Southern Women's League Division 2N Match 2 Watford - 21/05/11

	Team		Score	
1	Watford		151	L
2	Ryston		141	R
3	Thurrock		137.5	T
4	W Suffolk		127	H
5	C&C		108	F
6	Highgate/Barnet		87	D
7	W Norfolk		72.5	O

Senior A 100m

					Wind
1	Emily Rogers	U20	W Suffolk	13.1	7
2	Shimaala Harewood	U20	Watford	13.1	6
3	Nancy Le Beau	U20	Thurrock	13.5	5
4	Jenni Corbett	U20	C&C	14.1	4
5	Alima Diabate	U23	Highgate/Barnet	14.2	3
6	Ella Garner	U20	Ryston	17.8	2
7					1

Senior B 100m

					Wind
1	Natalie Le Beau	SW	Thurrock	13.3	7
2	Abi Simonds	U20	Ryston	14.1	6
3	Amanda Rochester	W45	Highgate/Barnet	14.5	5
4	Alison Putko	SW	Watford	15.1	4
5	Dawn Mason	W50	W Suffolk	17.5	3

Senior A 200m

					Wind
1	Emily Rogers	U20	W Suffolk	26.9	7
2	Natalie Le Beau	SW	Thurrock	27.8	6
3	Rachel Baust	SW	C&C	28.2	5
4	Claudine Bernard	W35	Highgate/Barnet	30.0	4
5	Gaye Clarke	V50	Ryston	30.2	3
6	Rebecca Cousins	SW	W Norfolk	31.0	2
7	Hannah Earnshaw	U20	Watford	32.1	1

Senior B 200m

					Wind
1	Jenni Corbett	U20	C&C	29.3	7
2	Lynn Talbert	W50	Thurrock	30.4	6
3	Natasha Ruffles	U20	Ryston	30.7	5
4	Alison Putko	SW	Watford	31.3	4
5	Katrina Wasteney	W35	W Norfolk	31.6	3
6	Dawn Mason	W50	W Suffolk	39.3	2
7					1

Senior A 400m

1	Rachel Baust	SW	C&C	63.3	7
2	Nicky Neill	W35	W Norfolk	64.0	6
3	Lynn Talbert	W50	Thurrock	67.7	5
4	Alison Putko	SW	Watford	71.3	4
5	Claudine Bernard	W35	Highgate/Barnet	72.0	3
6	Natasha Ruffles	U20	Ryston	75.8	2
7	Emily Baker	U20	W Suffolk	77.5	1

Senior B 400m

1	Emily Rogers	U20	W Suffolk	66.9	7
2	Katrina Wasteney	W35	W Norfolk	67.7	6
3	Rhonda Munnik	W35	Highgate/Barnet	68.1	5
4	Angela Halford	SW	Watford	69.8	4
5	Chanelle Naughton	SW	Ryston	79.8	3
6					2
7					1

Senior A 800m

1	Rhonda Munnik	SW	Highgate/Barnet	2:26.7	7
2	Danielle Todman	SW	W Suffolk	2:36.4	6
3	Alison Putko	SW	Watford	2:41.5	5
4	Anne Moindrot	SW	C&C	2:43.5	4
5	Charlotte Hunt	SW	Ryston	2:55.2	3
6					2
7					1

Senior B 800m

1	Charlotte Michael	U17	Highgate/Barnet	2:36.6	7
2	Angela Halford	SW	Watford	3:01.7	6
3	Chanelle Naughton	SW	Ryston	3:15.1	5
4					4
5					3
6					2
7					1

Senior A 1500m

1	Gemma Coe	SW	C&C	4:53.1	7
2	Natalie Wickings	U20	Watford	5:15.3	6
3	Nicky Neill	W35	W Norfolk	5:17.2	5
4	Charlotte Hunt	SW	Ryston	6:20.4	4
5					3
6					2
7					1

Senior B 1500m

1	Helen Grant	W45	C&C	5:49.3	7
2	Chanelle Naughton	SW	Ryston	6:28.9	6
3	Christine Dearman	W45	Watford	7:10.3	5
4					4
5					3
6					2
7					1

Senior A 3000m

1	Rebecca Cousins	SW	W Norfolk	10:53.1	7
2	Helen Grant	W45	C&C	11:46.0	6
3	Emily Baker	U20	W Suffolk	12:21.1	5
4	Angela Halford	SW	Watford	13:08.9	4
5	Charlotte Hunt	SW	Ryston	13:31.6	3
6					2
7					1

