

Herts County Rankings - 2005

Under 15 Girls

100 metres

12.79	Laura Wake	HPX
12.9	Bunmi Awokoya	SNH
13.0	Claire Humphries	HPX
13.2	Katie Grehan	HPX
	Helen Van Kempen	HPX
	Lucy Rillstone	D&T
	Hannah Wood	D&T
13.4	Katie Grehan	HPX
	Alison Corner	HPX
13.5	Stephanie Gaynor	HPX
	A Bushell	StA
13.6	M Cutler	StA
13.7	Emily Stevens	HPX
	Deborah Willis	HPX
	Nina Edwards	HPX
13.8	Joanne Mansell	SNH
	Charlie Collin	D&T
13.80	Aimie Thompson	HPX
14.0	M Jones	StA

200 metres

26.48	Laura Wake	HPX
26.69	Bunmi Awokoya	SNH
26.8	Helen Van Kempen	HPX
26.9	Stephanie Gaynor	HPX
27.0	Emily Stevens	HPX
	Charlie Collin	D&T
27.3	Kate Paddock	D&T
27.6	Nina Edwards	HPX
	Lucy Rillstone	D&T
	M. Chapple	StA
27.9	Claire Humphries	HPX
28.0	Alison Corner	HPX
	M. Cutler	StA
28.1	Deborah Willis	HPX
28.2	Joanne Mansell	SNH
29.0	Stephanie Sattin	HPX
	A. Bushell	StA
	Hanna Wood	D&T
	Victoria Bryant	BAR.
	Rachel Banks	SNH
29.00	Aimee Thompson	HPX

300 metres

41.97	Emily Stevens	HPX
43.71	Laura Wake	HPX
44.2	M. Chapple	StA
44.5	Helen Van Kempen	HPX
45.1	Stephanie Sattin	HPX
45.2	Joanne Mansell	SNH
45.7	Alison Corner	HPX

45.8	Lucy Rillstone	D&T
45.9	Katherine Deal	SBH
46.1	Katie Grehan	HPX
46.3	Nina Edwards	HPX
46.4	Kelly Taylor	HPX
47.4	Alice Keane	BAR.
47.7	Rachel Banks	SNH
	M. Cutler	StA
48.1	L. Murphy	StA
48.3	Jo Botwright	D&T
50.5	Helen Bailey	SNH
50.8	R. Dolphin	StA

800 metres

2:21.3	Joanne Mansell	SNH
	Katherine Deal	SBH
2:24.3	Nina Edwards	HPX
2:26.05	Aoife Kelly	D&T
2:26.9	Sam McCirmick	SNH
2:27.8	Stephanie Sattin	HPX
2:36.6	Victoria Bryant	BAR.
2:37.5	Kate Paddock	D&T
	Holly Gallagher	D&T
2:37.8	Lucy Andrew	D&T
2:37.9	Laura Wake	HPX
2:38.3	Laura Whitehead	HPX
2:39.2	A. Graham	StA
2:40.8	Louise O'Connell	SNH
2:40.86	Helen Bailley	SNH
2:40.9	E. Pointu	StA
2:41.43	Emily Stevens	HPX
2:42.7	L. Murphy	StA
2:43.2	Emma Saunders	D&T
2:43.5	Libby Quinn	HPX
	Natasha Little	SNH

1500 metres

4:42.33	Katherine Deal	SBH
5:02.5	Joanne Mansell	SNH
5:06.8	Aiofe Kelly	D&T
5:11.2	Sam McCormick	SNH
5:11.7	Laura Whitehead	HPX
5:19.8	Charlotte Davies	HPX
5:27.6	Jodie Moore	HPX
5:30.3	Holly Gallagher	D&T
5:38.8	Anna Thompson	D&T
5:39.7	Helen Bailley	SNH
5:43.8	Victoria Little	SNH
5:57.3	L. Moskafial	StA
6:02.2	Rachel Banks	SNH
6:02.3	Katie Grehan	HPX
6:08.7	N. Brennan	StA
6:24.2	K. Radcliffe	StA
6:38.8	Claire Cottrell	HPX
6:47.2	C. Ng	StA

75 metres Hurdles

10.91	Helen van Kempen	HPX.
11.10	Stephanie Gaynor	HPX
11.71	Emily Stevens	HPX
12.0	Hannah Wood	D&T
12.1	Victoria Dixon	SBH
12.2	Abigail Lambden	SBH
12.3	Claire Humphries	HPX
12.4	Hannah Welton	D&T
12.43	Laura Wake	HPX
12.5	Kate Paddock	D&T
12.7	C. Still	StA
12.8	Alison Corner	HPX
	Danielle Currie	HPX
13.0	Demi Vidgen	HPX
13.4	Debbie Willis	HPX
13.6	E. Pointu	StA
	Aoife Kelly	D&T
13.8	Lucy Rilstone	D&T
13.9	Sky Evans	D&T
14.0	Rachel Williams	SNH

