

Event: **Southern Womens League Match 4**
 Venue: **Kingston**
 Date: **25th July 2009**

Results

SW 100m				'A' String	
pos.	Name	Team	Perf.		
1	A Michelle Webster	Bedford	12.5	G3	
2	K Michelle Watson	Herne Hill Harriers	12.7		
3	S Emily Newton	Team Southampton	13.1		
4	G Joanne Harris	Harrow	29.5		

SW 100m				'B' String	
pos.	Name	Team	Perf.		
1	AA Kerry Salter	Bedford	12.8		
2	SS Joanne Bottell	Team Southampton	13.5		
3	---				
4	---				

SW 200m				'A' String	
pos.	Name	Team	Perf.		
1	A Michelle Webster	Bedford	25.7		
2	K Michelle Watson	Herne Hill Harriers	26.4		
3	G Angela Barrett	Harrow	26.7		
4	S Joanne Bottell	Team Southampton	26.8		

SW 200m				'B' String	
pos.	Name	Team	Perf.		
1	GG Lyndsey Fairweather	Harrow	27.8		
2	SS Claire Gallant	Team Southampton	29.9		
3	AA Sam Cutler	Bedford	32.3		
4	---				

SW 400m				'A' String	
pos.	Name	Team	Perf.		
1	S Jenny Beckingham	Team Southampton	58.8	G3	
2	G Lyndsey Fairweather	Harrow	58.9	G3	
3	K Katherin La Ruez	Herne Hill Harriers	71.5		
4	---				

SW 400m				'B' String	
pos.	Name	Team	Perf.		
1	SS Melody Young	Team Southampton	62.5		
2	---				
3	---				
4	---				

SW 800m				'A' String	
pos.	Name	Team	Perf.		
1	S Ceri Mitchell	Team Southampton	2:16.0		
2	A Rachel Gibbs	Bedford	2:22.3		
3	G Holly Barsby	Harrow	2:35.1		
4	K Katherine Le Ruez	Herne Hill Harriers	2:47.5		

SW 800m				'B' String	
pos.	Name	Team	Perf.		
1	SS Eleanor Alexander	Team Southampton	2:25.1		
2	KK Tamsin Cornelius	Herne Hill Harriers	2:50.1		
3	GG Josanne Harris	Harrow	2:54.3		
4	---				

SW 1500m				'A' String	
pos.	Name	Team	Perf.		
1	S Ceri Mitchell	Team Southampton	4:39.1	G3	
2	A Rachel Gibbs	Bedford	4:56.5		
3	G Holly Barsby	Harrow	5:31.8		
4	K Tasmin Cornelius	Herne Hill Harriers	5:39.9		

SW 1500m				'B' String	
pos.	Name	Team	Perf.		
1	SS Vicki Cronin	Team Southampton	5:04.6		
2	KK Katherine La Ruez	Herne Hill Harriers	5:41.7		
3	GG Sue Tarrant	Harrow	6:15.9		
4	---				

SW 3000m				'A' String	
pos.	Name	Team	Perf.		
1	A Rachel Gibbs	Bedford	10:22.6		
2	G Sue Tarrant	Harrow	13:03.2		
3	K Sarah Allen	Herne Hill Harriers	13:29.0		
4	---				

SW 3000m				'B' String	
pos.	Name	Team	Perf.		
1	KK Monica Karn	Herne Hill Harriers	14:39.6		
2	AA Sam Cutler	Bedford	14:47.9		
3	---				
4	---				

SW 100m Hurdles				'A' String	
pos.	Name	Team	Perf.		
1	S Karla Drew	Team Southampton	14.8	G3	
2	A Leanne Buxton	Bedford	15.2		
3	G Claudia Tabony	Harrow	16.0		
4	---				

SW 100m Hurdles				'B' String	
pos.	Name	Team	Perf.		
1	GG Zara Asante	Harrow	17.1		
2	SS Claire Gallant	Team Southampton	21.5		
3	---				
4	---				

SW 400m Hurdles				'A' String	
pos.	Name	Team	Perf.		
1	A Leanne Buxton	Bedford	65.4	G3	
2	S Vicki Cronin	Team Southampton	76.1		
3	K Katherine Le Ruez	Herne Hill Harriers	82.9		
4	---				

SW 400m Hurdles				'B' String	
pos.	Name	Team	Perf.		
1	SS Claire Gallant	Team Southampton	76.8		
2	---				
3	---				
4	---				

SW High Jump				'A' String	
pos.	Name	Team	Perf.		
1	S Karla Drew	Team Southampton	1.65	G2	
2	G A Barrett	Harrow	1.45		
3	K Chaneen Salako	Herne Hill Harriers	Untimed		
4	---				

SW High Jump				'B' String	
pos.	Name	Team	Perf.		
1	GG Zara Asante	Harrow	1.40		
2	SS Jenny Beckingham	Team Southampton	1.40		
3	---				
4	---				

SW Pole Vault				'A' String	
pos.	Name	Team	Perf.		
1	---				
2	---				
3	---				
4	---				

SW Pole Vault				'B' String	
pos.	Name	Team	Perf.		
1	---				
2	---				
3	---				
4	---				

SW Long Jump 'A' String				
pos.	Name	Team	Perf.	
1	A Leanne Buxton	Bedford	5.41	G3
2	G Angela Barrett	Harrow	5.29	G3
3	S Emily Newton	Team Southampton	5.06	
4	K Katie Le Ruez	Herne Hill Harriers	4.14	

SW Long Jump 'B' String				
pos.	Name	Team	Perf.	
1	AA Aimee Richardson	Bedford	5.28	G3
2	GG Claudia Tabony	Harrow	4.78	
3	SS Vicki Vinter	Team Southampton	4.58	
4	KK Tamsin Cornelius	Herne Hill Harriers	3.00	

