



### **Report on UKWL match at Cardiff, 5<sup>th</sup> June 2010.**

The UK Womens League 2010 started for Southampton AC on Saturday 5<sup>th</sup> June at the International Stadium, Cardiff. Competing against Cardiff, Swansea, Enfield & Haringey, Bedford, Wigan, Milton Keynes and Liverpool, the team was keen to make a good start to the season, hoping to put themselves in a good position but injury, coaching faux pas, EA Champs arranged for the same weekend robbed the team of 5 athletes. With this setback the team still achieved a creditable 5<sup>th</sup> place.

Several athletes made their debuts in the UKWL team: Jenny Beckingham (400m & 800m), Millie Clifford (400mH), Anna Henden (100m, 200m & Triple Jump) and Nicci Blandford (3000m).

Some athletes were asked to compete in events in which they would not normally perform, notably Claire Gallant (100mH, Triple Jump & High Jump), Emily Newton (High Jump) and Becca Carozzi (Javelin). An injury to Debbie Callaway whilst taking her first throw in the Discus meant that athletes had to change events to cover.

There was some outstanding performances notably victories by Jenny Beckingham in the 'A' 800m (2:11.30) and by Ceri Mitchell in the 'B' 800m (2:13.49) and 'A' 1500m (4:39.80) with Aiya Abe achieving a personal best in the 'B' 1500 (4:46.47). There was also a win for Grace Clements in the 'A' Shot (12.54m).

There was also second places for Becca Carozzi in the 'A' 400mH (62.05), Millie Clifford in the 'B' 400mH (65.99), Sarah Ellis in the 'A' Javelin (41.62m) and by the 4x400m relay team of Millie Clifford (59.8), Jenny Beckingham (59.7), Grace Clements (57.4) and Becca Carozzi (56.2) in a time of 3:53.05

Result:

Cardiff AC 198

Swansea Harriers 174

Enfield & Haringey 169

Bedford & County 164

Southampton AC 149

Wigan & Dist 139

Milton Keynes 134

Liverpool Harriers 125