

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15G	60	Uche Okpalauko	8.36i		25-Mar-18	Lee Valley Open	Lee Valley
U15G	60	Bella Smith	8.56i		21-Jan-18	London Indoor Games	Lee Valley
U15G	60	Paige Robinson	8.58i		1-Jan-18	Lee Valley Open	Lee Valley
U15G	60	Isabel O'Connor	8.84i		25-Mar-18	Lee Valley Open	Lee Valley
U17W	60	Mary Igbiosa-Ighile	8.85i		3-Feb-18	Essex & Eastern Champs	Lee Valley
U20W	60	Josie Waddams	8.92i		28-Jan-18	London Indoor Games	Lee Valley
U15G	60	Olivia Boachie	9.20i		21-Jan-18	London Indoor Games	Lee Valley
U13G	75	Stephanie Okoro	10.16w	AT U13G w/a	19-May-18	YDL LAG R2	Bromley
U13G	75	Stephanie Okoro	10.5	AT U13G =9th	21-Jul-18	YDL LAG R4	Hornchurch
U13G	75	Stephanie Okoro	10.51		17-Jun-18	YDL LAG R3	Reading
U13G	75	Paris King	10.40	AT U13G =5th	19-May-18	YDL LAG R2	Bromley
U13G	75	Rania Richards	10.84		19-May-18	YDL LAG R2	Bromley
U13G	75	Lucy Natrass	11.53		17-Jun-18	YDL LAG R3	Reading
U13G	75	Heidi Ayles	11.59		21-Apr-18	YDL LAG R1	Bracknell
U13G	75	Isabelle Bradley	11.72		21-Apr-18	YDL LAG R1	Bracknell
U13G	75	Isabelle Bartlett	11.95		19-May-18	YDL LAG R2	Bromley
U15G	100	Isabella Smith	12.43w	AT U15G w/a	8-Jul-18	EYAL R4	Hendon
U15G	100	Isabella Smith	12.59	AT U15G 8th	1-Aug-18	Lee Valley Sprints	Lee Valley
U17W	100	Jade Kavanagh	12.60		27-May-18	YDL UAG R2	Stevenage
U17W	100	Esther Agnimel	12.6		05-Aug-18	EYAL R5	St Albans
U17W	100	Esther Agnimel	12.86		27-May-18	YDL UAG R2	Stevenage
U20W	100	Mayi Hughes	12.69		8-Jul-18	UKWAL R2	Liverpool
U15G	100	Paige Robinson	12.9		7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	100	Paige Robinson	13.11w		8-Jul-18	EYAL R4	Hendon
U15G	100	Paige Robinson	13.27		19-May-18	YDL LAG R2	Bromley
U17W	100	Poppy Ellis	12.9		05-Aug-18	EYAL R5	St Albans
U15G	100	Aaliyah Payne	12.9		05-Aug-18	EYAL R5	St Albans
U15G	100	Aaliyah Payne	13.02w		8-Jul-18	EYAL R4	Hendon
U15G	100	Aaliyah Payne	13.13		17-Jun-18	YDL LAG R3	Reading
U17W	100	Adrienne Larmond	13.1		16-Sep-18	Havering Club Championships	Hornchurch
U15G	100	Uche Okpalauko	13.2		05-Aug-18	EYAL R5	St Albans
U15G	100	Uche Okpalauko	13.22		15-Aug-18	Lee Valley Sprints	Lee Valley
U15G	100	Jessica Roberts	13.23		9-Jun-18	Essex Schools Championships	Chelmsford
SW	100	Flic Clarke	13.34		3-Jun-18	UKWAL R1	Bedford
U17W	100	Temitope Ajayi	13.35		8-Jul-18	EYAL R4	Hendon
U13G	100	Paris King	13.35	AT U13G 8th	21-Aug-18	Woodford Open	Woodford
U15G	100	Shalom Gbadebo	13.36		19-May-18	YDL LAG R2	Bromley
U13G	100	Stephanie Okoro	13.4	AT U13G =9th	5-Aug-18	EYAL R5	St Albans
U13G	100	Stephanie Okoro	13.66		8-Aug-18	Watford Open	Watford
U20W	100	Tomiwa Sanwo	13.66		27-May-18	YDL UAG R2	Stevenage
U15G	100	Olivia Sorrell	13.68		8-Jul-18	EYAL R4	Hendon
U17W	100	Aysha Anderson	13.93		27-May-18	YDL UAG R2	Stevenage
U20W	100	Holly Nash	14.0		1-Jul-18	YDL UAG R3	Croydon
U20W	100	Holly Nash	14.15		29-Apr-18	YDL UAG R1	Hornchurch
U13G	100	Rania Richards	14.0		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Rania Richards	14.52		8-Jul-18	EYAL R4	Hendon
U15G	100	Gabriella Browne	14.1		15-Apr-18	EYAL R1	Bury St Edmunds
U17W	100	Charlotte Wright	14.1		3-Jun-18	EYAL R3	Colchester
U15G	100	Jessie Collier	14.13		19-May-18	YDL LAG R2	Bromley
U15G	100	Isabel O'Connor	14.2		3-Jun-18	EYAL R3	Colchester
U15G	100	Isabel O'Connor	14.82		12-May-18	Essex Championships	Chelmsford
SW	100	Rachel Kerr	14.4		23-Jun-18	SAL R3	Chelmsford
U13G	100	Cassie Campbell	14.4		5-Aug-18	EYAL R5	St Albans
U13G	100	Cassie Campbell	14.50w		8-Jul-18	EYAL R4	Hendon
U15G	100	Lola Kuponiyi	14.5		7-Jul-18	ESAA Track & Field Cup	Gateshead
U20W	100	Josie Waddams	14.6		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	100	Josie Waddams	14.71		29-Apr-18	YDL UAG R1	Hornchurch
U15G	100	Lottie Courtney	14.6		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	100	Isabelle Bradley	14.6		5-Aug-18	EYAL R5	St Albans
U13G	100	Lucy Natrass	14.61w		8-Jul-18	EYAL R4	Hendon
U13G	100	Lucy Natrass	15.4		5-Aug-18	EYAL R5	St Albans
U13G	100	Heidi Ayles	14.63w		8-Jul-18	EYAL R4	Hendon
U13G	100	Heidi Ayles	14.8		3-Jun-18	EYAL R3	Colchester
U13G	100	Lucy Boys	15.0		3-Jun-18	EYAL R3	Colchester
U15G	100	Keira Eyles	15.0		3-Jun-18	EYAL R3	Colchester
U15G	100	Keira Eyles	15.36		12-Jun-18	Woodford Open	Woodford
U15G	100	Shylah Brook	15.1		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	100	Ruby Tillson	15.12w		8-Jul-18	EYAL R4	Hendon
U15G	100	Georgia Yexley	15.2		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	100	Madalin Peterson	15.3		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	100	Eden Aboim	15.3		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Lucy Gilham	15.4		8-Apr-18	Havering Spring Warm Up	Hornchurch

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	100	Isabelle Bartlett	15.5		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Mya Burton	15.5		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Gabrielle Purdie	15.6		6-May-18	EYAL R2	Ipswich
