

## City of Norwich AC - all time top as of 31st Dec 2016

### Under 11 Girls

#### 60m

Hannah Pain	Norwich	15/07/2015	8.8
Ella Stephenson	Kings Lynn	12/02/2006	9.3
Emily Sherlock	Norwich	10/04/1999	9.4
Bethany Alexander	Kings Lynn	23/01/2011	9.4
Eden Harrison	Norwich	25/05/2014	9.4
Ella Spear	Kings Lynn	23/05/2015	9.4
Mary Hill	Kings Lynn	23/05/2015	9.4
Lauren Brown	Kings Lynn	27/01/2002	9.6
Evelyn Marlee	Norwich	15/07/2015	9.7
J Ing	Norwich	10/04/1999	9.8
Esme Abbott	Norwich	15/07/2015	9.8

#### 75m

Ella Stephenson	Great Yarmouth	12/04/2006	11.6
Laura McDonald	Great Yarmouth	07/04/2005	11.8
Ella Spear	Great Yarmouth	10/05/2015	11.9
Carly Brown	Great Yarmouth	05/04/2001	12.0
Mary Hill	Great Yarmouth	10/05/2015	12.1
Eden Harrison	Great Yarmouth	17/04/2014	12.2
<b>Matilda Butterworth</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>12.2</b>
Lena Matsuka-Williams	Norwich	24/03/2012	12.4
Millie Rose Addison	Great Yarmouth	17/04/2014	13.6
Jessica Munford	Great Yarmouth	08/06/2014	13.7

#### 80m

Clieo Stephenson	Kings Lynn	24/07/2005	11.3
Ella Stephenson	Norwich	23/04/2006	11.7
Alicia Akinbiyi	Great Yarmouth	08/05/2011	11.7
Madison Stubbs	Norwich	08/08/2010	11.8
Victoria Williamson	Great Yarmouth	25/07/2004	11.9
Chloe Quantrill	Bury St Edmunds	01/07/2012	12.0
Serena Grace	Bury St Edmunds	01/09/2013	12.0
Zoe Banham	Great Yarmouth	05/08/2001	12.1
Corrin Dawes	Great Yarmouth	16/06/2002	12.1
Laura McDonald	Norwich	15/05/2005	12.1

#### 100m

Clieo Stephenson	King's Lynn	24/07/2005	13.8
Victoria Williamson	King's Lynn	08/08/2004	14.8
Zoe Banham	Chelmsford	01/07/2001	15.2
Amy Spinks	Chelmsford	01/07/2001	15.2
Anna Claydon	Norwich	12/07/1999	15.4
Ella Spear	Great Yarmouth	15/05/2014	16.5
R Hollis	Diss	13/07/1997	17.1
<b>Rose Fairhurst</b>	<b>Great Yarmouth</b>	<b>26/05/2016</b>	<b>17.7</b>

#### 150m

<b>Matilda Butterworth</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>23.1</b>
<b>Madison Kelly</b>	<b>Norwich</b>	<b>04/05/2016</b>	<b>24.6</b>
<b>Mitzie Lewis</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>24.6</b>
<b>Nicole Kaszczac</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>25.0</b>
<b>Rose Ling</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>25.1</b>
<b>Libby Johnson</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>25.3</b>

<b>Rose Fairhurst</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>25.6</b>
<b>Caitlin Bell</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>25.6</b>
<b>Millie Hart</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>26.0</b>
<b>Freya Statham</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>26.1</b>

### **200m**

Zoe Banham	Chelmsford	01/07/2001	32.4
Carly Brown	Chelmsford	01/07/2001	33.1
Amy Spinks	Chelmsford	01/07/2001	33.6

### **600m**

Femke Rosenbergen	Norwich	20/07/2013	1.52.3
Katie Goldsmith	Bury St Edmunds	01/07/2012	1.52.7
Alicia Akinbiyi	Great Yarmouth	21/08/2011	1.55.4
Madison Stubbs	Norwich	08/08/2010	1.56.3
Carly Brown	Peterborough	27/08/2001	1.57.0
Chloe Quantrill	Bury St Edmunds	01/07/2012	1.57.2
Serena Grace	Bury St Edmunds	01/09/2013	1.57.5
Eleanor Blunt	Great Yarmouth	24/06/2007	1.57.9
Jazmin Edwards	Braintree	23/06/2013	1.58.0

<b>Madison Kelly</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>1.58.3</b>
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### **800m**

Femke Rosenbergen	Bury St Edmunds	23/06/2013	2.41.6
Carly Brown	Bedford	29/07/2001	2.43.96
Laura McDonald	Cambridge	18/09/2005	2.46.0
Marie Pring	Bromley	01/08/2004	2.56.6
Ella Spear	Great Yarmouth	15/05/2014	3.06.1
E Lambert	Diss	13/07/1997	3.17.9
Mimi Denmark	Norwich	07/08/2002	3.18.0
S Perkin	Norwich	07/08/2002	3.19.0
Kerry Naylor	Bury St Edmunds	05/07/1998	3.20.1
R Hollis	Diss	13/07/1997	3.27.9

### **1500m**

Marie Pring	Colchester	30/08/2004	5.55.6
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### **High Jump**

Zoe Banham	Chelmsford	01/07/2001	0.80
Lucy Clampin	Chelmsford	01/07/2001	0.80

### **Long Jump**

Eleanor Blunt	Great Yarmouth	12/05/2007	4.01
Zoe Banham	Great Yarmouth	05/08/2001	3.97
Amy Spinks	Chelmsford	01/07/2001	3.96
Marie Pring	Bromley	01/08/2004	3.96
Madison Stubbs	Great Yarmouth	22/07/2010	3.81
Alicia Akinbiyi	Great Yarmouth	21/08/2011	3.78
Grace Ashworth	Great Yarmouth	15/06/2008	3.74
Victoria Williamson	Great Yarmouth	25/07/2004	3.72
Anna Claydon	Stevenage	31/05/1998	3.70
Spencer Ann Lengsfield	Great Yarmouth	22/06/2008	3.67

### **Shot Putt 2kg**

Mary Hill	Kings Lynn	09/08/2015	6.01
<b>Rose Fairhurst</b>	<b>Norwich</b>	<b>24/04/2016</b>	<b>4.88</b>
Eden Harrison	Great Yarmouth	08/06/2014	4.64
Macey Kelly	Bury St Edmunds	17/08/2014	4.60

<b>Moira Dolman</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>4.47</b>
Abby Flaxmer	Bury St Edmunds	01/09/2013	4.45
Grace Jermy	Bury St Edmunds	17/08/2014	4.40
Hannah Pain	Norwich	03/05/2015	4.40
Kaia Peiris	Bury St Edmunds	17/08/2014	4.31
Eleanor Brown	Bury St Edmunds	01/09/2013	4.19

## Under 11 Boys

### 60m

Henry Whall	Norwich	15/07/2015	8.4
Conrad Winter	Kings Lynn	23/05/2015	9.3
R Tubb	Norwich	10/04/1999	9.5
Daniel Griffin	Kings Lynn	21/01/2007	9.5
Tyler Blunden	Kings Lynn	23/01/2011	9.5
Michael Langley	Norwich	25/05/2014	9.5
J Hunter	Norwich	10/04/1999	9.6
Ross Gilbert	Kings Lynn	21/01/2007	9.6
Sam Green	Kings Lynn	21/01/2007	9.6
Harry Heatley	Norwich	15/07/2015	9.8

### 80m

Harry Simmons	Bury St Edmunds	17/08/2008	11.3
Zackery Young	Great Yarmouth	14/07/2013	11.4
Daniel Griffin	Great Yarmouth	10/08/2008	11.6
Jake Garside	Great Yarmouth	14/07/2013	11.7
Ross Gilbert	Great Yarmouth	12/05/2007	11.8
Sam Forder	Cambridge	19/07/2009	11.8
Tyler Blunden	Great Yarmouth	08/05/2011	11.8
Jonathon Tomes	Great Yarmouth	10/08/2008	11.9
Andrew Holmes	King's Lynn	03/08/1997	11.9
Toby Price	Great Yarmouth	12/05/2007	11.9
Toby Robinson	Great Yarmouth	14/07/2013	11.9
Reece Hartley	Ipswich	06/07/2014	11.9

### 100m

Rio Ward	Peterborough	03/08/2014	15.2
Henry Whall	Great Yarmouth	10/05/2015	15.3
Callum Brown	King's Lynn	08/08/2004	15.4
Andrew Holmes	Diss	13/07/1997	16.1
J Burvill	King's Lynn	14/06/1998	17.1
Samuel Doncaster	Great Yarmouth	07/08/2014	17.2
Nathan Polley	Diss	13/07/1997	17.6
Matthew Stangroom	Diss	13/07/1997	18.1
Ryan Tuvey	Diss	13/07/1997	18.4
Thomas Brown	Diss	13/07/1997	19.0

### 150m

Callum Brown	Bury St Edmunds	12/08/2003	24.5
<b>Matthew Loke</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>24.7</b>

### 200m

Andrew Holmes	Luton	22/06/1997	31.9
Jaquan Moore	St Ives	25/05/2011	32.29

### 600m

Harry Simmons	Bury St Edmunds	17/08/2008	1.50.3
Toby Price	Norwich	10/05/2008	1.51.9
Michael Langley	Ipswich	06/07/2014	1.53.6

Tom Dawkins	Great Yarmouth	16/06/2002	1.54.7
Toby Robinson	Norwich	12/05/2013	1.55.5
P Wiltshire	Great Yarmouth	22/06/2008	1.55.9
Conrad Winter	Kings Lynn	23/05/2015	1.56.4
Alfie Linstead	King's Lynn	21/06/2009	1.56.5
Finn Spear	Great Yarmouth	14/07/2013	1.56.7
Henry Whall	Norwich	15/07/2015	1.56.9

### **80m hurdles**

Chris Baker	Bedford	29/07/2003	16.04
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### **High Jump**

Chris Baker	Norwich	29/04/2003	1.30
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### **800m**

Callum Brown	King's Lynn	08/08/2004	2.52.9
Michael Jordan	King's Lynn	14/06/1998	2.57.2
Matthew Cobb	Diss	13/07/1997	2.57.7
James Senior	Norwich	07/08/2002	3.03.0
Oliver Corri	Diss	13/07/1997	3.03.7
Ryan Tuvey	Diss	13/07/1997	3.09.1
Thomas Brown	Diss	13/07/1997	3.09.6
C Short	Norwich	07/08/2002	3.11.0
D Mackie	Norwich	07/08/2002	3.12.0
Will Kennard	Norwich	07/08/2002	3.14.0

### **1500m**

Callum Brown	Ipswich	05/09/2004	5.53.7
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### **Long Jump**

Barnaby Taylor	Great Yarmouth	14/07/2013	4.47
Daniel Griffin	Great Yarmouth	17/08/2008	4.30
Zachary Young	Bury St Edmunds	01/09/2013	4.28
Jake Garside	Great Yarmouth	14/07/2013	4.25
Harry Simmons	King's Lynn	18/05/2008	4.10
Andrew Holmes	Ipswich	17/08/1997	4.04
Jenson Cooper	Bury St Edmunds	17/08/2014	4.03
Ed Skinner	Norwich	11/05/2003	3.96
Jonathon Tomes	Norwich	10/05/2008	3.96
Henry Whall	Norwich	03/05/2015	3.93

### **Shot Putt 3kg**

Michael Painter	Gt Yarmouth	05/06/2005	6.23
Chris Baker	Bedford	29/07/2001	5.20
Barnaby Taylor	Bury St Edmunds	01/09/2013	4.47
J Burvill	King's Lynn	14/06/1998	3.91
Callum Brown	Luton	18/04/2004	3.49

### **Shot Putt 2kg**

Zachary Young	Gt Yarmouth	14/07/2013	7.07
Conrad Winter	Great Yarmouth	21/06/2015	4.99
<b>Matthew Loke</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>4.97</b>
Reece Hartley	Norwich	04/05/2014	4.92
Harvey green	King's Lynn	09/08/2015	4.92
Michael Langley	Ipswich	06/07/2014	4.77
<b>Alfie Mayers</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>4.19</b>
Henry Whall	Norwich	04/05/2014	4.10
Jenson Cooper	Bury St Edmunds	17/08/2014	4.03
Jake Hart	Ipswich	06/07/2014	3.70

<b>George Borham</b>	<b>Norwich</b>	<b>24/04/2016</b>	<b>3.58</b>
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### Javelin

Andrew Holmes	Diss	13/07/1997	21.57
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### Discus

Michael Painter	Norwich	20/08/2005	18.62
Chris Baker	Cambridge	17/06/2001	13.94
Callum Brown	King's Lynn	08/08/2004	11.87

### Hammer

Michael Painter	Norwich	20/08/2005	27.43
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## Under 13 Girls

### 60m

Clieo Stephenson	Chelmsford	18/02/2007	8.3
Laura McDonald	King's Lynn	21/01/2007	8.4
Victoria Williamson	King's Lynn	12/02/2006	8.5
Eleanor Blunt	Chelmsford	01/03/2009	8.5
Alicia Akinbiyi	Lee Valley	09/02/2013	8.55
Ella Stephenson	King's Lynn	20/01/2008	8.6
Serena Grace	Lee Valley	07/02/2015	8.66
<b>Holly Harrison</b>	<b>King's Lynn</b>	<b>24/01/2016</b>	<b>8.7</b>
Madison Stubbs	Lee Valley	11/02/2012	8.76
Lena Matsuka-Williams	Lee Valley	02/02/2014	8.77

### 75m

Clieo Stephenson	Eltham	03/06/2007	9.8
Ella Stephenson	Norwich	20/07/2008	9.9
Katie Vickery	Norwich	20/07/2008	10.0
Serena Grace	Great Yarmouth	23/04/2015	10.08
Laura McDonald	Eltham	03/06/2007	10.1
Maria Garavand	Bromley	17/05/1998	10.2
Julie Chandler	Waltham Forest	29/06/1997	10.4
Laura Warman	Walthamstow	01/06/2003	10.4
Madison Stubbs	Basildon	05/06/2011	10.4
Maria Ellis	Enfield	01/07/2001	10.5

### 80m

Julie Chandler	Ipswich	13/04/1997	11.1
Laura McDonald	Havering	25/03/2007	11.1
Polly Francis	Norwich	26/03/1997	11.7
Melissa Glen	Norwich	26/03/1997	11.9
R Pearson	Norwich	26/03/1997	12.0
Maria Garavand	Norwich	26/03/1997	12.1
Fay Harding	Norwich	26/03/1997	12.2
R Wheeler	Norwich	26/03/1997	12.2
E Jones	Norwich	26/03/1997	12.3
C Hurley	Norwich	26/03/1997	12.3

### 100m

Clieo Stephenson	Great Yarmouth	12/08/2007	12.8
Eleanor Blunt	Bury St Edmunds	02/08/2009	13.1
Maria Garavand	Great Yarmouth	09/05/1998	13.2
Laura McDonald	Cambridge	18/07/2007	13.3
Serena Grace	Bury St Edmunds	12/07/2015	13.3
Alicia Akinbiyi	Luton	07/07/2013	13.4
Victoria Mitchell	Great Yarmouth	12/05/2007	13.5

Julie Chandler	Norwich	14/06/1997	13.6
Ella Stephenson	Bury St Edmunds	17/08/2008	13.6
Madison Stubbs	Bury St Edmunds	18/09/2011	13.6
<b>Isabelle Moore</b>	<b>St Albans</b>	<b>08/05/2016</b>	<b>13.6</b>

### **150m**

Cleio Stephenson	Eltham	03/06/2007	19.4
Eleanor Blunt	Norwich	31/05/2009	19.7
Maria Ellis	Bromley	20/05/2001	20.3
Laura McDonald	Croydon	06/05/2007	20.4
Ella Stephenson	Bromley	18/05/2008	20.5
Vicky Groves	Bromley	17/05/1998	20.6
Julie Chandler	Waltham Forest	29/06/1997	20.7
Lucy Peel	Norwich	23/07/2000	20.8
Maria Garavand	Norwich	19/07/1998	20.9
Rachel Stringer	Haringey	30/06/2002	20.9
Laura Warman	Battersea	04/05/2003	20.9

### **200m**

Cleio Stephenson	Great Yarmouth	12/08/2007	26.5
Eleanor Blunt	Bury St Edmunds	21/09/2009	27.2
<b>Isabelle Moore</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>27.3</b>
Laura McDonald	Great Yarmouth	12/05/2007	27.4
Serena Grace	Braintree	10/05/2015	27.6
Alicia Akinbiyi	Bury St Edmunds	01/09/2013	27.8
Maria Garavand	Southend	09/08/1998	28.0
Victoria Williamson	Bury St Edmunds	17/09/2006	28.1
Laura Warman	Bury St Edmunds	08/06/2003	28.2
Emily Mace	Braintree	10/06/2012	28.3

### **600m**

Katie Goldsmith	Great Yarmouth	17/04/2014	1.50.1
Carly Brown	Great Yarmouth	10/04/2003	1.51.5
Alice Cheverton	Great Yarmouth	09/04/2009	1.55.2
Femke Rosbergen	Great Yarmouth	17/04/2014	1.56.4
Marie Pring	Southend	09/06/2005	1.58.3
Sophie Peach	Great Yarmouth	17/04/2014	1.59.3
Laura McDonald	Great Yarmouth	13/04/2006	2.00.6
Serena Grace	Great Yarmouth	17/04/2014	2.01.7
Megan Bird	Great Yarmouth	09/04/2009	2.02.9
Claire Pring	Great Yarmouth	18/04/2004	2.03.3

### **800m**

Femke Rosbergen	Watford	12/08/2015	2.22.03
Katie Goldsmith	Ipswich	06/07/2014	2.28.9
Carly Brown	Bury St Edmunds	12/08/2003	2.30.4
Holly Cooper	Birmingham	30/08/2003	2.30.87
Rachel Stringer	Bury St Edmunds	22/09/2002	2.31.5
Kiera Mooney	Barking	24/06/2007	2.31.6
<b>Madeline Short</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>2.32.1</b>
<b>Grace Jermy</b>	<b>Watford</b>	<b>10/08/2016</b>	<b>2.32.41</b>
Juliette Knights	Watford	24/08/2005	2.32.6
Freya Penn	Harrow	18/07/2004	2.33.6
Natalie Flintham	Bromley	19/07/2009	2.33.6

### **1000m**

Vicky Pratt	Waltham Forest	29/06/1997	3.20.9
Laura Gilbert	Birmingham	07/09/1997	3.21.35

Melissa Glen	Waltham Forest	29/06/1997	3.21.6
Fay Harding	Norwich	26/03/1997	3.35.7
J Eccles	Norwich	26/03/1997	3.45.1
K Keating	Norwich	26/03/1997	4.21.3

### **1200m**

Kiera Mooney	Thurrock	22/07/2007	3.57.0
Greta Connolly	Norwich	11/07/1999	4.03.2
Alice Cheverton	Croydon	21/06/2009	4.05.19
Carly Brown	Eton	19/05/2003	4.05.4
Iona Lake	Norwich	17/07/2005	4.07.6
Lyndsey Dack	Norwich	02/06/2002	4.08.3
Catherine Longe	Walthamstow	19/06/2011	4.09.8
Claire Pring	Norwich	27/06/2004	4.11.1
Hannah Wake	Norwich	02/06/2002	4.11.6
Debbie Brett	Norwich	19/07/1998	4.11.8

### **1500m**

Femke Rosbergen	Watford	26/08/2015	4.48.80
Alice Cheverton	Bury St Edmunds	21/09/2009	5.08.7
Katie Goldsmith	Chelmsford	15/06/2014	5.09.6
<b>Madeline Short</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>5.12.8</b>
<b>Grace Jermy</b>	<b>Watford</b>	<b>27/07/2016</b>	<b>5.13.04</b>
Carly Brown	Norwich	11/06/2003	5.14.6
Lyndsey Dack	Norwich	11/08/2002	5.14.7
Greta Connolly	Bedford	25/07/1999	5.15.5
<b>Grace Forster</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>5.16.0</b>
Catherine Longe	Norwich	26/06/2011	5.16.3

### **70m hurdles**

Laura McDonald	Thurrock	22/07/2007	11.1
Laura Warman	Norwich	03/08/2003	11.2
Zoe Banham	Norwich	03/08/2003	11.3
Victoria Williamson	Sandy	30/09/2006	11.4
Gemma Pike	Norwich	11/07/1999	11.5
Eleanor Blunt	Bury St Edmunds	21/09/2009	11.7
Maria Garavand	Great Yarmouth	16/08/1998	11.9
Chloe Quantrill	Stevenage	13/07/2014	11.9
Eleanor Brown	Basildon	14/06/2015	11.9
Lucy Cowan	Birmingham	06/09/1998	12.05

### **75m hurdles**

Polly Francis	Norwich	14/06/1997	13.5
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### **High Jump**

Rebecca Bell	Bury St Edmunds	20/09/1998	1.51
Sienna Sexton	Basildon	05/06/2011	1.49
Eleanor Blunt	Bury St Edmunds	21/09/2009	1.45
Ellen Davies	Bury St Edmunds	20/09/1998	1.44
Chloe Quantrill	Norwich	25/05/2014	1.44
Zoe Banham	Havering	29/06/2003	1.42
Rebecca Pike	Norwich	11/08/2002	1.40
Naomi Tomes	Bury St Edmunds	21/09/2008	1.40
Eleanor Brown	Leicester	16/08/2015	1.40
Cleo Stephenson	Barking	24/06/2007	1.38
Lucy Cadley	Bury St Edmunds	02/08/2009	1.38

### **Long Jump**

Cleio Stephenson	Cambridge	03/07/2007	4.83
Alice Akinbiyi	Southend	04/08/2013	4.82
Maria Garavand	Birmingham	06/09/1998	4.80
Eleanor Brown	Bury St Edmunds	13/09/2015	4.70
Katie Vickery	Norwich	20/07/2008	4.66
Victoria Williamson	King's Lynn	12/02/2006	4.63i
<b>Holly Harrison</b>	<b>Grays</b>	<b>17/04/2016</b>	<b>4.59</b>
Zoe Banham	Norwich	03/08/2003	4.57
Alisha Youngs	King's Lynn	09/08/2015	4.52
Laura McDonald	Manchester	10/06/2007	4.50

### **Shot Putt**

Kayleigh Southgate	Birmingham	03/09/2000	10.72
Laura McDonald	Sandy	29/09/2007	10.41
<b>Zoe Powers</b>	<b>Norwich</b>	<b>09/07/2016</b>	<b>9.49</b>
Anna Claydon	Birmingham	03/09/2000	8.92
C Pavlou	Bury St Edmunds	05/07/1998	8.46
Matilda Chitty	Norwich	25/05/2014	8.23
L Graham	Ipswich	17/08/1997	8.17
<b>Martha Bennett</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>8.15</b>
Eleanor Brown	King's Lynn	09/08/2015	8.02
<b>Mary Hill</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>7.84</b>

