

Suffolk County Track & Field Championships - 12th May 2019 - Ipswich

Senior Men Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
200m Final	1	Dan	Gartan	Ipswich Harriers	27.2			-1.8
	8							
400m Final	1	Nicholas	McQueen	W Suffolk	56.8			
	2	Lee	Bowker	Ipswich Harriers	57.9			
	3	Patrick	McQueen	W Suffolk	60.9			
	4							
800m Final	1	Michael	Fuller	Ipswich Harriers	2.08.0			
	2	Andrew	Taylor	West Suffolk AC	2.20.0			
	3	Neil	Gillingham	Ipswich Harriers	2.27.2		2712968	
	4							
5k Final	1	Robert	Cheverton	Lowestoft RR	18.56.3		2698556	
	2							
3k Walk	1	Tony	Wilkinson		20.39.3			
	2							
400mH Final	1	Dan	Gartan	Ipswich Harriers	67.6			
	2							
Triple Jump	1	Dan	Gartan	Ipswich Harriers	10.10			
	2	Paul	McAllister		8.62			
	3							
Shot	1	Jonathan	Adams	Ipswich Harriers	12.50	F35 4Kg		Shot
	1	Paul	McAllister		8.01			
	3							
Discus	1	Dan	Gartan	Ipswich Harriers	27.22			
	2							
Javelin	1	Michael	Fuller	Ipswich Harriers	34.42			
	2							

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## Under 20 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Cameron	Bailey	Ipswich Harriers	11.1			-0.7
	2	Oliver	Miller	Suffolk One	11.6			
	3	Joshua	Mayston	Waveney Valley	11.8			
	4	Amadi	Gray	RHS	11.9			
	5							
200m Final	1	Cameron	Bailey	Ipswich Harriers	22.3	CBP		
	2	Luigi	Palmeri	Ipswich Harriers	23.3			
	3	Oliver	Miller	Suffolk One	23.7			
	4	Joshua	Mayston	Waveney Valley	24.1			
	5	Finn	O'Reilly	Ipswich School	24.4			
	6							
400m Final	1	Luigi	Palmeri	Ipswich Harriers	51.7			
	2	Finn	O'Reilly	Ipswich School	52.7			
	3							
800m Final	1	Jack	Grady	Ipswich Harriers	2.06.1		3463001	
	2	Steven	Quercia-Smale	Thurston Community C	2.06.9			
	3							
1500m Final	1	Jack	Grady	Ipswich Harriers	4.24.0		3463001	
	2							
5k Final	1	Steven	Quercia-Smale	Thurston Community C	18.18.3			
	2							
3k Walk	1	George	Wilkinson	Enfield & Haringey	13.23.5			
	2							
110mH Final	1	Teddy	Ntuli	Ipswich Harriers	16.8			
	2							
Long Jump	1	Amadi	Gray	RHS	5.49			
	2	Jack	Richards	W Suffolk	5.30			
	3							
Triple Jump	1	Teddy	Ntuli	Ipswich Harriers	11.97			
	2	Jack	Richards	W Suffolk	11.54			
	3							
Shot	1	Oliver	Graham	Ipswich Harriers	9.49		2481992	
	2							
Discus	1	Oliver	Graham	Ipswich Harriers	34.36		2481992	
	2	Archie	Cleverley	Ipswich Harriers	33.16			
	3	Thomas	Mitson	W Suffolk	28.49		3361304	
	4							
Hammer	1	Oliver	Graham	Ipswich Harriers	58.71		2481992	
	2							
Javelin	1	Thomas	Mitson	W Suffolk	48.89		3361304	
	2							

