

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	Geoff Smith	Liverpool Harriers	28:03.60	1979
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	Steve Partington	Manx Harriers	41:14.10	1997
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	Anthony Southward		7022	2001

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
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	Jamie Williamson	City of Sheffield AC	18.52	2005
Discus	Robert Russell	Scarborough AC	51.62	1992
Javelin	Matt Atkins	Derby & County AC	64.68	1995
Hammer	Alex Smith	Sale Harriers Manchester	71.64	2006
Decathlon	Andrew Staniland	Leeds City AC	6340	2005

U17 MEN				
100m	David Jackson	Wombwell AC	10.66	1989
200m	Gerald Phiri	City of Sheffield AC	21.76	2004
400m	Gareth Bakewell	Rotherham Harriers	48.91	1985
800m	Chris McGeorge	Cockermouth AC	1:51.00	1978
1500m	Gary Grant	Liverpool Harriers	3:56.00	1983
3000m	Robert Barton	Blackburn Harriers	8:42.03	1999
100mHu	Miles Manley	Preston Harriers	13.23	2006
400mHu	Niall Flannery	Gateshead Harriers	53.92	2007
1500mS/C	David Lewis	Rossendale Harriers	4:13.25	1978
3000mW	Ben Wears	Redcar RWC	14:46.33	2005
High Jump	Brian Hall	Bolton Utd Harriers	2.06	1999
Long Jump	Hilton Thompson	Trafford AC	7.05	1991
Triple Jump	G Ball	Wigan Harriers	14.64	1973
Pole Vault	Christian Linskey	Barnsley AC	5.00	1996
Shot	Carl Myerscough	Blackpool & Fylde AC	20.00	1996
Discus	Carl Myerscough	Blackpool & Fylde AC	56.40	1996
Javelin	David Parker	Scarborough AC	68.40	1996
Hammer	Alex Smith	Hull Achilles AC	70.65	2004
Decathlon	David Feeney	Amber Valley AC	5374	2004

U15 BOYS				
100m	Michael Tietz	Derby & County AC	11.33	1992
200m	Yusuf Aliu	Middlesbrough AC	22.92	2004
400m	James Agus	Spensorborough & District	52.73	1997
800m	Ketan Desai	Morpeth Harriers	2:01.62	1997
1500m	Ross Millington	Stockport Harriers	4:10.96	2004
3000m	Khalil Thompson	Shildon RAC	9:12.37	2004
3000mW	Steve Carridge	Lancashire Walking Club	13:20.84	1995
80mH	Jack Meredith	Liverpool Harriers	11.27	2006
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	James Heaton	Leeds City AC	2444	2004

SENIOR WOMEN				
100m	Paula Dunn	Trafford AC	11.40	1986
200m	Emily Freeman	Wakefield District Harriers	23.25	2006
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	Pauline Powell	Blackburn Harriers	34:52.46	2001
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	Susan Moncrieff	Trafford AC	1.86	2007
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	Kara Nwidobie	Blackpool & Fylde AC	57.27	2005
Javelin	Diane Royle	Stretford AC	61.92	1984
Hammer	Shirley Webb	Trafford AC	63.27	2006
Heptathlon	Katia Lannon	Sale Harriers Manchester	5021	2005

U20 WOMEN				
100m	Donna Hoggarth	Preston Harriers	11.65	1992
200m	Sophia Smith	Hallamshire Harriers	24.04	1993
400m	Katie Flower	Scunthorpe & District AC	55.26	2006
800m	Laura Finucane	Pendle AC	2:04.36	2005
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	Adele Lassu	Sale Harriers Manchester	1.82	2007
Long Jump	Jayne McCoy	Wirral AC	6.09	1991
Triple Jump	Justina Cruickshank	Trafford AC	12.17	1996
Pole Vault	Clare Neve	Trafford AC	3.60	2004
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	Sarah Holt	Sale Harriers Manchester	57.12	2006
Heptathlon	Emma Morris	South Shields Harriers	4792	2004

