

UNDER 11 BOYS RANKINGS 2010

80m

Joe Dickenson	Great Yarmouth	06/06/2010	12.1
Adam Bales	Norwich	08/08/2010	13.4
Harry Hudson	Great Yarmouth	06/06/2010	13.6
H D'eath	Norwich	08/08/2010	13.9

600m

Joe Dickenson	Great Yarmouth	22/07/2010	2.11.6
Louie Alden	Great Yarmouth	20/06/2010	2.18.6
Jake Sewell	Great Yarmouth	22/07/2010	2.16.4
H D'eath	Norwich	08/08/2010	2.18.8

Long Jump

Joe Dickenson	Great Yarmouth	06/06/2010	3.54
Owen Bradfield	St Ives	21/07/2010	3.24
Robbie Walden	Great Yarmouth	06/06/2010	3.17
Louie Alden	Great Yarmouth	20/06/2010	3.00
H D'eath	Norwich	08/08/2010	2.98
Harry Hudson	Great Yarmouth	06/06/2010	2.88

Ball Throw

Joe Dickenson	Great Yarmouth	06/06/2010	31.55
Robbie Walden	Great Yarmouth	06/06/2010	29.00
Harry Hudson	Great Yarmouth	06/06/2010	26.11

UNDER 11 GIRLS RANKINGS 2010

60m indoors

Madison Stubbs	King's Lynn	31/01/2010	9.5
Atlanta Harrison	King's Lynn	31/01/2010	12.3

80m

Madison Stubbs	Norwich	08/08/2010	11.8
Sophie Bishop	Great Yarmouth	06/06/2010	12.5
Madelaine Pearl	Norwich	08/08/2010	13.2
Lauren Bradfield	Great Yarmouth	06/06/2010	13.5
Emma Cadley	Chelmsford	16/05/2010	14.3

600m

Madison Stubbs	Norwich	08/08/2010	1.56.3	CLUB RECORD
Sophie Bishop	Great Yarmouth	22/07/2010	2.12.4	

Long Jump

Madison Stubbs	Great Yarmouth	22/07/2010	3.81
Sophie Bishop	Great Yarmouth	09/05/2010	3.44
Lauren Bradfield	Great Yarmouth	20/06/2010	2.84

Atlanta Harrison	Great Yarmouth	09/05/2010	2.67
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Ball Throw

Lauren Bradfield	Great Yarmouth	06/06/2010	12.58
Emma Cadley	Great Yarmouth	06/06/2010	11.76

UNDER 13 BOYS RANKINGS 2010

60m indoors

Daniel Griffin	King's Lynn	31/01/2010	8.7	G3
Sam Forder	King's Lynn	31/01/2010	8.8	G4
Miles Doncaster	King's Lynn	31/01/2010	10.2	

60m Hurdles

Daniel Griffin	Lee Valley indoors	06/03/2010	10.9	G4
Braden Harrison	King's Lynn	31/01/2010	13.6	

75m

Sam Forder	Great Yarmouth	15/04/2010	11.3
Tom Buxton	Great Yarmouth	15/04/2010	12.3
Tom Greeves	Great Yarmouth	15/04/2010	12.7

100m

Daniel Griffin	Great Yarmouth	07/06/2010	13.6	G3
Sam Forder	Chelmsford	20/06/2010	13.6	G3
Tom Lake	Watford	18/07/2010	14.4	
Ashley Waterson	Great Yarmouth	22/07/2010	14.6	
Jamie Finch (2nd claim)	Eltham	16/05/2010	14.8	
Adam Davidson	Great Yarmouth	22/07/2010	15.0	
Dan Bainbridge	Great Yarmouth	07/06/2010	15.2	
Tom Buxton	Great Yarmouth	09/05/2010	15.5	
Tom Greeves	Great Yarmouth	07/06/2010	15.7	
Callum Mooney	Great Yarmouth	07/06/2010	15.8	
Miles Doncaster	Great Yarmouth	09/05/2010	16.0	

150m

Sam Forder	Great Yarmouth	15/04/2010	23.1
Jamie Finch	Great Yarmouth	15/04/2010	23.9

200m

Toby Price	King's Lynn	04/07/2010	27.4	G2
Sam Forder	Watford	18/07/2010	27.9	G3
Ashley Waterson	Norwich	08/08/2010	28.2	G3
Jamie Finch (2nd claim)	Peterborough	30/08/2010	28.30	G3
Adam Davison	Watford	18/07/2010	28.8	G4
Daniel Griffin	Great Yarmouth	07/06/2010	30.0	
Tom Lake	Eltham	16/05/2010	31.0	
Thomas Buxton	Great Yarmouth	09/05/2010	32.0	

Braydon Harrison	Norwich	08/08/2010	33.4
Callum Mooney	Great Yarmouth	07/06/2010	33.7
Tom Greeves	Bromley	02/05/2010	33.8
Jacob Cotton	Great Yarmouth	22/07/2010	34.3

600m

Jamie Finch	Great Yarmouth	15/04/2010	1.54.4
Thomas Buxton	Great Yarmouth	15/04/2010	2.04.7
Tom Greeves	Great Yarmouth	15/04/2010	2.17.0

800m

Harry Simmons	Birmingham	05/07/2010	2.20.9	G1
Toby Price	King's Lynn	04/07/2010	2.23.6	G1
Ashley Waterson	Great Yarmouth	22/07/2010	2.25.8	G2
Adam Davison	Great Yarmouth	22/07/2010	2.27.7	
Jamie Finch	Peterborough	30/08/2010	2.29.17	
Tom Lake	Great Yarmouth	07/06/2010	2.37.1	
Alfie Linstead	Great Yarmouth	07/06/2010	2.39.2	
Jacob Cotton	King's Lynn	04/07/2010	2.42.3	
Falco Rosenberg	Bury St Edmunds	19/09/2010	2.37.1	
Daniel Griffin	Lee Valley indoors	06/03/2010	2.55.9	
Thomas Buxton	Chelmsford	16/05/2010	2.57.8	
Tom Greeves	Great Yarmouth	09/05/2010	3.06.7	
Braydon Harrison	Bromley	02/05/2010	3.22.6	

1500m

Ashley Waterson	Great Yarmouth	19/08/2010	4.42.1	G1	UK RANK 13
Adam Davison	Watford	18/07/2010	5.05.2	G3	
Jamie Finch	Ipswich	09/05/2010	5.12.3	G4	

75m Hurdles

Daniel Griffin	Norwich	08/08/2010	12.9	G1
Miles Doncaster	Norwich	08/08/2010	15.9	
Braydan Harrison	Bury St Edmunds	19/09/2010	17.2	

High Jump

Harry Simmons	Chelmsford	20/06/2010	1.45	G1
Braydan Harrison	Norwich	08/08/2010	1.40	G2
Daniel Griffin	Lee Valley indoors	06/03/2010	1.29	
Daniel Bainbridge	Great Yarmouth	20/06/2010	1.20	
Miles Doncaster	Norwich	08/08/2010	1.20	
Tom Greeves	Bromley	02/05/2010	1.05	

Long Jump

Harry Simmons	Birmingham	05/07/2010	4.97	G1	UK RANK 11
Daniel Griffin	Cambridge	17/07/2010	4.60	G2	
Jonathan Tomes	Norwich	08/08/2010	4.53	G2	
Sam Forder	Eltham	16/05/2010	4.17	G4	

Jamie Finch (2nd claim)	Great Yarmouth	15/04/2010	3.88
Braydan Harrison	Great Yarmouth	09/05/2010	3.79
Thomas Buxton	Great Yarmouth	09/05/2010	3.67
Miles Doncaster	Great Yarmouth	09/05/2010	3.60
Daniel Bainbridge	Great Yarmouth	07/06/2001	3.49
Tom Greeves	Great Yarmouth	09/05/2010	3.45
Alfie Linstead	Chelmsford	16/05/2010	3.39
Callum Mooney	Great Yarmouth	07/06/2010	3.13

Javelin

Jonathan Tomes	King's Lynn	04/07/2010	35.59	G1	UK RANK 12
Daniel Bainbridge	Great Yarmouth	07/06/2010	28.10	G3	
Daniel Griffin	Great Yarmouth	07/06/2010	21.63	G4	
Jamie Finch (2nd claim)	Ipswich	09/05/2010	20.54		
Miles Doncaster	Chelmsford	16/05/2010	15.86		

