

Havering AC Female 2021 Rankings as at 01/10/2021

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	75	Fisola Fagbadegun	10.1	AT U13G 2nd	17-Jul-21	YDL LAG R2	Dartford
U13G	75	Fisola Fagbadegun	10.26		4-Sep-21	YDL LAG R3	Woodford
U13G	75	Leila Jones	10.4	AT U13G =7th	17-Jul-21	YDL LAG R2	Dartford
U13G	75	Leila Jones	10.62		5-Jun-21	YDL LAG R1	Mile End
U13G	75	Libby Ward	10.98		4-Sep-21	YDL LAG R3	Woodford
U13G	75	Rose Hutcheon	11.1		17-Jul-21	YDL LAG R2	Dartford
U13G	75	Rose Hutcheon	11.22		5-Jun-21	YDL LAG R1	Mile End
U13G	75	Oma Nwapa	11.1		17-Jul-21	YDL LAG R2	Dartford
U13G	75	Oma Nwapa	11.44		5-Jun-21	YDL LAG R1	Mile End
U13G	75	Eboni Roach	11.52		4-Sep-21	YDL LAG R3	Woodford
U17W	100	Karis Thomas	12.21w	AT U17W w/a	7-Aug-21	EA U15 & U17 Champs	Manchester
U17W	100	Karis Thomas	12.22	AT U17W 6th	31-Jul-21	Essex Championships	Chelmsford
U20W	100	Esther Agnimel	12.28w	AT U20W w/a	28-Aug-21	NAL R4	Lee Valley
U20W	100	Esther Agnimel	12.48		6-Jun-21	NAL Championship R1	Chelmsford
U20W	100	Aaliyah Payne	12.57w		6-Jun-21	NAL Championship R1	Chelmsford
U20W	100	Aaliyah Payne	12.62		30-Jun-21	Newham Double Sprints	Stratford
U17W	100	Paris King	12.61		26-Jun-21	BFTTA Open	Dagenham
U17W	100	Amyna Willock	12.68		12-Jun-21	Essex Schools Championships	Chelmsford
U17W	100	Olivia Sorae	12.72		31-Jul-21	Essex Championships	Chelmsford
U17W	100	Olivia Boachie	12.75		27-Jun-21	YDL UAG R2	Hornchurch
U17W	100	Stephanie Okoro	12.78w		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U20W	100	Emma Ramsden	12.79		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U15G	100	Miriam Adebayo	12.87		19-Sep-21	HAC Champs & Open	Hornchurch
U20W	100	Temitope Ajayi	12.91		6-Jun-21	NAL Championship R1	Chelmsford
U17W	100	Uche Okpalauko	12.94		10-Jul-21	LICC	Hendon
U20W	100	Shalom Gbadebo	13.11		27-Jun-21	YDL UAG R2	Hornchurch
U15G	100	Cassie Campbell	13.15		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	100	Precious Fagbadegun	13.17		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	100	Bethan Jarret	13.20		16-Jun-21	Chelmsford Track Night	Chelmsford
U13G	100	Fisola Fagbadegun	13.39	AT U13G 90th	19-Sep-21	HAC Champs & Open	Hornchurch
U17W	100	Paige Robinson	13.54		5-Sep-21	YDL UAG R3	Basildon
U13G	100	Leila Jones	13.63w		7-Jul-21	Lee Valley Sprints	Lee Valley
U13G	100	Leila Jones	13.77		11-Aug-21	Woodford Open	Woodford
U15G	100	Niamh Donovan	13.8		17-Jul-21	YDL LAG R2	Dartford
U15G	100	Niamh Donovan	13.99		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Amy Mansell	13.83		31-Jul-21	Essex Championships	Chelmsford
U17W	100	Lucy Nattrass	13.85w		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U17W	100	Lucy Nattrass	13.93		2-May-21	HAC Spring Warm Up	Hornchurch
U15G	100	Liana Constable	13.92		5-Jun-21	YDL LAG R1	Mile End
U15G	100	Charlotte Casey-Sweeney	14.02		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Libby Ward	14.11		19-Sep-21	HAC Champs & Open	Hornchurch
U20W	100	Charlotte Wright	14.12		11-Jul-21	SAL R2	Woodford
U15G	100	Briana Ofori	14.2		17-Jul-21	YDL LAG R2	Dartford
U15G	100	Briana Ofori	14.49w		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U15G	100	Briana Ofori	14.76		2-May-21	HAC Spring Warm Up	Hornchurch
U17W	100	Clara Odoch	14.21		19-Sep-21	HAC Champs & Open	Hornchurch
SW	100	Rachel Kerr	14.28		11-Jul-21	SAL R2	Woodford
U13G	100	Oma Nwapa	14.38		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	100	Ava Miller	14.72		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U20W	100	Bella Smith	14.73		23-Jun-21	Lee Valley Open	Lee Valley
U15G	100	Klaryce Titre	14.85		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Rose Hutcheon	14.99w		23-Jun-21	Lee Valley Open	Lee Valley
U13G	100	Rose Hutcheon	15.08		23-Jun-21	Lee Valley Open	Lee Valley
U15G	100	Ellie Bradley	15.1		4-Jul-21	EYAL R1	Thurrock