### **Discus**

<b>Zoe Powers</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>27.84</b>
Julie Chandler	Peterborough	28/09/1997	23.12
Serena Grace	Peterborough	27/09/2015	22.31
C Pavlou	Norwich	12/07/1998	20.12
Lucy Barnard	Bury St Edmunds	02/08/2009	19.52
Kayleigh Southgate	Ware	06/08/2000	18.77
Amy Money	Peterborough	27/09/2015	18.76
Charlotte Griffin	Great Yarmouth	22/06/2008	18.60
Lena Matsuka-Williams	Norwich	21/07/2013	18.59
<b>Eden Harrison</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>18.18</b>

### **Javelin**

Laura McDonald	Norwich	14/05/2007	36.13
Abby Gooderham	Norwich	06/04/2012	28.79
Amy Money	Bury St Edmunds	17/09/2015	27.53
Katie Daniels	Cambridge	29/09/2013	26.45
Sophie Turner	Ipswich	06/07/2014	26.42
Eleanor Brown	King's Lynn	23/05/2015	26.36
Eden Harrison	King's Lynn	09/08/2015	25.47
Sophie Peach	Basildon	07/09/2014	23.96
Stephanie Griffin	Bury St Edmunds	21/09/2008	21.70
Abby Ayres	Norwich	22/04/2012	19.68

### **Hammer**

Megan Thomas	Norwich	06/08/2006	24.81
Lucy Barnard	King's Lynn	09/05/2009	15.88
<b>Rianna Platten</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>8.92</b>

### **Under 13 Boys**

#### **60m**

Ashley Cooper	Lee Valley	12/03/2011	8.04
Zak Young	Lee Valley	07/02/2015	8.46
Ross Gilbert	Chelmsford	01/03/2009	8.7
Daniel Griffin	King's Lynn	31/01/2010	8.7



Sam Forder	King's Lynn	23/01/2011	8.8
<b>Jacob Brown</b>	<b>King's Lynn</b>	<b>24/01/2016</b>	<b>9.0</b>
Ian Young	King's Lynn	02/02/1997	9.1
Joe Dickinson	King's Lynn	29/01/2012	9.1
Tyler Bluden	King's Lynn	29/01/2012	9.1
Sam Green	King's Lynn	20/01/2008	9.2
Craig Brooks	King's Lynn	21/01/2007	9.4

### **75m**

Ashley Cooper	Great Yarmouth	21/04/2011	10.2
Sam Forder	Great Yarmouth	21/04/2011	10.4
Bradley Aldous	Great Yarmouth	10/04/2008	10.8
Ross Gilbert	Great Yarmouth	10/04/2008	10.8
Zac Young	Great Yarmouth	23/04/2015	10.9
Dani Long Martinez	Great Yarmouth	17/04/2014	11.0
Joe Dickinson	Great Yarmouth	12/04/2012	11.2
Alex Whall	Great Yarmouth	23/04/2015	11.3
Scott Leeder	Great Yarmouth	23/04/2015	11.3
<b>Jacob Brown</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>11.4</b>
<b>Henry Whall</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>11.4</b>

### **80m**

J Carter	Norwich	01/04/1998	13.8
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### **100m**

Ashley Cooper	Walthamstow	19/06/2011	12.6
Tom Parker	Bury St Edmunds	08/06/2003	12.9
<b>Luke Spencer</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>13.0</b>
James Senior	King's Lynn	08/08/2004	13.1
Ross Gilbert	Cambridge	05/07/2009	13.16
Ben Hamblin	Southend	09/08/1998	13.2
Luke Daley	Luton	21/07/2002	13.2
Zac Young	Thurrock	06/09/2015	13.3
<b>Michael Langley</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>13.3</b>
Sam Forder	Basildon	05/06/2011	13.4
Jamie Brown	Basildon	07/09/2014	13.4
Jake Garside	King's Lynn	23/05/2015	13.4
Alex Mortimer	Thurrock	06/09/2015	13.4

### **150m**

Ashley Cooper	Great Yarmouth	21/04/2011	19.7
Sam Forder	Great Yarmouth	21/04/2011	20.3
Andrew Holmes	Norwich	10/04/1999	21.3
Zac Young	Great Yarmouth	23/04/2015	21.4
Joe Dickinson	Great Yarmouth	12/04/2012	21.8
Scott Greeves	Great Yarmouth	10/04/2008	22.0
Ross Gilbert	Great Yarmouth	10/04/2008	22.3
Dani Long Martinez	Great Yarmouth	17/04/2014	22.3
Jamie Brown	Great Yarmouth	17/04/2014	22.3
Callum Brown	Great Yarmouth	13/04/2006	22.5

### **200m**

Ashley Cooper	Biggleswade	24/09/2011	25.3
Tom Parker	Norwich	03/08/2003	26.2
Luke Daley	Great Yarmouth	28/07/2002	26.8
James Senior	Bedford	11/07/2004	26.93
Ben Hamblin	Bury St Edmunds	20/09/1998	27.4
Toby Price	King's Lynn	04/07/2010	27.4
Jamie Brown	Basildon	07/09/2014	27.5

Zac Young	Thurrock	06/09/2015	27.5
David Smy	Bury St Edmunds	20/09/1998	27.8
Sam Forder	Watford	18/07/2010	27.9
<b>Michael Langley</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>27.9</b>

#### **400m**

Ian Young	Ipswich	15/06/1997	64.7
Stuart Huntington	Norwich	29/04/2001	65.8
Paul Goodall	Norwich	20/06/1999	67.8
Mitch Goose	Bedford	29/07/2001	68.07
J Dowdin	Norwich	20/06/1999	70.5
Matthew Dack	Bedford	25/07/1999	71.0
C Coleman	Bedford	12/09/1999	71.65
J Hunter	Hemel Hempstead	08/07/2001	71.8
Tim Mortimer	Havering	10/09/2000	72.0
J Tomlinson	Basildon	09/07/2000	72.2

#### **600m**

Scott Greeves	Great Yarmouth	10/04/2008	1.49.4
Oliver Maskell	Great Yarmouth	18/04/2004	1.52.0
Tom Dawkins	Great Yarmouth	18/04/2004	1.53.2
Callum Brown	Great Yarmouth	13/04/2006	1.54.2
Jamie Finch (2nd Claim)	Great Yarmouth	15/04/2010	1.54.4
Sam Gotts	Great Yarmouth	13/04/2006	1.56.1
Bradley Stansbury	Great Yarmouth	10/04/2008	1.59.5
Finlay Spear	Great Yarmouth	17/04/2014	2.01.3
J McClean	Norwich	27/07/1997	2.01.9
Tom Buxton	Great Yarmouth	15/04/2010	2.04.7

#### **800m**

James Senior	Battersea	09/05/2004	2.13.9
Harry Simmons	Birmingham	05/07/2010	2.20.0
Scott Greeves	Woodford Green	04/05/2008	2.21.7
Toby Price	King's Lynn	04/07/2010	2.23.6
A Smith	Great Yarmouth	10/05/1998	2.24.4
<b>Michael Langley</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>2.24.5</b>
Ashley Waterson	Great Yarmouth	22/07/2010	2.25.8
Tom Adeyemi	Harrow	18/07/2004	2.26.1
Tom Dawkins	Norwich	27/06/2004	2.26.5
Stuart Huntington	Bury St Edmunds	16/09/2001	2.26.8

#### **1200m**

Josh Holland	Norwich	10/04/2002	4.09.0
Matthew Dack	Norwich	10/04/1999	4.20.0
Steve Cannell	Norwich	10/04/1999	4.24.7
Tim Mortimer	Norwich	10/04/1999	4.42.3
Michael Jordan	Norwich	10/04/1999	4.44.8
L Goodall	Norwich	10/04/1999	4.49.7

#### **1500m**

Ashley Waterson	Great Yarmouth	19/08/2010	4.42.1
James Senior	Harrow	18/07/2004	4.46.9
Stuart Huntington	Birmingham	01/07/2001	4.47.9
A Smith	Peterborough	19/07/1998	4.51.3
<b>Danny Adams</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>4.51.6</b>
<b>Joshua Knights</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>4.52.2</b>
Alfie Linstead	Basildon	05/06/2011	4.54.4
Scott Greeves	Norwich	12/05/2008	4.57.7
Tom Hook	Norwich	19/08/2007	4.59.1

Oliver Maskell	Battersea	09/05/2004	5.00.8
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### **3000m**

James Senior	Norwich	15/07/2004	10.14.8
Oliver Maskell	Norwich	15/07/2004	10.55.7

### **75m hurdles**

Ross Gilbert	Norwich	31/05/2009	11.9
Marvin Iseghehi	Norwich	31/05/2009	12.3
Ian Young	Peterborough	06/07/1997	12.7
Sam Wilson	King's Lynn	08/08/2004	12.8
Daniel Griffin	Norwich	08/08/2010	12.9
Jake Garside	Basildon	14/06/2015	12.9
Chris Baker	Norwich	03/08/2003	13.0
Steven Hadley	Barking	24/06/2007	13.2
James Senior	Norwich	04/07/2004	13.3
Ivo Inglis	Ipswich	06/07/2014	13.3

### **60m hurdles**

Ross Gilbert	Chelmsford	01/03/2009	10.4
Ian Young	King's Lynn	02/02/1997	10.7
Daniel Griffin	Lee Valley	06/03/2010	10.9
Chris Baker	King's Lynn	16/02/2003	11.4
Joe Dickinson	King's Lynn	29/01/2012	12.6

### **80m hurdles**

Ian Young	Ipswich	17/08/1997	13.3
Chris Baker	Peterborough	28/09/2003	14.6
A Smith	Bury St Edmunds	20/09/1998	15.2
Daryl Wickham	Chelmsford	19/09/1999	15.3
Sam Dixon	Havering	10/09/2000	15.6
Martyn Bath	Bedford	29/07/2001	15.73

### **High Jump**

Chris Baker	Peterborough	28/09/2003	1.50
Oliver Bradfield	Bury St Edmunds	17/08/2008	1.50
G Ringer	Norwich	21/09/1997	1.45
A Smith	Norwich	12/07/1998	1.45
M Sneesby	Cambridge	18/09/2005	1.45
Ross Gilbert	Bromley	19/07/2009	1.45
Harry Simmons	Chelmsford	20/06/2010	1.45
Sam Wilson	Bury St Edmunds	19/09/2004	1.42
Ed Skinner	Norwich	17/07/2005	1.42
James Steel	Bury St Edmunds	21/09/2009	1.40
Braydon Harrison	Norwich	08/08/2010	1.40
<b>Michael Langley</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>1.40</b>
<b>Dillon Denis</b>	<b>Norwich</b>	<b>07/08/2016</b>	<b>1.40</b>

### **Long Jump**

James Senior	Harrow	18/07/2004	5.18
Tom Parker	Colchester	25/08/2003	5.11
<b>Dillon Denis</b>	<b>Norwich</b>	<b>07/08/2016</b>	<b>5.05</b>
Ashley Cooper	Great Yarmouth	21/08/2011	5.02
Jake Garside	King's Lynn	23/05/2015	4.98
Ross McLachlan	King's Lynn	09/05/2009	4.97
Harry Simmons	Birmingham	05/07/2010	4.97
Andrew Holmes	Chelmsford	19/09/1999	4.89
Billy Olley-Hindle	Luton	27/05/2012	4.85
<b>Joshua Page</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>4.84</b>

### **Shot Putt**

Michael Painter	Ipswich	22/07/2007	10.24
James Senior	Harrow	18/07/2004	9.47
Oliver Bradfield	Norwich	20/07/2008	9.34
Alex Merchant	Great Yarmouth	21/08/2011	9.25
Sam Green	Birmingham	05/05/2009	9.24
Jaquan Moore	King's Lynn	27/01/2013	8.98
Chris Baker	Walthamstow	01/06/2003	8.85
Danny Clayton	King's Lynn	25/06/2006	8.62
Ed Skinner	Cambridge	18/09/2005	8.59
Zac Young	Bury St Edmunds	12/07/2015	8.07

### **Hammer**

Michael Painter	Norwich	05/08/2007	44.86
Jaquan Moore	Norwich	16/03/2013	31.17
Sam Green	Norwich	25/08/2009	28.02
<b>Luke Walker</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>18.30</b>

### **Discus**

Michael Painter	Sandy	29/09/2007	33.80
<b>Sam Crossley</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>30.45</b>
Alex Merchant	Bury St Edmunds	18/09/2011	26.75
Jonathan Tomes	Great Yarmouth	20/06/2010	26.28
Oliver Bradfield	Norwich	10/05/2008	23.80
Ed Skinner	Norwich	15/05/2005	22.79
Chris Baker	Peterborough	28/09/2003	22.68
Jaquan Moore	Great Yarmouth	14/07/2013	22.24
Sam Green	Bury St Edmunds	21/09/2009	21.43
Jack Halliwell	Peterborough	31/08/2009	21.34

### **Javelin**

Oliver Bradfield	Bury St Edmunds	17/08/2008	57.55
Daniel Bainbridge	Ashford	03/09/2011	41.12
Ed Skinner	Norwich	15/05/2005	36.13
Jonathan Tomes	King's Lynn	04/07/2010	35.59
Jaquan Moore	Luton	07/07/2013	35.50
Ben Graves	Thurrock	06/09/2015	33.91
Andrew Holmes	Great Yarmouth	09/05/1999	31.86
Adam Cann	Bury St Edmunds	12/07/2015	31.76
<b>Toby Clark</b>	<b>Norwich</b>	<b>07/08/2016</b>	<b>29.27</b>
Harry Ketteringham	Southend	04/08/2013	29.23

### **Under 15 Girls**

#### **60m indoors**

Cleio Stephenson	Birmingham	14/02/2009	7.93
Laura McDonald	Chelmsford	01/03/2009	8.00

Ella Stephenson	Birmingham NIA	27/02/2010	8.13
Tallulah Bell	Birmingham NIA	23/02/2013	8.13
Emily Mace	Lee Valley	08/02/2014	8.14
Victoria Mitchell	Birmingham	14/02/2009	8.27
Victoria Williamson	Birmingham NIA	17/02/2008	8.3
<b>Serena Grace</b>	<b>Lee Valley</b>	<b>27/03/2016</b>	<b>8.32</b>
Katie Vickery	Chelmsford	01/03/2009	8.5
Eleanor Blunt	King's Lynn	23/01/2011	8.6

#### **60m H indoors**

Victoria Williamson	Lee Valley	19/01/2008	9.26
Laura McDonald	NIA Birmingham	15/02/2009	9.31
<b>Mia Hopson</b>	<b>Lee Valley</b>	<b>27/03/2016</b>	<b>9.68</b>
Jessica Doncaster	Leeds	18/02/2012	10.0
Emily White	King's Lynn	25/01/2015	10.2
Grace Ashworth	Lee Valley	29/01/2012	10.3
<b>Eleanor Brown</b>	<b>King's Lynn</b>	<b>24/01/2016</b>	<b>10.3</b>
Lauren Bradfield	Lee Valley	30/06/2014	10.36
Sarah Costello	Kings Lynn	25/01/2015	10.4
<b>Kirsty Sait-Stewart</b>	<b>King's Lynn</b>	<b>24/01/2016</b>	<b>10.4</b>

#### **75m**

Cleio Stephenson	Great Yarmouth	09/04/2009	9.8
Victoria Mitchell	Great Yarmouth	09/04/2009	10.2
Sophie Poyner	Great Yarmouth	13/04/2006	10.3
Ella Stephenson	Great Yarmouth	09/04/2009	10.3
Eleanor Blunt	Great Yarmouth	07/04/2005	10.4
Harriet Lucas	Great Yarmouth	21/04/2011	10.4
Jenny Milligan	Great Yarmouth	13/04/2006	10.6
Emily Mace	Great Yarmouth	17/04/2014	10.6
Marnie Kelly	Great Yarmouth	23/04/2015	10.6
<b>Serena Grace</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>10.6</b>

#### **80m**

N Holmes	King's Lynn	22/03/1998	11.8
R Holmes	King's Lynn	22/03/1998	12.2

#### **100m**

Cleio Stephenson	Sheffield	10/07/2009	12.21
Eleanor Blunt	Peterborough	10/04/2011	12.4
Tallulah Bell	Birmingham	05/07/2013	12.43
Emily Mace	Chelmsford	15/06/2014	12.5
<b>Serena Grace</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>12.5</b>
Rebecca Allen	Crystal Palace	24/05/1997	12.59
Kirsty Hollings	Haringey	30/06/2002	12.6
Harriet Lucas	Ipswich	18/06/2005	12.6
Ella Stephenson	Norwich	12/06/2010	12.6
Laura Johnson	Gateshead	01/07/2011	12.6

#### **150m**

Emily Mace	Great Yarmouth	17/04/2014	20.1
Victoria Mitchell	Great Yarmouth	10/04/2008	20.2
Harriet Lucas	Great Yarmouth	07/04/2005	20.6
Sophie Poyner	Great Yarmouth	13/04/2006	20.7
Megan Soanes	Great Yarmouth	21/04/2011	21.1
<b>Serena Grace</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>21.1</b>
Holly Cooper	Great Yarmouth	07/04/2005	21.3
Jenny Milligan	Great Yarmouth	13/04/2006	21.3
Madison Stubbs	Great Yarmouth	17/04/2014	21.3

Carly Brown	Great Yarmouth	07/04/2005	21.4
H Goodall	Great Yarmouth	09/04/1998	21.4
Chloe Smith	Great Yarmouth	13/04/2006	21.4

### 200m

Cleio Stephenson	Bedford	09/08/2009	25.33
Emily Mace	Birmingham	12/06/2014	25.58
Harriet Lucas	Birmingham	08/07/2005	25.81
Victoria Mitchell	Norwich	31/05/2009	25.9
Tallulah Bell	Great Yarmouth	14/07/2013	26.0
Kirsty Hollings	Haringey	30/06/2002	26.2
Maria Garavand	King's Lynn	16/04/2000	26.3
Rachel Stringer	Bury St Edmunds	19/09/2004	26.4
Madison Stubbs	Chelmsford	15/06/2014	26.6
<b>Serena Grace</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>26.6</b>

### 300m

Emily Mace	Chelmsford	15/06/2014	42.1
Eleanor Blunt	Great Yarmouth	21/08/2011	43.2
Holly Cooper	Norwich	17/07/2005	43.7
<b>Katie Goldsmith</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>43.9</b>
Carly Brown	Woodford	26/06/2005	44.2
Chloe Quantrill	King's Lynn	09/08/2015	44.3
Meredith Windship	King's Lynn	23/05/2015	44.4
Victoria Williamson	Bedford	19/04/2008	44.8
<b>Meredith Windship</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>44.8</b>
<b>Imogen Eisenmann</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>45.0</b>

### 400m

Holly Cooper	Chelmsford	10/07/2005	61.5
Kiera Mooney	Lee Valley	01/03/2009	62.54
Hannah Maher	Sheffield	17/04/2011	66.81

### 600m

<b>Katie Goldsmith</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>1.41.9</b>
Holly Cooper	Great Yarmouth	07/04/2005	1.42.7
Carly Brown	Great Yarmouth	07/04/2005	1.43.8
Carley Rose	Great Yarmouth	10/04/2003	1.44.9
Megan Soanes	Great Yarmouth	21/04/2011	1.45.6
Alice Cheverton	Great Yarmouth	21/04/2011	1.50.4
Gilly Savage	Great Yarmouth	13/04/2006	1.50.7
Shelly Smith	Great Yarmouth	11/04/2002	1.51.0
Sadie Miller	Great Yarmouth	19/04/2007	1.52.0
Katie Stratton	Great Yarmouth	12/04/2012	1.52.3

### 800m

<b>Meredith Windship</b>	<b>Watford</b>	<b>18/05/2016</b>	<b>2.17.34</b>
Rachel Stringer	Watford	30/05/2004	2.18.5
<b>Katie Goldsmith</b>	<b>Gateshead</b>	<b>08/07/2016</b>	<b>2.18.58</b>
Kiera Mooney	Bedford	08/08/2009	2.19.58
<b>Femke Rosbergen</b>	<b>Watford</b>	<b>07/09/2016</b>	<b>2.19.58</b>
Greta Connolly	Watford	26/05/2001	2.20.2
Barbara Parker	Birmingham	07/09/1997	2.20.4
Gilly Savage	Bury St Edmunds	17/09/2006	2.20.8
Holly Cooper	Norwich	17/07/2005	2.20.9
Kiera Mooney	Peterborough	21/06/2008	2.22.5

### 1200m

Michelle Perkins	Norwich	10/04/1999	4.04.3
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Debbie Brett	Norwich	10/04/1999	4.13.2
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### **1500m**

<b>Femke Rosbergen</b>	<b>Ashford</b>	<b>14/08/2016</b>	<b>4.42.96</b>
Claire Pring	Watford	07/05/2006	4.50.51
<b>Katie Goldsmith</b>	<b>Cambridge</b>	<b>05/06/2016</b>	<b>4.52.8</b>
Jodie Palmer	Lincoln	20/06/1998	4.54.1
<b>Emma Hunter</b>	<b>Norwich</b>	<b>19/06/2016</b>	<b>4.54.9</b>
Carly Brown	Watford	29/09/2004	4.56.55
Carley Rose	Norwich	20/07/2003	4.58.3
Ellie Taylor	Peterborough	13/06/2015	4.58.46
Megan Soanes	Watford	01/06/2011	4.58.90
Nastassja Potgieter	Birmingham	05/09/2009	4.59.08

### **2000m**

Jodie Palmer	King's Lynn	22/03/1998	7.11.4
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### **3000m**

Claire Pring	Norwich	17/07/2006	10.31.0
<b>Emma Hunter</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>10.37.3</b>
<b>Nelly Porter</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>10.48.2</b>
Carly Brown	Norwich	15/07/2004	10:55.0
Alice Cheverton	Watford	24/08/2011	10.57.44
Ellie Taylor	King's Lynn	23/05/2015	11.01.3
Emily Hoogkammer	Great Yarmouth	09/05/2010	11.14.1
Iona Lake	Great Yarmouth	12/05/2007	11.17.5
Siew Yen Loke	King's Lynn	23/05/2015	11.21.8
Lucy Emmett	Great Yarmouth	15/05/2014	11.39.1

### **75m hurdles**

Maria Garavand	Birmingham	03/09/2000	11.25
Victoria Williamson	Gateshead	11/07/2008	11.46/11.37w
Gemma Pike	Watford	26/05/2001	11.49
Laura McDonald	Ashford	24/05/2008	11.6/11.58w
<b>Mia Hopson</b>	<b>St Albans</b>	<b>08/05/2016</b>	<b>11.6</b>
Laura Green	Ashford	26/05/2007	11.73
Beccy Pike	Great Yarmouth	16/05/2004	11.9
Laura Warman	Portsmouth	29/05/2005	11.93
Jessica Doncaster	Cambridge	02/06/2012	11.94
<b>Eleanor Brown</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>12.1</b>

