

Suffolk County AA Championships Results 2015 - 24th May, Ipswich

Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Ht1	1	Lonarra	Youngs	Ipswich Harriers	13.5	
	2	Tyeonoe	Smith	Ipswich Harriers	14.1	
	3	Jemima	Bestley	Ipswich Harriers	14.3	
	4	Amelie	Goulborn	Ipswich Harriers	14.5	
	5	Abeni	Beckham	Waveney Valley	15.0	
100m Ht 2	1	Madison	Frost	Ipswich Harriers	14.6	
	2	Shamara	Hammonds	Waveney Valley	15.0	
	3	Libby	Stinson	West Suffolk AC	15.9	
	4	Maddie	Archbold	Waveney Valley	16.6	
	5	Taela	Hodds	Northfield Primary	17.2	
100m Final	1	Lonarra	Youngs	Ipswich Harriers	13.7	
	2	Tyeonoe	Smith	Ipswich Harriers	14.2	
	3	Jemima	Bestley	Ipswich Harriers	14.3	
	4	Madison	Frost	Ipswich Harriers	14.6	
	5	Amelie	Goulborn	Ipswich Harriers	14.7	
	6	Shamara	Hammonds	Waveney Valley	15.0	
200m Final	1	Lonarra	Youngs	Ipswich Harriers	28.8	
	2	Tyeonoe	Smith	Ipswich Harriers	30.0	
	3	Jemima	Bestley	Ipswich Harriers	30.8	
	4	Shamara	Hammonds	Waveney Valley	33.2	
	5	Brooke	Oram	Waveney Valley	33.6	
	6	Libby	Stinson	West Suffolk AC	34.2	
800m	1	Mimi	Ssalsby	Brandeston Hall	2.37.1	
	2	Holly	Fisher	Ipswich Harriers	2.37.2	
	3	Caitlin	Vizor	West Suffolk AC	2.38.9	
	4	Lydia	Marshall	Ipswich Harriers	2.56.2	
	5	Maisy	Armstrong	Ipswich Harriers	2.59.1	
	6	Emily	Darrall	Diss AC	3.06.6	
	7	Libby	Stinson	West Suffolk AC	3.07.9	
	8	Mollie	Bilner	Ipswich Harriers	3.13.5	
1500m	1	April	Hill	Ipswich Harriers	5.05.9	
	2	Tilly	Aldis	Ipswich Harriers	5.13.2	
	3	Brooke	Oram	Waveney Valley	5.42.8	
	4	Grace	Forster	Beccles & Bungay Harr	5.45.9	
	5	Nellee	Berry	Kyson Primary	6.05.3	
70m H	1	Maisy	Armstrong	Ipswich Harriers	12.8	
	2	Madison	Frost	Ipswich Harriers	13.2	
	3	Shamara	Hammonds	Waveney Valley	15.0	
	4	Maddie	Archbold	Waveney Valley	15.8	
HJ	1	Eliza	Betts	Colchester Harriers	1.25	
	2	Abeni	Beckham	Waveney Valley	1.25	

LJ	1	Caitlin	Vizor	West Suffolk AC	4.32	
	2	Eliza	Betts	Colchester Harriers	4.31	
	3	Abeni	Beckham	Waveney Valley	4.14	
	4	Maisy	Armstrong	Ipswich Harriers	3.92	
	5	Amelie	Goulborn	Ipswich Harriers	3.83	
	6	Mollie	Bilner	Ipswich Harriers	3.24	
	7	Maddie	Archbold	Waveney Valley	3.00	
	8	Lydia	Marshall	Ipswich Harriers	2.97	
	9	Taela	Hodds	Northfield Primary	2.16	
SP	1	Lydia	Marshall	Ipswich Harriers	4.00	
DT	1	Sophie	Graham	Woodbridge	27.34	CBP
	2	Carmen	Alexander	Ipswich Harriers	17.65	
JT	1	Brooke	Oram	Waveney Valley	13.67	
Under 15 Girls						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Ht 1	1	Jasmine	Cant	Ipswich Harriers	13.0	
	2	Hannah	Mayne	Gt Yarmouth & Dist	13.0	
	3	Connie	Fairchild	Ipswich Harriers	13.3	
	4	Charlie	Moore	Ipswich Harriers	13.6	
	5	Christy	Fraser	Ipswich Harriers	14.2	
	6	Poppy	Mayall	Brandeston Hall	14.3	
	7	Nicole	Aston	Ipswich Harriers	14.7	
	8					
100m Ht 2	1	Hannah	Lygo	Ipswich Harriers	13.5	
	2	Morgan	Frost	Ipswich Harriers	13.6	
	3	Megan	Buddle	Ipswich Harriers	13.6	
	4	Mia	Palmer	Ipswich Harriers	14.1	
	5	Faith	Reader	Brandeston Hall	15.2	
	6	Daisy	Charles	Diss AC	15.4	
100m Final	1	Hannah	Mayne	Gt Yarmouth & Dist	13.1	
	2	Jasmine	Cant	Ipswich Harriers	13.1	
	3	Hannah	Lygo	Ipswich Harriers	13.2	
	4	Charlie	Moore	Ipswich Harriers	13.3	
	5	Connie	Fairchild	Ipswich Harriers	13.4	
	6	Megan	Buddle	Ipswich Harriers	13.8	
	7	Morgan	Frost	Ipswich Harriers	13.8	

