Hertford & W...

Hertfordshire County Ladies Track & Field Rankings 1992

SENIORS

100m

12.3	Claire Akurbue (J)	WAT
	S Leigh	SNH
12.9	Kerry Marsh (J)	H&W
13.2	Stephanie McPeake	SBH
13.5	Annie Cole	TRI
	Sarah Thompson	DAC
13.7	Jenny Gittins	TRI
	Mel Pomfret (J)	H&W
	Julie Thomsit	SGD
13.8	Paula Barrow	SGD
14.1	Alison McDonnell	TRI
14.2	Clare Marsh	H&W
	Deb Keenleyside	DAC
	Michelle Bacon (J)	BAR
14.4	Sarah Maycock	DAC
	Marian Ryan	BAR
15.1	Cathy Woolfrey	DAC
15.2	Irene Peaty (V)	SBH
15.3	Deborah Garwood (J)	TRI
15.4	Marie Papadopoulos (J)	BAR
15.7	Denise Copeman (V)	BAR
16.6	Sally Gandee (V)	H&W
17.2	Penny Antoniou (V)	BAR
17.7	Claire James	TRI
18.2	Helen Ewings (V)	BAR
18.9	Pat McNab (V)	SGD

200m

24.3	S Leigh	SNH
24.79	Stephanie McPeake	SBH
26.3	J Jackson	VER
26.7	Kerry Marsh (J)	H&W
27.5	Annie Cole	TRI
27.6	Sarah Thompson	DAC
27.9	Paula Barrow	SGD
28.2	Alison McDonnell	TRI
28.4	Deb Keenleyside	DAC
28.8	Mel Pomfret (J)	H&W
29.3	Mercedes Getino	SGD
29.4	Michelle Bacon (J)	BAR
29.6	Sarah Maycock	DAC
29.9	Marian Ryan	BAR
31.1	Cathy Woolfrey	DAC
31.7	Irene Peaty (V)	SBH
	Marie Papadopoulos (J)	BAR
31.9	Brenda Fee (V)	SBH
32.2	Ruth Harrold	DAC
34.4	Denise Copeman (V)	BAR
34.5	Penny Antoniou (V)	BAR
35.2	Carol Brown (V)	SBH
35.8	Sally Gandee (V)	H&W
39.7	Joan Fisher	DAC

400m

56.0	S Leigh	SNH
61.3	Annie Cole	TRI
63.3	Ann Davison	WAT
64.7	Caroline Elliot (J)	WAT
65.1	Deborah Garwood (J)	TRI
65.3	Marian Ryan	BAR
65.7	Mandy Felgate (J)	H&W
66.2	Sarah Thompson	DAC
67.0	Mercedes Getino	SGD
68.5	Marlene Buckley	SGD
68.8	Irene Peaty (V)	SBH
68.9	Joanne Doodson	SBH
69.5	Ruth Harrold	DAC
69.8	Danielle Sanderson	WAT
71.8	Sharon Keegan	BAR
73.2	Marie Papadopoulos (J)	BAR
76.4	Sally Gandee (V)	H&W
78.0	Cathy Woolfrey	DAC
78.5	Sam Norne (J)	H&W
88.2	Penny Antoniou (V)	BAR
90.1	Maureen Shirley (V)	BAR

800m

2-13.3	L Adam	PAR
2-14.5	J Rogers	ENF
2-16.6	Alison Harker	SBH
2-19.2	J Drury	SNH
2-19.5	K Flack	VER
2-20.5	A Alford	PAR
2-22.1	J Saunders	SNH
2-22.3	V Hill	ENF
2-22.6	S Hilton	WEL
2-22.9	T McKeown	VER
2-23.0	Ann Davison (V)	WAT
2-24.3	Danielle Sanderson	WAT
2-30.4	Christine James (V)	WAT
2-33.0	Irene Peaty (V)	SBH
2-37.8	Mercedes Getino	SGD
2-34.3	Marian Ryan	BAR
2-35.9	Clare Marsh	H&W
2-42.1	Sharon Keegan	BAR
2-44.7	Sally Gandee (V)	H&W
2-46.0	Denise Lomasney	BAR
2-47.6	Cara Putt (J)	HAR
2-49.9	Louise Rowe	BAR
2-52.9	Sarah Thompson	DAC
2-54.6	Sarah Maycock	DAC
3-10.5	Cathy Woolfrey	DAC
3-25.5	Penny Antoniou (V)	BAR
3-35.7	Maureen Shirley (V)	BAR
4-08.3	Rose Yates (V)	BAR

1500m

4-31.5	Alison Harker	SBH
4-35.0	Zoe Lowe	SGD
4-41.7	Mandy Brown	SBH
4-43.4	J Rogers	ENF
4-44.9	Kerry Mackay	SBH
4-45.9	Danielle Sanderson	WAT
4-57.4	K Flack	VER
5-01.1	Ann Davison (V)	WAT
5-03.0	Irene Peaty (V)	SBH
5-16.2	Sue Barnaby	SGD
5-27.9	Clare Marsh	H&W
5-28.1	Marian Ryan	BAR
5-32.3	Sally Gandee (V)	H&W
5-33.3	Christine James (V)	WAT
5-36.7	Maggie Govender (V)	BAR
5-45.6	Cara Putt (J)	HAR
5-57.7	Louise Rowe	BAR
6-26.5	Deborah Garwood (J)	TRI
6-26.8	Maureen Shirley (V)	BAR
6-28.2	Sharon Keegan	BAR
6-32.4	Joan Fisher	DAC
6-34.1	Tasha Shirley	BAR
6-52.7	Sarah Thompson	DAC
6-55.5	Alison McDonnell	TRI
7-16.4	Sue Smith	DAC
8-43.9	Rose Yates (V)	BAR

