

| Rank | Bib |                       |                  | 100mH |        |       |      | High Jump |        |       |      | Shot  |        |       |      | 200m  |        |       |      | C/fwd |
|------|-----|-----------------------|------------------|-------|--------|-------|------|-----------|--------|-------|------|-------|--------|-------|------|-------|--------|-------|------|-------|
|      |     |                       |                  | Perf  | Points | Cum.  | Rank | Perf      | Points | Cum.  | Rank | Perf  | Points | Cum.  | Rank | Perf  | Points | Cum.  | Rank | Day 1 |
| 1    | 218 | Katie STAINTON        | Guest            | 14.02 | 976    | 976   | 4    | 1.74      | 903    | 1,879 | 3    | 12.36 | 685    | 2,564 | 2    | 24.26 | 956    | 3,520 | 2    | 3,520 |
| 2    | 220 | Adrianna SULEC        | Poland/Guest     | 13.60 | 1,036  | 1,036 | 1    | 1.83      | 1,016  | 2,052 | 1    | 11.38 | 620    | 2,672 | 1    | 24.19 | 963    | 3,635 | 1    | 3,635 |
| 3    | 214 | Holly MCARTHUR        | Scotland         | 13.77 | 1,011  | 1,011 | 3    | 1.56      | 689    | 1,700 | 10   | 11.38 | 620    | 2,320 | 5    | 24.86 | 900    | 3,220 | 5    | 3,220 |
| 4    | 213 | Alice HOPKINS         | England          | 13.73 | 1,017  | 1,017 | 2    | 1.71      | 867    | 1,884 | 2    | 10.90 | 589    | 2,473 | 3    | 24.95 | 891    | 3,364 | 3    | 3,364 |
| 5    | 211 | Niamh BAILEY          | England          | 14.13 | 960    | 960   | 5    | 1.68      | 830    | 1,790 | 4    | 11.74 | 644    | 2,434 | 4    | 24.88 | 898    | 3,332 | 4    | 3,332 |
| 6    | 221 | Ashleigh SPILLIOPOLOU | Guest            | 15.05 | 835    | 835   | 13   | 1.71      | 867    | 1,702 | 9    | 10.30 | 549    | 2,251 | 7    | 26.11 | 788    | 3,039 | 7    | 3,039 |
| 7    | 215 | Emma CANNING          | Scotland         | 14.42 | 920    | 920   | 9    | 1.71      | 867    | 1,787 | 5    | 8.90  | 458    | 2,245 | 8    | 26.27 | 774    | 3,019 | 8    | 3,019 |
| 8    | 212 | Natasha SMITH         | England          | 15.14 | 823    | 823   | 14   | 1.65      | 795    | 1,618 | 11   | 10.87 | 587    | 2,205 | 9    | 26.46 | 757    | 2,962 | 11   | 2,962 |
| 9    | 223 | Emily BEE/U20         | Guest            | 14.30 | 936    | 936   | 8    | 1.65      | 795    | 1,731 | 7    | 9.03  | 466    | 2,197 | 10   | 25.75 | 819    | 3,016 | 9    | 3,016 |
| 10   | 47  | Lauren EVENS          | Wales            | 14.23 | 946    | 946   | 7    | 1.65      | 795    | 1,741 | 6    | 8.84  | 454    | 2,195 | 11   | 25.92 | 804    | 2,999 | 10   | 2,999 |
| 11   | 219 | Anna FORBES           | Guest            | 15.77 | 743    | 743   | 17   | 1.62      | 759    | 1,502 | 12   | 9.49  | 496    | 1,998 | 13   | 26.85 | 724    | 2,722 | 14   | 2,722 |
| 12   | 216 | Laura FEY             | Northern Ireland | 15.56 | 769    | 769   | 15   | 1.56      | 689    | 1,458 | 14   | 9.92  | 524    | 1,982 | 14   | 26.15 | 784    | 2,766 | 12   | 2,766 |
| 13   | 48  | Jodie BENYON          | Wales            | 14.99 | 843    | 843   | 12   | 1.53      | 655    | 1,498 | 13   | 9.80  | 516    | 2,014 | 12   | 26.55 | 750    | 2,764 | 13   | 2,764 |
| 14   | 224 | Grace MORGAN/U20      | Wales            | 14.94 | 850    | 850   | 11   | 1.47      | 588    | 1,438 | 15   | 9.21  | 478    | 1,916 | 15   | 26.64 | 742    | 2,658 | 15   | 2,658 |
| 15   | 217 | Sarah CONNOLEY        | Northern Ireland | 14.49 | 910    | 910   | 10   | 1.65      | 795    | 1,705 | 8    | 10.29 | 548    | 2,253 | 6    | 26.11 | 788    | 3,041 | 6    | 3,041 |
|      | 225 | Emillie DAVIES/U20    | Wales            | 15.63 | 760    | 760   | 16   | 1.50      | 621    | 1,381 | 16   | 8.28  | 417    | 1,798 | 16   | 26.25 | 775    | 2,573 | 16   | 2,573 |
|      | 226 | Jessica TAYLOR-EMMETT | Guest            | 14.22 | 947    | 947   | 6    | NMR       |        | 947   | 17   | NMR   |        | 947   | 17   | 24.13 | 968    | 1,915 | 17   | 1,915 |
|      | 222 | Jodie SMITH/U20       | England          |       |        |       |      | DNS       |        | *     |      |       |        | *     |      |       | *      |       |      | *     |

