

Barnet and District AC - Summer Track Rankings 2003

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	12.7	Denise Gayle	Mile End	11-05-02
	VETS CLUB REC	14.9	Karen Bradley	Copthall	29-06-02
12.9			Denise Gayle	Copthall	07-06-03
13.3			Vicky Hyland	Copthall	07-06-03
15.0			Amy Dolan	Southend	06-09-03
15.1			Simone Kimberley (V)	Enfield	12-05-03
15.2			Jill Dinsmore (V)	Watford	23-06-03
15.6			Carmel O'Brien (V)	Enfield	12-05-03
16.8			Denise Copeman (V)	Enfield	12-05-03
18.79			Tiffany Stephens (V)	Watford	07-09-03
21.4			Kirsty Johnstone (V)	Watford	23-06-03
23.7			Maureen Shirley (V)	Watford	23-06-03

200 metres

	CLUB RECORD	25.3	Denise Gayle	Mile End	11-05-02
	VETS CLUB REC	31.4	Pauline Michael	Barn Elms	09-08-03
26.2			Denise Gayle	Copthall	07-06-03
31.4			Pauline Michael (V)	Barn Elms	09-08-03
31.8			Carmel O'Brien (V)	Enfield	02-06-03
32.0			Amy Dolan	Southend	06-09-03
36.9			Penny Antoniou (V)	Enfield	02-06-03
37.1			Karen Faloon (V)	Enfield	02-06-03
38.3			Kate Scott (V)	Hemel Hempstead	21-07-03
38.50			Tiffany Stephens (V)	Watford	07-09-03

400 metres

	CLUB RECORD	59.0	Denise Gayle	Tonbridge	06-07-02
	VETS CLUB REC	70.7	Pauline Michael	Enfield	12-05-03
61.3			Kath Woods	Copthall	07-06-03
66.1			Cath Perry	Southend	06-09-03
66.8			Denise Gayle	Barn Elms	09-08-03
67.1			Claudia Pensa (J)	Ilford	26-04-03
70.7			Pauline Michael (V)	Enfield	12-05-03
70.7			Karen Bradley (V)	Watford	23-06-03
87.83			Tiffany Stephens (V)	Watford	07-09-03
97.6			Maureen Shirley (V)	Enfield	12-05-03

800 metres

	CLUB RECORD	2-15.84	Kath Woods	Watford	20-08-03
	VETS CLUB REC	2-29.5	Jane Laws (W45)	Hemel Hempstead	05-07-99
2-15.84			Kath Woods	Watford	20-08-03
2-32.2			Philippa Horton (J)	Finsbury Park	27-07-03
2-34.8			Jane Laws (V)	Hemel Hempstead	21-07-03
2-35.29			Cath Perry	Watford	07-09-03
2-38.7			Karen Bradley (V)	Enfield	02-06-03
2-42.3			Pauline Michael (V)	Southend	06-09-03
2-49.3			Jane Day (V)	Hemel Hempstead	21-07-03
3-01.1			Karen Faloon (V)	Enfield	02-06-03
3-31.9			Tiffany Stephens (V)	Enfield	02-06-03

