

City of Norwich AC - All time top 10 as of 16th November 2024

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

<u>Under 11 Girls</u>			
<u>60m</u>			
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
Marlie Janes	King's Lynn	28/01/2024	9.41
Lauren Brown	Kings Lynn	27/01/2002	9.6
Alice Ganley	Norwich	30/08/2023	9.69
<u>75m</u>			
Serena Akomah	Norwich	13/05/2017	11.0
Caitlin Bell	Norwich	13/05/2017	11.5
Marlie Janes	Norwich	12/05/2024	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
Ella Spear	Great Yarmouth	10/05/2015	11.9
<u>80m</u>			
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
Marlie Janes	Norwich	23/06/2024	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
<u>150m</u>			
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
Long Jump			
Eleanor Blunt	Great Yarmouth	12/05/2007	4.01
Zoe Banham	Great Yarmouth	05/08/2001	3.97
Amy Spinks	Chelmsford	01/07/2001	3.96
Marie Pring	Bromley	01/08/2004	3.96
Madison Stubbs	Great Yarmouth	22/07/2010	3.81
Alicia Akinbiyi	Great Yarmouth	21/08/2011	3.78
Grace Ashworth	Great Yarmouth	15/06/2008	3.74
Victoria Williamson	Great Yarmouth	25/07/2004	3.72
Anna Claydon	Stevenage	31/05/1998	3.70
Spencer Ann Lengsfield	Great Yarmouth	22/06/2008	3.67
Shot Putt 2kg			
Phoebe Smith	Great Yarmouth	28/04/2024	6.10
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
Marlie Janes	Great Yarmouth	28/04/2024	5.23
Imogen Martin	Norwich	30/04/2023	5.17
Jennifer Mardle	Norwich	14/05/2021	5.16
Isabella White	Norwich	05/09/2021	5.05
Under 11 Boys			
60m			
Henry Whall	Norwich	15/07/2015	8.4
Conrad Winter	Kings Lynn	23/05/2015	9.3
Thomas Petchey	King's Lynn	28/01/2024	9.42
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
Thomas Petchey	Norwich	11/05/2024	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
<u>600m</u>			
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
<u>Long Jump</u>			
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
<u>Shot Putt 2kg</u>			
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
<u>Under 13 Girls</u>			
<u>60m</u>			
Cleio 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
<u>60m Hurdles</u>			
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
Olivia Barber	King's Lynn	28/01/2024	10.25
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
<u>75m</u>			
Cleio 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
<u>80m</u>			
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

<u>100m</u>			
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
<u>150m</u>			
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
Tayla Goodswen	Hendon	08/09/2024	2.30.15
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
1500m			
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
70m hurdles			
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
Olivia Barber	Norwich	23/06/2024	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
Olivia Barber	Bury St Edmunds	01/09/2024	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
Long Jump			
Isabelle Mardle	Bury St Edmunds	08/09/2019	5.02
Victoria Williamson	King's Lynn	12/02/2006	4.63i
Cleo 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
Eleanor Wright	Bury St Edmunds	01/09/2024	9.79
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
Discus			
Eleanor Wright	Bury St Edmunds	01/09/2024	29.79
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
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
Eleanor Wright	Norwich	28/08/2024	25.17
Maddy Powles-Warren	Norwich	11/08/2019	24.57
Hammer			
Megan Thomas	Norwich	06/08/2006	24.81
Lucy Barnard	King's Lynn	09/05/2009	15.88
Eleanor Wright	Norwich	11/05/2024	16.93
Rianna Platten	Norwich	14/05/2016	8.92
Daniella Baldeo	Norwich	14/05/2022	7.96
Under 13 Boys			

<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

<u>200m</u>			
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
<u>400m</u>			
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
<u>600m</u>			
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
<u>800m</u>			
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

