

UK WOMEN'S ATHLETICS LEAGUE - DIVISION 3
MAYESBROOK PARK, BARKING, 5 JUNE 2005

Pos	Name	No.	Club	Performance
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Final Points score after 18 Events

	Club	Total points
1	Havering Mayesbrook AC	217.5
2	Cardiff AC	198.5
3	Newham & Essex Beagles AC	181
4	Milton Keynes AC	155.5
5	Aldershot, Farnham & District	144
6	Newport Harriers	115.5
7	Ashford AC	108
8	Border Harriers	62

100m 'A'

wind: +2.2

1	Amina Ceesay	7	Newham & Essex BAC	11.75
2	Cara Louise Roberts	4	Cardiff AAC	12.07
3	Maria Morganella	3	Border Harriers	12.42
4	Natalie Jowett	6	Milton Keynes AC	12.51
5	Christina Kalejaiye	5	Havering Mayesbrook	12.59
6	Emma Plow	8	Newport Harriers	12.87
7	Nina Ellis	1	Aldershot F & D	13.28
8	Rebecca Paine	2	Ashford	13.79

100m 'B'

wind: +2.8

1	Bukola Azeez	77	Newham & Essex BAC	12.38
2	Sarah Lane	44	Cardiff AAC	12.75
3	Lara Richards	88	Newport Harriers	13.08
4	Claire Brennan	55	Havering Mayesbrook	13.14
5	Felicity Urbain	11	Aldershot F & D	13.34
6	Jana Rieck	22	Ashford	14.18
7	Trudi Green	66	Milton Keynes AC	15.45
8				

200m 'A'

wind: +2.7

1	Amina Ceesay	7	Newham & Essex BAC	24.56
2	Cara Louise Roberts	4	Cardiff AAC	25.29
3	Maria Morganella	3	Border Harriers	25.30
4	Natalie Jowett	6	Milton Keynes AC	25.83
5	Emma Plow	8	Newport Harriers	25.94
6	Christina Kalejaiye	5	Havering Mayesbrook	26.43
7	Michele Gillham	2	Ashford	26.58
8	Nina Ellis	1	Aldershot F & D	27.30

200m 'B'

wind: +2.6

1	Kara Graham	77	Newham & Essex BAC	25.52
2	Kathryn Williams	44	Cardiff AAC	26.12
3	Lyndsay Fitzgerald	88	Newport Harriers	26.97
4	Claire Brennan	55	Havering Mayesbrook	27.75
5	Felicity Urbain	11	Aldershot F & D	27.81
6	Jennie Matthews	22	Ashford	28.16
7	Catherine Goddard	66	Milton Keynes AC	28.83
8				

400m 'A'

1	Amanda Pritchard	4	Cardiff AAC	57.27
2	Sarah Zawada	1	Aldershot F & D	57.88
3	Kristina Osipova	7	Newham & Essex BAC	57.96
4	Jennie Matthews	2	Ashford	62.27
5	Jo Benham	6	Milton Keynes AC	64.19
6	Laurie Cossey	5	Havering Mayesbrook	64.58
7	Stephanie Little	8	Newport Harriers	67.89
8				

