

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

Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:
100m	1	Angie	Alstrachen	St Edmunds Pacers	14.3	
200m	1	Angie	Alstrachen	St Edmunds Pacers	29.3	
400m	1	Angie	Alstrachen	St Edmunds Pacers	64.8	
	2	Leanne	Thorndyke	Ipswich Harriers	67.7	
1500m	1	Penny	Rooney	Woodbridge Shufflers	5.23.7	
3000m	1	Christine	Anthony	W Suffolk AC	11.49.5	
1500m S/C	1	Christine	Anthony	W Suffolk AC	6.22.9	
100m H	1	Tania	Spurling	W Suffolk AC	15.9	
	2	Hayley	Todd	Ipswich Harriers	17.2	
400m H	1	Angie	Alstrachen	St Edmunds Pacers	71.4	
3k Walk	1	Serena	Queeney	Enfield H A C	20.55.8	
	2	Jennie	Grimwood	Newmarket Joggers	22.57.0	
HJ	1	Tania	Spurling	W Suffolk AC	1.55	
LJ	1	Tania	Spurling	W Suffolk AC	5.43	
TJ	1	Tania	Spurling	W Suffolk AC	11.57	
SP	1	Charlotte	Nicholls	Lincoln Wellington AC	7.21	
DT	1	Charlotte	Nicholls	Lincoln Wellington AC	18.15	
HT	1	Charlotte	Nicholls	Lincoln Wellington AC	20.04	
JT	1	Jo	Chapman	W Suffolk AC	41.33	
	2	Tania	Spurling	W Suffolk AC	30.55	