200m Ht 1	1	Nicole	Hughes	Ipswich Harriers	27.0	
	2	Jasmine	Cant	Ipswich Harriers	27.1	
	3	Connie	Fairchild	Ipswich Harriers	29.4	
	4	Christy	Fraser	Ipswich Harriers	29.8	
200m Ht 2	1	Meg	Bartholomew	West Suffolk AC	28.9	
	2	Morgan	Frost	Ipswich Harriers	29.5	
	3	Mia	Hopson	Waveney Valley	29.7	
	4	Daisy	Charles	Diss AC	33.0	
200m Final	1	Nicole	Hughes	Ipswich Harriers	27.1	
	2	Jasmine	Cant	Ipswich Harriers	27.3	
	3	Morgan	Frost	Ipswich Harriers	29.1	
	4	Mia	Hopson	Waveney Valley	29.7	
	5	Meg	Bartholomew	West Suffolk AC	29.7	
300m Final	1	Hannah	Lygo	Ipswich Harriers	43.8	
	2	Isabella	Keeley	Ipswich Harriers	44.9	
	3	Maddie	Craig	Ipswich Harriers	45.6	
	4	Jasmine	Slater	Ipswich Harriers	47.5	
800m	1	Rebecca	Daniel	West Suffolk AC	2.17.4	
	2	Amy	Graham	Woodbridge	2.32.9	
	3	Jasmine	Slater	Ipswich Harriers	2.34.0	
	4	Libby	Walshe	West Suffolk AC	2.36.0	
	5	Claudia	Spencer-Hall	West Suffolk AC	2.38.4	
	6	Amelia	Slater	Ipswich Harriers	2.51.6	
1500m	1	Oliva	Allum	Culford Sch	4.45.3	CBP
	2	Eliza	Bowditch	Brandeston Hall	5.24.9	
	3	Cara	Howe	Beccles & Bungay Harr	5.25.5	
	4	Mia	Palmer	Ipswich Harriers	5.37.1	
	5	Charlotte	Pettitt	Brandeston Hall	6.10.2	
75m H Final	1	Isabella	Keeley	Ipswich Harriers	11.8	
	2	Katrina	Kemp	County Upper	11.9	
	3	Maddie	Venn	Ipswich Harriers	12.5	
	4	Maddie	Craig	Ipswich Harriers	12.6	
	5	Kirsten	Snook	Ipswich Harriers	13.7	
	6	Mia	Hopson	Waveney Valley	13.8	
	7	Amelia	Slater	Ipswich Harriers	DNF	
HJ	1	Katrina	Kemp	County Upper	1.55	
	2	Maddie	Venn	Ipswich Harriers	1.35	
	3	Kirsten	Snook	Ipswich Harriers	1.30	
	4	Faith	Reader	Brandeston Hall	1.20	

