

City of Norwich AC - All time top 10 as of 1st November 2023

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

Under 11 Girls			
60m			
Laura McDonald	Kings Lynn	13/02/2005	9.2
Ella Stephenson	Kings Lynn	12/02/2006	9.3
Emily Sherlock	Norwich	10/04/1999	9.4
Bethany Alexander	Kings Lynn	23/01/2011	9.4
Eden Harrison	Norwich	25/05/2014	9.4
Ella Spear	Kings Lynn	23/05/2015	9.4
Mary Hill	Kings Lynn	23/05/2015	9.4
Lauren Brown	Kings Lynn	27/01/2002	9.6
Alice Ganley	Norwich	30/08/2023	9.69
Evelyn Marlee	Norwich	15/07/2015	9.7
Eva Barton	Kings Lynn	27/01/2019	9.7
75m			
Serena Akomah	Norwich	13/05/2017	11.0
Caitlin Bell	Norwich	13/05/2017	11.5
Ella Stephenson	Great Yarmouth	12/04/2006	11.6
Darcie Holmes	Norwich	07/05/2021	11.6
Eva Barton	Norwich	03/04/2019	11.7
Isla Unsworth	King's Lynn	21/04/2023	11.7
Laura McDonald	Great Yarmouth	07/04/2005	11.8
Jennifer Mardle	Great Yarmouth	06/06/2021	11.8
Marlie Janes	Great Yarmouth	17/09/2023	11.8
Ella Spear	Great Yarmouth	10/05/2015	11.9
80m			
Cleo Stephenson	Kings Lynn	24/07/2005	11.3
Serena Akomah	Great Yarmouth	11/06/2017	11.6
Ella Stephenson	Norwich	23/04/2006	11.7
Alicia Akinbiyi	Great Yarmouth	08/05/2011	11.7
Madison Stubbs	Norwich	08/08/2010	11.8
Erica Gara George	Great Yarmouth	11/06/2017	11.8
Victoria Williamson	Great Yarmouth	25/07/2004	11.9
Chloe Quantrill	Bury St Edmunds	01/07/2012	12.0
Serena Grace	Bury St Edmunds	01/09/2013	12.0
Darcie Holmes	Great Yarmouth	25/07/2021	12.0
150m			
Matilda Butterworth	Norwich	15/05/2016	23.1
Madison Kelly	Norwich	04/05/2016	24.6
Mitzie Lewis	Norwich	15/05/2016	24.6
Nicole Kaszczac	Norwich	15/05/2016	25.0
Rose Ling	Norwich	15/05/2016	25.1
Libby Johnson	Norwich	15/05/2016	25.3
Rose Fairhurst	Norwich	15/05/2016	25.6
Caitlin Bell	Norwich	15/05/2016	25.6
Millie Hart	Norwich	15/05/2016	26.0
Freya Statham	Norwich	15/05/2016	26.1
600m			
Connie Easter	Norwich	17/06/2018	1.52.0
Femke Rosbergen	Norwich	20/07/2013	1.52.3
Katie Goldsmith	Bury St Edmunds	01/07/2012	1.52.7

Edith Avowlanu	Norwich	17/06/2018	1.53.0
Eva Barton	Norwich	11/05/2019	1.53.0
Alicia Akinbiyi	Great Yarmouth	21/08/2011	1.55.4
Isabella White	Norwich	24/04/2022	1.55.5
Madison Stubbs	Norwich	08/08/2010	1.56.3
Carly Brown	Peterborough	27/08/2001	1.57.0
Chloe Quantrill	Bury St Edmunds	01/07/2012	1.57.2
<u>Long Jump</u>			
Eleanor Blunt	Great Yarmouth	12/05/2007	4.01
Zoe Banham	Great Yarmouth	05/08/2001	3.97
Amy Spinks	Chelmsford	01/07/2001	3.96
Marie Pring	Bromley	01/08/2004	3.96
Madison Stubbs	Great Yarmouth	22/07/2010	3.81
Alicia Akinbiyi	Great Yarmouth	21/08/2011	3.78
Grace Ashworth	Great Yarmouth	15/06/2008	3.74
Victoria Williamson	Great Yarmouth	25/07/2004	3.72
Anna Claydon	Stevenage	31/05/1998	3.70
Spencer Ann Lengsfield	Great Yarmouth	22/06/2008	3.67
<u>Shot Putt 2kg</u>			
Rosie Head	Braintree	21/07/2019	6.04
Mary Hill	Kings Lynn	09/08/2015	6.01
Eva Barton	Braintree	21/07/2019	5.27
Darcie Holmes	Norwich	29/08/2021	5.25
Tayla Goodswen	Norwich	05/09/2021	5.24
Imogen Martin	Norwich	30/04/2023	5.17
Jennifer Mardle	Norwich	14/05/2021	5.16
Isabella White	Norwich	05/09/2021	5.05
Rose Fairhurst	Norwich	24/04/2016	4.88
Annabelle Hill	Kings Lynn	29/04/2018	4.86
<u>Under 11 Boys</u>			
<u>60m</u>			
Henry Whall	Norwich	15/07/2015	8.4
Conrad Winter	Kings Lynn	23/05/2015	9.3
R Tubb	Norwich	10/04/1999	9.5
Daniel Griffin	Kings Lynn	21/01/2007	9.5
Tyler Blunden	Kings Lynn	23/01/2011	9.5
Michael Langley	Norwich	25/05/2014	9.5
Alex Scott	Kings Lynn	29/01/2017	9.5
J Hunter	Norwich	10/04/1999	9.6
Ross Gilbert	Kings Lynn	21/01/2007	9.6
Sam Green	Kings Lynn	21/01/2007	9.6
<u>80m</u>			
Harry Simmons	Bury St Edmunds	17/08/2008	11.3
Barney Clark	Great Yarmouth	11/06/2017	11.3
Zackery Young	Great Yarmouth	14/07/2013	11.4
Daniel Griffin	Great Yarmouth	10/08/2008	11.6
Ethan Rattenbury	Ipswich	06/07/2017	11.6
Jake Garside	Great Yarmouth	14/07/2013	11.7
Ross Gilbert	Great Yarmouth	12/05/2007	11.8
Sam Forder	Cambridge	19/07/2009	11.8
Tyler Blunden	Great Yarmouth	08/05/2011	11.8
Jude Linstead	Norwich	11/05/2019	11.8
<u>150m</u>			

Callum Brown	Bury St Edmunds	12/08/2003	24.5
Matthew Loke	Norwich	15/05/2016	24.7
600m			
Isaac Unsworth	Great Yarmouth	17/09/2023	1.48.4
Jude Linstead	Norwich	03/04/2019	1.50.11
Harry Simmons	Bury St Edmunds	17/08/2008	1.50.3
Toby Price	Norwich	10/05/2008	1.51.9
Ethan Rattenbury	Norwich	20/08/2017	1.53.2
Michael Langley	Ipswich	06/07/2014	1.53.6
Tom Dawkins	Great Yarmouth	16/06/2002	1.54.7
Fergus Smitherman	Great Yarmouth	17/09/2023	1.55.0
Toby Robinson	Norwich	12/05/2013	1.55.5
Bobby Goldsmith	Peterborough	04/08/2019	1.56.2
Long Jump			
Barnaby Taylor	Great Yarmouth	14/07/2013	4.47
Daniel Griffin	Great Yarmouth	17/08/2008	4.30
Zachary Young	Bury St Edmunds	01/09/2013	4.28
Jake Garside	Great Yarmouth	14/07/2013	4.25
Barney Clark	Norwich	20/08/2017	4.18
Harry Simmons	King's Lynn	18/05/2008	4.10
Andrew Holmes	Ipswich	17/08/1997	4.04
Jenson Cooper	Bury St Edmunds	17/08/2014	4.03
Ed Skinner	Norwich	11/05/2003	3.96
Jonathon Tomes	Norwich	10/05/2008	3.96
Shot Putt 2kg			
Thomas Fairhurst	Norwich	29/08/2021	8.13
Zachary Young	Gt Yarmouth	14/07/2013	7.07
George Ganley	Norwich	05/09/2021	6.26
Isaac Unsworth	Norwich	30/04/2023	5.71
Finn Kaiser	Braintree	21/07/2019	5.43
Theo Pudney	Norwich	03/04/2019	5.16
Conrad Winter	Great Yarmouth	21/06/2015	4.99
Louie Ramone	Norwich	14/05/2021	4.98
Matthew Loke	Great Yarmouth	12/06/2016	4.97
Reece Hartley	Norwich	04/05/2014	4.92
Harvey Green	King's Lynn	09/08/2015	4.92
Under 13 Girls			
60m			
Cleo Stephenson	Chelmsford	18/02/2007	8.3
Serena Akomah	Lee Valley	02/02/2019	8.32
Laura McDonald	King's Lynn	21/01/2007	8.4
Victoria Williamson	King's Lynn	12/02/2006	8.5
Eleanor Blunt	Chelmsford	01/03/2009	8.5
Isabelle Mardle	Lee Valley	20/07/2019	8.51
Alicia Akinbiyi	Lee Valley	09/02/2013	8.55
Chloe Thorne	Lee Valley	08/02/2020	8.56
Ella Stephenson	King's Lynn	20/01/2008	8.6
Darcie Holmes	Lee Valley	25/03/2023	8.64
60m Hurdles			
Isabelle Mardle	Lee Valley	08/12/2018	9.56
Jennifer Mardle	Lee Valley	04/03/2023	9.92
Poppy Harrison	Lee Valley	01/12/2019	10.08
Victoria Williamson	King's Lynn	12/02/2006	10.2

Ellie Blunt	Chelmsford	01/03/2009	10.2
Chloe Thorne	Lee Valley	22/02/2020	10.30
Laura McDonald	Chelmsford	18.02/2007	10.4
Chelsey Irving	Lee Valley	08/02/2020	10.53
Charlotte Gilding	Lee Valley	09/02/2020	10.84
Amy Moses	Lee Valley	10/12/2016	11.0
75m			
Cleo Stephenson	Eltham	03/06/2007	9.8
Ella Stephenson	Norwich	20/07/2008	9.9
Katie Vickery	Norwich	20/07/2008	10.0
Serena Grace	Great Yarmouth	23/04/2015	10.08
Laura McDonald	Eltham	03/06/2007	10.1
Maria Garavand	Bromley	17/05/1998	10.2
Julie Chandler	Waltham Forest	29/06/1997	10.4
Laura Warman	Walthamstow	01/06/2003	10.4
Madison Stubbs	Basildon	05/06/2011	10.4
Maria Ellis	Enfield	01/07/2001	10.5
Serena Akomah	Norwich	03/04/2019	10.5
Isabelle Mardle	Norwich	03/04/2019	10.5
80m			
Julie Chandler	Ipswich	13/04/1997	11.1
Laura McDonald	Havering	25/03/2007	11.1
Polly Francis	Norwich	26/03/1997	11.7
Melissa Glen	Norwich	26/03/1997	11.9
R Pearson	Norwich	26/03/1997	12.0
Maria Garavand	Norwich	26/03/1997	12.1
Fay Harding	Norwich	26/03/1997	12.2
R Wheeler	Norwich	26/03/1997	12.2
E Jones	Norwich	26/03/1997	12.3
C Hurley	Norwich	26/03/1997	12.3
100m			
Cleo Stephenson	Great Yarmouth	12/08/2007	12.8
Serena Akomah	Hemel Hempstead	02/06/2019	13.0
Eleanor Blunt	Bury St Edmunds	02/08/2009	13.1
Ellie Warman	Colchester	10/07/2022	13.1
Maria Garavand	Great Yarmouth	09/05/1998	13.2
Darcie Holmes	Cambridge	24/06/2023	13.25
Laura McDonald	Cambridge	18/07/2007	13.3
Serena Grace	Bury St Edmunds	12/07/2015	13.3
Isabelle Mardle	Milton Keynes	01/09/2019	13.3
Alicia Akinbiyi	Luton	07/07/2013	13.4
150m			
Cleo Stephenson	Eltham	03/06/2007	19.4
Eleanor Blunt	Norwich	31/05/2009	19.7
Maria Ellis	Bromley	20/05/2001	20.3
Laura McDonald	Croydon	06/05/2007	20.4
Ella Stephenson	Bromley	18/05/2008	20.5
Vicky Groves	Bromley	17/05/1998	20.6
Julie Chandler	Waltham Forest	29/06/1997	20.7
Ellie Warman	Norwich	16/09/2022	20.7
Lucy Peel	Norwich	23/07/2000	20.8
Maria Garavand	Norwich	19/07/1998	20.9
Rachel Stringer	Haringey	30/06/2002	20.9
Laura Warman	Battersea	04/05/2003	20.9

<u>200m</u>			
Cleo Stephenson	Great Yarmouth	12/08/2007	26.5
Eleanor Blunt	Bury St Edmunds	21/09/2009	27.2
Serena Akomah	Hemel Hempstead	02/06/2019	27.2
Isabelle Moore	Ipswich	03/07/2016	27.3
Ellie Warman	Chelmsford	13/08/2022	27.39
Laura McDonald	Great Yarmouth	12/05/2007	27.4
Serena Grace	Braintree	10/05/2015	27.6
Alicia Akinbiyi	Bury St Edmunds	01/09/2013	27.8
Maria Garavand	Southend	09/08/1998	28.0
Victoria Williamson	Bury St Edmunds	17/09/2006	28.1
<u>600m</u>			
Edith Avowlanu	Lee Valley	21/12/2019	1.46.92
Katie Goldsmith	Great Yarmouth	17/04/2014	1.50.1
Eva Barton	Dagenham	03/10/2020	1.50.47
Carly Brown	Great Yarmouth	10/04/2003	1.51.5
Madison Kelly	Great Yarmouth	05/04/2018	1.52.0
Alice Cheverton	Great Yarmouth	09/04/2009	1.55.2
Abigail Hoadley	Norwich	01/04/2022	1.55.2
Femke Rosbergen	Great Yarmouth	17/04/2014	1.56.4
Marie Pring	Southend	09/06/2005	1.58.3
Georgia Pegg	Great Yarmouth	05/04/2018	1.59.2
<u>800m</u>			
Femke Rosbergen	Watford	12/08/2015	2.22.03
Edith Avowlanu	Lee Valley	09/02/2020	2.27.7
Connie Easter	Norwich	12/05/2019	2.28.3
Katie Goldsmith	Ipswich	06/07/2014	2.28.9
Carly Brown	Bury St Edmunds	12/08/2003	2.30.4
Holly Cooper	Birmingham	30/08/2003	2.30.87
Rachel Stringer	Bury St Edmunds	22/09/2002	2.31.5
Kiera Mooney	Barking	24/06/2007	2.31.6
Asha Kandola	Colchester	12/09/2021	2.31.8
Memphis Symonds	Ipswich	16/07/2017	2.32.0
<u>1500m</u>			
Femke Rosbergen	Watford	26/08/2015	4.48.80
Connie Easter	Norwich	03/04/2019	4.57.5
Madison Kelly	Watford	30/05/2018	5.07.93
Alice Cheverton	Bury St Edmunds	21/09/2009	5.08.7
Katie Goldsmith	Chelmsford	15/06/2014	5.09.6
Millie Adams	Norwich	11/05/2019	5.12.0
Madeline Short	Ipswich	17/07/2016	5.12.8
Grace Jermy	Watford	27/07/2016	5.13.04
Memphis Symonds	Norwich	02/07/2017	5.14.4
Carly Brown	Norwich	11/06/2003	5.14.6
<u>70m hurdles</u>			
Isabelle Mardle	Bury St Edmunds	08/09/2019	11.0
Laura McDonald	Thurrock	22/07/2007	11.1
Laura Warman	Norwich	03/08/2003	11.2
Zoe Banham	Norwich	03/08/2003	11.3
Victoria Williamson	Sandy	30/09/2006	11.4
Gemma Pike	Norwich	11/07/1999	11.5
Jennifer Mardle	Cambridge	24/06/2023	11.34w
Eleanor Blunt	Bury St Edmunds	21/09/2009	11.7
Poppy Harrison	Nuneaton	20/09/2020	11.72
Chloe Thorne	Norwich	12/09/2020	11.9

High Jump			
Isabelle Mardle	Norwich	26/05/2019	1.53
Rebecca Bell	Bury St Edmunds	20/09/1998	1.51
Sienna Sexton	Basildon	05/06/2011	1.49
Eleanor Blunt	Bury St Edmunds	21/09/2009	1.45
Ellen Davies	Bury St Edmunds	20/09/1998	1.44
Chloe Quantrill	Norwich	25/05/2014	1.44
Jennifer Mardle	Norwich	30/08/2023	1.43
Zoe Banham	Havering	29/06/2003	1.42
Chloe Thorne	Lee Valley	22/02/2020	1.41
Rebecca Pike	Norwich	11/08/2002	1.40
Naomi Tomes	Bury St Edmunds	21/09/2008	1.40
Eleanor Brown	Leicester	16/08/2015	1.40
Long Jump			
Isabelle Mardle	Bury St Edmunds	08/09/2019	5.02
Victoria Williamson	King's Lynn	12/02/2006	4.63i
Cleio Stephenson	Cambridge	03/07/2007	4.83
Alice Akinbiyi	Southend	04/08/2013	4.82
Maria Garavand	Birmingham	06/09/1998	4.80
Eleanor Brown	Bury St Edmunds	13/09/2015	4.70
Katie Vickery	Norwich	20/07/2008	4.66
Darcie Holmes	Stevenage	10/09/2023	4.64
Holly Harrison	Grays	17/04/2016	4.59
Zoe Banham	Norwich	03/08/2003	4.57
Shot Putt			
Kayleigh Southgate	Birmingham	03/09/2000	10.72
Laura McDonald	Sandy	29/09/2007	10.41
Zoe Powers	Norwich	09/07/2016	9.49
Anna Claydon	Birmingham	03/09/2000	8.92
Isabelle Mardle	Peterborough	29/09/2019	8.58
Mary Hill	Norwich	02/07/2017	8.47
C Pavlou	Bury St Edmunds	05/07/1998	8.46
Jennifer Mardle	Cambridge	24/06/2023	8.26
Matilda Chitty	Norwich	25/05/2014	8.23
L Graham	Ipswich	17/08/1997	8.17
Discus			
Zoe Powers	Hemel Hempstead	04/09/2016	27.84
Julie Chandler	Peterborough	28/09/1997	23.12
Jennifer Mardle	Stevenage	24/05/2023	20.44
Serena Grace	Peterborough	27/09/2015	22.31
C Pavlou	Norwich	12/07/1998	20.12
Lucy Barnard	Bury St Edmunds	02/08/2009	19.52
Eleanor Wright	Great Yarmouth	04/06/2023	19.52
Poppy Walker	Norwich	20/08/2017	19.08
Kayleigh Southgate	Ware	06/08/2000	18.77
Amy Money	Peterborough	27/09/2015	18.76
Javelin			
Laura McDonald	Norwich	14/05/2007	36.13
Eden Harrison	Grays	03/09/2017	29.90
Abby Gooderham	Norwich	06/04/2012	28.79
Amy Money	Bury St Edmunds	17/09/2015	27.53
Jennifer Mardle	Norwich	14/05/2023	27.24
Katie Daniels	Cambridge	29/09/2013	26.45
Sophie Turner	Ipswich	06/07/2014	26.42

Eleanor Brown	King's Lynn	23/05/2015	26.36
Maddy Powles-Warren	Norwich	11/08/2019	24.57
Sophie Peach	Basildon	07/09/2014	23.96
<u>Hammer</u>			
Megan Thomas	Norwich	06/08/2006	24.81
Lucy Barnard	King's Lynn	09/05/2009	15.88
Eleanor Wright	Norwich	13/05/2023	12.36
Rianna Platten	Norwich	14/05/2016	8.92
Daniella Baldeo	Norwich	14/05/2022	7.96
<u>Under 13 Boys</u>			
<u>60m</u>			
Ashley Cooper	Lee Valley	12/03/2011	8.04
Zak Young	Lee Valley	07/02/2015	8.46
Jaiden Dean	King's Lynn	28/01/2018	8.5
Kavanaugh Remy	King's Lynn	26/01/2020	8.6
Ross Gilbert	Chelmsford	01/03/2009	8.7
Daniel Griffin	King's Lynn	31/01/2010	8.7
Ethan Rattenbury	King's Lynn	28/01/2018	8.7
Sam Forder	King's Lynn	23/01/2011	8.8
Theo Carus	Lee Valley	01/01/2020	8.88
Jacob Brown	King's Lynn	24/01/2016	9.0
Harry Sayer	King's Lynn	26/11/2022	9.0
<u>75m</u>			
Ashley Cooper	Great Yarmouth	21/04/2011	10.2
Sam Forder	Great Yarmouth	21/04/2011	10.4
Bradley Aldous	Great Yarmouth	10/04/2008	10.8
Ross Gilbert	Great Yarmouth	10/04/2008	10.8
Zac Young	Great Yarmouth	23/04/2015	10.9
Dani Long Martinez	Great Yarmouth	17/04/2014	11.0
Joe Dickinson	Great Yarmouth	12/04/2012	11.2
Alex Whall	Great Yarmouth	23/04/2015	11.3
Scott Leeder	Great Yarmouth	23/04/2015	11.3
Jacob Brown	Great Yarmouth	14/04/2016	11.4
Henry Whall	Great Yarmouth	14/04/2016	11.4
Theo Carus	Norwich	03/04/2019	11.4
Kavanaugh Remy	Norwich	03/04/2019	11.4
<u>100m</u>			
Jaiden Dean	Bury St Edmunds	16/09/2018	12.5
La'Sean Sealey	Hemel Hempstead	02/06/2019	12.5
Ashley Cooper	Walthamstow	19/06/2011	12.6
Barney Clarke	Braintree	07/07/2019	12.8
Tom Parker	Bury St Edmunds	08/06/2003	12.9
Luke Spencer	Ipswich	03/07/2016	13.0
James Senior	King's Lynn	08/08/2004	13.1
Ethan Rattenbury	Hemel Hempstead	02/06/2019	13.1
Ross Gilbert	Cambridge	05/07/2009	13.16
Ben Hamblin	Southend	09/08/1998	13.2
Luke Daley	Luton	21/07/2002	13.2
<u>150m</u>			
Ashley Cooper	Great Yarmouth	21/04/2011	19.7
Sam Forder	Great Yarmouth	21/04/2011	20.3
Andrew Holmes	Norwich	10/04/1999	21.3
Zac Young	Great Yarmouth	23/04/2015	21.4