3000m

9-27.9	Kerry Mackay	SBH
9-53.9	Alison Harker	SBH
9-59.5	Danielle Sanderson	WAT
10-17.1	Mandy Brown	SBH
10-18.9	Zoe Lowe	SGD
10-27.3	Sharon York	SBH
11-06.3	Ann Davison (V)	WAT
11-23.0	Sue Barnaby	SGD
11-23.5	Jill Adams (V)	SBH
11-48.8	Christine James (V)	WAT
11-50.2	Maggie Govender (V)	BAR
11-53.4	Caroline Crouchman	H&W
11-57.5	Sally Gandee (V)	H&W
12-00.1	Kirsty Johnstone	BAR
12-27.4	Madeline Riddle	H&W
12-35.0	Clare Marsh	H&W
12-45.1	Louise Rowe	BAR
13-29.8	Joan Fisher	DAC
13-33.0	Maureen Shirley (V)	BAR
13-57.1	Sam Norne (J)	H&W
14-05.3	Sharon Keegan	BAR
14-51.0	Louise Fisher	DAC
14-55.4	Sue Smith	DAC
15-43.3	Jenny Gittins	TRI

5000m

19-34.7	Maggie Govender (V)	BAR
23-36.6	Maureen Shirley	BAR

100m Hurdles

14.9	Stephanie McPeake	SBH
15.6	J Jackson	VER
16.0	Deb Keenleyside	DAC
16.4	S Berks	UNA
16.5	Alison McDonnell	TRI
17.5	Claire Akurbue (J)	WAT
	Sarah Thompson	DAC
17.6	Jenny Gittins	TRI
17.8	Julie Thomsit	SGD
18.4	Michelle Bacon (J)	BAR
18.6	H Lee	SNH
18.7	Paula Barrow	SGD
19.3	Mandy Felgate (J)	H&W
	Clare Marsh	H&W
	Annie Cole	TRI
19.6	Tasha Shirley	BAR
20.4	Claire James	TRI
20.7	Denise Copeman (V)	BAR
20.9	Cathy Woolfrey	DAC
25.6	Caroline Crouchman	H&W
30.2		

400m hurdles

62.4	Stephanie McPeake	SBH
67.8	Alison McDonnell	TRI
70.3	S Page	SNH
70.9	Paula Barrow	SGD
73.9	Sarah Thompson	DAC
74.1	Cara Putt (J)	HAR
75.1	Mandy Felgate (J)	H&W
77.8	Julie Thomsit	SGD
78.1	Deborah Garwood (J)	TRI
81.8	Clare Marsh	H&W
82.4	Marie Papadopoulos (J)	BAR
91.4	Tasha Shirley	BAR

2000m walk

13-01.3	Jenny Evans (V)	SBH
14-37.5	Penny Antoniou (V)	BAR
14-54.5	Betty Forster (V)	SBH
15-42.9	Rose Yates (V)	BAR

High Jump

1-45	H Lee	SNH
1-55	Ruth Harrold	DAC
	Jo Grant	SGD
1-50	Geraldine Meikle	WAT
1-45	Jenny Gittins	TRI
	Annie Cole	TRI
	Deb Keenleyside	DAC
	Julie Thomsit	SGD
	N Sandison	BHW
1-40	Mandy Felgate (J)	H&W
	S Page	SNH
1-35	Alison McDonnell	TRI
	Sarah Thompson	DAC
1-30	Claire James	TRI
	Mercedes Getino	SGD
	Michelle Bacon (J)	BAR
	Marian Ryan	BAR
1-25	Caroline Crouchman	H&W
	Tasha Shirley	BAR
1-20	Irene Peaty (V)	SBH
	Sarah Maycock	DAC
1-15	Cathy Woolfrey	DAC
1-10	Denise Copeman (V)	BAR
1-05	Sara Lewis	BAR
1-00	Sam Norne (J)	H&W

Long Jump

5-28	Donna Levy	SBH
5-26	Jo Grant	SGD
5-21	Geraldine Meikle	WAT
	J Jackson	VER
5-15	Jenny Gittins	TRI
5-05	Mel Pomfret (J)	H&W
	Sarah Thompson	DAC
4-76	Annie Cole	TRI
4-72	Deb Keenleyside	DAC
4-66	Leigh Hewlett (J)	WAT
4-63	S Berks	UNA
4-45	N Sandison	BHW
4-44	Claire Akurbue (J)	WAT
4-08	Cathy Woolfrey	DAC
4-00	Sarah Maycock	DAC
3-97	Denise Copeman (V)	BAR
3-76	Tasha Shirley	BAR
3-71	Michelle Bacon (J)	BAR
3-69	Marian Ryan	BAR
3-48	Sara Lewis	BAR
3-11	Lyn Gower	DAC
2-55	Sally Gandee (V)	H&W

Discus

39-44	Rachel Morris	SBH
34-40	I Martin	LUT
33-16	Claire Eusden	SBH
31-46	Helen Shrosbree	HAR
30-18	Brenda Jacobsen	H&W
29-48	C Cobain	VER
27-28	Kate Adams (J)	TRI
27-04	Lynne Fleetwood (J)	H&W
22-92	Deb Keenleyside	DAC
22-36	Pat McNab (V)	SGD
22-04	S Herlock	BHW
20-22	Helen Ewings (V)	BAR
19-68	Denise Copeman (V)	BAR
19-28	Sarah Maycock	DAC
18-92	Jenny Evans (V)	SBH
16-95	Ruth Harrold	DAC
16-36	Paula Mantle (V)	H&W
15-68	Tasha Shirley	BAR
15-66	Sylvia Fitzwilliam	DAC
15-56	Diane Ratcliffe	DAC
12-58	Sheila Morter (V)	H&W
12-44	Maureen Shirley (V)	BAR
12-00	Sue Smith	DAC
11-34	Sally Gandee (V)	H&W

Shot

11-07	A Town	VER
9-95	Brenda Jacobsen	H&W
8-98	I Martin	LUT
8-85	Julie Thomsit	SGD
8-67	Pat McNab (V)	SGD
8-61	C Cobain	VER
8-51	Deb Keenleyside	DAC
8-40	Lynne Fleetwood (J)	H&W
8-14	Ruth Harrold	DAC
8-12	Claire Eusden	SBH
8-06	Denise Copeman (V)	BAR
7-85	Louise Rowe	BAR
7-72	Jenny Evans (V)	SBH
7-59	Helen Shrosbree	HAR
7-28	Sarah Thompson	DAC
7-20	Jenny Gittins	TRI
6-97	Sylvia Fitzwilliam	DAC
6-39	Michelle Bacon (J)	BAR
6-24	Paula Mantle (V)	H&W
5-94	Claire James	TRI
5-80	Diane Ratcliffe	DAC
5-78	Cathy Woolfrey	DAC
5-57	Tasha Shirley	BAR
5-56	Helen Ewings (V)	BAR
5-49	Marie Papadopoulos (J)	BAR
5-40	Sheila Morter (V)	H&W
5-05	Denise Lomasney	BAR
4-42	Lyn Gower	DAC
4-34	Sally Gandee (V)	H&W

