

## Havering AC Female 2022 Rankings as at 30/09/2022

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20W	60	Karis Thomas	7.78i		12-Feb-22	Essex & Eastern Indoor Champs	Newham
U20W	60	Esther Agnimel	7.99i		2-Jan-22	New Year Open	Lee Valley
U20W	60	Aaliyah Payne	8.05i		16-Feb-22	Newham 2x60m series	Newham
U17W	60	Zara Okocha	8.12i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U20W	60	Emma Ramsden	8.14i		23-Jan-22	London Indoor Games	Lee Valley
U17W	60	Paris King	8.15i		2-Jan-22	New Year Open	Lee Valley
U15G	60	Fisola Fagbadegun	8.20i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U17W	60	Cassie Campbell	8.31i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U17W	60	Miriam Adebayo	8.35i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U17W	60	Precious Fagbadegun	8.36i		15-Jan-22	SEAA Indoor Champs	Lee Valley
U15G	60	Mya Thomas	8.41i		30-Jan-22	London Indoor Games	Lee Valley
U15G	60	Leila Jones	8.56i		30-Jan-22	London Indoor Games	Lee Valley
U15G	60	Fiyin Adebayo	8.74i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U15G	60	Amy Mansell	8.76i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U15G	60	Oma Nwapa	8.80i		30-Jan-22	London Indoor Games	Lee Valley
U13G	75	Kara Adegite	10.2	AT U13G =4th	30-Jul-22	YDL LAG R4	Tonbridge
U13G	75	Kara Adegite	10.28		3-Jul-22	YDL LAG R3	Hornchurch
U13G	75	Bel Drake	10.3	AT U13G =6th	21-May-22	YDL LAG R2	Bracknell
U13G	75	Bel Drake	10.39		8-May-22	YDL LAG R1	Tonbridge
U13G	75	Tia Ofori	11.37w		8-May-22	YDL LAG R1	Tonbridge
U13G	75	Scarlett Lecomber	11.5		8-May-22	YDL LAG R1	Tonbridge
U13G	75	Jasmine Asmal	11.7		30-Jul-22	YDL LAG R4	Tonbridge
U13G	75	Callie Ziepe	11.73		3-Jul-22	YDL LAG R3	Hornchurch
U13G	75	Daisy Cossey-Atkins	11.80		3-Jul-22	YDL LAG R3	Hornchurch
U13G	75	Florence Tillson	11.8		30-Jul-22	YDL LAG R4	Tonbridge
U13G	75	Amelie Shearing	12.0		30-Jul-22	YDL LAG R4	Tonbridge
U13G	75	Holly Copping	12.1		8-May-22	YDL LAG R1	Tonbridge
U13G	75	Isobel Pridie	12.1		21-May-22	YDL LAG R2	Bracknell
U17W	100	Paris King	12.09	AT U17W 4th	27-Aug-22	EA Age Group Champs	Bedford
U17W	100	Stephanie Okoro	12.28	AT U17W 8th	21-Aug-22	NAL Championship R4	Bedford
U20W	100	Karis Thomas	12.43		14-May-22	Essex Championships	Chelmsford
U17W	100	Zara Okocha	12.80		11-Jun-22	Essex Schools Championships	Chelmsford
U20W	100	Olivia Boachie	12.85		4-Jun-22	NAL Championship R2	Bedford
U20W	100	Emma Ramsden	12.88		12-Jun-22	SAL R2	Chelmsford
U15G	100	Fisola Fagbadegun	12.92		14-May-22	Essex Championships	Chelmsford
U17W	100	Cassie Campbell	12.95		7-Aug-22	YDL UAG R4	Crawley
U17W	100	Precious Fagbadegun	13.01		10-Jul-22	EYAL R3	Hornchurch
U15G	100	Mya Thomas	13.10		10-Jul-22	EYAL R3	Hornchurch
U15G	100	Amy Mansell	13.16		31-Aug-22	Chelmsford Open	Chelmsford
U17W	100	Stephanie Osuala	13.18		10-Jul-22	EYAL R3	Hornchurch
U15G	100	Leila Jones	13.34		22-Jun-22	Lee Valley Sprints	Lee Valley
U17W	100	Miriam Adebayo	13.39		7-Aug-22	YDL UAG R4	Crawley
U15G	100	Libby Ward	13.4		21-May-22	YDL LAG R2	Bracknell
U15G	100	Libby Ward	13.74		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Kara Adegite	13.41		20-Jul-22	Lee Valley Sprints	Lee Valley
U15G	100	Christine Atumonyogo	13.44		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Bel Drake	13.49		22-Jun-22	Lee Valley Sprints	Lee Valley
U15G	100	Laine Forrester Smith	13.5		8-May-22	YDL LAG R1	Tonbridge
U15G	100	Laine Forrester Smith	13.52		3-Jul-22	YDL LAG R3	Hornchurch
U17W	100	Isobel Pickard	13.58		31-Aug-22	Chelmsford Open	Chelmsford
U17W	100	Liana Constable	13.66		16-Jul-22	SAL R3	Stevenage
U15G	100	Charlotte Casey-Sweeney	13.70		31-Aug-22	Chelmsford Open	Chelmsford
U15G	100	Niamh Donovan	13.8		1-May-22	EYAL R1	Thurrock
U15G	100	Niamh Donovan	13.82		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	100	Oma Nwapa	13.8		21-May-22	YDL LAG R2	Bracknell
U15G	100	Tigerlily Gascoyne-Odle	13.92		10-Jul-22	EYAL R3	Hornchurch
U17W	100	Lucy Natrass	13.94		10-Jul-22	EYAL R3	Hornchurch
U17W	100	Brianna Ofori	14.1		1-May-22	EYAL R1	Thurrock
U15G	100	Mary Olubukola-Sogbetun	14.11		9-Apr-22	Havering Warm Up Open	Hornchurch
SW	100	Rachel Kerr	14.22		12-Jun-22	SAL R2	Chelmsford
U15G	100	Maggie Smith	14.26		25-Sep-22	Club Championships & Open	Hornchurch
