

## UNDER 11 GIRLS TOP 10 AS OF NOVEMBER 2011

### 60m

Ella Stephenson	Kings Lynn	12/02/2006	9.3
Emily Sherlock	Norwich	10/04/1999	9.4
<b>Bethany Alexander</b>	<b>Kings Lynn</b>	<b>23/01/2011</b>	<b>9.4</b>
Lauren Brown	Kings Lynn	27/01/2002	9.6
J Ing	Norwich	10/04/1999	9.8
Polly Mason	Norwich	10/04/1999	9.9
Carly Brown	Kings Lynn	27/01/2002	9.9
F Shippey	Norwich	10/04/1999	10.0
Lucy Barnard	Kings Lynn	21/01/2007	10.6
Rebecca Pike	Norwich	10/04/1999	10.3

### 75m

Ella Stephenson	Great Yarmouth	12/04/2006	11.6
Laura McDonald	Great Yarmouth	07/04/2005	11.8
Carly Brown	Great Yarmouth	05/04/2001	12.0

### 80m

Clieo Stephenson	Kings Lynn	24/07/2005	11.3
Ella Stephenson	Norwich	23/04/2006	11.7
<b>Alicia Akinbiyi</b>	<b>Great Yarmouth</b>	<b>08/05/2011</b>	<b>11.7</b>
Madison Stubbs	Norwich	08/08/2010	11.8
Victoria Williamson	Great Yarmouth	25/07/2004	11.9
Zoe Banham	Great Yarmouth	05/08/2001	12.1
Corrin Dawes	Great Yarmouth	16/06/2002	12.1
Laura McDonald	Norwich	15/05/2005	12.1
Amy Spinks	Norwich	13/05/2001	12.3
Greta Connolly	Norwich	25/05/1997	12.3
Grace Ashworth	Bury St Edmunds	17/08/2008	12.3
Spencer Ann Lengsfield	Bury St Edmunds	17/08/2008	12.3

### 100m

Clieo Stephenson	King's Lynn	24/07/2005	13.8
Victoria Williamson	King's Lynn	08/08/2004	14.8
Zoe Banham	Chelmsford	01/07/2001	15.2
Amy Spinks	Chelmsford	01/07/2001	15.2
Anna Claydon	Norwich	12/07/1999	15.4
R Hollis	Diss	13/07/1997	17.1
E Lambert	Diss	13/07/1997	19.1

### 200m

Zoe Banham	Chelmsford	01/07/2001	32.4
Carly Brown	Chelmsford	01/07/2001	33.1
Amy Spinks	Chelmsford	01/07/2001	33.6

### 600m

<b>Alicia Akinbiyi</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>1.55.4</b>
Madison Stubbs	Norwich	08/08/2010	1.56.3
Carly Brown	Peterborough	27/08/2001	1.57.0
Eleanor Blunt	Great Yarmouth	24/06/2007	1.57.9
Ella Stephenson	Great Yarmouth	13/08/2006	2.02.0
Marie Pring	Norwich	23/05/2004	2.03.0
Laura McDonald	Great Yarmouth	05/06/2005	2.03.4
Claire Pring	Luton	04/07/2002	2.03.6
Iona Lake	Bury St Edmunds	08/06/2003	2.03.9
Megan Bird	King's Lynn	18/05/2008	2.04.0

### 800m

Carly Brown	Bedford	29/07/2001	2.43.96
Laura McDonald	Cambridge	18/09/2005	2.46.0
Marie Pring	Bromley	01/08/2004	2.56.6

E Lambert	Diss	13/07/1997	3.17.9
Mimi Denmark	Norwich	07/08/2002	3.18.0
S Perkin	Norwich	07/08/2002	3.19.0
Kerry Naylor	Bury St Edmunds	05/07/1998	3.20.1
R Hollis	Diss	13/07/1997	3.27.9
B Greenacre	Norwich	07/08/2002	3.29.0
Rebecca Pike	King's Lynn	14/06/1998	3.33.7

### **1500m**

Marie Pring	Colchester	30/08/2004	5.55.6
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### **High Jump**

Zoe Banham	Chelmsford	01/07/2001	0.80
Lucy Clampin	Chelmsford	01/07/2001	0.80

### **Long Jump**

Eleanor Blunt	Great Yarmouth	12/05/2007	4.01
Zoe Banham	Great Yarmouth	05/08/2001	3.97
Amy Spinks	Chelmsford	01/07/2001	3.96
Marie Pring	Bromley	01/08/2004	3.96
Madison Stubbs	Great Yarmouth	22/07/2010	3.81
Alicia Akinbiyi	Great Yarmouth	21/08/2011	3.78
Grace Ashworth	Great Yarmouth	15/06/2008	3.74
Victoria Williamson	Great Yarmouth	25/07/2004	3.72
Anna Claydon	Stevenage	31/05/1998	3.70
Spencer Ann Lengsfield	Great Yarmouth	22/06/2008	3.67

## **UNDER 11 BOYS TOP 10 AS OF NOVEMBER 2011**

### **60m**

R Tubb	Norwich	10/04/1999	9.5
Daniel Griffin	Kings Lynn	21/01/2007	9.5
Tyler Blunden	Kings Lynn	23/01/2011	9.5
J Hunter	Norwich	10/04/1999	9.6
Ross Gilbert	Kings Lynn	21/01/2007	9.6
Sam Green	Kings Lynn	21/01/2007	9.6
I Pycroft	Norwich	10/04/1999	10.4
Callum Mooney	Welwyn	21/03/2008	10.4
O Best	Norwich	10/04/1999	10.7
B Laddiman	Norwich	10/04/1999	11.1

### **80m**

Harry Simmons	Bury St Edmunds	17/08/2008	11.3
Daniel Griffin	Great Yarmouth	10/08/2008	11.6
Ross Gilbert	Great Yarmouth	12/05/2007	11.8
Sam Forder	Cambridge	19/07/2009	11.8
Tyler Blunden	Great Yarmouth	08/05/2011	11.8
Jonathon Tomes	Great Yarmouth	10/08/2008	11.9
Andrew Holmes	King's Lynn	03/08/1997	11.9
Toby Price	Great Yarmouth	12/05/2007	11.9
Luke Daley	Norwich	14/05/2000	12.0
Daniel Griffin	Great Yarmouth	12/05/2007	12.0

### **100m**

Callum Brown	King's Lynn	08/08/2004	15.4
Andrew Holmes	Diss	13/07/1997	16.1
J Burvill	King's Lynn	14/06/1998	17.1
Nathan Polley	Diss	13/07/1997	17.6
M Stangroom	Diss	13/07/1997	18.1
Ryan Tuvey	Diss	13/07/1997	18.4
Tom Brown	Diss	13/07/1997	19.0
Matthew Cobb	Diss	13/07/1997	19.2

**150m**

Callum Brown	Bury St Edmunds	12/08/2003	24.5
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**200m**

Andrew Holmes	Luton	22/06/1997	31.9
Joquan Moore	St Ives	25/05/2011	32.29

**600m**

Harry Simmons	Bury St Edmunds	17/08/2008	1.50.3
Toby Price	Norwich	10/05/2008	1.51.9
Tom Dawkins	Great Yarmouth	16/06/2002	1.54.7
P Wiltshire	Great Yarmouth	22/06/2008	1.55.9
Alfie Linstead	King's Lynn	21/06/2009	1.56.5
Tom Greenacre	Great Yarmouth	08/05/2011	1.57.0
Callum Brown	Norwich	23/05/2004	1.57.1
Thomas Lake	Norwich	10/05/2008	1.58.5
Ross Gilbert	Great Yarmouth	12/05/2007	1.59.4
Jacob Read	Ipswich	12/08/2001	2.01.2

**80m H**

Chris Baker	Bedford	29/07/2003	16.04
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**High Jump**

Chris Baker	Norwich	29/04/2003	1.30
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**800m**

Callum Brown	King's Lynn	08/08/2004	2.52.9
Michael Jordan	King's Lynn	14/06/1998	2.57.2
Matthew Cobb	Diss	13/07/1997	2.57.7
James Senior	Norwich	07/08/2002	3.03.0
O Corri	Diss	13/07/1997	3.03.7
Ryan Tuvey	Diss	13/07/1997	3.09.1
Tom Brown	Diss	13/07/1997	3.09.6
C Short	Norwich	07/08/2002	3.11.0
D Mackie	Norwich	07/08/2002	3.12.0
Will Kennard	Norwich	07/08/2002	3.14.0

**1500m**

Callum Brown	Ipswich	05/09/2004	5.53.7
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**Long Jump**

Daniel Griffin	Great Yarmouth	17/08/2008	4.30
Harry Simmons	King's Lynn	18/05/2008	4.10
Andrew Holmes	Ipswich	17/08/1997	4.04
Ed Skinner	Norwich	11/05/2003	3.96
Jonathon Tomes	Norwich	10/05/2008	3.96
Callum Brown	Ipswich	05/09/2004	3.90
R Weavers	Norwich	27/07/1997	3.88
Jacob Read	Norwich	13/05/2001	3.87
Luke Daley	Norwich	30/07/2000	3.84
Taylor Hennessey	Great Yarmouth	21/08/2011	3.83

**Shot Putt**

Michael Painter	Gt Yarmouth	05/06/2005	6.23
Chris Baker	Bedford	29/07/2001	5.20
J Burvill	King's Lynn	14/06/1998	3.91
Callum Brown	Luton	18/04/2004	3.49

**Javelin**

Andrew Holmes	Diss	13/07/1997	21.57
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**Discus**

Michael Painter	Norwich	20/08/2005	18.62
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Chris Baker	Cambridge	17/06/2001	13.94
Callum Brown	King's Lynn	08/08/2004	11.87

### **Hammer**

Michael Painter	Norwich	20/08/2005	27.43
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## **UNDER 13 GIRLS TOP 10 AS OF NOVEMBER 2011**

### **60m**

Clieo Stephenson	Chelmsford	18/02/2007	8.3
Laura McDonald	King's Lynn	21/01/2007	8.4
Victoria Williamson	King's Lynn	12/02/2006	8.5
Eleanor Blunt	Chelmsford	01/03/2009	8.5
Ella Stephenson	King's Lynn	20/01/2008	8.6
Victoria Mitchell	King's Lynn	21/01/2007	8.8
<b>Madison Stubbs</b>	<b>Lee Valley</b>	<b>12/03/2011</b>	<b>8.96</b>
Laura Warman	King's Lynn	10/02/2003	9.0
Bethany Clarke	King's Lynn	20/01/2008	9.0
<b>Isabelle Chrysaifi</b>	<b>Kings Lynn</b>	<b>23/01/2011</b>	<b>9.4</b>

### **75m**

Clieo Stephenson	Eltham	03/06/2007	9.8
Ella Stephenson	Norwich	20/07/2008	9.9
Katie Vickery	Norwich	20/07/2008	10.0
Laura McDonald	Eltham	03/06/2007	10.1
Maria Garavand	Bromley	17/05/1998	10.2
Julie Chandler	Waltham Forest	29/06/1997	10.4
Laura Warman	Walthamstow	01/06/2003	10.4
<b>Madison Stubbs</b>	<b>Basildon</b>	<b>05/06/2011</b>	<b>10.4</b>
Maria Ellis	Enfield	01/07/2001	10.5
Ellie Blunt	Great Yarmouth	09/04/2009	10.6
Laura Johnson	Norwich	31/05/2009	10.6

### **80m**

Julie Chandler	Ipswich	13/04/1997	11.1
Laura McDonald	Havering	25/03/2007	11.1
Polly Francis	Norwich	26/03/1997	11.7
Melissa Glen	Norwich	26/03/1997	11.9
R Pearson	Norwich	26/03/1997	12.0
Maria Garavand	Norwich	26/03/1997	12.1
Fay Harding	Norwich	26/03/1997	12.2
R Wheeler	Norwich	26/03/1997	12.2
E Jones	Norwich	26/03/1997	12.3
C Hurley	Norwich	26/03/1997	12.3

### **100m**

Clieo Stephenson	Great Yarmouth	12/08/2007	12.8
Eleanor Blunt	Bury St Edmunds	02/08/2009	13.1
Maria Garavand	Great Yarmouth	09/05/1998	13.2
Laura McDonald	Cambridge	18/07/2007	13.3
Victoria Mitchell	Great Yarmouth	12/05/2007	13.5
Julie Chandler	Norwich	14/06/1997	13.6
Ella Stephenson	Bury St Edmunds	17/08/2008	13.6
<b>Madison Stubbs</b>	<b>Bury St Edmunds</b>	<b>18/09/2011</b>	<b>13.6</b>
Rachel Stringer	Bury St Edmunds	22/09/2002	13.7
Laura Warman	Norwich	03/08/2003	13.7
Victoria Williamson	Peterborough	28/08/2006	13.7

### **150m**

Clieo Stephenson	Eltham	03/06/2007	19.4
Eleanor Blunt	Norwich	31/05/2009	19.7
Maria Ellis	Bromley	20/05/2001	20.3
Laura McDonald	Croydon	06/05/2007	20.4

Ella Stephenson	Bromley	18/05/2008	20.5
Vicky Groves	Bromley	17/05/1998	20.6
Julie Chandler	Waltham Forest	29/06/1997	20.7
Lucy Peel	Norwich	23/07/2000	20.8
Maria Garavand	Norwich	19/07/1998	20.9
Rachel Stringer	Haringey	30/06/2002	20.9
Laura Warman	Battersea	04/05/2003	20.9

### **200m**

Clieo Stephenson	Great Yarmouth	12/08/2007	26.5
Eleanor Blunt	Bury St Edmunds	21/09/2009	27.2
Laura McDonald	Great Yarmouth	12/05/2007	27.4
Maria Garavand	Southend	09/08/1998	28.0
Victoria Williamson	Bury St Edmunds	17/09/2006	28.1
Laura Warman	Bury St Edmunds	08/06/2003	28.2
Ella Stephenson	Peterborough	20/04/2008	28.4
Julie Chandler	Great Yarmouth	03/08/1997	28.7
Lucy Peel	King's Lynn	14/05/2000	28.7
Sophie Harriman	Bury St Edmunds	22/09/2002	28.7

### **600m**

Carly Brown	Great Yarmouth	10/04/2003	1.51.5
Alice Cheverton	Great Yarmouth	09/04/2009	1.55.2
Marie Pring	Southend	09/06/2005	1.58.3
Laura McDonald	Great Yarmouth	13/04/2006	2.00.6
Megan Bird	Great Yarmouth	09/04/2009	2.02.9
Claire Pring	Great Yarmouth	18/04/2004	2.03.3
Ashley Bunn	Great Yarmouth	09/04/2009	2.04.3

### **800m**

Carly Brown	Bury St Edmunds	12/08/2003	2.30.4
Holly Cooper	Birmingham	30/08/2003	2.30.87
Rachel Stringer	Bury St Edmunds	22/09/2002	2.31.5
Kiera Mooney	Barking	24/06/2007	2.31.6
Juliette Knights	Watford	24/08/2005	2.32.6
Freya Penn	Harrow	18/07/2004	2.33.6
Natalie Flintham	Bromley	19/07/2009	2.33.6
Melissa Glen	Huntingdon	08/06/1997	2.33.8
Shelly Smith	Crystal Palace	02/07/2000	2.34.2
Vicky Pratt	Norwich	17/05/1997	2.34.5

### **1000m**

Vicky Pratt	Waltham Forest	29/06/1997	3.20.9
Laura Gilbert	Birmingham	07/09/1997	3.21.35
Melissa Glen	Waltham Forest	29/06/1997	3.21.6
Fay Harding	Norwich	26/03/1997	3.35.7
J Eccles	Norwich	26/03/1997	3.45.1
K Keating	Norwich	26/03/1997	4.21.3

### **1200m**

Kiera Mooney	Thurrock	22/07/2007	3.57.0
Greta Connolly	Norwich	11/07/1999	4.03.2
Alice Cheverton	Croydon	21/06/2009	4.05.19
Carly Brown	Eton	19/05/2003	4.05.4
Iona Lake	Norwich	17/07/2005	4.07.6
Lyndsey Dack	Norwich	02/06/2002	4.08.3
<b>Catherine Longe</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>4.09.8</b>
Claire Pring	Norwich	27/06/2004	4.11.1
Hannah Wake	Norwich	02/06/2002	4.11.6
Debbie Brett	Norwich	19/07/1998	4.11.8

### **1500m**

Alice Cheverton	Bury St Edmunds	21/09/2009	5.08.7
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Carly Brown	Norwich	11/06/2003	5.14.6
Lyndsey Dack	Norwich	11/08/2002	5.14.7
Greta Connolly	Bedford	25/07/1999	5.15.5
<b>Catherine Longe</b>	<b>Norwich</b>	<b>26/06/2011</b>	<b>5.16.3</b>
Claire Pring	Watford	01/09/2004	5.16.5
Emily Hoogkammer	Norwich	12/05/2008	5.20.9
Vicky Pratt	Bromley	07/06/1997	5.22.6
Michelle Perkins	Bury St Edmunds	20/09/1998	5.25.2
Marie Pring	Chelmsford	10/07/2005	5.27.4

#### **70m Hurdles**

Laura McDonald	Thurrock	22/07/2007	11.1
Laura Warman	Norwich	03/08/2003	11.2
Zoe Banham	Norwich	03/08/2003	11.3
Victoria Williamson	Sandy	30/09/2006	11.4
Gemma Pike	Norwich	11/07/1999	11.5
Eleanor Blunt	Bury St Edmunds	21/09/2009	11.7
Maria Garavand	Great Yarmouth	16/08/1998	11.9
Lucy Cowan	Birmingham	06/09/1998	12.05
Kayleigh Cooper	Norwich	03/08/2003	12.1
Polly Francis	Norwich	21/09/1997	12.2
A Gill	Norwich	08/08/2010	12.2

#### **75m Hurdles**

Polly Francis	Norwich	14/06/1997	13.5
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#### **High Jump**

Rebecca Bell	Bury St Edmunds	20/09/1998	1.51
<b>Sienna Sexton</b>	<b>Basildon</b>	<b>05/06/2011</b>	<b>1.49</b>
Eleanor Blunt	Bury St Edmunds	21/09/2009	1.45
Ellen Davies	Bury St Edmunds	20/09/1998	1.44
Zoe Banham	Havering	29/06/2003	1.42
Rebecca Pike	Norwich	11/08/2002	1.40
Naomi Tomes	Bury St Edmunds	21/09/2008	1.40
Clieo Stephenson	Barking	24/06/2007	1.38
Lucy Cadley	Bury St Edmunds	02/08/2009	1.38
Chloe Smith	King's Lynn	24/07/2005	1.37

#### **Long Jump**

Clieo Stephenson	Cambridge	03/07/2007	4.83
Maria Garavand	Birmingham	06/09/1998	4.80
Katie Vickery	Norwich	20/07/2008	4.66
Victoria Williamson	King's Lynn	12/02/2006	4.63i
Zoe Banham	Norwich	03/08/2003	4.57
Laura McDonald	Manchester	10/06/2007	4.50
Ellen Davies	King's Lynn	14/06/1998	4.48
Amy Spinks	Eton	19/05/2003	4.46
Rebecca Bell	Southend	09/08/1998	4.45
Laura Warman	Norwich	11/06/2003	4.36

#### **Shot Putt**

Kayleigh Southgate	Birmingham	03/09/2000	10.72
Laura McDonald	Sandy	29/09/2007	10.41
Anna Claydon	Birmingham	03/09/2000	8.92
C Pavlou	Bury St Edmunds	05/07/1998	8.46
L Graham	Ipswich	17/08/1997	8.17
Stephanie Griffin	Bury St Edmunds	17/08/2008	7.70
Megan Thomas	Sandy	30/09/2006	7.66
Naomi Tomes	Norwich	22/06/2008	7.59
Amy Spinks	Havering	29/06/2003	7.54
Polly Mason	Cambridge	17/06/2001	7.18

#### **Discus**

Julie Chandler	Peterborough	28/09/1997	23.12
C Pavlou	Norwich	12/07/1998	20.12
Lucy Barnard	Bury St Edmunds	02/08/2009	19.52
Kayleigh Southgate	Ware	06/08/2000	18.77
Charlotte Griffin	Great Yarmouth	22/06/2008	18.60
Lucy Cowan	Southend	09/08/1998	17.71
Megan Thomas	King's Lynn	13/05/2006	17.71
Jenna Cannell	Chelmsford	10/07/2005	17.21
Emily Sherlock	Norwich	13/05/2001	16.84
<b>Catherine Longe</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>16.59</b>

#### Javelin

Laura McDonald	Sandy	30/09/2006	31.06
Stephanie Griffin	Bury St Edmunds	21/09/2008	21.70
<b>Jemima Malcolm</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>19.32</b>
Ruth Watkins	Great Yarmouth	09/05/1998	18.82
Lucy Barnard	Great Yarmouth	07/06/2009	18.79
D Webster	Norwich	10/05/1997	17.64
Amy Spinks	Great Yarmouth	12/05/2002	16.68
Emily Hoogkammer	Norwich	12/05/2008	16.59
Sasha Barnard	Norwich	23/04/2006	14.56
Polly Mason	Norwich	13/05/2001	11.42

