

LWAC 2009 TRACK & FIELD RANKINGS

SENIOR MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Martin Bradbury	11.56
	Malcolm Bramhall V50	12.50 CR
	John Moore V55	13.3 CR
	Geoff Powley V45	13.5
	Ian George V45	13.60
200m	Martin Bradbury	23.5
	Malcolm Bramhall V50	25.2
	John Moore V55	26.8
	Geoff Powley V45	27.84
400m	Steve Gregory	49.4
	Martin Bradbury	49.6
	Malc Bramhall V50	54.99 CR
	Andy Dunderdale V40	59.90
	John Moore V55	60.00
	Geoff Powley V45	61.4
800m	Matt Bowser	1.51.34
	Steve Gregory	1.52.68
	Will Strangeway	1.53.33
	Chris Fullerton	2.00.2
	Les Ball V40	2.04.1
	John Hughes V50	2.21.1
	Andy Dunderdale V40	2.24.1
1500m	Matt Bowser	3.43.41
	Ian Kimpton	4.02.56
	Will Strangeway	4.02.9
	Aaron Scott	4.06.2
	Les Ball V40	4.11.1
	Chris Fullerton	4.15.9
	Josh Stone	4.22.5
	Mark Baddeley V35	4.24.56
	Craig Maskell	4.29.4
	Andy Dunderdale V40	4.38.9
	Paul Samways	4.41.3
	Jon Hughes V50	4.45.9
	Geoff Powley V45	5.08.4
1 Mile	Will Strangeway	4.25.22
3000m	Matt Bowser	8.16.07
	Ian Kimpton	8.42.79
	Aaron Scott	8.47.73
	Josh Stone	9.12.5
	Mark Baddeley V35	9.13.5
	Chris Fullerton	9.17.25
	Les Ball V40	9.20.57
	Andy Dunderdale V40	10.08.5
	Jon Hughes V50	10.11.8
	Paul Samways	10.17.6
5000m	Matt Bowser	14.13.31
	Ian Kimpton	14.44.81
	Aaron Scott	15.13.55
	Mark Baddeley V35	16.05.0
	Josh Stone	16.18.8
	Jon Hughes V50	18.04.8 CR
10000m	Ian Kimpton	31:50.83
Decathlon	Geoff Powley	4866pts

SENIOR MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	
110mH	Geoff Powley V45	20.74	
	Adrian White V35	21.10	
400mH	Mark Jessop	58.0	
3000m S/Chase	Mark Baddeley V35	10.00.7 V35 CR	
Discus	Adrian White V35	30.05m	
	Daniel Bishop	29.02m	
	Geoff Powley V45	28.27m	
	Andy Dunderdale V40	22.78m	
	David Elleray U17 2k	21.01m	
Hammer	Brendon Sykes V40	27.56m	
	Adrian White V35	27.53m	
	Mike Elleray V45	19.19m	
	David Elleray U17 7.25kg	17.85m	
	Andy Dunderdale V40	14.50m	
Hammer 6k	Bob Whyler V55 (6k)	26.59 CR	
HJ	Malcolm Bramhall V50	1.55m	
	Steve Gregory	1.50m	
	Andy Dunderdale V40	1.45m	
	Geoff Powley V45	1.40m	
	Martin Bradbury	1.40m	
TJ	Martin Bradbury	10.93m	
	Geoff Powley V45	10.05m CR	
	Andy Dunderdale V40	9.53m	
Javelin	Geoff Powley V45	38.75m	
	Adrian White V35	37.46m	
	Daniel Bishop	33.91m	
	Andy Dunderdale V40	32.03m	
	Matthew Bowser	31.88m	
	Mike Elleray V45	28.80m	
	Brendon Sykes V35	27.60m	
	Steve Marshall V40	25.38m	
LJ	Steve Gregory	6.30m	
	Geoff Powley V45	5.24m	
	Martin Bradbury	4.77m	
	Andy Dunderdale V40	4.27m	
PV	Steve Marshall V40	3.46m	
	Adrian White V35	3.40m	
	Geoff Powley V45	3.00m	
Shot	Andy Dunderdale V40	2.30m	
	Brendon Sykes V35	10.07m CR	
4 x 100m	Daniel Bishop	9.48m	
	Adrian White V35	9.33m	
	Geoff Powley V45	8.70m	
	Andy Dunderdale V40	8.32m	
	Steve Marshall V40	7.57m	
	David Elleray U17 7.25kg	6.79m	
4 x 400m	Northern League 4 & Inter Club Cup	45.1	
4 x 400m	Northern League 4	3.23.2 CR	

