



Report on UKWL match at Barnet Cophall, 3rd July 2011

Southampton AC's Senior Women athletes continued the good start made at Swansea with another admirable 5th place; this makes the club's position in Division 1 virtually safe with the remaining fixture at home, although this fixture has been switched to the Winchester Track owing to the upgrade to the Pole Vault, at Southampton, still being incomplete. The athletes pulled out a well balanced team performance with everyone contributing to the result and a great team spirit.

Several athletes made their debuts in the UKWL team: Mhairi-Clair Stewart (800m and 1500m), Susie Collins (400mH) & Lorna Miller (3000m).

There were some outstanding performances, the most notable by Ceri Mitchell in the 'A' 1500m (4:23.23); with a fantastic front running victory. There was also a personal best for Karla Drew ('A' 100mH – 13.96), Emily Newton ('B' 200m – 25.48), Lorna Miller ('B' 3000m – 11:13.14), Becca Carozzi (2000m Steeple Chase – 9:43.58) and Megan Fry ('B' 100mH – 16.04).

There were victories for Karla Drew in the 'A' High Jump with a height of 1.70m, which equalled her season's best, Emily Bonnett ('B' 400m – 58.16) and a double win in the Javelin with Freya Jones ('A' – 43.87m) and Sarah Ellis ('B' – 41.09m). There were seasons best for Debbie Callaway in the Shot and Discus and Sophie Hall in the 800m.

The final fixture in the UKWAL will be at University of Winchester Sports Stadium, Bar End Road, Winchester on 6th August

Match Result

Position	Team	Points
1	Thames Valley Harriers	204
2	Blackheath & Bromley	197.5
3	Shaftesbury Barnet	195.5
4	Swansea Harriers	161
5	Southampton AC	149.5
6	Newham & Essex	127
7	Bedford & County	118
8	Milton Keynes	105.5

SENIOR WOMEN

Event	A String	B String
100m	Emily Newton – 12.42 (7)	Becca Carozzi – 12.63 (5)
200m	Becca Carozzi – 25.23 (6)	Emily Newton – 25.48 (3)
400m	Rachael Lewington – 58.32 (4)	Emily Bonnett – 58.16 (1)
800m	Mhairi-Clair Stewart (U20) – 2:33.58 (7)	Sophie Hall – 2:20.05 (3)
1500m	Ceri Mitchell – 4:23.23 (1)	Mhairi-Clair Stewart (U20) – 5:05.52 (4)
3000m	Nicci Blandford (V35) – 10:33.52 (7)	Lorna Miller (V35) – 11:13.14 (4)
100mH	Karla Drew – 13.96 (3)	Megan Fry (U20) – 16.04 (3)
400mH	Emily Bonnett – 62.74 (2)	Susie Collins (U20) – 74.10 (4)

2000m Steeplechase	Becca Carozzi – 9:43.58 (6)	
High Jump	Karla Drew – 1.70m (1)	Joanne Bottell (U20) – 1.25m (=7)
Long Jump	Karla Drew – 5.07m (6)	Megan Fry (U20) – 4.24m (7)
Triple Jump	Joanne Bottell (U20) – 9.59m (8)	Vicki Vinter (U20) – 8.87m (7)
Pole Vault		
Shot	Debbie Callaway (W45) – 9.70m (7)	Freya Jones (U20) – 9.67m (5)
Discus	Megan Tuck (U20) – 38.77m (5)	Debbie Callaway (W45) – 37.71m (2)
Hammer	Megan Tuck (U20) – 30.79m (7)	Sarah Ellis – 21.07m (6)
Javelin	Freya Jones (U20) – 43.87m (1)	Sarah Ellis – 41.09m (1)
4x100m Relay	Becca Carozzi, Emily Bonnett, Karla Drew, Rachael Lewington – 49.61 (7)	
4x400m Relay	Rachael Lewington (59.96), Ceri Mitchell (58.87), Karla Drew (59.07), Emily Bonnett (57.67) – 3:55.57 (5)	



Karla Drew



Ceri Mitchell