

UK Women's Athletics League 2006

National Division 3 - Sutton/Belgrave

				Record	Wind	UKA	AW	6 August 2006				Perf	Wind	UKA	AW
				Perf								Perf			
Women's 100m A				Wind=	-0.2	Women's 100m B				Wind=	-1.4				
1	6	Kadi Ann Thomas	Milton Keynes AC	12.03		125	p	1	66	Natalie Jowett	Milton Keynes AC	11.99		131	p
2	2	Janine Whitlock	Belgrave Harriers	12.34		78	p	2	33	Anike Shand-Whittier	Blackheath & Broml	12.09		116	p
3	3	Amy Godsell	Blackheath & Broml	12.38		72	p	3	55	Nicola Robinson	Coventry Godiva Ha	12.47		59	p
4	7	Henrietta Sims	Newham & Essex B	12.85			p	4	88	Zoe Llewelyn	Newport Harriers	12.75			p
5	5	Karen Oughton	Coventry Godiva Ha	12.90			p	5	44	Leah Maguire	City of Norwich AC	13.27			
6	8	Rebecca Williams	Newport Harriers	13.14				6	11	Felicity Gilbert	Aldershot Farnham	13.28			
7	1	Felicity Urbain	Aldershot Farnham	13.52				7	77	Temi Erinoso	Newham & Essex B	13.50			
8	4	Jemma Thake	City of Norwich AC	14.84				8	22	Sarah Gailey	Belgrave Harriers	13.65			
Women's 200m A				Wind=	+0.5	Women's 200m B				Wind=	-0.1				
1	6	Kadi Ann Thomas	Milton Keynes AC	23.70		176	p	1	66	Natalie Jowett	Milton Keynes AC	25.10		83	p
2	3	Amy Godsell	Blackheath & Broml	24.81		102	p	2	33	Vicki Cole	Blackheath & Broml	25.61			p
3	7	Henrietta Sims	Newham & Essex B	24.97		91	p	3	55	Laura Lancowski	Coventry Godiva Ha	25.84			p
4	2	Caroline Wilson	Belgrave Harriers	25.63			p	4	22	Claire Robinson	Belgrave Harriers	26.19			p
5	8	Rebecca Williams	Newport Harriers	25.79			p	5	88	Emma Plow	Newport Harriers	26.98			p
6	5	Karen Oughton	Coventry Godiva Ha	25.79			p	6	11	Felicity Urbain	Aldershot Farnham	27.21			
7	1	Clementine Adams	Aldershot Farnham	26.95			p	7	77	Susannah Banjo	Newham & Essex B	27.55			
8	4	Jemma Thake	City of Norwich AC	29.23				8	44	Esther Hope	City of Norwich AC	30.35			
Women's 400m A						Women's 400m B									
1	7	Henrietta Sims	Newham & Essex B	55.09		135	p	1	22	Caroline Wilson	Belgrave Harriers	56.78		93	p
2	6	JoeyDuck	Milton Keynes AC	55.21		132	p	2	55	Lil Waters	Coventry Godiva Ha	61.17			p
3	2	Jennifer Culley	Belgrave Harriers	56.50		100	p	3	11	Emma Pallant	Aldershot Farnham	61.71			p
4	5	Laura Lancowski	Coventry Godiva Ha	57.00		87	p	4	88	Sarah Newman	Newport Harriers	62.05			
5	3	Bella Clayton	Blackheath & Broml	57.49		75	p	5	66	Sue Newbury	Milton Keynes AC	63.15			
6	1	Clementine Adams	Aldershot Farnham	58.52			p	6	33	Ella Fisher	Blackheath & Broml	63.60			
7	8	Rhiane Jones	Newport Harriers	58.97			p	7	77	Susannah Banjo	Newham & Essex B	64.87			
8	4	Esther Hope	City of Norwich AC	65.19				8	44	Amy Dungar	City of Norwich AC	66.07			
Women's 800m A						Women's 800m B									
1	2	Claire Robinson	Belgrave Harriers	02:06.85		151	p	1	11	Emma Pallant	Aldershot Farnham	02:13.83		81	p
2	3	Bella Clayton	Blackheath & Broml	02:12.40		96	p	2	22	Chrissie Foster	Belgrave Harriers	02:21.14			p
3	6	Charlie Gaspar	Milton Keynes AC	02:15.69		63	p	3	66	Carly Scott	Milton Keynes AC	02:22.59			p
4	1	Emily Adams	Aldershot Farnham	02:16.98		50	p	4	44	Amy Dungar	City of Norwich AC	02:23.67			p
5	5	Sarah Hayward	Coventry Godiva Ha	02:17.60			p	5	33	Ella Fisher	Blackheath & Broml	02:23.94			p
6	7	Bernadette White	Newham & Essex B	02:22.64			p	6	55	Sally Olerenshaw	Coventry Godiva Ha	02:30.17			
7	4	Esther Hope	City of Norwich AC	02:26.78				7	77	Adele Stach-Kevitz	Newham & Essex B	02:43.73			
8	8	Clare Martin	Newport Harriers	02:32.95				8							
Women's 1500m A						Women's 1500m B									
1	2	Michaela Hutchison	Belgrave Harriers	04:27.0		114	p	1	11	Andrea Woodvine	Aldershot Farnham	04:48.9			p
2	1	Laura Odell	Aldershot Farnham	04:29.0		105	p	2	22	Sarah Murphy	Belgrave Harriers	04:56.4			p
3	4	Emily Clarke	City of Norwich AC	04:35.7		71	p	3	7	Sue Aperghis	Newham & Essex B	05:03.0			
4	66	Jo Benham	Milton Keynes AC	04:50.8			p	4	6	Carly Scott	Milton Keynes AC	05:05.4			
5	5	Sarah Hayward	Coventry Godiva Ha	04:51.0			p	5	44	Amy Dungar	City of Norwich AC	05:09.4			
6	3	Siobhan Budd	Blackheath & Broml	04:52.0			p	6	88	Rhiane Jones	Newport Harriers	05:12.3			
7	77	Bernadette White	Newham & Essex B	05:02.8				7	33	Fran Green	Blackheath & Broml	05:16.7			
8	8	Clare Martin	Newport Harriers	05:10.8				8							

