

# NATIONAL JUNIOR LEAGUE THAMES DIVISION

Held at Harrow Weald

19 April 1998

## 100 metres 'A'

1	LAURA SESTON	IPSWICH	12.3	
2	CARLY MOODY	BRAINTREE	12.6	
3	JULIA WHITE	PETERBOROUGH	12.7	
4	JUDY KOTEY	ST. ALBANS	12.8	
5	MICHELLE JAWAHALL	PUMA TVH	13.2	F17
6	JANINE CLONEY	PARKSIDE	14.7	F17
7	MELANIE WALKER	LUTON	14.8	

## 100 metres 'B'

1	TRACY BISHOP	PARKSIDE	12.6	
2	KATIE RUSSELL	PETERBOROUGH	13.2	F17
3	BECKY LAST	IPSWICH	13.3	
4	NIKKI DUROSARO	PUMA TVH	13.6	F17
5	ELENA DUNDJEROVIC	ST. ALBANS	13.9	
6	SARAH FLEETHAM	BRAINTREE	14.2	

## 200 metres 'A'

1	TRACY BISHOP	PARKSIDE	25.2	
2	LAURA SESTON	IPSWICH	25.5	
3	CARLY MOODY	BRAINTREE	25.7	
4	JULIA WHITE	PETERBOROUGH	26.3	
5	JUDY KOTEY	ST. ALBANS	27.3	
6	REBECCA BAKER	PUMA TVH	28.0	

## 200 metres 'B'

1	KATIE RUSSELL	PETERBOROUGH	27.0	F17
2	MICHELLE JAWAHALL	PUMA TVH	27.8	F17
3	BECKY LAST	IPSWICH	27.9	
4	ELENA DUNDJEROVIC	ST. ALBANS	28.3	
5	NAOMI VERGHESE	BRAINTREE	28.6	F17
6	KELLY COUGHLAN	PARKSIDE	29.0	F17

## 400 metres 'A'

1	CHRISTINA BIRCH-MCMULLEN	PETERBOROUGH	63.3	F17
2	JESSICA SAMPLE	ST. ALBANS	64.0	
3	NATALIE MORRIS	PARKSIDE	64.2	
4	SARAH DINSDALE	PUMA TVH	64.7	
5	ELLIE HUGHES	BRAINTREE	66.0	
6	ANNIE PARR	LUTON	71.3	

## 400 metres 'B'

1	REBECCA NICHOLLS	PARKSIDE	64.6	F17
2	LAURA IRESON	PETERBOROUGH	65.5	

## 800 metres 'A'

1	WENDY BLACKMORE	PETERBOROUGH	2.28.4	
2	LORNA KING	PARKSIDE	2.33.5	F17
3	HARRIET ORIBA	PUMA TVH	2.41.3	F17
4	LAURA STOKES	LUTON	2.43.7	
5	TRACEY TURNER	IPSWICH	2.47.1	
6	CHRISTINE WADE	BRAINTREE	2.48.5	

## 800 metres 'B'

1	STEPHANIE COOPER	PETERBOROUGH	2.24.5	F17
2	REBECCA NICHOLLS	PARKSIDE	2.40.2	F17
3	ELLIE HUGHES	BRAINTREE	2.48.0	

## 1500 metres 'A'

1	JENNY CLIFF	PETERBOROUGH	5.13.9	
2	NATALIE MORRIS	PARKSIDE	5.15.8	
3	CLAIRE MCMAHON	LUTON	5.21.7	
4	HARRIET ORIBA	PUMA TVH	5.46.4	F17
5	TRACEY TURNER	IPSWICH	5.55.6	

**1500 metres 'B'**

1	FRANCES VOSPER	PARKSIDE	5.23.8	F17
2	WENDY BLACKMORE	PETERBOROUGH	5.27.6	
3	LAURA STOKES	LUTON	5.43.2	

**3000 metres 'A'**

1	LISA TOWNS	PUMA TVH	10.27.6	
2	CLAIRE MCMAHON	LUTON	11.04.6	
3	RACHEL STONE	PETERBOROUGH	11.14.3	F17
4	KATIE JONES	PARKSIDE	12.35.2	F17

**100 metres hurdles 'A'**

1	BECKY LAST	IPSWICH	18.1	
2	ANNA GUTHRIE	PARKSIDE	19.2	
3	MONICA BASU	ST. ALBANS	19.5	
4	JENNY SMITH	BRAINTREE	20.8	
5	STEPHANIE COOPER	PETERBOROUGH	21.4	F17

