

Southern Women's League: Seniors Only Division 1 - Match 1

	Team	Score	
1	Luton	85.5	M
2	Blackheath & Bromley	85	C
3	Enfield & Haringey	78.5	F
4	Team Southampton	64	S

Senior A 100m

1	Tunrayo Nubi	SW	Enfield & Haringey	11.9	4
2	Amy Godsell	SW	Blackheath & Bromley	12.3	3
3	Jonelle Johnson-Turner	U20	Luton	13.2	2
4	Rachel Willsher	SW	Team Southampton	13.9	1

Senior B 100m

1	Emma Hughes	SW	Luton	13.1	4
2	Helen Godsell	W50	Blackheath & Bromley	13.8	3
3	Angie Alstrachen	W40	Enfield & Haringey	13.9	2
4	Vicky Vintner	SW	Team Southampton	14.4	1

Senior A 200m

1	Amy Godsell	SW	Blackheath & Bromley	25.1	4
2	Karla Drew	SW	Team Southampton	26.5	3
3	Dee Bakre	U20	Enfield & Haringey	26.5	2
4	Emma Hughes	SW	Luton	26.6	1

Senior B 200m

1	Amy Fleming	U17	Luton	27.5	4
2	Louisa Vallens	SW	Blackheath & Bromley	28.0	3
3	Carol Dawkins	W45	Team Southampton	28.3	2
4	Angie Alstrachen	W40	Enfield & Haringey	28.5	1

Senior A 400m

1	Michelle McNamara	SW	Enfield & Haringey	57.6	4
2	Sarah McLennan	SW	Blackheath & Bromley	60.5	3
3	Amy Fleming	U17	Luton	62.9	2
4	Carol Dawkins	SW	Team Southampton	64.4	1

Senior B 400m

1	Angie Alstrachen	W40	Enfield & Haringey	65.9	4
2	Nicole Matthew	U17	Luton	66.7	3
3	Louisa Vallens	SW	Blackheath & Bromley	69.0	2
4	Helen Warner	SW	Team Southampton	70.5	1

Senior A 800m

1	Helen Zenner	SW	Team Southampton	2:24.4	4
2	Amy DeMatos	U20	Blackheath & Bromley	2:28.0	3
3	Rosie Keane	U17	Luton	2:29.2	2

Senior B 800m

1	Jo Winfield	W35	Luton	2:31.6	4
2	Helen Warner	SW	Team Southampton	2:33.0	3
3	Louisa Vallens	SW	Blackheath & Bromley	3:25.5	2

Senior A 1500m

1	Claire Bassill	SW	Luton	4:57.1	4
2	Helen Zenner	SW	Team Southampton	5:02.4	3
3	Fran Green	SW	Blackheath & Bromley	5:04.3	2

Senior B 1500m

1	Louise Peters	W35	Luton	5:21.2	4
2	Helen Warner	SW	Team Southampton	5:24.0	3
3	Rebecca Smith	U20	Blackheath & Bromley	5:31.2	2

Senior A 3000m

1	Helen Zenner	SW	Team Southampton	10:46.5	4
2	Jennie Hammer	U17	Blackheath & Bromley	10:48.1	3
3	Louise Peters	W35	Luton	11:14.8	2

Senior B 3000m

1	Jane Bradshaw	SW	Blackheath & Bromley	10:53.5	4
2	Charlotte Hardy	SW	Luton	14:16.4	3

Senior A 100mH

1	Karla Drew	SW	Team Southampton	14.2	4
2	Megan Southwart	U20	Blackheath & Bromley	15.3	3
3	Sally Hughes	SW	Enfield & Haringey	24.2	2

Senior B 100mH

1	Rachel Willsher	SW	Team Southampton	22.0	4
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Senior A 400mH

1	Megan Southwart	U20	Blackheath & Bromley	67.8	4
2	Sally Hughes	SW	Enfield & Haringey	70.2	3
3	Nicole Matthew	U17	Luton	86.9	2

Senior B 400mH

1	Chelsea Crouser	U17	Blackheath & Bromley	69.5	4
2	Angie Alstrachen	W40	Enfield & Haringey	73.4	3
3	Daniella Northwood	U17	Luton	80.9	2

Senior A High Jump

1	Samantha Molyneux	SW	Enfield & Haringey	1.55	4
2	Karla Drew	SW	Team Southampton	1.55	3
3	Karen Vincent	U17	Luton	1.50	2
4	Rachel Arnheim	SW	Blackheath & Bromley	1.45	1

Senior B High Jump

1	Margaret Akot	U20	Enfield & Haringey	1.40	3.5
2	Shakira Francis	U20	Luton	1.40	3.5
3	Fiona James	SW	Team Southampton	1.35	2
4	Amy Godsell	SW	Blackheath & Bromley	1.20	1

