

Herts County Rankings - 2009

Senior Women

100 Metres

12.9	L	Jones	HPx
13.0	R	Wilcock	WatH
13.4	L	Gale	D&T
13.71	J	Saunders-Mullins	SNH
13.76	L	Shortland	SNH
15.8	A	Putko	WatH
16.1	A	Halford	WatH

200 Metres

26.42	L	Jones	HPx
27.1	R	Wilcock	WatH
27.51 w	N	Farman	HPx
27.7	E	Kemp	SNH
27.8	H	Kruse	HPx
27.8	N	Farman	HPx
27.9	E	Kavanagh	HPx
28.18	J	Saunders-Mullins	SNH
28.33	H	Kruse	HPx
28.5	S	Reed	SNH
28.98 w	C	Gaynor	HPx
29.9	F	Olliffe	WatH
31.8	N	Andrews	SNH
32.9	A	Pulko	WatH

400 Metres

59.8	E	Kemp	SNH
60.6	L	Jones	HPx
62.3	L	Gale	D&T
62.34	J	Saunders-Mullins	SNH
63.3	S	Reed	SNH
64.5	A	Pieczka	WatH
65.3	N	Farman	HPx
66.02	C	Gaynor	HPx
66.3	V	Samson	D&T
68.4	H	Kruse	HPx

800 Metres

2:08.38	H	Beard	SNH
2:17.00	E	Kemp	SNH
2:21.9	V	Samson	D&T
2:25.8	A	Pieczka	WatH
2:26.8	E	Kavanagh	HPx
2:31.2	C	Davies	HPx
2:43.04	J	Saunders-Mullins	SNH
2:43.4	N	Farman	HPx
2:44.9	S	Reed	SNH
2:47.93	H	Kruse	HPx
2:49.3	C	Feely	SNH
2:52.8	N	Andrews	SNH

1500 Metres

4:21.87	L	Brathwaite	HPx
4:55.59	E	Kemp	SNH
5:00.8	N	Taylor	HPx
5:04.72	A	Pieczka	WatH
5:20.12	V	Samson	D&T
5:32.7	R	Grundy	WatH
5:48.5	C	Feely	SNH
5:50.8	L	Roberts	D&T
5:56.6	N	Andrews	SNH
6:00.4	A	Pulko	WatH
6:10.1	A	Halford	WatH

3000 Metres

9:54.4	L	Brathwaite	HPx
10:05.08	L	Hall	HPx

10:40.2	N	Taylor	HPx
11:27.0	R	Grundy	WatH
11:31.3	E	Kemp	SNH
11:53.8	K	James	WatH
12:29.9	T	Scheuber	SNH
13:10.5	C	Feely	SNH
13:25.9	A	Halford	WatH
13:34.8	N	Andrews	SNH
13:36.1	A	Pulko	WatH

10000 Metres

40:49.27s	N	Taylor	HPx
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2000 Metres Steeplechase

9:43.6	N	Andrews	SNH
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100 Metres Hurdles

15.9 w	N	Farman	HPx
16.0	N	Farman	HPx
16.1	H	Kruse	HPx
19.15	S	Reed	SNH
21.3	B	Harris	SNH
22.7	A	Putco	WatH
22.9	A	Halford	WatH
28.6	S	Louise	WatH

400 Metres Hurdles

61.4	L	Jones	HPx
64.5	A	Pieczka	WatH
68.9	E	Kavanagh	HPx
69.34	S	Reed	SNH
72.4	H	Kruse	HPx
79.3	B	Harris	SNH
85.2	N	Andrews	SNH
91.9	A	Halford	WatH

4 x 100 Metres Relay

50.2		Herts Phoenix	
54.9		Stevenage & NH	
57.3		Watford Harriers	

4 x 400 Metres Relay

4:01.4		Herts Phoenix	
4:23.4		Stevenage & NH	
4:39.8		Watford Harriers	

High Jump

1.60	H	Kruse	HPx
1.60	N	Farman	HPx
1.45	N	Andrews	SNH
1.45	E	Kavanagh	HPx
1.30	K	Streatfield	HPx

Pole Vault

3.70	L	Shortland	SNH
3.35	S	Robinson	D&T
2.30	N	Andrews	SNH

Long Jump

5.28	N	Farman	HPx
4.98	K	Streatfield	HPx
4.79	H	Kruse	HPx
4.57	S	Reed	SNH
4.29	B	Harris	SNH
4.10	R	Grundy	WatH
3.96	E	Miller	HPx

Triple Jump

11.63	K	Streatfield	HPx
10.50	N	Farman	HPx
9.91	S	Reed	SNH

9.79	H	Kruse	HPx
9.17	L	Jpnes	HPx
8.47	R	Grundy	WatH

Shot

11.36s	S	McLellan	SNH
10.35	L	Jones	HPx
10.10	N	Farham	HPx
9.25	H	Kruse	HPx
8.52	E	Miller	HPx
6.76	L	Capicotto	WatH
6.34	S	Reed	SNH
5.98	N	Andrews	SNH
5.64	A	Halford	WatH

Discus

31.35	S	Robinson	D&T
33.99	A	Halford	WatH
26.11	L	Jones	HPx
15.07	E	Kavanagh	HPx

Hammer

40.07	E	Miller	HPx
19.53	L	Jones	HPx
19.25	H	Kruse	HPx
18.67	S	Robinson	D&T

Javelin

38.42	L	Jones	HPx
31.44	N	Farman	HPx
26.09	L	Capicotto	WatH
25.28	H	Kruse	HPx
17.88	W	Kavanagh	HPx
12.48	A	Pulko	WatH
9.60	A	Halford	WatH

Heptathlon

4186	N	Farman	HPx
3850	H	Kruse	HPx