

UK Women's Athletics League 2009



National Divison 3 - Mayesbrook Park, Barking

				Perf	Record	Wind	UKA	AW	7 June 2009				Perf	Record	Wind	UKA	AW
Women's 100m A				Wind=	-1.0				Women's 100m B				Wind=	-1.3			
1	3	Lucy Sargent	Havering Mayesbrook	12.07			104	☑	1	55	Susannah Banjo	Newham & Essex Beag	12.56				☑
2	5	Tope-Faith Nuga	Newham & Essex Beagk	12.56				☑	2	11	Kerry Salter (u20)	Bedford & County	12.98				☑
3	1	Michelle Webster	Bedford & County	12.68				☑	3	88	Kate Brick	Wigan & District Harrier	13.12				☑
4	8	Melissa Forrest	Wigan & District Harriers	12.81				☑	4	66	Rachel Christie	Thames Valley Harriers	13.19				☑
5	7	Reagan Wright	Wakefield Harriers	12.98				☑	5	44	Vicky Randall (u20)	Medway & Maidstone	13.22				
6	4	Charlotte Mackie (u20)	Medway & Maidstone	13.17				☑	6	33	Lydia St Ange (u20)	Havering Mayesbrook	13.42				
7	6	Duygu Goban	Thames Valley Harriers	13.73					7	77	Kirby Akindeinde (u20)	Wakefield Harriers	13.84				
8									8								
Women's 200m A				Wind=	+0.6				Women's 200m B				Wind=	-1.3			
1	3	Lucy Sargent	Havering Mayesbrook	24.39			130	☑	1	88	Katie Deutsch	Wigan & District Harrier	25.77				☑
2	6	Angelita Broadbelt	Thames Valley Harriers	25.03			87	☑	2	33	Nicola Hill (u20)	Havering Mayesbrook	25.84				☑
3	5	Susannah Banjo	Newham & Essex Beagk	25.04			87	☑	3	11	Michelle Webster	Bedford & County	26.04				☑
4	2	Susan Bovill	Belgrave Harriers	25.36			65	☑	4	77	Reagan Wright	Wakefield Harriers	26.46				☑
5	8	Melissa Forrest	Wigan & District Harriers	25.59			50	☑	5	66	Ambwene Simukonda	Thames Valley Harriers	26.54				☑
6	1	Lucy James (U20)	Bedford & County	26.13				☑	6	44	Yasmyn Joseph (u20)	Medway & Maidstone	27.04				
7	7	Rachael Shaw	Wakefield Harriers	26.37				☑	7	22	Jodie Favell	Belgrave Harriers	27.49				
8	4	Charlotte Mackie (u20)	Medway & Maidstone	26.44				☑	8								
Women's 400m A									Women's 400m B								
1	3	Harriet Scott	Havering Mayesbrook	56.90			96	☑	1	66	Rachel Christie	Thames Valley Harriers	58.79				☑
2	2	Susan Bovill	Belgrave Harriers	56.97			94	☑	2	11	Becky Lister (u20)	Bedford & County	60.47				☑
3	1	Lucy James (U20)	Bedford & County	57.07			92	☑	3	33	Katie Richardson	Havering Mayesbrook	61.08				☑
4	4	Lindsey Christie	Medway & Maidstone	58.19			64	☑	4	88	Kerrell Walley	Wigan & District Harrier	61.77				☑
5	6	Ambwene Simukonda	Thames Valley Harriers	58.25			62	☑	5	55	Rochelle Jones	Newham & Essex Beag	67.45				
6	7	Rachael Shaw	Wakefield Harriers	59.06				☑	6	22	Vicki Goodwin	Belgrave Harriers	70.57				
7	5	Ashleigh Williams	Newham & Essex Beagk	59.86				☑	7	44	Liz Duffin	Medway & Maidstone	77.81				
8	8	Emma Holmes	Wigan & District Harriers	65.74					8								
Women's 800m A									Women's 800m B								
1	3	Harriet Scott	Havering Mayesbrook	02:08.62			117	☑	1	33	Faye Fullerton	Havering Mayesbrook	02:13.43			57	☑
2	7	Helen Singleton	Wakefield Harriers	02:11.03			87	☑	2	11	Rebecca Newstead	Bedford & County	02:20.82				☑
3	1	Suzi Boast (u20)	Bedford & County	02:11.61			79	☑	3	77	Sarah Beevers	Wakefield Harriers	02:22.24				☑
4	8	April Stephenson	Wigan & District Harriers	02:12.96			62	☑	4	44	Yasmyn Joseph (u20)	Medway & Maidstone	02:41.74				
5	6	Emma Grant	Thames Valley Harriers	02:18.57				☑	5	66	Tracy Barlow	Thames Valley Harriers	02:43.41				
6	4	Nadine Terry	Medway & Maidstone	02:18.71				☑	6								
7	5	Adele Stach-Kevitz	Newham & Essex Beagk	02:49.73					7								
8									8								
Women's 1500m A									Women's 1500m B								
1	3	Faye Fullerton	Havering Mayesbrook	04:25.38			133	☑	1	11	Rebecca Newstead	Bedford & County	04:38.34			68	☑
2	1	Suzi Boast (u20)	Bedford & County	04:29.44			112	☑	2	6	Emma Grant	Thames Valley Harriers	04:49.94				☑
3	7	Helen Singleton	Wakefield Harriers	04:36.61			76	☑	3	77	Sarah Beevers	Wakefield Harriers	04:59.17				☑
4	66	Heather Timmins (u20)	Thames Valley Harriers	04:47.69				☑	4	33	Ingrid Deane (u20)	Havering Mayesbrook	05:05.79				
5	8	April Stephenson	Wigan & District Harriers	04:54.86				☑	5	88	Rebecca Howarth	Wigan & District Harrier	05:16.93				
6	4	Natalie Gray	Medway & Maidstone	05:01.12				☑	6	44	Catherine Harvey	Medway & Maidstone	05:29.37				
7	2	Sarah Murphy	Belgrave Harriers	05:09.88					7								
8	5	Adele Stach-Kevitz	Newham & Essex Beagk	05:43.51					8								
Women's 2000m S/Chase A									Women's 2000m S/Chase B								
1	3	Sara Luck	Havering Mayesbrook	06:59.37 LR			401	☑	1								
2	6	Lisa Da Silva	Thames Valley Harriers	07:49.96			300	☑	2								
3	2	Vicki Goodwin	Belgrave Harriers	08:37.28			205	☑	3								
4	1	Michelle Webster	Bedford & County	11:20.82					4								
5									5								
6									6								
7									7								
8									8								
Women's 3000m A									Women's 3000m B								
1	1	Jo Wilkinson (W35)	Bedford & County	09:45.55			124	☑	1	66	Lisa Da Silva	Thames Valley Harriers	10:11.43			80	☑
2	4	Natalie Gray	Medway & Maidstone	10:00.70			98	☑	2	11	Natasha Peters	Bedford & County	10:11.93			80	☑
3	6	Heather Timmins (u20)	Thames Valley Harriers	10:06.78			88	☑	3	22	Zoe Vail	Belgrave Harriers	10:41.80				☑
4	8	Rebecca Howarth	Wigan & District Harriers	10:15.63			73	☑	4	44	Catherine Harvey	Medway & Maidstone	11:13.55				☑
5	2	Sarah Murphy	Belgrave Harriers	10:41.47				☑	5								
6	5	Adele Stach-Kevitz	Newham & Essex Beagk	11:51.75				☑	6								
7									7								
8									8								

