

Barnet and District AC - Summer Track Rankings 2004

SENIOR LADIES

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]

100 metres

CLUB RECORD	12.6	Denise Gayle	Southampton	05-06-04
VETS CLUB REC	14.9	Karen Bradley	Copthall	29-06-02
12.6	Denise Gayle	Southampton	05-06-04	
13.4	Vicky Hyland	New River	24-04-04	
13.6	Alex Gibson (J)	Copthall	13-06-04	
14.4	Eva Borza	Woking	03-07-04	
14.9	Jill Dinsmore (V)	Battersea	05-09-04	
16.0	Claire Read (V)	Watford	21-06-04	
15.5	Carmel O'Brien (V)	Southampton	05-06-04	
16.3	Lou Pantelli (V)	Hemel Hempstead	19-09-04	
17.2	Denise Copeman (V)	Enfield	10-05-04	
19.3	Cate Scott (V)	Hemel Hempstead	19-09-04	
20.3	Helen Ewings (V)	Hemel Hempstead	19-09-04	
24.9	Maureen Shirley (V)	Watford	21-06-04	

200 metres

CLUB RECORD	25.3	Denise Gayle	Mile End	11-05-02
VETS CLUB REC	31.1	Jill Dinsmore	Hemel Hempstead	12-07-04
25.5	Denise Gayle	Southampton	05-06-04	
28.2	Kath Woods	Woking	03-07-04	
28.9	Claudia Pensa (J)	Copthall	13-06-04	
29.1	Alex Gibson (J)	Woking	03-07-04	
31.1	Jill Dinsmore (V)	Hemel Hempstead	12-07-04	
31.9	Carmel O'Brien (V)	Battersea	05-09-04	
33.3	Karen Faloon (V)	Battersea	05-09-04	
37.0	Denise Copeman (V)	Enfield	24-05-04	
40.3	Cate Scott (V)	Hemel Hempstead	19-09-04	
47.0	Penny Antoniou (V)	Hemel Hempstead	12-07-04	

400 metres

CLUB RECORD	56.7	Denise Gayle	New River	15-05-04
VETS CLUB REC	68.3	Karen Bradley	Enfield	10-05-04
56.7	Denise Gayle	New River	15-05-04	
60.4	Kath Woods	Watford	16-05-04	
65.2	Cath Perry	Southampton	05-06-04	
68.3	Karen Bradley (V)	Enfield	10-05-04	
69.7	Eileen Griffiths	New River	24-04-04	
69.9	Philippa Horton (J)	Woking	03-07-04	
70.6	Claire Read (V)	Battersea	05-09-04	
71.2	Pauline Michael (V)	Enfield	10-05-04	
71.7	Jill Dinsmore (V)	Hemel Hempstead	19-09-04	
74.1	Penny Antoniou (V)	Watford	21-06-04	
76.8	Carmel O'Brien (V)	Hemel Hempstead	19-09-04	
90.5	Theresa Wright (V)	Battersea	05-09-04	
95.0	Cate Scott (V)	Battersea	05-09-04	
102.3	Maureen Shirley (V)	Watford	21-06-04	

800 metres

CLUB RECORD	2-15.15	Kath Woods	Watford	12-06-04
VETS CLUB REC	2-29.5	Jane Laws (W45)	Hemel Hempstead	05-07-99
2-15.15	Kath Woods	Watford	12-06-04	

2-27.2	Philippa Horton (J)	Southampton	05-06-04
2-28.5	Eileen Griffiths	Abingdon	07-08-04
2-29.1	Cath Perry	Hemel Hempstead	19-09-04
2-31.2	Jane Laws (V)	Battersea	05-09-04
2-40.7	Jane Day (V)	Enfield	24-05-04
2-41.7	Pauline Michael (V)	Enfield	24-05-04
2-57.3	Clare Read (V)	Hemel Hempstead	12-07-04
2-51.1	Karen Faloon (V)	Battersea	05-09-04
3-26.8	Theresa Wright (V)	Battersea	05-09-04

1500 metres

CLUB RECORD	4-51.4	Jackie Tarrant	Southampton	05-06-04
VETS CLUB REC	4-56.4	Jane Laws (W45)	Watford	12-06-00
4-51.4	Jackie Tarrant	Southampton	05-06-04	
4-54.1	Kath Woods	Hemel Hempstead	03-05-04	
4-56.6	Jane Laws (V)	Copthall	13-06-04	
5-08.1	Eileen Griffiths	Woking	03-07-04	
5-10.63	Philippa Horton (J)	New River	10-04-04	
5-24.4	Pauline Michael (V)	Watford	21-06-04	
5-28.7	Claire Read (V)	Battersea	05-09-04	
5-48.9	Lydia Bruce0Burgess	Woking	03-07-04	
5-54.1	Karen Faloon (V)	Battersea	05-09-04	
6-09.8	Cath Perry	Southampton	05-06-04	
6-30.7	Pippa Anderson (V)	Enfield	10-05-04	
7-18.8	Penny Antoniou (V)	Battersea	05-09-04	

