

Outdoor Championship Bests

SENIOR MEN	NAME	CLUB	RECORD	YEAR
100m	Daniel Money	Sale Harriers Manchester	10.45	2001
200m	Allyn Condon	Sale Harriers Manchester	20.97	1996
400m	Mark Thomas	Liverpool Harriers	45.92	1987
800m	Sebastian Coe	Hallamshire Harriers	1:44.70	1980
1500m	Michael Chorlton	Doncaster & Stainforth	3:43.50	1984
5000m	Nicky Lees	Derby & County AC	13:35.20	1974
10000m				
110mH	Dominic Bradley	Birchfield Harriers	14.01	2001
400mH	Chris Rawlinson	Belgrave Harriers	50.88	1996
3000mS/C	Dennis Coates	Gateshead Harriers	8:42.60	1981
10000mW				
High Jump	Steve Smith	Liverpool Harriers	2.28	1992
Triple Jump	Jonathan Edwards	Gateshead Harriers	16.27	1987
Long Jump	Derrick Brown	Longwood Harriers	7.95	1985
Pole Vault	Matthew Belsham	Sale Harriers Manchester	5.35	1993
Shot Putt	Arthur Rowe	Doncaster Plantworks AC	18.81	1962
Discus	Peter Gordon	Haringey AC	58.02	1983
Javelin	Michael Hill	Leeds City AC	79.78	1986
Hammer	David Smith	Hull Spartan AC	73.74	1985
Decathlon				

U20 MEN				
100m	Darren Campbell	Sale Harriers Manchester	10.37	1991
200m	Darren Campbell	Sale Harriers Manchester	21.16	1991
400m	Mark Thomas	Liverpool Harriers	47.00	1987
800m	Rob Harrison	Liverpool Harriers	1:50.50	1978
1500m	Daryl Taylor	Sale Harriers Manchester	3:46.90	1984
3000m	Chris Parr	Gateshead Harriers	8:26.08	2003
5000m	Steve Binns	Bingley Harriers	13:47.45	1979
110mH	Kevin Lumsden	Morpeth Harriers	13.90	1993
400mH	Rob Brown	Leeds City AC	52.44	1988
2000mS/C	Keith Irvine	Wigan Harriers	5:47.60	1978
3000mW				
High Jump	Steve Smith	Liverpool Harriers	2.20	1991
Long Jump	Paul Johnson	Longwood Harriers	7.47	1987
Triple Jump	Simon Reynolds	Scarborough AC	14.88	1992
Pole Vault	Paul Williamson	Grimsby Harriers	5.02	1993
Shot	David Readle	Liverpool Harriers	17.11	1999
Discus	Robert Russell	Scarborough AC	51.62	1992
Javelin	Matt Atkins	Derby & County AC	64.68	1995
Hammer	David Smith	Hull Spartan AC	65.82	1982
Decathlon				

U15 BOYS				
100m	Michael Tietz	Derby & County AC	11.33	1992
200m	David Hurst	Oldham & Royton AC	23.21	2002
400m	James Agus	Spensorborough & District	52.73	1997
800m	Ketan Desai	Morpeth Harriers	2:01.62	1997
1500m	Michael Rimmer	Liverpool Pembroke & Sefton AC	4:11.10	2000
3000m	Christopher Parr	Gateshead Harriers	9:13.20	1999
3000mW	Steve Carridge	Lancashire Walking Club	13:20.84	1995
80mH	Sebastian Bastow	Mandale Harriers	11.40	1996
High Jump	Mark Bidwell	Chesterfield & District AC	1.91	1999
Long Jump	Chris Dack	Doncaster & Stainforth AC	6.52	1997
Triple Jump	Chris Dack	Doncaster & Stainforth AC	12.87	1997
Pole Vault	Christian Linskey	Barnsley AC	4.20	1994
Shot	Carl Myerscough	Blackpool & Fylde AC	14.59	1994
Discus	Christopher Orr	Carlisle Aspatria	43.68	1997
Javelin	David Parker	Scarborough AC	55.96	1994
Hammer	John Barnes	Hull Springhead	56.86	1992
Pentathlon				

SENIOR WOMEN				
100m	Paula Dunn	Trafford AC	11.40	1986
200m	Louise Fraser	Trafford AC	23.41	1994
400m	Donna Hartley	Liverpool Harriers	52.20	1978
800m	Diane Edwards	Sale Harriers Manchester	2:03.60	1988
1500m	Julie Asgill	Stretford AC	4:18.20	1982
5000m	Heather Heasman	Horwich RMI	16:00.85	1996
10000m				
100mH	Shirley Strong	Stretford AC	13.30	1980
400mH	Louise Fraser	Trafford AC	57.77	1996
3000mS/C	Jayne Knowles	Altrincham & Dist AC	10:29.29	2004
5000mW	Vikki Lupton	Sheffield RWC	22:38.93	1995
High Jump	Gillian Hitchen	Wigan Harriers	1.85	1978
Long Jump	Fiona May	Derby Ladies	6.76	1992
Triple Jump	Hazel Cawardine	Bolton Utd Harriers	12.38	2002
Pole Vault	Janine Whitlock	Trafford AC	4.00	2004
Shot Putt	Yvonne Hanson – Norty	Hallamshire Harriers	15.29	1987
Discus	Kathryn Farr	Wigan Harriers	53.06	1987
Javelin	Diana Royle	Stretford AC	61.92	1984
Hammer	Shirley Webb	Trafford AC	61.95	2003
Heptathlon				

U20 WOMEN				
100m	Donna Hoggarth	Preston Harriers	11.65	1992
200m	Sophia Smith	Hallamshire Harriers	24.04	1993
400m	Jennifer Meadows	Wigan Harriers	55.41	1999
800m	Rachael Thompson	Liverpool Harriers	2:07.34	2003
1500m	Alexandra Carter	Vale Royal AC	4:23.48	1999
3000m	Aine Hoban	Wakefield D H & AC	9:48.97	2002
100mH	Angela Thorpe	Wombwell AC	13.78	1981
400mH	Alison Curbishley	Middlesbrough & Cleveland AC	59.90	1993
3000mW	Bryna Christmas	Kingston upon Hull AC	15:23.43	2003
High Jump	Stephanie Higham	Border Harriers	1.77	2001
Long Jump	Jayne McCoy	Wirral AC	6.09	1991
Triple Jump	Justina Cruickshank	Trafford AC	12.17	1996
Pole Vault	Fiona Harrison	Barnsley AC	3.50	1998
Shot	Helen Wilding	Wirral AC	13.70	1995
Discus	Karen Smith	City of Stoke	43.48	1992
Javelin	Shelley Holroyd	Sale Harriers Manchester	55.05	1991
Hammer	Rachael Beverley	Sale Harriers Manchester	53.88	1997

U17WOMEN				
100m	I McGregor		11.60	1976
200m	Jane Parry	Wirral AC	24.20	1981
300m	Laura Gillheespy	Blackpool & Fylde AC	39.34	2004
800m	Louise Parker		2:09.00	1989
1500m	Clare Kellar		4:30.90	1985
3000m	Rachael Nathan	Lincoln Wellington AC	9:41.50	2001
80mH	Liz Fairs	Chesterfield & D AC	11.10	1993
300mH	Georgina Lee	Wigan Harriers	43.80	1990
3000mW	Katie Stones	Kingston upon Hull AC	14:28.81	2002
High Jump	Gillian Hitchen		1.76	1975
Long Jump	Margaret Cheetham	Liverpool Harriers	6.10	1984
Triple Jump	Rebecca White	Blackburn Harriers	11.34	1995
Pole Vault	Claire Holmes	Wigan Harriers	3.05	2001
Shot	Jayne Thornton		12.51	1986
Discus	Jayne Thornton		40.64	1985
Javelin	J Fraser		44.60	1983
Hammer	Vicci Scott	Liverpool Harriers	40.64	1997
Heptathlon				

U15 GIRLS				
100m	Leanne Eastwood	Wigan Harriers	12.07	1991
200m	Jane Parry	Wirral AC	24.70	1978
800m	Louise Parker		2:14.00	1977
1500m	Claire Nicholson		4:36.90	1986
75mH	Liz Fairs	Chesterfield & D AC	11.18	1992
3000mW	Rebecca Mersh	City of Sheffield AC	14:53.25	2003
High Jump	C Wooley		1.67	1981
Long Jump	Margaret Cheetham	Liverpool Harriers	6.22	1981
Shot	M Smith		12.29	1966
Discus	Fallon Harrison	Chesterfield & District	32.44	1999
Javelin	Shelly Holroyd	Sale Harriers	41.04	1987
Pentathlon				

