

	Team	Score	
1	Basingstoke & Mid Hants	242	A
3	Exeter	239.5	C
10	Watford H	211.5	L
9	Walton	196	K
8	St Mary's Richmond	193.5	G
2	Bracknell	181.5	B
6	Orion H	122.5	F
4	Highgate H	108	D
7	Southend on Sea	81.5	H
5	London Heathside	81	E
11	0	0	0
12	0	0	0

Senior A 100m

Wind

1	Remel Okeke-Wickham	SW	London Heathside	12.5	10
2	Susie McLoughlin	SW	Walton	12.7	9
3	Jenny Robinson	U20	Exeter	12.9	8
4	Jo Pett	SW	Basingstoke & Mid Hants	13.0	7
5	Kayleigh Short	SW	Bracknell	13.3	6
6	Shimaala Harewood	U17	Watford H	13.5	5
7	Jessica Kipps	U17	Orion H	13.9	3.5
7	Lorraine Ramet	W35	Southend on Sea	13.9	3.5
9	Nneka Irechuklou	U20	Highgate H	14.9	2
10	Hannah Rodgers	U17	St Mary's Richmond	15.0	1
11					0
12					0

Senior B 100m

Wind

1	Tracey Dombey	W40	Watford H	12.9	10
2	Kerry Gale	U20	Exeter	13.1	8.5
2	Emma Rafferty	U20	Bracknell	13.1	8.5
4	Emma Hope	SW	Basingstoke & Mid Hants	13.2	7
5	Lisa O' Brien	U17	Walton	13.4	6
6	Tanika Duncan	U20	Highgate H	14.1	5
7	Kate Waskett	SW	St Mary's Richmond	14.6	4
8	Rebecca Kipps	U20	Orion H	15.0	3
9					2
10					1
11					0
12					0

Senior A 200m

Wind

1	Jo Pett	SW	Basingstoke & Mid Hants	26.7	10
2	Susie McLoughlin	SW	Walton	27.1	9
3	Remel Okeke-Wickham	SW	London Heathside	27.2	8
4	Kerry Gale	U20	Exeter	27.3	7
5	Kayleigh Short	SW	Bracknell	27.9	6
6	Shimaala Harewood	U17	Watford H	28.6	5
7	Lorraine Ramet	W35	Southend on Sea	29.3	4
8	Kate Waskett	U17	St Mary's Richmond	30	3
9	Amanda Rochester	W45	Highgate H	30	2
10	Melissa Timpson	U17	Orion H	32.5	1
11					0
12					0

Senior B 200m

Wind

1	Tracey Dombey	W40	Watford H	28	9.5
1	Emma Rafferty	U20	Bracknell	28	9.5
3	Laura Wright	SW	Basingstoke & Mid Hants	28.9	8
4	Lisa O' Brien	U17	Walton	29.2	7
5	Laurie Dugdale	U17	Exeter	30.7	6
6	Natalie Woodhouse	U17	Southend on Sea	31.5	5
7	Rebecca Kipps	U20	Orion H	31.6	4
8	Estelkle Damant	SW	St Mary's Richmond	32.1	3
9					2
10					1
11					0
12					0

Senior A 400m

1	Emma Hope	SW	Basingstoke & Mid Hants	61.8	10
2	Jessica Riglin	W35	St Mary's Richmond	62.5	8.5
2	Natalie Kipps	SW	Orion H	62.5	8.5
4	Katherine Humphreys	SW	Exeter	63.6	7
5	Lizzie Butcher	U17	Bracknell	64.5	6
6	Agnieszka Pieczka	SW	Watford H	67.3	5
7	Nicola Aylett	U20	Walton	67.6	4
8	Amanda Rochester	W45	Highgate H	67.9	3
9	Lorraine Ramet	W35	Southend on Sea	75.8	2
10					1
11					0
12					0

Senior B 400m

1	Amy Harris	SW	Basingstoke & Mid Hants	63.7	10
2	Gaby Callaghan	U17	Bracknell	64.2	9
3	Estelkie Damant	SW	St Mary's Richmond	69.7	8
4	Lauren Perrira	U17	Orion H	72.1	7
5	Mary Brown	W45	Highgate H	72.6	6
6	Maria Jacques	U20	Watford H	78.3	5
7					4
8					3
9					2
10					1
11					0
12					0