U15G	100	Grace Tilson	14.4		8-May-22	YDL LAG R1	Tonbridge
U13G	100	Jessica Page	14.44		8-Jun-22	Lee Valley Sprints	Lee Valley
U15G	100	Ellie Bradley	14.6		5-Jun-22	EYAL R2	Chelmsford
U15G	100	Ellie Bradley	14.72		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	100	Zoe McLean-Tattan	14.6		2-Jul-22	ESAA Schools Cup Final	Abingdon
U15G	100	Eboni Roach	14.61		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	100	Lucy Lendon	14.7		5-Jun-22	EYAL R2	Chelmsford
U15G	100	Lucy Lendon	16.23		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	100	Lisa Osuala	14.73		25-Sep-22	Club Championships & Open	Hornchurch
U15G	100	Maddie Powell	14.76		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	100	Tia Ofori	14.8		5-Jun-22	EYAL R2	Chelmsford
U13G	100	Tia Ofori	14.92		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Scarlett Lecomber	14.82		25-Sep-22	Club Championships & Open	Hornchurch
U15G	100	Lottie Guynan	14.83		14-May-22	Essex Championships	Chelmsford

## Havering AC Female 2022 Rankings as at 30/09/2022

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	100	Megan Cook	15.2		1-May-22	EYAL R1	Thurrock
U13G	100	Callie Ziepe	15.20		28-May-22	BFTTA Open	Dagenham
U15G	100	Amber Maher	15.30		25-Sep-22	Club Championships & Open	Hornchurch
U15G	100	Nami Hand	15.33		25-Sep-22	Club Championships & Open	Hornchurch
U13G	100	Sophia-Rae Ahmad	15.36		31-Aug-22	Chelmsford Open	Chelmsford
U13G	100	Lauren Devine	15.59		25-Sep-22	Club Championships & Open	Hornchurch
U20W	100	Amy Kilner	15.66		2-Jul-22	NAL Championship R3	Stevenage
U13G	100	Amelie Shearing	15.68		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	100	Laiba Kabuye	15.70		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Isobel Pridie	15.8		5-Jun-22	EYAL R2	Thurrock
U13G	100	Isobel Pridie	16.02		29-Aug-22	Southend Open	Southend
U15G	100	Taliyah Egede	16.0		1-May-22	EYAL R1	Thurrock
U13G	100	Summer Smith	16.1		1-May-22	EYAL R1	Thurrock
U13G	100	Isobel Pridie	16.15		29-Aug-22	Southend Open	Southend
U13G	100	Holly Copping	16.19		20-Jul-22	Lee Valley Sprints	Lee Valley
U13G	100	Ellen Moore	16.4		1-May-22	EYAL R1	Thurrock
U13G	100	Ellen Moore	16.55		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	100	Isabella Taylor-Bush	16.44		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Poppy Vines	16.61		25-Sep-22	Club Championships & Open	Hornchurch
U13G	100	Jessica Latham	16.88		10-Jul-22	EYAL R3	Hornchurch
U13G	100	Skye Eastman	17.1		5-Jun-22	EYAL R2	Chelmsford
U13G	100	Maggie Cunningham	17.6		5-Jun-22	EYAL R2	Chelmsford
U13G	100	Charlotte Sullivan	18.32		10-Jul-22	EYAL R3	Hornchurch
U13G	150	Bel Drake	20.4	AT U13G 6th	21-May-22	YDL LAG R2	Bracknell
U13G	150	Bel Drake	20.44		8-May-22	YDL LAG R1	Tonbridge
U13G	150	Kara Adegite	20.4		30-Jul-22	YDL LAG R4	Tonbridge
U13G	150	Kara Adegite	20.78		3-Jul-22	YDL LAG R3	Hornchurch
U13G	150	Tia Ofori	22.7		21-May-22	YDL LAG R2	Bracknell
U13G	150	Callie Ziepe	22.8		30-Jul-22	YDL LAG R4	Tonbridge
U13G	150	Emmie Lole	22.98		3-Jul-22	YDL LAG R3	Hornchurch
U13G	150	Scarlett Lecomber	23.13		8-May-22	YDL LAG R1	Tonbridge
SW	200	Zoe Hughes	24.88		12-May-22	ACC Champs	Durham NC
U17W	200	Stephanie Okoro	25.07	AT U17W 4th	7-Aug-22	YDL UAG R4	Crawley
U20W	200	Karis Thomas	25.93		7-May-22	NAL Championship R1	Chelmsford
U20W	200	Olivia Boachie	25.97i		22-Jan-22	London Indoor Games	Lee Valley
U20W	200	Olivia Boachie	26.07		28-May-22	YDL UAG R2	Woodford
U17W	200	Cassie Campbell	26.07		7-Aug-22	YDL UAG R4	Crawley
U17W	200	Miriam Adebayo	26.52		15-May-22	Essex Championships	Chelmsford
U15G	200	Leila Jones	26.6		30-Jul-22	YDL LAG R4	Tonbridge
U15G	200	Leila Jones	26.70		10-Jul-22	EYAL R3	Hornchurch
U20W	200	Emma Ramsden	26.69		19-Jun-22	SEAA U20/Senior Champs	Chelmsford
U17W	200	Ruby Tillson	26.77		18-Sep-22	English Schools Combined Even	Bedford
U17W	200	Precious Fagbadegun	26.83		15-May-22	Essex Championships	Chelmsford
U17W	200	Paris King	26.88		28-May-22	YDL UAG R2	Woodford
U15G	200	Mya Thomas	26.96		15-May-22	Essex Championships	Chelmsford
U15G	200	Fisola Fagbadegun	27.0		21-May-22	YDL LAG R2	Bracknell
U15G	200	Fisola Fagbadegun	27.16		3-Jul-22	YDL LAG R3	Hornchurch
U15G	200	Amy Mansell	27.00		25-Sep-22	Club Championships & Open	Hornchurch
SW	200	Chloe Williams	27.08		13-Aug-22	SAL R4	Perivale
