

2011 Rankings
U20 Ladies, Senior/Vet Women

17.09.2011

Event	Name	Coach	Age	PB	SB	Meeting	Venue	Date
100m	Monique Williams		S	11.61	11.74 ^{+1.7}	Donnas M	Donnas, ITA	03.07.2011
	Helen Pryer		S	11.67	11.88 ^{+0.8}	Jo Smith	Eton	07.05.2011
	Georgia Lamothe	JS	U20	11.92	12.05 ^{+1.9}	UKL	Trafford	04.06.2011
	Chinedu Monye	JS	S	11.90	12.1w	SWL	H Wycombe	30.04.2011
	Yasmine Regis		S	12.04	12.34 ^{+3.2}	MJDP Clas	Waco, TX, USA	23.04.2011
	Chloe Mays	AH	U20	12.4w	12.41 ^{+1.9}	Bucks AA	Oxford	14.05.2011
	Shalisha Patrick	JS	U20	12.26	12.41 ^{-0.7}	NJL	Basildon	10.07.2011
	Aleasha Kiddle		U20	12.22w	12.44	Open	Chelmsford	23.04.2011
	Lesley Owusu		S	11.7w	12.5	SWL	Eton	09.07.2011
	Shelayna Oskan	RH	S	12.5	12.5	SWL	H Hempstead	03.09.2011
	HCA EMILY PARKER		S	12.5	12.50 ^{+1.9}	L'Bo v EM	Loughborough	25.05.2011
	Shakira Whight		S	12.6	12.6	Berks AA	Bracknell	15.05.2011
	2NJL Jessica Knight		U20	12.67 ^{+0.4}	12.67	Open	Crawley	13.07.2011
	Harriet Shurley		S	12.7	12.7	SWL	Guildford	21.05.2011
	Leah Moore		S	12.02w	12.70 ^{+0.4}	BUCS	Bedford	30.04.2011
	Laura McGawn		S	12.0	12.8	Shrops AA	Telford	14.05.2011
	Leah Barrow	AH	U20	12.5w	12.9	HM Open	Hornchurch	02.04.2011
	Laura Burke	JH	U20	13.10 ^{-1.2}	13.10	NJLF	Derby	11.09.2011
	Zoe Wells		S	12.4	13.16 ^{+1.1}	Open	Watford	01.06.2011
	Sarah Phelps	ND	U20	13.5	14.61 ^{-4.6}	NJL	Chelmsford	29.05.2011
Janine Whitlock		V35	11.56					
Nicola Sanders	TL	S	11.89w					
Dawn Hunt		S	12.3					
HCA SANDRA SEATON		S	12.5					
Caroline Livingstone	JS	S	12.55					
2NJL NADIA MILLS		U20	12.6					
Karimah Muhammad	JS	U20	12.64					
Jenny Heckford		S	12.7w					
Michelle Rodgers		S	12.85					
Jenny Pacey		S	12.9					
Faye Williams		U20	12.99					
Jessica McCabe	ND	U20	13.1					
Harriet Hillson	AH	U20	13.3					
Laura Suggitt	CM	U20	13.33					
Charlotte Banks	HT	U20	13.5					
Sophie Purkis	JS	U20	13.6					
Claire Hing	PH	U20	13.6					
Rachel Abebrese	JS	U20	13.7					
Sarah Taplin	CP	U20	14.0					
Letisha Richardson		U20	14.1					
Tara Barratt	AH	U20	14.1					
Helen Farmer	AH	U20	14.3					
Emma English	AH	U20	14.4					
Emma Penny		U20	14.5					
Rachel Westbrook	PH	U20	14.6					
200m	Helen Pryer		S	23.20	23.52 ^{+0.2}	Jo Smith	Eton	07.05.2011
	Monique Williams		S	22.90	24.26 ^{+2.0}	Donnas M	Donnas, ITA	03.07.2011
	Nicola Sanders	TL	S	23.68	24.28 ^{-1.2}	UKL	Edinburgh	02.07.2011
	Shelayna Oskan	RH	S	24.65 ^{+1.7}	24.65	UKL	Trafford	04.06.2011
	Dawn Hunt		S	24.69	25.10 ^{-0.7}	IC Challenge	Parliament Hill	23.04.2011
	Aleasha Kiddle		U20	25.04w	25.13	Open	Chelmsford	23.04.2011
	HCA EMILY PARKER		S	25.19	25.19		Stoke	03.09.2011
	Lesley Owusu		S	23.73	25.2	SWL	Eton	09.07.2011
	Georgia Lamothe	JS	U20	24.87w	25.42 ^{+3.0}	UKL	Trafford	04.06.2011
	Leah Barrow	AH	U20	25.5	25.5	Open	WGC	22.04.2011
	Laura McGawn		S	25.5	25.5	SWL	Eton	09.07.2011
	2NJL Jessica Knight		U20	25.56 ^{+2.0}	25.56	Open	Crawley	24.04.2011
	Laura Burke	JH	U20	25.23w	25.56 ^{+0.6}	NJL	Bromley	24.07.2011

	Leah Moore		S	24.4	25.97 ^{-3.7}	BIG	Bedford	12.06.2011
