

Results – Alpha & Beta Trophies – Saturday 16<sup>th</sup> April, 2011

**Alpha Senior Results :-**

100m Sen Women - Alpha Time :14:04

Heat:1 Wind : -0.8

1	68	Michelle Watson	D	12.36
2	66	Tunrayo Nubi	B	12.47
3	72	Natasha Rooney	L	12.89
4	65	Pippa Mills	A	13.23
5	70	Amy Greenway	H	13.48
6	67	Zoe Young	C	13.81
7	71	Aimee Jones	J	14.52
	69	Alex Hill	E	DQ

100m Sen Women - Alpha Time :14:04

Heat:2 Wind : 0.2

1	88	Rachel Osei-Tutu	LL	12.88
2	86	Jemma Gregory	HH	13.12
3	82	Chloe Horne	BB	13.14
4	84	L St L Boyce	DD	13.32
5	87	Millie Phelan	JJ	13.54
6	85	Polly Woods	EE	13.64
7	81	Anna Jones	AA	14.10

200m Sen Women - Alpha Time :16:36

Heat:1 Wind : 1.2

1	194	Rachel Telfer	B	24.76
2	196	Michelle Watson	D	25.70
3	198	Tara Kafke	H	25.95
4	200	Natasha Rooney	L	26.34
5	197	Alex Hill	E	26.66
6	195	Chloe Van Wulven	C	27.06
7	193	Pippa Mills	A	27.84
8	199	Aimee Jones	J	30.46

200m Sen Women - Alpha Time :16:36

Heat:2 Wind : 2.0

1	210	Lia Tappin	BB	25.65
2	216	Rachel Osei-tutu	LL	25.99
3	214	Jemma Gregory	HH	26.30
4	211	Kate Cowley	CC	27.24
5	213	Polly Woods	EE	28.08
6	215	Claire Ward	JJ	29.63
7	212	Jade Fiffe	DD	32.67

400m Sen Women - Alpha Time :14:20

Heat:1

1	102	Tara Kafke	H	57.86
2	98	Michelle McNamara	B	58.30
3	101	Alex Hill	E	61.66
4	104	Rachael Kelleher	L	62.97
5	103	Jess Barber	J	68.30

400m Sen Women - Alpha Time :14:20

Heat:2

1	119	Sandra Reed	JJ	64.44
2	118	Kim Sutherland	HH	65.60
3	120	Jordanna Wettenhall	LL	66.19

800m Sen Women - Alpha Time :13:02

Heat:1

1	40	Pippa Woolvern	L	2:16.28
2	38	Gemma Bridge	H	2:36.76
3	33	Lucy Jones	A	2:40.75
4	39	Chris Feely	J	2:43.89

800m Sen Women - Alpha Time :13:02

Heat:2

1	56	Georgina Russell	LL	2:20.87
2	49	Louisa Haggerty	AA	2:56.54
3	55	Katherine Boddy	JJ	3:12.12

1500m Sen Women - Alpha Time :14:48

Heat:1

1	168	Pippa Woolven	L	4:48.18	1A
2	163	Ingrid Deane	C	5:03.93	2A
3	166	Gemma Bridge	H	5:11.03	3A
4	167	Caroline Willis	J	5:12.21	4A
5	179	Hayley Stibbs	CC	5:21.25	1B
6	183	Rebecca Harris	JJ	5:22.66	2B
7	164	Julia Wedmore	D	5:42.51	5A
8	161	Laura Merchant	A	6:26.63	6A
9	177	Louisa Haggarty	AA	6:27.58	3B

100m Hurdles Sen Women - Alpha Time :15:51

Heat:1 Wind : 1.8

1	131	Chloe Van Wulven	C	14.76
2	135	Anne Rees	J	15.93
3	132	Rebecca Zelic	D	16.20
4	134	Paula Owen	H	18.12

100m Hurdles Sen Women - Alpha Time :15:51

Heat:2 Wind : 2.7

1	147	Claire Brennan	CC	15.43
2	151	Claire Ward	JJ	16.51
3	150	Stacey Hazell	HH	16.94
4	148	Jade Fiffe	DD	19.98

400m Hurdles Sen Women - Alpha Time :12:40

Heat:1

1	3	Claire Brennan	C	67.12	1A
2	8	Rachael Kelleher	L	68.95	2A
3	2	Hannah O'Sullivan	B	70.23	3A
4	7	Sandra Reed	J	70.69	4A
5	23	Claire Ward	JJ	71.59	1B

