

'A' string

| | | | |
|------------------|----------------------|------|--|
| 100m | wind: | | |
| 1 Claire Spurway | 4 Rugby & N | 12.2 | |
| 2 Helen Taylor | 8 Wigan Harriers | 12.2 | |
| 3 Karen Oughton | 2 Coventry Godiva | 12.4 | |
| 4 Vicky Burgess | 7 Southampton | 12.7 | |
| 5 Deandra Smith | 5 Shaftesbury Barnet | 12.8 | |
| 6 Katey Read | 3 Liverpool Harriers | 13.2 | |
| 7 Jemma Thake | 1 City of Norwich | 13.3 | |
| 8 | | | |

| | | | |
|------------------|----------------------|------|--|
| 200m | wind: | | |
| 1 Sian Scott | 7 Southampton | 24.5 | |
| 2 Helen Taylor | 8 Wigan Harriers | 24.5 | |
| 3 Karen Oughton | 2 Coventry Godiva | 25.1 | |
| 4 Vicky Barr | 4 Rugby & N | 25.3 | |
| 5 Denise Gayle | 5 Shaftesbury Barnet | 25.4 | |
| 6 Jemma Thake | 1 City of Norwich | 27.1 | |
| 7 Anna Smith | 6 Swansea Harriers | 27.2 | |
| 8 Frances Davies | 3 Liverpool Harriers | 28.5 | |

| | | | |
|----------------------|----------------------|------|--|
| 400m | | | |
| 1 Marilyn Okoro | 5 Shaftesbury Barnet | 53.5 | |
| 2 Sian Scott | 7 Southampton | 53.8 | |
| 3 Ellana Ruddock | 4 Rugby & N | 56.3 | |
| 4 Laura Langowski | 2 Coventry Godiva | 57.8 | |
| 5 Jemma Thake | 1 City of Norwich | 59.5 | |
| 6 Lindsay Hodgkinson | 8 Wigan Harriers | 62.4 | |
| 7 Frances Davies | 3 Liverpool Harriers | 63.0 | |
| 8 Carly Austin | 6 Swansea Harriers | 63.1 | |

| | | | |
|----------------------|----------------------|--------|--|
| 800m | | | |
| 1 Nina Anderson | 5 Shaftesbury Barnet | 2.14.3 | |
| 2 Ceri Mitchell | 7 Southampton | 2.14.7 | |
| 3 Emily Clarke | 1 City of Norwich | 2.16.3 | |
| 4 Alice Naylor | 4 Rugby & N | 2.18.8 | |
| 5 Victoria Griffiths | 3 Liverpool Harriers | 2.19.9 | |
| 6 Danielle McCann | 8 Wigan Harriers | 2.20.3 | |
| 7 | | | |
| 8 | | | |

| | | | |
|-------------------|----------------------|--------|--|
| 1500m | | | |
| 1 Celia Brown | 4 Rugby & N | 4.28.8 | |
| 2 Gemma Turtle | 5 Shaftesbury Barnet | 4.39.0 | |
| 3 Rachel Newcombe | 3 Liverpool Harriers | 4.39.8 | |
| 4 Olivia Walwyn | 11 City of Norwich | 4.43.3 | |
| 5 Sarah Hayward | 2 Coventry Godiva | 4.45.4 | |
| 6 Laura Brenton | 7 Southampton | 4.47.4 | |
| 7 Deborah Culshaw | 8 Wigan Harriers | 5.17.3 | |
| 8 Wendy Higgins | 6 Swansea Harriers | 5.36.5 | |

| | | | |
|-------------------|----------------------|---------|--|
| 3000m | | | |
| 1 Laura Carney | 3 Liverpool Harriers | 9.47.4 | |
| 2 Olivia Walwyn | 1 City of Norwich | 10.05.7 | |
| 3 Emily Ferenczi | 5 Shaftesbury Barnet | 10.34.0 | |
| 4 Ceri Mitchell | 77 Southampton | 10.35.4 | |
| 5 Deborah Culshaw | 8 Wigan Harriers | 10.44.5 | |
| 6 Kylie Axford | 4 Rugby & N | 10.52.6 | |
| 7 Myshola Kirkham | 2 Coventry Godiva | 11.06.0 | |
| 8 Wendy Higgins | 6 Swansea Harriers | 11.46.5 | |

