

UK WOMENS LEAGUE DIVISION 3 MATCH 1  
SUNDAY 5<sup>TH</sup> JUNE KINGSMEADOW

100m		A string	no wind		
1	2	Kylie Robilliard	Channel Islands		12.09
2	8	Shelley Bowen	Reading AC		12.22
3	6	Michelle Watson	Herne Hill Harriers		12.41
4	1	Amala Onoura	Belgrave Harriers		12.43
5	7	Kadeena Cox	Leeds City		12.67
6	5	Kim Baptiste	Crawley AC		12.71
7	4	Charmaine Riley	Coventry Godiva		12.91
8	3	Ellie Quirk	City of Liverpool		13.05

100m		B string	wind +0.6	manual	
1	66	Shanice Harrison	U20	Herne Hill Harriers	12.43
2	88	Zara Bennett		Reading AC	13.34
3	11	Hayley Ryan		Belgrave Harriers	13.35
4	22	Hevon Butler		Channel Islands	13.51
5	55	Steph Smith		Crawley AC	13.74
6	77	Anna Spence		Leeds City	14.70
7	33	Ciara Gallen		City of Liverpool	15.62

200m		A string	no wind		
1	5	Carly Wenham		Crawley	25.24
2	8	Shelley Bowen		Reading AC	25.43
3	6	Michelle Watson		Herne Hill Harriers	25.72
4	7	Kadeena Cox		Leeds City	26.08
5	1	Amala Onoura		Belgrave Harriers	26.11
6	4	Charmaine Riley		Coventry Godiva	26.18
7	2	Sophie Twinam		Channel Islands	27.47
8	3	Ellie Quirk		City of Liverpool	27.49

200m		B string	wind +0.0		
1	66	Funto Fabumni-Alade		Herne Hill Harriers	25.23
2	55	Kim Baptiste		Crawley	25.69
3	33	Laura Shanley		City of Liverpool	26.51
4	88	Zara Bennett		Reading AC	27.44
5	44	Mary Ann Okpoti		Coventry Godiva	27.58
6	22	Helen Butler		Channel Islands	28.08
7	11	Hayley Ryan		Belgrave Harriers	28.23
8	77	Joanne Westerman		Leeds City	30.34

400m		A string			
1	4	Laura Lancowski		Coventry Godiva	55.27
2	3	Vicky Griffiths		City of Liverpool	56.36
3	6	Jessie Knight	U20	Herne Hill Harriers	57.24

4	1	Susan Bovill		Belgrave Harriers	57.82
5	5	Carley Wenham		Crawley	58.98
6	2	Gemma Dawkins		Channel Islands	59.95
7	8	Amy Bond		Reading AC	60.49
8	7	Marie Dobson		Leeds City	61.67

#### 400m B string

1	33	Laura Shanley		City of Liverpool	58.05
2	77	Sheryl Punter		Leeds City	59.73
3	44	Mary Ann Okpoti		Coventry Godiva	60.86
4	22	Sadie Addlesee		Channel Islands	61.43
5	66	Laura Dowsing		Herne Hill Harriers	63.02
6	11	Jess Case		Belgrave Harriers	64.71
7	88	Naomi Forshaw		Reading AC	65.40
8	55	Lauren Hartnett		Crawley	68.78

#### 800m A string

1	6	Katie Snowden	U20	Herne Hill Harriers	2.07.83
2	3	Catherine Draper		City of Liverpool	2.13.21
3	2	Claire Wilson		Channel Islands	2.16.42
4	7	Sheryl Punter		Leeds City	2.18.70
5	8	Hayley Pearce		Reading AC	2.25.68
6	5	Bella Murray		Crawley	2.29.12

#### 800m B string

1	66	Adelle Tracey		Herne Hill Harriers	2.16.76
2	33	Bethan Flynn		City of Liverpool	2.20.75
3	88	Rachel Phillips		Reading AC	2.21.60
4	77	Rachel Dyson		Leeds City	2.26.28
5	55	Kirsty Fenn		Crawley	2.36.12

