

100 Metres 'A'

Wind = +0.0 m/s

1	4	Amina Ceesay	Newham & Essex Beagles	11.65
2	3	Melanie Roberts	Liverpool Harriers	11.80
3	8	Nikki Anu	Woodford G w Essex L	11.95
4	2	Sian Robinson	Coventry Godiva H	12.27
5	1	Maria Morganella	Border Harriers	12.31
6	6	Emily Young	Team Solent	12.58
7	7	Fiona Thomas	Wakefield Harriers	12.82
8	5	Cheryl-Anne Robinson	Shaftesbury Barnet H	12.91

100 Metres 'B'

Wind = +1.5 m/s

1	33	Kate Dixon	Liverpool Harriers	12.56
2	88	Alex Cooke	Woodford G w Essex L	12.73
3	11	Louise Aiston	Border Harriers	12.78
4	44	Frances Harris	Newham & Essex Beagles	12.79
5	55	Nadia Williams	Shaftesbury Barnet H	12.85
6	22	Jackie Spargo	Coventry Godiva H	12.87
7	66	Dana Harvey	Team Solent	13.16
8	77	Louise Lisseman	Wakefield Harriers	13.27

200 Metres 'A'

Wind = +2.7m/s

1	8	Catherine Murphy	Woodford G w Essex L	23.61
2	4	Amina Ceesay	Newham & Essex Beagles	23.95
3	5	Marilyn Okoro	Shaftesbury Barnet H	24.84
4	2	Sian Robinson	Coventry Godiva H	25.09
5	1	Maria Morganella	Border Harriers	25.15
6	7	Amy Freeman	Wakefield Harriers	25.21
7	3	Kate Dixon	Liverpool Harriers	25.57
8	6	Emily Young	Team Solent	26.64

200 Metres 'B'

Wind = +1.8 m/s

1	88	Sabrina Scott	Woodford G w Essex L	24.60
2	44	Ella Kempster	Newham & Essex Beagles	25.55
3	33	Gayle O'Connor	Liverpool Harriers	25.68
4	66	Rachael Lewington	Team Solent	25.86
5	11	Louise Aiston	Border Harriers	25.97
6	22	Laura Langowski	Coventry Godiva H	25.98
7	55	Cheryl-Anne Robinson	Shaftesbury Barnet H	27.38
8	77	Sharon Marshall	Wakefield Harriers	32.81

400 Metres 'A'

1	8	Catherine Murphy	Woodford G w Essex L	53.51
2	6	Emma Duck	Team Solent	55.17
3	5	Michelle Pierre	Shaftesbury Barnet H	55.91
4	2	Laura Langowski	Coventry Godiva H	56.99
5	3	Melanie Roberts	Liverpool Harriers	59.11
6	7	Sarah Beevers	Wakefield Harriers	63.36
7	1	Bethan Lishman	Border Harriers	116.08
8				

400 Metres 'B'

1	88	Mel Brown	Woodford G w Essex L	56.94
2	33	Vicky Griffiths	Liverpool Harriers	57.00
3	66	Dominique Oughton	Team Solent	59.43
4	22	Gemma Marrs	Coventry Godiva H	59.55
5	55	Sarah Heath	Shaftesbury Barnet H	60.36
6	77	Sharon Marshall	Wakefield Harriers	67.59
7				
8				

800 Metres 'A'

1	7	Charlene Snelgrove	Wakefield Harriers	02:04.03
2	3	Vicky Griffiths	Liverpool Harriers	02:10.55
3	8	Charlotte Cutler	Woodford G w Essex L	02:10.68
4	5	Nina Anderson	Shaftesbury Barnet H	02:10.73
5	2	Gemma Marrs	Coventry Godiva H	02:11.31
6	6	Dominique Oughton	Team Solent	02:12.31
7	4	Jackie Socas	Newham & Essex Beagles	02:37.78
8	1	Barbara Wood	Border Harriers	02:41.07

800 Metres 'B'

1	33	Christine Murphy	Liverpool Harriers	02:14.09
2	77	Helen Singleton	Wakefield Harriers	02:14.23
3	55	Sarah Heath	Shaftesbury Barnet H	02:14.58
4	88	Linzi Snow	Woodford G w Essex L	02:16.90
5	22	Rebecca Archer-Clowes	Coventry Godiva H	02:19.22
6	44	Adele Stach-Kavitz	Newham & Essex Beagles	02:29.36
7	66	Rachael Lewington	Team Solent	02:30.41
8	11	Diane Kelly	Border Harriers	02:55.72