'B' string

| | | | |
|----------------------|-----------------------|------|--|
| 100m | wind: | | |
| 1 Emma Bailey | 44 Rugby & N | 12.1 | |
| 2 Nicola Robinson | 22 Coventry Godiva | 12.5 | |
| 3 Victoria Garrad | 33 Liverpool Harriers | 12.6 | |
| 4 Lauren McGloughlin | 55 Shaftesbury Barnet | 12.7 | |
| 5 Rachel Lewington | 77 Southampton | 13.2 | |
| 6 Jeanne Baker | 88 Wigan Harriers | 13.9 | |
| 7 | | | |
| 8 | | | |

| | | | |
|----------------------|-----------------------|------|--|
| 200m | wind: | | |
| 1 Claire Spurway | 44 Rugby & N | 24.9 | |
| 2 Vicky Burgess | 77 Southampton | 25.9 | |
| 3 Deandra Smith | 55 Shaftesbury Barnet | 26.2 | |
| 4 Emma Williams | 22 Coventry Godiva | 26.5 | |
| 5 Angharad Randall | 66 Swansea Harriers | 27.3 | |
| 6 Lindsay Hodgkinson | 88 Wigan Harriers | 28.2 | |
| 7 Esther Hope | 11 City of Norwich | 30.7 | |
| 8 | | | |

| | | | |
|--------------------|-----------------------|------|--|
| 400m | | | |
| 1 Clare Everett | 11 City of Norwich | 57.9 | |
| 2 Nina Anderson | 55 Shaftesbury Barnet | 58.1 | |
| 3 Rachel Lewington | 77 Southampton | 60.4 | |
| 4 Samantha Appleby | 33 Liverpool Harriers | 61.1 | |
| 5 Karen Oughton | 22 Coventry Godiva | 61.9 | |
| 6 Julia Hubbard | 44 Rugby & N | 63.9 | |
| 7 | | | |
| 8 | | | |

| | | | |
|--------------------|-----------------------|--------|--|
| 800m | | | |
| 1 Christine Murphy | 33 Liverpool Harriers | 2.16.0 | |
| 2 Jess McMonagie | 77 Southampton | 2.16.3 | |
| 3 Claire Stewart | 44 Rugby & N | 2.22.7 | |
| 4 Esther Hope | 11 City of Norwich | 2.25.2 | |
| 5 Victoria Bowles | 55 Shaftesbury Barnet | 2.44.5 | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| | | | |
|-------------------|-----------------------|--------|--|
| 1500m | | | |
| 1 Amy Dunbar | 1 City of Norwich | 4.43.6 | |
| 2 Laura Carney | 33 Liverpool Harriers | 4.43.7 | |
| 3 Emily Ferenczi | 55 Shaftesbury Barnet | 4.52.4 | |
| 4 Kathryn Arnold | 44 Rugby & N | 4.53.7 | |
| 5 Sasha Mucci | 77 Southampton | 4.56.2 | |
| 6 Kathryn Culshaw | 88 Wigan Harriers | 5.50.5 | |
| 7 | | | |
| 8 | | | |

| | | | |
|--------------------|-----------------------|---------|--|
| 3000m | | | |
| 1 Christine Murphy | 33 Liverpool Harriers | 10.09.7 | |
| 2 Emily Clarke | 11 City of Norwich | 10.21.2 | |
| 3 Victoria Bowles | 55 Shaftesbury Barnet | 10.46.1 | |
| 4 Lucy Bowers | 7 Southampton | 11.34.2 | |
| 5 Sarah Halliday | 44 Rugby & N | 11.42.0 | |
| 6 Kathryn Culshaw | 88 Wigan Harriers | 12.09.4 | |
| 7 Sarah Calcott | 22 Coventry Godiva | 12.42.9 | |
| 8 | | | |

