

HMAC Female Summer 2010 rankings as at 03/10/2010

| Age Group | Event | Name | Performance | Date | Meeting | Venue |
|-----------|-------|---------------------------|-------------|-----------|-------------------------|-----------------|
| SW | 60 | Lucy Sargent | 7.74i | 31-Jan-10 | London Indoor Games | Lee Valley |
| U20W | 60 | Nicola Hill | 8.23i | 7-Feb-10 | Essex Indoor Champs | Lee Valley |
| SW | 60 | Zoe Young | 8.45i | 7-Feb-10 | Essex Indoor Champs | Lee Valley |
| U17W | 60 | Henrietta (Annie) Adewole | 8.63i | 17-Jan-10 | SEAA Indoor Champs | Lee Valley |
| U15W | 60 | Tomí Akingbade | 8.64i | 6-Feb-10 | Essex Indoor Champs | Lee Valley |
| U13W | 60 | Sophia Sharpe | 9.99i | 6-Feb-10 | Essex Indoor Champs | Lee Valley |
| U13W | 75 | Emma Whitby | 10.57w | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 75 | Whitby | 10.6 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U13W | 75 | Michelle Hughes | 10.9 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U13W | 75 | Hughes | 11.17 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 75 | Tolu Akingbade | 11.6 | 16-May-10 | NYAL Round 2 | Eltham |
| U13W | 75 | Akingbade | 12.02w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | 80 | Tia Telford-Dickson | 11.1 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 80 | Angela James | 11.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 80 | Lucy Arnold | 11.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 80 | Tomí Akingbade | 11.7 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 80 | Sophie Reynolds | 11.7 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Emma Whitby | 11.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Modupe Shokunbi | 11.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 80 | Rachel Phelan | 12.3 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Phoebe Maloney | 12.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 80 | Debrah Oyekan | 12.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Tolu Akingbade | 12.7 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 80 | Nicole Blunt | 12.7 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Maisy Shead | 13.4 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Sophia Sharpe | 13.6 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 80 | Sidnie Phillips | 13.8 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 80 | Freya Gutteridge | 13.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 100 | Holly Thomas | 12.7 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U15W | 100 | Tayla Humm | 12.99 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 100 | Deborah Knight | 13.1 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U17W | 100 | Knight | 13.14 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U20W | 100 | Felicity Clarke | 13.2 | 1-Aug-10 | UK WAL Rd 3 | Coventry |
| U15W | 100 | Bethany Chambers | 13.23 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U20W | 100 | Lydia St Ange | 13.4 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U20W | 100 | St Ange | 13.48 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| SW | 100 | Zoe Young | 13.46 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U15W | 100 | Tomí Akingbade | 13.55w | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U15W | 100 | Akingbade | 13.6 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U15W | 100 | Akingbade | 13.84 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 100 | Lucy Allen | 13.7 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | 100 | Emma Whitby | 13.7 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U13W | 100 | Whitby | 14.16w | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| SW | 100 | Hannah Connor | 13.89w | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| SW | 100 | Connor | 13.91 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 100 | Rylie Trott | 14.0 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | 100 | Nicola Peachey | 14.0 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U17W | 100 | Henrietta (Annie) Adewole | 14.18w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U17W | 100 | Adewole | 14.2 | 16-May-10 | NYAL Round 2 | Eltham |
| U17W | 100 | Lucy Allen | 14.2 | 16-May-10 | NYAL Round 2 | Eltham |
| U15W | 100 | Lydia Hallam | 14.2 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U20W | 100 | Rachel Kerr | 14.21 | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| U20W | 100 | Esther Tele | 14.24 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | 100 | Angela James | 14.25 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U17W | 100 | Becky Lawrence | 14.37 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 100 | Jessica Seekings | 14.4 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U20W | 100 | Lucy Arnold | 14.6 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U13W | 100 | Michelle Hughes | 14.6 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 100 | Rachel Phelan | 14.6 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 100 | Chenice Constable | 14.7 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | 100 | Sophie Reynolds | 14.8 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 100 | Tolu Akingbade | 14.9 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 100 | Mercy Gutteridge | 15.02 