

City of Norwich AC Track & Field rankings 2024 - as recognised on Power of 10			
Our aim is to update our records annually towards the end of the calendar year			
UNDER 11 BOYS RANKINGS 2024			
<u>60m</u>			
Thomas Petchey	King's Lynn	28/01/2024	9.42
<u>75m</u>			
Noah Keogh	Norwich	12/05/2024	13.2
Farrin Dafforn	Norwich	12/05/2024	13.2
Seth Auger	Norwich	12/05/2024	13.2
Sean Brady	Norwich	12/05/2024	13.2
Aronas Blazaitis	Norwich	12/05/2024	13.2
Toby Austin	Norwich	12/05/2024	13.7
Thomas O'Toole	Norwich	12/05/2024	14.6
<u>80m</u>			
Thomas Petchey	Norwich	11/05/2024	11.7
Noah Keogh	Norwich	23/06/2024	13.0
Sean Brady	Norwich	23/06/2024	13.6
Archie Bean	Norwich	23/06/2024	14.0
Seth Auger	Gt Yarmouth	28/04/2024	14.2
Farrin Dafforn	Peterborough	26/05/2024	14.2
<u>200m</u>			
Thomas Petchey	Lee Valley	23/05/2024	33.09
<u>600m</u>			
Noah Keogh	Norwich	11/05/2024	1.59.4
Archie Bean	Norwich	23/06/2024	2.08.0
Farrin Dafforn	Norwich	28/08/2024	2.14.1
Seth Auger	Norwich	12/05/2024	2.16.4
Aronas Blazaitis	Norwich	12/05/2024	2.24.4
Toby Austin	Norwich	12/05/2024	2.26.4
Sean Brady	Norwich	23/06/2024	2.29.1
Thomas O'Toole	Norwich	12/05/2024	2.39.6
<u>Long Jump</u>			
Sean Brady	Norwich	23/06/2024	3.22
Thomas Petchey	King's Lynn	28/01/2024	3.11
Noah Keogh	Norwich	03/04/2024	2.83
<u>Shot 2k</u>			
Archie Bean	Norwich	23/06/2024	4.17

Farrin Dafforn	Peterborough	26/05/2024	4.03
<u>UNDER 11 GIRLS RANKINGS 2024</u>			
<u>60m</u>			
Marlie Janes	King's Lynn	28/01/2024	9.41
Phoebe Smith	Norwich	28/01/2024	10.23
<u>75m</u>			
Marlie Janes	Norwich	12/05/2024	11.5
Florence Holdsworth	Norwich	12/05/2024	12.4
Daisy Dosu	Norwich	12/05/2024	12.5
Blake Amos	Norwich	12/05/2024	12.5
Phoebe Smith	Norwich	12/05/2024	12.6
Soraya Scott	Norwich	12/05/2024	12.7
Lilyanna Gilbert	Norwich	12/05/2024	12.9
Jasmine Godbold	Norwich	12/05/2024	13.0
Amber Chapple	Norwich	12/05/2024	13.0
Heather Yellop	Norwich	12/05/2024	13.2
Lizzie Dooley	Norwich	12/05/2024	13.3
Mia Gilbert	Norwich	12/05/2024	14.3
<u>80m</u>			
Marlie Janes	Norwich	23/06/2024	11.9
Florence Holdsworth	Norwich	23/06/2024	12.9
Blake Amos	Great Yarmouth	28/04/2024	13.0
Phoebe Smith	Norwich	23/06/2024	13.0
Soraya Scott	Norwich	11/05/2024	13.3
Jasmine Godbold	Norwich	23/06/2024	13.4
Heather Yellop	Norwich	23/06/2024	13.5
Isla Smart	Norwich	11/05/2024	14.0
Imogen Green	Peterborough	26/05/2024	15.1
<u>600m</u>			
Florence Holdsworth	Norwich	12/05/2024	2.04.7
Amber Chapple	Norwich	12/05/2024	2.06.7
Phoebe Smith	Norwich	23/06/2024	2.07.9
Marlie Janes	Norwich	11/05/2024	2.10.0
Blake Amos	Norwich	23/06/2024	2.14.6
Soraya Scott	Norwich	11/05/2024	2.16.1
Lilyanna Gilbert	Norwich	12/05/2024	2.21.8
Imogen Green	Norwich	28/08/2024	2.25.9
Jasmine Godbold	Norwich	12/05/2024	2.26.4
Lizzie Dooley	Norwich	12/05/2024	2.26.5
Daisy Dosu	Norwich	12/05/2024	2.27.4
Celina Korn	Norwich	03/04/2024	2.28.25

Heather Yellop	Norwich	12/05/2024	2.28.7
Mia Gilbert	Norwich	12/05/2024	2.37.0
Isla Smart	Norwich	03/04/2024	2.40.42
<u>Long Jump</u>			
Blake Amos	Norwich	23/06/2024	3.32
Florence Holdsworth	Norwich	23/06/2024	3.19
Phoebe Smith	Norwich	28/08/2024	3.17
Marlie Janes	Norwich	28/08/2024	3.12
Isla Smart	Norwich	03/04/2024	2.95
Heather Yellop	Norwich	28/08/2024	2.81
Imogen Green	Norwich	28/08/2024	2.08
<u>Shot 2kg</u>			
Phoebe Smith	Great Yarmouth	28/04/2024	6.10
Marlie Janes	Great Yarmouth	28/04/2024	5.23
Blake Amos	Great Yarmouth	28/04/2024	5.02
Imogen Green	Peterborough	26/05/2024	3.31
Heather Yellop	Norwich	23/06/2024	3.84
Isla Smart	Peterborough	26/05/2024	3.79
Jasmine Godbold	Norwich	23/06/2024	3.77
<u>UNDER 13 BOYS RANKINGS 2024</u>			
<u>60m</u>			
Charlie Sutton	Kings Lynn	28/01/2024	9.40
<u>60m Hurdles</u>			
George Ganley	Lee Valley	02/03/2024	13.05
Charlie Sutton	King's Lynn	28/01/2024	13.66
<u>100m</u>			
Samuel Brown	Sandy	02/06/2024	13.8
Harry Jones	Hemel Hempstead	21/07/2024	13.8
Ethan Glayzer	Sandy	02/06/2024	14.2
Charlie Sutton	Cambridge	29/06/2024	14.2
Samuel Trickey	Hendon	08/09/2024	14.64
Isaac Unsworth	Norwich	12/05/2024	14.7
Seth Keogh	Norwich	23/06/2024	14.9
Morris Barker	Norwich	03/04/2024	15.4
Sebastian Corder	Sandy	02/06/2024	15.4
Billy Finch	Great Yarmouth	28/04/2024	15.6
Michael Hargrave	Sandy	02/06/2024	15.6
Henry Skipper	Chelmsford	05/05/2024	15.7
Fergus Smitherman	Peterborough	26/05/2024	15.7

Jude Osborne	Peterborough	26/05/2024	16.0
Dexter Walsh	Hemel Hempstead	21/07/2024	16.0
Daniel Matembera	Sandy	02/06/2024	16.4
Riccardo Di Maria	Great Yarmouth	28/04/2024	16.5
Ruben Seaman	Norwich	23/06/2024	16.5
Kaylen Love	Peterborough	26/05/2024	16.6
Leonardo Jones	Norwich	23/06/2024	17.2
Jacob Smart	Norwich	03/04/2024	15.72w
<u>200m</u>			
Samuel Brown	Norwich	11/05/2024	28.3
Samuel Trickey	Norwich	11/05/2024	28.8
Ethan Glayzer	Norwich	11/05/2024	29.1
Rory Normanton	Sandy	02/06/2024	29.0
Charlie Sutton	Norwich	11/05/2024	29.6
Seth Keogh	Peterborough	26/05/2024	30.0
Harry Jones	Hendon	08/09/2024	30.31
Isaac Unsworth	Chelmsford	05/05/2024	30.5
Sebastian Corda	Great Yarmouth	28/04/2024	31.9
Michael Hargrave	Peterborough	26/05/2024	32.1
Fergus Smitherman	Great Yarmouth	28/04/2024	32.2
Marco Pazos-Perez	Norwich	23/06/2024	32.2
Seb Johnson	Norwich	14/04/2024	32.5
Jude Osborne	Sandy	02/06/2024	32.9
Daniel Matembera	Norwich	23/06/2024	33.7
Dexter Walsh	Chelmsford	05/05/2024	34.2
Leonardo Jones	Peterborough	26/05/2024	34.2
Kaylen Love	Sandy	02/06/2024	34.8
<u>600m</u>			
Archie Bean	Norwich	23/06/2024	2.08.0
<u>800m</u>			
Isaac Unsworth	Cambridge	29/06/2024	2.24.71
Samuel Trickey	Norwich	23/06/2024	2.26.8
Samuel Brown	Great Yarmouth	28/04/2024	2.30.3
George Ganley	Norwich	11/05/2024	2.34.4
Joshua Allen	Norwich	28/08/2024	2.34.0
Seth Keogh	Norwich	23/06/2024	2.35.3
Michael Hargrave	Cambridge	29/06/2024	2.36.93
Leonardo Jones	Hemel Hempstead	21/07/2024	2.39.4
Fergus Smitherman	Hemel Hempstead	21/07/2024	2.40.0
Ethan Glayzer			
Seb Johnson	Norwich	11/05/2024	2.40.9
Jude Osborne	Norwich	11/05/2024	2.41.0
Marco Pazos-Perez	Norwich	23/06/2024	2.41.5

