

name club perf venue date

UNDER 13 GIRLS (Under 11 shown \*)

80m CR\*\* 10.9

S.Hilling CAC 10.9 Par 15Aug  
 L.Congdon LAC 11.3 C.Brea 25Apr  
 G.Taylor R.LAND12.1 C.Brea 16May  
 H.Gray N/P 12.3 C.Brea 20Jun  
 L.Stuart N/P 12.5 C.Brea 25Apr  
 V.Ife CAC 12.5 C.Brea 20Jun  
 S.Whitehall CAC 12.6 C.Brea 25Apr  
 H.Sandy N/P 12.6 C.Brea 20Jun  
 L.Harris N/P 12.6 C.Brea 20Jun  
 L.West N/P 12.7 C.Brea 20Jun

UNDER 13 GIRLS CONT,D

200m CR\*\* 27.4

S.Hilling CAC 28.0 C.Brea 11Jul  
 D.Smith TREV 29.6 C.Brea 11Jul  
 V.Gregory CAC 29.8 C.Brea 3Apr  
 T.Shepherd N/P 29.8 Yeovil 5Sep  
 K.Roberts CAC 30.6 C.Brea 1Aug  
 S.Crowle N/P 30.8 Yeovil 18Apr  
 C.Denn N/P 31.0 C.Brea 11Jul  
 K.Taylor CAC 31.0 C.Brea 11Jul  
 S.Shaile TREV 31.3 C.Brea 11Jul  
 L.West P.PORT31.3 C.Brea 11Jul  
 H.Knight DOB 31.3 C.Brea 11Jul

100m CR\*\* 13.1

S.Hilling CAC 13.5 C.Brea 11Jul  
 S.Crowle N/P 14.1 C.Brea 3Apr  
 L.Congdon LAC 14.2 C.Brea 11Jul  
 G.Taylor R.LAND14.3 C.Brea 11Jul  
 K.Roberts CAC 14.3 Guild 7Aug  
 V.Gregory CAC 14.4 C.Brea 3Apr  
 S.Shaile TREV 14.7 C.Brea 11Jul  
 K.Taylor CAC 14.7 C.Brea 11Jul  
 N.Reynolds C.CORN14.8 C.Brea 11Jul  
 E.Angus TREL 14.9 C.Brea 11Jul  
 H.Knight DOB 14.9 C.Brea 11Jul

600m CR\*\* 1:53.0

T.Adams R.LAND1:58.9 C.Brea 16May  
 H.Gray N/P 1:59.0 C.Brea 20Jun  
 C.Farnsworth CAC 1:59.8 C.Brea 20Jun  
 J.Simpson\* N/P 2:03.7 C.Brea 20Jun  
 Z.Jelbert\* CAC 2:05.1 C.Brea 1Aug  
 S.Follett CAC 2:06.0 C.Brea 25Apr  
 E.Hancock N/P 2:06.1 C.Brea 20Jun  
 K.Simpson\* N/P 2:06.1 C.Brea 1Aug  
 J.Gray\* N/P 2:08.0 C.Brea 20Jun  
 D.Shreck POLW 2:08.4 C.Brea 16May

150m CR\*\* 20.5

S.Hilling CAC 20.5 Enfield 1Aug  
 L.Congdon LAC 21.3 C.Brea 20Jun  
 V.Gregory CAC 22.0 C.Brea 25Apr  
 S.Dunn\* N/P 22.9 C.Brea 20Jun  
 J.Simpson\* N/P 23.0 C.Brea 20Jun  
 C.Lauder\* LAC 23.4 C.Brea 20Jun  
 H.Sandey N/P 23.4 C.Brea 20Jun  
 C.Farnsworth CAC 23.6 C.Brea 25Apr  
 V.Ife CAC 23.6 C.Brea 20Jun  
 L.Harris N/P 23.7 C.Brea 25Apr  
 L.West N/P 23.7 C.Brea 20Jun

800m CR\*\* 2:22.9

T.Shepherd N/P 2:38.7 Ply 3Jul  
 H.Pearson WADE 2:37.6 C.Brea 1Aug  
 J.McWilliams CAC 2:41.0 Ply 19Jun  
 H.Thomas CAC 2:41.9 Windsor 24Jul  
 D.Terry PLYAC 2:44.3 Ply 31May  
 C.Farnsworth CAC 2:44.4 C.Brea 11Jul  
 K.Gamble CAC 2:48.1 C.Brea 1Aug  
 S.Peart C.CORN2:52.3 C.Brea 11Jul  
 S.Whitehall CAC 2:52.3 C.Brea 1Aug  
 J.Simpson\* N/P 2:52.6 C.Brea 11Jul

