

## Alpha & Beta Trophies – Saturday 19<sup>th</sup> April, 2008 – Lee Valley Athletics Centre

### Beta - Senior Women

#### 100 Metres 'A' (+3.3)

|                          |       |
|--------------------------|-------|
| 1.Tara Kafke (Rad)       | 12.33 |
| 2.Lyndsey North (Chelm)  | 12.56 |
| 3.Claire Brenna (Hav)    | 13.09 |
| 4.Krystina Francis (TVH) | 13.24 |
| 5.Kelsey Boosey (Thur)   | 13.37 |
| 6.Mary Ryan (Lought)     | 13.80 |
| 7.Nella Katula (VPH&TH)  | 14.47 |
| 8.Ebele Ojechi (K&P)     | 19.86 |

#### 200 Metres 'A' (+1.2)

|                          |       |
|--------------------------|-------|
| 1.Lyndsey North (Chelm)  | 26.23 |
| 2.Mary Iheke (K&P)       | 26.37 |
| 3.Avagay Smith (VPH&TH)  | 26.50 |
| 4.Kay Reynolds (Rad)     | 26.66 |
| 5.Zoe Young (Hav)        | 27.68 |
| 6.Amie Harrison (Lought) | 30.07 |

#### 400 Metres 'A'

|                           |       |
|---------------------------|-------|
| 1.Mary Iheke (K&P)        | 58.80 |
| 2.Fatima Bangura (VPH&TH) | 60.31 |
| 3.Nicola Hill (Hav)       | 61.12 |
| 4.Tar Kafke (Rad)         | 61.34 |
| 5.Caroline Read (Lought)  | 65.83 |
| 6.Lynn Talbert (Thur)     | 68.70 |

#### 800 Metres 'A'

|                                |         |
|--------------------------------|---------|
| 1.Karolin Tsarski (TVH)        | 2-15.13 |
| 2.Alice Middleton (VPH&TH)     | 2-16.02 |
| 3.Jennifer Sutherland (Rad)    | 2-28.33 |
| 4.Alex Beard (Hav)             | 2-31.26 |
| 5.Katie-Ann Tuttlebury (Chelm) | 2-32.44 |
| 6.Caroline Real (Lought)       | 2-32.49 |
| 7.Dani Thomas (Thur)           | 2-44.47 |
| 8.Francesca Currie (K&P)       | 2-44.55 |

#### 1500 Metres 'A'

|                            |         |
|----------------------------|---------|
| 1.Hayley Pegg (Hav)        | 5-08.59 |
| 2.Dani Thomas (Thur)       | 5-20.13 |
| 3.Moira Thresher (Rad)     | 5-38.09 |
| 4.Michelle Hurley (Lought) | 5-41.70 |

#### 100 Metres Hurdles 'A' (+2.9)

|                          |       |
|--------------------------|-------|
| 1.Kay Reynolds (Rad)     | 14.70 |
| 2.Claire Brennan (Hav)   | 16.31 |
| 3.Harriett Lester (K&P)  | 18.17 |
| 4.Avagay Smith (VPH&TH)  | 21.63 |
| 5.Lorna Gaffney (Lought) | 23.43 |

#### 400 Metres Hurdles 'A'

|                          |       |
|--------------------------|-------|
| 1.Paula Woodland (Rad)   | 68.61 |
| 2.Cathy Mathews (Hav)    | 77.15 |
| 3.Amie Harrison (Lought) | 81.90 |

#### 100 metres 'B' (nwr)

|                             |       |
|-----------------------------|-------|
| 1.Ria Ali-Jackson (Chelm)   | 13.21 |
| 2.Lydia St Ange (Hav)       | 13.21 |
| 3.Lauren Grace (Rad)        | 13.53 |
| 4.Chiamaka Ojechi (K&P)     | 14.04 |
| 5.Abby Adesina (VPH&TH)     | 14.36 |
| 6.Lynn Talbert (Thur)       | 14.62 |
| 7.Gabrielle Brooks (Lought) | 16.89 |

