

# SOUTHERN WOMEN'S TRACK & FIELD LEAGUE

DIVISION      DIVISIONAL SECRETARY

K. MAY  
11c HILLCREST CLOSE  
SCAYNES HILL  
WEST SUSSEX  
RH17 7PJ

Result of Match on (date) 5.9.09      Host Club COLCHESTER HARRIERS

**RESULTS PROCEDURE**

1. Organising secretary telephone result to the Divisional Secretary: Tel: 01444 831430 before/after 7pm on SATURDAY EVENING.  
If you cannot do this please delegate. 07710 243922
2. Check scores, complete enclosed results sheets and score reconciliation. Send these, all team declaration sheets and officials signing in sheets to the Divisional Secretary using 1<sup>st</sup> class post (**check cost of postage**) to arrive by Tuesday. On the evening of the match, match points and all outstanding performances, according to Athletic Weekly standards, must be telephoned or e-mailed to Athletics Weekly (or as arranged by Athletics Weekly). **Please note SWT&FL rule 10 re distribution of results.**
3. Host club to retain all track results and field cards in case they are needed for reference.
4. Use only the Southern Women's Track & Field League results sheets provided and complete with name of athlete, club letter and time/distance. Any irregularities or records should be highlighted and a brief note attached. The main items to look for are too many events (see Rules 2(iv) and 15 (iii)) and incorrect stringing (Rule 16(ii)).
5. Please complete the following statement if appropriate, making relevant deletions:- The following club(s) failed to fulfil its/their commitment to provide officials. My club was (not) informed fourteen days previously. \_\_\_\_\_

Score Reconciliation

Subtotals	Club Letter & Name				Not Scored	Totals Premier & Div I
	A	D	N	R		
	BASILDON	COLCHESTER HARRIERS	SOUTH LONDON HARRIERS	WINDSOR SLOUGH (Eton House)		
Sheet 1	40	30	36	47	7	160
Sheet 2	34	60	24	49	13	180
Sheet 3	9	12	/	6	3	30
Sheet 4	38	19	20	18	5	100
Sheet 5	37	20	27	26	/	110
Totals	158	141	107	146	28	580
Positions	1	3	4	2		

