


**Jo Smith Cup Final 2009 - Cophall Stadium, Barnet**

				Perf	Record	Wind	AW	<b>8 August 2009</b>				Perf	Record	Wind	AW
<b>Men's 100m</b>				Wind=	+0.3 m/s			<b>Men's 200m</b>				Wind=	+1.7 m/s		
1	2	Hakeem Ogunyemi	Enfield & Haringey AC	10.43			☑	1	2	Luke Fagan	Enfield & Haringey AC	20.98			☑
2	4	Mark Findlay	Newham & Essex Beagles	10.50			☑	2	8	Tim Abeyie	Woodford Green AC w Essex	21.23			☑
3	8	Eugene Ayanjul	Woodford Green AC w Esse:	10.59			☑	3	5	Nick Smith	Shaftesbury Barnet Harriers	21.40			☑
4	3	Andy Robertson	City of Manchester	10.60			☑	4	6	Jamie Coull	Trafford AC	21.60			☑
5	1	Julian Thomas	Birchfield Harriers	10.85			☑	5	1	Julian Thomas	Birchfield Harriers	21.61			☑
6	6	Jamie Coull	Trafford AC	10.87			☑	6	4	Rachid Kokazia	Newham & Essex Beagles	21.63			☑
7	5	Stuart Benson	Shaftesbury Barnet Harriers	11.22			☑	7	3	Andy Robertson	City of Manchester	21.63			☑
8								8							
<b>Men's 400m</b>								<b>Men's 800m</b>							
1	3	Brian Gregan	City of Manchester	46.26			☑	1	4	Robbie Schofield	Newham & Essex Beagles	01:51.7			☑
2	8	Graham Hedman	Woodford Green AC w Esse:	46.49			☑	2	3	Chris Bryant	City of Manchester	01:52.3			☑
3	7	Steve Johnson	Windsor Slough Eton & Hou	47.80			☑	3	1	James Trollop	Birchfield Harriers	01:53.2			☑
4	4	Iwan Thomas	Newham & Essex Beagles	48.01			☑	4	6	Tom Egerton	Trafford AC	01:53.6			☑
5	6	Robert Lewis	Trafford AC	49.05			☑	5	5	Paul Lipman	Shaftesbury Barnet Harriers	01:54.2			☑
6	1	Luke Lennon-Ford	Birchfield Harriers	49.21			☑	6	8	Omar Mansour	Woodford Green AC w Essex	01:54.4			☑
7	2	Shaka Palmer	Enfield & Haringey AC	49.31			☑	7	2	Ben Nagy	Enfield & Haringey AC	01:57.0			☑
8	5	Matthew Webster	Shaftesbury Barnet Harriers	50.08			☑	8							
<b>Men's 1500m</b>								<b>Men's 3000m</b>							
1	3	Niall Brooks	City of Manchester	03:54.65			☑	1							
2	4	Frank Baddick	Newham & Essex Beagles	03:55.60			☑	2		See Team Result below					
3	6	Gary Bristow	Trafford AC	03:57.25			☑	3							
4	8	Alex Cornwell	Woodford Green AC w Esse:	03:57.52			☑	4							
5	1	Adam Cotton	Birchfield Harriers	03:58.68			☑	5							
6	2	Paddy Hamilton	Enfield & Haringey AC	04:00.33			☑	6							
7	5	Richard Goodman	Shaftesbury Barnet Harriers	04:01.33			☑	7							
8								8							
								<b>Men's 110m Hurdles</b>				Wind=	-0.3 m/s		
1								1	8	Callum Priestley	Woodford Green AC w Essex	13.81			☑
2								2	7	Laurence Clarke	Windsor Slough Eton & Hou	14.17			☑
3								3	4	Alex Alemene	Newham & Essex Beagles	14.18			☑
4								4	5	Julian Adeniran	Shaftesbury Barnet Harriers	14.33			☑
5								5	1	Ederin Okoru	Birchfield Harriers	14.36			☑
6								6	3	Nick Gayle	City of Manchester	14.41			☑
7								7	2	Aaron James	Enfield & Haringey AC	14.89			☑
8								8	6	Daloo Okrienien	Trafford AC	18.26			
<b>Men's 400m Hurdles</b>								<b>Men's 3000m S/Chase</b>							
1	2	Ben Sumner	Enfield & Haringey AC	51.95			☑	1	3	James Bailey	City of Manchester	09:24.3			☑
2	6	Robert Lewis	Trafford AC	52.64			☑	2	1	Abdul Abdulrahman	Birchfield Harriers	09:30.1			☑
3	1	Brad Yeind	Birchfield Harriers	53.28			☑	3	4	Harun Abdi	Newham & Essex Beagles	09:49.4			☑
4	3	Adam Rogers	City of Manchester	53.88			☑	4	8	Jon Long	Woodford Green AC w Essex	09:56.7			☑
5	8	Francis Smith	Woodford Green AC w Esse:	54.06			☑	5	2	Denis Healy	Enfield & Haringey AC	10:27.5			
6	4	Emmanuel Okpikiri	Newham & Essex Beagles	64.00				6							
7	5	Charles Romito	Shaftesbury Barnet Harriers	69.35				7							
8								8							
<b>Men's Hammer</b>								<b>Men's Discus</b>							
1	3	Mike Floyd	City of Manchester	68.08			☑	1	4	Abdul Buhari	Newham & Essex Beagles	57.63			☑
2	8	Andy Frost	Woodford Green AC w Esse:	67.86			☑	2	8	Emeka Udechuka	Woodford Green AC w Essex	55.26			☑
3	4	Simon Brown	Newham & Essex Beagles	67.69			☑	3	1	Brett Morse	Birchfield Harriers	53.19			☑
4	1	James Bedford	Birchfield Harriers	61.99			☑	4	2	Matt Brown	Enfield & Haringey AC	52.44			☑
5	6	Roger Bate	Trafford AC	58.35			☑	5	5	Angus McInroy	Shaftesbury Barnet Harriers	52.02			☑
6	5	Chris Bennett	Shaftesbury Barnet Harriers	57.07			☑	6	3	Scott Thompson	City of Manchester	50.14			☑
7	2	Sam Moylan	Enfield & Haringey AC	32.73				7	6	Roger Bate	Trafford AC	44.68			☑
8	7	David Sheil	Windsor Slough Eton & Hou	22.00				8	7	David Sheil	Windsor Slough Eton & Hou	29.47			


