

City of Norwich AC - Track & Field rankings 2023 - as recognised on Power of 10			
Our aim is to update our records annually towards the end of the calendar year			
<u>UNDER 11 BOYS RANKINGS 2023</u>			
<u>60m</u>			
Jude Osbourne	Norwich	30.08.23	10.61
<u>75m</u>			
Isaac Unsworth	Kings Lynn	21/04/2023	11.4
Samuel Brown	Great Yarmouth	17/09/2023	10.8 QK, 11.6
Harry Jones	Norwich	14/04/2023	11.83
Jude Osbourne	Gt Yarmouth	17/09/2023	12.5
Archie Bean	Norwich	14/04/2023	13.98
<u>80m</u>			
Samuel Brown	Norwich	13/05/2023	11.9
Harry Jones	Norwich	13/05/2023	12.0
Isaac Unsworth	Norwich	13/05/2023	12.3
Samuel Trickey	Norwich	13/05/2023	12.3
Fergus Smitherman	Gt Yarmouth	04/06/2023	13.3
Jude Osborne	Norwich	13/05/2023	13.8
Noah Keogh	King's Lynn	30/07/2023	14.1
Archie bean	Gt Yarmouth	04/06/2023	14.8
<u>600m</u>			
Isaac Unsworth	Gt Yarmouth	17/09/2023	1.48.4
Fergus Smitherman	Great Yarmouth	17/09/2023	1.55.0
Samuel Trickey	Norwich	13/05/2023	1.55.6
Samuel Brown	Norwich	13/05/2023	1.59.8
Jude Osborne	Gt Yarmouth	17/09/2023	2.06.2
Noah Keogh	Norwich	30/08/2023	2.10.98
Archie Bean	Norwich	30/08/2023	2.17.05
Harry Jones	Norwich	30/04/2023	3.20.7
<u>Long Jump</u>			
Isaac Unsworth	Norwich	30/08/2023	3.48
Samuel Brown	King's Lynn	30/07/2023	3.33
Harry Jones	Norwich	30/04/2023	3.24
Jude Osborne	Norwich	30/08/2023	3.10
<u>Shot 2k</u>			
Isaac Unsworth	Norwich	30/04/2023	5.71
Fegus Smitherman	Norwich	30/04/2023	3.86
<u>UNDER 11 GIRLS RANKINGS 2023</u>			
<u>60m</u>			
Alice Ganley	Norwich	30/08/2023	9.69
Talia Stowers	Norwich	30/08/2023	9.82
Marlie Janes	Norwich	30/08/2023	9.87
Ophellia Martin	Norwich	30/08/2023	10.08
Jessica Lacey	Norwich	30/08/2023	10.42

<u>75m</u>			
Isla Unsworth	Kings Lynn	21/04/2023	11.7
Marlie Janes	Great Yarmouth	17/09/2023	11.8
Alice Ganley	Kings Lynn	21/04/2023	11.3 QK 12.0
Clodagh Quinn-Offe	Norwich	14/04/2023	11.3 QK 12.21
Talia Stowers	Great Yarmouth	17/09/2023	12.3
Ophellia Martin	Great Yarmouth	17/09/2023	12.4
Imogen Martin	Norwich	14/04/2023	12.64
Emi Muntingh	Kings Lynn	21/04/2023	13.00
Jasmine Godbold	Norwich	14/04/2023	13.20
Amber Chapple	Norwich	14/04/2023	13.33
Netta Maor	Norwich	14/04/2023	13.49
Heather Yellop	Great Yarmouth	17/09/2023	13.9
<u>80m</u>			
Alice Ganley	Norwich	13/05/2023	12.4
Marlie Janes	Norwich	13/05/2023	12.5
Isla Unsworth	Norwich	13/05/2023	12.6
Clodagh Quinn-Offe	Kings Lynn	30/07/2023	12.9
Talia Stowers	Norwich	13/05/2023	12.9
Sally Kamagate	Norwich	13/05/2023	13.2
Emma Bodycombe	Norwich	13/05/2023	13.3
Imogen Martin	Norwich	13/05/2023	13.5
Darcy Evans	Norwich	13/05/2023	13.90
Isabella Mortimer	Norwich	30/04/2023	13.90
Emi Muntingh	Norwich	30/04/2023	14.60
Heather Yellop	King's Lynn	30/07/2023	15.30
Eleanor Coyle	Norwich	30/04/2023	15.7
<u>200m</u>			
Alice Ganley	Lee Valley	25/03/2023	32.77
<u>600m</u>			
Emi Muntigh	Norwich	13/05/2023	2.01.2
Isla Unsworth	Norwich	13/05/2023	2.03.3
Alice Ganley	King's Lynn	30/07/2023	2.04.2
Tabatha Oppenheim	Great Yarmouth	17/09/2023	2.12.0
Ophellia Martin	Great Yarmouth	17/09/2023	2.13.4
Talia Stowers	Norwich	13/05/2023	2.13.9
Imogen Martin	Great Yarmouth	17/09/2023	2.14.5
Amber Chapple	Norwich	14/04/2023	2.19.72
Phoebe Smith	Norwich	30/08/2023	2.19.83
Isabella Mortimer	Great Yarmouth	04/06/2023	2.22.5
Darcy Evans	Norwich	13/05/2023	2.22.9
Clodagh Quinn-Offe	Norwich	30/04/2023	2.23.0
Emma Bodycombe	Norwich	30/04/2023	2.26.8
Jasmine Godbold	Norwich	14/04/2023	2.28.52
Celina Korn	Norwich	30/08/2023	2.28.2
Netta Maor	Norwich	14/04/2023	2.29.31
Eleanor Coyle	Norwich	30/04/2023	2.33.6
<u>Long Jump</u>			

Talia Stowers	Norwich	30/08/2023	3.54
Alice Ganley	Norwich	30/08/2023	3.38
Isla Unsworth	Norwich	30/04/2023	3.35
Clodagh Quinn-Offe	Gt Yarmouth	04/06/2023	3.21
Ophellia Martin	Norwich	30/08/2023	3.10
Imogen Martin	Great Yarmouth	17/09/2023	3.05
Emi Muntingh	Gt Yarmouth	04/06/2023	2.88
Heather Yellop	Great Yarmouth	17/09/2023	2.64
<u>Shot 2kg</u>			
Imogen Martin (2kg)	Norwich	30/04/2023	5.17
Isla Unsworth (2kg)	Gt Yarmouth	04/06/2023	4.22
Isabella Mortimer (2kg)	Norwich	30/04/2023	3.45
<u>Shot 2.72kg</u>			
Alice Ganley (2.72kg)	Kings Lynn	30/07/2023	4.54
Talia Stowers (2.72kg)	Kings Lynn	30/07/2023	4.47
Heather Yellop (2.72kg)	Kings Lynn	30/07/2023	3.83
Isla Unsworth (2.72kg)	Kings Lynn	30/07/2023	3.38
<u>UNDER 13 BOYS RANKINGS 2023</u>			
<u>60m</u>			
Harry Sayer	Kings Lynn	29/01/2023	9.00
<u>100m</u>			
Harry Sayer	Norwich	23/04/2023	14.0
Joshua Rumsby	Stevenage	21/05/2023	14.2
Jacob Foley	Great Yarmouth	04/06/2023	14.1w 14.8
Charlie Sutton	Cambridge	16/07/2023	14.3w 14.8
Eli Dafforn	Cambridge	16/07/2023	14.8
Leo Double-Cook	Great Yarmouth	17/09/2023	15.2
Nathan Harris	Norwich	23/04/2023	15.5
Seb Johnson	Norwich	14/04/2023	15.56
George Ganley	Norwich	14/04/2023	15.58
Benjamin Rogers	Great Yarmouth	17/09/2023	15.6
Ben Nunn	Cambridge	16/07/2023	15.8
Jacob Smart	Norwich	14/04/2023	16.0
Seth Keogh	Great Yarmouth	04/06/2023	16.0
Billy Finch	Norwich	30/04/2023	16.1
Daniel Matembera	Cambridge	16/07/2023	17.0
Louie Ramone	Great Yarmouth	04/06/2023	17.6
<u>200m</u>			
Harry Sayer	Norwich	14/05/2023	29.5
Joshua Rumsby	Norwich	14/04/2023	30.0
Leo Double-Cook	Cambridge	16/07/2023	30.7
Charlie Sutton	Stevenage	21/05/2023	31.06
Jacob Foley	Great Yarmouth	04/06/2023	31.9
Eli Dafforn	King's Lynn	30/07/2023	31.9
Joseph Tandy	King's Lynn	30/07/2023	32.0
Seth Keogh	Stevenage	21/05/2023	32.44

