

UK Women's Athletics League 2008

Premier MATCH 3 - Lee Valley Athletics Centre

06 August 2011

| Events | BIRCH | | Cardiff | | CoM | | EDIN | | E&H | | TRAF | | WSEH | | WG/EL | | UNUSED | | TOTAL | |
|---------------------|-------|----|---------|----|-----|----|------|----|-----|----|------|----|------|----|-------|----|--------|-----|-------|-----|
| Women's 100m | 4 | 7 | 1 | 1 | 2 | 6 | 5 | 4 | 9 | 9 | 7 | 2 | 6 | 5 | 3 | 3 | | | 37 | 37 |
| Women's 200m | 5 | 6 | 1 | 1 | 4 | 3 | 3 | 7 | 9 | 9 | 6 | 2 | 7 | 5 | 2 | 4 | | | 37 | 37 |
| Women's 400m | 7 | 1 | 1 | 3 | 5 | 7 | 4 | 4 | 2 | 5 | 3 | 2 | 9 | 9 | 6 | 6 | | | 37 | 37 |
| Women's 800m | 9 | 7 | 2 | 5 | 5 | 4 | 6 | 9 | 1 | 2 | 4 | 6 | 3 | 1 | 7 | 3 | | | 37 | 37 |
| Women's 1500m | 4 | 9 | 2 | | 6 | 4 | 9 | 7 | 1 | 5 | 3 | 3 | 5 | 2 | 7 | 6 | | 1 | 37 | 37 |
| Women's 2000 S/Chas | 9 | | | | 2 | | 7 | | 3 | | 6 | | 5 | | 4 | | 1 | 37 | 37 | 37 |
| Women's 3000m | 9 | 6 | 6 | 7 | 1 | 1 | 7 | 9 | 4 | 3 | 2 | 4 | 3 | 5 | 5 | 2 | | | 37 | 37 |
| Women's 400 Hurdles | 4 | 5 | 6 | 2 | 5 | 7 | 3 | 4 | 2 | 6 | 7 | 1 | 1 | 3 | 9 | 9 | | | 37 | 37 |
| Women's 100 Hurdles | 7 | 5 | 2 | 2 | 4 | 7 | 6 | 3 | 9 | 9 | 1 | 1 | 5 | 4 | 3 | 6 | | | 37 | 37 |
| Women's Hammer | 5 | 1 | 2 | 3 | 9 | 9 | 7 | 7 | 1 | 2 | 6 | 6 | 3 | 4 | 4 | 5 | | | 37 | 37 |
| Women's Discus | 9 | 7 | 1 | 1 | 7 | 9 | 5 | 5 | 4 | 4 | 6 | 6 | 2 | 2 | 3 | 3 | | | 37 | 37 |
| Women's Javelin | 4 | 4 | 9 | 2 | 5 | 6 | 1 | 1 | 2 | 3 | 7 | 9 | 3 | 5 | 6 | 7 | | | 37 | 37 |
| Women's Shot Putt | 7 | 9 | 1 | | 5 | 7 | 4 | 2 | 2 | 5 | 3 | 6 | 9 | 4 | 6 | 3 | | 1 | 37 | 37 |
| Women's Long Jump | 2 | 2 | 1 | 1 | 9 | 6 | 5 | 9 | 6 | 3 | 3 | 5 | 7 | 7 | 4 | 4 | | | 37 | 37 |
| Women's Triple Jump | 7 | 7 | 1 | | 4 | 5 | 2 | 4 | 3 | 3 | 5 | 2 | 9 | 6 | 6 | 9 | | 1 | 37 | 37 |
| Women's High Jump | 6 | 5 | 4.5 | | 3 | 3 | 9 | 9 | 4.5 | 7 | 1 | 2 | 2 | 4 | 7 | 6 | | 1 | 37 | 37 |
| Women's Pole Vault | 9 | | 7 | 6 | 4 | | | | 5 | 7 | | | | | 6 | 9 | 6 | 15 | 37 | 37 |
| Women's 4x100m Rela | 5 | | | | 7 | | 4 | | 9 | | 2 | | 6 | | 3 | | 1 | 37 | 37 | 37 |
| Women's 4x400m Rela | 7 | | 2 | | 9 | | 6 | | 3 | | 1 | | 5 | | 4 | | | 37 | 37 | 37 |
| | 119 | 81 | 50 | 34 | 96 | 84 | 93 | 84 | 80 | 82 | 73 | 57 | 90 | 66 | 95 | 85 | 8 | 130 | 703 | 703 |

| Match Summary | BIRCH | Cardiff | CoM | EDIN | E&H | TRAF | WSEH | WG/EL | UNUSED | TOTAL |
|----------------|-------|---------|-------|-------|-------|-------|-------|-------|--------|--------|
| Teams | 200.0 | 83.5 | 180.0 | 177.0 | 161.5 | 130.0 | 156.0 | 180.0 | 138.0 | 1406.0 |
| Match Position | 1 | 8 | 3 | 4 | 5 | 7 | 6 | 2 | | |
| League Points | 8 | 1 | 6.5 | 5 | 4 | 2 | 3 | 6.5 | | |

| Standings | BIRCH | Cardiff | CoM | EDIN | E&H | TRAF | WSEH | WG/EL |
|------------------|-------|---------|-------|-------|-------|-------|-------|-------|
| League Points | 22.0 | 3.0 | 20.5 | 13.0 | 10.0 | 9.0 | 16.0 | 14.5 |
| Match Points | 555.0 | 279.0 | 559.5 | 495.5 | 459.5 | 439.5 | 510.5 | 476.5 |
| League Positions | 1 | 8 | 2 | 5 | 6 | 7 | 3 | 4 |