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Pos	Name	No.	Club	Performance
400m 'B'				
1	Liza Parry	44	Cardiff AAC	57.65
2	Clementine Adams	11	Aldershot F & D	60.14
3	Danielle Crispin	22	Ashford	64.95
4	Jenny Szantai	55	Havering Mayesbrook	65.60
5	Veronica Haines	77	Newham & Essex BAC	66.88
6	Lara Bromilow	66	Milton Keynes AC	67.58
7				
8				
800m 'A'				
1	Natalie Lewis	4	Cardiff AAC	2:11.64
2	Clare Martin	8	Newport Harriers	2:12.67
3	Emily Adams	1	Aldershot F & D	2:14.31
4	Candy Hawkins	2	Ashford	2:17.34
5	Hayley Stibbs	5	Havering Mayesbrook	2:19.74
6	Jo Benham	6	Milton Keynes AC	2:21.46
7	Jackie Socas	7	Newham & Essex BAC	2:30.18
8	Lisa Uren	3	Border Harriers	2:58.99
800m 'B'				
1	Bernadette White	77	Newham & Essex BAC	2:20.74
2	Laurie Cossey	55	Havering Mayesbrook	2:21.40
3	Amanda Jukes	22	Ashford	2:24.80
4	Tara Paisey	44	Cardiff AAC	2:25.91
5	Lara Bromilow	66	Milton Keynes AC	2:28.33
6	Anne Rawlings	11	Aldershot F & D	2:32.03
7				
8				
1500m 'A'				
1	Emily Adams	1	Aldershot F & D	4:41.90
2	Megan Foley	5	Havering Mayesbrook	4:45.79
3	Charlie Gaspar	6	Milton Keynes AC	4:47.01
4	Bethan Strange	4	Cardiff AAC	4:54.59
5	Janine Brown	2	Ashford	4:57.86
6	Bernadette White	7	Newham & Essex BAC	5:09.96
7	Lisa Uren	3	Border Harriers	6:12.06
8				
1500m 'B'				
1	Alice Lethbridge	11	Aldershot F & D	4:48.11
2	Emma Loveland	44	Cardiff AAC	5:02.94
3	Jessica Trowbridge	22	Ashford	5:03.44
4	Helen Roche	55	Havering Mayesbrook	5:19.10
5	Ravenna Brown	77	Newham & Essex BAC	5:22.67
6	Zoe Whitten	66	Milton Keynes AC	5:28.25
7				
8				
3000m 'A'				
1	Faye Fullerton	5	Havering Mayesbrook	10:03.76
2	Vicky Pincombe	6	Milton Keynes AC	10:33.46
3	Jessica Trowbridge	2	Ashford	10:39.55
4	Karen Buckley	8	Newport Harriers	10:52.12
5	Ravenna Brown	7	Newham & Essex BAC	11:05.64
6	Emma Loveland	44	Cardiff AAC	11:19.39
7	Anne Rawlings	1	Aldershot F & D	11:19.47
8	Lisa Uren	3	Border Harriers	13:01.80

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Pos	Name	No.	Club	Performance
Long Jump 'A'				
1	Kate Brewington	5	Havering Mayesbrook	5.72 (-0.3)
2	Julia Bennett	7	Newham & Essex BAC	5.62 (-0.9)
3	Cara Louise Roberts	4	Cardiff AAC	5.50 (-0.9)
4	Lara Richards	8	Newport Harriers	5.40 (-0.9)
5	Catherine Goddard	6	Milton Keynes AC	5.04 (-0.6)
6	Nikki Pocock	1	Aldershot F & D	4.50 (-0.3)
7	Tracey Laws	2	Ashford	4.26 (-0.9)
8	Claire Moore-Griss	33	Border Harriers	3.09 (nwi)
Long Jump 'B'				
1	Kirsty Smith	55	Havering Mayesbrook	5.23 (nwi)
2	Carley Jones	44	Cardiff AAC	4.82 (-1.6)
3	Stephanie Little	88	Newport Harriers	4.79 (-0.6)
4	Natalie Jowett	66	Milton Keynes AC	4.53 (-1.6)
5	Shirley Austin	11	Aldershot F & D	4.12 (-0.8)
6	Rebecca Paine	22	Ashford	4.09 (-0.6)
7	Veronica Haines	77	Newham & Essex BAC	3.53 (-2.6)
8	Bethan Lishman	3	Border Harriers	2.77 (nwi)
High Jump 'A'				
1	Julia Bennett	7	Newham & Essex BAC	1.80
2	Chloe van Wulven	5	Havering Mayesbrook	1.55
3=	Jenny Brown	2	Ashford	1.55
3=	Rachel Gibbens	6	Milton Keynes AC	1.55
5	Lara Richards	8	Newport Harriers	1.55
6	Kirsty Batchelor	1	Aldershot F & D	1.50
7	Melanie Umbleja	4	Cardiff AAC	1.45
8	Sharon Beattie	3	Border Harriers	1.40
High Jump 'B'				
1	Stevie Langford	22	Ashford	1.45
2=	Claire Brennan	55	Havering Mayesbrook	1.40
2=	Emma Peters	44	Cardiff AAC	1.40
4	Becky Slaymaker	88	Newport Harriers	1.35
5	Tanya Bromilow	66	Milton Keynes AC	1.25
6				
7				
8				
Pole Vault 'A'				
1	Rachel Gibbens	6	Milton Keynes AC	3.80 (=Div 3 rec)
2	Shirley Austin	1	Aldershot F & D	3.00
3	Bryony Raine	4	Cardiff AAC	2.90
4	Sharon Beattie	3	Border Harriers	2.80
5	Hannah Gamester	5	Havering Mayesbrook	2.50
6	Melissa Strevens	7	Newham & Essex BAC	2.30
7				
8				
Pole Vault 'B'				
1	Tanya Bromilow	66	Milton Keynes AC	2.70
2	Danielle Ross	55	Havering Mayesbrook	2.10
3				
4				
5				
6				
7				
8				

