

## RESULTS - ALPHA BETA TROPHIES MATCH - 5TH APRIL 2014

### ALPHA SENIORS

#### 100M A (WIND = no reading)

Ebony Carr (MMK)	13.22
Grace Sheppard (B&B)	13.54
Kemi Bello (E&H) u20	13.69
Megan Fielding (Herts P)	13.73
Modupe Shokunbi (HAV) U17	13.74
Rosie Kingston (RAD)	14.06
Natalie Lebeau (Thurrock)	14.22
Bethany Harley (S&NH)	14.37

#### 100m B (WIND = no reading)

Parris Johnson (B&B)	12.87
Elysia Marriott (MMK)	13.22
Krystal Matthews (E&H) U17	13.7
Becky Hodgson (RAD)	13.77
Zoe Young (HAV)	13.81
Kara Peck (Herts P)	13.93
Rebecca Bedall (S&NH)	14.35
Beth James (Thurrock)	14.85

#### 200M A (WIND = no reading)

Rachel Dickens (B&B)	26.1
Ebony Carr (MMK)	26.7
Michelle Hughes (HAV)	26.8
Sophie Segun (Herts P)	26.8
Lois Waknell (RAD)	28.1
Lauren Rule (S&NH) u20	28.6
Chloe Thornton (E&H)	28.7

#### 200M B (WIND = no reading)

Parris Johnson (B&B)	26.2
Tayla Humm (HAV)	26.4
Sophie Keeble (S&NH)	26.8
Nasstassia Allin (E&H) u20	27.1
Gina Sunderland (RAD)	27.2
Elysia Marriott (MMK)	27.3
Imogen Walker (Herts P)	28.3

#### 400M A

Krystal Galley (B&B)	59.77
Nasstassia Allin (E&H)	60.58
Ellie Bandy (Herts P)	60.78
Tayla Humm (HAV)	62.31
Gemma HolLoway (Thurrock)	62.67
Lauren Rule (S&NH) u20	63.25
Becky Hodgson (RAD)	63.62
Katie James (MMK)	64

#### 400M B

Shannon Hylton (B&B)	56.81
Heidi Surman-Wells (HAV) u20	62.69
Rebecca Pickard (S&NH) u20	63.99
Zoe Delaney (Herts P)	67.97
Alice Ritchie (MMK)	68.09
Lucy Howes (Thurrock)	78.2

#### 800M A

Gemma Holloway (Thurrock)	2.13.53
Niamh Bridson-Hubbard (B&B)	2.16.14
Becky Hodgson (RAD)	2.16.30
Faye Fullerton (HAV)	2.17.16
Izzy Boffey (E&H) u17	2.23.87
Georgia McKenzie (Herts P)	2.25.69
Zoe Thompson (S&NH) u17	2.28.86
Carly Scott (MMK)	2.40.71

#### 800m B

Danielle Critchley (B&B)	2.21.31
Michelle McNamara (E&H)	2.24.00
Heidi Surman-Wells (HAV) u20	2.25.53
Jess Anstice (RAD)	2.33.47
Sarah Feely (S&NH) u20	2.39.77
Natalie Nurse (MMK)	2.43.40
Nermine Obeng (Herts P)	2.48.95

#### 1500M A

Faye Fullerton (HAV)	4.45.2
Faith Brew (RAD)	5.07.6
Naomi Kingston (B&B)	5.10.7
Corrinne Nurse (MMK)	5.28.9
Brooke Mensah (Thurrock )	5.34.2
Charlie Duke (S&NH) u17	5.40.4
Louise Reilly (Herts P)	6.44.6

#### 1500M B

Shannon Risky (B&B)	5.25.9
Isabella Woods (HAV) u20	5.31.6
Jess Anstice (RAD)	5.55.2
Lisa Barber (S&NH) u20	6.00.4
Charlotte Edwards (Thurrock)	6.01.2
Katie James (MMK)	6.18.4
Aby Griffiths (Herts P)	6.50.8

#### 100m HURDLES A (WIND = 0.1 )

Anastasia Davies (B&B)	15.04
Martine Bomb (E&H)	15.19
Chloe Van Wulven (HAV)	15.73
Gina Sunderland (RAD)	15.9

#### 100m HURDLES B (WIND = - 3.4)

Adela Hussain (RAD)	16.69
Lucinda Bailey (HAV) U20	18.56
Carley Scott (MMK)	27.03
Keira Hicks (S&NH) u17	29.91

#### 400m HURDLES

Steph Williams (Herts P)	63.89
Michelle Hughes (HAV) u20	63.91
Martine Bomb (E&H)	65.86
Becky McLinden (B&B)	66.44
Rebecca Pickard (S&NH) u20	71.56
Carly Scott (MMK)	93.24