#### 1500m A and B strings

1	6	Catherine Ansell		Herne Hill Harriers	4.40.70
2	2	Clare Wilson		Channel Islands	4.42.74
3	7	Katy Parry		Leeds City	4.46.67
4	5	Abbie Ashbee-Simmons		Crawley	4.48.07
5	8	Rachel Phillips		Reading AC	4.48.25
6	22	Louise Perrio		Channel Islands	4.52.81
7	88	Julia Henderson		Reading AC	4.53.67
8	3	Maria Barrett		City of Liverpool	4.54.04
9	44	Zara Hyde- Peters		Coventry Godiva	4.54.31
10	77	Rachael Dyson		Leeds City	4.57.41
11	55	Fiona Clarke		Crawley	4.58.96
12	33	Hannah Whiteside		City of Liverpool	4.59.82
13	4	Myshola Kirkham		Coventry Godiva	5.28.49
14	1	Mathilda Heaton		Belgrave Harriers	5.54.94

3000m A and B strings

1	6	Catherine Ansell	Herne Hill Harriers	9.52.76
2	2	Louise Perrio	Channel Islands	10.07.79
3	5	Fiona Clark	Crawley	10.09.22
4	3	Maria Barrett	City of Liverpool	10.10.26
5	33	Jenny Pybis	City of Liverpool	10.36.92
6	7	Emily Birchall	Leeds City	10.40.69
7	77	Jennie Guard	Leeds City	10.49.30
8	66	Karen Ellison	Herne Hill Harriers	11.01.05
9	4	Myshola Kirkham	Coventry Govida	11.07.37
10	8	Susan Francis	Reading AC	11.20.64
11	55	Kirsty Fenn	Crawley	11.26.54
12	88	Sarah Wilkins	Reading AC	11.35.99
13	1	Mathilda Heaton	Belgrave Harriers	11.58.13

100m hurdles A string no wind

1	2	Kylie Robilliard	Channel Islands	14.17
2	1	Jodie Flavell	Belgrave Harriers	15.54
3	8	Jenny Robinson	Reading AC	15.83
4	6	Aisha Naibe-Wey	Herne Hill Harriers	16.95
5	5	Claire Stokes	Crawley	17.72

100m hurdles B string wind +0.1

1	66	Rebecca Zelic	U20 Herne Hill Harriers	16.65
2	22	Sophie Twinam	Channel Islands	17.40
3	88	Lee Fellowes	Reading AC	17.50
4	11	Jess Case	Belgrave Harriers	18.67
5	55	Bella Murray	Crawley	24.45

400m hurdles A string

1	1	Jodie Flavell	Belgrave	64.40
2	7	Marie Dobson	Leeds City	65.55
3	6	Hannah Edwards	U20 Herne Hill Harriers	66.48
4	2	Sophie Twinham	Channel Islands	68.82
5	5	Claire Stokes	Crawley	71.56
6	3	Liz Egan	City of Liverpool	72.75
7	8	Lee Fellowes	Reading AC	76.89

400m hurdles B string

1	66	Aisha Naibe-Wey	U20 Herne Hill Harriers	65.09
2	11	Jess Case	Belgrave Harriers	73.09
3	88	Caroline Parmenter	Reading AC	74.69
4	33	Sarah Jackson	City of Liverpool	87.26
5	55	Rachel Williams	Crawley	115.62
n/s		Lana Whatley	K + P	67.86 non scorer

3000m steeplechase

1	3	Liz Egan	City of Liverpool	7.22.3
2	22	Louise Perrio	Channel Islands	7.35.4
3	5	Jessica Douglas	Crawley	7.43.0
4	6	Karen Ellison	Herne Hill Harriers	8.15.4
5	8	Anna Boniface	Reading AC	8.32.8

Long jump A string

1	88	Pippa Rogan	Reading AC	4.93m
2	11	Rachel Basford	Belgrave Harriers	4.89m
3	66	Rebecca Zelic	U20 Herne Hill Harriers	4.80m
4	33	Rachel Thomas	City of Liverpool	4.59m
5	4	Hannah Oliver	Coventry Godiva	4.49m
6	77	Kadina Cox	Leeds City	4.46m
7	2	Claire Wilson	Channel Islands	4.38m
8	5	Liz Maries	Crawley AC	4.21m

