

Cambridge Harriers – Women's Outdoor Track & Field Rankings 2016

60m					27.45w	Mary Schouvaloff	U15	Ashford	14 May
10.66	Katie Marsh	U11	Eltham	03 Sep	27.74	Emily Worsfold	U17	Eltham	29 May
					29.05	Jamaica Williams	U15	Parliament Hill	23 Apr
75m					30.50	Lizzie Garland	U17	Eltham	03 Sep
9.80	Marian Owusawaah	U13	Mile End	16 Jul	31.01	Lara Atkinson	U17	Eltham	03 Sep
10.2	Rebecca Maddy	U13	Gillingham	07 Aug	31.2	Emily Gelder	W40	Bromley	10 Jun
10.6	Samira Sylla	U13	Gillingham	07 Aug	35.1	Cara Oliver	W40	Canterbury	09 May
10.83	Cleo Agyepong	U13	Erith	10 Sep	35.3	Joanne Murphy	W55	Bromley	10 Jun
11.17	Toulwalase Osiyemi	U13	Battersea	19 Jun	35.7	Ros Tabor	W65	Bromley	10 Jun
11.6	Mirabel Chinedu	U13	Parliament Hill	23 Apr	37.8	Christine Bond	W50	Canterbury	09 May
11.6	Kasey Walters	U13	Dartford	05 Jun					
11.66	Elizabeth Zebo	U13	Erith	10 Sep	300m				
11.9	Mia Thurston-Mathews	U13	Parliament Hill	23 Apr	42.11	Jade Fitt	U17	Ashford	15 May
12.10	Kacey Walters	U13	Eltham	21 May	43.3	Renay Thomas	U15	Bromley	08 May
					43.90	Monay Thomas	U17	Battersea	11 Jun
100m					45.43	Ayanna Henry	U15	Battersea	19 Jun
11.81w	Vera Chinedu	U17	Bedford	18 Jun	45.63	Gemma Mullings	U17	Eltham	29 May
12.02	Danielle Blake	U20	Gatehead	08 Jul	45.9	Jamaica Williams	U15	Bromley	08 May
12.3	Shiann Brock-Walters	U15	Gillingham	07 Aug	47.0	Lara Atkinson	U17	Gillingham	24 Jul
12.56	Shekinah George-Lawal	U20	Newham	05 Jun	49.40	Monay Thomas	U17	Parliament Hill	06 Apr
12.7	Mia Rodney	U20	Gillingham	24 Jul					
12.86w	Kera Jean-Francois	U20	Gillingham	10 Jul	400m				
12.9	Eather Jackson	U15	Gillingham	07 Aug	57.69	Sabrina Sinha	U20	Eltham	26 Jun
12.92	Mary Schouvaloff	U15	Ashford	15 May	58.45	Jade Fitt	U17	Lee Valley	10 Aug
13.00w	Emily Worsfold	U17	Eltham	29 May	61.88	Hatshepsut James	SW	Lee Valley	10 Aug
13.11	Renay Thomas	U15	Ashford	15 May	63.97	Monay Thomas	U17	Eltham	29 May
13.3	Emmah Kuye	U15	Gillingham	07 Aug	64.76	Lara Atkinson	U17	Eltham	26 Jun
13.5	Kiera Houching	U17	Gillingham	24 Jul	65.38	Lucy Daniel	U20	Ashford	15 May
13.63	Michelina Ashong	U17	Eltham	26 Jun	65.72	Molly Hawkins	U20	Eltham	22 May
13.7	Sophia Podesta	U15	Battersea	19 Jun	69.6	Lisa Atkinson	W40	Eltham	29 Apr
13.72	Jamaica Williams	U15	Battersea	19 Jun	69.66	Sophie Fenner	U20	Bromley	11 Jul
13.73	Angel Nwoha	U17	Eltham	18 Jun	70.0	Emily Gelder	W40	Eltham	29 Apr
14.3	Monay Thomas	U17	Kingston	16 Apr	70.3	Ciara Mitchell	U17	Gillingham	24 Jul
14.46w	Jarrata Adams	U17	Eltham	29 May	77.1	Ros Tabor	W65	Ashford	27 Jun
14.5	Anjola Adelaja	U17	Gillingham	24 Jul	78.1	Christine Bond	W50	Eltham	29 Apr
14.78	Bolu Arojo	U15	Eltham	03 Sep	78.6	Cara Oliver	W40	Ashford	27 Jun
15.2	Emily Gelder	W40	Bromley	27 May	80.3	Rose Baker	W50	Ashford	27 Jun
15.93	Kiara Hurst	U15	Bromley	15 Aug					
16.2	Joanne Murphy	W55	Gillingham	15 Jul	600m				
17.2	Rose Baker	W50	Gillingham	15 Jul	1:47.8	Ailbhe Barnes	U13	Horsham	21 Jul
18.0	Ros Tabor	W65	Bromley	27 May	2:32.18	Katie Marsh	U11	Eltham	03 Sep
18.6	Cara Oliver	W40	Gillingham	15 Jul					
19.3	Christine Bond	W50	Bromley	27 May	800m				
					2:05.48	Sabrina Sinha	U20	Watford	28 May
150m					2:13.13	Caroline Ford	SW	Eltham	17 Aug
19.4	Rebecca Maddy	U13	Gillingham	07 Aug	2:18.37	Lara Atkinson	U17	Bromley	17 Jul
19.88	Marian Owusawaah	U13	Mile End	16 Jul	2:26.87	Lily Newton	U15	Bromley	11 Jul
21.2	Samira Sylla	U13	Gillingham	07 Aug	2:28.11	Ailbhe Barnes	U13	Erith	11 Sep
22.54	Cleo Agyepong	U13	Erith	11 Sep	2:30.01	Lucy Marlow	SW	Eltham	22 May
23.1	Asmara Griffiths	U13	Bromley	08 May	2:33.6	Jade Fitt	U17	Gillingham	24 Jul
23.79	Mirabel Chinedu	U13	Parliament Hill	23 Apr	2:37.57	Molly Hawkins	U20	Eltham	22 May
24.93	Elizabeth Zebo	U3	Erith	11 Sep	2:37.67	Monay Thomas	U17	Erith	11 Sep
					2:39.53	Lizzie Garland	U17	Eltham	03 Sep
200m					2:39.8	Emily Gelder	W40	Bromley	27 May
25.02w	Vera Chinedu	U17	Ashford	14 May	2:40.08	Sophie Fenner	U20	Eltham	03 Sep
25.59	Shiann Brock-Walters	U15	Ashford	14 Aug	2:42.9	Megan Basham	U13	Gillingham	07 Aug
26.49	Esther Jackson	U15	Ashford	14 Aug	2:43.91	Ciara Mitchell	U17	Eltham	20 Jul
26.62	Hatshepsut James	U23	Eltham	18 Jun	2:44.1	Cara Oliver	W40	Bromley	27 May
26.7	Sabrina Sinha	U20	Gillingham	24 Jul	2:44.61	Madeline Tynan	U13	Erith	11 Sep
26.7	Michelina Ashong	U17	Gillingham	24 Jul	2:45.41	Ayanna Henry	U15	Mile End	16 Jul
26.77	Renay Thomas	U15	Ashford	14 Aug	2:48.91	Anna Blincoe	U15	Eltham	21 May
27.19	Ayanna Henry	U15	Ashford	11 Jun	2:49.7	Rachel Anderson	U15	Dartford	05 Jun
27.23	Kera Jean-Francois	U20	Eltham	26 Jun	2:50.97	Railynn Saint-alby-Hyeme	U15	Eltham	21 May
27.4	Monay Thomas	U20	Gillingham	24 Jul	2:54.9	Emilia Pigott	U13	Gillingham	07 Aug

