

SENIOR LADIES - Summer Track Rankings 2005

All are ranked together, except in events where the equipment is different (i.e. 100m hurdles). In these events a separate ranking is given for Seniors, Juniors or Vets, based on whether the competition (i.e. equipment used) was Senior, Junior, or Vets, not the athlete's status. [V=Vet, J=EuroJunior]

100m

<i>CLUB RECORD</i>	12.6	<i>Denise Gayle</i>	<i>Southampton</i>	<i>05-06-04</i>
<i>VETS CLUB REC</i>	14.5	<i>Jill Dinsmore</i>	<i>Battersea</i>	<i>11-09-05</i>
12.7	Denise Gayle		New River	20 Aug
13.91	Alex Gibson		New River	09 Apr
14.5	Jill Dinsmore	V35	Battersea	11 Sep
14.6	Cath Perry		Watford	30 Apr
15.8	Carmel O'Brien	V40	Battersea	11 Sep
16.0	Gill Attree	V40	Watford	20 Jun
16.8	Denise Copeman	V55	Enfield	09 May
17.9	Penny Antoniou	V60	Watford	20 Jun
19.0	Cate Scott	V50	Battersea	11 Sep

200m

<i>CLUB RECORD</i>	24.57	<i>Denise Gayle</i>	<i>Manchester</i>	<i>09-07-05</i>
<i>VETS CLUB REC</i>	30.6	<i>Jill Dinsmore</i>	<i>Enfield</i>	<i>23-05-05</i>
24.57	Denise Gayle		Manchester	09 Jul
28.90	Alex Gibson		New River	09 Apr
30.6	Cath Perry		Perivale	23 Jul
30.6	Jill Dinsmore	V35	Enfield	23 May
32.8	Carmel O'Brien	V40	Battersea	11 Sep
34.7	Gill Attree	V40	Enfield	23 May
37.1	Denise Copeman	V55	Enfield	23 May
39.2	Penny Antoniou	V60	Hemel Hempstead	11 Jul
41.1	Cate Scott	V50	Hemel Hempstead	11 Jul

400m

<i>CLUB RECORD</i>	55.30	<i>Denise Gayle</i>	<i>Liverpool</i>	<i>26-06-05</i>
<i>VETS CLUB REC</i>	68.3	<i>Karen Bradley</i>	<i>Enfield</i>	<i>10-05-04</i>
55.30	Denise Gayle		Liverpool	26 Jun
65.6	Cath Perry		Wycombe	3 Sept
66.0	Kath Woods		Wycombe	3 Sep
69.1	Karen Bradley	V35	Enfield	09 May
69.1	Jackie Tarrant		Mile End	21 May
71.3	Clare Read	V35	Enfield	09 May
76.8	Philippa Horton		New River	20 Aug
76.8	Carmel O'Brien	V40	Battersea	11 Sep
78.0	Lou Pantelle		Watford	20 Jun
90.3	Penny Antoniou	V60	Watford	20 Jun
99.1	Tiffany Stephens	V35	Battersea	11 Sep
102.8	Pauline Lygo	V55	Watford	20 Jun
107.0	Cate Scott	V50	Battersea	11 Sep

800m

<i>CLUB RECORD</i>	2-15.15	<i>Kath Woods</i>	<i>Watford</i>	<i>12-06-04</i>
<i>VETS CLUB REC</i>	2-29.5	<i>Jane Laws (W45)</i>	<i>Hemel Hempstead</i>	<i>05-07-99</i>
2-28.06	Cath Perry		Watford	24 Aug
2-34.7	Jane Laws	V45	Enfield	23 May
2-58.0	Nicola Froud	V35	Battersea	11 Sep
3-05.7	Kirsty Johnstone	V40	Hemel Hempstead	11 Jul
3-36.0	Pauline Lygo	V60	Hemel Hempstead	11 Jul
3-54.9	Maureen Shirley	V55	Battersea	11 Sep

1500m

<i>CLUB RECORD</i>	4-49.9	<i>Kath Woods</i>	<i>Watford</i>	<i>30-04-05</i>
<i>VETS CLUB REC</i>	4-56.4	<i>Jane Laws (W45)</i>	<i>Watford</i>	<i>12-06-00</i>
4-49.9	Kath Woods		Watford	30 Apr
5-03.2	Jane Laws	V45	Enfield	09 May
5-27.7	Karen Bradley	V35	Enfield	09 May
5-28.9	Cath Perry		Mile End	21 May
5-50.3	Philippa Horton		Wycombe	03 Sep
5-51.8	Nicola Froud	V35	Battersea	11 Sep
6-58.9	Maureen Shirley	V55	Battersea	11 Sep
7-08.8	Pauline Lygo	V60	Battersea	11 Sep

