

LWAC 2008 TRACK & FIELD RANKINGS

SENIOR MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Matthew Meanwell	11.4
	Malcolm Bramhall (V45)	12.30
	Steve Swaby	12.4
	Geoff Powley (V45)	13.2
	Andy Dunderdale (V40)	14.0
200m	Matthew Meanwell	23.29
	Steve Gregory	23.66
	Tom Duffield	24.2
	Matt Bowser	24.4
	Malcolm Bramhall (V45)	24.5
	Steve Swaby	24.5
	Geoff Powley (V45)	27.30
	Les Ball (V40)	27.40
	Andy Dunderdale (V40)	27.7
Glenn Moore (V45)	28.1	
400m	Steve Gregory	50.0
	Matt Bowser	51.9
	Malcolm Bramhall (V45)	54.3
	Craig Maskell	54.4
	Les Ball (V40)	56.6
	Geoff Powley (V45)	59.88
	John Hughes (V50)	63.0
800m	Will Strangeway	1.53.54
	Matt Bowser	1.56.2
	Phil Williams	1.58.83
	Craig Maskell	2.02.5
	Les Ball (V40)	2.03.11
	Chris Fullerton	2.04.43
	Mick Jagger (V35)	2.04.8
	Andy Dunderdale (V40)	2.21.7
	Geoff Powley (V45)	2.30.5
1500m	Matt Bowser	3.47.80
	Tom Doe	3.50.99
	Phil Williams	3.59.92
	Will Strangeway	4.06.43
	Ian Kimpton	4.06.6
	Les Ball (V40)	4.10.56
	Chris Fullerton	4.12.61
	Joshua Stone	4.23.5
	Craig Maskell	4.25.1
	Andy Dunderdale (V40)	4.39.7
	Jon Hughes (V50)	4.43.7
	Malcolm Brine (V45)	4.45.7
	Geoff Powley (V45)	5.07.11
3000m	Tom Doe	8.17.84
	Matt Bowser	8.21.81
	Josh Stone	9.19.42
	Mick Jagger	9.04.2
	Mark Baddeley	9.31.7
	Jon Hughes (V50)	10.00.35
5000m	Ian Kimpton	14.45.20
	Tom Doe	15.03.2
	Matt Bowser	15.13.9
	Mick Jagger (V35)	15.26.8
	Josh Stone	16.00.9
	Mark Baddeley	16.27.5
	Jon Hughes (V50)	17.14.0

SENIOR MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
110mH	Marc Afford	18.1
	Adrian White (V35)	20.0
	Geoff Powley (V45)	20.11
400mH	Marc Afford	59.8
	Jim Slater	68.9
1500m S/Chase	Phil Williams	4.08.00
	Andy Dunderdale (V40)	5.23.1
	Geoff Powley (V45)	5.51.5
3000m S/Chase	Tom Doe	9.08.7
	Matt Bowser	9.32.5
	Marc Afford	10.54.3
10000m	Joshua Stone	35.32.0
Discus	Jim Slater	37.32m
	Adrian White (V35)	27.58m
	Geoff Powley (V45)	26.51m
	Russ Muhl	26.11m
	Andy Dunderdale (V40)	24.70m
Hammer	Adrian White (V35)	27.31m
	Jim Slater	22.83m
	Matthew Meanwell	18.50m
HJ	Steve Swaby	1.60m
	Malcolm Bramhall (V45)	1.55m
	Andy Dunderdale (V40)	1.55m
	Steve Gregory	1.50m
	Geoff Powley (V45)	1.45m
TJ	Steve Swaby	11.32m
	Andy Dunderdale (V40)	10.60m
	Adrian White	10.39m
	Geoff Powley (V45)	10.16m
Javelin	Adrian White (V35)	39.39m
	Russ Muhl	36.89m
	Geoff Powley (V45)	36.68m
	Steve Swaby	36.67m
	Andy Dunderdale (V40)	34.24m
	Matt Bowser	33.33m
Michael Elleray (V45)	32.46m	
Marc Afford	28.00m	
LJ	Steve Swaby	5.87m
	Geoff Powley (V45)	4.93m
	Andy Dunderdale (V40)	4.74m
PV	Adrian White (V35)	3.60m
	Geoff Powley (V45)	2.90m
	Andy Dunderdale (V40)	2.50m
	Steve Swaby	2.30m
Shot	Adrian White (V35)	9.84m
	Matthew Meanwell	9.61m
	Russ Muhl	9.49m
	Geoff Powley (V45)	9.26m
	Jim Slater	9.18m
	Andy Dunderdale (V40)	8.71m
Michael Elleray (V45)	7.89m	

