

**100 Metres 'A'**

Wind = +3.2 m/s

1	5	Emma Ania	Shaftesbury Barnet H	11.4
2	8	Nikki Anu	Woodford G w Essex L	11.6
3	3	Melanie Roberts	Liverpool Harriers	11.7
4	2	Karen Oughton	Coventry Godiva H	12.2
5	1	Maria Morganella	Border Harriers	12.4
6	4	Leandra Polius	Newham & Essex Beagles	12.5
7	7	Fiona Westwood	Wakefield Harriers	12.7
8	6	Dana Harvey	Team Solent	13.8

**100 Metres 'B'**

Wind = +1.6 m/s

1	88	Azaria Francis	Woodford G w Essex L	12.5
2	33	Kate Dixon	Liverpool Harriers	12.5
3	44	Frances Harris	Newham & Essex Beagles	12.5
4	11	Louise Aiston	Border Harriers	12.7
5	22	Jackie Spargo	Coventry Godiva H	12.8
6	55	Nadia Williams	Shaftesbury Barnet H	13.0
7	77	Fiona Thomas	Wakefield Harriers	13.0
8	66	Carol Dawkins	Team Solent	14.6

**100m Non Scoring**

1	92	Nikki Adeleye	Woodford G w Essex L	12.6
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**200 Metres 'A'**

Wind =+1.4 m/s

1	5	Emma Ania	Shaftesbury Barnet H	23.7
2	8	Nikki Anu	Woodford G w Essex L	24.3
3	3	Melanie Roberts	Liverpool Harriers	24.9
4	7	Amy Freeman	Wakefield Harriers	25.0
5	2	Karen Oughton	Coventry Godiva H	25.3
6	1	Maria Morganella	Border Harriers	25.4
7	6	Joanna Trotman	Team Solent	26.2
8	4	Kelly Montgomery	Newham & Essex Beagles	31.1

**200 Metres 'B'**

Wind = +0.4m/s

1	88	Tara Bird	Woodford G w Essex L	25.6
2	55	Michelle Pierre	Shaftesbury Barnet H	25.6
3	66	Rachael Lewington	Team Solent	26.4
4	33	Kate McGing	Liverpool Harriers	26.5
5	11	Louise Aiston	Border Harriers	26.7
6	77	Tracey Hilton	Wakefield Harriers	28.0
7	22	Sarah Rhodes	Coventry Godiva H	28.4
8	44	Melissaa Strevens	Newham & Essex Beagles	33.3

**400 Metres 'A'**

1	5	Marilyn Okoro	Shaftesbury Barnet H	54.5
2	7	Amy Freeman	Wakefield Harriers	55.4
3	8	Mel Brown	Woodford G w Essex L	55.4
4	6	Rachael Lewington	Team Solent	59.7
5	1	Kelly Rodmell	Border Harriers	59.9
6	3	Christine Murphy	Liverpool Harriers	60.6
7	2	Sarah Rhodes	Coventry Godiva H	62.7
8	4	Kelly Rodmell	Border Harriers	69.0

**400 Metres 'B'**

1	55	Michelle Pierre	Shaftesbury Barnet H	55.7
2	88	Hajarat Yusuf	Woodford G w Essex L	57.0
3	66	Ceri Mitchell	Team Solent	59.9
4	22	Gemma Marrs	Coventry Godiva H	60.1
5	77	Sarah Beevers	Wakefield Harriers	62.8
6	33	Kathryn Dunn	Liverpool Harriers	67.8
7	11	Claire Wood	Border Harriers	76.5
8	44	Lesley Richardson	Newham & Essex Beagles	77.3

**800 Metres 'A'**

1	3	Vicky Griffiths	Liverpool Harriers	02:10.5
2	8	Charlotte Cutler	Woodford G w Essex L	02:11.6
3	6	Ceri Mitchell	Team Solent	02:11.9
4	2	Gemma Marrs	Coventry Godiva H	02:12.6
5	5	Sarah Heath	Shaftesbury Barnet H	02:16.9
6	7	Helen Singleton	Wakefield Harriers	02:17.7
7	4	Jackie Socas	Newham & Essex Beagles	02:30.0
8				

