

Results – Alpha & Beta Trophies – Saturday 16th April, 2011

Alpha Senior Results :-

100m Sen Women - Alpha Time :14:04

Heat:1 Wind : -0.8

1	68	Michelle Watson	D	12.36
2	66	Tunrayo Nubi	B	12.47
3	72	Natasha Rooney	L	12.89
4	65	Pippa Mills	A	13.23
5	70	Amy Greenway	H	13.48
6	67	Zoe Young	C	13.81
7	71	Aimee Jones	J	14.52
	69	Alex Hill	E	DQ

100m Sen Women - Alpha Time :14:04

Heat:2 Wind : 0.2

1	88	Rachel Osei-Tutu	LL	12.88
2	86	Jemma Gregory	HH	13.12
3	82	Chloe Horne	BB	13.14
4	84	L St L Boyce	DD	13.32
5	87	Millie Phelan	JJ	13.54
6	85	Polly Woods	EE	13.64
7	81	Anna Jones	AA	14.10

200m Sen Women - Alpha Time :16:36

Heat:1 Wind : 1.2

1	194	Rachel Telfer	B	24.76
2	196	Michelle Watson	D	25.70
3	198	Tara Kafke	H	25.95
4	200	Natasha Rooney	L	26.34
5	197	Alex Hill	E	26.66
6	195	Chloe Van Wulven	C	27.06
7	193	Pippa Mills	A	27.84
8	199	Aimee Jones	J	30.46

200m Sen Women - Alpha Time :16:36

Heat:2 Wind : 2.0

1	210	Lia Tappin	BB	25.65
2	216	Rachel Osei-tutu	LL	25.99
3	214	Jemma Gregory	HH	26.30
4	211	Kate Cowley	CC	27.24
5	213	Polly Woods	EE	28.08
6	215	Claire Ward	JJ	29.63
7	212	Jade Fiffe	DD	32.67

400m Sen Women - Alpha Time :14:20

Heat:1

1	102	Tara Kafke	H	57.86
2	98	Michelle McNamara	B	58.30

3	101	Alex Hill	E	61.66
4	104	Rachael Kelleher	L	62.97
5	103	Jess Barber	J	68.30

400m Sen Women - Alpha Time :14:20

Heat:2

1	119	Sandra Reed	JJ	64.44
2	118	Kim Sutherland	HH	65.60
3	120	Jordanna Wettenhall	LL	66.19

800m Sen Women - Alpha Time :13:02

Heat:1

1	40	Pippa Woolvern	L	2:16.28
2	38	Gemma Bridge	H	2:36.76
3	33	Lucy Jones	A	2:40.75
4	39	Chris Feely	J	2:43.89

800m Sen Women - Alpha Time :13:02

Heat:2

1	56	Georgina Russell	LL	2:20.87
2	49	Louisa Haggerty	AA	2:56.54
3	55	Katherine Boddy	JJ	3:12.12

1500m Sen Women - Alpha Time :14:48

Heat:1

1	168	Pippa Woolven	L	4:48.18	1A
2	163	Ingrid Deane	C	5:03.93	2A
3	166	Gemma Bridge	H	5:11.03	3A
4	167	Caroline Willis	J	5:12.21	4A
5	179	Hayley Stibbs	CC	5:21.25	1B
6	183	Rebecca Harris	JJ	5:22.66	2B
7	164	Julia Wedmore	D	5:42.51	5A
8	161	Laura Merchant	A	6:26.63	6A
9	177	Louisa Haggarty	AA	6:27.58	3B

100m Hurdles Sen Women - Alpha Time :15:51

Heat:1 Wind : 1.8

1	131	Chloe Van Wulven	C	14.76
2	135	Anne Rees	J	15.93
3	132	Rebecca Zelic	D	16.20
4	134	Paula Owen	H	18.12

100m Hurdles Sen Women - Alpha Time :15:51

Heat:2 Wind : 2.7

1	147	Claire Brennan	CC	15.43
2	151	Claire Ward	JJ	16.51
3	150	Stacey Hazell	HH	16.94
4	148	Jade Fiffe	DD	19.98

400m Hurdles Sen Women - Alpha Time :12:40

Heat:1

1	3	Claire Brennan	C	67.12	1A
2	8	Rachael Kelleher	L	68.95	2A
3	2	Hannah O'Sullivan	B	70.23	3A
4	7	Sandra Reed	J	70.69	4A
5	23	Claire Ward	JJ	71.59	1B

