

100m				
U15G	Emma Galloway	Ipswich	u15	14.5
	Funke Owevole	VP&TH	u15	14.2
	Bella Katula	VP&TH	u15	14.3
	Monique Gomez	VP&TH	u15	14.7
	Tomi Ayegbisi	NEB	u13	15.4
SW				
	Symone Keisha	VP&TH	u17	13.3
	Yvonne Holmes	Ipswich	v45	14.3
	Elaine Spurway	NEB	s	12.0
	Clare Welbourn	Ipswich	u17	13.7
	Charlotte Long	Ipswich	u17	14.1
	Christine Kelchem	NEB	s	14.9
200m				
SW	Claire Spurway	NEB	s	24.6
	Charlotte Cattermole	Ipswich	u17	27.6
	Clare Welbourn	Ipswich	u17	28.3
4x100	VP&TH		Mixed	61.1
	VP&TH		s	55.7
Long Jump				
	Abby Adesina	VP&TH	s	4.30
	Nella Katula	VP&TH		4.27
	Annabelle Hands	Ipswich	u15	4.14
	Adefunke Ouewou	VP&TH	u15	3.88
	Siobhan Williams	VP&TH	u17	3.60
	Deborah Oyelacle	NEB	u15	3.26