**High Jump 'A'**

1. Bethan Siddons (Hav)	1.55m
2. Janet Browne (SNH)	1.50m
3. Natasha Brunning (D&T)	1.50m
4. Sam Molyneux (E&H)	1.50m
5. Shekeenah Chobbah (Rad)	1.45m
6. Polly Woods (HPX)	1.35m

**High Jump 'B'**

1. Chloe Vanvulven (Hav)	1.50m
2. = Hannah O'Sullivan (E&H)	1.45m
2. = Ellie Harrison (D&T)	1.45m
4. Lucy Hooper (Rad)	1.40m
5. Shannon Rapacchi (SNH)	1.40m

**Long Jump 'A'**

1. Ann Rees (SNH)	5.05m (-1.3)
2. Dee Bakre (E&H)	5.03m (-1.8)
3. Natasha Brunning (D&T)	4.79m (-1.2)
4. Polly Woods (HPX)	4.59m (-1.5)
5. Rebecca Zebie (HHH)	4.54m (-0.9)
6. Zoe Young (Hav)	4.51m (-1.3)
7. Stacey Hazell (Rad)	4.41m (-1.3)
8. Georgina Russell (WPX)	3.86m (-1.2)

**Long Jump 'B'**

1. Sam Molyneux (E&H)	4.42m(-0.9)
2. Lucy Jones (D&T)	4.41m (-0.8)
3. Shekeenah Chabbah (Rad)	4.38m (-1.4)
4. Sandra Reed (SNH)	4.02m (-1.5)
5. Ellie Watson (Hav)	4.00m (-1.6)
6. Alex Hill (HPX)	3.95m (-1.2)
7. Jade Fyffe (HHH)	3.66m (-2.2)

**Shot 'A'**

1. Mel Harrison (E&H)	11.84m
2. Kate Cowley (Hav)	11.27m
3. Natasha Mighty (Rad)	10.62m
4. Briony Phillips (HHH)	10.12m
5. Millie Phelan (SNH)	9.38m
6. Sophie Matthews (WPX)	7.57m
7. Lydia Djan (D&T)	7.23m

**Shot 'B'**

1. Kike Oniwinde (Hav)	10.46m
2. Sharifa Brown (E&H)	10.11m
3. Aislinn Baird (Rad)	8.35m
4. Renee Hector (SNH)	7.69m
5. Ellie Harrison (D&T)	6.57m
6. Barbara Macanas (HHH)	5.96m

**Discus 'A'**

1.Mel Harrison (E&H)	40.44m
2. Briony Phillips (HHH)	36.80m
3. Renee Hector (SNH)	35.73m
4. Lauren Clark (Hav)	34.04m
5. Aislinn Baird (Rad)	26.20m
6. Vanessa Brooker (D&T)	21.03m
7. Aj Gibson (WPX)	17.60m

**Discus 'B'**

1.Sharifa Brown (E&H)	34.93m
2.Katherine Knight ( Hav)	29.78m
3.Lydia Djan (D&T)	19.08m
4.Barbara Mcanas (HHH)	16.98m
5.Laura Feely (SNH)	15.81m
6.Paula Owen (Rad)	13.91m

**Javelin 'A'**

1.Kiki Oniwinde (Hav)	49.35m (NMR)
2.Briony Phillips (HHH)	30.96m
3.Natasha Mighty (Rad)	28.96m
4.Izzy Krassismenou (E&H)	28.60m
5.Aj Gibson (WPX)	28.02m
6.Fran Maydom (SNH)	26.11m
7.Polly Woods (HPX)	22.29m
8.Anna Jones (D&T)	19.72m

**Javelin 'B'**

1. Deborah Knight (Hav)	33.72m
2. Aislinn Baird (Rad)	28.72m
3. Katherine Boddy (SNH)	25.83m
4. Sharifa Brown (E&H)	22.03m
5. Barbara Mcanmas (HHH)	13.35m
6. Alex Hill (HPX)	13.19m

4 x 100m Relay - Sen Women - Alpha Time :16:56

Heat:1

1	390	Radley	H	51.22
2	387	Havering Mayesbrook	C	52.97
3	392	Wycombe Phoenix	L	53.49
4	388	Herne Hill H	D	53.53
5	386	Enfield & Haringey	B	53.70
6	385	Dacorum & Tring	A	54.56
7	391	Stevenage & NH	J	54.68

