

Team	Score	
1 Southampton	67	S
2 Aldershot Farnham and District	57	G
3 Crawley AC	112	L
4 Havering & Mayesbrook AC	81	H

Senior A 100m

Wind=

1 Amy Allcock	U20	Aldershot Farnham and District	13.1	4
2 Kimberley Baptiste	U20	Crawley AC	13.3	3
3 Susie Collins	U17	Southampton	14.0	2
4 Zoe Young	SW	Havering & Mayesbrook AC	14.1	1

Senior B 100m

Wind=

1 Steph Smith	SW	Crawley AC	13.6	4
2 Kate Sheehan	U20	Aldershot Farnham and District	13.9	3
3 Becki Kidson	U17	Southampton	14.1	2
4				1

Senior A 200m

Wind=

1 Carley Wenham	SW	Crawley AC	25.0	4
2 Amy Allcock	U20	Aldershot Farnham and District	25.9	3
3 Felicity Clarke	U20	Havering & Mayesbrook AC	27.5	2
4 Susie Collins	U17	Southampton	27.9	1

Senior B 200m

Wind=

1 Hannah Musker	U17	Southampton	27.6	4
2 Chloe Van Wulven	SW	Havering & Mayesbrook AC	27.7	3
3 Charlie White	U17	Crawley AC	28.1	2
4 Montana Jones	U20	Aldershot Farnham and District	28.8	1

Senior A 400m

1 Carley Wenham	SW	Crawley AC	60.0	4
2 Montana Jones	U20	Aldershot Farnham and District	64.4	3
3 Michele Wakefield	SW	Southampton	65.8	2
4 Vicky Smith	SW	Havering & Mayesbrook AC	67.6	1

Senior B 400m

1 Claire Stokes	SW	Crawley AC	62.7	4
2 Susan Shiel Rankin	U17	Aldershot Farnham and District	65.9	3
3 Claire Gallant	SW	Southampton	67.0	2
4				1

Senior A 800m

1 Eleanor Alexandra	SW	Southampton	2:17:5	4
2 Montana Jones	U20	Aldershot Farnham and District	2:20:8	3
3 Vicky Smith	SW	Havering & Mayesbrook AC	2:29:1	2
4 Jessica Douglas	SW	Crawley AC	2:35:0	1

Senior B 800m

1 Susan Shiel Rankin	U17	Aldershot Farnham and District	2:21:4	4
2 Bella Murray	SW	Crawley AC	2:37:1	3
3 Helen Briscoe	SW	Havering & Mayesbrook AC	2:44:9	2
4 Laura Seaman	U17	Southampton	3:03:5	1

Senior A 1500m

1 Mhairi Claire Stewart	U17	Southampton	5:01:5	4
2 Emily Mclaughlin	SW	Crawley AC	5:08:9	3
3 Jemma Phillips	SW	Havering & Mayesbrook AC	5:25:6	2
4				1

Senior B 1500m

1 Daena Bennett	U17	Southampton	5:07:0	4
2 Jessica Douglas	SW	Crawley AC	5:17:7	3
3 Helen Briscoe	U20	Havering & Mayesbrook AC	5:54:5	2
4				1

Senior A 3000m

1	Ingrid Deane	U20	Havering & Mayesbrook AC	10:44:5	4
2	Kirsty Fenn	SW	Crawley AC	11:23:1	3
3	Eleanor Goode	SW	Southampton	12:21:9	2
4					1

Senior B 3000m

1	Abbie Ashbee Simmons	U17	Crawley AC	11:02:7	4
2	Vicky Smith	SW	Havering & Mayesbrook AC	11:27:2	3
3	Izzie Kidson	U20	Southampton	13:21:8	2
4					1

Senior A 100mH

Wind=

1	Chloe Van Wulven	SW	Havering & Mayesbrook AC	15.3	4
2	Amy Barclay	U20	Crawley AC	16.5	3
3	Isobel Pooley	U20	Aldershot Farnham and District	18.4	2
4	Claire Gallant	SW	Southampton	21.3	1

Senior B 100mH

Wind=

1	Claire Brennan	SW	Havering & Mayesbrook AC	17.2	4
2	Ellen Franks	U20	Crawley AC	19.9	3
3					2
4					1

Senior A 400mH

1	Felicity Clark	U20	Havering & Mayesbrook AC	67.4	4
2	Claire Stokes	SW	Crawley AC	68.3	3
3	Claire Gallant	SW	Southampton	75.9	2
4					1

Senior B 400mH

1	Claire Brennan	SW	Havering & Mayesbrook AC	68.0	4
2	Ellen Franks	U20	Crawley AC	74.7	3
3	Laura Seaman	U17	Southampton	75.1	2
4					1

Senior A High Jump

1	Isobel Pooley	U20	Aldershot Farnham and District	1.80	4
2	Chloe Van Wulven	SW	Havering & Mayesbrook AC	1.60	3
3	Liz Maries	U20	Crawley AC	1.60	2
4	Claire Gallant	SW	Southampton	1.25	1

