

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13	75	Emma Washbourne	11.0	25-Jun-06	NYAL Rd 4	Barking
U13	75	Simbiat Salami	11.0	23-Jul-06	NYAL Rd 5	Tonbridge
U13	75	Chelsey Walker	11.4	4-Jun-06	NYAL Rd 3	Bromley
U13	75	Rebecca O'Neill	11.5	23-Jul-06	NYAL Rd 5	Tonbridge
U13	75	Rhea Randhawa	12.4	30-Apr-06	NYAL Rd 1	Reading
JW	80	Lisa Schofield	10.6	19-Mar-06	Spring Warm up 1	Hornchurch
SW	80	Hannah Gamester	11.0	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Rebecca Clements	11.1	5-Apr-06	Spring Warm up 1	Hornchurch
U13	80	Emma Washbourne	11.6	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Holly Donald	11.7	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Kike Oniwinde	12.0	19-Mar-06	Spring Warm up 1	Hornchurch
U15	80	Nicole Dalton	12.1	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Chelsey Walker	12.2	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Kate Hanshaw	12.3	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Moli Geng	12.4	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Loren Richards	12.5	19-Mar-06	Spring Warm up 1	Hornchurch
U13	80	Laura Drew	14.0	19-Mar-06	Spring Warm up 1	Hornchurch
JW	100	Lucy Sargent	11.85	7-Jul-06	Junior Meeting	Mannheim, GER
U17	100	Frankie Calder	12.5	16-Jul-06	NJAL Rd 3	Stevenage
JW	100	Christina Kalejaiye	12.8	22-Apr-06	SWL Rd 1	Abingdon
JW	100	Lisa Schofield	12.9	22-Apr-06	SWL Rd 1	Abingdon
JW	100	Kirsty Smith	12.9	6-Aug-06	UKWAL Rd 3	Liverpool
SW	100	Claire Brennan	13.1	24-Jun-06	SWL Rd 3	Eton
JW	100	Chloe van Wulven	13.2	11-Jun-06	NJAL Rd 2	Haringey
SW	100	Hannah Gamester	13.3w	6-Aug-06	UKWAL Rd 3	Liverpool
SW	100	Hannah Gamester	13.46	4-Jun-06	UKWAL Rd 1	Wigan
U15	100	Rebecca Clements	13.6	7-May-06	EYAL Rd 1	St Albans
U17	100	Nicola Hill	13.7	2-Jul-06	EYAL Rd 3	Bedford
U17	100	Kathy Yoka	13.7	23-Jul-06	NYAL Rd 5	Tonbridge
U15	100	Alex Edwards	13.8	4-Jun-06	NYAL Rd 3	Bromley
SW	100	Kate Brewington	13.9	20-May-06	SWL Rd 2	Southampton
SW	100	Danielle Ross	14.10	4-Jun-06	UKWAL Rd 1	Wigan
U15	100	Lilla Jacks	14.1	4-Jun-06	NYAL Rd 3	Bromley
U15	100	Lucy Newman	14.3	30-Jul-06	EYAL Rd 4	Braintree
U17	100	Louisa Wood	14.4	4-Jun-06	NYAL Rd 3	Bromley
U13	100	Simbiat Salami	14.4	24-Jun-06	SWL Rd 3	Eton
U13	100	Emma Washbourne	14.5	18-Jun-06	EYAL Rd 2	St Ives
U13	100	Holly Donald	14.6	14-Jun-06	Schools Cup Regional Final	Chelmsford
SW	100	Emma Christmas	14.6	24-Jun-06	SWL Rd 3	Eton
U15	100	Nicole Dalton	14.6	15-Jul-06	SWL Rd 4	Barking
U15	100	Samantha Hill	14.7	20-May-06	SWL Rd 2	Southampton
U15	100	Kike Oniwinde	14.8	30-Jul-06	EYAL Rd 4	Braintree
U13	100	Deborah Knight	14.9	2-Aug-06	Thurrock Open	Thurrock
U17	100	Becky Owen	14.9	20-Aug-06	EYAL Rd 5	Thurrock
U17	100	Bethan Siddons	15.0	25-Jun-06	NYAL Rd 4	Barking
U13	100	Tia Crane	15.1	20-Aug-06	EYAL Rd 5	Thurrock
U15	100	Kelly Jarrold	15.3	9-Apr-06	Spring Warm up 2	Barking
U13	100	Chelsey Walker	15.4	9-Apr-06	Spring Warm up 2	Barking
U13	100	Rebecca O'Neill	15.4	9-Apr-06	Spring Warm up 2	Barking
U13	100	Deborah Knight	15.4	15-Apr-06	Chelmsford Open	Chelmsford
U13	100	Alicia Ewin	15.9	20-Aug-06	EYAL Rd 5	Thurrock
U15	100	Prescilla Nyemba	16.0	9-Apr-06	Spring Warm up 2	Barking
U13	100	Georgia Shields	16.7	9-Apr-06	Spring Warm up 2	Barking
U15	100	Michelle Lovell	16.6	30-Jul-06	EYAL Rd 4	Braintree
U13	100	Tianna Blake	17.6	9-Apr-06	Spring Warm up 2	Barking
