

UNDER 11 BOYS RANKINGS 2011

60m

Tyler Blunden	King's Lynn	23/01/2011	9.5
---------------	-------------	------------	-----

75m

Tyler Blunden	Great Yarmouth	21/04/2011	11.6
---------------	----------------	------------	------

80m

Tyler Blunden	Great Yarmouth	08/05/2011	11.8
Taylor Hennessy	Great Yarmouth	08/05/2011	12.2
Charlie Green	Great Yarmouth	08/05/2011	13.4
Harrison D'eath	Great Yarmouth	08/05/2011	13.7
Morgan Taylor	King's Lynn	15/05/2011	13.9
Owen Dearden	King's Lynn	15/05/2011	13.9
Mattie Sexton	Great Yarmouth	08/05/2011	14.0
Thomas Gamson	King's Lynn	15/05/2011	14.4

200m

Jaquan Moore	St Ives	25/05/2011	32.29
--------------	---------	------------	-------

600m

Tom Greenacre	Great Yarmouth	08/05/2011	1.57.0
Ben Horton	Luton	17/07/2011	2.02.1
Matthew Horton	Great Yarmouth	21/08/2011	2.02.3
Jaquan Moore	King's Lynn	15/05/2011	2.05.8
Tyler Blunden	Great Yarmouth	21/08/2011	2.08.0
Harvey Lake	King's Lynn	15/05/2011	2.10.9
Harrison D'eath	Great Yarmouth	08/05/2011	2.11.4
Harry Hook	Great Yarmouth	08/05/2011	2.12.3
Charlie Green	Great Yarmouth	08/05/2011	2.17.2
Mattie Sexton	Great Yarmouth	08/05/2011	2.18.1

Long Jump

Taylor Hennessy	Great Yarmouth	21/08/2011	3.83
Ben Horton	Luton	17/07/2011	3.76
Jaquan Moore	King's Lynn	15/05/2011	3.64
Matthew Horton	Luton	17/07/2011	3.38
Harvey Lake	King's Lynn	15/05/2011	3.25
Tyler Blunden	King's Lynn	15/05/2011	3.14
Owen Dearden	King's Lynn	15/05/2011	3.12
Thomas Gamson	King's Lynn	15/05/2011	2.82

Vortex Javelin

Harvey Lake	King's Lynn	15/05/2011	28.97
Morgan Taylor	King's Lynn	15/05/2011	28.74
Thomas Gamson	King's Lynn	15/05/2011	26.55
Jaquan Moore	King's Lynn	15/05/2011	25.24
Tyler Blunden	King's Lynn	15/05/2011	23.51
Owen Dearden	King's Lynn	15/05/2011	22.62

UNDER 11 GIRLS RANKINGS 2011

60m indoor

Bethany Alexander	King's Lynn	23/01/2011	9.4
Atlanta Harrison			

80m

Alicia Akinbiyi	Great Yarmouth	08/05/2011	11.7
Bethany Alexander	Great Yarmouth	08/05/2011	12.8
Sarah Costello	Great Yarmouth	08/05/2011	13.0
Chloe Quantrill	Luton	17/07/2011	13.1
Nikita Lane	Great Yarmouth	08/05/2011	14.5
Tallulah LeBon	King's Lynn	15/05/2011	14.8
Emily Robinson	Great Yarmouth	08/05/2011	15.2

600m

Alicia Akinbiyi	Great Yarmouth	21/08/2011	1.55.4 CLUB RECORD
Sarah Costello	King's Lynn	15/05/2011	2.10.8
Chloe Quantrill	Great Yarmouth	21/08/2011	2.13.3
Bethany Alexander	Great Yarmouth	08/05/2011	2.14.7
Katie Daniels	King's Lynn	15/05/2011	2.19.8
Tallulah LeBon	King's Lynn	15/05/2011	2.27.4
Nikita Lane	Luton	17/07/2011	2.36.8
Emily Robinson	Great Yarmouth	08/05/2011	2.40.7

Long Jump

Alicia Akinbiyi	Great Yarmouth	21/08/2011	3.78
Katie Daniels	King's Lynn	15/05/2011	3.56
Sarah Costello	King's Lynn	15/05/2011	3.52
Bethany Alexander	King's Lynn	23/01/2011	3.12
Chloe Quantrill	Great Yarmouth	21/08/2011	2.99

Vortex Javelin

Katie Daniels	King's Lynn	15/05/2011	20.93
Tallulah LeBon	King's Lynn	15/05/2011	15.87

UNDER 13 BOYS RANKINGS 2011

60m indoors

Ashley Cooper	Lee Valley	12/03/2010	8.04 G2 CLUB RECORD
Sam Forder	King's Lynn	23/01/2011	8.8
Joe Dickinson	King's Lynn	23/01/2011	9.2

75m

Ashley Cooper	Great Yarmouth	21/04/2011	10.2 G1 CLUB RECORD
Sam Forder	Great Yarmouth	21/04/2011	10.4 G1
Daniel Bainbridge	Great Yarmouth	21/04/2011	11.8 G4
Cameron Hennessey	Great Yarmouth	21/04/2011	12.4

100m

Ashley Cooper	Walthamstow	19/06/2011	12.6 G1 CLUB RECORD
Sam Forder	Basildon	05/06/2011	13.4 G3
Joe Dickinson	Great Yarmouth	08/05/2011	14.1
Billy Olley Hindle	Great Yarmouth	08/05/2011	14.8
Cameron Hennessey	Great Yarmouth	21/08/2011	15.3
Falco Rosenburg	Luton	17/07/2011	15.4
Jacob Cotton	Great Yarmouth	09/05/2011	15.9
Miles Doncaster	Luton	17/07/2011	16.0
William Gamson	King's Lynn	15/05/2011	16.4
Adam Bales	Great Yarmouth	08/05/2011	16.9

150m

Ashley Cooper	Great Yarmouth	21/04/2011	19.7 G1 CLUB RECORD
Sam Forder	Great Yarmouth	21/04/2011	20.3 G2

200m

Ashley Cooper	Biggleswade	24/09/2011	25.3	G1	CLUB RECORD
Sam Forder	Basildon	05/06/2011	27.9	G3	
Joe Dickinson	Colchester	29/08/2011	30.1		
Billy Olley Hindle	Luton	17/07/2011	32.4		
Tom Greeves	Great Yarmouth	21/08/2011	32.6		
Jacob Cotton	Luton	17/07/2011	33.2		
Adam Bales	Great Yarmouth	08/05/2011	36.8		

600m

Tom Greeves	Great Yarmouth	21/04/2011	2.06.2		
-------------	----------------	------------	--------	--	--

800m

Alfie Linstead	King's Lynn	15/05/2011	2.33.0	G4	
Jacob Cotton	Bury St Edmunds	18/09/2011	2.34.3		
Falco Rosenburg	Basildon	05/06/2011	2.35.6		
Lewis Chalcraft	Great Yarmouth	21/08/2011	2.37.4		
Joshua Shorrocks	Walthamstow	19/06/2011	2.46.6		
Tom Greeves	Bury St Edmunds	18/09/2011	2.50.0		
Miles Doncaster	Woodford	22/05/2011	3.07.45		

1500m

Alfie Linstead	Basildon	05/06/2011	4.54.4	G2	
Falco Rosenburg	Luton	17/07/2011	5.11.4	G4	
Lewis Chalcraft	Basildon	05/06/2011	5.31.3		

75m hurdles

Miles Doncaster	Luton	17/07/2011	15.0	G4	
Lewis Chalcraft	Great Yarmouth	21/08/2011	15.4		
Callum Mooney	King's Lynn	15/05/2011	15.73w	15.9	
Daniel Bainbridge	Great Yarmouth	08/05/2011	16.0		
Joshua Shorrocks	Basildon	05/06/2011	16.8		

High Jump

Miles Doncaster	Luton	17/07/2011	1.28		
Callum Mooney	Luton	17/07/2011	1.25		
Ashley Cooper	King's Lynn	23/01/2011	1.15		
Lewis Chalcraft	Basildon	05/06/2011	1.15		
Tom Greeves	Bury St Edmunds	18/09/2011	1.10		

Long Jump

Ashley Cooper	Biggleswade	24/08/2011	5.16	G1	
Cameron Hennessey	Great Yarmouth	21/08/2011	4.38	G4	
Sam Forder	Luton	17/07/2011	4.23	G4	
Joe Dickenson	Great Yarmouth	08/05/2011	4.02		
Miles Doncaster	King's Lynn	15/05/2011	3.90		
Billy Ollie Hindle	Great Yarmouth	08/05/2011	3.70		
Lewis Chalcraft	King's Lynn	15/05/2011	3.69		
Tom Greeves	King's Lynn	15/05/2011	3.61		
William Gamson	King's Lynn	15/05/2011	3.38		

Javelin

Daniel Bainbridge	Ashford	03/09/2011	41.12	G1	
Tom Greeves	Norwich	26/06/2011	19.77		
Miles Doncaster	Crawley	14/08/2011	17.70		

Shot

Alex Marchant	Great Yarmouth	21/08/2011	9.25	G2	
---------------	----------------	------------	------	-----------	--

