

## Outdoor Championship Bests

SENIOR MEN	NAME	CLUB	RECORD	YEAR
<b>100m</b>	Daniel Money	Sale Harriers Manchester	10.45	2001
<b>200m</b>	Allyn Condon	Sale Harriers Manchester	20.97	1996
<b>400m</b>	Mark Thomas	Liverpool Harriers	45.92	1987
<b>800m</b>	Sebastian Coe	Hallamshire Harriers	1:44.70	1980
<b>1500m</b>	Michael Chorlton	Doncaster & Stainforth	3:43.50	1984
<b>5000m</b>	Nicky Lees	Derby & County AC	13:35.20	1974
<b>10000m</b>				
<b>110mH</b>	Dominic Bradley	Birchfield Harriers	14.01	2001
<b>400mH</b>	Chris Rawlinson	Belgrave Harriers	50.88	1996
<b>3000mS/C</b>	Dennis Coates	Gateshead Harriers	8:42.60	1981
<b>10000mW</b>	Steve Partington	Manx Harriers	41:14.10	1997
<b>High Jump</b>	Steve Smith	Liverpool Harriers	2.28	1992
<b>Triple Jump</b>	Jonathan Edwards	Gateshead Harriers	16.27	1987
<b>Long Jump</b>	Derrick Brown	Longwood Harriers	7.95	1985
<b>Pole Vault</b>	Matthew Belsham	Sale Harriers Manchester	5.35	1993
<b>Shot Putt</b>	Arthur Rowe	Doncaster Plantworks AC	18.81	1962
<b>Discus</b>	Peter Gordon	Haringey AC	58.02	1983
<b>Javelin</b>	Michael Hill	Leeds City AC	79.78	1986
<b>Hammer</b>	David Smith	Hull Spartan AC	73.74	1985
<b>Decathlon</b>				

<b>U20 MEN</b>				
<b>100m</b>	<b>Darren Campbell</b>	<b>Sale Harriers Manchester</b>	<b>10.37</b>	<b>1991</b>
<b>200m</b>	<b>Darren Campbell</b>	<b>Sale Harriers Manchester</b>	<b>21.16</b>	<b>1991</b>
<b>400m</b>	<b>Mark Thomas</b>	<b>Liverpool Harriers</b>	<b>47.00</b>	<b>1987</b>
<b>800m</b>	<b>Rob Harrison</b>	<b>Liverpool Harriers</b>	<b>1:50.50</b>	<b>1978</b>
<b>1500m</b>	<b>Daryl Taylor</b>	<b>Sale Harriers Manchester</b>	<b>3:46.90</b>	<b>1984</b>
<b>3000m</b>	<b>Chris Parr</b>	<b>Gateshead Harriers</b>	<b>8:26.08</b>	<b>2003</b>
<b>5000m</b>	<b>Steve Binns</b>	<b>Bingley Harriers</b>	<b>13:47.45</b>	<b>1979</b>
<b>110mH</b>	<b>Kevin Lumsden</b>	<b>Morpeth Harriers</b>	<b>13.90</b>	<b>1993</b>
<b>400mH</b>	<b>Rob Brown</b>	<b>Leeds City AC</b>	<b>52.44</b>	<b>1988</b>
<b>2000mS/C</b>	<b>Keith Irvine</b>	<b>Wigan Harriers</b>	<b>5:47.60</b>	<b>1978</b>
<b>3000mW</b>				
<b>High Jump</b>	<b>Steve Smith</b>	<b>Liverpool Harriers</b>	<b>2.20</b>	<b>1991</b>
<b>Long Jump</b>	<b>Paul Johnson</b>	<b>Longwood Harriers</b>	<b>7.47</b>	<b>1987</b>
<b>Triple Jump</b>	<b>Simon Reynolds</b>	<b>Scarborough AC</b>	<b>14.88</b>	<b>1992</b>
<b>Pole Vault</b>	<b>Paul Williamson</b>	<b>Grimsby Harriers</b>	<b>5.02</b>	<b>1993</b>
<b>Shot</b>	<b>Jamie Williamson</b>	<b>City of Sheffield AC</b>	<b>18.52</b>	<b>2005</b>
<b>Discus</b>	<b>Robert Russell</b>	<b>Scarborough AC</b>	<b>51.62</b>	<b>1992</b>
<b>Javelin</b>	<b>Matt Atkins</b>	<b>Derby &amp; County AC</b>	<b>64.68</b>	<b>1995</b>
<b>Hammer</b>	<b>Alex Smith</b>	<b>Sale Harriers Manchester</b>	<b>70.65</b>	<b>2005</b>
<b>Decathlon</b>				