#### Hammer

Megan Thomas	Norwich	06/08/2006	24.81
Lucy Barnard	King's Lynn	09/05/2009	15.88

### UNDER 13 BOYS TOP 10 AS OF NOVEMBER 2011

#### 60m

<b>Ashley Cooper</b>	<b>Lee Valley</b>	<b>12/03/2011</b>	<b>8.04</b>
Ross Gilbert	Chelmsford	01/03/2009	8.7
Daniel Griffin	King's Lynn	31/01/2010	8.7
<b>Sam Forder</b>	<b>King's Lynn</b>	<b>23/01/2011</b>	<b>8.8</b>
Ian Young	King's Lynn	02/02/1997	9.1
Sam Green	King's Lynn	20/01/2008	9.2
<b>Joe Dickinson</b>	<b>King's Lynn</b>	<b>23/01/2011</b>	<b>9.2</b>
Craig Brooks	King's Lynn	21/01/2007	9.4
Sam Green	Chelmsford	01/03/2009	9.6
Miles Doncaster	King's Lynn	31/01/2010	10.2

#### 75m

<b>Ashley Cooper</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>10.2</b>
<b>Sam Forder</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>10.4</b>
Bradley Aldous	Great Yarmouth	10/04/2008	10.8
Ross Gilbert	Great Yarmouth	10/04/2008	10.8
Callum Brown	Great Yarmouth	13/04/2006	11.5
Scott Greeves	Great Yarmouth	19/04/2008	11.5
Bradley Stansbury	Great Yarmouth	10/04/2008	11.8
<b>Daniel Bainbridge</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>11.8</b>
Tom Buxton	Great Yarmouth	15/04/2010	12.3
<b>Cameron Hennessey</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>12.4</b>

#### 80m

J Carter	Norwich	01/04/1998	13.8
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#### 100m

<b>Ashley Cooper</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>12.6</b>
Tom Parker	Bury St Edmunds	08/06/2003	12.9
James Senior	King's Lynn	08/08/2004	13.1
Ross Gilbert	Cambridge	05/07/2009	13.16
Ben Hamblin	Southend	09/08/1998	13.2
Luke Daley	Luton	21/07/2002	13.2

<b>Sam Forder</b>	<b>Basildon</b>	<b>05/06/2011</b>	<b>13.4</b>
Andrew Holmes	Bedford	06/06/1999	13.43
Ian Young	Sutcliffe Park	29/06/1997	13.5
Harry Simmons	Norwich	31/05/2009	13.6
Daniel Griffin	Great Yarmouth	07/06/2010	13.6

### **150m**

<b>Ashley Cooper</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>19.7</b>
<b>Sam Forder</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>20.3</b>
Andrew Holmes	Norwich	10/04/1999	21.3
Scott Greeves	Great Yarmouth	10/04/2008	22.0
Ross Gilbert	Great Yarmouth	10/04/2008	22.3
Callum Brown	Great Yarmouth	13/04/2006	22.5
Bradley Aldous	Great Yarmouth	10/04/2008	22.6
C Coleman	Norwich	10/04/1999	23.8
Bradley Stansbury	Great Yarmouth	10/04/2008	23.9
Jamie Finch (2nd Claim)	Great Yarmouth	15/04/2010	23.9

### **200m**

<b>Ashley Cooper</b>	<b>Biggleswade</b>	<b>24/09/2011</b>	<b>25.3</b>
Tom Parker	Norwich	03/08/2003	26.2
Luke Daley	Great Yarmouth	28/07/2002	26.8
James Senior	Bedford	11/07/2004	26.93
Ben Hamblin	Bury St Edmunds	20/09/1998	27.4
Toby Price	King's Lynn	04/07/2010	27.4
David Smy	Bury St Edmunds	20/09/1998	27.8
Sam Forder	Watford	18/07/2010	27.9
Ross Gilbert	Cambridge	05/07/2009	28.07
Scott Greeves	Norwich	10/05/2008	28.1
Harry Simmons	Bromley	19/07/2009	28.1

### **400m**

Ian Young	Ipswich	15/06/1997	64.7
Stuart Huntington	Norwich	29/04/2001	65.8
Paul Goodall	Norwich	20/06/1999	67.8
Mitch Goose	Bedford	29/07/2001	68.07
J Dowdin	Norwich	20/06/1999	70.5
Matthew Dack	Bedford	25/07/1999	71.0
C Coleman	Bedford	12/09/1999	71.65
J Hunter	Hemel Hempstead	08/07/2001	71.8
Tim Mortimer	Havering	10/09/2000	72.0
J Tomlinson	Basildon	09/07/2000	72.2

### **600m**

Scott Greeves	Great Yarmouth	10/04/2008	1.49.4
Oliver Maskell	Great Yarmouth	18/04/2004	1.52.0
Tom Dawkins	Great Yarmouth	18/04/2004	1.53.2
Callum Brown	Great Yarmouth	13/04/2006	1.54.2
Jamie Finch (2nd Claim)	Great Yarmouth	15/04/2010	1.54.4
Sam Gotts	Great Yarmouth	13/04/2006	1.56.1
Bradley Stansbury	Great Yarmouth	10/04/2008	1.59.5
J McClean	Norwich	27/07/1997	2.01.9
Tom Buxton	Great Yarmouth	15/04/2010	2.04.7
<b>Tom Greeves</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>2.06.2</b>

### **800m**

James Senior	Battersea	09/05/2004	2.13.9
Harry Simmons	Birmingham	05/07/2010	2.20.0
Scott Greeves	Woodford Green	04/05/2008	2.21.7
Toby Price	King's Lynn	04/07/2010	2.23.6
A Smith	Great Yarmouth	10/05/1998	2.24.4
Ashley Waterson	Great Yarmouth	22/07/2010	2.25.8
Tom Adeyemi	Harrow	18/07/2004	2.26.1

Tom Dawkins	Norwich	27/06/2004	2.26.5
Stuart Huntington	Bury St Edmunds	16/09/2001	2.26.8
Toby Price	Norwich	31/05/2009	2.27.4
<b><u>1200m</u></b>			
Josh Holland	Norwich	10/04/2002	4.09.0
Matthew Dack	Norwich	10/04/1999	4.20.0
Steve Cannell	Norwich	10/04/1999	4.24.7
Tim Mortimer	Norwich	10/04/1999	4.42.3
Michael Jordan	Norwich	10/04/1999	4.44.8
L Goodall	Norwich	10/04/1999	4.49.7
<b><u>1500m</u></b>			
Ashley Waterson	Great Yarmouth	19/08/2010	4.42.1
James Senior	Harrow	18/07/2004	4.46.9
Stuart Huntington	Birmingham	01/07/2001	4.47.9
A Smith	Peterborough	19/07/1998	4.51.3
Alfie Linstead	Basildon	05/06/2011	4.54.4
Scott Greeves	Norwich	12/05/2008	4.57.7
Tom Hook	Norwich	19/08/2007	4.59.1
Oliver Maskell	Battersea	09/05/2004	5.00.8
Sam Dixon	Havering	11/06/2000	5.03.0
Josh Holland	WSE	19/05/2002	5.04.1
<b><u>3000m</u></b>			
James Senior	Norwich	15/07/2004	10.14.8
Oliver Maskell	Norwich	15/07/2004	10.55.7
<b><u>75m Hurdles</u></b>			
Ross Gilbert	Norwich	31/05/2009	11.9
Marvin Iseghehi	Norwich	31/05/2009	12.3
Ian Young	Peterborough	06/07/1997	12.7
Sam Wilson	King's Lynn	08/08/2004	12.8
Daniel Griffin	Norwich	08/08/2010	12.9
Chris Baker	Norwich	03/08/2003	13.0
Steven Hadley	Barking	24/06/2007	13.2
James Senior	Norwich	04/07/2004	13.3
Tom Dawkins	Great Yarmouth	25/07/2004	13.6
Oliver Kennard	King's Lynn	25/06/2006	14.0
<b><u>60m Hurdles</u></b>			
Ian Young	King's Lynn	02/02/1997	10.7
Chris Baker	King's Lynn	16/02/2003	11.4
<b><u>80m Hurdles</u></b>			
Ian Young	Ipswich	17/08/1997	13.3
Chris Baker	Peterborough	28/09/2003	14.6
A Smith	Bury St Edmunds	20/09/1998	15.2
Daryl Wickham	Chelmsford	19/09/1999	15.3
Sam Dixon	Havering	10/09/2000	15.6
Martyn Bath	Bedford	29/07/2001	15.73
<b><u>High Jump</u></b>			
Chris Baker	Peterborough	28/09/2003	1.50
Oliver Bradfield	Bury St Edmunds	17/08/2008	1.50
G Ringer	Norwich	21/09/1997	1.45
A Smith	Norwich	12/07/1998	1.45
M Sneesby	Cambridge	18/09/2005	1.45
Ross Gilbert	Bromley	19/07/2009	1.45
Harry Simmons	Chelmsford	20/06/2010	1.45
Sam Wilson	Bury St Edmunds	19/09/2004	1.42
Ed Skinner	Norwich	17/07/2005	1.42
James Steel	Bury St Edmunds	21/09/2009	1.40

Braydon Harrison	Norwich	08/08/2010	1.40
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### **Long Jump**

James Senior	Harrow	18/07/2004	5.18
Ashley Cooper	Biggleswade	24/09/2011	5.16
Tom Parker	Colchester	25/08/2003	5.11
Ross McLachlan	King's Lynn	09/05/2009	4.97
Harry Simmons	Birmingham	05/07/2010	4.97
Andrew Holmes	Chelmsford	19/09/1999	4.89
Bradley Aldous	Norwich	22/06/2008	4.75
Daniel Griffin	Cambridge	17/07/2010	4.60
Martin Futter	Havering	10/09/2000	4.57
Ed Skinner	Norwich	17/04/2005	4.56

### **Shot Putt**

Michael Painter	Ipswich	22/07/2007	10.24
James Senior	Harrow	18/07/2004	9.47
Oliver Bradfield	Norwich	20/07/2008	9.34
Alex Marchant	Great Yarmouth	21/08/2011	9.25
Sam Green	Birmingham	05/05/2009	9.24
Chris Baker	Walthamstow	01/06/2003	8.85
Danny Clayton	King's Lynn	25/06/2006	8.62
Ed Skinner	Cambridge	18/09/2005	8.59
Andrew Holmes	Oxford	16/05/1999	7.95
Stuart Smith	Norwich	28/06/1998	7.68

### **Hammer**

Michael Painter	Norwich	05/08/2007	44.86
Sam Green	Norwich	25/08/2009	28.02

### **Discus**

Michael Painter	Sandy	29/09/2007	33.80
Alex Marchant	Bury St Edmunds	18/09/2011	26.75
Jonathan Tomes	Great Yarmouth	20/06/2010	26.28
Oliver Bradfield	Norwich	10/05/2008	23.80
Ed Skinner	Norwich	15/05/2005	22.79
Chris Baker	Peterborough	28/09/2003	22.68
Sam Green	Bury St Edmunds	21/09/2009	21.43
Jack Halliwell	Peterborough	31/08/2009	21.34
Henry Skinner	King's Lynn	13/05/2006	20.42
Callum Brown	Sandy	30/09/2006	19.30

### **Javelin**

Oliver Bradfield	Bury St Edmunds	17/08/2008	57.55
Ed Skinner	Norwich	15/05/2005	36.13
Jonathan Tomes	King's Lynn	04/07/2010	35.59
Andrew Holmes	Great Yarmouth	09/05/1999	31.86
Marvin Iseghehi	Great Yarmouth	07/06/2009	28.43
Daniel Bainbridge	Ashford	03/09/2011	41.12
Callum Brown	Sandy	30/09/2006	27.12
Jack Halliwell	Bury St Edmunds	02/08/2009	26.08
Gavin Ringer	Norwich	10/05/1997	26.04
Harry Newenham	King's Lynn	08/08/2004	25.00

## **UNDER 15 GIRLS TOP 10 AS OF NOVEMBER 2011**

### **60m indoors**

Cleio Stephenson	Birmingham	14/02/2009	7.93
Laura McDonald	Chelmsford	01/03/2009	8.00
Ella Stephenson	Birmingham NIA	27/02/2010	8.13
Victoria Mitchell	Birmingham	14/02/2009	8.27
Victoria Williamson	Birmingham NIA	17/02/2008	8.3
Katie Vickery	Chelmsford	01/03/2009	8.5

<b>Eleanor Blunt</b>	<b>King's Lynn</b>	<b>23/01/2011</b>	<b>8.6</b>
Bethany Clarke	Kings Lynn	25/01/2009	8.8
Charlotte Griffin	King's Lynn	20/01/2008	9.3
<b>Jessica McNaughton</b>	<b>King's Lynn</b>	<b>23/01/2011</b>	<b>9.3</b>
<b>60m H indoors</b>	Lee Valley	19/01/2008	9.26
Victoria Williamson	NIA Birmingham	15/02/2009	9.31
Laura McDonald	Lee Valley	06/03/2010	10.5
Stephanie Griffin	Kings Lynn	25/01/2009	10.9
Jessica Hammlton	Lee Valley	06/03/2010	11.0
Charlotte Griffin	Lee Valley	06/03/2010	11.5
Hannah Maher	King's Lynn	20/01/2008	11.8
Mimi Barr	King's Lynn	20/01/2008	12.0
Abi Martins	Kings Lynn	25/01/2009	12.2
Katie Vickery			
<b>75m</b>	Great Yarmouth	09/04/2009	9.8
Clieo Stephenson	Great Yarmouth	09/04/2009	10.2
Victoria Mitchell	Great Yarmouth	13/04/2006	10.3
Sophie Poyner	Great Yarmouth	09/04/2009	10.3
Ella Stephenson	Great Yarmouth	07/04/2005	10.4
<b>Eleanor Blunt</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>10.4</b>
Harriet Lucas	Great Yarmouth	13/04/2006	10.6
Jenny Milligan	Great Yarmouth	13/04/2006	10.7
Chloe Smith	Great Yarmouth	13/04/2006	10.9
<b>Hannah Maher</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>11.0</b>
<b>80m</b>			
N Holmes	King's Lynn	22/03/1998	11.8
R Holmes	King's Lynn	22/03/1998	12.2
<b>100m</b>			
Clieo Stephenson	Sheffield	10/07/2009	12.21
<b>Eleanor Blunt</b>	<b>Peterborough</b>	<b>10/04/2011</b>	<b>12.4</b>
Rebecca Allen	Crystal Palace	24/05/1997	12.59
Kirsty Hollings	Haringey	30/06/2002	12.6
Harriet Lucas	Ipswich	18/06/2005	12.6
Ella Stephenson	Norwich	12/06/2010	12.6
<b>Laura Johnson</b>	<b>Gateshead</b>	<b>01/07/2011</b>	<b>12.6</b>
Maria Garavand	Norwich	11/07/1999	12.7
Victoria Mitchell	Norwich	19/04/2009	12.7
Victoria Williamson	Great Yarmouth	12/05/2007	12.8
<b>150m</b>			
Victoria Mitchell	Great Yarmouth	10/04/2008	20.2
Harriet Lucas	Great Yarmouth	07/04/2005	20.6
Sophie Poyner	Great Yarmouth	13/04/2006	20.7
<b>Megan Soanes</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>21.1</b>
Holly Cooper	Great Yarmouth	07/04/2005	21.3
Jenny Milligan	Great Yarmouth	13/04/2006	21.3
Carly Brown	Great Yarmouth	07/04/2005	21.4
H Goodall	Great Yarmouth	09/04/1998	21.4
Chloe Smith	Great Yarmouth	13/04/2006	21.4
Ellie Blunt	Great Yarmouth	15/04/2010	21.6
<b>200m</b>			
Clieo Stephenson	Bedford	09/08/2009	25.33
Harriet Lucas	Birmingham	08/07/2005	25.81
Victoria Mitchell	Norwich	31/05/2009	25.9
Kirsty Hollings	Haringey	30/06/2002	26.2
Maria Garavand	King's Lynn	16/04/2000	26.3
Rachel Stringer	Bury St Edmunds	19/09/2004	26.4
Victoria Williamson	Norwich	10/05/2008	26.7

Laura McDonald	Birmingham	17/02/2008	26.72
Laurie McMahon	Norwich	23/07/2000	26.9
Ella Stephenson	Norwich	12/06/2010	26.9

### 300m

<b>Eleanor Blunt</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>43.2</b>
Holly Cooper	Norwich	17/07/2005	43.7
Carly Brown	Woodford	26/06/2005	44.2
Victoria Williamson	Bedford	19/04/2008	44.8
Hannah Maher	Ipswich	09/05/2010	46.1
<b>Megan Wilson</b>	<b>Luton</b>	<b>17/05/2011</b>	<b>49.1</b>
<b>Alice Cheverton</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>49.9</b>
<b>Katie Stratton</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>50.5</b>

### 400m

Holly Cooper	Chelmsford	10/07/2005	61.5
Kiera Mooney	Lee Valley	01/03/2009	62.54
<b>Hannah Maher</b>	<b>Sheffield</b>	<b>17/04/2011</b>	<b>66.81</b>

### 600m

Holly Cooper	Great Yarmouth	07/04/2005	1.42.7
Carly Brown	Great Yarmouth	07/04/2005	1.43.8
Carley Rose	Great Yarmouth	10/04/2003	1.44.9
<b>Megan Soanes</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>1.45.6</b>
<b>Alice Cheverton</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>1.50.4</b>
Gilly Savage	Great Yarmouth	13/04/2006	1.50.7
Shelly Smith	Great Yarmouth	11/04/2002	1.51.0
Sadie Miller	Great Yarmouth	19/04/2007	1.52.0
Rachel Brown	Great Yarmouth	11/04/2002	1.53.6
<b>Hannah Maher</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>1.55.5</b>

### 800m

Rachel Stringer	Watford	30/05/2004	2.18.5
Kiera Mooney	Bedford	08/08/2009	2.19.58
Greta Connolly	Watford	26/05/2001	2.20.2
Barbara Parker	Birmingham	07/09/1997	2.20.4
Gilly Savage	Bury St Edmunds	17/09/2006	2.20.8
Holly Cooper	Norwich	17/07/2005	2.20.9
Kiera Mooney	Peterborough	21/06/2008	2.22.5
Claire Pring	Havering	25/06/2006	2.22.9
Carley Rose	Watford	28/08/2003	2.23.0
Iona Lake	Norwich	09/06/2007	2.23.3

### 1200m

Michelle Perkins	Norwich	10/04/1999	4.04.3
Debbie Brett	Norwich	10/04/1999	4.13.2

### 1500m

Claire Pring	Watford	07/05/2006	4.50.51
Jodie Palmer	Lincoln	20/06/1998	4.54.1
Carly Brown	Watford	29/09/2004	4.56.55
Carley Rose	Norwich	20/07/2003	4.58.3
<b>Megan Soanes</b>	<b>Watford</b>	<b>01/06/2011</b>	<b>4.58.90</b>
Nastassja Potgieter	Birmingham	05/09/2009	4.59.08
Mabel Beckett	Norwich	20/06/2009	4.59.1
Esme Salmon	Norwich	14/06/2008	5.00.2
Barbara Parker	Kingston	19/07/1997	5.00.5
Juliette Knights	Thurrock	22/07/2007	5.00.6

### 2000m

Jodie Palmer	King's Lynn	22/03/1998	7.11.4
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### 3000m

Claire Pring	Norwich	17/07/2006	10.31.0
Carly Brown	Norwich	15/07/2004	10:55.0
<b>Alice Cheverton</b>	<b>Watford</b>	<b>24/08/2011</b>	<b>10.57.44</b>
Emily Hoogkammer	Great Yarmouth	09/05/2010	11.14.1
Iona Lake	Great Yarmouth	12/05/2007	11.17.5
Holly Cooper	Norwich	18/05/2005	11.41.4
Anna Hoogkammer	Norwich	10/05/2008	12.05.7
Hazel Wilson	Norwich	10/05/2008	12.15.4
Lisa Goodrich	Norwich	10/05/2008	13.16.6

### **75m Hurdles**

Maria Garavand	Birmingham	03/09/2000	11.25
Victoria Williamson	Gateshead	11/07/2008	11.46/11.37w
Gemma Pike	Watford	26/05/2001	11.49
Laura McDonald	Ashford	24/05/2008	11.6/11.58w
Laura Green	Ashford	26/05/2007	11.73
Beccy Pike	Great Yarmouth	16/05/2004	11.9
Laura Warman	Portsmouth	29/05/2005	11.93
Hayley V Smith	Barnet	30/08/1998	12.18
S Young	Basildon	02/08/1997	12.2
A Walsh	Havering	30/06/2002	12.4
Zoe Banham	Norwich	15/05/2005	12.4
Anna Spratt	Great Yarmouth	22/06/2008	12.4
Katie Vickery	Grantham	19/06/2010	12.4

