

**Under 13 Girls**

Club	Score	Position
Ipswich H	87	2
CONAC	92	1
Gt Yarmouth	65	3
Nene Valley H	40	5
Waveney	21	6
Thetford	47	4
Blank	0	

**Under 15 Girls**

Club	Score	Position
Ipswich H	133	1
CONAC	101	2
Gt Yarmouth	51	4
Nene Valley H	89	3
Waveney	30	5
Thetford	11	6
Blank	0	

**Ladies**

Club	Score	Position
Ipswich H	155	2
CONAC	159	1
Gt Yarmouth	69	4
Nene Valley H	94	3
Waveney	28	5
Thetford	7	6
Blank	0	

**Under 13 Boys**

Club	Score	Position
Ipswich H	80	2
CONAC	71	3
Gt Yarmouth	88	1
Nene Valley H	26	5
Waveney	69	4
Thetford	16	6
Blank	0	

**Under 15 Boys**

Club	Score	Position
Ipswich H	117	1
CONAC	93.5	2
Gt Yarmouth	60	4
Nene Valley H	86.5	3
Waveney	55.5	5
Thetford	46.5	6
Blank	0	

**Under 17 Men**

Club	Score	Position
Ipswich H	68	1
CONAC	37	3
Gt Yarmouth	20	4
Nene Valley H	58	2
Waveney	9	6
Thetford	12	5
Blank	0	

**Senior Men**

Club	Score	Position
Ipswich H	130	1
CONAC	115	2
Gt Yarmouth	54	4
Nene Valley H	97	3
Waveney	25	5
Thetford	16	6
Blank	0	

**Overall Match result**

Club	Total Score	Match position
Ipswich H	770	1
CONAC	668.5	2
Gt Yarmouth	407	4
Nene Valley H	490.5	3
Waveney	237.5	5
Thetford	155.5	6
Blank	0	

Scored by .....

Checked by .....

The host club should check that all results have been entered correctly, and that names are correct vs field cards etc, before sending out the r  
 The full results sheets must be e-mailed to the two league secretaries and a copy e-mailed to all visiting clubs by the Tuesday following the ma  
 This should be as the original Excel workbook - not a pdf file

Host clubs should not send the results to Power of 10 - the League Sec will do that after the results have been checked by the visiting clubs.

(Full results workbook - to Mr Noel Moss, 18 Hunts Rd, Duxford, Cambs, CB22 4RE - e-mail noelmoss@btinternet.com

and to Mr Tony Cheatham, 13 Longfield Rd, Capel-St-Mary, Ipswich, IP9 2UA - e-mail anthonycheatham1107@btinternet.com)

All team declaration sheets, and officials signing in sheets, must be sent by post to Mr Tony Cheatham as soon as possible.

Visiting clubs will then have 48 hours to notify the two league Secretaries by e-mail of any name errors etc.

After this time (on Friday morning) the results will be sent to Power of 10 and Athletics weekly by the league Secs, and it will then become  
 the responsibility of an athletes' own club to notify to Power of 10 of any further name corrections.

This is to attempt to reduce the number of corrections which had to be sent to Power of 10 last year

## Under 13 Girls

U13 Girl's A 100m			U13 Girl's B 100m		
		W/S=			W/S=
Hannah Mayne	Gt Yarmouth	13.6	Lonarra Youngs	Ipswich H	14.1
Jasmine Cant	Ipswich H	13.9	Marnie Kelly	CONAC	14.4
Lena Matsuka Williams	CONAC	14.1	Ellie Morgan	Gt Yarmouth	14.7
Mia Hopson	Waveney	14.5	Jessica Webb	Thetford	15.1
Lucy Molyneux	Nene Valley H	15.2	Dior Harrison	Nene Valley H	15.3
Cerys Brotherhood	Thetford	15.6			

U13 Girl's A 200m			U13 Girl's B 200m		
		W/S=			W/S=
Jasmine Cant	Ipswich H	29.0	Hannah Lygo	Ipswich H	29.1
Chloe Quantrill	CONAC	29.3	Lena Matsuka Williams	CONAC	29.4
Mia Hopson	Waveney	30.5	Amber Park	Nene Valley H	30.7
Ellie Morgan	Gt Yarmouth	30.6	Talia Barrett	Gt Yarmouth	31.4
Macy Carr	Nene Valley H	31.2	Jessica Webb	Thetford	32.4
Cerys Brotherhood	Thetford	31.7			

U13 Girl's A 800m			U13 Girl's B 800m		
Katie Goldsmith	CONAC	2:28.9	Sophie Peach	CONAC	2:38.8
Amber Park	Nene Valley H	2:32.8	Olivia Hughes	Ipswich H	2:50.8
Molly Bean	Gt Yarmouth	2:38.6	Emma Coppin	Thetford	2:52.1
Ellie Foster	Thetford	2:46.1	Poppy Wynes	Gt Yarmouth	2:59.6
Hannah Lygo	Ipswich H	2:49.6			

U13 Girl's A 1500m			U13 Girl's B 1500m		
Femke Rosbergen	CONAC	5:23.4	Meredith Winship	CONAC	5:33.0
Jessica Norkett	Thetford	5:37.4	Evie Morgan	Ipswich H	5:49.1
Isabele Jones	Ipswich H	5:39.6	Clare Coppin	Thetford	6:30.2
Chanel Morgan	Gt Yarmouth	7:03.1	Faith Willeard	Gt Yarmouth	7:09.6