<u>1500m</u>			
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
Isaac Unsworth	Norwich	11/05/2024	13.13
Izaac 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
George Ganley	Norwich	23/06/2024	31.17
Conrad Winter	Great Yarmouth	15/06/2017	30.61
<u>Under 15 Girls</u>			
<u>60m indoors</u>			
Cleio 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
<u>60m H indoors</u>			
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
Jennifer Mardle	Sheffield	10/03/2024	9.66
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
<u>75m</u>			
Cleio Stephenson	Great Yarmouth	09/04/2009	9.8
Victoria Mitchell	Great Yarmouth	09/04/2009	10.2
Sophie Poyner	Great Yarmouth	13/04/2006	10.3
Ella Stephenson	Great Yarmouth	09/04/2009	10.3
Eleanor Blunt	Great Yarmouth	07/04/2005	10.4
Harriet Lucas	Great Yarmouth	21/04/2011	10.4
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
<u>100m</u>			
Cleio Stephenson	Sheffield	10/07/2009	12.21
Ellie Warman	Cambridge	29/06/2024	12.28
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
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
Ellie Warman	Cambridge	29/06/2024	25.49w 25.79
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
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	Norwich	12/05/2024	43.7
Grace Daniels	Braintree	21/07/2019	43.8
Emily Doran	Norwich	15/06/2024	43.8
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
Grace Doran	Sandy	02/06/2024	11.8
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
<u>Triple Jump</u>			
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
<u>Long Jump</u>			
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
Jennifer Mardle	Hendon	08/09/2024	28.70
Isabelle Mardle	Norwich	29/08/2021	25.99
Ellen Cunningham	St Albans	05/08/2018	22.11
<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
Lily Ganley	Hendon	08/09/2024	1.70
<u>Pentathlon indoor/outdoor</u>			
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
<u>Under 15 Boys</u>			
<u>100m</u>			
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	24/01/1900	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
Matthew Williams	Hemel Hempstead	21/07/2024	2.40
Kim Bowling	Norwich	27/06/2004	2.30
Paul Goodall	Southend	22/07/2001	2.20
Callum Mooney	Bedford	14/04/2013	2.20
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
James Lupton	Peterborough	26/05/2024	5.87
M McMahon	Peterborough	20/07/1997	5.86
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
George Dodds	Norwich	12/05/2024	11.45
<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	Chelmsford	05/05/2024	40.43
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 Dairymple	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
100m			
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 12.1
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
150m			
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
200m			
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
300m			
Emily Parr	Waltham Forest	29/06/1997	39.9
Rebecca Scotcher	Birmingham	06/09/1998	40.05
Harriet Lucas	Great Yarmouth	12/05/2007	40.4
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
400m			

Rebecca Scotcher	Norwich	30/05/1998	56.3
Rachel Stringer	Bedford	22/07/2006	57.5
Maria Garavand	Bury St Edmunds	09/09/2001	57.7
Kiera Mooney	Woodford Green	27/06/2010	59.13
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
600m			
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	Basilidon	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
Rosie Dickety	Norwich	28/08/2024	2.16.1
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
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 Dairymples	Braintree	21/07/2019	12.3
Mia Bailey	Great Yarmouth	25/07/2021	12.3
100m hurdles			
Maria Garavand	Norwich	24/08/2002	14.5
Isabelle Mardle	Loughborough	21/01/1900	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
300m hurdles			
Maria Garavand	Nottingham	12/07/2002	43.15
Katie Clark	Bedford	31/08/2014	44.15
Rebecca Scotcher	Birmingham	06/09/1998	44.73
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
400m hurdles			
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 Dairymples	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 Dairympole	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
Charlotte Gilding	Norwich	12/05/2024	11.32
Caitlin Bell	King's Lynn	14/05/2023	11.22
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
Aggie Long	Norwich	11/05/2024	21.91
<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	King's Lynn	30/07/2023	38.69
Isabelle Mardle	Norwich	26/06/2022	38.61

