

National Divison 4 - Ridlins Park, Stevenage

|                       |   |                  |                              | Perf  | Record | Wind | UKA | AW | 7 June 2009           |      |                    |                              |       |   |
|-----------------------|---|------------------|------------------------------|-------|--------|------|-----|----|-----------------------|------|--------------------|------------------------------|-------|---|
|                       |   |                  |                              | Perf  | Record | Wind | UKA | AW |                       |      |                    |                              |       |   |
| <b>Women's 100m A</b> |   |                  |                              | Wind= | -1.1   |      |     |    | <b>Women's 100m B</b> |      |                    |                              |       |   |
|                       |   |                  |                              |       |        |      |     |    | Wind=                 | +1.9 |                    |                              |       |   |
| 1                     | 5 | Denise Osei      | Herne Hill Harriers          | 12.30 |        |      | 69  | ☑  | 1                     | 55   | Michelle Watson    | Herne Hill Harriers          | 12.60 | ☑ |
| 2                     | 8 | Shelley Bowen    | Reading                      | 12.30 |        |      | 69  | ☑  | 2                     | 33   | Emma Williams      | Coventry Godiva Harriers     | 12.70 | ☑ |
| 3                     | 3 | Nicola Robinson  | Coventry Godiva Harriers     | 12.40 |        |      | 54  | ☑  | 3                     | 22   | Sophie Twinham     | Channel Islands              | 13.40 |   |
| 4                     | 4 | Rachael Davidson | Gateshead Harriers           | 12.80 |        |      |     | ☑  | 4                     | 44   | Philippa MacGregor | Gateshead Harriers           | 13.40 |   |
| 5                     | 7 | Kadena Cox       | Leeds City                   | 12.90 |        |      |     | ☑  | 5                     | 66   | Rebecca Hoare      | Herts Phoenix                | 13.40 |   |
| 6                     | 6 | Emily Stevens    | Herts Phoenix                | 13.00 |        |      |     | ☑  | 6                     | 77   | Danielle Carr      | Leeds City                   | 13.50 |   |
| 7                     | 1 | Emily Thackrah   | Aldershot Farnham & District | 13.30 |        |      |     |    | 7                     | 88   | Lorraine Bobb      | Reading                      | 13.60 |   |
| 8                     | 2 | Helen Butler     | Channel Islands              | 13.50 |        |      |     |    | 8                     | 11   | Louise Douglass    | Aldershot Farnham & District | 13.70 |   |

|                       |   |                 |                              | Perf  | Record | Wind | UKA | AW |                       |      |                    |                              |       |      |
|-----------------------|---|-----------------|------------------------------|-------|--------|------|-----|----|-----------------------|------|--------------------|------------------------------|-------|------|
| <b>Women's 200m A</b> |   |                 |                              | Wind= | +1.6   |      |     |    | <b>Women's 200m B</b> |      |                    |                              |       |      |
|                       |   |                 |                              |       |        |      |     |    | Wind=                 | -0.4 |                    |                              |       |      |
| 1                     | 8 | Shelley Bowen   | Reading                      | 24.90 |        |      | 96  | ☑  | 1                     | 33   | Emma Williams      | Coventry Godiva Harriers     | 25.20 | 76 ☑ |
| 2                     | 5 | Denise Osei     | Herne Hill Harriers          | 24.90 |        |      | 96  | ☑  | 2                     | 55   | Michelle Watson    | Herne Hill Harriers          | 25.80 | ☑    |
| 3                     | 3 | Nicola Robinson | Coventry Godiva Harriers     | 25.50 |        |      | 56  | ☑  | 3                     | 77   | Sheryl Punter      | Leeds City                   | 26.50 | ☑    |
| 4                     | 1 | Rebecca Gray    | Aldershot Farnham & District | 25.70 |        |      |     | ☑  | 4                     | 88   | Rachel Heyworth    | Reading                      | 27.10 |      |
| 5                     | 7 | Kadena Cox      | Leeds City                   | 26.00 |        |      |     | ☑  | 5                     | 11   | Emily Thackrah     | Aldershot Farnham & District | 27.30 |      |
| 6                     | 2 | Gemma Dawkins   | Channel Islands              | 26.00 |        |      |     | ☑  | 6                     | 44   | Philippa MacGregor | Gateshead Harriers           | 27.40 |      |
| 7                     | 6 | Laura Jones     | Herts Phoenix                | 26.60 |        |      |     | ☑  | 7                     | 22   | Helen Butler       | Channel Islands              | 27.50 |      |
| 8                     | 4 | Emma Masson     | Gateshead Harriers           | 27.00 |        |      |     | ☑  | 8                     | 66   | Emma Kavanagh      | Herts Phoenix                | 27.90 |      |

