

## UK Women's Athletics League 2009

### National Division 1 - Cophthall

01 August 2009

Events	Birchfield	ity of Liverpool	ity of Manches	Edinburgh	Milton Keynes	Shaftesbury Bar	Trafford	Windsor S,E &	UNUSED	TOTAL										
Women's 100m	7	9	3	3	6	7	1	5	2	4	4	5	2	9	6	1	37	37		
Women's 200m	7	7	2	2	6	9	5	6	4	3	4	4	3	9	5	1	37	37		
Women's 400m	1	1	4	9	6	2	3	6	5	5	9	7	2	3	7	4	37	37		
Women's 800m	6	7	9	9	7	4	4	5	2	2	5	6	3	3	3	1	37	37		
Women's 1500m	3	4	4	1	5	9	9	5	2	3	6	7	1	2	7	6	37	37		
Women's 2000 S/Chase	3		5				7		6		4			9		3	37	37		
Women's 3000m	1		3	4	7	7	6	6	4	3	9	9	5	2	5		3	37	37	
Women's 400 Hurdles	5	7	3	3	4		6	9		6	2	7	4	9	5	1	3	37	37	
Women's 100 Hurdles	9	3	4	9	7	5	3	4	1	6	6	1	5	7	2			37	37	
Women's Hammer	9	7	1	1	7	2	6	6	2	4	3	5	5	3	4	9		37	37	
Women's Discus	7	7	4	3	6	5	2	4	5	6	9	9	1	1	3	2		37	37	
Women's Javelin	5	6	1		9	3	2	4	4	2	7	9	3	5	6	7	1	37	37	
Women's Shot Putt	9	7	2	2	7	9	5	1	1	3	6	5	4	6	3	4		37	37	
Women's Long Jump	6	3	2	2	5	7	4	4	1		7	9	3	5	9	6	1	37	37	
Women's Triple Jump	5		1		7	6	4	7	3	3	9	9	2	4	6	5	3	37	37	
Women's High Jump	9	9	3	4	2	2	5	1	1	3	7	6	6	7	4	5		37	37	
Women's Pole Vault	9	9	4		7	6	3		6	7				5		3	15	37	37	
Women's 4x100m Relay	7		3		9		4		1		5		2		6			37	37	37
Women's 4x400m Relay	9		6		5		4		2				3		7		1	37	37	37
	117	86	64	52	112	83	83	73	48	61	96	76	63	58	110	74	10	140	703	703

Match Summary	Birchfield	ity of Liverpool	ity of Manches	Edinburgh	Milton Keynes	Shaftesbury Bar	Trafford	Windsor S,E &	UNUSED	TOTAL
Teams	203.0	116.0	195.0	156.0	109.0	172.0	121.0	184.0	150.0	1406.0
Match Position	1	7	2	5	8	4	6	3		
League Points	8	2	7	4	1	5	3	6		

Standings	Birchfield	ity of Liverpool	ity of Manches	Edinburgh	Milton Keynes	Shaftesbury Bar	Trafford	Windsor S,E &
League Points	21.0	4.0	23.0	14.0	5.0	13.0	11.0	17.0
Match Points	559.0	320.0	603.0	487.0	355.0	481.0	430.0	531.0
League Positions	2	8	1	4	7	5	6	3

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				Perf	Record	Wind	UKA	AW	1 August 2009				Perf	Wind	UKA	AW	
<b>Women's 100m A</b>				Wind=	-2.5				<b>Women's 100m B</b>				Wind=	-1.6			
1	8	Laura Turner	W.S.E. & H	11.91			128	☑	1	11	Bernice Wilson	Birchfield	12.24		78	☑	
2	1	Meghan Beesley	Birchfield	12.03			110	☑	2	33	Lucy Evans	City of Manchester	12.25		77	☑	
3	3	Shaunna Thompson	City of Manchester	12.13			95	☑	3	88	Chinedu Monye	W.S.E. & H	12.61			☑	
4	7	Louise Bloor	Trafford AC	12.21			83	☑	4	44	Louise Dickson	Edinburgh AC	12.78			☑	
5	6	Nadia Williams	Shaftesbury B.H.	12.28			73	☑	5	55	Susan Tenga Tenga	Marshall Milton Keynes	12.79			☑	
6	2	Helen Asher	City of Liverpool	12.55				☑	6	22	Ashley Helsby	City of Liverpool	12.91			☑	
7	5	Natalie Jowett	Marshall Milton Keynes	12.60				☑	7	77	Katie Flower	Trafford AC	12.97			☑	
8	4	Stacey Downie	Edinburgh AC	12.67				☑	8								

