

**NJAL Premier Division  
Provisional Match Results**

**WOMEN**

**19th June 2005  
Wodson Park, Ware**

**A String**

**B String**

**100m**

1st	4	Deandra Smith	Shaftesbury Barnet	12.6
2nd	1	Amy Godsell	Blackheath & Bromley	12.7
3rd	8	Joanne Ryan	WGEL	12.7
4th	3	Christina Kalejaiye	Havering Mayesbrook	13.1
5th	7	Ciaran Andrews	Herts Phoenix	13.2
6th	6	Sophie Harriman	City of Norwich	13.6
7th	5	Jade Fofana	Ashford	13.7
8th	2	Emma Forsyth	Bournemouth	14.1

1st	11	Serita Solmon	Blackheath & Bromley	12.8
2nd	88	Alicia Roberts-Brown	WGEL	13.3
3rd	44	Tomí Oyeneeye	Shaftesbury Barnet	13.5
4th	77	Terri Cawley	Herts Phoenix	13.5
5th	22	Sarah Warsop	Bournemouth	13.8
6th	33	Jenny Szantai	Havering Mayesbrook	14.3
7th	55	Sorrell Hunter	Ashford	14.3
8th				

**200m**

1st	8	Joanne Ryan	WGEL	25.3
2nd	1	Amy Godsell	Blackheath & Bromley	26.3
3rd	4	Deandra Smith	Shaftesbury Barnet	26.4
4th	2	Serita Shone	Bournemouth	26.8
5th	7	Zoe Delaney	Herts Phoenix	27.3
6th	5	Jade Fofana	Ashford	28.4
7th	3	Christina Kalejaiye	Havering Mayesbrook	29.4
8th	6	Lori McMahon	City of Norwich	30.2

1st	88	Tara Bird	WGEL	26.1
2nd	11	Clare Cooper	Blackheath & Bromley	26.3
3rd	33	Lucy Rodgers	Havering Mayesbrook	26.5
4th	44	Roseanne Winthrop	Shaftesbury Barnet	27.4
5th	77	Natalie Farman	Herts Phoenix	28.5
6th	22	Tina Langmead	Bournemouth	28.8
7th	55	Sorrell Hunter	Ashford	29.8
8th				

**400m**

1st	8	Tara Bird	WGEL	57.0
2nd	1	Rebecca Syroeki	Blackheath & Bromley	57.5
3rd	3	Lucy Rodgers	Havering Mayesbrook	59.0
4th	7	Christina Silva	Herts Phoenix	59.7
5th	4	Roseanne Winthrop	Shaftesbury Barnet	60.7
6th	2	Hannah Stmmas	Bournemouth	64.6
7th	6	Carley Rose	City of Norwich	65.6
8th	5	Danielle Crispin	Ashford	65.8

1st	11	Kara Graham	Blackheath & Bromley	59.8
2nd	33	Katie Richardson	Havering Mayesbrook	60.0
3rd	88	Thalia Gray	WGEL	62.0
4th	77	Terri Cawley	Herts Phoenix	63.8
5th	55	Yana Rieck	Ashford	67.1
6th	44	Claire Simm	Shaftesbury Barnet	68.3
7th	22	Becky Answer	Bournemouth	74.4
8th				

**800m**

1st	8	Jessica Sparke	WGEL	2:12.0
2nd	4	Gemma Turtle	Shaftesbury Barnet	2:17.0
3rd	3	Megan Foley	Havering Mayesbrook	2:18.2
4th	1	Katie Murray	Blackheath & Bromley	2:23.1
5th	6	Rachel Stringer	City of Norwich	2:24.4
6th	7	Hayley Rule	Herts Phoenix	2:32.5
7th	5	Danielle Crispin	Ashford	2:34.6
8th	2	Becky Answer	Bournemouth	2:54.6

1st	33	Hayley Stibbs	Havering Mayesbrook	2:20.4
2nd	11	Bryony Proctor	Blackheath & Bromley	2:25.2
3rd	66	Carley Rose	City of Norwich	2:27.6
4th	44	Amanda Bailey	Shaftesbury Barnet	2:28.9
5th	88	Kavita Solder	WGEL	2:30.6
6th	55	Briony Walsh	Ashford	2:40.0
7th	77	Charlotte Davies	Herts Phoenix	2:40.5
8th				