**800 Metres 'B'**

1	77	Aine Hoban	Wakefield Harriers	02:14.5
2	88	Linzi Snow	Woodford G w Essex L	02:18.5
3	33	Catherine Draper	Liverpool Harriers	02:21.5
4	22	Sarah Hayward	Coventry Godiva H	02:23.6
5	66	Laura Brenton	Team Solent	02:27.8
6	44	Tina Gomes Pinto	Newham & Essex Beagles	02:35.2
7				
8				

**1500 Metres 'A'**

1	7	Aine Hoban	Wakefield Harriers	04:30.1
2	2	Katie Thomas	Coventry Godiva H	04:32.9
3	8	C Butler	Woodford G w Essex L	04:35.8
4	3	Christine Murphy	Liverpool Harriers	04:37.1
5	55	Sarah Heath	Shaftesbury Barnet H	04:44.4
6	6	Claire Thorn	Team Solent	04:46.9
7	1	Kelly Rodmell	Border Harriers	04:58.5
8	4	Jackie Socas	Newham & Essex Beagles	05:30.6

**1500 Metres 'B'**

1	22	Sue Evans	Coventry Godiva H	04:39.5
2	77	Penny Thackeray	Wakefield Harriers	04:41.3
3	88	Kira Morser	Woodford G w Essex L	04:45.8
4	5	Mel Ellis	Shaftesbury Barnet H	04:51.4
5	33	Liz Egan	Liverpool Harriers	04:53.9
6	66	Laura Brenton	Team Solent	05:09.9
7	44	Ravenna Brown	Newham & Essex Beagles	05:35.3
8	11	Claire Wood	Border Harriers	07:38.2

**5000 Metres 'A'**

1	22	Zara Peters	Coventry Godiva H	17:22.8
2	5	Mel Ellis	Shaftesbury Barnet H	17:28.7
3	88	Grace Greenhalgh	Woodford G w Essex L	17:39.4
4	3	Emma Ford	Liverpool Harriers	17:41.1
5	7	Angela Dickie	Wakefield Harriers	18:00.7
6	4	Adele Stach-Kavitz	Newham & Essex Beagles	19:21.7
7				
8				

**5000 Metres 'B'**

1	2	Karen Thorpe	Coventry Godiva H	17:26.7
2	8	Erica Sheldon	Woodford G w Essex L	17:56.3
3	55	Emma Archer	Shaftesbury Barnet H	18:13.4
4	33	Catherine Draper	Liverpool Harriers	18:19.4
5	77	Sharon Marshall	Wakefield Harriers	18:26.1
6	44	Ravenna Brown	Newham & Essex Beagles	20:25.5
7				
8				

**400 Metres Hurdles 'A'**

1	4	Nusrat Ceessay	Newham & Essex Beagles	60.6
2	5	Claire Heafford	Shaftesbury Barnet H	60.7
3	8	Caroline Blackburn	Woodford G w Essex L	64.9
4	6	Dana Harvey	Team Solent	65.3
5	7	Tracy Hilton	Wakefield Harriers	69.2
6	3	Kathryn Dunn	Liverpool Harriers	72.0
7	2	Zarinda Batstone	Coventry Godiva H	80.6
8				

**400 Metres Hurdles 'B'**

1	88	Zoe Watson	Woodford G w Essex L	68.3
2	77	Sarah Beevers	Wakefield Harriers	69.3
3	33	Liz Egan	Liverpool Harriers	71.6
4	44	Jenny Barden	Newham & Essex Beagles	73.3
5	66	Carol Dawkins	Team Solent	78.3
6	55	Lauren Thomas	Shaftesbury Barnet H	87.2
7				
8				

