

# SOUTHERN WOMENS LEAGUE SENIOR DIVISION TWO

27 June 2009 Harrow

## 100 metres "A"

1	RACHEL HANAGAN	ASHFORD	12.9	<i>F20</i>
2	VIKKI BORRMAN	W NORF/RYSTON	13.5	<i>F20</i>
3	CINDY BECKLEY	MET POLICE	13.9	
4	CATHERINE SHELLEY	SERPENTINE	15.0	<i>VET</i>

## 100 metres "B"

1	HANNAH HOGBEN	ASHFORD	13.2	<i>F20</i>
2	ABBI SIMMONS	W NORF/RYSTON	13.5	<i>F17</i>
3	ALISON LAPPER	MET POLICE	14.6	
4	LISA PETIT	SERPENTINE	17.3	<i>VET</i>

## 200 metres "A"

1	HANNAH HOGBEN	ASHFORD	27.9	<i>F20</i>
2	CINDY BECKLEY	MET POLICE	29.5	<i>VET</i>
3	CATHERINE SHELLEY	SERPENTINE	30.9	<i>VET</i>
4	CHARLOTTE HUNT	W NORF/RYSTON	31.3	

## 200 metres "B"

1	LAURA HANAGAN	ASHFORD	28.0	<i>F17</i>
2	MOLLY JAMES	W NORF/RYSTON	30.2	<i>F35</i>
3	PAM RUTHERFORD	SERPENTINE	31.5	<i>VET</i>
4	ANGELA BREEN	MET POLICE	33.2	

## 400 metres "A"

1	RACHEL HANAGAN	ASHFORD	59.6	<i>F20</i>
2	CHARLOTTE HUNT	W NORF/RYSTON	68.5	
3	ALISON LAPPER	MET POLICE	69.7	<i>VET</i>
4	JENNIFER MAZULLO	SERPENTINE	70.2	

## 400 metres "B"

1	SAM BECKET	ASHFORD	64.1	<i>F17</i>
2	MONICA KIRALLY	SERPENTINE	71.1	
3	KATE DAVIES	W NORF/RYSTON	71.4	
4	SARAH CONLON	MET POLICE	74.8	

## 800 metres "A"

1	SHARON MCHUGH	MET POLICE	2.27.9	
2	SAM BECKET	ASHFORD	2.30.2	<i>F17</i>
3	PAM RUTHERFORD	SERPENTINE	2.32.5	<i>VET</i>
4	REBECCA DAINES	W NORF/RYSTON	2.32.9	<i>F17</i>

## 800 metres "B"

1	MONICA KIRALLY	SERPENTINE	2.34.5	
2	KATE DAVIES	W NORF/RYSTON	2.35.5	
3	SARAH JAMES	MET POLICE	3.09.9	
4	ISOBEL DICKENSON	ASHFORD	3.14.5	<i>F17</i>

## 1500 metres "A"

1	REBECCA DAINES	W NORF/RYSTON	4.59.5	<i>F17</i>
2	SHARON MCHUGH	MET POLICE	5.02.8	
3	CANDY HAWKINS	ASHFORD	5.11.5	<i>VET</i>
4	MARIELLE VESTLUND	SERPENTINE	5.16.4	<i>VET</i>

## 1500 metres "B"

1	REBECCA COUSINS	W NORF/RYSTON	5.01.4	
2	JACQUI REID	MET POLICE	5.17.8	<i>VET</i>
3	JENNIFER MAZULLO	SERPENTINE	5.54.5	
4	LESLIE HALL	ASHFORD	5.58.5	<i>VET</i>

## 3000 metres "A"

1	JENNY LUNGDRON	SERPENTINE	10.33.5	
2	HOLLY JAMES	W NORF/RYSTON	10.54.2	<i>F35</i>
3	LESLIE HALL	ASHFORD	12.02.8	<i>VET</i>
4	ANGELA BREEN	MET POLICE	12.23.2	

## 3000 metres "B"

1	CHRISTINE LUTSCH	SERPENTINE	11.14.4	
2	SERENA SMITH	W NORF/RYSTON	12.18.5	<i>F17</i>
3	SARAH JAMES	MET POLICE	13.30.8	
4	AMANDA JUKES	ASHFORD	14.40.8	

