

EASTBOURNE ROVERS ATHLETIC CLUB - RELAYS MALE 2019							
			ERAC/JL/14/7/19)				
4x100	SM Team Stevie Kasparis (u20)	45.47	SAL Stevenage	13-Apr			
	Bryn Smith (u20)						
	Kai Fletcher (u23)						
	Bradley Eisnor						
4x100	u13 Team	66.3	u13 League Lewes	9-May			
	Dermot O'Rourke						
	Ilya Korchev						
	Cody Wilkinson						
	Owen Palmer						
4x100	VL Team	53.8	Sx Vets League Ebne	15-May			
	Alan Rolfe						
	Dave Mercer (H)						
	Paul Mealing (H)						
	Grant Stirling						
4x100	u15 Team	55.20	u15 League Ebne	5-Jun			
	Ben Brown						
	Edward Vine						
	Jack Usher						
	Dylan Brudenell						
4x100	u13 Team	66.3	u13 League Lewes	14-Jun			
	Dermot O'Rourke						
	Ilya Korchev						
	Bode Norman Reeve						
	Owen Palmer						
4x100	SM Team	44.5	SAL Easbourne	15-Jun			
	Steven Lee(u20)						
	Bradley Eisnor						
	Joe Morris						
	Bryn Smith (u20)						
4x100	u15 Team	54.7	u15 League Brighton	28-Jun			
	James Stephen						
	Jack Usher						
	Edward Vine						
	Dylan Brudenall						
4x100	u15 Team	53.7	u15 League Lewes	8-Jul			
	James Stephen						
	Ben Brown						
	Jack Usher						
	Dylan Brudenall						
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Relays Men	Cont'd						
4x100	SM Team	46.2	SAL Ashford	13-Jul			
	Liam Hennessey(u20)						
	Bradley Eisnor						
	Stevie Kasparis (u20)						
	Bryn Smith (u20)						
4x100	u13 Team	62.4	u13 League Ebne	17-Jul			
	Dermot O'Rourke						
	Ilya Korchev						
	Owen Palmer						
	Flyn Edwards Pima						
4x100	SM Team	42.56	SAL Woodford Green	17-Aug			
	Moyo Sargent (u20)	Club Record					
	Bryn Smith (u20)						
	Bradley Eisnor (SM)						
	Bailey Wright (u20)						
4x100	u15 Team	53.9	u15 Final Brighton	30-Aug			
	Ben Brown						
	Jack Usher						
	James Stephen						
	Dyklan Brudenall						
4x100							
4x100							
4x100							
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4x200	VL Team	2.09.03	SX Vets League Lewes	10-Jun			
	Gareth Taplin (H)						
	Graham Pudedye (H)						
	Nick Sheehan (Ebne)						
	Martin Bell (H)						
4x400	u23 Team	3.37.47	SAL Stevenage	13-Apr			
	Stevie Kasparis(u20)						
	Matthew Grindrod (u17)						
	Kai Fletcher (u23)						
	Bryn Smith (u20)						
4x400	ML Team	3.37.2	SAL Eastbourne	15-Jun			
	Liam Hennessey (u20)						
	Moyo Sargent (u17)						
	Joe Morris						
	Bradley Eisnor						
4x400	SM Team	3.26.01	SAL Woodford Green	17-Aug			
	Joe Morris(SM)	club Record					
	Bryn Smith (u20)						
	Moyo Sargent (u20)						
	Bradley Eisnor (SM)						

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EASTBOURNE ROVERS ATHLETIC CLUB																			
FEMALE RANKING LISTS 2019										ERAC/JL 26.9.19									
60m									High Jump										
8.10i	Harriett Armstrong	u17	17-Feb		1.53	Molly Swingler	u17	5-May											
8.35i	Shania Martlew	u20	27-Jan		1.40	Rose Chaplin	u17	13-Apr											
8.40i	Esme Campbell-Marshall	u20	6-Jan		1.40	Emma Noel	SW	17-Aug											
8.93i	Eloise Marin	u20	2-Feb		1.33	Emma Baker	V35	13-Jul											
					1.30.	Cara Maker	V35	15-May											
					1.30	Heidi Burgess	U23	17-Aug											
