

Updated 27-01-10



## Hercules Wimbledon Athletic Club

### Ladies Ranking Lists for 2009 as at 16 January 2010

	HW Track & Field Rankings			Women	2009
<a href="#">Home</a>	7.90 (i)	Emily	Martin		Jan 25. Sutton Open Meeting, Sutton Arena
	8.63 (i)	Rowena	Dyson		Mar 14. British University Indoor, Sheffield
<a href="#">Up</a>	9.36.	Amandine	King		Nov 8. Lugo. Spain
	<b>60m</b>				
	10.7.	Eleanor	Smith-Hahn	U13	May 3. NYAL, Crawley
	11.3.	Rebecca	Dinsdale	U13	June 21. NYAL, Worthing
	11.7.	Amy	Culleton	U13	May 3. NYAL, Crawley
	13.2.	Emily	Dobson	U11	May 23. Lily B League, Guildford
	13.7.	Mimi	Lanfranchi	U11	May 23. Lily B League, Guildford
	<b>75m</b>				
	12.35/+1.1	Emily	Martin		June 20. South of England Champs, Watford
	13.33/nwr	Rowena	Dyson		May 2. British University Champs, Bedford
	13.66/-1.2	Eleanor	Smith-Hahn	U13	May 9. Surrey Champs, Kingston
	13.7.	Sharon	Obayuwana	U17	July 19. NYAL, Carshalton
	13.7.	Jowita	Miesziowska	U15	July 19. NYAL, Carshalton
	14.10/+3.5	Sharon	Obayuwana	U17	Apr 19. HW YA Meeting, Crystal Palace
	14.3.	Dalia	Serafy	U13	Sept 5. Southern League, Wimbledon Park
	15.3.	Amy	Culleton	U13	May 23. Lily B League, Guildford
	15.4.	Rebecca	Stone	U13	May 23. Lily B League, Guildford
	15.4.	Rebecca	Dinsdale	U13	May 23. Lily B League, Guildford
	15.7.	Olivia	Hogan	U15	July 4. Lily B League, Guildford
	16.0.	Niamh	Wilson	U17	June 21. NYAL, Worthing
	16.5.	Georgia	Green	U13	June 6. Lily B League, Carshalton
	<b>100m</b>				
	20.8.	Eleanor	Smith-Hahn	U13	May 3. NYAL, Crawley
	21.8.	Amy	Culleton	U13	July 19. NYAL, Carshalton
	25.5.	Rebecca	Stone	U13	May 31. NYAL, Horsham
	28.5.	Mimi	Lanfranchi	U11	June 6. Lily B League, Carshalton
	<b>150m</b>				
	25.32/+1.0	Emily	Martin		June 21. South of England Champs, Watford
	26.2.	Emily	Martin		Apr 25. Southern League, Wimbledon Park
	28.06/+2.6w	Rowena	Dyson		May 3. British University Champs, Bedford
	28.36/+2.0	Eleanor	Smith-Hahn	U13	Apr 19. HW YA Meeting, Crystal Palace
	28.7.	Eleanor	Smith-Hahn	U13	Apr 11. Chelmsford Open Meeting
	29.00/+1.5	Sharon	Obayuwana	U15	Apr 19. HW YA Meeting, Crystal Palace
	29.04 (i)	Rowena	Dyson		Mar 15. British University Indoor, Sheffield
	29.3.	Jowita	Miesziowska	U15	Sept 5. Southern League, Wimbledon Park
	31.6.	Rebecca	Dinsdale	U13	July 4. Lily B League, Guildford
	32.2.	Olivia	Hogan	U15	July 19. NYAL, Carshalton
	33.8.	Georgia	Green	U13	June 6. Lily B League, Carshalton
	34.2.	Claire	Rogers	U13	May 23. Lily B League, Guildford
	34.7.	Olivia	Wilson	U15	Apr 25. Southern League, Wimbledon Park
	34.7.	Rebecca	Stone	U13	Sept 5. Southern League, Wimbledon Park
	<b>200m</b>				
	2:08.63.	Phoebe	Page	U11	Apr 19. HW YA Meeting, Crystal Palace
	2:16.0.	Kate	Headley	U11	Sept 12. Lily B Plate, West Ewell
	2:19.41.	Celia	Willis	U11	Apr 19. HW YA Meeting, Crystal Palace
	2:24.28.	Josie	Kavanagh	U11	Apr 19. HW YA Meeting, Crystal Palace
	2:26.0.	Mimi	Lanfranchi	U11	May 23. Lily B League, Guildford
	2:27.96.	Hannah	Russell	U11	Apr 19. HW YA Meeting, Crystal Palace
	2:31.5.	Emily	Dobson	U11	May 23. Lily B League, Guildford
	<b>600m</b>				
	2:32.37.	Eleanor	Smith-Hahn	U13	Apr 19. HW YA Meeting, Crystal Palace
	2:32.5.	Eleanor	Smith-Hahn	U13	May 3. NYAL, Crawley
	2:38.2.	Maire	Gilmartin	U15	May 3. NYAL, Crawley
	2:38.6.	Kate	Buchanan	U17	June 10. Rosenheim League, Wimbledon Park
	2:41.7.	Claire	Grima		Sept 5. Southern League, Wimbledon Park
	2:42.7.	Olivia	Archdeacon	U17	May 23. Lily B League, Guildford
	2:45.8.	Ella	Dobson	U15	May 23. Lily B League, Guildford
	2:50.9.	Anna	Silgo-Young	U13	May 23. Lily B League, Guildford
	2:55.4.	Jenny	Williams	U13	May 23. Lily B League, Guildford
	2:59.7.	Georgia	Haigh	U17	Sept 5. Southern League, Wimbledon Park
	3:00.54.	Imogen	Willis	U13	Apr 19. HW YA Meeting, Crystal Palace
	3:03.8.	Laura	Wells	U17	May 6. Merton Schools, Wimbledon Park
	3:04.5.	Claire	Morgan	W45	June 24. Rosenheim League, Tooting Bec

