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## Hercules Wimbledon Athletic Club

### Ladies Ranking Lists for 2007 as at 1 December 2007

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#### Hercules Wimbledon AC Womens Rankings

2007

Hercules Wimbledon AC Womens Rankings				2007	
				<b>60m</b>	
7.85 (i)	Emily	Martin	U20		Mar 3. Surrey AA Indoor Champs, Sutton
7.91 (i)	Amelia	Richards	U15		Feb 3. Celtic Games, Cardiff
				<b>75m</b>	
11.3.	Eleanor	Smith-Hahn	U11		June 24. NYAL, Perivale
11.5.	Avalon	Howard-McCrow	U11		June 30. Lily B League, Guildford
11.62.	Eleanor	Smith-Hahn	U11		Apr 22. Walton AC Open Meeting, Walton
12.1.	Phoebe	Hayes	U11		July 14. Lily B League, Sutton
12.5.	Emma	Headley	U11		July 14. Lily B League, Sutton
12.7.	Sydney	Henderson	U11		May 26. Lily B League, Guildford
				<b>100m</b>	
12.41/+1.6w	Amelia	Richards	U15		Aug 11. England Athletics Champs, Sheffield
12.5.	Amelia	Richards	U15		June 9. London Schools Champs, Battersea
12.59/+0.8w	Emily	Martin	U20		May 13. Surrey Championships, Kingston
12.6.	Emily	Martin	U20		May 19. Southern League, Twickenham
13.0.	Anna	Berry	U15		May 26. Lily B League, Guildford
13.5.	Rowena	Dyson	U20		May 19. Southern League, Twickenham
13.5.	Sharon	Obayuwana	U15		July 14. Lily B League, Sutton
14.3.	Natasha	Skeet	U15		Sept 8. Lily B Plate Final, Kingston
14.5.	Jennifer	Fernando	U17		July 14. Lily B League, Sutton
14.6.	Jade	Brooks	U15		May 26. Lily B League, Guildford
14.76.	Avalon	Howard-McCrow	U11		June 17. Catholic Nat Schools Champs, Weybridge
14.9.	Caroline	Hicks	U17		June 3. NYAL, Kingston
14.9.	Rosemary	Fernando	U17		July 14. Lily B League, Sutton
15.1.	Eleanor	Smith-Hahn	U11		July 14. Lily B League, Sutton
15.2.	Ali	Borthwick	U15		May 19. Southern League, Twickenham
15.7.	Charlotte	Withers	U15		Apr 15. HW YA Meeting, Crystal Palace
16.3.	Olivia	Hogan	U13		May 26. Lily B League, Guildford
16.3.	Georgia	Cross	U13		July 14. Lily B League, Sutton
16.4.	Sophie	Robinson	U13		Apr 15. HW YA Meeting, Crystal Palace
16.48.	Eleanor	Smith-Hahn	U11		Mar 18. K&P Open Meeting, Kingston
16.5.	Maria	Rogan	U15		July 14. Lily B League, Sutton
16.7.	Sarah	Mathew	U13		June 30. Lily B League, Guildford
16.9.	Evangeline	Ling	U13		July 14. Lily B League, Sutton
16.9.	Tara	Wilson	U13		Sept 8. Lily B Plate Final, Kingston
17.7.	Collete	Forkin	U13		Apr 15. HW YA Meeting, Crystal Palace
17.9.	Rebecca	Stone	U13		Sept 8. Lily B Plate Final, Kingston
18.4.	Isabella	Bernie	U13		July 14. Lily B League, Sutton
				<b>150m</b>	
21.9.	Eleanor	Smith-Hahn	U11		May 20. NYAL, Hastings
22.7.	Avalon	Howard-McGrow	U11		July 22. NYAL, Sutton
24.4.	Rebecca	Stone	U11		July 14. Lily B League, Sutton