Joe Dickinson	Great Yarmouth	12/04/2012	21.8
Dylan White	Great Yarmouth	05/04/2018	21.8
Scott Greeves	Great Yarmouth	10/04/2008	22.0
Ross Gilbert	Great Yarmouth	10/04/2008	22.3
Dani Long Martinez	Great Yarmouth	17/04/2014	22.3
Jamie Brown	Great Yarmouth	17/04/2014	22.3
200m			
Ashley Cooper	Biggleswade	24/09/2011	25.3
Jaiden Dean	Bury St Edmunds	16/09/2018	25.8
La'Sean Sealey	Hemel Hempstead	02/06/2019	25.8
Tom Parker	Norwich	03/08/2003	26.2
Barney Clarke	Braintree	07/07/2019	26.3
Ethan Rattenbury	Hemel Hempstead	02/06/2019	26.3
Luke Daley	Great Yarmouth	28/07/2002	26.8
James Senior	Bedford	11/07/2004	26.93
Ben Hamblin	Bury St Edmunds	20/09/1998	27.4
Toby Price	King's Lynn	04/07/2010	27.4
400m			
Ian Young	Ipswich	15/06/1997	64.7
Stuart Huntington	Norwich	29/04/2001	65.8
Paul Goodall	Norwich	20/06/1999	67.8
Mitch Goose	Bedford	29/07/2001	68.07
J Dowdin	Norwich	20/06/1999	70.5
Matthew Dack	Bedford	25/07/1999	71.0
C Coleman	Bedford	12/09/1999	71.65
J Hunter	Hemel Hempstead	08/07/2001	71.8
Tim Mortimer	Havering	10/09/2000	72.0
J Tomlinson	Basildon	09/07/2000	72.2
600m			
Ethan Rattenbury	Great Yarmouth	11/04/2019	1.47.3
Scott Greeves	Great Yarmouth	10/04/2008	1.49.4
Oliver Maskell	Great Yarmouth	18/04/2004	1.52.0
Tom Dawkins	Great Yarmouth	18/04/2004	1.53.2
Zachary Dunne	Great Yarmouth	11/04/2019	1.53.5
Callum Brown	Great Yarmouth	13/04/2006	1.54.2
Jamie Finch (2nd Claim)	Great Yarmouth	15/04/2010	1.54.4
Sam Gotts	Great Yarmouth	13/04/2006	1.56.1
George Ganley	Lee Valley	14/04/2023	1.56.17
Theo Carus	Norwich	03/04/2019	1.59.2
800m			
James Senior	Battersea	09/05/2004	2.13.9
Harry Simmons	Birmingham	05/07/2010	2.20.0
Finley Winship	Stevenage	10/09/2023	2.20.29
Joe Machin	Watford	07/07/2019	2.21.46
Scott Greeves	Woodford Green	04/05/2008	2.21.7
Ethan Rattenbury	Norwich	12/05/2019	2.21.7
Toby Price	King's Lynn	04/07/2010	2.23.6
Jude Linstead	Norwich	01/08/2021	2.24.1
A Smith	Great Yarmouth	10/05/1998	2.24.4
Michael Langley	Ipswich	03/07/2016	2.24.5
1500m			
Finley Winship	Watford	28/06/2023	4.41.44
Ashley Waterson	Great Yarmouth	19/08/2010	4.42.1

Joe Machin	Watford	21/08/2019	4.45.36
James Senior	Harrow	18/07/2004	4.46.9
Stuart Huntington	Birmingham	01/07/2001	4.47.9
A Smith	Peterborough	19/07/1998	4.51.3
Danny Adams	Bury St Edmunds	18/09/2016	4.51.6
Joshua Knights	Bury St Edmunds	18/09/2016	4.52.2
Eli Dafforn	Norwich	14/05/2023	4.53.0
Alfie Linstead	Basildon	05/06/2011	4.54.4
<u>3000m</u>			
James Senior	Norwich	15/07/2004	10.14.8
Oliver Maskell	Norwich	15/07/2004	10.55.7
Oliver Yellop	Great Yarmouth	15/06/2017	12.21.5
<u>75m hurdles</u>			
Jaiden Dean	Bury St Edmunds	16/09/2018	11.5
Ross Gilbert	Norwich	31/05/2009	11.9
Barney Clarke	Thurrock	15/09/2019	11.9
Marvin Iseghehi	Norwich	31/05/2009	12.3
Ian Young	Peterborough	06/07/1997	12.7
Sam Wilson	King's Lynn	08/08/2004	12.8
Daniel Griffin	Norwich	08/08/2010	12.9
Jake Garside	Basildon	14/06/2015	12.9
Chris Baker	Norwich	03/08/2003	13.0
Steven Hadley	Barking	24/06/2007	13.2
<u>60m hurdles</u>			
Ross Gilbert	Chelmsford	01/03/2009	10.4
Jaiden Dean	King's Lynn	28/01/2018	10.4
Ian Young	King's Lynn	02/02/1997	10.7
Daniel Griffin	Lee Valley	06/03/2010	10.9
Hal Moritt	King's Lynn	28/01/2018	11.1
Chris Baker	King's Lynn	16/02/2003	11.4
Joe Dickinson	King's Lynn	29/01/2012	12.6
<u>High Jump</u>			
Chris Baker	Peterborough	28/09/2003	1.50
Oliver Bradfield	Bury St Edmunds	17/08/2008	1.50
Ethan Rattenbury	Peterborough	14/04/2019	1.47
G Ringer	Norwich	21/09/1997	1.45
A Smith	Norwich	12/07/1998	1.45
M Sneesby	Cambridge	18/09/2005	1.45
Ross Gilbert	Bromley	19/07/2009	1.45
Harry Simmons	Chelmsford	20/06/2010	1.45
Leon Harris	Norwich	05/09/2021	1.43
Sam Wilson	Bury St Edmunds	19/09/2004	1.42
Ed Skinner	Norwich	17/07/2005	1.42
James Lupton	Bury St Edmunds	04/09/2022	1.42
<u>Long Jump</u>			
La'Sean Sealey	Thurrock	15/09/2019	5.32
James Senior	Harrow	18/07/2004	5.18
Tom Parker	Colchester	25/08/2003	5.11
Dillon Denis	Norwich	07/08/2016	5.05
Ashley Cooper	Great Yarmouth	21/08/2011	5.02
Ethan Rattenbury	Thurrock	15/09/2019	5.02
Jake Garside	King's Lynn	23/05/2015	4.98
Ross McLachlan	King's Lynn	09/05/2009	4.97
Harry Simmons	Birmingham	05/07/2010	4.97

Andrew Holmes	Chelmsford	19/09/1999	4.89
<u>Shot Putt</u>			
Michael Painter	Ipswich	22/07/2007	10.24
La'Sean Sealey	Great Yarmouth	23/06/2019	9.58
James Senior	Harrow	18/07/2004	9.47
Oliver Bradfield	Norwich	20/07/2008	9.34
Alex Merchant	Great Yarmouth	21/08/2011	9.25
Sam Green	Birmingham	05/05/2009	9.24
Barney Clarke	Braintree	07/07/2019	9.11
Jaquan Moore	King's Lynn	27/01/2013	8.98
Chris Baker	Walthamstow	01/06/2003	8.85
Joe Machin	Thurrock	15/09/2019	8.72
<u>Hammer</u>			
Michael Painter	Norwich	05/08/2007	44.86
Jaquan Moore	Norwich	16/03/2013	31.17
Sam Green	Norwich	25/08/2009	28.02
James Lupton	Norwich	14/05/2022	22.83
Luke Walker	Norwich	14/05/2016	18.30
Thomas Fairhurst	Norwich	30/08/2023	18.01
Izaak Hisgrove	Norwich	29/08/2021	12.42
Nathan Harris	Norwich	14/05/2022	9.58
Matthew Williams	Norwich	29/08/2021	8.44
<u>Discus</u>			
Michael Painter	Sandy	29/09/2007	33.80
Sam Crossley	Norwich	15/05/2016	30.45
Alex Merchant	Bury St Edmunds	18/09/2011	26.75
Jonathan Tomes	Great Yarmouth	20/06/2010	26.28
Oliver Bradfield	Norwich	10/05/2008	23.80
Ed Skinner	Norwich	15/05/2005	22.79
Chris Baker	Peterborough	28/09/2003	22.68
Jaquan Moore	Great Yarmouth	14/07/2013	22.24
Sam Green	Bury St Edmunds	21/09/2009	21.43
Joe Machin	Thurrock	15/09/2019	21.85
<u>Javelin</u>			
Oliver Bradfield	Bury St Edmunds	17/08/2008	57.55
Daniel Bainbridge	Ashford	03/09/2011	41.12
Ed Skinner	Norwich	15/05/2005	36.13
Jonathan Tomes	King's Lynn	04/07/2010	35.59
Jaquan Moore	Luton	07/07/2013	35.50
Ben Graves	Thurrock	06/09/2015	33.91
Andrew Holmes	Great Yarmouth	09/05/1999	31.86
Adam Cann	Bury St Edmunds	12/07/2015	31.76
Conrad Winter	Great Yarmouth	15/06/2017	30.61
Toby Clark	Norwich	07/08/2016	29.27
<u>Under 15 Girls</u>			
<u>60m indoors</u>			
Cleo Stephenson	Birmingham	14/02/2009	7.93
Lily Bradley	Dagenham	30/08/2021	7.95
Evie Patrick	Lee Valley	08/02/2020	7.98
Laura McDonald	Chelmsford	01/03/2009	8.00
Chloe Thorne	Lee Valley	12/12/2021	8.04
Serena Grace	Lee Valley	22/01/2017	8.06

Serena Akomah	Lee Valley	08/02/2020	8.12
Ella Stephenson	Birmingham NIA	27/02/2010	8.13
Tallulah Bell	Birmingham NIA	23/02/2013	8.13
Emily Mace	Lee Valley	08/02/2014	8.14
60m H indoors			
Isabelle Mardle	Lee Valley	09/02/2020	9.12
Victoria Williamson	Lee Valley	19/01/2008	9.26
Laura McDonald	NIA Birmingham	15/02/2009	9.31
Mia Bailey	Sheffield	24/02/2019	9.56
Mia Hopson	Lee Valley	27/03/2016	9.68
Eleanor Brown	Lee Valley	05/03/2017	9.72
Kirsty Sait-Stewart	Lee Valley	26/03/2017	9.79
Alisha Youngs	Sheffield	26/02/2017	9.90
Isla Hibbett	Lee Valley	04/03/2023	9.90
Poppy Harrison	Lee Valley	05/12/2021	9.94
75m			
Cleo Stephenson	Great Yarmouth	09/04/2009	9.8
Victoria Mitchell	Great Yarmouth	09/04/2009	10.2
Sophie Poyner	Great Yarmouth	13/04/2006	10.3
Ella Stephenson	Great Yarmouth	09/04/2009	10.3
Eleanor Blunt	Great Yarmouth	07/04/2005	10.4
Harriet Lucas	Great Yarmouth	21/04/2011	10.4
Mia Bailey	Norwich	03/04/2019	10.5
Jenny Milligan	Great Yarmouth	13/04/2006	10.6
Emily Mace	Great Yarmouth	17/04/2014	10.6
Marnie Kelly	Great Yarmouth	23/04/2015	10.6
Serena Grace	Great Yarmouth	14/04/2016	10.6
100m			
Cleo Stephenson	Sheffield	10/07/2009	12.21
Lily Bradley	Dagenham	29/05/2021	12.32
Chloe Thorne	Dagenham	30/07/2022	12.38
Eleanor Blunt	Peterborough	10/04/2011	12.4
Tallulah Bell	Birmingham	05/07/2013	12.43
Emily Mace	Chelmsford	15/06/2014	12.5
Serena Grace	Ipswich	17/07/2016	12.5
Evie Patrick	Dagenham	12/09/2020	12.50
Rebecca Allen	Crystal Palace	24/05/1997	12.59
Kirsty Hollings	Haringey	30/06/2002	12.6
Harriet Lucas	Ipswich	18/06/2005	12.6
Ella Stephenson	Norwich	12/06/2010	12.6
Laura Johnson	Gateshead	01/07/2011	12.6
Isabelle Mardle	Norwich	07/05/2021	12.6
150m			
Lily Bradley	Dagenham	26/06/2021	18.85
Emily Mace	Great Yarmouth	17/04/2014	20.1
Victoria Mitchell	Great Yarmouth	10/04/2008	20.2
Harriet Lucas	Great Yarmouth	07/04/2005	20.6
Sophie Poyner	Great Yarmouth	13/04/2006	20.7
Megan Soanes	Great Yarmouth	21/04/2011	21.1
Serena Grace	Great Yarmouth	14/04/2016	21.1
Holly Cooper	Great Yarmouth	07/04/2005	21.3
Jenny Milligan	Great Yarmouth	13/04/2006	21.3
Madison Stubbs	Great Yarmouth	17/04/2014	21.3
Eden Harrison	Great Yarmouth	05/04/2018	21.3

200m			
Cleo Stephenson	Bedford	09/08/2009	25.33
Emily Mace	Birmingham	12/06/2014	25.58
Lily Bradley	Norwich	12/06/2021	25.8
Harriet Lucas	Birmingham	08/07/2005	25.81
Victoria Mitchell	Norwich	31/05/2009	25.9
Tallulah Bell	Great Yarmouth	14/07/2013	26.0
Serena Grace	Stevenage	13/08/2017	26.1
Kirsty Hollings	Haringey	30/06/2002	26.2
Isabelle Mardle	Norwich	14/05/2021	26.2
Maria Garavand	King's Lynn	16/04/2000	26.3
300m			
Serena Grace	Norwich	20/08/2017	41.8
Meg Willis	Peterborough	03/06/2018	42.0
Emily Mace	Chelmsford	15/06/2014	42.1
Edith Avowlanu	Lee Valley	05/12/2021	42.9
Eleanor Blunt	Great Yarmouth	21/08/2011	43.2
Mia Bailey	Norwich	11/05/2019	43.6
Holly Cooper	Norwich	17/07/2005	43.7
Adeola Arole	Nuneaton	03/07/2023	43.72
Grace Daniels	Braintree	21/07/2019	43.8
Katie Goldsmith	Ipswich	03/07/2016	43.9
Kate Willis	Bury St Edmunds	17/09/2017	43.9
600m			
Katie Goldsmith	Great Yarmouth	14/04/2016	1.41.9
Holly Cooper	Great Yarmouth	07/04/2005	1.42.7
Carly Brown	Great Yarmouth	07/04/2005	1.43.8
Carley Rose	Great Yarmouth	10/04/2003	1.44.9
Megan Soanes	Great Yarmouth	21/04/2011	1.45.6
Edith Avowlanu	Lee Valley	05/12/2021	1.49.93
Georgia Pegg	Lee Valley	02/12/2018	1.50.13
Alice Cheverton	Great Yarmouth	21/04/2011	1.50.4
Gilly Savage	Great Yarmouth	13/04/2006	1.50.7
Shelly Smith	Great Yarmouth	11/04/2002	1.51.0
800m			
Femke Rosbergen	Watford	14/06/2017	2.16.27
Kate Willis	Bedford	27/08/2017	2.16.50
Meredith Windship	Watford	18/05/2016	2.17.34
Rachel Stringer	Watford	30/05/2004	2.18.5
Katie Goldsmith	Gateshead	08/07/2016	2.18.58
Kiera Mooney	Bedford	08/08/2009	2.19.58
Tia-Lily Crane	Oxford	07/09/2019	2.19.59
Connie Easter	Norwich	14/05/2022	2.19.8
Madeline Short	Norwich	09/06/2018	2.19.9
Greta Connolly	Watford	26/05/2001	2.20.2
1500m			
Femke Rosbergen	Ashford	14/08/2016	4.42.96
Connie Easter	Sportcity	09/07/2022	4.45.45
Madeline Short	Norwich	12/05/2018	4.50.38
Claire Pring	Watford	07/05/2006	4.50.51
Grace Gerny	Norwich	12/05/2018	4.51.07
Kate Willis	Ipswich	16/07/2017	4.51.9
Grace Forster	Norwich	09/06/2018	4.52.7
Katie Goldsmith	Cambridge	05/06/2016	4.52.8

Jodie Palmer	Lincoln	20/06/1998	4.54.1
Emma Hunter	Norwich	19/06/2016	4.54.9
3000m			
Claire Pring	Norwich	17/07/2006	10.31.0
Emma Hunter	Norwich	15/05/2016	10.37.3
Nelly Porter	Norwich	15/05/2016	10.48.2
Carly Brown	Norwich	15/07/2004	10:55.0
Alice Cheverton	Watford	24/08/2011	10.57.44
Connie Easter	Norwich	14/05/2021	10.58.3
Ellie Taylor	King's Lynn	23/05/2015	11.01.3
Goergia Shirley	Norwich	08/04/2022	11.03.1
Grace Forster	Norwich	13/05/2018	11.07.2
Alice Daniels	Norwich	12/05/2019	11.10.5
75m hurdles			
Isabelle Mardle	Lee Valley	31/05/2021	10.75
Maria Garavand	Birmingham	03/09/2000	11.25
Chloe Thorne	Norwich	05/06/2022	11.3
Victoria Williamson	Gateshead	11/07/2008	11.37w/11.46
Gemma Pike	Watford	26/05/2001	11.49
Laura McDonald	Ashford	24/05/2008	11.58w/11.6
Mia Hopson	St Albans	08/05/2016	11.6
Laura Green	Ashford	26/05/2007	11.73
Mia Bailey	Thurrock	15/09/2019	11.73
Beccy Pike	Great Yarmouth	16/05/2004	11.9
Eleanor Brown	Great Yarmouth	11/06/2017	11.9
High Jump			
Rebecca Bell	Stoke	05/09/1999	1.67
Isabelle Mardle	Colchester	12/09/2021	1.65
Ellen Davies	St Ives	19/06/1999	1.61
Barbara Parker	Birmingham	07/09/1997	1.61
Amy Matthews	Thurrock	06/09/2015	1.60
Becky Pike	Norwich	09/06/2004	1.58
Jade Chestney	Birmingham	09/07/2005	1.58
Sienna Sexton	Great Yarmouth	25/05/2013	1.57
C Williamson	Woking	22/08/1998	1.55
Chloe Smith	Norwich	14/05/2007	1.55
Eleanor Blunt	Peterborough	10/04/2011	1.55
Charlotte Gilding	Norwich	05/06/2022	1.55
Triple Jump			
Eleanor Brown	Bedford	26/08/2017	11.16
Sophie Bishop	Lee Valley	12/06/2014	10.92
Isabelle Mardle	Sportcity	10/08/2021	10.91
Laura McDonald	Ashford	24/05/2009	11.14w/10.87
Meg Willis	St Albans	05/08/2018	10.39
Laura Green	Norwich	14/05/2007	10.17
Lola Van Baaren	Cambridge	24/06/2023	9.96
Sarah Costello	Norwich	07/06/2015	9.76
Caitlin Bell	Norwich	29/08/2021	9.65
Sasha Barnard	Cambridge	06/07/2008	9.62
Long Jump			
Isabelle Mardle	Norwich	07/05/2021	5.54
Meg Willis	Birmingham	14/07/2018	5.48
Tallulah Bell	Southend	04/08/2013	5.44
Eleanor Brown	Norwich	10/06/2017	5.37

Honor De Winton	Sheffield	11/07/2009	5.32
Ellen Davies	Ware	06/08/2000	5.30
Daisy Dalrymple	Birmingham	13/07/2018	5.27
Sophie Bishop	Great Yarmouth	08/06/2014	5.14
Rebecca Bell	Havering	10/09/2000	5.04
Lola Van Baaren	Cambridge	24/06/2023	5.02
<u>Shot Putt 3kg</u>			
Kayleigh Southgate	Norwich	11/08/2002	12.48
Lucy Oakley	King's Lynn	26/01/2020	11.83
Isabelle Mardle	Norwich	14/05/2021	11.48
Laura McDonald	Ashford	23/05/2009	10.40
Megan Thomas	King's Lynn	18/05/2008	10.33
Zoe Powers	Stevenage	13/08/2017	10.31
Fay Roberts	Great Yarmouth	09/05/1998	10.14
Ellen Cunningham	Norwich	09/06/2018	10.14
Lucy Brice	Norwich	16/06/2012	10.11
Maddy Powles Warren	Norwich	01/08/2021	10.03
<u>Discus</u>			
Megan Thomas	Cambridge	06/07/2008	30.12
Jessica Crisp	Chelmsford	28/05/2006	28.96
Poppy Walker	Peterborough	29/09/2019	28.93
Zoe Powers	Horspath	10/09/2017	27.54
H Selvester	Great Yarmouth	09/05/1998	27.31
Kayleigh Southgate	Great Yarmouth	12/05/2002	27.04
Amy Money	Norwich	13/05/2017	26.88
L Graham	Lincoln	20/06/1998	26.65
Lilly Evans	Birmingham	10/07/2010	27.55
Shannon Curry	King's Lynn	18/05/2008	25.65
<u>Hammer</u>			
Megan Thomas	Ashford	25/05/2008	44.38
Amy Money	Bury St Edmunds	17/09/2017	39.72
Gemma Vickery	Sandy	26/09/2010	38.56
Jenna Cannell	Cambridge	08/07/2007	38.06
Poppy Hewitt	Norwich	18/09/2019	36.49
Maddy Powles Warren	Norwich	05/09/2021	29.67
Shannon Curry	Sandy	29/09/2007	29.21
Isabelle Mardle	Norwich	29/08/2021	25.99
Ellen Cunningham	St Albans	05/08/2018	22.11
Zoe Powers	Norwich	12/05/2018	20.94
<u>Javelin</u>			
Laura McDonald	Sheffield	11/07/2009	43.13
Abby Gooderham	Norwich	08/06/2013	34.67
Aggie Long	Bury St Edmunds	03/09/2023	34.60
Maddy Powles Warren	Great Yarmouth	25/07/2021	34.59
Isabelle Mardle	Norwich	22/05/2021	32.83
Stephanie Griffin	Cambridge	17/07/2010	31.92
Sophie Turner	Bury St Edmunds	13/09/2015	31.92
Amy Money	Norwich	14/05/2017	31.46
Eden Harrison	Norwich	16/06/2018	31.10
Ruth Watkins	Norwich	30/07/2000	28.28
<u>Pole Vault</u>			
Abi Martins	Birmingham	05/09/2009	2.65
Hannah Pain	Thurrock	15/09/2019	2.50
Georgina Culling	Sandy	22/09/2008	2.30