Billy Finch	Great Yarmouth	28/04/2024	2.41.7
Casper James	Norwich	28/08/2024	2.44.6
Dexter Walsh	Sandy	02/06/2024	2.47.7
Morris Barker	Norwich	14/04/2024	2.55.5
Kaylen Love	Chelmsford	05/05/2024	2.57.0
Richardo Di Maria	Norwich	14/04/2024	2.59.8
Charlie Sutton	Peterborough	22/09/2024	3.04.33
Harry Skipper	Chelmsford	05/05/2024	3.07.1
<u>1500m</u>			
Isaac Unsworth	Norwich	23/06/2024	4.58.9
Seth Keogh	Norwich	28/08/2024	5.10.9
Micheal Hargrave	Norwich	28/08/2024	5.13.8
Samuel Trickey	Norwich	03/04/2024	5.21.18
George Ganley	Great Yarmouth	28/04/2024	5.19.5
Billy Finch	Norwich	12/05/2024	5.20.3
Fergus Smitherman	Norwich	12/05/2024	5.23.8
Ethan Glayzer	Peterborough	26/05/2024	5.25.7
Jude Osborne	Norwich	28/08/2024	5.27.4
Leonardo Jones	Norwich	14/04/2024	5.55.5
Seb Johnson	Norwich	14/04/2024	5.38.0
Benjamin Rogers	Norwich	23/06/2024	5.43.4
Dexter Walsh	Norwich	23/06/2024	5.46.6
Richardo Di Maria	Great Yarmouth	28/04/2024	5.56.9
Kaylen Love	Peterborough	26/05/2024	6.01.8
<u>1 Mile</u>			
Billy Finch	Norwich	28/08/2024	6.09.02
<u>75m hurdles</u>			
George Ganley	Sandy	28/09/2024	14.11
Charlie Sutton	Sandy	02/06/2024	14.2
Isaac Unsworth	Peterborough	26/05/2024	15.4
<u>High Jump</u>			
George Ganley	Bury St Edmunds	01/09/2024	1.35
Jacob Smart	Norwich	23/06/2024	1.30
Charlie Sutton	Hemel Hempstead	21/07/2024	1.30
Ethan Glayzer	Sandy	02/06/2024	1.20
Isac Unsworth	Great Yarmouth	28/04/2024	1.10
Micheal Hargrave	Peterborough	26/05/2024	1.10
Fergus Smitherman	Sandy	02/06/2024	1.10
Dexter Walsh	Sandy	02/06/2024	1.10
Samuel Trickey	Norwich	23/06/2024	1.10
<u>Long Jump</u>			

Seth Keogh	Bury St Edmunds	01/09/2024	4.39
Jacob Smart	Peterborough	26/05/2024	4.24
Rory Normanton	Sandy	02/06/2024	4.02
Charlie Sutton	Norwich	28/08/2024	4.10
Harry Jones	Hemel Hempstead	21/07/2024	3.91
Isaac Unsworth	Cambridge	29/06/2024	3.77
George Ganley	Norwich	28/08/2024	3.72
Billy Finch	Great Yarmouth	28/04/2024	3.67
Fergus Smitherman	Chelmsford	05/05/2024	3.56
Dexter Walsh	Chelmsford	05/05/2024	3.56
Samuel Brown	Sandy	02/06/2024	3.50
Henry Skipper	Great Yarmouth	28/04/2024	3.39
Jude Osborne	Norwich	28/08/2024	3.39
Seb Johnson	Norwich	23/06/2024	3.23
Kaylen Love	Hemel Hempstead	21/07/2024	2.83
Sebastian Corda	Hemel Hempstead	21/07/2024	2.49
Archie Bean	Great Yarmouth	28/04/2024	2.34
<u>Hammer</u>			
Isaac Unsworth	Norwich	11/05/2024	13.13
<u>Shot</u>			
Louie Ramone	Chelmsford	05/05/2024	8.43
George Ganley	Norwich	28/08/2024	7.75
Dexter Walsh	Chelmsford	05/05/2024	6.14
Leonardo Jones	Hendon	08/09/2024	6.62
Marco Pazos-Perez	Sandy	02/06/2024	5.93
Riccardo Di Maria	Great Yarmouth	28/04/2024	5.52
Isaac Unsworth	Norwich	12/05/2024	5.30
Billy Finch	Norwich	14/04/2024	4.85
Kaylen Love	Peterborough	26/05/2024	4.23
Henry Skipper	Great Yarmouth	28/04/2024	3.64
Micheal Hargrave	Norwich	03/04/2024	3.37
Charlie Sutton	Peterborough	22/09/2024	3.12
<u>Discus</u>			
George Ganley	Bury St Edmunds	01/09/2024	20.04
Louie Ramone	Great Yarmouth	28/04/2024	19.18
Isaac Unsworth	Hendon	08/09/2024	18.37
Ruben Seaman	Hendon	08/09/2024	12.70
Jacob Smart	Norwich	14/04/2024	11.40
Leonardo Jones	Peterborough	26/05/2024	9.53
Morris Barker	Norwich	14/04/2024	9.27
Dexter Walsh	Great Yarmouth	28/04/2024	9.27
Harry Skipper	Chelmsford	05/05/2024	9.08

<u>Javelin</u>			
George Ganley	Norwich	23/06/2024	31.17
Jacob Smart	Norwich	28/08/2024	29.27
Louie Ramone	Norwich	12/05/2024	24.00
Jude Osborne	Norwich	28/08/2024	22.26
Ruben Seaman	Norwich	23/06/2024	22.18
Rory Normanton	Sandy	02/06/2024	20.30
Leonardo Jones	Chelmsford	05/05/2024	20.03
Samuel Trickey	Sandy	02/06/2024	15.05
<u>Pentathlon</u>			
George Ganley	Peterborough	22/09/2024	1380
Charlie Sutton	Peterborough	22/09/2024	656
<u>4 x 100m Relay</u>	Sandy	02/06/2024	56.94
<u>UNDER 13 GIRLS RANKINGS 2024</u>			
<u>60m</u>			
Eleanor Wright	Lee Valley	28/01/2024	9.33
Alice Ganley	King's Lynn	28/01/2024	9.44
<u>60m Hurdles</u>			
Olivia Barber	King's Lynn	28/01/2024	10.25
<u>100m</u>			
Macey Phillips	Cambridge	29/06/2024	13.79
Isla Unsworth	Sandy	02/06/2024	14.3
Ophelia Martin	Norwich	28/08/2024	14.34
Olivia Barber	Norwich	28/08/2024	14.64
Talia Stowers	Norwich	28/08/2024	14.83
Clodagh Quinn-Offie	Sandy	02/06/2024	14.9
Eleanor Wright	Norwich	12/05/2024	15.0
Alice Ganley	Sandy	02/06/2024	15.3
Isabelle Barr	Norwich	23/06/2024	15.5
Francesca Walsh	Norwich	23/06/2024	15.5
Imogen Martin	Sandy	02/06/2024	16.0
Emi Muntingh	Sandy	02/06/2024	16.1
Emma Bodycombe	Hemel Hampsread	21/07/2024	16.8
Sally Kamgate	King's Lynn	14/04/2024	17.4
Isabel Whitear	Norwich	03/04/2024	18.32
<u>200m</u>			
Macey Phillips	Norwich	11/05/2024	28.5
Olivia Barber	Peterborough	26/05/2024	29.1
Talia Stowers	Norwich	11/05/2024	29.6

Isla Unsworth	Sandy	02/06/2024	29.8
Ophelia Martin	Norwich	11/05/2024	30.2
Isabella White	Norwich	14/04/2024	30.5
Tayla Goodswen	Great Yarmouth	28/04/2024	31.2
Francesca Walsh	Sandy	02/06/2024	31.6
Alice Ganley	Norwich	11/05/2024	31.8
Clodagh Quinn-Offie	Sandy	02/06/2024	32.9
Isabelle Barr	Norwich	23/06/2024	33.0
April Green	Great Yarmouth	28/04/2024	33.8
Emi Muntingh	Great Yarmouth	28/04/2024	34.2
Imogen Martin	Norwich	28/08/2024	33.18
Sally Kamagate	Chelmsford	05/05/2024	37.1
<u>800m</u>			
Tayla Goodswen	Hendon	08/09/2024	2.30.15
Isabella White	Norwich	23/06/2024	2.40.8
Emi Muntingh	Sandy	02/06/2024	2.47.9
Francesca Walsh	Norwich	14/04/2024	2.48.9
Olivia Barber	Peterborough	26/05/2024	2.50.42
Talia Stowers	Peterborough	22/09/2024	2.54.98
April Green	Sandy	02/06/2024	2.55.3
Alice Ganley	Chelmsford	05/05/2024	2.56.7
Ophelia Martin	Great Yarmouth	28/04/2024	2.56.7
Imogen Martin	Great Yarmouth	28/04/2024	2.56.7
Poppy Lonsdale	Norwich	28/08/2024	3.02.7
Emma Bodycombe	Hemel Hempstead	21/07/2024	3.24.3
<u>1500m</u>			
Tayla Goodswen	Peterborough	26/05/2024	5.23.5
Florence Abbott	Norwich	23/06/2024	5.33.4
Lola Abram	Norwich	23/06/2024	5.33.4
Emi Muntingh	Norwich	23/06/2024	5.34.2
Tabatha Oppenheim	Norwich	23/06/2024	5.42.4
Isabella White	Sandy	02/06/2024	5.51.3
April Green	Hemel Hempstead	21/07/2024	6.10.2
<u>70m hurdles</u>			
Olivia Barber	Norwich	23/06/2024	11.90
Talia Stowers	Peterborough	22/09/2024	12.66
Alice Ganley	Norwich	23/06/2024	12.8
Tayla Goodswen	Sandy	02/06/2024	13.2
Ophelia Martin	Peterborough	22/09/2024	13.50
April Green	Sandy	02/06/2024	14.9
<u>High Jump</u>			

