

Southern Womens League Division 1 – Match 5, Newham, 5th September 2009

U13/U15	A String			B String		
100m	3	Emily Stone	14.3	1	Tilly Russell	14.5
200m	3	Katie Humphrey	29.7	3	CharlotteCohen	30.9
800m	1	Nicole Taylor	2.30.7	1	Jayne Mallyon	2.34.3
1500m	1	Alice Wood	5.06.3	1	Pandora Banbury	5:13.9
75mH	1	Tilly Russell	12.9	1	Rhianna McCarthy	13.9
Long Jump	1	Emily Stone	4.86	3	Katie Humphrey	3.29
Shot Putt	2	Catherine Cotterill	7.8	1	Luise Scott	6.4
High Jump	2	Rhianna McCarthy	1.45	2	Emily Stone	1.40
Javelin	3	Alice Wood	10.53	2	CharlotteCohen	8.11
Discus	3	Nicole Taylor	13.52	2	Pandora Banbury	9.81
4x100m relay	3	TR/CC/ES/RM	56.5			

Seniors	A String			B String		
100m	3	Vikki Bradford	14.1	3	Sam Clark	14.4
200m	3	Ellen Holmes	29.4	3	Nicky Dobra	31.1
400m	2	Vikki Bradford	62.1	1	Hannah Tolhurst	65.2
800m	1	Ellen Holmes	2.29.4	1	Dunia Pavlovic	2.32.5
1500m	2	Petra Pavlovic	5:30.4	1	Jess Owen	5.31.3
3000m	2	Vicky Rukin	11.45.0	1	Pippa Blackstone	11.49.2
80mH (U17)	1	Sam Clark	15.7		No competitors	
100mH	3	Lucy Blackstone	20.2	3	Jess Owen	23.4
300m H (U17)	1	Sam Clark	55.5		No competitors	
400mH	2	Jess Owen	76.4	1	Lucy Saker	81.9
Hammer	4	Steph Clark	25.14	4	Vikki Bradford	11.25
Long Jump	4	Hannah Tolhurst	4.54	2	Nicky Dobra	4.34
Pole Vault	1	Lucy Saker	1.70	1	Lucy Blackstone	1.40
Shot Putt	4	Steph Clark	7.10	3	Hannah Tolhurst	6.75
High Jump	3	Lucy Saker	1.40	2	Lucy Blackstone	1.25
Javelin	3	Pippa Blackstone	11.07	3	Ellen Holmes	?
Triple Jump		Nicky Dobra	NJ		No Athlete	
Discus	4	Jess Owen	18.18	4	Steph Clark	14.86
4x100m relay	3	ND/HT/VB/SC	55.5			
4x400m relay	1	DP(64.5), HT(64.9), JO(65.2), VB(64.6)	4.19.2			

Non Scoring

800m	Katie Humphrey	2:34.8
------	----------------	--------

Teams	
Thames Valley Harriers	166
Tonbridge	153
North Devon	124
Cambridge & Coleridge	40