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 100 | Kelly Reynolds | 15.1 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U17W | 100 | Reynolds | 15.19 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 100 | Debrah Oyekan | 15.1 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 100 | Rebecca Ward | 15.3 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U15W | 100 | Nicole Blunt | 15.33w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U13W | 100 | Sophia Sharpe | 15.4 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 100 | Sidnie Phillips | 15.4 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U13W | 100 | Jessica Ward | 15.5 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 100 | Rachel Charlton | 15.5 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U20W | 100 | Ellie Watson | 15.6 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| U13W | 100 | Phoebe Maloney | 15.9 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |

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| Age Group | Event | Name | Performance | Date | Meeting | Venue |
|-----------|-------|---------------------|-------------|-----------|-------------------------|-----------------|
| U13W | 100 | Heidi Surman-Wells | 16.7 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U13W | 100 | Maisy Shead | 16.8 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U13W | 100 | Freya Gutteridge | 18.5 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 150 | Tia Telford-Dickson | 19.8 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| SW | 150 | Claire Brennan | 21.1 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Emma Whitby | 21.11 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 150 | Lucy Allen | 21.4 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 150 | Tomi Akingbade | 21.6 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Chenice Constable | 21.61 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 150 | Michelle Hughes | 21.7 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U20W | 150 | Lucy Arnold | 22.0 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Heidi Surman-Wells | 22.0 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U13W | 150 | Modupe Shokunbi | 22.3 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 150 | Samantha Hill | 22.3 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Phoebe Maloney | 22.7 | 16-May-10 | NYAL Round 2 | Eltham |
| U15W | 150 | Rachel Phelan | 23.4 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 150 | Mercy Gutteridge | 23.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 150 | Debrah Oyekan | 23.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Tolu Akingbade | 24.2 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Maisy Shead | 25.0 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 150 | Sophia Sharpe | 25.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| SW | 200 | Lucy Sargent | 24.40i | 14-Feb-10 | National Indoor Champs | Sheffield |
| U17W | 200 | Holly Thomas | 25.6 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U20W | 200 | Nicola Hill | 26.6 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | 200 | Hill | 26.79i | 16-Jan-10 | SEAA Indoor Champs | Lee Valley |
| U17W | 200 | Deborah Knight | 26.7 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U17W | 200 | Knight | 26.99w | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U17W | 200 | Knight | 27.58 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U15W | 200 | Bethany Chambers | 27.04 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U20W | 200 | Felicity Clarke | 27.3 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U20W | 200 | Clarke | 27.59w | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| SW | 200 | Claire Brennan | 27.34 | 22-May-10 | SWL Round 2 | Milton Keynes |
| SW | 200 | Chloe Van Wulven | 27.5 | 1-Aug-10 | UK WAL Rd 3 | Coventry |
| U20W | 200 | Lydia St Ange | 27.6 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U20W | 200 | St Ange | 28.13 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| SW | 200 | Laura Bealey | 27.71 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U15W | 200 | Tomi Akingbade | 28.3 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U15W | 200 | Akingbade | 28.79 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 200 | Lucy Allen | 28.49w | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U17W | 200 | Allen | 28.9 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | 200 | Allen | 30.67 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 200 | Nicola Peachey | 28.5 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | 200 | Rylie Trott | 29.0 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U17W | 200 | Trott | 30.32w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U13W | 200 | Emma Whitby | 29.0 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U13W | 200 | Chenice Constable | 29.2 | 15-Aug-10 | EYAL Round 5 | Colchester |
| SW | 200 | Nina Brennan | 29.7 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U13W | 200 | Michelle Hughes | 29.8 | 3-Jul-10 | ESAA Cup Final | Gateshead |