<b>Women's 200m A</b>				Wind=	-1.8				<b>Women's 200m B</b>				Wind=	-1.1			
1	8	Laura Turner	W.S.E. & H	24.09			150	☑	1	33	Lucy Evans	City of Manchester	24.72		108	☑	
2	1	Melinda Cooksey	Birchfield	24.42			128	☑	2	11	Bernice Wilson	Birchfield	24.99		90	☑	
3	3	Shaunna Thompson	City of Manchester	24.70			109	☑	3	44	Louise Dickson	Edinburgh AC	25.76			☑	
4	4	Stacey Downie	Edinburgh AC	24.93			94	☑	4	88	Chinedu Monye	W.S.E. & H	25.87			☑	
5	7	Louise Wood	Trafford AC	25.38			64	☑	5	55	Susan Tenga Tenga	Marshall Milton Keynes	26.47			☑	
6	6	Denise Gayle	Shaftesbury B.H.	25.54			53	☑	6	77	Eleanor Markenda;e	Trafford AC	26.62			☑	
7	2	Carmen Gedling	City of Liverpool	26.60				☑	7	22	Emma Wakefied	City of Liverpool	28.01				
8	5	Natalie Jowett	Marshall Milton Keynes	DNF					8								

<b>Women's 400m A</b>									<b>Women's 400m B</b>								
1	6	Marilyn Okoro	Shaftesbury B.H.	53.36			184	☑	1	22	Vicky Griffiths	City of Liverpool	53.61		178	☑	
2	8	Dawn Hunt	W.S.E. & H	53.79			174	☑	2	66	Denise Gayle	Shaftesbury B.H.	55.92		120	☑	
3	3	Kelly Massey	City of Manchester	54.07			167	☑	3	44	Lauren Peffers	Edinburgh AC	56.68		101	☑	
4	5	Joey Duck	Marshall Milton Keynes	54.78			149	☑	4	55	Hannah Douglas	Marshall Milton Keynes	56.69		101	☑	
5	2	Carmen Gedling	City of Liverpool	56.60			103	☑	5	88	Lesley Owusu	W.S.E. & H	57.37		84	☑	
6	4	Kathryn Evans	Edinburgh AC	56.81			98	☑	6	77	Nisha Desai	Trafford AC	57.91		71	☑	
7	7	Katie Flower	Trafford AC	57.28			86	☑	7	33	Holly Belch	City of Manchester	59.47			☑	
8	1	Meghan Beesley	Birchfield	58.54			55	☑	8	11	Sophie Clark	Birchfield	59.76			☑	

<b>Women's 800m A</b>									<b>Women's 800m B</b>								
1	2	Vicky Griffiths	City of Liverpool	02:05.21			159	☑	1	22	Rachel Thompson	City of Liverpool	02:10.39		95	☑	
2	3	Rebecca Sweeney	City of Manchester	02:09.74			103	☑	2	11	Cally Read	Birchfield	02:12.94		63	☑	
3	1	Ejiro Okoro	Birchfield	02:10.10			98	☑	3	77	Jackie Fairchild	Trafford AC	02:13.14		60	☑	
4	7	Jo Dawes	Trafford AC	02:11.42			82	☑	4	44	Lauren Peffers	Edinburgh AC	02:15.14			☑	
5	4	Sarah Hood	Edinburgh AC	02:12.52			68	☑	5	33	Jenna Hill	City of Manchester	02:15.89			☑	
6	8	Christine Long	W.S.E. & H	02:13.87			51	☑	6	88	Rachel Stedman	W.S.E. & H	02:22.87			☑	
7	5	Sophie Gibbens	Marshall Milton Keynes	02:23.88				☑	7	55	Lauren Cripps	Marshall Milton Keynes	02:26.83				
8									8								

