

<b>Men's A 100m</b>		<b>Wind=</b>		
1	Sam Rivers	SM	Cambridge & Coleridge	10.9
2	Ewan Dickson Earle	U17	Biggleswade	11.5
3	Errol Thompson	U17	Ipswich	11.5
4	John McCabe	SM	Loughton	11.9

<b>Men's B 100m</b>		<b>Wind=</b>		
1	Jake Mair	U17	Cambridge & Coleridge	11.7
2	Robert Graham	SM	Ipswich	11.9
3	Comie Cambell	M40	Biggleswade	13.5
4	Gavin Harper	SM	Loughton	13.8

<b>Men's A 200m</b>		<b>Wind=</b>		
1	Sam Rivers	SM	Cambridge & Coleridge	21.8
2	Tom Powell	U20	Ipswich	22.8
3	John McCabe	SM	Loughton	24.2
4				

<b>Men's B 200m</b>		<b>Wind=</b>		
1	Chris Morter	SM	Cambridge & Coleridge	23.0
2	Mark Robinson	SM	Ipswich	23.3
3	Gavin Harper	SM	Loughton	29.2
4				

<b>Men's A 400m</b>				
1	Mark Robinson	SM	Ipswich	52.0
2	Dylan Doggett	U17	Cambridge & Coleridge	53.1
3	Sam Clark	SM	Loughton	65.5
4				

<b>Men's B 400m</b>				
1	Falai Baldeh	SM	Cambridge & Coleridge	51.7
2	Tom Powell	U20	Ipswich	51.7
3	Gavin Harper	SM	Loughton	71.2
4				

<b>Men's A 800m</b>				
1	John Bird	SM	Ipswich	2:02.2
2	Louis Rawlings	U17	Cambridge & Coleridge	2:06.6
3	Gavin Harper	SM	Loughton	2:45.3
4				

<b>Men's B 800m</b>				
1	Jason Black	SM	Ipswich	2:07.1
2	John Morley	SM	Cambridge & Coleridge	2:08.2
3	Andy Clark	SM	Loughton	2:52.7
4				

<b>Men's A 1500m</b>				
1	Kieron Wood	U17	Cambridge & Coleridge	400.9
2	John Bird	SM	Ipswich	4:06.3
3	Paul Regan	SM	Loughton	5:00.0
4				

**Men's B 1500m**

1	John Morley	SM	Cambridge & Coleridge	4:33.2
2	Daniel Jones	SM	Ipswich	4:58.6
3	Gavin Harper	SM	Loughton	6:20.1
4				

#### Men's A 5000m

1	James Chettle	SM	Cambridge & Coleridge	15:56.1
2	Ross Fawcett	SM	Ipswich	16:19.1
3	Dave Tyson	SM	Loughton	21:29.0
4				

#### Men's B 5000m

1	Simon Gardiner	SM	Ipswich	16:53.5
2	J Escalante-Phillips	U23	Cambridge & Coleridge	17:07.6
3	Gavin Harper	SM	Loughton	21:29.0
4				

#### Men's A 110mH

Wind=

1	Jonathan Moore	SM	Ipswich	15.7
2	Jack Huddleston	SM	Cambridge & Coleridge	19.0
3	Jim Harrison	M50	Loughton	33.2
4				

#### Men's B 110mH

Wind=

1	Nigel Hayman	SM	Ipswich	16.5
2	Tom Brennand	SM	Cambridge & Coleridge	20.6
3				
4				

#### Men's A 400mH

1	Nigel Hayman	SM	Ipswich	62.3
2	Jack Huddleston	SM	Cambridge & Coleridge	63.5
3	Jim Harrison	M50	Loughton	73.3
4				

#### Men's B 400mH

1	Chris Bradshaw	SM	Ipswich	67.6
2	Tom Brennand	SM	Cambridge & Coleridge	70.8
3	Gavin Harper	SM	Loughton	82.5
4				

#### Men's A 2000m Steeplechase

1	Will Mycroft	U23	Cambridge & Coleridge	6:32.2
2	Conor Whiting	U17	Ipswich	7:05.1
3	Scott Hurley	SM	Loughton	9:46.5
4				

#### Men's B 2000m Steeplechase

1	J Escalante-Phillips	SM	Cambridge & Coleridge	7:04.3
2	Jason Black	SM	Ipswich	7:42.8
3	Gavin Harper	SM	Loughton	10:17.1
4				