24.5.	Emma	Headley	U11		July 14. Lily B League, Sutton
25.1.	Phoebe	Hayes	U11		July 14. Lily B League, Sutton
26.3.	Sydney	Henderson	U11		May 26. Lily B League, Guildford
				<b>200m</b>	
25.7.	Amelia	Richards	U15		June 16. Herne Hill H Open Meeting, Tooting Bec
26.46/nwi	Amelia	Richards	U15		May 12. Surrey Championships, Kingston
27.6??	Anna	Berry	U15		May 10. Merton Schools, Wimbledon Park
27.8.	Sharon	Obayuwana	U15		July 14. Lily B League, Sutton
27.9.	Anna	Berry	U15		July 14. Lily B League, Sutton
28.11.	Anna	Berry	U15	in heats	June 9. Surrey Schools, Kingston
29.1.	Jennifer	Fernando	U17		July 22. NYAL, Sutton
30.1.	Jade	Brooks	U15		July 22. NYAL, Sutton
30.3.	Ali	Borthwick	U15		Apr 28. Southern League, Sutton
30.3.	Flo	King	U20		May 19. Southern League, Twickenham
30.4.	Rowena	Dyson	U20		May 19. Southern League, Twickenham
30.5.	Rosemary	Fernando	U17		July 22. NYAL, Sutton
31.06.	Avalon	Howard-McCrow	U11		June 17. Catholic Nat Schools Champs, Weybridge
31.2.	Eleanor	Smith-Hahn	U11		Sept 8. Lily B Plate Final, Kingston
31.7.	Karen	Tostee	U20		Apr 28. Southern League, Sutton
33.6.	Georgia	Cross	U13		July 14. Lily B League, Sutton
34.1.	Maria	Rogan	U15		July 14. Lily B League, Sutton
34.2.	Olivia	Hogan	U13		June 30. Lily B League, Guildford
35.0.	Sophie	Robinson	U13		Apr 15. HW YA Meeting, Crystal Palace
35.4.	Sydney	Henderson	U13		June 30. Lily B League, Guildford
40.4.	Isabella	Bernie	U13		July 14. Lily B League
				<b>300m</b>	
46.7.	Jennifer	Fernando	U17		May 6. NYAL, St Albans
47.8.	Caroline	Hicks	U17		June 3. NYAL, Hastings
48.9.	Rosemary	Fernando	U17		May 6. NYAL, St Albans
				<b>400m</b>	

63.9.	Jennifer	Fernando	U17	May 19. Southern League, Twickenham	
68.1.	Rosemary	Fernando	U17	May 19. Southern League, Twickenham	
<b>600m</b>					
1:55.4.	Eleanor	Smith-Hahn	U11	Apr 15. HW YA Meeting, Crystal Palace	
2:03.2.	Rebecca	Stone	U11	June 30. Lily B League, Guildford	
2:04.1.	Emma	Headley	U11	July 14. Lily B League, Sutton	
2:07.4.	Ella	Cross	U11	Apr 15. HW YA Meeting, Crystal Palace	
2:13.6.	Olivia	Pinkness	U11	Apr 15. HW YA Meeting, Crystal Palace	
2:14.0.	Sarah	Mathew	U11	Apr 15. HW YA Meeting, Crystal Palace	
2:19.4.	Sydney	Henderson	U11	May 26. Lily B League, Guildford	
2:24.1.	Jessica	McLean	U11	Apr 15. HW YA Meeting, Crystal Palace	
2:32.4.	Cecilia	Husband	U11	Apr 15. HW YA Meeting, Crystal Palace	
<b>800m</b>					
2:20.80.	Jennifer	Fernando	U17	June 9. Surrey Schools, Kingston	
2:31.5.	Rosemary	Fernando	U17	June 24. NYAL, Perivale	
2:31.6.	Amelia	Richards	U15	June 24. SE Schools Multi Events, Hendon	
2:41.86 (i)	Amelia	Richards	U15	Jan 6. SEAA Multi-Events Champs, Picketts Lock	