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<b><u>Men's Shot Putt</u></b>								<b><u>Men's Javelin</u></b>							
1	4	Keiran Kelly	Newham & Essex Beagles	17.68			<input checked="" type="checkbox"/>	1	4	Chris Hughff	Newham & Essex Beagles	70.75			<input checked="" type="checkbox"/>
2	8	Emeka Udechuka	Woodford Green AC w Essex	17.30			<input checked="" type="checkbox"/>	2	2	Bonne Buwembo	Enfield & Haringey AC	65.89			<input checked="" type="checkbox"/>
3	3	Rimas Martisaukas	City of Manchester	17.15			<input checked="" type="checkbox"/>	3	8	Simon Bennett	Woodford Green AC w Essex	64.90			<input checked="" type="checkbox"/>
4	5	Sam Westlake-Cann	Shaftesbury Barnet Harriers	17.10			<input checked="" type="checkbox"/>	4	7	Dan Pembroke	Windsor Slough Eton & Hou	64.23			<input checked="" type="checkbox"/>
5	1	Brett Morse	Birchfield Harriers	14.45			<input checked="" type="checkbox"/>	5	3	Dorel Greta	City of Manchester	63.12			<input checked="" type="checkbox"/>
6	2	Lucas Zambrzycki	Enfield & Haringey AC	12.60				6	5	Aaron Harris	Shaftesbury Barnet Harriers	58.09			<input checked="" type="checkbox"/>
7	6	Roger Bate	Trafford AC	12.48				7	1	Daniel Van-De-Mere	Birchfield Harriers	48.92			
8	7	David Sheil	Windsor Slough Eton & Hou	9.48				8	6	Paulo Ostapouycz	Trafford AC	46.81			

