

Southern Athletics League: Division 2 North East - Round 5 - Ipswich - 1 September 2012

Team		Score				
1	Ipswich		238			I
2	Cambridge & Coleridge		187			M
3	Loughton		157			L
4	Biggleswade		17			G
Men's A 100m		Wind=				
1	Sam Rivers	SM	Cambridge & Coleridge	10.9	4	915 aw
2	Ewan Dickson Earle	U17	Biggleswade	11.5	3	744 aw
3	Errol Thompson	U17	Ipswich	11.5	2	744 aw
4	John McCabe	SM	Loughton	11.9	1	640
Men's B 100m		Wind=				
1	Jake Mair	U17	Cambridge & Coleridge	11.7	4	691 aw
2	Robert Graham	SM	Ipswich	11.9	3	640
3	Comie Cambell	M40	Biggleswade	13.5	2	301
4	Gavin Harper	SM	Loughton	13.8	1	252
Men's A 200m		Wind=				
1	Sam Rivers	SM	Cambridge & Coleridge	21.8	4	954 aw
2	Tom Powell	U20	Ipswich	22.8	3	820 aw
3	John McCabe	SM	Loughton	24.2	2	649
Men's B 200m		Wind=				
1	Chris Morter	SM	Cambridge & Coleridge	23.0	4	794 aw
2	Mark Robinson	SM	Ipswich	23.3	3	756 aw
3	Gavin Harper	SM	Loughton	29.2	2	201
Men's A 400m						
1	Mark Robinson	SM	Ipswich	52.0	4	764 aw
2	Dylan Doggett	U17	Cambridge & Coleridge	53.1	3	708 aw
3	Sam Clark	SM	Loughton	65.5	2	218
Men's B 400m						
1	Falai Baldeh	SM	Cambridge & Coleridge	51.7	4	780 aw
2	Tom Powell	U20	Ipswich	51.7	3	780 aw
3	Gavin Harper	SM	Loughton	71.2	2	87
Men's A 800m						
1	John Bird	SM	Ipswich	2:02.2	4	717 aw
2	Louis Rawlings	U17	Cambridge & Coleridge	2:06.6	3	619 aw
3	Gavin Harper	SM	Loughton	2:45.3	2	66
Men's B 800m						
1	Jason Black	SM	Ipswich	2:07.1	4	608
2	John Morley	SM	Cambridge & Coleridge	2:08.2	3	585
3	Andy Clark	SM	Loughton	2:52.7	2	24
Men's A 1500m						
1	Kieron Wood	U17	Cambridge & Coleridge	400.9	4	0
2	John Bird	SM	Ipswich	4:06.3	3	782 aw
3	Paul Regan	SM	Loughton	5:00.0	2	294
Men's B 1500m						
1	John Morley	SM	Cambridge & Coleridge	4:33.2	4	508
2	Daniel Jones	SM	Ipswich	4:58.6	3	304
3	Gavin Harper	SM	Loughton	6:20.1	2	1
Men's A 5000m						
1	James Chettle	SM	Cambridge & Coleridge	15:56.1	4	650 aw
2	Ross Fawcett	SM	Ipswich	16:19.1	3	590 aw
3	Dave Tyson	SM	Loughton	21:29.0	2	63

Men's B 5000m

1	Simon Gardiner	SM	Ipswich	16:53.5	4	505
2	J Escalante-Phillips	U23	Cambridge & Coleridge	17:07.6	3	472
3	Gavin Harper	SM	Loughton	21:29.0	2	63

Men's A 110mH

Wind=

1	Jonathan Moore	SM	Ipswich	15.7	4	786 aw
2	Jack Huddleston	SM	Cambridge & Coleridge	19.0	3	363
3	Jim Harrison	M50	Loughton	33.2	2	0

Men's B 110mH

Wind=

1	Nigel Hayman	SM	Ipswich	16.5	4	669 aw
2	Tom Brennand	SM	Cambridge & Coleridge	20.6	3	216

Men's A 400mH

1	Nigel Hayman	SM	Ipswich	62.3	4	613 aw
2	Jack Huddleston	SM	Cambridge & Coleridge	63.5	3	571
3	Jim Harrison	M50	Loughton	73.3	2	286