	Jessica McCabe	ND	U20	26.05 ^{+1.9}	26.05	NJLF	Derby	11.09.2011
	Harriet Shurley		S	26.2	26.2	SWL	Eton	20.08.2011
	Chloe Mays	AH	U20	25.29	26.26i	London U20	London(LV)	29.01.2011
	Caroline Heaney		S	27.05	28.17 ^{-0.9}	IC Challenge	Parliament Hill	23.04.2011
	Bex Myers	CM	U20	29.12 ^{-0.9}	29.12	NJL	Chelmsford	29.05.2011
	Janine Whitlock		V35	23.20				
	Chinedu Monye	JS	S	23.73				
	Justine Kinney		S	25.00w				
	Michelle Rodgers		S	25.52				
	Shalisha Patrick	JS	U20	25.60				
	Caroline Livingstone	JS	S	25.8				
	Karimah Muhammad	JS	U20	26.33				
HCA	SANDRA SEATON		S	26.4				
2NJL	NADIA MILLS		U20	26.4				
	Jenny Pacey		S	26.45				
	Yasmine Regis		S	26.80w				
	Shakira Whight		S	26.92				
	Sophie Upton		S	26.98				
	Zoe Wells		S	27.06				
	Mary Edwards		V45	27.5				
	Laura Suggitt	CM	U20	27.7				
	Laura Hemmings	AH	U20	27.7				
	Sophie Purkis	JS	U20	27.8				
	Rachel Abebrese	JS	U20	27.8				
	Alison MacLeod		S	27.97				
	Sarah Phelps	ND	U20	28.1				
	Charlotte Banks	HT	U20	28.2				
	Claire Hing	PH	U20	28.5				
	Letisha Richardson		U20	28.8				
	Harriet Hillson	AH	U20	28.8				
	Hannah Widginton	GB	U20	30.6				
	Sinead Kirby	PH	U20	30.6				
	Helen Farmer	AH	U20	30.8				
	Ella Pepper	CM	U20	31.2				
	Leigh James		S	31.9				
	Emily Wilkinson	GB	U20	31.9				
400m	Nicola Sanders	TL	S	49.65	51.84		Ninove, BEL	06.08.2011
	Shelayna Oskan	RH	S	53.20	53.20	UK Chall	Birmingham	20.08.2011
	Dawn Hunt		S	53.34	53.70	Resisprint I	La Chaux-deF,SUI	03.07.2011
	Helen Pryer		S	53.7	53.7	SWL	H Hempstead	03.09.2011
	Lesley Owusu		S	52.15	54.73	UK Chall	Birmingham	20.08.2011
	Monique Williams		S	51.88	55.31	AUS Chps	Melbourne, AUS	16.04.2011
	Justine Kinney		S	55.71	55.84	TL Classic	LA, USA	23.04.2011
2NJL	Jessica Knight		U20	56.47i	56.47i	EA U20	Birmingham	27.02.2011
	Laura Burke	JH	U20	56.50	56.50	NJL	Basildon	10.07.2011
	Leah Barrow	AH	U20	56.58	56.58	NJL	Eton	01.05.2011
	Michelle Rodgers		S	56.62	58.97	UKL	Edinburgh	02.07.2011
	Aleasha Kiddle		U20	60.1	60.1	SWL	Guildford	21.05.2011
HCA-2	DANI BARNES	CM	S	60.9	60.9	Cornwall C	Par	15.05.2011
	Emily Barrett	JH	U20	59.53	61.0i	London U20	London(LV)	29.01.2011
	Lois Bond		U20	61.80	62.21	Open	Watford	13.07.2011
	Caroline Heaney		S	59.92	64.1	SWL	Eton	09.07.2011
	Sarah Phelps	ND	U20	75.7	75.7	SWL	H Hempstead	03.09.2011
HCA	KELLY McNEICE		S	55.72				
HCA	EMILY PARKER		S	56.13				
	Christine Long		S	56.83				
	Caroline Livingstone	JS	S	58.38				
	Chloe Mays	AH	U20	59.11				
	Vicky Fouhy	AH	S	59.6				
	Mary Edwards		V45	59.72				
	Bex Myers	CM	U20	60.3				
	Sophie Purkis	JS	U20	61.9				

	Jessica Wilkinson	CM	U20	62.34				
	Martha Reynolds	GA	U20	62.60				
	Laura Suggitt	CM	U20	63.09				
	Molly Riglin	NS	U20	63.9				
	Abi Fudge		S	64.3				
	Leigh James		S	70.87				
[spl]	Dawn Hunt		S	53.6				
	Shelayna Oskan	RH	S	54.9				
	Laura Burke	JH	U20	57.6				
HCA	EMILY PARKER		S	57.7				
	Laura McGawn		S	57.7				
	Caroline Livingstone	JS	S	58.3				
	Chinedu Monye	JS	S	58.6				
	Caroline Heaney		S	59.2				
	Vicky Fouhy	AH	S	59.6				
	Bex Myers	CM	U20	61.2				
	Laura Suggitt	CM	U20	63.3				