### **High Jump**

Rebecca Bell	Stoke	05/09/1999	1.67
Ellen Davies	St Ives	19/06/1999	1.61
Barbara Parker	Birmingham	07/09/1997	1.61
Becky Pike	Norwich	09/06/2004	1.58
Jade Chestney	Birmingham	09/07/2005	1.58
C Williamson	Woking	22/08/1998	1.55
Chloe Smith	Norwich	14/05/2007	1.55
<b>Eleanor Blunt</b>	<b>Peterborough</b>	<b>10/04/2011</b>	<b>1.55</b>
Emily Sherlock	Norwich	11/05/2003	1.53
Honor De Winton	Birmingham	05/09/2009	1.50

### **Triple Jump**

Laura McDonald	Ashford	24/05/2009	11.14w/10.87
Laura Green	Norwich	14/05/2007	10.17
Sasha Barnard	Cambridge	06/07/2008	9.62
Sarah Kelly	Norwich	11/05/2009	9.05
Megan Soanes	Ipswich	09/05/2010	9.01
Katie Vickery	Norwich	11/05/2009	8.81
Anna Spratt	Norwich	14/05/2007	8.62

### **Long Jump**

Honor De Winton	Sheffield	11/07/2009	5.32
Ellen Davies	Ware	06/08/2000	5.30
Rebecca Bell	Havering	10/09/2000	5.04
Katie Vickery	Norwich	13/06/2009	5.00
Barbara Parker	Kingston	19/07/1997	4.92
Victoria Williamson	Grantham	29/06/2008	4.84
Lauren Brown	Chelmsford	10/07/2005	4.83
Sadie Miller	King's Lynn	25/06/2006	4.82
Cleio Stephenson	Woodford Green	04/05/2008	4.82
Fay Roberts	Great Yarmouth	10/05/1998	4.81

### **Shot Putt**

Kayleigh Southgate	Great Yarmouth	28/07/2002	12.03
Laura McDonald	Ashford	23/05/2009	10.40
Megan Thomas	King's Lynn	18/05/2008	10.33
Fay Roberts	Great Yarmouth	09/05/1998	10.14

Stephanie Griffin	Grantham	19/06/2010	9.96
Victoria Williamson	Cambridge	06/07/2008	9.45
<b>Lucy Brice</b>	<b>Basildon</b>	<b>05/06/2011</b>	<b>9.10</b>
H Selvester	Great Yarmouth	09/05/1998	9.38
C Pavlou	Great Yarmouth	09/05/1999	8.66
L Graham	Stevenage	31/05/1998	8.61

#### Discus

Megan Thomas	Cambridge	06/07/2008	30.12
Jessica Crisp	Chelmsford	28/05/2006	28.96
H Selvester	Great Yarmouth	09/05/1998	27.31
Kayleigh Southgate	Great Yarmouth	12/05/2002	27.04
L Graham	Lincoln	20/06/1998	26.65
Lilly Evans	Birmingham	10/07/2010	28.10w 27.55
Shannon Curry	King's Lynn	18/05/2008	25.65
Stephanie Griffin	Great Yarmouth	20/06/2010	25.61
Sarah Everett	Southend	09/08/1998	24.91
Jenna Cannell	Chelmsford	28/05/2006	24.81

#### Hammer

Megan Thomas	Ashford	25/05/2008	44.38
Gemma Vickery	Sandy	26/09/2010	38.56
Jenna Cannell	Cambridge	08/07/2007	38.06
Shannon Curry	Sandy	29/09/2007	29.21

#### Javelin

Laura McDonald	Sheffield	11/07/2009	43.13
Stephanie Griffin	Cambridge	17/07/2010	31.92
Ruth Watkins	Norwich	30/07/2000	28.28
Anna Claydon	Haringey	30/06/2002	27.66
Fay Roberts	Norwich	25/05/1997	26.78
Emily Hoogkammer	Bury St Edmunds	19/09/2010	24.50
Naomi Tomes	Norwich	08/08/2010	24.24
L Harvey	Birmingham	07/09/1997	23.48
R Holmes	Bedford	12/09/1999	23.24
R Waltham	Basildon	09/07/2000	23.13

#### Pole Vault

Abi Martins	Birmingham	05/09/2009	2.65
Georgina Culling	Sandy	22/09/2008	2.30
Sasha Birrell	Peterborough	11/04/2010	2.30
Imogen Gibbs	Norwich	10/05/2008	1.80

#### Pentathlon indoor/outdoor

Barbara Parker	Derby	20/09/1997	2929
Victoria Williamson	Grantham	29/06/2008	2893
Laura McDonald	Grantham	29/06/2008	2708
Emily Sherlock	Sheffield	21/09/2003	2461
Laura Green	Lee Valley	07/01/2007	2187
Zoe Banham	Hemel Hempstead	25/09/2005	2154
Sarah Young	St Ives	28/06/1998	2138
<b>Hannah Maher</b>	<b>Lee Valley</b>	<b>27/03/2011</b>	<b>2136</b>
Stephanie griffin	Lee Valley	06/03/2010	1986
Charlotte Griffin	Lee Valley	06/03/2010	1722
Sarah Everett	Peterborough	27/09/1998	1587
Rachel Utting	Peterborough	27/09/1998	1587

### UNDER 15 BOYS TOP 10 AS OF NOVEMBER 2011

#### 100m

Ben Hamblin	Sheffield	08/07/2000	11.51
De La Rey Veenendaal	Cambridge	11/08/2007	11.6
Aaron Pitt	Bury St Edmunds	19/09/2010	11.6

James Digby	Bury St Edmunds	16/09/2001	11.7
Hugh Irving	Norwich	23/05/2004	11.7
David Smy	Ware	06/08/2000	11.9
D Rodwell	Bury St Edmunds	22/09/2002	11.9
Tejiri Ighomereho	Norwich	31/05/2009	11.9
<b>Daniel Wong</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>11.9</b>
B Pierce	Bury St Edmunds	23/05/1999	12.0
Tom Parker	Bedford	08/05/2005	12.0

#### **150m**

David Smy	Norwich	10/04/1999	19.4
Callum Brown	Norwich	10/04/2008	19.4
<b>Daniel Wong</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>19.4</b>
Ben Hamblin	Norwich	10/04/1999	19.5
M Root	Norwich	10/04/1999	20.7
Tom Crawhhaw	Great Yarmouth	13/04/2006	21.0
Alex Hanton-Rhys	Great Yarmouth	15/04/2010	21.1
R Morris	Norwich	10/04/1999	21.5
Tom Adeyemi	Great Yarmouth	07/04/2005	22.2
Stuart Smith	Norwich	10/04/1999	23.3

#### **200m**

Aaron Pitt	Chelmsford	20/06/2010	23.0
Hugh Irving	Gateshead	10/07/2004	23.9
De La Rey Veenendaal	Eltham	04/06/2007	23.9
James Digby	Ipswich	01/07/2001	24.0
Ben Hamblin	Cambridge	07/05/2000	24.1
Tom Parker	Bedford	08/05/2005	24.2
Michael Fraser	King's Lynn	24/07/2005	24.2
D Rodwell	Croydon	21/07/2002	24.3
James Senior	Haringey	04/06/2006	24.4
David Smy	Peterborough	30/04/2000	24.5

#### **400m**

Aaron Pitt	Bedford	22/08/2010	49.99
James Senior	Boston	17/06/2006	51.4
Oliver Edwards	Sheffield	11/07/1997	53.89
De La Rey Veenendaal	Norwich	23/07/2006	54.1
Michael Fraser	Chelmsford	10/07/2005	54.4
Ben Steward	Norwich	20/06/2009	55.1
Joel Taylor	Norwich	23/07/2006	55.2
Tim Cochius	Boston	17/06/2006	55.6
Scott Greeves	Watford	18/07/2010	55.7
Connor Darby	Havering	25/06/2006	55.8

#### **600m**

<b>Jamie Finch</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>1.39.5</b>
Tom Crawshaw	Great Yarmouth	13/04/2006	1.39.6
Tom Dawkins	Great Yarmouth	07/04/2005	1.44.0
Sam Gotts	Great Yarmouth	19/04/2007	1.51.5

#### **800m**

Aaron Pitt	Watford	30/08/2009	2.00.73
James Senior	Gateshead	08/07/2006	1.56.71
Callum McLaren	Gateshead	11/07/2008	2.04.06
Conor Darby	Norwich	23/07/2006	2.04.2
Rick Ward	Bury St Edmunds	07/09/2003	2.05.7
Joel Taylor	Havering	25/06/2006	2.06.2
Scott Greeves	Watford	18/07/2010	2.06.3
Josh Holland	Norwich	27/06/2004	2.07.4
Ned Lamb	Birmingham	09/07/2005	2.08.78
De La Rey Veenendaal	Grays	22/07/2007	2.09.6

**1200m**

Daniel Mann	Norwich	10/04/1999	3.53.7
Chris Thomson	Norwich	10/04/1999	3.55.3
Stuart Smith	Norwich	10/04/1999	4.04.2
Michael Naylor	Norwich	10/04/1999	4.13.6

**1500m**

James Senior	Birmingham	06/08/2006	4.09.77
Connor Darby	Gateshead	08/07/2006	4.12.51
Scott Greeves	Milton Keynes	22/05/2010	4.20.33
Josh Holland	Watford	30/05/2004	4.21.58
Connor Darby	Watford	24/08/2005	4.22.23
James Jackson	Norwich	23/07/2006	4.22.6
Tom Hook	Croydon	21/06/2009	4.23.05
Mitch Goose	Bury St Edmunds	07/09/2003	4.23.7
Callum McLaren	Norwich	12/05/2008	4.23.9
<b>Ashley Waterson</b>	<b>Ashford</b>	<b>06/08/2011</b>	<b>4.25.33</b>

**3000m**

Connor Darby	Watford	23/08/2006	9.19.60
James Senior	Norwich	17/07/2006	9.20.3
Stuart Huntington	Bury St Edmunds	07/09/2003	9.29.2
Josh Holland	Norwich	05/07/2004	9.33.8
James Senior	Norwich	17/07/2005	9.39.5
Tom Crawshaw	Norwich	17/07/2006	9.45.3
Scott Greeves	Great Yarmouth	22/07/2010	9.52.3
Matthew Dack	Croydon	30/06/2002	9.55.5
Rick Ward	Norwich	20/07/2003	9.59.8
Stuart King	Cophthall Barnet	17/05/1998	10.04.0

**80m Hurdles**

Oliver Edwards	Derby	21/09/1997	11.59
Francis Baker	Cophthall	15/05/2002	12.0
Ian Young	Huntingdon	08/08/1999	12.2
James Cox	Norwich	13/07/2003	12.2
Ross Elsby	Norwich	23/07/2006	12.2
Steven Hadley	Norwich	20/06/2009	12.2
Josh Rea	Hemel Hempstead	25/09/2005	12.23
O Ewing	Bury St Edmunds	21/09/2009	12.4
Daryl Wickham	Norwich	09/06/2001	12.5
D Anderson	Havering	10/09/2000	12.6

**100m Hurdles**

Chris Baker	Hemel Hempstead	25/09/2005	16.0
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**400m Hurdles**

James Cox	Bury St Edmunds	07/09/2003	65.5
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**High Jump**

Chris Baker	Birmingham	14/08/2005	1.87
Zeno Mhae	Sheffield	11/07/2009	1.87
Nick Bantin	Battersea	04/05/2003	1.85
Francis Baker	Great Yarmouth	12/05/2002	1.75
A Kelly	Peterborough	19/07/1998	1.70
<b>James Steel</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>1.70</b>
Oliver Edwards	Derby	20/09/1997	1.68
Tyler Berry	Bury St Edmunds	17/08/2008	1.65
Tyler Berry	Norwich	31/05/2009	1.65
Tejiri Ighomerho	Norwich	31/05/2009	1.65

**Pole Vault**

L Smith	Ipswich	21/06/1997	3.10
Chris Baker	Chelmsford	10/07/2005	3.00

Francis Baker	Walthamstow	02/06/2002	2.80
Nick Bantin	Battersea	04/05/2003	2.45
Kim Bowling	Norwich	27/06/2004	2.30
Paul Goodall	Southend	22/07/2001	2.20
R Morris	Peterborough	19/07/1998	2.10
C Westgate	Peterborough	20/07/1997	2.10

### Long Jump

Andrew Holmes	Bury St Edmunds	16/06/2001	6.04
Oliver Bradfield	Norwich	12/06/2010	6.04
David Smy	Havering	10/09/2000	5.99
M McMahon	Peterborough	20/07/1997	5.86
<b>Ross McLachlan</b>	<b>Glasgow</b>	<b>31/07/2011</b>	<b>5.82</b>
Robin Maingay	Bury St Edmunds	17/08/2008	5.70
Josh Elder	Norwich	23/07/2006	5.65
Adam Howard	Eltham	04/06/2007	5.61
Oliver Edwards	Derby	20/09/1997	5.58
Oliver Armstrong	Norwich	21/09/2003	5.58
Tyler Berry	Croydon	21/06/2009	5.58/5.61w

### Triple Jump

Josh Elder	Colchester	06/08/2006	11.90
J Meredith	Norwich	22/08/1999	11.63
Harry Ellis	Grantham	19/06/2010	11.22
Ryan Howard	Bury St Edmunds	21/09/2009	11.11
R Fuller	Norwich	14/06/1997	11.10
David Smy	King's Lynn	14/05/2000	11.09
Callum Brown	Bury St Edmunds	17/08/2008	10.95
Tyler Berry	Bury St Edmunds	21/09/2009	10.66
Will Kennard	Chelmsford	10/07/2005	10.49

### Shot putt

Danny Clayton	Bury St Edmunds	17/08/2008	13.33
Michael Painter	Bury St Edmunds	02/08/2009	12.52
J Gayson	Great Yarmouth	28/07/2003	12.37
Sam Coe	King's Lynn	08/08/2004	12.30
Richard Wetherall	Great Yarmouth	10/08/2008	11.86
Oliver Edwards	Derby	20/09/1997	11.38
Oliver Bradfield	Bury St Edmunds	02/08/2009	11.15
T Thomas	Norwich	03/08/2003	10.77
Callum Brown	Sandy	27/09/2008	10.71
C Westgate	Stevenage	31/05/1998	10.70

### Shot Putt (5kg)

Danny Clayton	Stevenage	07/09/2008	12.09
Chris Baker	Hemel Hempstead	25/09/2005	8.77

### Hammer

Michael Painter	Bury St Edmunds	02/08/2009	60.05
Danny Clayton	Norwich	14/09/2008	56.71
Sam Coe	King's Lynn	08/08/2004	55.10
Callum Brown	Peterborough	25/08/2008	51.06
Philip Barnard	Great Yarmouth	27/07/2003	40.63
Sam Green	Norwich	02/04/2010	26.81
Joel Taylor	Barking	25/06/2006	26.34
J Wickham	Walthamstow	01/06/2003	25.19
Harry Newenham	Havering	25/06/2006	24.55
James Senior	Norwich	23/04/2006	24.54

### Discus

Sam Coe	Bury St Edmunds	19/09/2004	35.40
Danny Clayton	Norwich	14/09/2008	36.63
Michael Painter	Cambridge	05/07/2009	43.22

J Lunn	Norwich	22/08/1999	33.73
J Gayson	Great Yarmouth	12/05/2002	32.02
P Clifford	Norwich	21/09/2003	31.92
Callum Brown	Norwich	14/09/2008	30.83
<b>Jack Halliwell</b>	<b>Norwich</b>	<b>22/04/2011</b>	<b>28.91</b>
Harry Newenham	Norwich	31/05/2009	28.23

#### **Discus (1.5kg)**

Danny Clayton	Stevenage	07/09/2008	30.11
Chris Baker	Hemel Hempstead	25/09/2005	24.57

#### **Javelin**

Oliver Bradfield	Norwich	12/06/2010	65.87
C Westgate	Great Yarmouth	10/05/1998	44.76
Ed Skinner	Greys	22/07/2007	44.40
J Rix	Peterborough	20/07/1997	41.38
<b>Jonathon Tomes</b>	Bury St Edmunds	17/08/2008	40.21
Callum Brown	<b>Norwich</b>	<b>11/06/2011</b>	<b>37.69</b>
Harry Newenham	Norwich	23/04/2006	37.37
Phil Barnard	Norwich	11/06/2003	37.30
Tom Bradfield	Blackpool	28/09/2008	36.31
Andrew Holmes	Great Yarmouth	05/08/2001	35.97
T Pearce	Woodford Green	21/07/2002	35.95

#### **Pentathlon**

Oliver Edwards	Derby	20/09/1997	2873
Francis Baker	Derby	21/09/2002	2541
Josh Rea	Hemel Hempstead	25/09/2005	2251
Chris Baker	Great Yarmouth	25/06/2005	2132
L Summers	St Ives	28/06/1998	2082
C Westgate	St Ives	28/06/1998	1822
Blakney Alstrachen-Green	Great Yarmouth	26/06/2005	1266

#### **Octathlon**

Chris Baker	Hemel Hempstead	25/09/2005	3264
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### **UNDER 17 WOMENS TOP 10 AS OF NOVEMBER 2011**

#### **60m indoors**

<b>Clieo Stephenson</b>	<b>Lee Valley</b>	<b>12/03/2011</b>	<b>7.68</b>
Harriet Lucas	King's Lynn	21/01/2007	7.9
<b>Ella Stephenson</b>	<b>Lee Valley</b>	<b>16/01/2011</b>	<b>8.0</b>
Victoria Williamson	Kings Lynn	25/01/2009	8.2
Laura Green	Chelmsford	01/03/2009	8.2
Laura McDonald	Lee Valley	18/01/2010	8.3
<b>Victoria Mitchell</b>	<b>Lee Valley</b>	<b>12/03/2011</b>	<b>8.10</b>
Kirsty Hollings	King's Lynn	10/02/2003	8.3
Sophie Poyner	King's Lynn	21/01/2007	8.37
Sophie Harriman	Birmingham NIA	05/03/2006	8.39

#### **60m H indoors**

Laura Green	Birmingham NIA	23/02/2007	9.15
Victoria Williamson	Lee Valley	17/01/2009	9.27
Gemma Pike	King's Lynn	10/02/2003	9.3
Laura Warman	King's Lynn	22/01/2006	9.8
Jenny Milligan	King's Lynn	21/01/2007	10.2
Mimi Denmark	King's Lynn	21/01/2007	10.3
Zoe Banham	King's Lynn	21/01/2007	10.7

#### **Triple Jump Indoor**

Laura McDonald	Lee Valley	16/01/2010	11.40
Laura Green	King's Lynn	21/01/2008	10.01

**75m**

<b>Clieo Stephenson</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>9.7</b>
<b>Ella Stephenson</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>10.0</b>
<b>Katie Vickery</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>10.4</b>
H Goodall	Great Yarmouth	06/04/2000	10.5
Harriet Lucas	Great Yarmouth	19/04/2007	10.0
Sophie Harriman	Great Yarmouth	13/04/2006	10.5
F Hope	Great Yarmouth	09/04/1998	10.8
Laurel Cooper	Great Yarmouth	13/04/2006	11.5

**80m**

H Goodall	King's Lynn	28/03/1999	11.3
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**100m**

<b>Clieo Stephenson</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>12.0</b>
Harriet Lucas	Bedford	11/06/2006	12.18/12.05W
<b>Victoria Mitchell</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>12.3</b>
Emily Parr	Basildon	02/08/1997	12.4
Kirsty Hollings	Battersea	09/05/2004	12.5
Rebecca Allen	Hertford	24/04/1999	12.6
Steph Jordan	Bury St Edmunds	08/06/2003	12.7
Sophie Harriman	Chelmsford	28/05/2006	12.7
Maria Garavand	Great Yarmouth	16/06/2002	12.8
Laura Green	Chelmsford	22/03/2008	12.8

**150m**

<b>Clieo Stephenson</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>19.0</b>
Harriet Lucas	Great Yarmouth	19/04/2007	19.8
Sophie Harriman	Great Yarmouth	13/04/2006	20.2
H Goodall	King's Lynn	28/03/1999	20.6
R Corri	Peterborough	08/03/1998	20.7
Jenny Milligan	Great Yarmouth	19/04/2008	20.8
<b>Katie Vickery</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>21.0</b>
F Hope	Great Yarmouth	09/04/1998	21.1
Carly Brown	Great Yarmouth	13/04/2006	21.1
<b>Kimberley Aspland</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>23.1</b>

**200m**

Harriet Lucas	Haringey	04/06/2006	24.7
Clieo Stephenson	Norwich	12/06/2010	25.1
Kirsty Hollings	King's Lynn	21/06/2003	25.3
Emily Parr	Basildon	02/08/1997	25.4
Maria Garavand	Bury St Edmunds	09/09/2001	25.8
Victoria Mitchell	Norwich	12/06/2010	25.8
Rebecca Scotcher	Bedford	14/06/1998	25.96
Steph Jordan	Bury St Edmunds	08/06/2003	26.2
Rachel Stringer	Bedford	08/05/2005	26.3
Hayley G Smith	Bromley	17/05/1998	26.4
L Symonds	Birmingham	07/09/1997	26.4

