

Suffolk County AA Championships Results 2016 - 15th May, Bury St Edmunds

Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Ht1	1	Madison	Frost	Ipswich Harriers	13.7	
	2	Lydia	Marshall	West Suffolk AC	14.7	
	3	Freya	Faulkner	Brandeston Hall	15.0	
	4	Libby	Stinson	West Suffolk AC	15.6	
	5	Maisie	Elvin-Andrews	Waveney Valley	16.4	
100m Ht 2	1	Jemima	Bestley	Ipswich Harriers	13.7	
	2	Emily	Cann	West Suffolk AC	13.7	
	3	Millie	King	Ipswich Harriers	13.8	
	4	Tabitha	Walker	Brandeston Hall	16.3	
	5	Libby	Chandler	Ipswich Harriers	16.3	
100m Final	1	Madison	Frost	Ipswich Harriers	13.6	
	2	Jemima	Bestley	Ipswich Harriers	13.8	
	3	Emily	Cann	West Suffolk AC	13.9	
	4	Millie	King	Ipswich Harriers	14.0	
	5	Lydia	Marshall	West Suffolk AC	14.9	
	6	Freya	Faulkner	Brandeston Hall	15.4	
200m Final	1	Jemima	Bestley	Ipswich Harriers	28.5	
	2	Millie	King	Ipswich Harriers	28.9	
	3	Emily	Cann	West Suffolk AC	29.4	
	4	Bridget	Scanlon	Ipswich Harriers	34.9	
800m	1	Emma	Williamson	Brandeston Hall	2.47.8	
	2	Lydia	Marshall	West Suffolk AC	2.55.3	
	3	Maisie	Elvin-Andrews	Waveney Valley	3.15.8	
	4	Bridget	Scanlon	Ipswich Harriers	3.17.9	
1500m	1	April	Hill	Ipswich Harriers	4.55.3	CBP
	2	Tilly	Aldis	Ipswich Harriers	5.08.8	
	3	Brooke	Oram	Gt Yarmouth AC	5.40.8	
	4	Libby	Stinson	West Suffolk AC	6.03.2	
70m H	1	Madison	Frost	Ipswich Harriers	11.9	CBP
	2	Abeni	Beckham	Waveney Valley	13.0	
	3	Emma	Williamson	Brandeston Hall	14.2	
HJ	1	Emma	Williamson	Brandeston Hall	1.25	
LJ	1	Jemima	Bestley	Ipswich Harriers	4.16	
	2	Freya	Faulkner	Brandeston Hall	4.03	
	3	Millie	King	Ipswich Harriers	3.88	
	4	Maisie	Elvin-Andrews	Waveney Valley	3.53	
	5	Libby	Stinson	West Suffolk AC	3.52	
	6	Libby	Chandler	Ipswich Harriers	3.40	
SP	1	Freya	Faulkner	Brandeston Hall	8.15	
	2	Abeni	Beckham	Waveney Valley	6.78	
	3	Sasha	Wilson	West Suffolk AC	5.67	
	4	Taela	Hodds	Waveney Valley	4.78	
	5	Tabitha	Walker	Brandeston Hall	4.60	
DT	1	Brooke	Oram	Gt Yarmouth AC	14.78	
	2	Taela	Hodds	Waveney Valley	12.21	
JT	1	Brooke	Oram	Gt Yarmouth AC	19.19	
	2	Sasha	Wilson	West Suffolk AC	17.06	
	3	Charlotte	Graham	Ipswich Harriers	9.92	