High Jump 'A'

1. Bethan Siddons (Hav)	1.55m
2. Janet Browne (SNH)	1.50m
3. Natasha Brunning (D&T)	1.50m
4. Sam Molyneux (E&H)	1.50m
5. Shekeenah Chobbah (Rad)	1.45m
6. Polly Woods (HPX)	1.35m

High Jump 'B'

1. Chloe Vanvulven (Hav)	1.50m
2. = Hannah O'Sullivan (E&H)	1.45m
2. = Ellie Harrison (D&T)	1.45m
4. Lucy Hooper (Rad)	1.40m
5. Shannon Rapacchi (SNH)	1.40m

Long Jump 'A'

1. Ann Rees (SNH)	5.05m (-1.3)
2. Dee Bakre (E&H)	5.03m (-1.8)
3. Natasha Brunning (D&T)	4.79m (-1.2)
4. Polly Woods (HPX)	4.59m (-1.5)
5. Rebecca Zebie (HHH)	4.54m (-0.9)
6. Zoe Young (Hav)	4.51m (-1.3)
7. Stacey Hazell (Rad)	4.41m (-1.3)
8. Georgina Russell (WPX)	3.86m (-1.2)

Long Jump 'B'

1. Sam Molyneux (E&H)	4.42m (-0.9)
2. Lucy Jones (D&T)	4.41m (-0.8)
3. Shekeenah Chabbah (Rad)	4.38m (-1.4)
4. Sandra Reed (SNH)	4.02m (-1.5)
5. Ellie Watson (Hav)	4.00m (-1.6)
6. Alex Hill (HPX)	3.95m (-1.2)
7. Jade Fyffe (HHH)	3.66m (-2.2)

Shot 'A'

1. Mel Harrison (E&H)	11.84m
2. Kate Cowley (Hav)	11.27m
3. Natasha Mighty (Rad)	10.62m
4. Briony Phillips (HHH)	10.12m
5. Millie Phelan (SNH)	9.38m
6. Sophie Matthews (WPX)	7.57m
7. Lydia Djan (D&T)	7.23m

Shot 'B'

1. Kike Oniwinde (Hav)	10.46m
2. Sharifa Brown (E&H)	10.11m
3. Aislinn Baird (Rad)	8.35m
4. Renee Hector (SNH)	7.69m
5. Ellie Harrison (D&T)	6.57m
6. Barbara Macanas (HHH)	5.96m

Discus 'A'

1. Mel Harrison (E&H)	40.44m
2. Briony Phillips (HHH)	36.80m
3. Renee Hector (SNH)	35.73m
4. Lauren Clark (Hav)	34.04m
5. Aislinn Baird (Rad)	26.20m
6. Vanessa Brooker (D&T)	21.03m
7. Aj Gibson (WPX)	17.60m

Discus 'B'

1. Sharifa Brown (E&H)	34.93m
2. Katherine Knight (Hav)	29.78m
3. Lydia Djan (D&T)	19.08m
4. Barbara Mcanas (HHH)	16.98m
5. Laura Feely (SNH)	15.81m
6. Paula Owen (Rad)	13.91m

Javelin 'A'

Javelin 'B'

1.Kiki Oniwinde (Hav)	49.35m (NMR)	1. Deborah Knight (Hav)	33.72m
2.Briony Phillips (HHH)	30.96m	2. Aislinn Baird (Rad)	28.72m
3.Natasha Mighty (Rad)	28.96m	3. Katherine Boddy (SNH)	25.83m
4.Izzy Krassismenou (E&H)	28.60m	4. Sharifa Brown (E&H)	22.03m
5.Aj Gibson (WPX)	28.02m	5. Barbara Mcanmas (HHH)	13.35m
6.Fran Maydom (SNH)	26.11m	6. Alex Hill (HPX)	13.19m
7.Polly Woods (HPX)	22.29m		
8.Anna Jones (D&T)	19.72m		

4 x 100m Relay - Sen Women - Alpha Time :16:56

Heat:1

1	390	Radley	H	51.22
2	387	Havering Mayesbrook	C	52.97
3	392	Wycombe Phoenix	L	53.49
4	388	Herne Hill H	D	53.53
5	386	Enfield & Haringey	B	53.70
6	385	Dacorum & Tring	A	54.56
7	391	Stevenage & NH	J	54.68

Alpha Senior Trophy Result

1.Stevenage & North Herts	152
2.Havering Mayesbrook	145
3.Radley	143
4.Enfield & Haringey	133.5
5.Wycombe Phoenix	106
6.Herne Hill Harriers	97
7.Dacorum & Tring	95.5
8.Herts Phoenix	43

Alpha – U15 Girls Results

100m U15 Girls - Alpha Time :13:51

Heat:1 Wind : -1.1

1	262	Lois Waknell	H	12.83
2	258	Tyla Beckles	B	12.86
3	261	Adunni Braithwaite	E	13.25
4	263	Sophie Keeble	J	13.38
5	259	Tomi Akingbade	C	13.86
6	257	Sofia Simeone	A	14.50
7	264	Emily Bowles	L	15.14

100m U15 Girls - Alpha Time :13:51

Heat:2 Wind : -1.6

1	277	Daizy Lee	EE	13.48
2	274	Kenisha Allen	BB	13.77
3	275	Michelle Hughes	CC	14.03
4	279	Rebecca Pickard	JJ	14.15
5	273	Olivia Richardson	AA	14.55
6	278	Zoe Chung	HH	14.57

200m U15 Girls - Alpha Time :16:11

Heat:1 Wind : 2.4

1	358	Lois Waknell	H	25.92
2	354	Ji Grant	B	26.48
3	359	Sophie Keeble	J	27.66
4	357	Daizy Lee	E	27.81
5	355	Tomi Akingbade	C	28.19
6	353	Antonia Croft	A	30.45

200m U15 Girls - Alpha Time :16:11

Heat:2 Wind : 2.6

1	374	Georgina Sunderland	HH	26.63
2	373	Adunni Braithwaite	EE	27.57
3	371	Chenice Constable	CC	28.99
4	375	Elana Cervi	JJ	29.09
5	370	Nicole Lewis	BB	29.22

800m U15 Girls - Alpha Time :13:27

Heat:1

1	232	Emma Delgado	L	2:31.32
2	231	Elana Cervi	J	2:32.87
3	229	Megan Breen	E	2:35.79
4	225	Tegan Terblanche	A	2:45.71
5	227	Robbie Nunn	C	2:51.29
6	226	Nicole Lewis	B	2:54.19
7	230	Ellen Chung	H	3:22.65

800m U15 Girls - Alpha Time :13:27

Heat:2

1	246	Freya Rowe	HH	2:39.97
2	248	Megan Styles	LL	2:40.72
3	241	Pia Davis	AA	2:44.18
4	247	Alessandra Stevens	JJ	2:45.50
5	245	Niamh Cloona	EE	2:47.59
6	243	Grace Rovira	CC	3:14.92
7	242	Katie Dover	BB	3:18.39

1500m U15 Girls - Alpha Time :15:32

Heat:1

1	325	Elizabeth Parry	E	5:16.43	1A	
2	341	Floence Stansall-Seiler	EE	5:22.09		1B
3	327	Janie Latchford	J	5:24.08	2A	
4	343	Sarah Feely	JJ	5:33.75		2B

5 323 Louise Lear C 5:46.08 3A

75m Hurdles U15 Girls - Alpha Time :15:17

Heat:1 Wind : 2.7

1	290	Georgia Green	B	11.65
2	294	Georgina Sunderland	H	11.96
3	293	Millie Sandell	E	12.34
4	289	Sofia Simeone	A	13.88
5	295	Rebecca Pickard	J	13.93
6	296	Emma Delgado	L	14.47

75m Hurdles U15 Girls - Alpha Time :15:17

Heat:2 Wind : 1.0

1	309	Anna Young	EE	12.99
2	306	Nicole Lewis	BB	13.68
3	311	Melissa Doran	JJ	13.9

High Jump 'A'

1.	Georgia Green (E&H)	1.45m
2.	Michelle Hughes (Hav)	1.45m
3.	Martha Huggins (SNH)	1.40m
4.	Millie Sandell (HPX)	1.35m
5.	Freya Rowe (Rad)	1.10m

High Jump 'B'

1.	Rebecca Pickard (SNH)	1.35m
2.	Chenice Constable (Hav)	1.35m
3.	Megan Breen (HPX)	1.20m
3.	Tyla Beckles (E&H)	1.20m
5.	Zoe Chung (Rad)	1.00m