SW	200	Flic Clarke	27.11		2-Jul-22	NAL Championship R3	Stevenage
U15G	200	Laine Forrester Smith	27.52		10-Jul-22	EYAL R3	Hornchurch
U13G	200	Bel Drake	27.55	AT U13G 9th	15-May-22	Essex Championships	Chelmsford
U17W	200	Zara Okocha	27.63		7-Aug-22	YDL UAG R4	Crawley
U17W	200	Stephanie Osuala	27.76		25-Sep-22	Club Championships & Open	Hornchurch
U13G	200	Kara Adegite	28.00w		29-Aug-22	Southend Open	Southend
U13G	200	Kara Adegite	28.05		25-Sep-22	Club Championships & Open	Hornchurch
U15G	200	Christine Atumonyogo	28.02		10-Jul-22	EYAL R3	Hornchurch
U15G	200	Libby Ward	28.05		15-May-22	Essex Championships	Chelmsford
U15G	200	Isobel Pickard	28.08		31-Aug-22	Chelmsford Open	Chelmsford
U15G	200	Charlotte Casey-Sweeney	28.18		15-May-22	Essex Championships	Chelmsford
U17W	200	Stephanie Osuala	28.61		9-Apr-22	Havering Warm Up Open	Hornchurch
U17W	200	Lucy Natrass	28.67		24-Apr-22	YDL UAG R1	Tonbridge
U15G	200	Tigerlily Gascoyne-Odle	28.76		15-May-22	Essex Championships	Chelmsford
U15G	200	Sophia Willson	28.86		25-Sep-22	Club Championships & Open	Hornchurch
U13G	200	Jessica Page	28.94		15-May-22	Essex Championships	Chelmsford
U17W	200	Liana Constable	28.96		9-Apr-22	Havering Warm Up Open	Hornchurch
SW35	200	Nina Brennan	29.01	AT W35 3rd	25-Sep-22	Club Championships & Open	Hornchurch
SW	200	Rachel Kerr	29.90		16-Jul-22	SAL R3	Stevenage
U17W	200	Abigail Swan	29.96		25-Sep-22	Club Championships & Open	Hornchurch
U17W	200	Lucy Quinlan	30.7		2-Jul-22	ESAA Schools Cup Final	Abingdon
U15G	200	Mary Olubukola-Sogbetun	30.70		25-Sep-22	Club Championships & Open	Hornchurch
U15G	200	Maddie Powell	30.78		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	200	Grace Tilson	31.0		5-Jun-22	EYAL R2	Chelmsford
U20W	200	Amy Kilner	31.24		28-May-22	YDL UAG R2	Woodford
U15G	200	Ellie Bradley	31.32		25-Sep-22	Club Championships & Open	Hornchurch

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U13G	200	Callie Ziepe	31.70		20-Jul-22	Lee Valley Sprints	Lee Valley
U17W	200	Brianna Ofori	31.7		1-May-22	EYAL R1	Thurrock
U13G	200	Emmie Lole	32.0		1-May-22	EYAL R1	Thurrock
U15G	200	Poppy Smith	32.21		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	200	Laiba Kabuye	32.71		10-Jul-22	EYAL R3	Hornchurch
U13G	200	Scarlett Lecomber	32.84		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	200	Sophia-Rae Ahmad	32.9		5-Jun-22	EYAL R2	Chelmsford
U13G	200	Sophia-Rae Ahmad	33.15		25-Sep-22	Club Championships & Open	Hornchurch
U13G	200	Tia Ofori	33.3		1-May-22	EYAL R1	Thurrock
U13G	200	Isabelle Ridley	33.33		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	200	Holly Copping	33.4		5-Jun-22	EYAL R2	Chelmsford
U13G	200	Holly Copping	33.92		20-Jul-22	Lee Valley Sprints	Lee Valley
U13G	200	Isobel Pridie	34.07		20-Jul-22	Lee Valley Sprints	Lee Valley
U13G	200	Jessica Latham	34.64		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	200	Poppy Vines	36.01		25-Sep-22	Club Championships & Open	Hornchurch
U13G	200	Charlotte Sullivan	38.69		10-Jul-22	EYAL R3	Hornchurch
U17W	300	Stephanie Okoro	39.53	AT U17W 2nd	7-Aug-22	YDL UAG R4	Crawley
U15G	300	Leila Jones	42.1	AT U15G 7th	10-Jul-22	EYAL R3	Hornchurch
U15G	300	Leila Jones	42.92		11-Jun-22	Essex Schools Championships	Chelmsford
U15G	300	Amy Mansell	42.45	AT U15G 8th	11-Jun-22	Essex Schools Championships	Chelmsford
U17W	300	Miriam Adebayo	42.67		14-May-22	Essex Championships	Chelmsford
U17W	300	Cassie Campbell	44.55		10-Jul-22	EYAL R3	Hornchurch
U17W	300	Ruby Tillson	45.36i		29-Jan-22	London Indoor Games	Lee Valley
U17W	300	Lucy Natrass	45.39		10-Jul-22	EYAL R3	Hornchurch
U15G	300	Charlotte Casey-Sweeney	45.49		14-May-22	Essex Championships	Chelmsford
U15G	300	Oma Nwapa	45.99		3-Jul-22	YDL LAG R3	Hornchurch
U17W	300	Faith Wicks	46.44		9-Apr-22	Havering Warm Up Open	Hornchurch
U17W	300	Charlotte Evans	46.6		5-Sep-22	EYAL R2	Chelmsford
U17W	300	Lucia Ward	47.55		11-Jun-22	Essex Schools Championships	Chelmsford
U17W	300	Hannah Evans	47.9		9-Apr-22	Havering Warm Up Open	Hornchurch
U17W	300	Charlotte Evans	48.16		25-Sep-22	Club Championships & Open	Hornchurch
U15G	300	Agnesa Kollorova	48.20		10-Jul-22	EYAL R3	Hornchurch
U15G	300	Grace Tilson	51.0		9-Apr-22	Havering Warm Up Open	Hornchurch