Sasha Birrell	Peterborough	11/04/2010	2.30
Hayley Chalcraft	King's Lynn	26/01/2014	2.30
Isabelle Mardle	King's Lynn	26/01/2020	2.10
Imogen Gibbs	Norwich	10/05/2008	1.80
Pentathlon indoor/outdoor			
Isabelle Mardle	Bedford	09/09/2021	3438
Barbara Parker	Derby	20/09/1997	2929
Victoria Williamson	Grantham	29/06/2008	2893
Meg Willis	Bedford	16/09/2018	2807
Laura McDonald	Grantham	29/06/2008	2708
Eleanor Brown	Peterborough	25/09/2016	2671
Katie Daniels	Peterborough	27/09/2015	2508
Caitlin Bell	Corby	26/07/2021	2503
Charlotte Gilding	Boston	03/09/2022	2480
Amy Matthews	Peterborough	27/09/2015	2466
Under 15 Boys			
100m			
La'Sean Sealey	Norwich	01/08/2021	11.3
Ashley Cooper	Norwich	15/03/2013	11.5
Ben Hamblin	Sheffield	08/07/2000	11.51
De La Rey Veenendaal	Cambridge	11/08/2007	11.6
Aaron Pitt	Bury St Edmunds	19/09/2010	11.6
James Digby	Bury St Edmunds	16/09/2001	11.7
Hugh Irving	Norwich	23/05/2004	11.7
Daniel Wong	St Ives	29/07/2012	11.7
Jack Hamment-Russell	St Albans	05/08/2018	11.7
Jaiden Dean	Cambridge	30/06/2019	11.76
150m			
Ashley Cooper	Great Yarmouth	25/01/1900	17.8
William Scates	Sheffield	07/12/2019	18.10
Jack Hamment-Russell	Great Yarmouth	05/04/2018	18.5
Wesley Matsuka Williams	Great Yarmouth	17/04/2014	18.7
Sam Brown	Great Yarmouth	17/04/2014	18.8
Robbie Walden	Great Yarmouth	17/04/2014	19.1
David Smy	Norwich	10/04/1999	19.4
Callum Brown	Norwich	10/04/2008	19.4
Daniel Wong	Great Yarmouth	21/04/2011	19.4
Ben Hamblin	Norwich	10/04/1999	19.5
200m			
Aaron Pitt	Chelmsford	20/06/2010	23.0
Ashley Cooper	Hendon	11/08/2013	23.30
La'Sean Sealey	Norwich	05/09/2021	23.3
Calvin Smith	Thurrock	15/09/2019	23.34
Louis Albrow	Ipswich	03/07/2016	23.6
Hugh Irving	Gateshead	10/07/2004	23.9
De La Rey Veenendaal	Eltham	04/06/2007	23.9
Alex Mortimer	Great Yarmouth	11/06/2017	23.9
James Digby	Ipswich	01/07/2001	24.0
Sam Brown	Braintree	23/06/2013	24.0
300m			
Calvin Smith	Birmingham	06/07/2019	36.33
William Scates	Hull	06/09/2020	37.97
Alex Mortimer	Horspath	10/09/2017	38.07

Wesley Matsuka Williams	Chelmsford	15/06/2014	38.5
Jonathan Crowle	Norwich	10/06/2023	38.8
Thomas Lake	Ware	19/08/2012	39.0
B Matsuka-Williams	Bury St Edmunds	23/09/2012	39.0
William Scates	Gillingham	17/08/2019	39.20
Campbell Pick	Bury St Edmunds	08/09/2019	39.3
Louie Moreno Mena	Peterborough	18/09/2016	39.4
Louis Albrow	Great Yarmouth	14/04/2016	39.4
400m			
Aaron Pitt	Bedford	22/08/2010	49.99
James Senior	Boston	17/06/2006	51.4
Calvin Smith	Sandy	28/09/2019	53.37
Oliver Edwards	Sheffield	11/07/1997	53.89
De La Rey Veenendaal	Norwich	23/07/2006	54.1
Michael Fraser	Chelmsford	10/07/2005	54.4
Ben Steward	Norwich	20/06/2009	55.1
Joel Taylor	Norwich	23/07/2006	55.2
Thomas Lake	Peterborough	23/06/2012	55.2
Tim Cochius	Boston	17/06/2006	55.6
600m			
Jamie Finch	Great Yarmouth	12/04/2012	1.33.6
Calvin Smith	Great Yarmouth	03/04/2019	1.33.7
Tom Crawshaw	Great Yarmouth	13/04/2006	1.39.6
Henry Ashton	Norwich	01/04/2022	1.43.0
Tom Dawkins	Great Yarmouth	07/04/2005	1.44.0
Louis Wheeler	Great Yarmouth	03/04/2019	1.47.0
Sam Gotts	Great Yarmouth	19/04/2007	1.51.5
Tom Cugnoni	Great Yarmouth	05/04/2018	1.53.9
800m			
James Senior	Gateshead	08/07/2006	1.56.71
Aaron Pitt	Watford	30/08/2009	2.00.73
Ashley Waterson	Stevenage	16/09/2012	2.02.2
Jude Linstead	Birmingham	30/06/2023	2.03.34
Finlay Haynes	Gateshead	17/09/2023	2.03.6
Callum McLaren	Gateshead	11/07/2008	2.04.06
Conor Darby	Norwich	23/07/2006	2.04.2
Rick Ward	Bury St Edmunds	07/09/2003	2.05.7
Josh Stark	Birmingham	30/06/2023	2.05.7
Joel Taylor	Havering	25/06/2006	2.06.2
1500m			
James Senior	Birmingham	06/08/2006	4.09.77
Ashley Waterson	Gateshead	07/07/2012	4.10.63
Connor Darby	Gateshead	08/07/2006	4.12.51
Luke Spear	Birmingham	05/07/2013	4.17.17
Jack White	Bury St Edmunds	13/09/2015	4.19.5
Scott Greeves	Milton Keynes	22/05/2010	4.20.33
Josh Holland	Watford	30/05/2004	4.21.58
William Mahoney	Bury St Edmunds	18/09/2016	4.22.1
Connor Darby	Watford	24/08/2005	4.22.23
James Jackson	Norwich	23/07/2006	4.22.6
3000m			
Jack White	Bedford	29/08/2015	9.08.56
Connor Darby	Watford	23/08/2006	9.19.60
James Senior	Norwich	17/07/2006	9.20.3

Stuart Huntington	Bury St Edmunds	07/09/2003	9.28.6
Josh Holland	Norwich	05/07/2004	9.33.8
Danny Adams	Norwich	16/06/2018	9.41.8
Tom Crawshaw	Norwich	17/07/2006	9.45.3
Joe Machin	Norwich	14/05/2021	9.45.6
Ben Horton	Norwich	11/09/2012	9.47.4
Zachary Dunne	Norwich	14/05/2021	9.48.5

80m hurdles			
Jaiden Dean	Nuneaton	09/08/2020	11.08
Oliver Edwards	Derby	21/09/1997	11.59
Barney Clarke	Sportcity	11/07/2021	11.65
Conrad Winter	Peterborough	29/09/2019	11.88
Francis Baker	Copthall	15/05/2002	12.0
Ian Young	Huntingdon	08/08/1999	12.2
James Cox	Norwich	13/07/2003	12.2
Ross Elsby	Norwich	23/07/2006	12.2
Steven Hadley	Norwich	20/06/2009	12.2
Josh Rea	Hemel Hempstead	25/09/2005	12.23
High Jump			
Chris Baker	Birmingham	14/08/2005	1.87
Zeno Mhae	Sheffield	11/07/2009	1.87
Nick Bantin	Battersea	04/05/2003	1.85
Francis Baker	Great Yarmouth	12/05/2002	1.75
A Kelly	Peterborough	19/07/1998	1.70
James Steel	Norwich	11/06/2011	1.70
Jack Hamment-Russell	Bury St Edmunds	16/09/2018	1.70
Oliver Edwards	Derby	20/09/1997	1.68
Conrad Winter	Thurrock	15/09/2019	1.68
Billy Francis	Colchester	12/09/2021	1.67
Pole Vault			
Jacob Brown	Bedford	25/08/2018	3.33
L Smith	Ipswich	21/06/1997	3.10
Chris Baker	Chelmsford	10/07/2005	3.00
Francis Baker	Walthamstow	02/06/2002	2.80
Douglas Beckett	Norwich	08/06/2013	2.80
Nick Bantin	Battersea	04/05/2003	2.45
Kim Bowling	Norwich	27/06/2004	2.30
Paul Goodall	Southend	22/07/2001	2.20
Callum Mooney	Bedford	14/04/2013	2.20
Matthew Williams	St Albans	02/07/2023	1.90
Long Jump			
Wesley Matsuka-Williams	Bury St Edmunds	14/09/2014	6.22
Andrew Holmes	Bury St Edmunds	16/06/2001	6.04
Oliver Bradfield	Norwich	12/06/2010	6.04
David Smy	Havering	10/09/2000	5.99
Conrad Winter	Oxford	07/09/2019	5.99
Sam Barber	Stevenage	10/09/2023	5.93
Ashley Cooper	Southend	04/08/2013	5.91
M McMahon	Peterborough	20/07/1997	5.86
Ross McLachlan	Glasgow	31/07/2011	5.82
Robin Maingay	Bury St Edmunds	17/08/2008	5.70
Triple Jump			
Wesley Matsuka-Williams	Birmingham	11/07/2014	13.01
Conrad Winter	Bury St Edmunds	08/09/2019	12.53

Jack Dearden	Peterborough	23/06/2012	12.00
Josh Elder	Colchester	06/08/2006	11.90
Thomas Lake	Abingdon	26/05/2012	11.84
Sam Barber	Norwich	14/05/2023	11.84
J Meredith	Norwich	22/08/1999	11.63
Ashley Cooper	Bury St Edmunds	15/09/2013	11.45
Ethan Ellis	Peterborough	14/04/2019	11.38
Tristan McLellan	Bury St Edmunds	18/09/2016	11.29
<u>Shot Putt</u>			
Danny Clayton	Bury St Edmunds	17/08/2008	13.33
Oliver Massingham	Hendon	11/08/2013	12.92
Alex Marchant	Cambridge	29/06/2013	12.60
Conrad Winter	Peterborough	29/09/2019	12.55
Michael Painter	Bury St Edmunds	02/08/2009	12.52
James Cunningham	Bury St Edmunds	18/09/2016	12.39
J Gayson	Great Yarmouth	28/07/2003	12.37
Sam Coe	King's Lynn	08/08/2004	12.30
Richard Wetherall	Great Yarmouth	10/08/2008	11.86
Oliver Edwards	Derby	20/09/1997	11.38
<u>Hammer</u>			
Michael Painter	Norwich	15/08/2009	63.57
Danny Clayton	Norwich	14/09/2008	56.71
Sam Coe	King's Lynn	08/08/2004	55.10
Callum Brown	Peterborough	25/08/2008	51.06
Jaquan Moore	Ashford	15/08/2015	47.29
Philip Barnard	Great Yarmouth	27/07/2003	40.63
James Lupton	Bury St Edmunds	03/09/2023	34.34
James Cunningham	Hemel Hempstead	04/09/2016	33.11
William Lupton	Bury St Edmunds	04/09/2022	31.80
Jonathan Tomes	Norwich	12/05/2012	30.37
<u>Discus</u>			
Michael Painter	Cambridge	05/07/2009	43.22
Oliver Massingham	Norwich	21/06/2013	40.19
Danny Clayton	Norwich	14/09/2008	36.63
Sam Coe	Bury St Edmunds	19/09/2004	35.40
J Lunn	Norwich	22/08/1999	33.73
Daniel Bainbridge	Braintree	23/06/2013	33.59
William Lupton	Chelmsford	11/09/2022	33.42
Alex Marchant	Norwich	21/07/2013	32.80
J Gayson	Great Yarmouth	12/05/2002	32.02
P Clifford	Norwich	21/09/2003	31.92
<u>Javelin</u>			
Oliver Bradfield	Norwich	12/06/2010	65.87
Daniel Bainbridge	Bedford	31/08/2013	50.01
Jonathon Tomes	Peterborough	23/06/2012	46.86
C Westgate	Great Yarmouth	10/05/1998	44.76
Ed Skinner	Greys	22/07/2007	44.40
Ben Graves	Norwich	02/07/2017	43.50
J Rix	Peterborough	20/07/1997	41.38
Adam Cann	Greys	03/09/2017	40.95
Conrad Winter	Peterborough	04/08/2019	40.80
Callum Brown	Bury St Edmunds	17/08/2008	40.21
<u>Pentathlon</u>			
Conrad Winter	Peterborough	29/09/2019	2953

Oliver Edwards	Derby	20/09/1997	2873
Francis Baker	Derby	21/09/2002	2541
Josh Rea	Hemel Hempstead	25/09/2005	2251
James Lupton	Peterborough	24/09/2023	2162
Chris Baker	Great Yarmouth	25/06/2005	2132
L Summers	St Ives	28/06/1998	2082
William Lupton	Bedford	18/09/2022	2041
C Westgate	St Ives	28/06/1998	1822
Blakney Alstrachan-Green	Great Yarmouth	26/06/2005	1266
<u>Under 17 Women</u>			
<u>60m indoors</u>			
Lily Bradley	Sheffield	11/02/2023	7.53
Cleo Stephenson	Lee Valley	12/03/2011	7.68
Evie Patrick	Lee Valley	29/01/2022	7.82
Serena Grace	Lee Valley	02/02/2019	7.88
Harriet Lucas	King's Lynn	21/01/2007	7.9
Ella Stephenson	Lee Valley	16/01/2011	8.0
Isabelle Mardle	King's Lynn	27/11/2021	8.03
Laura Johnson	Lee Valley	22/01/2012	8.09
Victoria Mitchell	Lee Valley	12/03/2011	8.10
Tallulah Bell	King's Lynn	26/11/2014	8.1
<u>60m hurdles indoors</u>			
Isabelle Mardle	Sheffield	12/02/2022	8.57
Kirsty Sait-Stewart	Lee Valley	02/02/2019	8.93
Laura Green	Birmingham NIA	23/02/2007	9.15
Mia Hopson	Sheffield	26/02/2017	9.22
Victoria Williamson	Lee Valley	17/01/2009	9.27
Mia Bailey	Lee Valley	09/02/2020	9.29
Gemma Pike	King's Lynn	10/02/2003	9.3
Lauren Bradfield	Lee Valley indoor	09/01/2016	9.58
Eleanor Brown	Lee Valley	06/01/2018	9.61
Daisy Dairyple	Lee Valley	25/01/2020	9.62
<u>75m</u>			
Cleo Stephenson	Great Yarmouth	21/04/2011	9.7
Serena Grace	Norwich	03/04/2019	9.7
Ella Stephenson	Great Yarmouth	21/04/2011	10.0
Laura Johnson	Great Yarmouth	25/04/2013	10.1
Katie Vickery	Great Yarmouth	21/04/2011	10.4
H Goodall	Great Yarmouth	06/04/2000	10.5
Harriet Lucas	Great Yarmouth	19/04/2007	10.0
Sophie Harriman	Great Yarmouth	13/04/2006	10.5
F Hope	Great Yarmouth	09/04/1998	10.8
Mica Carus	Norwich	03/04/2019	11.0
<u>80m</u>			
H Goodall	King's Lynn	28/03/1999	11.3
<u>100m</u>			
Lily Bradley	Lee Valley	07/05/2023	11.8w 11.83
Cleo Stephenson	Walthamstow	19/06/2011	12.0
Evie Patrick	Chelmsford	16/06/2021	11.89w 12.06
Harriet Lucas	Bedford	11/06/2006	12.05w 12.18
Serena Grace	Ipswich	14/09/2019	12.26
Victoria Mitchell	Walthamstow	19/06/2011	12.3
Laura Johnson	Gateshead	07/07/2012	12.35

Emily Parr	Basildon	02/08/1997	12.4
Tallulah Bell	Chelmsford	15/06/2014	12.4
Eleanor Frankland	Chelmsford	15/06/2014	12.5
<u>150m</u>			
Evie Patrick	Dagenham	24/07/2021	18.74
Cleo Stephenson	Great Yarmouth	21/04/2011	19.0
Harriet Lucas	Great Yarmouth	19/04/2007	19.8
Serena Grace	Great Yarmouth	05/04/2018	19.8
Ruby Love	Norwich	16/09/2022	20.0
Laura Johnson	Great Yarmouth	25/04/2013	20.1
Sophie Harriman	Great Yarmouth	13/04/2006	20.2
Eleanor Blunt	Great Yarmouth	12/04/2012	20.5
H Goodall	King's Lynn	28/03/1999	20.6
R Corri	Peterborough	08/03/1998	20.7
<u>200m</u>			
Harriet Lucas	Haringey	04/06/2006	24.7
Lily Bradley	Gillingham	22/05/2022	25.0
Serena Grace	Gillingham	17/08/2019	25.01
Cleo Stephenson	Norwich	12/06/2010	25.1
Evie Patrick	Norwich	12/06/2021	24.92w 25.1
Kirsty Hollings	King's Lynn	21/06/2003	25.3
Emily Parr	Basildon	02/08/1997	25.4
Katie Clark	Basildon	07/09/2014	25.7
Maria Garavand	Bury St Edmunds	09/09/2001	25.8
Victoria Mitchell	Norwich	12/06/2010	25.8
Emily Mace	Ipswich	19/07/2015	25.8
Isabelle Mardle	Gillingham	25/05/2022	25.8
<u>300m</u>			
Emily Parr	Waltham Forest	29/06/1997	39.9
Rebecca Scotcher	Birmingham	06/09/1998	40.05
Harriet Lucas	Great Yarmouth	12/05/2007	40.4
Serena Grace	Peterborough	04/08/2019	41.0
Isabelle Mardle	Norwich	05/06/2022	41.1
Maria Garavand	Bury St Edmunds	22/09/2002	41.1
Rachel Stringer	Norwich	23/07/2006	41.3
Katie Clark	Basildon	07/09/2014	41.4
J Holdsworth	Sheffield	08/07/2000	41.69
Georgie Bowett	Norwich	19/06/2016	42.5
<u>400m</u>			
Rebecca Scotcher	Norwich	30/05/1998	56.3
Rachel Stringer	Bedford	22/07/2006	57.5
Maria Garavand	Bury St Edmunds	09/09/2001	57.7
Kiera Mooney	Woodford Green	27/06/2010	59.13
Katie Goldsmith	Norwich	20/05/2018	59.5
Serena Grace	Ipswich	14/09/2019	59.8
Laura Gilbert	Norwich	13/08/2000	60.0
H Magrath	Bromley	07/06/1997	60.1
Georgie Bowett	Ashford	13/08/2016	60.30
Belinda Clarke	Hendon	28/06/2015	60.35
<u>600m</u>			
Katie Goldsmith	Great Yarmouth	05/04/2018	1.39.7
Barbara Parker	King's Lynn	22/03/1998	1.41.5
Carly Brown	Great Yarmouth	13/04/2006	1.42.9
Gilly Savage	Great Yarmouth	19/04/2007	1.42.9

Abbie Beales	Great Yarmouth	19/04/2008	1.43.3
Holly Cooper	Great Yarmouth	13/04/2006	1.43.5
Meg Willis	Norwich	03/04/2019	1.46.4
Shelley Smith	Great Yarmouth	08/04/2004	1.47.5
Rachel Brown	Great Yarmouth	10/04/2003	1.48.0
Alice Cheverton	Great Yarmouth	12/04/2012	1.49.1
800m			
Rachel Stringer	Gateshead	08/07/2006	2.09.98
Barbara Parker	Bury St Edmunds	10/07/1999	2.11.8
Kate Willis	Loughborough	15/06/2019	2.12.74
Rebecca Scotcher	Basildon	28/06/1998	2.13.8
Iona Lake	Watford	26/08/2009	2.13.93
Meredith Windship	Watford	14/06/2017	2.14.03
Katie Goldsmith	Dartford	18/08/2018	2.15.4
Kiera Mooney	Bromley	08/05/2011	2.15.8
Laura Gilbert	Exeter	06/07/2001	2.16.0
Helen South	Crystal Palace	02/07/2000	2.16.7
1500m			
Iona Lake	Manchester	30/05/2009	4.37.79
Rosie Betts	Watford	10/06/2006	4.41.17
Carley Rose	Watford	24/08/2005	4.41.99
Katie Goldsmith	Watford	23/08/2017	4.42.37
Claire Pring	Ashford	27/05/2007	4.42.83
Meredith Windship	Watford	31/05/2017	4.42.88
Emily Clarke	Bromley	10/07/2004	4.43.3
Kate Willis	Norwich	12/05/2019	4.43.3
Ruth Senior	Watford	05/07/2004	4.43.4
Barbara Parker	Norwich	19/07/1998	4.44.9
3000m			
Claire Pring	Birmingham	14/07/2007	10.03.53
Rosie Betts	Watford	28/06/2006	10.05.99
Sarah Barrett	Birmingham	26/08/2023	10.08.62
Ruth Senior	Gateshead	10/07/2004	10.19.3
Ruth Proctor	Sheffield	08/07/2000	10.25.9
Carley Rose	Norwich	18/05/2005	10.27.1
Danielle Nimmock	Birmingham	06/08/2006	10.29.79
Ellie Taylor	Watford	23/08/2017	10.38.30
Amy Dungar	Bromley	07/06/1997	10.44.0
Laura Gilbert	Newport	16/07/2000	10.45.8
Sophie Alden	Norwich	03/06/2013	10.47.1
80m hurdles			
Isabelle Mardle	Sportcity	09/07/2022	11.13
Hayley G Smith	Haringey	24/05/1998	11.34
Maria Garavand	Haringey	30/06/2002	11.6
Kirsty Sait Stewart	Peterborough	14/04/2019	11.7
Gemma Pike	Battersea	04/05/2003	11.9
Laura Green	Bromley	18/05/2008	12.0
Katie Clark	Basildon	07/09/2014	12.1
R Corri	Norwich	30/05/1998	12.2
Liz Barnes	Walthamstow	01/06/2003	12.3
Becky Pike	Ipswich	18/06/2005	12.3
Katie Daniels	Bedford	25/06/2017	12.3
Daisy Dairymple	Braintree	21/07/2019	12.3
Mia Bailey	Great Yarmouth	25/07/2021	12.3