1500m CR\*\* 5:00.8

H.Thomas CAC 5:20.8 Par 15Aug  
 J.McWilliams CAC 5:32.8 C.Brea 20Jun  
 K.Trehane TAVAC 5:37.8 Ply 19Jun  
 H.Gray N/P 5:49.4 Cardiff 3May  
 C.Farnsworth CAC 5:53.0 C.Brea 25Apr  
 I.Boyd POLW 5:54.1 C.Brea 11Jul  
 T.Shepherd N/P 5:57.3 Exeter 25Jul  
 L.West N/P 5:59.2 C.Brea 20Jun  
 H.Pearson WADE 6:00.0 C.Brea 16May  
 D.Terry PLYAC 6:04.4 C.Brea 16May

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UNDER 13 GIRLS CONT,D

UNDER 13 GIRLS Cont,d

Long Jump CR\*\* 4.81

70mHurd	CR**	12.4		
V.Gregory	CAC	12.6	C.Brea	25Apr
T.Shepherd	N/P	12.9	Exeter	25Jul
S.Crowle	N/P	13.1	Yeovil	18Apr
H.Gray	N/P	13.2	Exeter	25Jul
D.Smith	TREV	13.6	C.Brea	11Jul
S.Follett	POLW	<del>14.5</del>	C.Brea	<del>11Jul</del> 1/8
I.Boyd	POLW	14.5	C.Brea	11Jul
H.Pearson	N/P	14.7	C.Brea	1Aug
E.Angus	N/P	14.9	C.Brea	5Jun
K.Gamble	POLW	15.0	C.Brea	25Apr

L.Congdon	LAC	4.28	C.Brea	20Jun
S.Crowle	N/P	4.18	C.Brea	3Apr
G.Taylor	R.LAND	4.18	C.Brea	1Aug
H.Gray	N/P	4.13	Exeter	25Jul
V.Gregory	CAC	4.09	C.Brea	3Apr
S.Follett	CAC	4.00	B'Ham	2Jul
S.Whitehall	CAC	3.95	C.Brea	1Aug
T.Shepherd	N/P	3.89	Exeter	4Jul
H.Pearson	WADE	3.79	C.Brea	5Jun
K.Taylor	CAC	3.75	Ply	3Jul

75mHurd	CR**	13.0		
V.Gregory	CAC	14.2	Harlow	4Sep

Shot2.72Kg CR\*\*8.10

4x100mR	CR**	57.3		
Newquay/Par	60.5	Ply	3Jul	
Cornwall AC	60.7	C.Brea	11Jul	
C.CORN	63.5	C.Brea	11Jul	
Newquay/Par*	64.6	C.Brea	11Jul	
Cornwall AC*B'	64.9	C.Brea	1Aug	
TREW	65.6	C.Brea	11Jul	
Cornwall AC*	66.2	C.Brea	25Apr	
Dobwall Sch*	66.8	C.Brea	11Jul	
A.BEN Sch	66.9	C.Brea	11Jul	
C.Corn Sch*	67.4	C.Brea	11Jul	

G.Brown	ST.PET	7.99	C.Brea	11Jul
T.Shepherd	N/P	7.41	C.Brea	1Aug
H.Dyer	R.LAND	7.20	C.Brea	11Jul
K.Marsh	N/P	6.84	Swansea	29Aug
J.Taylor	R.LAND	6.45	C.Brea	16May
R.Cheetham	POLW	6.34	C.Brea	16May
H.Knight	DOB	6.26	C.Brea	11Jul
V.Gregory	CAC	6.24	C.Brea	5Jun
C.Cook	ST.PET	5.98	C.Brea	11Jul
E.Blundell	ST.PET	5.82	C.Brea	11Jul

Shot3.25Kg CR\*\* 8.07

V.Gregory	CAC	6.11	C.Brea	26Sep
K.Marsh	N/P	6.10	Cardiff	3May

Discus0.75Kg CR\*\*21.14

High Jump	CR**	1.50		
V.Gregory	CAC	1.30	Brack	24Apr
T.Shepherd	N/P	1.25	Andover	7Aug
J.McWilliams	CAC	1.20	C.Brea	5Jun
S.Allen	WADE	1.15	C.Brea	16May
S.Peart	C.CORN	1.15	C.Brea	11Jul
H.Pearson	WADE	1.10	C.Brea	5Jun
C.Denn	N/P	1.05	Exeter	4Jul
H.Thomas	CAC	1.00	C.Brea	5Jun
K.Marsh	N/P	1.00	C.Brea	11Jul
L.Sandey*	N/P	0.96	Par	15Aug

K.Marsh	N/P	21.14	Par	15Aug
T.Shepherd	N/P	19.10	Par	8Aug
R.Cheetham	POLW	17.83	B'Ham	2Jul
N.Allen	R.LAND	13.84	C.Brea	16May
S.May	N/P	11.98	C.Brea	3Apr