Aggie Long	Norwich	15/06/2024	36.82
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
<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
<u>200m</u>			
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
William Percival	Parliament Hill	18/05/2024	1.54.87
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
1500m			
Tom Hook	Bedford	21/08/2011	3.53.79
Luke Spear	Eltham	27/05/2015	3.57.69
Michael Clark	Chelmsford	05/05/2024	4.00.0
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
Will Percival	Chelmsford	05/05/2024	4.04.2
3000m			
Michael Clark	Watford	29/06/2024	8.23.98
Jack White	Birmingham	08/07/2017	8.47.11
Will Percival	Norwich	28/08/2024	8.48.43
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
<u>5000m</u>			
Mitch Goose	Abingdon	10/09/2005	15.36.1
L Hubbard	Stoke	18/08/2001	16:30.0
Harry Smith	Norwich	14/05/2022	16.51.0
Tom Crawshaw	Guilford	02/08/2008	17.04.06
<u>100m hurdles</u>			
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
<u>110m hurdles</u>			
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
<u>400m hurdles</u>			
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
<u>1500m steeplechase</u>			
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
Charlie Broad	Hendon	08/09/2024	14.33
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
<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
Will Lupton	Hemel Hempstead	21/07/2024	37.91
Sam Coe	King's Lynn	13/05/2006	37.84
<u>Javelin</u>			
Oliver Bradfield	Peterborough	23/06/2012	65.08
Daniel Bainbridge	Norwich	09/04/2015	60.74
Archie Hannent	Norwich	12/05/2024	52.86

Conrad Winter	Norwich	22/05/2021	51.22
Ben Graves	Norwich	09/06/2018	51.06
Will Lupton	Norwich	03/06/2024	49.83
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
<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
<u>Octathlon</u>			
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
Archie Hannent	Chelmsford	23/06/2024	4046
Josh Rea	Eaton	23/09/2006	3762
Hal Morritt	Norwich	26/06/2022	3403
Fin Barnard	Boston	24/06/2023	3402
<u>Decathlon</u>			
Ethan Ellis	Bedford	18/06/2022	5655
Francis Baker	Birmingham	08/08/2004	5315
Scott Hawes	Stoke	19/08/2006	4557
<u>Under 20 Women</u>			
<u>60m</u>			
Lily Bradley	Lee Valley	03/02/2024	7.59
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 Pain	King's Lynn	28/01/2024	8.15
Hannah Brown	King's Lynn	28/01/2018	8.2
<u>60m H</u>			
Kirsty Sait-Stewart	Lee Valley	08/02/2020	9.19
Isabelle Mardle	King's Lynn	28/01/2024	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			
Cleo Stephenson	Chelmsford	02/06/2013	11.70
Serena Grace	Stratford	12/09/2021	11.87
Lily Bradley	Stratford	26/05/2024	11.90
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
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
Caitlin Bell	Chelmsford	22/06/2024	25.86w 26.0
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
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
Caitlin Bell	Winchester	17/08/2024	57.3
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

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 Uinversity	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	Blacksburg VA USA	02/02/2024	9.46.82
Dani Nimmock	Crystal Palace	25/07/2009	9.49.57
Iona Lake	Norwich	14/07/2012	9.54.5
Sarah Barrett	Norwich	12/05/2024	10.00.0
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
5000m			
Ruth Proctor	Eton	14/06/2003	16.47.9
Hattie Reynolds	New York NY USA	22/02/2024	16.55.66
Ruth Senior	Norwich	17/07/2006	17.39.7
Sarah Barrett	Wimbledon	12/05/2024	17.44.92
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
100m hurdles			

