

## HERTFORDSHIRE COUNTY 2014 T&F RANKINGS

### U13 GIRLS

#### 100m

13.0	Christa Hetherington	HPX	7/6	Hemel H
13.59/0.0	Eghosa Igori	BAR	31/5	Hendon
13.7	Emily Barnes	StA	15/6	Hemel H
13.8	Petra Sijuwade	SNH		
13.85/0.2	Mia Henson	Chil	5/5	Stevenage
13.9	Lauren Simpson	HPX	13/7	Basildon
13.9	Fay Rose	StA	7/9	Ipswich
14.0	Amelia Woodnick	D&T		
14.0	Lottie Julian	HPX	13/7	Basildon
14.1	Lisa Marie Uzokwe	SNH		
14.1	Esme O'Connell	D&T		
14.1	Dara Opoola	BAR	15/6	Hendon
14.2	Marli Jessop	WAT		Cambridge
14.3	Ella Broadhurst	D&T		
14.3	Molly Brown	StA	13/7	Basildon
14.4	Lauren Simpson	HPX	15/6	Cambridge
14.4	Erin Jones	HPX	13/7	Basildon
14.5	Amelia Bhatt	HPX	3/8	Bedford
14.6	Abbie Collins	SNH		
14.7	Leah Cairns	SNH		
14.7	Tia Stonehouse	D&T		
14.7	Demi Tuinema	StA	15/6	Hemel H
14.7	Lucy Lechartier Rutter	StA	13/7	Basildon
14.8	Sophie Hanney	HPX	13/7	Basildon
14.83	Scarlett Kent	SBH	13/8	Watford
15.0	Asisa Kidiri	SNH		
15.0	Abbie Poole	WAT		Stevenage
15.0	Jennifer Arinze	HPX	13/4	Thurrock
15.0	Lilly Payne	StA	3/8	Peterborough
15.1	Olivia Lindsay	SNH		
15.1	Leah Garrod	HPX	15/6	Cambridge
15.2	Soraya Rigby	SNH		
15.2	Lucy Taylor	SNH		
15.3	Ibukun Oluley	SNH		
15.3	Lily O'Hare	HPX	3/8	Bedford
15.4	Tara Omo	WAT		Watford
15.4	Daisy Creasey	HPX	18/4	WGC
15.5	Katie French	SNH		
15.5	Amy Kissane	WAT		Watford
15.5	Fiona McArdle	StA	15/6	Hemel H
15.6	Maisie Keen	SNH		
15.6	Georgia Shepherd-Gazely	SNH		
15.6	Grace Arno	HPX	11/6	Hemel H
15.6	Talluah Harris	HPX	15/6	Cambridge
15.6	Julianna Glinkowska	HPX	13/7	Basildon
15.6	Willow Holland	HPX	13/7	Basildon
15.6	Ella Pentland	HPX	13/7	Basildon
15.68	Beatrix Towers	StA	5/5	Stevenage
15.7	Jemima Carr	HPX	13/4	Thurrock

15.7	Vanessa Gabblah	StA	15/6	Hemel H
15.7	Darcy O'Connell	HPX	13/9	Stevenage
15.8	Jessica Astill	SNH		
15.9	Bluebell Cooke	SNH		
15.9	Molly Hobson	HPX	15/6	Cambridge
16.0	Yensi Ndumu	SNH		
16.0	Megan Maloney	WAT		Watford
16.0	Emma Edwards	StA	11/6	Hemel H
16.00/-0.4	Jessica Hoar	D&T	5/5	Stevenage
16.06	Naomi Gallagher	StA	11/5	Peterborough
16.06/0.2	Nwachi Adanri	HAWCS	5/5	Stevenage
16.1	Olivia Scarles	WAT		Watford
16.1	Charlie Colling	WAT		Watford
16.1	Sophie Ashby	WAT		Watford
16.14/0.2	Pearl Thomas Bocking	BAR	5/5	Stevenage
16.3	Bayley Hutchens	WAT		Hemel H
16.3	Maya Wosey	StA	13/7	Basildon
16.4	Caitlin Johal	WAT		Watford
16.5	Evie Ingles	WAT		Watford
16.5	Megan Brookes	StA	13/4	St Albans
16.6	Jessica Perrotton	HPX	15/6	Cambridge
16.7	Isobel Hughes	StA	15/6	Hemel H
16.9	Lucy Feely	SNH		
16.9	Katherine Cox	WAT		Watford
16.9	Abbie Smith	HPX	6/7	Hemel H
16.9	Evie Reynolds	HPX	3/8	Bedford
17.1	Nadja Forrest	HPX	15/6	Cambridge
17.4	Beth Wood	StA	13/4	St Albans
17.40/-0.1	Robyn Cowans	D&T	5/5	Stevenage
17.6	Holly Clark	HPX	18/4	WGC
17.8	Elsa Barnfather	HPX	11/5	Southend
17.9	Paige Hughes	WAT		Luton
18.0	Selena Jolley	HPX	13/7	Basildon
18.1	Lucy Edmond	StA	13/4	St Albans
19.29	Magda Gozdowska	BAR	11/5	Peterborough

