

# UK Women's Athletics League

## Division 1 Match 3 - Leigh

Events	Bedford & County AC	Bristol & West AC	Cardiff AAC	Enfield & Haringey AC	Harrow AC	Notts AC	Southampton AC	Trafford AC	UNUSED	TOTAL										
3 Women's 100m	2	7	9	5	7	9	3	3	4	4	6	6	5	1	3	37	37			
7 Women's 200m	5	7	3	4	2	9	9	1	7	3	4	5	6	6	3	37	37			
4 Women's 400m		2	4	7	9	6	3	3	4	6	9	5	5	7	1	3	37	37		
2 Women's 800m	3	2	4	9	9	4	6	1	6	5	5	7	7	6	6	37	37			
8 Women's 1500m	3	5	9	4	5	9	6	2	4	6	1	3	7	7	3	37	37			
5 Women's 2000 S/Chase	4	6	7						9	3	5			3	37	37				
21 Women's 3000m	2	9	9	6	7				5	7	6	4	5	3	4	1	6	37	37	
1 Women's 400 Hurdles	5	3	2	4	5	7	6	3	6	7	1	4	9	9	3	37	37			
6 Women's 100 Hurdles		6	7	4	6	3			7	5	9	2	5	9	4	1	6	37	37	
11 Women's Hammer	2	5	9	6	7	1	3	5	6	7	9	3	2	4	4	1	37	37		
15 Women's Discus	2	1	7	5	3	3	4	4	1	6	5	2	9	9	6	7		37	37	
18 Women's Javelin	5	1	4	6	2	4	7	7	5	2	3	9	9	3	6	1	37	37		
17 Women's Shot Putt	2	6	5	7	4	2	1	1	6	4	3	3	9	5	7	9		37	37	
13 Women's Long Jump	1	1	5	6	9	7	7	9	2	2	4	5	6	3	3	4		37	37	
16 Women's Triple Jump	1	3	4	9	5	2			3	4	5	6	6	7	7	9		3	37	37
14 Women's High Jump	5	4.5	9	3	4.5	1			4		2	6	6	7	7	9		6	37	37
12 Women's Pole Vault	5	6	6	4	7	9	9				3	7	2		1	15		37	37	
9 Women's 4x100m Relay	4	7	3						2	6	9	5		1	37			37	37	
10 Women's 4x400m Relay	4	3	9							6	5	7		3	37			37	37	
	55	41.5	102	59	100	98.5	78	43	60	33	86	81	102	80	108	97	12	170	703	703

Match Summary	Bedford & County AC	Bristol & West AC	Cardiff AAC	Enfield & Haringey AC	Harrow AC	Notts AC	Southampton AC	Trafford AC	UNUSED	TOTAL
Teams	96.5	161.0	198.5	121.0	93.0	167.0	182.0	205.0	182.0	1406.0
Officials Points	15.0	20.0	20.0	20.0	20.0	20.0	20.0	20.0	155.0	310.0
Total	111.5	181.0	218.5	141.0	113.0	187.0	202.0	225.0	337.0	1716.0
Match Position	8	5	2	6	7	4	3	1		
League Points	1	4	7	3	2	5	6	8		

Standings	Bedford & County AC	Bristol & West AC	Cardiff AAC	Enfield & Haringey AC	Harrow AC	Notts AC	Southampton AC	Trafford AC
League Points	6.0	6.0	19.0	9.0	9.0	17.0	20.0	22.0
Match Points	420.0	452.0	608.5	445.0	432.0	564.5	584.0	633.0
League Positions	8	7	3	5	6	4	2	1

