

SUFFOLK A.A. CHAMPIONS 2009

The County Association extends its congratulations to the following Athletes who attained honours in the 2009 Championships.

Track and Field:

Senior Mens Championship:

100M	Neil Gillingham	Ipswich Harriers	12.2
200M	Neil Gillingham	Ipswich Harriers	25.3
400M	Tom Love	Ipswich Harriers	50.6
800M	Tom Love	Ipswich Harriers	2.05.6
1500M	Daniel Palmer	Ipswich Harriers	4.18.5
3000M	Colin Ridley	West Suffolk AC	9.45.7
5000M	Nick Palmer	Stowmarket Striders	17.04.55
110M Hurdles	NOT HELD		
400M Hurdles	Paul Davis	Orwell Panthers	82.7
2000M Steeplechase	NOT HELD		
High Jump	Neil Gillingham	Ipswich Harriers	1.30
Long Jump	Jermaine Bernard	Woodford Green & EL	6.67
Triple Jump	Neil Gillingham	Ipswich Harriers	10.06
Pole Vault	NOT HELD		
Javelin	Neil Gillingham	Ipswich Harriers	6.04
Discus	Malcolm Fenton	Ipswich Harriers	11.77
Hammer	Malcolm Fenton	Ipswich Harriers	54.88
Shot	Neil Gillingham	Ipswich Harriers	6.78

U20 Mens Championship:

100M	Adam Rawling	Ipswich Harriers	11.8	
200M	Adam Rawling	Ipswich Harriers	23.9	
400M	Daniel Green	Northgate High School	52.2	
800M	John Bird	Ipswich Harriers	1.59.0	
1500M	Andrew Rooke	Ipswich Harriers	4.05.0	
3000M	Samuel Cheverton	City of Norwich AC	9.14.6	
5000M	Andrew Ridley	West Suffolk AC	15.44.4	
110M Hurdles	Luke Allen	West Suffolk AC	16.2	
400M Hurdles	Anthony Kitterman	Ipswich Harriers	62.4	
2000M Steeplechase	Alex Dunbar	West Suffolk AC	6.24.7	RECORD
High Jump	Matthew Wake	West Suffolk AC	1.75	
Long Jump	Rhys MacDonald	Ipswich Harriers	6.09	
Triple Jump	Rhys MacDonald	Ipswich Harriers	12.08	
Pole Vault	NOT HELD			
Javelin	NOT HELD			
Discus	Joe Bloomfield	Ipswich Harriers	44.45	
Hammer	Joe Bloomfield	Ipswich Harriers	63.25	RECORD
Shot	Joe Bloomfield	Ipswich Harriers	14.92	

U17 Mens Championship:

100M	Joshua Hutchison	Farlingaye High School	12.1	
200M	Lewis Manfield	West Suffolk AC	24.7	
400M	Lewis Manfield	West Suffolk AC	56.3	
800M	Kieran Clements	Hadleigh High School	2.03.6	
1500M	Shaun Webb	Ipswich Harriers	4.19.4	
3000M	Shaun Webb	Ipswich Harriers	9.06.6	RECORD
5000M	James Powley	Ipswich Jaffa	17.42.58	
100M Hurdles	NOT HELD			
400M Hurdles	NOT HELD			
1500M Steeplechase	NOT HELD			
High Jump	Jack Chrisman	West Suffolk AC	1.75	
Long Jump	Daniel Hughes	West Suffolk AC	5.29	
Triple Jump	Daniel Hughes	West Suffolk AC	11.49	
Pole Vault	NOT HELD			
Javelin	Matti Mortimore	Ipswich Harriers	67.41	RECORD
Discus	Matti Mortimore	Ipswich Harriers	39.48	
Hammer	Matti Mortimore	Ipswich Harriers	25.11	
Shot	Jake Allen	Samuel Ward Upper School	8.93	

U15 Boys Championship:

100M	Cain Sobers	Ipswich Harriers	12.2
200M	Joshua Edgley	Newmarket Joggers	27.2
400M	Rupert Powell	Royal Hospital School	54.4
800M	Oliver Jones	Ipswich Harriers	2.14.9
1500M	Henry Alexander	Ipswich Harriers	4.41.3
80M Hurdles	Oliver Thornton	Brandeston Hall School	18.9
1000M WALK	NOT HELD		
High Jump	Cain Sobers	Ipswich Harriers	1.70
Long Jump	Cain Sobers	Ipswich Harriers	5.98
Triple Jump	Timothy Barrow	Culford School	11.32
Pole Vault	NOT HELD		
Javelin	Oliver Norman	Ipswich Harriers	30.05
Discus	Harri Mortimore	Ipswich Harriers	30.67
Hammer	Joshua Edgley	Newmarket Joggers	20.53
Shot	Harri Mortimore	Ipswich Harriers	11.29

U13 Boys Championship:

100M	George Johnson	Hadleigh High School	13.5	
200M	Thomas Stanford	Newmarket Joggers	29.4	
800M	Michael Bartram	Newmarket Joggers	2.30.1	
1500M	Cameron McKie	West Suffolk AC	5.08.2	RECORD
1000M WALK	NOT HELD			
75M Hurdles	Kasey Hagan	Ipswich Harriers	13.5	RECORD
High Jump	Kasey Hagan	Ipswich Harriers	1.45	RECORD
Long Jump	Sebastian Anthony	West Suffolk AC	4.28	
Javelin	Harry Hughes	West Suffolk AC	37.01	
Discus	Harry Hughes	West Suffolk AC	20.25	
Shot	Harry Hughes	West Suffolk AC	6.79	

Senior Womens Championship:

100M	Angie Alstrachen	St.Edmund Pacers	14.3
200M	Angie Alstrachen	St.Edmund Pacers	29.3
400M	Angie Alstrachen	St.Edmund Pacers	64.8
800M	NOT HELD		
1500M	Penny Rooney	Woodbridge Shufflers	5.23.7
3000M	Christine Anthony	St.Edmund Pacers	11.49.5
5000M	Natasha Belsom	Ipswich Jaffa	18.56.0
100M Hurdles	Tania Spurling	West Suffolk AC	15.9
400M Hurdles	Angie Alstrachen	St.Edmund Pacers	71.4
3000M WALK	NOT HELD		
1500M Steeplechase	NOT HELD		
High Jump	Tania Spurling	West Suffolk AC	1.55
Long Jump	Tania Spurling	West Suffolk AC	5.43
Triple Jump	Tania Spurling	West Suffolk AC	11.57
Pole Vault	NOT HELD		
Javelin	Jo Chapman	West Suffolk AC	41.33
Discus	Charlotte Nicholls	Lincoln Wellington AC	18.15
Hammer	Charlotte Nicholls	Lincoln Wellington AC	20.04
Shot	Charlotte Nicholls	Lincoln Wellington AC	7.21

U20 Womens Championship:

100M	Melisa Castle	Braintree & Dist.AC	16.6
200M	Fenella Foskett	Woodbridge School	32.1
400M	Helen Waters	West Suffolk AC	60.4
800M	Abbie Beales	City of Norwich	2.41.8
1500M	Ellen Wilton	Woodbridge School	5.44.3
3000M	Zara McLoone	West Suffolk AC	11.39.3
5000M	Jemma Clarry	St.Edmund Pacers	19.32.0
100M Hurdles	Katy Sealy	Ipswich Harriers	17.3
400M Hurdles	NOT HELD		
High Jump	Lizzy Harrison	West Suffolk AC	1.60
Long Jump	Katy Sealy	Ipswich Harriers	4.85
Triple Jump	Fenella Foskett	Woodbridge School	7.82
Pole Vault	NOT HELD		
Javelin	Katy Sealy	Ipswich Harriers	35.18
Discus	Melisa Castle	Braintree & Dist.AC	14.35
Hammer	NOT HELD		
Shot	Katy Sealy	Ipswich Harriers	10.11

U17 Womens Championship:

100M	Charlotte Cattermole	Holbrooke High School	12.9	
200M	Emily Rogers	West Suffolk AC	28.0	
300M	Alexandra Leigh-Pearson	Ipswich Harriers	42.6	
800M	Sophia Nicklin	Woodbridge School	2.25.4	
1500M	Holly Archer	West Suffolk AC	5.03.5	
3000M	Charlotte Christensen	Ipswich Harriers	10.25.6	RECORD
5000M	Tamsin Desborough	Waveney Valley	24.38.0	
80M Hurdles	Charlotte Cattermole	Ipswich Harriers	12.1	
300M Hurdles	Anna Spratt	Culford School	49.9	
High Jump	NOT HELD			
Long Jump	Emily Rogers	West Suffolk AC	5.08	
Triple Jump	Montana Jackson	West Suffolk AC	11.21	RECORD
Javelin	Evie Castle	Braintree & Dist.AC	28.59	
Discus	Samantha Milner	West Suffolk AC	36.56	RECORD
Hammer	Samantha Milner	West Suffolk AC	31.49	RECORD
Shot	Samantha Milner	West Suffolk AC	9.93	

U15 Girls Championship:

100M	Enya Moore	Ipswich Harriers	12.9	
200M	Enya Moore	Ipswich Harriers	27.6	
300M	Emily Lambert	Ipswich Harriers	44.2	
800M	Claire Caiger	Ipswich Harriers	2.26.0	
1500M	Susannah Reid	Brandeston Hall School	5.01.0	
75M Hurdles	Charlotte Shelley	Ipswich Harriers	12.4	
1000M WALK	Chloe Beeton	Newmarket Joggers	6.24.8	RECORD
High Jump	Charlotte Shelley	Ipswich Harriers	1.66	
Long Jump	Jessica Crissell	Ipswich Harriers	4.60	
Triple Jump	Rachael Arbon	West Suffolk AC	9.53	RECORD
Javelin	Isabel Davies	Culford School	27.07	
Discus	Beth Wade	West Suffolk AC	23.97	
Hammer	Rosemary Aldous	Ipswich Harriers	21.40	
Shot	Chelsea Wade	West Suffolk AC	8.63	

U13 Girls Championship:

100M	Bride-Leigh Wilkins	St.Albans School	14.4	
200M	Sarah Prescott-Smith	Colchester Harriers	29.8	
800M	Megan Soanes	Waveney Valley AC	2.38.6	
1500M	Alice Cheverton	City of Norwich	5.17.0	RECORD
70M Hurdles	Sarah Prescott-Smith	Colchester Harriers	12.6	
High Jump	Ella Pettingale	West Suffolk AC	1.30	
Long Jump	Sarah Prescott-Smith	Colchester Harriers	4.55	
Javelin	Ellie Bloomfield	Ipswich Harriers	18.44	
Discus	Ellie Bloomfield	Ipswich Harriers	24.84	RECORD
Shot	Helena Coe	Diss AC	7.23	

Cross Country Championships:

TEAM		Individual	
Senior Men	St.Edmund Pacers	Chris Rooke	Ipswich Harriers
U 20 Men	West Suffolk AC	Greg Billington	Newmarket Joggers
U 17 Men	West Suffolk AC	Andrew Ridley	West Suffolk AC
U 15 Boys	Ipswich Harriers	Shaun Webb	Ipswich Harriers
U 13 Boys	Ipswich Harriers	Tom Eames	West Suffolk AC
Senior Women	Ipswich Jaffa	Helen Decker	Ipswich Jaffa
U 20 Women	NONE	Ellie Sprake	Ipswich Harriers
U 17 Women	Waveney Valley AC	Samantha Jacks	Waveney Valley AC
U 15 Girls	Ipswich Harriers	Charlotte Christenson	Ipswich Harriers
U 13 Girls	St.Edmund Pacers	Susannah Reid	Brandeston High School

Combined Events Championship :

U 13 Boys	Minithon	Harry Unwin	West Suffolk AC.	38 pts	
U 15 Boys	Pentathlon	Tim Barrow	West Suffolk AC.	2038 pts	
U 17 Men	Octathlon	NOT HELD			
U 20 Men	Decathlon	Luke Allen	West Suffolk AC.	4974 pts	RECORD
Senior Men	Decathlon	NOT HELD			
U 13 Girls	Minithon	Katherine Robertson	West Suffolk AC.	63 pts	
U 15 Girls	Pentathlon	Chelsea Wade	West Suffolk AC.	2521 pts	
U 17 Women	Heptathlon	Montana Jackson	West Suffolk AC.	3856 pts	RECORD
U 20 Women	Heptathlon	NOT HELD			
Senior Women	Heptathlon	NOT HELD			