

**WSEH AC
SENIOR LADIES RANKINGS - 2009**

30.09.2009

Event	Name	Age	PB	SB	Comp	Venue	Date	
60m	Laura McGawn	F	7.80	7.80	RAF Invitation	Sheffield	18.02.2009	
	Lesley Owusu	F	8.04	8.20	UK Challenge	London (LV)	24.01.2009	
	Caroline Livingstone	F	8.23	8.23	RAF Invitation	Sheffield	18.02.2009	
	Frances Smithson	F	8.31	8.31	Varsity Match	London (LV)	28.02.2009	
	Shakira Whight	F	8.29	8.36	Brunel Speed S	Uxbridge	10.01.2009	
	Harriet Shurley	F	8.40	8.40	Open	Eton	04.01.2009	
	Charlotte Brunton	F20	9.3	9.3	Open	Eton	01.03.2009	
	Helen Pryer	F	7.52					
	Karlene Turner	F	7.62					
	Stephanie Pullinger	F	8.04					
	Zoe Wells	F	8.15					
	Chanel Taite	F20	8.17					
	Jenny Heckford	F	8.19					
	Beth Newton	F20	8.28					
	Alison MacLeod	F	8.37					
	Stephanie Madgett	F	8.40					
	Becky Richards	F20	8.41					
	Sophie Upton	F20	8.49					
	Michelle Warren	F	8.61					
Shanice Brown	F20	8.75						
100m	Laura Turner (HCA)	F	11.36	11.18w	Night of Athlts	Heusden, BEL	18.07.2009	
	Helen Pryer	F	11.67	11.75	Birm Games	Birmingham	18.07.2009	
	Chinedu Monye	F	11.90	12.1	SWL	Colchester	05.09.2009	
	Yasmine Regis	F	12.04	12.19	UCLA	Los Angles, USA	11.04.2009	
	Bunmi Awokoya (HCA)	F20	12.24	12.24	Alpha/Beta	London (LV)	18.04.2009	
	Laura McGawn	F	12.4	12.4	Shropshire AA	Telford	09.05.2009	
	Rhiannon Burden (w)	F	11.7	12.41	BIG	Bedford	31.05.2009	
	Chanel Taite	F20	12.5	12.58	NJL	Copthall	24.05.2009	
	Caroline Livingstone	F	12.7	12.8	Bucks AA	M Keynes	09.05.2009	
	Cat Hall-Jones	F20	12.6	12.9	Bucks AA	M Keynes	09.05.2009	
	Jenny Pacey	F	12.9	12.9	UKL	Birmingham	06.06.2009	
	Michelle Warren	F	12.9	12.9	SWL	Colchester	05.09.2009	
	Faye Williams	F20	12.99	12.99	Open	London (LV)	04.04.2009	
	Shakira Whight	F	13.0	13.0	Berks AA	Eton	10.05.2009	
	Emily Parker (HCA)	F	12.5	13.0	Loug v Com S	Loughborough	10.06.2009	
	Zoe Wells	F	12.4	13.02	Open	Watford	17.06.2009	
	Yvette Dickson-Tetteh	F20	13.59	13.59	NJL	Copthall	24.05.2009	
	Sophie Purkis	F20	13.6	13.67	Open	Watford	17.06.2009	
	Lesley Owusu (w)	F	11.7					
	Nicola Sanders (w)	F	11.89					
	Karlene Turner (i)	F	12.12					
	Dawn Hunt (Wilson)	F	12.3					
	Sarah Rossiter (w)	F	12.38					
	Jenny Heckford (w)	F	12.7					
	Shelayna Oskan	F20	12.8					
	Beth Newton	F20	12.8					
	Lauren Betts-Bucke	F	12.8					
	Michelle Rodgers	F	12.85					
	Amy Quelch	F20	13.0					
	200m	Helen Pryer	F	23.20	23.20	Int Sportfest	Cuxhaven, GER	22.07.2009
		Laura Turner (HCA)	F	23.29	23.43w	Night of Athlts	Heusden, BEL	18.07.2009