U15G	100	Ellie Bradley	15.13		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	100	Poppy Smith	15.12		29-May-21	BFTTA Open	Dagenham
U17W	100	Isabelle Bradley	15.15		2-May-21	HAC Spring Warm Up	Hornchurch
SW	100	Ellie Watson	15.25		20-Jun-21	SAL R1	Hornchurch
U15G	100	Rosie Warner	15.25		31-Jul-21	Essex Championships	Chelmsford
U13G	100	Eboni Roach	15.3		14-Aug-21	EYAL R2	Chelmsford
U13G	100	Eboni Roach	15.34		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Scarlett Lecomber	15.34		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Jessica Page	15.4		31-Jul-21	LICC	Hendon
U13G	100	Jessica Page	15.57		27-Jul-21	Woodford Open	Woodford
U17W	100	Megan Cook	15.40		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Lottie Guynan	15.46		31-Jul-21	Essex Championships	Chelmsford
U13G	100	Callie Ziepe	15.53		9-Jun-21	Lee Valley Open	Lee Valley
U15G	100	Amber Maher	15.87		2-May-21	HAC Spring Warm Up	Hornchurch
U15G	100	Cassie Rutter	15.9		4-Jul-21	EYAL R1	Thurrock
U13G	100	Isabell Curtis-Rich	16.09		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	100	Amelia Patchett	16.12		2-May-21	HAC Spring Warm Up	Hornchurch
U15G	100	Naomi Hand	16.12		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	100	Maisie Lee	16.40		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	100	Ava Illingworth	16.5		4-Jul-21	EYAL R1	Thurrock
U13G	100	Isabella Taylor-Bush	16.8		4-Jul-21	EYAL R1	Thurrock

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	100	Ruby Price	16.8		4-Jul-21	EYAL R1	Thurrock
U13G	100	Ella Macrae	17.1		4-Jul-21	EYAL R1	Thurrock
U13G	100	Ellen Moore	17.36		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	150	Fisola Fagbadegun	20.2	AT U13G =4th	17-Jul-21	YDL LAG R2	Dartford
U13G	150	Fisola Fagbadegun	20.83		4-Sep-21	YDL LAG R3	Woodford
U13G	150	Amy Mansell	20.9		17-Jul-21	YDL LAG R2	Dartford
U13G	150	Leila Jones	21.27w		25-Apr-21	BFTTA Open	Dagenham
U13G	150	Leila Jones	21.86		4-Sep-21	YDL LAG R3	Woodford
U17W	200	Stephanie Okoro	25.10	AT U17W =4th	5-Sep-21	YDL UAG R3	Basildon
SW	200	Zoe Hughes	25.35		9-Apr-21	Tobacco Road Challenge	Durham NC ,USA
U17W	200	Olivia Boachie	25.53w		28-Aug-21	NAL R4	Lee Valley
U17W	200	Olivia Boachie	26.0		12-Sep-21	EYAL R3	Basildon
U17W	200	Olivia Boachie	26.17		2-May-21	HAC Spring Warm Up	Hornchurch
U20W	200	Jade Kavanagh	25.62		6-Jun-21	NAL Championship R1	Chelmsford
U17W	200	Karis Thomas	26.31		3-Jul-21	NAL Championship R2	Kingston
U15G	200	Miriam Adebayo	26.55		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	200	Uche Okpalauko	26.56		5-Sep-21	YDL UAG R3	Basildon
U20W	200	Emma Ramsden	26.57		7-Aug-21	NAL Championship R3	Kingston
U15G	200	Cassie Campbell	26.68w		1-Aug-21	Essex Championships	Chelmsford
U15G	200	Cassie Campbell	27.04		1-Aug-21	Essex Championships	Chelmsford
U20W	200	Esther Agnimel	27.01		3-Jul-21	NAL Championship R2	Kingston
U17W	200	Paige Robinson	27.05w		1-Sep-21	Lee Valley Sprints	Lee Valley
U17W	200	Paige Robinson	27.18		21-Aug-21	SEAA U13-U15=U17 Champs	Kingston
U15G	200	Ruby Tillson	27.39		16-Jun-21	Chelmsford Track Night	Chelmsford
U17W	200	Amyna Willock	27.4		4-Jul-21	EYAL R1	Thurrock
U17W	200	Amyna Willock	27.67		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	200	Precious Fagbadegun	27.59w		1-Aug-21	Essex Championships	Chelmsford
U15G	200	Precious Fagbadegun	27.7		17-Jul-21	YDL LAG R2	Dartford
U15G	200	Precious Fagbadegun	27.96		26-May-21	Chelmsford Sprints Meeting	Chelmsford
U17W	200	Lucy Natrass	27.66		1-Aug-21	Essex Championships	Chelmsford
U13G	200	Leila Jones	27.73	AT U13G 10th	21-Jul-21	Chelmsford Track Night	Chelmsford
U20W	200	Temitope Ajayi	27.85		5-Sep-21	YDL UAG R3	Basildon
U13G	200	Fisola Fagbadegun	27.88w		1-Aug-21	Essex Championships	Chelmsford
U13G	200	Fisola Fagbadegun	27.95		21-Aug-21	U13 Inter Counties	Kingston