**1500m**

1st	4	Gemma Turtle	Shaftesbury Barnet	4:43.7
2nd	6	Ruth Senior	City of Norwich	4:52.7
3rd	1	Rebecca Taylor	Blackheath & Bromley	4:53.6
4th	2	Kelly Steel	Bournemouth	4:55.5
5th	33	Helen Roche	Havering Mayesbrook	5:08.9
6th	8	Kavita Solder	WGEL	5:19.9
7th	77	Charlotte Davies	Herts Phoenix	5:43.2
8th				

1st	11	Sarah Coombs	Blackheath & Bromley	5:14.2
2nd	44	Sarah Hill	Shaftesbury Barnet	5:18.5
3rd	3	Vicky Smith	Havering Mayesbrook	5:33.7
4th	7	Rosie Watts	Herts Phoenix	5:52.4
5th				
6th				
7th				
8th				

**3000m**

1st	3	Megan Foley	Havering Mayesbrook	11:05.1
2nd	8	Katherine Sparkle	WGEL	11:20.1
3rd	4	Lucy Yates	Shaftesbury Barnet	11:29.9
4th	11	Briony Proctor	Blackheath & Bromley	12:08.2
5th	6	Lori McMahon	City of Norwich	12:19.9
6th	5	Lauren Faulk	Ashford	12:31.8
7th				
8th				

1st	33	Robyn Maston	Havering Mayesbrook	11:17.9
2nd	44	Katie Alcock	Shaftesbury Barnet	12:56.6
3rd	1	Debbie Shearing	Blackheath & Bromley	13:32.7
4th	55	Laura Cobb	Ashford	14:03.8
5th				
6th				
7th				
8th				

**100mH**

1st	6	Catherine Holdsworth	City of Norwich	14.8
2nd	7	Ciaran Andrews	Herts Phoenix	15.5
3rd	3	Chloe Van Wulven	Havering Mayesbrook	15.5
4th	4	OJ Sherlock	Shaftesbury Barnet	17.4
5th	8	Kirsty Macintosh	WGEL	17.7
6th	1	Jo Wood	Blackheath & Bromley	17.7
7th	2	Kerry Squires	Bournemouth	17.9
8th				

1st	77	Laura Jones	Herts Phoenix	17.5
2nd	11	Leanne Critchley	Blackheath & Bromley	17.8
3rd	44	Tomí Oyeneeye	Shaftesbury Barnet	19.3
4th	33	Katie O'Sullivan	Havering Mayesbrook	19.8
5th	88	Megan Lane	WGEL	20.7
6th				
7th				
8th				

**400mH**

1st	7	Christina Silva	Herts Phoenix	65.1
2nd	8	Clare Leckie	WGEL	70.2
3rd	5	Yana Rieck	Ashford	71.2
4th	1	Jo Wood	Blackheath & Bromley	72.7
5th	6	Anne-Marie Denmark	City of Norwich	77.7
6th	4	Katie Alcock	Shaftesbury Barnet	78.8
7th	3	Katie O'Sullivan	Havering Mayesbrook	83.7
8th				

1st	11	Leanne Critchley	Blackheath & Bromley	70.2
2nd	33	Chloe Van Wulven	Havering Mayesbrook	70.3
3rd	77	Terri Cawley	Herts Phoenix	72.2
4th	66	Ruth Senior	City of Norwich	73.7
5th	55	Leah Howard	Ashford	80.3
6th	88	Megan Lane	WGEL	83.3
7th				
8th				

**High Jump**

1st	11	Katie Murray	Blackheath & Bromley	1.63
2nd	2	Gemma Eastman	Bournemouth	1.60
3rd	3	Chloe Van Wulven	Havering Mayesbrook	1.60
4th	5	Zoe Quirk	Ashford	1.55
=5th	4	Claire Simm	Shaftesbury Barnet	1.50
=5th	7	Natalie Farman	Herts Phoenix	1.50
7th	8	Hannah Frankson	WGEL	1.40
8th				

