

UKWAL Div 2 Round:3

Grangemouth Stadium, Sun 2 August 2009

100m A	Wind +2.4 m/s	100m B	Wind +3.5 m/s
1 Torena Dorset	E&H 11.67	1 Vickie Cole	B&B 12.03
2 Anike Shand-Whittingha	B&B 11.88	2 Katie Skelding	W&E 12.20
3 Rachel Giwa	W&E 12.26	3 Lucy Onyeforo	E&H 12.31
4 Hannah Williams	CDF 12.61	4 Imogen Miles	CDF 13.05
5 Sarah Smith	VPG 12.70	5 Amanda Jones	SWS 13.74
6 Hannah Jones	SWS 12.75	6 Abbey McGhee	VPG 14.56
7 Aiya Abe	TSN 16.54		
200m A	Wind +3.5 m/s	200m B	Wind +3.5 m/s
1 Margaret Adeoye	E&H 22.31	1 Vickie Cole	B&B 24.73
2 Anike Shand-Whittingha	B&B 24.50	2 Katie Skelding	W&E 25.23
3 Rachel Giwa	W&E 24.89	3 Rachel Lewington	TSN 25.38
4 Sian Scott	TSN 25.17	4 Lucy Onyeforo	E&H 25.60
5 Sarah Smith	VPG 25.87	5 Jennifer Hannah	VPG 26.21
6 Hannah Jones	SWS 25.90	6 Bryony Turnbull	SWS 26.31
7 Rhianne Jones	CDF 26.58	7 Hannah Williams	CDF 26.52
400m A		400m B	
1 Claire Gibson	VPG 55.50	1 Tara Bird	W&E 56.02
2 Joanne Ryan	W&E 56.47	2 Savannah Echel-Thomson	B&B 57.19
3 Rachel Lewington	TSN 57.42	3 Jade McLaren	VPG 57.65
4 Rhianne Jones	CDF 57.56	4 Lucy Loughor	CDF 58.93
5 Rebecca Syrocki	B&B 57.96	5 Anwen Rees	SWS 60.65
6 Michelle McNamara	E&H 58.01	6 Nikki Silva	E&H 60.81
7 Bryony Turnbull	SWS 58.22		
800m A		800m B	
1 Tara Bird	W&E 2.10.82	1 Rebecca Finch	VPG 2.16.5
2 Abbey McGhee	VPG 2.11.54	2 Kathrine Foy	W&E 2.17.12
3 Elaine Murty	B&B 2.15.05	3 Bryony Proctor	B&B 2.22.11
4 Nikki Silva	E&H 2.16.13	4 Elinor Kirk	SWS 2.28.00
5 Amanda Jones	SWS 2.19.29	5 Leila James	CDF 2.29.81
6 Sophie Hall	TSN 2.24.73	6 Claire Gallant	TSN 2.37.63
7 Lauren Brobin	CDF 2.26.37	7 Kristy Wilson	E&H 3.17.82
1500m A		1500m B	
1 Bryony Proctor	B&B 4.40.82	1 Elaine Murty	B&B 4.46.93
2 Amanda Jones	SWS 4.44.34	2 Cara Sloss	VPG 4.48.88
3 Rhian Dawes	VPG 4.48.09	3 Vikki Jackson	CDF 5.15.58
4 Bethan Strange	CDF 4.48.66	4 Kathrine Foy	W&E 5.28.83
5 Aiya Abe	TSN 4.54.49	5 Elin Leyshon	SWS 5.34.66
6 Lauren Stewart	W&E 5.07.01	6	E&H 6.43.75
7 Sharon McHugh	E&H 5.27.89		
3000m A		3000m B	
1 Donna Finlayson	VPG 10.22.40	1 Elin Leyshon	SWS 11.52.03
2 Lauren Stewart	W&E 10.28.40	2 Andrea Possee	W&E 11.57.27
3 Elinor Kirk	SWS 10.36.41	3 Hannah O'Sullivan	E&H 14.21.73
4 Sharon McHugh	E&H 11.00.21		
5 Vikki Jackson	CDF 11.04.55		
6 Carolyn Jones-Baldock	B&B 12.21.89		

