

Sweatshop Southern Athletics League: Division 2 East - Round 1 - Ipswich - 25 April 2015

Team		Score	
1	Ipswich	210	I
2	West Suffolk/Diss	163.5	W
3	Havering AC	161	H
4	Luton	154.5	L

100	Men's A 100m		Wind=		
I	1	Owen Giddings	U20	Ipswich	11.1 4
L	2	Joel Parkes	U23	Luton	11.2 3
H	3	Lewis Bailey	U20	Havering AC	11.2 2
W	4	James Curran	U20	West Suffolk/Diss	11.7 1
100	Men's B 100m		Wind=		
II	1	Errol Thompson	U20	Ipswich	11.2 4
LL	2	Joshua Bada	SM	Luton	11.3 3
HH	3	Wolex Coker	SM	Havering AC	11.7 2
WW	4	Harry Unwin	U20	West Suffolk/Diss	11.8 1
200	Men's A 200m		Wind=		
I	1	Owen Giddings	U20	Ipswich	22.5 4
H	2	Lewis Bailey	U20	Havering AC	22.6 3
L	3	Joshua Bada	SM	Luton	22.9 2
W	4	James Curran	U20	West Suffolk/Diss	23.8 1
200	Men's B 200m		Wind=		
LL	1	Aderian Bright	U23	Luton	22.9 4
II	2	Mark Robinson	SM	Ipswich	23.9 3
WW	3	Harry Unwin	U20	West Suffolk/Diss	24.8 2
HH	4	Richard Holland	SM	Havering AC	25.0 1
400	Men's A 400m				
W	1	Cameron McKie	U20	West Suffolk/Diss	52.3 4
L	2	Aderian Bright	U23	Luton	52.8 3
I	3	Mark Robinson	SM	Ipswich	53.7 2
H	4	Matthew Owers	u17	Havering AC	53.8 1
400	Men's B 400m				
LL	1	Samuel Bird	U20	Luton	55.0 4
II	2	Joe Thompson	U20	Ipswich	56.0 3
HH	3	Paul Kavanagh	SM	Havering AC	56.9 2
WW	4	Alex Bartlett	U20	West Suffolk/Diss	71.7 1
800	Men's A 800m				
H	1	Paul Grange	SM	Havering AC	2:04.6 4
II	2	Henry Milldown	U17	Ipswich	2:05.1 3
L	3	Liam McNabola	SM	Luton	2:07.7 2
W	4	Alex Bartlett	U17	West Suffolk/Diss	2:08.1 1
800	Men's B 800m				
I	1	Theo Passmore	U20	Ipswich	2:06.9 4
LL	2	Shane Jay	SM	Luton	2:07.9 3
HH	3	Paul Kavanagh	SM	Havering AC	2:08.0 2
WW	4	Ben Eames	U20	West Suffolk/Diss	2:19.4 1
1500	Men's A 1500m				
W	1	Jacob Freeborough	U17	West Suffolk/Diss	4:18.8 4
H	2	Paul Grange	SM	Havering AC	4:28.6 3
I	3	Theo Passmore	U20	Ipswich	4:29.1 2
	4				1
1500	Men's B 1500m				
WW	1	Niall Ackroyd	U17	West Suffolk/Diss	4:36.1 4
HH	2	Bradley West	U20	Havering AC	4:48.8 3
II	3	Edward Harris	U20	Ipswich	5:05.5 2
	4				1
5000	Men's A 5000m				
H	1	Rob Warner	SM	Havering AC	15:35.3 4
W	2	Cameron McKie	U20	West Suffolk/Diss	17:06.5 3
II	3	Humfrey Jeakins	SM	Ipswich	17:53.3 2
L	4	Paul Brooks	M50	Luton	25:06.7 1