<b>Women's 1500m A</b>									<b>Women's 1500m B</b>								
1	4	Freya Murray	Edinburgh AC	04:19.12			164	☑	1	33	Emma Leigh Heighway	City of Manchester	04:40.27		58	☑	
2	8	Vicky Fouhy	W.S.E. & H	04:33.24			93	☑	2	66	Amy Campbell	Shaftesbury B.H.	04:42.77			☑	
3	6	Phillipa Aukett	Shaftesbury B.H.	04:36.63			76	☑	3	88	Rachel Stedman	W.S.E. & H	04:53.61			☑	
4	3	Jenna Hill	City of Manchester	04:39.94			60	☑	4	44	Laura Dunn	Edinburgh AC	04:56.19			☑	
5	2	Chantal Quarless	City of Liverpool	04:46.88				☑	5	11	Monique Powell	Birchfield	04:57.39			☑	
6	1	Sarah Hopcroft	Birchfield	04:49.46				☑	6	55	Carly Scott	Marshall Milton Keynes	04:59.29			☑	
7	5	Lara Bromilow	Marshall Milton Keynes	04:54.90				☑	7	7	Nisha Desai	Trafford AC	05:08.65				
8	77	Victoria O'Donnell	Trafford AC	05:05.55					8	22	Laura Murphy	City of Liverpool	33:36.00				

<b>Women's 2000 S/Chase A</b>									<b>Women's 2000 S/Chase B</b>								
1	8	Martha Reynolds	W.S.E. & H	07:14.58	LR		370	☑	1								
2	4	Lauren Stoddart	Edinburgh AC	07:44.32			311	☑	2								
3	5	Sophie Gibbens	Marshall Milton Keynes	07:53.97			292	☑	3								
4	2	Sarah Jackson	City of Liverpool	08:03.32			273	☑	4								
5	6	Claire Simm	Shaftesbury B.H.	08:32.73			214	☑	5								
6	1	Megan Jacobs	Birchfield	09:18.14			123	☑	6								
7									7								
8									8								

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## National Division 1 - Cophthall