Senior A 800m

1	Rachel McClay	U17	Bracknell	2:14.1	10
2	Katherine Humphreys	SW	Exeter	2:21.6	9
3	Natalie Kipps	SW	Orion H	2:22.7	8
4	Sue Rust	SW	London Heathside	2:28.6	7
5	liz kipling	W35	St Mary's Richmond	2:29.8	6
6	Nicola Aylett	U20	Walton	2:31.5	5
7	Agnieszka Pieczka	SW	Watford H	2:32.6	4
8	Rebecca Slead	SW	Basingstoke & Mid Hants	2:32.9	3
9	Pauline Michael	SW	Highgate H	2:41.9	2
10					1
11					0
12					0

Senior B 800m

1	Estelkie Damant	SW	St Mary's Richmond	2:28.1	10
2	Gaby Callaghan	U17	Bracknell	2:31.7	9
3	Laurie Dugdale	U17	Exeter	2:32.3	8
4	Helen Highfield	SW	Basingstoke & Mid Hants	2:33.0	7
5	Hannah Kitchen	U20	Watford H	2:41.5	6
6	Jay Andrews	U17	Orion H	2:44.1	5
7	Natalie McQueen	SW	London Heathside	2:51.4	4
8	Lucy King	SW	Walton	2:52.2	3
9	Sandie Duerden	W35	Highgate H	3:16.6	2
10					1
11					0
12					0

Senior A 1500m

1	Katherine Humphreys	SW	Exeter	4:50.7	10
2	Joanne Bradford	SW	Southend on Sea	4:52.2	9
3	Natalie Kipps	SW	Orion H	4:52.9	8
4	Sue Rust	SW	London Heathside	5:00.6	7
5	Natalie Warren	SW	Walton	5:11.0	6
6	Molly Riglin	U17	St Mary's Richmond	5:11.9	5
7	Ella Row	U17	Bracknell	5:18.0	4
8	Martha Omar	U17	Watford H	5:23.6	3
9	Pauline Michael	SW	Highgate H	5:40.5	2
10	Rebecca Slead	SW	Basingstoke & Mid Hants	5:41.6	1
11					0
12					0

Senior B 1500m

1	Liz Kipling	W35	St Mary's Richmond	5:10.5	10
2	Caitin Millar	U20	Bracknell	5:10.6	9
3	Laurie Dugdale	U17	Exeter	5:16.7	8
4	Jo Locker	SW	Walton	5:17.8	7
5	Emma Hope	SW	Basingstoke & Mid Hants	5:20.5	6
6	Alice Ling	u17	Southend on Sea	5:47.6	5
7	Phillpa Horton	SW	Highgate H	5:49.4	4
8	Lauren Richardson	SW	Orion H	5:50.7	3
9	Fiona Holland	W50	London Heathside	6:06.9	2
10	Angela Halford	SW	Watford H	6:10.1	1
11					0
12					0

Senior A 3000m

1	Sarah Swinhoe	W35	London Heathside	10:34.4	10
2	Natalie Warren	SW	Walton	10:40.7	9
3	Estelke Damant	SW	St Mary's Richmond	10:54.2	8
4	Kerry Holland	SW	Southend on Sea	10:58.1	7
5	Anna Rust	U17	Exeter	11:09.4	6
6	Linda Plant	SW	Basingstoke & Mid Hants	11:21.5	5
7	Natalie Wickings	U17	Watford H	11:52.9	4
8	Claire Banies	U20	Bracknell	12:06.0	3
9	Katy Brett	SW	Orion H	12:40.8	2
10	Karen Murphy	SW	Highgate H	13:00.3	1
11					0
12					0

