

National Division 3 - University Track, Coventry

				Perf	Record	Wind	UKA	AW	2 July 2006						
				Perf	Record	Wind	UKA	AW							
Women's 100m A				Wind= -0.8 m/s				Women's 100m B				Wind= +1.3 m/s			
1	7	Amina Ceesay	Newham & Essex Beagles	12.2			100	☑	1	33	Amy Godsell	Blackheath & Bromley	12.5	54	☑
2	6	Natalie Jowett	Milton Keynes AC	12.3			84	☑	2	55	Nicola Robinson	Coventry Godiva Harriers	12.9		☑
3	3	Katy Benneworth	Blackheath & Bromley	12.7				☑	3	77	Leandra Polius	Newham & Essex Beagles	13.0		☑
4	2	Jennifer Culley	Belgrave Harriers	12.7				☑	4	88	Zoe Llewelyn	Newport Harriers	13.0		☑
5	5	Karen Oughton	Coventry Godiva Harriers	12.7				☑	5	11	Niki Densley	Aldershot Farnham & Distric	13.5		
6	8	Ellie Mardle	Newport Harriers	13.0				☑	6	22	Sarah Gailey	Belgrave Harriers	14.2		
7	1	Harriet Abbis	Aldershot Farnham & Distri	13.3					7	66	Cathy Goddard	Milton Keynes AC	14.3		
8	4	Carole Filer	City of Norwich AC	14.5					8	44	Sally Ash	City of Norwich AC	15.5		

				Perf	Record	Wind	UKA	AW							
Women's 200m A				Wind= -1.4 m/s				Women's 200m B				Wind= -2.3 m/s			
1	2	Michelle Carey	Belgrave Harriers	24.7			109	☑	1	22	Jennifer Culley	Belgrave Harriers	26.0		☑
2	7	Amina Ceesay	Newham & Essex Beagles	25.2			76	☑	2	77	Henrietta Sims	Newham & Essex Beagles	26.0		☑
3	3	Amy Godsell	Blackheath & Bromley	25.3			69	☑	3	33	Sam Singer	Blackheath & Bromley	26.3		☑
4	6	Natalie Jowett	Milton Keynes AC	25.7				☑	4	88	Zoe Llewelyn	Newport Harriers	26.5		☑
5	8	Rebecca Williams	Newport Harriers	26.1				☑	5	55	Emma Williams	Coventry Godiva Harriers	26.7		☑
6	5	Karen Oughton	Coventry Godiva Harriers	27.0				☑	6	11	Louise Douglas	Aldershot Farnham & Distric	27.8		
7	1	Clem Adams	Aldershot Farnham & Distri	27.3					7	66	Sophie Gibbens	Milton Keynes AC	30.2		
8	4	Esther Hope	City of Norwich AC	32.6					8	44	Nicole Alford	City of Norwich AC	31.9		

				Perf	Record	Wind	UKA	AW							
Women's 400m A								Women's 400m B							
1	7	Henrietta Sims	Newham & Essex Beagles	56.0			112	☑	1	33	Sam Singer	Blackheath & Bromley	58.2	57	☑
2	8	Rebecca Williams	Newport Harriers	57.6			72	☑	2	11	Louise Douglas	Aldershot Farnham & Distric	61.5		☑
3	2	Chrissie Foster	Belgrave Harriers	58.3			55	☑	3	22	Sarah Gailey	Belgrave Harriers	61.7		☑
4	1	Clem Adams	Aldershot Farnham & Distri	58.6				☑	4	88	Sarah Newman	Newport Harriers	63.0		
5	3	Rebecca Syrocki	Blackheath & Bromley	58.6				☑	5	55	Sarah Rhodes	Coventry Godiva Harriers	63.0		
6	5	Emma Williams	Coventry Godiva Harriers	59.5				☑	6	66	Carolyn Boosey	Milton Keynes AC	63.1		
7	6	Charlie Gaspar	Milton Keynes AC	62.5					7	77	Paula Peaty	Newham & Essex Beagles	78.6		
8									8						