Discus1.00Kg CR\*\*21.08

K.Marsh	N/P	21.08	Ply	4Sep
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Javelin400gr CR\*\* 21.38

V.Gregory	CAC	21.38	Swansea	29Aug
K.Marsh	N/P	20.00	Ply	3Jul
J.Taylor	R.LAND	16.30	C.Brea	16May
T.Longford	R.LAND	13.54	C.Brea	16May
S.May	N/P	5.58	C.Brea	3Apr

Javelin600gr CR\*\* 30.30

K.Marsh	N/P	16.92	Ply	31May
E.Hancock	N/P	9.46	Ply	31May

13.3

name club perf venue date

UNDER 15 GIRLS Cont,d

UNDER 13 GIRLS Cont,d

1500m CR\*\* 4:29.9

Pentathlon U15 ev

R.Duckham	CAC	5:02.3	Copthall	15Aug
A.Bolton	N/P	5:02.9	Cardiff	3May
E.Ackland	N/P	5:06.5	Exeter	25Jul
J.Glossop	N/P	5:07.5	Ply	4Sep
L.Fairley	N/P	5:08.8	Cardiff	3May
S.Richards	N/P	5:08.8	C.Brea	22May
K.Marshall	CAC	5:10.6	Harlow	4Sep
K.Boreham	TAVAC	5:28.4	?	?
K.Treble	CAC	5:37.8	Swansea	29Aug
K.Gamble	CAC	5:47.8	Par	30May

V.Gregory CAC 1458 C.Brea 26Sep

UNDER 15 GIRLS

100m	CR**	12.76		
K.O'Keefe	LOOE	13.2	Bo'mouth	19Jun
L.Dodson	N/P	13.4	Exeter	4Jul
J.Glossop	N/P	13.5	Ply	4Sep
E.Orton	N/P	13.7	Bo'mouth	19Jun
K.Treble	CAC	13.8	C.Brea	5Jun
K.Marshall	CAC	14.2	Windsor	24Jul
E.Shepherd	N/P	14.2	Par	8Aug
A.Pascoe	TREV	14.3	C.Brea	11Jul
J.Niven	TAVAC	14.4	C.Brea	3Apr
B.Seddon	PENA	14.4	C.Brea	16May
A.Bolton	N/P	14.4	Exeter	25Jul
K.Boreham	TAVAC	14.4	?	?

MILE

K.Marshall	CAC	5:37.5	C.Brea	1Aug
R.Duckham	CAC	5:44.3	C.Brea	10Apr
A.Bolton	N/P	5:47.2	C.Brea	10Apr
L.Fairley	N/P	5:54.1	C.Brea	1Aug
S.Richards	N/P	5:54.4	C.Brea	10Apr
K.treble	CAC	6:12.0	C.Brea	1Aug

75mHur CR\*\* 11.5

200m	CR**	26.3		
L.Dodson	N/P	28.0	C.Brea	20Jun
E.Ackland	N/P	28.4	Ply	31May
J.Glossop	N/P	28.8	Ply	31May
E.Orton	N/P	28.9	C.Brea	11Jul
K.Treble	CAC	28.9	Swansea	29Aug
S.Curtis	CAC	29.1	Guild	7Aug
R.Duckham	CAC	29.4	C.Brea	11Jul
K.Boreham	TAVAC	29.4	?	?
C.Bedwell	TAVAC	29.6	C.Brea	3Apr
L.Bolton	N/P	29.9	Yeovil	5Sep

H.Royle	PENA	12.6	Copthall	15Aug
C.Evans	R.LAND	12.7	Bo'mouth	19Jun
L.Bolton	N/P	12.9	C.Brea	26sep
N.Harrison	CAC	13.1	B'Ham	2Jul
L.Dodson	N/P	13.2	Exeter	27Jun
D.Abbott	N/P	14.4	Exeter	27Jun
K.Orchard	ST.PET	14.5	C.Brea	11Jul
K.Treble	CAC	14.6	C.Brea	26Sep
K.Boreham	TAVAC	14.9	?	?
L.Cowl	CAC	15.0	C.Brea	5Jun

4x100R CR\*\* 51.9(52.5)

800m	CR**	2:17.2		
E.Ackland	N/P	2:23.5	C.Brea	20Jun
R.Duckham	CAC	2:26.5	C.Brea	1Aug
J.Glossop	N/P	2:27.6	C.Brea	22May
K.Boreham	TAVAC	2:29.7	?	?
A.Bolton	N/P	2:30.0	Exeter	4Jul
L.Dodson	N/P	2:33.0	Exeter	27Jun
E.Abbott	N/P	2:33.4	Exeter	4Jul
K.Marshall	CAC	2:33.5	C.Brea	26Sep
L.Fairley	N/P	2:34.1	Andover	7Aug
L.Mourant	CAC	2:35.9	C.Brea	25Apr