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6 August 2011

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW | |
|------------------------------|---|-------------------|-----------------------|-------|--------|------|-----|----|------------------------------|----|------------------|----------------------|-------|------|-----|----|--|
| <u>Women's 100m A</u> | | | | Wind= | -0.3 | | | | <u>Women's 100m B</u> | | | | Wind= | -0.3 | | | |
| 1 | 5 | Margaret Adeoye | Enfield & Haringey AC | 11.72 | | | 157 | ☑ | 1 | 55 | Torema Thompon | Enfield & Haringey A | 12.00 | | 115 | ☑ | |
| 2 | 6 | Louise Bloor | Trafford AC | 11.76 | | | 151 | ☑ | 2 | 11 | Melinda Cooksey | Birchfield | 12.24 | | 78 | ☑ | |
| 3 | 7 | Helen Pryer | W.S.E. & H | 11.90 | | | 130 | ☑ | 3 | 33 | Olivia Callaghan | City of Manchester | 12.48 | | | ☑ | |
| 4 | 4 | Beth Finlayson | Edinburgh AC | 12.31 | | | 68 | ☑ | 4 | 77 | Chinedu Monye | W.S.E. & H | 12.54 | | | ☑ | |
| 5 | 1 | Melisa Hanson | Birchfield | 12.37 | | | 59 | ☑ | 5 | 44 | Carly Sharp | Edinburgh AC | 12.62 | | | ☑ | |
| 6 | 8 | Katie Skelding | WG / EL | 12.46 | | | | ☑ | 6 | 88 | Kitty Eleyae | WG / EL | 12.75 | | | ☑ | |
| 7 | 3 | Lucy Evans | City of Manchester | 12.54 | | | | ☑ | 7 | 66 | Jenny Taker | Trafford AC | 12.84 | | | ☑ | |
| 8 | 2 | Melanie Stephenso | Cardiff AAC | 12.60 | | | | ☑ | 8 | 22 | Janie-Lea Bowen | Cardiff AAC | 12.90 | | | ☑ | |

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW | |
|------------------------------|---|-------------------|-----------------------|-------|--------|------|-----|----|------------------------------|----|---------------------|----------------------|-------|------|-----|----|--|
| <u>Women's 200m A</u> | | | | Wind= | -0.6 | | | | <u>Women's 200m B</u> | | | | Wind= | -0.6 | | | |
| 1 | 5 | Margaret Adeoye | Enfield & Haringey AC | 23.61 | | | 182 | ☑ | 1 | 55 | Rachel telfer-James | Enfield & Haringey A | 24.61 | | 115 | ☑ | |
| 2 | 7 | Helen Pryer | W.S.E. & H | 23.88 | | | 164 | ☑ | 2 | 44 | Beth Finlayson | Edinburgh AC | 24.77 | | 105 | ☑ | |
| 3 | 6 | Louise Bloor | Trafford AC | 24.18 | | | 144 | ☑ | 3 | 11 | Melinda Cooksey | Birchfield | 24.85 | | 99 | ☑ | |
| 4 | 1 | Meghan Beesley | Birchfield | 24.24 | | | 140 | ☑ | 4 | 77 | Lesley Owusu | W.S.E. & H | 25.10 | | 83 | ☑ | |
| 5 | 3 | Kelly Massey | City of Manchester | 24.87 | | | 98 | ☑ | 5 | 88 | Tara Bird | WG / EL | 25.60 | | 49 | ☑ | |
| 6 | 4 | Stacey Downie | Edinburgh AC | 24.90 | | | 96 | ☑ | 6 | 33 | Lucy Evans | City of Manchester | 26.40 | | | ☑ | |
| 7 | 8 | Nusrat Ceesay | WG / EL | 25.30 | | | 69 | ☑ | 7 | 66 | Jenny Taker | Trafford AC | 26.82 | | | ☑ | |
| 8 | 2 | Melanie Stephenso | Cardiff AAC | 26.17 | | | | ☑ | 8 | 22 | Janie-Lea Bowen | Cardiff AAC | 27.03 | | | | |

