

Outdoor Championships Best Performances at March 2017

Senior Men

Event	Name	Club	Performance	
100m	James Williams	Liverpool Harriers	10.43	2013
200m	Allyn Condon	Sale Harriers Manchester	20.97	1996
400m	Mark Thomas	Liverpool Harriers	45.92	1987
800m	Sebastian Coe	Hallamshire Harriers	01:44.70	1980
1500m	Michael Chorlton	Doncaster & Stainforth	03:43.50	1984
5000m	Nicky Lees	Derby & County	13.35.20	1974
110H	Matt Hudson	Leeds City AC	13.90	2012
400H	Chris Rawlinson	Belgrave Harriers	50.88	1996
3000 S/C	Dennis Coates	Gateshead H & AC	08:42.60	1981
High Jump	Steve Smith	Liverpool Harriers	2.28	1992
Long Jump	Derrick Brown	Liverpool Harriers	7.95	1985
Triple Jump	Jonathan Edwards	Gateshead H & AC	16.27	1987
Pole Vault	Luke Cutts	Dearnside High AC	5.45	2010
Shot Putt	Carl Myerscough	Blackpool Wyre & Flyde	19.87	2008
Discus	Peter Gordon	Haringay AC	58.02	1983
Javelin	Mick Hill	Leeds City AC	79.78	1986
Hammer	David Smith	Hull Spartan AC	73.74	1985
Decathlon	James Finney	Leeds City AC	7263	2017
Under 20 Men				
100m	Darren Campbell	Sale Harriers Manchester	10.37	1991
200m	Connor Wood	Leeds City AC	21.08	2016
400m	Mark Thomas	Liverpool Harriers	47.00	1987

800m	Rob Harrison	Liverpool Harriers	1.44.70	1980
1500m	Daryl Taylor	Sale Harriers Manchester	3.46.90	1984
3000m	John Doherty	Leeds City AC	8.00.20	1980
5000m	Steve Binns	Bingley Harriers	13.47.45	1979
110H	Kevin Lumsden	Morpeth Harriers	13.90	1993
400H	Rob Brown	Leeds City AC	52.44	1988
2000 S/C	Keith Irvine	Wigan Harriers	5.47.60	1978
3000 S/C				
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	Harry Coppell	Wigan & District AC	5.20	2014
Shot Putt	Jamie Williamson	City of Sheffield AC	18.52	2005
Discus	George Armstrong	Leeds City AC	55.19	2016
Javelin	Matthew Hunt	Kingston Upon Hull	71.38	2009
Hammer	Peter Smith	Kingston Upon Hull AC	75.28	2009
Decathlon	Daniel Gardner	Leeds City AC	7567	2009
Under 17 Men				
100m	David Jackson	Wombwell AC	10.66	1989
200m	Thomas Somers	City of York AC	21.75	2012
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	Ryan Moore	Sale Harriers Manchester	8.38.10	2012
100H	Jack Meredith	Liverpool Harriers	13.22	2008

400H	Niall Flannery	Gateshead Harriers & AC	53.92	2007
1500 S/C	David Lewis	Rosendale Harriers	4.13.25	1978
High Jump	Brian Hall	Bolton United Harriers	2.06	1999
Long Jump	Hilton Thompson	Trafford AC	7.05	1991
Triple Jump	Gary Ball	Wigan Harriers	14.64	1973
Pole Vault	Christian Linskey	Barnsley AC	5.00	1996
Shot Putt	Carl Myerscough	Blackpool Wyre & Fylde AC	20.00	1996
Discus	George Armstrong	Leeds City AC	57.02	2014
Javelin	David Parker	Scarborough AC	68.40	1996
Hammer	Alex Smith	Hull Achilles AC	70.65	2004
Decathlon	Liam Ramsey	Doncaster AC	6031	2009
Under 15 Boys				
100m	Alex Kiwomya	Rotherham Harriers	11:20	2010
200m	Alex Kiwomya	Rotherham Harriers	22.50	2010
300m	Ashley Sandall	Nene Valley AC	36.81	2012
400m	Daniel Gray	Kingston Upon Hull	51.45	2011
800m	Jethro McGraw	Amber Valley & Erewash AC	1.59.90	2012
1500m	James Taylor	Wirral AC	4.10.11	2012
3000m	Jack Crabtree	Trafford AC	9.02.65	2011
80H	Jack Meredith	Liverpool Harriers	11.27	2006
Discus	Ben Copley	Kingston Upon Hull	47.91	2017
Hammer	John Barnes	Hull Springhead Harriers	56.86	1992
High Jump	Mark Bidwell	Chesterfield & DAC	1.91	1999
Javelin	George Davies	City of York AC	58.36	2012
Long Jump	Chris Dack	Doncaster & Stainforth AC	6.52	1997