'A' string

| 100mH | wind: | | |
|----------------------|----------------------|------|--|
| 1 Sharon Walls | 8 Wigan Harriers | 13.7 | |
| 2 Nicola Robinson | 2 Coventry Godiva | 14.0 | |
| 3 Lauren McGloughlin | 5 Shaftesbury Barnet | 14.0 | |
| 4 Katey Read | 3 Liverpool Harriers | 14.9 | |
| 5 Vicky Nealon | 4 Rugby & N | 16.3 | |
| 6 Carly Austin | 6 Swansea Harriers | 17.7 | |
| 7 Clare Ridgley | 7 Southampton | 18.2 | |
| 8 Amy Seaman | 1 City of Norwich | 20.0 | |

| 400mH | | | |
|-------------------|----------------------|------|--|
| 1 Shona McPherson | 8 Wigan Harriers | 61.8 | |
| 2 Carly Austin | 5 Swansea Harriers | 65.5 | |
| 3 Kathryn Dunn | 3 Liverpool Harriers | 66.2 | |
| 4 Sarah Calcott | 2 Coventry Godiva | 67.4 | |
| 5 Helen Small | 4 Rugby & N | 68.3 | |
| 6 Nadia Williams | 5 Shaftesbury Barnet | 68.5 | |
| 7 Carol Dawkins | 7 Southampton | 69.1 | |
| 8 | | | |

| Long Jump | | | |
|-----------------------------|-----------------------|------|--|
| 1 Taneisha Robinson-Scanlon | 55 Shaftesbury Barnet | 5.79 | |
| 2 Claire Pearson | 44 Rugby & N | 5.50 | |
| 3 Clare Ridgley | 7 Southampton | 4.88 | |
| 4 Carole Filer | 1 City of Norwich | 4.73 | |
| 5 Liz Sweeney | 3 Liverpool Harriers | 4.43 | |
| 6 Ceri Stokoe | 6 Swansea Harriers | 4.18 | |
| 7 | | | |
| 8 | | | |

| High Jump | | | |
|-----------------------|----------------------|------|--|
| 1 Lauren Ambrose | 44 Rugby & N | 1.75 | |
| 2 Ceri Stokoe | 6 Swansea Harriers | 1.73 | |
| 3 Wendy Meadows-Smith | 5 Shaftesbury Barnet | 1.65 | |
| 4 Liz Sweeney | 3 Liverpool Harriers | 1.60 | |
| 5 Aneska Binks | 2 Coventry Godiva | 1.60 | |
| 6 Clare Everett | 1 City of Norwich | 1.55 | |
| 7 Shona McPherson | 8 Wigan Harriers | 1.55 | |
| 8 Sarah Ellis | 7 Southampton | 1.40 | |

| Triple Jump | | | |
|-------------------------|-----------------------|-------|--|
| 1 Nadia Williams | 55 Shaftesbury Barnet | 12.74 | |
| 2 Katharine Streatfield | 7 Southampton | 12.15 | |
| 3 Sara Barry | 6 Swansea Harriers | 12.03 | |
| 4 Jessica Hull | 44 Rugby & N | 10.05 | |
| 5 Becky Allen | 1 City of Norwich | 10.02 | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| Pole Vault | | | |
|---------------------|--------------------|------|--|
| 1 Michelle Sharrock | 8 Wigan Harriers | 3.30 | |
| 2 Lyndsey Maund | 6 Swansea Harriers | 3.20 | |
| 3 Clare Ridgley | 7 Southampton | 3.10 | |
| 4 Kirsty Bale | 4 Rugby & N | 2.90 | |
| 5 Tracy Morris | 2 Coventry Godiva | 2.50 | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| Hammer | | | |
|------------------|----------------------|-------|--|
| 1 Sam Hynes | 5 Shaftesbury Barnet | 52.78 | |
| 2 Lucy Marshall | 4 Rugby & N | 52.19 | |
| 3 Sally Hinds | 6 Swansea Harriers | 36.56 | |
| 4 Vicky Foster | 7 Southampton | 35.83 | |
| 5 Olivia Birkett | 11 City of Norwich | 34.64 | |
| 6 Faye Jones | 3 Liverpool Harriers | 22.29 | |
| 7 Vicky Dyer | 8 Wigan Harriers | 18.79 | |
| 8 | | | |