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW |
|------------------------------|---|-------------------|-----------------------|-------|--------|------|-----|----|------------------------------|----|------------------|----------------------|-------|------|-----|----|
| <u>Women's 400m A</u> | | | | | | | | | <u>Women's 400m B</u> | | | | | | | |
| 1 | 7 | Shelayna Oskan | W.S.E. & H | 53.72 | | | 175 | ☑ | 1 | 77 | Lesley Owusu | W.S.E. & H | 55.47 | | 132 | ☑ |
| 2 | 1 | Meghan Beesley | Birchfield | 54.05 | | | 167 | ☑ | 2 | 33 | Tyra Watson | City of Manchester | 56.56 | | 104 | ☑ |
| 3 | 8 | Tracey Duncan | WG / EL | 55.21 | | | 138 | ☑ | 3 | 88 | Katie Skelding | WG / EL | 56.98 | | 94 | ☑ |
| 4 | 3 | Lauren Brennan | City of Manchester | 55.28 | | | 136 | ☑ | 4 | 55 | Denise Gayle | Enfield & Haringey A | 57.05 | | 92 | ☑ |
| 5 | 4 | Stacey Downie | Edinburgh AC | 55.80 | | | 123 | ☑ | 5 | 44 | Mhairi MacDonald | Edinburgh AC | 58.34 | | 60 | ☑ |
| 6 | 6 | Nisha Desai | Trafford AC | 56.70 | | | 101 | ☑ | 6 | 22 | Rhianne Jones | Cardiff AAC | 59.95 | | | ☑ |
| 7 | 5 | Michelle Mcnamara | Enfield & Haringey AC | 58.10 | | | 66 | ☑ | 7 | 66 | Leanne Brown | Trafford AC | 63.10 | | | |
| 8 | 2 | Lauren Regan | Cardiff AAC | 59.85 | | | | ☑ | 8 | 11 | Tamara Armoush | Birchfield | 66.31 | | | |

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW |
|------------------------------|---|--------------------|-----------------------|----------|--------|------|-----|----|------------------------------|----|-------------------|----------------------|----------|------|-----|----|
| <u>Women's 800m A</u> | | | | | | | | | <u>Women's 800m B</u> | | | | | | | |
| 1 | 1 | Claire Burgoyne | Birchfield | 02:07.81 | | | 127 | ☑ | 1 | 44 | Emily Dudgeon | Edinburgh AC | 02:09.09 | | 111 | ☑ |
| 2 | 8 | Jessica Sparke | WG / EL | 02:08.45 | | | 119 | ☑ | 2 | 11 | Ejiro Okoro | Birchfield | 02:10.73 | | 90 | ☑ |
| 3 | 4 | Kathryn Evans | Edinburgh AC | 02:09.01 | | | 112 | ☑ | 3 | 66 | Lauren Riches | Trafford AC | 02:14.87 | | | ☑ |
| 4 | 3 | Jenna Hill | City of Manchester | 02:09.89 | | | 101 | ☑ | 4 | 22 | Kathrain Humphrey | Cardiff AAC | 02:15.47 | | | ☑ |
| 5 | 6 | Victoria O'Donnell | Trafford AC | 02:12.79 | | | 65 | ☑ | 5 | 33 | Cherisse Walley | City of Manchester | 02:16.95 | | | ☑ |
| 6 | 7 | Vicky Fouhy | W.S.E. & H | 02:14.28 | | | | ☑ | 6 | 88 | Katherine Foy | WG / EL | 02:20.78 | | | ☑ |
| 7 | 2 | Bethan Strange | Cardiff AAC | 02:15.81 | | | | ☑ | 7 | 55 | Anna Sharrock | Enfield & Haringey A | 02:21.24 | | | ☑ |
| 8 | 5 | Katie Brown | Enfield & Haringey AC | 02:17.77 | | | | ☑ | 8 | 77 | Bex Myers | W.S.E. & H | 02:26.64 | | | |

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW |
|-------------------------------|---|-------------------|-----------------------|----------|--------|------|-----|----|-------------------------------|----|----------------------|----------------------|----------|------|-----|----|
| <u>Women's 1500m A</u> | | | | | | | | | <u>Women's 1500m B</u> | | | | | | | |
| 1 | 4 | Sarah Hood | Edinburgh AC | 04:30.33 | | | 108 | ☑ | 1 | 11 | Tamara Armoush | Birchfield | 04:41.43 | | 52 | ☑ |
| 2 | 8 | Linzi Snow | WG / EL | 04:30.75 | | | 106 | ☑ | 2 | 44 | Laura Dunn | Edinburgh AC | 04:51.81 | | | ☑ |
| 3 | 3 | Jenna Hill | City of Manchester | 04:34.84 | | | 85 | ☑ | 3 | 88 | Bernadette Pritchett | WG / EL | 04:52.66 | | | ☑ |
| 4 | 7 | Vicky Fouhy | W.S.E. & H | 04:35.36 | | | 83 | ☑ | 4 | 55 | Anna Sharrock | Enfield & Haringey A | 05:02.32 | | | |
| 5 | 1 | Chloe Richardson | Birchfield | 04:39.57 | | | 62 | ☑ | 5 | 33 | Cherisse Walley | City of Manchester | 05:03.22 | | | |
| 6 | 6 | Melissa Davies | Trafford AC | 04:44.28 | | | | ☑ | 6 | 66 | Lauren Riches | Trafford AC | 05:13.31 | | | |
| 7 | 2 | Kathrain Humphrey | Cardiff AAC | 04:44.87 | | | | ☑ | 7 | 77 | Martha Reynolds | W.S.E. & H | 05:15.44 | | | |
| 8 | 5 | Amy Talbot | Enfield & Haringey AC | 04:48.20 | | | | ☑ | 8 | | | | | | | |