Hayley G Smith	Ipswich	23/05/1999	14.7
Catherine Holdsworth	Ware	19/06/2005	14.8
Isabelle Mardle	Norwich	18/05/2024	15.0
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
Caitlin Bell	Chelmsford	22/06/2024	15.9
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
Hannah Pain	Winchester	17/08/2024	65.47
Lyndsey Yellop	Ipswich	21/06/1997	66.0
Emma Smith	Harrow	27/07/2003	66.8
Laura Green	Cophthall	18/04/2010	67.53
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
Isabella Williams	Norwich	08/06/2024	5.47.0
Kiera Mooney	Sandy	24/06/2012	5.55.3
Hannah Maher	Norwich	31/05/2015	6.01.7
2000m steeplechase			
Ruth Senior	Bedford	29/05/2006	6.51.69
Dani Nimmock	Cophthall	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
Isabella Williams	Gillingham	14/07/2024	8.36.59
Ellie Taylor	Reading	15/06/2019	9.08.80
Katie Goldsmith	Reading	15/06/2019	9.09.01
3000m steeplechase			
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

High Jump			
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
Isabelle Mardle	Norwich	18/05/2024	1.58
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
Hannah Pain	Norwich	12/05/2024	1.55
Pole Vault			
Sasha Birrell	Chelmsford	18/04/2014	3.20
E Beckingsale	Norwich	14/06/1997	2.85
Sarah Kett	Sandy	24/06/2012	2.70
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
Long Jump			
Catherine Holdsworth	Ware	19/06/2005	5.96
Caitlin Bell	Bury St Edmonds	01/09/2024	5.65
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
Isabelle Mardle	Norwich	11/05/2024	5.36
C Head	Great Yarmouth	10/05/1998	5.28
Hannah Pain	Birmingham	28/07/2024	5.28
Eleanor Frankland	Norwich	11/06/2016	5.26

Triple Jump			
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
Caitlin Bell	Gillingham	14/07/2024	10.85
E Graves	Norwich	17/05/1997	10.82
Rebecca Allen	Guildford	29/07/2001	10.81
Eleanor Brown	Bedford	31/05/2021	10.78

<u>Shot Putt</u>			
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
Maddy Powles-Warren	Cambridge	29/06/2024	10.83
Isabelle Mardle	King's Lynn	28/01/2024	10.77
C Head	Lincoln	20/06/1998	10.70
Hannah Pain	Horspath	29/06/2024	10.13
Gemma Thrower	Great Yarmouth	25/05/2013	10.03
Isabelle Howard	Great Yarmouth	09/05/1998	9.86
<u>Hammer</u>			
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
Maddy Powles-Warren	Winchester	17/08/2024	24.95
<u>Discus</u>			
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
Maddy Powles-Warren	Cambridge	29/06/2024	28.84
Poppy Walker	Norwich	03/10/2021	27.10
<u>Javelin</u>			
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
Maddy Powles-Warren	Peterborough	26/05/2024	34.54
Hannah Pain	Birmingham	28/07/2024	34.17
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
Isabelle Mardle	Norwich	08/06/2024	31.53
<u>Pentathlon</u>			
Hannah Pain	Sheffield	06/01/2024	2768
Grace Ashworth	Peterborough	27/09/2015	2218
E Fitt	Peterborough	27/09/1998	2201

<u>Heptathlon</u>			
Claire Everett	Enfield	02-03/08/97	4630
Hannah Pain	Birmingham	28/07/2024	4601
Caitlin Bell	Chelmsford	22/06/2024	4423
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
<u>Under 20 Men</u>			
<u>100m</u>			
Jack Dearden	Bedford	31/05/2015	10.68
Ben Watkins	Ipswich	21/06/1997	10.8
Jaiden Dean	Stratford	18/08/2024	10.81
Harry Taylor	Birmingham	12/07/2019	10.83
James Digby	Norwich	08/05/2004	10.9
Ethan Ellis	Norwich	08/06/2024	10.90
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
<u>200m</u>			
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
<u>300m</u>			
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
<u>400m</u>			
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
Henry Jonas	Loughborough	07/08/2024	49.42
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
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			
Henry Jonas	Watford	21/08/2024	1.46.75
Rick Ward	Watford	14/06/2008	1.48.06
Scott Greeves	Watford	26/08/2015	1.51.70
James Senior	Street	04/05/2009	1.51.94
Tobias Cheesbrough	Trafford	28/05/2024	1.52.32
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
1000m			
Daniel Beier	Crawley	22/03/2002	2.45.7
Conrad Winter	Sheffield	07/01/2024	2.53.00
Ethan Ellis	Sheffield	08/01/2023	3.05.75
1500m			
Henry Jonas	Watford	08/06/2024	3.41.72
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
Zachary Dunne	Watford	26/06/2024	3.53.33
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
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
Zachary Dunne	Norwich	28/08/2024	8.41.15
Ashley Harrell	Watford	30/05/2007	8.41.65
Will Simm	Watford	08/09/2021	8.42.16
Liam Davison	Watford	24/07/2024	8.42.67
Harry Smith	Watford	29/05/2024	8.43.34
Rick Ward	Crystal Palace	03/08/2007	8.43.71
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
Liam Davison	Birmingham University	09/03/2024	15.20.74
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