Long jump B string

1	8	Jenny Robinson	Reading AC	4.90m
2	6	Jane Ejimafugha	Herne Hill Harriers	4.31m
3	1	Michelle Nestor	Belgrave Harriers	4.29m
4	3	Kristine Reinhold	City of Liverpool	4.27m
5	22	Sadie Addlesee	Channel Islands	3.92m
6	7	Joanne Westerman	Leeds City	3.83m
7	55	Lauren Hartnett	Crawley	3.74m

High jump A string

1	8	Pippa Rogan	Reading AC	1.65m
2	5	Liz Maris	Crawley	1.50m
3	1	Rachel Basford	Belgrave Harriers	1.50m
4	4	Hannah Oliver	Coventry Godiva	1.50m
5	3	Kristine Reinhold	City of Liverpool	1.45m
6	2	Hazel le Cornu	Channel Islands	1.45m
7	66	Aisha Naibe-Wey	U20 Herne Hill Harriers	1.25m

High Jump B string

1	88	April Taylor	Reading AC	1.60m
2	55	Steph Smith	Crawley AC	1.50m
3	11	Michelle Nestor	Belgrave Harriers	1.40m
4	22	Gemma Dawkins	Channel Islands	1.25m

Triple Jump A string

1	3	Bethan Hughes	City of Liverpool	10.59m
2	1	Michelle Nestor	Belgrave Harriers	10.54m
3	6	Jane Ejimafugha	Herne Hill Harriers	10.48m

4 8 Jenny Robinson Reading AC 9.34m

Triple Jump B string

1 66 Rebecca Zelic Herne Hill Harriers 10.23m  
2 11 Susan Bovill Belgrave Harriers 9.48m  
3 88 Cavalline Jackson Reading AC 9.27m  
4 33 Sarah Jackson City of Liverpool 7.52m

Hammer A string

1 77 Alice Simpson Leeds City 48.13m  
2 3 Vicky Johnson City of Liverpool 48.04m  
3 5 Rebecca Baines Crawley AC 45.15m  
4 1 Rachel Basford Belgrave Harriers 41.16m  
5 6 Selina Walters Herne Hill Harriers 37.78m  
6 4 Carol Parker Coventry Godiva 36.51m  
7 8 Julie Wilson Reading AC 30.43m  
8 2 Kathryn Rothwell Channel Islands 23.24m

Hammer B string

1 7 Adanna Okeahialam Leeds City 46.70m  
2 33 Faye Calvert City of Liverpool 39.25m  
3 66 Gabriella Roseje U20 Herne Hill Harriers 32.33m  
4 11 Hazel Mead Belgrave Harriers 23.20m  
5 88 Charlotte Webb Reading AC 22.49m  
6 55 Kirsty Fenn Crawley AC 15.27m  
7 22 Helen Butler Channel Islands 12.37m  
8 44 Ann Kirkham Coventry Godiva 5.81m

Discus A string

1 2 Kathryn Rothwell Channel Islands 40.23m  
2 3 Gemma Llewelyn City of Liverpool 39.53m  
3 6 Briony Phillips Herne Hill Harriers 34.44m  
4 4 Carol Parker Coventry Godiva 34.18m  
5 88 Charlotte Webb Reading AC 33.86m  
6 5 Rebecca Baines Crawley AC 28.97m  
7 1 Vilma Thompson Belgrave Harriers 24.88m  
8 7 Joanne Westerman Leeds City 16.76m

Discus B string

1 33 Faye Calvert City of Liverpool 36.88m  
2 66 Gabriella Roseje Herne Hill Harriers 33.11m  
3 8 Julie Wilson Reading AC 31.36m  
4 11 Hazel Mead Belgrave Harriers 21.58m  
5 22 Nicole Twinam Channel Islands 20.69m  
6 77 Stacey Evendem Leeds City 15.24m  
7 44 Myshova Kirkham Coventry Godiva 13.14m

