

UK Women's Athletics League - Division 3
Fixture One - Bedford
3 June 2006

	Team	Score
1	Belgrave Harriers	199.5
2	Marshall Milton Keynes	189.5
3	Blackheath & Bromley	176
4	Coventry Godiva Harriers	154
5	Aldershot, Farnham & District	120
6	Newport Harriers	118.5
7	City of Norwich	106.5
8	Newham & Essex Beagles	79

100m A		Wind speed:	2.9	UK pts	
1	Rozelle Cavaciuti	Newport Harriers	11.88	9	148
2	Joey Duck	Marshall Milton Keynes	11.90	7	145
3	Katy Benneworth	Blackheath & Bromley	11.97	6	134
4	Karen Oughton	Coventry Godiva Harriers	12.36	5	76
5	Jennifer Culley	Belgrave Harriers	12.41	4	68
6	Leandra Polius	Newham & Essex Beagles	12.59	3	41
7	Carole Filer	City of Norwich	14.31	2	0
8				1	

100m B		Wind speed:	1.8		
1	Anike Shand-Whittingham	Blackheath & Bromley	12.14	9	109
2	Natalie Jowett	Marshall Milton Keynes	12.29	7	86
3	Zoe Llewellyn	Newport Harriers	12.75	6	17
4	Daveen Thomas	Newham & Essex Beagles	13.06	5	0
5	Katrina Evridge	Belgrave Harriers	13.18	4	0
6				3	
7				2	
8				1	

200m A		Wind speed:	3.2		
1	Joey Duck	Marshall Milton Keynes	24.20	9	143
2	Rozelle Cavaciuti	Newport Harriers	24.45	7	126
3	Kara Graham	Newham & Essex Beagles	25.12	6	82
4	Jennifer Culley	Belgrave Harriers	25.27	5	72
5	Karen Oughton	Coventry Godiva Harriers	25.59	4	50
6	Vicki Cole	Blackheath & Bromley	25.63	3	48
7	Louise Douglass	Aldershot, Farnham & D	27.14	2	0
8	Esther Hope	City of Norwich	30.13	1	0

200m B		Wind speed:	1.3	1670	
1	Natalie Jowett	Marshall Milton Keynes	25.55	9	53
2	Laura Lancowski	Coventry Godiva Harriers	25.82	7	35
3	Sam Singer	Blackheath & Bromley	25.92	6	28
4	Emma Plow	Newport Harriers	26.38	5	0
5	Chrissie Foster	Belgrave Harriers	26.55	4	0
6	Clementine Adams	Aldershot, Farnham & D	27.13	3	0
7	Carley Rose	City of Norwich	29.00	2	0
8				1	

400m A

1	Laura Lancowski	Coventry Godiva Harriers	56.67	9	95
2	Kristina Osipova	Newham & Essex Beagles	56.92	7	89
3	Rebecca Williams	Newport Harriers	57.81	6	67
4	Bella Clayton	Blackheath & Bromley	58.46	5	51
5	Clare Robinson	Belgrave Harriers	58.65	4	46
6	Claire Everett	City of Norwich	58.99	3	37
7	Clementine Adams	Aldershot, Farnham & D	59.64	2	21
8	Charlotte Bishop	Marshall Milton Keynes	66.54	1	0

400m B

1	Stephanie Twell	Aldershot, Farnham & D	58.19	9	57
2	Rebecca Syrocki	Blackheath & Bromley	59.10	7	35
3	Emma Williams	Coventry Godiva Harriers	59.20	6	32
4	Zoe Llewellyn	Newport Harriers	61.50	5	0
5	Sarah Gailey	Belgrave Harriers	62.04	4	0
6	Carly Scott	Marshall Milton Keynes	63.60	3	0
7				2	
8				1	

800m A

1	Stephanie Twell	Aldershot, Farnham & D	2:09.06	9	129
2	Bella Clayton	Blackheath & Bromley	2:12.80	7	91
3	Clare Robinson	Belgrave Harriers	2:13.73	6	82
4	Gemma Marrs	Coventry Godiva Harriers	2:16.27	5	57
5	Rhianne Jones	Newport Harriers	2:17.88	4	41
6	Carly Scott	Marshall Milton Keynes	2:20.01	3	19
7	Catherine Dudbridge	Newham & Essex Beagles	2:25.22	2	0
8	Carley Rose	City of Norwich	2:30.23	1	0