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Under 15 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Hannah	Lygo	Ipswich Harriers	13.0	
	2	Charlie	Moore	Ipswich Harriers	13.1	
	3	Kayley	Earl	Gt Yarmouth AC	13.4	
	4	Maddie	Willis	Ipswich Harriers	13.8	
200m Final	1	Charlie	Moore	Ipswich Harriers	27.5	
	2	Morgan	Frost	Ipswich Harriers	28.2	
	3	Ellie-Mae	Banks	Ipswich Harriers	28.7	
	4	Caitlin	Vizor	West Suffolk AC	29.1	
300m Final	1	Hannah	Lygo	Ipswich Harriers	43.6	
	2	Morgan	Frost	Ipswich Harriers	45.8	
	3	Amy	Graham	Woodbridge Sch	46.0	
	4	Maddie	Willis	Ipswich Harriers	46.8	
	5	Maisy	Armstrong	Ipswich Harriers	47.2	
	6					
800m	1	Amy	Graham	Woodbridge Sch	2.31.9	
	2	Mimi	Salsby	Brandeston Hall	2.37.6	
	3	Ellie-Mae	Banks	Ipswich Harriers	2.45.8	
	4	Elise	Stockdale	West Suffolk AC	2.54.6	
	5	Alexandra	Ginns	West Suffolk AC	2.55.5	
	6	Carmen	Alexander	Ipswich Harriers	2.57.0	
1500m	1	Holly	Fisher	Ipswich Harriers	5.02.3	
	2	Katie	Challinor	Northgate High Sch	5.30.0	
	3	Maisy	Cailes	St Edmund Pacers	5.32.6	
	4	Chloe	Cavill	West Suffolk AC	5.36.7	
75m H Final	1	Mia	Hopson	CONAC	11.7	
	2	Morgan	Frost	Ipswich Harriers	12.5	
	3	Caitlin	Vizor	West Suffolk AC	13.2	
	4	Kirsten	Snook	Ipswich Harriers	13.2	
	5	Maisy	Armstrong	Ipswich Harriers	13.4	
HJ	1	Kirsten	Snook	Ipswich Harriers	1.40	
	2	Elise	Stockdale	West Suffolk AC	1.35	
PV	1	Sophie	Graham	Woodbridge Sch	2.35	CBP
LJ	1	Hannah	Lygo	Ipswich Harriers	4.83	
	2	Caitlin	Vizor	West Suffolk AC	4.57	
TJ	3	Maisy	Armstrong	Ipswich Harriers	4.37	
	1	Charlie	Moore	Ipswich Harriers	9.62	CBP
	2	Elise	Stockdale	West Suffolk AC	8.62	
SP	1	Alana	Wilson	West Suffolk AC	9.74	
	2	Holly	Robbins	West Suffolk AC	9.04	
	3	Mia	Hopson	CONAC	8.83	
	4	Faye	Alexander	Ipswich Harriers	8.11	
	5	Maisy	Cailes	St Edmund Pacers	7.75	
DT	1	Sophie	Graham	Woodbridge Sch	24.73	
	2	Emma	Wallis	Cambridge & Coll	20.70	
	3	Carmen	Alexander	Ipswich Harriers	18.91	
	4	Holly	Robbins	West Suffolk AC	18.46	
	5	Olivia	Page	Colchester & Tendring	17.95	
	6	Alexandra	Ginns	West Suffolk AC	13.16	
HT	1	Faye	Alexander	Ipswich Harriers	32.69	
JT	1	Sophie	Graham	Woodbridge Sch	33.82	
	2	Emma	Wallis	Cambridge & Coll	31.29	
	3	Megan	Hughes	Ipswich Harriers	29.95	
	4	Alana	Wilson	West Suffolk AC	29.52	
	5	Amy	Graham	Woodbridge Sch	28.87	
	6	Lauren	Swarbz	Brandeston Hall	16.49	

