

## UNDER 11 BOYS RANKINGS 2009

### 75m

T Greeves	Great Yarmouth	09/04/2009	12.9
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### 80m

Sam Forder	Cambridge	19/07/2009	11.8
Miles Doncaster	King's Lynn	21/06/2009	12.4
Lewis Jennings	Norwich	19/04/2009	12.5
Daniel Bainbridge	Great Yarmouth	07/06/2009	12.6
Christopher Hodgson	King's Lynn	21/06/2009	12.7
Sam Guymmer	Norwich	19/04/2009	12.9
Tom Greeves	Norwich	19/04/2009	13.4
Callum Mooney	King's Lynn	09/04/2009	13.6

### 600m

Alfie Linstead	King's Lynn	21/06/2009	1.56.5
Sam Guymmer	King's Lynn	21/06/2009	2.03.9
Lewis Jennings	King's Lynn	21/06/2009	2.05.1
Tom Greeves	King's Lynn	21/06/2009	2.05.7
Miles Doncaster	Norwich	19/04/2009	2.11.0
Callum Mooney	King's Lynn	09/05/2009	2.14.3

### Long Jump

Miles Doncaster	Peterborough	05/04/2009	3.70
Sam Forder	Cambridge	19/07/2009	3.62
Tom Greeves	Great Yarmouth	09/04/2009	3.57
Alfie Linstead	Great Yarmouth	07/06/2009	3.56
Callum Mooney	King's Lynn	09/04/2009	3.34
Sam Guymmer	Great Yarmouth	07/06/2009	2.68

### Ball Throw

Daniel Bainbridge	Great Yarmouth	07/06/2009	36.00
Miles Doncaster	Great Yarmouth	07/06/2009	24.60

## UNDER 11 GIRLS RANKINGS 2009

### 80m

Lauren Stansbury	Cambridge	19/07/2009	12.6
Isabelle Chrysafi	Great Yarmouth	07/06/2009	13.0
Jana Spinner	King's Lynn	21/06/2009	13.2
Marcia Windsor-Waite	King's Lynn	21/06/2009	13.5
Hannah McGhee	Great Yarmouth	07/06/2009	13.7
Kayleigh Williams	King's Lynn	21/06/2009	13.8
Sasha Dyke	Bury St Edmunds	02/08/2009	13.8
Atlanta Harrison	Norwich	19/04/2009	16.1

### 600m

Isabelle Chrysafi	King's Lynn	09/05/2009	2.07.3
Sasha Dyke	Bury St Edmunds	02/08/2009	2.15.2
Lauren Stansbury	King's Lynn	21/06/2009	2.17.6
Jana Spinner	King's Lynn	21/06/2009	2.19.5
Hannah McGhee	King's Lynn	21/06/2009	2.21.7
Marcia Windsor-Waite	King's Lynn	21/06/2009	2.24.5
Kayleigh Williams	King's Lynn	21/06/2009	2.31.7
Hannah McGuest	Norwich	19/04/2009	2.33.5

### Long Jump

Lauren Stansbury	King's Lynn	09/05/2009	3.27
Isabelle Chrysafi	King's Lynn	21/06/2009	3.18
Hannah McGhee	King's Lynn	21/06/2009	2.79
Marcia Windsor-Waite	Great Yarmouth	07/06/2009	2.61
Atlanta Harrison	Great Yarmouth	07/06/2009	2.49
Sasha Dyke	Norwich	19/04/2009	2.39

### Ball Throw

Lauren Stansbury	Great Yarmouth	07/06/2009	16.12
Atlanta Harrison	Great Yarmouth	07/06/2009	10.06

## UNDER 13 BOYS RANKINGS 2009

### 60m indoors

Ross Gilbert	Chelmsford	01/03/2009	8.7	G3
Daniel Griffin	Kings Lynn	25/01/2009	8.9	G4
Sam Green	Chelmsford	01/03/2009	9.6	

### 60m Hurdles

Ross Gilbert	Chelmsford	01/03/2009	10.4	G2
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### 100m

Ross Gilbert	Cambridge	05/07/2009	13.16	G2
Harry Simmons	Norwich	31/05/2009	13.6	G3
Ross McLachlan	Bromley	19/07/2009	13.7	G3
Daniel Griffin	Cambridge	05/07/2009	13.87	G4
Marvin Iseghehi	Bury St Edmunds	02/08/2009	14.0	G4
Elliot Hurren	Norwich	19/04/2009	14.6	

Sam Green	Bury St Edmunds	02/08/2009	14.6		
Adam Davison	Great Yarmouth	07/06/2009	14.7		
Peter Wiltshire	King's Lynn	21/06/2009	14.7		
Adam King	Croydon	21/06/2009	15.47		
Braydon Harrison	Great Yarmouth	07/06/2009	16.3		
<b><u>200m</u></b>					
Ross Gilbert	Cambridge	05/07/2009	28.07	G3	
Harry Simmons	Bromley	19/07/2009	28.1	G3	
Toby Price	Norwich	31/05/2009	28.4	G4	
James Steel	King's Lynn	21/06/2009	28.8	G4	
MarvIn Iseghehi	Bromley	17/05/2009	29.1	G4	
Daniel Griffin	Croydon	21/06/2009	29.98		
Asdam Davison	Bromley	19/07/2009	30.2		
Elliot Hurren	Bury St Edmunds	21/09/2009	31.5		
Tom Lake	King's Lynn	09/05/2009	32.2		
Braydon Harrison	King's Lynn	09/05/2009	34.2		
<b><u>800m</u></b>					
Harry Simmons	Bromley	19/07/2009	2.24.5	G2	
Toby Price	Norwich	31/05/2009	2.27.4	G2	
James Steel	Bromley	19/07/2009	2.30.9	G3	
M Wileman	Bury St Edmunds	02/08/2009	2.37.9		
Adam King	Norwich	31/05/2009	2.40.6		
Bruce Beckett	Birmingham	05/09/2009	2.41.20		
Adam Davison	Great Yarmouth	07/06/2009	2.42.2		
Tom Lake	Cambridge	19/07/2009	2.51.2		
Elliot Hurren	Norwich	19/04/2009	3.11.2		
Braydon Harrison	Norwich	19/04/2009	3.17.6		
<b><u>1500m</u></b>					
Ashley Waterson	Bury St Edmunds	21/09/2009	4.48.0	G1	
Adam Davison	Norwich	31/05/2009	5.13.7	G2	
Bruce Beckett	Croydon	21/06/2009	5.26.47		
Tom Carr	Bromley	17/05/2009	5.51.7		
<b><u>75m hurdles</u></b>					
Ross Gilbert	Norwich	31/05/2009	11.9	G1	UK Rank 2
Marvin Iseghehi	Norwich	31/05/2009	12.3	G1	UK Rank 8
Daniel Griffin	Bury St Edmunds	21/09/2009	14.3	G4	
George Bowden	King's Lynn	21/06/2009	17.3		
Braydan Harrison	Bury St Edmunds	02/08/2009	17.6		
<b><u>High Jump</u></b>					
Ross Gilbert	Bromley	19/07/2009	1.45	G1	
James Steel	Bury St Edmunds	21/09/2009	1.40	G2	
Harry Simmons	Norwich	31/05/2009	1.39	G3	
M Wileman	Bury St Edmunds	02/08/2009	1.30	G4	
Sam Green	Croydon	21/06/2009	1.20		
Ross McLachlan	Norwich	19/04/2009	1.10		
Braydan Harrison	Bury St Edmunds	02/08/2009	1.10		
<b><u>Long Jump</u></b>					
Ross McLachlan	King's Lynn	09/05/2009	4.97	G1	UK Rank 17
Harry Simmons	Kingsmeadow	26/07/2009	4.84	G1	
Marvin Iseghehi	Norwich	31/05/2009	4.48	G3	
Daniel Griffin	Cambridge	05/07/2009	4.35	G3	
Jonathan Tomes	Cambridge	19/07/2009	4.34	G4	
Elliot Hurren	Great Yarmouth	07/06/2009	3.92		
Sam Church	King's Lynn	21/06/2009	3.82		
Elliot Harrison	Norwich	19/04/2009	3.71		
Nathan Renyolds	King's Lynn	21/06/2009	3.63		
Tom Lake	King's Lynn	09/05/2009	3.48		
Braydan Harrison	King's Lynn	09/05/2009	3.48		
Adam Davison	Great Yarmouth	07/06/2009	2.97		
Jack Halliwell	Great Yarmouth	07/06/2009	2.61		
<b><u>Pole Vault</u></b>					
Jonathan Tomes	King's Lynn	09/05/2009	1.60		
<b><u>Javelin</u></b>					
Jonathan Tomes	Cambridge	19/07/2009	29.60	G2	
Marvin Iseghehi	Great Yarmouth	07/06/2009	28.43	G3	
Jack Halliwell	Bury St Edmunds	02/08/2009	26.08	G4	
<b><u>Shot</u></b>					
Sam Green	Birmingham	05/05/2009	9.24	G1	
Jack Halliwell	Bury St Edmunds	21/09/2009	6.96	G4	
Marvyn Iseghehi	Woodford	03/05/2009	6.80	G4	
Ross Gilbert	King's Lynn	25/01/2009	6.01		
Jonathan Tomes	Norwich	31/05/2009	5.72		
<b><u>Discus</u></b>					
Sam Green	Bury St Edmunds	21/09/2009	21.43	G3	
Jack Halliwell	Peterborough	31/08/2009	21.34	G3	
Jonathan Tomes	Bury St Edmunds	02/08/2009	19.77	G4	