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Under 17 Men

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Lucas	Michael	W Suffolk	12.8			-0.3
	2							
200m Final	1	Lucas	Michael	W Suffolk	27.1			-1.3
	2							
400m Final	1	James	Evans	Ipswich Harriers	58.9			
	2							
800m Final	1	Ruben	Pereira	Ipswich Harriers	2.19.5			
	2							
1500m Final	1	Tom	Henson	St Edmund pacers	4.26.4			
	2	Freddie	Adams	Ipswich Harriers	4.30.8			
	3							
400mH Final	1	Luca	Prior	West Suffolk AC	66.1		3669232	
	2							
Long Jump	1	Jack	Fayers	Ipswich Harriers	5.88		3463000	
	2	Jay	Collett	Ipswich Harriers	4.75			
	3							
Discus	1	Isaac	Prior	Coppleston High	25.60			
	2	Solomon	Breyer	Ipswich Harriers	17.31		3455695	
	3							
Hammer	1	Isaac	Prior	Coppleston High	32.88			
	2	Solomon	Breyer	Ipswich Harriers	22.41		3455695	
	3							
Javelin	1	Albert	Willett	Farlingaye HS	47.97			
	2	Matthew	Jones	W Suffolk	45.07			
	3							

## Suffolk County Track &amp; Field Championships - 12th May 2019 - Ipswich

## Under 15 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	William	Trangmar	W Suffolk	12.5			-0.3
	2	Jimmy	Williams	Ipswich Harriers	13.1		3538397	
	3	Ben	Greenleaf	Ipswich Harriers	13.1			
	4	Vaughan	Beckham	Waveney Valley	13.4			
	5	James	Walshe	Thurston Community C	13.6			
	6							
200m Final	1	William	Trangmar	W Suffolk	25.7			-1.3
	2	Ben	Greenleaf	Ipswich Harriers	27.5			
	3							
300m Final	1	Dylan	Marsh	St Edmund pacers	40.0			
	2	Ryan	Grady	Ipswich Harriers	47.9		3530255	
	3							
800m Final	1	Dylan	Marsh	St Edmund pacers	2.11.9			
	2	Ryan	Grady	Ipswich Harriers	2.27.2		3530255	
	3	Benjamin	Bowker	Ipswich Harriers	2.44.1			
	4							
1500m Final	1	Lewis	Sullivan	St Edmund pacers	4.09.6			
	2	James	Peck		4.20.3			
	3	Ben	Peck		4.25.1			
	4	Max	Berry	King Edward VI Sch	4.29.3			
	5	Max	Fisher	Ipswich Harriers	5.04.3		3249994	
	6	William	Browne	Waveney Valley	5.04.8			
	7							
80mH Final	1	Jimmy	Williams	Ipswich Harriers	12.9		3538397	
	2	Barney	McCallum	Ipswich Harriers	13.4		3537268	
	3							
Long Jump	1	Vaughan	Beckham	Waveney Valley	4.87			
	2	James	Walshe	Thurston Community C	4.26			
	3	Freddie	Lamprell	Ipswich Harriers	3.87		3771271	
	4							
Triple Jump	1	Vaughan	Beckham	Waveney Valley	10.75			
	2	Jimmy	Williams	Ipswich Harriers	10.52		3538397	
	3							
High Jump	1	William	Lamprell	Ipswich Harriers	1.65		3645724	
	2	Fazil	Akyol	Ipswich Harriers	1.60			
	3	Freddie	Lamprell	Ipswich Harriers	1.35		3771271	
	4							
Shot	1	William	Lamprell	Ipswich Harriers	14.29	CBP	3645724	
	2	Alastair	Brown	West Suffolk AC	11.95		3774968	
	3	Freddie	Powell	Framlingham College	8.04			
	4	James	Laurie	Framlingham College	7.32			
	5	Archie	Will	Framlingham College	7.22			
	6							
Discus	1	William	Lamprell	Ipswich Harriers	34.40		3645724	
	2	Alastair	Brown	West Suffolk AC	31.18		3774968	
	3	Ben	Franks	Ipswich Harriers	25.66			
	4	Freddie	Powell	Framlingham College	23.74			
	5	Freddie	Lamprell	Ipswich Harriers	21.87		3771271	
	6	Archie	Will	Framlingham College	17.93			
	7							
Hammer	1	Alastair	Brown	West Suffolk AC	29.33		3774968	
	2	Ben	Franks	Ipswich Harriers	20.14			
	3							
Javelin	1	Fazil	Akyol	Ipswich Harriers	37.18			
	2	Barney	McCallum	Ipswich Harriers	28.47		3537268	
	3	Alex	Moore	Ipswich Harriers	27.53		3627277	
	4	James	Laurie	Framlingham College	22.26			
	5							