Daniel Bainbridge	Clochester	29/08/2011	7.92 G4
Callum Mooney	Basildon	05/06/2011	5.67
Miles Doncaster	Great Yarmouth	21/08/2011	5.39
Josh Shorrock	Walthamstow	19/06/2011	5.32
Alfie Linstead	Bromley	08/05/2011	4.74
Billy Olley Hindle	Great Yarmouth	08/05/2011	4.54
Tom Greeves			

Discus

Alex Marchant	Bury St Edmunds	18/09/2011	26.75 G1
Daniel Bainbridge	Great Yarmouth	21/08/2011	20.75 G3

Pole Vault

D Beckett	King's Lynn	15/05/2011	2.10 G4
-----------	-------------	------------	----------------

Relay 4 x 100

Basildon	05/06/2011	56.2
----------	------------	------

UNDER 13 GIRLS RANKINGS 2011

60m indoors

Madison Stubbs	Lee Valley	12/03/2010	8.96 G4
Isabelle Chrysafi	King's Lynn	23/01/2011	9.4
Lauren Stansbury	King's Lynn	23/01/2011	9.5

60m H indoors

Isabelle Chrysafi	King's Lynn	23/01/2011	12.1
Madison Stubbs	King's Lynn	23/01/2011	12.3
Lauren Stansbury	King's Lynn	23/01/2011	12.5

75m

Madison Stubbs	Basildon	05/06/2011	10.4 G1
Sienna Sexton	Basildon	05/06/2011	10.7 G3
Amy Quantrill	Walthamstow	19/06/2011	11.6
Lauren Stansbury	Great Yarmouth	21/04/2011	11.7

100m

Maddison Stubbs	Bury St Edmunds	18/09/2011	13.6 G1
Emily Mace	Bury St Edmunds	18/09/2011	14.3 G4
Sophie Bishop	Great Yarmouth	08/05/2011	14.8
Sienna Sexton	Great Yarmouth	21/08/2011	14.8
Lauren Stansbury	Luton	17/07/2011	15.2
Hayley Chalcraft	Luton	17/07/2011	15.3
Marcia Windsor-Waite	Great Yarmouth	08/05/2011	15.6
Amy Quantrill	Luton	17/07/2011	15.8
Lauren Bradfield	Great Yarmouth	08/05/2011	15.9
Rosie Filby	King's Lynn	15/05/2011	16.7

150m

Isabelle Chrysafi	Walthamstow	19/06/2011	21.7 G4
Lauren Stansbury	Walthamstow	19/06/2011	23.4

200m

Maddison Stubbs	Great Yarmouth	21/08/2011	29.0 G2
Isabelle Chrysafi	Bury St Edmunds	18/09/2011	30.0 G4
Emily Mace	Bury St Edmunds	18/09/2011	30.1 G4
Charlotte Hudson-Madge	Great Yarmouth	21/08/2011	31.1
Lauren Bradfield	Great Yarmouth	08/05/2011	31.8
Sophie Bishop	Great Yarmouth	08/05/2011	32.5

Lauren Stansbury	Luton	17/07/2011	33.2
<u>800m</u>			
Isabelle Chrysafi	Walthamstow	19/06/2011	2.39.3 G4
Sasha Dyke	King's Lynn	19/06/2011	2.42.6
Catherine Longe	Great Yarmouth	08/05/2011	2.42.8
Amy Quantrill	Luton	17/07/2011	3.01.5
Lauren Stansbury	Basildon	05/06/2011	3.09.9
<u>1200m</u>			
Catherine Longe	Walthamstow	19/06/2011	4.09.8 G4
Sasha Dyke	Bromley	08/05/2011	4.44.3
<u>1500m</u>			
Catherine Longe	Norwich	26/06/2011	5.16.3 G3
Sasha Dyke	Norwich	26/06/2011	5.42.3
Sophie Wright	Great Yarmouth	08/05/2011	5.46.2
Charlotte Hudson-Madge	Great Yarmouth	21/08/2011	5.58.4
<u>70mH</u>			
Amy Quantrill	Luton	17/07/2011	13.4 G4
Isabelle Chrysafi	Luton	17/07/2011	13.5
Chloe Mason	King's Lynn	15/05/2011	13.9
Luaren Bradfield	Bury St Edmunds	18/09/2011	14.9
Madison Stubbs	Bromley	08/05/2011	15.3
Sophie Bishop	Great Yarmouth	21/08/2011	15.3
Hayley Chalcraft	Luton	17/07/2011	16.5
Marcia Windsor-Waite	Great Yarmouth	08/05/2011	18.3
<u>High Jump</u>			
Sienna Sexton	Basildon	05/06/2011	1.49 G1
Chloe Mason	King's Lynn	15/05/2011	1.20
Catherine Longe	Walthamstow	19/06/2011	1.15
Sasha Dyke	Bromley	08/05/2011	1.10
Atlanta Harrison	Great Yarmouth	08/05/2011	0.95
<u>Long Jump</u>			
Sienna Sexton	Bury St Edmunds	18/09/2011	4.31 G3
Sophie Bishop	King's Lynn	15/05/2011	4.00 G4
Madison Stubbs	Walthamstow	19/06/2011	3.96 G4
Hayley Chalcraft	King's Lynn	15/05/2011	3.85
Kaleish Chalcraft	Great Yarmouth	21/08/2011	3.82
Emily Mace	Luton	17/07/2011	3.50
Lauren Stansbury	Great Yarmouth	21/04/2011	3.46
Lauren Bradfield	Great Yarmouth	08/05/2011	3.43
Isabelle Chrysafi	King's Lynn	15/05/2011	3.42
Emma Cadley	Great Yarmouth	08/05/2011	2.15
<u>Shot</u>			
Madison Stubbs	Great Yarmouth	21/08/2011	6.56 G4
Jamima Malcolm	Bury St Edmunds	18/09/2011	5.87
Sasha Dyke	Bromley	08/05/2011	4.57
Amy Quantrill	Woodford	22/05/2011	4.52
Atlanta Harrison	Great Yarmouth	08/05/2011	4.13
Emily Mace	King's Lynn	19/06/2011	3.56
<u>Discus</u>			
Catherine Longe	Great Yarmouth	21/08/2011	16.59 G4

Jamima Malcolm	Great Yarmouth	21/08/2011	15.00	G4
Atlanta Harrison	Great Yarmouth	08/05/2011	7.09	
Emma Cadley	Great Yarmouth	08/05/2011	3.04	

Javelin

Jamima Malcolm	Great Yarmouth	21/08/2011	19.32	G4
Lauren Bradfield	Great Yarmouth	21/08/2011	7.22	

Relay 4 x 100

Bromley	08/05/2011	58.4	
---------	------------	------	--

UNDER 15 BOYS RANKINGS 2011

60m Indoors

Braden Harrison	King's Lynn	23/01/2011	10.2	
-----------------	-------------	------------	------	--

75m

Daniel Wong	Great Yarmouth	21/04/2011	9.9	
B Matsuka-Williams	Great Yarmouth	21/04/2011	10.3	
Jack Dearden	Great Yarmouth	21/04/2011	10.4	
Bradley Francis	Great Yarmouth	21/04/2011	11.0	

100m

Daniel Wong	Walthamstow	19/06/2011	11.90	G2
Ross McLachlan	Walthamstow	19/06/2011 12.08w	12.3	G4
Ben Matsuka-Williams	Great Yarmouth	21/08/2011	13.0	
Ross Gilbert	Great Yarmouth	21/08/2011	13.4	
Daniel Griffin	King's Lynn	15/05/2011	13.9	
Elliot Morina	Great Yarmouth	08/05/2011	15.3	

150m

Daniel Wong	Great Yarmouth	21/04/2011	19.4	
Ben Matsuka-Williams	Great Yarmouth	21/04/2011	20.1	
Jamie Finch	Great Yarmouth	21/04/2011	21.0	
B Francis	Great Yarmouth	21/04/2011	21.8	

200m

Daniel Wong	Great Yarmouth	21/08/2011	25.5	G4
Ben Matsuka-Williams	Great Yarmouth	21/08/2011	26.4	
Ashley Waterson	Great Yarmouth	21/08/2011	26.7	

400m

Ryan Nixon	King's Lynn	19/06/2011	57.3	G4
Thomas Lake	Norwich	18/06/2011	57.7	G4
Jamie Finch	Luton	17/07/2011	60.9	
Ben Matsuka-Williams	Basildon	05/06/2011	62.0	
Jack Dearden	Bromley	08/05/2011	62.4	
Elliot Morina	King's Lynn	17/07/2011	65.6	
Bradley Francis	Luton	17/07/2011	65.8	

600m

Jamie Finch	Great Yarmouth	21/04/2011	1.39.5	CLUB RECORD
-------------	----------------	------------	--------	--------------------

800m

Ashley Waterson	Great Yarmouth	19/08/2011	2.09.0	G2
Ryan Nixon	Luton	17/07/2011	2.12.1	G3
Jamie Finch	Walthamstow	13/07/2011	2.16.87	G4
Elliot Morina	Luton	17/07/2011	2.20.0	
Thomas Lake	Great Yarmouth	21/08/2011	2.20.3	

