

Southern Women's League Division x

Match y

Venue - Date

K	1	Helen Carter	SW	Herne Hill Harriers	11:17.3	4		4	
M	2	Claire McMahon	SW	Luton AC	11:49.1	3			3
B	3	KATE AUSTEN	SW	Ashford	11:57.3	2			
S	4	Rhiannon Shepherd	SW	Southampton AC	12:00.0	1			
3000		Senior B 3000m							
BB	1	LESLEY HALL	V50	Ashford	12:07.4	4			
SS	2	Elaine Goode	SW	Southampton AC	12:34.6	3			
KK	3	Penepope Fixter	SW	Herne Hill Harriers	12:53.9	2		2	
	4					1			
100HW		Senior A 100mH	Wind=						
M	1	Lisa Clarke	U20	Luton AC	16.7	4			4
K	2	Rebecca Zelic	U17	Herne Hill Harriers	17.3	3		3	
B	3	LAURA HANNIGAN	U17	Ashford	19.7	2			
S	4	Claire Gallant	SW	Southampton AC	21.3	1			
100HW		Senior B 100mH	Wind=						
BB	1	KARA GIBBS	SW	Ashford	21.7	4			
KK	2	Monique Davies	SW	Herne Hill Harriers	22.9	3		3	
	3					2			
	4					1			
400HW		Senior A 400mH							
B	1	SAM BECKET	U20	Ashford	72.0	4			
MM	2	Alison Usher	SW	Luton AC	83.1	3			3
K	3	Maise Hillaire	U17	Herne Hill Harriers	90.8	2		2	
	4					1			
400HW		Senior B 400mH							
M	1	Nicole Matthew	U20	Luton AC	87.2	4			4
	2					3			
	3					2			
	4					1			
HJ		Senior A High Jump							
B	1	DEBORAH MARTIN	U17	Ashford	1.55	4			
MM	2	Jade Savage	SW	Luton AC	1.40	3			3
KK	3	Angharad Seaton	U20	Herne Hill Harriers	1.30	2		2	
S	4	Sophie Hall	SW	Southampton AC	1.00	1			
HJ		Senior B High Jump							
BB	1	KARA GIBBS	SW	Ashford	1.40	4			
K	2	Rebecca Zelic	U17	Herne Hill Harriers	1.25	3		3	
M	3	Lisa Clarke	U20	Luton AC	1.00	1.5			1.5
SS	3	Anna Stevens	U20	Southampton AC	1.00	1.5			
PV		Senior A Pole Vault							
KK	1	Rosa Williams	U20	Herne Hill Harriers	3.31	4		4	
B	2	KARA GIBBS	SW	Ashford	2.90	3			
M	3	Jana Gibbs	SW	Luton AC	1.00	2			2
	4					1			
PV		Senior B Pole Vault							
K	1	Jennifer Honeyball	SW	Herne Hill Harriers	3.20	4		4	
BB	2	EMMELINE RENDEL	SW	Ashford	2.80	3			
MM	3	Katie Doody	SW	Luton AC	1.00	2			2
	4					1			
LJ		Senior A Long Jump					Wind		
M	1	Emma Hughes	SW	Luton AC	5.79	4			4
KK	2	Jane Ejimafugha	SW	Herne Hill Harriers	5.06	3		3	
B	3	DEBORAH MARTIN	U17	Ashford	4.54	2			
S	4	Claire Gallant	SW	Southampton AC	4.41	1			
LJ		Senior B Long Jump					Wind		
MM	1	Shakira Francis	U20	Luton AC	5.11	4			4
K	2	Rebecca Zelic	U17	Herne Hill Harriers	4.72	3		3	
BB	3	LIZZY YARNOLD	SW	Ashford	4.40	2			

