

HMAC Female Summer 2007 rankings as at 30/09/2007

Age Group	Event	Name	Performance	Date	Meeting	Venue
U13G	75	Sacha Martin	10.8	03-Jun	NYAL Rd 3	Woodford
U13G	75	Martin	11.01	20-May	NYAL Rd 2	Croydon
U13G	75	Chelsey Walker	11.5	22-Jul	NYAL Rd 5	Basingstoke
U13G	75	Debbie Knight	11.58	13-May	Essex Champs Day 3	Chelmsford
U13G	75	Kirsty Evans	11.7	03-Jun	NYAL Rd 3	Woodford
U13G	75	Evans	11.91	20-May	NYAL Rd 2	Croydon
U15G	80	Rebecca Clements	11.1	25-Mar	Spring Warm Up 1	Hornchurch
U13G	80	Chelsey Walker	11.9	25-Mar	Spring Warm Up 1	Hornchurch
U15G	80	Holly Donald	12.1	25-Mar	Spring Warm Up 1	Hornchurch
U13G	80	Debbie Knight	12.2	04-Apr	Basildon Open	Basildon
U13G	80	Kirsty Evans	12.4	25-Mar	Spring Warm Up 1	Hornchurch
JW	100	Lucy Sargent	11.78	24-Jun	England U20 Champs	Bedford
U17W	100	Esther Tele	12.7	09-Sep	EYAL Final	Chelmsford
U17W	100	Nicola Hill	12.8w	29-Jul	NJAL Rd 4	Colchester
SW	100	Kirsty Smith	12.88	07-Jul	UKWAL Rd 2	Eton
SW	100	Claire Brennan	13.0	02-Jun	SWL Rd 3	Guildford
SW	100	Brennan	13.05	07-Jul	UKWAL Rd 2	Eton
JW	100	Lisa Schofield	13.4	05-Aug	UKWAL Rd 3	Milton Keynes
JW	100	Schofield	13.0w	01-Jul	NJAL Rd 3	Mayesbrook
U15G	100	Rebecca Clements	13.4	01-Jul	EYAL Rd 3	Watford
U15G	100	Clements	13.70	20-May	NYAL Rd 2	Croydon
U15G	100	Alex Edwards	13.5	15-Jul	EYAL Rd 4	Ipswich
U15G	100	Edwards	13.79	20-May	NYAL Rd 2	Croydon
U17W	100	Leah Summers	13.6	01-Jul	EYAL Rd 3	Watford
SW	100	Hannah Gamester	13.64	12-May	Essex Champs Day 2	Chelmsford
U15G	100	Lucy Newman	13.7	15-Apr	Spring Warm Up 2	Mayesbrook
JW	100	Katie Richardson	13.8	29-Apr	NJAL Round 1	Bedford
U17W	100	Kirsty O'Brien	13.9	24-Jun	NYAL Rd 4	Mayesbrook
U17W	100	Rachel Kerr	14.1	17-Jun	EYAL Rd 2	Bedford
U15G	100	Nicola Peachey	14.30	20-May	NYAL Rd 2	Croydon
U13G	100	Sacha Martin	14.3	17-Jun	EYAL Rd 2	Bedford
SW	100	Nina Brennan	14.4	26-May	London Inter Club Challenge	Lee Valley
SW	100	Brennan	14.3w	28-Jul	SWL Rd 5	Mayesbrook
SW	100	Laurie Cooper	14.4	02-Jun	SWL Rd 3	Guildford
U15G	100	Nicole Dalton	14.4	02-Jun	SWL Rd 3	Guildford
U15G	100	Dalton	14.0w	28-Jul	SWL Rd 5	Mayesbrook
U15G	100	Dalton	15.09	21-Apr	Alpha Trophy	Lee Valley
U15G	100	Nicki Gudgeon	14.5	17-Jun	EYAL Rd 2	Bedford
U13G	100	Debbie Knight	14.7	07-Apr	Chelmsford Open	Chelmsford
U13G	100	Chelsea Walker	14.7	17-Jun	EYAL Rd 2	Bedford
U15G	100	Simbiat Salami	14.5	22-Jul	NYAL Rd 5	Basingstoke
U15G	100	Salami	14.0w	28-Jul	SWL Rd 5	Mayesbrook
U15G	100	Holly Donald	14.8	29-Apr	EYAL Rd 1	Mayesbrook
U17W	100	Georgie Sales	14.8	17-Jun	EYAL Rd 2	Bedford
U15G	100	Jessica Seekings	14.8	01-Jul	EYAL Rd 3	Watford
U15G	100	Seekings	14.88	12-May	Essex Champs Day 2	Chelmsford
U15G	100	Lannahn Leary-Kiernan	15.4	24-Jun	NYAL Rd 4	Mayesbrook
U13G	100	Sarah Boreham	15.4	15-Jul	EYAL Rd 4	Ipswich
U17W	100	Catrina McAuliffe	15.5	27-May	NJAL Round 2	Basildon
U13G	100	Taylor Thacker	15.5	17-Jun	EYAL Rd 2	Bedford
U13G	100	Kirsty Evans	15.6	17-Jun	EYAL Rd 2	Bedford
U13G	100	Moli Geng	15.7	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	100	Shelley Wilson	15.8	15-Jul	EYAL Rd 4	Ipswich
U17W	100	Ingrid Deane	15.9	29-Apr	NJAL Round 1	Bedford
U13G	100	Ella Dearman	15.9	17-Jun	EYAL Rd 2	Bedford
U13G	100	Sophie Reynolds	16.0	22-Jul	NYAL Rd 5	Basingstoke
U17W	100	Rebecca Rollinson	16.1	22-Jul	NYAL Rd 5	Basingstoke
U13G	100	Z Stephenson	16.3	17-Jun	EYAL Rd 2	Bedford
U13G	100	Emma Pike	17.4	29-Apr	EYAL Rd 1	Mayesbrook
SW	150	Claire Brennan	19.7	25-Mar	Spring Warm Up 1	Hornchurch