Bradley Francis	Luton	17/07/2011	2.30.8
Christopher Fryer	Great Yarmouth	08/05/2011	2.47.5
<u>1500m</u>			
Ashley Waterson	Ashford	06/08/2011	4.25.33 G2
Ryan Nixon	Norwich	11/06/2011	4.44.1 G3
Adam Davison	Norwich	26/06/2011	4.52.2
Christopher Fryer	Norwich	11/06/2011	5.18.1
Bruce Beckett	King's Lynn	19/06/2011	5.11.9
<u>3000m</u>			
Adam Davison	King's Lynn	15/05/2011	11.02.5
Bruce Beckett	King's Lynn	15/05/2011	11.20.2
<u>80 H</u>			
Ross Gilbert	Norwich	18/06/2011	13.0 G4
Daniel Griffin	King's Lynn	19/06/2011	13.5
Jack Dearden	King's Lynn	15/05/2011	14.8
<u>Long Jump</u>			
Ross McLachlan	Glasgow	31/07/2011	5.82 G1
Jack Dearden	Walthamstow	19/06/2011	5.11 G4
Jack Dearden	Norwich	11/06/2011	5.04 G4
Daniel Wong	Bromley	08/05/2011	4.93
Daniel Griffin	King's Lynn	15/05/2011	4.89
Jonathan Tomes	Great Yarmouth	08/05/2011	4.50
Sam Church	Great Yarmouth	08/05/2011	4.10
Brayden Harrison	King's Lynn	15/05/2011	4.08
Bruce Beckett	Luton	17/07/2011	3.16
<u>Triple Jump</u>			
Daniel Griffin	King's Lynn	15/05/2011	10.37
Thomas Lake	Great Yarmouth	21/08/2011	10.02
Brayden Harrison	King's Lynn	19/06/2011	8.64
<u>High Jump</u>			
James Steel	Norwich	11/06/2011	1.70 G1
Ross Gilbert	Norwich	11/06/2011	1.55 G4
Jack Dearden	Great Yarmouth	21/08/2011	1.55 G4
Brayden Harrison	Luton	17/07/2011	1.40
Ben Matsuka-Williams	Luton	17/07/2011	1.40
Daniel Wong	Walthamstow	19/06/2011	1.40
T Lake	King's Lynn	15/05/2011	1.30
<u>Shot</u>			
Jack Haliwell	Walthamstow	19/06/2011	9.95
James Steel	Basildon	05/06/2011	8.10
Jack Dearden	Walthamstow	19/06/2011	8.06
Jamie Finch	Bromley	08/05/2011	6.76
Elliot Morina	King's Lynn	19/06/2011	6.03
Brayden Harrison	King's Lynn	19/06/2011	5.83
<u>Hammer</u>			
Bruce Beckett	Great Yarmouth	21/08/2011	7.71
<u>Discus</u>			
Jack Haliwell	Norwich	22/04/2011	28.91 G3
Jonathan Tomes	Norwich	18/06/2011	27.54 G3

Jack Dearden	Basildon	05/06/2011	17.80
Bruce Beckett	Great Yarmouth	21/08/2011	12.32

Javelin

Jack Haliwell	Norwich	26/06/2011	38.19 G3
Jonathan Tomes	Norwich	11/06/2011	37.69 G3
Jack Dearden	Norwich	26/06/2011	26.63

Relay 4 x 100m

Basildon	05/06/2011	50.2
----------	------------	------

Relay 4 x 400

Bromley	08/05/2011	4.08.8
---------	------------	--------

UNDER 15 GIRLS RANKINGS 2011

60m indoors

Eleanor Blunt	King's Lynn	23/01/2010	8.6 G4
Jessica McNaughton	King's Lynn	23/01/2010	9.3

60m H indoors

Eleanor Blunt	King's Lynn	23/01/2010	10.6
Hannah Mayer	Lee Valley	27/03/2011	11.2
Jessica McNaughton	King's Lynn	23/01/2010	11.3

75m

Ellie Blunt	Great Yarmouth	21/04/2011	10.4
Hannah Mayer	Great Yarmouth	21/04/2011	11.0
Lucy Brice	Great Yarmouth	21/04/2011	11.1
Grace Ashworth	Great Yarmouth	21/04/2011	11.2
Ashleigh Bunn	Great Yarmouth	21/04/2011	13.0

100m

Ellie Blunt	Peterborough	10/04/2011	12.4 G1
Laura Johnson	Basildon	05/06/2011	12.9 G2
Ellena White	Great Yarmouth	08/05/2011	14.2
Lucy Cadley	Great Yarmouth	08/05/2011	14.3
Harriet Searjeant	Great Yarmouth	08/05/2011	14.4
Katie Clark	Great Yarmouth	08/05/2011	14.4
Grace Ashworth	Great Yarmouth	21/08/2011	14.6
Jessica Doncaster	King's Lynn	15/05/2011	15.0
Rebecca Storey	King's Lynn	19/06/2011	15.1
Lucy Brice	Great Yarmouth	19/05/2011	15.1
Megan Wilson	Great Yarmouth	08/05/2011	19.0

150m

Megan Soanes	Great Yarmouth	21/04/2011	21.1
Grace Ashworth	Great Yarmouth	21/04/2011	22.6
Megan Wilson	Great Yarmouth	21/04/2011	22.8
Harriet Searjeant	Great Yarmouth	21/04/2011	23.4
Katie Stratton	Great Yarmouth	21/04/2011	23.5
Alice Cheverton	Great Yarmouth	21/04/2011	23.7
Ellie Blunt	Great Yarmouth	21/04/2011	26.9

200m

Ellie Blunt	Walthamstow	19/06/2011	26.9 G3
Laura Johnson	Basildon	05/06/2011	27.1 G3
Katie Clark	Bury St Edmunds	18/09/2011	27.5 G4
Megan Soanes	Great Yarmouth	21/08/2011	27.9 G4

Katie Francis	Great Yarmouth	08/05/2011	28.6
Jessica McNaughton	Norwich	11/06/2011	29.3
Hannah Maher	Peterborough	10/04/2011	29.4
Jessica Doncaster	King's Lynn	19/06/2011	29.7
Megan Wilson	Walthamstow	19/06/2011	29.8
Sophie Storey	Great Yarmouth	08/05/2011	30.1
Lucy Cadley	Luton	17/07/2011	30.5
Katie Stratton	Great Yarmouth	21/08/2011	31.1
Grace Ashworth	Bromley	08/05/2011	31.2
Anna D'eath	Great Yarmouth	08/05/2011	34.2
Rebecca Storey	Great Yarmouth	08/05/2011	34.3

400m

Hannah Maher	Sheffield	17/04/2011	66.81
--------------	-----------	------------	-------

300m

Eleanor Blunt	Great Yarmouth	21/08/2011	43.2	CLUB RECORD
Hannah Maher	Peterborough	10/04/2011	46.3	
Megan Wilson	Luton	17/05/2011	49.1	
Alice Cheverton	Great Yarmouth	21/04/2011	49.9	
Katie Stratton	Great Yarmouth	21/04/2011	50.5	

600m

Megan Soanes	Great Yarmouth	21/04/2011	1.45.6
Alice Cheverton	Great Yarmouth	21/04/2011	1.50.4
Hahhan Maher	Great Yarmouth	21/04/2011	1.55.5
Megan Wilson	Great Yarmouth	21/04/2011	1.56.0
Harriet Searjeant	Great Yarmouth	21/04/2011	1.56.0
Ashleigh Bunn	Great Yarmouth	21/04/2011	2.01.7

800m

Megan Soanes	Peterborough	29/08/2011	2.25.28	G3
Alice Cheverton	Great Yarmouth	21/08/2011	2.28.8	G3
Megan Bird	King's Lynn	15/05/2011	2.34.3	
Catherine Broster	Great Yarmouth	21/08/2011	2.34.6	
Katie Stratton	Great Yarmouth	21/08/2011	2.34.6	
Harriet Searjeant	Norwich	11/06/2011	2.35.1	
Elizabeth Cooper	Great Yarmouth	08/05/2011	2.36.7	
Katie Clark	Luton	17/07/2011	2.38.6	
Hannah Mayer	Lee Valley	27/01/1900	2.44.7	
Ashleigh Bunn	Walthamstow	19/01/1900	2.45.3	
Eleanor White	Great Yarmouth	08/05/2011	2.46.1	
Megan Wilson	King's Lynn	15/05/2011	2.50.1	
Grace Ashworth	Peterborough	25/09/2011	2.53.87	
Rebecca Storey	Great Yarmouth	08/05/2011	3.05.7	

1500m

Megan Soanes	Watford	01/06/2011	4.58.90	G3
Alice Cheverton	Norwich	18/06/2011	5.02.7	G3
Megan Bird	Walthamstow	19/06/2011	5.09.8	G4
Katie Stratton	Basildon	05/06/2011	5.25.6	
Elizabeth Cooper	Norwich	26/06/2011	5.26.0	
Catherine Broster	Woodford	22/05/2011	5.38.96	
Lorna McGrath	Norwich	11/06/2011	5.24.0	
Ashleigh Bunn	Watford	24/08/2011	5.55.73	

75m H

Ellie Blunt	Basildon	05/06/2011	12.3	G2
-------------	----------	------------	------	-----------

