

Mens Outdoor Track Rankings 2009

as at 14th September

Loughborough Based Alumni in Blue italics

Visiting Alumni in Red italics

100m

Pos	Name	Meeting and Date	Time	
1	James Dasaolu	Athletica Genève EAP Meeting, 6th June	10.09	0.9m/s
2	Harry Aikines-Aryeetey	Shanghai Golden Grand Prix, 20th Sept	10.13	2.0m/s
		European U23 Championships, Kaunus 17th July	10.15	1.5m/s
3	Seyi Smith	BUCS Championships, Bedford 2nd May	10.23	2.0m/s
4	<i>Aidan Ayers</i>	Loughborough EAP Meeting, 29th July	10.46	1.9m/s
5	<i>Andy Blow</i>	UCLA RJ/JJK Invitational, LA 11th April	10.75	1.5m/s
6	Luke Giblin	International Antwerp Athletics Gala, 29th August	10.77	1.1m/s
7	Tom Burton	Midland League Division 2, Cheltenham 4th July	10.8	
8	Bradley Williams	BUCS Championships, Bedford 2nd May	10.82	2.0m/s
9	<i>Paul Judson</i>	Loughborough EAP Meeting, 29th July	10.86	1.0m/s
		Donnas ITA , 12th July	10.47	4.2m/s
10	<i>Steve Small</i>	Dorset County Champs, Bournemouth 10th May	10.9	
11	David Feeney	CE International GB v FRA v SUI, Watford 25th/26th July	10.94	0.5m/s
12	Conor McLaughlin	LSAC v British Police v East Midlands, 27th May	10.99	3.4m/s
13	Luke Stott	BAL Div 4 Mayesbrook Park, Barking, 1st August	11.06	1.2m/s
		Havering Mayesbrook Spring Warm Up - 4 Apr 2009	11.0	
		British Athletics League National 4, Dunfirmline 6th June	10.97	2.6m/s
14	Will Green	Loughborough EAP Meeting, 29th July	11.09	3.2m/s
15	Josh Baxter	LSAC v British Police v East Midlands, 27th May	11.11	1.0m/s
16	Pat Swan	LSAC v British Police v East Midlands, 27th May	11.14	1.2m/s
17	<i>Phil Taylor</i>	LSAC v British Police v East Midlands, 27th May	11.18	1.2m/s
18	Martin Ogun-Sanya	LSAC v British Police v East Midlands, 27th May	11.18	1.0m/s
19	Yusif Aliu	LSAC v British Police v East Midlands, 27th May	11.23	1.0m/s
20	Michael Holden	LSAC v British Police v East Midlands, 27th May	11.31	2.0m/s
21	Olaseni Ogunmilade	LSAC v British Police v East Midlands, 27th May	11.40	3.4m/s
22	Will Lambourne	Bucks County Champs, Milton Keynes 9th May	11.4	0.0m/s
23	Seun Marcus	LSAC v British Police v East Midlands, 27th May	11.41	1.0m/s
		Southern Mens League Div 4, Twickenham 16th May	11.4	
24	Bradley Pickup	LSAC v British Police v East Midlands, 27th May	11.42	2.0m/s
25	Matt Threadgold	LSAC v British Police v East Midlands, 27th May	11.45	2.0m/s
26	Adam Mohammed	LSAC v Combined Services v Achilles, 10th June	11.5	-1.4m/s
27	<i>Max Hall</i>	England Snr & U20 Comb Evts Champs, Stoke 13th June	11.54	-0.3m/s
		Woodford Combined Events, 16th May	11.49	2.3m/s
28	Fraser Young	LSAC v British Police v East Midlands, 27th May	11.55	3.4m/s
29	Amadeus Rennalls	LSAC v British Police v East Midlands, 27th May	11.67	3.4m/s
30	Oscar Ward	LSAC v Combined Services v Achilles, 10th June	11.7	-1.4m/s
31	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 13th June	11.87	1.4m/s
32	Finin Olayisade	RAF LTVP Invitation Meeting, Cosford 25th April	12.08	-5.3 m/s

200m

Pos	Name	Meeting and Date	Time	
1	Seyi Smith	Athletica Genève EAP Meeting, 6th June	20.93	0.5m/s
2	<i>Graham Hedman</i>	BAL Premiership, Manchester 4th July	21.09	1.9m/s
3	David Gillick	UCLA RJ/JJK Invitational, LA 11th April	21.38	1.4m/s
4	<i>Paul Judson</i>	International Antwerp Athletics Gala, 29th August	21.50	2.0m/s
5	<i>Andy Blow</i>	LSAC v British Police v East Midlands, 27th May	21.67	2.4m/s
6	Luke Stott	McCain Birmingham Games, 18th July	21.94	1.6m/s
7	Tom Burton	Midland League Division 2, Kettering 2nd August	22.1	
8	<i>Will Sharman</i>	CAU, Bedford 25th May	22.17	-1.8m/s
9	Luke Giblin	Donnas ITA , 12th July	22.26	1.1m/s
		North of England League Division 2EC, Sheffield 2nd Aug	22.1	
10	Bradley Williams	BIG, 31st May	22.32	-0.1m/s
11	Dan Cash	BUCS Championships, Bedford 3rd May	22.41	1.8m/s
12	Josh Baxter	BUCS Championships, Bedford 3rd May	22.58	4.6m/s
13	Glyn Hawkes	MeesPierson Golden Series, Guernsey 23rd May	22.64	0.4m/s
14	Pat Swan	Scottish Senior Championships, Dunfirmline 21st June	22.67	-1.8m/s
		LSAC v British Police v East Midlands, 27th May	22.13	2.4m/s

15	Nick Little	Loughborough EAP Meeting, 29th July	22.3	-1.1m/s
		Midland Senior Champs, Birmingham 21st June	22.18	2.8m/s
16	Michael Baker	BAL Div 3 Crawley, K2 Track, 1st August	22.3	
17	David Feeney	Derby, 14th April	22.80	
18	Paul Goodall	BUCS Championships, Bedford 3rd May	22.84	3.9m/s
		LSAC v British Police v East Midlands, 27th May	22.6	2.4m/s
19	Adam Daish	RAF LTVP Invitation Meeting, Cosford 25th April	23.23	-3.5m/s
		LSAC v British Police v East Midlands, 27th May	21.95	2.4m/s
20	Martin Ogun-Sanya	RAF LTVP Invitation Meeting, Cosford 25th April	23.31	-3.5m/s
		LSAC v British Police v East Midlands, 27th May	22.41	3.7m/s
21	Bradley Pickup	BAL Div 3 Crawley, K2 Track, 1st August	23.5	
22	Seun Marcus	LSAC v British Police v East Midlands, 27th May	23.55	1.9m/s
		Southern Mens League Div 4, Twickenham 16th May	23.50	
23	Gareth Morris	LSAC v Combined Services v Achilles, 10th June	23.60	-0.4m/s
24	Matt Threadgold	RAF LTVP Invitation Meeting, Cosford 25th April	24.33	-3.5m/s
		LSAC v British Police v East Midlands, 27th May	23.13	3.7m/s
24	Andrei Pobischan	Trafford Grand Prix, Stretford 23rd June	23.46	0.2m/s
		LSAC v British Police v East Midlands, 27th May	23.25	3.7m/s
26	Andy Bartlett	LSAC v British Police v East Midlands, 27th May	23.90	1.9m/s
27	Fraser Young	LSAC v Combined Services v Achilles, 10th June	24.40	-0.4m/s