**Men's Long Jump**

1	4	Andre Fernandez	Newham & Essex Beagles	7.42			<input checked="" type="checkbox"/>	1	8	Tosin Oke	Woodford Green AC w Essex	15.80			<input checked="" type="checkbox"/>
2	8	Ezekiel Ewulo	Woodford Green AC w Essex	7.28			<input checked="" type="checkbox"/>	2	1	Mike McKernan	Birchfield Harriers	14.77			<input checked="" type="checkbox"/>
3	1	Leigh Smith	Birchfield Harriers	7.12			<input checked="" type="checkbox"/>	3	3	James Hardy	City of Manchester	14.09			<input checked="" type="checkbox"/>
4	7	Mark Holloway	Windsor Slough Eton & Hou	6.76			<input checked="" type="checkbox"/>	4	4	Joshua Ojinkonye	Newham & Essex Beagles	13.48			<input checked="" type="checkbox"/>
5	3	Andy Burgess	City of Manchester	6.55			<input checked="" type="checkbox"/>	5	7	Julian Golley	Windsor Slough Eton & Hou	13.45			<input checked="" type="checkbox"/>
6	5	Daniel Lewis	Shaftesbury Barnet Harriers	6.38				6	2	David James	Enfield & Haringey AC	13.25			<input checked="" type="checkbox"/>
7	2	David James	Enfield & Haringey AC	5.99				7	5	Fela Latilo	Shaftesbury Barnet Harriers	12.95			
8								8							

**Men's High Jump**

1	4	Matt Roberts	Newham & Essex Beagles	2.20			<input checked="" type="checkbox"/>	1	4	Max Eaves	Newham & Essex Beagles	5.00			<input checked="" type="checkbox"/>
2	3	Rob Mitchell	City of Manchester	2.05			<input checked="" type="checkbox"/>	2	8	Christian North	Woodford Green AC w Essex	4.90			<input checked="" type="checkbox"/>
3	2	Chris Baker	Enfield & Haringey AC	2.00			<input checked="" type="checkbox"/>	3	3	Paul Walker	City of Manchester	4.90			<input checked="" type="checkbox"/>
4	1	Phinius Stewart	Birchfield Harriers	2.00			<input checked="" type="checkbox"/>	4	2	Lucas Zambrzycki	Enfield & Haringey AC	4.00			<input checked="" type="checkbox"/>
5	8	Gareth Dyball	Woodford Green AC w Essex	1.95			<input checked="" type="checkbox"/>	5	5	James Grant	Shaftesbury Barnet Harriers	3.80			<input checked="" type="checkbox"/>
6	5	Clayton Johnson	Shaftesbury Barnet Harriers	1.70				6							

**Men's 4x100m Relay**

1	8	Woodford Green AC w Essex	L Daniel Davis	Junior Ejeajhu	Eugene Ayanjul	Tim Abeyie	40.93	<input checked="" type="checkbox"/>
2	2	Enfield & Haringey AC	Sean Safo-Antwi	Olu Oyewobi	Luke Fagan	Hakeem Ogunyemi	41.18	<input checked="" type="checkbox"/>
3	5	Shaftesbury Barnet Harriers	Nick Smith	Stuart Benson	Shaan Hussein	Nengi Ossai	41.32	<input checked="" type="checkbox"/>
4	4	Newham & Essex Beagles	Alex Alemene	Rachid Kokazia	Harvey Byrne	Mark Findlay	41.94	<input checked="" type="checkbox"/>
5	1	Birchfield Harriers	Ryan Farrington	Julian Thomas	Somto Eruchie	Mark Lewis-Francis	42.44	<input checked="" type="checkbox"/>
6	3	City of Manchester	Andy Robertson	Nayef Abed	Andy Wilkinson	Nick Gayle	42.75	<input checked="" type="checkbox"/>
7	6	Trafford AC	Gary Bristow	Robert Lewis	Dabo Okrienien	Jamie Coull	46.31	
8								