U17WOMEN				
100m	J McGregor	Burn Road Harriers	11.60	1976
200m	Shaunna Thompson	Sale Harriers Manchester	24.19	2007
300m	Laura Gillhespy	Blackpool & Fylde AC	39.34	2004
800m	Louise Parker	Lakeland	2:09.00	1989
1500m	Clare Keller	Manchester Harriers	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	Vikki Hubbard	Grantham & D AC	1.78	2005
Long Jump	Margaret Cheetham	Liverpool Harriers	6.10	1984
Triple Jump	Hanna Hewitson/Claire O'Reilly	Vale Royal AC/Derby AC	11.83	2005
Pole Vault	Sally Scott	Gateshead Harriers	3.50	2007
Shot	Jayne Thornton	Longwood Harriers	12.51	1986
Discus	Jayne Thornton	Longwood Harriers	40.64	1985
Javelin	J Fraser		44.60	1983
Hammer	Sophie Hitchon	Pendle AC	50.42	2007
Heptathlon	Amy Hill	City of Sheffield AC	4248	2004

U15 GIRLS				
100m	Shaunna Thompson	Sale Harriers Manchester	12.02	2006
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	Danya Sarayreh	City of Sheffield AC	14:33.21	2005
High Jump	Katarina Thompson	Liverpool Harriers	1.71	2007
Long Jump	Margaret Cheetham	Liverpool Harriers	6.22	1981
Shot	M Smith		12.29	1966
Discus	Hannah Evenden	Leeds City AC	32.92	2005
Javelin	Shelly Holroyd	Sale Harriers	41.04	1987
Hammer	Abbi Carter	Hull Achilles AC	37.96	2007
Pentathlon	Samantha Coleby	Durham City Harriers	2948	2004

Indoor Championship Bests

<u>SENIOR MEN</u>	<u>NAME</u>	<u>CLUB</u>	<u>RECORD</u>	<u>YEAR</u>
60m	Allyn Condon	Sale Harriers Manchester	6.77	2002
200m	Allyn Condon	Sale Harriers Manchester	20.64	2004
400m	Richard Buck	Nestle Rowntree	47.62	2007
800m	Drew Graham	Gosforth Harriers	1:53.69	2007
1500m	Michael Coltherd	Trafford AC	3:51.64	2007
3000m	Stuart Stokes	Sale Harriers Manchester	8:14.97	2006
60mH	David Hughes	Trafford AC	7.83	2006
High Jump	Martin Bernard	Unattached	2.26	2007
Pole Vault	Paul Williamson	Belgrave Harriers	5.20	2004
Triple Jump	Wayne Green	Birchfield Harriers	15.31	1990
Long Jump	Chris Kirk	Wakefield Harriers	7.45	2006
Shot	Jamie Williamson	City of Sheffield AC	17.50	2007
Heptathlon	David Feeney	Amber Valley AC	4659	2007

U20 MEN				
60m	Gerald Phiri	City of Sheffield AC	6.84	2006
200m	Richard Kilty	Gateshead Harriers	21.70	2007
400m	Christopher Smith	Wirral AC	49.03	2007
800m	Kieran Flannery	Gateshead Harriers	1:55.48	2006
1500m	Mark Buckingham	Holmfirth Harriers	4:00.57	2004
60mH	Jordon Fleary	Liverpool Harriers	8.07	2004
High Jump	Matthew Owens	Liverpool Harriers	2.05	2006
Pole Vault	Luke Cutts	Dearneside High AC	5.20	2007
Triple Jump	Andrew Sturrock	Gateshead Harriers	13.43	2003
Long Jump	Andrew Staniland	Sale Harriers Manchester	7.17	2006
Shot	Carl Myerscough	Blackpool & Fylde	19.50	1998
Heptathlon	Sam Worrall	Derby AC	4759	2007

U17 MEN				
60m	Andrew Robertson	Sale Harriers Manchester	6.91	2007
200m	Gerald Phiri	City of Sheffield	21.82	2005
400m	Richard Buck	Nestle Rowntree	50.52	2003
800m	Steven Fox	Seaton AC	1:59.03	2005
1500m	Nathan Bibby	Preston Harriers	4:08.87	2006
60mH	James Wright	Sale Harriers Manchester	8.46	2005
High Jump	Darren Hammond	Sale Harriers Manchester	2.02	2005
Pole Vault	Christian Linsky	Barnsley AC	4.90	1996
Triple Jump	Rory Birbeck	Hyndburn AC	14.07	1990
Long Jump	Mark Belben	Middlesbrough & Cleveland	6.98	1984
Shot	Bryan Kelly	Southport Waterloo	16.53	1990
Pentathlon	Kevin Sempers	Scunthorpe & District AC	3195	2002