U13 Girl's A 70mH			U13 Girl's B 70mH		
		W/S=			W/S=
Chloe Quantrill	CONAC	12.2	Eleanor Brown	CONAC	13.4
Hannah Mayne	Gt Yarmouth	12.4	Jessica Norkett	Thetford	15.8
Mia Hopson	Waveney	13.3	Poppy Wynes	Gt Yarmouth	16.6
Florence Gardiner	Ipswich H	14.1			
Emma Coppin	Thetford	14.7			
Dior Harrison	Nene Valley H	14.9			

**U13 Girl's 4x100m**

CONAC	CONAC	56.2
Ipswich H	Ipswich H	58.1
Gt Yarmouth	Gt Yarmouth	59.4
Thetford	Thetford	61.9
Nene Valley H	Nene Valley H	63.1

**U13 Girl's A High Jump**

Chloe Quantrill	CONAC	1.35
Molly Bean	Gt Yarmouth	1.30
Bea Quantrill	Ipswich H	1.20

**U13 Girl's B High Jump**

Marnie Kelly	CONAC	1.25
Charlie Moore	Ipswich H	1.10

**U13 Girl's A Long Jump**

Hannah Mayne	Gt Yarmouth	4.42
Eleanor Brown	CONAC	4.05
Florence Gardiner	Ipswich H	3.42
AmbER PARK	Nene Valley H	3.26
Jessica Norkett	Thetford	3.14

**U13 Girl's B Long Jump**

Ellie Morgan	Gt Yarmouth	3.95
Clare Coppin	Thetford	3.26
Charlie Moore	Ipswich H	3.24
Dior Harrison	Nene Valley H	3.02

**U13 Girl's A Shot Putt**

Macy Carr	Nene Valley H	7.00
Faye Alexander	Ipswich H	6.60
Harriet Gooch	Waveney	5.75
Emma Coppin	Thetford	5.38
Katie Goldsmith	CONAC	4.75
Poppy Wynes	Gt Yarmouth	4.73

**U13 Girl's B Shot Putt**

Megan Hughes	Ipswich H	6.45
Lucy Molyneux	Nene Valley H	5.50
Holly Goymour	Thetford	5.16
Abby Flaxmer	CONAC	3.42
Faith Willeard	Gt Yarmouth	2.74

**U13 Girl's A Discus**

Megan Hughes	Ipswich H	23.3
Macy Carr	Nene Valley H	22.1
Lena Matsuka Williams	CONAC	17.7
Molly Bean	Gt Yarmouth	16.1
Harriet Gooch	Waveney	12.0

**U13 Girl's A Javelin**

Megan Hughes	Ipswich H	27.1
Sophie Peach	CONAC	20.0
Harriet Gooch	Waveney	12.8

## Under 15 Girls

<b>U15 Girl's A 100m</b>			W/S=	.	<b>U15 Girl's B 100m</b>			W/S=	.
Eldece Emery	Ipswich H	12.7			Janae Duporte Clarke	Ipswich H	13.2		
Emily Mace	CONAC	12.7			Madison Stubbs	CONAC	13.5		
ALEX PULLEN	Nene Valley H	12.8			Shannon Webster	Gt Yarmouth	13.9		
Erin Penn	Gt Yarmouth	13.5			SERENA KORKMAZ	Nene Valley H	14.0		
Eireann Alderson	Thetford	15.1							
<b>U15 Girl's A 200m</b>			W/S=	.	<b>U15 Girl's B 200m</b>			W/S=	.
Emily Mace	CONAC	26.4			Ataylia Clarke	Ipswich H	27.4		
Eldece Emery	Ipswich H	26.4			Madison Stubbs	CONAC	27.8		
ALEX PULLEN	Nene Valley H	27.5			CASEY HILLIAM	Nene Valley H	28.3		
Erin Penn	Gt Yarmouth	28.1			Shannon Webster	Gt Yarmouth	28.6		
Hayley Bingham	Thetford	32.5							
<b>U15 Girl's A 300m</b>			W/S=	.	<b>U15 Girl's B 300m</b>			W/S=	.
Ella Hughes	Ipswich H	43.5			Kelsi Ellis	Nene Valley H	44.5		
CASEY HILLIAM	Nene Valley H	44.1			Isabella Keeley	Ipswich H	45.5		
Imogen Crosssland	CONAC	46.6			Madelaine Parle	CONAC	45.7		
Liona Pigott	Gt Yarmouth	47.5			Macie Lewis	Gt Yarmouth	51.3		
Harriet Lyman	Waveney	49.0							
<b>U15 Girl's A 800m</b>					<b>U15 Girl's B 800m</b>				
KELSI ELLIS	Nene Valley H	2:25.3			Grace LindfordWood	Ipswich H	2:40.7		
Imogen Crosssland	CONAC	2:30.1			Paula Naylor	Nene Valley H	2:41.7		
Maddie Craig	Ipswich H	2:31.3			Maysie Steadman	Thetford	2:47.9		
Abbie Foster	Thetford	2:38.8			Katie Daniels	CONAC	2:49.5		
Harriet Lyman	Waveney	2:42.1			Lauren Oram	Waveney	2:51.7		
<b>U15 Girl's A 1500m</b>					<b>U15 Girl's B 1500m</b>				
Charlotte Summers	Ipswich H	5:11.4			Tallulah Lebon	CONAC	5:49.0		
Lucy Emmett	CONAC	5:31.3			Nadia Mason	Ipswich H	5:53.7		
JOSEPHINE FORTUNE	Nene Valley H	5:37.0							
Abbie Bales	Gt Yarmouth	5:47.7							
<b>U15 Girl's A 75mH</b>			W/S=		<b>U15 Girl's B 75mH</b>			W/S=	
Rosie Fresen	Nene Valley H	12.6			Maddie Craig	Ipswich H	12.8		
Isabella Keeley	Ipswich H	12.8			Sarah Costello	CONAC	13.2		
Lauren Bradfield	CONAC	13.0							
<b>U15 Girl's 4x100m</b>									
Ipswich H	Ipswich H	52.7							
CONAC	CONAC	53.8							
Nene Valley H	Nene Valley H	54.1							
Gt Yarmouth	Gt Yarmouth	56.9							