					1 August 2009									
		Perf	Record	Wind	UKA	AW			Perf	Wind	UKA	AW		
<b><u>Women's 3000m A</u></b>														
1	6	Gemma Turtle	Shaftesbury B.H.	09:37.72		137	☑	1	66	Amy Campbell	Shaftesbury B.H.	10:02.43	95	☑
2	3	Sonia Samuels	City of Manchester	09:44.53		125	☑	2	33	Emily Beedham	City of Manchester	10:13.86	76	☑
3	4	Laura Dunn	Edinburgh AC	10:04.05		93	☑	3	44	Sarah Hood	Edinburgh AC	10:34.70		☑
4	7	Jackie Fairchild	Trafford AC	10:11.38		80	☑	4	88	Marina Stedman	W.S.E. & H	10:59.09		☑
5	5	Lara Bromilow	Marshall Milton Keynes	10:17.84		70	☑	5	22	Sarah Jackson	City of Liverpool	11:30.87		
6	2	Laura Murphy	City of Liverpool	10:56.95			☑	6	55	Di Baldwin	Marshall Milton Keynes	12:52.26		
7	8	Jane Sheard	W.S.E. & H	10:58.22			☑	7						
8	1	Nicola Woods	Birchfield	12:26.02				8						
<b><u>Women's 3000m B</u></b>														
1	44	Stephanie Walker	Edinburgh AC	63.26		104	☑	1	44	Stephanie Walker	Edinburgh AC	63.26	104	☑
2	11	Seemita Gumbs	Birchfield	64.57		82	☑	2	11	Seemita Gumbs	Birchfield	64.57	82	☑
3	55	Chloe Walley	Marshall Milton Keynes	65.30		70	☑	3	55	Chloe Walley	Marshall Milton Keynes	65.30	70	☑
4	88	Caroline Heaney	W.S.E. & H	69.68			☑	4	88	Caroline Heaney	W.S.E. & H	69.68		☑
5	77	Leanne Brown	Trafford AC	79.68				5	77	Leanne Brown	Trafford AC	79.68		
6	22	Sarah Jackson	City of Liverpool	81.90				6	22	Sarah Jackson	City of Liverpool	81.90		
7								7						
8								8						
<b><u>Women's 400 Hurdles A</u></b>														
1	8	Emily Parker	W.S.E. & H	60.16		155	☑	1	44	Stephanie Walker	Edinburgh AC	63.26	104	☑
2	7	Nisha Desai	Trafford AC	60.78		145	☑	2	11	Seemita Gumbs	Birchfield	64.57	82	☑
3	4	Avril Jackson	Edinburgh AC	62.64		114	☑	3	55	Chloe Walley	Marshall Milton Keynes	65.30	70	☑
4	1	Michelle Thomas	Birchfield	62.73		112	☑	4	88	Caroline Heaney	W.S.E. & H	69.68		☑
5	3	Holly Belch	City of Manchester	65.31		69	☑	5	77	Leanne Brown	Trafford AC	79.68		
6	2	Kathryn Dunn	City of Liverpool	68.33			☑	6	22	Sarah Jackson	City of Liverpool	81.90		
7	6	Josphine Okpo	Shaftesbury B.H.	72.44				7						
8	5	Hannah Douglas	Marshall Milton Keynes	DISQ				8						
<b><u>Women's 400 Hurdles B</u></b>														
1	22	Ashley Helsby	City of Liverpool	14.56		116	☑	1	22	Ashley Helsby	City of Liverpool	14.56	116	☑
2	77	Susan Moncrieff	Trafford AC	14.59		114	☑	2	77	Susan Moncrieff	Trafford AC	14.59	114	☑
3	55	Hannah Douglas	Marshall Milton Keynes	14.73		104	☑	3	55	Hannah Douglas	Marshall Milton Keynes	14.73	104	☑
4	33	Katia Lannon	City of Manchester	14.94		90	☑	4	33	Katia Lannon	City of Manchester	14.94	90	☑
5	44	Stephanie Walker	Edinburgh AC	15.05		83	☑	5	44	Stephanie Walker	Edinburgh AC	15.05	83	☑
6	11	Michelle Thomas	Birchfield	15.72			☑	6	11	Michelle Thomas	Birchfield	15.72		☑
7	88	Jenny Peckford	W.S.E. & H	16.33			☑	7	88	Jenny Peckford	W.S.E. & H	16.33		☑
8	66	Victoria Dixon	Shaftesbury B.H.	38.69				8	66	Victoria Dixon	Shaftesbury B.H.	38.69		
<b><u>Women's 100 Hurdles A</u></b>														
Wind= -1.6														
1	1	Meghan Beesley	Birchfield	13.75		170	☑	1	22	Ashley Helsby	City of Liverpool	14.56	116	☑
2	3	Sara McGreavy	City of Manchester	13.77		168	☑	2	77	Susan Moncrieff	Trafford AC	14.59	114	☑
3	6	Lucy Boggis	Shaftesbury B.H.	14.03		151	☑	3	55	Hannah Douglas	Marshall Milton Keynes	14.73	104	☑
4	7	Louise Wood	Trafford AC	14.10		146	☑	4	33	Katia Lannon	City of Manchester	14.94	90	☑
5	2	Helen Asher	City of Liverpool	14.18		141	☑	5	44	Stephanie Walker	Edinburgh AC	15.05	83	☑
6	4	Catriona Pennet	Edinburgh AC	15.20		73	☑	6	11	Michelle Thomas	Birchfield	15.72		☑
7	8	Faye Williams	W.S.E. & H	15.51		52	☑	7	88	Jenny Peckford	W.S.E. & H	16.33		☑
8	5	Chloe Walley	Marshall Milton Keynes	16.21			☑	8	66	Victoria Dixon	Shaftesbury B.H.	38.69		
<b><u>Women's 100 Hurdles B</u></b>														
Wind= -1.6														
1	22	Ashley Helsby	City of Liverpool	14.56		116	☑	1	22	Ashley Helsby	City of Liverpool	14.56	116	☑
2	77	Susan Moncrieff	Trafford AC	14.59		114	☑	2	77	Susan Moncrieff	Trafford AC	14.59	114	☑
3	55	Hannah Douglas	Marshall Milton Keynes	14.73		104	☑	3	55	Hannah Douglas	Marshall Milton Keynes	14.73	104	☑
4	33	Katia Lannon	City of Manchester	14.94		90	☑	4	33	Katia Lannon	City of Manchester	14.94	90	☑
5	44	Stephanie Walker	Edinburgh AC	15.05		83	☑	5	44	Stephanie Walker	Edinburgh AC	15.05	83	☑
6	11	Michelle Thomas	Birchfield	15.72			☑	6	11	Michelle Thomas	Birchfield	15.72		☑
7	88	Jenny Peckford	W.S.E. & H	16.33			☑	7	88	Jenny Peckford	W.S.E. & H	16.33		☑