| | | | | Perf | Record | Wind | UKA | AW | | | | | Perf | Wind | UKA | AW |
|--------------------------------------|---|----------------------|-----------------------|----------|--------|------|-----|----|--------------------------------------|--|--|--|------|------|-----|----|
| <u>Women's 2000 S/Chase A</u> | | | | | | | | | <u>Women's 2000 S/Chase B</u> | | | | | | | |
| 1 | 1 | Nicole Roberts (U21) | Birchfield | 07:06.89 | LR | | 386 | ☑ | 1 | | | | | | | |
| 2 | 4 | Lauren Stoddart | Edinburgh AC | 07:21.99 | | | 356 | ☑ | 2 | | | | | | | |
| 3 | 6 | Liz Austen | Trafford AC | 07:33.94 | | | 332 | ☑ | 3 | | | | | | | |
| 4 | 7 | Maryse Haynes | W.S.E. & H | 07:43.03 | | | 313 | ☑ | 4 | | | | | | | |
| 5 | 8 | Lauren Stewart | WG / EL | 08:08.53 | | | 262 | ☑ | 5 | | | | | | | |
| 6 | 5 | Hilary Arredondo | Enfield & Haringey AC | 08:21.54 | | | 236 | ☑ | 6 | | | | | | | |
| 7 | 3 | Emma-Leigh Heigh | City of Manchester | 09:21.25 | | | 117 | ☑ | 7 | | | | | | | |
| 8 | | | | | | | | | 8 | | | | | | | |

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Women's 3000m A

| | Perf | Record | Wind | UKA | AW | |
|---|------|------------------|-----------------------|----------|-----|---|
| 1 | 1 | Hannah Walker | Birchfield | 09:24.33 | 159 | ☑ |
| 2 | 4 | Emily Stewart | Edinburgh AC | 09:32.13 | 146 | ☑ |
| 3 | 22 | Charlotte Arter | Cardiff AAC | 09:53.88 | 110 | ☑ |
| 4 | 88 | Laruen Stewart | WG / EL | 10:15.07 | 74 | ☑ |
| 5 | 5 | Amy Talbot | Enfield & Haringey AC | 10:15.99 | 73 | ☑ |
| 6 | 77 | Martha Reynolds | W.S.E. & H | 10:29.99 | 49 | ☑ |
| 7 | 66 | Lauren Riches | Trafford AC | 10:34.40 | | ☑ |
| 8 | 3 | Emma-Leigh Heigh | City of Manchester | 10:43.98 | | ☑ |

Women's 3000m B

| | Perf | Wind | UKA | AW | | |
|---|------|--------------------|----------------------|---------|----|---|
| 1 | 44 | Laura Dunn | Edinburgh AC | 10:09.6 | 84 | ☑ |
| 2 | 2 | Debbie Rees | Cardiff AAC | 10:13.0 | 78 | ☑ |
| 3 | 11 | Clare Burgoyne | Birchfield | 10:31.1 | | ☑ |
| 4 | 7 | Claire Danson | W.S.E. & H | 10:35.9 | | ☑ |
| 5 | 6 | Victoria O'Donnell | Trafford AC | 10:40.1 | | ☑ |
| 6 | 55 | April Hogg | Enfield & Haringey A | 10:55.8 | | ☑ |
| 7 | 8 | Lauren MacGregor | WG / EL | 11:07.3 | | |
| 8 | 33 | Katia Lannon | City of Manchester | 12:28.1 | | |

Women's 400 Hurdles A

| | | | | | | |
|---|---|---------------------|-----------------------|-------|-----|---|
| 1 | 8 | Tracey Duncan | WG / EL | 58.29 | 186 | ☑ |
| 2 | 6 | Nisha Desai | Trafford AC | 59.67 | 163 | ☑ |
| 3 | 2 | Emma Peters | Cardiff AAC | 60.68 | 147 | ☑ |
| 4 | 3 | Abigail Fitzpatrick | City of Manchester | 60.74 | 146 | ☑ |
| 5 | 1 | Jade Surman | Birchfield | 62.23 | 121 | ☑ |
| 6 | 4 | Avril Jackson | Edinburgh AC | 64.30 | 86 | ☑ |
| 7 | 5 | Clara Blattler | Enfield & Haringey AC | 65.58 | 65 | ☑ |
| 8 | 7 | Emily Barrett | W.S.E. & H | 65.81 | 61 | ☑ |

Women's 400 Hurdles B

| | | | | | | |
|---|----|-----------------|----------------------|-------|-----|---|
| 1 | 88 | Nusrat Ceesay | WG / EL | 59.28 | 170 | ☑ |
| 2 | 33 | Katia Lannon | City of Manchester | 62.01 | 124 | ☑ |
| 3 | 55 | Martine Bomb | Enfield & Haringey A | 63.33 | 102 | ☑ |
| 4 | 11 | Michelle Thomas | Birchfield | 65.07 | 73 | ☑ |
| 5 | 44 | Catriona Pennet | Edinburgh AC | 65.22 | 71 | ☑ |
| 6 | 77 | Vicky Fouhy | W.S.E. & H | 68.90 | | ☑ |
| 7 | 22 | Emily Brown | Cardiff AAC | 69.02 | | ☑ |
| 8 | 66 | Leanne Brown | Trafford AC | 69.57 | | ☑ |

