

## Alpha & Beta Trophies – Saturday 19<sup>th</sup> April, 2008 – Lee Valley Athletics Centre

### Alpha – Senior Women

#### 100 metres 'A' (+0.8)

1. Torema Dorsett (E&H)	12.24
2. Michelle Watson (HHH)	12.38
3. Lorraine Ugen (B&B)	12.51
4. Kanasha Johnson (Colch)	12.58
5. Susan Tangatenga (MMK)	12.72
6. Emma Kemp (SNH)	12.91
7. Claire Humphreys (HPX)	12.98
8. Lucy Rillstone (D&T)	13.34

#### 200 metres 'A' (+2.9)

1. Laura Wake (HPX)	24.65
2. Rachel Telfer-James (E&H)	25.56
3. Michelle Watson (HHH)	25.83
4. Lorraine Ugen (B&B)	25.95
5. Emma Kemp (SNH)	26.01
6. Susan Tangatenga (MMK)	26.25
7. Liz Gale (D&T)	26.89
8. Nicola Gaisford (Colch)	27.06

#### 400 Metres 'A'

1. Heather Shepherd (Colch)	59.01
2. Erica Smith (E&H)	59.24
3. Deborah Wills (HPX)	59.83
4. Monique Davis (HHH)	61.45
5. Liz Gale (D&T)	62.10
6. Jasmine Forde (SNH)	62.56
7. Sarah McLennan (B&B)	63.74
8. Beth Hampson (MMK)	64.14

#### 800 Metres 'A'

1. Jasmine Forde (SNH)	2-20.72
2. Ella Fisher (B&B)	2-22.06
3. Ella Neale (Colch)	2-25.00
4. Aoife Kelly (D&T)	2-26.00
5. Monique Davis (HHH)	2-26.69
6. Laura Whitehead (HPX)	2-28.39
7. Hilary Arredondo (E&H)	2-31.18
8. Diane Baldwin (MMK)	3-01.86

#### 100 metres 'B' (+2.5)

1. Bethanie Moore (Colch)	12.54
2. Lauren Blackie (B&B)	12.59
3. Becky Sanders-Clark (E&H)	12.73
4. Charlotte Cullen (HPX)	12.75
5. Magali Franka (HHH)	12.91
6. Laura Jackson (D&T)	13.72
7. Moe Sasegbon (SNH)	13.89
8. Becky Griffin (MMK)	13.95

#### 200 Metres 'B' (+2.2)

1. Carlett Grant (E&H)	25.0
2. Bunmi Awokoya (SNH)	25.6
3. Betahnie Moore (Colch)	26.7
4. Magali Franka (HHH)	27.0
5. Helen Van Kempen (HPX)	28.2
6. Lucy Rillstone (D&T)	28.6
7. Anne-Sophie Gnadou (B&B)	29.2
8. Diane Baldwin (MMK)	34.5

#### 400 Metres 'B'

1. Michelle McNamara (E&H)	59.83
2. Nina Edwards (HPX)	60.58
3. Jenny Honeyball (HHH)	63.32
4. Aoife Kelly (D&T)	63.46
5. Joylyn Saunders-Mullins (SNH)	67.34
6. Emily Fisher (Colch)	68.17

#### 800 Metres 'B'

1. Joanne Mansell (SNH)	2-22.90
2. Emma Shuker (E&H)	2-32.86
3. Emily Swain (Colch)	2-35.69
4. Aisha Way (HHH)	2-39.68
5. Ashleigh Cattle (HPX)	2-39.95
6. Anna Hampton (D&T)	2-46.66
7. Becky Griffin (MMK)	3-01.79

1500 Metres 'A'

1.Hannah Edwards (HHH)	4-45.08
2.Nikki Silva (HPX)	4-47.89
3.Hannah Walker (D&T)	4-48.40
4.Stacey Wheat (Colch)	4-52.97
5.Laura Bromilow (MMK)	4-53.85
6.Jenny Butler (B&B)	5-03.01
7.Eileen Griffiths (E&H)	5-04.58
8.Sam McCormick (SNH)	5-36.93

100 Metres Hurdles 'A' (+0.5)

1.Catherine Holdsworth (Colch)	13.85
2.Laura Jones (HPX)	14.74
3.Jenny Honeyball (HHH)	18.72
4.Wendy Meadows-Smith(SNH)	21.32

400 Metres Hurdles 'A'

1.Christina Silva (HPX)	63.51
2.Sarah McLennon (B&B)	66.58
3.Jenny Honeyball (HHH)	70.54
4.Alysia Halsey (Colch)	70.95
5.Beth Ham (MMK)	73.44
6.Sandra Reed (SNH)	74.15

