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Hercules Wimbledon Athletic Club

Ladies Ranking Lists for 2006 as at 17 December 2006

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Hercules Wimbledon AC Women's Rankings 2006						
				60m		
7.87 (i)	Emily	Martin	U20		Mar 11.	Surrey Indoor Championships, Carshalton
8.24 (i)	Amelia	Richards	U15		Mar 11.	Surrey Indoor Championships, Carshalton
				75m		
11.2.	Alexandra	Borthwick	U13		Apr 30.	NYAL, Crawley
12.4.	Eleanor	Smith-Hahn	U11		May 6.	Lily B League, Guildford
13.0.	Miranda	Skeet	U11		Sept 16.	Lily B League, Kingston
				100m		
12.4.	Emily	Martin	U20		Apr 22.	Southern League, Bracknell
12.6/+1.5	Amelia	Richards	U15		Aug 5.	AAA U15 Champs, Birmingham
12.65.	Emily	Martin	U20		May 14.	Surrey Championships, Kingston
12.72/+0.6	Amelia	Richards	U15	in ht	Aug 5.	AAA U15 Champs, Birmingham
12.80/-1.9	Emily	Martin	U20	in ht	June 18.	South of England Champs, Crystal Palace
13.3.	Laure	Causemille			Aug 12.	Southern League, Tonbridge
13.9.	Jennifer	Fernando	U17		June 4.	NYAL, Horsham
13.9.	Rowena	Dyson	U20		July 15.	Southern League, Crawley
14.1.	Anna	Berry	U15		Apr 22.	Southern League, Bracknell
14.5.	Natasha	Skeet	U15		July 8.	Lily B League, Carshalton
14.6.	Florence	King	U17		Apr 22.	Southern League, Bracknell
14.7.	Caroline	Hicks	U15		July 15.	Southern League, Crawley
14.8.	Rosemary	Fernando	U17		May 20.	Southern League, Croydon
15.0.	Jade	Brooks	U15		Sept 16.	Lily B League, Kingston
15.1.	Alex	Restaino	U13		May 6.	Lily B League, Guildford
15.1.	Alexandra	Borthwick	U13		Sept 16.	Lily B League, Kingston
				150m		
20.11/+5.0w	Amelia	Richards	U15		Mar 19.	K&P Open, Kingston
24.66/+1.1w	Eleanor	Smith-Hahn	U11		Mar 19.	K&P Open, Kingston
26.7.	Kate	Lampl	U11		Sept 16.	Lily B League, Kingston
				200m		
26.06/-1.6w	Emily	Martin	U20		May 13.	Surrey Championships, Kingston
26.3.	Amelia	Richards	U15		July 15.	Southern League, Crawley
27.51 (i)	Amelia	Richards	U15	in S/F	Jan 29.	Welsh AA Indoor Champs, Cardiff
28.0.	Laure	Causemille			May 20.	Southern League, Croydon
28.88/-1.2w	Anna	Berry	U15	in ht	May 13.	Surrey Championships, Kingston
29.6.	Rosemary	Fernando	U17		June 4.	NYAL, Horsham
29.7.	Anna	Berry	U15		Apr 22.	Southern League, Bracknell
29.9.	Alex	Borthwick	U13		July 8.	Lily B League, Carshalton
29.9.	Rowena	Dyson	U20		July 15.	Southern League, Crawley
30.6.	Caroline	Hicks	U15		June 4.	NYAL, Horsham
30.7.	Florence	King	U17		Apr 22.	Southern League, Bracknell
31.9.	Jade	Brooks	U15		Sept 16.	Lily B League, Kingston
33.1.	Alex	Restaino	U13		May 6.	Lily B League, Guildford
34.6.	Megan	Brown	U15		Sept 16.	Lily B League, Kingston
				300m		
47.1.	Rosemary	Fernando	U17		Sept 16.	Lily B League, Kingston
				400m		
65.7.	Amandine	King	U20		June 7.	Rosenheim League, Wimbledon Park
				800m		
2:17.97.	Jennifer	Fernando	U17	in ht	June 10.	Surrey Schools Champs, Kingston
