

	Team	Score	
1	Brighton & Hove City AC	188.5	K
2	Woking AC	158.5	P
3	Bournemouth AC	116	A
4	Invicta East Kent AC	111	C
5	Bracknell AC	56	B
6	Poole Runners	41	D
7	Dorking & Mole Valley AC	32	S
8	Team 8	0	H
9	Team 9	0	I
10	Team 10	0	J
11	Team 11	0	Z
12	Team 12	0	L

Senior A 100m

Wind

1	Vicky Hewett	U20	Woking AC	12.6	7
2	Kerri-Ann Body	U20	Brighton & Hove City AC	12.8	6
3	Alicia Robey	SW	Bracknell AC	13.0	5
4	Hannah Biddis	SW	Invicta East Kent AC	13.5	4
5	Katrina White	U17	Bournemouth AC	13.6	3
6	Annette Lewis	SW	Poole Runners	15.0	2
7	Hannah Webb	U17	Dorking & Mole Valley AC	15.8	1
8					0
9					0
10					0
11					0
12					0

Senior B 100m

Wind

1	Katie Urquhart	U20	Brighton & Hove City AC	13.0	7
2	Catherine Thomas	U17	Woking AC	13.8	6
3	Beverley Newing	U20	Invicta East Kent AC	14.6	5
4	Janie Murphy	V35	Bournemouth AC	14.9	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 200m

Wind

1	Kerri-Ann Body	U20	Brighton & Hove City AC	26.2	6.5
2	Vicky Hewett	U20	Woking AC	26.2	6.5
3	Sarah Kearsley	U20	Bournemouth AC	26.7	5
4	Hannah Biddis	SW	Invicta East Kent AC	27.8	4
5	Alicia Robey	SW	Bracknell AC	28.3	3
6	Leanne Kavanagh	U20	Dorking & Mole Valley AC	28.6	2
7	Annette Lewis	SW	Poole Runners	33.0	1
8					0
9					0
10					0
11					0
12					0

Senior B 200m

Wind

1	Katie Urquhart	U20	Brighton & Hove City AC	27.8	7
2	Catherine Thomas	U17	Woking AC	28.5	6
3	Beth Nixon	U17	Bracknell AC	30.0	5
4	Beverley Newing	U20	Invicta East Kent AC	30.8	4
5	Jemma Bates	SW	Bournemouth AC	32.2	3
6	Hannah Webb	U17	Dorking & Mole Valley AC	34.2	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 400m

1	Sarah Kearsey	U20	Bournemouth AC	60.5	7
2	Leanne Kavanagh	U20	Dorking & Mole Valley AC	61.4	6
3	Virginia Mitchell	V45	Woking AC	61.6	5
4	Donielle Suoboda	SW	Brighton & Hove City AC	61.7	4
5	Claire O'Neill	SW	Bracknell AC	61.8	3
6	Hannah Biddis	SW	Invicta East Kent AC	62.2	2
7	Annette Lewis	SW	Poole Runners	85.1	1
8					0
9					0
10					0
11					0
12					0

Senior B 400m

1	Zoe Shannon	SW	Dorking & Mole Valley AC	67.4	7
2	Jemma Bates	SW	Bournemouth AC	70.0	6
3	Natasha Hart	SW	Woking AC	71.8	5
4	Beverley Newing	U20	Invicta East Kent AC	72.3	4
5	Melissa Donaldson	U17	Brighton & Hove City AC	76.4	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 800m

1	Helen Hall	SW	Bracknell AC	2:25.0	7
2	Zoe Shannon	SW	Dorking & Mole Valley AC	2:27.4	6
3	Sophie Allisone	SW	Woking AC	2:28.4	5
4	Nina Bassham	U20	Brighton & Hove City AC	2:38.5	4
5	Sharon Hawkins	V45	Invicta East Kent AC	2:44.0	3
6	Hannah Stmmas	SW	Bournemouth AC	2:48.7	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 800m