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					6 August 2006								
		Perf	Record	Wind	UKA	AW			Perf	Wind	UKA	AW	
<u>Women's Shot Putt A</u>													
1	2	Eva Massey	Belgrave Harriers	14.85		167	p	1	66	Andrea Jenkins	Milton Keynes AC	9.38	57
2	5	Carol Parker	Coventry Godiva Ha	12.65		123	p	2	77	Jo Smith	Newham & Essex B	9.38	57
3	4	Claire Everett	City of Norwich AC	11.77		105	p	3	22	Diana Holden	Belgrave Harriers	9.27	55
4	6	Emma Beales	Milton Keynes AC	11.30		96	p	4	88	Lisa Boswell	Newport Harriers	8.88	
5	3	Liz Hughes	Blackheath & Broml	11.16		93	p	5	55	Dawn Wright	Coventry Godiva Ha	8.32	
6	7	Michelle Clarke	Newham & Essex B	9.46		59		6	44	Leah Maguire	City of Norwich AC	7.80	
7	8	Stephanie Little	Newport Harriers	9.02		50		7	33	Katy Benneworth	Blackheath & Broml	6.40	
8	1	Lynsey Knott	Aldershot Farnham	8.69				8	11	Rachel Fraser	Aldershot Farnham	5.97	

Women's Long Jump A

1	77	Julia Bennett	Newham & Essex B	6.00	-1.6	140	p	1	22	Juliet Fielden	Belgrave Harriers	5.35	-1.3	75	p
2	2	Sarah Wellstead	Belgrave Harriers	5.86	-2.2	126	p	2	7	Temi Erinoso	Newham & Essex B	4.81	-1.4		
3	4	Catherine Holdswor	City of Norwich AC	5.62	+0.8	102	p	3	33	Anike Shand-Whitti	Blackheath & Broml	4.76	-2.1		
4	8	Lara Richards	Newport Harriers	5.49	-1.1	89	p	4	1	Niki Densley	Aldershot Farnham	4.76	-1.3		
5	3	Katy Benneworth	Blackheath & Broml	5.38	-1.0	78	p	5	88	Sarah Newman	Newport Harriers	4.51	-1.3		
6	6	Nicola McSweeney	Milton Keynes AC	5.00	-0.5		p	6	66	Sophie Gibbens	Milton Keynes AC	4.35	-0.5		
7	11	Harriet Abbis	Aldershot Farnham	4.97	-0.4			7	44	Jemma Thake	City of Norwich AC	4.06	-1.7		
8								8							