**100 metres hurdles 'B'**

1	KELLY COUGHLAN	PARKSIDE	19.5	F17
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**4 x 100 metres relay 'A'**

1	LAURA SESTON / KAREN RUFFELL / BECKY LAST / REBECCA PALMER	IPSWICH	52.0
2	SARAH FLEETHAM / LORI NICE / CARLY MOODY / ELLIE HUGHES	BRAINTREE	52.3
3	JESSICA SAMPLE / MONICA BASU / JUDY KOTEY / ELENA DUNDJEROVIC	ST. ALBANS	53.5
4	NIKKI DUROSARO / CHARLENE BROWN / REBECCA BAKER / MICHELLE JAWAHALL	PUMA TVH	54.5
5	JANINE CLONEY / PAULA GRIFFITHS / KELLY COUGHLAN / TRACY BISHOP	PARKSIDE	60.1

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

1	NATALIE MORRIS / FRANCES VOSPER / LORNA KING / REBECCA NICHOLLS	PARKSIDE	4.24.3
2	CHRISTINA BIRCH-MCMULLEN / RACHEL STONE / LAURA IRESON / STEPHANIE COOPE	PETERBOROUGH	4.25.5
3	ELLIE HUGHES / CHRISTINE WADE / NAOMI VERGHESE / CARLY MOODY	BRAINTREE	4.29.2

**High Jump 'A'**

1	CAROLINE HARVIE	ST. ALBANS	1.55	1.45-1	1.50-1	1.55-11.60-3F					
2	NIKKI DUROSARO	PUMA TVH	1.50	F17	1.10-1	1.15-1	1.20-1	1.25-1	1.30-1	1.35-2	1.40-1
					1.45-1	1.50-1	1.55-				
3	CHRISTINA SPARSHOTT	LUTON	1.35		1.10-1	1.15-1	1.20-1	1.25-1	1.30-1	1.35-11.40-3F	
4	NAOMI VERGHESE	BRAINTREE	1.35	F17	1.10-1	1.15-1	1.20-1	1.25-1	1.30-1	1.35-21.40-3F	
5	ANDREA BARTLETT	PARKSIDE	1.25		1.10-1	1.15-1	1.20-1	1.25-11.30-3F			
6	STEPHANIE COOPER	PETERBOROUGH	1.10	F17	1.10-2	RETD					

**High Jump 'B'**

1	MELANIE WALKER	LUTON	1.35		1.10-1	1.15-2	1.20-1	1.25-1	1.30-1	1.35-11.40-3F
2	CHARLENE BROWN	PUMA TVH	1.25	F17	1.10-1	1.15-1	1.20-1	1.25-11.30-3F		
3	EVA GROSSMAN	PARKSIDE	1.20	F17	1.10-1	1.15-3	1.20-21.25-3F			
4	CHRISTINE WADE	BRAINTREE	1.10		1.10-1	RETD				

**Pole Vault 'A'**

1	KATE ROWE	PETERBOROUGH	2.50	2.50-1	RETD
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**Long Jump 'A'**

1	REBECCA BAKER	PUMA TVH	5.48	5.48	5.00	5.20	5.02	5.14	5.12	
2	SARAH FLEETHAM	BRAINTREE	5.12	NJ	4.74	5.00	5.12	NJ	-	
3	ELENA DUNDJEROVIC	ST. ALBANS	4.72	4.72	4.66	NJ	4.54	-	-	
4	JANINE CLONEY	PARKSIDE	4.62	F17	4.42	4.22	4.42	4.62	4.14	NJ
5	HELEN CARNEY	LUTON	4.60		4.42	4.60	4.54	4.54	4.36	4.38
6	JENNY CLIFF	PETERBOROUGH	2.64	2.64	RETD					

**Long Jump 'B'**

1	MONICA BASU	ST. ALBANS	4.44		4.42	4.44	-	-	4.44	NJ
2	KELLY COUGHLAN	PARKSIDE	4.38	F17	4.38	4.04	4.20	ELIM		
3	MICHELLE JAWAHALL	PUMA TVH	4.36	F17	4.00	4.36	4.28	ELIM		
4	LORI NICE	BRAINTREE	4.16		NJ	4.16	NJ	ELIM		
5	CHRISTINA SPARSHOTT	LUTON	4.02		4.02	3.64	-	ELIM		

