32.0	
	5	Eleanor	Tennant	Ipswich Harriers	2.34.5	
1500m	1	Holly	Davies	West Suffok AC	5.03.1	
	2	-	-	-		
3000m	1	Abigail	Rose	Ipswich Harriers	10.55.6	
	2	-	-	-		
1500m S/C	1	Emily	Moyes	West Suffok AC	5.37.5	CBP
	2	Bronwyn	Jacobs	West Suffok AC	5.48.3	
	3	Holly	Aston	Ipswich Harriers	6.27.7	
80m H	1	Isabella	Blowers	Ipswich Harriers	12.5	
	2	Miri	Budd	St Alban Catholic HS	13.2	
	3	Holly	Aston	Ipswich Harriers	17.5	
300m H	1	-	-	-		
3k Walk	1	-	-	-		
HJ	1	Peggy-Mai	Norman	West Suffok AC	1.30	
	2	-	-	-		
PV	1	Isabella	Blowers	Ipswich Harriers	2.20	
	2	-	-	-		
LJ	1	Miri	Budd	St Alban Catholic HS	4.84	
	2	Zoe	Beckley	West Suffok AC	4.53	
TJ	1	Chantelle	Kilpatrick	Ipswich Harriers	10.33	
	2	Zoe	Beckley	West Suffok AC	9.97	
	3	Holly	Aston	Ipswich Harriers	8.41	
	4	Katerina	Males	Ipswich Harriers	8.07	
SP	1	Lana	Fulcher	Ipswich Harriers	10.30	
	2	Zoe	Beckley	West Suffok AC	8.22	
	3	Peggy-Mai	Norman	West Suffok AC	7.92	
DT	1	Lana	Fulcher	Ipswich Harriers	26.11	
	2	Jemma	Fairchild	Ipswich Harriers	22.57	
	3	Mia	Browne	Thetford AC	21.72	
HT	1	Lana	Fulcher	Ipswich Harriers	46.38	CBP
	2	Mia	Browne	Thetford AC	37.91	
	3	Emma	Nichols	Ipswich Harriers	20.86	
JT	1	Isabella	Blowers	Ipswich Harriers	24.14	
	2	-	-	-		

Under 20 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	April	Castle	West Suffok AC	13.8	
200m	1	Keeley	Whitlock	Ipswich Harriers	27.7	
400m	1	Keeley	Whitlock	Ipswich Harriers	63.5	
	2	Hannah	Maher	CONAC	73.3	
800m	1	-	-	-		
1500m	1	Alice	Goodwin	Ipswich Harriers	5.16.2	
3000m	1	-	-	-		
100m H	1	April	Castle	West Suffok AC	19.5	
400m H	1	Hannah	Maher	CONAC	83.0	
3k Walk	1	-	-	-		
HJ	1	Sarah	Prescott-Smith	Ipswich HS	1.55	
PV	1	Sophie	Godbold	Ipswich Harriers	1.70	
LJ	1	Sarah	Prescott-Smith	Ipswich HS	4.95	
	2	April	Castle	West Suffok AC	4.75	
TJ	1	Rachel	Ryan	Ipswich Harriers	10.83	
	2	April	Castle	West Suffok AC	10.37	
	3	Sophie	Godbold	Ipswich Harriers	7.52	
SP	1	Debbie	Castle	West Suffok AC	9.08	
	2	Hannah	Maher	CONAC	8.17	
DT	1	Debbie	Castle	West Suffok AC	31.81	
HT	1	Debbie	Castle	West Suffok AC	28.25	
JT	1	Debbie	Castle	West Suffok AC	30.69	

Senior Women

100m	1	Elizabeth	Welbourn (v50)	Ipswich Harriers	14.7	
200m	1	Elizabeth	Welbourn (v50)	Ipswich Harriers	30.8	
400m	1	Leanne	Thorndyke	Ipswich Harriers	67.1	
800m	1	Katy	Sealy	Ipswich Harriers	2.35.2	
1500m	1	-	-	-		
3000m	1	Maureen	McCarthy (v50).	West Suffok AC	11.26.1	
1500m S/C	1	-	-	-		

Senior Women (Continued)