Women's Long Jump I

Women's Triple Jump A

1	2	Juliet Fielden	Belgrave Harriers	11.73	+2.9	117	p	1	22	Sarah Wellstead	Belgrave Harriers	11.65	-0.6	114	p
2	8	Lara Richards	Newport Harriers	10.64	+2.6	73	p	2	11	Sam Male	Aldershot Farnham	9.41	+2.8		
3	1	Harriet Abbis	Aldershot Farnham	10.44	+2.2	65	p	3	66	Becky Williams	Milton Keynes AC	9.31	+1.7		
4	44	Leah Maguire	City of Norwich AC	10.35	+0.7	62	p	4	33	Stephanie Allerton	Blackheath & Broml	8.94	-3.4		
5	3	Katy Benneworth	Blackheath & Broml	10.32	-1.7	60	p	5=	88	Rebecca Williams	Newport Harriers	7.62	-2.0		
6	6	Becky Griffins	Milton Keynes AC	10.06	+1.5	50	p	5=	77	Melissa Strevens	Newham & Essex B	7.62	+0.9		
7	7	Kelly Montgomery	Newham & Essex B	8.84	+1.0			7							
8								8							

Women's Triple Jump

Women's High Jump A

1	7	Julia Bennett	Newham & Essex B	1.80		170	p	1	8	Lara Richards	Newport Harriers	1.55			p
2	22	Juliet Fielden	Belgrave Harriers	1.60		70	p	2	66	Rachel Gibbens	Milton Keynes AC	1.50			
3	3	Anna Smith	Blackheath & Broml	1.55			p	3	2	Hannah Stares	Belgrave Harriers	1.45			
4	88	Kathryn Davies	Newport Harriers	1.55			p	4	77	Michelle Clarke	Newham & Essex B	1.30			
5	6	Sophie Gibbens	Milton Keynes AC	1.50				5	44	Olivia Birkett	City of Norwich AC	1.25			
6	4	Claire Everett	City of Norwich AC	1.50											

Women's High Jump E

Women's Pole Vault A

1	6	Rachel Gibbens	Milton Keynes AC	3.70		160	p	1	66	Bryony Gibbens	Milton Keynes AC	2.70		60	p
2	3	Liz Hughes	Blackheath & Broml	3.60		150	p	2	77	Melissa Strevens	Newham & Essex B	2.50			p
3	7	Kelly Montgomery	Newham & Essex B	2.50			p								
4	22	Jayne Anderson	Belgrave Harriers	2.30			p								

Women's Pole Vault B

Women's 4x100m Relay

1	6	Milton Keynes AC	Natalie Jowett	JoeyDuck		Rachel Gibbens	Kadi Ann Thomas	47.87			p
2	3	Blackheath & Broml	Katy Benneworth	Vicki Cole		Anike Shand-Whittingham	Amy Godsell	47.89			p
3	2	Belgrave Harriers	Caroline Wilson	Hannah Stares		Sarah Wellstead	Claire Robinson	49.25			p
4	5	Coventry Godiva Ha	Sarah Hayward	Laura Lancowski		Nicola Robinson	Karen Oughton	50.19			p
5	8	Newport Harriers	Rebecca Williams	Zoe Llewelyn		Emma Plow	Sarah Newman	51.31			p
6	7	Newham & Essex B	Julia Bennett	Henrietta Sims		Temi Erinoso	Susannah Banjo	51.49			p
7	1	Aldershot Farnham	Rachel Fraser	Clementine Adams		Felicity Urbain	Harriet Abbis	51.83			p
8	4	City of Norwich AC	Jemma Thake	Leah Maguire		Claire Everett	Catherine Holdswor	53.36			

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Perf Record Wind UKA AW **6 August 2006**

Perf Wind UKA AW

Women's 4x400m Relay

1	2	Belgrave Harriers	Chrissie Foster	Sarah Gailey	Jennifer Culley	-	03:55.5		
2	8	Newport Harriers	Zoe Llewelyn	Kathryn Davies	Rhiane Jones	K Williams	04:00.5		b
3	6	Milton Keynes AC	Charlie Gaspar	Becky Williams	Sue Newbury	JoeyDuck	04:02.7		b
4	7	Newham & Essex B	Julia Bennett	Henrietta Sims	Joe White	Susannah Banjo	04:03.7		b
5	1	Aldershot Farnham	Niki Densley	Emily Adams	Emma Pallant	Clementine Adams	04:05.7		b
6	4	City of Norwich AC	Esther Hope	Claire Everett	Emily Clarke	Jemma Thake	04:16.0		
7	3	Blackheath & Broml	Siobhan Budd	Fran Green	Jennie Butler	Bella Clayton	04:28.3		
8									

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Milton K	8	212.0	1 Belgrave	23	631.0
2 Belgrave	7	209.0	2 Milton K	22	601.5
3 N&EB	6	152.5	3 Bla&B	15	443.5
4 AF&D	5	142.0	4 N&EB	13	380.5
5 Bla&B	4	136.0	5 AF&D	11	371.0
6 Norwich	3	133.0	6 Norwich	9	361.5
7 Newport	2	120.5	7 Newport	8	355.0
8 Coventry	1	79.0	8 Coventry	7	339.0