

UKWAL Div 4

'A' string

100m

1	Janette Nicholls	Thames Valley	12.1
2	Christal Robinson	Enfield & Har	12.6
3	Clare Welch	Medway	12.8
4	Ciaran Andrews	Herts Pheonix	12.9
5	Paula Woodland	Radley AC	13.0
6	Laura Gibson	City of Stoke AC	13.3
7	Rebecca Paine	Ashford AC	13.8
8			

'B' string

100m

1	Hayley Jane Cone	Thames Valley	12.3
2	Lindsey Christie	Medway	12.4
3	Rachel Telfer	Enfield & Har	12.8
4	Jade Fofana	Ashford AC	13.3
5	Zoe Delaney	Herts Pheonix	13.3
6	Victoria Consterdine	City of Stoke AC	13.4
7	Lyn Ahmet	Radley AC	14.7
8			

200m

1	Janette Nicholls	Thames Valley	25.1
2	Christal Robinson	Enfield & Har	25.6
3	Laura Jones	Herts Pheonix	25.7
4	Hannah Biddiss	Medway	26.7
5	Rebecca Paine	Ashford AC	27.3
6	Laura Gibson	City of Stoke AC	27.7
7	Lyn Ahmet	Radley AC	31.2
8			

200m

1	Emma Jackson	City of Stoke AC	25.6
2	Lindsey Christie	Medway	25.6
3	Davinia Houston	Enfield & Har	26.2
4	Natasha Edwards	Thames Valley	26.9
5	Jade Fofana	Ashford AC	27.7
6	Zoe Delaney	Herts Pheonix	27.8
7			
8			

400m

1	Haley Wills	Herts Pheonix	57.3
2	Karolin Tsarski	Thames Valley	58.4
3	Hannah Biddiss	Medway	61.1
4	Victoria Consterdine	City of Stoke AC	63.0
5	Candy Hawkins	Ashford AC	63.3
6	Michelle McNamara	Enfield & Har	63.8
7			
8			

400m

1	Helen Edmunsden	Thames Valley	59.1
2	Nikki Brady	City of Stoke AC	59.8
3	Christina Silva	Herts Pheonix	60.3
4	Jana Rieck	Ashford AC	63.1
5	Lesley Hopkins	Enfield & Har	64.1
6	Dawn Copping	Medway	73.2
7			
8			

800m

1	Emma Jackson	City of Stoke AC	2.09.4
2	Hayley Wills	Herts Pheonix	2.14.3
3	Jenny Harnett	Medway	2.14.7
4	Lois Bowles	Enfield & Har	2.17.6
5	Candy Hawkins	Ashford AC	2.23.4
6			
7			
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800m

1	Emma Grant	Thames Valley	2.19.8
2	Rachel Jablonski	City of Stoke AC	2.22.1
3	Amanda Jukes	Ashford AC	2.23.2
4	Sharon McHugh	Enfield & Har	2.31.8
5	Emma Kavangh	Herts Pheonix	3.16.4
6			
7			
8			

1500m

1	Jenny Harnett	Medway	4.43.8
2	Elizabeth Ogunde	Thames Valley	4.44.2
3	Lois Bowles	Enfield & Har	4.46.0
4	Clare Booker	City of Stoke AC	4.46.4
5	Lorna King	Radley AC	4.51.9
6	Nikki Silva	Herts Pheonix	5.18.4
7	Lesley Hall	Ashford AC	5.41.0
8			

1500m

1	Emma Grant	Thames Valley	4.47.6
2	Michelle Cope	City of Stoke AC	4.50.2
3	Helcha Simkova	Medway	5.04.2
4	Sharon McHugh	Enfield & Har	5.12.3
5	Amanda Jukes	Ashford AC	5.45.5
6	Clare Marsh	Herts Pheonix	7.18.9
7			
8			

3000m

1	Liz Muggeridge	Enfield & Har	9.41.6
2	Michelle Cope	City of Stoke AC	9.42.9
3	Helcha Simkova	Medway	10.34.6
4	Nikki Silva	Herts Pheonix	11.27.2
5	Lesley Hall	Ashford AC	11.38.6
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3000m

