

HERTFORDSHIRE COUNTY 2014 T&F RANKINGS

U17 WOMEN

100m

12.08/0.9	Hannah Williams	HPX	31/5	Bedford
12.1	Chloe McCarthy	StA	17/5	Milton Keynes
12.58/1.3	Emily Wood	StA	31/5	Bedford
12.7	Sophie Segun	HPX	17/5	Ware
13.0	Zoe Williams	D&T		
13.03/-1.2	Ellie Bandy	HPX	5/5	Stevenage
13.1	Sally Cowler	HPX	18/4	WGC
13.1	Alice Semark	HPX	7/6	Hemel H
13.1	Charley Dowsell	StA	7/6	Hemel H
13.2	Jessica O'Sullivan	D&T		
13.23	Leah Littlechild	SNH		
13.3	Lola Costa-Sa	StA	7/6	Hemel H
13.38	Charlotte Ratcliffe	D&T		
13.4	Emily Saunders	SNH		
13.49	Charlotte Gleave	SNH		
13.5	Amber Carroll	D&T		
13.5	Lauren Smith	D&T		
13.5	Bethany Harley	SNH		
13.7	Meghan Porter	SNH		
13.7	Rebecca Ladyman	WAT		Watford
13.7	Holly Brando	StA	15/6	Hemel H
13.72/0.4	Rhianna Bates	SNH	24/5	Watford
13.9	Cara Turner	SNH		
14.0	Rebecca Beddall	SNH		
14.0	Catherine Brooks	StA	1/6	Carshalton
14.0	Hannah Dark	StA	13/7	Basildon
14.6	Charlotte Davey	HPX	11/5	Southend
14.6	Nermine Obeng	HPX	15/6	Cambridge
14.7	Ailsa McKie	StA	21/6	St Albans
14.77	Louise Hall	WAT		Watford
14.9	Lisa Barber	SNH		
15.1	Imani Nia Francis-Tsolakis	WAT		St Albans
15.12/4.0	Niamh Cloona	HPX	30/6	Eltham
15.2	Samantha Key	HPX	18/4	WGC
15.7	Samantha Cook	HPX	13/4	Thurrock

200m

24.61/0.8	Hannah Williams	HPX	12/7	Birmingham
25.39/0.1	Chloe McCarthy	StA	24/5	Watford
25.5	Emily Wood	StA	3/8	Peterborough
25.73/4.6	Sophie Segun	HPX	31/8	Bedford
25.94/-0.1	Sophie Segun	HPX	24/5	Watford
26.44/-0.8	Ellie Bandy	HPX	5/5	Stevenage
26.8	Zoe Williams	D&T		
26.8	Emily Hack	StA	7/9	Ipswich
26.94	Sally Cowler	HPX	29/6	LV
27.7	Charlotte Ratcliffe	D&T		
27.2/-1.4	Alice Semark	HPX	1/6	Sandy
27.3	Rebecca Pickard	SNH		

27.5	Zoe Benton	HPX	27/7	Walthamstow
27.6	Leah Littlechild	SNH		
27.6	Bethany Harley	SNH		
27.6	Holly Brando	StA	7/6	Hemel H
27.7	Emily Saunders	SNH		
27.7	Rebecca Ladyman	WAT		Watford
27.7	Charley Dowsell	StA	1/6	Carshalton
27.7	Phoebe Love	HPX	15/6	Cambridge
27.8	Amber Carroll	D&T		
27.8	Jessica O'Sullivan	D&T		
27.98/0.2	Rebecca Hurley	SBH	29/6	Hemel H
28.3	Georgina Shelley	D&T		
28.5	Alessandra Stevens	SNH		
28.8	Meghan Porter	SNH		
28.9	Rebecca Beddall	SNH		
29.28	Cara Turner	SNH		
29.3	Rhianna Bates	SNH		
29.4	Imani Nia Francis-Tsolakis	WAT		Watford
30.29/1.0	Erin Breen	HPX	5/5	Stevenage
30.3	Melissa Doran	SNH		
30.3	Charlotte Davey	HPX	11/5	Southend
31.3	Julia Dearden	SNH		
31.8	Georgia Chambers	HPX	13/4	Thurrock
32.3	Louise Hall	WAT		Cambridge
32.8	Samantha Key	HPX	27/4	Mile End
32.9	Lisa Barber	SNH		