U13G	100	Precious Fagbadegun	15.8		6-May-18	EYAL R2	Ipswich
U13G	100	Man Man Chau	16.2		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Zikora Ezeonwuka	16.3		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Hannah Evans	16.7		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Emily Wapshott	17.2		16-Sep-18	Havering Club Championships	Hornchurch
U13G	100	Jessie Rees	17.36w		8-Jul-18	EYAL R4	Hendon
U13G	100	Jessie Rees	17.5		5-Aug-18	EYAL R5	St Albans
U13G	100	Megan Cook	17.4		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	100	Emily Wapshott	17.5		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	150	Stephanie Okoro	20.2	AT U13G 3rd	21-Jul-18	YDL LAG R4	Hornchurch
U13G	150	Paris King	20.5	AT U13G =5th	21-Jul-18	YDL LAG R4	Hornchurch
U13G	150	Ruby Higgins	21.52		17-Jun-18	YDL LAG R3	Reading
U13G	150	Rania Richards	21.81		19-May-18	YDL LAG R2	Bromley
U13G	150	Heidi Aylen	22.28		19-May-18	YDL LAG R2	Bromley
SW	200	Zoe Hughes	24.87	AT SW 7th	28-Mar-18	Texas Relays	Austin TX USA
U17W	200	Jade Kavanagh	25.50w	AT U17W w/a	9-Jun-18	Essex Schools Championships	Chelmsford
U17W	200	Jade Kavanagh	25.58	AT U17W 9th	8-Jul-18	Southern U17 Inter Counties	Lee Valley
U15G	200	Tayllah Barton-Conde	26.2		5-Aug-18	EYAL R5	St Albans
U15G	200	Tayllah Barton-Conde	26.25		19-May-18	YDL LAG R2	Bromley
U15G	200	Isabella Smith	26.29		1-Aug-18	Lee Valley Sprints	Lee Valley
U17W	200	Poppy Ellis	26.5		6-May-18	EYAL R2	Ipswich
U17W	200	Poppy Ellis	27.14		27-May-18	YDL UAG R2	Stevenage
SW	200	Felicity Clarke	27.12w		8-Jul-18	UKWAL R2	Liverpool
SW	200	Felicity Clarke	27.37		5-Aug-18	UKWAL R3	Lee Valley
U15G	200	Shalom Gbadebo	27.19w		8-Jul-18	EYAL R4	Hendon
U15G	200	Shalom Gbadebo	27.54		9-Jun-18	Essex Schools Championships	Chelmsford
U15G	200	Mali Grant	27.20		24-Jun-18	Newham Open	Newham
U15G	200	Freya Higginbottom	27.3		7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	200	Freya Higginbottom	27.31w		13-May-18	Essex Championships	Chelmsford
U15G	200	Freya Higginbottom	27.61		13-May-18	Essex Championships	Chelmsford
U15G	200	Paige Robinson	27.31		10-Jun-18	East Region Disability & Open	Chelmsford
U15G	200	Uche Okpalauko	27.32		1-Aug-18	Lee Valley Sprints	Lee Valley
SW	200	Chloe Williams	27.39		5-Aug-18	UKWAL R3	Lee Valley
U15G	200	Alice Brown	27.4		3-Jun-18	EYAL R3	Colchester
U15G	200	Aaliyah Payne	27.7		16-Sep-18	Havering Club Championships	Hornchurch
U17W	200	Temitope Ajayi	27.74		8-Jul-18	EYAL R4	Hendon
U20W	200	Katie Dawson	27.83		3-Jun-18	UKWAL R1	Bedford
U17W	200	Robyn Moody	27.97		1-Jul-18	YDL UAG R3	Croydon
U13G	200	Stephanie Okoro	28.0		3-Jun-18	EYAL R3	Colchester
U13G	200	Stephanie Okoro	28.15		22-Aug-18	Watford Open	Watford
U17W	200	Rosie Brown	28.2		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	200	Jessie Collier	28.3		7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	200	Olivia Sorrell	28.35w		8-Jul-18	EYAL R4	Hendon
U15G	200	Olivia Sorrell	28.64		13-May-18	Essex Championships	Chelmsford
U20W	200	Tomiwa Sanwo	28.47		27-May-18	YDL UAG R2	Stevenage
U13G	200	Paris King	28.48w		8-Jul-18	EYAL R4	Hendon
U13G	200	Paris King	28.61		21-Aug-18	Woodford Open	Woodford
U17W	200	Ayesha Anderson	28.5		6-May-18	EYAL R2	Ipswich
U17W	200	Ayesha Anderson	29.19		27-May-18	YDL UAG R2	Stevenage
U15G	200	Olivia Boachie	28.5		3-Jun-18	EYAL R3	Colchester
U20W	200	Keturah Christie	28.6		14-Jul-18	SAL R4	Croydon
U20W	200	Keturah Christie	29.25		1-Jul-18	YDL UAG R3	Croydon
U20W	200	Holly Nash	28.73		1-Jul-18	YDL UAG R3	Croydon
U13G	200	Ruby Higgins	28.98		8-Jul-18	EYAL R4	Hendon
U15G	200	Lottie Courtney	29.00		8-Jul-18	EYAL R4	Hendon
U15G	200	Gabriella Browne	29.2		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	200	Isabel O'Connor	29.3		16-Sep-18	Havering Club Championships	Hornchurch
U15G	200	Isabel O'Connor	30.47i		25-Mar-18	Lee Valley Open	Lee Valley
U15G	200	Lola Kane	29.54		8-Jul-18	EYAL R4	Hendon
U15G	200	Alice Atkins	29.6		25-Mar-18	Danny Mullane Open	Chelmsford
U20W	200	Josie Waddams	29.6		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	200	Mary Igbinoso-Ighile	29.61i		04-Feb-18	Essex & Eastern Champs	Lee Valley
U13G	200	Lucy Natrass	29.72w		8-Jul-18	EYAL R4	Hendon
U13G	200	Lucy Natrass	30.2		3-Jun-18	EYAL R3	Colchester
U15G	200	Eden Aboim	30.0		16-Sep-18	Havering Club Championships	Hornchurch
U15G	200	Eden Aboim	30.09i		25-Mar-18	Lee Valley Open	Lee Valley
U13G	200	Cassie Campbell	30.07w		8-Jul-18	EYAL R4	Hendon
U13G	200	Cassie Campbell	30.6		5-Aug-18	EYAL R5	St Albans
SW	200	Rachel Kerr	30.2		20-May-18	SAL R2	Eastbourne

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	200	Rania Richards	30.2		5-Aug-18	EYAL R5	St Albans
U13G	200	Rania Richards	30.55w		8-Jul-18	EYAL R4	Hendon
U13G	200	Rania Richards	31.92		13-May-18	Essex Championships	Chelmsford
U15G	200	Shylah Brook	30.3		3-Jun-18	EYAL R3	Colchester
U15G	200	Maddy Barker	30.5		16-Sep-18	Havering Club Championships	Hornchurch
U15G	200	Maddy Barker	30.53		25-Jul-18	Dartford Open	Dartford