Justine Kinney	F	25.00w	25.00w	UCLA RJ / JKK	Los Angeles, USA	10.04.2009
Shelayna Oskan	F20	25.06	25.06	NJL	Copthall	24.05.2009
Dawn Hunt (Wilson)	F	24.69	25.29		Watford	09.09.2009
Lesley Owusu (i)	F	23.73	25.3	SWL	Eton	27.06.2009
Chinedu Monye	F	23.73	25.3	SWL	Colchester	05.09.2009
Laura McGawn	F	25.51	25.57w	England S CE	Stoke	13.06.2009
Bunmi Awokoya (HCA)	F20	25.3	25.62	Alpha/Beta	London (LV)	18.04.2009
Michelle Warren	F	26.0	26.6	SWL	Colchester	05.09.2009
Zoe Wells	F	27.06	27.06	Open	Watford	12.08.2009
Emma-Louise Paton (NJL)	2nd	27.13	27.13	Surrey AA	Kingston	10.05.2009
Harriet Shurley	F	27.6	27.6	Berks AA	Eton	10.05.2009
Kim Rothman	F40	27.76	27.76	World Masters	Lahti, FIN	28.07.2009
Sophie Purkis	F20	27.8	28.46	Open	Watford	01.07.2009
Nicola Sanders (i)	F	23.68				
Chanel Taite	F20	25.4				
Rhiannon Burden	F	24.03				
Karlene Turner	F	25.4				
Sarah Rossiter (w)	F	25.48				
Michelle Rodgers	F	25.52				
Jenny Christie	F	25.6				
Beth Newton	F20	25.8				
Lauren Betts-Bucke	F	25.9				
Emily Parker (HCA)	F	26.0				
Jenny Pacey	F	26.45				
Amy Quelch	F20	26.5				
Rose Reynolds	F20	26.63				
Becky Richards	F20	26.7				
Marika Reed	F	26.7				
Yasmine Regis (w)	F	26.80				
Caroline Livingstone	F	26.85				
Shakira Whight	F	26.92				
Erin Ruxton	F20	27.0				
Caroline Heaney	F	27.05				
Emerald Willett	F20	27.1				
Sophie Upton	F20	27.3				
Vicki Binns	F20	27.4				
Lizzie Thompson (NJL-2nd)	F20	27.49				
Mary Edwards	F40	27.5				
Shanice Brown	F20	27.8				
Rachael Collins	F20	27.9				
Alison MacLeod	F	27.97				

400m	Nicola Sanders	F	49.65	50.45	World Champs	Berlin, GER	16.08.2009
	Dawn Hunt	F	53.34	53.67	Jo Smith Cup	Copthall	08.08.2009
	Shelayna Oskan	F20	54.39	54.86	England U20	Bedford	28.06.2009
	Helen Pryer	F	55.21	55.21	Surrey AA	Kingston	09.05.2009
	Emma Paton	2nd	56.79	56.79	England U23	Bedford	27.06.2009
	Emily Parker (HCA)	F	56.5	57.1	SWL	Crawley	27.06.2009
	Lesley Owusu (i)	F	52.15	57.37	UKL	Copthall	01.08.2009
	Michelle Rodgers	F	56.62	58.71	UKL	Grangemouth	04.07.2009
	Chanel Taite	F20	59.90	59.90	CC	London (LV)	01.03.2009
	Caroline Livingstone	F	59.4	60.4	Bucks AA	M Keynes	09.05.2009
	Caroline Heaney	F	59.92	61.24	Middx AA	Copthall	09.05.2009
	Michelle Warren	F	61.79	61.79		Watford	09.09.2009
	Lizzie Thompson (NJL-2nd)	F20	62.0	62.0	NJL	London (LV)	16.08.2009
	Jessica Wilkinson	F20	62.34	62.34	NJL	Copthall	24.05.2009