**U15 Girl's A High Jump**

Sarah Costello	CONAC	1.35
Maddie Venn	Ipswich H	1.25
Liona Pigott	Gt Yarmouth	1.15
Anna Warrington	Nene Valley H	1.15

**U15 Girl's B High Jump**

Katie Daniels	CONAC	1.30
Libby Parker	Ipswich H	1.15

**U15 Girl's A Long Jump**

Janae Duporte Clarke	Ipswich H	4.81
Sarah Costello	CONAC	4.65
ALEX PULLEN	Nene Valley H	4.55
Erin Penn	Gt Yarmouth	4.16

**U15 Girl's B Long Jump**

Enya Pearson	Ipswich H	4.54
Anna Warrington	Nene Valley H	3.96
Eve Leeder	CONAC	3.96
Macie Lewis	Gt Yarmouth	3.71

**U15 Girl's A Shot Putt**

Alice Wakeley	Gt Yarmouth	9.61
Gemma Ramsey	Ipswich H	8.75
Rosie Fresen	Nene Valley H	8.61
Madison stubbs	CONAC	8.31
Lauren Oram	Waveney	5.83

**U15 Girl's B Shot Putt**

Eldece Emery	Ipswich H	8.21
LYDIA CHURCH	Nene Valley H	7.69
Lily Collins	Waveney	5.37
Imogen Crossland	CONAC	4.95

**U15 Girl's A Discus**

Gemma Ramsey	Ipswich H	22.06
LYDIA CHURCH	Nene Valley H	17.39
Lauren Oram	Waveney	14.99
Lauren Bradfield	CONAC	13.52
Alice Wakeley	Gt Yarmouth	11.89

**U15 Girl's B Discus**

Kelsi Ellis	Nene Valley H	13.84
Lily Collins	Waveney	13.22
Hannah Grubb	Ipswich H	12.08
Holly Baker	Gt Yarmouth	11.53
Madelaine Parle	CONAC	7.26

**U15 Girl's A Javelin**

Gemma Ramsey	Ipswich H	30.05
Alice Wakeley	Gt Yarmouth	21.98
Lily Collins	Waveney	15.30
Eve Leeder	CONAC	9.96

**U15 Girl's B Javelin**

Nadia Mason	Ipswich H	16.67
Harriet Lyman	Waveney	11.87

**U15 Girl's A Hammer**

LYDIA CHURCH	Nene Valley H	32.50
Hannah Grubb	Ipswich H	16.52
Lauren Bradfield	CONAC	15.84





## Under 13 Boys

<b>U13 Boy's A 100m</b>			W/S=	.	<b>U13 Boy's B 100m</b>			W/S=	.
Tyreece Simpson	Gt Yarmouth	13.5			Zak Young	CONAC	13.9		
Ryley Briston	Nene Valley H	13.9			Leroy Honey	Gt Yarmouth	14.1		
Martel Ford	Ipswich H	14.0			James Legrand	Ipswich H	14.3		
Callum Hopson	Waveney	14.2			Sam Stevens	Waveney	16.2		
Scott Leeder	CONAC	14.3							
<b>U13 Boy's A 200m</b>			W/S=	.	<b>U13 Boy's B 200m</b>			W/S=	.
Tyreece Simpson	Gt Yarmouth	28.3			Martel Ford	Ipswich H	29.7		
Ryley Briston	Nene Valley H	29.2			Leroy Honey	Gt Yarmouth	29.7		
Callum Hopson	Waveney	29.5			Conrad Harrison	CONAC	31.2		
Adam Moore	Thetford	29.5			Leo Josccelyne	Waveney	32.2		
James Legrand	Ipswich H	29.8			Ben Garrod	Thetford	33.8		
Scott Leeder	CONAC	30.1							
<b>U13 Boy's A 800m</b>					<b>U13 Boy's B 800m</b>				
Tyler Bilyard	Gt Yarmouth	2:29.1			Toby Robinson	CONAC	2:39.8		
Conrad Harrison	CONAC	2:31.3			Adam Wood	Ipswich H	2:40.5		
Adam Moore	Thetford	2:35.9			Leo Josccelyne	Waveney	2:57.8		
Jamie Besford	Waveney	2:36.0			Tyler Howard	Thetford	3:22.4		
Tom Hayden	Ipswich H	2:38.8							
William Wright	Nene Valley H	2:52.3							
<b>U13 Boy's A 1500m</b>					<b>U13 Boy's B 1500m</b>				
Cameron Barnes	Gt Yarmouth	5:09.1			Ewan Baxter	Ipswich H	5:15.8		
Jack Weaver	Ipswich H	5:10.3			Marley Barker	Gt Yarmouth	5:26.0		
William Mahoney	CONAC	5:12.3			Sam Stevens	Waveney	5:53.5		
Tai Elvin-Andrews	Waveney	5:18.7							
<b>U13 Boy's A 75mH</b>			W/S=	.	<b>U13 Boy's B 75mH</b>			W/S=	.
Ivo Inglis	CONAC	13.3			Tyler Bilyard	Gt Yarmouth	16.6		
Nicholas Males	Ipswich H	13.9			Leo Josccelyne	Waveney	17.0		
Tai Elvin-Andrews	Waveney	15.3							
Levi Lawson	Gt Yarmouth	15.9							
<b>U13 Boy's 4x100m</b>									
Gt Yarmouth	Gt Yarmouth	57.0							
Ipswich H	Ipswich H	58.1							
CONAC	CONAC	58.8							
Nene Valley H	Nene Valley H	61.5							
Waveney	Waveney	62.2							