<b>U17 MEN</b>				
<b>100m</b>	<b>David Jackson</b>	<b>Wombwell AC</b>	<b>10.66</b>	<b>1989</b>
<b>200m</b>	<b>Gerald Phiri</b>	<b>City of Sheffield AC</b>	<b>21.76</b>	<b>2004</b>
<b>400m</b>	<b>Gareth Bakewell</b>	<b>Rotherham Harriers</b>	<b>48.91</b>	<b>1985</b>
<b>800m</b>	<b>Chris McGeorge</b>	<b>Cockermouth AC</b>	<b>1:51.00</b>	<b>1978</b>
<b>1500m</b>	<b>Gary Grant</b>	<b>Liverpool Harriers</b>	<b>3:56.00</b>	<b>1983</b>
<b>3000m</b>	<b>Robert Barton</b>	<b>Blackburn Harriers</b>	<b>8:42.03</b>	<b>1999</b>
<b>100mHu</b>	<b>Ben Warmington</b>	<b>North Shields Poly AC</b>	<b>13.27</b>	<b>1996</b>
<b>400mHu</b>	<b>Scott Henderson</b>	<b>Middlesbrough AC</b>	<b>54.53</b>	<b>2004</b>
<b>1500mS/C</b>	<b>David Lewis</b>	<b>Rossendale Harriers</b>	<b>4:13.25</b>	<b>1978</b>
<b>3000mW</b>	<b>Ben Wears</b>	<b>Redcar RWC</b>	<b>14:46.33</b>	<b>2005</b>
<b>High Jump</b>	<b>Brian Hall</b>	<b>Bolton Utd Harriers</b>	<b>2.06</b>	<b>1999</b>
<b>Long Jump</b>	<b>Hilton Thompson</b>	<b>Trafford AC</b>	<b>7.05</b>	<b>1991</b>
<b>Triple Jump</b>	<b>G Ball</b>	<b>Wigan Harriers</b>	<b>14.64</b>	<b>1973</b>
<b>Pole Vault</b>	<b>Christian Linskey</b>	<b>Barnsley AC</b>	<b>5.00</b>	<b>1996</b>
<b>Shot</b>	<b>Carl Myerscough</b>	<b>Blackpool &amp; Fylde AC</b>	<b>20.00</b>	<b>1996</b>
<b>Discus</b>	<b>Carl Myerscough</b>	<b>Blackpool &amp; Fylde AC</b>	<b>56.40</b>	<b>1996</b>
<b>Javelin</b>	<b>David Parker</b>	<b>Scarborough AC</b>	<b>68.40</b>	<b>1996</b>
<b>Hammer</b>	<b>Alex Smith</b>	<b>Hull Achilles AC</b>	<b>70.65</b>	<b>2004</b>
<b>Octathlon</b>				

