

Track

Issue 3 - 12.5.2009	Hertfordshire County Athletic Association County Records						Women and Girls			
Track Events	SENIORS		UNDER 20		UNDER 17		UNDER 15		UNDER 13	
100 Metres	C. Murphy	S.B.H.	C. Murphy	S.B.H.	B. Gauntlet	B.o E.	J Williams	HPX	J Williams	HPX
	11.48s	2001	11.63s	1995	12.0s	1975	11.85w	2007	12.8	2006
200 Metres	C. Murphy	S.B.H.	C. Murphy	S.B.H.	J Williams	HPX	J Williams	HPX	J Williams	HPX
	23.28s	1999	23.4s	1995	23.5	2009	24.76	2008	26.88	2006
300 Metres	C. Murphy	S.B.H.	E. Miller	H.W.	L Wake	HPX	E Stevens	HPX		
	37.48s	2000	43.4s	1997	40.49	2006	41.97	2005		
400 Metres	C. Murphy	S.B.H.	J. Allen	S.B.H.	T. Burgess/J. Allen	Enfield/SBH				
	51.84s	2001	55.52s	1989	56.4s	1977/1986				
800 Metres	L. Elliott	S.B.H.	J. Allen	S.B.H.	A. Alford	S.N.H.	L. Dale	S.N.H.	D Newman	SBH
	2 : 06.66s	1991	2 : 08.38s	1989	2 : 07.3s	1980	2 : 14.5 s	1978	2 : 24.03	2008
1500 Metres	N. Morris	Ess. L	J. Mackay	S.B.H.	A. Alford	S.N.H.	A. Alford	S.N.H.	P. Higgs	War. H.
	4 : 15.7s	1989	4 : 28.6s	1993	4 : 24.9s	1980	4 : 32.45s	1978	4 : 59..5s	1982
3000 Metres	N. Morris	Ess. L	J. Mackay	S.B.H.	C. Brace	Ver	C Simm	HPX		
	8 : 53.52 s		9 : 27.74s	1991	9 : 38.6s	1976	11:15.4	2003		
5000 Metres	L. Elliott	S.B.H.	H Walker	D&T						
	15 : 34.4s	1997	17:01.4	2009						
10000 Mtrs	L. Elliott	S.B.H.								
	33 : 12.8s	1999								
Sprint Hurdles	100 Metres		100 Metres		80 Metres		75 Metres		70 Metres	
	L. Kirk	B. o E.	C Andrews	HPX	H van Kempen	HPX	H van Kempen	HPX	N Allen	HPX
	13.5s	1985?	14.6w	2004	11.38	2007	10.91	2005	11.5	2008
300m Hurdles					E. Miller	H.W.				
					44.23s	1995				
400m Hurdles	D. Skerritt	L.O.A.C.	S. Adamson	H.W.	C Silva	HPX				
	59.5s	1983	60.53s	2001	64.5	2004				
Steeplechase	E Hall	HPX			J Moore	HPX				
	3k/9:48.51	2006			2k/9:56.27	2006				
Any corrections or improvements - please advise Fred Ward No., 1 Pimlico Hemel Hempstead							HP 3 8 SH			
Include Venue, date and type of competition										

Track

Hertfordshire County Athletic Association County Records - Women and Girls										
Field	SENIORS		UNDER 20		UNDER 17		UNDER 15		UNDER 13	
Events										
High Jump	J. Hilliard	Ver	S. Adamson	H.W.	S. Adamson	H.W.	H. Lundgren	St. Alb	K Caulfield	HPX
	1.83m	1983	1.75m	2000	1.75m	1997	1.70m	2000	1.55m	2005
Pole Vault	E. Spain	S.B.H.	E. Spain	S.B.H.	A Rees	SNH	L. Edwards	H.W.		
	4.20m	2006	3.20m	1998	3.20m	2008	1.80m	1997		
Long Jump	H. Rogers	Ver	C Jaggard	HPX	V. Fox	Ver	F. Young	Hemel	K Caulfield	HPX
	6.01m	1983	5.53m	2005	5.87m	1967	5.70m	1967	4.71m	2005
Triple Jump	J. Kotey	St. Alb	D Powling	HPX	K. Abdulkakai	S.N.H.	C Humphries	HPX		
	12.36m	1997	10.83m	2002	11.76m	2001	9.85m	2006		
Javelin	L. Heyhoe	S.B.H.	P. Blank	Ver	E. Coombe	Ver	R. Foster	School	E Meakins	HPX
	55.70m	1992	45.20m	1999	42.62m	1981	36.96m	1985	28.39m	2005
Discus	L. Whiteley	B. o E.	R. Morris	S.B.H.	L. Whiteley	B. o E.	R. Hector	SNH	S Miller	HPX
	57.32m	1984	41.70m	1989	42.36m	1979	35.29m	2009	27.49m	2006
Shot	G. Bird	B. o E.	N Dudman	HPX	J. Brewster	Wat. H	G. Hodges	Wat. H	J. McLellon	S.N.H.
	13.15m	1980	12.70m	2002	11.37m	1980	11.96m	1975	10.02m	1995
Hammer	N Dudman	HPX	N Dudman	HPX	K Parker	HPX	S Goddard	SNH		
	53.79m	2003	57.63m	2002	37.03m	2006	32.88m	2009		
Pentathlon	P. McNab	M.L.A.C.	L. Gale	D.A.C.	L. Playel	Ver	L. Playel	Ver	E. Miller	H.W.
	3737 pts	1979	1794pts	1997	3133pts	1980	2930 pts	1978	2255 pts	1992
Heptathlon	S Adamson	HPX	S. Adamson	H.W.	S. Adamson	H.W.				
	4649	2003	4830 pts	1999	4269 pts	1998				
4 x 100m Relay	Stevenage N.H.		Herts Phoenix		Herts Phoenix		Watford Harriers		Herts Phoenix	
	48.7s	1982	51.0	2009	49.5	2009	50.1s	1974	55.6	2004
4 x 400 m Relay	Stevenage N.H.		Herts Phoenix		Herts Phoenix		Herts Phoenix			
	3 : 53.2s	1985	3:58.3	2004	4:06.5	2009	4:37.3	2009		
	Relays -All 4 athletes must be Herts Qualified				Mixed teams cannot be considered for County Records					
	Any corrections or improvements should be advised to Fred Ward 1 Pimlico Hemel Hempstead HP 3 9 SH									
	Include venue, date and type of competition									
Issue 3 - 12.5.2009	updated by S Gandee 12/05/2009									