Alice Gill	Birmingham	04/07/2011	12.7	G3
Jessica Doncaster	Woodford	22/05/2011	12.8	G3
Grace Ashworth	Cambridge	28/05/2011 13.04w	13.28	G4
Katie Clark	Luton	17/07/2011	13.3	G4
Jessica McNaughton	Peterborough	10/04/2011	13.7	
Lucy Brice	King's Lynn	15/05/2011	14.9	
Megan Soanes	Peterborough	25/09/2011	15.9	

High Jump

Ellie Blunt	Peterborough	10/04/2011	1.55	G1
Lucy Cadley	Luton	17/07/2011	1.45	G3
Lucy Brice	Great Yarmouth	19/05/2011	1.40	G4
Grace Ashworth	Walthamstow	19/06/2011	1.40	G4
Megan Soanes	Peterborough	25/09/2011	1.39	
Megan Wilson	Great Yarmouth	08/05/2011	1.25	
Hannah Mayer	Lee Valley	09/01/2011	1.18	

Long Jump

Laura Johnson	Walthamstow	19/06/2011	4.80	G3
Alice Gill	Birmingham	04/07/2011	4.53	G4
Jessica McNaughton	King's Lynn	19/06/2011	4.52	G4
Lucy Brice	Norwich	11/06/2011	4.42	
Megan Soanes	Peterborough	25/09/2011	4.43	
Grace Ashworth	Ashford	06/08/2011	4.29	
Hannah Mayer	Lee Valley	27/03/2011	4.17	
Jessica Doncaster	King's Lynn	15/05/2011	4.14	
Katie Francis	Great Yarmouth	08/05/2011	3.85	
Katie Stratton	Great Yarmouth	21/08/2011	3.67	
Megan Wilson	Luton	17/07/2011	3.38	
Sophie Storey	Great Yarmouth	08/05/2011	2.81	

Shot

Lucy Brice	Basildon	05/06/2011	9.10	G3
Hannah Mayer	Great Yarmouth	09/08/2011	8.66	G3
Grace Ashworth	Peterborough	25/09/2011	6.57	
Jessica Doncaster	Horsham	14/08/2011	6.05	
Megan Soanes	Peterborough	25/09/2011	5.88	
Ellie Blunt	Woodford	22/05/2011	5.71	
Catherine Broster	Great Yarmouth	21/08/2011	5.55	
Megan Wilson	King's Lynn	15/05/2011	5.32	
Harriet Searjeant	Great Yarmouth	08/05/2011	5.26	
Anna De'ath	Great Yarmouth	08/05/2011	4.49	
Ashleigh Bunn	Basildon	05/06/2011	3.66	

Discus

Lucy Brice	Bury St Edmunds	18/09/2011	18.51	
Katie Stratton	Basildon	05/06/2011	9.73	
Alice Cheverton	Walthamstow	19/06/2011	9.73	

Javelin

Hannah Maher	Ipswich	15/05/2011	21.77	G4
Megan Bird	Luton	17/07/2011	15.72	
Catherine Broster	Great Yarmouth	21/08/2011	15.44	
Jessica Doncaster	Crawley	24/04/2011	13.98	
Megan Wilson	Great Yarmouth	21/04/2011	8.15	
Katie Stratton	Basildon	05/06/2011	8.80	
Anna De'ath	Great Yarmouth	08/05/2011	8.06	
Alice Cheverton	Basildon	05/06/2011	7.42	

Ashleigh Bunn	Woodford	22/05/2011	6.37
---------------	----------	------------	------

Hammer

Megan Bird	Luton	17/07/2011	10.28
------------	-------	------------	-------

Relay 4 x 400m

Bromley	08/05/2011	53.7
---------	------------	------

Pentathlon indoor/outdoor

Megan Soanes	Peterborough	25/09/2011	2227 G4
--------------	--------------	------------	----------------

Hannah Mayer	Lee Valley	27/03/2011	2136 G4
--------------	------------	------------	----------------

Grace Ashworth	Peterborough	25/09/2011	2013
----------------	--------------	------------	------

UNDER 17 MENS RANKINGS 2011

60m indoor

John Phoenix	King's Lynn	23/01/2011	8.0
--------------	-------------	------------	-----

75m

Oliver Brice	Great Yarmouth	21/04/2011	9.2
--------------	----------------	------------	-----

Matthew Myhill	Great Yarmouth	21/04/2011	9.6
----------------	----------------	------------	-----

Harry Ellis	Great Yarmouth	21/04/2011	9.7
-------------	----------------	------------	-----

100m

Tejiri Ighomereho	Walthamstow	19/06/2011	11.3 G2
-------------------	-------------	------------	----------------

Oliver Brice	Bury St Edmunds	18/09/2011	11.7 G4
--------------	-----------------	------------	----------------

Jack Strachan	Luton	17/07/2011	11.9
---------------	-------	------------	------

John Phoenix	Ashford	30/04/2011	12.2
--------------	---------	------------	------

Matthew Myhill	Norwich	11/06/2011	12.2
----------------	---------	------------	------

Adam Herring	Luton	20/08/2011	12.4
--------------	-------	------------	------

Aaron Pitt	Walthamstow	19/06/2011	12.5
------------	-------------	------------	------

Harry Ellis	Bromley	08/05/2011	12.6
-------------	---------	------------	------

Anton Pearson	Norwich	13/06/2011	12.9
---------------	---------	------------	------

150m

Oliver Brice	Great Yarmouth	21/04/2011	17.6
--------------	----------------	------------	------

Adam Herring	Great Yarmouth	21/04/2011	19.8
--------------	----------------	------------	------

Bradley Stansbury	Great Yarmouth	21/04/2011	22.2
-------------------	----------------	------------	------

200m

Oliver Brice	Norwich	18/06/2011	23.6 G4
--------------	---------	------------	----------------

Alex Lubbock	Peterborough	29/08/2011	24.23
--------------	--------------	------------	-------

Matthew Myhill	Norwich	11/06/2011	24.3
----------------	---------	------------	------

Anton Pearson	Great Yarmouth	08/05/2011	24.7
---------------	----------------	------------	------

Adam Herring	Stevenage	30/07/2011	24.9
--------------	-----------	------------	------

Jack Strachan	Norwich	09/07/2011	25.6
---------------	---------	------------	------

Aaron Pitt	Bromley	08/05/2011	26.1
------------	---------	------------	------

Bradley Stansbury	Peterborough	25/09/2011	31.75
-------------------	--------------	------------	-------

300m

Adam Herring	Great Yarmouth	21/04/2011	42.3
--------------	----------------	------------	------

400m

Alex Lubbock	Bury St Edmunds	18/09/2011	52.4 G3
--------------	-----------------	------------	----------------

Jack Strachan	Great Yarmouth	21/08/2011	54.4 G4
---------------	----------------	------------	----------------

Aaron Pitt	Birmingham NIA	26/02/2011	54.62
------------	----------------	------------	-------

John Phoenix	Stevenage	30/07/2011	54.7
--------------	-----------	------------	------

Adam Herring	Biggleswade	24/09/2011	54.4
--------------	-------------	------------	------

Anton Pearson	Bromley	24/07/2011	54.97
---------------	---------	------------	-------

Steven Hadley	Bromley	08/05/2011	58.2	
<u>600m</u>				
Scott Greeves	Great Yarmouth	21/04/2011	1.36.2	
<u>800m</u>				
Tom Hook	Watford	10/08/2011	1.58.97	G2
Scott Greeves	Watford	21/09/2011	2.00.48	G4
Ben Stewart	Great Yarmouth	08/05/2011	2.13.5	
Bradley Stansbury	Lee Valley	17/07/2011	2.30.7	
<u>1500m</u>				
Tom Hook	Bedford	21/08/2011	3.53.97	G1 CLUB RECORD
Scott Greeves	Basilon	10/07/2011	4.11.40	G3
Sean Watson	Norwich	18/06/2011	4.19.1	G4
Bradley Stansbury	Peterborough	25/05/2011	5.23.08	
<u>3000m</u>				
Tom Hook	King's Lynn	15/05/2011	9.32.4	G4
Scott Greeves	Great Yarmouth	21/04/2011	9.36.0	G4
Sean Watson	King's Lynn	15/05/2011	9.50.1	
Bradley Stansbury	Great Yarmouth	21/04/2011	10.51.1	
<u>100m Hurdles</u>				
Oliver Ewing				
Steven Hadley	Norwich	11/06/2011	14.2	G3
Oliver Brice	Bromley	08/05/2011	18.8	
<u>110m Hurdles</u>				
Steven Hadley	Chelmsford	29/05/2011	17.78	
<u>400m Hurdles</u>				
Alex Lubbock	Walthamstow	19/06/2011	74.4	
Bradley Stansbury	Bromley	08/05/2011	81.1	
<u>1500m S/C</u>				
Bradley Stansbury	Basildon	05/06/2011	5.03.4	
<u>Pole Vault</u>				
Oliver Brice	Walthamstow	19/06/2011	3.70	
<u>Long Jump</u>				
Steven Hadley	Bromley	08/05/2011	6.37	G2
Oliver Bradfield	Norwich	11/06/2011	5.96	G3
Bradley Aldous	Norwich	11/06/2011	5.89	G4
Oliver Brice	Bury St Edmunds	18/09/2011	5.79	G4
Harry Ellis	King's Lynn	15/05/2011	5.53	
John Phoenix	Ashford	30/04/2011	5.49	
Alex Lubbock	Basildon	10/07/2011	4.49	
Bradley Stansbury	Peterborough	25/09/2011	4.02	
<u>High Jump</u>				
Zino Mario- Ghae	Norwich	18/06/2011	1.90	G1
Tom Hook	Bromley	08/05/2011	1.66	
Oliver Brice	Chelmsford	29/05/2011	1.65	
<u>Triple Jump</u>				
Steven Hadley	Chelmsford	29/05/2011	12.91	G2