|                       |   |                  |                              | Perf  | Record | Wind | UKA | AW |                       |    |                  |                              |       |      |
|-----------------------|---|------------------|------------------------------|-------|--------|------|-----|----|-----------------------|----|------------------|------------------------------|-------|------|
| <b>Women's 400m A</b> |   |                  |                              |       |        |      |     |    | <b>Women's 400m B</b> |    |                  |                              |       |      |
|                       |   |                  |                              |       |        |      |     |    |                       |    |                  |                              |       |      |
| 1                     | 6 | Laura Wake       | Herts Phoenix                | 55.30 |        |      | 136 | ☑  | 1                     | 44 | Stacey Smith     | Gateshead Harriers           | 57.20 | 88 ☑ |
| 2                     | 3 | Laura Langowski  | Coventry Godiva Harriers     | 55.50 |        |      | 131 | ☑  | 2                     | 22 | Hazel Le Cornu   | Channel Islands              | 59.10 | ☑    |
| 3                     | 2 | Gemma Dawkins    | Channel Islands              | 56.40 |        |      | 108 | ☑  | 3                     | 33 | Kellie Bewick    | Coventry Godiva Harriers     | 59.60 | ☑    |
| 4                     | 1 | Rebecca Gray     | Aldershot Farnham & District | 58.10 |        |      | 66  | ☑  | 4                     | 66 | Stephanie Sattin | Herts Phoenix                | 59.90 | ☑    |
| 5                     | 4 | Vicky Carmichael | Gateshead Harriers           | 58.60 |        |      | 53  | ☑  | 5                     | 55 | Zena Bland       | Herne Hill Harriers          | 60.10 | ☑    |
| 6                     | 7 | Sheryl Punter    | Leeds City                   | 58.80 |        |      |     | ☑  | 6                     | 11 | Louise Small     | Aldershot Farnham & District | 61.00 | ☑    |
| 7                     | 5 | Monique Davies   | Herne Hill Harriers          | 59.40 |        |      |     | ☑  | 7                     | 77 | Jessica Cooper   | Leeds City                   | 64.00 | ☑    |
| 8                     | 8 | Ariane Pritchard | Reading                      | 64.90 |        |      |     |    | 8                     | 88 | Hayley Pearce    | Reading                      | 69.50 |      |

|                       |   |                  |                              | Perf     | Record | Wind | UKA | AW |                       |    |                    |                          |          |   |
|-----------------------|---|------------------|------------------------------|----------|--------|------|-----|----|-----------------------|----|--------------------|--------------------------|----------|---|
| <b>Women's 800m A</b> |   |                  |                              |          |        |      |     |    | <b>Women's 800m B</b> |    |                    |                          |          |   |
|                       |   |                  |                              |          |        |      |     |    |                       |    |                    |                          |          |   |
| 1                     | 1 | Louise Small     | Aldershot Farnham & District | 02:09.90 |        |      | 101 | ☑  | 1                     | 33 | Tina Brown         | Coventry Godiva Harriers | 02:21.70 | ☑ |
| 2                     | 5 | Harriete Owles   | Herne Hill Harriers          | 02:17.60 |        |      |     | ☑  | 2                     | 22 | Nicola Milner      | Channel Islands          | 02:22.20 | ☑ |
| 3                     | 8 | Ariane Pritchard | Reading                      | 02:18.20 |        |      |     | ☑  | 3                     | 88 | Hayleigh Wood      | Reading                  | 02:25.20 | ☑ |
| 4                     | 2 | Katie Silver     | Channel Islands              | 02:18.80 |        |      |     | ☑  | 4                     | 55 | Alexandra Shalmoll | Herne Hill Harriers      | 02:28.00 |   |
| 5                     | 3 | Sally Olorenshaw | Coventry Godiva Harriers     | 02:21.30 |        |      |     | ☑  | 5                     | 77 | Jessica Best       | Leeds City               | 02:46.20 |   |
| 6                     | 7 | Rachel Dyson     | Leeds City                   | 02:25.40 |        |      |     | ☑  | 6                     |    |                    |                          |          |   |
| 7                     | 6 | Emma Kavanagh    | Herts Phoenix                | 02:26.80 |        |      |     | ☑  | 7                     |    |                    |                          |          |   |
| 8                     |   |                  |                              |          |        |      |     |    | 8                     |    |                    |                          |          |   |

|                        |    |                 |                              | Perf     | Record | Wind | UKA | AW |                        |    |                      |                              |          |   |
|------------------------|----|-----------------|------------------------------|----------|--------|------|-----|----|------------------------|----|----------------------|------------------------------|----------|---|
| <b>Women's 1500m A</b> |    |                 |                              |          |        |      |     |    | <b>Women's 1500m B</b> |    |                      |                              |          |   |
|                        |    |                 |                              |          |        |      |     |    |                        |    |                      |                              |          |   |
| 1                      | 3  | Tina Brown      | Coventry Godiva Harriers     | 04:25.60 |        |      | 132 | ☑  | 1                      | 8  | Rachel Phillips      | Reading                      | 04:54.00 | ☑ |
| 2                      | 5  | Harriete Owles  | Herne Hill Harriers          | 04:45.90 |        |      |     | ☑  | 2                      | 7  | Rachel Dyson         | Leeds City                   | 05:00.00 | ☑ |
| 3                      | 1  | Emily Adams     | Aldershot Farnham & District | 04:46.40 |        |      |     | ☑  | 3                      | 11 | Laura Alexander-High | Aldershot Farnham & District | 05:02.70 | ☑ |
| 4                      | 88 | Louise Bardsley | Reading                      | 04:48.60 |        |      |     | ☑  | 4                      | 22 | Elizabeth Murfin     | Channel Islands              | 05:09.50 |   |
| 5                      | 77 | Kirsteen Young  | Leeds City                   | 04:50.00 |        |      |     | ☑  | 5                      | 55 | Julia Wedmore        | Herne Hill Harriers          | 05:18.60 |   |
| 6                      | 2  | Louise Perrio   | Channel Islands              | 05:00.40 |        |      |     | ☑  | 6                      | 66 | Julie Simmons        | Herts Phoenix                | 05:53.50 |   |
| 7                      | 6  | Natasha Taylor  | Herts Phoenix                | 05:02.00 |        |      |     | ☑  | 7                      |    |                      |                              |          |   |
| 8                      |    |                 |                              |          |        |      |     |    | 8                      |    |                      |                              |          |   |