Shot

Jamie Finch (2nd claim)	Bury St Edmunds	19/09/2010	7.10	G4
Daniel Griffin	Lee Valley indoors	06/03/2010	6.36	
Braydon Harrison	Norwich	08/08/2010	5.62	
Daniel Bainbridge	Bury St Edmunds	19/09/2010	5.57	
Tom Lake	Watford	16/05/2010	5.42	
Callum Mooney	Chelmsford	20/06/2010	5.15	
Adam Davison	Great Yarmouth	22/07/2010	5.15	
Tom Greeves	Great Yarmouth	20/06/2010	4.95	

Discus

Jonathan Tomes	Great Yarmouth	20/06/2010	26.28	G1
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Relay 4 x 100m

Watford	18/07/2010	54.7
Sam Forder, Jamie Finch, Ashley Waterson, Harry Simmons		

Pentathlon indoors

Daniel Griffin	Lee Valley indoors	06/03/2010	1265
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UNDER 13 GIRLS RANKINGS 2010

60m indoors

Grace Ashworth	King's Lynn indoors	31/01/2010	9.5	G4
Isabelle Chrysafi	King's Lynn indoors	31/01/2010	9.7	
Lauren Stansbury	King's Lynn indoors	31/01/2010	10.0	

60m Hurdles indoors

Grace Ashworth	King's Lynn indoors	31/01/2010	11.3	G4
Isabelle Chrysafi	King's Lynn indoors	31/01/2010	13.0	
Lauren Stansbury	King's Lynn indoors	31/01/2010	13.6	

75m

Georgia Bunn	Chelmsford	20/06/2010	11.0	G4
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Grace Ashworth	Great Yarmouth	15/04/2010	11.8
Lauren Stansbury	Chelmsford	20/06/2010	11.9
Isabelle Chrysafi	Bromley	02/05/2010	12.0
Angel Kensitt	Great Yarmouth	15/04/2001	12.3

100m

Lucy Brice	Norwich	08/08/2010	14.5	G4
Jessica Doncaster	Great Yarmouth	07/06/2010	14.8	
Grace Ashworth	Great Yarmouth	07/06/2010	14.9	
Harriet Searjeant	Great Yarmouth	22/07/2010	15.4	
Angel Kenzitt	Great Yarmouth	09/05/2010	15.8	
Lauren Stansbury	Norwich	08/08/2010	15.0	
Marcia Windsor-Waite	Great Yarmouth	09/05/2010	16.4	
C Mason	Great Yarmouth	09/05/2010	16.8	
Molly Harrison	Norwich	08/08/2010	15.9	
Jessica Bales	Norwich	08/08/2010	16.1	
Sophie Storey	Great Yarmouth	20/06/2010	20.2	

150m

Georgia Bunn	Chelmsford	20/06/2010	22.0	G4
Grace Ashworth	Chelmsford	20/06/2010	22.0	G4
Angel Kensitt	Great Yarmouth	15/04/2010	25.5	

200m

A Gill	Norwich	08/08/2010	29.6	G3
Grace Ashworth	Peterborough	30/08/2010	30.41	G4
Jessica Doncaster	Kettering	22/08/2010	31.5	
Isabelle Chrysafi	Norwich	08/08/2010	31.3	
Maya Henshaw	Great Yarmouth	20/06/2010	34.4	
Marcia Windsor-Waite	Great Yarmouth	09/05/2010	34.6	
Ashleigh Bunn	Norwich	08/08/2010	37.2	
Sophie Storey	Norwich	08/08/2010	40.3	
Ellena Mae White	Norwich	08/08/2010	31.2	
Jessica Bales	Norwich	08/08/2010	35.3	

800m

Harriet Searjeant	Norwich	08/08/2010	2.38.5	G3
Catherine Broster	Bury St Edmunds	19/09/2010	2.40.7	G4
Isabelle Chrysafi	Norwich	08/08/2010	2.41.1	G4
Megan Bird	Great Yarmouth	07/06/2010	2.46.3	
Ashleigh Bunn	Great Yarmouth	09/05/2010	2.48.4	
Sasha Dyke	Great Yarmouth	09/05/2010	3.12.1	
Lauren Stansbury	Norwich	08/08/2010	3.16.0	
Anna D'eath	Norwich	08/08/2010	3.55.3	

1200m

Megan Bird	Chelmsford	20/06/2010	4.13.5	G3
Harriet Searjeant	Watford	18/07/2010	4.17.4	G4

Catherine Broster	Watford	18/07/2010	4.25.0	G4
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1500m

Megan Bird	Great Yarmouth	09/05/2010	5.28.1	G3
Sophie Wright	Norwich	08/08/2010	5.35.5	G4
Harriet Searjeant	King's Lynn	04/07/2010	5.46.4	

70mH

A Gill	Norwich	08/08/2010	12.2	G1
Jessica Doncaster	King's Lynn	04/06/2010	12.3	G1
Grace Ashworth	Peterborough	30/08/2010	12.45	G2
Angel Kensitt	Great Yarmouth	16/05/2010	13.4	G4
Isabelle Chrysafi	King's Lynn	04/07/2010	14.7	
Lauren Stansbury	King's Lynn	04/07/2010	15.2	
Anna D'eath	King's Lynn	04/07/2010	17.3	
Marcia Windsor-Waite	Great Yarmouth	09/05/2010	19.1	

High Jump

Harriet Searjeant	King's Lynn	04/07/2010	1.15	
Catherine Broster	Watford	16/07/2010	1.10	

Long Jump

Grace Ashworth	Great Yarmouth	09/05/2010	4.08	G3
Jessica Doncaster	Great Yarmouth	09/05/2010	3.86	G4
Angela Kenzitt	Great Yarmouth	09/05/2010	3.48	
Isabelle Chrysafi	Great Yarmouth	09/05/2010	3.47	
Lauren Stansbury	Norwich	08/08/2010	3.44	
C Mason	Great Yarmouth	09/05/2010	3.32	
Maya Henshaw	Great Yarmouth	20/06/2010	3.13	
Jamima Malcolm	Chelmsford	16/05/2010	2.97	
Sophie Storey	Norwich	08/08/2010	2.69	

Shot

Harriet Searjeant	Norwich	08/08/2010	5.73	
Grace Ashworth	Great Yarmouth	22/07/2010	5.67	
Jamima Malcolm	Norwich	08/08/2010	5.22	
Megan Bird	Bromley	02/05/2010	4.71	
Lauren Stansbury	Eltham	16/05/2010	4.68	
Ashleigh Bunn	Watford	18/07/2010	3.74	

Discus

Jamima Malcolm	Norwich	08/08/2010	16.43	G4
Katie Bright	Norwich	08/08/2010	12.42	

Javelin

Jamima Malcolm	Norwich	08/08/2010	16.43	G4
Catherine Broster	Bury St Edmunds	19/09/2010	14.09	G4
Megan Bird	Great Yarmouth	07/06/2010	11.33	

C Mason	Great Yarmouth	09/05/2010	10.71
Ashleigh Bunn	Great Yarmouth	07/06/2010	5.59

Relay 4 x 100m

Eltham	16/05/2010	60.3
Grace Ashworth, Georgie Bunn, Isabelle Chrysafi, Lauren Stansbury		

UNDER 15 BOYS RANKINGS 2010

60m indoors

Ross Gilbert	King's Lynn	31/01/2010	8.7
Daniel Griffin	King's Lynn	31/01/2010	8.7
Bradley Stansbury	King's Lynn	31/01/2010	9.5

60m Hurdles indoors

Ross Gilbert	King's Lynn	31/01/2010	10.8
Bradley Stansbury	King's Lynn	31/01/2010	12.5

75m

Alex Hanton-Rhys	Great Yarmouth	15/04/2010	10.9
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150m

Alex Hanton-Rhys	Great Yarmouth	15/04/2010	21.1
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100m

Aaron Pitt	Bury St Edmunds	19/09/2010	11.6	G1
Harry Ellis	Norwich	12/06/2010	12.4	G4
Tom Hargrave	Norwich	08/08/2010	12.6	
Adam Herring	Watford	18/07/2010	12.8	
Alex Hamton-Rhys	Bromley	02/05/2010	12.9	
Scott Greeves	Great Yarmouth	07/06/2010	12.9	
Tim Marrison	Norwich	08/08/2010	13.1	
Ross McLachlan	Chelmsford	20/06/2010	13.3	
Jack Strachan	Great Yarmouth	07/06/2010	13.7	

