

## Cornwall County Rankings 2006

As at 24 September 2006

### Women

#### 100m

		CR		12.0 (12.3J)(12.6V)	
Robins	Alice	U20	N&P	G3 12.7	Par
Brett	Jacky	W40	N&P	13.2	Braunton
Brett		W40	N&P	13.45	0.6 Birmingham
Paulley	Leah		N&P	13.5	Yeovil
Whinney	Jayne	W35	CAC	13.6	Par
Ross	Jo	U20	CAC	13.8	Yeovil
Drinkell	Debbie	W35	N&P	13.8	Par
**Hudson	Marie	W35	N&P	14.6	Braunton
Glossop	Jo		N&P	14.6	Walton
Davey	Kim	U20	CAC	15.2	Yeovil
Stevens	Caroline	W35	N&P	15.4	Yeovil
Williamson	Abbie	U20	N&P	15.8	Yeovil

#### 150m

Ross	Jo	U20	CAC	22.5	Par
Drinkell	Debbie	W35	N&P	23.5	Par

#### 200m

			CR	25.0 (25.1J)(25.95V)	
Paulley	Leah		N&P	26.2	Par
Robins	Alice	U20	N&P	26.7	Par
Bolton	Laura		N&P	27.0	Par
Brett	Jacky	W40	N&P	27.6	Par
Ross	Jo	U20	CAC	28.4	Par
Drinkell	Debbie	W35	N&P	28.4	Exeter
Whinney	Jayne	W35	CAC	29.0	Par
Williamson	Abbie	U20	N&P	29.6	Exeter
Turner	Rebecca	U20	CAC	29.8	Carn Brea
Williamson	Tessa		N&P	31.3	Yeovil
Sheldrake	Kylie	U20	Cwll Schs	31.5	Bournemouth
**Hudson	Marie	W35	N&P	31.6	Par

#### 300m

Ross	Jo	U20	CAC	47.9	Par
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#### 400m

			CR	55.8(55.8J)(61.2V)	
Paulley	Leah		N&P	60.2	Par
Williamson	Tessa		N&P	61.5	Exeter
Steven	Caroline	W35	N&P	63.3	Par
Colwill	Amy	U20	LAC	63.3	Par
Colwill		U20	LAC	63.36	Exeter
Woodfinden	Leonie	U20	N&P/Tretherras	63.4	Par
Drinkell	Debbie	W35	N&P/SWV	63.77	i Cardiff
Drinkell		W35	N&P	64.2	Par
Ross	Jo	U20	CAC	65.0	Par
Robins	Alice	U20	N&P	65.1	Kingston
Lock	Barbara	W50	CAC/SWV	66.43	i Cardiff
Glossop	Jo		N&P	67.9	Kingston
Williamson	Abbie	U20	N&P	68.7	Exeter
Turner	Rebecca	U20	CAC	68.8	Exeter
Opie	Catherine	U20	CAC	70.7	Par
**Hudson	Marie	W35	N&P	70.7	Walton
Davey	Kim	U20	CAC	73.8	Exeter

