

City of Norwich AC - Track & Field rankings as at 31st Dec 2016

UNDER 11 BOYS RANKINGS 2016

80m

Benjamin Polley	Great Yarmouth	12/06/2016	12.8
Matthew Loke	Ipswich	17/07/2016	12.8
Arlo Brown	Ipswich	17/07/2016	12.9
Alfie Mayers	Norwich	24/04/2016	13.2
Max Voutt	Norwich	24/04/2016	13.4
Lucas Bower	Ipswich	17/07/2016	14.4
George Borham	Norwich	24/04/2016	14.5
Toby Calver	Norwich	04/05/2016	14.5
Greg Taylor	Great Yarmouth	12/06/2016	14.5

150m

Matthew Loke	Norwich	15/05/2016	24.7
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600m

Matthew Loke	Ipswich	17/07/2016	2.01.0
Alfie Mayers	Great Yarmouth	12/06/2016	2.05.2
Max Voutt	Great Yarmouth	12/06/2016	2.08.9
Benjamin Polley	Great Yarmouth	12/06/2016	2.11.7
George Borham	Norwich	24/04/2016	2.12.9
Greg Taylor	Great Yarmouth	12/06/2016	2.14.9
Lucas Bower	Ipswich	17/07/2016	2.19.2

Long Jump

Matthew Loke	Ipswich	17/07/2016	3.31
Greg Taylor	Great Yarmouth	12/06/2016	2.88
Charlie Pain	Great Yarmouth	26/05/2016	2.76
Lucas Bower	Great Yarmouth	12/06/2016	2.66
Alfie Mayers	Norwich	14/04/2016	2.34

Shot 2kg

Matthew Loke	Great Yarmouth	12/06/2016	4.97
Alfie Mayers	Great Yarmouth	12/06/2016	4.19
George Borham	Norwich	24/04/2016	3.58

UNDER 11 GIRLS RANKINGS 2016

75m

Matilda Butterworth	Great Yarmouth	14/04/2016	12.2
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80m

Madison Kelly	Ipswich	17/07/2016	12.2
Matilda Butterworth	Norwich	04/05/2016	12.7

Mitzie Lewis	Great Yarmouth	12/06/2016	12.8
Nicole Caszczak	Great Yarmouth	12/06/2016	13.1
Rose Fairhurst	Norwich	24/04/2016	13.2
Millie Hart	Ipswich	17/07/2016	13.2
Freya Statham	Norwich	24/04/2016	13.3
Esme Abbott	Norwich	24/04/2016	13.9
Caitlin Bell	Norwich	04/05/2016	14.1
Ella Peart	Norwich	24/04/2016	14.1
Moira Dolman	Ipswich	17/07/2016	14.3

100m

Rose Fairhurst	Great Yarmouth	26/05/2016	17.7
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150m

Matilda Butterworth	Norwich	15/05/2016	23.1
Madison Kelly	Norwich	04/05/2016	24.6
Mitzie Lewis	Norwich	04/05/2016	24.6
Nicole Caszczak	Norwich	15/05/2016	25.0
Rose Ling	Norwich	15/05/2016	25.1
Caitlin Bell	Norwich	14/05/2016	25.6
Rose Fairhurst	Norwich	15/05/2016	25.6
Freya Statham	Norwich	15/05/2016	26.1
Nellie Ong	Norwich	04/05/2016	26.8
Millie Hart	Norwich	04/05/2016	27.7
Moira Dolman	Norwich	04/05/2016	30.4

600m

Madison Kelly	Great Yarmouth	12/06/2016	1.58.3
Esme Abbott	Norwich	15/05/2016	2.00.4
Freya Statham	Norwich	15/05/2016	2.13.1
Mitzi Lewis	Great Yarmouth	12/06/2016	2.14.8
Rose Fairhurst	Peterborough	14/08/2016	2.15.7
Nellie Ong	Norwich	04/05/2016	2.18.8
Nicole Caszczak	Great Yarmouth	12/06/2016	2.19.0
Moira Dolman	Ipswich	17/07/2016	2.23.1
Rose Ling	Norwich	15/05/2016	2.30.0

Long Jump

Matilda Butterworth	Norwich	15/05/2016	3.55
Nicole Caszczak	Great Yarmouth	12/06/2016	3.34
Rose Fairhurst	Great Yarmouth	26/05/2016	3.30
Millie Hart	Peterborough	14/08/2016	3.08
Caitlin Bell	Norwich	14/05/2016	3.00
Mitzi Lewis	Great Yarmouth	12/06/2016	2.96
Madison Kelly	Ipswich	17/07/2016	2.66

Shot 2kg

Rose Fairhurst	Norwich	24/04/2016	4.88
Moira Dolman	Ipswich	17/07/2016	4.47
Ella Peart	Great Yarmouth	12/06/2016	4.18

Millie Hart Peterborough 14/08/2016 3.11

UNDER 13 BOYS RANKINGS 2016

60m indoors

Jacob Brown King's Lynn 24/01/2016 9.0

75m

Jacob Brown Great Yarmouth 14/04/2016 11.4

Henry Whall Great Yarmouth 14/04/2016 11.4

100m

Luke Spencer Ipswich 03/07/2016 13.0

Michael Langley Norwich 14/05/2016 13.3

Joshua Page Norwich 14/05/2016 13.4

Zak Collins-Iddi Ipswich 03/07/2016 13.7

Dillon Denis Ipswich 17/07/2016 13.8

Henry Whall Norwich 14/05/2016 14.1

Jacob Brown Grays 17/04/2016 14.2

Conrad Winter Norwich 14/05/2016 14.6

Jacob Hart Watford 10/08/2016 15.04

Daniel Williams Norwich 04/05/2016 15.2

Tom Cugnoni Norwich 04/05/2016 15.5

Danny Adams Norwich 04/05/2016 15.7

Jack Whitlam Norwich 24/04/2016 15.8

Oliver Yellop Norwich 24/04/2016 16.7

150m

Jacob Brown Great Yarmouth 14/04/2016 22.9

Oliver Yellop Great Yarmouth 14/04/2016 26.2

200m

Michael Langley Great Yarmouth 12/06/2016 27.9

Joshua Page Ipswich 03/07/2016 28.1

Zak Collins-Iddi Ipswich 03/07/2016 28.5

Luke Spencer Peterborough 14/08/2016 28.5

Henry Whall Ipswich 17/07/2016 29.4

Conrad Winter Ipswich 17/07/2016 30.0

Jacob Brown Grays 17/04/2016 30.3

Daniel Williams Norwich 04/05/2016 30.4

Jacob Hart Ipswich 17/07/2016 30.4

Dillon Denis Cambridge 05/06/2016 30.4

Oscar Albrow Norwich 02/08/2016 31.4

Tom Cugnoni Norwich 04/05/2016 32.6

Oliver Yellop Norwich 14/05/2016 35.4

Sam Boreham Norwich 24/04/2016 38.9

800m

Michael Langley Ipswich 03/07/2016 2.24.5

Danny Adams St Albans 08/05/2016 2.29.2

Joshua Knights	Norwich	04/05/2016	2.35.1
Oscar Albrow	Norwich	15/07/2016	2.36.8
Jake Hart	Ipswich	17/07/2016	2.37.0
Henry Whall	Peterborough	14/08/2016	2.45.4
Tom Cugnoni	Norwich	04/05/2016	2.46.9
Joshua Page	Hemel Hempstead	04/09/2016	2.49.5
Daniel Williams	Ipswich	03/07/2016	2.51.0
Oliver Yellop	Ipswich	03/07/2016	2.52.8
Ewan Brett	Norwich	24/04/2016	3.08.2
Toby Clark	Cambridge	05/06/2016	3.13.5
Tom Whiting	Ipswich	17/07/2016	3.21.2

1500m

Danny Adams	Bury St Edmunds	18/09/2016	4.51.6
Joshua Knights	Bury St Edmunds	18/09/2016	4.52.2
Michael Langley	Watford	27/07/2016	5.05.93
Isac Bower	Norwich	15/05/2016	5.19.2
Jake Hart	St Albans	08/05/2016	5.29.6
Oscar Albrow	King's Lynn	09/08/2016	5.36.4
Alfie Murdoch	Norwich	15/05/2016	5.43.1
Oliver Yellop	Peterborough	14/08/2016	5.44.5
Daniel Williams	Cambridge	05/06/2016	6.11.3
Thomas Whiting	Ipswich	03/07/2016	6.43.0

Mile

Oliver Yellop	Great Yarmouth	14/04/2016	6.22.7
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75m hurdles

Daniel Williams	Bury St Edmunds	18/09/2016	14.1
Jacob Brown	Bury St Edmunds	18/09/2016	14.2
Oliver Hill	Peterborough	14/08/2016	14.3
Jake Hart	Grays	17/04/2016	15.0
Ewan Brett	Norwich	24/04/2016	17.5

High Jump

Michael Langley	Ipswich	17/07/2016	1.40
Dillon Denis	Norwich	07/08/2016	1.40
Conrad Winter	St Albans	08/05/2016	1.25
Oliver Hill	Peterborough	14/08/2016	1.25
Jack Whitlam	Norwich	14/05/2016	1.20
Daniel Williams	Grays	17/04/2016	1.20
Jake Hart	Norwich	24/04/2016	1.10

Long Jump

Dillon Denis	Norwich	07/08/2016	5.05
Joshua Page	Hemel Hempstead	04/09/2016	4.84
Conrad Winter	Southend	29/08/2016	4.45
Zak Collins-Iddi	Ipswich	03/07/2016	4.41
Daniel Williams	Norwich	07/08/2016	4.26
Henry Whall	Norwich	07/08/2016	4.08

Jacob Brown	Grays	17/04/2016	4.06
Jake Hart	Norwich	14/05/2016	3.81
Jack Whitlam	Norwich	14/05/2016	3.73