<b>U15 BOYS</b>				
<b>100m</b>	<b>Michael Tietz</b>	<b>Derby &amp; County AC</b>	<b>11.33</b>	<b>1992</b>
<b>200m</b>	<b>Yusuf Aliu</b>	<b>Middlesbrough AC</b>	<b>22.92</b>	<b>2004</b>
<b>400m</b>	<b>James Agus</b>	<b>Spensorborough &amp; District</b>	<b>52.73</b>	<b>1997</b>
<b>800m</b>	<b>Ketan Desai</b>	<b>Morpeth Harriers</b>	<b>2:01.62</b>	<b>1997</b>
<b>1500m</b>	<b>Ross Millington</b>	<b>Stockport Harriers</b>	<b>4:10.96</b>	<b>2004</b>
<b>3000m</b>	<b>Khalil Thompson</b>	<b>Shildon RAC</b>	<b>9:12.37</b>	<b>2004</b>
<b>3000mW</b>	<b>Steve Carridge</b>	<b>Lancashire Walking Club</b>	<b>13:20.84</b>	<b>1995</b>
<b>80mH</b>	<b>Sebastian Bastow</b>	<b>Mandale Harriers</b>	<b>11.40</b>	<b>1996</b>
<b>High Jump</b>	<b>Mark Bidwell</b>	<b>Chesterfield &amp; District AC</b>	<b>1.91</b>	<b>1999</b>
<b>Long Jump</b>	<b>Chris Dack</b>	<b>Doncaster &amp; Stainforth AC</b>	<b>6.52</b>	<b>1997</b>
<b>Triple Jump</b>	<b>Chris Dack</b>	<b>Doncaster &amp; Stainforth AC</b>	<b>12.87</b>	<b>1997</b>
<b>Pole Vault</b>	<b>Christian Linskey</b>	<b>Barnsley AC</b>	<b>4.20</b>	<b>1994</b>
<b>Shot</b>	<b>Carl Myerscough</b>	<b>Blackpool &amp; Fylde AC</b>	<b>14.59</b>	<b>1994</b>
<b>Discus</b>	<b>Christopher Orr</b>	<b>Carlisle Aspatria</b>	<b>43.68</b>	<b>1997</b>
<b>Javelin</b>	<b>David Parker</b>	<b>Scarborough AC</b>	<b>55.96</b>	<b>1994</b>
<b>Hammer</b>	<b>John Barnes</b>	<b>Hull Springhead</b>	<b>56.86</b>	<b>1992</b>
<b>Pentathlon</b>				

<b>SENIOR WOMEN</b>				
<b>100m</b>	<b>Paula Dunn</b>	<b>Trafford AC</b>	<b>11.40</b>	<b>1986</b>
<b>200m</b>	<b>Louise Fraser</b>	<b>Trafford AC</b>	<b>23.41</b>	<b>1994</b>
<b>400m</b>	<b>Donna Hartley</b>	<b>Liverpool Harriers</b>	<b>52.20</b>	<b>1978</b>
<b>800m</b>	<b>Diane Edwards</b>	<b>Sale Harriers Manchester</b>	<b>2:03.60</b>	<b>1988</b>
<b>1500m</b>	<b>Julie Asgill</b>	<b>Stretford AC</b>	<b>4:18.20</b>	<b>1982</b>
<b>5000m</b>	<b>Heather Heasman</b>	<b>Horwich RMI</b>	<b>16:00.85</b>	<b>1996</b>
<b>10000m</b>				
<b>100mH</b>	<b>Shirley Strong</b>	<b>Stretford AC</b>	<b>13.30</b>	<b>1980</b>
<b>400mH</b>	<b>Louise Fraser</b>	<b>Trafford AC</b>	<b>57.77</b>	<b>1996</b>
<b>3000mS/C</b>	<b>Jayne Knowles</b>	<b>Altrincham &amp; Dist AC</b>	<b>10:29.29</b>	<b>2004</b>
<b>5000mW</b>	<b>Vikki Lupton</b>	<b>Sheffield RWC</b>	<b>22:38.93</b>	<b>1995</b>
<b>High Jump</b>	<b>Gillian Hitchen</b>	<b>Wigan Harriers</b>	<b>1.85</b>	<b>1978</b>
<b>Long Jump</b>	<b>Fiona May</b>	<b>Derby Ladies</b>	<b>6.76</b>	<b>1992</b>
<b>Triple Jump</b>	<b>Hazel Cawardine</b>	<b>Bolton Utd Harriers</b>	<b>12.38</b>	<b>2002</b>
<b>Pole Vault</b>	<b>Janine Whitlock</b>	<b>Trafford AC</b>	<b>4.00</b>	<b>2004</b>
<b>Shot Putt</b>	<b>Yvonne Hanson – Norty</b>	<b>Hallamshire Harriers</b>	<b>15.29</b>	<b>1987</b>
<b>Discus</b>	<b>Kara Nwidobie</b>	<b>Blackpool &amp; Fylde AC</b>	<b>57.27</b>	<b>2005</b>
<b>Javelin</b>	<b>Diane Royle</b>	<b>Stretford AC</b>	<b>61.92</b>	<b>1984</b>
<b>Hammer</b>	<b>Shirley Webb</b>	<b>Trafford AC</b>	<b>61.95</b>	<b>2003</b>
<b>Heptathlon</b>				

