

match1

UKWAL Div 3 Round:1 RESULTS
Stevenage, Ridlins Wood, Sun 8 June 2008

100m A		Wind +4.8 m/s	100m B		Wind +3.2 m/s
1	Amina Ceessay	NEB 11.5	1	Lucy Onyeford	E&H 11.9
2	A Shand-Whittingham	B&B 11.7	2	Tope Faith-Nuga	NEB 12.3
3	Yvette Henry	TVH 11.8	3	Hayley-Jane Cone	TVH 12.4
4	Torena Dorsett	E&H 11.9	4	Regan Wright	WKF 12.8
5	Shelley Bowen	RDG 12.0	5	Rachel Heyworth	RDG 12.9
6	Laura Wake	HPX 12.7	6	Katy Benneworth	B&B 13.0
7	Amanda Shaw	WKF 12.7	7	Kathi Streatfield	HPX 13.2
8	Jennifer Walsh	WGN 14.2			

200m A		Wind +2.7 m/s	200m B		Wind +2.6 m/s
1	Amina Ceessay	NEB 24.3	1	Henrietta Sims	NEB 24.7
2	Margaret Adeoye	E&H 24.6	2	Rachel Telfer-James	E&H 25.5
3	Shelley Bowen	RDG 24.7	3	Hayley Wills	HPX 26.0
4	Yvette Henry	TVH 25.0	4	Amanda Shaw	WKF 26.3
5	Laura Wake	HPX 25.3	5	Rachel Heyworth	RDG 26.6
6	Regan Wright	WKF 26.1	6	Rachel Christie	TVH 26.6
7	Katrina Cosby	B&B 26.3	7	Jennifer Walsh	WGN 29.8
8	Jackie Cawthorne	WGN 27.1			

400m A			400m B		
1	Renee Robson	TVH 56.3	1	Michelle McNamara	E&H 58.1
2	S Echele-Thomson	B&B 58.1	2	Ambwene Simukonda	TVH 58.7
3	Erica Smith	E&H 59.0	3	Isobel Ivy	B&B 59.8
4	Racheal Shaw	WKF 59.2	4	Mikaela Harrison	WKF 60.4
5	Ashleigh Williams	NEB 60.6	5	Sussanah Banjo	NEB 61.9
6	Emily Stevens	HPX 64.2	6	Annie Bolton	RDG 75.1
7	Sarah Wilkins	RDG 69.6			

800m A			800m B		
1	Kelly Johnson	WKF 2.08.2	1	Helen Singleton	WKF 2.10.4
2	Leigh Lennon	NEB 2.10.3	2	Hayley Wills	HPX 2.10.9
3	Karolin Tsarski	TVH 2.13.9	3	Jennie Butler	B&B 2.24.7
4	Annie Bolton	RDG 2.18.1	4	Chrissie Foster	TVH 2.26.5
5	Elaine Murty	B&B 2.18.9	5	Sarah Wilkins	RDG 2.31.3
6	Nikki Silva	HPX 2.20.1	6	Lynn Talbert	NEB 2.41.4
7	Hilary Arredondo	E&H 2.27.7			

1500m A			1500m B		
1	Louise Bardsley	RDG 4.51.9	1	Jennie Butler	B&B 4.56.0
2	Bryony Proctor	B&B 4.52.4	2	Susan Francis	RDG 5.06.7
3	Lisa Blackman	TVH 4.58.7	3	Hilary Arredondo	E&H 5.11.9
4	Sharon McHugh	E&H 5.10.7	4	Chrissie Foster	TVH 5.13.5
5	Natasha Taylor	HPX 5.13.1	5	Lynn Talbert	NEB 6.28.7
6	Deborah Culshaw	WGN 5.15.4	6	Lynsie Whyke	WKF 7.59.9
7	Adele Stach-Kavitz	NEB 5.50.3			
8	Faye Mitchell	WKF 7.59.8			

3000m A			3000m B		
1	Bryony Proctor	B&B 10.08.5	1	Siobhan Budd	B&B 10.47.4
2	Lisa Blackman	TVH 10.15.5	2	Susan Francis	RDG 10.49.7
3	Louise Bardsley	RDG 10.43.4			
4	Deborah Culshaw	WGN 10.44.7			
5	Sharon McHugh	E&H 10.57.0			
6	Natasha Taylor	HPX 11.30.2			
7	Adele Stach-Kavitz	NEB 12.10.7			