U17	150	Nicola Hill	20.1	19-Mar-06	Spring Warm up 1	Hornchurch
SW	150	Claire Brennan	20.3	19-Mar-06	Spring Warm up 1	Hornchurch
U15	150	Rebecca Clements	20.6	19-Mar-06	Spring Warm up 1	Hornchurch
SW	150	Laurie Cooper	20.9	19-Mar-06	Spring Warm up 1	Hornchurch
U17	150	Rachel Kerr	20.9	19-Mar-06	Spring Warm up 1	Hornchurch
JW	150	Helen Roche	21.4	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Emma Washbourne	21.7	4-Jun-06	NYAL Rd 3	Bromley
U13	150	Simbiat Salami	22.3	23-Jul-06	NYAL Rd 5	Tonbridge
U13	150	Holly Donald	22.5	19-Mar-06	Spring Warm up 1	Hornchurch
U15	150	Kike Oniwinde	22.5	19-Mar-06	Spring Warm up 1	Hornchurch

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13	150	Rebecca O'Neill	22.5	4-Jun-06	NYAL Rd 3	Bromley
U13	150	Chelsey Walker	23.3	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Kate Hanshaw	23.6	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Loren Richards	23.9	19-Mar-06	Spring Warm up 1	Hornchurch
U13	150	Jessica Seekings	24.0	23-Jul-06	NYAL Rd 5	Tonbridge
U13	150	Laura Drew	27.5	19-Mar-06	Spring Warm up 1	Hornchurch
JW	200	Lucy Sargent	24.47	23-Jul-06	AAAs U20 Champs	Bedford
U17	200	Frankie Calder	25.2	16-Jul-06	NJAL Rd 3	Stevenage
U17	200	Nicola Hill	26.4	24-Jun-06	Eastern Schools Multis	Bedford
JW	200	Christina Kalejaiye	26.6	22-Apr-06	SWL Rd 1	Abingdon
SW	200	Harriet Scott	26.93	31-May-06	Watford Open	Watford
SW	200	Claire Brennan	27.13	14-May-06	Essex Champs Day 3	Chelmsford
JW	200	Lisa Schofield	27.2	9-Apr-06	Spring Warm up 2	Barking
SW	200	Hannah Gamester	27.5	22-Apr-06	SWL Rd 1	Abingdon
JW	200	Lauren Clark	27.71	4-Jun-06	UKWAL Rd 1	Wigan
U15	200	Rebecca Clements	27.9	4-Jun-06	NYAL Rd 3	Bromley
U15	200	Leah Summers	28.2	4-Jun-06	NYAL Rd 3	Bromley
U15	200	Alex Edwards	28.2	10-Jun-06	Essex Schools Champs	Chelmsford
JW	200	Chloe van Wulven	28.2w	6-Aug-06	UKWAL Rd 3	Liverpool
SW	200	Laurie Cooper	28.24	2-Jul-06	UKWAL Rd 2	Swansea
U17	200	Kathy Yoka	28.5	23-Jul-06	NYAL Rd 5	Tonbridge
U17	200	Rachel Kerr	28.6	30-Apr-06	NYAL Rd 1	Reading
U15	200	Nicole Dalton	28.7	18-Jun-06	EYAL Rd 2	St Ives
U17	200	Louisa Wood	28.8	16-May-06	Schools Cup	Thurrock
U15	200	Lucy Newman	28.9	21-May-06	NYAL Rd 2	Croydon
JW	200	Helen Roche	29.08	7-May-06	NJAL Rd 1	Hendon
U15	200	Lilla Jacks	29.2	2-Jul-06	EYAL Rd 3	Bedford
JW	200	Robyn Delivett	29.4w	6-Aug-06	UKWAL Rd 3	Liverpool
JW	200	Robyn Delivett	29.7	20-May-06	SWL Rd 2	Southampton
U13	200	Emma Washbourne	30.0	18-Jun-06	EYAL Rd 2	St Ives
U15	200	Emma Fox	30.6	24-Jun-06	SWL Rd 3	Eton
U13	200	Nicola Peachey	30.7	9-Apr-06	Spring Warm up 2	Barking
U15	200	Jessica Humpheryes	30.9	12-Jun-06	Schools Cup E Reg Final	Bedford
U13	200	Rebecca O'Neill	30.79	10-Sep-06	EYAL Final	Bedford
U13	200	Simbiat Salami	31.0	7-May-06	EYAL Rd 1	St Albans
U13	200	Loren Richards	31.4	2-Jul-06	EYAL Rd 3	Bedford
JW	200	Laura Moore	31.7	24-Jun-06	SWL Rd 3	Eton
U17	200	Becky Owen	31.8	12-Aug-06	SWL Rd 5	Kingston
U15	200	Kike Oniwinde	32.4	20-May-06	SWL Rd 2	Southampton
U13	200	Chelsey Walker	32.4	9-Apr-06	Spring Warm up 2	Barking
U13	200	Deborah Knight	32.7	15-Apr-06	Chelmsford Open	Chelmsford
JW	200	Laura Moore	32.8	12-Aug-06	SWL Rd 5	Kingston
U17	200	Carla Schofield	34.2	4-Jun-06	NYAL Rd 3	Bromley
U13	200	Amanda Blaxland	33.5	2-Aug-06	Thurrock Open	Thurrock
U13	200	M Phillips	35.8	20-Aug-06	EYAL Rd 5	Thurrock