U20W	200	Shalom Gbadebo	28.10w		28-Aug-21	NAL R4	Lee Valley
U20W	200	Shalom Gbadebo	28.66		6-Jun-21	NAL Championship R1	Chelmsford
U13G	200	Amy Mansell	28.89		1-Aug-21	Essex Championships	Chelmsford
U15G	200	Niamh Donovan	29.40		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	200	Libby Ward	29.59w		1-Aug-21	Essex Championships	Chelmsford
U13G	200	Libby Ward	29.76		1-Aug-21	Essex Championships	Chelmsford
U15G	200	Liana Constable	29.8		12-Sep-21	EYAL R3	Basildon
U15G	200	Charlotte Casey-Sweeney	30.08		21-Aug-21	SEAA U13-U15=U17 Champs	Kingston
U15G	200	Briana Ofori	30.3		12-Sep-21	EYAL R3	Basildon
U20W	200	Charlotte Wright	30.37		11-Jul-21	SAL R2	Woodford
U15G	200	Lucy Quinlan	30.4		15-Aug-21	EYAL R2	Chelmsford
SW	200	Rachel Kerr	30.45		14-Aug-21	SAL R3	Woodford
U13G	200	Oma Nwapa	30.52		26-Jun-21	BFTTA Open	Dagenham
U15G	200	Amelia Hynes	31.25		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	200	Klaryce Titre	31.3		12-Sep-21	EYAL R3	Basildon
U15G	200	Klaryce Titre	31.52		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	200	Rosie Warner	31.35w		7-Jul-21	Lee Valley Sprints	Lee Valley
U15G	200	Rosie Warner	32.32		4-Aug-21	Lee Valley Sprints	Lee Valley
U13G	200	Abigail Rogers	31.4		12-Sep-21	EYAL R3	Basildon
U20W	200	Amy Kilner	31.47		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	200	Jessica Page	31.6		12-Sep-21	EYAL R3	Basildon
U13G	200	Jessica Page	31.96		11-Aug-21	Woodford Open	Woodford
U13G	200	Callie Ziepe	32.30		26-Jun-21	BFTTA Open	Dagenham
U13G	200	Lottie Guynan	33.0		15-Aug-21	EYAL R2	Chelmsford
U13G	200	Scarlett Lecomber	33.03		9-Jun-21	Lee Valley Open	Lee Valley
U13G	200	Isabelle Foley	33.50		15-Jun-21	Woodford Open	Woodford
U13G	200	Seraphina Ciobanu	33.6		4-Jul-21	EYAL R1	Thurrock
U15G	200	Amelia Patchett	33.80		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	200	Isabelle Curtis-Rich	35.0		12-Sep-21	EYAL R3	Basildon
U15G	200	Lucy Lendon	35.42		2-May-21	HAC Spring Warm Up	Hornchurch
U13G	200	Isabella Taylor-Bush	35.8		4-Jul-21	EYAL R1	Thurrock

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	300	Stephanie Okoro	39.9	AT U17W 3rd	12-Sep-21	EYAL R3	Basildon
U17W	300	Stephanie Okoro	40.44		12-Jun-21	Essex Schools Championships	Chelmsford
U17W	300	Olivia Boachie	40.23	AT U17W 4th	10-Jul-21	ESAA Champonships	Manchester
SW	300	Zoe Hughes	40.35i		15-Jan-21	Virginia Tech Invitational	Blacksburg VA, USA
U17W	300	Uche Okpalauko	41.8		12-Sep-21	EYAL R3	Basildon
U17W	300	Uche Okpalauko	41.95		31-Jul-21	Essex Championships	Chelmsford
U15G	300	Miriam Adebayo	42.60	AT U5G 7th	19-Sep-21	HAC Champs & Open	Hornchurch
U15G	300	Ruby Tillson	44.46		5-Jun-21	YDL LAG R1	Mile End
U17W	300	Lucy Natrass	44.62		31-Jul-21	Essex Championships	Chelmsford
U15G	300	Lucia Ward	47.20		4-Sep-21	YDL LAG R3	Woodford
U15G	300	Charlotte Casey-Sweeney	47.5		12-Sep-21	EYAL R3	Basildon
U17W	300	Maddie Barker	47.6		12-Sep-21	EYAL R3	Basildon
U15G	300	Liana Constable	48.40		31-Jul-21	Essex Championships	Chelmsford
U15G	300	Rosie Warner	48.76		29-May-21	BFTTA Open	Dagenham
U15G	300	Abigail Swan	49.1		4-Jul-21	EYAL R1	Thurrock
U15G	300	Hannah Evans	49.2		15-Aug-21	EYAL R2	Chelmsford
U17W	400	Stephanie Okoro	56.38	AT U17 3rd	19-Sep-21	HAC Champs & Open	Hornchurch
U17W	400	Olivia Boachie	58.33		21-Aug-21	SEAA U13-U15=U17 Champs	Kingston
U20W	400	Jade Kavanagh	58.71		3-Jul-21	NAL Championship R2	Kingston
U20W	400	Alice Brown	60.43		2-May-21	HAC Spring Warm Up	Hornchurch
U17W	400	Natalie Sewell	63.16		11-Jul-21	SAL R2	Woodford
SW35	400	Nina Brennan	64.30	AT W35 3rd	20-Jun-21	SAL R1	Hornchurch
U20W	400	Amy Kilner	74.82		20-Jun-21	SAL R1	Hornchurch
U15G	400	Poppy Smith	76.88		29-May-21	BFTTA Open	Dagenham
U17W	400	Paris King	86.15		11-Sep-21	SAL R4	Thurrock
U17W	800	Natalie Sewell	2:14.00		14-Aug-21	SAL R3	Woodford