| U13W | 200 | Brogan Wheeler | 29.94w | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U13W | 200 | Wheeler | 30.21 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U20W | 200 | Rachel Kerr | 29.95w | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U17W | 200 | Jessica Seekings | 30.0 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U15W | 200 | Rachel Charlton | 30.2 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U15W | 200 | Charlton | 31.77 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U20W | 200 | Lucy Arnold | 30.4 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U17W | 200 | Sophie Reynolds | 30.5 | 6-Jun-10 | EYAL Round 2 | Luton |
| U13W | 200 | Tolu Akingbade | 31.0 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 200 | Mercy Gutteridge | 31.1 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | 200 | Phoebe Maloney | 31.6 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | 200 | Sarah Wilson | 31.7 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 200 | Amy Baggs | 32.2 | 30-Aug-10 | Southend Open | Southend |
| U17W | 200 | Kelly Reynolds | 33.1 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 200 | Nicole Blunt | 33.3 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U13W | 200 | Sophia Sharpe | 33.31i | 7-Feb-10 | Essex Indoor Champs | Lee Valley |
| U13W | 200 | Sharpe | 33.9 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | 300 | Holly Thomas | 42.0 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 300 | Thomas | 42.14 | 17-Apr-10 | Woodford Open | Woodford |
| U15W | 300 | Tayla Humm | 43.6 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U17W | 300 | Nicola Peachey | 44.3 | 6-Jun-10 | EYAL Round 2 | Luton |
| U15W | 300 | Bethany Chambers | 44.3 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U17W | 300 | Becky Stanley | 44.8 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U20W | 300 | Felicity Clarke | 45.4 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 300 | Deborah Knight | 45.5 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | 300 | Knight | 45.87 | 2-May-10 | NYAL Round 1 | Lee Valley |

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|-----------|-------|--------------------|-------------|-----------|---------------------------|-----------------|
| U17W | 300 | Jessica Seekings | 45.5 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U17W | 300 | Seekings | 47.84 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 300 | Lucy Allen | 46.4 | 16-May-10 | NYAL Round 2 | Eltham |
| U15W | 300 | Georgie Taylor | 46.9 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U15W | 300 | Tomi Akingbade | 47.84i | 6-Feb-10 | Essex Indoor Champs | Lee Valley |
| SW | 300 | Nina Brennan | 48.5 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 300 | Samantha Hill | 49.0 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 300 | Sophie Reynolds | 50.4 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 300 | Rebecca Ward | 53.4 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | 300 | Amy Baggs | 53.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 300 | Tito Olawole | 55.5 | 6-Jun-10 | EYAL Round 2 | Luton |
| U15W | 300 | Roseanne Traylen | 59.3 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U20W | 400 | Nicola Hill | 60.07i | 6-Feb-10 | Essex Indoor Champs | Lee Valley |
| SW | 400 | Laura Bealey | 60.14 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | 400 | Felicity Clarke | 60.54 | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| SW | 400 | Faye Fullerton | 61.06 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| SW | 400 | Nina Brennan | 65.3 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| SW | 400 | Brennan | 65.35 | 22-May-10 | SWL Round 2 | Milton Keynes |
| U17W | 400 | Nicola Peachey | 66.4 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| SW | 400 | Vicky Smith | 67.6 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U20W | 400 | Amber Turner | 69.15 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U20W | 400 | Rachel Kerr | 71.64i | 13-Mar-10 | BUCS Champs | Sheffield |
| U20W | 400 | Kerr | 72.69 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U17W | 400 | Shannon Sullivan | 71.04 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U20W | 400 | Hanine Waked | 76.6 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U15W | 600 | Lydia Hallam | 1:46.1 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 600 | Abigail Spink | 1:52.00 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U15W | 600 | Bethany Chambers | 1:55.9 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U13W | 600 | Amy Baggs | 2:06.3 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | 600 | Amelia Hart | 2:15.8 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| SW | 800 | Faye Fullerton | 2:10.48 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| SW | 800 | Lauren Deadman | 2:12.7 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| U15W | 800 | Lydia Hallam | 2:18.9 | 4-Jul-10 | London Youth Games | Crystal Palace |
| U15W | 800 | Hallam | 2:21.65 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| SW | 800 | Sara Luck | 2:21.3i | 6-Mar-10 | London University Indoors | Lee Valley |
| U17W | 800 | Becky Stanley | 2:24.05 | 1-Aug-10 | N YAL Southern Final | Hendon |