Women's 100 Hurdles A

| | Wind= | | | | | |
|---|-------|------------------|-----------------------|-------|-----|---|
| | -0.8 | | | | | |
| 1 | 5 | Dominique Blaise | Enfield & Haringey AC | 14.30 | 133 | ☑ |
| 2 | 1 | Jade Surman | Birchfield | 14.52 | 118 | ☑ |
| 3 | 4 | Catriona Pennet | Edinburgh AC | 14.53 | 118 | ☑ |
| 4 | 7 | Harriet Shurley | W.S.E. & H | 15.19 | 74 | ☑ |
| 5 | 3 | Jessica Taylor | City of Manchester | 15.23 | 71 | ☑ |
| 6 | 8 | Gemma Weetman | WG / EL | 15.45 | 56 | ☑ |
| 7 | 2 | Serit Shone | Cardiff AAC | 15.66 | | ☑ |
| 8 | 6 | Leanne Brown | Trafford AC | 18.11 | | |

Women's 100 Hurdles B

| | Wind= | | | | | |
|---|-------|------------------|----------------------|-------|-----|---|
| | -1.2 | | | | | |
| 1 | 55 | Georgia Atkins | Enfield & Haringey A | 14.68 | 108 | ☑ |
| 2 | 33 | Brogan Crawley | City of Manchester | 15.24 | 70 | ☑ |
| 3 | 88 | Moe Sasegbon | WG / EL | 15.27 | 68 | ☑ |
| 4 | 11 | Karina Jakovenko | Birchfield | 15.58 | | ☑ |
| 5 | 77 | Laura McGawn | W.S.E. & H | 15.75 | | ☑ |
| 6 | 44 | Emma Lowry | Edinburgh AC | 16.26 | | ☑ |
| 7 | 22 | Elinor Lewis | Cardiff AAC | 17.05 | | |
| 8 | 66 | Liz Austen | Trafford AC | 20.89 | | |

Women's Hammer A

| | | | | | | |
|---|----|----------------|-----------------------|-------|-----|---|
| 1 | 3 | Sarah Holt | City of Manchester | 63.53 | 197 | ☑ |
| 2 | 4 | Susan Mckelvie | Edinburgh AC | 62.02 | 189 | ☑ |
| 3 | 6 | Rachel Gair | Trafford AC | 61.64 | 186 | ☑ |
| 4 | 11 | Hayley Murray | Birchfield | 53.15 | 139 | ☑ |
| 5 | 8 | Lucy Marshall | WG / EL | 52.31 | 135 | ☑ |
| 6 | 7 | Bola Ogun | W.S.E. & H | 50.81 | 126 | ☑ |
| 7 | 2 | Beth Sewell | Cardiff AAC | 42.30 | 79 | ☑ |
| 8 | 5 | Yvonne Jacobs | Enfield & Haringey AC | 26.71 | | |

Women's Hammer B

| | | | | | | |
|---|----|---------------|----------------------|-------|-----|---|
| 1 | 33 | Laura Douglas | City of Manchester | 62.70 | 192 | ☑ |
| 2 | 44 | Hanna Evenden | Edinburgh AC | 51.54 | 130 | ☑ |
| 3 | 66 | Jemma Bate | Trafford AC | 40.10 | 67 | ☑ |
| 4 | 88 | Hollie Redman | WG / EL | 36.61 | | ☑ |
| 5 | 77 | Janet Smith | W.S.E. & H | 36.50 | | ☑ |
| 6 | 22 | Sarah Benson | Cardiff AAC | 36.11 | | ☑ |
| 7 | 55 | Sharifa Brown | Enfield & Haringey A | 18.99 | | |
| 8 | 1 | Zoe Derham | Birchfield | 9.07 | | |

Women's Discus A

| | | | | | | | |
|---|---|---------------|-----------------------|-------|----|-----|---|
| 1 | 1 | Eden Francis | Birchfield | 59.78 | DR | 217 | ☑ |
| 2 | 3 | Kirsty Law | City of Manchester | 50.87 | | 161 | ☑ |
| 3 | 6 | Elaine Cank | Trafford AC | 44.22 | | 120 | ☑ |
| 4 | 4 | Hanna Evenden | Edinburgh AC | 42.83 | | 111 | ☑ |
| 5 | 5 | Mel Harrison | Enfield & Haringey AC | 42.18 | | 107 | ☑ |
| 6 | 8 | Hollie Redman | WG / EL | 36.92 | | 74 | ☑ |
| 7 | 7 | Laura James | W.S.E. & H | 34.94 | | 62 | ☑ |
| 8 | 2 | Sarah Benson | Cardiff AAC | 34.13 | | 57 | ☑ |

