

Rankings 2010 – Senior & U20 Women – Track

Name	Age Group	Event	Seasons Best	Position	Location	Date	Comments
Emily Newton	Sen	100m	00:12.00		Havant	4/18/10	
Rachael Lewington	Sen	100m	00:12.00		Battersea Park	4/24/10	
Katy Seal	Sen	100m	00:12.00		Havant	4/18/10	
Becca Carozzi	Sen	100m	00:12.00		Portsmouth	5/9/10	
Anna Henden	Sen	100m	00:13.00		Battersea Park	4/24/10	
Ellen Cranstone	U20	100m	00:14.00		Portsmouth	4/25/10	
Michelle Wakefield (V40)	Sen	100m	00:14.00		Portsmouth	4/26/10	
Soph Boot (V35)	Sen	100m	00:18.00		Portsmouth	4/26/10	
Becca Carozzi	Sen	200m	00:25.00		Portsmouth	5/8/10	
Rachael Lewington	Sen	200m	00:25.00		Battersea Park	4/24/10	
Karla Drew	Sen	200m	00:26.00		Street	4/24/10	
Katy Seal	Sen	200m	00:26.63i		Birmingham	2/6/10	
Anna Henden	Sen	200m	00:26.00		Portsmouth	5/8/10	
Katy Seal	Sen	200m	00:27.00		Portsmouth	5/8/10	
Nicki Seal	Sen	200m	00:27.00		Portsmouth	5/8/10	
Melody Young	U20	200m	00:28.00		Bournemouth	4/11/10	
Sophie Hall	Sen	200m	00:30.00		Sutton	5/22/10	
Michelle Wakefield (V40)	Sen	200m	00:30.00		Basingstoke	5/24/10	
Ellen Cranstone	U20	200m	00:32.00		Eastbourne	5/23/10	
Fiona Webb (V45)	Sen	200m	00:38.00		Basingstoke	5/24/10	
Becca Carozzi	Sen	400m	00:57.00		Portsmouth	5/9/10	
Millie Clifford	U20	400m	00:57.00		Basingstoke	4/3/10	
Rachael Lewington	Sen	400m	00:58.00		Portsmouth	5/9/10	
Jenny Beckingham	U20	400m	00:59.00		Cardiff	6/5/10	
Nicki Seal	Sen	400m	01:01.00		Portsmouth	5/9/10	
Melody Young	U20	400m	01:01.00		Eastbourne	5/23/10	
Claire Gallant	Sen	400m	01:06.00		Sutton	5/22/10	
Michelle Wakefield (V40)	Sen	400m	01:09.00		Portsmouth	4/26/10	
Alisha Parnell	U20	400m	01:12.00		Portsmouth	4/25/10	
Anna Stevens	U20	400m	01:22.00		Portsmouth	4/25/10	
Fiona Webb (V45)	Sen	400m	01:31.00		Portsmouth	4/26/10	
Jenny Beckingham	U20	800m	02:10.00		Crystal Palace	6/13/10	
Ceri Mitchell	Sen	800m	02:13.00		Cardiff	6/5/10	
Eleanor Alexander	Sen	800m	02:16.00		Sutton	5/22/10	
Vicki Cronin	Sen	800m	02:21.00		Portsmouth	5/9/10	
Laura Connolly	U20	800m	02:28.00		Portsmouth	6/12/10	
Sophie Hall	Sen	800m	02:29.00		Sutton	5/22/10	
Claire Gallant	Sen	800m	02:29.00		Battersea Park	4/24/10	
Karla Drew	Sen	800m	02:30.00		Bedford	6/6/10	
Helen Warner	Sen	800m	02:35.00		Battersea Park	4/24/10	
Phillippa Broomfield	U20	800m	02:44.00		Havant	4/18/10	
Soph Boot (V35)	Sen	800m	03:27.00		Basingstoke	5/24/10	
Fiona Webb (V45)	Sen	800m	03:32.00		Basingstoke	5/24/10	
Ceri Mitchell	Sen	1500m	04:31.00		Crystal Palace	6/12/10	
Jenny Beckingham	U20	1500m	04:36.00		Millfield	5/3/10	
Louise Webb	U20	1500m	04:42.00		Bedford	5/3/10	
Aiya Abe	U20	1500m	04:46.00		Cardiff	6/5/10	
Eleanor Alexander	Sen	1500m	04:48.00		Sutton	5/22/10	
Siobhan Svendsen	Sen	1500m	05:08.00		Bath	4/17/10	
Nicci Blandford (V35)	Sen	1500m	05:17.00		Portsmouth	4/26/10	
Phillippa Broomfield	U20	1500m	05:56.00		Basingstoke	4/3/10	
Soph Boot (V35)	Sen	1500m	07:11.00		Portsmouth	4/26/10	
Nicci Blandford (V35)	Sen	3000m	10:47.00		Cardiff	6/5/10	
Natalie Burke	Sen	3000m	11:40.00		Salisbury	5/9/10	
Rhiannon Shepherd	Sen	3000m	12:00.00		Sutton	5/22/10	
Elaine Goode	Sen	3000m	12:34.00		Sutton	5/22/10	
Helen Warner	Sen	3000m	12:39.00		Battersea Park	4/24/10	
Karla Drew	Sen	100mH	00:14.00		Bedford	5/3/10	
Grace Clements (HCA)	Sen	100mH	00:14.00		Cardiff	6/5/10	
Claire Gallant	Sen	100mH	00:20.00		Cardiff	6/5/10	
Becky Tune	Sen	100mH	00:27.00		Battersea Park	4/24/10	
Becca Carozzi	Sen	400mH	01:02.00		Cardiff	6/5/10	
Millie Clifford	U20	400mH	01:03.00		Crystal Palace	6/13/10	
Aiya Abe	U20	2K S chase	06:53.00		Crystal Palace	6/12/10	