### **High Jump**

Rebecca Bell	Stoke	05/09/1999	1.67
Ellen Davies	St Ives	19/06/1999	1.61
Barbara Parker	Birmingham	07/09/1997	1.61
Amy Matthews	Thurrock	06/09/2015	1.60
Becky Pike	Norwich	09/06/2004	1.58
Jade Chestney	Birmingham	09/07/2005	1.58
Sienna Sexton	Great Yarmouth	25/05/2013	1.57
C Williamson	Woking	22/08/1998	1.55
Chloe Smith	Norwich	14/05/2007	1.55
Eleanor Blunt	Peterborough	10/04/2011	1.55

### **Triple Jump**

Sophie Bishop	Lee Valley	12/06/2014	10.92
Laura McDonald	Ashford	24/05/2009	11.14w/10.87
Laura Green	Norwich	14/05/2007	10.17
<b>Eleanor Brown</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>9.95</b>
Sarah Costello	Norwich	07/06/2015	9.76

Sasha Barnard	Cambridge	06/07/2008	9.62
Tallulah Bell	King's Lynn	27/02/2013	9.60
Sarah Kelly	Norwich	11/05/2009	9.05
Megan Soanes	Ipswich	09/05/2010	9.01
Katie Vickery	Norwich	11/05/2009	8.81

### Long Jump

Tallulah Bell	Southend	04/08/2013	5.44
Honor De Winton	Sheffield	11/07/2009	5.32
Ellen Davies	Ware	06/08/2000	5.30
Sophie Bishop	Great Yarmouth	08/06/2014	5.14
<b>Eleanor Brown</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>5.06</b>
Rebecca Bell	Havering	10/09/2000	5.04
Katie Vickery	Norwich	13/06/2009	5.00
Barbara Parker	Kingston	19/07/1997	4.92
Victoria Williamson	Grantham	29/06/2008	4.84
Sarah Costello	Great Yarmouth	21/06/2015	4.84

### Shot Putt 3kg

Kayleigh Southgate	Norwich	11/08/2002	12.48
Laura McDonald	Ashford	23/05/2009	10.40
Megan Thomas	King's Lynn	18/05/2008	10.33
Fay Roberts	Great Yarmouth	09/05/1998	10.14
Lucy Brice	Norwich	16/06/2012	10.11
Stephanie Griffin	Grantham	19/06/2010	9.96
Emily White	King's Lynn	23/05/2015	9.54
Victoria Williamson	Cambridge	06/07/2008	9.45
H Selvester	Great Yarmouth	09/05/1998	9.38
Matilda Chitty	Bury St Edmunds	13/09/2015	9.20

### Discus

Megan Thomas	Cambridge	06/07/2008	30.12
Jessica Crisp	Chelmsford	28/05/2006	28.96
H Selvester	Great Yarmouth	09/05/1998	27.31
Kayleigh Southgate	Great Yarmouth	12/05/2002	27.04
L Graham	Lincoln	20/06/1998	26.65
Lilly Evans	Birmingham	10/07/2010	27.55
Shannon Curry	King's Lynn	18/05/2008	25.65
Stephanie Griffin	Great Yarmouth	20/06/2010	25.61
Sarah Everett	Southend	09/08/1998	24.91
Jenna Cannell	Chelmsford	28/05/2006	24.81

### Hammer

Megan Thomas	Ashford	25/05/2008	44.38
Gemma Vickery	Sandy	26/09/2010	38.56
Jenna Cannell	Cambridge	08/07/2007	38.06
<b>Amy Money</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>33.01</b>
Shannon Curry	Sandy	29/09/2007	29.21
Matilda Chitty	Thurrock	06/09/2015	20.58
<b>Heidi Lamb</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>16.28</b>
Lauren Bradfield	Ipswich	06/07/2014	15.84
Chloe Quantrill	Bury St Edmunds	13/09/2015	14.69
Elizabeth Cooper	Stevenage	16/09/2012	8.61

### Javelin

Laura McDonald	Sheffield	11/07/2009	43.13
Abby Gooderham	Norwich	08/06/2013	34.67
Stephanie Griffin	Cambridge	17/07/2010	31.92
Sophie Turner	Bury St Edmunds	13/09/2015	31.92



<b>Sophie Turner</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>30.69</b>
Ruth Watkins	Norwich	30/07/2000	28.28
Katie Daniels	Bury St Edmunds	12/07/2015	27.91
Anna Claydon	Haringey	30/06/2002	27.66
<b>Amy Money</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>27.13</b>
Fay Roberts	Norwich	25/05/1997	26.78

#### **Pole Vault**

Abi Martins	Birmingham	05/09/2009	2.65
Georgina Culling	Sandy	22/09/2008	2.30
Sasha Birrell	Peterborough	11/04/2010	2.30
Hayley Chalcraft	King's Lynn	26/01/2014	2.30
Imogen Gibbs	Norwich	10/05/2008	1.80

#### **Pentathlon indoor/outdoor**

Barbara Parker	Derby	20/09/1997	2929
Victoria Williamson	Grantham	29/06/2008	2893
Laura McDonald	Grantham	29/06/2008	2708
<b>Eleanor Brown</b>	<b>Peterborough</b>	<b>25/09/2016</b>	<b>2671</b>
Katie Daniels	Peterborough	27/09/2015	2508
Amy Matthews	Peterborough	27/09/2015	2466
Emily Sherlock	Sheffield	21/09/2003	2461
Sarah Costello	Chelmsford	28/06/2015	2310
<b>Kirsty Sait- Stewart</b>	<b>Peterborough</b>	<b>25/09/2016</b>	<b>2196</b>
Laura Green	Lee Valley	07/01/2007	2187

#### **Under 15 Boys**

##### **100m**

Ashley Cooper	Norwich	15/03/2013	11.5
Ben Hamblin	Sheffield	08/07/2000	11.51
De La Rey Veenendaal	Cambridge	11/08/2007	11.6
Aaron Pitt	Bury St Edmunds	19/09/2010	11.6
James Digby	Bury St Edmunds	16/09/2001	11.7
Hugh Irving	Norwich	23/05/2004	11.7
Daniel Wong	St Ives	29/07/2012	11.7
Sam Brown	Norwich	14/06/2014	11.8
<b>Louis Albrow</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>11.8</b>
David Smy	Ware	06/08/2000	11.9
D Rodwell	Bury St Edmunds	22/09/2002	11.9
Tejiri Ighomereho	Norwich	31/05/2009	11.9

##### **150m**

Ashley Cooper	Great Yarmouth	25/01/1900	17.8
Wesley Matsuka Williams	Great Yarmouth	17/04/2014	18.7
Sam Brown	Great Yarmouth	17/04/2014	18.8
Robbie Walden	Great Yarmouth	17/04/2014	19.1
David Smy	Norwich	10/04/1999	19.4
Callum Brown	Norwich	10/04/2008	19.4
Daniel Wong	Great Yarmouth	21/04/2011	19.4
Ben Hamblin	Norwich	10/04/1999	19.5
Ben Matsuka-Williams	Great Yarmouth	12/04/2012	20.1
M Root	Norwich	10/04/1999	20.7

##### **200m**

Aaron Pitt	Chelmsford	20/06/2010	23.0
Ashley Cooper	Hendon	11/08/2013	23.30
<b>Louis Albrow</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>23.6</b>
Hugh Irving	Gateshead	10/07/2004	23.9

De La Rey Veenendaal	Eltham	04/06/2007	23.9
James Digby	Ipswich	01/07/2001	24.0
Sam Brown	Braintree	23/06/2013	24.0
Ben Hamblin	Cambridge	07/05/2000	24.1
Tom Parker	Bedford	08/05/2005	24.2
Michael Fraser	King's Lynn	24/07/2005	24.2

### **300m**

Wesley Matsuka Williams	Chelmsford	15/06/2014	38.5
Thomas Lake	Ware	19/08/2012	39.0
B Matsuka-Williams	Bury St Edmunds	23/09/2012	39.0
<b>Louis Albrow</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>39.4</b>
<b>Louie Moreno Mena</b>	<b>Peterborough</b>	<b>18/09/2016</b>	<b>39.4</b>
<b>Alex Mortimer</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>40.0</b>
Sam Brown	Stevenage	13/07/2014	40.1
<b>Kieran Farley</b>	<b>Cambridge</b>	<b>26/06/2016</b>	<b>40.57</b>
<b>Jamie Brown</b>	<b>Norwich</b>	<b>07/08/2016</b>	<b>40.8</b>
Cameron Lindsey	Norwich	21/07/2013	40.9

### **400m**

Aaron Pitt	Bedford	22/08/2010	49.99
James Senior	Boston	17/06/2006	51.4
Oliver Edwards	Sheffield	11/07/1997	53.89
De La Rey Veenendaal	Norwich	23/07/2006	54.1
Michael Fraser	Chelmsford	10/07/2005	54.4
Ben Steward	Norwich	20/06/2009	55.1
Joel Taylor	Norwich	23/07/2006	55.2
Thomas Lake	Peterborough	23/06/2012	55.2
Tim Cochius	Boston	17/06/2006	55.6
Scott Greeves	Watford	18/07/2010	55.7

### **600m**

Jamie Finch	Great Yarmouth	12/04/2012	1.33.6
Tom Crawshaw	Great Yarmouth	13/04/2006	1.39.6
Tom Dawkins	Great Yarmouth	07/04/2005	1.44.0
Sam Gotts	Great Yarmouth	19/04/2007	1.51.5

### **800m**

James Senior	Gateshead	08/07/2006	1.56.71
Aaron Pitt	Watford	30/08/2009	2.00.73
Ashley Waterson	Stevenage	16/09/2012	2.02.2
Callum McLaren	Gateshead	11/07/2008	2.04.06
Conor Darby	Norwich	23/07/2006	2.04.2
Rick Ward	Bury St Edmunds	07/09/2003	2.05.7
Joel Taylor	Havering	25/06/2006	2.06.2
Scott Greeves	Watford	18/07/2010	2.06.3
Josh Holland	Norwich	27/06/2004	2.07.4
Ned Lamb	Birmingham	09/07/2005	2.08.78

### **1200m**

Daniel Mann	Norwich	10/04/1999	3.53.7
Chris Thomson	Norwich	10/04/1999	3.55.3
Stuart Smith	Norwich	10/04/1999	4.04.2
Michael Naylor	Norwich	10/04/1999	4.13.6

### **1500m**

James Senior	Birmingham	06/08/2006	4.09.77
Ashley Waterson	Gateshead	07/07/2012	4.10.63
Connor Darby	Gateshead	08/07/2006	4.12.51

Luke Spear	Birmingham	05/07/2013	4.17.17
Jack White	Bury St Edmunds	13/09/2015	4.19.5
Scott Greeves	Milton Keynes	22/05/2010	4.20.33
Josh Holland	Watford	30/05/2004	4.21.58
<b>William Mahoney</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>4.22.1</b>
Connor Darby	Watford	24/08/2005	4.22.23
James Jackson	Norwich	23/07/2006	4.22.6
Tom Hook	Croydon	21/06/2009	4.23.05

### **3000m**

Jack White	Bedford	29/08/2015	9.08.56
Connor Darby	Watford	23/08/2006	9.19.60
James Senior	Norwich	17/07/2006	9.20.3
Stuart Huntington	Bury St Edmunds	07/09/2003	9.29.2
Josh Holland	Norwich	05/07/2004	9.33.8
James Senior	Norwich	17/07/2005	9.39.5
Tom Crawshaw	Norwich	17/07/2006	9.45.3
Jack White	Watford	27/08/2014	9.49.22
Scott Greeves	Great Yarmouth	22/07/2010	9.52.3
Luke Spear	Great Yarmouth	25/04/2013	9.54.8

### **80m hurdles**

Oliver Edwards	Derby	21/09/1997	11.59
Francis Baker	Copthall	15/05/2002	12.0
Ian Young	Huntingdon	08/08/1999	12.2
James Cox	Norwich	13/07/2003	12.2
Ross Elsby	Norwich	23/07/2006	12.2
Steven Hadley	Norwich	20/06/2009	12.2
Josh Rea	Hemel Hempstead	25/09/2005	12.23
O Ewing	Bury St Edmunds	21/09/2009	12.4
Daryl Wickham	Norwich	09/06/2001	12.5
D Anderson	Havering	10/09/2000	12.6

### **100m hurdles**

Chris Baker	Hemel Hempstead	25/09/2005	16.0
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### **400m hurdles**

James Cox	Bury St Edmunds	07/09/2003	65.5
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### **High Jump**

Chris Baker	Birmingham	14/08/2005	1.87
Zeno Mhae	Sheffield	11/07/2009	1.87
Nick Bantin	Battersea	04/05/2003	1.85
Francis Baker	Great Yarmouth	12/05/2002	1.75
A Kelly	Peterborough	19/07/1998	1.70
James Steel	Norwich	11/06/2011	1.70
Oliver Edwards	Derby	20/09/1997	1.68
Tyler Berry	Bury St Edmunds	17/08/2008	1.65
Tyler Berry	Norwich	31/05/2009	1.65
Tejiri Ighomerho	Norwich	31/05/2009	1.65

### **Pole Vault**

L Smith	Ipswich	21/06/1997	3.10
Chris Baker	Chelmsford	10/07/2005	3.00
Francis Baker	Walthamstow	02/06/2002	2.80
Douglas Beckett	Norwich	08/06/2013	2.80
Nick Bantin	Battersea	04/05/2003	2.45
Kim Bowling	Norwich	27/06/2004	2.30
Paul Goodall	Southend	22/07/2001	2.20

Callum Mooney	Bedford	14/04/2013	2.20
C Westgate	Peterborough	20/07/1997	2.10
R Morris	Peterborough	19/07/1998	2.10

#### Long Jump

Wesley Matsuka-Williams	Bury St Edmunds	14/09/2014	6.22
Andrew Holmes	Bury St Edmunds	16/06/2001	6.04
Oliver Bradfield	Norwich	12/06/2010	6.04
David Smy	Havering	10/09/2000	5.99
Ashley Cooper	Southend	04/08/2013	5.91
M McMahon	Peterborough	20/07/1997	5.86
Ross McLachlan	Glasgow	31/07/2011	5.82
Robin Maingay	Bury St Edmunds	17/08/2008	5.70
Josh Elder	Norwich	23/07/2006	5.65
Adam Howard	Eltham	04/06/2007	5.61

#### Triple Jump

Wesley Matsuka-Williams	Birmingham	11/07/2014	13.01
Jack Dearden	Peterborough	23/06/2012	12.00
Josh Elder	Colchester	06/08/2006	11.90
Thomas Lake	Abingdon	26/05/2012	11.84
J Meredith	Norwich	22/08/1999	11.63
Ashley Cooper	Bury St Edmunds	15/09/2013	11.45
<b>Tristan McLellan</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>11.29</b>
Harry Ellis	Grantham	19/06/2010	11.22
Ryan Howard	Bury St Edmunds	21/09/2009	11.11
R Fuller	Norwich	14/06/1997	11.10

#### Shot Putt

Danny Clayton	Bury St Edmunds	17/08/2008	13.33
Oliver Massingham	Hendon	11/08/2013	12.92
Alex Marchant	Cambridge	29/06/2013	12.60
Michael Painter	Bury St Edmunds	02/08/2009	12.52
<b>James Cunningham</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>12.39</b>
J Gayson	Great Yarmouth	28/07/2003	12.37
Sam Coe	King's Lynn	08/08/2004	12.30
Richard Wetherall	Great Yarmouth	10/08/2008	11.86
Oliver Edwards	Derby	20/09/1997	11.38
Oliver Bradfield	Bury St Edmunds	02/08/2009	11.15

#### Shot Putt 5kg

Danny Clayton	Stevenage	07/09/2008	12.09
Chris Baker	Hemel Hempstead	25/09/2005	8.77

#### Hammer

Michael Painter	Norwich	15/08/2009	63.57
Danny Clayton	Norwich	14/09/2008	56.71
Sam Coe	King's Lynn	08/08/2004	55.10
Callum Brown	Peterborough	25/08/2008	51.06
Jaquan Moore	Ashford	15/08/2015	47.29
Philip Barnard	Great Yarmouth	27/07/2003	40.63
Jacquan Moore	Stevenage	13/07/2014	34.40
<b>James Cunningham</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>33.11</b>
Jonathon Tomes	Norwich	14/05/2012	30.37
Sam Green	Norwich	02/04/2010	26.81

#### Discus

Michael Painter	Cambridge	05/07/2009	43.22
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Oliver Massingham	Norwich	21/06/2013	40.19
Danny Clayton	Norwich	14/09/2008	36.63
Sam Coe	Bury St Edmunds	19/09/2004	35.40
J Lunn	Norwich	22/08/1999	33.73
Daniel Bainbridge	Braintree	23/06/2013	33.59
Alex Marchant	Norwich	21/07/2013	32.80
J Gayson	Great Yarmouth	12/05/2002	32.02
P Clifford	Norwich	21/09/2003	31.92
Jonathon Tomes	Ipswich	20/05/2012	31.63

#### **Discus 1.5kg**

Danny Clayton	Stevenage	07/09/2008	30.11
Chris Baker	Hemel Hempstead	25/09/2005	24.57

#### **Javelin**

Oliver Bradfield	Norwich	12/06/2010	65.87
Daniel Bainbridge	Bedford	31/08/2013	50.01
Jonathon Tomes	Peterborough	23/06/2012	46.86
C Westgate	Great Yarmouth	10/05/1998	44.76
Ed Skinner	Greys	22/07/2007	44.40
J Rix	Peterborough	20/07/1997	41.38
Callum Brown	Bury St Edmunds	17/08/2008	40.21
Liam Chipperfield	King's Lynn	23/05/2015	40.17
<b>Jacob Carver</b>	<b>Norwich</b>	<b>07/08/2016</b>	<b>39.75</b>
Alex Marchant	Cambridge	06/09/2013	38.47

#### **Pentathlon**

Oliver Edwards	Derby	20/09/1997	2873
Francis Baker	Derby	21/09/2002	2541
Josh Rea	Hemel Hempstead	25/09/2005	2251
Chris Baker	Great Yarmouth	25/06/2005	2132
L Summers	St Ives	28/06/1998	2082
C Westgate	St Ives	28/06/1998	1822
Blakney Alstrachen-Green	Great Yarmouth	26/06/2005	1266

#### **Octathlon**

Chris Baker	Hemel Hempstead	25/09/2005	3264
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### **Under 17 Women**

#### **60m indoors**

Cleio Stephenson	Lee Valley	12/03/2011	7.68
Harriet Lucas	King's Lynn	21/01/2007	7.9
Ella Stephenson	Lee Valley	16/01/2011	8.0
Laura Johnson	Lee Valley	22/01/2012	8.09
Victoria Mitchell	Lee Valley	12/03/2011	8.10
Tallulah Bell	King's Lynn	26/01/2014	8.1
Ellie Frankland	Lee Valley	10/01/2015	8.17
Victoria Williamson	Kings Lynn	25/01/2009	8.2
Laura Green	Chelmsford	01/03/2009	8.2
Laura McDonald	Lee Valley	18/01/2010	8.3
Kirsty Hollings	King's Lynn	10/02/2003	8.3
<b>Emily Mace</b>	<b>Lee Valley indoor</b>	<b>06/02/2016</b>	<b>8.30</b>

#### **60m hurdles indoors**

Laura Green	Birmingham NIA	23/02/2007	9.15
Victoria Williamson	Lee Valley	17/01/2009	9.27
Gemma Pike	King's Lynn	10/02/2003	9.3
<b>Lauren Bradfield</b>	<b>Lee Valley indoor</b>	<b>09/01/2016</b>	<b>9.58</b>

Laura Warman	King's Lynn	22/01/2006	9.8
Jessica Doncaster	King's Lynn	27/01/2013	10.0
Eleanor Blunt	King's Lynn	29/01/2012	10.01
Grace Ashworth	Lee Valley	01/02/2014	10.17
Jenny Milligan	King's Lynn	21/01/2007	10.2
Mimi Denmark	King's Lynn	21/01/2007	10.3

### **Triple Jump indoors**

Laura McDonald	Lee Valley	16/01/2010	11.40
Laura Green	King's Lynn	21/01/2008	10.01

### **75m**

Clieo Stephenson	Great Yarmouth	21/04/2011	9.7
Ella Stephenson	Great Yarmouth	21/04/2011	10.0
Laura Johnson	Great Yarmouth	25/04/2013	10.1
Katie Vickery	Great Yarmouth	21/04/2011	10.4
H Goodall	Great Yarmouth	06/04/2000	10.5
Harriet Lucas	Great Yarmouth	19/04/2007	10.0
Sophie Harriman	Great Yarmouth	13/04/2006	10.5
F Hope	Great Yarmouth	09/04/1998	10.8
Laurel Cooper	Great Yarmouth	13/04/2006	11.5

### **80m**

H Goodall	King's Lynn	28/03/1999	11.3
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### **100m**

Clieo Stephenson	Walthamstow	19/06/2011	12.0
Harriet Lucas	Bedford	11/06/2006	12.18/12.05W
Victoria Mitchell	Walthamstow	19/06/2011	12.3
Laura Johnson	Gateshead	07/07/2012	12.35
Emily Parr	Basildon	02/08/1997	12.4
Laura Johnson	Woodford Green	28/04/2013	12.40
Tallulah Bell	Chelmsford	15/06/2014	12.4
Kirsty Hollings	Battersea	09/05/2004	12.5
Eleanor Frankland	Chelmsford	15/06/2014	12.5
Rebecca Allen	Hertford	24/04/1999	12.6
<b>Emily Mace</b>	<b>St Albans</b>	<b>08/05/2016</b>	<b>12.6</b>

### **150m**

Clieo Stephenson	Great Yarmouth	21/04/2011	19.0
Harriet Lucas	Great Yarmouth	19/04/2007	19.8
Laura Johnson	Great Yarmouth	25/04/2013	20.1
Sophie Harriman	Great Yarmouth	13/04/2006	20.2
Eleanor Blunt	Great Yarmouth	12/04/2012	20.5
H Goodall	King's Lynn	28/03/1999	20.6
R Corri	Peterborough	08/03/1998	20.7
Jenny Milligan	Great Yarmouth	19/04/2008	20.8
Katie Vickery	Great Yarmouth	21/04/2011	21.0
F Hope	Great Yarmouth	09/04/1998	21.1
Carly Brown	Great Yarmouth	13/04/2006	21.1

### **200m**

Harriet Lucas	Haringey	04/06/2006	24.7
Clieo Stephenson	Norwich	12/06/2010	25.1
Kirsty Hollings	King's Lynn	21/06/2003	25.3
Emily Parr	Basildon	02/08/1997	25.4
Katie Clark	Basildon	07/09/2014	25.7
Maria Garavand	Bury St Edmunds	09/09/2001	25.8
Victoria Mitchell	Norwich	12/06/2010	25.8

