

2009
Women's
Records

30/11/09

| 100m | | | |
|-------------|------------------------|------|-----|
| 12.6 | Eleanor Campbell | | U17 |
| 12.6 | Rachel Hanagan | | U20 |
| 12.6 | Rachel Hanagan | | U20 |
| 13.2 | Hannah Hogben | | U20 |
| 13.2 | Hannah Hogben | | U20 |
| 13.2 | Caroline Hatley | | U17 |
| 13.3 | Abigail Purkis | | U15 |
| 13.3 | Sam Beckett | | U17 |
| 13.4 | Laura Hanagan | | U17 |
| 13.6 | Caitlin Dock | | U15 |
| 13.69 | Sophie Hamlyn | +1.7 | U15 |
| 13.83 | Kim Smith | | U17 |
| 13.87 | Lizzie Highwood | +3.7 | U15 |
| 14.0 | Hester Hill | | U15 |
| 14.0 | Kayleigh Miller-Leslie | | U15 |
| 14.0 | Hester Hill | | U15 |
| 14.1 | Hannah Middleton | | U17 |
| 14.23 | Billie McLaren | +2.3 | U15 |
| 14.7 | Charlotte Denniss | | U15 |
| 14.7 | Lucy Holmes | | U17 |
| 14.9 | Joanna Norman | | U17 |
| 15.4 | Katherine Buckley | | U15 |
| 16.6 | Amber Regardsoe | | U17 |

| 300m | | | |
|-------------|------------------------|---|-----|
| 43.0 | Laura Hanagan | | U17 |
| 43.4 | Eleanor Campbell | | U17 |
| 43.5 | Kim Smith | | U17 |
| 43.9 | Sam Beckett | | U17 |
| 44.29 | Caroline Hatley | i | U17 |
| 45.26 | Georgie Twist | | U20 |
| 45.7 | Lauren Bamford | | U15 |
| 46.5 | Kayleigh Miller-Leslie | | U15 |
| 46.5 | Amelia Jones | | U15 |
| 50.0 | Sam Lynch | | U15 |

| 800m | | | |
|-------------|-----------------|--|-----|
| 2:07.19 | Lisa Dobriskey | | SW |
| 2:24.48 | Georgie Twist | | U20 |
| 2:27.7 | Amelia Jones | | U15 |
| 2:29.1 | Laura Hanagan | | U17 |
| 2:29.2 | Caroline Hatley | | U17 |
| 2:30.2 | Sam Beckett | | U17 |
| 2:31.4 | Rachel Hanagan | | U20 |
| 2:32.67 | Kate Funnell | | U15 |
| 2:35.1 | Rachel Hanigan | | U20 |
| 2:37.7 | Lauren Bamford | | U15 |
| 2:48.1 | Hester Hill | | U15 |
| 2:48.6 | Amanda Jukes | | SW |

| 200m | | | |
|-------------|------------------------|------|-----|
| 25.44 | Rachel Hanagan | +1.5 | U20 |
| 25.81 | Eleanor Campbell | +1.1 | U17 |
| 26.7 | Hannah Hogben | | SW |
| 27.2 | Caroline Hatley | | U17 |
| 27.2 | Sam Beckett | | U17 |
| 27.38 | Abigail Purkis | +2.5 | U15 |
| 27.4 | Laura Hanagan | | U17 |
| 27.5 | Kim Smith | | U17 |
| 27.7 | Caitlin Dock | | U15 |
| 28.7 | Lucy Holmes | | U17 |
| 29.0 | Lauren Bamford | | U15 |
| 29.4 | Lizzie Highwood | | U15 |
| 29.5 | Kayleigh Miller-Leslie | | U15 |
| 29.5 | Amber Currie | | U13 |
| 30.50 | Georgie Twist | +0.4 | U20 |
| 30.60 | Lauren Smith | i | U15 |
| 30.7 | Sam Lynch | | U15 |
| 30.9 | Joanna Norman | | U17 |
| 31.3 | Katherine Buckley | | U15 |