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## Under 13 Boys

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Mickey	Ayling	W Suffolk	14.00			-2.9
	2	Okeri	Hambira	Ipswich Harriers	14.20			
	3	James	McAllen	Waveney Valley	14.40			
	4	Archie	Taylor	W Suffolk	14.80			
	5	Ricky	Nicholls	Ipswich Harriers	15.10		3835668	
	6	Jack	Lugo	Ipswich Harriers	15.10			
	7	Cohen	Copeman	Waveney Valley	15.40			
	8	Sebastian	Melero	W Suffolk	15.80			
200m Heat 1	1	Mickey	Ayling	W Suffolk	28.50			-1.1
	2	Archie	Taylor	W Suffolk	28.90			
	3	Okeri	Hambira	Ipswich Harriers	29.10			
	4	James	McAllen	Waveney Valley	29.30			
	5							
200m Heat 2	1	Tom	Taylor	W Suffolk	29.30			-1.6
	2	Jack	Lugo	Ipswich Harriers	29.80			
	3	Cohen	Copeman	Waveney Valley	29.90			
	4	Ricky	Nicholls	Ipswich Harriers	33.00		3835668	
	5							
200m Final	1	Mickey	Ayling	W Suffolk	28.30			-1.9
	2	Okeri	Hambira	Ipswich Harriers	29.00			
	3	Archie	Taylor	W Suffolk	29.30			
	4	James	McAllen	Waveney Valley	30.20			
	5	Jack	Lugo	Ipswich Harriers	30.30			
	6	Tom	Taylor	W Suffolk	30.40			
	7							
800m Final	1	Stanley	Chevous	Ipswich Harriers	2.26.3			
	2	Archie	Taylor	W Suffolk	2.27.0			
	3	Daniel	North	Framlingham College	2.37.5			
	4	Kai	Edwards	West Suffolk AC	2.57.4			
	5	Sonny	Battell	W Suffolk	3.03.2			
	6							
1500m Final	1	Liam	Davison	Ipswich Harriers	4.51.2		3789688	
	2	Jacob	Trangmar	W Suffolk	5.05.2			
	3	Tom	Taylor	W Suffolk	5.04.4			
	4	Sebastian	Melero	W Suffolk	5.11.3			
	5	Ben	Corrie	Framlingham College	5.17.4			
	6	Ross	Hammond	Ipswich Harriers	5.19.8			
	7	Cohen	Copeman	Waveney Valley	5.23.1			
	8	Finlay	Snowdon	Ipswich Harriers	5.28.7			
	8	Harry	Cartwright	Framlingham College	6.12.7			
75mH Final	1	Toby	Jackson	Framlingham College	15.30			
	2	Jack	Lugo	Ipswich Harriers	16.40			
	3							
Long Jump	1	Mickey	Ayling	W Suffolk	4.30			
	2	Finlay	Snowdon	Ipswich Harriers	4.14			
	3	Okeri	Hambira	Ipswich Harriers	4.09			
	4	Ricky	Nicholls	Ipswich Harriers	3.95		3835668	
	5	Alfie	Caplin	Waveney Valley	3.77			
	6							
Shot	1	Toby	Jackson	Framlingham College	8.84			
	2	Sebastian	Melero	W Suffolk	4.14			
	3							
Discus	1	Toby	Jackson	Framlingham College	19.87			
	2							
Javelin	1	Tom	Taylor	W Suffolk	21.38			
	2	Kai	Edwards	West Suffolk AC	15.38			
	3							