George Ganley	Great Yarmouth	17/09/2023	32.5
Aamil Ganiyu	Norwich	23/04/2023	32.7
Seb Johnson	St Albans	02/07/2023	33.0
Ben Nunn	Stevenage	21/05/2023	33.03
Benjamin Rogers	Stevenage	21/05/2023	33.49
Jacob Smart	Norwich	23/04/2023	33.6
Jack Norton	Great Yarmouth	04/06/2023	33.6
Daniel Matembera	Cambridge	16/07/2023	37.3
<u>800m</u>			
Finley Winship	Stevenage	10/09/2023	2.20.29
Eli Dafforn	Cambridge	16/07/2023	2.26.1
George Ganley	Norwich	13/05/2023	2.35.9
Ben Nunn	Cambridge	16/07/2023	2.39.3
Seth Keogh	Bury St Edmunds	03/09/2023	2.40.1
Joseph Tandy	Norwich	30/08/2023	2.40.29
Seb Johnson	Norwich	13/05/2023	2.42.1
Leo Double-Cook	Great Yarmouth	17/09/2023	2.42.4
Benjamin Rogers	Great Yarmouth	17/09/2023	2.45.2
Jack Norton	Great Yarmouth	04/06/2023	2.45.4
Billy Finch	Norwich	13/05/2023	2.50.0
<u>1500m</u>			
Finley Winship	Watford	28/06/2023	4.41.44
Eli Dafforn	Norwich	14/05/2023	4.53.0
Ben Nunn	Norwich	14/05/2023	5.22.2
George Ganley	Great Yarmouth	04/06/2023	5.22.7
Joseph Tandy	Stevenage	10/09/2023	5.31.17
Leo Double-Cook	Cambridge	16/07/2023	5.31.4
Seb Johnson	King's Lynn	30/07/2023	5.34.5
Benjamin Rogers	Norwich	14/04/2023	5.38.27
Billy Finch	King's Lynn	30/07/2023	5.41.9
Seth Keogh	Norwich	14/04/2023	5.43.3
<u>1 Mile</u>			
Finley Winship	Norwich	30/08/2023	5.18.59
Eli Dafforn	Norwich	30/08/2023	5.21.71
Seb Johnson	Norwich	30/08/2023	5.52.65
Seth Keogh	Norwich	30/08/2023	5.58.30
Billy Finch	Norwich	30/08/2023	6.00.84
<u>75m hurdles</u>			
Nathan Harris	Norwich	14/04/2023	14.18
Jacob Foley	Great Yarmouth	04/06/2023	15.2w 15.5
George Ganley	Peterborough	24/09/2023	16.01s
Charlie Sutton	Bury St Edmunds	03/09/2023	17.1
<u>High Jump</u>			
Nathan Harris	Norwich	30/04/2023	1.30
George Ganley	Kings Lynn	29/01/2023	1.25
Eli Dafforn	Cambridge	16/07/2023	1.25
Jacob Smart	Norwich	30/04/2023	1.20

Jack Norton	Great Yarmouth	04/06/2023	1.20
Ben Nunn	Cambridge	16/07/2023	1.10
<u>Long Jump</u>			
Finley Winship	Cambridge	16/07/2023	4.34
Joshua Rumsby	Stevenage	21/05/2023	4.20
Jacob Smart	Cambridge	16/07/2023	4.09w
Eli Dafforn	Stevenage	21/05/2023	3.99
Seth Keogh	Kings Lynn	30/07/2023	3.92
Ben Nunn	St Albans	02/07/2023	3.90
Harry Sayer	Kings Lynn	29/01/2023	3.76
Charlie Sutton	Stevenage	21/05/2023	3.75
George Ganley	Norwich	30/08/2023	3.59
Billy Finch	Kings Lynn	30/07/2023	3.58
Joseph Tandy	Kings Lynn	30/07/2023	3.10
Daniel Matembera	Great Yarmouth	04/06/2023	3.05
Louie Ramone	Norwich	30/04/2023	2.86
<u>Hammer</u>			
Thomas Fairhurst	Norwich	30/08/2023	18.01
<u>Shot</u>			
Thomas Fairhurst	Great Yarmouth	17/09/2023	8.34
Louie Ramone	Bury St Edmunds	03/09/2023	6.97
George Ganley	Great Yarmouth	17/09/2023	6.43
Seb Johnson	Kings Lynn	30/07/2023	5.89
Joshua Rumsby	St Albans	02/07/2023	5.30
Jacob Smart	Norwich	23/04/2023	4.81
Ben Nunn	Stevenage	21/05/2023	4.30
Seth Keogh	Norwich	14/04/2023	4.04
Charlie Sutton	Norwich	23/04/2023	3.80
<u>Discus</u>			
Thomas Fairhurst	Kings Lynn	21/04/2023	20.27
Harry Sayer	Stevenage	21/05/2023	15.82
Louie Ramone	Great Yarmouth	10/09/2023	13.71
George Ganley	Cambridge	16/07/2023	12.20
<u>Javelin</u>			
Jacob Smart	Cambridge	16/07/2023	26.79
George Ganley	Bury St Edmunds	03/09/2023	26.16
Thomas Fairhurst	Norwich	23/04/2023	24.36
Harry Sayer	Norwich	14/05/2023	22.74
Finley Winship	Cambridge	16/07/2023	18.72
Louie Ramone	Norwich	30/04/2023	17.38
Benjamin Rogers	Stevenage	21/05/2023	12.63
<u>Pentathlon</u>			
George Ganley	Peterborough	24/09/2023	1028.00
<u>4 x 100m Relay</u>	Stevenage	10/09/2023	58.11

UNDER 13 GIRLS RANKINGS 2023			
60m			
Darcie Holmes	Lee Valley	25/03/2023	8.64
Betty Appleton	Lee Valley	25/03/2023	9.23
Tayla Goodswen	Lee Valley	25/03/2023	9.56
60m Hurdles			
Jennifer Mardle	Lee Valley	04/03/2023	9.92
Elliott Amos	Lee Valley	25/03/2023	12.25
100m			
Darcie Holmes	Cambridge	24/06/2023	13.25
Eleana Doe	Norwich	13/05/2023	13.8
Jennifer Mardle	Norwich	13/05/2023	13.9
Hetty Bunkle	Norwich	30/08/2023	14.69
Kaila Slaughter	King's Lynn	30/07/2023	14.7
Molly Ellard-Thurtle	Stevenage	21/05/2023	14.76
MacEy Phillips	Great Yarmouth	17/09/2023	14.8
Olivia Barber	Norwich	30/08/2023	14.81
Betty Appleton	King's Lynn	30/07/2023	14.4w 14.9
Mirabelle Kamagate	Norwich	30/04/2023	15.4w 15.6
Isabelle Barr	Great Yarmouth	04/06/2023	16.1
Isabella White	King's Lynn	30/07/2023	16.1
Eleanor Wright	Norwich	23/04/2023	16.3
Elliott Amos	Norwich	23/04/2023	16.4
Samantha Bracho-Tirado	Norwich	23/04/2023	16.4
Briony Hibbins	Norwich	23/04/2023	19.3
200m			
Darcie Holmes	Stevenage	21/05/2023	28.39
Kaila Slaughter	Great Yarmouth	04/06/2023	29.4
Jennifer Mardle	Great Yarmouth	04/06/2023	30.0
Eleana Doe	Norwich	30/04/2023	30.2
Betty Appleton	St Albans	02/07/2023	30.3
Tayla Goodswen	Norwich	14/05/2023	30.7
MacEy Phillips	St Albans	02/07/2023	30.8
Isabella White	Norwich	30/04/2023	31.3
Hetty Bunkle	Stevenage	21/05/2023	31.55
Chloe Munn	Norwich	14/05/2023	32.4
Olivia Barber	Norwich	14/05/2023	32.8
Mirabelle Kamagate	Norwich	14/05/2023	33.9
Isabelle Barr	Great Yarmouth	04/06/2023	34.8
600m			
Tayla Goodswen	Lee Valley	25/03/2023	2.01.63
800m			
Tayla Goodswen	Norwich	13/05/2023	2.36.7
Elliott Amos	Norwich	30/04/2023	2.41.6
Molly Ellard-Thurtle	Great Yarmouth	17/09/2023	2.42.4
Kaila Slaughter	Norwich	13/05/2023	2.43.4

Isabella White	King's Lynn	30/07/2023	2.48.5
Chloe Munn	Norwich	30/08/2023	2.49.26
Elsa Lindsay	Norwich	13/05/2023	2.55.6
Jasmin Benson	Peterborough	02/04/2023	3.01.67
Jennifer Mardle	Peterborough	24/09/2023	3.03.75
Betty Appleton	Norwich	23/04/2023	3.20.2
Briony Hibbins	Norwich	23/04/2023	3.43.4
<u>1500m</u>			
Isabella White	Norwich	30/04/2023	5.27.2
Tayla Goodswen	Stevenage	21/05/2023	5.29.64
Kaila Slaughter	Cambridge	16/07/2023	5.39.4
Florence Abbott	Norwich	14/05/2023	5.49.6
Chloe Munn	Norwich	14/05/2023	5.50.7
Molly Ellard- Thurtle	Stevenage	21/05/2023	6.10.42
Jasmin Benson	King's Lynn	30/07/2023	6.14.4
<u>70m hurdles</u>			
Jennifer Mardle	Cambridge	24/06/2023	11.34w 11.60
Olivia Barber	Bury St Edmunds	03/09/2023	12.53w 12.6
Darcie Holmes	St Albans	02/07/2023	13.1
Tayla Goodswen	Cambridge	16/07/2023	13.7
Elliott Amos	St Albans	02/07/2023	14.5
<u>High Jump</u>			
Jennifer Mardle	Norwich	30/08/2023	1.43
Betty Appleton	King's Lynn	30/07/2023	1.30
Olivia Barber	Norwich	14/04/2023	1.25
Molly Ellard- Thurtle	Norwich	14/04/2023	1.15
MacEy Phillips	Norwich	23/04/2023	1.15
Mirabelle Kamagate	Norwich	14/05/2023	1.15
Chloe Munn	King's Lynn	30/07/2023	1.15
Hetty Bunkle	Norwich	30/08/2023	1.15
Elliott Amos	Norwich	14/04/2023	1.13
<u>Long Jump</u>			
Darcie Holmes	Stevenage	10/09/2023	4.64
Jennifer Mardle	Lee Valley	13/05/2023	4.43
Olivia Barber	Stevenage	10/09/2023	4.33
Hetty Bunkle	Cambridge	24/06/2023	4.02
Tayla Goodswen	Norwich	13/05/2023	3.87
Eleana Doe	Bury St Edmunds	03/09/2023	4.51w 3.79
Molly Ellard- Thurtle	Norwich	13/05/2023	3.70
Elsa Lindsay	Norwich	13/05/2023	3.53
Elliott Amos	Norwich	30/04/2023	3.44
MacEy Phillips	Norwich	14/04/2023	3.57w 3.36
Mirabelle Kamagate	Norwich	13/05/2023	3.35
Emily Korn	Norwich	13/05/2023	3.22w
<u>Shot 2.72kg</u>			
Jennifer Mardle	Cambridge	24/06/2023	8.26
Eleanor Wright	Great Yarmouth	17/09/2023	6.86