**300m**

Emily Parr	Waltham Forest	29/06/1997	39.9
Rebecca Scotcher	Birmingham	06/09/1998	40.05
Harriet Lucas	Great Yarmouth	12/05/2007	40.4
Maria Garavand	Bury St Edmunds	22/09/2002	41.1
Rachel Stringer	Norwich	23/07/2006	41.3
J Holdsworth	Sheffield	08/07/2000	41.69
Keira Mooney	Chelmsford	20/06/2010	42.6
L Symonds	Sheffield	15/06/1998	42.79
Jenny Milligan	Norwich	09/06/2007	42.9
Laura Gilbert	Bromley	20/05/2001	43.2

**400m**

Rebecca Scotcher	Norwich	30/05/1998	56.3
Rachel Stringer	Bedford	22/07/2006	57.5
Maria Garavand	Bury St Edmunds	09/09/2001	57.7
Kiera Mooney	Woodford Green	27/06/2010	59.13
Laura Gilbert	Norwich	13/08/2000	60.0
H Magrath	Bromley	07/06/1997	60.1
Barbara Parker	St Ives	13/06/1999	60.8
Shelley Smith	Eton	20/06/2004	61.0
J Holdsworth	Barnet	30/07/2000	61.7
Greta Connolly	Walthamstow	18/08/2002	62.1
Carley Rose	Sutton	23/05/2004	62.1

### **600m**

Barbara Parker	King's Lynn	22/03/1998	1.41.5
Carly Brown	Great Yarmouth	13/04/2006	1.42.9
Gilly Savage	Great Yarmouth	19/04/2007	1.42.9
Abbie Beales	Great Yarmouth	19/04/2008	1.43.3
Holly Cooper	Great Yarmouth	13/04/2006	1.43.5
Shelley Smith	Great Yarmouth	08/04/2004	1.47.5
Rachel Brown	Great Yarmouth	10/04/2003	1.48.0

### **800m**

Rachel Stringer	Gateshead	08/07/2006	2.09.98
Barbara Parker	Bury St Edmunds	10/07/1999	2.11.8
Rebecca Scotcher	Basildon	28/06/1998	2.13.8
Iona Lake	Watford	26/08/2009	2.13.93
<b>Kiera Mooney</b>	<b>Bromley</b>	<b>08/05/2011</b>	<b>2.15.8</b>
Laura Gilbert	Exeter	06/07/2001	2.16.0
Helen South	Crystal Palace	02/07/2000	2.16.7
Debbie Brett	Nottingham	12/07/2002	2.16.8
Shelley Smith	Bromley	23/05/2004	2.17.3
Carley Rose	Crystal Palace	06/08/2005	2.18.23

### **1500m**

Rosie Betts	Watford	10/06/2006	4.41.17
Iona Lake	Manchester	30/05/2009	4.37.79
Carley Rose	Watford	24/08/2005	4.41.99
Claire Pring	Ashford	27/05/2007	4.42.83
Emily Clarke	Bromley	10/07/2004	4.43.3
Ruth Senior	Watford	05/07/2004	4.43.4
Barbara Parker	Norwich	19/07/1998	4.44.9
<b>Nastassja Potgieter</b>	<b>Watford</b>	<b>01/06/2011</b>	<b>4.45.44</b>
Debbie Brett	Eton	23/06/2002	4.49.8
Danielle Nimmock	Bury St Edmunds	17/09/2006	4.50.2

### **3000m**

Claire Pring	Birmingham	14/07/2007	10.03.53
Rosie Betts	Watford	28/06/2006	10.05.99
Ruth Senior	Gateshead	10/07/2004	10.19.3
Ruth Proctor	Sheffield	08/07/2000	10.25.9
Carley Rose	Norwich	18/05/2005	10.27.1
Danielle Nimmock	Birmingham	06/08/2006	10.29.79
Amy Dungar	Bromley	07/06/1997	10.44.0
Laura Gilbert	Newport	16/07/2000	10.45.8
<b>Hannah Wright</b>	<b>Chelmsford</b>	<b>29/05/2011</b>	<b>10.50.25</b>
Nastassja Potgieter	Watford	14/07/2010	10.51.28

### **80m Hurdles**

Hayley G Smith	Haringey	24/05/1998	11.34
Maria Garavand	Haringey	30/06/2002	11.6
Gemma Pike	Battersea	04/05/2003	11.9
Laura Green	Bromley	18/05/2008	12.0
R Corri	Norwich	30/05/1998	12.2

Liz Barnes	Walthamstow	01/06/2003	12.3
Becky Pike	Ipswich	18/06/2005	12.3
Victoria Williamson	Ashford	24/05/2009	12.46
Rebecca Groves	Norwich	11/07/1999	12.5
Laura Warman	Thurrock	22/07/2007	12.5

#### **100m Hurdles**

Maria Garavand	Norwich	24/08/2002	14.5
Gemma Pike	Walthamstow	18/08/2002	16.3
Ellen Davies	Bury St Edmunds	09/09/2001	16.7
Emma Smith	Norwich	24/08/2002	17.5
Rebecca Groves	Barnet	30/07/2000	18.0
Becky Pike	Tamworth	07/05/2006	18.1
Rebecca Bell	Guildford	29/07/2001	18.4
Amy Hams	Haringey	25/07/2004	18.4
Hayley V Smith	Birmingham	10/09/2000	18.58
Sally Ash	Bromley	07/06/1997	18.8
Liz Barnes	Harrow	27/07/2003	18.8

#### **300m Hurdles**

Miaria Garavand	Nottingham	12/07/2002	43.15
Rebecca Scotcher	Birmingham	06/09/1998	44.73
Victoria Williamson	Ashford	24/05/2009	45.85
Emma Smith	Watford	25/05/2002	46.27
Gemma Pike	King's Lynn	21/06/2003	46.7
Laura Warman	Norwich	09/06/2007	46.7
Becky Pike	Birmingham	09/07/2005	46.8
Jenny Milligan	Lee Valley	01/06/2008	46.9
H Magrath	Sheffield	11/07/1997	46.92
R Groves	Norwich	11/07/1999	47.2

#### **400m Hurdles**

Maria Garavand	Derby	08/09/2002	62.44
H Magrath	Bromley	07/06/1997	66.9
Emma Smith	Walthamstow	18/08/2002	68.0
Barbara Parker	Norwich	25/07/1999	70.0
Laura Warman	Norwich	09/06/2007	70.4
R Groves	Birmingham	10/09/2000	70.54
Becky Pike	Tamworth	07/05/2006	71.4
Amy Hams	Bromley	23/05/2004	71.6
<b>Anna Spratt</b>	<b>Woodford Green</b>	<b>27/06/2010</b>	<b>72.55</b>
Emily Sherlock	Stevenage	05/09/2005	72.7

#### **High Jump**

Rebecca Bell	Guildford	29/07/2001	1.73
Celia Dupont	King's Lynn	21/06/2003	1.65
Chloe Smith	King's Lynn	09/05/2009	1.62
Holly Slater	Norwich	13/06/2009	1.60
<b>Catherine Oliver</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>1.60</b>
Emily Sherlock	Norwich	04/07/2004	1.59
Chloe Crisp	Bury St Edmunds	20/07/2008	1.58
Becky Pike	Basildon	31/07/2005	1.56
R Amies	St Albans	22/08/1999	1.55
Ellen Davies	Norwich	29/04/2001	1.55
Barbara Parker	Great Yarmouth	09/05/1998	1.55
Rebecca Scotcher	Peterborough	27/09/1998	1.55
M Steel	Norwich	14/06/1997	1.55

#### **Pole Vault**

<b>Sasha Birrell</b>	<b>Bromley</b>	<b>08/05/2011</b>	<b>2.90</b>
Abi Martins	Watford	18/07/2010	2.75
Georgina Lake	Thurrock	22/07/2007	2.60
Georgina Culling	Bromley	17/05/2009	2.30

Freya Bell	Norwich	14/06/2008	2.20
Greta Connolly	Harrow	27/07/2003	2.00
A Aggett	Norwich	26/03/1997	1.80
Polly Francis	Hillingdon	29/04/2001	1.80
F Roberts	Eton	12/09/1999	1.70
Rebecca Scotcher	Woking	22/08/1998	1.40

#### Long Jump

Emily Parr	Birmingham	07/09/1997	5.47
Ellen Davies	Norwich	02/06/2002	5.46
Rebecca Bell	Guildford	29/07/2001	5.37
Rebecca Allen	Norwich	25/07/1999	5.27
Julie Chandler	Guildford	29/07/2001	5.20
Honor De Winton	Corby	12/06/2010	5.19
Steph Jordan	Copthall	22/06/2003	5.11
Barbara Parker	Birmingham	06/09/1998	5.07
Sophie Harriman	King's Lynn	13/05/2006	5.01
Rebecca Scotcher	Norwich	25/03/1998	4.98

#### Triple Jump

Ellen Davies	Copthall Barnet	28/04/2002	10.88
Laura McDonald	Norwich	12/06/2010	10.82
Sally Ash	Birmingham	16/08/1997	10.85
Julie Chandler	Guildford	29/07/2001	10.85
Rebecca Scotcher	Peterborough	31/08/1998	10.74
Steph Jordan	Norwich	11/06/2003	10.54
Lauren Brown	Norwich	10/06/2006	10.51
Rebecca Allen	St Albans	22/08/1999	10.34
Laura Green	Ashford	27/05/2007	10.09
Sophie Poyner	Norwich	22/06/2008	9.98
<b>Victoria Mitchell</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>9.92</b>

#### Shot Putt

Sophie Mckinna (2nd claim)	Singapore SIN	22/08/2010	15.14
Kayleigh Southgate	Milton Keynes	06/06/2004	11.49
Isabelle Howard	Crystal Palace	24/05/1997	10.30
Megan Thomas	Norwich	26/06/2010	9.53
Laura McDonald	Cambridge	14/03/2010	9.49
<b>Stephanie Griffin</b>	<b>King's Lynn</b>	<b>15/05/2011</b>	<b>9.35</b>
R Forrest	Norwich	09/06/2001	9.34
<b>Lilly Evans</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>9.24</b>
F Roberts	Eton	12/09/1999	8.97
T Woodley	Norwich	13/05/2001	8.84
Steph Burt	Norwich	19/04/2009	8.84

#### Hammer

Jenna Cannell	Peterborough	31/08/2009	44.89
Megan Thomas	Norwich	31/05/2009	39.52
<b>Gemma Vickery</b>	<b>Peterborough</b>	<b>29/08/2011</b>	<b>39.09</b>
Jessica Crisp	Norwich	16/06/2007	29.93
Sophie Mckinna (2nd claim)	Copthall	18/04/2010	27.22
Kayleigh Southgate	Derby	08/09/2002	21.49
R Forrest	Ealing	26/06/1999	19.87
Laura Seaman	Kingston	19/07/1997	19.44
Victoria Williamson	Bromley	19/07/2009	18.26
Sally Ash	Bedford	24/06/2001	17.78

#### Discus

T Woodley	Sheffield	05/08/2001	33.57
Laura Seaman	Stoke	05/09/1999	33.04
Megan Thomas	Eton	14/06/2009	32.93
Kayleigh Southgate	Norwich	11/06/2003	30.70
Steph Burt	Norwich	27/07/2008	30.18

Jenna Cannell	Norwich	03/08/2008	29.50
Isabelle Howard	Norwich	10/05/1997	29.26
<b>Gemma Thrower</b>	<b>Cambridge</b>	<b>04/09/2011</b>	<b>28.82</b>
<b>Lilly Evans</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>28.57</b>
Jenna Cannell	Peterborough	05/04/2009	27.95

#### Javelin

Laura McDonald	Copthall	07/08/2010	47.52
Steph Burt	Norwich	13/06/2009	40.20
<b>Gemma Thrower</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>36.75</b>
Ruth Watkins	Bedford	24/06/2001	30.94
Laura Seaman	Chelmsford	19/09/1999	30.51
Barbara Parker	Eton	12/09/1999	30.09
Franny Mansfield	Norwich	11/06/2006	29.39
Anna Claydon	Norwich	03/08/2003	29.04
R Lee-Smith	Lincoln	20/06/1998	28.87
Jenna Cannell	Bromley	17/05/2009	27.06

#### Pentathlon

Rebecca Scotcher	Peterborough	27/09/1998	2928
E Fitt	Peterborough	27/09/1998	2201
Zoe Banham	Peterborough	24/09/2006	2176

#### Heptathlon

Barbara Parker		??/??/??	4154
Honor De Winton	Chelmsford	26/06/2010	3813
H Magrath	Bedford	28/06/1997	3391

### UNDER 17 MEN TOP 10 as of November 2011

#### 100m

Tom Roe	Great Yarmouth	09/05/1998	11.0
Ben Hamblin	Great Yarmouth	12/05/2002	11.0
James Digby	Walthamstow	01/06/2003	11.1
De La Rey Veenendaal	Bedford	31/05/2009	11.27
Andrew Holmes	Bury St Edmunds	08/06/2003	11.3
Jon Brown	Norwich	20/06/2009	11.3
<b>Tejiri Ighomereho</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>11.3</b>
Daniel Everett	Walthamstow	18/05/1997	11.4
J Ryan	Norwich	01/06/1997	11.5
D Smy	Ipswich	12/08/2001	11.5
D Coman	Bury St Edmunds	19/09/2004	11.5
Michael Fraser	Peterborough	27/08/2007	11.5
James McLachlan	Norwich	27/07/2008	11.5

#### 200m

Ben Hamblin	Nottingham	12/07/2002	22.13
James Digby	Sheffield	11/07/2003	22.21
Tom Roe	Copthall Barnet	17/05/1998	22.7
De La Rey Veenendaal	King's Lynn	01/08/2009	22.7
Michael Fraser	Notrwich	09/06/2007	22.8
Jon Brown	Walton	06/06/2009	23.0
J Ryan	Norwich	14/06/1997	23.4
Andrew Holmes	Norwich	13/07/2003	23.4
A Patterson	Norwich	25/06/2000	23.5
S Parker	Copthall	25/04/2004	23.5

#### 400m

Tom Roe	Peterborough	26/07/1998	49.5
Michael Fraser	Basildon	27/05/2007	50.2
De La Rey Veenendaal	Bromley	27/07/2009	50.6
James Senior	Norwich	16/06/2007	51.0
Rick Ward	Cambridge	18/09/2005	51.7

Joel Taylor	Barking	24/06/2007	52.0
<b>Alex Lubbock</b>	<b>Bury St Edmunds</b>	<b>18/08/2011</b>	<b>52.4</b>
Paul Goodall	Barnet	14/09/2003	52.6
Francis Baker	Bedford	25/07/2004	52.83
Tom Francis	Bromley	27/07/2009	53.2

### **800m**

James Senior	Watford	17/05/2008	1.54.72
Joel Taylor	Watford	01/06/2008	1.54.72
Rick Ward	Birmingham	14/08/2005	1.55.77
Martainn Ramsey	Chelmsford	11/09/2010	1.58.62
<b>Tom Hook</b>	<b>Watford</b>	<b>10/08/2011</b>	<b>1.58.97</b>
Josh Holland	Enfield	04/06/2006	1.59.4
Mitch Goose	Enfield	19/06/2005	1.59.5
James Jackson	Ipswich	27/04/2008	2.01.8
Daryl Martin	Birmingham	23/04/2006	2.02.2
Connor Darby	Bromley	28/05/2008	2.02.4

### **1500m**

<b>Tom Hook</b>	<b>Bedford</b>	<b>21/08/2011</b>	<b>3.53.79</b>
Rick Ward	Birmingham	09/07/2005	4.01.07
Mitch Goose	Watford	24/08/2005	4.02.10
Josh Holland	Chelmsford	28/05/2006	4.03.63
Joel Taylor	Watford	18/06/2008	4.03.65
James Senior	Watford	18/06/2008	4.04.25
Connor Darby	Bury St Edmunds	13/05/2007	4.06.6
Tom Crawshaw	Norwich	12/05/2008	4.08.6
Stuart Huntington	Norwich	15/05/2005	4.09.3
Matthew Dack	Blackheath	23/05/2004	4.10.7

### **3000m**

Mitch Goose	Watford	30/05/2005	8.56.15
James Jackson	Peterborough	21/06/2008	8.59.7
Tom Crawshaw	Colchester	29/07/2007	9.00.4
L Pointer	Ipswich	21/06/1997	9.12.2
Daniel Mann	Crawley	22/03/2002	9.16.4
Josh Holland	Norwich	18/05/2005	9.16.8
James Senior	Norwich	10/05/2008	9.17.2
Matthew Dack	Norwich	11/06/2003	9.18.8
Craig Hopkins	Norwich	15/07/2004	9.20.4
Connor Darby	Bedford	29/04/2007	9.22.0

### **5000m**

Mitch Goose	Abingdon	10/09/2005	15.36.1
Louis Hubbard	Stoke	18/08/2001	16:30.7
Tom Crawshaw	Guilford	02/08/2008	17.04.06

### **100m Hurdles**

C Roberts	Norwich	01/06/1997	13.5
Francis Baker	Bedford	25/07/2004	13.55
R Fuller	Bury St Edmunds	10/07/1999	14.09
O Edwards	St Ives	28/06/1998	14.2
<b>Steven Hadley</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>14.2</b>
Ross Elsby	Peterborough	27/08/2007	14.3
I Young	Exeter	06/07/2001	14.41
J Cox	Bedford	08/05/2005	14.5
Chris Baker	Norwich	19/08/2007	14.6
Josh Rea	Bury St Edmunds	02/09/2007	14.6

### **110m Hurdles**

Francis Baker	Eton	20/06/2004	15.4
R Fuller	Norwich	25/07/1999	16.2
<b>Steven Hadley</b>	<b>Chelmsford</b>	<b>29/05/2011</b>	<b>17.78</b>

D Wickham	Barnet	26/07/1999	17.9
James Senior	Barking	01/07/2007	20.0
J Cox	Baasildon	24/07/2005	23.2
Daniel Mann	Barnet	27/07/1999	23.4

#### **400m Hurdles**

James Senior	Norwich	12/05/2008	56.7
Daryl Martin	Birmingham	06/08/2006	57.5
Francis Baker	Great Yarmouth	16/05/2004	58.2
Josh Rea	Bury St Edmunds	02/09/2007	58.5
O Edwards	Lincoln	20/06/1998	58.8
Daniel Everett	Bedford	27/04/1997	59.21
A Howarth	Ipswich	21/06/1997	59.6
R Fuller	Enfield	27/06/1999	60.0
I Young	Ipswich	01/07/2001	61.0
D Wickham	Norwich	20/07/2003	62.6

#### **1500m Steeplechase**

James Senior	Gateshead	11/07/2008	4.25.18
Martyn Bath	Birmingham	10/07/2005	4.28.61
Matthew Dack	Birmingham	15/08/2004	4.33.02
Steven Cannell	Birmingham	15/08/2004	4.35.61
Josh Rea	Sheffield	11/08/2007	4.37.34
Sam Cheverton	Peterborough	21/06/2008	4.38.1
Ben Stratton	Norwich	31/05/2009	4.39.6
Daniel Mann	Nottingham	12/07/2002	4.42.30
Rick Ward	Norwich	17/07/2005	4.45.7
J Fooks-Bale	Great Yarmouth	09/05/1999	4.49.1

#### **2000m Steeplechase**

James Senior	Copthall	07/09/2008	6.20.7
James Jackson	Copthall	07/09/2008	6.26.2
Ben Stratton	Bromley	17/07/2009	6.27.4
Steve Cannell	Stevenage	22/06/2003	6.33.5
Martyn Bath	Basildon	24/07/2005	6.35.7
Sam Cheverton	Ipswich	27/04/2008	6.55.5
Tom Francis	Norwich	27/07/2008	6.56.4
LouisHubbard	Barnet	16/09/2001	6.58.6
Damien Rogers	Welwyn	29/06/2008	7.04.5
Scott Hawes	Enfield	19/06/2005	7.11.6

#### **3000m Steeplechase**

James Jackson	Guilford	02/08/2008	10.10.4
Martyn Bath	Abingdon	10/09/2005	10.15.3
Craig Dungar	St Ives	05/09/1999	11.06.5

#### **High Jump**

Chris Baker	Copthall	02/09/2007	2.05
FrancisS Baker	Sheffield	11/07/2003	1.93
<b>Zino Mario Ghae</b>	<b>Norwich</b>	<b>18/06/2011</b>	<b>1.90</b>
Tom Roe	Bedford	27/07/1997	1.85
N Bantin	Norwich	27/06/2004	1.81
A Kelly	Norwich	18/07/1999	1.80
D Rodwell	Norwich	13/07/2003	1.80
J King	Norwich	10/05/1997	1.76
Josh Rea	Norwich	23/07/2006	1.75
Adam Howard	Woodford	04/05/2008	1.75
James McLachlan	Norwich	27/07/2008	1.75
Ryan Howard	King's Lynn	04/07/2010	1.75