| 400m | | | |
|-------------|------------------|--|-----|
| 58.7 | Rachel Hanagan | | U20 |
| 61.9 | Sam Beckett | | U17 |
| 62.4 | Eleanor Campbell | | U17 |
| 63.0 | Georgie Twist | | U20 |
| 66.2 | Kim Smith | | U17 |
| 108.4 | Jane Ross | | W40 |

| 1500m | | | |
|--------------|-------------------|---|-----|
| 3:59.50 | Lisa Dobriskey | | SW |
| 5:00.7 | Janine Brown | | SW |
| 5:01.5 | Amelia Jones | | U15 |
| 5:06.67 | Candy Hawkins | | W35 |
| 5:14.4 | Kate Austen | | SW |
| 5:17.22 | Kelsey Howard | | U17 |
| 5:29.91 | Sam Beckett | i | U17 |
| 5:36.7 | Hester Hill | | U15 |
| 5:42.6 | Katherine Buckley | | U15 |
| 5:47.6 | Lesley Hall | | W50 |
| 5:50.2 | Rebecca Roddy | | U13 |
| 6:24.7 | Isabel Dickinson | | U20 |
| 6:52.3 | Amber Regardsoe | | U17 |

| 2 Miles | | | |
|----------------|-------------|--|-----|
| 12:54.16 | Lesley Hall | | W50 |

| 5000m | | | |
|--------------|---------------|--|-----|
| 18:45.30 | Janine Brown | | SW |
| 19:15.70 | Candy Hawkins | | W35 |

Sheet1

| | | | |
|--------|-------------------|--|-----|
| 2:50.0 | Katherine Buckley | | U15 |
| 2:50.2 | Briony Walsh | | U20 |
| 2:51.1 | Tegan White | | U13 |
| 2:51.8 | Kate Lillington | | U13 |
| 2:52.3 | Megan Lillington | | U13 |
| 2:52.6 | Miranda Stracey | | U13 |
| 3:03.4 | Isabel Dickinson | | U20 |
| 3:06.2 | Billie McLaren | | U15 |

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|-----------------|-------------------------|--|-----|
| U13 70mH | | | |
| 13.0 | Amber Currie | | U13 |
| 13.8 | Miranda Stracey | | U13 |
| 14.8 | Emily Hamlyn | | U13 |
| 15.1 | Veronique de Caestecker | | U13 |
| 15.9 | Rebecca Cook | | U13 |
| 16.2 | Rebecca Cock | | U13 |
| 17.7 | Sunday Shearer | | U13 |

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|-----------------|------------------------|------|-----|
| U15 75mH | | | |
| 13.5 | Lauren Bamford | +1.8 | U15 |
| 13.8 | Kayleigh Miller-Leslie | | U15 |
| 15.2 | Hester Hill | +1.5 | U15 |
| 15.2 | Sam Lynch | | U15 |
| 15.8 | Amelia Jones | | U15 |
| 16.6 | Sophie Hamlyn | +1.5 | U15 |

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|-----------------|-----------------|------|-----|
| U17 80mH | | | |
| 12.4 | Caroline Hatley | | U17 |
| 12.4 | Caroline Hatley | -0.2 | U17 |
| 13.5 | Laura Hanagan | +1.3 | U17 |
| 17.1 | Lucy Holmes | | U17 |

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|--------------|------------------|------|-----|
| 100mH | | | |
| 16.0 | Rachel Hanagan | +1.4 | U20 |
| 20.1 | Laura Hanagan | | U17 |
| 20.5 | Kara Gibbs | | U20 |
| 22.1 | Stevie Langford | | SW |
| 23.3 | Emmeline Rendall | | U20 |

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|------------|------------------|---|-----|
| 60m | | | |
| 8.14 | Eleanor Campbell | i | U17 |
| 8.17 | Rachel Hanagan | i | U20 |
| 8.44 | Abigail Purkis | i | U15 |
| 8.59 | Laura Hanagan | i | U17 |
| 8.70 | Caitlin Dock | i | U15 |
| 8.70 | Caitlin Dock | i | U15 |
| 8.73 | Hannah Middleton | i | U17 |
| 8.80 | Sophie Hamlyn | i | U15 |
| 9.14 | Lucy Holmes | i | U17 |

