

## HMAC Female Summer 2007 rankings as at 30/09/2007

Age Group	Event	Name	Performance	Date	Meeting	Venue
JW	100	Lucy Sargent	11.78	24-Jun	England U20 Champs	Bedford
SW	100	Kirsty Smith	12.88	07-Jul	UKWAL Rd 2	Eton
SW	100	Claire Brennan	13.0	02-Jun	SWL Rd 3	Guildford
SW	100	Brennan	13.05	07-Jul	UKWAL Rd 2	Eton
JW	100	Lisa Schofield	13.4	05-Aug	UKWAL Rd 3	Milton Keynes
JW	100	Schofield	13.0w	01-Jul	NJAL Rd 3	Mayesbrook
SW	100	Hannah Gamester	13.64	12-May	Essex Champs Day 2	Chelmsford
JW	100	Katie Richardson	13.8	29-Apr	NJAL Round 1	Bedford
SW	100	Nina Brennan	14.4	26-May	London Inter Club Challenge	Lee Valley
SW	100	Brennan	14.3w	28-Jul	SWL Rd 5	Mayesbrook
SW	100	Laurie Cooper	14.4	02-Jun	SWL Rd 3	Guildford
SW	150	Claire Brennan	19.7	25-Mar	Spring Warm Up 1	Hornchurch
SW	150	Robyn Delivett	20.5	25-Mar	Spring Warm Up 1	Hornchurch
JW	150	Lauren Clark	20.5	25-Mar	Spring Warm Up 1	Hornchurch
JW	200	Lucy Sargent	24.19	05-Jun	International	Bratislava, SVK
SW	200	Kate Cowley	25.8	28-Apr	SWL Round 1	Oxford
SW	200	Cowley	26.08w	02-Jun	International Heptathlon	Arles, FRA
SW	200	Cowley	26.24	04-Aug	Spanish Champs	San Sebastian
JW	200	Lisa Schofield	27.1	29-Apr	NJAL Round 1	Bedford
SW	200	Schofield	27.47	03-Jun	UKWAL Rd 1	Wigan
JW	200	Lauren Clark	27.1	29-Apr	NJAL Round 1	Bedford
SW	200	Hannah Gamester	27.46	07-Jul	UKWAL Rd 2	Eton
SW	200	Claire Brennan	27.60	13-May	Essex Champs Day 3	Chelmsford
SW	200	Brennan	26.39w	07-Jul	UKWAL Rd 2	Eton
SW	200	Laurie Cooper	29.0	07-May	Herts Open	Stevenage
SW	200	Robyn Delivett	28.5	05-Aug	UKWAL Rd 3	Milton Keynes
SW	200	Delivett	27.8w	28-Jul	SWL Rd 5	Mayesbrook
JW	300	Lauren Clark	42.9	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Robyn Delivett	43.6	25-Mar	Spring Warm Up 1	Hornchurch
JW	300	Lisa Schofield	44.5	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Laura Bealey	44.6	25-Mar	Spring Warm Up 1	Hornchurch
SW	300	Hannah Gamester	45.1	25-Mar	Spring Warm Up 1	Hornchurch
SW	400	Harriet Scott	57.4	05-Aug	UKWAL Rd 3	Milton Keynes
JW	400	Lauren Clark	59.9	15-Apr	Spring Warm Up 2	Mayesbrook
SW	400	Sara Luck	60.2	28-Apr	SWL Round 1	Oxford
SW	400	Luck	61.14	07-Jul	UKWAL Rd 2	Eton
JW	400	Katie Richardson	61.22	21-Apr	Alpha Trophy	Lee Valley
SW	400	Robyn Delivett	61.90	16-Jun	SEAA U20 Champs	Crystal Pal
JW	400	Megan Foley	61.9	01-Jul	NJAL Rd 3	Mayesbrook
SW	400	Laurie Cooper	62.2	02-Jun	SWL Rd 3	Guildford
SW	400	Laura Bealey	62.51	12-May	Essex Champs Day 2	Chelmsford
SW	400	Nina Brennan	64.5	02-Jun	SWL Rd 3	Guildford
SW	400	Brennan	65.45	03-Jun	UKWAL Rd 1 (non score)	Wigan
JW	400	Hayley Pegg	67.7	27-May	NJAL Round 2	Basildon
JW	400	Jade Edwards	68.7	29-Jul	NJAL Rd 4	Colchester
SW	400	Melissa Felton	71.65	21-Apr	Alpha Trophy	Lee Valley
SW	600	Laura Bealey	1:46.8	25-Mar	Spring Warm Up 1	Hornchurch