|                                |   |                  |                              | Perf        | Record | Wind | UKA | AW |                                |  |  |  |  |  |
|--------------------------------|---|------------------|------------------------------|-------------|--------|------|-----|----|--------------------------------|--|--|--|--|--|
| <b>Women's 2000m S/Chase A</b> |   |                  |                              |             |        |      |     |    | <b>Women's 2000m S/Chase B</b> |  |  |  |  |  |
|                                |   |                  |                              |             |        |      |     |    |                                |  |  |  |  |  |
| 1                              | 7 | Sarah Peterson   | Leeds City                   | 07:39.50 LR |        |      | 321 | ☑  | 1                              |  |  |  |  |  |
| 2                              | 8 | Lucy Daniels     | Reading                      | 08:11.40    |        |      | 257 | ☑  | 2                              |  |  |  |  |  |
| 3                              | 2 | Elizabeth Murfin | Channel Islands              | 08:11.90    |        |      | 256 | ☑  | 3                              |  |  |  |  |  |
| 4                              | 5 | Helen Carter     | Herne Hill Harriers          | 08:43.50    |        |      | 193 | ☑  | 4                              |  |  |  |  |  |
| 5                              | 1 | Claire Arnold    | Aldershot Farnham & District | 09:09.90    |        |      | 140 | ☑  | 5                              |  |  |  |  |  |
| 6                              | 6 | Nikki Andrews    | Herts Phoenix                | 09:43.60    |        |      | 72  | ☑  | 6                              |  |  |  |  |  |
| 7                              |   |                  |                              |             |        |      |     |    | 7                              |  |  |  |  |  |
| 8                              |   |                  |                              |             |        |      |     |    | 8                              |  |  |  |  |  |

