

Team	Score	
1 Plymouth	121	C
2 Croydon	123	D
3 Newham and Essex	66	M
4 Tonbridge	160	P

Senior A 100m

Wind=

1 Donna Fraser	SW	Croydon	12.3	4
2 Lucy Sings	SW	Plymouth	13.4	3
3 Rianne Ashitry	U17	Newham and Essex	13.5	2
4 Lauren Warner	U17	Tonbridge	13.8	1

Senior B 100m

Wind=

1 Frances Harris	SW	Newham and Essex	13.7	4
2 Tamzin Gribble	V35	Plymouth	14.0	3
3 Amy Dowsett	SW	Croydon	14.3	2
4 Maisie Farndon	U17	Tonbridge	15.0	1

Senior A 200m

Wind=

1 Donna Fraser	SW	Croydon	24.3	4
2 Hannah Tolhurst	U20	Tonbridge	27.9	3
3 Jodine Williams	U20	Newham and Essex	28.3	2
4 Beth Andersen	U20	Plymouth		1

Senior B 200m

Wind=

1 Rianne Ashitry	U17	Newham and Essex	28.6	4
2 Maisie Farndon	U17	Tonbridge	28.6	3
3 Amy Dowsett	SW	Croydon	29.5	2
4 Lauren Chown	U17	Plymouth		1

Senior A 400m

1 Lucy Sings	SW	Plymouth	60.1	4
2 Jess Owen	U20	Tonbridge	60.2	3
3 Anna Campbell	V	Croydon	85.0	2
4				1

Senior B 400m

1 Victoria Bradford	U20	Tonbridge	61.4	4
2 Beth Andersen	U20	Plymouth	68.5	3
3				2
4				1

Senior A 800m

1 Dunia Pavlovic	U20	Tonbridge	2:23.8	4
2 Linda Lawrence	SW	Plymouth	2:31.1	3
3				2
4				1

Senior B 800m

1 Petra Pavlovic	U20	Tonbridge	2:24.8	4
2				3
3				2
4				1

Senior A 1500m

1 Linda Lawrence	SW	Plymouth	5:11.8	4
2 Petra Pavlovic	U20	Tonbridge	5:21.0	3
3 Gill Lightfoot	V	Croydon	6:38.5	2
4				1

Senior B 1500m

1 Vicky Rukin	U20	Tonbridge	5:24.9	4
2				3
3				2
4				1

Senior A 3000m

1	Fredrica Richards	U17	Plymouth	10:55.4	4
2	Vicky Rukin	U20	Tonbridge	11:12.3	3
3	Adele Stach-Kevitr	V	Newham and Essex	12:08.8	2
4	Gill Lightfoot	V	Croydon	13:36.7	1

Senior B 3000m

1	Pippa Blackstone	W45	Tonbridge	11:46.4	4
2	Jane Searle	W50	Croydon	13:58.3	3
3					2
4					1

Senior A 100mH

Wind=

1	Tamzin Gribble	V35	Plymouth	19.1	4
2	Kelly Montgomery	V	Newham and Essex	22.2	3
3	Anna Campbell	V	Croydon	26.9	2
4	Lucy Saker	U17	Tonbridge	40.4	1

Senior B 100mH

Wind=

1	Kim Thornton	V	Croydon	28.9	4
2					3
3					2
4					1

Senior A 400mH

1	Lucy Saker	U17	Tonbridge	76.3	4
2	Tamzin Gribble	V35	Plymouth	77.9	3
3	Amy Dowsett	SW	Croydon	91.7	2
4					1

Senior B 400mH

1	Steph Rukin	U20	Tonbridge	91.2	4
2	Anna Campbell	V	Croydon	96.4	3
3					2
4					1

Senior A High Jump

1	Roxanne Siemens	U20	Plymouth	1.40	4
2	Emily Symons	U17	Tonbridge	1.40	3
3	Kim Thornton	V	Croydon	0.90	2
4					1

Senior B High Jump

1	Tamzin Gribble	V35	Plymouth	1.35	4
2	Lucy Blackstone	U17	Tonbridge	1.30	3
3	Linda Harrison	V	Croydon	0.90	2
4					1

Senior A Pole Vault

1	Melissa Strevens	SW	Newham and Essex	2.50	4
2	Kerrie Mott	U20	Plymouth	2.40	3
3	Steph Rukin	U20	Tonbridge	2.00	2
4	Kim Thornton	V	Croydon	1.10	1