## Suffolk County Track &amp; Field Championships - 12th May 2019 - Ipswich

## Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Hetty	Bartlett	Orwell Panthers	14.50			-2.0
	2	Elizabeth	Welbourn	Ipswich Harriers	15.60			
	3							
200m Final	1	Chloe	Godbold	Ipswich Harriers	28.90		2972670	-2.8
	2	Keeley	Whitlock	Ipswich Harriers	29.70		2906731	
	3	Hetty	Bartlett	Orwell Panthers	30.50			
	4	Elizabeth	Welbourn	Ipswich Harriers	31.90			
	5							
400m Final	1	Chloe	Godbold	Ipswich Harriers	64.70		2972670	
	2	Leanne	Thorndyke	Ipswich Harriers	70.40			
	3							
800m Final	1	Katie	Margarson	Cambridge & Coleridge	2.31.3			
	2							
1500m Final	1	Christine	Anthony	W Suffolk	5.19.5			
	2	Mandy	Godbold	Ipswich Harriers	7.38.2		3292824	
	3							
3k Walk	1	Joyce	Crawford	EMAC	18.41.0			
	2							
	8							
1500m S/c F	1	Mandy	Godbold	Ipswich Harriers	8.11.3		3292824	
	2							
Long Jump	1	Tania	Spurling	W Suffolk	5.07			
	2	Hetty	Bartlett	Orwell Panthers	4.05			
	3							
Triple Jump	1	Tania	Spurling	W Suffolk	11.11			
	2							
High Jump	1	Katy	Sealy	Ipswich Harriers	1.66		2684413	
	2							
Shot	1	Debbie	Castle	Braintree & Dist	9.14			
	2							
Discus	1	Debbie	Castle	Braintree & Dist	30.95			
	2							
Hammer	1	Debbie	Castle	Braintree & Dist	27.16			
	2							
Javelin	1	Debbie	Castle	Braintree & Dist	34.69			
	2	Mandy	Godbold	Ipswich Harriers	12.07		3292824	
	3							

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Under 20 Women

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Hannah	Lygo	Ipswich Harriers	13.1			-2.0
	2	Olivia	Cave	St Joseph's College	15.5			
	3							
200m Final	1	Hannah	Lygo	Ipswich Harriers	26.7			-1.0
	2							
400m Final	1	Beatrice	Green	Ipswich HS	59.8			
	2	Niamh	Perry	King Edward VI Sch	67.6			
	3	Cathy	McKeag	W Suffolk	70.7			
	4							
800m Final	1	Olivia	Allum	W Suffolk	2.27.3			
	2							
1500m Final	1	Niamh	Perry	King Edward VI Sch	5.08.8			
	2							
3k Final	1	Chloe	Cavill	W Suffolk	12.06.5			
100mH Final	1	Morgan	Frost	Ipswich Harriers	20.3			
	2	Kirsten	Snook	St Joseph's College	20.5			
Long Jump	1	Hannah	Mayne	Gt Yarmouth AC	4.73		3194667	
	2	Olivia	Cave	St Joseph's College	3.54			
	3							
Triple Jump	1	Madeleine	Venn	Ipswich Harriers	8.81			
	2	Charlie	Moore	Ipswich Harriers	8.76		3291099	
	3	Florence	Gardner	Ipswich HS	8.23			
	4							
High Jump	1	Kirsten	Snook	St Joseph's College	1.40			
	2	Madeleine	Venn	Ipswich Harriers	1.40			
Shot	1	Alana	Wilson	W Suffolk	8.66			
	2	Faye	Alexander	Ipswich Harriers	7.44			
	3							
Discus	1	Faye	Alexander	Ipswich Harriers	21.4			
	2	Olivia	Cave	St Joseph's College	17.8			
Hammer	1	Faye	Alexander	Ipswich Harriers	28.5			
Javelin	1	Alana	Wilson	W Suffolk	33.7			
	2	Charlie	Moore	Ipswich Harriers	19.3			

