

SENIOR MEN

100m Senior Men (grade 3 = 11.1)

Sven Knippahls	10.22s	2014
Ronnie Wells	10.25s W	2018
Dave Samuyiwa	10.4s	1997
Mark Cribb	10.6s	1983
James Lelliott	10.68s	2018
Mick Wheeler U20	10.7s	1956
John Knowles U20	10.8s	1961
Clive Ball	10.8s	1977
Matthew Keats	10.8s	1992
Steve Small	10.8s	2006
Bradley Pickup	10.8s	2013
Kevin Hodgson	10.8s	2017
Frank Robinson	10.9s	1986
Laurence Kingsbury	10.9s	1991
Solomon Povey	10.9s	1998
Kodie Thompson	10.9s	2004
Patrick Sylla (u20)	10.9s	2016
Ian Ward	11.0s	1987
Jason Cox	11.0s	1995
Tim Slocombe	11.0s	1998
John Jones	11.0s	2004
Adam Potter	11.0s	2008
Ben Arnold (u20)	11.0s	2015
Adam Carpenter	11.0s	2016
Jack Davies	11.0s	2017
Richard Reeks	11.03s	2009
Joel Harvey	11.04s	2018
Andy Osborne	11.1s	1981
Nigel Schoolcroft	11.1s	1985
Ben Rule	11.1s	1990
Tim Hughes	11.1s	1993
Simon Pursey	11.1s	1996
Olu Baptiste	11.1s	2008
Rob woolgar	11.1s	2016
Jack Davies	11.1s	2016

200m Senior Men (Grade 3 =22.4)

Sven Knippahls	20.68s	2014
Dave Samuyiwa	21.2s	1997
Ronnie Wells	21.46s	2018
Steve Small	21.54s w	2006
Mark Cribb	21.6s	1987
Kevin Hodgson (u20)	21.6s	2015
James Lelliott	21.62s W	2018
Mick Wheeler U20	21.8s	1956
Adam Potter	21.80s	2008
Joel Harvey	21.87s	2018

Laurence Kingsbury	21.9s	1991
Matthew Keats	21.9s	1992
Mark Littlefield	22.0s	1974
Clive Ball	22.0s	1977
Patrick Sylla (u20)	22.0s	2016
Ian Cooper	22.1s	1974
Kodie Thompson	22.1s	2001
Ben Arnould (u20)	22.2s	2015
John Knowles U20	22.3s	1961
Ben Rule	22.3s	1990
Solomon Povey	22.3s	1997
Bradley Pickup	22.39s	2012
Ian Ward	22.4s	1987
Tim Slocombe	22.4s	1998
Steve Small	22.4s	2005

400m Senior Men (Grade 3 = 50.5)

Mick Wheeler U20	47.7s	1955
Adam Potter	47.90s in.	2008
Adam Potter	48.2s	2008
Kevin Hodgson	48.48s	2018
Tim Slocombe	48.5s	1998
Chris Headford	49.0s	1987
Ian Palmer	49.1s	2002
Richard Reeks	49.11s	2009
Colin Boreham	49.13s	1979
Sven Knippals	49.20s	2010
Mark Littlefield	49.2s	1977
Chris Greenaway	49.21s	2012
Howard Smith	49.3s	1990
Darryn Campbell	49.3s	2009
Muiris Egan (u20)	49.76s	2015
Joe Bacon (u20)	48.87s	2019
Charles Monk	50.0s	1973
Joel Harvey	50.08	2019
Paul Drake	50.2s	1993
Mark Hiddleston	50.3s	1994
Bruce Bomphrey	50.4s	1993
Simon James	50.4s	1997
Colin McCourt	50.4s	2005
Joel Harvey	50.44s	2018
Martin Farrelly	50.5s	1985
Adrian Kennedy	50.5s	1987

800m Senior Men (Grade 3 = 1:56.4)

Colin McCourt	1:46.73s	2006
Howard Smith	1:50.1s	1990
Paul Drake	1:50.4s	1992
Chris Clement	1:50.41s	2003
Keith Falla	1:50.6s	1969

Dave Perry	1:50.7s	1985
David Elston	1:51.5s	1975
Dave Higgins	1:52.20s	1992
Ryan Saunders U20	1:52.53s	2010
Mark Hiddleston	1:53.3s	1993
Gareth Beech	1:53.47s	2010
Barrie Smith	1:53.6s	1981
Matt Stone	1:53.6s	1986
Charles Monk	1:53.8s	1982
Paul Grubb	1:54.2s	1988
Karl Welch (U20)	1:54.49s	2013
Dave Bird	1:55.1s	1993
Richard Felton	1:55.31s	2012
Jim Rosewarn	1:55.6s	1977
Rob Standley	1:55.6s	1991
Tom Galpin	1:55.8s	1998
Brian James	1:55.9s	1954
Peter Russell	1:55.9s	1983
Paul Whitty	1:55.9s	1988
Chris Parr	1:55.9s	2005
Tim Buttler	1:56.0s	1988
Daniel Price	1:56.05s	2011
Bob Mattock	1:56.2s	1955
Mark Adlem	1:56.2s	1988
Manuel Verdaguer	1:56.2s	1995

1500m Senior Men (Grade 3 = 4:00.7)

Colin McCourt	3:38.51s	2006
Chris Stewart	3:43.0s	1974
Dave Perry	3:43.2s	1989
Dave Bird	3:46.6s	1991
Paul Drake	3:46.7s	1994
Andy Wedlake	3:49.6s	1991
Dave Higgins	3:49.9s	1991
Billy Nixon	3:52.1s	1995
Peter Russell	3:52.2s	1983
Martin Mannion	3:52.3s	1991
Paul Grubb	3:54.2s	1988
Tim Buttler	3:54.8s	1988
Dave Alston	3:55.0s	1977
Howard Smith	3:55.2s	1992
Andy West	3:55.5s	1991
Brent Jones	3:55.9s	1984
Brian Johnson	3:56.8s	1985
Mike Hoey	3:57.1s	1992
John Boyes	3:57.9s	1984
Brian James	3:58.2s	1955
David Long	3:58.37s	2017
Josh King	3:59.11s	2018
Jim Rosewarn	3:59.2s	1977

Daniel Price	3:59.69s	2011
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3000m Senior Men (Grade 3 = 8:45)

Chris Stewart	7:53.8s	1972
Andy Wedlake	8:05.06s	1994
Roger Brown	8:06.1s	1971
Dave Perry	8:09.6s	1984
Colin McCourt	8:11.31s in	2005
Gerry Kelly	8:12.6s	1984
Peter Russell	8:14.4s	1983
John Boyes	8:16.8s	1986
Roger Matthews	8:19.8s	1970
Dave Bird	8:20.8s	1992
Billy Nixon	8:25.8s	1991
David Long	8:33.07s	2019
Rob McTaggart	8:34.25s	2011
Steven Way	8.39.02s	2012

5000m Senior Men (Grade 3 = 15:15.5)

Chris Stewart	13:38.4s	1974
Roger Matthews	13:53.6s	1970
Roger Brown	14:00.0s	1974
David Long	14:00.2s	1975
Barry Watson	14:12.6s	1968
John Boyes	14:14.8s	1984
Andy Wedlake	14:20.08s	1996
Brent Jones	14:21.4s	1988
Colin Fry	14:28.2s	1973
Tim Buttler	14:29.1s	1987
Dave Bird	14:33.4s	1991
Gerry Kelly	14:33.8s	1984
Martin Mannion	14:38.5s	1993
Steven Way	14:41.92s	2012
Dave Perry	14:46.3s	1989
Peter Russell	14:47.2s	1985
Kevin Spillman	14:48.1s	1993
John Phillips	14:50.0s	1985
Steve Tuck	14:50.1s	1990
Billy Nixon	14:51.5s	1995
David Long	14:54.56s	2017
R. Morgan	14:57.0s	1981
Rob McTaggart	14.58.66s	2017
Ian Habgood	15:01.12s	2012
Paul Drake	15:05.6s	1996
M. Cross	15:10.1s	1982

10000m Senior Men (Grade 3 = 31:55.5)

Roger Matthews	28:21.49s	1970
Chris Stewart	28:27.0s	1973
David Long	29:00.9s	1981

Barry Watson	29:13.2s	1968
John Boyes	29:18.2s	1986
Roger Brown	29:40.4s	1976
Brent Jones	29:53.2s	1986
Tim Buttler	29:54.6s	1988
Andy Wedlake	30:01.2s	1995
Martin Mannion	30:20.5s	1992
Dave Bird	30:25.0s	1990
Billy Nixon	30:32.3s	1990
Steve Tuck	30:47.7s	1990
Peter Russell	30:52.3s	1986
Craig Palmer	31:13.05s	2019
Larry Austin	31:20.4s	1990
Rob McTaggart	31:29.34s	2019
David Long	31:44.23s	2017
Ian Habgood	31:45.87s	2010

110mH Senior Men (Grade 3 = 15.3)

Richard Reeks	14.5s	2009
Colin Boreham	14.8s	1980
Paul Chong	14.8s	1987
Simon Chong	14.8s	1988
Ian Cawley	14.81s	1997
C. Webb U20	15.1s	1964
Nigel Hayman	15.2s	1997

400mH Senior Men (Grade 3= 56.5)

William Groom	52.8s	1971
Ian Palmer	54.3s	2001
Jack Messenger	54.4s	2019
M. Green	54.7s	1994
Simon Chong	54.9s	1988
Joe Bacon (u20)	55.03s	2019
Keith Campden	55.31s	1986
Dominic Williams	56.1s	1993
Gary Leggett	56.3s	1988
Mike Hoey	56.5s	1991
Greg Smith U20	56.5s	2003

3000m SC Senior Men (Grade 3 = 9:52)

Roger Brown	8:47.4s	1973
David Long	8:48.2s	1973
Andy West	9:01.4s	1990
Richard Heslet	9:11.2s	1981
Billy Nixon	9:14.3s	1992
Mike Hoey	9:14.5s	1994
Martin Mannion	9:16.6s	1992
Brian James	9:20.2s	1955
Brian Johnson	9:21.5s	1985
Dave Perry	9:23.9s	1987

Tim Buttler	9:25.5s	1987
Richard Davidson	9:28.3s	1986
Adam Sloan U20	9:41.17s	2010
John Boyes	9:41.2s	1981
Kevin Spillman	9:41.6s	1992
Colin Fry	9:41.8s	1966
Rod Campbell	9:42.0s	1990
Des White	9:45.7s	1985
Joshua King	9:46.66s	2017
A. West	9:48.6s	1994
Chris White	9:48.8s	1984
Dave Davenport	9:49.0s	1982
Steve Needs	9:50.6s	1982

High Jump Senior Men (Grade 3 = 1.90)

Colin Boreham	2.11m	1974
James Leaver	2.11m	1995
Richard Reeks	2.08m	2008
Alex Cox (u20)	2.08m	2011
Dan McDonald	2.05m	2005
Simon Kett	2.03m	1994
James Glynn	2.03m	2019
Matthew Sloane U20	2.08m	2010
Matthew Aldridge (u17)	1.97m	2012
Darren Watts	1.95m	1999
Lewis Sainval	1.95m	2018
Rob Standley	1.93m	1990
Jamie Williamson (u17)	1.91m	2013
P. Roach	1.90m	1991
Tab Lamoureux	1.90m	1995
Tom King U20	1.90m	2005
Maris Kuklis	1.90m	2005

Pole Vault Senior Men (Grade 3 = 4.00)

Peter Lynk	4.63m	1986
Richard Reeks	4.45m	2009
Adam Carpenter	4.30m	2016
Dave Alcock	4.20m	1992
Colin Boreham	4.10m	1980
Darren Watts	4.00m	1999
Lee Manvell	4.00m	2002

Long Jump Senior Men (Grade 3 = 6.40)

Bradley Pickup	8.16m	2014
James Lelliott	7.74m	2018
Ian Ward	7.68m	1985
Patrick Sylla (u20)	7.61m	2016
Steven Small	7.47m w	2006
Sven Kniphals	7.31m in.	2008

Colin Boreham	7.22m	1979
Richard Reeks	7.17m	2008
Adam Nash	7.14m	2013
John Jones	7.13m	2003
Rob Woolgar	7.11m	2017
Jody Chappell	7.06m	2008
Jay Collins	6.98m	2016
Chris Dewey	6.95m	1964
Edward Moyse	6.90m	2013
Peter Mitchell	6.86m	2013
John Knowles	6.85m	1961
Len Oakenfold	6.80m	1961
Richard Somerseth	6.78m	1991
James Warsop U23	6.78m	2007
Chris Jones	6.70m	1983
James Leaver	6.68m	1995
John Rumbold	6.62m	1963
Julian Cooke	6.61m	1990
Alex Cox	6.61m	2012
Adam Potter	6.58m	2008
Jon Magnusson V35	6.57m	2007
R. Hart	6.54m	1993
Paul Chong	6.48m	1987
Paul Rees	6.46m	1977
Logan Page (u17)	6.42m	2018
S. Clarke	6.40m	1993

Triple Jump Senior Men (Grade 3 = 13.05)

James Leaver	15.11m	1995
James Lelliot	15.03m	2016
Patrick Sylla	14.87m	2019
Phillip Barrett	14.65m	1968
Ian Ward	14.61m	1987
Julian Cooke	14.16m	1987
Bradley Pickup U23	14.07m	2009
Steven Small U20	13.76m	2004
James Warsop U20	13.71m	2004
Brian Camp V35	13.62m	1987
Adam Potter	13.54m	2008
Ian Phippin	13.47m	1989
Ian Palmer	13.43m	2001
Tawanda Murape (u20)	13.42m	2014
Matt Calver U20	13.39m	2007
Howard Smith	13.22m	1987
John Jones	13.22m	2002
Nigel Hayman	13.17m	1999
Matt Sloane U20	13.07m	2008

SP (7.26kg) Senior Men (Grade 3 = 12.45)

Dan Brunsten	16.78m	2016
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Paul Rees	16.70m	1978
Simon Armstrong	16.11m	1994
Simon Fricker V35	15.55m	2011
Andy Turner	15.33m in.	2004
Jon Magnusson V35	15.03m	2007
Andy Turner	14.82m	2004
Matthew Ridge	14.75m	2017
Max Luescher	14.57m	1969
Dan Brunsden U20	14.44m	2007
John Rumbold	13.87m	1965
James Rumbold	12.96m	2000
Kenneth Weeks	12.90m	1987
John Watson	12.79m	1963
Neil Gray V40	12.78m	2009

Discus (2kg) Senior Men (Grade 3 = 37.50)

Paul Rees	50.94m	1978
Simon Armstrong	50.22m	1992
Andy Turner	48.04m	1990
Simon Fricker	45.22m	1995
Dan Brunsden U20	44.75m	2006
Craig Munden	44.58m	1999
James Rumbold	44.56m	2002
John Watson	42.82m	1965
Adam Phillips	42.43m	2019
James Lelliott	41.65m	2016
Kenneth Weeks	41.62m	1992
John Rumbold	41.32m	1965
Richard Reeks	39.10m	2009
Matthew Ridge	38.77m	2016
Douglas Veitch	38.70m	1991
Matt Frampton	38.15m	2009
Jon Magnusson V35	38.13m	2007
Peter Briant U23	37.97m	2011

HT (7.26kg) Senior Men (Grade 3 = 43.15)

Matt Frampton	58.03m	2009
Brian Stebbings	55.16m	1975
Paul Rees	54.04m	1976
Kenneth Weeks	53.16m	1992
Andy Turner	52.01m	2002
Simon Armstrong	47.66m	1994
Steve Brunsden U20	47.42m	2008
Michael McGinn	46.84m	1995
Dan Brunsden U20	45.89m	2007
Kevin King	45.85m	2005
M. Roy	44.54m	1989

JT (800g) Senior Men (Grade 3 = 47.30)

Aaron Harris U23	63.35m	2010
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James Lelliott	61.45m	2018
Cameron Hale (u20)	59.46m	2018
Richard Dinham	59.02m	1989
Louie Antonazzia	57.72m	1993
Dan Brunsden U20	56.61m	2007
Andrew Brown U20	55.99m	2005
Daniel Britton	55.26m	1997
Jon Magnusson V35	54.92m	2007
Craig Munden	54.50m	1999
Evan King	53.44m	1993
Gary Leggett	53.32m	1988
Richard Strang	53.16m	1987
Jonathon Taylor	52.16m	1995
Paul Rees	51.95m	1978
Benjamin Dickinson (u20)	50.53m	2016
Alex Cox U17	50.07m	2013
Ian Annis	49.92m	1992
Dave Roberts	48.94m	1994
Douglas Veitch	48.82m	1992
Matthew Ridge (u20)	48.73m	2014
Richard Reeks	48.47m	2008
Chris Allen	48.25m	1999
Darren Watts	47.45m	1999
Mike Marsh	47.38m	1986

Decathlon Senior Men (Grade 3 = 6595)

Richard Reeks	7304pts	2008
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SENIOR WOMEN

100m Senior Women (Grade 3 = 12.7)