1st	1	Anne Smith	Blackheath & Bromley	1.50
2nd	55	Leah Howard	Ashford	1.45
3rd	33	Katie O'Sullivan	Havering Mayesbrook	1.45
4th	22	Serita Shone	Bournemouth	1.45
=5th	77	Hayley Kruse	Herts Phoenix	1.40
=5th	88	Alicia Roberts-Brown	WGEL	1.40
7th	44	Tomí Oyeneeye	Shaftesbury Barnet	1.30
8th				

**Pole Vault**

1st	8	Kirsty Macintosh	WGEL	3.30
2nd	4	Sarah Clifford	Shaftesbury Barnet	2.90
3rd	5	Lizzy Yarnold	Ashford	2.75
4th	7	Leah Davies	Herts Phoenix	2.60
5th	11	Rebecca Haywood	Blackheath & Bromley	2.45
6th	3	Katie O'Sullivan	Havering Mayesbrook	1.85
7th				
8th				

1st	55	Leah Howard	Ashford	2.15
2nd	88	Megan Lane	WGEL	2.15
3rd	44	Caroline Tosh	Shaftesbury Barnet	1.85
4th				
5th				
6th				
7th				
8th				

**Long Jump**

1st	6	Catherine Holdsworth	City of Norwich	5.96
2nd	8	Hannah Frankson	WGEL	5.83

1st	11	Hayley Nouch	Blackheath & Bromley	5.38
2nd	3	Christina Kalejaiye	Havering Mayesbrook	5.19

3rd	4	Deandra Smith	Shaftesbury Barnet	5.66
4th	33	Lucy Rodgers	Havering Mayesbrook	5.48
5th	2	Serita Shone	Bournemouth	5.44
6th	77	Zoe Delaney	Herts Phoenix	5.44
7th	1	Lauren Blackie	Blackheath & Bromley	5.42
8th	5	Sorrell Hunter	Ashford	4.62

3rd	22	Sarah Warsop	Bournemouth	5.16
4th	7	Laura Jones	Herts Phoenix	5.04
5th	66	Sophie Harriman	City of Norwich	4.79
6th	55	Jade Fofana	Ashford	4.25
7th	88	Sinead Connolly	WGEL	2.69
8th				

### Triple Jump

1st	8	Hannah Frankson	WGEL	11.46
2nd	22	Sarah Warsop	Bournemouth	11.41
3rd	1	Lauren Blackie	Blackheath & Bromley	11.20
4th	3	Lynsey Clark	Havering Mayesbrook	10.57
5th	7	Michelle Njagi	Herts Phoenix	10.45
6th	4	Roseanne Winthrop	Shaftesbury Barnet	9.52
7th	6	Anne-Marie Denmark	City of Norwich	8.13
8th	5	Hannah Hogben	Ashford	NM

1st	2	Hayley Wright	Bournemouth	11.08
2nd	11	Hayley Nouch	Blackheath & Bromley	11.04
3rd	88	Hannah Downs	WGEL	9.98
4th	44	Sarah Clifford	Shaftesbury Barnet	8.86
5th	77	Hayley Rule	Herts Phoenix	8.43
6th	33	Robyn Maston	Havering Mayesbrook	7.14
7th	55	Laura Cobb	Ashford	NM
8th				

### Shot Putt

1st	8	Finesse Thompson	WGEL	11.40
2nd	2	Rachel Cork	Bournemouth	11.19
3rd	1	Shaunagh Brown	Blackheath & Bromley	10.89
4th	5	Lizzy Yarnold	Ashford	10.57
5th	77	Hayley Kruse	Herts Phoenix	8.42
6th	33	Kim Box	Havering Mayesbrook	8.28
7th	6	Megan Boon	City of Norwich	7.92
8th	44	OJ Sherlock	Shaftesbury Barnet	7.85

1st	11	Victoria Thomas	Blackheath & Bromley	10.41
2nd	22	Sarah Davies	Bournemouth	10.06
3rd	55	Hannah Hogben	Ashford	9.07
4th	88	Monique Buchannon	WGEL	9.00
5th	7	Natalie Farman	Herts Phoenix	8.04
6th	3	Lynsey Clark	Havering Mayesbrook	7.64
7th	4	Kamal Manhas	Shaftesbury Barnet	6.73
8th				