U13	200	P Ramsey	36.0	20-Aug-06	EYAL Rd 5	Thurrock
U13	200	Tianna Blake	37.5	9-Apr-06	Spring Warm up 2	Barking
U15	200	Paris Westfield	40.9	9-Apr-06	Spring Warm up 2	Barking
U17	300	Frankie Calder	41.0	2-Jul-06	EYAL Rd 3	Bedford
U17	300	Frankie Calder	41.05	7-Jul-06	English Schools Champs	Gateshead
JW	300	Lucy Rodgers	42.1	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300	Nicola Hill	42.60	10-Sep-06	EYAL Final	Bedford
JW	300	Lauren Clark	43.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300	Alex Beard	45.4	23-Jul-06	NYAL Rd 5	Tonbridge
JW	300	Helen Roche	45.5	19-Mar-06	Spring Warm up 1	Hornchurch
SW	300	Claire Brennan	45.5	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300	Rachel Kerr	46.0	9-Apr-06	Spring Warm up 2	Barking
U15	300	Leah Summers	46.2	30-Jul-06	EYAL Rd 4	Braintree
U15	300	Nicole Dalton	47.3	30-Jul-06	EYAL Rd 4	Braintree
U15	300	Lucy Newman	47.3	30-Jul-06	EYAL Rd 4	Braintree
U17	300	Ingrid Deane	47.6	7-May-06	EYAL Rd 1	St Albans
U17	300	Becky Owen	47.9	20-Aug-06	EYAL Rd 5	Thurrock
U15	300	Rebecca Clements	47.9	20-Aug-06	EYAL Rd 5	Thurrock
U15	300	Alex Edwards	48.04	10-Sep-06	EYAL Final	Bedford
U17	300	Louisa Wood	48.2	30-Apr-06	NYAL Rd 1	Reading

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U15	300	Georgia Davies	51.3	7-May-06	EYAL Rd 1	St Albans
U17	300	Charlotte Owen	51.85	21-May-06	NYAL Rd 2	Croydon
U15	300	Michelle Lovell	54.0	30-Jul-06	EYAL Rd 4	Braintree
SW	400	Harriet Scott	58.2	6-Aug-06	UKWAL Rd 3	Liverpool
JW	400	Katie Richardson	59.21	12-Jul-06	Watford Open	Watford
JW	400	Lauren Clark	59.9	24-Jun-06	SWL Rd 3	Eton
SW	400	Faye Fullerton	61.2	4-Jun-06	UKWAL Rd 1	Wigan
SW	400	Laurie Cooper	61.5	15-Jul-06	SWL Rd 4	Barking
JW	400	Robyn Delivett	62.2	13-Aug-06	NJAL Rd 4	Eton
JW	400	Helen Roche	63.0	9-Apr-06	Spring Warm up 2	Barking
SW	400	Nina Brennan	65.20	13-May-06	Essex Champs Day 2	Chelmsford
JW	400	Lynsey Clark	69.0	24-Jun-06	SWL Rd 3	Eton
U17	400	Rachel Kerr	73.5	2-Sep-06	SWL Rd 6	Stevenage
JW	400	Laura Moore	73.6	9-Apr-06	Spring Warm up 2	Barking
SW	600	Laurie Cooper	1:39.8	19-Mar-06	Spring Warm up 1	Hornchurch
U13	600	Eleanor Bounds	1:44.0	10-Jun-06	Essex Schools Champs	Chelmsford
U13	600	Rebecca O'Neill	1:46.1	10-Jun-06	Essex Schools Champs	Chelmsford
U15	600	Georgia Davies	1:56.0	19-Mar-06	Spring Warm up 1	Hornchurch
U15	600	Nicole Dalton	2:03.1	19-Mar-06	Spring Warm up 1	Hornchurch
U11	600	Hannah Bloy	2:10.5	15-Apr-06	Chelmsford Open	Chelmsford
U13	600	Laura Drew	2:34.0	19-Mar-06	Spring Warm up 1	Hornchurch
SW	800	Faye Fullerton	2:06.83	23-Aug-06	BMC Watford Open	Watford
SW	800	Harriet Scott	2:10.28	18-Jun-06	SEAA Senior Champs	Crystal Palace
JW	800	Katie Richardson	2:11.52	8-Jul-06	English Schools Champs	Gateshead
JW	800	Hayley Stibbs	2:17.33	2-Jul-06	UKWAL Rd 2	Swansea
JW	800	Helen Roche	2:19.33	12-Jul-06	Watford Open	Watford
JW	800	Megan Foley	2:19.5	22-Apr-06	SWL Rd 1	Abingdon
SW	800	Laurie Cooper	2:22.35	15-Apr-06	Alpha Trophy	Haringey
JW	800	Robyn Matson	2:22.37	12-Jul-06	Watford Open	Watford
SW	800	Sara Luck	2:23.46	31-May-06	Watford Open	Watford
JW	800	Vicky Smith	2:24.1	6-Aug-06	UKWAL Rd 3	Liverpool
JW	800	Lauren Clark	2:24.4	20-May-06	SWL Rd 2	Southampton
U13	800	Eleanor Bounds	2:24.52	14-May-06	Essex Champs Day 3	Chelmsford
U17	800	Nicola Hill	2:26.2	25-Jun-06	Eastern Schools Multis	Bedford