1	Sophie Allcock	City of Stoke AC	11.14.5
2	Leah Howard	Ashford AC	13.21.4
3	Clare Marsh	Herts Pheonix	15.34.9
4			
5			
6			
7			
8			

'A' string

'B' string

100mH

1	Angie Broadbelt	Thames Valley	14.5
2	Lucy Boggas	Radley AC	14.6
3	Ciaran Andrews	Herts Pheonix	15.6
4	Sophie Copping	Medway	17.9
5	Emma Rowley	Enfield & Har	18.7
6			
7			
8			

100mH

1	Laura Jones	Herts Pheonix	15.1
2	Isaura Johnston	Thames Valley	18.3
3	Regina Hewlett	Enfield & Har	18.9
4			
5			
6			
7			
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400mH

1	Angie Broadbelt	Thames Valley	62.9
2	Christina Silva	Herts Pheonix	63.4
3	Paula Woodland	Radley AC	66.0
4	Jana Rieck	Ashford AC	68.5
5	Sophie Copping	Medway	70.6
6	Emma Rowley	Enfield & Har	71.4
7			
8			

400mH

1	Rachel Christie	Thames Valley	68.8
2	Emma Kavangh	Herts Pheonix	68.9
3	Regina Hewlett	Enfield & Har	74.7
4	Sam Molyneux	Radley AC	75.2
5	Leah Howard	Ashford AC	80.1
6			
7			
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Long Jump

1	Hayley Jane Cone	Thames Valley	5.53
2	Tanine Nicholas	Enfield & Har	5.49
3	Nikki Brady	City of Stoke AC	5.40
4	Angela Gibbs	Medway	4.89
5	Natalie Farman	Herts Pheonix	4.89
6	Rebecca Paine	Ashford AC	3.93
7			
8			

Long Jump

1	Davinia Houston	Enfield & Har	5.41
2	Maurine Okwu	Thames Valley	5.18
3	Victoria Consterdine	City of Stoke AC	5.12
4	Ciaran Andrews	Herts Pheonix	4.88
5	Clare Welch	Medway	4.65
6	Amand Jukes	Ashford AC	3.63
7			
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High Jump

1	Natalie Farman	Herts Pheonix	1.58
2	Nikki Brady	City of Stoke AC	1.55
3	Sam Molyneux	Radley AC	1.50
4	Gemma Dowsett	Medway	1.50
5	Jenny Brown	Ashford AC	1.50
6	Helen Edmundsen	Thames Valley	1.50
7	Tanine Nicholas	Enfield & Har	1.40
8			

High Jump

1	Emma Kavangh	Herts Pheonix	1.50
2	Rachel Christie	Thames Valley	1.45
3	Sophie Copping	Medway	1.45
4	Rachel Brenton	Radley AC	1.30
5	Rachel Jablonski	City of Stoke AC	1.25
6	Regina Hewlett	Enfield & Har	1.25
7			
8			

Triple Jump

1	Rachel Brenton	Radley AC	12.80
2	Angela Barrett	Thames Valley	12.05
3	Tanine Nicholas	Enfield & Har	11.95
4	Angela Gibbs	Medway	11.16
5	Jenny Brown	Ashford AC	9.78
6	Zoe Delaney	Herts Pheonix	9.10
7			
8			

Triple Jump

1	Maurine Okwu	Thames Valley	11.50
2	Amy Elston	Enfield & Har	10.44
3	Gemma Dowsett	Medway	9.62
4	Jana Rieck	Ashford AC	9.19
5	Lyn Ahmet	Radley AC	8.15
6	Haley Wills	Herts Pheonix	7.93
7			
8			