High Jump 'A'

1.Nicola Gaisford (Colch)	1.55m
2.Natalie Farman (HPX)	1.55m
3.Lauren Blackie (B&B)	1.50m
4.Wendy Meadows-Smith (SNH)	1.50m
5.Sarah Hawkins (D&T)	1.50m
6.Becky Griffin (MMK)	1.40m
7.Cassie Ismailah (E&H)	1.25m

Long Jump 'A'

1.Katie Caulfield (HPX)	5.32m(+0.6)
2.Lauren Blackie (B&B)	5.26m(+0.4)
3.Deer Bakre (E&H)	5.11m(+1.0)
4.Kaneesha Johnson (Colch)	4.92m(+1.7)
5.Bethan Scanes (SNH)	4.43m(+1.2)
6.Becky Griffin (MMK)	4.42m(+1.7)
7.Lucy Rillstone (D&T)	4.30m(+2.6)
8.Josephine Png (HHH)	4.04m(+0.2)

1500 Metres 'B'

1.Clare Pauzers (HHH)	4-58.61
2.Vicky Samson (D&T)	5-03.66
3.Charlotte Davies (HPX)	5-04.19
4.Zoe Whitten (MMK)	5-24.61
5.Michelle Feuster (B&B)	5-34.42
6.Sarah Burdett (E&H)	5-45.49
7.Louise O'Connell (SNH)	6-09.45

100 Metres Hurdles 'B' (+1.5)

1.Natalie Farman (HPX)	16.36
2.Vicki Wheatland (Colch)	16.76
3.Bethan Scanes (SNH)	21.97

400 Metres Hurdles 'B'

1. Emma Kavanagh (HPX)	64.69
2.Lucy Mapp (Colch)	76.31
3.Anne Rees (SNH)	80.84

High Jump 'B'

1.Vicky Wheatland (Colch)	1.55m
2.Jenny Hutchings (HPX)	1.50m
3.Nikki Andrews (SNH)	1.45m
4.Anne-Sophie Gnadou (B&B)	1.40m
5.Elena Cherry (D&T)	1.40m

Long Jump 'B'

1.Lorraine Ugen (B&B)(+1.2)	5.15m
2.Danielle Currie (HPX)(+2.0)	4.96m
3.Wendy Meadow-Smith(SNH)(+2.2)	4.11m
4.Cassie Ismailah (E&H)(+1.3)	3.58m
5.Hanna Richardson (D&T)(+1.1)	3.40m
6.Diane Baldwin (MMK)(+1.2)	3.11m

### Shot 'A'

1.Catherine Holdsworth(Colch)	11.72m
2.Briony Phillips (HHH)	11.46m
3.Bunmi Awokoya(SNH)	10.59m
4.Laura Jones (HPX)	10.55m
5.Emma Beales (MMK)	10.54m
6.Ann-Sophie Gnadou (B&B)	9.91m
7.Evaun Williams (E&H)	8.86m
8.Brandy Shiels (D&T)	8.22m

### Discus 'A'

1.Emma Beales (MMK)	39.89m
2.Briony Phillips (HHH)	32.98m
3.Evaun Williams (E&H)	29.24m
4.Lauren Scanes (SNH)	26.43m
5.Charlotte Brooks (D&T)	25.98m
6.Katie Graham (HPX)	25.10m
7.Catherine Holdsworth (Colch)	23.15m
8.Ella Fisher (B&B)	8.65m

### Javelin 'A'

1.Peta Lundgren (HPX)	38.34m
2.Catherine Holdsworth (Colch)	36.17m
3.Uta Stobbe (E&H)	35.04m
4.Emma Beales (MMK)	31.70m
5.Briony Phillips (HHH)	30.16m
6.Liz Gale (D&T)	27.75m
7.Anne Sophie-Gnadou (B&B)	25.65m
8.Dendra Smith (SNH)	24.54m

### 4 x 100 Metres Relay

1.Colchester Harriers	49.32
2.Enfield & Haringey	50.37
3.Herts Phoenix	50.38
4.Stevenage & North Herts	52.89
5.Herne Hill Harriers	54.10
6.Dacorum & Tring	55.16

### Shot 'B'

1.Nicola Gaisford (Colch)	9.41m
2.Peta Lundgren (HPX)	8.97m
3.Anne Rees (SNH)	7.86m
4.Gabriela Roseje (HHH)	7.72m
5.Chloe Shaw (B&)	7.60m
6.Yvonne Jacobs (E&H)	6.48m
7.Diane Baldwin (MMK)	4.81m

