

2012 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Senior Women

100m			3:03.6	Mandy Violet	Bar
12.7	Lauren Thompson	HPx	3:43.3	Imelda Gavin	Bar
12.7	Emily Stevens	HPx	3:48.0	Ros De La Bertauche	Bar
12.77/0.7	Joanna Richards	StA			
13.2	Ciaran Palfreyman	HPx	1500m		
13.33	Elena Crompton	D&T	4:17.13	Liz Wheeler	HPx
14.3	Sara Stanton	Bar	4:56.98	Lois Bowles	E&H
14.4	Mary Brown	Bar	5:04.9	Jo Kent	Bar
14.5	Amanda Rochester	Bar	5:11.0	Sharon McHugh	E&H
14.74	Josephine Martin	Bar	5:32.5	Katherine March	Bar
15.4	Brenda Fee	Bar	5:34.1	Maggie Cooper	Bar
16.2	Mandy Violet	Bar	5:37.3	Catherine Perry	Bar
16.3	Sue McCormick	Bar	5:37.7	Pauline Michael	Bar
16.4	Chris Salvery	Bar	5:51.5	Mandy Violet	Bar
			5:57.0	Philippa Horton	Bar
200m			6:06.3	Chrissie Richards	HPx
24.46	Laura Wake	HPx	6:08.4	Lorna McDermott	WatH
25.9	Lauren Thompson	HPx	6:26.2	Angela Halford	WatH
25.94	Deborah Willis	HPx	8:01.3	Maureen Shirley	Bar
26.0	Philippa Lowe	D&T	8:03.5	Rebecca Willis	HPx
27.0	Emily Stevens	HPx			
27.00 i	Joanna Richards	StA	3000m		
30.08	Sara Stanton	Bar	10:56.0	Sharon McHugh	E&H
30.2	Amanda Rochester	Bar	11:16.5	Jo Kent	Bar
30.5	Mary Brown	Bar	11:29.7	Natasha Taylor	HPx
31.6	Rachel Bentley	WatH	11:44.4	Nicola Froud	Bar
31.9	Alison Putko	WatH	11:45.0	Katherine March	Bar
32.3	Brenda Fee	Bar	11:57.1	Catherine Perry	Bar
32.8	Sue McCormick	Bar	12:02.8	Philippa Horton	Bar
35.0	Philippa Horton	Bar	12:40.4	Chrissie Richards	HPx
36.4	Sarah Boxer	Bar	12:47.9	Heather Dawson	Bar
37.0	Chris Salvery	Bar	13:01.4	Lorna McDermott	WatH
			13:27.7	Angela Halford	WatH
400m			15:13.3	Erica Igbiroglu	Bar
53.12	Laura Wake	HPx	100m Hurdles		
56.76	Deborah Willis	HPx	14.07s	Claire Humphries	HPx
57.47	Emily Stevens	HPx	14.4	Lauren Thompson	HPx
60.7	Philippa Lowe	D&T	14.4	Emily Stevens	HPx
67.7	Amanda Rochester	Bar	15.4	Natalie Farman	HPx
68.48	Mary Brown	Bar	18.5	Sara Stanton	Bar
69.5	Alison Putko	WatH	18.7	Rachel Bentley	WatH
70.16	Angela Halford	WatH	20.84	Deborah Willis	HPx
71.4	Sue McCormick	Bar	22.3	Angela Halford	WatH
72.2	Maggie Cooper	Bar	22.6	Alison Putko	WatH
73.3	Catherine Perry	Bar	24.2	Mandy Violet	Bar
74.76	Brenda Fee	Bar			
81.2	Mandy Violet	Bar	400m Hurdles		
800m			58.79	Laura Wake	HPx
2:06.70	Liz Wheeler	HPx	61.52	Emily Stevens	HPx
2:20.0	Lois Bowles	E&H	67.5	Deborah Willis	HPx
2:23.61	Deborah Willis	HPx	77.62	Rachel Bentley	WatH
2:25.0	Tanya Cubric	HPx	78.3	Sara Stanton	Bar
2:27.6	Sharon McHugh	E&H	81.6	Angela Halford	WatH
2:31.6	Jo Kent	Bar	84.8	Alison Putko	WatH
2:44.0	Alison Putko	WatH	90.5	Mandy Violet	Bar
2:45.6	Catherine Perry	Bar			
2:48.8	Karen Murphy	Bar	1500m Steeplechase		
2:50.0	Pauline Michael	Bar	6:33.8	Philippa Horton	Bar
2:57.6	Philippa Horton	Bar	6:58.3	Mandy Violet	Bar
2:59.3	Angela Halford	WatH	7:04.1	Alison Putko	WatH
3:00.2	Mary Brown	Bar	7:05:5	Angela Halford	WatH
			7:07.4	Catherine Perry	Bar