**U13 Boy's A High Jump**

Martel Ford	Ipswich H	1.25
Joshua Munton	Nene Valley H	1.25
Tai Elvin-Andrews	Waveney	1.25
Cameron Barnes	Gt Yarmouth	1.20
Tristan McLellan	CONAC	1.20

**U13 Boy's B High Jump**

Jack Weaver	Ipswich H	1.10
Jamie Besford	Waveney	1.10
Levi Lawson	Gt Yarmouth	1.10

**U13 Boy's A Long Jump**

Tristan McLellan	CONAC	4.22
Nicholas Males	Ipswich H	3.93
Callum Clarke	Gt Yarmouth	3.92
Ryley Briston	Nene Valley H	3.91
Callum Hopson	Waveney	3.66
Ben Garrod	Thetford	3.06

**U13 Boy's B Long Jump**

Ivo Inglis	CONAC	4.19
Leroy Honey	Gt Yarmouth	3.90
Leon Maycock	Ipswich H	3.73
Jamie Besford	Waveney	3.53
Matt church	Nene Valley H	3.15

**U13 Boy's A Shot Putt**

Tyreece Simpson	Gt Yarmouth	8.83
Henry Ewart	Ipswich H	7.97
Zak Young	CONAC	6.77
Dylan Harvey	Waveney	6.26
Ben Garrod	Thetford	4.40

**U13 Boy's B Shot Putt**

Callum Clark	Gt Yarmouth	6.90
Mattie Sexton	CONAC	6.46
Sam Stevens	Waveney	3.51
Tom Hayden	Ipswich H	3.30

**U13 Boy's A Discus**

Dylan Harvey	Waveney	13.63
Scott Leeder	CONAC	11.29
Adam Wood	Ipswich H	9.77

**U13 Boy's A Javelin**

Callum Clarke	Gt Yarmouth	30.79
Ben Graves	CONAC	24.60
Dylan Harvey	Waveney	17.46
Nicholas Males	Ipswich H	15.98
Matt Church	Nene Valley H	12.03
Tyler Howard	Thetford	7.05

## Under 15 Boys

<b>U15 Boy's A 100m</b>			W/S= .	<b>U15 Boy's B 100m</b>			W/S= .
Hayden Page	Gt Yarmouth	11.8		Luke Vincent	CONAC	12.4	
William Hughes	Nene Valley H	12.2		Michael Fleming	Nene Valley H	12.5	
Robbie Walden	CONAC	12.2		James Giddins	Ipswich H	12.7	
Jonathan Eley	Ipswich H	12.7		Ethan Grimbleby	Gt Yarmouth	12.9	
Jake Block	Waveney	12.9		Aidan Hewitt	Waveney	13.7	
Aiden Try	Thetford	14.1					
<b>U15 Boy's A 200m</b>			W/S= .	<b>U15 Boy's B 200m</b>			W/S= .
Hayden Page	Gt Yarmouth	24.5		James Giddins	Ipswich H	25.9	
Luke Vincent	CONAC	25.3		Ethan Grimbleby	Gt Yarmouth	25.9	
Jonathan Eley	Ipswich H	26.2		Lewis Covill	Waveney	30.0	
Aiden Try	Thetford	28.0		Kieran Moody	Thetford	30.0	
Leon Cousins	Waveney	29.7					
<b>U15 Boy's A 300m</b>				<b>U15 Boy's B 300m</b>			
Jake Greenleaf	Ipswich H	38.9		Kyle Daymond	Gt Yarmouth	41.1	
Sam Brown	CONAC	40.2		Louis Breyer	Ipswich H	44.6	
Ethan Grimbleby	Gt Yarmouth	40.8		Keilin Spurdens	Nene Valley H	47.5	
Aidan Hewitt	Waveney	42.5					
Charlie Stone	Thetford	43.4					
JOSH AKINWUMI	Nene Valley H	43.6					
<b>U15 Boy's A 800m</b>				<b>U15 Boy's B 800m</b>			
Louis Breyer	Ipswich H	2:14.7		Caleb Swan	Ipswich H	2:16.3	
Aiden Try	Thetford	2:19.1		Jake Stearman	Thetford	2:21.0	
Keilin Spurdens	Nene Valley H	2:22.7		George Brownsell	Gt Yarmouth	3:12.8	
Kai Beadle	Gt Yarmouth	2:40.4		Jaquan Moore	CONAC	3:33.1	
Tyler Blunden	CONAC	3:32.0					
<b>U15 Boy's A 1500m</b>				<b>U15 Boy's B 1500m</b>			
Alex Baxter	Ipswich H	4:36.2		Matthew Snowdon	Ipswich H	4:47.4	
Jack White	CONAC	4:38.4					
nathan Davey	Nene Valley H	4:54.4					
Jack Cottingham	Gt Yarmouth	5:33.4					
<b>U15 Boy's A 80mH</b>			W/S= .	<b>U15 Boy's B 80mH</b>			W/S= .
Nathan Protheroe	Thetford	13.5		Jake Stearman	Thetford	13.9	
Louis Breyer	Ipswich H	14.5		Tyler Blunden	CONAC	17.0	
Lewis Thurston	CONAC	16.8				0.0	
<b>U15 Boy's 4x100m</b>							
Gt Yarmouth	Gt Yarmouth	50.5		Waveney	Waveney	54.4	
CONAC	CONAC	51.7		Thetford	Thetford	56.4	
Ipswich H	Ipswich H	51.8					