Javelin

55-70	Lynn Hayhoe	SBH
33-18	Vicki Honour (J)	WAT
28-94	Ruth Harrold	DAC
26-94	Julie Thomsit	SGD
24-46	Mercedes Getino	SGD
23-08	Brenda Jacobsen	H&W
22-26	Helen Shrosbree	HAR
20-76	Annie Cole	TRI
19-74	Jenny Gittins	TRI
17-24	Alison McDonnell	TRI
17-22	Irene Peaty (V)	SBH
17-12	Louise Rowe	BAR
15-70	Brenda Atkinson (V)	SBH
15-44	Diane Ratcliffe	DAC
14-80	Cathy Woolfrey	DAC
14-76	Stephanie North	SBH
13-42	Marie Papadopoulos (J)	BAR
12-74	Denise Copeman (V)	BAR
12-20	Tasha Shirley	BAR
12-12	Sylvia Fitzwilliam	DAC
11-74	Helen Ewings (V)	BAR
11-34	Claire Eusden	SBH
9-74	Sally Gandee (V)	H&W
6-86	Sara Lewis	BAR
6-02	Maureen Shirley (V)	BAR

Hammer

33-40	A Town	VER
27-64	I Martin	LUT
21-44	K Grinsted	LUT
16-58	Denise Copeman (V)	BAR
15-96	Cathy Woolfrey	DAC

14-72	Paula Mardle (V)	H&W
13-28	Jenny Evans (V)	SBH

Triple jump

9-89	J Jackson	VER

INTERS

100m

12.1	Helen Fee	SBH
12.2	Catherine Murphy	SBH
12.8	Louise MacDonald	H&W
12.9	J Weston	SNH
13.0	Kate McNab	SGD
13.1	J Carr	SNH
13.2	Zoe Baillie	WAT
13.4	K Forster	ENF
13.6	Andrea Hibbert	WAT
13.7	Sarah Emms	H&W
	S-Ki Russell-Smith	BAR
13.8	Catherine Oliver	H&W
13.9	Clare Woolfrey	DAC
	Mary Mitchell	BAR
14.0	J Solander	ASH
14.1	Sarah Ogden	TRI
	Niki Judd	DAC
14.2	Zoe Mead	WAT
14.3	Michelle Bryan	SGD
14.4	Heather Gower	DAC
14.5	Lucy Booth	SGD
14.6	Avril Tooley	SGD
14.9	Kelly Meredith	H&W
15.3	Joanne Alexander	TRI
17.3	Liz Symonds	H&W

200m

24.6	Catherine Murphy	SBH
25.6	Helen Fee	SBH
25.9	Louise MacDonald	H&W
26.0	J Carr	SNH
27.1	J Weston	SNH
27.3	Kate McNab	SGD
27.6	K Forster	ENF
27.8	Catherine Oliver	H&W
28.2	Sarah Newmarch	H&W
28.3	Sarah Emms	H&W
29.0	Zoe Baillie	WAT
	Kirsty Lamb	TRI
	Claire Higman	SGD
29.1	Veronica Gibbs	TRI
29.3	Clare Woolfrey	DAC
	Heather Gower	DAC
	Mary Mitchell	BAR
29.4	Zoe Mead	WAT
29.46	Lindsey King	SBH
29.7	Sarah Ogden	TRI
29.8	Joanne Alexander	TRI
29.9	Avril Tooley	SGD
30.6	Sally Green	DAC
30.7	Gemma Smith	H&W
31.0	Hannah Beaton	WAT
31.1	Clair Marshall	SBH
31.3	Kelly Meredith	H&W
31.6	Liz Copeman	BAR
31.9	A Dean	BHW
32.5	Lisa Bradley	TRI
33.5	Tania Millen	DAC
35.3	Esther Miller	H&W

300m

41.2	Catherine Murphy	SBH
41.4	Louise MacDonald	H&W
42.3	J Carr	SNH
43.9	Kirsty Lamb	TRI
44.1	Julia Cooper	TRI
44.8	Sarah Emms	H&W
	J Weston	SNH
45.5	Catherine Oliver	H&W
45.7	Lindsey King	SBH
45.8	Zoe Mead	WAT
	Heather Gower	DAC
46.0	Mary Mitchell	BAR
46.1	Michelle Bryan	SGD
46.3	Sarah Ogden	TRI
46.9	Sally Green	DAC
47.2	Heidi Perrin	H&W
47.3	J Browne	PAR
47.8	Joanne Alexander	TRI
	Gemma Smith	H&W
	N Belch	ENF
48.1	Vicki Quincey	TRI
48.3	Avril Tooley	SGD
49.1	Sally Spencer	WAT
49.7	Liz Copeman	BAR
49.8	Louise Hedges	SGD
49.9	T Sampson	VER
51.1	Kelly Meredith	H&W
51.9	Lucy Booth	SGD
57.6	Viki Hill	DAC

400m

59.9	Louise MacDonald	H&W
63.8	Sarah Ogden	TRI
64.6	Sarah Emms	H&W
64.9	Julia Cooper	TRI
65.3	Heidi Perrin	H&W
66.3	Sally Green	DAC
66.6	Michelle Bryan	SGD
67.4	Tracey Sparrow	DAC
	Mary Mitchell	BAR
67.5	Heather Gower	DAC
68.0	Kate McNab	SGD
68.1	Claire Higman	SGD
70.2	Avril Tooley	SGD
71.2	Clare Woolfrey	DAC
72.4	Lucy Booth	SGD
74.4	Kelly Meredith	H&W
75.6	Carly Peter	DAC