#### 200 metres 'B' (+1.7)

|                          |       |
|--------------------------|-------|
| 1.Claire Brennan (Hav)   | 27.72 |
| 2.Lauren Grace (Rad)     | 27.79 |
| 3.Sally Hoyle (Chelm)    | 27.80 |
| 4.Amanda Ranger (VPH&TH) | 28.42 |
| 5.Mary Ryan (Lought)     | 28.96 |
| 6.Katja Schlerf (K&P)    | 29.52 |

#### 400 Metres 'B'

|                          |       |
|--------------------------|-------|
| 1.Lauren Tolmie (Rad)    | 63.96 |
| 2.Nina Brennan (Hav)     | 65.10 |
| 3.Anna Schlerf (K&P)     | 66.48 |
| 4.Lorna Gaffney (Lought) | 68.62 |
| 5.Nicola Page (Thur)     | 71.87 |

#### 800 Metres 'B'

|                             |         |
|-----------------------------|---------|
| 1.Brogan Percy (VPH&TH)     | 2-31.34 |
| 2.Jemma Grace (Rad)         | 2-51.80 |
| 3.Gabrielle Brooks (Lought) | 2-53.60 |

#### 1500 Metres 'B'

|                             |         |
|-----------------------------|---------|
| 1.Gabrielle Brooks (Lought) | 5-47.10 |
| 2.Nicola Page (Thur)        | 6-05.61 |

#### 100 Metres Hurdles 'B' (+1.8)

|                            |       |
|----------------------------|-------|
| 1.Nicola Hill (Hav)        | 16.07 |
| 2.Paula Woodland (Rad)     | 18.27 |
| 3.Barbara Higgins (Lought) | 27.83 |

#### 400 Metres Hurdles 'B'

|                          |       |
|--------------------------|-------|
| 1.Lauren Tolmie (Rad)    | 72.60 |
| 2.Lorna Gaffney (Lought) | 83.47 |

High Jump 'A'

|                          |       |
|--------------------------|-------|
| 1.Kizzi Barazetti (TVH)  | 1.55m |
| 2.Bethan Siddons (Hav)   | 1.55m |
| 3.Lucy Howes (Thur)      | 1.55m |
| 4.sarah Dutton (Rad)     | 1.55m |
| 5.Amanda Ranger (VPH&TH) | 1.45m |
| 6.Ellie Watson (Chelm)   | 1.40m |
| 7.Mary Iheke (K&P)       | 1.35m |
| 8.Lorna Gaffney (Lought) | 1.20m |

Long Jump 'A'

|                           |             |
|---------------------------|-------------|
| 1.Amanda Ranger (VPH&TH)  | 5.61m(+1.9) |
| 2.Rebekah Wiltshire (TVH) | 5.14m(+0.5) |
| 3.Lyndsey North (Chelm)   | 4.95m(+0.8) |
| 4.Zoe Young (Hav)         | 4.82m(+3.0) |
| 5.Harriet Lester (K&P)    | 4.63m(+0.7) |
| 6.Emily Barrett (Thur)    | 4.51m(+2.3) |
| 7.Paula Woodland (Rad)    | 4.12m(+1.9) |
| 8.Mary Ryan (Lought)      | 3.69m(+4.0) |

Shot 'A'

|                           |        |
|---------------------------|--------|
| 1.Abigail Moramkeji (TVH) | 11.86m |
| 2.Mel Harrison (Hav)      | 11.22m |
| 3.Sue Lawrence (Thur)     | 10.33m |
| 4.Camilla Thrush (K&P)    | 10.11m |
| 5.Natasha Mighty (Rad)    | 10.09m |
| 6.Ria Ali-Jackson (Chelm) | 8.70m  |
| 7.Lancia Joseph (VPH&TH)  | 7.48m  |
| 8.Caroline Real (Lought)  | 6.22m  |

