

HERTFORDSHIRE COUNTY 2014 T&F RANKINGS

SENIOR WOMEN

100m

11.13/3.1	Jodie Williams	HPX	26/4	Clermont, USA
11.20/1.3	Jodie Williams	HPX	19/4	Gainsville, USA
12.02/2.4	Frances Slater	HPX	10/5	Bedford
12.2	Philippa Lowe	D&T		
12.60/3.8	Alex Hill	HPX	10/6	Woodford
12.66/0.4	Hannah Lloyd	HPX	8/6	Stevenage
12.7	Joanna Richards	StA	17/5	Milton Keynes
12.8	Emily Stevens	E&H	2/8	Chelmsford
12.83	Frances Slater	HPX	12/7	Oxford
12.85/-1.3	Ciaran Palfreyman	HPX	11/6	Hillingdon
13.46/1.6	Abi Griffiths	HPX	6/7	Liverpool
14.04	Jessica Barber	SNH		
14.4	Steph Williams	HPX	2/8	Peterborough
14.6	Helena Copley	StA	10/5	Oxford
18.0	June Doran	WAT		Watford

200m

22.46	Jodie Williams	HPX	15/8	Zurich, SWI
24.21/-0.3	Laura Wake	WSEH	19/7	Loughborough
24.61	Philippa Lowe	D&T		
25.26	Moe Sasegbon	SNH		
25.3/nw	Frances Slater	HPX	10/5	Bedford
25.33/4.6	Lauren Thompson	HPX	18/4	Hammond,USA
25.42/2.6	Frances Slater	HPX	18/4	Walnut/USA
25.47/-0.9	Hannah Lloyd	HPX	8/6	Stevenage
25.48/nw	Lauren Thompson	HPX	26/4	Natchitoches,USA
25.67/0.8	Alex Hill	HPX	11/6	LV
26.01/1.2	Lauren Thompson	HPX	12/4	Lake Charles,USA
26.67/-0.5	Ciaran Palfreyman	HPX	24/5	Watford
26.8	Joanna Richards	StA	17/5	Milton Keynes
27.0	Emily Stevens	E&H	2/8	Chelmsford
27.19/2.0	Abi Griffiths	HPX	6/7	Liverpool
27.70/-1.6	Laura Gallagher	HPX	8/6	Stevenage
28.4	Polly Woods	HPX	21/6	Harrow
31.6	Rachel Bentley	WAT		Cambridge
32.4	Claire Bentley	StA	2/8	Hemel H
38.5	June Doran	WAT		Watford

400m

52.55	Jodie Williams	HPX	27/8	Watford
52.98	Laura Wake	WSEH	26/4	Loughborough
54.6	Philippa Lowe	D&T		
56.84	Hannah Lloyd	HPX	6/7	Liverpool
57.76	Alex Hill	HPX	18/5	Chelmsford
58.42	Stephanie Williams	HPX	8/6	Stevenage
60.6	Laura Gallagher	HPX	21/6	Harrow
61.0	Abi Griffiths	HPX	21/6	Harrow
63.6	Jessica Barber	SNH		
68.61	Rachel Bentley	WAT		Willesden

71.0	Claire Bentley	StA	2/8	Hemel H
74.95	Philippa Horton	BAR	12/7	Battersea Park

800m

2:09.13	Sophie Connor	SBH	18/6	Watford
2:12.54	Elizabeth Bird	SBH	19/4	Princeton,NJ,USA
2:21.35	Moe Sasegbon	SNH		
2:25.15	Hannah Hull	StA	17/5	Oxford
2:31.97	Ella Lloyd	HPX	6/7	Liverpool
2:33.55	Jessica Barber	SNH		
2:38.9	Claire Ward	SNH		
2:41.80	Claire Bentley	StA	11/8	Bromley
3:33.7	Laura Feely	SNH		