Women's Discus B

| | | | | | | |
|---|----|------------------|----------------------|-------|-----|---|
| 1 | 33 | Emma Carpenter | City of Manchester | 50.07 | 156 | ☑ |
| 2 | 11 | Navdeep Dhaliwal | Birchfield | 48.52 | 147 | ☑ |
| 3 | 66 | Jemma Bate | Trafford AC | 38.29 | 83 | ☑ |
| 4 | 44 | Julie Wyatt | Edinburgh AC | 37.26 | 76 | ☑ |
| 5 | 55 | Sharifa Brown | Enfield & Haringey A | 35.86 | 67 | ☑ |
| 6 | 88 | Jo Duncan | WG / EL | 30.08 | | ☑ |
| 7 | 77 | Janet Smith | W.S.E. & H | 29.01 | | |
| 8 | 22 | Beth Sewell | Cardiff AAC | 26.85 | | |

Women's Javelin A

| | | | | | | |
|---|----|-----------------|-----------------------|-------|-----|---|
| 1 | 2 | Liann Clarke | Cardiff AAC | 51.07 | 169 | ☑ |
| 2 | 6 | Hayley Thomas | Trafford AC | 44.56 | 128 | ☑ |
| 3 | 8 | Anne Silva | WG / EL | 43.92 | 124 | ☑ |
| 4 | 3 | Rosie Semenytsh | City of Manchester | 42.69 | 116 | ☑ |
| 5 | 11 | Imogen Green | Birchfield | 40.55 | 103 | ☑ |
| 6 | 7 | Laura McGawn | W.S.E. & H | 37.53 | 84 | ☑ |
| 7 | 55 | Felicia Rudolfo | Enfield & Haringey AC | 33.02 | 56 | ☑ |
| 8 | 4 | Susan Mckelvie | Edinburgh AC | 23.57 | | |

Women's Javelin B

| | | | | | | |
|---|----|------------------|----------------------|-------|----|---|
| 1 | 66 | Chloe Beckett | Trafford AC | 39.11 | 94 | ☑ |
| 2 | 88 | Emma Smith | WG / EL | 36.57 | 78 | ☑ |
| 3 | 33 | Katia Lannon | City of Manchester | 33.82 | 61 | ☑ |
| 4 | 77 | Frances Smithson | W.S.E. & H | 31.28 | | ☑ |
| 5 | 1 | Sophie Thomas | Birchfield | 29.61 | | |
| 6 | 5 | Mel Harrison | Enfield & Haringey A | 28.92 | | |
| 7 | 22 | Ayla Phillips | Cardiff AAC | 27.90 | | |
| 8 | 44 | Emma Lowry | Edinburgh AC | 14.73 | | |

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| | Perf | Record | Wind | UKA | AW | | Perf | Wind | UKA | AW | | |
|-----------------------------------|------|-----------------|-----------------------|-------|----|-----------------------------------|------|----------------|----------------------|-------|-----|---|
| <u>Women's Shot Putt A</u> | | | | | | <u>Women's Shot Putt B</u> | | | | | | |
| 1 | 7 | Rachel Wallader | W.S.E. & H | 16.20 | | 1 | 11 | Sophie Thomas | Birchfield | 12.68 | 103 | ☑ |
| 2 | 1 | Eden Francis | Birchfield | 15.65 | | 2 | 3 | Emma Carpenter | City of Manchester | 12.09 | 91 | ☑ |
| 3 | 8 | Jo Duncan | WG / EL | 15.02 | | 3 | 6 | Louise Wood | Trafford AC | 11.34 | 76 | ☑ |
| 4 | 33 | Alison Rodger | City of Manchester | 14.29 | | 4 | 55 | Sharifa Brown | Enfield & Haringey A | 11.07 | 71 | ☑ |
| 5 | 4 | Hanna Evenden | Edinburgh AC | 12.82 | | 5 | 77 | Bola Ogun | W.S.E. & H | 10.69 | 63 | ☑ |
| 6 | 66 | Chloe Beckett | Trafford AC | 11.57 | | 6 | 88 | Gemma Weetman | WG / EL | 10.67 | 63 | ☑ |
| 7 | 5 | Mel Harrison | Enfield & Haringey AC | 11.42 | | 7 | 44 | Emma Lowry | Edinburgh AC | 10.66 | 63 | ☑ |
| 8 | 22 | Ayla Phillips | Cardiff AAC | 10.90 | | 8 | | | | | | |

Women's Long Jump A

Women's Long Jump B

| | | | | | | | | | | | | | | | |
|---|----|------------------|-----------------------|------|------|-----|---|---|----|-----------------|----------------------|------|------|-----|---|
| 1 | 3 | Abigail Irozuru | City of Manchester | 6.19 | -1.4 | 161 | ☑ | 1 | 4 | Sarah Warnock | Edinburgh AC | 5.78 | -1.9 | 110 | ☑ |
| 2 | 7 | Jenny Pacey | W.S.E. & H | 5.91 | +0.2 | 126 | ☑ | 2 | 77 | Shakira Whight | W.S.E. & H | 5.47 | +1.3 | 71 | ☑ |
| 3 | 5 | Dominique Blaise | Enfield & Haringey AC | 5.88 | +0.1 | 122 | ☑ | 3 | 33 | Emma Lyons | City of Manchester | 5.46 | +1.2 | 69 | ☑ |
| 4 | 44 | Lisa Ferguson | Edinburgh AC | 5.88 | -1.6 | 122 | ☑ | 4 | 66 | Emma Pringle | Trafford AC | 5.41 | +1.9 | 63 | ☑ |
| 5 | 8 | Kitty Eleyae | WG / EL | 5.87 | -1.6 | 121 | ☑ | 5 | 88 | Hannah Frankson | WG / EL | 5.36 | -1.7 | 57 | ☑ |
| 6 | 6 | Louise Bloor | Trafford AC | 5.60 | +1.5 | 87 | ☑ | 6 | 55 | Dee bakre | Enfield & Haringey A | 5.22 | +2.7 | | ☑ |
| 7 | 1 | Sineade Gutzmore | Birchfield | 5.50 | +1.0 | 75 | ☑ | 7 | 11 | Imogen Green | Birchfield | 5.19 | +0.5 | | ☑ |
| 8 | 2 | Serit Shone | Cardiff AAC | 5.41 | +0.9 | 63 | ☑ | 8 | 22 | Hanna Williams | Cardiff AAC | 4.51 | +0.1 | | |