800m B

1	Emma Pallant	Aldershot, Farnham & D	2:15.15	9	68
2	Sarah Hayward	Coventry Godiva Harriers	2:16.33	7	56
3	Chrissie Foster	Belgrave Harriers	2:21.39	6	6
4	Esther Hope	City of Norwich	2:24.70	5	0
5	Zoe Whitten	Marshall Milton Keynes	2:31.83	4	0
6	Ella Fisher	Blackheath & Bromley	2:34.32	3	0
7	Nicola Barnes	Newham & Essex Beagles	dnf		0
8				1	

1500m A

1	Ruth Senior	City of Norwich	4:33.71	9	81
2	Emily Adams	Aldershot, Farnham & D	4:35.23	7	73
3	Catherine Bryson	Belgrave Harriers	4:39.04	6	54
4	Sarah Hayward	Coventry Godiva Harriers	4:39.32	5	53
5	Charlie Gaspar	Marshall Milton Keynes	4:46.68	4	16
6	Rhianne Jones	Newport Harriers	5:10.89	3	0
7				2	
8				1	

1500m B

1	Emily Clarke	City of Norwich	4:41.54	9	42
2	Caroline Shanklyn	Belgrave Harriers	4:42.25	7	38
3	Kim McBride	Marshall Milton Keynes	4:54.10	6	0

4	Rebecca Charlton	Coventry Godiva Harriers	5:35.12	5	0
5				4	
6				3	
7				2	
8				1	

3000m A

1	Michelle Lee	Marshall Milton Keynes	9:44.84	9	125
2	Zara Hyde-Peters	Coventry Godiva Harriers	9:55.39	7	107
3	Ruth Proctor	City of Norwich	9:57.79	6	103
4	Andrea Woodvine	Aldershot, Farnham & D	10:00.90	5	98
5	Sarah Murphy	Belgrave Harriers	10:41.83	4	30
6	Bryony Proctor	Blackheath & Bromley	10:53.02	3	11
7	Adele Stach-Kevitz	Newham & Essex Beagles	12:10.36	2	0
8				1	

3000m B

1	Stacey Preston	Aldershot, Farnham & D	10:11.82	9	80
2	Imogen Thornburgh	Marshall Milton Keynes	10:39.33	7	34
3	Sian Pritchard	Coventry Godiva Harriers	10:57.50	6	4
4	Nicole Alford	City of Norwich	11:09.22	5	0
5	Louise Cooper	Belgrave Harriers	11:46.14	4	0
6				3	
7				2	
8				1	

100m Hurdles A

Wind speed:

2.3

1	Hannah Stares	Belgrave Harriers	14.53	9	118
2	Jenny Truelove	Marshall Milton Keynes	15.43	7	58
3	Becky Slaymaker	Newport Harriers	15.77	6	35
4	Jo Wood	Blackheath & Bromley	17.67	5	0
5	Sarah Calcott	Coventry Godiva Harriers	18.96	4	0
6				3	
7				2	
8				1	

100m Hurdles B

Wind speed:

2.3

1	Rachel Gibbens	Marshall Milton Keynes	15.64	9	44
2	Jessica Leach	Coventry Godiva Harriers	17.05	7	0
3	Christine Bertrum	Belgrave Harriers	18.58	6	0
4				5	
5				4	
6				3	
7				2	
8				1	

400m Hurdles A

1	Hannah Stares	Belgrave Harriers	61.11	9	137
2	Lindsay Fitzgerald	Newport Harriers	62.56	7	108
3	Clare Cooper	Blackheath & Bromley	62.62	6	107
4	Niki Densley	Aldershot, Farnham & D	64.78	5	64
5	Lil Waters	Coventry Godiva Harriers	70.55	4	0
6	Ruth Senior	City of Norwich	71.67	3	0
7	Sue Newberry	Marshall Milton Keynes	73.31	2	0

8				1	
---	--	--	--	---	--

400m Hurdles B

1	Louise Douglass	Aldershot, Farnham & D	65.10	9	58
2	Sarah Calcott	Coventry Godiva Harriers	68.86	7	0
3	Becky Williams	Marshall Milton Keynes	72.13	6	0
4	Vicki Goodwin	Belgrave Harriers	73.07	5	0
5	Jo Wood	Blackheath & Bromley	75.43	4	0
6				3	
7				2	
8				1	

High Jump A

1	Julia Bennett	Newham & Essex Beagles	1.75	9	145
2	Jessica Leach	Coventry Godiva Harriers	1.75	7	145
=3	Claire Everett	City of Norwich	1.60	5.5	70
=3	Rozelle Cavaciuti	Newport Harriers	1.60	5.5	70
5	Jenny Truelove	Marshall Milton Keynes	1.55	4	45
6	Hannah Stares	Belgrave Harriers	1.55	3	45
7	Sandra Alaneme	Blackheath & Bromley	1.30	2	0
8				1	