LJ	1	Katrina	Kemp	County Upper	5.11	
	2	Hannah	Mayne	Gt Yarmouth & Dist	4.95	
	3	Hannah	Lygo	Ipswich Harriers	4.49	
	4	Connie	Fairchild	Ipswich Harriers	4.46	
	5	Megan	Buddle	Ipswich Harriers	4.21	
	6	Mia	Hopson	Waveney Valley	4.06	
	7	Victoria	Williams	Ipswich Harriers	3.91	
	8	Alana	Wilson	West Suffolk AC	3.83	
	9	Nicole	Aston	Ipswich Harriers	3.77	
	10	Charlotte	Pettitt	Brandeston Hall	3.42	
TJ	1	Charlie	Moore	Ipswich Harriers	8.69	
SP	1	Poppy	Mayall	Brandeston Hall	8.94	
	2	Faye	Alexander	Ipswich Harriers	7.65	
	3	Mia	Hopson	Waveney Valley	7.57	
DT	1	Megan	Hughes	Ipswich Harriers	18.75	
	2	Amy	Graham	Woodbridge	18.18	
	3	Emma	Wallis	Samuel ward Acedemy	18.11	
		Nicole	Aston	Ipswich Harriers	No Mark	
HT	1	Faye	Alexander	Ipswich Harriers	28.22	
	2	Amy	Davies	West Suffolk AC	26.49	
PV	1	Sophie	Graham	Woodbridge	2.20	CBP=
JT	1	Gemma	Ramsey	Ipswich Harriers	37.98	CBP
	2	Meg	Bartholomew	West Suffolk AC	32.49	
	3	Megan	Hughes	Ipswich Harriers	28.93	
	4	Amy	Graham	Woodbridge	28.76	
	5	Poppy	Mayall	Brandeston Hall	27.20	
	6	Alana	Wilson	West Suffolk AC	25.86	
	7	Emma	Wallis	Samuel ward Acedemy	20.92	
Under 17 Women						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Eldece	Emery	Ipswich Harriers	12.6	
	2	Janae	Dupporte-Clarke	Ipswich Harriers	13.0	
200m	1	Eldece	Emery	Ipswich Harriers	25.9	
	2	Isabella	Blowers	Ipswich Harriers	26.8	
	3	Chloe	Godbold	Ipswich Harriers	27.3	
	4	Destiny	Minors	Ipswich Harriers	28.7	
	5	Mikayela	Sealby	County Upper	29.1	
	6	Emma	Jobbins	West Suffolk AC	30.0	
300m Final	1	Ella	Hughes	Ipswich Harriers	42.6	
	2	Chloe	Godbold	Ipswich Harriers	43.5	
	3	Emma	Jobbins	West Suffolk AC	48.0	
	4	Morgan	Cole	County Upper	51.6	

800m	1	Mikayela Sealby	County Upper	2.23.0		
	2	Elizabeth Woodruff	Framlingham College	2.31.6		
	3	Chloe Doyle	St Edmund Pacers	2.33.5		
1500m	1	Lauren Oram	Waveney Valley	6.00.9		
3000m	1	Megan Newton	Stour Valley Com. Sch.	10.40.5		
	2	Abigail Rose	Ipswich Harriers	11.23.0		
1500m S/C	1	Holly Davies	West Suffolk AC	5.31.4	CBP	
80m H	1	Isabella Blowers	Ipswich Harriers	12.1		
300m H	1	Holly Aston	Ipswich Harriers	56.7		
HJ	1	Holly Aston	Ipswich Harriers	1.45		
LJ	1	Janae Dupporte-Clarke	Ipswich Harriers	4.74		
	2	Holly Aston	Ipswich Harriers	4.14		
TJ	1	Janae Dupporte-Clarke	Ipswich Harriers	10.55		
	2	India Goodman	Ipswich Harriers	9.34		
SP	1	Lana Fulcher	Ipswich Harriers	10.32		
DT	1	Lana Fulcher	Ipswich Harriers	30.29		
	2	Laura Graham	Woodbridge	16.06		
	3	Lauren Oram	Waveney Valley	27.73		
HT	1	Lana Fulcher	Ipswich Harriers	50.35	CBP	
	2	Mia Browne	Thetford AC	44.55		
JT	1	Laura Graham	Woodbridge	34.78		
	2	Chloe Godbold	Ipswich Harriers	15.96		
Under 20 Women						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Chantelle Kilpatrick	Ipswich Harriers	12.8		
	2	Francesca Betson	West Suffolk AC	13.5		
	3	Keeley Whitlock	Ipswich Harriers	13.6		
	4	April Castle	Colchester & Tendring	13.6		
	5	Cassie Scotting	West Suffolk AC	14.2		
200m	1	Chantelle Kilpatrick	Ipswich Harriers	27.5		
	2	Keeley Whitlock	Ipswich Harriers	28.3		
	3	Francesca Betson	West Suffolk AC	29.7		
400m	1	Cassie Scotting	West Suffolk AC	74.5		
800m	1	Emily Moyes	West Suffolk AC	2.21.8		
1500m	1	Alice Goodwin	Ipswich Harriers	5.22.1		