Emily Mace	Ipswich	19/07/2015	25.8
Rebecca Scotcher	Bedford	14/06/1998	25.96
Tallulah Bell	Chelmsford	15/06/2014	26.0
Steph Jordan	Bury St Edmunds	08/06/2003	26.2
Laura Johnson	Norwich	14/05/2012	26.2

### **300m**

Emily Parr	Waltham Forest	29/06/1997	39.9
Rebecca Scotcher	Birmingham	06/09/1998	40.05
Harriet Lucas	Great Yarmouth	12/05/2007	40.4
Maria Garavand	Bury St Edmunds	22/09/2002	41.1
Rachel Stringer	Norwich	23/07/2006	41.3
Katie Clark	Basildon	07/09/2014	41.4
J Holdsworth	Sheffield	08/07/2000	41.69
<b>Georgie Bowett</b>	<b>Norwich</b>	<b>19/06/2016</b>	<b>42.5</b>
Keira Mooney	Chelmsford	20/06/2010	42.6
L Symonds	Sheffield	15/06/1998	42.79
Laura Johnson	Ipswich	19/05/2013	42.8

### **400m**

Rebecca Scotcher	Norwich	30/05/1998	56.3
Rachel Stringer	Bedford	22/07/2006	57.5
Maria Garavand	Bury St Edmunds	09/09/2001	57.7
Kiera Mooney	Woodford Green	27/06/2010	59.13
Laura Gilbert	Norwich	13/08/2000	60.0
H Magrath	Bromley	07/06/1997	60.1
<b>Georgie Bowett</b>	<b>Ashford</b>	<b>13/08/2016</b>	<b>60.30</b>
Belinda Clarke	Hendon	28/06/2015	60.35
Barbara Parker	St Ives	13/06/1999	60.8
Shelley Smith	Eton	20/06/2004	61.0
Amy Clarke	Norwich	12/07/2014	61.0

### **600m**

Barbara Parker	King's Lynn	22/03/1998	1.41.5
Carly Brown	Great Yarmouth	13/04/2006	1.42.9
Gilly Savage	Great Yarmouth	19/04/2007	1.42.9
Abbie Beales	Great Yarmouth	19/04/2008	1.43.3
Holly Cooper	Great Yarmouth	13/04/2006	1.43.5
Shelley Smith	Great Yarmouth	08/04/2004	1.47.5
Rachel Brown	Great Yarmouth	10/04/2003	1.48.0
Alice Cheverton	Great Yarmouth	12/04/2012	1.49.1
<b>Georgie Bowett</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>1.51.2</b>

### **800m**

Rachel Stringer	Gateshead	08/07/2006	2.09.98
Barbara Parker	Bury St Edmunds	10/07/1999	2.11.8
Rebecca Scotcher	Basildon	28/06/1998	2.13.8
Iona Lake	Watford	26/08/2009	2.13.93
Kiera Mooney	Bromley	08/05/2011	2.15.8
Laura Gilbert	Exeter	06/07/2001	2.16.0
Helen South	Crystal Palace	02/07/2000	2.16.7
Debbie Brett	Nottingham	12/07/2002	2.16.8
Shelley Smith	Bromley	23/05/2004	2.17.3
Carley Rose	Crystal Palace	06/08/2005	2.18.23

### **1500m**

Iona Lake	Manchester	30/05/2009	4.37.79
Rosie Betts	Watford	10/06/2006	4.41.17
Carley Rose	Watford	24/08/2005	4.41.99

Claire Pring	Ashford	27/05/2007	4.42.83
Emily Clarke	Bromley	10/07/2004	4.43.3
Ruth Senior	Watford	05/07/2004	4.43.4
Barbara Parker	Norwich	19/07/1998	4.44.9
Nastassja Potgieter	Watford	01/06/2011	4.45.44
<b>Millie Solway</b>	<b>Watford</b>	<b>29/06/2016</b>	<b>4.48.23</b>
Debbie Brett	Eton	23/06/2002	4.49.8

### **3000m**

Claire Pring	Birmingham	14/07/2007	10.03.53
Rosie Betts	Watford	28/06/2006	10.05.99
Ruth Senior	Gateshead	10/07/2004	10.19.3
Ruth Proctor	Sheffield	08/07/2000	10.25.9
Carley Rose	Norwich	18/05/2005	10.27.1
Danielle Nimmock	Birmingham	06/08/2006	10.29.79
Amy Dungar	Bromley	07/06/1997	10.44.0
Laura Gilbert	Newport	16/07/2000	10.45.8
Sophie Alden	Norwich	03/06/2013	10.47.1
Hannah Wright	Chelmsford	29/05/2011	10.50.25

### **80m hurdles**

Hayley G Smith	Haringey	24/05/1998	11.34
Maria Garavand	Haringey	30/06/2002	11.6
Gemma Pike	Battersea	04/05/2003	11.9
Laura Green	Bromley	18/05/2008	12.0
Katie Clark	Basildon	07/09/2014	12.1
R Corri	Norwich	30/05/1998	12.2
Liz Barnes	Walthamstow	01/06/2003	12.3
Becky Pike	Ipswich	18/06/2005	12.3
<b>Lauren Bradfield</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>12.4</b>
Victoria Williamson	Ashford	24/05/2009	12.46

### **100m hurdles**

Maria Garavand	Norwich	24/08/2002	14.5
<b>Lauren Bradfield</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>15.8</b>
Gemma Pike	Walthamstow	18/08/2002	16.3
Ellen Davies	Bury St Edmunds	09/09/2001	16.7
Emma Smith	Norwich	24/08/2002	17.5
Jessica Doncaster	Great Yarmouth	07/08/2014	17.5
Grace Ashworth	Bury St Edmunds	17/08/2014	17.6
Rebecca Groves	Barnet	30/07/2000	18.0
Becky Pike	Tamworth	07/05/2006	18.1
Rebecca Bell	Guildford	29/07/2001	18.4
Amy Hams	Haringey	25/07/2004	18.4

### **300m hurdles**

Maria Garavand	Nottingham	12/07/2002	43.15
Katie Clark	Bedford	31/08/2014	44.15
Rebecca Scotcher	Birmingham	06/09/1998	44.73
Victoria Williamson	Ashford	24/05/2009	45.85
Emma Smith	Watford	25/05/2002	46.27
Gemma Pike	King's Lynn	21/06/2003	46.7
Laura Warman	Norwich	09/06/2007	46.7
Becky Pike	Birmingham	09/07/2005	46.8
Jenny Milligan	Lee Valley	01/06/2008	46.9
H Magrath	Sheffield	11/07/1997	46.92

### **400m hurdles**

Maria Garavand	Derby	08/09/2002	62.44
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Katie Clark	Stevenage	02/08/2014	65.1
H Magrath	Bromley	07/06/1997	66.9
Emma Smith	Walthamstow	18/08/2002	68.0
Barbara Parker	Norwich	25/07/1999	70.0
Laura Warman	Norwich	09/06/2007	70.4
R Groves	Birmingham	10/09/2000	70.54
Becky Pike	Tamworth	07/05/2006	71.4
Amy Hams	Bromley	23/05/2004	71.6
Grace Ashworth	Hendon	27/07/2014	72.47

### **1500m S/Chase**

Kiera Mooney	Bromley	24/07/2011	5.24.28
Hazel Wilson	nNorwich	25/06/2010	6.33.7
Charlotte Hudson Madge	Stevenage	18/04/2015	7.00.29
Izzy Chrysafi	Stevenage	18/04/2015	7.00.34
Lauren Stansbury	Stevenage	18/04/2015	7.10.60

### **High Jump**

Rebecca Bell	Guildford	29/07/2001	1.73
Celia Dupont	King's Lynn	21/06/2003	1.65
<b>Modupe Obideyi</b>	<b>Norwich</b>	<b>11/06/2016</b>	<b>1.65</b>
Lucy Ann-Williams	Norwich	14/05/2012	1.63
Chloe Smith	King's Lynn	09/05/2009	1.62
Catherine Oliver	Peterborough	23/06/2012	1.62
Holly Slater	Norwich	13/06/2009	1.60
<b>Amy Matthews</b>	<b>King's Lynn</b>	<b>24/01/2016</b>	<b>1.60</b>
Emily Sherlock	Norwich	04/07/2004	1.59
Chloe Crisp	Bury St Edmunds	20/07/2008	1.58

### **Pole Vault**

Sasha Birrell	Gateshead	07/07/2012	3.30
Abi Martins	Watford	18/07/2010	2.75
Georgina Lake	Thurrock	22/07/2007	2.60
Georgina Culling	Bromley	17/05/2009	2.30
Freya Bell	Norwich	14/06/2008	2.20
Greta Connolly	Harrow	27/07/2003	2.00
A Aggett	Norwich	26/03/1997	1.80
Polly Francis	Hillingdon	29/04/2001	1.80
F Roberts	Eton	12/09/1999	1.70
Rebecca Scotcher	Woking	22/08/1998	1.40

### **Long Jump**

Emily Parr	Birmingham	07/09/1997	5.47
Ellen Davies	Norwich	02/06/2002	5.46
Rebecca Bell	Guildford	29/07/2001	5.37
Rebecca Allen	Norwich	25/07/1999	5.27
Julie Chandler	Guildford	29/07/2001	5.20
Honor De Winton	Corby	12/06/2010	5.19
Katie Vickery	Cambridge	28/05/2012	5.19
Eleanor Frankland	Norwich	25/05/2014	5.12
Steph Jordan	Copthall	22/06/2003	5.11
Sophie Bishop	Norwich	02/08/2015	5.09

### **Triple Jump**

<b>Sophie Bishop</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>11.28</b>
Ellen Davies	Copthall Barnet	28/04/2002	10.88
Sally Ash	Birmingham	16/08/1997	10.85
Julie Chandler	Guildford	29/07/2001	10.85
Laura McDonald	Norwich	12/06/2010	10.82

Rebecca Scotcher	Peterborough	31/08/1998	10.74
Steph Jordan	Norwich	11/06/2003	10.54
Lauren Brown	Norwich	10/06/2006	10.51
Katie Pursehouse	Norwich	07/06/2015	10.49
<b>Sarah Costello</b>	<b>West London</b>	<b>09/07/2016</b>	<b>10.37</b>

#### **Shot Putt 4kg**

Sophie Mckinna (2nd claim)	Singapore SIN	22/08/2010	15.14
Kayleigh Southgate	Milton Keynes	06/06/2004	11.49
Isabelle Howard	Crystal Palace	24/05/1997	10.30
Megan Thomas	Norwich	26/06/2010	9.53
Laura McDonald	Cambridge	14/03/2010	9.49
Stephanie Griffin	King's Lynn	15/05/2011	9.35
R Forrest	Norwich	09/06/2001	9.34
Elsbeth Jamison	Chelmsford	02/06/2013	9.34
Lilly Evans	Norwich	11/06/2011	9.24
F Roberts	Eton	12/09/1999	8.97

#### **Shot Putt 3kg**

Jasmin Kemp	Norwich	06/06/2015	9.99
Sienna Sexton	Chelmsford	29/06/2015	9.50
<b>Katie Daniels</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>9.19</b>
Grace Ashworth	Chelmsford	15/06/2014	9.08
<b>Isobel Holroyd</b>	<b>Ipswich</b>	<b>03/07/2016</b>	<b>9.00</b>
Charlotte Hudson Madge	Sheffield	14/03/2015	8.96
<b>Sarah Costello</b>	<b>St Albans</b>	<b>08/05/2016</b>	<b>8.86</b>
Maddison Stubbs	Braintree	10/05/2015	8.77
Freya Biles	Cambridge	19/04/2015	7.55
Sophie Bishop	Norwich	05/07/2015	7.06

#### **Hammer 4kg**

Jenna Cannell	Peterborough	31/08/2009	44.89
Gemma Vickery	Norwich	01/09/2012	40.85
Megan Thomas	Norwich	31/05/2009	39.52
Jessica Crisp	Norwich	16/06/2007	29.93
Sophie Mckinna (2nd claim)	Cophthall	18/04/2010	27.22
Jess Clegg	Cambridge	10/08/2013	24.85
Kayleigh Southgate	Derby	08/09/2002	21.49
Elsbeth Jamison	Cambridge	10/08/2013	19.89
R Forrest	Ealing	26/06/1999	19.87
Laura Seaman	Kingston	19/07/1997	19.44

#### **Hammer 3kg**

Jasmin Kemp	King's Lynn	09/08/2015	22.75
Harriet Searjeant	Bury St Edmonds	14/09/2014	18.97
Lauren Bradfield	Ipswich	06/07/2014	15.84
<b>Amy Matthews</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>9.53</b>
Anna Bakewell	Bromley	15/08/2015	8.18
Emily Mace	Cambridge	19/04/2015	7.22
Izzy Chrysafi	Norwich	04/05/2014	6.80
Georgie Bowett	Lee Valley	16/05/2015	6.12

#### **Discus**

T Woodley	Sheffield	05/08/2001	33.57
Laura Seaman	Stoke	05/09/1999	33.04
Megan Thomas	Eton	14/06/2009	32.93
Kayleigh Southgate	Norwich	11/06/2003	30.70
Steph Burt	Norwich	27/07/2008	30.18
Jenna Cannell	Norwich	03/08/2008	29.50

Gemma Thrower	Norwich	01/09/2012	29.47
Isabelle Howard	Norwich	10/05/1997	29.26
Lilly Evans	Norwich	11/06/2011	28.57
Jenna Cannell	Peterborough	05/04/2009	27.95

### **Javelin 600g**

Laura McDonald	Copthall	07/08/2010	47.52
Steph Burt	Norwich	13/06/2009	40.20
Gemma Thrower	Bedford	08/09/2012	39.60
Elsbeth Jamieson	Norwich	12/05/2013	38.02
Ruth Watkins	Bedford	24/06/2001	30.94
Laura Seaman	Chelmsford	19/09/1999	30.51
Barbara Parker	Eton	12/09/1999	30.09
Franny Mansfield	Norwich	11/06/2006	29.39
Anna Claydon	Norwich	03/08/2003	29.04
R Lee-Smith	Lincoln	20/06/1998	28.87

### **Javelin 500g**

<b>Katie Daniels</b>	<b>Hemel Hempstead</b>	<b>04/09/2016</b>	<b>36.11</b>
Jemma Spenser	Norwich	09/04/2015	33.56
<b>Sophie Turner</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>30.69</b>
<b>Aimee Palmer</b>	<b>Norwich</b>	<b>19/06/2016</b>	<b>28.42</b>
Jasmin Kemp	Norwich	06/06/2015	25.86
Freya Biles	King's Lynn	09/08/2015	24.61
Jessica Doncaster	Norwich	04/05/2014	21.23
Lauren Stansbury	Norwich	12/04/2014	20.50
Grace Ashworth	Corby	28/06/2014	19.93
Charlotte Hudson-Madge	Corby	28/06/2014	18.54

### **Pentathlon**

Rebecca Scotcher	Peterborough	27/09/1998	2928
<b>Amy Matthews</b>	<b>Peterborough</b>	<b>25/09/2016</b>	<b>2851</b>
<b>Katie Daniels</b>	<b>Peterborough</b>	<b>25/09/2016</b>	<b>2706</b>
Sienna Sexton	Leicester	16/08/2015	2527
Grace Ashworth	Sheffield	08/03/2014	2408
Charlotte Hudson Madge	Sheffield	14/03/2015	2314
E Fitt	Peterborough	27/09/1998	2201
Zoe Banham	Peterborough	24/09/2006	2176
Hannah Maher	Lee Valley	15/01/2012	2016

### **Heptathlon**

Barbara Parker		??/??/??	4154
Honor De Winton	Chelmsford	26/06/2010	3813
Grace Ashworth	Bedford	10/08/2014	3547
H Magrath	Bedford	28/06/1997	3391
Sienna Sexton	Chelmsford	28/07/2015	3366
Charlotte Hudson-Madge	Corby	29/06/2014	2908
Hannah Maher	Bedford	30/06/2012	2753

### **Under 17 Men**

#### **100m**

Tom Roe	Great Yarmouth	09/05/1998	11.0
Ben Hamblin	Great Yarmouth	12/05/2002	11.0
James Digby	Walthamstow	01/06/2003	11.1
Jordan Livermore	Norwich	14/06/2014	11.1
Daniel Wong	Chelmsford	15/06/2014	11.2
Kieran Shah	Norwich	14/06/2014	11.2
De La Rey Veenendaal	Bedford	31/05/2009	11.27

Andrew Holmes	Bury St Edmunds	08/06/2003	11.3
Jon Brown	Norwich	20/06/2009	11.3
Tejiri Ighomereho	Walthamstow	19/06/2011	11.3

### **200m**

Ben Hamblin	Nottingham	12/07/2002	22.13
James Digby	Sheffield	11/07/2003	22.21
Ben Matsuka-Williams	Norwich	14/06/2014	22.5
Elliott Holland	St Ives	14/05/2014	22.54
Jack Dearden	Cambridge	27/07/2014	22.54
Tom Roe	Cophall Barnet	17/05/1998	22.7
De La Rey Veenendaal	King's Lynn	01/08/2009	22.7
Michael Fraser	Norwich	09/06/2007	22.8
Kieran Shah	Norwich	21/07/2013	22.9
Kieran Shah	Bury St Edmunds	17/08/2014	22.9

### **400m**

Elliot Holland	Norwich	19/04/2014	49.1
Tom Roe	Peterborough	26/07/1998	49.5
Michael Fraser	Basildon	27/05/2007	50.2
De La Rey Veenendaal	Bromley	27/07/2009	50.6
James Senior	Norwich	16/06/2007	51.0
Aaron Pitt	Bury St Edmunds	23/09/2012	51.1
Thomas Lake	Basildon	07/09/2014	51.2
Rick Ward	Cambridge	18/09/2005	51.7
Joel Taylor	Barking	24/06/2007	52.0
Jack Strachan	Ware	19/08/2012	52.1
John Phoenix	Norwich	29/04/2012	52.2
Sam Green	Cambridge	10/08/2013	52.2

### **800m**

James Senior	Watford	17/05/2008	1.54.72
Joel Taylor	Watford	01/06/2008	1.54.72
Rick Ward	Birmingham	14/08/2005	1.55.77
Scott Greeves	Bedford	18/08/2012	1.55.86
Luke Spear	Lee Valley	16/05/2015	1.57.44
Martainn Ramsey	Chelmsford	11/09/2010	1.58.62
Tom Hook	Watford	10/08/2011	1.58.97
Josh Holland	Enfield	04/06/2006	1.59.4
Mitch Goose	Enfield	19/06/2005	1.59.5
Ashley Waterson	Norwich	14/06/2014	1.59.7
James Jackson	Ipswich	27/04/2008	2.01.8
Daryl Martin	Birmingham	23/04/2006	2.02.2

### **1500m**

Tom Hook	Bedford	21/08/2011	3.53.79
Luke Spear	Eltham	27/05/2015	3.57.69
Rick Ward	Birmingham	09/07/2005	4.01.07
Mitch Goose	Watford	24/08/2005	4.02.10
Josh Holland	Chelmsford	28/05/2006	4.03.63
Joel Taylor	Watford	18/06/2008	4.03.65
James Senior	Watford	18/06/2008	4.04.25
Connor Darby	Bury St Edmunds	13/05/2007	4.06.6
Tom Crawshaw	Norwich	12/05/2008	4.08.6
Ashley Waterson	Watford	07/05/2014	4.09.26

### **3000m**

<b>Jack White</b>	<b>Bedford</b>	<b>28/08/2016</b>	<b>8.49.11</b>
Mitch Goose	Watford	30/05/2005	8.56.15

James Jackson	Peterborough	21/06/2008	8.59.7
Tom Crawshaw	Colchester	29/07/2007	9.00.4
Ashley Waterson	Watford	22/04/2015	9.07.12
L Pointer	Ipswich	21/06/1997	9.12.2
Daniel Mann	Crawley	22/03/2002	9.16.4
Josh Holland	Norwich	18/05/2005	9.16.8
James Senior	Norwich	10/05/2008	9.17.2
Matthew Dack	Norwich	11/06/2003	9.18.8

#### **5000m**

Mitch Goose	Abingdon	10/09/2005	15.36.1
L Hubbard	Stoke	18/08/2001	16:30.7
Tom Crawshaw	Guilford	02/08/2008	17.04.06

#### **100m hurdles**

C Roberts	Norwich	01/06/1997	13.5
Francis Baker	Bedford	25/07/2004	13.55
R Fuller	Bury St Edmunds	10/07/1999	14.09
O Edwards	St Ives	28/06/1998	14.2
Steven Hadley	Norwich	11/06/2011	14.2
Ross Elsby	Peterborough	27/08/2007	14.3
I Young	Exeter	06/07/2001	14.41
J Cox	Bedford	08/05/2005	14.5
Chris Baker	Norwich	19/08/2007	14.6
Josh Rea	Bury St Edmunds	02/09/2007	14.6

#### **110m hurdles**

Francis Baker	Eton	20/06/2004	15.4
R Fuller	Norwich	25/07/1999	16.2
Steven Hadley	Chelmsford	29/05/2011	17.78
D Wickham	Barnet	26/07/1999	17.9
James Senior	Barking	01/07/2007	20.0
J Cox	Basildon	24/07/2005	23.2
Daniel Mann	Barnet	27/07/1999	23.4

#### **400m hurdles**

James Senior	Norwich	12/05/2008	56.7
Daryl Martin	Birmingham	06/08/2006	57.5
Francis Baker	Great Yarmouth	16/05/2004	58.2
Josh Rea	Bury St Edmunds	02/09/2007	58.5
O Edwards	Lincoln	20/06/1998	58.8
Daniel Everett	Bedford	27/04/1997	59.21
A Howarth	Ipswich	21/06/1997	59.6
R Fuller	Enfield	27/06/1999	60.0
Tom Lake	Norwich	27/04/2014	60.47
I Young	Ipswich	01/07/2001	61.0

#### **1500m steeplechase**

James Senior	Gateshead	11/07/2008	4.25.18
Martyn Bath	Birmingham	10/07/2005	4.28.61
Matthew Dack	Birmingham	15/08/2004	4.33.02
Steven Cannell	Birmingham	15/08/2004	4.35.61
Josh Rea	Sheffield	11/08/2007	4.37.34
Sam Cheverton	Peterborough	21/06/2008	4.38.1
Ben Stratton	Norwich	31/05/2009	4.39.6
Daniel Mann	Nottingham	12/07/2002	4.42.30
Rick Ward	Norwich	17/07/2005	4.45.7
J Fooks-Bale	Great Yarmouth	09/05/1999	4.49.1