200m

Aaron Pitt	Chelmsford	20/06/2010	23.0	G1	UK RANK 7
Matthew Myhill	Norwich	08/07/2010	25.0	G4	
Adam Herring	Watford	18/07/2010	25.5	G4	
Oliver Bradfield	Norwich	08/08/2010	25.8		
Thomas Arger	Norwich	08/08/2010	26.1		
Jack Strachan	Bury St Edmunds	19/09/2010	26.6		
Harry Ellis	Great Yarmouth	09/05/2010	27.0		
James Steel	Bromley	02/05/2010	27.2		
Tom Hargrave	Great Yarmouth	20/06/2010	27.9		
Ross McLachlan	King's Lynn	04/07/2010	29.4		
Alex Hamton-Rhys	Bromley	02/05/2010	29.8		
Luka Henshaw	Great Yarmouth	20/06/2010	30.4		
Bruce Beckett	Chelmsford	16/05/2010	35.5		

400m

Aaron Pitt	Bedford	22/08/2010	49.99	G1	UK RANK 2
Scott Greeves	Watford	18/07/2010	55.7	G2	
Jack Strachan	Bury St Edmunds	19/09/2010	58.2	G4	
Adam Herring	Norwich	08/08/2010	59.9		
Thomas Hargrave	King's Lynn	04/07/2010	64.3		
Luka Henshaw	Great Yarmouth	20/06/2010	67.7		

600m

Aaron Pitt	Eltham	16/05/2010	2.06.6		
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800m

Aaron Pitt	Bury St Edmunds	19/09/2010	2.03.7	G1	UK RANK 18
Scott Greeves	Watford	18/07/2010	2.06.3	G1	
Adam Herring	Chelmsford	20/06/2010	2.29.9		
Tim Marrison	Great Yarmouth	20/06/2010	2.35.3		
Ross Gilbert	Norwich	08/08/2010	2.35.4		
Tom Carr	Great Yarmouth	20/06/2010	2.58.9		

1500m

Scott Greeves	Milton Keynes	22/05/2010	4.20.33	G1	
Callum Russell	Eltham	16/05/2010	4.45.8	G4	
Daryl Broughton	Chelmsford	16/05/2010	5.10.5		
Bradley Stansbury	Watford	18/07/2010	5.12.8		
Bruce Beckett	Chelmsford	16/05/2010	5.25.9		

Mile

Scott Greeves	Great Yarmouth	15/04/2010	4.54.0		
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3000m

Scott Greeves	Great Yarmouth	22/07/2010	9.52.3	G3	
Bradley Stansbury	Great Yarmouth	09/05/2010	11.06.3		
Bruce Beckett	Great Yarmouth	22/07/2010	11.10.3		
Daryl Broughton	Great Yarmouth	09/05/2010	11.12.4		

80 Hurdles

Jack Strachan	Norwich	08/08/2010	13.9		
Bradley Stansbury	Norwich	08/08/2010	16.5		
Daryl Broughton	Watford	18/07/2010	19.8		

Long Jump

Oliver Bradfield	Norwich	12/06/2010	6.04	G1	UK RANK 12
Aaron Pitt	Watford	18/07/2010	5.31	G3	
Ross McLachlan	Chelmsford	20/06/2010	5.00	G4	
Scott Greeves	Chelmsford	11/09/2010	4.83		
Tim Marrison	Norwich	08/08/2010	4.53		
Alex Hamton-Rhys	Chelmsford	20/06/2010	4.37		

Sam Green	Bury St Edmunds	19/09/2010	4.22
James Steel	Eltham	16/05/2010	3.89
Luka Henshaw	Great Yarmouth	20/06/2010	3.88
Daryl Boughton	Great Yarmouth	09/05/2010	3.43
Tom Carr	Chelmsford	16/05/2010	3.34
Bruce Beckett	Chelmsford	16/05/2010	3.17

Triple Jump

Harry Ellis	Grantham	19/06/2010	11.22	G3
Scott Greeves	Bury St Edmunds	19/09/2010	9.49	

High Jump

Scott Greeves	Eltham	16/05/2010	1.55	G4
James Steel	King's Lynn	04/07/2010	1.55	G4
Thomas Hargrave	Great Yarmouth	20/06/2010	1.40	
Ross Gilbert	Norwich	08/08/2010	1.40	
Bradley Stansbury	King's Lynn indoors	31/01/2010	1.35	

Shot

Sam Green	Norwich	12/06/2010	9.40
Jack Haliwell	Norwich	29/09/2010	8.50
James Steel	Chelmsford	20/06/2010	7.03
Oliver Bradfield	Watford	18/07/2010	6.49

Hammer

Sam Green	Norwich	02/04/2010	26.81	G4
Milo Longstaff	King's Lynn	04/07/2010	18.24	
Jack Haliwell	Eltham	16/05/2010	11.71	
Adam Herring	Watford	18/07/2010	8.42	

Discus

Oliver Bradfield	Eltham	16/05/2010	27.01
Sam Green	Bury St Edmunds	19/09/2010	25.30
Jack Haliwell	Peterborough	30/08/2010	24.50
Jack Newenham	King's Lynn	04/07/2010	20.80
Bradley Stansbury	Chelmsford	20/06/2010	12.51

Javelin

Oliver Bradfield	Norwich	12/06/2010	65.87	G1
Bradley Stansbury	King's Lynn	04/07/2010	29.94	
Jack Haliwell	Norwich	08/08/2010	29.80	
Daryl Boughton	Great Yarmouth	09/05/2010	17.10	
James Steel	Chelmsford	20/06/2010	17.10	

Javelin 700g

Oliver Bradfield	St Ives	21/07/2010	58.12
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Weight throw 16lb

Jessica McNaughton	Watford	18/07/2010	29.2
Megan Wilson	Norwich	12/06/2010	30.1
Lucy Cadley	Chelmsford	16/05/2010	31.0
Naomi Tomes	Great Yarmouth	09/05/2010	31.1
Katie Stratton	Norwich	08/08/2010	31.1
Alice Cheverton	Chelmsford	20/06/2010	31.9

300m

Hannah Maher	Ipswich	09/05/2010	46.1
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600m

A Buxton	Great Yarmouth	15/04/2010	2.21.1
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800m

Megan Soanes	Bury St Edmunds	19/09/2010	2.27.5	G3
Emily Hoogkammer	Great Yarmouth	22/07/2010	2.30.1	G4
Alice Cheverton	Great Yarmouth	07/06/2010	2.31.7	G4
Hannah Maher	Chelmsford	20/06/2010	2.39.9	
Megan Wilson	Great Yarmouth	07/06/2010	2.45.8	
Katie Stratton	Norwich	12/06/2010	2.54.4	
Charlotte Griffin	Lee Valley indoors	06/03/2010	3.02.6	
Stephanie Griffin	Lee Valley indoors	06/03/2010	3.10.6	

1500m

Emily Hoogkammer	Gateshead	03/07/2010	5.00.7	G3
Alice Cheverton	Eltham	16/05/2010	5.04.4	G3
Lorna Magrath	Norwich	12/06/2010	5.07.5	G4
Marcella Aris	Norwich	12/06/2010	5.11.0	G4
Megan Soanes	Chelmsford	20/06/2010	5.16.4	
Katie Stratton	Norwich	08/08/2010	5.27.4	

3000m

Alice Cheverton	Great Yarmouth	22/07/2010	11.00.3	G3
Emily Hoogkammer	Great Yarmouth	09/05/2010	11.14.1	

Mile

Megan Soames	Great Yarmouth	15/04/2010	5.45.0
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75m Hurdles

Katie Vickery	Grantham	19/06/2010	12.4	G3
Jessica McNaughton	Watford	18/07/2010	13.6	
Charlotte Griffin	Chelmsford	16/05/2010	14.1	
Hannah Maher	Peterborough	11/04/2010	15.9	

High Jump

Ellie Blunt	Chelmsford	03/04/2010	1.48	G3
Lucy Cadley	Norwich	08/08/2010	1.48	G3
Katie Vickery	Watford	18/07/2010	1.45	G3

Hannah Maher	King's Lynn indoors	31/01/2010	1.30	
Stephanie Griffin	Lee Valley indoors	06/03/2010	1.29	
Charlotte Griffin	Lee Valley indoors	06/03/2010	1.29	
Megan Wilson	Great Yarmouth	20/06/2010	1.25	