1 mile

<i>CLUB RECORD</i>	5-44.6	<i>Eileen Griffiths (J)</i>	<i>Copthall</i>	<i>01-07-01</i>
<i>VETS CLUB REC</i>	6-07.5	<i>Evelyn Saunders</i>	<i>Copthall</i>	<i>07-06-98</i>

3000m

<i>CLUB RECORD</i>	9-59.9	<i>Jackie Tarrant</i>	<i>Watford</i>	<i>30-04-05</i>
<i>VETS CLUB REC</i>	10-20.5	<i>Jane Laws</i>	<i>New River</i>	<i>24-04-04</i>
9-59.9	Jackie Tarrant		Watford	30 Apr
10-29.93	Kath Woods		Watford	07 Sep
10-32.4	Jane Laws	V45	New River	20 Aug
11-20.5	Cath Perry		Hemel Hempstead	18 Sep
11-35.2	Karen Bradley	V35	Enfield	23 May
12-00.41	Lydia Bruce-Burgess		Watford	07 Sep
13-01.8	Nicola Froud	V35	Battersea	11 Sep
14-35.4	Pauline Lygo	V60	Battersea	11 Sep
14-41.2	Maureen Shirley	V55	Battersea	11 Sep

5000m

<i>CLUB RECORD</i>	17-47.1	<i>Jane Laws (V)</i>	<i>Hemel Hempstead</i>	<i>12-07-04</i>
<i>VETS CLUB REC</i>	17-47.1	<i>Jane Laws</i>	<i>Hemel Hempstead</i>	<i>12-07-04</i>
19-43.9	Karen Bradley	V35	Hemel Hempstead	11 Jul
20-05.4	Karen Murphy	V35	Hemel Hempstead	11 Jul
26-04.2	Maureen Shirley	V55	Hemel Hempstead	11 Jul

2000mW

<i>CLUB RECORD</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	<i>30-04-01</i>
<i>VETS CLUB REC</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	<i>30-04-01</i>
12-45.9	Tiffany Stephens	V35	Battersea	11 Sep
13-42.4	Brenda Harvey	V55	Battersea	11 Sep
15-52.0	Helen Ewings	V60	Battersea	11 Sep

3000mW

<i>CLUB RECORD</i>	20-17.4	<i>Tiffany Stephens</i>	<i>New River</i>	<i>14-08-05</i>
<i>VETS CLUB REC</i>	20-17.4	<i>Tiffany Stephens</i>	<i>New River</i>	<i>14-08-05</i>
20-17.4	Tiffany Stephens	V35	New River	14 Aug

80m Hurdles (Vets)

<i>VETS CLUB RECORD</i>	15.6	<i>Jill Dinsmore</i>	<i>Enfield</i>	<i>24-05-04</i>
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100mH

<i>CLUB RECORD</i>	16.5	<i>Denise Gayle</i>	<i>Salisbury</i>	<i>04-09-99</i>
<i>VETS CLUB REC</i>	18.9	<i>Jill Dinsmore</i>	<i>Kingston</i>	<i>11-09-04</i>
18.96	Jill Dinsmore	V35	New River	09 Apr
19.9	Kath Henderson		Watford	30 Apr

200m Hurdles (Vets)

<i>VETS CLUB RECORD</i>	41.5	<i>Denise Copeman (W50)</i>	<i>Croydon</i>	<i>08-09-91</i>
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400mH

<i>CLUB RECORD</i>	70.3	<i>Vicky Hyland</i>	<i>New River</i>		<i>24-04-04</i>
75.7	Kath Woods		New River		20 Aug
82.42	Louise White		New River		09 Apr
87.4	Kath Henderson		Watford		30 Apr

HJ

<i>CLUB RECORD</i>	1-78	<i>Denise Gayle</i>	<i>Southend</i>		<i>06-09-03</i>
<i>VETS CLUB REC</i>	1-45	<i>Jill Dinsmore</i>	<i>Southend</i>		<i>06-09-03</i>
1-50	Louise White		Wycombe		3 Sep
1-45	Denise Gayle		New River		20 Aug
1-40	Jill Dinsmore	V35	Perivale		23 Jul
0-90	Helen Ewings	V60	Enfield		09 May
3-06	Denise Copeman	V55	Enfield		23 May

LJ

<i>CLUB RECORD</i>	5-60	<i>Denise Gayle (J)</i>	<i>St Albans</i>		<i>05-09-98</i>
<i>VETS CLUB REC</i>	4-59	<i>Jill Dinsmore</i>	<i>Battersea</i>		<i>11-09-05</i>
4-59	Jill Dinsmore	V35	Battersea		11 Sep
4-48	Alex Gibson		Watford		30 Apr
2-60	Cate Scott	V50	Battersea		11 Sep
2-16	Helen Ewings	V60	Battersea		11 Sep