U15G	150	Rebecca Clements	20.3	25-Mar	Spring Warm Up 1	Hornchurch
SW	150	Robyn Delivett	20.5	25-Mar	Spring Warm Up 1	Hornchurch
JW	150	Lauren Clark	20.5	25-Mar	Spring Warm Up 1	Hornchurch
U13G	150	Sacha Martin	22.10	20-May	NYAL Rd 2	Croydon
U15G	150	Nicola Peachey	22.4	25-Mar	Spring Warm Up 1	Hornchurch
U13G	150	Deborah Knight	22.6	03-Jun	NYAL Rd 3	Woodford
U15G	150	Jessica Seekings	22.7	25-Mar	Spring Warm Up 1	Hornchurch
U13G	150	Chelsey Walker	22.8	22-Jul	NYAL Rd 5	Basingstoke
U13G	150	Sarah Martin	23.4	03-Jun	NYAL Rd 3	Woodford
U13G	150	Jessica Fazakarley	24.6	24-Jun	NYAL Rd 4	Mayesbrook
U13G	150	Fazakarley	24.80	20-May	NYAL Rd 2	Croydon

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Age Group	Event	Name	Performance	Date	Meeting	Venue
JW	200	Lucy Sargent	24.19	05-Jun	International	Bratislava, SVK
SW	200	Kate Cowley	25.8	28-Apr	SWL Round 1	Oxford
SW	200		26.08w	02-Jun	International Heptathlon	Arles, FRA
SW	200	Cowley	26.24	04-Aug	Spanish Champs	San Sebastian
U17W	200	Nicola Hill	26.4w	01-Jul	NJAL Rd 3	Mayesbrook
U15G	200	Alex Edwards	27.0	09-Jun	Essex Schools Champs	Chelmsford
U15G	200	Edwards	28.31	20-May	NYAL Rd 2	Croydon
JW	200	Lisa Schofield	27.1	29-Apr	NJAL Round 1	Bedford
SW	200	Schofield	27.47	03-Jun	UKWAL Rd 1	Wigan
JW	200	Lauren Clark	27.1	29-Apr	NJAL Round 1	Bedford
U17W	200	Esther Tele	27.2	09-Sep	EYAL Final	Chelmsford
SW	200	Hannah Gamester	27.46	07-Jul	UKWAL Rd 2	Eton
SW	200	Claire Brennan	27.60	13-May	Essex Champs Day 3	Chelmsford
SW	200	Brennan	26.39w	07-Jul	UKWAL Rd 2	Eton
U15G	200	Rebecca Clements	28.0	07-Apr	Chelmsford Open	Chelmsford
U15G	200	Clements	28.25	20-May	NYAL Rd 2	Croydon
U17W	200	Leah Summers	28.0	15-Jul	EYAL Rd 4	Ipswich
U17W	200	Summers	29.14	20-May	NYAL Rd 2	Croydon
U15G	200	Lucy Newman	28.4	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	200	Nicola Peachey	28.9	28-Apr	SWL Round 1	Oxford
U17W	200	Rachel Kerr	28.9	24-Jun	NYAL Rd 4	Mayesbrook
U17W	200	Kerr	29.52	20-May	NYAL Rd 2	Croydon
SW	200	Laurie Cooper	29.0	07-May	Herts Open	Stevenage
U17W	200	Angela James	29.0	23-Jun	ESAA Combined events	Peterborough
SW	200	Robyn Delivett	28.5	05-Aug	UKWAL Rd 3	Milton Keynes
SW	200	Delivett	27.8w	28-Jul	SWL Rd 5	Mayesbrook
U15G	200	Melica Jehan	29.1	01-Jul	EYAL Rd 3	Watford
U13G	200	Sacha Martin	29.5	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	200	Samantha Hill	29.9	06-May	NYAL Rd 1	Hendon
U15G	200	Simbiat Salami	30.3	22-Jul	NYAL Rd 5	Basingstoke
U15G	200	Nicki Gudgeon	30.4	17-Jun	EYAL Rd 2	Bedford
U15G	200	Nicole Dalton	30.60	21-Apr	Alpha Trophy	Lee Valley
U15G	200	Jessica Seekings	30.7	22-Jul	NYAL Rd 5	Basingstoke
U15G	200	Rebecca O'Neill	31.8	15-Jul	EYAL Rd 4	Ipswich
U15G	200	Rachel Sadler	31.9	17-Jun	EYAL Rd 2	Bedford
U17W	200	Emma Fox	32.2	17-Jun	EYAL Rd 2	Bedford
U17W	200	Kirsty O'Brien	32.5	24-Jun	NYAL Rd 4	Mayesbrook
U17W	200	Rebecca Rollinson	32.6	22-Jul	NYAL Rd 5	Basingstoke
U13G	200	Sophie Reynolds	32.7	05-Aug	EYAL Rd 5	Thurrock
U17W	200	Jade Timothy	33.1	22-Jul	NYAL Rd 5	Basingstoke
U15G	200	Hannah McWeeney	33.2	15-Apr	Spring Warm Up 2	Mayesbrook
U13G	200	Jessica Fazakarley	33.0	17-Jun	EYAL Rd 2	Bedford
U13G	200	Taylor Thacker	33.4	17-Jun	EYAL Rd 2	Bedford
U13G	200	Amanda Blaxland	33.7	05-Aug	EYAL Rd 5	Thurrock
JW	300	Lauren Clark	42.9	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Robyn Delivett	43.6	25-Mar	Spring Warm Up 1	Hornchurch
