

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

Age Group	Event	Name	Performance	Date	Meeting	Venue
SW	60	Lucy Sargent	7.74i	31-Jan-10	London Indoor Games	Lee Valley
U20W	60	Nicola Hill	8.23i	7-Feb-10	Essex Indoor Champs	Lee Valley
SW	60	Zoe Young	8.45i	7-Feb-10	Essex Indoor Champs	Lee Valley
U20W	80	Angela James	11.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	80	Lucy Arnold	11.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	100	Felicity Clarke	13.2	1-Aug-10	UK WAL Rd 3	Coventry
U20W	100	Lydia St Ange	13.4	23-May-10	NJAL Thames Round 2	Ware
U20W	100	St Ange	13.48	27-Jun-10	NJAL Thames Round 3	Bedford
SW	100	Zoe Young	13.46	17-Apr-10	Alpha Trophy	Lee Valley
SW	100	Hannah Connor	13.89w	8-May-10	Essex Champs Day 2	Chelmsford
SW	100	Connor	13.91	17-Apr-10	Alpha Trophy	Lee Valley
U20W	100	Rachel Kerr	14.21	29-Aug-10	NJAL Southern Promotion	Hendon
U20W	100	Esther Tele	14.24	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	100	Angela James	14.25	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	100	Lucy Arnold	14.6	25-Apr-10	NJAL Thames Round1	Braintree
U20W	100	Ellie Watson	15.6	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	150	Claire Brennan	21.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	150	Lucy Arnold	22.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	150	Samantha Hill	22.3	28-Mar-10	HMAC Spring Open #1	Hornchurch
SW	200	Lucy Sargent	24.40i	14-Feb-10	National Indoor Champs	Sheffield
U20W	200	Nicola Hill	26.6	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	200	Hill	26.79i	16-Jan-10	SEAA Indoor Champs	Lee Valley
U20W	200	Felicity Clarke	27.3	7-Aug-10	SWL Rd 4	Mayesbrook
U20W	200	Clarke	27.59w	29-Aug-10	NJAL Southern Promotion	Hendon
SW	200	Claire Brennan	27.34	22-May-10	SWL Round 2	Milton Keynes
SW	200	Chloe Van Wulven	27.5	1-Aug-10	UK WAL Rd 3	Coventry
U20W	200	Lydia St Ange	27.6	23-May-10	NJAL Thames Round 2	Ware
U20W	200	St Ange	28.13	27-Jun-10	NJAL Thames Round 3	Bedford
SW	200	Laura Bealey	27.71	17-Apr-10	Alpha Trophy	Lee Valley
SW	200	Nina Brennan	29.7	7-Aug-10	SWL Rd 4	Mayesbrook
U20W	200	Rachel Kerr	29.95w	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	200	Lucy Arnold	30.4	25-Apr-10	NJAL Thames Round1	Braintree
U20W	300	Felicity Clarke	45.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
SW	300	Nina Brennan	48.5	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	300	Samantha Hill	49.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	400	Nicola Hill	60.07i	6-Feb-10	Essex Indoor Champs	Lee Valley
SW	400	Laura Bealey	60.14	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	400	Felicity Clarke	60.54	8-May-10	Essex Champs Day 2	Chelmsford
SW	400	Faye Fullerton	61.06	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	400	Nina Brennan	65.3	7-Aug-10	SWL Rd 4	Mayesbrook