| Rank | Bib |                       |                  | Long Jump |        |       |      | Javelin |        |       |      | 800m     |        |       |      |
|------|-----|-----------------------|------------------|-----------|--------|-------|------|---------|--------|-------|------|----------|--------|-------|------|
|      |     |                       |                  | Perf      | Points | Cum.  | Rank | Perf    | Points | Cum.  | Rank | Perf     | Points | Cum.  | Rank |
| 1    | 218 | Katie STAINTON        | Guest            | 5.94      | 831    | 4,351 | 2    | 42.97   | 724    | 5,075 | 2    | 02:13.48 | 914    | 5,989 | 1    |
| 2    | 220 | Adrianna SULEC        | Poland/Guest     | 6.03      | 859    | 4,494 | 1    | 37.26   | 615    | 5,109 | 1    | 02:22.87 | 785    | 5,894 | 2    |
| 3    | 214 | Holly MCARTHUR        | Scotland         | 5.89      | 816    | 4,036 | 5    | 35.72   | 585    | 4,621 | 4    | 02:17.03 | 864    | 5,485 | 3    |
| 4    | 213 | Alice HOPKINS         | England          | 6.13      | 890    | 4,254 | 3    | 33.75   | 548    | 4,802 | 3    | 02:32.78 | 658    | 5,460 | 4    |
| 5    | 211 | Niamh BAILEY          | England          | 5.76      | 777    | 4,109 | 4    | 31.59   | 507    | 4,616 | 5    | 02:23.68 | 774    | 5,390 | 5    |
| 6    | 221 | Ashleigh SPILLIOPOLOU | Guest            | 5.38      | 665    | 3,704 | 8    | 35.54   | 582    | 4,286 | 6    | 02:20.98 | 810    | 5,096 | 6    |
| 7    | 215 | Emma CANNING          | Scotland         | 5.74      | 771    | 3,790 | 6    | 27.07   | 421    | 4,211 | 8    | 02:18.05 | 850    | 5,061 | 7    |
| 8    | 212 | Natasha SMITH         | England          | 5.07      | 578    | 3,540 | 11   | 37.11   | 612    | 4,152 | 10   | 02:22.77 | 786    | 4,938 | 8    |
| 9    | 223 | Emily BEE/U20         | Guest            | 5.43      | 680    | 3,696 | 9    | 33.85   | 550    | 4,246 | 7    | 02:35.83 | 622    | 4,868 | 9    |
| 10   | 47  | Lauren EVENS          | Wales            | 5.71      | 762    | 3,761 | 7    | 23.99   | 363    | 4,124 | 11   | 02:26.93 | 732    | 4,856 | 10   |
| 11   | 219 | Anna FORBES           | Guest            | 5.20      | 614    | 3,336 | 13   | 29.88   | 474    | 3,810 | 12   | 02:27.46 | 725    | 4,535 | 11   |
| 12   | 216 | Laura FEY             | Northern Ireland | 4.78      | 500    | 3,266 | 15   | 20.48   | 298    | 3,564 | 14   | 02:17.07 | 864    | 4,428 | 12   |
| 13   | 48  | Jodie BENYON          | Wales            | 5.14      | 598    | 3,362 | 12   | 15.04   | 197    | 3,559 | 15   | 02:26.11 | 742    | 4,301 | 13   |
| 14   | 224 | Grace MORGAN/U20      | Wales            | 5.36      | 660    | 3,318 | 14   | 25.95   | 400    | 3,718 | 13   | 02:39.25 | 581    | 4,299 | 14   |
| 15   | 217 | Sarah CONNOLEY        | Northern Ireland | 5.33      | 651    | 3,692 | 10   | 31.41   | 503    | 4,195 | 9    | DNF      |        | 4,195 | 15   |
|      | 225 | Emillie DAVIES/U20    | Wales            | 5.09      | 584    | 3,157 | 16   |         | 3,157  | 16    | DNS  |          | *      |       |      |
|      | 226 | Jessica TAYLOR-EMMETT | Guest            | 5.73      | 768    | 2,683 | 17   | DNS     |        | *     |      |          | *      |       |      |
|      | 222 | Jodie SMITH/U20       | England          |           |        | *     |      |         | *      |       |      |          | *      |       |      |