LWAC 2008 TRACK & FIELD RANKINGS

SENIOR MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
4 x 100m	Chris Leslie (U17)	
	Matthew Houlden (U17)	
	Malcolm Bramhall (V45)	
	Matthew Meanwell	45.5
4 x 400m	Matt Bowser	
	Steve Gregory	
	Phil Williams	
	Shane Robinson (U20)	3.33.6

LWAC 2008 TRACK & FIELD RANKINGS

U20 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
200m	Ryan Smith	25.0
	Josh Spering	25.5
	Jack Cornwell	25.7
	Gavin Campbell	27.1
400m	Max Ware	54.1
	Tom Straw	54.4
	Shane Robinson	55.5
	Jack Cornwell	55.7
	Joshua Spering	56.0
	Ryan Smith	56.1
	Beren Cross	58.10
	Gavin Campbell	59.9
800m	Tom Straw	1.59.64
	Shane Robinson	2.05.4
	Max Ware	2.03.8
	Beren Cross	2.07.8
	Ben Rowe	2.09.1
	Jack Cornwell	2.09.7
	Henry Naughton	2.13.6
	Gavin Campbell	2.22.7
	1500m	Tom Straw
Shane Robinson		4.09.6
Max Ware		4.21.7
Beren Cross		4.33.3
Paul Samways		4.48.8
Gavin Campbell		4.50.3
3000m	Max Ware	10.07.2
	Joshua Spering	10.33.2
	Paul Samways	10.38.9
	Gavin Campbell	11.34.3
5000m	Shane Robinson	16.41.4
	Paul Samways	19.18.4
10000m	Paul Samways	40.29.2
400mH	Shane Robinson	62.20
	Ryan Smith	62.3
	Ben Rowe	67.4
3000m S/Chase	Shane Robinson	10.10.55
	Max Ware	10.43.2
	Josh Spering	11.14.7
	Ryan Smith	12.28.5
2000m S/Chase	Shane Robinson	6.22.29
	Max Ware	6.55.7
1500m S/Chase	Shane Robinson	4.38.0
4 x 100m	LWAC	51.5
4 x 400m	LWAC	3.52.1

U20 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
PV	Josh Spering	2.80m
	Gavin Campbell	2.60m
Discus	Max Ware	20.87m
TJ	Max Ware	11.02m
	Gavin Campbell	10.05m
	Shane Robinson	9.77m
Javelin	Josh Spering	15.03m

LWAC 2008 TRACK & FIELD RANKINGS

U17 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Chris Leslie	11.6
	Matthew Houlden	11.9
	Neil Humberstone	11.9
	Matthew Moore	12.5
	Joe Dunderdale	13.28
	David Elleray	13.7
200m	Matthew Houlden	23.2
	Chris Leslie	24.2
	Neil Humberstone	24.3
	Matthew Moore	25.4
	Josh Hayes	25.4
	Simon Parr	26.8
	Joe Dunderdale	27.4
	Ian Maplethorpe	28.1
300m	Chris Woodger	38.7
400m	Jack Skeet	53.0
	Chris Woodger	54.8
	Stuart Campbell	54.9
	Nathan Cox	54.9
	Jonathan Humberstone	55.5
	Jermaine Olowofela	55.7
	Neil Humberstone	56.23
	Simon Parr	56.8
	Jack Thomas	58.0
	Ian Maplethorpe	58.2
	Joe Dunderdale	61.6
	Kyle Fawcett	68.4
600m	Chris Woodger	1.28.7 (CR)
800m	Chris Woodger	2.01.2
	Jack Skeet	2.02.5
	Stuart Campbell	2.03.6
	Jonathan Humberstone	2.05.3
	Simon Parr	2.12.2
	Ian Maplethorpe	2.13.7
	Jack Thomas	2.17.4
	Joe Dunderdale	2.29.1
1500m	Stuart Campbell	4.15.9
	Chris Woodger	4.16.4
	Ian Maplethorpe	4.21.1
	Nathan Page	4.23.6
	Jonathan Humberstone	4.38.2
	Jack Thomas	4.47.6
	Kyle Fawcett	4.53.4
	Joe Dunderdale	4.59.8
	Ryan Stevenson	5.08.4
2000m	Chris Woodger	6.12.9
3000m	Ian Maplethorpe	9.25.4
	Nathan Page	9.43.0
	Stuart Campbell	9.44.6
	Chris Woodger	10.01.8
	Jon Humberstone	10.05.3
	Ryan Stevenson	10.43.7
	Joe Dunderdale	10.48.4
5000m	Ian Maplethorpe	17.29.1