### Discus 'B'

1.Peta Lundgren (HPX)	23.37m
2.Brandie Shiels (D&T)	21.81m
3.Gabriella Roseje (HHH)	19.87m
4.Yvonne Jacobs (E&H)	17.32m
5.Emily Fisher (Colch)	15.70m
6.Jan Gates (SNH)	13.12m

### Javelin 'B'

1.Katie Grehan (HPX)	34.76m
2.Felicia Rudolfo (E&H)	32.42m
3.Jade Morgan (Colch)	24.07m
4.Hannah Richardson (D&T)	22.34m
5.Anna Rees (SNH)	17.11m
6.Barbara Macanas (HHH)	16.07m
7.Chloe Shaw (B&B)	13.29m

### Trophy Result

1.Herts Phoenix	183
2. Colchester Harriers	165
3. Stevenage & North Herts	139
4. Herne Hill Harriers	131
5. Enfield & Haringey	129
6. Blackheath & Bromley	103
7.Dacorum & Tring	98
8. Marshall Milton Keynes	76

Alpha – U15 Girls

100 Metres 'A' (nwr)

1.Jodie Williams (HPX)	12.0 (N.M.R.)
2.Bianca Williams (E&H)	13.3
3.Danni Town (D&T)	13.4
4.Kelly Sutton (Colch)	13.4
5.Hazel Ashby (HHH)	13.7
6.Monica Hamilton (SNH)	14.3
7.Elisa Sargent (B&B)	14.3
8.Jessica Bladerstone (MMK)	14.5

100 Metres 'B' (+2.7)

1.Desiree Henry (E&H)	12.84
2.Amie Speller (Colch)	13.33
3.Pippa Mills (D&T)	13.54
4.Francis Slater (HPX)	13.62
5.Brianne King (HHH)	13.71
6.Ayoni Williams (B&B)	13.75
7.Janet Browne (SNH)	14.15
8.Elizabeth Read (MMK)	14.19

200 Metres 'A' (+1.7)

1.Jodie Williams (HPX)	24.14(N.M.R.)
2.Desiree Henry (E&H)	26.70
3.Kelly Sutton (Colch)	27.16
4.Danni Town (D&T)	27.59
5.Becky Hardy (MMK)	28.05
6.Jessica Moore (B&B)	28.55
7.Janet Browne (SNH)	30.28

200 Metres 'B' (+1.1)

1.Emily Moore (Colch)	27.21
2.Donna Ree Bennett (E&H)	27.24
3.Pippa Mills (D&T)	28.31
4.Isabelle Cacciaturie (HPX)	28.61
5.Ayoni Williams (B&B)	29.49
6.Alice Rackham (SNH)	30.05

800 Metres 'A'

1.Katie Brown (E&H)	2-26.67
2.Laura Brown (D&T)	2-33.88
3.Ella Lloyd (HPX)	2-36.03
4.Devon Byrne (MMK)	2-36.50
5.Amber Wright (HHH)	2-37.96
6.Alex Gates (SNH)	2-38.31
7.Rachel Robinson (B&B)	2-40.17
8.Kirsty Straiton (Colch)	2-47.14

800 Metres 'B'

1.Charlotte Kerr (E&H)	2-30.47
2.Sophie Olah (D&T)	2-34.71
3.Abbie Griffiths (HPX)	2-37.37
4.Leila Abandah (HHH)	2-41.03
5.Charlotte Baird (SNH)	2-48.13
6.Rhianna Bath (Colch)	3-04.45

1500 Metres 'A'

1.Katie Snowden (HHH)	5-06.18
2.Elle Roche (MMK)	5-09.53
3.Lizzie Bird (HPX)	5-25.81
4.Becky Armorgie (D&T)	5-26.36
5.Annabel Abbott (Colch)	5-28.09
6.Hope Stenning (B&B)	5-32.67
7.Sarah Hickman (E&H)	5-58.40
8.Nicola Yates (SNH)	6-06.51

1500 Metres 'B'

1.Alex Eykelbosch (D&T)	5-32.05
2.Amber Read (B&B)	5-35.63
3.Amy Gardner (Colch)	6-01.77
4.Sarah Harizi (E&H)	6-02.92
5.Billie Warner (HPX)	6-15.14
6.Laura Feeley (SNH)	6-59.57

75 Metres Hurdles 'A' (+4.0)

1.Emily Moore (Colch)	11.61
2.Sophie Lee (D&T)	12.60
3.Sinead Worrell (HHH)	13.55
4.Gemma Armorgie (HPX)	13.55
5.Devon Byrne (MMK)	13.67
6.Miriam Daurat (E&H)	13.79
7.Laura Agnew (SNH)	14.00

