

Southern Womens League

Division 1

Match Result Summary Sheet

Date

27/06/2009

Venue

Ipswich

Host Club

Ipswich Harriers

Position	Club	Points
1	Ipswich	161.5
2	TVH	139.5
3	VPHTH	115.5
4	Croydon	66.5
Waste		97
Total		580

Current Position After

30 Events

Total points (580)

Scored by.....Mrs S Tunaley.....

Checked by.....A Cheatham.....

U15 Girls

Points	1st	4	2nd	3	3rd	2	4th	1	5th	0	
Events	First	Second	Third	Fourth	Fifth						
100m A	r	12.9 S S-Boyce	k	12.9 E Moore	d	13.2 A Abiodun	o	13.8 S Ritchie	.	.	
100m B	kk	13.2 E Lambert	rr	13.3 D Santos (u13)	dd	13.5 W Campbell	oo	15.7 C Thomas	.	.	
200m A	r	26.6 S S-Boyce	k	26.7 E Moore	dd	27.8 T Scott	o	29.9 .C Hewitt	.	.	
200m B	rr	27.9 Tmonville	kk	28.7 S L-Pearson	
800m A	k	2.34.3 E Robinson	
800m B	kk	2.39.8 J Ramsey	
1500m A	k	5.00.6 C Caiger	o	5.13.5 S Tory	r	5.58.7 A Jowett (u13)	
1500m B	
75mH A	r	11.7 S S-Constantine	o	12.6 S Ritchie	k	12.9 B Clarke	d	18.0 W Campbell	.	.	
75mH B	rr	13.8 P Katula	kk	14.1 F Morey	dd	15.5 T Scott	
4x100m	K	52.3 Ipswich	r	53.1 VP	o	57.8 TVH	
High Jump A	kk	1.33 E Lehkijy	r	1.30 H Adelagun	d	1.25 W Campbell	o	1.25 C Hewitt	.	.	
High Jump B	rr	1.25 T Monville	k	1.25 k Whitlock	
Long Jump A	kk	4.79 B Clarke	r	4.60 S Swaby	oo	3.83 C Thomas	
Long Jump B	k	4.69 J Crissell	rr	4.03 P Katula	o	3.74 C Hewitt	
Shot A	o	7.40 L Knott	k	7.32 R Aldous	rr	6.59 T St Louis	
Shot B	kk	7.15 J Crissell	oo	6.47 C Thomas	r	6.38 V Owusu	
Discus A	o	23.05 L Knott	k	21.50 E Bloomfield (u13)	r	20.57 V Owusu	
Discus B	rr	17.08 t St Louis	kk	16.25 R Aldous	oo	14.62 S Tory	
Javelin A	o	24.99 L Knott	r	20.20 S Swaby	k	19.51 A Robinson	d	14.58 A Abiodun	.	.	
Javelin B	oo	19.11 S Ritchie	kk	13.30 E Robinson	dd	10.40 T Scott	rr	10.06 P Katula	.	.	

Scores								WASTE	TOTAL	CHECK
K	O	R	D				-			
3	1	4	2					0	10	10
4	1	3	2					0	10	10
3	1	4	2					0	10	10
3		4						3	10	10
4								6	10	10
4								6	10	10
4	3	2						1	10	10
								10	10	10
2	3	4	1					0	10	10
3		4	2					1	10	10
4	2	3						1	10	10
4	1	3	2					0	10	10
3		4						3	10	10
4	2	3						1	10	10
4	2	3						1	10	10
3	4	2						1	10	10
4	3	2						1	10	10
3	4	2						1	10	10
3	2	4						1	10	10
2	4	3	1					0	10	10
3	4	1	2					0	10	10

Southern Womens League Division 1

Ipswich

27 June 2009

Women

Points	1st	4	2nd	3	3rd	2	4th	1	5th	0
Events		First		Second		Third		Fourth		Fifth
100m A	r	12.2 F Bangura	o	12.3 A Tagoo (u17)	d	13.5 A Dowsett	k	13.9 C Long (u17)	.	.
100m B	oo	12.9 H-J Cone (u17)	rr	13.1 E Olanipekun (u20)	kk	13.7 C Jackson (u17)	dd	14.0 C Campbell (u17)	.	.
200m A	o	25.3 A Tagoo (17)	r	25.9 F Bangura	k	26.9 A L-Pearson (u17)	d	30.5 S Phillips (u17)	.	.
200m B	oo	27.4 H-J Cone (u17)	rr	27.9 E Olanipekun (U20)	kk	27.9 C Welbourn (u20)	dd	31.4 A Campbell	.	.
400m A	o	58.5 A Simukonda	k	62.8 E Jennings	r	68.5 N Katula (u20)	d	78.0 A Dowsett	.	.
400m B	oo	57.9 R Christie	kk	61.5 E Burroughs (U17)	dd	82.5 K Campbell
800m A	k	2.22.7 E Buroughs (u17)	o	2.26.0 L Da Silva	r	2.52.4	d	3.12.6 S B-Green	.	.
800m B	oo	2.50.6 A Simukonda	kk	2.55.9 L Thorndyke
1500m A	o	5.05.2 L da Silva	k	5.17.9 L Thomas (u17)	r	5.43.2 E Mosedale
1500m B	kk	5.57.3 E Welbourn (v45)
3000m A	o	10.28.4 L da Silva	r	12.03.3 E Mosedale	k	12.34.6 E Welbourn (v45)	d	12.36.8 J Beacroft	.	.
3000m B	dd	13.51.7 S B-green
100mH A	r	15.2 L Ambrose	o	16.7 L Wilson	k	20.2 K Fuller	d	27.0 A Campbell (v)	.	.
100mH B	kk	20.4 J Reason	dd	28.3 K Thornton (v)
400mH A	o	75.7 A Simukonda	d	86.6 A Dowsett	k	104.4 J Reason
400mH B	oo	76.6 L da Silva	kk	92.9 C Welbourn (u20)
4x100m	o	49.9 TVH	r	54.1 VPTH	k	54.9 Ipswich	D	57.0 Croydon	.	.
4x400m	k	4.26.4 Ipswich
Pole Vault A	k	1.70 J Reason	d	1.10 K Thornton (v)
Pole Vault B	kk	1.10 K Fuller
High Jump A	r	=1st 1.50 L Ambrose	oo	= 1st 1.50 E Aje (u20)	d	1.25 I Noludi (u17)	kk	0.95 C Welbourn (u20)	.	.
High Jump B	o	1.40 K Barazetti (i17)	rr	0.95 F Oyewole (u17)	k	= 3rd 0.95 C Long (u17)	dd	= 3rd 0.95 L harrison (v)	.	.