U17W	300	Tilly Bunn	51.20		29-Aug-22	Southend Open	Southend
U15G	300	Amber Maher	52.72		10-Jul-22	EYAL R3	Hornchurch
U17W	400	Stephanie Okoro	56.14	AT U17W 3rd	28-May-22	YDL UAG R2	Woodford
U20W	400	Olivia Boachie	57.15	AT U20W 7th	14-May-22	Essex Championships	Chelmsford
W35	400	Nina Brennan	63.77	AT W35 3rd	25-Sep-22	Club Championships & Open	Hornchurch
U20W	400	Amy Kilner	67.9		22-May-22	SAL R1	Hemel Hempstead
U20W	400	Amy Kilner	68.27		2-Jul-22	NAL Championship R3	Stevenage
SW	400	Rachel Kerr	74.06		16-Jul-22	SAL R3	Stevenage
U20W	800	Natalie Sewell	2:16.83		2-Jul-22	NAL Championship R3	Stevenage
SW	800	Molly Sweetman	2:22.61		7-May-22	NAL Championship R1	Chelmsford
SW	800	Zoe Hughes	2:23.04		24-Mar-22	Texas Relays	Austin TX
U20W	800	Maddie Barker	2:23.53		28-May-22	YDL UAG R2	Woodford
U15G	800	Daisy Leech	2:26.0		30-Jul-22	YDL LAG R4	Tonbridge
U15G	800	Daisy Leech	2:27.14		10-Jul-22	EYAL R3	Hornchurch
U15G	800	Rosie Warner	2:28.70		10-Jul-22	EYAL R3	Hornchurch
U17W	800	Charlotte Evans	2:29.4		5-Jun-22	EYAL R2	Chelmsford
U17W	800	Charlotte Evans	2:30.43		12-Jun-22	SAL R2	Chelmsford
U13G	800	Emmie Lole	2:29.84		11-Sep-22	EYAL Top 8 Final	Chelmsford
U13G	800	Jessica Page	2:30.9		5-Jun-22	EYAL R2	Chelmsford
U13G	800	Jessica Page	2:31.61i		16-Feb-22	Ayo Falola Dream Mile event	Lee Valley
U13G	800	Jessica Page	2:32.06		3-Jul-22	YDL LAG R3	Hornchurch
U17W	800	Hannah Evans	2:32.14		10-Jul-22	EYAL R3	Hornchurch
U15G	800	Maggie Smith	2:33.1		21-May-22	YDL LAG R2	Bracknell
U15G	800	Maggie Smith	2:37.90		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	800	Jasmine Asmal	2:34.6		30-Jul-22	YDL LAG R4	Tonbridge
U13G	800	Jasmine Asmal	2:40.77		8-May-22	YDL LAG R1	Tonbridge
U17W	800	Madi Heil	2:35.06		25-Sep-22	Club Championships & Open	Hornchurch
U13G	800	Summer Smith	2:35.2		5-Jun-22	EYAL R2	Chelmsford
U17W	800	Freya Long	2:35.28		9-Apr-22	Havering Warm Up Open	Hornchurch
U20W	800	Sydney Foley	2:35.64		21-Aug-22	NAL Championship R4	Bedford
U17W	800	Abigail Swan	2:35.87		24-Apr-22	YDL UAG R1	Tonbridge
U20W	800	Hannah Yexley	2:35.9		18-Apr-22	Woodford Open	Woodford
U17W	800	Faith Wicks	2:36.54		25-Sep-22	Club Championships & Open	Hornchurch
U17W	800	Ruby Tillson	2:38.4		26-Jun-22	ESAA Eastern CE Champs	Norwich
U17W	800	Ruby Tillson	2:42.42		19-Sep-22	English Schools Combined Even	Bedford
U17W	800	Lucy Bacon	2:40.68		10-Jul-22	EYAL R3	Hornchurch
U13G	800	Bel Drake	2:41.7		5-Jun-22	EYAL R2	Chelmsford
U17W	800	Miriam Adebayo	2:43.08i		16-Jan-22	SEAA Indoor Champs	Lee Valley
U15G	800	Ruby Price	2:44.22		25-Sep-22	Club Championships & Open	Hornchurch
U13G	800	Poppy Vines	2:44.52		3-Jul-22	YDL LAG R3	Hornchurch
U17W	800	Erin Delea	2:45.16		7-Aug-22	YDL UAG R4	Crawley
W35	800	Ginte Bailey	2:46.19		21-Aug-22	NAL Championship R4	Bedford

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Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U20W	800	Rebecca O'Rourke	2:46.85		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	800	Amelie Shearing	2:47.02		3-Jul-22	YDL LAG R3	Hornchurch
U15G	800	Ruby Price	2:47.53		3-Jul-22	YDL LAG R3	Hornchurch
U15G	800	Abigail Rogers	2:48.6		1-May-22	EYAL R1	Thurrock
U15G	800	Abigail Rogers	2:50.52		8-May-22	YDL LAG R1	Tonbridge
U15G	800	Scarlett Woods	2:48.90		10-Jul-22	EYAL R3	Hornchurch
U15G	800	Oma Nwapa	2:50.6		25-May-22	Essex Schools Combined Event	Lee Valley
U15G	800	Grace Tilson	2:50.6		30-Jul-22	YDL LAG R4	Tonbridge
U13G	800	Jessica Taylor	2:51.17		29-Jul-22	Essex Schools Y7 Champs	Chelmsford
U13G	800	Isabella Taylor-Bush	2:51.40		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	800	Amy Mansell	2:52.0		23-Apr-22	Essex Pentathlons	Lee Valley
U13G	800	Isabelle Ridley	2:52.52		8-May-22	YDL LAG R1	Tonbridge
U15G	800	Emily Quinlan	2:56.00		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	800	Jessica Latham	2:56.4		8-May-22	YDL LAG R1	Tonbridge
U13G	800	Jessica Latham	3:09.18		25-Sep-22	Club Championships & Open	Hornchurch
U13G	800	Callie Ziepe	2:57.5		21-May-22	YDL LAG R2	Bracknell
U13G	800	Laiba Kabuye	3:00.5		30-Jul-22	YDL LAG R4	Tonbridge
U13G	800	Evie Hawkes	3:01.42		10-Jul-22	EYAL R3	Hornchurch
U13G	800	Skye Eastman	3:03.0		5-Jun-22	EYAL R2	Chelmsford
SW	800	Emily James	3:05.6		22-May-22	SAL R1	Hemel Hempstead
