

	Team	Score	
1	Ipswich	210	I
2	West Suffolk/Diss	163.5	W
3	Havering AC	161	H
4	Luton	154.5	L

Men's A 100m		Wind=		
1	Owen Giddings	U20	Ipswich	11.1 4 736 aw
2	Joel Parkes	U23	Luton	11.2 3 705 aw
3	Lewis Bailey	U20	Havering AC	11.2 2 705 aw
4	James Curran	U20	West Suffolk/Diss	11.7 1 560 aw

Men's B 100m		Wind=		
1	Errol Thompson	U20	Ipswich	11.2 4 705 aw
2	Joshua Bada	SM	Luton	11.3 3 674 aw
3	Wolex Coker	SM	Havering AC	11.7 2 560
4	Harry Unwin	U20	West Suffolk/Diss	11.8 1 533

Men's A 200m		Wind=		
1	Owen Giddings	U20	Ipswich	22.5 4 731 aw
2	Lewis Bailey	U20	Havering AC	22.6 3 716 aw
3	Joshua Bada	SM	Luton	22.9 2 672 aw
4	James Curran	U20	West Suffolk/Diss	23.8 1 549 aw

Men's B 200m		Wind=		
1	Aderian Bright	U23	Luton	22.9 4 672 aw
2	Mark Robinson	SM	Ipswich	23.9 3 536
3	Harry Unwin	U20	West Suffolk/Diss	24.8 2 429
4	Richard Holland	SM	Havering AC	25.0 1 407

Men's A 400m				
1	Cameron McKie	U20	West Suffolk/Diss	52.3 4 631 aw
2	Aderian Bright	U23	Luton	52.8 3 605 aw
3	Mark Robinson	SM	Ipswich	53.7 2 558
4	Matthew Owers	u17	Havering AC	53.8 1 553 aw

Men's B 400m				
1	Samuel Bird	U20	Luton	55.0 4 495
2	Joe Thompson	U20	Ipswich	56.0 3 449
3	Paul Kavanagh	SM	Havering AC	56.9 2 410
4	Alex Bartlett	U20	West Suffolk/Diss	71.7 1 36

Men's A 800m				
1	Paul Grange	SM	Havering AC	2:04.6 4 589
2	Henry Milldown	U17	Ipswich	2:05.1 3 577 aw
3	Liam McNabola	SM	Luton	2:07.7 2 519
4	Alex Bartlett	U17	West Suffolk/Diss	2:08.1 1 510 aw

Men's B 800m				
1	Theo Passmore	U20	Ipswich	2:06.9 4 536
2	Shane Jay	SM	Luton	2:07.9 3 515
3	Paul Kavanagh	SM	Havering AC	2:08.0 2 512
4	Ben Eames	U20	West Suffolk/Diss	2:19.4 1 302

Men's A 1500m				
1	Jacob Freeborough	U17	West Suffolk/Diss	4:18.8 4 578 aw
2	Paul Grange	SM	Havering AC	4:28.6 3 483
3	Theo Passmore	U20	Ipswich	4:29.1 2 479
4				0

Men's B 1500m				
1	Niall Ackroyd	U17	West Suffolk/Diss	4:36.1 4 418
2	Bradley West	U20	Havering AC	4:48.8 3 320
3	Edward Harris	U20	Ipswich	5:05.5 2 215
4				0

Men's A 5000m				
1	Rob Warner	SM	Havering AC	15:35.3 4 710 aw
2	Cameron McKie	U20	West Suffolk/Diss	17:06.5 3 472
3	Humfrey Jeakins	SM	Ipswich	17:53.3 2 368
4	Paul Brooks	M50	Luton	25:06.7 1 0

Men's B 5000m

1	Joshua Sugars	U20	Ipswich	18:54.8	4	249
2					3	0
3					2	0
4					1	0

Men's A 110mH

Wind=

1	Nigel Hayman	M40	Ipswich	17.5	4	591 aw
2	Arron Bonning	SM	Havering AC	21.1	3	293
3	Gordon Coe	SM	West Suffolk/Diss	22.8	2	187
4					1	0

Men's B 110mH

Wind=

1	Craig Palmer	U23	West Suffolk/Diss	40.8	4	0
2					3	0
3					2	0
4					1	0

Men's A 400mH

1	Ben Higgins	SM	Ipswich	63.7	4	562
2	Tom Kearns	U23	Luton	68.8	3	422
3	Fraser Watts	SM	West Suffolk/Diss	73.6	2	308
4					1	0

