

## HERTS COUNTY AAA 2014 RANKING LIST

### VETERAN WOMEN

#### 100m

15.1	Kim Kingwell	W35	HPX	28/4	LV
15.7	Alison Putko	W35	WAT		Grays
14.5	Dawn Jones	W40	HPX	16/6	Hendon
15.1	Kim Kingwell	W40	HPX	16/6	Hendon
17.3	Steph Mayfield	W40	FVS	7/5	Milton Keynes
13.9	Sandra Reed	W45	SNH		
15.7	Christine Dearman	W45	WAT		Cambridge
15.3	Mary Brown	W50	BAR	16/6	Hendon
15.8	Colette Hurley	W50	SBH	16/6	Hendon
15.86/0.1	Chris Salvary	W55	BAR	30/8	Hendon
16.1	Sarah Gaynor	W55	HPX	16/6	Hendon
20.6	Sharon Crowley	W55	FVS	13/9	Stevenage
14.8	Joylyn Sanders-Mullins	W60	SNH		
16.1	Avis Cowley	W60	HPX	28/4	LV
17.4	Margaret Carrier	W60	HPX	16/6	Hendon
21.4	Sally Gandee	W70	HPX	28/4	LV

#### 200m

37.7	Alison Putko	W35	WAT		Watford
29.71/-0.4	Dawn Jones	W40	HPX	5/5	Stevenage
31.8	Kim Kingwell	W40	HPX	19/5	LV
37.4	Steph Mayfield	W40	FVS	13/9	Stevenage
32.8	Marie Heald	W45	HPX	7/9	Ashford
34.4	Christine Dearman	W45	WAT		Watford
31.7	Colette Hurley	W50	SBH	14/7	Hemel H
36.1	Margaret Butler	W50	BAR	19/5	LV
33.42/-0.4	Sarah Gaynor	W55	HPX	5/5	Stevenage
34.5	Avis Cowley	W60	HPX	19/5	LV
36.7	Margaret Carrier	W60	HPX	19/5	LV
46.0	Sally Gandee	W70	HPX	14/7	Hemel H
47.9	Penny Antoniou	W70	BAR	19/5	LV

#### 400m

68.66	Angela Trussler	W35	WAT		Watford
69.8	Kim Kingwell	W35	HPX	28/4	LV
77.50	Liza Croft	W35	WAT	24/5	Watford
78.3	Alison Putko	W35	WAT		Watford
88.3	Isobel Green	W35	FVS	13/9	Stevenage
68.79	Lisa Webb	W40	SBH	9/8	Birmingham
91.2	Steph Mayfield	W40	FVS	7/5	Milton Keynes
65.5	Sandra Reed	W45	SNH		
76.4	Karen Murphy	W45	BAR	28/4	LV
80.4	Christine Dearman	W45	WAT		Watford
80.6	Pauline Michael	W45	BAR	28/4	Hendon
68.75	Colette Hurley	W50	SBH	27/8	Watford

69.94	Christine Feely	W50	SNH		
71.6	Mary Brown	W50	BAR	16/6	Hendon
76.6	Sarah Boxer	W50	BAR	16/6	Hendon
77.3	Sarah Gaynor	W55	HPX	16/6	Hendon
86.7	Julie Simmons	W55	HPX	16/6	Hendon
83.4	Margaret Carrier	W60	HPX	16/6	Hendon
124.9	Maureen Shirley	W65	BAR	16/6	Hendon
99.03	Iris Hornsey	W70	FVS	9/8	Birmingham

### 800m

2:44.0	Lisa Croft	W35	WAT		Watford
3:10.0	Angela Trussler	W35	WAT		Watford
3:11.0	Karen Denham	W35	BAR	14/7	Hemel H
2:30.16	Lisa Webb	W40	SBH	20/7	Solihull
2:44.2	Kim Kingwell	W40	HPX	19/5	LV
3:35.3	Steph Mayfield	W40	FVS	13/9	Stevenage
2:30.0	Jo Kent	W45	BAR	17/5	Braintree
2:43.1	Karen Murphy	W45	BAR	14/7	Hemel H
2:54.70	Marie Heald	W45	HPX	7/9	Ashford
3:02.4	Pauline Michael	W45	BAR	19/5	LV
3:32.1	Christine Dearman	W45	WAT		Grays
2:43.2	Christine Feely	W50	SNH		
2:50.5	Sarah Boxer	W50	BAR	14/7	Hemel H
3:02.53	Julie Simmons	W55	HPX	7/9	Ashford
3:36.4	Sharon Crowley	W55	FVS	13/9	Stevenage
3:18.2	Margaret Carrier	W60	HPX	19/5	LV
4:24.2	Maureen Shirley	W65	BAR	19/5	LV
3:46.38	Iris Hornsey	W70	FVS	9/8	Birmingham