800m

2-15.8	Julie Mackay	SBH
2-20.0	A Leach	SNH
2-24.6	Emma Murray	SBH
2-25.5	Kate Garner	SBH
2-27.9	N Soper	PAR
2-31.5	Gemma Smith	H&W
2-34.0	Vicki Quincey	TRI
2-34.3	Kirsty Lamb	TRI
	Heidi Perrin	H&W
2-34.4	J Browne	PAR
2-35.6	M Hall	SNH
2-36.9	Michelle Bryan	SGD
2-38.2	Melissa Fox	H&W
2-40.1	R Gower	SNH
2-40.7	Lisa Bradley	TRI
2-40.8	Heather Gower	DAC
2-41.5	Liz Copeman	BAR
2-45.5	Tracey Sparrow	DAC
2-48.2	Sally Green	DAC
2-49.3	Joanne Alexander	TRI
2-53.3	Lucy Booth	SGD
2-55.7	Kelly Meredith	H&W
3-00.0	Sarah Ogden	TRI
3-06.6	Esther Millar	H&W
3-17.1	Carly Peter	DAC
3-25.4	Tania Millen	DAC
4-01.7	Viki Hill	DAC

1500m

4-55.1	A Leach	SNH
4-55.9	Emma Murray	SBH
5-01.5	K Watson	SNH
5-10.4	M Hall	SNH
5-18.0	Gemma Smith	H&W
5-24.4	Vicki Quincey	TRI
5-31.1	Melissa Fox	H&W
5-31.2	M Sears	FVS
5-38.8	Lisa Bradley	TRI
5-54.3	Sarah Ogden	TRI
5-55.1	Michelle Bryan	SGD
6-07.5	Lucy Robins	BAR
6-37.6	Liz Barley	BAR
6-49.9	Esther Miller	H&W

3000m

11-05.2	Vicki Quincey	TRI
12-04.2	Gemma Smith	H&W
12-07.5	Lisa Bradley	TRI
12-37.4	Melissa Fox	H&W

80m Hurdles

12.6	Kate McNab	SGD
13.0	Niki Judd	DAC
14.0	Sarah Newmarch	H&W
14.4	Zoe Baillie	WAT
14.5	Carly Peter	DAC
	Heather Gower	DAC
14.9	Sally Green	DAC
15.3	Liz Copeman	BAR
16.4	Melissa Fox	H&W
17.5	Gemma Smith	H&W
17.8	Heidi Perrin	H&W

100m Hurdles

18.8	Zoe Baillie	WAT
18.9	Sally Green	DAC
	Liz Copeman	BAR
19.1	Sarah Newmarch	H&W
20.5	Heather Gower	DAC
20.8	Catherine Lane	TRI
25.8	Lucy Robins	BAR

300m hurdles

47.8	Julia Cooper	TRI
49.79	Sarah Newmarch	H&W
52.4	Heidi Perrin	H&W
53.6	Liz Copeman	BAR
53.7	Heather Gower	DAC

400m hurdles

70.0	Julia Cooper	TRI
73.3	Karen James	HAR
74.2	Heidi Perrin	H&W
74.9	Sarah Newmarch	H&W
76.6	Sally Green	DAC
77.4	Gemma Smith	H&W
78.5	Liz Copeman	BAR
78.7	Claire Higman	SGD
80.5	Heather Gower	DAC
82.0	Carly Peter	DAC

High Jump

1-55	Karen James	HAR
1-50	Zoe Mead	WAT
1-45	Hannah Beaton	WAT
	Julia Cooper	TRI
	Claire Higman	SGD
1-43	Niki Judd	DAC
1-40	Catherine Lane	TRI
1-39	Sally Green	DAC
1-35	Carly Peter	DAC
	Kate McNab	SGD
1-30	Clare Woolfrey	DAC
	Mary Mitchell	BAR
1-25	Sarah Emms	H&W
1-20	Emma Jones	H&W
	Viki Hill	DAC
1-15	Melissa Fox	H&W
	Heather Gower	DAC

Long Jump

4-81	Kate McNab	SGD
4-78	Avril Tooley	SGD
4-47	Melissa Fox	H&W
4-43	Niki Judd	DAC
4-41	Mary Mitchell	BAR
4-09	Julia Cooper	TRI
4-38	Lindsey King	SBH
4-36	Heather Gower	DAC
4-34	Kirsty Lamb	TRI
	Carly Peter	DAC
4-33	Sarah Emms	H&W
	Clare Woolfrey	DAC
4-23	Sarah Ogden	TRI
4-19	Sally Green	DAC
4-11	Helen Fee	SBH
4-10	Sally Spencer	WAT
3-91	A Dean	BHW
3-88	Hannah Beaton	WAT
3-72	Gemma Smith	H&W
3-42	Lisa Bradley	TRI
2-65	Liz Symonds	H&W
2-49	Laura Longo	DAC

Shot

10-34	Emma Jones	H&W
10-22	Andrea Hibberd	WAT
9-62	Catherine Lane	TRI
8-80	Sally Batts	WAT
8-20	Suki Russell-Smith	BAR
7-78	Helena Baker	TRI
7-37	Barbara Johnson	H&W
7-15	Emma Gibran	DAC
7-12	Julia Cooper	TRI
6-92	Carly Peter	DAC
6-89	Melanie Har.-Stamper	DAC
6-84	Liz Symonds	H&W
6-62	Liz Copeman	BAR
6-73	Sandra Connolly	DAC
6-68	Sally Green	DAC
6-33	Claire Higman	SGD
6-18	Tania Millen	DAC
6-13	Niki Judd	DAC
5-90	Heather Gower	DAC
5-37	Laura Longo	DAC
5-12	Vicki Quincey	TRI
4-92	Sarah Ogden	TRI
4-12	Liz Barley	BAR

Discus

41-46	Andrea Hibberd	WAT
32-86	Sarah Rickman	WAT
31-48	Catherine Lamb	TRI
29-32	Emma Gibran	DAC
24-98	Sally Batts	WAT
23-88	Barbara Johnson	H&W
22-78	Emma Jones	H&W
22-34	Liz Copeman	BAR
21-80	Sandra Connolly	DAC
20-30	Tania Millen	DAC
20-16	Claire Higman	SGD
20-14	Liz Symonds	H&W
19-16	Suki Russell-Smith	BAR
15-06	Kate Garner	SBH
14-44	Vicki Quincey	TRI
14-36	Laura Longo	DAC
13-62	Joanne Alexander	TRI
13-20	Viki Hill	DAC
12-60	Lisa Bradley	TRI
10-80	Liz Barley	BAR