U13G	200	Sophia Stephanou	30.7		16-Sep-18	Havering Club Championships	Hornchurch
U17W	200	Amy Kilner	30.8		5-Aug-18	EYAL R5	St Albans
U13G	200	Heidi Aylen	30.8		3-Jun-18	EYAL R3	Colchester
U13G	200	Heidi Aylen	31.80		11-Aug-18	SEAA U13/U15/U17 Champs	Lee Valley
U15G	200	Rebecca O'Rourke	30.83		8-Jul-18	Typhoo Champs	Coventry
U17W	200	Charlotte Wright	30.98w		29-Apr-18	YDL UAG R1	Hornchurch
U13G	200	Isabelle Bradley	31.3		5-Aug-18	EYAL R5	St Albans
U13G	200	Lucy Boys	31.5		6-May-18	EYAL R2	Ipswich
U13G	200	Gabrielle Purdie	31.6		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	200	Mya Burton	31.6		16-Sep-18	Havering Club Championships	Hornchurch
U13G	200	Cassie Campbell	32.0		16-Sep-18	Havering Club Championships	Hornchurch
U20W	200	Zainab Ganiyu	32.6		16-Sep-18	Havering Club Championships	Hornchurch
U13G	200	Callie Bovill	32.7		6-May-18	EYAL R2	Ipswich
U13G	200	Precious Fagbadegun	32.7		16-Sep-18	Havering Club Championships	Hornchurch
U13G	200	Eliza Poulson	33.1		16-Sep-18	Havering Club Championships	Hornchurch
U13G	200	Isabelle Bartlett	34.3		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	200	Emily Wapshott	35.9		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	300	Poppy Ellis	40.49	AT U17W 2nd	8-Jul-18	Southern U17 Inter Counties	Lee Valley
U15G	300	Alice Brown	41.61	AT U15G 2nd	19-May-18	YDL LAG R2	Bromley
U17W	300	Jade Kavanagh	41.7	AT U17W 7th	5-Aug-18	EYAL R5	St Albans
U15G	300	Olivia Boachie	42.53	AT U15G 4th	8-Jul-18	EYAL R4	Hendon
U15G	300	Uche Okpalauko	42.7	AT U15G 5th	7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	300	Uche Okpalauko	42.72		9-Jun-18	Essex Schools Championships	Chelmsford
U15G	300	Tayllah Barton-Conde	43.68	AT U15G 10th	8-Jul-18	EYAL R4	Hendon
U15G	300	Ruby Mace	44.7		3-Jun-18	EYAL R3	Colchester
U15G	300	Freya Higginbottom	45.4		6-May-18	EYAL R2	Ipswich
U15G	300	Freya Higginbottom	45.69		21-Apr-18	YDL LAG R1	Lee Valley
U17W	300	Hannah Panchal	46.0		7-Jul-18	ESAA Track & Field Cup	Gateshead
U17W	300	Hannah Panchal	47.96		29-Apr-18	YDL UAG R1	Hornchurch
U15G	300	Alice Atkins	46.58		13-May-18	Essex Championships	Chelmsford
U15G	300	Gabriella Browne	46.6		16-Sep-18	Havering Club Championships	Hornchurch
U15G	300	Shylah Brook	47.0		16-Sep-18	Havering Club Championships	Hornchurch
U17W	300	Charlotte Wright	47.1		6-May-18	EYAL R2	Ipswich
U17W	300	Charlotte Wright	47.93		27-May-18	YDL UAG R2	Stevenage
U15G	300	Olivia Sorrell	47.2		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	300	Madeline Barker	47.2		5-Aug-18	EYAL R5	St Albans
U15G	300	Natalie Sewell	47.5		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	300	Amy Kilner	48.96		1-Jul-18	YDL UAG R3	Croydon
U17W	300	Ann Cooper	50.1		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	300	Holly Bradley	50.7		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	300	Claudia Attewell	51.6		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	300	Freya Duffy	52.40		8-Jul-18	EYAL R4	Hendon
U15G	300	Rebecca O'Rourke	52.66		27-Aug-18	Southend Open	Southend
U17W	300	Tyra Douglas	55.7		16-Sep-18	Havering Club Championships	Hornchurch
SW	400	Flic Clarke	62.68		3-Jun-18	UKWAL R1	Bedford
U20W	400	Katie Dawson	63.28		3-Jun-18	UKWAL R1	Bedford
SW	400	Nina Brennan	65.81		5-Aug-18	UKWAL R3	Lee Valley
SW	400	Amy Baggs	65.03		11-Jul-18	Watford Open	Watford
U17W	400	Amy Kilner	68.4		14-Jul-18	SAL R4	Croydon
U20W	400	Georgia Phillips	71.9		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	400	Georgia Phillips	74.37		29-Apr-18	YDL UAG R1	Hornchurch
SW	400	Rachel Kerr	74.5		14-Apr-18	SAL R1	Ipswich
U13G	600	Stephanie Okoro	1:45.59	AT U13G 6th	20-Aug-18	Blackheath & Bromley Open	Bromley
U15G	800	Alice Brown	2:11.98	AT U15G 4th	2-Jun-18	BMC PB Classic	Milton Keynes
SW	800	Lydia Hallam	2:13.89		6-Jun-18	BMC Gold Standard	Loughborough
U20W	800	Jessica Mitchell	2:17.28		5-Aug-18	UKWAL R3	Lee Valley
U20W	800	Kate O'Neill	2:18.7		18-Aug-18	SAL R5	St Albans
U17W	800	Molly Sweetman	2:20.82		27-May-18	YDL UAG R2	Stevenage
U13G	800	Stephanie Okoro	2:21.6		3-Jun-18	EYAL R3	Colchester
U13G	800	Stephanie Okoro	2:22.03		13-May-18	Essex Championships	Chelmsford
SW	800	Zoe Hughes	2:23.71i		24-Feb-18	Dartmouth College	Hanover NH USA
SW	800	Zoe Hughes	2:29.79		15-Mar-18	Couga Invitational	Houston, TX USA
U15G	800	Sydney Foley	2:27.02		8-Jul-18	EYAL R4	Hendon
U13G	800	Ruby Higgins	2:27.10		8-Jul-18	EYAL R4	Hendon
U20W	800	Sophie Rand	2:28.26		27-May-18	YDL UAG R2	Stevenage
SW	800	Amy Baggs	2:30.0		14-Apr-18	SAL R1	Ipswich

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	800	Amy Baggs	2:30.87		5-Aug-18	UKWAL R3	Lee Valley
U15G	800	Natalie Sewell	2:30.2		3-Jun-18	EYAL R3	Colchester
U15G	800	Natalie Sewell	2:32.35		13-May-18	Essex Championships	Chelmsford
U15G	800	Hannah Yexley	2:30.4		3-Jun-18	EYAL R3	Colchester
U15G	800	Hannah Yexley	2:33.65		13-May-18	Essex Championships	Chelmsford
SW	800	Vicky Smith	2:30.81		8-Jul-18	UKWAL R2	Liverpool