LWAC 2009 TRACK & FIELD RANKINGS

U20 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Matt Houlden	11.6
	Chris Leslie	11.7
	Neil Humberstone	11.8
	Joe Ginniff	12.7
200m	Matt Houlden	23.7
	Neil Humberstone	23.70
	Chris Leslie	23.9
	Chris Woodger	25.90
	Joe Ginniff	25.9
	Henry Naughton	26.10
	Jack Cornwell	26.90
400m	Matt Houlden	52.2
	Neil Humberstone	52.8
	Chris Woodger	53.40
	Jonathon Humberstone	55.0
	Max Ware	55.1
	Henry Naughton	55.50
	Jack Cornwell	57.5
	Ryan Smith	58.1
	Beren Cross	58.1
600m	Chris Woodger	1.26.4
800m	Stuart Campbell	1.58.74
	Chris Woodger	1.59.0
	Shane Robinson	1.59.45
	Max Ware	2.03.6
	Beren Cross	2.04.90
	Mark Isaacs	2.08.1
	Jack Cornwell	2.09.2
	Jonathon Humberstone	2.09.5
	Josh Spering	2.11.7
	Ryan Smith	2.18.7
1500m	Tom Straw	3.58.73
	Chris Woodger	4.09.1
	Stuart Campbell	4.12.9
	Shane Robinson	4.16.72
	Beren Cross	4.18.6
	Max Ware	4.20.87
	Jack Cornwell	4.35.7
	Josh Spering	4.36.8
	Matt Houlden	5.08.34
1 Mile	Chris Woodger	4.31.08
2000m	Chris Woodger	6.08.0
3000m	Tom Straw	8.47.89
	Shane Robinson	9.01.34
	Chris Woodger	9.46.2
	Max Ware	9.51.5
5000m	Paul Samways	17.59.7
110mH	Matt Houlden	16.6
	Ryan Smith	20.8
400mH	Matt Houlden	60.7
	Stuart Campbell	61.9
	Shane Robinson	62.80
	Neil Humberstone	67.5
	Ryan Smith	68.4

U20 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
2000m S/Chase	Shane Robinson	6.15.04
	Stuart Campbell	6.15.20
3000m S/Chase	Shane Robinson	9.59.3
	Stuart Campbell	10.20.00
Decathlon	Matt Houlden	5161pts
PV	Matt Houlden	2.81m
TJ	Matt Houlden	13.98m CR
	Chris Leslie	11.56m
	Max Ware	10.85m
Javelin	Matt Houlden	33.52m
	Ryan Smith	31.90m
LJ	Matt Houlden	6.30m
	Ryan Smith	5.82m
	Chris Leslie	5.12m
HJ	Matt Houlden	1.77m
	Chris Leslie	1.50m
Shot	Matt Houlden	10.01m
	Shane Robinson	6.27m
	Stuart Campbell	4.97m
Discus	Matt Houlden	28.88m
4 x 100m	County Champs	50.6
4 x 400m	County Champs	3.45.6