**Alpha Senior Trophy Result**

1.Stevenage & North Herts	152
2.Havering Mayesbrook	145
3.Radley	143
4.Enfield & Haringey	133.5
5.Wycombe Phoenix	106
6.Herne Hill Harriers	97
7.Dacorum & Tring	95.5
8.Herts Phoenix	43

## Alpha – U15 Girls Results

### 100m U15 Girls - Alpha Time :13:51

Heat:1 Wind : -1.1

1	262	Lois Waknell	H	12.83
2	258	Tyla Beckles	B	12.86
3	261	Adunni Braithwaite	E	13.25
4	263	Sophie Keeble	J	13.38
5	259	Tomi Akingbade	C	13.86
6	257	Sofia Simeone	A	14.50
7	264	Emily Bowles	L	15.14

### 100m U15 Girls - Alpha Time :13:51

Heat:2 Wind : -1.6

1	277	Daizy Lee	EE	13.48
2	274	Kenisha Allen	BB	13.77
3	275	Michelle Hughes	CC	14.03
4	279	Rebecca Pickard	JJ	14.15
5	273	Olivia Richardson	AA	14.55
6	278	Zoe Chung	HH	14.57

### 200m U15 Girls - Alpha Time :16:11

Heat:1 Wind : 2.4

1	358	Lois Waknell	H	25.92
2	354	Ji Grant	B	26.48
3	359	Sophie Keeble	J	27.66
4	357	Daizy Lee	E	27.81
5	355	Tomi Akingbade	C	28.19
6	353	Antonia Croft	A	30.45

### 200m U15 Girls - Alpha Time :16:11

Heat:2 Wind : 2.6

1	374	Georgina Sunderland	HH	26.63
2	373	Adunni Braithwaite	EE	27.57
3	371	Chenice Constable	CC	28.99
4	375	Elana Cervi	JJ	29.09
5	370	Nicole Lewis	BB	29.22

### 800m U15 Girls - Alpha Time :13:27

Heat:1

1	232	Emma Delgado	L	2:31.32
2	231	Elana Cervi	J	2:32.87
3	229	Megan Breen	E	2:35.79
4	225	Tegan Terblanche	A	2:45.71
5	227	Robbie Nunn	C	2:51.29
6	226	Nicole Lewis	B	2:54.19
7	230	Ellen Chung	H	3:22.65

800m U15 Girls - Alpha Time :13:27

Heat:2

1	246	Freya Rowe	HH	2:39.97
2	248	Megan Styles	LL	2:40.72
3	241	Pia Davis	AA	2:44.18
4	247	Alessandra Stevens	JJ	2:45.50
5	245	Niamh Cloona	EE	2:47.59
6	243	Grace Rovira	CC	3:14.92
7	242	Katie Dover	BB	3:18.39

1500m U15 Girls - Alpha Time :15:32

Heat:1

1	325	Elizabth Parry	E	5:16.43	1A	
2	341	Floence Stansall-Seiler	EE	5:22.09		1B
3	327	Janie Latchford	J	5:24.08	2A	
4	343	Sarah Feely	JJ	5:33.75		2B
5	323	Louise Lear	C	5:46.08	3A	

75m Hurdles U15 Girls - Alpha Time :15:17

Heat:1 Wind : 2.7

1	290	Georgia Green	B	11.65
2	294	Georgina Sunderland	H	11.96
3	293	Millie Sandell	E	12.34
4	289	Sofia Simeone	A	13.88
5	295	Rebecca Pickard	J	13.93
6	296	Emma Delgado	L	14.47

75m Hurdles U15 Girls - Alpha Time :15:17

Heat:2 Wind : 1.0

1	309	Anna Young	EE	12.99
2	306	Nicole Lewis	BB	13.68
3	311	Melissa Doran	JJ	13.9

**High Jump 'A'**

1.Georgia Green (E&H)	1.45m
2.MichelleHughes (Hav)	1.45m
3.Martha Huggins (SNH)	1.40m
4.Millie Sandell (HPX)	1.35m
5.Freya Rowe (Rad)	1.10m

**High Jump 'B'**

1.Rebecca Pickard (SNH)	1.35m
2.Chenice Constable (Hav)	1.35m
3=Megan Breen (HPX)	1.20m
3=Tyla Beckles (E&H)	1.20m
5. Zoe Chung (Rad)	1.00m