JW	300	Lisa Schofield	44.5	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Laura Bealey	44.6	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Hannah Gamester	45.1	25-Mar	Spring Warm Up 1	Hornchurch
U15G	300	Alex Edwards	45.4	22-Sep	Essex Champs Day 4	Colchester
U15G	300	Nicola Peachey	45.7	29-Apr	EYAL Rd 1	Mayesbrook
U17W	300	Becky Owen	45.7	24-Jun	NYAL Rd 4	Mayesbrook
U17W	300	Owen	46.58	20-May	NYAL Rd 2	Croydon
U17W	300	Georgie Sales	46.5	17-Jun	EYAL Rd 2	Bedford
U15G	300	Samantha Hill	46.6	25-Mar	Spring Warm Up 1	Hornchurch
U17W	300	Alex Beard	46.6	29-Apr	EYAL Rd 1	Mayesbrook
U15G	300	Rebecca O'Neill	46.6	17-Jun	EYAL Rd 2	Bedford
U17W	300	Rachel Kerr	47.1	09-Sep	EYAL Final	Chelmsford
U15G	300	Jessica Seekings	47.4	05-Aug	EYAL Rd 5	Thurrock
U17W	300	Emma Fox	48.0	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	300	Ingrid Deane	48.2	06-May	NYAL Rd 1	Hendon
U17W	300	Leah Summers	48.5	03-Jun	NYAL Rd 3	Woodford
U17W	300	Summers	49.62	20-May	NYAL Rd 2	Croydon
U15G	300	Nicole Dalton	49.8	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	300	Jade Timothy	51.0	05-Aug	EYAL Rd 5	Thurrock
U15G	300	Hannah McWeeney	52.2	05-Aug	EYAL Rd 5	Thurrock
U15G	300	Sharmila Golan	52.8	17-Jun	EYAL Rd 2	Bedford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	400	Harriet Scott	57.4	05-Aug	UKWAL Rd 3	Milton Keynes
JW	400	Lauren Clark	59.9	15-Apr	Spring Warm Up 2	Mayesbrook
SW	400	Sara Luck	60.2	28-Apr	SWL Round 1	Oxford
SW	400	Luck	61.14	07-Jul	UKWAL Rd 2	Eton
JW	400	Katie Richardson	61.22	21-Apr	Alpha Trophy	Lee Valley
SW	400	Robyn Delivett	61.90	16-Jun	SEAA U20 Champs	Crystal Pal
JW	400	Megan Foley	61.9	01-Jul	NJAL Rd 3	Mayesbrook
SW	400	Laurie Cooper	62.2	02-Jun	SWL Rd 3	Guildford
SW	400	Laura Bealey	62.51	12-May	Essex Champs Day 2	Chelmsford
SW	400	Nina Brennan	64.5	02-Jun	SWL Rd 3	Guildford
SW	400	Brennan	65.45	03-Jun	UKWAL Rd 1 (non score)	Wigan
U17W	400	Becky Owen	66.6	15-Apr	Spring Warm Up 2	Mayesbrook
JW	400	Hayley Pegg	67.7	27-May	NJAL Round 2	Basildon
JW	400	Jade Edwards	68.7	29-Jul	NJAL Rd 4	Colchester
SW	400	Melissa Felton	71.65	21-Apr	Alpha Trophy	Lee Valley
SW	600	Laura Bealey	1:46.8	25-Mar	Spring Warm Up 1	Hornchurch
U15G	600	Amber Turner	1:53.4	04-Apr	Basildon Open	Basildon
U17W	600	Ingrid Deane	1:55.8	25-Mar	Spring Warm Up 1	Hornchurch
U15G	600	Kelly Jarrold	1:59.2	25-Mar	Spring Warm Up 1	Hornchurch
U13G	600	Amanda Blaxland	2:00.7	25-Mar	Spring Warm Up 1	Hornchurch
SW	800	Harriet Scott	2:06.27	17-Jun	SEAA Senior Champs	Crystal Pal
SW	800	Faye Fullerton	2:08.53	26-May	CAU Inter Counties	Bedford
SW	800	Hayley Stibbs	2:15.49	11-Jul	Watford Open	Watford
SW	800	Lauren Deadman	2:16.44	07-Jul	UKWAL Rd 2	Eton
SW	800	Sara Luck	2:17.54	07-Jul	UKWAL Rd 2	Eton
JW	800	Katie Richardson	2:21.35	13-May	Essex Champs Day 3	Chelmsford
U17W	800	Zoey Littlechild	2:21.90	13-May	Essex Champs Day 3	Chelmsford
U17W	800	Eleanor Bounds	2:23.0	24-Jun	NYAL Rd 4	Mayesbrook
U15G	800	Bounds	2:23.52	13-May	Essex Champs Day 3	Chelmsford
JW	800	Robyn Matson	2:23.2	29-Jul	NJAL Rd 4	Colchester
JW	800	Matson	2:26.25	13-May	Essex Champs Day 3	Chelmsford
U15G	800	Rebecca O'Neill	2:23.56	13-May	Essex Champs Day 3	Chelmsford
SW	800	Kate Cowley	2:25.04	05-Aug	Spanish Championships	San Sebastian
JW	800	Vicky Smith	2:26.4	02-Sep	NJAL Promotion	Lee Valley
U17W	800	Georgie Sales	2:27.1	29-Jul	NJAL Rd 4	Colchester
U15G	800	Amber Turner	2:27.62	13-May	Essex Champs Day 3	Chelmsford
JW	800	Hayley Pegg	2:29.3	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	800	Alex Beard	2:29.7	01-Jul	EYAL Rd 3	Watford