**100 Metres Hurdles 'A'**

Wind = +1.6 m/s

1	4	Nusrat Ceessay	Newham & Essex Beagles	14.5
2	3	Kate Read	Liverpool Harriers	14.5
3	7	Naida Bromley	Wakefield Harriers	15.2
4	8	Diana Osagede	Woodford G w Essex L	15.6
5	6	Dana Harvey	Team Solent	15.7
6	1	Sharon Beattie	Border Harriers	17.0
7	5	Claire Heafford	Shaftesbury Barnet H	17.4
8	2	Aneska Binks	Coventry Godiva H	17.8

**100 Metres Hurdles 'B'**

Wind = +2.0 m/s

1	33	Liz Sweeney	Liverpool Harriers	15.7
2	11	Sarah Allison	Border Harriers	16.4
3	66	Clare Ridgley	Team Solent	17.3
4	77	Tracey Hilton	Wakefield Harriers	17.4
5	44	Jenny Barden	Newham & Essex Beagles	17.9
6	55	Lauren Thomas	Shaftesbury Barnet H	23.2
7				
8				

**4 x 100m Relay**

1	5	Shaftesbury Barnet H	Nadia Williams	Marilyn Okoro	Claire Heafford	Emma Ania	48.8
2	4	Newham & Essex Beagles	Zainab Cessay	Nusrat Ceessay	Frances Harris	Leandra Polius	50.0
3	1	Border Harriers	Louise Aiston	Catriona Hannafin	Sarah Allison	Maria Morganella	50.6
4	8	Woodford G w Essex L	Nikki Adelaye	Diana Osagede	Azaria Francis	Tara Bird	50.6
5	3	Liverpool Harriers	Kate Read	Melanie Roberts	Kate Dixon	Vicky Griffiths	50.7
6	6	Team Solent	Rachael Lewington	Ceri Mitchell	Laura Benton	Clare Ridgley	52.0
7	2	Coventry Godiva H	Tracy Morris	Jackie Spargo	Sarah Rhodes	Karen Oughton	52.5
8	7	Wakefield Harriers	Fiona Thomas	Fiona Westwood	Lynsie Whyke	Sarah Beevers	55.5

**4 x 400m Relay**

1	8	Woodford G w Essex L	Zoe Watson	Caroline Blackburn	Linzi Snow	Mel Brown	03:55.5
2	3	Liverpool Harriers	Liz Sweeney	Vicky Griffiths	Kate McGing	Kate Dixon	03:56.4
3	5	Shaftesbury Barnet H	Claire Heafford	Nadia Williams	Michelle Pierre	Marilyn Okoro	03:56.4
4	7	Wakefield Harriers	Sarah Beevers	Helen Singleton	Amy Freeman	Naida Bromley	03:57.9
5	6	Team Solent	Dana Harvey	Laura Benton	Rachael Lewington	Ceri Mitchell	04:12.2
6	2	Coventry Godiva H	Gemma Marrs	Karen Oughton	Sue Evans	Katie Thomas	04:13.3
7	1	Border Harriers	Louise Aiston	Kelly Rodmell	Sarah Allison	Sharon Beattie	04:15.9
8	4	Newham & Essex Beagles	Adele Stach-Kavitz	Ravenna Brown	Jackie Socas	Jenny Barden	04:53.6

Long Jump 'A'

Wind

1	4	Leandra Polius	Newham & Essex Beagles	5.75
2	6	Joanna Trotman	Team Solent	5.70
3	5	Nadia Williams	Shaftesbury Barnet H	5.66
4	7	Fiona Westwood	Wakefield Harriers	5.65
5	2	Jackie Spargo	Coventry Godiva H	5.59
6	8	Azaria Francis	Woodford G w Essex L	5.33
7	3	Liz Sweeney	Liverpool Harriers	5.23
8	11	Sarah Allison	Border Harriers	4.82

Long Jump 'B'