Debbie Mant	11.74s	1993
Jenni Molloy	12.01s	2004
Brooke Ironside (u17)	12.03sW	2019
Karen Manuel	12.2s	1993
Cara Roberts U20	12.2s	2003
Amelia Verney (u17)	12.2sW	2019
Chloe Burrows	12.22s	2019
Angie Willis	12.3s	1992
Serita Shone U23	12.3s	2010
Geraldine Bruce	12.4s	1970
Veronica Trevett	12.4s	1974
Jeanette Hough	12.4s	1976
C. Mastel	12.4s	1984
Claire Grant	12.4s	1990
Emma Smith	12.4s	1998
Anne Manuel	12.5s	1974
Francis McCall	12.5s	1977
Adrian Shmidt	12.5s	1978
Laura Pummell	12.5s	1981
Sharen Hare	12.5s	1982
Kim Storey	12.5s	1983
Angela Mullinger	12.5s	1993
Olivia Galloway (u20)	12.5s	2017
Lana Blake (u15)	12.5s	2018
Dawn Johnson (Mills)	12.6s	1979
Denise Taylor	12.6s	1999
Rachel Welch (u17)	12.7s	2012

200m Senior Women (Grade 3 = 25.8)

Debbie Mant	23.96s	1993
Chloe Burrows	24.5s	2019
Sian Scott U20	24.6s	2003
Jenni Molloy	24.63s	2004
Brooke Ironside (u17)	24.97s	2019
Julie Vine	25.01s	1990
Karen Manuel	25.1s	1993
Amelia Verney (u17)	25.2s	2019
Sharon Hill	25.4s	1983
Caroline Marler	25.5s	1976
Linda Hearne	25.6s	1986
Claire Henley	25.7s	1977
Laura Pummell	25.7s	1982
Veronica Trevett	25.8s	1973
Denise Taylor	25.8s	1999
Geraldine Bruce	25.8s	1971
Anna Gurd	25.8s	1983

400m Senior Women (Grade 3 = 59.00)

Sian Scott U20	54.8s	2003
Caroline Marler	55.6s	1976
Charlotte Moore U20	56.0s	2003
Anna Gurd	56.37s	1983
Karen Manuel	56.7s	1994
Sharon Hill	56.8s	1983
Linda Hearne	57.0s	1986
Francis McCall	57.2s	1977
Sally Wheeler	57.5s	1990
Julie Vine	57.6s	1990
Nicola Parsons	57.8s	1980
Jackie Hansford	58.0s	1991
Susan Gilbert	58.0s	1980
Veronica Trevett	58.4s	1974
Sarah Kearsey (u20)	58.7s	2012
Chloe Burrows	58.74s	2019
Jenny Hawthorne	58.8s	1988

800m Senior Women (Grade 3 =2:17.8)

Charlotte MOORE*	1:59.75s	2002
Caroline Marler	2:06.9s	1976
Sally Wheeler	2:07.6s	1990
Nicola Parsons	2:09.1s	1980
Jackie Hansford	2:09.1s	1992
Karen Harvey	2:09.7s	1982
Louise Damen*	2:10.1s	2000
S.Taylor	2:12.2s	1986
Sarah Gallop	2:12.9s	1992
Jenny Brown	2:12.9s	1999
Suzie Hignett*	2:12.9s	2003
Christine Thomas	2:14.1s	1987
J.Trueman	2:14.3s	1994
Caroline Simpson	2:14.5s	1985
Alison Hollington	2:14.7s	1981
Sharon Hill	2:15.1s	1986
I.Morgan	2:15.2s	1985
Alison Barnes	2:15.2s	1994
Linda Hearne	2:15.8s	1991
Ella Sykes (u17)	2:16.9s	2015
Bridget Dence (u17)	2:17.2s	2014

1500m Senior Women (Grade 3 = 4:44.4)

Charlotte MOORE*	4:13.0s	2003
Karen Harvey	4:18.63s	1982
Louise Damen*	4:23.38s	2000
Suzie Hignett	4:24.38s	2007
Alison Barnes	4:25.2s	1994
Sally Wheeler	4:25.9s	1990

Alison Hollington	4:28.1s	1981
Jackie Hansford	4:28.7s	1992
Bridget Dence (u20)	4:31.32s	2016
Nicola Parsons	4:32.9s	1980
Jenny Brown	4:33.68s	2000
J.Trueman	4:37.0s	1994
Caroline Simpson	4:37.4s	1977
Caroline Marler	4:39.1s	1975
Sarah Gallop	4:39.1s	1994
Alison Gooderham	4:40.0s	1986
S.Taylor	4:42.0s	1986
I.Morgan	4:43.2s	1986
Ella Sykes (u17)	4:43.8s	2014

1 mile Senior Women (Grade 3 = 4:56.9)

Sarah Gallop	05:03.9	1991
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3000m Senior Women (Grade 3 = 10:21.5)

Alison BARNES	9:09.1s	1992
Suzie Hignett	9:19.17s	2007
Louise Damen	9:26.62s	2003
Karen Harvey	9:27.72s	1982
Alison Hollington	9:33.1s	1981
Jenny Brown	9:41.0s	1997
Alison Gooderham	9:44.7s	1986
Karen Edmonson	9:45.0s	1993
Caroline Simpson	9:48.76s	1997
Ella Sykes (u17)	10:00.2s	2015
Debbie Howarth	10:15.2s	1982
S.Simpson	10:16.8s	1985
Holly Collier	10:19.91s	2019

5000m Senior Women (Grade 3 =17:14.9)

Louise DAMEN	15:53.11s	2003
Suzie Hignett	16:10.70s	2007
Alison Barnes	16:12.0s	1993
Alison Gooderham	17:02.4s	1987
Alison Hollington	17:09.97s	1982
Zoe Guereschi	21:37.0s	1999

10000m Senior Women (Grade 3 = 35:05.5)

Louise Damen	33:28.61s	2003
Yvonne Miles	38:26.0s	1991
Debbie Austin	39:02.1s	1999

GRADE 3 CUT OFF

2000m S/Chase Senior Women (Grade 3 = 7:39.5)

Harriet Slade	7:32.9s	2019
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100mH Senior Women (Grade 3 = 15.2)

Jenni MOLLOY	13.58s	2004
Julie Vine(Mulcock)	13.76s	1990
Anya Kay	14.4s	2014
Olivia Galloway	14.7s	2017
Serita Shone	14.8s	2011
Claire Henley	14.9s	1980
Susan Potter	15.0s	2001

400mH Senior Women (Grade 3 = 66.3)

Julie VINE(Mulcock)	58.51s	1990
Francis McCall	59.42s	1977
Sian Scott (u20)	60.4s	2003
Caroline Marler	61.6s	1986
Susan Potter	63.14 s	2001
Susan Gilbert	63.5s	1980
Jenni Molloy (u20)	63.6s	2001
Laura Pummell	63.9s	1982
Sarah Kearsley	64.0s	2012
Carly Dean (u20)	65.7s	2003
Jennie Hawthorne	66.1s	1988
Lyn Post	66.3s	1985

High Jump Senior Women (Grade 3 = 1.60)

Ann GILSON	1.81m	1976
Caroline Howarth	1.76m	1979
Claire Henley	1.75m	1978
Serita Shone	1.72m	2010
Claire Dewsbury (u20)	1.70m	2001
Alison Verey	1.68m	1990
G.Godwin	1.67m	1972
Rosie Wootten (u17)	1.67m	2014
Jasmin Cooke (u20)	1.67m	2018
Gemma Eastman (u20)	1.66m	2004
Judy Boreham	1.65m	1985
J.Godwin	1.65m	1985
Louise Bucke	1.65m	1988
Emily Orford (u17)	1.65m	2012
J.Wall	1.62m	1969
S.Oliver	1.62m	1985
Iona Sheerin (u17)	1.62m	2015
Louise Galloway (u17)	1.61m	2019
W.Sibley	1.60m	1978
J.Rosser	1.60m	1988
Tracy Kelly	1.60m	1990
Angela Willis	1.60m	1992
Amber Mayall (u17)	1.60m	2012
Gemma Kennard (u17)	1.60m	2016

Pole Vault Senior Women (Grade 3 = 3.10)

Larrissa LOWE	3.60m	2004
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Long Jump Senior Women (Grade 3 = 5.25)

Claire EDWARDS	5.99m	1990
Claire Henley	5.88m	1979
Serita Shone	5.88m	2011
Caroline Falla	5.81m	1969
Geraldine Bruce	5.77m	1975
Angela Willis	5.75m	1994
Cara Roberts (u20)	5.71m	2003
Rachel Peacock (u20)	5.69m	2001
Olivia Galloway (u20)	5.68m	2017
Izzy Wedderburn (u17)	5.67m	2016
Lana Blake (u17)	5.66m	2019
Virginia Marshall	5.64m	1993
G.Duffon	5.57m	1986
Brooke Ironside (u17)	5.57m	2019
Julie Vine	5.55m	1991
Carol Smith	5.54m	1976
Gina Morris	5.53m	1987
Tracy Kelly	5.50m	1987
Kelly Cooper	5.46m	1982
Carly Walker (u17)	5.46m	2002
Madeline Smith	5.41m	2019
Sarah Warsop (u20)	5.39m	2006
Susan Bull	5.38m	1982
Carly Dean	5.37m	2013
Angel Kerin (u20)	5.36m	2017
Rachel Welch (u17)	5.27m	2013
Amelia Dobson (u17)	5.26m	2016
Iona Sheerin (u17)	5.25m	2016

Triple Jump Senior Women (Grade 3 = 10.65)

Rachel Peacock	12.51m	2003
Madeline Smith	11.79m	2019
Angel Kerin (u20)	11.45m	2016
Lana Blake (u17)	11.28m	2019
Samantha Cash (u17)	11.02m	2014
Katrina White (u20)	10.88m	2013
Amelia Dobson (u17)	10.87m	2016
Almaz Gaere	10.86m	2014

Shot Senior Women (Grade 3 = 10.20)

Sophi Merritt	15.22m	2019
Serita Shone	12.91m	2014
Chris STRUDWICK	12.71m	1978
Rachel Cork	12.35m	2006
Lyn Smith	11.71m	1983
Danielle Broom (u20)	11.68m	2018
Brenda Hampson	11.49m	1959
Reb Chamberlain	11.44m	2001

Elspeth Andres	11.38m	1974
Olivia Galloway (u20)	11.03m	2018
P.Lane	10.91m	1978
Claire Henley	10.91m	1981
A.Davies	10.90m	1981
Julie Mulcock	10.81m	1986
Lisa Munden	10.80m	1994
Caroline Marler	10.39m	1976
Hannah Bennett (u20)	10.29m	2006
Naomi Vann	10.18m	1988
Wendy Clarke	10.16m	1990

Discus Senior Women (Grade 3 = 32.55)

Phoebe Dowson	56.05m	2019
Lyn SMITH	47.76m	1983
Danielle Broom (u20)	45.55m	2018
Sophie Merritt	43.10m	2018
Brenda Hampson	42.18m	1959
Debbie Treloar	40.76m	1990
Daria Urbaniak	40.73m	2008
Maria Hood	38.64m	1999
Elspeth Andres	38.38m	1974
Lisa Munden	37.47m	1999
Sarah Davies	37.37m	2007
Reb Chamberlain	36.65m	2002
Celia Brackenridge	36.24m	1974
Christine Strudwick	35.74m	1978
A.Davies	35.22m	1981
Benita Hare	33.90m	1984
Dana Long	33.22m	1994

Hammer Senior Women (Grade 3 = 39.30)

Danielle Broom (u20)	57.50m	2018
Phoebe Dowson	49.52m	2015
Emma JONES	42.12m	1995
Isabella Shepherd	41.77m	2019
Helen Arbuthnot	39.07m	2004

Javelin Senior Women (Grade 3 = 32.27)

Tammie FRANCIS	48.24m	2000
Gabby Lauterpacht	46.16m	1979
Jemma Tewkesbury	43.92m	2012
Shelly Brace	41.80m	1976
Natalie Whisken (u17)	40.32m	2011
A.Ormesher	39.44m	1986
Tracey Howard	38.73m	1999
Kerry Hayman	38.54m	2005
Debbie Treloar	38.14m	1991
Olivia Galloway (u20)	37.40m	2019
S.Dominey	36.26m	1982

Vikki Wakelin	36.08m	1991
Judy Davis	35.68m	1977
Lyn Davenport	35.10m	1983
T.Sparshott	33.66m	1973
L.Thompson	33.34m	1980
V.Winn	32.94m	1987
Rachel Cork	32.83m	2006
A.Davies	32.40m	1981

Heptathlon Senior Women

Serita Shone	4885	2010
Olivia Galloway (u20)	4658	2017
Claire Henley	4605	1979

U20 MEN

100m U20 Men (Grade 3 = 11.2)

Mark Cribb	10.6s	1983
Kevin Hodgson	10.8s	2015
Ian Cooper	10.9s	1974
Solomon Povey	10.9s	1997
Patrick Sylla	10.9s	2016
Jason Cox	11.0s	1995
Kodie Thompson	11.0s	1999
Steven Small	11.0s	2004
Ben Arnold	11.0s	2015
Jack Davies	11.0s	2017
James Lelliott	11.1/11.0w	2010
Laurence Kingsbury	11.2s	1990
Simon Pursey	11.2s	1995
Ian Cawley	11.2s	1997

200m U20 Men (Grade 3 = 22.7)

Mark Cribb	21.5s	1985
Kevin Hodgson	21.6s	2015
Patrick Sylla	22.0s	2016
Ian Cooper	22.1s	1974
Laurence Kingsbury	22.1s	1989
Ben Arnold	22.2s	2015
John Knowles	22.3s (y)	1961
Solomon Povey	22.3s	1997
Kodie Thompson	22.5s	1999
Joe Bacon	22.53s	2019
James Lelliott	22.6s	2010
Steven Small	22.7s	2004

400m U20 Men (Grade 3 = 51.00)

Tim Slocombe	48.86s	1995
Chris Headford	49.0s	1987
Daniel Reuby	49.0s	1992
Bruce Bomphrey	49.4s	1977
Kevin Hodgson	49.5s	2015
Muiris Egan	49.76s	2015
Joe Bacon	49.87s	2019
Solomon Povey	49.9s	1998
J. Lynch	50.1s	1969
James Lelliott	50.99s	2010

800m U20 Men (Grade 3 = 1:57.5)

Ryan Saunders	1:50.48s	2010
Colin McCourt	1:51.40s	2002
Christian Clement	1:52.63s	2002
David Elston	1:54.6s	1974
Richard Felton	1:55.45s	2008

Karl Welch	1:55.5s	2005
Tom Galpin	1:55.8s	1998
Andy Wedlake	1:56.3s	1990
Chris Headford	1:56.5s	1986
Joshua King	1:57.33s	2014

1500m U20 Men (Grade 3 = 4:04.8)

Colin McCourt	3:44.67s	2002
Ryan Saunders	3:46.56s	2010
Andy Wedlake	3:53.2s	1990
David Elston	3:55.8s	1974
Christian Clement	4:01.3s	2002
Tom Oliver	4:01.40s	2002
Reuben Skinner	4:02.6s	1986
Chris Parr	4:04.5s	2002

3000m U20 Men (Grade 3 = 8:49.5)

Andy Wedlake	8:22.41s	1990
Colin McCourt	8:28.36s	2002
Ryan Saunders	8:34.34s	2010
David Long	8:46.38s	2014
Karl Stainer	8:46.9s	1981

5000m U20 Men (Grade 3 = 15:41.5)

Andy Wedlake	14:55.1s	1990
Tim Buttler	15:04.6s	1984
J. Phillips	15:06.0s	1981
Tom Oliver	15:37.1s	2002

110mH U20 Men (Grade 3 = 15.3)

Ian Cawley	14.2s	1997
C. Webb	14.5s	1962
Paul Chong	14.5s	1986
Greg Smith	15.0s	2001

400mH U20 Men (Grade 3= 57.5)

Joe Bacon	55.03s	2019
Simon Chong	55.4s	1987
Greg Smith	55.7s	2003
Ian Palmer	56.0s	2000

2000m SC U20 Men (Grade 3 = 6:36)

Dave Long	5:41.2s	1973
S. Saunders	6:22.0s	1990
Tom Oliver	6:28.72s	2001
Joshua Nevin	6:32.39s	2014

High Jump U20 Men (Grade 3 = 1.88)

Matthew Sloane	2.08m	2010
Alex Cox	2.08m	2011

Colin Boreham	2.03m	1974
James Leaver	2.03m	1994
Simon Kett	2.03m	1994
Daniel McDonald	1.98m	2003
Tom King	1.98m	2005
Alex Cox U17	1.95m	2010
Alan Pearce	1.90m	1978
R. Carr	1.90m	1994
James Glynn	1.90m	2017
Jamie Williamson	1.91m	2014

Pole Vault U20 Men (Grade 3 = 4.00)

Peter Lynk	4.60m	1985
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Long Jump U20 Men (Grade 3 = 6.35)

Patrick Sylla	7.61m	2016
Ian Ward	7.51m	1984
James Lelliott	7.33m	2011
Steven Small	7.14m	2004
S. Clarke	6.93m	1994
Matt Peacock	6.93m	1999
Bradley Pickup	6.91m	2007
Chris Dewey	6.89m	1962
Jody Chappell	6.85m	2006
James Warsop	6.78m	2005
David Cox	6.68m	1961
Alex Cox	6.56m	2011
Tim Ward	6.49m	1990
Logan Page (u17)	6.42m	2018
James Leaver	6.35m	1994
Matthew Sloane	6.35m	2010

Triple Jump U20 Men (Grade 3 = 13.60)