**Long Jump 'A'**

1.Georgia Green (E&H)	5.21m (+1.7)
2. Lois Waknell (Rad)	4.93m (+0.2)
3. Chenice Constable (Hav)	4.72m (+1.5)
4. Sophia Simeone (D&T)	4.57m (+1.1)
5. Martha Huggins (SNH)	4.13m (-1.2)
6. Tilly Anderson (HPX)	4.08m (+1.6)
7. Emma Delgado (WPX)	3.94m (-0.1)

**Long Jump 'B'**

1.Mary Martin (E&H)	4.62m (-0.5)
2. Tomi Akinbade (Hav)	4.29m (+1.5)
3. Daizy Lee (HPX)	4.06m (-0.9)
4. Megan Styles (WPX)	3.77m (+0.2)
5. Zoe Chung (Rad)	3.61m (+1.4)
6. Tegan Terblanche (D&T)	3.52m (0.0)
7. Phoebe Woolcott (SNH)	3.46m (+1.0)

**Shot 'A'**

1. Ruth Emiku (D&T)	9.15m
2. Georgia Taylor (Hav)	9.11m
3. Kathryn Woodcock (Rad)	8.17m
4. Millie Sandell (HPX)	7.82m
5. Jess Bruton (E&H)	7.07m
6. Sophie Keeble (SNH)	6.05m
7. Caitlin Neale (WPX)	5.31m

**Discus 'A'**

1. Georgie Taylor (Hav)	34.04m
2. Kathryn Woodcock (Rad)	30.90m
3. Ruth Emiku (D&T)	21.02m
4. Bess Bruton (E&H)	19.85m
5. Melissa Doran (SNH)	19.52m
6. Fran Bannon (HPX)	16.65m
7. Caitlin Neale (WPX)	14.73m

**Javelin 'A'**

1. Georgie Taylor (Hav)	22.47m
2. Ellen Chung (Rad)	19.98m
3. Katie Dover (E&H)	19.25m
4. Siobhan Rapacchi (SNH)	17.43m
5. Caitlin Neale (WPX)	11.37m
6. Tegan Terblanche (D&T)	8.83m
7. Fran Bannon (HPX)	8.42m

**Shot 'B'**

1. Gina Sunderland (Rad)	8.02m
2. Emily Kiernan (D&T)	7.92m
3. Ji Grant (E&H)	6.64m
4. Fran Bannon (HPX)	6.38m
5. Siobhan Rapaccki (SNH)	3.72m

**Discus 'B'**

1. Eler Chung (Rad)	16.76m
2. Emily Kiernan (D&T)	16.04m
3. Siobhan Rapacchi (SNH)	15.85m
4. Michelle Lughier (Hav)	15.72m
5. Mary Martin (E&H)	15.27m
6. Lizzy Parry (HPX)	13.11m

**Javelin 'B'**

1. Kathryn Woodcock (Rad)	18.14m
2. Melissa Doran (SNH)	11.87m
3. Jess Bruton (E&H)	9.27m
4. Emily Kiernan (D&T)	6.70m
5. Lizzie Parry (HPX)	5.23m

**4 x 100m Relay - U15 Girls - Alpha Time :16:47****Heat:1**

1	386	Enfield & Haringey	B	51.59
2	389	Herts Phoenix	E	53.95
3	391	Stevenage & NH	J	54.07
4	390	Radley	H	54.34
5	387	Havering Mayesbrook	C	56.50
6	392	Wycombe Phoenix	L	58.48
7	385	Dacorum & Tring	A	58.63

**Alpha U15 Girls Trophy Result**

1. Herts Phoenix	136.5
2. Stevenage & North Herts	134
3. Enfield & Haringey	133.5
4. Radley	132
5. Havering Mayesbrook	112
6. Dacorum & Tring	90
7. Wycombe Phoenix	54

**Combined Senior & U15 Alpha Result**

1. Stevenage & North Herts	286
2. Radley	275
3. Enfield & Haringey	267
4. Havering Mayesbrook	257
5. Dacorum & Tring	185.5
6. Herts Phoenix	179.5
7. Wycombe Phoenix	160
8. Herne Hill Harriers	97

Wycombe Phoenix & Herne Hill relegated to the Beta Competition for the 2012 meeting

