

**Senior Women 60 Metres (a)**

CBP 2011	Jeanette Kwakye	Woodford Green w Essex Ladies	7.28
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Posn	Num	Name	Club	Perf
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**Heat 1**

1	490	Nicola Gilbert	Enfield & Haringey AC	7.46 Q
2	501	Clieo Stephenson	Thames Valley Harriers	7.61 Q
3	500	Claire Spurway	Shaftesbury Barnet Harriers	7.93
4	491	Vanessa Grant	Herne Hill Harriers	8.11
5	576	Serita Solomon	Blackheath & Bromley AC	11.76

**Heat 2**

1	497	Sophie Papps	Windsor S E & Hounslow AC	7.32 Q
2	484	Shereen Charles	Shaftesbury Barnet Harriers	7.76 Q
3	486	Ashleigh Clarke	Croydon Harriers	7.79 q
4	481	Lily Beckford	Shaftesbury Barnet Harriers	7.93
5	488	Alima Diabate	Highgate Harriers	8.35
6	502	Zoe Thursz	Oxford University AC	8.63

**Heat 3**

1	494	Laviai Nielsen	Enfield & Haringey AC	7.51 Q
2	487	Stephanie Clitheroe	Windsor S E & Hounslow AC	7.68 Q
3	485	Laura Clark	Shaftesbury Barnet Harriers	7.81 q
4	498	Rachel Pithers	Reading AC	8.16
5	480	Tiffany Ammar	Newham & Essex Beagles AC	8.56
6	499	Emma Roberts	Oxford University AC	9.01

**Heat 4**

1	578	Rachel Millers	Harrow AC	7.43 Q
2	489	Risqat Fabunmi-Alade	Herne Hill Harriers	7.60 Q
3	482	Jatila Blake	Windsor S E & Hounslow AC	7.87 q
4	577	Jade Phillips	Herne Hill Harriers	7.91 q
5	495	Natasha Noris	Bracknell AC	8.42
6	496	Toyin Olufemi	Thurrock Harriers	8.53

**Semi Final 1**

1	497	Sophie Papps	Windsor S E & Hounslow AC	7.32 Q
2	494	Laviai Nielsen	Enfield & Haringey AC	7.42 Q
3	489	Risqat Fabunmi-Alade	Herne Hill Harriers	7.44 Q
4	484	Shereen Charles	Shaftesbury Barnet Harriers	7.70
5	486	Ashleigh Clarke	Croydon Harriers	7.75
	577	Jade Phillips	Herne Hill Harriers	DNS

**Semi Final 2**

1	578	Rachel Millers	Harrow AC	7.47 Q
2	490	Nicola Gilbert	Enfield & Haringey AC	7.47 Q
3	485	Laura Clark	Shaftesbury Barnet Harriers	7.82 Q
4	482	Jatila Blake	Windsor S E & Hounslow AC	7.89
	487	Stephanie Clitheroe	Windsor S E & Hounslow AC	DND
	501	Clieo Stephenson	Thames Valley Harriers	DNS

**Final**

1	494	Laviai Nielsen	Enfield & Haringey AC	7.43
2	490	Nicola Gilbert	Enfield & Haringey AC	7.46
3	489	Risqat Fabunmi-Alade	Herne Hill Harriers	7.52
4	578	Rachel Millers	Harrow AC	7.53
5	485	Laura Clark	Shaftesbury Barnet Harriers	7.91
	497	Sophie Papps	Windsor S E & Hounslow AC	DNS

**Senior Women 200 Metres (b)**

CBP 2016	Cheriece Hylton	Blackheath & Bromley Harriers	24.25
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Posn	Num	Name	Club	Perf
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**Final**

1	503	Finette Agyapong	Newham & Essex Beagles AC	24.59
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2	505 Hayley McLean	Chelmsford AC	25.62
3	486 Ashleigh Clarke	Croydon Harriers	25.63
4	482 Jatila Blake	Windsor S E & Hounslow AC	25.84
5	500 Claire Spurway	Shaftesbury Barnet Harriers	26.37
6	488 Alima Diabate	Highgate Harriers	27.42