Men's B 400mH

1	Chris Bradshaw	SM	Ipswich	67.6	4	440
2	Tom Brennand	SM	Cambridge & Coleridge	70.8	3	349
3	Gavin Harper	SM	Loughton	82.5	2	107

Men's A 2000m Steeplechase

1	Will Mycroft	U23	Cambridge & Coleridge	6:32.2	4	734
2	Conor Whiting	U17	Ipswich	7:05.1	3	564
3	Scott Hurley	SM	Loughton	9:46.5	2	55

Men's B 2000m Steeplechase

1	J Escalante-Phillips	SM	Cambridge & Coleridge	7:04.3	4	568
2	Jason Black	SM	Ipswich	7:42.8	3	398
3	Gavin Harper	SM	Loughton	10:17.1	2	19

Men's A High Jump

1	Luke Mascall-Wright	U17	Ipswich	1.75	4	666 aw
2	Ben Davies	U23	Cambridge & Coleridge	1.75	3	666 aw
3	Gavin Harper	SM	Loughton	.90	2	0

Men's B High Jump

1	Errol Thompson	U17	Ipswich	1.75	4	666 aw
2	Curtis Wood	U17	Cambridge & Coleridge	1.60	3	533
3	David Hobbs	M60	Loughton	.90	2	0

Men's A Pole Vault

1	Chris Bradshaw	SM	Ipswich	3.40	4	544 aw
2	Jim Harrison	M50	Loughton	2.80	3	384 aw
3	Jack Huddleston	U23	Cambridge & Coleridge	2.60	2	332

Men's B Pole Vault

1	Kasey Hagan	U17	Ipswich	3.20	4	490 aw
2	Alec Taylor	M40	Cambridge & Coleridge	2.40	3	279

Men's A Long Jump

Wind

1	Robert Graham	SM	Ipswich	6.27	4	767 aw
2	Ewan Dickson Earle	U17	Biggleswade	6.01	3	714 aw
3	Keiron Lock	U17	Cambridge & Coleridge	6.00	2	712 aw
4	Paul Regan	SM	Loughton	4.67	1	442

Men's B Long Jump

Wind

1	Ben Davies	U23	Cambridge & Coleridge	6.00	4	712 aw
2	Jermaine Bernard	SM	Ipswich	5.81	3	673 aw
3	Comie Cambell	SM	Biggleswade	4.32	2	372
4	Scott Hurley	SM	Loughton	3.68	1	245

