



Updated 30-01-06

## Hercules Wimbledon Athletic Club

### Ladies Ranking Lists for 2005

[Home](#)
[Up](#)

#### LADIES RANKINGS 2005

##### SENIOR WOMEN/UNDER 20's

###### 60m

Laure Caussemille	8.24.	Jablonec, Czech Rep.	(i)	29.01.05
Laura Wignall U/20	8.50.	Jablonec, Czech Rep.	(i)	29.01.05

###### 100M

Laure Caussemille	13.2.	Sthn Wms	Eastbourne	30.04.05
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###### 200M

Laure Caussemille	26.8.	Sthn Wms	Hoo	
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###### 300M

Laure Caussemille	44.58.	K&P Open	Kingsmeadow	20.03.05
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###### 400m

Amandine King U/20	65.9.	Jablonec	Czech	u/20	29.01.05
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###### 800M

Amandine King	2:28.4.	Surrey Schools	Kingsmeadow	U/20	11.06.05
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Sarah Nosworthy	2:29.65	Jablonec,	Czech		29.01.05
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###### 1500M

Sarah Nosworthy	5:19.5.	Sthn Wms	Eastbourne	30.04.05
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###### 3000M

Claire Cann	11:08.0.	Rosenheim League	Kingston	17.08.05
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Sarah Nosworthy	11:31.1.	Sthn Wms League	Barn Elms	21.05.05
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###### 100m Hurdles

Laure Caussemille	17.5.	Sthns Wms	Horsham	24.06.05
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Amandine King U/20	19.9.	Sthns Wms	Eastbourne	30.04.05
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###### 400m Hurdles

Laure Caussemille	74.4.	Sthn Wms	Horsham	24.06.05
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###### HIGH JUMP

Laure Caussemille	1m55	Sthn Wms	Hoo	
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###### DISCUS

Laure Caussemille	17m30	Sthn Wms	Hoo	
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Candy Dunne	24m66	Sthn Wms	Barn Elms	21.05.05
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###### 3000M WALK

Estle Viljoen	15:00.4.	Surrey Champs	Kingsmeadow	15.05.05
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###### SHOT

Laure Caussemille	6m96	Sthn Wms	Hoo	
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<b>4 x 100 Relay</b>	53.3.	Sthn Wms	Eastbourne	30.04.05
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Lucy England/Florence King

Laure Caussemille/Emily Martin

<b>4 x 400 Relay</b>	4:34.2.	Sthn Wms	Eastbourne	30.04.05
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Amandine King/Sarah Nosworthy

Nadia Abdulla/Serena Brotherton

##### UNDER 17'S

###### 60m

Emily Martin	7.89.	Sy Indoor Champs (I)	Sutton	06.03.05
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Florence King	8.84.	Jablonec Indoor (I)	Czech	29.02.05
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###### 100 metres

Emily Martin	12.47.+1.3w		Portsmouth	29.05.05
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Florence King	14.5.	NYAL	Perivale	08.05.05
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Joanna Osafo	14.8.	NYAL	Sutton	26.06.05
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Shannon Kaspas	16.1.	Lily B	Walton	18.06.05
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###### 200 metres

Emily Martin	25.6.	NYAL	Perivale	08.05.05
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[Top](#)
[Home](#)
