

INTERMEDIATE LADIES

100m CR *** 12.5

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

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

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

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

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
1500m						3000m					
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	MILE					
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
80m Hurdles						100m Hurdles					
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	400m Hurdles					
300m Hurdles						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
4x100m Relay						4x400m Relay					
CR *** 50.5 club(51.4)						CR *** 4:36.8					
-----						-----					
1	Cornwall Schools		53.9	Chelt'ham	15 Jun	High Jump					
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
Long Jump						1					
CR *** 5-70						K. Rose					
-----						CAC					
1	K. Lambert	N/P	5-24	Ports'th	14 Sep	5	C. Nolan	N/P	1-40	C. Brea	14 Apr
2	C. Brown	CAC	5-08	Oxford	20 Jul	6	C. Brown	CAC	1-38	Sheffield	22 Sep
3	C. Nolan	N/P	4-88	Chelt'ham	15 Jun	7	H. Harvey	CAC	1-36	Par	8 Jun
4	B. McGregor	LAC	4-47	C. Brea	4 Aug	8	S. Salmon	N/P	1-31	Par	8 Sep
5	N. Corcoran	CAC	4-42	Yeovil	23 Jun	9	K. Martin	CAC	1-30	Harrow	27 Apr
6	H. Mugford	PEN. S	4-19	C. Brea	19 May	10	N. Corcoran	CAC	1-27	Yeovil	23 Jun
7	K. Rose	CAC	4-14	Sheffield	22 Sep						
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						

