

## 2010 HERTS COUNTY T&F RANKING LISTS

### Under 17 Women

#### 100m

11.24	Jodie	Williams	HPx
12.5	Jatila	Reavil-Blake	D&T
12.6	Joy	Warman	Wat
12.65	Frances	Slater	HPx
12.8	Abi	Griffiths	HPx
12.9	Danni	Town	D&T
13.1	Pippa	Mills	D&T
13.1	Ayo	Awokoya	SNH
13.3	Shannon	Procter	HPx
13.35w	Olivia	Harry	HPx
13.4	Isabel	Cacciatore	HPx
13.63	Zayne	Muller-Smith	Wat
13.8	Sacha	Dowling	HPx
13.8	Stephanie	Rukin	StA
13.9	M	Lancaster	Wat
13.9	Alex	Gates	SNH
14.2	Monica	Hamilton	SNH
14.1	L	Besser	StA
14.1	Rowen	Seglah	StA
14.1	Kathryn	Sweetlove	SNH
14.1	Temi	Fajobi	SNH
14.2	Renee	Hector	SNH
14.3	Whitney	Bryan	HPx
14.4	Laura	Owler	StA
14.5	Laura	Feely	SNH

#### 200m

22.79	Jodie	Williams	HPx
26.0	Jatila	Reavil-Blake	D&T
26.27	Abi	Griffiths	HPx
26.69	Joy	Warman	Wat
26.8	Megan	Steer	StA
26.8	Alice	Rackham	SNH
27.1	Danni	Town	D&T
27.5	Shannon	Procter	HPx
27.5	Isabelle	Cacciatore	HPx
27.7	Pippa	Mills	D&T
27.7	Shimaala	Harewood	Wat
27.8	Alex	Gates	SNH
28.0	Olivia	Harry	HPx
28.5	Sophie	Lee	D&T
28.5	Temi	Fajobi	SNH
28.6	Claire	Ward	SNH
28.7	Ellie	Montgomery	HPx
28.8	Ayo	Awokoya	SNH
29.0	Whitney	Bryan	HPx
29.2	Sacha	Dowling	HPx
29.2	Hannah	Dewhurst	SNH
29.3	Catherine	Mackintosh	StA
29.5	Sophie	Lee	D&T
29.58	Helena	Page	HPx
29.7	Laura	Owler	StA
29.8	Rowen	Seglah	StA

#### 300m

42.2	Megan	Steer	StA
42.86	Abi	Griffiths	HPx
44.1	Ella	Lloyd	HPx
44.1	Shannon	Procter	HPx
44.5	Lizzie	Bird	HPx
44.8	Alice	Rackham	SNH
45.2	Helena	Page	HPx
45.5	Catherine	Mackintosh	StA
45.8	Chelsea	Shurland	Wat
45.8	Temi	Fajobi	SNH
46.2	Kate	Barber	Bar
47.6	Kathryn	Sweetlove	SNH
47.8	Hannah	Hull	StA
47.9	Charlotte	Baird	SNH
49.0	Stephanie	Rukin	StA
49.0	Claire	Bentley	Wat
50.0	Natalie	Wickings	Wat

52.2	Hannah	Nolan	HPx
53.0	Laura	Feely	SNH

#### 400m

54.33	Jodie	Williams	HPx
59.72	Meghan	Steer	StA
60.72	Abi	Griffiths	HPx
61.77	Ella	Lloyd	HPx
62.9	Lizzie	Bird	HPx
63.00	Ciara	Stewart	SBH
64.7	Temí	Fajobi	SNH
64.99	Helena	Page	HPx
65.6	Chelsea	Shurland	Wat
66.79	Charlotte	Baird	SNH
70.3	Claire	Ward	SNH
74.39	Claire	Bentley	Wat

#### 800m

2:14.20	Lizzie	Bird	HPx
2:15.68	Meghan	Steer	StA
2:21.32	Ciara	Stewart	SBH
2:21.77	Laura	Farrar	StA
2:21.8	Hannah	Dewhurst	SNH
2:23.1	Catherine	Mackintosh	StA
2:24.00	Ella	Lloyd	HPx
2:27.4	Kate	Barber	Bar
2:28.7	Natalie	Wickings	Wat
2:28.8	Laura	Brown	D&T
2:29.11	isobel	Thompson	SBH
2:29.74	Sarah	Grover	D&T
2:29.78	Alex	Eykelbosch	D&T
2:31.2	Abi	Griffiths	HPx
2:31.5	Alice	Rackham	SNH
2:31.9	Emma	Steed	Wat
2:33.0	Helena	Page	HPx
2:33.1	Claire	Ward	SNH
2:34.6	Aisling	Hayward	HPx
2:35.6	Martha	Omar	Wat
2:45.2	Charlotte	Baird	SNH
2:45.9	Grace	Mann	SNH
2:47.16	Claire	Bentley	Wat