SW	400	Brennan	65.35	22-May-10	SWL Round 2	Milton Keynes
SW	400	Vicky Smith	67.6	4-Sep-10	SWL Rd 5	Winchester
U20W	400	Amber Turner	69.15	27-Jun-10	NJAL Thames Round 3	Bedford
U20W	400	Rachel Kerr	71.64i	13-Mar-10	BUCS Champs	Sheffield
U20W	400	Kerr	72.69	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	400	Hanine Waked	76.6	7-Aug-10	SWL Rd 4	Mayesbrook
SW	800	Faye Fullerton	2:10.48	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	800	Lauren Deadman	2:12.7	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	800	Sara Luck	2:21.3i	6-Mar-10	London University Indoors	Lee Valley
SW	800	Vicky Smith	2:29.1	4-Sep-10	SWL Rd 5	Winchester
U20W	800	Amber Turner	2:33.60	27-Jun-10	NJAL Thames Round 3	Bedford
U20W	800	Zoey Littlechild	2:34.9	23-May-10	NJAL Thames Round 2	Ware
SW	800	Helen Biscoe	2:35.8	26-Jun-10	SWL Round 3	Luton
SW	800	Biscoe	2:40.63	22-May-10	SWL Round 2	Milton Keynes
U20W	800	Hanine Waked	2:55.10	22-May-10	SWL Round 2	Milton Keynes
SW	1500	Faye Fullerton	4:15.10	12-Jun-10	BMC Grand Prix	Watford
SW	1500	Lauren Deadman	4:23.1	1-Aug-10	UKWAL Div 2 Round 3	Coventry
SW	1500	Alexa Joel	4:26.28	2-Jun-10	Watford Open	Watford
SW	1500	Sara Luck	4:39.24i	13-Mar-10	BUCS Champs	Sheffield
SW	1500	Luck	4:57.0	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	1500	Megan Foley	4:57.58	22-May-10	SWL Round 2	Milton Keynes
U20W	1500	Ingrid Deane	5:10.66	17-Apr-10	Alpha Trophy	Lee Valley
SW	1500	Jade Edwards	5:25.4	7-Aug-10	SWL Rd 4	Mayesbrook
U20W	1500	Gemma Phillips	5:25.6	4-Sep-10	SWL Rd 5	Winchester
SW	1500	Vicky Smith	5:26.6	7-Aug-10	SWL Rd 4	Mayesbrook
SW	1500	Helen Biscoe	5:29.9	26-Jun-10	SWL Round 3	Luton
SW	1500	Biscoe	5:36.06	22-May-10	SWL Round 2	Milton Keynes

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SW	3000	Faye Fullerton	9:12.42	23-May-10	Loughborough International	Loughborough
SW	3000	Lauren Deadman	9:23.85	2-Jun-10	Watford Open	Watford
SW	3000	Alexa Joel	9:39.95	23-May-10	Loughborough International	Loughborough
SW	3000	Sara Luck	10:04.9	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	3000	Robyn Matson	10:33.6	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	3000	Ingrid Deane	10:44.5	4-Sep-10	SWL Rd 5	Winchester
U20W	3000	Deane	10:46.16	16-May-10	Essex Champs day 5	Woodford
SW	3000	Megan Foley	11:08.2	24-Apr-10	SWL Round 1	Epsom & Ewell
SW	3000	Vicky Smith	11:27.2	4-Sep-10	SWL Rd 5	Winchester
U20W	3000	Gemma Phillips	12:32.16	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	3000	Hannah McWeeney	16:48.10	22-May-10	SWL Round 2	Milton Keynes
SW	5000	Lauren Deadman	16:08.45	12-Jun-10	BMC Grand Prix	Watford
SW	5000	Alexa Joel	16:15.58	12-Jun-10	BMC Grand Prix	Watford
SW	5000	Robyn Matson	18:16.36	12-Jun-10	BMC Grand Prix	Watford
U20W	60HW	Nicola Hill	9.28i	16-Jan-10	SEAA Indoor Champs	Lee Valley
SW	60HW	Chloe Van Wulven	9.54i	30-Jan-10	London Indoor Games	Lee Valley
