

## Herts County Rankings - 2009

### Under 17 Women

#### 100 Metres

|       |   |                 |    |      |
|-------|---|-----------------|----|------|
| 11.48 | J | Williams        | CR | HPx  |
| 12.56 | F | Slater          |    | HPx  |
| 12.9  | J | Warman          |    | WatH |
| 13.26 | D | Town            |    | D&T  |
| 13.5  | S | Harewood        |    | WatH |
| 13.5  | H | Lloyd           |    | HPx  |
| 13.7  | S | Almeda          |    | D&T  |
| 13.7  | A | Griffiths       |    | HPx  |
| 13.9  | N | Lee             |    | D&T  |
| 14.0  | A | Marshall        |    | StA  |
| 14.0  | J | White           |    | SNH  |
| 14.0  | R | Evans           |    | StA  |
| 14.1  | C | Vernon-Hamilton |    | SNH  |
| 14.1  | T | Fajobi          |    | SNH  |
| 14.2  | H | Copley          |    | StA  |
| 14.2  | S | Miekle          |    | WatH |
| 14.6  | C | Mackintosh      |    | StA  |
| 14.7  | C | Baird           |    | SNH  |
| 14.7  | C | Webb            |    | SNH  |
| 14.7  | L | Farrar          |    | StA  |
| 14.7  | D | Yeomans         |    | StA  |
| 14.8  | A | Rayner          |    | Bar  |
| 15.0  | J | Cocksedge       |    | SNH  |
| 15.0  | J | Barber          |    | SNH  |

#### 200 Metres

|       |   |                 |    |      |
|-------|---|-----------------|----|------|
| 23.25 | J | Williams        | CR | HPx  |
| 25.0  | F | Slater          |    | HPx  |
| 26.9  | M | Phelan          |    | HPx  |
| 27.1  | A | Griffiths       |    | HPx  |
| 27.2  | H | Lloyd           |    | HPx  |
| 27.2  | C | Vernon-Hamilton |    | SNH  |
| 27.3  | A | Holman          |    | StA  |
| 27.42 | S | Lee             |    | D&T  |
| 27.6  | A | Marshall        |    | StA  |
| 27.6  | S | Harewood        |    | WatH |
| 27.66 | A | Rees            |    | SNH  |
| 27.7  | D | Town            |    | D&T  |
| 28.0  | J | Warman          |    | WatH |
| 28.6  | H | Copley          |    | StA  |
| 28.7  | T | Fajobi          |    | SNH  |
| 28.8  | J | White           |    | SNH  |
| 29.1  | L | Agnew           |    | SNH  |
| 29.1  | C | Mackintosh      |    | StA  |
| 29.2  | E | Cherry          |    | D&T  |
| 29.25 | C | Ward            |    | SNH  |
| 29.8  | L | Brown           |    | D&T  |
| 29.8  | B | Armorgie        |    | D&T  |
| 30.0  | B | Marshall        |    | StA  |
| 30.1  | A | Rayner          |    | Bar  |
| 30.2  | C | Mensha          |    | WatH |

#### 300 Metres

|       |   |                 |  |     |
|-------|---|-----------------|--|-----|
| 42.3  | H | Lloyd           |  | HPx |
| 42.72 | A | Griffiths       |  | HPx |
| 42.8  | C | Vernon-Hamilton |  | SNH |
| 42.9  | S | Lee             |  | D&T |
| 43.6  | A | Marshall        |  | StA |
| 44.0  | A | Holman          |  | StA |
| 44.1  | K | Barber          |  | Bar |
| 44.80 | M | Phelan          |  | HPx |
| 44.9  | J | White           |  | SNH |
| 45.1  | H | Lintott         |  | HPx |
| 46.3  | C | Ward            |  | SNH |
| 46.3  | L | Brown           |  | D&T |
| 46.4  | C | Mackintosh      |  | StA |

|      |   |          |      |
|------|---|----------|------|
| 46.6 | E | Harrison | D&T  |
| 46.6 | L | Quinn    | HPx  |
| 46.8 | T | Fajobi   | SNH  |
| 47.2 | C | Baird    | SNH  |
| 47.5 | C | Shuria   | WatH |
| 47.9 | D | Yeomans  | StA  |
| 48.2 | C | White    | SNH  |
| 48.5 | R | Dormer   | WatH |
| 48.7 | A | Rayner   | Bar  |
| 49.6 | A | Smith    | StA  |
| 50.0 | R | Bentley  | WatH |

