

# Competition Results

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Score	Individual	P8	4x2
1	Newham	671	551	50	70
2	South London	640	520	60	60
3	West London	615	495	70	50
4=	Central London	0	0	0	0
4=	Kent London	0	0	0	0

# Athlete Results

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	BibNo	Athlete	Team	Score	2LR	4LR	S	SB	SLJ	VJ
1	75	Jasmin Hedman	Newham	143	49			44	50	
2	80	Shanelle Heywood	Newham	139	49		46			44
3	81	Mary Paul Ashley Kossa	Newham	136		42	48		46	
4	89	Niamh McGuigan	West London	135	45		50			40
5	85	Julia Doukrou	South London	134		50	36			48
6	76	Daniella Donkor	Newham	133		45		40	48	
7	86	Carla Doukrou	South London	131	45		42		44	
8	82	Holly Clark	South London	130		36		46		48
9	91	Izzy Sibley	West London	126		48		38	40	
10=	77	Nneka Nwakanma	Newham	125	42			35		48
10=	83	Chloe Foster	South London	125		40		48	37	
12	84	Amy Ayers	South London	124	40			50		34
13	78	Milika Lesforis-Gowdie	Newham	121		45	38			38
14	93	Ellie Southam	West London	119	38		44		37	
15	87	Emma Lepinay	South London	116	34		40		42	
16	92	Chelsea Pledge	West London	115		38		35		42
17	94	Lucy Wood	West London	112	36			42	34	
18	90	Hayley Philpot	West London	104		34	34			36
19	79	Victoria Akinsanya	Newham	0						

# Team Results

# Newham (yellow)

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Score	Individual	P8	4x2
1	Newham	671	551	50	70
2	South London	640	520	60	60
3	West London	615	495	70	50
4=	Central London	0	0	0	0
4=	Kent London	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
75	Jasmin Hedman	2LR	22.6				22.6	1=	49
75	Jasmin Hedman	SB	76				76	4	44
75	Jasmin Hedman	SLJ	2.22	2.34	2.32		2.34	1	50
76	Daniella Donkor	4LR	49.2				49.2	3=	45
76	Daniella Donkor	SB	74				74	6	40
76	Daniella Donkor	SLJ	2.22	2.28	2.22		2.28	2	48
77	Nneka Nwakanma	2LR	23.5				23.5	5	42
77	Nneka Nwakanma	SB	67				67	8=	35
77	Nneka Nwakanma	VJ	55	53	55		55	1=	48
78	Milika Lesforis-Gowdie	4LR	49.2				49.2	3=	45
78	Milika Lesforis-Gowdie	S	5.60	4.96	4.73		5.60	7	38
78	Milika Lesforis-Gowdie	VJ	42	45	47		47	7	38
80	Shanelle Heywood	2LR	22.6				22.6	1=	49
80	Shanelle Heywood	S	6.41	6.42	6.69		6.69	3	46
80	Shanelle Heywood	VJ	53	54	52		54	4	44
81	Mary Paul Ashley Kossa	4LR	50.8				50.8	5	42
81	Mary Paul Ashley Kossa	S	7.69	8.09	7.77		8.09	2	48
81	Mary Paul Ashley Kossa	SLJ	2.26	2.24	2.22		2.26	3	46

# Team Results

# South London (green)

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Score	Individual	P8	4x2
1	Newham	671	551	50	70
2	South London	640	520	60	60
3	West London	615	495	70	50
4=	Central London	0	0	0	0
4=	Kent London	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
82	Holly Clark	4LR	52.4				52.4	8	36
82	Holly Clark	SB	77				77	3	46
82	Holly Clark	VJ	54	55	49		55	1=	48
83	Chloe Foster	4LR	51.7				51.7	6	40
83	Chloe Foster	SB	78				78	2	48
83	Chloe Foster	SLJ	1.78	1.82	1.76		1.82	7=	37
84	Amy Ayers	2LR	24.1				24.1	6	40
84	Amy Ayers	SB	82				82	1	50
84	Amy Ayers	VJ	38	41	43		43	9	34
85	Julia Doukrou	4LR	48.6				48.6	1	50
85	Julia Doukrou	S	5.36	5.45	5.50		5.50	8	36
85	Julia Doukrou	VJ	53	54	55		55	1=	48
86	Carla Doukrou	2LR	22.8				22.8	3=	45
86	Carla Doukrou	S	5.06	5.94	5.50		5.94	5	42
86	Carla Doukrou	SLJ	2.04	1.94	2.00		2.04	4	44
87	Emma Lepinay	2LR	25.7				25.7	9	34
87	Emma Lepinay	S	5.33	5.75	5.77		5.77	6	40
87	Emma Lepinay	SLJ	1.78	1.86	1.92		1.92	5	42

# Team Results

# West London (purple)

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Score	Individual	P8	4x2
1	Newham	671	551	50	70
2	South London	640	520	60	60
3	West London	615	495	70	50
4=	Central London	0	0	0	0
4=	Kent London	0	0	0	0