Nene Valley H Nene Valley H 52.1

**U15 Boy's A High Jump**

Charlie Aldis Ipswich H 1.55  
 Alfie Leonard Gt Yarmouth 1.55  
 William Hughes Nene Valley H 1.40  
 Robbie Walden CONAC 1.40  
 Nathan Protheroe Thetford 1.30  
 Morgan McCurdy Waveney 1.30

**U15 Boy's B High Jump**

Caleb Swan Ipswich H 1.40  
 Lewis Thurston CONAC 1.40  
 Keilin Spurdens Nene Valley H 1.30  
 James Russell Waveney 1.30  
 Kyle Daymond Gt Yarmouth 1.30

**U15 Boy's A Long Jump**

Robbie Walden CONAC 5.37  
 Hayden Page Gt Yarmouth 5.37  
 Jake Greenleaf Ipswich H 5.00  
 Michael Fleming Nene Valley H 4.76  
 Aidan Hewitt Waveney 4.70  
 Nathan Protheroe Thetford 4.56

**U15 Boy's B Long Jump**

Sam Brown CONAC 4.90  
 Jonathan Eley Ipswich H 4.73  
 Tom Maker Nene Valley H 4.34  
 Aiden Try Thetford 4.03  
 George Brownsell Gt Yarmouth 3.78  
 James Russell Waveney 3.57

**U15 Boy's A Triple Jump**

Michael Fleming Nene Valley H 10.68  
 Sam Brown CONAC 10.54  
 Jake Block Waveney 9.25  
 Jamie Fairweather Thetford 8.10

**U15 Boy's B Triple Jump**

Tom Maker Nene Valley H 9.78  
 Luke Vincent CONAC 9.65  
 Leon Cousins Waveney 7.93

**U15 Boy's A Shot Putt**

Charles Hughes Nene Valley H 10.90  
 James Giddins Ipswich H 9.32  
 Dylan Davies Waveney 7.05  
 Lewis Thurston CONAC 5.88  
 Kieran Moody Thetford 5.18

**U15 Boy's B Shot Putt**

KAI HARRISON Nene Valley H 8.89  
 Kieron Sadler Ipswich H 8.79  
 Lewis Covill Waveney 6.66

**U15 Boy's A Discus**

Charles Hughes Nene Valley H 26.44  
 Kieron Sadler Ipswich H 20.73  
 Dylan Davies Waveney 20.13  
 Joe Dickenson CONAC 14.55  
 Jamie Fairweather Thetford 13.98

**U15 Boy's B Discus**

KAI HARRISON Nene Valley H 25.42  
 Lewis Covill Waveney 13.36  
 Alexander Hartfield Ipswich H 12.49  
 Tyler Blunden CONAC 11.00

**U15 Boy's A Javelin**

Charles Hughes Nene Valley H 34.33  
 Kacper Wojtysiak Ipswich H 33.42  
 Jaquan Moore CONAC 29.12  
 Jake Block Waveney 26.41  
 Jake Stearman Thetford 16.96

**U15 Boy's B Javelin**

Kieron Sadler Ipswich H 25.99  
 Dylan Davies Waveney 14.61

**U15 Boy's A Hammer**

Jaquan Moore CONAC 33.43  
 Kacper Wojtysiak Ipswich H 21.46  
 KAI HARRISON Nene Valley H 21.32



**U17 Men's A High Jump**

Harrison Layton	Ipswich H	1.80
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**U17 Men's B High Jump**

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**U17 Men's A Long Jump**

Kieran Covill	Waveney	4.93
Alistair Pitts	Nene Valley H	4.78
Joshua Thompson	Ipswich H	4.62
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**U17 Men's B Long Jump**

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**U17 Men's A Triple Jump**

Alistair Pitts	Nene Valley H	10.37
Joshua Thompson	Ipswich H	9.92
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**U17 Men's B Triple Jump**

Lucas Fidler	Nene Valley H	9.99
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**U17 Men's A Shot Putt**

Marley Wright	Gt Yarmouth	10.01
REID DAVIDSON	Nene Valley H	8.64
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**U17 Men's B Shot Putt**

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**U17 Men's A Discus**

Henry Milldown	Ipswich H	14.33
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**U17 Men's B Discus**

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**U17 Men's A Javelin**

Henry Milldown	Ipswich H	32.68
Dillon Cushman	CONAC	20.14
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**U17 Men's B Javelin**

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**U17 Men's A Hammer**

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## Men

## Men's A 100m

			W/S=	.
Ross McLachlan	U20M	CONAC	11.3	
Ben Higgins	SM	Ipswich H	11.5	
Shane Atherton	SM	Gt Yarmouth	11.6	
Calum Slater	SM	Nene Valley H	11.6	
Will Davies	SM	Thetford	11.7	
Gary Elvin	SM	Waveney	13.6	

## Men's B 100m

			W/S=	.
Errol Thompson	U20M	Ipswich H	11.4	
Matt hudson	SM	Nene Valley H	11.8	
Thomas Kirton	SM	Thetford	12.2	
Kevin Burgess	M45	Gt Yarmouth	12.3	
Bill Young	M45	CONAC	13.2	

