

HMAC Female Summer 2011 Rankings as at 30/09/2011

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	60	Nicola Hill	8.04i		13-Mar-11	Essex Indoor Champs	Lee Valley
U13W	75	Modupe Shokunbi	10.4	AT U13 =4th	8-May-11	NYAL Southern Premier Rc	Lee Valley
U13W	75	Shokunbi	10.59		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U13W	75	Tolu Akingbade	10.94w		22-May-11	NYAL Southern Premier Rc	Woodford
U13W	75	Akingbade	11.10		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U13W	75	Freya Gutteridge	12.5		19-Jun-11	NYAL Southern Premier Rc	St Albans
U13W	75	Lily-May Hill	13.18		15-May-11	Essex Champs Day 3	Chelmsford
SW	100	Nicola Hill	12.73		7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
U15W	100	Tayla Humm	13.11		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
SW	100	Kate Cowley	13.2		30-Apr-11	Southern Athletic Lge Rd 1	Eltham
U15W	100	Tomi Akingbade	13.2		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	100	Akingbade	13.43		11-Jun-11	Essex Schools Champs	Chelmsford
U13W	100	Modupe Shokunbi	13.2	AT U13 4th	24-Jul-11	Eastern YAL Rd 4	Stevenage
SW	100	Zoe Young	13.2		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SM	100	Young	13.21		4-Sep-11	Eastern Inter Counties	Battersea
U17W	100	Deborah Knight	13.4		1-May-11	National Junior Lge Rd 1	Ware
U15W	100	Aisha Kamara	13.7		14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	100	Michelle Hughes	13.79		23-Apr-11	Chelmsford Open	Chelmsford
U17W	100	Bethany Chambers	13.8		29-May-11	National Junior Lge Rd 2	Watford
U15W	100	Chenice Constable	13.8		3-Jul-11	London Youth Games	Crystal Palace
U15W	100	Constable	14.11w		22-May-11	NYAL Southern Premier Rc	Woodford
U15W	100	Emma Whitby	13.8		6-Jul-11	Havering Schools Champs	Hornchurch
U15W	100	Whitby	14.19		14-May-11	Essex Champs Day 2	Chelmsford
U20W	100	Esther Tele	13.94w		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U20W	100	Tele	14.0		29-May-11	National Junior Lge Rd 2	Watford
U13W	100	Tolu Akingbade	14.1		6-Jul-11	Havering Schools Champs	Hornchurch
SW	100	Hannah Connor	14.15		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U15W	100	Mercy Gutteridge	14.3		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	100	Louise Lear	14.4		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	100	Phoebe Maloney	14.6		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	100	Charlotte Welch	14.6		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	100	Annie Maguire	14.7		2-Apr-11	HMAC Spring Open	Hornchurch
U17W	100	Becky Stanley	14.7		8-May-11	NYAL Southern Premier Rc	Lee Valley
U13W	100	Katie Dawson	14.7		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	100	Holly Nash	15.0		24-Jul-11	Eastern YAL Rd 4	Stevenage
U20W	100	Ellie Watson	15.1		1-May-11	National Junior Lge Rd 1	Ware
U15W	100	Megan Poultney	15.1		1-May-11	Eastern YAL Rd 1	Cambridge
SW	100	Melissa Felton	15.2		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U13W	100	Sophia Sharpe	15.3		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	100	Sharpe	15.48		9-Apr-11	Lee Valley Open	Lee Valley
U17W	100	Rowan Walsh	15.78w		22-May-11	NYAL Southern Premier Rc	Woodford
U15W	100	Walsh	16.2		11-Sep-11	Eastern YAL Final	Chelmsford
U17W	100	Avril Loynes	15.8		1-May-11	Eastern YAL Rd 1	Cambridge
U13W	100	Maisy Shead	15.9		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	100	Lily-May Hill	16.6		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	100	Sidnie Phillips	16.7		12-Jun-11	Eastern YAL Rd 2	Watford
U11W	100	Mayi Hughes	16.8		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	100	Emily Marshall	17.5		1-May-11	Eastern YAL Rd 1	Cambridge
U13W	150	Modupe Shokunbi	21.24		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U13W	150	Tolu Akingbade	21.82		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U13W	150	Annie Maguire	22.4		19-Jun-11	NYAL Southern Premier Rc	St Albans