1500 Metres 'A'

1	6	Ceri Mitchell	Team Solent	04:34.09
2	8	Charlotte Cutler	Woodford G w Essex L	04:36.33
3	5	Sarah Fensome	Shaftesbury Barnet H	04:36.87
4	7	Cath Bacon	Wakefield Harriers	04:40.25
5	3	Liz Egan	Liverpool Harriers	04:46.00
6	2	Sarah Hayward	Coventry Godiva H	04:46.16
7	4	Ravenna Brown	Newham & Essex Beagles	05:29.99
8	1	Barbara Wood	Border Harriers	05:39.52

1500 Metres 'B'

1	55	Victoria Webster	Shaftesbury Barnet H	04:37.85
2	88	Bernadine Pritchett	Woodford G w Essex L	04:38.83
3	77	Penny Thackeray	Wakefield Harriers	04:42.70
4	66	Laura Brenton	Team Solent	04:58.12
5	33	Michelle King	Liverpool Harriers	05:17.81
6	44	Jackie Socas	Newham & Essex Beagles	05:30.18
7	11	Diane Kelly	Border Harriers	05:47.81
8				

3000 Metres 'A'

1	2	Karen Thorpe	Coventry Godiva H	09:47.88
2	7	Penny Thackray	Wakefield Harriers	09:55.40
3	8	Grace Greenhalgh	Woodford G w Essex L	10:02.76
4	33	Christine Murphy	Liverpool Harriers	10:04.82
5	5	Sharon Murphy	Shaftesbury Barnet H	10:09.93
6	6	Laura Brenton	Team Solent	10:37.20
7	44	Adele Stach-Kavitz	Newham & Essex Beagles	11:19.18
8	11	Diane Kelly	Border Harriers	11:58.59

3000 Metres 'B'

1	77	Sharon Marshall	Wakefield Harriers	10:17.06
2	3	Sarah Singleton	Liverpool Harriers	10:33.48
3	88	Jo Morgan	Woodford G w Essex L	10:48.90
4	55	Isobella Ramsay	Shaftesbury Barnet H	11:34.97
5	4	Ravenna Brown	Newham & Essex Beagles	11:35.82
6	1	Barbara Wood	Border Harriers	12:13.88
7				
8				

400 Metres Hurdles 'A'

1	5	Claire Heafford	Shaftesbury Barnet H	61.95
2	6	Dana Harvey	Team Solent	63.71
3	8	Alex Cooke	Woodford G w Essex L	65.93
4	7	Louise Lisseman	Wakefield Harriers	67.28
5	3	Liz Sweeney	Liverpool Harriers	68.78
6	4	Jenny Barden	Newham & Essex Beagles	72.04
7	2	Sarah Calcott	Coventry Godiva H	72.61
8	1	Jayne Kirkpatrick	Border Harriers	93.89

400 Metres Hurdles 'B'

1	88	Zoe Watson	Woodford G w Essex L	68.00
2	77	Sarah Beevers	Wakefield Harriers	68.15
3	33	Liz Egan	Liverpool Harriers	68.98
4	55	Gemma Wayne	Shaftesbury Barnet H	69.21
5				
6				
7				
8				

100 Metres Hurdles 'A'

Wind = +1.7m/s

1	8	Julie Pratt	Woodford G w Essex L	13.33
2	4	Gemma Bennett	Newham & Essex Beagles	14.02
3	3	Kate Read	Liverpool Harriers	14.66
4	2	Lisa McManus	Coventry Godiva H	14.80
5	7	Naida Bromley	Wakefield Harriers	15.62
6	6	Dana Harvey	Team Solent	16.32
7	5	Claire Heafford	Shaftesbury Barnet H	16.63
8	1	Sharon Beattie	Border Harriers	16.97

100 Metres Hurdles 'B'

Wind = +1.4 m/s

1	33	Liz Sweeney	Liverpool Harriers	15.77
2	66	Emily Young	Team Solent	15.88
3	88	Lauren Newman	Woodford G w Essex L	16.14
4	44	Jenny Barden	Newham & Essex Beagles	17.01
5	11	Juliet Claffey	Border Harriers	17.74
6	77	Catherine Bacon	Wakefield Harriers	17.78
7	55	Lauren Thomas	Shaftesbury Barnet H	22.78
8				