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Pos	Name	No.	Club	Performance
Triple Jump 'A'				
1	Alison Croad	4	Cardiff AAC	11.50 (-1.0)
2	Zainab Ceesay	7	Newham & Essex BAC	11.48 (-2.1)
3	Becky Griffin	6	Milton Keynes AC	10.21 (-0.8)
4	Lynsey Clark	55	Havering Mayesbrook	10.11 (-0.4)
5	Jenny Brown	2	Ashford	9.71 (+1.4)
6	Niki Pocock	1	Aldershot F & D	9.55 (-2.9)
7	Sharon Beattie	3	Border Harriers	9.10 (-4.8)
8				
Triple Jump 'B'				
1	Carley Jones	44	Cardiff AAC	10.06 (+0.4)
2	Kirsty Smith	5	Havering Mayesbrook	9.76 (-3.2)
3	Tanya Bromilow	66	Milton Keynes AC	9.12 (-0.5)
4	Tracey Laws	22	Ashford	8.29 (-0.6)
5				
6				
7				
8				
Shot 'A'				
1	Somma Power (HCA)	5	Havering Mayesbrook	12.04
2	Emma Beales	6	Milton Keynes AC	11.33
3	Julia Bennett	7	Newham & Essex BAC	11.25
4	Melanie Umbleja	4	Cardiff AAC	11.07
5	Lynsey Knott	1	Aldershot F & D	9.11
6	Alice Simmons	8	Newport Harriers	8.92
7	Jayne McCrea	3	Border Harriers	8.38
8	Katie Mortley	2	Ashford	7.77
Shot 'B'				
1	Mel Harrison	55	Havering Mayesbrook	11.27
2	Sacha Corbin	77	Newham & Essex BAC	10.15
3	Lisa Boswell	88	Newport Harriers	8.84
4	Anna Howard	44	Cardiff AAC	8.65
5	Shirley Austin	11	Aldershot F & D	7.72
6	Helen Gibbens	66	Milton Keynes AC	7.34
7	Bethan Lishman	33	Border Harriers	7.00
8	Tracey Laws	22	Ashford	6.08
Hammer 'A'				
1	Anna Howard	4	Cardiff AAC	43.19
2	Sarah Deacon	5	Havering Mayesbrook	42.73
3	Bethan Lishman	3	Border Harriers	38.53
4	Paula Peaty	7	Newham & Essex BAC	38.12
5	Helen Gibbens	6	Milton Keynes AC	37.66
6	Lynsey Knott	1	Aldershot F & D	30.28
7	Alice Simmons	8	Newport Harriers	26.78
8	Katie Mortley	2	Ashford	18.39
Hammer 'B'				
1	Vicky Thompson	55	Havering Mayesbrook	35.35
2	Beth Sewell	44	Cardiff AAC	35.23
3	Rachel Fraser	11	Aldershot F & D	29.92
4	Claire Moore-Griss	33	Border Harriers	27.83
5	Louise Bennett	77	Newham & Essex BAC	27.07
6	Lisa Boswell	88	Newport Harriers	25.08
7	Joanne Bennett	66	Milton Keynes AC	23.72
8	Lesley Hall	22	Ashford	11.59

