

UNDER 11 GIRLS RANKINGS 2007

60m indoors

Lucy Barnard	Kings Lynn	21-Jan	10.6
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80m

Eleanor Blunt	Gt Yarmouth	12-May	11.7
Grace Ashworth	Gt Yarmouth	24-Jun	12.8
Jessica Doncaster	Ipswich	22-Jul	13.1
Katie Francis	Gt Yarmouth	12-May	13.3
Megan Wilson	Gt Yarmouth	12-May	13.3
Lucy Barnard	Norwich	19-Aug	13.9
Kathryn Bourassa	Ipswich	22-Jul	15.0
Charlotte Williams	Ipswich	22-Jul	15.0

600m

Eleanor Blunt	Gt Yarmouth	24-Jun	1.57.9
Megan Bird	Gt Yarmouth	12-May	2.05.2
Megan Wilson	Gt Yarmouth	24-Jun	2.08.4
Grace Ashworth	Gt Yarmouth	12-May	2.09.2
Kathryn Bourassa	Gt Yarmouth	24-Jun	2.13.7
Ashleigh Bunn	Norwich	19-Aug	2.16.0
Jessica Doncaster	Norwich	19-Aug	2.27.8
Lucy Barnard	Norwich	19-Aug	2.29.5
Katie Francis	Gt Yarmouth	12-May	2.34.3
Charlotte Williams	Ipswich	22-Jul	2.35.3

Long Jump

Eleanor Blunt	Gt Yarmouth	12-May	4.01
Lucy Barnard	Kings Lynn	21-Jan	2.87i
Grace Ashworth	Gt Yarmouth	12-May	2.85
Ashleigh Bunn	Gt Yarmouth	12-May	2.40
Katie Francis	Gt Yarmouth	12-May	2.39

CLUB RECORD

UNDER 13 GIRLS RANKINGS 2007

60m indoors

Cleio Stephenson	Chelmsford	18-Feb	8.3
Laura McDonald	Kings Lynn	21-Jan	8.4
Victoria Mitchell	Kings Lynn	21-Jan	8.8
Ella Stephenson	Kings Lynn	21-Jan	8.9
Georgina Mitchell	Kings Lynn	21-Jan	9.6
Charlotte Griffin	Chelmsford	18-Feb	9.7
Stephanie Griffin	Chelmsford	18-Feb	9.8

G1

G1

G2

G3

CLUB RECORD

60m H indoors

Laura McDonald	Chelmsford	18-Feb	10.4
Charlotte Griffin	Chelmsford	18-Feb	12.9
Stephanie Griffin	Chelmsford	18-Feb	13.0

G2

75m

Cleio Stephenson	Eltham	03-Jun	9.8
Laura McDonald	Eltham	03-Jun	10.1
Victoria Mitchell	Croydon	06-May	10.64
Kimberley Broom	Gt Yarmouth	19-Apr	11.0
Ella Stephenson	Gt Yarmouth	19-Apr	11.1
Charlotte Griffin	Gt Yarmouth	19-Apr	12.2

G1

G1

G2

G3

G4

CLUB RECORD

COUNTY RECORD

80m

Laura McDonald	Havering	25-Mar	11.1
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eq CLUB RECORD

100m

Cleio Stephenson	Gt Yarmouth	12-Aug	12.8
Laura McDonald	Manchester	08-Jul	13.3
Victoria Mitchell	Gt Yarmouth	12-May	13.5
Ella Stephenson	Gt Yarmouth	12-Aug	13.7
Naomi Tomes	Gt Yarmouth	12-May	14.3
Jessica Hamilton	Gt Yarmouth	24-Jun	15.0

G1

G1

G1

G2

G3

CLUB RECORD

COUNTY RECORD

Charlotte Griffin	Gt Yarmouth	12-May	15.4
Stephanie Griffin	Gt Yarmouth	12-May	16.0
Georgie Butler	Gt Yarmouth	12-May	16.2
Anna Ross	Gt Yarmouth	24-Jun	16.8
Lizzie Costello	Norwich	19-Aug	17.0