#### 400 Metres

|       |   |                 |        |
|-------|---|-----------------|--------|
| 60.7  | A | Griffiths       | HPx    |
| 61.5  | K | Barber          | Bar    |
| 61.8  | H | Lloyd           | HPx    |
| 63.2  | A | Marshall        | St Alb |
| 63.27 | C | Vernon-Hamilton | SNH    |
| 64.1  | J | White           | SNH    |
| 66.2  | C | Baird           | SNH    |
| 66.6  | T | Fajobi          | SNH    |
| 68.4  | H | Dewhurst        | SNH    |
| 71.7  | N | Wickings        | WatH   |

#### 800 Metres

|         |   |                 |      |
|---------|---|-----------------|------|
| 2:20.4  | K | Barber          | Bar  |
| 2:20.7  | V | Walker          | WatH |
| 2:21.4  | L | Farrar          | StA  |
| 2:23.3  | L | Brown           | D&T  |
| 2:26.0  | H | Dewhurst        | SNH  |
| 2:27.6  | C | Mackintosh      | StA  |
| 2:28.6  | B | Armorgie        | D&T  |
| 2:29.1  | E | Fuller          | HPx  |
| 2:29.46 | H | Lloyd           | HPx  |
| 2:29.53 | C | Vernon-Hamilton | SNH  |
| 2:29.7  | N | Wickings        | WatH |
| 2:30.0  | D | Yeomans         | StA  |
| 2:30.95 | M | Phelan          | HPx  |
| 2:31.1  | S | Lee             | D&T  |
| 2:33.40 | C | Ward            | SNH  |
| 2:33.6  | M | Omar            | WatH |
| 2:34.5  | R | Dormer          | WatH |
| 2:34.3  | S | Olah            | D&T  |
| 2:37.5  | M | Lester          | HPx  |
| 2:39.1  | C | Baird           | SNH  |
| 2:41.5  | T | Fajobi          | SNH  |
| 2:46.7  | S | Pike            | SNH  |
| 2:46.9  | M | Vetch           | HPx  |
| 2:47.57 | A | Rees            | SNH  |
| 2:49.2  | C | Webb            | SNH  |

#### 1500 Metres

|         |   |                 |      |
|---------|---|-----------------|------|
| 4:45.02 | L | Farrar          | StA  |
| 4:57.9  | V | Walker          | WatH |
| 4:58.5  | R | Pritchard       | StA  |
| 4:59.2  | E | Fuller          | HPx  |
| 5:04.6  | N | Wickings        | WatH |
| 5:08.9  | H | Dewhurst        | SNH  |
| 5:09.8  | B | Armorgie        | D&T  |
| 5:10.11 | C | Mackintosh      | StA  |
| 5:12.7  | K | Barber          | Bar  |
| 5:16.07 | D | Yeomans         | StA  |
| 5:23.6  | M | Omar            | WatH |
| 5:24.3  | C | Vernon-Hamilton | SNH  |
| 5:27.3  | S | Oloh            | D&T  |
| 5:29.9  | L | Brown           | D&T  |
| 5:30.0  | J | White           | SNH  |
| 5:42.9  | S | Pike            | SNH  |
| 5:45.1  | C | Baird           | SNH  |
| 5:50.9  | R | Hore            | HPx  |
| 6:14.9  | E | Meakins         | HPx  |

|        |   |         |     |
|--------|---|---------|-----|
| 6:31.3 | K | Meadows | SNH |
| 6:25.3 | C | Currie  | HPx |

#### 3000 Metres

|          |   |           |      |
|----------|---|-----------|------|
| 10:24.28 | V | Walker    | WatH |
| 10:41.37 | L | Farrar    | StA  |
| 11:21.1  | R | Pritchard | StA  |
| 11:24.8  | N | Wickings  | WatH |
| 11:32.9  | H | Dewhurst  | SNH  |
| 11:48.6  | B | Armogie   | D&T  |
| 12:32.5  | D | Yeomans   | StA  |
| 12:34.9  | S | Pike      | SNH  |
| 13:08.6  | E | Meakins   | HPx  |
| 13:33.0  | C | Currie    | HPx  |

#### 80 Metres Hurdles

|      |   |                 |      |
|------|---|-----------------|------|
| 12.2 | A | Rees            | SNH  |
| 12.3 | M | Phelan          | HPx  |
| 12.5 | C | Vernon-Hamilton | SNH  |
| 12.6 | S | Lee             | D&T  |
| 12.7 | C | Ward            | SNH  |
| 12.9 | N | Lee             | D&T  |
| 13.1 | E | Cherry          | D&T  |
| 13.1 | H | Copley          | StA  |
| 18.1 | M | Lancaster       | WatH |

#### 100 Metres Hurdles

|        |   |        |     |
|--------|---|--------|-----|
| 15.7 w | M | Phelan | HPx |
|--------|---|--------|-----|