'B' string

| 100mH | wind: | | |
|-------------------|-----------------------|------|--|
| 1 Victoria Garrad | 33 Liverpool Harriers | 14.5 | |
| 2 Lorna Rogers | 55 Shaftesbury Barnet | 15.0 | |
| 3 Lauren Ambrose | 44 Rugby & N | 15.3 | |
| 4 Anna Griffiths | 88 Wigan Harriers | 16.1 | |
| 5 Anna Leyshon | 66 Swansea Harriers | 17.2 | |
| 6 Venny Adams | 22 Coventry Godiva | 17.8 | |
| 7 Carol Dawkins | 77 Southampton | 18.9 | |
| 8 | | | |

| 400mH | | | |
|--------------------|-----------------------|------|--|
| 1 Anna Griffiths | 88 Wigan Harriers | 64.9 | |
| 2 Anna Smith | 66 Swansea Harriers | 65.0 | |
| 3 Samantha Appleby | 33 Liverpool Harriers | 66.5 | |
| 4 Venny Adams | 22 Coventry Godiva | 73.4 | |
| 5 Sarah Milner | 44 Rugby & N | 78.4 | |
| 6 Stephanie North | 55 Shaftesbury Barnet | 81.5 | |
| 7 Sarah Ellis | 77 Southampton | 86.0 | |
| 8 | | | |

| Long Jump | | | |
|----------------------|-----------------------|------|--|
| 1 Nadia Williams | 5 Shaftesbury Barnet | 5.28 | |
| 2 Sophie Hine | 4 Rugby & N | 5.02 | |
| 3 Becky Allen | 11 City of Norwich | 4.70 | |
| 4 Becky Ridgley | 77 Southampton | 4.63 | |
| 5 Victoria Griffiths | 33 Liverpool Harriers | 4.38 | |
| 6 Angharad Randall | 66 Swansea Harriers | 3.68 | |
| 7 | | | |
| 8 | | | |

| High Jump | | | |
|------------------------------|-----------------------|------|--|
| 1 Sophie Hine | 4 Rugby & N | 1.70 | |
| 2 Angharad Randall | 66 Swansea Harriers | 1.60 | |
| 3 Kathryn Dunn | 33 Liverpool Harriers | 1.55 | |
| 4= Kim Beck | 22 Coventry Godiva | 1.45 | |
| 4= Taneisha Robinson-Scanlon | 55 Shaftesbury Barnet | 1.45 | |
| 6 Carole Filer | 11 City of Norwich | 1.38 | |
| 7 | | | |
| 8 | | | |

| Triple Jump | | | |
|-----------------------------|----------------------|-------|--|
| 1 Taneisha Robinson-Scanlon | 5 Shaftesbury Barnet | 12.00 | |
| 2 Becky Ridgley | 77 Southampton | 9.91 | |
| 3 Vicky Nealon | 4 Rugby & N | 9.90 | |
| 4 Anna Leyshon | 66 Swansea Harriers | 9.37 | |
| 5 Sally Ash | 11 City of Norwich | 9.25 | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| Pole Vault | | | |
|-----------------|---------------------|------|--|
| 1 Anna Leyshon | 66 Swansea Harriers | 3.20 | |
| 2 Becky Ridgley | 77 Southampton | 3.00 | |
| 3 Melanie McCoy | 88 Wigan Harriers | 2.90 | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| Hammer | | | |
|-------------------|-----------------------|-------|--|
| 1 Laura Seaman | 1 City of Norwich | 32.83 | |
| 2 Debbie Callaway | 77 Southampton | 32.78 | |
| 3 Trecia Smith | 55 Shaftesbury Barnet | 30.61 | |
| 4 Kathryn Evans | 66 Swansea Harriers | 18.10 | |
| 5 Gemma Llewelyn | 33 Liverpool Harriers | 17.46 | |
| 6 Emma Merry | 44 Rugby & N | 15.30 | |
| 7 | | | |
| 8 | | | |

'A' string

| Shot | | | |
|------|----------------|-----------------------|-------|
| 1 | Trecia Smith | 55 Shaftesbury Barnet | 13.39 |
| 2 | Sally Hinds | 6 Swansea Harriers | 13.05 |
| 3 | Vicky Foster | 7 Southampton | 12.25 |
| 4 | Clare Everett | 1 City of Norwich | 11.79 |
| 5 | Gemma Llewelyn | 3 Liverpool Harriers | 11.54 |
| 6 | Emma Merry | 4 Rugby & N | 11.03 |
| 7 | Aneska Binks | 2 Coventry Godiva | 9.11 |
| 8 | Vicky Dyer | 8 Wigan Harriers | 8.58 |