150m

Cleio Stephenson	Eltham	03-Jun	19.4	G1
Laura McDonald	Croydon	06-May	20.4	G1
Ella Stephenson	Barking	24-Jun	20.9	G2
Victoria Mitchell	Bedford	20-May	21.3	G3

CLUB RECORD COUNTY RECORD

200m

Cleio Stephenson	Gt Yarmouth	12-Aug	26.5	G1
Laura McDonald	Gt Yarmouth	12-May	27.4	G1
Victoria Mitchell	Gt Yarmouth	12-May	28.8	G2
Ella Stephenson	Norwich	19-Aug	30.0	G3
Naomi Tomes	Gt Yarmouth	12-May	30.3	G4
Jessica Hamilton	Norwich	19-Aug	31.7	G4
Lisa Godrich	Ipswich	22-Jul	32.2	
Kirsty Park	Gt Yarmouth	24-Jun	35.2	
Stephanie Griffin	Kings Lynn	06-May	36.2	

CLUB RECORD COUNTY RECORD

600m

Charlotte Griffin	Gt Yarmouth	19-Apr	2.28.8
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800m

Kiera Mooney	Barking	24-Jun	2.31.6	G2
Laura McDonald	Manchester	10-Jun	2.42.0	G3
Emily Hoogkammer	Thurrock	22-Jul	2.49.6	G4
Ella Stephenson	Eltham	03-Jun	2.51.1	
Lisa Godrich	Ipswich	22-Jul	2.56.4	
Jemma Poyner	Bedford	20-May	2.58.2	
Rachel Rathjen	Thurrock	22-Jul	3.02.3	
Sarah Kelly	Gt Yarmouth	12-May	3.13.1	
Georgina Mitchell	Norwich	19-Aug	3.35.1	

1200m

Kiera Mooney	Thurrock	22-Jul	3.57.0	G1
Anna Hoogkammer	Thurrock	22-Jul	4.20.5	G3
Emily Hoogkammer	Barking	24-Jun	4.24.5	G4
Lisa Goodrich	Barking	24-Jun	4.41.1	
Rachel Rathjen	Bedford	20-May	5.01.5	
Frances Mullany	Croydon	06-May	5.11.01	

CLUB RECORD COUNTY RECORD

1500m

Anna Hoogakmer	Bury S Edmunds	23-Sep	5.32.1	G4
Rachael Cornwell	Gt Yarmouth	24-Jun	6.23.4	
Francess Mullany	Gt Yarmouth	24-Jun	6.37.6	

70mH

Laura McDonald	Thurrock	22-Jul	11.1	G1
Jessica Hamilton	Norwich	19-Aug	13.9	G4
Abi Martins	Barking	24-Jun	14.1	G4
Georgina Mitchell	Bedford	20-May	15.7	
Charlotte Griffin	Ipswich	22-Jul	15.9	
Georgie Butler	Gt Yarmouth	12-May	16.2	
Stephanie Griffin	Kings Lynn	06-May	16.3	

CLUB RECORD Eq COUNTY RECORD

High Jump

Laura McDonald	Hemel Hempstead	15-Jul	1.41	G1
Cleio Stephenson	Barking	24-Jun	1.38	G2
Jessica Hammilton	Norwich	19-Aug	1.20	
Abigale Martins	Barking	24-Jun	1.20	
Lisa Godrich	Ipswich	22-Jul	1.15	
Jemma Poyner	Bedford	20-May	1.10	

Long Jump

Clieo Stephenson	Cambridge	03-Jul	4.83	G1	CLUB RECORD
Laura McDonald	Manchester	10-Jun	4.50	G1	
Victoria Mitchell	Gt Yarmouth	12-May	4.09	G3	
Abigale Martins	Gt Yarmouth	12-Aug	3.64	G4	
Jessica Hammilton	Gt Yarmouth	24-Jun	3.46		
Charlotte Griffin	Kings Lynn	06-May	3.41		
Ella Stephenson	Kings Lynn	21-Jan	3.38i		
Lizzie Costello	Norwich	19-Aug	3.30		
Anna Ross	Gt Yarmouth	24-Jun	2.99		
Sarah Kelly	Gt Yarmouth	12-May	2.95		
Francis Mullany	Ipswich	22-Jul	2.80		
Jemma Poyner	Kings Lynn	06-May	2.54		
Rachael Cornwell	Gt Yarmouth	24-Jun	2.29		

