

# GUARDIAN JUBILEE CUP Round 2

Held at Harrow Weald

25 June 1995

## 100 metres 'A'

1	SARAH CLAXTON	COLCHESTER	12.2
2	EMMA SYMONDS	NORFOLK OLY	12.3
3	TRACEY BISHOP	PARKSIDE	12.3
4	SARAH BARKER	T.V.H.	12.7
5	KERRY MINTON	ENFIELD	12.9
6	CAROLINE HEANEY	EALING & S.	13.9

## 200 metres 'A'

1	TRACEY BISHOP	PARKSIDE	25.5
2	SARAH BARKER	T.V.H.	25.8
3	EMMA SYMONDS	NORFOLK OLY	26.0
4	KERRY MINTON	ENFIELD	26.1
5	SARAH CLAXTON	COLCHESTER	26.2
6	CARMEN MICHALSKA	EALING & S.	27.3

## 400 metres 'A'

1	DYANNA CLARKE	T.V.H.	57.9
2	MELANIE BROWN	NORFOLK OLY	59.3
3	JACKIE RIPLEY	PARKSIDE	60.4
4	CARMEN MICHALSKA	EALING & S.	62.3
5	ABBIE BOYLE	COLCHESTER	63.0
6	AMANDA WILMER	ENFIELD	64.5

## 800 metres 'A'

1	MICHELLE HARRIES	PARKSIDE	2.10.2
2	DENISE MORLEY	COLCHESTER	2.20.2
3	RACHEL BULLER	NORFOLK OLY	2.20.3
4	SONIA MHOLOMA	T.V.H.	2.27.6
5	JENNY ROGERS	ENFIELD	2.28.6
6	WENDY KING	EALING & S.	2.35.8

## 1500 metres 'A'

1	ANDREA WHITCOMBE	PARKSIDE	4.24.1
2	CHARLOTTE GOFF	COLCHESTER	4.44.9
3	RACHAEL SPEERS	NORFOLK OLY	4.47.5
4	LOIS JOSLIN	ENFIELD	5.09.5
5	WENDY KING	EALING & S.	5.28.7
6	YVONNE THOMAS	T.V.H.	6.33.6

## 5000 metres 'A'

1	ALICE HANSON	PARKSIDE	18.14.3
2	VICKI HILL	ENFIELD	18.49.4
3	JANE HORNER	NORFOLK OLY	19.14.2
4	GRACE GREENHALGH	COLCHESTER	19.45.7
5	GILLIAN MORGAN	EALING & S.	20.49.1
6	LESLIE WATSON	T.V.H.	24.52.1

## 100 metres hurdles 'A'

1	LESLEY LAVERS	PARKSIDE	16.3
2	STEPHANIE PAUL	EALING & S.	16.7
3	AUDREY SMITH	T.V.H.	17.2
4	CAROLE FILER	NORFOLK OLY	17.9
5	JEAN JOHNSON	COLCHESTER	21.4

## 400 metres hurdles 'A'

1	DYANNA CLARKE	T.V.H.	65.9
2	LYNDESEY YELLOP	NORFOLK OLY	71.0
3	LINDA WELSH	PARKSIDE	71.1
4	CAROLINE HEANEY	EALING & S.	71.7
5	LOIS JOSLIN	ENFIELD	72.0
6	HELEN BLOOMFIELD	COLCHESTER	77.0

**4 x 100 metres relay 'A'**

1	T. BISHOP / J. RIPLEY / C. STEAD / M. TURNER	PARKSIDE	49.9
2	C. FILER / E. SYMONDS / E. GRAVES / M. BROWN	NORFOLK OLY	50.4
3	D. DANDEMONDIE / R. BAKER / M. OHWU / J. BARKER	T.V.H.	51.2
4	C. MICHALSKA / N. HUSSEIN / N. BRAITHWAITE / S. FRANCIS	EALING & S.	51.3
5	MINTON / ABBOT / MARTIN / SILVEY	ENFIELD	51.4
6	H. BLOOMFIELD / A. BOYLE / D. MAELEY / S. CLAXTON	COLCHESTER	52.4