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2:55.6	Lisa Atkinson	W45	Gillingham	15 Jul
2:56.24	Lia Finn	U13	Battersea	19 Jun
2:59.1	Rose Baker	W50	Gillingham	15 Jul
3:01.2	Ros Tabor	W65	Bromley	27 May
3:03.20	Renay Thomas	U15	Erith	11 Sep
3:05.8	Hannah Hopper	U15	Dartford	05 Jun
3:18.3	Shelley Clark	U20	Gillingham	24 Jul

1200m

3:54.3	Ailbhe Barnes	U13	Ashford	03 Jul
4:25.71	Madeline Tynan	U13	Erith	10 Sep

1500m

4:17.48	Sabrina Sinha	U20	Loughborough	22 May
4:30.51	Caroline Ford	SW	Watford	13 Jul
4:39.43	Lara Atkinson	U17	Battersea	10 Jun
4:48.11	Ella Newton	U17	Eltham	20 Jul
4:57.3	Lucy Marlow	SW	Eltham	17 Aug
5:00.53	Ailbhe Barnes	U13	Eltham	25 May
5:23.17	Jess Oliver	U17	Eltham	22 May
5:26.7	Emily Gelder	W40	Bromley	10 Jun
5:39.0	Molly Hawkins	U20	Gillingham	24 Jul
5:51.7	Rose Baker	W50	Bromley	10 Jun
5:52.7	Anna Blincoe	U15	Bromley	08 May
5:53.9	Ros Tabor	W65	Canterbury	09 May
5:54.2	Sophie Fenner	U20	Kingston	16 Apr
6:03.5	Christine Bond	W50	Canterbury	09 May
6:07.15	Ciara Mitchell	U17	Eltham	26 Jun
6:13.3	Hannah Hopper	U15	Bromley	08 May
6:21.31	Lizzie Garland	U17	Eltham	26 Jun
7:39.8	Maria Macdonald	W60	Canterbury	09 May