High Jump

1.61m	S. Joy	StA
1.52m	Kate Paddock	D&T
1.51m	Stephanie Gaynor	HPX
1.50m	M. Chapple	StA
1.49m	Helen van Kempen	HPX
1.48m	Abigail Lambden	SBH
1.45m	Danielle Currie	HPX
	Ellie Murphy	D&T
1.42m	Loran Scanes	SNH
1.40m	Laura Wake	HPX
	Sarah-Anne de Kremer	HPX
	S. Russell	StA
	Lucy Rilstone	D&T
	Vicky Jeff	D&T
	M. Cutler	StA
	C. Still	StA
1.37m	Emily Stevens	HPX
1.35m	Jodie Moore	HPX

Long Jump

5.08m	Abigail Lambden	SBH
5.04m	Stephanie Gaynor	HPX
4.94m	Alison Corner	HPX
4.90m	Katie Grehan	HPX
4.76m	Danielle Currie	HPX
4.56m	Lucy Rilstone	D&T
4.55m	Emily Stevens	HPX
4.53m	Claire Humphries	HPX
4.45m	Laura Wake	HPX
4.42m	Julia Vaughan	D&T
4.41m	A. Bushell	StA
4.38m	Helen van Kempen	HPX
4.35m	M. Chapple	StA

4.33m	R. Dolphin	StA
4.28m	Aimee Thompson	HPX
	Sarah-Anne de Kremer	HPX
4.23m	Bethan Scanes	SNH
4.21m	M. Jones	StA
4.15m	Debbie Willis	HPX
4.10m	Joanne Mansell	SNH
4.06m	Ellie Murphy	D&T

Triple Jump

10.87m	Abigail Lambden	SBH
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Shot Putt

11.65m	Charlotte Rose	E&H
10.77m	Bunmi Awokoya	SNH
9.67m	Abigail Lambden	SBH
9.52m	Rachel Williams	SNH
9.00m	Lucy Andrews	D&T
8.72m	Laura Wake	HPX
8.70m	Liz Ayling	D&T
8.41m	Katie Grehan	HPX
8.30m	Danielle Currie	HPX
8.21m	Stephanie Gaynor	HPX
8.03m	Helen van Kempen	HPX
7.90m	Lauren Conlon	D&T
7.77m	Kate Paddock	D&T
7.76m	Emily Stevens	HPX
7.63m	Charlotte Ovenden	HPX
7.54m	G. Campbell	StA
7.30m	Jo Botwright	D&T
7.12m	Lucy Rilstone	D&T
7.11m	Sarah-Anne de Kremer	HPX
6.86m	Georgina Winter	SNH

Discus

29.29m	Jo Botwright	D&T
28.99m	Rachel Williams	SNH
25.79m	Charlotte Rose	E&H
24.15m	Frances Gross	SNH
22.53m	Lucy Andrews	D&T
21.46m	Charlie Collin	D&T
21.30m	Kate Grehan	HPX
23.27m	Loran Scanes	SNH
21.16m	Helen van Kempen	HPX
18.57m	L. Murphy	StA
18.27m	Charlotte Ovenden	HPX
18.05m	Sarah-Anne de Kremer	HPX
17.13m	Helen Bailey	SNH
15.97m	Stephanie Sattin	HPX
15.79m	Libby Quinn	HPX
13.93m	C. Ellis	StA
13.36m	S. Joy	StA
13.29m	G. Gallagher	StA
11.37m	Kelly Taylor	HPX
11.09m	C. Baseley	StA

Javelin

34.38m	Sarah-Anne de Kremer	HPX
33.53m	Rachel Williams	SNH
25.47m	Charlotte Ovenden	HPX
25.28m	Jenny Hackett	D&T
24.20m	Charlotte Rose	E&H
23.80m	A. Graham	StA
23.57m	Eloise Meakins (U/13)	HPX
23.09m	Aoife Kelly	D&T
21.73m	Liz Ayling	D&T
21.15m	Georgina Winter	SNH
17.66m	Lucy Andrew	D&T
16.79m	Laura Wake	HPX
15.52m	Alison Corner	HPX
15.01m	Stephanie Sattin	HPX
13.49m	S. Russell	StA
13.28m	G. Campbell	StA
12.95m	Hannah Clemmens	SNH
11.99m	Laura Whitehead	HPX
11.81m	Loran Scanes	SNH
11.76m	N. Brennan	StA
11.52m	E. Pointu	StA

Pentathlon

2796	Stephanie Gaynor	HPX
2506	Helen van Kempen	HPX
2446	Laura Wake	HPX
2393	Emily Stevens	HPX
2344	Danielle Currie	HPX
2077	Claire Humphries	HPX
2052	Kate Grehan	HPX
1997	Bunmi Awokoya	SNH
1922	Debbie Willis	HPX
1699	Rachel Williams	SNH

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