John Phoenix	Norwich	11/06/2011	12.55	G2
Harry Ellis	Norwich	11/06/2011	12.12	G3
Jack Strachan	Luton	17/07/2011	11.12	
Tejiri Ighomereho	Basildon	10/07/2011	10.33	

Shot

Michael Painter	Cambridge	28/05/2011	14.78	G1	CLUB RECORD
James kent	Bury St Edmunds	18/09/2011	10.62		
Dapo Olaleye	Eton	01/05/2011	7.63		
Scott Greeves	Basildon	10/07/2011	5.39		

Shot 6kg

Michael Painter	Chelmsford	29/05/2011	13.02		
-----------------	------------	------------	-------	--	--

Javelin 700g

Oliver Bradfield	Norwich	18/06/2011	54.23	G1	CLUB RECORD
James Kent	Norwich	11/06/2011	43.50	G3	
Michael Painter	Norwich	22/04/2011	30.70		
Bradley Stansbury	Basildon	05/06/2011	29.89		
Jack Strachan	Bury St Edmunds	18/09/2011	23.19		

Javelin 800g

Sean Watson	Chelmsford	29/05/2011	22.60		
Oliver Brice	Basildon	10/07/2011	19.69		
Jack Strachan	Basildon	10/07/2011	16.95		

Discus 1.5kg

Michael Painter	Cambridge	28/05/2011	51.51	G1	CLUB RECORD
James Kent	Cambridge	28/05/2011	29.37	G4	
Bradley Stansbury	Luton	17/07/2011	16.67		

Discus 1.75kg

Michael Painter	Chelmsford	29/05/2011	42.90		
Alex Lubbock	Basildon	10/07/2011	13.56		

Hammer 5k

Michael Painter	Trabzon TUR	28/07/2011	70.85	G1	CLUB RECORD
-----------------	-------------	------------	-------	-----------	--------------------

Hammer 6k (U20 Weight)

Michael Painter	Chelmsford	29/05/2011	59.36		
Alex Lubbock	Basildon	10/07/2011	9.05		

Weight 20lb

Michael Painter	Norwich	22/04/2011	23.49		
-----------------	---------	------------	-------	--	--

Relay 4 x 100

	Luton	17/07/2011	48.8		
--	-------	------------	------	--	--

Relay 4 x 400

	Bromley	08/05/2011	4.20.8		
--	---------	------------	--------	--	--

Pentathlon

Bradley Stansbury	Peterborough	25/09/2011	1274		
-------------------	--------------	------------	------	--	--

UNDER 17 WOMENS RANKINGS 2011

60m indoor

Cleo Stephenson	Lee Valley	12/03/2011	7.68	G1	CLUB RECORD
Ella Stephenson	Lee Valley	16/01/2011	8.0	G2	
Victoria Mitchell	Lee Valley	12/03/2011	8.10	G3	

Katie Vickery	Lee Valley	12/03/2011	8.47	
<u>75m</u>				
Cleio Stephenson	Great Yarmouth	21/04/2011	9.7	CLUB RECORD
Ella Stephenson	Great Yarmouth	21/04/2011	10.0	
Katie Vickery	Great Yarmouth	21/04/2011	10.4	
<u>150m</u>				
Cleio Stephenson	Great Yarmouth	21/04/2011	19.0	CLUB RECORD
Katie Vickery	Great Yarmouth	21/04/2011	21.0	
Kimberley Aspland	Great Yarmouth	21/04/2011	23.1	
<u>100m</u>				
Cleio Stephenson	Walthamstow	19/06/2011	12.0	G1 CLUB RECORD
Victoria Mitchell	Walthamstow	19/06/2011	12.3	G1
Ella Stephenson	Norwich	11/06/2011	13.2	
Katie Vickery	Chelmsford	23/04/2011	13.49	
Kiera Mooney	Woodford	22/05/2011	13.61	
Laura Storey	Great Yarmouth	08/05/2011	16.5	
<u>200m</u>				
Cleio Stephenson	Basildon	05/06/2011	25.1	G1
Victoria Mitchell	Cambridge	04/09/2011	25.88	G3
Kiera Mooney	Woodford	22/05/2011	27.47	
Katie Vickery	Luton	17/07/2011	29.00	
Kimberley Aspland	Great Yarmouth	19/05/2011	30.3	
Charlotte Griffin	Norwich	13/06/2011	30.4	
Laura Storey	Great Yarmouth	08/05/2011	36.1	
<u>300m</u>				
Kiera Mooney	Lee Valley	12/03/2011	42.61	G3
Anna Hoogkamer	Norwich	11/06/2011	45.9	
Hahhah Maher	Lee Valley	12/03/2011	46.98	
Sasha Birrell	Bury St Edmunds	18/09/2011	47.7	
Kimberley Aspland	Bromley	08/05/2011	48.9	
Charlotte Griffin	Norwich	11/06/2011	49.2	
Naomi Tomes	King's Lynn	15/05/2011	49.3	
<u>400m</u>				
Kiera Mooney	Chelmsford	29/05/2011	59.29	G2
Kimberley Aspland	Chelmsford	29/05/2011	69.90	
Nastassja Potgieter	Eton	01/05/2011	78.10	
<u>600m</u>				
Kimberley Aspland	Great Yarmouth	21/04/2011	2.09.2	
Emma Jessop	Great Yarmouth	21/04/2011	2.15.2	
<u>800m</u>				
Kiera Mooney	Bromley	08/05/2008	2.15.8	G2
Nastassja Potgieter	Watford	10/08/2011	2.21.09	G4
Anna Hoogkamer	Norwich	11/06/2011	2.32.2	
Hannah Wright	Norwich	11/06/2011	2.34.7	
Kimberley Aspland	Helsinki FIN	19/03/2011	2.44.53	
<u>1500m</u>				
Nastassja Potgieter	Wstford	01/06/2011	4.45.44	G2
Kiera Mooney	Great Yarmouth	21/08/2011	4.51.2	G3
Mabel Beckett	Norwich	26/06/2011	5.01.4	G4

Hannah Wright	Norwich	26/06/2011	5.02.8 G4
Kimberley Aspland	Helsinki FIN	19/03/2011	5.44.98
Francess Mullany	Norwich	26/06/2011	6.39.7

3000m

Hannah Wright	Chelmsford	29/05/2011	10.50.25 G3
Mabel Beckett	Chelmsford	29/05/2011	11.00.95 G4
Nastassja Potgieter	Bromley	24/07/2011	11.06.87 G4

80mHurdles

Katie Vickery	Great Yarmouth	08/05/2011	13.2 G4
---------------	----------------	------------	----------------

400m Hurdles

Cassie Badger	Stevenage	30/07/2011	73.8
---------------	-----------	------------	------

1500m S/C

Kiera Mooney	Bromley	24/07/2011	5.24.28
Mabel Beckett	Basildon	10/07/2011	5.48.30
Anna Hoogkamer	Chelmsford	29/05/2011	6.10.72

Long Jump

Katie Vickery	Cambridge	28/07/2011	5.19 G3
Sarah Kett	Norwich	13/06/2011	4.93 G4
Victoria Mitchell	King's Lynn	15/05/2011	4.83 G4
Anna Hoogkamer	King's Lynn	19/06/2011	4.24
Sasha Birrell	Basildon	05/06/2011	4.19
Naomi Tomes	Great Yarmouth	08/05/2011	4.10
Sarah Kelly	Luton	17/07/2011	3.88
Cassandra Badger	Great Yarmouth	08/05/2011	3.85
Hahhah Wright	Bromley	08/05/2011	3.14

High Jump

Catherine Oliver	Norwich	11/06/2011	1.60 G3
Lucy-Ann Williams	Basildon	10/07/2011	1.55 G3
Katie Vickery	Great Yarmouth	08/05/2011	1.40
Lizzy Costello	Stevenage	30/07/2011	1.30
Sarah Kelly	Luton	17/07/2011	1.25

Triple Jump

Victoria Mitchell	Walthamstow	19/06/2011	9.92 G4
Katie Vickery	Norwich	09/07/2011	9.91 G4
Kiera Mooney	Great Yarmouth	21/08/2011	9.34
Sarah Kelly	Norwich	11/06/2011	8.96
Anna Hoogkamer	Great Yarmouth	08/05/2011	8.73
Sasha Birrell	Luton	20/08/2011	8.39

Pole vault

Sasha Birrell	Bromley	08/05/2011	2.90 G3
Abi Martins	Norwich	11/06/2011	2.55 G4
Sarah Kett	Norwich	11/06/2011	2.45