2:30.19.	Medena	Knespl	U20		Jan 21.	Durham, USA
2:31.12.	Amelia	Richards	U15		Sept 10.	Surrey AA Multi-Events Champs, Crawley
2:34.23.	Amandine	King	U20		June 10.	Surrey Schools Champs, Kingston

2:35.13.	Caroline	Hicks	U15	in ht	June 10.	Surrey Schools Champs, Kingston
2:36.6.	Rosemary	Fernando	U17		Apr 22.	Southern League, Bracknell
2:42.3.	Gaby	Heaney	U15		July 8.	Lily B League, Carshalton
2:45.2.	Jade	Brooks	U15		Apr 22.	Southern League, Bracknell
2:46.7.	Michaela	Knespl	U15		May 11.	Merton Schools, Wimbledon Park
2:48.2.	Corrine	Hall	U17		May 11.	Merton Schools, Wimbledon Park
2:49.9.	Anna	Berry	U15		May 11.	Merton Schools, Wimbledon Park
2:49.9.	Alex	Borthwick	U13		July 8.	Lily B League, Carshalton
2:51.7.	Hannah	Long	U17		July 15.	Southern League, Crawley
3:01.8.	Kate	Jones	U17		May 11.	Merton Schools, Wimbledon Park
				1000m		
3:08.95 (i)	Medena	Knespl	U20		Feb 10.	Boston, USA
				1500m		
4:50.34.	Medena	Knespl	U20		Apr 24.	Wake Forest, USA
5:16.16.	Rosemary	Fernando	U17		May 13.	Surrey Championships, Kingston
5:17.7.	Claire	Cann			Aug 12.	Southern League, Tonbridge
5:21.4.	Jennifer	Fernando	U17		May 6.	Lily B League, Guildford
5:26.1.	Sophie	Greenwood	U15		May 6.	Lily B League, Guildford
5:35.5.	Gaby	Heaney	U15		Sept 16.	Lily B League, Kingston
5:53.0.	Amandine	King	U20		Aug 16.	Rosenheim League Final, Tooting Bec
6:05.1.	Corrine	Hall	U17		May 11.	Merton Schools, Wimbledon Park
6:09.2.	Jade	Brooks	U15		July 8.	Lily B League, Carshalton
6:12.8.	Hannah	Long	U17		May 20.	Southern League, Croydon
6:16.4.	Kate	Jones	U17		May 11.	Merton Schools, Wimbledon Park
6:22.5.	Mary	Brandon	U15		Apr 30.	NYAL, Crawley
				1 Mile		
5:25.58.	Medena	Knespl	U20		Feb 4.	New Haven, USA
5:32.06 (i)	Medena	Knespl	U20		Jan 18.	Boston, USA
				3000m		
10:20.24.	Steph	Robson (2C)			May 14.	Surrey Championships, Kingston
10:40.5.	Claire	Cann			June 7.	Rosenheim League, Wimbledon Park
12:03.3.	Rosemary	Fernando	U17		May 20.	Southern League, Croydon
13:15.9.	Marilena	De Luca			June 7.	Rosenheim League, Wimbledon Park
14:44.2.	Jirina	Edwards	W35		June 7.	Rosenheim League, Wimbledon Park
				60m Hurdles		
10.06 (i)	Amelia	Richards	U15		Mar 11.	Surrey Indoor Championships, Carshalton
				75m Hurdles		
12.1.	Amelia	Richards	U15		June 10.	London Schools Champs, Battersea Park
12.17/-0.4w	Amelia	Richards	U15		May 13.	Surrey Championships, Kingston
14.4.	Mary	Brandon	U15		Apr 22.	Southern League, Bracknell
15.2.	Natasha	Skeet	U15		June 4.	NYAL, Horsham
19.5.	Jade	Brooks	U15		May 6.	Lily B League, Guildford
				80m Hurdles		
14.4.	Serena	Brotherton	U17		May 20.	Southern League, Croydon
				100m Hurdles		
18.4.	Laure	Causemille			Aug 12.	Southern League, Tonbridge
18.5.	Lucy	England	U20		Apr 22.	Southern League, Bracknell
18.8.	Karen	Tostee	U20		May 20.	Southern League, Croydon
				400m Hurdles		
73.08.	Lucy	England	U20		May 14.	Surrey Championships, Kingston
