

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

Senior Women

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