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				Perf	Record	Wind	AW					Perf	Record	Wind	AW
<b><u>Women's 100m A</u></b>				Wind=	+1.6			<b><u>Women's 100m B</u></b>				Wind=	+1.5		
1	4	Margaret Adeoye	Enfield & Haringey AC	11.70			<input checked="" type="checkbox"/>	1	22	Yvette Westwood U20	Bristol & West AC	12.05			<input checked="" type="checkbox"/>
2	2	Hannah Williams	Bristol & West AC	11.74			<input checked="" type="checkbox"/>	2	33	Rebecca Chapman	Cardiff AAC	12.06			<input checked="" type="checkbox"/>
3	8	Rachel Highfield	Trafford AC	12.24			<input checked="" type="checkbox"/>	3	77	*Sophie-Anne Haigh	Southampton AC	12.34			<input checked="" type="checkbox"/>
4	3	Catherine Hardy	Cardiff AAC	12.32			<input checked="" type="checkbox"/>	4	88	Ashton Greenwood	Trafford AC	12.70			<input checked="" type="checkbox"/>
5	7	Izzy Bryant	Southampton AC	12.33			<input checked="" type="checkbox"/>	5	66	Mayah Charles	Notts AC	12.79			<input checked="" type="checkbox"/>
6	5	Chelsea Shurland	Harrow AC	12.49			<input checked="" type="checkbox"/>	6	55	Beatrix Turner	Harrow AC	15.31			
7	1	Mia Chapman U20	Bedford & County AC	12.63			<input checked="" type="checkbox"/>	7							
8	6	Sharhnee Skervin	Notts AC	DNF				8							
<b><u>Women's 200m A</u></b>				Wind=	+4.0			<b><u>Women's 200m B</u></b>				Wind=	+1.2		
1	4	Margaret Adeoye	Enfield & Haringey AC	23.91			<input checked="" type="checkbox"/>	1	33	Rachel Donnison	Cardiff AAC	25.41			<input checked="" type="checkbox"/>
2	6	Rachel Norris	Notts AC	25.01			<input checked="" type="checkbox"/>	2	11	Mia Chapman U20	Bedford & County AC	25.45			<input checked="" type="checkbox"/>
3	8	Rachel Highfield	Trafford AC	25.21			<input checked="" type="checkbox"/>	3	88	Nisha Desai	Trafford AC	25.81			<input checked="" type="checkbox"/>
4	1	Jodie Leslie	Bedford & County AC	25.22			<input checked="" type="checkbox"/>	4	77	Izzy Bryant	Southampton AC	25.95			<input checked="" type="checkbox"/>
5	7	*Mandy Gault	Southampton AC	25.44			<input checked="" type="checkbox"/>	5	22	Bethan Wakefield	Bristol & West AC	26.37			<input checked="" type="checkbox"/>
6	2	Yvette Westwood U20	Bristol & West AC	25.89			<input checked="" type="checkbox"/>	6	66	Mia Spence	Notts AC	26.63			<input checked="" type="checkbox"/>
7	3	Hannah Thomas	Cardiff AAC	26.11			<input checked="" type="checkbox"/>	7							
8	5	Chelsea Shurland	Harrow AC	26.19			<input checked="" type="checkbox"/>	8							
<b><u>Women's 400m A</u></b>								<b><u>Women's 400m B</u></b>							
1	7	*Mandy Gault	Southampton AC	56.42			<input checked="" type="checkbox"/>	1	33	Rhiannon Linington_Payne	Cardiff AAC	56.08			<input checked="" type="checkbox"/>
2	3	Rachel Donnison	Cardiff AAC	56.67			<input checked="" type="checkbox"/>	2	88	Nisha Desai	Trafford AC	56.47			<input checked="" type="checkbox"/>
3	4	Akesha Smith	Enfield & Haringey AC	57.62			<input checked="" type="checkbox"/>	3	66	Debs Willis	Notts AC	58.32			<input checked="" type="checkbox"/>