	Martha Reynolds	F20	62.60	62.60	Open	Watford	01.07.2009
	Marika Reed	F	59.6	63.29	UWIC GP	Cardiff	15.02.2009
	Sophie Purkis	F20	63.9	66.1	SWL	Reading	25.04.2009
	Mary Edwards	F40	59.72	66.4	SWL	Hillingdon	25.07.2009
	Abi Fudge	F	64.3	66.9	SWL	Reading	25.04.2009
	Kelly Reid (HCA)	F	55.72				
	Jenny Christie	F	55.84				
	Sarah Rossiter	F	55.97				
	Justine Kinney	F	56.38				
	Laura Turner (HCA)	F	56.55				
	Christine Long	F	56.83				
	Lauren Betts-Bucke	F	58.48				
	Vicky Fouhy	F20	59.6				
	Niki Tribe	F	59.8				
400m Splits	Dawn Hunt	F	53.6 R	53.8R	SWL	Colchester	05.09.2009
	Chinedu Monye	F	58.6 R	58.6 R	SWL	Hillingdon	25.07.2009
	Caroline Livingstone	F	58.3 R	60.2 R	SWL	Eton	30.05.2009
	Caroline Heaney	F	59.2 R	61.6 R	SWL	Reading	25.04.2009
	Sophie Purkis	F20	63.7 R	63.7 R	SWL	Reading	25.04.2009
	Michelle Warren	F	64.6 R	64.6 R	SWL	Hillingdon	25.07.2009
	Mary Edwards	F40	65.4 R	65.4 R	SWL	Eton	30.05.2009
	Martha Reynolds	F20	64.4 R	65.8 R	SWL	Eton	30.05.2009
	Shelayna Oskan	F20	54.9 R				
	Emily Parker (HCA)	F	57.7 R				
	Laura McGawn	F	57.7 R				
	Lauren Betts-Bucke	F	58.5 R				
	Beth Newton	F20	58.9 R				
	Vicky Fouhy	F20	59.6 R				
800m	Nicola Sanders	F	2.03.41	2.03.41	Mt SAC Relays	Walnut CA, USA	18.04.2009
	Shelayna Oskan	F20	2.06.29	2.06.29	BMC GP	Watford	13.06.2009
	Kerry Harty	F	2.09.22	2.09.22	UKL	Grangemouth	04.07.2009
	Kelly Reid (HCA)	F	2.03.41	2.10.09	UKL	Birmingham	06.06.2009
	Vicky Fouhy	F20	2.10.87	2.10.87	NJL	Eton	14.06.2009
	Christine Long	F	2.08.07	2.13.18	Irish Milers Club	Dublin	24.06.2009
	Martha Reynolds	F20	2.16.47	2.17.07	Open	London (LV)	04.04.2009
	Rebecca Taylor	F	2.14.2	2.18.2	Rosenheim Lge	Twickenham	17.06.2009
	Laura McGawn	F	2.18.6	2.19.31	England S CE	Stoke	14.06.2009
	Rachel Stedman	F20	2.21.0	2.21.0	SWL	Hillingdon	25.07.2009
	Caroline Heaney	F	2.25.2	2.25.2	Open	M Keynes	20.05.2009
	Jessica Wilkinson	F20	2.29.02	2.29.02	Surrey AA	Kingston	09.05.2009
	Kim Rothman	F40	2.33.84	2.33.84	World Masters	Lahti, FIN	29.07.2009
	Hannah Barefield	F20	2.37.3	2.37.3	SWL	Eton	30.05.2009
	Paula Fudge	F55	2.08.49				
	Sophie Morris	F	2.08.6				
	Lesley Owusu	F	2.09.59				
	Niki Tribe	F	2.10.99				
	Justine Kinney	F	2.11.12				
	Marika Reed	F	2.12.1				
	Mary Edwards	F40	2.14.61				
	Carolyn Dickie	F	2.16.96				
	Louisa Lingley	F20	2.19.6				
	Melissa Bennington	F	2.19.69				
	Michelle Rodgers	F	2.23.46				
	Chanel Taite	F20	2.23.70				