1500 metres

	CLUB RECORD	4-52.1	Kath Woods	Watford	05-05-03
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VETS CLUB REC	4-56.4	Jane Laws (W45)	Watford	12-06-00
4-52.1	Kath Woods	Watford	05-05-03	
5-04.4	Eileen Griffiths (J)	Watford	16-04-03	
5-04.4	Jane Laws (V)	Enfield	12-05-03	
5-18.1	Helen Hoyle (V)	Watford	23-06-03	
5-33.9	Philippa Horton (J)	Copthall	07-06-03	
5-56.2	Karen Faloon (V)	Enfield	12-05-03	
6-39.2	Maureen Shirley (V)	Watford	23-06-03	
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	10-28.3	Jane Laws	Copthall	07-06-03
VETS CLUB REC	10-28.3	Jane Laws	Copthall	07-06-03
10-28.3	Jane Laws (V)	Copthall	07-06-03	
11-02.29	Kath Woods	Watford	11-06-03	
11-11.7	Eileen Griffiths (J)	Watford	02-04-03	
11-21.3	Helen Hoyle (V)	Copthall	07-06-03	
12-00.04	Philippa Horton (J)	Watford	14-05-03	
12-18.0	Pauline Michael (V)	Barn Elms	09-08-03	
12-50.3	Kirsty Johnstone (V)	Enfield	02-06-03	
14-12.7	Maureen Shirley (V)	Enfield	02-06-03	
5000 metres				
CLUB RECORD	17-56.6	Jane Laws (W45)	Hemel Hempstead	23-07-01
VETS CLUB REC	17-56.6	Jane Laws (W45)	Hemel Hempstead	23-07-01
18-43.7	Jane Laws (V)	Hemel Hempstead	21-07-03	
20-56.2	Pauline Michael (V)	Hemel Hempstead	21-07-03	
24-12.5	Maureen Shirley (V)	Hemel Hempstead	21-07-03	
80m Hurdles (Vets)				
Vets Record	16.4	Denise Copeman (W50)	Watford	01-09-91
100m Hurdles				
CLUB RECORD	16.5	Denise Gayle	Salisbury	04-09-99
VETS CLUB REC	20.0	Jill Dinsmore	Barn Elms	09-08-03
16.9	Denise Gayle	Barn Elms	09-08-03	
20.0	Jill Dinsmore (V)	Barn Elms	09-08-03	
21.5	Amy Dolan	Wycombe	05-07-03	
200m Hurdles (Vets)				
Vets Record	41.5	Denise Copeman (W50)	Croydon	08-09-91
400m Hurdles				
CLUB RECORD	70.6	Vicky Hyland	Gosling	29-03-02
70.6	Vicky Hyland	Wycombe	05-07-03	
79.8	Louise White	Ilford	26-04-03	
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
13-48.5	Tiffany Stephens (V)	Hemel Hempstead	21-07-03	
14-25.6	Pauline Lygo (V)	Hemel Hempstead	21-07-03	
17-02.1	Helen Ewings (V)	Hemel Hempstead	21-07-03	
High Jump				
CLUB RECORD	1-78	Denise Gayle	Southend	06-09-03
VETS CLUB REC	1-45	Jill Dinsmore	Southend	06-09-03
1-78	Denise Gayle	Southend	06-09-03	
1-45	Louise White	Copthall	07-06-03	

1-45	Jill Dinsmore (V)	Southend	06-09-03
1-05	Pauline Michael (V)	Enfield	12-05-03
0-95	Helen Ewings (V)	Watford	23-06-03

Long Jump

	CLUB RECORD	5-60	Denise Gayle (J)	St Albans	05-09-98
	VETS CLUB REC	4-10	Denise Copeman (W50)	St Albans	28-04-90
5-27	Vicky Hyland		Bedford	4/5-05-03	
4-49	Amy Dolan		Southend	06-09-03	
3-80	Claudia Pensa (J)		Barn Elms	09-08-03	
3-48	Denise Copeman (V)		Enfield	02-06-03	
3-34	Karen Faloon (V)		Hemel Hempstead	21-07-03	
2-12	Helen Ewings (V)		Enfield	02-06-03	

Triple Jump

	CLUB RECORD	10-30	Vicky Hyland	Copthall	07-06-03
	VETS CLUB REC	8-48	Megan Jones (W35)	Watford	17-06-02
10-30	Vicky Hyland		Copthall	07-06-03	
9-49	Amy Dolan		Ilford	26-04-03	
7-88	Kath Woods		Barn Elms	09-08-03	
4-70	Helen Ewings (V)		Watford	23-06-03	