Pole Vault	Christian Linskey	Barnsley AC	4.20	1994
Shot Putt	Carl Myerscough	Blackpool Wyre & Fylde AC	14.59	1994
Triple Jump	Kevin Metzger	Sale Harriers Manchester	13.39	2012
Pentathlon	James Heaton	Leeds City AC	2444	2004
Under 13 Boys				
100m	Josh McKeown	Gateshead Harriers	12.68	2015
200m	Josh McKeown	Gateshead Harriers	26.45	2015
800m	Adam Ord	Durham City Harriers	02:15.4	2015
Long Jump	Archie Yeo	Scunthorpe & District AC	5.03	2015
Shot Putt	Ben Copley	Kingston Upon Hull AC	10.10	2015
Senior Women				
100m	Hayley Jones	Wigan District H & AC	11.40	2013
200m	Emily Freeman	Wakefield & District Harriers	23.25	2006
400m	Donna Hartley	Liverpool Harriers	52.20	1976
800m	Diane Edwards	Sale Harriers Manchester	2.03.60	1998
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
110H	Jessica Ennis Hill	City of Sheffield & Dearne AC	13.10	2016
400H	Louise Fraser	Trafford AC	57.77	1996
2000 S/C	Emma Raven	Chester Le Street	6.42.88	2010
High Jump	Susan Moncrieff	Trafford AC	1.87	2007
Long Jump	Fiona May	Derby Ladies	6.76	1992
Triple Jump	Nony Mordi	Shaftsbury Barnet AC	13.29	2013

Pole Vault	Janine Whitlock	Trafford AC	4.00	2004
Shot Putt	Yvonne Hanson-Norty	Hallamshire Harriers	15.29	1987
Discus	Kara Nwidobie	Blackpool & Flyde AC	57.27	2005
Javelin	Shelley Holroyd	Sale Harriers Manchester	53.27	2005
Hammer	Sarah Holt	Sale Harriers Manchester	68.50	2012
Heptathlon	Niamh Emerson	Amber Valley & Erewash AC	5801	2018
Under 20 Women				
100m	Donna Hoggarth	Preston Harriers	11.65	1992
200m	Georgina Adam	Lincoln Wellington Ac	24.00	2017
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	1984
100H	Angela Thorpe	Wombwell AC	13.78	1981
400H	Chelsea Walker	City of York AC	58.67	2016
2000 S/c	Rebekah Ward	Lincoln Wellington Ac	7.02.58	2014
High Jump	Adele Lassu	Sale Harriers Manchester	1.82	2007
Long Jump	Jayne McCoy	Wirral AC	6.09	1991
Triple Jump	Naomi Ogbeta	Trafford	12.94	2017
Pole Vault	Holly Bleasdale	Blackburn Harriers	4.27	2010
Shot Putt	Helen Wilding	Wirral AC	13.70	1995
Discus	Karen Smith	City of Stoke	43.48	1992
Javelin	Laura Whittingham	Sale Harriers Manchester	48.15	2006
Hammer	Sophie Hitchon	Blackburn Harriers	60.26	2009
Heptathlon	Katarina Thompson	Liverpool Harriers	5481	2009

Under 17 Women				
100m	J McGregor	Hartlepool Burn Road Harriers	11.60	1976
200m	Shaunna Thompson	Sale Harriers	23.44	2008
300m	Natasha Harrison	Stockport Harriers	39.29	2016
800m	Keeley Hodgkinson	Leigh Harriers	2.08.09	2017
1500m	Kate Avery	Sildon R AC	04:29.6	2008
3000m	Laura Park	Ellenborough AC	9.41.10	2008
80H	Liz Fairs/Alicia Barrett	Chesterfield & District AC	11.10	1993/ 2014
300H	Georgina Lee	Wigan Harriers	43.80	1990
1500 S/C	Rebekah Ward	Lincoln Wellington AC	5.14.50	2013
High Jump	Vikki Hubbard	Grantham & DAC	1.78	2005
Long Jump	Margaret Cheetham	Liverpool Harriers	6.10	1984
Triple Jump	Naomi Ogbeta	Trafford AC	12.24	2014
Pole Vault	Victoria Barlow	Sale Harriers Manchester	3.70	2017
Shot Putt	Toni Buckingham	Barnsley AC	15.01	2014
Discus	Jayne Thornton	Longwood Harriers	40.64	1985
Javelin	Bobbie Griffiths	Morpeth AC	40.24	2016
Hammer	Tara Simpson-Sullivan	Carlisle Aspatria	60.53	2016
Heptathlon	Amy Hill	City of Sheffield	4248	2014

Under 15 Girls

100m	Shaunna Thompson	Sale Harriers	12.02	2006
200m	Shaunna Thompson	Sale Harriers	23.44	2008
75H	Liz Fairs	Chesterfield & District	11.18	1992
800m	Tilly Simpson	Hallamshire Harriers	02:08.66	2015

1500m	Claire Nicholson	Manchester Harriers	04:36.90	1986
3000m W	Danya Sarayreh	City of Sheffield	14.33.21	2005
High Jump	Katarina Thompson	Liverpool Harriers	1.71	2007
Long Jump	Margaret Cheetham	Liverpool Harriers	6.22	1981
Pole Vault	Jasmine Carey	Blackpool, Wyre & Fylde AC	3.40	2017
Shot Putt	Hannah Molyneaux	Nene Valley Harriers	14.34	2015
Discus	Abbi Carter	Hull Achilles AC	38.47	2008
Javelin	Emily Dibble	Carlisle Aspatria	36.19	2014
Hammer	Charlotte Williams	Blackburn Harriers	55.82	2016
Pentathlon	Katarina Thompson	Liverpool Harriers	3418	2007
Under 13 Girls				
Outdoor				
100m	Trezequet Taylor	Trafford	12.57	2017
200m	Success Eduan	Sale Harriers Manchester	26.06	2017
800m	Ruby Simpson	Hallamshire Harriers	2.13.87	2017
Long Jump	Daphney Adebayo	City of Sheffield	5.10	2017
Shot	Erin Lobley	Hallamshire Harriers	11.32	2017