U15G	800	Alice Atkins	2:31.4		16-Sep-18	Havering Club Championships	Hornchurch
U15G	800	Alice Atkins	2:31.94		17-Jun-18	YDL LAG R3	Reading
U15G	800	Maddy Barker	2:31.8		16-Sep-18	Havering Club Championships	Hornchurch
U15G	800	Maddy Barker	2:33.23		25-Jul-18	Dartford Open	Dartford
U15G	800	Chloe Rand	2:34.1		6-May-18	EYAL R2	Ipswich
U13G	800	Freya Long	2:34.3		5-Aug-18	EYAL R5	St Albans
U13G	800	Freya Long	2:34.43		17-Jun-18	YDL LAG R3	Reading
U15G	800	Olivia Witton	2:36.5		6-May-18	EYAL R2	Ipswich
U15G	800	Tilly Canty	2:37.02		11-Aug-18	SEAA u15/u17 Champs	Lee Valley
U15G	800	Holly Bradley	2:37.37		19-May-18	YDL LAG R2	Bromley
U13G	800	Ruby Tillson	2:37.4		21-Jul-18	YDL LAG R4	Hornchurch
U13G	800	Ruby Tillson	2:46.88		8-Jul-18	EYAL R4	Hendon
U17W	800	Amy Kilner	2:40.1		5-Aug-18	EYAL R5	St Albans
U17W	800	Amy Kilner	2:41.44		8-Jul-18	EYAL R4	Hendon
SW	800	Clare Davies	2:40.9		14-Jul-18	SAL R4	Croydon
U13G	800	Heidi Aylen	2:42.7		21-Jul-18	YDL LAG R4	Hornchurch
U13G	800	Heidi Aylen	2:50.76		28-Apr-18	Essex Pentathlon Champs	Thurrock
U15G	800	Ava Poulson	2:43.0		16-Sep-18	Havering Club Championships	Hornchurch
U15G	800	Freya Higginbottom	2:43.2		2-Sep-18	EYAL Top 6 Final	Ipswich
U17W	800	Charlotte Wright	2:44.01		27-May-18	YDL UAG R2	Stevenage
U13G	800	Emily Wapshott	2:45.3		21-Jul-18	YDL LAG R4	Hornchurch
U13G	800	Emily Wapshott	2:49.93		19-May-18	YDL LAG R2	Bromley
U13G	800	Gabrielle Purdie	2:45.4		5-Aug-18	EYAL R5	St Albans
U20W	800	Catherine Barker	2:46.38		27-May-18	YDL UAG R2	Stevenage
U20W	800	Georgia Phillips	2:48.7		14-Apr-18	SAL R1	Ipswich
U20W	800	Georgia Phillips	3:00.60		29-Apr-18	YDL UAG R1	Hornchurch
U13G	800	Charlotte Evans	2:48.8		16-Sep-18	Havering Club Championships	Hornchurch
SW	800	Robyn Matson	2:49.04		8-Jul-18	UKWAL R2	Liverpool
U15G	800	Isabelle O'Connor	2:49.9		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	800	Tayllah Barton-Conde	2:50.4		23-May-18	Essex Schools Combined Event	Brentwood
U13G	800	Hannah Evans	2:50.81		8-Jul-18	EYAL R4	Hendon
U13G	800	Lucy Natrass	2:51.70		21-Apr-18	YDL LAG R1	Bracknell
U13G	800	Georgina Moran	2:51.8		6-May-18	EYAL R2	Ipswich
U15G	800	Rebecca O'Rourke	2:51.86		19-May-18	YDL LAG R2	Bromley
U13G	800	Kate Ruane	2:53.2		3-Jun-18	EYAL R3	Colchester
U20W	800	Amelia Day	2:55.0		16-Sep-18	Havering Club Championships	Hornchurch
U20W	800	Amelia Day	3:04.30		21-Aug-18	Woodford Open	Woodford
U13G	800	Callie Bovill	2:55.1		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	800	Somto Ezeonwuka	2:55.1		16-Sep-18	Havering Club Championships	Hornchurch
U17W	800	Rosie Brown	2:56.3		2-Sep-18	EYAL Top 6 Final	Ipswich
U17W	800	Jessica James	2:57.54		29-Apr-18	YDL UAG R1	Hornchurch
U13G	800	Ruby Lendon	2:59.7		5-Aug-18	EYAL R5	St Albans
U13G	800	Ruby Lendon	3:00.25		19-May-18	YDL LAG R2	Bromley
U15G	800	Annie Grannell	2:59.8		21-Jul-18	YDL LAG R4	Hornchurch
U13G	800	Charlotte Grundy	3:01.26		28-Apr-18	Essex Pentathlon Champs	Thurrock
U15G	800	Mary Lammas	3:09.9		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	800	Isabelle Bartlett	3:14.18		27-Aug-18	Kent Pentathlon Champs	Dartford
U15G	800	Claudia Attewell	3:23.1		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	800	Angelica Thomson	3:35.2		23-Jun-18	SAL R3	Chelmsford
U13G	1200	Stephanie Okoro	3:55.6	AT U13G 4th	21-Jul-18	YDL LAG R4	Hornchurch
U13G	1200	Ruby Higgins	3:56.98	AT U13G 6th	17-Jun-18	YDL LAG R3	Reading
U13G	1200	Tilly Canty	4:01.00	AT U13G 10th	19-May-18	YDL LAG R2	Bromley
U13G	1200	Freya Long	4:04.56		19-May-18	YDL LAG R2	Bromley
U13G	1200	Emily Wapshott	4:36.89		21-Apr-18	YDL LAG R1	Bracknell

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	1500	Lydia Hallam	4:24.48	AT SW 9th	20-May-18	Loughborough International	Loughborough
U20W	1500	Jessica Mitchell	4:38.4		20-May-18	SAL R2	Eastbourne
U20W	1500	Jessica Mitchell	4:41.20		23-Jun-18	BMC Grand Prix	Loughborough
U20W	1500	Kate O'Neill	4:38.93		1-Jul-18	YDL UAG R3	Croydon
U17W	1500	Molly Sweetman	4:42.5		3-Jun-18	EYAL R3	Colchester
U17W	1500	Molly Sweetman	4:43.22		9-Jun-18	Essex Schools Championships	Chelmsford
U15G	1500	Natalie Sewell	4:46.67		9-Jun-18	Essex Schools Championships	Chelmsford
U15G	1500	Sydney Foley	4:50.5		7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	1500	Sydney Foley	4:55.33		12-May-18	Essex Championships	Chelmsford
U15G	1500	Alice Brown	4:54.0		6-May-18	EYAL R2	Ipswich
SW	1500	Ginte Bailey	4:58.6		18-Aug-18	SAL R5	St Albans
SW	1500	Ginte Bailey	5:05.53		10-Jul-18	Woodford Open	Woodford
U13G	1500	Stephanie Okoro	5:01.97	AT U13G 6th	8-Jul-18	EYAL R4	Hendon
U20W	1500	Sophie Rand	5:03.94		3-Jun-18	UKWAL R1	Bedford
U15G	1500	Chloe Rand	5:07.85		9-Jun-18	Essex Schools Championships	Chelmsford
U13G	1500	Ruby Higgins	5:02.1	AT U13G 7th	16-Sep-18	Havering Club Championships	Hornchurch
U13G	1500	Ruby Higgins	5:05.59mx		5-Sep-18	Watford Open	Watford
U13G	1500	Ruby Higgins	5:14.15		13-May-18	Essex Championships	Chelmsford
