

**INTERMEDIATE LADIES**

**100m** CR \*\*\* 12.5

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1 C. Brown	CAC	13.1	Harrow	27 Apr
2 B. McGregor	LAC	13.2	Plymouth	29 Jun
3 K. Rose	CAC	13.3	Par	26 May
4 K. Lambert	N/P	13.6	Ports'th	14 Sep
5 K. Taylor	PEN. S	14.0	C. Brea	19 May
5 S. Salmon	N/P	14.0	Yeovil	1 Sep
7 K. Martin	CAC	14.1	Harrow	22 Jun
8 C. Tilzey	BUD. S	15.1	Par	8 Jun
9 C. Bowers	CAC	15.2	Harrow	27 Apr
9 R. Harris	N/P	15.2	Par	26 May
9 N. Barber	HEL. S	15.2	Par	8 Jun
9 J. Jones		15.2	Par	8 Jun

**200m** CR \*\*\* 25.7

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1 C. Brown	CAC	27.0	Yeovil	23 Jun
2 B. McGregor	LAC	27.2	Plymouth	29 Jun
3 K. Rose	CAC	27.4	Par	26 May
4 N. Corcoran	CAC	28.8	Yeovil	23 Jun
4 S. Salmon	N/P	28.8	Yeovil	1 Sep
6 C. Nolan	N/P	29.1	Yeovil	23 Jun
7 K. Lambert	N/P	29.2	Ports'th	14 Sep
8 J. Gardiner	PENR. S	29.8	Par	8 Jun
9 K. Taylor	PEN. S	30.2	C. Brea	19 May
10 S. Richards	N/P	31.1	Par	5 May

**300m**

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1 S. Salmon	N/P	45.4	South'ton	15 Sep
2 K. Rose	CAC	46.1	Par	11 Aug
3 N. Corcoran	CAC	46.5	Par	11 Aug
4 S. Richards	N/P	47.1	C. Brea	16 Jun
5 K. Dancer	N/P	50.5	Par	26 May
6 N. Rowe	CAC	51.6	C. Brea	16 Jun

**400m** CR \*\*\* 59.2

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1 S. Salmon	N/P	62.6	Plymouth	30 Jun
2 B. McGregor	LAC	64.0	Plymouth	30 Jun
3 S. Richards	N/P	65.9	C. Brea	4 Aug
4 N. Corcoran	CAC	66.2	C. Brea	4 Aug
5 K. Martin	CAC	67.9	Harrow	22 Jun
6 R. Simons	N/P	69.0	Swindon	23 Jun
7 J. Bedwell	CAL. S	70.1	Par	8 Jun
7 K. Dancer	N/P	70.1	Braunton	28 Jul
9 H. Mugford	PEN. S	71.4	C. Brea	19 May
10 N. Rowe	CAC	71.8	C. Brea	19 May

**800m** CR \*\*\*2:17.6

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1 S. Salmon	N/P	2:17.6	Bo'mouth	6 Jul
2 K. Martin	CAC	2:26.9	Bracknell	14 Sep
3 J. Elton	CAC	2:27.6	Bracknell	14 Sep
4 S. Richards	N/P	2:35.2	Chelt'han	15 Jun
5 N. Corcoran	CAC	2:39.45	Sheffield	22 Sep
6 K. Dancer	N/P	2:41.6	Barn Elm	20 Jul
7 C. Nolan	N/P	2:44.2	Bo'mouth	6 Jul
8 V. Rowse	R. LAND	2:46.2	Par	8 Jun
9 C. Brown	CAC	2:49.47	Sheffield	22 Sep
10 K. Rose	CAC	2:52.4	Yeovil	23 Jun

