

## Herts County Rankings - 2005

### Senior/Veteran Women

#### 100 metres

12.3	Emma Kemp	SNH
12.7	Denise Gayle	BAR
13.38	Hayley Wills	HPX
13.6	Elizabeth Fasipe Marie O'Brien	E&H D&T
13.8	Charlotte Lean Natasha Brunning	SNH D&T
13.91	Alex Gibson	BAR
14.1	Leskey Hopkins	E&H
14.23	Laura Abel	HPX
14.4	Jill Dinsmore	BAR
14.6	Cath Perry	BAR
15.3	Sara Bailey	SNH
15.6	Avis Cowley	HPX
15.71	Mandeep Barhey	HPX

#### 200 metres

24.57	Denise Gayle	BAR
25.1	Emma Kemp	SNH
26.1	Halley Wills	HPX
26.3	Elizabeth Braithwaite	HPX
26.4	Liz Gale	D&T
28.0	Marie O'Brien	D&T
28.52	Lesley Hopkins	E&H
28.90	Alex Gibson	BAR
29.29	Laura Abel	HPX
30.6	Cath Perry Jill Dinsmore	BAR BAR
31.3	Dawn Jones	HPX
32.8	Carmel O'Brien Julie Simmons	BAR HPX

#### 400 metres

55.30	Denise Perry	BAR
55.46	Emma Kemp	SNH
55.86	Elizabeth Braithwaite	HPX
57.04	Hayley Wills	HPX
61.6	Nikki Silva	HPX
62.67	Elena Dundjerovic	HPX
65.2	Laura Abel Liz Gale	HPX D&T
65.5	Jessica Hall	D&T
65.6	Cath Perry	BAR
66.0	Kath Woods	BAR
69.1	Jackie Tarrant Karen Bradley	BAR BAR

#### 800 metres

2:05.58	Elizabeth Braithwaite	HPX
2:12.9	Hayley Wills	HPX

2:13.0	Elizabeth Hall	HPX
2:14.4	Emma Kemp	SNH
2:16.7	Nikki Silva	HPX
2:23.9	Lois Bowles	E&H
2:28.06	Cath Perry	BAR
2:34.7	Jane Laws	BAR
2:41.1	Julie Simmons	HPX
2:43.61	Laura Abel	HPX
2:58.0	Nicola Froud	BAR
2:58.9	Margaret Carrier	HPX
3:02.8	Avis Cowley	HPX
3:05.7	Kirsty Johnstone	BAR
3:28.1	Sally Gandee	HPX
3:36.0	Pauline Lygo	BAR
3:38.4	Charlotte Lean	SNH

#### 1500 metres

4:27.6	Elizabeth Braithwaite	HPX
4:30.28	Elizabeth Hall	HPX
4:49.9	Kath Wood	BAR
4:51.0	Nikki Silva	HPX
5:03.2	Jane Laws	BAR
5:12.5	Sharon McHugh	E&H
5:17.5	Louise Somaroo	E&H
5:27.7	Karen Bradley	BAR
5:28.9	Cath Perry	BAR
5:34.4	Yvonne Jones	HPX
5:42.5	Julie Simmons	HPX
5:50.3	Philippa Horton	BAR
5:51.8	Nicola Froude	BAR
5:54.2	Celia Pardoe	HPX
6:08.5	Joy Allen	HPX
6:18.3	Margaret Carrier	HPX
6:58.03	Clare Marsh	HPX

#### 3000 metres

9:49.34	Elizabeth Hall	HPX
9:59.9	Jackie Tarrant	BAR
10:32.4	Jane Laws	BAR
11:01.9	Sharon McHugh	E&H
11:04.7	R. Rees-Jones	D&T
11:12.9	Lois Bowles	E&H
11:20.5	Cath Perry	BAR
11:35.2	Karen Bradley	BAR
11:43.1	Yvonne Jones	HPX
11:58.2	Julie Simmons	HPX
12:01.1	Celia Pardoe	HPX
12:04.0	Lydia Bruce-Burgess	BAR
12:34.0	Nikki Silva	HPX
12:57.5	Joy Allen	HPX
13:01.8	Nicola Froud	BAR
14:35.4	Pauline Lygo	BAR
14:41.2	Maureen Shirley	BAR
15:23.7	Sally Gandee	HPX
16:01.3	Clare Marsh	HPX
16:06.3	Shelley McLellan	SNH.
17:03.6	Jeannette Pybus	SNH

**5000 metres**

16:53.29	Elizabeth Hall	HPX
19:07.7	Sharon McHugh	E&H
19:43.9	Karen Bradley	BAR
20:05.4	Karen Murphy	BAR
20:15.0	Julie Simmons	HPX
22:08.8	Joy Allen	HPX
26:04.2	Maureen Shirley	BAR