**Men's 4x400m Relay**

1	4	Newham & Essex Beagles	Ben Higgins	Iwan Thomas	Robbie Schofield	Andre Fernandez	03:12.72	<input checked="" type="checkbox"/>
2	1	Birchfield Harriers	Ruben Tabarus	Ross McDonald	Somto Eruchie	Luke Lennon-Ford	03:12.94	<input checked="" type="checkbox"/>
3	3	City of Manchester	Andy Wilkinson	Brian Gregan	Tom O'Brien	Chris Bryant	03:13.34	<input checked="" type="checkbox"/>
4	8	Woodford Green AC w Essex	L Jamie Wright	Francis Smith	Eugene Ayanjul	Graham Hedman	03:15.00	<input checked="" type="checkbox"/>
5	2	Enfield & Haringey AC	Shaka Palmer	Ben Sumner	David James	Aaron Tring	03:16.43	<input checked="" type="checkbox"/>
6	6	Trafford AC	Dabo Okrienien	Gary Bristow	Jamie Coull	Robert Lewis	03:22.25	<input checked="" type="checkbox"/>
7	5	Shaftesbury Barnet Harriers	Shaan Hussein	Phil Octave	Stuart Benson	Matthew Webster	03:23.96	<input checked="" type="checkbox"/>
8								



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	Perf	Record	Wind	AW		Perf	Record	Wind	AW
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MATCH RESULT

1 Woodford Green w Essex Ladies	227.0		160.0
2 City of Manchester	215.0	6 Windsor Slough Etom & Hounslow	139.0
3 Newham & Essex Beagles	213.0	7 Trafford AC	133.0
4 Birchfield Harriers	201.0	8 Shaftesbury Barnet Harriers	132.0

**3000m Team Race**

	Runner 1	Club	time	Runner 2	Club	Time	Total Time
1	Jean Ndyasenga	Birchfield	08:21.21	James Trollop		08:22.90	16:44.51
2	Kevin Skinner	Newham	08:23.59	James Ellis		08:28.82	16:52.41
3	Matt Bond	City Of Manchester	08:25.06	James Bailey		08:32.97	16:58.03
4	Matt Gunby	WGEL	08:26.72	Matt Barnes-Smith		08:32.36	16:59.08
5	Owain Jones	WSEH	08:36.84	Nathan White		08:45.03	17:21.87
6	Michael Hunt	Trafford	08:41.06	Gramme Hogg		09:03.51	17:44.57
7	Stephen Murphy	Shaft Barn	08:40.38	Jack Parslow		08:42.32	17:22.70
8	Chris Symonds	Enfield & Haringey	09:01.70	Andy Coleman		09:05.32	18:07.02


