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Hercules Wimbledon Athletic Club

Ladies Ranking Lists for 2008 as at 16 January 2009

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

HW Women T&F Rankings

2008

				60m		
8.02 (i)	Emily	Martin			Mar 1.	Surrey Indoor Champs, Sutton
				75m		
10.9.	Dalia	Serafy	U13		June 1.	NYAL, Highgate
11.1.	Mateni	Aki-Sawyerr	U13		June 22.	NYAL, Kingston
11.1.	Eleanor	Smith-Hahn	U13		July 20.	NYAL, Kingston
11.6.	Avalon	Howard-McCrow	U13		May 4.	NYAL, Kingston
12.1.	Olivia	Hogan	U13		May 4.	NYAL, Kingston
12.2.	Emma	Headley	U13		July 20.	NYAL, Kingston
12.9.	Emily	Dobson	U11		Sept 20.	Lily B League, Kingston
13.0.	Sydney	Henderson	U13		May 4.	NYAL, Kingston
13.5.	Georgia	Prescott	U13		May 4.	NYAL, Kingston
				100m		
12.7.	Emily	Martin			July 26.	Southern League, Horsham
13.3.	Sharon	Obayuwana	U15		June 1.	NYAL, Highgate
13.38/nwr	Sharon	Obayuwana	U15		May 11.	Surrey Championships, Kingston
13.4.	Laure	Duval			May 31.	Southern League, Twickenham
13.71/-2.7w	Sharon	Obayuwana	U15		June 14.	Surrey Schools Champs, Kingston
14.0.	Eleanor	Smith-Hahn	U13		June 21.	Herne Hill H Open, Tooting Bec
14.09/nwr	Avalon	Howard-McCrow	U13		June 16.	National Catholic Schools, Weybridge
14.17/+0.4w	Eleanor	Smith-Hahn	U13	in hts	May 10.	Surrey Championships, Kingston
14.2.	Natasha	Skeet	U17		May 24.	Lily B League, Tooting Bec
14.2.	Jeanne	Mbimbu	U15		June 1.	NYAL, Highgate
14.5.	Dalia	Serafy	U13		July 12.	Lily B League, Guildford
14.6.	Georgia	Haigh	U15		Sept 20.	Lily B League, Kingston
14.61/+0.2w	Eleanor	Smith-Hahn	U13		Apr 20.	Open Meeting, Battersea Park
14.8.	Avalon	Howard-McCrow	U13		June 7.	Lily B League, Sutton
14.92/+0.4w	Avalon	Howard-McGrow	U13		May 11.	Surrey Championships, Kingston
15.6.	Miranda	Skeet	U13		July 12.	Lily B League, Guildford
16.1.	Olivia	Hogan	U13		Sept 20.	Lily B League, Kingston
16.7.	Anna	Sigo-Young	U13		Sept 20.	Lily B League, Kingston
17.3.	Marie	Thomas	U13		May 24.	Lily B League, Tooting Bec
17.3.	Georgia	Prescott	U13		Sept 20.	Lily B League, Kingston
				150m		
20.83.	Dalia	Serafy	U13		June 18.	Independent Schools Champs, Eton
21.5.	Eleanor	Smith-Hahn	U13		June 1.	NYAL, Highgate
21.8.	Dalia	Serafy	U13		May 4.	NYAL, Kingston
22.2.	Avalon	Howard-McGrow	U13		May 4.	NYAL, Kingston
23.12.	Eleanor	Smith-Hahn	U13		Mar 16.	K&P Open Meeting, Kingsmeadow
24.19.	Avalon	Howard-McGrow	U13		Mar 16.	K&P Open Meeting, Kingsmeadow
24.3.	Olivia	Hogan	U13		July 20.	NYAL, Kingston
24.8.	Emma	Headley	U13		June 22.	NYAL, Kingston
				200m		
25.7.	Emily	Martin			May 31.	Southern League, Twickenham
27.13/-1.2w	Sharon	Obayuwana	U15		May 10.	Surrey Championships, Kingston
27.4.	Sharon	Obayuwana	U15		June 1.	NYAL, Highgate
27.7.	Laure	Duval			May 31.	Southern League, Twickenham
29.28/+5.0w	Eleanor	Smith-Hahn	U13		May 11.	Surrey Championships, Kingston
29.4.	Eleanor	Smith-Hahn	U13		Sept 14.	HW YA Meeting, Crystal Palace
29.55/-0.8w	Jessica	Wood	U15		May 10.	Surrey Championships, Kingston
29.6.	Jeanne	Mbimbu	U15		June 1.	NYAL, Highgate
29.6.	Ali	Borthwick	U17		June 14.	London Schools, Battersea Park
29.80/+0.1w	Eleanor	Smith-Hahn	U13		Apr 20.	Open Meeting, Battersea Park
30.09/nwr	Avalon	Howard-McCrow	U13		June 16.	National Catholic Schools, Weybridge
30.6.	Jade	Brooks	U17		July 12.	Lily B League, Guildford
30.7.	Amandine	King			July 23.	Rosenheim League, Tooting Bec
31.30/+2.7w	Katie	Lampl	U13		May 11.	Surrey Championships, Kingston
31.7.	Avalon	Howard-McCrow	U13		June 7.	Lily B League, Sutton
31.9.	Marie	Gilmartin	U13		June 7.	Lily B League, Sutton
32.0.	Miranda	Skeet	U13		July 12.	Lily B League, Guildford
32.5.	Maria	Rogan	U17		June 1.	NYAL, Highgate
32.9.	Emma	Headley	U13		July 12.	Lily B League, Guildford
33.4.	Hannah	Fernando			July 23.	Rosenheim League, Tooting Bec
37.4.	Georgia	Prescott	U13		Sept 20.	Lily B League, Kingston
				300m		

