

Barnet and District AC - Summer Track Rankings 2004

GIRLS UNDER 17

100 metres

CLUB RECORD	13.1	Anna Nagy	Copthall	18-06-00
14.1	Amy-Jo Bryant	New River	24-04-04	
14.3	Erica Golland	Ware	02-5-04	

200 metres

CLUB RECORD	26.9	Denise Gayle	Watford	28-05-95
28.8	Erica Golland	Cambridge	22-05-04	
30.4	Nicola Wallis	Watford	16-05-04	

300 metres

CLUB RECORD	44.9	Kathryn Ryan	Watford	28-05-95
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400 metres

CLUB RECORD	63.9	Kathryn Ryan	Hendon	12-08-95
77.3	Kath Henderson	Woking	03-07-04	

800 metres

CLUB RECORD	2-28.3	Denise Gayle	Copthall	22-07-95
2-36.1	Zanthe Wray	Watford	16-05-04	
2-40.8	Nicola Wallis	Hemel Hempstead	19-09-04	

1000 metres

CLUB RECORD	3-24.6	Denise Lomasney	Enfield	02-04-89
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1500 metres

CLUB RECORD	5-06.0	Kate Ryan	Hendon	12-08-95
5-37.2	Zanthe Wray	Hemel Hempstead	03-05-04	

1 mile

CLUB RECORD	5-39.1	Kate Ryan	Copthall	16-07-95
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3000 metres

CLUB RECORD	10-38.4	Kate Ryan	Basildon	10-06-95
12-13.9	Zanthe Wray	Hemel Hempstead	19-09-04	

80m Hurdles

CLUB RECORD	13.5	Anna Nagy	Watford	14-05-00
14.7	Kath Henderson	Woking	03-07-04	

100m Hurdles

CLUB RECORD	18.9	Liz Copeman	Watford	18-07-92
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300m Hurdles

CLUB RECORD	53.6	Liz Copeman	Gosling	19-05-92
59.1	Kath Henderson	New River	24-04-04	

400m Hurdles

CLUB RECORD	72.6	Davinia Petch	Copthall	20-05-95
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High Jump

CLUB RECORD	1-68	Denise Gayle	Bannister	17-07-96
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Long Jump

CLUB RECORD	5-45	Denise Gayle	Harlow	16-06-96
4-08	Amy-Jo Bryant	Kingston	11-09-04	
3-58	Nicola Wallis	Ware	02-05-04	

3-29	Kath Henderson	Cambridge	22-05-04		
Triple Jump					
CLUB RECORD	10-06	Rhian Mayon-White	Southend	18-07-98	
Hammer					
CLUB RECORD	21-44	Keli Tawiah	Watford	12-05-02	
Shot					
CLUB RECORD	11-10	Joan Amaa	Finsbury Park	02-06-98	
Discus					
CLUB RECORD	27-72	Joan Amaa	Copthall	04-04-98	
14-66	Nicola Wallis	New River	20-06-04		
14-00	Isabel Horton	New River	20-06-04		
13-91	Erica Golland	Cambridge	22-05-04		
Javelin					
CLUB RECORD	20-68	Helen Martin	Enfield	18-04-93	
10-36	Isabel Horton	New bRiver	20-06-04		
Pole Vault					
CLUB RECORD	1-75	Katherine Kruse	Copthall	29-04-00	
4x100m relay					
CLUB RECORD	53.8	Samarasinhe,Petch,Gayle,Ryan	Watford	28-05-95	
57.4		Ware	02-05-04		
Pentathlon					
CLUB RECORD	1756	Caron Dunsford	Bethune	09-08-87	