U17 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100mH	Neil Humberstone	15.7
	Matt Houlden	15.8
	Joe Dunderdale	19.2
400mH	Stuart Campbell	61.4
	Neil Humberstone	63.1
	Nathan Page	64.8
	Joe Dunderdale	71.5
1500m S/Chase	Stuart Campbell	4.32.97
	Nathan Page	5.02.2
	Max Ware	5.08.4
	Jonathan Humberstone	5.12.0
	Ian Maplethorpe	5.12.1
	Joe Dunderdale	5.30.2
	Neil Humberstone	6.25.6
LJ	Matthew Houlden	6.19m
	Joe Dunderdale	5.10m
	Jermaine Olowofela	5.01m
	Neil Humberstone	5.00m
	Nathan Cox	4.75m
	Stuart Campbell	4.70m
	Chris Leslie	4.40m
Ryan Stevenson	3.86m	
TJ	Matthew Houlden	13.59m
	Stuart Campbell	10.31m
	Joe Dunderdale	10.04m
	Nathan Cox	8.54m
PV	Joe Dunderdale	2.10m
Shot	Joe Dunderdale	10.11m
	David Elleray	8.86m
	Chris Leslie	7.32m
	Chris Woodger	7.20m
	Kyle Fawcett	6.79m
Discus	Joe Dunderdale	29.75m
	David Elleray	20.27m
	Chris Leslie	16.21m
	Kyle Fawcett	14.10m
Javelin	Joe Dunderdale	45.51m
	Simon Parr	31.85m
	Jack Skeet	15.56m
	Kyle Fawcett	13.69m
Hammer	David Elleray	25.07m
	Kyle Fawcett	18.19m
	Joe Dunderdale	17.31m
HJ	Matthew Houlden	1.60m
	Chris Woodger	1.55m
	Joe Dunderdale	1.50m
	Chris Leslie	1.40m
	Jack Skeet	1.40m
	Ian Maplethorpe	1.40m
4 x 100m	LWAC	48.1
4 x 400m	Stuart Campbell	
	Chris Woodger	
	Nathan Cox	
	Jack Skeet	3.43.3

LWAC 2008 TRACK & FIELD RANKINGS

U15 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Sam Chapman	10.9
	Jake Moss	11.5
100m	Tom Matthews	12.0
	James Birmingham	13.0
	Sam Chapman	13.5
	Lewis Goddard	14.1
	Richard Brine	14.0
	Jake Moss	14.40
	James Hulme	14.60
	Luke Martin	15.4
150m	Richard Brine	21.1
	Jake Moss	22.6
	Luke Martin	22.9
200m	Tom Matthews	24.2
	James Birmingham	26.6
	Lewis Goddard	27.8
	Richard Brine	28.1
	Sam Chapman	28.4
	Jake Moss	30.8
	James Hulme	31.20
	Luke Martin	33.3
300m	Jake Moss	52.1
400m	Jack Culpin	59.9
	Richard Brine	61.2
	Lewis Goddard	63.2
	Sam Chapman	68.9
	Lewis Stevenson	70.1
	Luke Martin	74.8
	Jake Moss	74.8
800m	Richard Brine	2.19.8
	Adam Baker	2.21.9
	Matt Bee	2.25.1
	Jack Culpin	2.25.2
	Ryan Paul	2.33.7
	Sam Chapman	2.34.2
	Lewis Goddard	2.36.5
	Luke Martin	2.49.9
	Jake Moss	3.03.7
1000m	Richard Brine	3.21.7
	Sam Chapman	3.33.7
	Luke Martin	3.56.7
1500m	Richard Brine	4.45.8
	Adam Baker	4.48.4
	Matthew Bee	4.49.2
	Jack Culpin	4.52.3
	Sam Chapman	5.21.0
	Luke Martin	5.33.1
	Lewis Goddard	5.38.7
	Jake Moss	6.11.8
	Jason Spering	6.23.5
Mile	Sam Chapman	6.05.3
	Luke Martin	6.24.6
3000m	Matthew Bee	10.25.6
	Adam Baker	10.58.3