Javelin

Toby Clark	Norwich	07/08/2016	29.27
Conrad Winter	Hemel Hempstead	04/09/2016	27.70
Daniel Williams	St Albans	08/05/2016	17.60
Luke Walker	Norwich	24/04/2016	12.17

Shot 3.25kg

Toby Clark	Peterborough	14/08/2016	6.94
Luke Walker	Norwich	15/05/2016	6.68
Jacob Brown	Bury St Edmunds	18/09/2016	6.59
Michael Langley	St Albans	08/05/2016	6.50
Isac Bower	Norwich	07/08/2016	5.12
Ewan Brett	Norwich	24/04/2016	4.74
Henry Whall	Peterborough	14/08/2016	4.20
Oliver Yellop	Great Yarmouth	14/04/2016	3.53

Discus

Sam Crossley	Norwich	15/05/2016	30.45
Jacob Brown	Ipswich	17/07/2016	17.09
Luke Watker	St Albans	08/05/2016	16.84
Toby Clark	Norwich	07/08/2016	16.39
Jake Hart	Hemel Hempstead	04/09/2016	15.84
Danny Adams	Grays	17/04/2016	8.41
Oscar Albrow	Norwich	02/08/2016	8.23

Hammer

Luke Walker	Norwich	14/05/2016	18.30
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<u>Relay 4 x 100m</u>	Ipswich	03/07/2016	54.8
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UNDER 13 GIRLS RANKINGS 2016

60m indoors

Holly Harrison	King's Lynn	24/01/2016	8.7
Eden Harrison	King's Lynn	24/01/2016	9.3
Hannah Pain	King's Lynn	24/01/2016	9.8
Chantelle Russell	King's Lynn	24/01/2016	9.8

60m hurdles indoors

Eden Harrison	King's Lynn	24/01/2016	11.40
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75m

Amelia Nesbitt	Great Yarmouth	14/04/2016	13.6
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100m

Isabelle Moore	St Albans	08/05/2016	13.6
Holly Harrison	Norwich	14/05/2016	13.7
Martha Bennett	Norwich	04/05/2016	15.1
Annabelle Joynson	Peterborough	14/08/2016	14.0
Olivia Porter	Peterborough	14/08/2016	14.0
Kaia Peris	Cambridge	26/06/2016	14.20
Mary Hill	Ipswich	17/07/2016	14.6
Eden Harrison	Great Yarmouth	12/06/2016	14.7
Hannah Pain	Norwich	24/04/2016	14.9
Grace Daniels	Ipswich	17/07/2016	14.9
Mia Bailey	Norwich	14/05/2016	15.1
Alice Daniels	Ipswich	17/07/2016	15.2
Ella Spear	Norwich	14/05/2016	15.3
Ellen Cunningham	Peterborough	14/08/2016	15.4
Erin Waterfield	Norwich	14/05/2016	15.7
Ellis Stewart	Great Yarmouth	12/06/2016	15.9
Grace Forster	Great Yarmouth	15/07/2016	15.9
Kitty Whalen	Norwich	24/04/2016	16.0
Kate Calver	Norwich	14/05/2016	16.3
Beth Greenwood	Norwich	07/08/2016	16.3
Isabel Matthews-Clark	Norwich	04/05/2016	16.4
Amy Moses	Norwich	04/05/2016	16.5
Harriet Prior	Norwich	04/05/2016	17.1

200m

Isabelle Moore	Ipswich	03/07/2016	27.3
Holly Harrison	Norwich	15/05/2016	28.6
Annabelle Joynson	Norwich	15/05/2016	28.7
Eden Harrison	Norwich	15/05/2016	29.0
Kaia Peris	Cambridge	05/06/2016	28.87w 29.2
Olivia Porter	Peterborough	14/08/2016	29.6
Grace Daniels	Norwich	15/05/2016	31.2
Hannah Pain	Norwich	15/05/2016	31.3
Mary Hill	Norwich	15/05/2016	31.5
Martha Bennett	Norwich	04/05/2016	31.5
Alice Daniels	Ipswich	17/07/2016	31.8
Bethany Greenwood	Cambridge	05/06/2016	32.7
Kitty Whalen	Great Yarmouth	12/06/2016	33.1
Amy Moses	Great Yarmouth	26/05/2016	33.2
Ellis Stewart	Cambridge	05/06/2016	34.0
Millie Heybourne	Norwich	04/05/2016	34.3
Evie Prior	Norwich	04/05/2016	33.5
Harriet Prior	Norwich	04/05/2016	34.6
Isabel Matthews-Clark	Norwich	04/05/2016	35.7

800m

Madeline Short	Norwich	14/05/2016	2.32.1
Grace Jermy	Watford	10/08/2016	2.32.41

Grace Forster	Great Yarmouth	23/07/2016	2.35.8
Martha Bennett	Ipswich	17/07/2016	2.37.2
Niamh Hernon	Norwich	14/05/2016	2.43.6
Hannah Pain	Grays	17/04/2016	2.46.3
Grace Daniels	Norwich	07/08/2016	2.50.0
Eden Harrison	Peterborough	14/08/2016	2.51.2
Bethany Greenwood	Peterborough	14/08/2016	2.52.7
Alice Daniels	Great Yarmouth	12/06/2016	2.54.5
Ella Spear	Norwich	14/05/2016	2.54.8
Olivia Sergeant	Norwich	15/05/2016	3.03.3
Millie Heybourne	Norwich	04/05/2016	3.04.1
Isabel Matthews-Clark	Norwich	15/05/2016	3.05.7
Kitty Whalen	Norwich	24/04/2016	3.14.1

1500m

Madeline Short	Ipswich	17/07/2016	5.12.8
Grace Jermy	Watford	27/07/2016	5.13.04
Grace Forster	Great Yarmouth	12/06/2016	5.16.0
Niamh Hernon	Bury St Edmunds	18/09/2016	5.40.9
Bethany Greenwood	Great Yarmouth	12/06/2016	5.58.6
Leilani King	Norwich	14/05/2016	6.08.9
Olivia Sergeant	Ipswich	17/07/2016	6.09.8
Isabel Matthews-Clark	Norwich	15/05/2016	6.41.0
Ellis Stewart	Norwich	24/04/2016	7.21.1

3000m

Millie Heybourne	Norwich	15/05/2016	13.32.0
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70m hurdles

Martha Bennett	Tonbridge	29/08/2016	12.57
Holly Harrison	Southend	02/08/2016	12.58
Beth Greenwood	Ipswich	03/07/2016	12.7
Eden Harrison	Ipswich	17/07/2016	13.0
Amy Moses	Great Yarmouth	26/05/2016	15.4
Ellis Stewart	Ipswich	17/07/2016	16.4
Hannah Pain	Great Yarmouth	26/05/2016	16.5

High Jump

Martha Bennett	Ipswich	17/07/2016	1.35
Hannah Pain	St Albans	08/05/2016	1.25
Beth Greenwood	Pteteborough	25/09/2016	1.26
Isabel Matthews-Clark	Norwich	15/05/2016	1.10
Kaia Peris	Cambridge	05/06/2016	1.10
Mary Hill	Hemel Hempstead	04/09/2016	1.10
Holly Harrison	Ipswich	17/07/2016	1.00

Long Jump

Holly Harrison	Grays	17/04/2016	4.59
Martha Bennett	Norwich	07/08/2016	4.37
Isabelle Moore	Norwich	14/05/2016	4.34

Kaia Peris	Cambridge	05/06/2016	3.90
Annabelle Joynson	Norwich	14/05/2016	3.88
Mary Hill	Norwich	07/08/2016	3.82
Hannah Pain	Norwich	14/05/2016	3.70
Eden Harrison	Great Yarmouth	26/05/2016	3.66
Olivia Porter	St Albans	08/05/2016	3.63
Beth Greenwood	Great Yarmouth	26/05/2016	3.51
Kitty Whalen	Norwich	14/05/2016	3.49
Mia Bailey	Norwich	14/05/2016	3.47
Kate Calver	Norwich	14/05/2016	3.41
Amy Moses	Great Yarmouth	26/05/2016	3.37
Ellis Stewart	Grays	17/04/2016	3.36
Alice Daniels	Norwich	14/05/2016	3.12
Grace Daniels	Norwich	24/04/2016	3.17
Chantelle Russell	King's Lynn	24/01/2016	2.52

Shot 2.72kg

Zoe Powers	Norwich	09/07/2016	9.49
Martha Bennett	Hemel Hempstead	04/09/2016	8.15
Mary Hill	Bury St Edmunds	18/09/2016	7.84
Eden Harrison	Great Yarmouth	12/06/2016	7.80
Ellen Cunningham	Norwich	07/08/2016	6.53
Olivia Porter	Peterborough	14/08/2016	6.02
Ellis Stewart	Ipswich	03/07/2016	5.20
Rianna Platten	Norwich	15/05/2016	5.03
Alice Daniels	Norwich	24/04/2016	4.67
Grace Daniels	Norwich	07/08/2016	3.72
Hannah Pain	Lee Valley indoor	01/01/2016	3.70
Amelia Nesbitt	Great Yarmouth	14/04/2016	3.54

Discus

Zoe Powers	Hemel Hempstead	04/09/2016	27.84
Eden Harrison	Norwich	15/05/2016	18.18
Grace Jermy	Cambridge	05/06/2016	16.19
Olivia Porter	Ipswich	17/07/2016	14.63
Holly Harrison	Grays	17/04/2016	13.23
Mary Hill	St Albans	08/05/2016	13.06
Ellen Cunningham	Norwich	07/08/2016	11.09
Rianna Platten	Norwich	15/05/2016	8.69

Javelin

Eden Harrison	Cambridge	05/06/2016	25.41
Zoe Powers	Norwich	07/08/2016	19.53
Hannah Pain	Norwich	14/05/2016	16.21
Beth Greenwood	Peterborough	25/09/2016	14.91
Rianna Platten	Norwich	14/05/2016	12.43