U13W	150	Sophia Sharpe	23.6		19-Jun-11	NYAL Southern Premier Rc	St Albans
U13W	150	Lily-May Hill	26.00		2-May-11	Essex Champs Day 1	Basildon
SW	200	Nicola Hill	25.70	AT SW =17th	7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
U20W	200	Felicity Clarke	26.6		30-Apr-11	Southern Athletic Lge Rd 1	Eltham
SW	200	Chloe Van Wulven	26.78		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U17W	200	Deborah Knight	27.14		2-May-11	Essex Champs Day 1	Basildon
U15W	200	Michelle Hughes	27.2w		9-Jul-11	ESAA Cup Final	Abingdon
U15W	200	Hughes	28.0		19-Jun-11	NYAL Southern Premier Rc	St Albans
U15W	200	Hughes	28.09		23-Apr-11	Chelmsford Open	Chelmsford
SW	200	Kate Cowley	27.24		16-Apr-11	Alpha Trophy	Lee Valley
SW	200	Claire Brennan	27.3		30-Jul-11	Southern Athletic Lge Rd 4	Andover
SW	200	Brennan	27.45		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U15W	200	Tomi Akingbade	27.4		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	200	Akingbade	28.05		22-May-11	NYAL Southern Premier Rc	Woodford
U13W	200	Modupe Shokunbi	27.4		24-Jul-11	Eastern YAL Rd 4	Stevenage
U15W	200	Ashleigh Lewis-Shodeine	28.0		11-Sep-11	Eastern YAL Final	Chelmsford
U17W	200	Becky Stanley	28.3		11-Sep-11	Eastern YAL Final	Chelmsford
U17W	200	Bethany Chambers	28.58w		22-May-11	NYAL Southern Premier Rc	Woodford
U17W	200	Chambers	29.02		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U20W	200	Esther Tele	28.65w		4-Jun-11	UKWAL Div 2 Rd 1	Hendon

HMAC Female Summer 2011 Rankings as at 30/09/2011

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20W	200	Tele	30.2		29-May-11	National Junior Lge Rd 2	Watford
U15W	200	Aisha Kamara	28.8		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	200	Chenice Constable	28.99w		16-Apr-11	Alpha Trophy	Lee Valley
U15W	200	Constable	29.1		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	200	Jade Levin	29.3		14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	200	Abigail Spink	29.4		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	200	Annie Maguire	29.5		6-Jul-11	Havering Schools Champs	Hornchurch
U13W	200	Maguire	30.07		11-Jun-11	Essex Schools Champs	Chelmsford
U13W	200	Katie Dawson	29.6		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	200	Tolu Akingbade	29.8		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	200	Heidi Surman-Wells	29.9		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	200	Phoebe Maloney	30.0		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	200	Charlotte Welch	30.9		12-Jun-11	Eastern YAL Rd 2	Watford
U20W	200	Ellie Watson	30.9		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U13W	200	Sophia Sharpe	31.2		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	200	Sharpe	32.13		9-Apr-11	Lee Valley Open	Lee Valley
U17W	200	Avril Loynes	31.5		19-Jun-11	NYAL Southern Premier Rc	St Albans
U15W	200	Sophie Blow	31.9		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	200	Holly Nash	31.9		24-Jul-11	Eastern YAL Rd 4	Stevenage
SW	200	Melissa Felton	31.9		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	200	Ellie Hopley	32.5		30-Apr-11	Southern Athletic Lge Rd 1	Eltham
U13W	200	Lauren Earle	33.3		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	200	Maisy Shead	34.2		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	200	Sidnie Phillips	34.23		22-May-11	NYAL Southern Premier Rc	Woodford
U20W	200	Katherine Knight	34.3		1-May-11	National Junior Lge Rd 1	Ware
U20W	200	Knight	34.63		24-Jul-11	National Junior Lge Rd 4	Peterborough
U13W	200	Lily-May Hill	36.7		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	300	Michelle Hughes	44.2	AT U15G 5th	12-Jun-11	Eastern YAL Rd 2	Watford
U17W	300	Becky Stanley	44.2		12-Jun-11	Eastern YAL Rd 2	Watford
U17W	300	Stanley	45.44		22-May-11	NYAL Southern Premier Rc	Woodford