4	8	Ashton Greenwood	Trafford AC	57.93			<input checked="" type="checkbox"/>	4	77	*Amy Jaramazovic	Southampton AC	59.93			<input checked="" type="checkbox"/>
5	6	Mia Spence	Notts AC	57.94			<input checked="" type="checkbox"/>	5	22	Hannah Jackson	Bristol & West AC	67.31			
6	5	Bettina Rottweiler	Harrow AC	60.45			<input checked="" type="checkbox"/>	6	55	Emma Gayler	Harrow AC	69.70			
7	2	Hattie Dent	Bristol & West AC	66.85				7							
8								8							
<b><u>Women's 800m A</u></b>								<b><u>Women's 800m B</u></b>							
1	4	Hollie Parker	Enfield & Haringey AC	2:09.05				1	33	Lizzie Price	Cardiff AAC	2:15.51			
2	8	Beth Barlow	Trafford AC	2:12.37				2	88	Amy-Rose Cauley	Trafford AC	2:21.76			
3	5	Bettina Rottweiler	Harrow AC	2:13.64				3	66	Sarah Mackness	Notts AC	2:22.40			
4	7	Emily Jenkinson	Southampton AC	2:15.32				4	77	Georgina Russell	Southampton AC	2:22.85			
5	3	Kate Seary	Cardiff AAC	2:17.63				5	44	Tania-Cyrena Cyrus	Enfield & Haringey AC	2:29.97			
6	1	Jo Wilkinson	Bedford & County AC	2:25.93				6							
7	2	Ellen Harrison	Bristol & West AC	2:32.37				7							
8	6	Ella Shirley	Notts AC	2:43.22				8							
<b><u>Women's 1500m A</u></b>								<b><u>Women's 1500m B</u></b>							
1	2	Kate Maltby	Bristol & West AC	4:25.77				1	3	Rhianwedd Price	Cardiff AAC	4:38.54			
2	8	Catrina Thomas	Trafford AC	4:28.10			<input checked="" type="checkbox"/>	2	88	Jo Dawes	Trafford AC	4:46.81			
3	4	Hollie Parker	Enfield & Haringey AC	4:29.33			<input checked="" type="checkbox"/>	3	6	Lucy Holt	Notts AC	4:49.73			
4	33	Ffion Price	Cardiff AAC	4:34.04			<input checked="" type="checkbox"/>	4	1	Jo Wilkinson	Bedford & County AC	4:54.09			
5	66	Sarah Mackness	Notts AC	4:48.20			<input checked="" type="checkbox"/>	5	22	Ellen Harrison	Bristol & West AC	5:01.12			
6	11	Lauren Nichols U20	Bedford & County AC	4:50.36			<input checked="" type="checkbox"/>	6	77	Miriam Jones-Walters	Southampton AC	5:01.50			
7	5	Lucy Ashe	Harrow AC	4:52.03			<input checked="" type="checkbox"/>	7							<input checked="" type="checkbox"/>
8	7	Rachael Ayerst	Southampton AC	4:59.49			<input checked="" type="checkbox"/>	8							<input checked="" type="checkbox"/>
<b><u>Women's 2000 S/Chase A</u></b>								<b><u>Women's 2000 S/Chase B</u></b>							
1	6	Laura Riches	Notts AC	6:46.99				1							<input checked="" type="checkbox"/>
2	3	Rhianwedd Price	Cardiff AAC	7:01.53			<input checked="" type="checkbox"/>	2							<input checked="" type="checkbox"/>
3	2	Fiona Marks	Bristol & West AC	7:16.37			<input checked="" type="checkbox"/>	3							<input checked="" type="checkbox"/>
4	8	Vicki Cronin	Trafford AC	7:16.67			<input checked="" type="checkbox"/>	4							<input checked="" type="checkbox"/>
5	1	Diane Chalmers	Bedford & County AC	7:32.94			<input checked="" type="checkbox"/>	5							<input checked="" type="checkbox"/>
6	7	Helen Jones	Southampton AC	7:50.84			<input checked="" type="checkbox"/>	6							<input checked="" type="checkbox"/>
7								7							<input checked="" type="checkbox"/>
8								8							<input checked="" type="checkbox"/>