1	Jenna Tarrant	SW	Woking AC	2:40.1	7
2	Nicola Silsby	SW	Brighton & Hove City AC	2:47.8	6
3	Vicky Talbot-Rosner	V50	Invicta East Kent AC	2:49.2	5
4	Becky Pullen	SW	Bournemouth AC	3:08.1	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 1500m

1	Rosie Nicholson	SW	Woking AC	5:11.3	7
2	Sharon Hawkins	V45	Invicta East Kent AC	5:33.0	6
3	Nicola Silsby	SW	Brighton & Hove City AC	5:34.9	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 1500m

1	Jenna Tarrant	SW	Woking AC	5:16.3	7
2	Vicky Talbot-Rosner	V50	Invicta East Kent AC	5:40.9	6
3	Judith Carder	V50	Brighton & Hove City AC	6:00.6	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 3000m

1	Helena Tobin	SW	Brighton & Hove City AC	10:25.3	7
2	Georgina Bland	U20	Dorking & Mole Valley AC	10:33.4	6
3	Abigail Jones	U20	Poole Runners	10:43.0	5
4	Rosie Nicholson	SW	Woking AC	10:50.5	4
5	Sharon Hawkins	V45	Invicta East Kent AC	11:32.4	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 3000m

1	Sophie Allisone	SW	Woking AC	11:17.7	7
2	Sonia Budd	V40	Poole Runners	12:43.8	6
3	Beth Burnett	U20	Invicta East Kent AC	13:01.0	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A 100mH

1	Kerry Squires	SW	Bournemouth AC	17.7	7
2	Chantelle West	U20	Brighton & Hove City AC	19.3	6
3	Rosie Murphy	U17	Woking AC	19.3	5
4	Sara Henderson	U20	Bracknell AC	20.4	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Wind

Senior B 100mH

1	Natasha Hart	SW	Woking AC	21.5	7
2	Megan Cox	U20	Brighton & Hove City AC	22.7	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Wind

Senior A 400mH

1	Sarah Kearsey	U20	Bournemouth AC	66.7	7
2	Claire O'Neill	SW	Bracknell AC	71.0	6
3	Chantelle West	U20	Brighton & Hove City AC	87.4	5
4	Hannah Biddis	SW	Invicta East Kent AC	91.6	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B 400mH

1	Kerry Squires	SW	Bournemouth AC	72.8	7
2	Nicola Silsby	SW	Brighton & Hove City AC	87.4	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A High Jump

1				7
2				6
3				5
4				4
5				3
6				2
7				1
8				0
9				0
10				0
11				0
12				0

Senior B High Jump

1				7
2				6
3				5
4				4
5				3
6				2
7				1
8				0
9				0
10				0
11				0
12				0

Senior A Pole Vault

1	Tasha Hart	SW	Woking AC	2.75	7
2	Gill Cammack	U50	Brighton & Hove City AC	1.75	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Pole Vault

1	Judith Carder	V50	Brighton & Hove City AC	1.55	7
2					6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Long Jump

1	Nina Bassham	U20	Brighton & Hove City AC	5.14	7
2	Katrina White	U17	Bournemouth AC	4.85	6
3	Rosie Murphy	U17	Woking AC	4.49	5
4	Sara Henderson	SW	Bracknell AC	4.30	4
5	Beverley Newing	U20	Invicta East Kent AC	3.89	3
6	Hannah Webb	U17	Dorking & Mole Valley AC	3.44	2
7	Annette Lewis	SW	Poole Runners	2.43	1
8					0
9					0
10					0
11					0
12					0

Wind

Senior B Long Jump

1	Emma Hardcastle	U17	Woking AC	4.01	7
2	Melissa Donaldson	U17	Brighton & Hove City AC	3.59	6
3	Charlotte Burnett	U20	Invicta East Kent AC	2.07	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Wind

Senior A Triple Jump

Wind

1	Katrina White	U17	Bournemouth AC	10.52	7
2	Rosie Murphy	U17	Woking AC	9.25	6
3	Megan Cox	U20	Brighton & Hove City AC	9.22	5
4	Sue Cooper	V50	Invicta East Kent AC	7.54	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Triple Jump