**4 x 400 metres relay 'A'**

1	J. RIPLEY / A. WHITCOMBE / A. MCDONNELL / M. HARRIES	PARKSIDE	3.58.2
2	L. YELLOP / R. SPEERS / R. BULLER / M. BROWN	NORFOLK OLY	4.06.7
3	A. SMITH / R. BARKER / S. BARKER / D. CLARKE	T.V.H.	4.09.3
4	D. MORLEY / H. BLOOMFIELD / C. GOFF / A. BOYLE	COLCHESTER	4.16.2
5	WILMER / MARTIN / ROGERS / HILL	ENFIELD	4.20.1
6	C. HEANEY / W. KING / S. PAUL / C. MICHALSKA	EALING & S.	4.22.9

**High Jump 'A'**

1	IONE FRASER	T.V.H.	1.65	1.50-1	1.55-1	1.60-1	1.65-2	1.68-3f
2	LESLEY LAVERS	PARKSIDE	1.60	1.50-1	1.55-1	1.60-1	1.65-3f	
3	STEPHANIE PAUL	EALING & S.	1.60	1.50-1	1.55-1	1.60-3	1.65-3f	
	ANNE WHITE	ENFIELD	1.60	1.45-1	1.50-1	1.55-1	1.60-3	1.63-3f
5	SARAH CLAXTON	COLCHESTER	1.55	1.40-1	1.45-1	1.50-2	1.55-1	1.60-3f
6	EMMA GRAVES	NORFOLK OLY	1.45	1.30-1	1.40-1	1.45-2	1.50-3f	

**Long Jump 'A'**

1	CAROLINE STEAD	PARKSIDE	5.71	NJ	5.46	NJ	5.59	5.71	5.67
2	HELEN SILVEY	ENFIELD	5.58	4.38	5.27	5.58	NJ	5.35	5.42
3	SARAH CLAXTON	COLCHESTER	5.52	5.52	NJ	NJ	NJ	5.46	-
4	CAROLE FILER	NORFOLK OLY	5.25	NJ	4.79	4.99	5.06	5.04	5.25
5	REBECCA BAKER	T.V.H.	5.13	NJ	5.06	5.13	4.95	4.41	4.49
6	STEPHANIE PAUL	EALING & S.	5.08	4.81	5.08	4.90	4.95	4.79	NJ

**Triple Jump 'A'**

1	CAROLINE STEAD	PARKSIDE	12.14	NJ	10.54	11.91	12.14	11.89	NJ
2	HELEN SILVEY	ENFIELD	11.03	11.03	11.02	10.89	10.90	NJ	NJ
3	EMMA GRAVES	NORFOLK OLY	11.01	11.01	10.57	11.00	10.10	-	11.01
4	MAUREEN OKWU	T.V.H.	10.97	10.69	10.58	10.97	10.96	10.60	NJ
5	STEPHANIE PAUL	EALING & S.	10.88	NJ	10.34	10.88	10.69	10.30	-
6	JEAN JOHNSON	COLCHESTER	10.25	10.09	10.25	10.00	NJ	9.74	-

**Shot Putt 'A'**

1	ANNA-LISA HOWARD	NORFOLK OLY	11.95	11.56	11.34	11.02	10.93	NT	11.95
2	WENDY DUNSFORD	PARKSIDE	9.82	9.08	9.16	9.53	9.60	9.63	9.82
3	TASHA ST. SMITH	ENFIELD	9.12	7.70	9.00	8.90	9.12	NT	NT
4	ROWENA MCMILLAN	EALING & S.	8.26	7.96	7.69	7.90	8.26	7.45	NT
5	SONIA UKOLOMA	T.V.H.	7.30	7.18	7.11	7.30	6.11	6.73	6.60
6	SUSAN MCCANN	COLCHESTER	6.50	6.21	6.13	6.04	6.23	6.50	6.00