Shot

Laura McDonald	Sandy	29-Sep	10.41	G1
Abi Martins	Barking	24-Jun	6.53	G3
Stephanie Griffin	Kings Lynn	06-May	5.76	G4
Charlotte Griffin	Norwich	19-Aug	4.87	
Jemma Poyner	Kings Lynn	06-May	4.53	
Georgie Butler	Gt Yarmouth	12-May	4.52	

Discus

Lizzie Costello	Norwich	19-Aug	13.17	G4
Charlotte Griffin	Norwich	19-Aug	10.45	
Kirsty Park	Gt Yarmouth	24-Jun	10.44	

Javelin

Laura McDonald	Norwich	14-May	36.13	G1	CLUB RECORD	COUNTY RECORD
Stephanie Griffin	Ipswich	22-Jul	12.81			
Charlotte Griffin	Norwich	19-Aug	7.19			
Rachel Cornwell	Gt Yarmouth	24-Jun	5.11			

Relay 4 x 100m

Bedford	20-May	53.6	CLUB RECORD	COUNTY RECORD
Ella Stephenson, Laura McDonald, Victoria Mitchell, Clieo Stephenson				

Quadrathon

Laura McDonald	Manchester	10-Jun	288	CLUB RECORD	COUNTY RECORD
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Pentathlon

Laura McDonald	Colchester	23-Sep	2540	G1	CLUB RECORD	COUNTY RECORD
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Minithon

Laura McDonald	Bedford	30-Sep	93	CLUB RECORD	COUNTY RECORD
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UNDER 15 GIRLS RANKINGS 2007

60m indoors

Victoria Williamson	Loughborough	25-Mar	8.23	G2
Laura Green	Kings Lynn	21-Jan	8.5	G3

60m H indoors

Victoria Williamson	Birmingham	24-Feb	9.63	G2
Laura Green	Lee Valley	07-Jan	10.22	G4
Sasha Barnard	Kings Lynn	21-Jan	12.6	
Chloe Crisp	Kings Lynn	21-Jan	10.8i	

100m

Victoria Williamson	Gt Yarmouth	12-May	12.8	G1
Laura Green	Norwich	09-Jun	12.9	G2
Chloe Smith	Bracknell	31-Mar	13.1	G2
Mary Peart	Gt Yarmouth	12-May	13.5	G3
Georgina Culling	Ipswich	22-Jul	13.6	G4
Imogen Gibbs	Gt Yarmouth	12-May	14.2	
Anna Spratt	Norwich	19-Aug	14.4	
Rachel Hodley	Gt Yarmouth	12-May	14.9	
Jenna Cannell	Ipswich	22-Jul	15.1	

150m

Georgina Culling	Gt Yarmouth	19-Apr	23.3	
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200m

Victoria Williamson	Peterborough	27-Aug	26.9	G2
Laura Green	Eltham	03-Jun	27.0	G2
Imogen Gibbs	Norwich	09-Jun	27.4	G3
Chloe Smith	Eltham	03-Jun	27.7	G3
Georgina Culling	Gt Yarmouth	12-May	28.4	G3
Sadie Miller	Gt Yarmouth	12-May	28.4	G4
Mary Peart	Gt Yarmouth	24-Jun	29.6	G4
Anna Spratt	Gt Yarmouth	12-May	30.1	
Rachel Hopley	Norwich	19-Aug	31.3	
Juliette Brewster	Barking	24-Jun	31.8	
Ellie Steinfeldt	Gt Yarmouth	24-Jun	32.7	

600m

Sadie Miller	Gt Yarmouth	19-Apr	1.52.0	
Holly Slater	Gt Yarmouth	19-Apr	2.02.5	

800m

Iona Lake	Norwich	09-Jun	2.23.3	G2
Juliette Knights	Bedford	20-May	2.24.4	G2
Sophie Mullian	Norwich	09-Jun	2.27.2	G3
Sadie Miller	Croydon	06-May	2.34.0	G4
Victoria Williamson	Colchester	22-Sep	2.43.6	
Georgina Culling	Bedford	20-May	2.50.2	
Holly Slater	Barking	24-Jun	2.52.1	
Hazel Wilson	Thurrock	22-Jul	2.53.8	
Katie Rodriquez	Ipswich	22-Jul	2.59.0	
Rachel Hopley	Gt Yarmouth	12-May	3.00.6	
Laura Green	Norwich	19-Aug	2.56.8	
Ellie Steinfeldt	Gt Yarmouth	24-Jun	3.07.1	

