



Lee Valley Athletics Centre
December Open 2024
Start List



T23 300m Female

6 Races

Start Time: 16:53

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
1	1	18	Annabel Smith	Ipswich Harriers	U17F	40.30
	2	128	Lara Cox	Brighton & Hove AC	U17F	42.08
	3	127	Holly Ryan	Shaftesbury Barnet Harriers	U17F	40.18
	4	126	Lily Hartman	Chelmsford AC	U17F	40.00
	5	125	Mary Taylor	Rugby & Northampton AC	U17F	39.77
	6	26	Grace Sikora	Windsor Slough Eton & Hounslow AC	U17F	39.90

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
2	1	22	Mila Don Liyanage	Marshall Milton Keynes AC	U17F	42.86
	2	124	Elysia Chilvers	Windsor Slough Eton & Hounslow AC	U17F	43.04
	3	132	Sofia Bennett	Thames Valley Harriers	U15F	42.54
	4	36	Maddie Kingston	Abingdon AC	U17F	42.15
	5	30	Olivia Gaines	St Albans AC	U17F	42.10
	6	121	Lauren Fowler	Marshall Milton Keynes AC	U15F	42.10

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
3	1	137	Capree Cooper	Barnet & District AC	U15F	44.00
	2	140	Zoe Wright	Brighton & Hove AC	SENF	44.71
	3	154	Sophie McLachlan	Maidenhead AC	SENF	43.89
	4	135	Isabel Chappell	Eastbourne Rovers AC	SENF	43.50
	5	133	Matilda Bean	Rugby & Northampton AC	U15F	43.10
	6	95	Emilia Singer	Lewes AC	U17F	43.20

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
4	1	123	Sophie Clark	Windsor Slough Eton & Hounslow AC	U15F	45.30
	2	25	Isabella Johnson	Chelmsford AC	U17F	45.50
	3	142	Annemiek Van Den Braak	South of England Track and Field AC	U15F	45.13
	4	155	Nerys Tullett	Woking AC	SENF	45.00
	5	44	Lily Ganley	City Of Norwich AC	U17F	44.90
	6	141	Eleanor Mccue	St Mary's Richmond AC	SENF	44.99



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HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
5	1	147	Izabel Brown	Basingstoke & Mid Hants AC	U17F	47.79
	2	148	Eva Walker	Chelmsford AC	SENF	48.00
	3	37	Edith Waites	London Heathside	U15F	46.44
	4	29	Bethany Staddon	Bracknell AC	U15F	46.00
	5	144	Emelie Ahlstrom	St Mary's Richmond AC	SENF	45.87
	6	97	Jana Locmele	Bracknell AC	U15F	45.95

HEAT	Lane	Bib	Athlete	Club	Category	Seed Time
6	1	156	Ali Farrall	Tunbridge Wells Harriers	V50F	55.00
	2	153	Kalina Detko	Dartford Harriers AC	V45F	60.00
	3	152	Jennifer Temple	Aldershot Farnham & District	V35F	53.00
	4	65	Lisa Carpenter	Swindon Harriers	V50F	50.60
	5	149	Emma Skamlova	Chelmsford AC	SENF	48.00
	6	150	Anna Chaplin	Eastbourne Rovers AC	V50F	48.88