HW W45 record

3:15.05.	Josie	Clough	U13	Apr 19.	HW YA Meeting, Crystal Palace	
<b>1200m</b>						
4:05.8.	Eleanor	Smith-Hahn	U13	May 31.	NYAL, Horsham	HW U13G record
4:11.3.	Emma	Headley	U13	May 3.	NYAL, Crawley	
4:20.2.	Rebecca	Stone	U13	June 21.	NYAL, Worthing	
<b>1500m</b>						
4:53.75.	Medena	Knespl		Mar 28.	Tufts Snowflake, Medford MA, USA	
5:05.80.	Claire	Grima		July 22.	Rosenheim League, Battersea Park	
5:15.2.	Eleanor	Smith-Hahn	U13	May 9.	Surrey Champs, Kingston	
5:15.98.	Amandine	King		Nov 8.	Lugo, Spain	
5:21.7.	Maire	Gilmartin	U15	May 23.	Lily B League, Guildford	
5:22.8.	Anna	Garnier	W50	Aug 16.	Masters Inter Area, Solihull	HW W50 record
5:24.2.	Rebecca	Stone	U13	May 23.	Lily B League, Guildford	
5:24.5.	Kate	Buchanan	U17	June 13.	London Schools, Battersea Park	
5:52.9.	Emma	Headley	U13	Sept 12.	Lily B Plate, West Ewell	
6:07.1.	Claire	Morgan	W45	June 10.	Rosenheim League, Wimbledon Park	HW W45 record
6:16.4.	Nicola	Craig	W45	Sept 5.	Southern League, Wimbledon Park	
6:43.7.	Amy	Culleton	U13	May 6.	Merton Schools, Wimbledon Park	
<b>3000m</b>						
10:29.1.	Claire	Grima		June 10.	Rosenheim League, Wimbledon Park	
11:29.3.	Anna	Garnier	W50	June 10.	Rosenheim League, Wimbledon Park	HW W50 record
13:04.7.	Claire	Morgan	W45	June 10.	Rosenheim League, Wimbledon Park	HW W45 record
13:07.0.	Caroline	Hicks	U20	Apr 25.	Southern League, Wimbledon Park	
13:48.1.	Hannah	Long	U20	Apr 25.	Southern League, Wimbledon Park	
15:19.9.	Angela	Kikugawa	W45	Sept 17.	Civil Service Vets Champs, Loughborough	
<b>5000m</b>						
17:49.46.	Medena	Knespl		Apr 11.	Spring Meet, Amherst, Mass, USA	
<b>70m Hurdles</b>						
13.4.	Rebecca	Dinsdale	U13	July 4.	Lily B League, Guildford	
13.5.	Any	Culleton	U13	May 23.	Lily B League, Guildford	
13.7.	Rebecca	Dinsdale	U13	July 19.	NYAL, Carshalton	
13.8.	Eleanor	Smith-Hahn	U13	Sept 12.	Lily B Plate, West Ewell	
<b>75m Hurdles</b>						
15.3.	Rebecca	Dinsdale	U13	Sept 5.	Southern League, Wimbledon Park	
17.6.	Olivia	Hogan	U15	Apr 25.	Southern League, Wimbledon Park	
19.4.	Olivia	Wilson	U15	Apr 25.	Southern League, Wimbledon Park	
<b>3000m Walk</b>						
15.44.73.	Estle	Viljoen	W35	May 9.	Surrey Champs, Kingston	
<b>High Jump</b>						
1.45.	Emily	Martin		June 27.	Southern League, Horsham	
1.40.	Maire	Gilmartin	U15	May 31.	NYAL, Horsham	
1.38.	Jowita	Miesziowska	U15	Sept 5.	Southern League, Wimbledon Park	
1.30.	Maire	Gilmartin	U15	Sept 5.	Southern League, Wimbledon Park	
1.25.	Eleanor	Smith-Hahn	U13	June 6.	Lily B League, Carshalton	
1.20.	Rebecca	Stone	U13	June 6.	Lily B League, Carshalton	
1.20.	Rebecca	Dinsdale	U13	July 19.	NYAL, Carshalton	
1.10.	Amy	Culleton	U13	May 23.	Lily B League, Guildford	
<b>Long Jump</b>						
4.29.	Jowita	Miesziowska	U15	Sept 12.	Lily B Plate, West Ewell	
4.06.	Eleanor	Smith-Hahn	U13	July 19.	NYAL, Carshalton	
3.94.	Maire	Gilmartin	U15	May 3.	NYAL, Crawley	
3.81.	Rebecca	Stone	U13	Sept 5.	Southern League, Wimbledon Park	
3.66.	Amandine	King		Nov 8.	Lugo, Spain	
3.58.	Amy	Culleton	U13	June 21.	NYAL, Worthing	
3.41.	Emma	Headley	U13	May 3.	NYAL, Crawley	
3.30.	Phoebe	Page	U11	Apr 19.	HW YA Meeting, Crystal Palace	
3.22.	Niamh	Wilson	U17	June 21.	NYAL, Worthing	
3.12?	Megan	Le Doare	U13	July 4.	Lily B League, Guildford	
2.99.	Jenny	Williams	U13	May 23.	Lily B League, Guildford	
2.88.	Olivia	Hogan	U15	July 19.	NYAL, Carshalton	
2.66.	Claire	Rogers	U13	May 23.	Lily B League, Guildford	
2.42.	Kate	Headley	U11	Sept 12.	Lily B Plate, West Ewell	
2.34.	Mimi	Lanfranchi	U11	May 23.	Lily B League, Guildford	
2.33.	Emily	Dobson	U11	May 23.	Lily B League, Guildford	
<b>Triple Jump</b>						
10.70/+4.2w	Emily	Martin		Aug 2.	British League, Grangemouth	
10.62.	Emily	Martin		July 5.	British League, Bromley	
<b>Shot</b>						
8.70.	Emily	Martin	4kg	Apr 25.	Southern League, Wimbledon Park	
6.45.	Jowita	Miesziowska	U15	3.25kg	May 31.	NYAL, Horsham
6.20.	Sharon	Obayuwana	U17	4kg	July 19.	NYAL, Carshalton
6.15.	Amandine	King	4kg	Nov 8.	Lugo, Spain	
6.02.	Maire	Gilmartin	U15	3.25kg	Sept 12.	Lily B Plate, West Ewell
5.79.	Ann	Martin	W45	4kg	Sept 5.	Southern League, Wimbledon Park
5.06.	Dalia	Serafy	U13	3.25kg	Sept 5.	Southern League, Wimbledon Park