<b>U20 WOMEN</b>				
<b>100m</b>	<b>Donna Hoggarth</b>	<b>Preston Harriers</b>	<b>11.65</b>	<b>1992</b>
<b>200m</b>	<b>Sophia Smith</b>	<b>Hallamshire Harriers</b>	<b>24.04</b>	<b>1993</b>
<b>400m</b>	<b>Jennifer Meadows</b>	<b>Wigan Harriers</b>	<b>55.41</b>	<b>1999</b>
<b>800m</b>	<b>Laura Finucane</b>	<b>Pendle AC</b>	<b>2:04.36</b>	<b>2005</b>
<b>1500m</b>	<b>Alexandra Carter</b>	<b>Vale Royal AC</b>	<b>4:23.48</b>	<b>1999</b>
<b>3000m</b>	<b>Aine Hoban</b>	<b>Wakefield D H &amp; AC</b>	<b>9:48.97</b>	<b>2002</b>
<b>100mH</b>	<b>Angela Thorpe</b>	<b>Wombwell AC</b>	<b>13.78</b>	<b>1981</b>
<b>400mH</b>	<b>Alison Curbishley</b>	<b>Middlesbrough &amp; Cleveland AC</b>	<b>59.90</b>	<b>1993</b>
<b>3000mW</b>	<b>Bryna Christmas</b>	<b>Kingston upon Hull AC</b>	<b>15:23.43</b>	<b>2003</b>
<b>High Jump</b>	<b>Vikki Hubbard</b>	<b>Grantham &amp; D AC</b>	<b>1.78</b>	<b>2005</b>
<b>Long Jump</b>	<b>Jayne McCoy</b>	<b>Wirral AC</b>	<b>6.09</b>	<b>1991</b>
<b>Triple Jump</b>	<b>Justina Cruickshank</b>	<b>Trafford AC</b>	<b>12.17</b>	<b>1996</b>
<b>Pole Vault</b>	<b>Clare Neve</b>	<b>Trafford AC</b>	<b>3.60</b>	<b>2004</b>
<b>Shot</b>	<b>Helen Wilding</b>	<b>Wirral AC</b>	<b>13.70</b>	<b>1995</b>
<b>Discus</b>	<b>Karen Smith</b>	<b>City of Stoke</b>	<b>43.48</b>	<b>1992</b>
<b>Javelin</b>	<b>Shelley Holroyd</b>	<b>Sale Harriers Manchester</b>	<b>55.05</b>	<b>1991</b>
<b>Hammer</b>	<b>Sarah Holt</b>	<b>Sale Harriers Manchester</b>	<b>54.02</b>	<b>2005</b>