Javelin

32-28	Sally Green	DAC
29-60	Clare Woolfrey	DAC
29-40	Barbara Johnson	H&W
28-44	Sally Batts	WAT
27-66	Julia Cooper	TRI
27-62	Emma Jones	H&W
26-96	L Haydon	ENF
5-60	Catherine Lamb	TRI
24-52	Tania Millen	DAC
24-24	Liz Symonds	H&W
24-00	Andrea Hibberd	WAT
23-48	Helena Baker	TRI
22-98	Carly Peter	DAC
20-84	Karen Gould	SBH
20-34	Melanie Har.-Stamper	DAC
18-98	N Soper	PAR
18-48	Liz Copeman	BAR
16-36	Lisa Bradley	TRI
14-94	Vicki Quincey	TRI
10-40	Viki Hill	DAC

Triple jump

8-66	Melissa Fox	H&W

Hammer

28-74	E Gibran	WAT
22-60	Emma Jones	H&W
20-64	Emma Gibran	DAC

GIRLS

100m

12.7	Kate Rowe	SBH
12.9	I Bolton	SNH
13.1	Gemma Bicknell	SGD
13.3	Sarah Hunter	SBH
	Kathy Ryan	BAR
	K Wade	VER
13.4	Charlotte Bouy	SBH
	Sarah Easton	SGD
	A Batt	ENF
13.5	Camilla Ogden	TRI
	Emma Griffiths	H&W
13.6	Carol Chown	WAT
13.7	Claire Davis	WAT
	Claire Whitehead	H&W
	Liz Cohen	H&W
	Stacey Pinder	SGD
	N Vaughan	ENF
13.8	Lisa Daniels	WAT
	Emily Mann	H&W
13.9	Anna Tapson	TRI
	Anna Boyce	TRI
14.0	N Lawrence	SNH
	E Sills	SNH
14.1	Michelle Okadawa	BAR
14.2	Gayle Burgoyne	SGD
	Anita Klendjian	BAR
14.3	Chika Duru	BAR
14.4	Jo Snoxall	DAC
	Stella Hepworth	SGD
	Karen Bennett	HAR
14.5	Clare Elsley	H&W
	Ngaire Cockerell	DAC
	Cally Arbury	SGD
	C Walker	VER
14.6	Kay Robson	DAC
14.7	Natalie Lovell	TRI
	Elaine Dobson	H&W
	C Waldock	SNH
14.8	Sarah Oldham	H&W
14.9	Isabella Mann	SBH
	Ann-Marie Tulloch	HAR
	Chika Opara	BAR
15.0	Katie Stanbridge	DAC
	Michelle Line	DAC
	S Oliver	SNH
	J Harris	SNH
15.1	Helen Marlin	BAR
15.2	Louise Brewster	H&W
15.3	Andrea Bardwell	BAR
	Joanne Kenny	BAR
15.5	Ayoola Olabode	BAR
	Tazeena Lawrence	BAR
16.0	Eleanor Mould	BAR
16.4	Jenny Andrews	H&W
16.6	T Dennison	BHW
17.1	Claire Fuller	H&W
17.4	Angela Powell	BAR
17.8	Methawit Tewelde	BAR

200m

26.1	Kate Rowe	SBH
25.5	I Bolton	SNH
25.8	Charlotte Bouy	SBH
27.2	K Wade	VER
27.5	Gemma Bicknell	SGD
27.6	Vanessa Leach	BAR
27.8	Carol Chown	WAT
	Sarah Easton	SGD
27.9	Claire Whitehead	H&W
	Kathy Ryan	BAR
28.0	Anna Tapson	TRI
28.2	Liz Cohen	H&W
28.3	Claire Davis	WAT
28.6	Erica Sample	SGD
	E Sills	SNH
28.7	Emily Mann	H&W
28.8	Emma Griffiths	H&W
29.1	Amy Fisher	WAT
29.4	Anna Boyce	TRI
	Katie Stanbridge	DAC
	Krysia Chomka	SGD
	N Lawrence	SNH
29.6	Jo Snoxall	DAC
	J Harris	SNH
29.7	Karen Bennett	HAR
29.8	Clare Elsley	H&W
29.9	Eleanor Mould	BAR
	C Waldock	SNH
30.0	Stacy Pinder	SGD
30.5	Elaine Dobson	H&W
30.9	Kelly Drake	TRI
31.3	Kyra Chamberlain	DAC
31.4	Natalie Lovell	TRI
	Kay Robson	DAC
31.8	Michelle Line	DAC
32.0	Joanne Kenny	BAR
32.5	Nicola Harrison	TRI
34.8	Jo Darnell	H&W
34.9	Keri Flynn	BAR
35.9	Louise Brewster	H&W
38.9	Debbie Worthing	DAC

300m

43.8	Amy Fisher	WAT

800m

2-26.2	Amy Fisher	WAT
2-26.3	L JOslin	ENF
2-26.4	Isabella Mann	SBH
2-29.1	Angela Trussler	WAT
2-29.5	T Allen	VER
2-30.2	E Reeve	SNH
	L Rowe	ENF
2-32.2	R Felton	VER
2-32.5	Nicola Henson	SBH
2-32.8	C De Maria	SNH
2-32.9	Katy Lees	SGD
2-33.2	Rachel Nicholson	TRI
2-33.6	Kelly Power	SBH
	Jenny Andrews	H&W
17.1	Denise Furey	BAR
17.2	Elaine Dobson	H&W
17.9	Kyra Chamberlain	DAC
18.1	Debbie Worthing	DAC
18.6	Michelle Khan	DAC

