

UKWL – Bedford – 3rd July
SENIOR WOMEN

Event	A String	B String
100m	Emily Newton – 12.41 (6)	Katy Seal – 13.03 (6)
200m	Becca Carozzi – 25.37 (7)	Emily Newton – 25.91 (4)
400m	Rhianna Parker-Simpson – 61.15 (4)	Nicki Seal – 61.14 (2)
800m	Jenny Beckingham (U20) – 2:11.83 (1)	Rhianna Parker-Simpson – 2:14.09 (2)
1500m	Ceri Mitchell – 4:34.05 (3)	Eleanor Alexander – 4:39.20 (1)
3000m	Nicci Blandford – 10:50.92 (8)	Hannah Coombs – 12:20.93 (8)
100mH		
400mH	Becca Carozzi – 63.63 (3)	Claire Gallant – 81.14 (6)
2000m Steeplechase		
High Jump		
Long Jump	Emily Newton – 5.39m (4)	Claire Gallant 4.08m (6)
Triple Jump	Claire Gallant – 8.75m (6)	Nicki Seal – 8.66m (6)
Pole Vault		
Shot	Anna Stevens (U20) – 9.18m (7)	Sarah Ellis – 8.71m (6)
Discus	Anna Stevens (U20) – 28.03m (8)	Becca Carozzi – 12.74m (8)
Hammer	Anna Stevens (U20) – 31.78m (6)	Jenny Beckingham – 6.01m (6)
Javelin	Sarah Ellis – 41.72m (3)	Katy Seal – 15.82m (7)
4x100m Relay	Jenny Beckingham, Nicki Seal, Katy Seal, Emily Newton – 51.17 (6)	
4x400m Relay	Becca Carozzi (58.4), Ceri Mitchell (61.1), Jenny Beckingham (60.5), Rhianna Parker-Simpson (60.0) – 4:00.00 (3)	

Match Result

Position	Team	Points
1	Cardiff AC	230
2	Enfield & Haringey	182
3	Bedford	173
4	Milton Keynes	171
5	Swansea	165
6	Wigan	149
7	Southampton AC	111
8	Liverpool	60