**Hammer**

Sam Green	Norwich	25/08/2009	28.02	G4	UK RANK 10
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**Weight Throw**

Sam Green	Norwich	25/08/2009	10.90		
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**Relay 4 x 100**

Toby Price	Croydon	21/06/2009	54.04		
	Ross Gilbert	Daniel Griffin	Marvin Iseghehi		

**UNDER 13 GIRLS RANKINGS 2009****60m indoors**

Eleanor Blunt	Chelmsford	01/03/2009	8.5	G1	
Grace Ashworth	Kings Lynn	25/01/2009	9.6		
Abigale Clarke	Kings Lynn	25/01/2009	10.8		

**60m H indoors**

Eleanor Blunt	Chelmsford	01/03/2009	10.2	G1	
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**75m**

Ellie Blunt	Great Yarmouth	09/04/2009	10.6	G2	
Laura Johnson	Norwich	31/05/2009	10.6	G2	
Jessica Doncaster	Birmingham	05/09/2009	11.05	G4	
Jessica McNaughton	Croydon	21/06/2009	11.09	G4	
Lucy Cadley	Norwich	31/05/2009	11.2	G4	
A Taylor	Great Yarmouth	09/04/2009	12.6		

**100m**

Eleanor Blunt	Bury St Edmunds	02/08/2009	13.1	G1	UK Rank 6
Laura Johnson	Great Yarmouth	07/06/2009	13.9	G2	
Jessica McNaughton	Cambridge	05/07/2009	14.21	G4	
Katie Francis	Norwich	19/04/2009	15.1		
Jessica Doncaster	Great Yarmouth	07/06/2009	15.1		
Lucy Cadley	Bury St Edmunds	02/08/2009	14.8		
Grace Ashworth	Great Yarmouth	07/06/2009	15.2		
Hannah Ramm	Great Yarmouth	07/06/2009	16.8		
Anna Harrison	Bury St Edmunds	02/08/2009	18.3		

**150m**

Eleanor Blunt	Norwich	31/05/2009	19.7	G1	UK Rank 6
Laura Johnson	Bromley	19/07/2009	21.40	G3	
Jessica McNaughton	Norwich	31/05/2009	22.1	G4	
Jessica Doncaster	Birmingham	05/09/2009	23.25		
Grace Ashworth	Woodford	03/05/2009	24.1		
A Cheverton	Great Yarmouth	09/04/2009	25.3		
Ashley Bunn	Great Yarmouth	09/04/2009	26.3		
A Taylor	Great Yarmouth	09/04/2009	26.9		

**200m**

Eleanor Blunt	Bury St Edmunds	21/09/2009	27.2	G1	UK Rank 6
Jessica McNaughton	Bury St Edmunds	02/08/2009	29.4	G3	
Megan Wilson	King's Lynn	21/06/2009	30.6	G4	
Jessica Doncaster	Great Yarmouth	07/06/2009	32.5		
Grace Ashworth	King's Lynn	09/05/2009	32.7		
Laura Johnson	Norwich	19/04/2009	33.0		
Ellie Kingston	King's Lynn	21/06/2009	34.7		
Ashley Bunn	Great Yarmouth	07/06/2009	35.7		
F Pond	Cambridge	19/07/2009	38.6		

**600m**

Alice Cheverton	Great Yarmouth	09/04/2009	1.55.2		
Megan Bird	Great Yarmouth	09/04/2009	2.02.9		
Ashley Bunn	Great Yarmouth	09/04/2009	2.04.3		

**800m**

Natalie Flintham	Bromley	19/07/2009	2.33.6	G2	
Alice Cheverton	Great Yarmouth	07/06/2009	2.36.3	G3	
Megan Wilson	Bury St Edmunds	21/09/2009	2.41.9	G4	
Megan Bird	Great Yarmouth	07/06/2009	2.44.2	G4	
Ashleigh Bunn	Croydon	21/06/2009	2.44.25	G4	
Katie Stratton	Bromley	19/07/2009	2.44.9	G4	
Grace Ashworth	Peterborough	31/08/2009	3.01.09		
F Pond	Cambridge	19/07/2009	3.06.4		
Anna Death	Norwich	19/04/2009	3.24.0		

**1200m**

Alice Cheverton	Croydon	21/06/2009	4.05.19	G2	
Megan Bird	Croydon	21/06/2009	4.18.05	G4	
Ashleigh Bunn	Bromley	19/07/2009	4.19.0	G4	
Megan Wilson	Woodford	03/04/2009	4.55.1		

**1500m**

Alice Cheverton	Bury St Edmunds	21/09/2009	5.08.7	G1	UK Rank 25
Megan Bird	Norwich	11/05/2009	5.28.9	G4	
Lorna Magrath	Norwich	11/05/2009	5.32.3	G4	