County Schools	54.9	Bo'mouth	19Jun	
Newquay/Par	55.2	C.Brea	20Jun	
Polwhele Sch	57.8	B'Ham	2Jul	
Penair Sch	58.0	C.Brea	16May	
Cornwall AC	58.2	C.Brea	1Aug	
CHECK ABOVE SWANSEA				
Penair Sch'B'	60.4	C.Brea	16May	
Newquay/Par'B'	60.5	Yeovil	18Apr	
WadebridgeSch	61.7	C.Brea	16May	
Tavistock AC	62.6	C.Brea	16May	
WadebridgeSch'B'	65.0	C.Brea	16May	
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CORNWALL AAA RANKINGS 30th SEP 1993

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UNDER 15 GIRLS Cont,d

UNDER 15 GIRLS Contd;

Javelin600gr CR\*\* 39.74

name	club	perf	venue	date
<b>High Jump</b>	CR**	1.60		
H.Royle	PENA	1.49	Bo'mouth	19Jun
L.Bolton	N/P	1.43	C.Brea	5Jun
E.Lambert	N/P	1.39	Cardiff	3May
E.Abbott	N/P	1.31	Exeter	27Jun
C.Bedwell	TAVAC	1.30	C.Brea	3Apr
K.Orchard	ST.PET	1.30	C.brea	11Jul
S.Wells	POLW	1.30	C.Brea	1Aug
R.Duckham	CAC	1.28	Exeter	27Jun
A.Seymour	N/P	1.25	Cardiff	3May
L.Dodson	N/P	1.25	Exeter	27Jun

L.Bolton	N/P	32.90	C.Brea	1Aug
D.James	CAC	29.52	Bo'mouth	19Jun
A.Nicholls	N/P	25.50?	C.Brea	12Jun
J.Isbell	N/P	24.52	Andover	7Aug
K.Rowe	CAC	24.26	C.Brea	1Aug
S.Wells	POLW	23.04	C.Brea	1Aug
C.Bedwell	TAVAC	21.22	?	?
L.Casterton	CAC	20.68	Guild	7Aug
K.Marshall	CAC	19.06	Par	30May
J.Niven	TAVAC	17.06	?	?

Pentathlon

name	club	perf	venue	date
<b>Long Jump</b>	CR**	5.18		
E.Shepherd	N/P	4.52	Andover	7Aug
J.Glossop	N/P	4.50	Andover	7Aug
E.Ackland	N/P	4.44	C.Brea	20Jun
K.Treble	CAC	4.43	Harlow	4Sep
R.Duckham	CAC	4.41	Harlow	4Sep
M.Breeze	WADE	4.36	C.Brea	16May
L.Bolton	N/P	4.29	C.Brea	26Sep
L.Dodson	N/P	4.23	Bo'mouth	19Jun
H.Fuller	CAC	4.22	C.Brea	10apr
L.Arstall	PENA	4.11	C.Brea	16May

L.Dodson	N/P	2219	Exeter	27Jun
H.Royle	PENA.S	2151	Exeter	27Jun
L.Bolton	N/P	2149	C.Brea	26Sep
D.Abbott	N/P	2001	Exeter	27Jun
R.Duckham	CAC	2000	Exeter	27Jun
K.Treble	CAC	1848	C.Brea	26Sep
K.Marshall	CAC	1784	C.Brea	26Sep
A.Bolton	N/P	1653	C.Brea	26Sep
L.Cowl	CAC	1191	C.Brea	26Sep

Shot3.25Kg CR\*\*11.24

M.Edmondson	TAVAC	9.83	Ply	24Jul
L.Casterton	CAC	9.63	Copthall	15Aug
S.Coombe	PENR	7.93	C.Brea	12Jun
E.Lambert	N/P	7.73	C.Brea	22May
D.James	CAC	7.65	C.Brea	1Aug
E.Shepherd	N/P	7.65	Ply	4Sep
L.Bolton	N/P	7.43	C.Brea	26Sep
C.Richardson	PENA	7.40	C.Brea	16May
L.Cowl	CAC	7.04	C.Brea	11Jul
J.Isbell	N/P	6.90	Andover	7Aug

Discus1Kg CR\*\* 27.90

C.Richardson	PENA	26.52	Bo'mouth	19Jun
L.Casterton	CAC	24.64	C.Brea	1Aug
L.Bolton	N/P	21.22	Exeter	25Jul
E.Shepherd	N/P	20.02	Andover	7Aug
H.Briant	POLW	19.74	Brack	24Apr
M.Breeze	WADE	19.70	C.Brea	16May
D.Abbott	N/P	18.90	C.Brea	20Jun
J.Glossop	N/P	17.26	Andover	7Aug
A.Bane	PENA	16.94	c.Brea	16May
D.James	CAC	16.66	Guild	7Aug