

HMAC Female rankings as at 09/10/2006

Age Group	Event	Name	Performance	Date	Meeting	Venue
JW	80	Lisa Schofield	10.6	19-Mar-06	Spring Warm up 1	Hornchurch
SW	80	Hannah Gamester	11.0	19-Mar-06	Spring Warm up 1	Hornchurch
JW	100	Lucy Sargent	11.85	7-Jul-06	Junior Meeting	Mannheim, GER
JW	100	Christina Kalejaiye	12.8	22-Apr-06	SWL Rd 1	Abingdon
JW	100	Lisa Schofield	12.9	22-Apr-06	SWL Rd 1	Abingdon
JW	100	Kirsty Smith	12.9	6-Aug-06	UKWAL Rd 3	Liverpool
SW	100	Claire Brennan	13.1	24-Jun-06	SWL Rd 3	Eton
JW	100	Chloe van Wulven	13.2	11-Jun-06	NJAL Rd 2	Haringey
SW	100	Hannah Gamester	13.3w	6-Aug-06	UKWAL Rd 3	Liverpool
SW	100	Hannah Gamester	13.46	4-Jun-06	UKWAL Rd 1	Wigan
SW	100	Kate Brewington	13.9	20-May-06	SWL Rd 2	Southampton
SW	100	Danielle Ross	14.10	4-Jun-06	UKWAL Rd 1	Wigan
SW	100	Emma Christmas	14.6	24-Jun-06	SWL Rd 3	Eton
SW	150	Claire Brennan	20.3	19-Mar-06	Spring Warm up 1	Hornchurch
SW	150	Laurie Cooper	20.9	19-Mar-06	Spring Warm up 1	Hornchurch
JW	150	Helen Roche	21.4	19-Mar-06	Spring Warm up 1	Hornchurch
JW	200	Lucy Sargent	24.47	23-Jul-06	AAAs U20 Champs	Bedford
JW	200	Christina Kalejaiye	26.6	22-Apr-06	SWL Rd 1	Abingdon
SW	200	Harriet Scott	26.93	31-May-06	Watford Open	Watford
SW	200	Claire Brennan	27.13	14-May-06	Essex Champs Day 3	Chelmsford
JW	200	Lisa Schofield	27.2	9-Apr-06	Spring Warm up 2	Barking
SW	200	Hannah Gamester	27.5	22-Apr-06	SWL Rd 1	Abingdon
JW	200	Lauren Clark	27.71	4-Jun-06	UKWAL Rd 1	Wigan
JW	200	Chloe van Wulven	28.2w	6-Aug-06	UKWAL Rd 3	Liverpool
SW	200	Laurie Cooper	28.24	2-Jul-06	UKWAL Rd 2	Swansea
JW	200	Helen Roche	29.08	7-May-06	NJAL Rd 1	Hendon
JW	200	Robyn Delivett	29.4w	6-Aug-06	UKWAL Rd 3	Liverpool
JW	200	Robyn Delivett	29.7	20-May-06	SWL Rd 2	Southampton
JW	200	Laura Moore	31.7	24-Jun-06	SWL Rd 3	Eton
JW	300	Lucy Rodgers	42.1	19-Mar-06	Spring Warm up 1	Hornchurch
JW	300	Lauren Clark	43.2	19-Mar-06	Spring Warm up 1	Hornchurch
JW	300	Helen Roche	45.5	19-Mar-06	Spring Warm up 1	Hornchurch
SW	300	Claire Brennan	45.5	19-Mar-06	Spring Warm up 1	Hornchurch
SW	400	Harriet Scott	58.2	6-Aug-06	UKWAL Rd 3	Liverpool
JW	400	Katie Richardson	59.21	12-Jul-06	Watford Open	Watford
JW	400	Lauren Clark	59.9	24-Jun-06	SWL Rd 3	Eton
SW	400	Faye Fullerton	61.2	4-Jun-06	UKWAL Rd 1	Wigan
SW	400	Laurie Cooper	61.5	15-Jul-06	SWL Rd 4	Barking
JW	400	Robyn Delivett	62.2	13-Aug-06	NJAL Rd 4	Eton
JW	400	Helen Roche	63.0	9-Apr-06	Spring Warm up 2	Barking
SW	400	Nina Brennan	65.20	13-May-06	Essex Champs Day 2	Chelmsford
JW	400	Lynsey Clark	69.0	24-Jun-06	SWL Rd 3	Eton
JW	400	Laura Moore	73.6	9-Apr-06	Spring Warm up 2	Barking
SW	600	Laurie Cooper	1:39.8	19-Mar-06	Spring Warm up 1	Hornchurch
SW	800	Faye Fullerton	2:06.83	23-Aug-06	BMC Watford Open	Watford
SW	800	Harriet Scott	2:10.28	18-Jun-06	SEAA Senior Champs	Crystal Palace
