

UKWAL Division 4 - Sunday 2nd July, 2006
At New River Sports Centre, Haringey

Position	Competitor	Club	Performance	Match points
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100 metres 'A' (-2.2)

1	Christal Robinson	Enf & Har	12.5	9
2	Hayley-Jane Cone	TVH	12.5	7
3	Lindsey Christie	M & M	12.8	6
4	Ciaran Andrews	Herts Ph	13.0	5
5	Kay Reynolds	Rad (N/S)	13.3	
6	Laura Gibson	Stoke	13.7	4
7	Sorrell Hunter	Ash	14.2	3

100 Metres 'B' (-2.5)

1	Tunrayo Nubi	Enf & Har	12.8	9
2	Claire Welch	M & M	13.0	7
3	Claire Jaggard	Herts Ph	13.3	6
4	Maurine Onwu	TVH	13.5	5
5	Chantelle Caprice	TVH (N/S)	13.5	
6	Lyn Ahmet	Rad (N/S)	15.2	
7	Anne Wainwright	Stoke	15.7	4
8	Annemarie Price	Ash	16.1	3

200 metres 'A' (-1.8)

1	Emma Kemp	Herts Ph	25.5	9
2	Lindsey Christie	M & M	26.2	7
3	Tunrayo Nubi	Enf & Har	26.5	6
4	Emma Jackson	Stoke	26.7	5
5	Helen Edmundsen	TVH	26.7	4
6	Becki Paine	Ash	28.4	3

200 metres 'B' (-3.0)

1	Davinia Houston	Enf & Har	26.8	9
2	Claire Jaggard	Herts Ph	26.8	7
3	Karoline Tsarski	TVH	26.9	6
4	Hannah Biddiss	M & M	27.6	5
5	Laura Gibson	Stoke	29.0	4
6	Sorrell Hunter	Ash	29.7	3

400 metres 'A'

1	Emma Kemp	Herts Ph	55.4	9
2	Emma Jackson	Stoke	56.2	7
3	Karolin Tsarski	TVH	58.9	6
4	Hannah Biddiss	M & M	61.3	5
5	Michelle McNamara	Enf & Har	62.0	4
6	Jana Riecke	Ash	63.9	3

400 metres 'B'

1	Becki Pane	Ash	61.6	9
2	Zoe Delaney	Herts Ph	62.9	7
3	Lesley Hopkins	Enf & Har	63.4	6
4	Nicole King	TVH	63.9	5
5	Fema Scott	TVH (N/S)	64.9	

800 metres 'A'

1	Hayley Wills	Herts Ph	2-13.5	9
2	Elizabeth Ogunde	TVH	2-13.5	7
3	Jenny Harnett	M & M	2-14.5	6
4	Clare Booker	Stoke	2-17.3	5
5	Candy Hawkins	Ashford	2-23.5	4
6	Dominique Wildman	Enf & Har	2-31.1	3

800 metres 'B'

1	Emma Grant	TVH	2-19.2	9
2	Nikki Silva	Herts Ph	2-19.2	7
3	Natalie Gray	M & M	2-21.0	6
4	Rachel Jablonski	Stoke	2-22.1	5
5	Amanda Jukes	Ashford	2-27.3	4
6	Sharon McHugh	Enf & Har	2-29.9	3

1500 metres 'A'

1	Jenny Harnett	M & M	4-39.3	9
2	Lois Bowles	Enf & Har	4-40.1	7
3	Michelle Cope	Stoke	4-44.5	6
4	Joanne Bradford	Ash	4-54.7	5
5	Nikki Silva	Herts ph	4-59.7	4
6	Emma Grant	TVH	5-01.5	3

1500 metres 'B'

1	Natalie Gray	M & M	4-46.4	9
2	Eileen Griffiths	Enf & Har	4-49.7	7
3	Claire Booker	Stoke	5-00.5	6
4	Janine Brown	Ash	5-06.0	5
5	Hayley Wills	Herts Ph	5-12.4	4

3000 metres 'A'

1	Michelle Cope	Stoke	9-49.2	9
2	Liz Muggeridge	Enf & Har	10-27.7	7
3	Helcha Simkova	M & M	11-01.4	6
4	Janine Brown	Ash	11-28.2	5
5	Clare Marsh	Herts Ph	15-59.7	4