#### **Pole Vault**

Scott Hawes	Birmingham	06/08/2006	3.90
Francis Baker	Bromley	01/08/2004	3.81

L Smith	St Ives	19/06/1999	3.80
<b>Oliver Brice</b>	<b>Walthamstow</b>	<b>19/06/2011</b>	<b>3.70</b>
Chris Baker	Sandy	03/09/2006	3.60
R Morris	Ipswich	20/06/2000	3.40
Ed Skinner	Cophthall	07/09/2008	3.20
B Rea	Grantham	22/06/2002	2.85
Kim Bowling	Norwich	17/07/2005	2.80
Paul Goodall	Bury	07/09/2003	2.70
N Bantin	Norwich	27/06/2004	2.70

#### Long Jump

Andrew Holmes	Sheffield	11/07/2003	6.76
Tom Roe	Cambridge	11/08/1998	6.70
M McMahon	Norwich	20/06/1999	6.41
M Griffin	King's Lynn	24/05/1998	6.40
Adam Howard	King's Lynn	09/05/2009	6.37
<b>Steven Hadley</b>	<b>Bromley</b>	<b>08/05/2011</b>	<b>6.37</b>
C Boyle-Smith	Barnet	16/09/2001	6.26
N Kelly	Bury	07/09/2003	6.26
Francis Baker	Bedford	25/07/2004	6.24
James McLachlan	Peterborough	20/04/2008	6.19

#### Triple Jump

James McLachlan	Dumfermline	02/08/2008	14.08
Andrew Holmes	Havering	29/06/2003	13.19
<b>Steven Hadley</b>	<b>Chelmsford</b>	<b>29/05/2011</b>	<b>12.91</b>
Paul Goodall	Barnet	14/09/2003	12.59
Adam Howard	Norwich	31/05/2009	12.52
C Roberts	Norwich	10/05/1997	12.27
M Griffin	Bebington (Wirral)	04/07/1998	12.09
O Edwards	Harrow	07/06/1998	12.08
Tejiri Ighomereho	Chelmsford	11/09/2010	11.99
I Young	Southend	22/07/2001	11.96

#### Shot Putt

<b>Michael Painter</b>	<b>Cambridge</b>	<b>28/05/2011</b>	<b>14.78</b>
Danny Clayton	Grantham	19/06/2010	13.86
R Smith	Norwich	09/06/2001	12.63
Sam Coe	Norwich	23/07/2006	12.07
Ed Skinner	Corby	28/06/2009	12.01
N Smith	Ipswich	20/08/2000	11.96
D Dye	King's Lynn	11/07/1999	11.87
T Lansdale	Norwich	04/07/2004	11.72
J Gayson	Norwich	27/04/2003	11.57
Francis Baker	Norwich	03/08/2003	11.18
Ross Elsby	Norwich	14/06/2008	11.18

#### Hammer

<b>Michael Painter</b>	<b>Trabzon TUR</b>	<b>28/07/2011</b>	<b>70.85</b>
Callum Brown	Norwich	29/09/2010	66.18
Sam Coe	Birmingham	06/08/2006	64.81
Danny Clayton	Norwich	02/04/2010	55.36
O Moore	Peterborough	19/07/1998	38.27
L Evans	Great Yarmouth	25/07/2004	38.11
P Barnard	Luton	18/04/2004	37.18
Joel Taylor	Bromley	18/05/2008	26.78
R Townsend	Bury St Edmunds	22/09/2002	26.66
J Gayson	Norwich	13/07/2003	25.88

#### Discus

<b>Michael Painter</b>	<b>Cambridge</b>	<b>28/05/2011</b>	<b>51.51</b>
Danny Clayton	Norwich	08/08/2010	42.40
R Smith	Basildon	20/05/2001	41.60

D Dye	King's Lynn	11/07/1999	38.99
Callum Brown	Norwich	12/06/2010	38.41
D Batterbee	Sutcliffe Park	29/06/1997	38.04
Sam Coe	King's Lynn	13/05/2006	37.84
Ed Skinner	Bromley	19/07/2009	35.55
Chris Baker	Eaton	23/09/2006	32.92
Scott Hawes	Stoke	19/08/2006	32.49

### Javelin

<b>Oliver Bradfield</b>	<b>Norwich</b>	<b>18/06/2011</b>	<b>54.23</b>
Harry Newenham	Peterborough	25/08/2008	49.49
C Westgate	St Ives	19/06/1999	49.10
P Barnard	Cambridge	18/09/2005	48.95
J King	Bedford	27/07/1997	46.36
Ed Skinner	Birmingham	05/09/2009	48.02
Alex Jewkes	Havering	25/06/2006	45.69
N Smith	Eton	04/06/2000	45.59
<b>James Kent</b>	<b>Norwich</b>	<b>11/06/2011</b>	<b>43.50</b>
Tom Bradfield	Norwich	19/04/2009	42.17

### Pentathlon

Daryl Martin	Peterborough	24/09/2006	1922
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### Octathlon

Francis Baker	Bedford	25/07/2004	4787
Ed Skinner	Bedford	19/20/09/09	4667
Chris Baker	Milton Keynes	29/09/2007	4387
O Edwards	St Ives	28/06/1998	4275
Josh Rea	Eaton	23/09/2006	3762
Daryl Wickham	Watford	28/09/2003	3281
Scott Hawes	Hemel Hempstead	25/09/2005	2831

### Decathlon

Francis Baker	Birmingham	08/08/2004	5315
Scott Hawes	Stoke	19/08/2006	4557

## UNDER 20 WOMENS TOP 10 as of November 2011

### 60m

Laura Eagling	Birmingham	?/ ?/00	8.09i
H Goodall	King's Lynn	11/02/2001	8.3i
Liz Barnes	Birmingham	29/01/2005	8.45i
Sopie Harriman	Birmingham	25/02/2007	8.45i
<b>Holly Durbridge</b>	<b>Helsinki FIN</b>	<b>19/03/2011</b>	<b>9.00</b>

### 75m

H Goodall	Great Yarmouth	29/03/2001	9.9
Steph Jordan	Great Yarmouth	07/04/2005	10.5
<b>Holly Durbridge</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>11.1</b>

### 100m

Emily Parr	Basingstoke	25/04/1998	12.2
L Wells	Croydon	21/07/2002	12.5
L Symonds	Great Yarmouth	09/05/1999	12.7
Rebecca Allen	Bury St Edmunds	09/09/2001	12.9
H Goodall	Sheffield	29/04/2001	12.9
Kirsty Hollings	Norwich	17/04/2005	12.9
L Eagling	King's Lynn	14/05/2000	13.0
Lyndsey Yellop	Norwich	25/05/1997	13.0
<b>Sophie Poyner</b>	<b>Great Yarmouth</b>	<b>05/05/2011</b>	<b>13.0</b>
H G Smith	Basildon	06/06/1999	13.1

### 150m

H Goodall	Great Yarmouth	29/03/2001	20.0
Steph Jordan	Great Yarmouth	07/04/2005	20.5
<b>Holly Durbridge</b>	<b>Great Yarmouth</b>	<b>21/04/2011</b>	<b>22.5</b>
H Mubaba	Great Yarmouth	07/04/2005	23.7

### **200m**

L Wells	Eton	23/06/2002	25.9
Claire Everett	Norwich	25/05/1997	26.3
Jemma Thake	Copthall	22/06/2003	26.3
Kirsty Hollings	Norwich	15/05/2005	26.3
Emily Parr	Great Yarmouth	10/05/1998	26.4
L Symonds	Ealing	26/06/1999	26.5
Laura Eagling	King's Lynn	14/05/2000	26.7
Laurie McMahon	Ashford	01/08/2004	26.7
J Holdsworth	Hillingdon	29/04/2001	26.8
Rachel Stringer	Norwich	16/06/2007	27.0

### **400m**

Emily Parr	Bedford	30/05/1998	55.32
Rachel Stringer	Norwich	27/07/2008	56.3
Claire Everett	Norwich	10/05/1997	58.6
Jemma Thake	Copthall	22/06/2003	58.6
Barbara Parker	Guildford	29/07/2001	58.8
Maria Garavand	Norwich	27/07/2003	59.8
L Symonds	Eton	17/07/1999	60.5
Helen South	Coventry	05/08/2001	61.0
Lyndsey Yellop	Norwich	25/05/1997	61.0
Holly Cooper	Hendon	30/08/2009	61.0

### **600m**

Rachel Brown	Great Yarmouth	07/04/2005	1.46.6
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### **800m**

Rachel Stringer	Watford	30/07/2008	2.05.31
Barbara Parker	Watford	25/07/2001	2.10.0
Iona Lake	Norwich	27/07/2010	2.12.4
Helen South	Norwich	13/05/2001	2.14.3
Sam Jacks	Watford	29/07/2009	2.14.72
Emily Clarke	Watford	30/05/2005	2.15.19
C Hall	Norwich	14/06/1997	2.15.5
Ruth Proctor	Walthamstow	18/08/2002	2.16.2
Ruth Senior	King's Lynn	25/06/2006	2.17.7
Amy Dungar	Norwich	13/05/2001	2.17.9
Charleen Glen	Ipswich	21/06/1997	2.19.7

### **1500m**

Ruth Senior	Watford	23/08/2006	4.28.96
Rachel Stringer	Watford	29/07/2009	4.30.99
Dani Nimmock	Watford	26/08/2009	4.33.47
Ruth Proctor	Wakefield	07/07/2002	4.33.6
Iona Lake	Watford	28/07/2010	4.34.15
Emily Clarke	Gateshead	08/07/2006	4.35.04
Helen South	Exeter	06/07/2001	4.39.5
Barbara Parker	Coventry	05/08/2001	4.40.4
Amy Dungar	Hillingdon	29/04/2001	4.44.3
Claire Pring	Bromley	27/07/2009	4.52.1

### **3000m**

Ruth Proctor	Loughborough	08/06/2003	9.37.4
Ruth Senior	Crystal Palace	28/07/2006	9.32.72
Dani Nimmock	Crystal Palace	25/07/2009	9.49.57
Holly Rowland	Oedt, GER	13/06/2007	10.03.69
Iona Lake	Watford	05/05/2010	10.15.93

Olivia Walwyn	Eton	23/06/2002	10.23.4
Emily Clarke	Watford	06/04/2005	10.28.62
Kelly Rushton	St Albans	22/08/1999	10.58.9
Amy Dungar	Watford	12/08/2001	10.59.4
Lucy Hyam	Norwich	27/07/2008	11.12.3

### **5000m**

Ruth Proctor	Eton	14/06/2003	16.47.9
Ruth Senior	Norwich	17/07/2006	17.39.7
Dani Nimmock	Bedford	02/05/2009	17.45.82
Olivia Walwyn	Liverpool	06/07/2003	18.05.05
Kelly Rushton	Norwich	12/05/1999	20.51.4
Naomi Quinnell	Norwich	11/05/2003	21.40.7

### **300m Hurdles**

Lyndsey Yellop	Norwich	17/05/1997	44.8
C Hall	Norwich	26/03/1997	45.2

### **100m Hurdles**

Hayley G Smith	Ipswich	23/05/1999	14.7
Catherine Holdsworth	Ware	19/06/2005	14.8
Maria Garavand	Liverpool	06/07/2003	15.5
Claire Everett	Norwich	17/05/1997	15.7
Liz Barnes	Eton	20/06/2004	16.2
K Marsh	Ipswich	23/05/1999	16.3
Lyndsey Yellop	Norwich	27/07/1997	16.4
Laura Green	Copthall	18/04/2010	17.01
Jenny Milligan	Bury St Edmunds	19/09/2010	17.3
Rebecca Pike	Eton	14/06/2009	17.41

### **400m Hurdles**

C Hall	Bad Homberg (Germany)	07/06/1997	60.83
Maria Garavand	Sheffield	11/07/2003	61.88
Rebecca Pike	Lee Valley	16/08/2009	63.90
H Magrath	Lincoln	20/06/1998	64.2
Lyndsey Yellop	Ipswich	21/06/1997	66.0
Emma Smith	Harrow	27/07/2003	66.8
Laura Green	Copthall	18/04/2010	67.53
Laura Warman	Stevenage	05/05/2008	68.4
Emily Clarke	Sutton	06/08/2006	68.56
Jenny Milligan	Copthall	24/05/2009	69.4

### **1500S/C**

<b>Iona Lake</b>	<b>Eton</b>	<b>01/05/2011</b>	<b>5.10.31</b>
Caitlin Bell	Copthall	18/04/2010	7.55.34

### **2000S/C**

Ruth Senior	Bedford	29/05/2006	6.51.69
Dani Nimmock	Copthall	02/09/2007	6.58.77
Emily Clarke	Abingdon	04/09/2005	7.23.73

### **3000S/C**

Ruth Senior	Beijing (China)	15/08/2006	10.12.50
Dani Nimmock	Crystal Palace	25/08/2007	11.09.76

### **High Jump**

Claire Everett	Barnet Copthall	24/08/1997	1.65
C Head	Great Yarmouth	09/05/1998	1.55
Barbara Parker	Newport	16/07/2000	1.55
Emma Smith	Harrow	22/06/2003	1.55
Chloe Smith	King's Lynn	31/01/2010	1.55
Laura Green	Norwich	08/08/2010	1.55
<b>Laura Green</b>	<b>Basildon</b>	<b>10/07/2011</b>	<b>1.55</b>

Ellen Davies	Harrow	27/04/2003	1.50
K Marsh	St Ives	28/06/1998	1.41
E Fitt	Peterborough	27/09/1998	1.40
E Graves	Corby	29/06/1997	1.40
S Bourgh	Eton	20/06/2004	1.40

#### **Pole Vault**

E Beckingsale	Norwich	14/06/1997	2.85
Amy Seaman	Copthall	22/06/2003	2.50
Georgina Lake	Norwich	13/06/2009	2.50
C Head	Bath	05/07/1998	2.30
Charleen Glen	Woking	22/08/1998	2.00
Barbara Parker	Ashford	07/05/2000	1.90
Polly Francis	Eton	23/06/2002	1.90

#### **Long Jump**

Catherine Holdsworth	Ware	19/06/2005	5.96
Claire Everett	Norwich	17/05/1997	5.41
Laura Green	Watford	04/05/2010	5.40
Emily Parr	Croydon	07/06/1998	5.39
Ellen Davies	Tidworth	18/05/2003	5.38
C Head	Great Yarmouth	10/05/1998	5.28
Rebecca Allen	Chelmsford	01/07/2001	5.20
Rebecca Fisher	Norwich	27/07/1997	5.18
E Graves	Norwich	10/05/1997	4.98
S Brough	Bromley	23/05/2004	4.97

#### **Triple Jump**

<b>Laura Green</b>	<b>Norwich</b>	<b>26/06/2011</b>	<b>11.57</b>
Sally Ash	St Albans	22/08/1999	11.34
Claire Everett	Derby	09/08/1997	10.99
Ellen Davies	Norwich	11/05/2003	10.95
E Graves	Norwich	17/05/1997	10.82
Rebecca Allen	Guildford	29/07/2001	10.81
Julie Chandler	Copthall	28/04/2002	10.66
Charleen Glen	Barnet	30/08/1998	10.59
Leah Maguire	Sutton	06/08/2006	10.35
Liz Barnes	Chelmsford	10/07/2005	10.32
Steph Jordan	Ashford	18/05/2005	10.32

#### **Shot Putt**

A-L Howard	Norwich	17/05/1997	12.36
Claire Everett	Sheffield (Don Valley)	11/07/1997	11.82
C Head	Lincoln	20/06/1998	10.70
Kayleigh Southgate	Tipton	11/06/2006	10.97
Isabelle Howard	Great Yarmouth	09/05/1998	9.86
S Brough	Eton	23/05/2004	9.82
K Franklin	Ipswich	21/06/1997	9.10
Laura Seaman	Copthall	28/04/2002	9.00
Amy Seaman	Norwich	22/04/2001	8.99
<b>Steph Burt</b>	<b>Norwich</b>	<b>09/07/2011</b>	<b>8.76</b>

#### **Hammer**

Jenna Cannell	Woodford Green	27/06/2010	46.32
Megan Boon	Bedford	29/04/2007	43.83
A-L Howard	Cambridge	10/08/1997	39.26
Ellie Jackson	Norwich	16/06/2007	35.41
Amy Seaman	Norwich	11/05/2003	32.72
<b>Megan Thomas</b>	<b>Great Yarmouth</b>	<b>08/05/2011</b>	<b>32.71</b>
Laura Seaman	Walthamstow	18/08/2002	29.89
Jenny Higgins	Norwich	02/04/2010	23.14
Sally Ash	Eton	12/09/1999	21.84
C Head	Ashford	22/06/1998	20.31

**Discus**

K Franklin	Barnet Cophthall	24/08/1997	36.94
Laura Seaman	Eton	23/06/2002	36.12
<b>Megan Thomas</b>	<b>Bury St Edmunds</b>	<b>12/02/2011</b>	<b>30.31</b>
Isabelle Howard	Lincoln	20/06/1998	29.26
Jenna Cannell	Norwich	25/07/2010	29.14
C Head	Norwich	30/05/1998	29.03
<b>Steph Burt</b>	<b>Cambridge</b>	<b>28/05/2011</b>	<b>26.34</b>
A-L Howard	Cambridge	10/08/1997	24.12
Sally Ash	Ipswich	23/05/1999	23.93
Ellie Jackson	Norwich	06/06/2007	22.38

**Javelin**

<b>Steph Burt</b>	<b>Bedford</b>	<b>25/06/2011</b>	<b>44.63</b>
C Head	Great Yarmouth	10/05/1998	44.38
Laura Seaman	Great Yarmouth	12/05/2002	33.01
Ruth Watkins	Cophthall	25/04/2004	31.26
Barbara Parker	King's Lynn	16/04/2000	29.66
Claire Everett	Basingstoke	25/04/1998	29.65
L Cooke	Norwich	09/06/2001	28.36
K Marsh	Hull	20/09/1998	27.72
Anna Marie Denmark	Bury St Edmunds	17/09/2006	26.24
Ellie Jackson	Bedford	29/04/2007	25.72

**Pentathlon**

E Fitt	Peterborough	27/09/1998	2201
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**Heptathlon**

Claire Everett	Enfield	02-03/08/97	4630
K Marsh	Hull	19-20/09/98	3386
Charleen Glen	Hull	19-20/09/98	3215
E Fitt	Hull	19-20/09/98	3028
H Magrath	Hull	19-20/09/98	2952

**UNDER 20 MENS TOP 10 as of November 2011****100m**

Ben Watkins	Ipswich	21/06/1997	10.8
James Digby	Norwich	08/05/2004	10.9
Tom Roe	Liverpool	05/05/2001	11.0
Daniel Yellop	Norwich	25/05/1997	11.1
Michael Fraser	Walton	13/06/2009	11.1
Ben Hamblin	Bury St Edmunds	08/06/2003	11.2
James McLachlan	Norwich	19/04/2009	11.2
Jon Brown	Cambridge	17/07/2010	11.11w/11.2
D Jonas	Enfield	31/05/1997	11.3
C Roberts	Great Yarmouth	09/05/1998	11.3
Andrew Holmes	Ipswich	04/04/2004	11.3
De La Rey Veenendall	Norwich	08/08/2010	11.3

**200m**

Ben Watkins	Sheffield	07/06/1997	22.0
James Digby	Norwich	08/05/2004	22.0
Ben Hamblin	King's Lynn	21/06/2003	22.3
<b>Richard Taylor (2nd claim)</b>	<b>Basildon</b>	<b>10/07/2011</b>	<b>22.35</b>
Michael Fraser	Dagenham	25/05/2008	22.5
Jon Brown	Peterborough	30/08/2010	22.62w/22.65
A Weekse	Norwich	25/07/1999	22.7
<b>James McLachlan</b>	<b>Houston TX USA</b>	<b>26/03/2011</b>	<b>22.74</b>
Daniel Everett	Great Yarmouth	09/05/1999	22.9
Daniel Yellop	Norwich	14/06/1997	22.9

**300m**

Michael Fraser	Gt Yarmouth	10/04/2008	36.6
Adam Szuch	Gt Yarmouth	15/04/2010	43.0

**400m**

Michael Fraser	Malta	26/04/2009	49.1
Tom Roe	St Ives	13/06/1999	49.6
Paul Goodall	Birmingham	10/07/2005	49.45
Ben Hamblin	Eton	20/06/2004	50.0
A Thornton	Cophthall	02/05/2004	50.2
Daniel Everett	Peterborough	20/06/1999	51.3
Rick Ward	Norwich	10/05/2008	50.3
James Senior	Hendon	24/05/2009	50.59
Ben Watkins	Cambridge	10/08/1997	51.5
Francis Baker	Southampton	17/09/2005	51.52