Leah Everson (B&B)	68.7
Chloe Van Wulven (HAV)	70.6
Bethany Harley (S&NH) u17	80.2

## RESULTS - ALPHA BETA TROPHIES MATCH - 5TH APRIL 2014

### 4 x 100 RELAY

Blackheath & Bromley	49.47	Grace Sheppard, Parris Johnson, Rachel Dickins, Magda Gienciala
Marshall Milton Keynes	49.93	
Havering	52.43	Zoe Young, Tayla Humm, Michelle Hughes, Modupe Shokunbi
Radley	52.52	Lois Waknell, Rosie Kingston, Adela Hussain, Alice Hopkins
Herts P	53.3	Aby Griffiths, Ciaron Palfreyman, Sophie Segum, Kara Peck
Stevenage & North Herts	54.92	Bethany Harley, Lauren Rule, Rebecca Beddall, Sophie Keeble
Thurrock	58.07	

### JAVELIN A

Eloise Meakins (Herts P)	44.28
Louise Lockwood (HAV)	44.08
Izzy Krassimenou (E&H)	33.33
Siobhan Rapacchi (S&NH)	31.7
Luisa Chantler (RAD)	28.9
Sue Lawrence (Thurrock)	26.09
Emma Beardmore (MMK)	20.59
Sam Milner (B&B)	16.15

### JAVELIN B

Kirsty Bateman-Foley (S&NH)	30.87
Eleanor Moss (Herts P)	29.32
Felicia Rudolfo (E&H)	28.68
Aislinn Baird (RAD)	27.91
Alice Martin (HAV)	21.52
Madeleine Cannell (Thurrock)	19.31
Brook Hollett (B&B)	13.53
Rita Twum (MMK)	10.38

### DISCUS A

Shaunagh Brown (B&B)	49.53
Christina Nick (RAD)	42.67
Georgie Taylor (HAV)	42.64
Sue Lawrence (Thurrock)	35.93
Emma Beardmore (MMK)	32.35
Felicia Rudolfo (E&H)	25.95
Siobhan Rapacchi (S&NH)	20.85
Megan Breen (Herts P)	17.81

### DISCUS B

Sam Milner (B&B)	44.44
Luisa Chantler (RAD)	37.87
Freya Gutteridge (HAV)	34.04
Madeleine Cannell (Thurrock)	32.31
Izzy Krassimenou (E&H)	21.08
Eleanor Moss (Herts P)	15.46
Lauara Feely (S&NH)	13.11
Carly Scott (MMK)	10.91

### SHOT A

Shaunagh Brown (B&B)	14.44
Christina Nick (RAD)	11.78
Maggie Alphonsi (E&H)	10.98
Georgie Taylor (HAV)	10.97
Sue Lawrence (Thurrock)	10.04
Emma Beardmore (MMK)	9.76
Martina Barber (S&NH)	8.26
Megan Breen (Herts)	6.43

### SHOT B

Sam Milner (B&B)	12.08
Luisa Chantler (RAD)	11.1
Felicia Rudolfo (E&H)	9.24
Rita Twum (MMK)	8.92
Lucy Howes (Thurrock)	7.81
Alice Marton (HAV)	6.98
Kara Peck (Herts P)	5.97
Laura Feely (S&NH)	5.89

### LONG JUMP A

Alice Hopkins (RAD)	5.43
Natalie Le Beau (Thurrock)	5.2
Jamilya Robinson-Pascal (B&B)	5.2
Rebecca Pickard (S&NH)	5.18
Megan Fielding (Herts P)	5.09
Zoe Young (HAV)	4.65
Kewe King (MMK)	4.64

### LONG JUMP B

Ciaran Palfreyman (Herts P)	4.96
Toyin Orelajia (B&B)	4.81
Adela Hussain (RAD)	4.76
Rebecca Beddall (S&NH)	4.55
Michelle Hughes (HAV)	4.49
Beth Jones (Thurrock)	4.31
Rita Twum (MMK)	3.76

### HIGH JUMP A

Robin Petitt (B&B)	1.6
Chloe Van Wulven (HAV)	1.55
Adela Hussain (RAD)	1.55
Natalie Lebeau (Thurrock)	1.5
Kewe King (MMK)	1.5
Keira Hicks (S&NH)	1.45
Abigail Griffiths (Herts P)	1.4

### HIGH JUMP B

Toyin Orelajia (B&B)	1.55
Katie Lawson (HAV)	1.5
Lucy Howes (Thurrock)	1.5
Alick Hopkins (RAD)	1.4
Louise Reilly (Herts P)	1.4
Rebecca Bendall (S&NH)	1.25