Discus

| | | | |
|---|------------------|----------------------|-------|
| 1 | Rebecca Roles | 44 Rugby & N | 50.06 |
| 2 | Navdeep Dhaliwal | 5 Shaftesbury Barnet | 45.65 |
| 3 | Debbie Callaway | 77 Southampton | 42.83 |
| 4 | Gemma Llewelyn | 3 Liverpool Harriers | 40.91 |
| 5 | Laura Seaman | 1 City of Norwich | 34.98 |
| 6 | Anna Griffiths | 88 Wigan Harriers | 32.68 |
| 7 | Anwen James | 6 Swansea Harriers | 31.68 |
| 8 | Venna Lander | 2 Coventry Godiva | 17.83 |

Javelin

| | | | |
|---|-----------------|----------------------|-------|
| 1 | Katy Watts | 7 Southampton | 49.40 |
| 2 | Jenny Grimstone | 5 Shaftesbury Barnet | 38.56 |
| 3 | Rebecca Roles | 44 Rugby & N | 34.64 |
| 4 | Laura Seaman | 1 City of Norwich | 31.94 |
| 5 | Sara Barry | 66 Swansea Harriers | 24.80 |
| 6 | Liz Sweeney | 3 Liverpool Harriers | 22.31 |
| 7 | Dawn Wright | 2 Coventry Godiva | 21.36 |
| 8 | Deborah Culshaw | 8 Wigan Harriers | 20.94 |

4x100m relay

| | | | |
|---|---------------------------------------------------------------------------|----------------------|------|
| 1 | Claire Pearson, Emma Bailey, Ellana Ruddock, Claire Spurway | 4 Rugby & N | 47.7 |
| 2 | Helen Taylor, Shona McPherson, Anna Griffiths, Sharon Walls | 8 Wigan Harriers | 48.8 |
| 3 | Lorna Rogers, Deandra Smith, Taneisha Robinson-Scanlon, Lauren McLoughlin | 5 Shaftesbury Barnet | 49.9 |
| 4 | Katey Read, Victoria Garrad, Victoria Griffith, Liz Sweeney, Kathryn Dunn | 3 Liverpool Harriers | 50.5 |
| 5 | Rachel Lewington, Jess McMonagle, Katherine Streatfield | 7 Southampton | 50.5 |
| 6 | Karen Oughton, Venny Adams, Emma Williams, Nicola Robinson, | 2 Coventry Godiva | 50.7 |
| 7 | Anna Leyshon, Anna Smith, Sara Barry, Lyndsey Maund | 6 Swansea Harriers | 51.9 |
| 8 | Becky Allen, Amy Dunbar, Angie Alstrachen, Carole Filer | 1 City of Norwich | 55.9 |

4x400m relay

| | | | |
|---|----------------------------------------------------------------------------|----------------------|--------|
| 1 | Denise Gayle, Deandra Smith, Nina Anderson, Marilyn Okoro | 5 Shaftesbury Barnet | 3.53.3 |
| 2 | Celia Brown, Julia Hubbard, Helen Small, Ellana Ruddock | 4 Rugby & N | 3.58.7 |
| 3 | Shona McPherson, Lindsay Hodkinson, Danielle McCann, Anna Griffiths | 8 Wigan Harriers | 4.01.5 |
| 4 | Kathryn Dunn, Samantha Appleby, Katey Read, Victoria Griffith, Liz Sweeney | 3 Liverpool Harriers | 4.05.2 |
| 5 | Laura Brenton, Vicki Burgess, Sasha Mucci, Jess Monagle | 7 Southampton | 4.07.7 |
| 6 | Sarah Calcott, Emma Williams, Karen Oughton, Myshola Kirkham | 2 Coventry Godiva | 4.10.6 |
| 7 | Clare Everett, Esther Hope, Amy Dunbar, Jemma Thake | 1 City of Norwich | 4.10.9 |
| 8 | Anna Smith, Ceri Stokoe, Angharad Randall, Carly Austin | 6 Swansea Harriers | 4.11.7 |