1 mile

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

3000 metres

CLUB RECORD	10-11.4	Jackie Tarrant	Copthall	13-06-04
VETS CLUB REC	10-20.5	Jane Laws	New River	24-04-04
10-11.4	Jackie Tarrant	Copthall	13-06-04	
10-20.5	Jane Laws (V)	New River	24-04-04	
10-36.74	Eileen Griffiths	Watford	04-08-04	
11-14.8	Karen Bradley (V)	Enfield	24-05-04	
11-21.8	Philippa Horton (J)	New River	24-04-04	
12-17.8	Lydia Bruce-Burgess	Woking	03-07-04	
14-26.9	Maureen Shirley (V)	Enfield	24-05-04	
15-19.1	Bridgid Corless (V)	Battersea	05-09-04	

5000 metres

CLUB RECORD	17-47.1	Jane Laws (V)	Hemel Hempstead	12-07-04
VETS CLUB REC	17-47.1	Jane Laws	Hemel Hempstead	12-07-04
17-47.1	Jane Laws	Hemel Hempstead	12-07-04	
19-15.4	Karen Bradley (V)	Hemel Hempstead	12-07-04	
25-16.0	Mureen Shirley (V)	Hemel Hempstead	12-07-04	

80m Hurdles (Vets)

Vets Record	15.6	Jill Dinsmore	Enfield	24-05-04
15.6	Jill Dinsmore (V)	Enfield	24-05-04	

100m Hurdles

CLUB RECORD	16.5	Denise Gayle	Salisbury	04-09-99
VETS CLUB REC	18.9	Jill Dinsmore	Kingston	11-09-04
18.9	Jill Dinsmore (V)	Kingston	11-09-04	

200m Hurdles (Vets)

Vets Record	41.5	Denise Copeman (W50)	Croydon	08-09-91
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400m Hurdles

CLUB RECORD	70.3	Vicky Hyland	New River	24-04-04
70.3		Vicky Hyland	New River	24-04-04
86.7		Louise White	New River	24-04-04

2000m walk

CLUB RECORD	12-06.4	Ingrid Cranfield (W55)	Enfield	30-04-01
VETS CLUB REC	12-06.4	Ingrid Cranfield (W55)	Enfield	30-04-01
13-31.2		Tiffany Stephens (V)	Enfield	10-05-04
14-12.0		Pippa Anderson (V)	Enfield	10-05-04
14-32.9		Brenda Harvey (V)	Battersea	05-09-04
15-57.9		Maureen Shirley (V)	Enfield	10-05-04

3000m walk

CLUB RECOD	20-23	Tiffany Stephens	Ware	13-06-04
VETS CLUB REC	20-23	Tiffany Stephens	Ware	13-06-04
20-23		Tiffany Stephens (V)	Ware	13-06-04

High Jump

CLUB RECORD	1-78	Denise Gayle	Southend	06-09-03
VETS CLUB REC	1-45	Jill Dinsmore	Southend	06-09-03
1-65		Denise Gayle	New River	10-04-04
1-60		Eva Borza	Cambridge	22-05-04
1-40		Jill Dinsmore (V)	New River	24-04-04
1-40		Louise White	Kingston	11-09-04
0-90		Helen Ewings (V)	Watford	21-06-04

Long Jump

CLUB RECORD	5-60	Denise Gayle (J)	St Albans	05-09-98
VETS CLUB REC	4-37	Jill Dinsmore	Battersea	05-09-04
5-26		Vicky Hyland	Gateshead	01/03-05-04
4-71		Alex Gibson (J)	Copthall	13-06-04
4-51		Eva Borza	Southampton	05-06-04
4-37		Jill Dinsmore (V)	Battersea	05-09-04
3-99		Louise White	Southampton	05-06-04
3-45		Denise Copeman (V)	Enfield	24-05-04
3-35		Cath Perry	Abingdon	07-04-04
2-38		Helen Ewings (V)	Battersea	05-09-04
2-19		Penny Antoniou (V)	Hemel Hempstead	12-07-04
2-11		Helen Ewings	Hemel Hempstead	12-07-04