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SS	4	Vicki Vinter	U17	Southampton AC	3.06	1		
TJ		Senior A Triple Jump					Wind	
KK	1	Jane Ejimafugha	SW	Herne Hill Harriers	11.17	4		4
B	2	RACHEL HANNIGAN	U20	Ashford	10.86	3		
MM	3	Shakira Francis	U20	Luton AC	9.74	2		2
SS	4	Claire Gallant	U17	Southampton AC	9.15	1		
TJ		Senior B Triple Jump					Wind	
BB	1	LAURA HANNIGAN	U17	Ashford	10.13	4		
M	2	Jana Gibbs	SW	Luton AC	9.65	3		3
K	3	Briony Phillips	SW	Herne Hill Harriers	9.56	2		2
S	4	Vicky Arnold	U17	Southampton AC	8.54	1		
SPW		Senior A Shot Putt						
K	1	Briony Phillips	SW	Herne Hill Harriers	11.90	4		4
B	2	LIZZY YARNOLD	SW	Ashford	11.90	3		
SPW	3	Debbie Callaway	W40	Southampton AC	11.29	2		
M	4	Shannon Bunker	SW	Luton AC	9.81	1		1
SPW		Senior B Shot Putt						
KK	1	Gabriella Rosejee	U20	Herne Hill Harriers	10.91	4		4
SS	2	Anna Stevens	U20	Southampton AC	9.45	3		
MM	3	Suzanna Wise	SW	Luton AC	8.70	2		2
BB	4	JANINE BROWN	SW	Ashford	5.95	1		
DTW		Senior A Discus						
S	1	Debbie Callaway	W40	Southampton AC	38.66	4		
K	2	Briony Phillips	SW	Herne Hill Harriers	37.60	3		3
M	3	Shannon Bunker	SW	Luton AC	32.03	2		2
BB	4	KARA GIBBS	SW	Ashford	13.29	1		
DTW		Senior B Discus						
MM	1	Suzanna Wise	SW	Luton AC	31.48	4		4
KK	2	Gabriella Rosejee	U20	Herne Hill Harriers	30.27	3		3
SS	3	Anna Stevens	U20	Southampton AC	29.29	2		
B	4	JANINE BROWN	SW	Ashford	12.10	1		
HTW		Senior A Hammer						
MM	1	Suzanna Wise	SW	Luton AC	41.52	4		4
SS	2	Anna Stevens	U20	Southampton AC	33.94	3		
K	3	Briony Phillips	SW	Herne Hill Harriers	27.78	2		2
B	4	LIZZY YARNOLD	SW	Ashford	16.66	1		
HTW		Senior B Hammer						
M	1	Shannon Bunker	SW	Luton AC	39.25	4		4
S	2	Debbie Callaway	W40	Southampton AC	27.59	3		
KK	3	Gabriella Rosejee	U20	Herne Hill Harriers	21.19	2		2
BB	4	EMMELINE RENDEL	SW	Ashford	8.21	1		
JTW		Senior A Javelin						
S	1	Sarah Ellis	SW	Southampton AC	40.69	4		
KK	2	Charlotte Kanini - Parsons	U20	Herne Hill Harriers	35.05	3		3
B	3	LIZZY YARNOLD	SW	Ashford	29.94	2		
M	4	Shannon Bunker	SW	Luton AC	28.75	1		1
JTW		Senior B Javelin						
K	1	Briony Phillips	SW	Herne Hill Harriers	31.48	4		4
SS	2	Debbie Callaway	W40	Southampton AC	24.84	3		
BB	3	JANINE BROWN	SW	Ashford	22.68	2		
MM	4	Jana Gibbs	SW	Luton AC	20.04	1		1
4x100		Senior 4x100m						
K	1	Herne Hill Harriers	SW	Herne Hill Harriers	50.5	4		4
M	2	Luton AC	SW	Luton AC	52.7	3		3
B	3	Ashford	SW	Ashford	53.2	2		
S	4	Southampton AC	SW	Southampton AC	53.6	1		
4x400		Senior 4x400m						
S	1	Southampton AC	SW	Southampton AC	4:12.8	4		

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Soto	Ashf	Waste			
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			100B		
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			200A		
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	1	0			
			200B		
				aw	
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	1	0			
			400A		
				aw	
	3			aw	
				aw	
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			400B		
				aw	
	3			aw	
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		0			
			800A		
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				aw	
	2				
		0			
			800B		
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	3				
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			1500A		
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			1500B		
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	1	0			
			3000A		

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Venue - Date

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			100HA		
				aw	
				aw	
	2				
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			100HB		
	4				
		3			
			400HA		
	4			aw	
		1			
			400HB		
		6			
			HJA		
	4			aw	
1		0			
			HJB		
	4				
1.5		0			
			PVA		
				aw	
	3			aw	
		1			
			PVB		
				aw	
	3			aw	
		1			
			LJA		
				aw	
				aw	
	2				
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			LJB		
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				aw	
	2				

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Venue - Date

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			TJA		
				aw	
	3			aw	
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			TJB		
	4			aw	
				aw	
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			SPA		
				aw	
	3			aw	
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		0		aw	
			SPB		
				aw	
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				aw	
	1	0			
			DTA		
4				aw	
				aw	
				aw	
	1	0			
			DTB		
				aw	
				aw	
2				aw	
	1	0			
			HTA		
				aw	
3				aw	
				aw	
	1	0			
			HTB		
				aw	
3				aw	
	1	0			
			JTA		
4				aw	
				aw	
	2			aw	
		0		aw	
			JTB		
				aw	
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			4x100		
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			4x400		
4				aw	