8	66	Victoria Dixon	Shaftesbury B.H.	38.69				8	66	Victoria Dixon	Shaftesbury B.H.	38.69		
<b><u>Women's Hammer A</u></b>														
1	1	Zoe Derham	Birchfield	65.21		206	☑	1	88	Bola Ogun	W.S.E. & H	53.88	143	☑
2	3	Laura Douglas	City of Manchester	64.50		202	☑	2	11	Hayley Murray	Birchfield	51.40	130	☑
3	4	Susan McKelvie	Edinburgh AC	61.21		184	☑	3	44	Hannah Evenden	Edinburgh AC	49.43	119	☑
4	7	Rachel Gair	Trafford AC	58.17		167	☑	4	66	Steph Owens	Shaftesbury B.H.	45.86	99	☑
5	8	Joanne John	W.S.E. & H	54.59		147	☑	5	55	Sadie Watts	Marshall Milton Keynes	43.73	87	☑
6	6	Joanne Davison	Shaftesbury B.H.	49.58		119	☑	6	77	Joanne Harding	Trafford AC	34.20		☑
7	5	Andrea Jenkins	Marshall Milton Keynes	48.39		113	☑	7	33	Alison Rodger	City of Manchester	34.00		☑
8	2	Faye Calvert	City of Liverpool	38.45		58	☑	8	22	Gemma Llewellyn	City of Liverpool	21.87		
<b><u>Women's Hammer B</u></b>														
1	66	Kirsty Law	Shaftesbury B.H.	48.67		147	☑	1	88	Bola Ogun	W.S.E. & H	53.88	143	☑
2	11	Navdeep Dhaliwal	Birchfield	48.09		144	☑	2	11	Hayley Murray	Birchfield	51.40	130	☑
3	55	Andrea Jenkins	Marshall Milton Keynes	38.53		84	☑	3	44	Hannah Evenden	Edinburgh AC	49.43	119	☑
4	3	Laura Douglas	City of Manchester	34.92		62	☑	4	66	Steph Owens	Shaftesbury B.H.	45.86	99	☑
5	44	Nicola Falconer	Edinburgh AC	33.99		56	☑	5	55	Sadie Watts	Marshall Milton Keynes	43.73	87	☑
6	22	Faye Calvert	City of Liverpool	33.86		55	☑	6	77	Joanne Harding	Trafford AC	34.20		☑
7	88	Jo Botwright	W.S.E. & H	31.24			☑	7	33	Alison Rodger	City of Manchester	34.00		☑
8	77	Rachel Gair	Trafford AC	23.64				8	22	Gemma Llewellyn	City of Liverpool	21.87		
<b><u>Women's Discus A</u></b>														
1	6	Jade Nicolls	Shaftesbury B.H.	54.47		184	☑	1	66	Kirsty Law	Shaftesbury B.H.	48.67	147	☑
2	1	Eden Francis	Birchfield	54.01		181	☑	2	11	Navdeep Dhaliwal	Birchfield	48.09	144	☑
3	33	Alison Rodger	City of Manchester	43.94		118	☑	3	55	Andrea Jenkins	Marshall Milton Keynes	38.53	84	☑
4	5	Emma Beals	Marshall Milton Keynes	43.48		115	☑	4	3	Laura Douglas	City of Manchester	34.92	62	☑
5	2	Gemma Llewellyn	City of Liverpool	42.75		110	☑	5	44	Nicola Falconer	Edinburgh AC	33.99	56	☑
6	8	Jenny Scott	W.S.E. & H	41.78		104	☑	6	22	Faye Calvert	City of Liverpool	33.86	55	☑
7	4	Hannah Evenden	Edinburgh AC	37.67		79	☑	7	88	Jo Botwright	W.S.E. & H	31.24		☑
8	7	Chloe Beckett	Trafford AC	36.88		74	☑	8	77	Rachel Gair	Trafford AC	23.64		
<b><u>Women's Discus B</u></b>														
1	6	Lucy Boggis	Shaftesbury B.H.	39.48		96	☑	1	66	Kirsty Law	Shaftesbury B.H.	48.67	147	☑
2	88	Laura McGawn	W.S.E. & H	36.73		79	☑	2	11	Navdeep Dhaliwal	Birchfield	48.09	144	☑
3	1	Bev Hawkins	Birchfield	33.72		60	☑	3	55	Andrea Jenkins	Marshall Milton Keynes	38.53	84	☑
4	7	Louise Wood	Trafford AC	29.68				4	3	Laura Douglas	City of Manchester	34.92	62	☑
5	44	Wendy Davidson	Edinburgh AC	23.96				5	44	Nicola Falconer	Edinburgh AC	33.99	56	☑
6	33	Laura Douglas	City of Manchester	22.21				6	22	Faye Calvert	City of Liverpool	33.86	55	☑
7	55	Emma Beardmore	Marshall Milton Keynes	18.92				7	88	Jo Botwright	W.S.E. & H	31.24		☑
8								8	77	Rachel Gair	Trafford AC	23.64		
<b><u>Women's Javelin A</u></b>														
1	3	Laura Whittingham	City of Manchester	48.37		152	☑	1	6	Lucy Boggis	Shaftesbury B.H.	39.48	96	☑
2	66	Louise Watton	Shaftesbury B.H.	46.69		141	☑	2	88	Laura McGawn	W.S.E. & H	36.73	79	☑
3	8	Rosie Semenytsch	W.S.E. & H	46.07		137	☑	3	1	Bev Hawkins	Birchfield	33.72	60	☑
4	11	Louise Hazel	Birchfield	39.86		99	☑	4	7	Louise Wood	Trafford AC	29.68		
5	5	Sadie Watts	Marshall Milton Keynes	35.87		74	☑	5	44	Wendy Davidson	Edinburgh AC	23.96		
6	77	Chloe Beckett	Trafford AC	32.33		52	☑	6	33	Laura Douglas	City of Manchester	22.21		
7	4	Nicola Falconer	Edinburgh AC	30.56			☑	7	55	Emma Beardmore	Marshall Milton Keynes	18.92		
8	22	Amie Kevan	City of Liverpool	29.66				8						
<b><u>Women's Javelin B</u></b>														
1	6	Lucy Boggis	Shaftesbury B.H.	39.48		96	☑	1	6	Lucy Boggis	Shaftesbury B.H.	39.48	96	☑
2	88	Laura McGawn	W.S.E. & H	36.73		79	☑	2	88	Laura McGawn	W.S.E. & H	36.73	79	☑
3	1	Bev Hawkins	Birchfield	33.72		60	☑	3	1	Bev Hawkins	Birchfield	33.72	60	☑
4	7	Louise Wood	Trafford AC	29.68				4	7	Louise Wood	Trafford AC	29.68		
5	44	Wendy Davidson	Edinburgh AC	23.96				5	44	Wendy Davidson	Edinburgh AC	23.96		
6	33	Laura Douglas	City of Manchester	22.21				6	33	Laura Douglas	City of Manchester	22.21		
7	55	Emma Beardmore	Marshall Milton Keynes	18.92				7	55	Emma Beardmore	Marshall Milton Keynes	18.92		
8								8						

