

2010 HERTS COUNTY T&F RANKING LISTS

Senior Women

100m

12.43	Hayley-Jane	Cone	TVH
12.9	Laura	Jones	HPx
12.9	Stephanie	Gaynor	HPx
13.22	Christina	Silva	E&H
13.33	Rebecca	Wilcock	Wat
13.5	Louise	Shortland	SNH
14.6	Nneka	Irechuknu	Bar
15.26	Alison	Putko	Wat
16.7	Angela	Halford	Wat

200m

26.42	Stephanie	Gaynor	HPx
26.6	Hayley-Jane	Cone	TVH
28.4	Nikki	Silva	E&H
29.3	Rebecca	Wilcock	Wat
29.59	Jasmine	Forde	SNH
30.0	Nneka	Irechukna	Bar
31.6	Alison	Putko	Wat

400m

59.36i	Nikki	Silva	E&H
61.9	Olivia	Ross-Hurst	HPx
63.0	Victoria	Walker	SBH
64.5	Jasmine	Forde	SNH
64.9	A	Wroblewska	Wat
67.4	Alison	Pulko	Wat
68.4	Erika	Golland	Bar
72.37	Helen	Johal	Wat
73.7	Nneka	Irechukna	Bar
73.92	Angela	Halford	Wat

800m

2:09.72	Hayley	Beard	Un Att.
2:11.7	Nikki	Silva	E&H
2:19.5	Victoria	Walker	SBH
2:21.00	Sophie	Proffitt	SBH
2:17.47	Emma	Kemp	SNH
2:27.52	Jasmine	Forde	SNH
2:29.02	Laura	Whitehead	HPx
2:37.70	Alison	Putko	Wat
2:45.41	Angela	Halford	Wat

1500m

4:25.18	Lizzie	Braithwaite	HPx
4:45.70s	Sophie	Proffitt	SBH
4:47.74	Charlotte	Davies	HPx
4:47.93	Victoria	Walker	SBH
4:55.9	Laura	Whitehead	HPx
4:57.04	Emma	Kemp	SNH
5:00.1	Erika	Golland	Bar
5:05.8	Natasha	Taylor	HPx
5:13.9	S	Wroblewska	Wat
5:14.9	Nikki	Silva	E&H
5:21.5	Jasmine	Forde	SNH
5:27.3	Helen	Johal	Wat
5:38.4	Angela	Halford	Wat
6:02.8	Phillipa	Horton	Bar
6:19.2	Alison	Putko	Wat

3000m

10:08.43	Victoria	Walker	SBH
10:25.0	Charlotte	Davies	HPx
10:50.2	Natasha	Taylor	HPx
11:22.4	Emma	Kemp	SNH
12:22.3	Rowena	Grundy	Wat

12:24.2	Nikki	Silva	E&H
12:30.6	Alison	Putko	Wat
12:56.9	Phillipa	Horton	Bar
13:31.9	Angela	Halford	Wat

100m Hurdles

13.98	Stephanie	Gaynor	HPx
15.6	Christina	Silva	E&H
16.65	Hayley	Kruse	HPx
18.0	Natalie	Farman	HPx
18.8	Beth	Harris	SNH
20.9	Louise	Kelly	Wat
21.9	Alison	Putko	Wat
23.1	Angela	Halford	Wat

400m Hurdles

65.4	Christina	Silva	E&H
69.4	Hayley	Kruse	HPx
70.3	Laura	Jones	HPx
78.31	Victoria	Walker	SBH
79.4	Alison	Putko	Wat
83.7	Angela	Halford	Wat
83.7	Beth	Harris	SNH
87.40	Nikki	Andrews	SNH
88.5	Rowena	Grundy	Wat

1500m Steeplechase

5:08.8	Victoria	Walker	SBH
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2000m Steeplechase

7:16.96	Victoria	Walker	SBH
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High Jump

1.60	Hayley	Kruse	HPx
1.55	Natalie	Farman	HPx
1.55	Stephanie	Gaynor	HPx
1.50	Sarka	Robinson	D&T
1.45	Christina	Silva	E&H
1.40	Nikki	Andrews	SNH
1.35	Beth	Harris	SNH
1.35	Danielle	Currie	HPx
1.30	Louise	Kelly	Wat

Pole Vault

3.70	Louise	Shortland	SNH
3.40	Sarka	Robinson	D&T
2.50	Louise	Kelly	Wat
2.10	Nikki	Andrews	SNH
1.00	Hayley	Kruse	HPx

Long Jump

4.89	Danielle	Currie	HPx
4.66	Natalie	Farman	HPx
4.50	Rebecca	Wilcock	Wat
4.23	Beth	Harris	SNH
4.04	Louise	Kelly	Wat
4.01	Alison	Putko	Wat

Triple Jump

10.54	Danielle	Currie	HPx
10.29	Hayley	Kruse	HPx
10.05	Natalie	Farman	HPx
9.27	Christina	Silva	E&H
9.15	Beth	Harris	SNH

Shot

10.47	Shelley	McLellan	SNH
10.25	Natalie	Farman	HPx
10.11	Peta	Lundgren	HPx
9.71	Laura	Jones	HPx
9.45	Louise	Kelly	Wat

9.29	Hayley	Kruse	HPx
8.74	Sarka	Robinson	D&T
7.96	L	Djan	D&T
7.55	Louise	Shortland	SNH
6.96	Alison	Putko	Wat

Discus

28.36	Louise	Capicotto	Wat
27.94	Sarka	Robinson	D&T
27.82	Peta	Lundgren	HPx
18.08	Louise	Kelly	Wat
16.78	Loren	Scanes	SNH
9.75	Laura	Whitehead	HPx

Javelin

42.55	Peta	Lundgren	HPx
32.23	Sarka	Robinson	D&T
29.70	Natalie	Farman	HPx
29.68	Laura	Jones	HPx
29.38	Rachel	Williams	SNH
25.43	Hayley	Kruse	HPx
23.05	Louise	Kelly	Wat
12.56	Alison	Putko	Wat

Hammer

36.40	Loren	Scanes	SNH
38.17	Eve Miller	Miller	HPx
23.89	Louise	Shortland	SNH
21.26	Danielle	Currie	HPx
20.54	Sarka	Robinson	D&T

4 x 100m

48.9		Herts Phoenix
55.8		Watford Harriers

4 x 400m

4:00.5		Herts Phoenix
4:41.3		Watford Harriers