U13G	1500	Freya Long	5:15.2		7-Jul-18	ESAA Track & Field Cup	Gateshead
U13G	1500	Tilly Canty	5:16.6		6-May-18	EYAL R2	Ipswich
U13G	1500	Tilly Canty	5:22.50		13-May-18	Essex Championships	Chelmsford
U15G	1500	Maddy Barker	5:19.64		19-May-18	YDL LAG R2	Bromley
SW	1500	Bella Woods	5:21.7		18-Aug-18	SAL R5	St Albans
U15G	1500	Hannah Yexley	5:24.3		25-Mar-18	Danny Mullane Open	Chelmsford
SW	1500	Vicky Smith	5:27.52		8-Jul-18	UKWAL R2	Liverpool
SW	1500	Clare Davies	5:30.94		27-Aug-18	Southend Open	Southend
SW	1500	Robyn Matson	5:31.09		8-Jul-18	UKWAL R2	Liverpool
U15G	1500	Isobelle O'Connor	5:34.86		21-Apr-18	YDL LAG R1	Bracknell
U15G	1500	Rebecca O'Rourke	5:37.1		6-May-18	EYAL R2	Ipswich
U15G	1500	Rebecca O'Rourke	5:40.05		21-Apr-18	YDL LAG R1	Bracknell
U13G	1500	Hannah Evans	5:39.5		16-Sep-18	Havering Club Championships	Hornchurch
U15G	1500	Ella Burgess	5:42.2		16-Sep-18	Havering Club Championships	Hornchurch
U13G	1500	Charlotte Evans	5:42.94		8-Jul-18	EYAL R4	Hendon
U17W	1500	Charlotte Wright	5:46.6		3-Jun-18	EYAL R3	Colchester
U17W	1500	Charlotte Wright	5:48.85		29-Apr-18	YDL UAG R1	Hornchurch
U15G	1500	Holly Bradley	5:53.78		8-Jul-18	EYAL R4	Hendon
U15G	1500	Annie Grannell	5:54.4		6-May-18	EYAL R2	Ipswich
U15G	1500	Annie Grannell	5:55.29		8-Jul-18	EYAL R4	Hendon
U20W	1500	Georgia Phillips	6:00.4		14-Jul-18	SAL R4	Croydon
U20W	1500	Catherine Barker	6:00.58		29-Apr-18	YDL UAG R1	Hornchurch
U17W	1500	Amy Kilner	6:25.3		8-Apr-18	Havering Spring Warm Up	Hornchurch
U17W	1500	Katie Rafferty	6:34.2		23-Jun-18	SAL R3	Chelmsford
U15G	1500	Jessie Collier	6:39.1		2-Sep-18	EYAL Top 6 Final	Ipswich
SW	Mile	Lydia Hallam	4:55.25		23-Jun-18	Birmingham Relays	Birmingham Uni
U13G	Mile	Tilly Canty	6:05.75		4-Sep-18	Woodford Open	Woodford
SW	3000	Faye Fullerton	9:13.91i		17-Feb-18	UK Champs	Birmingham
U20W	3000	Kate O'Neill	9:47.88	AT U20W 5th	14-Jul-18	ESAA Champs	Birmingham
U20W	3000	Jessica Mitchell	9:50.19		30-May-18	BMC Regional	Brighton
U17W	3000	Molly Sweetman	10:15.64	AT U17W 6th	13-May-18	Essex Championships	Chelmsford
U15G	3000	Sydney Foley	10:34.42		13-May-18	Essex Championships	Chelmsford
SW	3000	Ginte Bailey	10:57.9		14-Apr-18	SAL R1	Ipswich
U20W	3000	Sophie Rand	10:59.1		14-Apr-18	SAL R1	Ipswich
SW	3000	Vicky Smith	11:00.16		8-Jul-18	UKWAL R2	Liverpool
U15G	3000	Chloe Rand	11:01.65		13-May-18	Essex Championships	Chelmsford
SW	3000	Robyn Matson	11:16.52		3-Jun-18	UKWAL R1	Bedford
U17W	3000	Grace Dukelow	12:12.88		29-Apr-18	YDL UAG R1	Hornchurch
U15G	3000	Rebecca O'Rourke	12:23.38		13-May-18	Essex Championships	Chelmsford
SW	5000	Faye Fullerton	16:35.95+		19-May-18	Night of 10,000 PBs (split time)	Parliament Hill
SW	5000	Ginte Bailey	18:48.70	AT SW 9th	13-May-18	Essex Championships	Chelmsford
SW	5000	Clare Davies	21:50.3	AT SW 16th	20-May-18	SAL R2	Eastbourne
SW	10,000	Faye Fullerton	33:47.70	AT SW 2nd	19-May-18	Night of 10,000 PBs	Parliament Hill
SW	60HW	Zoe Hughes	8.81i		24-Feb-18	Ivy League Hetagonal	Hanover NH USA
SW	60HW	Lucy Bailey	8.96i		16-Feb-18	BUCS Champs	Sheffield
SW	100HW	Zoe Hughes	13.87w		15-Mar-18	Couga Invitational	Houston TX USA
SW	100HW	Zoe Hughes	14.17		28-Mar-18	Texas Relays	Austin TX USA
SW	100HW	Chloe Williams	14.26	AT SW 4th	8-Jul-18	UKWAL R2	Liverpool
SW	100HW	Flic Clarke	16.52	AT SW 13th	8-Jul-18	UKWAL R2	Liverpool
U20W	100HW	Mayi Hughes	17.1	AT SW 18th	20-May-18	SAL R2	Eastbourne
SW35	100HW	Claire Brennan	17.27		5-Aug-18	UKWAL R3	Lee Valley
U20W	100HW	Isabella Purdie	19.0		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	100HW	Isabella Purdie	19.04w		29-Apr-18	YDL UAG R1	Hornchurch

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	70HU13G	Paris King	11.78	AT U13G 6th	8-Jul-18	EYAL R4	Hendon
U13G	70HU13G	Heidi Ayles	12.48		19-May-18	YDL LAG R2	Bromley
U13G	70HU13G	Freya Long	12.9		5-Aug-18	EYAL R5	St Albans
U13G	70HU13G	Freya Long	13.13		17-Jun-18	YDL LAG R3	Reading
U13G	70HU13G	Gabrielle Purdie	13.1		2-Sep-18	EYAL Top 6 Final	Ipswich
U13G	70HU13G	Charlotte Grundy	14.0		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	70HU13G	Charlotte Grundy	14.34		28-Apr-18	Essex Pentathlon Champs	Thurrock
U13G	70HU13G	Isabelle Bartlett	15.18		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	70HU13G	Lucy Natrass	15.79		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	70HU13G	Ruby Lendon	19.2		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	75HU15G	Ruby Mace	11.43	AT U15G 2nd	13-Jul-18	ESAA Champs	Birmingham
U15G	75HU15G	Paige Robinson	12.23		30-Jun-18	Eastern Counties Champs	Peterborough
U15G	75HU15G	Alice Brown	13.0		23-May-18	Essex Schools Combined Event	Brentwood
U15G	75HU15G	Alice Brown	13.56		16-Sep-18	ESAA Pentathlon Champs	Bedford
U15G	75HU15G	Tayllah Barton-Conde	13.1		23-May-18	Essex Schools Combined Event	Brentwood
U15G	75HU15G	Alice Atkins	13.5		16-Sep-18	Havering Club Championships	Hornchurch
U15G	75HU15G	Alice Atkins	13.53w		8-Jul-18	EYAL R4	Hendon
U15G	75HU15G	Isabel O'Connor	13.6		16-Sep-18	Havering Club Championships	Hornchurch