	Sophie Purkis	JS	U20	63.7				
	Martha Reynolds	GA	U20	64.4				
	Michelle Warren	JS	S	64.6				
	Mary Edwards		V45	65.4				
	Sarah Phelps	ND	U20	74.7				
[300m]	Georgia Lamothe	JS	U20	40.1				
	Jessica McCabe	ND	U20	42.96i				
	Laura Suggitt	CM	U20	43.61				
	Sophie Reynolds	CM	U20	44.9				
	Molly Riglin	NS	U20	45.7 [47.44]				
	Hannah Widgington	GB	U20	46.8				
[spl]	Sophie Reynolds	CM	U20	47.2				
	Charlotte Banks	HT	U20	47.6				
	Naomi Barbour	CM	U20	47.6				
	Hannah Widgington	GB	U20	48.7				
800m	Dawn Hunt		S	2.05.43	2.05.43	D1 d' Albert	Albertville, FRA	01.07.2011
HCA	KELLY McNEICE		S	2.03.28	2.07.16	IMC / GV	Dublin, IRE	18.06.2011
	Shelayna Oskan	RH	S	2.06.29	2.07.93i	LondonU20	London(LV)	30.01.2011
	Vicky Fouhy	AH	S	2.07.46	2.08.77	BMC	Watford	10.08.2011
	Leah Barrow	AH	U20	2.13.64	2.13.64	NJLF	Derby	11.09.2011
	Lesley Owusu		S	2.09.59	2.14.19	Surrey CE	Carshalton	11.09.2011
HCA-2	DANI BARNES	CM	S	2.05.18	2.16.7	Cornwall C	Par	15.05.2011
	Bex Myers	CM	U20	2.14.8	2.18.34	Open	Watford	15.06.2011
HCA	EMILY PARKER		S	2.17.29	2.18.88	McCain CE	Stoke	04.09.2011
	Molly Riglin	NS	U20	2.18.98	2.18.98	Open	Watford	18.05.2011
	Louisa Lingley	CM	S	2.19.42i	2.19.42i	McD Invite	Carbondale, US	05.02.2011
	Laura McGawn		S	2.18.6	2.20.08		Hexham	24.07.2011
	Maddie Garner	NS	U20	2.23.29	2.23.29	Open	Watford	18.05.2011
2NJL	Jessica Knight		U20	2.23.70	2.23.70	Open	Crystal Palace	03.04.2011
	Caroline Heaney		S	2.25.2	2.28.2	SWL	Guildford	21.05.2011
	Hannah Thompson		S	2.37.8	2.37.8	Open	Havering	02.04.2011
	Leigh James		S	2.32.2	2.37.9	SWL	Eton	09.07.2011
	Letisha Richardson		U20	3.04.97	3.21.83i	EA CE	Sheffield	09.01.2011
	Nicola Sanders	TL	S	2.03.41				
	Christine Long		S	2.08.07				
	Paula Fudge		V55	2.08.49				
	Sophie Morris		S	2.08.6				
	Monique Williams		S	2.09.09				
	Kerry Harty		S	2.09.22				
	Justine Kinney		S	2.11.12				
	Rebecca Taylor		S	2.14.2				
	Mary Edwards		V45	2.14.61				
	Hayley Yelling-Higham	CM	V35	2.15.73				

	Martha Reynolds		U20	2.16.47				
	Lois Bond		U20	2.16.51				
	Emily Barrett	JH	U20	2.17.51				
HCA	LIZ KIPLING	NS	V35	2.17.58				
	Laura Suggitt	CM	U20	2.18.59				
	Laura Burke	JH	U20	2.19.48				
	Rachel Stedman	CM	S	2.21.0				
	Sophie Reynolds	CM	U20	2.22.9				
	Michelle Rodgers		S	2.23.46				
	Chanel Taite		U20	2.23.70				
	Naomi Barbour	CM	U20	2.24.51				
	Maryse Haynes	AH	U20	2.25.34				
	Ella Pepper	CM	U20	2.28.4				
	Jessica Wilkinson	CM	U20	2.29.02				
	Hannah Widgington	GB	U20	2.30.4				
	Jessica McCabe	ND	U20	2.36.72				
	Emily Armstrong	CM	S	2.40.09				
	Emily Wilkinson	GB	U20	2.40.5				
	Verity Kyley	GB	U20	2.43.4				
	Claire Hing	PH	U20	2.43.8				
	Diana Barac	TR	S	2.48.7				
	Emma English	AH	U20	2.49.1				
	Harriet Hillson	AH	U20	2.53.72				
	Sarah Phelps	ND	U20	3.02.1				
1500m	HCA KELLY McNEICE		S	4.10.30	4.15.99	BMC	Solihull	09.07.2011
	Kerry Harty		S	4.14.17	4.17.95	IMC / GV	Dublin, IRE	18.06.2011
	Vicky Fouhy	AH	S	4.26.73	4.27.34	Open	Watford	20.04.2011
HCA-2	DANI BARNES		S	4.15.00	4.32.58	SEAA	Ashford, Kt	18.06.2011
