

HMAC Female Summer 2010 rankings as at 03/09/2010

Age Group	Event	Name	Performance	Date	Meeting	Venue
U17W	60	Henrietta (Annie) Adewole	8.63i	17-Jan-10	SEAA Indoor Champs	Lee Valley
U17W	80	Sophie Reynolds	11.7	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17W	100	Holly Thomas	12.7	23-May-10	NJAL Thames Round 2	Ware
U17W	100	Deborah Knight	13.1	18-Jul-10	NYAL Round 4	St Albans
U17W	100	Knight	13.14	25-Jul-10	NJAL Thames Round 4	Cambridge
U17W	100	Lucy Allen	13.7	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	100	Rylie Trott	14.0	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	100	Nicola Peachey	14.0	15-Aug-10	EYAL Round 5	Colchester
U17W	100	Henrietta (Annie) Adewole	14.18w	2-May-10	NYAL Round 1	Lee Valley
U17W	100	Adewole	14.2	16-May-10	NYAL Round 2	Eltham
U17W	100	Lucy Allen	14.2	16-May-10	NYAL Round 2	Eltham
U17W	100	Becky Lawrence	14.37	1-Aug-10	N YAL Southern Final	Hendon
U17W	100	Jessica Seekings	14.4	27-Jun-10	EYAL Rd 3	St Albans
U17W	100	Sophie Reynolds	14.8	11-Jul-10	EYAL Rd 4	Braintree
U17W	100	Kelly Reynolds	15.1	27-Jun-10	EYAL Rd 3	St Albans
U17W	100	Reynolds	15.19	1-Aug-10	N YAL Southern Final	Hendon
U17W	150	Lucy Allen	21.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17W	200	Holly Thomas	25.6	25-Apr-10	NJAL Thames Round1	Braintree
U17W	200	Deborah Knight	26.7	15-Aug-10	EYAL Round 5	Colchester
U17W	200	Knight	26.99w	25-Jul-10	NJAL Thames Round 4	Cambridge
U17W	200	Knight	27.58	3-May-10	Essex Champs Day 1	Thurrock
U17W	200	Lucy Allen	28.49w	3-May-10	Essex Champs Day 1	Thurrock
U17W	200	Allen	28.9	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	200	Allen	30.67	1-Aug-10	N YAL Southern Final	Hendon
U17W	200	Nicola Peachey	28.5	11-Jul-10	EYAL Rd 4	Braintree
U17W	200	Rylie Trott	29.0	18-Jul-10	NYAL Round 4	St Albans
U17W	200	Trott	30.32w	2-May-10	NYAL Round 1	Lee Valley
U17W	200	Jessica Seekings	30.0	15-Aug-10	EYAL Round 5	Colchester
U17W	200	Charlton	31.77	1-Aug-10	N YAL Southern Final	Hendon
U17W	200	Sophie Reynolds	30.5	6-Jun-10	EYAL Round 2	Luton
U17W	200	Kelly Reynolds	33.1	27-Jun-10	EYAL Rd 3	St Albans
U17W	300	Holly Thomas	42.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17W	300	Thomas	42.14	17-Apr-10	Woodford Open	Woodford
U17W	300	Nicola Peachey	44.3	6-Jun-10	EYAL Round 2	Luton
U17W	300	Becky Stanley	44.8	18-Jul-10	NYAL Round 4	St Albans
U17W	300	Deborah Knight	45.5	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	300	Knight	45.87	2-May-10	NYAL Round 1	Lee Valley
U17W	300	Jessica Seekings	45.5	20-Jun-10	NYAL Rd 3	Battersea
U17W	300	Seekings	47.84	1-Aug-10	N YAL Southern Final	Hendon
U17W	300	Lucy Allen	46.4	16-May-10	NYAL Round 2	Eltham