### 2000m steeplechase

James Senior	Copthall	07/09/2008	6.20.7
James Jackson	Copthall	07/09/2008	6.26.2
Ben Stratton	Bromley	17/07/2009	6.27.4
Steve Cannell	Stevenage	22/06/2003	6.33.5
Martyn Bath	Basildon	24/07/2005	6.35.7
Sam Cheverton	Ipswich	27/04/2008	6.55.5
Tom Francis	Norwich	27/07/2008	6.56.4
L Hubbard	Barnet	16/09/2001	6.58.6
Damien Rogers	Welwyn	29/06/2008	7.04.5
Scott Hawes	Enfield	19/06/2005	7.11.6

### 3000m steeplechase

James Jackson	Guilford	02/08/2008	10.10.4
Martyn Bath	Abingdon	10/09/2005	10.15.3
Craig Dungan	St Ives	05/09/1999	11.06.5

### High Jump

Chris Baker	Copthall	02/09/2007	2.05
Francis Baker	Sheffield	11/07/2003	1.93
Zino Mario Ghae	Norwich	18/06/2011	1.90
Tom Roe	Bedford	27/07/1997	1.85
N Bantin	Norwich	27/06/2004	1.81
A Kelly	Norwich	18/07/1999	1.80
D Rodwell	Norwich	13/07/2003	1.80
J King	Norwich	10/05/1997	1.76
Josh Rea	Norwich	23/07/2006	1.75
Adam Howard	Woodford	04/05/2008	1.75
James McLachlan	Norwich	27/07/2008	1.75
Ryan Howard	King's Lynn	04/07/2010	1.75
Ross Gilbert	Peterborough	22/06/2012	1.75
Matthew Grapes	Great Yarmouth	14/07/2013	1.75
Jack Dearden	Norwich	13/04/2014	1.75

### Pole Vault

Scott Hawes	Birmingham	06/08/2006	3.90
Francis Baker	Bromley	01/08/2004	3.81
L Smith	St Ives	19/06/1999	3.80
Oliver Brice	Walthamstow	19/06/2011	3.70
Chris Baker	Sandy	03/09/2006	3.60
R Morris	Ipswich	20/06/2000	3.40
Ed Skinner	Copthall	07/09/2008	3.20
B Rea	Grantham	22/06/2002	2.85
Kim Bowling	Norwich	17/07/2005	2.80
Douglas Beckett	Norwich	13/04/2014	2.80

### Long Jump

<b>Wesley Matsuka Williams</b>	<b>Stevenage</b>	<b>29/05/2016</b>	<b>6.82</b>
Andrew Holmes	Sheffield	11/07/2003	6.76
Tom Roe	Cambridge	11/08/1998	6.70
Ross McLachlan	Birmingham	05/07/2013	6.64
Ashley Cooper	Norwich	21/06/2014	6.57
Kieran Shah	Bury St Edmunds	14/09/2014	6.42
M McMahon	Norwich	20/06/1999	6.41
M Griffin	King's Lynn	24/05/1998	6.40
Adam Howard	King's Lynn	09/05/2009	6.37
Steven Hadley	Bromley	08/05/2011	6.37

### Triple Jump

<b>Wesley Matsuka-Williams</b>	<b>Ashford</b>	<b>16/07/2016</b>	<b>15.32</b>
James McLachlan	Dumfermline	02/08/2008	14.08
Jack Dearden	Sheffield	01/03/2014	13.26
Andrew Holmes	Havering	29/06/2003	13.19
Steven Hadley	Chelmsford	29/05/2011	12.91
Paul Goodall	Barnet	14/09/2003	12.59
Adam Howard	Norwich	31/05/2009	12.52
Tom Lake	Southend	04/08/2013	12.40
Jack Strachan	Stevenage	12/08/2012	12.31
C Roberts	Norwich	10/05/1997	12.27
Jordan Tye	Norwich	21/07/2013	12.14
<b><u>Shot Putt</u></b>			
Michael Painter	Cambridge	28/05/2011	14.78
Oliver Massingham	Norwich	03/05/2015	14.07
Danny Clayton	Grantham	19/06/2010	13.86
Josh Ayigsi	Norwich	21/06/2014	12.80
R Smit	Norwich	09/06/2001	12.63
Sam Coe	Norwich	23/07/2006	12.07
Ed Skinner	Corby	28/06/2009	12.01
N Smith	Ipswich	20/08/2000	11.96
D Dye	King's Lynn	11/07/1999	11.87
Jack Dearden	Stevenage	13/07/2014	11.83
<b><u>Hammer</u></b>			
Michael Painter	Trabzon TUR	28/07/2011	70.85
Callum Brown	Norwich	29/09/2010	66.18
Sam Coe	Birmingham	06/08/2006	64.81
Danny Clayton	Norwich	02/04/2010	55.36
<b>Jaquan Moore</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>44.39</b>
O Moore	Peterborough	19/07/1998	38.27
L Evans	Great Yarmouth	25/07/2004	38.11
P Barnard	Luton	18/04/2004	37.18
Oliver Massingham	Bury St Edmunds	14/09/2014	29.31
Joel Taylor	Bromley	18/05/2008	26.78
<b><u>Discus</u></b>			
Michael Painter	Cambridge	28/05/2011	51.51
Oliver Massingham	Hendon	28/06/2015	49.78
Danny Clayton	Norwich	08/08/2010	42.40
R Smit	Basildon	20/05/2001	41.60
D Dye	King's Lynn	11/07/1999	38.99
Callum Brown	Norwich	12/06/2010	38.41
D Batterbee	Sutcliffe Park	29/06/1997	38.04
Sam Coe	King's Lynn	13/05/2006	37.84
Daniel Bainbridge	Ipswich	19/07/2015	36.93
Ed Skinner	Bromley	19/07/2009	35.55
<b><u>Javelin</u></b>			
Oliver Bradfield	Peterborough	23/06/2012	65.08
Daniel Bainbridge	Norwich	09/04/2015	60.74
Harry Newenham	Peterborough	25/08/2008	49.49
C Westgate	St Ives	19/06/1999	49.10
P Barnard	Cambridge	18/09/2005	48.95
Ed Skinner	Birmingham	05/09/2009	48.02
J King	Bedford	27/07/1997	46.36
Jack Halliwell	Norwich	08/06/2013	47.96
Jonathon Tomes	Norwich	17/06/2013	47.64
Alex Jewkes	Havering	25/06/2006	45.69

### Pentathlon

Daryl Martin	Peterborough	24/09/2006	1922
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### Octathlon

Francis Baker	Bedford	25/07/2004	4787
Ed Skinner	Bedford	19/20/09/09	4667
Chris Baker	Milton Keynes	29/09/2007	4387
O Edwards	St Ives	28/06/1998	4275
Josh Rea	Eaton	23/09/2006	3762
Daryl Wickham	Watford	28/09/2003	3281
Ashley Cooper	Corby	28/06/2014	3133
David Vincent Waterson	Chelmsford	28/06/2015	3073
Scott Hawes	Hemel Hempstead	25/09/2005	2831

### Decathlon

Francis Baker	Birmingham	08/08/2004	5315
Scott Hawes	Stoke	19/08/2006	4557

### Under 20 Women

#### 60m

Clieo Stephenson	Cardiff	10/03/2013	7.61
Laura Johnson	Sheffield	29/02/2015	7.88
<b>Eleanor Frankland</b>	<b>Lee Valley</b>	<b>16/01/2016</b>	<b>8.0</b>
Victoria Mitchell	Cardiff	10/03/2013	8.10
Laura Eagling	Birmingham	?/ ?/00	8.09i
H Goodall	King's Lynn	11/02/2001	8.3i
Liz Barnes	Birmingham	29/01/2005	8.45i
Sopie Harriman	Birmingham	25/02/2007	8.45i
Katie Vickery	King's Lynn	27/01/2013	8.6
Eleanor Blunt	King's Lynn	26/01/2014	8.6
Katie Pursehouse	King's Lynn	25/01/2015	8.6

#### 75m

H Goodall	Great Yarmouth	29/03/2001	9.9
Steph Jordan	Great Yarmouth	07/04/2005	10.5
Holly Durbridge	Great Yarmouth	21/04/2011	11.1

#### 100m

Clieo Stephenson	Chelmsford	02/06/2013	11.70
Emily Parr	Basingstoke	25/04/1998	12.2
Victoria Mitchell	Bury St Edmunds	01/07/2012	12.4
Laura Johnson	Lee Valley	16/05/2015	12.49
L Wells	Croydon	21/07/2002	12.5
L Symonds	Great Yarmouth	09/05/1999	12.7
<b>Eleanor Frankland</b>	<b>Stevenage</b>	<b>29/05/2016</b>	<b>12.8</b>
Rebecca Allen	Bury St Edmunds	09/09/2001	12.9
H Goodall	Sheffield	29/04/2001	12.9
Kirsty Hollings	Norwich	17/04/2005	12.9

#### 150m

H Goodall	Great Yarmouth	29/03/2001	20.0
Steph Jordan	Great Yarmouth	07/04/2005	20.5
Holly Durbridge	Great Yarmouth	12/04/2012	21.9
H Mubaba	Great Yarmouth	07/04/2005	23.7

#### 200m

Clieo Stephenson	Woodford Green	28/04/2013	24.79
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Victoria Mitchell	Cambridge	10/08/2013	25.4
Laura Johnson	Birmingham	12/07/2014	25.50
L Wells	Eton	23/06/2002	25.9
Claire Everett	Norwich	25/05/1997	26.3
Jemma Thake	Copthall	22/06/2003	26.3
Kirsty Hollings	Norwich	15/05/2005	26.3
Emily Parr	Great Yarmouth	10/05/1998	26.4
<b>Belinda Clark</b>	<b>Cambridge</b>	<b>26/06/2016</b>	<b>26.43</b>
L Symonds	Ealing	26/06/1999	26.5

#### **400m**

Emily Parr	Bedford	30/05/1998	55.32
Rachel Stringer	Norwich	27/07/2008	56.3
Claire Everett	Norwich	10/05/1997	58.6
Jemma Thake	Copthall	22/06/2003	58.6
<b>Belinda Clark</b>	<b>Lee Valley</b>	<b>11/06/2016</b>	<b>58.71</b>
Barbara Parker	Guildford	29/07/2001	58.8
Katie Clark	King's Lynn	09/08/2015	59.3
Maria Garavand	Norwich	27/07/2003	59.8
L Symonds	Eton	17/07/1999	60.5
Helen South	Coventry	05/08/2001	61.0
Lyndsey Yellop	Norwich	25/05/1997	61.0
Holly Cooper	Hendon	30/08/2009	61.0

#### **600m**

Rachel Brown	Great Yarmouth	07/04/2005	1.46.6
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#### **800m**

Rachel Stringer	Watford	30/07/2008	2.05.31
Barbara Parker	Watford	25/07/2001	2.10.0
Iona Lake	Norwich	27/07/2010	2.12.4
Helen South	Norwich	13/05/2001	2.14.3
Sam Jacks	Watford	29/07/2009	2.14.72
Emily Clarke	Watford	30/05/2005	2.15.19
Cicely Hall	Norwich	14/06/1997	2.15.5
Ruth Proctor	Walthamstow	18/08/2002	2.16.2
Ruth Senior	King's Lynn	25/06/2006	2.17.7
Amy Dungar	Norwich	13/05/2001	2.17.9
Charleen Glen	Ipswich	21/06/1997	2.19.7

#### **1500m**

Ruth Senior	Watford	23/08/2006	4.28.96
Iona Lake	Manchester	19/05/2012	4.30.20
Rachel Stringer	Watford	29/07/2009	4.30.99
Dani Nimmock	Watford	26/08/2009	4.33.47
Ruth Proctor	Wakefield	07/07/2002	4.33.6
Emily Clarke	Gateshead	08/07/2006	4.35.04
Helen South	Exeter	06/07/2001	4.39.5
Barbara Parker	Coventry	05/08/2001	4.40.4
Amy Dungar	Hillingdon	29/04/2001	4.44.3
Nastassja Potgieter	Watford	30/06/2013	4.45.63

#### **3000m**

Ruth Senior	Crystal Palace	28/07/2006	9.32.72
Ruth Proctor	Loughborough	08/06/2003	9.37.4
Dani Nimmock	Crystal Palace	25/07/2009	9.49.57
Iona Lake	Norwich	14/07/2012	9.54.5
Holly Rowland	Oedt, GER	13/06/2007	10.03.69
Nastassja Potgieter	Watford	29/05/2013	10.16.76

Olivia Walwyn	Eton	23/06/2002	10.23.4
Emily Clarke	Watford	06/04/2005	10.28.62
Mabel Beckett	Bromley	01/06/2014	10.51.10
Kelly Rushton	St Albans	22/08/1999	10.58.9

### **5000m**

Ruth Proctor	Eton	14/06/2003	16.47.9
Ruth Senior	Norwich	17/07/2006	17.39.7
Dani Nimmock	Bedford	02/05/2009	17.45.82
Olivia Walwyn	Liverpool	06/07/2003	18.05.05
Mabel Beckett	Norwich	02/06/2013	19.19.4
Sophie Alden	Norwich	07/06/2015	19.58.8
Kelly Rushton	Norwich	12/05/1999	20.51.4
Naomi Quinnell	Norwich	11/05/2003	21.40.7

### **300m hurdles**

Lyndsey Yellop	Norwich	17/05/1997	44.8
Cicely Hall	Norwich	26/03/1997	45.2

### **100m hurdles**

Hayley G Smith	Ipswich	23/05/1999	14.7
Catherine Holdsworth	Ware	19/06/2005	14.8
Maria Garavand	Liverpool	06/07/2003	15.5
Claire Everett	Norwich	17/05/1997	15.7
Katie Clark	Colchester	25/05/2015	15.9
Liz Barnes	Eton	20/06/2004	16.2
K Marsh	Ipswich	23/05/1999	16.3
Lyndsey Yellop	Norwich	27/07/1997	16.4
Laura Green	Copthall	18/04/2010	17.01
Jenny Milligan	Bury St Edmunds	19/09/2010	17.3

### **400m hurdles**

Cicely Hall	Bad Homberg (Germany)	07/06/1997	60.83
Maria Garavand	Sheffield	11/07/2003	61.88
Rebecca Pike	Lee Valley	16/08/2009	63.90
H Magrath	Lincoln	20/06/1998	64.2
Katie Clark	Gateshead	11/07/2015	64.90
Lyndsey Yellop	Ipswich	21/06/1997	66.0
Emma Smith	Harrow	27/07/2003	66.8
Laura Green	Copthall	18/04/2010	67.53
Laura Warman	Stevenage	05/05/2008	68.4
Emily Clarke	Sutton	06/08/2006	68.56

### **1500m steeplechase**

Ruth Senior	Birmingham	23/04/2006	4.55.3
Iona Lake	Norwich	22/07/2012	5.04.1
Mabel Beckett	Birmingham	06/07/2013	5.25.84
Kiera Mooney	Sandy	24/06/2012	5.55.3
Hannah Maher	Norwich	31/05/2015	6.01.7
Juliette Broster	Norwich	01/09/2012	6.09.2
<b>Harriet Seargeant</b>	<b>Harrow</b>	<b>01/05/2016</b>	<b>6.12.1</b>
Harriet Seargeant	Hendon	28/06/2015	6.55.20
Grace Ashworth	Lee Valley	16/05/2015	7.11.78

### **2000m steeplechase**

Ruth Senior	Bedford	29/05/2006	6.51.69
Dani Nimmock	Copthall	02/09/2007	6.58.77
Iona Lake	Luton	14/07/2012	7.12.4
Emily Clarke	Abingdon	04/09/2005	7.23.73

Hannah Maher	Bromley	15/08/2015	8.24.09
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### **3000m steeplechase**

Ruth Senior	Beijing (China)	15/08/2006	10.12.50
Iona Lake	Birmingham	24/06/2012	10.36.06
Dani Nimmock	Crystal Palace	25/08/2007	11.09.76

### **High Jump**

Claire Everett	Barnet Copthall	24/08/1997	1.65
Lucy Ann Williams	Norwich	14/06/2014	1.63
C Head	Great Yarmouth	09/05/1998	1.55
Barbara Parker	Newport	16/07/2000	1.55
Emma Smith	Harrow	22/06/2003	1.55
Chloe Smith	King's Lynn	31/01/2010	1.55
Laura Green	Norwich	08/08/2010	1.55
Ellen Davies	Harrow	27/04/2003	1.50
Eleanor Blunt	Norwich	15/06/2013	1.50

### **Pole Vault**

Sasha Birrell	Chelmsford	18/04/2014	3.20
E Beckingsale	Norwich	14/06/1997	2.85
Sarah Kett	Sandy	24/06/2012	2.70
Amy Seaman	Copthall	22/06/2003	2.50
Georgina Lake	Norwich	13/06/2009	2.50
C Head	Bath	05/07/1998	2.30
Charleen Glen	Woking	22/08/1998	2.00
Barbara Parker	Ashford	07/05/2000	1.90
Polly Francis	Eton	23/06/2002	1.90

### **Long Jump**

Catherine Holdsworth 2nd cl: Ware		19/06/2005	5.96
Claire Everett	Norwich	17/05/1997	5.41
Laura Green	Watford	04/05/2010	5.40
Emily Parr	Croydon	07/06/1998	5.39
Ellen Davies	Tidworth	18/05/2003	5.38
C Head	Great Yarmouth	10/05/1998	5.28
<b>Eleanor Frankland</b>	<b>Norwich</b>	<b>11/06/2016</b>	<b>5.26</b>
Rebecca Allen	Chelmsford	01/07/2001	5.20
Rebecca Fisher	Norwich	27/07/1997	5.18
Katie Vickery	Cambridge	10/08/2013	5.11

### **Triple Jump**

Laura Green	Norwich	26/06/2011	11.57
Sally Ash	St Albans	22/08/1999	11.34
Claire Everett	Derby	09/08/1997	10.99
Ellen Davies	Norwich	11/05/2003	10.95
E Graves	Norwich	17/05/1997	10.82
Rebecca Allen	Guildford	29/07/2001	10.81
Julie Chandler	Copthall	28/04/2002	10.66
Charleen Glen	Barnet	30/08/1998	10.59
Katie Pursehouse	Norwich	07/06/2015	10.49
Laura Green	Loughborough	28/04/2012	10.46

### **Shot Putt**

A-L Howard	Norwich	17/05/1997	12.36
Claire Everett	Sheffield (Don Valley)	11/07/1997	11.82
Kayleigh Southgate	Tipton	11/06/2006	10.97
C Head	Lincoln	20/06/1998	10.70
Gemma Thrower	Great Yarmouth	25/05/2013	10.03

Isabelle Howard	Great Yarmouth	09/05/1998	9.86
S Brough	Eton	23/05/2004	9.82
Elsbeth Jamieson	Norwich	19/04/2014	9.67
K Franklin	Ipswich	21/06/1997	9.10
Laura Seaman	Copthall	28/04/2002	9.00
Amy Seaman	Norwich	22/04/2001	8.99

### **Hammer**

Jenna Cannell	Woodford Green	27/06/2010	46.32
Megan Boon	Bedford	29/04/2007	43.83
Gemma Vickery	Birmingham	05/07/2013	43.63
A-L Howard	Cambridge	10/08/1997	39.26
Ellie Jackson	Norwich	16/06/2007	35.41
Amy Seaman	Norwich	11/05/2003	32.72
Megan Thomas	Great Yarmouth	08/05/2011	32.71
Laura Seaman	Walthamstow	18/08/2002	29.89
Jenny Higgins	Norwich	02/04/2010	23.14
Sally Ash	Eton	12/09/1999	21.84
C Head	Ashford	22/06/1998	20.31

### **Discus**

K Franklin	Barnet Copthall	24/08/1997	36.94
Laura Seaman	Eton	23/06/2002	36.12
Gemma Thrower	Bury St Edmunds	01/09/2013	32.12
Megan Thomas	Bury St Edmunds	12/02/2011	30.31
Isabelle Howard	Lincoln	20/06/1998	29.26
Jenna Cannell	Norwich	25/07/2010	29.14
C Head	Norwich	30/05/1998	29.03
Gemma Vickery	Peterborough	26/08/2013	28.87
<b>Jemma Spencer</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>26.37</b>
Steph Burt	Cambridge	28/05/2011	26.34

### **Javelin**

Steph Burt	Bedford	25/06/2011	44.63
C Head	Great Yarmouth	10/05/1998	44.38
Elsbeth Jamieson	Bedford	21/06/2014	43.84
Gemma Thrower	Hendon	11/08/2013	38.82
<b>Jemma Spencer</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>33.11</b>
Laura Seaman	Great Yarmouth	12/05/2002	33.01
Ruth Watkins	Copthall	25/04/2004	31.26
Barbara Parker	King's Lynn	16/04/2000	29.66
Claire Everett	Basingstoke	25/04/1998	29.65
L Cooke	Norwich	09/06/2001	28.36
Emily Hoogkamer	Norwich	14/06/2014	27.76

### **Pentathlon**

Grace Ashworth	Peterborough	27/09/2015	2218
E Fitt	Peterborough	27/09/1998	2201

### **Heptathlon**

Claire Everett	Enfield	02-03/08/97	4630
K Marsh	Hull	19-20/09/98	3386
Charleen Glen	Hull	19-20/09/98	3215
E Fitt	Hull	19-20/09/98	3028
H Magrath	Hull	19-20/09/98	2952

## **Under 20 Men**

### **100m**

Jack Dearden	Bedford	31/05/2015	10.68
Ben Watkins	Ipswich	21/06/1997	10.8
James Digby	Norwich	08/05/2004	10.9
Tom Roe	Liverpool	05/05/2001	11.0
<b>Ben Matsuka-Williams</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>11.0</b>
Ross McLachlan	Hendon	28/06/2015	11.03
Daniel Yellop	Norwich	25/05/1997	11.1
Michael Fraser	Walton	13/06/2009	11.1
Kieran Shah	Norwich	15/07/2015	11.1
Ben Hamblin	Bury St Edmunds	08/06/2003	11.2
James McLachlan	Norwich	19/04/2009	11.2
Elliott Holland	St Ives	13/05/2015	11.2
Jon Brown	Cambridge	17/07/2010	11.11w/11.2

### **200m**

Jack Dearden	Stevenage	18/04/2015	21.95
Ben Watkins	Sheffield	07/06/1997	22.0
James Digby	Norwich	08/05/2004	22.0
Elliott Holland	St Ives	13/05/2015	22.25
Ben Hamblin	King's Lynn	21/06/2003	22.3
Ben Matsuka Williams	King's Lynn	23/05/2015	22.3
Richard Taylor (2nd claim)	Basildon	10/07/2011	22.35
Michael Fraser	Dagenham	25/05/2008	22.5
Sam Green	King's Lynn	23/05/2015	22.6
Jon Brown	Peterborough	30/08/2010	22.62w/22.65

### **300m**

Michael Fraser	Gt Yarmouth	10/04/2008	36.6
<b>Ben Matsuka-Williams</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>36.7</b>
Jack Strachan	Great Yarmouth	17/04/2014	37.0
Matthew Grapes	Great Yarmouth	17/04/2014	39.0
Adam Szuch	Gt Yarmouth	15/04/2010	43.0