Ashleigh Bunn	Norwich	11/05/2009	5.32.6	G4	
Katie Stratton	Norwich	11/05/2009	5.46.2		
Charlotte Williamson	King's Lynn	21/06/2009	6.42.0		
<b>70mH</b>					
Eleanor Blunt	Bury St Edmunds	21/09/2009	11.7	G1	UK Rank 12th
Jessica McNaughton	Cambridge	05/07/2009	13.1	G3	
Lucy Cadley	Bury St Edmunds	21/09/2009	13.3	G4	
Jessica Doncaster	King's Lynn	21/06/2009	13.7	G4	
Grace Ashworth	Croydon	21/06/2009	13.90	G4	
Katie Francis	Norwich	19/04/2009	15.2		
Eden Gerrard	King's Lynn	21/06/2009	17.7		
<b>High Jump</b>					
Eleanor Blunt	Bury St Edmunds	21/09/2009	1.45	G1	UK Rank 20
Lucy Cadley	Bury St Edmunds	02/08/2009	1.38	G1	
Megan Wilson	Birmingham	05/09/2009	1.20	G4	
Ellie Kingston	King's Lynn	21/06/2009	1.15		
S Lengsfield	Bromley	19/07/2009	1.15		
Grace Ashworth	Bromley	19/07/2009	1.10		
Anna Harrison	King's Lynn	21/06/2009	1.00		
<b>Long Jump</b>					
Jessica McNaughton	Croydon	21/06/2009	4.30	G2	
Grace Ashworth	Great Yarmouth	07/06/2009	3.80	G4	
Laura Johnson	Norwich	19/04/2009	3.69		
S Lengsfield	Bromley	19/07/2009	3.50		
Jessica Doncaster	King's Lynn	21/06/2009	3.32		
Megan Bird	Great Yarmouth	09/04/2009	2.96		
Alice Cheverton	Ipswich	10/05/2009	2.95		
Ashley Bunn	Great Yarmouth	09/04/2009	2.93		
Abigale Clarke	King's Lynn	25/01/2009	2.85		
Anna Harrison	King's Lynn	21/06/2009	2.61		
A Taylor	Great Yarmouth	09/04/2009	2.60		
<b>Shot</b>					
Lucy Barnard	Bury St Edmunds	02/08/2009	6.50	G4	
Eleanor Blunt	King's Lynn	25/01/2009	6.45	G4	
Laura Johnson	Croydon	21/06/2009	5.94		
Megan Wilson	Birmingham	05/09/2009	5.62		
Grace Ashworth	Bromley	19/07/2009	4.37		
Anna Death	Norwich	19/04/2009	4.01		
Anna Harrison	Cambridge	19/07/2009	4.00		
Jessica McNaughton	Norwich	31/05/2009	3.86		
<b>Discus</b>					
Lucy Barnard	Bury St Edmunds	02/08/2009	19.52	G3	
Jessica McNaughton	Bury St Edmunds	21/09/2009	13.99		
<b>Hammer</b>					
Lucy Barnard	King's Lynn	09/05/2009	15.88		
<b>Javelin</b>					
Lucy Barnard	Great Yarmouth	07/06/2009	18.79	G3	
Charlotte Williams	Cambridge	19/07/2009	9.59		
Magan Bird	Great Yarmouth	07/06/2009	7.79		
Ashley Bunn	Great Yarmouth	07/06/2009	7.33		
Anna Harrison	Norwich	19/04/2009	3.90		
<b>Relay 4 x 100</b>					
Laura Johnson	Bromley	19/07/2009	57.0		
	Ellie Blunt	Grace Ashworth	Jessica McNaughton		
<b>Relay 4 x 200</b>					
	Norwich	11/05/2009	2.06.5		
<b>UNDER 15 BOYS RANKINGS 2009</b>					
<b>60m Indoors</b>					
Tyler Berry	King's Lynn	25/01/2009	8.1	G4	
Ryan Howard	King's Lynn	25/01/2009	8.7		
<b>75m</b>					
Scott Greeves	Great Yarmouth	09/04/2009	11.0		
Bradley Stansbury	Great Yarmouth	09/04/2009	11.4		
<b>150m</b>					
Alex Lubbock	Great Yarmouth	09/04/2009	20.0		
Scott Greeves	Great Yarmouth	09/04/2009	22.8		
Bradley Stansbury	Great Yarmouth	09/04/2009	23.6		
<b>100m</b>					
Tejiri Ighomereho	Norwich	31/05/2009	11.9	G2	
Steven Hadley	Bury St Edmunds	02/08/2009	12.5	G4	
Tyler Berry	Bromley	17/05/2009	12.9		
Steven McGhee	Bury St Edmunds	02/08/2009	13.1		
Oliver Bradfield	King's Lynn	09/05/2009	13.9		
Bradley Aldous	King's Lynn	09/05/2009	14.1		

Tom Morrison	King's Lynn	21/06/2009	14.1			
Ryan Howard	Bromley	17/05/2009	14.4			
James Kent	Peterborough	05/04/2009	15.0			
Bradley Stansbury	King's Lynn	09/05/2009	15.6			
<b>200m</b>						
Aaron Pitt	Birmingham	05/09/2009	23.7	G1		
Tyler Berry	Norwich	31/05/2009	25.1	G4		
Steven McGhee	Bury St Edmunds	02/08/2009	26.9			
Alex Lubbock	Bury St Edmunds	21/09/2009	26.6			
Bradley Aldous	King's Lynn	09/05/2009	27.3			
Scott Greeves	Bury St Edmunds	21/09/2009	27.5			
<b>300m</b>						
Alex Lubbock	Great Yarmouth	09/04/2009	42.8			
<b>400m</b>						
Aaron Pitt	Bury St Edmunds	21/09/2009	50.1	G1	UK RANK 2	UKA POWER OF 10 STANDARD
Ben Steward	Norwich	20/06/2009	55.1	G2		
Alex Lubbock	Bury St Edmunds	21/09/2009	56.7	G3		
Steven McGhee	Croydon	21/06/2009	60.1			
Tom Hook	Bury St Edmunds	02/08/2009	61.7			
Scott Greeves	King's Lynn	09/05/2009	62.2			
Ben Savaage	King's Lynn	09/05/2009	62.6			
Callum Russell	King's Lynn	09/05/2009	68.1			
Tom Morrison	King's Lynn	21/06/2009	72.0			
<b>600m</b>						
Scott Greeves	Great Yarmouth	09/04/2009	1.44.0			
Bradley Stansbury	Great Yarmouth	09/04/2009	1.55.5			
<b>800m</b>						
Aaron Pitt	Watford	30/08/2009	2.00.73	G1	UK Rank 8	UKA POWER OF 10 STANDARD
Tom Hook	Bury St Edmunds	02/08/2009	2.13.5	G3		
Ben Savage	Bromley	19/07/2009	2.14.6	G4		
Alex Lubbock	Birmingham	05/09/2009	2.17.58	G4		
Scott Greeves	Norwich	31/05/2009	2.18.7			
Sean Watson	Norwich	31/05/2009	2.20.6			
Bradley Stansbury	Bromley	17/05/2009	2.35.1			
Callum Russell	King's Lynn	09/05/2009	2.40.2			
<b>1500m</b>						
Tom Hook	Croydon	21/06/2009	4.23.05	G2		
Scott Greeves	Birmingham	05/09/2009	4.30.31	G3		
Sean Watson	Bromley	19/07/2009	4.41.7	G4		
Daryl Boughton	Woodford	03/05/2009	5.04.0			
Callum Russell	King's Lynn	21/06/2009	5.08.5			
Bradley Stansbury	Norwich	19/04/2009	5.16.7			
Magnus Chapman	Norwich	11/05/2009	5.17.4			
Freddie Steel	Norwich	11/04/2009	5.29.4			
<b>3000m</b>						
Tom Hook	King's Lynn	09/05/2009	10.10.4	G4		
<b>80 H</b>						
Steven Hadley	Norwich	20/06/2009	12.2	G1		
O Ewing	Bury St Edmunds	21/09/2009	12.4	G2		
Zeno Mhae	Bromley	19/07/2009	12.6	G3		
Tejiri Ighomerho	Woodford	03/05/2009	13.1	G4		
Ben Stewart	Woodford	03/05/2009	13.8			
Freddy Steel	Cambridge	05/07/2009	15.7			
Bradley Stansbury	Norwich	31/05/2009	16.6			
<b>Long Jump</b>						
Tyler Berry	Croydon	21/06/2009	5.58/5.61w	G2		
Ryan Howard	King's Lynn	09/05/2009	5.39	G3		
Steven Hadley	Bromley	19/07/2009	5.22	G4		
Bradley Aldous	King's Lynn	09/05/2009	4.95			
Scott Greeves	Woodford	03/05/2009	4.42			
James Kent	Bury St Edmunds	02/08/2009	4.05			
Bradley Stansbury	Great Yarmouth	09/04/2009	3.66			
Daryl Boughton	Norwich	19/04/2009	3.33			
<b>High Jump</b>						
Zeno Mhae	Sheffield	11/07/2009	1.87	G1	UK RANK 2	UKA POWER OF 10 STANDARD
Tyler Berry	Norwich	31/05/2009	1.65	G2		
Tejiri Ighomerho	Norwich	31/05/2009	1.65	G2		
Ryan Howard	Norwich	20/06/2009	1.60	G3		
Tom Hook	Bury St Edmunds	02/08/2009	1.57	G4		
Ben Savage	Norwich	13/06/2009	1.50			
Scott Greeves	Bury St Edmunds	02/08/2009	1.50			
Steven Hadley	Cambridge	05/07/2009	1.55			
Bradley Stansbury	Bury St Edmunds	02/08/2009	1.30			
<b>Triple Jump</b>						
Ryan Howard	Bury St Edmunds	21/09/2009	11.11	G3		

Tyler Berry Bury St Edmunds 21/09/2009 10.66 G4

#### **Shot**

Michael Painter Bury St Edmunds 02/08/2009 12.52 G1  
Oliver Bradfield Bury St Edmunds 02/08/2009 11.15 G3  
James Kent King's Lynn 09/05/2009 9.17  
Ben Savage Weodford 03/05/2009 6.97

#### **Hammer**

Michael Painter Bury St Edmunds 02/08/2009 60.05 G1 UK RANK 2 UKA POWER OF 10 STANDARD  
Ben Savage Bromley 19/07/2009 24.12  
Alex Lubbock Norwich 31/05/2009 7.83