JW	800	Katie Richardson	2:11.52	8-Jul-06	English Schools Champs	Gateshead
JW	800	Hayley Stibbs	2:17.33	2-Jul-06	UKWAL Rd 2	Swansea
JW	800	Helen Roche	2:19.33	12-Jul-06	Watford Open	Watford
JW	800	Megan Foley	2:19.5	22-Apr-06	SWL Rd 1	Abingdon
SW	800	Laurie Cooper	2:22.35	15-Apr-06	Alpha Trophy	Haringey
JW	800	Robyn Matson	2:22.37	12-Jul-06	Watford Open	Watford
SW	800	Sara Luck	2:23.46	31-May-06	Watford Open	Watford
JW	800	Vicky Smith	2:24.1	6-Aug-06	UKWAL Rd 3	Liverpool
JW	800	Lauren Clark	2:24.4	20-May-06	SWL Rd 2	Southampton
W45	800	Lesley Felton	2:47.0	2-Sep-06	SWL Rd 6	Stevenage
JW	800	Laura Moore	2:53.9	15-Jul-06	SWL Rd 4	Barking
SW	1500	Faye Fullerton	4:13.67	26-Aug-06	Antwerp Gala	Antwerp, BEL
SW	1500	Harriet Scott	4:32.05	13-Aug-06	Southern Inter Counties	Crawley
JW	1500	Katie Richardson	4:42.64	13-May-06	Essex Champs Day 2	Chelmsford
JW	1500	Hayley Stibbs	4:45.8	16-Jul-06	NJAL Rd 3	Stevenage
JW	1500	Robyn Matson	4:55.93	17-Jun-06	SEAA Junior Champs	Crystal Palace
SW	1500	Lauren Deadman	4:56.9	2-Aug-06	Thurrock Open	Thurrock
JW	1500	Megan Foley	5:03.2	11-Jun-06	NJAL Rd 2	Haringey
JW	1500	Vicky Smith	5:11.9	2-Sep-06	SWL Rd 6	Stevenage
SW	1500	Laurie Cooper	5:28.73	4-Jun-06	UKWAL Rd 2	Wigan
W45	1500	Lesley Felton	5:30.3	15-Jul-06	SWL Rd 4	Barking
SW	3000	Faye Fullerton	9:07.52	28-Jul-06	London Grand Prix	Crystal Palace
SW	3000	Harriet Scott	9:47.29	09-Aug-06	Watford Open	Watford
SW	3000	Lauren Deadman	10:18.51	09-Aug-06	Watford Open	Watford
JW	3000	Robyn Matson	10:46.95	4-Jun-06	UKWAL Rd 1	Wigan

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Age Group	Event	Name	Performance	Date	Meeting	Venue
JW	3000	Megan Foley	11:16.43	7-May-06	NJAL Rd 1	Hendon
W45	3000	Lesley Felton	12:21.26	2-Jul-06	UKWAL Rd 2	Swansea
SW	3000	Helen Biscoe	12:42.0	6-Aug-06	UKWAL Rd 3	Liverpool
SW	3000	Laura Day	13:19.4	15-Jul-06	SWL Rd 4	Barking
JW	3000	Laura Moore	14:04.9	20-May-06	SWL Rd 2	Southampton
SW	3000	Vicky Collier	14:32.6	15-Jul-06	SWL Rd 4	Barking
SW	5000	Nikkii Barnett	19:30.16	14-May-06	Essex Champs Day 3	Chelmsford
SW	Mar	Jo Sullivan	3:38.09	23-Apr-06	London Marathon	London
JW	100H	Chloe van Wulven	14.71	7-Jul-06	English Schools Champs	Gateshead
SW	100H	Claire Brennan	15.25	4-Jun-06	UKWAL Rd 1	Wigan
JW	100H	Lisa Schofield	16.3	22-Apr-06	SWL Rd 1	Abingdon
JW	300H	Chloe Van Wulven	46.8	19-Mar-06	Spring Warm up 1	Hornchurch
JW	300H	Lisa Schofield	46.9	19-Mar-06	Spring Warm up 1	Hornchurch
JW	400H	Chloe van Wulven	65.01	2-Jul-06	UKWAL Rd 2	Swansea
SW	400H	Claire Brennan	68.28	2-Jul-06	UKWAL Rd 2	Swansea
JW	400H	Lisa Schofield	71.3	2-Sep-06	SWL Rd 6	Stevenage
SW	400H	Sara Luck	71.62	15-Apr-06	Alpha Trophy	Haringey
JW	400H	Robyn Matson	74.3	11-Jun-06	NJAL Rd 2	Haringey
SW	400H	Laurie Cooper	75.9	12-Aug-06	SWL Rd 5	Kingston
JW	1500SC	Katie Richardson	5:28.0	16-Jul-06	NJAL Rd 3	Stevenage