SW	800	Emily James	3:12.57		22-May-22	SAL R1	Hemel Hempstead
U13G	800	Lauren Devine	3:07.04		25-Sep-22	Club Championships & Open	Hornchurch
U13G	800	Daisy Cossey-Atkins	3:08.69		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	800	Holly Copping	3:13.70		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	800	Lisa Osuala	3:22.43		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	800	Maggie Cuningham	3:25.1		5-Jun-22	EYAL R2	Chelmsford
U13G	1200	Summer Smith	4:00.0	AT U13G 10th	21-May-22	YDL LAG R2	Bracknell
U13G	1200	Emmie Lole	4:08.69		3-Jul-22	YDL LAG R3	Hornchurch
U13G	1200	Jasmine Asmal	4:11.27		3-Jul-22	YDL LAG R3	Hornchurch
U13G	1200	Isabella Taylor-Bush	4:26.35		8-May-22	YDL LAG R1	Tonbridge
U20W	1500	Natalie Sewell	4:43.5		22-May-22	SAL R1	Hemel Hempstead
U20W	1500	Natalie Sewell	4:45.89		31-Aug-22	Chelmsford Open	Chelmsford
U20W	1500	Maddie Barker	4:47.11		15-May-22	Essex Championships	Chelmsford
W35	1500	Ginte Bailey	4:56.07		15-May-22	Essex Championships	Chelmsford
U17W	1500	Charlotte Evans	4:56.10		26-Jun-22	YDL UAG R3	Canterbury
U13G	1500	Summer Smith	5:00.32	AT U13G 3rd	15-May-22	Essex Championships	Chelmsford
U15G	1500	Rosie Warner	5:03.00		11-Jun-22	Essex Schools Championships	Chelmsford
U17W	1500	Abigail Swan	5:12.75		14-May-22	Essex Championships	Chelmsford
U13G	1500	Emmie Lole	5:14.23		29-Jun-22	Essex Schools Y7 Champs	Chelmsford
U17W	1500	Madi Heil	5:14.61		25-Sep-22	Club Championships & Open	Hornchurch
U17W	1500	Hannah Evans	5:18.19		11-Jun-22	Essex Schools Championships	Chelmsford
U13G	1500	Jasmine Asmal	5:21.18		25-Sep-22	Club Championships & Open	Hornchurch
U13G	1500	Jessica Page	5:29.49		18-Apr-22	Woodford Open	Woodford
U20W	1500	Rebecca O'Rourke	5:31.89		28-May-22	YDL UAG R2	Woodford
U15G	1500	Abigail Rogers	5:32.20		25-Sep-22	Club Championships & Open	Hornchurch
U13G	1500	Isabella Taylor-Bush	5:40.5		1-May-22	EYAL R1	Thurrock
U13G	1500	Isabella Taylor-Bush	6:04.22		10-Jul-22	EYAL R3	Hornchurch
U15G	1500	Grace Tilson	5:56.46		3-Jul-22	YDL LAG R3	Hornchurch
U15G	1500	Ruby Price	5:59.34		11-Jun-22	Essex Schools Championships	Chelmsford
U13G	1500	Poppy Vines	6:00.17		29-Jun-22	Essex Schools Y7 Champs	Chelmsford
U15G	1500	Scarlett Woods	6:04.28		8-May-22	YDL LAG R1	Tonbridge
U13G	1500	Laiba Kabuye	6:15.04		29-Jun-22	Essex Schools Y7 Champs	Chelmsford
SW	1500	Georgia Phillips	6:17.01		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	1500	Jessica Latham	6:24.4		1-May-22	EYAL R1	Thurrock
U15G	1500	Charlotte Casey-Sweeney	7:28.67		10-Jul-22	EYAL R3	Hornchurch
U20W	3000	Maddie Barker	10:18.94		7-Sep-22	Watford Open	Watford
SW	3000	Morgan Campbell	10:45.56		7-May-22	NAL Championship R1	Chelmsford
W35	3000	Ginte Bailey	10:55.3		22-May-22	SAL R1	Hemel Hempstead
SW	3000	Robyn Matson	11:06.75		21-Aug-22	NAL Championship R4	Bedford
U17W	3000	Abigail Swan	11:41.68		15-May-22	Essex Championships	Chelmsford
SW	3000	Stephanie Phillips	12:58.4		22-May-22	SAL R1	Hemel Hempstead
SW	5000	Kate O'Neill	17:11.42	AT SW 7th	19-Mar-22	Univ Birmingham Open	Birmingham (U)
SW	5000	Stephanie Phillips	22:19.0	AT SW 20th	8-Jun-22	Essex 5000m Champs	Chelmsford
SW	60HW	Chloe Williams	8.86i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley

## Havering AC Female 2022 Rankings as at 30/09/2022

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	60HU17W	Paris King	9.01i		13-Feb-22	EA Age Group Champs	Sheffield
U17W	60HU17W	Ruby Tillson	9.17i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U17W	60HU17W	Zara Okocha	9.93i		12-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U15G	60HU15G	Leila Jones	9.99i		29-Jan-22	London Indoor Games	Lee Valley
U15G	60HU15G	Maggie Smith	10.39i		15-Jan-22	SEAA Indoor Champs	Lee Valley
U13G	70HU13G	Isabelle James	12.06		25-Sep-22	Club Championships & Open	Hornchurch
U13G	70HU13G	Florence Tillson	12.65		3-Jul-22	YDL LAG R3	Hornchurch
U13G	70HU13G	Daisy Cossey-Atkins	13.2		30-Jul-22	YDL LAG R4	Tonbridge
U13G	70HU13G	Daisy Cossey-Atkins	13.30		10-Jul-22	EYAL R3	Hornchurch
U13G	70HU13G	Scarlett Lecomber	13.6		5-Jun-22	EYAL R2	Chelmsford
U13G	70HU13G	Scarlett Lecomber	14.31		3-Jul-22	YDL LAG R3	Hornchurch
U13G	70HU13G	Amelie Shearing	14.41		25-Sep-22	Club Championships & Open	Hornchurch