3000 metres 'B'

1	Sharon McHugh	Enf & Har	11-13.8	9
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100 metres hurdles 'A' (+1.3)

1	Angie Broadbelt	TVH	14.5	9
2	Kay Reynolds	Rad (N/S)	14.8	
3	Ciaran Andrews	Herts Ph	15.3	7
4	Sophie Copping	M & M	17.4	6
5	Emma Rowley	Enf & Har	18.2	5
6	Leah Howard	Ash	19.5	4

100 metres hurdles 'B' (+2.3)

1	Christina Silva	Herts Ph	15.7	9
2	Hannah O Sullivan	Enf & Har	17.8	7
3	Candy Hawkins	Ash	20.6	6
4	Isaura Johnson	TVH	60.8	5

400 metres hurdles 'A'

1	Angie Broadbelt	TVH	62.2	9
2	Marie Crowe	M & M	62.4	7
3	Christina Silva	Herts Ph	65.7	6
4	Kristy Wilson	Enf & Har	67.4	5
5	Sally Hughes	Radley (n/s)	68.9	
6	Jana Riecke	Ashford	69.3	4

400 metres hurdles 'B'

1	Rachel Christie	TVH	66.6	9
2	Emma Kavanagh	Herts Ph	69.2	7
3	Hannah O Sullivan	Enf & Har	69.8	6
4	Sophie Copping	M & M	70.0	5
5	Jennie Matthews	Ashford	72.0	4

High Jump 'A'

1	Kay Reynolds	Rad (N/S)	1.50m	
1=	Katie Hamilton	Ash	1.50m	8
1=	Emma Kavanagh	Herts Ph	1.50m	8
3	Rachel Christie	TVH	1.50m	6
4=	Tanine Nicholas	Enf & Har	1.40m	4.5
4=	Sophie Copping	M & M	1.40m	4.5
7	Rachel Jablonski	Stoke	1.25m	3

High Jump 'B'

1	Natalie Farman	Herts ph	1.50m	9
2	Jenny Matthews	Ash	1.50m	7
3	Natalie Spencer	TVH	1.45m	6
4	Regina Hewlett	Enf & Har	1.40m	5
5	Nichola Plews	M & M	1.35m	4

Pole Vault 'A'

1	Anne-Marie Price	Ashford	2.50m	9
2	Leah Davies	Enf & Har	2.50m	7

Pole Vault 'B'

1	Lizzy Yarnold	Ashford	2.50m	9
2	Kim Wayman	Enf & Har	2.10m	7

Long Jump 'A' (+1.4)

1	Hayley-Jane Cone	TVH	5.75m (+1.4)	9
2	Claire Jaggard	Herts Ph	5.17m (+3.0)	7
3	Tanine Nicholas	Enf & Har	5.16m (+0.9)	6
4	Victoria Consterdine	Stole	4.77m (+0.5)	5
5	Nicola Plews	M & M	4.68m (+0.6)	4
6	Katie Hamilton	Ashford	4.33m (+0.6)	3
7	Lyn Ahmet	Rad (N/s)	3.93m (-0.6)	

Long Jump 'B' (+0.5)

1	Maurine Okwue	TVH	5.00m (+0.5)	9
2	Zoe Delaney	Herts Ph	4.77m (+1.8)	7
3	Davinia Houston	Enf & Har	4.73m (+0.4)	6
4	Ann Wainwright	Stoke	3.74m (+0.5)	5
5	Leah Howard	Ashford	3.57m (+0.8)	4

Triple Jump 'A' (+1.0)

1	Rachel Brenton	Rad (N/S)	12.31m (+1.0)	
2	Angela Barrett	TVH	11.65m (+1.4)	9
3	Tanine Nicholas	Enf & Har	11.18m (+2.4)	7
4	Natalie Farman	Herts Ph	10.11m (+2.1)	6
5	Jana Riecke	Ash	9.42m (+1.8)	5
6	Claire Welch	M & M	8.33m (+0.7)	4

Triple Jump 'B' (+1.7)

1	Amy Elston	Enf & Har	10.24m (+1.7)	9
2	Maurine Okwue	TVH	9.58m (-0.4)	7
3	Zoe Delaney	Herts Ph	9.19m (+1.0)	6
4	Ann-Marie Price	Ash	8.88m (-0.2)	5
5	Lyn Ahmet	Rad (N/S)	7.80m (-0.2)	