Senior B 3000m

1	Christine Dearman	W45	Watford	15:04.8	7
2	Gill Hart	W55	Ryston	15:13.8	6
3					5
4					4
5					3
6					2
7					1

Senior A 100mH

					Wind
1	Rachael Bentley	U20	Watford	18.7	7
2	Nancy Le Beau	U20	Thurrock	20.5	6
3	Ella Garner	U20	Ryston	21.8	5
4	Katrina Wasteney	W35	W Norfolk	21.9	4
5					3
6					2
7					1

Senior B 100mH

					Wind
1	Rebecca Barnard	U17	Thurrock	20.0	7
2	Angela Halford	SW	Watford	22.5	6
3	Astrid Takkenberg	SW	Ryston	23.1	5
4					4
5					3
6					2
7					1

Senior A 400mH

1	Danielle Todman	SW	W Suffolk	71.1	7
2	Rebecca Barnard	U17	Thurrock	72.7	6
3	Rachael Bentley	U20	Watford	73.3	5
4	Astrid Takkenberg	SW	Ryston	80.6	4
5	Anna Murray	W45	Highgate/Barnet	91.6	3
6					2
7					1

Senior B 400mH

1	Angela Halford	SW	Watford	83.8	7
2	Ella Garner	U20	Ryston	96.3	6
3	Alima Diabate	U23	Highgate/Barnet	1:41.3	5
4	Dawn Mason	W50	W Suffolk	1:51.9	4
5					3
6					2
7					1

Senior A High Jump

1	Ellie De Wild	U17	W Suffolk	1.60	7
2	Natalie Le Beau	SW	Thurrock	1.55	5.5
3	Emma Tilbrook	U17	W Norfolk	1.55	5.5
4	Jenni Corbett	U20	C&C	1.35	4
5	Gaye Clarke	W50	Ryston	1.35	3
6	Claudine Bernard	W35	Highgate/Barnet	1.30	2
7	Hannah Earnshaw	U20	Watford	1.30	1

Senior B High Jump

1	Tania Spurling	SW	W Suffolk	1.50	7
2	Brogan Webber	U20	W Norfolk	1.50	6
3	Amelia Sumun	U17	Thurrock	1.45	5
4	Astrid Takkenberg	SW	Ryston	1.35	4
5	Jenny Richards	U20	C&C	1.35	3
6	Sue Yeomans	V55	Watford	1.00	2
7					1

Senior A Pole Vault

1	Sue Yeomans	W55	Watford	2.60	7
2	Jo Isbill	W45	Ryston	2.40	6
3					5
4					4
5					3
6					2
7					1

Senior B Pole Vault

1	Hannah Earnshaw	U17	Watford	2.00	7
2	Becky Blakie	U17	Ryston	1.60	6
3					5
4					4
5					3
6					2
7					1

Senior A Long Jump Wind

1	Tania Spurling	SW	W Suffolk	5.49	7
2	Emma Tilbrook	U17	W Norfolk	4.99	6
3	Nancy Le Beau	U20	Thurrock	4.98	5
4	Abi Simonds	U20	Ryston	4.79	4
5	Anne Moindrot	SW	C&C	4.02	3
6	Tracey Dombey	W45	Watford	3.79	2
7	Juliet Kavanagh	W40	Highgate/Barnet	3.76	1

Senior B Long Jump Wind

1	Natalie Le Beau	SW	Thurrock	4.97	7
2	Gaye Clarke	W50	Ryston	4.49	6
3	Emily Rogers	U20	W Suffolk	4.28	5
4	Brogan Webber	U20	W Norfolk	3.97	4
5	Chris Salvary	W50	Highgate/Barnet	3.40	3
6	Alison Putko	SW	Watford	3.35	2
7					1

Senior A Triple Jump

					Wind
1	Tania Spurling	SW	W Suffolk	11.98	7
2	Shimaala Harewood	U20	Watford	11.74	6
3	Abi Simonds	U20	Ryston	10.02	5
4	Amelia Sumun	U17	Thurrock	9.55	4
5	Anne Moindrot	SW	C&C	9.25	3
6	Chris Salvary	W50	Highgate/Barnet	6.83	2
7					1

Senior B Triple Jump

					Wind
1	Chelsea Wade	U17	W Suffolk	10.37	7
2	Rebecca Barnard	U17	Thurrock	9.13	6
3	Becky Blakie	U17	Ryston	7.99	5
4	Tracey Dombey	W45	Watford	7.86	4
5	Anna Murray	W45	Highgate/Barnet	5.85	3
6					2
7					1