#### **Discus**

Michael Painter Cambridge 05/07/2009 43.22 G1 UK RANK 2 UKA POWER OF 10 STANDARD  
Oliver Bradfield Norwich 31/05/2009 28.23 G4  
James Kent Bury St Edmunds 21/09/2009 24.71  
Daryl Boughton Woodford 03/05/2009 9.33

#### **Javelin**

Oliver Bradfield Cambridge 05/07/2009 62.33 G1 UK Rank 1 UKA POWER OF 10 STANDARD  
James Kent Croydon 21/06/2009 34.22 G4  
Bradley Stansbury Bury St Edmunds 02/08/2009 28.09  
Scott Greeves Woodford 03/05/2009 15.50

#### **Weight throw 16lb**

Michael Painter Norwich 27/06/2009 20.31 UK AGE 13 BEST

#### **Relay 4 x 100**

Norwich 31/05/2009 48.5  
Tyler Berry Ryan Howard Steven McGhee Tejiri Ighomereho

#### **Relay 4 x 400**

Bromley 19/07/2009 3.50.9  
Sean Watson Ben Steward Alex Lubbock Aaron Pitt

#### **UNDER 15 GIRLS RANKINGS 2009**

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

Cleio Stephenson Birmingham 14/02/2009 7.93 G1  
Laura McDonald Chelmsford 01/03/2009 8.00 G1  
Victoria Mitchell Birmingham 14/02/2009 8.27 G2  
Ella Stephenson Birmingham 14/02/2009 8.31 G2  
Katie Vickery Chelmsford 01/03/2009 8.5 G3  
Bethany Clarke Kings Lynn 25/01/2009 8.7 G4  
Charlotte Griffin Kings Lynn 25/01/2009 8.8 G4  
Anastasia Jubb Kings Lynn 25/01/2009 10.5

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

Laura McDonald NIA Birmingham 15/02/2009 9.31 G1  
Jessica Hamilton Kings Lynn 25/01/2009 10.9  
Stephanie Griffin Kings Lynn 25/01/2009 11.0  
Katie Vickery Kings Lynn 25/01/2009 12.2

##### **75m**

Cleio Stephenson Great Yarmouth 09/04/2009 9.8  
Victoria Mitchell Great Yarmouth 09/04/2009 10.2  
Ella Stephenson Great Yarmouth 09/04/2009 10.3  
Hannah Bebbington Great Yarmouth 09/04/2009 11.1

##### **100m**

Cleio Stephenson Sheffield 10/07/2009 12.21 G1 UK Rank 6 UKA POWER OF 10 STANDARD  
Victoria Mitchell Norwich 19/04/2009 12.7 G1 UK Rank 29  
Laura McDonald Loughborough indoor 21/03/2009 13.04 G3  
Ella Stephenson Bury St Edmunds 02/08/2009 13.2 G3  
Katie Vickery Bromley 19/07/2009 13.6 G4  
Bethany Clarke Cambridge 19/07/2009 13.8  
Charlotte Griffin Norwich 19/04/2009 14.1  
Jessica Hamilton King's Lynn 09/05/2009 14.7  
Anna Jubb Cambridge 19/07/2009 15.8

##### **200m**

Cleio Stephenson Bedford 09/08/2009 25.33 G1 UK Rank 9  
Victoria Mitchell Norwich 31/05/2009 25.9 G1 UK Rank 20  
Ella Stephenson Norwich 31/05/2009 27.0 G3  
Katie Vickery King's Lynn 09/05/2009 28.4  
Naomi Tomes King's Lynn 09/05/2009 28.7  
Jessica Hamilton King's Lynn 09/05/2009 29.2  
Charlotte Griffin Norwich 19/04/2009 29.6  
Nastassja Potgieter Norwich 13/06/2009 30.2  
Bethany Clarke Bury St Edmunds 02/08/2009 30.9  
Kimberley Aspland France 21/05/2009 32.5

##### **600m**

Kimberley Aspland Great Yarmouth 09/04/2009 2.07.0

##### **400m**

Kiera Mooney Lee Valley 01/03/2009 62.54

**800m**

Kiera Mooney	Bedford	08/08/2009	2.19.58	G1
Mabel Beckett	Bury St Edmunds	21/09/2009	2.29.2	G4
Anna Hoogkammer	Birmingham	05/09/2009	2.32.75	
Nastassja Potgieter	Grreat Yarmouth	07/06/2009	2.33.2	
Beth Stratton	King's Lynn	21/06/2009	2.43.7	
Kimberley Aspland	France	21/05/2009	2.51.3	
Honor De Winton	Bromley	19/07/2009	2.52.4	
Sarah Kelly	Croydon	21/06/2009	4.32.42	

**1500m**

Nastassja Potgieter	Birmingham	05/09/2009	4.59.08	G3
Mabel Beckett	Norwich	20/06/2009	4.59.1	G3
Kiera Mooney	Norwich	11/05/2009	5.06.7	G4
Marcella Aris	Norwich	11/05/2009	5.11.9	G4
Anna Hoogkammer	Norwich	19/04/2009	5.15.1	
Rachel Rathjen	Bury St Edmunds	21/09/2009	5.19.9	
Beth Stratton	Bromley	19/07/2009	5.25.7	
Kimberley Aspland	Norwich	19/04/2009	6.13.7	
Frances Mullany	King's Lynn	21/06/2009	6.14.9	

**75m H**

Laura McDonald	Ashford	23/05/2009	11.69	G1	UK Rank 17
Katie Vickery	Peterborough	31/08/2009	12.74	G3	
Jessica Hamilton	Norwich	31/05/2009	13.3	G4	
Stephanie Griffin	Norwich	19/04/2009	14.1		

**High Jump**

Honor De Winton	Birmingham	05/09/2009	1.50	G2
Naomi Tomes	Woodford	03/05/2009	1.40	G4
Jessica Hamilton	King's Lynn	25/01/2009	1.30	
Sarah Kelly	Norwich	11/05/2009	1.20	
Anastasia Jubb	King's Lynn	25/01/2009	1.05	

**Long Jump**

Honor De Winton	Sheffield	11/07/2009	5.32	G1	UK Rank 9
Katie Vickery	Norwich	13/06/2009	5.00	G1	
Laura McDonald	King's Lynn	09/05/2009	4.74	G3	
Clieo Stephenson	Chelmsford	01/03/2009	4.65	G3	
Victoria Mitchell	Chelmsford	01/03/2009	4.51	G4	
Jessica Hamilton	Croydon	21/06/2009	4.50	G4	
Anna Hoogkammer	Norwich	13/06/2009	4.33		
Sarah Kelly	King's Lynn	09/05/2009	4.19		
Bethany Clarke	Cambridge	19/07/2009	4.14		
Naomi Tomes	Birmingham	05/09/2009	3.96		
Anastasia Jubb	King's Lynn	21/06/2009	3.39		

**Shot**

Laura McDonald	Ashford	23/05/2009	10.40	G1	UK Rank 26
Stephanie Griffin	Cambridge	05/07/2009	8.89	G3	
Naomi Tomes	Bury St Edmunds	02/08/2009	8.07	G4	
Lilly Evans	Bromley	19/07/2009	7.60		
Clieo Stephenson	Bromley	17/05/2009	6.31		
Charlotte Griffin	King's Lynn	25/01/2009	5.80		
Anastasia Jubb	Bromley	17/05/2009	5.18		

**Discus**

Lilly Evans	Bromley	19/07/2009	26.18	G2
Gemma Vickery	Woodford	03/05/2009	19.60	
Charlotte Griffin	Bury St Edmunds	21/09/2009	19.01	
Kiera Mooney	Bromley	17/05/2009	18.49	
Stephanie Griffin	Bury St Edmunds	02/08/2009	20.08	
Ella Stephenson	Bromley	17/05/2009	14.56	

**Triple jump**

Laura McDonald	Ashford	24/05/2009	11.14w/10.87	G1
Sarah Kelly	Norwich	11/05/2009	9.05	G4
Katie Vickery	Norwich	11/05/2009	8.81	

**Javelin**

Laura McDonald	Sheffield	11/07/2009	43.13	G1	UK Rank 1	UKA POWER OF 10 STANDARD
Stephanie Griffin	Bury St Edmunds	21/09/2009	25.22	G3		
Naomi Tomes	Norwich	11/05/2009	17.02			
Gemma Vickery	Bromley	19/07/2009	16.69			
Kiera Mooney	Woodford	03/05/2009	12.16			
Anna Jubb	Bromley	17/05/2009	11.13			
Frances Mullany	King's Lynn	21/06/2009	7.31			

