

SENIOR LADIES - Summer Track Rankings 2006

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>	05-06-04
<i>VETS CLUB REC</i>	14.5	<i>Jill Dinsmore</i>	<i>Battersea</i>	11-09-05
13.6	Alex Gibson	Copthall		20-05-06
14.8	Erica Golland	Copthall		20-05-06
15.0	Jill Dinsmore	Enfield		08-05-06
15.6	Karen Bradley	Hemel Hempstead		17-09-06
16.3	Amanda Rochester	Hemel Hempstead		17-09-06
16.5	Sarah Bruno	Hemel Hempstead		17-09-06
16.5	Deidre Grist	St Albans		07-06-06
17.1	Denise Copeman	Enfield		08-05-06
18.3	Karen Staff	Watford		12-06-06
18.5	Penny Antoniou	Hemel Hempstead		17-09-06

200m

<i>CLUB RECORD</i>	24.57	<i>Denise Gayle</i>	<i>Manchester</i>	09-07-05
<i>VETS CLUB REC</i>	30.3	<i>Simone Kimberley</i>	<i>Copthall</i>	20-05-06
29.0	Alex Gibson	Copthall		20-05-06
30.3	Simone Kimberley	Copthall		03-07-06
30.4	Erica Golland	Copthall		20-05-06
31.2	Jill Dinsmore	Copthall		03-07-06
35.6	Deidre Grist	Copthall		03-07-06
38.9	Penny Antoniou	Hemel Hempstead		17-09-06
41.9	Cate Scott	Enfield		22-05-06
42.1	Karen Staff	Enfield		22-05-06

400m

<i>CLUB RECORD</i>	55.30	<i>Denise Gayle</i>	<i>Liverpool</i>	26-06-05
<i>VETS CLUB REC</i>	68.3	<i>Karen Bradley</i>	<i>Enfield</i>	10-05-04
68.6	Cath Perry	Copthall		20-05-06
68.7	Simone Kimberley	Watford		12-06-06
72.9	Nicola Wallis	Watford		22-04-06
81.1	Lydia Bruce-Burgess	Copthall		20-05-06
94.6	Cate Scott	Enfield		08-05-06
95.9	Penny Antoniou	Watford		12-06-06
101.3	Pauline Lygo	Watford		12-06-06

800m

<i>CLUB RECORD</i>	2-15.15	<i>Kath Woods</i>	<i>Watford</i>	12-06-04
<i>VETS CLUB REC</i>	2-29.5	<i>Jane Laws (W45)</i>	<i>Hemel Hempstead</i>	05-07-99
2-21.35	Kath March	Watford		12-07-06
2-30.9	Cath Perry	Walthamstow		22-04-04
2-36.72	Zanthe Wray	Watford		12-07-06
2-43.9	Cat Daniels	Hemel Hempstead		17-09-06
2-50.8	Nicola Froud	Enfield		22-05-06
3-07.0	Cate Scott	Copthall		03-07-06
3-43.7	Maureen Shirley	Enfield		22-05-06
3-49.7	Pauline Lygo	Copthall		02-07-06

1000m

<i>CLUB RECORD</i>	3-07.01	<i>Kath March</i>	<i>Watford</i>	08-03-06
3-07.01	Kath March	Watford		08-03-06
3-30.34	Zanthe Wray	Watford		08-03-06

1500m

<i>CLUB RECORD</i>	4-46.4	<i>Kath Woods</i>	<i>Cambridge</i>	15-07-06
<i>VETS CLUB REC</i>	4-56.4	<i>Jane Laws (W45)</i>	<i>Watford</i>	12-06-00
4-46.4	Kath March	Cambridge	15-07-06	
5-14.2	Jane Laws	Watford	12-06-06	
5-30.7	Zanthe Wray	Stevenage	01-05-06	
5-32.5	Cath Perry	Biggleswade	02-09-06	
5-50.9	Karen Faloon	Watford	12-06-06	
6-01.7	Kirsty Johnstone	Watford	12-06-06	
7-20.1	Pauline Lygo	Enfield	08-05-06	