### 1500m

5:24.0	Angela Trussley	W35	WAT		Watford
6:04.7	Lisa Croft	W35	WAT		Watford
5:04.8	Lisa Webb	W40	SBH	28/4	LV
6:28.5	Dawn Jones	W40	HPX	28/4	LV
5:05.53	Joanne Kent	W45	BAR	2/7	Watford
5:15.89	Karen Murphy	W45	BAR	21/6	Hendon
6:03.4	Marie Heald	W45	HPX	16/6	Hendon
6:25.3	Helen Johal	W45	WAT		Watford
6:31.5	Sandra Reed	W45	SNH		
8:08.9	Christine Dearman	W45	WAT		Cambridge
5:47.0	Catherine Davies	W50	D&T		
5:54.3	Sarah Boxer	W50	BAR	28/4	LV
6:13.3	Yvonne Jones	W50	HPX	28/4	LV
6:05.61	Julie Simmons	W55	HPX	7/9	Ashford
7:27.07	Sharon Crowley	W55	FVS	5/5	Stevenage
6:18.18	Yuko Gordon	W60	NHRR	5/5	Stevenage
7:48.2	Margaret Carrier	W60	HPX	28/4	LV
8:31.7	Maureen Shirley	W65	BAR	28/4	LV
7:46.3	Iris Hornsey	W70	FVS	26/7	Sandy

**3000m**

11:11.3	Angela Trussler	W35	WAT		Hemel H
12:47.5	Lisa Croft	W35	WAT		Grays
14:12.3	Isobel Green	W35	FVS	13/9	Stevenage
10:45.6	Jo Kent	W45	BAR	19/4	Watford
11:07.68	Karen Murphy	W45	BAR	21/6	Hendon
13:16.7	Helen Johal	W45	WAT		Watford
12:28.3	Catherine Davies	W50	D&T		
12:32.3	Sarah Boxer	W50	BAR	14/7	Hemel H
13:27.9	Christine Feely	W50	SNH		
13:44.01	Yvonne Jones	W50	HPX	7/9	Ashford
12:59.70	Julie Simmons	W55	HPX	7/9	Ashford
15:12.45	Sarah Gaynor	W55	HPX	10/5	Bedford
15:36.6	Rosamund De La Bertouche	W60	BAR	14/7	Hemel H
16:04.6	Margaret Carrier	W60	HPX	19/5	LV

**5000m**

18:37.45	Jo Kent	W45	BAR	10/8	Birmingham
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**10000m**

38:39.13	Jo Kent	W45	BAR	10/5	P Hill
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**100H**

34.2	Lisa Croft	W35	WAT		Grays
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**400H**

79.0	Angela Trussler	W35	WAT		Watford
103.3	Alison Putko	W35	WAT		Grays
71.0	Sandra Reed	W45	SNH		

**1500m Steeplechase**

6:17.7	Lisa Croft	W35	WAT		Cambridge
6:51.3	Angela Trussler	W35	WAT		Watford
7:47.5	Alison Putko	W35	WAT		Grays

**2000m Steeplechase**

8:41.22	Liza Croft	W35	WAT	24/5	Watford
9:47.0	Angela Trussler	W35	WAT		Watford
10:49.9	Alison Putko	W35	WAT		Watford

**3000m Steeplechase**

13:21.75	Liza Croft	W35	WAT		Mile End
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**3k Walk**

23:15.70	Sharon Crowley	W55	FVS	5/5	Stevenage
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**High Jump**

1.20	Alison Putko	W35	WAT		Watford
1.35	Dawn Jones	W40	HPX	28/4	LV
1.15	Sarah Boxer	W50	BAR	28/4	LV
1.00	Chris Salvary	W55	BAR	28/4	LV
1.20	Sue Yeomans	W60	StA	5/5	Stevenage
1.07	Avis Cowley	W60	HPX	7/9	Ashford

**Pole Vault**

2.50	Louise Kelly	W35	StA	24/5	Watford
1.60	Lucy Baker	W35	D&T		
1.60	Liza Croft	W35	WAT		Watford
1.80	Steph Mayfield	W40	FVS	5/5	Stevenage
2.80	Sue Yeomans	W60	StA	5/5	Stevenage

**Long Jump**

3.53	Alison Putko	W35	WAT		Watford
2.74	Isobel Green	W35	FVS	13/9	Stevenage
4.25	Dawn Jones	W40	HPX	19/5	LV
3.18	Steph Mayfield	W40	FVS	7/5	Milton Keynes
3.37	Christine Dearman	W45	WAT		Grays
1.27	Karen Murphy	W45	BAR	19/5	LV
3.54	Chris Salvary	W55	BAR	12/4	LV
2.89	Julie Simmons	W55	HPX	7/9	Ashford
2.39	Sarah Gaynor	W55	HPX	7/9	Ashford
2.27	Sharon Crowley	W55	FVS	13/9	Stevenage
3.11	Avis Cowley	W60	HPX	7/9	Ashford
2.43	Iris Hornsey	W70	FVS	13/9	Stevenage
1.88	Sally Gandee	W70	HPX	14/7	Hemel H

