

JC Daniel Sacks Award for Outstanding Athletic Achievement

Performances 2019 - Girls

This list records track & field performances during 2019 by Jewish athletes between ages of 11 and 16

		Event	Perf	Indoor / Windy	Pos	Venue	Meeting	Date	UK Age Group Ranking
Millie ASLAN	Maccabi LH	3M	22:16		171	London	Virgin London Mini Marathon	28 April	
U15	dob								
Highgate									
Katie BAREL	Maccabi LH	100	15.62		6	Watford	Watford Open Graded Meeting	3 April	
U13	dob	100	15.72		4	Watford	Watford Open Graded Meeting	1 May	
school		100	15.9		2	Watford	Watford Minors Open Series	7 April	
		200	32.37		7	Watford	Watford Open Graded Meeting	24 July	
		200	32.58		4	Watford	Watford Open Graded Meeting	17 April	
		200	32.94		5	Watford	Watford Open Graded Meeting	4 Sept	
		200	33.6	i	6	Lee Valley	Lee Valley New Year Open	1 Jan	
		LJ	3.27		12	Watford	Watford Open Graded Meeting	3 April	
Mirit BERMAN	Maccabi LH	60	9.98	i	6	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
U13	25/06/2006	60	10	i	2	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
school		100	15.66		5	Watford	Watford Open Graded Meeting	7 Aug	
		100	15.86		2	Parliament Hill	City of London / Highgate Harriers Open Meeting	11 Sept	
		100	15.89		5	Watford	Watford Open Graded Meeting	1 May	

		100	15.89		5	Watford	Watford Open Graded Meeting	4 Sept	
		100	16.03		5	Watford	Watford Open Graded Meeting	3 April	
		100	16.21		5	Watford	Watford Open Graded Meeting	26 June	
		LJ	3.83		11	Watford	Watford Open Graded Meeting	21 Aug	
		LJ	3.61		11	Parliament Hill	City of London / Highgate Harriers Open Meeting	11 Sept	
		LJ	3.01	i	15	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
Daisy FEINSON	Maccabi LH	100	15.5		3	Watford	Watford Open Graded Meeting	1 May	
U13	02/12/2006	100	15.67		3	Watford	Watford Open Graded Meeting	4 Sept	
school		100	15.7		4	Watford	Watford Open Graded Meeting	3 April	
		200	32.66		5	Watford	Watford Open Graded Meeting	17 April	
		200	33.14		6	Watford	Watford Open Graded Meeting	4 Sept	
		200	34.36	i	6	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
		800	03:08.2	i	9	Lee Valley	Lee Valley Middle Distance Open	20 Feb	
		800	03:18.9	i	5	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
		LJ	3.3		11	Watford	Watford Open Graded Meeting	3 April	
Poppy FENWICK-MOORE	Shaftesbury Harriers	80	12.64		7	Birmingham	ISA National Championships	19 June	
U13	dob	100	15.7		3	Parliament Hill	Middlesex Young Athletes League	23 June	
school		100	15.97	w	5	Finsbury Park	Middlesex Young Athletes League	25 May	
		100	16.8		3	St. Albans	Eastern Young Athletes' League	4 May	

Lauren MALTZ	Shaftesbury Harriers	800	02:43.0		2	Hemel Hempstead	Eastern Young Athletes' League	2 June	
U15	19/04/2006	800	02:45.7		3	Finsbury Park	Middlesex Young Athletes League	25 May	
school		800	02:45.9	i	6	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
		800	02:48.2		3	Stevenage	Eastern Young Athletes' League	7 July	
		1500	05:43.5		2	Parliament Hill	Middlesex Young Athletes League	23 June	
		3KXC	13:54		29	Greenford	Middlesex County Championships	5 Jan	
		3KXC	14:59		33	Wormwood Scrubs	Start Fitness Metropolitan League	12 Jan	
		parkrun	26:46:00		55	Canons Park	Canons Park parkrun # 149	3 Aug	1st age group finisher
		parkrun	27:28:00		70	Canons Park	Canons Park parkrun # 152	24 Aug	1st age group finisher
		parkrun	28:11:00		79	Canons Park	Canons Park parkrun # 154	7 Sept	1st age group finisher
		parkrun	29:01:00		73	Canons Park	Canons Park parkrun # 147	20 July	1st age group finisher
		parkrun	30:24:00		103	Canons Park	Canons Park parkrun # 151	17 Aug	1st age group finisher
Lucy MARCUS	Shaftesbury Harriers	100	15.03		7	Finsbury Park	Middlesex Young Athletes League	25 May	
U15	21/12/2005	100	15.11		7	Lee Valley	Middlesex County Championships	12 May	
school		100	15.16	w	3	Parliament Hill	Middlesex Young Athletes League	23 June	
		100	15.9		7	St. Albans	Eastern Young Athletes' League	4 May	
		200	30.71	w	6	Lee Valley	Middlesex County Championships	12 May	
		200	31.18		5	Finsbury Park	Middlesex Young Athletes League	25 May	
		200	32		7	Hemel Hempstead	Eastern Young Athletes' League	2 June	
		200	32.08	w	4	Hendon	London Inter Club Challenge	27 July	
		200	32.27	i	4	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
		200	32.8		3	Perivale	Middlesex Young Athletes League	27 April	