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				Perf	Record	Wind	AW					Perf	Wind	AW	
<b><u>Women's 3000m A</u></b>								<b><u>Women's 3000m B</u></b>							
1	2	Kate Maltby	Bristol & West AC	09:18.98			☑	1	22	Fiona Marks	Bristol & West AC	09:59.30		☑	
2	6	Sophie Cowper	Notts AC	09:47.62			✂	2	33	Clara Evans	Cardiff AAC	10:01.86			
3	3	Kate Seary	Cardiff AAC	09:57.63			✂	3	66	Lucy Holt	Notts AC	10:12.45			
4	5	Lucy Ashe	Harrow AC	10:08.65			✂	4	77	Sarah Kingston	Southampton AC	10:48.66			
5	7	Bryher Bowness	Southampton AC	10:09.05			✂	5	88	Amy-Rose Cauley	Trafford AC	11:02.26			
6	8	Sinead Bent	Trafford AC	10:13.90			✂	6					X	☑	
7	1	Jo Wilkinson	Bedford & County AC	11:04.53			✂	7						☑	
8						X		8						☑	
<b><u>Women's 400 Hurdles A</u></b>								<b><u>Women's 400 Hurdles B</u></b>							
1	8	Nisha Desai	Trafford AC	60.48			☑	1	88	Chloe Esegbona	Trafford AC	63.38		☑	
2	4	Kerry Dixon	Enfield & Haringey AC	62.36			☑	2	66	Emma Komocki	Notts AC	64.21		☑	
3	6	Debs Willis	Notts AC	63.33			☑	3	44	Akasha Smith	Enfield & Haringey AC	65.45		☑	
4	1	Leanne Buxton	Bedford & County AC	66.46			☑	4	33	Ffion Price	Cardiff AAC	70.01			
5	3	Rhianwedd Price	Cardiff AAC	67.33			☑	5	77	Anna Sharp	Southampton AC	73.42			
6	5	Rebecca Jennings	Harrow AC	67.85			☑	6	11	Diane Chalmers	Bedford & County AC	76.25			
7	2	Hattie Dent	Bristol & West AC	69.80			☑	7							
8	7	Catrina Witcombe	Southampton AC	70.28				8							
<b><u>Women's 100 Hurdles A</u></b>								<b><u>Women's 100 Hurdles B</u></b>							
				Wind=		+2.2						Wind=		+3.0	
1	8	Chloe Esegbona	Trafford AC	14.81			☑	1	66	Debs Willis	Notts AC	16.15		☑	
2	5	Rebecca Jennings	Harrow AC	15.15			☑	2	22	Hattie Dent	Bristol & West AC	17.04			
3	2	Hannah Jackson	Bristol & West AC	15.18			☑	3	33	Natalie Godden	Cardiff AAC	19.63			
4	6	Emma Komocki	Notts AC	15.40			☑	4	77	Anna Sharp	Southampton AC	20.22			
5	3	Sara Geary	Cardiff AAC	15.69			☑	5	88	Vickki Cronin	Trafford AC	20.75			
6	4	Nicole Parcell	Enfield & Haringey AC	16.22			☑	6							
7	7	Catrina Witcombe	Southampton AC	19.12				7							
8								8							
<b><u>Women's Hammer A</u></b>								<b><u>Women's Hammer B</u></b>							
1	2	Christine Jones	Bristol & West AC	58.49			☑	1	66	Anna Purchase	Notts AC	52.13		☑	
2	6	Annabelle Palmer	Notts AC	57.33			☑	2	33	Ffion Price	Cardiff AAC	46.80		☑	
3	3	Alessandra Wall	Cardiff AAC	54.63			☑	3	55	Celine Freeman-Gibb	Harrow AC	38.16		☑	
4	5	Debbie McCaw	Harrow AC	47.23			☑	4	11	Katie Winwood	Bedford & County AC	35.01		☑	
5	8	Holly Rodgers	Trafford AC	46.85			☑	5	88	Kerrie Buckley	Trafford AC	31.02		☑	
6	7	*Phoebe Dowson	Southampton AC	43.01			☑	6	44	Anna-Maria Boahene	Enfield & Haringey AC	24.83			
7	1	Suzy Wise	Bedford & County AC	39.20			☑	7	77	Izzy Bryant	Southampton AC	18.35			
8	4	Melanie Harrison	Enfield & Haringey AC	33.39			☑	8							
<b><u>Women's Discus A</u></b>								<b><u>Women's Discus B</u></b>							
1	7	*Phoebe Dowson	Southampton AC	49.96			☑	1	77	Sophie Merritt	Southampton AC	42.27		☑	
2	2	Alice Grosjean	Bristol & West AC	38.02			☑	2	8	Toni Buckingham	Trafford AC	34.62		☑	
3	88	Jemm Bate	Trafford AC	37.78			☑	3	55	Celine Freeman-Gibb	Harrow AC	28.62			
4	6	Kiara Francis	Notts AC	36.24			☑	4	22	Rownita Marston	Bristol & West AC	26.45			
5	4	Melanie Harrison	Enfield & Haringey AC	35.79			☑	5	44	Ismini Krassismenou	Enfield & Haringey AC	24.09			
6	3	Lucy Griffiths	Cardiff AAC	32.08			☑	6	33	Sharon Heveran	Cardiff AAC	23.29			
7	1	SUzy Wise	Bedford & County AC	30.99			☑	7	66	Anna Purchase	Notts AC	22.12			
8	5	Debbie McCaw	Harrow AC	29.41				8	11	Jemma Eastwood	Bedford & County AC	21.64			
<b><u>Women's Javelin A</u></b>								<b><u>Women's Javelin B</u></b>							
1	7	Sarah Ellis	Southampton AC	39.00			☑	1	77	Sophie Merritt	Southampton AC	36.20		☑	
2	5	Beatrix Turner	Harrow AC	37.64			☑	2	4	Ismini Krassismenou	Enfield & Haringey AC	29.01			
3	3	Rebecca Chapman	Cardiff AAC	31.17			☑	3	88	Lydia Chamberlin	Trafford AC	28.09			
4	1	Emily Cartridge	Bedford & County AC	29.87				4	55	Debbie McCaw	Harrow AC	21.47			
5	44	Nicole Parcell	Enfield & Haringey AC	29.29				5	22	Rownita Marston	Bristol & West AC	15.41			
6	8	Anna Bates	Trafford AC	28.34				6	66	Gia Skervin	Notts AC	14.87			
7	6	Hayley Rubery	Notts AC	23.10				7	33	Charlotte Wingford	Cardiff AAC	14.77			
8	2	Hannah Jackson	Bristol & West AC	19.28				8							