Senior B 3000m

1	Sarah Swinhoe	W35	London Heathside	10:36.4	10
2	liz kipling	W35	St Mary's Richmond	11:01.1	9
3	Jo Locker	SW	Walton	11:01.6	8
4	Kiralie Kames	SW	Watford H	11:53.8	7
5	Becky Crisp	SW	Basingstoke & Mid Hants	12:10.5	6
6	Lauren Rayment	U17	Bracknell	12:32.7	5
7	Emma Gallagher	SW	Orion H	12:44.7	4
8	Sandie Duerden	W35	Highgate H	13:55.1	3
9					2
10					1
11					0
12					0

Senior A 100mH

1	Jenny Robinson	U20	Exeter	15.5	10
2	Kate Lysons	U20	Basingstoke & Mid Hants	16.2	9
3	Jeessica Reifier	SW	St Mary's Richmond	16.9	8
4	Jo Regan	W40	Walton	21	7
5	Angela Halford	SW	Watford H	22.7	6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Wind

Senior B 100mH

1	Amy Harris	SW	Basingstoke & Mid Hants	17.8	10
2	Kate Waskett	SW	St Mary's Richmond	20.9	9
3	Angela Halford	SW	Watford H	22.9	8
4					7
5					6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Wind

Senior A 400mH

1	Amy Harris	SW	Basingstoke & Mid Hants	69.8	10
2	Anna Rust	U17	Exeter	79.8	9
3	Emma Gallagher	SW	Orion H	85.9	8
4	Alison Putko	SW	Watford H	87.10	7
5					6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Senior B 400mH

1	Linda Plant	SW	Basingstoke & Mid Hants	74	10
2	Angela Halford	SW	Watford H	94.8	9
3					8
4					7
5					6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Senior A High Jump

1	Kate Lysons	U20	Basingstoke & Mid Hants	1.45	10
2	Emma Rafferty	U20	Bracknell	1.4	9
3	Jess Colvin	U17	Exeter	1.4	8
4	Martha Omar	U17	Watford H	1.4	7
5	Kate Waskett	U17	St Mary's Richmond	1.35	6
6	Lauren Richardson	SW	Orion H	1.35	5
7	Tanika Duncan	U20	Highgate H	1.35	4
8	Susie McLoughlin	SW	Walton	1.3	3
9					2
10					1
11					0
12					0

Senior B High Jump

1	Lisa Mulholland	SW	Basingstoke & Mid Hants	1.4	10
2	Sam Burke	U20	Watford H	1.35	9
3	Hannah Rodgers	SW	St Mary's Richmond	1.35	8
4	Anna Rust	U17	Exeter	1.3	7
5	Jo Hadway	SW	Orion H	1.25	5.5
5	Hannah Johnson	U17	Bracknell	1.25	5.5
7	Juliet Kavanagh	W35	Highgate H	1.00	4
8					3
9					2
10					1
11					0
12					0

Senior A Pole Vault

1	Sue Yeomans	W55	Watford H	2.6	10
2	Lauren Richardson	SW	Orion H	2.4	9
3	Debbie Singleton	W50	Walton	2.1	8
4	Laura Wright	SW	Basingstoke & Mid Hants	1.7	7
5	Leonie Rowe	SW	Exeter	1.2	6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Senior B Pole Vault

1	Christine James	W50	Watford H	1.6	10
2	Emma Hope	SW	Basingstoke & Mid Hants	1.3	9
3					8
4					7
5					6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Senior A Long Jump

1	Kate Brook	SW	St Mary's Richmond	4.75	10
2	Beth Skinner	U17	Exeter	4.72	9
3	Lisa O' Brien	U17	Walton	4.66	8
4	laura Wright	SW	Basingstoke & Mid Hants	4.52	7
5	Natalie Woodhouse	U17	Southend on Sea	4.42	6
6	Maria Jacques	U20	Watford H	3.97	5
7	Juliet Kavanagh	W35	Highgate H	3.75	4
8	Becy Johnson	U17	Bracknell	3.59	3
9	Jo Hadway	SW	Orion H	3.56	2
10	Natalie McQueen	SW	London Heathside	3.44	1
11					0
12					0