Long Jump

Katie Vickery	Bury St Edmunds	19/09/2010	4.88	G2
Jessica McNaughton	Chelmsford	20/06/2010	4.46	G4
Megan Soames	Peterborough	30/08/2010	4.43	G4
Ellie Blunt	Great Yarmouth	15/04/2010	4.39	G4
Naomi Tomes	Great Yarmouth	20/06/2010	4.35	G4
Hannah Maher	Chelmsford	20/06/2010	4.33	
Ella Stephenson	Bromley	02/05/2010	4.04	
Stephanie Griffin	Lee Valley indoors	06/03/2010	3.85	
Anastasia Jubb	Great Yarmouth	09/05/2010	3.57	
Charlotte Griffin	Lee Valley indoors	06/03/2010	3.55	
Summer Kenzitt	Chelmsford	16/05/2010	3.26	

Shot

Stephanie Griffin	Grantham	19/06/2010	9.96	G1
Naomi Tomes	Norwich	08/08/2010	8.19	G4
Hannah Maher	Chelmsford	20/06/2010	7.51	
Gemma Vickery	Norwich	29/09/2010	6.35	
Summer Kenzitt	Chelmsford	16/05/2010	6.30	
Lucy Cadley	King's Lynn	04/07/2010	6.28	
Laura Johnson	Chelmsford	20/06/2010	6.09	
Anastasia Jubb	Great Yarmouth	09/05/2010	6.05	
Charlotte Griffin	Lee Valley indoors	06/03/2010	6.02	
Ellie Blunt	Norwich	08/08/2010	5.89	

Discus

Stephanie Griffin	Great Yarmouth	20/06/2010	25.61	G2
Gemma Vickery	Sandy	25/09/2010	23.50	G3
Summer Kenzitt	Chelmsford	16/05/2010	17.62	
Charlotte Griffin	Peterborough	11/04/2010	13.72	
Hannah Maher	Kettering	22/08/2010	13.23	

Triple Jump

Megan Soanes	Ipswich	09/05/2010	9.01	G4
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Javelin

Stephanie Griffin	Cambridge	17/07/2010	31.92	G1	UK RANK 15
Emily Hoogkammer	Bury St Edmunds	19/09/2010	24.50	G3	
Naomi Tomes	Norwich	08/08/2010	24.24	G3	
Gemma Vickery	Watford	18/07/2010	21.44	G4	
Hannah Maher	Sandy	25/09/2010	20.69		
Frances Mullany	Eltham	16/05/2010	8.48		
Katie Stratton	Chelmsford	20/06/2010	7.42		

Alice Cheverton	Watford	18/07/2010	7.35
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Hammer

Gemma Vickery	Sandy	26/09/2010	38.56	G1	UK RANK 5
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Pole Vault

Sasha Birrell	Peterborough	11/04/2010	2.30	G3
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Weight Throw

Gemma Vickery	Norwich	29/09/2010	11.97
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Relay 4 x 100m

King's Lynn	04/07/2010	54.7
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Pentathlon indoors

Stephanie Griffin	Lee Valley indoors	06/03/2010	1986
Hannah Maher	Lee Valley indoors	31/01/2010	1953
Charlotte Griffin	Lee Valley indoors	06/03/2010	1722

Pentathlon

Hannah Maher	Chelmsford	27/06/2010	2018
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UNDER 17 MEN RANKINGS 2010

60m indoors

Danny Clayton	King's Lynn	31/01/2010	7.7
Callum Brown	King's Lynn	31/01/2010	7.7
Jack Gilbert	King's Lynn	31/01/2010	8.3
Michael Painter	King's Lynn	31/01/2010	9.4

60m Hurdles indoors

Jack Gilbert	King's Lynn	31/01/2010	11.3
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100m

Tejiri Ighomereho	Norwich	12/06/2010	11.4	G3
Steven Hadley	Norwich	12/06/2010	11.7	G4
Cain Parry	Norwich	12/06/2010	11.7	G4
Ryan Wilson	Norwich	08/08/2010	12.0	
Oliver Ewing	Norwich	25/07/2010	12.0	
Lucas Siemons	Bromley	02/05/2010	12.1	
Jack Gilbert	Great Yarmouth	20/06/2010	13.1	
Ryan Howard	Woodford Green	27/06/2010	13.94	

200m

Cain Parry	Norwich	12/06/2010	24.1
Callum Brown	Chelmsford	20/06/2010	24.1
Alex Lubbock	Copthall	18/04/2010	24.16
Ben Steward	Norwich	12/06/2010	24.4
Ryan Wilson	Bury St Edmunds	19/09/2010	24.9

Lucas Siemons	Bromley	02/05/2010	25.0
Anton Pearson	Great Yarmouth	20/06/2010	25.7
Steven Hadley	Bromley	02/05/2010	25.9
Martainn Ramsey	Woodford Green	27/06/2010	26.31

400m

Alex Lubbock	Chelmsford	03/04/2010	53.84	G4
Jack Harrison	Eltham	16/05/2010	54.9	
Ben Steward	Eltham	16/05/2010	55.9	
Anton Pearson	Norwich	25/07/2010	55.9	
Ryan Wilson	Bury St Edmunds	19/09/2010	56.8	
Tom Hook	King's Lynn	04/07/2010	57.9	
Sean Watson	Chelmsford	20/06/2010	58.4	
Ben Savage	Watford	18/07/2010	58.5	

800m

Martainn Ramsey	Chelmsford	11/09/2010	1.58.62	G1
Jack Harrison	Eton	23/05/2010	2.04.99	G4
Callum McLaren	Grantham	19/06/2010	2.07.9	
Anton Pearson	Bury St Edmunds	19/09/2010	2.08.0	
Ben Savage	Great Yarmouth	22/07/2010	2.11.9	
Tom Hook	King's Lynn	04/07/2010	2.14.8	

1500m

Tom Hook	Woodford Green	26/06/2010	4.14.55	G3
Martainn Ramsey	Bromley	02/05/2010	4.28.4	
Callum McLaren	Cophall	18/04/2010	4.28.80	
Sean Watson	Norwich	12/06/2010	4.31.9	
Ben Savage	Watford	18/07/2010	4.40.8	

3000m

Tom Hook	Watford	08/09/2010	9.24.78	G3
Sean Watson	Chelmsford	20/06/2010	9.48.3	G4
Ben Savage	Bromley	02/05/2010	10.10.9	
Jack Harrison	Eton	23/05/2010	10.58.45	

100m Hurdles

Oliver Ewing	Grantham	19/06/2010	14.9	G4
Steven Hadley	Norwich	12/06/2010	15.1	G4
Tejiri Ighomerho	Chelmsford	11/09/2010	18.52	

110m Hurdles

Oliver Ewing	Norwich	25/07/2010	17.8
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400m Hurdles

Oliver Ewing	Grantham	19/06/2010	64.8
Ryan Wilson	Chelmsford	11/09/2010	69.16
Jack Harrison	Watford	18/07/2010	71.7

1500m S/C

Jack Harrison	Chelmsford	20/06/2010	5.01.9	G4
Martainn Ramsey	Watford	18/07/2010	5.15.0	G4
Tom Hook	Chelmsford	11/09/2010	5.29.66	
Ben Savage	Bromley	02/05/2010	5.35.4	

2000m S/C

Jack Harrison	Norwich	25/07/2010	7.47.2	
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Pole Vault

Oliver Brice (2nd claim)	Chelmsford	11/09/2010	2.90	G4
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Long Jump

Steven Hadley	Norwich	12/06/2010	6.08	G2
Danny Clayton	Eltham	16/05/2010	5.91	G3
Ryan Howard	Norwich	08/08/2010	5.63	G4
James Kent	Chelmsford	20/06/2010	3.98	
Michael Painter	King's Lynn	31/01/2010	3.60	

High Jump

Ryan Howard	King's Lynn	04/07/2010	1.75	G3
Tom Hook	Chelmsford	20/06/2010	1.70	G4
Jack Gilbert	King's Lynn	31/01/2010	1.55	
Tejiri Ighomerho	Bromley	02/05/2010	1.55	
Ben Savage	Watford	18/07/2010	1.45	

Triple Jump

Tejiri Ighomereho	Chelmsford	11/09/2010	11.99	G4
Ryan Howard	Woodford Green	27/06/2010	11.24	
Ryan Wilson	Chelmsford	11/09/2010	11.14	
Ben Steward	Watford	18/07/2010	9.04	

Shot

Danny Clayton	Grantham	19/06/2010	13.86	G1	UK RANK 20
Michael Painter	Bury St Edmunds	19/09/2010	12.93	G2	
Callum Brown	Norwich	29/09/2010	11.12	G4	
Oliver Ewing	Watford	14/06/2010	9.95		
James Kent	Norwich	08/08/2010	9.64		
Callum McLaren	Cophall	18/04/2010	5.38		