#### 300 Metres Hurdles

|       |   |                 |      |
|-------|---|-----------------|------|
| 45.15 | H | Lloyd           | HPx  |
| 46.2  | C | Vernon-Hamilton | SNH  |
| 47.9  | S | Lee             | D&T  |
| 48.9  | E | Cherry          | D&T  |
| 48.90 | C | Ward            | SNH  |
| 53.8  | L | Agnew           | SNH  |
| 53.8  | R | Bentley         | WatH |
| 54.5  | A | Rees            | SNH  |

#### 400 Metres Hurdles

|       |   |       |     |
|-------|---|-------|-----|
| 70.42 | S | Lee   | D&T |
| 73.62 | C | Ward  | SNH |
| 77.2  | L | Agnew | SNH |

#### 4 x 100 Metres Relay

|       |                  |
|-------|------------------|
| 49.5  | Herts Phoenix    |
| 54.68 | Dacorum & Tring  |
| 54.9  | Stevenage & NH   |
| 56.1  | St Albans        |
| 56.9  | Watford Harriers |

#### 4 x 300 Metres Relay

|        |           |
|--------|-----------|
| 3:07.9 | St Albans |
|--------|-----------|

#### 4 x 400 Metres Relay

|        |                |
|--------|----------------|
| 4:06.5 | Herts Phoenix  |
| 4:26.9 | Stevenage & NH |

#### High Jump

|      |   |                 |      |
|------|---|-----------------|------|
| 1.63 | C | Vernon-Hamilton | SNH  |
| 1.60 | M | Phelan          | HPx  |
| 1.58 | J | Hutchings       | HPx  |
| 1.57 | A | Rees            | SNH  |
| 1.55 | S | Lee             | D&T  |
| 1.55 | E | Harrison        | D&T  |
| 1.50 | S | Huntingford     | D&T  |
| 1.50 | A | Griffiths       | HPx  |
| 1.48 | C | Ward            | SNH  |
| 1.45 | C | Brookes         | WatH |
| 1.40 | H | Copley          | StA  |
| 1.40 | A | Warwick         | StA  |

|      |   |        |      |
|------|---|--------|------|
| 1.40 | M | Omar   | WatH |
| 1.30 | T | Farman | SNH  |

#### Pole Vault

|      |   |          |     |
|------|---|----------|-----|
| 3.50 | A | Rees     | SNH |
| 2.30 | T | Farman   | SNH |
| 2.20 | C | Ward     | SNH |
| 2.10 | E | Harrison | D&T |
| 2.10 | S | Lee      | D&T |
| 2.00 | S | Jessey   | HPx |
| 1.60 | E | Meakins  | HPx |

#### Long Jump

|      |   |                 |      |
|------|---|-----------------|------|
| 5.13 | A | Rees            | SNH  |
| 5.11 | A | Holman          | StA  |
| 5.08 | S | Lee             | D&T  |
| 5.08 | S | Miekle          | WatH |
| 5.08 | M | Phelan          | HPx  |
| 4.91 | C | Vernon-Hamilton | SNH  |
| 4.57 | S | Harewood        | WatH |
| 4.41 | H | Copley          | StA  |
| 4.34 | E | Cherry          | D&T  |
| 4.27 | C | Curry           | HPx  |
| 4.21 | T | Farman          | SNH  |
| 4.14 | A | Marshall        | StA  |
| 4.06 | M | Omar            | WatH |
| 4.04 | C | White           | SNH  |
| 4.03 | T | Fajobi          | SNH  |
| 3.74 | B | Marshall        | StA  |
| 3.70 | A | Smith           | StA  |
| 3.44 | M | Lancaster       | WatH |

#### Triple Jump

|       |   |           |      |
|-------|---|-----------|------|
| 11.33 | S | Holman    | StA  |
| 11.05 | S | Harewood  | WatH |
| 10.69 | S | Miekle    | WatH |
| 10.28 | S | Almeda    | D&T  |
| 9.80  | E | Harrison  | D&T  |
| 9.45  | J | Hutchings | HPx  |
| 9.32  | E | Cherry    | D&T  |
| 9.21  | T | Fajobi    | SNH  |
| 9.02  | C | Currie    | HPx  |
| 9.01  | T | Farman    | SNH  |
| 8.51  | S | Jessey    | HPx  |
| 8.10  | H | Dewhurst  | SNH  |
| 7.87  | C | Baird     | SNH  |
| 7.79  | R | Bentley   | WatH |
| 7.56  | A | Smith     | StA  |