| SW | 800 | Vicky Smith | 2:29.1 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U13W | 800 | Heidi Surman-Wells | 2:31.1 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 800 | Surman-Wells | 2:31.98 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 800 | Rachel Sadler | 2:32.02 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U20W | 800 | Amber Turner | 2:33.60 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U20W | 800 | Zoey Littlechild | 2:34.9 | 23-May-10 | NJAL Thames Round 2 | Ware |
| SW | 800 | Helen Biscoe | 2:35.8 | 26-Jun-10 | SWL Round 3 | Luton |
| SW | 800 | Biscoe | 2:40.63 | 22-May-10 | SWL Round 2 | Milton Keynes |
| U13W | 800 | Sarah Wilson | 2:36.44 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U15W | 800 | Francesca Smith | 2:38.60 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| U15W | 800 | Isabella Woods | 2:42.43 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U15W | 800 | Avril Loynes | 2:44.52 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 800 | Shannon Sullivan | 2:47.94 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U15W | 800 | Hannah Bloy | 2:48.1 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | 800 | Bethany Chambers | 2:48.3 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | 800 | Chambers | 2:50.29 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U15W | 800 | Rebecca Ward | 2:48.4 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U13W | 800 | Jessica Ward | 2:51.2 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | 800 | Patsy McWeeney | 2:51.78 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 800 | Sophie Reynolds | 2:52.9 | 6-Jun-10 | EYAL Round 2 | Luton |
| U17W | 800 | Deborah Knight | 2:53.2 | 16-May-10 | NYAL Round 2 | Eltham |
| U20W | 800 | Hanine Waked | 2:55.10 | 22-May-10 | SWL Round 2 | Milton Keynes |
| U15W | 800 | Amelia Hart | 2:55.7 | 6-Jun-10 | EYAL Round 2 | Luton |
| U15W | 800 | Hart | 3:08.44 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U13W | 800 | Michelle Hughes | 2:56.0 | 6-Jun-10 | EYAL Round 2 | Luton |
| U15W | 800 | Jess Fazakerly | 3:00.0 | 6-Jun-10 | EYAL Round 2 | Luton |
| U15W | 800 | Nicole Blunt | 3:00.1 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U15W | 800 | Blunt | 3:08.70 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U13W | 800 | Gemma Archer-Haley | 3:00.7 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 800 | Archer-Haley | 3:06.98 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| U15W | 800 | Roseanne Traylen | 3:55.3 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 1200 | Abigail Spink | 4:13.1 | 16-May-10 | NYAL Round 2 | Eltham |
| U13W | 1200 | Amy Baggs | 4:39.97 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U13W | 1200 | Gemma Archer-Haley | 4:50.85 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U13W | 1200 | Megan Ruffle | 4:58.6 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U13W | 1200 | Ruffle | 5:09.49 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 1200 | Bethany Bradley | 5:13.97 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| SW | 1500 | Faye Fullerton | 4:15.10 | 12-Jun-10 | BMC Grand Prix | Watford |

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|-----------|---------|--------------------|-------------|-----------|----------------------------|-----------------|
| SW | 1500 | Lauren Deadman | 4:23.1 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| SW | 1500 | Alexa Joel | 4:26.28 | 2-Jun-10 | Watford Open | Watford |
| SW | 1500 | Sara Luck | 4:39.24i | 13-Mar-10 | BUCS Champs | Sheffield |
| SW | 1500 | Luck | 4:57.0 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| U15W | 1500 | Lydia Hallam | 4:46.69 | 1-Aug-10 | N YAL Southern Final | Hendon |
| SW | 1500 | Megan Foley | 4:57.58 | 22-May-10 | SWL Round 2 | Milton Keynes |
| U20W | 1500 | Ingrid Deane | 5:10.66 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U15W | 1500 | Francesca Smith | 5:15.1 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U15W | 1500 | Smith | 5:23.30 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U15W | 1500 | Avril Loynes | 5:17.1 | 16-May-10 | NYAL Round 2 | Eltham |
| U15W | 1500 | Loynes | 5:31.63 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 1500 | Becky Stanley | 5:19.9 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U17W | 1500 | Stanley | 5:19.98 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U17W | 1500 | Bethaney Hall | 5:21.4 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U17W | 1500 | Hall | 5:29.26 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| SW | 1500 | Jade Edwards | 5:25.4 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U20W | 1500 | Gemma Phillips | 5:25.6 | 4-Sep-10 | SWL Rd 5 | Winchester |
| SW | 1500 | Vicky Smith | 5:26.6 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| SW | 1500 | Helen Biscoe | 5:29.9 | 26-Jun-10 | SWL Round 3 | Luton |
| SW | 1500 | Biscoe | 5:36.06 | 22-May-10 | SWL Round 2 | Milton Keynes |
| U15W | 1500 | Isabella Woods | 5:30.7 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U15W | 1500 | Woods | 6:17.50 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U13W | 1500 | Abigail Spink | 5:40.0 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U15W | 1500 | Lindsey McLachlan | 5:40.14 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U17W | 1500 | Patsy McWeeney | 5:43.16 | 2-Jun-10 | Watford Open | Watford |