100mH A	Wind +4.8 m/s	100mH B	Wind +3.1 m/s
1 Serita Solomon	B&B 14.26	1 Emma Peters	CDF 15.63
2 Nusrat Ceesay	W&E 14.28	2 Lorraine Ugen	B&B 15.72
3 Caryl Granville	SWS 14.59	3 Anwen Rees	SWS 16.90
4 Sian Scott	TSN 14.86	4 Kristy Wilson	E&H 19.82
5 Lucy Loughor	CDF 14.89		
6 Emma Rowley	E&H 15.43		

400mH A		400mH B	
1 Nusrat Ceesay	W&E 58.53	1 Ruth Brereton	W&E 61.15
2 Sian Scott	TSN 59.57	2 Sian Davies	SWS 64.22
3 Emma Peters	CDF 60.19	3 Rachel Lewington	TSN 65.72
4 Caryl Granville	SWS 62.00	4 Emma Rowley	E&H 66.61
5 Kristy Wilson	E&H 67.17	5 Emily Brown	CDF 67.72
6 Carolyn Jones-Baldock	B&B 85.11	6 Rebecca Smith	B&B 76.47

2000m Sc A		2000m Sc B
1 Emily Brown	CDF 7.19.91	No competitors
2 Elinor Kirk	SWS 7.31.73	
3 Diana Kennedy	W&E 7.37.80	
4 Rebecca Smith	B&B 8.21.33	
5 Charlotte O'Neill	E&H 9.43.68	

Discus Throw A		Discus Throw B	
1 Hollie Redman	W&E 37.58	1 Sarah Smith	W&E 26.47
2 Stacey Wilson	VPG 34.66	2 Liz Hughes	B&B 25.11
3 Sharifa Brown	E&H 28.96	3 Katie Horne	VPG 24.94
4 Frances Athanes	B&B 27.07	4 Charlotte Rose	E&H 22.95
5 Jo Davis	SWS 20.77	5 Anna Leyshon	SWS 16.01
6 Ayla Phillips	CDF 20.62	6 Sarah Ellis	TSN 13.30
7 Becca Carozzi	TSN 14.36	7 Bethan Strange	CDF 12.73

Hammer Throw A		Hammer Throw B	
1 Katie Horne	VPG 48.17	1 Stacey Wilson	VPG 46.83
2 Sarah Smith	W&E 45.32	2 Emma Smith	W&E 37.51
3 Beth Sewell	CDF 42.66	3 Ayla Phillips	CDF 34.38
4 Charlotte Rose	E&H 31.36	4 Yvonne Jacobs	E&H 29.44
5 Jo Davis	SWS 21.45	5 Kath Evans	SWS 20.89
6 Sarah Ellis	TSN 19.41	6 Becca Carozzi	TSN 7.41
7 Carolyn Jones-Baldock	B&B 5.30	7 Rebecca Syrocki	B&B 5.20

High Jump A		High Jump B	
1 Ayamba Akim	W&E 1.78	1 Lucinda Logan	VPG 1.55
2 Erin Leggate	VPG 1.65	2 Kristina Blackett	W&E 1.50
3 Ellie Howarth-Brown	TSN 1.55	3=Emily Martin	B&B 1.45
4 Charlotte O'Neill	E&H 1.55	3=Hannah O'Sullivan	E&H 1.45
5 Rachel Arnheim	B&B 1.50	5 Emma Peters	CDF 1.40
6 Imogen Lewis	CDF 1.40	6 Claire Gallant	TSN 1.35
7 Kath Evans	SWS 1.40	7 Elin Leyshon	SWS 1.25

Javelin Throw A		Javelin Throw B	
1 Emma Smith	W&E 46.02	1 Jo Davis	SWS 28.43

2 Claire Williams	SWS 38.71	2 Hollie Redman	W&E 27.64
3 Sarah Ellis	TSN 38.43	3 Sharifa Brown	E&H 24.80
4 Estelle Kagambega	VPG 36.93	4 Elaine Henderson	VPG 24.55
5 Felicia Rodolpho	E&H 32.85	5 Frances Athanes	B&B 20.31
6 Emily Martin	B&B 31.60	6 Sophie Hall	TSN 10.65
7 Imogen Miles	CDF 21.17	7 Leila James	CDF 8.57

## Long Jump A

1 Kimberley Murray	W&E 5.81+3.2
2 Davini Houston	E&H 5.61+3.8
3 Elaine Henderson	VPG 5.58+1.3
4 Imogen Miles	CDF 5.54+1.2
5 Sian Davies	SWS 4.91+2.0
6 Ellie Howarth-Brown	TSN 4.36+2.0
7 Rachel Arnheim	B&B 4.33+2.5

