

## 100m A

1	Nicky Robinson	COV	12.6
2	Michelle Webster	BED	12.7
3	Kylie Robilliard	CI	12.8
4	Claire Welch	M&M	13.2
5	Vicky Carmichael	GH	13.4
6	Hannah Hogben	ASH	13.6
7	Emily Thackrah	AFD	13.8

## 100m B

1	Laura Lancowski	COV	13.1
2	Lauren Arthur	GH	13.7
3	Aimee Richardson	BED	13.8
4	Felicity Gilbert	AFD	14.2
5	Kim Heffernan	M&M	14.5
6	Helen Butler	CI	14.6
7	Emmeline Rendell	ASH	15.4

## 200m A

1	Nicky Robinson	COV	26.3
2	Michelle Webster	BED	26.3
3	Lindsay Christie	M&M	26.8
4	Vicky Carmichael	GH	26.9
5	Gemma Dawkins	CI	27.5
6	Hannah Hogben	ASH	27.9
7	Emily Thackrah	AFD	28.2

## 200m B

1	Laura Lancowski	COV	26.4
2	Sophie Twinam	CI	26.8
3	Leanne Buxton	BED	27.6
4	Vicky Wester	GH	27.9
5	Hannah Biddiss	M&M	28.0
6	Cayley Sage	ASH	28.4
7	Helena Warren	AFD	29.7

## 400m A

1	Laura Lancowski	COV	56.8
2	Lindsay Christie	M&M	57.9
3	Stacey Smith	GH	58.2
4	Gemma Dawkins	CI	59.9
5	Leanne Buxton	BED	61.4
6	Louise Douglass	AFD	62.7
7	Cayley Sage	ASH	62.8

## 400m B

1	Kellie Bewick	COV	60.9
2	Vicky Wester	GH	61.4
3	Katie Silva	CI	61.8
4	Yasmin Joseph	M&M	62.3
5	Leonie Smith	AFD	63.1
6	Kay Brown	BED	68.3
7	Amanda Jukes	ASH	78.3

## 800m A

1	Tina Brown	COV	2.12.9
2	Suzi Boast	BED	2.13.8
3	Charlie Purdue	AFD	2.16.9
4	Janine Brown	ASH	2.28.9
5	Nadine Terry	M&M	2.33.2
6	Holly Blair	GH	2.38.3
7	Helen Butler	CI	2.51.3

## 800m B

1	Vicky Gill	AFD	2.19.1
2	Sally Olorenshaw	COV	2.26.4
3	Phillipa Prescott	BED	2.36.0
4	Amanda Jukes	ASH	2.41.4
5	Hannah Biddiss	M&M	2.50.4
6	Mary Ferrier	GH	2.51.2

## 1500m A

1	Stacey Smith	GH	4.28.8
2	Tina Brown	COV	4.29.1
3	Charlie Purdue	AFD	4.29.4
4	Jo Wilkinson	BED	4.32.1
5	Natalie Gray	M&M	4.55.9
6	Janine Brown	ASH	4.59.3
7	Louise Perrio	CI	5.06.3

## 1500m B

1	Suzi Boast	BED	4.32.4
2	Leonie Smith	AFD	4.53.5
3	Rachel Buxton	COV	4.53.7
4	Jess Trowbridge	GH	5.10.5
5	Kate Austin	ASH	5.14.3
6	Tina Doyle	M&M	7.25.5

## 3000m A

1	Tina Brown	COV	9.35.2
2	Jo Wilkinson	BED	9.36.8
3	Vicky Gill	AFD	9.58.7
4	Natalie Gray	M&M	10.03.7
5	Mary Ferrier	GH	10.17.9
6	Louise Perrio	CI	10.25.1
7	Janine Brown	ASH	10.43.9

## 3000m B

1	Natasha Peters	BED	10.24.0
2	Zara Hyde Peters	COV	10.29.4
3	Jess Trowbridge	GH	10.32.0
4	Kate Austin	ASH	11.07.4
5	Justine Myton	M&M	11.41.6
6	Gemma Greenfield	AFD	11.59.7

## 20080803ukwal\_div\_4\_rnd\_3\_results

## 100mH A

1 Nicky Robinson	COV	14.5
2 Kylie Robilliard	CI	14.8
3 Sophie Copping	M&M	16.5
4 Louise Douglass	AFD	17.5
5 Kay Brown	BED	17.8
6 Laura Welsh	GH	19.8
7 Annemarie Price	ASH	25.1