Completed by	Date sent

For League Use		
Date Rec'd	Checked results - Secretary	NUTS

SWT&FL - PREMIER, DIVISION 1 & SENIOR DIVISIONS

SENIORS

SHEET 1

Event- League Record	First	Second	Third	Fourth	A	D	N	R	not scored	TOTAL
					BAS	COL H.	SLH	WSEH		
100 metres	A NATALIE BARTLEY SLH 12.1	CHINEDU MONYE WSEH 12.1	HEIDI NICHOLAS BAS 12.8	SOPHIE FISHER COL 13.4	2	1	4	3	/	10
11.33s	B SHANICE HARRISON SLH 12.7	MICHELLE WARREN WSEH 12.9	EMILY MOORE COL 13.3	ELLE MEADOWS BAS 13.7	1	2	4	3	/	10
200 metres	A CHINEDU MONYE WSEH 25.3	NATALIE BARTLEY SLH 26.1	HEIDI NICHOLAS BAS 26.4	EMILY MOORE COL 27.7	2	1	3	4	/	10
23.3s	B SHANICE HARRISON SLH 26.1	MICHELLE WARREN WSEH 26.6	SOPHIE FISHER COL 27.6	LOUISE DOUGLAS BAS 27.9	1	2	4	3	/	10
400 metres	A DAWN HUNT WSEH 54.9	ELLA NEALE COL 63.4	SADE BAILEY BAS 64.6	SIAN MITCHELL SLH 65.9	2	3	1	4	/	10
53.3s	B NIKKI TWINE BAS 63.9	ABI NEWBOLD COL 66.2	MARY EDWARDS WSEH 66.5	GILL MYBURGH SLH 110.5	4	3	1	2	/	10
800 metres	A KAREN GOODE BAS 2.22.6	MARTHA REYNOLDS WSEH 2.23.4	GEORGIE BRUNNELL SLH 2.23.7	ELLA NEALE COL 2.28.6	4	1	2	3	/	10
2.02.0s	B ELEANOR CORCORAN BAS 2.28.4	LAURA SOGGIT WSEH 2.32.9	MIRABELLE ABBOTT COL 2.39.2	GILL MYBURGH SLH 3.43.2	4	2	1	3	/	10
1500 metres	A MARTHA REYNOLDS WSEH 4.53.8	GEORGIE BRUNNELL SLH 4.54.2	JENNIE ROBERTS COL 5.00.7	KAREN GOODE BAS 5.06.6	1	2	3	4	/	10
4.15.5s	B CAROLYN DICKIE WSEH 5.08.5	AMY MITCHELL SLH 5.09.9	CHARLOTTE BISHOP BAS 5.22.2	/	2	/	3	4	1	10
3000 metres	A GEORGIE BRUNNELL SLH 10.11.6	STACEY WHEAT COL 10.19.3	CHARLOTTE SPAIN WSEH 10.44.6	EMILY BALLARD BAS 11.50.4	1	3	4	2	/	10
8.52.2s	B JENNIE ROBERTS COL 10.23.4	MARINA STEDMAN WSEH 11.07.5	CHARMAINE WEEVER BAS 12.05.9	GILL MYBURGH SLH 17.07.3	2	4	1	3	/	10
100m Hurdles	A CATHERINE HODSDORPH COL 14.4	HEIDI NICHOLAS BAS 15.8	FAYE WILLIAMS WSEH 16.8	SIAN MITCHELL SLH 17.7	3	4	1	2	/	10
13.4s	B TAMMY LARGE BAS 19.2	PAULA HING WSEH 30.3	/	/	4	/	/	3	3	10
400m Hurdles	A SIAN MITCHELL SLH 69.2	LOUISE DOUGLAS BAS 70.0	EMILY SWAIN COL 80.7	SARAH PHELPS WSEH 109.8	3	2	4	1	/	10
56.8s	B NIKKI TWINE BAS 70.9	PAULA HING WSEH 94.9	/	/	4	/	/	3	3	10
SHEET 1				Total forward to front sheet	40	30	36	47	7	160