**Triple Jump**

10.40	Natasha Brunning	W35	D&T		
7.82	Alison Putko	W35	WAT		Watford
9.84	Dawn Jones	W40	HPX	16/6	Hendon
9.40	Louise Oliver	W40	SNH		
6.75	Steph Mayfield	W40	FVS	4/6	Cambridge
9.93	Sandra Reed	W45	SNH		
7.27	Christine Dearman	W45	WAT		Watford
7.39	Chris Salvary	W55	BAR	17/5	Braintree
6.29	Avis Cowley	W60	HPX	7/9	Ashford
5.70	Margaret Carrier	W60	HPX	7/9	Ashford

**Shot 3k**

7.03	Elena Crompton	W50	D&T		
7.08	Debbie Keenleyside	W55	D&T		
7.95	Joylyn Saunders-Mullins	W60	SNH	5/5	Stevenage
6.51	Margaret Carrier	W60	HPX	19/5	LV
3.85	Sally Gandee	W70	HPX	19/5	LV

**Shot 4k**

9.32	Louise Kelly	W35	StA	24/5	
5.96	Liza Croft	W35	WAT	24/5	Watford
9.68	Louise Oliver	W40	SNH		
6.37	Dawn Jones	W40	HPX	19/5	LV
5.99	Amanda Jarvis	W45	WAT		Cambridge
5.49	Sue McCormick	W45	BAR	21/6	Hendon
5.22	Christine Dearman	W45	WAT		Watford
4.82	Cate Scott	W55	BAR	21/6	Hendon
5.65	Denise Copeman	W65	BAR	14/7	Hemel H

**Discus 1k**

22.80	Louise Oliver	W40	SNH		
14.61	Dawn Jones	W40	HPX	28/4	LV
11.62	Steph Mayfield	W40	FVS	4/6	Cambridge
14.89	Amanda Jarvis	W45	WAT		Cambridge
12.75	Christine Dearman	W45	WAT		Watford
12.21	Sue McCormick	W45	BAR	21/6	Hendon
12.68	Cate Scott	W55	BAR	17/5	Braintree
16.60	Joylyn Sanders-Mullins	W60	SNH		
12.55	Margaret Carrier	W60	HPX	28/4	LV
16.65	Denise Copeman	W65	BAR	28/4	LV
11.67	Sue Fletcher	W65	HPX	28/4	LV
11.78	Ann Bolitho	W70	BAR	14/7	Hemel H
9.72	Sally Gandee	W70	HPX	28/4	LV

**Hammer 3k**

16.36	Amanda Jarvis	W45	WAT		Grays
12.70	Christine Dearman	W45	WAT		Watford
18.77	Cathie Woolfrey	W50	D&T		
17.62	Sharon Crowley	W55	FVS	5/5	Stevenage
19.92	Margaret Carrier	W60	HPX	16/6	Hendon
16.17	Sue Fletcher	W60	HPX	16/6	Hendon
10.74	Sally Gandee	W70	HPX	16/6	Hendon

**Hammer 4k**

19.07	Steph Mayfield	W40	FVS	7/5	Milton Keynes
13.56	Dawn Jones	W40	HPX	16/6	Hendon
18.18	Sue McCormick	W45	BAR	21/6	Hendon
10.77	Cate Scott	W55	BAR	21/6	Hendon

**Javelin 400g**

13.35	Margaret Carrier	W60	HPX	19/5	LV
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**Javelin 500g**

24.37	Joylyn Saunders-Mullins	W60	SNH	5/5	Stevenage
14.94	Margaret Carrier	W60	HPX	7/9	Ashford

**Javelin 600**

10.60	Isobel Green	W35	FVS	13/9	Stevenage
23.76	Louise Oliver	W40	SNH		
14.19	Dawn Jones	W40	HPX	19/5	LV
11.49	Steph Mayfield	W40	FVS	4/6	Cambridge
11.09	Amanda Jarvis	W45	WAT		Cambridge
10.33	Christine Dearman	W45	WAT		Watford
9.58	Sue McCormick	W45	BAR	21/6	Hendon
7.31	Cate Scott	W55	BAR	21/6	Hendon
6.37	Sally Gandee	W70	HPX	7/9	Ashford

**4x100**

62.6	Herts Phoenix	VW	28/4	LV	
67.5	Barnet & district	VW	28/4	LV	

**4x200**

2:11.3	Herts Phoenix	VW	14/7	Hemel H	
2:24.5	Barnet & District	VW	14/7	Hemel H	

**4x400**

4:59.8	Herts Phoenix	VW	19/5	LV	
5:27.7	Barnet & district	VW	19/5	LV	

**Medley (2248)**

5:02.2	Barnet & District	VW	16/6	Hendon	
5:09.4	Herts Phoenix	VW	16/6	Hendon	