| Women's 100mH - Race 1 |     |                       |                  | Wind = | 1.5    |
|------------------------|-----|-----------------------|------------------|--------|--------|
| Lane                   | Bib | Athlete               | Club             | Perf   | Points |
| 1                      | 224 | Grace MORGAN/U20      | Wales            | 14.94  | 850    |
| 2                      | 221 | Ashleigh SPILLIOPOLOU | Guest            | 15.05  | 835    |
| 3                      | 216 | Laura FEY             | Northern Ireland | 15.56  | 769    |
| 4                      | 225 | Emillie DAVIES/U20    | Wales            | 15.63  | 760    |
| 5                      | 219 | Anna FORBES           | Guest            | 15.77  | 743    |
| 6                      |     |                       |                  |        |        |
| 7                      |     |                       |                  |        |        |
| 8                      |     |                       |                  |        |        |

| Women's 100mH - Race 2 |     |                |                  | Wind = | 0.9    |
|------------------------|-----|----------------|------------------|--------|--------|
| Lane                   | Bib | Athlete        | Club             | Perf   | Points |
| 1                      | 47  | Lauren EVENS   | Wales            | 14.23  | 946    |
| 2                      | 223 | Emily BEE/U20  | Guest            | 14.30  | 936    |
| 3                      | 215 | Emma CANNING   | Scotland         | 14.42  | 920    |
| 4                      | 217 | Sarah CONNOLEY | Northern Ireland | 14.49  | 910    |
| 5                      | 48  | Jodie BENYON   | Wales            | 14.99  | 843    |
| 6                      | 212 | Natasha SMITH  | England          | 15.14  | 823    |
| 7                      |     |                |                  |        |        |
| 8                      |     |                |                  |        |        |

| Women's 100mH - Race 3 |     |                       |              | Wind = | 1.9    |
|------------------------|-----|-----------------------|--------------|--------|--------|
| Lane                   | Bib | Athlete               | Club         | Perf   | Points |
| 1                      | 220 | Adrianna SULEC        | Poland/Guest | 13.60  | 1036   |
| 2                      | 213 | Alice HOPKINS         | England      | 13.73  | 1017   |
| 3                      | 214 | Holly MCARTHUR        | Scotland     | 13.77  | 1011   |
| 4                      | 218 | Katie STAINTON        | Guest        | 14.02  | 976    |
| 5                      | 211 | Niamh BAILEY          | England      | 14.13  | 960    |
| 6                      | 226 | Jessica TAYLOR-EMMETT | Guest        | 14.22  | 947    |
| 7                      |     |                       |              |        |        |
| 8                      |     |                       |              |        |        |

| Senior Women's 200m - Race 1 |     |                       |       | Wind = | 0.9    |
|------------------------------|-----|-----------------------|-------|--------|--------|
| Lane                         | Bib | Athlete               | Club  | Perf   | Points |
| 1                            | 221 | Ashleigh SPILLIOPOLOU | Guest | 26.11  | 788    |
| 2                            | 225 | Emillie DAVIES/U20    | Wales | 26.25  | 775    |
| 3                            | 48  | Jodie BENYON          | Wales | 26.55  | 750    |
| 4                            | 224 | Grace MORGAN/U20      | Wales | 26.64  | 742    |
| 5                            | 219 | Anna FORBES           | Guest | 26.85  | 724    |
| 6                            |     |                       |       |        |        |
| 7                            |     |                       |       |        |        |
| 8                            |     |                       |       |        |        |