U13G	70HU13G	Isabelle Ridley	14.77		10-Jul-22	EYAL R3	Hornchurch
U13G	70HU13G	Ellen Moore	15.8		5-Jun-22	EYAL R2	Chelmsford
U13G	70HU13G	Ellen Moore	16.02		25-Sep-22	Club Championships & Open	Hornchurch
U13G	70HU13G	Jessica Latham	16.1		1-May-22	EYAL R1	Thurrock
U13G	70HU13G	Jessica Latham	16.57		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	75HU15G	Maggie Smith	12.3		21-May-22	YDL LAG R2	Bracknell
U15G	75HU15G	Maggie Smith	12.35		11-Jun-22	Essex Schools Championships	Chelmsford
U15G	75HU15G	Oma Nwapa	12.37		11-Jun-22	Essex Schools Championships	Chelmsford
U15G	75HU15G	Amy Mansell	12.8		30-Jul-22	YDL LAG R4	Tonbridge
U15G	75HU15G	Amy Mansell	13.21		23-Apr-22	Essex Pentathlons	Lee Valley
U15G	75HU15G	Leila Jones	13.10		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	75HU15G	Oluwafisola Fagbadegun	14.96		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	75HU15G	Scarlett Woods	15.1		5-Jun-22	EYAL R2	Chelmsford
U17W	80HU17W	Paris King	<b>11.02</b>	AT U17W 1st	28-Aug-22	EA Age Group Champs	Bedford
U17W	80HU17W	Stephanie Okoro	11.56	AT U17W =4th	24-Apr-22	YDL UAG R1	Tonbridge
U17W	80HU17W	Ruby Tillson	11.83	AT U17W 9th	14-Aug-22	SEAA Championships	Chelmsford
U17W	80HU17W	Eliza Poulson	13.11		26-Jun-22	YDL UAG R3	Canterbury
U17W	80HU17W	Faith Wicks	15.6		5-Jun-22	EYAL R2	Chelmsford
U17W	80HU17W	Liana Constable	25.9		5-Jun-22	EYAL R2	Chelmsford
SW	100HW	Zoe Hughes	13.75		7-Apr-22	Duke Invitational	Durham NC
SW	100HW	Chloe Williams	14.25		13-Aug-22	SAL R4	Perivale
SW	100HW	Flic Clarke	16.8		22-May-22	SAL R1	Hemel Hempstead
SW	100HW	Flic Clarke	16.85		4-Jun-22	NAL Championship R2	Bedford
U17W	300HU17W	Stephanie Okoro	41.86		3-Sep-22	School Games Finals	Loughborough
U17W	400HW	Stephanie Okoro	<b>58.44</b>	AT U17/U20/SW 1st	7-Jul-22	European U18 Champs	Jerusalem ISR
SW	400HW	Flic Clarke	62.60	AT SW 5th	21-Aug-22	NAL Championship R4	Bedford
SW	400HW	Chloe Williams	64.09	AT SW 6th	13-Aug-22	SAL R4	Perivale
SW	400HW	Rachel Kerr	1:53.7		22-May-22	SAL R1	Hemel Hempstead
SW	1.5KSC	Morgan Campbell	5:36.79		12-Jun-22	SAL R2	Chelmsford
W35	1.5KSC	Ginte Bailey	6:09.79		13-Aug-22	SAL R4	Perivale
SW	1.5KSC	Emily James	7:20.06		13-Aug-22	SAL R4	Perivale
SW	2KSC	Morgan Campbell	7:36.72	AT SW 4th	2-Jul-22	NAL Championship R3	Stevenage
U20W	2KSC	Natalie Sewell	7:42.55	AT U20W 2nd	16-Jul-22	SAL R3	Stevenage
SW	HJ	Zoe Hughes	1.69		12-May-22	ACC Champs	Durham NC
U17W	HJ	Ruby Tillson	1.65	AT U17W =6th	10-Jul-22	EYAL R3	Hornchurch
SW	HJ	Chloe Williams	1.55		16-Jul-22	SAL R3	Stevenage
U15G	HJ	Sophia Willson	1.51		3-Jul-22	YDL LAG R3	Hornchurch
U13G	HJ	Bel Drake	1.51	AT U13G 2nd	3-Jul-22	YDL LAG R3	Hornchurch
U15G	HJ	Oma Nwapa	1.50		23-Jul-22	LICC	Hendon
U15G	HJ	Maggie Smith	1.44		18-Sep-22	English Schools Combined Even	Bedford
U17W	HJ	Lucy Natrass	1.40		26-Jun-22	YDL UAG R3	Canterbury
U17W	HJ	Lucia Ward	1.40		10-Jul-22	EYAL R3	Hornchurch
U13G	HJ	Isabella Taylor-Bush	1.36		29-Jul-22	Essex Schools Y7 Champs	Chelmsford
U15G	HJ	Amy Mansell	1.32		23-Apr-22	Essex Pentathlons	Lee Valley
SW	HJ	Emily James	1.30		13-Aug-22	SAL R4	Perivale
W40	HJ	Claire Brennan	1.30		13-Aug-22	SAL R4	Perivale
U13G	HJ	Amelie Shearing	1.15		1-May-22	EYAL R1	Thurrock
U13G	HJ	Sophia-Rae Ahmad	1.15		1-May-22	EYAL R1	Thurrock
U13G	HJ	Jasmine Asmal	1.15		10-Jul-22	EYAL R3	Hornchurch
U13G	HJ	Florence Tillson	1.10		1-May-22	EYAL R1	Thurrock
SW	HJ	Rachel Kerr	1.10		22-May-22	SAL R1	Hemel Hempstead
W40	PV	Claire Brennan	2.63		21-Aug-22	NAL Championship R4	Bedford
U17W	PV	Faith Wicks	2.25	AT U17W 5th	25-Sep-22	Club Championships & Open	Hornchurch
U15G	PV	Scarlett Woods	2.15	AT U15G 4th	25-Sep-22	Club Championships & Open	Hornchurch
W35	PV	Nina Brennan	1.50		25-Sep-22	Club Championships & Open	Hornchurch

## Havering AC Female 2022 Rankings as at 30/09/2022

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
SW	LJ	Zoe Hughes	6.20w		12-May-22	ACC Champs	Durham NC
SW	LJ	Zoe Hughes	6.06		26-May-22	NCAA Prelims East	Bloomington IN
U17W	LJ	Ruby Tillson	5.32	AT SW =17th	10-Jul-22	EYAL R3	Hornchurch
U15G	LJ	Amy Mansell	4.74		11-Sep-22	EYAL Top 8 Final	Chelmsford
U15G	LJ	Oma Nwapa	4.67		25-Sep-22	Club Championships & Open	Hornchurch
U15G	LJ	Maggie Smith	4.61		26-Jun-22	ESAA Eastern CE Champs	Norwich
U15G	LJ	Daisy Leech	4.56		10-Jul-22	EYAL R3	Hornchurch
