

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
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
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
U13W	80	Phoebe Maloney	12.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13W	80	Tolu Akingbade	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
U13W	80	Freya Gutteridge	13.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
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
U13W	100	Michelle Hughes	14.6	27-Jun-10	EYAL Rd 3	St Albans
U13W	100	Chenice Constable	14.7	11-Jul-10	EYAL Rd 4	Braintree
U13W	100	Tolu Akingbade	14.9	27-Jun-10	EYAL Rd 3	St Albans
U13W	100	Debrah Oyekan	15.1	27-Jun-10	EYAL Rd 3	St Albans
U13W	100	Sophia Sharpe	15.4	27-Jun-10	EYAL Rd 3	St Albans
U13W	100	Jessica Ward	15.5	27-Jun-10	EYAL Rd 3	St Albans
U13W	100	Phoebe Maloney	15.9	11-Apr-10	HMAC Spring Open #2	Mayesbrook
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
U13W	150	Emma Whitby	21.11	1-Aug-10	N YAL Southern Final	Hendon
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
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
U13W	150	Phoebe Maloney	22.7	16-May-10	NYAL Round 2	Eltham
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
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
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
U13W	200	Tolu Akingbade	31.0	27-Jun-10	EYAL Rd 3	St Albans
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
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
U13W	300	Amy Baggs	53.9	28-Mar-10	HMAC Spring Open #1	Hornchurch
U13W	600	Abigail Spink	1:52.00	12-Jun-10	Essex Schools Champs	Chelmsford
U13W	600	Amy Baggs	2:06.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
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
U13W	800	Sarah Wilson	2:36.44	1-Aug-10	N YAL Southern Final	Hendon
U13W	800	Jessica Ward	2:51.2	11-Jul-10	EYAL Rd 4	Braintree
U13W	800	Michelle Hughes	2:56.0	6-Jun-10	EYAL Round 2	Luton
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
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
U13W	1500	Abigail Spink	5:40.0	11-Jul-10	EYAL Rd 4	Braintree
U13W	1500	Amy Baggs	5:56.6	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

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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
U13W	HJ	Chenice Constable	1.39	1-Aug-10	N YAL Southern Final	Hendon
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
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
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
U13W	LJ	Chenice Constable	4.59	15-Aug-10	EYAL Round 5	Colchester
U13W	LJ	Heidi Surman-Wells	3.90	6-Jun-10	EYAL Round 2	Luton
U13W	LJ	Sophia Sharpe	3.53	12-Sep-10	EYAL Top 6 Final	Stevenage
U13W	LJ	Freya Gutteridge	3.37	18-Jul-10	NYAL Round 4	St Albans
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
U13W	LJ	Kiera Law	2.69	27-Jun-10	EYAL Rd 3	St Albans
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
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