## 100mH B

1 Vicky Randall	M&M	17.1
2 Jemma Harding	BED	17.5
3 Sophie Twinam	CI	17.7
4 Felicity Gilbert	AFD	18.4
5 Jenny Adams	COV	18.6
6 Kara Gibbs	ASH	27.0

## 400mH A

1 Sophie Twinam	CI	65.7
2 Kay Brown	BED	66.6
3 Louise Douglass	AFD	67.3
4 Vicky Randall	M&M	70.6
5 Jenny Adams	COV	75.2
6 Emmeline Rendell	ASH	97.4

## 400mH B

1 Kim Heffernan	M&M	68.1
2 Katie Silva	CI	71.9
3 Felicity Gilbert	AFD	73.1
4 Rosemary Boast	BED	107.9

## Discus Throw A

1 Lucy Underdown	M&M	41.57
2 Rachel Bennett	BED	37.16
3 Joanna Bradley	ASH	36.49
4 Sarah Jane Perry	COV	34.86
5 Lynsey Knott	AFD	33.82
6 Jennie Brown	CI	28.33
7 Lauren Arthur	GH	11.31

## Discus Throw B

1 Catherine Leseuer	BED	35.10
2 Kate Morris	M&M	34.47
3 Hannah Hogben	ASH	29.21
4 Katherine McBeth	COV	27.57
5 Sam Male	AFD	18.08
6 Michelle Ryan	CI	17.65
7 Janice Kaufman	GH	10.40

## Hammer Throw A

1 Leah Weatheritt	GH	43.80
2 Hannah Hogben	ASH	38.74
3 Katie Winwood	BED	38.25
4 Kate Morris	M&M	37.35
5 Michelle Ryan	CI	35.54
6 Lynsey Knott	AFD	32.22
7 Sarah Jane Perry	COV	24.73

## Hammer Throw B

1 Laura Duke	BED	37.64
2 Rachel Fraser	AFD	30.66
3 Liz Duffin	M&M	28.10
4 Jennie Brown	CI	27.96
5 Bianca Schuster	ASH	27.91
6 Simone Huggin-ward	COV	21.39
7 Janice Kaufman	GH	11.66

## High Jump A

1 Katherine Connelly	COV	1.60
2 Rosie Curling	AFD	1.55
3 Chelsea Papworth	BED	1.55
4 Kate Hamilton	ASH	1.50
5 Gemma Dowsett	M&M	1.45
6 Gemma Dawkins	CI	1.30

## High Jump B

1 Helena Warren	AFD	1.50
2 Bathoni Pupilampu	BED	1.50
3 Kara Gibbs	ASH	1.35

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk)

UKWAL Div 4 Round:3 RESULTS

Julie Rose Stadium Ashford, Sun 3 August 2008

Page 3 of 4

## Javelin Throw A

1 Simone Huggin-ward	COV	39.86
2 Lizzy Yarnold	ASH	33.71

## Javelin Throw B

1 Katherine McBeth	COV	32.14
2 Liz Duffin	M&M	25.16

## 20080803ukwal\_div\_4\_rnd\_3\_results

3 Amy Underdown	M&M 31.17	3 Bianca Schuster	ASH 24.57
4 Sam Male	AFD 29.95	4 Catherine Leseuer	BED 24.27
5 Leah Weatheritt	GH 29.49	5 Holly Blair	GH 20.52
6 Rachel Bennett	BED 27.64	6 Rachel Fraser	AFD 12.65
7 Michelle Ryan	CI 13.81	7 Louise Perrio	CI 9.41

Long Jump A		Long Jump B	
1 Laura Duke	BED 5.17+3.9	1 Sophie Copping	M&M 5.04+3.2
2 Rosie Curling	AFD 5.09+2.7	2 Aimee Richardson	BED 4.98+2.2
3 Amy Underdown	M&M 5.05+4.1	3 Katie Silva	CI 4.70+3.3
4 Kylie Robilliard	CI 4.96+2.6	4 Helena Warren	AFD 3.77+2.7
5 Laura Keeley	COV 4.82+2.3	5 Holly Blair	GH 3.76+1.3
6 Laura Welsh	GH 4.20+3.0	6 Hannah Hogben	ASH 3.47+5.0
7 Kate Hamilton	ASH 4.09+3.0	7 Sally Olorenshaw	COV 3.26+2.2