10000m			
Ben Whitworth	Bedford	20/05/2001	33.43.7
110m hurdles			
Jaiden Dean	Eton	09/06/2024	13.59
C Roberts	Norwich	25/07/1999	14.5
Francis Baker	Southampton	17/09/2005	14.59
Conrad Winter	Hull	13/04/2024	15.2
Daniel Everett	St Albans	22/08/1999	15.5
Steven Hadley	Chelmsford	02/06/2013	15.5
Ethan Ellis	Chelmsford	23/06/2024	15.7
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	Cophthall	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
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	Birmingham	27/07/2024	1.88
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			
Conrad Winter	Winchester	17/08/2024	4.42
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
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
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
Ethan Ellis	Birmingham	14/07/2024	6.68
Jordan Harry	Norwich	12/07/2014	6.52
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	Copthall	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
Conrad Winter	Nantes FRA	25/05/2024	13.91
Callum Brown	Chelmsford	02/06/2013	13.18
James Cunningham	Norwich	08/06/2019	12.33
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 McKevitt	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

<u>Discus</u>			
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
<u>Javelin</u>			
Oliver Bradfield	Bedford	18/08/2013	64.03
Daniel Bainbridge 800g	Peterborough	10/09/2016	59.52
Conrad Winter	Hexham	29/06/2024	55.26
J Wray	Bebington (Wirral)	04/07/1998	54.62
Harry Newenham	Loughborough	08/06/2011	53.78
Ed Skinner	Woodford Green	27/06/2010	49.82
N Smith	Ware	17/08/2003	46.80
Callum Brown	Bury St Edmunds	01/09/2013	46.63
Graham Haw	Bury St Edmunds	17/08/2014	46.02
Alex Jewkes	Norwich	12/05/2007	46.01
<u>Decathlon</u>			
Conrad Winter	Birmingham	28/07/2024	7205
Francis Baker	Stoke	10/06/2006	6580
Ethan Ellis	Chelmsford	23/06/2024	5088
K Black	Bedford	28/06/1997	4444
Finley Barnard	Chelmsford	23/06/2024	4397
Eljay Secker	Bedford	17/09/2023	5473
<u>Senior Women</u>			
<u>100m</u>			
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
Karen Mok Chui Yin	Norwich	18/05/2024	12.51w 12.7
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	12/01/1900	13.05

<u>200m</u>			
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
Karen Mok Chui Yin	Norwich	11/05/2024	26.3
Jemma Thake	Copthall	05/06/2005	26.4
Sarah Knights	Woking	22/08/1998	26.6
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
Serena Grace	Lee Valley	20/01/2024	57.3
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

