

2009 SENIOR WOMEN'S RANKINGS & TOP PERFORMANCES @ 3rd August 2009

ANY AMMENDMENTS TO BILL WALKER at ziska400@googlemail.com

<u>Event</u>	<u>Forename</u>	<u>Surname</u>		<u>Performanc</u>	<u>Date</u>	<u>Event</u>	<u>Venue</u>
100m	Stacey	Downie	U23	12.06	09/August	U23 CHAMPS	Grangemouth
	Louise	Dickson		12.10w	04/July	UK Women's League	Grangemouth
	Hope	Robertson	U20	12.37	09/August	Scot. U20 Champs	Grangemouth
	Carly	Beattie	U23	12.53	12/April	Lothian Trials	Meadowbank
	Amy	Rogers	U20	12.53	12/June	Scot. Schools	Grangemouth
	Rebecca	Casswell	U17	12.59	17/May	SYAL	Wishaw
	Lisa	Ferguson		12.67	04/July	UK Women's League	Grangemouth
	Libby	Clegg (T12)	U20	12.78	24/May	Paralympic World Cup	Manchester
	Fiona	Cleat	U17	12.90	17/May	SYAL	Wishaw
Hannah	Chrisp	U20	13.05	24/May	NJAL	Grangemouth	
200m	Stacey	Downie	U23	24.33	26/August	Falkirk Cup	Grangemouth
	Louise	Dickson		24.9s	31/May	SWAL	Meadowbank
	Hope	Robertson	U20	25.1s	05/April	OGM	Nithsdale
	Stephanie	Walker	U23	25.52	04/July	UK Women's League	Grangemouth
	Carly	Beattie	U23	25.55	12/April	Lothian Trials	Meadowbank
	Avril	Jackson		26.04	10/May	Inter Region	Wishaw
	Lisa	Ferguson		26.21	10/May	Inter Region	Wishaw
	Amy	Rogers	U20	26.29	13/June	Scot. Schools	Grangemouth
	Siobhan	Hanlon	U23	26.45	21/June	Scot. Seniors	Pitreavie
	Libby	Clegg (T12)	U20	26.57	31/May	Scot. Seniors	Manchester
	Jennifer	Dunn	SW	26.49	02/August	HASL2	Meadowbank
	Mhairi	McDonald	SW	26.52	02/August	HASL2	Meadowbank
	Rebecca	Caswell	U!&	26.68	06/September	NYAL FINAL	Birmingham
400m	Lauren	Peppers	U23	55.90	08/September	World Deaf Games	Taipei/China
	Kathryn	Evans		57.27	05/July	UK Women's League	Grangemouth
	Stacey	Downie	U23	56.56	02/September	Open Graded	Grangemouth
	Ashleigh	Kennedy	U23	57.00	20/June	Scot. Seniors	Pitreavie
	Avril	Jackson		57.0s	19/April	Scot. Universities	Grangemouth
	Louise	McLelland	U23	57.44	12/April	Lothian Trials	Meadowbank
	Siobhan	Hanlon	U23	58.83	20/June	Scot. Seniors	Pitreavie
	Sylvia	Kamya	U23	59.3s	28/June	Grampian League	Dundee
	Mhairi	MacDonald		59.99	20/June	Scot. Seniors	Pitreavie
	Fiona	Trew	U20	60.90	12/April	Lothian Trials	Meadowbank
800m	Emily	Dudgeon	U17	2.10.79	18/July	Schools International	Amtrim
	Lauren	Peppers	U23	2.11.36	10/May	Inter Region	Wishaw
	Sarah	Hood		2.11.99	04/July	UK Women's League	Grangemouth
	Kathryn	Evans		2.13.24	21/June	Scot. Seniors	Pitreavie
	Laura	Dunn	U23	2.13.45	15/August	BMC	Cardiff
	Eilidh	MacKenzie	U23	2.14.1s	19/April	SWAL	Grangemouth
	Ashleigh	Kennedy	U23	2.14.52	28/June	HASL	Meadowbank

	Katja	Eravisto		2.15.12	28/June	HASL	Meadowbank
1500m	Freya	Murray		4.19.12	01/August	UK Women's League	Coptall
	Laura	Dunn	U23	4.27.54	09/August	Scot. U23 Champs	Grangemouth
	Sarah	Hood		4.31.85	10/May	Inter Region	Wishaw
	Eilidh	MacKenzie	U23	4.33.85	21/June	Scot. Seniors	Pitreavie
	Marabeth	Shiell		4.37.38	11/April	Miami Invit.	Oxford, USA
	Katja	Eravisto		4.42.95	04/July	UK Women's League	Grangemouth
	Emily	Dudgeon	U17	4.43.02	24/May	NJAL	Grangemouth
	Olivia	O'Hare	U15	4.52.12	06/September	NYAL FINAL	Birmingham
	Sam	Blair	U17	4.53.81	14/June	NJAL	Meadowbank
	Emma	Dunnett	U15	4.54.8s	31/May	SWAL	Meadowbank
	Lauren	Stoddart	U20	4.56.5s	19/April	SWAL	Grangemouth
	Rachel	Dunn	U15	4.58.94	08/July	Open Graded	Grangemouth
3000m	Freya	Murray		9.08.97	31/August	Grand Prix	Gateshead
	Laura	Dunn	U23	10.04.05	01/August	UK Women's League	Coptall
	Susan	Ridley	V40	10.23.58	04/July	UK Women's League	Grangemouth
	Sarah	Hood		10.24.97	12/April	Scot. Universities	Grangemouth
	Laura	Goodson	U20	10.32.20	24/May	NJAL	Grangemouth
	Cath	Ferry	V35	10.51.36	04/July	UK Women's League	Grangemouth
	Emma	Dunnett	U15	11.00.41	11/April	OGM	Inverness
	Sam	Blair	U17	11.08.81	06/September	NYAL FINAL	Birmingham
	Joanne	Thom		11.14.3s	19/April	SWAL	Grangemouth
5000m	Freya	Murray		15.32.39	24/July	Grand Prix	Crystal Palace
	Susan	Ridley	V40	17.43.49	10/May	Inter Region	Wishaw
	Marabeth	Shiell		18.03.50	15/April	Mt.Sac Relays	Walnut, USA
	Laura	Goodson	U20	18.37.77	09/August	Scot. U20 Champs	Grangemouth
2Km S/C	Lauren	Stoddart	U20	7.24.5s	06/June	UK Women's League	Birmingham
100m Hurdle	Catriona	Pennet		14.92	04/July	UK Women's League	Grangemouth
	Sylvia	Kamya	U23	15.02	09/August	Scot. U23 Champs	Grangemouth
	Stephanie	Walker	U23	15.04	17/May	Loughborough Int	Loughborough
	Emma	Lowry	U20	17.1s	19/April	SWAL	Grangemouth
400 Hurdles	Avril	Jackson		60.91	21/June	Scot. Seniors	Pitreavie
	Stephanie	Walker	U23	61.05	10/July	AAA Trials	Birmingham
	Sylvia	Kamya	U23	61.80	30/August	SWAL3	Aberdeen
	Lauren	Stoddart	U20	65.67	26/April	NJAL	Liverpool
	Megan	Gaffney	U20	68.0s	19/April	SWAL	Grangemouth
	Fiona	Trew	U20	68.1s	31/May	SWAL	Meadowbank
	Catriona	Pennet		68.62	10/May	Inter Region	Wishaw
High Jump	Jayne	Nisbet	U23	1.80	20/June	Scot. Seniors	Pitreavie
	Rachel	McKenzie	U23	1.70	30/August	SWAL	Aberdeen

	Emma	Nuttall	U20	1.66	26/August	Falkirk Cup	Grangemouth
	Emma	Lowry	U20	1.65	19/April	SWAL1	Grangemouth
	Caitlin	O'Neil	U15	1.54	03/June	Edin. Schools	Meadowbank
	Sarah	Warnock	U20	1.50	19/April	SWAL	Grangemouth
	Natalie	Griffiths	U23	1.50	12/April	Lothian Trials	Meadowbank
	Kerry-Anne	Hastings	U15	1.50	06/September	NYAL Final	Birmingham
	Claire	Kennedy		1.45	01/August	UK Women's League	Coptall
Pole Vault	Kirsty	Maguire		3.90	25/July	Jumps Comp	Birmingham
	Claire	Kennedy		3.40	20/June	Scot. Seniors	Pitreavie
	Ella	Teasdale		2.10	02/August	HASL 2	Meadowbank
	Emma	Lowry	U20	2.00	26/April	NJAL	Liverpool
	Katie	Murdoch	U17	2.00	06/September	NYAL Final	Birmingham
	Katie	Logan	U15	1.95	06/September	NYAL Final	Birmingham
	Emma	Nuttall	U20	1.85	14/June	NJAL	Manchester
Long Jump	Lisa	Ferguson		6.11	11/July	AAA Trials	Birmingham
	Sarah	Warnock	U20	5.81	26/July	NJAL	Gateshead
	Gillian	Cooke		5.74	06/June	UK Women's League	Birmingham
	Laurie	McKenna	U20	5.65	28/June	AAA U20 Champs.	Bedford
	Rebecca	Law	U17	4.98	02/August	HASL 2	Meadowbank
	Avril	Jackson		4.89	12/April	Scot. Universities	Grangemouth
	Emma	Lowry	U20	4.91	14/June	NJAL	Manchester
Triple Jump	Sarah	Warnock	U20	11.75	26/July	NJAL	Gateshead
	Jayne	Nisbet	U23	11.77	09/August	Scot. U23 Champs	Grangemouth
	Laurie	McKenna	U20	11.31	13/June	Scot. Schools	Grangemouth
	Sylvia	Kamya	U23	11.27	30/August	SWAL3	Aberdeen
	Emma	Lowry	U20	10.39	14/June	NJAL	Manchester
	Lisa	Ferguson		9.89	19/April	SWAL	Grangemouth
	Ailsa	Mackie	U17	9.61	27/July	NJAL	Gateshead
Shot	Hannah	Evenden	U20	13.42	13/June	W.York. Schools	Wakefield
	Lisa	Glover	U20	11.91	26/April	NJAL	Liverpool
	Emma	Lowry	U20	10.56	18/July	Scot. Combined	Pitreavie
	Nicky	McMurtie	U17	10.32	24/May	NJAL	Grangemouth
	Nicola	Falconer	U23	9.67	30/August	SWAL3	Meadowbank
Discus	Hannah	Evenden	U29	44.38	04/July	UK Women's League	Grangemouth
	Nicola	Falconer	U23	35.07	19/April	SWAL	Grangemouth
	Nicky	McMurtie	U17	34.32	21/June	Scot. Sen. Champs	Pitreavie
	Susan	McKelvie		27.12	30/August	SWAL3	Aberdeen
Javelin	Lisa	Glover	U20	41.69	24/May	NJAL	Grangemouth
	Olivia	McDonald	U20	39.25	04/July	NI Champs	Antrim
	Nicola	Falconer	U23	36.58	10/May	Inter Region	Wishaw

	Bethany	Valente	U17	34.27	30/August	SWAL3	Aberdeen
	Susan	McKelvie		33.71	30/August	swal3	Aberdeen
	Nicola	McMurtie	U17	33.51	20/June	Scot. Sen. Champs	Pitreavie
Hammer	Susan	McKelvie		61.46	30/August	SWAL3	Aberdeen
	Hannah	Evenden	U20	54.01	04/July	UK Women's League	Grangemouth
	Kate	Turnbull	U17	35.96	30/August	SWAL3	Aberdeen
	Nicola	Falconer	U23	33.64	09/August	Scot. U23 Champs	Grangemouth
	Morven	Cross	V35	30.75	31/May	SWAL	Grangemouth