**100 metres Hurdles**

16.8	Helene McLellan	SNH
17.7	Emma Kavanagh	HPX
18.96	Jill Dinsmore	BAR
19.3	Beth Harris	SNH
19.3	Kath Henderson	BAR

**400 metres Hurdles**

64.24	Liz Gale	D&T
65.10	Emma Kemp	SNH
69.5	Emma Kavanagh	HPX
75.7	Kath Woods	BAR
78.3	Lois Bowles	E&H
74.80	Helene McLellan	SNH
82.42	Louise White	BAR
87.4	Kath Henderson	BAR

**2000 metres Steeplechase**

6:42.97	Elizabeth Hall	HPX
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**3000 metres Steeplechase**

10:07.90	Elizabeth Hall	HPX
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**2000 Metres Walk**

12:43.9	Tiffany Stephens	BAR
13:42.4	Brenda Harvey	BAR
14:14.9	Margaret Carrier	HPX
15:52.0	Helen Ewings	BAR

**3000 Metres Walk**

20:17.4	Tiffany Stephens	BAR
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**High Jump**

1.65m	Nadine Simpson	SNH
1.60m	Emma Kavanagh	HPX
1.55m	Nicky Andrews	SNH
1.50m	Hayley Wills	HPX
	Louise White	BAR
1.50m	Natasha Brunning	D&T
1.45m	Charlotte Lean	SNH
	Denise Gayle	BAR
	Dawn Jones	HPX

1.40m	Beth Harris	SNH
	Jill Dinsmore	BAR

**Pole Vault**

3.12m	Natasha Brunning	D&T
2.70m	Beth Harris	SNH
2.60m	Louise White	BAR
2.10m	Marie O'Brien	D&T
2.00m	Nadine Simpson	SNH
1.70m	Clare Marsh	HPX

**Long Jump**

5.28m	Natasha Brunning	D&T
5.04m	Emma Kemp	SNH
4.85m	Helene McLellan	SNH
4.61m	Dawn Jones	HPX
4.59m	Jill Dinsmore	BAR
4.48m	Alex Gibson	BAR
4.30m	Sandra Reed	SNH
4.07m	Charlotte Lean	SNH
3.63m	Julie Simmons	HPX
3.51m	Avis Cowley	HPX
3.42m	Margaret Carrier	HPX
3.06m	Denise Copeman	BAR
2.60m	Cate Scott	BAR
2.47m	Sally Gandee	HPX
2.16m	Helen Ewings	BAR

**Triple Jump**

11.21m	Dawn Jones	HPX
10.95m	Natasha Brunning	D&T
10.15m	Helene McLellan	SNH
9.30m	Beth Harris	SNH
9.69m	Jill Dinsmore	BAR
6.92m	Avis Cowley	HPX
5.93m	Margaret Carrier	HPX
5.82m	Sally Gandee	HPX
5.22m	Helen Ewings	BAR
4.63m	Cate Scott	BAR

**Shot**

12.11m	Shelley McLellen	SNH
11.71m	Catherine Cotterill	D&T
10.69m	Paula Collis	HPX
10.09m	Louise White	BAR
10.07m	Louise Jackson	SNH
9.23m	Helene McLellen	SNH
9.03m	Kylie Brown	HPX
7.74m	Jill Dinsmore	BAR

### **Discus**

40.20m	Catherine Cotterill	D&T
35.61m	Kylie Brown	HPX
31.98m	Louise Jackson	SNH
25.73m	Shelley McLellen	SNH
23.48m	Paula Collis	HPX
22.83m	Faye Blacktin	HPX
19.64m	Louise White	BAR
18.50m	Denise Copeman	BAR
17.64m	Helen Ewings	BAR
16.55m	Jill Dinsmore	BAR
16.37m	Jeannette Pybus	SNH
15.72m	Avis Cowley	HPX
15.42m	Sue Fletcher	HPX
14.50m	Dawn Jones	HPX
12.12m	Cate Scott	BAR

### **Hammer**

45.32m	Faye Blacktin	HPX
44.64m	Catherine Cotterill	D&T
27.49m	Jean Harris	SNH
25.80m	Paula Collis	HPX
24.09m	Shelley McLellen	SNH
20.59m	Louise Jackson	SNH
19.41m	Jeannette Pybus	SNH
18.90m	Louise White	BAR
15.95m	Kylie Brown	HPX
15.03m	Margaret Carrier	HPX
13.93m	Nikki Silva	HPX

### **Javelin**

43.66m	Paula Collis	HPX
38.60m	Louise Jackson	SNH
29.19m	Helene McLellen	SNH
25.49m	Jill Dinsmore	BAR
25.11m	Louise White	BAR
28.87m	Catherine Cotterill	D&T
22.38m	Deb Keenlyside	D&T

These Rankings have been compiled by Fred Ward – due to the volume of results, some events have been restricted to 20 entries