

## Havering AC Female 2019 Rankings as at 08/05/2019

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15G	60	Olivia Sorae	8.27i		2-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	60	Uche Okpalauko	8.37i		6-Jan-19	Lee Valley Open	Lee Valley
U15G	60	Paige Robinson	8.39i		12-Jan-19	SEAA Indoor Champs	Lee Valley
U15G	60	Paris King	8.46i		24-Mar-19	Lee Valley Open	Lee Valley
U15G	60	Rania Richards	8.74i		2-Mar-19	Lee Valley Open	Lee Valley
U15G	100	Paige Robinson	13.26		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Uche Okpalauko	13.34w		6-Apr-19	Lee Valley Open	Lee Valley
U15G	100	Uche Okpalauko	13.59		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Paris King	13.62		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Stephanie Okoro	13.7		14-Apr-19	EYAL R1	Ipswich
U15G	100	Rhys Cole	13.7		27-Apr-19	YDL LAG R1	Tooting
U15G	100	Isabel O'Connor	13.93		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Rania Richards	14.15		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Dara Otitoju	14.2		4-May-19	EYAL R2	St Albans
U15G	100	Dara Otitoju	14.26		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Olivia Purdie	14.45		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Isabelle Bradley	14.55		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Zarah McDaniel	14.66		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Clara Odoch	14.66		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Shante Roserie	14.70		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Man Man Chau	15.17		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Eloise Sillett	15.18		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Mya Burton	15.79		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	100	Megan Cook	16.41		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Olivia Sorrell	27.32		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Uche Okpalauko	27.85i		6-Jan-19	Lee Valley Open	Lee Valley
U15G	200	Rhys Cole	27.87i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	200	Rhys Cole	28.5		4-May-19	EYAL R2	St Albans
U15G	200	Rhys Cole	28.54		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Freya Higginbottom	28.65i		6-Jan-19	Lee Valley Open	Lee Valley
U15G	200	Freya Higginbottom	29.5		27-Apr-19	YDL LAG R1	Tooting
U15G	200	Isabel O'Connor	28.69i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	200	Isabel O'Connor	29.7		4-May-19	EYAL R2	St Albans
U15G	200	Clara Odoch	28.69		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Paris King	28.76i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	200	Paris King	32.6		4-May-19	EYAL R2	St Albans
U15G	200	Dara Otitoju	28.9		4-May-19	EYAL R2	St Albans
U15G	200	Dara Otitoju	29.47		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Lucy Nattrass	29.03		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Lola Kane	29.60		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Cynthia Asiegbu	29.6		14-Apr-19	EYAL R1	Ipswich
U15G	200	Holly Bradley	29.7		4-May-19	EYAL R2	St Albans
U15G	200	Rania Richards	30.14		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Sophia Stephanou	30.23		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Maddie Barker	30.35		30-Mar-19	Woodford Open	Woodford
U15G	200	Ruby Higgins	30.6		14-Apr-19	EYAL R1	Ipswich
U15G	200	Olivia Purdie	31.6		4-May-19	EYAL R2	St Albans
U15G	200	Man Man Chau	31.97		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Lucy Gagen	34.48		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	200	Molly Brooker	37.72		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Olivia Boachie	43.07		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Uche Okpalauko	43.30		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Freya Higginbottom	45.56i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	300	Freya Higginbottom	46.3		27-Apr-19	YDL LAG R1	Tooting
U15G	300	Lucy Nattrass	46.87		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Madeline Barker	47.44		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Lola Kane	48.0		4-May-19	EYAL R2	St Albans
U15G	300	Freya Long	48.08		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Claudia Attewell	51.85		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	300	Ruby Guynan	54.6		14-Apr-19	EYAL R1	Ipswich
U15G	400	Olivia Boachie	61.15		6-Apr-19	Lee Valley Open	Lee Valley