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Perf
Record
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AW

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Women's 400m Hurdles A

1	3	Nicola Hill (u20)	Havering Mayesbrook	63.13		106	☑
2	1	Lucy Spray	Bedford & County	63.73		96	☑
3	2	Jodie Favell	Belgrave Harriers	65.00		75	☑
4	6	Ambwene Simukonda	Thames Valley Harriers	68.07			☑
5	8	Emma Holmes	Wigan & District Harriers	68.30			☑
6	4	Vicky Randall (u20)	Medway & Maidstone	71.55			☑
7							
8							

Women's 400m Hurdles B

1	11	Leanne Buxton	Bedford & County	65.95		59	☑
2	33	Claire Brennan	Havering Mayesbrook	69.39			☑
3	44	Jodie Shaw (u20)	Medway & Maidstone	71.43			☑
4	88	Claire Holmes	Wigan & District Harrier	75.53			
5	66	Tracy Barlow	Thames Valley Harriers	82.77			
6							
7							
8							

Women's 100m Hurdles A

			Wind=	+2.0			
1	6	Angelita Broadbelt	Thames Valley Harriers	13.89		160	☑
2	3	Chloe van Wulven	Havering Mayesbrook	15.04		84	☑
3	1	Leanne Buxton	Bedford & County	15.38		61	☑
4	2	Jodie Favell	Belgrave Harriers	16.00			☑
5	8	Emma Holmes	Wigan & District Harriers	17.84			☑
6	5	Kelly Montgomery	Newham & Essex Beagk	18.92			
7	7	Tiffany Lyons	Wakefield Harriers	21.65			
8	4	Sophie Copping	Medway & Maidstone	26.75			

