

UKWAL Div 2 Round:1

Cardiff, Leckwith Road, Sat 6 June 2009

## 100m A

1 A Shand-Whittingham	B&B 12.04
2 Anoma Sooriyaarchi	CDF 12.07
3 Ellena Ruddock	R&N 12.23
4 Lucy Onyeforo	E&H 12.28
5 Rachel Giwa	W&E 12.36
6 Hannah Jones	SWS 12.70
7 Becca Carrozzi	TSN 12.96
8 Sarah Smith	GSW 12.97

## 100m B

1 Torema Dorsett	U20 E&H 12.02
2 Vickie Cole	B&B 12.24
3 Azaria Francis	W&E 12.32
4 Sophie Wright	R&N 12.78
5 Hannah Williams	CDF 12.81
6 Caryl Granville	SWS 13.13
7 Emily Young	TSN 13.20
8 Jennifer Graham	GSW 14.54

## 200m A

Wind -0.8 m/s

1 A Shand-Whittingham	B&B 24.7
2 Torema Dorsett	U20 E&H 24.7
3 Anoma Sooriyaarchi	CDF 24.9
4 Sian Scott	TSN 25.1
5 Ellena Ruddock	R&N 25.4
6 Rachel Giwa	W&E 25.6
7 Hannah Jones	SWS 26.1
8 Sarah Smith	GSW 26.4

## 200m B

Wind +0.3 m/s

1 Vickie Cole	B&B 25.1
2 Rachel Telfer-James	E&H 25.4
3 Melanie Stephenson	CDF 25.6
4 Azaria Francis	W&E 25.8
5 Becca Carrozzi	TSN 25.9
6 Maria Thomas	GSW 26.8
7 Anwen Rees	SWS 27.1

## 400m A

1 Joanne Ryan	W&E 54.9
2 Rebecca Syrocki	B&B 55.8
3 Mary Iheke	U20 E&H 56.2
4 Maria Thomas	GSW 56.6
5 Rachael Lewington	TSN 57.1
6 Rhianne Jones	CDF 59.4
7 Trudy Davidson	R&N 61.0
8 Caroline Byng	SWS 62.9

## 400m B

1 Katie Skelding	W&E 56.8
2 Michelle McNamara	E&H 57.1
3 Amanda Jones	SWS 60.4
4 Sophie Wright	R&N 61.6
5 Danielle Price	CDF 62.0
6 Nicki Seal	TSN 63.4
7 Rebbecca Smith	B&B 67.1
8 Katie Horne	GSW 85.8

## 800m A

1 Jade Maclaren	GSW 2.13.78
2 Ceri Mitchel	TSN 2.13.90
3 Amanda Jones	SWS 2.14.83
4 Elaine Murty	B&B 2.16.06
5 Katherine Foy	W&E 2.16.57
6 Rhianne Jones	CDF 2.26.01
7 Angie Alstrachen	E&H 2.36.99

## 800m B

1 Louise Webb	TSN 2.15.20
2 Ruth Brereton	W&E 2.17.48
3 Lauren Regan	CDF 2.24.05
4 Sandra Branney	GSW 2.37.79
5 Elin Leyshon	SWS 2.44.07
6 Yvonne Jacobs	V35 E&H 4.10.65

## 1500m A

1 Ceri Mitchel	TSN 4.34.0
2 Bethan Strange	CDF 4.41.0
3 Rebecca Finch	GSW 4.42.5
4 Ellen Butler	SWS 4.43.3
5 Katherine Foy	W&E 4.50.8
6 Nikki Silva	E&H 4.55.6
7 Ella Fisher	B&B 5.02.4

## 1500m B

1 Louise Webb	TSN 4.35.9
2 Andrea Whitcombe	SWS 4.49.6
3 Rhian Daws	GSW 4.50.4
4 Vikki Jackson	CDF 5.09.4
5 Lauren Stewart	W&E 5.18.3
6 Kristy Wilson	E&H 6.01.7