Men's B 400mH

1	Nigel Hayman	M40	Ipswich	65.0	4	525
2	Craig Palmer	U23	West Suffolk/Diss	1:42.4	3	3825 aw
3					2	0
4					1	0

Men's A 2000m Steeplechase

1	Michael Bartram	U20	West Suffolk/Diss	6:09.2	4	863 aw
2	Rob Warner	SM	Havering AC	6:31.7	3	725
3	Tom Kearns	U23	Luton	6:57.8	2	581
4	Humfrey Jeakins	SM	Ipswich	7:30.9	1	422

Men's B 2000m Steeplechase

1	Adam Crawford	U17	West Suffolk/Diss	6:51.6	4	613
2	Neil Gillingham	SM	Ipswich	7:54.5	3	325
3					2	0
4					1	0

Men's A High Jump

1	Christopher Jones	U17	Ipswich	1.85	4	712 aw
2	Lawrence Taylor	U20	West Suffolk/Diss	1.80	3	671 aw
3	Samuel Bird	U20	Luton	1.80	2	671 aw
4	Alex Law	U20	Havering AC	1.70	1	589 aw

Men's B High Jump

1	Harrison Layton	U20	Ipswich	1.80	4	671 aw
2	Luke Allen	SM	West Suffolk/Diss	1.65	3	547
3	Shandell Taylor	U17	Havering AC	1.50	2	423
4	Craig Andrew	SM	Luton	1.40	1	340

Men's A Pole Vault

1	Ed Thompson	U20	Havering AC	3.50	4	620 aw
2	Ian Ling	M40	Ipswich	2.70	3	436
3	Gordon Coe	SM	West Suffolk/Diss	2.50	2	389
4					1	0

Men's B Pole Vault

1	Arron Bonning	SM	Havering AC	2.7	4	436
2	Alex Bartlett	U17	West Suffolk/Diss	2.1	3	294
3	Theo Passmore	U20	Ipswich	1.7	2	194
4					1	0

Men's A Long Jump

Wind

1	Alex Law	U20	Havering AC	6.58	4	762 aw
2	Errol Thompson	U20	Ipswich	6.49	3	744 aw
3	Craig Andrew	SM	Luton	6.47	2	740 aw
4	Lawrence Taylor	U20	West Suffolk/Diss	6.44	1	734 aw