SW	800	Zoe Hughes	2:19.11		12-Jun-21	NCAA Div 1	Eugene OR, USA
U20W	800	Alice Brown	2:20.02		3-Jul-21	NAL Championship R2	Kingston
U20W	800	Molly Sweetman	2:21.04		7-Aug-21	NAL Championship R3	Kingston
U17W	800	Maddie Barker	2:23.22		9-Jun-21	Chelmsford Track Night	Chelmsford
U13G	800	Leila Jones	2:24.3	AT U13G 5th	4-Jul-21	EYAL R1	Thurrock
U13G	800	Leila Jones	2:26.57		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U17W	800	Freya Long	2:24.37		12-Jun-21	Essex Schools Championships	Chelmsford
U20W	800	Sydney Foley	2:26.01		15-Jun-21	Woodford Open	Woodford
SW35	800	Ginte Bailey	2:26.61	AT W35 2nd	7-Aug-21	NAL Championship R3	Kingston
U15G	800	Rosie Warner	2:29.2		12-Sep-21	EYAL R3	Basildon
U15G	800	Rosie Warner	2:30.94		5-Jun-21	YDL LAG R1	Mile End
U17W	800	Hannah Yexley	2:30.65		22-Sep-21	Bromley Open	Bromley
U15G	800	Charlotte Evans	2:30.91		5-Jun-21	YDL LAG R1	Mile End
U15G	800	Ruby Tillson	2:36.0		27-Jun-21	ESAA East Anglian Comb Event	Corby
U17W	800	Ruby Tillson	2:37.63		19-Sep-21	ESAA Comb Events Final	Bedford
U17W	800	Uche Okpalauko	2:36.01		18-Sep-21	ESAA Comb Events Final	Bedford
U15G	800	Abigail Swan	2:37.3		17-Jul-21	YDL LAG R2	Dartford
U15G	800	Abigail Swan	2:39.58		5-Jun-21	YDL LAG R1	Mile End
U15G	800	Maggie Smith	2:37.71		30-Aug-21	BFTTA Open	Dagenham
U15G	800	Lucy Bacon	2:39.7		17-Jul-21	YDL LAG R2	Dartford
U15G	800	Lucy Bacon	2:42.42		4-Sep-21	YDL LAG R3	Woodford
U15G	800	Hannah Evans	2:40.86		5-Jun-21	YDL LAG R1	Mile End
U20W	800	Rebecca O'Rourke	2:42.41		27-Jun-21	YDL UAG R2	Hornchurch
U20W	800	Ella Burgess	2:44.48		27-Jun-21	YDL UAG R2	Hornchurch
U15G	800	Lucia Ward	2:44.73		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	800	Scarlett Woods	2:46.36		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	800	Grace Tilson	2:46.78		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U13G	800	Jessica Page	2:46.8		11-Sep-21	EYAL R3	Basildon
U13G	800	Jessica Page	2:50.67		4-Sep-21	YDL LAG R3	Woodford
U13G	800	Ava Illingworth	2:50.8		11-Sep-21	EYAL R3	Basildon
U13G	800	Ruby Price	2:51.29		19-Sep-21	HAC Champs & Open	Hornchurch
SW	800	Clare Davies	2:52.28		11-Jul-21	SAL R2	Woodford
U13G	800	Isabella Taylor-Bush	2:52.9		4-Jul-21	EYAL R1	Thurrock
U13G	800	Lucy Bambridge	2:54.0		15-Aug-21	EYAL R2	Chelmsford
U13G	800	Rose Hutcheon	2:54.5		4-Jul-21	EYAL R1	Thurrock
U13G	800	Emily Quinlan	2:58.06		19-Sep-21	HAC Champs & Open	Hornchurch
U20W	800	Morgan Romain	2:59.52		27-Jun-21	YDL UAG R2	Hornchurch
U13G	800	Callie Ziepe	3:00.41		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	800	Seraphina Ciobanu	3:06.3		4-Jul-21	EYAL R1	Thurrock
U13G	800	Libby Ward	3:14.1		4-Jul-21	EYAL R1	Thurrock
U13G	800	Isabell Curtis-Rich	3:19.7		15-Aug-21	EYAL R2	Chelmsford
U13G	800	Ellen Moore	3:29.22		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	1200	Abigail Rogers	4:25.7		17-Jul-21	YDL LAG R2	Dartford
U13G	1200	Abigail Rogers	4:27.04		4-Sep-21	YDL LAG R3	Woodford
U13G	1200	Ruby Price	4:29.53		4-Sep-21	YDL LAG R3	Woodford
U13G	1200	Scarlett Woods	4:42.22		5-Jun-21	YDL LAG R1	Mile End

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	1500	Natalie Sewell	4:40.5		15-Aug-21	EYAL R2	Chelmsford
U17W	1500	Natalie Sewell	4:48.90		11-Jul-21	SAL R2	Woodford
U17W	1500	Maddie Barker	4:51.73		23-Aug-21	Watford Open	Watford
SW35	1500	Ginte Bailey	4:51.87	AT SW35 1st	14-Aug-21	SAL R3	Woodford
SW35	1500	Lauren Deadman	4:52.01	AT SW35 2nd	6-Jun-21	NAL Championship R1	Chelmsford
U20W	1500	Sydney Foley	4:59.75		30-May-21	YDL UAG R1	Woodford
U20W	1500	Molly Sweetman	5:02.33		2-May-21	HAC Spring Warm Up	Hornchurch
U15G	1500	Charlotte Evans	5:03.8		4-Jul-21	EYAL R1	Thurrock
U15G	1500	Charlotte Evans	5:05.23		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	1500	Freya Long	5:09.20		20-Jun-21	SAL R1	Hornchurch