				Perf	Record	Wind	UKA	AW							
Women's 800m A								Women's 800m B							
1	2	Clare Robinson	Belgrave Harriers	02:11.3			107	☑	1	66	Charlie Gaspar	Milton Keynes AC	02:16.2	57	☑
2	1	Emily Adams	Aldershot Farnham & Distri	02:13.6			84	☑	2	55	Sarah Hayward	Coventry Godiva Harriers	02:17.2		☑
3	3	Bella Clayton	Blackheath & Bromley	02:14.1			79	☑	3	22	Catherine Bryson	Belgrave Harriers	02:18.4		☑
4	6	Carolyn Boosey	Milton Keynes AC	02:14.5			75	☑	4	44	Esther Hope	City of Norwich AC	02:23.8		☑
5	5	Gemma Marrs	Coventry Godiva Harriers	02:15.6			64	☑	5	33	Ella Fisher	Blackheath & Bromley	02:27.7		
6	4	Claire Everett	City of Norwich AC	02:19.0				☑	6	77	Adele Stach-Kevitz	Newham & Essex Beagles	02:45.7		
7	8	Lindsay Fitzgerald	Newport Harriers	02:19.8				☑	7						
8	7	Bernadette White	Newham & Essex Beagles	02:21.4				☑	8						

				Perf	Record	Wind	UKA	AW							
Women's 1500m A								Women's 1500m B							
1	2	Michaela Hutchinson	Belgrave Harriers	04:29.5			102	☑	1	22	Caroline Shanklyn	Belgrave Harriers	04:46.1		☑
2	4	Ruth Senior	City of Norwich AC	04:31.2			94	☑	2	44	Ruth Proctor	City of Norwich AC	04:51.0		☑
3	1	Emily Adams	Aldershot Farnham & Distri	04:42.9				☑	3	11	Andrea Woodvine	Aldershot Farnham & Distric	05:00.8		
4	6	Carly Scott	Milton Keynes AC	04:48.4				☑	4	66	Zoe Whitten	Milton Keynes AC	05:14.1		
5	3	Jennie Butler	Blackheath & Bromley	04:59.7				☑	5	33	Ella Fisher	Blackheath & Bromley	05:25.4		
6	7	Bernadette White	Newham & Essex Beagles	05:03.6					6						
7	55	Deirdra O'Halloran	Coventry Godiva Harriers	05:19.8					7						
8									8						