1500m

4:23.81	Sophie Connor	SBH	21/6	Bedford
4:27.27	Elizabeth Bird	SBH	18/5	Princeton,NJ,USA
5:00.51	Victoria Walker	SBH	2/7	Watford
5:08.58	Hannah Dewhurst	SNH		
5:25.7	Natalie Wickings	SNH		
5:28.74	Catherine Mackintosh	StA	19/4	Perivale
5:35.38	Madelaine Pritchard	FVS	5/5	Stevenage
5:41.61	Ella Lloyd	HPX	10/5	Bedford
5:53.3	Elizabeth Roberts	D&T		
6:03.6	Charlotte Baird	SNH		
6:31.5	Jessica Barber	SNH		
7:23.04	Laura Feely	SNH		

3000m

10:45.3	Becca Hayden	HAWCS	6/7	Hemel H
10:46.39	Victoria Walker	SBH	26/4	Cosford
11:09.6	Natalie Wickings	SNH		
11:13.24	Hannah Dewhurst	SNH		
12:13.1	Elizabeth Roberts	D&T		
12:25.90	Ella Lloyd	HPX	8/6	Stevenage
12:53.46	Philippa Horton	BAR	12/7	Battersea Park
13:02.38	Eloise Meakins	HPX	8/6	Stevenage
13:56.66	Ciaran Palfreyman	HPX	10/5	Bedford
15:06.06	Abi Griffiths	HPX	12/7	Oxford

5000m

16:20.23	Rachel Felton	SBH	31/5	Ontario
18:28.8	Becca Hayden	HAWCS	24/5	Watford
19:15.13	Natalie Wickings	SNH	3/5	Bedford

10000m

41:43.7	Madelaine Pritchard	FVS	10/7	Sandy
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100m Hurdles

13.93/1.4	Lauren Thompson	HPX	18/4	Hammond,USA
14.2	Moe Sasegbon	SNH		
14.27/3.1	Emily Stevens	E&H	23/8	Bedford
14.34/2.0	Emily Stevens	E&H	13/7	Mile End

16.4	Claire Ward	SNH		
16.7	Hayley Kruse	HPX	17/5	Ware
17.07/-1.6	Ciaran Palfreyman	HPX	8/6	Stevenage
17.2	Janet Browne	SNH		
17.32/-3.3	Stephanie Williams	HPX	5/4	LV
17.8	Anne Rees	SNH		
18.06/-1.8	Helena Copley	StA	17/5	Oxford
18.41	Amanda Dobin	Unatt	24/5	Watford
19.0	Rachel Bentley	WAT		Watford
19.68	Laura Gallagher	HPX	12/7	Oxford
21.36/-1.4	Claire Bentley	StA	19/4	Perivale
25.1	Abi Griffiths	HPX	21/6	Harrow

300m Hurdles

45.8	Alex Hill	HPX	30/3	Hornchurch
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400m Hurdles

57.17	Laura Wake	WSEH	29/5	Belgium
59.38	Hannah Lloyd	HPX	22/6	Bedford
59.47	Philippa Lowe	D&T		
62.00	Stephanie Williams	HPX	22/6	Bedford
63.04	Alex Hill	HPX	14/6	Crystal Palace
65.12	Lucy Spray	Harr	24/5	Watford
71.69	Hayley Kruse	HPX	8/6	Stevenage
72.45	Victoria Walker	SBH	8/6	Derby
75.4	Rachel Bentley	WAT		Grays
75.80	Helena Copley	StA	17/5	Oxford
76.5	Abi Griffiths	HPX	12/7	Oxford
83.97	Claire Bentley	StA	19/4	Perivale

3000m Steeplechase

10:13.15	Elizabeth Bird	SBH	30/5	Jacksonville,FL,USA
11:19.48	Victoria Walker	SBH	22/6	Bedford