### 150m

20.2	Christa Hetherington	HPX	19/7	W London
21.2	Lauren Simpson	HPX	19/7	W London
21.8	Lottie Julian	HPX	31/5	Watford
22.11	Marli Jessop	WAT		Hillingdon
24.0	Darcy O'Connell	HPX	3/5	Basildon
24.9	Jessica Perrotton	HPX	22/6	Walthamstow

### 200m

27.3	Christa Hetherington	HPX	15/6	Cambridge
27.7	Petra Sijuwade	SNH		
28.29/0.9	Katie Liptrot	HAWCS	5/5	Stevenage
28.35/3.2	Cristina Potter	BAR	5/5	Stevenage
28.7	Fay Rose	StA	13/7	Basildon
28.77/-0.8	Eghosa Egori	BAR	13/4	Woodford
28.8	Lottie Julian	HPX	13/7	Basildon
29.2	Esme O'Connell	D&T		
29.35	Demi Tuinema	St A	2/7	Birmingham
29.4	Sophie Robin	StA	7/9	Ipswich

29.5	Amelia Woodnick	D&T		
29.5	Lauren Simpson	HPX	13/7	Basildon
29.6	Lisa Marie Uzokwe	SNH		
29.6	Megan Mitchell	StA	7/6	Hemel H
29.62/0.9	Ella Broadfield	D&T	5/5	Stevenage
30.2	Anwen Hails	SNH		
30.29	Leah Cairns	SNH		
30.5	Abbie Collins	SNH		
30.6	Fiona McArdle	StA	7/6	Hemel H
30.7	Erin Jones	HPX	13/7	Basildon
30.8	Marli Jessop	WAT		Hemel H
31.2	Asisa Kidiri	SNH		
31.2	Lizzie Raymont	SNH		
31.5	Lucy Lechartier-Rutter	StA	3/8	Peterborough
31.9	Rodalind Green	HPX	6/9	Hemel H
31.92/1.3	Beatrix Towers	StA	5/5	Stevenage
31.97/-2.0	Katie Egerton	HAWCS	5/5	Stevenage
32.0	Sophie Ashby	WAT		Watford
32.1	Jennifer Arinze	HPX	13/4	Thurrock
32.19/-2.0	Keira Stern	StA	5/5	Stevenage
32.2	Lilly Payne	StA	13/4	St Albans
32.29/1.3	Jessica Hoar	D&T	5/5	Stevenage
32.3	Molly Hobson	HPX	15/6	Cambridge
32.4	Jemima Carr	HPX	15/6	Cambridge
32.5	Lucy Taylor	SNH		
32.6	Maisie Keen	SNH		
32.7	Tallulah Harris	HPX	15/6	Cambridge
32.9	Kaitlyn Williams	WAT		Watford
32.9	Lucy Small	HPX	3/8	Bedford
33.1	Emma Edwards	StA	15/6	Hemel H
33.5	Georgia Shepherd-Gazely	SNH		
33.52	Bluebell Cooke	SNH		
33.67/-1.5	Gracie Ingles	WAT	5/5	Stevenage
33.7	Lucy Hembury-Gunn	SNH		
33.7i	Abbie Poole	WAT		LV
33.7	Ella Pentland	HPX	13/7	Basildon
34.0	Megan Brookes	StA	13/7	Basildon
34.1	Bayley Hutchens	WAT		St Albans
34.1	Darcy O'Connell	HPX	13/7	Basildon
34.5	Lily Hill	SNH		
34.5	Charlotte Saunders	SNH		
34.6	Emer Connor	SNH		
34.7	Ellie Hulme	StA	13/4	St Albans
34.7	Vanessa Gagglah	StA	13/7	Basildon
34.9	Pearl Thomas-Bocking	BAR	11/6	Hemel H
35.0	Olivia Lindsay	SNH		
35.3	Evie Ingles	WAT		Luton
35.3	Tara Omo	WAT		Luton
35.6	Lucy Feely	SNH		
35.7	Charlie Colling	WAT		Hemel H
35.8	Christie Durban	StA	15/6	Hemel H
36.4	Beth Wood	StA	13/4	St Albans
37.4	Abbie Smith	HPX	11/5	Southend
37.63	Katie Smith	WAT		Watford
39.1	Paige Hughes	WAT		Luton