Men's A Triple Jump						Wind
1	Robert Graham	SM	Ipswich	13.54	4	787 aw
2	Chris Ennis	U20	Cambridge & Coleridge	11.83	3	608 aw
3	Paul Regan	SM	Loughton	9.91	2	408
4	Alex Ingham	U17	Biggleswade	8.80	1	295
Men's B Triple Jump						Wind
1	Chris Bradshaw	SM	Ipswich	12.40	4	667 aw
2	Keiron Lock	U17	Cambridge & Coleridge	11.44	3	567 aw
3	Scott Hurley	SM	Loughton	7.79	2	192
Men's A Shot Putt						
1	Joe Bloomfield	SM	Ipswich	11.78	4	634 aw
2	Oli Holway	U20	Cambridge & Coleridge	11.02	3	589 aw
3	Jim Harrison	M50	Loughton	7.47	2	379
Men's B Shot Putt						
1	Gary Parsons	M40	Cambridge & Coleridge	11.01	4	588 aw
2	Jermaine Bernard	SM	Ipswich	10.33	3	548 aw
3	Scott Hurley	SM	Loughton	7.41	2	376
Men's A Discus						
1	Joe Bloomfield	SM	Ipswich	43.48	4	756 aw
2	Adam Lines	U20	Cambridge & Coleridge	37.20	3	642 aw
3	Chris Watson	M40	Biggleswade	23.53	2	394
4	Jim Harrison	M50	Loughton	20.12	1	333
Men's B Discus						
1	Gary Parsons	M40	Cambridge & Coleridge	35.42	4	609 aw
2	Jermaine Bernard	SM	Ipswich	22.85	3	382
3	Scott Hurley	SM	Loughton	16.26	2	263
Men's A Hammer						
1	Joe Bloomfield	SM	Ipswich	54.53	4	797 aw
2	Oli Holway	U20	Cambridge & Coleridge	37.20	3	535 aw
3	Scott Hurley	SM	Loughton	22.41	2	313
Men's B Hammer						
1	Malcolm Fenton	SM	Ipswich	44.02	4	638 aw
2	Gary Parsons	M40	Cambridge & Coleridge	35.05	3	503 aw
Men's A Javelin						
1	Paul Dowding	SM	Ipswich	57.25	4	770 aw
2	Albert Pavelin	U17	Cambridge & Coleridge	45.07	3	601 aw
3	Jim Harrison	M50	Loughton	28.05	2	365
Men's B Javelin						
1	Adam Lines	U20	Cambridge & Coleridge	42.64	4	567 aw
2	Paul Roberts	U20	Ipswich	42.09	3	559 aw
3	Scott Hurley	SM	Loughton	23.23	2	298
Men's 4x100m						
1	Ipswich	SM		45.9	4	698
2	Loughton	SM		51.9	3	394
Men's 4x400m						
1	Loughton	SM		4:35.1	4	151
Women's A 100m						Wind=
1	Georgina Molster	SW	Ipswich	12.6	4	910 aw
2	Catriona Marriot	U17	Cambridge & Coleridge	13.1	3	829 aw
3	Michaela Davis	W45	Loughton	15.7	2	466
Women's B 100m						Wind=
1	Enya Moore	U17	Ipswich	12.90	4	861 aw
2	Lucy Gillies	U17	Cambridge & Coleridge	13.3	3	797 aw

3	Mary Knapman	SW	Loughton	15.3	2	515
Women's A 200m		Wind=				
1	Joanne Ryan	SW	Loughton	25.4	4	944 aw
2	Georgina Molster	SW	Ipswich	26.0	3	898 aw
3	Catriona Marriot	U17	Cambridge & Coleridge	27.1	2	816 aw
Women's B 200m		Wind=				
1	Enya Moore	U17	Ipswich	26.2	4	883 aw
2	Anna Clark	U17	Loughton	27.6	3	780
3	Alice Galloway	U17	Cambridge & Coleridge	27.9	2	759
Women's A 400m						
1	Joanne Ryan	SW	Loughton	58.0	4	933 aw
2	Hollie Parker	U17	Cambridge & Coleridge	60.4	3	859 aw
3	Keeley Whitlock	U17	Ipswich	61.7	2	820 aw
Women's B 400m						
1	Amie Harrison	SW	Loughton	66.3	4	689
2	Leanne Thorndyke	SW	Ipswich	67.2	3	665
3	Helen Grant	W45	Cambridge & Coleridge	78.8	2	391
Women's A 800m						
1	Hollie Parker	U17	Cambridge & Coleridge	2:18.9	4	842 aw
2	Anna Clark	U17	Loughton	2:21.1	3	809 aw
3	Rachel Ryan	U17	Ipswich	2:30.3	2	678
4	Zoe Luscombe	W35	Biggleswade	2:42.7	1	520
Women's B 800m						
1	Mary Knapman	SW	Loughton	2:30.0	4	683
2	Emma Burroughs	SW	Ipswich	2:35.0	3	616
3	Pauline Golec	SW	Cambridge & Coleridge	2:41.1	2	539
Women's A 1500m						
1	Mary Knapman	SW	Loughton	5:14.5	4	681
2	Pauline Golec	SW	Cambridge & Coleridge	5:28.1	3	602
3	Lauren Ramsey	U17	Ipswich	5:44.0	2	515
4	Zoe Luscombe	W35	Biggleswade	5:57.9	1	444
Women's B 1500m						
1	Helen Grant	W45	Cambridge & Coleridge	5:50.0	4	484
2	Kirsty Thorndyke	SW	Ipswich	5:56.4	3	452
3	Jean Hobbs	W60	Loughton	7:27.3	2	115
Women's A 3000m						
1	Jo Coates	W35	Cambridge & Coleridge	10:36.6	4	806 aw
2	Kirsty Thorndyke	SW	Ipswich	13:04.2	3	439
3	Jean Hobbs	W60	Loughton	15:04.0	2	223
Women's B 3000m						
1	Helen Grant	W45	Cambridge & Coleridge	12:14.8	4	550 aw
Women's A 100mH		Wind=				
1	Katy Sealey	SW	Ipswich	16.4	4	766 aw
2	Jo Richardson	SW	Loughton	18.9	3	532
Women's B 100mH		Wind=				
1	Kerry Fuller	SW	Ipswich	18.4	4	575
2	Amie Harrison	SW	Loughton	27.2	3	60
Women's A 400mH						
1	Jo Richardson	SW	Loughton	70.2	4	746 aw
2	Emily Robinson	U17	Ipswich	74.6	3	640 aw
Women's B 400mH						
1	Alex Leigh-Pearson	U20	Ipswich	78.8	4	547
2	Amie Harrison	SW	Loughton	84.0	3	441