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|-----------------|-----------------|---|-----|
| U17 60mH | | | |
| 9.78 | Caroline Hatley | i | U17 |

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|----------|-------------|--|-----|
| 20:47.41 | Lesley Hall | | W50 |
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| 10000m | | | |
| 43:35.5 | Lesley Hall | | W50 |

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|--------------|----------------|--|-----|
| 3000m | | | |
| 9:10.96 | Lisa Dobriskey | | SW |
| 10:50.5 | Janine Brown | | SW |
| 11:05.9 | Kate Austen | | SW |
| 11:12.3 | Candy Hawkins | | W35 |
| 11:33.4 | Kelsey Howard | | U17 |
| 11:53.8 | Lesley Hall | | W50 |
| 14:40.8 | Amanda Jukes | | SW |

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|------------------|-----------------|--|-----|
| U17 300mH | | | |
| 45.02 | Caroline Hatley | | U17 |
| 51.61 | Laura Hanagan | | U17 |
| 51.72 | Sam Beckett | | U17 |

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|--------------|------------------|--|-----|
| 400mH | | | |
| 73.6 | Sam Beckett | | U17 |
| 74.9 | Laura Hanagan | | U17 |
| 89.2 | Amanda Jukes | | SW |
| 98.6 | Emmeline Rendall | | U20 |

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|-------------------|---------------|--|-----|
| 1000m Walk | | | |
| 4:50.11 | Kelsey Howard | | U17 |
| 4:56.23 | Kate Funnell | | U15 |

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|-------------------|-------------------|--|-----|
| 1200m Walk | | | |
| 6:08.0 | Kate Funnell | | U15 |
| 7:25.3 | Katherine Buckley | | U15 |
| 7:32.6 | Rebecca Roddy | | U13 |
| 7:47.8 | Megan Lillington | | U13 |

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|-------------------|---------------|--|-----|
| 2000m Walk | | | |
| 12:27.6 | Rebecca Roddy | | U13 |

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|-------------------|---------------|--|-----|
| 3000m Walk | | | |
| 15:00.80 | Kelsey Howard | | U17 |
| 16:03.07 | Kate Funnell | | U15 |

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|-------------------|---------------|--|-----|
| 5000m Walk | | | |
| 26:05.41 | Kelsey Howard | | U17 |

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|------------|-----------------|------|-----|
| 75m | | | |
| 10.5 | Ememoloong Umoh | | U13 |
| 11.6 | Bethany Kimber | | U13 |
| 11.6 | Emily Hamlyn | | U13 |
| 11.7 | Erin Maxwell | +1.8 | U13 |
| 11.8 | Ciara Ewart | | U13 |
| 12.4 | Rebecca Cock | | U13 |
| 12.4 | Georgia Bamford | | U13 |

Sheet1

| | | | |
|-------------|------------------|--|-----|
| 600m | | | |
| 1:44.17 | Georgie Twist | | U20 |
| 1:44.17 | Sam Beckett | | U17 |
| 1:55.2 | Amber Guyatt | | U13 |
| 1:56.0 | Miranda Stracey | | U13 |
| 2:00.8 | Polly Abbott | | U13 |
| 2:05.3 | Megan Lillington | | U13 |
| 2:13.0 | Anna-Marie Gould | | U13 |
| 2:28.0 | Sunday Shearer | | U13 |

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|--------------|------------------|--|-----|
| 1000m | | | |
| 3:20.57 | Georgie Twist | | U20 |
| 3:42.3 | Rebecca Roddy | | U13 |
| 3:46.0 | Kate Lillington | | U13 |
| 4:08.20 | Isabel Dickinson | | U20 |

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|--------------|-----------------|--|-----|
| 1200m | | | |
| 4:38.4 | Rebecca Roddy | | U13 |
| 4:44.5 | Kate Lillington | | U13 |