#### Men's A High Jump

1	Luke Mascall-Wright	U17	Ipswich	1.75
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2	Ben Davies	U23	Cambridge & Coleridge	1.75
3	Gavin Harper	SM	Loughton	.90
4				

#### Men's B High Jump

1	Errol Thompson	U17	Ipswich	1.75
2	Curtis Wood	U17	Cambridge & Coleridge	1.60
3	David Hobbs	M60	Loughton	.90
4				

#### Men's A Pole Vault

1	Chris Bradshaw	SM	Ipswich	3.40
2	Jim Harrison	M50	Loughton	2.80
3	Jack Huddleston	U23	Cambridge & Coleridge	2.60
4				

#### Men's B Pole Vault

1	Kasey Hagan	U17	Ipswich	3.20
2	Alec Taylor	M40	Cambridge & Coleridge	2.40
3				
4				

#### Men's A Long Jump

1	Robert Graham	SM	Ipswich	6.27
2	Ewan Dickson Earle	U17	Biggleswade	6.01
3	Keiron Lock	U17	Cambridge & Coleridge	6.00
4	Paul Regan	SM	Loughton	4.67

#### Men's B Long Jump

1	Ben Davies	U23	Cambridge & Coleridge	6.00
2	Jermaine Bernard	SM	Ipswich	5.81
3	Comie Cambell	SM	Biggleswade	4.32
4	Scott Hurley	SM	Loughton	3.68

#### Men's A Triple Jump

1	Robert Graham	SM	Ipswich	13.54
2	Chris Ennis	U20	Cambridge & Coleridge	11.83
3	Paul Regan	SM	Loughton	9.91
4	Alex Ingham	U17	Biggleswade	8.80

#### Men's B Triple Jump

1	Chris Bradshaw	SM	Ipswich	12.40
2	Keiron Lock	U17	Cambridge & Coleridge	11.44
3	Scott Hurley	SM	Loughton	7.79
4				

#### Men's A Shot Putt

1	Joe Bloomfield	SM	Ipswich	11.78
2	Oli Holway	U20	Cambridge & Coleridge	11.02
3	Jim Harrison	M50	Loughton	7.47
4				

#### Men's B Shot Putt

1	Gary Parsons	M40	Cambridge & Coleridge	11.01
2	Jermaine Bernard	SM	Ipswich	10.33

3	Scott Hurley	SM	Loughton	7.41
4				

#### Men's A Discus

1	Joe Bloomfield	SM	Ipswich	43.48
2	Adam Lines	U20	Cambridge & Coleridge	37.20
3	Chris Watson	M40	Biggleswade	23.53
4	Jim Harrison	M50	Loughton	20.12