Hetty Bunkle	St Albans	02/07/2023	6.76
EleanaDoe	St Albans	02/07/2023	6.08
Mirabelle Kamagate	Norwich	23/04/2023	5.75
Maisie Powles-Warren	King's Lynn	30/07/2023	4.81
Jasmin Benson	Cambridge	16/07/2023	3.58
<u>Discus</u>			
Jennifer Mardle	Stevenage	21/05/2023	20.44
Eleanor Wright	Great Yarmouth	04/06/2023	19.52
Maisie Powles-Warren	Stevenage	21/05/2023	14.97
Hetty Bunkle	St Albans	02/07/2023	12.63
Tayla Goodswen	Stevenage	21/05/2023	12.38
Samantha Bracho-Tirado	Norwich	23/04/2023	10.78
<u>Javelin</u>			
Jennifer Mardle	Norwich	14/05/2023	27.24
Maisie Powles-Warren	Steenage	10/09/2023	17.92
Eleanor Wright	Grat Yarmouth	17/09/2023	16.42
Kalia Slaughter	Cambridge	16/07/2023	15.59
Isabella White	Norwich	23/04/2023	11.43
Tayla Goodswen	Cambridge	16/07/2023	10.99
Betty Appleton	St Albans	02/07/2023	8.41
MacEy Phillips	St Albans	02/07/2023	7.28
<u>Hammer</u>			
Eleanor Wright	Norwich	13/05/2023	12.36
<u>Pentathlon</u>			
Jennifer Mardle	Peterborough	25/09/2023	1817
<u>4 x 100m Relay</u>	Gt Yarmouth	04/06/2023	55.6
<u>UNDER 15 BOYS RANKINGS 2023</u>			
<u>60m</u>			
Charlie Rowe	Norwich	30/08/2023	9.48
<u>100m</u>			
James Lupton	Stevenage	21/05/2023	12.4w 12.46
Sam Barber	Stevenage	21/05/2023	12.56
Leon Royle	Norwich	30/08/2023	12.4w 12.58
Joshua Stark	Cambridge	23/07/2023	12.6w 12.6
Jude Linstead	Bury St Edmunds	03/09/2023	12.6
Charlie Perry	Norwich	30/08/2023	13.25
Alexander Singh	Norwich	10/06/2023	13.5
Tyrone Tetteh	Great Yarmouth	04/06/2023	14.1
Matthew Williams	Norwich	30/04/2023	14.74
Charlie Rowe	Norwich	30/08/2023	14.9w 14.98
<u>200m</u>			
Jonathan Crowle	Norwich	14/05/2023	25.1
Sam Barber	Stevenage	10/09/2023	25.31

James Lupton	Norwich	14/05/2023	26.0
Leon Royle	Norwich	14/04/2023	26.06
Joshua Stark	Bury St Edmunds	03/09/2023	26.2
Tyrone Tetteh	Norwich	14/05/2023	29.0
Jack Browne	St Albans	02/07/2023	29.2
Charlie Rowe	King's Lynn	30/07/2023	30.1
Harvey Moore	Stevenage	21/05/2023	31.79
<u>300m</u>			
Jonathan Crowle	Norwich	10/06/2023	38.8
Sam Barber	Stevenage	21/05/2023	40.16
Charlie Perry	Norwich	14/05/2023	43.1
Jack Browne	Bury St Edmunds	03/09/2023	45.9
Matthew Williams	Norwich	30/04/2023	48.2
Harvey Moore	Norwich	30/04/2023	48.6
<u>800m</u>			
Jude Linstead	Birmingham	30/06/2023	2.03.34
Finlay Haynes	Great Yarmouth	17/09/2023	2.03.6
Joshua Stark	Birmingham	30/06/2023	2.05.07
Jonathan Crowle	Norwich	13/05/2023	2.16.5
Finn Kaiser	Norwich	10/06/2023	2.23.6
Vito Machin	Stevenage	10/09/2023	2.24.13
Jack Browne	Norwich	13/05/2023	2.24.2
Harvey Moore	Norwich	30/08/2023	2.24.33
Leonardo Gegaj	Norwich	13/05/2023	2.25.0
Patryk Potrawski	Norwich	13/05/2023	2.31.0
James Lupton	Peterborough	24/09/2023	2.35.0
James Ashton	Norwich	30/08/2023	2.39.36
<u>1500m</u>			
Finley Haynes	Stevenage	10/09/2023	4.29.59
Jude Linstead	Norwich	14/04/2023	4.36.76
Charlie Perry	St Albans	02/07/2023	4.43.7
Jonathan Crowle	Norwich	10/06/2023	4.45.1
Jack Browne	St Albans	02/07/2023	4.52.4
Vito Machin	Bury St Edmunds	03/09/2023	4.55.0
Harvey Moore	Norwich	14/05/2023	4.59.7
Patryk Potrawski	Norwich	14/04/2023	5.06.78
Fletcher James	Kings Lynn	30/07/2023	5.09.6
Finn Kaiser	Norwich	30/04/2023	5.20.4
James Ashton	Norwich	30/04/2023	5.36.8
<u>3000m</u>			
Charlie Perry	Watford	09/08/2023	9.57.74
Jack Browne	Watford	26/07/2023	10.12.47
Jonathan Crowle	Norwich	30/08/2023	10.30.83
Fletcher James	Norwich	30/08/2023	10.42.93
<u>80m Hurdles</u>			
James Lupton	Peterborough	24/09/2023	13.13
Leon Harris	Norwich	10/06/2023	13.8

Matthew Williams	Bury St Edmunds	03/09/2023	15.5
<u>Long Jump</u>			
Sam Barber	Stevenage	10/09/2023	5.93
James Lupton	Peterborough	24/09/2023	5.50
Charlie Perry	Stevenage	10/09/2023	4.59
Tyrone Tetteh	Norwich	23/04/2023	4.33
Jack Browne	Norwich	13/05/2023	4.21
Jonathan Crowle	Norwich	13/05/2023	3.73
Patryk Potrawski	Norwich	13/05/2023	3.71w
<u>Pole Vault</u>			
Matthew Williams	St Albans	02/07/2023	1.90
<u>Triple Jump</u>			
Sam Barber	Norwich	14/05/2023	11.84
Charlie Perry	Norwich	10/06/2023	9.98
<u>High Jump</u>			
Leon Harris	Norwich	10/06/2023	1.60
James Lupton	Norwich	14/04/2023	1.55
Joshua Stark	Bury St Edmunds	03/09/2023	1.55
Matthew Williams	Norwich	23/04/2023	1.40
Jack Browne	Norwich	14/04/2023	1.40
<u>Shot</u>			
James Lupton	Peterborough	24/09/2023	9.25
Finn Kaiser	Norwich	30/04/2023	7.64
Matthew Williams	Bury St Edmunds	03/09/2023	7.34
Finley Haynes	Bury St Edmunds	03/09/2023	6.65
Aaron Stanton	Great Yarmouth	04/06/2023	4.83
<u>Hammer</u>			
James Lupton	Bury St Edmunds	03/09/2023	34.34
<u>Discus</u>			
Finn Kaiser	Norwich	30/04/2023	19.53
Finley Haynes	Stevenage	10/09/2023	19.19
Matthew Williams	Bury St Edmunds	03/09/2023	14.31
Harvey Moore	Bury St Edmunds	03/09/2023	13.36
Aaron Stanton	Great Yarmouth	04/06/2023	11.70
<u>Javelin</u>			
James Lupton	Bury St Edmunds	03/09/2023	26.35
Matthew Williams	Stevenage	10/09/2023	24.21
Jack Brown	Norwich	23/04/2023	19.93
Aaron Stanton	Great Yarmouth	04/06/2023	19.11
Charlie Perry	Cambridge	16/07/2023	18.58
James Ashton	Norwich	30/04/2023	17.63
Leon Harris	Great Yarmouth	04/06/2023	9.73
<u>Pentathlon</u>			

James Lupton	Peterborough	24/09/2023	21.62
<u>4 x 100m Relay</u>	Norwich	30/04/2023	50.7
<u>UNDER 15 GIRLS RANKINGS 2023</u>			
<u>60m</u>			
Lola Van Baaren	Kings Lynn	29/01/2023	8.40
Ellie Warman	Lee Valley	04/03/2023	8.43
Confidence Uzoigwe	Lee Valley	04/03/2023	8.47
Emily Doran	Norwich	30/08/2023	8.49
Tilly Beales	Kings Lynn	29/01/2023	8.84
Daniella Baldeo	Kings Lynn	29/01/2023	9.19
<u>60m Hurdles</u>			
Isla Hibbett	Lee Valley	04/03/2023	9.90
Lily Ganley	Kings Lynn	29/01/2023	11.09
<u>100m</u>			
Ellie Warman	Cambridge	16/07/2023	12.9w 13.0
Emily Doran	Cambridge	16/07/2023	13.1
Lola Van Baaren	Norwich	14/04/2023	13.2
Confidence Uzoigwe	Stevenage	21/05/2023	13.34
Isla Hibbett	Norwich	30/08/2023	13.4w 13.80
Adeola Arole	Norwich	30/08/2023	13.87
Lily Ganley	Norwich	13/05/2023	14.0w 14.1
Grace Doran	Norwich	14/04/2023	14.30
Daniella Baldeo	Norwich	23/04/2023	14.2w 14.3
Minnie Richardson	Great Yarmouth	04/06/2023	14.4
Aggie Long	Cambridge	16/07/2023	16.2
Mia Horan	Great Yarmouth	04/06/2023	16.4
<u>200m</u>			
Emily Doran	Norwich	10/06/2023	26.9
Ellie Warman	King's Lynn	14/05/2023	27.2
Confidence Uzoigwe	Stevenage	21/05/2023	28.09
Daniella Baldeo	Norwich	10/06/2023	28.6
Adeola Arole	King's Lynn	30/07/2023	28.6
Tilly Beales	Lee Valley	05/03/2023	28.72
Lily Ganley	King's Lynn	21/04/2023	29.2
Isla Hibbett	Great Yarmouth	17/09/2023	29.8
Minnie Richardson	Norwich	30/04/2023	30.8
Grace Doran	Norwich	30/04/2023	31.1
<u>300m</u>			
Adeola Arole	Nuneaton	03/07/2023	43.72
Lily Ganley	St Albans	02/07/2023	45.1
Megan Luxford	Norwich	10/06/2023	47.1
Daniella Baldeo	Bury St Edmunds	03/09/2023	47.6
Tilly Beales	Norwich	30/04/2023	48.5
Ava Munnings	Norwich	10/06/2023	48.7