U17	800	Ingrid Deane	2:26.9	2-Jul-06	EYAL Rd 3	Bedford
U13	800	Rebecca O'Neill	2:28.31	14-May-06	Essex Champs Day 3	Chelmsford
U17	800	Charlotte Humpheryes	2:28.90	14-May-06	Essex Champs Day 3	Chelmsford
U17	800	Jade Edwards	2:29.7	10-Jun-06	Essex Schools Champs	Chelmsford
U17	800	Georgie Lou Sales	2:30.0	16-May-06	Schools Cup	Thurrock
U17	800	Frankie Calder	2:30.5	25-Jun-06	Eastern Schools Multis	Bedford
U17	800	Alex Beard	2:31.4	2-Jul-06	EYAL Rd 3	Bedford
U15	800	Jennifer Holland	2:32.4	2-Jul-06	EYAL Rd 3	Bedford
U15	800	Emma Fox	2:33.1	18-Jun-06	EYAL Rd 2	St Ives
U13	800	Nicola Peachey	2:36.4	23-Jul-06	NYAL Rd 5	Tonbridge
U17	800	Becky Owen	2:40.5	4-Jun-06	NYAL Rd 3	Bromley
U15	800	Rebecca Luck	2:44.08	31-May-06	Watford Open	Watford
U15	800	Jade Timothy	2:44.3	2-Sep-06	SWL Rd 6	Stevenage
U15	800	Sidnie Sales	2:44.78	14-May-06	Essex Champs Day 3	Chelmsford
U15	800	Georgia Davies	2:45.9	30-Apr-06	NYAL Rd 1	Reading
W45	800	Lesley Felton	2:47.0	2-Sep-06	SWL Rd 6	Stevenage
U15	800	Nicole Dalton	2:49.9	9-Apr-06	Spring Warm up 2	Barking
U15	800	Rebecca Clements	2:52.2	2-Jul-06	EYAL Rd 3	Bedford
U13	800	Amanda Blaxland	2:52.4	20-Aug-06	EYAL Rd 5	Thurrock
JW	800	Laura Moore	2:53.9	15-Jul-06	SWL Rd 4	Barking
U13	800	Deborah Knight	2:54.49	14-May-06	Essex Champs Day 3	Chelmsford
U15	800	Sam Hill	3:00.0	24-Sep-06	Essex Pentathlon	Thurrock
U13	800	Shamila Golan	3:00.9	20-Aug-06	EYAL Rd 5	Thurrock
U11	800	Hannah Bloy	3:06.3	2-Jul-06	EYAL Rd 3	Bedford
U13	800	Jennifer Harries	3:15.3	20-Aug-06	EYAL Rd 5	Thurrock

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U13	1200	Eleanor Bounds	3:59.86	1-May-06	Essex Champs Day 1	Ilford
U13	1200	Rebecca O'Neill	4:01.35	1-May-06	Essex Champs Day 1	Ilford
U15	1200	Emma Fox	4:18.6	19-Mar-06	Spring Warm up 1	Hornchurch
U13	1200	Rebecca Stanley	4:21.1	25-Jun-06	NYAL Rd 4	Barking
U13	1200	Emma McAuliffe	4:21.44	1-May-06	Essex Champs Day 1	Ilford
U13	1200	Nicola Peachey	4:31.22	1-May-06	Essex Champs Day 1	Ilford
U17	1200	Becky Owen	4:33.5	19-Mar-06	Spring Warm up 1	Hornchurch
U13	1200	Deborah Knight	4:47.67	1-May-06	Essex Champs Day 1	Ilford
U13	1200	Jessica Seekings	4:57.8	21-May-06	NYAL Rd 2	Croydon
U13	1200	Rebecca Murphy	5:19.93	1-May-06	Essex Champs day 1	Ilford
SW	1500	Faye Fullerton	4:13.67	26-Aug-06	Antwerp Gala	Antwerp, BEL
SW	1500	Harriet Scott	4:32.05	13-Aug-06	Southern Inter Counties	Crawley
JW	1500	Katie Richardson	4:42.64	13-May-06	Essex Champs Day 2	Chelmsford
JW	1500	Hayley Stibbs	4:45.8	16-Jul-06	NJAL Rd 3	Stevenage
JW	1500	Robyn Matson	4:55.93	17-Jun-06	SEAA Junior Champs	Crystal Palace
SW	1500	Lauren Deadman	4:56.9	2-Aug-06	Thurrock Open	Thurrock
U13	1500	Eleanor Bounds	4:59.2	1-Jul-06	Schools Cup Final	Bournemouth
JW	1500	Megan Foley	5:03.2	11-Jun-06	NJAL Rd 2	Haringey
U17	1500	Ingrid Deane	5:04.27	1-May-06	Essex Champs Day 1	Ilford
U15	1500	Zoey Littlechild	5:05.1	23-Jul-06	NYAL Rd 5	Tonbridge
U17	1500	Jade Edwards	5:05.7	18-Jun-06	EYAL Rd 2	St Ives
U15	1500	Emma Fox	5:10.7	2-Jul-06	EYAL Rd 3	Bedford
JW	1500	Vicky Smith	5:11.9	2-Sep-06	SWL Rd 6	Stevenage
U15	1500	Jennifer Holland	5:13.1	23-Jul-06	NYAL Rd 5	Tonbridge
U15	1500	Sidnie Sales	5:15.0	16-May-06	Schools Cup	Thurrock
U17	1500	Georgie-Lou Sales	5:17.30	1-May-06	Essex Champs Day 1	Ilford
U13	1500	Emma McAuliffe	5:18.0	16-May-06	Schools Cup	Thurrock