### Discus

1st	3	Lynsey Clark	Havering Mayesbrook	37.99
2nd	1	Shaunagh Brown	Blackheath & Bromley	37.48
3rd	8	Monique Buchannon	WGEL	36.73
4th	4	Kamal Manhas	Shaftesbury Barnet	34.07
5th	2	Sarah Davies	Bournemouth	30.05
6th	5	Hannah Hogben	Ashford	27.70
7th	7	Zoe Thomas	Herts Phoenix	25.67
8th	6	Anne-Marie Denmark	City of Norwich	14.70

1st	11	Flo Clark	Blackheath & Bromley	36.11
2nd	33	Lauren Clark	Havering Mayesbrook	26.72
3rd	77	Stephanie Fuller	Herts Phoenix	25.25
4th	22	Hannah Bennett	Bournemouth	24.94
5th	55	Siohban Read	Ashford	17.21
6th	44	Katie Alcock	Shaftesbury Barnet	15.34
7th				
8th				

### Hammer

1st	1	Rachel Blackie	Blackheath & Bromley	51.10
2nd	8	Monique Buchannon	WGEL	48.52
3rd	6	Megan Boon	City of Norwich	41.61
4th	7	Stephanie Fuller	Herts Phoenix	38.12
5th	5	Hannah Hogben	Ashford	37.23
6th	4	Kamal Manhas	Shaftesbury Barnet	25.30
7th	2	Sarah Davies	Bournemouth	23.04
8th	33	Katie O'Sullivan	Havering Mayesbrook	19.17

1st	11	Victoria Thomas	Blackheath & Bromley	47.53
2nd	77	Katie Parker	Herts Phoenix	25.67
3rd	22	Sian Ritchie	Bournemouth	22.77
4th	88	Emma Smith	WGEL	19.32
5th	44	OJ Sherlock	Shaftesbury Barnet	16.07
6th	3	Lynsey Clark	Havering Mayesbrook	13.97
7th				
8th				

### Javelin

1st	11	Jade Dodd	Blackheath & Bromley	40.47
2nd	3	Emma Christmas	Havering Mayesbrook	34.72
3rd	5	Lizzy Yarnold	Ashford	34.38
4th	8	Emma Smith	WGEL	33.02
5th	7	Laura Jones	Herts Phoenix	28.98
6th	2	Rachel Cork	Bournemouth	27.77
7th	4	Kamal Manhas	Shaftesbury Barnet	27.02
8th	6	Anne-Marie Denmark	City of Norwich	24.13

1st	55	Siohban Read	Ashford	32.53
2nd	33	Kim Box	Havering Mayesbrook	26.09
3rd	22	Hannah Bennett	Bournemouth	24.81
4th	88	Kirsty Macintosh	WGEL	24.47
5th	1	Emily Godley	Blackheath & Bromley	21.78
6th	66	Catherine Holdsworth	City of Norwich	14.76
7th	77	Christina Silva	Herts Phoenix	12.78
8th	44	Deandra Smith	Shaftesbury Barnet	NM

### 4x100m

1st	1		Blackheath & Bromley	49.2
2nd	8		WGEL	50.2
3rd	3		Havering Mayesbrook	51.1
4th	7		Herts Phoenix	51.4
5th	2		Bournemouth	52.7
6th	5		Ashford	53.2
7th				
8th				

### 4x400m

1st	1		Blackheath & Bromley	4:02.0
2nd	3		Havering Mayesbrook	4:04.1
3rd	8		WGEL	4:04.1
4th	7		Herts Phoenix	4:14.6
5th	6		City of Norwich	4:20.4
6th	4		Shaftesbury Barnet	4:28.2
7th	2		Bournemouth	4:31.8
8th	5		Ashford	4:43.2

### Final Match Scores

1st	Blackheath & Bromley	305
2nd	WGEL	258.5
3rd	Havering Mayesbrook	241
4th	Shaftesbury Barnet	212.5
5th	Herts Phoenix	211
6th	Bournemouth	175
7th	Ashford	164
8th	City of Norwich	122