**Triple Jump 'A'**

1	JUDY KOTEY	ST. ALBANS	11.57		NJ	11.57	NJ	11.31	-	-
2	SARAH FLEETHAM	BRAINTREE	11.17		11.17	NJ1.01.10	NJ	10.59		
3	REBECCA BAKER	PUMA TVH	10.17		10.17	9.82	10.11	10.00	9.91	-
4	BECKY LAST	IPSWICH	9.32		9.32	-	-	-	-	-
5	CHRISTINA SPARSHOTT	LUTON	8.94		8.94	8.93	8.67	8.81	8.68	-
6	LORNA KING	PARKSIDE	8.58	F17	-	8.58	NJ	ELIM		

**Triple Jump 'B'**

1	JESSICA SAMPLE	ST. ALBANS	10.24		NJ	10.24	10.14	NJ	NJ	9.93
2	LORI NICE	BRAINTREE	8.50		8.31	NJ	8.50	ELIM		
3	NICOLA ADDISON	PUMA TVH	8.21		8.21	8.06	RETD			
4	MELANIE WALKER	LUTON	8.19		8.02	7.77	8.19	ELIM		

**Shot Putt 'A'**

1	KAREN RUFFELL	IPSWICH	9.22		9.22	NT	8.61	NT	8.34	8.57
2	PAULA GRIFFITHS	PARKSIDE	8.93	F17	8.12	8.16	8.93	7.71	7.90	7.61
3	NICOLA ADDISON	PUMA TVH	8.65		8.08	8.20	7.56	8.48	NT	8.65
4	SARAH FLEETHAM	BRAINTREE	8.03		7.77	7.66	7.30	7.83	7.81	8.03
5	VICKY WILKINSON	PETERBOROUGH	7.17	F17	7.12	6.94	7.17	ELIM		
6	ELENA DUNDJEROVIC	ST. ALBANS	7.00		6.35	7.00	6.85	ELIM		
7	NICKI TILEY	LUTON	6.69		6.07	6.09	6.69	ELIM		

**Shot Putt 'B'**

1	JANINE CLONEY	PARKSIDE	7.81	F17	7.26	7.73	7.50	7.81	7.43	7.72
2	DANIELLE HENRY	PUMA TVH	7.39	F17	6.62	6.74	7.38	7.34	7.39	7.34
3	ROXANNE KEILTY	PETERBOROUGH	7.07	F17	7.07	6.90	NT	ELIM		
4	LAURA SESTON	IPSWICH	6.75		6.65	6.75	6.45	ELIM		
5	HELEN CARNEY	LUTON	6.54		6.06	6.54	6.26	ELIM		
6	MONICA BASU	ST. ALBANS	6.52		6.49	6.42	6.52	ELIM		
7	LORI NICE	BRAINTREE	6.03		5.91	5.98	6.03	ELIM		

**Discus Throw 'A'**

1	PAULA GRIFFITHS	PARKSIDE	31.72	F17	31.72	NT	27.53	23.68	NT	NT
2	LLYN JONES	BRAINTREE	31.43		31.43	29.30	29.74	29.80	29.35	27.50
3	JUDY WRIGHT	PUMA TVH	23.62		19.95	20.60	23.62	19.44	NT	NT
4	ROXANNE KEILTY	PETERBOROUGH	22.64	F17	17.35	17.99	20.19	19.35	22.64	NT
5	CAROLINE HARVIE	ST. ALBANS	16.81		15.11	16.61	15.44	ELIM		
6	J. DOUGLAS	LUTON	16.30		NT	16.30	RETD			
7	LAURA SESTON	IPSWICH	14.69		NT	14.69	RETD			

**Discus Throw 'B'**

1	DANIELLE HENRY	PUMA TVH	20.13	F17	16.54	16.97	20.13	17.26	17.76	19.91
2	VICKY WILKINSON	PETERBOROUGH	18.45	F17	17.54	18.07	NT	18.12	18.45	16.24
3	NICKI TILEY	LUTON	16.57		15.59	16.57	16.28	ELIM		
4	JENNY SMITH	BRAINTREE	16.12		16.12	11.92	13.98	ELIM		
5	MONICA BASU	ST. ALBANS	15.83		15.38	15.14	15.83	ELIM		
6	TRACY BELL	PARKSIDE	15.06		15.06	13.85	13.75	ELIM		
7	TRACEY TURNER	IPSWICH	12.72		11.23	11.37	12.72	ELIM		