Wind

Senior B Long Jump

1	Jo Regan	W40	Walton	4.43	10
2	Lisa Mulholland	SW	Basingstoke & Mid Hants	4.15	9
3	Jess Colvin	U17	Exeter	3.98	8
4	Tracey Dombey	W40	Watford H	3.93	7
5	Hannah Rodgers	U17	St Mary's Richmond	3.79	6
6	Jessica Kipps	U17	Orion H	3.53	5
7	Tiffany Amuah	U17	Bracknell	3.19	4
8	Sue Rust	SW	London Heathside	3.07	3
9	Nneka Irechuklou	SW	Highgate H	2.98	2
10					1
11					0
12					0

Wind

Senior A Triple Jump

Wind

1	Leonie Rowe	U17	Exeter	10.18	10
2	Shimaala Harewood	U17	Watford H	10.14	9
3	Kate Brook	SW	St Mary's Richmond	9.53	8
4	Rachel McClay	U20	Bracknell	9.35	7
5	Lisa Mulholland	SW	Basingstoke & Mid Hants	9.25	6
6	Suise Mc Louglin	SW	Walton	8.62	5
7	Melissa Kipps	U17	Orion H	7.45	4
8	Juliet Kavanagh	W35	Highgate H	6.94	3
9					2
10					1
11					0
12					0

Senior B Triple Jump

Wind

1	Beth Skinner	SW	Exeter	10.08	10
2	Jessica Relfier	W35	St Mary's Richmond	9.18	9
3	Jo Regan	W40	Walton	8.22	8
4	Tracey Dombey	W40	Watford H	8.11	7
5	Tiffany Amuah	U17	Bracknell	8.01	6
6					5
7					4
8					3
9					2
10					1
11					0
12					0

Senior A Shot Putt

1	Hannah Johnson	U17	Bracknell	10.2	10
2	Mollie Short	U17	Southend on Sea	9.15	9
3	Julia Walkden	U20	Exeter	8.86	8
4	Rebecca Hardy	W40	Highgate H	8.36	7
5	Kate Lysons	U20	Basingstoke & Mid Hants	8.12	6
6	Jimenez Joseph	W35	St Mary's Richmond	7.76	5
7	Debbie Singleton	W50	Walton	7.7	4
8	Tracey Dombey	W40	Watford H	7.06	3
9	Simone McQueen	SW	London Heathside	6.24	2
10	Lauuren Pereiria	U17	Orion H	5.53	1
11					0
12					0

Senior B Shot Putt

1	Zahra Akwpeju	U20	Highgate H	8.34	10
2	Sinead O'Brien	U17	Walton	7.62	9
3	Kirsty Piper	U20	Basingstoke & Mid Hants	7.11	8
4	Kate Brook	SW	St Mary's Richmond	7.06	7
5	Liz Shearman	SW	Exeter	7.03	6
6	Sara Henderson	U17	Bracknell	6.31	5
7	Natalie McQueen	SW	London Heathside	5.86	4
8	June Cork	W60	Southend on Sea	5.57	3
9	Rachel Bentley	U17	Watford H	5.23	2
10	Jay Andrews	U17	Orion H	4.82	1
11					0
12					0

Senior A Discus

1	Julia Walkden	U20	Exeter	38.72	10
2	Rebecca Hardy	W40	Highgate H	37.87	9
3	Carla Lethby	U17	Walton	33.59	8
4	Louise Capicotto	U20	Watford H	29.68	7
5	Sophie Jones	U20	St Mary's Richmond	24.92	6
6	Kirsty Piper	U20	Basingstoke & Mid Hants	18.73	5
7	Paula Bryant	SW	Bracknell	18.16	4
8	Mollie Short	U17	Southend on Sea	17.99	3
9	Rebecca Kipps	U20	Orion H	17.12	2
10	Sue Rust	SW	London Heathside	14.31	1
11					0
12					0

Senior B Discus

1	Anna Bowyer	SW	Exeter	32.48	10
2	Zahra Akwpeju	U20	Highgate H	27.92	9
3	Sam Burke	U17	Watford H	26.75	8
4	Debbie Singleton	W50	Walton	26.3	7
5	Kate Brook	SW	St Mary's Richmond	19.19	6
6	Jessica Kipps	U17	Orion H	15.9	5
7	Donna Mulholland	U20	Basingstoke & Mid Hants	13.29	4
8	Becky Johnson	U17	Bracknell	12.59	3
9	Simone McQueen	SW	London Heathside	11.61	2
10	June Cork	W60	Southend on Sea	10.0	1
11					0
12					0

