

Barnet and District AC - Summer Track Rankings 2004

GIRLS UNDER 11

70 metres

CLUB RECORD	11.2	Alice Grist	Hemel Hempstead	19-09-04
11.2		Alice Grist	Hemel Hempstead	19-09-04
11.7		Emma Sheridan	Hemel Hempstead	19-09-04
12.5		Katie Barber	Hemel Hempstead	19-09-04
12.8		Emma Kos	Hemel Hempstead	19-09-04
14.4		Rebecca Bradley	Hemel Hempstead	19-09-04

75 metres

CLUB RECORD	11.5	Emily Prati	Copthall	01-07-01
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100 metres

CLUB RECORD	14.6	Amelia Barkow	Copthall	07-09-96
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150 metres

CLUB RECORD	24.0	Alice Grist	Hemel Hempstead	19-09-04
24.0		Alice Grist	Hemel Hempstead	19-09-04
25.2		Katie Barber	Hemel Hempstead	19-09-04
27.9		Emma Kos	Hemel Hempstead	19-09-04

200 metres

CLUB RECORD	32.4	Kathryn Ryan	Watford	24-09-89
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600 metres

CLUB RECORD	2-06.7	Katie Barber	Hemel Hempstead	19-09-04
2-06.7		Katie Barber	Hemel Hempstead	19-09-04
2-15.7		Alice Grist	Hemel Hempstead	19-09-04
2-38.1		Rebecca Bradley	Hemel Hempstead	19-09-04

800 metres

CLUB RECORD	2-46.7	Layla Hall	St Albans	16-06-93
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40m hurdles

CLUB RECORD	8.4	Abigail Watts-Cherry	Copthall	18-06-00
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55m hurdles

CLUB RECORD	11.1	Anna Nagy	St Albans	13-05-95
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70m Hurdles

CLUB RECORD	17.0	Liz Copeman	Watford	13-09-87
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High Jump

CLUB RECORD	1-10	Emma Sheridan	Hemel Hempstead	19-09-04
1-10		Emma Sheridan	Hemel Hempstead	19-09-04

Long Jump

CLUB RECORD	3-76	Amelia Barkow	Copthall	07-09-96
2-90		Emma Sheridan	Hemel Hempstead	19-09-04
2-51		Emma Kos	Hemel Hempstead	19-09-04

Shot

CLUB RECORD	4-40	Anna Smith	St Albans	06-07-94
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Discus

CLUB RECORD	11-16	Anna Smith	Welwyn	22-06-94
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Javelin

CLUB RECORD	5-52	Anna Smith	Watford	20-07-94
Cricket ball				
CLUB RECORD	25-96	Kelly Moles	Copthall	03-07-94
Rounders ball				
CLUB RECORD	26-20	Rachel Pitts	Bethune	19-07-90
4x100m relay				
CLUB RECORD	70.2	Ansell,Shillinglaw,Keating,Stanyer	Copthall	22-09-85
Pentathlon				
CLUB RECORD	71	Megan Wilcock	Watford	11-06-95