Women's 100m Hurdles B

			Wind=	+1.1			
1	33	Claire Brennan	Havering Mayesbrook	15.65			☑
2	11	Bella Hailstone (u20)	Bedford & County	15.72			☑
3	88	Rachel Culshaw	Wigan & District Harrier	16.82			☑
4	66	Lekeisha Wilson	Thames Valley Harriers	16.83			☑
5	44	Jodie Shaw (u20)	Medway & Maidstone	16.91			☑
6	77	Vicky Mills	Wakefield Harriers	23.68			
7							
8							

Women's Hammer A

1	8	Katy Wilson	Wigan & District Harriers	45.40		96	☑
2	5	Paula Peaty	Newham & Essex Beagk	42.77		82	☑
3	11	Shannon Bunker	Bedford & County	41.02		72	☑
4	3	Melanie Harrison	Havering Mayesbrook	39.80		65	☑
5	7	Jenny Ibbitson (W50)	Wakefield Harriers	33.04			☑
6	6	Justine Asare	Thames Valley Harriers	25.93			☑
7	2	Hazel Mead	Belgrave Harriers	22.70			
8	44	Dawn Copping (W45)	Medway & Maidstone	21.81			

Women's Hammer B

1	88	Bethan Lishman	Wigan & District Harrier	40.50		69	☑
2	1	Katie Winwood	Bedford & County	38.40		57	☑
3	55	Jo Bennett	Newham & Essex Beag	35.90			☑
4	33	Amy Cox (u20)	Havering Mayesbrook	28.27			☑
5	4	Liz Duffin	Medway & Maidstone	21.34			
6	77	Fiona Thomas	Wakefield Harriers	21.25			
7	66	Emma Grant	Thames Valley Harriers	18.33			
8							

Women's Discus A

1	4	Lucy Underdown	Medway & Maidstone	44.52		122	☑
2	3	Melanie Harrison	Havering Mayesbrook	38.59		84	☑
3	8	Natalie Walsh	Wigan & District Harriers	37.60		78	☑
4	55	Sue Lawrence	Newham & Essex Beagk	35.25		64	☑
5	1	Shannon Bunker	Bedford & County	32.67			☑
6	7	Jenny Ibbitson (W50)	Wakefield Harriers	29.87			☑
7	22	Hazel Mead	Belgrave Harriers	21.20			
8	6	Duygu Goban	Thames Valley Harriers	20.15			

Women's Discus B

1	88	Laura Baker	Wigan & District Harrier	33.96		56	☑
2	5	Charisse Tapang	Newham & Essex Beag	32.47			☑
3	33	Lauren Clark	Havering Mayesbrook	29.47			☑
4	44	Amy Underdown (u20)	Medway & Maidstone	27.23			☑
5	11	Jemma Harding	Bedford & County	25.27			☑
6	77	Hayley Whyke	Wakefield Harriers	23.73			
7	2	Christine Bertram	Belgrave Harriers	15.22			
8							

Women's Javelin A

1	4	Jo Blair	Medway & Maidstone	43.51		121	☑
2	5	Hayley Thomas	Newham & Essex Beagk	41.70		110	☑
3	3	Emma Christmas	Havering Mayesbrook	38.81		92	☑
4	7	Debbie Collinson	Wakefield Harriers	32.82		55	☑
5	6	Nightingale Anek	Thames Valley Harriers	31.23			☑
6	8	Rachel Culshaw	Wigan & District Harriers	30.89			☑
7	1	Bella Hailstone (u20)	Bedford & County	30.46			☑
8	2	Christine Bertram	Belgrave Harriers	26.45			☑

Women's Javelin B

1	44	Lizzy Yarnold	Medway & Maidstone	37.88		86	☑
2	55	Sue Lawrence	Newham & Essex Beag	29.48			☑
3	11	Jemma Harding	Bedford & County	26.74			☑
4	33	Zoe Young	Havering Mayesbrook	26.14			☑
5	77	Tiffany Lyons	Wakefield Harriers	24.98			
6	88	Alex Russell	Wigan & District Harrier	24.89			
7	66	Samantha Brewer	Thames Valley Harriers	24.67			
8							

Women's Shot Putt A

1	6	Phyllis Agbo	Thames Valley Harriers	13.56		121	☑
2	5	Jo Bennett	Newham & Essex Beagk	12.36		97	☑
3	4	Lucy Underdown	Medway & Maidstone	12.36		97	☑
4	1	Leanne Buxton	Bedford & County	11.99		89	☑
5	3	Melanie Harrison	Havering Mayesbrook	11.71			☑
6	77	Fiona Thomas	Wakefield Harriers	11.42		78	☑
7	8	Katy Wilson	Wigan & District Harriers	9.18			☑
8	22	Hazel Mead	Belgrave Harriers	7.90			