| Senior Women's 200m - Race 2 |     |                |                  | Wind = | 2.0    |
|------------------------------|-----|----------------|------------------|--------|--------|
| Lane                         | Bib | Athlete        | Club             | Perf   | Points |
| 1                            | 223 | Emily BEE/U20  | Guest            | 25.75  | 819    |
| 2                            | 47  | Lauren EVENS   | Wales            | 25.92  | 804    |
| 3                            | 217 | Sarah CONNOLEY | Northern Ireland | 26.11  | 788    |
| 4                            | 216 | Laura FEY      | Northern Ireland | 26.15  | 784    |
| 5                            | 215 | Emma CANNING   | Scotland         | 26.27  | 774    |
| 6                            | 212 | Natasha SMITH  | England          | 26.46  | 757    |
| 7                            |     |                |                  |        |        |
| 8                            |     |                |                  |        |        |

| Women's 200m - Race 3 |     |                       |              | Wind = | 2.0    |
|-----------------------|-----|-----------------------|--------------|--------|--------|
| Lane                  | Bib | Athlete               | Club         | Perf   | Points |
| 1                     | 226 | Jessica TAYLOR-EMMETT | Guest        | 24.13  | 968    |
| 2                     | 220 | Adrianna SULEC        | Poland/Guest | 24.19  | 963    |
| 3                     | 218 | Katie STANTON         | Guest        | 24.26  | 956    |
| 4                     | 214 | Holly MCARTHUR        | Scotland     | 24.86  | 900    |
| 5                     | 211 | Niamh BAILEY          | England      | 24.88  | 898    |
| 6                     | 213 | Alice HOPKINS         | England      | 24.95  | 891    |
| 7                     |     |                       |              |        |        |
| 8                     |     |                       |              |        |        |