1 mile

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

3000m

<i>CLUB RECORD</i>	9-59.9	<i>Jackie Tarrant</i>	<i>Watford</i>	30-04-05
<i>VETS CLUB REC</i>	10-20.5	<i>Jane Laws</i>	<i>New River</i>	24-04-04
10-09.1	Kath March	Watford	23-08-06	
11-51.5	Karen Murphy	Copthall	20-05-06	
11-58.5	Philippa Horton	Cambridge	15-07-06	
12-02.2	Cath Perry	Parliament Hill	24-06-06	
12-08.9	Karen Bradley	Hemel Hempstead	17-09-06	
12-13.9	Lydia Bruce-Burgess	Uxbridge	12-08-06	
13-07.1	Simone Kimberley	Enfield	22-05-06	
15-10.4	Maureen Shirley	Enfield	22-05-06	
18-22.0	Tiffany Stephens	Enfield	22-05-06	

5000m

<i>CLUB RECORD</i>	17-47.1	<i>Jane Laws (V)</i>	<i>Hemel Hempstead</i>	12-07-04
<i>VETS CLUB REC</i>	17-47.1	<i>Jane Laws</i>	<i>Hemel Hempstead</i>	12-07-04
18-24.4	Jane Laws	Copthall	03-07-06	
20-13.5	Karen Murphy	Copthall	03-07-06	
24-57.6	Teresa Wright	Copthall	03-07-06	

2000mW

<i>CLUB RECORD</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	30-04-01
<i>VETS CLUB REC</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	30-04-01
12-48.9	Tiffany Stephens	Enfield	08-05-06	
14-55.6	Brenda Harvey	Copthall	03-07-06	

3000mW

<i>CLUB RECORD</i>	20-17.4	<i>Tiffany Stephens</i>	<i>New River</i>	14-08-05
<i>VETS CLUB REC</i>	20-17.4	<i>Tiffany Stephens</i>	<i>New River</i>	14-08-05
20-20.19	Tiffany Stephens	New River	22-04-06	

80m Hurdles (Vets)

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

<i>CLUB RECORD</i>	16.5	<i>Denise Gayle</i>	<i>Salisbury</i>	04-09-99
<i>VETS CLUB REC</i>	18.9	<i>Jill Dinsmore</i>	<i>Kingston</i>	11-09-04

200m Hurdles (Vets)

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

<i>CLUB RECORD</i>	70.3	<i>Vicky Hyland</i>	<i>New River</i>	24-04-04
89.9	Kath Henderson	Copthall	20-05-06	

HJ

<i>CLUB RECORD</i>	1-78	<i>Denise Gayle</i>	<i>Southend</i>	06-09-03
<i>VETS CLUB REC</i>	1-45	<i>Jill Dinsmore</i>	<i>Southend</i>	06-09-03
1-45	Louise White		Walthamstow	22-04-06
1-35	Jill Dinsmore		Walthamstow	22-04-06

LJ

<i>CLUB RECORD</i>	5-60	<i>Denise Gayle (J)</i>	<i>St Albans</i>	05-09-98
<i>VETS CLUB REC</i>	4-59	<i>Jill Dinsmore</i>	<i>Battersea</i>	11-09-05
4-98	Alex Gibson		Cophall	20-05-06
4-62	Jill Dinsmore		Walthamstow	22-04-06
3-11	Denise Copeman		Enfield	22-05-06
2-89	Deidre Grist		Hemel Hempstead	17-09-06
1-83	Helen Ewings		Cophall	03-07-06

TJ

<i>CLUB RECORD</i>	10-37	<i>Vicky Hyland</i>	<i>New River</i>	24-04-04
<i>VETS CLUB REC</i>	10-04	<i>Jill Dinsmore</i>	<i>Cophall</i>	20-05-06
10-04	Jill Dinsmore		Cophall	20-05-06
5-30	Cate Scott		Watford	12-06-06

PV

<i>CLUB RECORD</i>	2-70	<i>Louise White</i>	<i>Cophall</i>	20-06-06
2-70	Louise White		Cophall	20-05-06

