

Under 17 Ladies Gradings

	gold	silver	bronze	1	2	3	4
80mH	14.5	15.0	15.8	11.9	12.3	12.8	13.7
300mH	51.5	53.0	55.0	45.5	47.1	49.0	51.9
100m	13.4	14.0	14.4	12.5	12.8	13.1	13.5
200m	27.8	29.0	30.0	25.7	26.3	26.9	27.7
300m	47.0	50.0	52.0	41.5	42.7	44.0	46.1
800m	02:39.0	02:46.0	02:56.0	02:16.5	02:21.5	02:26.0	02:32.5
1500m	05:35.0	05:50.0	06:00.0	04:43.5	04:55.5	05:04.5	05:20.5
3000m	12:00.0	12:15.0	12:25.0	10:17.5	10:44.5	11:08.0	11:55.0
HJ	1.40	1.30	1.20	1.65	1.59	1.54	1.45
LJ	4.40	4.20	4.00	5.25	4.95	4.70	4.40
PV	2.10	2.00	1.90				
Triple J	9.10	8.50	8.10	11.05	10.50	9.90	9.10
Shot	7.50	6.50	5.50	10.15	8.75	7.85	6.65
Discus	22.00	19.00	16.00	30.20	25.60	22.25	18.50
Javelin	23.00	20.00	18.00	34.00	28.60	25.10	20.30
Hammer	25.00	20.00	15.00	38.00	31.25	25.75	19.00
60m				8.0	8.3	8.5	8.9
60mH				8.9	9.2	9.5	10.0
Pentathlon				3000	2700	2400	2100
Heptathlon				4360	4075	3770	3175

NAME: Laura Arnold

AGE: U17L

TRACK

DATE	MEETING	Age Group	300m	400m	800m
05/04/2009	Spring Open Meeting, Peterborough	U17			02:31.4
19/04/2009	Eastern Young Athletes League, Braintree	U17	45.60		02:27.6
26/04/2009	East Anglian League, Peterborough	Senior Women	44.60		02:25.0
09/05/2009	Cambs County Championships, Cambridge	U17			02:24.8
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17			02:29.0
20/06/2009	Anglian Schools Championships, Norwich	U17			02:22.4
21/06/2009	East Anglian League, Kings Lynn	Senior Women	44.40		
28/06/2009	Eastern Young Athletes League, Peterborough	U17	44.70		02:25.1
12/07/2009	Eastern Young Athletes League, Bedford	U17	44.80		02:29.8
19/07/2009	East Anglian League, Cambridge	Senior Women	44.90		02:31.8
02/08/2009	East Anglian League, Braintree	Senior Women	43.80		02:25.5
16/08/2009	Eastern Young Athletes League, Thurrock	U17	44.80		02:25.0
31/08/2009	Peterborough City Games	U17		62.82	02:27.3
05/09/2009	Southern Womens League, Harrow	Senior Women			02:27.8
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17			02:31.2
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	44.50		

Seasons Best		43.80	62.82	02:22.4
PAC Club Standards		Gold		Gold
AAA Grades		Grade 3		Grade 3

FIELD

DATE	MEETING	Age Group	Javelin
19/04/2009	Eastern Young Athletes League, Braintree	U17	10.38
12/07/2009	Eastern Young Athletes League, Bedford	U17	4.52

Seasons Best		10.38
PAC Club Standards		
AAA Grades		

NAME: Jess Bull
AGE: U17L

FIELD

DATE	MEETING	Age Group	Javelin	Discus	Shot
30/05/2009	Southern Womens League, Havering	Senior Women	23.88		
07/06/2009	Eastern Young Athletes League, Braintree	U17	26.41	16.96	7.00
21/06/2009	East Anglian League, Kings Lynn	U17	26.78		
28/06/2009	Eastern Young Athletes League, Peterborough	U17	26.83	16.73	6.97
12/07/2009	Eastern Young Athletes League, Bedford	U17	24.23	17.08	7.01
25/07/2009	Southern Womens League, Milton Keynes	Senior Women	24.02		
16/08/2009	Eastern Young Athletes League, Thurrock	U17	26.06	16.14	5.59
05/09/2009	Southern Womens League, Harrow	Senior Women	27.54		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	28.14	17.17	
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	26.74		

Seasons Best		28.14	17.17	7.01
PAC Club Standards		Gold	Bronze	Silver
AAA Grades		Grade 3		Grade 4