**800m**

2:31.55	Mia Groom	SBH	16/7	Watford
2:32.54	Sophie Robin	StA	10/9	Watford
2:33.41	Keira Stern	StA	10/9	Watford
2:34.03	Scarlett Kent	SBH	15/6	Hendon
2:39.6	Lucy Taylor	SNH		
2:40.1	Jaynie Awcock	HPX	11/6	Hemel H
2:40.54	Demi Tuinema	StA	9/6	Eton
2:40.88	Hannah Trotman	WAT		Watford
2:42.0	Sasha Pond	D&T		
2:42.22	Emily Alderson	Chil	5/5	Stevenage
2:42.3	Danielle Thompsett	HPX	19/7	W London
2:42.7	Gracie Ingles	WAT		Hemel H
2:42.7	Bella Goodman Speirs	BAR	3/8	Bedford
2:43.7	Lucy Hembury-Gunn	SNH		
2:44.5	Sophie Mabbs	HPX	18/4	WGC
2:47.6	Imogen Raphael	HPX	7/6	Hemel H
2:47.90	Caitlin Johal	WAT		Watford
2:48.84	Cristina Potter	BAR	13/4	Woodford
2:48.9	Emily Barnes	StA	11/6	Hemel H
2:49.67	Katie Liptrot	HAWCS	5/5	Stevenage
2:50.69	Niamh Gallagher	StA	11/5	Peterborough
2:51.60	Danielle Norris	Unatt	5/5	Stevenage
2:52.5	Freya Keohane	D&T		
2:52.6	Freya Stapleton	HPX	19/7	W London
2:53.3	Indira Patel	D&T		
2:54.51	Meadow Thomas	Chil	5/5	Stevenage
2:54.6	Lily O'Hare	HPX	13/7	Basildon
2:55.4	Molly Hobson	HPX	3/5	Basildon
2:55.5	Sophie Ashby	WAT		Hemel H
2:55.53	Beatrix Towers	StA	5/5	Stevenage
2:55.59	Jessica Hoar	D&T	5/5	Stevenage
2:57.4	Yensi Ndumu	SNH		
2:58.77	Gemma Harper	SBH	5/5	Stevenage
2:58.9	Leah Cairns	SNH		
2:59.2	Julianna Glinkowska	HPX	13/7	Basildon
3:01.1	Bluebell Cooke	SNH		
3:01.10	Katie Egerton	HAWCS	5/5	Stevenage
3:02.0	Sarah Mammud	StA	3/8	Peterborough
3:03.8	Christy Durbin	StA	15/6	Hemel H
3:04.1	Petra Sijuwade	SNH		
3:04.6	Ellie Hulme	StA	13/4	St Albans
3:07.9	Fiona McArdle	StA	6/7	Hemel H
3:08.3	Selena Jolley	HPX	13/7	Basildon
3:08.6	Lucy Feely	SNH		
3:09.4	Lucy Edmond	StA	13/4	St Albans
3:09.4	Pearl Thomas Bocking	BAR	11/6	Hemel H
3:10.0	Molly Gardner	SNH		
3:11.7	Kaitlyn Williams	WAT		Luton
3:19.6	Georgia Shepherd-Gazely	SNH		
3:20.67	Eliza Brown	SNH		
3:25.2	Katherine Cox	WAT		Watford
3:29.4	Jessica Perrotton	HPX	13/4	Thurrock
3:33.3	Darcy O'Connell	HPX	11/5	Southend
3:39.8	Abbie Smith	HPX	18/4	WGC