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m H	1	Katy	Sealy	Ipswich Harriers	16.0	
	2	Evie	Castle	West Suffok AC	17.8	
400m H	1	Evie	Castle	West Suffok AC	88.9	
3k Walk	1	Linda	Spinks (v45)	Enfield & Haringey AC	20.54.5	
HJ	1	Katy	Sealy	Ipswich Harriers	1.60	
PV	1	-	-	-		
LJ	1	Tania	Spurling	West Suffok AC	5.10	
	2	Hannah	Castle	West Suffok AC	4.04	
TJ	1	Tania	Spurling	West Suffok AC	11.11	
SP	1	Evie	Castle	West Suffok AC	10.81	
DT	1	Evie	Castle	West Suffok AC	29.65	
	2	Hannah	Castle	West Suffok AC	22.16	
HT	1	Georgina	Howe	Ipswich Harriers	45.02	CBP
	2	Evie	Castle	West Suffok AC	35.50	
JT	1	Katy	Sealy	Ipswich Harriers	35.82	
	2	Evie	Castle	West Suffok AC	29.98	

Under 13 Boys

100m Ht 1	1	Harvey	Williams	West Suffok AC	13.4
	2	Callum	Hopson	Waveney Valley AC	14.3
	3	Cameron	Bailey	West Suffok AC	14.3
	4	Will	James	Brandeston Hall	15.1
	5	Benjamin	Hart	West Suffok AC	16.6
100m Ht 2	1	Amadi	Gray	RHS	13.9
	2	Finn	James	Brandeston Hall	14.1
	3	Maximus	Russell	Brandeston Hall	15.1
	4	Alec	Wilson	Waveney Valley AC	15.3
100m Final	1	Harvey	Williams	West Suffok AC	13.5
	2	Finn	James	Brandeston Hall	14.1
	3	Amadi	Gray	RHS	14.2
	4	Callum	Hopson	Waveney Valley AC	14.3
	5	Cameron	Bailey	West Suffok AC	14.3
	6	Maximus	Russell	Brandeston Hall	15.3
200m	1	Harvey	Williams	West Suffok AC	29.4
	2	Cameron	Bailey	West Suffok AC	30.2
	3	Callum	Hopson	Waveney Valley AC	30.7
	4	Nicholas	Males	Ipswich Harriers	31.1
	5	Adam	Newton	West Suffok AC	33.5
	6	Lucas	Walker	Brandeston Hall	35.0

Under 13 Boys (Continued)

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
800m	1	Jamie	Besford	Waveney Valley AC	2.31.5	
	2	Adam	Newton	West Suffok AC	2.44.8	
	3	Leo	Saiu-Bell	West Suffok AC	3.13.1	
1500m	1	Jack	Weaver	Ipswich Harriers	5.14.0	
	2	Finn	James	Brandeston Hall	5.18.0	
	3	Tai	Elvin-Andrews	Waveney Valley AC	5.23.2	
	4	Will	James	Brandeston Hall	5.27.1	
	5	Rohan	Salisbury	Culford School	5.27.5	
	6	Fynn	Maydon	Brandeston Hall	5.53.7	
	7	Benjamin	Sunderland	Brandeston Hall	5.59.4	
	8	Alec	Wilson	Waveney Valley AC	6.04.7	
75m H	1	Max	Derbyshire	Culford School	13.8	
	2	Nicholas	Males	Ipswich Harriers	14.4	
	3	Tai	Elvin-Andrews	Waveney Valley AC	15.3	
1k Walk	1	George	Wilkinson	Westley Middle School	6.18.9	
	2	Daniel	Spinks	Moulton CEVC Sch	7.12.0	
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
HJ	1	Tai	Elvin-Andrews	Waveney Valley AC	1.15	
	2	Jack	Weaver	Ipswich Harriers	1.00	
PV	1	-	-	-		
LJ	1	Max	Derbyshire	Culford School	4.39	
	2	Callum	Hopson	Waveney Valley AC	3.93	
	3	Jamie	Besford	Waveney Valley AC	3.61	
	4	Lucas	Walker	Brandeston Hall	3.57	
	5	Benjamin	Hart	West Suffok AC	3.35	
	6	Alec	Wilson	Waveney Valley AC	3.27	
SP	1	Finn	James	Brandeston Hall	8.57	
	2	Henry	Ewart	Ipswich Harriers	8.09	
	3	Thomas	Mitson	West Suffok AC	5.64	
DT	1	Henry	Ewart	Ipswich Harriers	20.60	
	2	Thomas	Mitson	West Suffok AC	17.95	
HT	1	-	-	-		
JT	1	Thomas	Mitson	West Suffok AC	26.06	
	2	Benjamin	Hart	West Suffok AC	15.94	
	3	Nicholas	Males	Ipswich Harriers	14.39	

Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Jonathan	Eley	Ipswich Harriers	12.6	
	2	James	Giddings	Ipswich Harriers	12.7	
	3	Fergus	Schofield	Culford School	12.7	
	4	George	Wright	Brandeston Hall	13.3	
	5	Joe	Lipman	Brandeston Hall	13.7	
	6	Matthew	Snowdon	Ipswich Harriers	14.2	
200m	1	Jake	Greenleaf	Ipswich Harriers	25.3	
	2	Jonathan	Eley	Ipswich Harriers	25.4	
	3	James	Giddings	Ipswich Harriers	25.9	
	4	George	Wright	Brandeston Hall	27.7	
300m Final	1	Jake	Greenleaf	Ipswich Harriers	39.5	CBP
	2	Edward	Darrall	Diss AC	43.9	
	3	Thomas	Tallant	West Suffok AC	47.8	
800m	1	Louis	Breyer	St Joseph College	2.18.1	
	2	Samuel	Grooms	Framlingham Flyers	2.28.4	
	3	Edward	Darrall	Diss AC	2.31.0	
	4	Thomas	McCarthy	West Suffok AC	2.35.3	
	5	Joshua	Walker	West Suffok AC	2.37.6	
	6	Thomas	Tallant	West Suffok AC	2.38.4	
	7	Philip	Crutchlow	West Suffok AC	2.38.7	
1500m	1	Alex	Baxter	Ipswich Harriers	4.36.9	
	2	Matthew	Snowdon	Ipswich Harriers	4.43.9	
	3	Samuel	Grooms	Framlingham Flyers	5.07.9	
	4	Richard	Heaton	Brandeston Hall	5.57.3	
80m H	1	Louis	Breyer	St Joseph College	15.2	
1k Walk	1	-	-	-		
HJ	1	Charlie	Aldis	Debenham HS/ Ips H	1.50	
	2	Thomas	McCarthy	West Suffok AC	1.25	
PV	1	-	-	-		
LJ	1	Fergus	Schofield	Culford School	4.76	
	2	Joe	Lipman	Brandeston Hall	4.57	
	3	Jonathan	Eley	Ipswich Harriers	4.51	
	4	Thomas	McCarthy	West Suffok AC	4.18	
TJ	1	Fergus	Schofield	Culford School	9.82	
SP	1	James	Giddings	Ipswich Harriers	9.53	
	2	Levi-Jack	Roper	West Suffok AC	9.00	
DT	1	Levi-Jack	Roper	West Suffok AC	25.46	
HT	1	Levi-Jack	Roper	West Suffok AC	38.50	
JT	1	Zac	Thadani	Kesgrave HS	27.27	
	2	Philip	Crutchlow	West Suffok AC	23.43	
	3	Joshua	Walker	West Suffok AC	22.66	

Under 17 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Owen	Giddings	Ipswich Harriers	11.2	=CBP
	2	Daniel	Wong	Benjamin Britten Sch	11.4	
	3	Andrew	Davis	Ipswich Harriers	12.6	
200m	1	Owen	Giddings	Ipswich Harriers	22.8	CBP
	2	Daniel	Wong	Benjamin Britten Sch	23.6	
	3	Benson	Craven	Ipswich Harriers	24.1	
400m	1	Christopher	Jones	Ipswich Harriers	58.2	
800m	1	Christy	Williams	West Suffok AC	2.05.0	
	2	Paul	Notley	Cambridge & Coleridge	2.06.5	
	3	Ben	Eames	West Suffok AC	2.07.8	
	4	Sam	Allen	Ipswich Harriers	2.10.6	
	5	Ben	Charles	Diss AC	2.51.9	
1500m	1	Sam	Allen	Ipswich Harriers	4.28.1	
	2	Henry	Milldown	Ipswich Harriers	4.31.8	
	3	Adam	Crawford	West Suffok AC	4.33.7	
	4	Will	Blackburn	Ipswich Harriers	4.38.8	
	5	William	Page	Col & T	4.40.7	
	6	Dominic	Mason	Ipswich Harriers	5.02.1	
3000m	1	Kieran	D'Lima	Culford School	10.44.6	
1500m S/C	1	-	-	-		
100m H	1	-	-	-		
400m H	1	Wesley	Roper	West Suffok AC	75.5	
3k Walk	1	-	-	-		
HJ	1	Christopher	Jones	Ipswich Harriers	1.7	
	2	Wesley	Roper	West Suffok AC	1.55	
PV	1	-	-	-		
LJ	1	Benson	Craven	Ipswich Harriers	6.08	
	2	Oliver	Wimshurst	West Suffok AC	5.11	
	3	Dominic	Mason	Ipswich Harriers	4.16	
TJ	1	Wesley	Roper	West Suffok AC	11.54	
	2	Oliver	Wimshurst	West Suffok AC	10.64	
SP	1	-	-	-		
DT	1	-	-	-		
HT	-	-	-	-		
	1	-	-	-		
JT	1	Harry	Hughes	West Suffok AC	69.28	CBP
	2	Robert	Hopkinson	West Suffok AC	45.23	
	3	Daniel	Cole	Col & T	39.63	
	4	Ben	Charles	Diss AC	24.62	
	5	Dominic	Mason	Ipswich Harriers	3.26	

Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Kyle	Potter	West Suffok AC	11.3	
	2	Errol	Thompson	Ipswich Harriers	11.3	
	3	James	Curran	West Suffok AC	11.5	
	4	Callum	Grant	West Suffok AC	11.8	
	5	Harry	Unwin	West Suffok AC	12.5	
200m	1	Kyle	Potter	West Suffok AC	23.0	
	2	Callum	Grant	West Suffok AC	23.8	
	3	James	Curran	West Suffok AC	24.0	
	4	Harry	Unwin	West Suffok AC	24.9	
400m	1	Christian	Frost	Ipswich Harriers	51.7	
	2	Callum	Grant	West Suffok AC	53.7	
800m	1	Michael	Bartram	West Suffok AC	1.58.1	
	2	Sebastian	Anthony	West Suffok AC	1.58.6	
	3	Ross	Tennant	Ipswich Harriers	1.59.1	
	4	Bradley	Wattleworth	Ipswich Harriers	2.02.1	
	5	Cameron	McKie	West Suffok AC	2.13.2	
1500m	1	Michael	Bartram	West Suffok AC	4.13.0	
3000m	1	Dominic	Oliver	CONAC	8.55.5	
	2	Connor	Whiting	Ipswich Harriers	9.22.9	
2000m S/C	1	-	-	-		
110m H	1	Thomas	Cunningham-Fahie	Col & T	15.7	
400m H	1	-	-	-		
3k Walk	1	Callum	Wilkinson	Enfield & Haringey AC	12.48.4	CBP
HJ	1	Errol	Thompson	Ipswich Harriers	1.70	
PV	1	-	-	-		
LJ	1	Errol	Thompson	Ipswich Harriers	5.98	
TJ	1	-	-	-		
SP	1	Oliver	Thompson	Thetford AC	9.07	
DT	1	Oliver	Thompson	Thetford AC	31.41	
HT	1	Oliver	Thompson	Thetford AC	45.55	
JT	1	Marshall	Childs	Ipswich Harriers	56.13	

Senior Men:

100m	1	Ben	Higgins	Ipswich Harriers	11.4	
	2	Nigel	Hayman (v35)	Ipswich Harriers	12.8	
200m	1	Nigel	Hayman (v35)	Ipswich Harriers	26.0	
	2	Paul	McAllister (v45)	Capel Cheetahs	29.6	
400m	1	Ben	Higgins	Ipswich Harriers	49.7	
	2	David	Sealy (v50)	Unattached	67.3	

Senior Men (Continued)

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
800m	1	-	-	-		
1500m	1	Jonathan	Goringe	Birchfield H	4.09.0	
	6					
3000m	1	-	-	-		
2000m S/C	1	-	-	-		
110m H	1	-	-	-		
400m H	1	David	Bush	Nene Valley Harriers	58.4	
3k Walk	1	Tony	Wilkinson (v50).	Unattached	22.23.9	
HJ	1	Luke	Allen	West Suffok AC	1.60	
PV	1	Ian	Ling (v40)	Ipswich Harriers	2.50	
LJ	1	Luke	Allen	West Suffok AC	6.05	
	2	David	Bush	Nene Valley Harriers	5.71	
	3	Paul	McAllister (v45)	Capel Cheetahs	4.45	
TJ	1	Paul	Harrison (v45)	West Suffok AC	11.39	
	2	Paul	McAllister (v45)	Capel Cheetahs	10.01	
SP	1	Jake	Allen	West Suffok AC	12.24	
	2	Luke	Allen	West Suffok AC	10.55	
	3	Paul	McAllister (v45)	Capel Cheetahs	8.83	
	4	Michael	Davis	Ipswich Harriers	7.79	
	5	Matthew	Foulger	Orwell Panthers	5.71	
DT	1	Jake	Allen	West Suffok AC	36.06	
	2	David	Hughes	Ipswich Harriers	31.35	
	3	Paul	Keys (v50)	Unattached	23.62	
	4	Michael	Davis	Ipswich Harriers	22.09	
	5	Matthew	Foulger	Orwell Panthers	16.51	
HT	1	Malcolm	Fenton (v55)	Ipswich Harriers	43.89	
	2	Jake	Allen	West Suffok AC	40.96	
	3	Michael	Davis	Ipswich Harriers	29.70	
	4	Matthew	Foulger	Orwell Panthers	16.44	
JT	1	David	Hughes	Ipswich Harriers	36.05	
	2	Paul	Keys (v50)	Unattached	34.48	