U15G	75HU15G	Isabel O'Connor	13.98		12-May-18	Essex Championships	Chelmsford
U15G	75HU15G	Holly Bradley	14.39		21-Apr-18	YDL LAG R1	Bracknell
U15G	75HU15G	Freya Higginbottom	14.6		23-May-18	Essex Schools Combined Event	Brentwood
U15G	80HU17W	Ruby Mace	12.4	AT U15G 1st	7-Jul-18	ESAA Track & Field Cup	Gateshead
U17W	80HU17W	Grace Newson	12.6		5-Aug-18	EYAL R5	St Albans
U17W	80HU17W	Grace Newson	12.63w		29-Apr-18	YDL UAG R1	Hornchurch
U17W	80HU17W	Grace Newson	13.10		27-May-18	YDL UAG R2	Stevenage
U17W	80HU17W	Grace Griffiths	13.58		9-Jun-18	Essex Schools Championships	Chelmsford
SW35	300HW	Claire Brennan	48.6		8-Apr-18	Havering Spring Warm Up	Hornchurch
SW	400HW	Zoe Hughes	62.64		21-Apr-18	Kansas Relays	Lawrence KS USA
SW	400HW	Flic Clarke	64.0		14-Jul-18	SAL R4	Croydon
SW	400HW	Flic Clarke	64.01		5-Aug-18	UKWAL R3	Lee Valley
SW35	400HW	Claire Brennan	69.26		3-Jun-18	UKWAL R1	Bedford
SW	400HW	Rachel Kerr	1:44.3		14-Apr-18	SAL R1	Ipswich
U20W	1500SC	Emily James	7:16.3		29-Apr-18	YDL UAG R1	Hornchurch
SW	2000SC	Bella Woods	8:10.9		23-Jun-18	SAL R3	Chelmsford
U15G	PV	Jessie Collier	2.75	AT U15G 1st	8-Jul-18	Southern U17 Inter Counties	Lee Valley
SW35	PV	Claire Brennan	2.60	AT SW35 1st	18-Aug-18	SAL R5	St Albans
U15G	PV	Annie Grannell	2.00	AT U15G 4th	17-Jun-18	YDL LAG R3	Reading
U15G	PV	Alice Atkins	1.90		8-Apr-18	Havering Spring Warm Up	Hornchurch
SW	PV	Nina Brennan	1.85	AT SW 18th	20-May-18	SAL R2	Eastbourne
U17W	PV	Charlotte Wright	1.80	AT U17W 9th	18-Aug-18	SAL R5	St Albans
U15G	PV	Jenna Cavanagh	1.70	AT U15G =6th	8-Jul-18	EYAL R4	Hendon
SW	HJ	Zoe Hughes	1.61i		24-Feb-18	Dartmouth College	Hanover NH USA
SW	HJ	Zoe Hughes	1.54		28-Mar-18	Texas Relays	Austin TX USA
SW	HJ	Chloe Williams	1.60		3-Jun-18	UKWAL R1	Bedford
U15G	HJ	Ruby Mace	1.56	AT U15G =5th	7-Jul-18	ESAA Track & Field Cup	Gateshead
U20W	HJ	Mayi Hughes	1.55		29-Jul-18	YDL UAG R4	Ashford
U15G	HJ	Tayllah Barton-Conde	1.54		23-May-18	Essex Schools Combined Event	Brentwood
U15G	HJ	Alice Brown	1.50		17-Jun-18	YDL LAG R3	Reading
U15G	HJ	Uche Okpalauko	1.46i		21-Jan-18	London Indoor Games	Lee Valley
U15G	HJ	Uche Okpalauko	1.45		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	HJ	Keturah Christie	1.45		14-Apr-18	SAL R1	Ipswich
U15G	HJ	Paige Robinson	1.45		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	HJ	Olivia Sorrell	1.45		3-Jun-18	EYAL R3	Colchester
U15G	HJ	Lola Kuponiyi	1.45		21-Jul-18	YDL LAG R4	Hornchurch
U17W	HJ	Grace Griffiths	1.40		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	HJ	Freya Higginbottom	1.40		23-May-18	Essex Schools Combined Event	Brentwood
SW35	HJ	Claire Brennan	1.40		23-Jun-18	SAL R3	Chelmsford
U13G	HJ	Stephanie Okoro	1.38		17-Jun-18	YDL LAG R3	Reading
U13G	HJ	Charlotte Grundy	1.35		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	HJ	Isabelle Bartlett	1.30		21-Apr-18	YDL LAG R1	Bracknell
U15G	HJ	Sydney Foley	1.25		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	HJ	Lucy Natrass	1.24		27-Aug-18	Kent Pentathlon Champs	Dartford
U17W	HJ	Charlotte Wright	1.20		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	HJ	Megan Cook	1.20		3-Jun-18	EYAL R3	Colchester
U13G	HJ	Heidi Ayles	1.20		8-Jul-18	EYAL R4	Hendon
U17W	HJ	Rosie Brown	1.20		2-Sep-18	EYAL Top 6 Final	Ipswich
U13G	HJ	Lucy Gilham	1.20		16-Sep-18	Havering Club Championships	Hornchurch
U13G	HJ	Gabrielle Purdie	1.15		6-May-18	EYAL R2	Ipswich
U13G	HJ	Isabelle Bradley	1.10		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	HJ	Precious Fagbadegun	1.10		6-May-18	EYAL R2	Ipswich
U13G	HJ	Freya Long	1.05		28-Apr-18	Essex Pentathlon Champs	Thurrock
SW	LJ	Zoe Hughes	5.74i		24-Feb-18	Dartmouth College	Hanover NH USA

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20W	LJ	Mayi Hughes	5.62	AT U20W 5th	1-Jul-18	YDL UAG R3	Croydon
U17W	LJ	Jade Kavanagh	5.16		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	LJ	Tayllah Barton-Conde	5.14	AT U15G 9th	19-May-18	YDL LAG R2	Bromley
U15G	LJ	Freya Higginbottom	5.03		13-May-18	Essex Championships	Chelmsford
U17W	LJ	Poppy Ellis	4.80		7-Jul-18	ESAA Track & Field Cup	Gateshead
U20W	LJ	Isabella Purdie	4.69		1-Jul-18	YDL UAG R3	Croydon
U13G	LJ	Stephanie Okoro	4.83	AT U13G 3rd	16-Sep-18	Havering Club Championships	Hornchurch
U13G	LJ	Paris King	4.57	AT U13G 9th	16-Sep-18	Havering Club Championships	Hornchurch
U17W	LJ	Esther Agnimel	4.47		13-May-18	Essex Championships	Chelmsford
U15G	LJ	Alice Brown	4.39		23-May-18	Essex Schools Combined Event	Brentwood
U15G	LJ	Lottie Courtney	4.21		21-Jul-18	YDL LAG R4	Hornchurch
U17W	LJ	Temitope Ajayi	4.13		8-Jul-18	EYAL R4	Hendon
U15G	LJ	Lola Kane	4.03		8-Jul-18	EYAL R4	Hendon
SW	LJ	Georgia Woodburn	3.93		23-Jun-18	SAL R3	Chelmsford
U17W	LJ	Ayesha Anderson	3.93		1-Jul-18	YDL UAG R3	Croydon
U13G	LJ	Charlotte Grundy	3.93		5-Aug-18	EYAL R5	St Albans
U20W	LJ	Elizabeth Adams	3.91		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	LJ	Freya Long	3.88		5-Aug-18	EYAL R5	St Albans