#### Shot

|       |   |                 |      |
|-------|---|-----------------|------|
| 10.11 | C | Vernon-Hamilton | SNH  |
| 9.53  | M | Phelan          | HPx  |
| 9.47  | B | Knapp           | SNH  |
| 9.34  | S | Millar          | HPx  |
| 8.96  | A | Smith           | StA  |
| 7.83  | M | Lundgren        | HPx  |
| 7.66  | S | Lee             | D&T  |
| 7.56  | K | South           | HPx  |
| 7.22  | A | Rice            | Bar  |
| 7.11  | D | Town            | D&T  |
| 7.10  | E | Harrison        | D&T  |
| 6.98  | J | Hutchings       | HPx  |
| 6.95  | F | Reith           | D&T  |
| 6.81  | E | Meakins         | HPx  |
| 6.73  | C | BrooksD         | D&T  |
| 6.59  | C | Ward            | SNH  |
| 6.43  | J | Barber          | SNH  |
| 6.17  | R | Ebans           | StA  |
| 6.00  | A | Marshall        | StA  |
| 5.97  | L | Dickinson       | WatH |
| 5.83  | C | Webb            | SNH  |

|      |   |         |      |
|------|---|---------|------|
| 5.75 | R | Bentley | WatH |
| 5.59 | L | Farrar  | StA  |
| 5.37 | T | Fajobi  | SNH  |
| 5.21 | K | Meadows | SNH  |
| 5.02 | A | Smith   | StA  |

#### Discus

|       |   |           |      |
|-------|---|-----------|------|
| 32.78 | T | McManus   | WatH |
| 31.62 | B | Knapp     | SNH  |
| 29.29 | C | Brooks    | D&T  |
| 19.73 | A | Rice      | Bar  |
| 18.67 | E | Cherry    | D&T  |
| 18.48 | J | Hutchins  | HPx  |
| 17.96 | A | Smith     | StA  |
| 17.75 | L | Brown     | D&T  |
| 16.55 | M | Lundgren  | HPx  |
| 16.54 | L | Dickinson | WatH |
| 16.11 | L | Lee       | D&T  |
| 15.66 | E | Meakins   | HPx  |
| 15.21 | R | Evans     | StA  |
| 14.50 | J | Barber    | SNH  |
| 13.91 | D | Yeomans   | StA  |
| 13.62 | C | Baird     | SNH  |
| 13.44 | L | Farrar    | StA  |
| 11.94 | H | Dewhurst  | SNH  |
| 11.69 | C | Currie    | HPx  |
| 11.39 | G | Brookes   | StA  |

#### Hammer

|       |   |           |      |
|-------|---|-----------|------|
| 21.55 | T | McManus   | WatH |
| 20.00 | A | Smith     | StA  |
| 19.49 | M | Lundgren  | HPx  |
| 17.96 | J | Hutchings | HPx  |
| 15.20 | C | Currie    | HPx  |
| 14.76 | S | Miller    | HPx  |
| 14.06 | A | Warwick   | StA  |
| 6.74  | D | Yeomans   | StA  |

#### Javelin

|       |   |                 |      |
|-------|---|-----------------|------|
| 39.48 | E | Meakins         | HPx  |
| 33.46 | C | Vernon-Hamilton | SNH  |
| 32.48 | H | Lok             | HPx  |
| 27.26 | S | Miller          | HPx  |
| 27.23 | F | Reith           | D&T  |
| 25.62 | A | Rees            | SNH  |
| 23.79 | M | Phelan          | HPx  |
| 23.18 | S | Lee             | D&T  |
| 20.58 | R | Bentley         | WatH |
| 18.19 | J | Barber          | SNH  |
| 18.03 | A | Smith           | StA  |
| 17.58 | A | Langham         | StA  |
| 16.61 | A | Rice            | Bar  |
| 14.03 | V | Walker          | WatH |
| 13.56 | A | Smith           | StA  |
| 13.25 | L | Agnew           | SNH  |
| 11.24 | C | Mackintosh      | StA  |
| 10.88 | C | Webb            | SNH  |
| 10.85 | L | Dickinson       | WatH |
| 9.79  | G | Brookes         | StA  |
| 9.02  | M | Lancaster       | WatH |
| 8.76  | L | Farrar          | StA  |

#### Pentathlon

|     |   |           |      |
|-----|---|-----------|------|
| 871 | M | Lancaster | WatH |
|-----|---|-----------|------|

#### Heptathlon

|      |   |                 |     |
|------|---|-----------------|-----|
| 4224 | C | Vernon-Hamilton | SNH |
| 4176 | M | Phelan          | HPx |
| 3996 | A | Rees            | SNH |
| 3345 | C | Ward            | SNH |