Aiya Abe	U20	3K S chase	11:23.00		Loughborough	5/23/10	
Anna Henden	Sen	60m	00:08.00		Southampton	4/21/10	
Becca Carozzi	Sen	150m	00:19.00		Radley	4/11/10	
Becca Carozzi	Sen	300m	00:40.00		Radley	4/11/10	
Karla Drew	Sen	600m	01:43.00		Exeter	3/30/10	
Henden, Seal N, Clifford, Newton	Sen	4x100m Relay	00:50.00		Cardiff	6/5/10	
Clifford (59.8) Beckingham (59.7) Clements (57.4) Carozzi (56.2)	Sen	4x400m Relay	03:53.00		Cardiff	6/5/10	
Rankings 2010 – Senior & U20 Women – Field							
Name	Age Group	Event	Seasons Best	Position	Location	Date	Comments
Karla Drew	Sen	Long Jump	5.60		Exeter	4/10/10	
Grace Clements (HCA)	Sen	Long Jump	5.46		Cardiff	6/5/10	
Emily Newton	Sen	Long Jump	5.29		Battersea Park	4/24/10	
Claire Gallant	Sen	Long Jump	4.41		Sutton	5/22/10	
Melody Young	U20	Long Jump	4.08		Eastbourne	5/23/10	
Anna-Sara Tingman	U20	Long Jump	3.94		Portsmouth	4/25/10	
Soph Boot (V35)	Sen	Long Jump	2.50		Basingstoke	5/24/10	
Karla Drew	Sen	High Jump	1.72i		Bompas, FRA	3/7/10	Equals C R
Karla Drew	Sen	High Jump	1.71		Bedford	6/5/10	
Ellen Cranstone	U20	High Jump	1.30		Eastbourne	5/23/10	
Claire Gallant	Sen	High Jump	1.25		Cardiff	6/5/10	
Emily Newton	Sen	High Jump	1.25		Cardiff	6/5/10	
Melody Young	U20	High Jump	1.20		Battersea Park	4/24/10	
Spohie Hall	Sen	High Jump	1.00		Sutton	5/22/10	
Anna Stevens	U20	High Jump	1.00		Sutton	5/22/10	
Anna Henden	Sen	Triple Jump	9.68		Cardiff	6/5/10	
Claire Gallant	Sen	Triple Jump	9.15		Sutton	5/22/10	
Anna-Sara Tingman	U20	Triple Jump	8.55		Eastbourne	5/23/10	
Fiona Webb (V45)	Sen	Triple Jump	5.72		Portsmouth	4/26/10	
Becky Tune	Sen	Pole Vault	2.30		Battersea Park	4/24/10	
Grace Clements (HCA)	Sen	Shot	12.54		Cardiff	6/5/10	
Debbie Callaway (V45)	Sen	Shot	11.29		Sutton	5/22/10	
Karla Drew	Sen	Shot	10.28		Bedford	6/5/10	
Anna Stevens	U20	Shot	10.16		Bournemouth	4/11/10	
Fiona Webb (V45)	Sen	Shot	6.40		Basingstoke	5/24/10	
Alisha Parnell	U20	Shot	5.57		Portsmouth	4/25/10	
Debbie Callaway (V45)	Sen	Discus	38.66		Sutton	5/22/10	
Anna Stevens	U20	Discus	30.79		Cardiff	6/5/10	
Fiona Webb (V45)	Sen	Discus	15.31		Basingstoke	5/24/10	
Ellen Cranstone	U20	Discus	9.90		Eastbourne	5/23/10	
Anna Stevens	U20	Hammer	33.94		Sutton	5/22/10	
Debbie Callaway (V45)	Sen	Hammer	27.59		Sutton	5/22/10	
Becky Tune	Sen	Hammer	22.58		Battersea Park	4/24/10	
Fiona Webb (V45)	Sen	Hammer	14.29		Portsmouth	4/26/10	
Alisha Parnell	U20	Hammer	8.18		Eastbourne	5/23/10	
Sarah Ellis	Sen	Javelin	42.65		Crystal Palace	6/12/10	
Debbie Callaway (V45)	Sen	Javelin	27.26		Battersea Park	4/24/10	
Karla Drew	Sen	Javelin	24.93		Street	4/25/10	
Anna Stevens	U20	Javelin	18.76		Portsmouth	4/25/10	
Becca Carozzi	Sen	Javelin	13.71		Cardiff	6/5/10	
Fiona Webb (V45)	Sen	Javelin	11.38		Portsmouth	4/26/10	