Hammer

	CLUB RECORD	34-88	Ros Elueze	Croydon	25-05-96
	VETS CLUB REC	22-42	Denise Copeman (W50)	Enfield	26-04-99
23-64	Joanne Tawiah		Copthall	07-06-03	
13-09	Helen Ewings (V) [3kg]		Hemel Hempstead	21-07-03	
7-50	Cath Perry		Barn Elms	09-08-03	
6-58	Kath Woods		Barn Elms	09-08-03	

Shot

	CLUB RECORD	11-36	Joan Amaa	Crawley	27-04-02
	VETS CLUB REC	8-06	Denise Copeman (W50)	Watford	27-04-92
10-34	Louise White		Mile End	10-05-03	
8-23	Denise Gayle		Barn Elms	09-08-03	
8-09	Gemma Smith		Wycombe	05-07-03	
7-26	Denise Copeman (V) [3kg]		Enfield	02-06-03	
6-90	Jill Dinsmore (V)		Southend	06-09-03	
4-79	Kate Scott (V) [4kg]		Hemel Hempstead	21-07-03	
4-47	Helen Ewings (V) [4kg]		Enfield	02-06-03	
4-13	Cath Perry		Southend	06-09-03	
3-86	Penny Antoniou (V) [3kg]		Hemel Hempstead	21-07-03	

Discus

	CLUB RECORD	29-00	Ros Elueze	Copthall	07-09-96
	VETS CLUB REC	23-08	Denise Copeman (W50)	St Albans	28-04-90
23-25	Joanne Tawiah		Copthall	07-06-03	
19-81	Louise White		Watford	02-07-03	
18-85	Jill Dinsmore (V)		Southend	06-09-03	
17-64	Helen Ewings (V)		Enfield	12-05-03	
17-21	Denise Copeman (V)		Enfield	12-05-03	
15-45	Gemma Smith		Wycombe	05-07-03	
12-70	Cath Perry		Southend	06-09-03	

Javelin

	CLUB RECORD	27-24	Louise White	Tonbridge	06-07-02
	VETS CLUB REC	23-48	Kim Henderson	Copthall	20-05-95
26-10	Louise White		Watford	02-07-03	
24-85	Denise Gayle		Wycombe	05-07-03	
22-83	Jill Dinsmore		Watford	23-06-03	
17-30	Kath Woods		Barn Elms	09-08-03	

10-53	Helen Ewings (V)	Watford	23-06-03		
Pole Vault					
CLUB RECORD	2-30	Louise White	Mile End		10-05-03
2-30	Louise White	Mile End	10-05-03		
4x100mrelay					
CLUB RECORD	53.1	Kwaako,Mayon-White,Ryan,Gayle		Copthall	17-05-97
Vets Club Record	65.3	Antoniou,O'Brien, Copeman, Palmer		Enfield	30-04-01
54.7		Copthall	07-06-03		
4x200mRelay					
CLUB RECORD	2-11.5	O'Brien,Laws,,Jones,Bradley	Hemel Hempstead		08-07-02
VETS CLUB REC	2-11.5	O'Brien,Laws,,Jones,Bradley	Hemel Hempstead		08-07-02
2-22.3		Hemel Hempstead	21-07-03		
3x800mRecord					
CLUB RECORD	8-09.3	Cooper,Fowler,Chilton	Watford		07-07-85
4x400mRelay					
CLUB RECORD	4-20.4	Gayle,Hyland,Perry,Woods	Barn Elms		09-08-03
Vets Club Record	5-01.8	Laws,Saunders,Wylie,Anderson	Ilford		20-07-98
4-20.4	Gayle,Hyland,Perry,Woods	Barn Elms	09-08-03		
Medley Relay (200,200,400,800)					
CLUB RECORD	4-54.4	O'Brien,,Jones,Faloon,Laws	Watford		17-06-02
VETS CLUB REC	4-54.4	O'Brien,,Jones,Faloon,Laws	Watford		17-06-02
6-08.5		Watford	23-06-03		
Pentathlon					
CLUB RECORD	1476	Marian Ryan	Watford		09-06-91
Heptathlon					
CLUB RECORD	4409	Denise Gayle	Horsham		26/27-06-99