1500m

Juliette Knights	Thurrock	22-Jul	5.00.6	G2
Iona Lake	Bedford	20-May	5.07.2	G3
Sophie Mullian	Norwich	14-May	5.18.7	G4
Juliette Broster	Thurrock	22-Jul	5.20.5	G4
Ellie Seeinfeldt	Norwich	19-Aug	5.19.9	G4
	Norwich	19-Aug	6.03.2	

3000m

Iona Lake	Gt Yarmouth	12-May	11.17.5	G4
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75m H

Victoria Williamson	Sheffield	11-Aug	11.63	G1
Laura Green	Ashford	26-May	11.73	G1
Anna Spratt	Norwich	19-Aug	13.2	G4
Chloe Crisp	Gt Yarmouth	12-May	13.6	G4
Imogen Gibbs	Gt Yarmouth	12-May	13.8	G4
Sasha Barnard	Bedford	20-May	16.0	

High Jump

Chloe Smith	Norwich	14-May	1.55	G2
Holly Slater	Birmingham	10-Feb	1.50i	G2
Sophie Mullian	Norwich	14-May	1.45	G2
Vicky Williamson	Colchester	22-Sep	1.42	G4
Laura Green	Lee Valley	07-Jan	1.41	G4
Chloe Crisp	Kings Lynn	21-Jan	1.35i	
Sasha Barnard	Kings Lynn	21-Jan	1.15i	

Long Jump

Victoria Williamson	Kings Lynn	21-Jan	4.81i	G2
Mary Peart	Norwich	09-Jun	4.78	G2
Sadie Miller	Croydon	06-May	4.64	G3
Laura Green	Lee Valley	07-Jan	4.26	G4
Holly Slater	Barking	24-Jun	4.26	G4

Georgina Culling	Ipswich	22-Jul	4.26	G4
Chloe Smith	Norwich	19-Aug	3.90	
Sasha Barnard	Kings Lynn	06-May	3.89	
Katie Rodriquez	Ipswich	22-Jul	3.34	

Shot

Megan Thomas	Sandy	29-Sep	9.38	G2
Jenna Cannell	Norwich	09-Jun	8.33	G3
Victoria Williamson	Colchester	22-Sep	7.90	G4
Shannon Curry	Peterborough	27-Aug	7.64	G4
Sasha Barnard	Thurrock	22-Jul	6.57	G4
Chloe Smith	Croydon	06-May	6.38	
Laura Green	Lee Valley	07-Jan	6.14	
Georgina Culling	Eltham	03-Jun	5.81	
Chloe Crisp	Kings Lynn	06-May	5.58	
Ellie Steinfeldt	Norwich	19-Aug	5.50	
Marie Pring	Croydon	06-May	4.36	
Hazel Wilson	Barking	24-Jun	4.14	

Discus

Megan Thomas	Sandy	29-Sep	25.63	G2
Jenna Cannell	Norwich	16-Jun	23.74	G2
Shannon Curry	Sandy	29-Sep	23.63	G2
Sasha Barnard	Norwich	19-Aug	13.36	
Sadie Miller	Croydon	06-May	13.01	
Marie Pring	Croydon	06-May	12.08	
Iona Lake	Eltham	03-Jun	10.88	
Juliette Broster	Barking	24-Jun	10.60	

Triple jump

Laura Green	Norwich	14-May	10.17	CLUB RECORD
Anna Spratt	Norwich	14-May	8.62	COUNTY RECORD