Comp No	Name	Event	Perf1	Perf2	Perf3	Perf4	Best	Ranking	Points
89	Niamh McGuigan	2LR	22.8				22.8	3=	45
89	Niamh McGuigan	S	8.72	8.52	7.68		8.72	1	50
89	Niamh McGuigan	VJ	49	48	50		50	6	40
90	Hayley Philpot	4LR	54.1				54.1	9	34
90	Hayley Philpot	S	5.39	4.75	4.37		5.39	9	34
90	Hayley Philpot	VJ	38	44	45		45	8	36
91	Izzy Sibley	4LR	49.1				49.1	2	48
91	Izzy Sibley	SB	69				69	7	38
91	Izzy Sibley	SLJ	1.83	1.72	1.82		1.83	6	40
92	Chelsea Pledge	4LR	51.8				51.8	7	38
92	Chelsea Pledge	SB	67				67	8=	35
92	Chelsea Pledge	VJ	49	51	50		51	5	42
93	Ellie Southam	2LR	24.9				24.9	7	38
93	Ellie Southam	S	4.27	5.56	6.30		6.30	4	44
93	Ellie Southam	SLJ	1.82	1.80	1.80		1.82	7=	37
94	Lucy Wood	2LR	25.1				25.1	8	36
94	Lucy Wood	SB	75				75	5	42
94	Lucy Wood	SLJ	1.66	1.62	1.58		1.66	9	34

# Results Sheet

# 2 Lap Race

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Newham	yellow	75	Jasmin Hedman	22.6	49
1=	Newham	yellow	80	Shanelle Heywood	22.6	49
3=	South London	green	86	Carla Doukrou	22.8	45
3=	West London	purple	89	Niamh McGuigan	22.8	45
5	Newham	yellow	77	Nneka Nwakanma	23.5	42
6	South London	green	84	Amy Ayers	24.1	40
7	West London	purple	93	Ellie Southam	24.9	38
8	West London	purple	94	Lucy Wood	25.1	36
9	South London	green	87	Emma Lepinay	25.7	34

# Results Sheet

# 4 Lap Race

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Best	Points
1	South London	green	85	Julia Doukrou	48.6	50
2	West London	purple	91	Izzy Sibley	49.1	48
3=	Newham	yellow	76	Daniella Donkor	49.2	45
3=	Newham	yellow	78	Milika Lesforis-Gowdie	49.2	45
5	Newham	yellow	81	Mary Paul Ashley Kossa	50.8	42
6	South London	green	83	Chloe Foster	51.7	40
7	West London	purple	92	Chelsea Pledge	51.8	38
8	South London	green	82	Holly Clark	52.4	36
9	West London	purple	90	Hayley Philpot	54.1	34

# Results Sheet

# 8 Lap Paarlauf

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	05	West London	purple	1:39.7	0.0	1:39.7	70.0
2	04	South London	green	1:42.3	0.0	1:42.3	60.0
3	03	Newham	yellow	1:46.9	0.0	1:46.9	50.0



# Results Sheet

# 4 x 2 Lap Relay

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Code	Team	Colour	Heat	Final	Performance	Points
1	03	Newham	yellow	1:31.1	0.0	1:31.1	70.0
2	04	South London	green	1:33.7	0.0	1:33.7	60.0
3	05	West London	purple	1:40.2	0.0	1:40.2	50.0

# Results Sheet

# Shot

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Best	Points
1	West London	purple	89	Niamh McGuigan	8.72	50
2	Newham	yellow	81	Mary Paul Ashley Kossa	8.09	48
3	Newham	yellow	80	Shanelle Heywood	6.69	46
4	West London	purple	93	Ellie Southam	6.30	44
5	South London	green	86	Carla Doukrou	5.94	42
6	South London	green	87	Emma Lepinay	5.77	40
7	Newham	yellow	78	Milika Lesforis-Gowdie	5.60	38
8	South London	green	85	Julia Doukrou	5.50	36
9	West London	purple	90	Hayley Philpot	5.39	34

# Results Sheet

# Speed Bounce

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Total	Points
1	South London	green	84	Amy Ayers	82	50
2	South London	green	83	Chloe Foster	78	48
3	South London	green	82	Holly Clark	77	46
4	Newham	yellow	75	Jasmin Hedman	76	44
5	West London	purple	94	Lucy Wood	75	42
6	Newham	yellow	76	Daniella Donkor	74	40
7	West London	purple	91	Izzy Sibley	69	38
8=	Newham	yellow	77	Nneka Nwakanma	67	35
8=	West London	purple	92	Chelsea Pledge	67	35

# Results Sheet

# Standing Long Jump

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Best	Points
1	Newham	yellow	75	Jasmin Hedman	2.34	50
2	Newham	yellow	76	Daniella Donkor	2.28	48
3	Newham	yellow	81	Mary Paul Ashley Kossa	2.26	46
4	South London	green	86	Carla Doukrou	2.04	44
5	South London	green	87	Emma Lepinay	1.92	42
6	West London	purple	91	Izzy Sibley	1.83	40
7=	South London	green	83	Chloe Foster	1.82	37
7=	West London	purple	93	Ellie Southam	1.82	37
9	West London	purple	94	Lucy Wood	1.66	34

# Results Sheet

# Vertical Jump

## Competition:

SRF-London Regional Final Under 15 Girls

## Venue:

Crystal Palace National Sports Centre

## Date

10 Feb 2013

Ranking	Team	Colour	BibNo	Name	Best	Points
1=	Newham	yellow	77	Nneka Nwakanma	55	48
1=	South London	green	82	Holly Clark	55	48
1=	South London	green	85	Julia Doukrou	55	48
4	Newham	yellow	80	Shanelle Heywood	54	44
5	West London	purple	92	Chelsea Pledge	51	42
6	West London	purple	89	Niamh McGuigan	50	40
7	Newham	yellow	78	Milika Lesforis-Gowdie	47	38
8	West London	purple	90	Hayley Philpot	45	36
9	South London	green	84	Amy Ayers	43	34