**600m**

Daniel Beier	Crawley	22/03/2002	1.27.4
J O' Neill	King's Lynn	22/03/1998	1.30.3

**800m**

Rick Ward	Watford	14/06/2008	1.48.06
James Senior	Street	04/05/2009	1.51.94
Mitch Goose	Solihull	28/06/2008	1.52.5
Carl Goose	Derby	05/06/2004	1.57.4
<b>Martainn Ramsey</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>1.57.7</b>
James O'Neill	Lincoln	20/06/1998	1.57.9
Ashley Harrell	Norwich	10/05/2008	1.58.1
James Jackson	Bromley	26/07/2009	1.59.9
John Dungar	Norwich	17/05/1997	2.00.4
Paul Goodall	Watford	24/08/2005	2.00.98

**1000m**

Daniel Beier	Crawley	22/03/2002	2.45.7
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**1500m**

Mitch Goose	Watford	14/06/2008	3.46.28
Rick Ward	Manchester	19/07/2008	3.54.4
James Senior	Twickenham	03/06/2009	3.56.78
Ashley Harrell	Manchester	31/05/2008	3.57.7
James Jackson	Watford	15/07/2009	3.58.58
Daniel Beier	Eton	14/06/2003	4.04.4
Steven Cannell	Watford	24/08/2005	4.04.85
Jordan Ali	Watford	30/06/2010	4.06.69
Craig Hopkins	Watford	02/05/2007	4.10.54
Ben Stratton (2nd claim)	Watford	08/09/2010	4.11.70

**1 Mile**

Mitch Goose	Peterborough	13/08/2008	4.09.4
Steven Cannell	Crystal Palace	06/08/2005	4.30.98

**2000m**

James O'Neill	King's Lynn	22/03/1998	6.13.0
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**3000m**

Mitch Goose	Crystal Palace	27/07/2008	8.25.44
<b>Jordan Ali</b>	<b>Watford</b>	<b>18/05/2011</b>	<b>8.38.25</b>
Ashley Harrell	Watford	30/05/2007	8.41.65
Rick Ward	Crystal Palace	03/08/2007	8.43.71
James Senior	Watford	05/05/2010	8.43.98
Stuart Huntington	Watford	11/07/2007	8.44.20
Louis Hubbard	Norwich	11/08/2002	8.55.8
James Jackson	Eton	14/06/2009	8.56.03

Craig Hopkins	Watford	30/05/2005	8.57.21
Sam Cheverton	Bury St Edmunds	02/08/2009	8.58.4
Ben Whitworth	Exeter	06/07/2001	8.58.4

#### **5000m**

Mitch Goose	Loughborough	18/05/2008	14.43.97
Louis Hubbard	Norwich	30/08/2003	15.30.6
Craig Hopkins	Bedford	23/06/2007	15.36.88
Ben Whitworth	Liverpool	05/05/2001	15.49.2
<b>Jordan Ali</b>	<b>Manchester</b>	<b>28/05/2011</b>	<b>15.51.66</b>
Luke Allen	Crystal Palace	15/06/2008	15.54.03
Ashley Harrell	Guilford	02/08/2008	16.00.0
James O'Neill	Norwich	13/05/1998	16.01.0
James Jackson	Abingdon	20/09/2009	16.01.67
Luke Wale	Crystal Palace	17/06/2007	16.18.57

#### **10000m**

Ben Whitworth	Bedford	20/05/2001	33.43.7
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#### **110m Hurdles**

C Roberts	Norwich	25/07/1999	14.5
Francis Baker	Southampton	17/09/2005	14.59
Daniel Everett	St Albans	22/08/1999	15.5
R Fuller	Abingdon	10/09/2000	16.2
I Babb	Welwyn	29/07/2001	16.6
Ben Frosdick	Barking	01/07/2007	16.6
Chris Marshall	Norwich	15/05/2010	16.6
Daryl Martin	Ipswich	27/04/2008	16.8
D Wickham	Enfield	19/06/2005	17.2
James Senior	Hendon	30/08/2009	17.8

#### **110 Hurdles 3'6"**

Fancis Baker	Cambridge	04/09/2005	14.9
Ben Frosdick	Peterborough	27/08/2007	17.2
Daryl Martin	Bury St Edmunds	02/09/2007	17.6
Ed Skinner	Lee Valley	26/06/2010	17.9

#### **400m Hurdles**

Daniel Everett	St Albans	22/08/1999	55.9
Joe Collins	Peterborough	03/05/1997	57.0
M Dunkeld	Copthall	25/04/2004	57.1
James Senior	Hendon	30/08/2009	57.2
D Howarth	Ipswich	21/06/1997	57.5
Daryl Martin	Norwich	27/07/2008	57.6
Chris Marshall	Hendon	28/08/2010	57.64
Paul Goodall	Abingdon	10/09/2005	59.4
R Fuller	Cardiff	08/07/2000	61.2
K Black	Norwich	17/05/1997	61.8

#### **2000m Steeplechase**

Joe Collins	Derby	09/08/1997	5.53.5
James Senior	Bromley	27/07/2009	5.53.8
Ashley Harrell	Basildon	27/05/2007	6.01.2
Louis Hubbard	Norwich	11/06/2003	6.07.9
Steven Cannell	Birmingham	10/07/2005	6.08.21
G Watts	Enfield	22/05/2005	6.24.1
S Baldwin	Norwich	25/07/1999	6.25.7
Ben Stratton (2nd Claim)	Copthall	18/04/2010	6.29.72
Martyn Bath	Bedford	29/04/2007	6.35.7
Stuart Roger	Stretford	17/08/1999	6.37.8

#### **3000m Steeplechase**

Ashley Harrell	Norwich	19/04/2009	8.55.6
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Jon Dungar	Corby	29/06/1997	10.22.0
Craig Dungar	Peterborough	07/07/2001	10.23.1
Stuart Roger	Swindon	04/07/1998	10.38.0
Joe Collins	Bedford	05/07/1997	9.14.0
<b>James Senior</b>	<b>Bedford</b>	<b>25/06/2011</b>	<b>9.37.03</b>
Steven Cannell	Bedford	31/07/2005	9.37.57
Louis Hubbard	Rugby	31/08/2002	9.38.1
Matthew Dack	Enfield	19/06/2005	9.52.7
James Jackson	Eton	11/07/2009	9.57.9

#### High Jump

H Butt	King's Lynn	11/06/2003	1.98
L Foster (2nd claim)	Enfield	22/05/2005	1.90
Francis Baker	Woodford	26/06/2005	1.89
S Bishop	Peterborough	03/05/1997	1.85
I Babb	Norwich	12/08/2001	1.80
A Townley	Peterborough	29/04/2001	1.80
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	1.80
Adam Howard	Bexley	10/07/2010	1.75
Josh Rea	Norwich	16/05/2009	1.70
Ed Skinner	Norwich	15/05/2010	1.70

#### Pole Vault

J Palmer	Peterborough	03/05/1997	4.00
Francis Baker	Ipswich	21/08/2005	4.00
Ed Skinner	Norwich	25/07/2010	3.95
L Smith	Great Yarmouth	12/05/2002	3.60
Scott Hawes	Ipswich	05/05/2007	3.40
R Morris	Norwich	12/08/2001	2.80
Paul Goodall	Copthall	25/04/2004	2.75
Bradley Rea	Ilford	27/04/2003	2.65
J Head	Peterborough	26/07/1998	2.60
K Black	Bedford	28/06/1997	2.50

#### Long Jump

<b>James McLachlan</b>	<b>Indianapolis IN USA</b>	<b>08/05/2011</b>	<b>7.63</b>
Tom Roe	Liverpool	05/05/2001	7.19
Francis Baker	Cambridge	05/09/2005	6.84
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	6.78
M Griffin	Norwich	25/07/1999	6.40
Daniel Yellop	Enfield	31/05/1997	6.35
Adam Howard	Norwich	25/07/2010	6.21
M McMahon	Southend	03/06/2000	6.17
Ed Skinner	Woodford Green	27/06/2010	6.17
Daniel Everett	Abingdon	10/09/2000	5.93
M Turner	Norwich	10/05/1997	5.93

#### Triple Jump

James McLachlan	Sheffield	11/07/2009	15.26
Tom Roe	Corby	11/06/2000	13.34
M Turner	Norwich	10/05/1997	12.75
Paul Goodall	Copthall	25/04/2004	12.69
Adam Howard	Bexley	10/07/2010	12.46
Chris Marshall	Hendon	24/05/2009	12.36
A Townley	Welwyn	29/07/2001	12.35
Andrew Holmes	Norwich	04/07/2004	12.28
J Lansdell	Braintree	21/06/1998	12.25
Daniel Yellop	Enfield	31/05/1997	12.16

#### Shot Putt

J Hunt	Exeter	10/07/1998	13.92
N Smith	Ware	17/08/2003	12.20
<b>Danny Clayton</b>	<b>Norwich</b>	<b>22/04/2011</b>	<b>11.98</b>

Sam Coe	Colchester	29/07/2007	11.85
T Lansdale	Enfield	22/05/2005	11.59
D Dye	Norwich	17/06/2001	11.15
Francis Baker	Hemel Hempstead	25/09/2005	11.07
G Buffham	Norwich	13/05/2001	11.04
<b>Callum Brown</b>	<b>Chelmsford</b>	<b>29/05/2011</b>	<b>10.94</b>
M Wilson	Norwich	25/05/1997	10.73

#### Hammer

<b>Callum Brown</b>	<b>Norwich</b>	<b>18/06/2011</b>	<b>64.00</b>
Sam Coe	Gateshead	02/05/2007	60.22
S McKeivitt	Enfield	22/05/2005	49.10
G Buffham	Braintree	13/08/2000	44.83
O Moore	Peterborough	29/04/2001	38.93
L Evans	Basildon	24/07/2005	33.60
S Lemmon	Norwich	21/09/1997	32.66
Scott Hawes	Colchester	29/07/2007	30.10
S Gibbs	Norwich	12/06/1999	27.16
D Dye	Abingdon	10/09/2000	25.16

#### Discus

D Dye	Norwich	17/06/2001	39.40
<b>Callum Brown</b>	<b>Chelmsford</b>	<b>29/05/2011</b>	<b>37.65</b>
J Hunt	Lincoln	20/06/1998	36.20
Sam Coe	Great Yarmouth	12/05/2007	35.50
Jahmal Mills (2nd Claim)	Hendon	24/05/2009	33.92
Ed Skinner	Woodford Green	26/06/2010	33.28
S Gibbs	St Albans	22/08/1999	31.83
Francis Baker	Peterborough	29/08/2005	31.58
O Moore	Telford	31/07/1999	29.41
S Lemmon	Norwich	21/09/1997	28.78

#### Javelin

J Wray	Bebington (Wirral)	04/07/1998	54.62
<b>Harry Newenham</b>	<b>Loughborough</b>	<b>08/06/2011</b>	<b>53.78</b>
Ed Skinner	Woodford Green	27/06/2010	49.82
N Smith	Ware	17/08/2003	46.80
Alex Jewkes	Norwich	12/05/2007	46.01
K Black	Norwich	14/06/1997	44.74
A Sandle	Derby	05/06/2004	44.05
Perry Francis	Cambridge	07/06/2008	43.07
<b>Callum Brown</b>	<b>Norwich</b>	<b>22/04/2011</b>	<b>42.54</b>
Francis Baker	Southampton	17/09/2005	41.64

#### Decathlon

Francis Baker	Southampton	17/09/2009	6547
K Black	Bedford	28/06/1997	4444

### SENIOR WOMENS TOP 10 as of November 2011

#### 100m

Emily Symonds	Stoke	06/08/2000	12.2
Lyndsey Yellop	Chelmsford	01/07/2001	12.8
Melanie Brown	Great Yarmouth	28/07/2002	12.9
Rebecca Fisher	Great Yarmouth	09/05/1999	13.1
Becky Allen	Copthall	21/07/2002	13.1
V Dodd	Norwich	30/05/1998	13.2
Jemma Thake	Rugby	31/07/2005	13.3
Jane Horner	Norwich	25/05/1997	13.4
Claire Everett	Great Yarmouth	12/05/2002	13.4
A Wright	Corby	29/06/1997	13.5

#### 200m

Emily Symonds	Rugby	22/07/2000	25.1
Melanie Brown	Wakefield	07/07/2002	25.56
Roz Gonse	Tidworth	18/05/2003	26.0
Lyndsey Yellop	King's Lynn	08/08/2004	26.1
Jemma Thake	Copthall	05/06/2005	26.4
Sarah Knights	Woking	22/08/1998	26.6
<b>Caitlin Bell</b>	<b>Ashford</b>	<b>30/04/2011</b>	<b>26.8</b>
Claire Everett	Stoke	29/07/2000	27.41
Rebecca Fisher	Eton	17/07/1999	27.5
<b>Miriam Arbach</b>	<b>Norwich</b>	<b>09/07/2011</b>	<b>27.5</b>

#### **400m**

Emily Symonds	Rugby	03/06/2001	55.5
Melanie Brown	Wakefield	07/07/2002	56.16
Rachel Stringer	Birmingham	24/02/2010	56.88
Sarah Knights	Newport	16/08/1998	57.8
Claire Everett	Rugby	31/07/2005	57.9
Cecily Hall	Great Yarmouth	09/05/1998	58.3
Rebecca Buller	Grimsby	11/07/1999	58.4
Jemma Thake	Copthall	05/06/2005	58.6
Jane Horner	Cambridge	10/08/1997	60.0
Barbara Parker	Norwich	04/07/2004	60.5

#### **800m**

Sarah Knights	Loughborough	20/05/2001	2.06.2
Rachel Stringer	Loughborough	23/05/2010	2.07.15
<b>Barbara Parker</b>	<b>Tallahassee FL USA</b>	<b>07/05/2011</b>	<b>2.07.18</b>
Rebecca Buller	Solihull	05/09/1998	2.07.6
Jane Horner	Watford	16/07/1997	2.13.2
Sue Cripsey	Great Yarmouth	12/05/2002	2.13.2
Claire Everett	Manchester	18/06/2005	2.14.8
Nicola Wasteny	Watford	11/08/1999	2.15.8
Nicky Gooderham	Birmingham NIA	17/02/2008	2.17.5
Cecily Hall	London	??/??/2000	2.17.9

#### **1500m**

Barbara Parker	Tallahassee USA	10/05/2008	4.12.17
Sarah Knights	Watford	30/08/2000	4.26.7
Sue Cripsey	Noirt France	11/08/2002	4.26.8
Ruth Senior	Walnut USA	16/04/2010	4.26.24
Rebecca Buller	Cambridge	01/08/1998	4.30.6
Catherine Bryson	Newport	04/07/2004	4.30.6
Ruth Proctor	Newport	04/07/2004	4.31.5
Rachel Stringer	Loughborough	09/06/2010	4.34.01
Jane Horner	Bedford	31/05/1999	4.37.5
Nicky Googerham	Watford	17/05/2008	4.39.63

#### **1 Mile**

<b>Barbara Parker</b>	<b>Nashville FL USA</b>	<b>07/05/2011</b>	<b>4.30.51</b>
<b>Ruth Senior</b>	<b>Albuquerque NM USA</b>	<b>15/01/2011</b>	<b>4.54.66</b>

#### **3000m**

Barbara Parker	Boston	06/02/2010	8.52.90
Holly Rowland	Leverkusen GER	31/07/2009	9.26.66
Ruth Senior	Watford	17/06/2009	9.29.28
Ruth Proctor	Sheffield	27/02/2005	9.41.64
Olivia Walwyn	Trafford	28/04/2009	9.52.50
Dani Nimmock	Watford	28/07/2010	9.58.70
Jane Horner	Corby	11/06/2000	10.08.6
Amy Dungar	Liverpool	26/06/2005	10.18.3
Rebecca Buller	Woking	22/08/1998	10.29.1
<b>Nicky Alford</b>	<b>Norwich</b>	<b>30/07/2011</b>	<b>10.41.9</b>

**5000m**

Barbara Parker	Stanford CA USA	01/05/2010	15.39.76
<b>Ruth Senior</b>	<b>Palo Alto USA</b>	<b>01/05/2011</b>	<b>15.48.29</b>
Holly Rowland	Birmingham	27/06/2010	16.34.58
Ruth Proctor	Gateshead	01/05/2004	16.46.3
Olivia Walwyn	Bedford	03/07/2005	17.44.23
Jane Horner	Norwich	12/05/1999	18.07.9
Amy Dungar	Newport	04/07/2004	18.30.5
Claire Everett	Newport	04/07/2004	19.21.4
Cecily Hall	Wakefield	07/07/2002	19.35.4
Emily Collins	Norwich	13/05/1998	19.40.4

**10000m**

<b>Ruth Senior</b>	<b>Eugene OR USA</b>	<b>26/05/2011</b>	<b>33.33.23</b>
Holly Rowland	Birlin GER	31/07/2010	34.59.0
Olivia Walwyn	Gateshead	01/05/2004	37.02.8
Emily Collins	Bedford	03/05/1999	40.24.3

**100m Hurdles**

Roz Gonse	Bedford	03/05/2003	14.49
C Hall	Woking	22/08/1998	15.0
A Wright	Basildon	02/08/1997	15.3
Claire Everett	Luton	18/06/2000	15.6
Lyndsey Yellop	Liverpool	06/08/2003	15.8
Rebecca Fisher	Huntingdon	08/08/1999	16.7
<b>Becky Pike</b>	<b>Norwich</b>	<b>26/06/2010</b>	<b>18.1</b>
Amy Seaman	Great Yarmouth	16/05/2004	18.5
Sally Ash	Ashford	07/05/2000	19.2
Emily Collins	Guildford	22/05/1999	19.6

**400m Hurdles**

C Hall	Bedford	25/05/1998	61.81
Barbara Parker	Ashford	01/08/2004	63.9
Lyndsey Yellop	Bedford	20/05/2001	65.3
<b>Becky Pike</b>	<b>Norwich</b>	<b>26/06/2010</b>	<b>68.6</b>
Jane Horner	Basildon	05/09/1998	72.6
Emily Collins	Havering	18/07/1999	73.4
H Carrick	Ashford	22/06/1998	82.0

**2000m Steeplechase**

Barbara Parker	Bedford	28/06/2003	6.36.5
Ruth Senior	Bedford	02/05/2009	6.49.68
Cecily Hall	Gateshead	25/08/2000	7.31.7
Emily Collins	Bath	02/05/1998	8.27.8

**3000m Steeplechase**

Barbara Parker	Eugene USA	03/07/2010	9.35.17
Ruth Senior	Stanford USA	01/05/2010	10.09.14

**Pole Vault**

Joanne Hughes	Eton	04/08/2002	2.90
E Beckinsale	Corby	11/06/2000	2.70
C Head	Stoke	06/08/2000	2.70
Amy Seaman	Ashford	01/08/2004	2.60
<b>Georgina Lake</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>2.60</b>
K Austin	Bedford	14/06/1998	2.30
Sally Ash	Liverpool	08/07/2001	1.90
Emily Collins	Coventry	05/08/2001	1.70

**High Jump**

Claire Everett	Newport	04/07/2004	1.65
C Head	Basildon	06/06/1999	1.55
Barbara Parker	Newport	03/08/2003	1.55

C Potter	King's Lynn	14/05/2000	1.45
Lorraine Brown	Norwich	13/05/2001	1.40
<b>Miriam Arbach</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>1.45</b>
E Collins	Norwich	01/08/1999	1.40
Becky Pike	Norwich	26/06/2010	1.40
A Wright	Basildon	02/08/1997	1.35
Lyndsey Yellop	Guildford	22/05/1999	1.30

#### Long Jump

Roz Gonse	Tidworth	18/05/2003	5.50
Claire Everett	Stoke	30/07/2000	5.23
Rebecca Fisher	Eton	17/07/1999	5.17
Melanie Brown	Coventry	05/08/2001	5.13
Rebecca Allen	Norwich	11/08/2002	5.13
Julie Chandler	Norwich	17/04/2005	4.92
Sally Ash	Norwich	13/05/2001	4.84
Lorraine Brown	Chelmsford	01/07/2001	4.67
Barbara Parker	Newport	03/08/2003	4.65
Cecily Hall	Woking	22/08/1998	4.44

#### Triple Jump

Sally Ash	Bedford	20/05/2001	11.19
Becky Allen	Norwich	11/08/2002	11.04
Claire Everett	Coventry	05/08/2001	10.36
Julie Chandler	Norwich	15/05/2005	10.34
<b>Georgina Lake</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>9.78</b>
Amy Seaman	Liverpool	26/06/2005	8.82
H Carrick	Ashford	22/06/1998	8.10
Emily Collins	Hertford	24/04/1999	8.01