U15W	300	Jade Levin	46.3		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	300	Georgie Taylor	47.8		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	300	Aisha Kamara	47.9		14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	300	Mercy Gutteridge	48.8		11-Sep-11	Eastern YAL Final	Chelmsford
U17W	300	Isabella Woods	49.4		19-Jun-11	NYAL Southern Premier Rc	St Albans
U17W	300	Lindsay McLachlan	50.3		8-May-11	NYAL Southern Premier Rc	Lee Valley
U17W	300	Avril Loynes	50.0		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	300	Loynes	52.00		5-Jun-11	NYAL Southern Premier Rc	Tonbridge
U15W	300	Robbie Nunn	53.2		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	300	Zoe Rudgley	59.7		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	300	Sidnie Phillips	60.0		24-Jul-11	Eastern YAL Rd 4	Stevenage
U15W	300	Ella-Rose Rudgley	63.2		1-May-11	Eastern YAL Rd 1	Cambridge
SW	400	Nicola Hill	58.66		8-Apr-11	Mesa Classic	Mesa, AZ, USA
SW	400	Faye Fullerton	61.13		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
SW	400	Lauren Clark	61.9		30-Jul-11	Southern Athletic Lge Rd 4	Andover
SW	400	Claire Brennan	63.59		30-Aug-11	Woodford Open	Woodford
U17W	400	Becky Stanley	64.8		29-May-11	National Junior Lge Rd 2	Watford
SW	400	Vicky Smith	65.4		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	400	Nina Brennan	70.71		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U20W	400	Sophie Baggs	72.2		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	600	Gemma Archer-Haley	1:56.74		11-Jun-11	Essex Schools Champs	Chelmsford
U13W	600	Amy Baggs	2:01.93		11-Jun-11	Essex Schools Champs	Chelmsford
SW	800	Lauren Deadman	2:11.41		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
SW	800	Faye Fullerton	2:12.67		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U15W	800	Lydia Hallam	2:13.57	AT U15G 5th	2-Jul-11	English Schools Champs	Gateshead
U15W	800	Heidi Surman-Wells	2:23.0		19-Jun-11	NYAL Southern Premier Rc	St Albans
U15W	800	Surman-Wells	2:27.59		15-May-11	Essex Champs Day 3	Chelmsford
SW	800	Vicky Smith	2:23.25		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U15W	800	Sarah Wilson	2:24.1		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	800	Wilson	2:27.75		15-May-11	Essex Champs Day 3	Chelmsford
SW	800	Lauren Clark	2:25.5		9-Jul-11	Southern Athletic Lge Rd 3	Croydon
SW	800	Clark	2:31.89		7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
U17W	800	Becky Stanley	2:25.7		19-Jun-11	NYAL Southern Premier Rc	St Albans
U17W	800	Stanley	2:39.29		22-May-11	NYAL Southern Premier Rc	Woodford
U17W	800	Lindsay McLachlan	2:30.9		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	800	Isabella Woods	2:32.3		19-Jun-11	NYAL Southern Premier Rc	St Albans
U15W	800	Abigail Spink	2:32.9		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	800	Spink	2:34.22		22-May-11	NYAL Southern Premier Rc	Woodford
U20W	800	Gemma Phillips	2:33.4		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U15W	800	Rebecca Ward	2:36.8		3-Jul-11	Eastern YAL Rd 3	St Albans

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13W	800	Amy Baggs	2:41.8		8-May-11	NYAL Southern Premier R	Lee Valley
U13W	800	Baggs	2:44.70		5-Jun-11	NYAL Southern Premier R	Tonbridge
U15W	800	Louise Lear	2:42.5		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	800	Jessica Ward	2:42.7		19-Jun-11	NYAL Southern Premier R	St Albans
U13W	800	Emily Marshall	2:43.5		3-Jul-11	Eastern YAL Rd 3	St Albans
SW	800	Claire Brennan	2:44.98		25-Sep-11	Eastern AA Pentathlon	Peterborough
U13W	800	Gemma Archer-Haley	2:45.0		13-Jul-11	Watford Open	Watford
U15W	800	Michelle Hughes	2:46.58		2-May-11	Essex Champs Day 1	Basildon
U15W	800	Georgie Taylor	2:51.0		6-Jul-11	Havering Schools Champs	Hornchurch
U15W	800	Robbie Nunn	2:51.1		1-May-11	Eastern YAL Rd 1	Cambridge