#### 600m

Williamson	Tessa		N&P	1.48.6	Par
Fuller	Helen	U20	CAC	1.50.4	Par
<b>800m</b>			<b>CR 1.59.99(2.03.42J) (2.19.4 V)</b>		
Simpson	Jemma		N&P	G1 1.59.99	Heusden, Belgium
Barnes	Dani		N&P	2.15.14	Manchester
Woodfinden	Leonie	U20	N&P	G3 2.16.5	Exeter
Steven	Caroline	W35	N&P	2.22.3	Braunton
Steven		W35	N&P	2.26.51	Exeter
Colwill	Amy	U20	LAC	2.30.6	Par
Williamson	Tessa		N&P	2.31.5	Kingston
Fuller	Helen	U20	CAC	2.31.9	Plymouth
Fuller		U20	CAC	2.40.42	Exeter
Glossop	Jo		N&P	2.33.2	Luton
Lock	Barbara	W50	CAC	2.35.2	Exeter
Turner	Rebecca	U20	CAC	2.41.1	Exeter
Rogers	Kate	W45	PAC/SWV	2.44.30	i Cardiff
Opie	Catherine	U20	CAC	2.49.7	Exeter
Brett	Jacky	W40	N&P	3.07.5	Exeter
Sheldrake	Kylie	U20	Cwll Schs	3.15.9	Bournemouth
<b>1200m</b>					
Woodfinden	Leonie	U20	N&P	3.53.2	Par
<b>1500m</b>			<b>CR 4.15.00(4.15.00 J)(4.40.7 V)</b>		
Barnes	Dani		N&P	G2 4.23.75	Watford
***Salmon	Sarah		N&P	G3 4.31.72	Canberra
Woodfinden	Leonie	U20	N&P/E&H	G3 4.42.2	Stevenage
Woodfinden		U20	N&P	G3 4.46.28	Gateshead
Steven	Caroline	W35	N&P	5.00.8	Exeter
Steven		W35	N&P	5.07.89	Exeter
Williamson	Tessa		N&P	5.25.0	Par
Williamson	Abbie	U20	N&P	5.31.9	Kingston
Glossop	Jo		N&P	5.34.1	Kingston
Deards	Katie	U20	Tru High	5.37.9	Par
Turner	Rebecca	U20	CAC	5.47.2	Exeter
Dobson	Lesley	W40	CAC	5.49.2	Exeter
Fuller	Helen	U20	CAC	5.49.9	Exeter
Opie	Catherine	U20	CAC	6.19.7	Exeter
<b>1 Mile</b>			<b>CR 4.44.79 (4.56.6J) (5.25.8V)</b>		
***Salmon	Sarah		N&P	4.55.55	mx Canberra
Stevens	Caroline	W35	N&P	5.35.1	Par
Opie	Catherine	U20	CAC	7.35.4	Par
<b>3000m</b>			<b>CR 9.16.1 (9.39.95</b>		
<b>J)(10.02.20V)</b>			<b>11:00</b>		
***Salmon	Sarah		N&P	G3 9.40.96	Canberra
Crowle	Revis	W40	ECH	10.36.9	Plymouth
Steven	Caroline	W35	N&P	10.56.3	Luton
Mudd	Rebecca		LRR	11.40.9	Plymouth
Williamson	Abbie	U20	N&P	12.00.3	Luton
Williamson	Tessa		N&P	12.00.7	Yeovil
Baker	Rachel	U20	LAC	12.01.2	Braunton
Turner	Rebecca	U20	CAC	12.33.3	Yeovil
Anstey	Mary	W70	SWV	13.22.96	Linz, Austria
Opie	Catherine	U20	CAC	13.44.8	Yeovil
Allibon	Emma		Moorhaven	15.06.0	Plymouth
Pollard	Linda	W50	Tamar T	15.11.9	Plymouth
Startup	Angie	W40	N&P	16.45.6	Kingston
<b>5000m</b>					
Gillespie	Rebecca		HRR	19.59.0	Carn Brea
Mudd	Rebecca		LRR	20.44.3	Exeter