High Jump B

1	Aneska Binks	Coventry Godiva Harriers	1.55	9	45
=2	Michelle Nestor	Belgrave Harriers	1.50	6.5	20
=2	Sophie Gibbens	Marshall Milton Keynes	1.50	6.5	20
4	Carole Filer	City of Norwich	1.35	5	0
5	Rebecca Williams	Newport Harriers	1.30	4	0
6				3	
7				2	
8				1	

Pole Vault A

1	Janine Whitlock	Belgrave Harriers	4.15	9	205
2	Liz Hughes	Blackheath & Bromley	3.60	7	150
3	Bryony Gibbens	Marshall Milton Keynes	2.90	6	80
4	Melissa Strevens	Newham & Essex Beagles	2.30	5	20
5				4	
6				3	
7				2	
8				1	

Pole Vault B

1	Jenny Searle	Belgrave Harriers	2.50	9	40
2				7	
3				6	
4				5	
5				4	
6				3	
7				2	
8				1	

Long Jump A

1	Sarah Rossiter	Newport Harriers	6.07	9	147
2	Sarah Wellstead	Belgrave Harriers	5.88	7	128

Wind
3.4
1.3

3	Katy Benneworth	Blackheath & Bromley	5.88	6	128	1.3
4	Julia Bennett	Newham & Essex Beagles	5.70	5	110	2.7
5	Cathryn Jones	Coventry Godiva Harriers	5.32	4	72	2.0
6	Niki Densley	Aldershot, Farnham & D	5.10	3	50	3.0
7	Jenny Truelove	Marshall Milton Keynes	5.00	2	40	1.3
8	Carole Filer	City of Norwich	4.80	1	20	3.6

Long Jump B

1	Leandra Polius	Newham & Essex Beagles	5.41	9	81	-0.5
2	Katrina Evridge	Belgrave Harriers	5.37	7	77	1.8
3	Jade Castell-Thomas	Blackheath & Bromley	4.99	6	39	2.0
4	Harriet Abbiss	Aldershot, Farnham & D	4.88	5	28	2.4
5	Rachel Gibbens	Marshall Milton Keynes	4.68	4	8	2.0
6	Rhianne Jones	Newport Harriers	3.08	3	0	1.1
7				2		
8				1		

Triple Jump A

1	Sandra Alaneme	Blackheath & Bromley	12.35	9	142	4.8
2	Sarah Wellstead	Belgrave Harriers	11.82	7	120	2.8
3	Sarah Rossiter	Newport Harriers	11.06	6	90	-0.2
4	Rachel Gibbens	Marshall Milton Keynes	10.87	5	82	-0.6
5	Cathryn Jones	Coventry Godiva Harriers	10.78	4	79	3.6
6	Niki Densley	Aldershot, Farnham & D	9.81	3	40	2.3
7	Sally Ash	City of Norwich	9.60	2	32	1.4
8				1		

Triple Jump B

1	Michelle Nestor	Belgrave Harriers	11.06	9	90	3.9
2	Jade Castell-Thomas	Blackheath & Bromley	10.89	7	83	1.9
3	Becky Griffin	Marshall Milton Keynes	9.71	6	36	1.9
4	Harriet Abbiss	Aldershot, Farnham & D	9.53	5	29	2.0
5	Anna Rowland	City of Norwich	8.63	4	0	2.9
6	Sarah Calcott	Coventry Godiva Harriers	8.49	3	0	1.6
7	Becky slaymaker	Newport Harriers	7.86	2	0	2.2
8				1		

Shot Putt A

1	Carol Parker	Coventry Godiva Harriers	12.57	9	121
2	Claire Everett	City of Norwich	12.03	7	110
3	Emma Beales	Marshall Milton Keynes	11.46	6	99
4	Julia Bennett	Newham & Essex Beagles	11.11	5	92
5	Sandra Alaneme	Blackheath & Bromley	10.73	4	84
6	Katrina Evridge	Belgrave Harriers	9.90	3	68
7	Becky Slaymaker	Newport Harriers	8.89	2	47
8	Lynsey Knott	Aldershot, Farnham & D	8.84	1	46

Shot Putt B

1	Liz Hughes	Blackheath & Bromley	10.71	9	84
2	Cathy Goddard	Marshall Milton Keynes	9.93	7	68
3	Aneska Binks	Coventry Godiva Harriers	8.47	6	39
4	Laura Seaman	City of Norwich	8.22	5	34
5	Christine Bertrum	Belgrave Harriers	8.16	4	33
6	Rachel Fraser	Aldershot, Farnham & D	7.26	3	15