## National Divison 4 - Ridlins Park, Stevenage

|                               |    |                     |                              | Perf                          | Record | Wind                          | UKA | AW | 7 June 2009 | Perf                   | Wind                         | UKA      | AW   |  |  |
|-------------------------------|----|---------------------|------------------------------|-------------------------------|--------|-------------------------------|-----|----|-------------|------------------------|------------------------------|----------|------|--|--|
| <b>Women's 3000m A</b>        |    |                     |                              | <b>Women's 3000m B</b>        |        |                               |     |    |             |                        |                              |          |      |  |  |
| 1                             | 3  | Sarah Simmons       | Coventry Godiva Harriers     | 09:58.50                      |        |                               | 102 | ☑  | 1           | 77 Sarah Peterson      | Leeds City                   | 10:35.40 | ☑    |  |  |
| 2                             | 4  | Lauren Roche        | Gateshead Harriers           | 10:04.60                      |        |                               | 92  | ☑  | 2           | 11 Catherine Taylor    | Aldershot Farnham & District | 10:59.30 | ☑    |  |  |
| 3                             | 1  | Emily Adams         | Aldershot Farnham & District | 10:13.90                      |        |                               | 76  | ☑  | 3           | 55 Helen Carter        | Herne Hill Harriers          | 11:14.70 | ☑    |  |  |
| 4                             | 2  | Louise Perrio       | Channel Islands              | 10:21.30                      |        |                               | 64  | ☑  | 4           | 88 Debbie Taylor       | Reading                      | 11:32.10 | ☑    |  |  |
| 5                             | 7  | Kirsteen Young      | Leeds City                   | 10:26.50                      |        |                               | 55  | ☑  | 5           | 66 Julie Simmons       | Herts Phoenix                | 12:20.30 | ☑    |  |  |
| 6                             | 5  | Claire Pauzers      | Herne Hill Harriers          | 10:37.70                      |        |                               |     | ☑  | 6           |                        |                              |          |      |  |  |
| 7                             | 6  | Natasha Taylor      | Herts Phoenix                | 10:49.20                      |        |                               |     | ☑  | 7           |                        |                              |          |      |  |  |
| 8                             | 8  | Susan Francis       | Reading                      | 10:57.50                      |        |                               |     | ☑  | 8           |                        |                              |          |      |  |  |
| <b>Women's 400m Hurdles A</b> |    |                     |                              | <b>Women's 400m Hurdles B</b> |        |                               |     |    |             |                        |                              |          |      |  |  |
| 1                             | 6  | Laura Jones         | Herts Phoenix                | 63.40                         |        |                               | 101 | ☑  | 1           | 22 Hazel Le Cornu      | Channel Islands              | 67.00    | ☑    |  |  |
| 2                             | 1  | Louise Douglass     | Aldershot Farnham & District | 66.60                         |        |                               |     | ☑  | 2           | 66 Emily Stevens       | Herts Phoenix                | 70.60    | ☑    |  |  |
| 3                             | 4  | Vicky Holmes        | Gateshead Harriers           | 67.40                         |        |                               |     | ☑  | 3           | 77 Rosie Trudgen       | Leeds City                   | 73.90    | ☑    |  |  |
| 4                             | 2  | Sophie Twinham      | Channel Islands              | 68.00                         |        |                               |     | ☑  | 4           | 88 Lee Fellows         | Reading                      | 74.40    |      |  |  |
| 5                             | 7  | Elizabeth Best      | Leeds City                   | 69.10                         |        |                               |     | ☑  | 5           | 55 Monique Davies      | Herne Hill Harriers          | 84.70    |      |  |  |
| 6                             | 8  | Natalie Beale       | Reading                      | 69.80                         |        |                               |     | ☑  | 6           |                        |                              |          |      |  |  |
| 7                             | 3  | Alex Williams       | Coventry Godiva Harriers     | 70.40                         |        |                               |     | ☑  | 7           |                        |                              |          |      |  |  |
| 8                             | 5  | Helen Carter        | Herne Hill Harriers          | 83.00                         |        |                               |     |    | 8           |                        |                              |          |      |  |  |
| <b>Women's 100m Hurdles A</b> |    |                     |                              | Wind=                         | +3.7   | <b>Women's 100m Hurdles B</b> |     |    |             |                        |                              |          |      |  |  |
| 1                             | 3  | Nicola Robinson     | Coventry Godiva Harriers     | 14.10                         |        |                               | 146 | ☑  | 1           | 88 Natalie Beale       | Reading                      | 16.50    | ☑    |  |  |
| 2                             | 4  | Ashleigh Wood       | Gateshead Harriers           | 14.80                         |        |                               | 100 | ☑  | 2           | 66 Hayley Kruse        | Herts Phoenix                | 16.60    | ☑    |  |  |
| 3                             | 8  | Jenny Robinson      | Reading                      | 15.20                         |        |                               | 73  | ☑  | 3           | 44 Vicky Holmes        | Gateshead Harriers           | 17.20    | ☑    |  |  |
| 4                             | 6  | Natalie Farman      | Herts Phoenix                | 15.90                         |        |                               |     | ☑  | 4           | 22 Hazel Le Cornu      | Channel Islands              | 17.50    | ☑    |  |  |
| 5                             | 2  | Sophie Twinham      | Channel Islands              | 17.50                         |        |                               |     | ☑  | 5           | 77 Elizabeth Best      | Leeds City                   | 17.70    | ☑    |  |  |
| 6                             | 7  | Rosie Trudgen       | Leeds City                   | 19.60                         |        |                               |     |    | 6           |                        |                              |          |      |  |  |
| 7                             |    |                     |                              |                               |        |                               |     |    | 7           |                        |                              |          |      |  |  |