U15 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80mH	Joe Naughton	15.0
	Adam Baker	16.9
	Sam Chapman	17.4
	Jake Moss	18.1
LJ	Sam Chapman	5.12m
	Tom Matthews	4.77m
	Lewis Goddard	4.42m
	Richard Brine	4.34m
	Lewis Stevenson	4.10m
	Adam Baker	4.07m
	Luke Martin	3.59m
	Jake Moss	3.38m
HJ	Adam Baker	1.35m
	Richard Brine	1.35m
	Edward Quittendon	1.35m
	Jake Moss	1.10m
TJ	Luke Martin	1.10m
	Lewis Goddard	9.51m
TJ	Adam Baker	8.84m
	Javelin	Liam Clarke
Lewis Stevenson		21.22m
Luke Martin		19.78m
Jake Moss		10.82m
Matthew Bee		9.06m
Shot	Liam Clarke	10.04m
	James Bermingham	8.42m
	Jake Moss	5.85m
Discus	Liam Clarke	25.61m
	Luke Martin	11.84m
	Matthew Bee	9.59m
Hammer	Liam Clarke	19.17m
	Jack Culpin	16.84m
4 x 100m	LWAC	54.9
4 x 200m	LWAC	2.04.9
4 x 400m	LWAC	4.19.6

LWAC 2008 TRACK & FIELD RANKINGS

U13 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Josh Drotleff	14.5
	Alex Humberstone	14.4
	Robbie Smith	14.6
	Haran Dunderdale	14.80
	Dylan Love	15.0
	Edward Jones	15.4
	Alex Willerton	15.6
	Tim Boothby	16.70
	Nathan Fawcett	17.8
200m	Alex Humberstone	28.4
	Josh Drotleff	29.0
	Haran Dunderdale	29.8
	Alex Willerton	30.4
	Dylan Love	30.4
	Tim Boothby	35.60
800m	Haran Dunderdale	2.26.8
	William Arden	2.28.7
	Alex Humberstone	2.33.2
	Robbie Smith	2.33.2
	Dylan Love	2.34.3
	Alex Willerton	2.39.4
	Nathan Fawcett	3.04.3
1500m	Haran Dunderdale	4.59.0
	Dylan Love	5.15.1
	Alex Willerton	5.30.2
	Nathan Fawcett	5.43.4
75mH	Haran Dunderdale	13.8
	Alex Humberstone	14.7
4 x 100m	Alex Humberstone	
	Haran Dunderdale	
	Dylan Love	
	Robbie Smith	57.6
4 x 200m	Alex Humberstone	
	Josh Drotleff	
	Haran Dunderdale	
	Tim Boothby	2.14.0

U13 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
LJ	Haran Dunderdale	4.34m
	Alex Humberstone	4.30m
	Robbie Smith	4.29m
	William Arden	4.03m
	Josh Drotleff	3.71m
	Tim Boothby	3.13m
	Nathan Fawcett	2.96m
	Alex Willerton	2.71m
	Javelin	Haran Dunderdale
Shot	Haran Dunderdale	8.51m
	William Arden	7.27m
	Alex Willerton	4.85m
	Josh Drotleff	4.73m
	Dylan Love	4.05m
	Nathan Fawcett	3.72m
HJ	Haran Dunderdale	1.42m
Discus	Haran Dunderdale	21.94m