# ENGLAND ATHLETICS: HEIGHT CARD - COMBINED EVENTS

| MEETING |     | HOME COUNTRIES CE INTERNATIONAL |                  | VENUE  | MANCHESTER |        |        |        |        |        |        |        | DATE   | Saturday 03/08/2019 |        |             |                    |
|---------|-----|---------------------------------|------------------|--------|------------|--------|--------|--------|--------|--------|--------|--------|--------|---------------------|--------|-------------|--------------------|
| EVENT   |     | High Jump Senior Women          |                  | TIME   |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| Order   | No  | NAME                            | CLUB             | 1.41   | 1.44       | 1.47   | 1.50   | 1.53   | 1.56   | 1.59   | 1.62   | 1.65   | 1.68   | 1.71                | 1.74   | Best of All | Signatures         |
|         |     |                                 |                  | Metres | Metres     | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres              | Metres |             |                    |
| 1       | 211 | Niamh BAILEY                    | England          |        |            |        |        |        |        |        | o      | o      | xo     | xxx                 |        | 1.68        | Judges' Signatures |
| 2       | 212 | Natasha SMITH                   | England          |        |            |        |        |        | o      | o      | xo     | o      | xxx    |                     |        | 1.65        |                    |
| 3       | 213 | Alice HOPKINS                   | England          |        |            |        |        |        |        |        | o      | xo     | xo     | o                   | xxx    | 1.71        |                    |
| 4       | 214 | Holly MCARTHUR                  | Scotland         |        |            |        | xo     | xo     | o      | xxx    |        |        |        |                     |        | 1.56        |                    |
| 5       | 215 | Emma CANNING                    | Scotland         |        |            |        |        |        |        | o      | o      | o      | xo     | o                   | xxx    | 1.71        |                    |
| 6       | 47  | Lauren EVENS                    | Wales            |        |            |        |        |        |        | o      | o      | o      | xxx    |                     |        | 1.65        |                    |
| 7       | 218 | Katie STAINTON                  | Guest            |        |            |        |        |        |        |        |        | o      | o      | o                   | xo     | 1.74        |                    |
| 8       | 217 | Sarah CONNOLEY                  | Northern Ireland |        |            |        |        |        |        |        | xo     | o      | xxx    |                     |        | 1.65        |                    |
| 9       | 219 | Anna FORBES                     | Guest            |        |            |        |        | o      | o      | o      | xo     | xxx    |        |                     |        | 1.62        |                    |
| 10      | 220 | Adrianna SULEC                  | Poland/Guest     |        |            |        |        |        |        |        |        | xo     | o      | o                   | o      | 1.83        |                    |
| 11      | 221 | Ashleigh SPILLIOPOLU            | Guest            |        |            |        |        |        |        | o      | o      | o      | o      | xxo                 | xxx    | 1.71        |                    |
| 12      | 226 | Jessica TAYLOR-EMMETT           | Guest            | X      |            |        |        |        |        |        |        |        |        |                     |        | NMR         |                    |
| 13      | 222 | Jodie SMITH/U20                 | England          |        |            |        |        |        |        |        |        |        |        |                     |        | DNS         |                    |
| 14      | 223 | Emily BEE/U20                   | Guest            |        |            |        | o      | o      | o      | o      | xxo    | xo     | xxx    |                     |        | 1.65        |                    |
| 15      | 224 | Grace MORGAN/U20                | Wales            | o      | o          | xo     | xxx    |        |        |        |        |        |        |                     |        | 1.47        |                    |
| 16      | 225 | Emillie DAVIES/U20              | Wales            | o      | o          | o      | o      | xxx    |        |        |        |        |        |                     |        | 1.50        |                    |
| 17      | 48  | Jodie BENYON                    | Wales            |        |            | o      | o      | xo     | xxx    |        |        |        |        |                     |        | 1.53        |                    |
| 18      | 216 | Laura FEY                       | Northern Ireland | o      | o          | xxo    | xxo    | xo     | xo     | xxx    |        |        |        |                     |        | 1.56        |                    |
| 19      |     |                                 |                  |        |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| 20      |     |                                 |                  | 1.77   | 1.80       | 1.83   | 1.86   |        |        |        |        |        |        |                     |        |             |                    |
| 21      | 218 | Katie STAINTON                  | Guest            | xxx    |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| 22      | 220 | Adrianna SULEC                  | Poland/Guest     | o      | xo         | xxo    | xxx    |        |        |        |        |        |        |                     |        |             |                    |
| 23      |     |                                 |                  |        |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| 24      |     |                                 |                  |        |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| 25      |     |                                 |                  |        |            |        |        |        |        |        |        |        |        |                     |        |             |                    |
| 26      |     |                                 |                  |        |            |        |        |        |        |        |        |        |        |                     |        |             |                    |

