

INTER-COUNTIES 15/08/2010 - WOMENS RESULTS

A String					
Pos	C No	Athlete	County	Perf	Pts

B String					
Pos	C No	Athlete	County	Perf	Pts

100m

w/s +1.6

1	K	Natalie Bartley	Kent	11.97	16
2	S	Twinelle Hopeson	Surrey	12.02	15
3	M	Shereen Charles	Middlesex	12.14	14
4	X	Laura Hitchman	Sussex	12.50	13
5	E	Heidi Nicholas	Essex	12.55	12
6	H	Sam Vaile	Hampshire	12.88	11

w/s +5.2

1	MM	Nick Famodun	Middlesex	12.65	8
2	EE	Lyndsay North	Essex	12.66	7
3	KK	Grace Sheppard (U20)	Kent	12.67	6
4	XX	Katie Urquhart	Sussex	12.76	5
5	HH	Claire Paterson	Hampshire	12.97	4

200m

w/s +1.8

1	S	Twinelle Hopeson	Surrey	24.43	16
2	E	Rachel Giwa	Essex	24.53	15
3	M	Shereen Charles	Middlesex	24.96	14
4	K	Natalie Bartley	Kent	25.27	13
5	X	Laura Hitchman	Sussex	25.84	12
6	T	Emily Stevens	Hertfordshire	26.47	11
7	H	Sam Vaile	Hampshire	26.58	10

w/s +2.8

1	EE	Aleasha Kindle	Essex	25.65	8
2	MM	Nick Famodun	Middlesex	25.95	7
3	KK	Yasmyn Joseph (U20)	Kent	26.51	6
4	HH	Grace Paterson	Hampshire	26.77	5
5	XX	Katie Urquhart	Sussex	27.13	4
6	TT	Deborah Willis	Hertfordshire	27.17	3

400m

1	X	Savannah Echel-Thomson	Sussex	55.27	16
2	K	Frederica Foster (U20)	Kent	57.03	15
3	M	Ambwene Simukonda	Middlesex	57.61	14
4	H	Becca Carozzi	Hampshire	58.15	13
5	E	Heather Sheppard	Essex	58.82	12
6	T	Sandra Reed	Hertfordshire	63.34	11

1	XX	Carley Wenham	Sussex	58.94	8
2	HH	Corin Reynolds	Hampshire	61.54	7
3	EE	Heidi Nicholas	Essex	61.77	6
4	MM	Kristy Wilson	Middlesex	62.44	5
5	KK	Claire Capon	Kent	67.95	4

800m

1	M	Michaela Hutchison	Middlesex	2:16.10	16
2	E	Katherine Foy	Essex	2:18.39	15
3	K	Caroline Ford (U20)	Kent	2:26.82	14
4	S	Louise Ionascu	Surrey	2:31.35	13
5	H	Claire Kiely	Hampshire	2:38.88	12

1	MM	Sue Rust	Middlesex	2:18.17	8

1500m

1	M	Emma Grant	Middlesex	4:39.37	16
2	K	Grace Nicholls (U20)	Kent	4:40.80	15
3	S	Liz Kipling	Surrey	4:43.37	14
4	E	Stacey Wheat	Essex	4:44.75	13
5	X	Fiona Clark	Sussex	4:46.91	12
6	T	Rebecca Newstead	Hertfordshire	4:51.74	11

1	MM	Leigh Lattimore	Middlesex	4:47.37	8
2	EE	Anna Whitfield	Essex	4:55.65	7
3	KK	Melody Kane (U20)	Kent	5:24.78	6

3000m

1	X	Fiona Clark	Sussex	9:39.58	16
2	K	Clare Elms (W45)	Kent	9:49.95	15
3	EE	Charlotte Leppaert	Essex	10:27.12	14
4	M	Emily Ferenczi	Middlesex	10:41.20	13

1	XX	Holly Wheeler	Sussex	10:15.75	8
2	MM	Sylvie Lloyd	Middlesex	10:42.39	7
3	E	Kath Gunderson	Essex	10:46.99	6
4	4	Jane Bradshaw (W35)	Kent	11:12.46	5