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					2 July 2006							
	Perf	Record	Wind	UKA	AW		Perf	Wind	UKA	AW		
Women's 3000m A						Women's 3000m B						
1	1	Andrea Woodvine	Aldershot Farnham & Distri	10:01.0	98	<input checked="" type="checkbox"/>	1	66	Jo Benham	Milton Keynes AC	11:00.7	
2	4	Ruth Proctor	City of Norwich AC	10:05.9	90	<input checked="" type="checkbox"/>	2	44	Nicole Alford	City of Norwich AC	11:01.3	
3	5	Zara Hyde-Peters	Coventry Godiva Harriers	10:10.6	82	<input checked="" type="checkbox"/>	3	55	Rebecca Charlton	Coventry Godiva Harriers	11:48.8	
4	7	Sue Aperghis	Newham & Essex Beagles	10:15.7	73	<input checked="" type="checkbox"/>	4	22	Louise Cooper	Belgrave Harriers	12:23.0	
5	6	Kim McBride	Milton Keynes AC	10:42.9		<input checked="" type="checkbox"/>	5	77	Adele Stach-Kevitz	Newham & Essex Beagles	12:36.7	
6	33	Bryony Proctor	Blackheath & Bromley	10:49.2		<input checked="" type="checkbox"/>	6	3	Shavaun Henry	Blackheath & Bromley	DNF	
7	2	Sarah Murphy	Belgrave Harriers	10:55.0		<input checked="" type="checkbox"/>	7					
8							8					
Women's 400m Hurdles A						Women's 400m Hurdles B						
1	2	Hannah Stares	Belgrave Harriers	62.6	108	<input checked="" type="checkbox"/>	1	11	Louise Douglas	Aldershot Farnham & Distric	66.3	<input checked="" type="checkbox"/>
2	1	Niki Densley	Aldershot Farnham & Distri	64.5	70	<input checked="" type="checkbox"/>	2	88	Kathryn Davies	Newport Harriers	68.6	<input checked="" type="checkbox"/>
3	3	Katie Murray	Blackheath & Bromley	67.3		<input checked="" type="checkbox"/>	3	66	Becky Williams	Milton Keynes AC	72.1	
4	8	Becky Slaymaker	Newport Harriers	69.1		<input checked="" type="checkbox"/>	4	55	Jennie Adams	Coventry Godiva Harriers	72.6	
5	5	Lil Waters	Coventry Godiva Harriers	70.4			5	22	Vicki Goodwin	Belgrave Harriers	77.8	
6	4	Ruth Senior	City of Norwich AC	72.4			6	44	Carole Filer	City of Norwich AC	78.4	
7	6	Alannah Perriss	Milton Keynes AC	75.2			7					
8							8					
Women's 100m Hurdles A Wind= -1.8 m/s						Women's 100m Hurdles B Wind= -0.8 m/s						
1	5	Nicola Robinson	Coventry Godiva Harriers	14.3	139	<input checked="" type="checkbox"/>	1	66	Rachel Gibbens	Milton Keynes AC	15.5	59 <input checked="" type="checkbox"/>
2	4	Catherine Holdsworth	City of Norwich AC	14.6	119	<input checked="" type="checkbox"/>	2	22	Jennifer Culley	Belgrave Harriers	15.7	<input checked="" type="checkbox"/>
3	2	Hannah Stares	Belgrave Harriers	14.8	106	<input checked="" type="checkbox"/>	3	88	Kathryn Davies	Newport Harriers	17.5	
4	6	Jenny Truelove	Milton Keynes AC	15.7		<input checked="" type="checkbox"/>	4					
5	8	Becky Slaymaker	Newport Harriers	16.5		<input checked="" type="checkbox"/>	5					
6	7	Kelly Montgomery	Newham & Essex Beagles	19.3			6					
7							7					
8							8					
Women's Hammer A						Women's Hammer B						
1	6	Andrea Jenkins	Milton Keynes AC	48.04	125	<input checked="" type="checkbox"/>	1	44	Olivia Birkett	City of Norwich AC	33.74	53 <input checked="" type="checkbox"/>
2	4	Megan Boon	City of Norwich AC	39.40	82	<input checked="" type="checkbox"/>	2	66	Helen Gibbens	Milton Keynes AC	33.70	53 <input checked="" type="checkbox"/>
3	2	Belinda Heil	Belgrave Harriers	36.45	67	<input checked="" type="checkbox"/>	3	8	Alice Simmons	Newport Harriers	27.24	
4	88	Lisa Boswell	Newport Harriers	32.48		<input checked="" type="checkbox"/>	4	22	Hazel Mead	Belgrave Harriers	16.95	
5	1	Rachel Fraser	Aldershot Farnham & Distri	31.61		<input checked="" type="checkbox"/>	5					
6	3	Beatrice Simpson	Blackheath & Bromley	30.12		<input checked="" type="checkbox"/>	6					
7	5	Carol Parker	Coventry Godiva Harriers	28.33			7					
8	77	Adele Stach-Kevitz	Newham & Essex Beagles	26.98			8					
Women's Discus A						Women's Discus B						
1	6	Emma Beales	Milton Keynes AC	45.79	133	<input checked="" type="checkbox"/>	1	66	Andrea Jenkins	Milton Keynes AC	39.10	100 <input checked="" type="checkbox"/>
2	22	Eva Massey	Belgrave Harriers	37.93	94	<input checked="" type="checkbox"/>	2	2	Belinda Heil	Belgrave Harriers	31.17	60 <input checked="" type="checkbox"/>
3	4	Laura Seaman	City of Norwich AC	37.00	90	<input checked="" type="checkbox"/>	3	3	Beatrice Simpson	Blackheath & Bromley	24.72	
4	5	Carol Parker	Coventry Godiva Harriers	36.91	89	<input checked="" type="checkbox"/>	4	44	Olivia Birkett	City of Norwich AC	20.92	
5	33	Liz Hughes	Blackheath & Bromley	28.33			5	77	Melissa Strevens	Newham & Essex Beagles	14.21	
6	7	Sophia Yakubu	Newham & Essex Beagles	19.77			6	88	Zoe Llewelyn	Newport Harriers	12.71	
7	1	Rachel Fraser	Aldershot Farnham & Distri	18.98			7					
8	8	Ellie Mardle	Newport Harriers	17.74			8					
Women's Javelin A						Women's Javelin B						
1	7	Sasha Corbin	Newham & Essex Beagles	36.64	98	<input checked="" type="checkbox"/>	1	77	Sophia Yakubu	Newham & Essex Beagles	23.12	
2	6	Emma Beales	Milton Keynes AC	33.44	82	<input checked="" type="checkbox"/>	2	66	Cathy Goddard	Milton Keynes AC	22.00	
3	4	Laura Seaman	City of Norwich AC	33.44	82	<input checked="" type="checkbox"/>	3	22	Hazel Mead	Belgrave Harriers	18.76	
4	2	Hannah Stares	Belgrave Harriers	31.11	70	<input checked="" type="checkbox"/>	4	55	Cathryn Dale	Coventry Godiva Harriers	14.74	
5	1	Sam Male	Aldershot Farnham & Distri	29.08	60		5	44	Olivia Birkett	City of Norwich AC	12.65	
6	8	Lisa Boswell	Newport Harriers	28.05	55		6	88	Ellie Mardle	Newport Harriers	9.57	
7	3	Beatrice Simpson	Blackheath & Bromley	16.35			7	33	Sam Singer	Blackheath & Bromley	8.75	
8	5	Dawn Wright	Coventry Godiva Harriers	16.12			8					