Hammer

Gemma Vickery	Peterborough	29/08/2011	39.09 G2
Gemma Thrower	Stevenage	30/07/2011	17.02
Cleo Stephenson	Basildon	05/06/2011	6.17
Mabel Beckett	Chelmsford	29/05/2011	6.12

Shot

Stephanie Griffin	Norwich	11/06/2011	10.08 G1
Lilly Evans	Norwich	11/06/2011	9.24 G3
Gemma Thrower	Stevenage	30/07/2011	8.63 G4
Naomi Tomes	Norwich	22/04/2011	8.48 G4
Gemma Vickery	Bury St Edmunds	18/09/2011	6.55
Kiera Mooney	Basildon	10/07/2011	6.44
Katie Vickery	Basildon	05/06/2011	6.43
Cleio Stephenson	Walthamstow	19/06/2011	6.32

Javelin

Laura McDonald	Loughborough	26/02/2011	41.12 G1
Gemma Thrower	Great Yarmouth	21/08/2011	36.75 G2
Stephanie Griffin	Chelmsford	22/04/2011	29.55 G4
Naomi Tomes	Great Yarmouth	08/05/2011	24.39
Gemma Vickery	Great Yarmouth	21/08/2011	22.56
Katie Vickery	Norwich	22/04/2011	19.70
Anna Hoogkamer	Chelmsford	29/05/2011	18.38
Hannah Wright	Basildon	05/06/2011	15.45

Weight

Gemma Vickery	Norwich	22/04/2011	10.41
---------------	---------	------------	-------

Discus

Gemma Thrower	Cambridge	04/09/2011	28.82 G3
Lilly Evans	Norwich	11/06/2011	28.57 G3
Gemma Vickery	Norwich	11/06/2011	26.33 G4
Stephanie Griffin	Chelmsford	22/04/2011	25.47 G4
Kiera Mooney	Chelmsford	29/05/2011	19.89
Naomi Tomes	Norwich	22/04/2011	18.16

Relay 4 x 100

Bromley	08/05/2011	51.3
---------	------------	------

Relay 4 x 300

Basildon	05/06/2011	3.16.9
----------	------------	--------

UNDER 20 MENS RANKINGS 2011

60 m indoors

James McLachlan	Eton	09/01/2011	7.09 G3
Adam Szucs	King's Lynn	23/01/2011	8.1
Jack Gilbert	King's Lynn	23/01/2011	8.2

75m

Adam Szuch	Great Yarmouth	21/04/2011	9.8
Kieran Jessup	Great Yarmouth	21/04/2011	10.5

100m

Richard Taylor (2nd claim)	Basildon	10/07/2011	11.23 G3
James McLachlan	Chicago IL USA	16/04/2011	11.06w 11.29 G3
Jon Brown	Great Yarmouth	08/05/2011	11.6
Lucas Siemons	Great Yarmouth	08/05/2011	11.8
Shane Atherton (2nd claim)	Basildon	10/07/2011	11.93
Adam Szucs	Watford	25/06/2011	12.5

200m

Richard Taylor (2nd claim)	Basildon	10/07/2011	22.35 G2
James McLachlan	Houston TX USA	26/03/2011	22.74
Jon Brown	King's Lynn	15/05/2011	23.8
Shane Artherton (2nd claim)	Basildon	10/07/2011	23.93

James Senior	Welwyn	21/05/2011	25.9	
Adam Szucs	Ipswich	15/05/2011	26.0	
Kieran Jessup	Chelmsford	23/04/2011	28.29	
<u>300m</u>				
Adam Szuch	Great Yarmouth	21/04/2011	43.3	
Kieran Jessup	Great Yarmouth	21/04/2011	47.9	
<u>400m</u>				
Ryan Wilson	King's Lynn	15/05/2011	58.5	
Adam Szucs	Great Yarmouth	21/08/2011	60.9	
Lucas Siemons	Great Yarmouth	08/05/2011	62.1	
Kieran Jessup	Bury St Edmunds	18/09/2011	63.4	
<u>800m</u>				
Martainn Ramsey	Stevenage	30/07/2011	1.57.7	G3
James Senior	Welwyn	21/05/2011	1.58.0	G3
Jack Harrison	Norwich	11/06/2011	2.02.4	
Ben Stratton (2nd claim)	Watford	10/08/2011	2.02.44	
Jordan Ali	Ipswich	15/05/2011	2.20.0	
Ryan Wilson	King's Lynn	15/05/2011	2.27.4	
<u>1500m</u>				
James Senior	Alberquerque NM USA	02/04/2011	4.08.83	
Martainn Ramsey	Cambridge	04/09/2011	4.08.90	
Ben Stratton (2nd claim)	Stevenage	30/07/2011	4.11.8	
Jordan Ali	Ipswich	15/05/2011	4.19.9	
<u>3000m</u>				
Jordan Ali	Watford	18/05/2011	8.38.25	
James Senior	Basildon	10/07/2011	9.05.48	
Frazer Heasman	Basildon	10/07/2011	9.08.20	
Martainn Ramsey	Great Yarmouth	21/08/2011	9.12.7	
Ben Stratton (2nd claim)	Norwich	11/06/2011	9.18.5	
<u>5000m</u>				
Jordan Ali	Manchester	28/05/2011	15.51.66	
Frazer Heasman	King's Lynn	15/05/2011	16.34.1	
Ben Stratton (2nd claim)	King's Lynn	15/05/2011	16.38.8	
<u>110m Hurdles</u>				
James Senior	Chelmsford	29/05/2011	18.72	
<u>400m Hurdles</u>				
James Senior	Basildon	10/07/2011	59.58	
Ben Stratton (2nd claim)	Chelmsford	29/05/2011	62.14	
Frazer Heasman	Basildon	10/07/2011	66.23	
<u>3000m S/C</u>				
James Senior	Bedford	25/06/2011	9.37.03	
<u>2000m S/C</u>				
James Senior	Chelmsford	29/05/2011	6.19.13	G3
Frazer Heasman	Bromley	24/07/2011	6.47.5	
<u>Long Jump</u>				
James McLachlan	Indianapolis IN USA	08/05/2011	7.63	G1 CLUB RECORD
Jack Gilbert	King's Lynn	23/01/2011	4.51	

James Senior	Basildon	10/07/2011	5.05
--------------	----------	------------	------

Triple Jump

James McLachlan	Indianapolis IN USA	08/05/2011 15.08w	14.92 G1
James Senior	Chelmsford	29/05/2011	10.75
Harry Newenham	King's Lynn	15/05/2011	10.31

High Jump

Ben Stratton	Chelmsford	29/05/2011	1.60
Jack Gilbert	King's Lynn	23/01/2011	1.55
Lewis Pryke	Watford	25/06/2011	1.55

Pole Vault

James Senior	Stevenage	30/07/2011	1.50
--------------	-----------	------------	------

Javelin

Harry Newenham	Loughborough	08/06/2011	53.78 G2
Callum Brown	Norwich	22/04/2011	42.54
Lewis Pryke	Peterborough	10/04/2011	34.63
James McLachlan	Stevenage	30/07/2011	32.58

Discus

Callum Brown	Chelmsford	29/05/2011	37.65 G3
Declan Manning	Watford	25/06/2011	29.55
James Senior	Basildon	10/07/2011	17.90

Discus 2kg senior weight

Callum Brown	Bury StEdmunds	18/09/2011	32.70
Declan Manning	King's Lynn	15/05/2011	28.32

Shot 6kg

Danny Clayton	Norwich	22/04/2011	11.98
Callum Brown	Chelmsford	29/05/2011	10.94
Declan Manning	Lee Valley	12/03/2011	9.50
Lewis Pryke	Cambridge	02/04/2011	9.28
Frazer Heasman	Basildon	10/07/2011	5.84

Shot 7.26kg weight

Declan Manning	Luton	17/07/2011	10.06
Lewis Pryke	Great Yarmouth	21/08/2011	7.24

Hammer 5kg

Callum Brown	Bedford	04/06/2011	73.86
--------------	---------	------------	-------

Hammer 6kg

Callum Brown	Norwich	18/06/2011	64.00 G1 CLUB RECORD
Danny Clayton	Norwich	12/02/2011	49.69

Hammer 7.26kg

Callum Brown	Great Yarmouth	21/08/2011	54.57
Lewis Pryke	Cambridge	02/04/2011	24.16
James Senior	Stevenage	30/07/2011	14.85

Weight Throw

Callum Brown	Norwich	12/02/2011	19.03
--------------	---------	------------	-------

Relay 4 x 100m

	Basildon	10/07/2011	44.63
--	----------	------------	-------

<u>Relay 4 x 400m</u>	Chelmsford	29/05/2011	3.40.75
------------------------------	------------	------------	---------

UNDER 20 WOMENS RANKINGS 2011

60m

Holly Durbridge	Helsinki FIN	19/03/2011	9.00
-----------------	--------------	------------	------

75m

Holly Durbridge	Great Yarmouth	21/04/2011	11.1
-----------------	----------------	------------	------

100m

Sophie Poyner	Great Yarmouth	08/05/2011	13.0
Katy Barber (2nd claim)	Stevenage	30/07/2011	13.4
Jenny Milligan	Norwich	19/07/2011	13.8
Holly Durbridge	Chelmsford	23/04/2011	14.16