#### 1500m

4:32.78	Lizzie	Bird	HPx
4:50.49	Laura	Farrar	StA
4:55.2	Hannah	Dewhurst	SNH
4:55.33	Ciara	Stewart	SBH
5:01.91	Ella	Fuller	HPx
5:08.44	Natalie	Wickings	Wat
5:10.8	Meghan	Steer	StA
5:18.0	Isobel	Thompson	SBH
5:20.53i	Charlotte	Michael	Bar
5:24.1	Jade	Denham	HPx
5:26.2	Kate	Barber	Bar
5:26.5	Sarah	Grover	D&T
5:27.45	Hannah	Hull	StA
5:32.7	Catherine	Mackintosh	StA
5:33.2	Aisling	Hayward	HPx
5:38.6	Rebecca	Pritchard	StA
5:42.21	Emma	Steed	Wat
5:53.3	Sarah	Pike	SNH

#### 3000m

10:10.11	Lizzie	Bird	HPx
10:43.18	Laura	Farrar	StA
10:52.16	Isobel	Thompson	SBH
11:01.66	Ciara	Stewart	SBH
11:09.8	Hannah	Dewhurst	SNH
11:14.19	Hannah	Hull	StA
11:14.1	Natalie	Wickings	Wat
11:44.8	Charlotte	Michael	Bar
12:53.0	Sarah	Pike	SNH
17:35.04	Helena	Page	HPx

#### 80m Hurdles

12.59	Sophie	Lee	D&T
12.7	Claire	Ward	SNH
12.9	Stephanie	Rukin	StA
13.0	Janet	Browne	SNH

13.1	Alice	Rackham	SNH
13.3	Freya	Burgess	D&T
13.4	Rowen	Seglah	StA
13.4	Phillippa	Bryant	D&T
14.0	Shimaala	Harewood	Wat
14.2	Olivia	Harry	HPx
14.3	Hannah	Earnshaw	Wat
14.7	Ayo	Awokoya	SNH
15.5	Claire	Bentley	Wat

#### 100m Hurdles

16.9	Claire	Ward	SNH
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#### 300m Hurdles

48.2	Alex	Gates	SNH
48.7	Sophie	Lee	D&T
49.2	Alex	Gates	SNH
50.2	Claire	Ward	SNH
50.4	Olivia	Harry	HPx
50.7	Stephanie	Rukin	StA
53.3	Janet	Browne	SNH
53.3	Claire	Bentley	Wat
61.1	Jade	Barber	SNH
61.1			

#### 400m Hurdles

62.8	Laura	Wake	HPx
70.9	Claire	Ward	SNH

#### 4 x 100m

51.9		Herts Phoenix	
52.4		Dacorum and Tring	
53.8		Watford Harriers	

#### 4 x 300m

2:56.3		Herts Phoenix	
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#### High Jump

1.60	Kate	Jones	StA
1.60	Alice	Rackham	SNH
1.60	Janet	Browne	SNH
1.53	Sarah	Grover	D&T
1.52	Ellie	Harrison	D&T
1.51	Claire	Ward	SNH
1.45	Abi	Griffiths	HPx
1.45	Martha	Omar	Wat
1.40	Joy	Warman	Wat
1.40	Tillie	Farman	SNH
1.35	Jade	Denham	HPx
1.35	Hannah	Earnshaw	Wat
1.30	Sinead	Reading	StA
1.30	Claire	Bentley	Wat