100mH A		Wind +3.8 m/s	100mH B		Wind +2.4 m/s
1	Zara Hohn	WKF 13.6	1	Laura Jones	HPX 15.3
2	Angelita Broadbelt	TVH 13.9	2	Jackie Cawthorne	WGN 15.8
3	Stephanie Gaynor	HPX 14.4	3	Katy Benneworth	B&B 17.6
4	Kelly Hilton	WGN 14.8	4	Lee Felows	RDG 17.8
5	Sarah McLellan	B&B 16.2	5	Lynsie Whyke	WKF 18.7
6	Katie Miller	RDG 16.3	6	Sam Molyneux	E&H 19.2
7	Kristy Wilson	E&H 20.3			

match1

400mH A		400mH B	
1 Christina Silva	HPX 63.0	1 Katrina Cosby	B&B 66.1
2 Sarah McLellan	B&B 64.6	2 Emily Stevens	HPX 70.5
3 Kristy Wilson	E&H 68.3	3 Becky Blake	RDG 76.7
4 Lee Fellows	RDG 74.8	4 Margaret Akot	E&H 83.0
5 Amy Ridsdale	WKF 101.2		
Discus Throw A		Discus Throw B	
1 Shaunagh Brown	B&B 44.25	1 Charisse Tapang	NEB 32.22
2 Elisha Dee	TVH 42.01	2 Katy Wilson	WGN 30.28
3 Sue Lawrence	NEB 35.39	3 Sharifa Bird	E&H 28.27
4 Yolande Jacobs	RDG 35.31	4 Julie Wilson	RDG 27.86
5 Gwen Bird	E&H 34.37	5 Amy Ridsdale	WKF 24.87
6 Natalie Walsh	WGN 34.24	6 Anne-Sophie Gnadou	B&B 20.56
7 Fiona Thomas	WKF 25.34	7 Riquita Samuel	TVH 20.09
8 Peta Lundgren	HPX 23.74	8 Christina Silva	HPX 11.98
Hammer Throw A		Hammer Throw B	
1 Elisha Dee	TVH 44.15	1 Bethan Lishman	WGN 40.36
2 Katy Wilson	WGN 43.06	2 Sue Lawrence	NEB 35.33
3 Banke Jemiyo	B&B 42.14	3 Yolande Jacobs	RDG 33.28
4 Paula Peaty	NEB 41.57	4 Abigail Moronkeji	TVH 28.02
5 Katie Baldwin	RDG 34.89	5 Fiona Thomas	WKF 24.22
6 Jenny Ibbitson	WKF 34.59	6 Shaunagh Brown	B&B 21.77
7 Yvonne Jacobs	E&H 28.23	7 Sharifa Brown	E&H 18.88
8 Danielle Currie	HPX 16.79		
High Jump A		High Jump B	
1 Tiffeny Lyons	WKF 1.60	1 Kizzi Barazetti	TVH 1.50
2 Rachel Christie	TVH 1.55	2=Amanda Ranger	NEB 1.45
3 Sam Molyneux	E&H 1.50	2=Charlotte O'Neill	E&H 1.45
4 Rachel Arnheim	B&B 1.50	2=Emily Godley	B&B 1.45
5=Natalie Farman	HPX 1.45	5 Niki Andrews	HPX 1.45
5=Lara Richards	NEB 1.45	6 Katie Miller	RDG 1.40
7 Jana Riedel	RDG 1.45	7 Mikaela Harrison	WKF 1.25
Javelin Throw A		Javelin Throw B	
1 Christine Lawrence	B&B 43.02	1 Anne-Sophie Gnadou	B&B 33.26
2 Hayley Thomas	NEB 42.82	2 Felicia Rudolfo	E&H 31.68
3 Peta Lundgren	HPX 41.16	3 Sue Lawrence	NEB 29.95
4 Collette Doran	WGN 36.49	4 Jenny Ibbitson	WKF 24.84
5 Uta Stobbe	E&H 31.95	5 Samantha Brewer	TVH 23.39
6 Tiffeny Lyons	WKF 26.20	6 Bethan Lishman	WGN 20.47
7 Annie Bolton	RDG 25.98	7 Julie Wilson	RDG 19.25
8 Riquita Samuel	TVH 23.95		
Long Jump A		Long Jump B	
1 Lara Richards	NEB 6.00	1 Amanda Ranger	NEB 5.95
2 Hayley-Jane Cone	TVH 5.63	2 Alexandra Russell	WGN 5.46
3 Kelly Hilton	WGN 5.61	3 Angela Barrett	TVH 5.35
4 Dee Bakre	E&H 5.38	4 Davinia Houston	E&H 5.26
5 Emily Martin	B&B 5.32	5 Lauren Blackie	B&B 5.26
6 Laura Jones	HPX 5.23	6 Natalie Farman	HPX 5.07
7 Regan Wright	WKF 4.98	7 Faye Mitchell	WKF 4.57
8 Rachel Heyworth	RDG 4.55		
Pole Vault A		Pole Vault B	
1 Rachel Arnheim	B&B 3.30	1 Emily Godley	B&B 3.00
2 Caroline Nutt	WKF 3.20	2 Jenny Ibbitson	WKF 2.70
3 Jana Riedel	RDG 2.80	3 Tanine Nicholas	E&H 2.50
4 Katie Moey	E&H 2.80		
5 Melissa Strevens	NEB 2.50		
6 Niki Andrews	HPX 2.30		
Shot Putt A		Shot Putt B	
1 Shaunagh Brown	B&B 13.73	1 Elisha Dee	TVH 11.24
2 Abigail Moronkeji	TVH 11.67	2 Anne-Sophie Gnadou	B&B 11.03