NAME: Micheala Dortich
AGE: U17L

TRACK

DATE	MEETING	Age Group	100m	200m
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	13.40	29.09
27/06/2009	Southern Women's League, Luton	Senior Women	14.30	29.50
28/06/2009	Eastern Young Athletes League, Peterborough	U17	13.90	
12/07/2009	Eastern Young Athletes League, Bedford	U17	13.80	
25/07/2009	Southern Womens League, Milton Keynes	Senior Women	14.00	
02/08/2009	East Anglian League, Braintree	Senior Women	14.30	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	14.40	29.90
31/08/2009	Peterborough City Games	U17	14.20	

Seasons Best		13.40	29.09
PAC Club Standards		Gold	Bronze
AAA Grades		Grade 4	

FIELD

DATE	MEETING	Age Group	L/J
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	4.33
20/06/2009	Anglian Schools Championships, Norwich	U17	4.58
21/06/2009	East Anglian League, Kings Lynn	Senior Women	4.41
27/06/2009	Southern Women's League, Luton	Senior Women	4.20
28/06/2009	Eastern Young Athletes League, Peterborough	U17	4.27
12/07/2009	Eastern Young Athletes League, Bedford	U17	4.34
25/07/2009	Southern Womens League, Milton Keynes	Senior Women	4.18
16/08/2009	Eastern Young Athletes League, Thurrock	U17	4.07
31/08/2009	Peterborough City Games	U17	4.42

Seasons Best		4.58
PAC Club Standards		Gold
AAA Grades		Grade 4

NAME: Penelope Ford
AGE: U17L

DATE	MEETING	Age Group	800m	1500m	300m
19/04/2009	Eastern Young Athletes League, Braintree	U17		05:36.0	
26/04/2009	East Anglian League, Peterborough	U17		05:39.7	
09/05/2009	Cambs County Championships, Cambridge	U17		05:34.4	
30/05/2009	Southern Womens League, Havering	U17		05:53.9	
07/06/2009	Eastern Young Athletes League, Braintree	U17		05:38.2	
28/06/2009	Eastern Young Athletes League, Peterborough	U17		05:43.0	
19/07/2009	East Anglian League, Cambridge	U17		05:52.8	
16/08/2009	Eastern Young Athletes League, Thurrock	U17		05:55.0	
31/08/2009	Peterborough City Games	U17		05:47.9	
05/09/2009	Southern Womens League, Harrow	Senior Women		05:43.4	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	02:54.6		
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	02:50.1		51.70

Seasons Best		02:50.1	05:34.4	51.70
PAC Club Standards		Bronze	Gold	Bronze
AAA Grades				

FIELD

DATE	MEETING	Age Group	Javelin	Shot	Discus	L/J
19/04/2009	Eastern Young Athletes League, Braintree	U17	18.91	5.18		
25/04/2009	Southern Womens League, Peterborough	U17	19.37			
26/04/2009	East Anglian League, Peterborough	U17	20.67			
09/05/2009	Cambs County Championships, Cambridge	U17	21.47			
30/05/2009	Southern Womens League, Havering	U17	15.62			
07/06/2009	Eastern Young Athletes League, Braintree	U17	19.60	4.87		
28/06/2009	Eastern Young Athletes League, Peterborough	U17	21.42		12.97	
19/07/2009	East Anglian League, Cambridge	U17	17.56			
16/08/2009	Eastern Young Athletes League, Thurrock	U17	18.44			
31/08/2009	Peterborough City Games	U17	21.73			
05/09/2009	Southern Womens League, Harrow	Senior Women	22.70			
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	22.24			3.21
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	20.58			

Seasons Best		22.70	5.18	12.97	3.21
PAC Club Standards		Silver			#N/A
AAA Grades		Grade 4			#N/A

NAME: Sophie Fowler

AGE: U17L

DATE	MEETING	Age Group	100m	200m	300m	400m
19/04/2009	Eastern Young Athletes League, Braintree	U17	14.10		46.40	
25/04/2009	Southern Womens League, Peterborough	Senior Women				66.10
26/04/2009	East Anglian League, Peterborough	U17	14.40		45.70	
07/06/2009	Eastern Young Athletes League, Braintree	U17	14.20		45.10	
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	13.90		45.70	
21/06/2009	East Anglian League, Kings Lynn	U17	14.60		45.70	
28/06/2009	Eastern Young Athletes League, Peterborough	U17	14.00		45.20	
12/07/2009	Eastern Young Athletes League, Bedford	U17		28.80	46.00	
19/07/2009	East Anglian League, Cambridge	U17		28.50	46.20	
02/08/2009	East Anglian League, Braintree	U17			50.20	
31/08/2009	Peterborough City Games	U17				65.68
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	14.51	29.00	46.24	
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women				65.50