Olivia Barber	Hendon	08/09/2024	1.48
Talia Stowers	Peterborough	26/05/2024	1.40
Macey Phillips	Chelmsford	05/05/2024	1.25
Ophelia Martin	Hemel Hempstead	21/07/2024	1.25
Alice Ganley	Norwich	12/05/2024	1.20
Tabatha Oppenheim	Norwich	12/05/2024	1.15
Francesca Walsh	Sandy	02/06/2024	1.10
Alana Hartford	Norwich	03/04/2024	1.05
April Green	Norwich	03/04/2024	1.05
Imogen Martin	Norwich	14/04/2024	1.00
<u>Long Jump</u>			
Olivia Barber	Norwich	23/06/2024	4.55
Talia Stowers	Hendon	08/09/2024	4.34
Ophelia Martin	Peterborough	22/09/2024	4.24
Isabella White	Norwich	23/06/2024	4.13
Tayla Goodswen	Peterborough	26/05/2024	3.98
Macey Phillips	Norwich	14/04/2024	3.76
Isla Unsworth	Chelmsford	05/05/2024	3.72
Alice Ganley	King's Lynn	28/01/2024	3.65
Imogen Martin	Norwich	23/06/2024	3.58
Francesca Walsh	Hemel Hempstead	21/07/2024	3.37
April Green	Norwich	03/04/2024	3.36
Emi Muntingh	Sandy	02/06/2024	3.07
Emma Bodycombe	Hemel Hempstead	21/07/2024	2.88
<u>Shot 2.72kg</u>			
Eleanor Wright	Bury St Edmunds	01/09/2024	9.79
April Green	Hendon	09/09/2024	7.33
Olivia Barber	Peterborough	22/09/2024	6.61
Ophelia Martin	Norwich	28/08/2024	5.88
Talia Stowers	Peterborough	22/09/2024	5.73
Imogen Martin	Great Yarmouth	28/04/2024	5.70
Florence Abbott	Norwich	23/06/2024	5.46
Alice Ganley	Norwich	23/06/2024	5.16
Sally Kamagate	Chelmsford	05/05/2024	4.43
<u>Discus</u>			
Eleanor Wright	Hendon	08/09/2024	29.87
Ophelia Martin	Peterborough	26/05/2024	17.78
Tayla Goodswen	Hendon	08/09/2024	15.85
Isabella White	Sandy	02/06/2024	15.64
<u>Javelin</u>			
Eleanor Wright	Norwich	28/08/2024	25.17

Imogen Martin	Norwich	28/08/2024	19.65
Ophelia Martin	Norwich	12/05/2024	14.71
Tabatha Oppenheim	Norwich	12/05/2024	11.79
April Green	Hemel Hempstead	21/07/2024	11.65
Talia Stowers	Chelmsford	05/05/2024	6.57
<u>Hammer</u>			
Eleanor Wright	Norwich	11/05/2024	16.93
Imogen Martin	Norwich	11/05/2024	6.21
<u>Pentathlon</u>			
Olivia Barber	Peterborough	22/09/2024	2329
Talia Stowers	Peterborough	22/09/2024	1936
Ophelia Martin	Peterborough	22/09/2024	1664
Alice Ganley	Peterborough	22/09/2024	1455
<u>4 x 100m Relay</u>	Norwich	23/06/2024	57.1
<u>UNDER 15 BOYS RANKINGS 2024</u>			
<u>60m</u>			
Harry Sayer	King's Lynn	28/01/2024	8.92
<u>100m</u>			
James Lupton	Sandy	02/06/2024	12.3
Alexander Singh	Chelmsford	05/05/2024	13.0
Matthew Williams	Norwich	28/08/2024	13.16
Charlie Roe	Norwich	23/06/2024	13.8
Harry Sayer	Norwich	12/05/2024	13.9
Josh Rumsby	Sandy	02/06/2024	13.9
<u>200m</u>			
James Lupton	Norwich	11/05/2024	25.6
Alexander Singh	Hendon	08/09/2024	26.97
Matthew Williams	Hemel Hempstead	21/07/2024	27.5
Harry Sayer	Norwich	08/06/2024	27.9
Charlie Roe	Norwich	23/06/2024	28.5
Josh Rumsby	Hendon	08/09/2024	28.78
Leo Double-Cook	Norwich	14/04/2024	32.2
<u>300m</u>			
Matthew Williams	Bury St Edmunds	01/09/2024	42.3
Finley Winship	Hemel Hempstead	21/07/2024	45.2
Harry Sayer	Norwich	23/06/2024	46.0
Josh Rumsby	Hendon	08/09/2024	48.53

<u>800m</u>			
Vito Machin	Hendon	08/09/2024	2.11.44
Finley Winship	Sandy	02/06/2024	2.14.7
Eli Dafforn	Norwich	11/05/2024	2.25.9
Joseph Tandy	Norwich	28/08/2024	2.32.9
James Ashton	Norwich	08/06/2024	2.33.8
Ben Nunn	Norwich	03/04/2024	2.38.41
Edward Latter- Casas	Norwich	23/06/2024	2.43.5
<u>1500m</u>			
Finley Winship	Hendon	08/09/2024	4.28.43
Eli Dafforn	Hendon	08/09/2024	4.55.07
Ben Nunn	Chelmsford	05/05/2024	5.09.6
Leo Double-Cook	Norwich	12/05/2024	5.21.4
Edward Latter- Casas	Great Yarmouth	28/04/2024	5.56.5
<u>3000m</u>			
Finley Winship	Norwich	03/04/2024	9.58.46
<u>80m Hurdles</u>			
James Lupton	Norwich	23/06/2024	12.9
Matthew Williams	Bury St Edmunds	01/09/2024	14.0
<u>Long Jump</u>			
James Lupton	Peterborough	26/05/2024	5.87
Ben Lowe	Peterborough	26/05/2024	4.80
Finley Winship	Chelmsford	05/05/2024	4.58
Josh Rumsby	Norwich	11/05/2024	4.33
Harry Sayer	Chelmsford	05/05/2024	4.24
Ben Nunn	Norwich	13/01/1900	4.00
<u>Pole Vault</u>			
Matthew Williams	Hemel Hempstead	21/07/2024	2.40
<u>Triple Jump</u>			
Matthew Williams	Norwich	28/08/2024	9.84
Harry Sayer	Bury St Edmunds	01/09/2024	9.54
Josh Rumsby	Norwich	23/06/2024	9.10
<u>High Jump</u>			
James Lupton	Norwich	23/06/2024	1.58
Finley Winship	Sandy	02/06/2024	1.35
<u>Shot</u>			
George Dodds	Norwich	12/05/2024	11.45
Matthew Williams	Sandy	02/06/2024	9.43

Ben Lowe	Norwich	23/06/2024	8.88
Thomas Fairhurst	Bury St Edmunds	01/09/2024	8.10
Josh Rumsby	Hendon	08/09/2024	5.69
<u>Hammer</u>			
James Lupton	Chelmsford	05/05/2024	40.43
George Dodds	Norwich	08/06/2024	32.03
Thomas Fairhurst	Sandy	02/06/2024	21.27
<u>Discus</u>			
George Dodds	Norwich	23/06/2024	28.92
Ben Lowe	Peterborough	26/05/2024	21.75
Thomas Fairhurst	Norwich	10/04/2024	20.88
<u>Javelin</u>			
Matthew Williams	Hendon	08/09/2024	27.73
Ben Lowe	Great Yarmouth	28/04/2024	24.04
Harry Sayer	Sandy	02/06/2024	23.36
Edward Latter- Casas	Norwich	23/06/2024	20.52
Thomas Fairhurst	Norwich	14/04/2024	18.66
<u>4 x 100m Relay</u>	Bury St Edmunds	01/09/2024	53.0
<u>UNDER 15 GIRLS RANKINGS 2024</u>			
<u>60m</u>			
Ellie Warman	Lee Valley	02/03/2024	8.36
Darcie Holmes	Lee Valley	02/03/2024	8.47
Emily Doran	Kings Lynn	28/01/2024	8.55
<u>60m Hurdles</u>			
Jennifer Mardle	Sheffield	10/03/2024	9.66
Lily Ganley	Kings Lynn	28/01/2024	10.01
Grace Doran	King's Lynn	28/01/2024	10.67
<u>100m</u>			
Ellie Warman	Cambridge	29/06/2024	12.28
Darcie Holmes	Norwich	14/04/2024	13.2
Emily Doran	Sandy	02/06/2024	13.3
Hetty Bunkle	Norwich	23/06/2024	13.6
Eleana Osifo-Doe	Peterborough	26/05/2024	13.7
Kalia Slaughter	Norwich	23/06/2024	13.8
Lia Pazos-Perez	Sandy	02/06/2024	14.0
Lily Ganley	St Ives	17/07/2024	14.07

Grace Doran	Norwich	28/08/2024	14.09
Jennifer Mardle	Norwich	28/08/2024	14.18
Mia Brackenbury	Norwich	23/06/2024	14.4
Betty Appleton	Norwich	23/06/2024	14.5
Minnie Richardson	Norwich	14/04/2024	15.2
Mirabell Kamagate	Chelmsford	05/05/2024	15.3
Chloe Munn	King's Lynn	15/06/2024	15.4
<u>200m</u>			
Ellie Warman	Cambridge	29/06/2024	25.49w 25.7
Emily Doran	Hendon	08/09/2024	27.23
Darcie Holmes	Peterborough	26/05/2024	27.8
Jennifer Mardle	Norwich	11/05/2024	28.5
Lily Ganley	St Ives	17/07/2024	28.60
Hetty Bunkle	Great Yarmouth	28/04/2024	28.8
Grace Doran	Bury St Edmunds	01/09/2024	28.8
Violet Brooke	Sandy	02/06/2024	29.2
Molly Ellard-Thurtle	Hemel Hempstead	21/07/2024	29.4
Betty Appleton	Norwich	11/05/2024	29.5
Kalia Slaughter	Norwich	03/04/2024	29.81
Mia Brackenbury	Norwich	23/06/2024	30.2
Lexie Heather	Norwich	23/06/2024	30.6
Eleana Osifo-Doe	Norwich	14/04/2024	31.0
Elliott Amos	Chelmsford	05/05/2024	31.5
Lily Goddard	Hemel Hempstead	21/07/2024	31.5
Mirabell Kamagate	Norwich	14/04/2024	32.8
<u>300m</u>			
Adeola Arole	Norwich	12/05/2024	43.7
Emily Doran	Norwich	15/06/2024	43.8
Lily Ganley	Chelmsford	05/05/2024	44.9
Grace Doran	Peterborough	26/05/2024	44.9
Violet Brooke	Chelmsford	05/05/2024	45.1
Lia Pazos-Perez	Norwich	23/06/2024	46.2
Kalia Slaughter	Peterborough	26/05/2024	46.4
Molly Ellard-Thurtle	Norwich	23/06/2024	46.8
Hetty Bunkle	Norwich	23/06/2024	48.8
Elliott Amos	Peterborough	26/05/2024	49.2
Ava Heale	Norwich	23/06/2024	49.5
Darcie Holmes	Norwich	03/04/2024	49.6
Lily Goddard	Norwich	12/05/2024	49.9
Betty Appleton	Norwich	23/06/2024	50.7
Ella Goodswen	Norwich	14/04/2024	53.7
<u>400m</u>			
Elliott Amos	Bromley	21/05/2024	69.4