Shot 6kg

Danny Clayton	Norwich	25/07/2010	13.01	
Michael Painter	Norwich	25/07/2010	10.87	

Javelin 700g

Callum Brown	Great Yarmouth	09/05/2010	41.79	G4
James Kent	Norwich	12/06/2010	37.60	

Lewis Pryke	Great Yarmouth	09/05/2010	26.74
Ben Stewart	Bromley	02/05/2010	23.92

Javelin 800g

Callum Brown	Copthall	18/04/2010	36.39
Martainn Ramsey	Woodford Green	27/06/2010	16.22

Discus 1.5kg

Michael Painter	Birmingham	09/07/2010	48.77wdh	45.91	G1	UK RANK 13
Danny Clayton	Norwich	08/08/2010		42.40	G1	
Callum Brown	Norwich	12/06/2010		38.41	G2	
James Kent	Peterborough	30/08/2010		29.74		

Discus 1.75kg

Michael Painter	Norwich	25/07/2010	38.65
Danny Clayton	Norwich	25/07/2010	32.56
Callum Brown	Eton	23/05/2010	29.03

Hammer 4kg (light)

Callum Brown	Norwich	27/02/2010	67.96
Michael Painter	Braintree	27/02/2010	63.29
Danny Clayton	Norwich	27/02/2010	63.19

Hammer 5k

Callum Brown	Norwich	29/09/2010	66.18	G1	UK RANK 1
Michael Painter	Norwich	29/09/2010	65.80	G1	UK RANK 2
Danny Clayton	Norwich	02/04/2010	55.36	G1	UK RANK 19

Hammer 6k (U20 Weight)

Callum Brown	Copthall	18/04/2010	52.11
Danny Clayton	Norwich	25/07/2010	46.02

Weight 20lb

Callum Brown	Norwich	29/09/2010	21.68
Danny Clayton	Norwich	15/07/2010	21.35
Michael Painter	Norwich	29/09/2010	20.87

Relay 4 x 100m

Watford	18/07/2010	48.1
Danny Clayton, Ben Stewart, Tejiri Ighomerho, Steven Hadley		

Relay 4 x 400m

Watford	18/07/2010	3.49.8
Ben Savage, Martainn Ramsey, Ben Stewart, Jack Harrison		

UNDER 17 WOMANS RANKINGS 2010

60m indoors

Cleio Stephenson	Birmingham NIA	27/02/2010	7.88
Laura McDonald	Lee Valley indoors	18/01/2010	8.27

Victoria Mitchell	Cardiff	30/01/2010	8.28		
<u>75m</u>					
Clieo Stephenson	Great Yarmouth	15/04/2010	10.2		
Sarah Kett	Great Yarmouth	15/04/2010	11.4		
<u>150m</u>					
Clieo Stephenson	Great Yarmouth	15/04/2010	20.0		
Sarah Kett	Great Yarmouth	15/04/2010	23.2		
<u>100m</u>					
Clieo Stephenson	Norwich	12/06/2010	12.1	G1	UK RANK 4
Victoria Mitchell	Norwich	12/06/2010	12.5	G1	
Kiera Mooney	Chelmsford	20/06/2010	13.4		
Sarah Kett	Norwich	12/06/2010	13.6		
Anna Hoogkammer	Great Yarmouth	22/07/2010	13.7		
Mabel Beckett	Great Yarmouth	22/07/2010	15.7		
<u>200m</u>					
Clieo Stephenson	Norwich	12/06/2010	25.1	G1	
Victoria Mitchell	Norwich	12/06/2010	25.80	G1	
Honor De Winton	Chelmsford	26/06/2010	26.80	G4	
Kiera Mooney	King's Lynn	04/07/2010	27.40		
Sarah Kett	Chelmsford	16/05/2010	30.0		
<u>300m</u>					
Kiera Mooney	Chelmsford	20/06/2010	42.6	G3	
Victoria Mitchell	Great Yarmouth	15/04/2010	44.4	G4	
Anna Spratt	Norwich	08/08/2010	46.4		
Juliette Broster	Norwich	08/08/2010	47.6		
Hazel Wilson	Norwich	12/06/2010	47.9		
<u>400m</u>					
Kiera Mooney	Woodford Green	27/06/2010	59.13	G2	
<u>800m</u>					
Kiera Mooney	Watford	30/06/2010	2.16.80	G2	
Juliette Broster	Norwich	08/08/2010	2.24.9	G4	
Honor De Winton	Chelmsford	26/06/2010	2.29.1		
Anna Hoogkammer	Watford	14/06/2010	2.29.4		
Nastassja Potgieter	Chelmsford	20/06/2010	2.33.0		
Grace Bird	Bromley	02/05/2010	2.35.2		
Mabel Beckett	Chelmsford	20/06/2010	2.39.5		
Hazel Wilson	Woodford Green	26/06/2010	2.44.62		
<u>1500m</u>					
Nastassja Potgieter	Watford	30/06/2010	4.50.90	G3	
Juliette Broster	Watford	07/04/2010	5.00.42	G4	

Kiera Mooney	Norwich	25/07/2010	5.08.2
Esme Salmon	Bromley	02/05/2010	5.10.9
Grace Bird	Cophall	18/04/2010	5.15.06
Mabel Beckett	Great Yarmouth	09/05/2010	5.18.4

3000m

Nastassja Potgieter	Watford	14/07/2010	10.51.28	G3
Mabel Beckett	Norwich	12/06/2010	11.05.0	G4
Esme Salmon	Cophall	18/04/2010	11.06.00	G4
Anna Hoogkammer	Great Yarmouth	09/05/2010	11.29.1	G4
Grace Bird	Bromley	02/05/2010	11.34.4	
Hazel Wilson	Eltham	16/05/2010	12.29.9	
Beth Stratton	Bromley	02/05/2010	12.33.3	

80m Hurdles

Honor De Winton	Norwich	08/08/2010	12.8	G3
Anna Spratt	Norwich	08/08/2010	14.9	

300m Hurdles

Anna Spratt	Grantham	19/06/2010	50.0	G4
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400m Hurdles

Anna Spratt	Woodford Green	27/06/2010	72.55
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1500m S/C

Hazel Wilson	Norwich	25/07/2010	6.33.7
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Long Jump

Honor De Winton	Corby	12/06/2010	5.19	G2
Sarah Kett	Norwich	12/06/2010	4.86	G4
Victoria Mitchell	Great Yarmouth	09/05/2010	4.82	G4
Laura McDonald	Eltham	16/05/2010	4.77	G4
Anna Hoogkammer	Great Yarmouth	09/05/2010	4.59	
Cleio Stephenson	Bromley	02/05/2010	4.36	
Kiera Mooney	Bury St Edmunds	19/09/2010	4.11	
Grace Bird	Watford	18/07/2010	3.57	
Mabel Beckett	Watford	18/07/2010	3.48	

High Jump

Honor De Winton	Chelmsford	26/06/2010	1.53	G4
Emma Tilbrook (2nd claim)	Birmingham NIA	27/02/2010	1.51	G4
Sophie Mullian	Great Yarmouth	20/06/2010	1.45	

Triple Jump

Laura McDonald	Norwich	12/06/2010	11.40i/10.82	G1	UK RANK 9
Anna Spratt	Ipswich	09/05/2010	10.06	G3	
Kiera Mooney	Norwich	12/06/2010	9.69	G4	
Anna Hoogkammer	Watford	14/06/2010	9.52	G4	

Juilette Broster	Watford	04/09/2010	8.05
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Pole Vault

Abi Martins	Watford	18/07/2010	2.75	G3
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Hammer

Megan Thomas	Norwich	26/06/2010	37.20	G2
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Sophie Mckinna (2nd claim)	Copthall	18/04/2010	27.22	G4
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Esme Salmon	Bromley	02/05/2010	4.65
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Juilette Broster	Woodford Green	27/06/2010	5.24
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Hammer 3kg (light)

Jenna Cannell	Braintree	27/02/2010	50.63
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Shot

Sophie Mckinna (2nd claim)	Singapore SIN	22/08/2010	15.14	G1	UK RANK 1
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Megan Thomas	Norwich	26/06/2010	9.53	G2
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Laura McDonald	Cambridge	14/03/2010	9.49	G2
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Honor De Winton	Chelmsford	26/06/2010	7.57
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Beth Stratton	Bromley	02/05/2010	7.48
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Clieo Stephenson	Watford	18/07/2010	5.98
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Hazel Wilson	Eltham	16/05/2010	5.15
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Esme Salmon	Bromley	02/05/2010	4.53
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Javelin

