

2010 SENIOR WOMEN'S RANKINGS & TOP PERFORMANCES @ 30th AUGUST 2010

ANY AMMENDMENTS TO BILL WALKER at ziska400@gmail.com

	<u>Forename</u>	<u>Surname</u>		<u>Performance</u>	<u>Date</u>	<u>Event</u>	<u>Venue</u>
100m	Stacey	Downie	SW	12.30 (1.3)	29/August	SWAL	Scotstoun
	Hope	Robertson	U20	12.38 (0.5)	03/July	Youth Games	Gothenburg
	Carly	Beattie	U23	12.47 (-0.7)	01/May	Brit.Univ	Bedford
	Rebecca	Caswell	U17	12.59 (3.3)	29/August	SWAL	Scotstoun
	Bethany	Finlayson	U17	12.62 (0.3)	02/May	SYAL	Grangemouth
	Louise	Dickson	SW	12.73 (-1.6)	11/April	lothian & Borders	Meadowbank
	Lisa	Ferguson	SW	12.8s(nws)	29/August	SWAL	Scotstoun
	Sarah	Warnock	U20	12.86 (2.8)	26/July	NJAL	Scotstoun
	Kathryn	Evans	SW	12.92 (-1.1)	13/June	u20/23 Guest	Grangemouth
	Amy	Rogers	U20	12.95 (2.6)	29/August	SWAL	Scotstoun
	Rebecca	Law	U17	12.95 (2.6)	29/August	SWAL	Scotstoun
	Jenny	Dunn	U23	13.01 (1.6)	24/April	Pitreavie Trials	Pitreavie
200m	Bethany	Finlayson	U17	25.00 (-0.4)	23/May	NJAL	Meadowbank
	Stacey	Downie	SW	25.07 (0.6)	29/August	SWAL	Scotstoun
	Kathryn	Evans	SW	25.3s (nws)	08/May	High. Regional Champs	Inverness
	Hope	Robertson	U20	25.33 (3.2)	31/July	UKWAL	Eton
	Stephanie	Walker	U23	26.0s(nws)	18/April	Pitreavie Trials	Pitreavie
	Catriona	Pennet	SW	26.1s (NWS)	23/May	Petrofac League	Dundee
	Mhairi	McDonald	SW	26.39(NWS)	18/July	Sen.Champs	Pitreavie
	Lynsey	Sharp	U23	26.44(-2.5)	09/May	Lothian & Borders	Meadowbank
	Siobhan	Hanlon	U23	26.61(NWS)	20/June	SWAL 2	Meadowbank
	Wendy	Davidson		26.67	18/July	Sen.Champs	Pitreavie
	Caitlin	Froude	U20	26.79 (NWS)	20/June	SWAL 2	Meadowbank
	Rebecca	Law	U17	26.82 (NWS)	20/June	SWAL 2	Meadowbank
	Rachel	Dinsdale	U17	26.84(-1.0)	27/June	NJAL	Gateshead
	Kirsty	McKean	U15	26.85 (NWS)	20/June	SWAL 2	Meadowbank
	Emma	Nuttall	U20	26.87 (-0.5)	05/June	UKWAL	Birmingham
400m	Kathryn	Evans	SW	55.67	05/June	UKWAL	Birmingham
	Lynsey	Sharp	U23	55.74	03/July	UKWAL	Manchester
	Lauren	Peffer	SW	56.52	13/June	U23 CHAMPS	Grangemouth
	Avril	Jackson	SW	57.66	20/June	SWAL	Meadowbank
	Ashleigh	Kennedy	SW	58.23	13/June	U23 CHAMPS	Grangemouth
	Siobhan	Hanlon	U23	58.23	24/April	Pitreavie Trials	Pitreavie
	Emily	Dudgeon	U20	58.74	26/July	NJAL	Meadowbank
	Katja	Eravisto	SW	59.61	29/August	SWAL	Scotstoun
	Caitlin	Froude	U20	59.61	13/June	U20 CHAMPS	Scotstoun
	Stacey	Downie	SW	59.76	13/June	U23 CHAMPS	Grangemouth
	Mhairi	McDonald	SW	59.77	18/July	Sen.Champs	Pitreavie
	Fiona	Trew	U20	60.59	09/May	Lothian & Borders	Meadowbank
800m	Laura	Dunn	U23	2.08.53	05/June	UKWAL	Birmingham
	Katja	Eravisto	SW	2.08.90	07/August	Finish Champs	Finland