	Faith-Louise Smith	F20	2.26.61				
	Dee Smale	F45	2.28.2				
1500m	Kerry Harty	F	4.14.17	4.14.17	BMC	Solihull	18.07.2009
	Vicky Fouhy	F20	4.28.93	4.28.93	EA U20	Birmingham	14.02.2009
	Martha Reynolds	F20	4.33.94	4.34.63	England U20	Bedford	28.06.2009
	Rebecca Taylor	F	4.33.00	4.35.95	Southern Cnts	Watford	20.06.2009
	Rachel Stedman	F20	4.43.8	4.43.8	NJL	Bromley	26.07.2009
	Carolyn Dickie	F	4.35.0	4.55.0	SWL	Eton	30.05.2009
	Faith-Louise Smith	F20	5.01.3	5.07.23	Middx AA	Copthall	09.05.2009
	Hannah Barefield	F20	5.07.5	5.14.08	Open	Basingstoke	04.04.2009
	Leigh James	F	5.10.4	5.14.88	Open	Watford	12.08.2009
	Yolanda Edwards	F	5.11.5	5.20.4	SWL	Hillingdon	25.07.2009
	Paula Fudge	F55	4.11.23				
	Kelly Reid (HCA)	F	4.14.7				
	Sophie Morris (i)	F	4.15.74				
	Andrea Fox	F20	4.45.7				
	Christine Long	F	4.46.9				
	Louisa Lingley	F20	4.49.0				
	Justine Kinney	F	4.51.0				
	Melissa Bennington	F	4.52.2				
	Jane Sheard (Clark)	F35	4.57.00				
	Dee Smale	F45	4.59.56				
	Diana Barac	F20	5.19.17				
	Pippa Callingham	F	5.25.5				
	Lucy Keen (Roe)	F	5.29.7				
3000m	Kerry Harty (i)	F	09.12.20	09.12.20	St Marys Class	Twickenham	03.06.2009
	Rebecca Taylor	F	09.56.8	09.56.8	Rosenheim Lge	Walton	20.05.2009
	Rachel Stedman	F20	10.12.73	10.12.73	BMC PB Class	Street	04.05.2009
	Charlotte Firth	F	10.40.45	10.40.45	Jo Smith Cup	Copthall	08.08.2009
	Jane Sheard (Clark)	F35	10.17.24	10.42.41	UKL	Grangemouth	04.07.2009
	Marina Stedman		09.21.8	10.55.2	SWL	Hillingdon	25.07.2009
	Yolanda Edwards	F	11.18.1	11.18.1	SWL	Reading	25.04.2009
	Leigh James	F	11.07.6	11.20.2	SWL	Hillingdon	25.07.2009
	Paula Fudge	F55	08.48.74	11.25.1	SWL	Reading	25.04.2009
	Dee Smale	F45	11.05.1	11.25.41	BMAF	London (LV)	08.03.2009
	Marie Alberic		11.38.4	11.38.4	SWL	Reading	25.04.2009
	Hannah Barefield	F20	10.54.2	11.46.61	Surrey AA	Kingston	10.05.2009
	Susanna Ditton	F20	12.41.90	12.44.33	Surrey AA	Kingston	10.05.2009
	Sophie Morris	F	09.10.44				
	Carolyn Dickie	F	09.53.59				
	Melissa Bennington	F	10.43.2				
	Yasmin Lala	F	10.58.0				
	Andrea Fox	F20	11.03.2				
	Faith-Louise Smith	F20	11.23.3				
5000m	Kerry Harty	F	16.21.59	16.21.59	CAU	Bedford	24.05.2009
	Paula Fudge	F55	15.14.51				
	Sophie Morris	F	15.58.75				
	Rebecca Taylor	F	18.37.0				
	Jane Sheard (Clark)	F35	18.43.6				
	Leigh James	F	19.35.60				
100 H	Faye Williams	F20	14.75w	14.75w	ESAA	Sheffield	11.07.2009
	Laura McGawn	F	15.02	15.02		Stoke	05.09.2009