300m

39.4	Emily Wood	StA	7/6	Hemel H
39.7	Chloe McCarthy	StA	7/6	Hemel H
41.24	Emily Hack	StA	31/8	Bedford
42.19	Zoe Benton	HPX	18/5	Chelmsford
43.1	Emily Saunders	SNH		
43.2	Phoebe Love	HPX	15/6	Cambridge
43.7	Amber Carroll	D&T		
43.78	Rebecca Pickard	SNH		
44.8	Georgina Shelley	D&T		
45.0	Olivia almond	StA	7/6	Hemel H
45.3	Maddy Twynning	HPX	18/4	WGC
45.52	Alessandra Stevens	SNH		
45.66	Bethany Harley	SNH		
46.06	Meghan Porter	SNH		
46.5	Ailsa McKie	StA	13/4	St Albans
47.2	Pia Davis	D&T		
47.5	Emily Higgins	D&T		
48.5	Josie Coffey	HPX	1/6	Sandy
48.8	Charlotte Duke	SNH		
49.5	Niamh Cloona	HPX	27/4	Mile End
50.0	Jessica Edwards	StA	15/6	Hemel H
50.2	Erin Breen	HPX	18/4	WGC
50.5	Bethanay Dean	SNH		
50.7	Georgia Chambers	HPX	13/4	Thurrock
50.7	Tabitha Weddell	StA	3/8	Peterborough
53.7	Melissa Doran	SNH		

400m

60.33	Emily Hack	StA	24/5	Watford
60.57	Marella Whitfield	Harr	24/5	Watford
60.85	Ashleigh Spiliopoulou	HAWCS	24/5	Watford
62.46	Rebecca Hurley	SBH	24/5	Watford
63.17	Emily Saunders	SNH	24/5	Watford
64.9	Naomi Baker	StA	21/6	St Albans
65.02	Alessandra Stevens	SNH	24/5	Watford
72.18	Niamh Cloona	HPX	30/6	Eltham

800m

2:20.63	Marella Whitfield	Harr	24/5	Watford
2:26.3	Hannah Booth	HPX	27/7	Walthamstow
2:26.5	Tabitha Weddell	StA	27/7	Guildford
2:27.57	Naomi Baker	StA	10/9	Watford
2:29.9	Orla Schatzlen	StA	29/6	Kingston
2:30.64	Laura Edwards	StA	24/5	Watford
2:30.93	Rebecca Hurley	SBH	13/8	Watford
2:31.24	Rebecca Pickard	SNH		
2:32.18	Gabriella Kyriacou	SBH	21/6	Hendon
2:32.4	Emily Higgins	D&T		
2:33.18	Sophie Chesterman	Chil	24/5	Watford
2:34.3	Melissa Doran	SNH		
2:35.33	Claire Baxter	Chil	24/5	Watford
2:36.6	Charlotte Duke	SNH		
2:37.63	Emily Saunders	SNH		
2:38.9	Sally Cowler	HPX	29/6	LV
2:39.2	Zoe Williams	D&T		
2:39.2	Sophie Segun	HPX	29/6	LV
2:39.87	Charlotte Stapleton	HPX	16/7	Watford
2:39.9	Lisa Barber	SNH		
2:41.1	Nermine Obeng	HPX	15/6	Cambridge
2:42.7	Jessica Edwards	StA	15/6	Hemel H
2:43.8	Rebecca Beddall	SNH		
2:46.0	Zoe Benton	HPX	13/4	Thurrock
2:46.15	Bethany Harley	SNH		
2:47.8	Amber Carroll	D&T		
2:49.1	Meghan Porter	SNH		
2:50.9	Holly Brando	StA	1/5	Stevenage
2:52.2	Leah Littlechild	SNH		
2:52.6	Marisa Herridge	SNH		
2:55.1	Kira O'Sullivan	SNH		
2:59.35	Amy Clayton	HPX	12/7	Oxford
2:59.6	Bethanay Dean	SNH		
2:59.8	Julia Dearden	SNH		
3:16.39	Rhianna Bates	SNH		