#### Pole Vault

2.70	Olivia	Harry	HPx
2.50	Tillie	Farman	SNH
2.30	Rowen	Seglah	StA
2.30	Claire	Ward	SNH
2.10	Hannah	Earnshaw	Wat

#### Long Jump

5.27	Alex	Gates	SNH
5.14	Jatila	Reavil-Blake	D&T
5.09	Sophie	Lee	D&T
4.90	Freya	Burgess	D&T
4.60	Pippa	Mills	D&T
4.55	Sacha	Dowling	HPx
4.55	Claire	Ward	SNH
4.49	Alice	Rackham	SNH
4.44	Shimaala	Harewood	Wat
4.34	Olivia	Harry	HPx
4.26	Janet	Browne	SNH
4.23	Kate	Jones	StA
4.19	Stephanie	Rukin	StA
4.09	Laura	Owler	StA
4.09	Laura	Feely	SNH
4.06	Martha	Omar	Wat
4.04	Hannah	Earnshaw	Wat
4.02	Lizzie	Bird	HPx

4.00	Martina	Barber	SNH
3.71	Claire	Bentley	Wat
3.67	Tillie	Farnam	SNH
3.41	Hannah	Dewhurst	SNH
3.40	Sophie	Goddard	SNH

### Triple Jump

12.02	Shimaala	Harewood	Wat
10.25	Sacha	Dowling	HPx
10.23	Alex	Gates	SNH
10.15	Ellie	Harrison	D&T
10.00	Danni	Town	D&T
9.53	Temí	Fajobi	SNH
9.36	Hannah	Earnshaw	Wat
9.25	Tillie	Farman	SNH
9.19	Shannon	Proctor	HPx
8.82	Ellie	Montgomery	HPx
8.71	Sinead	Reading	StA
8.68	Megan	Steer	StA
8.68	Claire	Ward	SNH
8.60	Abi	Wilde	StA
8.60	Martha	Omar	Wat
7.59	Rowen	Seglah	StA
7.24	Hannah	Hull	StA
6.72	Charlotte	Baird	SNH
5.88	Katherine	Boddy	SNH

### Shot

9.89	Ayo	Awokoya	SNH
9.82	Sarah	Miller	HPx
9.27	Renee	Hector	SNH
8.83	Alix	Smith	StA
7.64	Sophie	Lee	D&T
7.38	Ellie	Harrison	D&T
7.30	Danni	Town	D&T
7.12	Shannon	Procter	HPx
7.08	Sophie	Goddard	SNH
6.78	Jade	Barber	SNH
6.66	Claire	Ward	SNH
6.28	Alice	Rackham	SNH
5.96	Emma	Steed	Wat
5.54	Claire	Bentley	Wat
5.51	Abi	Griffiths	HPx
5.50	Sinead	Reading	StA
5.36	Leah	Dickinson	Wat
5.35	Emma	Dudley	HPx
5.14	Catherine	Mackintosh	StA

### Discus

39.96	CR	Renee	Hector	SNH
32.95		Sarah	Miller	HPx
30.40		Helena	Page	HPx
25.00		Sophie	Goddard	SNH
25.00		Abi	Wilde	StA
20.93		Alix	Smith	StA
20.24		Amy	Wareing	SNH
19.21		Sophie	Lee	D&T
16.55		Catherine	Mackintosh	StA
16.09		Leah	Dickinson	Wat
15.51		Charlotte	Baird	SNH
14.78		Shannon	Procter	HPx
14.08		Abi	Griffiths	HPx
13.50		Jade	Barber	SNH
10.61		Laura	Farrar	StA

### Hammer

36.00		Sophie	Goddard	SNH
25.70		Laura	Feely	SNH
21.99		Alix	Smith	StA
16.65		Sarah	Miller	HPx
15.05		Abi	Wilde	StA
5.90		Hannah	Hull	StA
5.18		Laura	Farrar	StA

### Javelin

37.45		Abi	Wilde	StA
31.41		Sarah	Miller	HPx
28.87		Claire	Ward	SNH
24.90		Kate	Jones	StA

24.27	Katherine	Boddy	SNH
23.50	Amie	Moores	D&T
21.27	Sophie	Lee	D&T
21.13	Jade	Barber	SNH
19.28	Ciara	Stewart	SBH
19.11	Sophie	Goddard	SNH
17.61	Ellie	Montgomery	HPx
16.00	Alice	Rackham	SNH
15.88	Alix	Smith	StA
15.43	Hannah	Earnshaw	Wat
15.34	Martina	Barber	SNH
14.90	Claire	Bentley	Wat
12.90	Shimaala	Harewood	Wat
12.43	Leah	Dickinson	Wat
11.69	Tillie	Farman	SNH
10.78	Shannon	Procter	HPx

#### Heptathlon

3500	Alice	Rackham	SNH
3496	Claire	Ward	SNH
2378	Claire	Bentley	Wat