73.2.	Laure	Causemille			May 20.	Southern League, Croydon
74.1.	Lucy	England	U20		Apr 22.	Southern League, Bracknell
				2000m Walk		
9:54.9.	Estle	Viljoen	W35		July 3.	Veterans League, Croydon
				3000m Walk		
15:30.2.	Estle	Viljoen	W35		May 27.	Surrey Veterans Champs, Kingston
				High Jump		
1.57.	Emily	Martin	U20		Apr 22.	Southern League, Bracknell
1.48.	Amelia	Richards	U15		Sept 10.	Surrey AA Multi-Events Champs, Crawley
1.45.	Laure	Causemille			May 20.	Southern League, Croydon
1.35.	Sophie	Greenwood	U15		Apr 30.	NYAL, Crawley
1.32.	Alexandra	Borthwick	U13		July 8.	Lily B League, Carshalton

1.25.	Massila	Kheddoui	U17		May 20.	Southern League, Croydon	
1.25.	M	Ravic ?	U13		June 4.	NYAL, Horsham	
1.25.	Hannah	Long	U17		June 25.	NYAL, Carshalton	
1.20.	Corrine	Hall	U17		May 11.	Merton Schools, Wimbledon Park	
					Long Jump		
5.66/-0.4	Emily	Martin	U20		June 10.	Surrey Schools Champs, Kingston	
5.56 (i)	Emily	Martin	U20		Mar 11.	Surrey Indoor Championships, Carshalton	
5.35/-0.4	Amelia	Richards	U15		July 8.	English Schools, Gateshead	
4.75 (i)	Amelia	Richards	U15		Mar 11.	Surrey Indoor Championships, Carshalton	
4.46.	Karen	Tostee	U20		May 20.	Southern League, Croydon	
4.44.	Lucy	England	U20		Apr 22.	Southern League, Bracknell	
3.99.	Anna	Berry	U15		Apr 22.	Southern League, Bracknell	
3.98.	Natasha	Skeet	U15		Sept 16.	Lily B League, Kingston	
3.92/+1.9w	Natasha	Skeet	U15		May 13.	Surrey Championships, Kingston	
3.89.	Alexandra	Borthwick	U13		Apr 30.	NYAL, Crawley	
3.68.	Sophie	Greenwood	U15		May 6.	Lily B League, Guildford	
3.66.	Gaby	Heaney	U15		July 8.	Lily B League, Carshalton	
3.61.	Rowena	Dyson	U20		July 15.	Southern League, Crawley	
3.09.	Eleanor	Smith-Hahn	U11		May 6.	Lily B League, Guildford	
2.95.	Kate	Lampl	U11		Sept 16.	Lily B League, Kingston	
2.94.	Hannah	Long	U17		Apr 9.	HW YA Meeting, Crystal Palace	
2.94.	K	Allen			July 26.	Rosenheim League, Tooting Bec	
2.84.	Miranda	Skeet	U11		Sept 16.	Lily B League, Kingston	
					Triple Jump		
11.07 (i)	Emily	Martin	U20		Mar 11.	Surrey Indoor Championships, Carshalton	
9.85.	Serena	Brotherton	U17		May 11.	Merton Schools, Wimbledon Park	
					Shot		
8.48.	Emily	Martin	U20		May 14.	Surrey Championships, Kingston	
6.98.	Amelia	Richards	U15		Mar 19.	K&P Open, Kingston	
5.89.	Megan	Brown	U15		Sept 16.	Lily B League, Kingston	
5.44.	Mary	Brandon	U15		Apr 22.	Southern League, Bracknell	
5.41.	Massila	Kheddoui	U17	Snr Wt	May 20.	Southern League, Croydon	
5.28.	Caroline	Hicks	U15		Apr 30.	NYAL, Crawley	
5.17.	Sophie	Greenwood	U15		Apr 30.	NYAL, Crawley	
5.04.	Gaby	Heaney	U15		July 8.	Lily B League, Carshalton	
4.99.	Mary	Brandon	U15		June 25.	NYAL, Carshalton	
4.76.	Jennifer	Fernando	U17	Snr Wt	Aug 12.	Southern League, Tonbridge	
4.70.	Hannah	Long	U17		Apr 30.	NYAL, Crawley	
3.73.	Jade	Brooks	U15		Apr 22.	Southern League, Bracknell	
					Discus		