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Under 17 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Connie	Fairchild	Ipswich Harriers	14.1	
200m	1	Katrina	Kemp	West Suffolk AC	27.8	
	2	Charlotte	Hoskyns	Ipswich Harriers	32.6	
300m Final	1	Niamh	Hedges-Quinn	Ipswich Harriers	44.6	
	2	Liberty	Salsby	Ipswich Harriers	46.4	
800m	1	Rebecca	Daniel	West Suffolk AC	2.15.5	
	2	Lily	Woodruff	Ipswich Harriers	2.27.3	
	3	Mikayela	Sealby	County Upper Sch	2.28.2	
	4	Harriet	Lyman	Waveney Valley	2.34.3	
	5	Lauren	Oram	Gt Yarmouth AC	2.56.1	
1500m	1	Olivia	Allum	West Suffolk AC	4.52.0	
	2	Harriet	Lyman	Waveney Valley	5.02.7	
	3	Lily	Woodruff	Ipswich Harriers	5.03.3	
3000m	1	Megan	Newton	West Suffolk AC	10.10.1	CBP
1500m S/C	1	Claudia	Spencer-Hall	West Suffolk AC	5.51.8	
80m H	1	Isabella	Keeley	Royal Hospital Sch	12.3	
	2	Maddie	Venn	Ipswich Harriers	18.9	
300m H	1	Isabella	Keeley	Royal Hospital Sch	47.1	CBP
	2	Madeleine	Craig	Ipswich Harriers	48.7	
HJ	1	Katrina	Kemp	West Suffolk AC	1.50	
	2	Niamh	Hedges-Quinn	Ipswich Harriers	1.40	
	3	Maddie	Venn	Ipswich Harriers	1.35	
LJ	1	Janae	Duporte-Clarke	Ipswich Harriers	4.96	
	2	Connie	Fairchild	Ipswich Harriers	4.39	
	3	Charlotte	Hoskyns	Ipswich Harriers	4.33	
TJ	1	Janae	Duporte-Clarke	Ipswich Harriers	11.07	
	2	Harriet	Lyman	Waveney Valley	9.54	
	3	Charlotte	Hoskyns	Ipswich Harriers	9.03	
	4	Sophie	Wiseman	West Suffolk AC	8.86	
SP	1	Katrina	Kemp	West Suffolk AC	11.79	CBP
	2	Hannah	Grubb	Ipswich Harriers	6.44	
DT	1	Hannah	Grubb	Ipswich Harriers	16.76	
	2	Lauren	Oram	Gt Yarmouth AC	16.48	
HT	1	Amy	Davies	West Suffolk AC	41.82	
	2	Hannah	Grubb	Ipswich Harriers	29.70	
JT	1	Gemma	Ramsey	Ipswich Harriers	34.67	
	2	Meg	Bartholomew	West Suffolk AC	34.25	
	3	Freya	Dawson	Ipswich Harriers	28.93	
	4	Lauren	Oram	Gt Yarmouth AC	17.68	

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Under 20 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Chantelle	Kilpatrick	Ipswich Harriers	12.8	
	2	Francesca	Betson	West Suffolk AC	13.4	
	3	April	Castle	Colchester & Tendring	13.9	
200m	1	Chantelle	Kilpatrick	Ipswich Harriers	26.9	
	2	Francesca	Betson	West Suffolk AC	27.4	
	3	Chloe	Godbold	Ipswich Harriers	27.8	
400m	1	Chloe	Godbold	Ipswich Harriers	62.8	
800m	1	Holly	Davies	West Suffolk AC	2.29.5	
1500m	1	Lauren	Howe	CONAC	5.01.0	
	2	Alice	Cheverton	Lowestoft RR	5.44.6	
1500m S/C	1	Emily	Moyes	West Suffolk AC	4.59.7	CBP
	2	Holly	Davies	West Suffolk AC	5.19.7	
	3	Bronwyn	Jacobs	West Suffolk AC	5.59.6	
HJ	1	April	Castle	Colchester & Tendring	1.20	
LJ	1	Chantelle	Kilpatrick	Ipswich Harriers	5.62	CBP
	2	April	Castle	Colchester & Tendring	4.91	
TJ	1	Chantelle	Kilpatrick	Ipswich Harriers	10.70	
	2	April	Castle	Colchester & Tendring	9.62	
SP	1	Lana	Fulcher	Ipswich Harriers	9.19	
DT	1	Laura	Graham	Woodbridge Sch	30.26	
	2	Lana	Fulcher	Ipswich Harriers	28.26	
HT	1	Lana	Fulcher	Ipswich Harriers	41.58	
	2	Mia	Browne	Thetford Athletic	36.89	
JT	1	Laura	Graham	Woodbridge Sch	34.96	
	2	April	Castle	Colchester & Tendring	23.96	