INTERMEDIATE LADIES Cont'd:

no	name	club	perf	venue	date	no	name	club	perf	venue	date
<b>1500m</b>						<b>3000m</b>					
CR *** 4-38.9						CR *** 10-14.36					
1	S. Salmon	N/P	4:40.55	C. Palace	18 Aug	1	S. Salmon	N/P	10:14.36	C. Palace	7 Jul
2	J. Elton	CAC	5:14.1	Chelt'ham	15 Jun	2	S. Richards	N/P	11:50.5	Ports'th	14 Sep
3	E. Walkey		5:19.4	Harrow	22 Jun	3	J. Lean	PLYAC	11:54.1	Copthall	27 Apr
4	K. Martin	CAC	5:28.3	C. Brea	19 May	<b>MILE</b>					
5	S. Richards	N/P	5:30.5	Ports'th	14 Sep	CR *** 5:02.5					
6	K. Price	R. LAND	5:32.9	Par	8 Jun	-----					
7	R. Hampshire		5:34.8	Par	8 Jun	1	S. Salmon	N/P	5:02.6	Yeovil	26 Aug
8	C. Gray	PENR. S	5:53.7	Par	8 Jun	2	B. Gronow	CAC	5:20.6	C. Brea	4 Aug
9	J. James	N/P	5:58.0	Plymouth	29 Jun	3	J. James	N/P	6:47.8	C. Brea	4 Aug
<b>80m Hurdles</b>						<b>100m Hurdles</b>					
CR *** 11.8						CR *** 14.6					
1	C. Brown	CAC	13.3	Yeovil	23 Jun	1	N. Corcoran	CAC	17.6	Harrow	27 Apr
2	N. Corcoran	CAC	13.6	Yeovil	23 Jun	2	C. Brown	CAC	18.4	Oxford	20 Jul
3	K. Rose	CAC	15.08	Sheffield	22 Sep	3	C. Nolan	N/P	19.8	Plymouth	1 Jun
4	C. Fraser	PEN. S	15.3	C. Brea	19 May	4	K. Lambert	N/P	20.3	Yeovil	21 Apr
5	C. Nolan	N/P	15.7	Yeovil	23 Jun	5	L. Williams	CAC	22.1	Harrow	22 Jun
6	S. Hannett	PENR. S	16.1	Par	8 Jun	<b>400m Hurdles</b>					
<b>300m Hurdles</b>						CR *** 67.7					
CR *** 48.3						-----					
1	N. Corcoran	CAC	54.1	Par	11 Aug	1	N. Corcoran	CAC	71.8	C. Brea	4 Aug
2	S. Gander	TAVAC	56.2	Par	8 Jun	2	E. Walkey	CAC	74.8	Harrow	22 Jun
3	K. Dancer	N/P	56.5	Braunton	28 Jul	3	K. Rose	CAC	76.6	Oxford	20 Jul
<b>4x100m Relay</b>						<b>4x400m Relay</b>					
CR *** 50.5 club(51.4)						CR *** 4:36.8					
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1	Cornwall Schools		53.9	Chelt'ham	15 Jun	<b>High Jump</b>					
2	Cornwall AC		54.8	C. Brea	19 May	CR *** 1-66					
3	Newquay & Par		55.0	C. Brea	19 May	-----					
4	Penair School		56.8	C. Brea	19 May	1	J. Williams	CAC	1-55	C. Brea	4 Aug
5	Penrice School		59.2	Par	8 Jun	2	R. Simons	N/P	1-45	Swindon	23 Jun
6	Bude School		60.8	Par	8 Jun	2	K. Dancer	N/P	1-45	Ports'th	14 Sep
<b>Long Jump</b>						CR *** 1-66					
CR *** 5-70						-----					
1	K. Lambert	N/P	5-24	Ports'th	14 Sep	4	K. Rose	CAC	1-42	yeovil	23 Jun
2	C. Brown	CAC	5-08	Oxford	20 Jul	5	C. Nolan	N/P	1-40	C. Brea	14 Apr
3	C. Nolan	N/P	4-88	Chelt'ham	15 Jun	6	C. Brown	CAC	1-38	Sheffield	22 Sep
4	B. McGregor	LAC	4-47	C. Brea	4 Aug	7	H. Harvey	CAC	1-36	Par	8 Jun
5	N. Corcoran	CAC	4-42	Yeovil	23 Jun	8	S. Salmon	N/P	1-31	Par	8 Sep
6	H. Mugford	PEN. S	4-19	C. Brea	19 May	9	K. Martin	CAC	1-30	Harrow	27 Apr
7	K. Rose	CAC	4-14	Sheffield	22 Sep	10	N. Corcoran	CAC	1-27	Yeovil	23 Jun
8	K. Martin	CAC	3-96	C. Brea	4 Aug						
9	C. Fraser	PEN. S	3-95	C. Brea	19 May						
10	S. Salmon	N/P	3-81	Par	5 May						