### **400m**

Elliott Holland	Lee Valley	23/05/2014	48.72
Michael Fraser	Malta	26/04/2009	49.1
Paul Goodall	Birmingham	10/07/2005	49.45
Tom Roe	St Ives	13/06/1999	49.6
Ben Hamblin	Eton	20/06/2004	50.0
A Thornton	Copthall	02/05/2004	50.2
Rick Ward	Norwich	10/05/2008	50.3
Jack Strachan	Eton	29/06/2014	50.5
James Senior	Hendon	24/05/2009	50.59
Scott Greeves	Chelmsford	04/07/2015	51.0

### **600m**

Daniel Beier	Crawley	22/03/2002	1.27.4
James O' Neill	King's Lynn	22/03/1998	1.30.3
Dominic Oliver	Great Yarmouth	25/04/2013	1.40.6

### **800m**

Rick Ward	Watford	14/06/2008	1.48.06
Scott Greeves	Watford	26/08/2015	1.51.70
James Senior	Street	04/05/2009	1.51.94
Mitch Goose	Solihull	28/06/2008	1.52.5
Tom Hook	Norwich	12/07/2014	1.54.4
Carl Goose	Derby	05/06/2004	1.57.4
Martainn Ramsey	Stevenage	30/07/2011	1.57.7
James O'Neill	Lincoln	20/06/1998	1.57.9

Ashley Harrell	Norwich	10/05/2008	1.58.1
<b>Mark Chaney Baxter</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>1.59.2</b>
<b><u>1000m</u></b>			
Daniel Beier	Crawley	22/03/2002	2.45.7
<b><u>1500m</u></b>			
Scott Greeves	Watford	15/07/2015	3.45.73
Tom Hook	Watford	16/07/2014	3.46.03
Mitch Goose	Watford	14/06/2008	3.46.28
Rick Ward	Manchester	19/07/2008	3.54.4
James Senior	Twickenham	03/06/2009	3.56.78
Ashley Harrell	Manchester	31/05/2008	3.57.7
James Jackson	Watford	15/07/2009	3.58.58
Daniel Beier	Eton	14/06/2003	4.04.4
Steven Cannell	Watford	24/08/2005	4.04.85
Ben Stratton	Watford	30/05/2012	4.05.47
<b><u>Mile</u></b>			
Mitch Goose	Peterborough	13/08/2008	4.09.4
Tom Hook	Watford	31/05/2014	4.09.83
S Cannell	Crystal Palace	06/08/2005	4.30.98
Matthew Grapes	Great Yarmouth	17/04/2014	5.15.9
George Gay	Norwich	11/09/2015	4.57.1
<b><u>2000m</u></b>			
James O'Neill	King's Lynn	22/03/1998	6.13.0
<b><u>3000m</u></b>			
Tom Hook	Watford	04/06/2014	8.18.77
Mitch Goose	Crystal Palace	27/07/2008	8.25.44
Jordan Ali	Watford	18/05/2011	8.38.25
Ashley Harrell	Watford	30/05/2007	8.41.65
Rick Ward	Crystal Palace	03/08/2007	8.43.71
James Senior	Watford	05/05/2010	8.43.98
Stuart Huntington	Watford	11/07/2007	8.44.20
Scott Greeves	Watford	26/08/2015	8.45.90
Domonic Oliver	Ipswich	25/05/2014	8.55.5
Louis Hubbard	Norwich	11/08/2002	8.55.8
<b><u>5000m</u></b>			
Tom Hook	Sportcity	31/05/2014	14.25.25
Mitch Goose	Loughborough	18/05/2008	14.43.97
Louis Hubbard	Norwich	30/08/2003	15.30.6
Craig Hopkins	Bedford	23/06/2007	15.36.88
Ben Whitworth	Liverpool	05/05/2001	15.49.2
Jordan Ali	Manchester	28/05/2011	15.51.66
Luke Allen	Crystal Palace	15/06/2008	15.54.03
Ashley Harrell	Guilford	02/08/2008	16.00.0
James O'Neill	Norwich	13/05/1998	16.01.0
James Jackson	Abingdon	20/09/2009	16.01.67
<b><u>10000m</u></b>			
Ben Whitworth	Bedford	20/05/2001	33.43.7
<b><u>110m hurdles</u></b>			
C Roberts	Norwich	25/07/1999	14.5
Francis Baker	Southampton	17/09/2005	14.59
Daniel Everett	St Albans	22/08/1999	15.5

Steven Hadley	Chelmsford	02/06/2013	15.5
R Fuller	Abingdon	10/09/2000	16.2
I Babb	Welwyn	29/07/2001	16.6
Ben Frosdick	Barking	01/07/2007	16.6
Chris Marshall	Norwich	15/05/2010	16.6
Daryl Martin	Ipswich	27/04/2008	16.8
D Wickham	Enfield	19/06/2005	17.2

#### **110m hurdles 3' 6"**

Francis Baker	Cambridge	04/09/2005	14.9
Ben Frosdick	Peterborough	27/08/2007	17.2
Daryl Martin	Bury St Edmunds	02/09/2007	17.6
Ed Skinner	Lee Valley	26/06/2010	17.9

#### **400m hurdles**

Daniel Everett	St Albans	22/08/1999	55.9
Joe Collins	Peterborough	03/05/1997	57.0
M Dunkeld	Copthall	25/04/2004	57.1
James Senior	Hendon	30/08/2009	57.2
D Howarth	Ipswich	21/06/1997	57.5
Daryl Martin	Norwich	27/07/2008	57.6
Chris Marshall	Hendon	28/08/2010	57.64
Steven Hadley	Woodford Green	28/04/2013	58.84
Paul Goodall	Abingdon	10/09/2005	59.4
R Fuller	Cardiff	08/07/2000	61.2
K Black	Norwich	17/05/1997	61.8

#### **2000m steeplechase**

Joe Collins	Derby	09/08/1997	5.53.5
James Senior	Bromley	27/07/2009	5.53.8
Ashley Harrell	Basildon	27/05/2007	6.01.2
Louis Hubbard	Norwich	11/06/2003	6.07.9
Steven Cannell	Birmingham	10/07/2005	6.08.21
Tom Hook	Cambridge	10/08/2013	6.17.09
G Watts	Enfield	22/05/2005	6.24.1
Steve Baldwin	Norwich	25/07/1999	6.25.7
Ben Stratton (2nd Claim)	Copthall	18/04/2010	6.29.72
Martyn Bath	Bedford	29/04/2007	6.35.7

#### **3000m steeplechase**

Tom Hook	Bedford	01/06/2014	9.10.34
Joe Collins	Bedford	05/07/1997	9.14.0
Ashley Harrell	Norwich	10/05/2008	9.21.5
James Senior	Bedford	25/06/2011	9.37.03
Steven Cannell	Bedford	31/07/2005	9.37.57
Louis Hubbard	Rugby	31/08/2002	9.38.1
Matthew Dack	Enfield	19/06/2005	9.52.7
James Jackson	Eton	11/07/2009	9.57.9
John Dungar	Corby	29/06/1997	10.22.0
Craig Dungar	Peterborough	07/07/2001	10.23.1

#### **High Jump**

H Butt	King's Lynn	11/06/2003	1.98
L Foster (2nd claim)	Enfield	22/05/2005	1.90
Matthew Grapes	Norwich	06/06/2015	1.90
Francis Baker	Woodford	26/06/2005	1.89
S Bishop	Peterborough	03/05/1997	1.85
Jerry Dasaolu	Norwich	29/03/2014	1.85
I Babb	Norwich	12/08/2001	1.80

A Townley	Peterborough	29/04/2001	1.80
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	1.80
Adam Howard	Bexley	10/07/2010	1.75

#### **Pole Vault**

Ed Borrmann	Lee Valley	13/06/2015	4.40
J Palmer	Peterborough	03/05/1997	4.00
Francis Baker	Ipswich	21/08/2005	4.00
Ed Skinner	Norwich	25/07/2010	3.95
Oliver Brice	Stevenage	12/08/2012	3.70
L Smith	Great Yarmouth	12/05/2002	3.60
Scott Hawes	Ipswich	05/05/2007	3.40
R Morris	Norwich	12/08/2001	2.80
Paul Goodall	Copthall	25/04/2004	2.75
Bradley Rea	Ilford	27/04/2003	2.65
J Head	Peterborough	26/07/1998	2.60

#### **Long Jump**

James McLachlan	Indianapolis IN USA	08/05/2011	7.63
Ross McLachlan	Bedford	20/06/2015	7.27
Tom Roe	Liverpool	05/05/2001	7.19
Francis Baker	Cambridge	05/09/2005	6.84
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	6.78
Jordan Harry	Norwich	12/07/2014	6.52
<b>Jack Dearden</b>	<b>Stevenage</b>	<b>29/05/2016</b>	<b>6.48</b>
<b>Kieran Shah</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>6.44</b>
M Griffin	Norwich	25/07/1999	6.40
Daniel Yellop	Enfield	31/05/1997	6.35

#### **Triple Jump**

James McLachlan	Sheffield	11/07/2009	15.26
<b>Jordan Harry</b>	<b>Bedford</b>	<b>19/06/2016</b>	<b>14.16</b>
Tom Roe	Corby	11/06/2000	13.34
Jerry Dasaolu	Abingdon	17/05/2014	13.28
M Turner	Norwich	10/05/1997	12.75
Tom Lake	Bromley	15/08/2015	12.72
Paul Goodall	Copthall	25/04/2004	12.69
Adam Howard	Bexley	10/07/2010	12.46
Chris Marshall	Hendon	24/05/2009	12.36
A Townley	Welwyn	29/07/2001	12.35

#### **Shot Putt**

Michael Painter	Cambridge	24/03/2012	14.50
J Hunt	Exeter	10/07/1998	13.92
<b>Oliver Massingham</b>	<b>Norwich</b>	<b>14/07/2016</b>	<b>13.68</b>
Callum Brown	Chelmsford	02/06/2013	13.18
N Smith	Ware	17/08/2003	12.20
Danny Clayton	Norwich	22/04/2011	11.98
Sam Coe	Colchester	29/07/2007	11.85
T Lansdale	Enfield	22/05/2005	11.59
D Dye	Norwich	17/06/2001	11.15
Francis Baker	Hemel Hempstead	25/09/2005	11.07

#### **Hammer**

Michael Painter	Bedford	10/06/2012	73.34
Callum Brown	Mannheim GER	23/06/2012	73.09
Sam Coe	Gateshead	02/05/2007	60.22
S McKeivitt	Enfield	22/05/2005	49.10
G Buffham	Braintree	13/08/2000	44.83



O Moore	Peterborough	29/04/2001	38.93
L Evans	Basildon	24/07/2005	33.60
S Lemmon	Norwich	21/09/1997	32.66
Scott Hawes	Colchester	29/07/2007	30.10
S Gibbs	Norwich	12/06/1999	27.16

### Discus

Michael Painter	Woodford Green	28/04/2013	53.33
<b>Oliver Massingham</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>47.34</b>
Callum Brown	Norwich	14/05/2012	41.68
D Dye	Norwich	17/06/2001	39.40
J Hunt	Lincoln	20/06/1998	36.20
Sam Coe	Great Yarmouth	12/05/2007	35.50
Jahmal Mills (2nd Claim)	Hendon	24/05/2009	33.92
<b>Daniel Bainbridge</b>	<b>Norwich</b>	<b>24/07/2016</b>	<b>33.29</b>
Ed Skinner	Woodford Green	26/06/2010	33.28
S Gibbs	St Albans	22/08/1999	31.83

### Javelin

Oliver Bradfield	Bedford	18/08/2013	64.03
<b>Daniel Bainbridge 800g</b>	<b>Peterborough</b>	<b>10/09/2016</b>	<b>59.52</b>
J Wray	Bebington (Wirral)	04/07/1998	54.62
Harry Newenham	Loughborough	08/06/2011	53.78
Ed Skinner	Woodford Green	27/06/2010	49.82
N Smith	Ware	17/08/2003	46.80
Callum Brown	Bury St Edmunds	01/09/2013	46.63
Graham Haw	Bury St Edmunds	17/08/2014	46.02
Alex Jewkes	Norwich	12/05/2007	46.01
K Black	Norwich	14/06/1997	44.74

### Decathlon

Francis Baker	Stoke	10/06/2006	6580
K Black	Bedford	28/06/1997	4444

## Senior Women

### 100m

Cleio Stephenson	Bedford	03/05/2015	11.88
Emily Symonds	Stoke	06/08/2000	12.2
Lyndsey Yellop	Chelmsford	01/07/2001	12.8
Victoria Mitchell	Norwich	19/04/2014	12.80
Melanie Brown	Great Yarmouth	28/07/2002	12.9
Rebecca Fisher	Great Yarmouth	09/05/1999	13.1
Becky Allen	Copthall	21/07/2002	13.1
V Dodd	Norwich	30/05/1998	13.2
<b>Holly Durbidge</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>13.2</b>
Jemma Thake	Rugby	31/07/2005	13.3

### 200m

Emily Symonds	Rugby	22/07/2000	25.1
Melanie Brown	Wakefield	07/07/2002	25.56
Victoria Mitchell	Norwich	19/04/2014	25.9
Roz Gonse	Tidworth	18/05/2003	26.0
Lyndsey Yellop	King's Lynn	08/08/2004	26.1
Jemma Thake	Copthall	05/06/2005	26.4
Sarah Knights	Woking	22/08/1998	26.6
Caitlin Bell	Ashford	30/04/2011	26.8
<b>Kelly Grant</b>	<b>West London</b>	<b>09/07/2016</b>	<b>27.1</b>
Miriam Arbach	Bedford	19/07/2014	27.16

**400m**

Emily Symonds	Rugby	03/06/2001	55.5
Melanie Brown	Wakefield	07/07/2002	56.16
Rachel Stringer	Birmingham	24/02/2010	56.88
Sarah Knights	Newport	16/08/1998	57.8
Claire Everett	Rugby	31/07/2005	57.9
C Hall	Great Yarmouth	09/05/1998	58.3
Rebecca Buller	Grimsby	11/07/1999	58.4
Jemma Thake	Copthall	05/06/2005	58.6
Kelly Grant	Bury St Edmunds	14/09/2014	59.5
Jane Horner	Cambridge	10/08/1997	60.0

**800m**

Sarah Knights	Loughborough	20/05/2001	2.06.2
Rachel Stringer	Loughborough	23/05/2010	2.07.15
Barbara Parker	Tallahassee FL USA	07/05/2011	2.07.18
Rebecca Buller	Solihull	05/09/1998	2.07.6
Kelly Grant	Watford	26/08/2015	2.10.21
Iona Lake	Norwich	12/06/2014	2.10.7
Kelly Rushton	Watford	04/09/2013	2.11.02
Jane Horner	Watford	16/07/1997	2.13.2
Sue Cripsey	Great Yarmouth	12/05/2002	2.13.2

**1500m**

Barbara Parker	Solihull	21/07/2012	4.11.52
Iona Lake	Berkley CA USA	04/04/2015	4.21.30
Kelly Grant	Watford	16/07/2014	4.25.18
Ruth Senior	Walnut USA	16/04/2010	4.26.24
Sarah Knights	Watford	30/08/2000	4.26.7
Sue Cripsey	Noirt France	11/08/2002	4.26.8
Kelly Rushton	Watford	30/06/2013	4.30.51
Rebecca Buller	Cambridge	01/08/1998	4.30.6
Catherine Bryson	Newport	04/07/2004	4.30.6
Ruth Proctor	Newport	04/07/2004	4.31.5

**Mile**

Barbara Parker	Nashville FL USA	07/05/2011	4.30.51
<b>Iona Lake</b>	<b>Boston USA</b>	<b>27/02/2016</b>	<b>4.36.11</b>
Ruth Senior	Albuquerque NM USA	15/01/2011	4.54.66

**3000m**

Barbara Parker	Boston	06/02/2010	8.52.90
Iona Lake	Watford	30/07/2014	9.22.61
Holly Rowland	Leverkusen GER	31/07/2009	9.26.66
Ruth Senior	Watford	17/06/2009	9.29.28
Ruth Proctor	Sheffield	27/02/2005	9.41.64
Kelly Rushton	Watford	24/07/2013	9.45.57
Olivia Walwyn	Trafford	28/04/2009	9.52.50
Ellie Matthews	Norwich	19/04/2014	9.54.6
Dani Nimmock	Watford	28/07/2010	9.58.70
Kelly Grant	Watford	30/07/2014	9.58.76

**5000m**

Barbara Parker	Olympic Park	07/08/2012	15.12.81
Ruth Senior	Palo Alto USA	01/05/2011	15.48.29
Iona Lake	Philadelphia PA USA	23/04/2015	16.15.93
Holly Rowland	Seattle WA USA	10/02/2012	16.19.69
Ruth Proctor	Gateshead	01/05/2004	16.46.3

Kelly Rushton	Norwich	03/06/2013	17.32.0
Olivia Walwyn	Bedford	03/07/2005	17.44.23
Jane Horner	Norwich	12/05/1999	18.07.9
Charlotte Rose	Norwich	07/06/2015	18.24.7
Amy Dungar	Newport	04/07/2004	18.30.5

#### **10000m**

Ruth Senior	Eugene OR USA	26/05/2011	33.33.23
Holly Rowland	Stanford CA USA	29/04/2012	34.28.25
Olivia Walwyn	Gateshead	01/05/2004	37.02.8
E Collins	Bedford	03/05/1999	40.24.3

#### **100m hurdles**

Roz Gonse	Bedford	03/05/2003	14.49
C Hall	Woking	22/08/1998	15.0
Miriam Arbach	Bedford	19/07/2014	15.24
A Wright	Basildon	02/08/1997	15.3
Claire Everett	Luton	18/06/2000	15.6
Lyndsey Yellop	Liverpool	06/08/2003	15.8
Rebecca Fisher	Huntingdon	08/08/1999	16.7
<b>Sara Henderson</b>	<b>Peterborough</b>	<b>10/09/2016</b>	<b>17.17</b>
Becky Pike	Norwich	26/06/2010	18.1
Amy Seaman	Great Yarmouth	16/05/2004	18.5

#### **400m hurdles**

C Hall	Bedford	25/05/1998	61.81
Barbara Parker	Ashford	01/08/2004	63.9
Miriam Arbach	Norwich	19/04/2014	64.6
Lyndsey Yellop	Bedford	20/05/2001	65.3
Becky Pike	Norwich	26/06/2010	68.6
Jane Horner	Basildon	05/09/1998	72.6
E Collins	Havering	18/07/1999	73.4
H Carrick	Ashford	22/06/1998	82.0

#### **1500m steeplechase**

Iona Lake	Norwich	19/04/2014	5.04.6
<b>Amanda Jones</b>	<b>Chelmsford</b>	<b>22/05/2016</b>	<b>6.14.3</b>
<b>Tessa Killingbeck</b>	<b>West London</b>	<b>09/07/2016</b>	<b>6.28.3</b>

#### **2000m steeplechase**

Barbara Parker	Bedford	28/06/2003	6.36.5
Iona Lake	Bedford	05/05/2014	6.43.53
Ruth Senior	Bedford	02/05/2009	6.49.68
C Hall	Gateshead	25/08/2000	7.31.7
<b>Tessa Killingbeck</b>	<b>St Ives</b>	<b>20/07/2016</b>	<b>8.20.4</b>
E Collins	Bath	02/05/1998	8.27.8

#### **3000m steeplechase**

Barbara Parker	Eugene OR USA	02/06/2012	9.24.24
Iona Lake	Watford	27/06/2015	9.56.64
Ruth Senior	Stanford USA	01/05/2010	10.09.14

#### **Pole Vault**

Joanne Hughes	Eton	04/08/2002	2.90
E Beckinsale	Corby	11/06/2000	2.70
C Head	Stoke	06/08/2000	2.70
Amy Seaman	Ashford	01/08/2004	2.60
Georgina Lake	Stevenage	30/07/2011	2.60
K Austin	Bedford	14/06/1998	2.30

Sally Ash	Liverpool	08/07/2001	1.90
E Collins	Coventry	05/08/2001	1.70
<b><u>High Jump</u></b>			
Claire Everett	Newport	04/07/2004	1.65
Miriam Arbach	Woodford	26/04/2014	1.56
C Head	Basildon	06/06/1999	1.55
Barbara Parker	Newport	03/08/2003	1.55
C Potter	King's Lynn	14/05/2000	1.45
E Collins	Norwich	01/08/1999	1.40
Lorraine Brown	Norwich	13/05/2001	1.40
Becky Pike	Norwich	26/06/2010	1.40
<b>Sara Henderson</b>	<b>Wormwood Scrubbs</b>	<b>09/07/2016</b>	<b>1.40</b>
A Wright	Basildon	02/08/1997	1.35
<b><u>Long Jump</u></b>			
Roz Gonse	Tidworth	18/05/2003	5.50
Miriam Arbach	Norwich	19/04/2014	5.42
Claire Everett	Stoke	30/07/2000	5.23
Rebecca Fisher	Eton	17/07/1999	5.17
Melanie Brown	Coventry	05/08/2001	5.13
Rebecca Allen	Norwich	11/08/2002	5.13
Julie Chandler	Norwich	17/04/2005	4.92
<b>Sara Henderson</b>	<b>Wormwood Scrubbs</b>	<b>09/07/2016</b>	<b>4.92</b>
Sally Ash	Norwich	13/05/2001	4.84
Sophie Poyner	Bury St Edmunds	01/07/2012	4.69
<b><u>Triple Jump</u></b>			
Sally Ash	Bedford	20/05/2001	11.19
Becky Allen	Norwich	11/08/2002	11.04
Miriam Arbach	Hemel Hempstead	20/04/2013	10.75
Claire Everett	Coventry	05/08/2001	10.36
Julie Chandler	Norwich	15/05/2005	10.34
Georgina Lake	Stevenage	30/07/2011	9.78
Amy Seaman	Liverpool	26/06/2005	8.82
H Carrick	Ashford	22/06/1998	8.10
E Collins	Hertford	24/04/1999	8.01
<b><u>Shot Putt</u></b>			
Claire Everett	Eton	04/08/2002	12.66
Lorraine Henry	Corby	11/06/2000	12.14
A-L Howard	Basingstoke	25/04/1998	11.69
E Roberts	Eton	17/07/1999	10.50
Laura Seaman	Norwich	11/05/2003	9.24
Miriam Arbach	Walton	21/06/2014	8.37
Olivia Birkett	Chelmsford	10/07/2005	8.18
V Dodd	Harrow	18/07/1998	7.88
<b>Sara Henderson</b>	<b>York</b>	<b>27/08/2016</b>	<b>7.74</b>
P-H Hiew	Ealing	26/06/1999	7.45
<b><u>Hammer</u></b>			
<b>Gemma Vickery</b>	<b>Chelmsford</b>	<b>22/05/2016</b>	<b>46.62</b>
Lorraine Henry	Norwich	22/08/1999	36.56
Olivia Birkett	Newport	04/07/2004	36.55
Laura Seaman	Great Yarmouth	16/05/2004	33.92
A-L Howard	Basingstoke	25/04/1998	28.84
Sally Ash	Ashford	07/05/2000	23.52
Jenny Higgins	Norwich	22/04/2011	21.75
P-H Hiew	Guildford	22/05/1999	20.55