Women's Triple Jump A

Women's Triple Jump B

| | | | | | | | | | | | | | | | |
|---|---|------------------|-----------------------|-------|------|-----|---|---|----|-----------------|----------------------|-------|------|-----|---|
| 1 | 7 | Yasmine Regis | W.S.E. & H | 13.24 | +1.1 | 174 | ☑ | 1 | 88 | Stephanie Aneto | WG / EL | 12.47 | +0.1 | 136 | ☑ |
| 2 | 1 | Sineade Gutzmore | Birchfield | 12.81 | +4 | 153 | ☑ | 2 | 11 | Laura Samuel | Birchfield | 11.84 | +0.3 | 104 | ☑ |
| 3 | 8 | Hannah Frankson | WG / EL | 12.53 | +08 | 139 | ☑ | 3 | 77 | Shakira Whight | W.S.E. & H | 11.76 | +1.5 | 100 | ☑ |
| 4 | 6 | Emma Pringle | Trafford AC | 12.25 | 1.7 | 125 | ☑ | 4 | 33 | Emma Lyons | City of Manchester | 10.90 | +1.5 | 57 | ☑ |
| 5 | 3 | Claire Linskill | City of Manchester | 12.01 | 1.9 | 113 | ☑ | 5 | 44 | Lisa Ferguson | Edinburgh AC | 10.07 | +1.9 | | ☑ |
| 6 | 5 | Dee bakre | Enfield & Haringey AC | 11.55 | +1.3 | 90 | ☑ | 6 | 55 | Christina Silva | Enfield & Haringey A | 9.32 | +0.0 | | |
| 7 | 4 | Sarah Warnock | Edinburgh AC | 10.78 | +6 | 51 | ☑ | 7 | 66 | Hayley Thomas | Trafford AC | 7.53 | +0.3 | | |
| 8 | 2 | Elinor Lewis | Cardiff AAC | 9.53 | +1.2 | | | 8 | | | | | | | |

Women's High Jump A

Women's High Jump B

| | | | | | | | | | | | | | | | |
|----|----|--------------------|-----------------------|------|--|-----|---|---|----|----------------|----------------------|------|--|-----|---|
| 1 | 44 | Jayne Nisbet | Edinburgh AC | 1.80 | | 170 | ☑ | 1 | 4 | Emma Nuttall | Edinburgh AC | 1.70 | | 120 | ☑ |
| 2 | 8 | Moe Sasegbon | WG / EL | 1.70 | | 120 | ☑ | 2 | 55 | Georgia Atkins | Enfield & Haringey A | 1.60 | | 70 | ☑ |
| 3 | 1 | Zoey Phillips | Birchfield | 1.65 | | 95 | ☑ | 3 | 88 | Gemma Weetman | WG / EL | 1.60 | | 70 | ☑ |
| 4= | 5 | Dominique Blaise | Enfield & Haringey AC | 1.60 | | 70 | ☑ | 4 | 11 | Imogen Green | Birchfield | 1.55 | | | ☑ |
| 4= | 2 | Serit Shone | Cardiff AAC | 1.60 | | 70 | ☑ | 5 | 77 | Laura McGawn | W.S.E. & H | 1.50 | | | |
| 6 | 3 | Jessica Taylor | City of Manchester | 1.60 | | 70 | ☑ | 6 | 33 | Brogan Crawley | City of Manchester | 1.45 | | | |
| 7 | 7 | Frances Smithson | W.S.E. & H | 1.55 | | | ☑ | 7 | 6 | Hayley Thomas | Trafford AC | 1.25 | | | |
| 8 | 66 | Victoria O'Donnell | Trafford AC | 1.25 | | | | | | | | | | | |

Women's Pole Vault A

Women's Pole Vault B

| | | | | | | | | | | | | | | | |
|---|---|------------------|-----------------------|------|----|-----|---|---|----|-------------------|----------------------|------|--|-----|---|
| 1 | 1 | Sally Peake | Birchfield | 4.10 | DR | 195 | ☑ | 1 | 88 | Kirsty Mackintosh | WG / EL | 3.20 | | 105 | ☑ |
| 2 | 2 | Bryony Raine | Cardiff AAC | 4.00 | | 185 | ☑ | 2 | 55 | Katie Moey | Enfield & Haringey A | 3.00 | | 85 | ☑ |
| 3 | 8 | Louise Shortland | WG / EL | 3.70 | | 155 | ☑ | 3 | 22 | Elinor Lewis | Cardiff AAC | 2.10 | | | |
| 4 | 5 | Clara Blattler | Enfield & Haringey AC | 3.50 | | 135 | ☑ | | | | | | | | |
| 5 | 3 | Emma Lyons | City of Manchester | 2.30 | | | ☑ | | | | | | | | |