2:43.9.	Eleanor	Smith-Hahn	U11	June 24. NYAL, Perivale	
2:44.4.	Caroline	Hicks	U17	June 3. NYAL, Kingston	
2:44.8.	Sharon	Obayuwana	U15	July 14. Lily B League, Sutton	
2:48.2.	Jade	Brooks	U15	Apr 15. HW YA Meeting, Crystal Palace	
2:49.2.	Ali	Borthwick	U15	Apr 28. Southern League, Sutton	
2:52.3.	Hannah	Long	U17	Apr 15. HW YA Meeting, Crystal Palace	
3:02.5.	Sarah	Mathew	U13	June 30. Lily B League, Guildford	
3:07.7.	Sophie	Robinson	U13	Apr 15. HW YA Meeting, Crystal Palace	
3:08.5.	Sydney	Henderson	U13	June 30. Lily B League, Guildford	
3:14.0.	Ella	Dobson	U13	Sept 8. Lily B Plate Final, Kingston	
3:15.9.	Evangeline	Ling	U13	July 14. Lily B League, Sutton	
3:18.8.	Maria	Rogan	U15	May 26. Lily B League, Guildford	
3:21.9.	Isabel	Husband	U13	Apr 15. HW YA Meeting, Crystal Palace	
<b>1200m</b>					
4:09.7.	Eleanor	Smith-Hahn	U11	May 20. NYAL, Hastings	HW U13 record
<b>1500m</b>					
4:53.4.	Medena	Knespl		July 4. Rosenheim League, Tooting Bec	
5:00.71.	Rosemary	Fernando	U17	June 9. Surrey Schools, Kingston	
5:09.2.	Jennifer	Fernando	U17	July 14. Lily B League, Sutton	
5:19.5.	Eleanor	Smith-Hahn	U11	Sept 8. Lily B Plate Final, Kingston	
5:57.3.	Sophie	Robinson	U13	June 30. Lily B League, Guildford	
5:59.5.	Jade	Brooks	U15	Sept 8. Lily B Plate Final, Kingston	
6:00.7.	Rebecca	Strong	U13	Sept 8. Lily B Plate Final, Kingston	
6:05.5.	Hannah	Long	U17	Apr 28. Southern League, Sutton	
6:38.9.	Megan	Brown	U15	June 30. Lily B League, Guildford	
<b>1 mile</b>					
5:09.70 (i)	Medena	Knespl		Feb 3. Invitation Meeting, New Haven, USA	
<b>3000m</b>					
10:03.5.	Naomi	Warner		Aug 15. Rosenheim Final, Kingston	
10:05.85 (i)	Medena	Knespl		Dec 1. Boston, MA, USA	
10:37.4.	Claire	Cann		July 4. Rosenheim League, Tooting Bec	
10:41.9.	Medena	Knespl		July 25. Rosenheim League, Tooting Bec	
11:25.8.	Rosemary	Fernando	U17	May 13. Surrey Championships, Kingston	
11:26.8.	Lindsay	Ferguson		June 6. Rosenheim League, Tooting Bec	
11:42.8.	Michaela	Knespl	U15	July 4. Rosenheim League, Tooting Bec	
13:03.2.	Serena	Brotherton	U20	May 19. Southern League, Twickenham	
15:19.1.	Kirstina	Moore		Aug 15. Rosenheim Final, Kingston	
<b>5000m</b>					
19:04.07.	Medena	Knespl		Mar 24. Springtime Open, Dedham, MA, USA	
<b>3000m Walk</b>					
14:48.96.	Estle	Viljoen	W35	May 12. Surrey Championships, Kingston	
<b>5000m Walk</b>					
25:03.84.	Estle	Viljoen	W35	July 29. AAAs Champs, Manchester	
<b>10,000m Walk</b>					
51:48.6.	Estle	Viljoen	W35	Apr 24. Surrey Championship, Battersea Park	
<b>60m Hurdles</b>					
9.78 (i)	Amelia	Richards	U15	Jan 6. SEAA Multi-Events Champs, Picketts Lock	
<b>70m Hurdles</b>					
15.5.	Eleanor	Smith-Hahn	U11	July 14. Lily B League, Sutton	
<b>75m Hurdles</b>					