LWAC 2009 TRACK & FIELD RANKINGS

U17 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Thomas Matthews	9.8
100m	Thomas Matthews	11.3
	Joe Dunderdale	12.0
	Daniel Haines	12.2
	Matthew Moore	12.30
	Sam Perks	12.30
	Callan Dawson-Meadows	13.0
150m	Thomas Matthews	17.4
200m	Thomas Matthews	23.00
	Joe Dunderdale	24.50
	Sam Perks	24.9
	Jermaine Olowofela	25.2
	Callan Dawson-Meadows	25.7
	Matthew Moore	25.7
400m	Thomas Matthews	52.7
	Jermaine Olowofela	55.0
	Joe Dunderdale	55.46
	Jack Culpin	56.0
	Callan Dawson-Meadows	63.00
800m	Ronny Wilson	2.01.4
	Ian Maplethorpe	2.06.1
	Jack Culpin	2.06.4
	Adam Baker	2.19.0
1500m	Ronny Wilson	4.09.7
	Ian Maplethorpe	4.24.0
	Jack Culpin	4.37.1
	Matthew Bee	4.45.7
	Adam Baker	4.45.8
	Ryan Stevenson	4.45.8
	Joe Dunderdale	4.54.2
	Kyle Fawcett	5.14.6
3000m	Ian Maplethorpe	9.06.74
	Matthew Bee	10.00.9
	Ryan Stevenson	10.20.9
	Adam Baker	10.33.2
	Kyle Fawcett	11.35.2
5000m	Ian Maplethorpe	16.57.3
	Matthew Bee	17.43.5
	Adam Baker	18.39.6
Octathlon	Joe Dunderdale	4531pts CR
Decathlon	Joe Dunderdale	5068pts CR

U17 MEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100mH	Joe Dunderdale	14.53
400mH	Ian Maplethorpe	67.80
1500m S/Chase	Nathan Page	4.32.94
	Ian Maplethorpe	4.39.0
	Joe Dunderdale	5.28.2
LJ	Joe Dunderdale	5.67m
	Thomas Matthews	5.44m
	Ian Maplethorpe	4.97m
	Callan Dawson-Meadows	4.96m
TJ	Ian Maplethorpe	10.84m
Shot	Joe Dunderdale	12.92m CR
	Thomas Matthews	9.47m
	David Elleray	9.33m
	Charlie Phillips	7.50m
	Jordan Duarte	7.42m
	Kyle Fawcett	6.98m
	Jack Culpin	6.05m
Discus	Joe Dunderdale	41.35m
	David Elleray	25.74m
	Ryan Stevenson	18.36m
Javelin	Joe Dunderdale	59.14m CR
	Kyle Fawcett	20.97m
	Jordan Duarte	20.71m
	Ryan Stevenson	20.59m
	Charlie Phillips	16.93m
Hammer	David Elleray	25.80m
	Jack Culpin	11.19m
HJ	Joe Dunderdale	1.60m
	Sam Perks	1.60m
	Adam Baker	1.55m
	Ian Maplethorpe	1.40m
PV	Joe Dunderdale	2.50m
4 x 100m	NYAL 4	49.00
4 x 400m	NYAL 4	3.51.2

LWAC 2009 TRACK & FIELD RANKINGS

U15 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Sam Chapman	10.4
	Joshua Malia	11.4
100m	James Bermingham	12.6
	Sam Chapman	12.7
	Bradley Wilson	12.8
	Sam Shuttleworth	12.9
	Richard Brine	13.0
	Max Halsall	13.1
	Elliott Dodds	13.2
	Josh Malia	13.50
	Josh Drotleff	14.60
	Luke Martin	15.50
	150m	Josh Malia
200m	Sam Chapman	25.6
	Richard Brine	26.0
	James Bermingham	26.2
	Sam Shuttleworth	26.6
	Bradley Wilson	26.80
	Josh Malia	27.30
	Lewis Goddard	27.70
	Josh Houlden	28.2
	Max Halsall	28.2
	Josh Drotleff	29.5
	Haran Dunderdale	29.6
	Luke Martin	31.9
	300m	Lewis Goddard
400m	Richard Brine	57.7
	Sam Shuttleworth	58.20
	Sam Chapman	58.7
	Lewis Goddard	59.20
	William Arden	60.30
	Dylan Love	65.7
	Josh Houlden	66.5
	Anthony Read	69.40
	Luke Martin	75.1
800m	Richard Brine	2.09.2
	Sam Shuttleworth	2.12.0
	William Arden	2.17.3
	Lewis Goddard	2.18.7
	Haran Dunderdale	2.18.9
	Sam Chapman	2.19.76
	Dylan Love	2.20.1
	Harry Baxter	2.23.1
	Joshua Houlden	2.34.1
	Luke Martin	2.43.8
	William Talbot	2.47.2
1000m	Richard Brine	3.04.5
	Sam Chapman	3.16.5
	Lewis Goddard	3.44.4
	Luke Martin	3.44.7
1500m	Richard Brine	4.34.7
	Sam Shuttleworth	4.43.2
	Haran Dunderdale	4.44.2
	Harry Baxter	4.45.4
	William Arden	4.46.4
	Dylan Love	4.48.5
	Lewis Richards	4.57.8
	Sam Chapman	5.03.3