**1200m**

4:28.0	Sophie Mabbs	HPX	19/7	W London
4:40.6	Freya Stapleton	HPX	22/6	Walthamstow
5:06.6	Julianna Glinkowska	HPX	31/5	Watford
5:22.7	Darcy O'Connell	HPX	31/5	Watford

**1500m**

5:04.45	Keira Stern	StA	30/7	Watford
5:12.7	Scarlett Kent	SBH	7/6	Hemel H
5:12.71	Mia Groom	SBH	27/7	Kingston
5:17.9	Lizzie Raymont	SNH		
5:21.38	Hannah Trotman	WAT	24/5	Watford
5:23.0	Grace Ingles	WAT		Watford
5:30.5	Sophie Mabbs	HPX	13/4	Thurrock
5:37.26	Gemma Harper	SBH	24/5	Watford
5:37.8	Emily Barnes	StA	13/7	Basildon
5:38.9	Caitlin Johal	WAT		Watford
5:42.0	Lucy Taylor	SNH		
5:42.1	Jaynie Awcock	HPX	15/6	Cambridge
5:48.2	Indira Patel	D&T		
5:52.9	Emily Rayden	StA	7/6	Hemel H
5:53.17	Beatrix Towers	StA	24/5	Watford
5:53.9	Maddie Perry	D&T		
6:13.3	Evie Reynolds	HPX	15/6	Cambridge
6:13.8	Yensi Ndumu	SNH		
6:16.2	Leah Cairns	SNH		
6:17.8	Lucy Feely	SNH		
6:29.3	Tallulah Harris	HPX	11/5	Southend
6:40.2	Bluebell Cooke	SNH		
6:41.1	Anwen Hails	SNH		
6:41.6	Beth O'Callaghan	SNH		
7:34.2	Elsa Barnfather	HPX	11/5	Southend

**70m Hurdles**

11.15/-0.5	Christa Hetherington	HPX	27/7	Kingston
12.0	Cristina Potter	BAR	13/7	Stevenage
12.3	Ella Broadhurst	D&T		
12.9	Molly Hobson	HPX	3/8	Bedford
13.2	Molly Gardner	SNH		
13.4	Leah Cairns	SNH		
13.8	Danielle Thompsett	HPX	3/8	Bedford
13.9	Leah Garrod	HPX	11/6	Hemel H
13.99/0.1	Meadow Thomas	Chil	5/5	Stevenage
14.0	Sophie Hanney	HPX	13/7	Basildon
14.4	Lilly Payne	StA	3/8	Peterborough
14.6	Megan Sullivan	D&T		
14.8	Lucy Hembury-Gunn	SNH		
14.8	Fiona McArdle	StA	13/4	St Albans
15.0	Abbie Poole	WAT		Hemel H
15.0	Tara Omo	WAT		Luton
15.0	Beatrix Towers	StA	11/6	Hemel H
15.0	Niamh Gallagher	StA	7/9	Ipswich
15.0	Olivia Nightingale	StA	3/8	Peterborough
15.1	Jessica Moore	BAR	11/6	Hemel H

15.2	Amelia Royle	WAT		Stevenage
15.5	Jessica Perrotton	HPX	13/4	Thurrock
15.5	Sophie Mabbs	HPX	18/4	WGC
15.6	Holly Wareham	WAT		Hemel H
15.9	Vanessa Gabblah	StA	15/6	Hemel H
16.2	Rosalind Green	HPX	6/9	Hemel H
16.3	Megan Maloney	WAT		Watford
16.8	Scarlett Royle	WAT		Hemel H
18.2	Eliza Brown	SNH		
18.96/0.1	Robyn Cowans	D&T	5/5	Stevenage