## Beta Senior Results :-

100m Sen Women - Beta Time :14:10

Heat:1 Wind : -0.7

1	73	Amy Godsell	M	12.52
2	77	Becky Hardy	S	13.06
3	78	Cleopatra Moulon	X	13.16
4	75	Claire Tompsett	P	13.75
5	79	Natalie Le Beau	Y	13.87
6	80	Jennifer Bukola	Z	14.24
7	76	Michaela Davis	R	16.03

100m Sen Women - Beta Time :14:10

Heat:2 Wind : 0.4

1	89	Grace Sheppard	MM	12.38
2	91	Heather Gibbons	PP	13.40
3	94	Saskia Fehler	XX	13.61
4	96	Rebecca Adediran	ZZ	15.44
5	92	Barbara Higgins	RR	17.51

200m Sen Women - Beta Time :16:41

Heat:1 Wind : 1.2

1	201	Frederica Foster	M	25.48
2	205	Becky Hardy	S	26.48
3	206	Cleopatra Moulon	X	27.07
4	207	Natalie Le Beau	Y	27.91
5	203	Claire Tompsett	P	27.91
6	204	Michaela Davis	R	33.78

200m Sen Women - Beta Time :16:41

Heat:2 Wind : 1.4

1	217	Amy Godsell	MM	25.83
2	219	Heather Gibbons	PP	27.22
3	221	Jess Balderston	SS	28.26
4	222	Saskia Fehler	XX	28.33
5	220	Yvette Mays	RR	32.21

400m Sen Women - Beta Time :14:30

Heat:1

1	105	Rachel Dickens	M	56.39
2	112	Melanie Houllier	Z	62.66
3	109	Gemma Childs	S	63.03
4	107	Eve Follows	P	66.63
5	111	Rebecca Barnard	Y	67.56
6	108	Amie Harrison	R	71.06

400m Sen Women - Beta Time :14:30

Heat:2

1	121	Katrina Cosby	MM	65.05
2	125	Alana Slater	SS	67.28
3	124	Mary Knapman	RR	71.33
	123	Lesley Conway	PP	DQ

800m Sen Women - Beta Time :13:11

Heat:1

1	45	Rebecca Goyder Smith	S	2:29.19
2	41	Maureen Miller	M	2:30.53
3	43	Carys Tetlaw	P	2:33.90
4	44	Mary Knapman	R	2:38.14

800m Sen Women - Beta Time :13:11

Heat:2

1	57	Holly Fletcher	MM	2:28.89
2	61	Alana Slater	SS	2:39.82
3	60	Yvette Mays	RR	3:02.02

1500m Sen Women - Beta Time :15:02

Heat:1

1	173	Elle Roche	S	4:58.69	1A	
2	189	Jade Leggett	SS	5:02.86		1B
3	185	Michelle Fewster	MM	5:09.09	2A	
4	188	Helen Real	RR	5:51.70	3A	
5	172	Michelle Hurley	R	6:12.88		2B

100m Hurdles Sen Women - Beta Time :15:56

Heat:1 Wind : 1.6

1	142	Rebekha Wiltshire	X	15.90	1A	
2	137	Katrina Cosby	M	15.95	2A	
3	141	Jess Balderstone	S	16.27	3A	
4	153	Leanne Critchley	MM	17.15		1B
5	143	Rebecca Barnard	Y	18.70	4A	

400m Hurdles Sen Women - Beta Time :12:46

Heat:1

1	9	Katrina Cosby	M	66.16	1A	
2	25	Rachel Robinson	MM	72.41		1B
3	15	Rebecca Barnard	Y	74.50	2A	
4	11	Clare Tompsett	P	77.41	3A	
5	27	Eve Follows	PP	78.50		2B
6	12	Amie Harrison	R	79.43	4A	

**High Jump 'A'**

1. Christine Lyston (B&B)	1.55m
2. Natalie Lebau (Thur)	1.50m
3. Lie Stephenson (TVH)	1.30m
4. Michaela Davis (Lought)	1.10m

**Long Jump 'A'**

1. Gerlinde Hahn (TVH)	5.37m (+2.3)
2. Lauren Stevens (B&B)	5.23m (+1.1)
3. Natalie Lebeu (Thur)	4.70m (+1.9)
4. Georgie Floyd (Hill)	4.11m (+2.4)
5. Jennifer Bukola (VPH&TH)	3.87m (+0.5)
6. Gemma Childs (MMK)	3.57m (+0.1)
7. Michaela Davis (Lought)	3.34m (+0.5)