	Dawn Hunt		S	4.45.20	4.45.20	Open	Woodford	30.08.2011
HCA	LIZ KIPLING	NS	V35	4.34.10	4.46.5	SWL	Carshalton	30.04.2011
	Louisa Lingley	CM	S	4.47.67	4.47.67	JM Invite	Fayetteville,USA	23.04.2011
	Molly Riglin	NS	U20	4.49.89	4.49.89	BMC	Eltham	25.05.2011
	Maddie Garner	NS	U20	4.46.36	4.51.13	Open	Watford	04.05.2011
	Bex Myers	CM	U20	4.47.8	4.56.87	Open	Watford	24.08.2011
	Claire Danson	CM	S	5.03.3	5.03.3	SWL	Eton	09.07.2011
	Hannah Thompson		S	5.15.5	5.15.5	Open	Havering	02.04.2011
	Leigh James		S	4.58.98	5.18.5	SWL	Eton	09.07.2011
	Paula Fudge		V55	4.11.23				
	Sophie Morris		S	4.15.74				
	Hayley Yelling-Higham	CM	V35	4.21.21				
	Rosemary Ryan		S	4.27.93				
	Rebecca Taylor		S	4.33.00				
	Martha Reynolds	GA	U20	4.33.94				
	Rachel Stedman	CM	S	4.43.8				
	Sophie Reynolds	CM	U20	4.44.54				
	Christine Long		S	4.46.9				
	Justine Kinney		S	4.51.0				
	Maryse Haynes	AH	U20	4.56.8				
	Lois Bond		U20	4.58.49				
	Laura Burke	JH	U20	4.59.1				
	Ella Pepper	CM	U20	4.59.27				
	Leah Barrow	AH	U20	5.01.0				
	Laura Suggitt	CM	U20	5.01.0				
	Charlotte Firth	CM	S	5.04.3				
	Naomi Barbour	CM	U20	5.06.9				
	Emily Armstrong	CM	S	5.10.85				
	Yolanda Edwards	PF	S	5.11.5				
	Emily Barrett	JH	U20	5.13.6				
	Diana Barac	TR	S	5.19.17				
	Pippa Callingham		S	5.25.0				
	Lucy Keen	PF	S	5.29.7				
	Heidi Tyler	AH	U20	5.34.0				
	Verity Kyley	GB	U20	5.39.4				

	Emily Wilkinson	GB	U20	5.41.4				
	Hannah Widgington	GB	U20	5.51.2				
	Sarah Phelps	ND	U20	6.07.1				
	Rachel Westbrook	PH	U20	7.01.5				
Mile	Maryse Haynes	AH	U20	5.28.64	5.28.64	HW Open	C Palace	03.04.2011
3000m	Kerry Harty		S	09.09.50	09.25.15i	Open	Cardiff	29.01.2011
	HCA KELLY McNEICE		S	09.25.74i	09.32.76	ND Meet	Bangor	05.04.2011
	HCA LIZ KIPLING	NS	V35	09.51.8	09.57.02	Surrey AA	Kingston	15.05.2011
	HCA-2 DANI BARNES	CM	S	09.24.40	10.00.35	BMC Class	Street	02.05.2011
	Claire Danson	CM	S	10.24.25	10.24.25	UKL	Edinburgh	02.07.2011
	Martha Reynolds	GA	U20	10.29.99	10.29.99	UKL	London (LV)	06.08.2011
	Maddie Garner	NS	U20	10.30.2	10.30.2	SWL	Guildford	21.05.2011
	Charlotte Firth	CM	S	10.32.69	10.32.69	Open	Watford	27.07.2011
	Marina Stedman		V50	09.21.8	10.47.6	SWL	H Wycombe	30.04.2011
	Maryse Haynes	AH	U20	10.45.68	10.58.03	NJL	Basildon	10.07.2011
	Leigh James		S	10.47.25	11.07.17	UKL	Trafford	04.06.2011
	Rachel Westbrook	PH	U20	17.14.2	17.14.2	SWL	H Hempstead	03.09.2011
	Paula Fudge		V55	08.48.74				
	Hayley Yelling-Higham	CM	V35	08.58.98				
	Sophie Morris		S	09.10.44				
	Rosemary Ryan		S	09.27.56				
	Rebecca Taylor		S	09.56.8				
	Rachel Stedman	CM	S	10.12.73				
	Sophie Reynolds	CM	U20	11.09.3				
	Emily Armstrong	CM	S	11.17.8i				
	Yolanda Edwards	PF	S	11.18.1				
	Naomi Barbour	CM	U20	11.24.7				
	Ella Pepper	CM	U20	11.25.24				
	Lois Bond		U20	11.57.5				
	Emily Wilkinson	GB	U20	12.26.5				
	Verity Kyley	GB	U20	12.40.0				
	Susanna Ditton	TR	S	12.41.90				
	Hannah Widgington	GB	U20	12.44.35				
	Pippa Callingham		S	12.54.3				
5000m	Kerry Harty		S	15.58.67	15.58.67	BMC GP	Manchester (SC)	28.05.2011