National Division 1 - Cophthall

1 August 2009

Women's Shot Putt A

	Perf	Record	Wind	UKA	AW	
1	1	Eden Francis	Birchfield	15.54	160	☑
2	3	Rebecca Peake	City of Manchester	15.20	154	☑
3	6	Trecia Smith	Shaftesbury B.H.	12.99	109	☑
4	4	Hannah Evenden	Edinburgh AC	12.87	107	☑
5	7	Chloe Beckett	Trafford AC	11.87	87	☑
6	88	Bola Ogun	W.S.E. & H	11.58	81	☑
7	2	Gemma Llewellyn	City of Liverpool	10.88	67	☑
8	55	Andrea Jenkins	Marshall Milton Keynes	10.55	61	☑

Women's Shot Putt B

	Perf	Wind	UKA	AW		
1	33	Alison Rodger	City of Manchester	15.01	150	☑
2	11	Louise Hazel	Birchfield	11.79	85	☑
3	77	Lydia Chamberlain	Trafford AC	11.02	70	☑
4	66	Kirsty Law	Shaftesbury B.H.	10.63	62	☑
5	8	Jenny Scott	W.S.E. & H	9.98		
6	5	Emma Beals	Marshall Milton Keynes	9.88		
7	22	Faye Calvert	City of Liverpool	9.63		
8	44	Susan McKelvie	Edinburgh AC	8.85		