3000m Non Scoring

1	KK	Cara Oliver (W35)	Kent	11:17.09	

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100m HURDLES

w/s +1.9

1	T	Emily Stevens	Hertfordshire	14.76	16
2	E	Jess Tappin	Essex	14.76	15
3	X	Rebecca Jennings	Sussex	15.20	14
4	S	Jodie Favell	Surrey	15.55	13
5	M	Kate Brook	Middlesex	15.69	12
6	K	Jodie Shaw (U20)	Kent	16.81	11

w/s +0.7

1	EE	Heidi Nicholas	Essex	15.31	8
2	KK	Claire Capon	Kent	16.58	7
3	TT	Deborah Willis	Hertfordshire	18.05	6

400m HURDLES

1	K	Katrina Cosby (U20)	Kent	61.40	16
2	S	Jodie Favell	Surrey	65.20	15
3	T	Emily Stevens	Hertfordshire	65.91	14
4	M	Kristy Wilson	Middlesex	66.43	13
5	X	Claire Stokes	Sussex	68.21	12
6	H	Amy Harris	Hampshire	71.30	11

1	MM	Kate Brook	Middlesex	66.77	8
2	TT	Deborah Willis	Hertfordshire	67.77	7
3	KK	Samantha Beckett (U20)	Kent	68.66	6
4	XX	Ellen Franks	Sussex	77.70	5

3000mSC

1	K	Shavaun Henry	Kent	11:47.97	16
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1	KK	Jessica Jones (U17)	Kent	14:02.4*	
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3000m Walk

1	KK	Diane Bradley (W45)	Kent	15:14.66	16
2	X	Joan Lennon	Sussex	16:51.43	15
3	M	Maureen Noel	Middlesex	18:39.24	14
4	S	Fiona Bishop	Surrey	18:46.07	13
5	HH	Sue Davis	Hampshire	18:48.48	12
6	E	Linda Mountfield	Essex	20:02.53	11

1	K	Kelsey Howard (U17)	Kent	16:00.56	8
2	H	Ann Lewis	Hampshire	19:12.12	7
3	MM	Norma Grimsey	Middlesex	20:53.69	6
4	EE	Val Mountfield	Essex	24:10.94	5

HIGH JUMP

1	S	Julie Machin	Surrey	1.75	16
2	E	Sam Moodie	Essex	1.70	15
3	XX	Liz Maries	Sussex	1.55	14
4	K	Imeta Barauskiene (W45)	Kent	1.50	13
5	M	Ester Ajie	Middlesex	1.50	12

1	SS	Charis O'Connor	Surrey	1.70	8
2	EE	Jess Tappin	Essex	1.65	7
3	MM	Angela Barrett	Middlesex	1.45	6
4	X	Natalie Sampson	Sussex	1.45	4.5
4	KK	Gemma Dowsett	Kent	1.45	4.5

POLE VAULT

1	KK	Rachel Arnheim	Kent	3.61	16
2	X	Steph Smith	Sussex	3.40	15
3	E	Kirsty McIntosh	Essex	3.40	14
4	T	Sarka Robinson	Hertfordshire	3.30	13
5	M	Jade Tallent	Middlesex	2.90	12

1	K	Liz Hughes	Kent	3.50	8
2	XX	Lucy Stickland	Sussex	3.30	7
3	TT	Sue Yeomans	Hertfordshire	2.80	6
4	EE	Lauren Kennedy	Essex	2.70	5

LONG JUMP

1	S	Sarah Wellstead	Surrey	5.93	-	16
2	M	Angela Barrett	Middlesex	5.84	-	15
3	EE	Heidi Nicholas	Essex	5.24	-	14
4	X	Katie Hardcastle	Sussex	5.20	-	13
5	K	Jodie Shaw (U20)	Kent	4.91	-	12
6	TT	Sandra Reed	Hertfordshire	4.47	-	11

1	SS	Charis O'Connor	Surrey	5.56	-	8
2	E	Aleasha Kiddle	Essex	5.16	-	7
3	KK	Amy Underdown	Kent	4.65	-	6
4	XX	Liz Maries	Sussex	3.97	-	5
5	MM	Dee Bakre	Middlesex	3.94	-	4