#### Shot Putt

Claire Everett	Eton	04/08/2002	12.66
Lorraine Henry	Corby	11/06/2000	12.14
A-L Howard	Basingstoke	25/04/1998	11.69
E Roberts	Eton	17/07/1999	10.50
Laura Seaman	Norwich	11/05/2003	9.24
Olivia Birkett	Chelmsford	10/07/2005	8.18
V Dodd	Harrow	18/07/1998	7.88
P-H Hiew	Ealing	26/06/1999	7.45
Sally Ash	Liverpool	06/07/2003	7.28
D Howell	Luton	18/06/2000	6.55

#### Hammer

Lorraine Henry	Norwich	22/08/1999	36.56
Olivia Birkett	Newport	04/07/2004	36.55
Laura Seaman	Great Yarmouth	16/05/2004	33.92
A-L Howard	Basingstoke	25/04/1998	28.84
Sally Ash	Ashford	07/05/2000	23.52
<b>Jenny Higgins</b>	<b>Norwich</b>	<b>22/04/2011</b>	<b>21.75</b>
P-H Hiew	Guildford	22/05/1999	20.55
Emily Collins	Woking	22/08/1998	12.62

#### Discus

Lorraine Henry	Grimsby	11/07/1999	40.64
Olivia Birkett	Norwich	17/04/2005	39.10
Laura Seaman	Great Yarmouth	16/05/2004	35.06
P-H Hiew	Grimsby	11/07/1999	27.32
A-L Howard	Basingstoke	25/04/1998	25.89
R Hedley	Rugby	03/06/2001	25.39
E Roberts	Norwich	28/04/2002	24.01
Sally Ash	liverpool	26/06/2005	22.92
Claire Everett	Luton	14/07/2002	21.64
C Head	Great Yarmouth	09/05/1999	17.68

**Javelin**

C Head	Great Yarmouth	??/??/2000	43.76
E Roberts	Havering	18/07/1999	38.07
Laura Seaman	Norwich	13/07/2003	33.94
Lorraine Henry	Kingston	19/07/1997	29.72
Barbara Parker	Wakefield	07/07/2002	27.41
Claire Everett	Norwich	24/08/2002	27.39
V Dodd	Norwich	30/05/1998	25.42
Ruth Siggee	Norwich	11/05/2009	24.39
Olivia Birkett	Norwich	17/04/2005	20.45
Amy Seaman	Rugby	31/07/2005	18.77

**Heptathlon**

Claire Everett	Stoke	29-30/07/00	4501
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**SENIOR MENS TOP 10 as of November 2011****100m**

Mark Woodhouse	Loughborough	26/04/1997	10.6
Ben Watkins	Great Yarmouth	09/05/1999	10.7
David Bandele	Sheffield	16/05/1998	10.9
James Shipp	Norwich	02/05/1998	11.0
A McCulloch	Norwich	23/05/2004	11.0
C Roberts	Cardiff	02/06/2001	11.1
Nick Budden	Blackpool	04/08/2002	11.1
Daniel Yellop	Ipswich	12/08/2001	11.3
Tom Pegg	Great Yarmouth	22/06/2008	11.3
A Thornton	Norwich	17/05/2008	11.3

**150m**

Ben Watkins	Peterborough	08/03/1998	16.7
G Ingram	King's Lynn	22/03/1998	17.8

**200m**

Kirk Ulyatt	Bedford	27/07/1997	21.04
M Woodhouse	Antrim	06/05/1997	21.1
David Bandele	Havering	08/08/1998	21.6
Nick Budden	Loughborough	21/05/1997	21.7
Ben Watkins	Watford	21/06/1998	21.75
James Shipp	Norwich	02/05/1998	22.1
P Lloyd-Jones	Cardiff	02/06/2001	22.5
P Goodall	Perivale	27/06/2009	22.5
Daniel Yellop	Stoke	18/08/2001	22.8
A McCulloch	Abingdon	31/07/2004	22.8

**300m**

Ben Watkins	Peterborough	01/04/2001	36.5
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**400m**

Kirk Ulyatt	Birmingham	12/07/1997	46.78
Nick Budden	Birmingham	12/08/2000	46.81
Paul Goodall	Derby	22/08/2009	48.01
P Lloyd-Jones	Stoke	18/08/2001	48.6
James Shipp	Peterborough	03/05/1997	49.3
Rick Ward	Chelmsford	10/07/2010	49.39
David Bandele	Bebington (Wirral)	04/07/1998	49.5
De Wayne-Smith	Chelmsford	06/07/2002	49.7
M Fearon	Norwich	15/05/1999	50.4
Tom Love	Watford	20/06/2009	50.46

**800m**

<b>Rick Ward</b>	<b>Watford</b>	<b>11/06/2011</b>	<b>1.49.5</b>
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<b>Tom Love</b>	<b>Stretford</b>	<b>23/07/2011</b>	<b>1.50.07</b>
<b>Paul Goodall</b>	<b>Watford</b>	<b>11/06/2011</b>	<b>1.50.49</b>
Nik Davy	Watford	11/08/1999	1.51.9
Carl Goose	Crystal Palace	17/06/2007	1.51.94
Ryan Saunders	Birmingham	20/08/2011	1.52.02
Guy Amos	Peterborough	07/07/2001	1.53.4
Jon Quint	Sheffield	16/05/1998	1.53.4
Andrew Kett	Watford	23/06/1999	1.53.5
Tommy Carroll	Bedford	19/06/2010	1.53.61

#### **1500m**

Mitch Goose	Solihull	18/07/2009	3.44.4
<b>Tommy Carroll</b>	<b>Cork IRE</b>	<b>02/07/2011</b>	<b>3.47.5</b>
Ashley Harrell	Watford	30/06/2010	3.49.82
Guy Amos	Watford	30/08/2000	3.50.6
Nik Davy	Havering	08/08/1998	3.52.7
<b>Ryan Saunders</b>	<b>Watford</b>	<b>29/06/2011</b>	<b>3.53.98</b>
Stuart Huntington	Watford	29/07/2009	3.55.21
<b>Carl Goose</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>3.55.4</b>
<b>Nick Earl</b>	<b>Watford</b>	<b>27/07/2011</b>	<b>3.57.03</b>
Bryce Gibson	Watford	05/08/1998	3.57.1

#### **Mile**

Kevin Murphy	Bedford	27/05/2001	4.23.0
Tommy Salmon	Great Yarmouth	07/08/2005	4.32.1
Bryce Gibson	Great Yarmouth	03/08/1997	4.33.0
James O'Neill	Great Yarmouth	25/07/2004	4.33.8
Paul Woodyatt	Great Yarmouth	05/08/2001	4.57.5
Wayne Utting	Great Yarmouth	15/04/2010	5.03.0

#### **3000m**

<b>Mitch Goose</b>	<b>Boston MA USA</b>	<b>29/01/2011</b>	<b>8.10.79</b>
Guy Amos	Norwich	22/04/2001	8.24.1
Ashley Harrell	Twickenham	03/06/2009	8.27.89
<b>Stuart Huntington</b>	<b>Watford</b>	<b>01/06/2011</b>	<b>8.29.66</b>
<b>Ryan Saunders</b>	<b>Watford</b>	<b>27/07/2011</b>	<b>8.30.41</b>
<b>Nick Earl</b>	<b>Watford</b>	<b>07/09/2011</b>	<b>8.31.26</b>
Tommy Carroll	Twickenham	03/06/2009	8.32.94
Tommy Salmon	Watford	07/09/2005	8.42.02
Ian Murray	Watford	24/07/2002	8.49.6
Luke Allen	Watford	14/07/2010	8.49.95

#### **5000m**

Guy Amos	Solihull	23/06/2001	13.56.4
Mitch Goose	Manchester	29/05/2010	14.02.99
Ashley Harrell	Solihull	10/07/2010	14.27.33
Stephen Huntington	Stretford	27/06/2009	14.41.36
Tommy Salmon	Blackpool	04/08/2002	15.11.5
<b>Nick Earl</b>	<b>Luton</b>	<b>20/08/2011</b>	<b>15.16.0</b>
Steve Neill	Bedford	30/05/2004	15.19.0
James O'Neill	Norwich	18/05/2005	15.25.5
Ben Whitworth	Chelmsford	06/07/2002	15.31.9
Nigel Arnold	Peterborough	03/05/1997	15.33.7

#### **10000m**

Carl Goose	Bedford	03/05/2010	32.05.25
Luke Allen	Bedford	03/05/2010	32.49.49
Richard Sales	Enfield	19/07/1998	33.43.5
Paul Woodyatt	Rugby	10/06/2001	35.02.6

#### **110m Hurdles**

C Roberts	Peterborough	07/07/2001	14.7
Daniel Everett	Copthall	21/07/2002	15.0

Nigel Taylor	Rugby	22/07/2000	15.5
G Ingram	Enfield	11/07/1999	16.0
Daryl Martin	Norwich	13/06/2009	17.0
Denis Costello	Enfield	16/08/1997	17.3
J Cox	Norwich	17/05/2008	17.3
Mike Walden	Sheffield	07/06/1997	17.4
N Jones	Norwich	04/07/2004	17.4
<b>Chris Marshall</b>	<b>Stevenage</b>	<b>30/07/2011</b>	<b>17.6</b>

#### **60m Hurdles**

Nigel Taylor	Birmingham	29/01/2000	8.69i
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#### **300m Hurdles**

G Ingram	King's Lynn	22/03/1998	40.3
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#### **400m Hurdles**

Daniel Everett	Birmingham	19/06/2007	55.24
G Ingram	St Ives	13/06/1999	55.8
James Shipp	Peterborough	03/05/1997	56.7
Daryl Martin	Peterborough	31/08/2009	57.0
<b>Chris Marshall</b>	<b>Norwich</b>	<b>09/07/2011</b>	<b>57.4</b>
Joe Collins	Bebington (Wirral)	04/07/1998	58.1
Mike Walden	Norwich	10/05/1997	59.8
Steven Cannell	Guilford	02/08/2008	61.0
Iain Robertson	Norwich	15/05/1999	62.1
Paul Goodall	Ilford	12/07/2008	62.7

#### **3000m Steeplechase**

Ashley Harrell	Abingdon	20/09/2009	9.08.10
Iain Robertson	Norwich	15/05/1999	9.17.0
S Cannell	Ilford	12/07/2008	9.21.5
Kevin Murphy	Chelmsford	06/07/2002	9.24.2
Guy Amos	Enfield	11/07/1999	9.38.2
Joe Collins	Bath	02/05/1998	9.38.8
Ian Westgate	Peterborough	03/05/1997	10.00.3
Jon Dungar	Sheffield	24/06/2000	10.09.7
Andrew Nesom	St Ives	13/06/1999	10.12.9
Ian Bailey	Norwich	08/05/2004	10.17.2

#### **High Jump**

Denis Costello	Derby	05/07/1997	1.95
David Bandele	Sheffield	05/06/1999	1.90
J Barry	Norwich	15/05/1999	1.90
Jon French	Great Yarmouth	16/08/1998	1.80
Nigel Taylor	Enfield	19/07/1998	1.80
Tommy Roe	Rugby	31/08/2002	1.80
L Navard	Norwich	24/08/2002	1.80
N Jones	Norwich	08/05/2004	1.80
J Bandorwski	Colchester	07/06/2008	1.80
R Gardner	Norwich	15/05/1999	1.75

#### **Pole Vault**

G Chiles	Peterborough	03/05/1997	4.20
G Ingram	Sheffield	16/05/1998	3.80
J Palmer	Great Yarmouth	10/05/1998	3.80
N Jones	Norwich	08/05/2004	3.80
Jon French	Sheffield	05/06/1999	3.00
C Roberts	Rugby	31/08/2002	2.60
Paul Goodall	Abingdon	20/09/2009	2.60
M Long	Walthamstow	03/05/1997	2.40
Daniel Everett	Hemel Hempstead	25/09/2005	2.40
T Lloyd	Bebington (Wirral)	04/07/1998	2.30

**Long Jump**

Jon French	King's Lynn	18/04/1999	7.38
Tommy Roe	Great Yarmouth	12/05/2002	7.08
N Jones	Norwich	23/05/2004	6.94
Denis Costello	Derby	05/07/1997	6.82
A McCullugh	Derby	05/06/2004	6.44
Daniuel Everett	Great Yarmouth	07/08/2005	6.44
Daniel Yellop	Peterborough	27/08/001	6.29
G Ingram	King's Lynn	22/03/1998	6.28
C Roberts	Blackpool	04/08/2002	6.26
James Shipp	King's Lynn	24/05/1998	6.21

**Triple Jump**

Denis Costello	Peterborough	03/05/1997	14.69
Jon French	Sheffield	05/06/1999	14.69
D Wooler	Enfield	11/07/1999	13.86
N Jones	Abingdon	10/09/2005	13.20
M Woods	Norwich	23/05/2004	13.06
C Homoki	Worthing	28/06/2008	12.76
C Szabo	Guilford	02/08/2008	12.62
Graham Stark	King's Lynn	01/08/2009	12.41
Tommy Roe	Liverpool	18/05/2002	12.27
Adam Marshall	Eton	11/07/2009	12.13

**Shot Putt**

J Hunt	Cambridge	05/09/2005	13.77
John Painter	Great Yarmouth	02/08/1998	13.46
Alun Williams	Watford	20/05/2000	12.98
Malcolm Fenton	Rugby	31/08/2002	12.49
R Hunter	Norwich	11/08/2002	12.20
Sam Coe	King's Lynn	01/08/2009	11.76
M Brown	Jarrow	05/08/2000	11.62
T Lloyd	Bedford	27/07/1997	11.29
M Soukal	Norwich	17/05/2008	11.07
G Oakley	Norwich	25/05/1997	10.96

**Hammer**

Sam Coe	Hendon	08/08/2010	66.07
Malcolm Fenton	Rugby	31/08/2002	57.57
Alun Williams	Cardiff	02/06/2001	37.05
J Hunt	Abingdon	07/05/2005	27.15
G Ingram	Peterborough	07/07/2001	25.93
G Oakley	Ipswich	17/08/1997	22.08
T Lloyd	Bebington (Wirral)	04/07/1998	21.10
M Long	Tonbridge	26/07/1997	21.06
Denis Costello	Sheffield	05/06/1999	18.86
Nigel Taylor	Sheffield	07/06/1997	17.66

**Discus**

John Painter	Great Yarmouth	09/05/1998	41.51
D Bauer	Kingston	03/07/2004	41.02
Alun Williams	Rugby	22/07/2000	40.57
M Brown	Jarrow	05/08/2000	38.80
G Ingram	Bedford	14/06/1998	36.06
J Hunt	St Ives	19/06/1999	35.94
Sam Coe	Lee Valley	26/06/2010	35.83
M Soukal	Norwich	17/05/2008	35.46
T Lloyd	Bedford	27/07/1997	34.00
M Fearon	Enfield	31/05/1997	32.14

**Javelin**

Tim Newenham	Great Yarmouth	09/05/1999	55.91
T Lloyd	Derby	05/07/1997	53.38

James Wray	Sheffield	05/06/1999	53.16
A Sandle	Norwich	23/05/2004	49.63
R Hunter	Norwich	11/08/2002	48.51
G Ingram	Stoke	18/08/2001	48.07
P Temple	Havering	08/08/1998	47.35
M Fearon	Walthamstow	03/05/1997	39.88
Chris Quint	Cardiff	08/07/2000	38.86
N Jones	Abingdon	31/07/2004	36.89

## VET WOMENS TOP 10 as of November 2011

### 60m

Y Newton (45+)	Birmingham	26/02/2000	8.77i
<b>Juli Zulu (35+)</b>	<b>Lee Valley</b>	<b>26/02/2011</b>	<b>9.01</b>

### 100m

<b>Melanie Brown (40+)</b>	<b>Ashford</b>	<b>30/04/2011</b>	<b>12.8</b>
Carole Filer (40-44)	Bedford	18/10/1997	13.2
Sarah Knights (35+)	Wakefield	07/07/2002	13.7
Lisa Griffin (35+)	Great Yarmouth	12/05/2007	13.9
Yvonne Newton (45+)	Bedford	29/07/2000	14.0
A Alstrachen (35+)	Chelmsford	10/07/2005	14.3
Julie Zulu (35+)	Norwich	26/09/2010	14.8
Cherry Collins (45+)	Bedford	12/09/1998	14.9
Brenda Hutcheon (45+)	Bedford	18/10/1997	15.4
H Goodall (35-44)	Bury St Edmunds	03/05/2000	16.0

### 200m

Carole Filer (40+)	King's Lynn	08/06/1997	27.2
Sarah Knights (35+)	Wakefield	07/07/2002	27.82
Lisa Griffin (35+)	King's Lynn	06/05/2007	28.1
A Alstrachen (35+)	Chelmsford	10/07/2005	29.2
Tessa Pike (35+)	King's Lynn	06/08/1997	29.3
Yvonne Newton (45+)	King's Lynn	07/06/2000	29.7
S Bridgestock	Norwich	05/06/2002	30.4
Cherry Collins (45+)	King's Lynn	05/08/1998	31.7
Brenda Hutcheon (45+)	King's Lynn	06/08/1997	32.5
H Goodall (35-44)	Norwich	13/05/2001	33.1

### 400m

Sarah Knights (35+)	Wakefield	07/07/2002	59.2
Tessa Pike (35-44)	Basildon	05/09/1998	63.8
A Alstrachen (35+)	Great Yarmouth	07/08/2005	65.5
Celia Duncan (35-44)	Cambridge	01/07/1998	69.8
Brenda Hutcheon (45+)	Enfield	02/08/1997	70.67
Yvonne Newton (45+)	Birmingham	26/02/2000	71.19
<b>Carole Filer (55+)</b>	<b>Solihull</b>	<b>07/08/2011</b>	<b>71.6</b>
Louise Wilkinson (35+)	Bedford	09/09/2000	71.7
Jane Clarke (50+)	Peterborough	05/05/2010	71.8
H Goodall (35+)	Norwich	13/05/2001	79.2

### 800m

Claire Forbes (35+)	Ljubjana SLO	02/08/2008	2.15.17
Sarah Knights (35+)	Great Yarmouth	12/05/2002	2.16.8
Tessa Pike (40+)	Ipswich	20/08/2000	2.22.2
<b>Jane Clark (50+)</b>	<b>Luton</b>	<b>20/08/2011</b>	<b>2.25.1</b>
Celia Duncan (35-44)	Basildon	05/09/1998	2.32.5
Diane Marsh (45+)	Bedford	09/09/2000	2.33.0
Carole Filer (40-44)	Solihull	08-09/08/98	2.37.3
Brenda Hutcheon (45+)	Ipswich	17/08/1997	2.40.4
A Alstrachen (35+)	Norwich	01/06/2005	2.40.8
Louise Wilkinson (35+)	Peterborough	06/06/2001	2.41.0

**1 mile**

Claire Forbes (35+)	St Peter Port	31/08/2008	5.00.44
Jane Clarke (45+)	St Ives	22/07/2009	5.15.9

**1500m**

Claire Forbes (35+)	Birmingham	06/07/2008	4.38.70
Jane Clarke (45+)	King's Lynn	15/08/2008	4.48.5
Tessa Pike (40+)	Bedford	30/07/2000	4.52.5
Celia Duncan (40+)	King's Lynn	07/07/1999	5.00.8
Maria Holland (45+)	Great Yarmouth	12/05/2002	5.03.1
Louise Wilkinson (35-44)	Great Yarmouth	09/05/1998	5.09.1
Diane Marsh (45+)	King's Lynn	07/07/1999	5.13.3
Kate Dwyer (45+)	King's Lynn	08/06/1997	5.28.6
Brenda Hutcheon (45+)	Enfield	02/08/1997	5.29.8
Jackie May (45+)	Norwich	13/05/2001	5.41.3

**3000m**

Claire Forbes (35+)	Watford	07/05/2008	10.10.13
Jane Clarke (45+)	Cambridge	06/08/2008	10.24.7
Celia Duncan (40+)	Grimsby	11/07/1999	10.37.2
Maria Holland (45+)	Coventry	19/05/2002	10.41.0
Diane Marsh (45+)	Bury St Edmunds	11/08/1999	10.48.1
<b>Tracey Curl (45+)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>11.23.3</b>
Karen Glen (35+)	Bedford	26/04/1997	11.44.8
Tessa Pike (45+)	Norwich	26/06/2010	11.50.3
Kate Dwyer (45+)	Norwich	04/06/1997	11.51.1
Jackie May (45+)	Norwich	05/06/2002	12.06.2

**5000m**

Claire Forbes (35+)	Ljubjana SLO	02/08/2008	17.22.20
Jane Clarke (45+)	Birmingham	05/07/2009	18.25.53
L Wilkinson (35+)	Norwich	14/05/1997	18.26.0
C Duncan (40+)	Rugby	09/07/2000	18.40.1
K Dwyer (45+)	Norwich	14/05/1997	20.01.2

**10000m**

L Emmett (40+)	Birmingham	29/07/2007	40.10.31
C Duncan (45+)	Newport	11/07/1998	42.23.1