High Jump 'A'

1.Gemma Armorgie (HPX)	1.48m
2.Sophie Lee (D&T)	1.45m
3.Elizabeth Grimsey (E&H)	1.40m
4.Janet Browne (SNH)	1.35m
5.Rachel Gooday (Colch)	1.35m
6.Leila Abaodah (HHH)	1.35m
7.Francis Road (B&B)	1.30m
8.Elizabeth Read (MMK)	1.20m

Long Jump 'A'

1.Jodie Williams (HPX)	5.13m(+1.7)
2.Danielle Town (D&T)	4.61m(+2.2)
3.Kike Solanke (E&H)	4.56m(+2.0)
4.Elex Gates (SNH)	4.54m(+1.3)
5.Hazel Ashby (HHH)	4.42m(+1.7)
6.Devon Byrne (MMK)	4.41m(+2.3)
7.Frances Read (B&B)	4.22m(+4.1)
8.Rachel Gooday (Colch)	4.06m(+2.2)

Shot 'A'

1.Sarah Miller (HPX)	9.60m
2.Amy Johnston (E&H)	9.56m
3.Rebecca Hardy(MMK)	8.90m
4.Deborah Ibidone (HHH)	8.44m
5.Ayo Awokoya (SNH)	8.37m
6.Rachel Gooday (Colch)	7.90m
7.Ellie Harrison (D&T)	6.99m
8.Ayoni Williams (B&B)	5.33m

Discus 'A'

1.Sarah Miller (HPX)	27.91m
2.Amy Johnston (E&H)	27.22m
3.Hafizah Howell (HHH)	22.28m
4.Natalie Pearson (Colch)	18.90m
5.Zoe Rogers (MMK)	17.91m
6.Monica Hamilton (SNH)	14.51m
7.Laura Brown (D&T)	13.64m

75 Metres Hurdles 'B' (+1.6)

1.Jessica Balderstone (MMK)	13.21
2.Courtney Williams (D&T)	13.71
3.Brianne King (HHH)	14.07
4.Janet Browne (SNH)	14.09
5.Rachel Swain (Colch)	15.35
6.Shannon Proctor (HPX)	16.25

High Jump 'B'

1.Ellie Harrison (D&T)	1.45m
2.Alice Rackham (SNH)	1.30m
3.Miriam Daurat (E&H)	1.30m
4.Amber Wright (HHH)	1.30m
5.Jessica Balderston (MMK)	1.10m
6.Shannon Proctor (HPX)	1.00m

Long Jump 'B'

1.Rebecca Hardy (MMK)(+1.3)	4.28m
2.Mary Fasipe (E&H)(+1.6)	4.28m
3.Jessica Moore (B&B)(+3.5)	4.13m
4.Sinead Worrell (HHH)(+1.9)	4.10m
5.Miriam Franklin (HPX) (+1.2)	4.00m
6.Pippa Mills (D&T)(+2.4)	4.00m
7.Amie Speller (Colch)(+2.6)	3.98m
8.Laura Agnew (SNH)(+1.0)	3.89m

Shot 'B'

1.Sinead Worrell (HHH)	8.31m
2.Iyabo Adekunle (E&H)	8.31m
3.Zoe Rogers (MMK)	7.84m
4.Emma Dudley (HPX)	5.77m
5.Kelly Sutton (Colch)	5.71m
6.Courtenay Williams (D&T)	5.37m
7.Martina Barber (SNH)	4.61m
8.Eliza Sargeant (B&B)	3.86m

Discus 'B'

1.Lakesha Abrams-Quamina (HHH)	19.72m
2.Iyabo Adekunle (E&H)	19.39m
3.Rosemary Goodship (HPX)	15.06m
4.Becky Armorgie (D&T)	13.30m
5.Kirsty Straiton (Colch)	9.77m

Javelin 'A'

1.Natalie Pearson (Colch)	22.95m
2.Sarah Miller (HPX)	22.43m
3.Zoe Rogers (MMK)	20.38m
4.Elizabeth Grimsey (E&H)	15.18m
5.Courtenay Williams (D&T)	14.98m
6.Leila Abahdan (HHH)	11.07m
7.Francisca Read (B&B)	10.14m
8.Martina Barber (SNH)	7.14m

Javelin 'B'

1.Annabelle Abbott (Colch)	17.86m
2.Sharoy Kazihra (E&H)	14.65m
3.Rose Goodship (HPX)	14.20m
4.Ellie Harrison (D&T)	12.88m
5.Hafizah Howell (HHH)	10.55m
6.Ayo Awokaya (SNH)	6.71m