<b>U17WOMEN</b>				
<b>100m</b>	<b>I McGregor</b>		<b>11.60</b>	<b>1976</b>
<b>200m</b>	<b>Jane Parry</b>	<b>Wirral AC</b>	<b>24.20</b>	<b>1981</b>
<b>300m</b>	<b>Laura Gillhespy</b>	<b>Blackpool &amp; Fylde AC</b>	<b>39.34</b>	<b>2004</b>
<b>800m</b>	<b>Louise Parker</b>		<b>2:09.00</b>	<b>1989</b>
<b>1500m</b>	<b>Clare Kellar</b>		<b>4:30.90</b>	<b>1985</b>
<b>3000m</b>	<b>Rachael Nathan</b>	<b>Lincoln Wellington AC</b>	<b>9:41.50</b>	<b>2001</b>
<b>80mH</b>	<b>Liz Fairs</b>	<b>Chesterfield &amp; D AC</b>	<b>11.10</b>	<b>1993</b>
<b>300mH</b>	<b>Georgina Lee</b>	<b>Wigan Harriers</b>	<b>43.80</b>	<b>1990</b>
<b>3000mW</b>	<b>Katie Stones</b>	<b>Kingston upon Hull AC</b>	<b>14:28.81</b>	<b>2002</b>
<b>High Jump</b>	<b>Vikki Hubbard</b>	<b>Grantham &amp; D AC</b>	<b>1.78</b>	<b>2005</b>
<b>Long Jump</b>	<b>Margaret Cheetham</b>	<b>Liverpool Harriers</b>	<b>6.10</b>	<b>1984</b>
<b>Triple Jump</b>	<b>Hanna Hewitson/Claire O'Reilly</b>	<b>Vale Royal AC/Derby AC</b>	<b>11.83</b>	<b>2005</b>
<b>Pole Vault</b>	<b>Sally Scott</b>	<b>Gateshead Harriers</b>	<b>3.20</b>	<b>2005</b>
<b>Shot</b>	<b>Jayne Thornton</b>		<b>12.51</b>	<b>1986</b>
<b>Discus</b>	<b>Jayne Thornton</b>		<b>40.64</b>	<b>1985</b>
<b>Javelin</b>	<b>J Fraser</b>		<b>44.60</b>	<b>1983</b>
<b>Hammer</b>	<b>Anna Johnson</b>	<b>Trafford AC</b>	<b>47.25</b>	<b>2004</b>
<b>Heptathlon</b>				

<b>U15 GIRLS</b>				
<b>100m</b>	<b>Leanne Eastwood</b>	<b>Wigan Harriers</b>	<b>12.07</b>	<b>1991</b>
<b>200m</b>	<b>Jane Parry</b>	<b>Wirral AC</b>	<b>24.70</b>	<b>1978</b>
<b>800m</b>	<b>Louise Parker</b>		<b>2:14.00</b>	<b>1977</b>
<b>1500m</b>	<b>Claire Nicholson</b>		<b>4:36.90</b>	<b>1986</b>
<b>75mH</b>	<b>Liz Fairs</b>	<b>Chesterfield &amp; D AC</b>	<b>11.18</b>	<b>1992</b>
<b>3000mW</b>	<b>Danya Sarayreh</b>	<b>City of Sheffield AC</b>	<b>14:33.21</b>	<b>2005</b>
<b>High Jump</b>	<b>C Wooley</b>		<b>1.67</b>	<b>1981</b>
<b>Long Jump</b>	<b>Margaret Cheetham</b>	<b>Liverpool Harriers</b>	<b>6.22</b>	<b>1981</b>
<b>Shot</b>	<b>M Smith</b>		<b>12.29</b>	<b>1966</b>
<b>Discus</b>	<b>Hannah Evenden</b>	<b>Leeds City AC</b>	<b>32.92</b>	<b>2005</b>
<b>Javelin</b>	<b>Shelly Holroyd</b>	<b>Sale Harriers</b>	<b>41.04</b>	<b>1987</b>
<b>Pentathlon</b>				