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Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Katy	Sealy	Ipswich Harriers	13.3	
	2	Keeley	Whitlock	Ipswich Harriers	13.5	
	3	Hetty	Bartlett	Orwell Panthers	14.4	
200m	1	Keeley	Whitlock	Ipswich Harriers	28.0	
	2	Hetty	Bartlett	Orwell Panthers	30.1	
400m	1	Keeley	Whitlock	Ipswich Harriers	68.7	
800m	1	Rose	Nicholson	Waveney Valley	2.31.4	
	2	Christine	Anthony	West Suffolk AC	2.36.7	
	3	Sally	Ball	West Suffolk AC	2.39.4	
1500m	1	Rose	Nicholson	Waveney Valley	4.57.5	
	2	Mandy	Godbold	Ipswich Harriers	7.02.8	
5000M	1	Jo	Coates	St Edmund Pacers	18.01.2	
	2	Rose	Nicholson	Waveney Valley	18.21.5	
	3	Angela	Joiner-Handy	St Edmund Pacers	18.36.1	
	4	Maureen	McCarthy	West Suffolk AC	19.41.9	
	5	Christine	Anthony	West Suffolk AC	20.15.3	
	6	Wendy	Sealy	Eastern Vets	21.07.2	
	7	Mandy	Godbold	Ipswich Harriers	25.27.5	
1500m S/C	1	Rose	Nicholson	Waveney Valley	6.05.6	
	2	Mandy	Godbold	Ipswich Harriers	8.00.3	
3k Walk	1	Joyce	Crawford	Unattached	18.48.0	
LJ	1	Tania	Spurling	West Suffolk AC	5.28	
	2	Hetty	Bartlett	Orwell Panthers	4.14	
	3	Hannah	Castle	Colchester & Tendring	3.87	
TJ	1	Tania	Spurling	West Suffolk AC	11.18	
SP	1	Katy	Sealy	Ipswich Harriers	11.22	
	2	Debbie	Castle	Colchester & Tendring	8.43	
DT	1	Debbie	Castle	Colchester & Tendring	27.32	
	2	Hannah	Castle	Colchester & Tendring	24.46	
JT	1	Katy	Sealy	Ipswich Harriers	37.29	
	2	Debbie	Castle	Colchester & Tendring	27.96	

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Under 13 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Jack	Fayers	Ipswich Harriers	12.6	CBP
	2	Joel	Burgess	Waveney Valley	13.8	
	3	Louie	Sinclair	West Suffolk AC	14.1	
	4	Finn	Howes	Waveney Valley	14.4	
	5	William	Lamprell	Brandeston Hall	14.5	
	6	Ben	Smart	Brandeston Hall	14.6	
	7	Jimmy	Williams	Ipswich Harriers	14.6	
	8	Riley	Kemp	Diss AC	14.7	
200m Final	1	Joel	Burgess	Waveney Valley	28.3	
	2	Louie	Sinclair	West Suffolk AC	29.5	
	3	Finn	Howes	Waveney Valley	29.8	
	4	Jimmy	Williams	Ipswich Harriers	30.9	
	5	Kit	MacLennan	Brandeston Hall	32.3	
800m	1	Frederick	Adams	Ipswich Harriers	2.28.9	
	2	Matthew	Jones	West Suffolk AC	2.29.7	
	3	Joe	Bradford	West Suffolk AC	2.43.5	
	4	Noah	Bowden	Brandeston Hall	2.46.5	
1500m	1	George	Wharam	Ipswich Harriers	4.55.2	
	2	Jonny	Peate	Brandeston Hall	4.58.9	
	3	Max	Ashmore	Ipswich Harriers	5.04.9	
	4	Ewan	Boyle	West Suffolk AC	5.20.6	
	5	James	Aldous	Brandeston Hall	5.45.6	
	6	George	Morgan	Ipswich Harriers	5.53.4	
	7	Chase	Hodds	Waveney Valley	6.11.0	
75m H	1	Finn	Howes	Waveney Valley	15.8	
HJ	1	William	Lamprell	Brandeston Hall	1.35	
LJ	1	Jack	Fayers	Ipswich Harriers	5.32	CBP
	2	Barney	McCallum	Ipswich Harriers	4.13	
	3	Jimmy	Williams	Ipswich Harriers	4.11	
	4	Max	Ashmore	Ipswich Harriers	4.04	
	5	Riley	Kemp	Diss AC	3.69	
	6	Ewan	Boyle	West Suffolk AC	3.51	
	7	Ben	Smart	Brandeston Hall	3.48	
SP	1	William	Lamprell	Brandeston Hall	7.71	
	2	Ethan	Hodds	Waveney Valley	6.81	
	3	Louie	Mayall	Brandeston Hall	6.69	
	4	Chase	Hodds	Waveney Valley	5.20	
	5	Vaughan	Beckham	Waveney Valley	4.79	
DT	1	Ethan	Hodds	Waveney Valley	16.41	
	2	Solomon	Breyer	Ipswich Harriers	15.93	
	3	Louie	Mayall	Brandeston Hall	15.30	
	4	Victor	Tocca	Ipswich Harriers	14.93	
JT	1	Victor	Tocca	Ipswich Harriers	33.11	
	2	Matthew	Jones	West Suffolk AC	32.15	
	3	Solomon	Breyer	Ipswich Harriers	21.68	
	4	Louie	Mayall	Brandeston Hall	18.39	
	5	Joel	Burgess	Waveney Valley	16.51	
	6	Riley	Kemp	Diss AC	14.02	