Discus 'A'

|                            |        |
|----------------------------|--------|
| 1.Melanie Harrison (Hav)   | 36.54m |
| 2.Leanna Davies (Thur)     | 33.41m |
| 3.Camilla Thrush (K&P)     | 30.20m |
| 4.Shirley Quinn (Chelm)    | 29.35m |
| 5.Hannah Tartaglia (Rad)   | 26.56m |
| 6.Jo Ward (VPH&TH)         | 21.03m |
| 7.Michelle Hurley (Lought) | 17.27m |
| 8.Shanai Bogle (TVH)       | 17.10m |

Javelin 'A'

|                         |        |
|-------------------------|--------|
| 1.Zoe Young (Hav)       | 32.77m |
| 2.Sue Lawrence (Thur)   | 32.23m |
| 3.Katie Sanderson (TVH) | 29.94m |
| 4.Brogan Percy (VPH&TH) | 28.38m |
| 5.Aislinn Baird (Rad)   | 27.77m |
| 6.Camila Thrush (K&P)   | 25.95m |
| 7.Miss Barclay(Lought)  | 15.68m |

High Jump 'B'

|                            |       |
|----------------------------|-------|
| 1.Mercedes McPherson (TVH) | 1.50m |
| 2.Kay Reynolds (Rad)       | 1.50m |
| 3.Jaz Chukwuonu (VPH&TH)   | 1.45m |
| 4.Angela James (Hav)       | 1.40m |
| 5.Emelie Barrett (Thur)    | 1.25m |
| 6.Harriet Lester (K&P)     | 1.20m |
| 7.Lara Regan (Lought)      | 1.10m |

Long Jump 'B'

|                          |        |       |
|--------------------------|--------|-------|
| 1.Simone Keisha (VPH&TH) | (+2.1) | 4.87m |
| 2.Hannah Besford (Chelm) | (+0.4) | 4.45m |
| 3.Anna Schlerf (K&P)     | (+1.6) | 4.03m |
| 4.Louise Brown (Rad)     | (+0.5) | 3.99m |
| 5.Nicola Page (Thur)     | (+1.0) | 3.73m |
| 6.Cathy Matthews (Hav)   | (+1.5) | 3.59m |
| 7.Amie Harrison (Lought) | (+1.8) | 3.37m |

Shot 'B'

|                          |       |
|--------------------------|-------|
| 1.Kay Reynolds (Rad)     | 8.65m |
| 2.Samantha Hill (Hav)    | 8.29m |
| 3.Sarah Besford (Chelm)  | 8.12m |
| 4.Lucy Howes (Thur)      | 7.94m |
| 5.Shalai Bogle (TVH)     | 6.32m |
| 6.Wunmi Ogbard (VPH&TH)  | 6.26m |
| 7.Lara Regan (Lought)    | 5.90m |
| 8.Francesca Currie (K&P) | 5.70m |

Discus 'B'

|                          |        |
|--------------------------|--------|
| 1.Sue Lawrence (Thur)    | 32.94m |
| 2.Jacqui Cherry (Rad)    | 25.41m |
| 3.Samantha Hill (Hav)    | 22.66m |
| 4.Sarah Besford (Chelm)  | 21.27m |
| 5.Caroline Real (Lought) | 15.79m |
| 6.Wunmi Ogboro (VPH&TH)  | 14.81m |
| 7.Anna Schlerf (K&P)     | 13.82m |

Javelin 'B'

|                          |        |
|--------------------------|--------|
| 1.Kay Reynolds(Rad)      | 27.46m |
| 2.Nancia Joseph (VPH&TH) | 26.52m |
| 3.Angela James (Hav)     | 25.59m |
| 4.Kelsey Boosey(Thur)    | 15.33m |
| 5.Lorna Gaffney (Lought) | 12.33m |
| 6.Katja Schlerf (K&P)    | 6.90m  |

#### 4 x 100 Metres Relay

|                       |       |
|-----------------------|-------|
| 1.Havering Mayesbrook | 51.42 |
| 2.Radley              | 52.20 |
| 3.Thames Valley       | 53.07 |
| 4.Kingston & Poly     | 54.61 |
| 5.Loughton            | 55.82 |
| VPH Disq              |       |