Men's B Long Jump					Wind	
1	Richard Holland	SM	Havering AC	6.37	4	720 aw
2	Aderian Bright	U23	Luton	6.28	3	703 aw
3	Luke Allen	SM	West Suffolk/Diss	5.99	2	646 aw
4	Ben Higgins	SM	Ipswich	5.26	1	504
Men's A Triple Jump					Wind	
1	Craig Andrew	SM	Luton	13.62	4	812 aw
2	Mark Smith	U20	West Suffolk/Diss	11.69	3	619 aw
3	Arron Bonning	SM	Havering AC	11.08	2	554
4	Nigel Hayman	M40	Ipswich	10.19	1	457
Men's B Triple Jump					Wind	
1	Tope Fisayo	U20	Luton	13.27	4	778 aw
2	Wesley Roper	U17	West Suffolk/Diss	11.29	3	577 aw
3	Sydney Conteh	U20	Havering AC	9.00	2	316
4	John Wooller	M40	Ipswich	7.59	1	121
Men's A Shot Putt						
1	Jake Allen	U23	West Suffolk/Diss	11.52	4	664 aw
2	Jamie Potton-Burrell	U20	Luton	10.71	3	609 aw
3	David Hughes	M40	Ipswich	9.81	2	544
4	Arron Bonning	SM	Havering AC	9.16	1	495
Men's B Shot Putt						
1	Gordon Coe	SM	West Suffolk/Diss	10.34	4	582 aw
2	Geoff Grinsted	M45	Luton	8.58	3	448
3	Michael Davis	SM	Ipswich	7.85	2	386
4	Edward Brinton-Quinn	U20	Havering AC	7.09	1	315
Men's A Discus						
1	Jake Allen	U23	West Suffolk/Diss	40.50	4	722 aw
2	Marshall Childs	U20	Ipswich	33.08	3	608 aw
3	Jamie Potton-Burrell	U23	Luton	32.37	2	596 aw
4	Kevin White	SM	Havering AC	25.18	1	467
Men's B Discus						
1	David Hughes	M40	Ipswich	31.32	4	578 aw
2	Gordon Coe	SM	West Suffolk/Diss	27.42	3	509
3	Aderian Bright	U20	Luton	26.49	2	492 aw
4	Arron Bonning	SM	Havering AC	22.17	1	405
Men's A Hammer						
1	Jamie Potton-Burrell	U20	Luton	48.95	4	743 aw
2	Jake Allen	U23	West Suffolk/Diss	39.55	3	643 aw
3	Michael Davis	SM	Ipswich	33.51	2	573 aw
4	Sam Harrison	SM	Havering AC	32.77	1	564 aw
Men's B Hammer						
1	David Hughes	M40	Ipswich	28.44	4	508 aw
2	Geoff Grinsted	M45	Luton	20.91	3	396
3	Edward Brinton-Quinn	U20	Havering AC	15.37	2	294
4	Barry Palmer	M45	West Suffolk/Diss	14.38	1	273
Men's A Javelin						
1	Marshall Childs	U20	Ipswich	58.25	4	827 aw
2	Sam Harrison	SM	Havering AC	44.87	3	657 aw
3	Luke Allen	SM	West Suffolk/Diss	39.77	2	588 aw
4	Jamie Potton-Burrell	U20	Luton	25.89	1	377
Men's B Javelin						
1	Alex Law	U20	Havering AC	42.15	4	621 aw
2	David Hughes	M40	Ipswich	32.27	3	479
3	Jake Allen	U23	West Suffolk/Diss	30.73	2	455
4	Geoff Grinsted	M45	Luton	13.05	1	117
Men's 4x100m						
1	Luton	SM		43.7	4	606 aw
2	Ipswich	SM		45.6	3	443
3	Havering AC	SM		46.1	2	405
4	West Suffolk/Diss	SM		46.6	1	368
Men's 4x400m						
1	West Suffolk/Diss	SM		3:37.6	4	429
2	Ipswich	SM		3:38.1	3	422
3	Luton	SM		3:44.0	2	344
4	Havering AC	SM		3:44.5	1	338

Women's A 100m					Wind=			
1	Modupe Shokunbi	U17	Havering AC	12.3	4		798 aw	
2	Chantelle Kilpatrick	U20	Ipswich	12.7	3		708 aw	
3	Shanara Hibbert	U23	Luton	12.8	2		686 aw	
4	Francesca Betson	U20	West Suffolk/Diss	13.4	1		565	
Women's B 100m					Wind=			
1	Eldece Emery	U17	Ipswich	12.7	4		708 aw	
2	Judy Morton	U17	Luton	13.2	3		604 aw	
3	Lucy Bailey	U20	Havering AC	13.5	2		546	
4	Cassie Scotting	U20	West Suffolk/Diss	14.3	1		408	
Women's A 200m					Wind=			
1	Modupe Shokunbi	U17	Havering AC	25.8	4		725 aw	
2	Isabelle Blowers	U17	Ipswich	26.5	3		655 aw	
3	Peggy-Mai Norman	U20	West Suffolk/Diss	27.6	2		553	
4	Judy Morton	U17	Luton	28.0	1		519	
Women's B 200m					Wind=			
1	Eldece Emery	U17	Ipswich	25.6	4		746 aw	
2	Tayla Humm	U20	Havering AC	25.8	3		725 aw	
3	Francesca Betson	U20	West Suffolk/Diss	29.3	2		417	
4					1		0	
Women's A 400m								
1	Tilly Thomas	U20	Ipswich	59.3	4		708 aw	
2	Tayla Humm	U20	Havering AC	63.4	3		557 aw	
3	Kathryn Canham	U17	Luton	63.7	2		547 aw	
4	Peggy-Mai Norman	U20	West Suffolk/Diss	64.2	1		530 aw	
Women's B 400m								
1	Tina Quinlivan	W40	Havering AC	69.4	4		372	
2	Elizabeth Welbourn	F50	Ipswich	71.7	3		311	#N/A
3	Jasmine Watson	U20	Luton	72.5	2		292	
4	Cassie Scotting	U20	West Suffolk/Diss	74.1	1		255	
Women's A 800m								
1	Mikayela Sealby	U17	West Suffolk/Diss	2:28.5	4		585 aw	
2	Rosie Canham	W40	Luton	2:29.5	3		571 aw	
3	Katy Sealy	SW	Ipswich	2:38.7	2		443	
4					1		0	
Women's B 800m								
1	Lily Woodruff	U17	Ipswich	2:41.1	4		413	
2	Jasmine Watson	U20	Luton	2:54.1	3		267	
3	Dawn Mason	W55	West Suffolk/Diss	4:23.2	2		0	
4					1		0	
Women's A 1500m								
1	Rosie Keane	SW	Luton	4:51.0	4		696 aw	
2	Megan Newton	U17	West Suffolk/Diss	5:07.8	3		572 aw	
3	Alice Goodwin	U20	Ipswich	5:14.6	2		525	
4					1		0	
Women's B 1500m								
1	Christine Lathwell	W35	Luton	5:21.4	4		480	
2	Daniella Giusti	U17	Ipswich	5:22.0	3		477	
3	Mikayela Sealby	U17	West Suffolk/Diss	5:34.1	2		402	
4					1		0	
Women's A 3000m								
1	Rosie Keane	SW	Luton	9:52.6	4		840 aw	
2	Megan Newton	U17	West Suffolk/Diss	10:39.6	3		663 aw	
3	Lucy Barnes	SW	Ipswich	10:55.4	2		608 aw	
4					1		0	
Women's B 3000m								
1	Christine Lathwell	w35	Luton	11:39.9	4		466	
2	Mandy Godbold	F45	Ipswich	14:59.8	3		56	#N/A
3					2		0	
4					1		0	
Women's A 100mH					Wind=			
1	Chloe Van-Wulven	SW	Havering AC	14.7	4		841 aw	
2	Kerry Kinsey	SW	Ipswich	20.7	3		317	
3					2		0	
4					1		0	

