

Herts County Rankings - 2005

Under 20 Women

100 metres

12.1	Deandra Smith	SNH
12.6	Claire Adams	D&T
12.76	Ciaran Andrews	HPX
13.0	Hannah Weekes	SNH
13.12	Sam Cook	HPX
13.22	Laura Jones	HPX
13.34	Chenia Flack	HPX
14.0	Jasmine Forde	SNH
14.03	Charlotte Gaynor	HPX
14.5	Michelle Njagi	HPX

200 metres

25.1	Deandra Smith	SNH
26.1	Claire Adams	D&T
26.20	Claire Jaggard	HPX
26.61	Laura Jones	HPX
27.22	Hannah Weekes	SNH
27.3	Chenia Flack	HPX
	Rebecca Carbery	D&T
27.5	Ciaran Andrews	HPX
28.21	Michelle Njagi	HPX
28.59	Charlotte Gaynor	HPX
29.3	Jasmine Forde	SNH

400 metres

58.93	Christina Silva	HPX
60.3	Deandra Smith	SNH
60.53	Nina Lake	SNH
64.0	Jasmine Forde	SNH
64.9	Helen Wright	D&T
65.9	Natasha Taylor	HPX
73.08	Sarah Downs	SNH

800 metres

2:18.83	Christina Silva	HPX
2:19.03	Lauren Cunningham	SNH
2:22.34	Sara Bailey	SNH
2:26.65	Claire Jaggard	HPX
2:27.44	Tor Mudd	D&T
2:31.88	Katherine Cooper	SNH
2:32.76	Laura Jones	HPX
2:32.3	Jasmine Forde	SNH
2:33.5	Natasha Taylor	HPX
2:35.4	Sara Downs	SNH
2:34.68	Rebecca Carbery	D&T
2:40.0	Helen Wright	D&T

1500 metres

4:47.64	Sara Bailey	SNH
5:04.7	Tor Mudd	D&T
5:34.8	Jasmine Forde	SNH
5:43.0	Zoe Dunning	D&T

3000 metres

10:30.9	Sara Bailey	SNH
11:56.7	Sarah Downs	SNH
12:31.0	Zoe Dunning	D&T

100 metres Hurdles

14.74	Ciaran Andrews	HPX
15.47	Laura Jones	HPX
15.6	Sam Cook	HPX
15.7	Rebecca Carbery	D&T
15.99	Claire Jaggard	HPX
16.0	Frances McKirdy	SNH
16.03	Christina Silva	HPX
16.1	Hannah Weekes	SNH

400 metres Hurdles

63.30	Christina Silva	HPX
64.80	Nina Lake	SNH
67.4	Rebecca Carbery	D&T
71.7	Michelle Njagi	HPX
79.40	Jasmine Forde	SNH

High Jump

1.55m	Clair Jaggard	HPX
1.51m	Laura Jones	HPX
1.50m	Frances McKirdy	SNH
	Rebecca Carbery	D&T
1.45m	Claire Jaggard	HPX
1.40m	Jessica O'Neill	SNH

Pole Vault

2.60m	Leah Davies	HPX
2.45m	Ceska Mudd	D&T
1.90m	Jessica O'Neill	SNH

Long Jump

5.66m	Deandra Smith	SNH
5.53m	Claire Jaggard	HPX
5.50m	Laura Jones	HPX
5.15m	Rebecca Carbery	D&T
5.05m	Hannah Weekes	SNH
5.06m	Ciaran Andrews	HPX
4.84m	Claire Adams	D&T
4.10m	Frances McKirdy	SNH
4.01m	Jasmine Forde	SNH

Triple jump

10.67m	Rebecca Carbery	D&T
10.56m	Michelle Njagi	HPX
10.24m	Frances McKirdy	SNH
9.32m	Christina Silva	HPX
8.85m	Charlot Lean	SNH
8.52m	Jessica O'Neill	SNH

Shot

10.07m	Mel Flash	D&T
9.66m	Laura Jones	HPX.
8.77m	Claire Jaggard	HPX
8.24m	Rebrecca Carbery	D&T
6.86m	Ciaran Andrews	HPX
6.71m	Emma Kemp	SNH
6.30m	Charlotte Lean	SNH
6.25m	Jasmine Forde	SNH

Discus

27.22m	E. Baldwin	StA
25.25m	Stephanie Fuller	HPX
24.61m	Mel Flash	D&T
22.86m	Sarah Downs	SNH
20.63m	Laura Jones	HPX
17.37m	Christina Silva	HPX
14.30m	Claire Jaggard	HPX
13.31m	Michelle Njagi	HPX

Hammer

41.17m	Mel Flash	D&T
38.48m	Stephanie Fuller	HPX
19.44m	Laura Jones	HPX
13.42m	Michelle Njagi	HPX
5.85m	Christine Silva	HPX

Javelin

31.37m	Laura Jones	HPX
29.44m	Deandra Smith	SNH
21.81m	Claire Jaggard	HPX
21.56m	Rebecca Carbery	D&T

Heptathlon

4281	Laura Jones	HPX
4073	Claire Jaggard	HPX
3044	Ciaran Andrews	HPX

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