U15W	800	Nunn	2:51.29		16-Apr-11	Alpha Trophy	Lee Valley
SW	800	Ellie Hopley	2:54.2		30-Apr-11	Southern Athletic Lge Rd 1	Eltham
U20W	800	Patsy McWeeney	2:54.8		1-May-11	National Junior Lge Rd 1	Ware
U15W	800	Zoe Rudgley	2:57.94		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	800	Megan Ruffell	2:59.9		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	800	Zoe Maba	3:03.7		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	800	Lily-May Hill	3:05.0		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	800	Hill	3:11.66		5-Jun-11	NYAL Southern Premier R	Tonbridge
U11W	800	Mayi Hughes	3:06.6		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	800	Emily McAllister	3:09.7		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	800	Grace Rovira	3:12.3		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	800	Rovira	3:14.92		16-Apr-11	Alpha Trophy	Lee Valley
U13W	800	Ellie May Bristow	3:16.5		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	800	Bethan White	3:24.44		22-May-11	NYAL Southern Premier R	Woodford
U15W	800	Ella-Rose Rudgley	3:35.2		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	1200	Amy Baggs	4:26.29		2-May-11	Essex Champs Day 1	Basildon
U13W	1200	Gemma Archer-Haley	4:28.29		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	1200	Emily Marshall	4:30.6		19-Jun-11	NYAL Southern Premier R	St Albans
U13W	1200	Jessica Ward	4:31.40		22-May-11	NYAL Southern Premier R	Woodford
U13W	1200	Kate Hazell	5:37.94		5-Jun-11	NYAL Southern Premier R	Tonbridge
SW	1500	Faye Fullerton	4:20.88		10-Aug-11	BMC Gold Standard	Watford
SW	1500	Lauren Deadman	4:22.29	AT SW 8th	10-Aug-11	BMC Gold Standard	Watford
SW	1500	Harriet Scott	4:29.21		14-May-11	Essex Champs Day 2	Chelmsford
U15W	1500	Lydia Hallam	4:39.84mx	AT U15G 6th	27-Jul-11	Watford Open	Watford
U15W	1500	Hallam	4:49.33		11-Jun-11	Essex Schools Champs	Chelmsford
SW	1500	Vicky Smith	4:58.96		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U15W	1500	Sarah Wilson	5:00.90		11-Jun-11	Essex Schools Champs	Chelmsford
SW	1500	Ingrid Deane	5:01.34		14-May-11	Essex Champs Day 2	Chelmsford
SW	1500	Robyn Matson	5:06.69		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
SW	1500	Hayley Stibbs	5:15.3		30-Apr-11	Southern Athletic Lge Rd 1	Eltham
SW	1500	Stibbs	5:21.25		16-Apr-11	Alpha Trophy	Lee Valley
U17W	1500	Isabella Woods	5:12.07		11-Jun-11	Essex Schools Champs	Chelmsford
U17W	1500	Lindsay McLachlan	5:17.48		11-Jun-11	Essex Schools Champs	Chelmsford
U17W	1500	Becky Stanley	5:20.6		21-May-11	Southern Athletic Lge Rd 2	Swindon
U20W	1500	Gemma Phillips	5:22.17		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
SW	1500	Vicky Smith	5:28.8		9-Jul-11	Southern Athletic Lge Rd 3	Croydon
U15W	1500	Francesca Smith	5:30.4		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	1500	Smith	5:30.49		22-May-11	NYAL Southern Premier R	Woodford
U13W	1500	Gemma Archer-Haley	5:32.92mx		27-Jul-11	Watford Open	Watford
U13W	1500	Archer-Haley	5:34.4		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	1500	Amy Baggs	5:37.8		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	1500	Jessica Ward	5:42.0		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	1500	Louise Lear	5:46.08		16-Apr-11	Alpha Trophy	Lee Valley
U13W	1500	Emily Marshall	5:53.0		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	1500	Lindsey Wiggins	5:57.4		2-Apr-11	HMAC Spring Open	Hornchurch
U17W	1500	Avril Loynes	5:59.6		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	1500	Zoe Rudgley	6:06.5		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	1500	Megan Ruffell	6:19.5		2-Apr-11	HMAC Spring Open	Hornchurch
SW	3000	Lauren Deadman	9:10.77mx	AT SW 4th	29-Jun-11	Watford Open	Watford
SW	3000	Harriet Scott	9:20.53i		20-Feb-11	BUCS Champs	Sheffield