	Cat Hall-Jones	F20	15.05w	15.05w	ESAA	Sheffield	10.07.2009
	Jenny Heckford (w)	F	14.34w	15.11	ESAA	Sheffield	12.07.2009
			(+5.4m/s)	(14.72w)	BUCS Champs	Bedford	03.05.2009
	Yvette Dickson-Tetteh	F20	16.24	16.24	NJL	Eton	14.06.2009
	Harriet Shurley	F	16.6	16.6	Berks AA	Eton	10.05.2009
	Caroline Heaney	F	17.04	18.0	SWL	Eton	27.06.2009
	Lizzie Thompson (NJL-2nd)	F20	18.4	18.4	NJL	Bromley	26.07.2009
	Kim Rothman		20.5	20.5	SWL	Eton	27.06.2009
	Stephanie Pullinger	F	13.9				
	Rose Reynolds	F20	14.11w				
	Laura Turner (HCA)	F	14.35w				
	Jennie Christie (w)	F	14.62				
	Emily Parker (HCA)	F	14.85				
	Jenny Pacey (w)	F	15.17				
	Emerald Willett	F20	15.2				
	Justine Kinney	F	16.5				
400 H	Justine Kinney	F	57.51	57.51	Athletica Gen	Geneva, SUI	06.06.2009
	Emily Parker (HCA)	F	59.69	59.69	World Trials	Birmingham	11.07.2009
	Caroline Heaney	F	63.95	64.80	Inter Club Chlg	London (LV)	23.05.2009
	Lizzie Thompson (NJL-2nd)	F20	64.98	65.85	Surrey Schools	Kingston	13.06.2009
	Michelle Rodgers	F	67.29	67.29	Jo Smith Cup	Copthall	08.08.2009
	Faye Williams	F20	72.5	72.5	NJL	Bromley	26.07.2009
	Harriet Shurley	F	73.4	73.4	SWL	Eton	30.05.2009
1500 SC	Martha Reynolds	F20	5.10.12	5.10.12	NJL	Copthall	24.05.2009
	Susanna Ditton	F20	6.25.21	6.25.21	NJL	Copthall	24.05.2009
	Melissa Bennington	F	5.52.0				
	Andrea Fox	F20	5.55.9				
	Yasmin Lala	F	5.59.71				
	Steph Brown	F20	6.19.3				
2000 SC	Martha Reynolds	F20	7.10.80	7.10.80	UKL	Grangemouth	04.07.2009
4x100	Monye,McGawn,Whight,Turner			47.92	UKL	Copthall	01.08.2009
	Wells, Owusu, Patrick, Lamothe			48.9	SWL	Eton	28.06.2009
	Pryer,Heckford,Whight,McGawn			50.0	UKL	Birmingham	06.06.2009
4x400	Oskan,Parker,Reid,Wilson			3.43.3	UKL	Birmingham	06.06.2009
				4.04.3	SWL	Reading	25.04.2009
HJ	Frances Smithson	F	1.70	1.70	P/C v O/C	Philedelphia, USA	18.04.2009
	Laura McGawn	F	1.60	1.60	RAF Invitation	Sheffield	18.02.2009
	Emily Parker (HCA)	F	1.65	1.60	UKL	Grangemouth	04.07.2009
	Kim Rothman	F40	1.54	1.54	World Masters	Lahti, FIN	28.07.2009
	Lizzie Thompson (NJL-2nd)	F20	1.55	1.50	SWL	Kingston	25.04.2009
	Cat Hall-Jones	F20	1.54	1.40	NJL	Derby	13.09.2009
	Fiona Argent	F55	1.09	1.09	Open	Abingdon	11.04.2009
	Irie Hill	F40	1.76				
	Jenny Pacey (i)	F	1.67				
	Marika Reed	F	1.65				
	Jenny Christie	F	1.62				
	Chanel Taite	F20	1.60				
	Nicola Sanders	F	1.60				
	Bunmi Awokoya (HCA)	F20	1.58				
	Rose Reynolds	F20	1.58				

Lauren Betts-Bucke	F	1.55
Emerald Willett	F20	1.55
Sarah Wellstead	F	1.55
Steph Brown	F20	1.53
Sarah Rossiter	F	1.52
Sophie Upton	F20	1.51
Jo Debs	F	1.50
Caroline Livingstone	F	1.50
Rachael Collins	F20	1.50
Erin Ruxton	F20	1.46
Rosie Semenytsh	F	1.45
Harriet Shurley	F	1.45
Beth Newton	F20	1.45
Steph Madgett	F	1.40
Faye Williams	F20	1.36
Jenny Heckford	F	1.35
Abi Fudge	F	1.30