James Leaver	14.60m	1993
Phillip Barrett	14.55m	1968
Patrick Sylla	15.37m	2016
James Lelliott	14.02m	2011
Joe Parkes	13.94m	1998
Bradley Pickup	13.83m	2008
James Lelliott	13.80m	2010
Steven Small	13.76m	2004
James Warsop	13.71m	2004
Julien Cooke	13.70m	1986
Matt Calver	13.61m	2007
Matt Sloane	13.60m	2008

Shot Putt U20 Men 6kg (Grade 3 = 12.25)

Dan Brunsdon	16.50m	2006
Simon Fricker 6.25kg	15.93m	1993
Daniel Hepplewhite	15.03m	2004

Matthew Ridge	14.53m	2015
Cameron Hale	14.14m	2018
James Rumbold 6.25kg	13.99m	2000
Kim Johnson	13.63m	2007
Bill Walter U17 6.25kg	13.47m	2001
Tom Peters	13.28m	2015
Peter Briant	13.26m	2008
Adam Phillips	13.17m	2019
Richard Trimmer 6.25kg	12.84m	2000
Matt Frampton 6.25kg	12.72m	2002
James Lelliott	12.57s	2010

Discus 1.75kg U20 Men (Grade 3 = 36.80)

Dan Brunsten	48.82m	2007
Simon Fricker	48.38m	1994
James Rumbold	48.23m	2000
Adam Phillips	47.98m	2019
Gary Ellis	46.26m	1977
Simon Armstrong	44.16m	1979
Cameron Hale	43.38m	2018
Matthew Ridge	42.80m	2015
Craig Munden	42.76m	1995
Tom Peters	42.68m	2015
Peter Briant	41.37m	2008
Alex Cox	41.09m	2011
Ross Ellis	40.84m	1978
Daniel Hepplewhite	40.74m	2004
Gary Jones U17	40.45m	2010
James Lelliott	40.20m	2011
Matt Frampton	39.82m	2002

Hammer 6kg U20 Men (Grade 3 = 46.85)

Matt Frampton	60.88m	2002
Matt Frampton 6.25kg	58.10m	2003
Steve Brunsten	56.24m	2008
Dan Brunsten	51.10m	2007
Sam Chappell	49.90m	2008

Javelin 800kg U20 Men (Grade 3 = 45.75)

Dan Brunsten	59.54m	2006
Cameron Hale	59.46m	2018
James Lelliott	56.00m	2010
Andrew Brown	55.99m	2005
Declan Foley	55.61m	2008
Daniel Britton	55.26m	1997
Jonathon Taylor	52.16m	1995
Benjamin Dickinson	50.53m	2016
Matthew Ridge	49.73m	2014
Chris Allen	48.25m	1999

Decathlon U20 Men (Grade 3 = 6595)

James Lelliott	6479/6508	2010
Cameron Hale	6202	2018

U20 WOMEN

100m U20 Women (Grade 3 = 12.6)

Debbie Mant	11.74s	1993
Brooke Ironside (u17)	12.03sW	2019
Karen Manuel	12.2s	1993
Cara Roberts	12.2s	2003
Amelia Verney (u17)	12.2sW	2019
Chloe Burrows	12.3s	2017
Amelia Verney (u15)	12.3s	2018
Jeanette Hough	12.4s	1976
Emma Smith	12.4s	1998
Serita Shone	12.5s	2007
Olivia Galloway	12.5s	2017
Lana Blake (u15)	12.5s	2018
Brooke Ironside	12.6s	2018

200m U20 Women (Grade 3 = 25.8)

Debbie Mant	23.96s	1993
Sian Scott	24.6s	2003
Brooke Ironside (u17)	24.97s	2019
Karen Manuel	25.2s	1993
Amelia Verney (u17)	25.2s	2019
Brooke Ironside	25.6s	2018
Chloe Burrows	25.7s	2017
Claire Grant	25.78s	1991

400m U20 Women (Grade 3 = 60.1)

Sian Scott	54.8s	2003
Caroline Marler	55.6s	1976
Charlotte Moore	56.0s	2003
Karen Manuel	56.7s	1994
Sarah Kearsey	58.7s	2012
Emma Smith	59.1s	1998
Danielle Cocking	60.0s	2009

800m U20 Women (Grade 3 = 2:17.0)

Charlotte Moore	1:59.75s	2002
Caroline Marler	2:06.9s	1976
Louise Damen	2:10.1s	2000
Sarah Gallop	2:10.37s	1992
Suzie Hignett	2:12.9s	2003
Rebecca Long	2:16.9s	1994

1500m U20 Women (Grade 3 = 4:42.0)

Charlotte Moore	4:13.0s	2003
Karen Harvey	4:18.63s	1982
Louise Damen	4:23.38s	2000
Suzie Hignett	4:23.79s	2005
Alison Hollington	4:31.0s	1982

Bridget Dence	4:36.32s	2016
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3000m U20 Women (Grade 3 = 10:31.0)

Suzie Hignett	9:26.98s	2005
Louise Damen	9:28.61s	2001
Alison Hollington	9:34.6s	1982
Caroline Simpson	9:53.8s	1975

100mH U20 Women (Grade 3 = 15.2)

Julie Vine (Mulcock)	13.9s	1988
Olivia Galloway	14.7s	2017
Serita Shone	14.8s	2007
Jenni Molloy	14.90s	2001
Claire Henley	14.9s	1990
Anya Kay	15.1s	2009

400mH U20 Women (Grade 3 = 66.9)

Sian Scott	58.36s	2003
Jenni Molloy	63.6s	2001
Sarah Kearsey	64.0s	2012
Carly Dean	65.27s	2003
Olivia Galloway	66.7s	2019

High Jump U20 Women (1.63)

Ann Gilson	1.81m	1976
Carolyn Howarth	1.73m	1980
Claire Dewsbury	1.70m	2001
Claire Henley	1.68m	1980
Rosie Wootten	1.67m	2015
Jasmin Cooke	1.67m	2019
Gemma Eastman	1.66m	2004

Pole Vault U20 Women (Grade 3 = 3.50)

Long Jump U20 Women (Grade 3 = 5.20)

Claire Edwards	5.91m	1982
Cara Roberts	5.71m	2003
Serita Shone	5.71m	2008
Rachel Peacock	5.69m	2001
Olivia Galloway	5.68m	2017
Claire Henley	5.66m	1980
Lana Blake (u17)	5.66m	2019
Brooke Ironside (u17)	5.57m	2019
Sarah Warsop	5.50m	2007
Angel Kerin	5.36m	2017
Madeline Smith	5.24m	2018

Triple Jump U20 Women (Grade 3 = 10.75)

Rachel Peacock	12.10m	2001
Madeline Smith	11.60m	2018

Hayley Wright U17	11.49m	2006
Angel Kerin	11.45m	2016
Sarah Warsop U17	11.41m	2005
Katrina White	10.88m	2013
Lana Blake (u15)	10.80m	2018

Shot Putt U20 Women 4kg (Grade 3 = 9.70)

Danielle Broom	11.68m	2018
Serita Shone	11.64m	2007
Lisa Munden	11.47m	1995
Rebecca Chamberlain	11.26m	1998
Olivia Galloway	11.03m	2018
Hannah Bennet	10.80m	2006
Sarah Davies	10.06m	2005
Iona Sheerin	9.92m	2017
Kerry Hayman	9.88m	1994
Maria Hood	9.78m	1998

Discus U20 Women (Grade 3 = 32.55)

Phoebe Dowson	47.32m	2012
Lyn Smith	45.68m	1976
Danielle Broom	45.55m	2018
Maria Hood	37.68m	1998
Sara Davies (u17)	34.62m	2002
Lisa Munden	33.08m	1995

Hammer U20 Women (Grade 3 = 39.20)

Danielle Broom	57.50m	2018
Isabella Shepherd	41.77m	2019
Phoebe Dowson	41.34m	2013

Javelin U20 Women (Grade 3 = 32.40)

Tammie Francis	48.30m	1997
Tracey Howard	43.05m	1999
Jemma Tewkesbury	42.47m	2008
Shelley Brace	41.80m	1976
Olivia Galloway	37.40m	2019
Kerry Hayman	34.40m	1994

Heptathlon U20 Women (Grade 3 = 4230)

Serita Shone	4827pts	2007
Olivia Galloway	4658pts	2017

U17 MEN

100m U17 Men (Grade 4 = 11.8)

Solomon Povey	10.98s	1996
Mark Cribb	11.0s	1982
Laurence Kingsbury	11.0s	1987
Darren Carter	11.0s	1995
Ian Cooper	11.3s	1973
Antony Roberts	11.3s	1977
Ben Rule	11.3s	1989
Bernard Buron	11.3s	1998
Bradley Biddle	11.3s	2009
James Lelliott	11.33s	2009
Richard Galloway	11.4s	2011
Patrick Sylla	11.4s	2015
Joseph Haywood	11.4s	2017
Daniel Owen	11.4sW	2019
Tom O'Brien	11.5s	1998
Philip Balldock	11.5s	2000
Michael Johnson	11.5s	2002
Kevin Hodgson	11.5s	2012
D. Stephens	11.6s	1994
Liam Hurrell	11.6s	1995
Jason Neal	11.6s	1997
Robert Fordham	11.6s	2001
Steven Small	11.6s	2002
Antonio Santoriello	11.6s	2003
James Edwards	11.6s	2007
Muiris Egan	11.6s	2013
Harvey Darby	11.6s	2012
Hayden Mills	11.6s	2012
Andrew Spears	11.6s	2016
Dylan Cooper	11.6s	2017
Toby Bailey-Pearce	11.6s	2019
Mark Twaddle	11.7s	2010
Ben Arnold	11.7s	2013
Daniel Kirby	11.7s	2017
Tom Betts	11.7s	2017
Ian Cawley	11.8s	1995
James Warsop	11.8s	2003

200m U17 Men (Grade 4 = 24.0)

Ian Cooper	22.1s	1974
Laurence Kingsbury	22.6s	1987
Daniel Reuby	22.9s	1988
Ben Rule	22.75s	1989
Richard Galloway	22.93s	2011
Muiris Egan	23.0s	2013
James Lelliott	23.1s	2009
Kevin Hodgson	23.1s	2012

Darren Carter	23.2s	1995
James Warsop	23.2s	2003
Bradley Biddle	23.2s	2009
Ian Cawley	23.3s	1995
Solomon Povey	23.3s	1996
Ben Arnold	23.3s	2013
T. Bevis	23.5s	1994
Bernard Buron	23.5s	1996
Robert Fordham	23.5s	2001
Antonio Santoriello	23.5s	2003
Liam Hurrell	23.6s	1995
Steven Small	23.7s	2002
Dylan Cooper	23.7s	2017
Jason Neal	23.8s	1997
Tom O'Brien	23.8s	1998
Philip Balldock	23.8s	2000
Patrick Sylla	23.8s	2014
Andrew Spears	23.8s	2016
Josh West	23.9s	2006
James Edwards	23.9s	2007
Harvey Darby	23.9s	2012
Matt Pitcher	24.0s	1996
Greg Smith	24.0s	2000
Tim Peters	24.0s	2004

400m U17 Men (Grade 4 = 54.3)

Daniel Reuby	49.6s	1990
Muiris Egan	50.49s	2013
R. Leaver	51.1s	1973
Liam Hurrell	51.2s	1995
James Lelliott	51.58s	2009
Charlie Lawrence	52.5s	2000
James Warsop	52.8s	2003
Matt Finlay	52.8s	2005
Richard Galloway	52.8s	2011
Philip Allen	53.1s	1999
Andy Thompson	53.2s	1998
Thomas Dymott	53.3s	2004
Matt Pitcher	53.4s	1996
Tom Galpin	53.4s	1996
Fergus O'Reilly	53.4s	2010
Kevin Hodgson	53.4s	2012
Craig Bravington	53.5s	2003
Richard Felton	53.6s	2007
Darren Carter	53.8s	1995
Ian Palmer	53.8s	1998
Stuart Murphy	53.8s	2008
Josh West	53.9s	2006
Robert Francis	54.0s	2000
Lewis Sainval	2013	2015

Ben Arnold	54.1s	
Steven Small	54.2s	2002
Chris Clement	54.3s	1998
Paul Burton	54.3s	2002
Conor Mugan	54.3s	2008

800m U17 Men (Grade 4 = 2:06.5)

Graeme Moyes	1:57.4s	1980
Richard Felton	1:57.9s	2007
Craig Bravington	1:58.04s	2003
R. McIndoe	1:58.1s	1977
Lewis Sainval	1:58.38s	2015
Chris Clement	1:58.4s	1999
Tom Galpin	1:58.84s	1996
James Neeves	1:58.98s	2003
Charlie Lawrence	1:59.0s	2000
Scott Selby	1:59.2s	1994
Colin McCourt	1:59.3s	2001
Raphael Brandon	1:59.6s	1989
Peter Clegg	1:59.8s	1989
Fergus O'Reilly	1:59.99s	2010
Karl Welch	2:00.5s	2003
Conor Mugan	2:00.85s	2008
Philip Allen	2:01.2s	1999
Chris Keehan	2:01.7s	2002
Ryan Saunders	2:01.8s	2007
Joe Blackmore	2:02.4s	2008
Matt Finlay	2:02.9s	2005
Kirk Orchard	2:03.3s	1990
Joshua King	2:03.8s	2012
Matthew Aldridge	2:05.4s	2012
Simon Joyce	2:06.0s	1994
Adam Lloyd	2:06.0s	1998
Stuart Murphy	2:06.2s	2008
Liam Hurrell	2:06.3s	1994

1500m U17 Men (Grade 4 = 4:27.5)

Colin McCourt	3:54.54s	2001
Fergus O'Reilly	3:58.75s	2010
Reuben Skinner	4:02.6s	1986
Craig Bravington	4:05.1s	2003
Graeme Moyes	4:05.8s	1980
Richard Felton	4:07.36s	2007
James Neeves	4:09.0s	2003
R. McIndoe	4:10.8s	1977
Joe Blackmore	4:11.23s	2008
Lewis Sainval	4:11.8s	2015
Tom Galpin	4:14.2s	1996
Joshua King	4:15.6s	2012
Karl Welch	4:16.7s	2003

Tom Oliver	4:16.9s	2000
Simon Joyce	4:17.86s	1994
Chris Clement	4:18.2s	1999
Conor Mugan	4:18.4s	2008
Jamie Grose	4:18.5s	2011
Scott Selby	4:19.7s	1994
Chris Keehan	4:20.3s	2002
Matt Finlay	4:20.5s	2005
Adam Lloyd	4:21.0s	1998
Jasper Todd	4:21.1s	2019
Joshua Nevin	4:22.46s	2011
Charlie Lawrence	4:23.6s	2000
Simon Biddell	4:23.6s	2000
Ian Anderson	4:24.7s	1996
Mark Grinnon	4:25.0s	1990
Ryan Saunders	4:25.0s	2007
Sebastian Clement	4:26.0s	2001
Andy Borthwick	4:26.3s	2002
Declan Toth	4:26.58s	2011
Kevin Cooper	4:26.6s	1995
Harry Bramwell-Reeks	4:27.5s	2016

3000m U17 Men (Grade 4 = 9:42.0)

Andy Wedlake	8:38.15s	1988
Colin McCourt	8:38.94s	2001
Fergus O'Reilly	8:47.08s	2010
Karl Stainer	8:58.9s	1979
R. McIndoe	9:10.2s	1977
Joseph Arundel	9:21.6s	2012
James Neeves	9:25.5s	2002
Tom Oliver	9:27.9s	2000
Joshua King	9:28.58s	2011
Jamie Grose	9:28.8s	2011
Rob McTaggart	9:31.6s	2002
Joe Blackmore	9:40.1s	2007
Jason Wynne	9:40.5s	2007
Adam Lloyd	9:40.6s	1998

100mH 3' 0" U17 Men (Grade 4 = 15.4)

P. Cheung	13.5s	1985
Greg Smith	13.5s	2000
Nishan Brooks	13.69s	2013
Ben Dalton	13.7s	1991
Ian Cawley	13.7s	1995
A. Lickiss	14.1s	1977
John Chapman	14.2s	1988
Michael Johnson	14.7s	2002
Matthew Sharpe	14.9s	1996
Cameron Hale	14.99s	2016
Thomas Dymott	15.0s	2004

Leigh Craig	15.1s	2010
Ian Palmer	15.3s	1998

400mH 2' 9" U17 Men (Grade 4 = 62.5)

Ben Dalton	58.3s	1991
Thomas Dymott	58.8s	2004
J. Wallis	58.9s	1982
Greg Smith	59.2s	2000
Ian Cawley	59.6s	1995
Ian Palmer	59.7s	1998
Jason Wynne	59.7s	2007
Tom King	61.3s	2003
Dave Johnson	62.0s	1995
Michael Johnson	62.2s	2002
Simon Dewsbury	62.3s	2001

1500m SC U17 Men (grade 4 = 5:02.5)

Andy Wedlake	4:32.4s	1988
I. Todd	4:34.6s	1982
Colin McCourt	4:43.2s	2001
Adam Lloyd	4:45.4s	1998
Tom Oliver	4:53.1s	2000
Rob McTaggart	4:57.6s	2002

High Jump U17 Men (Grade 4 = 1.70)