## Men's A 200m

			W/S=	.
Ben Higgins	SM	Ipswich H	23.0	
Shane Atherton	SM	Gt Yarmouth	23.3	
Matthew Grapes	M45	CONAC	24.4	
Ollie Dilloway	SM	Nene Valley H	24.8	
Paul Bingham	SM	Thetford	28.1	

## Men's B 200m

			W/S=	.
Jay Gibson	SM	Ipswich H	23.6	
Mark Phillipson	U20M	Gt Yarmouth	25.9	
Bill Young	M45	CONAC	27.3	

## Men's A 400m

Christian Frost	SM	Ipswich H	52.1	
James McCrae	SM	Nene Valley H	54.0	
Matthew Grapes	SM	CONAC	54.5	
Ben Johnson	SM	Gt Yarmouth	56.0	

## Men's B 400m

Jay Gibson	U20M	Ipswich H	53.9	
Jack Eldridge	SM	Nene Valley H	54.7	
Joseph Kirton	SM	CONAC	55.6	
Mark Phillipson	U20M	Gt Yarmouth	58.6	

## Men's A 800m

James McCrae	SM	Nene Valley H	1:58.8	
Michael Fuller	U20M	Ipswich H	1:59.2	
Kyle Ella	U20M	Gt Yarmouth	2:00.9	
Joseph Kirton	SM	CONAC	2:06.0	

## Men's B 800m

Bradley Wattleworth	SM	Ipswich H	2:03.0	
Joseph Kirton	SM	CONAC	2:08.8	
John Pamlin	M55	Gt Yarmouth	3:33.2	

## Men's A 3000m

JAKE RICHARDSON	SM	Nene Valley H	9:19.9	
Dominic Oliver	U20M	CONAC	9:25.1	
Kyle Ella	U20M	Gt Yarmouth	9:31.7	
Dalton Coe	SM	Ipswich H	10:49.4	

## Men's B 3000m

Bruce Beckett	U20M	CONAC	9:53.9	
Neil Gillingham	SM	Ipswich H	11:07.1	

## Men's A 110mH

			W/S=	.
Nigel Hayman	M35	Ipswich H	17.0	
Dave BUSH	SM	Nene Valley H	18.2	

## Men's B 110mH

			W/S=	.

## Men's 4x100m

Ipswich H	SM	Ipswich H	46.1	
Nene Valley H	SM	Nene Valley H	47.0	
Gt Yarmouth	SM	Gt Yarmouth	49.0	
CONAC	SM	CONAC	49.4	

**Men's A High Jump**

Errol Thompson	U20M	Ipswich H	1.90
Callum Brown	SM	CONAC	1.65
Jonathan Woodcock	SM	Nene Valley H	1.65
Gary Elvin	SM	Waveney	1.35

**Men's B High Jump**

Christian Frost	U20M	Ipswich H	1.55
Michael Painter	U20M	CONAC	1.35

**Men's A Long Jump**

Ross McLachlan	U20M	CONAC	6.43
Errol Thompson	U20M	Ipswich H	6.17
David Bush	SM	Nene Valley H	5.82
Alan Fairs	SM	Waveney	3.35

**Men's B Long Jump**

Jonathan Woodcock	SM	Nene Valley H	5.35
Nigel Hayman	M35	Ipswich H	5.14
Michael Painter	SM	CONAC	4.69

**Men's A Triple Jump**

Nigel Hayman	M35	Ipswich H	11.46
Jonathan Woodcock	SM	Nene Valley H	11.40
Dominic Oliver	U20M	CONAC	10.89
Gary Elvin	SM	Waveney	9.35

**Men's B Triple Jump**

Callum Brown	SM	CONAC	10.63
Calum Slater	SM	Nene Valley H	10.50
Dalton Coe	SM	Ipswich H	9.88

**Men's A Shot Putt**

Michael Painter	SM	CONAC	11.31
DAVID BUSH	SM	Nene Valley H	10.22
Oliver Thompson	SM	Thetford	8.52
Gary Elvin	SM	Waveney	8.19
Michael Fuller	SM	Ipswich H	8.05
Ben Johnson	SM	Gt Yarmouth	6.72

**Men's B Shot Putt**

Callum Brown	SM	CONAC	10.03
Calum slater	SM	Nene Valley H	9.34
Michael Davis	SM	Ipswich H	7.68
Geoff Marshall	M55	Gt Yarmouth	6.35
Alan Fairs	SM	Waveney	6.15

**Men's A Discus**

Michael Painter	SM	CONAC	40.34
David bush	SM	Nene Valley H	30.73
David Hughes	M40	Ipswich H	29.52
Gary Elvin	SM	Waveney	25.19
Oliver Thompson	SM	Thetford	23.61
Geoff Marshall	M45	Gt Yarmouth	15.60

**Men's B Discus**

Callum Brown	SM	CONAC	35.28
Michael Davis	SM	Ipswich H	23.14
Roger Hudson	SM	Nene Valley H	18.87
Alan Fairs	SM	Waveney	16.01

**Men's A Javelin**

Marshall Childs	U20M	Ipswich H	60.03
David Bush	SM	Nene Valley H	36.59
Peter Graves	SM	CONAC	36.43
Ben Johnson	SM	Gt Yarmouth	27.00
Paul Bingham	SM	Thetford	24.24
Alan Fairs	SM	Waveney	21.94

**Men's B Javelin**

David Hughes	M40	Ipswich H	31.40
Michael Painter	SM	CONAC	28.96
Roger Hudson	SM	Nene Valley H	23.24
John Pamlin	M55	Gt Yarmouth	17.45