U17W	800	Emma Fox	2:31.8	01-Jul	EYAL Rd 3	Watford
U17W	800	Ingrid Deane	2:31.9	09-Jun	Essex Schools Champs	Chelmsford
JW	800	Jade Edwards	2:32.5	29-Apr	NJAL Round 1	Bedford
U15G	800	Sidnie Sales	2:32.8	22-Jul	NYAL Rd 5	Basingstoke
U15G	800	Rachel Sadler	2:33.33	13-May	Essex Champs Day 3	Chelmsford
JW	800	Lauren Clark	2:33.5	01-Jul	NJAL Rd 3	Mayesbrook
U17W	800	Jade Timothy	2:41.7	29-Apr	EYAL Rd 1	Mayesbrook
U13G	800	Amanda Blaxland	2:42.8	24-Jun	NYAL Rd 4	Mayesbrook
U17W	800	Becky Owen	2:44.0	19-May	SWL Round 2	Ashford
U15G	800	Jessica Seekings	2:44.79	20-May	NYAL Rd 2	Croydon
U13G	800	Nancy Kane	2:44.9	01-Jul	EYAL Rd 3	Watford
U13G	800	Shannon Sullivan	2:45.2	17-Jun	EYAL Rd 2	Bedford
U15G	800	Emma McAuliffe	2:45.4	12-Jun	Schols Cup - Regional Final	Chelmsford
U15G	800	Nicola Peachey	2:46.4	07-May	Day 1 Essex Champs	Ilford
U15G	800	Sharmila Golan	2:46.5	01-Jul	EYAL Rd 3	Watford
U17W	800	Becky Luck	2:47.5	22-Jul	NYAL Rd 5	Basingstoke
U13G	800	Sarah Boreham	2:50.9	29-Apr	EYAL Rd 1	Mayesbrook
U15G	800	Kelly Jarrold	2:51.1	24-Jun	NYAL Rd 4	Mayesbrook
U13G	800	Jessica Fazakarley	2:53.73	20-May	NYAL Rd 2	Croydon
U17W	800	Angela James	2:55.9	23-Sep	Essex Champs Day 5	Colchester
U13G	800	Kacey Offord	2:56.5	29-Apr	EYAL Rd 1	Mayesbrook
U13G	800	Hannah Bloy	3:00.2	07-Apr	Chelmsford Open	Chelmsford
U13G	800	Jennifer Harries	3:01.4	17-Jun	EYAL Rd 2	Bedford
U15G	800	Michelle Lovell	3:07.5	15-Apr	Spring Warm Up 2	Mayesbrook
U13G	800	Lauren McMunn	3:08.7	15-Jul	EYAL Rd 4	Ipswich
U15G	800	Katherine Knight	3:21.4	06-May	NYAL Rd 1	Hendon
U15G	1200	Rebecca O'Neill	3:56.5	25-Mar	Spring Warm Up 1	Hornchurch
U13G	1200	Rebecca Stanley	4:16.9	03-Jun	NYAL Rd 3	Woodford
U13G	1200	Avril Loynes	4:33.0	03-Jun	NYAL Rd 3	Woodford
U13G	1200	Shannon Sullivan	4:34.4	06-May	NYAL Rd 1	Hendon
U13G	1200	Hannah Bloy	5:00.5	07-May	Day 1 Essex Champs	Ilford

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SW	1500	Faye Fullerton	4:12.34	09-Jun	BMC Grand Prix	Manchester
SW	1500	Harriet Scott	4:18.10	27-Jul	England Athletics Champs	Manchester
SW	1500	Lauren Deadman	4:27.76	08-Aug	BMC Gold Standard	Watford
SW	1500	Helen Roche	4:43.1	15-Apr	Spring Warm Up 2	Mayesbrook
SW	1500	Hayley Stibbs	4:44.65	07-Jul	UKWAL Rd 2	Eton
JW	1500	Robyn Matson	4:50.13	16-Jun	SEAA U20 Champs	Crystal Pal
U17W	1500	Zoey Littlechild	4:52.0	07-May	Day 1 Essex Champs	Ilford
U15G	1500	Eleanor Bounds	4:54.5	01-Jul	EYAL Rd 3	Watford
U17W	1500	Georgie-Lou Sales	4:54.6	24-Jun	NYAL Rd 4	Mayesbrook
SW	1500	Sara Luck	4:55.3	28-Jul	SWL Rd 5	Mayesbrook
JW	1500	Hayley Pegg	4:58.0	21-Apr	Alpha Trophy	Lee Valley
U15G	1500	Rebecca O'Neill	4:59.8	24-Jun	NYAL Rd 4	Mayesbrook
U15G	1500	O'Neill	4:59.82	27-May	SEAA Champs	Ashford
U15G	1500	Sidnie Sales	5:01.5	11-Jun	Schools Cup - Regional Final	Watford
JW	1500	Vicky Smith	5:05.9	29-Jul	NJAL Rd 4	Colchester
U17W	1500	Jennifer Holland	5:08.5	27-May	NJAL Round 2	Basildon
U15G	1500	Rachel Sadler	5:13.2	22-Jul	NYAL Rd 5	Basingstoke
U15G	1500	Sadler	5:17.38	20-May	NYAL Rd 2	Croydon
U15G	1500	Amber Turner	5:14.9	07-May	Day 1 Essex Champs	Ilford
U17W	1500	Emma Fox	5:15.2	06-May	NYAL Rd 1	Hendon
JW	1500	Katie Richardson	5:15.6	29-Apr	NJAL Round 1	Bedford
U13G	1500	Rebecca Stanley	5:22.8	29-Apr	EYAL Rd 1	Mayesbrook
U17W	1500	Alex Beard	5:23.9	22-Jul	NYAL Rd 5	Basingstoke
U17W	1500	Beard	5:45.59	20-May	NYAL Rd 2	Croydon
U17W	1500	Ingrid Deane	5:35.0	29-Apr	NJAL Round 1	Bedford
