

2015 South West Inter-Counties Championships Team Declaration

AVON	Elite	A STRING		B STRING		RESERVE		
		std.	Name	PB	Name	PB	Name	PB
U15G								
100m	13.2	Knia'aami Kofi	12.90	Tia Jackson	13.0	Catherine Wesbroom-Warr	13.1	
200m	27.3	Knia'aami Kofi	26.17	Anna Loughlin	26.6	Abi Ojo	27.0	
300m	45.0	Harriet Emery	43.2	Anna Loughlin	43.5	Dzilla Mao	44.2	
800m	02:25.0	Harriet Emery	2.17.78	Sarah Wilson	2.19.66	Rosie Whitehead	2.21.53	
1500m	05:05.0	Lauren Ashurst	4.50.41	Ellie Hobbs	4.53.1	Elizabeth White	4.53.2	
3000m	12.00.00							
75m Hurdles	12.6	Sophie Parker	11.5	Caroline Walder	12.1	Amelia Davies	12.4	
High Jump	1.49	Emma Bakare	1.59	Nina Nemi	1.51			
Long Jump	4.70	Tia Jackson	4.87	Nina Nemi	4.76	Ellie Shail	4.74	
Triple Jump	9.00							
Pole Vault	2.20	Caroline Walder	3.01					
Shot	9.00	Emma Bakare	11.81	Anna Loughlin	10.18	Ellie Shail	9.40	
Discus	23.30	Sophie Peters	26.10	Niamh Boulton	24.45			
Javelin	25.00	Polly Smale	23.42					

Exeter, 2015

Version 1.0

NOTES: Counties are **entitled** to enter **ONE** competitors in **EVERY** event. Counties **may** enter up to **TWO** competitors in an event provided that **ALL** competitors have met the "Elite Standard" given for that event.

Where seeding is deemed necessary due to competitor numbers, indicated PBs will be used to seed competitors.

Please supply Names as: **Firstname Surname**