4 x 100m Relay

1	8	Woodford G w Essex L	Alex Cooke	Mel Brown	Nikki Anu	Catherine Murphy	47.95
2	3	Liverpool Harriers	Melanie Roberts	Kate Read	Kate Dixon	Gayle O'Connor	49.08
3	5	Shaftesbury Barnet H	Nadia Williams	Michelle Pierre	Claire Heafford	Cheryl-Anne Robinson	49.75
4	2	Coventry Godiva H	Lisa McManus	Jackie Spargo	Sarah Calcott	Sian Robinson	50.78
5	1	Border Harriers	Juliet Claffey	Louise Aiston	Catriona Hannafin	Maria Morganella	50.92
6	6	Team Solent	Emily Young	Ceri Mitchell	Clare Ridgley	Rachael Lewington	51.11
7	4	Newham & Essex Beagles	Amina Ceesay	Ella Kempster	Leandra Polius	Frances Harris	52.71
8	7	Wakefield Harriers	Fiona Thomas	Cath Bacon	Hayley Whyke	Julia Sykes	61.25

4 x 400m Relay

1	8	Woodford G w Essex L	Hajarat Yusut	Catherine Murphy	Mel Brown	Jo Fenn	03:40.93	D
2	5	Shaftesbury Barnet H	Claire Heafford	Michelle Pierre	Sarah Fensome	Marilyn Okoro	03:52.79	
3	3	Liverpool Harriers	Vicky Griffiths	Liz Sweeney	Kate Dixon	Gayle O'Connor	03:59.74	
4	6	Team Solent	Dominique Oughton	Laura Brenton	Ceri Mitchell	Emma Duck	04:01.77	
5	2	Coventry Godiva H	Gemma Marrs	Sarah Hayward	Jessica Archer-Clowes	Laura Langowski	04:02.45	
6	7	Wakefield Harriers	Sarah Beevers	Helen Singleton	Naida Bromley	Cath Bacon	04:03.57	
7	1	Border Harriers	-	-	-	-	04:31.73	
8	4	Newham & Essex Beagles	Ravenna Brown	Jackie Socas	Adele Stach-Kavitz	Kelly Montgomery	04:59.04	

Long Jump 'A'

Wind

1	2	Jackie Spargo	Coventry Godiva H	5.65	+1.6
2	5	Nadia Williams	Shaftesbury Barnet H	5.62	+0.9
3	4	Leandra Polius	Newham & Essex Beagles	5.57	+2.3
4	7	Fiona Westwood	Wakefield Harriers	5.46	+1.5
5	3	Liz Sweeney	Liverpool Harriers	5.23	+0.9
6	8	Diana Osagede	Woodford G w Essex L	5.03	+2.7
7	6	Clare Ridgley	Team Solent	4.82	+1.4
8	1	Catriona Hanafin	Border Harriers	4.61	+1.8

Long Jump 'B'

Wind

1	77	Shelley Revitt	Wakefield Harriers	5.31	+2.4
2	55	Cheryl-Anne Robinson	Shaftesbury Barnet H	5.11	+2.3
3	22	Rebecca Geary	Coventry Godiva H	4.82	+3.2
4	66	Becky Ridgley	Team Solent	4.81	+2.3
5	11	Jackie Thompson	Border Harriers	4.60	+1.4
6	44	Jenny Barden	Newham & Essex Beagles	4.49	+2.0
7	33	Jennie Woods	Liverpool Harriers	4.37	+2.1
8				0.00	

Triple Jump 'A'

Wind

1	5	Nadia Williams	Shaftesbury Barnet H	12.38	+1.5
2	8	Stephanie Aneto	Woodford G w Essex L	12.18	+1.3
3	1	Catriona Hannafin	Border Harriers	11.19	+1.5
4	4	Sarah Strevens	Newham & Essex Beagles	10.81	+1.8
5	7	Shelley Revitt	Wakefield Harriers	10.81	+1.6
6	33	Kate Dixon	Liverpool Harriers	10.33	+1.8
7	6	Clare Ridgley	Team Solent	10.31	+1.5
8	2	Rebecca Geary	Coventry Godiva H	9.69	+1.5

Triple Jump 'B'

Wind

1	88	Azaria Francis	Woodford G w Essex L	11.86	+2.7
2	66	Becky Ridgley	Team Solent	10.21	+1.0
3	44	Frances Harris	Newham & Essex Beagles	9.95	+2.4
4	11	Juliet Claffey	Border Harriers	9.94	+1.5
5	77	Louise Lisseman	Wakefield Harriers	9.91	+1.6
6	3	Jenny Woods	Liverpool Harriers	9.88	+1.0
7	55	Lauren Thomas	Shaftesbury Barnet H	9.04	+2.1
8	22	Dawn Wright	Coventry Godiva H	7.69	+1.8

