

21-May-11	Southern Women's League South Woking	No. of events contested by IEK		27
100	A			
	1 Sarah Kearsey	U20	Bournemouth	13.1
	2 Hannah Biddiss	SEN	Invicta East Kent	13.2
	3 Sam Morrison	U20	Woking	13.2 PB
	4 Verity Lipscombe	U23	Brighton & Hove	13.3 SB
	5 Kayleigh Short	SEN	Bracknell AC	13.8 SB
	6 Annette Lewis	SEN	Poole Runners	15.4
	B			
	1 Hannah Williams	U20	Bracknell AC	14.1
	2 Beverley Newing	U20	Invicta East Kent	14.9
	3 Charlotte Phillips	U17	Poole Runners	15.1 SB
	4 Jemma Bates	SEN	Bournemouth	15.3
200	A			
	1 Sarah Kearsey	U20	Bournemouth	26.4 PB
	2 Sarah Holmes	SEN	Woking	26.6 SB
	3 Kerri-Ann Body	U20	Brighton & Hove	26.7
	4 Hannah Biddiss	SEN	Invicta East Kent	28.1
	5 Kayleigh Short	SEN	Bracknell AC	28.5
	6 M Slivermore	U17	Poole R	29.1
	7 Zoe Shannon	U23	Dorking & Mole Valley	30.2 PB
	B			
	1 Jody Kite	U20	Brighton & Hove	28.2
	2 Hannah Williams	U20	Bracknell AC	29.7 SB
	3 Beverley Newing	U20	Invicta East Kent	31.1
	4 Jemma Bates	SEN	Bournemouth	31.5
	5 Annette Lewis	SEN	Poole Runners	31.7 PB
	6 Rachel Brunswick	V45	Dorking & Mole Valley	32.5 PB
	7 Tasha Hart	SEN	Woking	34.5
400	A			
	1 Kerri-Ann Body	U20	Brighton & Hove	58.5 PB
	2 Helena Corbin	U23	Woking	58.9 PB
	3 Hannah Biddiss	SEN	Invicta East Kent	62.2
	4 Louise Ionascu	V35	Dorking & Mole Valley	68.7 SB
	5 Jemma Bates	SEN	Bournemouth	71.9
	B			
	1 Beverley Newing	U20	Invicta East Kent	71.2 SB
	2 Tasha Hart	SEN	Woking	72.2
	3 Chantal West	U17	Brighton & Hove	74.9 PB
800	A			
	1 Helena Corbin	U23	Woking	2:15.8 PB
	2 Holly Turner	U17	Brighton & Hove	2:28.4
	3 Louise Ionascu	V35	Dorking & Mole Valley	2:33.8 SB
	4 Abigail Jones	U20	Poole Runners	2:37.4 SB
	5 Sharon Hawkins	V45	Invicta East Kent	2:41.4 PB
	B			
	1 Cerian Lancaster	U23	Brighton & Hove	2:24.8 SB
	2 Sophie Allistone	SEN	Woking	2:28.8
	3 Vicky Talbot-Rosner	V50	Invicta East Kent	2:52.9 SB
	4 S Budd	V40	Poole R	2:59.1
	5 Rachel Brunswick	V45	Dorking & Mole Valley	3:05.1 PB
1500	A			
	1 Jo Rodriguez	SEN	Woking	4:56.6
	2 Helen Hall	SEN	Bracknell AC	5:00.4 SB
	3 Ceiran Lancaster	SEN	B&H	5:08.8
	4 Abigail Jones	U20	Poole Runners	5:10.6 SB
	5 Sharon Hawkins	V45	Invicta East Kent	5:34.1
	6 Louise Ionascu	V35	Dorking & Mole Valley	5:34.6
	B			
	1 Rose Nicholson	SEN	Woking	5:01.0 PB
	2 Vicky Talbot-Rosner	V50	Invicta East Kent	6:07.6 SB
	3 Rachel Brunswick	V45	Dorking & Mole Valley	6:58.0 PB

3000	A				