## 3000m A

1 Josephine Moultrie	GSW 9.39.8
2 Andrea Whitcombe	SWS 10.01.3
3 Linda Jackson	W&E 10.13.0

## 3000m B

1 Lauren Stewart	W&E 10.31.7
2 Sandra Branney	GSW 10.43.3
3 Efa Llewellyn	SWS 11.37.1

100mH A	Wind -1.8 m/s	100mH B	Wind -0.8 m/s
1 Heather Jones	SWS 14.00	1 Karla Drew	TSN 14.61
2 Serita Solomon	B&B 14.31	2 Megan Southwart	B&B 15.67
3 Nusrat Ceessay	W&E 14.65	3 Emma Peters	CDF 15.90
4 Lucy Lougher	CDF 14.68	4 Chloe Gallaway	W&E 16.24
5 Grace Clements	TSN 15.37	5 Anwen Rees	SWS 17.00
6 Emma Rowley	E&H 15.84	6 Sally Hughes	E&H 17.25
7 Emma Cluley	R&N 17.20	7 Lucy Hodgkins	R&N 17.62
8 Heather Rankine	GSW 20.76	8 Louise Irvine	GSW 21.08
400mH A		400mH B	
1 Sian Scott	TSN 59.65	1 Tracey Duncan	W&E 60.81
2 Nusrat Ceessay	W&E 59.93	2 Becca Carrozzi	TSN 62.48
3 Anwen Rees	SWS 61.96	3 Lucy Lougher	CDF 62.49
4 Emma Peters	CDF 62.53	4 Sian Davies	SWS 63.58
5 Katrina Cosby	B&B 66.10	5 Megan Southwart	B&B 67.10
6 Kristy Wilson	E&H 68.25	6 Sally Hughes	E&H 77.34
7 Kerry Mann	GSW 76.51		
2000m Sc A		2000m Sc B	
1 Diana Kennedy	W&E 7.47.7	No competitors	
2 Rebecca Smith	B&B 8.26.9		
3 Sian Davies	SWS 8.35.1		
4 Angie Alstrachan	E&H 9.01.7		
Discus Throw A		Discus Throw B	
1 Shaunagh Brown	B&B 45.29	1 Elycia Metaxas-Belt	R&N 35.13
2 Emma Merry	R&N 42.07	2 Joanne Duncan	W&E 33.61
3 Debbie Callaway	TSN 40.67	3 Liz Hughes	B&B 28.32
4 Hollie Redman	W&E 40.01	4 Anna Stevens	TSN 27.44
5 Alison Hourihan	CDF 34.63	5 Stacey Wilson	GSW 25.06
6 Claire Cameron	GSW 30.55	6 Evaun Williams	V70 E&H 23.38
7 Sharifa Brown	E&H 29.61	7 Sally Hinds	SWS 22.37
8 Sara Richards	SWS 28.42		
Hammer Throw A		Hammer Throw B	
1 Lucy Marshall	W&E 48.55	1 Stacey Wilson	GSW 45.16
2 Katie Horne	GSW 46.56	2 Sarah Smith	W&E 45.04
3 Zoe Ash	R&N 41.65	3 Yvonne Jacobs	V35 E&H 27.86
4 Shaunagh Brown	B&B 38.90	4 Ayla Phillips	CDF 27.41
5 Alison Hourihan	CDF 33.34		
6 Evaun Williams	V70 E&H 29.54		
7 Anna Stevens	TSN 27.18		
8 Sarah McCoubrey	SWS 17.52		
High Jump A		High Jump B	
1 Pamela Hughes	B&B 1.70	1 Samantha Moodie	W&E 1.65
2 Karla Drew	TSN 1.65	2 Rachel Arnheim	B&B 1.45
3 Ayamba Akim	W&E 1.65	3 Margaret Adeoye	E&H 1.45
4 Ceri Stokoe	SWS 1.60	4 Angharad Randall	SWS 1.45
5 Lucy Hodgkins	R&N 1.60	5 Lucinda Logan	GSW 1.45
6 Emma Gulliver	CDF 1.55	6 Emma Peters	CDF 1.40
7 Louise Irvine	GSW 1.50	7 Emily Young	TSN 1.30
8 Samantha Molyneaux	E&H 1.50		

## Javelin Throw A

1 Sarah Ellis	TSN 41.17
2 Claire Williams	SWS 41.03
3 Samantha Cullinane	R&N 39.48
4 Emma Smith	W&E 38.33
5 Estelle Kagambeya	GSW 35.08
6 Samantha Molyneaux	E&H 29.38
7 Pamela Hughes	B&B 28.65
8 Elinor Lewis	CDF 14.54

## Javelin Throw B

1 Grace Clements	TSN 37.79
2 Chloe Galloway	W&E 29.24
3 Caryl Granville	SWS 27.31
4 Felicia Rudolfo	E&H 27.28
5 Louise Irvine	GSW 25.04
6 Zoe Ash	R&N 21.46
7 Lauren Regan	CDF 12.93

## Long Jump A

1 Grace Clements	TSN 5.56
2 Imogen Miles	CDF 5.30
3 Hannah Frankson	W&E 5.25
4 Imelda Morrison	SWS 5.09
5 Dee Bakre	U20 E&H 4.93
6 Lucinda Logan	GSW 4.75
7 Megan Southwart	B&B 4.62
8 Claire O'Reilly	R&N 4.57

## Long Jump B

1 Emily Young	TSN 4.87
2 Zainab Ceesay	W&E 4.84
3 Davinia Houston	E&H 4.78
4 Anna Leyshon	SWS 4.52
5 Isabel Ivy	B&B 4.42
6 Hannah Williams	CDF 4.30
7 Courtney Macguire	GSW 4.06
8 Emma Cluley	R&N 3.89

