

HERTFORDSHIRE COUNTY 2014 T&F RANKINGS

U20 WOMEN

100m

11.94	Page Fairclough	SNH		
12.7	Alicia Tymon-McEwan	StA	1/6	Carshalton
12.8	Lauren Rule	SNH		
13.15/1.4	Ellen Welsh	BAR	30/8	Hendon
13.3	Kara Peck	HPX	13/9	Stevenage
13.4	Martina Barber	SNH		
13.65/-1.6	Emma Clarke	StA	19/4	Perivale
13.7	Lauren Dewar	StA	27/4	Perivale
13.83	Robyn Khan	D&T		
14.2	Sarah Feely	SNH		
14.3	Tiffany Ammar	StA	2/8	Hemel H
14.4	Laura Nofer	StA	27/4	Perivale
14.7	Anna Jones	D&T		
14.92	Amy Wareing	SNH		
20.95	Maria Verdeille	SNH		
21.1	Fiona Montgomery	SNH		

200m

25.7	Lauren Rule	SNH		
26.49	Holly Seglah	StA	28/6	LV
26.58/-0.5	Alicia Tymon-McEwan	StA	24/5	Watford
26.7	Daizy Lee	HPX	27/7	Walthamstow
26.87/1.4	Sarena Clarke	SBH	7/9	Birmingham
26.88/1.7	Yasmin Lakin	SBH	27/7	Hendon
27.63/-0.6	Emma Clarke	StA	19/4	Perivale
27.7	Martina Barber	SNH		
27.70/0.0	Ellen Welsh	BAR	12/7	Battersea Park
28.03	Robyn Khan	D&T		
29.0	Tiffany Ammar	StA	2/8	Hemel H
29.2	Lauren Dewar	StA	27/4	Perivale
29.4	Sarah Feely	SNH		
29.6	Lucy Jones	D&T		
29.65	Kirsty Bateman-Foley	SNH		
29.73	Megan Breen	HPX	12/7	Oxford
29.8	Chloe Dearman	WAT		Watford
30.2	Laura Nofer	StA	27/4	Perivale
44.3	Fiona Montgomery	SNH		
46.0	Maria Verdeille	SNH		

400m

57.27	Lauren Rule	SNH		
58.7	Megan Steer	StA	12/7	St Albans
60.55	Elena Cervi	SNH		
61.4	Emma Clarke	StA	29/6	Kingston
61.98	Suzanne Bentley	StA	6/8	Woking
62.1	Daizy Lee	HPX	21/6	Harrow
62.49	Pippa Bailey	StA	27/8	Watford
63.9	Robyn Khan	D&T		
64.27	Sarah Grover	D&T		

64.7	Lucy Jones	D&T		
64.74	Martina Barber	SNH		
64.75	Sophie Morris	D&T		
66.8	Sarah Feely	SNH		
68.4	Chloe Dearman	WAT		Watford
68.44	Megan Breen	HPX	24/5	Watford
108.0	Fiona Montgomery	SNH		

800m

2:13.60	Megan Steer	StA	16/7	Watford
2:13.9	Mary Gough	HPX	17/5	Ware
2:21.78	Natalie Connor	SBH	13/8	Watford
2:23.0	Florence Stansall-Seiler	HPX	17/5	Ware
2:24.02	Emily Ruane	HPX	24/5	Watford
2:25.10	Pippa Bailey	StA	13/8	Watford
2:28.39	Alicia Found	HPX	8/6	Stevenage
2:29.04	Chloe Dearman	WAT		Watford
2:29.83	Isabel Found	HPX	16/7	Watford
2:30.85	Sarah Grover	D&T		
2:33.47	Suzanne Bentley	StA	5/4	Woodford
2:38.44	Martina Barber	SNH		
2:38.44	Hannah Wardley	Chil	24/5	Watford
2:40.5	Holly Seglah	StA	6/7	Hemel H
2:43.04	Sarah Feely	SNH		
2:56.11	Megan Breen	HPX	5/4	LV
3:05.60	Kirsty Bateman-Foley	SNH		