SP

<i>CLUB RECORD</i>	11-36	<i>Joan Amaa</i>	<i>Crawley</i>	27-04-02
<i>VETS CLUB REC</i>	8-06	<i>Denise Copeman (W50)</i>	<i>Watford</i>	27-04-92
9-89	Louise White		Cophall	20-05-06
7-66	Jill Dinsmore		Cophall	03-07-06
7-08	Denise Copeman		Enfield	22-05-06
5-31	Helen Ewings		Enfield	08-05-06
4-15	Cate Scott		Hemel Hempstead	17-09-06

DT

<i>CLUB RECORD</i>	29-00	<i>Ros Elueze</i>	<i>Cophall</i>	07-09-96
<i>VETS CLUB REC</i>	23-08	<i>Denise Copeman (W50)</i>	<i>St Albans</i>	28-04-90
19-31	Denise Copeman		Enfield	08-05-06
18-59	Jill Dinsmore		Cambridge	15-07-06
15-15	Helen Ewings		Enfield	08-05-06
14-85	Nicola Wallis		Walthamstow	22-04-06
13-45	Karen Staff		Enfield	08-05-06

JT

<i>CLUB RECORD</i>	27-79	<i>Jill Dinsmore</i>	<i>Walthamstow</i>	22-04-06
<i>VETS CLUB REC</i>	27-79	<i>Jill Dinsmore</i>	<i>Walthamstow</i>	22-04-06
27-79	Jill Dinsmore		Walthamstow	22-04-06
24-82	Louise White		Cophall	20-05-06
16-54	Penny Antoniou		Hemel Hempstead	17-09-06
6-08	Cate Scott		Watford	12-06-06

HT

<i>CLUB RECORD</i>	34-88	<i>Ros Elueze</i>	<i>Croydon</i>	25-05-96
<i>VETS CLUB REC</i>	22-42	<i>Denise Copeman (W50)</i>	<i>Enfield</i>	26-04-99
19-07	Denise Copeman		Cophall	03-07-06
16-11	Karen Staff		Cophall	20-05-06
13-30	Cate Scott		Cophall	03-07-06

4x100m

<i>CLUB RECORD</i>	53.1	<i>Kwaako,Mayon-White,Ryan,Gayle</i>	<i>Cophall</i>	17-05-97
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<i>Vets Club Record</i> 56.2	63.1	<i>O'Brien,Read,Copeman,Dinsmore</i> Cophall	<i>Battersea</i> 20-05-06	05-09-04
4x200m				
<i>CLUB RECORD</i>	2-07.1	<i>Michael,O'Brien,Read,Dinsmore</i>	<i>Hemel Hempstead</i>	12-07-04
<i>VETS CLUB REC</i> 2-26.3	2-07.1	<i>Michael,O'Brien,Read,Dinsmore</i> Cophall	<i>Hemel Hempstead</i> 23-07-06	12-07-04
4x400m				
<i>CLUB RECORD</i>	4-12.5	<i>Gayle,Woods,Tarrant,Horton</i>	<i>Southampton</i>	05-06-04
<i>Vets Club Record</i> 4-46.3	4-48.7	<i>O'Brien,Michaels,Bradley,Laws</i> Cambridge	<i>Enfield</i> 15-07-06	24-05-04
3x800m Record				
<i>CLUB RECORD</i>	8-09.3	<i>Cooper,Fowler,Chilton</i>	<i>Watford</i>	07-07-85
Medley Relay				
<i>CLUB RECORD</i>	4-54.0	<i>Michael,Reed,Bradley,Laws</i>	<i>Watford</i>	21-06-04
<i>VETS CLUB REC</i>	4-54.0	<i>Michael,Reed,Bradley,Laws</i>	<i>Watford</i>	21-06-04
Pentathlon				
<i>CLUB RECORD</i>	1476	<i>Marian Ryan</i>	<i>Watford</i>	09-06-91
Heptathlon				
<i>CLUB RECORD</i>	4409	<i>Denise Gayle</i>	<i>Horsham</i>	26/27-06-99