

Southern Womens League Premier – Match 1, Ipswich, 24th April 2010

U13/U15	A String			B String		
100m	3	Rose Hairs	13.2 PB	2	Katie Humphrey	14.1
200m	1	Rose Hairs	27.2	3	Charlotte Cohen	29.8
800m	2	Katie Humphrey	2.39.4	4	Ella Farndon	3.05.7
1500m	2	Alice Wood	5.03.0	2	Charlotte Cohen	5.50.5
75mH	3	Ella Farndon	14.6		No Athlete	
Long Jump	4	Rose Hairs	3.44	4	Katie Humphrey	3.09
Shot Putt	3	Jenny Stevens	7.39 PB	4	Charlotte Cohen	3.38
High Jump	4	Alice Wood	1.10		No Athlete	
Javelin	3	Jenny Stevens	16.39 PB	2	Alice Wood	11.01
Discus	3	Jenny Stevens	19.73	2	Ella Farndon	18.54
4x100m relay	2	RH/CC/KH/AW	55.2			

Seniors	A String			B String		
100m	3	Gemma Smith	13.0	4	Lucy Thrush	14.2
200m	4	Lucy Thrush	30.5		No athlete	
400m	4	Hannah Tolhurst	64.7	4	Maisie Farndon	66.2
800m	2	Jess Owen	2.24.2	4	Jayne Mallyon	2.39.8
1500m	2	Pandora Banbury	5.00.3	3	Catherine Symons	5.13.3
3000m	4	Diane Osborn	11.47.3	2	Pippa Blackstone	11.58.5
80mH (U17)		No Athlete				
100mH	3	Lucy Blackstone	18.9	2	Jess Owen	24.3
300m H (U17)		No Athlete			No athlete	
400mH	4	Lucy Saker	88.7	2	Steph Rukin	91.4
Hammer	3	Steph Rukin	23.99	3	Jess Owen	9.19
Long Jump	3	Hannah Tolhurst	4.40	3	Nicky Dobra	4.13
Pole Vault	2	Steph Rukin	1.80		No athlete	
Shot Putt	4	Hannah Tolhurst	6.55	3	Catherine Cotterill	6.17
High Jump	4	Lucy Blackstone	1.35	4	Lucy Saker	1.25
Javelin	3	Steph Rukin	20.25	3	Catherine Cotterill	13.69
Triple Jump	3	Nicky Dobra	8.23			
Discus	4	Catherine Cotterill	24.65	1	Jess Owen	19.05
4x100m relay	4	MF/LT/GS/ND	54.3			
4x400m relay	4	JO/LB/HT/CS	4:27.6			

Teams	
Basildon	155.5
Colchester	145
Ipswich	138.5
Tonbridge	99