Anstey	Mary	W70	SWV	25.39.2	Exeter
<b>80m Hurdles (W40)</b>			<b>CR</b>	<b>12.2</b>	
Brett	Jacky		N&P	12.2	Carn Brea
Brett			N&P	12.81	Birmingham
<b>100m Hurdles</b>			<b>CR</b>	<b>13.86(14.2 J) (14.1 V)</b>	
Hicks	Jasmin	U17	N&P/E&H	G3 15.92	Hendon
Bolton	Laura		N&P	16.2	Par
Brett	Jacky	W40	N&P	17.6	Kingston
Williamson	Tessa		N&P	18.7	Braunton
Sheldrake	Kylie	U20	Cwll Schs	19.6	Bournemouth
Drinkell	Debbie	W35	N&P	21.6	Kingston
<b>400m Hurdles</b>			<b>CR</b>	<b>62.7 (62.7 J) (70.0 V)</b>	
Williamson	Tessa		N&P	68.4	Braunton
Steven	Caroline	W35	N&P	72.5	Kingston
Drinkell	Debbie	W35	N&P	77.1	Kingston
<b>2000m Steeplechase</b>			<b>CR</b>	<b>7.39.1</b>	
Williamson	Tessa		N&P	G3 7.39.1	Par
<b>4 x 100m Relay</b>			<b>CR</b>	<b>49.8</b>	
<b>(50.3club) (51.3 J) (57.5 V)</b>				<b>52.0</b>	
Cornwall AC				52.4	Yeovil
Newquay & Par AC				52.6	Yeovil
N & P - Veteran Women				57.5	Luton
<b>4 x 400m Relay</b>			<b>CR</b>	<b>4.05.9</b>	
<b>(4.06.9club) (4.12.2 J)</b>				<b>04:15</b>	
Newquay & Par AC			Eq Club Rec	4.06.9	Exeter
(Tessa Williamson, Emily Gunning, Anna Sharrock & Leoni Woodfinden)					
Cornwall AC				4.31.2	Exeter
<b>High Jump</b>			<b>CR</b>	<b>1.66 (1.66 J) (1.30V)</b>	
Sheldrake	Kylie	U20	Cwll Schs	1.39	Bournemouth
Williamson	Tessa		N&P	1.35	Par
Davey	Kim	U20	CAC	1.30	Exeter
Brett	Jacky	W40	N&P	1.26	Exeter
Robins	Alice	U20	N&P	1.25	Kingston
Drinkell	Debbie	W35	N&P	1.23	Par
Marsh	Kim		N&P	1.00	Walton
<b>Pole Vault</b>			<b>CR</b>	<b>2.60 (2.35 J) (2.00 V)</b>	
Steven	Caroline	W35	N&P	2.00	Kingston
Williamson	Tessa		N&P	1.60	Kingston
Marsh	Kim		N&P	1.50	Walton
<b>Long Jump</b>			<b>CR</b>	<b>5.63 (5.63 J) (4.69 V)</b>	
Bolton	Laura		N&P	5.23	Par
Mitchell	Lisa		CAC	4.77	Carn Brea
Brett	Jacky	W40	N&P	4.69	Exeter
Drinkell	Debbie	W35	N&P	4.67	Kingston
Colwill	Amy	U20	LAC	4.58	Par
Baker	Rachel	U20	LAC	4.46	Par
**Hudson	Marie	W35	N&P	4.43	Luton
Tatlow	Amy	U20	Truro College	4.41	Par
Ross	Jo	U20	CAC	4.40	Exeter
Williamson	Tessa		N&P	4.30	Par
Sheldrake	Kylie	U20	Cwll Schs	4.18	Bournemouth
Woodfinden	Leonie	U20	N&P	4.09	Exeter
Davey	Kim	U20	CAC	3.92	Exeter
Mudd	Rebecca		LRR	3.71	Par
Turner	Rebecca	U20	CAC	3.67	Exeter
<b>Triple Jump</b>			<b>CR</b>	<b>11.63 (11.23 J) (9.94 V)</b>	
Drinkell	Debbie	W35	N&P	9.94	Luton