Amber Goddard	Great Yarmouth	04/06/2023	48.9
Lia Pazos Perez	St Albans	02/07/2023	49.7
Violet Brooke	King's Lynn	30/07/2023	50.9
<u>800m</u>			
Amber Goddard	Norwich	23/04/2023	2.33.9
Violet Brooke	Bury St Edmunds	03/09/2023	2.34.3
Asha Kandola	Stevenage	21/05/2023	2.38.17
Lily Ganley	Norwich	30/08/2023	2.40.20
Cara Bredican	Norwich	10/06/2023	2.44.5
Ella Goodswen	Great Yarmouth	04/06/2023	2.45.5
Olivia White	Norwich	13/05/2023	2.46.6
Lily Goddard	Norwich	10/06/2023	2.46.6
Daniella Baldeo	Norwich	30/04/2023	2.49.5
Lia Pazos Perez	Cambridge	16/07/2023	2.50.4
Lili Manson	Norwich	10/06/2023	2.53.0
Isla Hibbett	Sportcity	06/08/2023	2.59.56
Mia Horan	King's Lynn	30/07/2023	3.17.6
<u>1500m</u>			
Lottie Hood	Norwich	14/05/2023	5.12.4
Lexie Heather	Norwich	14/05/2023	5.14.3
Violet Brooke	Norwich	14/05/2023	5.30.3
Asha Kandola	Bury St Edmunds	03/09/2023	5.31.2
Ella Goodswen	Stevenage	21/05/2023	5.49.34
<u>75m H</u>			
Isla Hibbett	Stevenage	10/09/2023	12.50
Grace Doran	Cambridge	16/07/2023	12.7
Lily Ganley	Cambridge	16/07/2023	13.1
<u>High Jump</u>			
Lily Ganley	Bury St Edmunds	03/09/2023	1.43
Tilly Beales	Norwich	30/04/2023	1.42
Emily Doran	Norwich	10/06/2023	1.40
Isla Hibbett	Sportcity	06/07/2023	1.32
Grace Doran	Cambridge	16/07/2023	1.30
Adeola Arole	King's Lynn	30/07/2023	1.25
Violet Brooke	Norwich	23/04/2023	1.20
Aggie Long	Great Yarmouth	04/06/2023	1.05
<u>Long Jump</u>			
Lola Van Baaren	Cambridge	24/06/2023	5.02
Lily Ganley	Norwich	30/08/2023	4.62
Grace Doran	Cambridge	16/07/2023	4.53
Ellie Warman	St Ives	19/07/2023	4.34
Emily Doran	Norwich	13/05/2023	4.31
Daniella Baldeo	Norwich	13/05/2023	4.26
Isla Hibbett	Boston	24/06/2023	4.24
Adeola Arole	Cambridge	16/07/2023	4.23
Tilly Beales	Kings Lynn	29/01/2023	4.04
Minnie Richardson	Norwich	30/04/2023	3.72

Violet Brooke	Stevenage	21/05/2023	3.72
<u>Triple Jump</u>			
Lola Van Baaren	Norwich	14/05/2023	9.96
Tilly Beales	Norwich	14/05/2023	8.99
<u>Shot</u>			
Minnie Richardson	Bedford	09/06/2023	8.96
Isla Hibbett	King's Lynn	30/07/2023	8.40
Ellie Warman	St Albans	02/07/2023	7.65
Aggie Long	Cambridge	16/07/2023	7.58
Adola Arole	Norwich	23/04/2023	6.60
Lily Ganley	Peterborough	24/09/2023	6.06
Grace Doran	St Albans	02/07/2023	6.03
Ella Goodswen	Norwich	30/04/2023	6.01
Violet Brooke	Norwich	30/04/2023	4.52
<u>Javelin</u>			
Aggie Long	Bury St Edmunds	03/09/2023	34.60
Isla Hibbett	Norwich	10/06/2023	24.17
Mia Horan	Cambridge	16/07/2023	17.87
Minnie Richardson	Great Yarmouth	04/06/2023	12.55
Lily Ganley	King's Lynn	30/07/2023	9.03
Lily Goddard	Norwich	23/04/2023	6.81
Emily Doran	St Albans	02/07/2023	6.39
<u>Discus</u>			
Aggie Long	Stevenage	10/09/2023	19.33
Tilly Beales	Great Yarmouth	04/06/2023	17.87
Lily Goddard	Norwich	30/04/2023	17.54
Mia Horan	Great Yarmouth	04/06/2023	15.40
Amber Goddard	Norwich	10/06/2023	14.49
Ella Goodswen	Cambridge	16/07/2023	11.82
Olivia White	Norwich	30/04/2023	11.60
<u>Hammer</u>			
Mia Horan	Bury St Edmunds	03/09/2023	20.63
Daniella Baldeo	Stevenage	21/05/2023	14.31
Belle Hoy	Norwich	30/04/2023	13.30
<u>Pentathlon indoor/outdoor</u>			
Lily Ganley	Peterborough	24/09/2023	2179
Isla Hibbert	Peterborough	24/09/2023	2084
<u>Hexathlon indoor/outdoor</u>			
Isla Hibbett	Sportcity	06/08/2023	2108
<u>4 x 100m Relay</u>	Stevenage	10/09/2023	52.57
<u>UNDER 17 MEN RANKINGS 2023</u>			
<u>60m indoors</u>			

Barney Clarke	Kings Lynn	29/01/2023	7.36
Fin Barnard	Kings Lynn	29/01/2023	7.82
<u>60m Hurdles</u>			
Barney Clarke	Sheffield	12/02/2023	8.55
Fin Barnard	Lee Valley	04/03/2023	8.64
<u>100m</u>			
Will Lupton	Cambridge	16/07/2023	11.1
Barney Clarke	Norwich	23/04/2023	11.9
Finley Barnard	Bury St Edmunds	03/09/2023	12.2
Billy Francis	Norwich	30/04/2023	12.6
Theo Carus	Norwich	30/08/2023	12.62
Mpaji Rose-Brown	Bury St Edmunds	03/09/2023	12.7
<u>200m</u>			
Barney Clarke	Norwich	23/04/2023	22.6
Will Lupton	St Albans	02/07/2023	23.4
William Percival	Bury St Edmunds	03/09/2023	24.7
Finley Barnard	King's Lynn	30/07/2023	25.0
Billy Francis	Bury St Edmunds	03/09/2023	25.3
Mpaji Rose-Brown	Norwich	30/04/2023	26.6
Michael Clark	St Albans	10/09/2023	26.76
<u>400m</u>			
William Percival	Great Yarmouth	04/06/2023	53.6
Mpaji Rose-Brown	Stevenage	21/05/2023	56.44
Finley Barnard	Gillingham	19/08/2023	57.02
Matthew Benson	Norwich	30/04/2023	57.4
Joe Machin	St Albans	02/07/2023	59.6
<u>800m</u>			
Tobias Cheeseborough	Loughborough	09/08/2023	1.55.80-
Zachary Dunne	King's Lynn	26/07/2023	2.00.0
William Percival	Norwich	10/06/2023	2.00.7
Jake Dorbin	Watford	09/08/2023	2.02.01
Mpaji Rose-Brown	Norwich	10/06/2023	2.02.4
Matthew Benson	Peterborough	13/05/2023	2.08.5
Jasper Makins-Kitt	Norwich	10/06/2023	2.21.3
George Bakewell	Norwich	30/04/2023	2.23.5
<u>1500m</u>			
Zachary Dunne	Watford	26/07/2023	4.01.08
Michael Clark	Norwich	14/05/2023	4.09.0
Liam Davison	Norwich	23/04/2023	4.10.7
Jake Dorbin	Watford	23/08/2023	4.12.30
Will Percival	Watford	26/07/2023	4.12.43
Mpaji Rose-Brown	Norwich	14/05/2023	4.28.5
Matthew Benson	Norwich	14/04/2023	4.29.96
Max Parsley	Norwich	14/04/2023	4.36.23
Henry Ashton	Cambridge	16/07/2023	4.44.5
Jasper Makins-Kitt	Norwich	30/04/2023	5.19.6