**Hammer**

Gemma Vickery	King's Lynn	09/05/2009	28.68	G4
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**Pole Vault**

Abi Martins	Birmingham	05/09/2009	2.65	G2	UK Rank 13
Sasha Birrell	Bromley	19/07/2009	2.00		

<b>Relay 4 x 100m</b>	Croydon	21/06/2009	49.92	
Victoria Mitchell	Laura McDonald	Ella Stephenson	Cleio Stephenson	

<b>Relay 4 x 200m</b>	Norwich	11/05/2009	1.50.7	
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**UNDER 17 MEN RANKINGS 2009**

**75m**

Jon Brown	Great Yarmouth	09/04/2009	9.1	
Lewis Pryke	Great Yarmouth	09/04/2009	10.2	

**100m**

De La Rey Veenendaal	Bedford	31/05/2009	11.27	G2
Jon Brown	Norwich	20/06/2009	11.3	G2
Cain Parry	Hendon	30/08/2009	11.8	G4
Ryan Wilson	Bury St Edmunds	02/08/2009	12.0	
Jamie Aulert	Bromley	19/07/2009	12.4	
Robin Maingay	Bury St Edmunds	02/08/2009	12.4	
Theo Hudson	Norwich	31/05/2009	12.5	
Lucas Siemons	King's Lynn	09/05/2009	12.7	
Solay Elibol	Norwich	31/05/2009	12.7	

**150m**

Jon Brown	Great Yarmouth	09/04/2009	17.7	
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**200m**

De La Rey Veenendaal	King's Lynn	01/08/2009	22.7	G1
Jon Brown	Walton	06/06/2009	23.0	G2
Cain Parry	Bromley	19/07/2009	24.1	
Lucas Siemons	King's Lynn	09/05/2009	24.8	
Tom Yallop	Birmingham	05/09/2009	24.94	
Theo Hudson	Norwich	31/05/2009	25.4	
Ryan Wilson	Bury St Edmunds	21/09/2009	25.2	
Solay Elibol	Norwich	31/05/2009	25.6	
Martainn Ramsey	Bury St Edmunds	02/08/2009	25.6	
Jack Harrison	Bury St Edmunds	21/09/2009	26.0	

**400m**

De La Rey Veenendaal	Bromley	27/07/2009	50.6	G1
Tom Francis	Bromley	27/07/2009	53.2	G4
Jack Harrison	Birmingham	05/09/2009	54.94	
Ed Skinner	Bedford	20/09/2009	55.43	
Tom Yallop	Bromley	19/07/2009	55.8	
Callum McLaren	Birmingham	05/09/2009	56.43	
Ryan Wilson	Cambridge	19/07/2009	57.4	
Theo Hudson	Croydon	21/06/2009	60.6	

**600m**

Declan Manning	Great Yarmouth	09/04/2009	1.51.2	
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**800m**

Martainn Ramsey	Birmingham	05/09/2009	2.00.77	G2
Tom Francis	St Ives	27/05/2009	2.04.85	G4
Ben Stratton	Croydon	21/06/2009	2.05.24	G4
Jack Harrison	Watford	29/07/2009	2.05.34	G4
Callum McLaren	Bury St Edmunds	21/09/2009	2.08.2	
Declan Manning	France	21/05/2009	2.32.8	

**1500m**

Martainn Ramsey	Bury St Edmunds	21/09/2009	4.19.0	G4
Tom Francis	Norwich	11/05/2009	4.19.4	G4
Ben Stratton	Hendon	30/08/2009	4.22.0	G4
Callum McLaren	Bromley	19/07/2009	4.23.5	G4
Frazer Heasman	Bromley	17/05/2009	4.28.1	
Jack Harrison	Norwich	11/05/2009	4.40.2	
Ed Skinner	Bedford	20/09/2009	4.44.34	

**3000m**

Ben Stratton	Bromley	19/07/2009	9.26.9	G3
Frazer Heasman	Norwich	31/05/2009	9.36.0	G4
Martainn Ramsey	Woodford	03/05/2009	9.36.8	G4
Tom Strachan	Woodford	03/05/2009	9.38.2	G4
Tom Francis	King's Lynn	09/05/2009	9.51.7	
Tom Bradfield	Bromley	19/07/2009	12.20.6	

**1 mile**

D Manning	Great Yarmouth	09/04/2009	6.19.2	
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**100m Hurdles**

Ed Skinner	Birmingham	05/09/2009	14.87	G4
Jamie Aulert	Bromley	19/07/2009	16.4	
Ryan Wilson	Birmingham	05/09/2009	19.28	
Jack Gilbert	Bromley	19/07/2009	20.1	
Lewis Pryke	Bury St Edmunds	21/09/2009	20.1	

**400m Hurdles**

Theo Hudson	Ipswich	23/08/2009	63.83	G4	
Charlie Aulert	Birmingham	05/09/2009	65.62		
Tom Yallop	Birmingham	05/09/2009	66.44		
Ryan Wilson	Norwich	31/05/2009	68.4		
<b>1500m S/C</b>					
Ben Stratton	Norwich	31/05/2009	4.39.6	G1	UK RANK 19
Ed Skinner	Bromley	19/07/2009	5.01.9	G4	
Martainn Ramsey	Birmingham	05/09/2009	5.06.63	G4	
Jack Harrison	Croydon	21/06/2009	5.38.23		
<b>2000m S/C</b>					
Ben Stratton	Bromley	17/07/2009	6.27.4		
Ed Skinner	Eton	14/06/2009	7.19.33		
<b>Long Jump</b>					
Adam Howard	King's Lynn	09/05/2009	6.37	G1	
Danny Clayton	Cambridge	05/07/2009	6.12w	G2	
Robin Maingay	Norwich	13/06/2009	5.90	G3	
Ed Skinner	Ipswich	23/08/2009	5.77	G4	
Callum Brown	King's Lynn	09/05/2009	5.37		
Jon Brown	Croydon	21/06/2009	5.29		
Charlie Aulert	Birmingham	05/09/2009	5.18		
Cain Parry	Hendon	30/08/2009	5.11		
Lewis Pryke	Great Yarmouth	09/04/2009	4.90		
Lucas Scirons	Woodford	03/05/2009	4.88		
Jack Harrison	Norwich	31/05/2009	4.32		
<b>High Jump</b>					
Adam Howard	Norwich	19/04/2009	1.75	G3	
Ed Skinner	Bedford	20/09/2009	1.72	G4	
Harry Andrews	King's Lynn	09/05/2009	1.60		
Jack Gilbert	Croydon	21/06/2009	1.45		
Ben Stratton	Bury St Edmunds	21/09/2009	1.40		
Callum McLaren	Norwich	31/05/2009	1.35		
<b>Triple Jump</b>					
Adam Howard	Norwich	31/05/2009	12.52	G2	
Cain Parry	Bromley	19/07/2009	11.33		
Callum Brown	Norwich	11/05/2009	10.28		
Ryan Wilson	Bury St Edmunds	21/09/2009	10.06		
<b>Shot</b>					
Danny Clayton	Bromley	19/07/2009	12.05	G3	
Ed Skinner	Corby	28/06/2009	12.01	G3	
Callum Brown	King's Lynn	21/06/2009	9.87		
Theo Hudson	Croydon	21/06/2009	8.49		
Lewis Pryke	Bury St Edmunds	21/09/2009	8.19		
Tom Bradfield	Norwich	19/04/2009	7.48		
Ryan Wilson	Norwich	19/04/2009	5.74		
<b>Shot 6kg</b>					
Danny Clayton	Hendon	30/08/2009	10.51		
Jon Brown	Copthall	24/05/2009	8.56		
Ben Stratton	Bromley	27/07/2009	7.64		
<b>Pole Vault</b>					
Ed Skinner	King's Lynn	09/05/2009	3.80	G2	
<b>Javelin 700g</b>					
Ed Skinner	Birmingham	05/09/2009	48.02	G2	
Tom Bradfield	Norwich	19/04/2009	42.17	G4	
Callum Brown	Peterborough	05/04/2009	41.64	G4	
Lewis Pryke	Ipswich	10/05/2009	35.10		
Jack Harrison	Bromley	17/05/2009	26.96		
Robin Maingay	Bromley	17/05/2009	16.34		
<b>Javelin 800g</b>					
Ed Skinner	Bedford	20/09/2009	47.23		
Callum Brown	Norwich	11/05/2009	37.72		
Danny Clayton	Bromley	27/07/2009	27.75		
<b>Discus 1.5kg</b>					
Danny Clayton	Bury St Edmunds	21/09/2009	41.81	G1	UK RANK 23
Ed Skinner	Bromley	19/07/2009	35.55	G3	
Callum Brown	Norwich	20/06/2009	34.80	G3	
Declan Manning	France	21/05/2009	22.16		
<b>Discus 1.75kg</b>					
Danny Clayton	Hendon	30/08/2009	34.25		
Callum Brown	Hendon	30/08/2009	31.35		
Ed Skinner	Copthall	24/05/2009	27.97		
<b>Hammer 4kg</b>					
Callum Brown	Norwich	25/08/2009	61.79		

**Hammer 5k**

<b>Callum Brown</b>	Norwich	26/09/2009	57.39	G1	UK RANK 9	UKA POWER OF 10 STANDARD
Danny Clayton	Norwich	27/06/2009	49.74	G2		
Lewis Pryke	Norwich	19/04/2009	19.51			
Ben Stratton	Croydon	21/06/2009	18.51			

**Hammer 6k**

Callum Brown	Bromley	27/07/2009	48.32			
Danny Clayton	Bromley	27/07/2009	41.59			
Ed Skinner	Hendon	30/08/2009	24.51			
Ben Stratton	Cophthall	24/05/2009	20.79			

**Weight 20lb**

<b>Callum Brown</b>	Norwich	18/07/2009	18.02		UK AGE 14 BEST	
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**Relay 4 x 100**

Norwich	19/04/2009	48.0			
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**Relay 4 x 400**

Bromley	19/07/2009	3.39.5			
Jack Harrison	Callum McLaren	Ben Stratton	De La Rey Veenendaal		

**Octathlon**

Ed Skinner	Bedford	19/20/09/09	4667		UK RANK 12	
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**UNDER 17 WOMANS RANKINGS 2009****60m indoor**

Victoria Williamson	Kings Lynn	25/01/2009	8.2	G3		
Laura Green	Chelmsford	01/03/2009	8.2	G3		

**60m H indoor**

Victoria Williamson	Lee Valley	17/01/2009	9.27	G3		
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**150m**

Chelsea Dixon	Great Yarmouth	09/04/2009	22.0			
Holly Durbridge	Great Yarmouth	09/04/2009	23.2			
kimberley Aspland	Great Yarmouth	09/04/2009	25.0			

**100m**

Laura Green	Norwich	31/05/2009	12.9	G3		
Chloe Smith	Norwich	31/05/2009	13.5			
Sasha Barnard	Bury St Edmunds	02/08/2009	14.0			
Anna Spratt	King's Lynn	09/05/2009	14.4			
Holly Durbridge	Bury St Edmunds	02/08/2009	14.5			
Georgina Culling	Bromley	17/05/2009	14.6			

**200m**

Laura Green	Bromley	27/07/2009	27.1	G4		
Victoria Williamson	Norwich	19/04/2009	27.9			
Chloe Smith	Birmingham	05/09/2009	27.8			
Holly Slater	Woodford	03/05/2009	29.1			
Chelsea Dixon	France	21/05/2009	29.01			
Sasha Barnard	King's Lynn	09/05/2009	29.4			
Juliette Broster	Bury St Edmunds	02/08/2009	30.7			

**300m**

Victoria Williamson	Lee Valley Indoor	09/01/2009	43.63	G4		
Iona Lake	Woodford	03/05/2009	44.1	G4		
Anna Spratt	King's Lynn	09/05/2009	45.6			
Sadie Miller	Norwich	19/04/2009	46.2			
Hazel Wilson	Norwich	31/05/2009	47.5			
Grace Bird	Croydon	21/06/2008	48.88			
Holly Durbridge	Norwich	19/04/2009	53.3			
Emily Cowen	Croydon	21/06/2009	60.24			

**400m**

Juliette Broster	Eton	14/06/2009	68.97			
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**800m**

Iona Lake	Watford	26/08/2009	2.13.93	G1	UK RANK 24	
Juliette Broster	King's Lynn	09/05/2009	2.27.6			
Esme Salmon	Bromley	17/05/2009	2.33.7			
Grace Bird	Birmingham	05/09/2009	2.39.85			
Emily Cowen	Norwich	31/05/2009	2.45.2			

**1500m**

Iona Lake	Manchester	30/05/2009	4.37.79	G1	UK RANK 23	
Juliette Broster	Norwich	11/05/2009	4.52.6			
Esme Salmon	Norwich	11/05/2009	4.58.6			
Grace Bird	Norwich	11/05/2009	5.29.4			
Chelsea Dixon	France	21/05/2009	5.43.74			
Emily Cowen	Norwich	13/06/2009	5.53.6			

**3000m**

Iona Lake	Bromley	17/05/2009	11.03.3	G4		
Hazel Wilson	Bromley	19/07/2009	11.46.2			

Grace Bird	Eton	14/06/2009	12.05.79
Emily Cowen	Croydon	21/06/2009	12.43.22

### **80mHurdles**

Laura Green	Croydon	21/06/2009	12.03	G1	UK RANK 29
Victoria Williamson	Ashford	24/05/2009	12.46	G3	
Anna Spratt	Ipswich	10/05/2009	13.1	G4	

### **300m Hurdles**

Victoria Williamson	Ashford	24/05/2009	45.85	G2
Laura Green	Bromley	19/07/2009	47.4	G3
Anna Spratt	Norwich	20/06/2009	48.0	G3

### **Long Jump**

Victoria Williamson	King's Lynn	09/05/2009	4.85	G4
Sadie Miller	Norwich	31/05/2009	4.83	G4
Sasha Barnard	Hendon	30/08/2009	4.82	G4
Holly Slater	Bromley	19/07/2009	4.18	
Chloe Smith	Norwich	31/05/2009	3.92	
C Dixon	Great Yarmouth	09/04/2009	3.77	
Juliette Broster	Croydon	21/06/2009	3.67	

### **High Jump**

Chloe Smith	King's Lynn	09/05/2009	1.62	G1
Holly Slater	Norwich	13/06/2009	1.60	G2
Sophie Mullian	Norwich	13/06/2009	1.55	

### **Triple Jump**

Sasha Barnard	Bury St Edmunds	02/08/2009	9.64	G4
Holly Slater	Bromley	17/05/2009	9.60	G4
Anna Spratt	Birmingham	05/09/2009	9.29	

### **Pole vault**

Georgina Culling	Bromley	17/05/2009	2.30	G3
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### **Hammer**

Jenna Cannell	Peterborough	31/08/2009	44.89	G1	UK RANK 8	UKA POWER OF 10 STANDARD
Megan Thomas	Norwich	31/05/2009	39.52	G1		
Victoria Williamson	Bromley	19/07/2009	18.26			
Holly Slater	Birmingham	05/09/2009	15.08			
Juliette Broster	Bromley	17/05/2009	4.53			

### **Shot**

Sophie Mckinna (2nd claim)	Great Yarmouth	02/07/2009	12.44	G1	UK RANK 3	UKA POWER OF 10 STANDARD
Megan Thomas	Bury St Edmunds	02/08/2009	8.97	G3		
Steph Burt	Norwich	19/04/2009	8.84	G3		
Victoria Williamson	Norwich	31/05/2009	8.22	G4		
Sasha Barnard	Bromley	17/05/2009	6.70			
Hazel Wilson	Birmingham	05/09/2009	5.39			
Georgina Culling	Bromley	17/05/2009	4.98			

### **Javelin**

Steph Burt	Norwich	13/06/2009	40.20	G1	UK RANK 4	UKA POWER OF 10 STANDARD
Jenna Cannell	Bromley	17/05/2009	27.06	G4		
Sasha Barnard	Birmingham	05/09/2009	20.09			
Laura Green	Bromley	17/05/2009	18.01			

### **Discus**

Megan Thomas	Eton	14/06/2009	32.93	G1	UK RANK 25
Steph Burt	Canbridge	15/03/2009	29.14	G3	
Jenna Cannell	Peterborough	05/04/2009	27.95	G3	
Holly Durbridge	France	21/05/2009	21.32		
Esme Salmon	Bromley	17/05/2009	11.48		
Emily Cowen	Birmingham	05/09/2009	11.14		

### **Weight**

Jenna Cannell	Norwich	25/08/2009	13.83
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### **Relay 4 x 100**

Georgina Culling	Norwich	31/05/2009	51.7
	Chloe Smith	Laura Green	Victoria Williamson

### **Relay 4 x 300**

Laura Green	Bromley	19/07/2009	3.05.2
	Holly Slater	Juliette Broster	Iona Lake

## **UNDER 20 MENS RANKINGS 2009**

### **60 m indoors**

Chris Marshall	King's Lynn	25/01/2009	7.5
Adam Szucs	Chelmsford	01/03/2009	8.0

### **60m Hurdles**

Chris Marshall	Kings Lynn	25/01/2009	10.8
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### **75m**

Adam Szuch	Great Yarmouth	09/04/2009	9.6
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**100m**

Michael Fraser	Walton	13/06/2009	11.1	G2
James McLachlan	Norwich	19/04/2009	11.2	G3
Chris Marshall	Norwich	19/04/2009	11.9	
James Senior	Cambridge	19/07/2009	11.9	
Adam Szucs	King's Lynn	21/06/2009	12.4	

**150m**

Chris Marshall	Great Yarmouth	09/04/2009	18.0	
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**200m**

Michael Fraser	Walton	06/06/2009	22.50	G2
James McLachlan	Eton	14/06/2009	23.12	
Chris Marshall	King's Lynn	21/06/2009	23.6	
James Senior	King's Lynn	09/05/2009	24.0	
Joel Taylor	Norwich	19/04/2009	24.0	

**300m**

Chris Marshall	Great Yarmouth	09/04/2009	38.7	
Adam Szuch	France	21/05/2009	40.9	

**400m**

James Senior	Hendon	24/05/2009	50.59	G3
Michael Fraser	Hendon	07/09/2009	50.7	G3
Chris Marshall	Norwich	20/06/2009	53.4	

**600m**

Micah Rogers	Great Yarmouth	09/04/2009	1.32.2	
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**800m**

James Senior	Street	04/05/2009	1.51.94	G1	UK RANK 14
James Jackson	Bromley	26/07/2009	1.59.9		
Tom Crawshaw	Norwich	19/04/2009	2.04.2		
Sam Cheverton	Hendon	30/08/2009	2.04.4		
Oliver Maskell	Eton	14/06/2009	2.05.25		
Mica Rogers	King's Lynn	09/05/2009	2.07.4		
Joel Taylor	Hendon	24/05/2009	2.08.88		
Damien Rogers	King's Lynn	09/05/2009	2.15.0		

**1500m**

James Senior	Twickenham	03/06/2009	3.56.78	G1
James Jackson	Watford	15/07/2009	3.58.58	G2
Sam Cheverton	Norwich	20/06/2009	4.11.8	
Oliver Maskell	Bromley	26/07/2009	4.13.3	

**1 mile**

Damien Rogers	Great Yarmouth	09/04/2009	4.49.0	
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**3000m**

James Jackson	Eton	14/06/2009	8.56.03	G3
Sam Cheverton	Bury St Edmunds	02/08/2009	8.58.4	G3
James Senior	Bury St Edmunds	02/08/2009	9.08.3	
Oliver Maskell	Norwich	19/04/2009	9.18.5	
Tom Crawshaw	Norwich	19/04/2009	9.22.7	
Damien Rogers	Norwich	19/04/2009	9.46.5	

**5000m**

James Jackson	Abingdon	20/09/2009	16.01.67	
Sam Cheverton	Eton	11/07/2009	16.19.5	
Damien Rogers	Eton	11/07/2009	17.12.9	

**110m Hurdles**

James Senior	Hendon	30/08/2009	17.8	
Josh Rea	Hendon	24/05/2009	18.17	
Chris Marshall	Eton	11/07/2009	18.3	

**400m Hurdles**

James Senior	Hendon	30/08/2009	57.2	G2
Chris Marshall	Lee Valley	16/08/2009	57.70	G3
Josh Rea	Hendon	24/05/2009	60.79	
Jahmal Mills (2nd Claim)	Hendon	30/08/2009	63.6	

**3000m S/C**

Ashley Harrell	Norwich	19/04/2009	8.55.6	
James Senior	King's Lynn	01/08/2009	9.46.4	
James Jackson	Eton	11/07/2009	9.57.9	
Damien Rogers	Norwich	11/05/2009	10.48.1	

**2000m S/C**

James Senior	Bromley	27/07/2009	5.53.8	G1	UK RANK 1	UKA POWER OF 10 STANDARD
James Jackson	Hendon	24/05/2009	6.42.20			

**Long Jump**

Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	6.78	G1
James McLachlan	Lee Valley	16/08/2009	6.51	G2
Chris Marshall	King's Lynn	09/05/2009	5.58	

James Senior	Cambridge	19/07/2009	5.32			
<b>Triple Jump</b>						
James McLachlan	Sheffield	11/07/2009	15.26	G1	UK RANK 5	UKA POWER OF 10 STANDARD
Chris Marshall	Hendon	24/05/2009	12.36			
Harry Newenham	Hendon	30/08/2009	11.25			
Jahmal Mills (2nd Claim)	Hendon	30/08/2009	10.67			
<b>High Jump</b>						
Jahmal Mills (2nd Claim)	King's Lynn	01/08/2009	1.80	G3		
Josh Rea	Norwich	16/05/2009	1.70			
James Senior	Cambridge	19/07/2009	1.25			
Chris Marshall	King's Lynn	21/06/2009	1.20			
Harry Newenham	Bury St Edmunds	21/09/2009	1.20			
<b>Pole Vault</b>						
Jahmal Mills (2nd Claim)	Cambridge	02/05/2009	2.20			
Josh Rea	Eton	14/06/2009	2.45			
<b>Javelin</b>						
Harry Newenham	Ipswich	23/08/2009	47.76	G3		
Perry Francis	Norwich	19/04/2009	36.38			
Jahmal Mills (2nd Claim)	Hendon	24/05/2009	35.85			
James McLachlan	Abingdon	20/09/2009	32.46			
James Senior	Cambridge	19/07/2009	21.15			
Chris Marshall	King's Lynn	21/06/2009	20.69			
<b>Discus</b>						
Jahmal Mills (2nd Claim)	Hendon	24/05/2009	33.92			
Harry Newenham	Eton	14/06/2009	25.63			
Joel Taylor	Norwich	19/04/2009	15.10			
Chris Marshall	King's Lynn	21/06/2009	10.10			
<b>Shot</b>						
Jahmal Mills (2nd Claim)	Eton	14/06/2009	10.37			
Harry Newenham	Hendon	30/08/2009	7.34			
Sam Cheverton	Bromley	27/07/2009	5.93			
Chris Marshall	King's Lynn	21/06/2009	5.06			
<b>Hammer</b>						
Joel Taylor	Hendon	24/05/2009	14.31			
<b>Relay 4 x 100m</b>						
	Eton	14/06/2009	44.00		UB RECORD	
<b>Relay 4 x 400m</b>						
	Eton	14/06/2009	3.34.77			
<b>UNDER 20 WOMANS RANKINGS 2009</b>						
<b>100m</b>						
Sophie Poyner	Copthall	24/05/2009	13.30			
<b>200m</b>						
Jenny Milligan	Copthall	24/05/2009	27.42			
Caitlin Bell	Norwich	19/04/2009	27.8			
Sophie Poyner	Copthall	24/05/2009	28.52			
<b>300m</b>						
Jenny Milligan	Great Yarmouth	09/04/2009	44.2			
<b>400m</b>						
Holly Cooper	Hendon	30/08/2009	61.0			
Sam Jacks	Bury St Edmunds	02/08/2009	61.5			
Caitlin Bell	King's Lynn	09/05/2009	62.1			
Jenny Milligan	Norwich	19/04/2009	65.7			
Abbie Beales	King's Lynn	21/06/2009	66.5			
<b>800m</b>						
Rachel Stringer	Sheffield	14/02/2009	2.07.15	G1	UK RANK 9	UKA POWER OF 10 STANDARD
Sam Jacks	Watford	29/07/2009	2.14.72	G2		
Becky Pike	Bromley	27/07/2009	2.21.3			
Danni Nimmock	King's Lynn	21/06/2009	2.23.0			
Abbie Beales	Norwich	11/05/2009	2.41.8			
<b>1500m</b>						
Rachel Stringer	Watford	29/07/2009	4.30.99	G1	UK RANK 22	
Dani Nimmock	Watford	26/08/2009	4.33.47	G1		
Sam Jacks	Norwich	11/05/2009	4.53.6			
Claire Pring	Bromley	27/07/2009	4.52.1			
<b>2000m S/C</b>						
Danni Nimmock	King's Lynn	09/05/2009	7.14.8		UK RANK 6	
<b>3000m</b>						
Dani Nimmock	Crystal Palace	25/07/2009	9.49.57	G1	UK RANK 18	
Claire Pring	Hendon	30/08/2009	10.41.2			
<b>5000m</b>						
Dani Nimmock	Bedford	02/05/2009	17.45.82			

