

2008 COUNTY RANKINGS

SENIOR WOMEN - OUTDOOR PERFORMANCES

100 Metres

12.6	H Wills	HPX
12.78	H-J Cone	TVH
12.91	E Kemp	SNH
13.10	L Gale	D&T
13.2	K Streatfield	HPX
13.32	N Farman	HPX
13.4	C Jaggard	HPX
13.4	D Pringle	D&T
13.5	B Redding	D&T
13.8	A Bennett	D&T
13.8	N Brunning	D&T
16.1	L Kelly	WAT

200 Metres

25.50	H Wills	HPX
25.7	E Kemp	SNH
25.9	L Jones	HPX
26.9	L Gale	D&T
27.08	C Jaggard	HPX
27.2	D Pringle	D&T
27.3	N Farmn	HPX
27.4	M Jones	D&T
28.57	C Gaynor	HPX
29.9	L Hopkins	D&T
30.2	N Brunning	D&T
31.8	N Andrews	SNH

400 Metres

55.84	H Wills	HPX
58.91	C Silva	HPX
59.9	N Silva	HPX
60.4	L Gale	D&T
61.05	J Forde	SNH
62.6	L Cunningham	SNH
62.99	O Ross-Hurst	HPX
63.7	D Pringle	D&T
63.9	D Wildman	E&H
65.0	M Jones	D&T
65.5	V Samson	D&T
69.4	R Grundy	WAT

800 Metres

2:07.2	H Beard	SNH
2:10.9	H Wills	HPX
2:33.23	L Jones	HPX
2:13.3	E Kemp	SNH
2:15.8	N Silva	HPX
2:17.6	J Forde	SNH
2:23.4	D Wildman	E&H
2:28.3	R Grundy	WAT
2:30.2	N Taylor	HPX
2:33.0	L Roberts	D&T
2:42.1	T Mudd	D&T
2:42.21	C Jaggard	HPX
2:42.77	N Farman	HPX
2:59.3	N Andrews	SNH

1500 Metres

4:47.89	N Silva	HPX
4:49.1	J Forde	SNH
4:50.6	E Kemp	SNH
5:03.7	V Samson	D&T

5:03.7	N Taylor	HPX
5:10.7	S McHugh	E&H
5:11.1	R Grundy	WAT
5:32.4	L Roberts	D&T
5:36.67	C Hallissey	B&W

3000 Metres

9:59.16	C Hallissey	B&W
10:57.0	S McHugh	E&H
11:02.2	N Taylor	HPX
11:22.3	S Staines	D&T
11:22.8	S Williams	WAT
11:55.2	L Roberts	D&T
11:15.2	J Forde	SNH
12:24.4	R Grundy	WAT
13:31.5	N Andrews	SNH
14:07.2	Z Dunnings	D&T

100m Hurdles

14.63	L Jones	HPX
15.55	E Kavanagh	HPX
15.77	N Farman	HPX
15.90	C Jaggard	HPX
16.7	A Bennett	D&T
18.7	B Harris	SNH
20.9	L Kelly	WAT
21.32	W Meadows-Smith	SNH

400m Hurdles

62.51	C Silva	HPX
64.69	E Kavanagh	HPX
69.4	R Grundy	WAT
74.9	N Farman	HPX
78.1	S Hawkins	D&T
88.8	N Andrews	SNH

4 x 100m Relay

51.8	Herts Phoenix
51.9	Herts Senior Women
53.0	Dacorum & Tring
56.1	Stevenage & NH
59.8	Watford Harriers

4 x 400m Relay

4:13.5	Herts Phoenix
4:20.8	Dacorum & Tring
4:44.9	Stevenage & NH
5:06.6	Watford Harriers

High Jump

1.60	S Robinson	D&T
1.58	N Farman	HPX
1.51	C Jaggard	HPX
1.50	W Meadows-Smith	SNH
1.50	E Kavanaagh	HPX
1.50	N Brunning	D&T
1.46	N Andrews	SNH
1.45	L Jones	HPX
1.45	O Ross-Hurst	HPX
1.40	E Kemp	SNH

Pole Vault

3.65	L Shortland	SNH
3.20	M Clarke	WSEH
3.00	N Brunning	D&T
2.80	S Robinson	D&T
2.70	B Harris	SNH
2.50	L Kelly	WAT

2.50	C Nudd	D&T
2.30	N Andrews	SNH

Long Jump

5.68	H-J Cone	TVH
5.35	C Jaggard	HPX
5.29	N Farman	HPX
5.27	L Jones	HPX
5.11	N Brunning	D&T
5.04	D Pringle	D&T
4.66	E Kavanagh	HPX
4.63	B Redding	D&T
4.33	W Meadows-Smith	SNH
4.26	S Robinson	D&T

Triple Jump

12.23	K Streatfield	HPX
10.87	N Brunning	D&T
10.09	B Reading	D&T
9.56	C Silva	HPX
9.47	E Kemp	SNH
9.19	W Meadows-Smith	SNH
8.94	S Robinson	D&T
8.68	R Grundy	WAT
8.64	J MacKie	D&T

Shot

12.1	S McLellan	SNH
10.55	L Jones	HPX
9.61	M Flash	D&T
9.56	N Farman	HPX
9.42	L Kelly	WAT
8.93	S Robinson	D&T
8.47	C Jaggard	HPX
7.83	O Ross-Hurst	HPX

Discus

29.83	S Robinson	D&T
29.18	C Rose	E&H
19.39	E Miller	HPX
19.31	L Jones	HPX
18.00	N Brunning	D&T
11.98	C Silva	HPX

Hammer

36.55	M Flash	D&T
34.19	E Miller	HPX
32.46	C Rose	E&H
20.56	L Jones	HPX
18.67	T Mudd	D&T
15.32	C Mudd	D&T
14.63	H Wills	HPX

Javelin

37.45	L Jones	HPX
33.13	H Mclellan	SNH
31.03	N Farman	HPX
30.20	S Robinson	D&T
29.95	L Gale	D&T
28.23	C Hamilton	
27.75	C Rose	E&H
27.18	D Smith	SNH
23.10	C Jaggard	HPX

Heptathlon

4584	L Jones	HPX
4150	N Farman	HPX
3873	C Jaggard	HPX