U15G	1500	Rosie Warner	5:11.05		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	1500	Hannah Evans	5:15.92		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	1500	Lucy Bacon	5:27.45		2-May-21	HAC Spring Warm Up	Hornchurch
U17W	1500	Hannah Yexley	5:31.3		4-Jul-21	EYAL R1	Thurrock
U15G	1500	Abigail Swan	5:35.3		15-Aug-21	EYAL R2	Chelmsford
U13G	1500	Abigail Rogers	5:36.66		1-Aug-21	Essex Championships	Chelmsford
SW	1500	Sophie Rand	5:43.50		28-Aug-21	NAL R4	Lee Valley
U20W	1500	Ella Burgess	5:44.43		2-May-21	HAC Spring Warm Up	Hornchurch
U20W	1500	Rebecca O'Rourke	5:46.22		20-Jun-21	SAL R1	Hornchurch
U13G	1500	Scarlett Woods	5:54.90		2-May-21	HAC Spring Warm Up	Hornchurch
U13G	1500	Ruby Price	6:03.2		15-Aug-21	EYAL R2	Chelmsford
U13G	1500	Lucy Bambridge	6:06.2		4-Jul-21	EYAL R1	Thurrock
U13G	1500	Isabella Taylor-Bush	6:09.74		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	1500	Ella Macrae	7:13.5		4-Jul-21	EYAL R1	Thurrock
U17W	One Mile	Natalie Sewell	5:01.59		6-Aug-21	Mile of Miles	Chelmsford
U15G	One Mile	Rosie Warner	5:41.39		6-Aug-21	Mile of Miles	Chelmsford
U13G	One Mile	Abigail Rogers	5:55.36		6-Aug-21	Mile of Miles	Chelmsford
U13G	One Mile	Scarlett Woods	6:42.57		6-Aug-21	Mile of Miles	Chelmsford
SW35	3000	Lauren Deadman	10:10.29	AT SW35 1st	6-Jun-21	NAL Championship R1	Chelmsford
SW35	3000	Ginte Bailey	10:28.20	AT SW35 2nd	31-Jul-21	Essex Championships	Chelmsford
U17W	3000	Maddie Barker	10:29.34		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	3000	Natalie Sewell	10:45.16		12-Jun-21	Essex Schools Championships	Chelmsford
SW	3000	Morgan Campbell	11:14.70		28-Aug-21	NAL Championship R4	Lee Valley
U15G	3000	Rosie Warner	11:22.5		10-Jul-21	LICC	Hendon
U15G	3000	Rosie Warner	11:22.61		1-Aug-21	Essex Championships	Chelmsford
SW	3000	Robyn Matson	11:25.92		20-Jun-21	SAL R1	Hornchurch
U17W	3000	Chloe Rand	12:00.48		14-Aug-21	SAL R3	Woodford
U17W	3000	Hannah Yexley	12:07.11		20-Jun-21	SAL R1	Hornchurch
U20W	3000	Grace Dukelow	12:10.10		14-Aug-21	SAL R3	Woodford
U15G	3000	Abigail Swan	12:13.87		1-Aug-21	Essex Championships	Chelmsford
SW35	5000	Ginte Bailey	18:39.78	AT SW35 2nd	11-Sep-21	SAL R4	Thurrock
SW	60HW	Zoe Hughes	8.71		22-Jan-21	Hokie Invitational	Blacksburg VA, USA
SW	100HW	Zoe Hughes	13.71	AT SW 2nd	9-Apr-21	Tobacco Road Challenge	Durham NC ,USA
SW	100HW	Chloe Williams	13.99	AT SW 4th	14-Aug-21	SAL R3	Woodford
U17W	100HW	Paris King	16.82	AT U17W 6th	20-Jun-21	SAL R1	Hornchurch
SW	100HW	Flic Clarke	16.84		20-Jun-21	SAL R1	Hornchurch
SW	400HW	Flic Clarke	64.38		28-Aug-21	NAL Championship R4	Lee Valley
SW40	400HW	Claire Brennan	68.75	AT SW40 1st	3-Jul-21	NAL Championship R2	Kingston
U17W	80HU17W	Stephanie Okoro	11.76	AT U17W 7th	5-Sep-21	YDL UAG R3	Basildon
U17W	80HU17W	Paris King	11.95	AT U17W 9th	12-Jun-21	Essex Schools Championships	Chelmsford
U17W	80HU17W	Paige Robinson	12.50		12-Jun-21	Essex Schools Championships	Chelmsford
U17W	80HU17W	Uche Okpalauko	12.88		18-Sep-21	ESAA Comb Events Final	Bedford
U15G	75HU15W	Bethan Jarret	11.76		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	75HU15W	Ruby Tillson	11.86		18-Sep-21	ESAA Comb Events Final	Bedford
U15G	75HU15W	Eliza Poulson	12.0		17-Jul-21	YDL LAG R2	Dartford
U15G	75HU15W	Eliza Poulson	12.08		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	75HU15W	Maggie Smith	12.94		12-Jun-21	Essex Schools Championships	Chelmsford
U15G	75HU15W	Liana Constable	13.96		16-Jun-21	Chelmsford Track Night	Chelmsford
U13G	70HU13W	Fisola Fagbadegun	12.5		11-Sep-21	EYAL R3	Basildon
U13G	70HU13W	Fisola Fagbadegun	13.75		2-May-21	HAC Spring Warm Up	Hornchurch
U13G	70HU13W	Oma Nwapa	12.62		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	70HU13W	Leila Jones	12.79		4-Sep-21	YDL LAG R3	Woodford
U13G	70HU13W	Rose Hutcheon	13.1		17-Jul-21	YDL LAG R2	Dartford