U20W	60HW	Angela James	9.70i	16-Jan-10	SEAA Indoor Champs	Lee Valley
SW	100HW	Chloe Van Wulven	14.9	7-Aug-10	SWL Rd 4	Mayesbrook
SW	100HW	Van Wulven	15.20w	8-May-10	Essex Champs Day 2	Chelmsford
SW	100HW	Van Wulven	15.37	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	100HW	Claire Brennan	15.49w	8-May-10	Essex Champs Day 2	Chelmsford
SW	100HW	Brennan	15.59	22-May-10	SWL Round 2	Milton Keynes
SW	100HW	Kate Cowley	16.7	26-Jun-10	SWL Round 3	Luton
U20W	100HW	Felicity Clarke	16.94	27-Jun-10	NJAL Thames Round 3	Bedford
U20W	100HW	Angela James	20.24w	25-Jul-10	NJAL Thames Round 4	Cambridge
SW	200HW	Claire Brennan	31.3	16-Jul-10	Dartford Open	Dartford
SW	300HW	Claire Brennan	47.6	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	300HW	Felicity Clarke	47.7	28-Mar-10	HMAC Spring Open #1	Hornchurch
SW	300HW	Chloe van Wulven	48.1	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	400HW	Nicola Hill	62.7	23-May-10	NJAL Thames Round 2	Ware
U20W	400HW	Hill	64.05	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	400HW	Felicity Clarke	63.66	10-Jul-10	ESAA Champs	Birmingham
SW	400HW	Claire Brennan	66.25	11-Sep-10	Eastern Inter Counties	Chelmsford
SW	400HW	Laura Bealey	66.30	17-Apr-10	Alpha Trophy	Lee Valley
SW	400HW	Chloe Van Wulven	70.1	24-Apr-10	SWL Round 1	Epsom & Ewell
SW	2000SC	Sara Luck	6:48.20	12-Jun-10	SEAA Senior Champs	Crystal Palace
SW	2000SC	Laura Bealey	8:44.85	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	3000SC	Sara Luck	10:48.55	27-Jun-10	European Trials & UK Chan	Birmingham
SW	HJ	Bethan Siddons	1.63	7-Aug-10	SWL Rd 4	Mayesbrook
SW	HJ	Kate Cowley	1.60	1-Aug-10	UKWAL Div 2 Round 3	Coventry
SW	HJ	Chloe van Wulven	1.60	4-Sep-10	SWL Rd 5	Winchester
U20W	HJ	Ellie Watson	1.48	28-Mar-10	HMAC Spring Open #1	Hornchurch
U20W	HJ	Felicity Clarke	1.35	25-Apr-10	NJAL Thames Round1	Braintree
SW	LJ	Lucy Sargent	5.66i	30-Jan-10	London Indoor Games	Lee Valley
SW	LJ	Kate Cowley	5.53	1-Aug-10	UKWAL Div 2 Round 3	Coventry
SW	LJ	Zoe Young	4.93	11-Apr-10	HMAC Spring Open #2	Mayesbrook
SW	LJ	Hannah Connor	4.91	17-Jul-10	London Inter Clubs Challenge	Lee Valley
U20W	LJ	Esther Tele	4.81	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	LJ	Ellie Watson	4.54	7-Aug-10	SWL Rd 4	Mayesbrook
U20W	LJ	Angela James	4.27	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	LJ	Felicity Clarke	4.12	27-Jun-10	NJAL Thames Round 3	Bedford
U20W	LJ	Lucy Arnold	3.82	25-Apr-10	NJAL Thames Round1	Braintree
SW	TJ	Kate Cowley	10.85	4-Sep-10	SWL Rd 5	Winchester
SW	TJ	Bethan Siddons	9.81	7-Aug-10	SWL Rd 4	Mayesbrook
U20W	TJ	Angela James	9.59	25-Jul-10	NJAL Thames Round 4	Cambridge
U20W	TJ	Chloe van Wulven	9.41	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	TJ	Ellie Watson	9.28w	29-Aug-10	NJAL Southern Promotion	Hendon
