

Barnet and District AC - Summer Track Rankings 2002

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

<i>CLUB RECORD</i>	12.7	<i>Denise Gayle</i>	<i>Mile End</i>	11-05-02
<i>VETS CLUB REC</i>	14.9	<i>Karen Bradley (W35)</i>	<i>Copthall</i>	29-06-02
12.7	Denise Gayle	Mile End		11-05-02
13.75	Vicky Hyland	Watford		17-06-02
14.1	Sarolta Kotai	Dartford		27-07-02
14.7	Amy Dolan	St Albans		18-05-02
14.7	Anna Nagy	Dartford		27-07-02
14.9	Karen Bradley (W35)	Copthall		29-06-02
15.3	Carmel O'Brien (W40)	Copthall		29-06-02
15.4	Jill Dinsmore	Medway		07-09-02
15.5	Cath Perry	Medway		07-09-02
16.3	Denise Copeman (W50)	Enfield		29-04-02
17.5	Penny Antoniou (W55)	Watford		17-06-02
18.0	Cate Scott (W45)	Watford		17-06-02

200 metres

<i>CLUB RECORD</i>	25.3	<i>Denise Gayle</i>	<i>Mile End</i>	11-05-02
<i>VETS CLUB REC</i>	32.4	<i>Carmel O'Brien</i>	<i>Hemel Hempstead</i>	08-07-02
25.3	Denise Gayle	Mile End		11-05-02
28.4	Vicky Hyland	Verlea		29-03-02
29.4	Sarolta Kotai	Dartford		27-07-02
31.0	Anna Nagy	Dartford		27-07-02
32.4	Carmel O'Brien (W40)	Hemel Hempstead		08-07-02
33.1	Cath Perry	Medway		07-09-02
36.6	Penny Antoniou (W55)	Hemel Hempstead		08-07-02
39.2	Cate Scott (W45)	Enfield		20-05-02

400 metres

<i>CLUB RECORD</i>	59.0	<i>Denise Gayle</i>	<i>Tonbridge</i>	06-07-02
<i>VETS CLUB REC</i>	71.2	<i>Frances Palmer</i>	<i>Enfield</i>	30-04-01
59.0	Denise Gayle	Tonbridge		06-07-02
64.3	Vicky Hyland	New River		08-06-02
64.5	Kath Woods	Dartford		27-07-02
71.2	Cath Perry	St Albans		18-05-02
76.7	Megan Jones (W35)	Watford		17-06-02
84.1	Pippa Anderson (W45)	Enfield		29-04-02
85.3	Bridgitte Hease (W45)	Enfield		29-04-02
88.9	Penny Antoniou (W55)	Watford		17-06-02
92.0	Cate Scott (W45)	Watford		17-06-02

800 metres

<i>CLUB RECORD</i>	2-22.1	<i>Kath Woods</i>	<i>Watford</i>	14-08-02
<i>VETS CLUB REC</i>	2-29.5	<i>Jane Laws (W45)</i>	<i>Hemel Hempstead</i>	05-07-99
2-22.1	Kath Woods	Watford		14-08-02
2-31.8	Jane Laws (W45)	Enfield		20-05-02
2-43.2	Helen Hoyle (W35)	Hemel Hempstead		08-07-02
2-53.6	Cath Perry	Crawley		27-04-02
2-57.8	Karen Faloon (W50)	Enfield		20-05-02
3-00.6	Megan Jones (W35)	Hemel Hempstead		08-07-02
3-01.1	Kirsty Johnstone (W40)	Enfield		20-05-02
3-38.3	Maureen Shirley (W50)	Hemel Hempstead		08-07-02

1500 metres

<i>CLUB RECORD</i>	4-55.8	<i>Kath Woods</i>	<i>Gosling</i>	06-05-02
<i>VETS CLUB REC</i>	4-56.4	<i>Jane Laws (W45)</i>	<i>Watford</i>	12-06-00
4-55.8	Kath Woods	Gosling		06-05-02
4-57.2	Jane Laws (W45)	Watford		17-06-02
5-30.1	Eileen Griffiths	Crawley		27-04-02
5-32.1	Karen Bradley (W35)	Enfield		29-04-02
5-33.1	Helen Hoyle (W35)	St Albans		18-05-02
6-02.3	Karen Faloon (W50)	Watford		17-06-02
6-02.7	Jane Day (W35)	Medway		07-09-02
7-17.5	Bridget Corless (W50)	Watford		17-06-02