U15G	1500	Shannon Sullivan	5:38.7	12-Jun	Schools Cup - Regional Final	Chelmsford
U17W	1500	Becky Luck	5:49.0	29-Apr	EYAL Rd 1	Mayesbrook
U13G	1500	Patsy McWeeney	5:45.9	17-Jun	EYAL Rd 2	Bedford
U15G	1500	Sharmila Golan	5:46.8	28-Jul	SWL Rd 5	Mayesbrook
U13G	1500	Avril Loynes	5:54.2	01-Jul	EYAL Rd 3	Watford
SW	1500	Laura Bealey	5:55.44	03-Jun	UKWAL Rd 1	Wigan
U17W	1500	Jade Tomothy	6:00.0	09-Jun	Essex Schools Champs	Chelmsford
U13G	1500	Hannah Bloy	6:00.6	15-Apr	Spring Warm Up 2	Mayesbrook
SW	1500	Laurie Cooper	6:17.2	02-Jun	SWL Rd 3	Guildford
U13G	1500	Jenni Harries	6:24.3	15-Apr	Spring Warm Up 2	Mayesbrook
U13G	1500	Sarah Boreham	6:34.2	05-Aug	EYAL Rd 5	Thurrock
SW	3000	Faye Fullerton	9:16.41	03-Aug	London Grand Prix	Crystal Pal
SW	3000	Harriet Scott	9:41.09	07-Jul	UKWAL Rd 2	Eton
SW	3000	Lauren Deadman	9:46.21mx	11-Jul	Watford Open	Watford
SW	3000	Deadman	9:56.17	17-Jun	SEAA Senior Champs	Crystal Pal
U17W	3000	Georgie-Lou Sales	10:22.95	30-May	Watford Open	Watford
JW	3000	Robyn Matson	10:29.74	07-Jul	UKWAL Rd 2	Eton
U15G	3000	Sidnie Sales	10:48.99	11-Jul	Watford Open	Watford
U17W	3000	Zoey Littlechild	10:59.3	27-May	NJAL Rd 2	Basildon
JW	3000	Hayley Pegg	11:00.04	18-Apr	Watford Open	Watford
SW	3000	Laurie Cooper	11:04.0	28-Jul	SWL Rd 5	Mayesbrook
JW	3000	Vicky Smith	11:22.6	01-Jul	NJAL Rd 3	Mayesbrook
U17W	3000	Jennifer Holland	11:33.6	06-May	NYAL Rd 1	Hendon
U17W	3000	Alex Beard	12:19.0	20-May	NYAL Rd 2	Croydon
U17W	3000	Jade Timothy	12:24.0	22-Jul	NYAL Rd 5	Basingstoke
SW	3000	Helen Biscoe	12:24.4	02-Jun	SWL Rd 3	Guildford
U13G	70H	Debbie Knight	13.6	17-Jun	EYAL Rd 2	Bedford
U13G	70H	Erin Baggs	14.5	24-Jun	NYAL Rd 4	Mayesbrook
U13G	70H	Baggs	17.17	20-May	NYAL Rd 2	Croydon
U13G	70H	Chelsey Walker	14.8	05-Aug	EYAL Rd 5	Thurrock
U13G	70H	Jenni Harries	15.0	15-Jul	EYAL Rd 4	Ipswich
U15G	75mH	Nicola Peachey	12.7	03-Jun	NYAL Rd 3	Woodford
U15G	75mH	Peachey	12.58w	27-May	SEAA Champs	Ashford
U15G	75mH	Peachey	13.14	12-May	Essex Champs Day 2	Chelmsford
U15G	75mH	Samantha Hill	12.8	12-May	Essex Champs Day 2	Chelmsford
U15G	75mH	Hill	13.01	12-May	Essex Champs Day 2	Chelmsford
U15G	75mH	Jessica Seekings	13.3	01-Jul	EYAL Rd 3	Watford
U15G	75mH	Sophie Baggs	13.9	24-Jun	NYAL Rd 4	Mayesbrook
U15G	75mH	Kelly Jarrold	15.5	17-Jun	EYAL Rd 2	Bedford

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U17W	80mH	Nicola Hill	11.6	09-Jun	Essex Schools Champs	Chelmsford
U17W	80mH	Hill	11.76	20-May	NYAL Rd 2	Croydon
U17W	80mH	Angela James	12.9	09-Jun	Essex Schools Champs	Chelmsford
U17W	80mH	James	13.47	20-May	NYAL Rd 2	Croydon
U17W	80mH	Becky Luck	14.4	09-Sep	EYAL Final	Chelmsford
U17W	80mH	Luck	14.2w	28-Jul	SWL Rd 5	Mayesbrook
U17W	80mH	Becky Owen	16.6	24-Jun	NYAL Rd 4	Mayesbrook
U17W	80mH	Rebecca Rollinson	16.7	15-Jul	EYAL Rd 4	Ipswich
U17W	80mH	Emma Fox	16.8	29-Apr	EYAL Rd 1	Mayesbrook
U17W	80mH	Rachel Kerr	29.4	05-Aug	EYAL Rd 5	Thurrock
SW	100H	Kate Cowley	14.31	04-Aug	International Heptathlon	Woerden, NED
SW	100H	Cowley	14.10w	02-Jun	International Heptathlon	Arles, FRA
JW	100H	Lisa Schofield	14.8	26-May	London Inter Clubs Challenge	Lee Valley
SW	100H	Schofield	15.32w	07-Jul	UKWAL Rd 2	Eton
JW	100H	Schofield	16.13	12-May	Essex Champs Day 2	Chelmsford
U17W	100H	Nicola Hill	14.82	17-Jun	SEAA U20 Champs	Crystal Pal
SW	100H	Claire Brennan	15.4	02-Jun	SWL Rd 3	Guildford
SW	100H	Brennan	15.1w	28-Jul	SWL Rd 5	Mayesbrook
SW	100H	Brennan	15.11w	07-Jul	UKWAL Rd 2	Eton