SWT&FL - PREMIER, DIVISION 1 & SENIOR DIVISIONS SENIORS					A	D	N	R	SHEET 2	
Event-League Record	First	Second	Third	Fourth	BAS	COL H	SLH	WSEH	Not scored	TOTAL
High Jump	A CATHERINE HOLDSWORTH COL 1.60	ANNABEL BAKER BAS 1.50	HANNAH FIELD SLH 1.35	RACHEL WESTBROOK WSEH 1.25	3	4	2	1	/	10
1.93m	B SADE BAILEY BAS 1.45	LUCY MAPP COL 1.40	PAULA HING WSEH 1.00	/	4	3	/	2	1	10
Pole Vault	A LUCY MAPP COL 2.30	FAYE WILLIAMS WSEH 2.00	/	/	/	4	/	3	3	10
4.16m	B SOPHIE FISHER COL 1.10	/	/	/	/	4	/	/	6	10
Long Jump	A CATHERINE HOLDSWORTH COL 5.70	HEIDI NICHOLAS BAS 5.06	MARIA GOMEZ WSEH 4.60	HANNAH FIELD SLH 4.06	3	4	1	2	/	10
6.70m	B ANNABELLE BAKER BAS 4.71	EMILY SWAIN COL 4.25	ANNA GOMEZ WSEH 4.07	NANA ANTWI SLH 4.00	4	3	1	2	/	10
Triple Jump	A JADE MORGAN COL 11.50	MARIA GOMEZ WSEH 9.12	HANNA FIELD SLH 8.64	TAMMY LARGE BAS 8.48	1	4	2	3	/	10
13.71m	B RACHAEL GOODAY COL 9.42	ANNA GOMEZ WSEH 8.38	EMILY BALLARD BAS 8.15	VAL MOSHALENKO SLH 7.92	2	4	1	3	/	10
Shot Putt	A CATHERINE HOLDSWORTH COL 12.88	ABIGAIL JONES WSEH 10.27	VESPA ELLIS BAS 9.22	CHIOMA OBI-ADEWOLE SLH 8.90	2	4	1	3	/	10
19.33m	B JADE MORGAN COL 9.37	LEIGH CANN BAS 8.49	NASYA HARVEY WSEH 7.31	SYLVIE CAH SLH 4.32	3	4	1	2	/	10
Discus	A JO BOTRIGHT WSEH 33.10	SARAH WHITE COL 29.49	CHIOMA OBI SLH 27.40	TAMMY LARGE BAS 18.60	1	3	2	4	/	10
56.40m	B JANET SMITH WSEH 32.51	VICTORIA THOMPSON COL 25.57	LEIGH CANN BAS 18.59	NANA ANTWI SLH 16.81	2	3	1	4	/	10
Javelin	A CATHERINE HOLDSWORTH COL 37.71	ZOE WICKENS SLH 32.69	ABIGAIL JONES WSEH 21.44	TAMMY LARGE BAS 17.42	1	4	3	2	/	10
58.58m	B JESSICA CURTIS COL 26.50	NANA ANTWI SLH 21.95	ELLIE NORDIS WSEH 17.95	HEIDI NICHOLAS BAS 16.98	1	4	3	2	/	10
Hammer	A JANET SMITH WSEH 41.83	VICTORIA THOMPSON COL 41.23	CHIOMA OBI-ADEWOLE SLH 21.05	TAMMY LARGE BAS 18.70	1	3	2	4	/	10
61.49m	B NASYA HARVEY WSEH 41.38	LEIGH CANN BAS 15.68	/	/	3	/	/	4	3	10
4 x 100 metres relay 46.7s	WSEH 50.6	SLH 51.7	COL 52.6	BAS 54.3	1	2	3	4	/	10
4 x 400 metres relay 3.48.5s	WSEH 4.10.2	COL 4.12.1	BAS 4.15.8	SLH 4.50.1	2	3	1	4	/	10
			SHEET 2	total forward to front sheet	34	60	24	49	13	180

SWT&FL - PREMIER & DIVISION 1					UNDER 17 WOMEN				SHEET 3	
Event-League Record	First	Second	Third	Fourth	A	D	N	R	not scored	TOTAL
80m Hurdles	A EMILY MOORE COL 12.4	ANNABEL BAKER BAS 13.5	SARAH PHELPS WSEH 13.7	/	3	4	/	2	1	10
11.2s	B JESS CUTTS COL 12.8	NIKKI TWINE BAS 13.9	RACHEL WESTBROOK NSEH 16.8	/	3	4	/	2	1	10
300m Hurdles	A JESSICA CULLES COL 48.6	CHARLOTTE BISHOP BAS 57.9	RACHEL WESTBROOK WSEH 62.1	/	3	4	/	2	1	10
43.83	/	/	/	/	X	X	X	X	X	X
			SHEET 3	total forward to front sheet	9	12	/	6	3	30