U17	1500	Christina Holland	5:28.2	2-Sep-06	SWL Rd 6	Stevenage
SW	1500	Laurie Cooper	5:28.73	4-Jun-06	UKWAL Rd 2	Wigan
W45	1500	Lesley Felton	5:30.3	15-Jul-06	SWL Rd 4	Barking
U13	1500	Nicola Peachey	5:31.2	1-Jul-06	Schools Cup Final	Bournemouth
U13	1500	Rebecca Stanley	5:32.4	20-Aug-06	EYAL Rd 5	Thurrock
U15	1500	Rebecca Luck	5:33.0	14-Jun-06	Schools Cup E Reg Final	Chelmsford
U15	1500	Jade Timothy	5:43.1	9-Apr-06	Spring Warm up 2	Barking
U17	1500	Becky Owen	5:48.3	7-May-06	EYAL Rd 1	St Albans
U17	1500	Charlotte Owen	5:48.6	22-Apr-06	SWL Rd 1	Abingdon
U17	1500	Alex Beard	5:58.1	23-Jul-06	NYAL Rd 5	Tonbridge
U13	1500	Deborah Knight	6:02.9	18-Jun-06	EYAL Rd 2	St Ives
U13	1500	Hannah Bloy	6:15.0	30-Jul-06	EYAL Rd 4	Braintree
SW	3000	Faye Fullerton	9:07.52	28-Jul-06	London Grand Prix	Crystal Palace
SW	3000	Harriet Scott	9:47.29	09-Aug-06	Watford Open	Watford
SW	3000	Lauren Deadman	10:18.51	09-Aug-06	Watford Open	Watford
JW	3000	Robyn Matson	10:46.95	4-Jun-06	UKWAL Rd 1	Wigan
U17	3000	Georgie-Lou Sales	11:07.8	16-Jul-06	NJAL Rd 3	Stevenage
JW	3000	Megan Foley	11:16.43	7-May-06	NJAL Rd 1	Hendon
W45	3000	Lesley Felton	12:21.26	2-Jul-06	UKWAL Rd 2	Swansea
SW	3000	Helen Biscoe	12:42.0	6-Aug-06	UKWAL Rd 3	Liverpool
U17	3000	Charlotte Owen	12:54.2	23-Jul-06	NYAL Rd 5	Tonbridge
U17	3000	Becky Owen	13:59.3	4-Jun-06	NYAL Rd 3	Bromley
SW	3000	Laura Day	13:19.4	15-Jul-06	SWL Rd 4	Barking
JW	3000	Laura Moore	14:04.9	20-May-06	SWL Rd 2	Southampton
SW	3000	Vicky Collier	14:32.6	15-Jul-06	SWL Rd 4	Barking
SW	5000	Nikkii Barnett	19:30.16	14-May-06	Essex Champs Day 3	Chelmsford
SW	Mar	Jo Sullivan	3:38.09	23-Apr-06	London Marathon	London
JW	100H	Chloe van Wulven	14.71	7-Jul-06	English Schools Champs	Gateshead
U17	100H	Nicola Hill	15.2	16-Jul-06	NJAL Rd 3	Stevenage
SW	100H	Claire Brennan	15.25	4-Jun-06	UKWAL Rd 1	Wigan
JW	100H	Lisa Schofield	16.3	22-Apr-06	SWL Rd 1	Abingdon
U17	100H	Catrina McAuliffe	19.0	16-Jul-06	NJAL Rd 3	Stevenage

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U17	300H	Nicola Hill	45.5	4-Jun-06	NYAL Rd 3	Bromley
U17	300H	Frankie Calder	46.3	4-Jun-06	NYAL Rd 3	Bromley
JW	300H	Chloe Van Wulven	46.8	19-Mar-06	Spring Warm up 1	Hornchurch
JW	300H	Lisa Schofield	46.9	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300H	Charlotte Owen	54.2	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300H	Catrina McAuliffe	54.5	19-Mar-06	Spring Warm up 1	Hornchurch
U17	300H	Becky Owen	55.73	21-May-06	NYAL Rd 2	Croydon
JW	400H	Chloe van Wulven	65.01	2-Jul-06	UKWAL Rd 2	Swansea
SW	400H	Claire Brennan	68.28	2-Jul-06	UKWAL Rd 2	Swansea
JW	400H	Lisa Schofield	71.3	2-Sep-06	SWL Rd 6	Stevenage
SW	400H	Sara Luck	71.62	15-Apr-06	Alpha Trophy	Haringey
JW	400H	Robyn Matson	74.3	11-Jun-06	NJAL Rd 2	Haringey
SW	400H	Laurie Cooper	75.9	12-Aug-06	SWL Rd 5	Kingston
U17	400H	Charlotte Owen	78.3	22-Apr-06	SWL Rd 1	Abingdon
JW	1500SC	Katie Richardson	5:28.0	16-Jul-06	NJAL Rd 3	Stevenage
U13	70H	Nicola Peachey	12.8	25-Jun-06	NYAL Rd 4	Barking
U13	70H	Jessica Seekings	13.4	25-Jun-06	NYAL Rd 4	Barking
U13	70H	Sophie Baggs	14.3	30-Sep-06	Biggleswade Open	Sandy
U13	70H	P Ramsey	16.5	20-Aug-06	EYAL Rd 5	Thurrock
U13	70H	M Phillips	16.8	20-Aug-06	EYAL Rd 5	Thurrock
U15	75H	Angela James	13.0	10-Sep-06	EYAL Final	Bedford
U15	75H	Samantha Hill	14.6	24-Sep-06	Essex Pentathlon	Thurrock