Women's 4x100m Relay

| | | | | | | | | |
|---|---|--------------------|----------------|---------------------|-------------------|--------------------|-------|---|
| 1 | 5 | Enfield & Haringey | Torema Thompon | Rachel Telfer-James | Michelle Mcnamara | Margaret Adeoye | 47.14 | ☑ |
| 2 | 3 | City of Manchester | Emma Lyons | Tyra Watson | Kelly Massey | Olivia Callaghan | 47.28 | ☑ |
| 3 | 7 | W.S.E. & H | Helen Pryer | Yasmine regis | Harriet Shurley | Georgia Lamothe | 47.33 | ☑ |
| 4 | 1 | Birchfield | Meghan Beesley | Sineade Gutzmore | Melinda Cooksey | Melisa Hanson | 47.47 | ☑ |
| 5 | 4 | Edinburgh AC | Sarah Warnock | Beth Finlayson | Carly Sharp | Stacey Downie | 47.49 | ☑ |
| 6 | 8 | WG / EL | Katie Skelding | Gemma Weetman | Kitty Eleyae | Tara Bird | 48.88 | ☑ |
| 7 | 6 | Trafford AC | Nisha Desai | Louise Bloor | Emma Pringle | Leanne Brown | 49.28 | ☑ |
| 8 | 2 | Cardiff AAC | Serit Shone | Janie-Lea Bowen | Hanna Williams | Melanie Stephenson | DNF | |

UK Women's Athletics League



Premier MATCH 3 - Lee Valley Athletics Centre

6 August 2011

| | | | | | | | | | |
|------|--------|------|-----|----|--|------|------|-----|----|
| Perf | Recoir | Wind | UKA | AW | | Perf | Wind | UKA | AW |
|------|--------|------|-----|----|--|------|------|-----|----|

Women's 4x400m Relay

| | | | | | | | | | |
|---|---|--------------------|------------------|--------------------|-----------------|-----------------|----------|--|-------------------------------------|
| 1 | 3 | City of Manchester | Lauren Brennan | Tyra Watson | Kelly Massey | Jessica Taylor | 03:42.49 | | <input checked="" type="checkbox"/> |
| 2 | 1 | Birchfield | Melinda Cooksey | Ejiro Okoro | Claire Burgoyne | Meghan Beesley | 03:45.43 | | <input checked="" type="checkbox"/> |
| 3 | 4 | Edinburgh AC | Mhairi MacDonald | Lynsey Sharp | Kathryn Evans | Emily Dudgeon | 03:45.90 | | <input checked="" type="checkbox"/> |
| 4 | 7 | W.S.E. & H | Emily Barrett | Laura McGawn | Lesley Owusu | Shelayna Oskan | 03:48.80 | | <input checked="" type="checkbox"/> |
| 5 | 8 | WG / EL | Gemma Weetman | Linzi Snow | Tara Bird | Tracey Duncan | 03:49.23 | | <input checked="" type="checkbox"/> |
| 6 | 5 | Enfield & Haringey | Martine Bomb | Michelle Mcnamara | Katie Brown | Denise Gayle | 03:57.95 | | <input checked="" type="checkbox"/> |
| 7 | 2 | Cardiff AAC | Rhianne Jones | Bethan Strange | Lauren Regan | Charlotte Arter | 04:08.86 | | <input checked="" type="checkbox"/> |
| 8 | 6 | Trafford AC | Nisha Desai | Victoria O'Donnell | Leanne Brown | Liz Austen | 04:11.83 | | <input checked="" type="checkbox"/> |

MATCH RESULT

League Points

Match

STANDINGS

League Points

Match

| | | | | | | | | |
|---|---------|-----|-------|--|---|---------|------|-------|
| 1 | BIRCH | 8 | 200.0 | | 1 | BIRCH | 22 | 555.0 |
| 2 | WG/EL | 6.5 | 180.0 | | 2 | CoM | 20.5 | 559.5 |
| 3 | CoM | 6.5 | 180.0 | | 3 | WSEH | 15.5 | 510.5 |
| 4 | EDIN | 5 | 177.0 | | 4 | WG/EL | 14.5 | 476.5 |
| 5 | E&H | 4 | 161.5 | | 5 | EDIN | 13 | 495.5 |
| 6 | WSEH | 3 | 156.0 | | 6 | E&H | 10 | 459.5 |
| 7 | TRAF | 2 | 130.0 | | 7 | TRAF | 9 | 439.5 |
| 8 | Cardiff | 1 | 83.5 | | 8 | Cardiff | 3 | 279.0 |

100m Non Scoring

Wind=

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

400m Non Scoring

- 1
- 2

Pole vault Non Scoring

- 1