## Indoor Championship Bests

<u>SENIOR MEN</u>	<u>NAME</u>	<u>CLUB</u>	<u>RECORD</u>	<u>YEAR</u>
<b>60m</b>	Allyn Condon	Sale Harriers Manchester	6.77	2002
<b>200m</b>	Allyn Condon	Sale Harriers Manchester	20.64	2004
<b>400m</b>	Adam Rogers	Sale Harriers Manchester	48.07	2003
<b>800m</b>	Drew Graham	Gosforth Harriers	1:53.97	2005
<b>1500m</b>	Mark Buckingham	Holmfirth Harriers	3:52.01	2005
<b>3000m</b>	Stuart Stokes	Sale Harriers Manchester	8:14.97	2006
<b>60mH</b>	David Hughes	Trafford AC	7.83	2006
<b>High Jump</b>	Martin Aram	Liverpool Harriers	2.18	2006
<b>Pole Vault</b>	Paul Williamson	Belgrave Harriers	5.20	2004
<b>Triple Jump</b>	Wayne Green	Birchfield Harriers	15.31	1990
<b>Long Jump</b>	Chris Kirk	Wakefield Harriers	7.45	2006
<b>Shot</b>	Ian Lindley	Wolverhampton & Bilston	17.16	1981
<b>Heptathlon</b>				

<b>U20 MEN</b>				
<b>60m</b>	<b>Gerald Phiri</b>	<b>City of Sheffield AC</b>	<b>6.84</b>	<b>2006</b>
<b>200m</b>	<b>Gary Atkinson</b>	<b>Sale Harriers Manchester</b>	<b>21.84</b>	<b>2005</b>
<b>400m</b>	<b>Richard Buck</b>	<b>Nestle Rowntree AC</b>	<b>49.30</b>	<b>2004</b>
<b>800m</b>	<b>Kieran Flannery</b>	<b>Gateshead Harriers</b>	<b>1:55.48</b>	<b>2006</b>
<b>1500m</b>	<b>Mark Buckingham</b>	<b>Holmfirth Harriers</b>	<b>4:00.57</b>	<b>2004</b>
<b>60mH</b>	<b>Jordon Fleary</b>	<b>Liverpool Harriers</b>	<b>8.07</b>	<b>2004</b>
<b>High Jump</b>	<b>Matthew Owens</b>	<b>Liverpool Harriers</b>	<b>2.05</b>	<b>2006</b>
<b>Pole Vault</b>	<b>Keith Higham</b>	<b>Border Harriers</b>	<b>5.10</b>	<b>2004</b>
<b>Triple Jump</b>	<b>Andrew Sturrock</b>	<b>Gateshead Harriers</b>	<b>13.43</b>	<b>2003</b>
<b>Long Jump</b>	<b>Andrew Staniland</b>	<b>Sale Harriers Manchester</b>	<b>7.17</b>	<b>2006</b>
<b>Shot</b>	<b>Carl Myerscough</b>	<b>Blackpool &amp; Fylde</b>	<b>19.50</b>	<b>1998</b>
<b>Heptathlon</b>				