Women's A 1500m Steeplechase

1	Emma Burroughs	SW	Ipswich	5:54.2	4	719 aw
2	Mary Knapman	SW	Loughton	6:51.9	3	462 aw

Women's B 1500m Steeplechase**Women's A High Jump**

1	Katy Sealey	SW	Ipswich	1.64	4	844 aw
2	Anne Moindrot	SW	Cambridge & Coleridge	1.20	3	417
3	Sandra Ingham	W50	Biggleswade	1.00	2	227

Women's B High Jump

1	Keeley Whitlock	U17	Ipswich	1.40	4	610
2	Amie Harrison	SW	Loughton	1.00	3	227

Women's A Pole Vault

1	Sophie Godbold	U17	Ipswich	1.80	4	283
2	Barbara Higgins	W55	Loughton	1.20	3	110

Women's B Pole Vault

1	Michaela Davis	W45	Loughton	1.20	4	110
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Women's A Long Jump

1	Katy Sealey	SW	Ipswich	4.96	4	768 aw
2	Anne Moindrot	SW	Cambridge & Coleridge	4.24	3	617
3	Mary Knapman	SW	Loughton	4.10	2	588

Women's B Long Jump

1	Jess Crlsell	U20	Ipswich	4.59	4	690
2	Amie Harrison	SW	Loughton	3.44	3	451

Women's A Triple Jump

1	Jess Crlsell	U20	Ipswich	10.32	4	718 aw
2	Anne Moindrot	SW	Cambridge & Coleridge	9.46	3	631
3	Michaela Davis	SW	Loughton	6.09	2	294

Women's B Triple Jump

1	Rachel Ryan	U17	Ipswich	9.15	4	600 aw
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Women's A Shot Putt

1	Katy Sealey	SW	Ipswich	9.97	4	569 aw
2	Alice Galloway	U17	Cambridge & Coleridge	9.65	3	550 aw
3	Kate Merritt	W35	Loughton	6.40	2	354

Women's B Shot Putt

1	Helena Coe	U17	Ipswich	9.29	4	528 aw
2	Hayley Sayer	U23	Cambridge & Coleridge	8.18	3	461
3	Barbara Higgins	W55	Loughton	5.00	2	270

Women's A Discus

1	Ellie Bloomfield	U17	Ipswich	29.97	4	523 aw
2	Anne Moindrot	SW	Cambridge & Coleridge	26.4	3	458 aw
3	Kate Merritt	W35	Loughton	20.9	2	358

Women's B Discus

1	Kerry Fuller	SW	Ipswich	27.84	4	484 aw
2	Hayley Sayer	U23	Cambridge & Coleridge	18.77	3	319
3	Hannah Davis	U17	Loughton	12.29	2	202