1500m

4:31.7	Ellie Baker	HPX	27/4	Mile End
4:54.3	Tabitha Weddell	StA	21/6	St Albans
4:59.73	Hahhan Morton	Chil	5/5	Stevenage
5:04.7	Hannah Booth	HPX	20/7	Portsmouth
5:07.70	Gabriella Kyriacou	SBH	5/5	Stevenage
5:12.2	Rachel Parlour	StA	7/9	Ipswich

5:23.58	Emilia Economu	SBH	29/6	Eton
5:23.9	Laura Edwards	StA	20/7	Portsmouth
5:34.4	Melissa Doran	SNH		
5:37.51	Abbey Clark	StA	11/5	Peterborough
5:40.3	Pia Davis	D&T		
5:46.3	Lisa Barber	SNH		
6:04.5	Jessica Edwards	StA	7/6	Hemel H
6:25.8	Julia Dearden	SNH		
6:28.9	Phoebe Love	HPX	2/8	Peterborough
6:52.86	Martha Huggins	SNH		
7:00.84	Erin Breen	HPX	19/4	Perivale
7:18.63	Olive Curran	SBG	27/6	Hendon
7:56.60	Cara Turner	SNH		

3000m

11:16.0	Hannah Booth	HPX	21/6	Harrow
12:36.4	Lisa Barber	SNH		
11:02.5	Tabitha Weddell	StA	27/4	Perivale
11:42.2	Rachel Parlour	StA	21/6	St Albans
11:16.75	Gabriella Kyriacou	SBH	29/6	Eton

80m Hurdles

11.92	Sally Cowler	HPX	24/5	Watford
12.22	Alice Semark	HPX	24/5	Watford
12.5	Amber Carroll	D&T		
12.60	Hannah Dark	StA	24/5	Watford
12.7	Rebecca Pickard	SNH		
12.9	Charlotte Ratcliffe	D&T		
12.9	Jessica O'Sullivan	D&T		
12.9	Bethany Harler	SNH		
13.0	Fiona McQuire	D&T		
13.06/-1.4	Sophie Segun	HPX	29/6	LV
13.4	Rebecca Beddall	SNH		
13.52/1.3	Zoe Benton	HPX	29/6	Eltham
13.6	Melissa Doran	SNH		
13.6	Alicia Paternott	StA	1/6	Carshalton
13.9	Ailsa McKie	StA	29/6	Kingston
14.36	Emily Hack	StA	11/5	Peterborough
15.3	Leah Littlechild	SNH		
15.36	Alicia James	StA	11/5	Peterborough
15.5	Louise Hall	WAT		Watford
15.55	PRIL Miller	Wyc	24/5	Watford
16.5	Holly Brando	StA	1/5	Stevenage
16.5	Jessica Edwards	StA	27/7	Guildford
17.6	Samantha Key	HPX	18/4	WGC
18.1	Emily Westcott	StA	1/6	Carshalton
18.9	Lisa Barber	SNH		