Women's Long Jump A

	Perf	Wind	UKA	AW			
1	8	Sarah Wellstead	W.S.E. & H	6.00	+1.2	137	☑
2	6	Nadia Williams	Shaftesbury B.H.	5.97	+0.8	133	☑
3	1	Henrietta Paxton	Birchfield	5.79	+2.6	111	☑
4	3	Claire Linskill	City of Manchester	5.64	+1.8	92	☑
5	44	Sarah Warnock	Edinburgh AC	5.54	+1.8	80	☑
6	7	Lydia Chamberlain	Trafford AC	5.43	+2.4	66	☑
7	2	Sally Peake	City of Liverpool	5.32	+2.1	52	☑
8	5	Katryna Hardcastle	Marshall Milton Keynes	4.86	+1.6		

Women's Long Jump B

	Perf	Wind	UKA	AW			
1	66	Taneisha Robinson Scanlon	Shaftesbury B.H.	5.64	+0.9	92	☑
2	33	Katia Lannon	City of Manchester	5.41	+0.6	63	☑
3	88	Amy Quelch	W.S.E. & H	5.39	+2.4	61	☑
4	77	Eleanor Markenda;e	Trafford AC	5.39	+1.0	61	☑
5	4	Lisa Ferguson	Edinburgh AC	5.39	+1.0	61	☑
6	11	Karina Jakovenko	Birchfield	5.20	+1.9		☑
7	22	Sophie Bell - Morgan	City of Liverpool	4.01	+1.1		
8							

Women's Triple Jump A

	Perf	Wind	UKA	AW			
1	6	Trecia Smith	Shaftesbury B.H.	13.72	+2.7	198	☑
2	3	Claire Linskill	City of Manchester	12.55	+3.0	140	☑
3	8	Shakira Whight	W.S.E. & H	12.18	+3.9	121	☑
4	1	Denae Matthew	Birchfield	12.09	+1.9	117	☑
5	44	Sarah Warnock	Edinburgh AC	11.54	+3.0	89	☑
6	5	Rachel Gibbens	Marshall Milton Keynes	10.37	+0.5		☑
7	7	Eleanor Markenda;e	Trafford AC	10.12	+2.3		☑
8	2	Kathryn Dunn	City of Liverpool	9.80	+2.7		

Women's Triple Jump B

	Perf	Wind	UKA	AW			
1	66	Nadia Williams	Shaftesbury B.H.	12.28	+1.1	126	☑
2	4	Jayne Nisbet	Edinburgh AC	11.27	+4.6	76	☑
3	33	Helen Taylor	City of Manchester	10.85	+2.8	55	☑
4	88	Frances Smithson	W.S.E. & H	10.37	+3.5		☑
5	77	Leanne Brown	Trafford AC	9.04	+1.8		
6	55	Katryna Hardcastle	Marshall Milton Keynes	8.39	+1.1		
7							
8							

Women's High Jump A

	Perf	UKA	AW			
1	11	Vicky Hubbard	Birchfield	1.86	200	☑
2	6	Eloise Newman	Shaftesbury B.H.	1.75	145	☑
3	7	Kay Humberstone	Trafford AC	1.75	145	☑
4	4	Jayne Nisbet	Edinburgh AC	1.70	120	☑
5	8	Frances Smithson	W.S.E. & H	1.65	95	☑
6	2	Sophie Bell - Morgan	City of Liverpool	1.60	70	☑
7	33	Katia Lannon	City of Manchester	1.60	70	☑
8	5	Rachel Gibbens	Marshall Milton Keynes	1.55		☑

Women's High Jump B

	Perf	UKA	AW			
1	1	Jessica Leach	Birchfield	1.83	185	☑
2	77	Susan Moncrieff	Trafford AC	1.75	145	☑
3	66	Yamille Aldama	Shaftesbury B.H.	1.60	70	☑
4	88	Laura McGawn	W.S.E. & H	1.55		☑
5	22	Kathryn Dunn	City of Liverpool	1.50		
6	55	Chloe Walley	Marshall Milton Keynes	1.45		
7	3	Amy Regan	City of Manchester	1.45		
8	44	Claire Kennedy	Edinburgh AC	1.45		