<b>U17 MEN</b>				
<b>60m</b>	<b>Gerald Phiri</b>	<b>City of Sheffield</b>	<b>7.05</b>	<b>2004</b>
<b>200m</b>	<b>Gerald Phiri</b>	<b>City of Sheffield</b>	<b>21.82</b>	<b>2005</b>
<b>400m</b>	<b>Richard Buck</b>	<b>Nestle Rowntree</b>	<b>50.52</b>	<b>2003</b>
<b>800m</b>	<b>Steven Fox</b>	<b>Seaton AC</b>	<b>1:59.03</b>	<b>2005</b>
<b>1500m</b>	<b>Nathan Bibby</b>	<b>Preston Harriers</b>	<b>4:08.87</b>	<b>2006</b>
<b>60mH</b>	<b>James Wright</b>	<b>Sale Harriers Manchester</b>	<b>8.46</b>	<b>2005</b>
<b>High Jump</b>	<b>Darren Hammond</b>	<b>Sale Harriers Manchester</b>	<b>2.02</b>	<b>2005</b>
<b>Pole Vault</b>	<b>Christian Linsky</b>	<b>Barnsley AC</b>	<b>4.90</b>	<b>1996</b>
<b>Triple Jump</b>	<b>Rory Birbeck</b>	<b>Hyndburn AC</b>	<b>14.07</b>	<b>1990</b>
<b>Long Jump</b>	<b>Mark Belben</b>	<b>Middlesbrough &amp; Cleveland</b>	<b>6.98</b>	<b>1984</b>
<b>Shot</b>	<b>Bryan Kelly</b>	<b>Southport Waterloo</b>	<b>16.53</b>	<b>1990</b>
<b>Pentathlon</b>				

<b>U15 BOYS</b>				
<b>60m</b>	<b>Daniel Angus</b>	<b>Mandale Harriers</b>	<b>7.40</b>	<b>1996</b>
<b>200m</b>	<b>Tony Corrigan</b>	<b>Liverpool Harriers</b>	<b>23.45</b>	<b>2005</b>
<b>800m</b>	<b>Joshua Moody</b>	<b>Matlock AC</b>	<b>2:03.36</b>	<b>2006</b>
<b>60mH</b>	<b>Jack Meredith</b>	<b>Liverpool Harriers</b>	<b>8.93</b>	<b>2006</b>
<b>High Jump</b>	<b>Mark Bidwell</b>	<b>Chesterfield &amp; District</b>	<b>1.80</b>	<b>1999</b>
<b>Triple Jump</b>	<b>Christopher Dack</b>	<b>Doncaster AC</b>	<b>12.88</b>	<b>1997</b>
<b>Long Jump</b>	<b>Matthew Walden/Jack Andrew</b>	<b>Scunthorpe &amp; District/Macclesfield Harriers</b>	<b>5.76</b>	<b>1998/2006</b>
<b>Shot</b>	<b>Jason Crawford</b>	<b>City of Hull</b>	<b>13.14</b>	<b>1997</b>
<b>Pentathlon</b>				

<b>SENIOR WOMEN</b>				
<b>60m</b>	<b>Diane Allahgreen</b>	<b>Liverpool Harriers</b>	<b>7.45</b>	<b>2000</b>
<b>200m</b>	<b>Susan Deacon</b>	<b>Edinburgh Southern Harriers</b>	<b>24.35</b>	<b>2005</b>
<b>400m</b>	<b>Danielle Halsall</b>	<b>Sale Harriers Manchester</b>	<b>54.75</b>	<b>2003</b>
<b>800m</b>	<b>Jennifer Meadows</b>	<b>Wigan Harriers</b>	<b>2:03.27</b>	<b>2006</b>
<b>1500m</b>	<b>Eleanor Stevens</b>	<b>Derby AC</b>	<b>4:26.51</b>	<b>2006</b>
<b>3000m</b>	<b>Laura Carney</b>	<b>Liverpool Harriers</b>	<b>9:41.88</b>	<b>2005</b>
<b>60mH</b>	<b>Diane Allahgreen/Jessica Ennis</b>	<b>Liverpool Harriers/City of Sheffield AC</b>	<b>8.36</b>	<b>2000/2006</b>
<b>High Jump</b>	<b>Susan Jones</b>	<b>Wigan &amp; District Harriers</b>	<b>1.89</b>	<b>2001</b>
<b>Pole Vault</b>	<b>Janine Whitlock</b>	<b>Trafford AC</b>	<b>4.12</b>	<b>1998</b>
<b>Triple Jump</b>	<b>Ruth Irving</b>	<b>Edinburgh Woollen Mill</b>	<b>12.56</b>	<b>2003</b>
<b>Long Jump</b>	<b>Fiona May</b>	<b>Derby Ladies</b>	<b>6.45</b>	<b>1991</b>
<b>Shot</b>	<b>Kara Nwidobie</b>	<b>Blackpool &amp; Fylde AC</b>	<b>14.47</b>	<b>2006</b>
<b>Pentathlon</b>				