Hammer

Rianna Platten	Norwich	14/05/2016	8.92
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Pentathlon

Martha Bennett Tonbridge 29/08/2016 1963

4 x 100m Relay

Cambridge 05/06/2016 55.8

UNDER 15 BOYS RANKINGS 2016

60m indoors

Louis Albrow	Sheffield	13/02/2016	7.58
Jamie Greenacre	King's Lynn	24/01/2016	7.6
Jamie Brown	Sheffield	13/02/2016	7.70
Louie Moreno Mena	King's Lynn	24/01/2016	7.9
Tristan McLellan	Lee Valley	13/02/2016	8.21
Alessandro Maruca	King's Lynn	24/01/2016	8.9
Oliver Kelly	King's Lynn	24/01/2016	9.9

75m

Jamie Greenacre	Great Yarmouth	14/04/2016	9.6
Jamie Brown	Great Yarmouth	14/04/2016	9.7

100m

Louis Albrow	Norwich	14/05/2016	11.8
Jamie Greenacre	Ipswich	17/07/2016	11.9
Jamie Brown	Norwich	14/05/2016	11.9
Louie Moreno Mena	Norwich	11/06/2016	12.5
Alex Mortimer	Great Yarmouth	12/06/2016	12.6
Tristan McLellan	Norwich	14/05/2016	12.7
James Cunningham	Peterborough	14/08/2016	12.7
Kieran Farley	St Ives	25/05/2016	12.72
Zak Young	St Albans	08/05/2016	12.9
Callum Hopson	Ipswich	17/07/2016	13.0
Joshua Gosling	Ipswich	17/07/2016	13.2
Scott Leeder	Great Yarmouth	12/06/2016	13.4
Alessandro Maruca	St Albans	08/05/2016	13.5
Alex Whall	Ipswich	03/07/2016	13.8
Alexander Simpson	Norwich	04/04/2016	14.7

200m

Louis Albrow	Ipswich	03/07/2016	23.6
Jamie Brown	Norwich	15/05/2016	24.5
Louie Moreno Mena	Peterborough	14/08/2016	24.9
Jamie Greenacre	Norwich	15/05/2016	24.9
Kieran Farley	Norwich	15/05/2016	25.5
Tristan McLellan	Ipswich	03/07/2016	26.0
Alex Mortimer	Norwich	11/06/2016	26.1
Zak Young	Norwich	24/04/2016	26.6
Scott Leeder	Norwich	15/05/2016	27.9
Alessandro Maruca	St Albans	08/05/2016	28.7

Harry Thompson	Norwich	15/05/2016	28.8
Joshua Gosling	Norwich	24/04/2016	29.4
Alex Whall	Norwich	24/04/2016	29.5
Alexander Simpson	Norwich	04/05/2016	30.2

300m

Louis Albrow	Great Yarmouth	14/04/2016	39.4
Louie Moreno Mena	Peterborough	18/09/2016	39.4
Alex Mortimer	Hemel Hempstead	04/09/2016	40.0
Kieran Farley	Cambridge	26/06/2016	40.57
Jamie Brown	Norwich	07/08/2016	40.8
Joseph Smythe	Norwich	14/05/2016	41.5
William Mahoney	Peterborough	14/08/2016	43.9
Conrad Harrison	Great Yarmouth	12/06/2016	44.6
Scott Leeder	Ipswich	03/07/2016	44.9
Charlie Green	Ipswich	03/07/2016	45.1
Rhys Foyster	Grays	17/04/2016	45.2
Alessandro Maruca	Norwich	24/04/2016	47.6
Toby Robinson	Great Yarmouth	12/06/2016	48.1
Alex Whall	Norwich	04/05/2016	48.7

800m

William Mahoney	Peterborough	14/08/2016	2.11.0
Joseph Smythe	Norwich	11/06/2016	2.12.3
Conrad Harrison	Norwich	14/05/2016	2.22.9
Rhys Foyster	Grays	17/04/2016	2.23.8
Connor Smith	Peterborough	14/08/2016	2.30.7
Zachary Taylor	Norwich	14/05/2016	2.32.2
Toby Robinson	Norwich	11/06/2016	2.34.2
Alexander Simpson	Norwich	04/04/2016	2.39.4

1500m

William Mahoney	Bury St Edmunds	18/09/2016	4.22.1
Joseph Smythe	Watford	27/07/2016	4.38.39
Will Browne	Ipswich	17/07/2016	4.42.7
Guy Hockley	Great Yarmouth	12/06/2016	5.08.6

3000m

William Mahoney	Norwich	15/05/2016	9.57.2
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80m Hurdles

Conrad Harrison	Ipswich	03/07/2016	17.2
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Long Jump

Louis Albrow	Grays	17/04/2016	5.41
Tristan McLellan	Bury St Edmunds	18/09/2016	5.16
Jacob Carver	Great Yarmouth	12/06/2016	5.06
Callum Hopson	Bury St Edmunds	03/05/2016	4.99
Joseph Smythe	Norwich	11/06/2016	4.98
Joshua Gosling	Ipswich	17/07/2016	4.88

Jake Garside	Great Yarmouth	12/06/2016	4.83
Scott Leeder	Norwich	14/05/2016	4.55
Alex Whall	Norwich	14/05/2016	4.53
Alex Mortimer	Norwich	24/04/2016	4.28
Alessandro Maruca	Norwich	24/04/2016	3.80
William Mahoney	Grays	17/04/2016	3.60

Triple Jump

Tristan McLellan	Bury St Edmunds	18/09/2016	11.29
Alex Whall	Norwich	24/04/2016	10.29
Scott Leeder	Norwich	15/05/2016	9.59

High Jump

Charlie Green	Ipswich	03/07/2016	1.50
Callum Hopson	Bury St Edmunds	15/05/2016	1.45
Tristan McLellan	Hemel Hempstead	04/09/2016	1.40
Rhys Foyster	Grays	17/04/2016	1.35
Toby Robinson	Norwich	14/04/2016	1.30
Alessandro Maruca	Hemel Hempstead	04/09/2016	1.30
Alex Whall	Peterborough	14/08/2016	1.20

Shot

James Cunningham	Bury St Edmunds	18/09/2016	12.39
Jamie Greenacre	Hemel Hempstead	04/09/2016	8.43
Jamie Brown	Sportcity	07/04/2016	7.69
Joe Fuller	Grays	17/04/2016	7.22
Charlie Green	Norwich	24/04/2016	7.11
Adam Cann	Cambridge	05/06/2016	6.89

Hammer

James Cunningham	Hemel Hempstead	04/09/2016	33.11
Joe Fuller	Cambridge	05/06/2016	15.71

Discus

Jacob Carver	Norwich	07/08/2016	30.00
James Cunningham	Norwich	07/08/2016	23.94
Tristan McLellan	Cambridge	05/06/2016	22.77
Ben Graves	Cambridge	05/06/2016	20.71
Conrad Harrison	Great Yarmouth	12/06/2016	19.06
Adam Cann	Norwich	24/04/2016	17.54
Jake Garside	Ipswich	03/07/2016	17.37
Alex Whall	Peterborough	14/08/2016	16.07
Alessandro Maruca	Grays	17/04/2016	15.19
Scott Leeder	Norwich	15/05/2016	14.76

Javelin

Jacob Carver	Norwich	07/08/2016	39.75
Ben Graves	Horspath	21/08/2016	37.07
Daniel Clark	Norwich	07/08/2016	36.56
Adam Cann	Grays	17/04/2016	32.74

Joe Fuller	Norwich	07/08/2016	27.31
<u>Relay 4 x 100m</u>	Bury St Edmunds	18/09/2016	47.6

UNDER 15 GIRLS RANKINGS 2016

60m indoors

Serena Grace	Lee Valley	27/03/2016	8.32
Kirsty Sait-Stewart	King's Lynn	24/01/2016	9.1
Amy Money	King's Lynn	24/01/2016	9.2

60m hurdles indoors

Mia Hopson	Lee Valley	27/03/2016	9.68
Eleanor Brown	King's Lynn	24/01/2016	10.3
Kirsty Sait-Stewart	King's Lynn	24/01/2016	10.4

75m

Serena Grace	Great Yarmouth	14/04/2016	10.6
Josie Bird	Great Yarmouth	14/04/2016	12.6

150m

Serena Grace	Great Yarmouth	14/04/2016	21.1
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100m

Serena Grace	Ipswich	17/07/2016	12.5
Mia Hopson	Ipswich	03/07/2016	12.8
Alice Hill	Norwich	14/05/2016	13.0
Alisha Youngs	Norwich	04/05/2016	13.2
Annie Elliott	Norwich	14/05/2016	13.2
Georgina Cook	Norwich	14/05/2016	13.4
Kirsty Sait- Stewart	Ipswich	17/07/2016	14.0
Heidi Lamb	Norwich	14/05/2016	14.1
Gabrielle Delarue	Ipswich	03/07/2016	14.1
Eleanor Brown	Great Yarmouth	26/05/2016	14.2
Amy Money	Cambridge	05/06/2016	14.2
Mariama Jalo	Norwich	14/05/2016	14.4
Imogen Milroy	Norwich	14/05/2016	14.6
Imogen Eisenmann	Norwich	04/05/2016	14.7
Josie Bird	Norwich	14/05/2016	14.8
Isobel Whiting	Ipswich	17/07/2016	14.9
Elise Cooper	Norwich	04/05/2016	15.5
Emma Hunter	Grays	17/04/2016	15.7

150m

Serena Grace	Great Yarmouth	14/04/2016	21.1
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200m

