

ATHLETICS REPORT from WINDSOR SLOUGH ETON & HOUNSLOW A.C.

SOUTHERN WOMENS LEAGUE – SATURDAY 12TH AUGUST

Summary

WSE & Hounslow Ladies 2 Southern League teams met with very mixed fortunes once again this weekend.

Whilst the Division 1 team was a runaway winner at their match in Kingston, with a points score of 222, the already depleted Division 2 was further devastated by severe traffic problems around High Wycombe meant that several athletes missed the first half of the match. The result was an accumulation of just 59 points, the lowest score a WSE & H team have ever scored.

Despite being beset by problems, the Division 2 team should be applauded for fighting hard for every point they gained.

Division 1 - Report

Success was on the cards from the first event of the day at WSE & Hounslow's Division 1 match at Kingston.

Joanne John & Janet Smith won both strings of the senior Hammer, with a delighted John gaining a life time best of 57.31. It can only be a matter of time before she breaks through the 60 metre barrier. The pair went on to gain another double victory in the Discus event.

Not to be outdone, fellow throwers Nightingale Anek & Jo Wade won both strings in the senior Javelin, with Wade also achieving a lifetime best of 33.79.

The young throwers also did well, with Cassia Dunsford & Jenny Yoxall winning both stings in the girls Shot, newcomers, Laura James & Amy Leigh-Quine placing 1st A and 2nd B in the Discus and Yoxall & Sarah Phelps both placing 3rd in the Javelin.

The sprinters also had an excellent day with the senior pairing of Helen Pryer & Vicky Cooney and the girls pairing of Leah Barrow & Georgia Connor-Wilder both taking 3 victories and 1 second place. Although not quite so strong, the Middle Distance athletes still impressed. The best result came from U13 Sophie Reynolds in her first 1500m where she was the surprise winner of the A string in a stunning 5.14.5. Her partner, Helen Spooner was 2nd in the B race, whilst Danielle Kerby & Terrina Lake took creditable 4th places in the 800m.

In the senior races, Mary Edwards & Dee Smale were 1st and 3rd respectively in the 800m races and Jane Clark & Paula Fudge were runners up in both strings of the 3000m.

The hurdles races brought a dominant string of results across the age groups, starting with a victory for Caroline Heaney in the senior 400m Hurdles.

In the U17s, Rose Reynolds won the 300m with a margin of over 30 metres and then went on to take the 80m A race, with Keeley Sears placing a strong 3rd in the B. In the U15s, Cath Hall-Jones & Faye Williams made it another double victory in the 75m Hurdles.

Experienced Pole Vaulters Maxine Clarke and evergreen Dorothy McLennan lead the strong charge of a young jumps squad, that included U17's Steph Brown & Vicky Binns and up and coming U13, Ashley Roberts.

The team's final stamp of dominance came with victories in all three relay races.

Division 1 - Match Result

WSE & HOUNSLOW	222
READING	189
BASILDON	146
ALDERSHOT	140
ASHFORD	138

Individual Results – Senior/Under 17

100m	Helen Pryer	2/12.7	Vicky Cooney	1/13.2
200m	Helen Pryer	1/25.2	Vicky Cooney	1/26.7
400m	Niki Tribe	2/61.1	Carol Schoburgh	2/62.3
800m	Mary Edwards	1/2.22.3	Dee Smale	3/2.31.2(SB)
1500m	Paula Fudge	4/5.15.7	Dee Smale	3/5.18.5
3000m	Jane Clark	2/10.41.4(SB)	Paula Fudge	2/11.05.9
80H(U17)	Rose Reynolds	1/12.5	Keeley Sears	3/17.5
300H(U17)	Rose Reynolds	1/46.4		
100H	Caroline Heaney	4/18.0	Jo Wade	4/19.9
400H	Caroline Heaney	1/67.0	Jo Wade	4/93.1(SB)
H.Jump	Rose Reynolds(U17)	4/1.45	Steph Brown(U17)	5/1.35
L.Jump	Vicky Binns	3/4.99	Steph Brown	4/4.37
T.Jump	Steph Brown	3/9.83(PB)	Jo Wade	5/7.42(PB)
P.Vault	Maxine Clarke	1/2.90	Dorothy McLennan	3/1.10
Discus	Joanne John	1/39.96(SB)	Janet Smith	2/32.96(SB)
Hammer	Joanne John	1/57.31(PB)	Janet Smith	1/44.42
Javelin	Nightingale Anek	1/35.54	Jo Wade	1/33.79(PB)
Shot	Nightingale Anek	5/8.30(SB)	Janet Smith	4/8.03
4x100	1/54.2			
4x400	1/4.05.9			

Individual Results – Girls

100m	Leah Barrow	1/13.9	Georgia C-Wilder	1/13.6
200m	Leah Barrow	2/27.8	Georgia C-Wilder	1/28.2
800m	Danielle Kerby	4/2.44.6	Terrina Lake	4/2.54.6
1500m	Sophie Reynolds	2/5.14.5(PB)	Helen Spooner	2/5.28.8
75H	Cath Hall-Jones	1/12.7	Faye Williams	1/12.6
H.Jump	Sarah Phelps	3/1.38	Fran Sines	1/1.38
L.Jump	Faye Williams	2/4.73	Ashley Roberts(U13)	1/4.11
Discus	Laura James(PB)	2/20.98	Amy Leigh-Quine	1/18.77
Javelin	Jenny Yoxall	3/21.61	Sarah Phelps	3/15.35
Shot	Cassia Dunsford	1/8.35	Jenny Yoxall	1/8.23(PB)
4x100	3/54.2			

Division 2 - Match Result

HIGH WYCOMBE	234
WALTON	174
NORTH DEVON	138
IPSWICH	115
WSE & HOUNSLOW	59

Division 2 - Individual Results

Seniors

Ed Roe	100m/14.4	200m/30.5
Paula Hing	200m/32.3	

Lucy Roe	400/79.1	800/2.48.1
Yolanda Edwards	1500/5.33.0	
Leigh James	3000/11.33.7 (PB)	

U17

Louise Sams	400/73.7	800/2.59.8	LJ/3.63
-------------	----------	------------	---------

U15

Karoline Healy	Discus/16.32	Javelin/18.32	Shot/8.73
Taymah Fenton	Discus/16.29		
Codie Fuller	800/2.26.1	Javelin/14.37	
Pascale Waterson	L.Jump/4.40	200/28.9	
Chloe McFarlane	L.Jump.4.02		
Claire Hing	200/28.9		