

2008 COUNTY RANKINGS

UNDER 20 WOMEN - OUTDOOR PERFORMANCES

100 Metres

12.4	B Awokoya	SNH
12.4	L Wake	HPX
12.8	S Gaynor	HPX
13.5	A Connaughton	StA
13.6	H Van Kempen	HPX
13.7	D Cracknel	HPX
13.4	R Wilcock	WAT
14.3	J Kirke	WAT
15.1	L Scanes	SNH

200 Metres

24.7	L Wake	HPX
25.2	B Awokoya	SNH
26.5	S Gaynor	HPX
26.8	E Stevens	HPX
27.9	M Cuttler	StA
27.9	H Van Kempen	HPX
29.6	J Mansell	SNH
29.70	H Kruse	HPX
29.70	J Kirke	WAT
30.5	F Witney	SNH

400 Metres

59.18	L Wake	HPX
61.39	A Lambden	SBH
62.62	M Chapple	StA
63.2	J Mansell	SNH
64.2	E Stevens	HPX
64.9	A Connaughton	StA
65.3	T Cubric	HPX
77.2	H Kitchen	WAT
80.0	G Badrick	SNH

800 Metres

2:21.2	J Mansell	SNH
2:24.73	S Proffitt	SBH
2:25.5	L Wake	HPX
2:27.5	C Davies	HPX
2:28.39	L Whitehead	HPX
2:46.7	M Scheuber	SNH
2:55.12	G Badrick	SNH
2:35.40	J Baggio	D&T

1500 Metres

4:45.75	H Walker	D&T
4:47.1	R Newstead	BED U
4:50.0	J Mansell	SNH
5:01.6	C Davies	HPX
5:01.6	S Proffitt	SBH
5:11.4	L Whitehead	HPX
5:32.8	M Scheuber	SNH
5:36.93	S McCormick	SNH
5:21.0	H Kitchen	WAT

3000 Metres

10:00.6	H Walker	D&T
10:26.7	R Newstead	BED U
12:00.2	R Harding	D&T
12:31.3	S McCormick	SNH
16:03.9	J Moore	HPX
17:22.1	P Lundgren	HPX

5000 Metres

17:24.0 H Walker

D&T

4 x 100 Metres Relay

54.4 Stevenage & N.H.

100m Hurdles

14.1	S Gaynor	HPX
14.2	S Gaynor	HPX
15.4	L Wake	HPX
16.11	M Sasegbon	SNH (U17)
17.0	H Van Kempen	HPX
17.8	H Kruse	HPX
18.37	N Burrows	HPX
20.7	N Bullock	WAT
21.97	B Scanes	SNH (U17)

400m Hurdles

65.63	E Stevens	HPX
68.8	M Sasegbon	SNH (U17)
73.3	H Kruse	HPX
74.1	J Moore	HPX
74.5	H Van Kempen	HPX
80.84	A Rees	SNH (U17)
84.2	N Bullock	WAT

High Jump

1.55	H Kruse	HPX
1.47	L Wake	HPX
1.45	D Currie	HPX
1.30	L Scanes	SNH
1.20	J Kirke	WAT

Long Jump

4.98	L Wake	HPX
4.96	D Currie	HPX
4.71	H Kruse	HPX
4.89	A Bushell	StA
4.33	B Awokoya	SNH
4.21	N Burrows	HPX
4.04	L Capicotto	WAT
3.52	J Kirke	WAT

Triple Jump

10.99	D Currie	HPX
10.46	B Scanes	SNH
10.09	H Kruse	HPX
9.57	A Connaughton	StA
8.93	N Burrows	HPX

Shot

12.10	B Awokoya	SNH
10.03	P Lundgren	HPX
9.08	I Wake	HPX
8.47	H Kruse	HPX
8.39	L Capicotto	WAT
8.08	D Smith	SNH
7.52	S Gaynor	HPX
6.77	L Scanes	SNH
5.87	N Andrews	SNH

Discus

31.19	L Capicotto	WAT
30.60	L Scanes	SNH
27.00	P Lundgren	HPX
16.90	H Van Kempen	HPX
11.73	D Currie	HPX

Hammer

37.34	L Scanes	SNH
16.79	D Currie	HPX
15.74	H Kruse	HPX
12.97	C Davies	HPX
9.50	P Lundgren	HPX

Javelin

43.00	P Lundgren	HPX
28.76	L Capicotto	WAT
27.12	L Wake	HPX
25.79	H Kruse	HPX
25.60	H Richardson	D&T
21.77	A Kelly	D&T
19.18	S Gaynor	HPX
17.56	B Awokoya	SNH
10.25	L Scanes	SNH

Heptathlon

4310	L Wake	HPX
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