National Division 3 - University Track, Coventry

				Perf	Record	Wind	UKA	AW	2 July 2006				Perf	Wind	UKA	AW
Women's Shot Putt A																
1	2	Eva Massey	Belgrave Harriers	15.15			173	☑	1	77	Sasha Corbin	Newham & Essex Beagles	10.63		82	☑
2	5	Carol Parker	Coventry Godiva Harriers	12.81			126	☑	2	66	Cathy Goddard	Milton Keynes AC	10.05		71	☑
3	4	Claire Everett	City of Norwich AC	11.52			100	☑	3	88	Lisa Boswell	Newport Harriers	8.69			
4	6	Emma Beales	Milton Keynes AC	11.41			98	☑	4	22	Belinda Heil	Belgrave Harriers	8.43			
5	7	Julia Bennett	Newham & Essex Beagles	11.27			95	☑	5	55	-	Coventry Godiva Harriers	8.41			
6	3	Liz Hughes	Blackheath & Bromley	10.78			85	☑	6	44	Laura Seaman	City of Norwich AC	8.36			
7	8	Becky Slaymaker	Newport Harriers	9.10			52		7	11	Rachel Fraser	Aldershot Farnham & Distric	7.34			
8	1	Sam Male	Aldershot Farnham & Distri	8.29					8	33	Jennie Butler	Blackheath & Bromley	5.33			
Women's Shot Putt B																
Women's Long Jump A																
1	2	Sarah Wellstead	Belgrave Harriers	5.87			127	☑	1	66	Rachel Gibbens	Milton Keynes AC	5.00			☑
2	7	Julia Bennett	Newham & Essex Beagles	5.54			94	☑	2	1	Niki Densley	Aldershot Farnham & Distric	4.87			
3	3	Katy Benneworth	Blackheath & Bromley	5.43			83	☑	3	77	Leandra Polius	Newham & Essex Beagles	4.60			
4	8	Lara Richards	Newport Harriers	5.25			65	☑	4=	33	Katie Murray	Blackheath & Bromley	4.58			
5	6	Jenny Truelove	Milton Keynes AC	5.18			58	☑	4=	22	Michelle Nestor	Belgrave Harriers	4.58			
6	11	Harriet Abbis	Aldershot Farnham & Distri	5.04				☑	6	44	Sally Ash	City of Norwich AC	4.30			
7	5	Cathryn Jones	Coventry Godiva Harriers	4.81					7	88	Sarah Newman	Newport Harriers	4.27			
8	4	Carole Filer	City of Norwich AC	4.68					8	55	Anneska Binks	Coventry Godiva Harriers	4.11			
Women's Long Jump B																
Women's Triple Jump A																
1	2	Sarah Wellstead	Belgrave Harriers	11.95			126	☑	1	22	Michelle Nestor	Belgrave Harriers	11.22		96	☑
2	6	Rachel Gibbens	Milton Keynes AC	11.16			94	☑	2	66	Becky Griffin	Milton Keynes AC	9.80			
3	5	Cathryn Jones	Coventry Godiva Harriers	10.87			82	☑	3	33	Katy Benneworth	Blackheath & Bromley	9.79			
4	3	Jade Castell-Thomas	Blackheath & Bromley	10.71			76	☑	4	11	Sam Male	Aldershot Farnham & Distric	9.72			
5	1	Harriet Abbis	Aldershot Farnham & Distri	10.60			72	☑	5							
6	4	Sally Ash	City of Norwich AC	9.49					6							
7	7	Kelly Montgomery	Newham & Essex Beagles	9.40					7							
8	8	Lara Richards	Newport Harriers	8.74					8							
Women's Triple Jump B																
Women's High Jump A																
1	7	Julia Bennett	Newham & Essex Beagles	1.75			145	☑	1	88	Kathryn Davies	Newport Harriers	1.55			☑
2	8	Lara Richards	Newport Harriers	1.60			70	☑	2	4	Catherine Holdsworth	City of Norwich AC	1.55			☑
3	44	Claire Everett	City of Norwich AC	1.60			70	☑	3	66	Sophie Gibbens	Milton Keynes AC	1.55			☑
4	6	Jenny Truelove	Milton Keynes AC	1.55				☑	4	22	Michelle Nestor	Belgrave Harriers	1.45			
5	3	Anna Smith	Blackheath & Bromley	1.50												
6	2	Sarah Wellstead	Belgrave Harriers	1.50												
7	5	Anneska Binks	Coventry Godiva Harriers	1.50												
Women's High Jump B																
Women's Pole Vault A																
1	2	Janine Whitlock	Belgrave Harriers	4.15	DR		205	☑	1	66	Tanya Bromilow	Milton Keynes AC	2.50			☑
2	3	Liz Hughes	Blackheath & Bromley	3.40			130	☑	2	77	Melissa Strevens	Newham & Essex Beagles	2.30			☑
3	6	Bryony Gibbens	Milton Keynes AC	2.70			60	☑	3	22	Jayne Arderton	Belgrave Harriers	2.30			☑
4	7	Kelly Montgomery	Newham & Essex Beagles	2.30				☑								
Women's Pole Vault B																
Women's 4x100m Relay																
1	2	Belgrave Harriers	Jennifer Culley	Hannah Stares	Sarah Wellstead	Michelle Carey	48.8									☑
2	3	Blackheath & Bromley	Katy Benneworth	Rebecca Syrocki	Sam Singer	Amy Godsell	49.3									☑
3	7	Newham & Essex Beagles	Julia Bennett	Leandra Polius	Amina Ceesay	Henrietta Sims	49.4									☑
4	6	Milton Keynes AC	Natalie Jowett	Rachel Gibbens	Jenny Truelove	Cathy Goddard	50.7									☑
5	8	Newport Harriers	Ellie Mardle	Zoe Llewelyn	Kathryn Davies	Rebecca Williams	50.8									☑
6	1	Aldershot Farnham & Dist	Niki Densley	Clem Adams	Harriet Abbis	Sam Male	51.6									☑
7	4	City of Norwich AC	Carole Filer	Catherine Holdsworth	Sally Ash	Claire Everett	54.0									
8																