Seasons Best		13.90	28.50	45.10	65.50
PAC Club Standards		Silver	Silver	Gold	
AAA Grades				Grade 4	

FIELD

DATE	MEETING	Age Group	Discus
19/04/2009	Eastern Young Athletes League, Braintree	U17	16.14
07/06/2009	Eastern Young Athletes League, Braintree	U17	16.11
28/06/2009	Eastern Young Athletes League, Peterborough	U17	15.46
12/07/2009	Eastern Young Athletes League, Bedford	U17	15.39
19/07/2009	East Anglian League, Cambridge	Senior Women	15.32
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	14.96

Seasons Best		16.14
PAC Club Standards		Bronze
AAA Grades		

NAME: Georgie Freeman

AGE: U17L

DATE	MEETING	Age Group	200m	300m	800m	1500m
19/04/2009	Eastern Young Athletes League, Braintree	U17	30.70		02:27.2	
26/04/2009	East Anglian League, Peterborough	Senior Women			02:31.1	
09/05/2009	Cambs County Championships, Cambridge	U17			02:32.0	
07/06/2009	Eastern Young Athletes League, Braintree	U17		46.80	02:28.3	
27/06/2009	Southern Women's League, Luton	Senior Women				05:10.1
19/07/2009	East Anglian League, Cambridge	Senior Women				05:14.8
25/07/2009	Southern Womens League, Milton Keynes	Senior Women			02:29.7	
31/08/2009	Peterborough City Games	U17				05:23.9
05/09/2009	Southern Womens League, Harrow	Senior Women				05:25.1
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	30.52			05:11.3

Seasons Best			30.52	46.80	02:27.2	05:10.1
PAC Club Standards				Gold	Gold	Gold
AAA Grades					Grade 4	Grade 4

FIELD

DATE	MEETING	Age Group	L/J	T/J
19/04/2009	Eastern Young Athletes League, Braintree	U17	3.79	
26/04/2009	East Anglian League, Peterborough	Senior Women		6.20
07/06/2009	Eastern Young Athletes League, Braintree	U17	3.72	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	3.60	

Seasons Best			3.79	6.20
PAC Club Standards				
AAA Grades				

NAME: Amy Haines-Eynon

AGE: U17L

Track

DATE	MEETING	Age Group	100m	1500m
05/04/2009	Spring Open Meeting, Peterborough	U17		05:27.1
19/04/2009	Eastern Young Athletes League, Braintree	U17		05:27.9
26/04/2009	East Anglian League, Peterborough	Senior Women		05:27.1
07/06/2009	Eastern Young Athletes League, Braintree	U17	15.10	05:34.4
21/06/2009	East Anglian League, Kings Lynn	Senior Women		05:29.6
28/06/2009	Eastern Young Athletes League, Peterborough	U17		05:18.0
12/07/2009	Eastern Young Athletes League, Bedford	U17		05:23.2
02/08/2009	East Anglian League, Braintree	Senior Women		05:41.5
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17		05:26.6
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women		05:35.0

Seasons Best		15.10	05:18.0
PAC Club Standards			Gold
AAA Grades			Grade 4

FIELD

DATE	MEETING		Shot	Discus	T/J
19/04/2009	Eastern Young Athletes League, Braintree	U17	5.62	12.29	
07/06/2009	Eastern Young Athletes League, Braintree	U17	6.06		
28/06/2009	Eastern Young Athletes League, Peterborough	U17	5.83		
12/07/2009	Eastern Young Athletes League, Bedford	U17	5.64		6.28
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	5.99		
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	6.41		