4 x 100 Metres Relay

1.Herts Phoenix	52.82
2.Colchester Harriers	53.38
3.Dacorum & Tring	55.22
4.Herne Hill Harriers	56.31
5.Marshall Milton Keynes	57.30
6.Stevenage & North Herts	60.63

Trophy Result

1.Herts Phoenix	149
2.Enfield & Haringey	140
3.Dacorum & Tring	138
4.Colchester Harriers	120
5.Herne Hill Harriers	113
6.Marshall Milton Keynes	94
7.Stevenage & North Herts	84
8.Blackheath & Bromley	54

**Combined Senior & Under 15 Scores**

Herts Phoenix	332
Colchester Harriers	285
Enfield & Haringey	269
Herne Hill Harriers	244
Dacorum & Tring	236
<u>Stevenage &amp; Nth Herts</u>	<u>223</u>
Marshall Milton Keynes	170
Blackheath & Bromley	157

Marshall Milton Keynes & Blackheath & Bromley relegated to Beta Trophy in 2009

**Beta - Senior Women**100 Metres 'A' (+3.3)

1.Tara Kafke (Rad)	12.33
2.Lyndsey North (Chelm)	12.56
3.Claire Brenna (Hav)	13.09
4.Krystina Francis (TVH)	13.24
5.Kelsey Boosey (Thur)	13.37
6.Mary Ryan (Lought)	13.80
7.Nella Katula (VPH&TH)	14.47
8.Ebele Ojechi (K&P)	19.86

100 metres 'B' (nwr)

1.Ria Ali-Jackson (Chelm)	13.21
2.Lydia St Ange (Hav)	13.21
3.Lauren Grace (Rad)	13.53
4.Chiamaka Ojechi (K&P)	14.04
5.Abby Adesina (VPH&TH)	14.36
6.Lynn Talbert (Thur)	14.62
7.Gabrielle Brooks (Lought)	16.89

200 Metres 'A' (+1.2)

1.Lyndsey North (Chelm)	26.23
2.Mary Iheke (K&P)	26.37
3.Avagay Smith (VPH&TH)	26.50
4.Kay Reynolds (Rad)	26.66
5.Zoe Young (Hav)	27.68
6.Amie Harrison (Lought)	30.07

400 Metres 'A'

1.Mary Iheke (K&P)	58.80
2.Fatima Bangura (VPH&TH)	60.31
3.Nicola Hill (Hav)	61.12
4.Tar Kafke (Rad)	61.34
5.Caroline Read (Lought)	65.83
6.Lynn Talbert (Thur)	68.70

800 Metres 'A'

1.Karolin Tsarski (TVH)	2-15.13
2.Alice Middleton (VPH&TH)	2-16.02
3.Jennifer Sutherland (Rad)	2-28.33
4.Alex Beard (Hav)	2-31.26
5.Katie-Ann Tuttlebury (Chelm)	2-32.44
6.Caroline Real (Lought)	2-32.49
7.Dani Thomas (Thur)	2-44.47
8.Francesca Currie (K&P)	2-44.55

1500 Metres 'A'

1.Hayley Page (Hav)	5-08.59
2.Dani Thomas (Thur)	5-20.13
3.Moira Thresher (Rad)	5-38.09
4.Michelle Hurley (Lought)	5-41.70

100 Metres Hurdles 'A' (+2.9)

1.Kay Reynolds (Rad)	14.70
2.Claire Brennan (Hav)	16.31
3.Harriett Lester (K&P)	18.17
4.Avagay Smith (VPH&TH)	21.63
5.Lorna Gaffney (Lought)	23.43

400 Metres Hurdles 'A'

1.Paula Woodland (Rad)	68.61
2.Cathy Mathews (Hav)	77.15
3.Amie Harrison (Lought)	81.90

200 metres 'B' (+1.7)

1.Claire Brennan (Hav)	27.72
2.Lauren Grace (Rad)	27.79
3.Sally Hoyle (Chelm)	27.80
4.Amanda Ranger (VPH&TH)	28.42
5.Mary Ryan (Lought)	28.96
6.Katja Schlerf (K&P)	29.52

400 Metres 'B'

1.Lauren Tolmie (Rad)	63.96
2.Nina Brennan (Hav)	65.10
3.Anna Schlerf (K&P)	66.48
4.Lorna Gaffney (Lought)	68.62
5.Nicola Page (Thur)	71.87

800 Metres 'B'

1.Brogan Percy (VPH&TH)	2-31.34
2.Jemma Grace (Rad)	2-51.80
3.Gabrielle Brooks (Lought)	2-53.60