#### Men's B Discus

1	Gary Parsons	M40	Cambridge & Coleridge	35.42
2	Jermaine Bernard	SM	Ipswich	22.85
3	Scott Hurley	SM	Loughton	16.26
4				

#### Men's A Hammer

1	Joe Bloomfield	SM	Ipswich	54.53
2	Oli Holway	U20	Cambridge & Coleridge	37.20
3	Scott Hurley	SM	Loughton	22.41
4				

#### Men's B Hammer

1	Malcolm Fenton	SM	Ipswich	44.02
2	Gary Parsons	M40	Cambridge & Coleridge	35.05
3				
4				

#### Men's A Javelin

1	Paul Dowding	SM	Ipswich	57.25
2	Albert Pavelin	U17	Cambridge & Coleridge	45.07
3	Jim Harrison	M50	Loughton	28.05
4				

#### Men's B Javelin

1	Adam Lines	U20	Cambridge & Coleridge	42.64
2	Paul Roberts	U20	Ipswich	42.09
3	Scott Hurley	SM	Loughton	23.23
4				

#### Men's 4x100m

1	Ipswich	SM		45.9
2	Loughton	SM		51.9
3				
4				

#### Men's 4x400m

1	Loughton	SM		4:35.1
2				
3				
4				

#### Women's A 100m

Wind=

1	Georgina Molster	SW	Ipswich	12.6
2	Catriona Marriot	U17	Cambridge & Coleridge	13.1
3	Michaela Davis	W45	Loughton	15.7

4				
<b>Women's B 100m</b>		<b>Wind=</b>		
1	Enya Moore	U17	Ipswich	12.90
2	Lucy Gillies	U17	Cambridge & Coleridge	13.3
3	Mary Knapman	SW	Loughton	15.3
4				
<b>Women's A 200m</b>		<b>Wind=</b>		
1	Joanne Ryan	SW	Loughton	25.4
2	Georgina Molster	SW	Ipswich	26.0
3	Catriona Marriot	U17	Cambridge & Coleridge	27.1
4				
<b>Women's B 200m</b>		<b>Wind=</b>		
1	Enya Moore	U17	Ipswich	26.2
2	Anna Clark	U17	Loughton	27.6
3	Alice Galloway	U17	Cambridge & Coleridge	27.9
4				
<b>Women's A 400m</b>				
1	Joanne Ryan	SW	Loughton	58.0
2	Hollie Parker	U17	Cambridge & Coleridge	60.4
3	Keeley Whitlock	U17	Ipswich	61.7
4				
<b>Women's B 400m</b>				
1	Amie Harrison	SW	Loughton	66.3
2	Leanne Thorndyke	SW	Ipswich	67.2
3	Helen Grant	W45	Cambridge & Coleridge	78.8
4				
<b>Women's A 800m</b>				
1	Hollie Parker	U17	Cambridge & Coleridge	2:18.9
2	Anna Clark	U17	Loughton	2:21.1
3	Rachel Ryan	U17	Ipswich	2:30.3
4	Zoe Luscombe	W35	Biggleswade	2:42.7
<b>Women's B 800m</b>				
1	Mary Knapman	SW	Loughton	2:30.0
2	Emma Burroughs	SW	Ipswich	2:35.0
3	Pauline Golec	SW	Cambridge & Coleridge	2:41.1
4				
<b>Women's A 1500m</b>				
1	Mary Knapman	SW	Loughton	5:14.5
2	Pauline Golec	SW	Cambridge & Coleridge	5:28.1
3	Lauren Ramsey	U17	Ipswich	5:44.0
4	Zoe Luscombe	W35	Biggleswade	5:57.9
<b>Women's B 1500m</b>				
1	Helen Grant	W45	Cambridge & Coleridge	5:50.0
2	Kirsty Thorndyke	SW	Ipswich	5:56.4
3	Jean Hobbs	W60	Loughton	7:27.3
4				