100m Hurdles

16.16	Sally Cowler	HPX	12/7	Oxford
19.7	Alex Bentley	StA	12/7	St Albans
23.2	Tabitha Weddell	StA	27/7	Guildford

300m Hurdles

45.6	Zoe Benton	HPX	20/7	Portsmouth
46.1	Amber Carroll	D&T	24/5	Watford
46.4	Millie Sandell	HAWCS	24/5	Watford
46.5	Phoebe Love	HPX	7/6	Hemel H
46.6	Rebecca Pickard	SNH	24/5	Watford
49.8	Melissa Doran	SNH		
50.2	Emily Hack	StA	27/7	Guildford
50.21	Bethany Harley	SNH		
50.6	Rebecca Hurley	SBH	24/5	Watford
54.7	Erin Breen	HPX	18/4	WGC
55.3	Jessica Edwards	StA	1/6	Carshalton
56.2	Alicia Paternott	StA	1/6	Carshalton

400m Hurdles

71.5	Phoebe Love	HPX	21/6	Harrow
76.5	Ailsa McKie	StA	21/6	St Albans
82.1	Jessica Edwards	StA	29/6	Kingston

1500m Steeplechase

5:54.07	Melissa Doran	SNH		
6:30.8	Rebecca Pickard	SNH		
7:01.4	Lisa Barber	SNH		
7:04.4	Phoebe Love	HPX	2/8	Peterborough

2000m Steeplechase

8:36.6	Phoebe Love	HPX	17/5	Ware
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High Jump

1.60	Jenna Hoyte	HAWCS	24/5	Watford
1.58	Sally Cowler	HPX	6/7	Hemel H
1.55	Rebecca Pickard	SNH		
1.55	Alicia James	StA	13/4	St Albans
1.55	Emily Westcott	StA	1/6	Carshalton
1.50	Tobi Adio	D&T		
1.50	Ellen Henry	D&T		
1.50	Bethany Harley	SNH		
1.45	Jessica O'Sullivan	D&T		
1.45	Fiona McQuire	D&T		
1.45	Lauren Smith	D&T		
1.45	Zoe Williams	D&T		
1.45	Olive Curran	SBH	21/6	Hendon
1.40	Martha Huggins	SNH		
1.36	Sophie Segun	HPX	29/6	LV
1.33	Rebecca Beddall	SNH		
1.30	Melissa Doran	SNH		
1.30	Leah Littlechild	SNH		
1.25	Hannah Dark	StA	13/7	Basildon

Pole Vault

3.36	Jessica Robinson	WSEH	24/5	Watford
3.00	Jessica O'Sullivan	D&T		
2.91	Martha Huggind	SNH		
2.70	Erin Breen	HPX	5/5	Stevenage

2.40	Rebecca Beddall	SNH	24/5	Watford
1.90	Jessica Edwards	StA	7/9	Ipswich
1.85	Melissa Doran	SNH		

Long Jump

5.45/2.8	Sally Cowler	HPX	17/8	Crystal Palace
5.37	Sally Cowler	HPX	1/6	Sandy
5.16	Ashleigh Spiliopoulou	HAWCS	24/5	Watford
5.13	Zoe Benton	HPX	11/5	Southend
5.07	Rebecca Pickard	SNH		
4.96	Catherine Brooks	StA	7/6	Hemel H
4.95	Zoe Williams	D&T		
4.94	Olive Curran	SBH	13/4	Woodford
4.80	Sophie Segun	HPX	27/7	Walthamstow
4.78	Fiona McQuire	D&T		
4.67	Emily Wood	StA	11/5	Peterborough
4.65	Jessica O'Sullivan	D&T		
4.65	Rebecca Beddall	SNH		
4.59	Charley Dowsell	StA	7/6	Hemel H
4.58	Alice Semark	HPX	13/34	Thurrock
4.53	Amber Carroll	D&T		
4.51	Charlotte Ratcliffe	D&T		
4.31	Bethany Harley	SNH		
4.28	Melissa Doran	SNH		
4.24	Holly Brando	StA	1/5	Stevenage
4.24	Charlotte Davey	HPX	11/5	Southend
4.18	Alice Tayler	HPX	13/7	Basildon
4.17	Leah Littlechild	SNH		
4.10	Martha Huggins	SNH		
4.08	Amy Clayton	HPX	12/7	Oxford
4.01	Julia Dearden	SNH		
3.98	Rebecca Hurley	SBH	7/9	Ipswich
3.84	Imani Nia Francis-Tsolakis	WAT		St Albans
3.82	Kira O'Sullivan	SNH		
3.51	Lisa Barber	SNH		
3.02	Meghan Porter	SNH		
2.97	Louise Hall	WAT		St Albans