Matt Sloane	2.04m	2007
Alex Cox	2.02m	2010
Daniel McDonald	2.00m	2002
Matthew Aldridge	1.97m	2012
James Leaver	1.95m	1991
Jamie Williamson	1.91m	2013
Alan Pearce	1.88m	1976
Cameron Hale	1.88m	2016
J. Owens	1.85m	1994
Simon Dewsbury	1.85m	2001
Tom King	1.85m	2002
Thomas Sear	1.85m	2014
James Glynn	1.85m	2015
James Lelliott	1.82m	2009
Solomon Povey	1.80m	1996
Patrick Sylla	1.80m	2015
Phil Blatchford	1.71m	2013
David Ford	1.70m	1997
Andrew Brown	1.70m	2002
Jamie Curry	1.70m	2004
Bradley Pickup	1.70m	2005
Matt Calver	1.70m	2005
Alex Paul-Ajuwape	1.70m	2016

Pole Vault U17 Men (Grade 4 = 3.00)

Peter Lynk	3.80m	1982
Simon Dewsbury	3.30m	2001
K. Hatfield	3.10m	1978
Cameron Hale	3.03m	2016
Darren Carter	3.00m	1995
Alec King	3.00m	1997

Long Jump U17 Men (Grade 4 = 5.60)

Patrick Sylla	7.33m	2015
James Lelliott	7.13m	2009
Ian Ward	7.00m	1982
Steven Small	6.61m	2002
A. Trim	6.50m	1977
James Warsop	6.46m	2003
Logan Page	6.42m	2018
J. Blake	6.33m	1989
Matt Sloane	6.31m	2007
James Pritchard	6.31m	2009
Bradley Pickup	6.25m	2005
Kim Johnson	6.19m	2006
Matt Calver	6.14m	2005
Joseph Haywood	6.10m	2018
Solomon Povey	6.08m	1995
Cameron Hale	6.06m	2016
Joe Parkes	5.99m	1997
Charlie Lawrence	5.98m	2000
Jody Chappell	5.98m	2003
David Ford	5.96m	1998
Jay Collins	5.95m	2011
Morgan Sommerseth	5.93m	2019
Darren Carter	5.91m	1995
D. Stephens	5.86m	1994
Ed Gunner	5.83m	2013
Jamie Williamson	5.75m	2013
James Glynn	5.74m	2015
Carlos Neunschwander	5.73m	2006
Mike Hathaway	5.72m	1990
Michael Johnson	5.71m	2002
Michael Ball	5.71m	2014
Kevin Hodgson	5.69m	2012
Daniel McDonald	5.68m	2001
Leigh Craig	5.68m	2010
Dave Johnson	5.66m	1996
James Edwards	5.66m	2007
Lewis Sainval	5.66m	2015
Muiris Egan	5.65m	2013
Ian Palmer	5.61m	1998
Dylan Cooper	5.61m	2017
Hayden Mills	5.60m	2012

Triple Jump U17 Men (Grade 4 = 11.40)

Joe Parkes	14.08m	1997
Julien Cooke	13.70m	1986
Patrick Sylla	13.65m	2014
Mark LeBreton	13.58m	1975
James Leaver	13.56m	1992
James Warsop	13.43m	2003
Matt Calver	13.32m	2005
Matt Sloane	13.31m	2007
Steven Small	12.62m	2002
Bradley Pickup	12.55m	2004
Carlos Neunschwander	12.25m	2006
Matthew Keats	12.15m	1983
Alex Paul-Ajuwape	12.15m	2016
Ben Pearse	12.12m	2006
David Ford	12.03m	1998
Jay Collins	11.99m	2011
Billy Hassan	11.96m	1996
Matthew Aldridge	11.91m	2011
Harvey Darby	11.84m	2011
Cameron Hale	11.80m	2016
James Edwards	11.74m	2008
Simon Madder	11.69m	1994
Ian Palmer	11.65m	1998
Charlie Lawrence	11.57m	2000
Dave Johnson	11.50m	1995
Jody Chappell	11.43m	2003
Simon Cooke	11.41m	1996

Shot 5.00kg U17 Men (Grade 4 = 10.64)

Daniel Hepplewhite	15.67m	2003
Simon Fricker	15.63m	1991
Bill Walter	15.42m	2002
Richard Trimmer	15.18m	2000
Jack Howlett	15.16m	2015
Richard Dinham	14.76m	1982
Kim Johnson	14.60m	2006
Dan Brunsdan	14.18m	2003
Tom Peters	14.16m	2014
James Rumbold	14.12m	1997
Simon Armstrong	14.00m	1978
Gary Ellis	13.83m	1975
Gary Jones	13.61m	2010
Cameron Hale	13.55m	2016
Ross Ellis	13.53m	1978
Tony Rooker	13.47m	1991
Matthew Ridge	13.42m	2013
James Lelliott	13.17m	2009
Adam Philips	12.99m	2018
Stewart Thatcher	12.95m	1995

Adam Hawker	12.66m	1996
Peter Briant	12.51m	2006
Andrew Elkins	12.25m	2008
Matt Frampton	12.18m	2000
Michael Johnson	12.03m	2002
Dan Lambeth	11.94m	2009
Alex Cox	11.74m	2009
Ian Cawley	11.73m	1994
Graeme Thorne	11.34m	1994
Ivan Dolphin	11.32m	2007
Stewart Arbathnot	11.15m	2002
Steve Brunsden	11.08m	2006
Declan Foley	10.87m	2007

Discus 1.5kg U17 Men (Grade 4 = 28.25)

Simon Fricker	49.00m	1991
Gary Jones 48.79wdh	48.28m	2010
Jack Howlett	47.30m	2015
James Rumbold	47.27m	1998
Ross Ellis	46.86m	1978
Tom Peters	46.24m	2014
Adam Philips	45.98m	2018
Daniel Hepplewhite	45.38m	2003
Cameron Hale	44.89m	2016
James Lelliott	43.13m	2009
Gary Ellis	42.42m	1975
Alex Cox	41.92m	2010
Richard Trimmer	39.93m	2000
John Rumbold	39.40m	1960
Dan Brunsden	38.19m	2003
Andrew Elkins	38.00m	2008
Steve Brunsden	37.66m	2006
Matt Frampton	36.94m	2000
Sam Panton	36.55m	2008
Daniel Whisken	36.46m	2010
James Hurst	36.45m	2001
Matthew Ridge	36.34m	2013
Bill Walter	36.31m	2001
Peter Briant	36.00m	2006
Adam Hawker	35.20m	1997
Ivan Dolphin	34.23m	2007
Ben Hawker	34.04m	2000
Roy Harmer	33.50m	1996
Stewart Thatcher	33.48m	1995
Benjamin Dickinson	31.81m	2015
Stewart Arbathnot	31.80m	2002
Sam Chappell	31.71m	2006
Jamie Fenton	31.19m	2010
Kim Johnson	30.73m	2006
Dan Lambeth	30.52m	2009

David Hepplewhite	30.40m	1999
Graeme Thorne	30.08m	1994
Fraser Spall	29.14m	2018

Hammer 5kg U17 Men (Grade 4 = 29.65)

Andrew Elkins	60.77m	2008
Matt Frampton	56.92m	2000
Gary Jones	54.35m	2010
Steve Brunsdan	53.90m	2006
Tom Peters	51.22m	2014
Tony Rooker	48.74m	1991
Sam Chappell	48.72m	2006
Jack Howlett	47.17m	2015
Kevin King	43.96m	1994
James Rumbold	43.97m	1998
Bill Walter	43.34m	2002
Jaxon Keedwell	43.08m	1990
Ben Hawker	42.10m	2000
Stewart Arbathnot	42.09m	2002
Damien Sullivan	41.12m	1987
Dan Brunsdan	40.03m	2004
Matthew Ridge	36.97m	2013
Richard Trimmer	34.97m	1999
Jack Hopkins	32.74m	2019
Daniel Hepplewhite	32.58m	2002
Gary Ellis	34.02m	1975
Adam Hawker	32.79m	1998
Ian Cawley	30.26m	1994

Javelin 700g U17 Men (Grade 4 = 38.80)

Cameron Hale	59.38m	2016
Dan Brunsdan	58.70m	2004
Daniel Britton	57.78m	1997
Benjamin Dickinson	57.13m	2015
Declan Foley	56.63m	2007
James Lelliott	52.85m	2009
Jonathon Taylor	52.40m	1994
Richard Dinham	49.96m	1982
D. Mountney	49.00m	1994
Simon Fricker	48.72m	1991
Alex Cox	48.15m	2010
Patrick Stokes	48.10m	1996
Matthew Ridge	47.48m	2013
Ross Ellis	46.78m	1978
Andrew Brown	46.53m	2002
P. Ellard	44.98m	1973
Daniel Hepplewhite	44.76m	2002
Steve Brunsdan	44.68m	2006
Andrew Elkins	43.80m	2008
Chris Allen	43.44m	1997

Daniel Whisken	43.00m	2010
Krister Jonsson	41.77m	2011
Bill Walter	40.82m	2001
Cameron Hale	40.65m	2015
Matt Shaylor	40.58m	2002
Matt Sloane	39.92m	2007
Jonathon Grey	39.39m	2001

Octathlon U17 Men (Grade 4 = 3760)

James Lelliott	5330pts	2009
Cameron Hale	5030pts	2016
Michael Johnson	3871pts	2002

U17 WOMEN

100m U17 Women(Grade 4 = 13.1)

Debbie Mant	12.0s	1992
Brooke Ironside	12.03s W	2019
Amelia Verney	12.2s	2019
Jeanette Hough	12.3s	1974
Karen Manuel	12.36s	1991
Geraldine Bruce	12.4s	1971
Clare Grant	12.4s	1990
Cara Roberts	12.4s	2000
Kiri Burbridge	12.4s	2001
Sian Scott	12.5s	2000
Lana Blake (U15)	12.5s	2018
Dawn Mills	12.6s	1977
Jenni Molloy	12.6s	2000
Olivia Galloway	12.6s	2016
Anne Manuel	12.7s	1972
Nicola Baines	12.7s	1994
Michelle Davis	12.7s	2004
Rachel Welch	12.7s	2012
Lucy Pitcher	12.8s	1996
Iona Sheerin	12.8s	2016
Tracy Shaw	12.9s	1993
Rebecca Forester	12.9s	1994
Emma Smith	12.9s	1995
Carly Walker	12.9s	2002
Yasmin Bridet	12.9s	2018
Jasmin Cooke	12.9s	2018
Isabelle Franklin	12.9sW	2019
Chloe Burrows	13.0s	2015
Charlotte Sidaway	13.0s	2015
Gemma Kennard	13.0s	2016
Izzy Wedderburn	13.0s	2016
Gwyneth Ikoli	13.0s	2019
Rebecca Hannibal	13.1s	2018

200m U17 Women (Grade 4 = 27.0)

Debbie Mant	24.4s	1992
Brooke Ironside	24.97s	2019
Amelia Verney	25.2s W	2019
Kim Storey	25.4s	1982
Jeanette Hough	25.5s	1975
Sian Scott	25.58s	2000
Claire Henley	25.7s	1977
Geraldine Bruce	25.8s	1971
Clare Grant	25.9s	1989
Cara Roberts	26.1s	2000
Jenni Molloy	26.1s	2000
Kiri Burbridge	26.1s	2001

Lana Blake (u15)	26.1s	2018
Rachel Welch	26.12s	2012
Karen Manuel	26.2s	1991
Izzy Wedderburn	26.2s	2016
Tracy Shaw	26.4s	1993
Nicola Baines	26.4s	1994
Michelle Davis	26.4s	2004
Emma Johnson	26.4s	2006
Daryanne Ryan	26.4s	2007
Anne Manuel	26.5s	1972
Linda Allen	26.5s	1973
Carly Dean	26.5s	2002
Iona Sheerin	26.6s	2016
Chloe Burrows	26.8s	2015
Olivia Galloway	26.9s	2015

300m U17 Women (Grade 4=44.5s) details only from 2001

Sian Scott	39.37s	2000
Amelia Verney (u15)	41.3s	2018
Emma Johnson	41.79s	2006
Abigail Phillips (u15)	41.79s	2019
Brooke Ironside	41.9s	2018
Hannah Stammers	43.0s	2006
Grace Keeping	43.0s	2008
Sarah Kearsey	43.11s	2010
Amy Spencer	43.9s	2009
Joanna Legg	44.1s	2010
Bridget Dence	44.1s	2014

400m U17 Women (Grade 4 = 63.2)

Lynda Hearn	57.00s	1986
Charlotte Moore	57.0s	2001
Sian Scott	57.69s	2000
Leigh Pryde	58.4s	1990
Nicola Parsons	58.5s	1980
Anne Manuel	59.3s	1974
Emma Johnson	60.5s	2006
Jeanette New	61.4s	1994
Carly Dean	62.3s	2002
Hannah Stmmas	62.4s	2006
Charlotte Young	62.5s	2003

800m U17 Women (Grade 4 = 2:26.0)

Charlotte Moore	2:05.86s	2001
Nicola Parsons	2:09.06s	1980
Sarah Gallop	2:11.6s	1990
Louise Damen	2:11.63s	1999
Christine Thomas	2:14.2s	1977
Danielle Cocking	2:14.74s	2007
Ella Sykes	2:16.9s	2015

Ruth Chadney	2:17.0s	2001
Carol Goodman	2:17.2s	1975
Bridget Dence	2:17.2s	2014
Claire Stockdale	2:17.73s	1999
Karen Goddard	2:20.6s	1990
Suzzie Hignett	2:20.6s	2002
Becky Long	2:21.0s	1992
Rebecca McKenna	2:21.1s	1994
Abigail Richardson	2:21.46s	2016
Poppaea Bramwell-Reeks	2:22.0s	2016
Meredith Hack	2:22.5s	2000
Emma Davies	2:23.0s	1995
Jeanette New	2:23.0s	1994
Emma Dumbleton	2:23.0s	1996
Caroline Simpson	2:23.8s	1973
Laura Burton	2:24.0s	1999
Kathryn Bostock	2:25.5s	2002

1500m U17 Women (Grade 4 = 5:04.3)

Charlotte Moore	4:23.07s	2001
Alison Hollington	4:28.1s	1981
Louise Damen	4:30.9s	1999
Nicola Parsons	4:32.9s	1980
Sarah Gallop	4:34.7s	1990
Karen Harvey	4:36.5s	1978
Bridget Dence	4:39.27s	2014
Suzzie Hignett	4:39.83s	2002
Sally Wheeler	4:40.1s	1983
Ella Sykes	4:43.8s	2015
Rebecca McKenna	4:45.15s	1994
Daisy Harper-Brown	4:52.14s	2009
Christine Thomas	4:53.0s	1977
Ruth Chadney	4:53.28s	2001
Carol Goodman	4:58.0s	1975
Caroline Simpson	4:59.4s	1972
Danielle Cocking	5:00.27s	2006
Abigail Richardson	5:01.33s	2016
Emma Davies	5:02.0s	1995
Poppaea Bramwell-Reeks	5:03.3s	2016
Amelia Reynolds	5:03.7s	2018
Kelly Ann Steele	5:04.3s	2004

3000m U17 Women (Grade 4 10:23.8)

Alison Hollington	9:33.1s	1981
Charlotte Moore	9:50.1s	2000
Louise Damen	9:54.52s	1999
Ella Skykes	10:00.2s	2015
Claire Roffe	10:12.4s	1989
Karen Harvey	10:21.2s	1978
Alison Brown	10:22.0s	1982

80mH 2' 6" U17 Women (Grade 4 = 13.1)

Sian Scott	11.3s	2000
Nicola Sharp	11.5s	1993
Julie Mulcock	11.65s	1986
Olivia Galloway	11.7s	2016
Jenni Molloy	11.77s	2000
Yasmin Bridet	11.88s	2018
Carly Dean	11.9s	2001
Nicola Baines	12.07s	1994
Daryanne Ryan	12.1s	2007
Iona Sheerin	12.1s	2015
Susan Gilbert	12.2s	1976
Anya Kay	12.2s	2006
Pollyanna Yule	12.26s	2018
Tracy Shaw	12.3s	1992
Theresa Cosser	12.4s	1982
Charlotte Sidaway	12.4s	2015
Rachel Lincoln	12.5s	1990
Kerry Squires	12.5s	2003
Laura Tippin	12.6s	1975
Louise Dyson	12.7s	1991
Kerry Hayman	12.8s	1993
Francesca Barzaghi	12.8s	1996
Amelia Dobson	12.8s	2017
Sian Meadows	12.82s	2018
Jade Brown	12.9s	1992
Michelle Kemp	12.9s	1991
Sarah Kearsey	13.0/12.75w	2010

300mH 2' 6" U17 Women (Grade 4 = 50.2)

Sian Scott	42.6s	2000
Jenni Molloy	43.72s	2000
Carly Dean	44.90s	2002
Julie Oddie	46.4s	1990
Nicola Baines	47.31s	1994
Daryanne Ryan	47.4s	2008
Sarah Kearsey	47.4s	2010
Kerry Squires	47.8s	2003
Alexis Hack	48.2s	1998
Anna Sayers	48.4s	1992
Louise Dyson	48.5s	1991
Bronwyn Weeks	49.0s	1993
Nicola Sharp	49.1s	1994
Lindsay Carr	49.2s	1995
Jessica Bennett	49.4s	2001
Amy Spencer	49.4s	2008
Danielle Cocking	49.6s	2006
Rachel Best	50.0s	1991

1500mSC U17 Women (Grade 4= 6:07.5)

2000m SC U17 Women

Daisy Harper-Brown	8:20.1s	2009
Sian Long	10:47.2s	2009

High Jump U17 Women (Grade 4 = 1.50)