11.5.	Amelia	Richards	U15	June 3. NYAL, Kingston	HW U15 record
11.52/+1.6w	Amelia	Richards	U15	Aug 11. England Athletics Champs, Sheffield	
14.4.	Natasha	Skeet	U15	Sept 8. Lily B Plate Final, Kingston	
14.88/-0.3w	Natasha	Skeet	U15	June 9. Surrey Schools, Kingston	
<b>400m Hurdles</b>					
76.3.	Karen	Tostee	U20	Apr 28. Southern League, Sutton	
87.9.	Flo	King	U20	May 19. Southern League, Twickenham	
<b>High Jump</b>					
1.50 (i)	Amelia	Richards	U15	Jan 6. SEAA Multi-Events Champs, Picketts Lock	
1.50.	Emily	Martin	U20	Apr 28. Southern League, Sutton	
1.45.	Amelia	Richards	U15	May 23. London Schools, Multi Events, Lee Valley	
1.43.	Ali	Borthwick	U15	June 24. NYAL, Perivale	
1.35.	Sophie	Greenwood	U15	May 26. Lily B League, Guildford	
1.05.	Eleanor	Hahn-Smith	U11	May 6. NYAL, St Albans	
<b>Long Jump</b>					
5.80/-1.0w	Emily	Martin	U20	June 24. England Athletics Championship, Bedford	HW U20 record

5.56.	Amelia	Richards	U15	Apr 28.	Southern League, Sutton	
5.53 (i)	Emily	Martin	U20	Jan 21.	SEAA Indoor Championships, Picketts Lock	
5.18 (i)	Amelia	Richards	U15	Feb 24.	England Athletics Indoor Champs, Birmingham	
4.46.	Natasha	Skeet	U15	Apr 28.	Southern League, Sutton	
4.38.	Karen	Tostee	U20	Apr 28.	Southern League, Sutton	
4.35.	Anna	Berry	U15	July 14.	Lily B League, Sutton	
4.19.	Caroline	Hicks	U17	July 14.	Lily B League, Sutton	
3.79.	Avalon	Howard-McCrow	U11	July 22.	NYAL, Sutton	
3.78.	Rowena	Dyson	U20	July 7.	Southern League, Kingston	
3.69.	Eleanor	Smith-Hahn	U11	May 26.	Lily B League, Guildford	
3.49.	Julia	Volker		May 19.	Southern League, Twickenham	
3.40.	Rebecca	Stone	U11	July 14.	Lily B League, Sutton	
3.32.	Evangeline	Ling	U13	July 14.	Lily B League, Sutton	
3.18.	Phoebe	Hayes	U11	July 14.	Lily B League, Sutton	
3.16.	Sophie	Robinson	U13	June 30.	Lily B League, Guildford	
3.10.	Isabel	Husband	U13	Apr 15.	HW YA Meeting, Crystal Palace	
3.05.	Georgia	Cross	U13	July 14.	Lily B League, Sutton	
2.91.	Olivia	Hogan	U13	July 14.	Lily B League, Sutton	
2.79.	Isabella	Bernie	U13	July 14.	Lily B League, Sutton	
2.76.	Tara	Wilson	U13	July 14.	Lily B League, Sutton	
2.57.	Maria	Rogan	U15	July 14.	Lily B League, Sutton	
2.51.	Sydney	Henderson	U13	June 30.	Lily B League, Guildford	
<b>Triple Jump</b>						
11.36 (i)	Emily	Martin	U20	Jan 20.	SEAA Indoor Championships, Picketts Lock	
11.21.	Emily	Martin	U20	May 19.	Southern League, Twickenham	
10.72/+1.1w	Amelia	Richards	U15	May 27.	SEAA U17/U15 Champs, Ashford	HW U15 record
10.40 (i)	Amelia	Richards	U15	Mar 3.	Surrey AA Indoor Champs, Sutton	
<b>Shot</b>						
8.83.	Emily	Martin	U20	4kg	July 7.	Southern League, Kingston
8.54.	Amelia	Richards	U15	3.25kg	June 24.	SE Schools Multi Events, Hendon