| U15W | 1500 | Lindsey Wiggins | 5:52.7 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U15W | 1500 | Wiggins | 6:21.14 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U17W | 1500 | Shannon Sullivan | 5:56.46 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U13W | 1500 | Amy Baggs | 5:56.6 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U17W | 1500 | Grace Balmford | 5:59.8 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U13W | 1500 | Gemma Archer-Haley | 6:01.3 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U13W | 1500 | Emily Bunton | 6:08.8 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | 1500 | Megan Ruffle | 6:25.7 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| SW | 3000 | Faye Fullerton | 9:12.42 | 23-May-10 | Loughborough International | Loughborough |
| SW | 3000 | Lauren Deadman | 9:23.85 | 2-Jun-10 | Watford Open | Watford |
| SW | 3000 | Alexa Joel | 9:39.95 | 23-May-10 | Loughborough International | Loughborough |
| SW | 3000 | Sara Luck | 10:04.9 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| SW | 3000 | Robyn Matson | 10:33.6 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | 3000 | Ingrid Deane | 10:44.5 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U20W | 3000 | Deane | 10:46.16 | 16-May-10 | Essex Champs day 5 | Woodford |
| SW | 3000 | Megan Foley | 11:08.2 | 24-Apr-10 | SWL Round 1 | Epsom & Ewell |
| U17W | 3000 | Becky Stanley | 11:24.68 | 1-Aug-10 | N YAL Southern Final | Hendon |
| SW | 3000 | Vicky Smith | 11:27.2 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U17W | 3000 | Rachel Sadler | 12:29.7 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U20W | 3000 | Gemma Phillips | 12:32.16 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U17W | 3000 | Patsy McWeeney | 12:44.52 | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| U17W | 3000 | Shannon Sullivan | 14:33.9 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U20W | 3000 | Hannah McWeeney | 16:48.10 | 22-May-10 | SWL Round 2 | Milton Keynes |
| SW | 5000 | Lauren Deadman | 16:08.45 | 12-Jun-10 | BMC Grand Prix | Watford |
| SW | 5000 | Alexa Joel | 16:15.58 | 12-Jun-10 | BMC Grand Prix | Watford |
| SW | 5000 | Robyn Matson | 18:16.36 | 12-Jun-10 | BMC Grand Prix | Watford |
| U17W | 60HU17W | Holly Thomas | 8.80i | 13-Mar-10 | Indoor Inter Counties | Lee Valley |
| U17W | 60HU17W | Rylie Trott | 9.71i | 30-Jan-10 | London Indoor Games | Lee Valley |
| U17W | 60HU17W | Deborah Knight | 10.21i | 7-Feb-10 | Essex Indoor Champs | Lee Valley |
| U20W | 60HW | Nicola Hill | 9.28i | 16-Jan-10 | SEAA Indoor Champs | Lee Valley |
| SW | 60HW | Chloe Van Wulven | 9.54i | 30-Jan-10 | London Indoor Games | Lee Valley |
| U20W | 60HW | Angela James | 9.70i | 16-Jan-10 | SEAA Indoor Champs | Lee Valley |

HMAC Female Summer 2010 rankings as at 03/10/2010

| Age Group | Event | Name | Performance | Date | Meeting | Venue |
|-----------|---------|--------------------|-------------|-----------|---------------------------|-----------------|
| U13W | 70HU13G | Heidi Surman-Wells | 12.2 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 70HU13G | Surman-Wells | 12.31 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | 70HU13G | Michelle Hughes | 13.2 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | 70HU13G | Sophia Sharpe | 14.6 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U13W | 70HU13G | Freya Gutteridge | 15.6 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U13W | 70HU13G | F.Gutteridge | 16.02 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U15W | 75HU15G | Bethany Chambers | 14.3 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | 75HU15G | Chambers | 15.00 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U15W | 75HU15G | Jess Fazakerly | 14.78w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | 75HU15G | Nicole Blunt | 14.9 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U15W | 75HU15G | Blunt | 15.07w | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | 75HU15G | Blunt | 15.30 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U15W | 75HU15G | Debrah Oyekan | 15.7 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | 75HU15G | Avril Loynes | 18.3 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U15W | 75HU15G | Loynes | 19.61 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | 80HU17W | Holly Thomas | 11.34w | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U17W | 80HU17W | Thomas | 11.58 | 30-May-10 | SEAA U15 & U17 Champs | Ashford |
| U17W | 80HU17W | Rylie Trott | 12.40w | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U17W | 80HU17W | Trott | 13.0 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U17W | 80HU17W | Nicola Peachey | 12.51w | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| U17W | 80HU17W | Peachey | 12.7 | 16-May-10 | NYAL Round 2 | Eltham |
| U17W | 80HU17W | Deborah Knight | 12.9 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U17W | 80HU17W | Knight | 13.87w | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| U17W | 80HU17W | Knight | 14.50 | 1-Aug-10 | N YAL Southern Final | Hendon |
| SW | 100HW | Chloe Van Wulven | 14.9 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| SW | 100HW | Van Wulven | 15.20w | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| SW | 100HW | Van Wulven | 15.37 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| SW | 100HW | Claire Brennan | 15.49w | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| SW | 100HW | Brennan | 15.59 | 22-May-10 | SWL Round 2 | Milton Keynes |