19.45.	Emily	Martin	U20		Aug 12.	Southern League, Tonbridge	
15.67.	Florence	King	U17		Apr 22.	Southern League, Bracknell	
15.54.	Laure	Causemille			Aug 12.	Southern League, Tonbridge	
15.12.	Gaby	Heaney	U15		Sept 16.	Lily B League, Kingston	
13.77/	Megan	Brown	U15		Sept 16.	Lily B League, Kingston	
13.34.	Hannah	Long	U17		Apr 30.	NYAL, Crawley	
12.33.	Mary	Brandon	U15		Aug 12.	Southern League, Tonbridge	
11.52.	Hannah	Long	U17	Snr Wt	July 15.	Southern League, Crawley	
					Javelin		
22.10.	Emily	Martin	U20		Aug 12.	Southern League, Tonbridge	
16.16.	Jennifer	Fernando	U17	Snr Wt	Apr 22.	Southern League, Bracknell	Snr
15.72.	Jennifer	Fernando	U17		Apr 30.	NYAL, Crawley	
15.54.	Laure	Causemille			Aug 12.	Southern League, Tonbridge	
13.62.	Rosemary	Fernando	U17	Snr Wt	Apr 22.	Southern League, Bracknell	Snr
12.59.	Rosemary	Fernando	U17		Sept 16.	Lily B League, Kingston	
11.89.	Caroline	Hicks	U15		Sept 16.	Lily B League, Kingston	
11.88.	Alex	Restaino	U13		May 6.	Lily B League, Guildford	
10.99.	Mary	Brandon	U15		Apr 30.	NYAL, Crawley	
9.61.	Gaby	Heaney	U15		Sept 16.	Lily B League, Kingston	
9.25.	Jade	Brooks	U15		June 17.	Lily B League, Walton	
4.53.	Rowena	Dyson	U20		July 15.	Southern League, Crawley	
					4x100m Relay		
55.5.	SW				Apr 22.	Southern League, Bracknell	

58.0.	U15				Apr 22.	Southern League, Bracknell		
58.0.	U15				June 4.	NYAL, Horsham		
58.4.	U15 (Caroline Hicks, Jade Brooks Mary Brandon. Amelia Richards)				June 25.	NYAL, Carshalton		
58.8.	SW (Claire Cann, Rosemary Fernando Jennifer Fernando, Laure Causemille)				Aug 15.	Southern League, Tonbridge		
59.1.	U15				June 17.	Lily B League, Walton		
59.9.	U15				Sept 16.	Lily B League, Kingston		
60.0.	U15 (Caroline Hicks, Jade Brooks Sophie Greenwood, Anna Berry)				May 6.	Lily B League, Guildford		
61.0.	U15 (Caroline Hicks, Jade Brooks Mary Brandon, Amelia Richards)				Apr 30.	NYAL, Crawley		
61.2.	U15				Aug 12.	Southern League, Tonbridge		
61.5.	U15 (Jade Brooks, Gaby Heaney Caroline Hicks, Natasha Skeets)				July 8.	Lily B League, Carshalton		
NB: 56.5 dq	SW: (Karen Tostee, Melissa Kheddouci Rowena Dyson, Laure Causemille)				Apr 22.	Southern League, Croydon		
						4x400m Relay		
4:41.3.	SW (Serena Brotherton (68.1); Hannah Long (78.3) Rosemary Fernando (70.9); Jennifer Fernando (64.8))				May 20.	Southern League, Croydon		
						Pentathlon		
2784 points	Amelia Richards U15				Sept 10.	Surrey AA Multi-Events Champs, Crawley		
	(SP: 6.86. 75H: 12.29/0.0. LJ: 4.18. HJ: 1.36. 800: 2:45.4)							
2700 pts (i)	Amelia Richards U15				Nov 25.	Welsh Indoor Champs, Cardiff		
	(60mH: 9.74. LJ: 4.51. HJ: 1.41. SP: 7.17. 800m: 2:34.4)							
Notes:	For track events up to 400m both best manual and electronic times are shown. (2C) = Second claim but athlete considered 'first claim' for competition shown.							

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