TJ

<i>CLUB RECORD</i>	10-37	<i>Vicky Hyland</i>	<i>New River</i>		<i>24-04-04</i>
<i>VETS CLUB REC</i>	9-69	<i>Jill Dinsmore</i>	<i>San Sebastian</i>		<i>22 Aug/3 Sep</i>
9-69	Jill Dinsmore	V35	San Sebastian		22 Aug/3 Sep
5-22	Helen Ewings	V60	Watford		20 Jun
4-63	Cate Scott	V50	Battersea		11 Sep

PV

<i>CLUB RECORD</i>	2-60	<i>Louise White</i>	<i>Liverpool</i>		<i>26-06-05</i>
2-60	Louise White		Liverpool		26 Jun

SP

<i>CLUB RECORD</i>	11-36	<i>Joan Amaa</i>	<i>Crawley</i>		<i>27-04-02</i>
<i>VETS CLUB REC</i>	8-06	<i>Denise Copeman (W50)</i>	<i>Watford</i>		<i>27-04-92</i>
10-09	Louise White		New River		14 May
7-74	Jill Dinsmore	V35	Wycombe		03 Sep
7-03	Denise Copeman [3kg]	V55	Enfield		23 May
6-42	Penny Antoniou [3kg]	V60	Battersea		11 Sep
5-52	Helen Ewings [3kg]	V60	Battersea		11 Sep

DT

<i>CLUB RECORD</i>	29-00	<i>Ros Elueze</i>	<i>Copthall</i>		<i>07-09-96</i>
<i>VETS CLUB REC</i>	23-08	<i>Denise Copeman (W50)</i>	<i>St Albans</i>		<i>28-04-90</i>
19-64	Louise White		Watford		30 Apr
18-50	Denise Copeman	V55	Enfield		09 May
17-64	Helen Ewings	V60	Enfield		09 May
16-55	Jill Dinsmore	V35	New River		09 Apr
12-12	Cate Scott	V50	Battersea		11 Sep

JT

<i>CLUB RECORD</i>	27-24	<i>Louise White</i>	<i>Tonbridge</i>		<i>06-07-02</i>
<i>VETS CLUB REC</i>	25-49	<i>Jill Dinsmore</i>	<i>Wycombe</i>		<i>03-09-05</i>
25-11	Louise White		New River		20 Aug
25-49	Jill Dinsmore	V35	Wycombe		03 Sep
16-25	Pippa Anderson [600g]	V45	Watford		20 Jun
12-73	Cath Perry		Perivale		23 Jul
11-71	Penny Antoniou [400g]	V60	Watford		20 Jun
11-06	Helen Ewings [500g]	V60	Battersea		11 Sep

7-29 Cate Scott [500g] V50 Watford 20 Jun

HT

CLUB RECORD 34-88 Ros Elueze Croydon 25-05-96

VETS CLUB REC 22-42 Denise Copeman (W50) Enfield 26-04-99

18-90 Louise White Wycombe 03 Sep

14-26 Pippa Anderson [4kg] V45 Hemel Hempstead 11 Jul

12-89 Helen Ewings [3kg] V60 Hemel Hempstead 11 Jul

11-50 Cate Scott [4kg] V50 Battersea 11 Sep

7-20 Cath Perry Watford 30 Apr

4x100m

CLUB RECORD 53.1 Kwaako,Mayon-White,Ryan,Gayle Copthall 17-05-97

Vets Club Record 63.1 O'Brien,Read,Copeman,Dinsmore Battersea 05-09-04

56.8 Watford 30 Apr

4x200m

CLUB RECORD 2-07.1 Michael,O'Brien,Read,Dinsmore Hemel Hempstead 12-07-04

VETS CLUB REC 2-07.1 Michael,O'Brien,Read,Dinsmore Hemel Hempstead 12-07-04

2-30.4 Antoniou/Johnstone/ Hemel Hempstead 11 Jul

Attree/Froud

4x400m

CLUB RECORD 4-12.5 Gayle,Woods,Tarrant,Horton Southampton 05-06-04

Vets Club Record 4-48.7 O'Brien,Michaels,Bradley,Laws Enfield 24-05-04

4-19.6 Watford 30 Apr

3x800m Record

CLUB RECORD 8-09.3 Cooper,Fowler,Chilton Watford 07-07-85

Medley Relay

CLUB RECORD 4-54.0 Michael,Reed,Bradley,Laws Watford 21-06-04

VETS CLUB REC 4-54.0 Michael,Reed,Bradley,Laws Watford 21-06-04

5-06.5 Antoniou/Pantelle Watford 20 Jun

Bradley/Laws

Pentathlon

CLUB RECORD 1476 Marian Ryan Watford 09-06-91

Heptathlon

CLUB RECORD 4409 Denise Gayle Horsham 26/27-06-99