U13G	70HU13W	Rose Hutcheon	13.28		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U13G	70HU13W	Emily Quinlan	14.1		15-Aug-21	EYAL R2	Chelmsford
U13G	70HU13W	Emily Quinlan	14.72		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	70HU13W	Ruby Price	15.7		15-Aug-21	EYAL R2	Chelmsford
U13G	70HU13W	Ruby Price	16.03		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	300HU17W	Stephanie Okoro	41.60	AT U17W 1st	25-Sep-21	SIAB International	Derby
U20W	1500SC	Sydney Foley	5:25.3	AT U20W 1st	27-Jun-21	YDL UAG R2	Hornchurch
U20W	1500SC	Sydney Foley	5:43.52		1-Aug-21	Essex Championships	Chelmsford
U20W	2KSC	Sydney Foley	7:36.77	AT SW 4th	28-Aug-21	NAL Championship R4	Lee Valley

Havering AC Female 2021 Rankings as at 01/10/2021

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	HJ	Zoe Hughes	1.64		9-Apr-21	Tobacco Road Challenge	Durham NC ,USA
U15G	HJ	Ruby Tillson	1.60	AT U15G =3rd	12-Sep-21	EYAL R3	Basildon
U17W	HJ	Uche Okpalauko	1.53		26-Jun-21	ESAA East Anglian Comb Event	Corby
U17W	HJ	Paige Robinson	1.50		4-Jul-21	EYAL R1	Thurrock
U17W	HJ	Isabelle Bartlett	1.45		12-Sep-21	EYAL R3	Basildon
U17W	HJ	Dara Otitouju	1.40		2-May-21	HAC Spring Warm Up	Hornchurch
SW40	HJ	Claire Brennan	1.40	AT SW40 1st	20-Jun-21	SAL R1	Hornchurch
U15G	HJ	Charlotte Casey-Sweeney	1.40		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	HJ	Maggie Smith	1.38		27-Jun-21	ESAA East Anglian Comb Event	Corby
SW	HJ	Ellie Watson	1.38		11-Jul-21	SAL R2	Woodford
U15G	HJ	Lucia Ward	1.35		2-May-21	HAC Spring Warm Up	Hornchurch
U15G	HJ	Eliza Poulson	1.35		17-Jul-21	YDL LAG R2	Dartford
U15G	HJ	Sophia Willson	1.35		19-Sep-21	HAC Champs & Open	Hornchurch
SW	HJ	Chloe Williams	1.33		28-Aug-21	NAL Championship R4	Lee Valley
U13G	HJ	Eboni Roach	1.25		15-Aug-21	EYAL R2	Chelmsford
U13G	HJ	Oma Nwapa	1.25		15-Aug-21	EYAL R2	Chelmsford
U15G	HJ	Amelia Hynes	1.25		15-Aug-21	EYAL R2	Chelmsford
U13G	HJ	Isabelle Curtis-Rich	1.20		11-Sep-21	EYAL R3	Basildon
U13G	HJ	Abigail Rogers	1.15		31-Jul-21	Essex Championships	Chelmsford
U13G	HJ	Libby Ward	1.10		11-Sep-21	EYAL R3	Basildon
U13G	HJ	Isabelle Foley	1.05		15-Aug-21	EYAL R2	Chelmsford
SW	LJ	Zoe Hughes	6.16i	AT SW 1st	12-Feb-21	Tiger Paw Invitational	Clemson SC, USA
SW	LJ	Zoe Hughes	6.06		3-May-21	Duke Twilight	Durham NC ,USA
U17W	LJ	Stephanie Okoro	5.91w	AT U17W w/a	28-Aug-21	NAL Championship R4	Lee Valley
U17W	LJ	Stephanie Okoro	5.71	AT U17W 3rd	12-Sep-21	EYAL R3	Basildon
U17W	LJ	Olivia Sorae	4.87		31-Jul-21	Essex Championships	Chelmsford
U17W	LJ	Paris King	4.76		15-Aug-21	EYAL R2	Chelmsford
U17W	LJ	Clara Odoch	4.52		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	LJ	Ruby Tillson	4.43		4-Sep-21	YDL LAG R3	Woodford
U17W	LJ	Uche Okpalauko	4.37		27-Jun-21	ESAA East Anglian Comb Event	Corby
U15G	LJ	Charlotte Casey-Sweeney	4.37		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	LJ	Lucia Ward	4.29		1-Aug-21	Essex Championships	Chelmsford
SW	LJ	Tomi Sanwo	4.29		7-Aug-21	NAL Championship R3	Kingston
U13G	LJ	Amy Mansell	4.19		11-Sep-21	EYAL R3	Basildon
U15G	LJ	Rosie Warner	4.16		19-Sep-21	HAC Champs & Open	Hornchurch
SW	LJ	Ellie Watson	4.11		11-Jul-21	SAL R2	Woodford
U15G	LJ	Miriam Adebayo	4.07		15-Aug-21	EYAL R2	Chelmsford
U13G	LJ	Oma Nwapa	4.04		4-Sep-21	YDL LAG R3	Woodford
U15G	LJ	Precious Fagbadegun	3.79		1-Aug-21	Essex Championships	Chelmsford
U15G	LJ	Maggie Smith	3.66		4-Sep-21	YDL LAG R3	Woodford
U15G	LJ	Maisie Lee	3.60		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	LJ	Amelia Hynes	3.59		15-Aug-21	EYAL R2	Chelmsford
U20W	LJ	Sydney Foley	3.59		5-Sep-21	YDL UAG R3	Basildon
U13G	LJ	Ava Illingworth	3.54		4-Jul-21	EYAL R1	Thurrock
U17W	LJ	Ruby Lendon	3.54		11-Sep-21	EYAL R3	Basildon
U15G	LJ	Poppy Smith	3.50		2-May-21	HAC Spring Warm Up	Hornchurch
U13G	LJ	Seraphina Ciobanu	3.45		4-Jul-21	EYAL R1	Thurrock
U13G	LJ	Isabelle Curtis-Rich	3.43		19-Sep-21	HAC Champs & Open	Hornchurch