1500 Metres 'B'

1.Gabrielle Brooks (Lought)	5-47.10
2.Nicola Page (Thur)	6-05.61

100 Metres Hurdles 'B' (+1.8)

1.Nicola Hill (Hav)	16.07
2.Paula Woodland (Rad)	18.27
3.Barbara Higgins (Lought)	27.83

400 Metres Hurdles 'B'

1.Lauren Tolmie (Rad)	72.60
2.Lorna Gaffney (Lought)	83.47

### High Jump 'A'

1.Kizzi Barazetti (TVH)	1.55m
2.Bethan Siddons (Hav)	1.55m
3.Lucy Howes (Thur)	1.55m
4.sarah Dutton (Rad)	1.55m
5.Amanda Ranger (VPH&TH)	1.45m
6.Ellie Watson (Chelm)	1.40m
7.Mary Iheke (K&P)	1.35m
8.Lorna Gaffney (Lought)	1.20m

### Long Jump 'A'

1.Amanda Ranger (VPH&TH)	5.61m(+1.9)
2.Rebekah Wiltshire (TVH)	5.14m(+0.5)
3.Lyndsey North (Chelm)	4.95m(+0.8)
4.Zoe Young (Hav)	4.82m(+3.0)
5.Harriet Lester (K&P)	4.63m(+0.7)
6.Emily Barrett (Thur)	4.51m(+2.3)
7.Paula Woodland (Rad)	4.12m(+1.9)
8.Mary Ryan (Lought)	3.69m(+4.0)

### Shot 'A'

1.Abigail Moramkeji (TVH)	11.86m
2.Mel Harrison (Hav)	11.22m
3.Sue Lawrence (Thur)	10.33m
4.Camilla Thrush (K&P)	10.11m
5.Natasha Mighty (Rad)	10.09m
6.Ria Ali-Jackson (Chelm)	8.70m
7.Lancia Joseph (VPH&TH)	7.48m
8.Caroline Real (Lought)	6.22m

### Discus 'A'

1.Melanie Harrison (Hav)	36.54m
2.Leanna Davies (Thur)	33.41m
3.Camilla Thrush (K&P)	30.20m
4.Shirley Quinn (Chelm)	29.35m
5.Hannah Tartaglia (Rad)	26.56m
6.Jo Ward (VPH&TH)	21.03m
7.Michelle Hurley (Lought)	17.27m
8.Shanai Bogle (TVH)	17.10m

### Javelin 'A'

1.Zoe Young (Hav)	32.77m
2.Sue Lawrence (Thur)	32.23m
3.Katie Sanderson (TVH)	29.94m
4.Brogan Percy (VPH&TH)	28.38m
5.Aislinn Baird (Rad)	27.77m
6.Camila Thrush (K&P)	25.95m
7.Miss Barclay(Lought)	15.68m

### High Jump 'B'

1.Mercedes McPherson (TVH)	1.50m
2.Kay Reynolds (Rad)	1.50m
3.Jaz Chukwuonu (VPH&TH)	1.45m
4.Angela James (Hav)	1.40m
5.Emelie Barrett (Thur)	1.25m
6.Harriet Lester (K&P)	1.20m
7.Lara Regan (Lought)	1.10m

### Long Jump 'B'

1.Simone Keisha (VPH&TH)(+2.1)	4.87m
2.Hannah Besford (Chelm)(+0.4)	4.45m
3.Anna Schlerf (K&P)(+1.6)	4.03m
4.Louise Brown (Rad)(+0.5)	3.99m
5.Nicola Page (Thur)(+1.0)	3.73m
6.Cathy Matthews (Hav)(+1.5)	3.59m
7.Amie Harrison (Lought)(+1.8)	3.37m

### Shot 'B'

1.Kay Reynolds (Rad)	8.65m
2.Samantha Hill (Hav)	8.29m
3.Sarah Besford (Chelm)	8.12m
4.Lucy Howes (Thur)	7.94m
5.Shalai Bogle (TVH)	6.32m
6.Wunmi Ogbard (VPH&TH)	6.26m
7.Lara Regan (Lought)	5.90m
8.Francesca Currie (K&P)	5.70m

### Discus 'B'

1.Sue Lawrence (Thur)	32.94m
2.Jacqui Cherry (Rad)	25.41m
3.Samantha Hill (Hav)	22.66m
4.Sarah Besford (Chelm)	21.27m
5.Caroline Real (Lought)	15.79m
6.Wunmi Ogboro (VPH&TH)	14.81m
7.Anna Schlerf (K&P)	13.82m