Long Jump 'A'

1.	Georgia Green (E&H)	5.21m (+1.7)
2.	Lois Waknell (Rad)	4.93m (+0.2)
3.	Chenice Constable (Hav)	4.72m (+1.5)
4.	Sophia Simeone (D&T)	4.57m (+1.1)
5.	Martha Huggins (SNH)	4.13m (-1.2)
6.	Tilly Anderson (HPX)	4.08m (+1.6)
7.	Emma Delgado (WPX)	3.94m (-0.1)

Long Jump 'B'

1.	Mary Martin (E&H)	4.62m (-0.5)
2.	Tomi Akinbade (Hav)	4.29m (+1.5)
3.	Daizy Lee (HPX)	4.06m (-0.9)
4.	Megan Styles (WPX)	3.77m (+0.2)
5.	Zoe Chung (Rad)	3.61m (+1.4)
6.	Tegan Terblanche (D&T)	3.52m (0.0)
7.	Phoebe Woolcott (SNH)	3.46m (+1.0)

Shot 'A'

1.	Ruth Emiku (D&T)	9.15m
2.	Georgia Taylor (Hav)	9.11m
3.	Kathryn Woodcock (Rad)	8.17m
4.	Millie Sandell (HPX)	7.82m
5.	Jess Bruton (E&H)	7.07m
6.	Sophie Keeble (SNH)	6.05m
7.	Caitlin Neale (WPX)	5.31m

Shot 'B'

1.	Gina Sunderland (Rad)	8.02m
2.	Emily Kiernan (D&T)	7.92m
3.	Ji Grant (E&H)	6.64m
4.	Fran Bannon (HPX)	6.38m
5.	Siobhan Rapaccki (SNH)	3.72m

Discus 'A'

1.	Georgie Taylor (Hav)	34.04m
2.	Kathryn Woodcock (Rad)	30.90m
3.	Ruth Emiku (D&T)	21.02m
4.	Bess Bruton (E&H)	19.85m
5.	Melissa Doran (SNH)	19.52m
6.	Fran Bannon (HPX)	16.65m
7.	Caitlin Neale (WPX)	14.73m

Discus 'B'

1.	Eler Chung (Rad)	16.76m
2.	Emily Kiernan (D&T)	16.04m
3.	Siobhan Rapacchi (SNH)	15.85m
4.	Michelle Lughier (Hav)	15.72m
5.	Mary Martin (E&H)	15.27m
6.	Lizzy Parry (HPX)	13.11m

Javelin 'A'

Javelin 'B'

1. Georgie Taylor (Hav)	22.47m	1. Kathryn Woodcock (Rad)	18.14m
2. Ellen Chung (Rad)	19.98m	2. Melissa Doran (SNH)	11.87m
3. Katie Dover (E&H)	19.25m	3. Jess Bruton (E&H)	9.27m
4. Siobhan Rapacchi (SNH)	17.43m	4. Emily Kiernan (D&T)	6.70m
5. Caitlin Neale (WPX)	11.37m	5. Lizzie Parry (HPX)	5.23m
6. Tegan Terblanche (D&T)	8.83m		
7. Fran Bannon (HPX)	8.42m		

4 x 100m Relay - U15 Girls - Alpha Time :16:47

Heat:1

1	386	Enfield & Haringey	B	51.59
2	389	Herts Phoenix	E	53.95
3	391	Stevenage & NH	J	54.07
4	390	Radley	H	54.34
5	387	Havering Mayesbrook	C	56.50
6	392	Wycombe Phoenix	L	58.48
7	385	Dacorum & Tring	A	58.63

Alpha U15 Girls Trophy Result

1. Herts Phoenix	136.5
2. Stevenage & North Herts	134
3. Enfield & Haringey	133.5
4. Radley	132
5. Havering Mayesbrook	112
6. Dacorum & Tring	90
7. Wycombe Phoenix	54

Combined Senior & U15 Alpha Result

1. Stevenage & North Herts	286
2. Radley	275
3. Enfield & Haringey	267
4. Havering Mayesbrook	257
5. Dacorum & Tring	185.5
6. Herts Phoenix	<u>179.5</u>
7. Wycombe Phoenix	160
8. Herne Hill Harriers	97

Wycombe Phoenix & Herne Hill relegated to the Beta Competition for the 2012 meeting