### 75m Hurdles

12.64/-1.1	Christa Hetherington	HPX	12/4	LV
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### High Jump

1.40	Laurissa James	StA	13/4	St Albans
1.38	Molly Gardner	SNH		
1.30	Petra Sijuwade	SNH		
1.30	Leah Cairns	SNH		
1.30	Hannah Trotman	WAT		Watford
1.30	Emily Barnes	StA	3/8	Peterborough
1.25	Issie Smith	D&T		
1.25	Gracie Ingles	WAT		Watford
1.25	Lottie Julian	HPX	13/4	Thurrock
1.25	Christa Hetherington	HPX	31/5	Watford
1.25	Sophie Hanney	HPX	13/7	Basildon
1.25	Mia Groom	SBH	3/8	Bedford
1.21	Fiona McArdle	StA	6/7	Hemel H
1.20	Abbie Poole	WAT		Watford
1.20	Beatrix Towers	StA	11/5	Peterborough
1.20	Demi Tuinema	StA	11/5	Peterborough
1.20	Leah Garrod	HPX	15/6	Cambridge
1.20	Maya Wosey	StA	13/7	Basildon
1.20	Daisy Longhurst	StA	6/9	Hemel H
1.20	Scarlett Kent	SBH	7/9	Ipswich
1.15	Eliza Brown	SNH		
1.15	Georgia Shepherd Gazely	SNH		
1.10	Amelia Royle	WAT		Stevenage
1.10	Jessica Perrotton	HPX	11/5	Southend
1.10	Sophie Mabbs	HPX	19/7	W London
1.10	Julianna Glinkowska	HPX	22/7	Walthamstow
1.05	Lucy Hembury-Gunn	SNH		
1.05	Niamh Gallagher	StA	15/6	Hemel H
1.00	Ibukun Oluleye	SNH		
1.00	Nadja Forrest	HPX	15/6	Cambridge

### Long Jump

4.67	Christa Hetherington	HPX	11/6	Hemel H
4.51	Lauren Simpson	HPX	27/8	Watford
4.50	Eghosa Egori	BAR	13/7	Stevenage
4.31	Fay Rose	StA	13/7	Basildon
4.21	Marli Jessop	WAT		Cambridge
4.19	Sophie Robin	StA	7/6	Hemel H
4.09	Petra Sijuwade	SNH		

