



Report on UKWL match at Winchester, on 6th August 2011

Southampton AC's Senior Women athletes finished their UKWAL campaign with a 4th place in the home fixture, which was switched from the Southampton Sports Centre to the Winchester Track owing to the upgrade to the Pole Vault still being incomplete. The athletes pulled out a well balanced team performance with everyone contributing to the result and a great team spirit.

Despite a strong headwind, there were some outstanding performances, the most notable by Karla Drew in the 'A' 100mH (14.24) with a fantastic victory in a close fought race. There were also victories for Emily Bonnett ('B' 400m) in a personal best time of 56.68, Freya Jones ('A' Javelin – 48.33m) and Sarah Ellis ('B' Javelin – 39.79m).

There were personal bests for Nicci Blandford in the 3000m, who improved her time by some 7 seconds (10:22.95), Clemmie McAteer (2000m Steeple Chase – 8:28.43), Freya Jones ('A' Shot – 12.03m), Sophie Hall ('A' 1500m – 4:57.6), Sarah Ellis ('B' Hammer – 22.48m)

There were seasons best for Debbie Callaway in the Shot and Discus, Emily Bonnett in the 400mH, Karla Drew in the Long Jump, Anna Stevens in the Discus and the 4x100m relay team.

Team manager Tim Hall was pleased with the team's performance stating that it is good to see the team coming together, we have had several athletes' making their debuts, especially many U20's this season and this should be beneficial and make the team stronger for the coming seasons.

Match Result

Position	Team	Points
1	Blackheath & Bromley	224
2	Swansea Harriers	205
3	Thames Valley Harriers	188
4	Southampton AC	182
5	Shaftesbury Barnet	149
6	Milton Keynes	148
7	Bedford & County	126
8	Newham & Essex	120

SENIOR WOMEN

Event	A String	B String
100m	Emily Newton – 12.63 (6)	Becca Carozzi – 12.66 (4)
200m	Becca Carozzi – 25.46 (7)	Emily Newton – 25.75 (2)
400m	Millie Clifford (U20) – 56.69 (3)	Emily Bonnett – 56.68 (1)
800m	Jenny Beckingham (U20) – 2:15.54 (2)	Rhianna Parker-Simpson – 2:16.50 (2)
1500m	Sophie Hall – 4:57.54 (5)	Natalie Burke – 4:58.98 (5)
3000m	Nicci Blandford (W35) – 10:22.95 (5)	
100mH	Karla Drew – 14.24 (1)	Megan Fry (U20) – 16.51 (3)
400mH	Emily Bonnett – 61.02 (2)	Millie Clifford (U20) – 62.07 (2)
2000m Steeplechase	Clemmie McAteer (U20) – 8:28.43 (4)	

High Jump	Karla Drew – 1.65m (3)	Joanne Bottell (U20) – 1.25m (6)
Long Jump	Karla Drew – 5.53m (4)	Megan Fry (U20) – 4.33m (7)
Triple Jump	Vicki Vinter (U20) – 9.28m (7)	Jenny Beckingham (U20) – 7.93m (6)
Pole Vault		
Shot	Freya Jones (U20) – 12.03m (7)	Debbie Callaway (W45) – 9.87m (4)
Discus	Debbie Callaway (W45) – 38.85m (4)	Anna Stevens – 28.08m (6)
Hammer	Anna Stevens – 31.44m (8)	Sarah Ellis – 22.48m (8)
Javelin	Freya Jones (U20) – 48.33m (1)	Sarah Ellis – 39.37m (1)
4x100m Relay	Becca Carozzi, Karla Drew, Emily Bonnett, Emily Newton – 49.37 (6)	
4x400m Relay	Millie Clifford (U20) (57.53), Rhianna Parker-Simpson (60.38), Jenny Beckingham (U20) (59.59), Emily Bonnett (56.18) – 3:53.68 (2)	

Final Table - UKWAL Division 1

Position	Team	Points	
1	Blackheath & Bromley	631	22
2	Swansea Harriers	597	20
3	Thames Valley Harriers	587	20
4	Shaftesbury Barnet	551	15
5	Southampton AC	509.5	13
6	Newham & Essex	401	7
7	Bedford & County	378	6
8	Milton Keynes	401.5	5