Wind

1	88	Stephanie Aneto	Woodford G w Essex L	5.24
2	44	Zainab Cessay	Newham & Essex Beagles	5.10
3	66	Becky Ridgley	Team Solent	4.86
4	1	Catriona Hannafin	Border Harriers	4.78
5	33	Kate Dixon	Liverpool Harriers	4.59
6	77	Lynsie Whyke	Wakefield Harriers	4.58
7	22	Tracy Morris	Coventry Godiva H	3.99
8				3.25

Triple Jump 'A'

Wind

1	5	Nadia Williams	Shaftesbury Barnet H	12.24
2	8	Stephanie Aneto	Woodford G w Essex L	11.91
3	1	Catriona Hannafin	Border Harriers	11.21
4	4	Leandra Polius	Newham & Essex Beagles	11.06
5	7	Lynsie Whyke	Wakefield Harriers	10.62
6	6	Clare Ridgley	Team Solent	10.30
7	3	Kate Dixon	Liverpool Harriers	10.09
8	2	Dawn Wright	Coventry Godiva H	8.24

Triple Jump 'B'

Wind

1	88	Diane Osagede	Woodford G w Essex L	11.02
2	77	Fiona Westwood	Wakefield Harriers	9.86
3	33	Liz Egan	Liverpool Harriers	9.65
4	11	Sharon Beattie	Border Harriers	9.52
5	66	Becky Ridgley	Team Solent	9.48
6	55	Lauren Thomas	Shaftesbury Barnet H	8.74
7	44	Frances Harris	Newham & Essex Beagles	8.66
8				

High Jump 'A'

1	8	Michelle Dunkley	Woodford G w Essex L	1.75
2	3	Liz Sweeney	Liverpool Harriers	1.65
3	7	Naida Bromley	Wakefield Harriers	1.60
4	2	Aneska Binks	Coventry Godiva H	1.60
5	1	Sarah Allison	Border Harriers	1.60
6	6	Joanna Trotman	Team Solent	1.50
7	44	Michelle Clarke	Newham & Essex Beagles	1.30
8				

High Jump 'B'

1	88	Diane Osagede	Woodford G w Essex L	1.55
2=	11	Sharon Beattie	Border Harriers	1.50
2=	33	Kathryn Dunn	Liverpool Harriers	1.50
4	22	Jackie Spargo	Coventry Godiva H	1.40
5	77	Lynsie Whyke	Wakefield Harriers	1.40
6	4	Hayley Thomas	Newham & Essex Beagles	1.30
7	66	Rachael Lewington	Team Solent	1.25
8				

Pole Vault 'A'

1	7	Caroline Nutt	Wakefield Harriers	3.30
2	66	Becky Ridgley	Team Solent	3.20
3	2	Dawn Wright	Coventry Godiva H	2.80
4	44	Melissa Strevens	Newham & Essex Beagles	2.10
5	5	Claire Heafford	Shaftesbury Barnet H	1.90
6				
7				
8				

Pole Vault 'B'

1	22	Tracy Morris	Coventry Godiva H	2.60
2	77	Hayley Whyke	Wakefield Harriers	2.30
3	4	Kelly Montgomery	Newham & Essex Beagles	2.10
4				
5				
6				
7				
8				

Hammer 'A'

1	8	Liz Pidgeon	Woodford G w Essex L	59.14
2	7	Suzanne Roberts	Wakefield Harriers	58.66
3	5	Nicola Dudman	Shaftesbury Barnet H	47.91
4	1	Bethan Lishman	Border Harriers	37.50
5	6	Vickie Foster	Team Solent	37.38
6	4	Paula Peaty	Newham & Essex Beagles	35.05
7	2	Karen Moody	Coventry Godiva H	35.02
8	3	Gemma Dixon	Liverpool Harriers	14.03

Hammer 'B'