| SW | 100HW | Kate Cowley | 16.7 | 26-Jun-10 | SWL Round 3 | Luton |
| U20W | 100HW | Felicity Clarke | 16.94 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U17W | 100HW | Nicola Peachey | 17.04 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U20W | 100HW | Angela James | 20.24w | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| SW | 200HW | Claire Brennan | 31.3 | 16-Jul-10 | Dartford Open | Dartford |
| U17W | 300HW | Nicola Peachey | 47.45 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| SW | 300HW | Claire Brennan | 47.6 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 300HW | Felicity Clarke | 47.7 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| SW | 300HW | Chloe van Wulven | 48.1 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | 300HW | Jessica Seekings | 50.2 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U17W | 300HW | Seekings | 50.43 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| U17W | 300HW | Deborah Knight | 52.0 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U20W | 400HW | Nicola Hill | 62.7 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U20W | 400HW | Hill | 64.05 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | 400HW | Felicity Clarke | 63.66 | 10-Jul-10 | ESAA Champs | Birmingham |
| SW | 400HW | Claire Brennan | 66.25 | 11-Sep-10 | Eastern Inter Counties | Chelmsford |
| SW | 400HW | Laura Bealey | 66.30 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | 400HW | Nicola Peachey | 69.90 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| SW | 400HW | Chloe Van Wulven | 70.1 | 24-Apr-10 | SWL Round 1 | Epsom & Ewell |
| SW | 2000SC | Sara Luck | 6:48.20 | 12-Jun-10 | SEAA Senior Champs | Crystal Palace |
| SW | 2000SC | Laura Bealey | 8:44.85 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| SW | 3000SC | Sara Luck | 10:48.55 | 27-Jun-10 | European Trials & UK Chan | Birmingham |
| SW | HJ | Bethan Siddons | 1.63 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| SW | HJ | Kate Cowley | 1.60 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| SW | HJ | Chloe van Wulven | 1.60 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U20W | HJ | Ellie Watson | 1.48 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U17W | HJ | Nicola Peachey | 1.40 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U17W | HJ | Becky Lawrence | 1.40 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | HJ | Tomí Akingbade | 1.40 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U13W | HJ | Chenice Constable | 1.39 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U15W | HJ | Bethany Chambers | 1.36 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| U20W | HJ | Felicity Clarke | 1.35 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U17W | HJ | Jessica Seekings | 1.35 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | HJ | Sarah Wilson | 1.30 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | HJ | Michelle Hughes | 1.25 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U17W | HJ | Sophie Reynolds | 1.25 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U15W | HJ | Hannah Bloy | 1.23 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | HJ | Sidnie Phillips | 1.20 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | HJ | Modupe Shokunbi | 1.20 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U13W | HJ | Tolu Akingbade | 1.15 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U15W | HJ | Debrah Oyekan | 1.15 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U15W | HJ | Jess Fazakerly | 1.10 | 6-Jun-10 | EYAL Round 2 | Luton |
| U13W | HJ | Freya Gutteridge | 1.05 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | HJ | Amy Baggs | 1.05 | 20-Jun-10 | NYAL Rd 3 | Battersea |

HMAC Female Summer 2010 rankings as at 03/10/2010

| Age Group | Event | Name | Performance | Date | Meeting | Venue |
|-----------|-------|--------------------|-------------|-----------|------------------------------|-----------------|
| SW | LJ | Lucy Sargent | 5.66i | 30-Jan-10 | London Indoor Games | Lee Valley |
| SW | LJ | Kate Cowley | 5.53 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| U17W | LJ | Holly Thomas | 5.14 | 16-May-10 | NYAL Round 2 | Eltham |
| SW | LJ | Zoe Young | 4.93 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| SW | LJ | Hannah Connor | 4.91 | 17-Jul-10 | London Inter Clubs Challenge | Lee Valley |
| U15W | LJ | Bethany Chambers | 4.88 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | LJ | Nicola Peachey | 4.82 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U20W | LJ | Esther Tele | 4.81 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U13W | LJ | Chenice Constable | 4.59 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U20W | LJ | Ellie Watson | 4.54 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U15W | LJ | Avril Loynes | 4.42 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U20W | LJ | Angela James | 4.27 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U15W | LJ | Tayla Humm | 4.27 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U20W | LJ | Felicity Clarke | 4.12 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U17W | LJ | Rylie Trott | 4.11 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U17W | LJ | Moli Geng | 4.10 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | LJ | Heidi Surman-Wells | 3.90 | 6-Jun-10 | EYAL Round 2 | Luton |