<u>800m</u>			
Violet Brooke	Walton	10/08/2024	2.23.33
Evie Greenhalf	Bury St Edmunds	01/09/2024	2.32.8
Molly Ellard-Thurtle	Norwich	28/08/2024	2.39.4
Grace Doran	Peterborough	22/09/2024	2.44.03
Lily Ganley	Norwich	11/05/2024	2.44.2
Elliott Amos	Sandy	02/06/2024	2.44.6
Kalia Slaughter	Chelmsford	05/05/2024	2.46.5
Emily Doran	Chelmsford	23/06/2024	2.47.8
Ella Goodswen	Norwich	28/08/2024	2.50.2
Lily Goddard	Norwich	08/06/2024	2.51.3
Chloe Munn	King's Lynn	15/06/2024	2.54.0
Jennifer Mardle	Sheffield	10/03/2024	2.56.47
Jasmin Benson	Norwich	11/05/2024	3.02.9
<u>1500m</u>			
Violet Brooke	Norwich	23/06/2024	5.00.4
Lexie Heather	Norwich	15/06/2024	5.04.3
Molly Ellard-Thurtle	Hemel Hempstead	21/07/2024	5.39.2
Ella Goodswen	Great Yarmouth	28/04/2024	5.45.3
Kalia Slaughter	Norwich	14/04/2024	6.18.4
<u>75m H</u>			
Grace Doran	Sandy	02/06/2024	11.8
Jennifer Mardle	Norwich	28/08/2024	12.12
Emily Doran	Sandy	02/06/2024	12.9
Lily Ganley	Norwich	03/04/2024	13.08
Betty Appleton	Norwich	28/08/2024	15.15
<u>High Jump</u>			
Jennifer Mardle	Chelmsford	23/06/2024	1.48
Emily Doran	Bury St Edmunds	01/09/2024	1.45
Finlay-Rae O'Shea	Hendon	08/09/2024	1.45
Grace Doran	Chelmsford	23/06/2024	1.36
Lily Ganley	Norwich	14/04/2024	1.35
Betty Appleton	Norwich	03/04/2024	1.25
Adeola Arole	Norwich	14/04/2024	1.25
Molly Ellard-Thurtle	Chelmsford	05/05/2024	1.25
Mirabell Kamagate	Norwich	14/04/2024	1.15
<u>Pole Vault</u>			
Lily Ganley	Hendon	08/09/2024	1.70
<u>Long Jump</u>			
Darcie Holmes	Chelmsford	05/05/2024	4.94

Lily Ganley	Sheffield	10/03/2024	4.74
Grace Doran	Peterborough	22/09/2024	4.74
Hetty Bunkle	Norwich	23/06/2024	4.55
Jennifer Mardle	Chelmsford	05/05/2024	4.53
Emily Doran	Chelmsford	23/06/2024	4.51
Eleana Osifo-Doe	Norwich	23/06/2024	4.50
Lia Pazos-Perez	Sandy	02/06/2024	3.95
Ava Heale	Hemel Hempstead	21/07/2024	3.85
Chloe Munn	King's Lynn	15/06/2024	3.84
<u>Triple Jump</u>			
Jennifer Mardle	King's Lynn	28/01/2024	8.89
Grace Doran	Norwich	28/08/2024	8.89
Darcie Holmes	King's Lynn	28/01/2024	8.85
<u>Shot</u>			
Minnie Richardson	Norwich	08/06/2024	9.56
Ellie Warman	Hendon	08/09/2024	8.78
Grace Doran	Bury St Edmunds	01/09/2024	8.59
Jennifer Mardle	King's Lynn	14/04/2024	8.05
Emily Doran	Peterborough	22/09/2024	7.14
Mirabell Kamagate	Chelmsford	05/05/2024	6.97
Lily Ganley	Chelmsford	23/06/2024	6.76
Hetty Bunkle	Great Yarmouth	28/04/2024	6.53
Ella Goodswen	Sandy	02/06/2024	5.95
<u>Javelin</u>			
Jennifer Mardle	Norwich	15/06/2024	27.67
Maisie Powles-Warren	Hemel Hempstead	21/07/2024	24.08
Kalia Slaughter	Peterborough	26/05/2024	19.69
Darcie Holmes	Hemel Hempstead	21/07/2024	8.22
Minnie Richardson	Norwich	14/04/2024	7.37
<u>Discus</u>			
Eleana Osifo-Doe	Hemel Hempstead	21/07/2024	18.37
Lily Goddard	Great Yarmouth	28/04/2024	17.24
Ella Goodswen	Hemel Hempstead	21/07/2024	14.39
Minnie Richardson	Chelmsford	05/05/2024	14.21
Maisie Powles-Warren	Great Yarmouth	28/04/2024	13.63
Hetty Bunkle	Norwich	14/04/2024	12.48
Mirabell Kamagate	Chelmsford	05/05/2024	11.90
<u>Hammer</u>			
Jennifer Mardle	Hendon	08/09/2024	28.7
Minnie Richardson	Chelmsford	05/05/2024	21.57

Hetty Bunkle	Bury St Edmunds	01/09/2024	18.80
<u>Pentathlon indoor/outdoor</u>			
Grace Doran	Chelmsford	23/06/2024	2458
Lily Ganley	Sheffield	10/03/2024	2426
Jennifer Mardle	Chelmsford	23/06/2024	2380
Emily Doran	Chelmsford	23/06/2024	2298
<u>4 x 100m Relay</u>	Hendon	08/09/2024	51.34
<u>UNDER 17 MEN RANKINGS 2024</u>			
<u>60m indoors</u>			
Sam Barber	Lee Valley	02/03/2024	7.76
Reece Pleasance	Kings Lynn	28/01/2024	7.96
<u>100m</u>			
Will Lupton	Hendon	08/09/2024	11.58
Archie Hannent	Sandy	02/06/2024	11.6
Jonathon Crowle	Sandy	02/06/2024	11.7
Leon Royle	Sandy	02/06/2024	11.9
Sam Barber	Norwich	28/08/2024	12.21
Reece Pleasance	Great Yarmouth	28/04/2024	12.4
Oscar Jerman	Norwich	14/04/2024	12.8
<u>200m</u>			
Jonathon Crowle	Norwich	23/06/2024	23.9
Archie Hannent	Peterborough	26/05/2024	24.10
Leon Royle	Norwich	23/06/2024	24.3
Sam Barber	Norwich	14/04/2024	25.0
Reece Pleasance	Great Yarmouth	28/04/2024	26.4
Harvey Moore	Norwich	23/06/2024	30.5
<u>400m</u>			
William Percival	Norwich	12/05/2024	52.4
Jude Linstead	Hendon	08/09/2024	52.59
Jonathon Crowle	Norwich	28/08/2024	53.14
Archie Hannent	Stoke	21/09/2024	52.01
Mpaji Rose-Brown	Chelmsford	05/05/2024	53.5
Harvey Moore	Peterborough	26/05/2024	65.6
<u>800m</u>			
William Percival	Parliament Hill	18/05/2024	1.54.87
Mpaji Rose-Brown	Norwich	08/06/2024	2.00.1
Finlay Haynes	Hemel Hempstead	21/07/2024	2.01.3
Jude Linstead	Norwich	11/05/2024	2.01.6

Jonathon Crowle	Norwich	11/05/2024	2.04.0
Henry Ashton	Norwich	28/08/2024	2.09.2
Leonardo Gegaj	Norwich	11/05/2024	2.14.9
Jack Browne	Peterborough	26/05/2024	2.16.1
Jack Bailey	Norwich	11/05/2024	2.19.4
Harvey Moore	Norwich	11/05/2024	2.20.5
<u>1500m</u>			
Michael Clark	Chelmsford	05/05/2024	4.00.0
Will Percival	Chelmsford	05/05/2024	4.04.2
Henry Ashton	Norwich	23/06/2024	4.29.0
Fletcher James	Norwich	08/06/2024	4.30.7
Archie Hannent	Stoke	22/09/2024	4.33.81
Charlie Perry	Norwich	23/06/2024	4.36.0
Seth Burch	Norwich	08/06/2024	4.39.2
Leonardo Gegaj	Norwich	12/05/2024	4.45.2
Jack Brown	Norwich	14/04/2024	4.53.9
Jack Bailey	Norwich	03/04/2024	5.07.71
<u>3000m</u>			
Michael Clark	Watford	29/06/2024	8.23.98
William Percival	Norwich	28/08/2024	8.48.43
Max Parsley	Norwich	15/06/2024	9.28.1
Mpaji Rose-Brown	Norwich	28/08/2024	9.31.58
Fletcher James	Peterborough	26/05/2024	9.57.7
Jack Browne	Norwich	28/08/2024	10.14.2
Henry Ashton	Norwich	03/04/2024	10.19.26
<u>100m H</u>			
Archie Hannent	Stoke	22/09/2024	14.56
Alfie Hogston	Peterborough	26/05/2024	16.7
<u>Long Jump</u>			
Sam Barber	Norwich	14/04/2024	5.98
Archie Hannent	Chelmsford	22/06/2024	5.98
Charlie Broad	Bury St Edmunds	01/09/2024	5.85
Alfie Hogston	Peterborough	26/05/2024	5.25
<u>High Jump</u>			
Archie Hannent	Sandy	02/06/2024	1.75
Alfie Hogston	Norwich	23/06/2024	1.70
Sam Barber	Norwich	14/04/2024	1.45
<u>Triple Jump</u>			
Sam Barber	Hendon	08/09/2024	12.36
Alfie Hogston	Gillingham	14/07/2024	11.82