Women's B 100mH		Wind=				
1	Lucy Bailey	U20	Havering AC	16.6	4	651 aw
2					3	0
3					2	0
4					1	0
Women's A 400mH						
1	Emily Moyes	U20	West Suffolk/Diss	67.8	4	699 aw
2	Claire Brennan	SW	Havering AC	73.7	3	545 aw
3	Jazmine Barnett	U20	Luton	76.7	2	473
4	Holly Aston	U17	Ipswich	84.2	1	311
Women's B 400mH						
1	Chloe Van-Wulven	SW	Havering AC	70.8	4	619 aw
2	Holly Davies	U17	West Suffolk/Diss	75.2	3	509
3	Chloe Godbold	U17	Ipswich	82.7	2	341
4					1	0
Women's A 2000m Steeplechase						
1	Emily Moyes	U20	West Suffolk/Diss	7:24.2	4	268
2	Christine Lathwell	W35	Luton	8:51.7	3	79
3	Holly Aston	U17	Ipswich	9:59.0	2	11
4					1	0
Women's B 2000m Steeplechase						
1	Bronwyn Jacobs	U20	West Suffolk/Diss	8:28.1	4	118
2	Suzanna Wise	SW	Luton	11:14.6	3	0
3					2	0
4					1	0
Women's A High Jump						
1	Bethan Siddons	U23	Havering AC	1.65	4	799 aw
2=	Lauren Grubb	U17	Ipswich	1.50	2.5	638 aw
2=	Rebecca Hawtin	U17	Luton	1.50	2.5	638 aw
4	Peggy-Mai Norman	U20	West Suffolk/Diss	1.00	1	106
Women's B High Jump						
1	Chloe Van-Wulven	SW	Havering AC	1.55	4	692 aw
2=	Holly Aston	U17	Ipswich	1.0	2.5	106
2=	Cassie Scotting	U20	West Suffolk/Diss	1.0	2.5	106
4	Suzanna Wise	SW	Luton	1.0	1	106
Women's A Pole Vault						
1	Tina Quinlivan	W40	Havering AC	2.55	4	547 aw
2	Sophie Godbold	U20	Ipswich	1.20	3	150
3					2	0
4					1	0
Women's B Pole Vault						
1	Kerry Kinsey	SW	Ipswich	1.20	4	150
2					3	0
3					2	0
4					1	0
Women's A Long Jump						Wind
1	Shanara Hibbert	U23	Luton	5.65	4	849 aw
2	Katy Sealy	SW	Ipswich	5.44	3	799 aw
3	Tania Spurling	SW	West Suffolk/Diss	5.08	2	712 aw
4	Bethan Siddons	SW	Havering AC	4.91	1	672 aw
Women's B Long Jump						Wind
1	Janae Duporte-Clarke	U17	Ipswich	5.08	4	712 aw
2	Hannah Castle	U23	West Suffolk/Diss	3.92	3	439
3	Chloe Van-Wulven	SW	Havering AC	3.72	2	393
4	Jazmine Barnett	U20	Luton	3.55	1	354
Women's A Triple Jump						Wind
1	Tania Spurling	SW	West Suffolk/Diss	11.00	4	752 aw
2	Rachel Ryan	U20	Ipswich	10.96	3	748 aw
3	Bethan Siddons	SW	Havering AC	10.11	2	654 aw
4	Jazmine Barnett	U20	Luton	9.37	1	570 aw
Women's B Triple Jump						Wind
1	Chantelle Kilpatrick	U20	Ipswich	10.73	4	723 aw
2					3	0
3					2	0
4					1	0