<b>100 metres hurdles "A"</b>										
1	LAURA HANAGAN	ASHFORD	20.1	F17						
2	JACQUI REID	MET POLICE	25.5	VET						
3	PAM RUTHERFORD	SERPENTINE	28.3	VET						
<b>100 metres hurdles "B"</b>										
1	EMMELINE RENDEL	ASHFORD	24.9							
2	CATHERINE SHELLEY	SERPENTINE	35.6	VET						
<b>400 metres hurdles "A"</b>										
1	REBECCA COUSINS	W NORF/RYSTON	77.9							
2	CATHERINE SHELLEY	SERPENTINE	82.8	VET						
3	JACQUI REID	MET POLICE	90.0							
4	EMMELINE RENDEL	ASHFORD	100.9							
<b>400 metres hurdles "B"</b>										
1	AMANDA JUKES	ASHFORD	89.2							
2	STEPHANIE VAATZ	SERPENTINE	117.3							
<b>High Jump "A"</b>										
1	STEVIE LANGFORD	ASHFORD	1.70		1.50o	1.52x	1.60o	1.70xo	1.75xxx	
2	CHRISTINE LUTSCH	SERPENTINE	1.20		1.00o	1.20o	1.25xxx			
3	VIKKI BORRMAN	W NORF/RYSTON	1.00	F20	1.00o	1.20x				
4	ANGELA BREEN	MET POLICE	1.00		1.00xxo	1.20xxx				
<b>High Jump "B"</b>										
1	DEBORAH MARTIN	ASHFORD	1.50	F17	1.30o	1.35o	1.40o	1.45o	1.50o	1.52xxx
2	PAM RUTHERFORD	SERPENTINE	1.20	VET	1.00o	1.20xo	1.25xxx			
3	REBECCA COUSINS	W NORF/RYSTON	1.00		1.00o	1.20xxx				
4	SARAH JAMES	MET POLICE	0.80		0.80o	1.20xxx				
<b>Pole Vault "A"</b>										
1	EMMELINE RENDEL	ASHFORD	2.70		1.70o	2.50o	2.70o	2.80xxx		
2	JACQUI REID	MET POLICE	1.50		1.31o	1.40o	1.50xo	1.60xxx		
	JENNIFER MAZULLO	SERPENTINE	NH		1.31xxx					
<b>Pole Vault "B"</b>										
1	STEVIE LANGFORD	ASHFORD	1.50		1.50o					
<b>Long Jump "A"</b>										
1	RACHEL HANAGAN	ASHFORD	5.37	F20	5.09	5.09	5.37	4.99	nj	nj
2	ABBI SIMMONS	W NORF/RYSTON	4.74	F17	4.63	4.54	4.70	4.63	4.74	4.72
3	CHRISTINE LUTSCH	SERPENTINE	4.11		4.11	3.87	4.07	retd		
4	SARAH CONLON	MET POLICE	3.62		2.20	3.62	3.23	elim		
<b>Long Jump "B"</b>										
1	DEBORAH MARTIN	ASHFORD	4.73	F17	4.53	4.50	4.73	4.51	retd	
2	VIKKI BORRMAN	W NORF/RYSTON	4.04	F20	4.04	nj	nj	elim		
3	JEAN PEARCE	MET POLICE	3.58	VET	3.40	3.58	3.44	elim		
4	MARIELLE VESTLUND	SERPENTINE	2.54	VET	2.06	2.54	2.14	elim		
<b>Triple Jump "A"</b>										
1	STEVIE LANGFORD	ASHFORD	10.97		10.18	10.83	10.97	10.69	10.76	10.91
2	ABBI SIMMONS	W NORF/RYSTON	10.13	F17						
3	CHRISTINE LUTSCH	SERPENTINE	8.75							
4	SARAH CONLON	MET POLICE	7.34							
<b>Triple Jump "B"</b>										
1	LAURA HANAGAN	ASHFORD	10.27	F17						
2	CHARLOTTE HUNT	W NORF/RYSTON	7.59							
3	CATHERINE SHELLEY	SERPENTINE	7.00	VET						
4	BECKY WINTER	MET POLICE	5.84							
<b>Shot Putt "A"</b>										
1	AMBER REGARDSOE	ASHFORD	9.15	F17	9.06	8.67	9.09	9.12	9.15	8.97
2	JEAN PEARCE	MET POLICE	8.05		7.39	7.92	7.73	7.83	7.16	8.05
3	GAYE CLARKE	W NORF/RYSTON	6.83	F45	6.83	6.80	6.66	retd		
4	MARY DAVIES	SERPENTINE	6.38		5.68	6.22	6.38	elim		
<b>Shot Putt "B"</b>										
1	SIGRID HASLER	MET POLICE	7.82		6.51	7.60	7.51	6.26	7.82	7.61
2	LAUREN ELY	W NORF/RYSTON	6.61		5.91	nt	6.61	elim		
3	ISOBEL DICKENSON	ASHFORD	4.94	F17	4.94	3.37	4.33	elim		
4	STEPHANIE VAATZ	SERPENTINE	4.74		4.74	4.56	4.66	elim		
<b>Discus Throw "A"</b>										
1	AMBER REGARDSOE	ASHFORD	27.68	F17	26.30	nt	27.14	26.57	nt	27.68
2	SIGRID HASLER	MET POLICE	20.82		13.66	19.30	20.56	19.45	nt	20.82
3	REBECCA TUFF	W NORF/RYSTON	20.02		20.02	19.87	8.12	nt	20.02	18.47
4	MARY DAVIES	SERPENTINE	16.13		16.13	13.32	nt	elim		
<b>Discus Throw "B"</b>										
1	LAUREN ELY	W NORF/RYSTON	19.94		18.19	16.64	19.94	17.02	18.67	nt
2	JEAN PEARCE	MET POLICE	19.82	VET	18.99	19.82	18.18	elim		
3	STEPHANIE VAATZ	SERPENTINE	10.33		9.55	nt	10.33	elim		