	Leigh James		S	18.45.9	18.45.9	LICC	Lee Valley	16.07.2011
	Paula Fudge		V55	15.14.51				
	Hayley Yelling-Higham	CM	V35	15.16.44				
	Rosemary Ryan		S	15.33.37				
	Sophie Morris		S	15.58.75				
	Rebecca Taylor		S	18.37.0				
10000m	Hayley Yelling-Higham	CM	V35	31.45.14				
	Rosemary Ryan		S	32.31.9				
100 H	EMILY PARKER	HCA	S	14.2	14.42	McCain CE	Stoke	03.09.2011
	Harriet Shurley		S	14.7	14.7	SWL	Eton	09.07.2011
	Jessica McCabe	ND	U20	14.67 ^{+2.6}	14.67w	NJL	Basildon	10.07.2011
	Laura McGawn		S	15.00	15.1	SWL	Eton	09.07.2011
	Jenny Heckford		S	14.34w	15.8	SWL	Eton	09.07.2011
	Laura Burke	JH	U20	15.16	15.84 ^{-0.2}	NJL	Bromley	24.07.2011
	Sarah Phelps	ND	U20	20.84 ^{-1.8}	20.84	NJL	Chelmsford	29.05.2011
	Rachel Westbrook	PH	U20	20.9	21.4w	SWL	H Wycombe	30.04.2011
	HCA SANDRA SEATON		S	13.92w				
	Janine Whitlock		V35	14.00				
	Faye Williams		U20	14.75w				
	Cat Hall-Jones	AH	S	15.05w				
	Jenny Pacey		S	15.17w				
	Letisha Richardson		U20	16.5				
	Justine Kinney		S	16.5				
	Caroline Heaney		S	17.04				

	Lesley Owusu		S	17.5				
[80 H]	Charlotte Banks	HT	U20	12.23				
	Harriet Hillson	AH	U20	13.9				
	Rachel Westbrook	PH	U20	15.0				
	Emma English	AH	U20	18.2				
[75 H]	Tara Barratt	AH	U20	13.8				
400H	Justine Kinney		S	57.13	57.58	Meet EAP	Chambery, FRA	10.07.2011
HCA	EMILY PARKER		S	58.97	60.12	Open	Loughborough	23.04.2011
	Laura Burke	JH	U20	60.72	61.01	U20s	Bedford	26.06.2011
	Jessica McCabe	ND	U20	64.7	64.7	SWL	Guildford	21.05.2011
	Emily Barrett	JH	U20	64.1	65.2	SWL	H Hempstead	03.04.2011
	Michelle Rodgers		S	67.29	67.88	UKL	Trafford	04.06.2011
	Caroline Heaney		S	63.95	68.91	Open	Woodford	16.04.2011
	Susanna Ditton	TR	S	80.38	80.38	UKL	Trafford	04.06.2011
	Sarah Phelps	ND	U20	80.5	82.6	SWL	H Hempstead	03.09.2011
	Faye Williams		U20	72.5				
	Harriet Shurley		S	73.4				
[300 H]	Jessica McCabe	ND	U20	43.41				
	Charlotte Banks	HT	U20	51.33				
	Emma English	AH	U20	53.4				
	Rachel Westbrook	PH	U20	58.0				
1500 S/C	Maryse Haynes	AH	U20	5.18.25	5.18.25	Eng Sch	Gateshead	02.07.2011
	Maddie Garner	NS	U20	5.22.81	5.22.81	NJL	Chelmsford	29.05.2011
	Lois Bond		U20	6.16.89	6.16.89	NJL	Basildon	10.07.2011
	Martha Reynolds	GA	U20	5.10.12				
	Susanna Ditton	TR	S	5.51.62				
	Hannah Thompson	TR	U20	6.16.8				
2000 S/C	Kerry Harty		S	6.43.74	6.43.74	UKL	Edinburgh	02.07.2011
	Maryse Haynes	AH	U20	7.31.67	7.31.67	UKL	Trafford	04.06.2011
	Maddie Garner	NS	U20	7.52.24	7.52.24	Jo Smith	Eton	07.05.2011
	Susanna Ditton	TR	S	8.13.54	8.18.19	UKL	Trafford	04.06.2011
	Martha Reynolds	GA	U20	7.10.80				
3000 S/C	Kerry Harty		S	10.10.87	10.10.87	Euro Pr Mt	Prague, Cz.Rep	13.06.2011
4 x 100	Papps, Mays, Patrick, Lamothe		U20		48.30	NJL	Eton	01.05.2011
	Burke, Knight, Etefia, Kiddle				49.07	NJL	Basildon	24.07.2011
	Burke, Barrow, McCabe, Lamothe				49.58	NJLF	Derby	11.09.2011
	Etefia, McCabe, Patrick, Papps				49.91	NJL	Basildon	10.07.2011
	Phelps, Barrow, Croft, Lamothe				53.35	NJL	Chelmsford	29.05.2011
4 x 100	Helen, Chinedu, Harriet, Georgia L		S		47.25	Jo Smith	Eton	07.05.2011