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U15G	800	Stephanie Okoro	2:20.36i		20-Feb-19	Middle Distance Open	Lee Valley
U15G	800	Stephanie Okoro	2:23.3		14-Apr-19	EYAL R1	Ipswich
U15G	800	Stephanie Okoro	2:26.86		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Natalie Sewell	2:25.0		4-May-19	EYAL R2	St Albans
U15G	800	Tilly Canty	2:31.27i		3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	800	Maddie Barker	2:31.60		30-Mar-19	Woodford Open	Woodford
U15G	800	Hannah Yexley	2:34.12		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Freya Long	2:39.54		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Holly Bradley	2:39.9		4-May-19	EYAL R2	St Albans
U15G	800	Isobelle O'Connor	2:44.73		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Alexia Arizi	2:46.2		14-Apr-19	EYAL R1	Ipswich
U15G	800	Alexia Arizi	2:50.66		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Heidi Aylen	2:55.54		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	800	Ruby Guynan	3:00.9		14-Apr-19	EYAL R1	Ipswich
U15G	800	Ruby Lendon	3:05.69		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	1500	Natalie Sewell	4:50.19		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	1500	Tilly Canty	5:07.83		30-Mar-19	Woodford Open	Woodford
U15G	1500	Maddie Barker	5:07.85		1-May-19	Watford Open	Watford
U15G	1500	Chloe Rand	5:08.20		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	1500	Ruby Higgins	5:10.8		4-May-19	EYAL R2	St Albans
U15G	1500	Ruby Higgins	5:12.61		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	1500	Freya Long	5:23.7		4-May-19	EYAL R2	St Albans
U15G	60HU15W	Paige Robinson	9.51i		24-Feb-19	EA Age Group Champs	Sheffield
U15G	60HU15W	Paris King	9.57i		5-Jan-19	London Indoor Games	Lee Valley
U15G	75HU15G	Paige Robinson	12.09		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	75HU15G	Paris King	12.50		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	75HU15G	Isabel O'Connor	12.60		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	75HU15G	Tallulah Brown	13.78		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	75HU15G	Heidi Aylen	13.82		28-Apr-19	Essex County Pentathlon	Thurrock
U15G	75HU15G	Gabrielle Purdie	14.28		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	75HU15G	Freya Higginbottom	14.65		28-Apr-19	Essex County Pentathlon	Thurrock
U15G	HJ	Cynthia Asiegbu	1.55i	AT U15G =8th	3-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	HJ	Cynthia Asiegbu	1.50		27-Apr-19	YDL LAG R1	Tooting
U15G	HJ	Uche Okpalauko	1.45		4-May-19	EYAL R2	St Albans
U15G	HJ	Olivia Sorrell	1.40		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	HJ	Isabelle Bartlett	1.25		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	HJ	Dara Oitoju	1.25		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	HJ	Lucy Nattrass	1.25		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	HJ	Megan Cook	1.25		14-Apr-19	EYAL R1	Ipswich
U15G	HJ	Heidi Aylen	1.22		28-Apr-19	Essex County Pentathlon	Thurrock
U15G	LJ	Freya Higginbottom	4.85		4-May-19	EYAL R2	St Albans
U15G	LJ	Stephanie Okoro	4.66		4-May-19	EYAL R2	St Albans
U15G	LJ	Uche Okpalauko	4.34		14-Apr-19	EYAL R1	Ipswich
U15G	LJ	Paris King	4.11i		2-Feb-19	Essex & Eastern Champs	Lee Valley
U15G	LJ	Paris King	4.08		14-Apr-19	EYAL R1	Ipswich
U15G	LJ	Olivia Boachie	4.09		4-May-19	EYAL R2	St Albans
U15G	LJ	Clara Odoch	3.80		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	LJ	Heidi Aylen	3.54		28-Apr-19	Essex County Pentathlon	Thurrock
U15G	LJ	Megan Cook	2.84		14-Apr-19	EYAL R1	Ipswich
U15G	PV	Katie Ennis	1.70	AT U15G =6th	30-Mar-19	Woodford Open	Woodford
U15G	PV	Freya Long	1.70	AT U15G =6th	4-May-19	EYAL R2	St Albans
U15G	SP3K	Isabella Uzal	8.66		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	SP3K	Faith Reilly	7.60		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	SP3K	Isabelle Bradley	7.59		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	SP3K	Claudia Attewell	7.23		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	SP3K	Heidi Aylen	6.98		28-Apr-19	Essex County Pentathlon	Thurrock
U15G	SP3K	Isabelle Bartlett	6.73		4-May-19	EYAL R2	St Albans
U15G	SP3K	Lucy Nattrass	6.00		4-May-19	EYAL R2	St Albans
U15G	SP3K	Man Man Chau	5.60		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	DT1K	Hannah Yexley	25.88		27-Apr-19	YDL LAG R1	Tooting
U15G	DT1K	Katie Ennis	23.62		30-Mar-19	Woodford Open	Woodford
U15G	DT1K	Faith Reilly	18.52		14-Apr-19	EYAL R1	Ipswich
U15G	DT1K	Isabelle Bartlett	17.64		4-May-19	EYAL R2	St Albans
U15G	JT500	Faith Reilly	26.19	AT U15G 8th	7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	JT500	Isobelle O'Connor	23.47		4-May-19	EYAL R2	St Albans
U15G	JT500	Natalie Sewell	20.48		7-Apr-19	Havering Spring Warm Up	Hornchuch
U15G	JT500	Katie Ennis	18.93		30-Mar-19	Woodford Open	Woodford
U15G	JT500	Rania Richards	12.85		14-Apr-19	EYAL R1	Ipswich
U15G	HT3K	Claudia Attewell	18.00		27-Apr-19	YDL LAG R1	Tooting
U15G	HT3K	Katie Ennis	15.73		14-Apr-19	EYAL R1	Ipswich
U15G	HT3K	Hannah Yexley	14.55		4-May-19	EYAL R2	St Albans
U15G	PenU15G	Heidi Aylen	1701		28-Apr-19	Essex County Pentathlon	Thurrock