U20W	LJ	Amy Kilner	3.41		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	LJ	Isabell Curtis-Rich	3.40		15-Aug-21	EYAL R2	Chelmsford
U13G	LJ	Fisola Fagbadegun	3.36		1-Aug-21	Essex Championships	Chelmsford
U15G	LJ	Hannah Evans	3.31		4-Jul-21	EYAL R1	Thurrock
U13G	LJ	Abigail Rogers	3.31		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	LJ	Daisy Cossey-Atkins	3.27		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	LJ	Lucy Lendon	3.23		11-Sep-21	EYAL R3	Basildon
U13G	LJ	Ellen Moore	3.19		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	LJ	Libby Ward	3.14		1-Aug-21	Essex Championships	Chelmsford
U15G	LJ	Charlotte Evans	3.11		4-Jul-21	EYAL R1	Thurrock
U13G	LJ	Isabelle Foley	3.11		1-Aug-21	Essex Championships	Chelmsford
SW	TJ	Tomi Sanwo	9.95		7-Aug-21	NAL Championship R3	Kingston
U17W	TJ	Uche Okpalauko	9.55		11-Sep-21	EYAL R3	Basildon
SW	TJ	Ellie Watson	9.01		11-Jul-21	SAL R2	Woodford
U20W	TJ	Alice Atkins	8.88		3-Jul-21	NAL Championship R2	Kingston
U17W	TJ	Lucy Natrass	8.78		11-Sep-21	EYAL R3	Basildon
U17W	TJ	Kayla Wyatt	8.60		19-Sep-21	HAC Champs & Open	Hornchurch
U20W	TJ	Amy Kilner	7.68		14-Aug-21	SAL R3	Woodford
SW40	PV	Claire Brennan	2.70	AT SW40 2nd	14-Aug-21	SAL R3	Woodford
U17W	PV	Katie Ennis	2.30	AT U17W 4th	20-Jun-21	SAL R1	Hornchurch
U15G	PV	Lucy Bacon	1.70	AT U15G =8th	17-Jul-21	YDL LAG R2	Dartford
SW35	PV	Nina Brennan	1.60		19-Sep-21	HAC Champs & Open	Hornchurch

Havering AC Female 2021 Rankings as at 01/10/2021

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	SP4K	Zoe Hughes	13.41	AT SW 1st	9-Apr-21	Tobacco Road Challenge	Durham NC ,USA
U20W	SP4K	Anne-Prisca Djondo	9.64		20-Jun-21	SAL R1	Hornchurch
U20W	SP4K	Alice Brown	9.18		28-Aug-21	NAL Championship R4	Lee Valley
SW	SP4K	Nina Brennan	7.54	AT W35 3rd	11-Sep-21	SAL R4	Thurrock
SW	SP4K	Tomi Sanwo	7.30		11-Jul-21	SAL R2	Woodford
U17W	SP4K	Faith Reilly	6.59		20-Jun-21	SAL R1	Hornchurch
U20W	SP4K	Alice Atkins	6.31		11-Sep-21	SAL R4	Thurrock
U17W	SP4K	Hannah Yexley	6.25		14-Aug-21	SAL R3	Woodford
SW	SP4K	Rachel Kerr	5.87		14-Aug-21	SAL R3	Woodford
U20W	SP4K	Emma Ramsden	5.69		5-Sep-21	YDL UAG R3	Basildon
U15G	SP3K	Zikora Ezonwuka	10.93	AT U15G 5th	15-Aug-21	EYAL R2	Chelmsford
U17W	SP3K	Paris King	9.60		15-Aug-21	EYAL R2	Chelmsford
U17W	SP3K	Stephanie Okoro	8.86		5-Sep-21	YDL UAG R3	Basildon
U17W	SP3K	Dara Otitoju	8.55		19-Sep-21	HAC Champs & Open	Hornchurch
U17W	SP3K	Faith Reilly	8.54		15-Aug-21	EYAL R2	Chelmsford
U17W	SP3K	Uche Okpalauko	8.00		18-Sep-21	ESAA Comb Events Final	Bedford
U15G	SP3K	Charlotte Casey-Sweeney	7.63		4-Jul-21	EYAL R1	Thurrock
U17W	SP3K	Hannah Yexley	7.54		11-Sep-21	EYAL R3	Basildon
U15G	SP3K	Maisie Lee	7.37		31-Jul-21	Essex Championships	Chelmsford
U15G	SP3K	Ruby Tillson	7.24		15-Aug-21	EYAL R2	Chelmsford
U15G	SP3K	Naomi Hand	6.84		19-Sep-21	HAC Champs & Open	Hornchurch
U15G	SP3K	Tilly Bunn	6.41		5-Jun-21	YDL LAG R1	Mile End
U15G	SP3K	Maggie Smith	5.23		27-Jun-21	ESAA East Anglian Comb Event	Corby
U13G	SP2.72K	Eboni Roach	7.75		15-Aug-21	EYAL R2	Chelmsford
U13G	SP2.72K	Gabriella Edebor-Asuen	7.71		4-Sep-21	YDL LAG R3	Woodford
U13G	SP2.72K	Leila Jones	7.55		19-Sep-21	HAC Champs & Open	Hornchurch
U13G	SP2.72K	Oma Nwapa	7.13		15-Aug-21	EYAL R2	Chelmsford
U13G	SP2.72K	Ava Illingworth	6.41		11-Sep-21	EYAL R3	Basildon
U13G	SP2.72K	Rose Hutcheon	5.67		4-Jul-21	EYAL R1	Thurrock
U20W	DT1K	Alice Brown	40.73		28-Aug-21	NAL Championship R4	Lee Valley
U17W	DT1K	Katie Ennis	31.29		11-Sep-21	SAL R4	Thurrock
U17W	DT1K	Hannah Yexley	30.55		11-Sep-21	SAL R4	Thurrock
U15G	DT1K	Tilly Bunn	25.47		11-Sep-21	Southern U15 Inter Counties	Oxford
U15G	DT1K	Zoe McLean-Tattan	25.28		31-Jul-21	Essex Championships	Chelmsford
SW35	DT1K	Nina Brennan	23.84	AT SW35 1st	19-Sep-21	HAC Champs & Open	Hornchurch