| 8                             |    |                     |                              |                               |        |                               |     |    | 8           |                        |                              |          |      |  |  |
| <b>Women's Hammer A</b>       |    |                     |                              | <b>Women's Hammer B</b>       |        |                               |     |    |             |                        |                              |          |      |  |  |
| 1                             | 4  | Leah Weatheritt     | Gateshead Harriers           | 46.38                         |        |                               | 102 | ☑  | 1           | 6 Eve Miller           | Herts Phoenix                | 37.08    | 50 ☑ |  |  |
| 2                             | 7  | Alice Simpson       | Leeds City                   | 42.30                         |        |                               | 79  | ☑  | 2           | 88 Julie Wilson        | Reading                      | 32.71    | ☑    |  |  |
| 3                             | 66 | Loren Scanes        | Herts Phoenix                | 38.02                         |        |                               | 55  | ☑  | 3           | 33 Simone Huggins-Ward | Coventry Godiva Harriers     | 20.28    |      |  |  |
| 4                             | 8  | Coral Stuart        | Reading                      | 37.75                         |        |                               | 54  | ☑  | 4           | 77 Kadena Cox          | Leeds City                   | 17.87    |      |  |  |
| 5                             | 3  | Carol Parker        | Coventry Godiva Harriers     | 36.22                         |        |                               |     | ☑  | 5           | 44 Emma Pringle        | Gateshead Harriers           | 16.31    |      |  |  |
| 6                             | 2  | Jennifer Browne     | Channel Islands              | 34.46                         |        |                               |     | ☑  | 6           | 22 Elizabeth Murfin    | Channel Islands              | 16.28    |      |  |  |
| 7                             | 1  | Rachel Fraser       | Aldershot Farnham & District | 27.30                         |        |                               |     | ☑  | 7           | 11 Emma Broadey        | Aldershot Farnham & District | 14.92    |      |  |  |
| 8                             | 5  | Barbara McAnas      | Herne Hill Harriers          | 17.48                         |        |                               |     |    | 8           | 55 Alexandra Shalmoll  | Herne Hill Harriers          | 2.41     |      |  |  |
| <b>Women's Discus A</b>       |    |                     |                              | <b>Women's Discus B</b>       |        |                               |     |    |             |                        |                              |          |      |  |  |
| 1                             | 3  | Carol Parker        | Coventry Godiva Harriers     | 37.83                         |        |                               | 80  | ☑  | 1           | 77 Carrie Simpson      | Leeds City                   | 30.32    | ☑    |  |  |
| 2                             | 5  | Briony Phillips     | Herne Hill Harriers          | 36.55                         |        |                               | 72  | ☑  | 2           | 44 Sarah Cormack       | Gateshead Harriers           | 26.62    | ☑    |  |  |
| 3                             | 7  | Alice Simpson       | Leeds City                   | 34.64                         |        |                               | 60  | ☑  | 3           | 33 Catherine McBeth    | Coventry Godiva Harriers     | 25.41    | ☑    |  |  |
| 4                             | 8  | Julie Wilson        | Reading                      | 31.27                         |        |                               |     | ☑  | 4           | 66 Loren Scanes        | Herts Phoenix                | 22.39    |      |  |  |
| 5                             | 2  | Jennifer Browne     | Channel Islands              | 28.76                         |        |                               |     | ☑  | 5           | 88 Coral Stuart        | Reading                      | 21.27    |      |  |  |
| 6                             | 6  | Peta Lundgren       | Herts Phoenix                | 27.10                         |        |                               |     | ☑  | 6           | 55 Barbara McAnas      | Herne Hill Harriers          | 18.74    |      |  |  |
| 7                             | 4  | Leah Weatheritt     | Gateshead Harriers           | 26.85                         |        |                               |     | ☑  | 7           | 1 Emma Broadey         | Aldershot Farnham & District | 18.02    |      |  |  |
| 8                             | 11 | Rachel Fraser       | Aldershot Farnham & District | 20.40                         |        |                               |     |    | 8           | 22 Katie Silver        | Channel Islands              | 16.09    |      |  |  |
| <b>Women's Javelin A</b>      |    |                     |                              | <b>Women's Javelin B</b>      |        |                               |     |    |             |                        |                              |          |      |  |  |
| 1                             | 3  | Simone Huggins-Ward | Coventry Godiva Harriers     | 42.86                         |        |                               | 117 | ☑  | 1           | 66 Katie Grehan        | Herts Phoenix                | 31.91    | ☑    |  |  |
| 2                             | 6  | Peta Lundgren       | Herts Phoenix                | 39.61                         |        |                               | 97  | ☑  | 2           | 33 Catherine McBeth    | Coventry Godiva Harriers     | 30.61    | ☑    |  |  |
| 3                             | 5  | Briony Phillips     | Herne Hill Harriers          | 33.09                         |        |                               | 56  | ☑  | 3           | 44 Sarah Cormack       | Gateshead Harriers           | 29.11    | ☑    |  |  |
| 4                             | 7  | Jennifer Lumley     | Leeds City                   | 32.98                         |        |                               | 56  | ☑  | 4           | 77 Carrie Simpson      | Leeds City                   | 18.72    |      |  |  |
| 5                             | 4  | Leah Weatheritt     | Gateshead Harriers           | 29.97                         |        |                               |     | ☑  | 5           | 88 Laura Pearce        | Reading                      | 18.31    |      |  |  |
| 6                             | 8  | Danielle Summers    | Reading                      | 27.79                         |        |                               |     | ☑  | 6           | 55 Barbara McAnas      | Herne Hill Harriers          | 14.02    |      |  |  |
| 7                             | 1  | Emma Broadey        | Aldershot Farnham & District | 24.93                         |        |                               |     |    | 7           | 11 Catherine Taylor    | Aldershot Farnham & District | 13.42    |      |  |  |
| 8                             | 2  | Nicola Milner       | Channel Islands              | 7.87                          |        |                               |     |    | 8           | 22 Louise Perrio       | Channel Islands              | 7.18     |      |  |  |