Seasons Best		6.41	12.29	6.28
PAC Club Standards		Bronze		
AAA Grades				

NAME: Rebecca Huxtable

AGE: U17L

Track

DATE	MEETING	Age Group	100m	200m
05/04/2009	Spring Open Meeting, Peterborough	U17	13.60	27.80
19/04/2009	Eastern Young Athletes League, Braintree	U17	13.30	28.60
25/04/2009	Southern Womens League, Peterborough	Senior Women	13.60	
26/04/2009	East Anglian League, Peterborough	Senior Women	13.60	27.90
24/05/2009	National Junior League, Barnet Copthall	U20	13.27	27.88
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	13.20	28.00
20/06/2009	Anglian Schools Championships, Norwich	U17	13.40	
21/06/2009	East Anglian League, Kings Lynn	Senior Women	13.60	
28/06/2009	Eastern Young Athletes League, Peterborough	U17	13.40	28.00
12/07/2009	Eastern Young Athletes League, Bedford	U17	13.40	28.20
02/08/2009	East Anglian League, Braintree	Senior Women	13.80	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	13.80	28.30
31/08/2009	Peterborough City Games	U17	13.63	28.70
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	13.70	27.90

Seasons Best		13.20	27.80
PAC Club Standards		Gold	Gold
AAA Grades		Grade 4	

FIELD

DATE	MEETING	Age Group	L/J
19/04/2009	Eastern Young Athletes League, Braintree	U17	4.22
28/06/2009	Eastern Young Athletes League, Peterborough	U17	4.07
12/07/2009	Eastern Young Athletes League, Bedford	U17	3.85
16/08/2009	Eastern Young Athletes League, Thurrock	U17	3.81

Seasons Best		4.22
PAC Club Standards		Silver
AAA Grades		

NAME: Emma Houghton

AGE: U17L

TRACK

DATE	MEETING	Age Group	80mH	100mH	100m	200m
07/06/2009	Eastern Young Athletes League, Braintree	U17	17.00			32.70
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	17.11			
19/07/2009	East Anglian League, Cambridge	Senior Women	17.10			
25/07/2009	Southern Womens League, Milton Keynes	Senior Women		20.90		
02/08/2009	East Anglian League, Braintree	Senior Women	16.40			
31/08/2009	Peterborough City Games	U17	16.85			
05/09/2009	Southern Womens League, Harrow	Senior Women		20.60		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	16.60		15.49	

Seasons Best		16.40	20.60	15.49	32.70
PAC Club Standards					
AAA Grades					

FIELD

DATE	MEETING	Age Group	H/J
30/05/2009	Southern Womens League, Havering	Senior Women	1.50
07/06/2009	Eastern Young Athletes League, Braintree	U17	1.35
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	1.40
19/07/2009	East Anglian League, Cambridge	Senior Women	1.45
25/07/2009	Southern Womens League, Milton Keynes	Senior Women	1.40
26/07/2009	National Junior League, Blackheath & Bromley	U20	1.40
02/08/2009	East Anglian League, Braintree	Senior Women	1.50
16/08/2009	National Junior League, Lee Valley	U20	1.50
31/08/2009	Peterborough City Games	U17	1.45
05/09/2009	Southern Womens League, Harrow	Senior Women	1.55
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	1.50
20/09/2009	East Anglian League Final, Bury St Edmunds	Senior Women	1.45

Seasons Best		1.55
PAC Club Standards		Gold
AAA Grades		Grade 3

NAME: Katie Potter

AGE: U17L

TRACK

DATE	MEETING	Age Group	200m	300m	800m
26/04/2009	East Anglian League, Peterborough	Senior Women	30.10		02:36.0
28/06/2009	Eastern Young Athletes League, Peterborough	U17	29.30		02:37.1
12/07/2009	Eastern Young Athletes League, Bedford	U17	29.60		02:37.5
19/07/2009	East Anglian League, Cambridge	Senior Women	29.80		02:39.0
16/08/2009	Eastern Young Athletes League, Thurrock	U17		47.10	02:40.0

Seasons Best		29.30	47.1	02:36.0
PAC Club Standards		Bronze	Silver	Gold
AAA Grades				

NAME: Megan Ross

AGE: U17L

DATE	MEETING	Age Group	100m	200m
30/05/2009	Southern Womens League, Havering	Senior Women	14.4	30.40

Seasons Best			14.4	30.40
PAC Club Standards			Bronze	
AAA Grades				

NAME: Amber Kenny

AGE: U17L

FIELD

DATE	MEETING	Age Group	Hammer	Discus	Shot
28/06/2009	Eastern Young Athletes League, Peterborough	U17	18.55	13.49	6.07
12/07/2009	Eastern Young Athletes League, Bedford	U17	16.08	12.52	5.77
16/08/2009	Eastern Young Athletes League, Thurrock	U17	15.96	13.94	5.84
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	17.41	13.14	6.36

Seasons Best		18.55	13.94	6.36
PAC Club Standards		Bronze		Bronze
AAA Grades				