**Shot 'A'**

1. Shanaugh Brown (B&B)	14.66m
2. Abigail Moronkeji (TVH)	11.55m
3. Sue Lawrence (Thur)	10.43m
4. Claire Tompsett (Hill)	8.88m
5. Rebecca Hardy (MMK)	8.31m
6. Tracey Quartey (VPH&TH)	7.86m
7. Michelle Hurley (Lought)	6.09m

**Discus 'A'**

1. Shaunagh Brown (B&B)	46.29m
2. Sue Lawrence (Thur)	32.52m
3. Tracey Quartey (VPH&TH)	31.67m
4. Lucy Knott (TVH)	24.59m
5. Julie Martin (Hill)	23.07m
6. Rebecca Hardy (MMK)	20.48m
7. Barbara Higgins (Lought)	14.90m

**Javelin 'A'**

1. Sarah McQuire (B&B)	34.42m
2. Sue Lawrence (Thur)	31.24m
3. Georgie Floyd (Hill)	31.24m
4. Abigail Moronkeji (TVH)	24.85m
5. Helen Real (Lought)	19.44m
6. Rebecca Goyder-Smith (MMK)	13.39m

**High Jump 'B'**

1. Lucy Howes (Thur)	1.50m
2. Ashleigh Stephenson (TVH)	1.30m
3. Holly Fletcher (B&B)	1.20m
4. Barbara Higgins (Lought)	1.05m

**Long Jump 'B'**

1. Rebekah Wiltshire (TVH)	5.10m (+0.6)
2. Hayley Nouch (B&B)	4.88m (+1.2)
3. Heather Gibbons (Hill)	3.95m (+0.4)
4. Lucy Howes (Thur)	3.70m (+1.5)

**Shot 'B'**

1. Sam Milner (B&B)	9.72m
2. Lucy Howes (Thur)	8.76m
3. Julie Martin (Hill)	7.43m
4. Ashleigh Stephenson (TVH)	6.82m
5. Rebecca Goydes-Smith (MMK)	6.66m
6. Helen Real (Lought)	5.42m

**Discus 'B'**

1. Sam Milner (B&B)	35.62m
2. Abigail Moronkeji (TVH)	20.08m
3. Georgie Floyd (Hill)	18.37m
4. Helen Rheel (Lought)	12.54m
5. Jade Leggett (MMK)	8.46m

**Javelin 'B'**

1. Lucy Knott (TVH)	24.52m
2. Sam Milner (B&B)	23.79m
3. Julie Martin (Hill)	19.71m

4 x 100m Relay - Sen Women - Beta Time :16:59

Heat:1

1	393	Blackheath & B	M	47.49
2	398	Thames Valley H	X	52.51
3	397	M Milton Keynes	S	54.07
4	395	Hillingdon	P	54.93
5	396	Loughton	R	1:02.38

**Beta Senior Trophy Result :-**

1. Blackheath & Bromley	210
2. Thames Valley Harriers	122
3. Marshall Milton Keynes	119
4. Hillingdon	116
5. Loughton	107
6. Thurrock	98
7. Victoria Park & Tower Hemlets	38

**Beta U15 Girls Results**

100m U15 Girls - Beta Time :13:57

Heat:1 Wind : -1.5

1	270	Rue-Ann Paisley	X	13.16
2	265	Vivien Olatunji	M	13.24
3	272	Precious Ejims	Z	13.50
4	271	Lucy Jewell	Y	14.34
5	269	Laura Zialor	S	15.05

100m U15 Girls - Beta Time :13:57

Heat:2 Wind : -2.1

1	281	Sharai Williams	MM	13.44
2	288	Yasmin Hanson	ZZ	13.82
3	302	Hannah Wiltshire	XX	14.05
4	285	Lucy Hacking	SS	14.67
5	287	Nicole Massey	YY	14.71

200m U15 Girls - Beta Time :16:14

Heat:1 Wind : 1.7

1	366	Rue-Ann Paisley	X	26.94
2	361	Vivien Olatunji	M	27.23
3	368	Sharlia Odi	Z	28.19
4	364	Anna Clark	R	29.35
5	367	Shannon Jameson	Y	30.22