2000m Steeplechase

7:12.6	Lois Bowles	E&H
9:20.3	Philippa Horton	Bar
10:00.9	Angela Halford	WatH
10:02.5	Mandy Violet	Bar

High Jump

1.55	Jenny Hutchings	HPx
1.25	Alison Putko	WatH
1.20	Angela Halford	WatH
1.20	Sara Stanton	Bar
1.10	Sarah Boxer	Bar
0.90	Mary Brown	Bar

Pole Vault

2.10	Sarka Robinson	HPx
1.10	Amy Blakemore	WatH

Long Jump

5.56	Lauren Thompson	HPx
4.92	Natalie Farman	HPx
4.88	Elena Crompton	D&T
4.83	Ciaran Palfreyman	HPx
4.78	Joanna Richards	StA
3.65	Mandy Violet	Bar
3.63	Rachel Bentley	WatH
3.57	Chris Salvery	Bar
3.14	Catherine Perry	Bar
3.00	Mary Brown	Bar
2.42	Ann Bolitho	Bar

Triple Jump

10.52	Polly Woods	HPx
8.55	Deborah Willis	HPx
7.73	Angela Halford	WatH
7.56	Chris Salvery	Bar
7.11	Catherine Perry	Bar
6.91	Katherine March	Bar
5.67	Philippa Horton	Bar
5.09	Catherine Scott	Bar

Shot

9.51	Natalie Farman	HPx
7.96	Sarka Robinson	HPx
7.43	Rebecca Willis	HPx
7.29	Deborah Willis	HPx
6.15	Ciaran Palfreyman	HPx
5.78	Angela Halford	WatH
5.72	Ann Bolitho	Bar
5.27	Sue McCormick	Bar
5.27	Amanda Rochester	Bar
5.24 i	Emily Fordham	StA
5.16	Catherine Scott	Bar
4.82	Catherine Perry	Bar

Discus

22.93	Sarka Robinson	HPx
20.54	Deborah Willis	HPx
16.51	Denise Copeman	Bar
15.85	Rebecca Willis	HPx
13.49	Ann Bolitho	Bar
12.42	Catherine Scott	Bar
12.33	Sarah Boxer	Bar
12.10	Sue McCormick	Bar
9.39	Brenda Fee	Bar

Hammer

24.92	Polly Woods	HPx
18.88	Sue McCormick	Bar
16.77	Ann Bolitho	Bar
10.58	Catherine Scott	Bar
8.75	Rebecca Willis	HPx
7.74	Deborah Willis	HPx

Javelin

31.65	Natalie Farman	HPx
28.57	Chloe Vernon-Hamilton	HPx
23.08	Sarka Robinson	HPx
21.70	Rachel Bentley	WatH
17.82	Joanne Kent	Bar
11.85	Alison Putko	WatH
11.72	Ann Bolitho	Bar
10.36	Catherine Scott	Bar
9.25	Brenda Fee	Bar
9.10	Sue McCormick	Bar

4x100m

57.6	Barnet and District
59.5	Watford Harriers

4x400m

4:49.8	Barnet and District
5:06.6	Watford Harriers