SW	100H	Brennan	15.60	03-Jun	UKWAL Rd 1	Wigan
U17W	100H	Becky Owen	23.3	27-May	NJAL Rd 2	Basildon
U17W	300H	Nicola Hill	43.70	26-Aug	UK Schools Games	Coventry
JW	300H	Lisa Schofield	48.4	25-Mar	Spring Warm Up 1	Hornchurch
SW	300H	Laura Bealey	50.8	25-Mar	Spring Warm Up 1	Hornchurch
U17W	300H	Becky Owen	52.5	22-Jul	NYAL Rd 5	Basingstoke
U17W	300H	Owen	53.49	20-May	NYAL Rd 2	Croydon
U17W	300H	Emma Fox	54.6	06-May	NYAL Rd 1	Hendon
U17W	400H	Nicola Hill	62.24	16-Jun	SEAA U20 Champs	Crystal Pal
JW	400H	Lisa Schofield	66.2	13-May	Essex Champs Day 2	Chelmsford
JW	400H	Schofield	66.74	03-Jun	UKWAL Rd 1	Wigan
SW	400H	Laura Bealey	68.7	02-Sep	Bemax Trophy	Bury St Edmunds
SW	400H	Bealey	69.80	07-Jul	UKWAL Rd 2	Eton
U17W	400H	Becky Owen	77.6	27-May	NJAL Rd 2	Basildon
SW	HJ	Kate Cowley	1.73	02-Jun	International Heptathlon	Arles, FRA
SW	HJ	Sara Luck	1.60	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	HJ	Bethan Siddons	1.60	22-Jul	NYAL Rd 5	Basingstoke
U17W	HJ	Angela James	1.53	22-Sep	Essex Champs Day 4	Colchester
SW	HJ	Claire Brennan	1.50	03-Jun	UKWAL Rd 1	Wigan
U17W	HJ	Jennifer Holland	1.45	29-Apr	EYAL Rd 1	Mayesbrook
U13G	HJ	Sacha Martin	1.44	05-Aug	EYAL Rd 5	Thurrock
U15G	HJ	Nicola Peachey	1.40	02-Jun	SWL Rd 3	Guildford
U17W	HJ	Rebecca Rollinson	1.35	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	HJ	Melica Jehan	1.35	03-Jun	NYAL Rd 3	Woodford
U15G	HJ	Kelly Jarrold	1.30	15-Jul	EYAL Rd 4	Ipswich
JW	HJ	Lauren Clark	1.25	03-Jun	UKWAL Rd 1	Wigan
U15G	HJ	Sophie Baggs	1.20	07-Apr	Chelmsford Open	Chelmsford
U15G	HJ	Jessica Seekings	1.20	22-Jul	NYAL Rd 5	Basingstoke
U15G	HJ	Simbiat Salami	1.15	29-Apr	EYAL Rd 1	Mayesbrook
U15G	HJ	Kike Oniwinde	1.15	29-Apr	EYAL Rd 1	Mayesbrook
U15G	HJ	Nicole Dalton	1.15	06-May	NYAL Rd 1	Hendon
U13G	HJ	Jessica Fazarkerley	1.10	22-Jul	NYAL Rd 5	Basingstoke
U13G	HJ	Kirsty Evans	1.05	24-Jun	NYAL Rd 4	Mayesbrook
U17W	HJ	Becky Owen	1.00	02-Jun	SWL Rd 3	Guildford
SW	LJ	Kate Cowley	6.03	12-May	Essex Champs Day 2	Chelmsford
SW	LJ	Kirsty Smith	5.47	19-May	SWL Round 2	Ashford
U17W	LJ	Nicola Hill	5.34	02-Jun	SWL Rd 3	Guildford
SW	LJ	Hannah Gamester	5.16	19-May	SWL Round 2	Ashford
SW	LJ	Gamester	5.19w	17-Jun	SEAA Champs	Crystal Palace
U17W	LJ	Esther Tele	4.89	05-Aug	EYAL Rd 5	Thurrock
SW	LJ	Claire Brennan	4.60	28-Apr	SWL Round 1	Oxford
U17W	LJ	Bethan Siddons	4.59	05-Aug	EYAL Rd 5	Thurrock
U15G	LJ	Nicola Peachey	4.55	28-Jul	SWL Round 5	Mayesbrook
U17W	LJ	Angela James	4.88	23-Sep	Essex Champs Day 5	Colchester
U17W	LJ	Leah Summers	4.45	01-Jul	EYAL Rd 3	Watford
U15G	LJ	Lucy Newman	4.25	15-Apr	Spring Warm Up 2	Mayesbrook
U13G	LJ	Moli Geng	4.22	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	LJ	Nicole Dalton	4.19	22-Jul	NYAL Rd 5	Basingstoke
U13G	LJ	Sacha Martin	4.19	22-Jul	NYAL Rd 5	Basingstoke

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U15G	LJ	Kelly Jarrold	4.07	01-Jul	EYAL Rd 3	Watford
U13G	LJ	Chelsea Walker	4.06	17-Jun	EYAL Rd 2	Bedford
U15G	LJ	Amber Turner	4.05	28-Apr	SWL Round 1	Oxford
U17W	LJ	Rebecca Rollinson	4.04	22-Jul	NYAL Rd 5	Basingstoke
U13G	LJ	Chelsey Walker	4.01	22-Jul	NYAL Rd 5	Basingstoke
U15G	LJ	Holly Donald	3.95	25-Mar	Spring Warm Up 1	Hornchurch
U15G	LJ	Rebecca Clements	3.89	21-Apr	Alpha Trophy	Lee Valley
SW	LJ	Sarah Deacon	3.89	02-Jun	SWL Rd 3	Guildford
U15G	LJ	Holly Donald	3.87	29-Apr	EYAL Rd 1	Mayesbrook
U15G	LJ	Samantha Hill	3.80	25-Mar	Spring Warm Up 1	Hornchurch
U15G	LJ	Alex Edwards	3.59	17-Jun	EYAL Rd 2	Bedford