Pole Vault A		Pole Vault B	
1 Annemarie Price	ASH 3.30	1 Laura Duke	BED 2.90
2 Jemma Harding	BED 3.20	2 Emmeline Rendell	ASH 2.50
3 Gemma Dowsett	M&M 3.20		

Shot Putt A		Shot Putt B	
1 Lucy Underdown	M&M 12.05	1 Sarah Jane Perry	COV 10.30
2 Leanne Buxton	BED 11.58	2 Rachel Bennett	BED 9.96
3 Lizzy Yarnold	ASH 11.45	3 Kate Morris	M&M 9.90
4 Katherine McBeth	COV 10.88	4 Hannah Hogben	ASH 8.00
5 Leah Weatheritt	GH 10.07	5 Rachel Fraser	AFD 7.31
6 Lynsey Knott	AFD 8.79	6 Laura Welsh	GH 6.80
7 Jennie Brown	CI 7.06	7 Helen Butler	CI 6.05

Triple Jump A		Triple Jump B	
1 Melissa Carr	GH 12.51+2.8	1 Jemma Harding	BED 10.02+2.3
2 Laura Keeley	COV 11.09+2.1	2 Gemma Dowsett	M&M 9.73+2.9
3 Sophie Copping	M&M 10.44+3.2	3 Sam Male	AFD 8.39+4.2
4 Aimee Richardson	BED 10.41+3.1	4 Kate Hamilton	ASH 8.33+3.2
5 Rosie Curling	AFD 10.05+2.6	5 Lauren Arthur	GH 7.79+4.8
6 Annemarie Price	ASH 9.66+3.8		

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk)

UKWAL Div 4 Round:3 RESULTS

Julie Rose Stadium Ashford, Sun 3 August 2008

Page 4 of 4

## 4x100M Relay

1 CI 51.3	1 Kylie Robilliard	2 Gemma Dawkins
	3 Katie Silva	4 Sophie Twinam
2 M&M 51.6	1 Nadine Terry	2 Hannah Biddiss
	3 Sophie Copping	4 Claire Welch
3 COV 52.0	1 Kellie Bewick	2 Laura Lancowski

20080803ukwa1\_div\_4\_rnd\_3\_results

4	BED	52.1	3 Jenny Adams	4 Nicky Robinson
			1 Jemma Harding	2 Aimee Richardson
			3 Leanne Buxton	4 Michelle Webster
5	GH	52.3	1 Laura Welsh	2 Melissa Carr
			3 Stacey Smith	4 Lauren Arthur
6	AFD	54.0	1 Felicity Gilbert	2 Helena Warren
			3 Rosie Curling	4 Emily Thackrah
7	ASH	56.3	1 Hannah Hogben	2 Annemarie Price
			3 Kara Gibbs	4 Emmeline Rendell

4x400M Relay

1	COV	4.02.4	1 Kellie Bewick	2 Sally Olorenshaw
			3 Tina Brown	4 Laura Lancowski
2	CI	4.03.3	1 Kylie Robilliard	2 Katie Silva
			3 Sophie Twinam	4 Gemma Dawkins
3	M&M	4.05.2	1 Vicky Randall	2 Yasmin Joseph
			3 Nadine Terry	4 Linsay Christie
4	BED	4.11.2	1 Kay Brown	2 Rosemary Boast
			3 Leanne Buxton	4 Michelle Webster
5	GH	4.20.5	1 Nicci Youden	2 Vicky Carmichael
			3 Vicky Wester	4 Holly Blair
6	AFD	4.20.7	1 Charlie Purdue	2 Vicky Gill
			3 Leonie Smith	4 Louise Douglass
7	ASH	4.51.9	1 Cayley Sage	2 Sharon Davis
			3 Amanda Jukes	4 Janine Brown

MATCH RESULT

	Event	Lge
1 Bedford and County AC	221	8
2 Coventry Godivas	200	7
3 Medway & Maidstone AC	190	6
4 Aldershot, Farnham & Dist	154	5
5 Ashford AC	138	4
6 Gateshead Harriers	125	3
7 Channel Islands	120	2
8 Newport Harriers	0	0

LEAGUE STANDINGS Not Available

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk)