

City of Norwich AC - Track & Field rankings 2022

Our aim is to update our records annually towards the end of the calendar year

UNDER 11 BOYS RANKINGS 2022

60m

George Ganley	King's Lynn	30/01/2022	9.9
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75m

Samuel Brown	Norwich	15/05/2022	11.9
Isaac Unsworth	Norwich	16/09/2022	12.4
Benjamin Rogers	Norwich	15/05/2022	12.6
Jake Guy	Norwich	12/05/2022	12.7

80m

Samuel Brown	Ipswich	03/07/2022	12.0
Isaac Unsworth	Peterborough	29/05/2022	12.6
George Ganley	Norwich	24/04/2022	12.7
Seb Johnson	Norwich	24/04/2022	12.8
Billy Finch	Norwich	24/04/2022	13.0
Benjamin Rogers	Norwich	14/05/2022	13.1
Jake Guy	Peterborough	29/05/2022	13.1
Henry Overton	Ipswich	03/07/2022	13.1
Tawona Kundoro	Norwich	14/05/2022	15.4

600m

Isaac Unsworth	Peterborough	29/05/2022	1.54.9
George Ganley	Norwich	24/04/2022	1.59.1
Henry Overton	Ipswich	03/07/2022	2.01.4
Samuel Brown	Norwich	14/05/2022	2.01.8
Billy Finch	Norwich	14/05/2022	2.04.1
Seb Johnson	Norwich	24/04/2022	2.04.3
Benjamin Rogers	Norwich	15/05/2022	2.04.7
Jake Guy	Norwich	12/05/2022	2.10.9
Tawona Kundoro	Norwich	14/05/2022	2.24.8

Long Jump

George Ganley	Ipswich	03/07/2022	3.73
Henry Overton	Ipswich	03/07/2022	3.65
Billy Finch	Norwich	24/04/2022	3.23
Isaac Unsworth	Ipswich	03/07/2022	3.20
Seb Johnson	Norwich	24/04/2022	2.64
Samuel Brown	Peterborough	29/05/2022	2.93

Shot 2.72kg

George Ganley	Ipswich	03/07/2022	5.48
Seb Johnson	Ipswich	03/07/2022	4.30
Isaac Unsworth	Peterborough	29/05/2022	4.25
Billy Finch	Norwich	01/04/2022	4.21
Benjamin Rogers	Norwich	24/04/2022	3.89
Samuel Brown	Norwich	24/04/2022	3.17

UNDER 11 GIRLS RANKINGS 2022

60m

Isabella White	King's Lynn	30/01/2022	9.8
Tayla Goodswen	Lee Valley	26/04/2022	9.86
Alice Ganley	King's Lynn	30/01/2022	10.2

75m

Isabella White	Norwich	16/09/2022	11.7
Eleanor Wright	Norwich	15/05/2022	12.7
Isla Unsworth	Norwich	16/09/2022	12.8
Alice Ganley	Norwich	14/05/2022	12.9
Emi Muntingh	Norwich	15/05/2022	13.5
Florence Abbott	Norwich	15/05/2022	13.5

80m

Isabella White	Norwich	24/04/2022	12.2
Tayla Goodswen	Peterborough	29/05/2022	12.6
April Green	Norwich	14/05/2022	12.9
Isla Unsworth	Norwich	14/05/2022	12.9
Alice Ganley	Norwich	14/05/2022	13.2
Maggie Croston-Clegg	Norwich	24/04/2022	13.4
Jessica Harding	Norwich	24/04/2022	13.6

600m

Isabella White	Norwich	24/04/2022	1.55.5
Tayla Goodswen	Ipswich	03/07/2022	1.58.4
Florence Abbott	Norwich	14/05/2022	2.06.4
April Green	Norwich	24/04/2022	2.13.1
Emi Muntingh	Norwich	01/04/2022	2.14.2
Maggie Croston-Clegg	Norwich	24/04/2022	2.21.2
Alice Ganley	Norwich	14/05/2022	2.21.3
Alana Hartford	Norwich	01/04/2022	2.28.7
Imogen Martin	Norwich	24/04/2022	2.37.2

Long Jump

Tayla Goodswen	Norwich	01/04/2022	3.51
Isabella White	King's Lynn	30/01/2022	3.16
Isla Unsworth	Ipswich	03/07/2022	3.07
Florence Abbott	Norwich	24/04/2022	2.37
Maggie Croston-Clegg	Norwich	24/04/2022	2.28
Alice Ganley	King's Lynn	30/01/2022	2.15

Shot

Isabella White	Norwich	24/04/2022	4.92
Darcie Holmes	Norwich	01/04/2022	4.35
Tayla Goodswen	Norwich	01/04/2022	4.33

UNDER 13 BOYS RANKINGS 2022

60m

Nathan Harris	King's Lynn	30/01/2022	9.9
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60m Hurdles

Nathan Harris	Lee Valley	19/02/2022	11.33
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100m

James Lupton	Norwich	24/04/2022	13.2
Tyrone Tetteh	Norwich	24/04/2022	13.8
Patryk Potrawski	Norwich	16/09/2022	13.9
Alex Singh	Norwich	14/05/2022	14.3
Harry Sayer	Norwich	14/05/2022	14.4
Joshua Rumsby	Norwich	24/04/2022	14.4
Aamil Ganiyu	Norwich	05/06/2022	14.8
Eli Dafforn	Norwich	05/06/2022	14.8
Matthew Williams	Norwich	14/04/2022	15.0
Nathan Harris	Colchester	10/07/2022	15.5
Dylan Guy	Peterborough	29/05/2022	15.6
Jack Norton	Ipswich	03/07/2022	16.2
Ben Nunn	Ipswich	01/05/2022	16.5
Aaron Stanton	Colchester	10/07/2022	16.8
Enda Carey	Norwich	15/05/2022	17.0

200m

James Lupton	Ipswich	03/07/2022	27.8
Tyrone Tetteh	Norwich	05/06/2022	28.5
Harry Sayer	Norwich	01/04/2022	29.2
Alex Singh	Ipswich	03/07/2022	29.5
Joshua Rumsby	Norwich	15/05/2022	29.9
Patryk Potrawski	Ipswich	03/07/2022	30.0
Eli Dafforn	Norwich	24/04/2022	30.1
James Ashton	Norwich	15/05/2022	30.3
Finley Windship	Colchester	10/07/2022	30.3
Dylan Guy	Norwich	01/04/2022	30.9
Matthew Williams	Norwich	24/04/2022	31.1
Aamil Ganiyu	Norwich	05/06/2022	31.2
Nathan Harris	Ipswich	03/07/2022	32.0
Geoffrey Jones	Peterborough	29/05/2022	32.5
Ben Nunn	Norwich	05/06/2022	33.6

600m

James Ashton	Norwich	01/04/2022	2.01.9
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800m

Finley Winship	Chelmsford	11/09/2022	2.21.47
Eli Dafforn	Norwich	14/05/2022	2.30.0
Patryk Potrawski	Norwich	16/09/2022	2.36.0
Vito Machin	Ipswich	01/05/2022	2.36.5
James Ashton	Ipswich	03/07/2022	2.42.6
Ben Nunn	Bury St Edmunds	04/09/2022	2.47.4
Jack Norton	Colchester	10/07/2022	2.49.5
Harry Sayer	Norwich	24/04/2022	2.54.8
Enda Carey	Ipswich	03/07/2022	2.55.0
Matthew Williams	Peterborough	25/09/2022	2.55.72
Geoffrey Jones	Ipswich	01/05/2022	3.01.3

1500m

Finley Winship	Watford	27/07/2022	4.44.23
Patryk Potrawski	Chelmsford	11/09/2022	4.57.77
Eli Dafforn	Bury St Edmunds	04/09/2022	5.08.2
Vito Machin	Norwich	15/05/2022	5.14.9
Dylan Guy	Peterborough	29/05/2022	5.20.4

James Ashton	Norwich	15/05/2022	5.21.7
Ben Nunn	Colchester	10/07/2022	5.32.4
<u>1 Mile</u>			
Eli Dafforn	Norwich	15/04/2022	5.46.7
<u>75m hurdles</u>			
James Lupton	Norwich	05/06/2022	14.1
Nathan Harris	Norwich	24/04/2022	14.3
Matthew Williams	Peterborough	25/09/2022	14.59
Eli Dafforn	Norwich	05/06/2022	15.9
<u>High Jump</u>			
James Lupton	Bury St Edmunds	04/09/2022	1.42
Nathan Harris	King's Lynn	30/01/2022	1.30
Eli Dafforn	Peterborough	29/05/2022	1.20
Izaac Hisgrove	Peterborough	29/05/2022	1.20
Matthew Williams	Colchester	10/07/2022	1.20
Luke Gilding	Ipswich	01/05/2022	1.15
Jack Norton	Norwich	05/06/2022	1.15
Thomas Fairhurst	Norwich	24/04/2022	1.10
Aamil Ganiyu	Ipswich	01/05/2022	1.10
Aaron Stanton	Norwich	05/06/2022	1.10
Enda Carey	Ipswich	03/07/2022	1.10
<u>Long Jump</u>			
James Lupton	Chelmsford	11/09/2022	4.63
Tyrone Tetteh	Chelmsford	11/09/2022	4.49
Finley Winship	Ipswich	01/05/2022	4.07
Josh Rumsby	Norwich	14/05/2022	3.86
Nathan Harris	Norwich	01/04/2022	3.83
Matthew Williams	Peterborough	25/09/2022	3.78
Alex Singh	Ipswich	01/05/2022	3.74
Eli Dafforn	Norwich	14/05/2022	3.70
Harry Sayer	Norwich	14/05/2022	3.69
Aamil Ganiyu	Ipswich	01/05/2022	3.55
Jack Norton	Ipswich	03/07/2022	3.55
Ben Nunn	Colchester	10/07/2022	3.53
Thomas Fairhurst	Norwich	14/05/2022	3.41
Aaron Stanton	Peterborough	29/05/2022	3.14
Enda Carey	Colchester	10/07/2022	3.07
Dylan Guy	Norwich	01/04/2022	2.79
<u>Hammer</u>			
James Lupton	Norwich	14/05/2022	22.83
Thomas Fairhurst	Norwich	14/05/2022	17.14
Nathan Harris	Norwich	14/05/2022	9.58
<u>Shot</u>			
James Lupton	Chelmsford	11/09/2022	8.35
Thomas Fairhurst	Ipswich	03/07/2022	7.33
Matthew Williams	Peterborough	25/09/2022	6.94
Nathan Harris	Norwich	15/05/2022	6.07
Izaac Hisgrove	Colchester	10/07/2022	5.94
Josh Rumsby	Norwich	24/04/2022	4.92
Geoffrey Jones	Peterborough	29/05/2022	4.86

Luke Gilding	Norwich	24/04/2022	4.78
Ben Nunn	Ipswich	03/07/2022	4.56
Aaron Stanton	Ipswich	03/07/2022	4.08
Harry Sayer	Ipswich	01/05/2022	3.85

Discus

Thomas Fairhurst	Norwich	16/09/2022	18.62
James Lupton	Norwich	05/06/2022	18.33
Izaak Hisgrove	Chelmsford	11/09/2022	17.22
Aaron Stanton	Colchester	10/07/2022	11.15
Matthew Williams	Ipswich	03/07/2022	10.34
Enda Carey	Colchester	10/07/2022	8.61
Ben Nunn	Ipswich	01/05/2022	8.11

Javelin

Izaak Hisgrove	Colchester	10/07/2022	26.04
Thomas Fairhurst	Norwich	15/05/2022	19.32
James Ashton	Norwich	15/05/2022	18.33
Aaron Stanton	Ipswich	03/07/2022	17.47
Finley Windship	Colchester	10/07/2022	14.39
Geoffrey Jones	Ipswich	01/05/2022	13.40

Pentathlon

Matthew Williams	Peterborough	25/09/2022	1097
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<u>4 x 100m Relay</u>	Chelmsford	11/09/2022	56.41
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UNDER 13 GIRLS RANKINGS 2022

60m

Ellie Warman	King's Lynn	30/01/2022	8.7
Darcie Holmes	Lee Valley	26/03/2022	9.08
Daniella Baldeo	Lee Valley	12/02/2022	9.14
Anya Faithorn	King's Lynn	30/01/2022	9.7

60m Hurdles

Jennifer Mardle	King's Lynn	30/01/2022	10.86
Lily Ganley	King's Lynn	30/01/2022	11.9

100m

Ellie Warman	Colchester	10/07/2022	13.1
Darcie Holmes	Norwich	24/04/2022	13.9
Daniella Baldeo	Colchester	10/07/2022	14.4
Eleana Osifo-Doe	Colchester	10/07/2022	14.6
Betty Appleton	Norwich	16/09/2022	14.6
Lily Ganley	Norwich	15/04/2022	15.1
Jennifer Mardle	Norwich	05/06/2022	15.1
Hetty Bunkle	Colchester	10/07/2022	15.4
Mia Horan	Norwich	24/04/2022	15.5
Molly Ellard- Thurtle	Norwich	15/05/2022	15.8
Emilija Gudeliunaite	Norwich	14/05/2022	16.2
Elliott Amos	Norwich	14/05/2022	16.4
Elsa Lindsay	Norwich	15/05/2022	16.4
Lily Goddard	Norwich	15/05/2022	16.4
Mirabelle Kamagate	Norwich	14/05/2022	16.8
Chloe Nunn	Norwich	15/05/2022	16.9

150m

Ellie Warman	Norwich	16/09/2022	20.7
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200m

Ellie Warman	Chelmsford	14/08/2022	27.39
Darcie Holmes	Norwich	15/05/2022	29.6
Daniella Baldeo	Norwich	24/04/2022	29.9
Lily Ganley	Norwich	15/05/2022	31.1
Eleana Osifo-Doe	Norwich	05/06/2022	31.2
Abigail Hoadley	Norwich	24/04/2022	31.5
Hetty Bunkle	Colchester	10/07/2022	32.0
Molly Ellard-Thurtle	Peterborough	29/05/2022	32.4
Lily Goddard	Peterborough	29/05/2022	34.5
Elliott Amos	Ipswich	01/05/2022	35.4
Chloe Munn	Norwich	24/04/2022	35.5
Imogen Frame	Norwich	24/04/2022	36.0

600m

Abigail Hoadley	Norwich	01/04/2022	1.55.2
Lily Ganley	Norwich	01/04/2022	2.02.3
Jasmin Benson	Norwich	01/04/2022	2.09.5

800m

Abigail Hoadley	Norwich	05/06/2022	2.35.6
Lexie Heather	Norwich	14/05/2022	2.43.2
Lily Ganley	Peterborough	25/09/2022	2.47.22
Lily Goddard	Colchester	10/07/2022	2.49.4
Violet Brooke	Norwich	14/05/2022	2.55.5
Elliott Amos	Colchester	10/07/2022	2.55.9
Elsa Lindsay	Norwich	14/05/2022	2.56.4
Chloe Munn	Ipswich	01/05/2022	3.02.3
Betty Appleton	Peterborough	29/05/2022	3.02.9
Jennifer Mardle	Peterborough	25/09/2022	3.03.89
Imogen Frame	Norwich	24/04/2022	3.09.3
Mia Horan	Norwich	16/09/2022	3.12.0
Molly Ellard- Thurtle	Norwich	15/05/2022	3.20.2

1500m

Lexie Heather	Norwich	05/06/2022	5.24.6
Lily Goddard	Norwich	24/04/2022	5.48.4
Jasmin Benson	Norwich	05/06/2022	5.50.2
Violet Brooke	Norwich	05/06/2022	5.52.0

70m hurdles

Jennifer Mardle	Norwich	05/06/2022	12.5
Lily Ganley	Peterborough	25/09/2022	12.81
Elliott Amos	Colchester	10/07/2022	16.2
Hetty Bunkle	Colchester	10/07/2022	16.7
Mirabelle Kamagate	Norwich	14/05/2022	19.0

High Jump

Lily Ganley	Norwich	16/09/2022	1.35
Jennifer Mardle	Norwich	08/04/2022	1.30
Betty Appleton	Peterborough	29/05/2022	1.25
Anya Faithorn	King's Lynn	30/01/2022	1.20

Violet Brooke	Norwich	16/09/2022	1.15
Elliott Amos	Colchester	10/07/2022	1.10
<u>Long Jump</u>			
Darcie Holmes	Bury St Edmunds	04/09/2022	4.27
Ellie Warman	Norwich	16/09/2022	4.26
Lily Ganley	Chelmsford	13/08/2022	4.19
Jennifer Mardle	Chelmsford	13/08/2022	4.01
Daniella Baldeo	Colchester	10/07/2022	3.98
Eleana Osifo-Doe	Norwich	05/06/2022	3.82
Violet Brooke	Ipswich	14/05/2022	3.72
Molly Ellard-Thurtle	Peterborough	29/05/2022	3.43
Elliott Amos	Ipswich	03/07/2022	3.34
Elsa Lindsay	Norwich	14/05/2022	3.26
Anya Faithorn	King's Lynn	30/01/2022	3.22
Chloe Munn	Norwich	15/05/2022	3.19
Lily Goddard	Norwich	15/05/2022	2.96
Mirabelle Kamagate	Norwich	14/05/2022	2.84
<u>Shot 2.72kg</u>			
Jennifer Mardle	Peterborough	25/09/2022	6.68
Mia Horran	Norwich	05/06/2022	6.32
Ellie Warman	Norwich	05/06/2022	6.02
Darcie Holmes	Bury St Edmunds	04/09/2022	5.67
Lily Ganley	Peterborough	25/09/2022	4.95
Eleana Osifo-Doe	Colchester	10/07/2022	4.62
Violet Brooke	Ipswich	01/05/2022	4.38
Maisie Powles-Warren	Colchester	10/07/2022	3.82
Betty Appleton	Norwich	24/04/2022	3.63
Jasmin Benson	Norwich	24/04/2022	2.43
<u>Discus</u>			
Mia Horran	Ipswich	03/07/2022	16.89
Lily Goddard	Chelmsford	11/09/2022	15.22
Maisie Powles-Warren	Colchester	10/07/2022	12.28
Daniella Baldeo	Ipswich	01/05/2022	6.91
Molly Ellard-Thurtle	Ipswich	03/07/2022	5.97
<u>Javelin</u>			
Jennifer Mardle	Chelmsford	11/09/2022	22.58
Anya Faithorn	Norwich	15/05/2022	19.89
Mia Horran	Colchester	10/07/2022	13.00
Maisie Powles-Warren	Sandy	24/09/2022	12.79
Eleana Osifo-Doe	Colchester	10/07/2022	7.68
Betty Appleton	Norwich	24/04/2022	4.51
<u>Hammer</u>			
Belle Hoy	Norwich	14/05/2022	18.07
Mia Horran	Norwich	16/09/2022	16.43
Daniella Baldeo	Norwich	14/05/2022	7.96
<u>4 x 100m Relay</u>	Chelmsford	11/09/2022	55.94
<u>Pentathlon</u>			
Lily Ganley	Peterborough	25/09/2022	1971
Jennifer Mardle	Peterborough	25/09/2022	1817

UNDER 15 BOYS RANKINGS 2022

60m

Theo Carus	Lee Valley	09/01/2022	8.30
Micah Avowlanu	Lee Valley	02/01/2022	8.52

60m Hurdles

Leon Harris	Lee Valley	19/02/2022	11.18
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100m

William Lupton	Norwich	14/05/2022	11.8
Mpaji Rose-Brown	Norwich	24/04/2022	12.9
Sam Barber	Bury St Edmunds	04/09/2022	13.1
Toby Smith	Norwich	16/09/2022	13.2
Jack Browne	Norwich	24/04/2022	14.5
Leon Harris	Colchester	10/07/2022	14.8
Harvey Moore	Norwich	14/05/2022	15.2

200m

William Gregson	Chelmsford	11/09/2022	25.92
Micah Avowlanu	Norwich	05/06/2022	26.3
Mpaji Rose-Brown	Norwich	24/04/2022	26.5
Jude Linstead	Peterborough	29/05/2022	27.4
Reuben Xuereb	Chelmsford	11/09/2022	28.99
Leon Harris	Norwich	15/05/2022	29.8
Leonardo Gegaj	Norwich	05/06/2022	29.8
Jack Browne	Norwich	15/05/2022	30.1
Harvey Moore	Ipswich	03/07/2022	33.6

300m

Mpaji Rose-Brown	Bury St Edmunds	04/09/2022	39.9
Jude Linstead	Norwich	08/04/2022	43.7
Jack Browne	Bury St Edmunds	04/09/2022	48.4
Sam Barber	Chelmsford	11/09/2022	51.64
Harvey Moore	Ipswich	03/07/2022	52.9
Patterson Barr	Norwich	24/04/2022	53.5
Reuben Xuereb	Peterborough	29/05/2022	55.6

600m

Henry Ashton	Norwich	01/04/2022	1.43.0
Leonardo Gegaj	Norwich	01/04/2022	1.54.1

800m

Mpaji Rose-Brown	Norwich	14/05/2022	2.11.9
William Percival	Norwich	16/09/2022	2.11.9
Finley Haynes	Colchester	10/07/2022	2.13.9
Jude Linstead	Norwich	11/06/2022	2.14.5
Henry Ashton	Norwich	14/05/2022	2.21.6
Finn Kaiser	Ipswich	03/07/2022	2.22.4
Reuben Xuereb	Norwich	16/09/2022	2.28.8
Jack Browne	Norwich	05/06/2022	2.32.5
Leonardo Gegaj	Norwich	14/05/2022	2.34.8
Will Lupton	Bedford	17/09/2022	2.36.82
Harvey Moore	Colchester	10/07/2022	2.40.2
Seth Burch	Norwich	14/06/2022	2.43.7

1500m

Jude Linstead	Bury St Edmunds	04/09/2022	4.37.6
Henry Ashton	Chelmsford	11/09/2022	4.47.99
Jack Browne	Watford	01/06/2022	5.05.27
Finn Kaiser	Norwich	05/06/2022	5.07.7

1 Mile

Jack Browne	Norwich	01/04/2022	5.38.0
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3000m

Jack Browne	Norwich	08/04/2022	10.55.0
Finn Kaiser	Norwich	14/05/2022	11.27.4
Fletcher James	Norwich	14/05/2022	12.17.6

80m Hurdles

Will Lupton	Norwich	26/06/2022 13.47w	14.0
Leon Harris	Colchester	10/07/2022	14.4
Finn Kaiser	Norwich	26/06/2022	18.6

Long Jump

Micah Avowlanu	Norwich	14/05/2022	5.18
Sam Barber	Chelmsford	11/09/2022	5.10
Will Lupton	Norwich	26/06/2022	5.07
Will Gregson	Chelmsford	11/09/2022	5.03
Leon Harris	Ipswich	03/07/2022	4.24
Jack Brown	Norwich	24/04/2022	4.02
Finn Kaiser	Norwich	14/05/2022 4.11w	3.88
Finley Haynes	Ipswich	03/07/2022	3.75
Leonardo Gegaj	Norwich	14/05/2022	3.61

Triple Jump

Sam Barber	Ipswich	03/07/2022	10.95
Leon Harris	Norwich	24/04/2022	9.41
Henry Ashton	Ipswich	03/07/2022	9.00

High Jump

Will Lupton	Norwich	26/06/2022	1.56
Leon Harris	Ipswich	03/07/2022	1.50
Sam Barber	Chelmsford	11/09/2022	1.45
Will Gregson	Norwich	05/06/2022	1.40
Reuben Xuereb	Ipswich	03/07/2022	1.30
Finn Kaiser	Norwich	26/06/2022	1.26
Jack Brown	Norwich	05/06/2022	1.25
Toby Smith	Peterborough	29/05/2022	1.20

Shot

Will Lupton	Bedford	17/09/2022	10.92
Toby Smith	Colchester	10/07/2022	8.43
Finn Kaiser	Norwich	05/06/2022	7.65
Will Gregson	Peterborough	29/05/2022	7.42
Harry Wells	Norwich	05/06/2022	6.74
Finley Haynes	Ipswich	03/07/2022	5.68
Leonardo Gegaj	Norwich	24/04/2022	5.46

Hammer

William Lupton	Chelmsford	11/09/2022	33.42
<u>Discus</u>			
William Lupton	Norwich	05/06/2022	23.69
Finley Haynes	Chelmsford	11/09/2022	18.84
Finn Kaiser	Bury St Edmunds	04/09/2022	16.47
Harvey Moore	Chelmsford	11/09/2022	14.10
<u>Javelin</u>			
Henry Ashton	Bury St Edmunds	04/09/2022	28.76
William Gregson	Peterborough	29/05/2022	27.93
Harry Wells	Norwich	05/06/2022	21.89
Reuben Xuereb	Colchester	10/07/2022	18.01
Patterson Barr	Norwich	24/04/2022	16.09
Finn Kaiser	Ipswich	01/05/2022	15.87
Jack Browne	Norwich	15/05/2022	11.29
<u>4 x 100m Relay</u>			
	Norwich	24/04/2022	51.2
<u>Pentathlon</u>			
Will Lupton	Bedford	18/09/2022	2041
Finn Kaiser	Norwich	26/06/2022	1274

UNDER 15 GIRLS RANKINGS 2022

60m

Chloe Thorne	Sheffield	12/02/2022	8.07
Maisie Patrick	King's Lynn	30/01/2022	8.5
Lola Van Baaren	King's Lynn	30/01/2022	8.6
Aisha Elouassi	King's Lynn	30/01/2022	8.6
Chelsey Irving	Sheffield	12/02/2022	8.74
Fleur Richie	King's Lynn	30/01/2022	9.0
Belle Hoy	King's Lynn	30/01/2022	9.1
Isla Hibbett	King's Lynn	30/01/2022	9.2

60m hurdles indoors

Poppy Harrison	Sheffield	12/02/2022	10.11
Chelsey Irving	Sheffield	12/02/2022	10.28
Charlotte Gilding	Lee Valley	12/02/2022	10.32
Fleur Richie	Lee Valley	27/03/2022	10.59
Isla Hibbett	Lee Valley	27/03/2022	10.69

100m

Chloe Thorne	Dagenham	30/07/2022	12.38
Maisie Patrick	Norwich	14/05/2022 12.73w	12.8
Aisha Elouassi	Norwich	15/04/2022	12.9
Lola Van Baaren	Norwich	14/05/2022	13.1
Isla Hibbett	Norwich	24/04/2022	14.0
Belle Hoy	Norwich	14/05/2022	14.0
Fleur Ritchie	Norwich	24/04/2022	14.3
Charlotte Gilding	Norwich	16/09/2022	14.4
Mia Jones	Ipswich	01/05/2022	15.1
Scarlette Allenby	Ipswich	03/07/2022	15.2

200m

Aisha Elouassi	Norwich	05/06/2022	26.6
Maisie Patrick	Ipswicy	03/07/2022	26.6
Edith Avowlanu	Lee Valley	02/01/2022	27.99
Georgia Shirley	Colchester	10/07/2022	28.9
Belle Hoy	Norwich	24/04/2022	29.7
Amber Goddard	Norwich	24/04/2022	29.9
Connie Easter	Ipswich	01/05/2022	30.1
Isla Hibbett	Norwich	05/06/2022	30.3
Asha Kandola	Ipswich	03/07/2022	30.3
Fleur Ritchie	Ipswich	01/05/2022	31.0
Mia Jones	Norwich	11/06/2022	31.1
Cara Bredican	Norwich	05/06/2022	31.4
Erin Hernon	Colchester	10/07/2022	32.3
Olivia White	Norwich	24/04/2022	32.5
Scarlette Allenby	Ipswich	01/05/2022	33.1
Maddison Pratt	Norwich	05/06/2022	35.8

300m

Edith Avowlanu	Peterborough	29/05/2022	44.0
Aisha Elouassi	Norwich	24/04/2022	44.3
Connie Easter	Peterborough	29/05/2022	45.6
Georgia Shirley	Chelmsford	11/09/2022	45.80
Amber Goddard	Bury St Edmunds	04/09/2022	46.9
Bronwen Nelson	Colchester	10/07/2022	47.3
Mia Jones	Peterborough	29/05/2022	49.9
Scarlette Allenby	Ipswich	03/07/2022	50.3
Olivia White	Ipswich	01/05/2022	53.9

800m

Connie Easter	Norwich	14/05/2022	2.19.8
Georgia Shirley	Norwich	14/05/2022	2.24.5
Erin Hernon	Norwich	14/05/2022	2.31.4
Bronwen Nelson	Colchester	10/07/2022	2.32.0
Amber Goddard	Ipswich	01/05/2022	2.32.5
Lottie Hood	Kettering	02/05/2022	2.33.31
Libby Ong	Norwich	11/06/2022	2.35.8
Asha Kandola	Ipswich	01/05/2022	2.40.6
Charlotte Gilding	Peterborough	25/09/2022	2.48.83
Cara Bredican	Norwich	11/06/2022	2.50.4
Olivia White	Ipswich	01/05/2022	2.59.7
Isla Hibbett	Peterborough	29/05/2022	3.05.2

1500m

Connie Easter	Sport City	08/07/2022	4.45.45
Georgia Shirley	Watford	01/06/2022	4.52.94
Erin Hernon	Ipswich	01/05/2022	5.09.2
Lottie Hood	Norwich	24/04/2022	5.13.7
Libby Ong	Norwich	15/05/2022	5.17.5
Bronwen Nelson	Norwich	05/06/2022	5.20.1
Millie Andrews	Norwich	15/05/2022	5.47.8

3000m

Georgia Shirley	Norwich	08/04/2022	11.03.1
Erin Hernon	Norwich	08/04/2022	11.15.3

75m H

Chloe Thorne	Norwich	05/06/2022	11.3
Charlotte Gilding	Peterborough	25/09/2022	12.85
Isla Hibbett	Colchester	10/07/2022	13.1
Fleur Richie	Norwich	01/04/2022	13.2
Chelsey Irving	Norwich	14/05/2022	13.2
<u>High Jump</u>			
Charlotte Gilding	Norwich	05/06/2022	1.55
Isla Hibbett	Ipswich	03/07/2022	1.30
<u>Long Jump</u>			
Lola Van Baaren	Chelmsford	11/09/2022	4.72
Charlotte Gilding	Boston	03/09/2022	4.44
Isla Hibbett	Peterborough	25/09/2022 4.15w	4.07
Belle Hoy	King's Lynn	30/01/2022	3.83
Fleur Richie	Norwich	01/04/2022	3.69
Scarlette Allenby	Ipswich	03/07/2022	3.56
Mia Jones	Ipswich	01/05/2022	3.04
<u>Triple Jump</u>			
Lola Van Baaren	Bedford	10/06/2022	9.57
<u>Shot</u>			
Charlotte Gilding	Ipswich	03/07/2022	9.23
Aisha Elouassi	King's Lynn	30/01/2022	7.21
Belle Hoy	Norwich	05/06/2022	7.16
Isla Hibbett	Colchester	10/07/2022	6.92
Edith Avowlanu	Peterborough	29/05/2022	6.25
<u>Javelin</u>			
Aisha Elouassi	Norwich	05/06/2022	23.76
Isla Hibbett	Chelmsford	11/09/2022	19.86
Cara Bredican	Bury St Edmunds	04/09/2022	17.87
Charlotte Gilding	Bedford	19/06/2022	17.09
Bronwen Nelson	Colchester	10/07/2022	16.60
Lola Van Baaren	Colchester	10/07/2022	11.88
Mia Jones	Norwich	11/06/2022	10.78
Maddison Pratt	Norwich	05/06/2022	6.45
<u>Discus</u>			
Fleur Ritchie	Norwich	24/04/2022	14.16
Amber Goddard	Colchester	10/07/2022	12.97
Olivia White	Norwich	05/06/2022	10.27
Maddison Pratt	Norwich	05/06/2022	8.19
<u>Hammer</u>			
Belle Hoy	Norwich	14/05/2022	18.07
Connie Easter	Ipswich	01/05/2022	6.84
<u>Pentathlon indoor/outdoor</u>			
Charlotte Gilding	Boston	03/09/2022	2480
Isla Hibbett	Peterborough	25/09/2022	1791
<u>Hexathlon indoor/outdoor</u>			
Charlotte Gilding	Bedford	19/06/2022	2651

UNDER 17 MEN RANKINGS 202260m indoors

Ethan Ellis	Sheffield	12/02/2022	7.17
La'Sean Sealey	King's Lynn	30/01/2022	7.32
Robbie Dalymple	Lee Valley	29/01/2022	7.74
Ryan Wood	King's Lynn	30/01/2022	7.9
Fin Barnard	King's Lynn	30/01/2022	8.1

60m Hurdles

Jaiden Dean	Sheffield	13/02/2022	7.76
Ethan Ellis	Sheffield	12/02/2022	8.71
Barney Clarke	King's Lynn	30/01/2022	9.4
Fin Barnard	King's Lynn	30/01/2022	9.9

100m

Ethan Ellis	Bedford	18/06/2022	11.19
William Scates	Norwich	24/04/2022	11.4
Barney Clarke	Norwich	14/05/2022	11.5
Jaiden Dean	Norwich	14/05/2022	11.5
La'Sean Sealey	Peterborough	29/05/2022	11.5
Robbie Dalymple	Norwich	24/04/2022 11.75w	11.8
Ethan Rattenbury	Norwich	05/06/2022	12.0
Ryan Wood	Norwich	24/04/2022	12.1
Noah Smith	Norwich	11/06/2022	12.1
Hal Morritt	Norwich	24/04/2022	12.2
Fin Barnard	Norwich	14/05/2022	12.3
Lewis Dickerson	Norwich	24/04/2022	12.4
Joe Machin	Peterborough	29/05/2022	12.7

200m

La'Sean Sealey	Norwich	05/06/2022	22.8
Will Scates	Norwich	24/04/2022	23.2
Ethan Ellis	Ipswich	01/05/2022	23.2
Barney Clarke	Norwich	24/04/2022	23.3
Robbie Dalymple	Wormwood Scrubs	16/07/2022	24.20
Ryan Wood	Norwich	14/05/2022	24.4
Ethan Rattenbury	Ipswich	03/07/2022	24.5
Hal Morritt	Norwich	15/05/2022	24.6
Finlay Barnard	Norwich	15/05/2022	24.7
Lewis Dickerson	Colchester	10/07/2022	25.8
Joe Machin	Ipswich	03/07/2022	25.9

400m

Ethan Ellis	Norwich	24/04/2022	51.1
La'Sean Sealey	Norwich	05/06/2022	52.4
Joe Machin	Norwich	15/04/2022	55.8
Finlay Barnard	Colchester	10/07/2022	56.0
Hal Morritt	Norwich	26/06/2022	56.8
Ryan Wood	Norwich	26/06/2022	57.1
Robbie Dalymple	Wormwood Scrubs	16/07/2022	57.48
Harry Smith	Ipswich	01/05/2022	57.5
Billy Francis	Norwich	26/06/2022	62.7
Lewis Dickerson	Norwich	24/04/2022	66.8

600m

Tim Bongaerts	Norwich	01/04/2022	1.30.4
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800m

Tim Bongaerts	Watford	15/06/2022	2.02.60
Joe Machin	Norwich	15/04/2022	2.05.1
Zachary Dunn	Norwich	14/05/2022	2.06.2
Harry Smith	Ipswich	01/05/2022	2.09.3
Daniel Conway	Norwich	15/04/2022	2.11.8
Matthew Benson	Norwich	16/09/2022	2.14.6
Sam Yellop	Colchester	10/07/2022	2.15.2

1000m

Tim Bongaerts	Barendrecht, NED	19/08/2022	2.40.46
Ethan Ellis	Sheffield	13/03/2022	2.58.56

1500m

Tim Bongaerts	Watford	01/06/2022	4.08.81
Harry Smith	Watford	29/06/2022	4.12.73
Zachary Dunn	Norwich	24/04/2022	4.15.2
Joe Machin	Norwich	15/04/2022	4.19.2
Matthew Benson	Watford	24/08/2022	4.38.84
Sam Yellop	Ipswich	01/05/2022	4.39.0
Ethan Ellis	Bedford	19/06/2022	4.52.84
Ryan Wood	Norwich	26/06/2022	5.11.3
Hal Morritt	Norwich	26/06/2022	5.26.9
Billy Francis	Norwich	26/06/2022	6.12.5

1 Mile

Harry Smith	Norwich	01/04/2022	4.42.4
Matthew Benson	Norwich	01/04/2022	5.19.7

3000m

Zachary Dunn	Watford	04/05/2022	9.07.20
Tim Bongaerts	Watford	10/08/2022	9.15.51
Harry Smith	Norwich	08/04/2022	9.32.7
Sam Yellop	Norwich	11/06/2022	10.16.5
Matthew Benson	Norwich	08/04/2022	10.29.3

5000m

Harry Smith	Norwich	14/05/2022	16.51.0
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100m H

Jaiden Dean	Sportcity	08/07/2022	12.69
Ethan Ellis	Bedford	18/06/2022	14.32
Barney Clarke	Norwich	24/04/2022	14.4
Finley Barnard	Colchester	10/07/2022	14.5
Hal Morritt	Norwich	05/06/2022	14.9
Billy Francis	Ipswich	14/05/2022	17.0
Ryan Wood	Norwich	26/06/2022	18.0

Long Jump

Ethan Ellis	Sheffield	12/03/2022	6.58
Ethan Rattenbury	Norwich	05/06/2022	6.02
Ryan Wood	Norwich	26/06/2022	5.87

Hal Morritt	Norwich	26/06/2022	5.59
Fin Barnard	Chelmsford	11/09/2022	5.37
Billy Francis	Norwich	26/06/2022	5.27
La'Sean Sealey	King's Lynn	30/01/2022	5.22
Lewis Dickerson	Norwich	24/04/2022	5.05
<u>Pole Vault</u>			
Ethan Ellis	Bedford	18/06/2022	2.90
<u>High Jump</u>			
Ethan Ellis	Norwich	26/06/2022	1.77
Hal Morritt	Norwich	24/04/2022	1.70
Noah Smith	Wormwood Scrubs	16/07/2022	1.70
Fin Barnard	Norwich	16/09/2022	1.60
Billy Francis	Norwich	26/06/2022	1.56
Ryan Wood	Norwich	26/06/2022	1.50
Zachary Dunn	Norwich	05/06/2022	1.30
<u>Triple Jump</u>			
Ryan Wood	Bury St Edmunds	04/09/2022	12.50
Billy Francis	Norwich	11/06/2022	11.38
Hal Morritt	Ipswich	01/05/2022	11.00
<u>Shot</u>			
Tyler Gibson	Norwich	05/06/2022	11.65
Ethan Ellis	Bedford	18/06/2022	11.13
Barney Clarke	Norwich	24/04/2022	9.40
Hal Morritt	Norwich	15/05/2022	9.17
Ryan Wood	Norwich	26/06/2022	8.63
Billy Francis	Norwich	26/06/2022	7.22
Joe Machin	Norwich	05/06/2022	7.00
Matthew Benson	Norwich	24/04/2022	6.35
<u>Javelin 700g</u>			
Ryan Wood	Chelmsford	11/09/2022	38.59
Kyle Thorn	Norwich	15/05/2022	32.95
Ethan Ellis	Bedford	17/09/2022	32.81
Joe Machin	Colchester	10/07/2022	27.04
Hal Morritt	Norwich	26/06/2022	26.95
Billy Francis	Norwich	26/06/2022	15.02
Zachary Dunn	Ipswich	01/05/2022	14.26
<u>Javelin 800g</u>			
Ryan Wood	Wormwood Scrubs	16/07/2022	29.20
<u>Discus 1.5kg</u>			
Ethan Ellis	Bedford	17/09/2022	33.62
Tyler Gibson	Peterborough	29/05/2022	32.27
Tim Bongaerts	Peterborough	29/05/2022	30.29
Joe Machin	Ipswich	03/07/2022	20.44
Ryan Wood	Norwich	15/05/2022	19.35
Hal Morritt	Norwich	26/06/2022	16.99
Billy Francis	Norwich	26/06/2022	14.04
Harry Smith	Ipswich	01/05/2022	11.52
<u>Hammer</u>			

Tyler Gibson	Chelmsford	11/09/2022	30.13
Matthew Benson	Norwich	05/06/2022	18.85
<u>Heptathlon</u>			
Ethan Ellis	Sheffield	13/03/2022	4307
<u>Octathlon</u>			
Ethan Ellis	Norwich	26/06/2022	4632
Hal Morritt	Norwich	26/06/2022	3403
Ryan Wood	Norwich	26/06/2022	3370
Billy Francis	Norwich	26/06/2022	2396
<u>Decathlon</u>			
Ethan Ellis	Bedford	18/06/2022	5655
4 x 100m Relay	Norwich	24/04/2022	45.4

UNDER 17 WOMEN RANKINGS 2022

60m indoors

Lily Bradley	Lee Valley	15/01/2022	7.78
Evie Patrick	Lee Valley	29/01/2022	7.82
Sophia Reeve	King's Lynn	30/01/2022	9.1

60m hurdles

Isabelle Mardle	Sheffield	12/02/2022	8.57
Rose Fairhurst	Lee Valley	29/01/2022	10.00

100m

Lily Bradley	Dagenham	30/07/2022 11.82w	11.98
Evie Patrick	Stratford	14/08/2022	12.25
Isabelle Mardle	Norwich	15/04/2022	12.9
Caitlin Bell	Norwich	14/05/2022	13.0
Ruby Love	Norwich	16/09/2022 13.20w	13.2
Zara Kirkham	Norwich	05/06/2022	13.3
Alice Marjoram	Norwich	24/04/2022	13.4
Sophia Reeve	Norwich	15/04/2022	13.8
Rose Fairhurst	Wormwood Scrubs	16/07/2022	14.18

150m

Ruby Love	Norwich	16/09/2022	20.0
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200m

Lily Bradley	Gillingham	22/05/2022	25.0
Isabelle Mardle	Gillingham	22/05/2022	25.8
Evie Patrick	Kettering	14/06/2022	26.36
Caitlin Bell	Norwich	15/05/2022	26.9
Ruby Love	Bury St Edmunds	04/09/2022	27.7
Rose Fairhurst	Norwich	06/06/2022	29.8
Millie Adams	Norwich	01/04/2022	30.0
Zara Kirkham	Chelmsford	11/09/2022	30.56

300m

Isabelle Mardle	Norwich	05/06/2022	41.1
Millie Adams	Norwich	24/04/2022	46.1
Isabella Williams	Norwich	15/05/2022	46.1

400m

Isabella Williams	Norwich	10/09/2022	66.9
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800m

Georgia Pegg	Norwich	14/05/2022	2.24.3
Millie Adams	Norwich	14/05/2022	2.25.6
Isabelle Mardle	Norwich	26/06/2022	2.31.1
Isabella Williams	Norwich	10/09/2022	2.35.0
Caitlin Bell	Norwich	26/06/2022	2.40.1
Rose Fairhurst	Norwich	26/06/2022	3.04.9

1500m

Georgia Pegg	Ipswich	03/07/2022	4.48.1
Millie Adams	Norwich	15/05/2022	5.05.3
Isabella Williams	Peterborough	29/05/2022	5.39.7

3000m

Sarah Barrett	Norwich	10/09/2022	11.46.5
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1 Mile

Georgia Pegg	Norwich	15/04/2022	5.33.6
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80m hurdles

Isabelle Mardle	Sport City	09/07/2022	11.13
Rose Fairhurst	Norwich	05/06/2022	12.7
Caitlin Bell	Ipswich	03/07/2022	12.9
Sophia Reeve	Norwich	11/06/2022	13.5

100m hurdles

Rose Fairhurst	Harrow	12/06/2022	17.50
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300m hurdles

Isabelle Mardle	Norwich	15/05/2022	44.8
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Long Jump

Isabelle Mardle	Norwich	14/05/2022 5.44w	5.43
Caitlin Bell	Norwich	10/09/2022	5.10
Rose Fairhurst	Norwich	05/06/2022	4.85
Isabella Williams	Norwich	05/06/2022	4.19
Maddy Powles-Warren	Chelmsford	11/09/2022	4.12
Charlotte Gilding	Boston	01/10/2022	4.11

High Jump

Isabelle Mardle	Norwich	26/06/2022	1.65
Isabella Williams	Norwich	05/06/2022	1.47
Rose Fairhurst	Norwich	26/06/2022	1.41
Caitlin Bell	Norwich	08/04/2022	1.35
Maddy Powles-Warren	Sandy	24/09/2022	1.30

Triple Jump

Caitlin Bell	Peterborough	29/05/2022	10.34
Rose Fairhurst	Norwich	24/04/2022	9.99
Georgia Pegg	Chelmsford	11/09/2022	7.67

Shot 3kg

Isabelle Mardle	Norwich	26/06/2022	11.60
Maddy Powles-Warren	Norwich	15/05/2022	11.14
Caitlin Bell	Ipswich	03/07/2022	9.86
Rose Fairhurst	Norwich	26/06/2022	8.44

Javelin 500g

Isabelle Mardle	Norwich	26/06/2022	38.61
Maddy Powles-Warren	Sandy	24/09/2022	36.32
Moiria Doleman	Norwich	08/04/2022	23.66
Caitlin Bell	Peterborough	29/05/2022	21.61
Charlotte Gilding	Boston	01/10/2022	19.79
Rose Fairhurst	Norwich	26/06/2022	16.47
Georgia Pegg	Norwich	05/06/2022	15.57

Javelin 600g

Rose Fairhurst	Harrow	12/06/2022	12.97
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Discus

Isabelle Mardle	Gillingham	13/08/2022	27.30
Maddy Powles-Warren	Ipswich	01/05/2022	24.69
Caitlin Bell	Gillingham	13/08/2022	18.41
Sophia Reeve	Norwich	05/06/2022	15.40
Georgia Pegg	Chelmsford	11/09/2022	12.42

Hammer 3kg

Maddy Powles-Warren	Peterborough	29/05/2022	28.87
Caitlin Bell	Norwich	14/05/2022	24.52

4 x 100m Relay

	Norwich	05/06/2022	51.4
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Pentathlon

Caitlin Bell	Peterborough	25/09/2022	2677
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Heptathlon

Isabelle Mardle	Belfast	04/09/2022 5042w	4602
Rose Fairhurst	Norwich	26/06/2022	3009
Caitlin Bell	Norwich	26/06/2022 3339w	

UNDER 20 MEN RANKINGS 2022

60m

Joel Burgess	Lee Valley	02/01/2022	7.30
Conrad Winter	Lee Valley	02/03/2022	7.59
Rian Snell	Lee Valley	02/03/2022	8.15

100m

Joel Burgess	Norwich	10/09/2022	11.1
Scott Leeder	Gillingham	22/05/2022	11.4
Conrad Winter	Norwich	10/09/2022 11.33w	11.5
Daniel Williams	Norwich	24/04/2022	12.1
Rian Snell	Oxford	28/08/2022	12.16

150m

Joel Burgess	Norwich	16/09/2022	17.0
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200m

Joel Burgess	Norwich	24/04/2022	22.2
Conrad Winter	Gillingham	13/08/2022	23.34
Daniel Williams	Norwich	24/04/2022	24.2
Rian Snell	Bury St Edmunds	04/09/2022	25.7
<u>400m</u>			
Joel Burgess	Sheffield	12/02/2022	49.80
Conrad Winter	Norwich	26/06/2022	52.9
Daniel Williams	Bury St Edmunds	04/09/2022	54.7
Jake Hart	Peterborough	29/05/2022	56.5
Ben Halliday	Norwich	11/06/2022	56.8
<u>800m</u>			
Henry Jonas	Watford	10/08/2022	1.52.50
Danny Adams	Norwich	15/04/2022	1.59.8
James Price	Loughborough	22/06/2022	2.00.97
Jake Hart	Watford	07/09/2022	2.01.19
Zak Houghton	Harrow	12/06/2022	2.05.09
Tom Cugnoni	Norwich	14/05/2022	2.07.2
Ben Halliday	Watford	10/08/2022	2.07.26
Russell Hopkins	Norwich	14/05/2022	2.24.5
<u>1500m</u>			
Henry Jonas	Watford	01/06/2022	3.56.18
Danny Adams	Norwich	10/09/2022	3.59.7
James Price	Watford	27/07/2022	4.02.03
Zak Houghton	Wormwood Scrubs	16/07/2022	4.10.84
Jeya Kandola	Watford	24/08/2022	4.11.69
Thomas Whiting	Norwich	15/05/2022	4.55.2
Conrad Winter	Bedford	18/09/2022	4.55.95
<u>1 Mile</u>			
Henry Jonas	Norwich	01/04/2022	4.33.7
<u>3000m</u>			
Danny Adams	Watford	10/08/2022	8.46.96
Henry Jonas	Watford	24/08/2022	9.02.27
Zak Houghton	Watford	10/08/2022	9.06.13
<u>5000m</u>			
Ruben Andrews	Norwich	14/05/2022	15.24.1
Henry Jonas	Norwich	10/09/2022	15.47.1
<u>110m Hurdles</u>			
Conrad Winter	Norwich	26/06/2022	16.2
<u>High Jump</u>			
Conrad Winter	Norwich	26/06/2022	1.86
Daniel Williams	Bury St Edmunds	04/09/2022	1.50
Scott Leeder	Harrow	12/06/2022	1.23
<u>Long Jump</u>			
Scott Leeder	Norwich	10/09/2022	6.91
Conrad Winter	Bedford	21/08/2022 6.92w	6.76
Rian Snell	Oxford	28/08/2022	5.21

Pole Vault

Jacob Brown	King's Lynn	30/01/2022	3.90
Conrad Winter	Harrow	12/06/2022	3.40

Triple Jump

Conrad Winter	Norwich	11/06/2022 14.03w	14.02
Scott Leeder	Gillingham	22/05/2022	11.61

Discus

Conrad Winter	Horspath	24/07/2022	40.50
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Shot

Conrad Winter	Horspath	23/07/2022	12.23
Rian Snell	Leeds	27/07/2022	7.91

Javelin

Conrad Winter	Norwich	26/06/2022	49.30
Scott Leeder	Harrow	12/06/2022	32.42
Jake Hart	Peterborough	29/05/2022	24.45
Rian Snell	Gillingham	22/05/2022	17.17

Decathlon

Conrad Winter	Bedford	18/09/2022	6262
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UNDER 20 WOMEN RANKINGS 2022

60m

Serena Grace	Birmingham	26/02/2022	7.68
Hannah Pain	King's Lynn	30/01/2022	8.5
Mica Carus	Lee Valley	12/02/2022	8.83
Millie-Rose Addison	Lee Valley	06/03/2022	9.46

60m Hurdles

Hannah Pain	King's Lynn	30/01/2022	9.9
Amy Moses	King's Lynn	30/01/2022	12.2

100m

Serena Grace	Gillingham	03/09/2022 11.89w	12.01
Mia Bailey	Ipswich	03/07/2022	13.5

200m

Serena Grace	Gillingham	03/09/2022	24.32
Hannah Pain	Peterborough	29/05/2022	26.5
Grace Forster	Norwich	11/06/2022	29.0
Ella Walker	Norwich	24/04/2022	30.3
Amy Moses	Peterborough	29/05/2022	33.1
Millie-Rose Addison	Lee Valley	02/03/2022	33.34

400m

Hannah Pain	Norwich	15/05/2022	59.2
Grace Forster	Lee Valley	12/02/2022	59.93
Meg Willis	Lee Valley	22/01/2022	63.11
Tia-Lily Crane	Norwich	10/09/2022	64.7
Mia Bailey	Norwich	24/04/2022	72.4

800m

Megan Gadsby	Norwich	14/05/2022		2.17.2
Madeline Short	Watford	15/06/2022		2.19.56
Hannah Pain	Norwich	26/06/2022		2.23.6
Memphis Symonds	Watford	10/08/2022		2.24.95
Tia-Lily Crane	Sheffield	09/01/2022		2.32.42
Madelene Bacon	Gillingham	22/05/2022		2.33.5
Amy Moses	Peterborough	29/05/2022		3.18.6
<u>1500m</u>				
Megan Gadsby	Chelmsford	02/05/2022		4.30.53
Grace Buchanan	Norwich	24/04/2022		4.49.1
Madeline Short	Watford	01/06/2022		4.52.27
<u>3000m</u>				
Megan Gadsby	Watford	04/05/2022		9.42.67
Grace Buchanan	Sport City	09/07/2022		10.10.76
<u>5000m</u>				
Megan Gadsby	Aldershot	02/06/2022		16.49.7
<u>100m Hurdles</u>				
Mia Bailey	Chelmsford	19/06/2022		15.38
Hannah Pain	Peterborough	29/05/2022		16.1
Amy Moses	Norwich	14/05/2022		22.2
<u>400m Hurdles</u>				
Meg Willis	Lee Valley	10/04/2022		64.55
<u>High Jump</u>				
Hannah Pain	Bedford	17/09/2022		1.53
Amy Moses	Norwich	24/04/2022		1.20
<u>Triple Jump</u>				
Bethan Amblin	Norwich	11/06/2022		9.21
Amy Moses	Norwich	24/04/2022		8.88
<u>Long Jump</u>				
Hannah Pain	Norwich	14/05/2022	5.15w	4.66
<u>Pole Vault</u>				
Bethan Amblin	Norwich	11/06/2022		2.50
<u>Shot</u>				
Ellen Cunningham	Norwich	15/05/2022		11.49
Hannah Pain	Norwich	26/06/2022		9.47
<u>Discus</u>				
Poppy Hewitt	Norwich	14/05/2022		23.37
Kitty Whalen	Ipswich	03/07/2022		19.44
<u>Hammer</u>				
Poppy Hewitt	Norwich	14/05/2022		32.54
<u>Javelin</u>				
Hannah Pain	Norwich	26/06/2022		31.81

Kitty Whalen	Ipswich	03/07/2022	22.18
<u>Heptathlon</u>			
Hannah Pain	Norwich	26/06/2022	4246

SENIOR MEN RANKINGS 2022

60m

Harry Taylor	Loughborough	15/01/2022	6.88
Louis Albrow	Loughborough	15/01/2022	7.03
Tristan McLellan	Sheffield	18/02/2022	7.35
Kevin Santos T47	Birmingham	19/02/2022	7.36
Adam Herring	Lee Valley	12/02/2022	7.44
Nathan Protheroe	King's Lynn	30/01/2022	7.5
Liam O'Dell	Lee Valley	23/01/2022	8.21

100m

Harry Taylor	Bedford	16/07/2022	10.61w	10.73
Louis Palmer	Dagenham	03/07/2022	11.00w	11.03
Adam Herring	Cardiff	07/05/2022	11.32w	11.56
Kevin Santos T47	Lee Valley	10/04/2022		11.77
Tristan McLellan	Norwich	14/05/2022		11.7
Liam O'Dell	Ipswich	03/07/2022		12.8
Benjamin Read T20/F20	Ipswich	03/07/2022		13.3

200m

Harry Taylor	Kettering	20/08/2022		21.46
Louis Albrow	Chelmsford	18/06/2022		22.20
Louis Palmer	Gillingham	03/09/2022		22.20
Adam Herring	Woodford	02/07/2022		23.30
Tristan McLellan	Harrow	12/06/2022		23.66
Alex Mortimer	Norwich	01/04/2022		24.3
Liam O'Dell	Lee Valley	20/07/2022		26.78
Benjamin Read T20/F20	Peterborough	29/05/2022		27.9

300m

Louis Palmer	Lee Valley	09/01/2022		36.87
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400m

Louis Albrow	Harrow	12/06/2022		49.84
Scott Greeves	Lee Valley	02/01/2022		52.41
Christopher Marshall	Norwich	24/04/2022		53.2
Adam Herring	Bedford	20/08/2022		53.74
Thomas Palmer	Ipswich	03/07/2022		54.7
Patrick Thomas	Bury St Edmunds	04/09/2022		55.3
Benjamin Read T20/F20	Ipswich	01/07/2022		62.2

800m

Scott Greeves	Lee Valley	02/01/2022		1.54.55
Jack White	Bedford	30/07/2022		1.56.63
Will Simm	Ipswich	03/07/2022		1.59.2
Samuel Stevens	Watford	10/08/2022		1.59.32
Thomas Palmer	Ipswich	03/07/2022		2.00.1
Elliott Taylor	Watford	10/08/2022		2.00.63
Edward Whiting	Norwich	10/09/2022		2.00.9
Patrick Thomas	Norwich	10/09/2022		2.03.2

1500m

Scott Greeves	Stretford	23/07/2022	3.51.44
Steven Denby	Watford	24/08/2022	3.53.25
Samuel Stevens	Watford	24/08/2022	3.56.21
Will Mahoney	Loughborough	15/06/2022	3.56.73
Will Simm	Watford	29/06/2022	3.58.76
Edward Whiting	Watford	24/08/2022	3.59.98
Tom Mead	Watford	01/06/2022	4.04.29
Sam Todd	Wimbledon	01/06/2022	4.13.22
Elliott Taylor	Watford	29/05/2022	4.14.15
Jacob Ocal	Norwich	10/09/2022	4.14.3
Harvey Lake	Lee Valley	09/02/2022	4.27.74

3000m

Scott Greeves	Watford	27/07/2022	8.23.73
Steven Denby	Sheffield	19/02/2022	8.34.19
Will Simm	Watford	15/06/2022	8.34.73
Samuel Stevens	Watford	07/09/2022	8.35.68
Edward Whiting	Guilford	03/08/2022	8.53.46
Luke Alden	Harrow	22/06/2022	8.57.97
Sam Todd	Watford	04/05/2022	9.09.09
Jacob Ocal	Gillingham	13/08/2022	9.11.61

5000m

Scott Greeves	Finsbury Park	01/07/2022	14.55.94
Luke Alden	Chelmsford	18/06/2022	14.59.25
Jacob Ocal	Norwich	14/05/2022	15.35.6
Tyler Bilyard	Birmingham U	19/03/2022	15.43.09
Jack Mollicone	Norwich	14/05/2022	15.48.2
Edward Whiting	Wormwood Scrubs	16/07/2022	15.57.08
Sam Todd	Kingston	14/05/2022	15.57.15
Ryan Davidson	Chelmsford	18/06/2022	16.07.57
James Senior	Norwich	14/05/2022	16.29.8
Sam Cornforth	Norwich	14/05/2022	16.59.3
Sammy Cordeaux	Norwich	10/09/2022	17/46.7

10000m

Logan Smith	Parliament Hills	14/05/2022	30.41.92
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2000m S/C

Thomas Palmer	Wormwood Scrubs	16/07/2022	7.17.07
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3000m S/C

Logan Smith	Loughborough	22/05/2022	9.24.27
Thomas Palmer	Harrow	12/06/2022	10.53.02

110 Hurdles

Christopher Marshall	Bedford	20/08/2022	19.86w
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400m hurdles

Christopher Marshall	Norwich	15/05/2022	56.9
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High Jump

Dean Fox	Gillingham	22/05/2022	1.85
Jules Walker	Ispwih	03/07/2022	1.65

Scott Greeves	Harrow	12/06/2022	1.48
<u>Long Jump</u>			
Nathan Protheroe	Norwich	14/05/2022	6.36
Tristan McLellan	Harrow	12/06/2022	5.63
Jules Walker	Ispwich	03/07/2022	5.55
Harvey Lake	Norwich	16/09/2022	5.43
<u>Triple Jump</u>			
Wesley Matsuka-Williams	State College PA USA	15/01/2022 15.56w	15.25
Tristan McLellan	Harrow	12/06/2022	12.04
Jules Walker	Ispwich	03/07/2022	10.66
<u>Javelin</u>			
Harvey Lake	Norwich	08/04/2022	46.55
Jules Walker	Ispwich	03/07/2022	26.03
Chris Marshall	Harrow	12/06/2022	16.62
Wesley Matsuka-Williams	Ispwich	03/07/2022	7.19
<u>Discus</u>			
Declan Manning	Norwich	10/09/2022	37.29
Callum Brown	Norwich	14/05/2022	34.13
Liam O'Dell	Bury St Edmunds	04/09/2022	19.80
Wesley Matsuka-Williams	Ispwich	03/07/2022	19.08
<u>Shot</u>			
Declan Manning	Gillingham	13/08/2022	12.22
Wesley Matsuka-Williams	Ispwich	03/07/2022	9.50
Chris Marshall	Harrow	12/06/2022	6.68
<u>Hammer</u>			
Callum Brown	Norwich	14/05/2022	61.58
Declan Manning	Norwich	24/04/2022	34.77
4 x 100m	Gillingham	13/08/2022	44.50
4 x 400m	Norwich	10/09/2022	3.28.2

SENIOR WOMEN RANKINGS 2022

60m

Hetty Bartlett T38	Lee Valley	09/01/2022	8.64
Rebecca Watkins	Sheffield	18/02/2022	8.76
Sara Henderson	Lee Valley	23/01/2022	8.78
Coralie Absolum	Lee Valley	23/01/2022	8.99

60m Hurdles

Kirsty Sait-Stewart	Loughborough	06/01/2022	9.99
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100m

Hattie Bartlett T38	Birmingham	02/08/2022 13.25w	13.38
Coralie Absolum	Norwich	01/04/2022	13.9
Victoria Onyeka	Stratford	14/08/2022 13.85w	13.91
Rebecca Watkins	Norwich	24/04/2022	14.1

Sara Henderson	Harrow	12/06/2022	14.0w	14.36
<u>200m</u>				
Hannah Brown	Hendon	23/07/2022		26.27
Coralie Absolum	Norwich	24/04/2022		28.2
Sasha Birrell	Harrow	12/06/2022		29.10
Rebecca Watkins	Norwich	01/04/2022		29.5
Victoria Onyeka	Stratford	17/07/2022		30.22
<u>400m</u>				
Hannah Brown	Norwich	15/05/2022		57.3
Anna Bakewell	Stretford	07/06/2022		65.8
Coralie Absolum	Norwich	24/04/2022		66.1
<u>800m</u>				
Kate Willis	Lee Valley	09/02/2022		2.12.95
Amy Clarke	Norwich	14/05/2022		2.14.4
<u>1500m</u>				
Kate Willis	Watford	24/08/2022		4.29.19
Amy Clarke	Norwich	15/05/2022		4.47.7
Rachel MCGovern	Watford	29/06/2022		4.51.11
Ella Sharrock	Watford	29/06/2022		5.01.69
Isabelle Morris	Harrow	12/06/2022		5.14.10
<u>3000m</u>				
Isabel Rodriguez	Loughborough	23/04/2022		10.09.26
Amy Clarke	Norwich	08/04/2022		10.32.9
Rachel MCGovern	Watford	13/07/2022		10.47.58
<u>5000m</u>				
Emily Ruane	Stretford	23/07/2022		17.09.39
Isabel Rodriguez	Norwich	14/05/2022		17.21.6
Rachel MCGovern	Finsbury Park	01/07/2022		18.02.76
<u>1500m S/Chase</u>				
Sophie Peach	Gillingham	13/08/2022		5.32.96
Sara Henderson	Harrow	12/06/2022		6.45.79
<u>2000m S/Chase</u>				
Ella Sharrock	Lee Valley	16/04/2022		7.37.63
<u>100m hurdles</u>				
Katie Daniels	Gillingham	22/05/2022		20.0
<u>400m hurdles</u>				
Sophie Peach	Gillingham	13/08/2022		78.01
Katie Daniels	Gillingham	22/05/2022		82.2
<u>Pole Vault</u>				
Sasha Birrell	Bedford	21/08/2022		3.03
<u>High Jump</u>				
Eleanor Brown	Harrow	12/06/2022		1.48
Katie Daniels	Gillingham	22/05/2022		1.45

Long Jump

Eleanor Brown	Wormwood Scrubs	16/07/2022	4.99
Sara Henderson	Lee Valley	22/01/2022	4.87
Hetty Bartlett T38	Paris FRA	10/06/2022 4.22w	4.18