1500m

4:46.31	Natalie Connor	SBH	2/7	Watford
4:48.62	Megan Steer	StA	2/7	Watford
4:54.58	Lizzie Parry	HPX	9/4	Watford
5:06.4	Alex Eykelbosch	D&T		
5:07.06	Emily Ruane	HPX	5/5	Stevenage
5:09.52	Chloe Dearman	WAT		Watford
5:09.6	Isabel Found	HPX	21/6	Harrow
5:12.1	Pippa Bailey	StA	12/7	St Albans
5:16.33	Mary Gough	HPX	19/4	Perivale
5:17.43	Alicia Found	HPX	5/5	Stevenage
5:48.5	Elizabeth Doyle	HPX	17/5	Ware
6:01.2	Megan Breen	HPX	17/5	Ware

1 Mile

6:00.8	Chloe Dearman	WAT		Watford
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3000m

10:40.76	Alex Eykelbosch	U20W	D&T	13/7	Mile End
11:22.05	Sarah Needleman	U20W	Chil	9/4	Watford
11:29.63	Chloe Dearman	U20W	WAT	10/9	Watford
11:30.0	Mary Gough	U20W	HPX	27/4	Mile End
12:55.5	Elizabeth Doyle	U20W	HPX	2/8	Peterborough

5000m

19:54.97	Sarah Needleman	Chil	24/5	Watford
20:40.85	Chloe Dearman	WAT	24/5	Watford

100m Hurdles

15.0	Alicia Tymon-McEwan	StA	17/5	Milton Keynes
15.7	Natalie Allen	HPX	27/4	Mile End
17.12	Holly Seglah	StA	19/7	Bedford
17.8	Joetta James	StA	2/8	Hemel H
18.17	Shannon Rapacchi	SNH		
19.97	Martina Barber	SNH		
21.4	Kirsty Bateman-Foley	SNH		
21.74	Lucy Jones	D&T		

400m Hurdles

63.58	Melanie Grigg	HPX	12/7	Birmingham
65.04	Rebecca Miles	Hill	24/5	Watford
67.4	Lucy Jones	D&T		
67.7	Suzanne Bentley	StA	1/6	Carshalton
72.01	Megan Breen	HPX	12/7	Oxford
75.78	Lauren Dewar	StA	24/5	Watford
77.83	Martina Barber	SNH		

1500m Steeplechase

5:18.6	Florence Stansall-Seiler	HPX	21/6	Harrow
6:11.8	Megan Breen	HPX	21/6	Harrow
6:18.1	Sarah Grover	D&T		
6:30.4	Sophie Morris	D&T		
7:04.9	Sarah Feely	SNH		

2000m Steeplechase

7:34.92	Florence Stansall-Seiler	HPX	8/6	Stevenage
8:11.9	Sarah Grover	D&T		
9:10.72	Sophie Morris	D&T		
9:28.24	Megan Breen	HPX	12/7	Oxford
11:05.0	Sarah Feely	SNH		

3000m Steeplechase

12:29.77	Florence Stansall-Seiler	HPX	10/5	Bedford
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High Jump

1.70	Megan Smith	D&T	24/5	Watford
1.45	Shannon Rapacchi	SNH	24/5	Watford
1.45	Melanie Grigg	HPX	6/7	Liverpool
1.42	Holly Seglah	StA	28/6	LV
1.40	Martina Barber	SNH		
1.40	Sarah Grover	D&T		
1.40	Alice Townend	StA	27/4	Perivale
1.37	Kirsty Bateman-Foley	SNH		
1.35	Ellen Welsh	BAR	17/5	Braintree
1.20	Laura Nofer	StA	19/4	Perivale
1.15	Sarena Clarke	SBH	2/8	Hendon
1.10	Chloe Dearman	WAT		Watford