	1	Rose Nicholson	SEN	Woking	10:18.7 PB
	2	Zoe Shannon	U23	Dorking & Mole Valley	10:40.8 PB
	3	Abigail Jones	U20	Poole Runners	10:53.9 SB
	4	Sharon Hawkins	V45	Invicta East Kent	11:22.1
	5	Rachael Malbon	U23	Brighton & Hove	12:00.1 PB
		B			
	1	Jo Rodriguez	SEN	Woking	10:19.2
	2	Vicky Talbot-Rosner	V50	Invicta East Kent	12:30.3 SB
	3	Judith Carder	V50	Brighton & Hove	13:08.2 SB
	4	S Budd	V40	Poole R	13:25.3
	5	Amelia Mougouber	U20	Dorking & Mole Valley	15:42.4 PB
100 H	A				
	1	Sam Morrison	U20	Woking	18 PB
	2	Sara Henderson	U20	Bracknell AC	19.3 PB
		B			
	1	Isabelle Bertrand	SEN	Runnymede/Woking	21 SB
400 H	A				
	1	Sarah Kearsey	U20	Bournemouth	66.2 PB
	2	Virginia Mitchell	V45	Woking	68.4
	3	Chantal West	U17	Brighton & Hove	79.2 PB
	4	Hannah Biddiss	SEN	Invicta East Kent	86.4
		B			
	1	Isabelle Bertrand	SEN	Woking	86.4 SB
Relay	4 x 100				
	1			Brighton & Hove	52.9
	2			Woking	53.7
	3			Bracknell AC	57.5
	4			Poole R	58.1
	5			Dorking & Mole Valley	61.2
	6			Invicta East Kent	62.3
Relay	4 x 400				
	1			Woking	4:18.0
	2			Brighton & Hove	4:30.5
	3			Bournemouth	4:47.2
	4			Poole R	5:13.9
	5			Invicta East Kent	5:23.1
High	A				
	1	Leah Dyson	U17	Dorking & Mole Valley	1.5
	2	Kaya Carter	U17	Brighton & Hove	1.45
	3	Charlotte Phillips	U17	Poole Runners	1.45 PB
	4	Not named	U20	Brack	1.25
	5	Eleanor Gattrel	SEN	Woking	1.2
	6	Hannah Biddiss	SEN	Invicta East Kent	1.2
		B			
	1	Melissa Donaldson	U17	Brighton & Hove	1.4 SB
	2	Louise Ionascu	V35	Dorking & Mole Valley	1.2 PB
	3	Tasha Hart	SEN	Woking	0.9
	4	Lea Burnett	V40	Invicta East Kent	0.9 PB
Pole	A				
	1	Holly Turner	U17	Brighton & Hove	2.9
	2	Tasha Hart	SEN	Woking	2.8
		B			
	1	Gill Camack	SEN	Brighton & Hove	1.6
Long	A				
	1	Verity Lipscombe	U23	Brighton & Hove	4.81
	2	Katrina White	U17	Bournemouth	4.76 PB
	3	Sam Morrison	U20	Woking	4.48 SB
	4	Beverley Newing	U20	Invicta East Kent	4.12 PB
	5	Hannah Williams	U20	Bracknell AC	3.68 PB
	6	Jane Wilcox	V40	Dorking & Mole Valley	3.28 SB
	7	Annette Lewis	SEN	Poole Runners	2.45 PB
		B			
	1	Isabelle Bertrand	SEN	Runnymede/Woking	4.15 PB
	2	Melissa Donaldson	U17	Brighton & Hove	3.81
	3	Kayleigh Short	SEN	Bracknell AC	3.06 SB
	4	Amelia Mougouber	U20	Dorking & Mole Valley	2.56 SB
	5	Sue Rogers	V45	Invicta East Kent	2.22

Triple	A						
	1	Katrina White	U17	Bournemouth	10.48	PB	
	2	Holly Turner	U17	Brighton & Hove	9.59	PB	
	3	Isabelle Bertrand	SEN	Runnymede/Woking	8.97	SB	