Shot Putt 'A'

1	Shelley McLellan	Herts Ph	11.90m	9
2	Lizzy Arnold	Ashford	11.19m	7
3	Elisha Dee	TVH	10.55m	6
4	Alison George	Stoke	10.13m	5
5	Sharifa Brown	Enf & Har	8.23m	4
6	Dawn Copping	M & M	7.22m	3

Shot Putt 'B'

1	Victoria Consterdine	Stoke	9.74m	9
2	Joanna Bradley	Ash	9.21m	7
3	Regina Hewlett	Enf & Har	8.09m	6
4	Ciaran Andrews	Herts Ph	6.98m	5
5	Hannah Biddiss	M & M	6.40m	4
6	Fema Scott	TVH	5.41m	3

Discus 'A'

1	Joanna Bradley	Ash	39.34m	9
2	Elisha Dee	TVH	35.27m	7
3	Sharifa Brown	Enf & Har	29.12m	6
4	Hannah Tartaglia	Rad (N/S)	27.46m	
5	Alison George	Stoke	24.14m	5
6	Stephanie Fuller	Herts Ph	21.08m	4
7	Helena Simkova	M & M	19.67m	3

Discus 'B'

1	Evaun Williams	Enf & Har	28.42m	9
2	Fema Scott	TVH	17.64m	7
3	Elizabeth Duffin	M & M	17.63m	6
4	Christina Silva	Herts Ph	15.13m	5
5	Charlotte Booker	Ash	10.44m	4

Hammer 'A'

1	Ellisha Dee	TVH	42.98m	9
2	Evaun Williams	Enf & Har	33.88m	7
3	Stephanie Fuller	Herts Ph	32.18m	6
4	Alison George	Stoke	26.78m	5
5	Dawn Copping	M & M	25.67m	4
6	Charlotte Bishop	Ash	23.09m	3
7	Hannah Tartagua	Rad (N/S)	19.61m	2

Hammer 'B'

1	Yvonne Jacobs	Enf & Har	27.68m	9
2	Justine Asare	TVH	25.67m	7
3	Rachel Jablonski	Stoke	20.43m	6
4	Liz Duffin	M & M	18.20m	5
5	Lionda Standeven	Ash	17.71m	4
6	Nikki Silva	Herts Ph	15.13m	3

Javelin 'A'

1	Natalie Spencer	TVH	37.12m	9
2	Lizzie Yamold	Ash	36.54m	7
3	Evaun Williams	Enf & Har	30.42m	6
4	Natalie Farman	Herts Ph	29.16m	5
5	Liz Duffin	M & M	27.07m	4
6	Victoria Consterdine	Stoke	22.87m	3

Javelin 'B'

1	Felicia Rudolfo	Enf & Har	28.19m	9
2	Leah Howard	Ash	25.61m	7
3	Riquita Samuel	TVH	23.60m	6
4	Emma Cavanagh	Herts Ph	22.74m	5
5	Dawn Copping	M & M	18.38m	4
6	Anne Wainwright	Stoke	13.37m	3

4 x 100 metres relay

1		Enfield & Haringey	49.6	9
2		Herts Phoenix	50.2	7
3		TVH	50.9	6
4		Medway & Maidstone	52.5	5
5		City of Stoke	54.8	4
6		Ashford	56.3	3

4 x 400 metres relay

1		Herts Phoenix	3-54.3	9
2		TVH	4-02.4	7
3		City of Stoke	4-08.5	6
4		Enfield & Haringey	4-10.6	5
5		Medway & Maidstone	4-20.1	4
6		Ashford	4-24.3	3

Match Result

Position	Club	Total points
1	Enfield & Haringey	223.5
2	Herts Phoenix	201
3	TVH	197
4	Ashford	165
5	Medway & Maidstone	142.5
6	City of Stoke	118
7		

League Table after 2 matches

Position	Club	Total League Points	Total Match Points
1	Enfield & Haringey	15	414.5
2	TVH	14	400
3	Herts Phoenix	13	374
4	Medway & Maidstone	9	305.5
5	Ashford	8.5	310
6	City of Stoke	6.5	263
7	Radley	2	86