Ann Gilson	1.78m	1974
Claire Henley	1.75m	1978
Claire Dewsbury	1.70m	2000
Emily Orford	1.68m	2011
Geraldine Godwin	1.67m	1972
Rosie Wootten	1.67m	2014
Jazmin Cooke	1.66m	2018
Judie Boreham	1.65m	1975
Gemma Eastman	1.65m	2002
Anya Kay	1.65m	2006
Iona Sheerin	1.62m	2015
Louise Dyson	1.61m	1991
Louise Galloway	1.61m	2019
Amber Mayall	1.60m	2012
Gemma Kennard	1.60m	2016
Lara Schweidler	1.59m	2004
Almaz Gaere	1.58m	2009
Lana Blake (u15)	1.58m	2018
Sian Ritchie	1.57m	2003
Elise Wise	1.55m	2002
Hayley Wright	1.55m	2006
Abigail Davies	1.55m	2007
Virginia Marshall	1.51m	1973
Jessica Bennett	1.51m	2001
Olivia Galloway	1.51m	2015
Charlotte Young	1.50m	2002
Sarah Warsop	1.50m	2005
Verity Cowell	1.50m	2015

Pole Vault U17 Women (Grade 4 = 2.55)

Long Jump U17 Women (Grade 4 = 4.80)

Claire Edwards	5.91m (w)	1982
Claire Henley	5.86m	1978
Geraldine Bruce	5.71m	1971
Rachel Peacock	5.67m (w)	1998
Izzy Wedderburn	5.67m	2016
Lana Blake	5.66m	2019
Virginia Marshall	5.64m	1973
Brooke Ironside	5.57m	2019
Cara Roberts	5.56m	2000
Carly Walker	5.46m	2002

Mary Freethy	5.33m	1965
Emma James	5.33m	2000
Susan Ellis	5.30m	1963
Tori Coltart	5.28m	2010
Rachel Welch	5.27m	2013
Maria Hood	5.26m	1995
Amelia Dobson	5.26m	2016
Joanna Legg	5.25m	2010
Iona Sheerin	5.25m	2016
Daryanne Ryan	5.24m	2008
Sarah Warsop	5.23m	2004
Fiona Lilly	5.20m	1994
Dawn Mills	5.19m	1977
Isabelle Franklin	5.18m	2019
Kiri Burbridge	5.16m	2002
Angel Kerin	5.14m	2014
Sian Scott	5.13m	1999
Susan Gilbert	5.09m	1976
Samantha Cash	5.09m	2014
Carly Dean	5.08m	2001
Abby Sandford	5.08m	2008
Olivia Galloway	5.08m	2015
Elle Ward	5.08m	2018
Hayley Wright	5.04m	2006
Madeline Smith	5.04m	2015
Katrina White	4.96m	2011
Michelle Kemp	4.95m	1992
Tamika Douch (u15)	4.94m	2018
Calla Bennett	4.93m	2013
Jocelyn Braidy	4.92m	1999
Claire Murphy	4.92m	2003
Sarah Kearsey	4.91m	2010
Leah Sullivan (u15)	4.88m	2018

Triple Jump U17 Women (Grade 4 = 9.45)

Rachel Peacock	12.07m (w)	1998
Hayley Wright	11.65m	2006
Sarah Warsop	11.41m	2005
Lana Blake	11.28m	2019
Angel Kerin	11.14m	2013
Samantha Cash	11.02m	2014
Madeline Smith	11.02m	2015
Katrina White	10.87m	2011
Amelia Dobson	10.87m	2016
Jocelyn Braidy	10.85m	2000
Tori Coltart	10.52m	2010
Emma James	10.43m	1999
Rachel Welch	10.37m	2013
Sarah Kearsey	10.35m	2010
Izzy Wedderburn	10.31m	2017

Helena Edwards	10.09m	2002
Leah Sullivan (u15)	9.95m	2018
Rosie Wootten	9.92m	2013
Calla Bennett	9.85m	2012
Claire Dewsbury	9.82m	1999
Isabelle Franklin	9.66m	2019
Carly Dean	9.48m	2002

Shot 3kg U17 Women (new weight 2014) (Grade 4 = 9.15)

Danielle Broom	12.44m	2016
Iona Sheerin	11.67m	2016
Freya Cutler	11.60m	2018
Olivia Galloway	11.27m	2015
Verity Cowell	10.58m	2015
Yasmin Bridet	9.97m	2019
Pollyanna Yule	9.90m	2018
Lucy Topliss	9.77m	2014

Discus U17 Women (Grade 4 = 23.40)

Phoebe Dowson	44.73 m(wi	2010
Danielle Broom	42.54m	2016
Lyn Smith	39.08m	1974
Maria Hood	37.04m	1996
Sarah Davies	35.50m	2002
Michelle Borthwick	35.40m	2000
Alison Davies	34.88m	1980
Ruth Wheeler	34.64m	1989
Lauren Proctor	34.51m	1999
Dana long	34.48m	1992
Emma Davies	34.00m	1997
Rosemary Smith	31.81m	1972
Laura Carr	31.72m	2005
Anne Dashwood	30.63m	1972
Laura Pangbourne	30.33m	2001
Freya Cutler	29.61m	2018
Lisa Munden	29.16m	1994
Michelle Wells	28.91m	2006
L. Thompson	28.74m	1979
Susan Gilbert	27.82m	1977
Kira Collard	25.65m	2019
Hannah Bennett	25.15m	2003
Claire Henley	24.70m	1977
R. Owen	24.56m	1994
Isabella Sheperd	24.42m	2017
Natalie Whisken	24.29m	2011
Tammi Francis	24.18m	1995
Kira Collard	23.87m	2018
Kirsty Brooks	23.80m	1996

Hammer 3kg U17 Women (new weight 2014) (Grade 4 = 28.30)

Danielle Broom	58.22m	2016
Amy Chanoch	41.85m	2018
Isabella Shepherd	41.78m	2017
Freya Cutler	37.13m	2019
Lauren Sheerin	30.44m	2017

Javelin 500g U17 Women (new weight 2014) (Grade 4 = 27.80)

Olivia Galloway	34.51m	2016
Louise Galloway	30.62m	2018
Amelia Dobson	29.69m	2017
Pollyanna Yule	28.60m	2019
Freya Cutler	27.49m	2018

Hepthatlon U17 Women (Grade 4 = 3265)

Claire Henley	4566pts	1978
Olivia Galloway	4364pts	2016
Daryanne Ryan	3997pts	2008
Iona Sheerin	3921pts	2016
Louise Galloway	3519pts	2018
Jessica Bennett	3497pts	2001
Amelia Dobson	3399pts	2016



15 BOYS

100m U15 Boys (Grade 4 = 12.4)

Antony Roberts	11.4s	1976
Solomon Povey	11.4s	1994
Tim Ward	11.5s	1989
Tom O'Brien	11.7s	1997
Michael Johnson	11.7s	2001
Richard Galloway	11.7s	2010
Nicholas Hunt	11.7s	2010
Jason Neal	11.8s	1996
Robert Fordham	11.8s	2000
Simon Pursey	11.9s	1990
Bernard Buron	11.9s	1995
Bradley Biddle	11.9s	2008
Ben Arnold	11.9s	2011
Antonio Santoriello	12.0s	2001
Matthew Spurr	12.0s	2002
James Edwards	12.0s	2006
Dan Arnold	12.0s	2011
Muiris Egan	12.0s	2011
Keon Dzuda	12.0sW	2019
Steven Linpow	12.1s	1995
Tim Peters	12.1s	2003
Patrick Sylla	12.1s	2013
Josh West	12.2s	2005
Harvey Darby	12.2s	2010
Moinal Uddin	12.2s	2013
Jordan Knox	12.30s	2009
Jordan Mooney	12.3s	1995
Anthony Burton	12.3s	2001
Toby Bailey-Pearce	12.3s	2018
Aref McKenna	12.3s	2019
Alan Sibley	12.4s	1996
Alex Chavez-Munoz	12.4s	1999
Steven Small	12.4s	2000
Chris Stacey	12.4s	2006
Jareth Stubbington	12.4s	2010
Kevin Hodgson	12.4s	2010
Jamie Williamson	12.4s	2011
Nishan Brooks	12.4s	2011

200m U15 Boys (Grade 4 = 25.6)

Greg Morum	23.3s	1978
Michael Johnson	23.3s	2001
Antony Roberts	23.5s	1976
Richard Galloway	23.5s	2010
Daniel Reuby	23.7s	1987
Simon Pursey	23.8s	1990
Solomon Povey	23.9s	1994

Josh West	24.2s	2005
Bradley Biddle	24.2s	2008
Tom O'Brien	24.3s	1997
Patrick Sylla	24.3s	2013
Robert Fordham	24.4s	2000
Antonio Santoriello	24.5s	2001
Jason Neal	24.6s	1996
James Edwards	24.6s	2006
Nicholas Hunt	24.6s	2010
Ben Arnold	24.6s	2011
Muiris Egan	24.6s	2011
Bernard Buron	24.8s	1995
Harvey Darby	24.8s	2010
Ryan Bladen	24.9s	2001
Alex Chavez-Munoz	25.0s	1999
Matt Finlay	25.0s	2004
Jordan Mooney	25.1s	1995
Matthew Spurr	25.2s	2002
Jordan Knox	25.2s	2009
Keon Dzuda	25.2s	2018
Aref McKenna	25.2s	2019
Steven Linpow	25.3s	1995
Tim Peters	25.3s	2003
Chris Stacey	25.3s	2006
Tom Moore	25.3s	2006
Jamie Williamson	25.3s	2011
Dan Arnold	25.3s	2011
Theo Grey	25.4s	2007
James Austin	25.4s	2007
Jack Braeman	25.4s	2008
Moinul Uddin	25.5s	2013
Toby Bailey-Pearce	25.6s	2018

400m U15 Boys (Grade 4 = 59.0)

Daniel Reuby	51.9s	1998
Mark Adlem	52.8s	1981
Richard Galloway	53.6s	2010
Craig Bravington	54.5s	2001
Matt Finlay	54.6s	2004
Tom Moore	54.6s	2006
Josh West	54.9s	2005
Graham Morum	55.4s	1978
Muiris Egan	55.46s	2011
John White	55.7s	1998
Jason Neal	55.8s	1996
Fergus O'Reilly	55.8s	2008
Declan Toth	56.3s	2010
Theo Grey	56.5s	2007
Thomas Dymott	56.56s	2002
Tom Galpin	56.6s	1994

Jordan Mooney	56.6s	1995
James Bompas	56.6s	1996
Tom King	56.6s	2001
Nishan Brooks	56.6s	2011
Michael May	56.77s	2001
Alan Sibley	56.8s	1996
Conor Muga	56.8s	2006
James Austin	56.8s	2007
Adrian Doidge	57.0s	1977
Michael Moss	57.0s	1998
Alex Richards-Taylor	57.1s	2004
Adam Hookway	57.4s	1999
James Curry	57.4s	2003
Joshuah Nevin	57.4s	2010

800m U15 Boys (Grade 4 = 2:18.5)

Craig Bravington	1:59.2s	2001
Matt Finlay	2:01.1s	2004
Fergus O'Reilly	2:05.4s	2008
Graham Moyes	2:05.8s	1978
Scott Selby	2:06.0s	1993
Declan Toth	2:07.1s	2010
Tom Galpin	2:07.5s	1994
Tom Moore	2:07.9s	2005
Conor Muga	2:08.0s	2005
Chris Keehan	2:08.1s	2001
Richard Felton	2:08.2s	2005
Adam Hookway	2:09.2s	1999
Aref McKenna	2:09.2s	2019
Stephen Butters	2:09.98s	2007
James Lambourne	2:10.3s	2000
Jodie Ivie	2:11.0s	1994
Stuart Baynham	2:11.9s	1977
Joe Blackmore	2:12.0s	2006
Steven Boyce	2:12.5s	2001
Lewis Golden	2:12.7s	2012
Joshuah Nevin	2:12.8s	2010
Colin McCourt	2:13.0s	1999
J. Parsons	2:13.1s	1994
Ian Anderson	2:13.1s	1995
Christian Clement	2:13.8s	1997
Karl Welch	2:13.8s	2001
L. Birshon	2:14.0s	1994
Kieron Burton	2:14.3s	2004
Chris Lawrence	2:14.6s	2002
Sebastian Clement	2:14.7s	1999
Tarquin O'Sullivan	2:15.3s	2015
Philip Allen	2:15.41s	1997
Adam Lloyd	2:15.6s	1996
Daniel Price	2:15.7s	2003

Corrie Norton	2:17.0s	2011
Arief McKenna	2:17.3s	2018
Glenn Balfour	2:17.34s	2014

1500m U15 Boys (Grade 4 = 4:46.5)

Fergus O'Reilly	4:14.74s	2008
Karl Stainer	4:17.6s	1978
Joshuah Nevin	4:19.10s	2010
Craig Bravington	4:19.2s	2001
Joe Blackmore	4:22.53s	2006
Colin McCourt	4:24.8s	1999
Chris Keehan	4:26.0s	2001
Richard Felton	4:26.32s	2005
Scott Selby	4:26.5s	1992
Paul Burton	4:30.9s	2000
Adam Lloyd	4:31.3s	1996
Declan Toth	4:31.3s	2010
Tom Moore	4:31.4s	2005
Ryan Saunders	4:33.2s	2005
Matt Finlay	4:33.7s	2004
Conor Mughan	4:34.0s	2006
Chris Parr	4:35.0s	1997
Jamie Grose	4:35.1s	2009
Ian Anderson	4:36.3s	1995
James Lambourne	4:37.4s	2000
Jasper Todd	4:38.1s	2018
Tom Oliver	4:38.9s	1998
Tom Galpin	4:40.1s	1994
Jodie Ivie	4:40.4s	1994
Gary Mooney	4:40.8s	1996
Mark Young	4:41.6s	1990
Christian Clement	4:43.1s	1997
Billy Bravington	4:43.6s	1999
Thomas Farwell	4:43.9s	2017
Corrie Norton	4:44.0s	2011
J. Parsons	4:44.7s	1994
Daniel Price	4:45.0s	2004
Karl Welch	4:45.2s	2001

3000m U15 Boys (Grade 4 = 10:09.0)

Karl Stainer	9:06.2s	1978
Fergus O'Reilly	9:38.20s	2008
Ryan Saunders	9:44.3s	2005
Scott Selby	10:00.5s	1992
Mark Crinnion	10:03.9s	1989
Chris Parr	10:03.9s	1997
Gary Mooney	10:06.0s	1995

80mH 2' 9" U15 Boys (Grade 4 = 13.4)

Ian Cawley	11.23s	1993
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Michael Johnson	11.6s	2001
Greg Smith	11.7s	1998
Nicholas Hunt 11.38w	11.7s	2010
Nishan Brooks	11.9s	2011
Ben Dalton	11.96s	1989
R. Hasslock	12.1s	1983
Thomas Dymott	12.3s	2002
Alex Cox	12.5s	2007
Brian Camp jnr	12.7s	1995
Matthew Sharp	12.9s	1994
Andy Fitzpatrick	12.9s	2000
Paul Symonds	13.0s	1994
Joe Ring	13.2s	2008
Muiris Egan	13.2s	2011
J. Claycott	13.3s	1974
James Stocker	13.3s	2017
Ian Palmer	13.4s	1996

1500m SC U15 Boys

Richard Davidson	5:07.8s	1979
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High Jump U15 Boys (Grade 4 = 1.53)

Alex Cox	1.93m	2008
Nicholas Hunt	1.93m	2010
Jamie Williamson	1.81m	2011
Tom King	1.80m	2001
Matthew Aldridge	1.80m	2010
Thomas Sear	1.80m	2013
Alan Pearce	1.75m	1974
James Leaver	1.75m	1990
Simon Dewsbury	1.75m	2000
Matt Sloane	1.71m	2005
Tony Rooker	1.70m	1989
David Ford	1.65m	1996
Patrick Sylla	1.65m	2012
James Glynn	1.65m	2013
Jamie Curry	1.63m	2003
Cameron Hale	1.63m	2014
Tim Hodgkins	1.60m	1994
Adam Nash	1.60m	2001
Ivan Dolphin	1.60m	2005
Omar Manneh	1.60m	2010
Tom Galpin	1.55m	1994
Ayton Goddard	1.55m	1999
Ian Whitacker	1.55m	2006
Dan Whisken	1.55m	2007
Joe Ring	1.55m	2008
Johannes Elie	1.55m	2016

Pole Vault U15 Boys (Grade 4 = 2.40)

Nicholas Hunt	3.10s	2010
Roberto Feller	3.06m	1986
M. Fox	2.80m	1974
Daniel Britton	2.55m	1996
Simon Dewsbury	2.50m	2000

Long Jump U15 Boys (Grade 4 = 5.00)

Patrick Sylla	6.88m	2013
Tim Ward	6.49m	1990
Nicholas Hunt	6.40m	2010
Alfie Why	6.17m	2019
Solomon Povey	6.05m	1994
Paul Harvey	5.80m	1974
Adam Nash	5.79m	2001
Kim Johnson	5.74m	2003
Steven Small	5.69m	2000
Brian Camp jnr	5.66m	1995
Bradley Pickup	5.62m	2003
Alex Cox	5.61m	2007
Joe Ring	5.61m	2009
Jordan Knox	5.60m	2009
Aref McKenna	5.58m	2019
Thomas Sear	5.44m	2013
Michael Johnson	5.43m	2001
Nisham Brooks	5.42m	2011
Bernard Buron	5.39m	1995
Joseph Rutherford	5.39m	2012
Simon Cooke	5.36m	1995
Chris Stacey	5.32m	2006
James Warsop	5.30m	2001
Morgan Sommerseth	5.27m	2018
James Glynn	5.25m	2013
James Pritchard	5.10m	2006
Matt Sloane	5.08m	2005
Tom O'Brien	5.05m	1996
Jason Neal	5.05m	1996
Jareth Stubbington	5.04m	2010
Craig Blowers	5.01m	1999