<u>100m hurdles</u>			
Maria Garavand	Norwich	24/08/2002	14.5
Isabelle Mardle	Loughborough	22/01/1900	14.50
Lauren Bradfield	Ipswich	17/07/2016	15.8
Gemma Pike	Walthamstow	18/08/2002	16.3
Ellen Davies	Bury St Edmunds	09/09/2001	16.7
Emma Smith	Norwich	24/08/2002	17.5
Jessica Doncaster	Great Yarmouth	07/08/2014	17.5
Rose Fairhurst	Harrow	12/06/2022	17.5
Grace Ashworth	Bury St Edmunds	17/08/2014	17.6
Rebecca Groves	Barnet	30/07/2000	18.0
Becky Pike	Tamworth	07/05/2006	18.1
<u>300m hurdles</u>			
Maria Garavand	Nottingham	12/07/2002	43.15
Katie Clark	Bedford	31/08/2014	44.15
Rebecca Scotcher	Birmingham	06/09/1998	44.73
Isabelle Mardle	Norwich	15/05/2022	44.8
Victoria Williamson	Ashford	24/05/2009	45.85
Emma Smith	Watford	25/05/2002	46.27
Gemma Pike	King's Lynn	21/06/2003	46.7
Laura Warman	Norwich	09/06/2007	46.7
Becky Pike	Birmingham	09/07/2005	46.8
Meg Willis	Lee Valley	27/05/2019	46.85
Jenny Milligan	Lee Valley	01/06/2008	46.9
<u>400m hurdles</u>			
Maria Garavand	Derby	08/09/2002	62.44
Katie Clark	Stevenage	02/08/2014	65.1
H Magrath	Bromley	07/06/1997	66.9
Emma Smith	Walthamstow	18/08/2002	68.0
Barbara Parker	Norwich	25/07/1999	70.0
Laura Warman	Norwich	09/06/2007	70.4
R Groves	Birmingham	10/09/2000	70.54
Becky Pike	Tamworth	07/05/2006	71.4
Amy Hams	Bromley	23/05/2004	71.6
Grace Ashworth	Hendon	27/07/2014	72.47
<u>1500m S/Chase</u>			
Kiera Mooney	Bromley	24/07/2011	5.24.28
Naryce Anderson	Norwich	14/05/2017	5.52.2
Sophie Peach	Hendon	23/07/2017	5.53.96
Lucy Emmett	Hendon	23/07/2017	5.56.06
Esme Abbott	Norwich	12/06/2021	6.14.4
Hazel Wilson	Norwich	25/06/2010	6.33.7
Charlotte Hudson Madge	Stevenage	18/04/2015	7.00.29
Izzy Chrysafi	Stevenage	18/04/2015	7.00.34
Lauren Stansbury	Stevenage	18/04/2015	7.10.60
<u>High Jump</u>			
Rebecca Bell	Guildford	29/07/2001	1.73
Celia Dupont	King's Lynn	21/06/2003	1.65
Modupe Obideyi	Norwich	11/06/2016	1.65
Isabelle Mardle	Norwich	26/06/2022	1.65
Lucy Ann-Williams	Norwich	14/05/2012	1.63
Daisy Dairympole	Ipswich	14/09/2019	1.63
Chloe Smith	King's Lynn	09/05/2009	1.62
Catherine Oliver	Peterborough	23/06/2012	1.62
Holly Slater	Norwich	13/06/2009	1.60

Amy Matthews	King's Lynn	24/01/2016	1.60
<u>Pole Vault</u>			
Sasha Birrell	Gateshead	07/07/2012	3.30
Abi Martins	Watford	18/07/2010	2.75
Georgina Lake	Thurrock	22/07/2007	2.60
Hannah Pain	Norwich	01/08/2021	2.60
Georgina Culling	Bromley	17/05/2009	2.30
Freya Bell	Norwich	14/06/2008	2.20
Bethan Amblin	Norwich	01/08/2021	2.20
Greta Connolly	Harrow	27/07/2003	2.00
A Aggett	Norwich	26/03/1997	1.80
Polly Francis	Hillingdon	29/04/2001	1.80
<u>Long Jump</u>			
Isabelle Mardle	Norwich	13/05/2023	5.71
Emily Parr	Birmingham	07/09/1997	5.47
Ellen Davies	Norwich	02/06/2002	5.46
Rebecca Bell	Guildford	29/07/2001	5.37
Rebecca Allen	Norwich	25/07/1999	5.27
Caitlin Bell	Norwich	10/06/2023	5.26
Julie Chandler	Guildford	29/07/2001	5.20
Honor De Winton	Corby	12/06/2010	5.19
Katie Vickery	Cambridge	28/05/2012	5.19
Eleanor Brown	Norwich	13/05/2018	5.18
Meg Willis	Lee Valley	06/01/2019	5.18
<u>Triple Jump</u>			
Eleanor Brown	Birmingham	13/07/2018	11.57
Daisy Dairyple	Braintree	21/07/2019	11.43
Sophie Bishop	Norwich	24/07/2016	11.28
Isabelle Mardle	Cambridge	24/06/2023	11.08
Ellen Davies	Copthall Barnet	28/04/2002	10.88
Sally Ash	Birmingham	16/08/1997	10.85
Julie Chandler	Guildford	29/07/2001	10.85
Laura McDonald	Norwich	12/06/2010	10.82
Rebecca Scotcher	Peterborough	31/08/1998	10.74
Caitlin Bell	Norwich	14/04/2023	10.63
<u>Shot Putt 3kg</u>			
Isabelle Mardle	Cambridge	24/06/2023	12.40
Maddy Powles-Warren	Cambridge	24/06/2023	11.68
Lucy Oakley	Norwich	01/08/2021	11.50
Ellen Cunningham	Lee Valley	02/02/2019	11.44
Caitlin Bell	King's Lynn	14/05/2023	11.22
Charlotte Gilding	Peterborough	24/09/2023	10.38
Serena Grace	Bucharest ROM	17/07/2019	10.14
Hannah Pain	Sportcity	28/08/2021	10.06
Jasmin Kemp	Norwich	06/06/2015	9.99
Eleanor Brown	Norwich	12/05/2018	9.94
<u>Hammer 3kg</u>			
Poppy Hewitt	Norwich	05/09/2021	42.65
Amy Money	Bury St Edmunds	16/09/2018	40.02
Isabelle Mardle	Norwich	30/04/2023	29.71
Maddy Powles-Warren	Norwich	05/06/2022	29.18
Mica Carus	Thurrock	15/09/2019	28.53
Caitlin Bell	Norwich	14/05/2022	24.52
Ellen Cunningham	Peterborough	14/04/2019	23.08

Jasmin Kemp	King's Lynn	09/08/2015	22.75
Eden Harrison	Peterborough	04/08/2019	22.30
Serena Grace	Great Yarmouth	22/07/2018	19.20
<u>Discus</u>			
T Woodley	Sheffield	05/08/2001	33.57
Laura Seaman	Stoke	05/09/1999	33.04
Megan Thomas	Eton	14/06/2009	32.93
Kayleigh Southgate	Norwich	11/06/2003	30.70
Steph Burt	Norwich	27/07/2008	30.18
Jenna Cannell	Norwich	03/08/2008	29.50
Gemma Thrower	Norwich	01/09/2012	29.47
Isabelle Howard	Norwich	10/05/1997	29.26
Lilly Evans	Norwich	11/06/2011	28.57
Amy Money	Norwich	08/07/2018	28.47
<u>Javelin 500g</u>			
Maddy Powles-Warren	Kling's Lynn	30/07/2023	38.69
Isabelle Mardle	Norwich	26/06/2022	38.61
Katie Daniels	Hemel Hempstead	04/09/2016	36.11
Sophie Turner	Norwich	10/06/2017	35.28
Eden Harrison	Norwich	12/05/2019	34.23
Jemma Spenser	Norwich	09/04/2015	33.56
Ella Thomas	Great Yarmouth	22/07/2018	32.32
Amy Money	Peterborough	03/06/2018	30.98
Hannah Pain	Corby	27/06/2021	30.75
Moir Doleman	Norwich	12/06/2021	29.72
<u>Pentathlon</u>			
Isabelle Mardle	Emirates Arena	04/12/2021	3687
Rebecca Scotcher	Peterborough	27/09/1998	2928
Charlotte Gilding	Peterborough	24/09/2023	2871
Amy Matthews	Peterborough	25/09/2016	2851
Meg Willis	Lee Valley	16/12/2018	2831
Kate Willis	Lee Valley	16/12/2018	2816
Katie Daniels	Peterborough	24/09/2017	2785
Sienna Sexton	Leicester	16/08/2015	2527
Grace Ashworth	Sheffield	08/03/2014	2408
Charlotte Hudson Madge	Sheffield	14/03/2015	2314
<u>Heptathlon</u>			
Isabelle Mardle	Belfast	04/09/2022	5042w 4602
Caitlin Bell	Boston	24/06/2023	4193
Hannah Pain	Corby	26/06/2021	4087
Barbara Parker	Peterborough	19/09/1999	3951
Charlotte Gilding	Boston	24/06/2023	3849
Honor De Winton	Chelmsford	26/06/2010	3813
Katie Daniels	Bedford	25/06/2017	3806
Meg Willis	Chelmsford	23/06/2019	3628
Kate Willis	Chelmsford	23/06/2019	3624
Grace Ashworth	Bedford	10/08/2014	3547
<u>Under 17 Men</u>			
<u>100m</u>			
Tom Roe	Great Yarmouth	09/05/1998	11.0
Ben Hamblin	Great Yarmouth	12/05/2002	11.0
James Digby	Walthamstow	01/06/2003	11.1
Jordan Livermore	Norwich	14/06/2014	11.1

Jaiden Dean	Norwich	01/08/2021	11.1
Will Lupton	Cambridge	16/07/2023	11.1
Lewis Albrow	Peterborough	30/06/2018	11.19
Ethan Ellis	Bedford	18/06/2022	11.2
Daniel Wong	Chelmsford	15/06/2014	11.2
Kieran Shah	Norwich	14/06/2014	11.2
200m			
Ben Hamblin	Nottingham	12/07/2002	22.13
James Digby	Sheffield	11/07/2003	22.21
Ben Matsuka-Williams	Norwich	14/06/2014	22.5
Elliott Holland	St Ives	14/05/2014	22.54
Jack Dearden	Cambridge	27/07/2014	22.54
Barney Clarke	Norwich	23/04/2023	22.6
Tom Roe	Copthall Barnet	17/05/1998	22.7
De La Rey Veenendaal	King's Lynn	01/08/2009	22.7
Lewis Albrow	Ipswich	16/07/2017	22.7
Alex Mortimer	Cambridge	30/06/2019	22.74
400m			
Calvin Smith	Lee Valley	01/08/2020	48.88
Elliot Holland	Norwich	19/04/2014	49.1
Tom Roe	Peterborough	26/07/1998	49.5
Joe Smythe	Lee Valley	12/08/2018	49.92
Michael Fraser	Basildon	27/05/2007	50.2
De La Rey Veenendaal	Bromley	27/07/2009	50.6
James Senior	Norwich	16/06/2007	51.0
Lewis Albrow	Stevenage	10/09/2017	51.0
Aaron Pitt	Bury St Edmunds	23/09/2012	51.1
Ethan Ellis	Norwich	24/04/2022	51.1
800m			
James Senior	Watford	17/05/2008	1.54.72
Joel Taylor	Watford	01/06/2008	1.54.72
Rick Ward	Birmingham	14/08/2005	1.55.77
Tobias Cheeseborough	Loughborough	09/08/2023	1.55.80
Scott Greeves	Bedford	18/08/2012	1.55.86
Luke Spear	Lee Valley	16/05/2015	1.57.44
Martainn Ramsey	Chelmsford	11/09/2010	1.58.62
Tom Hook	Watford	10/08/2011	1.58.97
Josh Holland	Enfield	04/06/2006	1.59.4
Mitch Goose	Enfield	19/06/2005	1.59.5
1500m			
Tom Hook	Bedford	21/08/2011	3.53.79
Luke Spear	Eltham	27/05/2015	3.57.69
Rick Ward	Birmingham	09/07/2005	4.01.07
Zachary Dunne	Watford	26/07/2023	4.01.08
Mitch Goose	Watford	24/08/2005	4.02.10
Josh Holland	Chelmsford	28/05/2006	4.03.63
Joel Taylor	Watford	18/06/2008	4.03.65
Will Mahoney	Watford	05/09/2018	4.03.74
James Senior	Watford	18/06/2008	4.04.25
Connor Darby	Bury St Edmunds	13/05/2007	4.06.6
3000m			
Jack White	Birmingham	08/07/2017	8.47.11
Will Mahoney	Norwich	20/05/2018	8.51.5
Zachary Dunne	Bromley	09/07/2023	8.51.65

Mitch Goose	Watford	30/05/2005	8.56.15
James Jackson	Peterborough	21/06/2008	8.59.7
Tom Crawshaw	Colchester	29/07/2007	9.00.4
Liam Davison	Watford	05/04/2023	9.02.21
Ashley Waterson	Watford	22/04/2015	9.07.12
Will Simm	Norwich	16/06/2018	9.11.5
L Pointer	Ipswich	21/06/1997	9.12.2
5000m			
Mitch Goose	Abingdon	10/09/2005	15.36.1
L Hubbard	Stoke	18/08/2001	16:30.7
Harry Smith	Norwich	14/05/2022	16.51.0
Tom Crawshaw	Guilford	02/08/2008	17.04.06
100m hurdles			
Jaiden Dean	Sportcity	08/07/2022	12.69
C Roberts	Norwich	01/06/1997	13.5
Francis Baker	Bedford	25/07/2004	13.55
Fin Barnard	Birmingham	30/06/2023	14.04
R Fuller	Bury St Edmunds	10/07/1999	14.09
O Edwards	St Ives	28/06/1998	14.2
Steven Hadley	Norwich	11/06/2011	14.2
Ross Elsby	Peterborough	27/08/2007	14.3
Ethan Ellis	Bedford	19/06/2022	14.32
I Young	Exeter	06/07/2001	14.41
110m hurdles			
Francis Baker	Eton	20/06/2004	15.4
R Fuller	Norwich	25/07/1999	16.2
Steven Hadley	Chelmsford	29/05/2011	17.78
D Wickham	Barnet	26/07/1999	17.9
James Senior	Barking	01/07/2007	20.0
J Cox	Basildon	24/07/2005	23.2
Daniel Mann	Barnet	27/07/1999	23.4
400m hurdles			
James Senior	Norwich	12/05/2008	56.7
Ethan Ellis	Loughborough	04/09/2021	57.06
Daryl Martin	Birmingham	06/08/2006	57.5
Francis Baker	Great Yarmouth	16/05/2004	58.2
Josh Rea	Bury St Edmunds	02/09/2007	58.5
O Edwards	Lincoln	20/06/1998	58.8
Daniel Everett	Bedford	27/04/1997	59.21
A Howarth	Ipswich	21/06/1997	59.6
R Fuller	Enfield	27/06/1999	60.0
Tom Lake	Norwich	27/04/2014	60.47
1500m steeplechase			
James Senior	Gateshead	11/07/2008	4.25.18
Martyn Bath	Birmingham	10/07/2005	4.28.61
Matthew Dack	Birmingham	15/08/2004	4.33.02
Steven Cannell	Birmingham	15/08/2004	4.35.61
Josh Rea	Sheffield	11/08/2007	4.37.34
Sam Cheverton	Peterborough	21/06/2008	4.38.1
Ben Stratton	Norwich	31/05/2009	4.39.6
Daniel Mann	Nottingham	12/07/2002	4.42.30
Rick Ward	Norwich	17/07/2005	4.45.7
J Fooks-Bale	Great Yarmouth	09/05/1999	4.49.1

<u>2000m steeplechase</u>			
James Senior	Copthall	07/09/2008	6.20.7
James Jackson	Copthall	07/09/2008	6.26.2
Ben Stratton	Bromley	17/07/2009	6.27.4
Steve Cannell	Stevenage	22/06/2003	6.33.5
Martyn Bath	Basildon	24/07/2005	6.35.7
Sam Cheverton	Ipswich	27/04/2008	6.55.5
Tom Francis	Norwich	27/07/2008	6.56.4
L Hubbard	Barnet	16/09/2001	6.58.6
Damien Rogers	Welwyn	29/06/2008	7.04.5
Scott Hawes	Enfield	19/06/2005	7.11.6
<u>3000m steeplechase</u>			
James Jackson	Guilford	02/08/2008	10.10.4
Martyn Bath	Abingdon	10/09/2005	10.15.3
Craig Dungar	St Ives	05/09/1999	11.06.5
<u>High Jump</u>			
Chris Baker	Copthall	02/09/2007	2.05
Francis Baker	Sheffield	11/07/2003	1.93
Zino Mario Ghae	Norwich	18/06/2011	1.90
Tom Roe	Bedford	27/07/1997	1.85
N Bantin	Norwich	27/06/2004	1.81
A Kelly	Norwich	18/07/1999	1.80
D Rodwell	Norwich	13/07/2003	1.80
Ethan Ellis	Norwich	26/06/2022	1.77
Fin Barnard	Boston	24/06/2023	1.77
J King	Norwich	10/05/1997	1.76
<u>Pole Vault</u>			
Scott Hawes	Birmingham	06/08/2006	3.90
Francis Baker	Bromley	01/08/2004	3.81
L Smith	St Ives	19/06/1999	3.80
Jacob Brown	Carshalton	03/02/2019	3.72
Oliver Brice	Walthamstow	19/06/2011	3.70
Chris Baker	Sandy	03/09/2006	3.60
R Morris	Ipswich	20/06/2000	3.40
Ed Skinner	Copthall	07/09/2008	3.20
Ethan Ellis	Bedford	18/06/2022	2.90
B Rea	Grantham	22/06/2002	2.85
<u>Long Jump</u>			
Wesley Matsuka Williams	Stevenage	29/05/2016	6.82
Andrew Holmes	Sheffield	11/07/2003	6.76
Tom Roe	Cambridge	11/08/1998	6.70
Ethan Ellis	Sheffield	12/03/2022	6.58
Ross McLachlan	Birmingham	05/07/2013	6.64
Ashley Cooper	Norwich	21/06/2014	6.57
Conrad Winter	Great Yarmouth	06/06/2021	6.49
Kieran Shah	Bury St Edmunds	14/09/2014	6.42
Jules Walker	Crawley	19/05/2019	6.42
M McMahon	Norwich	20/06/1999	6.41
<u>Triple Jump</u>			
Wesley Matsuka-Williams	Ashford	16/07/2016	15.32
James McLachlan	Dumfermline	02/08/2008	14.08
Conrad Winter	Sportcity	07/08/2021	13.93
Denis Asongo Tree	Norwich	02/07/2017	13.62
Jack Dearden	Sheffield	01/03/2014	13.26

Andrew Holmes	Havering	29/06/2003	13.19
Tristan Mclellan	Dartford	18/08/2018	12.93
Joel Burgess	Norwich	12/06/2021	12.92
Steven Hadley	Chelmsford	29/05/2011	12.91
Scott Leeder	Great Yarmouth	23/06/2019	12.62
<u>Shot Putt</u>			
Michael Painter	Cambridge	28/05/2011	14.78
Oliver Massingham	Norwich	03/05/2015	14.07
Danny Clayton	Grantham	19/06/2010	13.86
James Cunningham	Ipswich	02/09/2018	13.50
Conrad Winter	Norwich	05/09/2021	12.83
Josh Ayigsi	Norwich	21/06/2014	12.80
R Smit	Norwich	09/06/2001	12.63
Jaquan Moore	Bury St Edmunds	17/09/2017	12.60
Sam Coe	Norwich	23/07/2006	12.07
Ed Skinner	Corby	28/06/2009	12.01
<u>Hammer</u>			
Michael Painter	Trabzon TUR	28/07/2011	70.85
Callum Brown	Norwich	29/09/2010	66.18
Sam Coe	Birmingham	06/08/2006	64.81
Danny Clayton	Norwich	02/04/2010	55.36
Jaquan Moore	Cambridge	24/06/2017	51.62
O Moore	Peterborough	19/07/1998	38.27
L Evans	Great Yarmouth	25/07/2004	38.11
Will Lupton	King's Lynn	30/07/2023	37.52
P Barnard	Luton	18/04/2004	37.18
James Cunningham	Peterborough	12/08/2018	33.37
<u>Discus</u>			
Michael Painter	Cambridge	28/05/2011	51.51
Oliver Massingham	Hendon	28/06/2015	49.78
Danny Clayton	Norwich	08/08/2010	42.40
R Smit	Basildon	20/05/2001	41.60
Conrad Winter	Norwich	05/09/2021	41.14
D Dye	King's Lynn	11/07/1999	38.99
Callum Brown	Norwich	12/06/2010	38.41
D Batterbee	Sutcliffe Park	29/06/1997	38.04
Sam Coe	King's Lynn	13/05/2006	37.84
Daniel Bainbridge	Ipswich	19/07/2015	36.93
<u>Javelin</u>			
Oliver Bradfield	Peterborough	23/06/2012	65.08
Daniel Bainbridge	Norwich	09/04/2015	60.74
Conrad Winter	Norwich	22/05/2021	51.22
Ben Graves	Norwich	09/06/2018	51.06
Harry Newenham	Peterborough	25/08/2008	49.49
C Westgate	St Ives	19/06/1999	49.10
P Barnard	Cambridge	18/09/2005	48.95
Ed Skinner	Birmingham	05/09/2009	48.02
J King	Bedford	27/07/1997	46.36
Jack Halliwell	Norwich	08/06/2013	47.96
<u>Pentathlon</u>			
Daryl Martin	Peterborough	24/09/2006	1922
<u>Heptathlon</u>			
Ethan Ellis	Sheffield	12/03/2022	4307

Conrad Winter	Sheffield	15/03/2020	3860
Octathlon			
Francis Baker	Bedford	25/07/2004	4787
Ed Skinner	Bedford	19/20/09/09	4667
Conrad Winter	Corby	26/06/2021	4635
Ethan Ellis	Norwich	26/06/2022	4632
Chris Baker	Milton Keynes	29/09/2007	4387
O Edwards	St Ives	28/06/1998	4275
Josh Rea	Eaton	23/09/2006	3762
Hal Morritt	Norwich	26/06/2022	3403
Fin Barnard	Boston	24/06/2023	3402
Ryan Wood	Norwich	26/06/2022	3370
Decathlon			
Ethan Ellis	Bedford	18/06/2022	5655
Francis Baker	Birmingham	08/08/2004	5315
Scott Hawes	Stoke	19/08/2006	4557
Under 20 Women			
60m			
Clieo Stephenson	Cardiff	10/03/2013	7.61
Serena Grace	Birmingham	26/02/2022	7.68
Evie Patrick	Lee Valley	04/03/2023	7.76
Laura Johnson	Sheffield	29/02/2015	7.88
Eleanor Frankland	Lee Valley	16/01/2016	8.0
Victoria Mitchell	Cardiff	10/03/2013	8.10
Laura Eagling	Birmingham	?/ ?/00	8.09i
Hannah Brown	King's Lynn	28/01/2018	8.2
H Goodall	King's Lynn	11/02/2001	8.3i
Hannah Pain	King's Lynn	29/01/2023	8.30
60m H			
Kirsty Sait-Stewart	Lee Valley	08/02/2020	9.19
Katie Daniels	King's Lynn	27/01/2019	9.8
Hannah Pain	King's Lynn	30/01/2022	9.9
Rose Fairhurst	Lee Valley	08/01/2023	10.25
Amy Moses	King's Lynn	30/01/2022	12.2
75m			
H Goodall	Great Yarmouth	29/03/2001	9.9
Steph Jordan	Great Yarmouth	07/04/2005	10.5
Holly Durbridge	Great Yarmouth	21/04/2011	11.1
100m			
Clieo Stephenson	Chelmsford	02/06/2013	11.70
Serena Grace	Stratford	12/09/2021	11.87
Evie Patrick	Lee Valley	12/03/2023	11.96
Emily Parr	Basingstoke	25/04/1998	12.2
Victoria Mitchell	Bury St Edmunds	01/07/2012	12.4
Laura Johnson	Lee Valley	16/05/2015	12.49
L Wells	Croydon	21/07/2002	12.5
Hannah Brown	King's Lynn	29/04/2018	12.6
L Symonds	Great Yarmouth	09/05/1999	12.7
Eleanor Frankland	Stevenage	29/05/2016	12.8
150m			
Serena Grace	Kettering	21/08/2021	18.29

H Goodall	Great Yarmouth	29/03/2001	20.0
Steph Jordan	Great Yarmouth	07/04/2005	20.5
Holly Durbridge	Great Yarmouth	12/04/2012	21.9
H Mubaba	Great Yarmouth	07/04/2005	23.7
200m			
Cleo Stephenson	Woodford Green	28/04/2013	24.79
Serena Grace	Gillingham	03/09/2022	24.32
Evie Patrick	Lee Valley	29/05/2023	25.04
Hannah Brown	Bromley	23/06/2018	25.3
Victoria Mitchell	Cambridge	10/08/2013	25.4
Laura Johnson	Birmingham	12/07/2014	25.50
L Wells	Eton	23/06/2002	25.9
Hannah Pain	Boston	24/06/2023	26.1
Claire Everett	Norwich	25/05/1997	26.3
Jemma Thake	Copthall	22/06/2003	26.3
Kirsty Hollings	Norwich	15/05/2005	26.3
Emily Parr	Great Yarmouth	10/05/1998	26.4
400m			
Emily Parr	Bedford	30/05/1998	55.32
Hannah Brown	Bedford	09/06/2018	56.26
Rachel Stringer	Norwich	27/07/2008	56.3
Claire Everett	Norwich	10/05/1997	58.6
Jemma Thake	Copthall	22/06/2003	58.6
Belinda Clark	Lee Valley	11/06/2016	58.71
Barbara Parker	Guildford	29/07/2001	58.8
Georgie Bowett	Norwich	13/05/2017	58.9
Hannah Pain	Lee Valley	05/02/2023	59.10
Katie Clark	King's Lynn	09/08/2015	59.3
600m			
Rachel Brown	Great Yarmouth	07/04/2005	1.46.6
800m			
Rachel Stringer	Watford	30/07/2008	2.05.31
Barbara Parker	Watford	25/07/2001	2.10.0
Kate Willis	Birmingham University	12/05/2021	2.11.78
Iona Lake	Norwich	27/07/2010	2.12.4
Femke Rosbergen	Eltham	14/07/2021	2.13.88
Helen South	Norwich	13/05/2001	2.14.3
Sam Jacks	Watford	29/07/2009	2.14.72
Emily Clarke	Watford	30/05/2005	2.15.19
Cicely Hall	Norwich	14/06/1997	2.15.5
Georgie Bowett	Cambridge	18/06/2017	2.15.6
1500m			
Ruth Senior	Watford	23/08/2006	4.28.96
Iona Lake	Manchester	19/05/2012	4.30.20
Megan Gadsby	Chelmsford	02/05/2022	4.30.53
Femke Rosbergen	Bedford	19/06/2021	4.30.57
Rachel Stringer	Watford	29/07/2009	4.30.99
Dani Nimmock	Watford	26/08/2009	4.33.47
Ruth Proctor	Wakefield	07/07/2002	4.33.6
Hattie Reynolds	Norwich	14/04/2023	4.34.33
Emily Clarke	Gateshead	08/07/2006	4.35.04
Kate Willis	Norwich	30/04/2021	4.36.8
3000m			

Ruth Senior	Crystal Palace	28/07/2006	9.32.72
Ruth Proctor	Loughborough	08/06/2003	9.37.4
Megan Gadsby	Watford	04/05/2022	9.42.67
Hattie Reynolds	Norwich	14/05/2023	9.47.2
Dani Nimmock	Crystal Palace	25/07/2009	9.49.57
Iona Lake	Norwich	14/07/2012	9.54.5
Holly Rowland	Oedt, GER	13/06/2007	10.03.69
Millie Solway	Watford	31/05/2017	10.14.41
Nastassja Potgieter	Watford	29/05/2013	10.16.76
Femke Rosbergen	Norwich	14/05/2021	10.20.9
Olivia Walwyn	Eton	23/06/2002	10.23.4
5000m			
Ruth Proctor	Eton	14/06/2003	16.47.9
Ruth Senior	Norwich	17/07/2006	17.39.7
Dani Nimmock	Bedford	02/05/2009	17.45.82
Olivia Walwyn	Liverpool	06/07/2003	18.05.05
Ella Sharrock	Parliament Hill	10/04/2019	19.04.33
Mabel Beckett	Norwich	02/06/2013	19.19.4
Emily Cahir	Norwich	22/05/2021	19.51.5
Ella Walker	Norwich	22/05/2021	19.58.2
Sophie Alden	Norwich	07/06/2015	19.58.8
Hannah Maher	Crawley	19/05/2019	20.05.58
100m hurdles			
Hayley G Smith	Ipswich	23/05/1999	14.7
Catherine Holdsworth	Ware	19/06/2005	14.8
Mia Bailey	Chelmsford	19/06/2022	15.38
Maria Garavand	Liverpool	06/07/2003	15.5
Claire Everett	Norwich	17/05/1997	15.7
Katie Daniels	Bury St Edmunds	08/09/2018	15.7
Katie Clark	Colchester	25/05/2015	15.9
Hannah Pain	Sportcity	27/05/2023	16.01
Liz Barnes	Eton	20/06/2004	16.2
Kirsty Sait-Stewart	Norwich	12/09/2020	16.2
400m hurdles			
Cicely Hall	Bad Homburg (Germany)	07/06/1997	60.83
Maria Garavand	Sheffield	11/07/2003	61.88
Meg Willis	Chelmsford	18/06/2023	61.73
Rebecca Pike	Lee Valley	16/08/2009	63.90
H Magrath	Lincoln	20/06/1998	64.2
Katie Clark	Gateshead	11/07/2015	64.90
Lyndsey Yellop	Ipswich	21/06/1997	66.0
Emma Smith	Harrow	27/07/2003	66.8
Laura Green	Copthall	18/04/2010	67.53
Laura Warman	Stevenage	05/05/2008	68.4
1500m steeplechase			
Hattie Reynolds	Norwich	10/06/2023	4.54.7
Ruth Senior	Birmingham	23/04/2006	4.55.3
Iona Lake	Norwich	22/07/2012	5.04.1
Mabel Beckett	Birmingham	06/07/2013	5.25.84
Sophie Peach	Norwich	29/08/2021	5.35.6
Ella Sharrock	Norwich	12/05/2019	5.36.0
Lucy Emmett	Norwich	20/05/2018	5.41.7
Kiera Mooney	Sandy	24/06/2012	5.55.3
Hannah Maher	Norwich	31/05/2015	6.01.7
Juliette Broster	Norwich	01/09/2012	6.09.2

<u>2000m steeplechase</u>			
Ruth Senior	Bedford	29/05/2006	6.51.69
Dani Nimmock	Copthall	02/09/2007	6.58.77
Iona Lake	Luton	14/07/2012	7.12.4
Emily Clarke	Abingdon	04/09/2005	7.23.73
Sophie Peach	Norwich	20/06/2021	7.42.6
Lucy Emmett	Milton Keynes	14/04/2018	8.13.71
Hannah Maher	Bromley	15/08/2015	8.24.09
Ellie Taylor	Reading	15/06/2019	9.08.80
Katie Goldsmith	Reading	15/06/2019	9.09.01
Naryce Anderson	Gillingham	17/08/2019	9.15.12
<u>3000m steeplechase</u>			
Ruth Senior	Beijing (China)	15/08/2006	10.12.50
Hattie Reynolds	Cardiff	25/06/2023	10.20.7
Iona Lake	Birmingham	24/06/2012	10.36.06
Dani Nimmock	Crystal Palace	25/08/2007	11.09.76
<u>High Jump</u>			
Daisy Dalrymple	Norwich	12/06/2021	1.70
Claire Everett	Barnet Copthall	24/08/1997	1.65
Lucy Ann Williams	Norwich	14/06/2014	1.63
C Head	Great Yarmouth	09/05/1998	1.55
Barbara Parker	Newport	16/07/2000	1.55
Emma Smith	Harrow	22/06/2003	1.55
Chloe Smith	King's Lynn	31/01/2010	1.55
Laura Green	Norwich	08/08/2010	1.55
Katie Daniels	Milton Keynes	14/04/2018	1.55
Amy Matthews	Norwich	13/05/2018	1.55
<u>Pole Vault</u>			
Sasha Birrell	Chelmsford	18/04/2014	3.20
E Beckingsale	Norwich	14/06/1997	2.85
Sarah Kett	Sandy	24/06/2012	2.70
Bethan Amblin	Lee Valley	05/12/2021	2.62
Amy Seaman	Copthall	22/06/2003	2.50
Georgina Lake	Norwich	13/06/2009	2.50
C Head	Bath	05/07/1998	2.30
Charleen Glen	Woking	22/08/1998	2.00
Barbara Parker	Ashford	07/05/2000	1.90
Polly Francis	Eton	23/06/2002	1.90
Hannah Pain	Colchester	20/05/2023	1.90
<u>Long Jump</u>			
Catherine Holdsworth 2nd claim	Ware	19/06/2005	5.96
Claire Everett	Norwich	17/05/1997	5.41
Laura Green	Watford	04/05/2010	5.40
Emily Parr	Croydon	07/06/1998	5.39
Ellen Davies	Tidworth	18/05/2003	5.38
C Head	Great Yarmouth	10/05/1998	5.28
Eleanor Frankland	Norwich	11/06/2016	5.26
Hannah Pain	Boston	24/06/2023	5.23
Meg Willis	Lee Valley	01/02/2023	5.22
Rebecca Allen	Chelmsford	01/07/2001	5.20
Rebecca Fisher	Norwich	27/07/1997	5.18
<u>Triple Jump</u>			
Daisy Dalrymple	Norwich	20/06/2021	11.62

Laura Green	Norwich	26/06/2011	11.57
Sally Ash	St Albans	22/08/1999	11.34
Sophie Bishop	Norwich	20/05/2018	11.05
Claire Everett	Derby	09/08/1997	10.99
Ellen Davies	Norwich	11/05/2003	10.95
E Graves	Norwich	17/05/1997	10.82
Rebecca Allen	Guildford	29/07/2001	10.81
Eleanor Brown	Bedford	31/05/2021	10.78
Julie Chandler	Copthall	28/04/2002	10.66
Shot Putt			
A-L Howard	Norwich	17/05/1997	12.36
Claire Everett	Sheffield (Don Valley)	11/07/1997	11.82
Ellen Cunningham	Norwich	15/05/2022	11.49
Kayleigh Southgate	Tipton	11/06/2006	10.97
C Head	Lincoln	20/06/1998	10.70
Gemma Thrower	Great Yarmouth	25/05/2013	10.03
Isabelle Howard	Great Yarmouth	09/05/1998	9.86
S Brough	Eton	23/05/2004	9.82
Elspeth Jamieson	Norwich	19/04/2014	9.67
Hannah Pain	Boston	16/09/2023	9.42
K Franklin	Ipswich	21/06/1997	9.10
Hammer			
Jenna Cannell	Woodford Green	27/06/2010	46.32
Megan Boon	Bedford	29/04/2007	43.83
Gemma Vickery	Birmingham	05/07/2013	43.63
A-L Howard	Cambridge	10/08/1997	39.26
Ellie Jackson	Norwich	16/06/2007	35.41
Amy Seaman	Norwich	11/05/2003	32.72
Poppy Hewitt	Norwich	14/05/2022	32.54
Megan Thomas	Great Yarmouth	08/05/2011	32.71
Laura Seaman	Walthamstow	18/08/2002	29.89
Jenny Higgins	Norwich	02/04/2010	23.14
Discus			
K Franklin	Barnet Copthall	24/08/1997	36.94
Laura Seaman	Eton	23/06/2002	36.12
Gemma Thrower	Bury St Edmunds	01/09/2013	32.12
Megan Thomas	Bury St Edmunds	12/02/2011	30.31
Isabelle Howard	Lincoln	20/06/1998	29.26
Jenna Cannell	Norwich	25/07/2010	29.14
C Head	Norwich	30/05/1998	29.03
Gemma Vickery	Peterborough	26/08/2013	28.87
Poppy Walker	Norwich	03/10/2021	27.10
Jemma Spencer	Norwich	24/07/2016	26.37
Javelin			
Steph Burt	Bedford	25/06/2011	44.63
C Head	Great Yarmouth	10/05/1998	44.38
Elspeth Jamieson	Bedford	21/06/2014	43.84
Gemma Thrower	Hendon	11/08/2013	38.82
Hannah Pain	Bedford	16/09/2023	33.74
Katie Daniels	Cambridge	30/06/2019	33.39
Jemma Spencer	Norwich	24/07/2016	33.11
Laura Seaman	Great Yarmouth	12/05/2002	33.01
Ruth Watkins	Copthall	25/04/2004	31.26
Eden Harrison	Norwich	22/05/2021	30.44
Barbara Parker	King's Lynn	16/04/2000	29.66

Pentathlon			
Grace Ashworth	Peterborough	27/09/2015	2218
E Fitt	Peterborough	27/09/1998	2201
Heptathlon			
Claire Everett	Enfield	02-03/08/97	4630
Hannah Pain	Boston	24/06/2023	4376
Katie Daniels	Bedford	16/09/2018	3687
K Marsh	Hull	19-20/09/98	3386
Charleen Glen	Hull	19-20/09/98	3215
E Fitt	Hull	19-20/09/98	3028
H Magrath	Hull	19-20/09/98	2952
Under 20 Men			
100m			
Jack Dearden	Bedford	31/05/2015	10.68
Ben Watkins	Ipswich	21/06/1997	10.8
Harry Taylor	Birmingham	12/07/2019	10.83
James Digby	Norwich	08/05/2004	10.9
Tom Roe	Liverpool	05/05/2001	11.0
Ben Matsuka-Williams	Norwich	14/05/2016	11.0
Ross McLachlan	Hendon	28/06/2015	11.03
Louis Albrow	Lee Valley	27/07/2021	11.0
Daniel Yellop	Norwich	25/05/1997	11.1
Michael Fraser	Walton	13/06/2009	11.1
Kieran Shah	Norwich	15/07/2015	11.1
Joel Burgess	Norwich	13/05/2023	11.1
Calvin Smith	Norwich	13/05/2023	11.1
200m			
Harry Taylor	Gillingham	17/08/2019	21.8
Calvin Smith	Lee Valley	27/05/2023	21.81
Ben Matsuka Williams	Lee Valley	05/07/2017	21.89
Jack Dearden	Stevenage	18/04/2015	21.95
Ben Watkins	Sheffield	07/06/1997	22.0
James Digby	Norwich	08/05/2004	22.0
Joel Burgess	Norwich	24/04/2022	22.2
Elliott Holland	St Ives	13/05/2015	22.25
Ben Hamblin	King's Lynn	21/06/2003	22.3
Richard Taylor (2nd claim)	Basildon	10/07/2011	22.35
300m			
Calvin Smith	London CT	03/09/2023	35.8
Michael Fraser	Gt Yarmouth	10/04/2008	36.6
Ben Matsuka-Williams	Great Yarmouth	14/04/2016	36.7
Joe Smythe	Lee Valley	02/12/2018	36.7
Jack Strachan	Great Yarmouth	17/04/2014	37.0
Matthew Grapes	Great Yarmouth	17/04/2014	39.0
Adam Szuch	Gt Yarmouth	15/04/2010	43.0
400m			
Elliott Holland	Lee Valley	23/05/2014	48.72
Michael Fraser	Malta	26/04/2009	49.1
Calvin Smith	Bromley	09/07/2023	49.26
Paul Goodall	Birmingham	10/07/2005	49.45
Tom Roe	St Ives	13/06/1999	49.6
Joel Burgess	Walton	04/06/2023	49.84

Ben Hamblin	Eton	20/06/2004	50.0
A Thornton	Copthall	02/05/2004	50.2
Joe Smythe	Lee Valley	02/02/2019	50.26
Rick Ward	Norwich	10/05/2008	50.3
600m			
Kai Beadle	Great Yarmouth	11/04/2019	1.25.2
Daniel Beier	Crawley	22/03/2002	1.27.4
James O' Neill	King's Lynn	22/03/1998	1.30.3
Dominic Oliver	Great Yarmouth	25/04/2013	1.40.6
800m			
Rick Ward	Watford	14/06/2008	1.48.06
Henry Jonas	Watford	23/08/2023	1.49.46
Scott Greeves	Watford	26/08/2015	1.51.70
James Senior	Street	04/05/2009	1.51.94
Mitch Goose	Solihull	28/06/2008	1.52.5
Tom Greenacre	Watford	21/08/2019	1.54.29
Tom Hook	Norwich	12/07/2014	1.54.4
Tyler Bilyard	Norwich	26/09/2020	1.54.7
Carl Goose	Derby	05/06/2004	1.57.4
Martainn Ramsey	Stevenage	30/07/2011	1.57.7
1000m			
Daniel Beier	Crawley	22/03/2002	2.45.7
Conrad Winter	Sheffield	08/01/2023	2.57.83
Ethan Ellis	Sheffield	08/01/2023	3.05.75
1500m			
Scott Greeves	Watford	15/07/2015	3.45.73
Tom Hook	Watford	16/07/2014	3.46.03
Mitch Goose	Watford	14/06/2008	3.46.28
Henry Jonas	Loughborough	09/08/2023	3.50.17
Rick Ward	Manchester	19/07/2008	3.54.4
James Senior	Twickenham	03/06/2009	3.56.78
Ashley Harrell	Manchester	31/05/2008	3.57.7
Tom Greenacre	Watford	24/07/2019	3.58.05
Tim Bongaerts	Tooting Bec	26/07/2023	3.58.53
James Jackson	Watford	15/07/2009	3.58.58
Mile			
Mitch Goose	Peterborough	13/08/2008	4.09.4
Tom Hook	Watford	31/05/2014	4.09.83
Henry Jonas	Norwich	30/08/2023	4.15.98
Logan Smith	Norwich	13/05/2017	4.29.8
S Cannell	Crystal Palace	06/08/2005	4.30.98
Tim Bongaerts	Norwich	30/08/2023	4.32.78
Matthew Grapes	Great Yarmouth	17/04/2014	5.15.9
Kieran McFarlane	Great Yarmouth	11/04/2019	5.23.7
George Gay	Norwich	11/09/2015	4.57.1
2000m			
James O'Neill	King's Lynn	22/03/1998	6.13.0
3000m			
Tom Hook	Watford	04/06/2014	8.18.77
Mitch Goose	Crystal Palace	27/07/2008	8.25.44
Jack White	Watford	30/05/2018	8.37.18
Jordan Ali	Watford	18/05/2011	8.38.25

Ashley Harrell	Watford	30/05/2007	8.41.65
Will Simm	Watford	08/09/2021	8.42.16
Rick Ward	Crystal Palace	03/08/2007	8.43.71
James Senior	Watford	05/05/2010	8.43.98
Stuart Huntington	Watford	11/07/2007	8.44.20
Scott Greeves	Watford	26/08/2015	8.45.90
5000m			
Tom Hook	Sportcity	31/05/2014	14.25.25
Mitch Goose	Loughborough	18/05/2008	14.43.97
Jack White	Lee Valley	15/05/2019	15.04.35
Ruben Andrews	Norwich	14/05/2022	15.24.1
Louis Hubbard	Norwich	30/08/2003	15.30.6
Craig Hopkins	Bedford	23/06/2007	15.36.88
Harry Smith	Norwich	13/05/2023	15.43.9
Henry Jonas	Norwich	10/09/2022	15.47.1
Ben Whitworth	Liverpool	05/05/2001	15.49.2
Jordan Ali	Manchester	28/05/2011	15.51.66
10000m			
Ben Whitworth	Bedford	20/05/2001	33.43.7
110m hurdles			
C Roberts	Norwich	25/07/1999	14.5
Francis Baker	Southampton	17/09/2005	14.59
Daniel Everett	St Albans	22/08/1999	15.5
Steven Hadley	Chelmsford	02/06/2013	15.5
Conrad Winter	Norwich	10/06/2023	15.5
R Fuller	Abingdon	10/09/2000	16.2
Eljay Secker	Grantham	13/05/2023	16.23
I Babb	Welwyn	29/07/2001	16.6
Ben Frosdick	Barking	01/07/2007	16.6
Chris Marshall	Norwich	15/05/2010	16.6
400m hurdles			
Daniel Everett	St Albans	22/08/1999	55.9
Joe Collins	Peterborough	03/05/1997	57.0
M Dunkeld	Copthall	25/04/2004	57.1
James Senior	Hendon	30/08/2009	57.2
D Howarth	Ipswich	21/06/1997	57.5
Daryl Martin	Norwich	27/07/2008	57.6
Chris Marshall	Hendon	28/08/2010	57.64
Steven Hadley	Woodford Green	28/04/2013	58.84
Paul Goodall	Abingdon	10/09/2005	59.4
R Fuller	Cardiff	08/07/2000	61.2
2000m steeplechase			
Joe Collins	Derby	09/08/1997	5.53.5
James Senior	Bromley	27/07/2009	5.53.8
Ashley Harrell	Basildon	27/05/2007	6.01.2
Louis Hubbard	Norwich	11/06/2003	6.07.9
Steven Cannell	Birmingham	10/07/2005	6.08.21
Tom Hook	Cambridge	10/08/2013	6.17.09
G Watts	Enfield	22/05/2005	6.24.1
Steve Baldwin	Norwich	25/07/1999	6.25.7
Ben Stratton (2nd Claim)	Copthall	18/04/2010	6.29.72
Martyn Bath	Bedford	29/04/2007	6.35.7
3000m steeplechase			

Tom Hook	Bedford	01/06/2014	9.10.34
Joe Collins	Bedford	05/07/1997	9.14.0
Ashley Harrell	Norwich	10/05/2008	9.21.5
James Senior	Bedford	25/06/2011	9.37.03
Steven Cannell	Bedford	31/07/2005	9.37.57
Louis Hubbard	Rugby	31/08/2002	9.38.1
Matthew Dack	Enfield	19/06/2005	9.52.7
Logan Smith	Ipswich	20/05/2017	9.56.4
James Jackson	Eton	11/07/2009	9.57.9
John Dungar	Corby	29/06/1997	10.22.0
High Jump			
H Butt	King's Lynn	11/06/2003	1.98
L Foster (2nd claim)	Enfield	22/05/2005	1.90
Matthew Grapes	Norwich	06/06/2015	1.90
Francis Baker	Woodford	26/06/2005	1.89
Conrad Winter	Norwich	26/06/2022	1.86
S Bishop	Peterborough	03/05/1997	1.85
Jerry Dasaolu	Norwich	29/03/2014	1.85
Kai Beadle	Great Yarmouth	23/06/2019	1.82
I Babb	Norwich	12/08/2001	1.80
A Townley	Peterborough	29/04/2001	1.80
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	1.80
Harry Taylor	Braintree	21/07/2019	1.80
Ethan Ellis	King's Lynn	29/01/2023	1.80
Pole Vault			
Ed Bormann	Lee Valley	13/06/2015	4.40
J Palmer	Peterborough	03/05/1997	4.00
Francis Baker	Ipswich	21/08/2005	4.00
Ed Skinner	Norwich	25/07/2010	3.95
Jacob Brown	King's Lynn	11/12/2021	3.90
Conrad Winter	Bedford	16/09/2023	3.90
Oliver Brice	Stevenage	12/08/2012	3.70
L Smith	Great Yarmouth	12/05/2002	3.60
Scott Hawes	Ipswich	05/05/2007	3.40
Eljay Secker	Boston	07/07/2023	2.85
Long Jump			
James McLachlan	Indianapolis IN USA	08/05/2011	7.63
Ross McLachlan	Bedford	20/06/2015	7.27
Tom Roe	Liverpool	05/05/2001	7.19
Scott Leeder	Cambridge	14/08/2021	7.17
Conrad Winter	Bedford	16/09/2023	7.11w 7.10
Francis Baker	Cambridge	05/09/2005	6.84
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	6.78
Wesley Matsuka Williams	Bromley	28/05/2017	6.78
Jordan Harry	Norwich	12/07/2014	6.52
Jack Dearden	Stevenage	29/05/2016	6.48
Kieran Shah	Peterborough	14/08/2016	6.44
Triple Jump			
Wesley Matsuka Williams	Loughborough	20/05/2018	15.32
James McLachlan	Sheffield	11/07/2009	15.26
Jordan Harry	Bedford	19/06/2016	14.16
Conrad Winter	Norwich	11/06/2022	14.02
Zak Collins-Iddi	Norwich	14/05/2023	13.80
Tom Roe	Corby	11/06/2000	13.34
Jerry Dasaolu	Abingdon	17/05/2014	13.28

Miles Atkinson	Norwich	13/05/2017	13.01
M Turner	Norwich	10/05/1997	12.75
Tom Lake	Bromley	15/08/2015	12.72
Paul Goodall	Cophthall	25/04/2004	12.69
Shot Putt			
Oliver Massingham	Swansea	25/07/2018	14.93
Michael Painter	Cambridge	24/03/2012	14.50
J Hunt	Exeter	10/07/1998	13.92
Callum Brown	Chelmsford	02/06/2013	13.18
James Cunningham	Norwich	08/06/2019	12.33
Conrad Winter	Sheffield	07/01/2023	13.70
N Smith	Ware	17/08/2003	12.20
Danny Clayton	Norwich	22/04/2011	11.98
Sam Coe	Colchester	29/07/2007	11.85
T Lansdale	Enfield	22/05/2005	11.59
Hammer			
Michael Painter	Bedford	10/06/2012	73.34
Callum Brown	Mannheim GER	23/06/2012	73.09
Sam Coe	Gateshead	02/05/2007	60.22
S McKeivitt	Enfield	22/05/2005	49.10
Jaquan Moore	Norwich	12/05/2018	45.91
G Buffham	Braintree	13/08/2000	44.83
O Moore	Peterborough	29/04/2001	38.93
L Evans	Basildon	24/07/2005	33.60
S Lemmon	Norwich	21/09/1997	32.66
Scott Hawes	Colchester	29/07/2007	30.10
Discus			
Michael Painter	Woodford Green	28/04/2013	53.33
Oliver Massingham	Bedford	17/06/2018	52.90
Conrad Winter	Norwich	13/05/2023	42.96
Callum Brown	Norwich	14/05/2012	41.68
D Dye	Norwich	17/06/2001	39.40
Eljay Secker	Boston	03/09/2023	36.40
J Hunt	Lincoln	20/06/1998	36.20
Sam Coe	Great Yarmouth	12/05/2007	35.50
Jahmal Mills (2nd Claim)	Hendon	24/05/2009	33.92
Daniel Bainbridge	Norwich	24/07/2016	33.29
Javelin			
Oliver Bradfield	Bedford	18/08/2013	64.03
Daniel Bainbridge 800g	Peterborough	10/09/2016	59.52
J Wray	Bebington (Wirral)	04/07/1998	54.62
Harry Newenham	Loughborough	08/06/2011	53.78
Conrad Winter	Bedford	16/09/2023	53.38
Ed Skinner	Woodford Green	27/06/2010	49.82
N Smith	Ware	17/08/2003	46.80
Callum Brown	Bury St Edmunds	01/09/2013	46.63
Graham Haw	Bury St Edmunds	17/08/2014	46.02
Alex Jewkes	Norwich	12/05/2007	46.01
Decathlon			
Conrad Winter	Boston	24/06/2023	6625
Francis Baker	Stoke	10/06/2006	6580
K Black	Bedford	28/06/1997	4444
Eljay Secker	Bedford	17/09/2023	5473

Senior Women			
100m			
Serena Grace	London CT	16/07/2023	11.59w 11.69
Cleo Stephenson	Bedford	03/05/2015	11.88
Emily Symonds	Stoke	06/08/2000	12.2
Laura Johnson	Sheffield	20/05/2017	12.4
Lyndsey Yellop	Chelmsford	01/07/2001	12.8
Victoria Mitchell	Norwich	19/04/2014	12.80
Melanie Brown	Great Yarmouth	28/07/2002	12.9
Hannah Brown	Norwich	15/08/2020	12.9
Eleanor Frankland	Bromley	13/01/1900	13.05
Karen Mok Chui Yin	Norwich	13/05/2023	12.8
200m			
Serena Grace	London CT	16/07/2023	24.10
Emily Symonds	Rugby	22/07/2000	25.1
Melanie Brown	Wakefield	07/07/2002	25.56
Hannah Brown	Norwich	12/05/2019	25.7
Laura Johnson	Bedford	01/05/2017	25.46w/25.74
Victoria Mitchell	Norwich	19/04/2014	25.9
Roz Gonse	Tidworth	18/05/2003	26.0
Lyndsey Yellop	King's Lynn	08/08/2004	26.1
Jemma Thake	Copthall	05/06/2005	26.4
Sarah Knights	Woking	22/08/1998	26.6
Karen Mok Chui Yin	Norwich	14/05/2023	26.7
400m			
Emily Symonds	Rugby	03/06/2001	55.5
Melanie Brown	Wakefield	07/07/2002	56.16
Rachel Stringer	Birmingham	24/02/2010	56.88
Hannah Brown	Lee Valley	06/04/2019	57.14
Sarah Knights	Newport	16/08/1998	57.8
Claire Everett	Rugby	31/07/2005	57.9
C Hall	Great Yarmouth	09/05/1998	58.3
Rebecca Buller	Grimsby	11/07/1999	58.4
Jemma Thake	Copthall	05/06/2005	58.6
Serena Grace	Lee Valley	21/01/2023	58.89
800m			
Sarah Knights	Loughborough	20/05/2001	2.06.2
Rachel Stringer	Loughborough	23/05/2010	2.07.15
Barbara Parker	Tallahassee FL USA	07/05/2011	2.07.18
Rebecca Buller	Solihull	05/09/1998	2.07.6
Sarah Astin	Watford	11/07/2018	2.09.90
Kelly Grant	Watford	26/08/2015	2.10.21
Iona Lake	Norwich	12/06/2014	2.10.7
Kelly Rushton	Watford	04/09/2013	2.11.02
Kate Willis	Birmingham Uni	10/01/1900	2.12.93
Jane Horner	Watford	16/07/1997	2.13.2
1500m			
Barbara Parker	Solihull	21/07/2012	4.11.52
Sarah Astin	Loughborough	23/06/2018	4.18.75
Kate Willis	Birmingham Uni	07/06/2023	4.20.70
Iona Lake	Berkley CA USA	04/04/2015	4.21.30
Kelly Grant	Watford	16/07/2014	4.25.18
Emily Ruane	Eltham	14/08/2021	4.25.57

Ruth Senior	Walnut USA	16/04/2010	4.26.24
Sarah Knights	Watford	30/08/2000	4.26.7
Sue Cripsey	Noirt France	11/08/2002	4.26.8
Isabel Rodriguez	Sheffield	17/02/2019	4.28.03
<u>Mile</u>			
Barbara Parker	Nashville FL USA	07/05/2011	4.30.51
Iona Lake	Boston USA	27/02/2016	4.36.11
Ruth Senior	Albuquerque NM USA	15/01/2011	4.54.66
Sam Jacks	Norwich	07/05/2021	5.01.5
<u>3000m</u>			
Barbara Parker	Boston	06/02/2010	8.52.90
Sarah Astin	Birmingham Uni	21/04/2021	9.11.37
Iona Lake	Watford	30/07/2014	9.22.61
Holly Rowland	Leverkusen GER	31/07/2009	9.26.66
Kate Willis	Birmingham Uni	24/06/2023	9.33.54
Ruth Senior	Watford	17/06/2009	9.29.28
Ruth Proctor	Sheffield	27/02/2005	9.41.64
Kelly Rushton	Watford	24/07/2013	9.45.57
Dani Nimmock	Cardiff	02/06/2018	9.46.18
Olivia Walwyn	Trafford	28/04/2009	9.52.50
<u>5000m</u>			
Barbara Parker	Olympic Park	07/08/2012	15.12.81
Ruth Senior	Palo Alto USA	01/05/2011	15.48.29
Sarah Astin	Stretford	08/05/2021	15.59.13
Iona Lake	Philadelphia PA USA	23/04/2015	16.15.93
Holly Rowland	Seattle WA USA	10/02/2012	16.19.69
Emily Ruane	Milton Keynes	17/07/2021	16.25.53
Lauren Howe	Nottingham	27/07/2019	16.38.71
Ruth Proctor	Gateshead	01/05/2004	16.46.3
Megan Gadsby	Sportcity	01/05/2023	17.02.83
Kate Robinson	Eagle Rock CA USA	10/03/2018	17.13.08
<u>10000m</u>			
Ruth Senior	Eugene OR USA	26/05/2011	33.33.23
Sarah Astin	Newport	06/03/2021	34.25.35
Holly Rowland	Stanford CA USA	29/04/2012	34.28.25
Dani Nimmock	Parliament Hills	19/05/2018	34.47.32
Megan Gadsby	Loughborough	22/04/2023	35.10.98
Olivia Walwyn	Gateshead	01/05/2004	37.02.8
E Collins	Bedford	03/05/1999	40.24.3
<u>100m hurdles</u>			
Roz Gonse	Bedford	03/05/2003	14.49
C Hall	Woking	22/08/1998	15.0
Miriam Arbach	Bedford	19/07/2014	15.24
A Wright	Basildon	02/08/1997	15.3
Claire Everett	Luton	18/06/2000	15.6
Lyndsey Yellop	Liverpool	06/08/2003	15.8
Rebecca Fisher	Huntingdon	08/08/1999	16.7
Sara Henderson	Norwich	11/05/2019	17.0
Becky Pike	Norwich	26/06/2010	18.1
Amy Seaman	Great Yarmouth	16/05/2004	18.5
<u>400m hurdles</u>			
C Hall	Bedford	25/05/1998	61.81
Barbara Parker	Ashford	01/08/2004	63.9

Miriam Arbach	Norwich	19/04/2014	64.6
Lyndsey Yellop	Bedford	20/05/2001	65.3
Meredith Winship	Mile End	18/06/2023	67.82
Becky Pike	Norwich	26/06/2010	68.6
Katie Clark	Norwich	14/05/2017	70.1
Jane Horner	Basildon	05/09/1998	72.6
E Collins	Havering	18/07/1999	73.4
Sophie Peach	Gillingham	13/08/2022	78.0
<u>1500m steeplechase</u>			
Iona Lake	Crawley	19/05/2019	5.04.35
Sophie Peach	Gillingham	13/08/2022	5.32.96
Amanda Jones	Chelmsford	22/05/2016	6.14.3
Tessa Killingbeck	West London	09/07/2016	6.28.3
Sara Henderson	Harrow	12/06/2022	6.45.79
<u>2000m steeplechase</u>			
Barbara Parker	Bedford	28/06/2003	6.36.5
Iona Lake	Bedford	05/05/2014	6.43.53
Ruth Senior	Bedford	02/05/2009	6.49.68
Emily Sharrock	Lee Valley	04/07/2021	7.22.78
C Hall	Gateshead	25/08/2000	7.31.7
Tessa Killingbeck	St Ives	20/07/2016	8.20.4
E Collins	Bath	02/05/1998	8.27.8
<u>3000m steeplechase</u>			
Barbara Parker	Eugene OR USA	02/06/2012	9.24.24
Iona Lake	Zagreb CRO	29/08/2017	9.39.03
Ruth Senior	Stanford USA	01/05/2010	10.09.14
<u>Pole Vault</u>			
Sasha Birrell	Chelmsford	15/07/2023	3.40
Joanne Hughes	Eton	04/08/2002	2.90
E Beckinsale	Corby	11/06/2000	2.70
C Head	Stoke	06/08/2000	2.70
Amy Seaman	Ashford	01/08/2004	2.60
Georgina Lake	Stevenage	30/07/2011	2.60
K Austin	Bedford	14/06/1998	2.30
Sally Ash	Liverpool	08/07/2001	1.90
E Collins	Coventry	05/08/2001	1.70
<u>High Jump</u>			
Claire Everett	Newport	04/07/2004	1.65
Miriam Arbach	Woodford	26/04/2014	1.56
C Head	Basildon	06/06/1999	1.55
Barbara Parker	Newport	03/08/2003	1.55
Caitlin Herbert	Bromley	23/06/2018	1.50
Hannah Brown	Gillingham	17/08/2019	1.50
Eleanor Brown	Harrow	12/06/2022	1.48
C Potter	King's Lynn	14/05/2000	1.45
Sara Henderson	Bury St Edmunds	08/09/2019	1.45
Katie Daniels	Gillingham	22/05/2022	1.45
<u>Long Jump</u>			
Roz Gonse	Tidworth	18/05/2003	5.50
Miriam Arbach	Norwich	19/04/2014	5.42
Carla Richardson- Rowe	Norwich	13/05/2023	5.24
Claire Everett	Stoke	30/07/2000	5.23
Eleanor Frankland	Norwich	20/06/2021	5.19

Rebecca Fisher	Eton	17/07/1999	5.17
Melanie Brown	Coventry	05/08/2001	5.13
Rebecca Allen	Norwich	11/08/2002	5.13
Sara Henderson	Norwich	17/06/2018	5.05
Julie Chandler	Norwich	17/04/2005	4.92
<u>Triple Jump</u>			
Sally Ash	Bedford	20/05/2001	11.19
Becky Allen	Norwich	11/08/2002	11.04
York See Chan	Bromley	13/07/2019	10.86
Daisy Dalrymple	King's Lynn	30/07/2023	10.85
Eleanor Brown	Sheffield	24/02/2023	10.80
Miriam Arbach	Hemel Hempstead	20/04/2013	10.75
Claire Everett	Coventry	05/08/2001	10.36
Julie Chandler	Norwich	15/05/2005	10.34
Caitlin Herbert	Norwich	20/05/2018	10.34
Georgina Lake	Stevenage	30/07/2011	9.78
<u>Shot Putt</u>			
Claire Everett	Eton	04/08/2002	12.66
Lorraine Henry	Corby	11/06/2000	12.14
A-L Howard	Basingstoke	25/04/1998	11.69
E Roberts	Eton	17/07/1999	10.50
Gemma Thrower	Norwich	17/06/2017	9.69
Laura Seaman	Norwich	11/05/2003	9.24
Megan Thomas	Great Yarmouth	25/07/2021	9.19
Gemma Vickery	Great Yarmouth	23/06/2019	8.90
Sara Henderson	Horspath	22/07/2017	8.59
Miriam Arbach	Walton	21/06/2014	8.37
<u>Hammer</u>			
Gemma Vickery	Eton	06/07/2019	53.66
Megan Thomas	Norwich	10/09/2022	39.73
Lorraine Henry	Norwich	22/08/1999	36.56
Olivia Birkett	Newport	04/07/2004	36.55
Laura Seaman	Great Yarmouth	16/05/2004	33.92
A-L Howard	Basingstoke	25/04/1998	28.84
Isabel Rowe	Norwich	17/06/2017	28.76
Sally Ash	Ashford	07/05/2000	23.52
Jenny Higgins	Norwich	22/04/2011	21.75
P-H Hiew	Guildford	22/05/1999	20.55
<u>Discus</u>			
Lorraine Henry	Grimsby	11/07/1999	40.64
Olivia Birkett	Norwich	17/04/2005	39.10
Megan Thomas	Harrow	12/06/2022	35.27
Laura Seaman	Great Yarmouth	16/05/2004	35.06
Gemma Vickery	Chelmsford	22/05/2016	30.54
Gemma Thrower	Battersea	19/08/2017	27.70
P-H Hiew	Grimsby	11/07/1999	27.32
A-L Howard	Basingstoke	25/04/1998	25.89
R Hedley	Rugby	03/06/2001	25.39
Holly Durbidge	Prague CZE	15/06/2013	24.28
<u>Javelin</u>			
Elspeth Jamieson	Bedford	17/06/2018	45.44
Gemma Thrower	Battersea	19/08/2017	44.15
C Head	Great Yarmouth	??/??/2000	43.76
E Roberts	Havering	18/07/1999	38.07

Emily Hoogkamer	Lee Valley	05/03/2016	34.04
Laura Seaman	Norwich	13/07/2003	33.94
Katie Daniels	Gillingham	22/05/2022	31.73
Lorraine Henry	Kingston	19/07/1997	29.72
Barbara Parker	Wakefield	07/07/2002	27.41
Claire Everett	Norwich	24/08/2002	27.39
Heptathlon			
Claire Everett	Bedford	15/07/2001	4616
Miriam Arbach	Bedford	20/07/2014	4284
Sara Henderson	Horspath	08/07/2018	3516
Senior Men			
100m			
Harry Taylor	Bedford	12/06/2021	10.48
M Woodhouse	Loughborough	26/04/1997	10.6
B Watkins	Great Yarmouth	09/05/1999	10.7
Kevin Santos T47	London CT	23/07/2023	10.78
James Walden	Lee Valley	06/04/2019	10.88
Kenneth Shrimpton	Lee Valley	21/06/2017	10.82
D Bandele	Sheffield	16/05/1998	10.9
Jack Dearden	Ipswich	20/05/2017	10.9
Kieran Shah	Bedford	04/05/2019	10.92
Louis Albrow	Norwich	14/04/2023	10.94
150m			
B Watkins	Peterborough	08/03/1998	16.7
G Ingram	King's Lynn	22/03/1998	17.8
Adam Szucs	Great Yarmouth	25/04/2013	19.5
Liam O'Dell	Great Yarmouth	11/04/2019	19.5
200m			
K Ulyatt	Bedford	27/07/1997	21.04
M Woodhouse	Antrim	06/05/1997	21.1
Harry Taylor	Loughborough	27/08/2023	21.33
D Bandele	Havering	08/08/1998	21.6
N Budden	Loughborough	21/05/1997	21.7
Kenneth Shrimpton	Norwich	16/07/2017	21.8
Kyle McLean	Colchester	20/05/2023	21.8
B Watkins	Watford	21/06/1998	21.75
Kieran Shah	Lee Valley	06/04/2019	22.0
J Shipp	Norwich	02/05/1998	22.1
300m			
B Watkins	Peterborough	01/04/2001	36.5
Dominic Oliver	Great Yarmouth	13/04/2017	40.2
Adam Szuch	Great Yarmouth	25/04/2013	41.8
Liam O'Dell	Great Yarmouth	14/04/2016	43.0
400m			
K Ulyatt	Birmingham	12/07/1997	46.78
N Budden	Birmingham	12/08/2000	46.81
P Goodall	Derby	22/08/2009	48.01
P Lloyd-Jones	Stoke	18/08/2001	48.6
J Shipp	Peterborough	03/05/1997	49.3
Rick Ward	Chelmsford	10/07/2010	49.39
D Bandele	Bebington (Wirral)	04/07/1998	49.5

De Wayne-Smith	Chelmsford	06/07/2002	49.7
Louis Albrow	Harrow	12/06/2022	49.80
Scott Greeves	Loughborough	22/04/2023	50.10
<u>800m</u>			
Paul Goodall	Kessel-Lo BEL	09/08/2014	1.48.19
Rick Ward	Watford	11/06/2011	1.49.5
Tom Love	Stretford	23/07/2011	1.50.07
Tyler Bilyard	Watford	12/06/2021	1.50.10
Mitch Goose	Lawrenceville NY USA	06/05/2012	1.50.71
Scott Greeves	Watford	14/06/2017	1.51.49
N Davy	Watford	11/08/1999	1.51.9
Carl Goose	Crystal Palace	17/06/2007	1.51.94
Ryan Saunders	Birmingham	20/08/2011	1.52.02
James Senior	Albuquerque NM USE	26/02/2012	1.52.59
<u>1500m</u>			
Tom Hook	Oordegem-Lede BEL	27/05/2017	3.43.16
Mitch Goose	Swarthmore PA USA	12/05/2014	3.43.18
Tommy Carroll	Cork IRE	02/07/2011	3.47.5
Ethan Haywood	Glendale AUS	31/01/2015	3.49.71
Ashley Harrell	Watford	30/06/2010	3.49.82
G Amos	Watford	30/08/2000	3.50.6
Scott Greeves	Lee Valley	12/06/2016	3.51.26
Paul Goodall	Stretford	03/05/2016	3.52.63
N Davy	Havering	08/08/1998	3.52.7
James Senior	Watford	24/06/2017	3.53.13
<u>Mile</u>			
Mitch Goose	New York NY USA	17/02/2012	3.59.26
Tom Hook	Oxford	23/07/2016	4.05.56
Tyler Bilyard	Norwich	14/05/2021	4.13.8
Nick Earl	Melbourne AUS	23/02/2016	4.15.4
James Senior	Norwich	14/05/2017	4.17.8
Ethan Haywood	Perth AUS	14/02/2015	4.19.07
K Murphy	Bedford	27/05/2001	4.23.0
T Salmon	Great Yarmouth	07/08/2005	4.32.1
B Gibson	Great Yarmouth	03/08/1997	4.33.0
J O`Neill	Great Yarmouth	25/07/2004	4.33.8
<u>3000m</u>			
Mitch Goose	Bury St Edmunds	01/07/2012	7.51.75
Nick Earl	Watford	27/07/2016	8.16.61
Tom Hook	Watford	20/04/2016	8.18.33
Alex Dunbar	Watford	03/05/2017	8.20.96
Logan Smith	Milton Keynes	22/05/2021	8.21.73
Ethan Haywood	Dublin IRE	24/07/2015	8.21.90
Guy Amos	Norwich	22/04/2001	8.24.1
James Senior	St Ives	29/07/2012	8.27.6
Tommy Carroll	Watford	27/06/2012	8.27.64
Ashley Harrell	Twickenham	03/06/2009	8.27.89
<u>5000m</u>			
Mitch Goose	Stanford	29/04/2012	13.34.41
Guy Amos	Solihull	23/06/2001	13.56.4
Nick Earl	Sportcity	29/05/2017	14.09.46
Alex Dunbar	Watford	24/06/2017	14.10.78
Ethan Haywood	Hobart AUS	25/01/2015	14.22.66
Ashley Harrell	Solihull	10/07/2010	14.27.33

Logan Smith	Milton Keynes	27/06/2019	14.31.39
S Huntington	Stretford	27/06/2009	14.41.36
Josh Entwistle	Watford	30/06/2013	14.52.70
Piers Arnold	Nottingham	27/06/2019	14.54.22
<u>10000m</u>			
Nick Earl	Geelong AUS	17/12/2016	29.34.11
Alex Dunbar	Parliament Hills	20/05/2017	30.00.16
Ethan Haywood	Highgate	21/05/2016	30.22.94
Josh Entwistle	Sandy	11/07/2013	30.59.0
Piers Arnold	Parliament Hill	19/05/2018	31.54.16
Carl Goose	Bedford	03/05/2010	32.05.25
Ashley Harrell	Olympic Park	06/05/2012	32.09.53
Luke Allen	Bedford	03/05/2010	32.49.49
Damien Rogers	Sandy	12/07/2012	33.10.0
R Sales	Enfield	19/07/1998	33.43.5
<u>110m hurdles</u>			
C Roberts	Peterborough	07/07/2001	14.7
D Everett	Cophall	21/07/2002	15.0
Liam Hunt	Bromley	13/07/2019	15.01
Nigel Taylor	Rugby	22/07/2000	15.5
Chris Marshall	Norwich	19/04/2014	15.7
G Ingram	Enfield	11/07/1999	16.0
Daryl Martin	Norwich	13/06/2009	17.0
D Costello	Enfield	16/08/1997	17.3
J Cox	Norwich	17/05/2008	17.3
M Walden	Sheffield	07/06/1997	17.4
N Jones	Norwich	04/07/2004	17.4
<u>60m hurdles</u>			
Nigel Taylor	Birmingham	29/01/2000	8.69i
Chris Marshall	Lee Valley	03/02/2016	9.29
<u>300m hurdles</u>			
G Ingram	King's Lynn	22/03/1998	40.3
<u>400m hurdles</u>			
James Greenhalgh	Sheffield	09/06/2021	53.76
Chris Marshall	Cardiff	14/07/2018	54.53
D Everett	Birmingham	19/06/2007	55.24
G Ingram	St Ives	13/06/1999	55.8
J Shipp	Peterborough	03/05/1997	56.7
Daryl Martin	Peterborough	31/08/2009	57.0
James Senior	Crystal Palace	14/06/2014	57.46
J Collins	Bebington (Wirral)	04/07/1998	58.1
Liam Hunt	Bracknell	15/07/2018	59.01
M Walden	Norwich	10/05/1997	59.8
<u>3000m steeplechase</u>			
Nick Earl	Albert Park AUS	25/02/2017	9.06.80
Ashley Harrell	Abingdon	20/09/2009	9.08.10
James Senior	Bedford	29/07/2017	9.08.34
Ethan Heywood	Sydney AUS	16/03/2016	9.08.25
Logan Smith	Loughborough	19/05/2019	9.14.75
Iain Robertson	Norwich	15/05/1999	9.17.0
S Cannell	Ilford	12/07/2008	9.21.5
K Murphy	Chelmsford	06/07/2002	9.24.2
G Amos	Enfield	11/07/1999	9.38.2

J Collins	Bath	02/05/1998	9.38.8
High Jump			
Matthew Grapes	Scotstoun	19/05/2019	2.00
Denis Costello	Derby	05/07/1997	1.95
D Bandele	Sheffield	05/06/1999	1.90
J Barry	Norwich	15/05/1999	1.90
Jon French	Great Yarmouth	16/08/1998	1.80
N Taylor	Enfield	19/07/1998	1.80
Tommy Roe	Rugby	31/08/2002	1.80
L Navard	Norwich	24/08/2002	1.80
N Jones	Norwich	08/05/2004	1.80
J Bendorowski	Colchester	07/06/2008	1.80
Dean Fox	Norwich	14/05/2023	1.80
Pole Vault			
G Chiles	Peterborough	03/05/1997	4.20
G Ingram	Sheffield	16/05/1998	3.80
J Palmer	Great Yarmouth	10/05/1998	3.80
N Jones	Norwich	08/05/2004	3.80
Ed Borrmann	Lee Valley	03/02/2016	3.80
J French	Sheffield	05/06/1999	3.00
C Roberts	Rugby	31/08/2002	2.60
Paul Goodall	Abingdon	20/09/2009	2.60
Michael Wiseman	Peterborough	15/06/2013	2.60
M Long	Walthamstow	03/05/1997	2.40
D Everett	Hemel Hempstead	25/09/2005	2.40
Long Jump			
James McLachlan	Walnut CA USA	19/04/2013	7.86
J French	King's Lynn	18/04/1999	7.38
T Roe	Great Yarmouth	12/05/2002	7.08
Scott Leeder	Bury St Edmunds	03/09/2023	6.97
N Jones	Norwich	23/05/2004	6.94
D Costello	Derby	05/07/1997	6.82
Nathan Protheroe	Cambridge	14/08/2021	6.72
A McCullugh	Derby	05/06/2004	6.44
D Everett	Great Yarmouth	07/08/2005	6.44
Jordan Harry	Bromley	23/06/2018	6.44
Triple Jump			
James McLachlan	Cedar Falla CA USA	01/03/2015	15.91
Wesley Matsuka Williams	State College PA USA	15/01/2022	15.25
Denis Costello	Peterborough	03/05/1997	14.69
Jon French	Sheffield	05/06/1999	14.69
Jordan Harry	Bedford	06/05/2018	14.51
D Wooler	Enfield	11/07/1999	13.86
N Jones	Abingdon	10/09/2005	13.20
Miles Atkinson	Sheffield	17/02/2018	13.11
M Woods	Norwich	23/05/2004	13.06
C Homoki	Worthing	28/06/2008	12.76
Shot Putt			
Michael Painter	Cambridge	16/05/2015	14.53
Neal Smith	Leicester	26/05/2018	13.83
J Hunt	Cambridge	05/09/2005	13.77
John Painter	Great Yarmouth	02/08/1998	13.46
Alun Williams	Watford	20/05/2000	12.98
Declan Manning	Sheffield	12/03/2023	12.51

Malcolm Fenton	Rugby	31/08/2002	12.49
Callum Brown	Norwich	17/09/2019	12.31
R Hunter	Norwich	11/08/2002	12.20
Sam Coe	King's Lynn	01/08/2009	11.76
<u>Hammer</u>			
Callum Brown	Bedford	30/07/2017	69.13
Sam Coe	Hendon	08/08/2010	66.07
Michael Painter	Bedford	04/05/2015	65.23
Malcolm Fenton	Rugby	31/08/2002	57.57
Alun Williams	Cardiff	02/06/2001	37.05
Declan Manning	Lee Valley	07/09/2019	37.02
Ed Borrmann	Croydon	08/07/2017	27.99
J Hunt	Abingdon	07/05/2005	27.15
G Ingram	Peterborough	07/07/2001	25.93
G Oakley	Ipswich	17/08/1997	22.08
<u>Discus</u>			
Michael Painter	Cambridge	16/05/2015	47.29
Oliver Massingham	Biggleswade	08/08/2019	46.79
John Painter	Great Yarmouth	09/05/1998	41.51
D Bauer	Kingston	03/07/2004	41.02
Alun Williams	Rugby	22/07/2000	40.57
Callum Brown	Norwich	15/07/2015	39.17
M Brown	Jarrow	05/08/2000	38.80
Declan Manning	Brisbane AUS	16/10/2019	37.37
G Ingram	Bedford	14/06/1998	36.06
J Hunt	St Ives	19/06/1999	35.94
<u>Javelin</u>			
Tim Newenham	Great Yarmouth	09/05/1999	55.91
T Lloyd	Derby	05/07/1997	53.38
Harry Newenham	Bedford	05/05/2014	53.36
J Wray	Sheffield	05/06/1999	53.16
A Sandle	Norwich	23/05/2004	49.63
R Hunter	Norwich	11/08/2002	48.51
G Ingram	Stoke	18/08/2001	48.07
P Temple	Havering	08/08/1998	47.35
Harvey Lake	Norwich	08/04/2022	46.65
Callum Brown	Bromley	15/08/2015	46.47
<u>Veteran Women</u>			
<u>60m</u>			
Melanie Brown (40+)	King's Lynn	29/01/2012	8.7
Steph Pain (40+)	Lee Valley	01/01/2017	8.7
Carole Filer (55+)	Tourun POR	25/03/2015	8.76
Yvonne Newton (45+)	Birmingham	26/02/2000	8.77i
Juli Zulu (35+)	Lee Valley	26/02/2011	9.01
Tanya Daniels	Torun POR	24/03/2015	9.07
Lyndsay Yellop (35+)	Lee Valley	10/02/2019	9.27
Sally Gilding (40+)	Lee Valley	06/03/2022	9.40
Mercy Ahomah (35+)	King's Lynn	26/01/2020	9.5
<u>100m</u>			
Melanie Brown (40+)	Ashford	30/04/2011	12.8
Carole Filer (40-44)	Bedford	18/10/1997	13.2

Sarah Knights (35+)	Wakefield	07/07/2002	13.7
Lisa Griffin (35+)	Great Yarmouth	12/05/20007	13.9
Yvonne Newton (45+)	Bedford	29/07/2000	14.0
Steph Pain (40+)	Birmingham	21/02/2016	14.2
Angie Alstrachen (35+)	Chelmsford	10/07/2005	14.3
Tanya Daniels (35+)	Bury St Edmunds	17/08/2014	14.3
Lyndsay Yellop (35+)	Bury St Edmunds	16/09/2018	14.3
Tanya Daniels (35+)	Norwich	14/05/2016	14.6
200m			
Carole Filer (40+)	King's Lynn	08/06/1997	27.2
Sarah Knights (35+)	Wakefield	07/07/2002	27.82
Lisa Griffin (35+)	King's Lynn	06/05/2007	28.1
Melanie Brown (40+)	Luton	14/07/2012	28.2
Steph Pain (45+)	Norwich	12/05/2019	28.8
Angie Alsrtachen (35+)	Chelmsford	10/07/2005	29.2
Tessa Pike (35+)	King's Lynn	06/08/1997	29.3
Yvonne Newton (45+)	King's Lynn	07/06/2000	29.7
Tanya Daniels (35+)	Bury St Edmunds	17/08/2014	29.7
S Bridgestock	Norwich	05/06/2002	30.4
400m			
Sarah Knights (35+)	Wakefield	07/07/2002	59.2
Melanie Brown (40+)	Chelmsford	04/07/2015	63.5
Tessa Pike (35-44)	Basildon	05/09/1998	63.8
Angie Alstrachen (35+)	Great Yarmouth	07/08/2005	65.5
Steph Pain (40+)	Lee Valley	10/03/2018	66.95
Frances Peters (35+)	Norwich	20/08/2017	69.1
Carole Filer (55+)	Hemel Hempstead	20/04/2013	69.3
C Duncan (35-44)	Cambridge	01/07/1998	69.8
B Hutcheon (45+)	Enfield	02/08/1997	70.67
Yvonne Newton (45+)	Birmingham	26/02/2000	71.19
800m			
C Forbes (35+)	Ljubjana SLO	02/08/2008	2.15.17
Sarah Knights (35+)	Great Yarmouth	12/05/2002	2.16.8
Tessa Pike (40+)	Ipswich	20/08/2000	2.22.2
Jane Clark (50+)	Luton	20/08/2011	2.25.1
C Duncan (35-44)	Basildon	05/09/1998	2.32.5
D Marsh (45+)	Bedford	09/09/2000	2.33.0
Carole Filer (40-44)	Solihull	08-09/08/98	2.37.3
B Hutcheon (45+)	Ipswich	17/08/1997	2.40.4
Angie Alstrachen (35+)	Norwich	01/06/2005	2.40.8
Louise Wilkinson (35+)	Peterborough	06/06/2001	2.41.0
Mile			
C Forbes (35+)	St Peter Port	31/08/2008	5.00.44
Jane Clarke (45+)	St Ives	22/07/2009	5.15.9
1500m			
C Forbes (35+)	Birmingham	06/07/2008	4.38.70
Jane Clarke (45+)	King's Lynn	15/08/2008	4.48.5
Tessa Pike (40+)	Bedford	30/07/2000	4.52.5
C Duncan (40+)	King's Lynn	07/07/1999	5.00.8
Maria Holland (45+)	Great Yarmouth	12/05/2002	5.03.1
Louise Wilkinson (35-44)	Great Yarmouth	09/05/1998	5.09.1
Claire Emmerson (40+)	Norwich	17/06/2017	5.12.7
D Marsh (45+)	King's Lynn	07/07/1999	5.13.3
K Dwyer (45+)	King's Lynn	08/06/1997	5.28.6

B Hutcheon (45+)	Enfield	02/08/1997	5.29.8
J May (45+)	Norwich	13/05/2001	5.41.3
3000m			
C Forbes (35+)	Watford	07/05/2008	10.10.13
Olivia Walwyn (35+)	Norwich	20/06/2021	10.15.5
Jane Clarke (45+)	Cambridge	06/08/2008	10.24.7
C Duncan (40+)	Grimsby	11/07/1999	10.37.2
Maria Holland (45+)	Coventry	19/05/2002	10.41.0
D Marsh (45+)	Bury St Edmunds	11/08/1999	10.48.1
Emma Risby (35+)	Norwich	27/04/2019	11.11.6
Tracey Curl (45+)	King's Lynn	01/06/2011	11.23.3
Karen Glen (35+)	Bedford	26/04/1997	11.44.8
Tessa Pike (45+)	Norwich	26/06/2010	11.50.3
5000m			
C Forbes (35+)	Ljubjana SLO	02/08/2008	17.22.20
Jane Clarke (45+)	Birmingham	05/07/2009	18.25.53
Louise Wilkinson (35+)	Norwich	14/05/1997	18.26.0
C Duncan (40+)	Rugby	09/07/2000	18.40.1
Emma Risby (35+)	Norwich	23/06/2019	19.36.3
K Dwyer (45+)	Norwich	14/05/1997	20.01.2
10000m			
Lynn Emmett (40+)	Birmingham	29/07/2007	40.10.31
C Duncan (45+)	Newport	11/07/1998	42.23.1
1500m steeplechase			
Tessa Killingbeck (40+)	Gillingham	19/08/2023	7.00.01
Gillian Loughlin (45+)	Ashford	30/04/2011	7.22.8
Carole Filer (55+)	Peterborough	21/04/2012	7.42.93
80m hurdles			
Carole Filer (40-44)	Solihull	10/08/1997	12.4
Steph Pain (40+)	Birmingham	24/06/2017	13.7
Lyndsay Yellop (35+)	Norwich	11/05/2019	13.9
Sally Gilding (40+)	Great Yarmouth	06/06/2021	14.6
Cherry Collins (45+)	King's Lynn	07/07/1999	16.2
K Schuil (45+)	King's Lynn	06/08/1997	17.7
K Marsh ()	Norwich	28/04/2002	18.0
100m hurdles			
Carole Filer (40-44)	Norwich	30/05/1998	16.3
Cherry Collins (50+)	Wakefield	07/07/2002	17.3
Maria Solinas (35+)	Norwich	20/06/2021	18.9
Sally Gilding (40+)	Norwich	05/09/2021	20.2
Angie Alstrachen (35+)	Chelmsford	10/07/2005	20.3
Lisa Griffin (40+)	Great Yarmouth	20/06/2010	21.0
Tanya Daniels (35+)	Great Yarmouth	12/06/2016	20.8
Steph Pain (40+)	Bury St Edmunds	16/09/2018	22.7
400m hurdles			
Carole Filer (45+)	Eton	22/06/2001	67.9
Tessa Pike (35+)	Bromley	07/06/1997	69.4
Maria Solinas (35+)	Norwich	20/06/2021	80.0
Tanya Daniels (35+)	King's Lynn	06/07/2016	82.4
Yvonne Newton (45+)	Bedford	11/09/1999	85.9
Sally Gilding (40+)	Norwich	10/09/2022	88.5
K Schuil (45+)	Cambridge	02/07/1997	89.9

