

## Suffolk Sportshall Athletics League Results – 18<sup>th</sup> October 2009

Number	2 Lap Race			Time (Seconds)
13	C. Rogers	Bungay Black Dog	UN15	28.40
8	R.Fellgett	Ipswich Jaffa	UN13	24.40
22	A. Davis	Orwell Panthers	UN13	25.40
4	C. Godbold	Gusford Primary	UN13	25.60
7	C. Clampin	JACS Sudbury	UN13	27.40
5	I. Blowers	Ipswich Athletics	UN11	25.30
11	O. Dixon	Waveney Valley AC	UN11	26.00
14	G. Bowman	Ipswich Jaffa	UN11	26.40
1	J. Eley	Ipswich Athletics	UN11	26.50
16	E. Pullinger	Bungay Black Dog	UN11	27.50
10	F. Jarvis	Ipswich Athletics	UN11	27.50
15	L. Wade	West Suffolk AC	UN11	27.60
19	P. Elsdon-Dean	Newmarket Joggers	UN11	27.70
12	I. Holmes	Ipswich Harriers	UN11	28.70
6	C. Bater	Ipswich Athletics	UN11	30.90
23	C. Londhurst	Orwell Panthers		40.20

<b>Shot Putt (UN13 &amp; UN15)</b>				
<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Distance (m)</b>
13	C. Rogers	Bungay Black Dog	UN15	7.25
8	R. Fellgett	Ipswich Jaffa	UN13	6.38
7	C. Clampin	JACS Sudbury	UN13	3.78
22	A. Davis	Orwell Panthers	UN13	7.19
23	C. Londhurst	Orwell Panthers		4.18

<b>Chest Push (UN11)</b>				
<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age group</b>	<b>Distance (m)</b>
14	G. Bowman	Ipswich Jaffa	UN11	6.60
5	I. Blowers	Ipswich Athletics	UN11	6.47
1	J. Eley	Ipswich Athletics	UN11	5.30
19	P. Elsdon-Dean	Newmarket Joggers	UN11	5.00
11	O. Dixon	Waveney Valley AC	UN11	5.00
10	F. Jarvis	Ipswich Athletics	UN11	4.90
4	C. Godbold	Gusford Primary	UN13	4.81
16	E. Pullinger	Bungay Black Dog	UN11	4.64
6	C. Bater	Ipswich Athletics	UN11	4.56
15	L. Wade	West Suffolk AC	UN11	4.44
12	I. Holmes	Ipswich Harriers	UN11	3.95

<b>Vertical Jump</b>				
<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Height jumped (Centimetres)</b>
13	C. Rogers	Bungay Black Dog	UN15	42
8	R. Fellgett	Ipswich Jaffa	UN13	46
4	C. Godbold	Gusford Primary	UN13	39
7	C. Clampin	JACS Sudbury	UN13	38
22	A. Davis	Orwell Panthers	UN13	37
11	O. Dixon	Waveney Valley AC	UN11	50
5	I. Blowers	Ipswich Athletics	UN11	46
1	J. Eley	Ipswich Athletics	UN11	39
14	G. Bowman	Ipswich Jaffa	UN11	38
10	F. Jarvis	Ipswich Athletics	UN11	37
19	P. Elsdon-Dean	Newmarket Joggers	UN11	35
16	E. Pullinger	Bungay Black Dog	UN11	32
15	L. Wade	West Suffolk AC	UN11	30
6	C. Bater	Ipswich Athletics	UN11	29
12	I. Holmes	Ipswich Harriers	UN11	28
23	C. Londhurst	Orwell Panthers		18

<b>High Stepper Challenge</b>				
<b>Number</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Time (Seconds)</b>
13	C. Rogers	Bungay Black Dog	UN15	16.7
8	R. Fellgett	Ipswich Jaffa	UN13	13.7
4	C. Godbold	Gusford Primary	UN13	14.2
7	C. Clampin	JACS Sudbury	UN13	14.5
22	A. Davis	Orwell Panthers	UN13	14.9
11	O. Dixon	Waveney Valley AC	UN11	13.8
16	E. Pullinger	Bungay Black Dog	UN11	13.9
14	G. Bowman	Ipswich Jaffa	UN11	14.1
12	I. Holmes	Ipswich Harriers	UN11	14.1
5	I. Blowers	Ipswich Athletics	UN11	14.5
1	J. Eley	Ipswich Athletics	UN11	14.6
15	L. Wade	West Suffolk AC	UN11	14.7
10	F. Jarvis	Ipswich Athletics	UN11	15.3
19	P. Elsdon-Dean	Newmarket Joggers	UN11	15.6
6	C. Bater	Ipswich Athletics	UN11	17.5
22	A. Davis	Orwell Panthers	UN13	14.9
23	C. Londhurst	Orwell Panthers		17.4