Wind

1	Melissa Donaldson	U17	Brighton & Hove City AC	8.37	7
2	Beverley Newing	U20	Invicta East Kent AC	6.44	6
3					5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Shot Putt

1	Sarah Hewett	V35	Brighton & Hove City AC	9.07	7
2	Christina Black	V35	Bournemouth AC	8.54	6
3	Jenna Tarrant	SW	Woking AC	5.93	5
4	Liana Simms	SW	Poole Runners	5.21	4
5	Sue Rogers	V45	Invicta East Kent AC	4.88	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Shot Putt

1	Nina Bassham	U20	Brighton & Hove City AC	8.05	7
2	Janie Murphy	V35	Bournemouth AC	7.25	6
3	Lea Burnett	V40	Invicta East Kent AC	4.68	5
4	Ramona Thevenet-Smith	V50	Woking AC	3.69	4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Discus

1	Sarah Hewitt	V35	Brighton & Hove City AC	27.89	7
2	Liana Simms	U20	Poole Runners	22.26	6
3	Christina Black	V35	Bournemouth AC	20.45	5
4	Catherine Thomas	U17	Woking AC	15.43	4
5	Sue Cooper	V50	Invicta East Kent AC	15.39	3
6	Beth Nixon	U17	Bracknell AC	11.13	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Discus

1	Eleanor Woolcott	U17	Brighton & Hove City AC	16.60	7
2	Emma Hardcastle	U17	Woking AC	14.37	6
3	Charlotte Burnett	U20	Invicta East Kent AC	13.59	5
4	Annette Lewis	SW	Poole Runners	12.17	4
5	Kerry Squires	SW	Bournemouth AC	9.64	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Hammer

1	Sarah Hewitt	V35	Brighton & Hove City AC	33.65	7
2	Liana Simms	U20	Poole Runners	31.98	6
3	Christina Black	V35	Bournemouth AC	31.55	5
4	Sue Cooper	V50	Invicta East Kent AC	17.22	4
5	Jenna Tarrant	SW	Woking AC	16.93	3
6	Amy Johnson	SW	Bracknell AC	15.89	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Hammer

1	Eleanor Woolcott	U17	Brighton & Hove City AC	27.44	7
2	Charlotte Burnett	U20	Invicta East Kent AC	15.49	6
3	Jemma Bates	SW	Bournemouth AC	5.16	5
4					4
5					3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior A Javelin

1	Virginia Mitchell	V45	Woking AC	25.43	7
2	Sarah Hewitt	V35	Brighton & Hove City AC	24.80	6
3	Liana Simms	U20	Poole Runners	22.16	5
4	Kerry Squires	SW	Bournemouth AC	15.94	4
5	Charlotte Burnett	U20	Invicta East Kent AC	15.63	3
6	Ashley Stevens	U17	Bracknell AC	10.08	2
7					1
8					0
9					0
10					0
11					0
12					0

Senior B Javelin

1	Emma Hardcastle	U17	Woking AC	19.81	7
2	Eleanor Woolcott	U17	Brighton & Hove City AC	13.48	6
3	Amber Myall	U17	Bournemouth AC	10.37	5
4	Beth Nixon	SW	Bracknell AC	9.25	4
5	Lea Burnett	V40	Invicta East Kent AC	9.02	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior 4x100m

1	Brighton & Hove City AC	SW	Brighton & Hove City AC	52.0	7
2	Woking AC	SW	Woking AC	53.8	6
3	Bracknell AC	SW	Bracknell AC	55.2	5
4	Bournemouth AC	SW	Bournemouth AC	57.1	4
5	Invicta East Kent AC	SW	Invicta East Kent AC	66.8	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0

Senior 4x400m

1	Woking AC	SW	Woking AC	4:26.7	7
2	Brighton & Hove City AC	SW	Brighton & Hove City AC	4:30.2	6
3	Bournemouth AC	SW	Bournemouth AC	4:35.0	5
4	Bracknell AC	SW	Bracknell AC	4:53.0	4
5	Invicta East Kent AC	SW	Invicta East Kent AC	5:01.5	3
6					2
7					1
8					0
9					0
10					0
11					0
12					0