**Discus Throw 'A'**

1	KATE SEMUS	PARKSIDE	38.26	34.10	34.28	NT	NT	38.26	NT
2	TASHA ST. SMITH	ENFIELD	37.80	37.38	NT	34.16	37.80	37.10	NT
3	ROWENA MCMILLAN	EALING & S.	27.58	25.34	NT	NT	24.14	NT	27.58
4	LAUREN GAVIN	T.V.H.	26.28	25.02	26.28	25.68	24.28	25.42	23.54
5	LYNNE BROWN	NORFOLK OLY	22.92	19.90	21.08	20.90	22.92	21.80	NT
6	HELEN BLOOMFIELD	COLCHESTER	15.54	12.78	15.54	14.56	14.46	15.20	NT

**Hammer Throw 'A'**

1	ROSEMARY REDMOND	EALING & S.	32.80	32.80	32.56	NT	32.34	30.76	NT
2	WENDY DUNSFORD	PARKSIDE	29.56	29.56	NT	NT	NT	NT	NT
3	STACY BRAILSFORD	ENFIELD	26.16	25.78	26.16	23.50	24.30	NT	25.04
4	LYNNE BROWN	NORFOLK OLY	20.30	20.30	19.42	18.78	19.48	NT	19.92
5	MAZ RALPH	T.V.H.	18.34	14.42	18.22	18.34	12.78	16.64	15.80
6	JEAN JOHNSON	COLCHESTER	6.68	NT	6.68	-	-	-	-

**Javelln Throw 'A'**

1	LESLEY LAVERS	PARKSIDE	37.82	37.82	36.18	NT	-	34.40	34.46
2	ANNA-LISA HOWARD	NORFOLK OLY	34.98	NT	NT	32.18	NT	34.98	NT
3	JENNIFER AYERO	EALING & S.	28.70	25.32	24.64	28.70	26.36	24.48	26.30
4	REBECCA BAKER	T.V.H.	26.56	21.14	21.08	NT	26.56	NT	21.90
5	MAXINE FRASER	ENFIELD	21.82	NT	NT	NT	NT	NT	21.82
6	JEAN JOHNSON	COLCHESTER	11.46	NT	11.38	10.30	-	11.46	-

## SCORES ANALYSIS

	COLCHESTER	EALING & S.	NORFOLK OLY	PARKSIDE	T.V.H.	ENFIELD
100	9	3	7	6	5	4
200	4	3	6	9	7	5
400	4	5	7	6	9	3
800	7	3	6	9	5	4
1500	7	4	6	9	3	5
5000	5	4	6	9	3	7
100H	4	7	5	9	6	0
F400H	3	5	7	6	9	4
4X1	3	5	7	9	6	4
4X4	5	3	7	9	6	4
HJ	4	5.5	3	7	9	5.5
LJ	6	3	5	9	4	7
TJ	3	4	6	9	5	7
FSP	3	5	9	7	4	6
FDT	3	6	4	9	5	7
FHT	3	9	5	7	4	6
FJT	3	6	7	9	5	4
MATCH TOTAL	76	80.5	103	138	95	82.5

	COLCHESTER	EALING & S.	NORFOLK OLY	PARKSIDE	T.V.H.	ENFIELD
Sprints	17	11	20	21	21	12
Middle Distance	19	11	18	27	11	16
Hurdles	7	12	12	15	15	4
Relay	8	8	14	18	12	8
Track	51	42	64	81	59	40
Vertical Jumps	4	5.5	3	7	9	5.5
Horizontal Jumps	9	7	11	18	9	14
Throws	12	26	25	32	18	23
Field	25	38.5	39	57	36	42.5
MATCH TOTAL	76	80.5	103	138	95	82.5

## TEAM SCORES

1	PARKSIDE	138
2	NORFOLK OLYMPIADES	103
3	THAMES VALLEY H.	95
4	BOROUGH OF ENFIELD	82.5
5	EALING, SOUTHALL & MIDDX	80.5
6	COLCHESTER & TENDRING	76