150m

Holly Durbridge	Great Yarmouth	21/04/2011	22.5
-----------------	----------------	------------	------

200m

Katy Barber (2nd claim)	Stevenage	30/07/2011	27.9
Sophie Poyner	Great Yarmouth	08/05/2011	28.1
Jenny Milligan	Great Yarmouth	21/08/2011	28.5
Holly Durbridge	Chelmsford	23/04/2011	30.36

400m

Iona Lake	Luton	20/08/2011	64.2
Jenny Milligan	Great Yarmouth	21/08/2011	68.0
Juliette Broster	Eton	01/05/2011	79.57

800m

Iona Lake	Eton	01/05/2011	2.16.92
Juliette Broster	Great Yarmouth	08/05/2011	2.27.1

1500m

Iona Lake	Luton	20/08/2011	4.43.8
Esme Salmon	Norwich	18/06/2011	4.57.6
Juliette Broster	Eton	01/05/2011	5.03.46
S Mullian	Norwich	11/06/2011	5.29.2
Grace Bird	Basildon	10/07/2011	5.46.65

1500m S/C

Iona Lake	Eton	01/05/2011	5.10.31 G2 CLUB RECORD
-----------	------	------------	-------------------------------

3000m

Iona Lake	Stevenage	30/07/2011	11.32.1
-----------	-----------	------------	---------

100m Hurdles

Jenny Milligan	Great Yarmouth	08/05/2011	16.9
----------------	----------------	------------	------

400m Hurdles

Jenny Milligan	Eton	01/05/2011	71.07
----------------	------	------------	-------

Long Jump

Laura Green	Lee Valley	12/03/2010	5.35 G3
Sophie Poyner	Stevenage	30/07/2011	4.55

High Jump

Laura Green	Basildon	10/07/2011	1.55
Sophie Mullan	Norwich	18/06/2011	1.40

Triple Jump

Laura Green	Norwich	26/06/2011	11.57 G1 CLUB RECORD
Sophie Poyner	Eton	01/05/2011	8.61

Discus

Megan Thomas	Bury St Edmunds	12/02/2011	30.31
Steph Burt	Cambridge	28/05/2011	26.34
Holly Durbridge	Peterborough	10/04/2011	21.65

Hammer

Jenna Cannell	Gateshead	02/07/2011	39.92 G3
Megan Thomas	Great Yarmouth	08/05/2011	32.71
Esme Salmon	Chelmsford	29/05/2011	6.09
Juliette Broster	Eton	01/05/2011	5.71

Javelin

Steph Burt	Bedford	25/06/2011	44.63 G1 CLUB RECORD
Holly Durbridge	Watford	25/06/2011	18.44

Shot

Megan Thomas	King's Lynn	15/05/2011	8.80
Steph Burt	Norwich	09/07/2011	8.76
Sophie Poyner	Eton	01/05/2011	6.14

Relay 4 x 100m

Eton	01/05/2011	49.95
------	------------	-------

Relay 4 x 400m

Eton	01/05/2011	4.26.23
------	------------	---------

SENIOR MENS RANKINGS 2011

100m

Chris Marshall	Ashford	30/04/2011	11.9
----------------	---------	------------	------

200m

Paul Goodall	Norwich	09/07/2011	23.0
Rick Ward	Ashford	30/04/2011	23.1
Michael Fraser	Stevenage	30/07/2011	23.8
Chris Marshall	Ashford	30/04/2011	24.0

300m Hurdles

Chris Marshall	Peterborough	10/04/2011	41.5
----------------	--------------	------------	------

400m

Paul Goodall	Norwich	09/07/2011	48.9 G2
Rick Ward	Stevenage	30/07/2011	49.4 G2
Tommy Carroll	Stevenage	30/07/2011	51.2
Chris Marshall	King's Lynn	19/06/2011	52.4
Daryl Martin	Ashford	30/04/2011	56.7

800m

Rick Ward	Watford	11/06/2011	1.49.50 G1 CLUB RECORD
Tommy Carroll	Stretford	23/07/2011	1.50.07 G1
Paul Goodall	Watford	11/06/2011	1.50.49 G1
Ryan Saunders	Birmingham	20/08/2011	1.52.02 G2
Ashley Harrell	Watford	15/06/2011	1.56.80

Stuart Huntington	Luton	20/08/2011	2.01.0
Steven Cannell	Welwyn	21/05/2011	2.01.2
Chris Marshall	Luton	17/07/2011	2.14.7

1500m

Tommy Carroll	Cork IRE	02/07/2011	3.47.5 G1
Mitch Goose	Princeton NJ USA	22/04/2011	3.50.52 G2
Ashley Harrell	Watford	18/05/2011	3.51.34 G2
Ryan Saunders	Watford	29/06/2011	3.53.98 G2
Carl Goose	Stevenage	30/07/2011	3.55.4 G3
Nick Earl	Watford	10/08/2011	3.57.03 G3
Stuart Huntington	Watford	18/05/2011	3.59.01 G3
Rick Ward	Watford	27/07/2011	4.01.8
Paul Goodall	Loughborough	25/05/2011	4.04.3
Steven Cannell	Welwyn	21/05/2011	4.12.2
Ollie Maskell	Norwich	26/06/2011	4.31.9

3000m

Mitch Goose	Boston MA USA	29/01/2011	8.10.79 G1 CLUB RECORD
Stuart Huntington	Watford	01/06/2011	8.29.66 G2
Ryan Saunders	Watford	27/07/2011	8.30.41 G2
Nick Earl	Watford	07/09/2011	8.31.26 G3
Luke Allen	Watford	01/06/2011	8.57.56
Rick Ward	Stevenage	30/07/2011	8.58.3
Oliver Maskell	Bury St Edmunds	18/09/2011	9.30.2
Daniel Mann	Great Yarmouth	21/04/2011	9.36.5

5000m

Mitch Goose	Walnut CA USA	15/04/2011	14.14.26 G1
Ashley Harrell	Manchester	28/05/2011	14.33.25 G2
Stuart Huntington	Luton	20/08/2011	15.13.0 G3
Nick Earl	Luton	20/08/2011	15.16.0 G3
Luke Allen	Watford	09/07/2011	16.40.1
Daniel Mann	Ashford	30/04/2011	17.21.0
S Kennison	King's Lynn	15/05/2011	20.00.0

10000m

Nick Earl	Bedford	01/05/2011	33.42.90
-----------	---------	------------	----------

2000m S/C

Ashley Harrell	Luton	20/08/2011	6.02.2
Steven Cannell	Ashford	30/04/2011	6.05.2
Nick Earl	Norwich	09/07/2011	6.36.7
Stuart Huntington	Luton	20/08/2011	6.41.1
Daniel Mann	Norwich	09/07/2011	7.10.7

3000m S/C

Nick Earl	Welwyn	21/05/2011	10.22.6
Rick Ward	Stevenage	30/07/2011	11.19.8

110m Hurdles

Chris Marshall	Stevenage	30/07/2011	17.6
Daryl Martin	Ashford	30/04/2011	18.1

400m Hurdles

Chris Marshall	Norwich	09/07/2011	57.4 G3
Daryl Martin	Ashford	30/04/2011	61.3
Mark Oldham	Stevenage	30/07/2011	62.2

High Jump

Daniel Mann	Ashford	30/04/2011	1.60
-------------	---------	------------	------

Long Jump

Jon French	Welywyn	21/05/2011	6.22
Chris Marshall	Ashford	30/04/2011	5.55

Triple Jump

Jon French	Welywyn	21/05/2011	12.26
Chris Marshall	Ashford	30/04/2011	11.01

Discus

Daniel Mann	Ashford	30/04/2011	16.75
-------------	---------	------------	-------

Pole Vault

Jon French	Welywyn	21/05/2011	2.20
------------	---------	------------	------

SENIOR WOMENS RANKINGS 2011**100m**

Caitlin Bell	Great Yarmouth	08/05/2011	13.6
--------------	----------------	------------	------

200m

Caitlin Bell	Ashford	30/04/2011	26.8
Holly Cooper	Ashford	30/04/2011	27.7

150m

Danielle Pointer	Great Yarmouth	21/04/2011	26.7
------------------	----------------	------------	------

200m

Caitlin Bell	Chelmsford	23/04/2011	27.35
Miriam Arbach	Norwich	09/07/2011	27.5

400m

Caitlin Bell	Luton	17/07/2011	61.5
Holly Cooper	Watford	24/08/2011	60.74
Miriam Arbach	King's Lynn	15/05/2011	63.7

800m

Barbara Parker	Tallahassee FL USA	07/05/2011	2.07.18	G1
Kelly Rushton	Stevenage	30/07/2011	2.18.1	
Holly Cooper	Cambridge	04/09/2011	2.18.55	
Nicky Alford	Ashford	30/04/2011	2.36.4	

1500m

Barbara Parker	Birmingham	30/07/2011	4.12.19	G1
Kelly Rushton	Watford	27/07/2011	4.41.76	
Holly Cooper	Luton	17/07/2011	5.08.6	

1 Mile

Barbara Parker	Nashville FL USA	07/05/2011	4.30.51	CLUB RECORD
Ruth Senior	Albuquerque NM USA	15/01/2011	4.54.66	