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|-------------------|------------------|--|-----|
| Pole Vault | | | |
| 3.00 | Kara Gibbs | | U20 |
| 3.00 | Kara Gibbs | | U20 |
| 2.90 | Anne-Marie Price | | SW |
| 2.80 | Emmeline Rendall | | U20 |
| 2.80 | Emmeline Rendall | | U20 |
| 2.80 | Emmeline Rendall | | U20 |
| 2.05 | Lucy Holmes | | U17 |
| 2.00 | Stevie Langford | | SW |
| 2.00 | Kate Funnell | | U15 |
| 1.90 | Sam Lynch | | U15 |
| 1.70 | Amelia Jones | | U15 |
| 1.70 | Amelia Jones | | U15 |
| 1.70 | Amelia Jones | | U15 |

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| Long Jump | | | |
| 5.37 | Rachel Hanagan | | U20 |
| 5.08 | Eleanor Campbell | | U17 |
| 5.02 | Caroline Hatley | | U17 |
| 4.73 | Deborah Martin | | U17 |
| 4.56 | Sophie Hamlyn | | U15 |
| 4.48 | Lucy Holmes | | U17 |
| 4.40 | Laura Hanagan | | U17 |
| 4.38 | Kayleigh Miller-Leslie | | U15 |
| 4.37 | Lauren Bamford | | U15 |
| 4.30 | Kim Smith | | U17 |
| 4.27 | Lizzie Highwood | | U15 |
| 4.23 | Hester Hill | | U15 |
| 4.11 | Kara Gibbs | | U20 |
| 4.09 | Hannah Middleton | +2.1 | U15 |
| 4.07 | Billie McLaren | | U15 |
| 3.95 | Amber Currie | | U13 |
| 3.91 | Caitlin Dock | | U15 |

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| 13.7 | Veronique de Caestecker | | U13 |
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|-------------|-------------------------|------|-----|
| 150m | | | |
| 19.69 | Caroline Hatley | -1.0 | U17 |
| 21.4 | Amber Currie | | U13 |
| 22.4 | Ememoloong Umoh | | U13 |
| 22.7 | Emily Hamlyn | | U13 |
| 22.8 | Polly Abbott | +1.1 | U13 |
| 22.8 | Polly Abbott | | U13 |
| 22.9 | Miranda Stracey | | U13 |
| 23.6 | Erin Maxwell | | U13 |
| 23.8 | Bethany Kimber | | U13 |
| 24.4 | Amber Guyatt | | U13 |
| 24.9 | Georgia Bamford | | U13 |
| 25.0 | Rebecca Cook | | U13 |
| 25.1 | Charlotte Tappenden | | U13 |
| 25.9 | Anna-Marie Gould | | U13 |
| 25.9 | Sunday Shearer | | U13 |
| 28.4 | Veronique de Caestecker | | U13 |

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|------------------|-------------------------|--|-----|
| High Jump | | | |
| 1.78 | Stevie Langford | | SW |
| 1.58 | Caroline Hatley | | U17 |
| 1.53 | Deborah Martin | | U17 |
| 1.47 | Sophie Hamlyn | | U15 |
| 1.45 | Kara Gibbs | | U20 |
| 1.45 | Hester Hill | | U15 |
| 1.42 | Rachel Hanagan | | U20 |
| 1.42 | Laura Hanagan | | U17 |
| 1.40 | Lucy Holmes | | U17 |
| 1.40 | Lucy Holmes | | U17 |
| 1.40 | Billie McLaren | | U15 |
| 1.35 | Lizzie Highwood | | U15 |
| 1.30 | Lauren Bamford | | U15 |
| 1.21 | Lily Epps | | U13 |
| 1.20 | Katherine Buckley | | U15 |
| 1.15 | Megan Kimber | | U13 |
| 1.15 | Erin Maxwell | | U13 |
| 1.10 | Veronique de Caestecker | | U13 |
| 1.10 | Bethany Kimber | | U13 |
| 1.05 | Emily Hamlyn | | U13 |
| 1.05 | Rebecca Roddy | | U13 |
| 1.00 | Rebecca Cock | | U13 |

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|--------------------|-----------------|------|-----|
| Triple Jump | | | |
| 11.26 | Rachel Hanagan | +1.3 | U20 |
| 10.97 | Stevie Langford | | SW |
| 9.96 | Laura Hanagan | | U17 |
| 8.89 | Lucy Holmes | i | U17 |
| 8.49 | Joanna Norman | | U17 |