U17W	300	Sophie Reynolds	50.4	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17W	400	Nicola Peachey	66.4	25-Apr-10	NJAL Thames Round1	Braintree
U17W	400	Shannon Sullivan	71.04	27-Jun-10	NJAL Thames Round 3	Bedford
U17W	800	Becky Stanley	2:24.05	1-Aug-10	N YAL Southern Final	Hendon
U17W	800	Rachel Sadler	2:32.02	17-Apr-10	Alpha Trophy	Lee Valley
U17W	800	Shannon Sullivan	2:47.94	17-Apr-10	Alpha Trophy	Lee Valley
U17W	800	Patsy McWeeney	2:51.78	1-Aug-10	N YAL Southern Final	Hendon
U17W	800	Sophie Reynolds	2:52.9	6-Jun-10	EYAL Round 2	Luton
U17W	800	Deborah Knight	2:53.2	16-May-10	NYAL Round 2	Eltham
U17W	1500	Becky Stanley	5:19.9	20-Jun-10	NYAL Rd 3	Battersea
U17W	1500	Stanley	5:19.98	2-May-10	NYAL Round 1	Lee Valley
U17W	1500	Bethaney Hall	5:21.4	18-Jul-10	NYAL Round 4	St Albans
U17W	1500	Hall	5:29.26	3-May-10	Essex Champs Day 1	Thurrock
U17W	1500	Patsy McWeeney	5:43.16	2-Jun-10	Watford Open	Watford
U17W	1500	Shannon Sullivan	5:56.46	2-May-10	NYAL Round 1	Lee Valley
U17W	1500	Grace Balmford	5:59.8	11-Apr-10	HMAC Spring Open #2	Mayesbrook
U17W	3000	Becky Stanley	11:24.68	1-Aug-10	N YAL Southern Final	Hendon
U17W	3000	Rachel Sadler	12:29.7	20-Jun-10	NYAL Rd 3	Battersea
U17W	3000	Patsy McWeeney	12:44.52	29-Aug-10	NJAL Southern Promotion	Hendon
U17W	3000	Shannon Sullivan	14:33.9	18-Jul-10	NYAL Round 4	St Albans

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Age Group	Event	Name	Performance	Date	Meeting	Venue
U17W	60HU17W	Holly Thomas	8.80i	13-Mar-10	Indoor Inter Counties	Lee Valley
U17W	60HU17W	Rylie Trott	9.71i	30-Jan-10	London Indoor Games	Lee Valley
U17W	60HU17W	Deborah Knight	10.21i	7-Feb-10	Essex Indoor Champs	Lee Valley
U17W	80HU17W	Holly Thomas	11.34w	12-Jun-10	Essex Schools Champs	Chelmsford
U17W	80HU17W	Thomas	11.58	30-May-10	SEAA U15 & U17 Champs	Ashford
U17W	80HU17W	Rylie Trott	12.40w	12-Jun-10	Essex Schools Champs	Chelmsford
U17W	80HU17W	Trott	13.0	18-Jul-10	NYAL Round 4	St Albans
U17W	80HU17W	Nicola Peachey	12.51w	8-May-10	Essex Champs Day 2	Chelmsford
U17W	80HU17W	Peachey	12.7	16-May-10	NYAL Round 2	Eltham
U17W	80HU17W	Deborah Knight	12.9	15-Aug-10	EYAL Round 5	Colchester
U17W	80HU17W	Knight	13.87w	8-May-10	Essex Champs Day 2	Chelmsford
U17W	80HU17W	Knight	14.50	1-Aug-10	N YAL Southern Final	Hendon
U17W	100HW	Nicola Peachey	17.04	27-Jun-10	NJAL Thames Round 3	Bedford
U17W	300HW	Nicola Peachey	47.45	9-May-10	Essex Champs Day 3	Chelmsford
U17W	300HW	Jessica Seekings	50.2	20-Jun-10	NYAL Rd 3	Battersea
U17W	300HW	Seekings	50.43	9-May-10	Essex Champs Day 3	Chelmsford
U17W	300HW	Deborah Knight	52.0	28-Mar-10	HMAC Spring Open #1	Hornchurch
U17W	400HW	Nicola Peachey	69.90	27-Jun-10	NJAL Thames Round 3	Bedford
U17W	HJ	Nicola Peachey	1.40	25-Apr-10	NJAL Thames Round1	Braintree