300m

Name

Meeting and Date

Pos

Time

1	Paul Judson	Loughborough International, 17th May	34.7
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400m

Name

Meeting and Date

Pos

Time

1	David Gillick	Madrid 2009 Madrid ESP 4 July	44.77
2	Martyn Rooney	La Chaux-de-Fonds SUI 28 June	45.35
3	Graham Hedman	Mondo Keien Meeting, Uden Netherlands 27th May	46.12
4	Pat Swan	U20/U23 Championships, Bedford 27th/28th June	47.18
5	Andy Blow	Mt Sac Relays, 18th April	47.75
6	Richard Davenport	McCain Birmingham Games, 18th July	47.92
		Loughborough International, 17th May	47.8
7	Lloyd Gumbs	Premiership Match 3 - Cophall Barnet, 1st August	48.04
8	Glyn Hawkes	Aviva World Trials, Birmingham 10th/12th July	48.08
		Loughborough International, 17th May	47.8
9	Paul Goodall	Loughborough EAP Meeting, 29th July	48.34
10	Phil Taylor	BIG, 31st May	48.38
11	Nathan Woodward	International Antwerp Athletics Gala, 29th August	48.42
12	Louis Evling-Jones	BAL Div 1 Gateshead Stadium, 1st August	48.57
13	Ben Higgins	Premiership Match 3 - Cophall Barnet, 1st August	48.61
14	Louis Kwakye	U20/U23 Championships, Bedford 27th/28th June	48.69
15	Adam Daish	CAU, Bedford 24th May	48.70
		Loughborough International, 17th May	48.4
16	Paul Judson	Midland Senior Champs, Birmingham 21st June	49.36
17	David Feeney	England Snr & U20 Comb Evts Champs, Stoke 13th June	49.56
18	Dan Cash	Midland Senior Champs, Birmingham 21st June	50.03
		Midland League Division 2, Loughborough 7th June	49.3
19	Ben Green	Trafford Grand Prix, Stretford 23rd June	50.10
20	James Hood	Midland League Division 5, Leamington 7th June	50.7
21	Matt Threadgold	Surrey County Championships, Kingston 9th May	50.92
22	James Griffiths	LSAC v Combined Services v Achilles, 10th June	51.1
23	Michael Holden	England Snr & U20 Comb Evts Champs, Stoke 13th June	51.51
24	Steve Emery	LSAC v British Police v East Midlands, 27th May	51.95
25	Nick Samuels	LSAC v Combined Services v Achilles, 10th June	52.0
26	Max Hall	England Snr & U20 Comb Evts Champs, Stoke 13th June	52.08
27	Alex Jackson	RAF LTVP Invitation Meeting, Cosford 25th April	53.00
28	Dan Ryan	LSAC v British Police v East Midlands, 27th May	53.62
29	David Rigby	LSAC v British Police v East Midlands, 27th May	53.82
30	Simon Boskovic	LSAC v British Police v East Midlands, 27th May	54.05
31	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 13th June	54.38
32	Josh Newton	LSAC v British Police v East Midlands, 27th May	55.61
		LSAC v Combined Services v Achilles, 10th June	54.8

800m

	Name	Meeting and Date	Time
Pos			
1	Ricky Soos	Pedro's Cup Szczecin, POL 15th Sept	1:49.21
2	Ben Green	BMC Nike Grand Prix, Stretford 27th June	1:49.35
3	Nick Samuels	BMC Gold Standard Races, Stretford 23rd June	1:49.45
4	Frank Baddick	BMC Trafford Gold Standard, Stretford 4th August	1:50.00
5	Oliver Blake	BMC Gold Standard Races, Watford 29th July	1:50.21
6	Kieran Flannery	U20/U23 Championships, Bedford 27th/28th June	1:50.51
7	Steve Morrow	U20/U23 Championships, Bedford 27th/28th June	1:50.81
8	Gary Bradbury	LSAC v Combined Services v Achilles, 10th June	1:51.0
9	Lewis Moses	BMC Gold Standard Races, Stretford 18th August	1:52.04
10	Chris Parr	BMC Gold Standard Races, Stretford 18th August	1:52.42
11	Rob Whittle	LSAC v Combined Services v Achilles, 10th June	1:52.5
12	Steve Emery	U20/U23 Championships, Bedford 27th/28th June	1:52.84
13	Ryan McLeod	BMC Gold Standard Races, Stretford 18th August	1:52.87
14	James Griffiths	BMC Nike Grand Prix, Watford 13th June	1:52.95
15	Paul Hutton	LSAC v Combined Services v Achilles, 10th June	1:53.2
16	Chris Bryant	Loughborough International, 17th May	1:53.75
17	Rob Hodges	BMC Trafford Gold Standard, Stretford 4th August	1:54.26
18	Stuart Cameron	BMC Gold Standard Races, Stretford 1st September	1:54.35
19	Peter Street	BMC Gold Standard Races, Stretford 18th August	1:54.81
20	Ben Scarlett	BUCS Championships, Bedford 2nd May	1:55.31
21	David Rigby	BMC Nike Grand Prix, Manchester 30th May	1:55.63
22	Tom Gayle	LSAC v Combined Services v Achilles, 10th June	1:56.1
23	David Rigby	BMC Trafford Gold Standard, Stretford 4th August	1:56.49
24	Alex Jackson	Southern Counties Senior Champs, Watford 20th June	1:56.51
25	Mike Garside	Surrey County Champs, Kingsmeadow 9th May	1:56.71
26	Paul Goodall	LSAC v Combined Services v Achilles, 10th June	1:57.0
27	Andrew Mariani	Essex County Championships, Chelmsford 9th May	1:57.02
28	Matt Sullivan	BUCS Championships, Bedford 2nd May	1:57.42
29	Peter Smale	Loughborough International, 17th May	1:58.59
30	James Hood	LSAC v British Police v East Midlands, 27th May	1:58.8
31	Dan Ryan	British Athletics League National 2, Cardiff 6th June	1:58.89
32	Peter Smale	BAL Div 3 Crawley, K2 Track, 1st August	1:58.9
33	Matt Sullivan	BMC Gold Standard Races, Stretford 12th May	1:59.27
34	Ed Wormesley	Charnwood Open, 1st July	2:00.5
35	Chris Perry	Cheshire County Championships, Warrington 10th May	2:01.8
36	James Poole	LSAC v British Police v East Midlands, 27th May	2:03.3
37	Darren Braybrook	RAF LTVP Invitation Meeting, Cosford 25th April	2:04.10
38	Adam Elliott	BAL Premiership, Sheffield 7th June	2:04.18
39	Brendan Easterling	LSAC v British Police v East Midlands, 27th May	2:12.5