Pole Vault

1	Gemma Dowsett	Medway	3.30
2	Lizzy Yarnold	Ashford AC	2.50
3	Katie Moey	Enfield & Har	2.30
4			
5			
6			
7			
8			

Pole Vault

1	Kim Wayman	Enfield & Har	2.10
2			
3			
4			
5			
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7			
8			

Hammer

1	Ellisha Dee	Thames Valley	41.82
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Hammer

1	Evonne Jacobs	Enfield & Har	29.89
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2	Kate Morris	Medway	38.22	2	Justin Asare	Thames Valley	27.81
3	Evaun Williams	Enfield & Har	31.83	3	Dawn Copping	Medway	27.25
4	Stephanie Fuller	Herts Pheonix	29.35	4	Jade Fofana	Ashford AC	17.64
5	Alison George	City of Stoke AC	27.25	5	Rachel Jablonski	City of Stoke AC	16.10
6	Joanne Bradley	Ashford AC	24.17	6	Nikki Silva	Herts Pheonix	11.24
7	Sam Ahmet	Radley AC	19.70	7	Paula Woodland	Radley AC	5.66
8				8			

'A' string
Shot

1	Shelley Mclellan	Herts Pheonix	12.21
2	Kate Morris	Medway	10.71
3	Lizzy Yarnold	Ashford AC	10.71
4	Wendy Davidson	City of Stoke AC	10.29
5	Lucy Boggas	Radley AC	10.13
6	Sharifa Brown	Enfield & Har	8.09
7	Riquita Samuel	Thames Valley	6.79
8			

'B' string
Shot

1	Alison George	City of Stoke AC	9.26
2	Joanna Bradley	Ashford AC	8.96
3	Angela Gibbs	Medway	7.61
4	Lois Bowles	Enfield & Har	7.08
5	Sam Ahmet	Radley AC	5.89
6	Emma Grant	Thames Valley	5.80
7	Stephanie Fuller	Herts Pheonix	5.54
8			

Discus

1	Joanna Bradley	Ashford AC	38.57
2	Kate Morris	Medway	37.57
3	Ellisha Dee	Thames Valley	34.74
4	Sharifa Brown	Enfield & Har	30.46
5	Alison George	City of Stoke AC	25.35
6	Stephanie Fuller	Herts Pheonix	22.29
7	Sam Ahmet	Radley AC	14.15
8			

Discus

1	Evaun Williams	Enfield & Har	29.92
2	Leah Howard	Ashford AC	16.73
3	Riquita Samuel	Thames Valley	16.68
4	Christina Silva	Herts Pheonix	15.84
5	Liz Duffin	Medway	13.59
6	Clare Booker	City of Stoke AC	10.85
7			
8			

Javelin

1	Lucy Boggas	Radley AC	37.85
2	Lizzy Yarnold	Ashford AC	35.88
3	Natalie Allcock	City of Stoke AC	31.92
4	Natalie Farman	Herts Pheonix	30.85
5	Evaun Williams	Enfield & Har	29.05
6	Liz Duffin	Medway	28.26
7	Riquita Samuel	Thames Valley	27.40
8			

Javelin

1	Jenny Brown	Ashford AC	28.94
2	Sam Molyneux	Radley AC	27.98
3	Falicia Rudolfo	Enfield & Har	27.65
4	Laura Jones	Herts Pheonix	27.15
5	Charlotte Ward	City of Stoke AC	26.73
6	Dawn Copping	Medway	19.77
7	Angela Barrett	Thames Valley	18.50
8			

4x100m relay

1	TN,DH,RAW,CR	Enfield & Har	48.7
2	HJC,AB,HE,JN	Thames Valley	48.7
3	NF, ZD,LJ,CA	Herts Pheonix	50.8
4	LD,CW,LC,HB	Medway	51.9
5	JR,JF,LY,RP	Ashford AC	52.0
6	LG,NB,BC,RJ	City of Stoke AC	53.4
7	LA, LB, RB,PW	Radley AC	53.7
8			

4x400m relay

1	HE,RC,AB,KT	Thames Valley	4.00.6
2	EK,NS,CS,HW	Herts Pheonix	4.02.1
3	WD,EJ,NB,VC	City of Stoke AC	4.03.8
4	JH,HS,SC,HB	Medway	4.17.9
5	ER,LM,NW,MM	Enfield & Har	4.23.1
6	CH,AJ,JB,JR	Ashford AC	4.30.1
7			
8			