### Senior Result

1st = Blackheath & Bromley	195
2ND = Havering	170
3RD = Radley	146
4TH = Stevenage & N. Herts	119
5TH = Herts P	115
6TH = Marshall Milton Keynes	111
7TH = Enfield & Haringey	99
8th = Thurrock	93

### ALPHA u15

## RESULTS - ALPHA BETA TROPHIES MATCH - 5TH APRIL 2014

### 100m A (WIND = -5.9 )

Hendrea Nwaeleng (Thurrock)	13.72
Christina Hetherington (Herts P)	13.72
Mhairi Brooks (B&B)	14.01
Marissa Sims (E&H)	14.31
Madeline Hurley (S&NH)	14.37
Leah Brown (RAD)	14.5
Iris Mae Mcese (MMK)	14.62
Isobel McDonach (HAV)	15.3

### 200m A (WIND = )

Katie Woolcott (B&B)	27.5
Hendrea Nwaeleng (Thurrock)	27.6
Petra Syuwade (S&NH)	28
Caitlin Saggars (HAV)	29.5
Alarna Foster (Herts P)	30
Abigail Coe (E&H)	30.1
Amber Evans (MMK)	31
Leah Brown (RAD)	31.3

### 800m A

Amber Pullinger (Thurrock)	2.28.62
Rebecca Brown (HAV)	2.29.69
Lauren Goddard (B&B)	2.36.34
Anna Fuller (Herts P)	2.39.09
Lucy Taylor (S&NH) u13	2.45.40
Hannah Mott (RAD)	3.00.97
Monica Alieva (E&H)	3.20.75

### 1500M A

Katie Mitchell (E&H)	5.05.7
Kate O'Neill (HAV)	5.06.3
Stephanie Taylor (B&B)	5.08.0
Holly Jamieson (MMK)	5.27.2
Millie Tomlin (RAD)	5.32.6
Jaynie Awcock (Herts P)	5.45.4
Heather Peters (Thurrock)	5.46.9
Katie Taylor (S&NH)	6.30.7

### 75m HURDLES A WIND = No Reading

Amber Hornbuckle (E&H)	12.01
Christa Hetherington (Herts P)	12.06
Victoria Harte (RAD)	13.35
Jessica Whitbread (Thurrock)	13.56
Shona Pybus (S&NH)	14.81
Mayi Hughes (HAV)	18.35
Hannah Weatherley (MMK)	DNF

### 4 X 100 RELAY

1st Enfield & Haringey	53.22
2nd Blackheath & Bromley	53.32
3rd Thurrock	55.29
4th Stevenage & North Herts	55.49
5th Havering	55.86
6th Radley	57.99
7th Herts	58.1

### JAVELIN A

Eloise Locke (B&B)	36.24
Simona Veselinova (E&H)	31.39
Ruth Pigott (RAD)	29.04
Georgia Shepherd Cazely (S&NH)	27.43
Phillipa Gil (HAV)	22.02
Rhea Stavri (Thurrock)	21.68

### DISCUS A

### 100M B (WIND = no reading

Antonia Alapafusa (B&B)	13.83
Petra Syuwade (S&NH)	14.13
Lola Omowainile (Thurrock)	14.19
Abigail Coe (E&H)	14.52
Caitlin Saggars (HAV)	14.61
Erin Jones (Herts P)	14.73
Rachel Burton (RAD)	16.26

### 200m b (WIND = )

Karina Harris (B&B)	28.9
Madeline Hewley (S&NH)	29.2
Kylah Rowlands (RAD)	29.5
Iris Mae Mcese (MMK)	30.1
Rebecca Brown (HAV)	30.6
Lola Omowanile (Thurrock)	30.6
Erin Jones (Herts P)	30.9
Zoe Ellingham (E&H)	35

### 800m B

Jessica Mitchell (HAV)	2.29.75
Lily Tappenden (B&B)	2.33.83
Leah Cairns (S&NH)	2.46.42
Danielle Thompsett (Herts P)	2.47.13
Zoe Ellingham (E&H)	3.05.99
Megan Smith (Thurrock)	3.20.13

### 1500m B

Millie Smith (B&B)	5.11.6
Angel Grimes-McTavish (E&H)	5.23.5
Sophie Rand (HAV)	5.29.9
Rachel Turton (RAD)	6.08.6
Amy Raven (Thurrock)	6.10.6
Georgina Newberry (Herts P)	6.33.2