Triple Jump U15 Boys (Grade 4= 10.50)

Patrick Sylla	13.61m	2013
Nicholas Hunt	13.05m	2010
Mark LeBreton	12.49m	1974
James Lelliott	12.24m	2007
Thomas Sear	11.63m	2013
James Warsop	11.49m	2001
Adam Nash	11.33m	2001
Matthew Aldridge	11.25m	2010
David Easton	11.15m	2003
Steven Small	11.02m	2000

Alex Cox	11.00m	2007
Matt Sloane	10.97m	2005
Bradley Pickup	10.84m	2003
Michael Johnson	10.79m	2000
Joseph Haywood	10.61m	2016

Shot Putt 4kg U15 Boys (Grade 4 = 10.05)

Daniel Hepplewhite	16.12m	2001
Nicholas Hunt	15.64s	2010
Dan Brunsdn	15.33m	2001
Bill Walter	14.93m	2000
Chris Neary	14.54m	1960
Tony Rooker	14.29m	1990
Simon Fricker	14.27m	1990
James Rumbold	13.95m	1996
David Evans	13.42m	1979
C. Pullin	13.31m	1978
Richard Trimmer	13.30m	1998
Gary Jones	13.29m	2008
Tom Peters	13.22m	2012
John Rumbold	13.18m	1958
Ross Ellis	13.13m	1976
Richard Ellis	12.49m	1974
Alex Cox	12.46m	2008
Dan Lambeth	12.44m	2007
Andrew Elkins	12.32m	2007
Michael Johnson	12.23m	2001
Adam Hawker	12.16m	1996
Cameron Cooke	12.13m	2015
Stewart Arbuthnot	12.12m	2001
Robert Cook	11.78m	2007
Dan Whisken	11.74m	2008
Kim Johnson	11.64m	2003
Andrew Field	11.19m	2000
Peter Hardy	11.13m	2006
Adam Phillips	10.96m	2016
Andy Havelock	10.90m	2006
Patrick Sylla	10.12m	2013

Discus 1.25kg U15 Boys (Grade 4 = 25.6)

Ross Ellis	43.88m	1976
Nicholas Hunt	43.54m	2010
James Rumbold	43.42m	1996
Tom Peters	42.45m	2012
Tony Rooker	40.56m	1989
Gary Jones	40.26m	2008
Simon Fricker	40.20m	1989
Alex Cox	40.20m	2008
Daniel Hepplewhite	39.84m	2001
Richard Trimmer	36.76m	1998

Dan Whisken	36.39m	2008
James Hurst	35.33m	1999
Andrew Elkins	34.76m	2007
Bill Walter	34.61m	2000
Benjamin Dickinson	34.52m	2013
Adam Phillips	33.39m	2016
Adam Hawker	33.36m	1996
Dan Lambeth	33.25m	2007
Cameron Cooke	33.16m	2015
Richard Galloway	31.48m	2010
David Hepplewhite	31.07m	1998
Steve Brunsten	30.48m	2004
Stewart Arbuthnot	30.43m	2001
Dan Brunsten	30.39m	2002
Andy Havelock	30.35m	2006
Joe Price	30.18m	2006
Ben Hawker	29.00m	1998
Peter Hardy	28.91m	2006
Gareth Younger	28.88m	2004
Ivan Dolphin	28.81m	2005
Andrew Field	27.76m	1999
Sam Chappell	27.70m	2004
Adam Nash	27.63m	2001
Andrew Brown	27.01m	2000

Hammer 4kg U15 Boys (Grade 4 = 26.70)

Andrew Elkins	61.72m	2007
Nicholas Hunt	50.39m	2010
Gary Jones	49.62m	2008
Tony Rooker	47.78m	1990
Andy Barham	45.60m	1980
Sam Chappell	45.08m	2004
Matt Frampton	44.07m	1998
Steve Brunsten	44.01m	2004
Andy Havelock	43.49m	2006
Stewart Arbuthnot	42.43m	2001
Cameron Cooke	42.43m	2015
James Rumbold	38.64m	1996
Richard Trimmer	35.19m	1998
Bill Walter	33.32m	2000
Adrian Doidge	28.50m	1977
Adam Hawker	28.10m	1996
Ivan Dolphin	27.41m	2005
Alex Cox	27.25m	2007

Javelin 600g U15 Boys (Grade 4 = 32.50)

Daniel Britton	53.74m	1996
Benjamin Dickinson	52.53m	2013
Alex Cox	50.78m	2008
Edward King	49.30m	1989

David Evans	49.00m	1989
Dan Whisken	47.76m	2008
Dan Brunsten	45.77m	2002
Andrew Field	43.02m	1999
Daniel Hepplewhite	42.32m	2001
Luke Andrews	42.30m	1995
David Harrison	40.98m	2003
Nicholas Hunt	40.93m	2010
Ross Ellis	40.54m	1976
Matthew Champion	40.42m	1997
Stewart Arbuthnot	38.56m	2001
Oli Tabard	38.54m	2006
Peter Hardy	38.11m	2006
Andrew Brown	37.94m	2000
Matthew Ridge	37.71m	2011
Lewis Wykes	37.70m	2017
Andrew Elkins	37.27m	2007
Adam Hawker	34.92m	1996
Krister Jonsson	33.53m	2010
Sam Johnson	33.48m	2005
Chris Allen	33.26m	1995
Fraser Spall	33.14m	2016
Ivan Dolphin	32.91m	2005

Pentathlon U15 Boys (Grade 4 = 1865)

Nicholas Hunt	3169pts	2010
Alex Cox	2682pts	2007
Thomas Sear	2014pts	2013

U15 GIRLS

100m U15 Girls (Grade 4 = 13.5)

Kim Cooper	12.1s	1982
Nicola Baines	12.1s	1993
Amelia Verney	12.3s	2018
Lana Blake	12.5s	2018
Katie Delehay	12.6s	1993
Virginia Marshall	12.7s	1972
Lynda Allen	12.7s	1972
Jenni Molloy	12.7s	1998
Cara Roberts	12.7s	1999
Debbie Mant	12.8s	1989
Dawn Mills	12.8s	1976
Yasmin Wilcock	12.8s	2011
Gemm Kennard	12.8s	2015
Kiri Burbridge	12.83s	2000
Carly Walker	12.9s	2001
Elise Ginevra	12.9s	2006
Izzy Wedderburn	12.9s	2015
Rachel Welch	12.9s	2011
Yasmin Bridet	12.9s	2017
Abigail Phillips	12.9s	2019
Tracey Shaw	12.95s	1991
Laura Tappin	13.0s	1974
Carly Dean	13.0s	2000
Iona Sheerin	13.0s	2014
Claire Henley	13.1s	1976
Sharon Hare	13.1s	1977
Jenny Dunn	13.2s	1973
Jane Young	13.2s	1974
Carol Goodman	13.2s	1974
Adrian Schmidt	13.2s	1977
Tori Coltart	13.2s	2008
Kathleen Ward	13.2s	2009
Charlotte Sidaway	13.2s	2014
Tola Chliwna	13.2s	2015
Mia Wilkinson	13.2s	2019
Jaqueline Watton	13.3s	1972
Fiona Russell	13.3s	1977
E. Smith	13.3s	1994
Hannah Woodhall	13.3s	2002
Joanna Legg	13.3s	2008
Elle Ward	13.3s	2016
Rebecca Hannibal	13.3s	2016
Isabelle Franklin	13.3s	2018
Tyler Hole	13.37s	2009
Emma Johnson	13.38s	2005
Leah Sullivan	13.4sW	2019
Brooke Ironside	13.4s	2017

Tamikca Douch	13.4s	2018
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200m U15 Girls (Grade 4 = 28.0)

Nicola Baines	25.17s	1993
Kim Cooper	25.2s	1982
Amelia Verney	25.3s	2018
Debbie Mant	25.5s	1990
Katie Delehay	25.7s	1993
Sian Scott	25.7s	1998
Kiri Burbridge	25.82s	2000
C. Epsley	26.0s	1989
Lana Blake	26.1s	2018
Ann Manuel	26.2s	1970
Dawn Mills	26.2s	1976
Sharon Hare	26.3s	1977
Jenni Molloy	26.3s	1998
Claire Henley	26.4s	1976
Rachel Welch	26.48s	2011
Elise Ginevra	26.5s	2006
Abigail Phillips	26.5s	2019
Lynda Allen	26.6s	1972
Abigail Richardson	26.6s	2015
Carly Walker	26.7s	2001
Joanna Legg	26.8s	2007
Iona Sheerin	26.9s	2014
Izzy Wedderburn	26.9s	2015
Laura Tappin	27.0s	1974
Cara Roberts	27.0s	1999
L. Morris	27.1s	1995
Virginia Marshall	27.2s	1972
Emma Johnson	27.2s	2004
Hannah Stamma	27.2s	2004
Elle Ward	27.2s	2017
Aileen Edwards	27.3s	1972
Carol Goodman	27.3s	1974
Fiona Russell	27.3s	1977
Jeanette New	27.3s	1993
Georgie Boon	27.4sW	2019
Rebecca Hannibal	27.6s	2016

300m U15 Girls (Grade 4 = 45.9)

Amelia Verney	41.3s	2018
Abigail Phillips	41.79s	2019
Joanna Legg	42.9s	2008
Rachel Welch	43.8s	2011
Emma Johnson	44.4s	2005
Tyler Hole	44.7s	2009
Abigail Richardson	45.7s	2015
Rebecca Hannibal	45.7s	2016
Chloe Dowson	45.9s	2005

Bridget Dence	45.9s	2013
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800m U15 Girls (Grade 4 = 2:31.2)

Charlotte Moore	2:13.5s	1999
Nicola Parson	2:15.3s	1978
Sally Wheeler	2:17.7s	1982
Hannah Stamma	2:18.4s	2004
Carol Goodman	2:18.7s	1974
Madeleine Keetley	2:18.9s	1973
Ella Sykes	2:19.0s	2014
Natalie Real	2:19.2s	2002
Linda Stockley	2:20.7s	1974
Meredith Hack	2:21.1s	1999
Frances Stretton	2:21.5s	1976
Bridget Dence	2:21.6s	2013
Karen Harvey	2:22.8s	1976
C. McCarthy	2:22.9s	1994
Danielle Cocking	2:24.7s	2005
Heidi Burton	2:25.0s	2003
Helen Barton	2:25.4s	2001
J. Weekes	2:25.5s	1994
Suzzie Hignett	2:26.3s	2000
Louise Damen	2:26.7s	1997
Laura Burton	2:27.2s	1997
Daisy Harper-Brown	2:27.4s	2008
Jeanette New	2:27.7s	1993
Abigail Richardson	2:27.77s	2015
Georgina Phillips	2:28.5s	1990
Chloe Dowson	2:28.5s	2005
Abigail Phillips	2:28.7s	2019
Helen Ridgeon	2:29.0s	1973
J. Weeks	2:29.0s	1994
Kiri Burbridge	2:29.0s	2000
Maeve Bailey	2:31.1s	2015

1500m U15 Girls (Grade 4 = 5:15.5)

Charlotte Moore	4:34.1s	1999
Sally Wheeler	4:36.95s	1982
Louise Damen	4:37.7s	1997
Rebecca McKenzie	4:41.84s	1992
Natalie Real	4:44.1s	2002
Carol Goodman	4:45.4s	1976
Ella Sykes	4:45.52s	2014
Sandy Cooke	4:50.1s	1985
Bridget Dence	4:50.24s	2013
Madeleine Keetley	4:53.7s	1973
Daisy Harper-Brown	4:53.9s	2008
Rachel McKenna	4:54.5s	1992
Hannah Stamma	4:55.1s	2003
Karen Harvey	4:58.1s	1976

Emma Davies	5:00.0s	1995
C. McCarthy	5:01.6s	1994
Neve East	5:01.8s	2019
J. Weekes	5:02.6s	1994
Frances Stretton	5:02.9s	1976
Meredith Hack	5:03.0s	1998
Suzzie Hignett	5:03.6s	2000
Amelia Reynolds	5:03.7s	2018
Rebecca Long	5:03.9s	1991
Linda Stockley	5:06.0s	1974
Katherine Bostock	5:06.8s	2000
L. Hamerton	5:07.5s	1995
Jeanette New	5:08.4s	1992
Wendy Thomas	5:09.2s	1976
Danielle Cocking	5:09.4s	2005

3000m U15 Girls (Grade 4 = 11:36.0)

Daisy Harper-Brown	10:51.5s	2008
Amelia Reynolds	11:12.5s	2018

75mH 2' 6" U15 Girls (Grade 4 = 13.4)

Sian Scott	11.18s	1998
Julie Mulcock	11.28s	1984
Iona Sheerin	11.5s	2014
Carly Dean	11.51s	2000
Nicola Sharpe	11.54s	1992
Jenni Molloy	11.6s	1997
Yasmin Bridet	11.6s	2017
Mia Wilkinson	11.68s	2019
Nicola Baines	11.7s	1993
Laura Tippin	11.9s	1974
Michelle Hayward	11.9s	1980
Pollyanna Yule	11.9s	2017
Susan Gilbert	12.0s	1975
Karen Goddard	12.0s	1975
Kerry Hayman	12.0s	1991
Francesca Barzaghi	12.0s	1994
Charlotte Sidaway	12.0s	2014
Olivia Galloway	12.04s	2014
Annie McBain	12.09s	2001
Amie Spencer	12.1s	2006
Holly Lowther	12.1s	2015
Amelia Dobson	12.1s	2015
Theresa Cosser	12.3s	1981
Rachel Lincoln	12.3s	1990
Sian Meadows	12.3s	2017
Louise Galloway	12.4s	2017
Anya Kay	12.5s	2005
Jane Young	12.6s	1974
Fiona Lilly	12.6s	1992

Lindsay Carr	12.6s	1993
Lucy Wicks	12.6s	1996
Marielouise Sharp	12.6s	1999
Kerry Squires	12.6s	2002
Louise Galloway	13.2s	2016

4x100m relay

Lana Blake, Amelia Verney, Gwyneth Ikoli, Isabelle Franklin	50.6	2018
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Lana Blake, Amelia Verney, Tamika Douch, Isabelle Franklin	50.9	2018
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High Jump U15 Girls (Grade 4 = 1.40)

Ann Gilson	1.75m	1973
Caroline Howarth	1.64m	1977
Judie Boreham	1.60m	1974
Claire Dewsbury	1.60m	1998
Iona Sheerin	1.60m	2014
Lana Blake	1.58m	2018
Rosie Wootten	1.57m	2011
Gemma Kennard	1.56m	2015
Louise Galloway	1.56m	2017
Jessica Bennett	1.55m	2000
Jemma Eastman	1.55m	2001
Sian Ritchie	1.55m	2002
Anya Kay	1.55m	2005
Almaz Gaere	1.55m	2008
Olivia Galloway	1.55m	2014
Pollyanna Yule	1.51m	2017
S. Nunney	1.50m	1977
D. Martin	1.50m	1977
Teresa Francis	1.50m	1990
Louise Dyson	1.50m	1991
Jenni Molloy	1.50m	1998
Lara Schweidler	1.50m	2002
Emily Orford	1.50m	2010
Verity Cowell	1.50m	2014
Angel Kerin	1.50m	2012
Virginia Marshall	1.47m	1972
C. Oxford	1.46m	1979
E. Pickford	1.46m	1994
Elise Wise	1.46m	2000
Isobel Carter	1.45m	1991
Geevan Mentor	1.45m	1999
Katrina White	1.45m	2009
Charlotte Sidaway	1.45m	2014
Sarah Jones	1.44m	1992

Sian Meadows	1.44m	2017
Emma Johnson	1.43m	2005
Lisa Hicks	1.43m	2006
Robyn Charles	1.43m	2011
Katie Buller	1.41m	2016
Jazmin Cooke	1.41m	2016
S. Dickinson	1.40m	1979
Rachel Lincoln	1.40m	1990
Lindsay Carr	1.40m	1993
Cara Roberts	1.40m	1999
Kerry Squires	1.40m	2002
Holly Laws	1.40m	2005
Jasmine Clark	1.40m	2006
Abigail Richardson	1.40m	2015

Pole Vault U15 Girls (Grade 4 = 2.15)

Long Jump U15 Girls (Grade 4 = 4.45)

Claire Edwards	5.73m	1980
Lana Blake	5.59m	2018
Kim Cooper	5.46m	1982
Cara Roberts	5.40m	1999
Nicola Baines	5.29m	1993
Kiri Burbridge	5.25m	2000
Fiona Lilly	5.22m	1992
Carly Walker	5.20m	2001
Joanna Legg	5.12m	2008
Claire Henley	5.11m	1976
Hayley Wright	5.09m	2004
Izzy Wedderburn	5.09m	2014
Virginia Marshall	5.08m	1972
Leah Sullivan	5.08m	2019
Tori Coltart	5.05m	2008
Carly Dean	5.04m	2000
Rachel Lincoln	5.03m	1990
Amelia Dobson	5.02m	2015
Olivia Galloway	5.00m	2014
Sarah Warsop	4.97m	2003
Rosie Wootten	4.97m	2011
Karen Goddard	4.96m	1989
Gemma Kennard	4.96m	2015
Tamika Douch	4.94m	2018
Susan Busby	4.90m	1973
Millie Lynk	4.89m	2016
Susan Gilbert	4.88m	1975
Lucy Schulz	4.83m	2002
Elise Ginevra	4.83m	2006
Isobelle Franklin	4.81m	2018
Dawn Mills	4.80m	1976
Angel Kerin	4.80m	2012