| U20W | LJ | Lucy Arnold | 3.82 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U15W | LJ | Hannah Bloy | 3.63 | 19-May-10 | Essex Schools CE | Chelmsford |
| U13W | LJ | Sophia Sharpe | 3.53 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U15W | LJ | Jess Fazakerly | 3.51 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | LJ | Sidnie Phillips | 3.41 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U13W | LJ | Freya Gutteridge | 3.37 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U15W | LJ | Debrah Oyekan | 3.24 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U15W | LJ | Nicole Blunt | 3.23 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | LJ | Tito Olawole | 3.17 | 6-Jun-10 | EYAL Round 2 | Luton |
| U17W | LJ | Lucy Allen | 3.15 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | LJ | Gemma Archer-Haley | 3.13 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | LJ | Emma Whitby | 3.10 | 2-May-10 | NYAL Round 1 | Lee Valley |
| U15W | LJ | Roseanne Traylen | 2.98 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | LJ | Lucy Allen | 2.90 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U13W | LJ | Kiera Law | 2.69 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| SW | TJ | Kate Cowley | 10.85 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U15W | TJ | Bethany Chambers | 10.74 | 30-Aug-10 | Southend Open | Southend |
| SW | TJ | Bethan Siddons | 9.81 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U20W | TJ | Angela James | 9.59 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| U20W | TJ | Chloe van Wulven | 9.41 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U20W | TJ | Ellie Watson | 9.28w | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| U20W | TJ | Watson | 9.24 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| SW | TJ | Hannah Connor | 8.70 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| U17W | TJ | Rylie Trott | 8.61 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U20W | TJ | Lydia St Ange | 8.50 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U17W | TJ | Becky Stanley | 8.42 | 15-Aug-10 | EYAL Round 5 | Colchester |
| U17W | TJ | Shannon Sullivan | 8.26w | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| U17W | TJ | Shannon Sullivan | 8.16 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U17W | TJ | Moli Geng | 8.08 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| SW | PV | Karen Baldwin | 2.80 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| SW | PV | Kate Cowley | 2.80 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| SW | PV | Leanne Blayney | 2.70 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| SW | PV | Danielle Ross | 2.50 | 28-Mar-10 | HMAC Spring Open #1 | Hornchurch |
| U15W | PV | Mercy Gutteridge | 2.30 | 18-Jul-10 | NYAL Round 4 | St Albans |
| SW | PV | Hannah Connor | 2.10 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| SW | PV | Claire Brennan | 2.00 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U17W | PV | Becky Lawrence | 1.90 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U15W | DTW | Georgie Taylor | 32.93 | 12-Jun-10 | Essex Schools Champs | Chelmsford |
| U17W | DTW | Sophie Baggs | 32.56 | 17-Jul-10 | Eastern Champs | Cambridge |
| U20W | DTW | Katherine Knight | 30.00 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U15W | DTW | Rachel Forder | 28.63 | 16-May-10 | NYAL Round 2 | Eltham |
| SW | DTW | Sarah Deacon | 28.16 | 26-Jun-10 | SWL Round 3 | Luton |
| U20W | DTW | Samantha Hill | 26.95 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U17W | DTW | Erin Baggs | 26.38 | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| U17W | DTW | Laura Drew | 24.57 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| SW | DTW | Nina Brennan | 24.06 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| SW | DTW | Claire Brennan | 22.36 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U17W | DTW | Deborah Knight | 20.76 | 23-May-10 | NJAL Thames Round 2 | Ware |
| SW | DTW | Helen Biscoe | 19.33 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U17W | DTW | Holly Thomas | 18.68 | 29-Aug-10 | NJAL Southern Promotion | Hendon |
| U17W | DTW | Patsy McWeeney | 15.73 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | DTW | Avril Loynes | 15.37 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | DTW | Shannon Sullivan | 15.32 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U17W | DTW | Jessica Seekings | 13.18 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U20W | DTW | Rachel Kerr | 13.15 | 25-Jul-10 | NJAL Thames Round 4 | Cambridge |
| SW | DTW | Laura Bealey | 13.08 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| U20W | DTW | Felicity Clarke | 12.27 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |

HMAC Female Summer 2010 rankings as at 03/10/2010

| Age Group | Event | Name | Performance | Date | Meeting | Venue |
|-----------|----------|---------------------------|-------------|-----------|----------------------|-----------------|
| U20W | DTW | Amy Cox | 12.10 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U13W | DTU13W | Michelle Hughes | 22.23 | 30-Aug-10 | Southend Open | Southend |
| U13W | DTU13W | Kiera Law | 18.44 | 19-Sep-10 | Watford Open | Watford |
