

Suffolk County AA Championships Results 2009 - 10th May, Ipswich

Senior Men:

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Neil	Gillingham	Ipswich Harriers	12.2	
	2	Steven	Leggett	u/a	12.4	
	3	Jon	Lockwood	St Edmunds Pacers	13.4	
	4	Paul	Willcox	Ipswich Harriers	14.6	
200m	1	Neil	Gillingham	Ipswich Harriers	25.3	
	2	Paul	Davis	Orwell Panthers	30.3	
400m	1	Tom	Love	UEA	50.6	
800m	1	Tom	Love	UEA	2.05.6	
	2	Daniel	Palmer	Ipswich Harriers	2.09.6	
	3	Terry	Back	Ipswich JAFFA	2.23.3	
1500m	1	Daniel	Palmer	Ipswich Harriers	4.18.5	
	2	Chris	Rooke	Ipswich Harriers	4.25.7	
	3	Colin	Ridley	W Suffolk AC	4.27.0	
3000m	1	Colin	Ridley	W Suffolk AC	9.45.7	CBP:
400m H	1	Paul	Davis	Orwell Panthers	1.22.7	
3k Walk	1	Paul	Graham	Univ of Bedford	13.38.0	
	2	Alan	Ellam	Enfield H A C	16.09.8	
	3	Don	Cox	Enfield H A C	17.01.4	
	4	Michael	Graham	Belgrave H	19.37.6	
	5	Ron	Wallwork	Enfield H A C	21.20.4	
HJ	1	Neil	Gillingham	Ipswich Harriers	1.30	
LJ	1	Jermaine	Bernard	Woodford Gr E.L.	6.67	
	2	Neil	Gillingham	Ipswich Harriers	5.08	
TJ	1	Neil	Gillingham	Ipswich Harriers	10.06	
SP	1	Neil	Gillingham	Ipswich Harriers	6.78	
DT	1	Malcolm	Fenton	Ipswich Harriers	11.77	
HT	1	Malcolm	Fenton	Ipswich Harriers	54.88	
	2	Neil	Gillingham	Ipswich Harriers	16.02	
JT	1	Neil	Gillingham	Ipswich Harriers	6.04	