SW	3000	Faye Fullerton	9:21.11mx		29-Jun-11	Watford Open	Watford
U15W	3000	Lydia Hallam	10:33.93	AT U15G ?1st	14-May-11	Essex Champs Day 2	Chelmsford
SW	3000	Ingrid Deane	10:35.17		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
SW	3000	Vicky Smith	10:39.00		4-Sep-11	Hibberd Trophy	Cambridge
SW	3000	Robyn Matson	10:47.56		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U17W	3000	Isabella Woods	11:19.16mx		24-Aug-11	Watford Open	Watford
U20W	3000	Gemma Phillips	11:19.2		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U20W	3000	Phillips	11:45.42		24-Jul-11	National Junior Lge Rd 4	Peterborough
U17W	3000	Lindsay McLachlan	11:38.42		22-May-11	NYAL Southern Premier R	Woodford
U20W	3000	Patsy McWeeney	12:54.1		1-May-11	National Junior Lge Rd 1	Ware
U17W	3000	Avril Loynes	13:10.9		8-May-11	NYAL Southern Premier R	Lee Valley

HMAC Female Summer 2011 Rankings as at 30/09/2011

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	5000	Lauren Deadman	15:46.34	AT SW 2nd	28-May-11	BMC Grand Prix	Manchester
SW	5000	Faye Fullerton	16:30.19	AT SW 4th	28-May-11	BMC Classic	Manchester
U13W	70HU13W	Annie Maguire	13.3		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	70HU13W	Sophia Sharpe	13.9		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	70HU13W	Sharpe	14.38w		22-May-11	NYAL Southern Premier R	Woodford
U13W	70HU13W	Sharpe	14.65		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	70HU13W	Freya Gutteridge	16.2		8-May-11	NYAL Southern Premier R	Lee Valley
U13W	70HU13W	Kiera Law	16.24w		22-May-11	NYAL Southern Premier R	Woodford
U13W	70HU13W	Law	16.28		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	70HU13W	Emily Marshall	17.0		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	75HU15W	Michelle Hughes	12.36		25-Sep-11	Eastern AA Pentathlon	Peterborough
U15W	75HU15W	Heidi Surman-Wells	12.4		19-Jun-11	NYAL Southern Premier R	St Albans
U15W	75HU15W	Surman-Wells	12.65		14-May-11	Essex Champs Day 2	Chelmsford
U15W	75HU15W	Chenice Constable	14.13w		22-May-11	NYAL Southern Premier R	Woodford
U17W	80HU17W	Rylie Trott	13.24		11-Jun-11	Essex Schools Champs	Chelmsford
SW	100HW	Nicola Hill	14.37w	AT SW - w/a 3rd	11-Aug-11	LEAP	Loughboro
SW	100HW	Hill	14.39	AT SW - 3rd	11-Aug-11	LEAP	Loughboro
SW	100HW	Chloe Van Wulven	14.45w		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
SW	100HW	Van Wulven	14.76		16-Apr-11	Alpha Trophy	Lee Valley
SW	100HW	Kate Cowley	15.13		20-Aug-11	London Inter Club Challeng	Woodford
SW	100HW	Claire Brennan	15.39w		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
SW	100HW	Brennan	16.02		25-Sep-11	Eastern AA Pentathlon	Peterborough
U20W	100HW	Felicity Clarke	17.2		30-Apr-11	Southern Athletic Lge Rd 1	Eitham
U20W	100HW	Ellie Watson	20.8		10-Jul-11	National Junior Lge Rd 3	Luton
U20W	100HW	Watson	20.90		24-Jul-11	National Junior Lge Rd 4	Peterborough
SW	300HW	Claire Brennan	46.4		2-Apr-11	HMAC Spring Open	Hornchurch
SW	400HW	Nicola Hill	61.28		17-Jul-11	England Athletics Champs	Bedford
U20W	400HW	Felicity Clarke	65.57		15-May-11	Essex Champs Day 3	Chelmsford
SW	400HW	Claire Brennan	67.12		16-Apr-11	Alpha Trophy	Lee Valley
SW	400HW	Chloe Van Wulven	69.43		7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
SW	1500SC	Vicky Smith	5:39.4		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	2000SC	Vicky Smith	7:39.8		7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
SW	2000SC	Smith	7:40.69		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
SW	3000SC	Vicky Smith	11:56.77	AT SW - 3rd	17-Jul-11	Southern Inter Counties	Hemel Hempstead
SW	HJ	Kate Cowley	1.70		30-Apr-11	Southern Athletic Lge Rd 1	Eitham
SW	HJ	Bethan Siddons	1.66i	AT SW - 7th	13-Mar-11	Essex Indoor Champs	Lee Valley
SW	HJ	Siddons	1.65		24-Apr-11	Crawley Open	Crawley