### 75m HURDLES B WIND = No Reading

Marissa Sims (E&H)	12.05
Isabella Purdie (HAV)	13.86
Kylah Rowlands (RAD)	13.9
Monet Yervier (Thurrock)	14.6
Abigail Pickard (S&NH)	14.88
Danielle Thompsett (Herts P)	17.11

Marissa Simms, Amelia McDonald, Abigail Coe, Amber Hornbuckle  
Mhairi Brooks, Antonia Alapafusa, Sophia Harper, Karina Harris

Madeleine Hewley, Shona Pybus, J. Nwosu, Petra Syuwade  
Isabella Purdie, Mayi Hughes, Caitlin Saggars, Isobel McDonach  
Millie Tomlin, Victoria Harte, Kyrh Rowlands, Petrina Chantler-Edmond  
Eleanor Simga, Christa Hetherington, Daizy Simea, Erin Jones

### JAVELIN B

Mariam Matovu (E&H)	28.52
Daisy Dowling (B&B)	27.38
Ella Lovibond (RAD)	21.74
Esme Wase (S&NH)	19.47
Megan Smith (Thurrock)	18.79
Kerys Middleton (HAV)	16.91

### DISCUS B

## RESULTS - ALPHA BETA TROPHIES MATCH - 5TH APRIL 2014

Eloise Locke (B&B)	26.68	Ella Lovibond (RAD)	18.34
Sophie Taylor (HAV)	22.68	Isobel McDonagh (HAV)	15.62
Rachel Burton (RAD)	19.77	Jessica Smith (E&H)	15.43
Libby Taylor (S&NH)	18.22	Petra Syuwade (S&NH)	15.22
Amy Beauchamp (E&H)	17.4	Megan Smith (Thurrock)	13.97
Abigail Pain (Thurrock)	16.15	Daisy Dowling (B&B)	12.5
Eleanor Simga (Herts P)	10.24		

### SHOT A

Eloise Locke (B&B)	12.4
Simone Veselinova (E&H)	9.97
Shona Pybus (S&NH)	9.39
Petrina Chantler (RAD)	9.37
Monet Servier (Thurrock)	9.23
Phillipa Gill (HAV)	9.06
Amber Evans (MMK)	6.42
Louise Avery (Herts P)	

### SHOT B

Mayi Hughes	9.05
Libby Taylor (S&NH)	8.34
Victoria Harte (RAD)	8.17
Abigail Paine (Thurrock)	7.32
Kamiyla Robinson-Pascal (B&B)	6.42
Constantia Hajipanyi (E&H)	5.19
Christa Hetherington (Herts P)	5.15

### LONG JUMP A

Amelia McDonald (E&H)	5.10
Jess Whitbread (Thurrock)	4.89
Mayi Hughes (HAV)	4.85
Karina Harris (B&B)	4.82
Victoria Hart (RAD)	4.45
Abigail Pickard (S&NH)	4.37
Iris Mae Morse (MMK)	4.25
Louise Avery (Herts P)	4.00

### LONG JUMP B

Amber Hornbuckle (E&H)	5.07
Isabella Purdie (HAV)	4.48
Petrina Chantler (RAD)	4.28
Amber Evans (MMK)	4.20
Lola Omowanile (Thurrock)	4.18
Sophia Harper (B&B)	4.13
Daizy Simea (Herts P)	3.82
Leah Cairns (S&NH)	3.79

### HIGH JUMP A

Antonia Alapafuja (B&B)	1.50
Amelia Macdonald (E&H)	1.40
Petrina Chantler (RAD)	1.40
Natasha Dowie (HAV)	1.35
Shona Pybus (S&NH)	1.35
Jess Whitbread (Thurrock)	1.30
Anna Fuller (Herts P)	1.25

### HIGH JUMP B

Alice Prentice (B&B)	1.40
Jessica Smith (E&H)	1.40
Kylah Rowlands (RAD)	1.35
Elizabeth Adams (HAV)	1.35
Molly Davies (S&NH)	1.30
Monet Jervier (Thurrock)	1.30

### RESULT -ALPHA U15

1st = Blackheath & Bromley	146
1st = Enfield & Haringey	146
3rd Havering	133
4th Radley	122
5th Thurrock	119
6th Stevenage & North Herts	115
7th Herts Phoenix	74
8th Marshall Milton Keynes	33

awarded win due to amount of wins

### Combined Results Seniors & U15

1st Blackheath & Bromley	341
2nd Havering	303
3rd Radley	268
4th Enfield & Haringey	245
5th Stevenage & North Herts	234
6th Thurrock	212
7th Herts Phoenix	189
8th Marshall Milton Keynes	

**Herts Phoenix & Marshall Milton Keynes to be relegated to Beta Competition**