Pollyanna Yule	4.79m	2016
Elle Ward	4.79m	2017
Sian Meadows	4.78m	2017
Angela Wright	4.77m	1972
C. Blachford	4.77m	1976
Marielouise Sharp	4.77m	1999
Kate Taylor	4.77m	2004
Kathleen Ward	4.77m	2009
Verity Cowell	4.76m	2014
Iona Sheerin	4.75m	2013
Calla Bennett	4.64m	2011
Madeline Smith	4.58m	2013
Georgie Boon	4.53m	2019
Yazmin Bridet	4.46m	2016

Triple Jump U15 Girls (no standard for this age group)

Lana Blake	10.80m	2018
Amelia Dobson	10.46m	2015
Leah Sullivan	10.44m	2019
Angel Kerin	10.28m	2012
Almaz Gaere	10.21m	2008
Katrina White	9.97m	2009
Rachel Welch	9.65m	2011
Madeline Smith	9.91m	2013
Lisa Hicks	9.51m	2007

Shot Putt 3kg U15 Girls (new weight 2014) (Grade 4 = 8.30)

Hannah Molyneaux	13.27m	2014
Iona Sheerin	10.97m	2014
Danielle Broom	10.78m	2014
Serena Sutherland	10.52m	2016
Pollyanna Ylule	10.06m	2017
Yasmin Bridet	9.78m	2017
Olivia Galloway	9.66m	2014
Verity Cowell	9.60m	2014
Amy Chanoch	8.84m	2017
Jessica Kellaway	8.76m	2016
Louise Galloway	8.43m	2017

Discus U15 Girls (Grade 4 = 19.50)

Danielle Broom	34.78m	2014
Alison Davies	33.92m	1979
Maria Hood	33.46m	1994
Lauren Proctor	33.38m	1997
Hannah Molyneaux	32.59m	2014
Phoebe Dowson	32.33m	2008
Lynne Smith	32.32m	1972
Sarah Davies	31.52m	2000
Julie Angrave	31.40m	1979
Laura Pangbourne	28.84m	2000

Benita Hare	28.06m	1982
Serena Sutherland	27.99m	2016
Candice Grace	27.72m	1989
E. Richard	27.30m	1989
Karen Smith	25.70m	1976
Dana Long	25.34m	1991
Debbie Spokes	24.42m	1994
Freya Cutler	24.40m	2017
Michelle Wells	24.37m	2003
Judith Troke	24.23m	1973
Kira Collard	23.87m	2018
Lisa Munden	23.72m	1991
Emma Davies	23.37m	1995
Julia Woodley	23.20m	1974
Lucy Topliss	22.82m	2012
Hannah Bennett	22.39m	2002
Rose O'Reilly	22.27m	2005
Lisa Hicks	22.23m	2006
Becky King	22.14m	2007
Kirsty Brooks	21.82m	1995
K. White	21.64m	1976
Gabrielle La	21.52m	2011
Claire Henley	20.92m	1976
Sarah Stone	20.24m	2003
Hannah Lowndes	20.10m	2005
Tammi Francis	20.02m	1993
Natalie Beaglehole	20.01m	2001

Hammer 3kg U15 Girls (new 2014) (Grade 4 = 24.50)

Danielle Broom	46.24m	2014
Hannah Molyneaux	41.32m	2014
Amy Chanoch	33.53m	2017
Freya Cutler	28.96m	2017
Serena Sutherland	25.10m	2016
Lauren Sheerin	24.91m	2016

Javelin 500g U15 Girls (new weight 2014) (Grade 4 = 22.70)

Alex Donnelly	30.11m	2014
Louise Galloway	29.90m	2017
Olivia Galloway	28.24m	2014
Elle Ward	26.27m	2017
Amelia Dobson	25.84m	2015
Pollyana Yule	25.59m	2017

Pentathlon U15 Girls (Grade 4 = 2075)

Julie Vine	3178	1984
Pollyanna Yule	2773	2017
Olivia Galloway	2759	2014

Louise Galloway	2634	2017
Sian Meadows	2550	2017
Jessica Bennett	2528	2000
Carly Dean	2480	2000
Yasmin Bridet	2325	2016
Amelia Dobson	2298	2015

U13 BOYS

100m U13 Boys (Grade 4 = 14.0)

Tim Ward	12.4s	1987
Antony Burton	12.6s	2000
Solomon Povey	12.8s	1992
Tom O'Brien	12.8s	1995
Declan Toth	12.8s	2008
Nicholas Hunt	12.8s	2008
Joe Ring	13.0s	2007
Jack Braeman	13.0s	2007
Patrick Sylla	13.0s	2011
Keon Dzuda	13.0s	2017
Tarik Manneh	13.1s	2015
Alex Chavez-Munoz	13.2s	1997
Luke Owen	13.2s	2019
C. Brown	13.3s	1994
Bradley Biddle	13.3s	2006
P. Tozer	13.4s	1977
Lee Klungarvuth	13.4s	1995
Daniel Armstrong	13.4s	2018
Jamie Curry	13.5s	2001
Jack Simpkins	13.5s	2010
Adam Nash	13.6s	1999
Craig Blowers	13.6s	1998
Austen Carter	13.6s	2000
Ben Hunt	13.6s	2001
Finley Hallett	13.6s	2016
Mark Janda	13.7s	1996
Lee Williams	13.7s	1998
Bradley Pickup	13.7s	2001
Kim Johnson	13.7s	2002
George Bravington	13.7s	2007
Taylor Leonard	13.7s	2009
Daniel Arnold	13.7s	2009
Joseph Rutherford	13.7s	2010
Patrick Sylla	13.7s	2010
Caleb Cheng	13.7s	2019
N. Bowels	13.8s	1994
Seb Richards-Taylor	13.8s	2004
Conor Mughan	13.8s	2004
Alex Cox	13.8s	2006
William Batchellier	13.8s	2016
Oscar Ewen Matthews	13.9s	2018
Adam Guilliver	13.9s	2018
Jordan Monks	14.0s	2012
Aayan Kar	14.0s	2018

150m U13 Boys (Grade 4 = 21.5)

Antony Burton	19.2s	2000
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200m U13 Boys (Grade 4 = 29.1)

Antony Burton	25.5s	2000
Tim Ward	25.7s	1987
Arief McKenna	25.7s	2018
Nicholas Hunt	26.14s	2008
Solomon Povey	26.2s	1992
Tom O'Brien	26.4s	1995
Declan Toth	26.4s	2008
Patrick Sylla	26.4s	2011
P. Tozer	26.5s	1977
Keon Dzuda	26.6s	2017
Richard Galloway	26.88s	2008
Oscar Ewen Matthews	26.89sW	2019
Joe Ring	27.4s	2007
Daniel Armstrong	27.4s	2018
Kim Johnson	27.5s	2002
Austen Carter	27.6s	2000
Bradley Biddle	27.6s	2006
Tarik Manneh	27.8s	2015
Jamie Curry	27.9s	2001
Luke Owen	27.9s	2019
Craig Bravington	27.95s	1999
Joseph Rutherford	28.0s	2010
Adam Nash	28.1s	1999
Alex Chavez-Munoz	28.2s	1997
Jon Martin	28.2s	1997
Daniel Arnold	28.2s	2009
J. Grace	28.3s	1994
Sebastian Clement	28.3s	1997
Lee Williams	28.3s	1998
Taylor Leonard	28.3s	2009
Caleb Cheng	28.3s	2019
Edward Hopps	28.4s	2002
Andrew Welch	28.4s	2005
P. Hall	28.5s	1994
Aaron Bucktower	28.5s	1999
Daniel Price	28.5s	2002
Seb Richards-Taylor	28.5s	2005
Lewis Golden	27.93w	2010
Jordan Monks	28.9s	2012
Finley Hallett	28.9s	2016

400m U13 Boys

Mark Adlem	59.4s	1979
G. Toms	61.5s	1978
Jon Martin	63.8s	1997
P. Tozer	64.1s	1977
Tom King	64.7s	1999
Craig Bravington	67.0s	1998

Adam Moore	67.3s	1998
Sebastian Clement	67.6s	1997
Andrew Burden	68.1s	1999
Sebastian Duval	68.4s	1995
James Round	69.9s	1995
Tom New	70.0s	1998
Brett Mooney	70.9s	1995
Ashley Phillips	71.1s	1998
John Clement	72.4s	1996

800m U13 Boys (Grade 4 = 2:34.5)

Oscar Ewen Matthews	2:14.6s	2019
Daniel Price	2:16.7s	2002
Tom Moore	2:16.7s	2004
Colin Bott	2:16.8s	1986
Craig Bravington	2:16.8s	1999
Conor Muga	2:17.1s	2004
Mark Adlem	2:17.2s	1979
Arief McKenna	2:17.3s	2018
Glenn Balfour	2:20.8s	2012
Declan Toth	2:21.9s	2008
Lewis Golden	2:23.91s	2010
Scott Selby	2:24.0s	1992
J. Grace	2:24.0s	1994
Richard Felton	2:24.2s	2003
Tom Galpin	2:25.0s	1992
Ryan Saunders	2:26.6s	2003
Fergus O'Reilly	2:26.9s	2006
Gary Cook	2:27.0s	1977
Robert Dixon-Gough	2:27.8s	1998
Andrew Welch	2:28.2s	2004
Chistian Clement	2:28.4s	1995
Alex Cox	2:28.6s	2006
Harry Moore	2:29.1s	2000
Ross Ivie	2:29.8s	1995
Tom Shepherd	2:29.8s	2018
Daniel Armstrong	2:30.0s	2018
Colin McCourt	2:30.2s	1997
Tom King	2:30.3s	1999
Finn Pardy	2:30.32s	2015
Sam Rayner	2:30.4s	2018
Aaron Phillips	2:31.0s	1998
William Bradfield	2:31.21s	2019
Chris Lawrence	2:31.9s	2000
James Round	2:32.0s	1995
Jamie Davies	2:32.25s	2005
Sebastian Clement	2:32.3s	1997
Patrick Sylla	2:32.8s	2011
Stanley Peters	2:32.9s	2019
Kim Johnson	2:33.0s	2002

Kieron Burton	2:33.4s	2002
Ian Palmer	2:33.8s	1994

1500m U13 Boys (Grade 4 = 5:15.5)

Tom Moore	4:38.22s	2004
Antony Symes	4:40.2s	1982
Craig Bravington	4:42.6s	1999
Andrew Welch	4:47.4s	2005
Colin McCourt	4:48.7s	1997
Fergus O'Reilly	4:50.0s	2006
Conor Mугan	4:51.9s	2004
M. Davie	4:53.4s	1988
Ryan Saunders	4:54.0s	2003
Richard Felton	4:54.7s	2003
Daniel Price	4:54.9s	2002
I. Todd	4:55.7s	1978
Luke Smith	4:55.7s	1995
Glenn Balfour	4:56.3s	2012
John Laughton	5:01.7s	2003
Harry Moore	5:02.8s	2000
Stuart Baynham	5:03.0s`	1975
Stephen Boyce	5:03.3s	1999
Thomas Farwell	5:03.4s	2015
John Taylor	5:04.7s	2003
Reece Kempton	5:05.1s	2000
Robert Dixon-Gough	5:06.0s	1998
Declan Toth	5:06.60s	2008
Christian Clement	5:06.7s	1995
Brett Mooney	5:08.2s	1995
Daniel Webb	5:08.9s	1999
Sam Rayner	5:09.5s	2018
Daniel Druce	5:09.9s	2007
Shaun Prentice	5:10.0s	2008

75mH 2' 6" U13 Boys (Grade 4 = 15.3)

Greg Smith	12.0s	1996
Michael Johnson	12.0s	1999
Paul Wilkinson	12.1s	1996
Nicholas Hunt	12.18s	2008
Ben Dalton	12.6s	1987
Joe Ring	13.0s	2007
Nishan Brooks	13.0s	2009
Alex Cox	13.1s	2006
Adrian Doidge	13.7s	1975
Oliver Johnson	13.7s	2015
Dylan Rees	14.1s	2013
Glenn Balfour	14.67s	2012
Oliver Hassan	14.7s	2015
Jim Dence	14.8s	2014
Benjamin Dickinson	15.0s	2011

Joe Wilkinson	15.2s	2018
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High Jump U13 Boys (Grade 4 = 1.30)

Alex Cox	1.67m	2006
Nicholas Hunt	1.65m	2008
Patrick Sylla	1.60m	2011
Mark Bellman	1.56m	1977
Adam Nash	1.55m	1999
Tom King	1.55m	1999
Andrew Lewis	1.50m	1999
Joe Ring	1.50m	2007
Raoul Mentor	1.48m	2005
Simon Dewsbury	1.45m	1998
Kim Johnson	1.40m	2002
Daniel Price	1.40m	2002
Matthew Sloane	1.38m	2003
Charlie Banks	1.36m	2006
Christian Clement	1.35m	1995
Matthew Meade	1.35m	1996
Andrew Mitchell	1.35m	1997
Bradley Pickup	1.35m	2001
Lewis Kenny	1.35m	2017
Thomas Massie	1.35m	2018
Glenn Balfour	1.30m	2012
Jim Dence	1.30m	2014
Rafe Flynn	1.30m	2017

Long Jump U13 Boys (Grade 4 = 4.15)

Tim Ward	5.50m	1987
Nicholas Hunt	5.46m	2008
Patrick Sylla	5.24m	2011
Bradley Pickup	5.15m	2001
Antony Burton	5.04m	2000
Adam Nash	5.02m	1999
Joe Ring	4.97m	2007
Joseph Rutherford	4.94m	2010
Oliver Johnson	4.93m	2015
James Pritchard	4.89m	2005
Oscar Ewen Matthews	4.85m	2019
Kim Johnson	4.83m	2002
Patrick Sylla	4.80m	2010
A. Bengerfield	4.74m	1978
Andrew Lewis	4.69m	1999
Declan Toth	4.67m	2008
Jamie Thomas	4.66m	2005
Alex Cox	4.64m	2006
Tom O'Brien	4.62m	1995
Matthew Sloane	4.62m	2003
Edward Hopps	4.61m	2002
Nathaniel Boot	4.61m	2018

Neil Linpow	4.60m	1995
Josephe Haywood	4.59m	2014
Taylor Leonard	4.58m	2009
Jim Dence	4.56m	2014
Craig Blowers	4.54m	1998
A. Osborne	4.47m	1975
Jordan Monks	4.44m	2012
Ashley Long	4.42m	2007
Ian Palmer	4.39m	1994
Daniel Britton	4.39m	1994
Mark Janda	4.39m	1997
Glenn Balfour	4.38m	2012
Tom Moore	4.35m	2004
Simon Dewsbury	4.32m	1997
Tarik Manneh	4.31m	2015
William Launder	4.27m	2019
Henry Phipp	4.25m	2019
Oliver Hassan	4.24m	2016
Caleb Cheng	4.23m	2019

Shot 3.25kg U13 Boys (Grade 4 = 7.15)

Dan Hepplewhite	12.58m	1999
Nicholas Hunt	12.04m	2008
Kim Johnson	11.02m	2002
Bill Walter	10.57m	1998
Andrew Field	10.04m	1998
Stewart Arbuthnot	10.01m	1999
Jamie Fenton	9.92m	2007
Richard Trimmer	9.78m	1996
James Rumbold	9.64m	1994
Daniel Turner	9.51m	2002
Alex Burns	9.42m	2003
Alex Cox	9.31m	2006
Joe Price	9.14m	2004
Dan Whisken	9.08m	2006
John Rumbold	9.01m	1956
Cameron Cooke	8.96m	2013
Tim Ward	8.71m	1987
Adam Phillips	8.68m	2014
Bradley Chaffey	8.52m	2008
Bailey Cowell	8.43m	2019
Jordan Knox	8.35m	2008
Raoul Mentor	8.29m	2005
Dan Cox	8.28m	2008
James Clark	8.26m	2002
Matthew Sloane	8.20m	2003
Andrew Mitchell	8.18m	1997
Craig Gilbert	7.64m	1978
David Harrison	7.59m	2001
Charles Solly	7.45m	2006

Harry Ford	7.39m	2019
Adam Nash	7.33m	1999
Michael McElhatton	7.32m	2012
Conor Muga	7.29m	2004
Jack Brewer	7.27m	2019
Ben Hawker	7.25m	1996
Gareth Younger	7.24m	2003

Discus 1kg U13 Boys (Grade 4 = 16.60)