High jump

1-53	Erica Sample	SGD
1-50	Krysia Chomka	SGD
1-47	Dionne Shaw	H&W
1-45	Kay Robson	DAC
1-43	Davinia Petch	BAR
1-40	Emily Mann	H&W
	Joanne Rooke	H&W
	Gayle Burgoyne	SGD
	Karen Bennett	HAR
1-36	Eleanor Mould	BAR
1-35	Clare Elsley	H&W
1-30	Carol Chown	WAT
	Alison Trussler	WAT
	Angela Trussler	WAT
	Elizabeth Kirkham	SBH
	Anna Boyce	TRI
	Ayoola Olabode	BAR
1-20	Ngaire Cockerell	DAC
1-15	Kyra Chamberlain	DAC
1-10	Debbie Worthing	DAC
	Katie Stanbridge	DAC
	Maureen Daly	BAR
	S Baines	SNH
1-05	Elizabeth Gregory	DAC
	E Harris	SNH
1-00	Nicola Harrison	TRI
	Michelle Khan	DAC

Long jump

5-00	Sarah Hunter	SBH
4-75	Krysia Chomka	SGD
4-70	Kate Rowe	SBH
4-69	Kay Lees	SGD
4-63	Anna Tapson	TRI
4-61	Erica Sample	SGD
4-59	Amy Fairweather	WAT
4-57	Clare Elsley	H&W
4-55	Emily Mann	H&W
4-53	Dionne Shaw	H&W
4-52	E Sills	SNH
4-49	Gayle Burgoyne	SGD
4-39	Claire Davis	WAT
4-38	Karen Bennett	HAR
4-35	Kay Robson	DAC
4-31	Sarah Marriott	WAT
4-28	Isabella Mann	SBH
4-24	Davinia Petch	BAR
4-17	Elaine Dobson	H&W
4-07	Natalie Lovell	TRI
4-03	C Walker	VER
4-02	Helen Marlin	BAR
	N Bell	VER
3-91	S Oliver	SNH
3-88	Ann-Marie Tulloch	HAR
3-83	Andrea Bardwell	BAR
3-82	Ngaire Cockerell	DAC
3-76	Claire Whitehead	H&W
3-70	Elizabeth Gregory	DAC
	Dannielle Macsweeney	DAC
3-69	Ayoola Olabode	BAR
3-60	Nicola Harrison	TRI
3-56	Eleanor Mould	BAR
3-55	Anna Boyce	TRI
3-47	Zoe Anderson	H&W
3-44	Joanne Kenny	BAR
3-41	Pam Moore	BAR
3-40	Keri Flynn	BAR
3-37	Jo Snoxall	DAC
3-36	Katie Stanbridge	DAC
3-29	Lianne Lewis	DAC
3-20	Denise Furey	BAR
	Chika Duru	BAR
3-14	Kyra Chamberlain	DAC
3-11	Michelle Khan	DAC
3-10	Jenny Andrews	H&W
3-09	Methawit Tewelde	BAR
2-90	Claire Fuller	H&W
	Shelley Williams	DAC
2-89	Debbie Worthing	DAC

Discus

29-60	Shelley Williams	DAC
	Sara Manning	SGD
24-00	Megan Harlock	H&W
21-38	Rosie Gillings	SBH
21-36	Ida Iannone	DAC
21-08	Jennifer Osborne	SGD
21-06	Erica Sample	SGD
20-86	Emma Cowman	DAC
19-28	Jackie Whittacker	DAC
19-20	Jo Darnell	H&W
18-74	Joanne Rooke	H&W
18-70	Emily Mann	H&W
18-50	S Baines	SNH
18-14	Fran Maley	H&W
18-12	Chika Opara	BAR
17-58	Amy Fisher	WAT
17-4	B Spring	VER
17-40	Cally Arbury	SGD
17-16	Maureen Daly	BAR
16-46	Pip Whitby	H&W
16-26	Charlotte Bouy	SBH
15-90	Pippa Storey	H&W
15-74	Zoe Anderson	H&W
15-38	Joanna Sills	WAT
15-12	Helen Marlin	BAR
15-06	Sarah Marriott	WAT
14-96	Victoria Semils	H&W
14-54	Nicola Smith	H&W
14-88	Eleanor Dick	SBH
14-46	Amanda Freemantle	HAR
14-32	Angella Powell	BAR
14-06	Natalie Lovell	TRI
13-88	Anna Boyce	TRI
13-82	Methawit Tewelde	BAR
13-48	Rachel Nicholson	TRI
13-18	Enoma Isiegon	BAR
12-60	Kyra Chamberlain	DAC
12-22	Eleanor Mould	BAR
11-38	Nicola Harrison	TRI
9-72	Lisa Carpenter	BAR
7-74	Debbie Worthing	DAC

Shot

11-00	Sara Manning	SGD
10-11	Jo Darnell	H&W
9-19	Shelley Williams	DAC
9-01	Erica Sample	SGD
8-94	Chika Opara	BAR
8-82	Fran Maley	H&W
8-61	Anita Klendjian	BAR
8-61	Megan Harlock	H&W
8-56	P Slank	VER
8-23	Gayle Burgoyne	SGD
8-01	Emily Mann	H&W
7-75	Dionne Shaw	H&W
	Ida Iannone	DAC
7-70	S Baines	SNH
7-67	Pip Whitby	H&W
7-61	Kay Robson	DAC
7-56	Pippa Storey	H&W
7-54	Cally Arbury	SGD
7-34	Amanda Freemantle	HAR
7-03	Jackie Whittacker	DAC
6-80	Maureen Daly	BAR
6-65	Davinia Petch	BAR
6-63	Joanne Sills	WAT
6-50	Enoma Isiegon	BAR
6-49	Anna Tapson	TRI
6-46	Andrea Bardwell	BAR
6-37	Anna Boyce	TRI
6-18	Kelly Drake	TRI
6-17	Camilla Ogden	TRI
6-12	Angella Powell	BAR
6-08	Amy Fairweather	WAT
6-04	Debbie Worthing	DAC
5-98	Eleanor Mould	BAR
5-97	Ayoola Olabode	BAR
5-78	Jenny Andrews	H&W
5-69	Nicola Smith	H&W
5-60	Elaine Dobson	H&W
5-42	B Spring	VER
5-30	Kyra Chamberlain	DAC
5-00	Elizabeth Gregory	DAC
4-75	Lianne Lewis	DAC
4-58	Claire Fuller	H&W
4-42	Lisa Carpenter	BAR
3-36	Emma Griffiths	H&W