U15 BOYS				
60m	Daniel Angus/James Armstrong	Mandale Harriers/Southport Waterloo AC	7.40	1996/2007
200m	James Armstrong	Southport Waterloo AC	22.99	2007
800m	Joshua Moody	Matlock AC	2:03.36	2006
60mH	Jack Meredith	Liverpool Harriers	8.93	2006
High Jump	Mark Bidwell	Chesterfield & District	1.80	1999
Triple Jump	Christopher Dack	Doncaster AC	12.88	1997
Long Jump	Craig James	Liverpool Harriers	5.81	2007
Shot	Jason Crawford	City of Hull	13.14	1997
Pentathlon	Lewis Robson	Gateshead Harriers	2991	2002

SENIOR WOMEN				
60m	Diane Allahgreen	Liverpool Harriers	7.45	2000
200m	Victoria Barr	Rugby & Northampton AC	24.17	2007
400m	Liz Fairs	Trafford AC	53.62	2004
800m	Jennifer Meadows	Wigan Harriers	2:03.27	2006
1500m	Eleanor Stevens	Derby AC	4:26.51	2006
3000m	Laura Carney	Liverpool Harriers	9:41.88	2005
60mH	Diane Allahgreen/Jessica Ennis	Liverpool Harriers/City of Sheffield AC	8.36	2000/2006
High Jump	Susan Jones	Wigby & 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	Kara Nwidobie	Blackpool & Fylde AC	14.47	2006
Pentathlon	Katia Lannon	Sale Harriers Manchester	3944	2007

U20 WOMEN				
60m	Anyika Onuora	Liverpool Harriers	7.56	2003
200m	Hayley Jones	Wigan Harriers	24.53	2007
400m	Hayley Jones	Wigan Harriers	57.75	2006
800m	Stephanie Roe	Preston Harriers	2:13.93	2006
1500m	Nicola Maddick	Kingston upon Hull AC	4:35.19	2006
60mH	Nicola Gautier/Denise Bolton	Trafford AC/Wigan & District Harriers	7.82	1997/1996
High Jump	Vicki Hubbard	Grantham AC	1.80	2006
Pole Vault	Clare Neve	Trafford AC	3.50	2004
Triple Jump	Melissa Carr	Shildon AC	12.08	2007
Long Jump	Dannielle Freeman	Leeds City	5.84	1997
Shot	Laura Booth	Rotherham Harriers	13.03	2005
Pentathlon	Hannah Francis-Smithson	Leeds City AC	3713	2007

U17 WOMEN				
60m	Shaunna Thompson	Sale Harriers Manchester	7.57	2007
200m	Shaunna Thompson	Sale Harriers Manchester	24.60	2007
300m	Laura Gillhespy	Blackpool & Fylde	40.32	2005
800m	Alison Leonard	Chorley Harriers	2:15.00	2006
1500m	Natalie Grant	Rotherham Harriers	4:39.95	2006
60mH	Ashley Helsby	Liverpool Harriers	8.61	2006
High Jump	Jessica Ennis	City of Sheffield	1.76	2002
Pole Vault	Abigail Haywood	Sale Harriers Manchester	3.50	2007
Triple Jump	Hanna Hewitson	Vale Royal	11.64	2006
Long Jump	Eleanor Markendale	Pendle AC	5.66	2006
Shot	Victoria Shepherd	Wakefield District H & AC	11.94	1996
Pentathlon	Emma Simpson	Scunthorpe AC	3306	2007

U15 GIRLS				
60m	Rebekah Wilson	Altrincham & D AC	7.79	2005
200m	Shaunna Thompson	Sale Harriers Manchester	25.22	2006
800m	Alexandra Turner	Amber Valley	2:16.86	2006
60mH	Emma Makin	Warrington	9.12	2000
High Jump	Katarina Thompson	Liverpool Harriers	1.72	2007
Long Jump	Kelly Williamson/Sarah Bratley	Derby Ladies/Hull Springhead AC	5.30	1994/1999
Shot	Yasmin Spencer	Chesterfield & District AC	11.50	2007
Pentathlon	Katarina Thompson	Liverpool Harriers	3351	2007