LWAC 2008 TRACK & FIELD RANKINGS

U11 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
75m	Jack McMunn	13.5
80m	Joe Wass	13.5
	Jack McMunn	14.4
600m	Jack McMunn	2.24.8
LJ	Jack McMunn	2.88m
Cricket Ball	Joe Wass	23.98m
	Jack McMunn	23.06m

LWAC 2008 TRACK & FIELD RANKINGS

SENIOR WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Nina Swaby	13.8
	Denise Timmis	14.1 (V45)
	Sharon Waller	15.9 (V35)
	Dot Fraser	16.8 (V70)
200m	Lydia Chamberlin	25.9
	Denise Timmis	28.82 (V45)
	Dot Fraser	35.89 (V70)
400m	Nina Swaby	66.6
	Dot Fraser	86.12 (V70)
800m	Lydia Chamberlin	2.35.06
1500m	Lucinda Pitcher	4.46.9
3000m	Lucinda Pitcher	10.13.1
	Harriet Canter	10.32.9
5000m	Harriet Canter	18.18.97
	Betty Stracey	26:20.0 (V65)
100mH	Lydia Chamberlin	15.10
	Nina Swaby	19.0
400mH	Nina Swaby	72.4
4 x 100m	Mary-Ann Phillips (U17)	
	Lydia Chamberlin	
	Laura Ware (U17)	
	Shireen Timmis (U17)	51.0

SENIOR WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
PV	Hayley Fox	2.40m
LJ	Lydia Chamberlin	5.36m
	Denise Timmis	4.85m (V45)
	Nina Swaby	4.32m
TJ	Nina Swaby	8.99m
HJ	Lydia Chamberslin	1.70m
	Nina Swaby	1.35m
Shot	Lydia Chamberlin	10.72m
	Sharon Waller	6.78m
	Hayley Fox	6.72m
	Nina Swaby	6.29m
	Kathleen Warhurst (V40)	5.69m
Discus	Denise Campbell (V45)	5.22m
	Hayley Fox	24.88m
	Kathleen Warhurst (V40)	19.49m
	Sharon Waller (V35)	18.05m
	Tina Sudell (V40)	17.53m
Hammer	Denise Campbell (V45)	13.91m
	Hayley Fox	26.24m
	Kathleen Warhurst (V40)	23.51m
Javelin	Denise Campbell (V45)	14.07m
	Lydia Chamberlin	25.38m
	Tina Sudell (V40)	20.90m
	Hayley Fox	18.25m
	Nina Swaby	16.32m
	Kathleen Warhurst (V40)	14.26m
Hept	Denise Campbell (V45)	12.54m
	Lydia Chamberlin	4568pts

LWAC 2008 TRACK & FIELD RANKINGS

U20 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Lara Thomas	14.10
	Katrina Sutcliffe	14.39
200m	Lara Thomas	28.20
	Rochelle Harrison	28.9
	Ellie Clarke	30.2
	April Bontoft	33.1
400m	Lara Thomas	59.9
	Rochelle Harrison	60.7
	Sarah Davey	65.3
	Katrina Sutcliffe	65.89
	Ellie Clarke	66.5
	April Bontoft	74.1
800m	Lara Thomas	2.16.09
	Rochelle Harrison	2.17.19
	Blue Haywood	2.24.8
1500m	Blue Haywood	4.40.50
	Lara Thomas	4.47.4
	Rochelle Harrison	4.53.4
3000m	Blue Haywood	10.11.9
	Lara Thomas	10.46.1
5000m	Blue Haywood	17.23.31
400mH	Katrina Sutcliffe	78.5
4 x 400m	Lara Thomas (U20) Hester Talbot (U17) Shireen Timmis (U17) Rochelle Harrison (U20)	4.13.1

U20 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
Discus	Katrina Sutcliffe	12.98m

