Hertfordshire County Ladies Track & Field Rankings 1993

U 17 GIRLS

100m

12.2	Louise MacDonald	H&W
12.6	H Fee	SBH
12.7	S Hunter	SBH
	Z Baillie	WAT
13.1	Amanda Batt	ENF
13.2	K Rowe	SBH
13.4	Gemma Bicknell	SGD
	C Chown	WAT
13.5	Kate McNab	SGD
	P Blank	VER
13.8	Loletha Garwood	BAR
13.9	Sarah Easton	SGD
14.0	Anna Tapson	TRI
	L Connelly	VER
14.1	Natalie Lovell	TRI
	Erica Sample	SGD
	M Clements	WAT
14.3	N Perry	WAT
14.5	M Kiln	VER
14.6	Louise Childs	ENF
	Claire Whitehead	H&W
	C Davis	WAT
	T Allen	VER
14.8	Emily Mann	H&W
15.0	Michelle Rowe	ENF
	Melissa Fox	H&W
15.9	Anita Klendjian	BAR
16.3	Lisa Cooper	H&W
17.1	Zara Guermellou	BAR

200m

25.6	Louise MacDonald	H&W
26.4	K Rowe	SBH
26.7	S Hunter	SBH
27.3	C Buoy	SBH
27.6	Emily Mann	H&W
	P Blank	VER
28.1	Gemma Bicknell	SGD
28.2	K Philps	VER
28.3	Anna Tapson	TRI
28.4	Kate McNab	SGD
	C Davis	WAT
28.5	Amanda Batt	ENF
	C Chown	WAT
28.9	Chidi Nwanguma	BAR
29.1	Sarah Easton	SGD
29.2	Loletha Garwood	BAR
29.4	Michelle Rowe	ENF
29.5	Jane Arthurs	H&W
29.6	Joanne Alexander	TRI
	M Clements	WAT
29.9	L Connelly	VER
30.5	T Allen	VER
30.6	Natalie Lovell	TRI
31.6	Avril Tooley	SGD
32.5	Eleanor Mould	BAR
32.6	M Kiln	VER
33.5	Zoe Anderton	H&W
36.3	Zara Guermellou	BAR

300m

42.0	Louise MacDonald	H&W
43.3	A Fisher	WAT
44.2	Kirsty Lamb	TRI
44.4	Emily Mann	H&W
44.6	P Blank	VER
44.7	C Buoy	SBH
44.9	L King	SBH
45.5	Kate McNab	SGD
45.6	Anna Tapson	TRI
45.7	T Allen	VER
46.1	Z Baillie	WAT
46.7	Michelle Rowe	ENF
	Katy Lees	SGD
	Al Trussler	WAT
47.0	Gayle Burgoyne	SGD
47.3	S Spencer	WAT
47.7	Joanne Alexander	TRI
	C Chown	WAT
48.7	Claire Whitehead	H&W
50.5	N Perry	WAT
50.8	K Kinghorn	VER
51.0	Erica Sample	SGD
52.3	Sara Manning	SGD
52.8	T Sampson	VER
53.8	Eleanor Mould	BAR
54.1	G Regan	WAT
54.8	F Martin	WAT

400m

60.4	Louise MacDonald	H&W
	A Fisher	WAT
63.5	Kirsty Lamb	TRI
63.7	P Blank	VER
64.0	Emily Mann	H&W
64.5	Chidi Nwanguma	BAR
65.7	T Allen	VER
66.4	S Spencer	WAT
67.6	Katy Lees	SGD
69.1	Claire Whitehead	H&W
87.9	Zara Guermellou	BAR

800m

2-19.0	A Fisher	WAT
2-24.3	Kirsty Lamb	TRI
2-26.2	T Allen	VER
2-28.3	Rachel Nicholson	TRI
2-30.7	An Trussler	WAT
2-32.7	Chidi Nwanguma	BAR
2-33.3	N Henson	SBH
2-34.74	Emily Mann	H&W
2-37.0	Katy Lees	SGD
2-37.5	P Blank	VER
2-40.1	Rachel Taylor	ENF
2-43.0	Al Trussler	WAT
2-44.8	Joanne Alexander	TRI
2-46.3	Jane Arthurs	H&W
2-47.4	Melissa Fox	H&W
2-47.8	Liz Copeman	BAR
2-48.5	Claire Whitehead	H&W
2-50.5	T Sampson	VER
2-52.7	K Kinghorn	VER
2-54.9	Heidi Perrin	H&W
2-55.4	Lisa Cooper	H&W
2-57.2	A Chandler	WAT
3-00.8	S Spencer	WAT
3-04.7	Zoe Anderton	H&W