INTERMEDIATE LADIES Cont'd:

no	name	club	perf	venue	date	no	name	club	perf	venue	date
<b>Discus 1kg</b> CR *** 32-20						<b>Javelin 600gr</b> CR *** 40-20					
1	K. Rose	CAC	27-94	Bo'mouth	6 Jul	1	M. Burrows	PLYAC	27-20	Yeovil	26 Aug
2	S. Richards	N/P	24-56	Barn Elm	20 Jul	2	M. Short	CAC	26-40	Plymouth	29 Jun
3	H. Jenkin	HAY.S	22-96	Par	8 Jun	3	L. Williams	CAC	25-54	C. Brea	19 May
4	L. Joslin	N/P	22-94	C. Brea	14 Apr	4	C. Nolan	N/P	25-22	Sheffield	22 Sep
5	J. James	N/P	22-52	C. Brea	4 Aug	5	C. Brown	CAC	24-84	Yeovil	23 Jun
6	N. Stephens	MULL.S	21-96	Par	8 Jun	6	C. Bowers	CAC	24-44	C. Brea	14 Apr
7	B. McGregor	LAC	20-86	C. Brea	14 Apr	7	S. Downing	H. DAV	22-90	Par	8 Jun
8	K. Dancer	N/P	19-50	Andover	27 Apr	8	S. Huddy	N/P	18-74	Swindon	23 Jun
9	S. Huddy	N/P	16-90	Barn Elm	20 Jul	9	K. Rose	CAC	18-36	Sheffield	22 Sep
10	C. Ellery		16-54	C. Brea	19 May	10	R. Simons	N/P	16-06	Swindon	23 Jun
<b>Shot 4kg</b> CR *** 10-52						<b>Heptathlon</b>					
1	M. Burrows	PLYAC	8-75	Par	8 Jun	<i>C. Brown CAC 3608 Yeovil 25 Jun</i>					
2	K. Jenkin	HAY.S	8-65	Par	8 Jun	<i>C. Nolan N/P 3103 Yeovil 28 Jun</i>					
3	C. Brown	CAC	8-50	Yeovil	23 Jun	<i>K. Rose CAC</i>					
4	K. Rose	CAC	8-13	C. Brea	11 May	<i>N. Corcoran CAC</i>					
5	C. Nolan	N/P	7-70	Par	8 Sep						
6	C. Tilzey	BUD.S	7-52	Par	8 Jun						
7	L. Joslin	N/P	7-44	C. Brea	19 May						
8	S. Richards	N/P	7-35	C. Brea	16 Jun						
9	K. Lambert	N/P	7-25	Par	11 Aug						
10	S. Huddy	N/P	7-02	Ports'th	14 Sep						

SENIOR LADIES (Junior Ladies shown \*)