Mile

6:13.58	Ros Tabor	W65	Eltham	19 Jun
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3000m

9:29.09	Sabrina Sinha	U20	Watford	06 Apr
10:13.52	Lara Atkinson	U17	Watford	07 Sep
10:27.24	Ella Newton	U17	Woodford	07 Jun
10:47.12	Lucy Marlow	SW	Eltham	18 Jun
11:36.8	Emily Gelder	W40	Eltham	29 Apr
11:57.6	Rose Baker	W50	Ashford	27 Jun
12:02.2	Cara Oliver	W40	Ashford	27 Jun
12:19.6	Lisa Atkinson	W45	Ashford	27 Jun
12:45.5	Ros Tabor	W65	Ashford	27 Jun

5000m

20:15.56	Natasha Sinha	U20	Eltham	25 May
21:05.88	Emily Meins	SW	Eltham	22 May

70mH

11.8	Samira Sylla	U13	Gillingham	07 Aug
12.21	Rebecca Maddy	U13	Mile End	16 Jul
12.4	Asmara Griffiths	U13	Ashford	03 Jul
14.2	Elizabeth Zebo	U13	Gillingham	07 Aug
15.4	Mia Thurston-Mathews	U13	Bromley	08 May

75mH

12.69	Mary Schouvaloff	U15	Mile End	16 Jul
13.19	Jamaica Williams	U15	Battersea	19 Jun
13.92	Renay Thomas	U15	Erith	11 Sep
18.29	Railynn Saint-alby-Hyeme	U15	Battersea	19 Jun

80mH

12.3	Michaelina Ashong	U17	Gillingham	24 Jul
13.05w	Jade Fitt	U17	Eltham	29 May
15.10	Madeleine Cooper	U17	Eltham	26 Jun
15.78	Monay Thomas	U17	Erith	11 Sep

100mH

15.37	Madeleine Cooper	U17	Battersea	11 Jun
17.28	Hatshepsut James	SW	Aldershot	02 Jul
17.61	Kemi Ajose	U23	Eltham	20 Aug

300mH

44.73	Jade Fitt	U17	Ashford	14 Aug
51.08	Madeleine Cooper	U17	Ashford	14 May

400mH

66.70	Hatshepsut James	SW	Aldershot	02 Jul
68.96	Jade Fitt	U17	Eltham	22 May
72.0	Kemi Ajose	U23	Kingston	16 Apr

1500mSC

5:24.83	Ella Newton	U17	Ashford	01 May
5:51.46	Molly Hawkins	U20	Eltham	22 May
6:24.8	Sophie Fenner	U20	Gillingham	24 Jul
7:25.1	Tilly Cosgrove	U17	Gillingham	24 Jul

2000mSC

8:47.87	Molly Hawkins	U20	Eltham	18 Jun
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1 Mile W

8:24.61	Evie Butcher	U17	Eltham	20 Jul
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2000mW

13:24.9	Rose Baker	W50	Bromley	10 Jun
14:27.1	Hannah Hopper	U15	Gillingham	07 Aug
14:50.8	Maria Macdonald	W65	Bromley	10 Jun

3000mW

13:51.34	Sophie Lewis Ward	U20	Tbilisi (GEO)	14 Jul
15:56.1	Lucy Lewis Ward	U15	Tamworth	02 Jul
16:34.41	Evie Butcher	U17	Ashford	16 Jul

5000mW

23:37.55	Sophie Lewis Ward	U20	Tbilisi (GEO)	14 Jul
35:09.72	Indigo Burgin	U20	Exeter	17 Sep

HJ

1.50	Ayanna Henry	U15	Dartford	05 Jun
1.50	Jamaica Williams	U15	Battersea	19 Jun
1.50	Molly Hawkins	U20	Eltham	03 Sep
1.46	Rebecca Maddy	U13	Erith	10 Sep
1.45	Angel Nwoha	U17	Eltham	18 Jun
1.38	Renay Thomas	U15	Erith	10 Sep
1.35	Kasey Walters	U13	Erith	10 Sep
1.30	Christine Bond	W50	Ashford	27 Jun
1.30	Ayanna Henry	U15	Mile End	16 Jul
1.28	Monay Thomas	U17	Erith	10 Sep
1.20	Xanine Powell	W35	Ashford	27 Jun
1.00	Maria Macdonald	W65	Ashford	27 Jun

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JT (400g)

12.84	Elizabeth Zebo	U13	Mile End	16 Jul
11.35	Marlow Hadler	W70	Bromley	10 Jun
8.99	Kasey Walters	U13	Mile End	16 Jul

Pent

1891	Renay Thomas	U15	Erith	11 Sep
1687	Jamaica Williams	U15	Erith	11 Sep

Hept

2821	Monay Thomas	U17	Erith	11 Sep
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