U20W	TJ	Watson	9.24	25-Jul-10	NJAL Thames Round 4	Cambridge
SW	TJ	Hannah Connor	8.70	1-Aug-10	UKWAL Div 2 Round 3	Coventry
U20W	TJ	Lydia St Ange	8.50	25-Apr-10	NJAL Thames Round1	Braintree
SW	PV	Karen Baldwin	2.80	28-Mar-10	HMAC Spring Open #1	Hornchurch
SW	PV	Kate Cowley	2.80	1-Aug-10	UKWAL Div 2 Round 3	Coventry
SW	PV	Leanne Blayney	2.70	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	PV	Danielle Ross	2.50	28-Mar-10	HMAC Spring Open #1	Hornchurch
SW	PV	Hannah Connor	2.10	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	PV	Claire Brennan	2.00	4-Sep-10	SWL Rd 5	Winchester

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U20W	DTW	Katherine Knight	30.00	27-Jun-10	NJAL Thames Round 3	Bedford
SW	DTW	Sarah Deacon	28.16	26-Jun-10	SWL Round 3	Luton
U20W	DTW	Samantha Hill	26.95	23-May-10	NJAL Thames Round 2	Ware
SW	DTW	Nina Brennan	24.06	17-Apr-10	Alpha Trophy	Lee Valley
SW	DTW	Claire Brennan	22.36	4-Sep-10	SWL Rd 5	Winchester
SW	DTW	Helen Biscoe	19.33	4-Sep-10	SWL Rd 5	Winchester
U20W	DTW	Rachel Kerr	13.15	25-Jul-10	NJAL Thames Round 4	Cambridge
SW	DTW	Laura Bealey	13.08	1-Aug-10	UKWAL Div 2 Round 3	Coventry
U20W	DTW	Felicity Clarke	12.27	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
U20W	DTW	Amy Cox	12.10	25-Apr-10	NJAL Thames Round1	Braintree
U20W	JTW	Kike Oniwinde	46.61	11-Sep-10	JavFest 8	Lee Valley
SW	JTW	Kate Cowley	31.30	4-Sep-10	SWL Rd 5	Winchester
SW	JTW	Zoe Young	30.02	17-Apr-10	Alpha Trophy	Lee Valley
SW	JTW	Sarah Deacon	23.60	26-Jun-10	SWL Round 3	Luton
U20W	JTW	Samantha Hill	20.46	25-Apr-10	NJAL Thames Round1	Braintree
SW	JTW	Claire Brennan	20.38	7-Aug-10	SWL Rd 4	Mayesbrook
SW	JTW	Hannah Connor	13.76	24-Apr-10	SWL Round 1	Epsom & Ewell
U20W	JTW	Katherine Knight	10.79	27-Jun-10	NJAL Thames Round 3	Bedford
U20W	JTW	Felicity Clarke	9.07	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	HTW	Sarah Deacon	39.49	26-Jun-10	SWL Round 3	Luton
U20W	HTW	Amy Cox	29.48	23-May-10	NJAL Thames Round 2	Ware
U20W	HTW	Katherine Knight	27.56	4-Jul-10	UKWAL Div 2 Round 2	Stevenage
SW	HTW	Hannah Connor	21.64	6-Jun-10	UKWAL Div 2 Round 1	Wakefield
SW	HTW	Nina Brennan	17.82	1-Aug-10	UKWAL Div 2 Round 3	Coventry
U20W	HTW	Samantha Hill	7.55	25-Apr-10	NJAL Thames Round1	Braintree
SW	SPW	Kate Cowley	10.43	4-Sep-10	SWL Rd 5	Winchester
U20W	SPW	Kike Oniwinde	10.21	24-Apr-10	SWL Round 1	Epsom & Ewell
SW	SPW	Zoe Young	9.96	4-Sep-10	SWL Rd 5	Winchester
U20W	SPW	Samantha Hill	8.63	25-Apr-10	NJAL Thames Round1	Braintree
U20W	SPW	Katherine Knight	8.20	27-Jun-10	NJAL Thames Round 3	Bedford
SW	SPW	Claire Brennan	8.05	1-Aug-10	UKWAL Div 2 Round 3	Coventry
U20W	SPW	Nicola Hill	8.04	23-May-10	NJAL Thames Round 2	Ware
SW	SPW	Sarah Deacon	7.67	22-May-10	SWL Round 2	Milton Keynes
SW	SPW	Nina Brennan	7.48	24-Apr-10	SWL Round 1	Epsom & Ewell
U20W	SPW	Amy Cox	5.66	27-Jun-10	NJAL Thames Round 3	Bedford