1500m

4-50.0	Rachel Nicholson	TRI
4-55.0	L Mann	SBH
5-11.3	An Trussler	WAT
5-20.2	T Allen	VER
5-23.1	N Henson	SBH
5-31.3	Al Trussler	WAT
5-40.2	Katy Lees	SGD
5-41.3	K Garner	SBH
5-58.8	Melissa Fox	H&W
5-58.9	K Kinghorn	VER
6-04.2	T Sampson	VER
6-06.2	R Paterson	WAT
6-10.6	Michelle Rowe	ENF
6-15.1	Lisa Cooper	H&W
6-20	A Chandler	WAT

3000m

11-14.5	Rachel Nicholson	TRI
12-54.1	Al Trussler	WAT
13-06.4	Melissa Fox	H&W
13-34.7	Lisa Cooper	H&W

80m Hurdles

11.53	Amanda Batt	ENF
12.8	Nicole Stopp	SGD
	Gayle Burgoyne	SGD
12.9	Jane Arthurs	H&W
13.0	Erica Sample	SGD
13.4	An Trussler	WAT
13.5	P Blank	VER
13.9	E Watson	WAT
13.92	Emily Mann	H&W
14.2	Kate McNab	SGD
14.4	L Connelly	VER
14.7	M Kiln	VER
14.8	Al Trussler	WAT
	T Allen	VER
15.1	Anna Tapson	TRI
15.4	Natalie Lovell	TRI
15.8	Kate Forster	ENF
16.3	Michelle Rowe	ENF
16.9	Melissa Fox	H&W
17.4	Eleanor Mould	BAR

100m Hurdles

15.1	Amanda Batt	ENF
17.8	Jane Arthurs	H&W
18.6	An Trussler	WAT
18.9	P Blank	VER
19.1	Al Trussler	WAT
19.3	M Kiln	VER
19.5	Anna Tapson	TRI
20.0	L Connelly	VER
20.2	Michelle Rowe	ENF
	Natalie Lovell	TRI
20.4	Emily Mann	H&W
20.7	Gayle Burgoyne	SGD
20.8	Liz Copeman	BAR

300m hurdles

47.0	Gayle Burgoyne	SGD
51.2	Emily Mann	H&W
52.1	Anna Tapson	TRI
56.3	Erica Sample	SGD

400m hurdles

70.9	Emily Mann	H&W
71.3	T Allen	VER
71.4	An Trussler	WAT
74.3	Michelle Rowe	ENF
74.8	P Blank	VER
76.6	Anna Tapson	TRI
	Al Trussler	WAT
84.8	Liz Copeman	BAR

High Jump

1-52	P Blank	VER
1-50	Erica Sample	SGD
	Gayle Burgoyne	SGD
1-48	Emily Mann	H&W
	Jane Arthurs	H&W
1-40	E Watson	WAT
	Z Baillie	WAT
1-38	Catherine Lane	TRI
1-35	Anna Boyce	TRI
	Al Trussler	WAT
1-30	Eleanor Mould	BAR
	Liz Copeman	BAR
	Loletha Garwood	BAR
1-25	Amanda Batt	ENF
	C Chown	WAT
	M Clements	WAT
	T Sampson	VER
1-20	N Henson	SBH
1-18	T Allen	VER
1-10	Chidi Nwanguma	BAR
1-00	Maureen Daly	BAR