1500m

	Name	Meeting and Date	Time
Pos			
1	Nick McCormick	BMC Nike Grand Prix, Cardiff 15th August	3:41.47
2	Frank Baddick	BMC Nike Grand Prix, Stretford 27th June	3:42.80
3	Gary Bradbury	BMC Nike Grand Prix, Watford 13th June	3:43.15
4	Chris Parr	BMC Nike Grand Prix, Stretford 27th June	3:43.16
5	Ryan McLeod	BMC Gold Standard Races, Stretford 23rd June	3:43.50
6	Lewis Moses	BMC Nike Grand Prix, Watford 13th June	3:45.02
7	Nick Samuels	International Meeting of Barcelona, Spain 25th July	3:45.17
8	Rob Whittle	BMC Nike Grand Prix, Stretford 27th June	3:47.25
9	Paul Hutton	BMC Nike Grand Prix, Manchester 30th May	3:47.78
10	Matthew Bowser	Loughborough International, 17th May	3:47.93
11	Ben Green	BMC Gold Standard Races, Watford 29th July	3:49.87
12	Peter Street	BMC Trafford Gold Standard, Stretford 4th August	3:50.86
13	Laurence Cox	BMC Trafford Gold Standard, Stretford 4th August	3:50.87
14	Rob Hodges	U20/U23 Championships, Bedford 27th/28th June	3:51.65
15	Ricky Soos	BMC Nike Grand Prix, Cardiff 15th August	3:52.17
16	Oliver Blake	Loughborough International, 17th May	3:52.64
17	Steve Morrow	BMC Gold Standard Races, Watford 29th July	3:54.95
18	Andrew Mariani	BMC Nike Grand Prix, Watford 13th June	3:55.55
19	James Poole	BMC Nike Grand Prix, Watford 13th June	3:55.68
20	Tom Gayle	Midland Senior Champs, Birmingham 21st June	3:56.00
21	Stephen Emery	BMC Trafford Gold Standard, Stretford 4th August	3:57.11

22	Adam Peers	BMC Trafford Gold Standard, Stretford 4th August	3:57.56
23	Steve Mears	BMC Nike Grand Prix, Watford 13th June	3:57.80
24	James Griffiths	LSAC v British Police v East Midlands, 27th May	3:59.36
25	David Rigby	Trafford Grand Prix, Stretford 18th August	4:01.62
26	Peter Matthews	BMC Nike Grand Prix, Stretford 27th June	4:02.34
27	Seb Foy	BMC Nike Grand Prix, Watford 13th June	4:02.74
28	James Fairbourn	Loughborough International, 17th May	4:07.23
29	Dan Ryan	BMC Nike Grand Prix, Manchester 30th May	4:08.05
30	Peter Smale	BMC Watford Gold Standard, 15 July	4:08.17
31	James Hood	LSAC v Combined Services v Achilles, 10th June	4:08.3
32	Shane Kerr	BMC Nike Grand Prix, Manchester 30th May	4:08.84
33	Adam Elliott	Loughborough International, 17th May	4:08.91
34	Chris Perry	Northern U20 Championships, Manchester 20th June	4:09.15
35	Stuart Cameron	LSAC v Combined Services v Achilles, 10th June	4:11.5
36	Mark Vardy	BMC Regional Races, Birmingham Uni 22nd August	4:11.67
37	Ed Womersley	LSAC v British Police v East Midlands, 27th May	4:12.16
38	Alex Jackson	BMC Watford Gold Standard, 15 July	4:12.19
39	Andrew Mariani	BMC Trafford Gold Standard, Stretford 4th August	4:12.20
40	James Houghton	LSAC v British Police v East Midlands, 27th May	4:13.63
41	James Johnson	LSAC v Combined Services v Achilles, 10th June	4:14.1
42	Brendan Eastering	LSAC v Combined Services v Achilles, 10th June	4:28.1
43	David Feeny	England Snr & U20 Comb Evts Champs, Stoke 14th June	4:46.77
44	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 14th June	4:49.71
45	Max Hall	England Snr & U20 Comb Evts Champs, Stoke 14th June	4:51.92
46	Michael Holden	England Snr & U20 Comb Evts Champs, Stoke 14th June	4:56.69

Mile Pos	Name	Meeting and Date	Time
1	Nick McCormick	Middlesbrough Elite Mile, 29th March	4:11.03
2	Gary Bradbury	CAU, Bedford 25th May	4:14.06

3000m Pos	Name	Meeting and Date	Time
1	Nick McCormick	Aviva British Grand Prix, Gateshead 31st August	7:59.07
2	Chris Parr	Loughborough International, 17th May	8:20.15
3	Paul Hutton	Loughborough International, 17th May	8:22.80
4	Phil Tulba	Loughborough International, 17th May	8:24.67
5	Will Clarke	BMC Nike Grand Prix, Solihull 18th July	8:30.85
6	James Poole	Loughborough International, 17th May	8:34.49
7	Richard Harper	Watford Open Graded Meeting, 12th August	8:41.49
8	Adan Elliott	LSAC v Combined Services v Achilles, 10th June	8:44.5
9	Ed Womersley	LSAC v Combined Services v Achilles, 10th June	8:44.9
10	Adam Peers	LSAC v British Police v East Midlands, 27th May	8:46.55
11	Chris Perry	Trafford Grand Prix, Stretford 26th May	8:50.72
12	Steve Emery	LSAC v British Police v East Midlands, 27th May	8:51.21
13	Kevin Seaward	RAF LTVP Invitation Meeting, Cosford 25th April	8:53.09
14	Aidan McCormack	Trafford Grand Prix, Stretford 23rd June	9:02.67
15	Seb Foy	RAF LTVP Invitation Meeting, Cosford 25th April	9:06.86
16	Peter Matthews	BMC PB Classic, Stretford 6th June	9:10.31
17	David Rigby	Mid Lancashire League, Litherland 8th august	9:11.1
18	Mark Vardy	RAF LTVP Invitation Meeting, Cosford 25th April	9:27.82

5000m Pos	Name	Meeting and Date	Time
1	Nick McCormick	Notturna Di Milano, 25th June	13:27.86
2	Ryan McLeod	BMC Nike Grand Prix, Manchester 30th May	14:18.39
3	Chris Powner	Scottish Senior Championships, Dunfirmline 21st June	14:36.09
4	Peter Street	BMC Nike Grand Prix, Manchester 30th May	14:36.35
5	Adam Hickey	CAU, Bedford 25th May	14:43.14
6	James Poole	BUSA Championships Bedford 2nd May	15:16.06
7	Seb Foy	BUSA Championships Bedford 2nd May	15:46.69
8	Lewis Moses	BAL Division 1, Eton 4th July	15:52.6
9	James Fairbourn	BMC Nike Grand Prix, Manchester 30th May	15:58.63
10	Adam Elliott	BMC Nike Grand Prix, Manchester 30th May	16:02.34