National Divison 4 - Ridlins Park, Stevenage

|                              |    |                    |                              | Perf  | Record | Wind | UKA | AW | 7 June 2009 |        |                     |                              |       |    |   |
|------------------------------|----|--------------------|------------------------------|-------|--------|------|-----|----|-------------|--------|---------------------|------------------------------|-------|----|---|
|                              |    |                    |                              | Perf  | Record | Wind | UKA | AW | Perf        | Record | Wind                | UKA                          | AW    |    |   |
| <b>Women's Shot Putt A</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| 1                            | 3  | Carol Parker       | Coventry Godiva Harriers     | 12.36 |        |      | 97  | ☑  | 1           | 33     | Catherine McBeth    | Coventry Godiva Harriers     | 10.76 | 65 | ☑ |
| 2                            | 7  | Alice Simpson      | Leeds City                   | 11.88 |        |      | 87  | ☑  | 2           | 77     | Carrie Simpson      | Leeds City                   | 9.94  |    | ☑ |
| 3                            | 55 | Denise Osei        | Herne Hill Harriers          | 11.11 |        |      | 72  | ☑  | 3           | 44     | Ashleigh Wood       | Gateshead Harriers           | 8.35  |    | ☑ |
| 4                            | 4  | Emma Pringle       | Gateshead Harriers           | 10.68 |        |      | 63  | ☑  | 4           | 88     | Coral Stuart        | Reading                      | 7.78  |    |   |
| 5                            | 66 | Peta Lundgren      | Herts Phoenix                | 10.25 |        |      | 55  | ☑  | 5           | 6      | Laura Jones         | Herts Phoenix                | 7.71  |    |   |
| 6                            | 8  | Julie Wilson       | Reading                      | 9.35  |        |      |     | ☑  | 6           | 5      | Briony Phillips     | Herne Hill Harriers          | 6.99  |    |   |
| 7                            | 2  | Jennifer Browne    | Channel Islands              | 7.84  |        |      |     |    | 7           | 22     | Helen Butler        | Channel Islands              | 5.68  |    |   |
| 8                            | 1  | Rachel Fraser      | Aldershot Farnham & District | 7.16  |        |      |     |    | 8           | 11     | Catherine Taylor    | Aldershot Farnham & District | 5.10  |    |   |
| <b>Women's Shot Putt B</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's Long Jump A</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| 1                            | 4  | Ashleigh Wood      | Gateshead Harriers           | 5.30  |        |      | 49  | ☑  | 1           | 66     | Laura Wake          | Herts Phoenix                | 4.94  |    | ☑ |
| 2                            | 7  | Jennifer Lumley    | Leeds City                   | 5.21  |        |      |     | ☑  | 2           | 44     | Rachael Davidson    | Gateshead Harriers           | 4.93  |    | ☑ |
| 3                            | 6  | Natalie Farman     | Herts Phoenix                | 5.17  |        |      |     | ☑  | 3           | 77     | Samantha Henderson  | Leeds City                   | 4.58  |    |   |
| 4                            | 8  | Lorraine Bobb      | Reading                      | 4.96  |        |      |     | ☑  | 4           | 88     | Jenny Robinson      | Reading                      | 4.55  |    |   |
| 5                            | 2  | Jenna Murphy       | Channel Islands              | 4.79  |        |      |     | ☑  | 5           | 22     | Katie Silver        | Channel Islands              | 4.46  |    |   |
| 6                            | 5  | Charlotte Nyame    | Herne Hill Harriers          | 4.69  |        |      |     |    | 6           | 55     | Harriete Owles      | Herne Hill Harriers          | 3.84  |    |   |
| 7                            | 1  | Katie Sheehan      | Aldershot Farnham & District | 4.62  |        |      |     |    | 7           | 33     | Simone Huggins-Ward | Coventry Godiva Harriers     | 3.11  |    |   |
| 8                            | 3  | Emma Williams      | Coventry Godiva Harriers     | 4.51  |        |      |     |    | 8           |        |                     |                              |       |    |   |
| <b>Women's Long Jump B</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's Triple Jump A</b> |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| 1                            | 4  | Emma Pringle       | Gateshead Harriers           | 11.79 |        |      | 102 | ☑  | 1           | 66     | Danielle Currie     | Herts Phoenix                | 9.98  |    | ☑ |
| 2                            | 6  | Kathi Streatfield  | Herts Phoenix                | 11.59 |        |      | 92  | ☑  | 2           | 8      | Lorraine Bobb       | Reading                      | 9.74  |    | ☑ |
| 3                            | 5  | Charlotte Nyame    | Herne Hill Harriers          | 11.23 |        |      | 74  | ☑  | 3           | 22     | Nicola Milner       | Channel Islands              | 8.44  |    |   |
| 4                            | 7  | Samantha Henderson | Leeds City                   | 9.99  |        |      |     | ☑  | 4           | 77     | Jessica Best        | Leeds City                   | 8.10  |    |   |
| 5                            | 88 | Meryl Austin       | Reading                      | 9.84  |        |      |     | ☑  | 5           | 44     | Vicky Holmes        | Gateshead Harriers           | 8.05  |    |   |
| 6                            | 2  | Jenna Murphy       | Channel Islands              | 9.38  |        |      |     |    | 6           |        |                     |                              |       |    |   |
| 7                            | 1  | Katie Sheehan      | Aldershot Farnham & District | 8.17  |        |      |     |    | 7           |        |                     |                              |       |    |   |
| 8                            |    |                    |                              |       |        |      |     |    | 8           |        |                     |                              |       |    |   |
| <b>Women's Triple Jump B</b> |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's High Jump A</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| 1                            | 7  | Jennifer Lumley    | Leeds City                   | 1.66  |        |      | 100 | ☑  | 1           | 6      | Hayley Kruse        | Herts Phoenix                | 1.55  |    | ☑ |
| 2                            | 2  | Jenna Murphy       | Channel Islands              | 1.60  |        |      | 70  | ☑  | 2           | 77     | Rosie Trudgen       | Leeds City                   | 1.50  |    | ☑ |
| 3                            | 66 | Natalie Farman     | Herts Phoenix                | 1.60  |        |      | 70  | ☑  | 3           | 88     | Natalie Beale       | Reading                      | 1.40  |    |   |
| 4                            | 8  | Jenny Robinson     | Reading                      | 1.50  |        |      |     | ☑  | 4           | 22     | Gemma Dawkins       | Channel Islands              | 1.30  |    |   |
| 5                            | 1  | Katie Sheehan      | Aldershot Farnham & District | 1.45  |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's High Jump B</b>   |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's Pole Vault A</b>  |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |
| 1=                           | 6  | Nikki Andrews      | Herts Phoenix                | 2.10  |        |      |     |    |             |        |                     |                              |       |    |   |
| 1=                           | 8  | Lucy Daniels       | Reading                      | 2.10  |        |      |     |    |             |        |                     |                              |       |    |   |
| <b>Women's Pole Vault B</b>  |    |                    |                              |       |        |      |     |    |             |        |                     |                              |       |    |   |