U13G	LJ	Bel Drake	4.55		11-Sep-22	EYAL Top 8 Final	Chelmsford
U17W	LJ	Liana Constable	4.20		26-Jun-22	YDL UAG R3	Canterbury
U17W	LJ	Lucia Ward	4.00		5-Jun-22	EYAL R2	Chelmsford
U15G	LJ	Grace Tilson	3.99		10-Jul-22	EYAL R3	Hornchurch
U13G	LJ	Jessica Latham	3.90		29-Aug-22	Southend Open	Southend
U20W	LJ	Amy Kilner	3.91		22-May-22	SAL R1	Hemel Hempstead
U13G	LJ	Jessica Latham	3.90		29-Aug-22	Southend Open	Southend
U17W	LJ	Charlotte Evans	3.89		11-Jun-22	SAL R2	Chelmsford
W35	LJ	Ginte Bailey	3.77		21-Aug-22	NAL Championship R4	Bedford
U17W	LJ	Abigail Swan	3.75		1-May-22	EYAL R1	Thurrock
U15G	LJ	Amber Maher	3.72		25-Sep-22	Club Championships & Open	Hornchurch
U17W	LJ	Precious Fagbadegun	3.73i		13-Feb-22	Essex & Eastern Indoor Champs	Lee Valley
U13G	LJ	Emmie Lole	3.72		10-Jul-22	EYAL R3	Hornchurch
U15G	LJ	Rosie Warner	3.65		9-Apr-22	Havering Warm Up Open	Hornchurch
U15G	LJ	Libby Ward	3.63		21-May-22	YDL LAG R2	Bracknell
U15G	LJ	Christine Atumonyogo	3.61		30-Jul-22	YDL LAG R4	Tonbridge
U15G	LJ	Poppy Smith	3.58		10-Jul-22	EYAL R3	Hornchurch
SW	LJ	Rachel Kerr	3.53		16-Jul-22	SAL R3	Stevenage
U13G	LJ	Daisy Cossey-Atkins	3.52		10-Jul-22	EYAL R3	Hornchurch
U13G	LJ	Amelie Shearing	3.49		5-Jun-22	EYAL R2	Chelmsford
U15G	LJ	Maisie Lee	3.45		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	LJ	Kara Adegite	3.39		10-Jul-22	EYAL R3	Hornchurch
U13G	LJ	Callie Ziepe	3.37		3-Jul-22	YDL LAG R3	Hornchurch
U13G	LJ	Isabelle Ridley	3.32		29-Aug-22	Southend Open	Southend
U13G	LJ	Isabelle Curtis-Rich	3.26		9-Apr-22	Havering Warm Up Open	Hornchurch
U13G	LJ	Isabella Taylor-Bush	3.22		5-Jun-22	EYAL R2	Chelmsford
U13G	LJ	Ellen Moore	3.21		25-Sep-22	Club Championships & Open	Hornchurch
U13G	LJ	Maggie Cunningham	2.47		5-Jun-22	EYAL R2	Chelmsford
U17W	TJ	Miriam Adebayo	11.18	AT U17W 2nd	13-Aug-22	SAL R4	Perivale
U17W	TJ	Eliza Poulson	9.75		26-Jun-22	YDL UAG R3	Canterbury
U17W	TJ	Charlotte Evans	8.71		26-Jun-22	YDL UAG R3	Canterbury
U20W	TJ	Amy Kilner	8.14		22-May-22	SAL R1	Hemel Hempstead
U17W	TJ	Lucy Nattrass	8.09		10-Jul-22	EYAL R3	Hornchurch
U17W	TJ	Abigail Swan	7.15		1-May-22	EYAL R1	Thurrock
SW	SP4K	Zoe Hughes	13.37		12-May-22	ACC Champs	Durham NC
W35	SP4K	Nina Brennan	7.86	AT W35 1st	2-Jul-22	NAL Championship R3	Stevenage
W40	SP4K	Claire Brennan	7.37	AT W40 1st	13-Aug-22	SAL R4	Perivale
U17W	SP4K	Erin Delea	7.14		11-Jun-22	SAL R2	Chelmsford
U20W	SP4K	Niamh Pridie	6.65		22-May-22	SAL R1	Hemel Hempstead
U17W	SP4K	Tilly Bunn	6.21		24-Apr-22	YDL UAG R1	Tonbridge
SW	SP4K	Georgia Phillips	5.10		11-Jun-22	SAL R2	Chelmsford
U17W	SP3K	Ziklora Ezeonwuka	11.03	AT U17W 7th	1-May-22	EYAL R1	Thurrock
U17W	SP3K	Erin Delea	9.52		7-Aug-22	YDL UAG R4	Crawley
U15G	SP3K	Eboni Roach	9.00		25-Sep-22	Club Championships & Open	Hornchurch
U17W	SP3K	Ruby Tillson	8.63		25-May-22	Essex Schools Combined Event	Brentwood
U17W	SP3K	Tilly Bunn	8.10		29-Aug-22	Southend Open	Southend
U17W	SP3K	Zara Okocha	8.02		2-Jul-22	ESAA Schools Cup Final	Abingdon
U15G	SP3K	Isobel Pickard	8.02		2-Jul-22	ESAA Schools Cup Final	Abingdon
U15G	SP3K	Maggie Smith	8.00		26-Jun-22	ESAA Eastern CE Champs	Norwich
U15G	SP3K	Charlotte Casey-Sweeney	7.77		5-Jun-22	EYAL R2	Chelmsford
U15G	SP3K	Maisie Lee	7.67		21-May-22	YDL LAG R2	Bracknell
U17W	SP3K	Katie Ennis	7.67		11-Sep-22	EYAL Top 8 Final	Chelmsford
U15G	SP3K	Amy Mansell	7.46		25-May-22	Essex Schools Combined Event	Lee Valley
U15G	SP3K	Poppy Smith	7.06		10-Jul-22	EYAL R3	Hornchurch
U15G	SP3K	Naomi Hand	6.77		25-Sep-22	Club Championships & Open	Hornchurch
U15G	SP3K	Oma Nwapa	6.51		25-May-22	Essex Schools Combined Event	Lee Valley
U15G	SP3K	Grace Tilson	6.39		1-May-22	EYAL R1	Thurrock
U15G	SP3K	Kesideya Ezonwuka	6.39		25-Sep-22	Club Championships & Open	Hornchurch
U15G	SP3K	Kosula Ezonwuka	6.20		25-Sep-22	Club Championships & Open	Hornchurch
U15G	SP3K	Lucy Lendon	6.20		25-Sep-22	Club Championships & Open	Hornchurch
U13G	SP2.72K	Callie Ziepe	6.92		3-Jul-22	YDL LAG R3	Hornchurch
U13G	SP2.72K	Jessica Page	5.62		21-May-22	YDL LAG R2	Bracknell
U13G	SP2.72K	Isobel Pridie	5.36		11-Sep-22	EYAL Top 8 Final	Chelmsford
U13G	SP2.72K	Scarlett Lecomber	5.12		1-May-22	EYAL R1	Thurrock
U13G	SP2.72K	Amelie Shearing	4.79		30-Jul-22	YDL LAG R4	Tonbridge