High Jump 'A'

1	8	Aileen Wilson	Woodford G w Essex L	1.75
2	33	Gayle O'Connor	Liverpool Harriers	1.65
3=	2	Aneska Binks	Coventry Godiva H	1.65
3=	77	Naida Bromley	Wakefield Harriers	1.65
5	1	Jackie Thompson	Border Harriers	1.50
6	6	Sarah Ellis	Team Solent	1.40
7	55	Stephanie North	Shaftesbury Barnet H	1.25
8	44	-	Newham & Essex Beagles	0.00

High Jump 'B'

1	3	Jenny Woods	Liverpool Harriers	1.60
2	7	Judith Payne	Wakefield Harriers	1.60
3	88	Lauren Newman	Woodford G w Essex L	1.55
4=	11	Sharon Beattie	Border Harriers	1.45
4=	22	Jackie Spargo	Coventry Godiva H	1.45
6=	66	Rachael Lewington	Team Solent	1.25
6=	5	Lauren Thomas	Shaftesbury Barnet H	1.25
8				0.00

Pole Vault 'A'

1	7	Caroline Nutt	Wakefield Harriers	3.40
2	6	Clare Ridgley	Team Solent	3.30
3	1	Juliet Claffey	Border Harriers	3.20
4	2	Dawn Wright	Coventry Godiva H	2.80
5	44	Melissa Strevens	Newham & Essex Beagles	2.30
6				
7				
8				

Pole Vault 'B'

1	66	Becky Ridgley	Team Solent	3.20
2	11	Sharon Beattie	Border Harriers	2.70
3	4	Kelly Montgomery	Newham & Essex Beagles	2.30
4	77	Hayley Whyke	Wakefield Harriers	2.10
5				
6				
7				
8				

Hammer 'A'

1	8	Liz Pidgeon	Woodford G w Essex L	57.23
2	7	Suzanne Roberts	Wakefield Harriers	55.89
3	2	Jenna Lander	Coventry Godiva H	43.30
4	5	Julie Dunkley	Shaftesbury Barnet H	39.86
5	44	Jo White	Newham & Essex Beagles	39.18
6	1	Bethan Lishman	Border Harriers	37.76
7	6	Vickie Foster	Team Solent	33.97
8	33	Faye Jones	Liverpool Harriers	23.37

Hammer 'B'

1	88	Esther Augée	Woodford G w Essex L	45.14
2	4	Paula Peaty	Newham & Essex Beagles	34.84
3	66	Debbie Callaway	Team Solent	28.08
4	11	Claire Moor-Gruss	Border Harriers	25.26
5	55	Jenny Grimstone	Shaftesbury Barnet H	24.27
6	77	Fiona Thomas	Wakefield Harriers	22.73
7	22	Katherine Evans	Coventry Godiva H	19.42
8				

Discus 'A'

1	1	Claire Moor-Gruss	Border Harriers	47.33
2	5	Navdeep Dhaliwal	Shaftesbury Barnet H	41.65
3	6	Vickie Foster	Team Solent	41.48
4	88	Monique Buchanan	Woodford G w Essex L	38.56
5	4	Jo White	Newham & Essex Beagles	34.40
6	7	Hayley Whyke	Wakefield Harriers	29.10
7	3	Faye Jones	Liverpool Harriers	27.72
8	22	Jenna Iander	Coventry Godiva H	21.99

Javelin 'A'

1	8	Silvia Cruz	Woodford G w Essex L	47.50
2	5	Jenny Grimstone	Shaftesbury Barnet H	40.41
3	7	Naida Bromley	Wakefield Harriers	39.97
4	4	Hayley Thomas	Newham & Essex Beagles	39.20
5	2	Katherine Evans	Coventry Godiva H	37.32
6	6	Sarah Ellis	Team Solent	36.86
7	11	Annabel Martindale	Border Harriers	27.34
8	3	Gemma Dixon	Liverpool Harriers	23.16

Shot 'A'

1	8	Jo Duncan	Woodford G w Essex L	15.60
2	5	Julie Dunkley	Shaftesbury Barnet H	15.56
3	6	Vickie Foster	Team Solent	12.78
4	7	Fiona Thomas	Wakefield Harriers	10.45
5	4	Hayley Thomas	Newham & Essex Beagles	10.15
6	1	Annabel Martindale	Border Harriers	9.31
7	22	Aneska Binks	Coventry Godiva H	8.17
8	3	Faye Jones	Liverpool Harriers	7.35

Discus 'B'