3000m	1	Hannah	Maher	CONAC	11.31.0	
	2	Lauren	Howe	CONAC	11.44.5	
1500m S/C	1	Emily	Moyes	West Suffolk AC	5.06.2	CBP
	2	Bronwyn	Jacobs	West Suffolk AC	6.11.8	
100m H	1	April	Castle	Colchester & Tendring	DNF	
400m H	1	Emily	Moyes	West Suffolk AC	66.1	CBP
LJ	1	April	Castle	Colchester & Tendring	4.97	
TJ	1	Chantelle	Kilpatrick	Ipswich Harriers	10.92	
	2	April	Castle	Colchester & Tendring	10.36	
	3	Rachel	Ryan	Ipswich Harriers	NJ	
PV	1	Sophie	Godbold	Ipswich Harriers	1.50	
DT	1	Ellie	Bloomfield	Ipswich Harriers	30.58	
HT	1	Ellie	Bloomfield	Ipswich Harriers	35.46	
Senior Women						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Henrieta	Bartlett	Orwell Panthers	14.6	
	2	Elizabeth	Welbourn	Ipswich Harriers	14.9	
200m	1	Elizabeth	Welbourn	Ipswich Harriers	31.1	
	2	Henrieta	Bartlett	Orwell Panthers	31.9	
400m	1	Sally	Ball	West Suffolk AC	69.0	
	2	Carol	Le Roy	Haverhill RC	79.4	
800m	1	Christine	Anthony	West Suffolk AC	2.37.8	
5000M	1	Elisa	Bostock	Hadleigh Hares	19.00.0	
	2	Maureen	McCarthy	West Suffolk AC	19.52.9	
	3	Michelle	Gordon	Felixstowe RR	20.02.8	
	4	Christine	Anthony	West Suffolk AC	20.48.5	
	5	Lesley	Cooper	Felixstowe RR	23.49.8	
	6	Mandy	Godbold	Ipswich Harriers	24.35.0	
3k Walk	1	Valerie	Nutley	LDWA	21.57.0	
HJ	1	Carol	Le Roy	Haverhill RC	1.30	

LJ	1	Tania	Spurling	West Suffolk AC	4.99	
	2	Hannah	Castle	West Suffolk AC	4.23	
	3	Henrieta	Bartlett	Orwell Panthers	3.56	
TJ	1	Tania	Spurling	West Suffolk AC	10.71	
SP	1	Katy	Sealy	Ipswich Harriers	10.73	
	2	Debbie	Castle	West Suffolk AC	8.70	
DT	1	Georgina	Howe	Univ of Cambridge AC	37.13	
	2	Debbie	Castle	West Suffolk AC	28.10	
	3	Hannah	Castle	West Suffolk AC	20.82	
HT	1	Georgina	Howe	Univ of Cambridge AC	45.08	CBP
JT	1	Debbie	Castle	West Suffolk AC	26.03	
Under 13 Boys						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Jack	Fayers	Ipswich Harriers	13.6	
	2	Ashley	Wilding	St Albans	13.7	
	3	Leo	Joscelyne	Waveney Valley	14.2	
	4	William	Bowker	Ipswich Harriers	14.3	
	5	Brandon	Carter	Ipswich Harriers	14.4	
	6	Solomon	Elvin	Waveney Valley	17.0	
200m Final	1	Cameron	Bailey	West Suffolk AC	28.8	
	2	Maxwell	Birtwistle	St Felix Sch	28.9	
	3	William	Bowker	Ipswich Harriers	29.4	
	4	Connor	Slater	Ipswich Harriers	29.5	
	5	Leo	Joscelyne	Waveney Valley	30.1	
800m	1	Ashley	Wilding	St Albans	2.41.9	
	2	Joseph	Ball	West Suffolk AC	2.45.9	
	3	Leo	Joscelyne	Waveney Valley	2.46.5	
1500m	1	Jack	Weaver	Ipswich Harriers	4.52.6	CBP
	2	Fynn	Maydon	Brandeston Hall	5.25.2	
	3	Connor	Slater	Ipswich Harriers	5.28.5	
	4	George	Morgan	Ipswich Harriers	5.46.2	
	5	Benjamin	Sunderland	Brandeston Hall	6.04.6	
1k Walk	3					
1k Walk	1	Solomon	Elvin	Waveney Valley	7.42.5	
HJ	1	Maxwell	Birtwistle	St Felix Sch	1.25	
	2	Lucas	Walker	Brandeston Hall	1.15	
LJ	1	Jack	Fayers	Ipswich Harriers	4.31	
	2	Maxwell	Birtwistle	St Felix Sch	4.28	
	3	Jayden	Solomon	Ipswich Harriers	3.50	
	4	Lucas	Walker	Brandeston Hall	3.36	