10000m**Name****Meeting and Date****Pos**

1 Richard Harper

BUSA Championships Bedford 2nd May

Time

32:28.56

3000m S/c**Name****Meeting and Date****Pos**

1 Adam Peers

Loughborough International, 17th May

Time

9:14.06

2 Ed Wormesley

BMC Nike Grand Prix, Manchester 30th May

9:26.42

3 Shane Kerr

Loughborough International, 17th May

9:52.14

4 Lewis Moses

British Athletics League National 1, Derby 22nd August

9:43.84

5 James Poole

British Athletics League National 2, Kingston 22nd August

10:09.6

6 Kieran Flannery

British Athletics League National 1, Derby 22nd August

10:27.44

7 David Rigby

North of England League Division 1, Stretford 5th July

12:56.6

110m Hurdles**Name****Meeting and Date****Pos**1 *Will Sharman*

IAAF World Championships, Berlin 20th August

Time

13.30

0.1m/s

2 *Callum Prestley*

Loughborough EAP Meeting, 29th July

13.56

0.9m/s

3 David Feeney

Loughborough International, 17th May

14.37

1.4m/s

4 *Charlie Kavangah*

Loughborough International, 17th May

14.57

1.4m/s

5 Jordan Fleary

Border Harriers Open, Carlisle 23rd August

14.80

6 *Simon Wombwell*

Loughborough EAP Meeting, 29th July

14.93

1.2m/s

7 *Andy Blow*

British Athletics League National 1, Derby 22nd August

15.05

0.1m/s

8 Michael Holden

England Snr & U20 Comb Evts Champs, Stoke 14th June

15.06

1.8m/s

9 *Louis Evling-Jones*

British Athletics League National 1, Abingdon 7th June

15.27

-2.6m/s

10 Anthony Williams

British Athletics League National 4, Exeter 4th July

16.04

0.3m/s

11 *Max Hall*

Woodford Combined Events, 17th May

16.70

1.2m/s

12 Will Lambourne

Southern League Div 1, Milton Keynes 16th May

16.7

13 Adrian Hemery

RAF LTVP Invitation Meeting, Cosford 25th April

17.11

-3.7m/s

400m Hurdles**Name****Meeting and Date****Pos**

1 Lloyd Gumbs

European U23 Championships, Kaunas 18th July

Time

49.62

GOLD

2 Nathan Woodward

UCLA RJ/JJK Invitational, LA 11th April

50.41

3 *Rhys Williams*

Loughborough International, 17th May

50.49

4 *Andy Blow*

Aviva World Trials, Birmingham 10th/12th July

51.07

5 Tom Burton

BAL Division 1, Eton 4th July

50.9

6 Dave Martin

U20/U23 Championships, Bedford 27th/28th June

51.10

7 Mike Baker

Loughborough International, 17th May

52.18

8 Matt Threadgold

Meeting National à Thème Quatr' H Chamberien, 5th July

52.43

9 Mark Draper

U20/U23 Championships, Bedford 27th/28th June

54.53

10 Kieran Flannery

British Athletics League National 1, Abingdon 7th June

55.28

11 Gareth Morris

RAF LTVP Invitation Meeting, Cosford 25th April

55.76

12 *Simon Wombwell*

British Athletics League National 1, Eton 4th July

53.1

13 Simon Wombwell

Southern Counties Senior Champs, Watford 20th June

55.72

14 Simon Wombwell

LSAC v Combined Services v Achilles, 10th June

55.6

15 Simon Wombwell

British Athletics League National 1, Derby 22nd August

57.52

16 Simon Wombwell

LSAC v Combined Services v Achilles, 10th June

56.8

4 x 100m

	Name	Meeting and Date	
Pos			Time
1	<i>Andy Blow, Paul Judson</i> , Brad Williams, <i>Steve Small</i>	Loughborough International, 17th May	41.17
2	Pat Swan, Seyi Smith, Bradley Williams, Luke Giblin	BUCS Championships, Bedford 4th May	41.71
3	Josh Baxter, Luke Giblin, Pat Swan, Bradley Williams	BUCS Championships, Bedford 3rd May	43.83
4	Jordan Fleary, Martin Ogun-Sanya, Josh Baxter, Luke Giblin	RAF LTVP Invitation Meeting, Cosford 25th April	43.98
5	Andrei Pobischan, Dan Cash, Simon Boskovic, Matt Threadgold	LSAC v British Police v East Midlands, 27th May	45.29

4 x 400m

	Name	Meeting and Date	
Pos			Time
1	<i>Andy Blow</i> (49.1), <i>Rhys Williams</i> (47.2), Richard Davenport (46.0), David Gillick (45.0)	Loughborough International, 17th May	3:07.21
2	Paul Goodall (50.5), Pat Swan (49.6), Richard Davenport (47.4), David Gillick (46.1)	BUCS Championships, Bedford 4th May	3:13.55
3	Matt Threadgold (52.2), Paul Goodall (49.5), Dan Cash (49.3), Richard Davenport (49.4)	BUCS Championships, Bedford 3rd May	3:20.34
4	Matt Threadgold (52.2), Mark Draper (51.4), Dan Cash, (50.2), Paul Goodall (50.4)	RAF LTVP Invitation Meeting, Cosford 25th April	3:24.12

Mens Outdoor Field Rankings 2009

as at 14th September

Loughborough Based Alumni in Blue italics

Visiting Alumni in Red italics

High Jump	Name	Meeting and Date	Height
Pos			
1	<i>Robbie Grabarz</i>	BIG 31st May	2.22m
2	Lewis Ely	British Athletics League National 2, Bromley 4th July	1.95m
3	Matt Ashley	BAL Div 1 Gateshead Stadium, 1st August	1.93m
4	David Feeney	CE International GB v FRA v SUI, Watford 25th/26th July	1.91m
5	Michael Holden	England Snr & U20 Comb Evts Champs, Stoke 13th Jun	1.86m
6	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 13th Jun	1.86m
7	<i>Max Hall</i>	England Snr & U20 Comb Evts Champs, Stoke 13th Jun	1.86m

Long Jump	Name	Meeting and Date	Distance	
Pos				
1	<i>Steve Small</i>	Athletica Genève EAP Meeting, 6th June	7.36m	1.6m/s
2	Matt Burton	U20/U23 Championships, Bedford 27th/28th June	7.32m	1.2m/s
3	David Feeney	CE International GB v FRA v SUI, Watford 25-26th/06	7.10m	-1.5m/s
4	Bradley Pickup	BUCS Championships, Bedford 2nd May	6.98m	1.3m/s
5	<i>Andy Bell</i>	CAU, Bedford 25th May	6.83m	0.7m/s
6	Michael Holden	BUCS Championships, Bedford 2nd May	6.71m	1.3m/s
7	Anthony Williams	Havering Mayesbrook Spring Warm Up - 4 Apr 2009	6.70m	
8	Ricardo Twumasi	McCain Birmingham Games, 18th July	6.68m	1.6m/s
9	Will Lambourne	Southern League Div 1, Milton Keynes 16th May	6.67m	
10	David Feeney	LSAC v British Police v East Midlands, 27th May	6.57m	-0.7m/s
11	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 13/06	6.43m	-1.0m/s
12	<i>Max Hall</i>	England Snr & U20 Comb Evts Champs, Stoke 13/06	6.34m	1.5m/s

Triple Jump	Name	Meeting and Date	Distance	
Pos				
1	<i>Lawrence Harvey</i>	8 Counties Senior Match, Chelmsford 9th August	14.89m	
2	Ricardo Twumasi	U20/U23 Championships, Bedford 27th/28th June	14.66m	1.9m/s
		U20/U23 Championships, Bedford 27th/28th June	14.70m	2.1m/s
3	<i>Robbie Grabarz</i>	Wellington NZ 29th March	14.40m	
4	Bradley Pickup	BUCS Championships, Bedford 4th May	14.07m	1.7m/s
5	Matt Burton	BAL Div 1 Gateshead Stadium, 1st August	14.02m	0.5m/s
6	Anthony Williams	British Athletics League National 4, Coventry 23rd August	13.32m	