**National Division 4 - Ridlins Park, Stevenage**

Perf <sup>Record</sup> Wind UKA AW **7 June 2009**

Perf Wind UKA AW

**Women's 4x100m Relay**

|   |   |                              |                  |                    |                 |                 |       |                                     |
|---|---|------------------------------|------------------|--------------------|-----------------|-----------------|-------|-------------------------------------|
| 1 | 3 | Coventry Godiva Harriers     | Kellie Bewick    | Emma Williams      | Laura Langowski | Nicola Robinson | 49.50 | <input checked="" type="checkbox"/> |
| 2 | 6 | Herts Phoenix                | Rebecca Hoare    | Emily Stevens      | Laura Jones     | Laura Wake      | 50.20 | <input checked="" type="checkbox"/> |
| 3 | 7 | Leeds City                   | Kadena Cox       | Danielle Carr      | Sheryl Punter   | Elizabeth Best  | 51.10 | <input checked="" type="checkbox"/> |
| 4 | 8 | Reading                      | Natalie Beale    | Jenny Robinson     | Lorraine Bobb   | Shelley Bowen   | 51.10 | <input checked="" type="checkbox"/> |
| 5 | 4 | Gateshead Harriers           | Rachael Davidson | Philippa MacGregor | Ashleigh Wood   | Emma Pringle    | 51.20 | <input checked="" type="checkbox"/> |
| 6 | 2 | Channel Islands              | Jenna Murphy     | Gemma Dawkins      | Sophie Twinham  | Helen Butler    | 52.00 | <input checked="" type="checkbox"/> |
| 7 | 5 | Herne Hill Harriers          | Denise Osei      | Michelle Watson    | Zena Bland      | Monique Davies  | 52.20 |                                     |
| 8 | 1 | Aldershot Farnham & District | Louise Douglass  | Emily Thackrah     | Katie Sheehan   | Rebecca Gray    | 52.6  |                                     |

**Women's 4x400m Relay**

|   |   |                              |                 |                  |                  |                 |          |                                     |
|---|---|------------------------------|-----------------|------------------|------------------|-----------------|----------|-------------------------------------|
| 1 | 3 | Coventry Godiva Harriers     | Kellie Bewick   | Emma Williams    | Tina Brown       | Laura Langowski | 03:55.50 | <input checked="" type="checkbox"/> |
| 2 | 6 | Herts Phoenix                | Laura Wake      | Stephanie Sattin | Rebecca Hoare    | Laura Jones     | 04:00.40 | <input checked="" type="checkbox"/> |
| 3 | 2 | Channel Islands              | Nicola Milner   | Katie Silver     | Sophie Twinham   | Gemma Dawkins   | 04:00.80 | <input checked="" type="checkbox"/> |
| 4 | 4 | Gateshead Harriers           | Stacey Smith    | Vicky Holmes     | Vicky Carmichael | Emma Masson     | 04:01.00 | <input checked="" type="checkbox"/> |
| 5 | 8 | Reading                      | Rachel Phillips | Rachel Heyworth  | Hayleigh Wood    | Lucy Daniels    | 04:09.40 | <input checked="" type="checkbox"/> |
| 6 | 1 | Aldershot Farnham & District | Louise Douglass | Louise Small     | Emily Adams      | Rebecca Gray    | 04:09.80 | <input checked="" type="checkbox"/> |
| 7 | 5 | Herne Hill Harriers          | Monique Davies  | Harriete Owles   | Zena Bland       | Charlotte Nyame | 04:12.30 | <input checked="" type="checkbox"/> |
| 8 | 7 | Leeds City                   | Sheryl Punter   | Elizabeth Best   | Rosie Trudgen    | Kadena Cox      | 04:20.50 |                                     |

**MATCH RESULT**

League Points

Match

**STANDINGS**

League Points

Match

|   |     |   |       |   |     |   |       |
|---|-----|---|-------|---|-----|---|-------|
| 1 | HPX | 8 | 183.0 | 1 | HPX | 8 | 183.0 |
| 2 | LDS | 7 | 175.5 | 2 | LDS | 7 | 175.5 |
| 3 | RDG | 6 | 172.5 | 3 | RDG | 6 | 172.5 |
| 4 | COV | 5 | 163.0 | 4 | COV | 5 | 163.0 |
| 5 | CNI | 4 | 134.0 | 5 | CNI | 4 | 134.0 |
| 6 | GHD | 3 | 134.0 | 6 | GHD | 3 | 134.0 |
| 7 | HHH | 2 | 126.0 | 7 | HHH | 2 | 126.0 |
| 8 | AFD | 1 | 90.0  | 8 | AFD | 1 | 90.0  |