<b>Tessa Killingbeck</b>	<b>Wormwood Scrubbs</b>	<b>09/07/2016</b>	<b>17.49</b>
E Collins	Woking	22/08/1998	12.62
<b><u>Discus</u></b>			
Lorraine Henry	Grimsby	11/07/1999	40.64
Olivia Birkett	Norwich	17/04/2005	39.10
Laura Seaman	Great Yarmouth	16/05/2004	35.06
<b>Gemma Vickery</b>	<b>Chelmsford</b>	<b>22/05/2016</b>	<b>30.54</b>
P-H Hiew	Grimsby	11/07/1999	27.32
A-L Howard	Basingstoke	25/04/1998	25.89
R Hedley	Rugby	03/06/2001	25.39
Holly Durbidge	Prague CZE	15/06/2013	24.28
E Roberts	Norwich	28/04/2002	24.01
Sally Ash	liverpool	26/06/2005	22.92
<b><u>Javelin</u></b>			
C Head	Great Yarmouth	??/??/2000	43.76
<b>Elsbeth Jamieson</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>40.20</b>
E Roberts	Havering	18/07/1999	38.07
<b>Emily Hoogkamer</b>	<b>Lee Valley</b>	<b>05/03/2016</b>	<b>34.04</b>
Laura Seaman	Norwich	13/07/2003	33.94
Lorraine Henry	Kingston	19/07/1997	29.72
Barbara Parker	Wakefield	07/07/2002	27.41
Claire Everett	Norwich	24/08/2002	27.39
V Dodd	Norwich	30/05/1998	25.42
<b>Sara Henderson</b>	<b>York</b>	<b>27/08/2016</b>	<b>25.23</b>
<b><u>Heptathlon</u></b>			
Claire Everett	Bedford	15/07/2001	4616
Miriam Arbach	Bedford	20/07/2014	4284
<b>Sara Henderson</b>	<b>York</b>	<b>27/08/2016</b>	<b>3391</b>
<b><u>Senior Men</u></b>			
<b><u>100m</u></b>			
M Woodhouse	Loughborough	26/04/1997	10.6
B Watkins	Great Yarmouth	09/05/1999	10.7
D Bandele	Sheffield	16/05/1998	10.9
J Shipp	Norwich	02/05/1998	11.0
A McCulloch	Norwich	23/05/2004	11.0
C Roberts	Cardiff	02/06/2001	11.1
N Budden	Blackpool	04/08/2002	11.1
James McLachlan	Peterborough	20/07/2013	11.1
<b>Fred Williams</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>11.2</b>
D Yellop	Ipswich	12/08/2001	11.3
T Pegg	Great Yarmouth	22/06/2008	11.3
A Thornton	Norwich	17/05/2008	11.3
<b><u>150m</u></b>			
B Watkins	Peterborough	08/03/1998	16.7
G Ingram	King's Lynn	22/03/1998	17.8
Adam Szucs	Great Yarmouth	25/04/2013	19.5
<b>Liam O'Dell</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>19.6</b>
<b><u>200m</u></b>			
K Ulyatt	Bedford	27/07/1997	21.04
M Woodhouse	Antrim	06/05/1997	21.1
D Bandele	Havering	08/08/1998	21.6
N Budden	Loughborough	21/05/1997	21.7

B Watkins	Watford	21/06/1998	21.75
J Shipp	Norwich	02/05/1998	22.1
P Lloyd-Jones	Cardiff	02/06/2001	22.5
P Goodall	Perivale	27/06/2009	22.5
D Yellop	Stoke	18/08/2001	22.8
A McCulloch	Abingdon	31/07/2004	22.8

### **300m**

B Watkins	Peterborough	01/04/2001	36.5
Adam Szuch	Great Yarmouth	25/04/2013	41.8
<b>Liam O'Dell</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>43.0</b>

### **400m**

K Ulyatt	Birmingham	12/07/1997	46.78
N Budden	Birmingham	12/08/2000	46.81
P Goodall	Derby	22/08/2009	48.01
P Lloyd-Jones	Stoke	18/08/2001	48.6
J Shipp	Peterborough	03/05/1997	49.3
Rick Ward	Chelmsford	10/07/2010	49.39
D Bandele	Bebington (Wirral)	04/07/1998	49.5
De Wayne-Smith	Chelmsford	06/07/2002	49.7
M Fearon	Norwich	15/05/1999	50.4
Tom Love	Watford	20/06/2009	50.46

### **800m**

Paul Goodall	Kessel-Lo BEL	09/08/2014	1.48.19
Rick Ward	Watford	11/06/2011	1.49.5
Tom Love	Stretford	23/07/2011	1.50.07
Mitch Goose	Lawrenceville NY USA	06/05/2012	1.50.71
<b>Scott Greeves</b>	<b>Watford</b>	<b>15/06/2016</b>	<b>1.51.77</b>
N Davy	Watford	11/08/1999	1.51.9
Carl Goose	Crystal Palace	17/06/2007	1.51.94
Ryan Saunders	Birmingham	20/08/2011	1.52.02
James Senior	Albuquerque NM USE	26/02/2012	1.52.59
Guy Amos	Peterborough	07/07/2001	1.53.4
Jon Quint	Sheffield	16/05/1998	1.53.4

### **1500m**

Mitch Goose	Swarthmore PA USA	12/05/2014	3.43.18
<b>Tom Hook</b>	<b>Watford</b>	<b>15/06/2016</b>	<b>3.45.86</b>
Tommy Carroll	Cork IRE	02/07/2011	3.47.5
Ethan Haywood	Glendale AUS	31/01/2015	3.49.71
Ashley Harrell	Watford	30/06/2010	3.49.82
G Amos	Watford	30/08/2000	3.50.6
<b>Scott Greeves</b>	<b>Lee Valley</b>	<b>12/06/2016</b>	<b>3.51.26</b>
<b>Paul Goodall</b>	<b>Stretford</b>	<b>03/05/2016</b>	<b>3.52.63</b>
N Davy	Havering	08/08/1998	3.52.7
Ryan Saunders	Watford	29/06/2011	3.53.98

### **Mile**

Mitch Goose	New York NY USA	17/02/2012	3.59.26
<b>Tom Hook</b>	<b>Oxford</b>	<b>23/07/2016</b>	<b>4.05.56</b>
<b>Nick Earl</b>	<b>Melbourne AUS</b>	<b>23/02/2016</b>	<b>4.15.4</b>
Ethan Haywood	Perth AUS	14/02/2015	4.19.07
K Murphy	Bedford	27/05/2001	4.23.0
James Senior	Albuquerque NM USE	27/01/2012	4.29.62
T Salmon	Great Yarmouth	07/08/2005	4.32.1
B Gibson	Great Yarmouth	03/08/1997	4.33.0
J O`Neill	Great Yarmouth	25/07/2004	4.33.8

<b>Dominic Oliver</b>	<b>Great Yarmouth</b>	<b>14/04/2016</b>	<b>4.35.9</b>
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### 3000m

Mitch Goose	Bury St Edmunds	01/07/2012	7.51.75
<b>Nick Earl</b>	<b>Watford</b>	<b>27/07/2016</b>	<b>8.16.61</b>
<b>Tom Hook</b>	<b>Watford</b>	<b>20/04/2016</b>	<b>8.18.33</b>
Ethan Haywood	Dublin IRE	24/07/2015	8.21.90
Guy Amos	Norwich	22/04/2001	8.24.1
James Senior	St Ives	29/07/2012	8.27.6
Tommy Carroll	Watford	27/06/2012	8.27.64
Ashley Harrell	Twickenham	03/06/2009	8.27.89
Stuart Huntington	Watford	01/06/2011	8.29.66
Ryan Saunders	Watford	27/07/2011	8.30.41

### 5000m

Mitch Goose	Stanford	29/04/2012	13.34.41
Guy Amos	Solihull	23/06/2001	13.56.4
Nick Earl	Albert Park AUS	19/01/2015	14.18.07
Ethan Haywood	Hobart AUS	25/01/2015	14.22.66
Ashley Harrell	Solihull	10/07/2010	14.27.33
S Huntington	Stretford	27/06/2009	14.41.36
Josh Entwistle	Watford	30/06/2013	14.52.70
Alex Dunbar	Manchester	19/05/2012	14.56.73
<b>Piers Arnold</b>	<b>Lee Valley</b>	<b>11/06/2016</b>	<b>15.00.58</b>
T Salmon	Blackpool	04/08/2002	15.11.5

### 10000m

<b>Nick Earl</b>	<b>Geelong AUS</b>	<b>17/12/2016</b>	<b>29.34.11</b>
<b>Ethan Haywood</b>	<b>Highgate</b>	<b>21/05/2016</b>	<b>30.22.94</b>
Josh Entwistle	Sandy	11/07/2013	30.59.0
Carl Goose	Bedford	03/05/2010	32.05.25
Ashley Harrell	Olympic Park	06/05/2012	32.09.53
Luke Allen	Bedford	03/05/2010	32.49.49
Damien Rogers	Sandy	12/07/2012	33.10.0
R Sales	Enfield	19/07/1998	33.43.5
Paul Woodyatt	Rugby	10/06/2001	35.02.6

### 110m hurdles

C Roberts	Peterborough	07/07/2001	14.7
D Everett	Copthall	21/07/2002	15.0
Nigel Taylor	Rugby	22/07/2000	15.5
Chris Marshall	Norwich	19/04/2014	15.7
G Ingram	Enfield	11/07/1999	16.0
Daryl Martin	Norwich	13/06/2009	17.0
D Costello	Enfield	16/08/1997	17.3
J Cox	Norwich	17/05/2008	17.3
M Walden	Sheffield	07/06/1997	17.4
N Jones	Norwich	04/07/2004	17.4

### 60m hurdles

Nigel Taylor	Birmingham	29/01/2000	8.69i
<b>Chris Marshall</b>	<b>Lee Valley</b>	<b>03/02/2016</b>	<b>9.29</b>

### 300m hurdles

G Ingram	King's Lynn	22/03/1998	40.3
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### 400m hurdles

Chris Marshall	Abingdon	17/05/2014	54.92
D Everett	Birmingham	19/06/2007	55.24

G Ingram	St Ives	13/06/1999	55.8
J Shipp	Peterborough	03/05/1997	56.7
Daryl Martin	Peterborough	31/08/2009	57.0
James Senior	Crystal Palace	14/06/2014	57.46
J Collins	Bebington (Wirral)	04/07/1998	58.1
M Walden	Norwich	10/05/1997	59.8
S Cannell	Guilford	02/08/2008	61.0
Tom Hook	Bromley	15/08/2015	61.76

### **3000m steeplechase**

<b>Ethan Haywood</b>	<b>Glendale AUS</b>	<b>30/01/2016</b>	<b>8.40.66</b>
Ashley Harrell	Abingdon	20/09/2009	9.08.10
Nick Earl	Wellington NZL	08/03/2015	9.14.59
Iain Robertson	Norwich	15/05/1999	9.17.0
<b>James Senior</b>	<b>Watford</b>	<b>28/05/2016</b>	<b>9.19.34</b>
S Cannell	Ilford	12/07/2008	9.21.5
K Murphy	Chelmsford	06/07/2002	9.24.2
G Amos	Enfield	11/07/1999	9.38.2
J Collins	Bath	02/05/1998	9.38.8
Joshua Entwistle	Bedford	06/05/2013	9.44.87

### **High Jump**

Denis Costello	Derby	05/07/1997	1.95
D Bandele	Sheffield	05/06/1999	1.90
J Barry	Norwich	15/05/1999	1.90
Jon French	Great Yarmouth	16/08/1998	1.80
N Taylor	Enfield	19/07/1998	1.80
Tommy Roe	Rugby	31/08/2002	1.80
L Navard	Norwich	24/08/2002	1.80
N Jones	Norwich	08/05/2004	1.80
J Bendorowski	Colchester	07/06/2008	1.80
R Gardner	Norwich	15/05/1999	1.75
Michael Wiseman	Great Yarmouth	14/07/2013	1.75

### **Pole Vault**

G Chiles	Peterborough	03/05/1997	4.20
G Ingram	Sheffield	16/05/1998	3.80
J Palmer	Great Yarmouth	10/05/1998	3.80
N Jones	Norwich	08/05/2004	3.80
<b>Ed Borrmann</b>	<b>Lee Valley</b>	<b>03/02/2016</b>	<b>3.80</b>
J French	Sheffield	05/06/1999	3.00
C Roberts	Rugby	31/08/2002	2.60
Paul Goodall	Abingdon	20/09/2009	2.60
Michael Wiseman	Peterborough	15/06/2013	2.60
M Long	Walthamstow	03/05/1997	2.40
D Everett	Hemel Hempstead	25/09/2005	2.40

### **Long Jump**

James McLachlan	Walnut CA USA	19/04/2013	7.86
J French	King's Lynn	18/04/1999	7.38
T Roe	Great Yarmouth	12/05/2002	7.08
N Jones	Norwich	23/05/2004	6.94
D Costello	Derby	05/07/1997	6.82
A McCullugh	Derby	05/06/2004	6.44
D Everett	Great Yarmouth	07/08/2005	6.44
D Yellop	Peterborough	27/08/001	6.29
G Ingram	King's Lynn	22/03/1998	6.28
C Roberts	Blackpool	04/08/2002	6.26



**Triple Jump**

James McLachlan	Cedar Falla CA USA	01/03/2015	15.91
Denis Costello	Peterborough	03/05/1997	14.69
Jon French	Sheffield	05/06/1999	14.69
D Wooller	Enfield	11/07/1999	13.86
N Jones	Abingdon	10/09/2005	13.20
M Woods	Norwich	23/05/2004	13.06
C Homoki	Worthing	28/06/2008	12.76
c Szabo	Guilford	02/08/2008	12.62
Graham Stark	King's Lynn	01/08/2009	12.41
T Roe	Liverpool	18/05/2002	12.27

**Shot Putt**

Michael Painter	Cambridge	16/05/2015	14.53
J Hunt	Cambridge	05/09/2005	13.77
John Painter	Great Yarmouth	02/08/1998	13.46
Alun Williams	Watford	20/05/2000	12.98
Malcolm Fenton	Rugby	31/08/2002	12.49
R Hunter	Norwich	11/08/2002	12.20
<b>Callum Brown</b>	<b>Norwich</b>	<b>24/04/2016</b>	<b>12.18</b>
Sam Coe	King's Lynn	01/08/2009	11.76
M Brown	Jarrow	05/08/2000	11.62
Declan Manning	King's Lynn	09/08/2015	11.34

**Hammer**

Callum Brown	Colchester	25/04/2015	67.31
Sam Coe	Hendon	08/08/2010	66.07
Michael Painter	Bedford	04/05/2015	65.23
Malcolm Fenton	Rugby	31/08/2002	57.57
Alun Williams	Cardiff	02/06/2001	37.05
Declan Manning	Norwich	15/07/2015	33.48
J Hunt	Abingdon	07/05/2005	27.15
G Ingram	Peterborough	07/07/2001	25.93
G Oakley	Ipswich	17/08/1997	22.08

**Discus**

Michael Painter	Cambridge	16/05/2015	47.29
John Painter	Great Yarmouth	09/05/1998	41.51
D Bauer	Kingston	03/07/2004	41.02
Alun Williams	Rugby	22/07/2000	40.57
Callum Brown	Norwich	15/07/2015	39.17
M Brown	Jarrow	05/08/2000	38.80
G Ingram	Bedford	14/06/1998	36.06
J Hunt	St Ives	19/06/1999	35.94
Sam Coe	Lee Valley	26/06/2010	35.83
M Soukal	Norwich	17/05/2008	35.46

**Javelin**

Tim Newenham	Great Yarmouth	09/05/1999	55.91
T Lloyd	Derby	05/07/1997	53.38
Harry Newenham	Bedford	05/05/2014	53.36
J Wray	Sheffield	05/06/1999	53.16
A Sandle	Norwich	23/05/2004	49.63
R Hunter	Norwich	11/08/2002	48.51
G Ingram	Stoke	18/08/2001	48.07
P Temple	Havering	08/08/1998	47.35
Callum Brown	Bromley	15/08/2015	46.47
M Fearon	Walthamstow	03/05/1997	39.88

## Veteran Women

### 60m

Melanie Brown (40+)	King's Lynn	29/01/2012	8.7
Yvonne Newton (45+)	Birmingham	26/02/2000	8.77i
Carole Filer (55+)	Tourun POR	25/03/2015	8.76
<b>Steph Pain (40+)</b>	<b>Lee Valley</b>	<b>21/02/2016</b>	<b>8.9</b>
Juli Zulu (35+)	Lee Valley	26/02/2011	9.01
Tanya Daniels	Torun POR	24/03/2015	9.07

### 100m

Melanie Brown (40+)	Ashford	30/04/2011	12.8
Carole Filer (40-44)	Bedford	18/10/1997	13.2
Sarah Knights (35+)	Wakefield	07/07/2002	13.7
Lisa Griffin (35+)	Great Yarmouth	12/05/20007	13.9
Yvonne Newton (45+)	Bedford	29/07/2000	14.0
Angie Alstrachen (35+)	Chelmsford	10/07/2005	14.3
Tanya Daniels (35+)	Bury St Edmonds	17/08/2014	14.3
<b>Steph Pain (40+)</b>	<b>Birmingham</b>	<b>21/02/2016</b>	<b>14.2</b>
<b>Tanya Daniels (35+)</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>14.6</b>
Julie Zulu (35+)	Norwich	26/09/2010	14.8

### 200m

Carole Filer (40+)	King's Lynn	08/06/1997	27.2
Sarah Knights (35+)	Wakefield	07/07/2002	27.82
Lisa Griffin (35+)	King's Lynn	06/05/2007	28.1
Melanie Brown (40+)	Luton	14/07/2012	28.2
Angie Alstrachen (35+)	Chelmsford	10/07/2005	29.2
Tessa Pike (35+)	King's Lynn	06/08/1997	29.3
<b>Steph Pain (40+)</b>	<b>Harrow</b>	<b>18/06/2016</b>	<b>29.6</b>
Yvonne Newton (45+)	King's Lynn	07/06/2000	29.7
Tanya Daniels (35+)	Bury St Edmonds	17/08/2014	29.7
S Bridgestock	Norwich	05/06/2002	30.4

### 400m

Sarah Knights (35+)	Wakefield	07/07/2002	59.2
Melanie Brown (40+)	Chelmsford	04/07/2015	63.5
Tessa Pike (35-44)	Basildon	05/09/1998	63.8
Angie Alstrachen (35+)	Great Yarmouth	07/08/2005	65.5
<b>Steph Pain (40+)</b>	<b>Solihull</b>	<b>17/07/2016</b>	<b>67.73</b>
Carole Filer (55+)	Hemel Hempstead	20/04/2013	69.3
C Duncan (35-44)	Cambridge	01/07/1998	69.8
B Hutcheon (45+)	Enfield	02/08/1997	70.67
Yvonne Newton (45+)	Birmingham	26/02/2000	71.19
Tanya Daniels (35+)	Norwich	12/07/2014	71.2

### 800m

C Forbes (35+)	Ljubjana SLO	02/08/2008	2.15.17
Sarah Knights (35+)	Great Yarmouth	12/05/2002	2.16.8
Tessa Pike (40+)	Ipswich	20/08/2000	2.22.2
Jane Clark (50+)	Luton	20/08/2011	2.25.1
C Duncan (35-44)	Basildon	05/09/1998	2.32.5
D Marsh (45+)	Bedford	09/09/2000	2.33.0
Carole Filer (40-44)	Solihull	08-09/08/98	2.37.3
B Hutcheon (45+)	Ipswich	17/08/1997	2.40.4
Angie Alstrachen (35+)	Norwich	01/06/2005	2.40.8
Louise Wilkinson (35+)	Peterborough	06/06/2001	2.41.0

**Mile**

C Forbes (35+)	St Peter Port	31/08/2008	5.00.44
Jane Clarke (45+)	St Ives	22/07/2009	5.15.9

**1500m**

C Forbes (35+)	Birmingham	06/07/2008	4.38.70
Jane Clarke (45+)	King's Lynn	15/08/2008	4.48.5
Tessa Pike (40+)	Bedford	30/07/2000	4.52.5
C Duncan (40+)	King's Lynn	07/07/1999	5.00.8
Maria Holland (45+)	Great Yarmouth	12/05/2002	5.03.1
Louise Wilkinson (35-44)	Great Yarmouth	09/05/1998	5.09.1
D Marsh (45+)	King's Lynn	07/07/1999	5.13.3
K Dwyer (45+)	King's Lynn	08/06/1997	5.28.6
B Hutcheon (45+)	Enfield	02/08/1997	5.29.8
J May (45+)	Norwich	13/05/2001	5.41.3

**3000m**

C Forbes (35+)	Watford	07/05/2008	10.10.13
Jane Clarke (45+)	Cambridge	06/08/2008	10.24.7
C Duncan (40+)	Grimsby	11/07/1999	10.37.2
Maria Holland (45+)	Coventry	19/05/2002	10.41.0
D Marsh (45+)	Bury St Edmunds	11/08/1999	10.48.1
Tracey Curl (45+)	King's Lynn	01/06/2011	11.23.3
Karen Glen (35+)	Bedford	26/04/1997	11.44.8
Tessa Pike (45+)	Norwich	26/06/2010	11.50.3
K Dwyer (45+)	Norwich	04/06/1997	11.51.1
J May (45+)	Norwich	05/06/2002	12.06.2

**5000m**

C Forbes (35+)	Ljubjana SLO	02/08/2008	17.22.20
Jane Clarke (45+)	Birmingham	05/07/2009	18.25.53
Louise Wilkinson (35+)	Norwich	14/05/1997	18.26.0
C Duncan (40+)	Rugby	09/07/2000	18.40.1
K Dwyer (45+)	Norwich	14/05/1997	20.01.2

**10000m**

Lynn Emmett (40+)	Birmingham	29/07/2007	40.10.31
C Duncan (45+)	Newport	11/07/1998	42.23.1

**1500m steeplechase**

Gillian Loughlin (45+)	Ashford	30/04/2011	7.22.8
Carole Filer (55+)	Peterborough	21/04/2012	7.42.93

**80m hurdles**

Carole Filer (40-44)	Solihull	10/08/1997	12.4
Cherry Collins (45+)	King's Lynn	07/07/1999	16.2
K Schuil (45+)	King's Lynn	06/08/1997	17.7
K Marsh ( )	Norwich	28/04/2002	18.0