Triple Jump

CLUB RECORD	10-37	Vicky Hyland	New River	24-04-04
VETS CLUB REC	9-42	Jill Dinsmore	Copthall	13-06-04
10-37		Vicky Hyland	New River	24-04-04
9-42		Jill Dinsmore	Copthall	13-06-04
9-14		Louise White	Woking	03-07-04
7-68		Kath Woods	New River	24-04-04
5-09		Helen Ewings (V)	Watford	21-06-04

Hammer

CLUB RECORD	34-88	Ros Elueze	Croydon	25-05-96
VETS CLUB REC	22-42	Denise Copeman (W50)	Enfield	26-04-99
20-07		Keli Tawiah	Copthall	13-06-04
14-00		Helen Ewings (V)	Hemel Hempstead	12-07-04
9-30		Cate Scott	Hemel Hempstead	19-09-04

Shot

CLUB RECORD	11-36	Joan Amaa	Crawley	27-04-02
VETS CLUB REC	8-06	Denise Copeman (W50)	Watford	27-04-92
9-72		Louise White	Kingston	11-09-04
7-57		Jill Dinsmore (V) [4kg]	Battersea	05-09-04

7-39	Keli Tawiah	Woking	03-07-04
7-13	Jill Dinsmore (V)	New River	24-04-04
7-06	Denise Copeman (V)	Enfield	24-05-04
6-38	Penny Antoniou (V) [3kg]	Battersea	05-09-04
6-31	Helen Ewings (V)	Hemel Hempstead	12-07-04
4-51	Cate Scott (V)	Hemel Hempstead	19-09-04
4-29	Carmel O'Brien (V)	Southampton	05-06-04

Discus

CLUB RECORD	29-00	Ros Elueze	Copthall	07-09-96
VETS CLUB REC	23-08	Denise Copeman (W50)	St Albans	28-04-90
23-00	Joann Tawiah	Woking	03-07-04	
20-59	Keli Tawiah	Woking	03-07-04	
19-65	Denise Copeman (V)	Enfield	10-05-04	
18-26	Helen Ewings (V)	Enfield	10-05-06	
18-14	Louise White	Southampton	05-06-04	
16-56	Jill Dinsmore (V)	New River	24-04-04	
12-38	Cate Scott (V) [1kg]	Battersea	05-09-04	

Javelin

CLUB RECORD	27-24	Louise White	Tonbridge	06-07-02
VETS CLUB REC	23-62	Jill Dinsmore	New River	15-05-04
25-76	Denise Gayle	Cambridge	22-05-04	
25-24	Louise White	Southampton	05-06-04	
23-62	Jill Dinsmore (V)	New River	15-05-04	
17-20	Penny Antoniou (V)	Watford	21-06-04	
11-80	Helen Ewings (V)	Watford	21-06-04	
8-76	Cate Scott (V)	Hemel Hempstead	19-09-04	

Pole Vault

CLUB RECORD	2-50	Louise White	Copthall	13-06-04
2-50	Louise White	Copthall	13-06-04	
1-90	Eva Borza	Woking	03-07-04	

4x100m relay

CLUB RECORD	53.1	Kwaako,Mayon-White,Ryan,Gayle	Copthall	17-05-97
Vets Club Record	63.1	O'Brien,Read,Copeman,Dinsmore	Battersea	05-09-04
55.8		Copthall	13-06-04	

4x200m Relay

CLUB RECORD	2-07.1	Michael,O'Brien,Read,Dinsmore	Hemel Hempstead	12-07-04
VETS CLUB REC	2-07.1	Michael,O'Brien,Read,Dinsmore	Hemel Hempstead	12-07-04
2-07.1		Michael,O'Brien,Read,Dinsmore	Hemel Hempstead	12-07-04

3x800m Record

CLUB RECORD	8-09.3	Cooper,Fowler,Chilton	Watford	07-07-85
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4x400m Relay

CLUB RECORD	4-12.5	Gayle,Woods,Tarrant,Horton	Southampton	05-06-04
Vets Club Record	4-48.7	O'Brien,Michaels,Bradley,Laws	Enfield	24-05-04
4-12.5		Southampton	05-06-04	

Medley Relay (200,200,400,800)

CLUB RECORD	4-54.0	Michael,Reaed,Bradley,Laws	Watford	21-06-04
VETS CLUB REC	4-54.0	Michael,Reaed,Bradley,Laws	Watford	21-06-04
4-54.0		Michael,Reaed,Bradley,Laws	Watford	21-06-04

Pentathlon

CLUB RECORD	1476	Marian Ryan	Watford	09-06-91
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Heptathlon

CLUB RECORD	4409	Denise Gayle	Horsham	26/27-06-99
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