<b>100m</b> CR +++ 12.0 * 12.3				<b>200m</b> CR +++ 25.0 * 25.7							
1	J. Brett	PLYAC	12.3	Plymouth	16 Jun	1	J. Brett	PLYAC	26.2	Yeovil	26 Aug
2	L. Barnett	CAC	12.6	C. Brea	16 Jun	2	*H. Hosking	CAC	26.3	Yeovil	26 Aug
3	S. Gill	CAC	13.3	Oxford	20 Jul	3	L. Barnett	CAC	26.5	C. Brea	16 Jun
3*	S. Toms	N/P	13.3	Ports'th	14 Sep	3*	N. Callan	CAC	28.2	Harrow	27 Apr
5*	C. Hilless	CAC	13.7	C. Brea	16 Jun	5*	S. Toms	N/P	28.5	Ports'th	14 Sep
6*	N. Callan	CAC	13.9	Yeovil	26 Aug	6*	A. Guy	N/P	28.6	Yeovil	?
7*	A. Sheppard	S. J. S	14.8	Par	8 Jun	7*	C. Hilless	CAC	28.8	Yeovil	26 Aug
8	G. Symons (V)	CAC	15.2	C. Brea	16 Jun	8	R. Harris	N/P	33.5	Braunton	28 Jul
9	S. Bracher (V)	N/P	15.6	C. Brea	16 Jun	9*	S. Harris	N/P	34.9	Par	5 May
10*	S. Harris	N/P	16.2	C. Brea	11 May						
<b>400m</b> CR +++ 56.8 * 56.8				<b>800m</b> CR +++ 2-08.7 * 2-22.8							
1*	H. Hosking	CAC	58.7	Woking	1 Jun	1	M. Wooldridge	N/P	2:20.7	Yeovil	21 Apr
2	S. Gill	CAC	61.6	Harrow	27 Apr	2*	H. Hosking	CAC	2:22.8	Oxford	20 Jul
3*	N. Callan	CAC	65.1	Bracknell	14 Sep	3*	L. Terry	EVH	2:29.1	Chelt'ham	15 Jun
4	M. Woolridge	N/P	65.4	Plymouth	1 Jun	4*	B. Gronow	CAC	2:33.6	C. Brea	14 Apr
5	C. Rawlings	CAC	69.3	C. Brea	14 Apr	5*	S. Harris	N/P	3:00.8	C. Brea	19 May
6*	B. Gronow	CAC	70.5	C. Brea	14 Apr						

