

## RESULTS - ALPHA BETA TROPHIES MATCH - 7TH APRIL 2013

### ALPHA SENIORS

#### 100M A (WIND = 0.0)

1. Shannon Hylton (B&B)	12.29
2. Sophie Matthews (WP)	12.96
3. Michelle Hughes (HM)	13.12
4. Natalie Allen (HP)	13.35
5. Natalie Le Beau (TH)	13.58
6. Charlotte Gleave (S&NH)	13.73
7. Lesley Richardson (E&H)	16.82
8. Lois Waknell (RAD)	DIS

#### 100m B (WIND = - 2.5)

1. Grace Sheppard (B&B)	12.63
2. Rachel Osie Tutu (WP)	13.04
3. Lucy Hooper (RAD)	13.37
4. Paige Fairclough (S&NH)	13.6
5. Ellie Bandy (HP)	13.84

#### 200M A (WIND = -1.1)

1. Shannon Hylton (B&B)	24.62
2. Daizy Lee (HP)	26.31
3. Sophie Mathews (WP)	26.83
4. Gina Sunderland (RAD)	26.92
5. Tania Cyrena-Cyrus	27
6. Natalie Le Beau (TH)	27.82
7. Charlotte Gleave (S&NH) U17	28.29
8. Ellie Watson (HM)	31.49

#### 200M B (WIND = -0.8)

1. Rachel Osei-Tutu (WP)	26.44
2. Amaar Lalemi-Jacobs (B&B)	26.56
3. Amy Greenway (RAD)	26.6
4. Natalie Allen (HP)	27.12
5. Paige Fairclough (S& NH) U17	28
6. Tomi Akingbode (HM) U17	28.23

#### 400M A

1. Rachel Osei-Tutu (WP)	59.6
2. Krystal Galley (B&B)	60.4
3. Martine Bomb (E&H)	61.7
4. Laura Gallagher (HP)	62.68
5. Georgie Taylor (HM) U17	64.4
6. Rebecca Barnard (TH)	64.91
7. Elena Cerui (S&NH) U17	65.83
8. Jess Antice (RAD)	70.83

#### 400M B

1. Cheriece Hylton (B&B)	56.81
2. Nicole Burger (RAD)	63.03
3. Kirsty Atkins (WP)	64.59
4. Sandra Reed (S&NH) V45	66.83
5. Ellie Watson (HM)	71.37
6. Lynn Talbert (TH)	71.84

#### 800M A

1. Emma Delgado (WP)	2.26.73
2. Janae Galley (B&B)	2.27.86
3. Chaima Allali (TH)	2.34.60
4. Caroline Willis (S&NH)	2.37.64
5. Erika Davies (RAD)	2.40.27
6. Megan Breen (HP)	2.41.29

#### 800m B

1. Holly Fletcher (B&B)	2.29.21
2. Mellissa Doran (S&NH)	2.35.00
3. Amy Gant (WP)	2.36.56
4. Ella Lloyd (HP)	2.39.19
5. Alison Smith (RAD)	3.00.81

#### 1500M A

1. Niamh Bridsun-Hubbard (BB)	4.58.18
2. Lucy Rogers (WP)	5.00.04
3. Florence Stansell (HP)	5.17.87
4. Hannah Dewhurst Seiller (S&NH)	5.23.49
5. Sharon McHugh (E&H) (35)	5.26.38
6. Erika Davies (RAD)	5.46.00
7. Zoe Rudgley (HM) (U17)	6.05.90

#### 1500M B

1. Danielle Critchley (B&B)	5.09.33
2. Georgina Russell (WP)	5.10.79
3. Sofia Tibuzzi (E&H)	5.43.84
4. Sarah Feely (S&NH) (U17)	5.54.76
5. Alison Smith (RAD)	5.55.49
6. Elizabeth Parry (HP)	DIS

**100m HURDLES A (WIND = -1.3)**

1. Rhiannon Jones (B&B)	15.63
2. Martine Bomb (E&H)	15.64
3. Chloe Van-Wulvan (HAV M)	15.92
4. Nicole Burger (RAD)	16.71
5. Laura Armorgie (HP)	16.96
6. Rebecca Barnard (THUR)	19.25

**100m HURDLES B (WIND = - 1.2)**

1. Lucy Hooper (RAD)	18.36
2. Sharon Jameson (THUR)	18.57
3. Lauren Stevens (B&B)	18.8
4. Gemma Armorgie (HP)	18.95
5. Kate O'Sullivan (HAV M)	19.41
6. Charlotte Bett (S&NH) (U17)	26.72

**400m HURDLES**

1. Sam Brown (B&B)	64.21
2. Paula Owen (RAD)	68.4
3. Nikita Sartori-Sigrist (E&H) (20)	69.35
4. Kate O'Sullivan (HAV M)	72.41
5. Marissa Robertson (WP)	72.67
6. Georgia Willan (HP)	72.89
7. Sandra Read (S&NH) v45	73.01
8. Rebecca Barnard (THUR)	75