U20 MEN				
60m	Paul Sampson	Wakefield Harriers	6.94	1996
200m	Gary Atkinson	Sale Harriers Manchester	21.84	2005
400m	Richard Buck	Nestle Rowntree AC	49.30	2004
800m	Kieran Flannery	Gateshead Harriers	1:55.93	2005
1500m	Mark Buckingham	Holmfirth Harriers	4:00.57	2004
60mH	Jordon Fleary	Liverpool Harriers	8.07	2004
High Jump	Adam Gallie	Derby AC	1.95	2003
Pole Vault	Keith Higham	Border Harriers	5.10	2004
Triple Jump	Andrew Sturrock	Gateshead Harriers	13.43	2003
Long Jump	Chris Tomlinson	Middlesbrough AC Mandale	7.05	1999
Shot	Carl Myerscough	Blackpool & Fylde	19.50	1998
Heptathlon				

U15 BOYS				
60m	Daniel Angus	Mandale Harriers	7.40	1996
200m	Tony Corrigan	Liverpool Harriers	23.45	2005
800m	Philip Brown	Derby AC	2:11.58	2003
60mH	Benjamin Manchester	Bingley Harriers	9.18	1999
High Jump	Mark Bidwell	Chesterfield & District	1.80	1999
Triple Jump	Christopher Dack	Doncaster AC	12.88	1997
Long Jump	Matthew Walden	Scunthorpe & District	5.76	1998
Shot	Jason Crawford	City of Hull	13.14	1997
Pentathlon				

SENIOR WOMEN				
60m	Diane Allahgreen	Liverpool Harriers	7.45	2000
200m	Susan Deacon	Edinburgh Southern Harriers	24.35	2005
400m	Danielle Halsall	Sale Harriers Manchester	54.75	2003
800m	Karen Johns	Gateshead Harriers & AC	2:12.51	2003
1500m	Alexandra Carter	Vale Royal	4:31.12	2003
3000m	Laura Carney	Liverpool Harriers	9:41.88	2005
60mH	Diane Allahgreen	Liverpool Harriers	8.36	2000
High Jump	Susan Jones	Wigan & District Harriers	1.89	2001
Pole Vault	Janine Whitlock	Trafford AC	4.12	1998
Triple Jump	Ruth Irving	Edinburgh Woollen Mill	12.56	2003
Long Jump	Fiona May	Derby Ladies	6.45	1991
Shot	Nicola Gautier	Trafford AC	14.43	1997
Pentathlon				

U20 WOMEN				
60m	Anyika Onuora	Liverpool Harriers	7.56	2003
200m	Emma Morris	South Shields Harriers	25.30	2005
400m	Laura Kirk	Skyrac AC	59.51	2004
800m	Samantha Hart	Gateshead Harriers	2:14.42	2005
1500m	Rebecca Townshend	Leeds City	4:47.45	2005
60mH	Nicola Gautier/Denise Bolton	Trafford AC/Wigan & District Harriers	7.82	1997/1996
High Jump	Jenny Lumley	Leeds City	1.74	2005
Pole Vault	Clare Neve	Trafford AC	3.50	2004
Triple Jump	Emma Wooff	Wigan Harriers	11.57	2003
Long Jump	Dannielle Freeman	Leeds City	5.84	1997
Shot	Laura Booth	Rotherham Harriers	13.03	2005
Pentathlon				

U17 WOMEN				
60m	Helen Griffin	Sale Harriers Manchester	7.77	1999
200m	Robyn Rashford	Sale Harriers Manchester	25.04	2005
300m	Laura Gillhespy	Blackpool & Fylde	40.32	2005
800m	Natalie Grant	Rotherham Harriers	2:21.47	2005
1500m	Lyndsay Clarke	Rotherham Harriers	4:55.62	2005
60mH	Ashley Helsby	Liverpool Harriers	8.70	2005
High Jump	Jessica Ennis	City of Sheffield	1.76	2002
Pole Vault	Sally Scott	Gateshead Harriers	3.00	2005
Triple Jump	Julia Straker	Morpeth	11.16	1999
Long Jump	Alexandra Russell	Wirral AC	5.59	2005
Shot	Victoria Shepherd	Wakefield District H & AC	11.94	1996
Pentathlon				

U15 GIRLS				
60m	Rebekah Wilson	Altrincham & D AC	7.79	2005
200m	Rebekah Wilson	Altrincham & D AC	25.31	2005
800m	Abby Glover	Derby AC	2:20.64	2005
60mH	Emma Makin	Warrington	9.12	2000
High Jump	Stephanie Higham	Carlisle Aspatria	1.64	1998
Long Jump	Kelly Williamson/Sarah Bratley	Derby Ladies/Hull Springhead AC	5.30	1994/1999
Shot	Emma Shaw	Skipton	11.07	2001
Pentathlon				