

2013 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Under 20 Women

100 Metres

12.2	Laura Clark	D&T
12.5	Laura Clark	SNH
12.7	Alicia Tymon-McEwan	StA
12.7	Megan Smith	D&T
13.07	Natashia Hadley	HPx
13.35	Natalie Allen	HPx
13.36	Kara Peck	HPx
13.4	Shannon Proctor	HPx
13.85	Martina Barber	SNH
15.4	Megan da Costa	HPx

200 Metres

25.45	Alicia Tymon-McEwan	StA
25.9	Laura Clark	D&T
26.2	Laura Clark	SNH
26.65	Natashia Hadley	HPx
26.7	Megan Steer	StA
26.8	Megan Smith	D&T
26.93	Chelsea Shurland	StA
27.12	Natalie Allen	HPx
27.9	Martina Barber	SNH
28.2	Shannon Proctor	HPx
28.5	Olivia Harry	HPx
32.46	Amy Wareing	SNH

400 Metres

56.4	Megan Steer	StA
56.77	Deborah Willis	HPx
58.48	Sian Harry	HPx
58.78	Alex Hill	HPx
59.80	Sarah Grover	D&T
60.4	Laura Gallagher	HPx
62.2	Lucy Jones	D&T
62.7	Sophie Morris	D&T

800 Metres

2:12.11	Megan Steer	StA
2:18.00	Sarah Grover	D&T
2:22.7	Mary Gough	HPx
2:24.76	Ella Lloyd	HPx
2:25.96	Emily Ruane	HPx
2:37.64	Caroline Willis	SNH
2:43.75	Martina Barber	SNH

1500 Metres

4:47.16	Megan Steer	StA
5:23.49	Hannah Dewhurst	SNH
5:58.3	Caroline Willis	SNH
6:30.96	Martina Barber	SNH

3000 Metres

12:08.74	Eloise Meakins	HPx
12:12.9	Hannah Dewhurst	SNH
12:59.9	Caroline Willis	SNH

100m Hurdles

14.99	Alicia Tymon-McEwan	StA
15.2	Natalie Allen	HPx
17.0	Lucy Jones	D&T
17.03	Janet Browne	SNH
17.45	Stephanie Williams	HPx
19.9	Anna Jones	D&T
20.08	Martina Barber	SNH

400m Hurdles

64.10	Melanie Grigg	HPx
68.9	Lucy Jones	D&T
72.3	Georgia Willan	HPx
72.6	Megan Smith	D&T

1500m Steeplechase

6:03.9	Sarah Grover	D&T
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6:08.7	Hannah Dewhurst	SNH
6:23.6	Caroline Willis	SNH

2000m Steeplechase

8:11.9	Sarah Grover	D&T
8:51.2	Hannah Dewhurst	SNH
9:40.49	Ella Lloyd	HPx
9:46.1	Sophie Morris	D&T

High Jump

1.60	Janet Browne	SNH
1.56	Megan Smith	D&T
1.55	Sarah Grover	D&T
1.55	Alice Rackman	SNH
1.45	Shannon Rapacchi	SNH
1.40	Abi Griffiths	HPx
1.40	Dawn Jones	HPx
1.25	Megan Barber	SNH

Pole Vault

2.90	Olivia Harry	HPx
2.70	Shannon Rapacchi	SNH

Long Jump

4.75	Lucy Jones	D&T
4.66	Finolla Frederick	HPx
4.48	Kara Peck	HPx
4.32	Martina Barber	SNH
4.22	Anna Jones	D&T
4.14	Shannon Proctor	HPx
4.00	Lucy Feely	SNH
3.82	Ella Lloyd	HPx

Triple Jump

10.90	Alicia Tymon-McEwan	StA
10.32	Sacha Dowling	HPx
10.28	Kara Peck	HPx
9.69	Finolla Frederick	HPx
9.65	Lucy Jones	D&T
9.38	Shannon Proctor	HPx
9.35	Shannon Rapacchi	SNH

Shot

8.58	Martina Barber	SNH
8.48	Natashia Hadley	HPx
7.74	Anna Jones	D&T
7.34	Janet Browne	SNH
6.75	Emily Evans	SNH
6.08	Megan Smith	D&T
5.33	Laura Feely	SNH
3.72	Ella Lloyd	HPx

Discus

26.48	Sophie Goddard	SNH
21.69	Amy Wareing	SNH
16.66	Emily Evans	SNH
13.99	Anna Jones	D&T
12.99	Ella Lloyd	HPx
12.89	Kara Peck	HPx
12.73	Laura Feely	SNH
11.25	Olivia Harry	HPx

Hammer

37.97	Emily Evans	SNH
37.00	Sophie Goddard	SNH
31.76	Laura Feely	SNH
19.54	Danielle Currie	HPx
17.85	Natashia Hadley	HPx

Javelin

24.95	Anna Jones	D&T
23.93	Martina Barber	SNH
22.57	Sophie Lee	D&T
22.34	Shannon Rapacchi	SNH
19.15	Finolla Frederick	HPx
15.43	Claire Bentley	WatH
12.49	Hara Peck	HPx
7.48	Natalie Wickings	WatH
7.35	Ella Lloyd	HPx

Heptathlon

2914	Martina Barber	SNH
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4x100m Relay

52.26	Herts Phoenix
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4x400m Relay

4:15.9	Herts Phoenix
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