5000	Men's B 5000m				
I	1	Joshua Sugars	U20	Ipswich	18:54.8 4
	2				3
	3				2
	4				1
110H	Men's A 110mH		Wind=		
I	1	Nigel Hayman	M40	Ipswich	17.5 4
H	2	Arron Bonning	SM	Havering AC	21.1 3
W	3	Gordon Coe	SM	West Suffolk/Diss	22.8 2
	4				1
110H	Men's B 110mH		Wind=		
WW	1	Craig Palmer	U23	West Suffolk/Diss	40.8 4
	2				3
	3				2
	4				1
400H	Men's A 400mH				
II	1	Ben Higgins	SM	Ipswich	63.7 4
L	2	Tom Kearns	U23	Luton	68.8 3
W	3	Fraser Watts	SM	West Suffolk/Diss	73.6 2
	4				1
400H	Men's B 400mH				
I	1	Nigel Hayman	M40	Ipswich	65.0 4
WW	2	Craig Palmer	U23	West Suffolk/Diss	1:42.4 3
	3				2
	4				1
2000SC	Men's A 2000m Steeplechase				
W	1	Michael Bartram	U20	West Suffolk/Diss	6:09.2 4
H	2	Rob Warner	SM	Havering AC	6:31.7 3
LL	3	Tom Kearns	U23	Luton	6:57.8 2
II	4	Humfrey Jeakins	SM	Ipswich	7:30.9 1
2000SC	Men's B 2000m Steeplechase				
WW	1	Adam Crawford	U17	West Suffolk/Diss	6:51.6 4
I	2	Neil Gillingham	SM	Ipswich	7:54.5 3
	3				2
	4				1
HJ	Men's A High Jump				
II	1	Christopher Jones	U17	Ipswich	1.85 4
W	2	Lawrence Taylor	U20	West Suffolk/Diss	1.80 3
L	3	Samuel Bird	U20	Luton	1.80 2
H	4	Alex Law	U20	Havering AC	1.70 1
HJ	Men's B High Jump				
I	1	Harrison Layton	U20	Ipswich	1.80 4
WW	2	Luke Allen	SM	West Suffolk/Diss	1.65 3
HH	3	Shandell Taylor	U17	Havering AC	1.50 2
LL	4	Craig Andrew	SM	Luton	1.40 1
PV	Men's A Pole Vault				
H	1	Ed Thompson	U20	Havering AC	3.50 4
I	2	Ian Ling	M40	Ipswich	2.70 3
W	3	Gordon Coe	SM	West Suffolk/Diss	2.50 2
	4				1
PV	Men's B Pole Vault				
HH	1	Arron Bonning	SM	Havering AC	2.7 4
WW	2	Alex Bartlett	U17	West Suffolk/Diss	2.1 3
II	3	Theo Passmore	U20	Ipswich	1.7 2
	4				1
LJ	Men's A Long Jump				
H	1	Alex Law	U20	Havering AC	6.58 4
II	2	Errol Thompson	U20	Ipswich	6.49 3
L	3	Craig Andrew	SM	Luton	6.47 2
W	4	Lawrence Taylor	U20	West Suffolk/Diss	6.44 1