Serena Grace	Ipswich	17/07/2016	26.6
Alice Hill	Ipswich	03/07/2016	27.3

Imogen Eisenmann	Ipswich	17/07/2016	27.8
Annie Elliott	Norwich	11/06/2016	28.0
Heidi Lamb	Norwich	14/05/2016	28.5
Gabrielle Delarue	St Albans	08/05/2016	28.9
Chloe Quantrill	Peterborough	14/08/2016	28.9
Katie Goldsmith	Great Yarmouth	26/05/2016	29.0
Alisha Youngs	Peterborough	03/07/2016	29.2
Kirsty Sait- Stewart	Ipswich	03/07/2016	29.3
Amy Money	Ipswich	03/07/2016	30.0
Imogen Milroy	Great Yarmouth	12/06/2016	30.2
Isobel Whiting	Norwich	11/06/2016	30.7
Naryce Anderson	Great Yarmouth	26/07/2016	31.1
Josie Bird	Norwich	14/05/2016	31.4
Ella Walker	Norwich	04/05/2016	31.8
Elise Cooper	Norwich	04/05/2016	33.4
Evie Prior	Norwich	04/05/2016	33.5
Millie Heybourne	Norwich	04/05/2016	34.3

300m

Katie Goldsmith	Ipswich	03/07/2016	43.9
Meredith Windship	Norwich	15/05/2016	44.8
Imogen Eisenmann	Ipswich	03/07/2016	45.0
Chloe Quantrill	St Albans	08/05/2016	45.6
Heidi Lamb	Ipswich	03/07/2016	45.6
Sophie Peach	Cambridge	05/06/2016	47.8
Naryce Anderson	Norwich	04/05/2016	48.6
Charlotte Bull	Norwich	04/05/2016	49.0
Imogen Milroy	Ipswich	03/07/2016	49.1

600m

Katie Goldsmith	Great Yarmouth	14/04/2016	1.41.9
Naryce Anderson	Great Yarmouth	14/04/2016	1.53.6

800m

Meredith Windship	Watford	18/05/2016	2.17.34
Katie Goldsmith	Gateshead	08/07/2016	2.18.58
Femka Rosbergen	Watford	07/09/2016	2.19.58
Sophie Peach	Norwich	14/05/2016	2.30.3
Naryce Anderson	Norwich	14/05/2016	2.37.3
Ella Walker	Southampton	29/06/2016	2.42.8
Imogen Eisenmann	Peterborough	19/06/2016	2.43.5
Charlotte Bull	Norwich	04/05/2016	2.45.8
Mia Hopson	Lee Valley	27/03/2016	2.53.91
Eleanor Brown	Peterborough	25/09/2016	2.52.01
Kirsty Sait- Stewart	Peterborough	25/09/2016	3.01.57
Millie Heybourne	Norwich	04/05/2016	3.04.1
Isobel Whiting	Peterborough	14/08/2016	3.04.2
Alisha Youngs	Peterborough	25/06/2016	3.11.6
Amy Money	Peterborough	25/06/2016	3.21.9

1500m

Femka Rosbergen	Ashford	14/08/2016	4.42.96
Katie Goldsmith	Cambridge	05/06/2016	4.52.8
Emma Hunter	Norwich	19/06/2016	4.54.9
Nellie Porter	Norwich	11/06/2016	5.10.4
Naryce Anderson	Ipswich	03/07/2016	5.11.0
Ellie Taylor	Norwich	04/05/2016	5.11.6
Sophie Peach	Norwich	11/06/2016	5.16.6
Emma Ledward	Norwich	11/06/2016	5.18.3
Ella Walker	Cambridge	05/06/2016	5.31.4

1 Mile

Naryce Anderson	Great Yarmouth	14/04/2016	5.52.7
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3000m

Emma Hunter	Norwich	15/05/2016	10.37.3
Nelly Porter	Norwich	15/05/2016	10.48.2
Millie Heybourne	Norwich	15/05/2016	13.32.0

75m H

Mia Hopson	St Albans	08/05/2016	11.6
Eleanor Brown	Ipswich	03/07/2016	12.1
Alisha Youngs	Ipswich	03/07/2016	12.4
Matilda Chitty	Norwich	11/06/2016	12.5
Kirsty Sait-Stewart	Norwich	14/05/2016	12.9
Amy Money	Peterborough	25/06/2016	13.2
Imogen Eisenmann	Norwich	24/04/2016	13.8

High Jump

Kirsty Sait-Stewart	Peterborough	14/08/2016	1.52
Eleanor Brown	Peterborough	25/09/2016	1.50
Mia Hopson	Peterborough	25/06/2016	1.33
Beth Freeman	Norwich	14/05/2016	1.30
Amy Money	Peterborough	25/06/2016	1.30
Isobel Whiting	Norwich	07/08/2016	1.30
Imogen Eisenmann	Peterborough	25/06/2016	1.27
Alisha Youngs	Peterborough	25/06/2016	1.21
Alice Hill	Norwich	14/05/2016	1.20

Long Jump

Eleanor Brown	Norwich	14/05/2016	5.06
Alisha Youngs	Peterborough	25/06/2016	4.70
Alice Hill	Ipswich	17/07/2016	4.65
Mia Hopson	Lee Valley	27/03/2016	4.58
Annie Elliott	Great Yarmouth	12/06/2016	4.47
Amy Money	Norwich	14/05/2016	4.39
Kirsty Sait-Stewart	Peterborough	25/09/2016	4.26
Imogen Eisenmann	Norwich	11/06/2016	4.21
Imogen Milroy	Norwich	14/05/2016	4.08
Naryce Anderson	Great Yarmouth	26/05/2016	4.06

Katie Goldsmith	Great Yarmouth	26/05/2016	3.99
Serena Grace	King's Lynn	24/01/2016	3.95
Heidi Lamb	Ipswich	03/07/2016	3.95
Sophie Peach	Grays	17/04/2016	3.91
Isobel Whiting	Grays	17/04/2016	3.73
Gabrielle Delarue	St Albans	08/05/2016	3.72

Triple Jump

Eleanor Brown	Norwich	14/05/2016	9.95
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Shot

Mia Hopson	Cambridge	05/06/2016	8.91
Matilda Chitty	Norwich	11/06/2016	8.84
Eleanor Brown	King's Lynn	24/01/2016	8.80
Amy Money	Norwich	24/04/2016	8.66
Serena Grace	Bury St Edmunds	18/09/2016	7.84
Alisha Youngs	Bury St Edmunds	18/09/2016	7.53
Annie Elliott	Norwich	24/04/2016	6.26
Chloe Quantrill	Peterborough	14/08/2016	6.26
Kirsty Sait-Stewart	Peterborough	25/09/2016	6.18
Gabrielle Delarue	St Albans	08/05/2016	5.95
Emma Hunter	Great Yarmouth	12/06/2016	5.20
Imogen Eisenmann	Peterborough	25/06/2016	5.20
Heidi Lamb	Peterborough	14/08/2016	4.84
Imogen Milroy	Great Yarmouth	12/06/2016	3.77
Ella Walker	Grays	17/04/2016	2.25

Discus

Amy Money	Norwich	11/06/2016	23.99
Sophie Turner	Norwich	11/06/2016	22.14
Serena Grace	Ipswich	17/07/2016	19.54
Imogen Eisenmann	Ipswich	03/07/2016	15.39
Chloe Quantrill	Grays	17/04/2016	14.11
Georgina Cook	Norwich	24/04/2016	14.08
Alice Hill	Norwich	07/08/2016	13.40
Katie Goldsmith	Norwich	24/04/2016	12.66
Kirsty Sait- Stewart	Ipswich	17/07/2016	10.69
Heidi Lamb	Great Yarmouth	12/06/2016	8.45

Javelin 500g

Sophie Turner	Peterborough	14/08/2016	30.69
Amy Money	Bury St Edmunds	18/09/2016	27.13
Eleanor Brown	Ipswich	03/07/2016	25.86
Sophie Peach	Norwich	14/05/2016	24.84
Chloe Quantrill	Great Yarmouth	12/06/2016	16.69

Hammer

Amy Money	Bury St Edmunds	18/09/2016	33.01
Heidi Lamb	Peterborough	14/08/2016	16.28
Chloe Quantrill	Norwich	24/05/2016	5.80

Ella Walker	Grays	17/04/2016	4.58
<u>Relay 4 x 100m</u>	Ipswich	03/07/2016	51.7
<u>Pentathlon indoor/outdoor</u>			
Eleanor Brown	Peterborough	25/09/2016	2671
Kirsty Sait- Stewart	Peterborough	25/09/2016	2196
Mia Hopson	Peterborough	25/06/2016	2115
Alicia Youngs	Peterborough	25/06/2016	2019
Imogen Eisenmann	Peterborough	25/06/2016	1966
Amy Money	Peterborough	25/06/2016	1861

UNDER 17 MEN RANKINGS 2016

60m indoors

Wesley Matsuka Williams	King's Lynn	24/01/2016	7.3
Robbie Walden	Lee Valley	09/01/2016	7.3
Sam Brown	King's Lynn	24/01/2016	7.4
Luke Vincent	King's Lynn	24/01/2016	7.4
William Kopita	King's Lynn	24/01/2016	7.6

75m

Sam Brown	Great Yarmouth	14/04/2016	9.5
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100m

Wesley Matsuka-Williams	Norwich	15/05/2016	11.6
Robbie Walden	Norwich	14/05/2016	11.6
Luke Vincent	Norwich	14/05/2016	11.7
William Gosling	St Albans	08/05/2016	11.8
Sam Brown	Norwich	14/05/2016	11.8
David Vincent Waterson	Norwich	14/05/2016	12.2
Toby Deakins	Norwich	04/05/2016	13.6

200m

Robbie Walden	Norwich	11/06/2016	23.5
Luke Vincent	Norwich	11/06/2016	23.5
William Gosling	Ipswich	03/07/2016	23.8
Sam Brown	Harrow	01/05/2016	24.8
Jordan Sibley	Norwich	15/05/2016	24.8
Tom Mead	Great Yarmouth	12/06/2016	26.7
Edward Whiting	Grays	17/04/2016	26.9
Wesley Matsuka-Williams	Stevenage	29/05/2016	27.85
Toby Deakins	Norwich	04/05/2016	28.8