Women's A Shot Putt

1	Georgie Taylor	U20	Havering AC	11.13	4	761 aw
2	Katy Sealy	SW	Ipswich	11.01	3	753 aw
3	Victoria Hill	U20	Luton	8.53	2	585 aw
4	Debbie Castle	U23	West Suffolk/Diss	8.26	1	565

Women's B Shot Putt

1	Kerry Kinsey	SW	Ipswich	8.55	4	586 aw
2	Suzanna Wise	SW	Luton	8.04	3	548
3	Nina Brennan	SW	Havering AC	7.56	2	510
4	Peggy-Mai Norman	U20	West Suffolk/Diss	7.22	1	483

Women's A Discus

1	Georgie Taylor	U20	Havering AC	46.23	4	878 aw
2	Suzanna Wise	SW	Luton	35.56	3	749 aw
3	Lana Fulcher	U17	Ipswich	30.14	2	674 aw
4	Debbie Castle	U23	West Suffolk/Diss	28.51	1	649 aw

Women's B Discus

1	Kerry Kinsey	SW	Ipswich	27.90	4	640 aw
2	Nina Brennan	SW	Havering AC	23.09	3	559
3	Hannah Castle	u23	West Suffolk/Diss	20.82	2	517
4	Victoria Hill	U20	Luton	18.24	1	463

Women's A Hammer

1	Suzanna Wise	SW	Luton	45.37	4	796 aw
2	Lana Fulcher	U17	Ipswich	41.78	3	754 aw
3	Georgie Taylor	U20	Havering AC	22.58	2	491
4	Dawn Mason	W55	West Suffolk/Diss	15.92	1	372

Women's B Hammer

1	Victoria Hill	U20	Luton	30.51	4	610 aw
2	Kerry Kinsey	SW	Ipswich	29.99	3	603 aw
3	Emma Christmas	SW	Havering AC	17.41	2	401
4	Indigo Johnson	U17	West Suffolk/Diss	15.22	1	357

Women's A Javelin

1	Emma Christmas	SW	Havering AC	38.92	4	792 aw
2	Brittany Esterhuizen	U20	West Suffolk/Diss	33.19	3	717 aw
3	Suzanna Wise	SW	Luton	19.16	2	490
4	Chloe Godbold	U17	Ipswich	14.51	1	389

Women's B Javelin

1	Alice Martin	U20	Havering AC	27.60	4	636 aw
2	Debbie Castle	U23	West Suffolk/Diss	26.13	3	613 aw
3	Victoria Hill	U20	Luton	11.49	2	306
4	Lauren Ramsey	U20	Ipswich	9.26	1	228

Women's 4x100m

1	Ipswich	SW		50.7	4	614 aw
2	Havering AC	SW		52.5	3	522
3	Luton	SW		55.9	2	364
4	West Suffolk/Diss	SW		56.8	1	326

Women's 4x400m

1	Ipswich	SW		4:13.5	4	561 aw
2	Luton	SW		4:18.8	3	514
3	West Suffolk/Diss	SW		4:21.8	2	489
4					1	0