U15 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	
3000m	Haran Dunderdale	10.14.9	
	Dylan Love	10.46.2	
80mH	Bradley Wilson	13.9	
	Joshua Houlden	14.0	
	Haran Dunderdale	15.1	
Pentathlon	Joshua Houlden	1809pts	
	Haran Dunderdale	1787pts	
LJ	Sam Chapman	5.25m	
	Richard Brine	5.10m	
	Josh Holden	4.96m	
	Haran Dunderdale	4.63m	
	Bradley Wilson	4.62m	
	Lewis Goddard	4.52m	
	Anthony Read	3.67m	
	William Talbot	3.35m	
	Luke Martin	3.25m	
	HJ	Josh Houlden	1.55m
		Sam Shuttleworth	1.55m
		Max Halsall	1.50m
		Richard Brine	1.50m
Haran Dunderdale		1.45m	
George Whitley		1.40m	
Sam Chapman		1.40m	
Jay-T Warden	1.30m		
TJ	Joshua Houlden	10.41m	
	Lewis Goddard	10.02m	
	Lewis Goddard	9.95m	
Javelin	Haran Dunderdale	8.79m	
	Liam Clarke	39.73m	
	Haran Dunderdale	29.15m	
	Jay-T Warden	25.45m	
	Bradley Wilson	21.24m	
Josh Drotleff	13.24m		
Shot	Liam Clarke	11.91m	
	Dominic Sykes	10.57m	
	Max Halsall	8.70m	
	Joshua Houlden	8.61m	
	Haran Dunderdale	7.66m	
	Josh Drotleff	5.29m	
	Dylan Love	4.24m	
Discus	Liam Clarke	34.14 CR	
	Max Halsall	22.48m	
	Jay-T Warden	21.26m	
Hammer	Dominic Sykes	53.72m CR	
PV	Haran Dunderdale	2.35m	
	Joshua Houlden	1.90m	
4 x 100m	Lincs Lge 3	52.8	
4 x 400m	NYAL 4	4.04.1	

LWAC 2009 TRACK & FIELD RANKINGS

U13 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Alex Humberstone	13.7
	Fraser McDowell	14.5
	Ben Usher	15.1
	Daniel Skinner	15.20
	Joe Shuttleworth	15.6
	Joseph Wass	16.47
	Joe Dawson-Meadows	18.00
200m	Alex Humberstone	27.00
	Michael Harper	31.70
	Daniel Skinner	31.80
	Joe Shuttleworth	32.50
	Declan Dickinson	33.3
	Billy Onians	33.9
800m	Alex Humberstone	2.26.1
	Joe Shuttleworth	2.40.8
	Michael Harper	2.42.2
	Declan Dickinson	2.47.8
	Joseph Wass	3.17.69
1500m	Declan Dickinson	5.25.9
	Joe Shuttleworth	5.29.6
	Nathan Fawcett	5.31.0
	Billy Onians	5.33.3
75mH	Alex Humberstone	13.90
	Nathan Fawcett	18.4
	Daniel Skinner	19.0
4 x 100m	NYAL 1	63.10

U13 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
LJ	Alex Humberstone	4.65m
	Joe Shuttleworth	3.71m
	Michael Harper	3.40m
	Daniel Skinner	3.38m
	Nathan Fawcett	3.37m
	Joseph Wass	2.82m
Shot	Daniel Fleming	7.44m
	Alex Humberstone	6.86m
	Joe Dawson-Meadows	4.70m
	Declan Dickinson	4.13m
	Joe Shuttleworth	4.06m
	Daniel Skinner	3.72m
Discus	Daniel Fleming	23.81m CR
Javelin	Daniel Fleming	12.63m
HJ	Joe Shuttleworth	1.30m
	Declan Dickinson	1.10m
Triathlon	Alex Humberstone	69pts CR

LWAC 2009 TRACK & FIELD RANKINGS

U11 BOYS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Ben Skinner	12.10
	Jack McMunn	15.0
600m	Ben Skinner	2.06.4
	Jack McMunn	2.21.1
LJ	Ben Skinner	3.62m
	Jack McMunn	2.89m