CORNWALL AAA RANKINGS @ SEP 30th 1991

SENIOR LADIES Cont'd:					(Junior Ladies shown *)				
no name	club	perf	venue	date	no name	club	perf	venue	date
<b>1500m</b>					<b>3000m</b>				
1*B. Gronow	CAC	5:01.0	Woking	1 Jun	1*B. Gronow	CAC	10-17.4	Bracknell	14 Sep
2 M. Woolridge	N/P	5:06.1	Plymouth	1 Jun	2 M. Wooldridge	N/P	10-20.2	Plymouth	29 May
3*L. Terry	EVH	5:06.2	?	?	3 C. Rawlings	CAC	11-01.9	Woking	1 Jun
4 C. Rawlings	CAC	5:11.8	C. Brea	14 Apr	4 A. Newall	CAC	11-19.1	Oxford	20 Jul
5 A. Newall	CAC	5:18.5	Oxford	20 Jul					
<b>100m Hurdles</b>					<b>400m Hurdles</b>				
1 J. Brett	PLYAC	14.0	Croydon	10 Aug	1*N. Callan	CAC	65.2	Woking	1 Jun
2*S. Toms	N/P	18.6	Bo'mouth	6 Jul					
3 L. Barnett	CAC	19.1	Harrow	22 Jun					
4 S. Watkins	CAC	22.1	C. Brea	4 Aug					
5*C. Hillless	CAC	22.4	C. Brea	19 May					
<b>4x100m Relay</b>					<b>4x400m Relay</b>				
1 County Rep		49.8	club(50.4)		1 County Rep		4-06.9		
2 Cornwall AC'A'		50.9	Bo'mouth	6 Jul	2 Cornwall AC		4:11.5	Bo'mouth	6 Jul
3*County Rep		52.2	Harrow	27 Apr	3 Newquay & Par		4:17.1	Harrow	27 Apr
4 Newquay & Par		52.63	C. Palace	7 Jul			4:25.0	Ports'th	14 Sep
5 Cornwall AC'B'		54.9	Ports'th	14 Sep					
		57.3	C. Brea	14 Apr					
<b>Long Jump</b>					<b>High Jump</b>				
1 L. Barnett	CAC	5-63	Croydon	10 Aug	1 L. Barnett	CAC	1-66	Bracknell	14 Sep
2*A. Guy	N/P	5-52	Yeovil	8 Jun	2*N. Callan	CAC	1-40	Harrow	22 Jun
3*S. Toms	N/P	4-97	Ports'th	14 Sep	2*S. Toms	N/P	1-40	Barn Elm	20 Jul
4*N. Callan	CAC	4-54	Yeovil	26 Aug	4*A. Guy	N/P	1-36	Yeovil	?
5*A. Sheppard	S. J. S.	3-89	Par	8 Jun	5*S. Harris	N/P	1-05	Par	5 May
6*N. Staddames	PEN. S	3-88	C. Brea	19 May					
7*S. Harris	N/P	3-43	Par	5 May					
<b>Discus 1kg</b>					<b>Javelin 600gr</b>				
1 S. Moulton	CAC	40-08	C. Brea	4 Aug	1 S. Doughty	CAC	40-40	Woking	1 Jun
2*V. Alexander	LAC	28-38	C. Brea	19 May	2*C. Smith	S. J. S.	40-40	Par	8 Jun
3 S. Doughty	CAC	27-44	Woking	1 Jun	3*A. Guy	N/P	25-62	Yeovil	?
4*C. Salmon	R. LAND	24-14	Par	8 Jun	4 K. Rodda	CAC	25-16	C. Brea	19 May
5 T. Retallick	N/P	22-94	C. Brea	4 Aug	5 S. Watkins	CAC	25-14	C. Brea	4 Aug
6 S. James(V)	N/P	18-86	Par	26 May	6*N. Staddames	PEN. S	23-32	C. Brea	19 May
7 K. Brusby(V)	N/P	20-62	Par	16 Jun	7 L. Bartle	CAC	20-62	C. Brea	19 May
8*S. Cox	TRU. S	17-90	Par	8 Jun	8 G. Symons(V)	CAC	15-18	C. Brea	19 May
9 G. Symons(V)	CAC	16-88	C. Brea	16 Jun	9*S. Toms	N/P	14-93	C. Brea	16 Jun
10A. Kilford(V)	CAC	14-66	Par	26 May	10 K. Brusby(V)	N/P	14-30	Andover	27 Apr
10D. Joslin(V)	N/P	13-92	Par	16 Jun			13-88	Par	11 Aug
<b>Shot 4kg</b>					<b>Heptathlon</b>				
1 J. Brett	PLYAC	12-53	Plymouth	16 Jun	<i>NO ENTRIES in SW + NAT</i>				
2*A. Guy	N/P	9-85	Yeovil	?	<b>Triple Jump</b>				
3 K. Rodda	CAC	11-07	C. Brea	19 May	1 L. Barnett	CAC	11-07	Bo'mouth	6 Jul
4*S. Irons	S. J. S	9-63	Par	8 Jun	2*S. Toms	N/P	9-63	C. Palace	7 Jul
5*V. Alexander	LAC	7-79	C. Brea	19 May	3*S. Harris	N/P	7-23	C. Brea	19 May
6*C. Salmon	R. LAND	7-31	Par	8 Jun					
7 S. Doughty	CAC	6-95	Bracknell	14 Sep					
8*S. Toms	N/P	6-24	Plymouth	1 Jun					
9*S. Harris	N/P	5-63	C. Brea	19 May					
10 M. Woolridge	N/P		C. Brea	11 May					