1 mile

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

3000 metres

<i>CLUB RECORD</i>	10-37.8	<i>Jane Laws (W45)</i>	<i>Enfield</i>	21-05-01
<i>VETS CLUB REC</i>	10-37.8	<i>Jane Laws (W45)</i>	<i>Enfield</i>	21-05-01
11-00.06	Eileen Griffiths	Watford		18-09-02
11-04.8	Karen Murphy	St Albans		18-05-02
11-25.9	Helen Hoyle (W35)	St Albans		18-05-02
11-26.9	Karen Bradley (W35)	Enfield		20-05-02
12-18.7	Jane Day (W35)	Medway		07-09-02
12-43.8	Penny Wylie (W35)	Enfield		20-05-02
14-11.3	Cath Perry	Tonbridge		06-07-02
14-37.9	Pauline Lygo ((W55)	Enfield		20-05-02
16-02.7	Cate Scott (W45)	New River		08-06-02

5000 metres

<i>CLUB RECORD</i>	17-56.6	<i>Jane Laws (W45)</i>	<i>Hemel Hempstead</i>	23-07-01
<i>VETS CLUB REC</i>	17-56.6	<i>Jane Laws (W45)</i>	<i>Hemel Hempstead</i>	23-07-01
18-25.9	Jane Laws (W45)	Hemel Hempstead		08-07-02
19-29.2	Karen Bradley (W35)	Hemel Hempstead		08-07-02
24-55.2	Pauline Lygo ((W55)	Hemel Hempstead		08-07-02

80m Hurdles (Vets)

<i>Vets Record</i>	16.4	<i>Denise Copeman (W50)</i>	<i>Watford</i>	01-09-91
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100m Hurdles

<i>CLUB RECORD</i>	16.5	<i>Denise Gayle</i>	<i>Salisbury</i>	04-09-99
<i>VETS CLUB REC</i>	20.4	<i>Denise Copeman (W50)</i>	<i>St Albans</i>	20-07-91
19.1	Jill Dinsmore	New River		08-06-02

200m Hurdles (Vets)

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

<i>CLUB RECORD</i>	70.6	<i>Vicky Hyland</i>	<i>Gosling</i>	29-03-02
70.6	Vicky Hyland	Gosling		29-03-02
77.6	Louise White	Tonbridge		06-07-02

2000m walk

<i>CLUB RECORD</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	30-04-01
<i>VETS CLUB REC</i>	12-06.4	<i>Ingrid Cranfield (W55)</i>	<i>Enfield</i>	30-04-01
13-26.9	Ingrid Cranfield (W55)	Hemel Hempstead		08-07-02
13-35.3	Pippa Anderson (W45)	Enfield		29-04-02
14-08.6	Brenda Harvey (W55) (W55)	Enfield		29-04-02

High Jump

<i>CLUB RECORD</i>	1-73	<i>Denise Gayle</i>	<i>Southend</i>	14-07-01
<i>VETS CLUB REC</i>	1-35	<i>Megan Jones (W35)</i>	<i>Copthall</i>	29-06-02

1-70	Denise Gayle	New River	08-06-02
1-45	Louise White	St Albans	18-05-02
1-40	Jill Dinsmore	St Albans	18-05-02
1-35	Megan Jones (W35)	Copthall	29-06-02
1-03	Bridgitte Hease (W45)	Enfield	29-04-02
0-90	Helen Ewings (W55)	Watford	17-06-02

Long Jump

	<i>CLUB RECORD</i>	5-60	<i>Denise Gayle (J)</i>	<i>St Albans</i>	05-09-98
	<i>VETS CLUB REC</i>	4-10	<i>Denise Copeman (W50)</i>	<i>St Albans</i>	28-04-90
4-99	Vicky Hyland		Tonbridge		06-07-02
4-44	Jill Dinsmore		New River		08-06-02
4-24	Louise White		Dartford		27-07-02
3-73	Megan Jones (W35)		Hemel Hempstead		08-07-02
3-45	Denise Copeman (W50)		Enfield		20-05-02
2-54	Cate Scott (W45)		Enfield		20-05-02

Triple Jump

	<i>CLUB RECORD</i>	9-84	<i>Amy Dolan</i>	<i>St Albans</i>	18-05-02
	<i>VETS CLUB REC</i>	8-48	<i>Megan Jones (W35)</i>	<i>Watford</i>	17-06-02
9-84	Amy Dolan		St Albans		18-05-02
9-14	Anna Nagy		Dartford		27-07-02
8-48	Megan Jones (W35)		Watford		17-06-02
8-17	Kath Woods		Dartford		27-07-02
5-21	Helen Ewings (W55)		Watford		17-06-02

Hammer

	<i>CLUB RECORD</i>	34-88	<i>Ros Elueze</i>	<i>Croydon</i>	25-05-96
	<i>VETS CLUB REC</i>	22-42	<i>Denise Copeman (W50)</i>	<i>Enfield</i>	26-04-99
24-00	Joanne Tawiah		Tonbridge		06-07-02
19-93	Joan Amaa		Crawley		27-04-02
18-85	Denise Copeman (W50) [3kg]		Hemel Hempstead		08-07-02
12-38	Helen Ewings (w55) [4kg]		Hemel Hempstead		08-07-02
9-15	Carmel O'Brien (W40) [4kg]		New River		08-06-02