300m

Sam Brown	Great Yarmouth	14/04/2016	40.4
Toby Deakins	Norwich	04/05/2016	45.6

400m

Jordan Sibley	Peterborough	18/09/2016	55.3
Edward Whiting	Norwich	07/08/2016	57.5
Tom Mead	Great Yarmouth	12/06/2016	58.1
Ben Horton	Crawley	26/06/2016	58.21
Cy Wiseman	St Albans	08/05/2016	59.5
Daniel Donovan	Norwich	15/05/2016	62.7

800m

Ben Horton	Peterborough	14/08/2016	2.06.7
Tom Mead	Watford	10/08/2016	2.07.41
Matthew Horton	Norwich	14/05/2016	2.08.4
Jack White	Norwich	07/08/2016	2.08.5
Tom Greenacre	Norwich	11/06/2016	2.09.4
Edward Whiting	Great Yarmouth	12/06/2016	2.10.4
Daniel Donovan	Norwich	14/05/2016	2.15.6
Cy Wiseman	Norwich	24/04/2016	2.19.9
Joseph Murphy	Norwich	04/05/2016	2.24.9

1500m

Jack White	Norwich	24/07/2016	4.10.3
Tom Mead	Watford	27/07/2016	4.23.25
Matthew Horton	Norwich	24/07/2016	4.23.6
Ben Horton	Norwich	24/07/2016	4.25.1
Tom Greenacre	Norwich	11/06/2016	4.30.4
George Cardwell	Ipswich	17/07/2016	4.31.9
Edward Cator	Norwich	11/06/2016	4.44.1
Joseph Murphy	Norwich	07/08/2016	4.52.2
Edward Whiting	Hemel Hempstead	04/09/2016	4.53.7

3000m

Jack White	Bedford	28/08/2016	8.49.11
Ben Horton	Crawley	26/06/2016	9.33.47
Tom Mead	Watford	24/08/2016	9.47.01
Matthew Horton	Harrow	01/05/2016	9.50.1

Long Jump

Wesley Matsuka Williams	Stevenage	29/05/2016	6.82
Robbie Walden	Norwich	19/06/2016	5.98
Denis Asongo Tree	Great Yarmouth	12/06/2016	5.86
Edward Whiting	Grays	17/04/2016	5.16
William Gosling	Ipswich	03/07/2016	4.55
Jack White	Grays	17/04/2016	4.49

High Jump

David Vincent Waterson	Ipswich	03/07/2016	1.70
Wesley Matsuka-Williams	Cambridge	05/06/2016	1.68
Denis Asongo Tree	Cambridge	05/06/2016	1.60
Ben Horton	St Albans	08/05/2016	1.45
Edward Whiting	Ipswich	03/07/2016	1.30

Triple Jump

Wesley Matsuka-Williams	Ashford	16/07/2016	15.43w	15.32
Denis Asongo Tree	Norwich	24/07/2016		12.92
Robbie Walden	Harrow	01/05/2016		10.62

Shot

Denis Asongo Tree	Ipswich	17/07/2016		9.70
Jaquan Moore	Norwich	15/05/2016		9.21
Edward Whiting	Norwich	07/08/2016		7.35
Cy Wiseman	St Albans	08/05/2016		5.72
Ben Horton	Grays	17/04/2016		5.66
Matthew Horton	Norwich	07/08/2016		5.49
George Cardwell	St Albans	08/05/2016		4.63

Javelin 700g

Jaquan Moore	Great Yarmouth	12/06/2016		28.66
Cy Wiseman	St Albans	08/05/2016		24.45
George Cardwell	St Albans	08/05/2016		12.82
Jack White	Grays	17/04/2016		8.66
Ben Horton	Ipswich	03/07/2016		8.41
Cameron Lindsay	Harrow	01/05/2016		7.56
Matthew Horton	Norwich	07/08/2016		6.01

Discus 1.5kg

Jordan Sibley	Hemel Hempstead	04/09/2016		25.65
Jaquan Moore	Norwich	15/05/2016		23.85
Matthew Horton	Ipswich	03/07/2016		13.00
Ben Horton	Great Yarmouth	12/06/2016		11.61

Hammer

Jaquan Moore	Norwich	24/07/2016		44.39
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<u>Relay 4 x 100m</u>	Ipswich	17/07/2016		46.9
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UNDER 17 WOMEN RANKINGS 2016

60m indoors

Emily Mace	Lee Valley indoor	06/02/2016		8.30
Maddie Parle	Lee Valley indoor	06/02/2016		8.34
Sophie Bishop	King's Lynn	24/01/2016		8.4
Katie Daniels	King's Lynn	24/01/2016		8.5
Lauren Bradfield	Lee Valley indoor	23/01/2016		8.59
Amy Matthews	Lee Valley indoor	06/02/2016		8.66

60m hurdles

Lauren Bradfield	Lee Valley indoor	09/01/2016	9.58
Katie Daniels	King's Lynn	24/01/2016	9.6
Amy Matthews	Lee Valley indoor	07/02/2016	9.61
Sarah Costello	King's Lynn	24/01/2016	10.5

100m

Emily Mace	St Albans	08/05/2016	12.6
Katie Schutte	Norwich	04/05/2016	13.1
Sophie Bishop	Norwich	14/05/2016	13.3
Madelaine Parle	Norwich	14/05/2016	13.3
Maddison Stubbs	Grays	17/04/2016	13.6
Lauren Bradfield	Norwich	24/04/2016	13.9
Amy Matthews	Norwich	04/05/2016	14.5
Imogen Crossland	West London	09/07/2016	14.6
Vivian Moyo	Dartford	16/04/2016	14.7

200m

Emily Mace	St Albans	08/05/2016	26.0
Katie Schutte	Chelmsford	22/05/2016	26.9
Maddison Stubbs	Norwich	11/06/2016	27.8
Madelaine Parle	Ipswich	03/07/2016	28.1
Georgie Bowett	Norwich	20/08/2016	28.1
Katie Daniels	Peterborough	19/06/2016	28.4
Sarah Costello	Peterborough	19/06/2016	28.7
Amy Matthews	Norwich	04/05/2016	28.8
Lauren Bradfield	Lee Valley indoor	09/01/2016	28.90
Millie Solway	Ipswich	17/07/2016	30.1
Imogen Crossland	Norwich	07/08/2016	31.0

300m

Georgie Bowett	Norwich	19/06/2016	42.5
Lauren Bradfield	Ipswich	17/07/2016	44.6
Katie Daniels	Ipswich	17/07/2016	44.9
Imogen Crossland	Norwich	14/05/2016	45.2
Madelaine Parle	Lee Valley indoor	06/02/2016	45.33
Heidi Lamb	Ipswich	03/07/2016	45.6
Isobel Holroyd	Peterborough	14/08/2016	47.6
Millie Solway	Stevenage	29/05/2016	48.39
Rachel Bruce	Harrow	01/05/2016	49.9
Iona Brett	Norwich	24/04/2016	52.3

400m

Georgie Bowett	Ashford	13/08/2016	60.30
Imogen Crossland	West London	09/07/2016	63.2

600m

Georgie Bowett	Great Yarmouth	14/04/2016	1.51.2
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800m

Millie Solway	Chelmsford	22/05/2016	2.20.0
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Georgie Bowett	Norwich	19/06/2016	2.20.5
Imogen Crossland	Norwich	14/05/2016	2.26.1
Lucy Emmett	Bury St Edmunds	18/09/2016	2.26.5
Rachel Bruce	Great Yarmouth	12/06/2016	2.31.4
Siew Yen Loke	Norwich	11/06/2016	2.32.7
Amy Matthews	Peterborough	25/09/2016	2.34.26
Katie Daniels	Peterborough	26/06/2016	2.39.8
Tallulah Lebon	Crawley	26/06/2016	2.51.40
Sarah Costello	Peterborough	26/06/2016	2.54.0
Iona Brett	Norwich	24/04/2016	2.56.8
Isobel Holroyd	Peterborough	25/09/2016	2.58.61

1500m

Millie Solway	Watford	29/06/2016	4.48.23
Rachel Bruce	Norwich	19/06/2016	4.57.7
Lucy Emmett	Ipswich	03/07/2016	5.09.5
Siew Yen Loke	Norwich	11/06/2016	5.12.7
Tallulah Lebon	Norwich	14/05/2016	5.16.5
Niamh Norris	Norwich	24/04/2016	5.58.5

3000m

Rachel Bruce	Norwich	15/05/2016	10.51.2
Millie Solway	Harrow	01/05/2016	11.01.0
Siew Yen Loke	Norwich	15/05/2016	11.05.2
Tallulah Lebon	Norwich	15/05/2016	11.08.1
Lucy Emmett	Norwich	15/05/2016	11.22.05

80m hurdles

Lauren Bradfield	Ipswich	03/07/2016	12.4
Amy Matthews	Norwich	24/07/2016	12.56
Katie Daniels	Cambridge	05/06/2016	12.7
Sarah Costello	Peterborough	25/06/2016	13.8
Isobel Holroyd	Peterborough	25/09/2016	15.51

100 Hurdles

Lauren Bradfield	Ipswich	17/07/2016	15.8
Katie Schutte	Chelmsford	22/05/2016	21.4

300m hurdles

Lauren Bradfield	Bedford	27/08/2016	48.20
Amy Matthews	Stevenage	29/05/2016	49.11
Katie Daniels	Norwich	15/05/2016	50.6

Long Jump

Sarah Costello	Norwich	24/07/2016	5.06
Sophie Bishop	Norwich	11/06/2016	4.93
Katie Daniels	Norwich	15/05/2016	4.85
Amy Matthews	Peterborough	25/09/2016	4.70
Emily Mace	Grays	17/04/2016	4.26
Madelaine Parle	Norwich	07/08/2016	4.20