LJ	Sarah Wellstead	F	6.29w	6.13	CAU	Bedford	24.05.2009
	Jenny Pacey	F	6.11	6.11	Inter Club Chlg	London (LV)	23.05.2009
	Yasmine Regis (w)	F	6.12	6.08w	Big 12 Champs	Lubbock TX, USA	16.05.2009
	Shakira Whight	F	5.65	5.65	Open	Eton	01.03.2009
	Kim Rothman	F40	6.19	5.65	Inter Club Chlg	London (LV)	23.05.2009
	Laura McGawn	F	5.57	5.57	Inter Services	Tidworth	31.05.2009
	Amy Quelch	F20	5.48	5.48	SWL	Eton	30.05.2009
	Frances Smithson	F	5.72	5.45w	Varsity Match	Cambridge	16.05.2009
	Laura Rogers	F	5.62	5.27	SWL	Reading	25.04.2009
	Alison MacLeod	F	5.10	4.96	Open	Eton	01.03.2009
	Steph Madgett	F	5.66	4.95	Oxon AA	Oxford	09.05.2009
	Sophie Upton	F20	4.94	4.54	NJL	Derby	13.09.2009
	Michelle Warren	F	5.00	4.13	Open	Watford	17.06.2009
	Sophie Purkis	F20	4.10	4.10	Open	Watford	17.06.2009
	Sarah Rossiter	F	6.25				
	Karlene Turner	F	6.13				
	Emily Parker (HCA)	F	5.94				
	Helen Pryer (i)	F	5.55				
	Janet Smith	F40	5.55				
	Bunmi Awokoya (HCA)	F20	5.53				
	Chanel Taite	F20	5.50				
	Irie Hill	F40	5.50				
	Lizzie Thompson (NJL-2nd)	F20	4.91				
	Steph Brown	F20	4.82				
	Marika Reed	F	4.80				
	Jo Debs (w)	F	4.68				
	Jenny Heckford	F	4.61				

PV	Sophie Upton	F20	3.80	3.80	Birmingham G	Birmingham	01.02.2009
	Irie Hill	F40	4.20	3.71	World Masters	Lahti, FIN	02.08.2009
	Catherine MacRae	F	3.90	3.55	AV Shield	Melbourne, AUS	10.01.2009
	Maxine Clarke	F	3.30	3.12	Vault Manch`r	Manchester (SC)	17.01.2009
	Alice Humble (HCA)	F20	3.10	3.10	ESAA	Sheffield	10.07.2009
	Jade Tallent	F20	2.90	2.90	NJL	Copthall	24.05.2009
	Faye Williams	F20	2.00	2.00	SWL	Colchester	05.09.2009
	Dorothy McLennan	F70	2.00	1.70	SWL	Eton	30.05.2009

TJ	Yasmine Regis	F	13.85	13.82w	NCAA Champs	Fayetteville, USA	13.06.2009
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	Shakira Whight	F	12.76	12.60	England U23	Bedford	28.06.2009
	Frances Smithson (w)	F	12.07	11.58	Yale/Harvard V	New Haven CT,USA	10.04.2009
	Sarah Wellstead	F	12.11	11.25	SWL	Battersea	25.04.2009
	Alison MacLeod	F	11.64	11.01	Inter City Cup	Sheffield	08.02.2009
	Laura Rogers	F	11.10	10.80	SWL	Reading	25.04.2009
	Lizzie Thompson (NJL-2nd)	F20	09.41	09.41	NJL	Derby	13.09.2009
	Sophie Purkis	F20	09.13	09.13	SWL	Eton	27.06.2009
	Vicky Fouhy	F20	08.57	08.57	NJL	Derby	13.09.2009
	Abi Fudge	F	08.17	07.82	SWL	Eton	30.05.2009
	Karlene Turner	F	13.31				
	Emily Parker (HCA)	F	13.02i				
	Sarah Rossiter	F	11.66				
	Laura McGawn	F	11.13				
	Jenny Pacey	F	11.02				
	Jenny Heckford	F	10.53				
	Faye Williams	F20	10.47w				
	Jo Debs	F	10.18				
DT	Jenny Scott (45.84)(HCA)	F	49.25dh	43.78	England U23	Bedford	27.06.2009
	Becca Kueny	F	37.93	37.93	Varsity	Cambridge	16.05.2009
	Joanne John	F	41.80	36.45	SWL	Eton	30.05.2009
	Laura James	F20	36.19	36.19	Berks CS	Reading	13.06.2009
	Jo Botwright	F20	36.92	36.02	SWL	Reading	25.04.2009
	Janet Smith	F40	37.01	32.51	SWL	Colchester	05.09.2009
	Sarah Wellstead	F	30.24	29.74	SWL	Battersea	25.04.2009
	Helena Majek	F20	27.34	27.34	Bucks AA	M Keynes	09.05.2009
	Deirdre Murphy	F	41.76				
	Erin Ruxton	F20	31.19				
	Bola Ogun	F	28.89				
	Nasya Harvey	F20	27.09				
	Chloe Wright	F20	26.31				
	Rosie Semenytsh	F	25.85				
	Nina Harvey	F	24.16				
	Abbey Jones	F	20.86				
	Irie Hill	F40	19.57				
	Harriet Shurley	F	17.38				
	Charlotte Brunton	F20	14.48				
	Paula Fudge	F55	14.00				
	Martha Reynolds	F20	13.90				
HT	Joanne John	F	58.49	55.14	Inter Club Chlg	London (LV)	23.05.2009
	Bola Ogun	F	54.65	54.65	Jo Smith Cup	Copthall	08.08.2009
	Nasya Harvey	F20	42.80	42.80	ESAA	Sheffield	10.07.2009
	Janet Smith	F40	50.62	41.83	SWL	Colchester	05.09.2009
	Jenny Scott (HCA)	F	40.62	34.19	Midland League	Yate	07.06.2009
	Laura James	F20	32.76	32.62	Berks AA	Eton	10.05.2009
	Jo Botwright	F20	34.52	29.39	SWL	Hillingdon	25.07.2009
	Nina Harvey	F	34.61				
	Chloe Wright	F20	20.52				
	Rosie Semenytsh	F	18.36				
	Helena Majek	F20	18.28				
JT	Rosie Semenytsh	F	49.14	49.14	McCain UK Ch	Cardiff	15.08.2009
	Anita White	F	47.00	43.45	UKL	Grangemouth	04.07.2009
	Laura McGawn	F	40.53	40.53	Inter Services	Tidworth	22.07.2009
	Becca Kueny		40.51	40.51	Varsity Match	New Haven CT, USA	10.04.2009