Javelin

Megan Thomas	Norwich	19-Aug	22.02	G3
Jenna Cannell	Eltham	03-Jun	19.63	G4
Laura Green	Ipswich	22-Jul	18.42	G4
Sasha Barnard	Norwich	19-Aug	18.32	G4
Shannon Curry	Norwich	19-Aug	15.11	
Chloe Smith	Eltham	03-Jun	10.38	
Marie Pring	Croydon	06-May	8.81	
Holly Slater	Croydon	06-May	8.29	
Juliette Broster	Barking	24-Jun	6.08	

Hammer

Megan Thomas	Sandy	29-Sep	39.17	G2
Jenna Cannell	Gt Yarmouth	24-Jun	35.98	G2
Shannon Curry	Sandy	29-Sep	29.21	G3

Relay 4 x 100m

Croydon	06-May	53.4	
Victoria Williamson, Laura Green, Chloe Smith, Sadie Miller			

Pentathlon

Victoria Williamson	Hemel Hempstead	23-Sep	2655	G2
Laura Green	Lee Valley	07-Jan	2187	G4

UNDER 17 WOMEN RANKINGS 2007

60m indoor

Harriet Lucas	Lee Valley	21-Jan	7.90	G1
Sophie Poyner	Kings Lynn	21-Jan	8.37	G3
Jenny Milligan	Kings Lynn	21-Jan	8.5	G4

60m H indoor

Laura Warman	Kings Lynn	21-Jan	9.8	G4
Jenny Milligan	Kings Lynn	21-Jan	10.2	
Mimi Denmark	Kings Lynn	21-Jan	10.3	
Zoe Banham	Kings Lynn	21-Jan	10.7	

75m

Harriet Lucas	Gt Yarmouth	19-Apr	10.0	
Laurel Cooper				

CLUB RECORD**100m**

Harriet Lucas	Norwich	09-Jun	12.3	G1
Sophie Poyner	Gt Yarmouth	12-May	13.1	G3
Jenny Milligan	Croydon	06-May	13	G4
Laurel Cooper	Gt Yarmouth	12-May	13.5	G4
Kimberley Broom	Gt Yarmouth	12-May	13.7	
Caitlin Bell	Thurrock	22-Jul	14.3	

150m

Harriet Lucas	Gt Yarmouth	19-Apr	19.8	
Jenny Milligan	Gt Yarmouth	19-Apr	20.8	
Carly Brown	Gt Yarmouth	19-Apr	21.4	

CLUB RECORD**200m**

Harriet Lucas	Bedford	29-Apr	24.7	G1
Jenny Milligan	Gt Yarmouth	12-May	27.0	G4
Sophie Poyner	Gt Yarmouth	12-May	27.3	G4
Carly Brown	Eltham	03-Jun	28.0	
Caitlin Bell	Thurrock	22-Jul	28.5	
Laurel Cooper	Ipswich	22-Jul	28.8	
Kimberly Brown	Gt Yarmouth	12-May	29.2	
Holly Cooper	Ipswich	22-Jul	29.4	
Abbie Beales	Barking	01-Jul	29.6	
Ella Shirwin	Gt Yarmouth	24-Jun	30.2	
Georgina Lake	Croydon	06-May	30.41	

300m

Harriet Lucas	Gt Yarmouth	12-May	40.4	G1
Jenny Milligan	Eltham	03-Jun	43.1	G3
Carly Brown	Bedford	20-May	43.6	G3
Laura Warman	Gt Yarmouth	12-May	44.6	G4
Gilly Savage	Barking	24-Jun	44.8	G4
Abbie Beales	Ipswich	22-Jul	45.2	G4
Sam Jacks	Norwich	19-Aug	45.2	G4
Caitlin Bell	Gt Yarmouth	12-May	45.4	
Freya Bell	Bedford	20-May	46.5	

400m

Carly Brown	Bedford	29-Apr	62.3	
Gilly Savage	Barking	01-Jul	62.3	
Sam Jacks	Colchester	29-Jul	63.0	
Caitlin Bell	Bury St Edmunds	02-Sep	67.1	
Zoe Banham	Gt Yarmouth	24-Jun	78.5	

600m

Gilly Savage	Gt Yarmouth	19-Apr	1.42.9	
Abbie Beales	Gt Yarmouth	19-Apr	1.43.3	
Carly Brown	Gt Yarmouth	19-Apr	1.43.6	