4.02	Amelia Woodnick	D&T		
4.01	Tia Stonehouse	D&T		
3.98	Erin Jones	HPX	13/7	Hemel H
3.94	Sanwen Hails	SNH		
3.88	Lottie Julian	HPX	13/34	Thurrock
3.88	Esme O'Connell	D&T		
3.87	Lilly Payne	StA	3/8	Peterborough
3.82	Lucy Taylor	SNH		
3.74	Demi Tuinema	StA	11/5	Peterborough
3.71	Lizzie Raymont	SNH		
3.70	Lucy Lechartier-Rutter	StA	13/7	Basildon
3.67	Keira Stern	StA	1/6	Hemel H
3.66	Abbie Poole	WAT		Watford
3.64	Imogen Raphael	HPX	11/5	Southend
3.64	Fiona McArdle	StA	6/7	Hemel H
3.63	Caitlin Johal	WAT		Luton
3.63	Megan Mitchell	StA	7/6	Hemel H
3.63	Vanessa Gabblah	StA	15/6	Hemel H
3.61	Jennifer Arinze	HPX	6/9	Hemel H
3.60	Ella Broadhurst	D&T		
3.56	Hannah Trotman	WAT		Hemel H
3.55	Abbie Collins	SNH		
3.52	Olivia Lindsay	SNH		
3.50	Georgia Shepherd-Gazely	SNH		
3.45	Julianna Glinkowska	HPX	11/6	Hemel H
3.43	Lucy Hembury-Gunn	SNH		
3.37	Olivia Nightingale	StA	11/5	Peterborough
3.37	Niamh Gallagher	StA	15/6	Hemel h
3.35	Beth Wood	StA	13/7	Basildon
3.32	Jemima Carr	HPX	13/34	Thurrock
3.29	Soraya Rigby	SNH		
3.27	Grace Ingles	WAT		Watford
3.27	Beatrix Towers	StA	13/4	St Albans
3.24	Bluebell Cooke	SNH		
3.23	Eliza Brown	SNH		
3.23	Yensi Ndumu	SNH		
3.21	Megan Brookes	StA	13/4	St Albans
3.19	Darcy O'Connell	HPX	3/5	Basildon
3.19	Elsa Barnfather	HPX	11/5	Southend
3.18	Kate French	SNH		
3.15	Olivia Scarles	WAT		Watford
3.13	Charlie Colling	WAT		Watford
3.10	Sophie Mabbs	HPX	19/7	W London
3.04	Maisie Keen	SNH		
3.04/-0.4	Daisy Longhurst	StA	6/9	Hemel H
3.00	Jaynie Awcock	HPX	11/5	Southend
2.96	Amy Kissane	WAT		Watford
2.95	Lucy Feely	SNH		
2.92	Tallulah Harris	HPX	15/6	Cambridge
2.86	Abbie Smith	HPX	3/8	Bedford
2.85	Charlotte Saunders	SNH		
2.82/-0.8	Megan Sullivan	D&T	5/5	Stevenage
2.81	Jessica Astill	SNH		
2.79	Emer O'Connor	SNH		
2.76	Pearl Thomas Bocking	BAR	11/6	Hemel H

2.75	Sophie Ashby	WAT		Watford
2.75/-0.8	Robyn Cowans	D&T	5/5	Stevenage
2.72	Evie Ingles	WAT		Luton
2.68	Asisa Kidiri	SNH		
2.66	Lily Hill	SNH		
2.62/-0.9	Rosalind Green	HPX	6/9	Hemel H
2.60	Charlotte Masters	WAT		Watford
1.27	Eleanor Green	SNH		

### Shot 2.72k

9.33	Libby Taylor	SNH		
8.02	Emily Pendrick	SNH		
7.27	Micheala Brewer	D&T		
7.26	Taia Tunstall	WAT		Watford
6.80	Eghosa Igori	BAR	7/9	Ipswich
6.69	Rachel King	D&T		
6.52	Ellie Stone	SNH		
6.49	Christa Hetherington	HPX	3/5	Basildon
6.40	Petra Sijuwade	SNH		
6.33	Fay Rose	StA	15/6	Hemel H
6.31	Laurissa James	StA	3/8	Peterborough
6.31	Lucy Lechartier-Rutter	StA	7/9	Ipswich
6.14	Amy Wright	D&T		
5.93	Tia Stonehouse	D&T		
5.93	Crystal Jugoo	D&T		
5.84	Emma Edwards	StA	11/6	Hemel H
5.79	Lucy Hembury-Gunn	SNH		
5.62	Leah Garrod	HPX	11/6	Hemel H
5.61	Imogen Raphael	HPX	15/6	Cambridge
5.57	Molly Gardner	SNH		
5.56	Magdalena Gozdowska	BAR	5/5	Stevenage
5.46	Eliza Brown	SNH		
5.43	Daisy Longhurst	StA	6/9	Hemel H
5.32	Kaitlyn Williams	WAT		Watford
5.20	Esme Wase	SNH		
5.15	Leah Cairns	SNH		
5.00	Lottie Julian	HPX	11/6	Hemel H
4.95	Danielle Thompsett	HPX	31/5	Watford
4.92	Anwen Hails	SNH		
4.89	Ella Pentland	HPX	13/7	Basildon
4.86	Soraya Rigby	SNH		
4.62	Lucy Feely	SNH		
4.62	Sophie Ashby	WAT		Stevenage
4.60	Imogen Poles	HPX	22/6	Walthamstow
4.45	Jemima Carr	HPX	15/6	Cambridge
4.39	Fiona McArdle	StA	6/7	Hemel H
4.21	Hannah Trotman	WAT		Watford
3.98	Olivia Nightingale	StA	11/6	Hemel H
3.83	Jessica Moore	BAR	11/6	Hemel H
3.73	Charlie Colling	WAT		Hemel H
3.32	Megan Maloney	WAT		Watford
3.10	Dana van Genderen	HPX	15/6	Cambridge
2.78	Bluebell Cooke	SNH		
2.50	Abbie Smith	HPX	13/7	Basildon