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|-----------------------|----------------|--|-----|
| U15 Pentathlon | | | |
| 2153 | Lauren Bamford | | U15 |

Sheet1

| | | | |
|------|-------------------|--|-----|
| 3.86 | Ememoloong Umoh | | U13 |
| 3.85 | Katherine Buckley | | U15 |
| 3.76 | Joanna Norman | | U17 |
| 3.64 | Emily Hamlyn | | U13 |
| 3.51 | Erin Maxwell | | U13 |
| 3.49 | K Keet | | U13 |
| 3.41 | Amber Guyatt | | U13 |
| 3.32 | Georgia Bamford | | U13 |
| 2.80 | Lily Epps | | U13 |
| 2.68 | Rebecca Cock | | U13 |

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|-----------------|-------------------------|--|-----|
| U13 Shot | | | |
| 7.56 | Polly Abbott | | U13 |
| 5.34 | Truly Capell | | U13 |
| 5.27 | Emily Hamlyn | | U13 |
| 4.78 | Georgia Bamford | | U13 |
| 4.70 | Kate Lillington | | U13 |
| 4.68 | Anna-Marie Gould | | U13 |
| 4.28 | Veronique de Caestecker | | U13 |

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|-----------------|------------------------|--|-----|
| U15 Shot | | | |
| 8.29 | Charlotte Denniss | | U15 |
| 7.92 | Lizzie Highwood | | U15 |
| 7.64 | Kirsten Hooten | | U15 |
| 6.68 | Hester Hill | | U15 |
| 6.55 | Abigail Purkis | | U15 |
| 6.39 | Lauren Bamford | | U15 |
| 6.34 | Sophie Hamlyn | | U15 |
| 6.04 | Kayleigh Miller-Leslie | | U15 |

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|-------------|------------------|--|-----|
| Shot | | | |
| 10.00 | Sarah Snare | | SW |
| 9.55 | Hannah Hogben | | SW |
| 9.42 | Amber Regardsoe | | U17 |
| 7.92 | Lucy Holmes | | U17 |
| 7.73 | Caroline Hatley | | U17 |
| 7.29 | Rachel Hanagan | | U20 |
| 7.09 | Laura Hanagan | | U17 |
| 6.73 | Hannah Middleton | | U17 |
| 6.38 | Eleanor Campbell | | U17 |
| 5.87 | Vicky Silk | | U20 |
| 4.94 | Isabel Dickinson | | U20 |
| 4.80 | Kim Smith | | U17 |

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|-----------------|------------|--|-----|
| F40 Shot | | | |
| 6.14 | Vicky Silk | | U20 |

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|---------------|-----------------|--|-----|
| Discus | | | |
| 30.33 | Sarah Snare | | SW |
| 29.90 | Hannah Hogben | | SW |
| 29.64 | Amber Regardsoe | | U17 |
| 21.20 | Lucy Holmes | | U17 |
| 18.74 | Caroline Hatley | | U17 |

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|------|---------------|--|-----|
| 2111 | Hester Hill | | U15 |
| 1472 | Sophie Hamlyn | | U15 |

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|-----------------------|-----------------|--|-----|
| U17 Heptathlon | | | |
| 3619 | Caroline Hatley | | U17 |
| 3479 | Laura Hanagan | | U17 |

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|-------------------|----------------|--|-----|
| Heptathlon | | | |
| 3892 | Rachel Hanagan | | U20 |