Women's A Hammer

1	Hayley Sayer	U23	Cambridge & Coleridge	41.4	4	634 aw
2	Kerry Fuller	SW	Ipswich	28.4	3	427 aw
3	Michaela Davis	W45	Loughton	17.73	2	257

Women's B Hammer

1	Imogen Hyde	U17	Cambridge & Coleridge	31.98	4	484 aw
2	Barbara Higgins	W55	Loughton	16.8	3	242
3	Helena Coe	U17	Ipswich	11.9	2	164

Women's A Javelin

1	Alice Robinson	U17	Ipswich	28.68	4	492 aw
2	Imogen Hyde	U17	Cambridge & Coleridge	22.94	3	389
3	Hannah Davis	U17	Loughton	19.44	2	327

Women's B Javelin

1	Emily Robinson	U17	Ipswich	24.54	4	418 aw
2	Kate Merritt	W35	Loughton	14.81	3	244

Women's 4x100m

1	Ipswich	SW		52.4	4	817
2	Loughton	SW		53.5	3	778
3	Cambridge & Coleridge	SW		55.2	2	720

Women's 4x400m

1	Loughton	SW		4:16.4	4	781
2	Cambridge & Coleridge	SW		4:31.2	3	681

Men**Non-scoring events**

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
100		Lee Bowker	SM	Ipswich	12.7		
400		Jeremy Smith	SM	Ipswich	64.2		
1500		Jeremy Smith	SM	Ipswich	5:41.7		
JT		Oliver Minns	SM	Ipswich	34.22		
PV		Toby Upson	U17	Ipswich	2.40		
LJ		Errol Thompson	U17	Ipswich	6.08		aw
100		Chris Morter	SM	Cambridge & Coleridge	11.2		aw
200		Neil Carrington	U23	Cambridge & Coleridge	26.1		
400		Mark Crook	SM	Cambridge & Coleridge	59.8		
800		Falai Baldah	SM	Cambridge & Coleridge	2:24.2		
LJ		Jack Huddleston	SM	Cambridge & Coleridge	5.37		
DT		Oli Holway	U20	Cambridge & Coleridge	34.68		aw
100		Alex Holdsworth	U17	Cambridge & Coleridge	12.0		aw
200		Alex Holdsworth	U17	Cambridge & Coleridge	24.8		
100		Louis Rawlings	U17	Cambridge & Coleridge	11.6		aw
100		John Baxter	SM	Cambridge & Coleridge	11.5		aw

Women**Non-scoring events**

Event	Pos	Name	Cat	Club	Perf.	Wind	aw
100		Amber Rudland	U17	Ipswich	13.8		
200		Amber Rudland	U17	Ipswich	28.2		
100		Georgia Partridge	U17	Ipswich	14.4		
LJ		Georgia Partridge	U17	Ipswich	4.39		
100		Elizabeth Welbourn	W50	Ipswich	14.8		aw
200		Elizabeth Welbourn	W50	Ipswich	31.1		aw
200		Leanne Thorndyke	SW	Ipswich	30.2		
200		Alex Leigh-Pearson	U20	Ipswich	27.0		aw
TJ		Sophie Godbold	U17	Ipswich	7.38		

Man of the Match Awards**Men**

200m	1	Sam Rivers	SM	Cambridge & Coleridge	21.8		954
100m	1	Sam Rivers	SM	Cambridge & Coleridge	10.9		915
200m	2	Tom Powell	U20	Ipswich	22.8		820
Hammer	1	Joe Bloomfield	SM	Ipswich	54.53		797
200m	1	Chris Morter	SM	Cambridge & Coleridge	23		794
Triple Jump	1	Robert Graham	SM	Ipswich	13.54		787

Women

200m	1	Joanne Ryan	SW	Loughton	25.4		944
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400m	1 Joanne Ryan	SW	Loughton	58	933
100m	1 Georgina Molster	SW	Ipswich	12.6	910
200m	2 Georgina Molster	SW	Ipswich	26	898
200m	1 Enya Moore	U17	Ipswich	26.2	883
100m	1 Enya Moore	U17	Ipswich	12.9	861