Pole Vault	Name	Meeting and Date	Height
Pos			
1	<i>Steve Lewis</i>	DVL Gala Bochum Wattenscheid, Germany 2nd August	5.72m
2	Max Eaves	Copenhagen Athletics Games, 6th August	5.32m
3	Paul Walker	Copenhagen Athletics Games, 6th August	5.32m
4	Robert Warensjo	UK Throws and Jumps Festival, Birmingham 26th July	4.80m
5	Michael Holden	Essex County Championships, Chelmsford 9th May	4.65m
6	<i>Max Hall</i>	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	4.36m
7	Adrian Hemery	BAL Premiership, Manchester 4th July	4.20m
8	Will Lambourne	Southern League Div 1, Milton Keynes 16th May	4.00m
9	David Feeney	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	3.96m

Shot	Name	Meeting and Date	Distance	
Pos			Distance	
1	Mark Edwards	Teneriffe, 14th March	19.33m	
2	Kieren Kelly	Aviva World Trials, Birmingham 10th/12th July	18.85m	
		BUCS Championships, Bedford 3rd May	18.21m	CBP
3	Jamie Stevenson	U20/U23 Championships, Bedford 27th/28th June	17.83m	
4	Emeka Udechuku	Loughborough International, 17th May	16.72m	
5	David Feeney	CE International GB v FRA v SUI, Watford 25th/26th July	12.44m	
6	Louis Evling-Jones	BAL Div 1 Gateshead Stadium, 1st August	12.03m	
7	Adrian Hemery	LSAC v British Police v East Midlands, 27th May	11.57m	
8	Will Lambourne	Southern League Div 1, Milton Keynes 16th May	11.41m	
9	Michael Holden	Comb Events Home Countries International, Stoke 5th S	11.85m	
10	Max Hall	England Snr & U20 Comb Evts Champs, Stoke 13th Jun	11.19m	
11	Luke Hyland	Midland League Division 1, Mansfield 2nd August	10.83m	
12	Yong Sheng Tan	LSAC v Combined Services v Achilles, 10th June	10.44m	
13	Ron Koh	LSAC v Combined Services v Achilles, 10th June	10.29m	

Discus	Name	Meeting and Date	Distance
Pos			Distance
1	Emeka Udechuku	Loughborough International, 17th May	57.68m
2	Chris Scott	LSAC v British Police v East Midlands, 27th May	53.97m
3	Dan Greaves	BUCS Championships, Bedford 2nd May	46.88m
4	Louis Evling-Jones	BAL Div 1 Gateshead Stadium, 1st August	43.93m
5	Max Hall	Nottingham, 29th March	39.41m
6	David Feeney	Derbyshire County Championships, Derby 10th May	39.29m
7	Adrian Hemery	BAL Premiership, Manchester 4th July	38.96m
8	Will Lambourne	Southern League Div 1, Milton Keynes 2nd May	36.38m
9	Tong Eng Koh	Nottingham, 29th March	36.17m
10	Michael Holden	Comb Events Home Countries International, Stoke 6th S	34.98m
11	John Tarrant	RAF LTVP Invitation Meeting, Cosford 25th April	34.50m
12	Yong Sheng Tan	LSAC v British Police v East Midlands, 27th May	33.34m
	Dan Greaves (1.5KG)	Trafford Grand Prix, Stretford 23rd June	55.33m

Javelin	Name	Meeting and Date	Distance
Pos			Distance
1	Mike Allen	The Roger Beeby Throws Triathlon, Leicester 20th Augu	73.90m
2	David Parker	Loughborough International, 17th May	67.99m
3	John Lundman	LSAC v Combined Services v Achilles, 10th June	61.09m
4	Max Hall	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	57.59m
5	Adrian Hemery	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	54.02m
6	Louis Evling-Jones	LSAC v British Police v East Midlands, 27th May	48.39m
7	Michael Holden	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	47.92m
8	David Feeney	England Snr & U20 Comb Evts Champs, Stoke 14th Jun	46.59m
9	Tom Banham	BUCS Championships, Bedford 3rd May	43.88m
10	Will Lambourne	Southern League Div 1, Milton Keynes 2nd May	42.38m
11	David Feeney	Derbyshire County Championships, Derby 9th May	39.67m
12	Matt Threadgold	RAF LTVP Invitation Meeting, Cosford 25th April	39.39m

Hammer	Name	Meeting and Date	Distance
Pos			Distance
1	Matt Lambley	Loughborough International, 17th May	67.51m
2	AlexSmith	Loughborough International, 17th May	66.80m
3	John Pearson	Midland League Division 2, Kettering 2nd August	60.62m
4	Luke Hyland	LSAC v Combined Services v Achilles, 10th June	47.71m
5	Andy Windley	LSAC v Combined Services v Achilles, 10th June	47.08m

Decathlon	Name	Meeting and Date	Points
Pos			Points
1	David Feeney	CE International GB v FRA v SUI, Watford 25th/26th July	7059
2	Michael Holden	Comb Evts Home Countries International, Stoke 5th/6th	6742

3 **Max Hall**

England Snr & U20 Comb Evts Champs, Stoke 14th Jun

6581

4 Adrian Hemery

England Snr & U20 Comb Evts Champs, Stoke 14th Jun

5761

Womens Outdoor Track Rankings 2009

as at 14th September

Loughborough Based Alumni in Blue italics

Visiting Alumni in Red italics

100m	Name	Meeting and Date	Time	
Pos				
1	Elaine O'Neill	Loughborough EAP Meeting, 29th July	11.52	1.3m/s
2	<i>Louise Bloor</i>	Loughborough EAP Meeting, 29th July	11.63	1.3m/s
		Loughborough EAP Meeting, 29th July	11.60	2.7m/s
3	<i>Jeanette Kwakye</i>	Loughborough EAP Meeting, 29th July	11.71	1.3m/s
		Loughborough EAP Meeting, 29th July	11.61	2.7m/s
4	Holly Croxford	U20/U23 Championships, Bedford 27th/28th June	11.91	1.4m/s
		U20/U23 Championships, Bedford 27th/28th June	11.87	2.4m/s
5	Sarah Adams	UK Women's League Division 1, Grangemouth 4th July	11.98	1.6m/s
6	Meghan Beesley	UK Women's League Division 1, Hendon, August 1	12.03	-2.5m/s
		International Antwerp Athletics Gala, 29th August	11.71	3.4m/s
7	Laura Samuel	Midland U20 Champs, Birmingham 21st June	12.07	1.2m/w
8	<i>Emma Bailey</i>	EAP Meeting Pavia, 10th May	12.30	0.5m/s
		Loughborough International, 17th May	12.0	1.2m/s
		LSAC v British Police v East Midlands, 27th May	12.10	3.1m/s
9	Kylie Russell	U20/U23 Championships, Bedford 27th/28th June	12.2	1.4m/s
		U20/U23 Championships, Bedford 27th/28th June	12.16	2.4m/s
10	Kylie Robilliard	MeesPierson Golden Series, Guernsey, 23rd May	12.3	0.8m/s
11	Natalie Jowett	BUCS Championships, Bedford 2nd May	12.26	1.2m/s
		Donnas ITA, 12th July	11.90	3.6m/s
		Loughborough EAP Meeting, 29th July	12.2	1.4m/s
12	Laura Hitchman	LSAC v British Police v East Midlands, 27th May	12.39	1.9m/s
13	Claire Cooper	Loughborough International, 17th May	12.9	
14	Emily Parker	LSAC v Combined Services v Achilles, 10th June	13.0	-0.7m/s