Scores								WASTE	TOTAL	CHECK
K	O	R	D				-			
1	3	4	2					0	10	10
2	4	3	1					0	10	10
2	4	3	1					0	10	10
2	4	3	1					0	10	10
3	4	2	1					0	10	10
3	4		2					1	10	10
4	3	2	1					0	10	10
3	4							3	10	10
3	4	2						1	10	10
4								6	10	10
2	4	3	1					0	10	10
			4					6	10	10
2	3	4	1					0	10	10
4			3					3	10	10
2	4		3					1	10	10
3	4							3	10	10
2	4	3	1					0	10	10
4								6	10	10
4			3					3	10	10
4								6	10	10
1	3.5	3.5	2					0	10	10
1.5	4	3	1.5					0	10	10
56.5	60.5	35.5	28.5	0	0	0	0	39	220	220

Sheet 2

		First		Second		Third		Fourth		Fifth
Long Jump A	o	5.29 H-J Cone	r	5.11 S K-Fannis (u17)	d	4.06 I Noludi (u17)	k	3.99 J Reason	.	.
Long Jump B	oo	4.69 E Ajie (u20)	rr	4.14 N Katula	dd	3.53 C Campbell (u17)	kk	3.52 M Masters (u17)	.	.
Triple Jump A	r	10.07 S K-Fannis (u17)	o	9.64 A Simukonda	kk	9.10 E Jennings (u20)	d	7.80 K Thornton (v)	.	.
Triple Jump B	k	8.64 J Reason	dd	6.82 K Campbell
Shot A	r	9.86 T Smith (u20)	kk	9.25 K Fuller	o	8.75 R Samuel	d	6.49 K Campbell	.	.
Shot B	oo	7.90 K Barazetti (u20)	rr	7.20 E Olanipekun (u20)	k	7.12 G Howe (u17)	dd	5.23 L Harrison (v)	.	.
Discus A	k	31.70 G Howe (u17)	r	27.16 Tsmith (u20)	o	21.47 R Samuel	d	14.55 S Phillips (u17)	.	.
Discus B	kk	26.56 K Fuller	oo	17.19 J Asare	dd	12.98 L Harrison (v)
Javelin A	d	25.44 A Campbell (v)	o	21.23 R Samuel	k	12.01 Y Holmes (v45)
Javelin B	oo	17.37 K Barazetti (u20)	kk	11.12 L Thorndyke	dd	11.02 K Campbell (v)
Hammer A	k	36.05 G Howe (u17)	o	28.00 J Asare	dd	17.09 L Harrison (v)
Hammer B	kk	30.21 K Fuller	oo	17.05 A Simukonda	d	11.62 S Phillips (u17)

K	O	R	D					-	WASTE	TOTAL	CHECK
1	4	3	2						0	10	10
1	4	3	2						0	10	10
2	3	4	1						0	10	10
4			3						3	10	10
3	2	4	1						0	10	10
2	4	3	1						0	10	10
4	2	3	1						0	10	10
4	3		2						1	10	10
2	3		4						1	10	10
3	4		2						1	10	10
4	3		2						1	10	10
4	3		2						1	10	10

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Total

34	35	20	23	0	0	0	0	0	8	120	120
56.5	60.5	35.5	28.5	0	0	0	0	0	39	220	220
90.5	95.5	55.5	51.5	0	0	0	0	0	47	340	340

Under 17 Women

Points	1st	0	2nd	0	3rd	0	4th	0	5th	0
Events		First		Second		Third		Fourth		Fifth
80mH A	k	12.00 Y Holmes (v45)	o	12.60 R Samuel	r	13.40 T Smith (u20)	d	17.50 A Campbell (v)	.	.
80mH B
300mH A	o	46.50 J Asare	R	48.80

Total

Scores								WASTE	TOTAL	CHECK
0	0	0	0	0	0	0	0			
4	3	2	1					0	10	10
								10	10	10
	4	3						3	10	10

4 7 5 1 0 0 0 0 13 30 30

Track					
Event	Age Gp	No.	Name	Club	Performance
4x100m	u15g	154		Ipswich	56.4
100m	Women	150	Melissa Masters (u17)	Ipswich	13.9
	Women	151	Yvonne Holmes (v45)	Ipswich	15.1
	u15g	149	Jess Crissell	Ipswich	13.5
	u15g	154	Yasmin Hanson	VPHTH	13.8
	u15g	148	Beth Clarke	Ipswich	13.8
	u15g	152	Lizzie Lehleys	Ipswich	14.3
	u15g	153	Hannah Girling	Ipswich	14.3

Field					
Event		No.	Name	Club	Performance
Long Jump	U15G	156	Dorica Santos	VPHTH	3.77