**100m Hurdles**

Becky Pike	Eton	14/06/2009	17.41
Jenny Milligan	Copthall	24/05/2009	17.86
Laura Warman	Hendon	30/08/2009	18.5

**400m Hurdles**

Rebecca Pike	Lee Valley	316/08/09	63.90	G1	UK RANK 14
Jenny Milligan	Copthall	24/05/2009	69.39		
Laura Warman	Norwich	11/05/2009	71.3		
Freya Bell	Norwich	11/05/2009	72.2		

**Long Jump**

Sophie Poyner	King's Lynn	09/05/2009	4.85
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**Triple Jump**

Sopie Poyner	Copthall	24/05/2009	9.66
Laura Warman	Norwich	19/04/2009	8.85

**Discus**

Holly Cooper	Copthall	24/05/2009	12.31
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**Hammer**

Holly Cooper	Copthall	24/05/2009	14.33
Jenny Higgins	Bromley	27/07/2009	15.48

**Javelin**

Georgina Lake	Copthall	24/05/2009	12.69
Claire Pring	Cambridge	19/07/2009	12.70

**Pole Vault**

Georgina Lake	Norwich	13/06/2009	2.50
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**Relay 4 x 100m**

	Eton	14/06/2009	53.3
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**Relay 4 x 400m**

	Copthall	24/05/2009	4.07.47
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**SENIOR MENS RANKINGS 2009****100m**

Paul Goodall	Perivale	27/06/2009	11.4
Tom Pegg	Ipswich	23/08/2009	11.48
Adam Szucs	Bury St Edmunds	02/08/2009	12.5

**200m**

Paul Goodall	Perivale	27/06/2009	22.5
Luke wale	Sheffield	14/03/2009	22.7
Tom Pegg	Abingdon	20/09/2009	23.16
Daryl Martin	Cambridge	02/05/2009	25.2
Malvern Mpasos	King's Lynn	09/05/2009	25.7
Adam Szucs	Bury St Edmunds	02/08/2009	26.0

**400m**

Paul Goodall	Derby	22/08/2009	48.01
Tom Love	Watford	20/06/2009	50.46
Rick Ward	King's Lynn	01/08/2009	51.3
Carl Goose	Walton	06/06/2009	52.7
Graham Stark	Walton	06/06/2009	53.9
Jon Quint	King's Lynn	01/08/2009	54.8
Daryl Martin	Norwich	16/05/2009	55.30

**800m**

Rick Ward	Lee Valley	24/01/2009	1.50.54
Tom Love	Bedford	02/05/2009	1.54.39
Carl Goose	Watford	13/06/2009	1.55.05
Paul Goodall	Loughborough	10/06/2009	1.57.0
Jon Quint	Chelmsford	09/08/2009	1.58.26
Luke Allen	Twickenham	03/06/2009	1.58.47
Ashley Harrell	Norwich	16/05/2009	2.00.1
A Von Gordon	Perivale	27/06/2009	2.00.3
Daryl Martin	Peterborough	31/08/2009	2.01.78

**1500m**

Mitch Goose	Solihull	18/07/2009	3.44.4
Stuart Huntington	Watford	29/07/2009	3.55.21
Ashley Harrell	Sheffield	07/06/2009	3.56.16
Rick Ward	Lee Valley	17/01/2009	4.00.40
Luke Allen	Manchester	30/05/2009	4.02.02
Tommy Carroll	Abingdon	20/09/2009	4.02.02
Carl Goose	Sheffield	15/03/2009	4.04.42
A Von Gordon	King's Lynn	01/08/2009	4.09.5
James Preston	Norwich	11/05/2009	4.19.7
Jon Quint	Perivale	27/06/2009	4.19.7

**3000m**

Mitch Goose	Loughborough	17/05/2009	8.19.82
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Ashley Harrell	Twickenham	03/06/2009	8.27.89
Tommy Carroll	Twickenham	03/06/2009	8.32.94
Luke Allen	Watford	27/07/2009	8.57.15
Andrew Bunn	Sheffield	14/03/2009	9.23.15

#### **5000m**

Mitch Goose	Manchester	30/05/2009	14.18.20
Stuart Huntington	Stretford	27/06/2009	14.41.36
Ashley Harrell	Cardiff	15/08/2009	14.50.66
Luke Allen	Bedford	24/05/2009	15.56.47
Tommy Carroll	Bedford	02/05/2009	16.06.68
Jon Quint	Walton	06/06/2009	16.45.2
M Beamish	King's Lynn	01/08/2009	17.34.6

#### **10000m**

Luke Allen	Bedford	02/05/2009	34.07.34
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### **VET MENS RANKINGS 2009**

#### **60m indoors**

Gordon Slater	Kings Lynn	25/01/2009	8.5
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#### **100m**

Gordon Slater	Peterborough	31/08/2009	13.76
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#### **150m**

Gordon Slater	Great Yarmouth	09/04/2009	20.3
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#### **200m**

Gordon Slater	King's Lynn	09/05/2009	27.8
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#### **300m**

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

Gordon Slater	Peterborough	05/04/2009	60.0
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#### **1500m**

Guy Amos	Norwich	11/05/2009	4.11.2
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#### **3000m**

Guy Amos	Lee Valley	08/03/2009	8.46.95
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#### **5000m**

Guy Amos	Cambridge	02/05/2009	15.24.1
Andrew Bunn	King's Lynn	09/05/2009	18.03.7
Paul Woodyatt	King's Lynn	09/05/2009	18.54.5

#### **3000m S/C**

Gordon Slater	Perivale	27/06/2009	13.54.7
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#### **High Jump**

Denis Costello	Perivale	27/06/2009	1.70
Gordon Slater	Cambridge	19/07/2009	1.25
Clive Poyner	Bury St Edmunds	02/08/2009	1.00

#### **Long Jump**

Clive Poyner	Bury St Edmunds	02/08/2009	4.45
Gordon Slater	Cambridge	19/07/2009	3.99

#### **Triple Jump**

Gordon Slater	King's Lynn	21/06/2009	8.64
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#### **Pole Vault**

Gordon Slater	Abingdon	20/09/2009	1.47
Denis Costello	Perivale	27/06/2009	1.10

#### **Shot 6kg**

Jon Painter (50+)	Peterborough	05/04/2009	11.89
Glyn Long	King's Lynn	09/05/2009	7.85
Gordon Slater	Norwich	19/04/2009	6.25

#### **Shot 7.26kg**

John Painter (50+)	Cambridge	05/07/2009	11.19
Gordon Slater	Cambridge	19/07/2009	5.98

#### **Javelin**

Tim Newenham	Bedford	11/04/2009	53.83
Clive Poyner	Bury St Edmunds	02/08/2009	33.20
Glyn Long	Norwich	11/05/2009	19.21
Gordon Slater	Bury St Edmunds	21/09/2009	15.61

#### **Discus 1.5kg**

Jon Painter	Peterborough	05/04/2009	42.72
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#### **Discus 2kg**

John Painter	Norwich	19/04/2009	36.13
Denis Costello	Perivale	27/06/2009	21.28
Gordon Slater	Bury St Edmunds	21/09/2009	15.92

**Hammer 7.26kg**

John Painter	King's Lynn	09/05/2009	28.69
Dennis Costello	Walton	06/06/2009	18.05
Gordon Slater	Cambridge	19/07/2009	14.59