**1500m S/C**

<b>G Loughlin (45+)</b>	<b>Ashford</b>	<b>30/04/2011</b>	<b>7.22.8</b>
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**80m Hurdles**

C Filer (40-44)	Solihull	10/08/1997	12.4
C Collins (45+)	King's Lynn	07/07/1999	16.2
K Schuil (45+)	King's Lynn	06/08/1997	17.7
K Marsh ( )	Norwich	28/04/2002	18.0

**100m Hurdles**

C Filer (40-44)	Norwich	30/05/1998	16.3
C Collins (50+)	Wakefield	07/07/2002	17.3
A Alstrachen (35+)	Chelmsford	10/07/2005	20.3
Lisa Griffin (40+)	Great Yarmouth	20/06/2010	21.0

**400m Hurdles**

C Filer (45+)	Eton	22/06/2001	67.9
T Pike (35+)	Bromley	07/06/1997	69.4
Y Newton (45+)	Bedford	11/09/1999	85.9
K Schuil (45+)	Cambridge	02/07/1997	89.9
C Collins (45+)	King's Lynn	07/05/1997	102.5

**300m Hurdles**

<b>Carole Filer (50+)</b>	<b>Sacramento CA USA</b>	<b>11/07/2011</b>	<b>52.85</b>
<b><u>1mile Walk</u></b>			
K Schuil (45+)	King's Lynn	06/08/1997	9.51.7
<b>G Loughlin (45+)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>10.03.7</b>
H Goodall (45+)	Norwich	05/06/2002	10.06.7
D Marsh (35-44)	King's Lynn	06/08/1997	11.11.2
E Torevell ( )	Norwich	05/06/2002	11.37.4
L Wilkinson (35-44)	Norwich	03/06/1998	11.40.1
<b>S Mullarney (45+)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>12.00.1</b>
A Baker (35+)	Peterborough	06/06/2001	12.13.0
D Upton	Norwich	01/06/2005	12.14.9
P Ash (55+)	Peterborough	06/06/2001	12.20.0
<b><u>2k Walk</u></b>			
H Goodall (35+)	Norwich	13/05/2001	12.30.2
K Schuil (45+)	Peterborough	06/05/1998	12.51.2
C Duncan (35-44)	Bedford	18/10/1997	13.33.7
D Marsh (35-44)	King's Lynn	07/05/1997	14.04.5
P Ash (45+)	Bedford	12/09/1998	14.33.2
T Knowles (35-44)	Peterborough	06/05/1998	16.34.7
<b><u>High Jump</u></b>			
C Filer (40-44)	Bath	05/07/1998	1.50
K Schuil (45+)	Bedford	11/09/1999	1.20
C Collins (45+)	Peterborough	06/05/1998	1.10
T Pike (40+)	Great Yarmouth	05/07/2000	1.05
<b><u>Pole Vault</u></b>			
C Filer (40-44)	Bath	05/07/1998	2.10
C Collins (45+)	Bedford	18/10/1997	1.80
<b><u>Long Jump</u></b>			
C Filer (40-44)	Harrow	18/07/1998	5.30
<b>Julie Zulu (35+)</b>	<b>Birmingham</b>	<b>25/06/2011</b>	<b>5.56</b>
L Brown (40)	Great Yarmouth	12/05/2007	4.29
Y Newton (45+)	Bedford	29/07/2000	4.16
K Schuil (45+)	Bedford	18/10/1997	3.49
K Dwyer (45+)	King's Lynn	07/05/1997	3.23
D Marsh (45+)	Norwich	05/05/1999	3.21
E Torevell ( )	Barnet	27/07/2002	3.16
M Holmes (45+)	Peterborough	06/05/1998	3.14
H Goodall (35-44)	Great Yarmouth	05/07/2000	2.84
<b><u>Triple Jump</u></b>			
C Filer (40-44)	Bedford	18/10/1997	10.28
L Brown (40+)	Norwich	14/05/2007	8.89
<b>Julie Zulu (35+)</b>	<b>Welwyn</b>	<b>21/05/2011</b>	<b>8.49</b>
Y Newton (45+)	Bedford	11/09/1999	8.44
C Collins (45+)	Bedford	12/09/1998	7.12
K Schuil (45+)	King's Lynn	06/08/1997	6.76
P Ash (45+)	Norwich	04/06/1997	6.09
<b><u>Shot Putt</u></b>			
J Pavlou (35-44)	Great Yarmouth	05/07/2000	8.57
<b>Juli Zulu (35+)</b>	<b>Sheffield</b>	<b>05/02/2011</b>	<b>8.12</b>
<b>M Brown (40+)</b>	<b>Luton</b>	<b>20/08/2011</b>	<b>7.87</b>
E Torevell	Barnet	27/07/2002	7.47
C Filer (40+)	Clermont-Ferrand FRA	17/03/2008	7.33
L Brown (40+)	Great Yarmouth	12/05/2007	7.04
<b>Lisa Griffin (40+)</b>	<b>Norwich</b>	<b>26/06/2010</b>	<b>6.80</b>
S Smith (35-44)	Norwich	05/05/1999	6.68
R Tomes	King's Lynn	09/05/2009	6.49

J Everett (45+)	King's Lynn	07/07/1999	6.47
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### Hammer

C Filer (40-44)	Peterborough	06/05/1998	21.77
<b>Julie Zulu (35+)</b>	<b>Watford</b>	<b>04/09/2010</b>	<b>20.08</b>
K Schuil (45+)	Cambridge	02/07/1997	17.48
J Pavlou (35-44)	Great Yarmouth	05/07/2000	17.40
E Torevell (55+)	Norwich	13/05/2001	16.03
P Ash (45+)	Bedford	11/09/1999	14.85
M Holland	Bury	03/07/2002	12.00
K Hazelton (35-44)	King's Lynn	07/05/1997	9.46

### Discus

J Pavlou (45+)	Peterborough	06/06/2001	23.66
<b>L Brown (40+)</b>	<b>King's Lynn</b>	<b>15/05/2011</b>	<b>22.78</b>
<b>M Brown (40+)</b>	<b>Luton</b>	<b>20/08/2011</b>	<b>21.84</b>
<b>Julie Zulu (35+)</b>	<b>Welwyn</b>	<b>21/05/2011</b>	<b>19.26</b>
<b>C Filer (55+)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>18.63</b>
C Heaven	Norwich	01/06/2005	18.40
T Pike (45+)	Norwich	05/06/2002	18.23
Y Newton (35-44)	King's Lynn	05/08/1998	18.01
T Knowles (35-44)	Bedford	12/09/1998	16.90
P Ash (45+)	Bury St Edmunds	11/08/1999	16.68

### Javelin

<b>L Brown (45+)</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>28.05</b>
J Everett (45+)	Bury St Edmunds	11/08/1999	20.44
J Pavlou (45+)	Norwich	05/06/2002	18.66
M Holland	Luton	14/07/2002	17.27
Y Newton (40+)	Cambridge	02/06/1999	16.52
E Torevell	Norwich	05/06/2002	16.23
Steph Mullarney (45+)	Norwich	26/09/2010	16.05
C Filer (40+)	Bedford	11/09/1999	14.76
K Hazelton (35-44)	Bedford	18/10/1997	14.50
T Knowles (35-44)	King's Lynn	05/08/1998	13.91

### Pentathlon

C Filer (40-44)	Solihull	08-09/08/98	3783
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## VET MENS TOP 10 as of November 2011

### 60m

I Foster (55+)	Birmingham		7.80i
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### 100m

I Wells( 40+)	Ipswich	01/05/2002	12.1
E Bradshaw (50+)	Peterborough	13/06/1999	12.3
I Foster (50+)	King's Lynn	11/07/1999	12.4
G Allen (40-49)	King's Lynn	07/07/1999	13.0
C Baker (40+)	Norwich	13/05/2001	13.3
G Slater (45+)	Peterborough	27/08/2007	13.6
G Ringer (40-49)	Cambridge	02/07/1997	13.7
G Long (50+)	Peterborough	06/05/1998	13.8
R Morris (50+)	Southend	03/06/2000	13.8
W Ulyatt (50+)	Cambridge	02/07/1997	13.8

### 150m

G Slater	Great Yarmouth	09/04/2009	20.3
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### 200m

T Timmis (40-49)	Bedford	09/09/2000	25.3
I Foster (55+)	Norwich	22/07/2000	25.8
G Allen (40-44)	Cambridge	02/06/1999	27.0

G Slater (45+)	Barking	30/05/2008	27.1
G Fox (40-49)	Norwich	04/06/1997	27.6
C Gilbert (40-49)	Norwich	03/06/1998	28.2
W Ulyatt (50+)	King's Lynn	06/08/1997	28.8
T Edge (50+)	Bury St Edmunds	11/08/1999	29.2
I Bailey ( )	Ipswich	01/05/2002	29.2
E Williams (50+)	Norwich	02/08/2000	29.3

### **300m**

G Slater	Great Yarmouth	09/04/2009	44.2
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### **400m**

I Wells	Great Yarmouth	07/08/2002	57.0
G Harvey (40+)	Norwich	05/05/1999	58.3
G Slater (45+)	Peterborough	05/04/2009	60.0
C Gilbert (40-49)	Cambridge	01/07/1998	61.1
I Foster (50+)	King's Lynn	07/07/1999	62.0
E Bradshaw (50+)	Peterborough	13/06/1999	62.1
A Wilkinson (45+)	Bedford	18/10/1997	62.6
S Rose (45+)	Ipswich	01/05/2002	63.0
M Gotts (45+)	King's Lynn	18/05/2008	63.4
E Williams (50+)	Bedford	09/09/2000	63.8

### **600m**

G Slater (45+)	Barking	30/03/2008	1.38.3
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### **800m**

G Amos (40+)	Great Yarmouth	12/05/2007	2.01.9
G Harvey (40+)	Norwich	25/05/1997	2.04.0
E Bradshaw (50+)	Edinburgh	18/07/1999	2.12.2
A Wilkinson (45+)	King's Lynn	08/06/1997	2.13.7
H Knowles (40-49)	Norwich	25/05/1997	2.16.0
S Huntington (45+)	Norwich	05/06/2002	2.17.2
G Slater (45+)	Peterborough	22/04/2008	2.17.8
A Bunn (35+)	King's Lynn	18/05/2008	2.21.8
<b>J Walshaw (40-44)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>2.23.3</b>
T Edge (50+)	Norwich	02/08/2000	2.25.5

### **1500m**

G Amos (40+)	Watford	18/06/2008	4.06.59
G Harvey (40+)	Derby	05/07/1997	4.02.7
H Knowles (40-49)	Great Yarmouth	09/05/1998	4.32.4
A Wilkinson (45+)	Cambridge	02/07/1997	4.34.5
T Edge (50+)	King's Lynn	07/07/1999	4.41.7
P Woodyatt (40+)	Bury	07/09/2002	4.43.6
P Johnson (40-49)	Norwich	22/07/2000	4.43.7
G Collins (40-49)	Bedford	18/10/1997	4.44.0
P Andrews (50+)	Bedford	18/10/1997	4.46.1
John Walsham (40+)	King's Lynn	07/07/2010	4.59.2

### **3000m**

G Amos (40+)	Watford	30/07/2008	8.38.35
G Harvey (40+)	Norwich	04/06/1997	9.07.0
H Knowles (40-49)	Norwich	25/05/1997	9.31.1
P Johnson (40-49)	Bedford	09/09/2000	9.37.9
S Huntington (40-49)	Norwich	02/08/2000	9.40.6
N Arnold (40+)	Norwich	05/06/2002	9.41.5
<b>G Roper (45-49)</b>	<b>King's Lynn</b>	<b>01/06/2011</b>	<b>9.41.8</b>
<b>Robert Cheverton (50+)</b>	<b>Watford</b>	<b>24/08/2011</b>	<b>9.43.42</b>
P Andrews (50+)	King's Lynn	06/08/1997	9.53.9
P Johnson ( 45+)	Bedford	07/09/2002	10.01.5

### **5000m**

G Amos (40+)	Cambridge	07/06/2008	15.23.3
N Arnold (40-44)	Newport	10/07/1998	15:36.8
G Harvey (40+)	Peterborough	03/05/1997	15:40.3
H Knowles (40-49)	Norwich	14/05/1997	16:25.6
P Johnson (40-49)	Norwich	22/07/2000	16:33.6
Robert Cheverton (50+)	Norwich	26/09/2010	17.13.2
P Andrews (50+)	Walthamstow	16/05/1998	17:23.4
P Woodyatt (45+)	Bexley	10/07/2010	17.33.1
A Wilkinson (45+)	Norwich	14/05/1997	17:38.2
A Bunn (40+)	King's Lynn	09/05/2009	18.03.7

### 2000S/C

<b>G Slater (45+)</b>	<b>Ashford</b>	<b>30/04/2011</b>	<b>9.08.8</b>
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### 3000m S/C

G Slater (45+)	Perivale	27/06/2009	13.54.7
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### 10000m

N Arnold (40-44)	Newport	11/07/1998	32:42.5
P Andrews (60+)	Edinburgh	18/07/1999	36:26.0
A Wilkinson (45+)	Corby	29/06/1997	36:41.0

### 100m Hurdles

G Long (50+)	Bedford	18/10/1997	17.0
R Morris (50+)	Bedford	09/09/2000	18.4
C Baker (40-49)	Bedford	09/09/2000	21.0
D Collins (50+)	Cambridge	01/07/1998	21.4

### 110m Hurdles

I Wells ( 40+)	Bedford	07/09/2002	15.7
R Morris ( )	Bedford	07/09/2002	20.2
H Knowles (40-49)	Hemel Hempstead	15/08/1998	24.2

### 400m Hurdles

I Wells (40+)	Great Yarmouth	07/08/2002	57.0
C Baker (40-49)	Bedford	09/09/2000	71.6
H Knowles (40-49)	Hemel Hempstead	15/08/1998	74.6
T Edge (50+)	Bury St Edmunds	11/08/1999	75.1
G Long (50+)	Bedford	11/09/1999	76.1
D Costello (40+)	Norwich	05/06/2002	77.2
D Collins (50+)	King's Lynn	05/08/1998	79.7

### 1 mile Walk

R Hanks (50+)	King's Lynn	05/08/1998	8.09.2
P Andrews (50+)	Peterborough	06/06/2001	8.36.5
T Ash (50+)	King's Lynn	06/08/1997	9.07.7
D Pring ( 45+)	Great Yarmouth	07/08/2002	9.28.3
H Collins (55+)	Peterborough	06/06/2001	10.03.0
G Ringer (40-49)	Norwich	03/06/1998	10.48.8
E Williams (40-49)	Norwich	05/06/2002	11.33.8
J Hutson ( )	Norwich	05/06/2002	11.34.1

### 2k Walk

R Hanks (50+)	Cambridge	01/07/1998	10.24.1
P Andrews (50+)	Norwich	13/05/2001	10.52.9
D Pring ( )	Bury	07/09/2002	11.55.7
T Ash (50+)	Bedford	18/10/1997	12.13.8
H Collins (40-49)	Bedford	18/10/1997	12.21.9
D Hutcheon (50+)	Peterborough	06/05/1998	13.16.8
H Knowles (40-49)	Peterborough	06/05/1998	13.17.4
G Ringer (40-49)	Cambridge	01/07/1998	13.36.2
E Williams ( )	Bury	07/09/2002	14.50.5
C Baker ( )	Ipswich	01/05/2002	15.05.5

### High Jump

D Costello (40+)	Chelmsford	06/07/2002	1.75
C Gilbert (40-49)	Bedford	11/09/1999	1.40
Gordon Slater (45+)	King's Lynn	07/07/2010	1.40
C Baker (40-49)	King's Lynn	07/07/1999	1.35
G Long (50+)	Norwich	07/05/1997	1.35
J Painter (40+)	Norwich	05/05/1999	1.30
G Ringer (40-49)	Cambridge	02/07/1997	1.20
E Bradshaw ( )	Ipswich	01/05/2002	1.20
R Morris (50+)	Norwich	13/05/2001	1.10
B Bush (50+)	Norwich	27/07/1997	1.00

### Pole Vault

R Morris (50+)	Bedford	09/09/2000	3.25
G Long (50+)	King's Lynn	06/08/1997	2.40
C Baker (40+)	Peterborough	06/06/2001	2.30
<b>G Slater (50+)</b>	<b>King's Lynn</b>	<b>31/07/2011</b>	<b>2.30</b>
G Ringer (40-49)	King's Lynn	06/08/1997	1.80
<b>Denis Costello (45+)</b>	<b>Lee Valley</b>	<b>26/06/2010</b>	<b>1.20</b>

### Long Jump

D Costello (40+)	Liverpool	18/05/2002	5.71
T Timmis	Bury St Edmunds	03/05/2000	5.61
R Morris (50+)	Hemel Hempstead	31/07/1999	5.43
G Allen (40-49)	King's Lynn	07/07/1999	5.07
C Baker (40+)	Norwich	13/05/2001	4.73
G Long (50+)	Norwich	27/07/1997	4.68
H Knowles (40-49)	Hemel Hempstead	15/08/1998	4.50
C Poyner (45+)	Bury St Edmunds	02/08/2009	4.45
G Ringer (40-49)	Bedford	18/10/1997	4.33
Gordon Slater (45+)	King's Lynn	07/07/2010	4.31

### Triple Jump

D Costello(40+)	Liverpool	18/05/2002	12.43
R Morris (50+)	Bedford	11/09/1999	11.51
T Timmis (40-49)	Bedford	09/09/2000	10.65
C Baker (40-44)	Cambridge	02/06/1999	9.76
G Long (50+)	Norwich	27/07/1997	9.70
D Collins (50+)	King's Lynn	05/08/1998	9.47
<b>Clive Poyner (45+)</b>	<b>King's Lynn</b>	<b>02/06/2010</b>	<b>9.15</b>
<b>Gordon Slater (50+)</b>	<b>Great Yarmouth</b>	<b>21/08/2011</b>	<b>8.85</b>
C Gilbert (40-49)	Bedford	11/09/1999	8.84
G Ringer (40-49)	Norwich	04/06/1997	8.84

### Shot Putt

J Painter (40+)	Norwich	05/05/1999	14.11
Malcolm Fenton (45+)	Bedford	07/09/2002	12.40
G Oakley (40-49)	Tooting Bec	25/07/1998	10.53
A Williams (45+)	Cosford	18/07/2007	11.51
G Long (50+)	Norwich	10/05/1997	9.55
R Morris (50+)	Bedford	09/09/2000	9.50
B Bush (50+)	Bedford	18/10/1997	8.51
B Schuil (50+)	Peterborough	06/05/1998	7.42
M Chandler (40-49)	Hayes	06/06/1998	7.41
M Gotts (35+)	King's Lynn	18/05/2008	6.44

### Hammer

M Fenton (45+)	Bedford	07/09/2002	57.71
J Painter (40-49)	Great Yarmouth	10/08/2008	34.88
A Williams (45+)	Lomdon HE	11/07/2007	33.00
R Morris (50+)	Bedford	07/09/2002	25.96
G Oakley (40+)	Norwich	22/08/1999	25.36

<b>Gordon Slater (50+)</b>	<b>Norwich</b>	<b>28/09/2011</b>	<b>25.23</b>
B Bush (50+)	Bedford	18/10/1997	20.90
M Chandler (40-49)	Hayes	06/06/1998	20.55
G Long (50+)	Cambridge	02/07/1997	17.98
B Duncan (50+)	Cambridge	01/07/1998	17.48
G Love ( )	Ipswich	01/05/2002	17.41

#### Discus

J Painter (50+)	Peterborough	05/04/2009	42.72
M Fenton (45+)	Bedford	07/09/2002	37.21
T Newenham (50+)	Great Yarmouth	19/08/2010	34.14
A Williams (45+)	London HE	11/07/2007	33.81
G Oakley (40-49)	Hemel Hempstead	15/08/1998	27.42
R Morris (50+)	Peterborough	06/06/2001	26.90
B Bush (50+)	King's Lynn	06/08/1997	26.04
G Long ( 55+)	Great Yarmouth	12/05/2002	25.94
B Duncan (50+)	Norwich	03/06/1998	23.15
<b>G Slater (50+)</b>	<b>Norwich</b>	<b>29/09/2011</b>	<b>22.89</b>
M Chandler (40-49)	Norwich	03/06/1998	20.00

#### Javelin

T Newenham (45+)	Bedford	11/04/2009	53.83
M Fenton (45+)	Bedford	07/09/2002	35.69
G Oakley (40-49)	Walthamstow	16/05/1998	37.17
C Poyner (45+)	Bury St Edmunds	02/08/2009	33.20
G Long (50+)	Tonbridge	26/07/1997	32.64
S Holland (45+)	Luton	14/07/2002	32.22
B Bush (50+)	Norwich	10/05/1997	31.22
G Ringer (40-49)	King's Lynn	06/08/1997	30.80
J Barry (50+)	King's Lynn	05/08/1998	29.94
G Allen (40-49)	Cambridge	02/06/1999	29.18