1. Rhiannon Jones (B&B)	69.04
2. Rebecca Pickard (S&NH) (U17)	77.24
3. Shannon Jameson (THUR)	79.64
4. Eloise Meakins (HP)	85.33

**4 x 100 RELAY**

1. Blackheath & Bromley - S. Hylton, G. Shephard, Vivien Olatunis & A. Lalemi-Jacobs	48.55
2. Radley - Lois Waknell, Amy Greenway, Lucy Hooper, Nicole Burger	50.27
3. Wycombe Phoenix - Anna Lipman, Marissa Robertson, Rachel Osie-Tuy & Sophie Matthews	52.25
4. Herts Phoenix - Daisy Lee, Natalie Allen, Ellen Bandy & Gemma Armorgie	52.26
5. Havering Maysebrook - Chloe Van Wulvan, Tomi Akingbade, Michelle Hughes & A.N. Other	54.45
6. C. Gleave (U17), E. Wright, Rebecca Pickard (U17) & Paige Fairclough	54.97
7. Thurrock Harriers - N. Le Beau, S. Jameson, B. James & R. Barnard	55.32

**JAVELIN A**

1. Eloise Hopkins (HP)	45.09
2. Felicia Rudolfo (E&H)	43.87
3. Laurel Head (WP)	39.57
4. Louise Lockwood (HAV M)	39.14
5. Rachel Williams (S&NH)	33.53
6. Yemisi Gforlopin (B&B)	31.12
7. Sue Lawrence (THUR)	29.2
8. Aislinn Baird (RAD)	29.68

**JAVELIN B**

1. Debbie Knight (HM)	37.91
2. Claire Wood (S&NH)	30.03
3. Elena Moss (HP)	26.94
4. Evaun Williams (E&H)	29.15
5. Emma Brown (B&B)	24.26
6. Kay Reynolds (RAD)	21.71
7. Emma Delgado (W P)	10.72
8. Beth James (THUR)	8.92

**DISCUS A**

1. Sam Milner (B&B)	46.69
2. Georgie Taylor (HAV M)	41.36
3. Kathryn Woodcock (RAD)	36.08
4. Sue Lawrence (THUR)	32.93
5. Rachel Williams (S&NH)	29.36
6. Emma Phillipson (HP)	28.99
7. Jodie Lewin (WP)	25.26
8. Jessica Bruton (E&H)	23.95

**DISCUS B**

1. Rachel Forder (HAV M)	40.71
2. Gemma Brown (B&B)	39.47
3. Beccy Knapp (S&NH)	24.52
4. Evaun Williams (E&H)	23.79
5. Jess Anstice (RAD)	23.11
6. Caitlin Neale (WP)	18.73
7. Beth James (THUR)	18.7
8. Ella Lloyd (HP)	12.99

**SHOT A**

1. Sue Lawrence (THUR)	10.24
2. Georgie Taylor (HAV M)	10.01
3. Gemma Brown (B&B)	9.98
4. Rachel Williams (S&NH)	9.45
5. Gina Sunderland (RAD)	9.1
6. Emma Phillipson (HP)	8.5
7. Jessica Bruton (E&H)	7.35
8. Lauren Head (WP)	6.99

**LONG JUMP A**

1. Lauren Stephens (B&B)	5.19
2. Stacey Hazel (RAD)	4.82
3. Michelle Hughes (HAV M)	4.71
4. Beth James (THUR)	4.62
5. Lisa Fitzpatrick (WP)	4.6
6. Rebecca Pickard (S&NH)	4.46
7. Laura Armorgie (HP)	4.34

**HIGH JUMP A**

1. Laura Armorgie (HP)	1.7
2. Natalie Le Beau	1.5
3. Christine Liston (B&B)	1.5
4. Chloe Van Wolven (HAV M)	1.5
5. Nicole Burger (RAD)	1.45
=6. Marissa Robertson (WP)	1.3
=6. Claire Ward (S&NH)	1.3

**Senior Result**

1. Blackheath & Bromley	200.5
2. Radley	139
3. Wycombe Phoenix	137.5
4. Herts Phoenix	131
5. Havering Mayesbrook	128.5
6. Stevenage & North Herts	127.5
7.. Thurrock Harriers	105
8. Enfield & Haringey	77

**SHOT B**

1. Rachel Forder (HAV M)	9.26
2. Yemisi Sofolarin (B&B)	8.79
3. Aislinn Baird (RAD)	8.27
4. Martina Barber (S&NH)	7.4
5. Lesley Richardson (E&H)	6.61
6. Shannon James (THUR)	5.93
7. Caitlin Neale (WP)	5.44
8. Ella Lloyd (HP)	3.73

