

UKWL – Cardiff – 5th June

SENIOR WOMEN

Event	A String	B String
100m	Emily Newton – 13.02 (6)	Anna Henden – 13.34 (6)
200m	Becca Carozzi – 25.65 (4)	Anna Henden – 27.25 (6)
400m	Jenny Beckingham (U20) – 59.01 (5)	Nicki Seal – 61.43 (6)
800m	Jenny Beckingham (U20) – 2:11.30 (1)	Ceri Mitchell – 2:13.49 (1)
1500m	Ceri Mitchell – 4:39.80 (1)	Aiya Abe (U20) – 4:46.47 (1)
3000m	Nicci Blandford – 10:47.98 (6)	
100mH	Grace Clements – 14.63 (3)	Claire Gallant – 20.72 (5)
400mH	Becca Carozzi – 62.05 (2)	Millie Clifford (U20) – 65.99 (2)
2000m Steeplechase		
High Jump	Claire Gallant – 1.25m (8)	Emily Newton – 1.25m (6)
Long Jump	Grace Clements – 5.46m (3)	Emily Newton – 5.16m (3)
Triple Jump	Anna Henden – 9.68m (6)	Claire Gallant – 8.49m (6)
Pole Vault		
Shot	Grace Clements – 12.54m (1)	Anna Stevens (U20) – 9.50m (5)
Discus	Debbie Callaway – 36.72m (6)	Anna Stevens (U20) – 30.79m (5)
Hammer	Anna Stevens (U20) – 33.89m (8)	Debbie Callaway – 25.99m (6)
Javelin	Sarah Ellis – 41.62 (2)	Becca Carozzi – 13.71m (7)
4x100m Relay	Anna Henden, Nicki Seal, Millie Clifford, Emily Newton – 50.77 (6)	
4x400m Relay	Millie Clifford (59.8), Jenny Beckingham (59.7), Grace Clements (57.4), Becca Carozzi (56.2) – 3:53.05 (2)	

Match Result

Position	Team	Points
1	Cardiff AC	198
2	Swansea	174
3	Enfield & Haringey	169
4	Bedford	164
5	Southampton AC	149
6	Wigan	139
7	Milton Keynes	134
8	Liverpool	125