

Suffolk County AA Championships Results 2011 - 15th May, Ipswich

Senior Women

Event:	Pos:	Name:	Surname	Club:	Result:	
100m	1	Yvonne	Holmes	Ipswich Harriers	14.3	
200m	1	Katy	Sealy	UWIC	28.2	
	2	Yvonne	Holmes	Ipswich Harriers	30.8	
800m	1	Katy	Sealy	UWIC	2.37.4	
1500m	1	Gillian	Benjamin	Colchester Harriers	7.20.5	
3000m	1	Jemma	Clarry	not known	11.27.1	
100m H	1	Katy	Sealy	UWIC	16.2	
3k Walk	1	Angie	Alstrachen	Enfield & Haringey	18.11.1	CBP
	2	Linda	Spinks	Unattached	20.50.8	
HJ	1	Tania	Spurling	West Suffolk AC	1.55	
LJ	1	Tania	Spurling	West Suffolk AC	5.43	
TJ	1	Tania	Spurling	West Suffolk AC	11.89	
SP	1	Katy	Sealy	UWIC	10.31	
JT	1	Tania	Spurling	West Suffolk AC	28.22	