	Ekemini, Chinedu, Harriet, Georgia L				48.6	SWL	Eton	09.07.2011
					49.48	UKL	Trafford	04.06.2011
	Jess, Shakira, Harriet, Aleasha				50.6	SWL	Guildford	21.05.2011
	Demi E, Sarah Ph, Harriet, Georgia L				50.8	SWL	Eton	20.08.2011
	Helen, Jess Mc, Sarah, Lesley				51.0	SWL	H Hempstead	03.09.2011
	Steph, Ekemini, Zoe O, Georgia L				51.9	SWL	H Wycombe	30.04.2011
4 x 400	Knight, Barrow, Burke, Barrett		U20		3.53.94	NJL	Basildon	24.07.2011
	Barrett, Barrow, Burke, McCabe				4.00.00	NJLF	Derby	11.09.2011
	Croft, Barrow, Myers, Wills				4.06.07	NJL	Chelmsford	29.05.2011
	Barrett, Barrow, Croft, McCabe				4.08.72	NJL	Eton	01.05.2011
	63.1, 60.0, 64.7, 61.0							
4 x 400	Nicola, Laura Mc, Michelle, Lesley		S		3.43.77	UKL	Edinburgh	02.07.2011
					3.45.20	UKL	Trafford	04.06.2011

	Laura Mc, Laura B, Shelayna, Dawn	S		3.46.14	Jo Smith	Eton	07.05.2011
	McCabe, Burke, Barrett, Fallon			4.05.48	NJL	Basildon	10.07.2011
	Emily B, Bex, Rosie A, Jess Mc			4.09.8	SWL	H Hempstead	03.09.2011
	61.0, 60.8, 65.9, 62.1						
	Jess, Rosie, Christina, Laura Mc			4.16.0	SWL	Guildford	21.05.2011
	66.0, 65.4, 65.6, 59.0						
	Jo Fallon, Demi B, Leigh J, Laura McGawn			4.31.2	SWL	Eton	09.07.2011
	66.5, 70.9, 72.9, 63.9						
	Harriet, Joanne, Vicky, Rosie			4.35.8	SWL	H Wycombe	30.04.2011
	67.1, 66.5, 71.2, 71.0						
HJ	Frances Smithson	S	1.75i	1.75i	London Sen	London(LV)	29.01.2011
	Laura McGawn	S	1.60	1.56		Hexham	23.07.2011
	Letisha Richardson	U20	1.55	1.50i	EA CE	Sheffield	09.01.2011
	Harriet Shurley	S	1.45	1.45	SWL	Eton	09.07.2011
	Lesley Owusu	S	1.44i	1.44i	EA CE	Sheffield	09.01.2011
	Rachel Westbrook	PH	U20	1.40	SWL	H Wycombe	30.04.2011
2NJL	Jessie Knight	U20	1.35	1.35	UKL	Leeds	07.08.2011
	Irie Hill	V40	1.76				
HCA	EMILY PARKER	S	1.68				
	Jenny Pacey	S	1.67				
HCA	SARAH WELLSTEAD	S	1.55				
	Cat Hall-Jones	AH	S	1.54			
	Sophie Upton	S	1.51				
	Caroline Livingstone	JS	S	1.50			
	Sarah Phelps	ND	U20	1.45			
	Emma English	AH	U20	1.45			
	Harriet Hillson	AH	U20	1.43			
	Emily Barrett	JH	U20	1.40			
	Jessica McCabe	ND	U20	1.40			
	Faye Williams		U20	1.36			
	Jenny Heckford		S	1.35			
	Hannah Johnson	CP	U20	1.35			
	Abi Fudge		S	1.30			
	Laura Suggitt	CM	U20	1.30			
	Leah Barrow	AH	U20	1.24			
	Claire Hing	PH	U20	1.20			
	Hannah Widgington	GB	U20	1.20			
	Charlotte Banks	HT	U20	1.20			
LJ	Yasmine Regis	S	6.17 ^{+3.5}	6.17w	MJDP Clas	Waco, TX, USA	23.04.2011
	Jenny Pacey	S	6.35w	6.09	UKL	Trafford	04.06.2011
	Laura McGawn	S	5.86	5.64 ^{+2.2}	UKL	Trafford	04.06.2011
HCA	SARAH WELLSTEAD	S	6.29w	5.60i	Euro Trials	Sheffield	13.02.2011
	Shakira Whight	S	5.65	5.47 ^{+1.3}	UKL	London (LV)	06.08.2011
	Lesley Owusu	S	5.19i	5.19i	EA CE	Sheffield	09.01.2011
	Letisha Richardson	NS	U20	4.97	NJL	Eton	01.05.2011
	Claire Hing	PH	U20	4.93	NJL	Eton	01.05.2011
	Harriet Hillson	AH	U20	4.83	NJL	Chelmsford	29.05.2011
HCA	EMILY PARKER	S	6.03				
	Marissa Pritchard	S	6.03				
	Janine Whitlock	V35	5.95				
	Aleasha Kiddle	U20	5.81				
	Frances Smithson	S	5.72				
	Irie Hill	V40	5.50				
	Sophie Upton	S	5.16w				
HCA	SANDRA SEATON	S	4.91				
