

BARNET & DISTRICT AC - Ladies Rankings 2007

100m

14.94	Ines Schulz	Copthall	28-04-07
15.0	Amanda Rochester	Hemel Hempstead	23-09-07
15.6	Annette Corry	Lea Valley	30-04-07
16.4	Carmel O'Brien	Hemel Hempstead	11-06-07
18.9	Penny Antoniou	Lea Valley	30-04-07

200m

31.06	Hannah Sheridan (J)	Watford	18-04-07
31.4	Amanda Rochester	Hemel Hempstead	23-09-07
31.9	Karen Bradley	Watford	21-05-07
32.9	Elinor Winter	Hemel Hempstead	23-09-07
34.8	Jane Laws	Watford	21-05-07
39.0	Sara Carter	Copthall	03-07-07
41.1	Penny Antoniou	Watford	21-05-07
42.3	Cate Scott	Copthall	03-07-07
45.6	Pauline Lygo	Copthall	03-07-07

400m

67.18	Hannah Sheridan (J)	Watford	18-04-07
70.4	Amanda Rochester	Hemel Hempstead	23-09-07
70.5	Karen Bradley	Hemel Hempstead	11-06-07
72.4	Elinor Winter	Hemel Hempstead	23-09-07
78.9	Jane Laws	Lea Valley	30-04-07
82.7	Kim Henderson	Lea Valley	30-04-07
101.1	Pauline Lygo	Hemel Hempstead	11-06-07
108.1	Maureen Shirley	Hemel Hempstead	11-06-07

800m

2-25.07	Hannah Sheridan (J)	Watford	19-05-07
2-32.9	Jane Laws	Watford	21-05-07
3-17.4	Kirsty Johnstone	Copthall	03-07-07
3-23.2	Sara Carter	Copthall	03-07-07
3-46.4	Pauline Lygo	Watford	19-05-07
3-50.5	Maureen Shirley	Copthall	03-07-07

1500m

4-51.6	Kath March	Hemel Hempstead	23-09-07
4-53.4	Jane Laws	Hemel Hempstead	11-06-07
5-23.8	Karen Bradley	Hemel Hempstead	11-06-07
5-49.6	Nicola Froud	Hemel Hempstead	11-06-07
7-15.2	Pauline Lygo	Lea Valley	30-04-07

3000m

10-22.9	Jane Laws	Highgate	12-09-07
10-50.01	Zanthe Wray (J)	Watford	18-04-07
11-41.3	Karen Bradley	Watford	21-05-07
13-57.1	Kirsty Johnstone	Watford	21-05-07

5000m

17-40.41	Jane Laws	Birmingham	28-07-07
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21-08.7	Nicola Froud	Copthall	03-07-07
23-29.0	Kirsty Johnstone	Copthall	03-07-07
26-28.9	Theresa Wright	Copthall	03-07-07
2000mW			
13-20.4	Brenda Harvey	Copthall	03-07-07
13-29.3	Tiffany Stephens	Copthall	03-07-07
HJ			
1-35	Ines Schulz	Copthall	18-04-07
LJ			
4-51	Alex Gibson	Watford	04-04-07
3-14	Cate Scott	Copthall	03-07-07
TJ			
6-64	Annette Corry	Hemel Hempstead	11-06-07
5-36	Cate Scott	Hemel Hempstead	11-06-07
SP			
6-05	Amanda Rochester	Copthall	03-07-07
5-83	Penny Antoniou	Watford	21-05-07
5-40	Cate Scott	Copthall	03-07-07
4-28	Helen Ewings	Watford	21-05-07
DT			
15-62	Kim Henderson	Lea Valley	30-04-07
14-73	Elinor Winter	Hemel Hempstead	23-09-07
12-83	Cate Scott	Lea Valley	30-04-07
12-31	Sara Carter	Hemel Hempstead	23-09-07
11-30	Amanda Rochester	Lea Valley	30-04-07
9-97	Penny Antoniou	Lea Valley	30-04-07
JT			
14-11	Penny Antoniou	Hemel Hempstead	11-06-07
10-59	Annette Corry	Hemel Hempstead	11-06-07
9-05	Helen Ewings	Hemel Hempstead	11-06-07
HT			
12-05	Cate Scott	Copthall	03-07-07
6-60	Sara Carter	Copthall	03-07-07
4x100m			
66.9		Lea Valley	30-04-07
4x200m			
2-38.6		Copthall	03-07-07
Medley relay			
5-28.5		Hemel Hempstead	11-06-07
4x400m			
6-00.7		Watford	21-05-07