U13G	SP2.72K	Charlotte Sullivan	3.83		10-Jul-22	EYAL R3	Hornchurch
U13G	SP2.72K	Jessica Latham	3.68		10-Jul-22	EYAL R3	Hornchurch

## Havering AC Female 2022 Rankings as at 30/09/2022

Age Group	Event	Name	Performance	All Time	Date	Meeting	Venue
U17W	DT1K	Katie Ennis	33.08		29-Aug-22	Southend Open	Southend
U20W	DT1K	Hannah Yexley	29.88		28-May-22	YDL UAG R2	Woodford
U17W	DT1K	Tilly Bunn	26.92		11-Sep-22	EYAL Top 8 Final	Chelmsford
U15G	DT1K	Zoe McLean-Tattan	25.75		11-Jun-22	Essex Schools Championships	Chelmsford
U17W	DT1K	Erin Delea	25.41		11-Jun-22	Essex Schools Championships	Chelmsford
W35	DT1K	Nina Brennan	22.47		13-Aug-22	SAL R4	Perivale
U15G	DT1K	Eboni Roach	22.47		25-Sep-22	Club Championships & Open	Hornchurch
U15G	DT1K	Isabelle Foley	18.02		11-Jun-22	Essex Schools Championships	Chelmsford
U15G	DT1K	Maisie Lee	15.51		21-May-22	YDL LAG R2	Bracknell
U15G	DT1K	Charlotte Casey-Sweeney	14.99		30-Jul-22	YDL LAG R4	Tonbridge
U13G	DT0.75K	Emmie Lole	16.31		25-Sep-22	Club Championships & Open	Hornchurch
U13G	DT0.75K	Summer Smith	14.75		18-Apr-22	Woodford Open	Woodford
U13G	DT0.75K	Florence Tillson	13.57		11-Sep-22	EYAL Top 8 Final	Chelmsford
U13G	DT0.75K	Isobel Pridie	13.18		10-Jul-22	EYAL R3	Hornchurch
U17W	HT4K	Katie Ennis	30.65	AT U17W 3rd	16-Jul-22	SAL R3	Stevenage
W35	HT4K	Nina Brennan	17.65		22-May-22	SAL R1	Hemel Hempstead
U17W	HT4K	Tilly Bunn	16.89		13-Aug-22	SAL R4	Perivale
W40	HT4K	Claire Brennan	14.21		21-Aug-22	NAL Championship R4	Bedford
U17W	HT3K	Katie Ennis	36.29	AT U17W 3rd	26-Jun-22	YDL UAG R3	Canterbury
U17W	HT3K	Tilly Bunn	26.86	AT U17W 5th	25-Sep-22	Club Championships & Open	Hornchurch
U15G	HT3K	Eboni Roach	22.34	AT U15G 8th	25-Sep-22	Club Championships & Open	Hornchurch
U15G	HT3K	Zoe McLean-Tattan	20.04		8-May-22	YDL LAG R1	Tonbridge
U15G	HT3K	Grace Tilson	9.34		8-May-22	YDL LAG R1	Tonbridge
SW	JT600	Adelaide Thatcher-Gray	43.56	AT SW 5th	23-Apr-22	Loughborough Open	Loughborough
SW	JT600	Zoe Hughes	32.73		24-Mar-22	Texas Relays	Austin TX
U17W	JT600	Emily Fessey Cook	28.03		16-Jul-22	SAL R3	Stevenage
U20W	JT600	Niamh Pridie	26.70		2-Jul-22	NAL Championship R3	Stevenage
U20W	JT600	Natalie Sewell	23.19		22-May-22	SAL R1	Hemel Hempstead
W40	JT600	Claire Brennan	18.25		21-Aug-22	NAL Championship R4	Bedford
U20W	JT600	Emma Ramsden	17.14		7-Aug-22	YDL UAG R4	Crawley
U20W	JT600	Hannah Yexley	14.89		4-Jun-22	NAL Championship R2	Bedford
W35	JT600	Nina Brennan	13.00		13-Aug-22	SAL R4	Perivale
U17W	JT500	Lucy Quinlan	35.97	AT U17W 2nd	11-Jun-22	Essex Schools Championships	Chelmsford
U17W	JT500	Emily Fessey Cook	35.62	AT U17W 3rd	10-Jul-22	EYAL R3	Hornchurch
U15G	JT500	Scarlett Woods	25.80	AT U15G 8th	21-May-22	YDL LAG R2	Bracknell
U13G	JT500	Jessica Page	24.23	AT U13G 1st	29-Jun-22	Essex Schools Y7 Champs	Chelmsford
U17W	JT500	Ruby Tillson	27.24		19-Sep-22	English Schools Combined Even	Bedford
U15G	JT500	Emily Quinlan	25.08	AT U15G 10th	25-Sep-22	Club Championships & Open	Hornchurch
U17W	JT500	Lucia Ward	23.22		5-Jun-22	EYAL R2	Chelmsford
U17W	JT500	Katie Ennis	22.10		1-May-22	EYAL R1	Thurrock
U17W	JT500	Abigail Swan	20.40		28-May-22	YDL UAG R2	Woodford
U15G	JT500	Grace Tilson	15.42		30-Jul-22	YDL LAG R4	Tonbridge
U15G	JT500	Maggie Smith	9.49		10-Jul-22	EYAL R3	Hornchurch
U13G	JT500	Holly Copping	9.10		29-Jun-22	Essex Schools Y7 Champs	Chelmsford
U13G	JT400	Jessica Page	25.54	AT U13G 7th	23-Jul-22	LICC	Hendon
U13G	JT400	Jasmine Asmal	21.82		30-Jul-22	YDL LAG R4	Tonbridge
U13G	JT400	Isobel Pridie	15.26		25-Sep-22	Club Championships & Open	Hornchurch
U13G	JT400	Emmie Lole	12.86		5-Jun-22	EYAL R2	Chelmsford
U13G	JT400	Holly Copping	11.82		5-Jun-22	EYAL R2	Chelmsford
U13G	JT400	Emily Sadler	7.72		1-May-22	EYAL R1	Thurrock
SW	HepW	Zoe Hughes	5597	AT SW 1st	13-May-22	ACC Champs	Durham NC
U17W	HepU17W	Ruby Tillson	4172	AT U17W 3rd	26-Jun-22	ESAA Eastern CE Champs	Norwich
U17W	PenU17WNS	Ruby Tillson	2697		25-May-22	Essex Schools Combined Event:	Brentwood
U17W	PenU17W	Ruby Tillson	2822		23-Apr-22	Essex Pentathlons	Lee Valley
U15G	PenU15W	Maggie Smith	2514		18-Sep-22	English Schools Combined Even	Bedford
U15G	PenU15W	Oma Nwapa	2324		25-May-22	Essex Schools Combined Event:	Brentwood
U15G	PenU15W	Amy Mansell	2247		25-May-22	Essex Schools Combined Event:	Brentwood