Triple Jump

10.59	Olive Curran	SBH	19/4	Watford
10.38	Catherine Brooks	StA	7/6	Hemel H
10.35	Fiona McQuire	D&T	24/5	Watford
9.92	Emily Westcott	StA	7/9	Ipswich
9.30	Alessandra Stevens	SNH		
9.27	Ailsa McKie	StA	21/6	St Albans
9.23	Emily Saunders	SNH		
9.16	Martha Huggins	SNH		
9.00	Alice Taylor	HPX	13/7	Basildon
8.57	Lisa Barber	SNH		
8.50	Julia Dearden	SNH		
8.37	Amy Clayton	HPX	11/5	Southend
7.73	Ellie Williams	Harl	24/5	Watford
6.65	Meghan Porter	SNH		
5.45	Lauren Aldridge	SNH		

Shot 3k

11.52	Fiona McQuire	D&T	1/6	Bromley
10.01	Catherine Brooks	StA	16/8	Crystal Palace
9.83	Holly Brando	StA	7/9	Ipswich
9.31	Emily Kiernan	D&T		
9.03	Bethany Harler	SNH		
8.65	Natasha Fowler-Ekar	HPX	15/6	Cambridge
8.57	Jessica O'Sullivan	D&T		
8.38	Rebecca Pickard	SNH		
8.33	Sophie Cook	SNH		
8.25	Sally Cowler	HPX	20/9	Boston
8.20	Siobhan Rapacchi	SNH		
7.60	Rebecca Beddall	SNH		
7.56	Melissa Doran	SNH		
7.40	Emily Wood	StA	13/4	St Albans
7.12	Alice Semark	HPX	13/7	Basildon
6.81	Lucy Cunningham	HPX	1/6	Sandy
6.51	Eleanor Brooks	StA	1/6	Carshalton
6.32	Alicia James	StA	3/8	Peterborough
6.19	Erin Breen	HPX	13/4	Thurrock
6.11	Louise Hall	WAT		Hemel H
6.05	Amy Clayton	HPX	11/5	Southend
5.45	Gemma Stanger	WAT		Stevenage
5.09	Lisa Barber	SNH		
5.08	Meghan Porter	SNH		

Shot 4k

9.23	Fiona McQuire	D&T	19/4	Milton Keynes
8.66	Holly Brando	StA	1/6	Carshalton
8.14	Catherine Brooks	StA	12/7	St Albans
7.03	Bethany Harley	SNH		
6.88	Sophie Cook	SNH		
6.78	Rebecca Pickard	SNH		
6.77	Siobhan Rapacchi	SNH		
6.46	Rebecca Beddall	SNH		

Discus 1k

34.05	Fiona McQuire	D&T	27/4	Norwich
29.03	Holly Brando	StA	7/6	Hemel H
25.33	Tricia Willock	HPX	7/6	Hemel H
23.46	Melissa Doran	SNH		
22.43	Caitlin Filby	D&T		
21.44	Claire Baxter	Chil	24/5	Watford
20.73	Siobhann Rapacchi	SNH		
20.53	Lauren Aldridge	SNH		
20.43	Emily Kiernan	D&T		
20.43	Ellie Williams	Harl	24/5	Watford
18.81	Rebecca Hurley	SBH	13/7	Stevenage
18.57	Lucy Cunningham	HPX	1/6	Sandy
18.50	Gemma Stanger	WAT		Cambridge
17.65	Emily Saunders	SNH		
16.91	April Miller	Wyc	24/5	Watford
16.20	Jessica Edwards	StA	13/4	St Albans
15.84	Alice Semark	HPX	13/7	Basildon