**Discus 0.75k**

20.08	Emily Pendrick	SNH		
18.85	Libby Taylor	SNH		
17.41	Taia Tunstall	WAT		Stevenage
17.15	Rachel King	D&T		
17.15	Kaitlyn Williams	WAT		Hemel H
17.11	Micheala Brewer	D&T		
17.00	Alice King	D&T		
16.35	Ellie Stone	SNH		
15.94	Amy Wright	D&T		
15.41	Caitlin Johal	WAT		Watford
15.12	Isobel Hughes	StA	7/9	Ipswich
14.58	Mia Groom	SBH	5/5	Stevenage
13.65	Emma Edwards	StA	11/5	Peterborough
13.63	Sarah Mammud	StA	3/8	Peterborough
12.31	Olivia Nightingale	StA	3/8	Peterborough
12.30	Jessica Perrotton	HPX	11/5	Southend
11.61	Esme Wase	SNH		
11.32	Evie Reynolds	HPX	3/8	Bedford
10.29	Magda Gozdowska	BAR	11/5	Peterborough
9.97	Niamh Gallagher	StA	13/7	Hemel H
9.73	Laurissa James	StA	11/5	Peterborough
9.48	Jaynie Awcock	HPX	13/4	Thurrock
8.96	Lizzie Raymont	SNH		
7.71	Abbie Smith	HPX	13/7	Basildon
3.30	Dana van Genderen	HPX	13/7	Basildon

**Javelin 400g**

31.17	Georgia Shepherd-Gazely	SNH		
28.61	Cristina Potter	BAR	3/8	Bedford
20.22	Esme Wase	SNH		
18.49	Ellie Stone	SNH		
17.27	Tia Stonehouse	D&T		
16.80	Micheala Brewer	D&T		
15.43	Emma Edwards	StA	15/6	Hemel H
15.36	Rachell King	D&T		
15.01	Taia Tunstal	WAT		Watford
14.27	Isobel Hughes	StA	15/6	Hemel H
14.24	Libby Taylor	SNH		
13.32	Fiona McArdle	StA	11/5	Peterborough
13.24	Lucy Feely	SNH		
12.71	Scarlett Royle	WAT		Stevenage
12.04	Lily O'Hare	HPX	3/8	Bedford
11.97	Jemima Carr	HPX	13/4	Thurrock
11.89	Holly Wareham	WAT		Hemel H
11.84	Grace Ingles	WAT		Watford
10.84	Amelia Royle	WAT		Hemel H
10.39	Imogen Raphael	HPX	15/6	Cambridge
9.89	Jessica Perrotton	HPX	13/4	Thurrock
9.69	Christina Durbin	StA	11/6	Hemel H
9.61	Eliza Brown	SNH		
8.86	Lucy Taylor	SNH		
8.62	Darcy O'Connell	HPX	13/9	Stevenage
8.60	Laurissa James	StA	3/8	Peterborough
8.55	Christy Durban	StA	15/6	Hemel H

6.82	Lucy Edmond	StA	13/4	St Albans
6.81	Daisy Longhurst	StA	11/6	Hemel H
6.70	Abbie Smith	HPX	31/5	Watford
4.52	Charlie Colling	WAT		Luton

#### **Pentathlon**

1303	Fiona McArdle	StA	6/7	Hemel H
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#### **4x100 Relay**

57.3	Herts Phoenix		31/5	Watford
60.01	Barnet & District		5/5	Stevenage
61.50	Stevenage & N Herts		5/5	Stevenage
63.3	Watford Harriers		11/6	Hemel H