**Men's A Hammer**

Callum Brown	SM	CONAC	60.55
Malcolm Fenton	M55	Ipswich H	36.45
Geoff Marshall	M55	Gt Yarmouth	19.57
Alan Fairs	SM	Waveney	12.15

Matt Hudson	SM	Nene Valley H	5.27
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## East Anglian League

## Non-Scorers

## Ipswich

06/07/14

For under 11's use Under 11's sheet)

Event	Age group	Number	Name	Club	Performance
70H	U13G	8		CONAC	13.2
70H	U13G	9		CONAC	13.6
70H	U13G	7		CONAC	13.6
70H	U13G	6		CONAC	15.2
70H	U13G	25		GYAD	17.4
75H	U15G	51		Ipswich	13.6
80H	U17W	6		CONAC	13.1
HJ	U13G	55		Ipswich	1.00
HJ	U13G	9		CONAC	1.15
	800	U15G	53	Ipswich	2:42.3
	800	U15G	51	Ipswich	2:52.4
	800	U13G	54	Ipswich	2:37.4
	800	U13G	53	Ipswich	2:48.9
	800	U13G	8	CONAC	2:52.1
	800	U13G	55	Ipswich	2:56.5
	800	U13G	7	CONAC	2:59.4
	800	U13G	6	CONAC	2:59.6
	800	SW	99	NVH	2:38.6
	800	SW	51	Ipswich	2:40.1
	800	U17M	53	Ipswich	2:15.7
	800	U15B	51	Ipswich	2:27.3
	800	U15B	71	Thetford	2:29.0
	800	U15B	52	Ipswich	2:43.2
	800	SM	52	Ipswich	2:15.0
	800	SM	54	Ipswich	2:20.0
	800	SM	53	Ipswich	2:29.9
	100	U13G	8	CONAC	14.5
	100	U13G	25	GYAD	15.2
	100	U13G	51	Ipswich	15.4
	100	U13G	71	Thetford	15.9
	100	U13G	97	NVH	16.7
	100	U13G	7	CONAC	16.9
	100	U13G	52	Ipswich	14.2
	100	U13G	9	CONAC	14.2
	100	U13G	55	Ipswich	14.5
	100	U13G	6	CONAC	14.7
	100	U13G	54	Ipswich	15.1
	100	U13G	53	Ipswich	15.7
	100	U15G	51	Ipswich	13.2
	100	U15G	55	Ipswich	14.3
	100	U15G	52	Ipswich	13.3
	100	U15G	53	Ipswich	13.6
	100	U15G	54	Ipswich	13.6
	100	U15G	7	CONAC	13.7
	100	U15G	6	CONAC	14.2
	100	U15G	22	GYAD	15.4
	100	SW	51	Ipswich	13.4
	100	SW	53	Ipswich	13.8
	100	SW	52	Ipswich	13.8
	100	SW	6	CONAC	14.8
	100	U13B	53	Ipswich	14.3
	100	U13B	52	Ipswich	14.8
	100	U13B	51	Ipswich	15.0
	100	U13B	7	CONAC	15.4
	100	U13B	91	Waveney	15.9
	100	U13B	54	Ipswich	16.4
	100	U13B	10	CONAC	15.1
	100	U13B	25	GYAD	16.2
	100	U13B	9	CONAC	14.5
	100	U15B	51	Ipswich	12.8
	100	U15B	53	Ipswich	13.8
	100	SM	53	Ipswich	11.7
	100	SM	54	Ipswich	12.3
	100	SM	52	Ipswich	12.4



	100	SM	22		GYAD	12.5
	100	SM	71		Thetford	13.3
	400	SW	51		Ipswich	66.2
	300	U17W	10		CONAC	45.9
	300	U17W	8		CONAC	45.3
	300	U17W	53		Ipswich	46.6
	300	U17W	54		Ipswich	48.8
	300	U15G	52		Ipswich	44.4
	300	U15G	53		Ipswich	47.0
	300	U15B	54		Ipswich	42.3
	300	U15B	52		Ipswich	46.9
	1500	U13G	10		CONAC	5:55.1
	1500	U15B	54		Ipswich	4:56.3
	1500	U15B	51		Ipswich	5:01.7
	200	U15G	23		GYAD	30.2
	200	U13B	52		Ipswich	31.1
	200	U13B	91		Waveney	32.6
	200	U13B	53		Ipswich	32.7
	200	U15B	53		Ipswich	25.2
	200	U15B	51		Ipswich	27.5
	200	U15B	91		Waveney	29.3
	200	SW	55		Ipswich	27.2
	200	SW	53		Ipswich	27.4
	200	SW	51		Ipswich	27.9
	200	SW	9		CONAC	28.9
	200	SW	54		Ipswich	29.6
	200	U15G	54		Ipswich	27.0
	200	U15G	52		Ipswich	28.1
	200	U15G	53		Ipswich	28.7
	200	U15G	55		Ipswich	28.9
	200	U15G	51		Ipswich	29.1
	200	U15G	100		NVH	29.1
	200	U13G	51		Ipswich	30.0
	200	U13G	54		Ipswich	30.7
	200	U13G	96		NVH	32.0
	200	U13G	8		CONAC	33.2
	200	U13G	53		Ipswich	33.4
	200	U13G	7		CONAC	33.9
	200	U13G	9		CONAC	29.8
	200	U13G	6		CONAC	30.3
	200	U13G	55		Ipswich	30.5
	200	U13G	10		CONAC	32.3
	200	U13G	52		Ipswich	32.7
	200	SM	25		GYAD	25.1
	200	SM	24		GYAD	25.8
	200	SM	22		GYAD	26.1
	200	SM	349		NVH	26.3
	200	SM	51		Ipswich	29.8
Relay		U13G	10		CONAC	57.5
Relay		U13G	10		CONAC	61.5
Relay		U13G	25		GYAD	68.4
DT		U13G	53	Carmen Alexander.	Ipswich	11.39
DT		U13B	7	Toby Robinson	CONAC	10.32
DT		U15B	91	Morgan McCurdy Kenny	Waveney	23.48
JT		U15B	52	Caleb Swan	Ipswich	23.23
JT		U17W	52	Jasmin Mallet	Ipswich	9.77
JT		U13G	54	Faye Alexandra	Ipswich	17.97
JT		U13G	6	Sophie Turner	CONAC	26.42
JT		SW	92	Vicki Fairs	Waveney	11.14
LJ		U15B	53	Jaaziel Kajoba	Ipswich	4.38
LJ		U13B	54	James Legrand	Ipswich	3.84
LJ		U13B	100	Josh Munton	NVH	3.80
LJ		U13B	25	Levi Lawson	GYAD	3.56
LJ		U13B	91	Oscar Block	Waveney	3.15
LJ		U15G	54	A Cox	Ipswich	3.63
LJ		U15G	22	Abbie Bales	GYAD	NDR
LJ		SW	96	Ellie May Stokes	NVH	4.56