LWAC 2008 TRACK & FIELD RANKINGS

U17 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Shireen Timmis	12.8
	Mary-Ann Phillips	13.0
	Laura Ware	13.2
	Michelle Finch	14.3
	Laura McMunn	14.5
200m	Mary-Ann Phillips	26.2
	Shireen Timmis	26.3
	Laura Ware	28.20
	Hester Talbot	29.0
	Michelle Finch	29.9
	Laura McMunn	29.9
300m	Mary-Ann Phillips	42.13
	Hester Talbot	45.3
	Laura Ware	46.0
	Laura McMunn	47.3
	Gemma Selwood	48.16
	Frances Aitchison-Boundy	50.4
	Jenny Vigurs	51.8
400m	Laura McMunn	66.9
	Katrina Sutcliffe	67.5
800m	Georgia Ball	2.19.7
	Hester Talbot	2.20.92
	Frances Aitchison-Boundy	2.28.5
	Ellie Jones	2.32.7
	Gemma Selwood	2.33.35
	Holly Haywood	2.39.3
	Laura Clarke	2.47.9
	Jenny Vigurs	2.51.8
	1000m	Hester Talbot
1500m	Georgia Ball	4.42.94
	Hester Talbot	4.54.8
	Frances Aitchison-Boundy	5.06.0
	Rebecca Dobson	5.10.0
	Ellie Jones	5.17.2
	Holly Haywood	5.20.2
	Gemma Selwood	5.26.1
	Laura Clark	5.51.1
	3000m	Georgia Ball
Frances Aitchison-Boundy		10.56.2
Hester Talbot		11.01.72
Holly Haywood		11.28.42
Sarah Davey		11.45.5
Ellie Jones		12.03.2
4 x 100m	Mary-Ann Phillips	
	Laura Ware	
	Michelle Finch	
	Shireen Timmis	53.4
4 x 300m	Shireen Timmis	
	Laura Ware	
	Laura McMunn	
	Mary-Ann Phillips	3.01.6

U17 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
300mH	Mary-Ann Phillips	50.5
LJ	Mary-Ann Phillips	4.42m
	Laura McMunn	3.93m
	Jenny Vigurs	3.62m
	Michelle Finch	3.56m
	Frances Aitchison-Boundy	3.48m
TJ	Laura Ware	9.23m
HJ	Mary-Ann Phillips	1.43m
	Laura McMunn	1.25m
	Shireen Timmis	1.10m
PV	Jennie Vigurs	1.60m
	Laura McMunn	1.60m
Discus	Hester Talbot	15.27m
	Jenny Vigurs	13.79m
	Rebecca Dobson	12.81m
	Holly Haywood	12.33m
Javelin	Gemma Selwood	13.54m
	Holly Haywood	12.45m
	Rebecca Dobson	11.47m
	Frances Aitchison-Boundy	9.29m
Hammer	Laura McMunn	13.94m
	Holly Haywood	11.05m
Shot	Becky Sullivan	8.03m
	Frances Aitchison-Boundy	5.59m
	Mary-Ann Phillips	5.54m
	Laura Ware	5.49m
	Holly Haywood	5.18m
	Laura McMunn	5.00m

LWAC 2008 TRACK & FIELD RANKINGS

U15 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Amy-May Saunders	10.8
	Lucy Helas	11.8
100m	Caitlin Lynch	12.9
	Hannah Dunderdale	13.2
	Vicki Lawrence	14.1
	Lucy Helas	14.3
	Rebecca Wells	15.3
150m	Amy-May Saunders	19.8
	Lucy Helas	21.5
200m	Caitlin Lynch	26.3
	Hannah Dunderdale	27.0
	Vicki Lawrence	28.6
	Lucy Helas	29.8
	Jasmine Cornwell	30.2
	Rebecca Wells	31.1
300m	Hannah Dunderdale	43.1
	Jasmine Cornwell	47.6
	Lucy Helas	49.7
400m	Hannah Dunderdale	62.6
800m	Megan Ball	2.25.7
	Libbie Read	2.28.1
	Jasmine Cornwell	2.28.5
	Hannah Dunderdale	2.29.09
	Laura Donnelly	2.29.3
	Nichola Isaacs	2.29.55
	Rebecca Wells	2.50.3
	Jade Toulson	2.50.7
1500m	Megan Ball	5.02.4
	Libbie Read	5.08.36
	Laura Donnelly	5.08.4
	Nicola Isaacs	5.18.15
	Rebecca Wells	5.47.4
	Jasmine Cornwell	5.51.6
Lucy Helas	6.14.6	
3000m	Libbie Read	11.30.6
75mH	Hannah Dunderdale	11.9
	Megan Ball	13.5
	Vicki Lawrence	16.2
80mH	Hannah Dunderdale	12.2
4 x 100m	LWAC	54.8
4 x 200m	LWAC	2.02.5