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				Perf	Record	Wind	AW	Perf	Record	Wind	AW		
<b>Women's 100m</b>				Wind=	+1.4 m/s			<b>Women's 200m</b>				Wind=	+2.0 m/s
1	2	Torema Dorsett	Enfield & Haringey AC	11.72			☑	1	7	Helen Pryer	Windsor Slough Eton & Hou	23.56	☑
2	7	Helen Pryer	Windsor Slough Eton & Hou	11.76			☑	2	3	Kelly Massey	City of Manchester	23.94	☑
3	3	Rebekah Wilson	City of Manchester	12.03			☑	3	2	Margaret Adeoye	Enfield & Haringey AC	24.52	☑
4	1	Bernice Wilson	Birchfield Harriers	12.11			☑	4	5	Denise Gayle	Shaftesbury Barnet Harrier:	25.01	☑
5	8	Azaria Francis	Woodford Green AC w Esse:	12.27			☑	5	8	Kristina Blackett	Woodford Green AC w Esse:	25.17	☑
6	4	Claire Spurway	Newham & Essex Beagles	12.28			☑	6	6	Katie Flower	Trafford AC	25.22	☑
7	5	Chisom Nwachukwu	Shaftesbury Barnet Harrier:	12.62			☑	7	4	Susannah Banjo	Newham & Essex Beagles	25.45	☑
8	6	Susan Moncrieff	Trafford AC	13.29				8	1	Michelle Thomas	Birchfield Harriers	26.08	☑
<b>Women's 400m</b>								<b>Women's 800m</b>					
1	3	Kelly Massey	City of Manchester	53.36			☑	1	1	Ejoro Okoro	Birchfield Harriers	02:09.96	☑
2	7	Dawn Wilson	Windsor Slough Eton & Hou	53.67			☑	2	4	Leigh Lennon	Newham & Essex Beagles	02:10.11	☑
3	4	Henrietta Kodilinye-Sims	Newham & Essex Beagles	55.89			☑	3	6	Jo Dawes	Trafford AC	02:12.15	☑
4	5	Denise Gayle	Shaftesbury Barnet Harrier:	55.90			☑	4	2	Nikki Silva	Enfield & Haringey AC	02:12.50	☑
5	1	Seemita Gumbs	Birchfield Harriers	55.95			☑	5	8	Katherine Froy	Woodford Green AC w Esse:	02:12.79	☑
6	8	Ruth Breneton	Woodford Green AC w Esse:	56.48			☑	6	7	Christine Long	Windsor Slough Eton & Hou	02:14.49	☑
7	6	Katie Flower	Trafford AC	56.50			☑	7	3	Emma-Leigh Heighway	City of Manchester	02:24.59	☑
8								8					
<b>Women's 1500m</b>								<b>Women's 100m Hurdles</b>				Wind=	+0.5 m/s
1	3	Louise Whittaker	City of Manchester	04:19.9			☑	1	6	Susan Moncrieff	Trafford AC	14.77	☑
2	5	Rachel Felton	Shaftesbury Barnet Harrier:	04:20.2			☑	2	3	Rayne Allman	City of Manchester	15.09	☑
3	7	Vicky Fouhy	Windsor Slough Eton & Hou	04:29.7			☑	3	2	Emma Rowley	Enfield & Haringey AC	15.43	☑
4	8	Linzi Snow	Woodford Green AC w Esse:	04:37.3			☑	4	8	Holly Patti-Belleli	Woodford Green AC w Esse:	16.74	
5	6	Jo Dawes	Trafford AC	04:49.1			☑	5	4	Kelly Montgomery	Newham & Essex Beagles	18.99	
6	4	Kristie Leybourne	Newham & Essex Beagles	04:55.3			☑	6	1	Marina Semenova	Birchfield Harriers	20.29	
7								7					
8								8					
<b>Women's 400m Hurdles</b>								<b>Women's 3000m</b>					
1	6	Nisha Desai	Trafford AC	59.71			☑	1					
2	8	Ruth Breneton	Woodford Green AC w Esse:	59.90			☑	2		See Team result	Below		
3	1	Michelle Thomas	Birchfield Harriers	62.63			☑	3					
4	3	Latifah Burton	City of Manchester	64.35			☑	4					
5	2	Kristy Wilson	Enfield & Haringey AC	66.38			☑	5					
6	7	Michelle Rodgers	Windsor Slough Eton & Hou	67.29			☑	6					
7	4	Ashleigh Williams	Newham & Essex Beagles	67.53			☑	7					
8								8					
<b>Women's 2000m S/Chase</b>								<b>Women's Discus</b>					
1	7	Martha Reynolds	Windsor Slough Eton & Hou	07:11.77	LR		☑	1	1	Eden Francis	Birchfield Harriers	55.82	☑
2	8	Diana Kennedy	Woodford Green AC w Esse:	07:20.74			☑	2	5	Jade Nicholls	Shaftesbury Barnet Harrier:	51.45	☑
3	3	Latifah Burton	City of Manchester	07:25.75			☑	3	6	Elaine Cank	Trafford AC	44.79	☑
4	5	Claire Simm	Shaftesbury Barnet Harrier:	08:25.78			☑	4	8	Holly Redmond	Woodford Green AC w Esse:	38.79	☑
5	1	Megan Jacobs	Birchfield Harriers	09:20.27			☑	5	3	Laura Douglas	City of Manchester	34.46	☑
6								6	7	Joanna Botwright	Windsor Slough Eton & Hou	34.29	☑
7								7	4	Charisse Tapang	Newham & Essex Beagles	32.81	☑
8								8	2	Sharifa Brown	Enfield & Haringey AC	31.33	☑
<b>Women's Hammer</b>								<b>Women's Javelin</b>					
1	3	Laura Douglas	City of Manchester	62.10			☑						
2	7	Bola Ogun	Windsor Slough Eton & Hou	54.65			☑						
3	5	Steph Owens	Shaftesbury Barnet Harrier:	46.59			☑						
4	8	Sarah Smith	Woodford Green AC w Esse:	46.47			☑						
5	1	Marina Semenova	Birchfield Harriers	41.20			☑						
6	6	Joanne Harding	Trafford AC	36.76			☑						
7	2	Yvonne Jacobs	Enfield & Haringey AC	30.34			☑						
8	4	Natasha Scarlett	Newham & Essex Beagles	26.11									
<b>Women's Shot Putt</b>													