**Women's 100m Non Scoring**

Wind=

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

**Womens 400m non scoring**

Wind=

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

## UK Women's Athletics League 2009

National Divison 4 - Ridlins Park, Stevenage

07 June 2009

| Events                | AFD |    | CNI |    | COV |    | GHD |    | HHH |    | HPX |    | LDS |    | RDG |    | UNUSED |     | TOTAL |     |
|-----------------------|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|-----|----|--------|-----|-------|-----|
| Women's 100m          | 2   | 1  | 1   | 6  | 6   | 7  | 5   | 5  | 9   | 9  | 3   | 4  | 4   | 3  | 7   | 2  |        |     | 37    | 37  |
| Women's 200m          | 5   | 4  | 3   | 2  | 6   | 9  | 1   | 3  | 7   | 7  | 2   | 1  | 4   | 6  | 9   | 5  |        |     | 37    | 37  |
| Women's 400m          | 5   | 3  | 6   | 7  | 7   | 6  | 4   | 9  | 2   | 4  | 9   | 5  | 3   | 2  | 1   | 1  |        |     | 37    | 37  |
| Women's 800m          | 9   |    | 5   | 7  | 4   | 9  |     |    | 7   | 5  | 2   |    | 3   | 4  | 6   | 6  | 1      | 6   | 37    | 37  |
| Women's 1500m         | 6   | 6  | 3   | 5  | 9   |    |     |    | 7   | 4  | 2   | 3  | 4   | 7  | 5   | 9  | 1      | 3   | 37    | 37  |
| Women's 2000m S/Chase | 4   |    | 6   |    |     |    |     |    | 5   |    | 3   |    | 9   |    | 7   |    | 3      |     | 37    |     |
| Women's 3000m         | 6   | 7  | 5   |    | 9   |    | 7   |    | 3   | 6  | 2   | 4  | 4   | 9  | 1   | 5  |        | 6   | 37    | 37  |
| Women's 400m Hurdles  | 7   |    | 5   | 9  | 2   |    | 6   |    | 1   | 4  | 9   | 7  | 4   | 6  | 3   | 5  |        | 6   | 37    | 37  |
| Women's 100m Hurdles  |     |    | 4   | 5  | 9   |    | 7   | 6  |     |    | 5   | 7  | 3   | 4  | 6   | 9  | 3      | 6   | 37    | 37  |
| Women's Hammer        | 2   | 2  | 3   | 3  | 4   | 6  | 9   | 4  | 1   | 1  | 6   | 9  | 7   | 5  | 5   | 7  |        |     | 37    | 37  |
| Women's Discus        | 1   | 2  | 4   | 1  | 9   | 6  | 2   | 7  | 7   | 3  | 3   | 5  | 6   | 9  | 5   | 4  |        |     | 37    | 37  |
| Women's Javelin       | 2   | 2  | 1   | 1  | 9   | 7  | 4   | 6  | 6   | 3  | 7   | 9  | 5   | 5  | 3   | 4  |        |     | 37    | 37  |
| Women's Shot Putt     | 1   | 1  | 2   | 2  | 9   | 9  | 5   | 6  | 6   | 3  | 4   | 4  | 7   | 7  | 3   | 5  |        |     | 37    | 37  |
| Women's Long Jump     | 2   |    | 4   | 4  | 1   | 2  | 9   | 7  | 3   | 3  | 6   | 9  | 7   | 6  | 5   | 5  |        | 1   | 37    | 37  |
| Women's Triple Jump   | 2   |    | 3   | 6  |     |    | 9   | 4  | 6   |    | 7   | 9  | 5   | 5  | 4   | 7  | 1      | 6   | 37    | 37  |
| Women's High Jump     | 4   |    | 7   | 5  |     |    |     |    |     |    | 6   | 9  | 9   | 7  | 5   | 6  | 6      | 10  | 37    | 37  |
| Women's Pole Vault    |     |    |     |    |     |    |     |    |     |    | 8   |    |     |    | 8   |    | 21     | 37  | 37    | 37  |
| Women's 4x100m Relay  | 1   |    | 3   |    | 9   |    | 4   |    | 2   |    | 7   |    | 6   |    | 5   |    |        | 37  | 37    | 37  |
| Women's 4x400m Relay  | 3   |    | 6   |    | 9   |    | 5   |    | 2   |    | 7   |    | 1   |    | 4   |    |        | 37  | 37    | 37  |
|                       | 62  | 28 | 71  | 63 | 102 | 61 | 77  | 57 | 74  | 52 | 98  | 85 | 91  | 85 | 92  | 80 | 36     | 155 | 703   | 666 |

| Match Summary    | AFD  | CNI   | COV   | GHD   | HHH   | HPX   | LDS   | RDG   | UNUSED | TOTAL  |
|------------------|------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| Teams            | 90.0 | 134.0 | 163.0 | 134.0 | 126.0 | 183.0 | 176.0 | 172.0 | 191.0  | 1369.0 |
| Officials Points |      |       |       |       |       |       | -0.5  | 0.5   |        |        |
| Total            | 90.0 | 134.0 | 163.0 | 134.0 | 126.0 | 183.0 | 175.5 | 172.5 | 191.0  | 1369.0 |
| Match Position   | 8    | 5     | 4     | 6     | 7     | 1     | 2     | 3     |        |        |
| League Points    | 1    | 4     | 5     | 3     | 2     | 8     | 7     | 6     |        |        |

| Standings        | AFD  | CNI   | COV   | GHD   | HHH   | HPX   | LDS   | RDG   |
|------------------|------|-------|-------|-------|-------|-------|-------|-------|
| League Points    | 1.0  | 4.0   | 5.0   | 3.0   | 2.0   | 8.0   | 7.0   | 6.0   |
| Match Points     | 90.0 | 134.0 | 163.0 | 134.0 | 126.0 | 183.0 | 175.5 | 172.5 |
| League Positions | 8    | 5     | 4     | 6     | 7     | 1     | 2     | 3     |