Shot

	<i>CLUB RECORD</i>	11-36	<i>Joan Amaa</i>	<i>Crawley</i>	27-04-02
	<i>VETS CLUB REC</i>	8-06	<i>Denise Copeman (W50)</i>	<i>Watford</i>	27-04-92
11-36	Joan Amaa		Crawley		27-04-02
10-54	Louise White		Watford		03-07-02
8-91	Anna Smith		Dartford		27-07-02
7-60	Denise Copeman (W50) [3kg]		Enfield		20-05-02
7-52	Joanne Tawiah		New River		08-06-02
6-65	Penny Antoniou (W55) [4kg]		Enfield		20-05-02
5-56	Megan Jones (W35) [4kg]		Copthall		29-06-02

Discus

	<i>CLUB RECORD</i>	29-00	<i>Ros Elueze</i>	<i>Copthall</i>	07-09-96
	<i>VETS CLUB REC</i>	23-08	<i>Denise Copeman (W50)</i>	<i>St Albans</i>	28-04-90
23-77	Joan Amaa		Crawley		27-04-02
22-45	Joanne Tawiah		Crawley		27-04-02
22-33	Louise White		Copthall		29-06-02
19-24	Denise Copeman (W50)		Enfield		29-04-02
18-46	Jill Dinsmore		Dartford		27-07-02
17-45	Pippa Anderson (W45)		Enfield		29-04-02
17-22	Helen Ewings (W55)		Enfield		29-04-02
17-17	Anna Smith		Dartford		27-07-02
9-28	Cate Scott (W45)		New River		08-06-02

Javelin

	<i>CLUB RECORD</i>	27-24	<i>Louise White</i>	<i>Tonbridge</i>	06-07-02
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<i>VETS CLUB REC</i>	23-48	<i>Kim Henderson</i>	<i>Copthall</i>	20-05-95
27-24	Louise White	Tonbridge	06-07-02	
21-93	Joanne Tawiah	Crawley	27-04-02	
21-80	Jill Dinsmore	Copthall	29-06-02	
13-55	Pippa Anderson (W45) [600g]	Watford	17-06-02	
10-29	Helen Ewings (W55) [500g]	Watford	17-06-02	

Pole Vault

<i>CLUB RECORD</i>	2-25	<i>Louise White</i>	<i>Copthall</i>	29-06-02
2-70	Sarolta Kotai	Dartford	27-07-02	
2-25	Louise White	Copthall	29-06-02	

4x100m relay

<i>CLUB RECORD</i>	53.1	<i>Kwaako,Mayon-White,Ryan,Gayle</i>	<i>Copthall</i>	17-05-97
<i>Vets Club Record</i>	65.3	<i>Antoniou,O'Brien,Copeman,Palmer</i>	<i>Enfield</i>	30-04-01
55.9		Dartford	27-07-02	

4x200m Relay

<i>CLUB RECORD</i>	2-11.5	<i>O'Brien,Laws,Jones,Bradley</i>	<i>Hemel Hempstead</i>	08-07-02
<i>VETS CLUB REC</i>	2-11.5	<i>O'Brien,Laws,Jones,Bradley</i>	<i>Hemel Hempstead</i>	08-07-02
2-11.5		O'Brien,Laws,Jones,Bradley	Hemel Hempstead	08-07-02

3x800m Record

<i>CLUB RECORD</i>	8-09.3	<i>Cooper,Fowler,Chilton</i>	<i>Watford</i>	07-07-85
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4x400m Relay

<i>CLUB RECORD</i>	4-21.5	<i>Gayle,Hylland,Rice,Woods</i>	<i>New River</i>	08-06-02
<i>Vets Club Record</i>	5-01.8	<i>Laws,Saunders,Wylie,Anderson</i>	<i>Iford</i>	20-07-98
4-21.5		Gayle,Hylland,Rice,Woods	New River	08-06-02

Medley Relay (200,200,400,800)

<i>CLUB RECORD</i>	4-54.4	<i>O'Brien,Jones,Faloon,Laws</i>	<i>Watford</i>	17-06-02
<i>VETS CLUB REC</i>	4-54.4	<i>O'Brien,Jones,Faloon,Laws</i>	<i>Watford</i>	17-06-02
4-54.4		O'Brien,Jones,Faloon,Laws	Watford	17-06-02

Pentathlon

<i>CLUB RECORD</i>	1476	<i>Marian Ryan</i>	<i>Watford</i>	09-06-91
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Heptathlon

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