Javelin

29-34	P Slank	VER
26-86	Shelley Williams	DAC

24-90	Jennifer Osborne	SGD
23-32	Joanna Sills	WAT
22-82	Sara Manning	SGD
22-04	E Fossey	SBH
22-02	Megan Harlock	H&W
21-64	Chika Opara	BAR
21-22	Ida Iannone	DAC
20-88	Elaine Dobson	H&W
19-82	Angella Powell	BAR
19-74	Helen Martin	BAR
19-58	Gayle Burgoyne	SGD
18-82	Pippa Storey	H&W
18-46	Nicola Smith	H&W
18-08	B Spring	VER
17-26	Emily Mann	H&W
16-80	Maureen Daly	BAR
16-32	Karen Dale	SBH
14-54	Ngaire Cockerell	DAC
14-38	Joanne Rooks	H&W
14-26	Eleanor Dick	SBH
	Davinia Petch	BAR
13-80	Rosie Gillings	SBH
13-78	Pip Whitby	H&W
13-32	Eleanor Mould	BAR
13-22	Nicola Hanson	SBH
12-82	Rachel Nicholson	TRI
12-78	Nicola Harrison	TRI
12-76	Zoe Anderson	H&W
12-38	Emma Cowman	DAC
11-16	Elizabeth Kirkham	SBH
10-86	Ayoola Olabode	BAR
10-80	Victoria Swale	H&W
10-00	Methawit Teweldе	BAR
9-98	Jackie Whitacker	DAC
9-90	Lisa Carpenter	BAR
8-90	Kyra Chamberlain	DAC
8-88	Joanne Kenny	BAR
5-34	Katie Stanbridge	DAC

Pentathlon

2372	Dionne Shaw	H&W
2259	Emily Mann	H&W
2074	Davinia Petch	BAR
1557	Eleanor Mould	BAR
1372	Ayoola Olabode	BAR

MINOR GIRLS

100m

13.4	Eve Miller	H&W
13.9	Elena Dundjerovic	SGD
	Monica Basu	SGD
14.1	Joanne Baker	SBH
	Denise Gayle	BAR
14.2	Kate Burgoyne	SGD
	Jessica Sample	SGD
14.3	Sharon Daniels	WAT
	Emma Burns	H&W
	S Clift	TUR
14.6	Zahra Robbins	SGD
	Caroline Doyle	SGD
	Bimbo Olabode	BAR
14.7	Marie Bedford	TRI
14.8	Rowena Samarasinhe	BAR
14.9	Emma Duffin	H&W
	Lisa McGuire	H&W
	Anne-Marie Lynch	BAR
	S Lee	SNH
15.0	Kate Halka	H&W
15.1	Alexandra Waring	WAT
	Vicky Brannan	H&W
15.2	Kate Brown	H&W
	Sarah Fensome	DAC
15.4	Nicola Roberts	TRI
15.6	Rebecca Mitchell	TRI
15.7	Pamela Rumble	H&W
	L Mantle	VER
15.8	Eleanor White	H&W
15.9	Donna Anderton	H&W
16.0	Naomi Soloman	DAC
16.1	S Carroll	SNH
16.2	Emma Coker	H&W
16.4	E Harris	SNH
16.5	Sara Lane	TRI
	Alexandra Baker	TRI
	Nina Bray	H&W
	Rona Worthing	DAC
16.6	Felicity Edwards	BAR
17.0	Samantha Wallington	TRI
	Eleanor Grant	BAR
	Emily Bonner	H&W
17.1	Roisin Macsweeney	DAC
	Joanne Still	DAC
17.6	Marina Furey	BAR
18.2	N Cordery	BHW
	Eleanor Bye	H&W
19.0		

200m

26.9	Eve Miller	H&W
28.5	Joanne Baker	SBH
	Elena Dundjerovic	SGD
29.1	Emma Burns	H&W
	Monica Basu	SGD
29.6	Denise Gayle	BAR
29.9	Jessica Sample	SGD
	S Clift	TUR
30.2	Rowena Grundy	WAT
30.4	Sharon Daniels	WAT
30.5	Sarah Fensome	DAC
30.8	Kate Burgoyne	SGD
31.0	Vicky Brannan	H&W
31.2	Lisa McGuire	H&W
31.8	Emma Coker	H&W
	S Lee	SNH
32.2	Pamela Rumble	H&W
33.0	Rebecca Mitchell	TRI
33.1	Rowena Samarasinhe	BAR
33.4	Joanne Still	DAC
33.5	Nicola Roberts	TRI
33.6	Naomi Soloman	DAC
33.7	S Carroll	SNH
33.8	Kate Halka	H&W
34.9	Emma Gocher	TRI
36.0	Alexandra Baker	TRI
38.0	Rona Worthing	DAC

800m

2-26.8	Rowena Grundy	WAT
2-29.1	Emma Burns	H&W
2-32.7	N Pitcham	SNH
2-33.1	Sarah Fensome	DAC
2-35.2	Eve Miller	H&W
2-37.4	Sharon Daniels	WAT
2-37.6	Jessica Sample	SGD
2-38.2	Denise Gayle	BAR
2-38.3	Lisa McGuire	H&W
2-39.3	J Browning	SNH
2-41.1	M Mertemans	ENF
2-43.6	Monica Basu	SGD
2-44.0	Emma Coker	H&W
2-45.5	Gemma Fensome	DAC
2-45.6	Pamela Rumble	H&W
2-46.9	Vicky Brannan	H&W
2-49.3	L Mantle	VER
2-49.6	Jade Chappell	H&W
2-51.2	Katy Hopkins	SGD
2-51.5	Emma Duffin	H&W
2-51.9	Emma Gocher	TRI
2-52.7	S Routledge	SNH
2-52.8	C Warren	SNH
2-55.1	Nicola Roberts	TRI
2-56.9	Linsey McKinnie	SBH
2-59.1	Kate Burgoyne	SGD
2-59.9	Zahra Robbins	SGD
3-06.2	Kate Brown	H&W
3-06.3	Donna Anderton	H&W
3-10.0	Lauren Childs	DAC
3-10.5	Naomi Soloman	DAC
3-11.3	Jemma Nissel	TRI
3-16.1	Rona Worthing	DAC
3-24.2	Louise Smith	H&W
3-25.9	Roisin Macsweeney	DAC
3-44.5	Joanne Still	DAC