Shot putt		A string				
1	4	Carol Parker		Coventry Godiva	11.88m	
2	66	Gabriella Roseje	U20	Herne Hill Harriers	11.18m	
3	2	Kathy Rothwell		Channel Islands	11.06m	
4	7	Alice Simpson		Leeds City	10.94m	
5	33	Gemma Llewelyn		City of Liverpool	10.38m	
6	5	Rebecca Baines		Crawley AC	10.38m	
7	8	Julie Wilson		Reading AC	9.43m	
8	1	Vilma Thompson		Belgrave Harriers	9.11m	

Shot putt		B string				
1	6	Briony Phillips		Herne Hill Harriers	10.78m	
2	3	Vicky Johnson		City of Liverpool	10.22m	
3	88	Charlotte Webb		Reading AC	8.81m	
4	22	Nicole Twinam		Channel Islands	7.66m	
5	11	Hazel Mead		Belgrave Harriers	7.10m	
6	55	Karen Shackel		Crawley AC	7.06m	
7	44	Mary Ann Okpoti		Coventry Godiva	6.22m	
8	77	Stacey Evenden		Leeds City	5.58m	

Javelin		A string				
1	6	Charlotte Kanini Parsons	U20	Herne Hill Harriers	35.70m	
2	1	Jodie Flavell		Belgrave Harriers	32.01m	
3	8	Laura Pearce		Reading AC	28.70m	
4	5	Karen Shackel		Crawley AC	25.31m	
5	4	Hannah Oliver		Coventry Godiva	24.20m	
6	3	Cira Gallen		City of Liverpool	24.12m	
7	2	Hazel Le Cornu		Channel Islands	20.18m	
8	7	Stacey Evenden		Leeds City	17.42m	

Javelin		B string				
1	66	Briony Phillips		Herne Hill Harriers	28.17m	
2	88	Helen Bockley		Reading AC	26.02m	
3	55	Claire Stokes		Crawley AC	25.19m	
4	11	Vilma Thompson		Belgrave Harriers	23.71m	
5	33	Anne Murphy		City of Liverpool	18.62m	
6	22	Sadia Addlesee		Channel Islands	13.21m	
7	77	Sheryl Punter		Leeds City	10.21m	
8	44	Ann Kirkham		Coventry Godiva	6.26m	

Pole vault		A string				
1	5	Steph Smith		Crawley AC	3.75m	
2	3	Rachel Thomas		City of Liverpool	3.30m	
3	6	Rosa Williams	U20	Herne Hill Harriers	3.20m	
4	7	Anna Spence		Leeds City	2.70m	

5 8 Lucy Hillen Reading AC 2.50m

Pole vault B string

1 66 Angharad Seaton U20 Herne Hill Harriers 2.90m

4 x 100m relay

1	6	Herne Hill Harriers	49.47
2	1	Belgrave Harriers	50.19
3	5	Crawley AC	50.58
4	8	Reading AC	51.44
5	2	Channel Islands	51.45
6	7	Leeds City	53.99
7	4	Coventry Godiva	54.50
8	3	City of Liverpool	54.57

4 x 400m relay

1	6	Herne Hill Harriers	3.52.60
2	3	City of Liverpool	4.04.47
3	2	Channel Islands	4.07.13
4	1	Belgrave Harriers	4.09.93
5	7	Leeds City	4.11.20
6	5	Crawley AC	4.13.34
7	8	Reading AC	4.15.66

100m non scoring

1	Lyndsey St Luce Boyce	13.12
2	Rudy Opoku-Boateng	14.38
3	Jade Fyffe	15.18

FINAL POINTS SCORES

1.	HERNE HILL HARRIERS	256
2	READING AC	196
3	CITY OF LIVERPOOL	188
4	CRAWLEY AC	161
5	CHANNEL ISLANDS	160
6	BELGRAVE HARRIERS	159
7	CITY OF LEEDS	129
8	COVENTRY GODIVA	93