Long Jump

4-93	Gayle Burgoyne	SGD
4-87	Z Baillie	WAT
4-82	M Kiln	VER
4-77	Amanda Batt	ENF
4-70	K Philps	VER
	P Blank	VER
4-67	Emily Mann	H&W
	Kate McNab	SGD
4-59	Katy Lees	SGD
4-58	Avril Tooley	SGD
4-48	Jane Arthurs	H&W
4-48	Natalie Lovell	TRI
4-44	Emily Mann	H&W
	S Spencer	WAT
4-36	Melissa Fox	H&W
4-31	Kirsty Lamb	TRI
4-30	Chidi Nwanguma	BAR
4-26	Anna Tapson	TRI
4-08	C Davis	WAT
4-00	T Allen	VER
3-87	Louise Childs	ENF
3-82	Michelle Rowe	ENF
3-75	Helen Martin	BAR
3-67	A Chandler	WAT
3-60	Kate Forster	ENF
3-51	Eleanor Mould	BAR
3-38	Zoe Anderton	H&W
3-37	Lisa Cooper	H&W
3-35	K Kingston	VER
3-34	Zara Guermellou	BAR
3-18	G Regan	WAT

Shot

10-87	Emma Jones	H&W
9-90	Sara Manning	SGD
9-87	Catherine Lane	TRI
9-85	P Blank	VER
9-38	S Whybrow	VER
8-58	Gayle Burgoyne	SGD
8-01	Erica Sample	SGD
7-54	Barbara Johnson	H&W
7-48	Loletha Garwood	BAR
6-98	Anita Klendjian	BAR
6-90	Jane Arthurs	H&W
6-89	Emily Mann	H&W
6-75	Kate Forster	ENF
6-53	Maureen Daly	BAR
6-52	A Chandler	WAT
6-42	Beth Hufford	BAR
6-32	F Martin	WAT
6-25	Zara Guermellou	BAR
5-82	Helen Martin	BAR
5-80	T Allen	VER
5-51	Anna Tapson	TRI
5-46	N Perry	WAT
5-29	Eleanor Mould	BAR
5-28	C Josey	WAT
4-90	T Sampson	VER
3-88	Zoe Anderton	H&W

Discus

36-00	Catherine Lane	TRI
29-10	Sara Manning	SGD
25-10	S Whybrow	VER
23-84	Emma Jones	H&W
22-50	Barbara Johnson	H&
21-86	Beth Hufford	BA
21-64	Jennifer Osborne	SG
21-60	Erica Sample	SG
20-86	Liz Copeman	BAR
20-72	T Allen	VER
16-78	C Buoy	SBH
16-26	Maureen Daly	BAR
16-04	Helen Martin	BAR
15-58	Al Trussler	WAT
15-48	A Fisher	WAT
14-40	Zoe Anderton	H&W
12-60	Anna Tapson	TRI
12-38	A Chandler	WAT
12-30	Rachel Nicholson	TRI
12-18	An Trussler	WAT
11-68	LIsa Cooper	H&W

Javelin

40-14	P Blank	VER
32-24	Emma Jones	H&W
29-68	Barbara Johnson	H&W
27-20	Jennifer Osborne	SGD
25-56	Catherine Lane	TRI
20-70	Melissa Fox	H&W
20-68	Helen Martin	BAR
20-50	F Martin	WAT
20-28	S Whybrow	VER
19-98	Emily Mann	H&W
19-00	Erica Sample	SGD
17-76	C Davis	WAT
15-48	Zara Guermellou	BAR
12-76	Maureen Daly	BAR
11-80	C Buoy	SBH

Triple jump

10-31	P Blank	VER
9-90	Kirsty Lamb	TRI
	Melissa Fox	H&W
9-72	S Hunter	SBH
9-10	C Chown	WAT
	C Armstrong	VER
8-86	M Kiln	VER
8-51	Z Baillie	WAT
8-42	Michelle Rowe	ENF
8-02	Helen Martin	BAR

Hammer

23-12	Emma Jones	H&W

COMPILATION NOTES

These rankings have been compiled from the following information:

Full club rankings

Barnet, St Albans Godfrey Davis, Hertford and Ware, Tring, Shaftesbury Barnet, Enfield and Verlea.

Partial club rankings

Watford (EYAL only).

ABBREVIATIONS

BAR	Barnet
DAC	Dacorum
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
UNA	Unattached
VER	Verlea
WAT	Watford

Comments, additions, and 1994 Club lists