800m

Sam Jacks	Basildon	27-May	2.19.4	G2
Claire Pring	Eltham	03-Jun	2.20.5	G2
Gilly Savage	Gt Yarmouth	12-May	2.22.6	G3
Carly Brown	Birmingham	10-Feb	2.23.55	G3
Abbie Beales	Bedford	20-May	2.24.4	G3
Rosie Betts	Colchester	29-Jul	2.25.8	G3
Holly Cooper	Norwich	19-Aug	2.27.2	
Frankie Upton	Norwich	09-Jun	2.32.8	

1500m

Claire Pring	Ashford	27-May	4.42.83	G1
Sam Jacks	Bedford	29-Apr	5.03.6	G3
Abbie Beales	Bury St Edmunds	17-May	5.03.0	G3

Gilly Savage	Bedford	20-May	5.26.7		
<u>3000m</u>					
Claire Pring	Birmingham	14-Jul	10.03.53	G1	CLUB RECORD COUNTY RECORD
Frankie Upton	Norwich	16-Jun	11.29.4	G4	
Rosie Betts	Thurrock	22-Jul	12.11.3		
Abbie Beales	Barking	24-Jun	12.12.8		
Gilly Savage	Bedford	29-Apr	12.58.0		
<u>80mHurdles</u>					
Laura Warman	Thurrock	22-Jul	12.5	G3	
Jenny Milligan	Thurrock	22-Jul	13.1	G4	
Mimi Denmark	Gt Yarmouth	12-May	13.3	G4	
Joanna Roy	Norwich	09-Jun	14.5		
Freya Bell	Gt Yarmouth	12-May	15.0		
<u>300m Hurdles</u>					
Laura Warman	Norwich	09-Jun	46.7	G2	
Jenny Milligan	Thurrock	22-Jul	48.7	G3	
Freya Bell	Norwich	14-May	50.70	G4	
<u>400m Hurdles</u>					
Laura Warman	Bury St Edmunds	02-Sep	70.4		
<u>Hammer</u>					
Jessica Crisp	Norwich	16-Jun	29.93	G3	CLUB RECORD
Carly Brown	Thurrock	22-Jul	11.61		
Georgina Lake	Thurrock	22-Jul	10.71		
<u>Long Jump</u>					
Sophie Poyner	NIA Birmingham	10-Feb	4.77	G3	
Lauren Brown	Norwich	09-Jun	4.68	G4	
Laurel Cooper	Ipswich	22-Jul	4.60	G4	
Mimi Denmark	Kings Lynn	21-Jan	4.54i	G4	
Georgina Lake	Thurrock	22-Jul	4.24		
Zoe Banham	Gt Yarmouth	19-Apr	4.22		
Carly Brown	Thurrock	22-Jul	4.01		
<u>High Jump</u>					
Jade Chestney	Bedford	20-May	1.50	G4	
Zoe Banham	Kings Lynn	21-Jan	1.45i	G4	
Gilly Savage	Croydon	06-May	1.45		
Lauren Brown	Barking	24-Jun	1.35		
Sadie Vick					
<u>Pole Vault</u>					
Georgina Lake	Thurrock	22-Jul	2.60	G4	CLUB RECORD
<u>Triple Jump</u>					
Lauren Brown	Kings Lynn	06-May	10.16	G3	
Laura Warman	Barking	24-Jun	9.76	G4	
Mimi Denmark	Croydon	06-May	9.73	G4	
Georgina Lake	Thurrock	22-Jul	8.32		
<u>Shot</u>					
Jessica Crisp	Gt Yarmouth	12-May	7.43	G4	
Zoe Banham	Kings Lynn	06-May	7.25	G4	
Mimi Denmark	Kings Lynn	21-Jan	6.94i	G4	
Abbie Beales	Croydon	06-May	6.52		
Jade Chestney	Croydon	06-May	5.60		
Gilly Savage	Barking	24-Jun	4.81		
Claire Pring	Eltham	03-Jun	3.93		
Caitlin Bell	Thurrock	22-Jul	3.91		
<u>Javelin</u>					
Francesca Mansfield	Norwich	09-Jun	26.00	G2	
Zoe Banham	Bedford	20-May	21.16	G4	
Mimi Denmark	Croydon	06-May	18.63		