SW Triple Jump 'A' String				
pos.	Name	Team	Perf.	
1	G Angela Barrett	Harrow	11.37	G2
2	A Aimee Richardson	Bedford	10.13	
3	S Joanne Bottell	Team Southampton	9.98	
4	---			

SW Triple Jump 'B' String				
pos.	Name	Team	Perf.	
1	GG Zara Asante	Harrow	11.14	G3
2	SS Vicki Vinter	Team Southampton	9.68	
3	---			
4	---			

SW Shot Putt 'A' String				
pos.	Name	Team	Perf.	
1	A Leanne Buxton	Bedford	12.63	G1
2	K Briony Phillips	Herne Hill Harriers	11.47	G2
3	S Debbie Callaway	Team Southampton	10.57	G3
4	G Claudia Tobony	Harrow	8.91	

SW Shot Putt 'B' String				
pos.	Name	Team	Perf.	
1	KK Gabriella Rosue	Herne Hill Harriers	9.95	
2	SS Anna Stevens	Team Southampton	9.46	
3	GG Angela Mitchell	Harrow	8.52	
4	---			

SW Discus 'A' String				
pos.	Name	Team	Perf.	
1	S Debbie Callaway	Team Southampton	38.84	G2
2	K Briony Phillips	Herne Hill Harriers	37.12	G2
3	G Angela Mitchell	Harrow	36.36	G3
4	A Aimee Richardson	Bedford	17.71	

SW Discus 'B' String				
pos.	Name	Team	Perf.	
1	KK Gabriella Rosese	Herne Hill Harriers	29.64	
2	SS Anna Stevens	Team Southampton	27.80	
3	GG Claudia Tabony	Harrow	17.34	
4	AA Kerry Salter	Bedford	13.82	

SW Hammer 'A' String				
pos.	Name	Team	Perf.	
1	S Debbie Callaway	Team Southampton	33.01	
2	K Briony Phillips	Herne Hill Harriers	29.75	
3	G Angela Barrett	Harrow	10.96	
4	---			

SW Hammer 'B' String				
pos.	Name	Team	Perf.	
1	SS Anna Stevens	Team Southampton	32.03	
2	KK B Macanus	Herne Hill Harriers	21.30	
3	GG J Harris	Harrow	8.25	
4	---			

SW Javelin 'A' String				
pos.	Name	Team	Perf.	
1	S Sarah Ellis	Team Southampton	41.54	G1
2	K Charlotte Kanini-Parsons	Herne Hill Harriers	33.84	G3
3	A Leanne Buxton	Bedford	29.82	
4	G Claudia Tabony	Harrow	22.20	

SW Javelin 'B' String				
pos.	Name	Team	Perf.	
1	SS Freya Jones	Team Southampton	40.18	G1
2	KK Briony Phillips	Herne Hill Harriers	27.83	
3	GG Angela Mitchell	Harrow	12.13	
4	---			

SW 4x100m Relay						
pos.	Team	First Leg	Second Leg	Third Leg	Forth Leg	Perf.
1	A Bedford	Athlete # 1	Athlete # 2	Athlete # 3	Athlete # 4	51.5
2	S Team Southampton	Karla Drew	Melody Young	Joanne Bottell	Emily Newton	51.9
3	G Harrow	Athlete # 1	Athlete # 2	Athlete # 3	Athlete # 4	52.6
4	---					

SW 4x400m Relay						
pos.	Team	First Leg	Second Leg	Third Leg	Forth Leg	Perf.
1	S Team Southampton	Vicki Cronin	Claire Gallant	Ceri Mitchell	Jenny Beckingham	4:15.1
2	G Harrow	Athlete # 1	Athlete # 2	Athlete # 3	Athlete # 4	4:18.1
3	A Bedford	Athlete # 1	Athlete # 2	Athlete # 3	Athlete # 4	4:24.3
4	---					

Event: **Southern Womens League Match 4**
 Location: **Kingston**
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Scores

Events	Bedford		Harrow		Herne Hill Harriers		Team Southampton		Waste	
	A	B	A	B	A	B	A	B	A	B
SW 100m	4	4	1	0	3	0	2	3	0	3
SW 200m	4	2	2	4	3	0	1	3	0	1
SW 400m	0	0	3	0	2	0	4	4	1	6
SW 800m	3	0	2	2	1	3	4	4	0	1
SW 1500m	3	0	2	2	1	3	4	4	0	1
SW 3000m	4	3	3	0	2	4	0	0	1	3
SW 100m Hurdles	3	0	2	4	0	0	4	3	1	3
SW 400m Hurdles	4	0	0	0	2	0	3	4	1	6
SW High Jump	0	0	3	4	2	0	4	3	1	3
SW Pole Vault	0	0	0	0	0	0	0	0	10	10
SW Long Jump	4	4	3	3	1	1	2	2	0	0
SW Triple Jump	3	0	4	4	0	0	2	3	1	3
SW Shot Putt	4	0	1	2	3	4	2	3	0	1
SW Discus	1	1	2	2	3	4	4	3	0	0
SW Hammer	0	0	2	2	3	3	4	4	1	1
SW Javelin	2	0	1	2	3	3	4	4	0	1
SW 4x100m Relay	4	---	2	---	0	---	3	---	1	---
SW 4x400m Relay	2	---	3	---	0	---	4	---	1	---
Totals:	45	14	36	31	29	25	51	47	19	43
Team Totals:	59		67		54		98		62	
Adjustment:										

Competition:	Pts
1 Team Southampton	98
2 Harrow	67
3 Bedford	59
4 Herne Hill Harriers	54