Pole Vault

3.02	Shannon Rapacchi	SNH
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Long Jump

5.28	Yasmin Lakin	SBH	27/7	Hendon
4.93	Martina Barber	SNH		
4.92	Chloe Rixon	SBH	19/4	Watford
4.89	Holly Seglah	StA	30/4	LV
4.65	Anna Jones	D&T		
4.65	Daizy Lee	HPX	29/6	Eltham
4.64/1.7	Kara Peck	HPX	6/7	Liverpool
4.48	Lauren Dewar	StA	19/4	Perivale
4.27	Emma Clarke	StA	2/8	Hemel H
4.21	Kirsty Bateman-Foley	SNH		
3.94	Sarah Feely	SNH		
3.65	Chloe Dearman	WAT		Watford
3.65	Tiffany Ammar	StA	27/7	Guildford

Triple Jump

11.65	Yasmin Lakin	SBH	27/7	Hendon
11.13/3.2	Kara Peck	HPX	6/7	Liverpool
11.12	Kara Peck	HPX	27/7	Walthamstow
10.71	Alicia Tymon-McEwan	StA	17/5	Milton Keynes
9.98	Daizy Lee	HPX	12/7	Oxford
9.40	Lucy Jones	D&T		
9.17	Lauren Rule	SNH		
9.13	Shannon Rapacchi	SNH		
8.20	Emma Clarke	StA	2/8	Hemel H

Shot 4k

9.68	Holly Seglah	StA	19/7	Bedford
9.48	Emma Phillipson	HPX	1/6	Sandy
9.03	Alice Townend	StA	24/5	Watford
8.51	Martina Barber	SNH		
7.87	Anna Jones	D&T		
7.79	Robyn Khan	D&T		
7.42	Sophie Goddard	SNH		
6.95	Lilly Lee	StA	27/4	Perivale
6.63	Sophie Keeble	SNH		
6.61	Kara Peck	HPX	21/6	Harrow
6.56	Kirsty Bateman-Foley	SNH		
6.22	Daizy Lee	HPX	30/6	Eltham
5.96	Megan Breen	HPX	2/8	Peterborough
5.62	Sarah Feely	SNH		

Discus 1k

33.60	Kimberley Osuji	Harr	24/5	Watford
29.62	Emma Phillipson	HPX	17/5	Ware
26.31	Sophie Goddard	SNH		
24.93	Alice Townend	StA	29/6	Kingston
23.68	Martina Barber	SNH		
22.88	Amy Wareing	SNH		
21.59	Caitlin Filby	D&T		
19.78	Lilly Lee	StA	27/4	Perivale

19.01	Kirsty Bateman-Foley	SNH		
17.86	Eleanor Moss	HPX	12/7	Oxford
17.19	Tiffany Ammar	StA	27/7	Guildford
14.63	Emily Evans	SNH		
14.38	Chloe Dearman	WAT		Watford
10.64	Megan Breen	HPX	10/5	Bedford
9.54	Daizy Lee	HPX	21/6	Harrow

Hammer 4k

37.65	Sophie Goddard	SNH		
37.32	Emily Evans	SNH	24/5	30.28
22.64	Caitlin Filby	D&T		
21.16	Robyn Khan	D&T		
20.47	Alice Townend	StA	27/4	Perivale
20.27	Lilly Lee	StA	27/4	Perivale
19.25	Emma Phillipson	HPX	1/6	Sandy
18.00	Kara Peck	HPX	12/7	Oxford
17.07	Chloe Dearman	WAT		Watford
16.10	Megan Breen	HPX	27/4	Mile End

Javelin 600g

32.81	Kirsty Bateman-Foley	SNH		
32.41	Holly Seglah	StA	12/7	St Albans
31.72	Eleanor Moss	HPX	12/7	Oxford
30.60	Lilly Lee	StA	28/9	Bury St Edmunds
27.56	Anna Jones	D&T		
25.40	Suzanne Bentley	StA	24/5	Watford
24.74	Martina Barber	SNH		
19.75	Shannon Rapacchi	SNH		
5.26	Sarah Feely	SNH		
5.05	Lauren Rule	SNH		

Heptathlon

3721	Holly Seglah	StA	29/6	LV
3123	Martina Barber	SNH		
2683	Kirsty Bateman-Foley	SNH		

4x100

53.91	Herts Phoenix		30/6	Eltham
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4x400

4:26.6	Herts Phoenix		27/4	Mile End
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