<u>Shot</u>			
Charlie Broad	Hendon	08/09/2024	14.33
Oscar Jerman	Norwich	23/06/2024	11.54
Archie Hannent	Chelmsford	23/06/2024	9.12
<u>Javelin 700g</u>			
Archie Hannent	Norwich	12/05/2024	52.86
Will Lupton	Norwich	03/06/2024	49.83
Henry Ashton	Norwich	14/04/2024	27.64
Charlie Perry	Norwich	14/04/2024	19.41
Harvey Moore	Bury St Edmunds	01/09/2024	11.4
<u>Discus 1.5kg</u>			
Will Lupton	Hemel Hempstead	21/07/2024	37.91
Oscar Jerman	Hendon	08/09/2024	34.45
Archie Hannent	Stoke	21/09/2024	27.57
Charlie Broad	Bury St Edmunds	01/09/2024	26.34
<u>Hammer</u>			
Will Lupton	Hemel Hempstead	21/07/2024	24.63
<u>Octathlon</u>			
Archie Hannent	Stoke	22/09/2024	4615
4 x 100m Relay	Hemel Hempstead	21/07/2024	46.7
<u>UNDER 17 WOMEN RANKINGS 2024</u>			
<u>60m indoors</u>			
Lola Van Barren	Lee Valley	17/03/2024	8.31
Isla Hibbett	Lee Valley	02/03/2024	8.62
<u>60m hurdles</u>			
Isla Hibbett	King's Lynn	28/01/2024	10.19
<u>100m</u>			
Lola Van Barren	Norwich	14/04/2024	13.6
Nuhr Molo	Norwich	23/06/2024	13.7
Confidence Uzoigwe	Norwich	14/04/2024	13.8
Lillian Manson	Norwich	14/04/2024	14.3
Olivia White	Bury St Edmunds	01/09/2024	15.4
<u>200m</u>			
Nuhr Molo	Norwich	23/06/2024	28.4

Lillian Manson	Norwich	08/06/2024	28.5
Isla Hibbett	Gillingham	14/07/2024	28.6
Confidence Uzoigwe	Norwich	14/04/2024	28.9
Asha Kandola	Sandy	02/06/2024	30.0
<u>300m</u>			
Rosie Dickety	Hendon	08/09/2024	44.25
Georgia Shirley	Hemel Hempstead	21/07/2024	45.2
Amber Goddard	Norwich	12/05/2024	46.3
Asha Kandola	Hendon	08/09/2024	47.07
Olivia White	Chelmsford	05/05/2024	49.2
Isla Hibbett	Chelmsford	05/05/2024	49.4
<u>800m</u>			
Rosie Dickety	Norwich	28/08/2024	2.16.1
Georgia Shirley	Norwich	08/06/2024	2.19.9
Amber Goddard	Peterborough	26/05/2024	2.35.5
Asha Kandola	Hendon	08/09/2024	2.36.46
Lottie Hood	Bury St Edmunds	01/09/2024	2.37.5
Olivia White	Norwich	03/04/2024	2.49.20
Charlotte Gilding	Peterborough	23/09/2024	2.55.66
Isla Hibbett	Chelmsford	23/06/2024	3.03.7
<u>1500m</u>			
Rosie Dickety	Norwich	12/05/2024	4.48.4
Georgia Shirley	Norwich	12/05/2024	4.51.0
Connie Easter	Norwich	14/04/2024	5.02.0
Minnie Andrews	Norwich	23/06/2024	5.11.4
Alexandria Styles	Sandy	02/06/2024	5.17.5
Lottie Hood	Norwich	14/04/2024	5.20.2
Milena Sejud	Norwich	28/08/2024	5.32.5
<u>3000m</u>			
Alexandria Styles	Peterborough	26/05/2024	11.54.3
<u>80m hurdles</u>			
Charlotte Gilding	Peterborough	22/09/2024	13.07
Isla Hibbett	Cambridge	29/06/2024	13.27
<u>300m hurdles</u>			
Isla Hibbett	Norwich	08/06/2024	52.0
Charlotte Gilding	Norwich	08/06/2024	52.4
<u>400m hurdles</u>			
Isla Hibbett	Gillingham	14/07/2024	80.17

<u>Long Jump</u>			
Lola Van Barren	Great Yarmouth	28/04/2024	4.81
Charlotte Gilding	Peterborough	22/09/2024	4.71
Lillian Manson	Norwich	15/06/2024	4.67
Nuhr Molo	Hendon	08/09/2024	4.62
Isla Hibbett	Chelmsford	23/06/2024	4.23
Olivia White	Norwich	23/06/2024	4.04
<u>High Jump</u>			
Charlotte Gilding	Winchester	17/08/2024	1.48
Isla Hibbett	Kings Lynn	28/01/2024	1.30
<u>Pole Vault</u>			
Isla Hibbett	Gillingham	14/07/2024	1.10
<u>Triple Jump</u>			
Lillian Manson	Norwich	15/06/2024	9.77
Lola Van Barren	King's Lynn	28/01/2024	9.37
Isla Hibbett	Hendon	08/09/2024	8.76
<u>Shot 3kg</u>			
Charlotte Gilding	Norwich	12/05/2024	11.32
Isla Hibbett	Sandy	02/06/2024	9.56
Aggie Long	Great Yarmouth	28/04/2024	7.08
<u>Javelin 500g</u>			
Aggie Long	Norwich	15/06/2024	36.82
Isla Hibbett	Hendon	08/09/2024	25.77
Charlotte Gilding	Chelmsford	05/05/2024	20.59
<u>Javelin 600g</u>			
Aggie Long	Norwich	18/05/2024	30.74
<u>Discus</u>			
Charlotte Gilding	Norwich	11/05/2024	24.89
Aggie Long	Bury St Edmunds	01/09/2024	20.95
Amber Goddard	Hemel Hempstead	21/07/2024	14.40
Olivia White	Norwich	14/04/2024	12.05
Georgia Shirley	Hendon	08/09/2024	11.43
<u>Hammer 3kg</u>			
Aggie Long	Norwich	11/05/2024	21.91
<u>Hammer 4kg</u>			

Aggie Long	Hendon	08/09/2024	16.99
<u>Pentathlon</u>			
Charlotte Gilding	Peterborough	23/09/2024	2716
<u>Heptathlon</u>			
Isla Hibbett	Chelmsford	23/06/2024	2953
<u>UNDER 20 MEN RANKINGS 2024</u>			
<u>60m</u>			
Conrad Winter	Baerun NOR	27/01/2024	7.33
Ethan Ellis	Kings Lynn	28/01/2024	7.46
<u>75m</u>			
<u>60m Hurdles</u>			
Jaiden Dean	Sheffield	11/02/2024	7.81
Conrad Winter	Sheffield	07/01/2024	8.59
<u>100m</u>			
Ethan Ellis	Norwich	08/06/2024	10.9
Jaiden Dean	Stratford	18/08/2024	10.79w 10.81
Joel Burgess	Gillingham	14/07/2024	11.05
Conrad Winter	Norwich	23/06/2024	11.1
Finlay Barnard	Stoke	21/09/2024	11.90
Ryan Wood	Chelmsford	22/06/2024	12.3
Billy Francis	Stoke	21/09/2024	12.60
<u>200m</u>			
Joel Burgess	Gillingham	14/07/2024	22.34
Conrad Winter	Winchester	17/08/2024	23.03
Ethan Ellis	Great Yarmouth	28/04/2024	23.1
Ryan Wood	Great Yarmouth	28/04/2024	24.6
Oliver Yellop	Norwich	03/04/2024	26.66
<u>400m</u>			
Henry Jonas	Loughborough	07/08/2024	49.42
Joel Burgess	Lee Valley	04/02/2024	50.13
Conrad Winter	Gillingham	14/09/2024	50.83