Wind

LJ	Men's B Long Jump					Wind
HH	1	Richard Holland	SM	Havering AC	6.37	4
LL	2	Aderian Bright	U23	Luton	6.28	3
WW	3	Luke Allen	SM	West Suffolk/Diss	5.99	2
I	4	Ben Higgins	SM	Ipswich	5.26	1
TJ	Men's A Triple Jump					Wind
L	1	Craig Andrew	SM	Luton	13.62	4
W	2	Mark Smith	U20	West Suffolk/Diss	11.69	3
H	3	Arron Bonning	SM	Havering AC	11.08	2
I	4	Nigel Hayman	M40	Ipswich	10.19	1
TJ	Men's B Triple Jump					Wind
LL	1	Tope Fisayo	U20	Luton	13.27	4
WW	2	Wesley Roper	U17	West Suffolk/Diss	11.29	3
HH	3	Sydney Conteh	U20	Havering AC	9.00	2
II	4	John Wooller	M40	Ipswich	7.59	1
SP	Men's A Shot Putt					
W	1	Jake Allen	U23	West Suffolk/Diss	11.52	4
L	2	Jamie Potton-Burrell	U20	Luton	10.71	3
I	3	David Hughes	M40	Ipswich	9.81	2
H	4	Arron Bonning	SM	Havering AC	9.16	1
SP	Men's B Shot Putt					
WW	1	Gordon Coe	SM	West Suffolk/Diss	10.34	4
LL	2	Geoff Grinsted	M45	Luton	8.58	3
II	3	Michael Davis	SM	Ipswich	7.85	2
HH	4	Edward Brinton-Quinn	U20	Havering AC	7.09	1
DT	Men's A Discus					
W	1	Jake Allen	U23	West Suffolk/Diss	40.50	4
II	2	Marshall Childs	U20	Ipswich	33.08	3
L	3	Jamie Potton-Burrell	U23	Luton	32.37	2
HH	4	Kevin White	SM	Havering AC	25.18	1
DT	Men's B Discus					
I	1	David Hughes	M40	Ipswich	31.32	4
WW	2	Gordon Coe	SM	West Suffolk/Diss	27.42	3
LL	3	Aderian Bright	U20	Luton	26.49	2
H	4	Arron Bonning	SM	Havering AC	22.17	1
HT	Men's A Hammer					
L	1	Jamie Potton-Burrell	U20	Luton	48.95	4
W	2	Jake Allen	U23	West Suffolk/Diss	39.55	3
I	3	Michael Davis	SM	Ipswich	33.51	2
H	4	Sam Harrison	SM	Havering AC	32.77	1
HT	Men's B Hammer					
II	1	David Hughes	M40	Ipswich	28.44	4
LL	2	Geoff Grinsted	M45	Luton	20.91	3
HH	3	Edward Brinton-Quinn	U20	Havering AC	15.37	2
WW	4	Barry Palmer	M45	West Suffolk/Diss	14.38	1
JT	Men's A Javelin					
I	1	Marshall Childs	U20	Ipswich	58.25	4
H	2	Sam Harrison	SM	Havering AC	44.87	3
W	3	Luke Allen	SM	West Suffolk/Diss	39.77	2
L	4	Jamie Potton-Burrell	U20	Luton	25.89	1
JT	Men's B Javelin					
HH	1	Alex Law	U20	Havering AC	42.15	4
II	2	David Hughes	M40	Ipswich	32.27	3
WW	3	Jake Allen	U23	West Suffolk/Diss	30.73	2
LL	4	Geoff Grinsted	M45	Luton	13.05	1
4x100	Men's 4x100m					
L	1	Luton	SM		43.7	4
I	2	Ipswich	SM		45.6	3
H	3	Havering AC	SM		46.1	2
W	4	West Suffolk/Diss	SM		46.6	1
4x400	Men's 4x400m					
W	1	West Suffolk/Diss	SM		3:37.6	4
I	2	Ipswich	SM		3:38.1	3
L	3	Luton	SM		3:44.0	2
H	4	Havering AC	SM		3:44.5	1

100	Women's A 100m			Wind=		
H	1	Modupe Shokunbi	U17	Havering AC	12.3	4
I	2	Chantelle Kilpatrick	U20	Ipswich	12.7	3
L	3	Shanara Hibbert	U23	Luton	12.8	2
W	4	Francesca Betson	U20	West Suffolk/Diss	13.4	1
100	Women's B 100m			Wind=		
II	1	Eldece Emery	U17	Ipswich	12.7	4
LL	2	Judy Morton	U17	Luton	13.2	3
HH	3	Lucy Bailey	U20	Havering AC	13.5	2
WW	4	Cassie Scotting	U20	West Suffolk/Diss	14.3	1
200	Women's A 200m			Wind=		
H	1	Modupe Shokunbi	U17	Havering AC	25.8	4
I	2	Isabelle Blowers	U17	Ipswich	26.5	3
W	3	Peggy-Mai Norman	U20	West Suffolk/Diss	27.6	2
L	4	Judy Morton	U17	Luton	28.0	1
200	Women's B 200m			Wind=		
II	1	Eldece Emery	U17	Ipswich	25.6	4
HH	2	Tayla Humm	U20	Havering AC	25.8	3
WW	3	Francesca Betson	U20	West Suffolk/Diss	29.3	2
	4					1
400	Women's A 400m					
I	1	Tilly Thomas	U20	Ipswich	59.3	4
H	2	Tayla Humm	U20	Havering AC	63.4	3
L	3	Kathryn Canham	U17	Luton	63.7	2
W	4	Peggy-Mai Norman	U20	West Suffolk/Diss	64.2	1
400	Women's B 400m					
HH	1	Tina Quinlivan	W40	Havering AC	69.4	4
II	2	Elizabeth Welbourn	F50	Ipswich	71.7	3
LL	3	Jasmine Watson	U20	Luton	72.5	2
WW	4	Cassie Scotting	U20	West Suffolk/Diss	74.1	1
800	Women's A 800m					
W	1	Mikayela Sealby	U17	West Suffolk/Diss	2:28.5	4
L	2	Rosie Canham	W40	Luton	2:29.5	3
I	3	Katy Sealy	SW	Ipswich	2:38.7	2
	4					1
800	Women's B 800m					
II	1	Lily Woodruff	U17	Ipswich	2:41.1	4
LL	2	Jasmine Watson	U20	Luton	2:54.1	3
WW	3	Dawn Mason	W55	West Suffolk/Diss	4:23.2	2
	4					1
1500	Women's A 1500m					
L	1	Rosie Keane	SW	Luton	4:51.0	4
W	2	Megan Newton	U17	West Suffolk/Diss	5:07.8	3
I	3	Alice Goodwin	U20	Ipswich	5:14.6	2
	4					1
1500	Women's B 1500m					
LL	1	Christine Lathwell	W35	Luton	5:21.4	4
II	2	Daniella Giusti	U17	Ipswich	5:22.0	3
WW	3	Mikayela Sealby	U17	West Suffolk/Diss	5:34.1	2
	4					1
3000	Women's A 3000m					
L	1	Rosie Keane	SW	Luton	9:52.6	4
W	2	Megan Newton	U17	West Suffolk/Diss	10:39.6	3
I	3	Lucy Barnes	SW	Ipswich	10:55.4	2
	4					1
3000	Women's B 3000m					
LL	1	Christine Lathwell	w35	Luton	11:39.9	4
II	2	Mandy Godbold	F45	Ipswich	14:59.8	3
	3					2
	4					1
100HW	Women's A 100mH			Wind=		
H	1	Chloe Van-Wulven	SW	Havering AC	14.7	4
I	2	Kerry Kinsey	SW	Ipswich	20.7	3
	3					2
	4					1