U17W	HJ	Becky Lawrence	1.40	2-May-10	NYAL Round 1	Lee Valley
U17W	HJ	Jessica Seekings	1.35	11-Jul-10	EYAL Rd 4	Braintree
U17W	HJ	Sophie Reynolds	1.20	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	LJ	Holly Thomas	5.14	16-May-10	NYAL Round 2	Eltham
U17W	LJ	Nicola Peachey	4.82	23-May-10	NJAL Thames Round 2	Ware
U17W	LJ	Rylie Trott	4.11	15-Aug-10	EYAL Round 5	Colchester
U17W	LJ	Moli Geng	4.10	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	LJ	Lucy Allen	3.15	1-Aug-10	N YAL Southern Final	Hendon
U17W	LJ	Lucy Allen	2.90	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	TJ	Rylie Trott	8.61	15-Aug-10	EYAL Round 5	Colchester
U17W	TJ	Becky Stanley	8.42	15-Aug-10	EYAL Round 5	Colchester
U17W	TJ	Shannon Sullivan	8.26w	29-Aug-10	NJAL Southern Promotion	Hendon
U17W	TJ	Shannon Sullivan	8.16	27-Jun-10	NJAL Thames Round 3	Bedford
U17W	TJ	Moli Geng	8.08	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	PV	Becky Lawrence	1.90	11-Jul-10	EYAL Rd 4	Braintree
U17W	DTW	Sophie Baggs	32.56	17-Jul-10	Eastern Champs	Cambridge
U17W	DTW	Erin Baggs	26.38	8-May-10	Essex Champs Day 2	Chelmsford
U17W	DTW	Laura Drew	24.57	7-Aug-10	SWL Rd 4	Mayesbrook
U17W	DTW	Deborah Knight	20.76	23-May-10	NJAL Thames Round 2	Ware
U17W	DTW	Holly Thomas	18.68	29-Aug-10	NJAL Southern Promotion	Hendon
U17W	DTW	Patsy McWeeney	15.73	27-Jun-10	EYAL Rd 3	St Albans
U17W	DTW	Shannon Sullivan	15.32	27-Jun-10	NJAL Thames Round 3	Bedford
U17W	DTW	Jessica Seekings	13.18	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	JTW	Deborah Knight	34.15	18-Jul-10	NYAL Round 4	St Albans
U17W	JTW	Patsy McWeeney	26.01	3-May-10	Essex Champs Day 1	Thurrock
U17W	JTW	Holly Thomas	25.09	1-Aug-10	N YAL Southern Final	Hendon
U17W	JTW	Laura Drew	18.51	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	HTW	Laura Drew	21.70	11-Jul-10	EYAL Rd 4	Braintree
U17W	HTW	Henrietta (Annie) Adewole	15.90	1-Aug-10	N YAL Southern Final	Hendon
U17W	HTW	Patsy McWeeney	9.70	20-Jun-10	NYAL Rd 3	Battersea
U17W	SPW	Henrietta (Annie) Adewole	9.26	9-May-10	Essex Champs Day 3	Chelmsford
U17W	SPW	Sophie Baggs	7.46	18-Jul-10	NYAL Round 4	St Albans
U17W	SPW	Erin Baggs	6.72	11-Jul-10	EYAL Rd 4	Braintree
U17W	SPW	Laura Drew	6.45	11-Jul-10	EYAL Rd 4	Braintree
U17W	SPW	Moli Geng	6.15	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	SPW	Kelly Reynolds	4.72	11-Jul-10	EYAL Rd 4	Braintree
U17W	SPW	Becky Lawrence	6.08	27-Jun-10	EYAL Rd 3	St Albans
U17W	SPW	Jessica Seekings	5.90	6-Jun-10	EYAL Round 2	Luton
U17W	SPW	Becky Lawrence	5.75	16-May-10	NYAL Round 2	Eltham
U17W	SPW	Kelly Reynolds	5.50	27-Jun-10	EYAL Rd 3	St Albans
U17W	SPW	Rylie Trott	4.52	25-Apr-10	EYAL Round 1	Bury St Edmunds
U17W	SPU15W	Deborah Knight	10.17	3-Jul-10	ESAA Cup Final	Gateshead