	Kathryn	Evans	SW	2.12.62	31/July	UKWAL	Eton
	Emily	Stewart	U20	2.12.94	29/August	SWAL	Scotstoun
	Sarah	Hood	SW	2.14.5s	19/May	Civil Service Champs	Grangemouth
	Olivia	O'Hare	U17	2.14.98	09/May	Lothian & Borders	Meadowbank
	Marabeth	Shiell	SW	2.16.07	15/May	Georgia Invit.	Atlanta
	Lauren	Peffer	SW	2.16.22	05/June	UKWAL	Birmingham
	Louisa	Stewart	U17	2.16.62	09/May	Lothian & Borders	Meadowbank
	Kirsty	Peters	U17	2.17.41	20/June	SWAL 2	Meadowbank
	Ashleigh	Kennedy	SW	2.18.34	02/June	Open Graded	Grangemouth
	Emily	Dudgeon	U17	2.19.3s	25/April	NJAL	Manchester
	Olivia	McKenzie	U17	2.21.79	09/May	Lothian & Borders	Meadowbank
1500m	Nicola	Gauld	SW	4.15.26	12/June	BMC	Watford
	Sarah	Hood	SW	4.23.00	23/May	Loughborough Int	Loughborough
	Laura	Dunn	U23	4.24.23	23/May	Loughborough Int	Loughborough
	Freya	Murray	SW	4.26.40	31/July	UKWAL	Eton
	Katja	Eravisto	SW	4.31.09	08/August	Finish Champs	Finland
	Emily	Stewart	U20	4.32.53	25/July	NJAL	Scotstoun
	Marabeth	Shiell	SW	4.33.10	14/May	Georgia Invit.	Atlanta
	Louisa	Stewart	U17	4.39.30	29/June	Open Event	Stretford
	Olivia	O'Hare	U17	4.44.4s	25/April	NJAL	Manchester
	Rona	McNiven	SW	4.46.26	18/March	OPEN EVENT	Sydney
	Kirsten	Peters	U17	4.51.52	21/July	Open Graded	Grangemouth
	Rachel	Dunn	U17	4.26.95	28/August	UK Challenge	Cardiff
3000m	Nicola	Gauld	SW	9.22.28	23/May	Loughborough Int	Loughborough
	Freya	Murray	SW	9.24.38	31/July	UKWAL	Eton
	Sarah	Hood	SW	9.35.43	31/July	UKWAL	Eton
	Emily	Stewart	U20	9.35.60	31/July	UKWAL	Eton
	Laura	Dunn	u23	9.52.74	24/July	BMC	Belfast
	Marabeth	Shiell	SW	10.09.84	28/February		USA
	Rona	McNiven	SW	10.40.31	10/April	Waratah Invit.	Sydney
	Sue	Ridley	v40	10.44.4	18/April	SWAL	Grangemouth
	Cath	Ferry	v35	11.06.1	18/April	SWAL	Grangemouth
	Oonagh	Dunnett	U17	11.07.62	29/August	SWAL	Scotstoun
	Rachel	Dunn	U17	11.08.48	25/July	NJAL	Meadowbank
	Emma	Dunnett	u17	11.11.22	23/May	Petrofec	Inverness
	Lauren	Stoddart	U20	11.50.64	23/May	NJAL	Meadowbank
5000m	Freya	Murray	SW	15.26.5	28/August	UK Challenge	Cardiff
	Marabeth	Shiell	SW	17.35.37	02/May	League Championship	Ill. USA
10Km	Freya	Murray	SW	32.23.44	05/June	European Cup	Marseille
2Km S/C	Sarah	Hood	SW	6.44.00	16/May	Inter Region	Wishaw
	Lauren	Stoddart	U20	7.32.85	16/May	Inter Region	Wishaw
3Km S/C	Sarah	Hood	SW	10.55.13	28/August	UK Challenge	Cardiff

100m	Catriona	Pennet	SW	14.12(1.8)	31/July	UKWAL	Eton
Hurdles	Jackie	Tindal	SW	14.23 (1.3)	03/July	Comb.Events	Hexham
	Sylvia	Kamya	U23	15.7s	20/June	SWAL 2	Meadowbank
	Avril	Jackson	SW	15.89(-0.3)	05/June	UKWAL	Birmingham
	Emma	Lowry	u20	16.40 (1.7)	05/June	Eng. Combined Champs	Bedford
	Sarah	Watters	U20	18.03	27/June	NJAL 3	Gateshead
	Lillian	Gowans	u20	18.85	20/June	SWAL 2	Meadowbank
	400m	Avril	Jackson	SW	62.04	03/July	UKWAL
Hurdles	Wendy	Davidson	SW	63.71	03/July	UKWAL	Manchester
	Sylvia	Kamya	U23	65.10	16/June	Aberdeen Hurdles	Aberdeen
	Lauren	Stoddart	U20	65.33	27/June	NJAL 3	Gateshead
	Catriona	Pennet	SW	66.7s	25/April	Petrofec	Aberdeen
	Fiona	Trew	U20	67.24	12/June	Scot. Schools	Grangemouth
	Fiona	Cleat	u20	67.61	27/June	NJAL 3	Gateshead
	Isla	McKenzie	U17	70.5s	25/April	NJAL	Manchester
High Jump	Emma	Nuttall	U20	1.78	12/June	Scott. Schools	Grangemouth
	Rachel	McKenzie	SW	1.74	16/May	Inter Region	Wishaw
	Emma	Lowry	U20	1.71	05/June	Eng. Combined Champs	Bedford
	Jayne	Nisbet	U23	1.60	03/July	UKWAL	Manchester
	Caitlin	O'Neil	U17	1.60	02/June	Edinburgh Schools	Meadowbank
	Kerry-Anne	Hastings	U15	1.60	02/June	Edinburgh Schools	Meadowbank
Pole Vault	Caitlin	O'Neil	U17	2.30	23/May	NJAL	Meadowbank
	Katie	Logan	U17	2.15	26/July	NJAL	Scotstoun
	Emma	Lowry	U20	2.15	26/July	NJAL	Scotstoun
	Emma	Nuttall	U20	1.70	23/May	NJAL	Scotstoun
Long Jump	Sarah	Warnock	U20	6.07 (2.4)	20/June	English U20 Champs	Bedford
	Faye	Nicholson	U20	5.93	17/July	Sen.Champs	Pitreavie
	Lisa	Ferguson	SW	5.78	17/July	Sen.Champs	Pitreavie
	Gillian	Cooke	SW	5.51 (0.3)	03/July	UKWAL	Manchester
	Laurie	McKenna	U20	5.35	12/June	Scottish Schools	Grangemouth
	Rebecca	Law	U17	5.17	20/June	SWAL 2	Meadowbank
	Rachel	Dinsdale	U17	5.13	12/June	Scottish Schools	Grangemouth
	Kirsty	McKean	U15	5.11	18/April	SWAL	Grangemouth
Triple Jump	Sarah	Warnock	U20	12.13	17/July	Scot. Champs	Pitreavie
	Rachel	McKenzie	SW	10.84	08/May	High.& Isl. Champs	Inverness
	Jayne	Nisbet	U23	10.61 (-0.3)	03/July	UKWAL	Manchester
	Avril	Jackson	SW	10.18 (-0.2)	03/July	UKWAL	Manchester
	Rebecca	Law	U17	10.21	01/August	SYAL	Grangemouth
	Paula	Gass	U17	10.02	18/September	Open Graded	Inverness
	Lisa	Ferguson	SW	10.01	29/August	SWAL	Scotstoun
	Sarah	Watters	U20	9.96	16/May	Inter Region	Wishaw

	Rachel	Dinsdale	U17	9.75	09/May	Lothian & Borders	Meadowbank
Shot	Hannah	Evenden	U20	13.40	17/April	OGM	Liverpool
	Jackie	Tindal	SW	12.47	18/July	Scot. Champs	Pitreavie
	Emma	Lowry	U20	11.40	05/June	Eng. Combined Champs	Bedford
	Gillian	Cook	SW	10.64	29/August	SWAL	Scotstoun
	Nicola	Falconer	U23	10.30	05/June	UKWAL	Birmingham
	Lisa	Robertson	U20	10.01	11/June	Scottish Schools	Grangemouth
	Wendy	Davidson	SW	9.95	03/July	UKWAL	Manchester
	Naomi	Symonds	U17	9.94	27/June	NJAL	Gateshead
	Katie	Logan	U17	9.84	26-Jul	NJAL	Scotstoun
Discus	Hannah	Evenden	U20	45.26	31/May	Inter Counties	Bedford
	Nicola	Falconer	U23	34.93	11/April	Lothian & Borders	Meadowbank
	Nicky	McMurtie	U17	32.17	12/June	Scot.Schools	Grangemouth
	Kimberley	Reed	U17	32.04	12/June	Scot.Schools	Grangemouth
Javelin	Paula	Gass	U17	37.58	12/September	NJL	Derby
	Nicky	McMurtie	U17	37.40	26/July	NJAL	Scotstoun
	Jackie	Tindal	SW	36.23	04/July	Comb.Events	Hexham
	Nicola	Falconer	U23	35.87	11/April	Lothian & Borders	Meadowbank
	Bethany	Valente	U17	35.54	15/May	U17 Champs	Grangemouth
	Wendy	Davidson	SW	24.43	31/July	UKWAL	Eton
Hammer	Susan	McKelvie	SW	61.86	23/May	Loughborough Int.	
	Hannah	Evenden	U20	55.76	12/June	Northern U20 Champs	Manchester
	Kimberley	Reed	U17	51.02	29/August	SWAL	Scotstoun
	Kate	Turnbull	U20	40.67	11/June	Scottish Schools	Grangemouth
	Kelley	Bodley	U17	39.29	15/May	U17 Champs	Wishaw
Heptathlon	Emma	Lowry	U20	4163	05/June	Eng. Combined Champs	Bedford
	Paula	Gass	U17	3824.00	11/July	SAL Champs	Pitreavie