1500m

5-03.6	Emma Burns	H&W
5-07.5	Sarah Fensome	DAC
5-21.0	J Browning	SNH
5-23.9	P Bolton	SNH
5-29.4	Lisa McGuire	H&W
5-38.5	Rebecca Hammond	H&W
5-38.9	Zahra Robbins	SGD
5-40.1	Katy Hopkins	SGD
5-44.0	Pamela Rumble	H&W
5-45.0	Alexandra Waring	WAT
5-45.9	Monica Basu	SGD
5-52.6	Jade Chappell	H&W
5-57.3	Martina Furey	BAR
5-58.6	Emma Coker	H&W
6-00.3	Emma Sills	WAT
6-09.0	C Warren	SNH
6-09.6	Nicola Roberts	TRI
6-19.4	E Furlong	VER
6-34.6	Rebekah Cooper	TRI

70m hurdles

11.6	Eve Miller	H&W
11.8	Monica Basu	SGD
12.7	Elena Dundjerovic	SGD
13.2	Caroline Doyle	SGD
13.3	Zahra Robbins	SGD
	Jessica Sample	SGD
13.4	Denise Gayle	BAR
13.6	Lisa McGuire	H&W
	Katie Brown	H&W
13.9	Sara Lane	TRI
14.0	Alexandra Waring	WAT
15.4	Jemma Nissel	TRI
	Erica Malley	H&W
15.5	Louise Smith	H&W
16.4	Rebekah Cooper	TRI
16.5	Kate Halka	H&W
17.5	Eleanor Bye	H&W
	Felicity Edwards	BAR
17.8	Martina Furey	BAR
18.1	Eleanor Grant	BAR

75m hurdles

12.5	Eve Miller	H&W
16.2	Anne-Marie Lynch	BAR

High jump

1-41	Kate Burgoyne	SGD
1-39	Caroline Doyle	SGD
1-35	Sharon Daniels	WAT
	Rebecca Hammond	H&W
	Denise Gayle	BAR
1-30	Rowena Grundy	WAT
	Erica Malley	H&W
1-20	Jemma Nissel	TRI
	Sarah Fensome	DAC
	Rachel Damm	BAR
1-15	Sasha Baker	SBH
	Rebecca Mitchell	TRI
	Lisa McGuire	H&W
1-05	Emma Coker	H&W

Long jump

4-63	Eve Miller	H&W
4-58	Monica Basu	SGD
4-55	Elena Dundjerovic	SGD
4-51	Jessica Sample	SGD
4-26	Kate Burgoyne	SGD
4-23	C Bell	VER
4-19	Caroline Doyle	SGD
4-13	Sarah Fensome	DAC
4-08	Sasha Baker	SBH
	Emma Burns	H&W
4-04	Denise Gayle	BAR
3-89	Marie Bedford	TRI
3-73	Rowena Samarasinhe	BAR
3-62	Bimbo Olabode	BAR
3-59	Sara Lane	TRI
3-56	Anne-Marie Lynch	BAR
3-53	Lisa McGuire	H&W
3-52	Nova Reid	WAT
3-51	Vicky Brannan	H&W
3-50	Emma Duffin	H&W
3-48	Lauren Childs	DAC
	M Mertemans	ENF
3-45	Emma Sills	WAT
3-42	Rona Worthing	DAC
3-41	Katie Brown	H&W
3-38	E Harris	SNH
3-37	Emma Coker	H&W
3-35	Eleanor White	H&W
3-28	Kate Halka	H&W
	Naomi Soloman	DAC
3-26	Pamela Rumble	H&W
3-23	Rebecca Mitchell	TRI
3-19	Donna Anderton	H&W
3-15	Samantha Wallington	TRI
3-09	Roisin Macsweeney	DAC
3-05	Nina Bray	H&W
	Rachel Damm	BAR
2-97	Louise Smith	H&W
2-88	Eleanor Bye	H&W
2-81	Felicity Edwards	BAR
2-78	Martina Furey	BAR
2-61	Emily Bonner	H&W
2-27	Joanne Still	DAC

Shot

8-10	Tamsin Allen	SGD
7-27	Denise Gayle	BAR
6-94	Erica Malley	H&W
6-84	Caroline Doyle	SGD
6-79	Monica Basu	SGD
6-24	Eve Miller	H&W
5-84	Rowena Samarasinhe	BAR
5-70	Nicola Roberts	TRI
5-44	Sarah Yates	BAR
5-30	Alexandra Baker	TRI
5-26	Emma Sills	WAT
4-98	Louise Smith	H&W
4-93	Rowena Grundy	WAT
4-92	Sarah Fensome	DAC
4-81	Eleanor Bye	H&W
4-60	Emma Gocher	TRI
	Roisin Macsweeney	DAC
4-54	Jade Chappell	H&W
	Rachel Damm	BAR
4-75	Emma Duffin	H&W
3-65	Donna Anderton	H&W
2-82	Gemma Fensome	DAC
2-74	Kate Halka	H&W

Discus

9-90	Naomi Soloman	DAC
9-60	Rona Worthing	DAC

Javelin

8-54	Sarah Fensome	DAC
8-18	Roisin Macsweeney	DAC
3-62	Martina Furey	BAR

Pentathlon

2255	Eve Miller	H&W
1959	Denise Gayle	BAR

COMPILATION NOTES

These rankings have been compiled from the following information:

Full club rankings

Barnet, St Albans Godfrey Davis, Hertford and Ware, Tring, Harlow, Shaftesbury Barnet, Decorum and Watford.

Herts County Champs Results

Miscellaneous Stevenage, Verlea, Enfield, Borehamwood and other club athletes.

ABBREVIATIONS

ASH	Ashmole School
BAR	Barnet
DAC	Decorum
ENF	Enfield
FVS	Fairlands Valley Spartans
HAR	Harlow
H&W	Hertford and Ware
LUT	Luton
PAR	Parkside
SBH	Shaftesbury Barnet
SGD	St Albans Godfrey Davis
SNH	Stevenage North Herts
TRI	Tring
TUR	Turnford School
UNA	Unattached
VER	Verlea
WAT	Watford
WH	Welwyn Athletics