## UK Women's Athletics League

### Division 1 Match 3 - Leigh

				Perf	Record	Wind	AW					Perf	Wind	AW	
<b><u>Women's Shot Putt A</u></b>								<b><u>Women's Shot Putt B</u></b>							
1	7	Sophie Merritt	Southampton AC	14.26			☑	1	88	Lydia Chamberlin	Trafford AC	11.65		☑	
2	8	Toni Buckingham	Trafford AC	12.86			☑	2	22	Ada'Ora Chigbo U20	Bristol & West AC	11.56		☑	
3	5	Celine Freeman-Gibb	Harrow AC	12.78			☑	3	11	Emily Cartridge	Bedford & County AC	9.72			
4	2	Rownita Marston	Bristol & West AC	12.21			☑	4	77	Ellie Hodgson	Southampton AC	9.56			
5	3	Lucy Griffiths	Cardiff AAC	11.88			☑	5	55	Beatrix Turner	Harrow AC	9.31			
6	6	Kiara Francis	Notts AC	10.77			☑	6	66	Annabelle Palmer	Notts AC	8.92			
7	1	Leanne Buxton	Bedford & County AC	10.72			☑	7	33	Sharon Heveran	Cardiff AAC	8.89			
8	4	Melanie Harrison	Enfield & Haringey AC	9.83				8	44	Anna-Maria Boahene	Enfield & Haringey AC	8.32			
<b><u>Women's Long Jump A</u></b>								<b><u>Women's Long Jump B</u></b>							
1	3	Rebecca Chapman	Cardiff AAC	6.04	+0.2	☑		1	4	Georgia Green	Enfield & Haringey AC	5.22	-0.1	☑	
2	44	Nicole Parcell	Enfield & Haringey AC	5.38	-1.5	☑		2	33	Sara Geary	Cardiff AAC	5.12	-0.2	☑	
3	7	Vicky Mould	Southampton AC	5.29	+0.3	☑		3	22	Sam Barrett U20	Bristol & West AC	5.11	-0.0	☑	
4	2	Andrea Jesudason	Bristol & West AC	5.27	-0.7	☑		4	6	Donelle Arulanandam	Notts AC	5.05	-3.7	☑	
5	66	Mayah Charles	Notts AC	5.24	-1.2	☑		5	88	Lydia Chamberlin	Trafford AC	5.00	-0.9	☑	
6	8	Anna Bates	Trafford AC	5.20	-2.5	☑		6	77	*Isobel Gray	Southampton AC	4.95	-0.9		
7	5	Emma Gayler	Harrow AC	5.14	-1.3	☑		7	55	Zoe Kotryba	Harrow AC	4.15	-1.3		
8	1	Leanne Buxton	Bedford & County AC	4.86	-1.4			8	11	Kara Gibbs	Bedford & County AC	3.53	-1.7		
<b><u>Women's Triple Jump A</u></b>								<b><u>Women's Triple Jump B</u></b>							
1	3	Saragh Buggy	Cardiff AAC	12.66	-1.1	☑		1	8	Anna Bates	Trafford AC	11.66	-1.3	☑	
2	88	Michelle Robbins-Hulse	Trafford AC	11.72	-0.8	☑		2	77	Hollie Garrathy	Southampton AC	10.56	-1.3	☑	
3	7	Vicky Mould	Southampton AC	11.39	-1.7	☑		3	66	Rimini Miloro	Notts AC	10.14	-1.5	☑	
4	6	Beth Mortiboy	Notts AC	11.14	-0.0	☑		4	33	Sara Geary	Cardiff AAC	9.87	-1.6		