SP	1	Solomon	Breyer	Ipswich Harriers	5.10
	2	Douglas	Charles	Diss AC	3.42
DT	1	Harry	Williamson	Brandeston Hall	19.77
	2	Solomon	Breyer	Ipswich Harriers	12.34
	3	Solomon	Elvin	Waveney Valley	8.22
JT	1	Matthew	Cole	Ipswich Harriers	30.67
	2	Rory	McEniry	West Suffolk AC	27.24
	3	Solomon	Breyer	Ipswich Harriers	16.08
	4	Lucas	Walker	Brandeston Hall	12.76
	5	Brandon	Carter	Ipswich Harriers	12.27
	6	Douglas	Charles	Diss AC	10.74

Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Cameron	Bailey	Ipswich Harriers	11.9	
	2	Harvey	Williams	West Suffolk AC	13.1	
	3	Jack	Grady	Ipswich Harriers	13.7	
	4	Tobias	Scriven	Waveney Valley	14.9	
	5	Bailey	Elvin	Waveney Valley	15.6	
200m Final	1	Aidan	Hewitt	Sir John Lemen HS	25.4	
	2	Luke	Elliff	Ipswich Harriers	25.9	
	3	Luigi	Palmieri	Ipswich Harriers	26.5	
	4	Jaaziel	Kajoba	Ipswich Harriers	26.6	
300m Final	1	Joshua	Hulse	Ipswich Harriers	38.0	CBP
	2	Aidan	Hewitt	Sir John Lemen HS	40.4	
	3	Jaaziel	Kajoba	Ipswich Harriers	41.4	
	4	Alec	Wilson	Waveney Valley	46.5	
800m	1	Joshua	Hulse	Ipswich Harriers	2.01.7	CBP
	2	Philip	Crutchlow	West Suffolk AC	2.19.0	
	3	Jack	Grady	Ipswich Harriers	2.20.6	
	4	Thomas	McCarthy	West Suffolk AC	2.24.7	
	5	Adam	Newton	Stour Valley Com. Sch.	2.28.3	
	6	Jamie	Besford	Waveney Valley	2.36.2	
	7	Alec	Wilson	Waveney Valley	2.43.5	
	8	Tobias	Scriven	Waveney Valley	3.19.3	
1500m	1	Thomas	Abbott	Ipswich Harriers	4.42.6	
	2	Matthew	Snowdon	Ipswich Harriers	4.49..2	
	3	Thomas	Lygo	Ipswich Harriers	4.51.5	
2000m S/C	13					
	14					
	15					