	Jenny Heckford	DH	S	4.61			
2NJL	NADIA MILLS	U20	4.58				
	Sarah Phelps	U20	4.56				
	Jessica McCabe	ND	U20	4.30			
	Emma English	AH	U20	4.17			
	Sophie Purkis	JS	U20	4.10			

	Sinead Kirby	PH	U20	4.08				
	Laura Burke	JH	U20	3.95				
	Chloe Mays	AH	U20	3.88				
	Laura Suggitt	CM	U20	3.88				
	Leah Barrow	AH	U20	3.85				
	Maryse Haynes	AH	U20	3.80				
	Rachel Abebrese	JS	U20	3.79				
	Emily Wilkinson	GB	U20	3.71				
	Rachel Westbrook	PH	U20	3.69				
	Daphne Marler		V60	3.26i				
	Verity Kyley	GB	U20	2.94				
PV	Sophie Upton		S	4.10	3.90	L`B v EM	Loughborough	25.05.2011
	Irie Hill		V40	4.20	3.60i	AV Shield	Aberfeldie,AUS	15.01.2011
2CL	Lily-Mae Fisher	SM	U20	3.42i	3.42i	Vault Lond	Carshalton	13.03.2011
	Alice Humble	SM	U20	3.30	3.30	UKL	Edinburgh	02.07.2011
	Janine Whitlock		V35	4.47				
	Jade Tallent	SM	S	2.90				
	Dorothy McLennan	SM	V70	2.00				
	Faye Williams		U20	2.00				
	Emma English	AH	U20	1.70				
TJ	Yasmine Regis		S	13.85	13.76 +0.0	London GP	Crystal Palace	05.08.2011
	Shakira Whight		S	12.76	12.48 +4.9	SEAA	Ashford. Kt	18.06.2011
	Letisha Richardson		U20	10.89	10.89	NJL	Chelmsford	29.05.2011
	Marissa Pritchard		S	13.00	10.80 +2.1	UKL	Edinburgh	02.07.2011
	Harriet Hillson	AH	U20	09.75	08.57	NJL	Chelmsford	29.05.2011
	Ellie Norris	MW	U20	07.24	07.24	NJL	Basildon	24.07.2011
HCA	EMILY PARKER		S	13.02i				
HCA	SARAH WELLSTEAD		S	12.11				
	Frances Smithson		S	12.07w				
	Laura McGawn		S	11.60				
	Jenny Pacey		S	11.06				
	Jenny Heckford	DH	S	10.53				
	Faye Williams		U20	10.47w				
	Hannah Kirby	JS	U20	09.71				
	Claire Hing	PH	U20	09.70				
	Sophie Purkis	JS	U20	09.52				
	Vicky Fouhy	AH	S	08.57				
	Abi Fudge		S	08.17				
	Daphne Marler		V60	05.81				
DT [1.0]	Clare Fitzgerald		S	46.96	46.96	UKL	Edinburgh	02.07.2011
	Laura James		U20	39.79	39.79	SWL	H Hempstead	03.09.2011
	KATHY HETHERINGTON	2CL	U20	37.89	36.33	ND Meet	Bangor	05.04.2011
	Rachel Wallader		S	34.83	34.83	UKL	Trafford	04.06.2011
	Janet Smith		V45	37.01	29.65	SWL	H Wycombe	30.04.2011
HCA	SARAH WELLSTEAD		S	30.24	28.28	SWL	Kingston	30.04.2011
	Ellie Norris	MW	U20	32.08	27.29	NJL	Basildon	24.07.2011
	Harriet Hillson	AH	U20	23.27	22.38	NJL	Chelmsford	29.05.2011
	Harriet Shurley		S	17.38	16.16	SWL	Guildford	21.05.2011
	Joanne John		S	41.80				
	Joanna Botwright	GA	S	36.92				
	Hannah Johnson	CP	U20	29.42				
	Bola Ogun		S	28.89				
	Helena Majek		U20	27.75				
	Nasya Harvey		S	27.09				
	Letisha Richardson		U20	24.84				
2NJL	NADIA MILLS		U20	22.17				
	Abbey Jones		S	20.86				
HCA	LIZ KIPLING	NS	V35	20.43				
	Kathryn Wallace		U20	20.41				
	Irie Hill		V40	19.57				
	Sarah Taplin	CP	U20	18.98				

	Laura Burke	JH	U20	17.45				
	Helen Farmer	AH	U20	15.97				
	Emma English	AH	U20	14.17				
	Paula Fudge		V55	14.00				
	Martha Reynolds	GA	U20	13.90				
	Karimah Muhammad	JS	U20	12.44				
	Daphne Marler		V60	12.24				
	Naomi Barbour	CM	U20	10.18				
HT [4.0]	Bola Ogun		S	55.13	53.23	SEAA	Ashford, Kt	18.06.2011
	Janet Smith		V45	50.62	43.64	SWL	Guildford	21.05.2011
	Rachel Wallader		S	35.60	35.60	UKL	Trafford	04.06.2011