Senior A Shot Putt

1	Sue Lawrence	W40	Thurrock	11.10	7
2	Danielle Todman	SW	W Suffolk	10.47	6
3	Jenny Richards	U20	C&C	9.01	5
4	Zahra Akwpeju	U23	Highgate/Barnet	8.68	4
5	Ellie Dickinson	U17	Watford	7.59	3
6	Frankie Dack	U20	Ryston	6.07	2
7	Katrina Wasteney	W35	W Norfolk	5.90	1

Senior B Shot Putt

1	Hayley Sayer	U20	C&C	8.39	7
2	Juliet Kavanagh	W40	Highgate/Barnet	7.15	6
3	Linzi Boosey	U20	Thurrock	6.96	5
4	Emily Rogers	U20	W Suffolk	6.87	4
5	Tracey Dombey	W45	Watford	6.57	3
6	Jo Isbill	W45	Ryston	5.23	2
7					1

Senior A Discus

1	Sue Lawrence	W40	Thurrock	35.39	7
2	Zahra Akwpeju	U23	Highgate/Barnet	30.16	6
3	Anne Moindrot	SW	C&C	26.63	5
4	Ellie Dickinson	U17	Watford	25.16	4
5	Tania Spurling	SW	W Suffolk	22.32	3
6	Frankie Dack	U20	Ryston	18.54	2
7					1

Senior B Discus

1	Linzi Boosey	U20	Thurrock	22.95	7
2	Hayley Sayer	U20	C&C	19.99	6
3	Jo Isbill	W45	Ryston	17.78	5
4	Shannon Phillips	U17	Watford	17.45	4
5	Alima Diabate	U23	Highgate/Barnet	14.62	3
6	Dawn Mason	W50	W Suffolk	12.15	2
7					1

Senior A Hammer

1	Zahra Akwpeju	U23	Highgate/Barnet	40.21	7
2	Hayley Sayer	U20	C&C	40.15	6
3	Sue Lawrence	W40	Thurrock	37.02	5
4	Gaye Clarke	W50	Ryston	23.10	4
5	Christine James	W55	Watford	20.02	3
6	Dawn Mason	W50	W Suffolk	17.09	2
7					1

Senior B Hammer

1	Jenny Richards	U20	C&C	37.29	7
2	Linzi Boosey	U20	Thurrock	34.35	6
3	Frankie Dack	U20	Ryston	20.41	5
4	Sue Yeomans	W55	Watford	17.11	4
5	Anna Murray	W45	Highgate/Barnet	13.13	3
6	Emily Baker	U20	W Suffolk	3.68	2
7					1

Senior A Javelin

1	Sue Lawrence	W40	Thurrock	30.89	7
2	Tania Spurling	SW	W Suffolk	27.66	6
3	Rachael Bentley	U20	Watford	21.39	5
4	Jenny Richards	U20	C&C	20.66	4
5	Nicky Neill	W35	W Norfolk	19.10	3
6	Abi Simmonds	U20	Ryston	18.70	2
7	Alima Diabate	U23	Highgate/Barnet	11.86	1

Senior B Javelin

1	Linzi Boosey	U20	Thurrock	23.17	7
2	Chelsea Wade	U17	W Suffolk	22.36	6
3	Katrina Wasteney	W35	W Norfolk	13.67	5
4	Frankie Dack	U20	Ryston	12.38	4
5	Nicki Phillips	SW	Watford	12.20	3
6	Hayley Sayer	U20	C&C	10.26	2
7	Anna Murray	W45	Highgate/Barnet	9.33	1

Senior 4x100m

1	W Suffolk	SW	W Suffolk	55.3	7
2	Thurrock	SW	Thurrock	55.4	6
3	Watford	SW	Watford	57.9	5
4	Ryston	SW	Ryston	58.0	4
5	Highgate/Barnet	SW	Highgate/Barnet	59.0	3
6	W Norfolk	SW	W Norfolk	59.2	2
7					1

Senior 4x400m

1	W Norfolk	SW	W Norfolk	4:29.9	7
2	C&C	SW	C&C	4:32.2	6
3	Watford	SW	Watford	4:46.3	5
4	Ryston	SW	Ryston	5:18.9	4
5					3
6					2
7					1

	Gaye Clarke	W50	Ryston	15.65
	Alima Diabate	U23	Highgate/ Barnet	2.84
1st	Sara Stanton	W35	Highgate/ Barnet	13.7
	Ellie Dickinson	U17	Watford	13.23