**LONG JUMP B**

1. Lucy Hooper (RAD)	4.69
2. Emma Delgado (WP)	4.48
3. Natalie Le Beau (THUR)	4.13
4. Eleana Cervi (S&NH)	3.91
5. Evie Syron-Russell (3.87)	3.87
6. Tilly Anderson (Herts)	3.77
7. Ellie Watson (HAV M)	3.71

**HIGH JUMP B**

1. Gemma Armorgie (HP)	1.6
= 2. Kate O'Sullivan (HAV M)	1.45
=2. Alex Wheelwright (B&B)	1.45
4. Alex Cross (RAD)	1.4
5. Kirsty Atkins (WP)	1.3

## ALPHA u15

### 100m A (WIND = -1.5)

1. Modupe Matthews (HAV M)	12.84
2. Amber Beackon (E&H)	12.92
3. Jamilya Robinson-Pascal (B&B)	13.42
4. Rebecca Beddall (S&NH)	13.79
5. Rochelle Jack (WP)	13.9
6. Megan Fielding (HP)	14
7. Zoe Chung (RAD)	14.04
8. Grace Okunola (THUR)	14.09

### 200m A (WIND = -1.2)

1. Amber Beackon (E&H)	26.27
2. Modupe Shokunbi (HAV M)	26.28
3. Parris Johnson (B&B)	27.34
4. Bethany Harley (S&NH)	28.48
5. Rochelle Jack (WP)	28.89
6. Zoe Benton (HP)	29.5
7. Ciara Watkins (RAD)	31.1
8. Elena March (THUR)	31.54

### 800m A

1. Jessica Keane (B&B)	2.17.93
2. Isabelle Boffy (E&H)	2.25.94
3. Natasha Taylor (WP)	2.30.53
4. Charlie Duke (S&NH)	2.31.32
5. Georgia McKenzie (HP)	2.35.31
6. Anabel Pozniac (RAD)	2.37.46
7. Elysha Thatcher-Gray (HAV M)	2.48.33

### 1500M A

1. Georgina Taylor (B&B)	4.55.44
2. Faith Brew (RAD)	5.16.32
3. Hannah Booth (HP)	5.21.67
4. Emma Hughes (E&H)	5.26.55
5. Megan Styles (WP)	5.30.82
6. Marissa Herridge (S&NH)	5.41.18
7. Emily James (HAV M)	6.15.44

### 75m HURDLES A

1. isabella Hilditch (B&B)	12.12
2. Alice Hopkins (RAD)	12.55
3. Jane Spence (E&H)	12.66
4. Alice Semark (HP)	12.73
5. Grace Okunola (THUR)	12.88
6. Rebecca Beddall (S&NH)	12.92
7. Shannon Dooley (HAV M)	13.02
8. Lauren Torley (WP)	13.43

### 100M B (WIND = -2.7)

1. Krystal Matthews (E&H)	13.5
2. Parris Johnson (B&B)	13.52
3. Natalie Munroe (S&NH)	14.51
4. Pippa Beauchamp (HP)	14.58
5. Stephanie Mott (RAD)	14.62
6. Josie Waddams (HAV M)	14.68
7. Seniz Jessener (THUR)	14.94
8. Tia Cudet (WP)	16.72

### 200m b (WIND = -0.8)

1. Salome Japal (E&H)	27.74
2. Elizabeth Ibidunni (B&B)	27.93
3. Stephanie Mott (RAD)	29.15
4. Imogen Walker (HP)	29.51
5. Katie Dawson (HAV M)	30.6
6. Lauryn Smith (WP)	30.73
7. Kira O'Sullivan (S&NH)	31.29

### 800m B

1. Shannon Riskey (B&B)	2.26.33
2. Lauren Burton (RAD)	2.41.85
3. Erin Breen (HP)	2.46.63
4. Katherine McLennaghan (E&H)	2.48.88
5. Georgina Haley (WP)	2.51.78
6. Holly Nash (HAV M)	2.52.94
7. Kira O'Sullivan (S&NH)	3.01.13

### 1500m B

1. Naomi Kingston (B&B)	5.00.59
2. Rachel Burton (RAD)	5.44.42
3. Lily Jones (HP)	6.05.57
4. Lisa Barber (S&NH)	6.12.76

### 75m HURDLES B

1. Bethany Harley (S&NH)	13.05
2. Akina Gondwe Onobravch (B &B)	13.14
3. Holly Nash (HAV M)	13.92
4. Zoe Benton (HP)	14.1
5. April Miller (WP)	14.37
6. Libby Hilne (THUR)	18.61
7. Abbey Cottam (RAD)	20.99