Finlay Barnard	Boston	24/06/2023	6.00.9
<u>3000m</u>			
Zachary Dunne	Bromley	09/07/2023	8.51.65
Liam Davison	Watford	05/04/2023	9.02.21
Will Percival	Norwich	30/08/2023	9.20.36
Max Parsley	Norwich	30/08/2023	9.25.42
Matthew Benson	Norwich	14/05/2023	9.37.2
Henry Ashton	Norwich	14/04/2023	10.15.8
<u>100m H</u>			
Fin Barnard	Birmingham	30/06/2023	14.04
Barney Clarke	Norwich	23/04/2023	14.6
Billy Francis	Stevenage	10/09/2023	16.98
<u>400 Hurdles</u>			
Fin Barnard	Gillingham	19/08/2023	63.89
<u>Long Jump</u>			
Fin Barnard	Boston	24/06/2023	5.69
Billy Francis	Cambridge	24/06/2023	5.48
Mpaji Rose-Brown	Stevenage	21/05/2023	5.02
Will Lupton	Norwich	14/04/2023	4.91
Kyle Thorne	Cambridge	16/07/2023	4.90
Michael Clark	Stevenage	21/05/2023	4.65
William Gregson	Norwich	30/04/2023	4.57
Lewis Dickerson			
<u>High Jump</u>			
Fin Barnard	Boston	24/06/2023	1.77
Billy Francis	Stevenage	10/09/2023	1.70
Will Lupton	Norwich	14/04/2023	1.65
Will Percival	Norwich	30/04/2023	1.55
<u>Triple Jump</u>			
Billy Francis	Gillingham	19/08/2023	11.23
Fin Barnard	St Albans	02/07/2023	11.15
<u>Shot</u>			
Will Lupton	King's Lynn	30/07/2023	11.43
Joe Machin	Norwich	23/04/2023	8.19
William Gregson	Norwich	10/06/2023	8.14
Kyle Thorne	Stevenage	21/05/2023	7.64
Fin Barnard	Boston	24/06/2023	7.25
Will Percival	Bury St Edmunds	03/09/2023	7.00
Matthew Benson	Norwich	23/04/2023	6.85
Mpaji Rose-Brown	Stevenage	10/09/2023	6.79
<u>Javelin 700g</u>			
Will Lupton	Stevenage	10/09/2023	40.32
Kyle Thorne	Cambridge	16/07/2023	32.91
Henry Ashton	Cambridge	16/07/2023	28.19

William Gregson	Norwich	10/06/2023	27.50
Joe Machin	Norwich	23/04/2023	22.31
Fin Barnard	Boston	24/06/2023	21.79
<u>Discus 1.5kg</u>			
Will Lupton	Stevenage	10/09/2023	31.57
William Gregson	Great Yarmouth	04/06/2023	20.03
Fin Barnard	Boston	24/06/2023	19.14
Joe Machin	Norwich	23/04/2023	18.51
<u>Hammer</u>			
Will Lupton	King's Lynn	30/07/2023	37.52
Matthew Benson	Norwich	30/04/2023	19.17
<u>Octathlon</u>			
Fin Barnard	Boston	24/06/2023	3402
4 x 100m Relay	Norwich	23/04/2023	47.40
<u>UNDER 17 WOMEN RANKINGS 2023</u>			
<u>60m indoors</u>			
Lily Bradley	Sheffield	11/02/2023	7.53
Isabelle Mardle	Loughborough	04/02/2023	8.04
Caitlin Bell	Lee Valley	29/01/2023	8.60
<u>60m hurdles</u>			
Isabelle Mardle	Lee Valley	14/01/2023	8.66
Caitlin Bell	Lee Valley	04/03/2023	9.80
Charlotte Gilding	Lee Valley	04/03/2023	9.82
<u>100m</u>			
Lily Bradley	Lee Valley	07/05/2023	11.8w 11.83
Caitlin Bell	Stevenage	21/05/2023	12.9w 12.99
Aisha Elouassi	Norwich	10/06/2023	13.0w 13.1
Isabelle Mardle	Norwich	30/04/2023	13.5
Zara Kirkham	Norwich	23/04/2023	14.2
Millie Adams	Great Yarmouth	04/06/2023	14.9
<u>200m</u>			
Lily Bradley	Lee Valley	05/03/2023	25.26
Isabelle Mardle	Norwich	23/04/2023	26.4
Caitlin Bell	Boston	24/06/2023	26.4
Aisha Elouassi	Norwich	10/06/2023	26.8
Charlotte Gilding	Gillingham	19/08/2023	27.54
Georgia Shirley	Norwich	23/04/2023	29.0
Millie Adams	Norwich	30/04/2023	29.4
Sarah Barrett	Norwich	30/04/2023	33.1
<u>300m</u>			
Georgia Shirley	Norwich	14/05/2023	44.1
Millie Adams	King's Lynn	30/07/2023	46.7

<u>800m</u>			
Connie Easter	Norwich	30/08/2023	2.21.10
Georgia Shirley	Norwich	13/05/2023	2.21.8
Millie Adams	Norwich	13/05/2023	2.23.5
Isabelle Mardle	Sportcity	06/08/2023	2.35.03
Caitlin Bell	Boston	24/06/2023	2.37.3
Erin Hernon	Watford	09/08/2023	2.38.34
Bronwen Nelson	Norwich	30/04/2023	2.41.4
Charlotte Gilding	Sportcity	06/08/2023	2.42.87
<u>1500m</u>			
Georgia Shirley	Norwich	14/05/2023	4.49.3
Millie Adams	Norwich	14/05/2023	4.53.0
Sarah Barrett	Bromley	09/07/2023	4.59.25
Connie Easter	Norwich	14/05/2023	5.00.8
Erin Hernon	Norwich	14/04/2023	5.32.30
<u>3000m</u>			
Sarah Barrett	Birmingham	26/08/2023	10.08.62
Georgia Shirley	Norwich	30/08/2023	11.10.35
<u>5000m</u>			
Erin Hernon	Norwich	13/05/2023	21.49.8
<u>80m hurdles</u>			
Isabelle Mardle	Birmingham	01/07/2023	11.33w 11.42
Caitlin Bell	Boston	24/06/2023	12.4
Charlotte Gilding	Boston	24/06/2023	12.6w 12.7
Sophia Reeve	Norwich	14/04/2023	13.50
<u>100m hurdles</u>			
Isabelle Mardle	Loughborough	22/04/2023	14.50
<u>300m hurdles</u>			
Isabelle Mardle	Norwich	14/05/2023	47.1
<u>Long Jump</u>			
Isabelle Mardle	Norwich	13/05/2023	5.71
Caitlin Bell	Norwich	10/06/2023	5.26
Charlotte Gilding	Boston	24/06/2023	5.15
Maddy Powles-Warren	Norwich	13/05/2023	4.16w 3.78
Millie Adams	Stevenage	10/09/2023	3.33
<u>High Jump</u>			
Charlotte Gilding	Norwich	14/05/2023	1.55
Isabelle Mardle	Cambridge	16/07/2023	1.55
Caitlin Bell	Norwich	30/08/2023	1.40
Maddy Powles-Warren	Kings Lynn	29/01/2023	1.30
<u>Triple Jump</u>			
Isabelle Mardle	Cambridge	24/06/2023	11.08

Caitlin Bell	Norwich	14/04/2023	10.63
<u>Shot 3kg</u>			
Isabelle Mardle	Cambridge	24/06/2023	12.40
Maddy Powles-Warren	Cambridge	24/06/2023	11.68
Caitlin Bell	Kings Lynn	14/05/2023	11.22
Charlotte Gilding	Peterborough	24/09/2023	10.38
<u>Shot 4kg</u>			
Maddy Powles-Warren	Gillingham	19/08/2023	9.61
<u>Javelin 500g</u>			
Maddy Powles-Warren	King's Lynn	30/07/2023	38.69
Isabelle Mardle	King's Lynn	30/07/2023	34.61
Caitlin Bell	Boston	24/06/2023	28.15
Aisha Elouassi	Norwich	14/05/2023	27.97
Charlotte Gilding	Great Yarmouth	17/09/2023	20.20
<u>Javelin 600g</u>			
Caitlin Bell	Colchester	20/05/2023	24.92
Maddy Powles-Warren	Gillingham	19/08/2023	21.42
Charlotte Gilding	Harrow	18/06/2023	16.24
<u>Discus</u>			
Isabelle Mardle			
Maddy Powles-Warren	Kings Lynn	23/04/2023	25.85
Georgia Shirley	Stevenage	10/09/2023	13.07
<u>Hammer 3kg</u>			
Isabelle Mardle	Norwich	30/04/2023	29.71
Millie Adams	Stevenage	10/09/2023	5.66
<u>4 x 100m Relay</u>	Cambridge	16/07/2023	52.90
<u>Pentathlon</u>			
<u>Charlotte Gilding</u>	Peterborough	24/09/2023	2871
<u>Heptathlon</u>			
Isabelle Mardle	Sportcity	06/08/2023	4577
Caitlin Bell	Boston	24/06/2023	4193
Charlotte Gilding	Boston	24/06/2023	3849
<u>UNDER 20 MEN RANKINGS 2023</u>			
<u>60m</u>			
Joel Burgess	Lee Valley	08/01/2023	7.17
Jaiden Dean	Lee Valley	22/01/2023	7.18
Ethan Ellis	Sheffield	07/01/2023	7.32
Calvin Smith	Lee Valley	04/03/2023	7.32
Conrad Winter	Sheffield	07/01/2023	7.36
Rian Snell	Norwich	30/08/2023	7.53
Ryan Wood	Kings Lynn	29/01/2023	7.61