#### Trophy Result

|                   |     |
|-------------------|-----|
| 1.Radley          | 176 |
| 2.Havering        | 169 |
| 3.Loughton        | 117 |
| 4.VPH&TH          | 113 |
| 5.Thurrock        | 110 |
| 6.Kingston & Poly | 99  |
| 7.Chelmsford      | 82  |
| 8.TVH             | 77  |

### **Beta U15 Girls**

#### 100 Metres 'A' (nwr)

|                                   |       |
|-----------------------------------|-------|
| 1.Stephanie Steele-Boyce (VPH&TH) | 13.12 |
| 2.Roushell Campbell (TVH)         | 13.24 |
| 3.? (Chelmsford)                  | 13.55 |
| 4.Rebecca Connelly (Thur)         | 13.80 |
| 5.Sophie Peel (K&P)               | 13.84 |
| 6.Grace Taylor (Rad)              | 14.03 |
| 7.Deborah Knight (Hav)            | 14.21 |
| 8.Charlotte Gibbins (Lought)      | 14.24 |

#### 100 Metres 'B' (nwr)

|                          |       |
|--------------------------|-------|
| 1.Nancy Le Beau (Thur)   | 13.14 |
| 2.Leanne Spurway (Rad)   | 13.49 |
| 3.Tara St Louis (VPH&TH) | 14.03 |
| 4.Grace Andam (TVH)      | 14.89 |
| 5.Jess Seekings (Hav)    | 15.15 |
| 6.Emily Gibbins (Lought) | 15.82 |

#### 200 Metres 'A' (+1.9)

|                                   |       |
|-----------------------------------|-------|
| 1.Roushell Campbell (TVH)         | 26.56 |
| 2.Stephanie Steele-Boyce (VPH&TH) | 27.30 |
| 3.Susan Keet (Rad)                | 28.08 |
| 4.Charlotte Gibbins (Lought)      | 30.46 |
| 5.Nicola Peachey (Hav)            | 31.00 |
| Rebecca Connolly (Thur) - Disq    |       |

#### 200 Metres 'B' (+2.2)

|                           |       |
|---------------------------|-------|
| 1.Hayley McLean (Thur)    | 27.52 |
| 2.Adebisi Alakan (VPH&TH) | 28.61 |
| 3.Grace Taylor (Rad)      | 28.81 |
| 4.Grace Andam (TVH)       | 30.95 |
| 5.Jess Seekings (Hav)     | 32.23 |

#### 800 Metres 'A'

|                          |         |
|--------------------------|---------|
| 1.Sophie Crofts (Thur)   | 2-38.85 |
| 2.Shannon Sullivan (Hav) | 2-40.05 |
| 3.Sara Elikarate (Rad)   | 2-41.41 |
| 4.Ella Julien (TVH)      | 2-55.75 |
| 5.Emily Gibbins (Lought) | 3-07.03 |

#### 800 Metres 'B'

|                          |         |
|--------------------------|---------|
| 1.Rebecca Barnard (Thur) | 2-45.94 |
| 2.Cleo Gaffney (Lought)  | 3-23.82 |

#### 1500 Metres 'A'

|                            |         |
|----------------------------|---------|
| 1.Jessica Judd (Thur)      | 4-46.62 |
| 2.Eleanor Bounds (Hav)     | 4-50.22 |
| 3.Kathy Clitherow (Rad)    | 5-28.13 |
| 4.Rebecca Power-Ross (TVH) | 5-54.08 |
| 5.Abigail Jowett (VPH&TH)  | 6-02.49 |
| 6.Katie Brooks (Lought)    | 7-39.33 |

#### 1500 Metres 'B'

|                             |         |
|-----------------------------|---------|
| 1.Rachael Sadler (Hav)      | 5-13.84 |
| 2.Jess East (Rad)           | 5-35.12 |
| 3.Hollie Martin-Wood (Thur) | 5-55.30 |

#### 75 Metres Hurdles 'A' (+2.0)

|                               |       |
|-------------------------------|-------|
| 1.Nancy Le Beau (Thur)        | 12.29 |
| 2.Selina Constantine (VPH&TH) | 12.65 |
| 3.Nicola Peachey (Hav)        | 13.12 |
| 4.Sophie Peel (K&P)           | 13.42 |
| 5.Luccia Rennie (Rad)         | 14.74 |