5000m

Barbara Parker	Bilbao ESP	18/06/2011	15.27.03	G2
Ruth Senior	Palo Alto USA	01/05/2011	15.48.29	G2

3000m

Ruth Senior	Albuquerque NM USA	29/01/2011	9.31.16 G1
Dani Nimmock	Watford	18/05/2011	10.14.51 G3
Nicky Alford	Norwich	09/07/2011	10.41.9

2000mS/C

Ruth Senior	Stevenage	30/07/2011	7.18.5 G3
-------------	-----------	------------	------------------

3000m S/C

Barbara Parker	Lucerne SUI	02/07/2011	9.35.46 G1
Ruth Senior	Fort Collins CO USA	13/05/2011	10.34.50

10,000m

Ruth Senior	Eugene OR USA	26/05/2011	33.33.23 G3 CLUB RECORD
-------------	---------------	------------	---------------------------------------

100m Hurdles

Miriam Arbach	Norwich	09/07/2011	16.9
---------------	---------	------------	------

400m Hurdles

Miriam Arbach	Norwich	26/06/2011	70.2
Ruth Senior	Stevenage	30/07/2011	79.5

High Jump

Miriam Arbach	Stevenage	30/07/2011	1.45
Lucy Costello	Ashford	30/04/2011	1.25
Georgina Lake	Luton	20/08/2011	1.25

Long Jump

Georgina Lake	Luton	20/08/2011	3.53
---------------	-------	------------	------

Triple Jump

Georgina Lake	Stevenage	30/07/2011	9.78
---------------	-----------	------------	------

Hammer

Jenny Higgins	Norwich	22/04/2011	21.75
Georgina Lake	Luton	20/08/2011	8.11

Discus

Lucy Costello	Ashford	30/04/2011	13.45
Jenny Higgins	Norwich	22/04/2011	11.62

Javelin

Jenny Higgins	Norwich	22/04/2011	12.48
Lucy Costello	Ashford	30/04/2011	11.15

Shot

Jenny Higgins	Norwich	22/04/2011	5.66
---------------	---------	------------	------

Pole Vault

Georgina Lake	Stevenage	30/07/2011	2.60
---------------	-----------	------------	------

Relay 4 x 100m

Ashford	30/04/2011	62.2
---------	------------	------

Relay 4 x 400

Ashford	30/04/2011	4.28.1
---------	------------	--------

VET MENS RANKINGS 2011**100m**

Gordon Slater (50+)	Peterborough	06/07/2011	13.7	
<u>200m</u>				
Gordon Slater (45+)	Great Yarmouth	08/05/2011	27.9	
<u>400m</u>				
Gordon Slater (50+)	Peterborough	06/07/2011	61.4	
<u>800m</u>				
John Walsham (40+)	King's Lynn	01/06/2011	2.23.3	
Robert Cheverton (55+)	Bury St Edmunds	18/09/2011	2.31.6	
<u>2000m S/C</u>				
Gordon Slater (45+)	Ashford	30/04/2011	9.08.8	CLUB RECORD
<u>3000m</u>				
Goy Roper (45)	King's Lynn	01/06/2011	9.41.8	
Robert Cheverton (55+)	Watford	24/08/2011	9.43.42	
Mark Storey (45)	Great Yarmouth	21/08/2011	11.44.2	
<u>5000m</u>				
Robert Cheverton (55+)				
Paul Woodyatt (45+)				
<u>High Jump</u>				
Gordon Slater (50+)	Peterborough	06/07/2011	1.40	
<u>Long Jump</u>				
Gordon Slater (50+)	Luton	17/07/2011	4.15	
<u>Triple Jump</u>				
Gordon Slater (50+)	Great Yarmouth	21/08/2011	8.85	
<u>Pole Vault</u>				
Gordon Slater (50+)	King's Lynn	31/07/2011	2.30	
Denis Costello (45+)	Ashford	30/04/2011	1.10	
<u>Shot 6kg</u>				
John Painter (50+)	King's Lynn	31/07/2011	11.65	
<u>Shot 7.26kg</u>				
John Painter (50+)	King's Lynn	15/05/2011	11.02	
Clive Poyner (45+)	Welwyn	21/05/2011	7.89	
Denis Costello (45+)	Stevenage	30/07/2011	7.20	
Gordon Slater (45+)	Norwich	22/04/2011	7.00	
<u>Javelin</u>				
Tim Newenham (50+) 700g	Bedford	09/04/2011	49.64	
Clive Poyner (45+)	Welwyn	21/05/2011	26.66	
Wayne Vickery (45+)	Norwich	22/04/2011	26.54	
Gordon Slater (50+)	Bury	18/09/2011	22.90	
Denis Costello (45+)	Ashford	30/04/2011	18.51	
<u>Discus 1.5kg</u>				
John Painter (50+)	Norwich	22/04/2011	41.27	
Tim Newenham (50+)				
<u>Discus 2kg</u>				

John Painter (50+)	King's Lynn	15/05/2011	37.31
Clive Poyner (45+)	Welwyn	21/05/2011	22.62
Gordon Slater (45+)	Norwich	22/04/2011	20.18

Hammer 7.26kg

Gordon Slater (50+)	Peterborough	06/07/2011	25.89
Denis Costello (45+)	Ashford	30/04/2011	15.86

VET WOMENS RANKINGS 2011

60m Hurdles

Julie Zulu (35+)	Lee Valley	26/02/2011	9.01
------------------	------------	------------	------

60m Hurdles

Carole Filer (55+)	Lee Valley	27/02/2011	10.56
Julie Zulu (35+)	Lee Valley	27/02/2011	12.21

100m

Melanie Brown (40+)	Ashford	30/04/2011	12.8	CLUB RECORD
Carole Filer (55+)	Sacramento CA USA	09/07/2011	14.56	

200m

Carole Filer (55+)	King's Lynn	01/06/2011	30.2
--------------------	-------------	------------	------

400m

Carole Filer (55+)	Solihull	07/08/2011	71.6
--------------------	----------	------------	------

800m

Jane Clarke (50+)	Luton	20/08/2011	2.25.1
Tracey Curl (45+)	King's Lynn	01/06/2011	2.49.1
Carole Filer (55+)	Gent BEL	17/03/2011	3.08.46

1500m

Jane Clarke (50+)	Watford	24/08/2011	4.51.91
-------------------	---------	------------	---------

1 Mile Walk

Gillian Loughlin (45+)	King's Lynn	01/06/2011	10.03.7
Stephanie Mullarney (45+)	King's Lynn	01/06/2011	12.00.1

1500m S/C

Gillian Loughlin (45+)	Ashford	30/04/2011	7.22.8	CLUB RECORD
------------------------	---------	------------	--------	--------------------

3000m

Jane Clarke (50+)	Gent BEL	16/03/2011	10.38.70
Tracey Curl (45+)	King's Lynn	01/06/2011	11.23.3

80m Hurdles

Carole Filer (55+)	Peterborough	04/05/2011	15.7
--------------------	--------------	------------	------

100m Hurdles

Carole Filer (55+)	Ashford	30/04/2011	20.0
--------------------	---------	------------	------

300m H

Carole Filer (55+)	Sacramento CA USA	11/07/2011	52.9	CLUB RECORD
--------------------	-------------------	------------	------	--------------------

400m Hurdles

Carole Filer (55+)	Ashford	30/04/2011	78.6
--------------------	---------	------------	------

High Jump

Carole Filer (50+)	Sheffield	05/02/2011	1.41
--------------------	-----------	------------	------

Long Jump

Carole Filer (55+)	Birmingham	25/06/2011	4.72
Julie Zulu (35+)	Birmingham	25/06/2011	4.56

Triple Jump

Julie Zulu (35+)	Welwyn	21/05/2011	8.49
Carole Filer (55+)	Ashford	30/04/2011	8.31

Shot

Julie Zulu (35+)	Sheffield	05/02/2011	8.12
Melanie Brown (40+)	Luton	20/08/2011	7.87
Carole Filer (55+) (3kg)	Peterborough	04/05/2011	7.32

Discus

Lorraine Brown (40+)	King's Lynn	15/05/2011	22.78
Melanie Brown (40+)	Luton	20/08/2011	21.84
Julie Zulu (35+)	Welwyn	21/05/2011	19.51
Carole Filer (55+)	King's Lynn	01/06/2011	18.63
S Mullarney (45+)	King's Lynn	01/06/2011	13.81
Gillian Loughlin (45+)	King's Lynn	01/06/2011	9.56

Hammer

Carole Filer (55+) (3kg)	Peterborough	04/05/2011	19.78
Julie Zulu (35+)	Welwyn	21/05/2011	19.26

Javelin

Lorraine Brown (45+)	Great Yarmouth	21/08/2011	28.05
Stephanie Mullarney (45+)	King's Lynn	01/06/2011	17.30
Melanie Brown (40+)	Luton	20/08/2011	15.17
Carole Filer (55+) (500g)	King's Lynn	01/06/2011	12.86
Gillian Loughlin (45+)	King's Lynn	01/06/2011	6.65
Julie Zulu (35+)	Welwyn	21/05/2011	5.66

CLUB RECORD