Harry Smith	Norwich	30/08/2023	10.76
<u>75m</u>			
Harry Smith	Great Yarmouth	17/09/2023	13.0
<u>60m Hurdles</u>			
Jaiden Dean	Sheffield	12/02/2023	7.74
Conrad Winter	Kings Lynn	29/01/2023	8.87
Ethan Ellis	Sheffield	08/01/2023	8.92
<u>100m</u>			
Joel Burgess	Norwich	13/05/2023	11.1
Calvin Smith	Norwich	13/05/2023	11.1
Conrad Winter	King's Lynn	21/04/2023	11.3
Eljay Secker	Boston	24/06/2023	11.4
Ethan Ellis	Norwich	30/04/2023	11.6
Rian Snell	Norwich	13/05/2023	11.8
Robbie Dalrymple	Colchester	20/05/2023	11.8
Ryan Wood	Norwich	30/04/2023	12.1
<u>200m</u>			
Calvin Smith	Lee Valley	27/05/2023	21.81
Joel Burgess	Lee Valley	05/03/2023	22.43
Conrad Winter	Bury St Edmunds	03/09/2023	23.4
Robbie Dalrymple	Kings Lynn	21/04/2023	24.3
Rian Snell	Great Yarmouth	04/06/2023	25.8
Oliver Yellop	Great Yarmouth	17/09/2023	26.7
<u>300m</u>			
Calvin Smith	London CT	03/09/2023	35.82
<u>400m</u>			
Calvin Smith	Bromley	09/07/2023	49.26
Joel Burgess	Walton	04/06/2023	49.84
Conrad Winter	Sportcity	27/05/2023	50.82
Eljay Secker	Bedford	16/09/2023	54.66
Oliver Yellop	Bury St Edmunds	03/09/2023	60.5
<u>800m</u>			
Henry Jonas	Watford	23/08/2023	1.49.46
Tim Bongaerts	Gillingham	19/08/2023	1.57.85
Russell Hopkins	Great Yarmouth	04/06/2023	2.09.4
Leo Bodiam	Great Yarmouth	04/06/2023	2.11.6
Richard Harrison	Bromley	09/07/2023	2.12.30
Harry Smith	Norwich	30/08/2023	2.14.72
Robbie Dalrymple	Bury St Edmunds	03/09/2023	2.29.5
<u>1000m</u>			
Conrad Winter	Sheffield	08/01/2023	2.57.83
Ethan Ellis	Sheffield	08/01/2023	3.05.75
<u>1500m</u>			

Henry Jonas	Loughborough	09/08/2023	3.50.17
Tim Bongaerts	Tooting Bec	26/07/2023	3.58.53
Harry Smith	Watford	23/08/2023	4.01.71
Jeya Kandola	Norwich	14/04/2023	4.07.6
Conrad Winter	Bedford	16/09/2023	4.42.55
Russell Hopkins	Norwich	14/05/2023	4.47.1
Oliver Yellop	Bury St Edmunds	03/09/2023	5.12.0
Eljay Secker	Bedford	16/09/2023	5.18.56
<u>1 Mile</u>			
Henry Jonas	Norwich	30/08/2023	4.15.98
Tim Bongaerts	Norwich	30/08/2023	4.32.78
<u>3000m</u>			
Harry Smith	Watford	09/08/2023	8.45.99
Tim Bongaerts	Stretford	15/08/2023	8.57.50
<u>5000m</u>			
Harry Smith	Norwich	13/05/2023	15.43.9
<u>110m Hurdles</u>			
Conrad Winter	Norwich	10/06/2023	15.5
Eljay Secker	Grantham	13/05/2023	16.23
<u>400m Hurdles</u>			
Oliver Yellop	Gillingham	19/08/2023	73.65
<u>High Jump</u>			
Conrad Winter	Horspath	30/07/2023	1.82
Ethan Ellis	Kings Lynn	29/01/2023	1.80
Eljay Secker	Norwich	30/04/2023	1.75
Ryan Wood	Great Yarmouth	04/06/2023	1.65
Jacob Brown	Bromley	09/07/2023	1.40
<u>Long Jump</u>			
Conrad Winter	Bedford	16/09/2023	7.11w 7.10
Eljay Secker	Bedford	16/09/2023	6.22
Zak Collins-Iddi	Sheffield	25/02/2023	5.99
Ryan Wood	Norwich	10/06/2023	5.99
Ethan Ellis	Sheffield	07/01/2023	5.96
Rian Snell	Norwich	13/05/2023	5.27
Oliver Yellop	Great Yarmouth	17/09/2023	4.80
Harry Smith	Norwich	30/08/2023	3.36
<u>Pole Vault</u>			
Jacob Brown	Bromley	09/07/2023	3.90
Conrad Winter	Bedford	16/09/2023	3.90
Eljay Secker	Boston	07/07/2023	2.85
Ethan Ellis	Sheffield	08/01/2023	2.70
Ryan Wood	Colchester	20/05/2023	1.10
<u>Triple Jump</u>			

Zak Collins-Iddi	Norwich	14/05/2023	13.80
Ryan Wood	Norwich	10/06/2023	12.67
Jacob Brown	Bromley	09/07/2023	10.40
<u>Discus</u>			
Conrad Winter	Norwich	13/05/2023	42.96
Eljay Secker	Boston	03/09/2023	36.40
Oliver Yellop	Norwich	10/06/2023	25.66
Tim Bongaerts 2kg	Colchester	20/05/2023	24.92
Conrad Winter 2kg	Bromley	09/07/2023	36.76
<u>Shot</u>			
Conrad Winter	Sheffield	07/01/2023	13.70
Eljay Secker	Boston	24/06/2023	11.18
Conrad Winter 7.26kg	Bromley	09/07/2023	10.40
Ethan Ellis	Sheffield	07/01/2023	9.72
Jacob Brown 7.26kg	Bromley	09/07/2023	7.84
<u>Javelin</u>			
Conrad Winter	Bedford	16/09/2023	53.38
Eljay Secker	Great Yarmouth	04/05/2023	43.93
Oliver Yellop	Colchester	20/05/2023	38.43
Ryan Wood	King's Lynn	30/07/2023	37.31
<u>Heptathlon</u>			
Conrad Winter	Sheffield	08/01/2023	4788
Ethan Ellis	Sheffield	08/01/2023	4055
<u>Decathlon</u>			
Conrad Winter	Boston	24/06/2023	6625
Eljay Secker	Bedford	17/09/2023	5473
<u>UNDER 20 WOMEN RANKINGS 2023</u>			
<u>60m</u>			
Evie Patrick	Lee Valley	04/03/2023	7.76
Hannah Pain	Kings Lynn	29/01/2023	8.30
Ruby Love	Lee Valley	02/01/2023	8.46
<u>60m Hurdles</u>			
Kirsty Sait-Stewart	Lee Valley	01/02/2023	9.57
Hannah Pain	Kings Lynn	29/01/2023	10.05
Rose Fairhurst	Lee Valley	08/01/2023	10.25
<u>100m</u>			
Evie Patrick	Lee Valley	12/03/2023	11.96
Ruby Love	Harrow	18/06/2023	13.23
Nicole Kaszczak	Great Yarmouth	17/09/2023	14.92w 15.4
<u>200m</u>			
Evie Patrick	London CT	29/05/2023	25.04
Hannah Pain	Boston	24/06/2023	26.1

Ruby Love	Gillingham	19/08/2023	27.0
Lil Slaughter	Norwich	14/04/2023	30.89
<u>400m</u>			
Hannah Pain	Lee Valley	05/02/2023	59.10
Meg Willis	Lee Valley	20/08/2023	60.03
Ruby Love	Bromley	09/07/2023	61.93
Grace Forster	Lee Valley	21/01/2023	63.24
Isabella Williams	Harrow	18/06/2023	65.97
<u>800m</u>			
Hannah Pain	Sportcity	27/05/2023	2.20.17
Memphis Symonds	Norwich	30/08/2023	2.23.32
Grace Forster	Stretford	29/03/2023	2.24.73
Isabella Williams	Bromley	09/07/2023	2.26.78
Tia-Lily Crane	Colchester	20/05/2023	2.30.6
<u>1500m</u>			
Hattie Reynolds	Norwich	14/04/2023	4.34.33
Memphis Symonds	Watford	26/07/2023	4.51.00
Tia-Lily Crane	Norwich	14/05/2023	5.29.2
Isabella Williams	Bury St Edmunds	03/09/2023	5.56.9
Lil Slaughter	Norwich	14/04/2023	6.04.95
<u>3000m</u>			
Hattie Reynolds	Norwich	14/05/2023	9.47.2
Isabella Williams	Colchester	20/05/2023	11.42.5
<u>5000m</u>			
Isabella Williams	Harrow	18/06/2023	22.09.92
<u>1500m S/Chase</u>			
Hattie Reynolds	Norwich	10/06/2023	4.54.7
<u>3000m S/Chase</u>			
Hattie Reynolds	Cardiff	25/06/2023	10.20.7
<u>100m Hurdles</u>			
Hannah Pain	Sportcity	27/05/2023	16.01
Rose Fairhurst	Gillingham	19/08/2023	16.58
<u>400m Hurdles</u>			
Meg Willis	Chelmsford	18/06/2023	61.73
<u>High Jump</u>			
Isabella Williams	Great Yarmouth	04/06/2023	1.50
Hannah Pain	Sportcity	27/05/2023	1.49
Ellen Cunningham	Battersea Park	03/06/2023	1.00
<u>Triple Jump</u>			
Rose Fairhurst	Norwich	14/05/2023	9.58

<u>Long Jump</u>			
Meg Willis	Boston	25/06/2023	5.23
Hannah Pain	Boston	24/06/2023	5.23
Rose Fairhurst	Norwich	13/05/2023	4.70
<u>Pole Vault</u>			
Hannah Pain	Colchester	20/05/2023	1.90
<u>Shot</u>			
Ellen Cunningham	Battersea Park	03/06/2023	10.59
Hannah Pain	Bedford	16/09/2023	9.42
Rose Fairhurst	Norwich	10/06/2023	8.04
<u>Discus</u>			
Ellen Cunningham	Norwich	28/05/2023	21.15
Rose Fairhurst	Great Yarmouth	04/06/2023	13.24
<u>Javelin</u>			
Hannah Pain	Bedford	16/09/2023	33.74
Rose Fairhurst	Bromley	09/07/2023	11.98
<u>Heptathlon</u>			
Hannah Pain	Boston	24/06/2023	4376
<u>4 x 100m Relay</u>	Norwich	30/04/2023	54.5
<u>SENIOR MEN RANKINGS 2023</u>			
<u>60m</u>			
Harry Taylor	Sheffield	24/02/2023	6.96
Kevin Santos T47	Birmingham	18/02/2023	7.02
Louis Palmer	Sheffield	21/01/2023	7.32
Adam Herring	Kings Lynn	29/01/2023	7.43
Liam O'Dell	Lee Valley	20/08/2023	8.14
<u>100m</u>			
Harry Taylor	Loughborough	22/04/2023	10.77
Kevin Santos T47	London CT	23/07/2023	10.78
Louis Albrow	Norwich	14/04/2023	10.94
Louis Palmer	London CT	16/07/2023	11.10
Kyle McLean	Aldershot	12/07/2023	11.3
Scott Leeder	Norwich	30/04/2023	11.6
Tristan McLellan	Leicester	08/03/2023	11.71
Adam Herring	Lee Valley	20/08/2023	11.54w 11.73
Liam O'Dell	Lee Valley	12/03/2023	12.88w 12.96
Benjamin Read T20/F20	Norwich	14/04/2023	13.1w 13.68
<u>150m</u>			
Liam O'Dell	Lee Valley	12/03/2023	19.70
<u>200m</u>			
Harry Taylor	Loughborough	27/08/2023	21.33

Kyle McLean	Colchester	20/05/2023	21.8
Louis Palmer	Gillingham	19/08/2023	22.04
Louis Albrow	Loughborough	22/04/2023	22.18
Adam Herring	Norwich	14/05/2023	23.58w 23.9
Tristan McLellan	Leicester	18/03/2023	24.70
Chris Cooper	Norwich	30/04/2023	25.2
Callum Stedman	Loughborough	31/05/2023	25.24
Liam O'Dell	Norwich	14/04/2023	27.00
Benjamin Read T20/F20	Norwich	14/05/2023	27.1
<u>400m</u>			
Scott Greeves	Loughborough	22/04/2023	50.10
Kyle McLean	Norwich	14/04/2023	50.2
Kevin Santos T47	Norwich	14/05/2023	51.5
Adam Herring	Colchester	20/05/2023	54.0
Christopher Marshall	Bromley	09/07/2023	58.42
Benjamin Read T20/F20	Norwich	14/05/2023	59.8
<u>800m</u>			
Samuel Stevens	Watford	06/09/2023	1.57.85
Thomas Palmer	Sportcity	29/04/2023	1.58.60
Steven Denby	Emirates Arena	11/02/2023	1.58.94
Elliott Taylor	Watford	06/09/2023	1.59.54
Danny Adams	Harrow	18/06/2023	2.01.78
Patrick Thomas	Lee Valley	01/02/2023	2.02.42
Logan Smith	Norwich	13/05/2023	2.03.2
Eoghan Murphy	Watford	12/07/2023	2.08.02
Samuel Worfolk	Norwich	13/05/2023	2.14.0
<u>1500m</u>			
Will Mahoney	Loughborough	21/06/2023	3.56.00
Scott Greeves	Watford	28/06/2023	3.56.09
Steven Denby	Stretford	16/05/2023	3.56.94
Samuel Stevens	Watford	23/08/2023	3.57.04
Danny Adams	Loughborough	09/08/2023	3.59.67
Logan Smith	Norwich	14/05/2023	3.59.9
Tom Mead	Eltham	24/05/2023	4.07.0
Zak Houghton	Norwich	30/04/2023	4.11.5
Jacob Ocal	Bury St Edmunds	03/09/2023	4.15.6
Thomas Palmer	Leicester	18/03/2023	4.17.15
Samuel Worfolk	Horspath	02/08/2023	4.19.54
Patrick Thomas	Gillingham	19/08/2023	4.21.28
Edward Cator	Cambridge	07/05/2023	4.27.95
Eoghan Murphy	Harrow	18/06/2023	4.30.37
<u>3000m</u>			
Samuel Stevens	Bracknell	21/06/2023	8.29.29
Steven Denby	Sheffield	07/01/2023	8.36.83
Zak Houghton	Watford	31/05/2023	8.39.84
Danny Adams	Watford	06/09/2023	8.43.53
Will Simm	Sheffield	26/03/2023	9.05.30
Samuel Worfolk	Great Yarmouth	04/06/2023	9.19.5

<u>5000m</u>			
Logan Smith	Watford	03/06/2023	14.54.25
Jack White	Birmingham U	18/03/2023	15.01.18
Samuel Stevens	Sportcity	01/05/2023	15.05.30
William Mahoney	London CT	27/07/2023	15.16.8
Luke Alden	Norwich	13/05/2023	15.40.5
Danny Adams	Gillingham	19/08/2023	15.44.18
James Senior	Norwich	13/05/2023	15.46.7
<u>2000m S/C</u>			
Elliott Taylor	Gillingham	09/08/2023	7.13.08
<u>3000m S/C</u>			
Logan Smith	Loughborough	22/05/2023	9.24.27
<u>110 Hurdles</u>			
Dean Fox	Colchester	20/05/2023	18.9
Christopher Marshall	Chelmsford	15/07/2023	19.89
<u>400m hurdles</u>			
Christopher Marshall	Harrow	18/06/2023	57.97
<u>High Jump</u>			
Dean Fox	Norwich	14/05/2023	1.80
<u>Pole Vault</u>			
Christopher Marshall	Gillingham	19/08/2023	1.10
<u>Long Jump</u>			
Scott Leeder	Bury St Edmunds	03/09/2023	6.97
Nathan Protheroe	Bromley	09/07/2023	6.13
Tristan McLellan	Harrow	18/06/2023	5.48
Chris Cooper	Norwich	30/04/2023	5.18
Thomas Palmer	Norwich	26/04/2023	4.68
<u>Triple Jump</u>			
Tristan McLellan	Colchester	20/05/2023	12.19
Thomas Palmer	Norwich	26/04/2023	9.19
<u>Javelin</u>			
Scott Leeder	Bromley	09/07/2023	32.56
Chris Cooper	Norwich	30/04/2023	24.72
<u>Discus</u>			
Declan Manning	Norwich	30/04/2023	35.21
Callum Brown	Norwich	13/05/2023	32.11
Chris Cooper	Norwich	30/04/2023	26.23
Christopher Marshall	Bromley	09/07/2023	18.05
<u>Shot</u>			
Declan Manning	Sheffield	12/03/2023	12.51

Tristan McLellan	Harrow	18/06/2023	10.29
Scott Leeder	Colchester	20/05/2023	6.99
<u>Hammer</u>			
Callum Brown	Norwich	13/05/2023	58.14
Declan Manning	Norwich	30/04/2023	34.27
Chris Cooper	King's Lynn	30/07/2023	20.71
Christopher Marshall	Bromley	09/07/2023	6.80
4 x 100m	Harrow	18/06/2023	45.2
4 x 400m	Bromley	09/07/2023	3.35.87
<u>SENIOR WOMEN RANKINGS 2023</u>			
<u>60m</u>			
Serena Grace	Birmingham	18/02/2023	7.59
Karen Mok Chui Yin	Norwich	30/08/2023	8.15
Hetty Bartlett T38	Birmingham	18/02/2023	8.41
Victoria Mitchell	Sheffield	08/02/2023	8.49
Coralie Absolum	Kings Lynn	29/01/2023	8.81
<u>60m Hurdles</u>			
Kirsty Sait-Stewart			
<u>100m</u>			
Serena Grace	London CT	16/07/2023	11.59w 11.69
Ella Stephenson	Crawley	19/08/2023	12.7
Karen Mok Chui Yin	Norwich	13/05/2023	12.8
Carla Richardson-Rowe	Bromley	09/07/2023	13.07
Rebecca Watkins	Colchester	20/05/2023	13.3
Lucy Drover	Norwich	13/05/2023	13.4
Hattie Bartlett T38	Norwich	13/05/2023	13.4
Hannah Brown	King's Lynn	30/07/2023	13.4
Coralie Absolum	Norwich	13/05/2023	13.6
Katie Nesbitt T45	King's Lynn	30/07/2023	19.2
<u>200m</u>			
Serena Grace	London CT	16/07/2023	24.10
Karen Mok Chui Yin	Norwich	14/05/2023	26.7
Hannah Brown	King's Lynn	30/07/2023	26.5
Victoria Mitchell	Aldershot	12/07/2023	27.47
Lucy Drover	Norwich	14/05/2023	27.8
Ella Stephenson	Crawley	19/08/2023	27.8
Coralie Absolum	Great Yarmouth	04/06/2023	28.2
Rebecca Watkins	Battersea Park	28/03/2023	28.25
Hetty Bartlett T38	Kingston	01/04/2023	29.34
Katie Nesbitt T45	King's Lynn	30/07/2023	40.5
<u>400m</u>			
Serena Grace	Lee Valley	21/01/2023	58.89

