

**2011 HERTS COUNTY T&F RANKING LISTS**

22.5 Angela Halford Wat.

**Senior Women**

**100m**

12.6 Hayley-Jayne Cone TVH  
 12.6 Emily Stevens HPx  
 13.3 Moe Sasegbon SNH  
 13.66 Elena Crompton D&T  
 13.85 Helena Cooper D&T  
 14.6 Alison Putko Wat  
 16.5 Angela Halford Wat

**200m**

24.75 Laura Wake HPx  
 25.74 Emily Stevens HPx  
 26.4 Hayley-Jayne Cone TVH  
 28.2 Elena Crompton D&T  
 28.62 Helena Cooper D&T  
 31.2 Alison Putko Wat

**400m**

53.79 Laura Wake HPx  
 59.6 Emily Stevens HPx  
 63.7 Olivia Ross-Hurst HPx  
 67.31 Alison Putko Wat  
 69.1 Angela Halford Wat

**800m**

2:07.59 Lizzie Braithwaite HPx  
 2:18.7 Charlotte Davies HPx  
 2:21.31 Laura Whitehead HPx  
 2:26.4 Olivia Ross-Hurst HPx  
 2:29.55 Tanya Cubric HPx  
 2:32.42 Alison Putko Wat  
 2:42.12 Angela Halford Wat  
 2:56.6 Philippa Horton Bar  
 2:57.8 Jasmine Forde SNH

**1500m**

4:15.81 Lizzie Braithwaite HPx  
 4:41.64 Charlotte Davies HPx  
 4:47.98 Laura Whitehead HPx  
 5:05.12 Natasha Taylor HPx  
 5:11.30 Helen Johal Wat  
 5:17.67 Olivia Ross-Hurst HPx  
 5:31.8 Elizabeth Roberts D&T  
 5:37.20 Chrissie Richards HPx  
 5:39.90 Angela Halford Wat  
 5:56.2 Jasmine Forde SNH

**3000m**

10:09.37 Lizzie Braithwaite HPx  
 10:59.47 Natasha Taylor HPx  
 11:45.8 Elizabeth Roberts D&T  
 11:49.0 Vicky Samson D&T  
 11:54.45 Chris Richards HPx  
 12:41.1 Angela Halford Wat  
 12:39.3 Philippa Horton Bar  
 12:59.4 Jasmine Forde SNH  
 13:12.0 Alison Putko Wat  
 14:45.9 Catherine Perry Bar

**100mH**

14.69 Moe Sasegdon SNH  
 15.4 Chris Richards HPx

**400mH**

59.79 Emily Stevens HPx  
 60.10 Laura Wake HPx  
 72.83 Olivia Ross-Hurst HPx  
 79.8 Vicky Samson D&T  
 80.3 Alison Putko Wat  
 81.4 Angela Halford Wat

**2000mSC**

8:39.3 Natasha Taylor HPx

**3000mSC**

10:11.6 Jasmine Forde SNH

**4x100m**

51.41 Herts Phoenix  
 55.1 Watford Harriers

**4x400m**

4:00.43 Herts Phoenix  
 4:34.3 Watford Harriers

**High Jump**

1.75 Moe Sasegdon SNH  
 1.45 Olivia Ross-Hurst HPx  
 1.20 Hannah Sheridan Bar  
 1.00 Philippa Horton Bar

**Pole Vault**

3.72 Louise Shortland SNH  
 3.20 Sarka Robinson D&T

**Long Jump**

5.34 Moe Sasegdon SNH  
 4.47 Elena Crompton D&T  
 3.35 Alison Putko Wat

**Triple Jump**

9.82 Danielle Currie HPx

**Shot**

9.29 Lydia Djan D&T  
 9.22 Rachel Williams SNH  
 7.79 Emily Stevens HPx  
 7.77 Olivia Ross-Hurst HPx

**Discus**

31.85 Rachel Williams SNH  
 24.55 Frances Gross SNH

**Hammer**

40.27 Frances Gross SNH

**Javelin**

37.43 Rachel Williams SNH  
 22.54 Hayley-Jayne Cone TVH  
 19.44 Olivia Ross-Hurst HPx  
 12.20 Nicki Phillips WatH