

2013 HERTS COUNTY TRACK AND FIELD RANKING LISTS

Senior Women

100 Metres

11.23	Jodie Williams	HPx
12.7	Philippa Lowe	D&T
13.02	Ciaran Palfreyman	HPx
13.2	Laura Gallagher	HPx
13.3	Deborah Willis	HPx
13.43	Hannah Lloyd	HPx
15.9	Alison Putko	WatH
18.0	June Doran	WatH

200 Metres

22.92	Jodie Williams	HPx
25.7	Philippa Lowe	D&T
25.81	Deborah Willis	HPx
26.9	Lauren Thompson	HPx
27.12	Hannah Lloyd	HPx
27.29	Ciaran Palfreyman	HPx
27.3	Moe Sasegbon	SNH
27.45	Claire Ward	SNH
27.83	Laura Gallagher	HPx
28.0	Chloe Vernon-Hamilton	SNH
28.43	Sandra Reed	SNH
30.4	Natasha Brunning	D&T
31.07	Christine Feely	SNH
35.01	Alison Putko	WatH

400 Metres

56.77	Deborah Willis	HPx
56.85	Philippa Lowe	D&T
58.48	Sian Harry	HPx
58.78	Alex Hill	HPx
60.04	Laura Gallagher	HPx
60.9	Moe Sasegbon	SNH
61.3	Amy Frith	D&T
63.58	Sandra Reed	SNH
64.5	Claire Ward	SNH
66.18	Jessica Barber	SNH
74.7	Alison Putko	WatH

800 Metres

2:18.26	Sian Harry	HPx
2:28.93	Laura Whitehead	HPx
2:35.10	Claire Ward	SNH
2:46.25	Claire Feely	SNH
2:52.1	Jessica Barber	SNH
2:59.89	Alison Putko	WatH
3:05.1	Elizabeth Roberts	D&T

1500 Metres

5:04.19	Laura Whitehead	HPx
5:37.8	Amy Frith	D&T
5:39.6	Clare Sparks	Bar
5:39.7	Elizabeth Roberts	D&T
5:47.4	Chloe Vernon-Hamilton	SNH
6:00.20	Christine Feely	SNH
6:08.4	Lorna McDermott	WatH
6:10.21	Hannah Lloyd	HPx
6:25.8	Charlotte Baird	SNH
6:30.1	Phillippa Horton	Bar
6:35.1	Sandra Reed	SNH
7:02.6	Alison Putko	WatH

3000 Metres

12:08.74	Eloise Meakins	HPx
12:51.8	Christine Feely	SNH
13:30.4	Phillippa Horton	Bar
14:18.1	June Doran	WatH
14:26.7	Lorna Martin	WatH
15:10.87	Ciaran Palfreyman	HPx

5000 Metres

20:02.2	Catherine Davies	D&T
23:23.4	Helen Reardon	D&T
26:10.8	Clare Copperwhite	D&T
26:13.4	Natalie Black	D&T
27:19.3	Natasha Wallace	D&T
27:19.7	Kirsty Russell	D&T
28:55.1	Samantha Hawkridge	D&T

100m Hurdles

14.00	Claire Humphries	HPx
14.28	Lauren Thompson	HPx
14.6	Moe Sasegbon	SNH
15.45	C Ward	SNH
15.90	Chloe Vernon-Hamilton	SNH
16.77	Ciaran Palfreyman	HPx
17.56	Hayley Kruse	HPx
18.10	Hannah Lloyd	HPx
18.92	Deborah Willis	HPx
20.4	Rachel Bentley	WatH
23.30	Alison Putko	WatH

400m Hurdles

61.07	Philippa Lowe	D&T
65.43	Hannah Lloyd	HPx
69.4	Deborah Willis	HPx
72.7	Hayley Kruse	HPx
85.33	Eloise Meakins	HPx
82.2	Rachel Bentley	WatH
87.67	Alison Putko	WatH

1500m Steeplechase

6:22.5	Clare Sparks	Bar
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2000m Steeplechase

9:24.6	Phillippa Horton	Bar
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High Jump

1.70	Moe Sasegbon	SNH
1.63	Hayley Kruse	HPx
1.60	Chloe Vernon-Hamilton	SNH
1.54	Claire Ward	SNH
1.50	Wendy Meadows-Smith	SNH
1.45	Natasha Brunning	D&T
1.45	Laura Gallagher	HPx
1.20	Alison Putko	WatH
0.90	Jade Scanteburg	Bar

Pole Vault

3.70	Anne Rees	SNH
3.30	Louise Shortland	SNH
2.90	Natasha Brunning	D&T

Long Jump

5.30	Moe Sasegbon	SNH
5.06	Chloe Vernon-Hamilton	SNH
4.98	Natasha Brunning	D&T
4.96	Hayley Kruse	HPx
4.85	Ciaran Palfreyman	HPx
4.68	Claire Ward	SNH
4.15	Laura Gallagher	HPx
3.86	Rachel Bentley	WatH
3.62	Alison Putko	WatH
2.88	June Doran	WatH
2.00	Katherine Doran	WatH

Triple Jump

10.78	Natasha Brunning	D&T
10.10	Hayley Kruse	HPx
9.98	Danielle Currie	HPx
9.69	Sandra Reed	SNH

9.00	Laura Gallagher	HPx
8.67	Amy Frith	D&T
8.23	Alison Putko	WatH
6.49	June Doran	WatH
5.31	Katherine Doran	WatH

Shot

12.04	Chloe Vernon-Hamilton	SNH
10.36	Moe Sasegbon	SNH
9.45	Rachel Williams	SNH
9.39	Anne Rees	SNH
8.55	Hayley Kruse	HPx
8.01	Claire Ward	SNH
7.51	Elena Compton	D&T
6.86	Ciaran Palfreyman	HPx
7.06	Katherine Doran	WatH

Discus

29.36	Rachel Williams	SNH
25.65	Katherine Doran	WatH
24.86	Frances Gross	SNH
24.40	Eloise Meakins	HPx
23.91	Chloe Vernon-Hamilton	SNH
21.84	Deborah Willis	HPx
21.68	Claire F-Ross	SNH
9.86	Abi Griffiths	HPx
5.93	Deborah Willis	HPx

Hammer

39.25	Frances Gross	SNH
19.65	Carolyn Shortland	SNH
16.58	Cathy Woolfrey	D&T
5.39	Deborah Willis	HPx

Javelin

50.16	Eloise Meakins	HPx
35.86	Claire Ward	SNH
33.53	Rachel Williams	SNH
29.96	Chloe Vernon-Hamilton	SNH
27.32	Hayley Kruse	HPx
22.07	Rachel Bentley	WatH
20.79	Katherine Doran	WatH
15.87	Natasha Brunning	D&T

4x100m Relay

50.60	Herts Phoenix
51.7	Dacorum & Tring
61.0	Watford Harriers

4x400m Relay

4:01.29	Herts Phoenix
4:08.2	Dacorum & Tring
5:05.47	Watford Harriers