Hannah Brown	Great Yarmouth	04/06/2023	59.5
Coralie Absolum	Colchester	20/05/2023	64.1
Imogen Milroy	Gillingham	19/08/2023	70.21
Hetty Bartlett T38	Coventry	15/04/2023	75.12
Sarah Costello	Bromley	09/07/2023	86.77
<u>800m</u>			
Kate Willis	Birmingham Uni	10/05/2023	2.12.93
Amy Clarke	Norwich	13/05/2023	2.16.8
Hannah Brown	Bromley	09/07/2023	2.25.90
Sophie Peach	Bury St Edmunds	03/09/2023	2.32.9
Isabelle Morris	Norwich	13/05/2023	2.34.5
Niamh Hernon	Southwark	19/03/2023	2.49.16
<u>1500m</u>			
Kate Willis	Birmingham U	07/06/2023	4.20.70
Amy Clarke	Norwich	14/05/2023	4.44.5
Isabelle Morris	Loughborough	09/08/2023	5.02.31
Sophie Peach	Norwich	14/04/2023	5.02.70
<u>3000m</u>			
Kate Willis	Birmingham U	24/06/2023	9.33.54
Rachel Mcgovern	Watford	12/07/2023	10.33.56
Grace Buchanan	Norwich	30/08/2023	11.16.94
<u>5000m</u>			
Emily Ruane	Loughborough	10/06/2023	16.48.64
Megan Gadsby	Sportcity	01/05/2023	17.02.83
Mabel Beckett	Norwich	13/05/2023	17.54.1
Iona Lake	Corby	19/07/2023	18.15.62
Rachel Mcgovern	Finsbury Park	21/07/2023	18.38.59
<u>10000m</u>			
Megan Gadsby	Loughborough	22/04/2023	35.10.98
<u>100m hurdles</u>			
Sarah Costello	Bromley	09/07/2023	20.49
<u>400m hurdles</u>			
Meredith Winship	Mile End	18/06/2023	67.82
Sarah Costello	Gillingham	19/08/2023	85.21
<u>Pole Vault</u>			
Sasha Birrell	Chelmsford	15/07/2023	3.40
<u>High Jump</u>			
Hannah Brown	Yeovil	15/07/2023	1.46
Daisy Dalrymple	Kings Lynn	30/07/2023	1.40
<u>Long Jump</u>			
Carla Richardson-Rowe	Norwich	13/05/2023	5.24

Daisy Dalrymple	Kings Lynn	30/07/2023	4.73
Hetty Bartlett T38	Lee Valley	20/08/2023	4.41w 4.25
Coralie Absolum	Kings Lynn	29/01/2023	3.61
Kaia Perris	Battersea Park	03/06/2023	3.19
<u>Triple Jump</u>			
Daisy Dalrymple	Kings Lynn	30/07/2023	10.85
Eleanor Brown	Sheffield	24/02/2023	10.80
Kaia Perris	Battersea Park	03/06/2023	8.59
<u>Shot</u>			
Megan Thomas	Colchester	20/05/2023	8.79
Gemma Vickery	King's Lynn	30/07/2023	7.63
Rebecca Watkins	Norwich	26/04/2023	6.66
Isabelle Morris	Norwich	26/04/2023	6.24
<u>Hammer</u>			
Gemma Vickery	Bromley	09/07/2023	49.01
Megan Thomas	Norwich	30/04/2023	38.81
Sarah Costello	Gillingham	19/08/2023	13.80
<u>Javelin</u>			
Gemma Vickery	Bury St Edmunds	03/09/2023	20.16
Megan Thomas	Harrow	18/06/2023	19.06
<u>Discus</u>			
Megan Thomas	Cambridge	24/06/2023	33.51
Gemma Vickery	Bromley	09/07/2023	26.19
Rebecca Watkins	Norwich	26/04/2023	11.92
4 x 100m	Colchester	20/05/2023	52.8
4 x 400m	Colchester	20/05/2023	4.12.4
<u>VET MEN RANKINGS 2023</u>			
<u>60m</u>			
Richard Van Baaren (60+)	Kings Lynn	29/01/2023	9.06
Shaun Mann (50+)	Kings Lynn	29/01/2023	10.52
<u>100m</u>			
Richard Van Baaren (60+)	Peterborough	09/05/2023	14.80
Mark Wyndham-Jones (70+)	Nuneaton	06/08/2023	15.37
Shaun Mann (50+)	Norwich	13/05/2023	17.2w
Charles Williams (55+)	Norwich	13/05/2023	13.9w
<u>200m</u>			
Charles Williams (55+)	Great Yarmouth	17/09/2023	29.3
<u>800m</u>			
Gary Crush (40+)	Norwich	13/05/2023	2.08.7
Glen Richardson (40+)	Norwich	13/05/2023	2.13.5

Ross Ashton (45+)	Norwich	13/05/2023	2.39.4
Denis Costello (60+)	Bromley	09/07/2023	4.32.02
<u>1500m</u>			
Gary Crush (45+)	Watford	23/08/2023	4.11.80
Glen Richardson (40+)	Norwich	14/04/2023	4.45.67
Bartosz Potrawski (40+)	Norwich	14/04/2023	5.58.28
<u>1 Mile</u>			
Gary Crush (40+)	Chelmsford	24/06/2023	4.38.57
<u>3000m</u>			
Nick Earl (35+)	Hobart AUS	10/02/2023	8.37.44
Gary Crush (45+)	Colchester	20/05/2023	9.05.9
Lawrence Wade (45+)	Great Yarmouth	04/06/2023	10.21.7
Shaun Mann (50+)	Norwich	13/05/2023	11.07.8
Ross Ashton (45+)	Norwich	13/05/2023	11.36.2
<u>5000m</u>			
Gary Crush (45+)	Harrow	18/06/2023	15.58.11
Mitchell Dann (45+)	Norwich	13/05/2023	17.48.0
Shaun Mann (50+)	Norwich	13/05/2023	19.07.7
<u>Long Jump</u>			
Richard Van Baaren (60+)	Lee Valley	26/03/2023	4.53
Mark Wyndham-Jones (70+)	Nuneaton	06/08/2023	3.38
<u>Triple Jump</u>			
Richard Van Baaren (60+)	King's Lynn	05/07/2023	8.94
<u>Shot</u>			
Mark Wyndham-Jones (70+) 4kg	Derby	02/09/2023	11.03
Shaun Mann (50+)	Norwich	14/05/2023	6.72
Chris Cooper (35+)	Bury St Edmunds	03/09/2023	9.32
Robert Leeder (55+) 7.26kg	Gillingham	19/08/2023	6.49
<u>Javelin</u>			
Mark Wyndham-Jones (70+) 500g	Derby	02/09/2023	29.27
Chris Cooper (35+)	Bury St Edmunds	03/09/2023	26.20
<u>Discus</u>			
Mark Wyndham-Jones (70+) 1kg	Horspath	20/08/2023	35.53
Keith Wisdom (60+) (1.5kg)	Norwich	13/05/2023	22.99
Robert Leeder (55+) 2kg	Harrow	18/06/2023	19.84
Denis Costello (60+)	Norwich	09/07/2023	13.88
<u>Hammer</u>			
Mark Wyndham-Jones (70+) 4kg	Derby	01/09/2023	34.49
Keith Wisdom (60+) (5kg)	Norwich	30/08/2023	27.75
Denis Costello (60+)	Colchester	20/05/2023	14.87
Robert Leeder (55+) 7.26kg	Gillingham	19/08/2023	14.39

<u>Pentathlon</u>			
Mark Wyndham-Jones (70+)	Horspath	20/08/2023	3015
<u>VET WOMEN RANKINGS 2023</u>			
<u>60m</u>			
Sally Gilding (40+)	Kings Lynn	29/01/2023	9.40
Carole Filer (65+)	Sheffield	04/02/2023	9.70
Rachel Baldeo (35+)	Kings Lynn	29/01/2023	10.69
<u>60m Hurdles</u>			
Sally Gilding (40+)	Sheffield	18/02/2023	10.98
<u>100m</u>			
Lyndsay Yellop (40+)	Kings Lynn	21/04/2023	15.2
Sally Gilding (40+)	Norwich	13/05/2023	15.0w
Rachel Baldeo (35+)	Norwich	13/05/2023	17.0w
<u>200m</u>			
Sally Gilding (40+)	Kings Lynn	21/04/2023	31.4
<u>800m</u>			
Tessa Killingbeck (35+)	Harrow	18/06/2023	3.11.99
Sally Gilding (40+)	Horspath	08/05/2023	3.15.84
<u>1500m</u>			
Jane Clark (60+)			
Tessa Killingbeck (40+)	Harrow	18/06/2023	6.40.11
<u>1500 S/Chase</u>			
Tessa Killingbeck (40+)	Gillingham	19/08/2023	7.00.01
<u>2000m S/Chase</u>			
Tessa Killingbeck (40+)	Bromley	09/07/2023	9.41.54
<u>80m hurdles</u>			
Carole Filer (65+)	Pescara ITA	29/09/2023	15.08
Sally Gilding (40+)	Norwich	14/04/2023	14.6w 15.54
<u>400m hurdles</u>			
Tessa Killingbeck (40+)	Gillingham	19/08/2023	93.28
<u>High Jump</u>			
Sally Gilding (40+)	Lee Valley	26/03/2023	1.32
Carole Filer (65+)	Pescara ITA	28/09/2023	1.32
Tessa Killingbeck (40+)	Gillingham	19/08/2023	1.10
<u>Long Jump</u>			
Sally Gilding (40+)	Sheffield	19/02/2023	4.10
Carole Filer (65+)	Pescara ITA	25/09/2023	4.13w 4.08
Lyndsay Yellop (40+)	Kings Lynn	30/07/2023	4.04

Rachel Baldeo (35+)	Norwich	13/05/2023	3.06
<u>Shot</u>			
Sally Gilding (40+)	Norwich	30/04/2023	7.44
<u>Javelin</u>			
Lorraine Brown (50+) 500g	Norwich	30/08/2023	23.79
Sally Gilding (40+) 600g	Norwich	14/05/2023	17.71
Tessa Killingbeck (40+)	Norwich	30/08/2023	15.33
<u>Discus</u>			
Sally Gilding (40+)	Norwich	13/05/2023	17.50
Helen Fleming (50+)	King's Lynn	30/07/2023	16.26
Lyndsay Yellop (40+)	Colchester	20/05/2023	15.16
Tessa Killingbeck (40+)	Harrow	18/06/2023	13.40
<u>Hammer</u>			
Lorraine Brown (55+) 3kg	Great Yarmouth	04/06/2023	34.34
Sarah Thomas (45+)	Gillingham	19/08/2023	16.63