1	88	Esther Augée	Woodford G w Essex L	48.46
2	55	Liz Edwards	Shaftesbury Barnet H	42.61
3	77	Hayley Whyke	Wakefield Harriers	33.62
4	11	Kelly Rodmell	Border Harriers	32.94
5	66	Debbie Callaway	Team Solent	32.25
6	44	Louise Bennett	Newham & Essex Beagles	29.18
7	22	Katheryn Evans	Coventry Godiva H	18.93
8				

Discus 'A'

1	6	Vickie Foster	Team Solent	42.25
2	5	Navdeep Dhaliwal	Shaftesbury Barnet H	41.60
3	8	Jo Duncan	Woodford G w Essex L	39.87
4	1	Jayne Kirkpatrick	Border Harriers	34.79
5	4	Hayley Thomas	Newham & Essex Beagles	32.52
6	7	Hayley Whyke	Wakefield Harriers	29.18
7	2	Karen Moody	Coventry Godiva H	21.92
8	3	Kate McGing	Liverpool Harriers	18.55

Javelin 'A'

1	8	Silvia Cruz	Woodford G w Essex L	48.06
2	5	Kirsty Morrison	Shaftesbury Barnet H	47.96
3	4	Hayley Thomas	Newham & Essex Beagles	41.85
4	77	Debbie Collinson	Wakefield Harriers	37.00
5	2	Katherine Evans	Coventry Godiva H	34.97
6	1	Annabel Martindale	Border Harriers	31.30
7	3	Gemma Dixon	Liverpool Harriers	22.68
8	6	Carol Dawkins	Team Solent	17.95

Shot 'A'

1	8	Jo Duncan	Woodford G w Essex L	16.11
2	5	Julie Dunkley	Shaftesbury Barnet H	15.69
3	6	Vickie Foster	Team Solent	12.75
4	4	Hayley Thomas	Newham & Essex Beagles	10.49
5	77	Debbie Collinson	Wakefield Harriers	10.41
6	1	Annabel Martindale	Border Harriers	9.36
7	22	Aneska Binks	Coventry Godiva H	8.70
8	3	Gemma Dixon	Liverpool Harriers	6.63

Discus 'B'

1	66	Debbie Callaway	Team Solent	41.00
2	55	Julie Dunkley	Shaftesbury Barnet H	40.62
3	88	Esther Augée	Woodford G w Essex L	36.78
4	77	Fiona Thomas	Wakefield Harriers	22.73
5	11	Bethan Lishman	Border Harriers	21.86
6	44	Adele Stach-Kavitz	Newham & Essex Beagles	20.99
7	22	Tracy Morris	Coventry Godiva H	17.67
8	33	Gemma Dixon	Liverpool Harriers	11.23

Javelin 'B'

1	55	Jenny Grimstone	Shaftesbury Barnet H	41.93
2	88	Liz Pidgeon	Woodford G w Essex L	41.34
3	7	Naida Bromley	Wakefield Harriers	35.00
4	44	Michelle Clarke	Newham & Essex Beagles	31.36
5	11	Jayne Kirkpatrick	Border Harriers	28.76
6	22	Dawn Wright	Coventry Godiva H	20.34
7	33	Gemma Dixon	Liverpool Harriers	11.62
8	66	Laura Brenton	Team Solent	6.72

Shot 'B'

1	88	Silvia Cruz	Woodford G w Essex L	13.00
2	55	Navdeep Dhaliwal	Shaftesbury Barnet H	11.76
3	66	Debbie Callaway	Team Solent	11.10
4	7	Fiona Thomas	Wakefield Harriers	10.03
5	11	Jayne Kirkpatrick	Border Harriers	8.72
6	44	Michelle Clarke	Newham & Essex Beagles	8.65
7	2	Karen Moody	Coventry Godiva H	8.29
8	33	Vicky Griffiths	Liverpool Harriers	6.07