Tobias Cheesbrough	Norwich	28/08/2024	51.67
Rueben Spurdens	Lee Valley	20/01/2024	53.18
Ethan Ellis	Chelmsford	22/06/2024	54.3
Finlay Barnard	Bury St Edmunds	01/09/2024	55.7
Ryan Wood	Chelmsford	23/06/2024	59.4
Samuel Yellop	Great Yarmouth	28/04/2024	59.8
<u>800m</u>			
Henry Jonas	Watford	21/08/2024	1.46.75
Tobias Cheesbrough	Trafford	28/05/2024	1.52.32
Tim Bongaerts	Bury St Edmunds	01/09/2024	1.57.9
Ted Ash	Gillingham	14/07/2024	1.59.30
Jake Dorbin	Norwich	23/06/2024	2.07.6
Matthew Benson	Norwich	11/05/2024	2.08.4
Rueben Spurdens	Lee Valley	14/02/2024	2.11.09
Oliver Yellop	Winchester	17/08/2024	2.23.51
<u>1000m</u>			
Conrad Winter	Sheffield	07/01/2024	2.53.00
<u>1500m</u>			
Henry Jonas	Watford	08/06/2024	3.41.72
Zachary Dunne	Watford	26/06/2024	3.53.33
Tim Bongaerts	Nijmegen NED	18/05/2024	3.58.80
Harry Smith	Loughborough	07/08/2024	4.02.48
Ted Ash	Loughborough	12/06/2024	4.04.45
Liam Davison	Chelmsford	29/06/2024	4.09.50
Jake Dorbin	Watford	24/07/2024	4.11.88
Tobias Cheesbrough	Norwich	12/05/2024	4.12.3
Samuel Yellop	Great Yarmouth	28/04/2024	4.40.8
Conrad Winter	Birmingham	28/07/2024	4.41.24
Matthew Benson	Norwich	12/05/2024	4.43.1
Joe Machin	Watford	24/07/2024	4.45.57
Ryan Wood	Chelmsford	23/06/2024	5.29.6
Finlay Barnard	Chelmsford	23/06/2024	5.34.6
Ethan Ellis	Chelmsford	22/06/2024	6.08.2
Billy Francis	Stoke	21/09/2024	6.20.63
<u>3000m</u>			
Zachary Dunn	Norwich	28/08/2024	8.41.15
Liam Davison	Watford	24/07/2024	8.42.67
Harry Smith	Watford	29/05/2024	8.43.34
Tim Bongaerts	Norwich	03/04/2024	9.12.60
William Browne	Norwich	28/08/2024	9.29.07
Matthew Benson	Peterborough	26/05/2024	10.28.7

<u>5000m</u>			
Liam Davison	Birmingham Uni	09/03/2024	15.20.74
Chad Akili	Norwich	11/05/2024	17.32.8
Joe Machin	Norwich	11/05/2024	18.42.8
<u>110m Hurdles</u>			
Jaiden Dean	Eton	09/06/2024	13.59
Conrad Winter	Hull	13/04/2024	15.2
Finlay Barnard	Stoke	22/09/2024	15.59
Ethan Ellis	Chelmsford	23/06/2024	15.7
Billy Francis	Stoke	22/09/2024	20.05
Ryan Wood	Chelmsford	23/06/2024	21.4
<u>400m Hurdles</u>			
Finlay Barnard	Gillingham	14/07/2024	59.90
Oliver Yellop	Norwich	18/05/2024	70.9
<u>High Jump</u>			
Conrad Winter	Birmingham	27/07/2024	1.88
Ethan Ellis	Chelmsford	22/06/2024	1.80
Billy Francis	Norwich	18/05/2024	1.73
Finley Barnard	Chelmsford	22/06/2024	1.68
Ryan Wood	Chelmsford	23/06/2024	1.56
<u>Long Jump</u>			
Conrad Winter	Birmingham	27/07/2024	6.95
Ethan Ellis	Birmingham	14/07/2024	6.68
Joel Burgess	Gillingham	14/07/2024	6.48
Ryan Wood	Peterborough	26/05/2024	5.93
Finley Barnard	Stoke	21/09/2024	5.92
Billy Francis	Norwich	03/04/2024	5.53
<u>Pole Vault</u>			
Conrad Winter	Winchester	17/08/2024	4.42
Finley Barnard	Chelmsford	23/06/2024	2.80
Ethan Ellis	Stoke	22/09/2024	2.80
Ryan Wood	Chelmsford	23/06/2024	2.50
Billy Francis	Stoke	22/09/2024	2.40
<u>Triple Jump</u>			
Ryan Wood	Norwich	08/06/2024	12.23
Billy Francis	Norwich	18/05/2024	11.21
Finlay Barnard	Chelmsford	15/06/2024	11.03
<u>Discus</u>			
Conrad Winter	Hexham	30/06/2024	41.34

Ethan Ellis	Chelmsford	23/06/2024	27.10
Finlay Barnard	Stoke	22/09/2024	22.68
Ryan Wood	Chelmsford	23/06/2024	18.81
Billy Francis	Stoke	22/09/2024	16.22
<u>Shot</u>			
Conrad Winter	Nantes FRA	25/05/2024	13.91
Ethan Ellis	Chelmsford	22/06/2024	10.36
Ryan Wood	Stoke	21/09/2024	7.85
Finlay Barnard	Chelmsford	22/06/2024	7.49
Billy Francis	Stoke	21/09/2024	6.88
<u>Javelin</u>			
Conrad Winter	Hexam	29/06/2024	55.26
Ryan Wood	Chelmsford	23/06/2024	36.77
Oliver Yellop	Great Yarmouth	03/04/2024	34.12
Ethan Ellis	Chelmsford	23/06/2024	29.98
Finlay Barnard	Bury St Edmunds	01/09/2024	26.36
Billy Francis	Stoke	22/09/2024	15.86
<u>Heptathlon</u>			
Conrad Winter	Baerum NOR	27/01/2024	5047
<u>Decathlon</u>			
Conrad Winter	Birmingham	28/07/2024	7205
Ethan Ellis	Chelmsford	23/06/2024	5088
Finley Barnard	Chelmsford	23/06/2024	4397
Ryan Wood	Chelmsford	23/06/2024	3596
Billy Francis	Stoke (Octathlon)	22/09/2024	2376
Relay 4 x 100m	Great Yarmouth	28/04/2024	45.0
<u>UNDER 20 WOMEN RANKINGS 2024</u>			
<u>60m</u>			
Lily Bradley	Lee Valley	03/02/2024	7.59
Hannah Pain	Kings Lynn	28/01/2024	8.15
Isabelle Mardle	Kings Lynn	28/01/2024	8.27
Caitlin Bell	Kings Lynn	28/01/2024	8.31
<u>60m Hurdles</u>			
Isabelle Mardle	Kings Lynn	28/01/2024	9.19
Kirsty Sait-Stewart	Sportcity	28/01/2024	9.43
Hannah Pain	Sheffield	06/01/2024	11.79

<u>100m</u>			
Lily Bradley	Stratford	26/05/2024	11.90
Evie Patrick	Norwich	08/06/2024	12.60
Caitlin Bell	Gillingham	14/07/2024	12.71
Isabelle Mardle	Norwich	28/08/2024	13.09
Ruby Love	Winchester	17/08/2024	13.28
Zara Kirkham	Norwich	18/05/2024	14.0
<u>200m</u>			
Caitlin Bell	Chelmsford	22/06/2024	25.86w 26.0
Hannah Pain	Horspath	29/06/2024	26.11
Ruby Love	Lee Valley	04/02/2024	26.85
Isabelle Mardle	Norwich	11/05/2024	26.9
Zara Kirkham	Norwich	23/06/2024	30.3
<u>400m</u>			
Caitlin Bell	Winchester	17/08/2024	57.33
Hannah Pain	Great Yarmouth	28/04/2024	61.0
Ruby Love	Norwich	12/05/2024	61.4
Isabella Williams	Norwich	23/06/2024	66.9
<u>800m</u>			
Hannah Pain	Birmingham	28/07/2024	2.19.14
Sarah Barrett	Winchester	17/08/2024	2.19.17
Tia-Lilly Crane	Sheffield	23/02/2024	2.20.12
Caitlin Bell	Stoke	22/09/2024	2.23.28
Isabella Williams	Norwich	18/05/2024	2.27.7
Millie Adams	Loughborough	07/08/2024	2.28.88
<u>1500m</u>			
Hattie Reynolds	Durham NC USA	12/04/2024	4.35.60
Sarah Barrett	Norwich	18/05/2024	4.40.7
Lottie Hemmings	Watford	29/05/2024	5.09.32
Millie Adams	Norwich	12/05/2024	5.20.2
Isabella Williams	Great Yarmouth	28/04/2024	5.29.8
<u>3000m</u>			
Hattie Reynolds	Blacksburg VA USA	02/02/2024	9.46.82
Sarah Barrett	Norwich	12/05/2024	10.00.0
Lottie Hemmings	Watford	03/04/2024	11.16.33
<u>5000m</u>			
Hattie Reynolds	New York NY USA	22/02/2024	16.55.66
Sarah Barrett	Wimbledon	03/08/2024	17.44.92
Lottie Hemmings	Chelmsford	15/06/2024	19.53.1

Isabella Williams	Winchester	17/08/2024	22.56.50
<u>1500m S/Chase</u>			
Isabella Williams	Norwich	08/06/2024	5.47.0
<u>2000m S/Chase</u>			
Isabella Williams	Gillingham	14/07/2024	8.36.59
<u>3000m S/Chase</u>			
Hattie Reynolds	Philadelphia USA	25/04/2024	10.34.91
<u>100m Hurdles</u>			
Isabelle Mardle	Norwich	18/05/2024	15.0
Caitlin Bell	Chelmsford	22/06/2024	15.9
Hannah Pain	Birmingham	27/07/2024	16.05
Rose Fairhurst	Chelmsford	15/06/2024	17.2
<u>400m Hurdles</u>			
Hannah Pain	Winchester	17/08/2024	65.47
<u>High Jump</u>			
Isabelle Mardle	Norwich	18/05/2024	1.58
Hannah Pain	Norwich	12/05/2024	1.55
Isabella Williams	Norwich	08/06/2024	1.48
Caitlin Bell	Chelmsford	22/06/2024	1.47
<u>Triple Jump</u>			
Caitlin Bell	Gillingham	14/07/2024	10.85
Isabelle Mardle	Winchester	17/08/2024	10.34
<u>Long Jump</u>			
Caitlin Bell	Bury St Edmunds	01/09/2024	5.65
Isabelle Mardle	Norwich	11/05/2024	5.36
Hannah Pain	Birmingham	28/07/2024	5.28
<u>Pole Vault</u>			
Hannah Pain	Norwich	18/05/2024	1.80
<u>Shot</u>			
Maddy Powles Warren	Cambridge	29/06/2024	10.83
Isabelle Mardle	King's Lynn	28/01/2024	10.77
Hannah Pain	Horspath	29/06/2024	10.13
Caitlin Bell	Birmingham	27/07/2024	9.63
<u>Discus</u>			
Maddy Powles Warren	Cambridge	29/06/2024	28.84