Nicholas Hunt	36.55m	2008
Dan Hepplewhite	33.55m	1999
Alex Cox	31.82m	2006
Jamie Fenton	29.52m	2007
Dan Whisken	28.16m	2006
Stewart Arbuthnot	27.62m	1999
Joe Price	26.66m	2004
Patrick Sylla	26.53m	2011
Richard Trimmer	25.42m	1996
Adam Phillips	25.39m	2014
Damien Sullivan	25.06m	1984
Cameron Cooke	24.92m	2013
Dan Cox	24.50m	2008
James Clark	24.33m	2002
Harry Ford	22.73m	2019
Fraser Spall	22.08m	2014
Craig Gilbert	21.88m	1978
Matthew Goldring	21.81m	2004
Ben Hawker	21.72m	1996
Jordan Knox	21.27m	2008
Kim Johnson	21.26m	2002
Harry Bartlett	20.49m	2018
Stewart King	20.34m	1996
Gareth Younger	20.31m	2003
Andrew Brown	20.30m	1998
Charles Solly	20.05m	2006
Ayton Goddard	19.80m	1998
Alex Burns	19.79m	2003
Bailey Cowell	19.28m	2019
Steve Brunnsden	19.01m	2002
Andrew Mitchell	18.75m	1997
Sam Chappell	18.54m	2002
Benjamin Dickinson	18.22m	2011

Javelin 400g U13 Boys (Grade 4 = 21.25)

Daniel Britton	38.74m	1994
Dan Whisken	38.01m	2006
Alex Cox	37.87m	2006
David Harrison	35.46m	2001
Daniel Hepplewhite	34.99m	1999
Bailey Cowell	32.96m	2019

Stewart Arbuthnot	30.85m	1999
Fraser Spall	30.84m	2014
Benjamin Dickinson	30.78m	2011
Dan Cox	30.70m	2008
Nicholas Hunt	30.24m	2008
Andrew Brown	28.20m	1998
Bradley Chaffey	28.04m	2008
Krister Jonsson	27.79m	2007
Harry Stocks	27.77m	2016
Patrick Sylla	27.58m	2010
Darshan Brooks	27.21m	2011
Mark White	26.69m	1998
William Batchellier	26.57m	2017
Raoul Mentor	26.52m	2005
Connor Charlwood	25.60m	2016
Ashley Long	25.56m	2007
R. Tucker	25.54m	2008
Ben Hawker	25.26m	1996
Stewart King	25.08m	1996
Henry Phipp	24.74m	2019
Lewis Gilbert	24.41m	2003
Jordan Knox	24.08m	2007
Michael McElhatton	23.71m	2012
Louie Todd	23.67m	2018
Charles Solly	23.52m	2006
Matt Vincent	22.86m	2008
Steve Brunsden	22.40m	2002
Connor Ward	21.83m	2006
Simon Wiltshire	21.70m	2001
Pentathlon U13 Boys		
Nicholas Hunt	2175pts	2008
Alex Cox	1869pts	2006

U13 GIRLS

100m U13 Girls (Grade 4 = 14.5)

Georgia Hurd	13.1s	2009
Jenni Molloy	13.3s	1996
Dawn Mills	13.4s	1974
Kelly Cosser	13.4s	1979
Yasmin Bridet	13.4s	2015
Iona Sheerin	13.4s	2012
Laura Hutton	13.42s	2008
Fiona Russell	13.5s	1976
A. Lee	13.5s	1989
Kiri Burbridge	13.5s	1998
Kate Taylor	13.5s	2002
Rebecca Hannibal	13.5s	2014
Nicola Baines	13.6s	1991
Amelia Verney	13.6s	2016
Amy Tonkyn	13.6s	2019
Gemma Eastman	13.7s	1999
Sarah Nelms	13.7s	2004
Joanna Legg	13.7s	2006
Elle Ward	13.7s	2015
Holly Stonier	13.7sW	2019
Tola Chilwina	13.8s	2014
Gemma Kennard	13.8s	2013
Mia Krunoslav	13.8s	2017
Georgie Boon	13.8s	2017
Paula Boyce	13.9s	1979
Claire Edwards	13.9s	1979
S. Elliott	13.9s	1997
Hannah Woodhall	13.9s	2000
Robyn Charles	13.9s	2009
Natalie Hayward	13.9s	2018
Amanda Johnson	14.0s	2000
Emma Johnson	14.0s	2003
Zara Frost	14.0s	2007
Danielle Broom	14.0s	2012
Sofina Sommerseth	14.08s	2019
Debbie Axford	14.1s	1976
5 more girls	14.1s	1994
Tamika Douch	14.1s	2016
Holly Lowther	14.2s	2013
Abigail Phillips	14.2s	2017
Hannah Molyneaux	14.4s	2015
Olivia Galloway	14.4s	2012
Sophie Saidi	14.4s	2016
Katie Fry	14.5s	2015
Chloe Burrows	14.5s	2011
Gaby Fisher-Wyatt	14.5s	2019
Isabella Robbins	14.5s	2019

150m U13 Girls (Grade 4 = 22.3)

Georgia Hurd	20.1s	2009
Sarah Nelms	20.3s	2004
Iona Sheerin	20.5s	2012
Laura Hutton	20.6s	2008
Tola Chliwna	20.8s	2014
Kirsty Sammon	20.9s	1998
Joanna Legg	20.9s	2006
Kiri Burbridge	21.0s	1998
Kate Taylor	21.0s	2002
Emma Johnson	21.0s	2003
Rebecca Hannibal	21.0s	2014
Carly Walker	21.1s	1998
Hannah Woodhall	21.2s	2000
Grace Keeping	21.3s	2004
Amanda Johnson	21.34s	2000
Emma Johnson	21.5s	2002
Amy Spencer	21.6s	2005
Kathleen Ward	21.6s	2007
Tamika Douch	21.6s	2016
Hannah Molyneaux	21.7s	2013
Sofina Sommerseth	21.7s	2019
Meredith Hack	21.9s	1996
Faye Bowring	22.1s	1994
N. Waygood	22.1s	1994
Zara Frost	22.1s	2007
Sasha Crawley	22.2s	2002
Gemma Kennard	22.2s	2012
H. Smith	22.3s	1994
Heidi Burton	22.3s	2001
Hannah Stmmas	22.3s	2002

200m U13 Girls (Grade 4 = 30.7)

L. Lloyd	27.1s	1988
Kelly Cosser	27.9s	1979
C. Chappell	27.9s	1985
Amelia Verney	27.9s	2016
Kirsty Sammon	28.0s	1998
Laura Hutton	28.0s	2008
Iona Sheerin	28.0s	2012
Georgie Boon	28.1s	2017
Kate Taylor	28.2s	2002
Elle Ward	28.2s	2015
Tola Chliwna	28.2s	2014
Fiona Russell	28.3s	1976
Emma Johnson	28.3s	2003
Nicola Baines	28.4s	1991
Kiri Burbridge	28.4s	1998
Rebecca Hannibal	28.4s	2014

Sian Scott	28.5s	1996
Yasmin Bridet	28.6s	2015
Natalie Hayward	28.9s	2018
Jenni Molloy	29.0s	1996
Rosie Wootten	29.0s	2010
Amy Tonkyn	29.0s	2019
Amanda Johnson	29.2s	2000
Gemma Kennard	29.2s	2013
Grace Keeping	29.3s	2004
Katie Buller	29.3s	2013
Abigail Phillips	29.3s	2017
Holly Stonier	29.3s	2019
Sarah Nelms	29.5s	2004
Hannah Woodhall	29.6s	2000
Amy Doble	29.6s	2018
Alexis Hack	29.8s	1994
C. Pratt	29.8s	1999
Victoria Miller	29.8s	2000
Georgia Hurd	29.8s	2009
Danielle Broom	29.8s	2012
S. Elliott	29.9s	1996
Katie Fry	29.9s	2015
Tamika Douch	29.9s	2016
Olivia Galloway	30.1s	2012
Amelie Wilkinson	30.1s	2018
Mia Wilkinson	30.2s	2018
Hannah Molyneaux	30.4s	2012
Chloe Burrows	30.4s	2011
Bridget Dence	30.4s	2011

600m U13 Girls (Grade 4 = 1:52.9)

Charlotte Moore	1:39.7s	1996
Meredith Hack	1:45.0s	1996
Amber Austin	1:49.2s	2000
Emma Johnson	1:51.0s	2003

800mU13 Girls (Grade 4 = 2:40.8)

Charlotte Moore	2:18.7s	1997
Kirsty Sammon	2:23.3s	1998
Karren Goddard	2:26.8s	1987
Natalie Real	2:26.8s	2000
Hannah Stamma	2:27.0s	2002
Nicola Parsons	2:27.3s	1976
Heidi Burton	2:28.2s	2001
Meredith Hack	2:29.0s	1996
Helen Barton	2:29.9s	1999
Amber Austin	2:30.9s	2000
Wendy Clark	2:31.1s	1987
Harriet Brown	2:31.4s	2007
A. Charles	2:32.7s	1976

Emma Johnson	2:34.2s	2003
Laura Hutton	2:34.8s	2008
Martha Preece	2:35.5s	2018
Danielle Cocking	2:35.6s	2003
Daisy Harper-Brown	2:36.4s	2006
K. Young	2:36.5s	1994
Ella Sykes	2:37.6s	2012
Joanne Sharlott	2:38.2s	1990
Bridget Dence	2:38.0s	2011
Darcy Hawkins	2:39.3s	2019
Chloe Dowson	2:40.4s	2003
Kirsty Boyd	2:40.5s	2000

1200 U13 Girls (Grade 4 = 4:13.4)

Natalie Real	3:53.7s	2000
Danielle Cocking	4:07.2s	2003
Martha Preece	4:07.3s	2018
Amber Austin	4:07.4s	2000
Neve East	4:07.5s	2018
Ella Sykes	4:07.6s	2012
Daisy Harper-Brown	4:12.5s	2006

1500m U13 Girls (Grade 4: 5:35.0s) - all time list commenced 2019 with Charlotte Moore's record included

Charlotte Moore	4:39.3s	1997
Darcy Hawkins	5:21.05s	2019
Erin Wells	5:30.1s	2019

70mH U13 Girls (Grade 4 = 13.4)

Jenni Molloy	11.3s	1996
Yasmin Bridet	11.3s	2015
Francesca Barzaghi	11.6s	1993
Olivia Galloway	11.8s	2012
Holly Lowther	11.8s	2013
Pollyanna Yule	11.9s	2015
Nicola Baines	12.0s	1991
Sian Scott	12.0s	1996
Kerry Hayman	12.2s	1989
J. Brooking	12.3s	1998
Danielle Broom	12.3s	2012
Iona Sheerin	12.32s	2012
Lucy Wicks	12.4s	1994
Alexis Hack	12.4s	1995
Charlotte Jenkin	12.47s	2001
Lucy Pitcher	12.5s	1993
Annie McBain	12.5s	1999
Nicola Sharp	12.6s	1990
Amy Spencer	12.6s	2005
Katie Buller	12.6s	2013
Anya Kay	12.7s	2003
Joanna Legg	12.7s	2006

Cara Melville	12.7s	2009
Hazel Lee	12.8s	1990
Kerry Squires	12.8s	2000
Abba Atkin	12.8s	2010
Tahnee Carter	12.8s	2014
Alice Hoskin	12.9s	1999
Catherine Teenan	12.9s	2008
Hannah Molyneaux	12.9s	2012
Amy Hardcastle	13.1s	1996
Lisa Munden	13.2s	1990
Fiona Lilly	13.2s	1990
Jennifer Allen	13.3s	2002

High Jump U13 Girls (Grade 4 = 1.25)

Rosie Wootten	1.50m	2010
Gemma Kennard	1.50m	2013
Jill Goodwin	1.49m	1982
Robyn Charles	1.48m	2009
Anya Kay	1.47m	2003
Toni Lee-Barnett	1.45m	2003
Pollyanna Yule	1.43m	2015
R. Hadder	1.42m	1993
Claire Dewsbury	1.41m	1996
Jessica Bennett	1.40m	1998
Lisa Hicks	1.40m	2005
N. Ryan	1.37m	1995
Iona Sheerin	1.36m	2012
A. Lee	1.35m	1989
N. Potter	1.35m	1993
H. Smith	1.35m	1994
Eloise Pullan	1.34m	2019
N. Waygood	1.30m	1995
Sarah Nelms	1.30m	2004
Jordan Norton	1.30m	2010
Emma Grant	1.25m	1994
R. Fernley	1.25m	1994
Emma Etchells	1.25m	2006
Tia Ford	1.25m	2010
Holly Lowther	1.25m	2013
Abigail Richardson	1.25m	2013

Long Jump U13 Girls (Grade 4 = 3.95)

Iona Sheerin	4.93m	2012
Karen Goddard	4.89m	1987
Sofina Sommerseth	4.80m	2019
Kelly Cosser	4.77m	1979
Georgia Hurd	4.76m	2009
Dawn Mills	4.68m	1974
Tamika Douch	4.68m	2016
Hannah Molyneaux	4.67m	2013

Georgie Boon	4.67m	2017
Nicola Baines	4.65m	1991
Leah Sullivan	4.64m	2017
Joanna Legg	4.59m	2006
Carly Walker	4.57m	1999
Amelia Dobson	4.54m	2013
Claire Edwards	4.53m	1979
Izzy Wedderburn	4.52m	2013
Faye Bowring	4.49m	1994
Sian Scott	4.46m	1996
Gemma Eastman	4.36m	1999
Olivia Galloway	4.35m	2012
Kate Taylor	4.33m	2002
Toni Lee-Barnett	4.33m	2003
Lucy Wicks	4.32m	1994
Fiona Lilly	4.31m	1990
Sarah Markham	4.30m	2003
Angel Kerin	4.30m	2010
Pollyanna Yule	4.30m	2015
J. Reardon	4.23m	1977
Paula Boyce	4.23m	1979
N. Waygood	4.16m	1995
Kathleen Ward	4.14m	2007
Isabella Robbins	4.14m	2019
Katie Buller	4.13m	2013
Laura Hutton	4.12m	2008
T. Davis	4.11m	1977
Sarah Nelms	4.11m	2004
Isabelle Franklin	4.11m	2016
Annie McBain	4.10m	1999
Elle Ward	4.10m	2015
Yasmin Bridet	3.99m	2015

Shot 2.72kg U13 Girls (Grade 4 = 6.45)

Hannah Molyneaux	10.85m	2013
Natalie Whisken	10.08m	2008
Hannah Bennett	8.84m	2000
Rosie Wootten	8.29m	2010
Jess Collier	8.15m	2002
Benita Hare	8.13m	1981
Jessica Kellaway	8.03m	2015
Sarah Davies	7.98m	1998
Kirsty Brooks	7.77m	1993
Phoebe Dowson	7.75m	2006
Iona Sheerin	7.71m	2012
Pollyanna Yule	7.55m	2015
Michelle Wells	7.53m	2002
Yasmin Bridet	7.39m	2015
Tannin Glendenning	7.38m	2005
Olivia Galloway	7.35m	2012

Elle Ward	7.22m	2015
Louise Galloway	7.16m	2015
Megan Crocker	7.04m	2007
Lisa Munden	7.02m	1990
Hannah Saunders	6.96m	2015
Mariah Marshall	6.93m	2019
Lucy Fenton	6.78m	2001
Sasha Crawley	6.74m	2002
J. Brooking	6.58m	1998
Alicia Markham	6.57m	2013
Sarah Markham	6.48m	2003
Lisa Hicks	6.48m	2005

Discus 0.75kg U13 Girls (14.90)

Hannah Molyneaux	31.78m	2013
Sarah Davies	26.08m	1998
Natalie Whisken	25.40m	2008
Vicky Newman	23.85m	1998
Michelle Wells	23.70m	2002
Benita Hare	22.38m	1981
Hannah Bennett	22.02m	2000
Danielle Broom	21.83m	2012
Alidia Markham	21.05m	2013
Gabrielle La	20.90m	2009
Lesley King	20.84m	1996
Phoebe Dowson	20.53m	2006
Megan Crocker	20.29m	2007
Hannah Saunders	20.01m	2016
Katie Hood	19.38m	1996
Lisa Hicks	18.95m	2005
Jess Collier	18.87m	2002
Susan Eddy	18.86m	1975
Danielle Hoyle	18.56m	1995
Jessica Kellaway	18.24m	2015
Tannin Glendenning	16.65m	2005
Ria Hartigan	16.19m	2015
Amelia Willcock	15.54m	2006
Lucy Fenton	15.27m	2001

Javelin 400g U13 Girls(Grade 4 = 15.40)

Natalie Whisken	37.02m	2008
Alex Donnelly	28.52m	2013
Tracey Howard	26.94m	1993
Faye Bowring	26.94m	1994
Storm Quorchioni	26.41m	2010
Clodie Neaves	26.10m	1981
Alicia Markham	23.30m	2013
Hannah Bennett	22.39m	2000
Mariah Marshall	22.10m	2019
Hannah Molyneaux	21.84m	2013

Sarah Davies	21.82m	1998
Elle Ward	20.75m	2015
Katie Fry	20.59m	2015
Pollyanna Yule	19.86m	2015
Amelia Dobson	19.38m	2013
Katie Hood	18.90m	1996
Gemma Eastman	18.63m	1999
Stacey Angliss	18.04m	2002
Megan Crocker	17.25m	2007
Ria Hartigan	16.63m	2015
Helen Arbuthnot	16.08m	1997
Michelle Wells	16.05m	2002
Tola Chliwna	15.84m	2014
Louise Galloway	15.73m	2015
Isabelle Franklin	15.48m	2016

Pentathlon U13 Girls (Grade 4 = 1720)

Pollyanna Yule	2193	2015
Iona Sheerin	2151	2012
Hannah Molyneaux	1890	2012
Maria Hood		