U15	75H	Nicola Peachey (U13)	15.3	24-Sep-06	Essex Pentathlon	Thurrock
U15	75H	Emma Fox	16.0	24-Jun-06	SWL Rd 3	Eton
U15	75H	Rebecca Luck	16.5	20-Aug-06	EYAL Rd 5	Thurrock
U15	75H	Kelly Jarrold	16.7	20-Aug-06	EYAL Rd 5	Thurrock
U15	75H	Nicole Dalton	17.5	30-Apr-06	NYAL Rd 1	Reading
U17	80H	Nicola Hill	11.89	7-Jul-06	English Schools Champs	Gateshead
U17	80H	Frankie Calder	12.0	24-Jun-06	Eastern Schools Multis	Bedford
U17	80H	Frankie Calder	12.27	16-Sep-06	ESAA Multi Events	Derby
U17	80H	Catrina McAuliffe	13.3	14-Jun-06	Schools Cup Reg Final	Chelmsford
U17	80H	Charlotte Owen	16.1	20-Aug-06	EYAL Rd 5	Thurrock
U17	80H	Becky Owen	18.8	20-May-06	SWL Rd 2	Southampton

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	DT	Melanie Harrison	40.61	30-Apr-06	BUSA Champs	Birmingham
SW	DT	Lynsey Clark	37.63	22-Apr-06	SWL Rd 1	Abingdon
JW	DT	Lauren Clark	33.39	11-Jun-06	NJAL Rd 2	Haringey
U17	DT	Catrina McAuliffe	29.89	14-Jun-06	Schools Cup Reg Final	Chelmsford
SW	DT	Sarah Deacon	29.67	12-Aug-06	SWL Rd 5	Kingston
U15	DT	Jessica Humpheryes	28.66	26-Aug-06	Southern Inter Counties	Eton
U17	DT	Lauren Newton	26.87	30-Apr-06	NYAL Rd 1	Reading
U15	DT	Samantha Hill	25.12	15-Jul-06	SWL Rd 4	Barking
U15	DT	Rebecca Luck	24.22	14-Jun-06	Schools Cup E Reg Final	Chelmsford
U13	DT	Sophie Baggs	20.74	1-Jul-06	Schools Cup Final	Bournemouth
JW	DT	Robyn Delivett	18.90	13-Aug-06	NJAL Rd 4	Eton
U17	DT	Carla Schofield	18.88	20-Aug-06	EYAL Rd 5	Thurrock
U15	DT	Katherine Knight	18.62	1-May-06	Essex Champs Day 1	Ilford
JW	DT	Vicky Smith	17.43	13-Aug-06	NJAL Rd 4	Eton
U15	DT	Nicole Dalton	15.51	20-May-06	SWL Rd 2	Southampton
JW	DT	Emma Christmas	15.49	11-Jun-06	NJAL Rd 2	Haringey
U15	DT	Amy Cox	13.79	24-Jun-06	SWL Rd 3	Eton
U15	DT	Sidnie Sales	13.10	20-Aug-06	EYAL Rd 5	Thurrock
U13	DTM	Lannah Leary-Kiernan	28.52	19-Jul-06	Open meeting	Crawley
U13	DTM	Sophie Baggs	26.41?	27-Aug-06	Tate & Lyle Open	Newham
U13	DTM	Rebecca O'Neill	19.60	30-Sep-06	Biggleswade Open	Sandy
U13	DTM	Jessica Seekings	14.98	30-Jul-06	EYAL Rd 4	Braintree
U13	DTM	Erin Baggs	12.23	2-Aug-06	Thurrock Open	Thurrock
U13	DTM	Laura Drew	11.82	30-Jul-06	EYAL Rd 4	Braintree
U17	HJ	Bethan Siddons	1.66	10-Sep-06	EYAL Final	Bedford
JW	HJ	Chloe van Wulven	1.65	7-May-06	NJAL Rd 1	Hendon
SW	HJ	Sara Luck	1.55	9-Apr-06	Spring Warm up 2	Barking
SW	HJ	Kate Brewington	1.55	14-May-06	Essex Champs Day 3	Chelmsford
U15	HJ	Angela James	1.55	10-Sep-06	EYAL Final	Bedford
U15	HJ	Jennifer Holland	1.45	24-Jun-06	SWL Rd 3	Eton
U17	HJ	Charlotte Owen	1.40	22-Apr-06	SWL Rd 1	Abingdon
U17	HJ	Frankie Calder	1.40	2-Jul-06	EYAL Rd 3	Bedford
SW	HJ	Mel Harrison	1.40	15-Jul-06	SWL Rd 4	Barking
U17	HJ	Nicola Hill	1.39	16-Sep-06	ESAA Multi Events	Derby
U17	HJ	Catrina McAuliffe	1.35	7-May-06	EYAL Rd 1	St Albans
U17	HJ	Alex Beard	1.35	30-Jul-06	EYAL Rd 4	Braintree
U13	HJ	Sophie Baggs	1.30	1-May-06	Essex Champs Day 1	Ilford
JW	HJ	Emma Christmas	1.30	4-Jun-06	UKWAL Rd 1	Wigan
U13	HJ	Nicola Peachey	1.28	24-Sep-06	Essex Pentathlon	Thurrock
U15	HJ	Sam Hill	1.28	24-Sep-06	Essex Pentathlon	Thurrock
JW	HJ	Robyn Matson	1.25	22-Apr-06	SWL Rd 1	Abingdon
U17	HJ	Rachel Kerr	1.25	7-May-06	EYAL Rd 1	St Albans
U15	HJ	Rebecca Clements	1.25	4-Jun-06	NYAL Rd 3	Bromley
U15	HJ	Nicole Dalton	1.25	24-Jun-06	SWL Rd 3	Eton
U13	HJ	Simbiat Salami	1.25	2-Jul-06	EYAL Rd 3	Bedford
U15	HJ	Kike Oniwinde	1.15	30-Apr-06	NYAL Rd 1	Reading