49.2.	Jade	Brooks	U17	May 24.	Lily B League, Tooting Bec	
51.8.	Maria	Rogan	U17	June 22.	NYAL, Kingston	
				400m		
62.0.	Jennifer	Fernando	U20	July 26.	Southern League, Horsham	
70.2.	Jade	Brooks	U17	May 31.	Southern League, Twickenham	
				600m		
2:12.1.	Celia	Willis	U11	Sept 14.	HW YA Meeting, Crystal Palace	
2:20.6.	Emily	Dobson	U11	Sept 14.	HW YA Meeting, Crystal Palace	
2:36.4.	Josie	Kavanagh	U11	Sept 14.	HW YA Meeting, Crystal Palace	
				800m		
2:22.31.	Jennifer	Fernando	U20	July 30.	BMC Meeting, Watford	
2:25.08.	Eleanor	Smith-Hahn	U13	July 27.	U13s Inter Counties, Kingston	
2:28.26.	Amandine	King		July 30.	Watford Open Meeting	
2:34.8.	Rosemary	Fernando	U20	Apr 26.	Southern League, Kingsmeadow	
2:41.37.	Rebecca	Stone	U13	June 16.	National Catholic Schools, Weybridge	
2:43.2.	Emma	Headley	U13	Sept 14.	HW YA Meeting, Crystal Palace	
2:45.2.	Katie	Kemp	U17	May 15.	Merton Schools, Wimbledon Park	
2:45.31.	Caroline	Hicks	U17	June 14.	Surrey Schools Champs, Kingston	
2:46.2.	Connie	Rose	U15	May 31.	Southern League, Twickenham	
2:47.3.	Maire	Gilmartin	U13	Sept 14.	HW YA Meeting, Crystal Palace	
2:54.1.	Hannah	Fernando		July 23.	Rosenheim League, Tooting Bec	
2:54.4.	Ella	Dobson	U13	May 24.	Lily B League, Tooting Bec	
2:55.8.	Georgia	Haigh	U15	May 24.	Lily B League, Tooting Bec	
2:56.6.	Rebecca	Stone	U13	May 4.	NYAL, Kingston	
2:58.8.	Olivia	Hogan	U13	July 12.	Lily B League, Guildford	
3:02.2.	Sydney	Henderson	U13	May 4.	NYAL, Kingston	
3:05.3.	Anna	Sigo-Young	U13	June 22.	NYAL, Kingston	
3:06.2.	Imogen	Willis	U13	Sept 14.	HW YA Meeting, Crystal Palace	
3:22.0.	Gemma	Isaacs	U13	July 12.	Lily B League, Guildford	
3:29.0.	Angela	Kikugawa	W45	July 23.	Rosenheim League, Tooting Bec	HW W45 record
3:49.8.	Carmelina	Hancock	W55	July 14.	SCVAC League, Battersea Park	HW W55 record
				1200m		
4:07.2.	Eleanor	Smith-Hahn	U13	June 1.	NYAL, Highgate	HW U13G Record
4:16.3.	Emma	Headley	U13	June 1.	NYAL, Highgate	
				1500m		
5:07.2.	Eleanor	Smith-Hahn	U13	July 12.	Lily B League, Guildford	HW U13G Record
5:07.7.	Rosemary	Fernando	U20	May 31.	Southern League, Twickenham	