	200	33.22		8	Hendon	London Inter Club Challenge	31 Aug	
	300	51.06		4	Parliament Hill	Middlesex Young Athletes League	23 June	
	300	51.3		2	Stevenage	Eastern Young Athletes' League	7 July	
	300	52.8		5	St. Albans	Eastern Young Athletes' League	4 May	
	300	52.9		4	Hemel Hempstead	Eastern Young Athletes' League	2 June	
	300	54.4		3	Perivale	Middlesex Young Athletes League	27 April	
	LJ	3.52		5	Hemel Hempstead	Eastern Young Athletes' League	2 June	
	LJ	3.43		2	Finsbury Park	Middlesex Young Athletes League	25 May	
	LJ	3.39		10	Lee Valley	Middlesex County Championships	12 May	
	LJ	3.36		1	Perivale	Middlesex Young Athletes League	27 April	
	LJ	3.32		5	St. Albans	Eastern Young Athletes' League	4 May	
	JT500	7.15		1	Parliament Hill	Middlesex Young Athletes League	23 June	
	3KXC	15:29		42	Greenford	Middlesex County Championships	5 Jan	

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Hannah PILLEMER	Maccabi LH	60	9.93		5	Lee Valley	Lee Valley DC Mini Racers	19 May	
U13	dob	60	9.97	i	5	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
school	1st season	60	10.06	i	6	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
		60	10.32	i	6	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
		60	10.47	i	4	Lee Valley	London U13 / U15 / U17 Games	6 Jan	
		80	13.42		3	Lee Valley	Lee Valley DC Mini Racers	19 May	
		100	16.13	w	7	Lee Valley	Middlesex County Championships	12 May	
		100	16.7		4	Watford	Watford Minors Open Series	7 April	
		100	16.79		7	Lee Valley	Lee Valley DC Mini Racers	19 May	

	100	17		7	Watford	Watford Minors Open Series	8 Sept	
	200	34.6	w	6	Lee Valley	Middlesex County Championships	12 May	
	60HU13 W	13.62	i	5	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
	60HU13 W	13.75	i	5	Lee Valley	Lee Valley U13 / U15 Pentathlon & Open	24 March	
	70HU13 W	16.6		4	Watford	Watford Minors Open Series	7 April	
	70HU13 W	17.35		7	Lee Valley	Middlesex County Championships	12 May	
	LJ	3.22		14	Watford	Watford Minors Open Series	8 Sept	

Maayan RADUS	Shaftesbury Harriers	800	02:25.0		10	Watford	Watford Open Graded Meeting	15 May	250
U17	30/05/2004	800	02:26.4		4	Eltham	BMC Regional Races	14 Aug	
City Girls?		800	02:26.8		1	Bromley	UK Youth Development U17/U20 League Division South Premier	28 July	
		800	02:28.0		5	Crawley	UK Youth Development U17/U20 League Division South Premier	26 May	
		1500	04:52.5		10	Watford	Watford Open Graded Meeting	26 June	579
		1500	04:53.7		1	Bromley	UK Youth Development U17/U20 League Division South Premier	28 July	
		1500	05:02.8		6	Ashford	South of England AA U13 / U15 / U17 Championships	17 Aug	
		1500	05:06.7		2	Grays	Eastern Young Athletes' League	14 April	
		Mile	05:18.7		10	Finsbury Park	Golden Stag Mile Open	21 June	102 (all)
		3000	10:20.9		5	Milton Keynes	BMC PB Classic	1 June	35
		3000	10:27.8		1	Reading	UK Youth Development U17/U20 League Division South Premier	5 May	
		3000	10:32.5		12	Birmingham	New Balance ESAA English Schools' Championships	13 July	
		3000	10:34.5		1	Battersea	London Schools Championships	8 June	
		3000	10:36.8		1	Hendon	UK Youth Development U17/U20 League Division South Premier	30 June	
		3000	11:13.3		6	Sportcity	UK Youth Development U17/U20 League Final	8 Sept	

	2.5KXCL	08:41		6	Wormwood Scrubs	South of England AA Relay Championships	19 Oct	
	3.5KXC	14:00		20	Wormwood Scrubs	London Schools' Championships	6 Feb	
	4KXC	15:13		3	Greenford	Middlesex County Championships	5 Jan	
	4KXC	15:44		4	Wormwood Scrubs	Start Fitness Metropolitan League	12 Jan	
	4KXC	15:53		69	Loughborough	CAU Inter County Championships (Inc British Athletics Cross Challenge)	9 March	
	4KXC	16:27		56	Leeds	ECCA Saucony English National Championships	23 Feb	
	4.2KXC	18:48		3	Alexandra Palace	Start Fitness Metropolitan League	9 Feb	
	4.45KXC	17:29		31	Cardiff	Start Fitness Gwent League (Inc British Athletics Cross Challenge)	12 Oct	
	3M	18:43		63	London	Virgin London Mini Marathon	28 April	

Dina SILVERMAN	Shaftesbury Harriers	800	02:43.1		7	Hendon	London Inter Club Challenge	16 June	630
U13	dob	1500	05:26.3		4	Parliament Hill	Middlesex Young Athletes League	23 June	233
school	1st season	1500	05:32.2		6	Lee Valley	Middlesex County Championships	12 May	
		1500	05:35.1		3	Stevenage	Eastern Young Athletes' League	7 July	
		1500	05:35.3		2	Grays	Eastern Young Athletes' League	14 April	
		1500	05:39.0		5	Grays	Eastern Young Athletes' League Final	15 Sept	
		LJ	3.02		3	Grays	Eastern Young Athletes' League	14 April	
		DT0.75K	10.25		3	Grays	Eastern Young Athletes' League	14 April	
		3M	20:34		106	London	Virgin London Mini Marathon	28 April	

Ellie WOLFENDEN	Sale Harriers	PV	2.21		7	Sportcity	Manchester Pole Vault Open	29 June	69
U15	21/05/2005	PV	2.11	i	5	Sportcity	Sale Harriers Open Series	10 Feb	
school		PV	2.10	i	6	Sportcity	Sale Harriers Open Series	6 Jan	