U15G	DT1K	Bethan Jarret	23.22		4-Jul-21	EYAL R1	Thurrock
U17W	DT1K	Emily Peckett	21.63		2-May-21	HAC Spring Warm Up	Hornchurch
U17W	DT1K	Isabelle Bartlett	20.90		15-Aug-21	EYAL R2	Chelmsford
U13G	DT1K	Isabelle Foley	15.57		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U15G	DT1K	Miriam Adebayo	8.60		17-Jul-21	YDL LAG R2	Dartford
U13G	DT0.75K	Isabelle Foley	19.44		11-Sep-21	EYAL R3	Basildon
U13G	DT0.75K	Eboni Roach	17.01		11-Sep-21	EYAL R3	Basildon
U13G	DT0.75K	Gabriella Edebor-Asuen	14.63		11-Sep-21	EYAL R3	Basildon
U13G	DT0.75K	Ruby Price	12.11		15-Aug-21	EYAL R2	Chelmsford
U13G	DT0.75K	Ella Macrae	9.31		4-Jul-21	EYAL R1	Thurrock
U20W	JT600	Adelaide Thatcher-Gray	41.50	AT U20 2nd	25-Apr-21	Lee Valley Open	Lee Valley
SW	JT600	Zoe Hughes	32.60		10-Apr-21	Tobacco Road Challenge	Durham NC ,USA
U17W	JT600	Faith Reilly	29.56	AT U17W 8th	20-Jun-21	SAL R1	Hornchurch
U17W	JT600	Katie Ennis	22.26		11-Jul-21	SAL R2	Woodford
SW40	JT600	Claire Brennan	20.51		14-Aug-21	SAL R3	Woodford
U20W	JT600	Emma Ramsden	15.84		20-Jun-21	SAL R1	Hornchurch
U20W	JT600	Alice Atkins	13.76		11-Sep-21	SAL R4	Thurrock
U15G	JT500	Lucy Quinlan	35.03	AT U15G 1st	4-Sep-21	YDL LAG R3	Woodford
U17W	JT500	Faith Reilly	33.14	AT U17W 3rd	20-Jun-21	SAL R1	Hornchurch
U17W	JT500	Natalie Sewell	23.92		11-Sep-21	EYAL R3	Basildon
U15G	JT500	Lucia Ward	22.97		1-Aug-21	Essex Championships	Chelmsford
U17W	JT500	Katie Ennis	22.89		21-Aug-21	LICC	Hendon
U17W	JT500	Uche Okpalauko	21.23		4-Jul-21	EYAL R1	Thurrock
U17W	JT500	Freya Long	21.19		4-Jul-21	EYAL R1	Thurrock
U15G	JT500	Abigail Swan	19.10		15-Aug-21	EYAL R2	Chelmsford
U13G	JT500	Scarlett Woods	18.29		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U15G	JT500	Zoe McLean-Tattan	17.14		12-Sep-21	EYAL R3	Basildon
U13G	JT500	Emily Quinlan	15.80		30-Jun-21	Essex Schools Year 7 Champs	Chelmsford
U15G	JT500	Tilly Bunn	12.18		12-Sep-21	EYAL R3	Basildon
U13G	JT400	Scarlett Woods	25.86	AT U13G 5th	4-Sep-21	YDL LAG R3	Woodford
U13G	JT400	Emily Quinlan	23.93	AT U13G 9th	19-Sep-21	HAC Champs & Open	Hornchurch
U13G	JT400	Jessica Page	19.54		19-Sep-21	HAC Champs & Open	Hornchurch

Havering AC Female 2021 Rankings as at 01/10/2021

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW35	HT4K	Nina Brennan	18.63	AT W35 3rd	7-Aug-21	NAL Championship R3	Kingston
U20W	HT4K	Alice Atkins	17.73		20-Jun-21	SAL R1	Hornchurch
U20W	HT4K	Anne-Prisca Djondo	8.71		28-Aug-21	NAL Championship R4	Lee Valley
U17W	HT3K	Katie Ennis	22.13	AT U17W 8th	5-Sep-21	YDL UAG R3	Basildon
U15G	HT3K	Zoe McLean-Tattan	19.93		12-Sep-21	EYAL R3	Basildon
U17W	HT3K	Isabelle Bartlett	18.73		11-Sep-21	EYAL R3	Basildon
U15G	HT3K	Tilly Bunn	14.78		4-Sep-21	YDL LAG R3	Woodford
SW	HepW	Zoe Hughes	5541	AT SW 2nd	9-Apr-21	Tobacco Road Challenge	Durham NC ,USA
U15G	HepU17W	Uche Okpalauko	3691	AT U17W 7th	27-Jun-21	ESAA East Anglian Comb Event	Corby
U15G	PenU15W	Ruby Tillson	2723		27-Jun-21	ESAA East Anglian Comb Event	Corby
U15G	PenU15W	Maggie Smith	1919		27-Jun-21	ESAA East Anglian Comb Event	Corby
U17W	4x100R	PK, SO, UO, KT	49.1		15-Aug-21	EYAL R2	Chelmsford
U17W	4x100R	SO, PK, OB, AW	49.84		27-Jun-21	YDL UAG R2	Hornchurch
U20W	4x100R	SG, EA, ER, AP	49.97		27-Jun-21	YDL UAG R2	Hornchurch
SW	4x100R	ER, SO, PK, RK	51.15		11-Sep-21	SAL R4	Thurrock
SW	4x100R	FC, EA, SG, CW	52.40		28-Aug-21	NAL Championship R4	Lee Valley
U15G	4x100R	PF, MA, RT, CC	53.06		4-Sep-21	YDL LAG R3	Woodford
U13G	4x100R	FF, AM, RH, LJ	54.3		17-Jul-21	YDL LAG R2	Dartford
U13G	4x100R	FF, AM, RH, LJ	55.06		4-Sep-21	YDL LAG R3	Woodford
SW	4x400R	FC, NS, CW, OB	4:05.81		28-Aug-21	NAL Championship R4	Lee Valley
U17W	4x300R	LN, NS, OB, SO	2:48.56	AT U17W 1st	5-Sep-21	YDL UAG R3	Basildon
U15G	4x300R	CE, LW, MS, MA	3:08.4		17-Jul-21	YDL LAG R2	Dartford
U15G	4x300R	RW, MS, LW, RT	3:11.53		5-Jun-21	YDL LAG R1	Mile End