Referee's Signature

# ENGLAND ATHLETICS: DISTANCE CARD - COMBINED EVENTS

| MEETING |     | HOME COUNTRIES CE INTERNATIONAL |                  | VENUE     |           | MANCHESTER |           | DATE      |           | Monday 03/08/2009 |             |                     |
|---------|-----|---------------------------------|------------------|-----------|-----------|------------|-----------|-----------|-----------|-------------------|-------------|---------------------|
| EVENT   |     | Shot Put Senior Women           |                  | TIME      |           |            |           |           |           |                   |             |                     |
| Order   | No  | NAME                            | CLUB             | 1st Trial | 2nd Trial | 3rd Trial  | Best of 3 | 4th Trial | 5th Trial | 6th Trial         | Best of All | Signatures          |
|         |     |                                 |                  | Metres    | Metres    | Metres     | Metres    | Metres    | Metres    | Metres            | Metres      |                     |
| 1       | 216 | Laura FEY                       | Northern Ireland | 9.92      | 9.30      | 9.57       | 9.92      |           |           |                   | 9.92        | Judges' Signatures  |
| 2       | 218 | Katie STANTON                   | Guest            | 11.72     | 12.36     | 11.86      | 12.36     |           |           |                   | 12.36       |                     |
| 3       | 224 | Grace MORGAN/U20                | Wales            | 8.26      | 9.08      | 9.21       | 9.21      |           |           |                   | 9.21        |                     |
| 4       | 213 | Alice HOPKINS                   | England          | 10.90     | 9.93      | X          | 10.90     |           |           |                   | 10.90       |                     |
| 5       | 221 | Ashleigh SPILLIOPOLOU           | Guest            | 10.30     | 9.89      | 9.84       | 10.30     |           |           |                   | 10.30       |                     |
| 6       | 214 | Holly MCARTHUR                  | Scotland         | 11.38     | X         | 10.68      | 11.38     |           |           |                   | 11.38       |                     |
| 7       | 219 | Anna FORBES                     | Guest            | 9.04      | 9.49      | 8.97       | 9.49      |           |           |                   | 9.49        |                     |
| 8       | 220 | Adrianna SULEC                  | Poland/Guest     | 11.22     | 11.08     | 11.38      | 11.38     |           |           |                   | 11.38       |                     |
| 9       | 225 | Emillie DAVIES/U20              | Wales            | 8.01      | 8.28      | 8.15       | 8.28      |           |           |                   | 8.28        |                     |
| 10      | 226 | Jessica TAYLOR-EMMETT           | Guest            | X         | -         | -          | NMR       |           |           |                   | NMR         |                     |
| 11      | 48  | Jodie BENYON                    | Wales            | 9.80      | 9.05      | 8.69       | 9.80      |           |           |                   | 9.80        |                     |
| 12      | 211 | Niamh BAILEY                    | England          | 11.74     | 11.61     | 10.89      | 11.74     |           |           |                   | 11.74       |                     |
| 13      | 223 | Emily BEE/U20                   | Guest            | 8.98      | 9.03      | 8.96       | 9.03      |           |           |                   | 9.03        |                     |
| 14      | 212 | Natasha SMITH                   | England          | 10.30     | 10.78     | 10.87      | 10.87     |           |           |                   | 10.87       |                     |
| 15      | 47  | Lauren EVENS                    | Wales            | 8.84      | 8.81      | 8.72       | 8.84      |           |           |                   | 8.84        |                     |
| 16      | 215 | Emma CANNING                    | Scotland         | 8.43      | 8.34      | 8.90       | 8.90      |           |           |                   | 8.90        |                     |
| 17      | 217 | Sarah CONNOLEY                  | Northern Ireland | 9.33      | 10.29     | 9.27       | 10.29     |           |           |                   | 10.29       |                     |
| 18      |     |                                 |                  |           |           |            |           |           |           |                   |             | Referee's Signature |
| 19      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 20      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 21      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 22      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 23      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 24      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 25      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 26      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |

# ENGLAND ATHLETICS: DISTANCE CARD - COMBINED EVENTS

| MEETING |     | HOME COUNTRIES CE INTERNATIONAL |                  | VENUE     |           | MANCHESTER |           | DATE      |           | Sunday 04/08/2019 |             |                     |
|---------|-----|---------------------------------|------------------|-----------|-----------|------------|-----------|-----------|-----------|-------------------|-------------|---------------------|
| EVENT   |     | Long Jump Senior Women          |                  | TIME      |           |            |           |           |           |                   |             |                     |
| Order   | No  | NAME                            | CLUB             | 1st Trial | 2nd Trial | 3rd Trial  | Best of 3 | 4th Trial | 5th Trial | 6th Trial         | Best of All | Signatures          |
|         |     |                                 |                  | Metres    | Metres    | Metres     | Metres    | Metres    | Metres    | Metres            | Metres      |                     |
| 1       | 215 | Emma CANNING                    | Scotland         | 4.23 -1.4 | 5.61 -2.2 | 5.74 -1.7  | 5.74      |           |           |                   | 5.74        | Judges' Signatures  |
| 2       | 47  | Lauren EVENS                    | Wales            | 5.62 -1.4 | 5.56 -1.8 | 5.71 -1.6  | 5.71      |           |           |                   | 5.71        |                     |
| 3       | 218 | Katie STAINTON                  | Guest            | 5.94 -0.9 | 5.85 -1.2 | X -1.3     | 5.94      |           |           |                   | 5.94        |                     |
| 4       | 221 | Ashleigh SPILLIOPOLOU           | Guest            | 5.38 -1.3 | 5.32 -1.9 | 5.02 -0.3  | 5.38      |           |           |                   | 5.38        |                     |
| 5       | 226 | Jessica TAYLOR-EMMETT           | Guest            | 5.69 -0.0 | 5.67 -1.3 | 5.73 -2.1  | 5.73      |           |           |                   | 5.73        |                     |
| 6       | 216 | Laura FEY                       | Northern Ireland | 4.67 -2.1 | 4.57 -0.9 | 4.78 -0.8  | 4.78      |           |           |                   | 4.78        |                     |
| 7       | 212 | Natasha SMITH                   | England          | X -2.0    | X -0.7    | 5.07 -2.2  | 5.07      |           |           |                   | 5.07        |                     |
| 8       | 48  | Jodie BENYON                    | Wales            | 5.14 -2.2 | 4.79 -1.0 | 4.67 -1.6  | 5.14      |           |           |                   | 5.14        |                     |
| 9       | 220 | Adrianna SULEC                  | Poland/Guest     | 5.90 -2.1 | X -1.0    | 6.03 -2.5  | 6.03      |           |           |                   | 6.03        |                     |
| 10      | 211 | Niamh BAILEY                    | England          | 5.72 -1.9 | X -2.2    | 5.76 -1.8  | 5.76      |           |           |                   | 5.76        |                     |
| 11      | 217 | Sarah CONNOLEY                  | Northern Ireland | 5.32 -2.1 | 5.33 -1.5 | 5.33 -1.6  | 5.33      |           |           |                   | 5.33        |                     |
| 12      | 224 | Grace MORGAN/U20                | Wales            | 4.98 -1.2 | 5.36 -1.5 | 5.15 -0.5  | 5.36      |           |           |                   | 5.36        |                     |
| 13      | 225 | Emillie DAVIES/U20              | Wales            | X -1.6    | 4.94 -0.7 | 5.09 -1.0  | 5.09      |           |           |                   | 5.09        |                     |
| 14      | 213 | Alice HOPKINS                   | England          | 5.94 -1.4 | X -1.8    | 6.13 -0.8  | 6.13      |           |           |                   | 6.13        |                     |
| 15      | 219 | Anna FORBES                     | Guest            | 5.18 -2.1 | 5.20 -1.6 | 5.17 -1.9  | 5.20      |           |           |                   | 5.20        |                     |
| 16      | 223 | Emily BEE/U20                   | Guest            | X -2.0    | 5.43 -0.6 | X -2.0     | 5.43      |           |           |                   | 5.43        |                     |
| 17      | 214 | Holly MCARTHUR                  | Scotland         | 5.43 -1.0 | X -2.4    | 5.89 -0.6  | 5.89      |           |           |                   | 5.89        |                     |
| 18      |     |                                 |                  |           |           |            |           |           |           |                   |             | Referee's Signature |
| 19      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 20      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 21      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 22      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 23      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 24      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 25      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 26      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |

# ENGLAND ATHLETICS: DISTANCE CARD - COMBINED EVENTS

| MEETING |     | HOME COUNTRIES CE INTERNATIONAL |                  | VENUE     |           | MANCHESTER |           | DATE      |           | Sunday 04/08/2019 |             |                     |
|---------|-----|---------------------------------|------------------|-----------|-----------|------------|-----------|-----------|-----------|-------------------|-------------|---------------------|
| EVENT   |     | Javelin Senior Women            |                  | TIME      |           |            |           |           |           |                   |             |                     |
| Order   | No  | NAME                            | CLUB             | 1st Trial | 2nd Trial | 3rd Trial  | Best of 3 | 4th Trial | 5th Trial | 6th Trial         | Best of All | Signatures          |
|         |     |                                 |                  | Metres    | Metres    | Metres     | Metres    | Metres    | Metres    | Metres            | Metres      |                     |
| 1       | 218 | Katie STAINTON                  | Guest            | 42.97     | X         | X          | 42.97     |           |           |                   | 42.97       | Judges' Signatures  |
| 2       | 211 | Niamh BAILEY                    | England          | 31.59     | 30.14     | 28.38      | 31.59     |           |           |                   | 31.59       |                     |
| 3       | 215 | Emma CANNING                    | Scotland         | 27.07     | 25.11     | 25.51      | 27.07     |           |           |                   | 27.07       |                     |
| 4       | 213 | Alice HOPKINS                   | England          | 33.75     | -         | 32.96      | 33.75     |           |           |                   | 33.75       |                     |
| 5       | 219 | Anna FORBES                     | Guest            | 28.15     | 29.88     | 27.32      | 29.88     |           |           |                   | 29.88       |                     |
| 6       | 48  | Jodie BENYON                    | Wales            | 14.37     | X         | 15.04      | 15.04     |           |           |                   | 15.04       |                     |
| 7       | 216 | Laura FEY                       | Northern Ireland | X         | 20.48     | X          | 20.48     |           |           |                   | 20.48       |                     |
| 8       | 221 | Ashleigh SPILLIOPOLOU           | Guest            | 35.54     | 31.47     | 32.96      | 35.54     |           |           |                   | 35.54       |                     |
| 9       | 223 | Emily BEE/U20                   | Guest            | 33.85     | 32.41     | 31.76      | 33.85     |           |           |                   | 33.85       |                     |
| 10      | 47  | Lauren EVENS                    | Wales            | 22.25     | 20.62     | 23.99      | 23.99     |           |           |                   | 23.99       |                     |
| 11      | 217 | Sarah CONNOLEY                  | Northern Ireland | 31.41     | 27.49     | 29.43      | 31.41     |           |           |                   | 31.41       |                     |
| 12      | 225 | Emillie DAVIES/U20              | Wales            | X         | W/D       |            |           |           |           |                   |             |                     |
| 13      | 214 | Holly MCARTHUR                  | Scotland         | 35.36     | 31.49     | 35.72      | 35.72     |           |           |                   | 35.72       |                     |
| 14      | 224 | Grace MORGAN/U20                | Wales            | 25.95     | X         | 25.83      | 25.95     |           |           |                   | 25.95       |                     |
| 15      | 220 | Adrianna SULEC                  | Poland/Guest     | 37.03     | 36.85     | 37.26      | 37.26     |           |           |                   | 37.26       |                     |
| 16      | 212 | Natasha SMITH                   | England          | 37.11     | 34.69     | 36.03      | 37.11     |           |           |                   | 37.11       |                     |
| 17      | 226 | Jessica TAYLOR-EMMETT           | Guest            | DNS       |           |            | DNS       |           |           |                   | DNS         |                     |
| 18      |     |                                 |                  |           |           |            |           |           |           |                   |             | Referee's Signature |
| 19      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 20      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 21      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 22      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 23      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 24      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 25      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |
| 26      |     |                                 |                  |           |           |            |           |           |           |                   |             |                     |

| Women's 800m - Race 1 |     |                    |                  |          |        |
|-----------------------|-----|--------------------|------------------|----------|--------|
| Lane                  | Bib | Athlete            | Club             | Perf     | Points |
| 1                     | 216 | Laura FEY          | Northern Ireland | 02:17.07 | 864    |
| 2                     | 212 | Natasha SMITH      | England          | 02:22.77 | 786    |
| 3                     | 48  | Jodie BENYON       | Wales            | 02:26.11 | 742    |
| 4                     | 47  | Lauren EVENS       | Wales            | 02:26.93 | 732    |
| 5                     | 219 | Anna FORBES        | Guest            | 02:27.46 | 725    |
| 6                     | 224 | Grace MORGAN/U20   | Wales            | 02:39.25 | 581    |
| DNF                   | 217 | Sarah CONNOLEY     | Northern Ireland | DNF      |        |
| DNS                   | 225 | Emillie DAVIES/U20 | Wales            | DNS      |        |

| Women's 800m - Race 2 |     |                       |              |          |        |
|-----------------------|-----|-----------------------|--------------|----------|--------|
| Lane                  | Bib | Athlete               | Club         | Perf     | Points |
| 1                     | 218 | Katie STAINTON        | Guest        | 02:13.48 | 914    |
| 2                     | 214 | Holly MCARTHUR        | Scotland     | 02:17.03 | 864    |
| 3                     | 215 | Emma CANNING          | Scotland     | 02:18.05 | 850    |
| 4                     | 221 | Ashleigh SPILLIOPOLOU | Guest        | 02:20.98 | 810    |
| 5                     | 220 | Adrianna SULEC        | Poland/Guest | 02:22.87 | 785    |
| 6                     | 211 | Niamh BAILEY          | England      | 02:23.68 | 774    |
| 7                     | 213 | Alice HOPKINS         | England      | 02:32.78 | 658    |
| 8                     | 223 | Emily BEE/U20         | Guest        | 02:35.83 | 622    |