match1

3 Fiona Thomas	WKF 11.25	3 Laura Jones	HPX 9.64
4 Hayley Thomas	NEB 10.81	4 Julie Wilson	RDG 9.38
5 Charlotte Rose	E&H 10.52	5 Sharife Brown	E&H 9.13
6 Yolande Jacobs	RDG 10.20	6 Charisse Tapang	NEB 9.06
7 Peta Lundgren	HPX 9.72	7 Amy Ridsdale	WKF 8.87
8 Katy Wilson	WGN 9.45	8 Natalie Walsh	WGN 8.77

Triple Jump A

1 Angela Barrett	TVH 12.33
2 Davinia Houston	E&H 12.29
3 Amanda Ranger	NEB 12.23
4 Kathi Streatfield	HPX 11.98
5 Lauren Blackie	B&B 11.90
6 Kelly Hilton	WGN 11.56
7 Lysie Whyke	WKF 9.93
8 Katie Miller	RDG 9.13

Triple Jump B

1 Dee Bakre	E&H 11.51
2 Rochelle Jones	NEB 11.13
3 Karolin Tsarski	TVH 10.38
4 Katy Benneworth	B&B 10.10
5 Jackie Cawthorne	WGN 9.92
6 Christina Silva	HPX 9.56
7 Tiffeny Lyons	WKF 9.27
8 Jana Riedel	RDG 9.03

4x100M Relay

1 E&H 47.2	1 Torena Dorsett	2 Rachel Telfer-James
	3 Margaret Adeoye	4 Lucy Onyeforo
2 NEB 48.4	1 Amanda Ranger	2 Tope Faith-Nuga
	3 Henrietta Sims	4 Amina Ceessay
3 WKF 49.5	1 Racheal Shaw	2 Regan Wright
	3 Amanda Shaw	4 Zara Hohn
4 HPX 49.6	1 Stephanie Gaynor	2 Hayley Wills
	3 Laura Jones	4 Laura Wake
5 B&B 49.6	1 Katy Benneworth	2 Lauren Blackie
	3 Katrina Cosby	4 Emily Martin
6 TVH 50.1	1 Hayley-Jane Cone	2 Angelita Broadbelt
	3 Ambwene Simukonda	4 Rachel Christie
7 RDG 52.1	1 Shelley Bowen	2 Rachel Heyworth
	3 Becky Blake	4 Jana Riedel
8 WGN 53.2	1 Katy Wilson	2 Jackie Cawthorne
	3 Jennifer Walsh	4 Kelly Hilton

4x400M Relay

1 NEB 3.51.2	1 Ashleigh Williams	2 Leigh Lennon
	3 Henrietta Sims	4 Amina Ceessay
2 HPX 3.55.9	1 Christina Silva	2 Nikki Silva
	3 Laura Jones	4 Hayley Wills
3 TVH 3.56.8	1 Karolin Tsarski	2 Angela Barrett
	3 Ambwene Simukonda	4 Renee Robson
4 WKF 3.59.9	1 Racheal Shaw	2 Helen Singleton
	3 Mikaela Harrison	4 Kelly Johnson
5 B&B 4.07.6	1 Anne-Sophie Gnadou	2 S Echel-Thomson
	3 Katrina Cosby	4 Sarah McLellan
6 E&H 4.07.6	1 Charlotte O'Neill	2 Lucy Onyeforo
	3 Erica Smith	4 Michelle McNamara
7 RDG 4.40.8	1 Annie Bolton	2 Sarah Wilkins
	3 Rachel Heyworth	4 Susan Francis

MATCH RESULT

	Event	Lge
1	B&B 204	8
2	E&H 170	7
3	TVH 169	6
4	NEB 168.5	5
5	WKF 137	4
6	RDG 130	3
7	HPX 119.5	2
8	WGN 81	1

LEAGUE STANDINGS

	Event	Lge
1	Blackheath & Bromley H&AC 204	8
2	Enfield & Haringey AC 170	7
3	Thames Valley Harriers 169	6
4	Newham & Essex Beagles AC 168.5	5
5	wakefield D. H. & AC 137	4
6	Reading AC 130	3
7	Herts Phoenix AC 119.5	2
8	Wigan & D. Harriers AC 81	1