LWAC 2009 TRACK & FIELD RANKINGS

SENIOR WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Denise Timmis V45	14.2
	Dot Fraser V70	17.57
200m	Lydia Chamberlin	25.6 CR
	Denise Timmis V45	29.45
	Dot Fraser V70	37.80
400m	Sarah Kimpton	71.4
800m	Lydia Chamberlin	2.31.65
	Susie Ardron V50	2.53.3 CR
1500m	Lucinda Pitcher	4.45.6
	Susie Ardron V50	5.33.3
	Betty Stracey V65W	7.30.73
3000m	Hayley Brylewski	10.24.4
	Lucinda Pitcher	10.27.8
	Harriet Canter	10.43.8
	Sarah Kimpton	11.39.9
	Susie Ardron V50	11.49.4 CR
5000m	Lucinda Pitcher	18.41.6
	Sarah Kimpton	20.34.85
	Betty Stracey V65W	26.10.31
100mH	Lydia Chamberlin	14.99 CR
4 x 100m	Northern League 4	51.9
4 x 400m	Northern League 3	4.10.3
Heptathlon	Lydia Chamberlin	5063pts CR

SENIOR WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
PV	Hayley Fox V35	2.30m CR
LJ	Lydia Chamberlin	5.78m
	Denise Timmis V45	4.57m
	Sarah Kimpton	3.03m
Shot	Lydia Chamberlin	11.12m
	Charlotte Nicholls	7.21m
Discus	Kathleen Warhurst V45	19.06m
	Charlotte Nicholls	18.15m
Hammer	Hayley Fox V35	24.04m CR
	Kathleen Warhurst V45	22.81m
	Charlotte Nicholls	20.04m
Hammer	Dot Fraser V70 3k	16.72m
Javelin	Lydia Chamberlin	30.27m
	Hayley Fox V35	16.78m
	Charlotte Nicholls	15.35m
	Sarah Kimpton	10.96m
HJ	Lydia Chamberlin	1.76m CR

LWAC 2009 TRACK & FIELD RANKINGS

U20 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Shireen Timmis	13.1
	Ellie Clarke	13.80
200m	Shireen Timmis	27.4
	Ellie Clarke	28.50
	Lara Thomas	32.0
400m	Lara Thomas	61.6
	Rochelle Harrison	61.7
	Shireen Timmis	65.1
	Ellie Clarke	65.3
800m	Lara Thomas	2.15.43
	Rochelle Harrison	2.18.7
	Blue Haywood	2.20.5
	Georgia Ball	2.24.9
1000m	April Bontoft	4.03.2 CR
1500m	Blue Haywood	4.35.83
	Lara Thomas	4.41.3
	Georgia Ball	4.44.04
	Rochelle Harrison	4.47.9
	Becky White	5.03.6
	Holly Haywood	5.25.7
Mile	Blue Haywood	5.03.7
3000m	Blue Haywood	9.47.96
	Georgia Ball	10.26.01
	Becky White	10.51.4
	Holly Haywood	11.44.5
400mH	Lara Thomas	72.8
1500m S/Chase	Blue Haywood	5.10.8 CR
	Lara Thomas	5.12.97
2000m S/Chase	Blue Haywood	7.15.88
	Lara Thomas	7.20.53
4 x 400m	County Champs	4.23.4

U20 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
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LWAC 2009 TRACK & FIELD RANKINGS