Senior B Pole Vault

1	Kelly Montgomery	V	Newham and Essex	2.40	4
2	Lucy Saker	U17	Tonbridge	1.80	3
3					2
4					1

Senior A Long Jump

1	Hannah Tolhurst	U20	Tonbridge	4.71	4
2	Roxanne Siemens	U20	Plymouth	4.57	3
3	Frances Harris	SW	Newham and Essex	4.42	2
4	Amy Dowsett	SW	Croydon	3.79	1

Wind

Senior B Long Jump

1	Maisie Farndon	U17	Tonbridge	4.16	4
2	Kim Thornton	V	Croydon	3.30	3
3	Christine Kelekun	V	Newham and Essex	3.13	2
4	Beth Andersen	U20	Plymouth	2.86	1

Wind

Senior A Triple Jump

Wind

1	Rochelle Jones	U20	Newham and Essex	10.85	4
2	Tamzin Gribble	V35	Plymouth	8.84	3
3	Kim Thornton	V	Croydon	6.76	2
4					1

Senior B Triple Jump

Wind

1	Lucretia Bailey	U20	Newham and Essex	10.21	4
2	Kerrie Mott	U20	Plymouth	8.69	3
3	Linda Harrison	V	Croydon	5.70	2
4					1

Senior A Shot Putt

1	Charise Tpanq	U20	Newham and Essex	9.57	4
2	Roxanne Siemens	U20	Plymouth	9.00	3
3	Kelesah Smith	SW	Croydon	8.90	2
4	Steph Clark	U20	Tonbridge	6.61	1

Senior B Shot Putt

1	Jo Hale	SW	Newham and Essex	9.20	4
2	Diane Neza	U17	Plymouth	7.37	3
3	Steph Rukin	U20	Tonbridge	6.49	2
4	Caron Leo	V	Croydon	5.50	1

Senior A Discus

1	Jo Hale	SW	Newham and Essex	33.55	4
2	Bobbie Lenehan-Hodge	U17	Plymouth	26.66	3
3	Isobel Truman	U17	Tonbridge	21.83	2
4	Caron Leo	V	Croydon	14.52	1

Senior B Discus

1	Charise Tpanq	U20	Newham and Essex	30.00	4
2	Diane Neza	U20	Plymouth	18.89	3
3	Jess Owen	U20	Tonbridge	16.16	2
4	Kelesah Smith	SW	Croydon	13.46	1

Senior A Hammer

1	Bobbie Lenehan-Hodge	U17	Plymouth	42.71	4
2	Kelesah Smith	SW	Croydon	36.34	3
3	Jo Hale	SW	Newham and Essex	31.39	2
4	Steph Clark	U20	Tonbridge	26.37	1

Senior B Hammer

1	Steph Rukin	U20	Tonbridge	24.09	4
2	Adele Stach-Kevitr	V	Newham and Essex	23.16	3
3	Diane Neza	U20	Plymouth	19.40	2
4	Linda Harrison	V	Croydon	16.51	1

Senior A Javelin

1	Diane Neza	U20	Plymouth	33.04	4
2	Kadine Corbin	U20	Newham and Essex	25.26	3
3	Anna Campbell	V	Croydon	23.24	2
4	Isobel Truman	U17	Tonbridge	21.22	1

Senior B Javelin

1	Roxanne Siemens	U20	Plymouth	24.61	4
2	Steph Rukin	U20	Tonbridge	19.77	3
3	Kelesah Smith	SW	Croydon	17.85	2
4	Violet Corbin	V	Newham and Essex	16.55	1

Senior 4x100m

1	Croydon	SW	Croydon	53.9	4
2	Tonbridge	SW	Tonbridge	54.3	3
3					2
4					1

Senior 4x400m

1	Tonbridge	SW	Tonbridge	4:07.1	4
2	Plymouth	SW	Plymouth	4:35.9	3
3					2
4					1