### Javelin 'B'

1.Kay Reynolds(Rad)	27.46m
2.Nancia Joseph (VPH&TH)	26.52m
3.Angela James (Hav)	25.59m
4.Kelsey Boosey(Thur)	15.33m
5.Lorna Gaffney (Lought)	12.33m
6.Katja Schlerf (K&P)	6.90m

4 x 100 Metres Relay

1.Havering Mayesbrook	51.42
2.Radley	52.20
3.Thames Valley	53.07
4.Kingston & Poly	54.61
5.Loughton	55.82
VPH Disq	

Trophy Result

1.Radley	176
2.Havering	169
3.Loughton	117
4.VPH&TH	113
5.Thurrock	110
6.Kingston & Poly	99
7.Chelmsford	82
8.TVH	77

**Beta U15 Girls**100 Metres 'A' (nwr)

1.Stephanie Steele-Boyce (VPH&TH)	13.12
2.Roushell Campbell (TVH)	13.24
3.? (Chelmsford)	13.55
4.Rebecca Connelly (Thur)	13.80
5.Sophie Peel (K&P)	13.84
6.Grace Taylor (Rad)	14.03
7.Deborah Knight (Hav)	14.21
8.Charlotte Gibbins (Lought)	14.24

100 Metres 'B' (nwr)

1.Nancy Le Beau (Thur)	13.14
2.Leanne Spurway (Rad)	13.49
3.Tara St Louis (VPH&TH)	14.03
4.Grace Andam (TVH)	14.89
5.Jess Seekings (Hav)	15.15
6.Emily Gibbins (Lought)	15.82

200 Metres 'A' (+1.9)

1.Roushell Campbell (TVH)	26.56
2.Stephanie Steele-Boyce (VPH&TH)	27.30
3.Susan Keet (Rad)	28.08
4.Charlotte Gibbins (Lought)	30.46
5.Nicola Peachey (Hav)	31.00
Rebecca Connolly (Thur) - Disq	

200 Metres 'B' (+2.2)

1.Hayley McLean (Thur)	27.52
2.Adebesi Alakan (VPH&TH)	28.61
3.Grace Taylor (Rad)	28.81
4.Grace Andam (TVH)	30.95
5.Jess Seekings (Hav)	32.23

800 Metres 'A'

1.Sophie Crofts (Thur)	2-38.85
2.Shannon Sullivan (Hav)	2-40.05
3.Sara Elikarate (Rad)	2-41.41
4.Ella Julien (TVH)	2-55.75
5.Emily Gibbins (Lought)	3-07.03

800 Metres 'B'

1.Rebecca Barnard (Thur)	2-45.94
2.Cleo Gaffney (Lought)	3-23.82

1500 Metres 'A'

1.Jessica Judd (Thur)	4-46.62
2.Eleanor Bounds (Hav)	4-50.22
3.Kathy Clitherow (Rad)	5-28.13
4.Rebecca Power-Ross (TVH)	5-54.08
5.Abigail Jowett (VPH&TH)	6-02.49
6.Katie Brooks (Lought)	7-39.33

1500 Metres 'B'

1.Rachael Sadler (Hav)	5-13.84
2.Jess East (Rad)	5-35.12
3.Hollie Martin-Wood (Thur)	5-55.30

75 Metres Hurdles 'A' (+2.0)

1.Nancy Le Beau (Thur)	12.29
2.Selina Constantine (VPH&TH)	12.65
3.Nicola Peachey (Hav)	13.12
4.Sophie Peel (K&P)	13.42
5.Luccia Rennie (Rad)	14.74

High Jump 'A'

1.Grace Taylor (Rad)	1.35m
2.Monique Ohiaeri (Thur)	1.30m
3.Ella Julien (TVH)	1.25m
4.Tiyonne Monville (VPH&TH)	1.15m
5.Cleo Gaffney (Lought)	1.10m

Long Jump 'A'

1.Nancy Le Beau (Thur)	4.82m(+1.3)
2.Hannah Hoyle (Chelm)	4.78m(+1.5)
3.Susan Keet (Rad)	4.42m(+3.1)
4.Nicola Peachey (Hav)	4.23m(+2.1)
5.Lucy Clacher (K&P)	4.16m(+1.9)
6.Roushell Campbell (TVH)	3.94m(+1.6)
7.Zhane Brown (VPH&TH)	3.94m(+1.7)
8.Charlotte Gibbins (Lought)	3.91m(+2.4)

Shot 'A'

1.Emma OHara (Rad)	8.41m
2.Annie Adewde (Thu)	8.23m
3.Debbie Knight (Hav)	7.89m
4.Deanne Edwards (TVH)	7.88m
5.Tara St Louis (VPH&TH)	6.20m
6.Ellie Shillaker (Lought)	5.86m
7.Rahannah G-Vernon (K&P)	5.82m