High Jump

1.78	Moe Sasegbon	SNH		
1.68	Janet Browne	SNH		
1.60	Hayley Kruse	HPX	10/5	Bedford
1.55	Chloe Vernon-Hamilton	SNH		
1.55	Anne Rees	SNH		
1.55	Claire Ward	SNH		
1.55	Kate Jones	SBH	11/5	LV
1.40	Abi Griffiths	HPX	5/4	LV
1.40	Laura Gallagher	HPX	8/6	Stevenage
1.30	Helena Copley	StA	17/5	Oxford
1.20	Claire Bentley	StA	12/7	St Albans
0.90	Philippa Horton	BAR	12/7	Battersea Park

Pole Vault

3.52	Louise Shortland	SNH		
3.30	Anne Rees	SNH		
1.80	Jessica Barber	SNH		

Long Jump

5.78	Moe Sasegbon	SNH		
5.15/-2.4	Lauren Thompson	HPX	6/7	Liverpool
4.88	Anne Rees	SNH		
4.83	Ciaran Palfreyman	HPX	26/4	Cosford
4.77	Janet Browne	SNH		
4.74	Hayley Kruse	HPX	17/5	Ware
4.35	Joanna Richards	StA	17/5	Milton Keynes
4.28	Gemma Armorgie	HPX	27/7	Walthamstow
3.86	Abi Griffiths	HPX	27/7	Walthamstow
3.74	Ella Lloyd	HPX	8/6	Stevenage
3.72	Laura Feely	SNH		
3.55	Claire Bentley	StA	12/7	St Albans

Triple Jump

10.45	Hayley Kruse	HPX	10/5	Bedford
10.15/0.9	Danielle Currie	HPX	8/6	Stevenage
9.25	Amanda Dobin	Unatt	24/5	Watford
9.02/2.4	Laura Gallagher	HPX	6/7	Liverpool
8.77	Laura Gallagher	HPX	21/6	Harrow
8.67	Rachel Bentley	WAT		Watford
7.47	Abi Griffiths	HPX	2/8	Peterborough

Shot 4k

12.22	Moe Sasegbon	SNH		
11.73	Chloe Vernon-Hamilton	SNH		
9.12	Hayley Kruse	HPX	19/4	Perivale
9.07	Polly Woods	HPX	17/5	Ware
8.07	Anne Rees	SNH		
8.05	Katherine Doran	WAT		Watford
6.78	Louise Shortland	SNH		
6.69	Ciaran Palfreyman	HPX	19/4	Perivale
6.38	Frances Gross	SNH		
5.60	Laura Feely	SNH		

Discus 1k

28.65	Louise Capicotto	HHH	24/5	Watford
28.50	Chloe Vernon-Hamilton	SNH		
27.58	Katherine Doran	WAT		Grays
25.75	Eloise Meakins	HPX	5/4	LV
22.14	Frances Gross	SNH		

Hammer 4k

37.64	Frances Gross	SNH	6/7	Liverpool
32.27	Laura Feely	SNH		
24.09	Polly Woods	HPX	21/6	harrow
20.34	Laura Gallagher	HPX	17/5	Ware
16.43	Katherine Doran	WAT		Watford

Javelin 600g

49.38	Eloise Meakins	HPX	5/5	Bedford
29.56	Claire Ward	SNH		
27.83	Kate Jones	SBH	11/5	LV
27.51	Moe Sasegbon	SNH		

23.73	Katherine Doran	WAT		Grays
21.35	Rachel Bentley	WAT		Watford
14.02	Stephanie Williams	HPX	10/5	Bedford
7.81	Ella Lloyd	HPX	10/5	Bedford

Heptathlon

5293 Moe Sasegbon SNH

4x100

51.65	Herts Phoenix	10/5	Bedford
51.9	Dacorum & Tring		
58.5	Watford H		Watford

4x400

3:56.13	Herts Phoenix	8/6	Stevenage
4:15.5	Dacorum & Tring		
4:51.40	Stevenage & NH	5/5	Stevenage
4:56.7	Watford H		Watford