<b>U20 WOMEN</b>				
<b>60m</b>	<b>Anyika Onuora</b>	<b>Liverpool Harriers</b>	<b>7.56</b>	<b>2003</b>
<b>200m</b>	<b>Hayley Jones</b>	<b>Wigan Harriers</b>	<b>25.04</b>	<b>2006</b>
<b>400m</b>	<b>Hayley Jones</b>	<b>Wigan Harriers</b>	<b>57.75</b>	<b>2006</b>
<b>800m</b>	<b>Stephanie Roe</b>	<b>Preston Harriers</b>	<b>2:13.93</b>	<b>2006</b>
<b>1500m</b>	<b>Nicola Maddick</b>	<b>Kingston upon Hull AC</b>	<b>4:35.19</b>	<b>2006</b>
<b>60mH</b>	<b>Nicola Gautier/Denise Bolton</b>	<b>Trafford AC/Wigan &amp; District Harriers</b>	<b>7.82</b>	<b>1997/1996</b>
<b>High Jump</b>	<b>Vicki Hubbard</b>	<b>Grantham AC</b>	<b>1.80</b>	<b>2006</b>
<b>Pole Vault</b>	<b>Clare Neve</b>	<b>Trafford AC</b>	<b>3.50</b>	<b>2004</b>
<b>Triple Jump</b>	<b>Melissa Carr</b>	<b>Shildon AC</b>	<b>11.67</b>	<b>2006</b>
<b>Long Jump</b>	<b>Dannielle Freeman</b>	<b>Leeds City</b>	<b>5.84</b>	<b>1997</b>
<b>Shot</b>	<b>Laura Booth</b>	<b>Rotherham Harriers</b>	<b>13.03</b>	<b>2005</b>
<b>Pentathlon</b>				

<b>U17 WOMEN</b>				
<b>60m</b>	Becky McLinden	Wirral AC	7.71	2006
<b>200m</b>	Robyn Rashford	Sale Harriers Manchester	25.04	2005
<b>300m</b>	Laura Gillhespy	Blackpool & Fylde	40.32	2005
<b>800m</b>	Alison Leonard	Chorley Harriers	2:15.00	2006
<b>1500m</b>	Natalie Grant	Rotherham Harriers	4:39.95	2006
<b>60mH</b>	Ashley Helsby	Liverpool Harriers	8.61	2006
<b>High Jump</b>	Jessica Ennis	City of Sheffield	1.76	2002
<b>Pole Vault</b>	Abigail Haywood	Sale Harriers Manchester	3.45	2006
<b>Triple Jump</b>	Hanna Hewitson	Vale Royal	11.64	2006
<b>Long Jump</b>	Eleanor Markendale	Pendle AC	5.66	2006
<b>Shot</b>	Victoria Shepherd	Wakefield District H & AC	11.94	1996
<b>Pentathlon</b>				

<b>U15 GIRLS</b>				
<b>60m</b>	Rebekah Wilson	Altrincham & D AC	7.79	2005
<b>200m</b>	Shaunna Thompson	Sale Harriers Manchester	25.22	2006
<b>800m</b>	Alexandra Turner	Amber Valley	2:16.86	2006
<b>60mH</b>	Emma Makin	Warrington	9.12	2000
<b>High Jump</b>	Stephanie Higham	Carlisle Aspatria	1.64	1998
<b>Long Jump</b>	Kelly Williamson/Sarah Bratley	Derby Ladies/Hull Springhead AC	5.30	1994/1999
<b>Shot</b>	Emma Shaw	Skipton	11.07	2001
<b>Pentathlon</b>				