Isabelle Mardle	Gillingham	14/07/2024	19.13
<u>Javelin</u>			
Maddy Powles Warren	Peterborough	26/05/2024	34.54
Hannah Pain	Birmingham	28/07/2024	34.17
Isabelle Mardle	Norwich	08/06/2024	31.53
Caitlin Bell	Chelmsford	22/06/2024	26.14
<u>Hammer</u>			
Maddy Powles Warren	Winchester	17/08/2024	24.95
<u>Pentathlon</u>			
Hannah Pain	Sheffield	06/01/2024	2768
<u>Heptathlon</u>			
Hannah Pain	Birmingham	28/07/2024	4601
Caitlin Bell	Chelmsford	22/06/2024	4423
<u>4 x 100m Relay</u>	Norwich		
<u>SENIOR MEN RANKINGS 2024</u>			
<u>60m</u>			
Kevin Santos T47	Birmingham	17/02/2024	7.00
Liam O'Dell	Sheffield	03/02/2024	8.31
<u>100m</u>			
Louis Albrow	Belfast	10/08/2024	10.90
Kevin Santos T47	Lee Valley	03/06/2024	11.03
Calvin Smith	Lee Valley	02/06/2024	11.21w 11.26
Scott Leeder	Norwich	23/06/2024	11.4
Adam Herring	Norwich	18/05/2024	11.63w 11.7
Rian Snell	Lisbon POR	26/07/2024	12.12
Liam O'Dell	Lee Valley	10/03/2024	12.80w 13.06
<u>150m</u>			
Liam O'Dell	Lee Valley	14/04/2024	19.77
<u>200m</u>			
Louis Palmer	Loughborough	14/04/2024	22.08
Louis Albrow	Birmingham	27/04/2024	22.47
Calvin Smith	Lee Valley	20/01/2024	22.54w 22.6
Adam Herring	Stevenage	27/07/2024	23.56
Rian Snell	Chelmsford	15/06/2024	26.3
Patrick Thomas	Norwich	23/06/2024	26.4
Liam O'Dell	Lee Valley	19/06/2024	27.18

<u>400m</u>			
Louis Albrow	Belfast	10/08/2024	48.82
Louis Palmer	Eton	08/06/2024	49.81
Calvin Smith	Lee Valley	23/06/2024	50.01
Christopher Marshall	Yeovil	07/07/2024	53.71
Tom Collier	Loughborough	03/04/2024	57.15
<u>800m</u>			
Samuel Stevens	Bromley	30/07/2024	1.56.35
Elliott Taylor	Watford	10/07/2024	1.58.82
Patrick Thomas	Lee Valley	01/02/2024	2.02.42
Russell Hopkins	Norwich	11/05/2024	2.05.7
Thomas Palmer	Chelmsford	15/06/2024	2.07.5
Christopher Marshall	Bury St Edmunds	01/09/2024	2.21.1
<u>1500m</u>			
Steven Denby	Sportcity	05/05/2024	3.52.05
Samuel Stevens	Tooting	24/07/2024	3.56.51
Will Simm	Bury	25/06/2024	3.59.94
Danny Adams	Loughborough	07/08/2024	4.07.54
Zak Houghton	Watford	26/06/2024	4.07.63
James Senior	Norwich	12/05/2024	4.11.8
Luke Alden	Norwich	12/05/2024	4.13.9
Samuel Worfolk	Norwich	18/05/2024	4.14.0
Elliott Taylor	Winchester	17/08/2024	4.15.82
Patrick Thomas	Grerat Yarmouth	28/04/2024	4.20.7
Jack Fussey	Norwich	12/05/2024	4.34.0
Russell Hopkins	Gillingham	14/07/2024	4.42.25
Christopher Marshall	Yate	22/06/2024	5.09.30
<u>3000m</u>			
Jack White	Loughborough	22/06/2024	8.20.45
Steven Denby	Eltham	14/08/2024	8.26.19
Will Simm	Birmingham Uni	27/04/2024	8.36.65
Zak Houghton	Loughborough	15/05/2024	8.38.45
Logan Smith	Bracknell	03/04/2024	8.45.48
James Senior	Norwich	03/04/2024	8.54.11
Callum Stedman	Norwich	03/04/2024	9.02.76
Danny Adams	Watford	10/07/2024	9.04.51
Sam Coyne	Norwich	03/04/2024	9.26.94
Jack Fussey	Norwich	03/04/2024	9.34.73
Samuel Worfolk	Norwich	12/05/2024	9.38.9
Sam Cornforth	Norwich	03/04/2024	9.40.47
Russell Hopkins	Chelmsford	15/06/2024	10.57.7

<u>5000m</u>			
Jack White	Watford	08/06/2024	14.26.59
Luke Alden	Norwich	18/05/2024	15.08.5
Will Simm	Sportcity	25/05/2024	15.44.56
Jacob Ocal	Gillingham	14/07/2024	15.45.29
James Senior	Norwich	11/05/2024	15.46.3
Sam Coyne	Norwich	18/05/2024	16.31.6
Piers Arnold	Norwich	11/05/2024	16.45.2
Jack Fussey	Norwich	11/05/2024	17.27.8
<u>10000m</u>			
Logan Smith	Parliament Hill	18/05/2024	29.53.50
Jack White	Loughborough	20/04/2024	30.58.23
<u>2000m S/C</u>			
Thomas Palmer	Chelmsford	15/06/2024	7.38.0
<u>3000m S/C</u>			
Elliott Taylor	Norwich	18/05/2024	10.51.5
Jacob Ocal	Gillingham	14/07/2024	10.58.50
Thomas Palmer	Norwich	18/05/2024	11.29.3
<u>110 Hurdles</u>			
Christopher Marshall	Yeovil	07/07/2024	17.76
<u>400m hurdles</u>			
Christopher Marshall	Chelmsford	15/06/2024	57.4
<u>High Jump</u>			
Zak Collins-Iddi	Winchester	17/08/2024	1.73
<u>Pole Vault</u>			
<u>Long Jump</u>			
Scott Leeder	Chelmsford	15/06/2024	7.19
Eljay Secker	Boston	07/04/2024	5.75
Rian Snell	Lisbon POR	26/07/2024	5.55
<u>Triple Jump</u>			
Zak Collins-Iddi	Battersea Park	01/06/2024	13.82
Scott Leeder	Gillingham	23/06/2024	11.62
Christopher Marshall	Yeovil	07/07/2024	11.24
<u>Javelin</u>			
Scott Leeder	Gillingham	23/06/2024	25.18

<u>Discus</u>			
Declan Manning	Norwich	23/06/2024	34.52
Scott Leeder	Chelmsford	15/06/2024	21.44
Christopher Marshall	Swansea	01/06/2024	16.43
<u>Shot</u>			
Declan Manning	Gillingham	14/07/2024	11.72
Scott Leeder	Norwich	23/06/2024	8.53
<u>Hammer</u>			
Callum Brown	Norwich	11/05/2024	61.24
Declan Manning	Cambridge	29/06/2024	31.28
Christopher Marshall	Bury St Edmunds	01/09/2024	12.86
4 x 100m	Norwich	23/06/2024	44.8
4 x 400m	Norwich	18/05/2024	3.32.8
<u>SENIOR WOMEN RANKINGS 2024</u>			
<u>60m</u>			
Serena Grace	Newham	17/01/2024	7.56
Kirsty Sait-Stewart	Sheffield	20/01/2024	8.39
Hetty Bartlett T38	Birmingham	07/02/2024	8.60
<u>60m Hurdles</u>			
Kirsty Sait-Stewart			
<u>100m</u>			
Karen Mok Chui Yin	Norwich	18/05/2024	12.51w 12.
Hetty Bartlett T38	Olympic Park	20/07/2024	13.53w 13.5
Grace Forster	Stretford	20/03/2024	14.03
<u>200m</u>			
Serena Grace	Lee Valley	10/03/2024	24.77
Karen Mok Chui Yin	Norwich	18/05/2024	26.3
Coralie Absolum	Norwich	11/05/2024	28.4
<u>400m</u>			
Serena Grace	Lee Valley	20/01/2024	57.30
Meg Willis	Sheffield	20/01/2024	59.13
Karen Mok Chui Yin	Norwich	23/06/2024	63.9
Coralie Absolum	Norwich	18/05/2024	65.0
Meredith Windship	Norwich	03/04/2024	66.18
Imogen Milroy	Winchester	17/08/2024	67.30

<u>800m</u>			
Megan Gadsby	Watford	07/08/2024	2.11.37
Meg Willis	Lee Valley	07/01/2024	2.22.89
Iona Lake	Nuneaton	18/07/2024	2.31.52
Isabelle Morris	Norwich	11/05/2024	2.34.6
<u>1500m</u>			
Megan Gadsby	Birmingham	19/07/2024	4.22.69
Kate Willis	Birmingham	19/07/2024	4.25.38
Emily Ruane	Watford	10/07/2024	4.29.04
<u>3000m</u>			
Kate Willis	Birmingham Uni	06/07/2024	9.23.29
Emily Ruane	Tooting	24/07/2024	9.25.06
Megan Gadsby	Eltham	14/08/2024	9.28.04
Mabel Beckett	Norwich	03/04/2024	10.14.48
Grace Buchanan	Norwich	03/04/2024	10.36.14
Ella Sharrock	Street	01/06/2024	10.40.7
Iona Lake	Gillingham	14/07/2024	10.56.30
Isabelle Morris	Norwich	18/05/2024	11.29.2
<u>5000m</u>			
Megan Gadsby	Wimbledon	03/08/2024	15.57.71
Emily Ruane	Wimbledon	03/08/2024	16.17.32
Grace Buchanan	Sportcity	06/05/2024	18.24.52
Iona Lake	Nuneaton	18/07/2024	19.51.95
<u>10000m</u>			
Megan Gadsby	Parliament Hill	18/05/2024	34.02.30
<u>2000mS/C</u>			
Iona Lake	Norwich	18/05/2024	7.34.8
<u>100m hurdles</u>			
Katie Daniels	Norwich	23/06/2024	18.60
<u>400m hurdles</u>			
Meg Willis	Sportcity	29/06/2024	60.98
Katie Daniels	Norwich	18/05/2024	80.4
<u>Pole Vault</u>			
Sasha Birrell	Bedford	07/07/2024	3.12
Beth Amblin	Cardiff	03/03/2024	2.16
<u>High Jump</u>			