8.25 (i)	Amelia	Richards	U15	3.25kg	Mar 17.	England Athletics Multi Champs, Manchester
6.83.	Julia	Volker		4kg	May 19.	Southern League, Twickenham
6.20.	Sharon	Obayuwana	U15	3.25kg	June 3.	NYAL, Kingston
4.96.	Rowena	Dyson	U20	4kg	Sept 1.	Southern League, Basildon
4.87.	Megan	Brown	U15	3.25kg	June 30.	Lily B League, Guildford
<b>Discus</b>						
22.05.	Flo	King	U20	1kg	May 19.	Southern League, Twickenham
19.21.	Emily	Martin	U20	1kg	July 7.	Southern League, Kingston
13.98.	Rowena	Dyson	U20	1kg	May 19.	Southern League, Twickenham
13.42.	Sophie	Greenwood	U15	1kg	May 26.	Lily B League, Guildford
12.56.	Ella	Dobson	U13	0.75kg	Sept 8.	Lily B Plate Final, Kingston
12.13.	Megan	Brown	U15	1kg	June 30.	Lily B League, Guildford
<b>Javelin</b>						
21.95.	Emily	Martin	U20	600g	July 7.	Southern League, Kingston
14.78.	Jennifer	Fernando	U17	600g	July 22.	NYAL, Sutton
13.63.	Caroline	Hicks	U17	600g	Apr 15.	HW YA Meeting, Crystal Palace
11.69.	Ali	Borthwick	U15	600g	June 24.	NYAL, Perivale
11.31.	Rosemary	Fernando	U17	600g	Apr 28.	Southern League, Sutton
11.12.	Jade	Brooks	U15	600g	Sept 1.	Southern League, Basildon
9.01.	Sophie	Greenwood	U15	600g	May 26.	Lily B League, Guildford
8.72.	Tara	Wilson	U13	400g	Sept 8.	Lily B Plate Final, Kingston
8.50.	Rowena	Dyson	U20	600g	July 7.	Southern League, Kingston
8.33.	Sarah	Mathew	U13	400g	June 30.	Lily B League, Guildford
<b>Pentathlon</b>						
3037pts	Amelia	Richards	U15		June 24.	SE Schools Multi Events, Hendon
						HW U15G record
						(75mH: 11.8. SP: 8.54. HJ: 1.44. LJ: 5.42. 800m: 2:31.6)
2854pts (i)	Amelia	Richards	U15		Jan 6.	SEAA Multi-Events Champs, Picketts Lock
						(60mH: 9.78. HJ: 1.50. SP: 7.46. LJ: 5.01. 800m: 2:41.86)
<b>4x100m Relay</b>						
55.2.	U15	(Anna Berry, Jade Brooks, Natasha Skeet, Amelia Richards)		Apr 28.	Southern League, Sutton	
55.5.	SW			Sept 1.	Southern League, Basildon	
57.1.	U15			Apr 15.	HW YA Meeting, Crystal Palace	
57.7.	U15	(A Berry, S Obayuwana J Brooks, M Rogan)		July 14.	Lily B League, Sutton	
57.8.	SW			May 19.	Southern League, Twickenham	
57.8.	U15			Sept 8.	Lily B Plate Final, Kingston	
60.9.	U17			Apr 15.	HW YA Meeting, Crystal Palace	
64.4.	U13			Apr 15.	HW YA Meeting, Crystal Palace	
65.3.	U13			Sept 8.	Lily B Plate Final, Kingston	
66.7.	U13			July 14.	Lily B League, Sutton	
67.6.	U13			June 30.	Lily B League, Guildford	
<b>4x400m Relay</b>						
4:41.2.	U17	Rosemary Fernando (69.7), Hannah Long (77.1) Caroline Hicks (70.4), Jennifer Fernando (64.0)		Apr 28.	Southern League, Sutton	HW U17 record
4:54.5.	SW			May 19.	Southern League, Twickenham	
5:07.2.	SW			Sept 1.	Southern League, Basildon	
Note:	(i) = indoors					