15.76	Emily Wood	StA	29/6	Kingston
15.43	Alicia James	StA	3/8	Peterborough
15.18	Zoe Benton	HPX	11/5	Southend
13.31	Eleanor Brooks	StA	1/6	Carshalton
12.33	Tabitha Weddell	StA	13/7	Basildon
12.19	Georgia Chambers	HPX	15/6	Cambridge
6.88	Ewelina Suchowiecka	SNH		

Hammer 3k

47.40	Lauren Aldridge	SNH		
42.38	Alessandra Stevens	SNH		
29.13	Lucy Cunningham	HPX	27/4	Mile End
26.34	Emily Kiernan	D&T		
20.95	Caitlin Filby	D&T		
20.46	Melissa Doran	SNH		
19.48	Fiona McQuire	D&T	11/5	Luton
15.19	Eleanor Brooks	StA	7/9	Ipswich
8.98	Natasha Fowler-Ekar	HPX	27/7	Walthamstow

Hammer 4k

16.83	Fiona McQuire	D&T	17/5	Hemel H
15.33	Sophie Cook	SNH		

Javelin 500g

36.09	Siobhan Rapacchi	SNH		
28.23	Fiona McQuire	D&T	7/5	Watford
25.31	Alicia Paternott	StA	24/5	Watford
25.13	Holly Brando	StA	7/6	St Albans
24.74	Sally Cowler	HPX	19/4	Perivale
24.32	Amber Carroll	D&T		
22.09	Rebecca Beddall	SNH		
21.02	Rebecca Pickard	SNH		
20.78	Sophie Segun	HPX	29/6	LV
20.09	Jessica O'Sullivan	D&T		
19.45	Bethany Harley	SNH		
18.88	Ellie Williams	HARl	24/5	Watford
16.49	Julia Dearden	SNH		
16.02	Leah Littlechild	SNH		
15.95	Alice Semark	HPX	1/6	Sandy
15.69	Erin Breen	HPX	19/4	Perivale
15.64	Melissa Doran	SNH		
14.31	Olive Curran	SBH	15/6	Hendon
14.16	Gemma Stanger	WAT		Stevenage
12.87	Louise Hall	WAT		Hemel H
12.76	Lisa Barber	SNH		
12.68	Georgia Chambers	HPX	29/6	Eltham
10.68	Eleanor Brooks	StA	7/9	Ipswich
8.08	Abbey Clark	StA	11/5	Peterborough
7.73	Tabitha Weddell	StA	3/8	Peterborough
6.27	Ewelina Succchowicka	SNH		

Javelin 600g

32.47	Siobhan Rapacchi	SNH		
25.16	Fiona McQuire	D&T	7/5	W London
22.44	Holly Brando	StA	1/6	Carshalton
20.07	Melissa Doran	SNH		
19.81	Rebecca Beddall	SNH		
17.11	Rebecca Pickard	SNH		
14.22	Olive Curran	SBH	27/4	Norwich
6.89	Ewelina Suchowiecka	SNH		

Pentathlon

2962	Sally Cowler	HPX	6/7	Hemel H
2430	Bethany Harley	SNH		
2372	Melissa Doran	SNH		
2267	Rebecca Beddall	SNH		

Heptathlon

4083	Sally Cowler	HPX	29/6	LV
3924	Rebecca Pickard	SNH		
3838	Sophie Segun	HPX	29/6	LV
3436	Jessica O'Sullivan	D&T		
3363	Bethany Harley	SNH		
3154	Rebecca Beddall	SNH		

4x100

49.77	Herts Phoenix		5/5	Stevenage
52.9	Dacorum & Tring			
53.88	Stevenage & NH		5/5	Stevenage

4x300

3:05.6	Herts Phoenix		1/6	Sandy
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4x400

4:20.23	HAWCS		5/5	Stevenage
4:50.06	Stevenage & NH		5/5	Stevenage