200m	Name	Meeting and Date	Time	
Pos				
1	Elaine O'Neill	BIG, 31st May	23.58	-0.1m/s
2	Meghan Beesley	Amsterdam Open, 8th August	23.74	1.0m/s
3	<i>Kim Wall</i>	Loughborough EAP Meeting, 29th July	23.95	-0.5m/s
4	Holly Croxford	SEAA Senior Inter County Match, Chelmsford 9th August	24.04	-0.6m/s
		Falkirk Cup, Grangemouth 26th August	23.86	3.1m/s
5	<i>Michelle Carey</i>	LSAC v British Police v East Midlands, 27th May	24.16	1.4m/s
6	Hayley Jones	U20/U23 Championships, Bedford 27th/28th June	24.50	1.2m/s
7	Kylie Russell	McCain Birmingham Games, 18th July	24.82	1.6m/s
8	Justine Kinney	UCLA RJ/JJK Invitational, LA 11th April	25.00	2.1m/s
9	<i>Emma Bailey</i>	EAP Meeting Pavia, 10th May	25.25	1.0m/s
10	Natalie Jowett	Loughborough EAP Meeting, 29th July	25.43	-0.5m/s
11	Laura Hitchman	BUCS Championships, Bedford 3rd May	25.52	3.0m/s
12	Becs Syrocki	LSAC v Combined Services v Achilles, 10th June	25.9	-0.2m/s
13	Samantha Coleby	LSAC v British Police v East Midlands, 27th May	26.18	2.3m/s
14	Kylie Robilliard	UKWAL Div 4 Gateshead Stadium, 2nd August	26.34	1.1m/s
15	Mikaela Harrison	BUCS Championships, Bedford 3rd May	27.04	4.1m/s
16	Jennifer Coleman	NW Combined Events Open, Manchester 8th August	27.62	

300m	Name	Meeting and Date	Time
Pos			
1	<i>Vicky Barr</i>	Loughborough International, 17th May	37.7
2	Sarah Adams	Loughborough International, 17th May	39.0

400m

	Name	Meeting and Date	Time
Pos			
1	Kim Wall	Loughborough EAP Meeting, 29th July	53.16
2	Meghan Beesley	UK Women's League Division 1, Grangemouth 4th July	54.04
3	Sarah Adams	BUCS Championships, Bedford 4th May	54.81
		LSAC v Combined Services v Achilles, 10th June	54.5
4	Charlotte Best	Loughborough EAP Meeting, 29th July	55.26
5	Holly Croxford	EAP Meeting Pavia, 10th May	56.10
6	Dani Christmas	Loughborough EAP Meeting, 29th July	56.10
7	Becs Syrocki	U20/U23 Championships, Bedford 27th/28th June	56.13
8	Emma Paton	U20/U23 Championships, Bedford 27th/28th June	56.79
9	Emily Parker	Surrey Championships, Kingston 9th May	57.13
		Southern Women's League Match 1, Crawley 27th June	57.1
10	Hazel Le Cornu	UKWL LEAGUE Division 4, Coventry 5th July	59.0
11	Lyndsey Fairweather	RAF LTVP Invitation Meeting, Cosford 25th April	59.84
12	Michaela Harrison	RAF LTVP Invitation Meeting, Cosford 25th April	60.39
13	Aisling McGhee	RAF LTVP Invitation Meeting, Cosford 25th April	61.36
14	Naoni Hutchins	RAF LTVP Invitation Meeting, Cosford 25th April	61.96

800m

	Name	Meeting and Date	Time
Pos			
1	Charlotte Best	Josef Odlozil Memorial, Prague 8th June	2:02.39
2	Laura Finucane	Aviva London Grand Prix, Crystal Palace 25th July	2:03.03
3	Dani Christmas	BMC Nike Grand Prix, Watford 13th June	2:04.92
4	Lisa Dobriskey	LSAC v British Police v East Midlands, 27th May	2:07.19
5	Steveie Stockton	BMC Nike Grand Prix, Solihull 18th June	2:07.97
6	Rachel Stringer	U20/U23 Championships, Bedford 27th/28th June	2:08.39
7	Abbey McGhee	BMC Gold Standard Races, Watford 29th July	2:08.99
8	Charlotte Wickham	BMC Nike Grand Prix, Solihull 18th July	2:09.67
9	Louise Whittaker	UK Women's League Division 1, Grangemouth 4th July	2:10.75
10	Claire Tarplee	Watford Open Graded Meeting, 9th September	2:10.88
11	Emily Pidgeon	LSAC v Combined Services v Achilles, 10th June	2:12.0
12	Aisling McGhee	BMC Nike Grand Prix, Watford 13th June	2:12.46
13	Lauren Deadman	BMC Gold Standard Races, Watford 29th July	2:12.58
14	Rachel Thompson	Loughborough International, 17th May	2:12.78
15	Jaki Fairchild	UK Women's League Division 1, Hendon 1st August	2:13.14
16	Alex Snook	BMC Watford Gold Standard, 15 July	2:13.66
17	Jordan Kinney	BUCS Championships, Bedford 3rd May	2:13.90
		LSAC v Combined Services v Achilles, 10th June	2:13.1
18	Becs Syrocki	BMC Nike Grand Prix, Manchester 30th May	2:16.39
19	Jess Coulson	LSAC v Combined Services v Achilles, 10th June	2:17.2
20	Emma-Leigh Heighway	BUCS Championships, Bedford 2nd May	2:17.56
21	Jennifer Coleman	NW Combined Events Open, Manchester 9th August	02:34.9

1500m

	Name	Meeting and Date	Time
Pos			
1	Lisa Dobriskey	Weltklasse IAAF Golden League, Zurich 28th August	3:59.50
2	Laura Kenney	BMC Gold Standard Races, Stretford 18th August	4:09.16
3	Emily Pidgeon	BMC Nike Grand Prix, Cardiff 15th August	4:13.56
4	Louise Whittaker	BMC Gold Standard Races, Stretford 18th August	4:14.23
5	Stevie Stockton	International Meeting of Barcelona, Spain 25th July	4:14.37
6	Abbey McGhee	BMC Nike Grand Prix, Solihull 18th July	4:18.93
7	Charlotte Best	Loughborough International, 17th May	4:20.66
8	Lauren Deadman	BMC Nike Grand Prix, Solihull 18th July	4:22.99
9	Ava Hutchinson	LSAC v Combined Services v Achilles, 10th June	4:23.2
10	Charlotte Wickham	BMC Nike Grand Prix, Stretford 27th June	4:26.55
11	Claire Tarplee	LSAC v British Police v East Midlands, 27th May	4:26.60
12	Jordan Kinney	BMC Nike Grand Prix, Watford 13th June	4:26.65
13	Sarah Maude	LSAC v British Police v East Midlands, 27th May	4:27.54
14	Kirsty Milner	BMC Nike Grand Prix, Solihull 18th July	4:27.91
15	Alexa Joel	BMC Nike Grand Prix, Manchester 30th May	4:28.73
16	Jaki Fairchild	BMC Nike Grand Prix, Manchester 30th May	4:28.77
17	Sonia Samuels	LSAC v British Police v East Midlands, 27th May	4:28.93
18	Ruth Senior	BMC Nike Grand Prix, Watford 13th June	4:28.97
19	Rachel Stringer	BMC Gold Standard Races, Watford 29th July	4:30.99
20	Jess Coulson	U20/U23 Championships, Bedford 27th/28th June	4:31.11
21	Emma-Leigh Heighway	BMC Watford Gold Standard, 15 July	4:35.32
22	Jo Maddick	BMC Trafford Gold Standard, Stretford 4th August	4:36.4
23	Alex Snook	Watford Open Graded Meeting, 12th August	4:37.71
24	Natalie Gray	Watford Open Graded Meeting, 12th August	4:41.28
25	Jo Callaway	Watford Open Graded Meeting, 12th August	4:42.22
26	Kirsty Hamilton	Trafford Grand Prix, Stretford 21st July	4:42.50
27	Kaye Kirkham	LSAC v British Police v East Midlands, 27th May	4:43.41
28	Suzie Richards	LSAC v British Police v East Midlands, 27th May	4:48.66
29	Katie Lomas	LSAC v Combined Services v Achilles, 10th June	4:51.8
30	Estelle Demant	LSAC v Combined Services v Achilles, 10th June	4:54.3
31	Lauren Licietis	LSAC v British Police v East Midlands, 27th May	4:54.61
32	Paris Williams	LSAC v Combined Services v Achilles, 10th June	4:55.4
33	Becky White	LSAC v British Police v East Midlands, 27th May	5:07.82
		LSAC v Combined Services v Achilles, 10th June	5:04.0