U17W	LJ	Freya Duffy	3.76		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	LJ	Holly Bradley	3.76		8-Jul-18	EYAL R4	Hendon
U15G	LJ	Alice Atkins	3.74		3-Jun-18	EYAL R3	Colchester
U15G	LJ	Amy Kilner	3.71		16-Sep-18	Havering Club Championships	Hornchurch
U13G	LJ	Lucy Natrass	3.63		8-Jul-18	EYAL R4	Hendon
U13G	LJ	Isabelle Bartlett	3.58		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	LJ	Mya Burton	3.57		16-Sep-18	Havering Club Championships	Hornchurch
U15G	LJ	Olivia Boachie	3.46i		11-Feb-18	Lee Valley Open	Lee Valley
U15G	LJ	Grace Rees	3.19		5-Aug-18	EYAL R5	St Albans
U13G	LJ	Heidi Aylen	3.19		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	LJ	Ruby Tillson	3.10		16-Sep-18	Havering Club Championships	Hornchurch
U13G	LJ	Georgina Moran	3.09		6-May-18	EYAL R2	Ipswich
U13G	LJ	Katie Ennis	2.92		5-Aug-18	EYAL R5	St Albans
U13G	LJ	Jessie Rees	2.78		5-Aug-18	EYAL R5	St Albans
U13G	LJ	Megan Cook	2.32		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	TJ	Mayi Hughes	12.40	AT U20/SW 1st	13-Jul-18	ESAA Champs	Birmingham
U20W	TJ	Tomiwa Sanwo	10.35	AT U20W 8th	18-Aug-18	SAL R5	St Albans
SW35	TJ	Claire Brennan	10.03	AT W35 1st	16-Sep-18	Havering Club Championships	Hornchurch
U20W	TJ	Katie Dawson	9.22		18-Aug-18	SAL R5	St Albans
U17W	TJ	Hannah Panchal	9.16		27-May-18	YDL UAG R2	Stevenage
U20W	TJ	Isabella Purdie	9.02		16-Sep-18	Havering Club Championships	Hornchurch
U17W	TJ	Amy Kilner	8.88		5-Aug-18	EYAL R5	St Albans
U20W	TJ	Holly Nash	8.77i		28-Jan-18	London Indoor Games	Lee Valley
U20W	TJ	Holly Nash	8.48		1-Jul-18	YDL UAG R3	Croydon
U20W	TJ	Josie Waddams	8.75i		28-Jan-18	London Indoor Games	Lee Valley
U20W	TJ	Josie Waddams	8.59		29-Jul-18	YDL UAG R4	Ashford
U17W	TJ	Amma Apau	8.47i		4-Feb-18	Essex & Eastern Champs	Lee Valley
U15G	TJ	Jessie Collier	8.43		15-Apr-18	EYAL R1	Bury St Edmunds
U17W	TJ	Temitope Ajayi	7.95		3-Jun-18	EYAL R3	Colchester
SW	SP4K	Zoe Hughes	12.95	AT SW 1st	28-Mar-18	Texas Relays	Austin TX USA
U20W	SP4K	Chimdi Okpalauko	11.63	AT U20W 2nd	5-Aug-18	UKWAL R3	Lee Valley
U17W	SP4K	Alexandrea Adeniji	11.33	AT U17W 1st	14-Apr-18	SAL R1	Ipswich
U15G	SP4K	Lola Kuponiyi	10.82	??	16-Sep-18	Havering Club Championships	Hornchurch
U20W	SP4K	Philippa Gill	10.62	AT U20W 10th	1-Jul-18	YDL UAG R3	Croydon
U20W	SP4K	Elysha Thatcher-Gray	10.10		29-Apr-18	YDL UAG R1	Hornchurch
U20W	SP4K	Mayi Hughes	9.06		1-Jul-18	YDL UAG R3	Croydon
U20W	SP4K	Tomiwa Sanwo	8.68		14-Jul-18	SAL R4	Croydon
SW35	SP4K	Claire Brennan	7.82		16-Sep-18	Havering Club Championships	Hornchurch
SW	SP4K	Nina Brennan	7.31		8-Jul-18	UKWAL R2	Liverpool

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15G	SP3K	Lola Kuponiyi	14.36	AT U15G 1st	2-Sep-18	EYAL Top 6 Final	Ipswich
U17W	SP3K	Alexandrea Adeniji	12.87	AT U17W 2nd	29-Apr-18	YDL UAG R1	Hornchurch
U15G	SP3K	Ruby Mace	10.11		17-Jun-18	YDL LAG R3	Reading
U15G	SP3K	Freya Killilea	10.10		3-Jun-18	EYAL R3	Colchester
U17W	SP3K	Grace Griffiths	9.97		7-Jul-18	ESAA Track & Field Cup	Gateshead
U17W	SP3K	Robyn Moody	9.70		3-Jun-18	EYAL R3	Colchester
U17W	SP3K	Adelaide Thatcher-Gray	8.76		5-Aug-18	EYAL R5	St Albans
U15G	SP3K	Alice Brown	8.62		16-Sep-18	ESAA Pentathlon Champs	Bedford
U15G	SP3K	Claudia Attewell	7.22		19-May-18	YDL LAG R2	Bromley
U15G	SP3K	Grace Rees	6.34		8-Jul-18	EYAL R4	Hendon
U15G	SP3K	Georgia Yexley	6.29		8-Jul-18	EYAL R4	Hendon
U15G	SP3K	Tayllah Barton-Conde	6.13		23-May-18	Essex Schools Combined Event:	Brentwood
U17W	SP3K	Amy Kilner	6.11		8-Jul-18	EYAL R4	Hendon
U15G	SP3K	Freya Higginbottom	5.90		23-May-18	Essex Schools Combined Event:	Brentwood
U15G	SP3K	Holly Bradley	5.61		8-Apr-18	Havering Spring Warm Up	Hornchurch
U13G	SP2.72K	Isabella Uzal	8.79	AT U13G 7th	16-Sep-18	Havering Club Championships	Hornchurch
U13G	SP2.72K	Zikora Ezeonwuka	8.18		16-Sep-18	Havering Club Championships	Hornchurch
U13G	SP2.72K	Heidi Ayles	6.70		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	SP2.72K	Isabelle Bartlett	6.69		8-Jul-18	EYAL R4	Colchester
U13G	SP2.72K	Faith Reilly	6.54		5-Aug-18	EYAL R5	St Albans
U13G	SP2.72K	Paris King	6.39		3-Jun-18	EYAL R3	Colchester
U13G	SP2.72K	Katie Ennis	6.18		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	SP2.72K	Charlotte Grundy	5.76		28-Apr-18	Essex Pentathlon Champs	Thurrock
U13G	SP2.72K	Man Man Chau	5.61		16-Sep-18	Havering Club Championships	Hornchurch
U13G	SP2.72K	Lucy Natrass	5.10		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	SP2.72K	Freya Long	4.99		28-Apr-18	Essex Pentathlon Champs	Thurrock
U13G	SP2.72K	Ruby Brown	3.70		15-Apr-18	EYAL R1	Bury St Edmunds
U15G	DTW	Alice Brown	37.71	AT U15G 2nd	2-Apr-18	Lee Valley Open	Lee Valley
SW	DTW	Rachel Forder	36.99		06-May-18	A-10 Champs	Fairfax FA, USA
U20W	DTW	Chimdi Okpalauko	33.62	AT SW 19th	1-Sep-18	South U20 Inter Counties	Oxford
U17W	DTW	Rosie Brown	33.40		27-May-18	YDL UAG R2	Stevenage
U17W	DTW	Alexandrea Adeniji	33.10		14-Apr-18	SAL R1	Ipswich
U15G	DTW	Freya Killilea	31.68	AT U15G 10th	14-Jul-18	ESAA Champs	Birmingham