**4 X 100 RELAY**

1. Enfield & Haringey	52.16
2. Blackheath & Brombley	52.3
3. Stevenage & North Herts	55.75
4. Havering Mayesbrook	55.81
5. Radley	56.13
6. Herts Phoenix	57.02
7. Wycombe Phoenix	57.14
8. Thurrock Harriers	59.08

**JAVELIN A**

1. Alisha Levy (S&NH)	33.82
2. Emma Shard (HAV M)	30.24
3. Ruth Pigott (RAD)	22.86
4. Natasha Taylor (WP)	14.51
5. Mary Bonsu (E&H)	14.18
6. Alice Semark (HP)	11.91
7. Grace Okuwola (THUR)	11.83
8. Isabella Hilditch (B&B)	6.01

**DISCUS A**

1. Freya Gutteridge (HAV M)	29.41
2. Ellie Smith (RAD)	23.24
3. Alish Levy (S&NH)	23.07
4. Ann-Maria Boahene (E&H)	21.13
5. Akina Gomdwe-Onobrauche (B&B)	17.46
6. Pippa BeauChamp (HP)	14.2
7. Lauren Smith (WP)	11.83

**SHOT A**

1.A. Hopkins (RAD)	9.85
2. Akina. Gomdwe-Onobrauche (B&B)	9.49
3. Alish Levy (S&NH)	9.19
4. Ann-Marie Boahene (E&H)	9.12
5. Freya Gutteridge (HAV M)	8.26
6. E. March (THUR)	6.3
7. R. Jack (WP)	6.11
8. L. Jones (HP)	5.67

**JAVELIN B**

1. Abbey Cottam (RAD)	22.33
2. Freya Gutteridge (HAV M)	13.15
3. Pippa Beauchamp (HP)	10.03
4. Lisa Barber (S&NH)	9.77
5. Georgina Hayley (WP)	9.51
6. Nadia Essoulami-Belwamy (E&H)	8.37
7. Libby Milne (THUR)	6.11

**DISCUS B**

1. Courtney Reid (E&H)	18.84
2. Amelia Royce (S&NH)	16.05
3. Tolu Akingbade (HAV M)	16.01
4. Erin Breen (HP)	13.25
5. Micaela Tracey-Ramos (RAD)	12.6
6. Georgina Hayley (WP)	11.36

**SHOT B**

1. T. Akingbade (HAV M)	7.25
2. C. Rod (E&H)	6.72
3. Abbey Cottam (RAD)	6.67
4. Amelia Royce (S&NH)	5.74
5. L. Reilly (HP)	5.57
6. T. Cadet (WP)	4.2
7. Libby Milne (THUR)	4.1

**LONG JUMP A**

1. Isabella Hilditch (B&B)	4.92
2. A. Maguire (HAV M)	4.65
3. M. Fielding (HP)	4.59
4. S. Solanke (E&H)	4.51
5. M. Styles (WP)	4.18
6. Zoe Chung (RAD)	4.14
7. E. March (THUR)	4.1
8. R. Beddell (S&NH)	4.05

**HIGH JUMP A**

1. D. Phillips (E&H)	1.5
2. T. Orecajo (B&B)	1.5
3. B. Harley (S&NH)	1.45
4. L. Reilly (HP)	1.35
=5. S. Jessener (THUR)	1.3
=5. M. Styles (WP)	1.3
7. H. Nash (HAV M)	1.3
8. E. Smith (RAD)	1.3

**RESULT -ALPHA U15**

1. Blackheath & Bromley	137
2. Enfield & Haringey	130
3. Radley	127
4. Stevenage & North Herts	125.5
5. Havering Mayesbrook	124.5
6. Herts Phoenix	116.5
7. Wycombe Phoenix	92
8. Thurrock Harriers	46.5

**Combined Results Seniors & U15**

1st Blackheath & Bromley	337.5
2nd Radley	266
=3rd Havering Mayesbrook	253
=3rd Stevenage & North Herts	253
5th Herts Phoenix	247.5
6th Wycombe Phoenix	229.5
7th Enfield & Haringey	207
8th Thurrock Harriers	151.5

**Enfield & Haringey & Thurrock Harriers are relegated to the Beta Trophy next year**

**LONG JUMP B**

1. J. Robinson-Pascal (B&B)	4.91
2. K. Dawson (HAV M)	4.3
3. A. Benton (HP)	3.97
4. F. Brew (RAD)	3.92
5. S. Jessener (THUR)	3.87
6. L. Torley (WP)	3.82
7. N. Munroe (S&NH)	3.62
8. Mary Bonsu (E&H)	2.95

**HIGH JUMP B**

=1. N. Taylor (WP)	1.3
. =1. N. Munroe (S&NH)	1.3
3. A. Hopkins (RAD)	1.3
=4. K. Dawson (HAV M)	1.25
=4. Erin Breen (HP)	1.25