5:27.2.	Jennifer	Fernando	U20	Apr 26.	Southern League, Kingsmeadow	
5:27.92.	Micheala	Knespl	U17	June 14.	Surrey Schools Champs, Kingston	
5:30.1.	Emma	Headley	U13	July 12.	Lily B League, Guildford	
5:33.58.	Connie	Rose	U15	May 11.	Surrey Championships, Kingston	
5:37.86.	Rebecca	Stone	U13	June 16.	National Catholic Schools, Weybridge	
5:42.7.	Kate	Buchanan	U15	Sept 20.	Lily B League, Kingston	
5:54.46.	Ella	Dobson	U13	May 11.	Surrey Championships, Kingston	
6:19.7.	Jade	Brooks	U17	May 15.	Merton Schools, Wimbledon Park	
6:21.8.	Ruth	Seward		June 4.	Rosenheim League, Tooting Bec	
6:39.1.	Megan	Brown	U17	Sept 20.	Lily B League, Kingston	
6:59.7.	Angela	Kikugawa	W45	June 4.	Rosenheim League, Tooting Bec	HW W45 record
				1 Mile		
4:58.63. (i)	Medena	Knespl		Jan 17.	Boston, MA, USA	
				3000m		
9:52.17.	Medena	Knespl		May 16.	Princeton, New Jersey, USA	
10:02.38 (i)	Medena	Knespl		Feb 2.	Allston, MA, USA	
10:06.24.	Naomi	Warner		June 15.	South of England Champs, C Palace	
10:43.5.	Claire	Grima		Aug 13.	Rosenheim League, Tooting Bec	
11:47.7.	Anna	Garnier	W50	July 23.	Rosenheim League, Tooting Bec	HW W50 record
11:48.1.	Rosemary	Fernando	U20	Aug 13.	Rosenheim League, Tooting Bec	
12:33.8.	Marilena	De Luca		July 23.	Rosenheim League, Tooting Bec	
13:03.9.	Caroline	Hicks	U17	Apr 26.	Southern League, Kingsmeadow	
13:27.4.	Hannah	Long	U20	Apr 26.	Southern League, Kingsmeadow	
				5000m		
16:51.01.	Medena	Knespl		May 8.	Durham, New Hampshire, USA	HW Record
17:45.80 (i)	Medena	Knespl		Feb 9.	The Amory, NY, USA	
				3000m Walk		
15:32.13.	Estle	Viljoen	W35	June 21.	Masters International, Ashford, Kent	
				5000m Walk		
25:58.9.	Estle	Viljoen	W35	Sept 27.	Inter Area Match, Worcester	
				70m Hurdles		
13.5.	Mayeni	Aki-Sawyerr	U13	June 22.	NYAL, Kingston	
13.6.	Avalon	Howard-McCrow	U13	June 22.	NYAL, Kingston	
13.7.	Maire	Gilmartin	U13	May 24.	Lily B League, Tooting Bec	
13.8.	Emma	Headley	U13	July 12.	Lily B League, Guildford	
16.0.	Olivia	Hogan	U13	July 20.	NYAL, Kingston	
16.2.	Ella	Dobson	U13	June 7.	Lily B League, Sutton	
				75m Hurdles		
14.0.	Eleanor	Smith-Hahn	U13	May 4.	NYAL, Kingston	