U17W	DTW	Robyn Moody	30.64		27-May-18	YDL UAG R2	Stevenage
U15G	DTW	Jessie Collier	26.77		5-Aug-18	EYAL R5	St Albans
U15G	DTW	Hannah Yexley	26.47		16-Sep-18	Havering Club Championships	Hornchurch
SW	DTW	Nina Brennan	23.10		14-Jul-18	SAL R4	Croydon
U15G	DTW	Alice Atkins	22.40		7-Jul-18	ESAA Track & Field Cup	Gateshead
U15G	DTW	Maddie Georgiou	22.05		3-Jun-18	EYAL R3	Colchester
U15G	DTW	Sydney Foley	18.95		6-May-18	EYAL R2	Ipswich
U17W	DTW	Charlotte Wright	16.10		18-Aug-18	SAL R5	St Albans
U15G	DTW	Jessica Roberts	19.09		16-Sep-18	Havering Club Championships	Hornchurch
U15G	DTW	Somto Ezeonwuka	15.93		16-Sep-18	Havering Club Championships	Hornchurch
SW	DTW	Rachel Kerr	15.75		14-Jul-18	SAL R4	Croydon
U15G	DTW	Olivia Boachie	15.58		8-Apr-18	Havering Spring Warm Up	Hornchurch
U20W	DTW	Sophie Rand	14.07		1-Jul-18	YDL UAG R3	Croydon
U17W	DTW	Freya Duffy	12.39		8-Jul-18	EYAL R4	Hendon
U20W	DTW	Katie Dawson	9.89		8-Jul-18	UKWAL R2	Liverpool
U13G	DT0.75K	Katie Ennis	30.58	AT U13G 3rd	16-Sep-18	Havering Club Championships	Hornchurch
U13G	DT0.75K	Faith Reilly	23.40		16-Sep-18	Havering Club Championships	Hornchurch
U13G	DT0.75K	Zikora Ezeonwuka	20.39		16-Sep-18	Havering Club Championships	Hornchurch
U13G	DT0.75K	Isabella Uzal	19.64		16-Sep-18	Havering Club Championships	Hornchurch
U13G	DT0.75K	Ruby Brown	16.69		15-Apr-18	EYAL R1	Bury St Edmunds
U13G	DT0.75K	Isabelle Bartlett	15.34		8-Jul-18	EYAL R4	Hendon
U13G	DT0.75K	Katy Mitchell	14.73		15-Apr-18	EYAL R1	Bury St Edmunds
SW	JT600	Zoe Hughes	39.48	AT SW 7th	24-Mar-18	Wake Invitational	W-Salem USA
U17W	JT600	Adelaide Thatcher-Gray	36.49	AT U17W 2nd	16-Sep-18	Havering Club Championships	Hornchurch
U20W	JT600	Mayi Hughes	31.34	AT U20W 10th	29-Jul-18	YDL UAG R4	Ashford
U20W	JT600	Philippa Gill	30.42	AT SW 14th	16-Sep-18	Havering Club Championships	Hornchurch
SW	JT600	Jemma Pemberton	28.28	AT SW 18th	12-May-18	Essex Championships	Chelmsford
SW	JT600	Georgia Woodburn	27.26		18-Aug-18	SAL R5	St Albans
U20W	JT600	Elysha Thatcher-Gray	21.93		29-Apr-18	YDL UAG R1	Hornchurch
SW35	JT600	Claire Brennan	21.15		14-Apr-18	SAL R1	Ipswich
U20W	JT600	Josie Waddams	15.32		29-Jul-18	YDL UAG R4	Ashford
U20W	JT600	Kate O'Neill	10.51		1-Jul-18	YDL UAG R3	Croydon
SW	JT600	Rachel Kerr	10.18		14-Jul-18	SAL R4	Croydon

Havering AC Female 2018 Rankings as at 30/09/2018

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	JT500	Adelaide Thatcher-Gray	40.42	AT U17W 1st	16-Sep-18	Havering Club Championships	Hornchurch
U15G	JT500	Ruby Mace	30.78		3-Jun-18	EYAL R3	Colchester
U17W	JT500	Robyn Moody	26.62	AT U17W 10th	8-Jul-18	EYAL R4	Hendon
U15G	JT500	Maddie Georgiou	25.65	AT U15G 6th	16-Sep-18	Havering Club Championships	Hornchurch
U15G	JT500	Georgia Yexley	25.04	AT U15G 7th	12-May-18	Essex Championships	Chelmsford
U15G	JT500	Jessie Collier	24.39		2-Sep-18	EYAL Top 6 Final	Ipswich
U15G	JT500	Jenna Cavanagh	23.98	AT U15G 8th	3-Jun-18	EYAL R3	Colchester
U15G	JT500	Alice Brown	21.84		2-Sep-18	EYAL Top 6 Final	Ipswich
U15G	JT500	Isabelle O'Connor	21.06		8-Apr-18	Havering Spring Warm Up	Hornchurch
U15G	JT500	Jenna Cavanagh	19.32		17-Jun-18	YDL LAG R3	Reading
U17W	JT500	Charlotte Wright	15.70		8-Jul-18	EYAL R4	Hendon
U15G	JT500	Natalie Sewell	14.40		5-Aug-18	EYAL R5	St Albans
U13G	JT400	Faith Reilly	26.06	AT U13G 4th	5-Aug-18	EYAL R5	St Albans
U13G	JT400	Katie Ennis	19.83		16-Sep-18	Havering Club Championships	Hornchurch
U13G	JT400	Rania Richards	15.86		17-Jun-18	YDL LAG R3	Reading
U13G	JT400	Charlotte Grundy	10.02		3-Jun-18	EYAL R3	Colchester
U13G	JT400	Ruby Brown	8.79		15-Apr-18	EYAL R1	Bury St Edmunds
U20W	HT4K	Philippa Gill	29.02	AT U20W 4th	20-May-18	SAL R2	Eastbourne
U17W	HT4K	Alexandrea Adeniji	25.03	AT U17W 5th	14-Apr-18	SAL R1	Ipswich
SW	HT4K	Nina Brennan	20.25		23-Jun-18	SAL R3	Chelmsford
U20W	HT4K	Chimdi Okpalauko	10.24		3-Jun-18	UKWAL R1	Bedford
U17W	HT3K	Alexandrea Adeniji	27.22		2-Sep-18	EYAL Top 6 Final	Ipswich
U15G	HT3K	Freya Killilea	23.05		3-Jun-18	EYAL R3	Colchester
U15G	HT3K	Lola Kuponiyi	21.49		21-Apr-18	YDL LAG R1	Bracknell
U13G	HT3K	Katie Ennis	18.37	AT U13W 1st	12-May-18	Essex Championships	Chelmsford
U17W	HT3K	Adelaide Thatcher-Gray	18.11		3-Jun-18	EYAL R3	Colchester
U15G	HT3K	Alice Atkins	18.38		21-Jul-18	YDL LAG R4	Hornchurch
U15G	HT3K	Claudia Attewell	16.25		2-Sep-18	EYAL Top 6 Final	Ipswich
U15G	PenU15G	Alice Brown	2743		23-May-18	Essex Schools Combined Event:	Brentwood
U15G	PenU15G	Tayllah Barton-Conde	2435		23-May-18	Essex Schools Combined Event:	Brentwood
U15G	PenU15G	Freya Higginbottom	2126		23-May-18	Essex Schools Combined Event:	Brentwood
U13G	PenU13G	Heidi Ayles	1703		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	PenU13G	Charlotte Grundy	1527		28-Apr-18	Essex Pentathlon Champs	Thurrock
U13G	PenU13G	Freya Long	1474		28-Apr-18	Essex Pentathlon Champs	Thurrock
U13G	PenU13G	Isabelle Bartlett	1384		27-Aug-18	Kent Pentathlon Champs	Dartford
U13G	PenU13G	Lucy Natrass	1351		27-Aug-18	Kent Pentathlon Champs	Dartford