5.02.	Emma	Headley	U13	2.72kg	May 3.	NYAL, Crawley	
				<b>Discus</b>			
21.85.	Olivia	Archdeacon	U17	1kg	June 27.	Southern League, Horsham	
16.59.	Jowita	Miesziowska	U15	1kg	July 4.	Lily B League, Guildford	
15.84.	Rebecca	Dinsdale	U13	0.75kg	July 4.	Lily B League, Guildford	
14.64.	Maire	Gilmartin	U15	1kg	Sept 5.	Southern League, Wimbledon Park	
14.20.	Hannah	Long	U20	1kg	Apr 25.	Southern League, Wimbledon Park	
13.24.	Niamh	Wilson	U17	1kg	June 21.	NYAL, Worthing	
12.70.	Jenny	Williams	U13	0.75kg	June 6.	Lily B League, Carshalton	
12.01.	Sharon	Obayuwana	U17	1kg	July 19.	NYAL, Carshalton	
11.35.	Ella	Dobson	U15	1kg	May 23.	Lily B League, Guildford	
				<b>Hammer</b>			
19.18.	Ann	Martin	W45	4kg	Sept 5.	Southern League, Wimbledon Park	HW W45 record
				<b>Javelin</b>			
31.60.	Emily	Martin		600g	Aug 2.	British League, Grangemouth	
12.35.	Rebecca	Dinsdale	U13	600g	Sept 5.	Southern League, Wimbledon Park	
9.15.	Claire	Rogers	U13	400g	May 23.	Lily B League, Guildford	
8.94.	Megan	Le Doare	U13	400g	July 4.	Lily B League, Guildford	
8.66.	Hannah	Long	U20	600g	June 27.	Southern League, Horsham	
8.11.	Rebecca	Dinsdale	U13	400g	June 6.	Lily B League, Carshalton	
7.08.	Jenny	Williams	U13	400g	May 23.	Lily B League, Guildford	
6.98.	Olivia	Hogan	U15	600g	Apr 25.	Southern League, Wimbledon Park	
4.71.	Olivia	Wilson	U15	600g	Apr 25.	Southern League, Wimbledon Park	
				<b>4x100m Relay</b>			
58.5.	U13:	E Smith-Hahn, E Headley R Stone, A Culleton			May 31.	NYAL, Horsham	
59.6.	U13:	R Stone, A Culleton J Williams, E Smith-Hahn			May 23.	Lily B League, Guildford	
59.9.	U15:	M Gilmartin, R Dinsdale, R Stone, J Miesziowski			Sept 5.	Southern League, Wimbledon Park	
60.6.	U13:	R Stone, A Culleton E Headley, E Smith-Hahn			May 3.	NYAL, Crawley	

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