U13	HJ	Jessica Seekings	1.10	4-Jun-06	NYAL Rd 3	Bromley
SW	HJ	Sarah Deacon	1.00	20-May-06	SWL Rd 2	Southampton
SW	HT	Sarah Deacon	45.91	12-Aug-06	SWL Rd 5	Kingston
SW	HT	Melanie Harrison	42.81	20-May-06	SWL Rd 2	Southampton
U17	HT	Lauren Newton	16.10	25-Jun-06	NYAL Rd 4	Barking
SW	HT	Nina Brennan	15.66	12-Aug-06	SWL Rd 5	Kingston
JW	HT	Lauren Clark	9.07	11-Jun-06	NJAL Rd 2	Haringey
U17	HT	Carla Schofield	8.29	23-Jul-06	NYAL Rd 5	Tonbridge

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	JT	Louise Mathews	46.41	4-Jun-06	UKWAL Rd 1	Wigan
JW	JT	Emma Christmas	36.49	6-Aug-06	UKWAL Rd 3	Liverpool
SW	JT	Kate Brewington	34.95	14-May-06	Essex Champs Day 3	Chelmsford
SW	JT	Melanie Harrison	31.94	15-Jul-06	SWL Rd 4	Barking
U15	JT	Kike Oniwinde	30.57	9-Apr-06	Spring Warm up 2	Barking
U17	JT	Frankie Calder	27.66	9-Apr-06	Spring Warm up 2	Barking
U17	JT	Georgie-Lou Sales	27.05	12-Jun-06	Schools Cup E Reg Final	Bedford
U15	JT	Sidnie Sales	24.17	1-Jul-06	Schools Cup Final	Bournemouth
U17	JT	Lauren Newton	23.90	2-Jul-06	EYAL Rd 3	Bedford
SW	JT	Sarah Deacon	22.72	15-Apr-06	Alpha Trophy	Haringey
SW	JT	Claire Brennan	21.82	15-Apr-06	Alpha Trophy	Haringey
U15	JT	Jessica Humpheryes	20.50	30-Apr-06	NYAL Rd 1	Reading
U15	JT	Jennifer Holland	19.47	2-Sep-06	SWL Rd 6	Stevenage
U17	JT	Nicola Hill	19.72	17-Sep-06	ESAA Multi Events	Derby
U15	JT	Nicole Dalton	17.83	18-Jun-06	EYAL Rd 2	St Ives
U15	JT	Samantha Hill	15.63	1-May-06	Essex Champs Day 1	Ilford
U15	JT	Nicole Dalton	13.79	23-Jul-06	NYAL Rd 5	Tonbridge
U17	JT	Carla Schofield	13.52	7-May-06	EYAL Rd 1	St Albans
U15	JT	Georgia Davies	13.16	20-May-06	SWL Rd 2	Southampton
U15	JT	Katherine Knight	12.50	30-Jul-06	EYAL Rd 4	Braintree
U13	JTM	Deborah Knight	17.16	2-Aug-06	Thurrock Open	Thurrock
U13	JTM	Rebecca O'Neill	16.30	30-Jul-06	U13 Inter Counties	Kingston
JW	LJ	Kirsty Smith	5.59w	26-Aug-06	Southern Inter Counties	Eton
JW	LJ	Kirsty Smith	5.47	13-Aug-06	NJAL Rd 4	Eton
SW	LJ	Kate Brewington	5.42	14-May-06	Essex Champs Day 3	Chelmsford
U17	LJ	Nicola Hill	5.37	2-Jul-06	EYAL Rd 3	Bedford
U17	LJ	Frankie Calder	5.15	24-May-06	Essex Schools Multis	Chelmsford
JW	LJ	Christina Kalejaiye	5.03	22-Apr-06	SWL Rd 1	Abingdon
JW	LJ	Lisa Schofield	4.82	7-May-06	NJAL Rd 1	Hendon
JW	LJ	Hannah Gamester	4.70	20-May-06	SWL Rd 2	Southampton
SW	LJ	Lynsey Clark	4.70	4-Jun-06	UKWAL Rd 1	Wigan
U17	LJ	Bethan Siddons	4.59	25-Jun-06	NYAL Rd 4	Barking
U17	LJ	Kathy Yoka	4.57i	21-Jan-06	SEAA Indoor Champs	Uxbridge
JW	LJ	Chloe van Wulven	4.49i	8-Jan-06	SEAA Indoor Pentathlon	Carshalton
U17	LJ	Catrina McAuliffe	4.40	2-Jul-06	EYAL Rd 3	Bedford
U13	LJ	Nicola Peachey	4.19w	24-Sep-06	Essex Pentathlon	Thurrock
U13	LJ	Nicola Peachey	4.04	2-Jul-06	EYAL Rd 3	Bedford
JW	LJ	Lauren Clark	4.15	4-Jun-06	UKWAL Rd 1	Wigan
U15	LJ	Samantha Hill	4.10w	24-Sep-06	Essex Pentathlon	Thurrock
U15	LJ	Samantha Hill	3.57	30-Apr-06	NYAL Rd 1	Reading
U15	LJ	Nicole Dalton	4.08	30-Jul-06	EYAL Rd 4	Braintree
U13	LJ	Holly Donald	4.07	10-Jun-06	Essex Schools Champs	Chelmsford
U15	LJ	Lucy Newman	4.04	12-Jun-06	Schools Cup E Reg Final	Bedford
JW	LJ	Emma Christmas	4.03	6-Aug-06	UKWAL Rd 3	Liverpool
U15	LJ	Kike Oniwinde	3.90	2-Jul-06	EYAL Rd 3	Bedford
U17	LJ	Louisa Wood	3.89	7-May-06	EYAL Rd 1	St Albans
U13	LJ	Chelsey Walker	3.89	4-Jun-06	NYAL Rd 3	Bromley
JW	LJ	Laura Moore	3.89	15-Jul-06	SWL Rd 4	Barking