Senior A Hammer

1	Anna Bowyer	SW	Exeter	35.9	10
2	Zahra Akwpeju	U20	Highgate H	34.72	9
3	Carla Letheby	U17	Walton	34.24	8
4	Sophie Jones	U20	St Mary's Richmond	34.58	7
5	Kirsty Piper	U20	Basingstoke & Mid Hants	24.25	6
6	Christine James	W50	Watford H	20.67	5
7	Paula Bryant	SW	Bracknell	16.68	4
8	Melissa Timpson	U17	Orion H	13.54	3
9	June Cork	W60	Southend on Sea	12.48	2
10	Sue Rust	SW	London Heathside	11.86	1
11					0
12					0

Senior B Hammer

1	Liz Sherman	SW	Exeter	29.43	10
2	Debbie Singleton	W50	Walton	25.93	9
3	Lisa Mulholland	SW	Basingstoke & Mid Hants	19.46	8
4	Sam Burke	U17	Watford H	17.74	7
5	Iiz kipling	W35	St Mary's Richmond	14.55	6
6	Juliet Kavanagh	W35	Highgate H	12.6	5
7	Simone McQueen	SW	London Heathside	6.94	4
8					3
9					2
10					1
11					0
12					0

Senior A Javelin

1	Hannah Johnson	U17	Bracknell	37.6	10
2	Carla Letheby	U17	Walton	33.17	9
3	Jenny Robinson	U20	Exeter	24.83	8
4	Kate Brook	SW	St Mary's Richmond	23.6	7
5	Louise Capicotto	U20	Watford H	20.58	6
6	Kirsty Piper	U20	Basingstoke & Mid Hants	19.01	5
7	Mollie Short	U17	Southend on Sea	18.50	4
8	Jo Hadaway	SW	Orion H	17.55	3
9	Natalie McQueen	SW	London Heathside	12.56	2
10	Zahra Akwpeju	U20	Highgate H	11.51	1
11					0
12					0

Senior B Javelin

1	Jimenez Joseph	W35	St Mary's Richmond	23.12	10
2	Sinead O'Brien	SW	Walton	19.94	9
3	Beth Skinner	U17	Exeter	17.99	8
4	Natalie Woodhouse	U17	Southend on Sea	17.46	7
5	Sara Henderson	U20	Bracknell	17.21	6
6	Kate Lysons	U20	Basingstoke & Mid Hants	13.12	5
7	Rachel Bentley	U17	Watford H	12.13	4
8	Simone McQueen	SW	London Heathside	11.75	3
9	Rebecca Kipps	U20	Orion H	11.51	2
10	Juliet Kavanagh	W35	Highgate H	9.58	1
11					0
12					0

Senior 4x100m

1	Bracknell AC	SW	Bracknell	53.7	10
2	Basingstoke & Mid H	SW	Basingstoke & Mid Hants	54.7	9
3	Exeter Harriers	SW	Exeter	55.4	8
4	Walton AC	SW	Walton	56.3	7
5	Watford	SW	Watford H	57.3	6
6	Highgate Barnet	SW	Highgate H	59.1	5
7	Orion Harriers	SW	Orion H	61.9	4
8	Southend-on-sea	SW	Southend on Sea	62.4	3
9					2
10					1
11					0
12					0

Senior 4x400m

1	Bracknell AC	SW	Bracknell	4:16.0	10
2	Basingstoke & Mid H	SW	Basingstoke & Mid Hants	4:24.2	9
3	Southend-on-sea	SW	Southend on Sea	4:34.3	8
4	Exeter Harriers	SW	Exeter	4:38.7	7
5	Orion Harriers	SW	Orion H	4:39.8	6
6	Watford	SW	Watford H	4:39.8	5
7	Walton AC	SW	Walton	4:40.3	4
8	Highgate Barnet	SW	Highgate H	4:57.4	3
9					2
10					1
11					0
12					0