Event	BORD		COV		LH&AC		NEB		SBH		SOLENT		WAKE		WGwEL		Unused	TOTAL	
Hammer	5	5	2	2	1	0	3	3	6	7	4	4	7	6	9	9		1	74
Pole Vault	0	0	6	9	0	0	5	6	4	0	7	0	9	7	0	0	6	15	74
Long Jump	1	5	4	2	2	4	9	7	6	0	7	6	5	3	3	9		1	74
100m	4	5	5	4	6	7	3	6	9	3	1	1	2	2	7	9			74
200m	3	4	4	2	6	5	1	1	9	7	2	6	5	3	7	9			74
400m	4	2	2	5	3	3	1	1	9	9	5	6	7	4	6	7			74
800m	0	0	5	5	9	6	2	3	4	0	6	4	3	9	7	7	1	3	74
1500m	2	1	7	9	5	4	1	2	4	5	3	3	9	7	6	6			74
5000m	0	0	9	9	5	5	3	3	7	6	0	0	4	4	6	7	3	3	74
100m H	3	7	1	0	7	9	9	4	2	3	4	6	6	5	5	0		3	74
400m H	0	0	2	0	3	6	9	5	7	3	5	4	4	7	6	9	1	3	74
Triple Jump	6	5	1	0	2	6	5	2	9	3	3	4	4	7	7	9		1	74
High Jump	4	6.5	5	5	7	6.5	2	3	0	0	3	2	6	4	9	9	1	1	74
Discus	5	4	2	2	1	1	4	3	7	7	9	9	3	5	6	6			74
Shot	3	4	2	2	1	1	5	3	7	7	6	6	4	5	9	9			74
Javelin	3	4	4	3	2	2	6	5	7	9	1	1	5	6	9	7			74
4x100m	6	0	2	0	4	0	7	0	9	0	3	0	1	0	5	0		37	74
4x400m	2	0	3	0	7	0	1	0	6	0	4	0	5	0	9	0		37	74
	51	52.5	66	59	71	65.5	76	57	112	69	73	62	89	84	116	112	12	105	1332
<b>Match 2</b>	<b>1</b>	<b>103.5</b>	<b>2</b>	<b>125.0</b>	<b>5</b>	<b>136.5</b>	<b>3</b>	<b>133.0</b>	<b>7</b>	<b>181.0</b>	<b>4</b>	<b>135.0</b>	<b>6</b>	<b>173.0</b>	<b>8</b>	<b>228.0</b>		<b>117</b>	

<b>Match 2</b>	<b>1</b>	<b>103.5</b>	<b>2</b>	<b>125.0</b>	<b>5</b>	<b>136.5</b>	<b>3</b>	<b>133.0</b>	<b>7</b>	<b>181.0</b>	<b>4</b>	<b>135.0</b>	<b>6</b>	<b>173.0</b>	<b>8</b>	<b>228.0</b>			
<b>Match 1</b>	<b>1</b>	<b>114.5</b>	<b>2</b>	<b>117.0</b>	<b>5</b>	<b>147.0</b>	<b>3</b>	<b>131.0</b>	<b>6</b>	<b>164.0</b>	<b>4</b>	<b>143.0</b>	<b>7</b>	<b>165.5</b>	<b>8</b>	<b>232.0</b>			

## Points After 18 Event(s)

1	Woodford G w Essex L	228.0
2	Shaftesbury Barnet H	181.0
3	Wakefield Harriers	173.0
4	Liverpool Harriers	136.5
5	Team Solent	135.0
6	Newham & Essex Beagles	133.0
7	Coventry Godiva H	125.0
8	Border Harriers	103.5
	Unused	117.0
	Total	1332.0

## Standings after 2nd Match

1	Woodford G w Essex L	16.0	460.0
2	Shaftesbury Barnet H	13.0	345.0
3	Wakefield Harriers	13.0	338.5
4	Liverpool Harriers	10.0	283.5
5	Team Solent	8.0	278.0
6	Newham & Essex Beagles	6.0	264.0
7	Coventry Godiva H	4.0	242.0
8	Border Harriers	2.0	218.0

## League Match