Robins	Alice	U20	N&P	G3	9.61	Par
Glossop	Jo		N&P		9.60	Kingston
Baker	Rachel	U20	LAC		9.42	Par
Williamson	Tessa		N&P		9.33	Yeovil
Colwill	Amy	U20	N&P		9.31	Exeter
Regan	Helen	U20	CAC		8.89	Yeovil
Davey	Kim	U20	CAC		8.66	Yeovil
Turner	Rebecca	U20	CAC		7.60	Yeovil
<b>Shot</b>			<b>CR</b>		<b>12.53 (10.76 J) (10.88 V)</b>	
Rawling	Kimberley		N&P		9.87	Kingston
Bolton	Laura		N&P		9.52	Par
Brett	Jacky	W40	N&P		9.36	Kingston
Hanson	Rhian		CAC		8.58	Par
Heller	Emma	U20	CAC		8.58	Par
Sheldrake	Kylie	U20	Cwll Schs		8.49	Bournemouth
Davey	Kim	U20	CAC		7.85	Yeovil
Marsh	Kim		N&P		7.34	Braunton
Harrington	Janet	W35	N&P		5.71	Yeovil
Steven	Caroline	W35	N&P		5.98	Yeovil
Mulroy	Kayliegh	U20	CAC		5.89	Yeovil
Williamson	Abbie	U20	N&P		5.12	Yeovil
Dobson	Lesley	W40	CAC		4.47	Exeter
<b>Shot</b>	<b>W50+ (3kg)</b>		<b>CR</b>		<b>10.54</b>	
Pearson	Mo	W55	SWVAC		9.86	Carn Brea
Fisher	Cynthia	W65	U/A		5.70	Birmingham
<b>Discus</b>			<b>CR</b>		<b>40.08 (38.43 J) (33.78 V)</b>	
Rawling	Kimberley		N&P		35.66	Kingston
Hanson	Rhian		CAC		26.24	Exeter
Marsh	Kim		N&P		25.79	Kingston
Moulton	Sue	W45	N&P		24.51	Carn Brea
Pearson	Mo	W55	SWVAC		24.05	Carn Brea
Heller	Emma	U20	CAC		23.92	Par
Harrington	Janet	W35	N&P		14.51	Exeter
Mark	Linda	W40	N&P		13.07	Braunton
Mulroy	Kayliegh	U20	CAC		11.49	Exeter
Opie	Catherine	U20	CAC		11.47	Exeter
Turner	Rebecca	U20	CAC		11.06	Exeter
<b>Hammer</b>			<b>CR</b>		<b>41.79 (40.98 J) (25.75 V)</b>	
Rawling	Kimberley		N&P	G2	39.05	Kingston
Marsh	Kim		N&P	G3	34.49	Kingston
Hanson	Rhian		CAC		25.85	Exeter
Heller	Emma	U20	CAC		24.92	Par
Mulroy	Kayliegh	U20	CAC		13.73	Exeter
Ross	Jo	U20	CAC		10.45	Exeter
Mark	Linda	W40	N&P		8.63	Braunton
<b>Hammer</b>	<b>W50 (3kg)</b>		<b>CR</b>		<b>18.42</b>	
Meneer	Gibby	W60	CAC		14.72	Par
<b>Javelin</b>			<b>CR</b>		<b>40.40 (40.40 J) (26.40 V)</b>	
Knight/Bolton	Laura		Read/N&P	G3	35.30	Abingdon
Gadson	Holly	U20	N&P	G3	32.24	Par
Glossop	Jo		N&P		27.79	Par
Marsh	Kim		N&P		21.95	Kingston
Sheldrake	Kylie	U20	Cwll Schs		20.61	Bournemouth
Mulroy	Kayliegh	U20	CAC		20.03	Yeovil
Brett	Jacky	W40	N&P		18.23	Exeter
Williamson	Tessa		N&P		15.23	Braunton
Hanson	Rhian		CAC		13.57	Yeovil
Williamson	Abbie		N&P		12.78	Yeovil
Turner	Rebecca	U20	CAC		11.22	Yeovil

Opie	Catherine	U20	CAC	10.59	Exeter
<b>Heptathlon</b>			<b>CR</b>	<b>4047 (3928 J) (3331 V)</b>	
Sheldrake	Kylie	U20	Cwll Schs	2498	Bournemouth
(19.6, 1.39, 8.49, 31.5, 4.18, 20.61, 3.15.9)					
<b>Heptathlon</b>	<b>W40 - 80m Hurdles</b>		<b>CR</b>	<b>3166</b>	
Brett	Jacky	W40	N&P	3166	Par
(12.8, 1.26, 9.34, 28.4, 4.69, 18.23, 3.07.5)					
Points calculated on standard tables - not age graded					

\*\* Competes for a Cornish club, but lives out of County

\*\*\* Cornish by birth, but now living out of the Country