					1.05	Mary Wilkinson	u15	8-Jul											
75m					0.90	Amy McIntyre	u15	8-Jul											
11.7	Daisy Barrow	u13	14-Jun																
12.17	Chio Atkin McCollin	u11	7-Jul																
12.2	Isabelle Rhodes	u13	9-May																
12.61	Katherine Brown	u11	7-Jul						Pole Vault										
14.0	Erin Camerson	u13	9-May		2.10	Hayley Harris	SW	17-Aug											
					1.90	Claire Johnson	SW	19-May											
					1.70	Heidi Burgess	u23	19-May											
100m									Long Jump										
12.5	Shania Martlew	u20	15-Jun		4.86	Hariett Armstrong	u17	26-Aug											
12.75	Harriett Armstrong	u17	26-Aug		4.64	Emma Noel	SW	17-Aug											
13.0	Kyla Joy Francis	u15	28-Jun		4.60	Cara Maker	V35	2-Jun											
13.12	Georgia Ungood	SW	11-May		4.21	Georgia Ungood	SW	13-Apr											
13.34	Esme Campbell Marshall	u17	17-Aug		4.16	Claire Johnson	SW	15-Jun											
13.4	Eloise Martin	u17	15-Jun		4.13	Esme Campbell-Marshall	u17	13-Apr											
13.72	Cara Maker	V35	26-Aug		3.99	Eleanor Strevens	u15	8-Jul											
13.97	Nkasi Onyejekwe	u15	12-May		3.85	Hope Sankey	u15	8-Jul											
14.3	Emma Baker	V35	29-Jul		3.44	Isabelle Chappell	u13	12-May											
14.4	Leila Hitch	u15	8-Jul		3.25	Chloe Atkin McCollin	u11	17-Jul											
14.8	Kiera Mclean	u15	5-Jun		3.22	Isabelle Rhodes	u13	14-Jun											
16.0	Mary Wilkinson	u15	5-Jun		3.20	Gemma Barnes	u15	28-Jun											
17.8	Sue Keen	V60	15-May		3.10	Heidi Burgess	u23	15-Jun											
					2.95	Gracie Newnham Reeve	u13	14-Jun											
					2.85	Nkasi Nyejekwe	u15	11-May											
					2.67	Hayley Page	SW	19-May											
					2.51	Erin Cameron	u13	1-Sep											
150m									Triple Jump										
20.44	Lucia Albertella	u17	7-Apr		11.13w	Harriet Armstrong	u17	21-Jul											
20.2	Caitlin Spencer	u13	7-Apr		11.02	Harriet Armstrong	U17	8-Jun											
23.2	Isabelle Rhodes	u13	17-Jul		10.49i	Harriet Armstrong	U17	17-Feb											
25.0	Gracie Newnham Reeve	u13	14-Jun		9.52	Cara Maker	V35	13-Jul											
					9.14	Claire Johnson	sw	19-May											
					9.05	Emma Noel	sw	19-May											
					8.28	Heidi Burgess	u23	17-Aug											
					7.24	EloiseMartin	u17	15-Jun											
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200m									Shot Heavy 7.26k										
26.1	Shania Martlew	u20	15-Jun																
27.0	Georgia Ungood	SW	19-May																
27.06	Kyla Joy Francis	u15	20-Apr																
27.08i	Harriett Armstrong	u17	24-Feb						Shot 2kg (W75 plus)										
27.30	Harriett Armstrong	u17	26-Aug																
27.36	Molly Swngler	u17	20-Apr																
27.83	Lucia Albertella	u17	12-May																
27.92	Esme Campbell-Marshall	u17	17-Aug						Shot 2.72kg (u13)										
28.06	Ada Onyejekwe	u17	12-May		6.45	Isabelle Chappell	u13	12-May											
28.19i	Shania Martlew	u20	1-Jan		3.70	Erin Cameron	u13	14-Jun											
28.21	Cara Maker	V35	26-Aug																
28.8	Katy Brabbin	SW	19-May																
28.7	Eloise Martin	u17	15-Jun																
29.63	Cailyn Spencer	u13	7-Jul																