Senior B High Jump

1	Camelia Hayes	U17	Aldershot Farnham and District	1.65	4
2	Steph Smith	SW	Crawley AC	1.50	3
3	Ellie Watson	U20	Havering & Mayesbrook AC	1.40	2
4					1

Senior A Pole Vault

1	Steph Smith	SW	Crawley AC	3.75	4
2	Kate Cowley	SW	Havering & Mayesbrook AC	2.80	3
3					2
4					1

Senior B Pole Vault

1	Liz Maries	U20	Crawley AC	2.00	4
2	Claire Brennan	SW	Havering & Mayesbrook AC	2.00	3
3					2
4					1

Senior A Long Jump

Wind

1	Kate Cowley	SW	Havering & Mayesbrook AC	5.42	4
2	Kate Sheehan	U20	Aldershot Farnham and District	5.05	3
3	Vicki Vinter	U17	Southampton	4.81	2
4	Liz Maries	U20	Crawley AC	4.58	1

Senior B Long Jump

Wind

1	Susie Collins	U17	Southampton	4.71	4
2	Poppy Weeks	U17	Crawley AC	4.58	3
3	Camelia Hayes	U17	Aldershot Farnham and District	4.25	2
4	Ellie Watson	U20	Havering & Mayesbrook AC	4.10	1

Senior A Triple Jump

Wind

1	Kate Cowley	SW	Havering & Mayesbrook AC	10.85	4
2	Poppy Weeks	U17	Crawley AC	10.66	3
3	Vicki Vinter	U17	Southampton	9.83	2
4	Kate Sheehan	U20	Aldershot Farnham and District	9.57	1

Senior B Triple Jump

Wind

1	Ellen Franks	U20	Crawley AC	9.17	4
2	Claire Gallant	SW	Southampton	8.99	3
3	Ellie Watson	U20	Havering & Mayesbrook AC	8.92	2
4					1

Senior A Shot Putt

1	Jo Rowland	U20	Crawley AC	10.95	4
2	Kate Cowley	SW	Havering & Mayesbrook AC	10.43	3
3	Poppy Barker	U17	Southampton	7.97	2
4	Rachel Fraser	SW	Aldershot Farnham and District	7.23	1

Senior B Shot Putt

1	Rebecca Baines	SW	Crawley AC	10.47	4
2	Zoe Young	SW	Havering & Mayesbrook AC	9.96	3
3	Eleanor Alexandra	SW	Southampton	6.19	2
4	Emma Broadey	U20	Aldershot Farnham and District	6.03	1

Senior A Discus

1	Becky Baines	U20	Crawley AC	31.10	4
2	Poppy Barker	U17	Southampton	23.39	3
3	Claire Brennan	SW	Havering & Mayesbrook AC	22.36	2
4	Rachel Fraser	U20	Aldershot Farnham and District	19.66	1

Senior B Discus

1	Jo Rowland	SW	Crawley AC	26.53	4
2	Helen Briscoe	SW	Havering & Mayesbrook AC	19.33	3
3	Emma Broadey	U20	Aldershot Farnham and District	19.31	2
4	Hannah Musker	U17	Southampton	15.00	1

Senior A Hammer

1	Rebecca Baines	SW	Crawley AC	38.47	4
2	Rachel Fraser	SW	Aldershot Farnham and District	32.61	3
3	Hannah Musker	U17	Southampton	5.32	2
4					1

Senior B Hammer

1	Jo Rowland	SW	Crawley AC	21.92	4
2	Emma Broadey	U20	Aldershot Farnham and District	17.29	3
3	Vicki Vinter	U17	Southampton	4.62	2
4					1

Senior A Javelin

1	Poppy Barker	U17	Southampton	35.67	4
2	Jo Rowland	SW	Crawley AC	32.17	3
3	Kate Cowley	SW	Havering & Mayesbrook AC	31.30	2
4	Emma Broadey	U20	Aldershot Farnham and District	30.29	1

Senior B Javelin

1	Zoe Young	SW	Havering & Mayesbrook AC	28.72	4
2	Ellen Franks	U20	Crawley AC	26.21	3
3	Kate Sheehan	U20	Aldershot Farnham and District	21.82	2
4					1

Senior 4x100m

1	Crawley AC	SW	Crawley AC	52.0	4
2	Aldershot Farnham and District	SW	Aldershot Farnham and District	53.6	3
3	Havering & Mayesbrook AC	SW	Havering & Mayesbrook AC	54.3	2
4	Southampton	SW	Southampton	55.8	1

Senior 4x400m

1	Crawley AC	SW	Crawley AC	4:13:6	4
2	Southampton	SW	Southampton	4:13:6	3
3	Havering & Mayesbrook AC	SW	Havering & Mayesbrook AC	4:31:6	2
4					1