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1	1	Eden Francis	Birchfield Harriers	15.96		<input checked="" type="checkbox"/>	1	3	Laura Whittingham	City of Manchester	50.37	<input checked="" type="checkbox"/>
2	8	Joanne Duncan	Woodford Green AC w Esse:	15.81		<input checked="" type="checkbox"/>	2	7	Rosie Semenytsh	Windsor Slough Eton & Hou	48.74	<input checked="" type="checkbox"/>
3	3	Rebecca Peake	City of Manchester	14.88		<input checked="" type="checkbox"/>	3	8	Emma Smith	Woodford Green AC w Esse:	43.86	<input checked="" type="checkbox"/>
4	6	Chloe Beckett	Trafford AC	12.29		<input checked="" type="checkbox"/>	4	6	Chloe Beckett	Trafford AC	37.86	<input checked="" type="checkbox"/>
5	7	Jenny Pacey	Windsor Slough Eton & Hou	11.21		<input checked="" type="checkbox"/>	5	2	Felicia Rudolfo	Enfield & Haringey AC	35.91	<input checked="" type="checkbox"/>
6	4	Charisse Tapang	Newham & Essex Beagles	10.06		<input checked="" type="checkbox"/>	6	1	Bev Hawkins	Birchfield Harriers	35.67	<input checked="" type="checkbox"/>
7	2	Sharifa Brown	Enfield & Haringey AC	9.80			7	4	Katie Ramsden	Newham & Essex Beagles	28.11	
8	5	Steph Owens	Shaftesbury Barnet Harrier:	9.77			8	5	Nicole Cara	Shaftesbury Barnet Harrier:	23.94	

**Women's Long Jump**

1	7	Jenny Pacey	Windsor Slough Eton & Hou	5.95	<input checked="" type="checkbox"/>
2	5	Taneisha Scanlon	Shaftesbury Barnet Harrier:	5.73	<input checked="" type="checkbox"/>
3	1	Aimee Palmer	Birchfield Harriers	5.61	<input checked="" type="checkbox"/>
4	2	Davinia Houston	Enfield & Haringey AC	5.30	<input checked="" type="checkbox"/>
5	4	Kirsty Smith	Newham & Essex Beagles	5.24	<input checked="" type="checkbox"/>
6	6	Susan Moncrieff	Trafford AC	5.22	<input checked="" type="checkbox"/>
7	3	Abigail Haywood	City of Manchester	5.11	<input checked="" type="checkbox"/>
8	8	Rachel Dean	Woodford Green AC w Esse:	4.94	

**Women's Triple Jump**

1	5	Nadia Williams	Shaftesbury Barnet Harrier:	13.28	<input checked="" type="checkbox"/>
2	8	Stephanie Aneto	Woodford Green AC w Esse:	12.89	<input checked="" type="checkbox"/>
3	1	Denae Matthews	Birchfield Harriers	12.03	<input checked="" type="checkbox"/>
4	2	Dee Bakre	Enfield & Haringey AC	11.91	<input checked="" type="checkbox"/>
5	7	Shakira Wright	Windsor Slough Eton & Hou	11.91	<input checked="" type="checkbox"/>
6	4	Rochelle Jones	Newham & Essex Beagles	11.24	<input checked="" type="checkbox"/>
7	6	Nisha Desai	Trafford AC	10.74	<input checked="" type="checkbox"/>
8					