SWT&FL - PREMIER & DIVISION 1					UNDER 15 GIRLS				SHEET 4	
Event-League Record	First	Second	Third	Fourth					not scored	TOTAL
100 metres	A VANESSA LE FON SLH 12.8	KELLY SUTTON COL 12.9	JESSICA QUICK BAS 13.0	ANNA INVERARY WSEH 13.7	2	3	4	1	/	10
11.9s	B EMILY WEBB BAS 13.9	RESHAE McPHERSON SLH 14.0	MEGAN MOORE COL 14.1	HOLLY REED WSEH 14.7	4	2	3	1	/	10
200 metres	A JESSICA QUICK BAS 26.5	KELLY SUTTON COL 26.5	VANESSA LE FON SLH 27.1	HOLLY REED WSEH 31.2	4	3	2	1	/	10
24.5s	B GEORGIA GREEN BAS 28.1	MEGAN MOORE COL 29.7	RUTH MYBURGH SLH 30.0	SARAH HING WSEH 30.7	4	3	2	1	/	10
800 metres	A ELEANOR JOHNSON BAS 2.35.4	ELEANOR DUCK WSEH 2.37.4	ALEX ROBERTS SLH 2.47.2	KIRSTY STRAON COL 2.50.9	4	1	2	3	/	10
2.14.2s	B ISOBEL IVES BAS 2.37.3	EMILY HABERFIELD WSEH 2.38.8	SARANTHA HART COL 2.51.0	SOPHIE FORMAN SLH 2.54.7	4	2	1	3	/	10
1500 metres	A MAISIE JONES BAS 5.10.4	CHRISTINA HALL WSEH 5.16.0	KJ WATTS COL 5.44.8	MARIA KAVANAGH SLH 5.51.6	4	2	1	3	/	10
4.32.0s	B EMILY BULLIS BAS 5.22.4	LIZZIE SIMONS COL 6.42.0	/	/	4	3	/	/	3	10
75m Hurdles	A GEORGIA GREEN BAS 12.3	ELEANOR DUCK NSEH 12.4	RESHAE McPHERSON SLH 13.9	/	4	/	2	3	1	10
10.9s	B LILY MATHEWS BAS 13.2	CHANNON GRAHAM SLH 15.4	CHANTAL BALTON WSEH 19.3	/	4	/	3	2	1	10
			SHEET 4	total forward to front sheet	38	19	20	18	5	100

## SWT&amp;FL - PREMIER &amp; DIVISION 1

## UNDER 15 GIRLS

A

D

N

R

SHEET 5

Event-League Record	First	Second	Third	Fourth	BAS	COL H	SLH	WSEH	not scored	TOTAL
High Jump	A POPPY LAKE BAS 1.56	SARAH PRESCOTT-SMITH COL 1.53	RESHAE McPHEEYSON SLH 1.40	EMILY HABERFIELD WSEH 1.35	4	3	2	1	/	10
1.75m	B ZOE EASDON BAS 1.30	ELEANOR DUCK WSEH 1.30	RACHAEL SWAIN COL 1.30	ALEX ROBERTS SLH 1.25	4	2	1	3	/	10
Long Jump	A SARAH PRESCOTT-SMITH COL 4.97	POPPY LAKE BAS 4.62	ANA INVERARY WSEH 4.49	CHANNONE GRAMM SLH 3.79	3	4	1	2	/	10
5.74m	B SARAH HING WSEH 4.30	R.M. HANSIE SLH 3.77	JESS QUICK BAS 3.73	MEGAN MOORE COL 3.50	2	1	3	4	/	10
Shot Putt	A IVANI OBI ADEWOLE SLH 8.70	POPPY LAKE BAS 7.83	MIRIAM MOHAMMAD WSEH 7.04	RACHAEL SWAIN COL 6.87	3	1	4	2	/	10
14.27m	B EMILY WEBB BAS 7.54	OLIVIA LAWSON WSEH 5.50	SOPHIE HARRUP COL 5.48	YASHINE CORDIKE SLH 5.37	4	2	1	3	/	10
Discus	A IVANI OBI ADEWOLE SLH 22.43	ELLA GLAZIER BAS 22.39	ELEANOR HEANVE WSEH 20.25	AMY SPELLER COL 13.67	3	1	4	2	/	10
39.52m	B NATALIE KYEI SLH 20.81	EMILY WEBB BAS 16.45	MARIAM MOHAMMAD WSEH 12.40	KIRSTY STRAMON COL 11.00	3	1	4	2	/	10
Javelin	A ELLIE RAYER WSEH 12.05	ELLA GLAZIER BAS 15.41	RUTH MYBURGH SLH 12.84	AMY SPELLER COL 11.94	3	1	2	4	/	10
40.78m	B ELEANOR JOHNSON BAS 13.72	IVANI OBI-ADEWOLE SLH 11.55	OLIVIA LAWSON WSEH 11.55	KELLY CUTTON COL 11.39	4	1	3	2	/	10
4x100 metres relay 49.4s	BAS 54.8	COL 55.8	SLH 56.1	WSEH 57.5	4	3	2	1	/	10
			SHEET 5	total forward to front sheet	37	20	27	26	/	110