



UKWL – Connah’s Quay – 31st July

On Saturday 31st July, Southampton AC's Senior Women athletes made the long journey to Connah’s Quay, North Wales for the final match in the UK Women’s League. A win over rivals Wigan was needed to ensure they maintained their place in UKWL Division 1.

Southampton Athletic Club’s women achieved their aim in a hard fought match.

On a warm and humid day, with a gusty head wind the athlete’s pulled out a fantastic well balanced team performance with everyone contributing to the result and the great team spirit that was evident all day.

In less than ideal conditions, the Southampton AC athletes achieved 4 firsts, Grace Clements (A Long Jump, 5.74m and A Shot 12.48m), Jenny Beckingham (A 800m, 2:12.3) and Eleanor Alexander, (B 800m, 2:15.4): 4 second places with Karla Drew (B 100mH, 14.8), Emily Newton (B Long Jump, 5.27m), Aiya Abe (A 2000m Steeplechase, 7:29.8) and Millie Clifford (B 400mH, 65.3): 4 third places Grace Clements (A 100mH, 15.0), Emily Newton (B 200m, 26.5), Aiya Abe (B 1500m, 4:53.3) and Sarah Ellis (A Javelin, 41.71m)

There were 2 personal bests on the day; Nicci Blandford in the 3000m clipped nearly 5 seconds off her previous best, in a time of 10:36.1 and Eleanor Alexander in the 800m trimmed nearly a second off her previous best.

Team manager Tim Hall was thrilled with the team’s performance stating ‘It is always hard to field a strong team on these long trips, but I was very proud of the way the team stood up to be counted when it really mattered.

SENIOR WOMEN

Event	A String	B String
100m	Emily Newton –12.8 (7)	Anna Henden – 13.4 (7)
200m	Becca Carozzi – 26.2 (5)	Emily Newton – 26.5 (3)
400m	Millie Clifford (U20) – 59.2 (5)	Jenny Beckingham (U20) – 61.3 (4)
800m	Jenny Beckingham (U20) – 2:12.3 (1)	Eleanor Alexander – 2:15.4 (1)
1500m	Eleanor Alexander – 4:47.6 (4)	Aiya Abe – 4:53.3 (3)
3000m	Nicci Blandford – 10:36.1 (7)	Vicki Cronin – 12:01.0 (5)
100mH	Grace Clements – 15.0 (3)	Karla Drew – 14.8 (2)
400mH	Becca Carozzi – 62.3 (4)	Millie Clifford (U20) – 65.3 (2)
2000m Steeplechase	Aiya Abe – 7:29.8 (2)	
High Jump	Karla Drew – 1.60m (4=)	Claire Gallant – 1.30m (7)
Long Jump	Grace Clements – 5.74m (1)	Emily Newton 5.27m (2)
Triple Jump	Anna Henden – 9.67m (6)	Claire Gallant – 8.34m (5)
Pole Vault		
Shot	Grace Clements – 12.48m (1)	Anna Stevens (U20) – 8.64m (5)
Discus	Anna Stevens (U20) – 28.51m (7)	Sarah Ellis – 18.90m (7)
Hammer	Anna Stevens (U20) – 30.32m (7)	Sarah Ellis – 21.02m (6)
Javelin	Sarah Ellis – 41.71m (3)	Karla Drew – 23.46m (4)
4x100m Relay	Karla Drew, Becca Carozzi, Anna Henden, Emily Newton – 50.9 (6)	
4x400m Relay	Grace Clements, Jenny Beckingham, Millie Clifford, Becca Carozzi – 3:59.9 (4)	

Match Result

Position	Team	Points
1	Cardiff AC	209.5
2	Enfield & Haringey	192.5
3	Swansea	187
4	Milton Keynes	178.5
5	Bedford	162.5
6	Southampton AC	160.5
7	Wigan	122.5
8	Liverpool	0