

Barnet and District AC - Summer Track Rankings 2000

GIRLS UNDER 15

100 metres

<i>CLUB RECORD</i>	13.2	<i>Kathryn Ryan</i>	<i>Copthall</i>	25-07-93
13.9	Keli Tawiah	Watford	10-09-00	
14.2	Denise Blair	Copthall	18-06-00	
14.4	Sacha Rice	Watford	14-05-00	
14.4	Alex Gibson	Watford	06-08-00	
14.5	Gemma Smith	Watford	14-05-00	
15.3	Elena Attanasio	Watford	06-08-00	
16.2	Claudette Auduc	Watford	07-05-00	
16.4	Lucy Castlo	Copthall	29-04-00	

200 metres

<i>CLUB RECORD</i>	27.9	<i>Kathryn Ryan</i>	<i>St Albans</i>	01-08-92
29.6	Sacha Rice	Watford	24-06-00	
30.2	Denise Blair	Copthall	18-06-00	
30.2	Alex Gibson	Watford	14-05-00	
30.6	Keli Tawiah	Watford	14-05-00	
31.5	Philippa Horton	Colchester	11-06-00	
32.1	Elena Attanasio	Watford	06-08-00	
32.7	Louise Fairhead	Ilford	02-09-00	

400 metres

<i>CLUB RECORD</i>	68.7	<i>Tara Weaver</i>	<i>Copthall</i>	15-06-97
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800 metres

<i>CLUB RECORD</i>	2-27.0	<i>Cathy Alexander</i>	<i>Enfield</i>	07-07-96
2-39.8	Philippa Horton	Colchester	11-06-00	
2-50.9	Louise Fairhead	Watford	06-08-00	
2-59.0	Sacha Rice	Watford	24-06-00	
3-04.1	Laura Nagle	St Albans	01-07-00	

1500 metres

<i>CLUB RECORD</i>	5-09.4	<i>Tara Weaver</i>	<i>Hertford</i>	04-05-98
5-44.8	Philippa Horton	Watford	24-06-00	
6-47.4	Sacha Rice	Watford	10-09-00	

Mile

<i>CLUB RECORD</i>	5-41.7	<i>Tara Weaver</i>	<i>Copthall</i>	07-06-98
6-35.0	Philippa Horton	Copthall	18-06-00	

75m Hurdles

<i>CLUB RECORD</i>	12.0	<i>Anna Nagy</i>	<i>Salisbury</i>	04-09-99
13.7	Denise Blair	Ipswich	15-07-00	
14.6	Gemma Smith	Watford	06-08-00	
17.2	Louise Fairhead	Watford	07-05-00	
17.5	Laura Nagle	St Albans	01-07-00	
23.6	Alexandra Hollis	Colchester	09-07-00	

High Jump

<i>CLUB RECORD</i>	1-57	<i>Denise Gayle</i>	<i>Harrow</i>	23-05-94
1-25	Louise Fairhead	Watford	06-08-00	
1-20	Sacha Rice	Copthall	29-04-00	
1-20	Keli Tawiah	Watford	07-05-00	

Long Jump

<i>CLUB RECORD</i>	4-81	<i>Elsie Kwaako</i>	<i>Copthall</i>	22-07-95
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4-52	Denise Blair	Watford	24-06-00
4-13	Alex Gibson	Watford	10-09-00
3-85	Keli Tawiah	Watford	14-05-00
3-59	Gemma Smith	Watford	06-08-00
3-32	Claudette Auduc	Watford	07-05-00
3-22	Louise Fairhead	Colchester	09-07-00
3-16	Philippa Horton	Ipswich	15-07-00
2-93	Alexandra Hollis	Colchester	09-07-00
2-70	Lucy Castlo	Copthall	18-06-00

Triple Jump

CLUB RECORD 8-71 Anna Nagy Copthall 07-06-98

Hammer

CLUB RECORD 14-70 Liz Copeman Watford 01-09-91

Shot

CLUB RECORD 9-53 Anna Smith Colchester 20-06-99

7-22	Keli Tawiah	Iford	02-09-00
5-86	Gemma Smith	Colchester	09-07-00
5-46	Louise Fairhead	Watford	06-08-00
5-42	Philippa Horton	Copthall	29-04-00
5-35	Claudette Auduc	Copthall	18-06-00

Discus

CLUB RECORD 23-98 Anna Smith Watford 23-05-99

20-60	Keli Tawiah	Watford	20-09-00
16-37	Gemma Smith	Colchester	09-07-00
13-47	Sacha Rice	Watford	07-05-00
13-27	Laura Nagle	St Albans	01-07-00
13-03	Claudette Auduc	Copthall	18-06-00
12-20	Philippa Horton	Watford	24-06-00

Javelin

CLUB RECORD 23-53 Liz Hindle Luton 08-05-88

14-48	Gemma Smith	Watford	07-05-00
13-24	Alexandra Hollis	Colchester	09-07-00
12-33	Sacha Rice	Copthall	18-06-00
10-33	Claudette Auduc	Copthall	18-06-00
10-18	Keli Tawiah	Kings Lynn	21-05-00
10-14	Elena Attanasio	Watford	06-08-00
9-19	Philippa Horton	Copthall	18-06-00
7-14	Lucy Castlo	Copthall	29-04-00

4x100m relay

CLUB RECORD 56.4 Nagy, Barkow, Weaver, Bliss Woking 19-07-97

58.0 Colchester 11-06-00

Pentathlon

CLUB RECORD 2358 Davinia Petch New River 11-07-93