5	2	Andrea Jesudason	Bristol & West AC	11.10	-2.8	☑		5	5	Emma Gayler	Harrow AC	9.44	-0.6		
6	55	Zoe Kotryba	Harrow AC	10.09	-1.2	☑		6	11	Kara Gibbs	Bedford & County AC	7.96	-1.8		
7	44	Clare Blunt	Enfield & Haringey AC	9.86	-2.4			7							
8	1	Diane Chalmers	Bedford & County AC	8.04	-1.2			8							
<b><u>Women's High Jump A</u></b>								<b><u>Women's High Jump B</u></b>							
1	2	Ada'Ora Chigbo	Bristol & West AC	1.70		☑		1	88	Amy Lester	Trafford AC	1.55		☑	
2	8	Amelia Jennings-Mclaughlin	Trafford AC	1.60		☑		2	77	Jordan Campbell	Southampton AC	1.45			
3	7	Emma Cowell	Southampton AC	1.60		☑		3	66	Rimini Miloro	Notts AC	1.35			
4	1	Emily Cartridge	Bedford & County AC	1.55		☑		4=	33	Kate Seary	Cardiff AAC	1.30			
5	5	Janet Browne	Harrow AC	1.55		☑		4=	11	Jemma Eastwood	Bedford & County AC	1.30			
6	3	Natalie Godden	Cardiff AAC	1.45											
7	6	Donelle Arulanandam	Notts AC	1.45											
8	44	Clare Blunt	Enfield & Haringey AC	1.30											
<b><u>Women's Pole Vault A</u></b>								<b><u>Women's Pole Vault B</u></b>							
1	4	Clare Blunt	Enfield & Haringey AC	4.00		☑		1	44	Caroline Parkinson	Enfield & Haringey AC	3.10		☑	
2	7	Laura Edwards	Southampton AC	3.60		☑		2	33	Lois Hillman	Cardiff AAC	2.90		☑	
3	2	Silvia Amabilino	Bristol & West AC	3.50		☑		3	11	Kara Gibbs	Bedford & County AC	2.70		☑	
4	1	Jemma Eastwood	Bedford & County AC	3.30		☑									
5	3	Ffion Llewellyn	Cardiff AAC	3.20		☑									
6	6	Jenny Robbins	Notts AC	3.10		☑									
7	8	Nicole Davenport	Trafford AC	2.10											
<b><u>Women's 4x100m Relay</u></b>															
1	7	Southampton AC	Ellie Hodgson	Sophie-Anne Haigh	Izzy Bryant	Mandy Gault	48.30	☑							
2	2	Bristol & West AC	Yvette Westwood U20	Bethany Wakefield	Hannah Jackson	Hannah Williams	48.46	☑							
3	6	Notts AC	Rachel Norris	Sharhnee Skervin	Mayah Charles	Emma Komocki	49.68	☑							
4	8	Trafford AC	Rachel Highfield	Chloe Esegbona	Ashton Greenwood	Lydia Chamberlin	49.80	☑							
5	1	Bedford & County AC	Mia Chapman U20	Jodie Leslie	Emily Cartridge	Leanne Buxton	50.50	☑							
6	3	Cardiff AAC	Charlotte Wingfield	Rebecca Chapman	Catherine Hardy	Hannah Thomas	51.77	☑							
7	5	Harrow AC	Rebecca Jennings	Chelsea Shurland	Emma Gayler	-	52.80								
8															