U17 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Amy-May Saunders	12.9
	Mary-Ann Phillips	12.95
	Emily Coulter	13.2
	Laura Ware	13.2
	Caitlin Lynch	13.4
	Ellis Whyler	13.5
	Rachael Mortimer	14.10
	Jasmine Cornwell	14.2
	Laura McMunn	14.5
	Michelle Finch	14.90
200m	Mary-Ann Phillips	26.5
	Laura Ware	27.3
	Amy-May Saunders	27.40
	Emily Coulter	28.4
	Rachael Mortimer	29.2
	Laura McMunn	29.4
	Jasmine Cornwell	29.5
	Megan Ball	29.7
	Rebecca Wells	30.10
	Michelle Finch	30.3
	Vicki Lawrence	30.3
	Hester Talbot	30.7
300m	Caitlin Lynch	43.5
	Laura Ware	44.6
	Libbie Read	45.3
	Laura Donnelly	45.3
	Hester Talbot	46.3
	Jasmine Cornwell	46.5
	Laura McMunn	47.5
	Rebecca Wells	48.5
	Gemma Selwood	49.6
400m	Caitlin Lynch	63.35
	Shireen Timmis	65.60
800m	Megan Ball	2.21.3
	Libbie Read	2.23.5
	Hester Talbot	2.24.34
	Laura Donnelly	2.25.2
	Nicola Isaacs	2.26.8
	Caitlin Lynch	2.33.4
	Jasmine Cornwell	2.33.7
	Gemma Selwood	2.41.9
1500m	Libbie Read	4.53.49
	Nicola Isaacs	5.00.10
	Megan Ball	5.00.9
	Hester Talbot	5.04.5
	Laura Donnelly	5.05.1
	Sheridan McWilliam	5.28.7
	Gemma Selwood	5.37.1
1 Mile	Sheridan McWilliam	6.11.6
3000m	Libbie Read	11.01.84
	Hester Talbot	11.27.1
	Sheridan McWilliam	11.47.1
	Rebecca Wells	12.26.4
	Gemma Selwood	12.32.5

U17 WOMEN (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80mH	Ellis Whyler	12.9
100mH	Ellis Whyler	16.1 CR
300mH	Ellis Whyler	48.8
	Megan Ball	51.5
	Rebecca Wells	57.1
LJ	Ellis Whyler	5.29m
	Rebecca Wells	4.07m
	Nicola Isaacs	3.91m
	Laura McMunn	3.87m
	Rachael Mortimer	3.85m
TJ	Emily Coulter	3.72m
	Libbie Read	3.29m
	Laura Donnelly	9.13m
	Vicki Lawrence	8.54m
	Sheridan McWilliam	8.35m
HJ	Libbie Read	7.88m
	Michelle Finch	7.58m
	Ellis Whyler	1.50m
	Mary-Ann Phillips	1.40m
	Amy-May Saunders	1.20m
Discus	Rebecca Sullivan	1.10m
	Megan Ball	1.10m
	Sarah Stanhope	30.06m
	Rebecca Sullivan	24.73m
	Paige Mitchell	19.10m
Javelin	Lindsay Campbell	18.85m
	Laura Maplethorpe	17.85m
	Sarah Stanhope	29.12m
	Vicki Lawrence	19.83m
	Laura Maplethorpe	19.00m
Hammer	Rebecca Sullivan	15.70m
	Lindsay Campbell	14.98m
	Sarah Stanhope	45.77m CR
	Paige Mitchell	32.61m
	Lindsay Campbell	30.87m
Shot	Laura Maplethorpe	30.40m
	Rebecca Sullivan	21.34m
	Ellis Whyler	9.24m
	Rebecca Sullivan	8.71m
	Sarah Stanhope	8.48m
4 x 100m	Laura Maplethorpe	6.15m
4 x 300m	Lindsay Campbell	5.96m
	County Champs	52.3
	NYAL 1	3.04.8

LWAC 2009 TRACK & FIELD RANKINGS

U15 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
100m	Hannah Dunderdale	12.8
	Lucy Helas	13.5
	Ayotunde Ademeyi	13.6
	Katie McMunn	13.9
	Ellie Mason-Powers	14.0
	Ellen Bailey	14.1
	Abbie Fields	14.8
	Emily Usher	14.8
	Beatrice Phillips	15.2
150m	Hannah Dunderdale	19.8 CR
	Katie McMunn	21.1
200m	Hannah Dunderdale	26.5
	Katie McMunn	28.2
	Lucy Helas	28.6
	Rhiannon Philps	28.8
	Ellie Mason-Powers	28.9
	Beatrice Phillips	31.0
	Abbie Fields	31.4
300m	Hannah Dunderdale	43.0
	Rhiannon Philps	46.2
400m	Hannah Dunderdale	60.8 CR
800m	Emma Tonner	2.19.7
	Rhiannon Philps	2.20.20
	Hannah Dunderdale	2.32.06
	Bo Haywood	2.36.9
	Alice Flint	2.40.7
	Katie McMunn	2.52.1
1500m	Emma Tonner	4.44.21
	Bo Haywood	5.05.3
	Rhiannon Philps	5.06.2
	Isobel Lord	5.44.4
Mile	Bo Haywood	5.27.4
3000m	Emma Tonner	10.36.35
	Bo Haywood	10.50.7
75mH	Hannah Dunderdale	11.6 CR
	Katie McMunn	12.7
	Alice Flint	14.6
	Lydia George	17.1
4 x 100m	NYAL 5	53.90
Pentathlon	Hannah Dunderdale	2981pts CR
	Katie McMunn	2051pts