SW	HJ	Chloe Van Wulven	1.60		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U15W	HJ	Michelle Hughes	1.53	AT U15W - =10th	14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	HJ	Megan Poultney	1.51		8-May-11	NYAL Southern Premier R	Lee Valley
SW	HJ	Zoe Young	1.50		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	HJ	Claire Brennan	1.50		25-Sep-11	Eastern AA Pentathlon	Peterborough
U20W	HJ	Ellie Watson	1.45		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U15W	HJ	Chenice Constable	1.45		11-Sep-11	Eastern YAL Final	Chelmsford
U17W	HJ	Bethany Chambers	1.40		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	HJ	Modupe Shokunbi	1.40	AT U13W - =5th	12-Jun-11	Eastern YAL Rd 2	Watford
U17W	HJ	Rowan Walsh	1.40		19-Jun-11	NYAL Southern Premier R	St Albans
U15W	HJ	Sarah Wilson	1.35		2-Apr-11	HMAC Spring Open	Hornchurch
U15W	HJ	Chenice Constable	1.35		16-Apr-11	Alpha Trophy	Lee Valley
U13W	HJ	Katie Dawson	1.35	AT U13W - =10th	3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	HJ	Holly Nash	1.35	AT U13W - =10th	24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	HJ	Annie Maguire	1.30		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	HJ	Louise Lear	1.30		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	HJ	Sidnie Phillips	1.25		1-May-11	Eastern YAL Rd 1	Cambridge
U13W	HJ	Amy Baggs	1.20		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	HJ	Charlotte Welch	1.20		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	HJ	Zoe Maba	1.20		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	HJ	Freya Gutteridge	1.15		2-Apr-11	HMAC Spring Open	Hornchurch
SW	LJ	Kate Cowley	5.70w		20-Aug-11	London Inter Club Challeng	Woodford
SW	LJ	Cowley	5.60		20-Aug-11	London Inter Club Challeng	Woodford
U17W	LJ	Bethany Chambers	5.20		11-Sep-11	Eastern YAL Final	Chelmsford
SW	LJ	Zoe Young	5.00		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U15W	LJ	Chenice Constable	4.95		3-Jul-11	London Youth Games	Crystal Palace
SW	LJ	Hannah Connor	4.74		9-Jul-11	Southern Athletic Lge Rd 3	Croydon
U20W	LJ	Esther Tele	4.70		21-May-11	Southern Athletic Lge Rd 2	Swindon
U15W	LJ	Heidi Surman-Wells	4.64		12-Jun-11	Eastern YAL Rd 2	Watford
SW	LJ	Claire Brennan	4.55		25-Sep-11	Eastern AA Pentathlon	Peterborough
U15W	LJ	Mercy Gutteridge	4.40		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	LJ	Annie Maguire	4.39		24-Jul-11	Eastern YAL Rd 4	Stevenage
U20W	LJ	Ellie Watson	4.33		21-May-11	Southern Athletic Lge Rd 2	Swindon
U17W	LJ	Rylie Trott	4.32		1-May-11	Eastern YAL Rd 1	Cambridge

HMAC Female Summer 2011 Rankings as at 30/09/2011

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15W	LJ	Tomi Akingbade	4.29		16-Apr-11	Alpha Trophy	Lee Valley
U15W	LJ	Aisha Kamara	4.29		19-Jun-11	NYAL Southern Premier R	St Albans
U15W	LJ	Michelle Hughes	4.29		25-Sep-11	Eastern AA Pentathlon	Peterborough
U15W	LJ	Megan Poultney	4.22w		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	LJ	Poultney	4.07		5-Jun-11	NYAL Southern Premier R	Tonbridge
U13W	LJ	Charlotte Welch	4.11		12-Jun-11	Eastern YAL Rd 2	Watford
U15W	LJ	Abigail Spink	4.09		12-Jun-11	Eastern YAL Rd 2	Watford
U17W	LJ	Isabella Woods	4.02		14-Aug-11	Eastern YAL Rd 4	Braintree
U15W	LJ	Phoebe Maloney	3.82		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	LJ	Sophia Sharpe	3.82		14-Aug-11	Eastern YAL Rd 5	Braintree
U17W	LJ	Avril Loynes	3.80		19-Jun-11	NYAL Southern Premier R	St Albans
U13W	LJ	Gemma Archer-Haley	3.77		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	LJ	Michelle Hughes	3.74		2-May-11	Essex Champs Day 1	Basildon
U13W	LJ	Tolu Akingbade	3.71		2-Apr-11	HMAC Spring Open	Hornchurch
U17W	LJ	Nina Olatunbosun	3.60		22-May-11	NYAL Southern Premier R	Woodford
U13W	LJ	Katie Dawson	3.58		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	LJ	Becky Stanley	3.54		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	LJ	Modupe Shokunbi	3.47		2-Apr-11	HMAC Spring Open	Hornchurch