100HW	Women's B 100mH			Wind=			
HH	1	Lucy Bailey	U20	Havering AC	16.6	4	
	2					3	
	3					2	
	4					1	
400HW	Women's A 400mH						
W	1	Emily Moyes	U20	West Suffolk/Diss	67.8	4	
H	2	Claire Brennan	SW	Havering AC	73.7	3	
L	3	Jazmine Barnett	U20	Luton	76.7	2	
I	4	Holly Aston	U17	Ipswich	84.2	1	
400HW	Women's B 400mH						
HH	1	Chloe Van-Wulven	SW	Havering AC	70.8	4	
WW	2	Holly Davies	U17	West Suffolk/Diss	75.2	3	
II	3	Chloe Godbold	U17	Ipswich	82.7	2	
	4					1	
1500SCW	Women's A 2000m Steeplechase						
W	1	Emily Moyes	U20	West Suffolk/Diss	7:24.2	4	
L	2	Christine Lathwell	W35	Luton	8:51.7	3	
I	3	Holly Aston	U17	Ipswich	9:59.0	2	
	4					1	
1500SCW	Women's B 2000m Steeplechase						
WW	1	Bronwyn Jacobs	U20	West Suffolk/Diss	8:28.1	4	
LL	2	Suzanna Wise	SW	Luton	11:14.6	3	
	3					2	
	4					1	
HJ	Women's A High Jump						
H	1	Bethan Siddons	U23	Havering AC	1.65	4	
II	2=	Lauren Grubb	U17	Ipswich	1.50	2.5	
L	2=	Rebecca Hawtin	U17	Luton	1.50	2.5	
W	4	Peggy-Mai Norman	U20	West Suffolk/Diss	1.00	1	
HJ	Women's B High Jump						
HH	1	Chloe Van-Wulven	SW	Havering AC	1.55	4	
I	2=	Holly Aston	U17	Ipswich	1.0	2.5	
WW	2=	Cassie Scotting	U20	West Suffolk/Diss	1.0	2.5	
LL	4	Suzanna Wise	SW	Luton	1.0	1	
PV	Women's A Pole Vault						
H	1	Tina Quinlivan	W40	Havering AC	2.55	4	
I	2	Sophie Godbold	U20	Ipswich	1.20	3	
	3					2	
	4					1	
PV	Women's B Pole Vault						
II	1	Kerry Kinsey	SW	Ipswich	1.20	4	
	2					3	
	3					2	
	4					1	
LJ	Women's A Long Jump						Wind
L	1	Shanara Hibbert	U23	Luton	5.65	4	
I	2	Katy Sealy	SW	Ipswich	5.44	3	
W	3	Tania Spurling	SW	West Suffolk/Diss	5.08	2	
H	4	Bethan Siddons	SW	Havering AC	4.91	1	
LJ	Women's B Long Jump						Wind
II	1	Janae Duporte-Clarke	U17	Ipswich	5.08	4	
WW	2	Hannah Castle	U23	West Suffolk/Diss	3.92	3	
HH	3	Chloe Van-Wulven	SW	Havering AC	3.72	2	
LL	4	Jazmine Barnett	U20	Luton	3.55	1	
TJ	Women's A Triple Jump						Wind
W	1	Tania Spurling	SW	West Suffolk/Diss	11.00	4	
I	2	Rachel Ryan	U20	Ipswich	10.96	3	
H	3	Bethan Siddons	SW	Havering AC	10.11	2	
L	4	Jazmine Barnett	U20	Luton	9.37	1	
TJ	Women's B Triple Jump						Wind
II	1	Chantelle Kilpatrick	U20	Ipswich	10.73	4	
	2					3	
	3					2	
	4					1	