80m H	1	Luigi	Palmieri	Ipswich Harriers	13.2
	2	Max	Derbyshire	Wiford Sch	13.4
	3	Oscar	Welsh	Brandeston Hall	15.7
1k Walk	1	George	Wilkinson	Westley Middle Sch	5.49.2
	2	Bailey	Elvin	Waveney Valley	7.27.6
HJ	1	Charlie	Aldis	Ipswich Harriers	1.60
	2	Cameron	Bailey	Ipswich Harriers	1.60
	3	Luke	Elliff	Ipswich Harriers	1.60
	4	Tobias	Scriven	Waveney Valley	1.15
LJ	1	Aidan	Hewitt	Sir John Lemen HS	5.24
	2	Luke	Elliff	Ipswich Harriers	5.06
	3	Harvey	Williams	West Suffolk AC	5.05
	4	Matthew	Snowdon	Ipswich Harriers	4.65
	5	Max	Derbyshire	Wiford Sch	4.50
	6	Callum	Hopson	Waveney Valley	4.26
	7	Jamie	Besford	Waveney Valley	3.49
TJ	1	Luigi	Palmieri	Ipswich Harriers	10.37
	2	Matthew	Snowdon	Ipswich Harriers	9.19
	3	Alec	Wilson	Waveney Valley	8.07
SP	1	Kieron	Sadler	Ipswich Harriers	10.76
	2	Oliver	Graham	Ipswich Harriers	9.36
	3	Bailey	Elvin	Waveney Valley	6.07
DT	1	Kieron	Sadler	Ipswich Harriers	28.78
	2	Oliver	Graham	Ipswich Harriers	24.18
	3	Thomas	Mitson	West Suffolk AC	17.75
HT	1	Oliver	Graham	Ipswich Harriers	23.87
JT	1	Kieron	Sadler	Ipswich Harriers	41.49
	2	Thomas	Mitson	West Suffolk AC	29.11
	3	Callum	Hopson	Waveney Valley	20.13

Under 17 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Jonathan	Eley	Ipswich Harriers	11.8	
	2	Charlie	Hurrell	West Suffolk AC	11.9	
	3	Mason	Hodds	Dwnes Academy	12.0	
	4	Connor-Re	Mayne	Ipswich Harriers	12.2	
	5	Ben	Sculpher	Ipswich Harriers	12.3	
	6	James	Giddings	Ipswich Harriers	12.5	
200m Final	1	Jonathan	Eley	Ipswich Harriers	24.5	
	2	Charlie	Hurrell	West Suffolk AC	24.6	
	3	Jake	Greenleaf	Ipswich Harriers	24.7	
	4	Connor-Re	Mayne	Ipswich Harriers	25.1	
	5	James	Giddings	Ipswich Harriers	25.8	
	6	Mason	Hodds	Dwnes Academy	26.0	

400m	1	Jake	Greenleaf	Ipswich Harriers	53.9
	2	Christophe	Jones	Ipswich Harriers	55.0
800m	1	Christy	Williams	West Suffolk AC	1.58.6
	2	Henry	Milldown	Ipswich Harriers	2.02.0
	3	Louis	Breyer	Ipswich Harriers	2.11.7
	4	Samuel	Grooms	Framlingham Flyers	2.24.0
1500m	1	Samuel	Grooms	Framlingham Flyers	4.50.6
1500m S/C	1	Adam	Crawford	West Suffolk AC	4.50.1
HJ	1	Christophe	Jones	Ipswich Harriers	1.80
	2	Wesley	Roper	West Suffolk AC	1.70
PV	1	William	Pilkington	Woodbridge Sch.	2.50
LJ	1	Benson	Craven	Ipswich Harriers	6.41
TJ	1	Wesley	Roper	West Suffolk AC	11.7
	2	Christophe	Jones	Ipswich Harriers	10.52
SP	1	James	Giddings	Ipswich Harriers	9.33
	2	Mason	Hodds	Dwnes Academy	9.19
DT	1	Levi-Jack	Roper	West Suffolk AC	30.07
	2	Ben	Charles	Diss AC	17.96
HT	1	Levi-Jack	Roper	West Suffolk AC	47.07
JT	1	Daniel	Cole	Ipswich Harriers	53.15
	2	Ben	Charles	Diss AC	27.8
		Don	Baker	Ipswich Harriers	No Mark

Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Owen	Giddings	Ipswich Harriers	11.0	=CBP
	2	Kyle	Potter	West Suffolk AC	11.1	
	3	Mark	Ferniz	Ipswich Harriers	11.2	
	4	James	Curran	West Suffolk AC	11.6	
	5	Harry	Unwin	West Suffolk AC	11.7	
200m	1	Owen	Giddings	Ipswich Harriers	22.6	=CBP
	2	Kyle	Potter	West Suffolk AC	22.9	
	3	James	Curran	West Suffolk AC	24.0	
	4	Harry	Unwin	West Suffolk AC	24.6	
800m	1	Seb	Anthony	West Suffolk AC	1.56.9	
	2	Ben	Eames	West Suffolk AC	2.20.1	
1500m	1	Ben	Eames	West Suffolk AC	4.29.1	

3000m	1	Theo	Passmore	Ipswich Harriers	9.07.5	
5000m	1	Ted	Oldman	Bungay Black Dog RC	16.18.4	
2000m S/C	1	John	Millar	Ipswich Harriers	6.09.9	CBP
	2	Ben	Eames	West Suffolk AC	7.32.3	
3k Walk	1	Callum	Wilkinson	Enfield & Haringey	12.03.3	CBP
HT	1	Jordan	Turner	West Suffolk College	33.65	
JT	1	Harry	Hughes	West Suffolk AC	71.51	CBP
	2	Marshall	Childs	Ipswich Harriers	59.58	
Senior Men:						
Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Gary	Elvin	Waveney Valley	13.5	
200m	1	Lee	Bowker	Ipswich Harriers	25.8	
	2	Paul	McAllister	Capel Cheetahs	29.4	
	3	Robert	Woolliams	Ipswich Harriers	30.7	
800m	1	Tony	Roberts	Framlingham Flyers	2.20.8	
1500m	1	Paul	Snowdon	Ipswich Harriers	5.16.8	
5000M	1	Andrew	Rooke	AF&D	15.57.6	
	2	Darren	Sheppard	Framlingham Flyers	17.58.9	
	3	Dave	Solomon	Felixstowe RR	18.21.1	
	4	Robin	Harper	Felixstowe RR	18.33.9	
	5	Luke	Whitwell	Felixstowe RR	18.45.3	
	6	Steve	Brooke	Felixstowe RR	19.06.1	
	7	Sam	Brooke	Felixstowe RR	19.51.7	
	8	Mon	Lee	u/a	24.29.4	
2000m S/C	1	Lee	Morgan	Ipswich Tri Club	7.55.7	
400m H	1	David	Bush	Nene Valley Harriers	59.4	
3k Walk	1	Philip	Nutley	St Edmund Pacers	21.57.0	
HJ	1	Jack	Huddlestone	Cambridge & Coleridge	1.50	
	2	Gary	Elvin	Waveney Valley	1.40	
LJ	1	Rhys	Macdonald	u/a	6.60	
	2	Luke	Allen	West Suffolk AC	6.05	
	3	David	Bush	Nene Valley Harriers	5.19	
	4	Jack	Huddlestone	Cambridge & Coleridge	5.14	
	5	Paul	McAllister	Capel Cheetahs	4.71	

TJ	1	Jack	Huddleston	Cambridge & Coleridge	10.82
	2	Paul	McAllister	Capel Cheetahs	9.31
SP	1	Jake	Allen	West Suffolk AC	11.96
	2	Luke	Allen	West Suffolk AC	10.30
	3	David	Hughes	Ipswich Harriers	9.54
	4	Paul	McAllister	Capel Cheetahs	8.53
	5	Gary	Elvin	Waveney Valley	8.23
	6	Montell	Leslie	Orwell Panthers	6.03
DT	1	Jake	Allen	West Suffolk AC	41.05
	2	David	Bush	Nene Valley Harriers	30.74
	3	David	Hughes	Ipswich Harriers	28.77
	4	Gary	Elvin	Waveney Valley	26.74
	5	Paul	Keys	U/a	26.12
	6	Montell	Leslie	Orwell Panthers	13.31
HT	1	Malcolm	Fenton	Ipswich Harriers	40.49
	2	Jake	Allen	West Suffolk AC	39.21
	3	Michael	Davis	Ipswich Harriers	35.46
	4	David	Hughes	Ipswich Harriers	31.56
JT	1	David	Bush	Nene Valley Harriers	42.23
	2	Luke	Allen	West Suffolk AC	40.56
	3	David	Hughes	Ipswich Harriers	32.95
	4	Paul	McAllister	Capel Cheetahs	24.06