Laura McDonald	Copthall	07/08/2010	47.52	G1	UK RANK 2
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Honor De Winton	Chelmsford	26/06/2010	14.34
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Grace Bird	Bromley	02/05/2010	7.25
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Mabel Beckett	Eltham	16/05/2010	5.69
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Discus

Megan Thomas	Bury St Edmunds	19/09/2010	31.44	G2
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Laura McDonald	Eltham	16/05/2010	20.97
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Kiera Mooney	Eton	23/05/2010	19.42
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Juilette Broster	Watford	04/09/2010	11.52
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Relay 4 x 100m

Watford	18/07/2010	50.6
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Vicky Mitchell, Anna Spratt, Kiera Mooney, Clieo Stephenson

Relay 4 x 300m

Eltham	16/05/2010	3.09.7
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Nastassia Potgieter, Juliette Broster, Hazel Wilson, Kiera Mooney

Heptathlon

Honor De Winton	Chelmsford	26/06/2010	3813	G3
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UNDER 20 MENS RANKINGS 2010

60m indoors

James McLachlan	Lee Valley	03/01/2010	7.16	G2
De L Rey Veenendaal	King's Lynn indoors	31/01/2010	7.4	
Adam Szucs	King's Lynn indoors	31/01/2010	8.2	

75m

Adam Szuch	Great Yarmouth	15/04/2010	10.1	
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100m

Jon Brown	Cambridge	17/07/2010	11.11w/11.2	G3
De La Rey Veenendaal	Norwich	08/08/2010	11.3	G3
Chris Marshall	Norwich	08/08/2010	11.8	
Adam Szucs	Norwich	12/06/2010	12.2	
Jamie Brown	Great Yarmouth	19/08/2010	12.3	
Ben Stratton (2Nnd claim)	Cophall	18/04/2010	12.93	

150m

Adam Szuch	Great Yarmouth	15/04/2010	19.6	
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200m

Jon Brown	Peterborough	30/08/2010	22.62w/22.65	G3
James McLachlan	Norwich	25/07/2010	22.8	G3
Chris Marshall	Peterborough	30/08/2010	23.52	
De La Rey Veenendaal	Norwich	08/08/2010	23.9	
Jamie Brown	Great Yarmouth	19/08/2010	24.6	
Micah Rogers	Great Yarmouth	22/07/2010	25.2	
Tom Strachan	King's Lynn	04/07/2010	25.5	
Adam Szucs	Norwich	12/06/2010	25.7	

300m

Adam Szuch	Great Yarmouth	15/04/2010	43.0	
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400m

James Senior	Norwich	15/05/2010	51.3	G3
Chris Marshall	Peterborough	30/08/2010	51.75	
De La Rey Veenendaal	Norwich	08/08/2010	52.7	
Micah Rogers	Worthing	05/06/2010	55.9	
Ben Stratton (2nd claim)	Eton	23/05/2010	56.28	
Tom Strachan	King's Lynn	04/07/2010	57.1	
Adam Szucs	Chelmsford	03/04/2010	59.8	

800m

James Senior	Birmingham	25/06/2010	1.54.74	G1
Damien Rogers	Lee Valley	26/06/2010	2.02.2	
Ben Stratton (2nd claim)	Woodford Green	27/06/2010	2.05.03	
Jordan Ali	Norwich	08/08/2010	2.06.1	
Tom Francis	Cophall	18/04/2010	2.06.74	
Chris Marshall	Great Yarmouth	20/06/2010	2.08.2	
Micah Rogers	Great Yarmouth	22/07/2010	2.09.3	

Tom Strachan	Bury St Edmunds	19/09/2010	2.16.5
Declan Manning	Great Yarmouth	20/06/2010	2.33.4

1500m

James Senior	Watford	25/08/2010	4.04.31	G3
Jordan Ali	Watford	30/06/2010	4.06.69	G3
James Jackson	Braintree	01/05/2010	4.09.7	
Ben Stratton (2nd claim)	Watford	08/09/2010	4.11.70	
Damien Rogers	Grantham	19/06/2010	4.20.7	
Tom Francis	Great Yarmouth	09/05/2010	4.26.0	
Micah Rogers	Lee Valley	26/06/2010	4.26.7	
Oliver Maskell	Copthall	18/04/2010	4.32.23	

3000m

James Senior	Watford	05/05/2010	8.43.98	G2
Jordan Ali	Watford	28/07/2010	8.47.60	G2
Ben Stratton (2nd claim)	Watford	30/06/2010	9.06.53	
Frazer Heasman	Copthall	18/04/2010	9.22.35	
John Fulton	Norwich	12/06/2010	9.29.9	
James Jackson	Norwich	25/07/2010	9.33.4	
Damien Rogers	Great Yarmouth	22/07/2010	9.40.7	
Tom Francis	Copthall	18/04/2010	9.52.44	

5000m

James Jackson	Bexley	10/07/2010	20.51.7
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110m Hurdles

Chris Marshall	Norwich	15/05/2010	16.6
Ed Skinner (Mens height)	Lee Valley	26/06/2010	17.9
James Senior	Eton	23/05/2010	18.18
Adam Howard	Worthing	05/06/2010	19.8

400m Hurdles

Chris Marshall	Hendon	28/08/2010	57.64	G3
James Senior	Norwich	25/07/2010	58.2	G3
Ben Stratton (2nd claim)	Woodford Green	27/06/2010	64.83	
Damien Rogers	Lee Valley	26/06/2010	68.7	

3000m S/C

James Senior	Braintree	01/05/2010	9.42.3
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2000m S/C

James Senior	Eton	23/05/2010	6.06.28	G1	UK RANK 7
Ben Stratton (2nd claim)	Copthall	18/04/2010	6.29.72	G3	

Long Jump

James McLachlan	Grangemouth	13/06/2010	7.47	G1	UK RANK 3
Adam Howard	Norwich	25/07/2010	6.21	G3	

Ed Skinner	Woodford Green	27/06/2010	6.17	G3
Chris Marshall	Lee Valley	26/06/2010	5.38	
Tom Roberts	Great Yarmouth	09/05/2010	5.10	

Triple Jump

James McLachlan	Norwich	25/07/2010	14.46	G1	UK RANK 15
Adam Howard	Bexley	10/07/2010	12.46	G3	
Jamie Brown	Cambridge	17/07/2010	11.62		
Chris Marshall	Worthing	05/06/2010	11.23		
John Brown	Bexley	10/07/2010	10.72		
Harry Newenham	Great Yarmouth	09/05/2010	10.31		

High Jump

Adam Howard	Cophall	18/04/2010	1.75	
Ed Skinner	Norwich	15/05/2010	1.70	
Tom Roberts	Great Yarmouth	09/05/2010	1.55	
Harry Newenham	Braintree	01/05/2010	1.20	

Pole Vault

Ed Skinner	Norwich	25/07/2010	3.95	G3
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Javelin

Harry Newenham	Braintree	01/05/2010	51.71	G2
Ed Skinner	Woodford Green	27/06/2010	49.82	G2
James McLachlan	Worthing	05/06/2010	36.11	
Jon Brown	Bexley	10/07/2010	23.74	
Tom Strachan	Bury St Edmunds	19/09/2010	22.02	

Discus

Ed Skinner	Woodford Green	26/06/2010	33.28	
Declan Manning	Peterborough	30/08/2010	25.92	
Oliver Maskell	Cophall	18/04/2010	12.36	
Adam Howard	Woodford Green	27/06/2010	10.75	

Discus 2kg senior weight

Ed Skinner	Lee Valley	26/06/2010	31.26	
Declan Manning	Chelmsford	11/09/2010	24.25	

Shot 6kg

Declan Manning	Cambridge	17/07/2010	8.61	
James Senior	Eton	23/05/2010	8.34	
James McLachlan	Worthing	05/06/2010	8.19	
Jon Brown	Woodford Green	27/06/2010	7.84	
Chris Marshall	Woodford Green	27/06/2010	5.39	
Adam Howard	Cophall	18/04/2010	4.99	

Shot 5kg underweight

Declan Manning	Norwich	02/04/2010	7.72	
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Shot 7.26kg weight

Declan Manning	Norwich	29/09/2010	8.22
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Hammer

James Senior	Woodford Green	27/06/2010	19.21
Ben Stratton (2nd claim)	Woodford Green	27/06/2010	18.92

Relay 4 x 100m

Woodford Green	27/06/2010	48.12
Jon Brown, Adam Howard, Ed Skinner, Ryan Howard		

Relay 4 x 400m

Woodford Green	27/06/2010	3.43.33
Chris Marshall, James Senior, Martainn Ramsey, John Filton		