Lauren Brown	Barking	24-Jun	14.06
Freya Bell	Eltham	03-Jun	13.45
Georgina Lake	Barking	01-Jul	12.26
Sam Jacks	Basildon	27-May	11.34
Freya Bell	Croydon	06-May	5.91
Sophie Poyner	Barking	01-Jul	5.25

Discus

Jessica Crisp	Gt Yarmouth	12-May	20.27	G4
Rosie Betts	Colchester	29-Jul	15.21	
Gilly Savage	Bedford	20-May	13.80	
Freya Bell	Croydon	06-May	13.60	
Carly Brown	Thurrock	22-Jul	13.52	
Claire Pring	Croydon	06-May	12.83	
Laura Warman	Gt Yarmouth	12-May	12.25	
Abbie Beales	Eltham	03-Jun	9.51	

Relay 4 x 100m

Norwich	14-May	52.5
Harriet Lucas, Carly Brown, Laura Warman, Sophie Poyner		

Relay 4 x 300m

Barking	24-Jun	2.57.8
Gilly Savage, Abbie Beales, Jenny Milligan, Laura Warman		

UNDER 20 WOMEN RANKINGS 2007

60m indoor

Sophie Harriman	Birmingham	25-Feb	8.45
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100m

Sophie Harriman	Basildon	27-May	13.3
Lucy Magem	Gt Yarmouth	12-May	13.5
Lucy Hyam	Barking	01-Jul	14.9

200m

Rachel Stringer	Norwich	16-Jun	27.0
Reike Bettien	Gt Yarmouth	12-May	27.2
Sophie Harriman	Bury St Edmunds	02-Sep	27.6
Lucy Magem	Gt Yarmouth	12-May	27.7

400m

Rachel Stringer	Basildon	27-May	57.8	G1
Carley Rose	Basildon	27-May	63.2	

800m

Rachel Stringer	Birmingham	14-Jul	2.06.93	G1
Dani Nimmock	Norwich	16-Jun	2.16.8	G2
Carley Rose	Norwich	19-Aug	2.23.5	
Lucy Hyam	Gt Yarmouth	24-Jun	2.28.4	

1500m

Dani Nimmock	Watford	30-Jun	4.33.73	G1
Rachel Stringer	Norwich	14-May	4.48.8	G2
Lucy Hyam	Norwich	14-May	5.04.8	
Carley Rose	Norwich	16-Jun	4.57.7	

3000m

Dani Nimmock	Birmingham	14-Jul	10.02.30	G2
Holly Rowland	6edt	13-Jun	10.03.69	G2
Carley Rose	Bedford	29-Apr	12.58.0	

100m Hurdles

Amy Hamms	Gt Yarmouth	12-May	18.3
Polly Mason	Gt Yarmouth	12-May	20.9

400m Hurdles

Rebecca Pike	Norwich	16-Jun	73.5
Amy Hamms	Norwich	14-May	73.7
Dani Nimmock	Ipswich	29-Jul	78.0

CLUB RECORD **COUNTY RECORD**

2000m S/C

Dani Nimmock	Copthall	02-Sep	6.58.77
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3000m S/C

Dani Nimmock	Crystal Palace	25-Aug	11.09.76
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Long Jump

Reike Bettien	Gty Yarmouth	12-May	4.90	G3
Sophie Harriman	Bury St Edmunds	02-Aug	4.82	G3
Lucy Hyam	Barking	01-Jul	3.35	

Shot

Sophie Harriman	Peterborough	22-Apr	8.04
Megan Boon	Bedford	29-Apr	8.24
Carley Rose	Colchester	29-Jul	5.46
Dani Nimmock	Ipswich	22-Jul	4.65

Discus

Ellie Jackson	Norwich	16-Jun	22.38
Carley Rose	Ipswich	22-Jul	9.54
Dani Nimmock	Ipswich	22-Jul	9.46

Hammer

Megan Boon	Bedford	29-Apr	43.83	G2
Ellie Jackson	Norwich	16-Jun	35.41	G3

Javelin

Ellie Jackson	Bedford	29-Apr	25.72
Anna Marie Denmark			
Polly Mason	Norwich	14-May	21.35