| U13W | DTU13W | Amy Baggs | 17.74 | 11-Jun-10 | Dartford Open | Dartford |
| U13W | DTU13W | Emma Whitby | 12.20 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U20W | JTW | Kike Oniwinde | 46.61 | 11-Sep-10 | JavFest 8 | Lee Valley |
| U17W | JTW | Deborah Knight | 34.15 | 18-Jul-10 | NYAL Round 4 | St Albans |
| SW | JTW | Kate Cowley | 31.30 | 4-Sep-10 | SWL Rd 5 | Winchester |
| SW | JTW | Zoe Young | 30.02 | 17-Apr-10 | Alpha Trophy | Lee Valley |
| U17W | JTW | Holly Thomas | 26.67 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U15W | JTW | Georgie Taylor | 26.52 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | JTW | Patsy McWeeney | 26.01 | 3-May-10 | Essex Champs Day 1 | Thurrock |
| SW | JTW | Sarah Deacon | 23.60 | 26-Jun-10 | SWL Round 3 | Luton |
| U15W | JTW | Rachel Forder | 22.56 | 16-May-10 | NYAL Round 2 | Eltham |
| U20W | JTW | Samantha Hill | 20.46 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| SW | JTW | Claire Brennan | 20.38 | 7-Aug-10 | SWL Rd 4 | Mayesbrook |
| U17W | JTW | Laura Drew | 18.51 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| SW | JTW | Hannah Connor | 13.76 | 24-Apr-10 | SWL Round 1 | Epsom & Ewell |
| U20W | JTW | Katherine Knight | 10.79 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U15W | JTW | Debrah Oyekan | 9.15 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U20W | JTW | Felicity Clarke | 9.07 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| U15W | JTW | Tito Olawole | 7.32 | 6-Jun-10 | EYAL Round 2 | Luton |
| SW | HTW | Sarah Deacon | 39.49 | 26-Jun-10 | SWL Round 3 | Luton |
| U20W | HTW | Amy Cox | 29.48 | 23-May-10 | NJAL Thames Round 2 | Ware |
| U20W | HTW | Katherine Knight | 27.56 | 4-Jul-10 | UKWAL Div 2 Round 2 | Stevenage |
| U17W | HTW | Laura Drew | 21.70 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| SW | HTW | Hannah Connor | 21.64 | 6-Jun-10 | UKWAL Div 2 Round 1 | Wakefield |
| SW | HTW | Nina Brennan | 17.82 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| U17W | HTW | Henrietta (Annie) Adewole | 15.90 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U17W | HTW | Patsy McWeeney | 9.70 | 20-Jun-10 | NYAL Rd 3 | Battersea |
| U20W | HTW | Samantha Hill | 7.55 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U15W | HTU15W | Georgie Taylor | 26.11 | 26-Sep-10 | Biggleswade Open | Sandy |
| SW | SPW | Kate Cowley | 10.43 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U20W | SPW | Kike Oniwinde | 10.21 | 24-Apr-10 | SWL Round 1 | Epsom & Ewell |
| SW | SPW | Zoe Young | 9.96 | 4-Sep-10 | SWL Rd 5 | Winchester |
| U17W | SPW | Henrietta (Annie) Adewole | 9.26 | 9-May-10 | Essex Champs Day 3 | Chelmsford |
| U20W | SPW | Samantha Hill | 8.63 | 25-Apr-10 | NJAL Thames Round1 | Braintree |
| U20W | SPW | Katherine Knight | 8.20 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| SW | SPW | Claire Brennan | 8.05 | 1-Aug-10 | UKWAL Div 2 Round 3 | Coventry |
| U20W | SPW | Nicola Hill | 8.04 | 23-May-10 | NJAL Thames Round 2 | Ware |
| SW | SPW | Sarah Deacon | 7.67 | 22-May-10 | SWL Round 2 | Milton Keynes |
| SW | SPW | Nina Brennan | 7.48 | 24-Apr-10 | SWL Round 1 | Epsom & Ewell |
| U17W | SPW | Sophie Baggs | 7.46 | 18-Jul-10 | NYAL Round 4 | St Albans |
| U17W | SPW | Erin Baggs | 6.72 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | SPW | Laura Drew | 6.45 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | SPW | Moli Geng | 6.15 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | SPW | Kelly Reynolds | 4.72 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U17W | SPW | Becky Lawrence | 6.08 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U17W | SPW | Jessica Seekings | 5.90 | 6-Jun-10 | EYAL Round 2 | Luton |
| U17W | SPW | Becky Lawrence | 5.75 | 16-May-10 | NYAL Round 2 | Eltham |
| U20W | SPW | Amy Cox | 5.66 | 27-Jun-10 | NJAL Thames Round 3 | Bedford |
| U17W | SPW | Kelly Reynolds | 5.50 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U17W | SPW | Rylie Trott | 4.52 | 25-Apr-10 | EYAL Round 1 | Bury St Edmunds |
| U17W | SPU15W | Deborah Knight | 10.17 | 3-Jul-10 | ESAA Cup Final | Gateshead |
| U15W | SPU15W | Rachel Forder | 9.12 | 11-Apr-10 | HMAC Spring Open #2 | Mayesbrook |
| U15W | SPU15W | Georgie Taylor | 9.12 | 8-May-10 | Essex Champs Day 2 | Chelmsford |
| U15W | SPU15W | Hannah Bloy | 6.90 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | SPU15W | Bethany Chambers | 6.88 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | SPU15W | Avril Loynes | 6.01 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U15W | SPU15W | Rachel Charlton | 5.86 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | SPU13W | Michelle Hughes | 6.87 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | SPU13W | Emma Whitby | 6.44 | 30-Aug-10 | Colchester Open | Colchester |
| U13W | SPU13W | Amy Baggs | 6.04 | 11-Jul-10 | EYAL Rd 4 | Braintree |
| U13W | SPU13W | Freya Gutteridge | 5.27 | 1-Aug-10 | N YAL Southern Final | Hendon |
| U13W | SPU13W | Kiera Law | 4.67 | 12-Sep-10 | EYAL Top 6 Final | Stevenage |
| U13W | SPU13W | Gemma Archer-Haley | 4.19 | 27-Jun-10 | EYAL Rd 3 | St Albans |
| U15W | PentU15G | Bethany Chambers | 2050 | 19-May-10 | Essex Schools CE | Chelmsford |
| U15W | PentU15G | Hannah Bloy | 1626 | 19-May-10 | Essex Schools CE | Chelmsford |