National Division 3 - University Track, Coventry

Perf Record Wind UKA AW 2 July 2006

Perf Wind UKA AW

Women's 4x400m Relay

1	7	Newham & Essex Beagles	Amina Ceesay	Henrietta Sims	Julia Bennett	Leandra Polius	03:58.9	<input checked="" type="checkbox"/>
2	1	Aldershot Farnham & Dist	Niki Densley	Emily Adams	Louise Douglas	Clem Adams	04:01.0	<input checked="" type="checkbox"/>
3	8	Newport Harriers	Zoe Llewelyn	Sarah Newman	Rebecca Williams	Lindsay Fitzgerald	04:02.5	<input checked="" type="checkbox"/>
4	2	Belgrave Harriers	Chrissie Foster	Vicki Goodwin	Michaela Hutchinson	Clare Robinson	04:04.0	<input checked="" type="checkbox"/>
5	3	Blackheath & Bromley	Katie Murray	Rebecca Syrocki	Sam Singer	Bella Clayton	04:08.7	<input checked="" type="checkbox"/>
6	5	Coventry Godiva Harriers	Emma Williams	Sarah Rhodes	Sally Ollershaw	Deirdra O'Halloran	04:09.9	<input checked="" type="checkbox"/>
7	6	Milton Keynes AC	Carolyn Boosey	Becky Williams	Carly Scott	Charlie Gaspar	04:11.0	<input checked="" type="checkbox"/>
8	4	City of Norwich AC	Catherine Holdsworth	Claire Everett	Ruth Senior	Esther Hope	04:11.8	<input checked="" type="checkbox"/>

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Belgrave	8	222.5	1 Belgrave	16	422.0
2 Milton K	7	200.0	2 Milton K	14	389.5
3 N&EB	6	149.0	3 Bla&B	11	307.5
4 Bla&B	5	131.5	4 N&EB	7	228.0
5 Norwich	4	122.0	5 Coventry	6	260.0
6 Newport	3	116.0	6 Newport	6	234.5
7 AF&D	2	109.0	7 AF&D	6	229.0
8 Coventry	1	106.0	8 Norwich	6	228.5

Women's 100m Non Scoring

Wind=

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Women's 100m Non Scoring

Wind=

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8