1	55	Julie Dunkley	Shaftesbury Barnet H	41.21
2	66	Debbie Callaway	Team Solent	38.91
3	11	Jayne Kirkpatrick	Border Harriers	34.20
4	8	Jo Duncan	Woodford G w Essex L	32.00
5	44	Hayley Thomas	Newham & Essex Beagles	24.60
6	77	Julia Sykes	Wakefield Harriers	20.75
7	2	Katherine Evans	Coventry Godiva H	18.61
8	33	Angela Farmer	Liverpool Harriers	15.80

Javelin 'B'

1	88	Susanne Finnis	Woodford G w Essex L	42.29
2	44	Michelle Clarke	Newham & Essex Beagles	34.15
3	77	Shelley Revitt	Wakefield Harriers	27.60
4	1	Jayne Kirkpatrick	Border Harriers	25.46
5	22	Dawn Wright	Coventry Godiva H	21.49
6	33	Gayle O'Connor	Liverpool Harriers	12.50
7	55	Stephanie North	Shaftesbury Barnet H	12.15
8	66	Ceri Mitchell	Team Solent	12.01

Shot 'B'

1	88	Silvia Cruz	Woodford G w Essex L	12.15
2	55	Navdeep Dhaliwal	Shaftesbury Barnet H	11.39
3	66	Debbie Callaway	Team Solent	10.77
4	77	Julia Sykes	Wakefield Harriers	9.58
5	44	Michelle Clarke	Newham & Essex Beagles	9.36
6	11	Jackie Thompson	Border Harriers	8.99
7	2	Rebecca Geary	Coventry Godiva H	6.88
8	33	Angela Farmer	Liverpool Harriers	5.24

Event	BORD		COV		LH&AC		NEB		SBH		SOLENT		WAKE		WGwEL		Unused	TOTAL	
Hammer	3	5	6	2	1	0	4	7	5	4	2	6	7	3	9	9		1	74
Pole Vault	6	7	5	0	0	0	4	6	0	0	7	9	9	5	0	0	6	10	74
Long Jump	1	4	9	6	4	2	6	3	7	7	2	5	5	9	3	0		1	74
100m	4	6	5	3	7	9	9	5	1	4	3	2	2	1	6	7			74
200m	4	4	5	3	2	6	7	7	6	2	1	5	3	1	9	9			74
400m	2	0	5	5	4	7	0	0	6	4	7	6	3	3	9	9	1	3	74
800m	1	1	4	4	7	9	2	3	5	6	3	2	9	7	6	5			74
1500m	1	2	3	0	4	4	2	3	6	9	9	5	5	6	7	7		1	74
3000m	1	3	9	0	5	7	2	4	4	5	3	0	7	9	6	6		3	74
100m H	1	4	5	0	6	9	7	5	2	2	3	7	4	3	9	6		1	74
400m H	1	0	2	0	4	6	3	0	9	5	7	0	5	7	6	9		10	74
Triple Jump	6	5	1	1	3	3	5	6	9	2	2	7	4	4	7	9			74
High Jump	4	4.5	5.5	4.5	7	9	0	0	2	0	3	0	5.5	7	9	6	1	6	74
Discus	9	6	1	2	2	1	4	4	7	9	6	7	3	3	5	5			74
Shot	3	3	2	2	1	1	4	4	7	7	6	6	5	5	9	9			74
Javelin	2	5	4	4	1	3	5	7	7	2	3	1	6	6	9	9			74
4x100m	4	0	5	0	7	0	2	0	6	0	3	0	1	0	9	0		37	74
4x400m	2	0	4	0	6	0	1	0	7	0	5	0	3	0	9	0		37	74
	55	59.5	80.5	36.5	71	76	67	64	96	68	75	68	86.5	79	127	105	8	110	1332
Match 1	1	114.5	2	117.0	5	147.0	3	131.0	6	164.0	4	143.0	7	165.5	8	232.0		118	

Points After	18 Event(s)	Standings after 1st Match	League	Match
1	Woodford G w Essex L	232.0	1	Woodford G w Essex L
2	Wakefield Harriers	165.5	2	Wakefield Harriers
3	Shaftesbury Barnet H	164.0	3	Shaftesbury Barnet H
4	Liverpool Harriers	147.0	4	Liverpool Harriers
5	Team Solent	143.0	5	Team Solent
6	Newham & Essex Beagles	131.0	6	Newham & Essex Beagles
7	Coventry Godiva H	117.0	7	Coventry Godiva H
8	Border Harriers	114.5	8	Border Harriers
	Unused	118.0		
	Total	1332.0		