Women's Shot Putt B

1	66	Abigail Moronkeji (u20)	Thames Valley Harriers	11.44		78	☑
2	7	Debbie Collinson	Wakefield Harriers	11.27		75	☑
3	44	Lizzy Yarnold	Medway & Maidstone	11.05		71	☑
4	55	Sue Lawrence	Newham & Essex Beag	10.70		64	☑
5	11	Shannon Bunker	Bedford & County	10.17		53	☑
6	88	Laura Baker	Wigan & District Harrier	8.86			☑
7	33	Lauren Clark	Havering Mayesbrook	7.25			
8	2	Christine Bertram	Belgrave Harriers	6.91			

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Women's Long Jump A

1	6	Phyllis Agbo	Thames Valley Harriers	6.23	-1.5	166	☑
2	8	Alex Russell	Wigan & District Harriers	5.94	+0.9	130	☑
3	3	Lucy Sargent	Havering Mayesbrook	5.83	+0.7	116	☑
4	5	Amanda Ranger	Newham & Essex Beagk	5.67	+1.2	96	☑
5	11	Natasha Brunning (W35)	Bedford & County	5.47	+2.6	71	☑
6	7	Kirby Akindeinde (u20)	Wakefield Harriers	5.00	+0.6		☑
7	4	Amy Underdown (u20)	Medway & Maidstone	4.96	-0.8		☑
8	2	Michelle Nestor	Belgrave Harriers	4.89	+0.6		☑

Women's Long Jump B

1	66	Angela Barrett	Thames Valley Harriers	5.50	+1.4	75	☑
2	55	Julia Machin	Newham & Essex Beag	5.36	-0.4	57	☑
3	1	Aimee Richardson (u20)	Bedford & County	5.20	+0.7		☑
4	44	Jodie Shaw (u20)	Medway & Maidstone	4.93	+1.2		☑
5	33	Zoe Young	Havering Mayesbrook	4.87	+1.6		☑
6	88	Katie Deutsch	Wigan & District Harrier	4.85	+0.9		☑
7	77	Lynsie Whyke	Wakefield Harriers	4.77	+1.1		☑
8	22	Stephanie Smith	Belgrave Harriers	4.34	+0.7		

Women's Triple Jump A

1	6	Angela Barrett	Thames Valley Harriers	12.33	-1.8	129	☑
2	5	Amanda Ranger	Newham & Essex Beagk	12.31	-1.8	128	☑
3	1	Natasha Brunning (W35)	Bedford & County	11.13	+1.2	69	☑
4	4	Amy Underdown (u20)	Medway & Maidstone	10.57	-0.4		☑
5	2	Michelle Nestor	Belgrave Harriers	10.39	+0.6		☑
6	77	Lynsie Whyke	Wakefield Harriers	10.14	-2.5		☑
7	3	Angela James (u20)	Havering Mayesbrook	9.61	-1.4		☑
8	8	Claire Holmes	Wigan & District Harriers	9.51	-0.6		☑

Women's Triple Jump B

1	55	Kirsty Smith	Newham & Essex Beag	11.26	-0.8	75	☑
2	11	Aimee Richardson (u20)	Bedford & County	9.97	-0.2		☑
3	44	Sophie Copping	Medway & Maidstone	9.95	-0.1		☑
4	7	Kirby Akindeinde (u20)	Wakefield Harriers	9.79	-2.6		☑
5	33	Lydia St Ange (u20)	Havering Mayesbrook	9.29	-2.3		
6	88	Kerrell Walley	Wigan & District Harrier	8.26	-0.3		
7	66	Tracy Barlow	Thames Valley Harriers	8.10	-3.3		
8							

Women's High Jump A

1	5	Julia Machin	Newham & Essex Beagk	1.75		145	☑
2	66	Mercedes McPherson (u2)	Thames Valley Harriers	1.65		95	☑
3	8	Rachel Culshaw	Wigan & District Harriers	1.60		70	☑
4	7	Tiffany Lyons	Wakefield Harriers	1.60		70	☑
5	1	Bella Hailstone (u20)	Bedford & County	1.55			☑
6	3	Chloe van Wulven	Havering Mayesbrook	1.55			☑
7	4	Nadine Terry	Medway & Maidstone	1.50			☑
8	22	Stephanie Smith	Belgrave Harriers	1.50			☑