#### 75 Metres Hurdles 'B' (nwr)

|                           |      |
|---------------------------|------|
| 1.Hayley McLean (Thur)    | 12.6 |
| 2.Lucy Clacher (K&P)      | 13.3 |
| 3.Adebisi Alakan (VPH&TH) | 14.7 |
| 4.Susan Keet (Rad)        | 15.0 |
| 5.Jess Seekings (Hav)     | 16.2 |

High Jump 'A'

|                             |       |
|-----------------------------|-------|
| 1.Grace Taylor (Rad)        | 1.35m |
| 2.Monique Ohiaeri (Thur)    | 1.30m |
| 3.Ella Julien (TVH)         | 1.25m |
| 4.Tiyonne Monville (VPH&TH) | 1.15m |
| 5.Cleo Gaffney (Lought)     | 1.10m |

Long Jump 'A'

|                              |             |
|------------------------------|-------------|
| 1.Nancy Le Beau (Thur)       | 4.82m(+1.3) |
| 2.Hannah Hoyle (Chelm)       | 4.78m(+1.5) |
| 3.Susan Keet (Rad)           | 4.42m(+3.1) |
| 4.Nicola Peachey (Hav)       | 4.23m(+2.1) |
| 5.Lucy Clacher (K&P)         | 4.16m(+1.9) |
| 6.Roushell Campbell (TVH)    | 3.94m(+1.6) |
| 7.Zhane Brown (VPH&TH)       | 3.94m(+1.7) |
| 8.Charlotte Gibbins (Lought) | 3.91m(+2.4) |

Shot 'A'

|                            |       |
|----------------------------|-------|
| 1.Emma OHara (Rad)         | 8.41m |
| 2.Annie Adewde (Thu)       | 8.23m |
| 3.Debbie Knight (Hav)      | 7.89m |
| 4.Deanne Edwards (TVH)     | 7.88m |
| 5.Tara St Louis (VPH&TH)   | 6.20m |
| 6.Ellie Shillaker (Lought) | 5.86m |
| 7.Rahannah G-Vernon (K&P)  | 5.82m |

Discus 'A'

|                            |        |
|----------------------------|--------|
| 1.Emma O'Hara (Rad)        | 23.19m |
| 2.Sophie Baggs (Hav)       | 22.04m |
| 3.Deanna Edwards (TVH)     | 19.70m |
| 4.Anna Adewole (Thur)      | 17.37m |
| 5.Patricia Katula (VPH&TH) | 12.46m |
| 6.Ellie Shillaker (Lought) | 12.26m |

Javelin 'A'

|                                   |        |
|-----------------------------------|--------|
| 1.Debbie Knight (Hav)             | 29.30m |
| 2.Rahanna Gillette-Vernon (K&P)   | 26.56m |
| 3.Serina Swaby-Constanin (VPH&TH) | 17.63m |
| 4.Ellie Shillaker (Lought)        | 14.17m |
| 5.Emily Dobson (Rad)              | 13.84m |
| 6.Annie Adewole (Thur)            | 11.01m |

4x 100 Metres Relay

|                          |       |
|--------------------------|-------|
| 1.Radley                 | 54.83 |
| 2.VPH&TH                 | 55.14 |
| 3.Thurrock               | 55.99 |
| 4.Thames Valley Harriers | 57.79 |
| 5.Havering Mayesbrook    | 60.44 |
| 6.Loughton               | 62.12 |

High Jump 'B'

|                           |       |
|---------------------------|-------|
| 1.Sophie Henderson (Rad)  | 1.25m |
| 2.=Vanessa Owuso (VPH&TH) | 1.00m |
| = Katie Brooks (Lought)   | 1.00m |

Long Jump 'B'

|                                 |       |
|---------------------------------|-------|
| 1.Kim Sutherland (Rad)(+0.5)    | 4.35m |
| 2.Rebecca Connolly (Thur)(+1.2) | 4.26m |
| 3.Shannon Sullivan (Hav)((+1.5) | 3.33m |
| 4.Grace Andam (TVH)(-1.0)       | 2.94m |
| 5.Cleo Gaffney (Lought)(+1.0)   | 2.51m |