TRIPLE JUMP

w/s

1	M	Angela Barrett	Middlesex	12.65	-	16
2	S	Julia Machin	Surrey	11.41	-	15
3	K	Rachel Hanagan (U20)	Kent	11.26	-	14
4	X	Katie Hardcastle	Sussex	10.66	-	13
5	E	Heidi Nicholas	Essex	10.25	-	12
6	TT	Sandra Reed	Hertfordshire	9.41	-	11

w/s

1	MM	Dee Bakre	Middlesex	11.76	-	8
2	KK	Amy Underdown	Kent	10.08	-	7
3	XX	Natalie Sampson	Sussex	10.05	-	6

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A String					
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B String					
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SHOT

1	K	Lucy Underdown	Kent	12.11	16
2	E	Mel Harrison	Essex	11.36	15
3	S	Julia Machin	Surrey	11.31	14
4	X	Laura Duke	Sussex	11.02	13
5	M	Joanne John	Middlesex	9.22	12

1	XX	Becca Baines	Sussex	9.69	8
2	KK	Sarah Snare	Kent	9.34	7
3	EE	Zoe Young	Essex	8.99	6
4	MM	Sue Rust	Middlesex	4.92	5

DISCUS

1	EE	Hollie Redman	Essex	42.32	16
2	K	Lucy Underdown	Kent	41.25	15
3	M	Joanne John	Middlesex	41.00	14
4	S	Angela Mitchell	Surrey	35.09	13
5	X	Joanne Davison	Sussex	33.14	12

1	KK	Rosalind Seeley	Kent	41.17	8
2	E	Mel Harrison	Essex	39.97	7
3	SS	Kasia Kublik	Surrey	31.34	6
4	MM	Debbie McCaw	Middlesex	27.15	5
5	XX	Laura Duke	Sussex	25.45	4

HAMMER

1	E	Sarah Smith	Essex	49.07	16
2	MM	Debbie McCaw	Middlesex	47.54	15
3	X	Joanne Davison	Sussex	47.41	14
4	K	Donna Kent	Kent	41.06	13

1	M	Joanne John	Middlesex	47.40	8
2	XX	Laura Duke	Sussex	43.39	7
3	EE	Mel Harrison	Essex	36.31	6
4	KK	Claire Capon	Kent	30.02	5

JAVELIN

1	T	Eloise Meakins	Hertfordshire	44.39	16
2	E	Emma Smith	Essex	39.46	15
3	M	Felicia Rudolfo	Middlesex	37.89	14
4	O	Amy Peacock	Oxfordshire	35.89	13
5	KK	Sarah Snare	Kent	31.81	12
6	X	Becca Baines	Sussex	28.87	11

1	K	Jodie Shaw (U20)	Kent	30.10	8
2	EE	Mel Harrison	Essex	28.65	7
3	XX	Ellen Franks	Sussex	28.61	6
4	MM	Ambwene Simukonda	Middlesex	13.00	5

4x100m RELAYS

1	X	Sussex	Katie Urquhart, Savannah Echel-Thomson, Laura Hitchman, Carley Wenham	49.22	16
2	E	Essex	Aleasha Kiddle, Lyndsay North, Heidi Nicholas, Rachel Giwa	49.35	15
3	K	Kent	Yasmyn Joseph (U20), Samantha Beckett (U20), Grace Sheppard (U20), Natalie Bartley	50.38	14
4	M	Middlesex	Ambwene Simukonda, Nick Famodun, Dee Bakre, Shereen Charles	50.79	13
5	H	Hampshire	Grace Patterson, Claire Paterson, Corin Reynolds, Sam Vaile	53.57	12

4x400m RELAYS

1	M	Middlesex	Emma Grant, Sue Rust, Angela Barrett, Ambwene Simukonda	4:01.03	16
2	X	Sussex	Carley Wenham, Steph Smith, Claire Stokes, Savannah Echel-Thomson	4:03.24	15
3	K	Kent	Samantha Beckett (U20), Yasmyn Joseph (U20), Caroline Ford (U20), Rachel Hanagan (U20)	4:08.76	14
4	E	Essex	Heather Sheppard, Stacey Wheat, Heidi Nicholas, Anna Whitfield	4:11.47	13

Women's Results

1	K	Kent	387.5		
2	M	Middlesex	363		
3	E	Essex	344		
4	X	Sussex	323.5		
5	S	Surrey	195		
6	T	Hertfordshire	136		
7	H	Hampshire	104		
8	O	Oxfordshire	13		