	4	Leah Dyson	U17	Dorking & Mole Valley	8.37		
	5	Vicky Olive	U17	Poole Runners	8.36	SB	
	6	Becky Johnson	U20	Brack	7.66		
	B						
	1	Melissa Donaldson	U17	Brighton & Hove	8.41		
	2	Jane Wilcox	V40	Dorking & Mole Valley	7.49	SB	
Shot	A						
	1	Eleanor Gattrel	SEN	Woking	14.52		
	2	M Slivermore	U17	Poole R	10.14		
	3	Emma Kirk-Odunubi	U20	Brighton & Hove	9.23		
	4	Sara Henderson	U20	Bracknell AC	7.44		
	5	Jane Wilcox	V40	Dorking & Mole Valley	6.73	SB	
	6	Jemma Bates	SEN	Bournemouth	5.99	PB	
	7	Sue Rogers	V45	Invicta East Kent	5.2		
	B						
		1	Anita Cryer	V40	Woking	8.21	SB
		2	Vicky Olive	U17	Poole Runners	7.28	SB
		3	Ellie Woolcott	U17	B&H	6.59	
		4	Kasia Kublik	SEN	Dorking & Mole Valley	6.39	PB
		5	Becky Johnson	U20	Brack	5.86	
	6	Lea Burnett	V40	Invicta East Kent	4.91	PB	
Discus	A						
	1	Phoebe Dowson	U20	Bournemouth	38.68		
	2	Eleanor Gattrel	SEN	Woking	36.6		
	3	Emma Kirk-Odunubi	U20	Brighton & Hove	35.79		
	4	Kasia Kublik	SEN	Dorking & Mole Valley	31.07		
	5	Liana Sims	U20	Poole Runners	21.49		
	6	Charlotte Burnett	U20	Invicta East Kent	15.88		
	B						
		2	Grace Hailsone	U17	B&H	29.63	
		1	Amelia Maugouber	U20	Dorking & Mole Valley	27.61	SB
		3	Anita Cryer	V40	Woking	16.1	
		4	Jemma Bates	SEN	Bournemouth	12.82	PB
		5	Annette Lewis	SEN	Poole Runners	12.54	
		6	Sue Rogers	V45	Invicta East Kent	12.26	
Hammer	A						
	1	Eleanor Gattrel	SEN	Woking	41.24		
	2	Liana Sims	U20	Poole Runners	31.28	SB	
	3	Ellie Woolcott	U17	B&H	25.15		
	4	Jane Wilcox	V40	Dorking & Mole Valley	22.9	SB	
	5	Charlotte Burnett	U20	Invicta East Kent	17.05	SB	
	B						
		1	Anita Cryer	V40	Woking	26.22	SB
		2	Emma Kirk-Odunubi	U20	Brighton & Hove	24.14	
		3	Kasia Kublik	SEN	Dorking & Mole Valley	19.75	SB
	4	Vicky Olive	U17	Poole Runners	14.12	SB	
	5	Lea Burnett	V40	Invicta East Kent	7.85	PB	
Javelin	A						
	1	Grace Hailstone	U17	Brighton & Hove	38.52		
	2	M Slivermore	U17	Poole R	31.85		
	3	Eleanor Gattrel	SEN	Woking	26.42		
	4	Amelia Maugouber	U20	Dorking & Mole Valley	24.88	SB	
	5	Charlotte Burnett	U20	Invicta East Kent	18.06	SB	
	6	Sara Henderson	U20	Bracknell AC	16.7	SB	
	7	Katrina White	U17	Bournemouth	15.54	PB	
	B						
		1	Virginia Mitchell	V45	Woking	25.52	SB
		2	Keira Beck	U17	Brighton & Hove	24.32	
		3	Liana Sims	U20	Poole Runners	23.73	SB
		4	Kasia Kublik	SEN	Dorking & Mole Valley	10.8	SB
		5	Lea Burnett	V40	Invicta East Kent	7.98	PB