Women's High Jump B

1	88	Amy Richards	Wigan & District Harrier	1.60		70	☑
2	6	Phyllis Agbo	Thames Valley Harriers	1.55			☑
3	33	Angela James (u20)	Havering Mayesbrook	1.45			
4	2	Michelle Nestor	Belgrave Harriers	1.40			
5	77	Lynsie Whyke	Wakefield Harriers	1.35			
6	44	Sophie Copping	Medway & Maidstone	1.30			
7	11	Rosemary Boast	Bedford & County	1.25			

Women's Pole Vault A

1	2	Stephanie Smith	Belgrave Harriers	3.60		145	☑
2	8	Michelle Sharrock	Wigan & District Harriers	3.20		105	☑
3	1	Jemma Harding	Bedford & County	3.10		95	☑
4	7	Jenny Ibbitson (W50)	Wakefield Harriers	2.90		75	☑
5	5	Melissa Strevens	Newham & Essex Beagk	2.80		64	☑
6	3	Danielle Ross	Havering Mayesbrook	2.50			☑

Women's Pole Vault B

1	88	Claire Holmes	Wigan & District Harrier	2.70		55	☑
2	11	Natasha Brunning (W35)	Bedford & County	2.30			☑
3=	77	Vicky Mills	Wakefield Harriers	2.30			☑
3=	55	Kelly Montgomery	Newham & Essex Beag	2.30			☑
5	33	Hannah Connor	Havering Mayesbrook	2.10			

Women's 4x100m Relay

1	8	Wigan & District Harriers	Alex Russell	Katie Deutsch	Kate Brick	Melissa Forrest	48.98	☑
2	3	Havering Mayesbrook	Chloe van Wulven	Nicola Hill (u20)	Claire Brennan	Lucy Sargent	49.76	☑
3	4	Medway & Maidstone	Tracy Cunningham	Lindsey Christie	Yasmyn Joseph	Charlotte Mackie (u20)	50.06	☑
4	5	Newham & Essex Beagle	Leandra Polius	Tope-Faith Nuga	Rochelle Jones	Amanda Ranger	50.12	☑
5	6	Thames Valley Harriers	Duygu Goban	Rachel Christie	Lekeisha Wilson	Phyllis Agbo	50.31	☑
6	1	Bedford & County	Aimee Richardson (u20)	Leanne Buxton	Kerry Salter (u20)	Michelle Webster	51.01	☑
7	7	Wakefield Harriers	Kirby Akindeinde (u20)	Rachael Shaw	Lynsie Whyke	Reagan Wright	52.15	
8	2	Belgrave Harriers	Hazel Mead	Jodie Favell	Stephanie Smith	Susan Bovill	54.96	

Women's 4x400m Relay

1	1	Bedford & County	Suzi Boast (u20)	Becky Lister (u20)	Lucy Spray	Lucy James (U20)	03:58.22	☑
2	3	Havering Mayesbrook	Katie Richardson	Nina Brennan	Faye Fullerton	Harriet Scott	03:59.93	☑
3	6	Thames Valley Harriers	Rachel Christie	Emma Grant	Angela Barrett	Ambwene Simukonda	04:00.82	☑
4	4	Medway & Maidstone	Tracy Cunningham	Vicky Randall (u20)	Nadine Terry	Lindsey Christie	04:01.06	☑
5	7	Wakefield Harriers	Reagan Wright	Helen Singleton	Sarah Beevers	Rachael Shaw	04:05.37	☑
6	8	Wigan & District Harriers	Emma Holmes	Claire Holmes	Kerrell Walley	April Stephenson	04:06.53	☑
7	2	Belgrave Harriers	Jodie Favell	Stephanie Smith	Vicki Goodwin	Susan Bovill	04:18.41	
8								

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		Perf	Record	Wind	UKA	AW	7 June 2009		Perf	Record	Wind	UKA	AW
MATCH RESULT		League Points	Match			STANDINGS		League Points	Match				
1	BED	8	206.0				1	BED	8	206.0			
2	HAV	7	202.0				2	HAV	7	202.0			
3	TVH	6	179.0				3	TVH	6	179.0			
4	WIG	5	168.0				4	WIG	5	168.0			
5	M&M	4	141.0				5	M&M	4	141.0			
6	NEB	3	139.5				6	NEB	3	139.5			
7	WAK	2	116.5				7	WAK	2	116.5			
8	BEL	1	79.0				8	BEL	1	79.0			

Women's 100m Non Scoring

		Wind=	
1	Zoe Young	Havering Mayesbrook	13.61

Womens 400m non scoring

		Wind=	
1	Nina Brennan	Havering Mayesbrook	64.13

Discus - Non scoring

1	Katy Wilson	Wigan & District	30.26
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