SPW Women's A Shot Putt						
H	1	Georgie Taylor	U20	Havering AC	11.13	4
I	2	Katy Sealy	SW	Ipswich	11.01	3
LL	3	Victoria Hill	U20	Luton	8.53	2
W	4	Debbie Castle	U23	West Suffolk/Diss	8.26	1
SPW Women's B Shot Putt						
II	1	Kerry Kinsey	SW	Ipswich	8.55	4
L	2	Suzanna Wise	SW	Luton	8.04	3
HH	3	Nina Brennan	SW	Havering AC	7.56	2
WW	4	Peggy-Mai Norman	U20	West Suffolk/Diss	7.22	1
DTW Women's A Discus						
H	1	Georgie Taylor	U20	Havering AC	46.23	4
L	2	Suzanna Wise	SW	Luton	35.56	3
II	3	Lana Fulcher	U17	Ipswich	30.14	2
W	4	Debbie Castle	U23	West Suffolk/Diss	28.51	1
DTW Women's B Discus						
I	1	Kerry Kinsey	SW	Ipswich	27.90	4
HH	2	Nina Brennan	SW	Havering AC	23.09	3
WW	3	Hannah Castle	u23	West Suffolk/Diss	20.82	2
LL	4	Victoria Hill	U20	Luton	18.24	1
HTW Women's A Hammer						
L	1	Suzanna Wise	SW	Luton	45.37	4
I	2	Lana Fulcher	U17	Ipswich	41.78	3
H	3	Georgie Taylor	U20	Havering AC	22.58	2
W	4	Dawn Mason	W55	West Suffolk/Diss	15.92	1
HTW Women's B Hammer						
LL	1	Victoria Hill	U20	Luton	30.51	4
II	2	Kerry Kinsey	SW	Ipswich	29.99	3
HH	3	Emma Christmas	SW	Havering AC	17.41	2
WW	4	Indigo Johnson	U17	West Suffolk/Diss	15.22	1
JTW Women's A Javelin						
H	1	Emma Christmas	SW	Havering AC	38.92	4
WW	2	Brittany Esterhuizen	U20	West Suffolk/Diss	33.19	3
L	3	Suzanna Wise	SW	Luton	19.16	2
I	4	Chloe Godbold	U17	Ipswich	14.51	1
JTW Women's B Javelin						
HH	1	Alice Martin	U20	Havering AC	27.60	4
W	2	Debbie Castle	U23	West Suffolk/Diss	26.13	3
LL	3	Victoria Hill	U20	Luton	11.49	2
II	4	Lauren Ramsey	U20	Ipswich	9.26	1
4x100 Women's 4x100m						
I	1	Ipswich	SW		50.7	4
H	2	Havering AC	SW		52.5	3
L	3	Luton	SW		55.9	2
W	4	West Suffolk/Diss	SW		56.8	1
4x400 Women's 4x400m						
I	1	Ipswich	SW		4:13.5	4
L	2	Luton	SW		4:18.8	3
W	3	West Suffolk/Diss	SW		4:21.8	2
	4					1