SW	DT	Melanie Harrison	40.61	30-Apr-06	BUSA Champs	Birmingham
SW	DT	Lynsey Clark	37.63	22-Apr-06	SWL Rd 1	Abingdon
JW	DT	Lauren Clark	33.39	11-Jun-06	NJAL Rd 2	Haringey
SW	DT	Sarah Deacon	29.67	12-Aug-06	SWL Rd 5	Kingston
JW	DT	Robyn Delivett	18.90	13-Aug-06	NJAL Rd 4	Eton
JW	DT	Vicky Smith	17.43	13-Aug-06	NJAL Rd 4	Eton
JW	DT	Emma Christmas	15.49	11-Jun-06	NJAL Rd 2	Haringey
JW	HJ	Chloe van Wulven	1.65	7-May-06	NJAL Rd 1	Hendon
SW	HJ	Sara Luck	1.55	9-Apr-06	Spring Warm up 2	Barking
SW	HJ	Kate Brewington	1.55	14-May-06	Essex Champs Day 3	Chelmsford
SW	HJ	Mel Harrison	1.40	15-Jul-06	SWL Rd 4	Barking
JW	HJ	Emma Christmas	1.30	4-Jun-06	UKWAL Rd 1	Wigan
JW	HJ	Robyn Matson	1.25	22-Apr-06	SWL Rd 1	Abingdon
SW	HJ	Sarah Deacon	1.00	20-May-06	SWL Rd 2	Southampton
SW	HT	Sarah Deacon	45.91	12-Aug-06	SWL Rd 5	Kingston
SW	HT	Melanie Harrison	42.81	20-May-06	SWL Rd 2	Southampton
SW	HT	Nina Brennan	15.66	12-Aug-06	SWL Rd 5	Kingston
JW	HT	Lauren Clark	9.07	11-Jun-06	NJAL Rd 2	Haringey
SW	JT	Louise Mathews	46.41	4-Jun-06	UKWAL Rd 1	Wigan
JW	JT	Emma Christmas	36.49	6-Aug-06	UKWAL Rd 3	Liverpool
SW	JT	Kate Brewington	34.95	14-May-06	Essex Champs Day 3	Chelmsford
SW	JT	Melanie Harrison	31.94	15-Jul-06	SWL Rd 4	Barking
SW	JT	Sarah Deacon	22.72	15-Apr-06	Alpha Trophy	Haringey
SW	JT	Claire Brennan	21.82	15-Apr-06	Alpha Trophy	Haringey
JW	LJ	Kirsty Smith	5.59w	26-Aug-06	Southern Inter Counties	Eton
JW	LJ	Kirsty Smith	5.47	13-Aug-06	NJAL Rd 4	Eton
SW	LJ	Kate Brewington	5.42	14-May-06	Essex Champs Day 3	Chelmsford
JW	LJ	Christina Kalejaiye	5.03	22-Apr-06	SWL Rd 1	Abingdon
JW	LJ	Lisa Schofield	4.82	7-May-06	NJAL Rd 1	Hendon
JW	LJ	Hannah Gamester	4.70	20-May-06	SWL Rd 2	Southampton
SW	LJ	Lynsey Clark	4.70	4-Jun-06	UKWAL Rd 1	Wigan
JW	LJ	Chloe van Wulven	4.49i	8-Jan-06	SEAA Indoor Pentathlon	Carshalton
JW	LJ	Lauren Clark	4.15	4-Jun-06	UKWAL Rd 1	Wigan
JW	LJ	Emma Christmas	4.03	6-Aug-06	UKWAL Rd 3	Liverpool
JW	LJ	Laura Moore	3.89	15-Jul-06	SWL Rd 4	Barking
JW	LJ	Robyn Matson	3.73	24-Jun-06	SWL Rd 3	Eton
SW	PV	Hannah Gamester	2.60	24-Jun-06	SWL Rd 3	Eton
SW	PV	Danielle Ross	2.40	9-Apr-06	Spring Warm up 2	Barking
JW	PV	Chloe van Wulven	2.00	7-May-06	NJAL Rd 1	Hendon
SW	PV	Claire Brennan	1.90	20-May-06	SWL Rd 2	Southampton
SW	SP	Melanie Harrison	11.74	18-Jun-06	SEAA Champs	Crystal Palace
SW	SP	Kate Brewington	11.15	13-May-06	Essex Champs Day 2	Chelmsford
SW	SP	Sarah Deacon	8.88	24-Jun-06	SWL Rd 3	Eton
SW	SP	Lynsey Clark	7.68	2-Sep-06	SWL Rd 6	Stevenage
JW	SP	Lauren Clark	7.54	11-Jun-06	NJAL Rd 2	Haringey
JW	TJ	Kirsty Smith	11.83	22-Jul-06	AAAs U20 Champs	Bedford
SW	TJ	Lynsey Clark	10.92	2-Jul-06	UKWAL Rd 2	Swansea
SW	TJ	Hannah Gamester	9.20	4-Jun-06	UKWAL Rd 1	Wigan
JW	TJ	Lauren Clark	9.17	20-May-06	SWL Rd 2	Southampton
JW	TJ	Robyn Delivett	7.96	6-Aug-06	UKWAL Rd 3	Liverpool