200m U15 Girls - Beta Time :16:14

Heat:2 Wind : 1.5

1	377	Oshuwa Ogbeta	MM	28.12
2	384	Joanna Kalena	ZZ	28.83
3	382	Descuanelle Ajiboluwa	XX	29.68
4	383	Nicole Massey	YY	30.18

800m U15 Girls - Beta Time :13:30

Heat:1

1	233	Leah Everson	M	2:32.57
2	236	Anna Clark	R	2:41.28
3	237	Maya Jennings	S	2:44.92
4	239	Brittany Abott-Trangmar	Y	2:59.92

1500m U15 Girls - Beta Time :15:42

Heat:1

1	333	Amy Botham	S	5:03.74	1A	
2	349	Lucy Hacking	SS	5:39.38		1B
3	334	Chiara Kafero-Roberts	X	5:42.87	2A	
4	123	Lesley Conway	PP	6:09.26		N/S
5	171	Jen Platt	P	6:23.52		N/S

75m Hurdles U15 Girls - Beta Time :15:16

Heat:1 Wind : 1.6

1	304	Precious Ejims	Z	12.77	1A	
2	303	Shannon Jameson	Y	13.37	2A	
3	302	Hannah Wiltshire	X	13.68	3A	
4	318	Deschanelle Ajibolua	XX	13.91		1B
5	301	Nicole Witchurch	S	14.11	4A	

**High Jump 'A'**

1. Shannon Cordell (B&B)	1.45m
2. Nicole Witchurch (MMK)	1.40m
3. Deschannell Ajiboluwa (TVH)	1.30m
4. Joanna Kalema (VPH&TH)	1.30m
5. Lucy Jewell (Thur)	1.20m

**High Jump 'B'**

1. Laura Zialor (MMK)	1.25m
2. Ina Ko (TVH)	1.20m
3. Beth James (Thur)	1.10m

**Long Jump 'A'**

1. Precious Ejims (VPH&TH)	4.73m (-0.9)
2. Shannon Corder (B&B)	4.48m (-1.5)
3. Hannah Wiltshire (TVH)	4.15m (+0.1)
4. Holly Thorpe (MMK)	4.09m (-2.2)
5. Beth James (Thur)	3.88m (-1.0)
6. Anna Clark (Lought)	3.35m (-1.5)

**Long Jump 'B'**

1. Ina Ko (TVH)	4.01m (-1.6)
2. Laura Zialor (MMK)	3.86m (-1.3)
3. Shannon Jameson (Thur)	3.63m (-1.9)

**Shot 'A'**

1. Nermeen Hilton (VPH&TH)	8.41m
2. Brooke Hollett (B&B)	8.04m
3. Ina Ko (TVH)	6.47m
4. Nicole Massey (Thur)	6.24m
5. Lucy Hacking (MMK)	5.90m

**Shot 'B'**

1. Alice Martin (Thur)	5.78m
2. Holly Thorpe (MMK)	5.54m

**Discus 'A'**

1. Nermeen Hilton (VPH&TH)	23.76m
2. Brooke Hollett (B&B)	16.60m
3. Beth James (Thur)	15.64m

**Discus 'B'**

1. Alice Martin (Thur)	15.59m
2. Shannon Corder (B&B)	12.52m

**Javelin 'A'**

1. Nicole Witchurch (MMK)	22.14m
2. Lucy Jewell (Thur)	15.04m
3. Brooke Hollett (B&B)	8.25m

**Javelin 'B'**

1. Alice Martin (Thur)	13.18m
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4 x 100m Relay - U15 Girls - Beta Time :16:49

Heat:1

1	393	Blackheath & B	M	52.78
2	400	Victoria Park & TH	Z	53.84
3	398	Thames Valley H	X	53.89
4	399	Thurrock H	Y	56.95
5	397	M Milton Keynes	S	58.42

**Beta U15 Girls Trophy Result**

1.Thurrock	117
2.Blackheath & Bromley	106
3.Marshall Milton Keynes	104
4.Thames Valley Harriers	104
5.Victoria Park & Tower Hamlets	86
6.Loughton	21

**Combined Beta Senior & U15 Girls Beta Result**

1.Blackheath & Bromley	316
2.Thames Valley Harriers	226
3.Marshall Milton Keynes	223
4.Thurrock	215
5.Loughton	128
6.Victoria Park & Tower Hamlets	124
7.Hillingdon	116

Blackheath & Bromley and Thames Valley Harriers promoted to the Alpha competition for the 2012 meeting