	Ellie Norris	MW	U20	35.54	35.54	SWL	H Hempstead	03.09.2011
	Laura James		U20	32.76	23.68	NJL	Basildon	24.07.2011
	Sarah Phelps		U20	05.87	05.87	NJL	Chelmsford	29.05.2011
	Joanne John		S	58.49				
	Nasya Harvey		S	43.53				
	Joanna Botwright	GA	S	34.52				
HCA	CHLOE SMYRK		S	24.18				
	Tara Barratt	AH	U20	22.53				
	Helena Majek		U20	18.28				
HCA	LIZ KIPLING	NS	V35	16.50				
	Sarah Taplin	CP	U20	15.62				
	Daphne Marler		V60	15.50				
JT [600]	Anita Fitzgibbon		S	47.00	45.75	Jo Smith	Eton	07.05.2011
	Hannah Johnson	CP	U20	41.29	41.29	Berks CS	Reading	11.06.2011
	Laura McGawn		S	40.53	39.35	Scot CE	Grangemouth	21.08.2011
	Clare Fitzgerald		S	40.88	36.65	UKL	Trafford	04.06.2011
	Frances Smithson		S	34.95	31.28	UKL	London (LV)	06.08.2011
	Letisha Richardson		U20	26.34	25.81	SWL	Eton	20.08.2011
	Janet Smith		V45	21.56	18.90	SWL	Guildford	21.05.2011
	Sarah Phelps		U20	20.51	17.18	SWL	H Hempstead	03.09.2011
	Kelly Morgan		S	64.87				
	Joanne John		S	35.10				
	Helen Farmer	AH	U20	33.87				
	Sarah Taplin	CP	U20	32.18				
	Tara Barratt	AH	U20	29.25				
	Vicky Fouhy	AH	S	24.08				
	Abbey Jones		S	23.06				
	Jenny Pacey		S	22.90				
HCA	EMILY PARKER		S	22.33				
	Irie Hill		V40	22.00				
HCA	LIZ KIPLING	NS	V35	21.41				
	Ellie Norris	MW	U20	17.95				
	Jessica McCabe	ND	U20	16.55				
	Laura James		U20	14.99				
	Laura Burke	JH	U20	14.24				
	Harriet Hillson	AH	U20	13.82				
	Harriet Shurley		S	12.54				
	Claire Hing	PH	U20	10.88				
	Daphne Marler		V60	08.51				
SP [4.0]	Rachel Wallader		S	16.28	16.28	Eng Sen C	Bedford	17.07.2011
	Clare Fitzgerald		S	14.35	13.38	UKL	Edinburgh	02.07.2011
	Bola Ogun		S	12.11	10.90	SWL	Eton	20.08.2011
	Laura McGawn		S	11.37	10.86		Hexham	23.07.2011
HCA	EMILY PARKER		S	10.25i	10.25i	McCain Ch	Sheffield	06.02.2011
2CL	KATHY HETHERINGTON		U20	09.96	09.63i	NI Open	Jordanstown	12.02.2011
	Lesley Owusu		S	09.52i	09.52i	EA CE	Sheffield	09.01.2011
	Hannah Johnson	CP	U20	10.33	09.30	NJLF	Derby	11.09.2011
	Letisha Richardson		U20	10.18	09.24	NJL	Chelmsford	29.05.2011
	Janet Smith		V45	08.79	08.64i	SECTA	Ewell	05.02.2011
HCA	Ellie Norris	MW	U20	08.94	08.54	NJL	Chelmsford	29.05.2011

	SARAH WELLSTEAD	S	10.48	08.53	SWL	Kingston	30.04.2011
	Laura James	U20	07.90	07.90	NJL	Eton	01.05.2011
	Jenny Pacey	S	11.95				
	Abbey Jones	S	10.27				
	Tara Barratt	AH	U20	09.37			
	Joanne John	S	09.35				
	Nasya Harvey	S	09.23				
	Irie Hill	V40	09.21				
	Frances Smithson	S	08.99				
2NJL	NADIA MILLS	U20	08.41				
	Anita Fitzgibbon	S	08.39				
	Helena Majek	U20	07.99				
	Georgia Lamothe	JS	U20	07.86			
	Harriet Hillson	AH	U20	07.53			
	Sarah Phelps	U20	07.00				
	Jessica McCabe	ND	U20	06.80			
	Daphne Marler	V60	04.09				
[3.25]	Sarah Taplin	CP	U20	08.38			
	Ella Pepper	CM	U20	06.69			
	Claire Hing	PH	U20	05.38			
[2.72]	Leah Barrow	AH	U20	05.33			
	Laura Suggitt	CM	U20	05.33			
	Emily Wilkinson	GB	U20	04.92			
HEPT	Laura McGawn	S	5087				
HCA	EMILY PARKER	S	4925				
	Jenny Pacey	S	4729				
	Sophie Upton	S	3478				
	Letisha Richardson	U20	3334				

