

## Lee Valley Inter- Counties Match Saturday 13 March 2010

### Senior Women

60 Meters A String			
	Name	County	Time
1st	<b>Yvette Henry</b>	Middlesex	7.74
2nd	<b>Bethanie Moore</b>	Essex	7.90
3rd	<b>Joanna Richards</b>	Herts	8.00
60 Meters B String			
1st	<b>Melanie Canning</b>	Middlesex	8.05
2nd	<b>Heidi Nicholas</b>	Essex	8.16

60 Meters Hurdles A String			
	Name	County	Time
1st	<b>Claire Humphries</b>	Herts	8.75
2nd	<b>Georgia Atkins</b>	Essex	9.13
3rd	<b>Rachel Nakaye</b>	Middlesex	9.42
60 Meters Hurdles B String			
1st	<b>Charlotte Cattermore</b>	Essex	9.12
2nd	<b>Lekeisha Wilson</b>	Middlesex	9.36

200 Meters A String			
	Name	County	Time
1st	<b>Aleasha Kiddle</b>	Essex	25.60
2nd	<b>Yvette Henry</b>	Middlesex	26.09
3rd	<b>Joanna Richards</b>	Herts	27.36
200 Meters B String			
1st	<b>Claire Humphries</b>	Herts	26.36
2nd	<b>Amber Simukuwda</b>	Middlesex	26.54
3rd			

400 Meters A String			
	Name	County	Time
1st	<b>Deborah Willis</b>	Herts	59.00
2nd	<b>Amber Simukonda</b>	Middlesex	60.52
3rd	<b>Claire Leckie</b>	Essex	61.05
400 Meters B String			
1st	<b>Amy McDonald</b>	Essex	63.55

800 Meters A String			
	Name	County	Time
1st	<b>Emma Grant</b>	Middlesex	2.13.71
2nd	<b>Nicki Silva</b>	Herts	2.16.20
3rd	<b>Neha Dabni</b>	Essex	2.31.95
800 Meters B String			
1st	<b>Denise Morley</b>	Essex	2.18.71
2nd	<b>Jasmine Forde</b>	Herts	2.27.70

### U17's Girls

60 Meters A String			
	Name	County	Time
1st	<b>Charlotte Wingfield</b>	Herts	7.80
2nd	<b>Rianne Ashitey</b>	Essex	8.11
3rd			
60 Meters B String			
1st	<b>Jessica Quick</b>	Essex	8.09
2nd	<b>Jatila Blake</b>	Herts	8.09

60 Meters Hurdles A String			
	Name	County	Time
1st	<b>Hayley McLean</b>	Essex	8.80
2nd	<b>Stephanie Rukin</b>	Herts	9.77
3rd			
60 Meters Hurdles B String			
1st	<b>Holly Thomas</b>	Essex	8.80
2nd	<b>Claire Ward</b>	Herts	9.88

200 Meters A String			
	Name	County	Time
1st	<b>Charlotte Wingfield</b>	Herts	25.38
2nd	<b>Hayley McLean</b>	Essex	25.98
3rd			
200 Meters B String			
1st	<b>Jatila Blake</b>	Herts	26.65
2nd	<b>Jessica Quick</b>	Essex	26.69
3rd			

400 Meters A String			
	Name	County	Time
1st	<b>Sophie Fuhr</b>	Essex	60.79
2nd	<b>Ella Lloyd</b>	Herts	62.48
400 Meters B String			
1st	<b>Abbie Griffiths</b>	Herts	61.66
2nd	<b>Rachel Stark</b>	Essex	65.88

800 Meters A String			
	Name	County	Time
1st	<b>Charlotte Matthews</b>	Essex	2.27.32
2nd	<b>Catherine Mackintos</b>	Herts	2.27.85
3rd			
800 Meters B String			
1st	<b>Jessica Mead</b>	Essex	2.31.65

4x200 Meters A String			
	Name	County	Time
1st	<b>Essex</b>	Essex	1.47.01

4x200 Meters A String			
	Name	County	Time
1st	<b>Essex</b>	Essex	1.47.43
2nd	<b>Hertfordshire</b>	Herts	1.48.47

Long Jump A String			
	Name	County	Distance
1st	<b>Alisha Kiddle</b>	Essex	5.19
2nd	<b>Symone Keisha</b>	Middlesex	5.01
3rd	<b>Millie Phelan</b>	Herts	4.77
Long Jump B String			
1st	<b>Anne Rees</b>	Herts	4.69
2nd	<b>Lana Gillard (nee Bond)</b>	Essex	4.60

Long Jump A String			
	Name	County	Distance
1st	<b>Nancy Lebau</b>	Essex	4.95
2nd	<b>Jatila Blake</b>	Herts	4.83
Long Jump B String			
1st	<b>Rosie Dailly</b>	Essex	4.71
2nd	<b>Alice Rackham</b>	Herts	4.27

High Jump A String			
	Name	County	Height
1st	<b>Moe Sasegbon</b>	Herts	1.70
2nd	<b>Natalie Lebeau</b>	Essex	1.55
High Jump B String			
1st=	<b>Heidi Nicholls</b>	Essex	1.55
1st=	<b>Chloe Hamilton</b>	Herts	1.55

High Jump A String			
	Name	County	Height
1st=	<b>Gemma Armorgie</b>	Essex	1.55
1st=	<b>Alice Rackham</b>	Herts	1.55
High Jump B String			
1st	<b>Hayley Mclean</b>	Essex	1.55
2nd	<b>Claire Ward</b>	Herts	1.30

Pole Vault A String			
	Name	County	Height
1st	<b>Ellie Besford</b>	Essex	3.70
2nd	<b>Louise Shortland</b>	Herts	3.50
3rd	<b>Pernille Dourrain</b>	Middlesex	3.10
Pole Vault B String			
1st	<b>Sanka Robinson</b>	Essex	3.40
2nd	<b>Lauren Kennedy</b>	Middlesex	2.60
3rd	<b>Jo Willard</b>	Herts	2.40

Pole Vault A String			
	Name	County	Height
1st	<b>Nancy Epsly</b>	Essex	2.90
2nd	<b>Tillie Farman</b>	Herts	2.40
Pole Vault B String			
1st	<b>India Wellings</b>	Essex	2.60
2nd	<b>Rowne Seglah</b>	Herts	2.10

Shot Putt A String			
	Name	County	Distance
1st	<b>Mel Harrison</b>	Essex	11.58
2nd	<b>Anne Rees</b>	Herts	10.16
3rd	<b>Taniska Smith</b>	Middlesex	10.14
Shot Putt B String			
1st	<b>Chelsea Coker</b>	Essex	10.97
2nd	<b>Millie Phelan</b>	Herts	9.36
3rd	<b>Tracy Quartey</b>	Middlesex	8.94

Shot Putt A String			
	Name	County	Distance
1st	<b>Sarah Miller</b>	Herts	9.21
2nd	<b>Henriette Adewole</b>	Essex	8.37
Shot Putt B String			
1st	<b>Alix Smith</b>	Herts	7.78
2nd	<b>Kiersty Johnston</b>	Essex	7.75