### Senior Women 400 Metres (b)

CBP 2010 Dawn Hunt Windsor S E & Hounslow AC 54.85

Posn	Num	Name	Club	Perf
<b>Heat 1</b>				
1	510	Eilidh Doyle	Team Bath AC	CBP 53.59 Q
2	509	Rachel Dickens	Blackheath & Bromley Harriers	55.88 Q
3	511	Mandy Gault	City of Portsmouth AC	56.36 q
4	506	Nastassja Allin	Enfield & Haringey AC	58.87
5	508	Aliysa Codrington	Windsor S E & Hounslow AC	61.33
6	512	Irene Gibson	Oxford University AC	62.57
<b>Heat 2</b>				
1	513	Phillipa Lowe	Dacorum & Tring AC	54.79 Q
2	516	Hannah Williams	Herts Phoenix AC	54.89 Q
3	515	Holly Turner	Crawley AC	55.74 q
4	507	Susanna Banjo	Newham & Essex Beagles AC	57.35
5	514	Becky McLinden	Blackheath & Bromley Harriers	59.11
<b>Final</b>				
1	510	Eilidh Doyle	Team Bath AC	CBP 52.75
2	516	Hannah Williams	Herts Phoenix AC	54.05
3	513	Phillipa Lowe	Dacorum & Tring AC	54.51
4	509	Rachel Dickens	Blackheath & Bromley Harriers	55.47
5	511	Mandy Gault	City of Portsmouth AC	55.74
6	515	Holly Turner	Crawley AC	56.43

### Senior Women 800 Metres (b)

CBP 2007 Elizabeth Brathwaite Herts Phoenix AC 2:06:01

Posn	Num	Name	Club	Perf
<b>Heat 1</b>				
1	518	Dani Barnes-Heeney	Windsor S E & Hounslow AC	2.14.97 Q
2	523	Emma Haley	Radley AC	2.15.27 q
3	530	Bettina Rottweiler	Harrow AC	2.15.67 q
4	529	Isabel Rodriguez	City of Norwich AC	2.18.41
5	531	Georgina Russell	Southampton AC	2.27.67
6	524	Miranda Hardacre	Exeter Harriers	2.31.58
<b>Heat 2</b>				
1	519	Isabelle Boffey	Enfield & Haringey AC	2.16.03 Q
2	521	Anna Clark	Woodford Green w Essex L	2.16.19
3	481	Lily Beckford	Shaftesbury Barnet Harriers	2.17.35
4	512	Irene Gibson	Oxford University AC	2.25.83
5	527	Emily Hoogkamer	Oxford University AC	2.26.10
6	517	Krystle Balogun	Ilford AC	2.27.74
<b>Heat 3</b>				
1	520	Chloe Bradley	Doncaster AC	2.13.91 Q
2	533	Kathryn Sutton	Dartford Harriers AC	2.15.08 q
3	522	Faye Fullerton	Havering AC	2.17.91
4	528	Laura O'Connor	Harrow AC	2.19.57
5	525	Lauren Herrington	Windsor S E & Hounslow AC	2.23.67
6	532	Rosa Serafini	London Heathside AC	2.26.19
<b>Final</b>				
1	519	Isabelle Boffey	Enfield & Haringey AC	2.07.89
2	520	Chloe Bradley	Doncaster AC	2.10.56

3	533 Kathryn Sutton	Dartford Harriers AC	2.13.17
4	518 Dani Barnes-Heeney	Windsor S E & Hounslow AC	2.13.33
5	523 Emma Haley	Radley AC	2.22.89
	530 Bettina Rottweiler	Harrow AC	DNS

### Senior Women 60m Hurdles (a)

CBP 2009 Sarah Claxton Woodford Green w Essex L 8.09

**Posn Num Name Club Perf**

#### Heat 1

1	576 Serita Solomon	Blackheath & Bromley AC	8.27 Q
2	538 Marilyn Nwawulor	Harrow AC	8.28 Q
3	539 Stephanie Ugbo	Newham & Essex Beagles AC	9.46 q
4	537 Stephanie Kleynhans	London Heathside AC	9.56

#### Heat 2

1	487 Stephanie Clitheroe	Windsor S E & Hounslow AC	8.53 Q
2	536 Twinelle Hopeson	Croydon Harriers	9.02 Q
3	535 Lucinda Bailey	Havering AC	9.52 q
4	499 Emma Roberts	Oxford University AC	10.73

#### Final

1	538 Marilyn Nwawulor	Harrow AC	8.22
2	576 Serita Solomon	Blackheath & Bromley AC	8.23
3	487 Stephanie Clitheroe	Windsor S E & Hounslow AC	8.39
4	536 Twinelle Hopeson	Croydon Harriers	8.80
5	539 Stephanie Ugbo	Newham & Essex Beagles AC	9.39
6	535 Lucinda Bailey	Havering AC	9.56