## UK Women's Athletics League

### Division 1 Match 3 - Leigh

			Perf	Record	Wind	AW	
<b><u>Women's 4x400m Relay</u></b>							
1	3	Cardiff AAC	Rhiannon Linington_Payne	Rachel Donnison	Hannah pachula	Ffion Price	3:50.70
2	8	Trafford AC	Nisha Desai	Chloe Esegbona	Ashton Greenwood	Beth Barlow	3:51.44
3	6	Notts AC	Debs Willis	Mia Spence	Emma Komocki	Rachel Norris	3:54.45
4	7	Southampton AC	Amy Jaramazovic	Georgina Russell	Sarah Kingston	Emily Jenkinson	3:59.44
5	1	Bedford & County AC	Leanne Buxton	lauren Nichols U20	Emily Cartridge	Jodie Leslie	4:15.03
6	2	Bristol & West AC	Bethan Wakefield	Hannah Williams	Hattie Dent	Kate Maltby	4:23.23
7							
8							

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 Trafford AC	8	225.0	1 Trafford AC	22	633.0
2 Cardiff AAC	7	218.5	2 Southampton AC	20	584.0
3 Southampton AC	6	202.0	3 Cardiff AAC	19	608.5
4 Notts AC	5	187.0	4 Notts AC	17	564.5
5 Bristol & West AC	4	181.0	5 Enfield & Haringey AC	9	445.0
6 Enfield & Haringey AC	3	141.0	6 Harrow AC	9	432.0
7 Harrow AC	2	113.0	7 Bristol & West AC	6	452.0
8 Bedford & County AC	1	111.5	8 Bedford & County AC	6	420.0

### **100m Non Scoring**

			+1.3			
1	84	Hannah Williams Bristol & West	11.89	<input checked="" type="checkbox"/>		
2	88	Ellie Hodgson Southampton AC	12.73	<input checked="" type="checkbox"/>		