U20W	LJ	Gemma Phillips	3.37		24-Jul-11	National Junior Lge Rd 4	Peterborough
U13W	LJ	Emily Marshall	3.34		3-Jul-11	Eastern YAL Rd 3	St Albans
U17W	LJ	Rowan Walsh	3.20		19-Jun-11	NYAL Southern Premier R	St Albans
U15W	LJ	Sidnie Phillips	3.14		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	LJ	Maisy Shead	3.10		1-May-11	Eastern YAL Rd 1	Cambridge
U13W	LJ	Lauren Earle	3.02		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	LJ	Kiera Law	2.92		1-May-11	Eastern YAL Rd 1	Cambridge
U15W	LJ	Grace Rovira	2.75		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	LJ	Lily-May Hill	2.73		2-May-11	Essex Champs Day 1	Basildon
U11W	LJ	Mayi Hughes	2.67		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	LJ	Bethan White	1.52		1-May-11	Eastern YAL Rd 1	Cambridge
SW	TJ	Kate Cowley	11.94	AT SW - 1st	21-May-11	Southern Athletic Lge Rd 2	Swindon
U17W	TJ	Bethany Chambers	10.73w		14-Aug-11	U17 Inter Counties	Kingston
U17W	TJ	Chambers	10.62		11-Jun-11	Essex Schools Champs	Chelmsford
SW	TJ	Bethan Siddons	10.07		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U20W	TJ	Ellie Watson	9.63	AT SW - 17th	14-May-11	Essex Champs Day 2	Chelmsford
SW	TJ	Hannah Connor	8.83		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U17W	TJ	Rylie Trott	8.80		1-May-11	Eastern YAL Rd 1	Cambridge
U17W	TJ	Becky Stanley	8.02		1-May-11	Eastern YAL Rd 1	Cambridge
SW	PV	Kate Cowley	3.63f	AT SW - 1st	25-Sep-11	Jim Day Memorial	Carshalton
SW	PV	Cowley	3.56		3-Sep-11	Julie Rose Games	Ashford
SW	PV	Leanne Butler (was Blaney)	2.80	AT SW =2nd	2-Apr-11	HMAC Spring Open	Hornchurch
U15W	PV	Mercy Gutteridge	2.73f	AT U15W - 1st	25-Sep-11	Jim Day Memorial	Carshalton
U15W	PV	Gutteridge	2.56		11-Sep-11	Eastern YAL Final	Chelmsford
SW	PV	Claire Brennan	2.20	AT SW - 9th	20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	PV	Hannah Connor	2.10		4-Jun-11	UKWAL Div 2 Rd 1	Hendon
SW	PV	Zoe Young	1.10		30-Jul-11	Southern Athletic Lge Rd 4	Andover
SW	SPW	Somma Power	12.00i		2-Jan-11	Meta switch Open	Lee Valley
SW	SPW	Power	11.56		14-May-11	Essex Champs Day 2	Chelmsford
SW	SPW	Kate Cowley	11.27		16-Apr-11	Alpha Trophy	Lee Valley
SW	SPW	Kike Oniwinde	10.46	AT U20W - 5th	16-Apr-11	Alpha Trophy	Lee Valley
U17W	SPW	Deborah Knight	10.02	AT U17W - 6th	3-Jul-11	Eastern YAL Rd 3	St Albans
SW	SPW	Zoe Young	9.32		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	SPW	Nina Brennan	8.35		21-May-11	Southern Athletic Lge Rd 2	Swindon
SW	SPW	Claire Brennan	8.13		25-Sep-11	Eastern AA Pentathlon	Peterborough
U20W	SPW	Katherine Knight	8.08		24-Jul-11	National Junior Lge Rd 4	Peterborough
SW	SPW	Lauren Clark	7.62		3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U17W	SPW	Laura Drew	6.96		2-Apr-11	HMAC Spring Open	Hornchurch
U20W	SPW	Gemma Phillips	6.58		30-Jul-11	Southern Athletic Lge Rd 4	Andover
U17W	SPW	Erin Baggs	6.28		1-May-11	Eastern YAL Rd 1	Cambridge
U20W	SPW	Amy Cox	5.40		10-Jul-11	National Junior Lge Rd 3	Luton
U17W	SPW	Lindsay McLachlan	3.43		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	SPU15W	Rachel Forder	9.98		14-May-11	Essex Champs Day 2	Chelmsford
U15W	SPU15W	Georgie Taylor	9.95		19-Jun-11	NYAL Southern Premier R	St Albans
U15W	SPU15W	Michelle Hughes	7.91		25-Sep-11	Eastern AA Pentathlon	Peterborough
U15W	SPU15W	Ashleigh Lewis-Shodeine	7.09		11-Sep-11	Eastern YAL Final	Chelmsford
U15W	SPU15W	Ella-Rose Rudgley	4.96		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	SPU15W	Emma Whitby	4.46		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	SPU13W	Freya Gutteridge	7.53		19-Jun-11	NYAL Southern Premier R	St Albans
U13W	SPU13W	Tolu Akingbade	6.84		3-Jul-11	Eastern YAL Rd 3	St Albans
U13W	SPU13W	Kiera Law	6.41		1-May-11	Eastern YAL Rd 1	Cambridge