Mile	Name	Meeting and Date	Time
Pos			
1			

3000m	Name	Meeting and Date	Time
Pos			
1	Laura Kenney	IAAF World Athletics Final, Thessalonika, GRE, 13th Sep	8:50.37
2	Lisa Dobriskey	Loughborough International, 17th May	9:10.96
3	Emily Pidgeon	Trafford Grand Prix, Stretford 7th July	9:16.92
4	Lauren Deadman	Watford Open Graded Meeting, 1st July	9:20.09
5	Stevie Stockton	BMC Trafford Gold Standard, Stretford 4th August	9:21.48
6	Sarah Maude	Trafford Grand Prix, Stretford 23rd June	9:27.54
7	Abbey McGhee	Aviva London Grand Prix, Crystal Palace 25th July	9:29.50
8	Sonia Samuels	Loughborough International, 17th May	9:31.12
9	Louise Whittaker	Trafford Grand Prix, Stretford 23rd June	9:31.48
10	Ava Hutchinson	Loughborough International, 17th May	9:35.76
11	Ruth Senior	St. Mary's Classic, Twickenham 3rd June	9:37.89
12	Kirsty Milner	LSAC v Combined Services v Achilles, 10th June	9:45.7
13	Natalie Gray	Loughborough International, 17th May	9:48.79
14	Jo Maddick	BMC Watford Gold Standard, 15 July	9:51.25
15	Jessica Coulson	BMC Trafford Gold Standard, Stretford 4th August	9:52.53
16	Sian Edwards	Midland League Division 2, Kettering 2nd August	10:06.7
17	Jo Callaway	LSAC v Combined Services v Achilles, 10th June	10:07.8
18	Suzie Richards	LSAC v Combined Services v Achilles, 10th June	10:11.0
19	Jaki Fairchild	UK Women's League Division 1, Hendon 1st August	10:11.38
20	Kirsty Hamilton	BMC Watford Gold Standard, 15 July	10:21.00
21	Katie Lomas	LSAC v British Police v East Midlands, 27th May	10:27.30
22	Paris Williams	LSAC v British Police v East Midlands, 27th May	10:32.14
23	Estelle Demant	LSAC v British Police v East Midlands, 27th May	10:34.11
24	Sanantha Coleby	North of England League Division 2E, Gateshead 5th July	12:18.31

5000m	Name	Meeting and Date	Time
Pos			
1	Laura Kenney	Andalucia Málaga ESP 27 June	15:35.86
2	Emily Pidgeon	European U23 Championships, Kaunas 19th July	16:04.71
3	Sonia Samuels	BMC Nike Grand Prix, Stretford 27th June	16:16.85
4	Holly Avil	BMC Nike Grand Prix, Watford 13th June	16:25.35
5	Lauren Deadman	BMC Nike Grand Prix, Manchester 30th May	16:32.37
6	Sarah Maude	BMC Nike Grand Prix, Manchester 30th May	16:36.26
7	Ruth Senior	BMC Nike Grand Prix, Manchester 30th May	16:39.49
8	Kirsty Milner	Aviva World Trials, Birmingham 10th/12th July	16:49.50
9	Natalie Gray	BUCS Championships, Bedford 4th May	17:11.53
10	Suzie Richards	CAU, Bedford 24th May	17:54.23
11	Jo Callaway	U20/U23 Championships, Bedford 27th/28th June	18:03.07

Bronze

10000m**Name****Meeting and Date****Pos****Time**

1	Jo Callaway	BUCS Championships, Bedford 3rd May	36:26.51
2	Suzie Richards	BUCS Championships, Bedford 3rd May	36:29.88
3	Katie Lomas	BUCS Championships, Bedford 3rd May	37:41.29

2000m S/c**Name****Meeting and Date****Pos****Time**

1	Ruth Senior	BUSA Championships Bedford 3rd May	6:49.68
2	Ali Lavender	BUSA Championships Bedford 3rd May	7:24.84
3	Jaki Fairchild	UK Women's League Division 1, Grangemouth 4th July	7:34.85
4	Emma Holmes	UKWL LEAGUE Division 4, Coventry 5th July	9:46.83

3000m S/c**Name****Meeting and Date****Pos****Time**

1	Ruth Senior	Loughborough International, 17th May	10:28.30
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100m Hurdles**Name****Meeting and Date****Pos****Time**

1	Meghan Beesley	UK Women's League Division 1, Hendon, August 1	13.75	-1.6m/s
2	Lauren Dewdney	U20/U23 Championships, Bedford 27th/28th June	13.90	-2.0m/s
		BUCS Championships, Bedford 3rd May	13.89	3.7m/s
3	Kylie Robilliard	Loughborough EAP Meeting, 29th July	14.28	1.1m/s
4	Andrea Vinet	European Champion Clubs Cup, Dubnica SVK 31st May	14.40	-0.7m/s
5	Gemma Werrett	Loughborough EAP Meeting, 29th July	14.44	1.7m/s
6	Jenny Heckford	BUCS Championships, Bedford 3rd May	14.72	5.4m/s
7	Katie James	LSAC v British Police v East Midlands, 27th May	16.84	3.3m/s
		LSAC v Combined Services v Achilles, 10th June	16.6	0.0m/s
8	Katie Hewitt	LSAC v Combined Services v Achilles, 10th June	16.6	0.0m/s
9	Jennifer Coleman	NW Combined Events Open, Manchester 8th August	17.24	1.7m/s
10	Emma Holmes	UKWL LEAGUE Division 3, Bedford 5th July	17.65	-1.2m/s
11	Michelle Kiff	LSAC v British Police v East Midlands, 27th May	18.02	3.3m/s
12	Hazel Le Cornu	UKWL LEAGUE Division 4, Coventry 5th July	18.6	0.5m/s