30.9	Emma Bajker	V35	10-Jan						Shot 3kg u15, u17 and 50 to 74)										
32.0	Kiera Mclean	u15	5-Jun		8.92	Eve-Beth Thomas	u17	11-May											
31.8	Gemma Barnes	u15	8-Jul		6.98	Angela Morgan	V60	2-Jun											
					5.83	Liz Brandon	V70	2-Jun											
300m																			
42.75	Rose Chaplin	u17	11-May																
42.94	Kyla Joy Francis	u15	11-May																
43.04	Molly Swingler	u17	20-Apr																
44.7	Hope Sankey	u15	28-Jun																
46.22	Maddy Baldwin Charles	u15	8-Jun						Shot 4kg SW and 35-49										
50.2	Gemma Barnes	u15	8-Jul		9.25	Esme Campbell-Marshall	u17	13-Apr											
					8.99	Emma Baker	V35	15-Jun											
					8.13	Nelliem Hannam	SW	15-Jun											
					7.92	Emma Noel	SW	13-Jul											
					5.66	Heidi Burgess	u23	13-Apr											
400m																			
61.4	Rose Chaplin	u17	26-Aug																
62.78i	Rose Chaplin	u17	13-Jan																
65.6	Georgia Ungood	u23	13-Jul																
67.8	Emma Noel	SW	13-Jul						Discus 0.75kg (u13 and 75 plus)										
77.5	Hayley Page	SW	19-May		12.79	Daisy Barrow	u13	14-Jun											
89.6	Heidi Burgess	u23	15-Jun																
600m									Discus 1kg (u15,u17,u20,u23,SW & 35-74)										
1.41.20	Rose Chaplin	u17	22-Apr		22.32	Emma Baker	V35	15-Jun											
1.46.1	Isabelle Chappell	u13	14-Jun		18.90	Hayley Harris	SW	15-Jun											
1.59.2	Caitlyn Spencer	u13	17-Jul		13.29	Gemma Barnes	u15	8-Jul											
2.02.57	Clio Atkin McCollin	u11	7-Jul		13.12	Heidi Burgess	u23	19-May											
2.09.61	Katherine Brown	u11	7-Jul		12.32	Claire Johnson	SW	13-May											
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800m									Hammer 4kg (SW and 35-49)										
2.25.5	Eleanor Strevens	u15	5-Jun		23.06	Emma Baker	V35	19-May											
2.25.90	Ellie Mclean	u15	12-May		18.52	Hayley Harris	SW	17-Aug											
2.28.27i	Rose Chaplin	u17	5-Jan		17.80	Angela Morgan	V60	19-May											
2.29.69	Isabelle Chappell	u13	7-Jul																
2.31.56	Rose Chaplin	u17	5-May																
2.32.6	Hope Sankey	u15	8-Jul																
2.37.12	Hayley Harris	SW	13-Apr																
2.46.2	Rebecca Holdaway	V35	19-May						Hammer 3kg (u13,u15,u17 and 50-74)										
2.57.37	Caitlyn Spencer	SW	20-Apr		23.92	Angela Morgan	V60	2-Jun											
3.03.3	Claire Johnson	SW	13-Jul		19.77	Liz Brandon	V70	2-Jun											
3.07.19	Georgia Ungood	SW	17-Aug																
3.15.4	Hayley Page	SW	19-May																
3.35.3	Heidi Byurgess	u23	13-Jul						Hammer 2kg (75 and over)										
1000m																			
1500m									Javelin 600g (u20, u23, SW & 35-49)										
4.53.44	Eleanor Strevens	u15	7-Sep		27.48	Emma Noel	SW	17-Aug											
4.59.7	Ellie Mclean	u15	5-Jun		24.58	Emma Baker	V35	15-Jun											
5.20.47	Isabelle Chappell	u13	22-Apr		23.52	Hayley Harris	SW	17-Aug											
5.20.68	Hope Sankey	u15	8-Jun		14.62	Heidi Burgess	u23	13-Apr											
5.22.5	Rebecca Holdaway	V35	29-Jul		8.60	Nellie Hannam	SW	15-Jun											
5.30.87	Hayley Harris	SW	13-Apr		8.48	Georgia Ungood	SW	13-Apr			</								