**Hammer Throw "A"**

1	SIGRID HASLER	MET POLICE	30.38	27.20	nt	27.29	25.44	30.38	29.55	
2	GAYE CLARKE	W NORF/RYSTON	29.56	F45	28.31	27.50	29.07	28.23	29.56	28.34
3	AMBER REGARDSOE	ASHFORD	25.77	F17	25.32	25.07	23.83	25.21	25.77	24.78
4	MARY DAVIES	SERPENTINE	20.01		17.40	20.01	19.95	17.64	19.87	19.24

**Hammer Throw "B"**

1	JEAN PEARCE	MET POLICE	17.62		17.62	nt	17.10	elim	
2	CHARLOTTE HUNT	W NORF/RYSTON	15.30		15.22	15.30	14.10	elim	
3	LESLIE HALL	ASHFORD	11.70	VET	10.30	9.98	11.70	elim	
4	STEPHANIE VAATZ	SERPENTINE	10.82		10.82	10.69	10.02	elim	

**Javelin Throw "A"**

1	JEAN PEARCE	MET POLICE	23.14	VET	20.70	21.75	22.27	22.73	21.58	23.14
2	LAUREN ELY	W NORF/RYSTON	23.05		19.46	19.99	nt	20.60	19.45	23.05
3	ISOBEL DICKENSON	ASHFORD	13.88	F17	13.71	nt	nt	nt	13.88	13.61
4	MARY DAVIES	SERPENTINE	12.91		11.87	12.91	12.27	elim		

**Javelin Throw "B"**

1	REBECCA TUFF	W NORF/RYSTON	19.38		19.38	16.93	17.42	17.20	19.01	nt
2	JACQUI REID	MET POLICE	12.93	VET	12.92	12.93	12.36	elim		
3	EMMELINE RENDEL	ASHFORD	12.26		11.21	11.36	12.26	elim		
4	MONICA KIRALLY	SERPENTINE	9.76			nt	9.76	7.70	elim	

**4 x 100 metres relay**

1	RACHEL HANAGAN LAURA HANAGAN EMMELINE RENDEL DEBORAH MARTIN	ASHFORD	53.2						
2	ABBI SIMMONS CHARLOTTE HUNT SERENA SMITH VIKKI BORRMAN	W NORF/RYSTON	59.5						
3	SIGRID HASLER ALISON LAPPER JACQUI REID CINDY BECKLEY	MET POLICE	60.3						
4	CATHERINE SHELLEY MARIELLE VESTLUND LISA PETIT PAM RUTHERFORD	SERPENTINE	63.3						

**4 x 400 metres relay**

1	RACHEL HANAGAN LAURA HANAGAN SAM BECKET STEVIE LANGFORD	ASHFORD	4.17.1						
2	JENNY LUNGREN MONICA KIRALLY CHRISTINE LUTSCH JENNIFER MAZULLO	SERPENTINE	4.40.8						
3	REBECCA COUSINS SERENA SMITH REBECCA DAINES MOLLY JAMES	W NORF/RYSTON	4.50.2						
4	ANGELA BREEN ALISON LAPPER BECKY WINTER CINDY BECKLEY	MET POLICE	5.15.4						

## SCORES ANALYSIS

	ASHFORD	MET POLICE	SERPENTINE	W NORF/RYS
F-100	8	4	2	6
F-200	8	4	4	4
F-400	8	3	4	5
F-800	4	6	6	4
F-1500	3	6	3	8
F-3000	3	3	8	6
F-100H	8	3	5	0
F-400H	5	2	6	4
F-HJ	8	2	6	4
F-PV	8	3	0	0
F-LJ	8	3	3	6
F-TJ	8	2	4	6
F-SP	6	7	2	5
F-DT	4	6	3	6
F-HT	4	8	2	6
F-JT	4	7	2	7
F-4X1	4	2	1	3
F-4X4	4	1	3	2
MATCH TOTAL	105	72	64	82

	ASHFORD	MET POLICE	SERPENTINE	W NORF/RYS
Sprints F	24	11	10	15
Middle Distance F	10	15	17	18
Hurdles F	13	5	11	4
Relays F	8	3	4	5
Track F	55	34	42	42
Vertical Jumps F	16	5	6	4
Horizontal Jumps F	16	5	7	12
Throws F	18	28	9	24
Field F	50	38	22	40
Total F	105	72	64	82
MATCH TOTAL	105	72	64	82

18 events out of 18:

## TEAM SCORES

1	ASHFORD	105
2	WEST NORFOLK/RYSTON	82
3	MET POLICE	72
4	SERPENTINE	64