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## East Anglian League

## Under 11's results

## Ipswich

06/07/14

Event	Age group	Number	Name	Club	Performance
600	U11B	21	Louis Duffield	GYAD	1:51.7
600	U11B	108	Michael Langley	CONAC	1:53.6
600	U11B	106	Jake hart	CONAC	1:57.9
600	U11B	91	Joel Burgess	Waveney	1:58.4
600	U11B	109	Reece Hartley	CONAC	2:04.6
600	U11B	22	Malachi Lawson	GYAD	2:05.6
600	U11B	100	Charlie Molyneux	NVH	2:06.6
600	U11B	92	Finn Howes	Waveney	2:07.8
600	U11B	99	Cemal Korkmaz	NVH	2:08.3
600	U11B	74	Jacob Minns	Thetford	2:09.8
600	U11B	94	Reuben Harvey	Waveney	2:10.4
600	U11B	98	Owen Park	NVH	2:12.3
600	U11B	107	Luke Warker	CONAC	2:13.2
600	U11B	75	Ali Elouassi	Thetford	2:15.7
600	U11B	110	Jenson Cooper	CONAC	2:27.4
600	U11G	107	Beth Greenwood	CONAC	2:00.3
600	U11G	106	Grace Jermy	CONAC	2:03.0
600	U11G	108	Kaia Peiris	CONAC	2:08.7
600	U11G	95	Brooke Oram	Waveney	2:11.5
600	U11G	22	Megan Brown	GYAD	2:11.5
600	U11G	21	Talane Simpson	GYAD	2:14.0
600	U11G	72	Memphis Symonds	Thetford	2:15.5
600	U11G	93	Maisie Elvin Andrews	Waveney	2:16.6
600	U11G	91	Shamara Hammonds	Waveney	2:19.9
600	U11G	110	Hattie Ebbage	CONAC	2:21.7
600	U11G	92	Libby Mayall	Waveney	2:25.9
600	U11G	71	Abigail Clouston	Thetford	2:26.3
600	U11G	99	Josie Downer	NVH	2:26.6
600	U11G	96	Macey Andrews	NVH	2:34.7
600	U11G	109	Macey Kelly	CONAC	2:40.5
600	U11G	94	Hazel Ann Fairs	Waveney	3:12.6
80	U11B	21	Louis Duffield	GYAD	11.8
80	U11B	106	Jake hart	CONAC	12.1
80	U11B	107	Luke Watker	CONAC	12.7
80	U11B	92	Finn Howes	Waveney	13.0
80	U11B	99		NVH	13.1
80	U11B	93	Benjamin Cone	Waveney	13.5
80	U11B	109	Reece Hartley	CONAC	11.9
80	U11B	91	Joel Burgess	Waveney	12.2
80	U11B	108	Michael Langley	CONAC	13.1
80	U11B	22	Malachi Lawson	GYAD	13.1
80	U11B	98	Owen Park	NVH	13.5
80	U11B	94	Reuben Harvey	Waveney	13.8
80	U11B	73	Cameron Try	Thetford	12.3
80	U11B	99		NVH	12.5
80	U11B	100	Charlie Molyneux	NVH	12.6
80	U11B	110	Jenson Cooper	CONAC	13.0
80	U11B	75	Ali Elouassi	Thetford	13.5
80	U11B	74	Ben Tricker	Thetford	14.5
80	U11G	22	Megan Brown	GYAD	12.4
80	U11G	107	Beth Greenwood	CONAC	13.7
80	U11G	95	Brooke Oram	Waveney	13.8
80	U11G	100	Danielle Pusey	NVH	13.9
80	U11G	72	Memphis Symonds	Thetford	14.0
80	U11G	94	Hazel Ann Fairs	Waveney	16.0
80	U11G	21	Talane Simpson	GYAD	12.9
80	U11G	110	Ellis Stewart	CONAC	13.0
80	U11G	93	Maisie Elvin Andrews	Waveney	13.9
80	U11G	97	Grace Fidler	NVH	14.5
80	U11G	92	Libby Mayall	Waveney	14.6
80	U11G	71	Abigail Clouston	Thetford	14.9
80	U11G	91	Shamara Hammonds	Waveney	12.1
80	U11G	96	Macey Andrews	NVH	12.2
80	U11G	108	Kaia Peiris	CONAC	13.1



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