**Hammer Throw 'A'**

1	LLYN JONES	BRAINTREE	40.25		34.63	40.25	37.73	39.45	NT	36.92
2	PAULA GRIFFITHS	PARKSIDE	19.63	F17	17.66	17.83	17.25	18.75	19.21	19.63
3	NICOLA ADDISON	PUMA TVH	18.39		18.33	17.53	18.39	-	-	-
4	VICKY WILKINSON	PETERBOROUGH	16.60	F17	13.15	16.60	15.12	15.55	NT	13.70
5	NICKI TILEY	LUTON	14.18		10.78	12.64	13.21	14.18	13.28	13.63

**Hammer Throw 'B'**

1	DANIELLE HENRY	PUMA TVH	17.40	F17	14.45	16.16	14.19	16.22	17.40	17.23
2	JENNY SMITH	BRAINTREE	15.00		11.95	13.94	13.90	15.00	12.71	14.29
3	ANNIE PARR	LUTON	13.15		11.90	12.65	12.39	12.92	NT	13.15

**Javelin Throw 'A'**

1	JUDY KOTEY	ST. ALBANS	31.09	30.63	28.05	NT	28.34	NT	31.09
2	JENNY SMITH	BRAINTREE	29.15	NT	26.62	NT	29.15	NT	27.47
3	KAREN RUFFELL	IPSWICH	26.16	NT	21.06	24.50	NT	26.16	NT
4	REBECCA BAKER	PUMA TVH	25.35	21.58	NT	25.35	NT	NT	NT
5	LORNA KING	PARKSIDE	20.52	F17	20.52	20.49	NT	18.10	NT
6	VICKY WILKINSON	PETERBOROUGH	13.07	F17	11.40	13.07	10.87	ELIM	
7	NICKI TILEY	LUTON	12.39		12.39	NT	NT	ELIM	

**Javelin Throw 'B'**

1	N. ADDISON	PUMA TVH	25.18	21.75	NT	25.18	NT	23.91	24.83
2	REBECCA CAMERON	PARKSIDE	18.74	F17	NT	NT	18.74	ELIM	
3	R. KOLTY	PETERBOROUGH	12.59		12.59	12.00	NT	ELIM	
4	JESSICA SAMPLE	ST. ALBANS	11.88		-	-	11.88	ELIM	
5	ELLIE HUGHES	BRAINTREE	5.57		5.57	RETD			
6	CHRISTINA SPARSHOTT	LUTON	3.95		3.95	RETD			

**NATIONAL JUNIOR LEAGUE NON SCORING**

Sunday 19 April 1998

Held at Harrow Weald

**800 metres 'A'**

1	SAM GREALY	BRAINTREE	2.13.4
2	NEIL TREADGOLD	BRAINTREE	2.14.0

**100 metres 'A'**

1	EVA GROSSMAN	PARKSIDE	14.7
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**200 metres 'A'**

1	KAREN RUFFELL	IPSWICH	28.1
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## SCORES ANALYSIS

	BRAINTREE	IPSWICH	LUTON	PETERBOROUGHST.	ALBANS	PUMA TVH	PARKSIDE
100	15	21	3	19	12	11	15
200	14	19	0	19	11	13	17
400	6	0	4	23	12	8	21
800	11	6	8	25	0	10	21
1500	0	6	17	23	0	8	23
3000	0	0	12	10	0	14	8
100H	8	14	0	6	10	0	23
4X1	12	14	0	0	10	8	6
4X4	10	0	0	12	0	0	14
HJ	13	0	21	4	14	21	13
PV	0	0	0	14	0	0	0
LJ	17	0	10	4	21	21	17
TJ	21	8	11	0	25	17	4
FSP	10	19	7	13	7	19	23
FDT	17	5	11	17	10	21	17
FHT	23	0	13	8	0	21	12
FJT	16	10	6	11	19	19	15
MATCH TOTAL	193	122	123	208	151	211	249

	BRAINTREE	IPSWICH	LUTON	PETERBOROUGHST.	ALBANS	PUMA TVH	PARKSIDE
Sprints	35	40	7	61	35	32	53
Middle Distance	11	12	37	58	0	32	52
Hurdles	8	14	0	6	10	0	23
Relays	22	14	0	12	10	8	20
Track	76	80	44	137	55	72	148
Vertical Jumps	13	0	21	18	14	21	13
Horizontal Jumps	36	8	21	4	46	38	21
Throws	66	34	37	49	36	80	67
Field	117	42	79	71	96	139	101
MATCH TOTAL	193	122	123	208	151	211	249

17 events out of 18

## TEAM SCORES

1	PARKSIDE (HARROW)	249
2	PUMA TVH	211
3	PETERBOROUGH	208
4	BRAINTREE	193
5	ST. ALBANS	151
6	LUTON	123
7	IPSWICH	122