

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

Senior Men:

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
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	
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	