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Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m Final	1	Harvey	Williams	West Suffolk AC	12.7	
	2	Martel	Ford	Ipswich Harriers	13.1	
	3	Paolo	Palmieri	Ipswich Harriers	13.3	
200m Final	1	Alec	Wilson	Waveney Valley	26.4	
	2	Harvey	Williams	West Suffolk AC	26.4	
	3	Cameron	Bailey	West Suffolk AC	28.2	
	4	Joseph	Ball	West Suffolk AC	29.5	
300m Final	1	Cameron	Bailey	West Suffolk AC	45.2	
	2	Connor	Slater	Brandeston Hall	46.9	
800m	1	Alec	Wilson	Waveney Valley	2.18.7	
	2	Adam	Newton	West Suffolk AC	2.19.9	
	3	Tai	Elvin-Andrews	Ipswich Harriers	2.24.5	
	4	Will	Rogerson	Ipswich Harriers	2.35.9	
1500m	1	Ben	Bayly	St Edmund Pacers	4.50.1	
80m H	1	Luke	Elliff	Ipswich Harriers	13.0	
1k Walk	1	George	Wilkinson	Enfield & Haringey	5.14.5	
HJ	1	Luke	Elliff	Ipswich Harriers	1.60	
	2	Callum	Hopson	CONAC	1.45	
	3	Lucas	Walker	Brandeston Hall	1.10	
LJ	1	Martel	Ford	Ipswich Harriers	5.06	
	2	Paolo	Palmieri	Ipswich Harriers	4.55	
	3	Jamie	Besford	Waveney Valley	3.99	
TJ	1	Alec	Wilson	Waveney Valley	9.70	
SP	1	Charlie	Bayly	St Edmund Pacers	9.33	
	2	Lucas	Walker	Brandeston Hall	5.58	
DT	1	Harry	Williamson	Brandeston Hall	22.99	
JT	1	Callum	Jones	West Suffolk AC	37.61	
	2	Thomas	Mitson	West Suffolk AC	32.17	

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Under 17 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Cameron	Bailey	Ipswich Harriers	11.4	
	2	Mason	Hodds	Waveney Valley	11.5	
	3	Jordan	Stevenson	Ipswich Harriers	11.5	
	4	Jonathan	Eley	Ipswich Harriers	11.7	
200m Final	1	Cameron	Bailey	Ipswich Harriers	23.3	
	2	Jordan	Stevenson	Ipswich Harriers	23.5	
	3	Mason	Hodds	Waveney Valley	23.8	
	4	Luigi	Palmieri	Ipswich Harriers	25.0	
400m	1	Joshua	Hulse	Ipswich Harriers	50.5	
	2	Henry	Walshe	Thurston Community	55.5	
800m	1	Joshua	Hulse	Ipswich Harriers	1.56.6	CBP
	2	Philip	Crutchlow	West Suffolk AC	2.09.6	
	3	Jack	Grady	Ipswich Harriers	2.11.9	
1500m	1	Matthew	Snowdon	Ipswich Harriers	5.33.8	
3000m	1	Thomas	Adams	Ipswich Harriers	9.38.3	
1500m S/C	1	Thomas	McCarthy	West Suffolk AC	5.08.7	
	2	Matthew	Snowdon	Ipswich Harriers	5.45.1	
100m H	1	Luigi	Palmieri	Ipswich Harriers	16.3	
400m H	1	Luigi	Palmieri	Ipswich Harriers	63.6	
HJ	1	Charlie	Aldis	Ipswich Harriers	1.75	
LJ	1	Jack	Richards	West Suffolk AC	5.28	
	2	Luigi	Palmieri	Ipswich Harriers	4.94	
TJ	1	Jack	Richards	West Suffolk AC	11.11	
	2	Jack	Grady	Ipswich Harriers	9.55	
SP	1	Mason	Hodds	Waveney Valley	11.38	
	2	Kieron	Sadler	Ipswich Harriers	10.73	
	3	Oliver	Graham	Ipswich Harriers	9.94	
DT	1	Levi-Jack	Roper	West Suffolk AC	36.66	
	2	Kieron	Sadler	Ipswich Harriers	30.22	
	3	Oliver	Graham	Ipswich Harriers	30.09	
HT	1	Levi-Jack	Roper	West Suffolk AC	48.20	
	2	Oliver	Graham	Ipswich Harriers	42.66	
JT	1	Donald	Baker	Ipswich Harriers	50.84	
	2	Levi-Jack	Roper	West Suffolk AC	41.06	
	3	Kieron	Sadler	Ipswich Harriers	38.25	