SW	800	Harriet Scott	2:06.27	17-Jun	SEAA Senior Champs	Crystal Pal
SW	800	Faye Fullerton	2:08.53	26-May	CAU Inter Counties	Bedford
SW	800	Hayley Stibbs	2:15.49	11-Jul	Watford Open	Watford
SW	800	Lauren Deadman	2:16.44	07-Jul	UKWAL Rd 2	Eton
SW	800	Sara Luck	2:17.54	07-Jul	UKWAL Rd 2	Eton
JW	800	Katie Richardson	2:21.35	13-May	Essex Champs Day 3	Chelmsford
JW	800	Robyn Matson	2:23.2	29-Jul	NJAL Rd 4	Colchester
JW	800	Matson	2:26.25	13-May	Essex Champs Day 3	Chelmsford
SW	800	Kate Cowley	2:25.04	05-Aug	Spanish Championships	San Sebastian
JW	800	Vicky Smith	2:26.4	02-Sep	NJAL Promotion	Lee Valley
JW	800	Hayley Pegg	2:29.3	15-Apr	Spring Warm Up 2	Mayesbrook
JW	800	Jade Edwards	2:32.5	29-Apr	NJAL Round 1	Bedford
JW	800	Lauren Clark	2:33.5	01-Jul	NJAL Rd 3	Mayesbrook
SW	1500	Faye Fullerton	4:12.34	09-Jun	BMC Grand Prix	Manchester
SW	1500	Harriet Scott	4:18.10	27-Jul	England Athletics Champs	Manchester
SW	1500	Lauren Deadman	4:27.76	08-Aug	BMC Gold Standard	Watford
SW	1500	Helen Roche	4:43.1	15-Apr	Spring Warm Up 2	Mayesbrook
SW	1500	Hayley Stibbs	4:44.65	07-Jul	UKWAL Rd 2	Eton
JW	1500	Robyn Matson	4:50.13	16-Jun	SEAA U20 Champs	Crystal Pal
SW	1500	Sara Luck	4:55.3	28-Jul	SWL Rd 5	Mayesbrook
JW	1500	Hayley Pegg	4:58.0	21-Apr	Alpha Trophy	Lee Valley
JW	1500	Vicky Smith	5:05.9	29-Jul	NJAL Rd 4	Colchester
JW	1500	Katie Richardson	5:15.6	29-Apr	NJAL Round 1	Bedford
SW	1500	Laura Bealey	5:55.44	03-Jun	UKWAL Rd 1	Wigan
SW	1500	Laurie Cooper	6:17.2	02-Jun	SWL Rd 3	Guildford
SW	3000	Faye Fullerton	9:16.41	03-Aug	London Grand Prix	Crystal Pal
SW	3000	Harriet Scott	9:41.09	07-Jul	UKWAL Rd 2	Eton
SW	3000	Lauren Deadman	9:46.21mx	11-Jul	Watford Open	Watford
SW	3000	Deadman	9:56.17	17-Jun	SEAA Senior Champs	Crystal Pal
JW	3000	Robyn Matson	10:29.74	07-Jul	UKWAL Rd 2	Eton
JW	3000	Hayley Pegg	11:00.04	18-Apr	Watford Open	Watford
SW	3000	Laurie Cooper	11:04.0	28-Jul	SWL Rd 5	Mayesbrook
JW	3000	Vicky Smith	11:22.6	01-Jul	NJAL Rd 3	Mayesbrook
SW	3000	Helen Biscoe	12:24.4	02-Jun	SWL Rd 3	Guildford

## HMAC Female Summer 2007 rankings as at 30/09/2007

Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	100H	Kate Cowley	14.31	04-Aug	International Heptathlon	Woerden, NED
SW	100H	Cowley	14.10w	02-Jun	International Heptathlon	Arles, FRA
JW	100H	Lisa Schofield	14.8	26-May	London Inter Clubs Challenge	Lee Valley
SW	100H	Schofield	15.32w	07-Jul	UKWAL Rd 2	Eton
JW	100H	Schofield	16.13	12-May	Essex Champs Day 2	Chelmsford
SW	100H	Claire Brennan	15.4	02-Jun	SWL Rd 3	Guildford
SW	100H	Brennan	15.1w	28-Jul	SWL Rd 5	Mayesbrook
SW	100H	Brennan	15.11w	07-Jul	UKWAL Rd 2	Eton
SW	100H	Brennan	15.60	03-Jun	UKWAL Rd 1	Wigan
JW	300H	Lisa Schofield	48.4	25-Mar	Spring Warm Up 1	Hornchurch
SW	300H	Laura Bealey	50.8	25-Mar	Spring Warm Up 1	Hornchurch
JW	400H	Lisa Schofield	66.2	13-May	Essex Champs Day 2	Chelmsford
