

Results – Alpha & Beta Trophies – Saturday 16<sup>th</sup> 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 <b>(NMR)</b>	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	Elizabth 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.	MichelleHughes (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.	Kathryin 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