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Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Owen	Giddins	Ipswich Harriers	11.1	
200m	1	Owen	Giddins	Ipswich Harriers	41.1	
400m	1	Paul	Notley	Unattached	52.2	
1500m	1	Jacob	Freeborough	West Suffolk AC	4.16.4	
	2	William	Page	Colchester & Tendring	4.19.3	
	3	Ben	Eames	West Suffolk AC	4.38.4	
5000m	1	Paul	Wain	Jaffa	16.28.3	
3k Walk	1	Callum	Wilkinson	Enfield & Haringey	11.36.2	CBP
HJ	1	Wesley	Roper	West Suffolk AC	1.75	
	2	Daniel	Cole	Ipswich Harriers	1.70	
PV	1	William	Pilkington	Woodbridge Sch	3.00	
TJ	1	Wesley	Roper	West Suffolk AC	12.02	
HT	1	Jordan	Turner	Thetford Athletic	35.44	
JT	1	Marshall	Childs	Ipswich Harriers	60.31	
	2	Daniel	Cole	Ipswich Harriers	50.55	

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Senior Men:

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Kyle	Potter	West Suffolk AC	10.8	CBP
	2	Neil	Gillingham	Ipswich Harriers	12.8	
	3	Adam	Szucs	CONAC	13.1	
	4	Paul	McAllister	Hadleigh Hares	13.8	
200m	1	Kyle	Potter	West Suffolk AC	21.9	CBP
	2	Neil	Gillingham	Ipswich Harriers	26.5	
	3	Adam	Szucs	CONAC	27.7	
	4	Paul	McAllister	Hadleigh Hares	29.0	
	5	Robert	Woolliams	Ipswich Harriers	29.6	
400m	1	Neil	Gillingham	Ipswich Harriers	59.0	
800m	1	Tony	Roberts	Framlingham	2.16.6	
	2	Neil	Gillingham	Ipswich Harriers	2.36.5	
1500m	1	Tom	Eames	West Suffolk AC	4.29.6	
	2	Neil	Gillingham	Ipswich Harriers	5.07.6	
	3	Mark	Godbold	Ipswich Harriers	6.04.3	
	4	Paul	Snowdon	Ipswich Harriers	6.04.4	
5000M	1	Tom	Eames	West Suffolk AC	16.26.7	
	2	Scott	Williams	Stowmarket Striders	19.20.6	
400m H	1	David	Bush	Nene Valley Harriers	58.2	
3k Walk	1	Malcolm	Smith	Unattached	20.26.5	
	2	Tony	Wilkinson	Unattached	20.28.9	
HJ	1	Luke	Allen	West Suffolk AC	1.65	
LJ	1	Luke	Allen	West Suffolk AC	5.75	
	2	Adam	Szucs	CONAC	4.42	
TJ	1	Paul	McAllister	Hadleigh Hares	9.46	
SP	1	Jake	Allen	West Suffolk AC	11.42	
	2	Luke	Allen	West Suffolk AC	9.69	
	3	Paul	McAllister	Hadleigh Hares	8.46	
DT	1	Jake	Allen	West Suffolk AC	37.54	
	2	David	Bush	Nene Valley Harriers	32.57	
	3	David	Hughes	Ipswich Harriers	29.59	
HT	1	Jake	Allen	West Suffolk AC	39.20	
	2	Malcolm	Fenton	Grantham AC	37.89	
	3	Michael	Davis	Ipswich Harriers	34.40	
	4	David	Hughes	Ipswich Harriers	31.41	
JT	1	David	Bush	Nene Valley Harriers	39.26	