**100m hurdles**

Carole Filer (40-44)	Norwich	30/05/1998	16.3
Cherry Collins (50+)	Wakefield	07/07/2002	17.3
Angie Alstrachen (35+)	Chelmsford	10/07/2005	20.3
Lisa Griffin (40+)	Great Yarmouth	20/06/2010	21.0
<b>Tanya Daniels (35+)</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>20.8</b>

**400m hurdles**

Carole Filer (45+)	Eton	22/06/2001	67.9
Tessa Pike (35+)	Bromley	07/06/1997	69.4

<b>Tanya Daniels (35+)</b>	<b>King's Lynn</b>	<b>06/07/2016</b>	<b>82.4</b>
Yvonne Newton (45+)	Bedford	11/09/1999	85.9
K Schuil (45+)	Cambridge	02/07/1997	89.9
Cherry Collins (45+)	King's Lynn	07/05/1997	102.5
<b><u>300m hurdles</u></b>			
Carole Filer (50+)	Sacramento CA USA	11/07/2011	52.85
<b><u>Mile walk</u></b>			
K Schuil (45+)	King's Lynn	06/08/1997	9.51.7
Gillian Loughlin (45+)	King's Lynn	01/06/2011	10.03.7
H Goodall (45+)	Norwich	05/06/2002	10.06.7
D Marsh (35-44)	King's Lynn	06/08/1997	11.11.2
E Torevell ( )	Norwich	05/06/2002	11.37.4
Louise Wilkinson (35-44)	Norwich	03/06/1998	11.40.1
Steph Mullarney (45+)	King's Lynn	01/06/2011	12.00.1
Ann Baker (35+)	Peterborough	06/06/2001	12.13.0
D Upton	Norwich	01/06/2005	12.14.9
Pauline Ash (55+)	Peterborough	06/06/2001	12.20.0
<b><u>2k walk</u></b>			
H Goodall (35+)	Norwich	13/05/2001	12.30.2
K Schuil (45+)	Peterborough	06/05/1998	12.51.2
C Duncan (35-44)	Bedford	18/10/1997	13.33.7
D Marsh (35-44)	King's Lynn	07/05/1997	14.04.5
Pauline Ash (45+)	Bedford	12/09/1998	14.33.2
Teresa Knowles (35-44)	Peterborough	06/05/1998	16.34.7
<b><u>High Jump</u></b>			
Carole Filer (40-44)	Bath	05/07/1998	1.50
Tanya Daniels (35+)	King's Lynn	23/05/2015	1.40
Steph Pain (40+)	Lee Valley	13/12/2015	1.31
Lorraine Brown (45+)	Chelmsford	04/07/2015	1.25
K Schuil (45+)	Bedford	11/09/1999	1.20
Cherry Collins (45+)	Peterborough	06/05/1998	1.10
Tessa Pike (40+)	Great Yarmouth	05/07/2000	1.05
<b><u>Pole Vault</u></b>			
Carole Filer (40-44)	Bath	05/07/1998	2.10
Cherry Collins (45+)	Bedford	18/10/1997	1.80
<b><u>Long Jump</u></b>			
Julie Zulu (35+)	Birmingham	25/06/2011	5.56
Carole Filer (40-44)	Harrow	18/07/1998	5.30
<b>Steph Pain (40+)</b>	<b>Sandy</b>	<b>03/09/2016</b>	<b>4.52</b>
Lorraine Brown (40+)	Great Yarmouth	12/05/2007	4.29
Yvonne Newton (45+)	Bedford	29/07/2000	4.16
Tanya Daniels (35+)	Torun POR	24/03/2015	4.09
K Schuil (45+)	Bedford	18/10/1997	3.49
K Dwyer (45+)	King's Lynn	07/05/1997	3.23
D Marsh (45+)	Norwich	05/05/1999	3.21
E Torevell ( )	Barnet	27/07/2002	3.16
<b><u>Triple Jump</u></b>			
Carole Filer (40-44)	Bedford	18/10/1997	10.28
Lorraine Brown (40+)	Norwich	14/05/2007	8.89
Julie Zulu (35+)	Welwyn	21/05/2011	8.49
Yvonne Newton (45+)	Bedford	11/09/1999	8.44
<b>Tanya Harrison (40+)</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>7.52</b>

Cherry Collins (45+)	Bedford	12/09/1998	7.12
K Schuil (45+)	King's Lynn	06/08/1997	6.76
Pauline Ash (45+)	Norwich	04/06/1997	6.09
<b>Emma Quantrill (40+)</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>4.20</b>

### **Shot Putt**

Lorraine Henry (35+)	Tidworth	18 May 2003	11.27
J Pavlou (35-44)	Great Yarmouth	05/07/2000	8.57
Steph Pain (40+)	Lee Valley	13/12/2015	8.46
Julie Zulu (35+)	Sheffield	05/02/2011	8.12
Melanie Brown (40+)	Stevenage	02/08/2014	7.92
Carole Filer (55+)	Lee Valley	17/03/2012	7.69
E Torevell	Barnet	27/07/2002	7.47
Tanya Daniels (35+)	Torun POR	27/03/2015	7.34
Lorraine Brown (40+)	Great Yarmouth	12/05/2007	7.04
Tanya Harrison (40+)	Ipswich	19/07/2015	6.98

### **Hammer**

Lorraine Henry (35+)	Tidworth	18 May 2003	32.95
Lorraine Brown (45+)	Stevenage	02/08/2014	22.69
Carole Filer (40-44)	Peterborough	06/05/1998	21.77
Julie Zulu (35+)	Watford	04/09/2010	20.08
<b>Steph Pain (40+)</b>	<b>Harrow</b>	<b>18/06/2016</b>	<b>18.86</b>
Tanya Daniels (35+)	Norwich	12/07/2014	17.86
K Schuil (45+)	Cambridge	02/07/1997	17.48
J Pavlou (35-44)	Great Yarmouth	05/07/2000	17.40
<b>Emma Quantrill (40+)</b>	<b>Peterborough</b>	<b>14/08/2016</b>	<b>16.82</b>
E Torevell (55+)	Norwich	13/05/2001	16.03

### **Discus**

Lorraine Henry (35+)	Great Yarmouth	16 May 2004	36.21
Lorraine Brown (45+)	Norwich	14/05/2012	23.94
J Pavlou (45+)	Peterborough	06/06/2001	23.66
Melanie Brown (40+)	Luton	20/08/2011	21.84
<b>Steph Pain (40+)</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>20.22</b>
Julie Zulu (35+)	Welwyn	21/05/2011	19.26
Carole Filer (55+)	King's Lynn	01/06/2011	18.63
C Heaven	Norwich	01/06/2005	18.40
Tessa Pike (45+)	Norwich	05/06/2002	18.23
Yvonne Newton (35-44)	King's Lynn	05/08/1998	18.01

### **Javelin**

<b>Maria Cann (40+)</b>	<b>Norwich</b>	<b>20/08/2016</b>	<b>28.88</b>
Lorraine Brown (45+)	Great Yarmouth	21/08/2011	28.05
<b>Steph Pain (40+)</b>	<b>Solihull</b>	<b>17/07/2016</b>	<b>24.33</b>
Tanya Harrison (40+)	Norwich	09/04/2015	24.31
<b>Frances Peters (35+)</b>	<b>Norwich</b>	<b>14/05/2016</b>	<b>22.09</b>
Tarnia Newenham (50+)	Cambridge	29/03/2014	21.69
Jan Everett (45+)	Bury St Edmunds	11/08/1999	20.44
J Pavlou (45+)	Norwich	05/06/2002	18.66
Maria Holland	Luton	14/07/2002	17.27
Yvonne Newton (40+)	Cambridge	02/06/1999	16.52
Tanya Daniels (35+)	Kings Lynn	03/06/2015	16.52

### **Pentathlon**

<b>Carole Filer (60+)</b>	<b>Lee Valley indoor</b>	<b>28/02/2016</b>	<b>4568</b>
Tanya Daniels (35+)	Torun POR	27/03/2015	1824

### **Heptathlon**

### Veteran Men

#### 60m

Ian Foster (55+)	Birmingham		7.80i
William Young (45+)	King's Lynn	07/02/2015	8.2
Arthur Blunt (45+)	King's Lynn	26/01/2014	9.0

#### 100m

Ian Wells (40+)	Ipswich	01/05/2002	12.1
E Bradshaw (50+)	Peterborough	13/06/1999	12.3
Ian Foster (50+)	King's Lynn	11/07/1999	12.4
Mark Oldham (50+)	King's Lynn	25/04/2012	12.5
G Allen (40-49)	King's Lynn	07/07/1999	13.0
<b>Charlie Williams (50+)</b>	<b>Bury St Edmunds</b>	<b>18/09/2016</b>	<b>13.0</b>
William Young (45+)	Bury St Edmunds	17/08/2014	13.1
Clive Baker (40+)	Norwich	13/05/2001	13.3
Gordon Slater (45+)	Peterborough	27/08/2007	13.6
G Ringer (40-49)	Cambridge	02/07/1997	13.7

#### 150m

William Young (45+)	Great Yarmouth	23/04/2015	19.8
Gordon Slater	Great Yarmouth	09/04/2009	20.3

#### 200m

Ian Wells (40+)	Bedford	23/04/2004	25.0
T Timmis (40-49)	Bedford	09/09/2000	25.3
Ian Foster (55+)	Norwich	22/07/2000	25.8
<b>Charlie Williams (50+)</b>	<b>Peterborough</b>	<b>18/09/2016</b>	<b>26.8</b>
G Allen (40-44)	Cambridge	02/06/1999	27.0
Bill Young (45+)	Norwich	03/05/2015	27.0
Gordon Slater (45+)	Barking	30/05/2008	27.1
Mark Oldham (50+)	Peterborough	09/05/2012	27.5
G Fox (40-49)	Norwich	04/06/1997	27.6
C Gilbert (40-49)	Norwich	03/06/1998	28.2

#### 300m

Gordon Slater	Great Yarmouth	30/03/2009	43.6
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#### 400m

Ian Wells	Great Yarmouth	07/08/2002	57.0
G Harvey (40+)	Norwich	05/05/1999	58.3
Gordon Slater (45+)	Peterborough	05/04/2009	60.0
C Gilbert (40-49)	Cambridge	01/07/1998	61.1
Mark Oldham (50+)	King's Lynn	25/04/2012	61.8
Ian Foster (50+)	King's Lynn	07/07/1999	62.0
E Bradshaw (50+)	Peterborough	13/06/1999	62.1
A Wilkinson (45+)	Bedford	18/10/1997	62.6
Stuart Rose (45+)	Ipswich	01/05/2002	63.0
Mark Gotts (45+)	King's Lynn	18/05/2008	63.4

#### 600m

Gordon Slater (45+)	Barking	30/03/2008	1.38.3
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#### 800m

Guy Amos (40+)	Peterborough	07/07/2001	1.53.4
Glyn Harvey (40+)	Norwich	25/05/1997	2.04.0
Mark Oldham (50+)	Peterborough	09/05/2012	2.06.9

Glen Richardson (35+)	Sandy	26/07/2014	2.07.4
Ernie Bradshaw (50+)	Edinburgh	18/07/1999	2.12.2
Andrew Wilkinson (45+)	King's Lynn	08/06/1997	2.13.7
<b>Spencer Goodall (45+)</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>2.14.5</b>
Harry Knowles (40-49)	Norwich	25/05/1997	2.16.0
Steven Huntington (45+)	Norwich	05/06/2002	2.17.2
Gordon Slater (45+)	Peterborough	22/04/2008	2.17.8

### **1500m**

Guy Amos (35+)	Peterborough	07/07/2001	3.56.2
Glyn Harvey (40+)	Derby	05/07/1997	4.02.7
Harry Knowles (40-49)	Great Yarmouth	09/05/1998	4.32.4
A Wilkinson (45+)	Cambridge	02/07/1997	4.34.5
<b>Spencer Goodall (45+)</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>4.34.7</b>
Trevor Edge (50+)	King's Lynn	07/07/1999	4.41.7
Paul Woodyatt (40+)	Bury	07/09/2002	4.43.6
Pete Johnson (40-49)	Norwich	22/07/2000	4.43.7
Graham Collins (40-49)	Bedford	18/10/1997	4.44.0
Peter Andrews (50+)	Bedford	18/10/1997	4.46.1

### **3000m**

Guy Amos (35+)	Birmingham	30/06/2001	8.23.04
Glyn Harvey (40+)	Norwich	04/06/1997	9.07.0
<b>Spencer Goodall (45+)</b>	<b>Chelmsford</b>	<b>22/05/2016</b>	<b>9.29.4</b>
Harry Knowles (40-49)	Norwich	25/05/1997	9.31.1
Pete Johnson (40-49)	Bedford	09/09/2000	9.37.9
Steve Huntington (40-49)	Norwich	02/08/2000	9.40.6
Nigel Arnold (40+)	Norwich	05/06/2002	9.41.5
Goy Roper (45-49)	King's Lynn	01/06/2011	9.41.8
Robert Cheverton (50+)	Watford	24/08/2011	9.43.42
Peter Andrews (50+)	King's Lynn	06/08/1997	9.53.9

### **5000m**

Guy Amos (35+)	Solihull	23/06/2001	13.54.44
Nigel Arnold (40-44)	Newport	10/07/1998	15.36.8
Glyn Harvey (40+)	Peterborough	03/05/1997	15.40.3
Harry Knowles (40-49)	Norwich	14/05/1997	16.25.6
<b>Spencer Goodall (45+)</b>	<b>Dartford</b>	<b>16/04/2016</b>	<b>16.25.9</b>
Pete Johnson (40-49)	Norwich	22/07/2000	16.33.6
Robert Cheverton (50+)	Norwich	26/09/2010	17.13.2
Peter Andrews (50+)	Walthamstow	16/05/1998	17.23.4
Paul Woodyatt (45+)	Bexley	10/07/2010	17.33.1
Andrew Wilkinson (45+)	Norwich	14/05/1997	17.38.2

### **2000m steeplechase**

Gordon Slater (45+)	Ashford	30/04/2011	9.08.8
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### **3000m steeplechase**

Iain Bailey (40+)	Norwich	30/08/2004	10.24.1
Gordon Slater (45+)	Perivale	27/06/2009	13.54.7

### **10000m**

<b>Matthew Bidwell</b>	<b>Highgate</b>	<b>21/05/2016</b>	<b>32.17.17</b>
Nigel Arnold (40-44)	Newport	11/07/1998	32.43.0
Peter Andrews (60+)	Edinburgh	18/07/1999	36.26.0
Andrew Wilkinson (45+)	Corby	29/06/1997	36.41.0

### **100m hurdles**

Glyn Long (50+)	Bedford	18/10/1997	17.0
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R Morris (50+)	Bedford	09/09/2000	18.4
Clive Baker (40-49)	Bedford	09/09/2000	21.0
Des Collins (50+)	Cambridge	01/07/1998	21.4

#### **110m hurdles**

Ian Wells ( 40+)	Bedford	07/09/2002	15.7
R Morris ( )	Bedford	07/09/2002	20.2
Mark Oldham (50+)	King's Lynn	25/04/2012	21.1
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	24.2

#### **400m hurdles**

Ian Wells (40+)	Great Yarmouth	07/08/2002	57.0
Mark Oldham (50+)	Peterborough	21/04/2012	65.82
Clive Baker (40-49)	Bedford	09/09/2000	71.6
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	74.6
Trevor Edge (50+)	Bury St Edmunds	11/08/1999	75.1
Glyn Long (50+)	Bedford	11/09/1999	76.1
Denis Costello (40+)	Norwich	05/06/2002	77.2
Des Collins (50+)	King's Lynn	05/08/1998	79.7

#### **Mile Walk**

Roger Hanks (50+)	Bury St Edmunds	11/08/1999	8.07.5
Peter Andrews (50+)	Peterborough	06/06/2001	8.36.5
Tim Ash (50+)	King's Lynn	06/08/1997	9.07.7
David Pring ( 45+)	Great Yarmouth	07/08/2002	9.28.3
Harry Collins (55+)	Peterborough	06/06/2001	10.03.0
Graham Ringer (40-49)	Norwich	03/06/1998	10.48.8
Eric Williams (40-49)	Norwich	05/06/2002	11.33.8
John Hutson ( )	Norwich	05/06/2002	11.34.1

#### **2k Walk**

Roger Hanks (50+)	Cambridge	01/07/1998	10.24.1
Peter Andrews (50+)	Norwich	13/05/2001	10.52.9
David Pring ( )	Bury	07/09/2002	11.55.7
Tim Ash (50+)	Bedford	18/10/1997	12.13.8
H Collins (40-49)	Bedford	18/10/1997	12.21.9
David Hutcheon (50+)	Peterborough	06/05/1998	13.16.8
Harry Knowles (40-49)	Peterborough	06/05/1998	13.17.4
Graham Ringer (40-49)	Cambridge	01/07/1998	13.36.2
Eric Williams (40-49)	Bury	07/09/2002	14.50.5
Clive Baker ( )	Ipswich	01/05/2002	15.05.5

#### **High Jump**

Denis Costello (40+)	Chelmsford	06/07/2002	1.75
C Gilbert (40-49)	Bedford	11/09/1999	1.40
Gordon Slater (45+)	King's Lynn	07/07/2010	1.40
Clive Baker (40-49)	King's Lynn	07/07/1999	1.35
Glyn Long (50+)	Norwich	07/05/1997	1.35
John Painter (40+)	Norwich	05/05/1999	1.30
Graham Ringer (40-49)	Cambridge	02/07/1997	1.20
Ernie Bradshaw ( )	Ipswich	01/05/2002	1.20
Arthur Blunt (45+)	King's Lynn	26/01/2014	1.15
R Morris (50+)	Norwich	13/05/2001	1.10

#### **Pole Vault**

R Morris (50+)	Bedford	09/09/2000	3.25
Glyn Long (50+)	King's Lynn	06/08/1997	2.40
Gordon Slater (50+)	Wormwood Scrubbs	18/05/2013	2.40
Clive Baker (40+)	Peterborough	06/06/2001	2.30



Graham Ringer (40-49)	King's Lynn	06/08/1997	1.80
Denis Costello (45+)	Lee Valley	26/06/2010	1.20

### Long Jump

Denis Costello (40+)	Liverpool	18/05/2002	5.71
T Timmis	Bury St Edmunds	03/05/2000	5.61
R Morris (50+)	Hemel Hempstead	31/07/1999	5.43
G Allen (40-49)	King's Lynn	07/07/1999	5.07
Clive Baker (40+)	Norwich	13/05/2001	4.73
Glynn Long (50+)	Norwich	27/07/1997	4.68
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	4.50
<b>Charlie Williams (50+)</b>	<b>Great Yarmouth</b>	<b>12/06/2016</b>	<b>4.49</b>
Clive Poyner (45+)	Bury St Edmunds	02/08/2009	4.45
Graham Ringer (40-49)	Bedford	18/10/1997	4.33

### Triple Jump

Denis Costello (40+)	Ipswich	07/09/2009	13.11
R Morris (50+)	Bedford	11/09/1999	11.51
T Timmis (40-49)	Bedford	09/09/2000	10.65
Clive Baker (40-44)	Cambridge	02/06/1999	9.76
Glyn Long (50+)	Norwich	27/07/1997	9.70
<b>Charlie Williams (50+)</b>	<b>Ipswich</b>	<b>17/07/2016</b>	<b>9.69</b>
Des Collins (50+)	King's Lynn	05/08/1998	9.47
Clive Poyner (45+)	King's Lynn	02/06/2010	9.15
Gordon Slater (50+)	Great Yarmouth	21/08/2011	8.85
C Gilbert (40-49)	Bedford	11/09/1999	8.84
Graham Ringer (40-49)	Norwich	04/06/1997	8.84

### Shot Putt

John Painter (40+)	Norwich	05/05/1999	14.11
Malcolm Fenton (45+)	Bedford	07/09/2002	12.40
Alun Williams (45+)	Cosford	18/07/2007	11.51
Dariusz Kowalczyk (40+)	Wormwood Scrubbs	18/05/2013	10.76
G Oakley (40-49)	Tooting Bec	25/07/1998	10.53
Glyn Long (50+)	Norwich	10/05/1997	9.55
R Morris (50+)	Bedford	09/09/2000	9.50
B Bush (50+)	Bedford	18/10/1997	8.51
Gordon Slater (50+)	Norwich	03/05/2015	8.47
Peter Graves	Walton	21/06/2014	8.14

### Hammer

Malcolm Fenton (45+)	Bedford	07/09/2002	57.71
John Painter (40-49)	Great Yarmouth	10/08/2008	34.88
Alun Williams (45+)	Lomdon HE	11/07/2007	33.00
Simon Redding (50+)	Norwich	16/03/2013	30.36
Gordon Slater (50+)	Norwich	16/03/2013	29.47
R Morris (50+)	Bedford	07/09/2002	25.96
G Oakley (40+)	Norwich	22/08/1999	25.36
Bob Bush (50+)	Bedford	18/10/1997	20.90
Malcolm Chandler (40-49)	Hayes	06/06/1998	20.55
Glyn Long (50+)	Cambridge	02/07/1997	17.98

### Discus

John Painter (50+)	Peterborough	05/04/2009	42.72
Malcolm Fenton (45+)	Bedford	07/09/2002	37.21
Tim Newenham (50+)	Great Yarmouth	19/08/2010	34.14
Alun Williams (45+)	London HE	11/07/2007	33.81
Mike Walden (40+)	Bury St Edmunds	07/08/2014	30.76
Dariusz Kowalczyk (40+)	Wormwood Scrubbs	18/05/2013	30.56

<b>Michael Brown (45+)</b>	<b>Norwich</b>	<b>15/05/2016</b>	<b>29.26</b>
G Oakley (40-49)	Hemel Hempstead	15/08/1998	27.42
R Morris (50+)	Peterborough	06/06/2001	26.90
Bob Bush (50+)	King's Lynn	06/08/1997	26.04
<b><u>Javelin</u></b>			
Tim Newenham (45+)	Bedford	11/04/2009	53.83
Peter Graves (45+)	Bury St Edmunds	28/09/2014	40.49
Adrian Savoy (40+)	Norwich	11/09/2015	37.62
Mike Walden (40+)	Bury St Edmunds	07/08/2014	37.19
G Oakley (40-49)	Walthamstow	16/05/1998	37.17
Malcolm Fenton (45+)	Bedford	07/09/2002	35.69
Clive Poyner (45+)	Bury St Edmunds	02/08/2009	33.20
Glyn Long (50+)	Tonbridge	26/07/1997	32.64
Steve Holland (45+)	Luton	14/07/2002	32.22
Bob Bush (50+)	Norwich	10/05/1997	31.22
Graham Ringer (40-49)	King's Lynn	06/08/1997	30.80