7	Alice Simmons	Newport Harriers	7.15	2	13
8	Lesley Richardson	Newham & Essex Beagles	6.28	1	0

Discus A

1	Emma Beales	Marshall Milton Keynes	44.89	9	129
2	Jade Lalley	Belgrave Harriers	42.10	7	115
3	Carol Parker	Coventry Godiva Harriers	36.55	6	87
4	Lynsey Knott	Aldershot, Farnham & D	35.14	5	80
5	Laura Seaman	City of Norwich	33.32	4	71
6	Rachel Blackie	Blackheath & Bromley	30.43	3	57
7	Alice Simmons	Newport Harriers	22.45	2	17
8	Adele Stach-Kevitz	Newham & Essex Beagles	17.90	1	0

Discus B

1	Andrea Jenkins	Marshall Milton Keynes	36.65	9	88
2	Diana Holden	Belgrave Harriers	32.80	7	69
3	Olivia Birkett	City of Norwich	22.99	6	19
4	Victoria Thomas	Blackheath & Bromley	22.81	5	19
5	Rachel Fraser	Aldershot, Farnham & D	19.07	4	0
6	Jenna Lander	Coventry Godiva Harriers	18.20	3	0
7	Melissa Strevens	Newham & Essex Beagles	14.51	2	0
8	Lisa Boswell	Newport Harriers	13.83	1	0

Hammer A

1	Rachel Blackie	Blackheath & Bromley	53.44	9	152
2	Diana Holden	Belgrave Harriers	48.22	7	126
3	Andrea Jenkins	Marshall Milton Keynes	45.22	6	111
4	Rachel Fraser	Aldershot, Farnham & D	36.84	5	69
5	Megan Boon	City of Norwich	36.60	4	68
6	Jenna Lander	Coventry Godiva Harriers	33.43	3	52
7	Alice Simmons	Newport Harriers	26.38	2	16
8	Adele Stach-Kevitz	Newham & Essex Beagles	26.03	1	15

Hammer B

1	Victoria Thomas	Blackheath & Bromley	53.17	9	150
2	Jean Harry	Marshall Milton Keynes	40.03	7	85
3	Olivia Birkett	City of Norwich	35.88	6	64
4	Lynsey Knott	Aldershot, Farnham & D	30.30	5	36
5	Carol Parker	Coventry Godiva Harriers	29.29	4	31
6	Gail Porter	Belgrave Harriers	23.35	3	1
7	Lisa Boswell	Newport Harriers	22.52	2	0
8	Lesley Richardson	Newham & Essex Beagles	14.39	1	0

Javelin A

1	Christine Lawrence	Blackheath & Bromley	41.22	9	121
2	Emma Beales	Marshall Milton Keynes	32.98	7	79
3	Karen Bennett	Aldershot, Farnham & D	30.65	6	68
4	Christine Bertrum	Belgrave Harriers	29.21	5	61
5	Laura Seaman	City of Norwich	28.33	4	56
6	Lisa Boswell	Newport Harriers	26.12	3	45
7	Dawn Wright	Coventry Godiva Harriers	19.70	2	13
8	Daveen Thomas	Newham & Essex Beagles	16.89	1	0

Javelin B

1	Jade Dodd	Blackheath & Bromley	39.72	9	113
---	-----------	----------------------	-------	---	-----

2	Gail Porter	Belgrave Harriers	27.64	7	53
3	Cathy Goddard	Marshall Milton Keynes	24.20	6	36
4	Olivia Birkett	City of Norwich	18.43	5	7
5	Zoe Llewellyn	Newport Harriers	13.04	4	0
6	Lesley Richardson	Newham & Essex Beagles	12.98	3	0
7				2	
8				1	

4x100m

1	Blackheath & Bromley		48.35	9
2	Belgrave Harriers		48.93	7
3	Newport Harriers		49.38	6
4	Newham & Essex Beagles		49.59	5
5	Marshall Milton Keynes		49.83	4
6	Aldershot, Farnham & D		51.35	3
7	Coventry Godiva Harriers		51.72	2
8	City of Norwich		61.52	1

4x400m

1	Blackheath & Bromley		3:55.95	9
2	Newport Harriers		3:56.86	7
3	Newham & Essex Beagles		3:57.02	6
4	Belgrave Harriers		3:58.78	5
5	Coventry Godiva Harriers		4:00.29	4
6	Aldershot, Farnham & D		4:01.04	3
7	Marshall Milton Keynes		4:18.75	2
8	City of Norwich		4:20.35	1