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
Megan Gadsby	Watford	07/08/2024	2.11.37
Kate Willis	Birmingham Uni	09/01/1900	2.12.93
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
Megan Gadsby	Birmingham	19/07/2024	4.22.69
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
Mile			
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
3000m			
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
Kate Willis	Birmingham Uni	06/07/2024	9.23.29
Emily Ruane	Tooting Bec	24/07/2024	9.25.06
Holly Rowland	Leverkusen GER	31/07/2009	9.26.66
Megan Gadsby	Eltham	14/08/2024	9.28.04
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
5000m			
Barbara Parker	Olympic Park	07/08/2012	15.12.81
Ruth Senior	Palo Alto USA	01/05/2011	15.48.29
Megan Gadsby	Wimbledon	03/08/2024	15.57.71
Sarah Astin	Stretford	08/05/2021	15.59.13
Iona Lake	Philadelphia PA USA	23/04/2015	16.15.93
Emily Ruane	Wimbledon	03/08/2024	16.17.32
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
10000m			
Ruth Senior	Eugene OR USA	26/05/2011	33.33.23
Megan Gadsby	Parliament Hill	18/05/2024	34.02.30
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
Olivia Walwyn	Gateshead	01/05/2004	37.02.8
E Collins	Bedford	03/05/1999	40.24.3
100m hurdles			
Roz Gonse	Bedford	03/05/2003	14.49
C Hall	Woking	22/08/1998	15.0
Miriam Arbach	Bedford	19/07/2014	15.24
A Wright	Basildon	02/08/1997	15.3
Claire Everett	Luton	18/06/2000	15.6
Lyndsey Yellop	Liverpool	06/08/2003	15.8
Rebecca Fisher	Huntingdon	08/08/1999	16.7
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
400m hurdles			
Meg Willis	Sportcity	29/06/2024	60.98
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
<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
Beth Amblin	Cardiff	03/03/2024	2.16
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
Carla Richardson- Rowe	Norwich	18/05/2024	1.50
Katie Daniels	Peterborough	26/05/2024	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

Grace Forster	Stretford	20/03/2024	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	Gillingham	14/07/2024	5.39
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
Sofia Mella	Norwich	12/05/2024	10.89
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
<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	18/05/2024	40.67
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	Norwich	18/05/2024	35.76
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
<u>Heptathlon</u>			
Claire Everett	Bedford	15/07/2001	4616
Miriam Arbach	Bedford	20/07/2014	4284
Sara Henderson	Horspath	08/07/2018	3516
<u>Senior Men</u>			
<u>100m</u>			
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
Louis Albrow	Belfast	10/08/2024	10.90
Kieran Shah	Bedford	04/05/2019	10.92