U13W	SPU13W	Amy Baggs	6.29		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	SPU13W	Gemma Archer-Haley	5.02		19-Jun-11	NYAL Southern Premier R	St Albans

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13W	SPU13W	Emily McAllister	3.62		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	DTW	Georgie Taylor	39.81	AT U15W - 1st	28-May-11	Eastern AA Champs	Cambridge
SW	DTW	Lauren Clark	34.71	AT SW - 11th	3-Jul-11	UKWAL Div 2 Rd 2	Wigan
U20W	DTW	Katherine Knight	31.35	AT SW - 20th	1-May-11	National Junior Lge Rd 1	Ware
U15W	DTW	Rachel Forder	29.34		1-Jul-11	English Schools Champs	Gateshead
U17W	DTW	Deborah Knight	27.96		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	DTW	Erin Baggs	27.55		10-Jul-11	National Junior Lge Rd 3	Luton
SW	DTW	Melissa Felton	26.65		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U17W	DTW	Laura Drew	25.37		8-May-11	NYAL Southern Premier R	Lee Valley
SW	DTW	Nina Brennan	23.43		30-Jul-11	Southern Athletic Lge Rd 4	Andover
U20W	DTW	Gemma Phillips	17.90		24-Jul-11	National Junior Lge Rd 4	Peterborough
U15W	DTW	Michelle Hughes	15.72		16-Apr-11	Alpha Trophy	Lee Valley
U20W	DTW	Ellie Watson	15.72		29-May-11	National Junior Lge Rd 2	Watford
U17W	DTW	Avril Loynes	15.24		5-Jun-11	NYAL Southern Premier R	Tonbridge
U20W	DTW	Patsy McWeeney	14.78		10-Jul-11	National Junior Lge Rd 3	Luton
U15W	DTW	Ella-Rose Rudgley	12.67		14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	DTW	Emma Whitby	8.13		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	DTU13W	Freya Gutteridge	23.54		2-Apr-11	HMAC Spring Open	Hornchurch
U13W	DTU13W	Kiera Law	20.42		12-Jun-11	Eastern YAL Rd 2	Watford
U13W	DTU13W	Amy Baggs	20.25		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	DTU13W	Gemma Archer-Haley	14.86		24-Jul-11	Eastern YAL Rd 4	Stevenage
U13W	DTU13W	Megan Ruffell	11.62		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	DTU13W	Emily Marshall	10.20		14-Aug-11	Eastern YAL Rd 5	Braintree
U13W	DTU13W	Holly Nash	8.55		24-Jul-11	Eastern YAL Rd 4	Stevenage
U20W	HTW	Katherine Knight	27.78	AT U20W - 4th	4-Jun-11	UKWAL Div 2 Rd 1	Hendon
U20W	HTW	Amy Cox	25.60		10-Jul-11	National Junior Lge Rd 3	Luton
U17W	HTW	Laura Drew	21.74		1-May-11	Eastern YAL Rd 1	Cambridge
SW	HTW	Nina Brennan	19.00		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
SW	HTW	Lauren Clark	18.42		7-Aug-11	UKWAL Div 2 Rd 3	Grangemouth
SW	HTW	Melissa Felton	11.35		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U15W	HTU15W	Georgie Taylor	28.99	AT U15W - 1st	15-May-11	Essex Champs Day 3	Chelmsford
U15W	HTU15W	Rachel Forder	15.80		24-Jul-11	Eastern YAL Rd 4	Stevenage
U20W	JTW	Kike Oniwinde	49.35	AT SW/U20 - 1st	16-Apr-11	Alpha Trophy	Lee Valley
SW	JTW	Kate Cowley	36.27		21-May-11	Southern Athletic Lge Rd 2	Swindon
U17W	JTW	Deborah Knight	35.16	AT U17W - 2nd	3-Jul-11	Eastern YAL Rd 3	St Albans
SW	JTW	Zoe Young	31.52		20-Aug-11	Southern Athletic Lge Rd 5	Battersea
U15W	JTW	Georgie Taylor	23.95		2-May-11	Essex Champs Day 1	Basildon
U20W	JTW	Katherine Knight	23.79		29-May-11	National Junior Lge Rd 2	Watford
U15W	JTW	Rachel Forder	23.05	AT U15W - 8th	2-May-11	Essex Champs Day 1	Basildon
SW	JTW	Claire Brennan	21.94		9-Jul-11	Southern Athletic Lge Rd 3	Croydon
U17W	JTW	Erin Baggs	19.87		10-Jul-11	National Junior Lge Rd 3	Luton
U17W	JTW	Laura Drew	18.68		8-May-11	NYAL Southern Premier R	Lee Valley
U15W	JTW	Louise Lear	14.86		24-Jul-11	Eastern YAL Rd 4	Stevenage
U17W	JTW	Rylie Trott	11.75		11-Sep-11	Eastern YAL Final	Chelmsford
U15W	JTW	Ashleigh Lewis-Shodeine	10.38		14-Aug-11	Eastern YAL Rd 5	Braintree
U15W	JTW	Tomi Akingbade	7.64		1-May-11	Eastern YAL Rd 1	Cambridge
U15W	JTW	Ella-Rose Rudgley	6.77		3-Jul-11	Eastern YAL Rd 3	St Albans
U15W	PenU15G	Michelle Hughes	2256		25-Sep-11	Eastern AA Pentathlon	Peterborough
SW	PentSW	Claire Brennan	2700		25-Sep-11	Eastern AA Pentathlon	Peterborough