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Under 17 Women						W/S
100m Final	1	Skye	Barrow	Ipswich Harriers	13.2	-2.0
	2	Kate	Bailey	Ipswich Harriers	14.2	
	3	Holly	Scott	Ipswich Harriers	14.3	
	4	Connie	King	Ipswich Harriers	14.5	
200m Final	1	Lonarra	Youngs	Ipswich Harriers	26.9	-1.0
	2	Skye	Barrow	Ipswich Harriers	27.2	
	3	Connie	King	Ipswich Harriers	29.5	
	4	Holly	Scott	Ipswich Harriers	30.4	
300m Final	1	Jemima	Bestley	Ipswich Harriers	44.2	
	2					
800m Final	1	Lydia	Marshall	W Suffolk	2.45.5	
	2					
1500m Final	1	April	Hill	Woodbridge School	4.51.8	
	2	Brooke	Oram	Gt Yarmouth AC	5.16.4	
	3	Rebecca	Morley	W Suffolk	5.21.2	
	4					
80mH Final	1	Maisy	Armstrong	Ipswich Harriers	13.00	
	2	Madison	Frost	Ipswich Harriers	15.00	
	3					
1500m S/c Final	1	Holly	Fisher	Ipswich Harriers	5.16.5	CBP 3445870
Long Jump	2					
	1	Abeni	Beckham	Waveney Valley	4.40	
	2	Maisy	Armstrong	Ipswich Harriers	4.25	
	3	Madison	Frost	Ipswich Harriers	4.25	
Triple Jump	4					
	1	Abeni	Beckham	Waveney Valley	9.37	
High Jump	2					
	1	Kate	Bailey	Ipswich Harriers	1.40	
Pole Vault	2					
	1	Sophie	Graham	Ipswich Harriers	2.75	3591153
Shot	2					
	1	Eleanor	Pilkington	Woodbridge School	11.64	
Discus	2					
	1	Sophie	Graham	Ipswich Harriers	31.37	3591153
	2	Brooke	Oram	Gt Yarmouth AC	16.67	
Javelin	3					
	1	Sophie	Graham	Ipswich Harriers	36.11	3591153
	2	Brooke	Oram	Gt Yarmouth AC	25.19	
	3					