U15 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
HJ	Hannah Dunderdale	1.42m
	Katie McMunn	1.35m
	Beatrice Phillips	1.25m
	Lucy Helas	1.25m
LJ	Hannah Dunderdale	5.18m CR
	Katie McMunn	4.35m
	Lucy Helas	4.04m
	Emma Tonner	4.02m
	Alice Flint	3.80m
	Beatrice Phillips	3.17m
Javelin	Hannah Dunderdale	33.35 CR
	Kelsey Dawes	24.17m
	Katie McMunn	21.28m
Shot	Hannah Dunderdale	10.97m CR
	Katie McMunn	8.71m
	Ellie Mason-Powers	6.97m
	Kelsey Dawes	6.95m
	Lydia George	6.23m
	Ellen Bailey	4.77m
	Rhiannon Philps	4.59m
Discus	Kelsey Dawes	20.32m
	Hannah Dunderdale	18.18m
	Rhiannon Philps	12.70m
	Amy Corner	11.14m

LWAC 2009 TRACK & FIELD RANKINGS

U13 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
75m	Allison Mouzon	10.9
	Abby Park	11.1
	Amy Clarke	11.1
80m	Allison Mouzon	12.1
	Amy Clarke	12.3
100m	Allison Mouzon	13.70
	Amy Clarke	14.3
	Abby Park	14.6
	Stephanie Allen	14.9
	Georgia Park	14.9
	Catrina Thomas	14.9
Lauren Ward	16.30	
150m	Catrina Thomas	21.7
	Amy Clarke	21.4
	Allison Mouzon	22.8
	Lucy Read	26.9
200m	Allison Mouzon	28.90
	Stephanie Allen	29.4
	Amy Clarke	30.5
	Catrina Thomas	31.0
800m	Catrina Thomas	2.28.6
	Abbie Donnelly	2.33.1
	Devon Moore	2.51.2
	Allison Mouzon	2.56.4
	Rebekah Ward	2.58.8
1200m	Abbie Donnelly	4.11.3
	Catrina Thomas	4.15.7
	Lucy Read	4.48.9
1500m	Catrina Thomas	5.04.31
	Abbie Donnelly	5.17.5
	Rebekah Ward	5.42.5
	Lucy Read	6.05.7
70mH	Allison Mouzon	12.1
	Catrina Thomas	14.6
	Rebekah Ward	17.7
4 x 100	NYAL 5	57.70

U13 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
LJ	Allison Mouzon	4.37m
	Abby Park	4.01m
	Amy Clarke	3.99m
	Catrina Thomas	3.64m
	Georgia Park	3.61m
	Lauren Ward	3.46m
	Stephanie Allen	3.34m
Abbie Donnelly	3.31m	
HJ	Allison Mouzon	1.45m =CR
	Abbie Donnelly	1.15m
	Catrina Thomas	1.10m
Shot	Allison Mouzon	6.87m
	Abbie Donnelly	5.90m
	Allison Mouzon	5.55m
	Devon Moore	5.44m
Lucy Read	4.30m	
Discus	Abbie Donnelly	11.47m
Javelin	Allison Mouzon	22.35m
Pentathlon	Allison Mouzon	2173pts

LWAC 2009 TRACK & FIELD RANKINGS

U11 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
80m	Georgina Champion	12.90
	Bethany Champion	13.40
	Isobel Mason-Powers	15.0
100m	Isobel Mason-Powers	18.50
150m	Isobel Mason-Powers	30.7
LJ	Isobel Mason-Powers	2.76m

U11 GIRLS (Season Best only)

<u>Event</u>	<u>Athlete</u>	<u>Time</u>
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