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Pos	Name	No.	Club	Performance
Discus 'A'				
1	Claire Moore-Griss	3	Border Harriers	47.03
2	Emma Beales	6	Milton Keynes AC	43.89
3	Mel Harrison	5	Havering Mayesbrook	38.67
4	Lynsey Knott	1	Aldershot F & D	33.81
5	Beth Sewell	4	Cardiff AAC	28.51
6	Samantha Adams	8	Newport Harriers	28.22
7	Katie Mortley	2	Ashford	25.24
8	Hayley Thomas	7	Newham & Essex BAC	24.70
Discus 'B'				
1	Lynsey Clark	55	Havering Mayesbrook	37.54
2	Jayne McCrea	33	Border Harriers	33.23
3	Anna Howard	44	Cardiff AAC	23.95
4	Alice Simmons	88	Newport Harriers	23.65
5	Sue Newberry	66	Milton Keynes AC	22.04
6	Adele Stach-Kavitz	77	Newham & Essex BAC	19.54
7	Rachel Fraser	11	Aldershot F & D	17.95
8	Amanda Jukes	22	Ashford	13.75
Javelin 'A'				
1	Hayley Thomas	7	Newham & Essex BAC	37.88
2	Emma Christmas	55	Havering Mayesbrook	32.19
3	Emma Beales	6	Milton Keynes AC	30.03
4	Rachel Fraser	1	Aldershot F & D	29.18
5	Stephanie Little	8	Newport Harriers	28.68
6	Jayne McCrea	3	Border Harriers	26.29
7	Jenny Brown	2	Ashford	25.49
8	Melanie Umbleja	4	Cardiff AAC	23.92
Javelin 'B'				
1	Sacha Corbin	77	Newham & Essex BAC	33.47
2	Kate Brewington	5	Havering Mayesbrook	32.09
3	Lisa Boswell	88	Newport Harriers	25.38
4	Janine Brown	22	Ashford	20.71
5	Sue Newberry	66	Milton Keynes AC	20.26
6	Beth Sewell	44	Cardiff AAC	19.44
7	Karen Bennett	11	Aldershot F & D	12.21
8	Maria Morganella	33	Border Harriers	9.14

UK WOMEN'S ATHLETICS LEAGUE - DIVISION 3
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Pos	Name	No.	Club	Performance
4x100m relay				
1	Amina Ceesay, Julia Bennett, Bukola Azeez, Nusrat Ceesay	7	Newham & Essex BAC	48.5*
2	Kate Brewington, Hannah Gamester, Claire Brennan, Christina Kalejaiye	5	Havering Mayesbrook	49.95
3	Sarah Lane, Kathryn Williams, Alison Croad, Cara Roberts,	4	Cardiff AAC	50.06
4	Niki Pocock, Nina Ellis, Felicity Urbain, Sarah Zawada	1	Aldershot F & D	51.40
5	Lara Richards, Linsey Fitzgerald, Becky Slaymaker, Emma Plow,	8	Newport Harriers	53.20
6	Rebecca Paine, Michele Gillham, danielle Crispin, Jana Rieck	2	Ashford	53.81
7	Catherine Goddard, Rachel Gibbens, Sue Newberry, Natalie Jowett	6	Milton Keynes AC	53.95
8				* manual time
4x400m relay				
1	Niki Pocock, Louise Douglass, Sarah Zawada, Clementine Adams	1	Aldershot F & D	3:57.84
2	Natalie Lewis, Emma Peters, Liza Parry, Amanda Pritchard	4	Cardiff AAC	3:58.61
3	Kristina Osipova, Julia Bennett, Kara Graham, Nusrat Ceesay	7	Newham & Essex BAC	4:04.29
4	Faye Fullerton, Megan Foley, Laurie Cossey, Kate Brewington	5	Havering Mayesbrook	4:07.28
5	Jenny Brown, Jennie Matthews, Candy Hawkins, Michele Gillham	2	Ashford	4:10.46
6	Becky Slaymaker, Lara Richards, Claire Martin, Lyndsay Fitzgerald	8	Newport Harriers	4:13.17
7	Charlie Gaspar, Vicky Pincombe, Lara Bromilow, Jo Benham	6	Milton Keynes AC	4:28.14
8				
100m 'Non Scoring				
1	Kara Graham		Newham & EB	12.50
2	Hannah Gamester		Havering Mayesbrook	13.27
3	Emma Christmas		Havering Mayesbrook	13.56
4				

wind: +1.8