## Suffolk County Track &amp; Field Championships - 12th May 2019 - Ipswich

## Under 15 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Heat 1	1	Emily	Cann	West Suffolk AC	12.80			0.8
	2	Trinity	Marks	Ipswich Harriers	13.70			
	3	Belle	Armstrong	Ipswich Harriers	14.10			
	4	Charlotte	Sayer	Ipswich Harriers	14.40		3645718	
	5	Kiera	Kane	Waveney Valley	15.10			
	6							
100m Heat 2	1	Millie	King	Ipswich Harriers	12.90			-0.4
	2	Alice	Verébelyi	Framlingham College	13.60			
	3	Tilly	Motts	Thomas GainsboroughSch	13.60			
	4	Ines	Green	Ipswich Harriers	13.80			
	5	Heather Rose	Blacoe	Ipswich Harriers	14.50		3538576	
	6							
100m Final	1	Emily	Cann	West Suffolk AC	12.60			-2.4
	2	Millie	King	Ipswich Harriers	12.70			
	3	Trinity	Marks	Ipswich Harriers	13.80			
	4	Alice	Verébelyi	Framlingham College	14.10			
	5	Tilly	Motts	Thomas GainsboroughSch	14.10			
	6	Ines	Green	Ipswich Harriers	14.20			
200m Final	1	Millie	King	Ipswich Harriers	25.70			-1.2
	2	Emily	Cann	West Suffolk AC	26.20			
	3	Tilly	Motts	Thomas GainsboroughSch	28.40			
	4	Ines	Green	Ipswich Harriers	28.80			
	5	Charlotte	Sayer	Ipswich Harriers	29.80		3645718	
	6							
300m Final	1	Isobel	Alexander	Ipswich Harriers	43.50			3645728
	2	Scarlett	Deasy	Ipswich Harriers	47.40			
	3	Alice	King	Ipswich Harriers	47.70			
	4	Ffion	Aston	Ipswich Harriers	48.90			
	5							
800m Final	1	Isobel	Alexander	Ipswich Harriers	2.30.9			3645728
	2	Lila	Battell	W Suffolk	2.32.0			
	3	Abigail	Vickers	Newmarket Academy	2.32.1		3670397	
	4	Eva	Marshall	W Suffolk	2.32.4			
	5	Molly	Howell	West Suffolk AC	2.32.5			
	6	Ffion	Aston	Ipswich Harriers	2.36.4			
	7	Scarlett	Deasy	Ipswich Harriers	2.38.0			
	8	Marni	Sillitoe	W Suffolk	2.38.4			
	9	Alice	King	Ipswich Harriers	2.38.7			
	10							
1500m Final	1	Sophie	Allen	W Suffolk	5.36.3			
2								
75H Final	1	Charlotte	Graham	Ipswich Harriers	13.80			
2								
Long Jump	1	Kiera	Kane	Waveney Valley	4.03			3538576
	2	Emily	Cann	West Suffolk AC	3.78			
	3	Belle	Armstrong	Ipswich Harriers	3.75			
	4	Heather Rose	Blacoe	Ipswich Harriers	3.73			
	5							
High Jump	1	Maddie	Greenwood	W Suffolk	1.60		3575587	
	2	Kiera	Kane	Waveney Valley	1.40			
	3							
Shot	1	Charlotte	Graham	Ipswich Harriers	8.78			
	2	Mia	Edwards	West Suffolk AC	8.17			
	3	Sasha	Wilson	W Suffolk	7.53			
	4	Belle	Armstrong	Ipswich Harriers	6.11			
	5	Ffion	Aston	Ipswich Harriers	5.67			
	6							
Discus	1	Charlotte	Graham	Ipswich Harriers	28.26			
	2	Mia	Edwards	West Suffolk AC	25.22			
	3	Amelia	Willett	Farlingaye HS	22.85			

	4				
Hammer	1	Kirsten	Wright	Ipswich Harriers	25.00
	2	Sasha	Wilson	W Suffolk	24.85
	3				
Javelin	1	Paige	Hudson	Ipswich Harriers	28.72
	2	Sasha	Wilson	W Suffolk	28.56
	3	Amelia	Willett	Farlingaye HS	23.76
	4				

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Under 13 Girls

Event:	Pos:	Name:	Surname	Club:	Result:	CBP:	URN	W/S
100m Final	1	Blythe	Boreham	Ipswich Harriers	14.10			-2.0
	2	Agatha	Gouldby	Waveney Valley	15.90			
	3	Artemis	Wild	Framlingham College	16.30			
	4							
200m Final	1	Amelie	Taylor	Thurston Community C	30.60			-1.2
	2	Grace	Bestley	Ipswich Harriers	32.00			
	3							
800m Final	1	Grace	Bestley	Ipswich Harriers	2.37.8			
	2	Amelie	Taylor	Thurston Community C	2.37.9			
	3	Mia	North	Framlingham College	3.07.9			
	4							
1500m Final	1	Verity	Valentine	St Edmund pacers	5.15.4			
	2	Maia	Green	Ipswich Harriers	5.31.0			
	3	Poppy	Gaunt	Ipswich Harriers	5.36.5			
	4							
	5							
70mH Final	1	Blythe	Boreham	Ipswich Harriers	12.10			
Long Jump	1	Poppy	Cocker	Woodbridge Wolves	3.64			
	2	Artemis	Wild	Framlingham College	3.11			
	3	Sadie	Wright	Ipswich Harriers	3.05			
	4							
High Jump	1	Amelie	Taylor	Thurston Community C	1.35			
	2	Artemis	Wild	Framlingham College	1.10			
	3	Agatha	Gouldby	Waveney Valley	1.00			
	4							
Shot	1	Agatha	Gouldby	Waveney Valley	7.23			