JW	400H	Schofield	66.74	03-Jun	UKWAL Rd 1	Wigan
SW	400H	Laura Bealey	68.7	02-Sep	Bemax Trophy	Bury St Edmunds
SW	400H	Bealey	69.80	07-Jul	UKWAL Rd 2	Eton
SW	HJ	Kate Cowley	1.73	02-Jun	International Heptathlon	Arles, FRA
SW	HJ	Sara Luck	1.60	15-Apr	Spring Warm Up 2	Mayesbrook
SW	HJ	Claire Brennan	1.50	03-Jun	UKWAL Rd 1	Wigan
JW	HJ	Lauren Clark	1.25	03-Jun	UKWAL Rd 1	Wigan
SW	LJ	Kate Cowley	6.03	12-May	Essex Champs Day 2	Chelmsford
SW	LJ	Kirsty Smith	5.47	19-May	SWL Round 2	Ashford
SW	LJ	Hannah Gamester	5.16	19-May	SWL Round 2	Ashford
SW	LJ	Gamester	5.19w	17-Jun	SEAA Champs	Crystal Palace
SW	LJ	Claire Brennan	4.60	28-Apr	SWL Round 1	Oxford
SW	LJ	Sarah Deacon	3.89	02-Jun	SWL Rd 3	Guildford
JW	LJ	Katie Richardson	3.48	27-May	NJAL Round 2	Basildon
SW	LJ	Laura Bealey	2.89	05-Aug	UKWAL Rd 3	Milton Keynes
SW	TJ	Kirsty Smith	11.54	03-Jun	UKWAL Rd 1	Wigan
JW	TJ	Katie Richardson	9.37	03-Jun	UKWAL Rd 1	Wigan
JW	TJ	Lauren Clark	8.71	27-May	NJAL Round 2	Basildon
SW	TJ	Sara Luck	7.58	05-Aug	UKWAL Rd 3	Milton Keynes
SW	TJ	Laura Bealey	7.47	07-Jul	UKWAL Rd 2	Eton
SW	TJ	Robyn Delivett	7.18	05-Aug	UKWAL Rd 3	Milton Keynes
SW	PV	Hannah Gamester	2.50	07-Jul	UKWAL Rd 2	Eton
SW	PV	Danielle Ross	2.20	13-May	Essex Champs Day 3	Chelmsford
SW	DT	Mel Harrison	39.20	19-May	SWL Round 2	Ashford
JW	DT	Lauren Clark	32.78	29-Apr	NJAL Round 1	Bedford
SW	DT	Sarah Deacon	32.35	19-May	SWL Round 2	Ashford
JW	DT	Lauren Newton	25.80	15-Apr	Spring Warm Up 2	Mayesbrook
SW	DT	Louise Mathews	25.58	07-Jul	UKWAL Rd 2	Eton
SW	DT	Melissa Felton	23.36	15-Apr	Spring Warm Up 2	Mayesbrook
JW	DT	Emma Christmas	14.21	29-Jul	NJAL Rd 4	Colchester
SW	HT	Sarah Deacon	44.72	19-May	SWL Round 2	Ashford
SW	HT	Mel Harrison	41.94	01-Sep	SWL Round 6	Thurrock
SW	HT	Hannah Gamester	19.86	07-Jul	UKWAL Rd 2	Eton
JW	HT	Lauren Newton	14.46	29-Apr	NJAL Round 1	Bedford
JW	HT	Robyn Matson	13.07	02-Sep	NJAL Promotion	Lee Valley
JW	HT	Jade Edwards	8.71	29-Apr	NJAL Round 1	Bedford
SW	JT	Louise Mathews	39.91	07-Jul	UKWAL Rd 2	Eton
SW	JT	Kate Cowley	39.87	02-Jun	International Heptathlon	Arles, FRA
JW	JT	Emma Christmas	39.27	23-Jun	England Athletics Champs	Bedford
SW	JT	Mel Harrison	29.00	05-Aug	UKWAL Rd 3	Milton Keynes
SW	JT	Sarah Deacon	26.20	02-Jun	SWL Rd 3	Guildford
JW	JT	Lauren Newton	16.36	01-Jul	NJAL Rd 3	Mayesbrook
SW	JT	Melissa Felton	14.30	15-Apr	Spring Warm Up 2	Mayesbrook
SW	SP	Kate Cowley	12.02	02-Jun	International Heptathlon	Arles, FRA
SW	SP	Mel Harrison	11.08	07-Jul	UKWAL Rd 2	Eton
SW	SP	Sarah Deacon	8.44	19-May	SWL Round 2	Ashford
JW	SP	Lauren Clark	7.84	02-Sep	NJAL Promotion	Lee Valley
SW	SP	Melissa Felton	7.05	15-Apr	Spring Warm Up 2	Mayesbrook
JW	SP	Lisa Schofield	6.76	27-May	NJAL Round 2	Basildon
JW	SP	Lauren Newton	6.74	29-Apr	NJAL Round 1	Bedford
JW	SP	Jade Edwards	6.21	29-Jul	NJAL Rd 4	Colchester