Tessa Killingbeck (40+)	Gillingham	19/08/2023	92.28
300m hurdles			
Carole Filer (50+)	Sacramento CA USA	11/07/2011	52.85
Mile walk			
K Schuil (45+)	King's Lynn	06/08/1997	9.51.7
Gillian Loughlin (45+)	King's Lynn	01/06/2011	10.03.7
H Goodall (45+)	Norwich	05/06/2002	10.06.7
D Marsh (35-44)	King's Lynn	06/08/1997	11.11.2
E Torevell ()	Norwich	05/06/2002	11.37.4
Louise Wilkinson (35-44)	Norwich	03/06/1998	11.40.1
Steph Mullarney (45+)	King's Lynn	01/06/2011	12.00.1
Ann Baker (35+)	Peterborough	06/06/2001	12.13.0
D Upton	Norwich	01/06/2005	12.14.9
Pauline Ash (55+)	Peterborough	06/06/2001	12.20.0
2k walk			
H Goodall (35+)	Norwich	13/05/2001	12.30.2
K Schuil (45+)	Peterborough	06/05/1998	12.51.2
C Duncan (35-44)	Bedford	18/10/1997	13.33.7
D Marsh (35-44)	King's Lynn	07/05/1997	14.04.5
Pauline Ash (45+)	Bedford	12/09/1998	14.33.2
Teresa Knowles (35-44)	Peterborough	06/05/1998	16.34.7
High Jump			
Carole Filer (40-44)	Bath	05/07/1998	1.50
Tanya Daniels (35+)	King's Lynn	23/05/2015	1.40
Steph Pain (40+)	Thurrock	15/04/2017	1.35
Sally Gilding (40+)	Norwich	05/09/2021	1.35
Lorraine Brown (45+)	Chelmsford	04/07/2015	1.25
K Schuil (45+)	Bedford	11/09/1999	1.20
Lyndsay Yellop (35+)	Bury St Edmunds	16/09/2018	1.20
Cherry Collins (45+)	Peterborough	06/05/1998	1.10
Tessa Killingbeck (40+)	Gillingham	19/08/2023	1.10
Tessa Pike (40+)	Great Yarmouth	05/07/2000	1.05
Pole Vault			
Steph Pain (45+)	Milton Keynes	22/09/2019	2.65
Carole Filer (40-44)	Bath	05/07/1998	2.10
Cherry Collins (45+)	Bedford	18/10/1997	1.80
Long Jump			
Julie Zulu (35+)	Birmingham	25/06/2011	5.56
Carole Filer (40-44)	Harrow	18/07/1998	5.30
Steph Pain (40+)	Norwich	13/05/2017	4.58
Lorraine Brown (40+)	Great Yarmouth	12/05/2007	4.29
Yvonne Newton (45+)	Bedford	29/07/2000	4.16
Sally Gilding (40+)	Sheffield	19/02/2023	4.10
Tanya Daniels (35+)	Torun POR	24/03/2015	4.09
Lyndsay Yellop (40+)	King's Lynn	30/07/2023	4.04
K Schuil (45+)	Bedford	18/10/1997	3.49
K Dwyer (45+)	King's Lynn	07/05/1997	3.23
Triple Jump			
Carole Filer (40-44)	Bedford	18/10/1997	10.28
Lorraine Brown (40+)	Norwich	14/05/2007	8.89
Julie Zulu (35+)	Welwyn	21/05/2011	8.49
Yvonne Newton (45+)	Bedford	11/09/1999	8.44

Sally Gilding (40+)	Bury St Edmunds	04/09/2022	8.37
Tanya Harrison (40+)	Peterborough	14/08/2016	7.52
Cherry Collins (45+)	Bedford	12/09/1998	7.12
K Schuil (45+)	King's Lynn	06/08/1997	6.76
Pauline Ash (45+)	Norwich	04/06/1997	6.09
Emma Quantrill (40+)	Bury St Edmunds	18/09/2016	4.20
Shot Putt			
Lorraine Henry (35+)	Tidworth	18 May 2003	11.27
Steph Pain (40+)	Norwich	24/09/2017	9.13
J Pavlou (35-44)	Great Yarmouth	05/07/2000	8.57
Julie Zulu (35+)	Sheffield	05/02/2011	8.12
Melanie Brown (40+)	Stevenage	02/08/2014	7.92
Carole Filer (55+)	Lee Valley	17/03/2012	7.69
E Torevell	Barnet	27/07/2002	7.47
Sally Gilding (40+)	Norwich	30/04/2023	7.44
Tanya Daniels (35+)	Torun POR	27/03/2015	7.34
Mercy Akomah (35+)	Peterborough	04/08/2019	7.27
Hammer			
Lorraine Brown (55+)	Great Yarmouth	04/06/2023	34.34
Lorraine Henry (35+)	Tidworth	18/05/2003	32.95
Carole Filer (40-44)	Peterborough	06/05/1998	21.77
Steph Pain (40+)	King's Lynn	24/04/2018	20.53
Julie Zulu (35+)	Watford	04/09/2010	20.08
Tanya Daniels (35+)	Norwich	12/07/2014	17.86
K Schuil (45+)	Cambridge	02/07/1997	17.48
J Pavlou (35-44)	Great Yarmouth	05/07/2000	17.40
Emma Quantrill (40+)	Peterborough	14/08/2016	16.82
Sarah Thomas (45+)	Gillingham	19/08/2023	16.33
Discus			
Lorraine Henry (35+)	Great Yarmouth	16/05/2004	36.21
Lorraine Brown (45+)	Norwich	14/05/2012	23.94
J Pavlou (45+)	Peterborough	06/06/2001	23.66
Melanie Brown (40+)	Luton	20/08/2011	21.84
Steph Pain (40+)	Peterborough	12/08/2018	20.43
Julie Zulu (35+)	Welwyn	21/05/2011	19.26
Carole Filer (55+)	King's Lynn	01/06/2011	18.63
C Heaven	Norwich	01/06/2005	18.40
Tessa Pike (45+)	Norwich	05/06/2002	18.23
Yvonne Newton (35-44)	King's Lynn	05/08/1998	18.01
Javelin			
Maria Cann (40+)	Norwich	20/08/2016	28.88
Steph Pain (40+)	Norwich	17/06/2018	28.19
Lorraine Brown (45+)	Great Yarmouth	21/08/2011	28.05
Romilly Siddall (40+)	Ipswich	16/07/2017	25.43
Tanya Harrison (40+)	Norwich	09/04/2015	24.31
Frances Peters (35+)	Norwich	20/08/2017	24.04
Tarnia Newenham (50+)	Norwich	05/09/2021	21.76
Jan Everett (45+)	Bury St Edmunds	11/08/1999	20.44
Sally Gilding (40+)	Norwich	15/05/2022	20.23
J Pavlou (45+)	Norwich	05/06/2002	18.66
Pentathlon			
Carole Filer (60+)	Lee Valley indoor	28/02/2016	4568
Steph Pain (40+)	Lee Valley indoor	12/02/2017	2853
Sally Gilding (40+)	Sheffield	23/01/2022	2125

Tanya Daniels (35+)	Torun POR	27/03/2015	1824
Heptathlon			
Carole Filer (60+)	Birmingham	31/07/2016	5927
Sally Gilding (40+)	Liverpool	21/08/2022	2776
Veteran Men			
60m			
Ian Foster (55+)	Birmingham	07/01/2003	7.80i
Noah Avowlanu (40+)	King's Lynn	27/11/2021	8.01
William Young (45+)	King's Lynn	07/02/2015	8.2
Charlie Williams (50+)	King's Lynn	27/01/2019	8.6
Mark Wyndham-Jones (65+)	Hastings NZ	01/02/2020	8.76
Arthur Blunt (45+)	King's Lynn	26/01/2014	9.0
Richard Van Baaren (60+)	King's Lynn	29/01/2023	9.06
Shaun Mann	King's Lynn	29/01/2023	10.52
100m			
Ian Wells (40+)	Ipswich	01/05/2002	12.1
E Bradshaw (50+)	Peterborough	13/06/1999	12.3
Ian Foster (50+)	King's Lynn	11/07/1999	12.4
Mark Oldham (50+)	King's Lynn	25/04/2012	12.5
Noah Avowlanu (40+)	Norwich	05/09/2021	12.7
Charlie Williams (50+)	Norwich	05/09/2021	12.9
G Allen (40-49)	King's Lynn	07/07/1999	13.0
William Young (45+)	Bury St Edmunds	17/08/2014	13.1
Clive Baker (40+)	Norwich	13/05/2001	13.3
Gordon Slater (45+)	Peterborough	27/08/2007	13.6
150m			
William Young (45+)	Great Yarmouth	23/04/2015	19.8
Gordon Slater	Great Yarmouth	09/04/2009	20.3
200m			
Ian Wells (40+)	Bedford	23/04/2004	25.0
T Timmis (40-49)	Bedford	09/09/2000	25.3
Ian Foster (55+)	Norwich	22/07/2000	25.8
Glen Richardson (40+)	Norwich	14/05/2021	26.6
Charlie Williams (50+)	Peterborough	18/09/2016	26.8
G Allen (40-44)	Cambridge	02/06/1999	27.0
Bill Young (45+)	Norwich	03/05/2015	27.0
Gordon Slater (45+)	Barking	30/05/2008	27.1
Noah Avowlanu (40+)	Great Yarmouth	25/07/2021	27.3
Mark Oldham (50+)	Peterborough	09/05/2012	27.5
300m			
Gordon Slater	Great Yarmouth	30/03/2009	43.6
400m			
Glen Richardson (35+)	Watford	12/07/2017	56.05
Ian Wells	Great Yarmouth	07/08/2002	57.0
Charlie Williams (50+)	Norwich	26/05/2019	58.1
G Harvey (40+)	Norwich	05/05/1999	58.3
Gordon Slater (45+)	Peterborough	05/04/2009	60.0
C Gilbert (40-49)	Cambridge	01/07/1998	61.1
Lawrence Wade (40+)	Great Yarmouth	11/06/2017	61.6
Mark Oldham (50+)	King's Lynn	25/04/2012	61.8
Ian Foster (50+)	King's Lynn	07/07/1999	62.0

E Bradshaw (50+)	Peterborough	13/06/1999	62.1
600m			
Gordon Slater (45+)	Barking	30/03/2008	1.38.3
800m			
Guy Amos (40+)	Peterborough	07/07/2001	1.53.4
Glen Richardson (40+)	Bangor	13/08/2019	2.02.95
Glyn Harvey (40+)	Norwich	25/05/1997	2.04.0
Mark Oldham (50+)	Peterborough	09/05/2012	2.06.9
Gary Crush (40+)	Norwich	15/04/2022	2.07.0
Ernie Bradshaw (50+)	Edinburgh	18/07/1999	2.12.2
Andrew Wilkinson (45+)	King's Lynn	08/06/1997	2.13.7
Spencer Goodall (45+)	Norwich	15/05/2016	2.14.5
Lawrence Wade (40+)	Ipswich	16/07/2017	2.15.7
Harry Knowles (40-49)	Norwich	25/05/1997	2.16.0
1500m			
Guy Amos (35+)	Peterborough	07/07/2001	3.56.2
Nick Earl (35+)	Launceston AUS	20/03/2021	3.58.92
Glyn Harvey (40+)	Derby	05/07/1997	4.02.7
Gary Crush (40+)	Watford	23/08/2023	4.11.80
Harry Knowles (40-49)	Great Yarmouth	09/05/1998	4.32.4
A Wilkinson (45+)	Cambridge	02/07/1997	4.34.5
Spencer Goodall (45+)	Norwich	15/05/2016	4.34.7
Matthew Allen	Cosford	19/06/2019	4.35.5
Glen Richardson (35+)	Bury St Edmunds	16/09/2018	4.38.6
Lawrence Wade (40+)	Ipswich	16/07/2017	4.41.0
3000m			
Guy Amos (35+)	Birmingham	30/06/2001	8.23.04
Nick Earl (35+)	Hobart AUS	03/02/2021	8.29.7
Gary Crush (40+)	Bromley	13/07/2019	8.58.89
Glyn Harvey (40+)	Norwich	04/06/1997	9.07.0
Spencer Goodall (45+)	Chelmsford	22/05/2016	9.29.4
Harry Knowles (40-49)	Norwich	25/05/1997	9.31.1
Pete Johnson (40-49)	Bedford	09/09/2000	9.37.9
Steve Huntington (40-49)	Norwich	02/08/2000	9.40.6
Nigel Arnold (40+)	Norwich	05/06/2002	9.41.5
Goy Roper (45-49)	King's Lynn	01/06/2011	9.41.8
5000m			
Guy Amos (35+)	Solihull	23/06/2001	13.54.44
Nick Earl (35+)	Melbourne AUS	06/02/2020	14.27.35
Gary Crush (40+)	Cambridge	14/08/2021	15.32.5
Nigel Arnold (40-44)	Newport	10/07/1998	15.36.8
Glyn Harvey (40+)	Peterborough	03/05/1997	15.40.3
Harry Knowles (40-49)	Norwich	14/05/1997	16.25.6
Jon Quint (40+)	Battersea	19/08/2017	16.25.6
Spencer Goodall (45+)	Dartford	16/04/2016	16.25.9
Matthew Allen	Cosford	19/06/2019	16.31.05
Pete Johnson (40-49)	Norwich	22/07/2000	16.33.6
2000m steeplechase			
Jan Kaiser (45+)	Norwich	10/09/2022	7.46.4
Ross Ashton	Norwich	05/06/2021	8.11.4
Gordon Slater (45+)	Ashford	30/04/2011	9.08.8

<u>3000m steeplechase</u>			
Nick Earl (35+)	Hobart AUS	20/02/2021	9.42.68
Iain Bailey (40+)	Norwich	30/08/2004	10.24.1
Gordon Slater (45+)	Perivale	27/06/2009	13.54.7
<u>10000m</u>			
Nick Earl (35+)	Albert Part AUS	26/01/2022	30.05.12
Matthew Bidwell	Highgate	21/05/2016	32.17.17
Nigel Arnold (40-44)	Newport	11/07/1998	32.43.0
Spenser Goodall	Horspath	03/06/2018	35.55.16
Peter Andrews (60+)	Edinburgh	18/07/1999	36.26.0
Andrew Wilkinson (45+)	Corby	29/06/1997	36.41.0
<u>100m hurdles</u>			
Glyn Long (50+)	Bedford	18/10/1997	17.0
R Morris (50+)	Bedford	09/09/2000	18.4
Mark Wyndham-Jones (65+)	Norwich	12/05/2018	20.8
Clive Baker (40-49)	Bedford	09/09/2000	21.0
Des Collins (50+)	Cambridge	01/07/1998	21.4
<u>110m hurdles</u>			
Ian Wells (40+)	Bedford	07/09/2002	15.7
R Morris ()	Bedford	07/09/2002	20.2
Mark Oldham (50+)	King's Lynn	25/04/2012	21.1
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	24.2
<u>400m hurdles</u>			
Ian Wells (40+)	Great Yarmouth	07/08/2002	57.0
Mark Oldham (50+)	Peterborough	21/04/2012	65.82
Clive Baker (40-49)	Bedford	09/09/2000	71.6
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	74.6
Trevor Edge (50+)	Bury St Edmunds	11/08/1999	75.1
Glyn Long (50+)	Bedford	11/09/1999	76.1
Denis Costello (40+)	Norwich	05/06/2002	77.2
Des Collins (50+)	King's Lynn	05/08/1998	79.7
<u>Mile Walk</u>			
Roger Hanks (50+)	Bury St Edmunds	11/08/1999	8.07.5
Peter Andrews (50+)	Peterborough	06/06/2001	8.36.5
Tim Ash (50+)	King's Lynn	06/08/1997	9.07.7
David Pring (45+)	Great Yarmouth	07/08/2002	9.28.3
Harry Collins (55+)	Peterborough	06/06/2001	10.03.0
Graham Ringer (40-49)	Norwich	03/06/1998	10.48.8
Eric Williams (40-49)	Norwich	05/06/2002	11.33.8
John Hutson ()	Norwich	05/06/2002	11.34.1
<u>2k Walk</u>			
Roger Hanks (50+)	Cambridge	01/07/1998	10.24.1
Peter Andrews (50+)	Norwich	13/05/2001	10.52.9
David Pring ()	Bury	07/09/2002	11.55.7
Tim Ash (50+)	Bedford	18/10/1997	12.13.8
H Collins (40-49)	Bedford	18/10/1997	12.21.9
David Hutcheon (50+)	Peterborough	06/05/1998	13.16.8
Harry Knowles (40-49)	Peterborough	06/05/1998	13.17.4
Graham Ringer (40-49)	Cambridge	01/07/1998	13.36.2
Eric Williams (40-49)	Bury	07/09/2002	14.50.5
Clive Baker ()	Ipswich	01/05/2002	15.05.5
<u>High Jump</u>			

Denis Costello (40+)	Chelmsford	06/07/2002	1.75
C Gilbert (40-49)	Bedford	11/09/1999	1.40
Gordon Slater (45+)	King's Lynn	07/07/2010	1.40
Clive Baker (40-49)	King's Lynn	07/07/1999	1.35
Glyn Long (50+)	Norwich	07/05/1997	1.35
Mark Wyndham-Jones (65+)	Norwich	12/05/2019	1.35
John Painter (40+)	Norwich	05/05/1999	1.30
Charlie Williams (50+)	Norwich	03/04/2019	1.25
Glen Richardson (40+)	Norwich	24/04/2022	1.25
Graham Ringer (40-49)	Cambridge	02/07/1997	1.20
Ernie Bradshaw ()	Ipswich	01/05/2002	1.20
Noah Avowlanu (40+)	King's Lynn	26/01/2020	1.20
<u>Pole Vault</u>			
R Morris (50+)	Bedford	09/09/2000	3.25
Glyn Long (50+)	King's Lynn	06/08/1997	2.40
Gordon Slater (50+)	Wormwood Scrubbs	18/05/2013	2.40
Clive Baker (40+)	Peterborough	06/06/2001	2.30
Mark Wyndham-Jones (65+)	Sheffield	15/07/2018	2.10
Graham Ringer (40-49)	King's Lynn	06/08/1997	1.80
Denis Costello (55+)	Croydon	08/07/2017	1.23
<u>Long Jump</u>			
Denis Costello (40+)	Liverpool	18/05/2002	5.71
T Timmis	Bury St Edmunds	03/05/2000	5.61
R Morris (50+)	Hemel Hempstead	31/07/1999	5.43
G Allen (40-49)	King's Lynn	07/07/1999	5.07
Matt Dolan (45+)	Peterborough	12/08/2018	4.75
Noah Avowlanu (40+)	Norwich	14/05/2022	4.75
Clive Baker (40+)	Norwich	13/05/2001	4.73
Glynn Long (50+)	Norwich	27/07/1997	4.68
Richard Van Baaren (60+)	Lee Valley	26/03/2023	4.53
Harry Knowles (40-49)	Hemel Hempstead	15/08/1998	4.50
<u>Triple Jump</u>			
Denis Costello (40+)	Ipswich	07/09/2009	13.11
R Morris (50+)	Bedford	11/09/1999	11.51
T Timmis (40-49)	Bedford	09/09/2000	10.65
Matt Dolan (45+)	Bury St Edmunds	16/09/2018	10.14
Clive Baker (40-44)	Cambridge	02/06/1999	9.76
Glyn Long (50+)	Norwich	27/07/1997	9.70
Charlie Williams (50+)	Ipswich	17/07/2016	9.69
Des Collins (50+)	King's Lynn	05/08/1998	9.47
Clive Poyner (45+)	King's Lynn	02/06/2010	9.15
Richard Van Baaren (60+)	King's Lynn	05/07/2023	8.94
<u>Shot Putt</u>			
John Painter (40+)	Norwich	05/05/1999	14.11
Neal Smith (35+)	Norwich	17/09/2019	12.83
Malcolm Fenton (45+)	Bedford	07/09/2002	12.40
Wayne Powell (50+)	Milton Keynes	22/08/2021	11.60
Alun Williams (45+)	Cosford	18/07/2007	11.51
Mark Wyndham-Jones (70+)	Horspath	27/06/2021	11.27
Dariusz Kowalczyk (40+)	Wormwood Scrubbs	18/05/2013	10.76
G Oakley (40-49)	Tooting Bec	25/07/1998	10.53
Glyn Long (50+)	Norwich	10/05/1997	9.55
R Morris (50+)	Bedford	09/09/2000	9.50
<u>Hammer</u>			

Malcolm Fenton (45+)	Bedford	07/09/2002	57.71
Wayne Powell (50+)	Milton Keynes	22/08/2021	53.35
John Painter (40-49)	Great Yarmouth	10/08/2008	34.88
Mark Wyndham-Jones (70+)	Horspath	27/06/2021	34.31
Mark Craven (45+)	Norwich	26/05/2019	34.49
Alun Williams (45+)	Lomdon HE	11/07/2007	33.00
Simon Redding (50+)	Norwich	16/03/2013	30.36
Gordon Slater (50+)	Norwich	16/03/2013	29.47
Keith Wisdom (60+)	Norwich	14/05/2022	28.12
R Morris (50+)	Bedford	07/09/2002	25.96
<u>Discus</u>			
John Painter (50+)	Peterborough	05/04/2009	42.72
Wayne Powell (50+)	Milton Keynes	22/08/2021	38.88
Mark Wyndham-Jones (65+) 1k	Brecon WAL	21/07/2019	38.84
Malcolm Fenton (45+)	Bedford	07/09/2002	37.21
Tim Newenham (50+)	Great Yarmouth	19/08/2010	34.14
Alun Williams (45+)	London HE	11/07/2007	33.81
Mike Walden (40+)	Bury St Edmunds	07/08/2014	30.76
Dariusz Kowalczyk (40+)	Wormwood Scrubbs	18/05/2013	30.56
Michael Brown (45+)	Norwich	15/05/2016	29.26
G Oakley (40-49)	Hemel Hempstead	15/08/1998	27.42
<u>Javelin</u>			
Tim Newenham (45+)	Bedford	11/04/2009	53.83
Wayne Powell (50+)	Milton Keynes	22/08/2021	48.62
Peter Graves (45+)	Bury St Edmunds	28/09/2014	40.49
Adrian Savoy (40+)	Norwich	11/09/2015	37.62
Mike Walden (40+)	Bury St Edmunds	07/08/2014	37.19
G Oakley (40-49)	Walthamstow	16/05/1998	37.17
Malcolm Fenton (45+)	Bedford	07/09/2002	35.69
Clive Poyner (45+)	Bury St Edmunds	02/08/2009	33.20
Glyn Long (50+)	Tonbridge	26/07/1997	32.64
Steve Holland (45+)	Luton	14/07/2002	32.22
<u>Pentathlon</u>			
Mark Wyndham-Jones (70+)	Horspath	27/06/2021	3377
<u>Decathlon</u>			
Mark Wyndham-Jones (65+) 5k	Sheffield	15/07/2018	5532