## Pole Vault A

1 Maria Seager	W&E 3.70
2 Jessica Abraham	CDF 3.30
3 Courtney Macguire	GSW 3.20
4 Isabel Ivy	B&B 3.10
5 Anna Leyshon	SWS 2.80
6 Katie Moey	E&H 2.70

## Pole Vault B

1 Louise Shortland	W&E 3.30
2 Hannah Abraham	CDF 3.20
3 Jennifer Graham	GSW 2.90
4 Izzy Krassimenou	E&H 2.30

## Shot Putt A

1 Rachel Wallader	R&N 14.44
2 Joanne Duncan	W&E 13.86
3 Shaunagh Brown	B&B 13.13
4 Sally Hinds	SWS 12.89
5 Debbie Callaway	TSN 10.65
6 Stacey Wilson	GSW 10.27
7 Ayla Phillips	CDF 10.19
8 Sharifa Brown	E&H 8.97

## Shot Putt B

1 Liz Hughes	B&B 9.89
2 Louise Marshall	W&E 9.52
3 Anna Stevens	TSN 8.85
4 Caryl Granville	SWS 8.75
5 Evaun Williams	V70 E&H 8.47
6 Emma Merry	R&N 8.26
7 Katie Horne	GSW 8.22
8 Elinor Lewis	CDF 6.70

## Triple Jump A

1 Sara Barry	CDF 12.75+1.6
2 Stephanie Aweto	W&E 12.61+1.5
3 Davinia Houston	E&H 11.72+0.5
4 Claire O'Reilly	R&N 11.67+1.5
5 Sian Davies	SWS 11.14+0.9
6 Isabel Ivy	B&B 10.23+2.2
7 Heather Rankine	GSW 7.98+0.7
8 Louise Webb	TSN 7.78+0.5

## Triple Jump B

1 Hannah Frankson	W&E 12.35+0.8
2 Dee Bakre	U20 E&H 11.53+2.3
3 Hannah Williams	CDF 9.56+1.6
4 Rachel Arnheim	B&B 9.34+0.7
5 Anna Leyshon	SWS 9.12+0.6
6 Ceri Mann	GSW 7.82+0.5
7 Nicki Seal	TSN 7.71+0.9

## 4x100M Relay

1 CDF 48.2	1 Hannah Williams	2 Anoma Sooriyaarchi	
	3 Lucy Lougher	4 Melanie Stephenson	
2 E&H 48.3	1 Mary Iheke	U20 2 Margaret Adeoye	
	3 Rachel Telfer-James	4 Torema Dorsett	U20
3 B&B 48.4	1 Vivkie Cole	2 Serita Solomon	
	3 Katrina Cosby	4 A Shand-Whittingham	
4 W&E 48.6	1 Katie Skelding	2 Azaria Francis	
	3 Joanne Ryan	4 Kitty Eleyae	
5 SWS 50.3	1 Hannah Jones	2 Sian Davies	

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<http://www.ukwal.org.uk/results/200...>

	3	Anna Leyshon	4	Heather Jones
6 TSN 51.2	1	Karla Drew	2	Nicki Seal
	3	Rachael Lewington	4	Sian Scott
7 GSW 53.9	1	Heather Rankine	2	Louise Irvine
	3	Lucinda Logan	4	Sarah Smith

4x400M Relay

1 TSN 3.53.8	1	Rachael Lewington	2	Ceri Mitchel
	3	Grace Clements	4	Sian Scott
2 E&H 3.55.4	1	Emma Rowley	2	Nikki Silva
	3	Mary Iheke	U20	4 Michelle McNamara
3 CDF 3.58.1	1	Danielle Price	2	Lucy Lougher
	3	Emma Peters	4	Rhianne Jones
4 W&E 4.01.5	1	Chloe Gallaway	2	Ruth Brereton
	3	Katie Skelding	4	Joanne Ryan
5 GSW 4.02.5	1	Josephine Moultrie	2	Rhian Daws
	3	Rebecca Finch	4	Maria Thomas
6 B&B 4.02.8	1	Elaine Murty	2	Isabel Ivy
	3	Megan Southwart	4	Rebecca Syrocki
7 SWS 4.13.8	1	Caroline Byng	2	Anna Leyshon
	3	Anwen Rees	4	Caryl Granville

MATCH RESULT

LEAGUE STANDINGS

	Event	Lge		Event	Lge
1	W&E 232	8	1	Woodford Grn & Essex Lds	232 8
2	TSN 166	7	2	Team Southampton	166 7
3	B&B 160	6	3	Blackheath & Bromley H&AC	160 6
4	CDF 152	5	4	Cardiff AC	152 5
5	E&H 148	4	5	Enfield & Haringey AC	148 4
6	SWS 147	3	6	Swansea Harriers	147 3
7	GSW 128	2	7	City of Glasgow AC	128 2
8	R&N 80	1	8	Rugby & Northampton AC	80 1

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Women's Non Scoring 100m

1	Senita Soloman	B&B 12.62
2	Kitty Eleyae	ABC 12.87
3	Chantelle Walker	SWS 13.26