Georgie Bowett	Harrow	01/05/2016	4.17
Isobel Holroyd	Great Yarmouth	12/06/2016	4.03
Viviam Moyo	Dartford	16/04/2016	4.00

High Jump

Modupe Obideyi	Norwich	11/06/2016	1.65
Amy Matthews	King's Lynn	24/01/2016	1.60
Katie Daniels	Norwich	15/05/2016	1.52
Lauren Bradfield	Cambridge	05/06/2016	1.52
Isobel Holroyd	Peterborough	14/08/2016	1.50
Sarah Costello	Peterborough	25/06/2016	1.40

Triple Jump

Sophie Bishop	Norwich	24/07/2016	11.28
Sarah Costello	West London	09/07/2016	10.37
Vivian Moyo	West London	09/07/2016	10.01
Isobel Holroyd	Ipswich	17/07/2016	8.96

Shot 3kg

Katie Daniels	Norwich	15/05/2016	9.19
Isobel Holroyd	Ipswich	03/07/2016	9.00
Sarah Costello	St Albans	08/05/2016	8.86
Maddison Stubbs	Stevenage	29/05/2016	8.15
Amy Matthews	Hemel Hempstead	04/09/2016	7.80
Katie Schutte	Chelmsford	22/05/2016	6.43
Siew Yen Loke	Grays	17/04/2016	4.86

Shot 4kg

Katie Daniels	Horspath	21/08/2016	7.89
Isobel Holroyd	Norwich	24/04/2016	7.84

Javelin 500g

Katie Daniels	Hemel Hempstead	04/09/2016	36.11
Sophie Turner	Peterborough	14/08/2016	30.69
Aimee Palmer	Norwich	19/06/2016	28.42
Sarah Costello	Great Yarmouth	12/06/2016	18.20
Amy Matthews	Norwich	07/08/2016	17.41
Imogen Crossland	Peterborough	14/08/2016	6.03

Javelin 600g

Katie Daniels	Horspath	21/08/2016	29.54
Millie Solway	West London	09/07/2016	9.73

Discus

Sophie Turner	Norwich	11/06/2016	22.14
Lauren Bradfield	Grays	17/04/2016	15.86
Rachel Bruce	Cambridge	05/06/2016	14.64
Madelaine Parle	Hemel Hempstead	04/09/2016	12.03
Imogen Crossland	Norwich	07/08/2016	11.79
Emily Mace	Ipswich	17/07/2016	10.00

Hammer 3kg

Lauren Bradfield	Norwich	24/04/2016	11.72
Amy Matthews	Peterborough	14/08/2016	9.53

Heptathlon

Katie Daniels	Peterborough	19/06/2016	3694
Sarah Costello	Peterborough	19/06/2016	3247

Pentathlon

Amy Matthews	Peterborough	25/09/2016	2851
Katie Daniels	Peterborough	25/09/2016	2706
Isobel Holroyd	Peterborough	25/09/2016	2002

Relay 4 x 100m

Cambridge	05/06/2016	51.9
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UNDER 20 MEN RANKINGS 2016

60m

Jack Dearden	Lee Valley	16/01/2016	6.98
Daniel Wong	Lee Valley	16/01/2016	7.21
Ben Matsuka-Williams	Lee Valley	16/01/2016	7.11
Ashley Cooper	Lee Valley	16/01/2016	7.46
Cameron Lindsey	Lee Valley	03/01/2016	7.78

75m

Ashley Cooper	Great Yarmouth	14/04/2016	9.3
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100m

Jack Dearden	Norwich	14/05/2016	10.9
Ben Matsuka-Williams	Norwich	14/05/2016	11.0
Kieran Shah	Norwich	11/06/2016	11.1
Daniel Wong	Norwich	11/06/2016	11.4
Ashley Cooper	Norwich	14/05/2016	11.6
James Walden	Chelmsford	22/05/2016	12.0
Cameron Lindsay	Norwich	14/05/2016	12.2

150m

Ben Matsuka-Williams	Gfreat Yarmouth	14/04/2016	17.0
Ashley Cooper	Great Yarmouth	14/04/2016	17.7

200m

Ben Matsuka-Williams	Norwich	15/05/2016	22.8
Kieran Shah	Peterborough	14/08/2016	22.9
Ashley Cooper	Norwich	24/04/2016	24.0
Cameron Lindsay	Stevenage	29/05/2016	25.30

300m

Ben Matsuka-Williams	Great Yarmouth	14/04/2016	36.7
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400m

Mark Chaney Baxter	Harrow	01/05/2016	54.5
Ben Matsuka-Williams	Crawley	26/06/2016	59.2
Ashley Cooper	Stevenage	29/05/2016	68.5

800m

Mark Chaney Baxter	Norwich	14/05/2016	1.59.2
Luke Spear	Norwich	04/05/2016	2.03.6
Ben Spratling	Harrow	01/05/2016	2.04.0

1500m

Ben Spratling	Norwich	04/05/2016	4.13.7
Luke Spear	Watford	02/06/2016	4.14.02

3000m

Ben Spratling	Harrow	01/05/2016	9.11.6
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5000m

Ben Spratling	Norwich	15/05/2016	16.16.4
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Long Jump

Ross McLachlan	Emirates Arena	30/01/2016	7.09
Jack Dearden	Stevenage	29/05/2016	6.48
Kieran Shah	Peterborough	14/08/2016	6.44
Ashley Cooper	Norwich	19/06/2016	6.24
Jordan Harry	Cardiff	07/05/2016	6.17
James Walden	Chelmsford	22/05/2016	5.64
Cameron Lindsay	Harrow	18/06/2016	4.27
Ben Matsuka-Williams	Crawley	26/06/2016	3.39

Triple Jump

Jordan Harry	Bedford	19/06/2016	14.16
Matthew Grapes	West London	09/07/2016	11.89
Ashley Cooper	West London	09/07/2016	11.11
Cameron Lindsay	Stevenage	29/05/2016	9.68
Ben Matsuka-Williams	Harrow	01/05/2016	9.02

High Jump

Matthew Grapes	West London	09/07/2016	1.85
Ben Matsuka Williams	Harrow	01/05/2016	1.50
Ashley Cooper	Norwich	20/08/2016	1.40

Javelin

Daniel Bainbridge 700g	Crawley	26/06/2016	72.41
Daniel Bainbridge 800g	Peterborough	10/09/2016	59.52

Oliver Massingham	Norwich	24/07/2016	27.75
Cameron Lindsay	Stevenage	29/05/2016	24.65
Ben Spratling	Harrow	01/05/2016	20.44

Discus

Oliver Massingham	Norwich	24/07/2016	47.34
Oliver Massingham 2kg	Peterborough	14/08/2016	41.76
Daniel Bainbridge	Norwich	24/07/2016	33.29

Shot 6kg

Oliver Massingham	Norwich	14/07/2016	13.68
Oliver Massingham 7.26kg	Bury St Edmunds	18/09/2016	11.29
Daniel Bainbridge	Norwich	24/07/2016	10.47

Hammer 6kg

Oliver Massingham	Harrow	01/05/2016	24.44
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<u>Relay 4 x 100m</u>	Harrow	01/05/2016	45.0
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<u>Relay 4 x 400m</u>	Harrow	01/05/2016	4.43.5
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UNDER 20 WOMEN RANKINGS 2016

60m

Eleanor Frankland	Lee Valley	16/01/2016	8.0
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100m

Eleanor Frankland	Stevenage	29/05/2016	12.8
Belinda Clark	St Ives	25/05/2016	13.20
Olawasein Oluwajana	Harrow	01/05/2016	13.5
Katie Pursehouse	Chelmsford	22/05/2016	13.9
Kate Nesbitt T20	Norwich	20/08/2016	14.4
Grace Ashworth	Peterborough	14/08/2016	14.6
Bethany Griib	Norwich	14/05/2016	15.3
Harriet Seargeant	Crawley	26/06/2016	14.15w

200m

Belinda Clark	Cambridge	26/06/2016	26.43
Eleanor Frankland	Crawley	26/06/2016	27.40
Olawasein Oluwajana	Dartford	16/04/2016	28.6
Amy Clarke	Dartford	16/04/2016	29.4
Kate Nesbitt T20	Norwich	20/08/2016	29.5
Anna Bakewell	Dartford	16/04/2016	29.6
Bethany Griib	Norwich	14/05/2016	32.8

400m

Belinda Clark	Lee Valley	11/06/2016	58.71
Georgie Bowett	Lee Valley	27/11/2016	60.04

Anna Bakewell	Norwich	14/05/2016	62.5
Amy Clarke	Lee Valley indoor	06/02/2016	62.96
Kate Nesbitt T20	Nuneaton	11/06/2016	64.14
Katie Clark	Norwich	24/04/2016	64.5

800m

Anna Bakewell	Norwich	15/05/2016	2.19.8
Amy Clarke	Norwich	04/05/2016	2.23.4

1500m

Lauren Howe	Bury St Edmunds	15/05/2016	5.01.0
Amy Clarke	Crawley	26/06/2016	5.07.93
Anna Bakewell	Norwich	24/07/2016	5.09.4
Alice Cheverton	Norwich	04/05/2016	5.36.3

1 Mile

Lauren Howe	Great Yarmouth	14/04/2016	5.37.5
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3000m

Lauren Howe	Norwich	19/06/2016	11.01.0
Amy Clarke	Norwich	20/08/2016	11.58.0

100m Hurdles

Katie Clark	Dartford	16/04/2016	17.6
Grace Ashworth	Stevenage	29/05/2016	19.06

400m hurdles

Katie Clark	Dartford	16/05/2016	67.8
Grace Ashworth	Norwich	24/07/2016	74.1

1500m Steeplechase

Harriet Seargeant	Harrow	01/05/2016	6.12.1
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Long Jump