Senior A Pole Vault

1	Rachel Arnheim	SW	Blackheath & Bromley	3.50	4
2	Margaret Akot	U20	Enfield & Haringey	2.60	3

Senior B Pole Vault

1	Liz Hughes	SW	Blackheath & Bromley	3.30	4
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Senior A Long Jump

1	Emma Hughes	SW	Luton	5.69	4
2	Davinia Houston	SW	Enfield & Haringey	5.64	3
3	Megan Southwart	SW	Blackheath & Bromley	5.04	2
4	Vicky Vintner	SW	Team Southampton	4.42	1

Wind

Senior B Long Jump

1	Dee Bakre	U20	Enfield & Haringey	5.21	4
2	Jonelle Johnson-Turner	U20	Luton	5.14	3
3	Fiona James	SW	Team Southampton	3.74	2
4	Christine Moore	SW	Blackheath & Bromley	3.49	1

Wind

Senior A Triple Jump

1	Dee Bakre	U20	Enfield & Haringey	11.47	4
2	Jonelle Johnson-Turner	U20	Luton	10.64	3
3	Rachel Arnheim	SW	Blackheath & Bromley	9.54	2
4	Fiona James	SW	Team Southampton	9.19	1

Wind

Senior B Triple Jump

Wind

1	Davinia Houston	SW	Enfield & Haringey	10.81	4
2	Shakira Francis	U20	Luton	10.50	3
3	Vicky Vintner	SW	Team Southampton	8.96	2
4	Jackie Montgomery	SW	Blackheath & Bromley	8.40	1

Senior A Shot Putt

1	Shannon Bunker	SW	Luton	10.76	4
2	Liz Hughes	SW	Blackheath & Bromley	10.41	3
3	Sharifa Brown	SW	Enfield & Haringey	9.43	2
4	Anna Stevens	SW	Team Southampton	9.05	1

Senior B Shot Putt

1	Ellie Duffy-Penny	U17	Blackheath & Bromley	9.10	4
2	Karla Drew	SW	Team Southampton	8.94	3
3	Suzanna Wise	SW	Luton	8.12	2
4	Felicia Rudolfo	SW	Enfield & Haringey	7.76	1

Senior A Discus

1	Gwen Bird	W55	Enfield & Haringey	38.28	4
2	Shannon Bunker	SW	Luton	34.14	3
3	Ellie Duffy-Penny	U17	Blackheath & Bromley	29.08	2
4	Anna Stevens	SW	Team Southampton	28.48	1

Senior B Discus

1	Sharifa Brown	SW	Enfield & Haringey	29.30	4
2	Suzanna Wise	SW	Luton	26.98	3
3	Liz Hughes	SW	Blackheath & Bromley	26.15	2
4	Rachel Willsher	SW	Team Southampton	19.29	1

Senior A Hammer

1	Suzanna Wise	SW	Luton	42.16	4
2	Evaun Williams	W60	Enfield & Haringey	31.54	3
3	Anna Stevens	SW	Team Southampton	30.26	2
4	Claire Wickham	U20	Blackheath & Bromley	25.95	1

Senior B Hammer

1	Shannon Bunker	SW	Luton	39.85	4
2	Yvonne Jacobs	W35	Enfield & Haringey	28.84	3
3	Liz Hughes	SW	Blackheath & Bromley	21.61	2
4	Rachel Willsher	SW	Team Southampton	17.49	1

Senior A Javelin

1	Freya Jones	SW	Team Southampton	38.40	4
2	Felicia Rudolfo	SW	Enfield & Haringey	34.24	3
3	Shannon Bunker	SW	Luton	28.54	2
4	Sarah McLennan	U20	Blackheath & Bromley	22.04	1

Senior B Javelin

1	Evaun Williams	W60	Enfield & Haringey	27.46	4
2	Karla Drew	SW	Team Southampton	23.41	3
3	Claire Wickham	U20	Blackheath & Bromley	19.85	2
4	Suzanna Wise	SW	Luton	17.76	1

Senior 4x100m

1	Enfield & Haringey	SW	Enfield & Haringey	51.2	4
2	Blackheath & Bromley	SW	Blackheath & Bromley	51.9	3
3	Luton	SW	Luton	52.9	2
4	Team Southampton	SW	Team Southampton	58.5	1

Senior 4x400m

1	Blackheath & Bromley	SW	Blackheath & Bromley	4:21.3	4
2	Luton	SW	Luton	4:27.3	3
3	Team Southampton	SW	Team Southampton	4:46.1	2

Non-scoring results

Event	Pos	Name	Cat	Club	Perf.
100	195	Amoy Samuels	U20	Luton	14.3
100	199	Daniella Northwood	U17	Luton	14.2
200	194	Helen Godsell	W55	B&B	28.7
LJ	196	Karen Vincent	U17	Luton	4.54
HTW	200	Angie Maddams	W40	E&H	16.00
PV	193	Christine Moore	U20	B&B	3.10
DTW	200	Angie Maddams	W40	E&H	18.80
DTW	189	Felicia Rudolfo	SW	E&H	20.59
SPW	200	Angie Maddams	W40	E&H	6.85
JTW	200	Angie Maddams	W40	E&H	16.57
TJ	197	Samantha Molyneux	SW	E&H	10.16