Women's Pole Vault A

	Perf	Record	Wind	UKA	AW		
1	1	Henrietta Paxton	Birchfield	4.10	DR	195	☑
2	3	Abigail Haywood	City of Manchester	3.60		145	☑
3	55	Rachel Gibbens	Marshall Milton Keynes	3.60		145	☑
4	8	Sophie Upton	W.S.E. & H	3.50		135	☑
5	2	Sally Peake	City of Liverpool	3.40		125	☑
6	4	Claire Kennedy	Edinburgh AC	3.30		115	☑

Women's Pole Vault B

	Perf	UKA	AW			
1	11	Louise Butterworth	Birchfield	3.70	155	☑
2	5	Catherine Ogden	Marshall Milton Keynes	3.20	105	☑
3	33	Helen Taylor	City of Manchester	2.10		

Women's 4x100m Relay

	Perf	UKA	AW					
1	3	City of Manchester	Sara McGreavy	Lucy Evans	Kelly Massey	Shaunna Thompson	47.30	☑
2	1	Birchfield	Meghan Beesley	Melinda Cooksey	Karina Jakovenko	Bernice Wilson	47.72	☑
3	8	W.S.E. & H	Chinedu Monye	Laura McGawn	Shakira Whight	Laura Turner	47.92	☑
4	6	Shaftesbury B.H.	Nadia Williams	Taneisha Robinson Scanlon	Denise Gayle	Trecia Smith	48.39	☑
5	4	Edinburgh AC	Sarah Warnock	Louise Dickson	Lisa Ferguson	Stacey Downie	48.48	☑
6	2	City of Liverpool	Helen Asher	Emma Wakefield	Carmen Gedling	Ashley Helsby	49.52	☑
7	7	Trafford AC	Lydia Chamberlain	Eleanor Markenda;e	Kay Humberstone	Katie Flower	50.19	☑
8	5	Marshall Milton Keynes	Susan Tenga Tenga	Hannah Douglas	Katryna Hardcastle	Joey Duck	50.28	☑

# UK Women's Athletics League 2009



## National Division 1 - Cophthall

Perf Record Wind UKA AW 1 August 2009

Perf Wind UKA AW

### Women's 4x400m Relay

	Perf	Record	Wind	UKA	AW		Perf	Wind	UKA	AW	
1	1	Birchfield	Cally Read	Ese Okoro	Ejiro Okoro	Melinda Cooksey	03:44.61				<input checked="" type="checkbox"/>
2	8	W.S.E. & H	Emily Parker	Lesley Owusu	Christine Long	Dawn Hunt	03:45.00				<input checked="" type="checkbox"/>
3	2	City of Liverpool	Carmen Gedling	Helen Asher	Rachel Thompson	Vicky Griffiths	03:47.84				<input checked="" type="checkbox"/>
4	3	City of Manchester	Kelly Massey	Helen Taylor	Rebecca Sweeney	Amy Regan	03:50.18				<input checked="" type="checkbox"/>
5	4	Edinburgh AC	Wendy Davidson	Laura Peffers	Kathryn Evans	Stacey Downie	03:51.53				<input checked="" type="checkbox"/>
6	7	Trafford AC	Nisha Desai	Jo Dawes	Katie Flower	Lydia Chamberlain	03:54.14				<input checked="" type="checkbox"/>
7	5	Marshall Milton Keynes	Hannah Douglas	Lauren Cripps	Carly Scott	Joey Duck	04:08.49				<input checked="" type="checkbox"/>
8											

### MATCH RESULT

League Points

Match

1	Birchfield	8	203.0
2	City of Manchester	7	195.0
3	Windsor S,E & H	6	184.0
4	Shaftesbury Barnet	5	172.0
5	Edinburgh	4	156.0
6	Trafford	3	121.0
7	City of Liverpool	2	116.0
8	Milton Keynes	1	109.0

### STANDINGS

League Points

Match

1	City of Manchester	23	603.0
2	Birchfield	21	559.0
3	Windsor S,E & H	17	531.0
4	Edinburgh	14	487.0
5	Shaftesbury Barnet	13	481.0
6	Trafford	11	430.0
7	Milton Keynes	5	355.0
8	City of Liverpool	4	320.0

### 100m Non Scoring

Wind=

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

### 400m Hurdles Non Scoring

1 Caroline Healey WSE&h 66.5

2

### Pole vault Non Scoring

1