Eleanor Frankland	Norwich	11/06/2016	5.26
Katie Pursehouse	Norwich	14/05/2016	4.77
Grace Ashworth	Ipswich	17/07/2016	4.68
Amy Clarke	Crawley	26/06/2016	4.38
Kate Nesbitt T20	Norwich	20/08/2016	4.3

High Jump

Grace Ashworth	Stevenage	29/05/2016	1.45
Katie Clark	Dartford	16/04/2016	1.15

Triple Jump

Katie Pursehouse	Chelmsford	22/05/2016	9.90
Anna Bakewell	Dartford	16/04/2016	8.67

Discus

Jemma Spencer	Norwich	24/07/2016	26.37
Jasmin Kemp	Crawley	26/06/2016	21.06
Harriet Seargeant	Norwich	24/07/2016	15.26

Hammer

Jasmin Kemp	West London	09/07/2016	18.33
Harriet Seargeant	Norwich	24/07/2016	16.41
Anna Bakewell	Stevenage	29/05/2016	7.56

Javelin

Jemma Spencer	Norwich	24/07/2016	33.11
Jasmin Kemp	Harrow	01/05/2016	22.06
Katie Clark	Dartford	16/04/2016	21.49
Grace Ashworth	Stevenage	29/05/2016	13.73

Shot

Jasmin Kemp	Dartford	16/04/2016	8.69
Grace Ashworth	Ipswich	17/07/2016	7.37
Katie Pursehouse	Chelmsford	22/05/2016	6.25

<u>4 X 100 Relay</u>	Stevenage	20/05/2016	52.69
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<u>4 X 400 Relay</u>	Harrow	01/05/2016	4.09.3
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SENIOR MEN RANKINGS 2016

60m Hurdles

Chris Marshall	Lee Valley	03/02/2016	9.29
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60m

Liam O'Dell	King's Lynn	24/01/2016	7.8
Adam Szucs	King's Lynn	24/01/2016	8.3
Joe Silom	King's Lynn	24/01/2016	9.1

75m

Dominic Oliver	Great Yarmouth	14/04/2016	10.1
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100m

Fred Williams	Norwich	14/05/2016	11.2
Jack Strachan	Loughborough	23/04/2016	11.61
Adam Herring	St Ives	25/05/2016	11.70
Thomas Kirton	Norwich	15/05/2016	11.8
Adam Szucs	Ipswich	17/07/2016	12.0
Liam O'Dell	Norwich	14/05/2016	12.3
Harry Ellis	Nottingham	02/04/2016	12.44

150m

Liam O'Dell	Great Yarmouth	14/04/2016	18.76w	19.6
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200m

Adam Herring	Cambridge	26/06/2016	23.38
Jack Strachan	Loughborough	23/04/2016	23.46
Chris Marshall	Cardiff	23/01/2016	23.70
Scott Greeves	Ipswich	17/07/2016	24.0
Harry Ellis	Leicester	05/03/2016	25.82
Liam O'Dell	Norwich	15/05/2016	25.39w
Adam Szucs	Great Yarmouth	12/06/2016	27.1
Joe Silom	Norwich	15/05/2016	27.8

300m

Liam O'Dell	Great Yarmouth	14/04/2016	43.0
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400m

Adam Varvel	Newham	03/08/2016	51.35
Adam Herring	Harrow	18/06/2016	51.6
Scott Greeves	Ipswich	17/07/2016	51.6
Chris Marshall	Cardiff	03/02/2016	51.73
James Senior	Dartford	16/04/2016	53.2
Alfie Bentley	Norwich	04/05/2016	60.9
Adam Szucs	Norwich	24/04/2016	65.9

600m

Scott Greeves	Great Yarmouth	14/04/2016	1.22.0
Dominic Oliver	Great Yarmouth	14/04/2016	1.41.1

800m

Scott Greeves	Watford	15/06/2016	1.51.77
Paul Goodall	Birmingham	25/06/2016	1.52.06
James Senior	Lee Valley	17/02/2016	1.54.65
Adam Varvel	Eltham	17/08/2016	1.55.61
Nick Earl	Aberfeldi AUS	30/01/2016	2.00.7
Oliver Maskell	Harrow	18/06/2016	2.01.4
Tom Hook	Norwich	20/08/2016	2.02.7
Sam Todd	Watford	20/04/2016	2.11.91
Alfie Bentley	Norwich	15/05/2016	2.13.0

1500m

Tom Hook	Watford	15/06/2016	3.45.86
Scott Greeves	Lee Valley	12/06/2016	3.51.26
Paul Goodall	Stretford	03/05/2016	3.52.63
James Senior	Watford	24/08/2016	3.55.55
Nick Earl	Box Hill AUS	19/01/2016	3.58.00
Ethan Heywood	Perth AUS	12/02/2016	4.00.16
Oliver Maskell	Harrow	18/06/2016	4.10.5
Piers Arnold	Harrow	18/06/2016	4.12.8
George Gay	Norwich	04/05/2016	4.24.1
Alfie Bentley	Norwich	15/05/2016	4.28.7

Mile

Tom Hook	Oxford	23/07/2016	4.05.56
Mitch Goose	Staten Island USA	27/02/2016	4.07.85
Nick Earl	Melbourne AUS	23/02/2016	4.15.4
Dominic Oliver	Great Yarmouth	14/04/2016	4.35.9

3000m

Mitch Goose	Boston MA USA	30/01/2016	8.02.18
Nick Earl	Watford	27/07/2016	8.16.61
Tom Hook	Watford	20/04/2016	8.18.33
Ethan Hayood	Cork IRL	28/06/2016	8.32.37
Piers Arnold	Watford	24/08/2016	8.37.26
Scott Greeves	Watford	20/04/2016	8.37.79
James Senior	Watford	20/04/2016	8.40.55
George Gay	Sheffield	20/02/2016	9.28.13
Adam Varvel	West London	09/07/2016	9.30.5
Alfie Bentley	St Ives	25/05/2016	9.36.23
Bruce Beckett	Loughborough	11/05/2016	9.56.03

5000m

Nick Earl	Melbourne AUS	03/03/2016	14.20.01
Ethan Haywood	Sydney AUS	31/03/2016	14.36.24
Piers Arnold	Lee Valley	11/06/2016	15.00.58
Oliver Maskell	Sportcity	14/05/2016	15.29.18
James Senior	Harrow	18/06/2016	15.55.7
George Gay	Colchester	20/04/2016	16.38.3
Alfie Bentley	Norwich	15/05/2016	17.05.7

2000m steeplechase

James Senior	Harrow	18/06/2016	6.17.3
Piers Arnold	Harrow	18/06/2016	6.30.1

3000m steeplechase

Ethan Haywood	Glendale AUS	30/01/2016	8.40.66
Nick Earl	Albert Park	28/02/2016	9.15.50
James Senior	Watford	28/05/2016	9.19.34
Ed Borrmann	West London	09/07/2016	17.02.6

10000m

Nick Earl	Geelong AUS	17/12/2016	29.34.11
Ethan Haywood	Highgate	21/05/2016	30.22.94

110m hurdles

Chris Marshall	Peterborough	10/09/2016	16.04
James Senior	Chelmsford	22/05/2016	18.9

400m hurdles

Chris Marshall	Derby	07/05/2016	56.50
James Senior	Chelmsford	22/05/2016	59.3

Pole Vault

Ed Borrmann	Lee Valley	03/02/2016	3.80
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High Jump

Chris Marshall	Chelmsford	22/05/2016	1.55
James Senior	Dartford	16/04/2016	1.40

Long Jump

Fred Williams	Norwich	20/08/2016	6.22
Harry Ellis	Bedford	01/05/2016	5.39
Ed Borrmann	Dartford	16/04/2016	5.23
Weng Chon Kou	Sheffield	20/02/2016	4.94
Adam Szucs	Bury St Edmunds	15/05/2016	4.42
Joe Silom	King's Lynn	24/01/2016	3.25

Triple Jump

Fred Williams	Norwich	20/08/2016	11.38
Harry Ellis	Nottingham	02/04/2016	10.80

Javelin

Harry Newenham	Norwich	14/05/2016	47.22
Callum Brown	Dartford	16/04/2016	45.76
Ed Borrmann	Harrow	18/06/2016	37.41

Hammer

Callum Brown	Norwich	20/08/2016	67.05
Declan Manning	Peterborough	14/08/2016	33.25
Ed Borrmann	West London	09/07/2016	30.12

Discus

Callum Brown	Great Yarmouth	12/06/2016	37.98
Declan Manning	Ankara TUR	30/06/2016	32.12

Shot

Callum Brown	Norwich	24/04/2016	12.18
Declan Manning	Lee Valley	06/02/2016	11.14
Liam O'Dell	Chelmsford	22/05/2016	7.35
Nick Earl	Aberfeldie AUS	30/01/2016	5.03

<u>4 X 100m Relay</u>	Harrow	18/06/2016	46.8
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<u>4 X 400m Relay</u>	West London	09/07/2016	3.33.3
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SENIOR WOMEN RANKINGS 2016

60m

Holly Durbidge	King's Lynn	24/01/2016	8.7
Victoria Mitchell	Sheffield	19/02/2016	8.44

100m

Holly Durbridge	Great Yarmouth	12/06/2016	13.2
Sara Henderson	Harrow	18/06/2016	13.8

200m

Kelly Grant	West London	09/07/2016	27.1
Sara Henderson	York	27/08/2016	28.22
Holly Durbridge	Bury St Edmunds	18/09/2016	28.2

400m

Kelly Grant	Ipswich	17/07/2016	60.2
Tessa Killingbeck	Ipswich	17/07/2016	71.7

800m

Kelly Grant	Watford	13/07/2016	2.11.86
Emily Hoogkammer	Oxford	07/05/2016	2.24.92
Ruth Senior	Norwich	20/08/2016	2.32.0
Tessa Killingbeck	Ipswich	17/07/2016	2.44.3
Sara Henderson	York	27/08/2016	2.45.65