UNDER 20 WOMENS RANKINGS 2010**100m**

Caitlin Bell	Bury St Edmunds	19/09/2010	13.3
Laura Green	Watford	04/05/2010	13.5
Sophie Poyner	Watford	04/09/2010	13.5
Jenny Milligan	Bury St Edmunds	19/09/2010	13.7
Georgina Lake	Great Yarmouth	09/05/2010	14.4
Holly Durbridge	Norwich	08/08/2010	14.6

200m

Caitlin Bell	Bury St Edmunds	19/09/2010	27.2
Jenny Milligan	Chelmsford	16/05/2010	27.5
Laura Green	Eton	23/05/2010	27.5

400m

Caitlin Bell	Great Yarmouth	19/08/2010	61.80
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800m

Iona Lake	Norwich	25/07/2010	2.12.4	G1
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1500m

Iona Lake	Watford	28/07/2010	4.34.15	G2
Claire Pring	Watford	25/08/2010	4.53.14	
S Mullan	Norwich	26/06/2010	5.13.6	

1500m S/C

Iona Lake	Norwich	25/07/2010	5.19.4	G3
Caitlin Bell	Copthall	18/04/2010	7.55.34	

3000m

Iona Lake	Watford	05/05/2010	10.15.93	G2
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100m Hurdles

Laura Green	Copthall	18/04/2010	17.01
Jenny Milligan	Bury St Edmunds	19/09/2010	17.3

400m Hurdles

Laura Green	Copthall	18/04/2008	67.53	G3
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300m Hurdles

Jenny Milligan	Peterborough	11/04/2010	50.76
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Long Jump

Laura Green	Watford	04/05/2010	5.40	G2
Sophie Poyner	Croydon	22/05/2010	4.72	
Jenny Milligan	Great Yarmouth	20/06/2010	4.54	
Sophie Mullan	Norwich	26/06/2010	4.20	
Caitlin Bell	King's Lynn	04/07/2010	4.10	

High Jump

Chloe Smith	King's Lynn	31/01/2010	1.55
Laura Green	Norwich	08/08/2010	1.55
Holly Slater	Copthall	18/04/2010	1.35

Triple Jump

Sophie Poyner	Watford	24/04/2010	9.72
Sophie Mullan	Norwich	26/06/2010	9.21
Holly Slater	Eton	23/05/2010	8.91

Discus

Jenna Cannell	Norwich	25/07/2010	29.14	G3
Steph Burt	Cambridge	14/03/2010	21.83	
Holly Durbridge	Norwich	08/08/2010	20.99	
Jenny Higgins	Norwich	08/08/2010	14.95	

Hammer

Jenna Cannell	Woodford Green	27/06/2010	46.32	G2
Jenny Higgins	Norwich	02/04/2010	23.14	
Holly Slater	Eton	23/05/2010	15.96	

Javelin

Steph Burt	Cambridge	14/03/2010	41.48	G1	UK RANK 10
Jenna Cannell	Norwich	08/08/2010	30.46		
Laura Green	Watford	04/05/2010	19.69		
Holly Durbridge	Great Yarmouth	09/05/2010	13.33		
Jenny Milligan	Chelmsford	16/05/2010	11.60		
Jenny Higgins	Norwich	08/08/2010	11.62		

Pole Vault

Georgina Lake	Copthall	18/04/2010	2.60
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Shot

Steph Burt	Copthall	18/04/2010	9.02
Jenna Cannell	Eton	23/05/2010	7.81
Sophie Poyner	Croydon	22/05/2010	6.40
Jenny Higgins	Norwich	08/08/2010	5.59

Weight Throw

Jenna Cannell	Norwich	15/07/2010	12.44
Jenny Higgins	Norwich	02/04/2010	6.76

Relay 4 x 100m

Woodford Green	27/06/2010	49.93	CLUB RECORD
Victoria Mitchell, Sophie Poyner, Laura Green, Clieo Stephenson			

Relay 4 x 400m

Copthall	18/04/2010	4.12.09
Iona Lake, Laura Green, Caitlin Bell, Kiera Mooney		

Hammer 3kg (light)

Jenna Cannell	Braintree	27/02/2010	50.63
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SENIOR MENS RANKINGS 2010**200m**

M Mpasos	Worthing	05/06/2010	25.4
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400m

Rick Ward	Chelmsford	11/09/2010	49.39	G2
Tom Love (2nd claim)	Bedford	01/05/2010	51.03	
Tommy Carroll	Norwich	15/05/2010	52.3	
Daryl Martin	Braintree	01/05/2010	55.1	

800m

Rick Ward	Solihull	10/07/2010	1.50.75	G1
Tommy Carroll	Bedford	19/06/2010	1.53.61	G3
Carl Goose	Solihull	10/07/2010	1.54.14	G3
Mitch Goose	Bedford	02/05/2010	1.57.4	
Ashley Harrell	Peterborough	31/07/2010	1.57.8	
Albie Von Gordon	Braintree	01/05/2010	1.59.1	
Tom Love	Norwich	15/05/2010	2.00.3	
Jon Quint	Worthing	05/06/2010	2.00.5	
Daryl Martin	Braintree	01/05/2010	2.05.8	
Joshua Entwistle	Bexley	10/07/2010	2.12.2	

1500m

Mitch Goose	Watford	19/05/2010	3.46.00	G1
Ashley Harrell	Watford	30/06/2010	3.49.82	G2
Tommy Carroll	Bedford	03/05/2010	3.53.43	G2
Stuart Huntington	Watford	30/06/2010	3.56.69	G3
Rick Ward	Peterborough	31/07/2001	4.09.9	

Albie Von Gordon	Norwich	15/05/2010	4.12.8
Carl Goose	Norwich	15/05/2010	4.15.2

Mile

Wayne Utting	Great Yarmouth	15/04/2010	5.03.0
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3000m

Mitch Goose	Watford	19/05/2010	8.19.27	G2
Ashley Harrell	Watford	28/07/2010	8.32.15	G3
Stuart Huntington	Watford	28/07/2010	8.34.76	G3
Rick Ward	Watford	19/05/2010	8.50.44	
Sreve Cannell	Watford	05/05/2010	8.50.63	
Luke Allen	Watford	14/07/2010	8.49.95	

5000m

Mitch Goose	Manchester	29/05/2010	14.02.44	G1
Ashley Harrell	Solihull	10/07/2010	14.27.33	G2
Stuart Huntington	Watford	08/09/2010	14.51.05	G3
Joshua Entwistle	Norwich	15/05/2010	16.19.1	
Wayne Utting	Norwich	15/05/2010	16.20.1	
Carl Goose	Worthing	05/06/2010	16.52.7	
Albie Von Gordon	Braintree	01/05/2010	17.34.4	
Jon Quint	Worthing	05/06/2010	18.06.9	

10000m

Carl Goose	Bedford	03/05/2010	32.05.25	G3
Luke Allen	Bedford	03/05/2010	32.49.49	

3000m S/C

Ashley Harrell	Birmingham	26/06/2010	9.09.92	G1	UK RANK 20
Steve Cannell	Norwich	15/05/2010	9.43.0	G3	
Joshua Entwistle	Bexley	10/07/2010	10.19.4		
Stuart Huntington	Lee Valley	26/06/2010	10.22.4		

110m Hurdles

Daryl Martin	Braintree	01/05/2010	17.5
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400m Hurdles

Daryl Martin	Braintree	01/05/2010	57.9
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Long Jump

Joshua Entwistle	Bexley	10/07/2010	5.01
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Shot

Sam Coe	Eton	31/07/2010	11.64	G3
Rick Ward	Peterborough	31/07/2010	6.52	

Discus

Sam Coe	Lee Valley	26/06/2010	35.83
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Javelin

Sam Coe	Bexley	10/07/2010	32.07
Ashley Harrell	Peterborough	31/07/2010	29.42
Jon Quint	Worthing	05/06/2010	19.15

Hammer

Sam Coe	Hendon	08/08/2010	66.07	G1	UK RANK 12
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<u>4 x 100 relay</u>	Braintree	01/05/2010	45.0
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<u>4 x 400 relay</u>	Chelmsford	11/09/2010	3.20.97
	Paul Goodall, James Senior, Chris Marshall, Rick Ward		

SENIOR WOMENS RANKINGS 2010

200m

Holly Cooper	Watford	24/04/2010	28.3
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400m

Rachel Stringer	Birmingham NIA	24/02/2010	56.88	G2
Holly Cooper	Chelmsford	16/05/2010	61.3	