U15G	LJ	Katherine Knight	3.53	29-Apr	EYAL Rd 1	Mayesbrook
JW	LJ	Katie Richardson	3.48	27-May	NJAL Round 2	Basildon
U15G	LJ	Jessica Seekings	3.39	23-Sep	Day 5 Essex Champs	Colchester
U15G	LJ	Simbiat Salami	3.38	06-May	NYAL Rd 1	Hendon
U13G	LJ	Jessica Fazakarley	3.37	29-Apr	EYAL Rd 1	Mayesbrook
U13G	LJ	Sarah Boreham	3.37	05-Aug	EYAL Rd 5	Thurrock
U13G	LJ	Shannon Sullivan	3.29	20-May	NYAL Rd 2	Croydon
U15G	LJ	Lannahn Leary-Kiernan	3.25	04-Apr	Basildon Open	Basildon
U15G	LJ	Rachel Sadler	3.19	17-Jun	EYAL Rd 2	Bedford
U13G	LJ	Emma Pike	3.10	29-Apr	EYAL Rd 1	Mayesbrook
U13G	LJ	Jennifer Harries	3.05	15-Apr	Spring Warm Up 2	Mayesbrook
SW	LJ	Laura Bealey	2.89	05-Aug	UKWAL Rd 3	Milton Keynes
U13G	LJ	Lauren McMunn	2.88	15-Jul	EYAL Rd 4	Ipswich
U13G	LJ	Laura Drew	2.84	25-Mar	Spring Warm Up 1	Hornchurch
SW	TJ	Kirsty Smith	11.54	03-Jun	UKWAL Rd 1	Wigan
U17W	TJ	Bethan Siddons	10.26	29-Apr	NJAL Round 1	Bedford
U17W	TJ	Angela James	9.52	29-Apr	NJAL Round 1	Bedford
U17W	TJ	Becky Luck	9.38	22-Jul	NYAL Rd 5	Basingstoke
JW	TJ	Katie Richardson	9.37	03-Jun	UKWAL Rd 1	Wigan
U15G	TJ	Nicole Dalton	9.04	12-May	Essex Champs Day 2	Chelmsford
JW	TJ	Lauren Clark	8.71	27-May	NJAL Round 2	Basildon
U17W	TJ	Ingrid Deane	8.36	06-May	NYAL Rd 1	Hendon
U15G	TJ	Sarah Deacon	8.13	28-Jul	SWL Round 5	Mayesbrook
SW	TJ	Sara Luck	7.58	05-Aug	UKWAL Rd 3	Milton Keynes
SW	TJ	Laura Bealey	7.47	07-Jul	UKWAL Rd 2	Eton
SW	TJ	Robyn Delivett	7.18	05-Aug	UKWAL Rd 3	Milton Keynes
U17W	PV	Angela James	2.55	28-Jul	SWL Rd 5	Mayesbrook
SW	PV	Hannah Gamester	2.50	07-Jul	UKWAL Rd 2	Eton
SW	PV	Danielle Ross	2.20	13-May	Essex Champs Day 3	Chelmsford
SW	DT	Mel Harrison	39.20	19-May	SWL Round 2	Ashford
JW	DT	Lauren Clark	32.78	29-Apr	NJAL Round 1	Bedford
SW	DT	Sarah Deacon	32.35	19-May	SWL Round 2	Ashford
U17W	DT	Catrina McAuliffe	30.21	02-Sep	NJAL Promotion	Lee Valley
U15G	DT	Sophie Baggs	29.14	01-Jul	EYAL Rd 3	Watford
U15G	DT	Samantha Hill	29.15	01-Sep	SWL Round 6	Thurrock
U15G	DT	Lannahn Leary-Kiernan	27.22	01-Jul	EYAL Rd 3	Watford
JW	DT	Lauren Newton	25.80	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	DT	Becky Luck	26.10	24-Jun	NYAL Rd 4	Mayesbrook
SW	DT	Louise Mathews	25.58	07-Jul	UKWAL Rd 2	Eton
U15G	DT	Rebecca O'Neill	24.83	07-May	Day 1 Essex Champs	Ilford
SW	DT	Melissa Felton	23.36	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	DT	Katherine Knight	22.01	15-Apr	Spring Warm Up 2	Mayesbrook
U17W	DT	Carla Schofield	20.64	06-May	NYAL Rd 1	Hendon
U13G	DT	Deborah Knight	19.80	07-Jul	ESAA T&F Cup Final	Chelmsford
U15G	DT	Shelley Wilson	18.95	15-Jul	EYAL Rd 4	Ipswich
U15G	DT	Kike Oniwinde	17.95	17-Jun	EYAL Rd 2	Bedford
U13G	DT	Laura Drew	17.50	19-May	SWL Round 2	Ashford
U17W	DT	Rebecca Rollinson	16.95	15-Jul	EYAL Rd 4	Ipswich
JW	DT	Emma Christmas	14.21	29-Jul	NJAL Rd 4	Colchester
U13G	DTM	Deborah Knight	25.13	29-Jul	Southern U13 Inter Counties	Kingston
U13G	DTM	Laura Drew	20.99	09-Sep	EYAL Final	Chelmsford
U13G	DTM	Erin Baggs	18.35	15-Apr	Spring Warm Up 2	Mayesbrook
U13G	DTM	Avril Loynes	9.51	05-Aug	EYAL Rd 5	Thurrock

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Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	HT	Sarah Deacon	44.72	19-May	SWL Round 2	Ashford
SW	HT	Mel Harrison	41.94	01-Sep	SWL Round 6	Thurrock
U17W	HT	Amy Cox	27.07	22-Jul	NYAL Rd 5	Basingstoke
SW	HT	Hannah Gamester	19.86	07-Jul	UKWAL Rd 2	Eton
JW	HT	Lauren Newton	14.46	29-Apr	NJAL Round 1	Bedford
JW	HT	Robyn Matson	13.07	02-Sep	NJAL Promotion	Lee Valley