1500m

Kelly Grant	Sportcity	14/05/2016	4.27.79
Ruth Senior	Lee Valley	17/02/2016	4.42.72
Tessa Killingbeck	Harrow	18/06/2016	5.59.4

1 Mile

Iona Lake	Boston USA	27/02/2016	4.36.11
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3000m

Iona Lake	Lexington KY USA	23/01/2016	9.27.63
Ruth Senior	Alberquerque USA	12/02/2016	10.05.01
Kelly Grant	Watford	20/04/2016	10.09.74
Hannah Maher	Sheffield	20/02/2016	11.31.85
Tessa Killingbeck	Harrow	18/06/2016	12.40.1

5000m

Ruth Senior	Portland OR USA	15/05/2016	16.58.17
Tessa Killingbeck	West London	09/07/2016	21.21.5
Amanda Jones	Chelmsford	22/05/2016	21.51.7

1500m steeplechase

Amanda Jones	Chelmsford	22/05/2016	6.14.3
Tessa Killingbeck	West London	09/07/2016	6.28.3

2000m steeplechase

Tessa Killingbeck	St Ives	20/07/2016	8.20.4
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3000m Steeplechase

Iona Lake	Tallahassee FL USA	14/05/2016	10.09.99
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100m hurdles

Sara Henderson	Peterborough	10/09/2016	17.17
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400m hurdles

Amanda Jones	Chelmsford	22/05/2016	87.6
Tessa Killingbeck	Harrow	18/06/2016	83.7

High Jump

Sara Henderson	West London	09/07/2016	1.40
Tessa Killingbeck	Harrow	18/06/2016	1.10

Long Jump

Sara Henderson	West London	09/07/2016	4.92
Holly Durbidge	Great Yarmouth	12/06/2016	4.65
Tessa Killingbeck	Harrow	18/06/2016	2.60

Shot

Sara Henderson	York	27/08/2016	7.74
Gemma Vickery	Norwich	09/07/2016	7.16

Discus

Gemma Vickery	Chelmsford	22/05/2016	30.54
Tessa Killingbeck	Ipswich	17/07/2016	17.25

Hammer

Gemma Vickery	Chelmsford	22/05/2016	46.62
Tessa Killingbeck	West London	09/07/2016	17.49

Javelin

Elsbeth Jamieson	Peterborough	14/08/2016	40.20
Emily Hoogkamer	Lee Valley	05/03/2016	34.04
Sara Henderson	York	27/08/2016	25.23
Gemma Vickery	Norwich	14/05/2016	23.32
Tessa Killingbeck	Ipswich	17/07/2016	19.04

Heptathlon

Sara Henderson	York	27/08/2016	3391
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Relay 4 x 100m

Ipswich	17/07/2016	52.1
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Relay 4 x 400

Chelmsford	22/05/2016	4.17.4
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VET MEN RANKINGS 2016

100m

Charlie Williams (50+)	Bury St Edmunds	18/09/2016	13.0
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200m

Charlie Williams (50+)	Peterborough	18/09/2016	26.8
Bill Young (45+)	Peterborough	14/08/2016	27.8
Robert Leeder (45+)	Peterborough	18/09/2016	29.1

400m

Robert Leeder (45+)	Peterborough	14/08/2016	70.4
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800m

Spencer Goodall (45+)	Norwich	15/05/2016	2.14.5
Mark Solway (45+)	Chelmsford	22/05/2016	2.41.1

1500m

Spencer Goodall (45+)	Norwich	15/05/2016	4.34.7
Mark Solway (45+)	Ipswich	17/07/2016	5.34.6

3000m

Spencer Goodall (45+)	Chelmsford	22/05/2016	9.29.4
Mark Solway (45+)	Chelmsford	22/05/2016	11.25.9

5000m

Spencer Goodall (45+)	Dartford	16/04/2016	16.25.9
John Walshaw (45+)	Norwich	15/05/2016	18.43.9

10000m

Matthew Bidwell	Highgate	21/05/2016	32.17.17
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High Jump

Gordon Slater (55+)	Peterborough	14/08/2016	1.25
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Triple Jump

Charlie Williams (50+)	Ipswich	17/07/2016	9.69
Robert Leeder (45+)	Bury St Edmunds	18/09/2016	8.27
Gordon Slater (55+)	Peterborough	14/08/2016	7.68

Long Jump

Charlie Williams (50+)	Great Yarmouth	12/06/2016	4.49
Robert Leeder (45+)	Ipswich	17/07/2016	4.16

Pole Vault

Gordon Slater (55+)	Harrow	18/06/2016	2.40
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Shot 7.26kg

Gordon Slater (55+)	West London	09/07/2016	7.86
Neil Platten (45+)	Norwich	15/05/2016	6.05

Javelin 800g

Peter Graves (45+)	Norwich	14/05/2016	39.78
Ady Savory (40+)	Norwich	14/05/2016	37.57
Clive Poyner	Norwich	24/04/2016	30.72

Tim Money	Great Yarmouth	12/06/2016	25.34
Gordon Slater (55+)	Ipswich	17/07/2016	21.94
Neil Platten (45+)	Norwich	14/05/2016	17.18

Discus 2kg

Michael Brown (45+)	Norwich	15/05/2016	29.26
Gordon Slater (55+)	Harrow	18/06/2016	23.58
Neil Platten (45+)	Norwich	14/05/2016	13.05

Hammer 7.26kg

Gordon Slater (55+)	Chelmsford	22/05/2016	23.21
Neil Platten (45+)	Norwich	14/05/2016	13.92

VET WOMEN RANKINGS 2016

60m

Steph Pain (40+)	Lee Valley	21/02/2016	8.90
Carole Filer (60+)	Lee Valley	28/02/2016	9.07
Tanya Daniels (35+)	King's Lynn	24/01/2016	9.3

60m hurdles

Carole Filer (60+)	Lee Valley	14/02/2016	9.96
Tanya Daniels (35+)	King's Lynn	24/01/2016	12.3
Steph Pain (40+)	Lee Valley	21/02/2016	10.5

100m

Steph Pain (40+)	Birmingham	17/09/2016	14.24
Tanya Daniels (35+)	Norwich	14/05/2016	14.6
Yvonne Newton (60+)	Solihull	17/07/2016	17.07

200m

Steph Pain (40+)	Harrow	18/06/2016	29.6
Carole Filer (60+)	Birmingham	30/07/2016	30.13
Tanya Daniels (35+)	Norwich	14/05/2016	31.0
Tanya Harrison (40+)	Peterborough	14/08/2016	33.4

400m

Steph Pain (40+)	Solihull	17/07/2016	67.73
Carole Filer (60+)	Solihull	17/07/2016	72.46
Tanya Daniels (35+)	Ipswich	17/07/2016	73.3
Tanya Harrison (40+)	Peterborough	14/08/2016	75.5
Rosalind Borham (45+)	Bury St Edmunds	18/09/2016	85.4

800m

Carole Filer (60+)	Birmingham	31/07/2016	3.06.13
Tanya Daniels (35+)	Lee Valley	14/02/2016	3.08.48
Steph Pain (40+)	Lee Valley	01/01/2016	3.10.40
Yvonne Newton (60+)	Solihull	17/07/2016	4.11.45

1500m

Carole Filer (60+)	Solihull	17/07/2016	7.40.14
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80 Hurdles

Carole Filer (60+)	Birmingham	30/07/2016	13.28
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100m hurdles

Tanya Daniels (35+)	Great Yarmouth	12/06/2016	20.8
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400m hurdles

Tanya Daniels (35+)	King's Lynn	06/07/2016	82.4
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2000m steeplechase

Rosalind Borham (45+)	Norwich	20/08/2016	10.04.1
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High Jump

Carole Filer (60+)	Birmingham	30/07/2016	1.43
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Tanya Daniels (35+)	King's Lynn	24/01/2016	1.40
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Steph Pain (40+)	King's Lynn	24/01/2016	1.30
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Long Jump

Carole Filer (60+)	Lee Valley	28/02/2016	4.86
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Steph Pain (40+)	Sandy	03/09/2016	4.52
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Tanya Daniels (35+)	Norwich	14/05/2016	4.00
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Triple Jump

Tanya Harrison (40+)	Peterborough	14/08/2016	7.52
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Emma Quantrill (40+)	Bury St Edmunds	18/09/2016	4.20
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Shot

Steph Pain (40+)	Solihull	17/07/2016	8.30
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Tanya Daniels (35+)	Norwich	24/04/2016	7.07
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Emma Quantrill (40+)	Peterborough	14/08/2016	5.50
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Carole Filer (60+)	Lee Valley	28/02/2016	7.49
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Discus

Lorraine Brown (45+)	Norwich	15/05/2016	21.04
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Steph Pain (40+)	Great Yarmouth	12/06/2016	20.22
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Emma Quantrill (40+)	Peterborough	14/08/2016	13.68
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Hammer

Lorraine Brown (45+)	Dartford	16/04/2016	21.01
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Steph Pain (40+)	Harrow	18/06/2016	18.86
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Emma Quantrill (40+)	Peterborough	14/08/2016	16.82
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Tanya Daniels (35+)	King's Lynn	04/05/2016	15.78
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Javelin

Maria Cann (40+)	Norwich	20/08/2016	28.88
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Lorraine Brown (50+)	Norwich	20/08/2016	26.24
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Steph Pain (40+)	Solihull	17/07/2016	24.33
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Frances Peters (35+)	Norwich	14/05/2016	22.09
Tanya Harrison (35+)	Ipswich	17/07/2016	20.88
Tarnia Newenham (55+)	Norwich	14/05/2016	19.18
Carole Filer (60+)	Perth AUS	28/10/2016	16.32