

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 Echel-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 Lysie 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 Lysie Whyke	WKF 18.7
6 Katie Miller	RDG 16.3	6 Sam Molyneux	E&H 19.2
7 Kristy Wilson	E&H 20.3		

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

1 Christine Lawrence	B&B	43.02
2 Hayley Thomas	NEB	42.82
3 Peta Lundgren	HPX	41.16
4 Collette Doran	WGN	36.49
5 Uta Stobbe	E&H	31.95
6 Tiffeny Lyons	WKF	26.20
7 Annie Bolton	RDG	25.98
8 Riquita Samuel	TVH	23.95

Javelin Throw B

1 Anne-Sophie Gnadou	B&B	33.26
2 Felicia Rudolfo	E&H	31.68
3 Sue Lawrence	NEB	29.95
4 Jenny Ibbitson	WKF	24.84
5 Samantha Brewer	TVH	23.39
6 Bethan Lishman	WGN	20.47
7 Julie Wilson	RDG	19.25

Long Jump A

1 Lara Richards	NEB	6.00
2 Hayley-Jane Cone	TVH	5.63
3 Kelly Hilton	WGN	5.61
4 Dee Bakre	E&H	5.38
5 Emily Martin	B&B	5.32
6 Laura Jones	HPX	5.23
7 Regan Wright	WKF	4.98
8 Rachel Heyworth	RDG	4.55

Long Jump B

1 Amanda Ranger	NEB	5.95
2 Alexandra Russell	WGN	5.46
3 Angela Barrett	TVH	5.35
4 Davinia Houston	E&H	5.26
5 Lauren Blackie	B&B	5.26
6 Natalie Farman	HPX	5.07
7 Faye Mitchell	WKF	4.57

Pole Vault A

1 Rachel Arnheim	B&B	3.30
2 Caroline Nutt	WKF	3.20
3 Jana Riedel	RDG	2.80
4 Katie Moey	E&H	2.80
5 Melissa Strevens	NEB	2.50
6 Niki Andrews	HPX	2.30

Pole Vault B

1 Emily Godley	B&B	3.00
2 Jenny Ibbitson	WKF	2.70
3 Tanine Nicholas	E&H	2.50

Shot Putt A

1 Shaunagh Brown	B&B	13.73
2 Abigail Moronkeji	TVH	11.67
3 Fiona Thomas	WKF	11.25
4 Hayley Thomas	NEB	10.81
5 Charlotte Rose	E&H	10.52
6 Yolande Jacobs	RDG	10.20
7 Peta Lundgren	HPX	9.72
8 Katy Wilson	WGN	9.45

Shot Putt B

1 Elisha Dee	TVH	11.24
2 Anne-Sophie Gnadou	B&B	11.03
3 Laura Jones	HPX	9.64
4 Julie Wilson	RDG	9.38
5 Sharife Brown	E&H	9.13
6 Charisse Tapang	NEB	9.06
7 Amy Ridsdale	WKF	8.87
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