Discus 'A'

1.Emma O'Hara (Rad)	23.19m
2.Sophie Baggs (Hav)	22.04m
3.Deanna Edwards (TVH)	19.70m
4.Anna Adewole (Thur)	17.37m
5.Patricia Katula (VPH&TH)	12.46m
6.Ellie Shillaker (Lought)	12.26m

Javelin 'A'

1.Debbie Knight (Hav)	29.30m
2.Rahanna Gillette-Vernon (K&P)	26.56m
3.Serina Swaby-Constanin (VPH&TH)	17.63m
4.Ellie Shillaker (Lought)	14.17m
5.Emily Dobson (Rad)	13.84m
6.Annie Adewole (Thur)	11.01m

75 Metres Hurdles 'B' (nwr)

1.Hayley McLean (Thur)	12.6
2.Lucy Clacher (K&P)	13.3
3.Adebisi Alakan (VPH&TH)	14.7
4.Susan Keet (Rad)	15.0
5.Jess Seekings (Hav)	16.2

High Jump 'B'

1.Sophie Henderson (Rad)	1.25m
2.=Vanessa Owuso (VPH&TH)	1.00m
= Katie Brooks (Lought)	1.00m

Long Jump 'B'

1.Kim Sutherland (Rad)(+0.5)	4.35m
2.Rebecca Connolly (Thur)(+1.2)	4.26m
3.Shannon Sullivan (Hav)((+1.5)	3.33m
4.Grace Andam (TVH)(-1.0)	2.94m
5.Cleo Gaffney (Lought)(+1.0)	2.51m

Shot 'B'

1.Sophie Baggs (Hav)	7.62m
2.Sophie Henderson (Rad)	6.98m
3.Hollie Martin-Wood (Thur)	5.65m
4.Zhane Brown (VPH&TH)	5.02m
5.Rebecca Power (TVH)	4.61m
6.Katie Brooks (Lought)	4.13m

Discus 'B'

1.Laura Drew (Hav)	18.20m
2.Hollie Martin-Wood (Thur)	14.69m
3.Rebecca Power (TVH)	13.48m
4.Luccia Rennie (Rad)	12.18m

Javelin 'B'

1.Laura Drew (Hav)	18.81m
2.Freya Corcoran (Thur)	9.35m
3.Emma O'Hara (Rad)	8.21m
4.Emily Gibbins (Lought)	6.34m
5.Tara St Louis (VPH&TH)	6.18m

4x 100 Metres Relay

1.Radley	54.83
2.VPH&TH	55.14
3.Thurrock	55.99
4.Thames Valley Harriers	57.79
5.Havering Mayesbrook	60.44
6.Loughton	62.12

Trophy Result

1.Thurrock	150
2. Radley	148
3. Havering Mayesbrook	126
4.VPH&TH	108.5
5.TVH	93
6.Loughton	80.5
7. Kingston & Poly	39
8. Chelmsford	17

Combined Seniors & U15 Results

1.Radley	324
<u>2. Havering Mayesbrook</u>	<u>295</u>
3.Thurrock Harriers	260
4.VPH&TH	221.5
5.Loughton	197.5
6.TVH	170
7.Kingston & Poly	138
8.Chelmsford	99

Radley & Havering Mayesbrook promoted to the Alpha Trophies for 2009

Non-Scoring Events200 Metres – U17 Women (+1.3)

1.Deborah Funiathu (VPH&TH)	27.10
2.Hannah Lintott (HPX)	27.46
3.Symone Keisha (VPH&TH)	27.88
4.Emily Dallimore (Rad)	29.91
5.Rachel Hancox (Rad)	31.02

200 Metres –U17 Women (+1.0)

1.Jennifer Sutherland (Rad)	28.69
2.Moira Thresher (Rad)	29.86
3.Louise Brown (Rad)	29.86
4.Katherine Clitheroe (Rad)	31.82
5.Gabriella Roseje (HHH)	34.81

300 Metres – U17 Women

1.Jessica Cutts (Colch)	42.5
2.Steph Sattin (HPX)	43.1
3.Rebekah Wiltshire (TVH)	43.7
4.Deborah Funiathu (VPH&TH)	45.0
5.Moe Sasegban (SNH)	46.5
6.Elena Cherry (D&T)	47.9
7.Emily Dalimore (Rad)	48.2
8.Rachel Hancox (Rad)	50.2

800 Metres –U17 Women

1.Charlotte Cattle (HPX)	2-38.89
2.Jess Barber (SNH)	2-43.91