400m Hurdles**Name****Meeting and Date****Pos****Time**

1	Michelle Carey	Spitzen Leichtathletik Luzern, 15th July	56.63
2	Meghan Beesley	International Antwerp Athletics Gala, 29th August	57.30
3	Justine Kinney	Athletica Genève EAP Meeting, 6th June	57.51
4	Sarah Adams	Atletissima Jambes BEL 13 June	57.96
5	Emily Parker	Aviva World Trials, Birmingham 10th/12th July	59.69
6	Maria Crowe	Loughborough International, 17th May	61.44
7	Samantha Coleby	National Junior League, Birmingham, 26th April	62.16
8	Anwen Rees	Loughborough International, 17th May	62.18
9	Katie Murray	LSAC v British Police v East Midlands, 27th May	64.03
10	Hazel Le Cornu	Birmingham Games Open Meeting, 19th July	65.99
		LSAC v Combined Services v Achilles, 10th June	65.5
11	Emma Holmes	LSAC v British Police v East Midlands, 27th May	66.08
12	Clare Cooper	BUCS Championships, Bedford 2nd May	66.16
13	Christina Carr	LSAC v British Police v East Midlands, 27th May	66.47
		LSAC v Combined Services v Achilles, 10th June	66.4
14	Katie Hewitt	LSAC v British Police v East Midlands, 27th May	66.96
15	Mikaela Harrison	UKWL LEAGUE Division 4, Coventry 5th July	66.96
16	Lucy Crockston	RAF LTVP Invitation Meeting, Cosford 25th April	73.62

4 x 100m

	Name	Meeting and Date	Time
Pos			
1	<i>Emma Bailey</i> , Elaine O'Neill, Meghan Beesley, <i>Michelle Carey</i>	LSAC v British Police v East Midlands, 27th May	46.60
2	Kylie Russell, Natalie Jowett, Laura Hitchman, Elaine O'Neill	BUCS Championships, Bedford 4th May	47.25
3	Kylie Russell, <i>Louise Bloor</i> , <i>Emma Bailey</i> , Meghan Beesley	Loughborough International, 17th May	47.76
4	Elaine O'Neill, Laura Hitchman, Natalie Jowett, Meghan Beesley	BUCS Championships, Bedford 3rd May	47.84
5		LSAC v Combined Services v Achilles, 10th June	50.3
6	Sam Coleby, Michaela Harrison, Emma Paton, Laura Hitchman	RAF LTVP Invitation Meeting, Cosford 25th April	51.25

4 x 400m

	Name	Meeting and Date	Time
Pos			
1	Sarah Adams (55.2), Becky Syrocki (58.6), Justine Kinney (55.7), Meghan Beesley (54.5)	BUCS Championships, Bedford 4th May	3:49.00
2	Emily Parker (58.2), Meghan Beesley (56.4), Becky Syrocci (57.9), Maria Crowe (58.2)	Loughborough International, 17th May	3:50.62
3	Aisling McGhee (61.1), Hazel Le Cornu (60.9), Abbey McGhee (63.3), <i>Charlotte Best</i> (56.6)	LSAC v British Police v East Midlands, 27th May	4:01.89
4	Mikaela Harrison (62.7), Naomi Hutchins (60.1), Lynsey Fairbrother (62.5), Emma Paton (59.4)	RAF LTVP Invitation Meeting, Cosford 25th April	4:04.61
		LSAC v British Police v East Midlands, 27th May	

Womens Outdoor Field Rankings 2009

as at 14th September

Loughborough Based Alumni in Blue italics

Visiting Alumni in Red italics

High Jump	Name	Meeting and Date		
	Pos		Distance	
	1 Vikki Hubbard	UK Women's League Division 1, Hendon, August 1	1.86m	
	2 <i>Steph Pywell</i>	Loughborough International, 17th May	1.82m	
	3 Adele Lassu	BIG, 31st May	1.82m	
	4 Sophie Hine	U20/U23 Championships, Bedford 27th/28th June	1.82m	
	5 Emily Parker	UK Women's League Division 1, Grangemouth 4th July	1.60m	
	6 Chevaune Halewood	LSAC v Combined Services v Achilles, 10th June	1.45m	
	7 Jennifer Coleman	NW Combined Events Open, Manchester 8th August	1.43m	
Long Jump	Name	Meeting and Date		
	Pos		Distance	
	1 Laura Samuels	LSAC v Combined Services v Achilles, 10th June	5.17m	
	2 Tamara Longwe	LSAC v Combined Services v Achilles, 10th June	5.10m	
	3 Jennifer Coleman	NW Combined Events Open, Manchester 8th August	4.93m	0.6m/s
Triple Jump	Name	Meeting and Date		
	Pos		Distance	
	1 Laura Samuels	McCain Jumps and Throwsfest, Birmingham 26th July	12.98m	0.3m/s
	2 Denae Matthew	U20/U23 Championships, Bedford 27th/28th June	12.67m	1.7m/s
	3 Tamara Longwe	U20/U23 Championships, Bedford 27th/28th June	12.10m	1.1m/s
	4 Sade Thompson	BUCS Championships, Bedford 4th May	10.48m	
	5 Jennifer Coleman	North of England League Div 1, Manchester 2nd May	10.08m	
Pole Vault	Name	Meeting and Date		
	Pos		Height	
	1 Becky Lilley	LSAC v British Police v East Midlands, 27th May	3.00m	
	2 Caroline Adams	LSAC v Combined Services v Achilles, 10th June	2.90m	
	3 <i>Nicole Chase</i>	LSAC v British Police v East Midlands, 27th May	2.50m	
	4 Kerry Mott	LSAC v Combined Services v Achilles, 10th June	2.30m	
Shot	Name	Meeting and Date		
	Pos		Distance	
	1 <i>Rebecca Peake</i>	CAU, Bedford 25th May	16.55m	
	2 Sophie Thomas	BUCS Championships, Bedford 4th May	12.50m	
	3 Claire Williams	LSAC v British Police v East Midlands, 27th May	9.00m	
	4 Sade Thompson	BUCS Championships, Bedford 4th May	7.89m	
	5 Jennifer Coleman	NW Combined Events Open, Manchester 8th August	7.84m	
Discus	Name	Meeting and Date		
	Pos		Distance	
	1 Claire Williams	LSAC v British Police v East Midlands, 27th May	40.30m	
	2 Sophie Thomas	Wiltshire County Championships, Tidworth 10th May	35.40m	

Javelin	Name	Meeting and Date	Distance
Pos			
1	Goldie Sayers	Loughborough International, 17th May	59.77m
2	Rosie Semenytsh	McCain UK Challenge Final, Cardiff 15th August	49.14m
3	Sophie Thomas	CAU, Bedford 24th May	46.22m
4	Liz Henry	Open Meeting, Stoke 19th April	35.56m
5	Jennifer Coleman	Woodford Combined Events, 17th May	18.61m

Hammer	Name	Meeting and Date	Distance
Pos			
1	Carys Parry	Loughborough International, 17th May	65.96m
2	Sarah Holt (UK U23 Recr)	Halle Throwing Festival, 24th May	65.33m
		U20/U23 Championships, Bedford 27th/28th June	63.60m
		European U23 Championships, Kaunas 18th July	62.55m
			CBP Bronze

Hepthalon	Name	Meeting and Date	Points
Pos			
1	Jennifer Coleman	NW Combined Events Open, Manchester 8th August	3565