**Women's High Jump**

1	6	Kay Humberstone	Trafford AC	1.83	<input checked="" type="checkbox"/>
2	1	Jessica Leach	Birchfield Harriers	1.80	<input checked="" type="checkbox"/>
3	8	Ayamba Akim	Woodford Green AC w Esse:	1.75	<input checked="" type="checkbox"/>
4	7	Francis Smithson	Windsor Slough Eton & Hou	1.65	<input checked="" type="checkbox"/>
5	5	Taneisha Scanlon	Shaftesbury Barnet Harrier:	1.55	<input checked="" type="checkbox"/>
6	4	Kelly Montgomery	Newham & Essex Beagles	1.25	
7	3	Rayne Allman	City of Manchester	1.20	

**Women's Pole Vault**

1	1	Henrietta Paxton	Birchfield Harriers	4.10	<input checked="" type="checkbox"/>
2	8	Maria Seager	Woodford Green AC w Esse:	4.00	<input checked="" type="checkbox"/>
3	3	Abigail Haywood	City of Manchester	3.80	<input checked="" type="checkbox"/>
4	2	Katue Moey	Enfield & Haringey AC	2.80	<input checked="" type="checkbox"/>
5	4	Melissa Strevens	Newham & Essex Beagles	2.80	<input checked="" type="checkbox"/>

**Women's 4x100m Relay**

1	2	Enfield & Haringey AC	Torema Dorsett	Margaret Adeoye	Rachel Telfer-James	Lucy Onyeforo	46.57	<input checked="" type="checkbox"/>
2	4	Newham & Essex Beagles	? Jones	Claire Spurway	Kirsty Smith	Susannah Banjo	48.70	<input checked="" type="checkbox"/>
3	7	Windsor Slough Eton & Hous	Helen Pryer	Shakira Wright	Michelle Warren	Chinedu Monye	48.96	<input checked="" type="checkbox"/>
4	3	City of Manchester	Abigail Haywood	Kelly Massey	Latifah Burton	Rebekah Wilson	49.50	<input checked="" type="checkbox"/>
5	1	Birchfield Harriers	Michelle Thomas	Henrietta Paxton	Aimee Palmer	Bernice Wilson	49.62	<input checked="" type="checkbox"/>
6	6	Trafford AC	Nisha Desai	Susan Moncrieff	Kay Humberstone	Katie Flower	51.01	<input checked="" type="checkbox"/>
7								
8								

**Women's 4x400m Relay**

1	1	Birchfield Harriers	Ellie Darby	Ese Okoro	Ejiro Okoro	Seemita Gumbs	03:47.89	<input checked="" type="checkbox"/>
2	4	Newham & Essex Beagles	Susannah Banjo	Henrietta Kodilinye-Sims	Leigh Lennon	Ashleigh Williams	03:52.00	<input checked="" type="checkbox"/>
3	6	Trafford AC	Nisha Desai	Jo Dawes	Katie Flower	Susan Moncrieff	04:03.81	<input checked="" type="checkbox"/>
4	2	Enfield & Haringey AC	Katie Brown	Margaret Adeoye	Kee Bakre	Nikki Silva	04:04.12	<input checked="" type="checkbox"/>
5	8	Woodford Green AC w Essex L	Katherine Foy	Kristina Blackett	Holly Patti-Belleli	Linzi Snow	04:06.33	<input checked="" type="checkbox"/>
6								
7								
8								

**3000m Team Race**

	Runner 1	Club	time	Runner 2	Club	Time	Total Time
1	Amy Campbell	Shafts	09:49.50	Beth Anderson		10:09.36	19:59.26
2	Charlotte Firth	WSEH	10:40.45	Jane Sheard		10:56.41	21:37.26
3	Sally Woodhouse	Trafford	11:20.27	Melissa Davis		11:27.08	22:47.35
4	Katherine Gunderson	WGwEL	10:55.31	Alex Wardle		11:51.24	23:44.55
5	Adele Stach Kavitz	N E B	11:39.88				11:39.88
6							