Triple Jump

Sara Henderson	Lee Valley	23/01/2022	9.51
Eleanor Brown	Wormwood Scrubs	16/07/2022	9.24

Shot

Megan Thomas	Peterborough	29/05/2022	8.17
Gemma Vickery	Ipswich	03/07/2022	7.85
Eleanor Brown	Wormwood Scrubs	16/07/2022	7.17

Hammer

Gemma Vickery	Norwich	10/09/2022	49.64
Megan Thomas	Norwich	10/09/2022	39.73
Eleanor Brown	Harrow	12/06/2022	11.27

Javelin

Katie Daniels	Gillingham	22/05/2022	31.73
Eleanor Brown	Wormwood Scrubs	16/07/2022	24.46
Megan Thomas	Harrow	12/06/2022	19.43

Discus

Megan Thomas	Harrow	12/06/2022	35.27
Gemma Vickery	Norwich	10/09/2022	28.30
Eleanor Brown	Harrow	12/06/2022	13.86

Heptathlon

Sara Henderson			
4 x 100m	Wormwood S	16/07/2022	54.12
4 x 400m	Wormwood Scrubs	16/07/2022	4.11.05

VET MEN RANKINGS 2022

60m

Noah Avowlanu (40+)	Lee Valley	02/01/2022	8.16
Mark Wyndham-Jones (70+)	Lee Valley	13/03/2022	9.21

60m Hurdles

Mark Wyndham-Jones (70+)	Lee Valley	05/03/2022	12.36
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100m

Noah Avowlanu (40+)	Norwich	14/05/2022	13.4
Charles Williams (55+)	Norwich	15/04/2022	13.7
Mark Wyndham-Jones (70+)	Tampere FIN	29/06/2022	14.72

200m

Noah Avowlanu (40+)	Norwich	24/04/2022	27.6
Charles Williams (55+)	Ipswich	03/07/2022	28.3
Mark Wyndham-Jones (70+)	Lee Valley	13/03/2022	33.63

400m

Mark Wyndham-Jones (70+)	Tampere FIN	29/06/2022	81.26
Noah Avowlanu (40+)			
<u>800m</u>			
Gary Crush (40+)	Norwich	15/04/2022	2.07.0
Glen Richardson (40+)	Norwich	14/05/2022	2.13.9
<u>1500m</u>			
Nick Earl (35+)	Hobart AUS	18/02/2022	3.59.92
Gary Crush (40+)	Watford	24/08/2022	4.11.69
Ross Ashton (45+)	Bury St Edmunds	04/09/2022	5.43.6
Mark Wyndham-Jones (70+)	Tampere FIN	29/06/2022	8.56.09
<u>1 Mile</u>			
Glen Richardson (40+)	Norwich	01/04/2022	5.10.5
<u>3000m</u>			
Nick Earl (35+)	Wimbeldon	13/07/2022	8.30.82
Gary Crush (40+)	Gillingham	13/08/2022	9.01.92
Jan Kaiser (45+)	Norwich	14/05/2022	10.25.2
Glen Richardson (40+)	Norwich	08/04/2022	10.26.8
<u>5000m</u>			
Nick Earl (35+)	Hobart AUS	18/02/2022	14.33.48
Gary Crush (40+)	Wormwood Scrubs	16/07/2022	15.39.95
Mitchell Dann (45+)	Norwich	14/05/2022	17.33.4
Neil Walpole (50+)	Norwich	14/05/2022	19.41.1
<u>10000m</u>			
Nick Earl (35+)	Albert Park	26/01/2022	30.05.12
<u>2000m S/Chase</u>			
Jan Kaiser (45+)	Norwich	10/09/2022	7.46.4
<u>Pole Vault</u>			
Mark Wyndham-Jones 70+)	Liverpool	21/08/2022	1.90
<u>High Jump</u>			
Mark Wyndham-Jones 70+)	Liverpool	20/08/2022	1.26
Glen Richardson (40+)	Norwich	24/04/2022	1.25
<u>Long Jump</u>			
Noah Avowlanu (40+)	Norwich	14/05/2022	4.75
Charles Williams (55+)	Ipswich	03/07/2022	4.13
Jan Kaiser (45+)	Norwich	14/05/2022	3.64
Mark Wyndham-Jones 70+)	Lee Valley	06/03/2022	3.57
<u>Triple Jump</u>			
Charles Williams (55+)	Bury St Edmunds	04/09/2022	8.89
<u>Shot</u>			
Mark Wyndham-Jones (70+) 4kg	Liverpool	20/08/2022	11.19
Gary Mardle (35+)	Gillingham	22/05/2022	9.54
Noah Avowlanu (40+)	Norwich	24/04/2022	8.95
Ross Ashton (45+)	Bury St Edmunds	04/09/2022	6.80

Robert Leeder (55+)	Wormwood Scrubs	16/07/2022	6.72
Jan Kaiser (45+)	Norwich	15/05/2022	6.29
Charles Williams (55+)	Ipswich	03/07/2022	5.67

Javelin

Mark Wyndham-Jones (70+) 500g	Liverpool	21/08/2022	29.05
Gary Mardle (35+)	Gillingham	22/05/2022	25.28
Noah Avowlanu (40+)	Norwich	24/04/2022	25.23
Jan Kaiser (45+)	Norwich	15/05/2022	6.77

Discus

Mark Wyndham-Jones (70+) 1kg	Norwich	14/05/2022	36.35
Keith Wisdom (60+) (1.5kg)	Norwich	14/05/2022	21.16
Gary Mardle (35+)	Gillingham	22/05/2022	20.95
Glen Richardson (40+)	Norwich	24/04/2022	17.50
Charles Williams (55+)	Ipswich	03/07/2022	13.45
Jan Kaiser (45+)	Norwich	14/05/2022	12.51

Hammer

Keith Wisdom (60+) (5kg)	Norwich	14/05/2022	28.12
Gary Mardle (35+)	Gillingham	22/05/2022	21.96
Robert Leeder (55+)	Norwich	10/09/2022	6.18
Gary Crush (40+)	Harrow	12/06/2022	5.88

Decathlon

Mark Wyndham-Jones (70+)	Tampere FIN	30/06/2022	5510
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VET WOMEN RANKINGS 2022

60m

Sally Gilding (40+)	Lee Valley	06/03/2022	9.40
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60m Hurdles

Sally Gilding (40+)	Sheffield	23/01/2022	11.18
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100m

Lyndsay Yellop (40+)	Ipswich	03/07/2022	14.6
Sally Gilding (40+)	Norwich	16/09/2022	14.9

200m

Lyndsay Yellop (40+)	Ipswich	03/07/2022	31.9
Sally Gilding (40+)	Liverpool	20/08/2022	33.02
Carole Filer (65+)	Nuneaton	31/07/2022 33.53w	

400m

Tessa Killingbeck (35+)	Wormwood Scrubs	16/07/2022	81.51
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800m

Tessa Killingbeck (35+)	Bury St Edmunds	04/09/2022	2.57.7
Sally Gilding (40+)	Liverpool	21/08/2022	3.10.49

1500m

Jane Clark (60+)	Ipswich	03/07/2022	6.04.6
Tessa Killingbeck (35+)	Bury St Edmunds	01/05/2022	6.05.0

3000m

Tessa Killingbeck (35+)	Wormwood Scrubs	16/07/2022	14.01.27
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5000m

Tessa Killingbeck	Gillingham	13/08/2022	24.25.84
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2000m S/Chase

Tessa Killingbeck (35+)	Norwich	10/09/2022	9.00.2
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80m hurdles

Lyndsay Yellop (40+)	Norwich	14/05/2022	14.3
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Carole Filer (65+)	Tampere FIN	09/07/2022	14.66
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Sally Gilding (40+)	Norwich	14/05/2022	14.8
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400m hurdles

Sally Gilding (40+)	Norwich	10/08/1966	88.5
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Tessa Killingbeck (35+)	Norwich	10/09/2022	92.1
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High Jump

Sally Gilding (40+)	King's Lynn	30/01/2022	1.30
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Carole Filer (65+)	Nuneaton	31/07/2022	1.30
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Long Jump

Sally Gilding (40+)	Norwich	16/09/2022	4.07
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Lyndsay Yellop (40+)	Norwich	14/05/2022	4.02
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Triple Jump

Sally Gilding (40+)	Bury St Edmunds	04/09/2022	8.37
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Shot

Sally Gilding (40+) 4kg	Horspath	08/05/2022	7.41
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Carole Filer (65+)	Nuneaton	31/07/2022	6.16
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Javelin

Lorraine Brown (50+) 500g	Norwich	24/04/2022	23.50
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Sally Gilding (40+) 600g	Norwich	15/05/2022	20.23
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Discus

Steph Pain (45+)	Wormwood Scrubs	16/07/2022	17.04
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Tessa Killingbeck (35+)	Wormwood Scrubs	16/07/2022	12.83
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Hammer

Lorraine Brown (55+) 3kg	Norwich	14/05/2022	26.31
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Steph Pain (45+)	Wormwood Scrubs	16/07/2022	18.97
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Tessa Killingbeck (35+)	Wormwood Scrubs	16/07/2022	14.27
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Pentathlon

Sally Gilding (40+)	Sheffield	23/01/2022	2125
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Heptathlon

Sally Gilding (40+)	Liverpool	21/08/2022	2776
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