Carla Richardson-Rowe	Norwich	18/05/2024	1.50
Katie Daniels	Peterborough	26/05/2024	1.50
Grace Forster	Stretford	20/03/2024	1.45
<u>Long Jump</u>			
Carla Richardson-Rowe	Gillingham	14/07/2024	5.39
Sofia Mella	Norwich	26/06/2024	4.95
Hetty Bartlett T38	Lee Valley	11/08/2024	4.27
Sasha Birrell	Nottingham	01/06/2024	3.94
<u>Triple Jump</u>			
Sofia Mella	Norwich	12/05/2024	10.89
<u>Shot</u>			
Megan Thomas	Chelmsford	15/06/2024	8.84
Katie Daniels	Norwich	23/06/2024	7.49
<u>Hammer</u>			
Gemma Vickery	Norwich	18/05/2024	48.38
Megan Thomas	Norwich	18/05/2024	40.67
Poppy Hewitt	Peterborough	24/03/2024	29.43
<u>Javelin</u>			
Katie Daniels	Norwich	18/05/2024	31.53
<u>Discus</u>			
Megan Thomas	Norwich	18/05/2024	35.76
Gemma Vickery	Eton	01/06/2024	26.92
4 x 100m	Norwich	18/05/2024	50.20
4 x 400m	Winchester	17/08/2024	4.07.26
<u>VET MEN RANKINGS 2024</u>			
<u>60m</u>			
Richard Van Baaren (60+)	Lee Valley		
Shaun Mann (50+)	Lee Valley	25/02/2024	8.98
<u>100m</u>			
Glen Richardson (40+)	Norwich	28/08/2024	13.71
Charles Williams (55+)	Norwich	28/08/2024	13.91
Richard Van Baaren (60+)	Norwich	03/04/2024	14.60

<u>200m</u>			
Gary Crush (45+)	Norwich	23/06/2024	28.2
Charles Williams (55+)	Norwich	28/08/2024	29.23
<u>400m</u>			
Glen Richardson (40+)	Norwich	28/08/2024	58.42
John Cracknell (35+)	Norwich	12/05/2024	63.1
<u>800m</u>			
Gary Crush (40+)	Norwich	11/05/2024	2.07.3
Glen Richardson (40+)	Wstford	15/05/2024	2.09.25
Andrew Barrett 55+)	Norwich	11/05/2024	2.40.9
Ross Ashton (45+)	Norwich	11/05/2024	2.48.1
<u>1500m</u>			
Gary Crush (45+)	Norwich	18/05/2024	4.14.3
Ross Ashton (45+)	Norwich	11/05/2024	5.47.1
<u>1 Mile</u>			
Christopher Coates (40+)	Norwich	28/08/2024	5.11.64
<u>3000m</u>			
Nick Earl (35+)			
Gary Crush (45+)	Winchester	17/08/2024	8.59.53
Michael Dann (45+)	Norwich	03/04/2024	9.57.03
Christopher Coates (40+)	Norwich	28/08/2024	10.03.7
Adam Baker (50+)	Norwich	03/04/2024	10.08.52
<u>5000m</u>			
Nick Earl (35+)	Box Hill AUS	21/03/2024	14.54.18
Lee Cook (50+)	Norwich	11/05/2024	16.50.4
Mitchell Dann (35+)	Norwich	11/05/2024	16.59.5
<u>10000m</u>			
Nick Earl (35+)	Hobart AUS	04/02/2024	32.15.34
<u>Long Jump</u>			
Richard Van Baaren (60+)	Lee Valley	18/02/2024	4.42
Mark Wyndham-Jones 70+)	Nuneaton		
Robert Leeder (55+)	Norwich	11/05/2024	3.58
<u>Triple Jump</u>			
Richard Van Baaren (60+)	Norwich	12/05/2024	9.12
<u>High Jump</u>			

Mark Wyndham-Jones (70+) 1kg	Norwich	12/05/2024	1.20
<u>Shot</u>			
Mark Wyndham-Jones (70+) 4kg	Norwich	12/05/2024	10.79
Denis Costello (60+)	Winchester	17/08/2024	6.28
Robert Leeder (55+) 7.26kg	Norwich	12/05/2024	6.99
<u>Javelin</u>			
Mark Wyndham-Jones (70+) 500g	Derby	27/07/2024	28.46
Robert Leeder (55+) 7.26kg	Winchester	17/08/2024	18.72
<u>Discus</u>			
Mark Wyndham-Jones (70+) 1kg	Yate	21/07/2024	35.46
Robert Leeder (55+) 2kg	Norwich	11/05/2024	20.91
<u>Hammer</u>			
Mark Wyndham-Jones (70+) 4kg	Derby	26/07/2024	35.92
Denis Costello (60+)	Winchester	17/08/2024	13.26
Robert Leeder (55+) 7.26kg	Gillingham	14/07/2024	16.34
<u>Throws Pentathlon</u>			
Mark Wyndham-Jones (70+)	Horspath	26/05/2024	2794
<u>VET WOMEN RANKINGS 2024</u>			
<u>60m</u>			
Sally Gilding (40+)	Lee Valley	11/02/2024	9.46
Carole Filer (65+)	Sheffield		
Greta Sutton (35+)	Kings Lynn	28/01/2024	9.71
<u>60m Hurdles</u>			
Sally Gilding (40+)	Lee Valley	17/02/2024	10.96
Carole Filer (65+)	Sheffield	28/01/2024	11.80
<u>100m</u>			
Lyndsay Yellop (40+)	Kings Lynn		
Sally Gilding (40+)	Norwich	03/04/2024	15.18
Natalie Pannell (50+)	Norwich	18/05/2024	16.30
<u>200m</u>			
Sally Gilding (40+)	Kings Lynn		
<u>800m</u>			
Tessa Killingbeck (35+)	Bury St Edmunds	01/09/2024	2.54.7
Sally Gilding (40+)	Birmingham Uni	14/09/2024	3.11.23

<u>1500m</u>			
Tessa Killingbeck (40+)	Bury St Edmunds	01/09/2024	6.01.7
<u>1 Mile</u>			
Tessa Killingbeck (40+)	Norwich	28/08/2024	6.51.76
<u>3000m</u>			
Tessa Killingbeck (40+)	Chelmsford	15/06/2024	13.09.15
<u>5000m</u>			
Tessa Killingbeck (40+)	Winchester	17/08/2024	22.45.23
<u>1500m S/Chase</u>			
Tessa Killingbeck (40+)	Norwich	28/08/2024	6.40.1
<u>2000m S/Chase</u>			
Tessa Killingbeck (40+)	Norwich	18/05/2024	8.55.8
<u>3000m S/Chase</u>			
Tessa Killingbeck (40+)	Bury St Edmunds	28/04/2024	14.01.63
<u>80m hurdles</u>			
Carole Filer (65+)	Pescara ITA		
Sally Gilding (40+)	Norwich	12/05/2024	15.20
<u>400m hurdles</u>			
Tessa Killingbeck (40+)	Norwich	11/05/2024	87.3
<u>Pole vault</u>			
Tessa Killingbeck (40+)	Chelmsford	15/06/2024	1.10
<u>High Jump</u>			
Sally Gilding (40+)	Birmingham Uni	14/09/2024	1.26
Carole Filer (65+)	Corby	07/09/2024	1.24
Greta Sutton (35+)	Chelmsford	15/06/2024	1.10
<u>Long Jump</u>			
Carole Filer (65+)	Torun POR	17/03/2024	3.98
Greta Sutton (35+)	Norwich	28/08/2024	3.94
Sally Gilding (40+)	Birmingham Uni	14/09/2024	3.67
Lyndsay Yellop (40+)	Norwich	11/05/2024	3.48
<u>Shot</u>			
Sally Gilding (40+)	Norwich	12/05/2024	8.33
Lorraine Brown (55+)	Norwich	23/06/2024	7.24

Helen Fleming(55+)	Norwich	12/05/2024	6.74
Tessa Killingbeck (40+)	Chelmsford	15/06/2024	6.14
Greta Sutton (35+)	Norwich	12/05/2024	5.66
<u>Javelin</u>			
Lorraine Brown (50+) 500g	Norwich	12/05/2024	24.93
Sally Gilding (40+) 600g	Norwich	12/05/2024	17.93
Sally Gilding (40+)	Norwich	12/05/2024	17.90
Helen Fleming (50+)	Chelmsford	15/06/2024	17.24
Tessa Killingbeck (40+)	Chelmsford	15/06/2024	17.10
<u>Discus</u>			
Sally Gilding (40+)	Cambridge	29/06/2024	21.81
Helen Fleming (50+)	Norwich	23/06/2024	18.33
Tessa Killingbeck (40+)	Norwich	03/04/2024	17.53
<u>Hammer</u>			
Lorraine Brown (55+) 3kg	Great Yarmouth	28/04/2024	31.94
Sarah Thomas (45+)	Norwich	23/06/2024	18.23
Tessa Killingbeck (40+)	Norwich	11/05/2024	16.82
<u>Pentathlon</u>			
Sally Gilding (40+)	Birmingham	14/09/2024	1998