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|----------------|------------------|--|-----|
| Javelin | | | |
| 33.65 | Sarah Snare | | SW |
| 26.57 | Lucy Holmes | | U17 |
| 24.04 | Kirsten Hooten | | U15 |
| 21.42 | Rachel Hanagan | | U20 |
| 19.88 | Hannah Middleton | | U17 |
| 18.64 | Amber Regardsoe | | U17 |
| 18.63 | Caroline Hatley | | U17 |
| 17.05 | Vicky Silk | | U20 |
| 16.14 | Laura Hanagan | | U17 |
| 15.67 | Isabel Dickinson | | U20 |
| 15.26 | Kara Gibbs | | U20 |
| 14.92 | Sam Lynch | | U15 |
| 12.26 | Emmeline Rendall | | U20 |
| 11.86 | Abigail Purkis | | U15 |
| 10.82 | Kate Funnell | | U15 |
| 9.61 | Billie McLaren | | U15 |
| 7.30 | Lizzie Highwood | | U15 |
| 7.20 | Joanna Norman | | U17 |

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|--------------------|------------------|--|-----|
| U13 Javelin | | | |
| 13.14 | Anna-Marie Gould | | U13 |
| 9.27 | Polly Abbott | | U13 |
| 8.47 | Erin Maxwell | | U13 |
| 8.18 | Megan Kimber | | U13 |

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|---------------|------------------|--|-----|
| Hammer | | | |
| 40.83 | Hannah Hogben | | SW |
| 27.28 | Amber Regardsoe | | U17 |
| 23.96 | Sarah Snare | | SW |
| 13.13 | Hannah Middleton | | U17 |
| 11.70 | Lesley Hall | | W50 |

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|-------------------|------------|--|-----|
| F40 Discus | | | |
| 18.04 | Vicky Silk | | U20 |

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|-------------------|-------------------------|--|-----|
| U13 Discus | | | |
| 13.80 | Erin Maxwell | | U13 |
| 11.93 | Anna-Marie Gould | | U13 |
| 9.88 | Veronique de Caestecker | | U13 |
| 9.29 | Rebecca Cock | | U13 |
| 8.90 | Georgia Bamford | | U13 |

Sheet1

| | | | |
|-------|-------------------|--|-----|
| 17.93 | Charlotte Denniss | | U15 |
| 17.09 | Laura Hanagan | | U17 |
| 17.04 | Kirsten Hooten | | U15 |
| 16.96 | Hannah Middleton | | U17 |
| 15.23 | Vicky Silk | | U20 |
| 14.31 | Lizzie Highwood | | U15 |
| 12.41 | Sam Beckett | | U17 |
| 12.00 | Lauren Bamford | | U15 |
| 11.05 | Sam Lynch | | U15 |
| 10.18 | Kim Smith | | U17 |
| 9.59 | Joanna Norman | | U17 |
| 9.30 | Katherine Buckley | | U15 |
| 9.11 | Caitlin Dock | | U15 |

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|---------------|---|--|--|--|--|--|-----|
| 4x100m | | | | | | | |
| 51.4 | SW | | | | | | SW |
| 51.6 | Eleanor Campbell, Rachel Hanagan, Kim Smith, Caroline Hatley | | | | | | U20 |
| 52.3 | Sam Beckett, Caroline Hatley, Lucy Holmes, Eleanor Campbell | | | | | | U17 |
| 52.5 | Sophie Hamlyn, Abigail Purkiss, Lizzie Highwood, Hester Hill | | | | | | U15 |
| 59.7 | Ememoloong Umoh, Polly Abbott, Georgina Bamford, Emily Hamlyn | | | | | | U13 |

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|---------------|---|--|--|--|--|--|-----|
| 4x200m | | | | | | | |
| 1:48.3 | Laura Hanagan, Caroline Hatley, Sam Beckett, Eleanor Campbell | | | | | | U17 |
| 1:48.3 | Laura Hanagan, Caroline Hatley, Sam Beckett, Eleanor Campbell | | | | | | U17 |

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|---------------|--|--|--|--|--|--|-----|
| 4x400m | | | | | | | |
| 4:09.9 | SW | | | | | | SW |
| 4:14.1 | Rachel Hanagan, Sam Beckett, Kim Smith, Georgina Twist | | | | | | U20 |

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|---------------|---|--|--|--|--|--|-----|
| 3x800m | | | | | | | |
| 7:53.2 | Kate Funnell, Lauren Bamford, Amelia Jones | | | | | | U15 |
| 9:04.3 | Rebecca Roddy, Kate Willimngton, Megan Willington | | | | | | U13 |