JW	HT	Jade Edwards	8.71	29-Apr	NJAL Round 1	Bedford
U17W	HT	Rachel Kerr	8.19	22-Jul	NYAL Rd 5	Basingstoke
U17W	HT	Becky Owen	7.79	24-Jun	NYAL Rd 4	Mayesbrook
U17W	HT	Georgie-Lou Sales	5.34	02-Sep	NJAL Promotion	Lee Valley
SW	JT	Louise Mathews	39.91	07-Jul	UKWAL Rd 2	Eton
SW	JT	Kate Cowley	39.87	02-Jun	International Heptathlon	Arles, FRA
JW	JT	Emma Christmas	39.27	23-Jun	England Athletics Champs	Bedford
U15G	JT	Kike Oniwinde	38.16	14-Jul	English Schools Champs	B'ham
SW	JT	Mel Harrison	29.00	05-Aug	UKWAL Rd 3	Milton Keynes
U17W	JT	Georgie-Lou Sales	27.71	07-May	Day 1 Essex Champs	Ilford
U17W	JT	Angela James	26.68	09-Sep	EYAL Final	Chelmsford
SW	JT	Sarah Deacon	26.20	02-Jun	SWL Rd 3	Guildford
U15G	JT	Sidnie Sales	22.63	07-May	Day 1 Essex Champs	Ilford
U15G	JT	Sam Hill	22.45	05-Aug	EYAL Rd 5	Thurrock
U15G	JT	Nicole Dalton	20.12	15-Jul	EYAL Rd 4	Ipswich
U13G	JT	Laura Drew	18.93	28-Jul	SWL Round 5	Mayesbrook
U15G	JT	Hannah McWeeney	18.45	05-Aug	EYAL Rd 5	Thurrock
U15G	JT	Patsy McWeeney	17.27	17-Jun	EYAL Rd 2	Bedford
JW	JT	Lauren Newton	16.36	01-Jul	NJAL Rd 3	Mayesbrook
U15G	JT	Lannahn Leary-Kiernan	15.98	05-Aug	EYAL Rd 5	Thurrock
U15G	JT	Katherine Knight	15.48	29-Apr	EYAL Rd 1	Mayesbrook
U15G	JT	Sophie Baggs	14.96	28-Apr	SWL Round 1	Oxford
SW	JT	Melissa Felton	14.30	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	JT	Rebecca O'Neill	13.66	02-Jun	SWL Rd 3	Guildford
U17W	JT	Rebecca Rollinson	13.56	09-Sep	EYAL Final	Chelmsford
U17W	JT	Carla Schofield	12.34	06-May	NYAL Rd 1	Hendon
U17W	JT	Becky Luck	11.51	06-May	NYAL Rd 1	Hendon
U17W	JT	Rachel Kerr	7.94	29-Apr	EYAL Rd 1	Mayesbrook
U13G	JTM	Deborah Knight	26.31	08-Sep	JavFest5	Bedford
U13G	JTM	Laura Drew	22.13	08-Sep	JavFest5	Bedford
SW	SP	Kate Cowley	12.02	02-Jun	International Heptathlon	Arles, FRA
SW	SP	Mel Harrison	11.08	07-Jul	UKWAL Rd 2	Eton
SW	SP	Sarah Deacon	8.44	19-May	SWL Round 2	Ashford
JW	SP	Lauren Clark	7.84	02-Sep	NJAL Promotion	Lee Valley
U17W	SP	Becky Luck	7.45	15-Jul	EYAL Rd 4	Ipswich
SW	SP	Melissa Felton	7.05	15-Apr	Spring Warm Up 2	Mayesbrook
U15G	SP	Lannahn Leary-Kiernan	6.97	05-Aug	EYAL Rd 5	Thurrock
JW	SP	Lisa Schofield	6.76	27-May	NJAL Round 2	Basildon
JW	SP	Lauren Newton	6.74	29-Apr	NJAL Round 1	Bedford
U17W	SP	Angela James	6.28	22-Sep	Essex Champs Day 4	Colchester
JW	SP	Jade Edwards	6.21	29-Jul	NJAL Rd 4	Colchester
U17W	SP	Rachel Kerr	6.11	05-Aug	EYAL Rd 5	Thurrock
U17W	SP	Jennifer Holland	5.62	29-Apr	EYAL Rd 1	Mayesbrook
U17W	SP	Alex Beard	5.62	01-Jul	EYAL Rd 3	Watford
U17W	SP	Carla Schofield	5.50	29-Apr	EYAL Rd 1	Mayesbrook
U17W	SP	Amy Cox	5.50	01-Jul	NJAL Rd 3	Mayesbrook
U15G	SPG	Kike Oniwinde	10.14	09-Sep	EYAL Final	Chelmsford
U15G	SPG	Samantha Hill	10.08	28-Apr	SWL Round 1	Oxford
U15G	SPG	Sophie Baggs	7.41	29-Apr	EYAL Rd 1	Mayesbrook
U15G	SPG	Lannahn Leary-Kiernan	7.22	25-Mar	Spring Warm Up 1	Hornchurch
U15G	SPG	Shelley Wilson	6.74	15-Jul	EYAL Rd 4	Ipswich
U15G	SPG	Jessica Seekings	6.61	23-Sep	Day 5 Essex Champs	Colchester
U15G	SPG	Alex Edwards	6.53	02-Jun	SWL Rd 3	Guildford
U15G	SPG	Nicola Peachey	5.79	23-Sep	Day 5 Essex Champs	Colchester
U13G	SPG	Laura Drew	5.04	19-May	SWL Round 2	Ashford
U13G	SPM	Debbie Knight	7.95	15-Jul	EYAL Rd 4	Ipswich
U13G	SPM	Laura Drew	6.46	09-Sep	EYAL Final	Chelmsford
U13G	SPM	Erin Baggs	5.48	17-Jun	EYAL Rd 2	Bedford
U13G	SPM	Lauren McMunn	5.45	15-Jul	EYAL Rd 4	Ipswich
U13G	SPM	Amanda Blaxland	5.06	05-Aug	EYAL Rd 5	Thurrock
U13G	SPM	Avril Loynes	3.95	06-May	NYAL Rd 1	Hendon