

Herts County Rankings - 2009

Under 20 Women

100 Metres

12.24	B	Awokoya	SNH
12.40	L	Wake	HPx
12.6	C	Cullen	HPx
12.7	L	Thompson	HPx
12.9 w	E	Stevens	HPx
13.0	E	Stevens	HPx
13.18	S	Gaynor	HPx
13.2	M	Sasegbon	SNH
13.4	R	Hore	HPx
15.4	M	Jacques	WatH

200 Metres

24.54	L	Wake	HPx
25.62	B	Awokoya	SNH
26.31	E	Stevens	HPx
26.4	D	Willis	HPx
26.8	C	Cullen	HPx
27.33	M	Sasegbon	SNH
27.6	L	Thompson	HPx
27.70	N	Edwards	HPx
27.9	R	Hore	HPx
29.64	J	Barber	SNH
32.72	E	Fordham	StA
33.7	M	Jacques	WatH

400 Metres

54.07	L	Wake	HPx
58.8	D	Willis	HPx
59.9	S	Sattin	HPx
60.0	A	Kelly	D&T
62.3	R	Hore	HPx
69.9	C	Nightingale	SNH
73.7	N	Irecheukuw	Bar
75.7	S	Burke	WatH
77.9	M	Jacques	WatH

800 Metres

2:15.76	A	Kelly	D&T
2:24.4	E	Golland	Bar
2:26.9	L	Whitehead	HPx
2:30.22	M	Sasegbon	SNH
2:37.76	R	Hore	HPx
2:38.49	J	Barber	SNH
2:40.7	S	Gaynor	HPx
2:41.5	H	Kitchen	WatH
2:52.0	A	Pring	SNH

1500 Metres

4:36.68	H	Walker	D&T
4:52.6	E	Golland	Bar
4:53.32	C	Davies	HPx
4:58.4	L	Whitehead	HPx
5:30.0	H	Kitchen	WatH
5:51.3	L	Haggerty	D&T
5:52.8	J	Barber	SNH
6:00.7	A	Pring	SNH

3000 Metres

11:50.5	R	Harding	D&T
12:59.6	L	Haggerty	D&T
12:18.2	C	Perry	Bar
16:37.3	S	Gaynor	HPx

100 Metres Hurdles

13.97	S	Gaynor	HPx
14.57	C	Humphries	HPx

15.3	w	E	Stevens	HPx
15.33		E	Stevens	HPx
15.37		M	Sasegbon	SNH
15.44		L	Thompson	HPx
19.5		R	Hore	HPx
19.8		B	Scanes	SNH
20.3		J	Barber	SNH

400 Metres Hurdles

66.42		E	Stevens	HPx
66.7		R	Hore	HPx
68.70		M	Sasegbon	SNH
71.0		D	Willis	HPx
78.45		J	Barber	SNH
86.9		B	Scanes	SNH

4 x 100 Metres Relay

51.0			Herts Phoenix	
53.0			Dacorum & Tring	

4 x 400 Metres Relay

4:07.7			Herts Phoenix	
4:17.6			Dacorum & Tring	

High Jump

1.76		M	Sasegbon	= CR	SNH
1.50		B	Scanes		SNH
1.40		S	Burke		WatH
1.23		J	Barber		SNH
1.20		L	Scanes		SNH

Pole Vault

2.40		J	Barber	SNH
------	--	---	--------	-----

Long Jump

5.34		L	Thompson	HPx
5.28		M	Sasegbon	SNH
4.94		L	Wake	HPx
4.63		B	Scanes	SNH
4.61		C	Cullen	HPx
4.40		D	Currie	HPx
4.24		P	Lundgren	HPx
3.97		M	Jacques	WatH
3.52		J	Barber	SNH

Triple Jump

11.08		D	Currie	HPx
10.41		B	Scanes	SNH
10.30		C	Nightingale	SNH
9.50		R	Hore	HPx
9.29		K	Grehan	HPx
8.89		J	Barber	SNH
7.99		M	Jacques	WatH

Shot

10.85		B	Awokoya	SNH
10.70		P	Lundgren	HPx
7.69		M	Sasegbon	SNH
6.87		J	Barber	SNH
6.82		F	Gross	SNH
6.35		S	Burke	WatH
6.29		L	Scanes	SNH
6.29		D	Willis	HPx

Discus

26.84		L	Scanes	SNH
23.36		F	Gross	SNH
28.25		S	Burke	WatH
28.84		P	Lundgren	HPx

Hammer

38.02	L	Scanes	SNH
35.81	F	Gross	SNH
18.18	P	Lundgren	HPx
17.74	S	Burke	WatH
16.85	D	Currie	HPx
7.64	K	Grehan	HPx

Javelin

44.36	P	Lundgren	HPx
37.98	K	Grehan	HPx
30.69	S	Robinson	D&T
30.30	L	Gale	D&T
26.94	L	Wake	HPx
22.96	M	Sasegbon	SNH
18.55	J	Barber	SNH
16.41	R	Carbery	D&T
13.23	F	Gross	SNH
11.71	L	Scanes	SNH

Heptathlon

4269	M	Sasegbon	SNH
2490	J	Barber	SNH