Relay 4 x 100m

Basildon	27-May	53.0
Georgina, Rachel Stringer, Sophie Harriman, Jenny		

Relay 4 x 400m

Basildon	27-May	4.10.3
Rachel Stringer, Carley Rose, Abbie, Sam		

SENIOR WOMEN RANKINGS 2007**60m indoors**

Jemma Thake	Kings Lynn	21-Jan	9.0
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400m

Nicky Gooderham	Watford	25-Jul	62.28
Charlotte Livingstone	Norwich	19-Aug	64.3

800m

Barbara Parker	Clemson USA	24-Feb	2.09.65
Nicky Gooderham	Sheffield	14-Feb	2.20.26
Esther Hope	Gt Yarmouth	12-May	2.29.7

1500m

Barbara Parker	Watford	30-Jun	4.15.33	CLUB RECORD
Ruth Senior	Loughborough	16-May	4.32.70	
Esther Hope	Loughborough	06-Jun	4.47.90	
Jess Brooks	Norwich	14-May	5.09.2	
Nicky Alford	Gt Yarmouth	24-Jun	5.10.8	

1 Mile

Barbara Parker	Fayetteville USA	09-Feb	4.40.97	CLUB RECORD	COUNTY RECORD
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5000m

Barbara Parker	Stanford USA	31-Mar	16.20.56	CLUB RECORD	COUNTY RECORD
Holly Rowland	Gladbeck GER	23-Aug	17.32.54		
Kelly Rushton	Gt Yarmouth	12-May	18.19.4		
Jess Brooks	Gt Yarmouth	12-May	18.47.6		

<u>3000m</u>				
Barbara Parker	Vaasa FIN	23-Jun	9.32.67	CLUB RECORD
Ruth Senior	Sheffield	10-Feb	10.02.55	
<u>100m Hurdles</u>				
Lyndsey Yellop	Bury	02-Sep	16.4	
<u>400m Hurdles</u>				
Lyndsey Yellop	Peterborough	27-Aug	68.6	
<u>2000 S/C</u>				
Ruth Senior	Bedford	05-May	6.46.53	G1
<u>3000 S/C</u>				
Barbara Parker	Sacramento USA	08-Jun	9.48.82	CLUB RECORD
Ruth Senior	Loughborough	19-May	10.24.44	COUNTY RECORD
<u>WOMEN MASTERS RANKINGS 2007</u>				
<u>60m Indoors</u>				
Lisa Griffin	Kings Lynn	21-Jan	9.0	
<u>100m</u>				
Lisa Griffin	Gt Yarmouth	12-May	13.9	
<u>200M</u>				
Lisa Griffin	Kings Lynn	06-May	28.1	
<u>5000m</u>				
Lynn Emmett	Gt Yarmouth	12-May	19.20.3	
<u>10000m</u>				
Lynn Emmett	Birmingham	29-Jul	40.10.31	
<u>80m Hurdles</u>				
Carole Filer	Italy	14-Sep	13.98	
<u>300M Hurdles</u>				
Carole Filer (50+)	Italy	09-Sep	54.42	CLUB RECORD COUNTY RECORD
<u>High Jump</u>				
Carole Filer (50+)	Bedford	02-Sep	1.35	
<u>Long Jump</u>				
Carole Filer (50+)	Italy	13-Sep	4.66	
Lorraine Brown	Gt Yarmouth	12-May	4.29	
<u>Triple Jump</u>				
Lorraine Brown	Norwich	12-May	8.89	
Carole Filer (45+)	Bedford	02-Sep	8.64	
<u>Shot</u>				
Lorraine Brown	Gt Yarmouth	12-May	7.04	
<u>Discus</u>				
Lorraine Brown	Gt Yarmouth	12-May	18.83	
Lisa Griffin	Norwich	19-Aug	14.33	
<u>Javelin</u>				
Lorraine Brown	Peterborough	27-Aug	23.48	CLUB RECORD
Lisa Griffin	Norwich	19-Aug	13.36	
<u>Hammer</u>				
Carole Filer	Bedford	02-Sep	19.31	