U15	LJ	Jessica Humpheryes	3.82	23-Jul-06	NYAL Rd 5	Tonbridge
U15	LJ	Kelly Jarrold	3.82	30-Jul-06	EYAL Rd 4	Braintree
U15	LJ	Rebecca Clements	3.79	24-Jun-06	SWL Rd 3	Eton
JW	LJ	Robyn Matson	3.73	24-Jun-06	SWL Rd 3	Eton
U15	LJ	Jennifer Holland	3.61	21-May-06	NYAL Rd 2	Croydon
U15	LJ	Lilla Jacks	3.49	18-Jun-06	EYAL Rd 2	St Ives
U17	LJ	Christina Holland	3.40	25-Jun-06	NYAL Rd 4	Barking
U13	LJ	Georgia Shields	3.35	9-Apr-06	Spring Warm up 2	Barking
U13	LJ	Lannahn Leary-Kiernan	3.33	02-Aug-06	Thurrock Open	Thurrock
U13	LJ	Jessica Seekings	3.31	7-May-06	EYAL Rd 1	St Albans
U13	LJ	Rhea Randhawa	3.30	30-Apr-06	NYAL Rd 1	Reading
U13	LJ	Laura Drew	3.05	9-Apr-06	Spring Warm up 2	Barking
U13	LJ	Shamila Golan	2.99	30-Jul-06	EYAL Rd 4	Braintree
U13	LJ	Deborah Knight	2.80	30-Jul-06	EYAL Rd 4	Braintree
U13	LJ	Tianna Blake	2.67	9-Apr-06	Spring Warm up 2	Barking

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	PV	Hannah Gamester	2.60	24-Jun-06	SWL Rd 3	Eton
SW	PV	Danielle Ross	2.40	9-Apr-06	Spring Warm up 2	Barking
JW	PV	Chloe van Wulven	2.00	7-May-06	NJAL Rd 1	Hendon
SW	PV	Claire Brennan	1.90	20-May-06	SWL Rd 2	Southampton
SW	SP	Melanie Harrison	11.74	18-Jun-06	SEAA Champs	Crystal Palace
SW	SP	Kate Brewington	11.15	13-May-06	Essex Champs Day 2	Chelmsford
U17	SP	Frankie Calder	9.65	24-Jun-06	Eastern Schools Multis	Bedford
SW	SP	Sarah Deacon	8.88	24-Jun-06	SWL Rd 3	Eton
U17	SP	Louisa Wood	8.13	14-Jun-06	Schools Cup Reg Final	Chelmsford
U17	SP	Nicola Hill	8.01	24-Jun-06	Eastern Schools Multis	Bedford
SW	SP	Lynsey Clark	7.68	2-Sep-06	SWL Rd 6	Stevenage
JW	SP	Lauren Clark	7.54	11-Jun-06	NJAL Rd 2	Haringey
U17	SP	Catrina McAuliffe	7.46	16-Jul-06	NJAL Rd 3	Stevenage
U17	SP	Rachel Kerr	6.19	23-Jul-06	NYAL Rd 5	Tonbridge
U17	SP	Carla Schofield	5.91	7-May-06	EYAL Rd 1	St Albans
U15	SPG	Samantha Hill	8.68	15-Jul-06	SWL Rd 4	Barking
U15	SPG	Kike Oniwinde	8.19	10-Sep-06	EYAL Final	Bedford
U15	SPG	Nicole Dalton	7.35	30-Jul-06	EYAL Rd 4	Braintree
U15	SPG	Becky Luck	6.75	15-Jul-06	SWL Rd 4	Barking
U15	SPG	Georgia Davies	6.41	20-May-06	SWL Rd 2	Southampton
U15	SPG	Nicola Peachey (U13)	5.99	24-Sep-06	Essex Pentathlon	Thurrock
U15	SPG	Amy Cox	5.94	24-Jun-06	SWL Rd 3	Eton
U15	SPG	Alex Edwards	5.25	25-Jun-06	NYAL Rd 4	Barking
U13	SPM	Lannah Leary-Kiernan	7.54	10-Sep-06	EYAL Final	Bedford
U13	SPM	Sophie Baggs	6.97	20-Aug-06	EYAL Rd 5	Thurrock
U13	SPM	Deborah Knight	6.22	18-Jun-06	EYAL Rd 2	St Ives
U13	SPM	Jessica Seekings	6.07	20-Aug-06	EYAL Rd 5	Thurrock
U13	SPM	Rebecca O'Neill	5.62	4-Jun-06	NYAL Rd 3	Bromley
U13	SPM	Eleanor Bounds	5.33	30-Apr-06	NYAL Rd 1	Reading
U13	SPM	Laura Drew	4.98	30-Jul-06	EYAL Rd 4	Braintree
JW	TJ	Kirsty Smith	11.83	22-Jul-06	AAAs U20 Champs	Bedford
SW	TJ	Lynsey Clark	10.92	2-Jul-06	UKWAL Rd 2	Swansea
U17	TJ	Bethan Siddons	10.69w	20-Aug-06	Southern Inter Counties	Ashford
U17	TJ	Bethan Siddons	10.29	10-Sep-06	EYAL Final	Bedford
U17	TJ	Nicola Hill	10.19	12-Aug-06	SWL Rd 5	Kingston
U17	TJ	Kathy Yoka	9.90i	21-Jan-06	SEAA Indoor Champs	Uxbridge
SW	TJ	Hannah Gamester	9.20	4-Jun-06	UKWAL Rd 1	Wigan
JW	TJ	Lauren Clark	9.17	20-May-06	SWL Rd 2	Southampton
U17	TJ	Louisa Wood	8.95	30-Jul-06	EYAL Rd 4	Braintree
U17	TJ	Ingrid Deane	8.52	2-Jul-06	EYAL Rd 3	Bedford
JW	TJ	Robyn Delivett	7.96	6-Aug-06	UKWAL Rd 3	Liverpool
U17	TJ	Lauren Newton	7.67	20-Aug-06	EYAL Rd 5	Thurrock