15.1.	Olivia	Hogan	U13		May 4.	NYAL, Kingston	
High Jump							
1.40.	Emily	Martin			June 28.	Southern League, Croydon	
1.40.	Ali	Borthwick	U17		June 14.	London Schools, Battersea Park	
1.35.	Laure	Duval			May 31.	Southern League, Twickenham	
1.33.	Eleanor	Smith-Hahn	U13		Sept 20.	Lily B League, Kingston	
1.15.	Avalon	Howard-McCrow	U13		June 7.	Lily B League, Sutton	
1.10.	Olivia	Hogan	U13		May 4.	NYAL, Kingston	
1.10.	Sydney	Henderson	U13		Sept 20.	Lily B League, Kingston	
1.05.	Rebecca	Stone	U13		June 7.	Lily B League, Sutton	
Long Jump							
5.57.	Emily	Martin			May 10.	Surrey Championships, Kingston	
5.43 (i)	Emily	Martin			Mar 1.	Surrey Indoor Champs, Sutton	
4.12.	Natasha	Skeet	U17		June 7.	Lily B League, Sutton	
3.95.	Eleanor	Smith-Hahn	U13		June 1.	NYAL, Highgate	
3.93.	Avalon	Howard-McCrow	U13		June 16.	National Catholic Schools, Weybridge	
3.92.	Ali	Borthwick	U17		June 7.	Lily B League, Sutton	
3.62.	Jeanne	Mbimbu	U15		May 24.	Lily B League, Tooting Bec	
3.58.	Rebecca	Stone	U13		June 7.	Lily B League, Sutton	
3.47.	Katie	Lampl	U13		May 11.	Surrey Championships, Kingston	
3.31.	Olivia	Hogan	U13		July 12.	Lily B League, Guildford	
3.18.	Maria	Rogan	U17		May 4.	NYAL, Kingston	
3.02.	Miranda	Skeet	U13		July 12.	Lily B League, Guildford	
2.94.	Emma	Headley	U13		June 1.	NYAL, Highgate	
2.69.	Celia	Willis	U11		July 12.	Lily B League, Guildford	
2.66.	Emily	Dobson	U11		Sept 20.	Lily B League, Kingston	
Shot							
8.63.	Emily	Martin		4kg	Apr 26.	Southern League, Kingsmeadow	
8.00.	Sharon	Obayuwana	U15	3.25kg	June 1.	NYAL, Highgate	
5.85.	Micheala	Knespl	U17	4kg	May 15.	Merton Schools, Wimbledon Park	
5.83.	Jeanne	Mbimbu	U15.	3.25kg	June 1.	NYAL, Highgate	
5.35.	Dalia	Serafy	U13	2.72kg	June 22.	NYAL, Kingston	
5.30.	Ann	Martin	W45	4kg	July 26.	Southern League, Horsham	HW W45 record
5.12.	Megan	Brown	U17	4kg	Sept 20.	Lily B League, Kingston	
4.85.	Ella	Dobson	U13	2.72kg	Sept 14.	HW YA Meeting, Crystal Palace	
4.73.	Emma	Headley	U13	2.72kg	Sept 14.	HW YA Meeting, Crystal Palace	
4.19.	Natasha	Skeet	U17	4kg	May 31.	Southern League, Twickenham	
4.10.	Jade	Brooks	U17	4kg	May 4.	NYAL, Kingston	
4.24.	Gill	England	W50	4kg	June 28.	Southern League, Croydon	HW W50 record
3.63.	Georgia	Prescott	U13	2.72kg	Sept 20.	Lily B League, Kingston	
Discus							
19.24.	Emily	Martin		1kg	June 28.	Southern League, Croydon	
13.92.	Megan	Brown	U17	1kg	June 7.	Lily B League, Sutton	
13.63.	Hannah	Long	U20	1kg	July 26.	Southern League, Horsham	
11.34.	Ella	Dobson	U13	0.75kg	Sept 20.	Lily B League, Kingston	
10.81.	Sydney	Henderson	U13	0.75kg	Sept 20.	Lily B League, Kingston	
10.68.	Faye	Martin		1kg	June 28.	Southern League, Croydon	
9.67.	Ann	Martin	W45	1kg	July 26.	Southern League, Horsham	HW W45 record
Javelin							
24.76.	Emily	Martin		600g	June 28.	Southern League, Croydon	
22.68.	Georgia	Mathieson	U15	600g	May 31.	Southern League, Twickenham	
14.64.	Jennifer	Fernando	U20	600g	June 28.	Southern League, Croydon	
15.18.	Ali	Borthwick	U15	600g	June 7.	Lily B League, Sutton	
12.56.	Ella	Dobson	U13	400g	June 7.	Lily B League, Sutton	
10.64.	Jade	Brooks	U17	600g	May 24.	Lily B League, Tooting Bec	
8.67.	Rosemary	Fernando	U20	600g	Apr 26.	Southern League, Kingsmeadow	
7.27.	Olivia	Hogan	U13	400g	Sept 20.	Lily B League, Kingston	
6.26.	Gemma	Isaacs	U13	400g	July 12.	Lily B League, Guildford	
Hammer							
15.41.	Ann	Martin	W45	4kg	July 26.	Southern League, Horsham	HW W45 record
9.57.	Gill	England	W50	4kg	June 28.	Southern League, Croydon	HW W50 record
4x100m Relay							
55.6.	SW				May 31.	Southern League, Twickenham	
58.9.	U13				June 22.	NYAL, Kingston	
60.2.	U13				May 4.	NYAL, Kingston	
4x400m Relay							
4:32.5.	SW (J Brooks 69.9, R Fernando 67.2 C Grima 72.9, J Fernando 62.5)				May 31.	Southern League, Twickenham	
4:43.9.	U20 (R Fernando (70.9), H Long (74.6) C Hicks (72.4), J Fernando (65.9)				Apr 26.	Southern League, Kingsmeadow	

(i) = indoors