## Long Jump B

1 Dee Bakri	E&H 5.58+3.8
2 Claire Gallant	TSN 4.36+1.3
3 Imogen Lewis	CDF 3.91+3.8
4 Bryony Turnbull	SWS 3.74+3.2
5 Zaynab Ceesay	W&E 3.29+5.1

## Pole Vault A

1 Rachel Arnheim	B&B 3.50
2 Hannah Abrahams	CDF 3.50
3 Courtney Macguire	VPG 3.50
4 Louise Shortland	W&E 3.40
5 Katie Moey	E&H 2.70
6 Anna Leyshon	SWS 2.30

## Pole Vault B

1 Liz Hughes	B&B 3.50
2 Jessica Abrahams	CDF 3.40
3 Jennifer Graham	VPG 3.20
4 Kirsty McIntosh	W&E 3.10
5 Izzy Krassismenou	E&H 2.10

## Shot Putt A

1 Stacey Wilson	VPG 10.65
2 Liz Hughes	B&B 10.33
3 Charlotte Rose	E&H 10.15
4 Sarah Smith	W&E 9.97
5 Ayla Phillips	CDF 9.46
6 Kath Evans	SWS 8.85
7 Becca Carozzi	TSN 6.96

## Shot Putt B

1 Hollie Redman	W&E 9.72
2 Sharifa Brown	E&H 9.31
3 Frances Athanes	B&B 9.13
4 Caryl Granvile	SWS 8.57
5 Katie Horne	VPG 8.35
6 Leila James	CDF 7.99
7 Ellie Howarth-Brown	TSN 5.99

## Triple Jump A

1 Stephanie Aneto	W&E 12.86+2.4
2 Dee Bakre	E&H 11.83+3.9
3 Elaine Henderson	VPG 11.26+0.9
4 Sian Davies	SWS 10.80+1.4
5 Emily Martin	B&B 10.70+4.2
6 Hannah Williams	CDF 9.30+3.0

## Triple Jump B

1 Nusrat Ceesay	W&E 11.03-0.3
2 Emily Brown	CDF 9.11+1.5
3 Anna Leyshon	SWS 8.89+1.5
4 Michelle McNamara	E&H 8.87+2.3

## 4x100M Relay

1 B&B 47.67	1 Vikki Cole	2 Serita Solomon
	3 Emily Martin	4 Anike Shand-Whittingha
2 W&E 48.29	1 Katie Skelding	2 Joanne Ryan
	3 Kimberley Murray	4 Rachel Giwa

3 E&H 48.49	1 Torena Dorset	2 Margaret Adeoye
	3 Dee Bakre	4 Lucy Onyeforo
4 VPG 50.07	1 Sarah Smith	2 Jennifer Hannah
	3 Elaine Henderson	4 Jade McLaren
5 CDF 50.11	1 Hannah Williams	2 Emma Peters
	3 Imogen Miles	4 Lucy Loughor
6 SWS 51.26	1 Bryony Turnbull	2 Sian Davies
	3 Anna Leyshon	4 Hannah Jones

## 4x400M Relay

1 W&E 3.51.95	1 Kristina Blackett	2 Joanne Ryan
	3 Ruth Brereton	4 Tara Bird
2 VPG 3.53.04	1 Abbey McGhee	2 Rebecca Finch
	3 Claire Gibson	4 Jade McLaren
3 B&B 3.58.07	1 Rebecca Syrocki	2 Emily Martin
	3 Elaine Murty	4 Savannah Echel-Thomson
4 SWS 4.00.44	1 Sian Davies	2 Anwen Rees
	3 Bryony Turnbull	4 Caryl Granville
5 E&H 4.04.38	1 Emma Rowley	2 Nikki Silva
	3 Kristy Wilson	4 Michelle McNamara
6 CDF 4.04.60	1 Rhianne Jones	2 Emma Peters
	3 Bethan Strange	4 Lauren Brobin
7 TSN 4.15.96	1 Ellie Howarth-Brown	2 Aiya Abe
	3 Claire Gallant	4 Sian Scott

## MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Woodford Grn & Essex Lds	246	8
2 Blackheath & Bromley H&AC	187.5	7
3 Enfield & Haringey AC	179.5	6
4 Victoria Park Glasgow	174	5
5 Swansea Harriers	160	4
6 Cardiff AC	154	3
7 Team Southampton	92	2
8 No Entry	0	0