Shot 'B'

|                             |       |
|-----------------------------|-------|
| 1.Sophie Baggs (Hav)        | 7.62m |
| 2.Sophie Henderson (Rad)    | 6.98m |
| 3.Hollie Martin-Wood (Thur) | 5.65m |
| 4.Zhane Brown (VPH&TH)      | 5.02m |
| 5.Rebecca Power (TVH)       | 4.61m |
| 6.Katie Brooks (Lought)     | 4.13m |

Discus 'B'

|                             |        |
|-----------------------------|--------|
| 1.Laura Drew (Hav)          | 18.20m |
| 2.Hollie Martin-Wood (Thur) | 14.69m |
| 3.Rebecca Power (TVH)       | 13.48m |
| 4.Luccia Rennie (Rad)       | 12.18m |

Javelin 'B'

|                          |        |
|--------------------------|--------|
| 1.Laura Drew (Hav)       | 18.81m |
| 2.Freya Corcoran (Thur)  | 9.35m  |
| 3.Emma O'Hara (Rad)      | 8.21m  |
| 4.Emily Gibbins (Lought) | 6.34m  |
| 5.Tara St Louis (VPH&TH) | 6.18m  |

Trophy Result

|                        |       |
|------------------------|-------|
| 1.Thurrock             | 150   |
| 2. Radley              | 148   |
| 3. Havering Mayesbrook | 126   |
| 4.VPH&TH               | 108.5 |
| 5.TVH                  | 93    |
| 6.Loughton             | 80.5  |
| 7. Kingston & Poly     | 39    |
| 8. Chelmsford          | 17    |

### Combined Seniors & U15 Results

|                               |            |
|-------------------------------|------------|
| 1.Radley                      | 324        |
| <u>2. Havering Mayesbrook</u> | <u>295</u> |
| 3.Thurrock Harriers           | 260        |
| 4.VPH&TH                      | 221.5      |
| 5.Loughton                    | 197.5      |
| 6.TVH                         | 170        |
| 7.Kingston & Poly             | 138        |
| 8.Chelmsford                  | 99         |

Radley & Havering Mayesbrook promoted to the Alpha Trophies for 2009

### Non-Scoring Events

#### 200 Metres – U17 Women (+1.3)

|                              |       |
|------------------------------|-------|
| 1. Deborah Funiathu (VPH&TH) | 27.10 |
| 2. Hannah Lintott (HPX)      | 27.46 |
| 3. Symone Keisha (VPH&TH)    | 27.88 |
| 4. Emily Dallimore (Rad)     | 29.91 |
| 5. Rachel Hancox (Rad)       | 31.02 |

#### 300 Metres – U17 Women

|                              |      |
|------------------------------|------|
| 1. Jessica Cutts (Colch)     | 42.5 |
| 2. Steph Sattin (HPX)        | 43.1 |
| 3. Rebekah Wiltshire (TVH)   | 43.7 |
| 4. Deborah Funiathu (VPH&TH) | 45.0 |
| 5. Moe Sasegban (SNH)        | 46.5 |
| 6. Elena Cherry (D&T)        | 47.9 |
| 7. Emily Dalimore (Rad)      | 48.2 |
| 8. Rachel Hancox (Rad)       | 50.2 |

#### 200 Metres –U17 Women (+1.0)

|                              |       |
|------------------------------|-------|
| 1. Jennifer Sutherland (Rad) | 28.69 |
| 2. Moira Thresher (Rad)      | 29.86 |
| 3. Louise Brown (Rad)        | 29.86 |
| 4. Katherine Clitheroe (Rad) | 31.82 |
| 5. Gabriella Roseje (HHH)    | 34.81 |

#### 800 Metres –U17 Women

|                           |         |
|---------------------------|---------|
| 1. Charlotte Cattle (HPX) | 2-38.89 |
| 2. Jess Barber (SNH)      | 2-43.91 |