**Women's A 3000m**

1	Jo Coates	W35	Cambridge & Coleridge	10:36.6
2	Kirsty Thorndyke	SW	Ipswich	13:04.2
3	Jean Hobbs	W60	Loughton	15:04.0
4				

**Women's B 3000m**

1	Helen Grant	W45	Cambridge & Coleridge	12:14.8
2				
3				
4				

**Women's A 100mH**

Wind=

1	Katy Sealey	SW	Ipswich	16.4
2	Jo Richardson	SW	Loughton	18.9
3				
4				

**Women's B 100mH**

Wind=

1	Kerry Fuller	SW	Ipswich	18.4
2	Amie Harrison	SW	Loughton	27.2
3				
4				

**Women's A 400mH**

1	Jo Richardson	SW	Loughton	70.2
2	Emily Robinson	U17	Ipswich	74.6
3				
4				

**Women's B 400mH**

1	Alex Leigh-Pearson	U20	Ipswich	78.8
2	Amie Harrison	SW	Loughton	84.0
3				
4				

**Women's A 1500m Steeplechase**

1	Emma Burroughs	SW	Ipswich	5:54.2
2	Mary Knapman	SW	Loughton	6:51.9
3				
4				

**Women's B 1500m Steeplechase**

1				
2				
3				
4				

**Women's A High Jump**

1	Katy Sealey	SW	Ipswich	1.64
2	Anne Moindrot	SW	Cambridge & Coleridge	1.20
3	Sandra Ingham	W50	Biggleswade	1.00
4				

**Women's B High Jump**

1	Keeley Whitlock	U17	Ipswich	1.40
2	Amie Harrison	SW	Loughton	1.00
3				
4				

#### Women's A Pole Vault

1	Sophie Godbold	U17	Ipswich	1.80
2	Barbara Higgins	W55	Loughton	1.20
3				
4				

#### Women's B Pole Vault

1	Michaela Davis	W45	Loughton	1.20
2				
3				
4				

#### Women's A Long Jump

1	Katy Sealey	SW	Ipswich	4.96
2	Anne Moindrot	SW	Cambridge & Coleridge	4.24
3	Mary Knapman	SW	Loughton	4.10
4				

#### Women's B Long Jump

1	Jess Crlsell	U20	Ipswich	4.59
2	Amie Harrison	SW	Loughton	3.44
3				
4				

#### Women's A Triple Jump

1	Jess Crlsell	U20	Ipswich	10.32
2	Anne Moindrot	SW	Cambridge & Coleridge	9.46
3	Michaela Davis	SW	Loughton	6.09
4				

#### Women's B Triple Jump

1	Rachel Ryan	U17	Ipswich	9.15
2				
3				
4				

#### Women's A Shot Putt

1	Katy Sealey	SW	Ipswich	9.97
2	Alice Galloway	U17	Cambridge & Coleridge	9.65
3	Kate Merritt	W35	Loughton	6.40
4				

#### Women's B Shot Putt

1	Helena Coe	U17	Ipswich	9.29
2	Hayley Sayer	U23	Cambridge & Coleridge	8.18
3	Barbara Higgins	W55	Loughton	5.00
4				

#### Women's A Discus

1	Ellie Bloomfield	U17	Ipswich	29.97
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2	Anne Moindrot	SW	Cambridge & Coleridge	26.4
3	Kate Merritt	W35	Loughton	20.9
4				

#### Women's B Discus

1	Kerry Fuller	SW	Ipswich	27.84
2	Hayley Sayer	U23	Cambridge & Coleridge	18.77
3	Hannah Davis	U17	Loughton	12.29
4				

#### Women's A Hammer

1	Hayley Sayer	U23	Cambridge & Coleridge	41.4
2	Kerry Fuller	SW	Ipswich	28.4
3	Michaela Davis	W45	Loughton	17.73
4				

#### Women's B Hammer

1	Imogen Hyde	U17	Cambridge & Coleridge	31.98
2	Barbara Higgins	W55	Loughton	16.8
3	Helena Coe	U17	Ipswich	11.9
4				

#### Women's A Javelin

1	Alice Robinson	U17	Ipswich	28.68
2	Imogen Hyde	U17	Cambridge & Coleridge	22.94
3	Hannah Davis	U17	Loughton	19.44
4				

#### Women's B Javelin

1	Emily Robinson	U17	Ipswich	24.54
2	Kate Merritt	W35	Loughton	14.81
3				
4				

#### Women's 4x100m

1	Ipswich	SW		52.4
2	Loughton	SW		53.5
3	Cambridge & Coleridge	SW		55.2
4				

#### Women's 4x400m

1	Loughton	SW		4:16.4
2	Cambridge & Coleridge	SW		4:31.2
3				
4				

#### Man of the Match Awards

##### Men

1	Sam Rivers	SM
	1 Sam Rivers	SM
	2 Tom Powell	U20
	1 Joe Bloomfield	SM
	1 Chris Morter	SM
	1 Robert Graham	SM

#### Officials

##### Total

Cambridge & Coleridge	10.9
Cambridge & Coleridge	21.8
Ipswich	22.8
Ipswich	54.53
Cambridge & Coleridge	23.0
Ipswich	13.54



Women

1 Joanne Ryan	SW	Loughton	25.4
1 Joanne Ryan	SW	Loughton	58.0
1 Georgina Molster	SW	Ipswich	12.6
2 Georgina Molster	SW	Ipswich	26.0
1 Enya Moore	U17	Ipswich	26.2
1 Enya Moore	U17	Ipswich	12.90