U15 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
HJ	Hannah Dunderdale	1.38m
	Vicki Lawrence	1.35m
PV	Hannah Dunderdale	1.80m
LJ	Hannah Dunderdale	5.03m
	Charlotte Clarke	4.56m
	Rebecca Wells	3.78m
	Lucy Helas	3.66m
	Libbie Read	3.54m
Javelin	Hannah Dunderdale	30.62m
	Vicki Lawrence	18.59m
	Laura Maplethorpe	16.23m
	Lindsay Campbell	11.24m
	Lucy Helas	11.17m
Discus	Hannah Dunderdale	19.16m
	Lindsay Campbell	14.33m
	Laura Maplethorpe	14.19m
Shot	Jasmine Cornwell	14.10m
	Hannah Dunderdale	9.86m
	Laura Maplethorpe	6.24m
TJ	Jasmine Cornwell	6.09m
	Lindsay Campbell	5.86m
	Hannah Dunderdale	9.60m
Hammer	Vicki Lawrence	8.69m
	Lindsay Campbell	28.01m
Pent	Laura Maplethorpe	26.63m
	Hannah Dunderdale	2864pts

LWAC 2008 TRACK & FIELD RANKINGS

U13 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
75m	Katie McMunn	11.1
	Amy Clarke	11.3
	Allison Mouzon	11.5
	Ellie Mason-Powers	11.6
80m	Katie McMunn	11.7
	Allison Mouzon	12.7
100m	Katie McMunn	14.10
	Ellie Mason-Powers	14.5
	Amy Clarke	14.8
	Allison Mouzon	15.10
	Georgia Park	15.3
150m	Katie McMunn	20.9
	Ellie Mason-Powers	22.3
	Amy Clarke	22.5
	Rhiannon Philips	22.9
	Allison Mouzon	23.7
200m	Katie McMunn	29.1
	Catrina Thomas	30.4
	Amy Clarke	30.9
	Emma Tonner	31.0
	Ellie Mason-Powers	31.5
	Allison Mouzon	32.5
	Chloe Smalley	35.4
800m	Rhiannon Philips	2.26.3
	Catrina Thomas	2.33.4
	Emma Tonner	2.35.7
	Katie McMunn	2.45.4
	Abbie Donnelly	2.51.7
	Lydia George	2.52.0
	Chloe Smalley	3.09.6
	Allison Mouzon	3.16.3
1200m	Rhiannon Philips	4.03.7
	Catrina Thomas	4.05.5
	Abbi Donnelly	4.28.8
1500m	Rhiannon Philips	5.12.2
	Catrina Thomas	5.15.32
	Bo Haywood	5.15.8
	Abbi Donnelly	5.39.7
70mH	Katie McMunn	12.1
	Catrina Thomas	13.9
	Allison Mouzon	14.1
4 x 100	Katie McMunn	
	Ellie Mason-Powers	
	Amy Clarke	
	Allison Mouzon	58.1
4 x 200	LWAC	2.10.0

U13 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
LJ	Katie McMunn	4.30m
	Allison Mouzon	4.12m
	Emma Tonner	3.93m
	Amy Clarke	3.91m
	Ellie Mason-Powers	3.38m
	Abbie Park	3.37m
HJ	Georgia Park	3.27m
	Katie McMunn	1.35m
	Allison Mouzon	1.30m
Shot	Catrina Thomas	1.10m
	Katie McMunn	8.11m
	Ellie Mason-Powers	6.49m
Javelin	Allison Mouzon	6.12m
	Rhiannon Philips	5.46m
	Catrina Thomas	4.48m
	Katie McMunn	21.49m
Javelin	Ellie Mason-Powers	10.09m
	Lindsay Campbell	9.94m

LWAC 2008 TRACK & FIELD RANKINGS

U11 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Georgina Champion	13.60
200m	Bethany Smalley	39.7
600m	Bethany Champion	2.27.7

U11 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
LJ	Georgina Champion	2.33m