800m

Rachel Stringer	Loughborough	23/05/2010	2.07.15	G1
Holly Cooper	Watford	08/09/2010	2.18.37	

1500m

Barbara Parker	Eagle Rock, CA, USA	22/05/2010	4.13.18	G1	UK RANK 13
Ruth Senior	Walnut, USA	16/04/2010	4.26.24	G2	
Rachel Stringer	Loughborough	09/06/2010	4.34.01	G3	
Dani Nimmock	Watford	12/06/2010	4.37.33	G3	

Mile

Ruth Senior	Albuquerque NM USA	23/01/2010	5.01.04
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5000m

Barbara Parker	Stanford CA, USA	01/05/2010	15.39.76	G1	UK RANK 6
Ruth Senior	Stanford CA, USA	27/03/2010	15.57.32	G1	
Holly Rowland	Birmingham	27/06/2010	16.34.58	G2	

3000m

Barbara Parker	Boston indoor	06/02/2010	8.52.90	G1	UK RANK 4
Dani Nimmock	Wstford	28/07/2010	9.58.70	G3	
Ruth Senior	Albuquerque NM USA	27/02/2010	10.03.45	G3	

3000m S/C

Barbara Parker	Eugene USA	03/07/2010	9.35.17	G1	UK RANK 2
Ruth Senior	Stanford CA, USA	01/05/2010	10.09.14	G3	UK RANK 7

10,000m

Hollie Rowland	Berlin GER	31/07/2010	34.59	G3	
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100m Hurdles

Becky Pike	Norwich	26/06/2010	18.1		
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400m Hurdles

Becky Pike	Norwich	26/06/2010	68.6		
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High Jump

Becky Pike	Norwich	26/06/2010	1.40		
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Discus

Holly Cooper	King's Lynn	04/07/2010	16.72		
Becky Pike	Norwich	26/06/2010	9.99		

Javelin

Holly Cooper	Croydon	22/05/2010	7.84		
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Relay 4 x 100m

Watford	04/09/2010	54.9		
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Relay 4 x 400

Watford	04/09/2010	4.27.5		
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VETERAN MENS RANKINGS 2010

100m

Gordon Slater	Peterborough	05/05/2010	13.6	V45	
Clive Poyner	Norwich	26/09/2010	13.9	V45	

200m

Gordon Slater	King's Lynn	06/06/2010	27.2	V45	
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1500m

John Walshaw	King's Lynn	07/07/2010	4.59.2	V40	
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3000m

Robert Cheverton	Great Yarmouth	22/07/2010	9.52.7	V50	
Rini Hoogkamer	Bury St Edmunds	19/09/2010	11.12.1	V50	

5000m

Robert Cheverton	Norwich	26/09/2010	17.13.2	V50	
Paul Woodyatt	Bexley	10/07/2010	17.33.1	V45	

High Jump

Denis Costello	Worthing	05/06/2010	1.55	V45	
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Gordon Slater	King's Lynn	07/07/2010	1.40	V45
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Long Jump

Gordon Slater	King's Lynn	07/07/2010	4.31	V45
Clive Poyner	Peterborough	05/05/2010	4.19	V45
John Painter	King's Lynn indoors	31/01/2010	3.21	V50

Triple Jump

Clive Poyner	King's Lynn	02/06/2010	9.15	V45
Gordon Slater	King's Lynn	04/07/2010	8.79	V45

Pole Vault

Gordon Slater	King's Lynn	02/06/2010	1.80	V45
Denis Costello	Lee Valley	26/06/2010	1.20	V45

Shot 6kg

John Painter (50+)	Peterborough	05/05/2010	11.30	V50
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Shot 7.26kg

John Painter	Peterborough	30/08/2010	10.67	V50
Clive Poyner	Peterborough	05/05/2010	7.82	V45
Denis Costello	Worthing	05/06/2010	7.54	V45
Gordon Slater	Great Yarmouth	20/06/2010	6.73	V45

Javelin

Tim Newenham	Great Yarmouth	09/05/2010	53.11	V50
Clive Poyner	Norwich	26/09/2010	26.65	V45
Rini Hoogkamer	Great Yarmouth	20/06/2010	26.22	V50
Gordon Slater	Chelmsford	16/05/2010	23.37	V45

Discus 1.5kg

John Painter	King's Lynn	04/08/2010	37.92	V50
Tim Newenham	Great Yarmouth	19/08/2010	34.14	V50

Discus 2kg

John Painter	Norwich	08/08/2010	33.22	V50
Clive Poyner	King's Lynn	02/06/2010	23.45	V45
Denis Costello	Worthing	05/06/2010	20.20	V45
Gordon Slater	Chelmsford	11/09/2010	19.91	V45

Hammer 7.26kg

Gordon Slater	Great Yarmouth	20/06/2010	22.30	V45
John Painter	Norwich	15/05/2010	22.29	V50
Dennis Costello	Lee Valley	26/06/2010	18.10	V45

Hammer 6kg

John Painter	Great Yarmouth	09/05/2010	27.45	V50
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Hammer 5kg

Gordon Slater	Norwich	27/02/2010	23.27	V45
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VETERAN WOMANS RANKINGS 2010**80m**

Carole Filer	Kings Lynn	07/07/2010	15.7	V50
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100m

Lisa Griffin	Chelmsford	16/05/2010	14.5	V40
Julie Zulu	Norwich	26/09/2010	14.8	V35
Carole Filer	Kings Lynn	07/07/2010	15.0	V50
Yvonne Newton	Norwich	26/09/2010	16.3	V55
Jane Clarke	Peterborough	05/05/2010	16.5	V50

200m

Lisa Griffin	Kings Lynn	02/06/2010	30.6	V40
Carole Filer	Kings Lynn	04/08/2010	30.9	V50

400m

Jane Clarke	Peterborough	05/05/2010	71.8	V50
Tessa Pike	King's Lynn	07/07/2010	78.7	V50

800m

Gillian Loughlin	Croydon	22/05/2010	3.08.3	V45
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1500m

Jane Clarke	Peterborough	05/05/2010	5.07.1	V50
Tessa Pike	King's Lynn	07/07/2010	5.25.7	V50
Gillian Loughlin	Norwich	26/06/2010	6.09.4	V45

1 mile Walk

Carole Filer	Kings Lynn	04/08/2010	13.55.9	V50
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3000m

Tessa Pike	Norwich	26/06/2010	11.50.3	V50
Gillian Loughlin	Croydon	22/05/2010	13.05.7	V45

100m Hurdles

Carole Filer	Parliament Hills	07/08/2010	19.9	V50
Lisa Griffin	Great Yarmouth	20/06/2010	21.0	V40

400m Hurdles

Carole Filer	Parliament Hills	07/08/2010	78.3	V50
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High Jump

Carole Filer	Norwich	26/06/2010	1.40	V50
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Long Jump

Carole Filer	King's Lynn	07/07/2010	4.70	V50
Julie Zulu	Norwich	26/09/2010	4.49	V35
Lorraine Brown	Chelmsford	09/05/2010	3.85	V40
Lisa Griffin	Great Yarmouth	20/06/2010	3.64	V40
Yvonne Newton	King's Lynn	07/07/2010	3.19	V55

Triple Jump

Carole Filer	Kings Lynn	04/08/2010	8.35	V50
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Pole Vault

Carole Filer	Norwich	26/06/2010	1.55	V50
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Shot

Julie Zulu	Watford	04/09/2010	7.63	V35
Lisa Griffin	Norwich	26/06/2010	6.80	V40
Lorraine Brown	Chelmsford	16/05/2010	6.76	V40
Carole Filer (3kg)	King's Lynn	07/07/2010	6.09	V50
Yvonne Newton (3kg)	King's Lynn	07/07/2010	5.66	V55
Gillian Loughlin	Croydon	22/05/2010	4.98	V45

Discus

Lorraine Brown	Great Yarmouth	09/05/2010	22.41	V40
Lisa Griffin	Great Yarmouth	20/06/2010	16.45	V40
Gillian Loughlin	Croydon	22/05/2010	9.71	V45

Hammer

Julie Zulu	Watford	04/09/2010	20.08	V35
Carole Filer (3kg)	Norwich	26/06/2010	16.97	V50

Javelin

Lorraine Brown	Chelmsford	16/05/2010	25.69	V40
Steph Mullarney (500g)	Norwich	26/09/2010	16.05	V50
Lisa Griffin	Kings Lynn	02/06/2010	12.88	V40
Gillian Loughlin	Croydon	22/05/2010	7.60	V45