<u>150m</u>			
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
<u>200m</u>			
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
Louis Palmer	Loughborough	14/04/2024	22.08
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
Louis Albrow	Belfast	10/08/2024	48.82
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
800m			
Paul Goodall	Kessel-Lo BEL	09/08/2014	1.48.19
Rick Ward	Watford	11/06/2011	1.49.5
Tom Love	Stretford	23/07/2011	1.50.07
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
1500m			
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
Steven Denby	Sportcity	05/05/2024	3.52.05
Paul Goodall	Stretford	03/05/2016	3.52.63
N Davy	Havering	08/08/1998	3.52.7
Mile			
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
3000m			
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
Jack White	Loughborough	22/06/2024	8.20.45
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
Steven Denby	Eltham	14/08/2024	8.26.19
James Senior	St Ives	29/07/2012	8.27.6
5000m			
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
Jack White	Watford	08/06/2024	14.26.59
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
10000m			
Nick Earl	Geelong AUS	17/12/2016	29.34.11
Logan Smith	Parliament Hill	18/05/2024	29.53.50
Alex Dunbar	Parliament Hills	20/05/2017	30.00.16
Ethan Haywood	Highgate	21/05/2016	30.22.94
Jack White	Loughborough	20/04/2024	30.58.23
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
110m hurdles			
C Roberts	Peterborough	07/07/2001	14.7
D Everett	Copthall	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
60m hurdles			
Nigel Taylor	Birmingham	29/01/2000	8.69i
Chris Marshall	Lee Valley	03/02/2016	9.29
300m hurdles			
G Ingram	King's Lynn	22/03/1998	40.3
400m hurdles			
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
3000m steeplechase			
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
<u>Long Jump</u>			
James McLachlan	Walnut CA USA	19/04/2013	7.86
J French	King's Lynn	18/04/1999	7.38
Scott Leeder	Chelmsford	15/06/2024	7.19
T Roe	Great Yarmouth	12/05/2002	7.08
N Jones	Norwich	23/05/2004	6.94
D Costello	Derby	05/07/1997	6.82
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
<u>Triple Jump</u>			
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
Zak Collins-Iddi	Battersea	01/06/2024	13.82
N Jones	Abingdon	10/09/2005	13.20
Miles Atkinson	Sheffield	17/02/2018	13.11
M Woods	Norwich	23/05/2004	13.06
<u>Shot Putt</u>			
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 Edmonds	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 Alsrachen (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 Edmonds	17/08/2014	29.7
S Bridgestock	Norwich	05/06/2002	30.4
400m			
Sarah Knights (35+)	Wakefield	07/07/2002	59.2
Melanie Brown (40+)	Chelmsford	04/07/2015	63.5
Tessa Pike (35-44)	Basildon	05/09/1998	63.8
Angie Alstrachen (35+)	Great Yarmouth	07/08/2005	65.5
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
Tessa Killingbeck (40+)	Norwich	28/08/2024	6.51.76
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
Tessa Killingbeck (40+)	Winchester	17/08/2024	22.45.23
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+)	Norwich	28/08/2024	6.40.1
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
Tessa Killingbeck (40+)	Norwich	11/05/2024	87.3
Sally Gilding (40+)	Norwich	10/09/2022	88.5
K Schuil (45+)	Cambridge	02/07/1997	89.9
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
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
Greta Sutton (35+)	Chelmsford	15/06/2024	1.10
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
Greta Sutton (35+)	Norwich	11/05/2024	3.94
K Schuil (45+)	Bedford	18/10/1997	3.49
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
Sally Gilding (40+)	Norwich	12/05/2024	8.33
Julie Zulu (35+)	Sheffield	05/02/2011	8.12
Melanie Brown (40+)	Stevenage	02/08/2014	7.92
Carole Filer (55+)	Lee Valley	17/03/2012	7.69
E Torevell	Barnet	27/07/2002	7.47
Tanya Daniels (35+)	Torun POR	27/03/2015	7.34
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
Sarah Thomas (45+)	Norwich	23/06/2024	18.23
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
Tessa Killingbeck (40+)	Norwich	11/05/2024	16.82
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

Sally Gilding (40+)	Cambridge	29/06/2024	21.81
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
Helen Fleming (55+)	Norwich	23/06/2024	18.33
<u>Javelin</u>			
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
<u>Pentathlon</u>			
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
<u>Heptathlon</u>			
Carole Filer (60+)	Birmingham	31/07/2016	5927
Sally Gilding (40+)	Liverpool	21/08/2022	2776
<u>Veteran Men</u>			
<u>60m</u>			
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
Shaun Mann (50+)	Lee Valley	25/02/2024	8.98
Arthur Blunt (45+)	King's Lynn	26/01/2014	9.0
Richard Van Baaren (60+)	King's Lynn	29/01/2023	9.06
<u>100m</u>			
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

<u>150m</u>			
William Young (45+)	Great Yarmouth	23/04/2015	19.8
Gordon Slater	Great Yarmouth	09/04/2009	20.3
<u>200m</u>			
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
<u>300m</u>			
Gordon Slater	Great Yarmouth	30/03/2009	43.6
<u>400m</u>			
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
<u>600m</u>			
Gordon Slater (45+)	Barking	30/03/2008	1.38.3
<u>800m</u>			
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
<u>1500m</u>			
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
<u>3000m</u>			
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
<u>5000m</u>			
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
<u>2000m steeplechase</u>			
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+)	Norwich	12/05/2024	9.12
<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
Mark Wyndham-Jones (70+)	Derby	26/07/2024	35.92
John Painter (40-49)	Great Yarmouth	10/08/2008	34.88
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+) 1kg	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+) 5kg	Sheffield	15/07/2018	5532