'B' string

| Shot | | | |
|------|------------------|-----------------------|-------|
| 1 | Navdeep Dhaliwal | 5 Shaftesbury Barnet | 11.53 |
| 2 | Debbie Callaway | 77 Southampton | 11.40 |
| 3 | Rebecca Roles | 44 Rugby & N | 10.53 |
| 4 | Kathryn Evans | 66 Swansea Harriers | 9.13 |
| 5 | Olivia Birkett | 11 City of Norwich | 7.68 |
| 6 | Faye Jones | 33 Liverpool Harriers | 7.26 |
| 7 | Tracy Morris | 22 Coventry Godiva | 6.68 |
| 8 | Joanne Baker | 88 Wigan Harriers | 5.56 |

Discus

| | | | |
|---|----------------|-----------------------|-------|
| 1 | Emma Merry | 4 Rugby & N | 48.52 |
| 2 | Vicky Foster | 7 Southampton | 42.27 |
| 3 | Kamal Manhas | 55 Shaftesbury Barnet | 31.51 |
| 4 | Faye Jones | 33 Liverpool Harriers | 29.22 |
| 5 | Vicky Dyer | 8 Wigan Harriers | 28.02 |
| 6 | Olivia Birkett | 11 City of Norwich | 24.48 |
| 7 | Kathryn Evans | 66 Swansea Harriers | 21.95 |
| 8 | Tracy Morris | 22 Coventry Godiva | 15.67 |

Javelin

| | | | |
|---|-----------------|-----------------------|-------|
| 1 | Trecia Smith | 55 Shaftesbury Barnet | 37.76 |
| 2 | Sarah Ellis | 77 Southampton | 34.03 |
| 3 | Aimee Williams | 4 Rugby & N | 24.39 |
| 4 | Anwen James | 6 Swansea Harriers | 23.67 |
| 5 | Amy Seaman | 11 City of Norwich | 18.79 |
| 6 | Kathryn Dunn | 33 Liverpool Harriers | 12.57 |
| 7 | Kathryn Culshaw | 88 Wigan Harriers | 12.15 |
| 8 | | | |

| Pos | Club | Match Points | League points |
|-----|--------------------|--------------|---------------|
| 1 | Shaftesbury Barnet | 215.5 | 8 |
| 2 | Rugby & N | 204 | 7 |
| 3 | Southampton | 178 | 6 |
| 4 | Liverpool Harriers | 147 | 5 |
| 5 | City of Norwich | 126 | 4 |
| 6 | Swansea Harriers | 116 | 3 |
| 7 | Wigan Harriers | 114 | 2 |
| 8 | Coventry Godiva | 88.5 | 1 |

after 18 events
with 0 events to go

League positions before this match

| Pos | Team | Number | League points | Match points |
|-----|--------------------|--------|---------------|--------------|
| 1 | Shaftesbury Barnet | 5 | 16 | 436 |
| 2 | Rugby & N | 4 | 14 | 391.5 |
| 3 | Liverpool Harriers | 3 | 12 | 331 |
| 4 | Southampton | 7 | 10 | 319 |
| 5 | Swansea Harriers | 6 | 7 | 271.5 |
| 6 | Wigan Harriers | 8 | 7 | 247 |
| 7 | City of Norwich | 1 | 3 | 197 |
| 8 | Coventry Godiva | 2 | 3 | 177 |

New league positions after this match

| Pos | Team | Number | League points | Match points |
|-----|--------------------|--------|---------------|--------------|
| 1 | Shaftesbury Barnet | 5 | 24 | 651.5 |
| 2 | Rugby & N | 4 | 21 | 595.5 |
| 3 | Liverpool Harriers | 3 | 17 | 478 |
| 4 | Southampton | 7 | 16 | 497 |
| 5 | Swansea Harriers | 6 | 10 | 387.5 |
| 6 | Wigan Harriers | 8 | 9 | 361 |
| 7 | City of Norwich | 1 | 7 | 323 |
| 8 | Coventry Godiva | 2 | 4 | 265.5 |