	Frances Smithson	F	34.95	34.95	Varsity Match	Cambridge	16.05.2009
	Jenny Scott (HCA)	F	32.46	32.46	Midland League	Birmingham (Un)	02.08.2009
	Kim Rothman	F40	27.54	27.54	World Masters	Lahti, FIN	29.07.2009
	Abbey Jones	F	23.06	23.06	SWL	Hillingdon	25.07.2009
	Laura Kerr (Year out)	F	49.23				
	Joanne John	F	35.10				
	Becky Richards	F20	32.39				
	Jenny Christie	F	30.78				
	Vicky Fouhy	F20	24.08				
	Jenny Pacey	F	22.90				
	Bunmi Awokoya (HCA)	F20	22.79				
	Marika Reed	F	22.48				
	Irie Hill	F40	22.00				
	Jo Debs	F	21.55				
	Janet Smith	F40	21.36				

SP	Bola Ogun	F	11.93	11.58	UKL	Copthall	01.08.2009
	Laura McGawn	F	11.06	11.06	Inter Services	Tidworth	22.07.2009
	Bunmi Awokoya (HCA)	F20	11.52	10.85	SWL	H Hempstead	25.04.2009
	Jenny Scott (HCA)	F	11.99i	10.85	Midland League	Yate	07.06.2009
	Abbey Jones	F	10.27	10.27	SWL	Colchester	05.09.2009
	Sarah Wellstead	F	10.21	09.50	SWL	Battersea	25.04.2009
	Nasya Harvey	F20	09.23	09.12	NJL	Copthall	24.05.2009
	Kim Rothman	F40	08.89	08.89	World Masters	Lahti, FIN	28.07.2009
	Janet Smith	F40	08.79	08.79	Berks AA	Eton	10.05.2009
	Helena Majek	F20	07.99	07.93	Bucks AA	M Keynes	09.05.2009
	Fiona Argent	F55	06.50	06.50	Open	Abingdon	11.04.2009
	Jenny Pacey	F	11.95				
	Laura Kerr (Year out)	F	11.42				
	Deirdre Murphy	F	11.41				
	Jenny Christie	F	10.35				
	Irie Hill	F40	09.21				
	Joanne John	F	09.12				
	Frances Smithson	F	08.99				
	Chanel Taite	F20	08.94				
	Nina Harvey	F	08.82				
	Rachael Collins	F20	08.40				
	Erin Ruxton	F20	08.40				
	Marika Reed	F	08.25				
	Laura James	F20	07.73				
	Chloe Wright	F20	07.63				
	Rose Reynolds	F20	07.41				
	Rosie Semenytsh	F	07.20				

Hept	Laura McGawn	F	5078	5078	England S CE	Stoke	14.06.2009
	Jenny Pacey	F	4729				
	Bunmi Awokoya (HCA)	F20	4146				
Int	Sophie Upton	F20	3478				
Int	Lizzie Thompson (NJL-2nd)	F20	3462				