

COUNTY CHAMPIONSHIP BEST PERFORMANCES

<u>SENIOR MEN</u>					<u>UNDER 20 MEN</u>				
100m	K Ellis	NVH	10.67	11	I.Lonsdale	PAC	10.7	89	
200m	B Snaith	E&H	21.29	17	I.Lonsdale	PAC	21.7	89	
400m	B Snaith	E&H	47.48	19	A Charlton	HAC	48.7	02	
800m	A Lill	PAC	1.49.9	93	D Mees	PAC	1.52.88	16	
1500m	G.Rizzo	NVH	3.50.0	91	T Keen	C&C	3:51.02	18	
1 mile	J Esc-Phillips	C&C	4:23.1	16	M Nicholson	B&C	4.25.71	12	
3000m					A.Barber	PAC	8.53.2	91	
5000m	G.Rizzo	NVH	14.10.3	90					
5000mV	R.Church	NVH	15.20.5	91					
110mH	G.Dunson	SB	14.3	88	B Kelk	C&C	14.00	11	
400mH	G.Dunson	SB	53.8	88	S Reidy	NVH	56.5	00	
2000 s/c					M Nicholson	B&C	6.17.80	12	
3000 s/c	R.Bean	C&C	9.15.6	66					
3km W	B Wallman	C&C	15.57.2	74					
Shot	G.Capes	HOL	17.53	71	D Tinkler	PAC	16.39	07	
Discus	D.Ward	C&C	49.35	66	J Edwards	HAC	48.36	11	
Javelin	M.Roberson	HAR	78.56	97	M.Roberson	HAR	70.08	86	
Hammer	J Hamblin	C&T	57.20	19	J Edwards	HAC	55.34	11	
H.J.	G.Dunson	SB	2.06	88	R Grabarz	Bed	2.12	05	
L.J.	F Akinsanya	PAC	7.24	02	I.Lonsdale	PAC	6.69	89	
T.J.	F.Akinsanya	PAC	15.24	94	F.Akinsanya	PAC	14.72	88	
P.V.	T Richards	CUAC	5.10	00	R Smith	PAC	4.60	00	
Pent'n	M Hall	Dart	3035	18	S Clarke	C&C	2720	19	
Dec'n	G.Dunson	SB	6356	88	C.Lawniczak	PAC	5600	91	
4x100	PAC		42.7	89					
4x400	PAC		3.20.1	88	C & C		3.38.3	89	
<u>UNDER 17 MEN</u>					<u>UNDER 15 BOYS</u>				
100m	I. Lonsdale	PAC	11.0	88	J Ebanks	C&C	11.61	11	
					C Heal	C&C		19	
200m	A Cross	C&C	22.12	17	J Ebanks	C&C	23.77	11	
300m					W Kong	NVH	37.65	18	
400m	M Leadbitter	HAC	50.5	04	J Berney	PAC	53.18	10	
800m	C.Burton	HAC	1.57.5	79	G Keen	C&C	2:04.62	19	
	T.Jarman	PAC	1.57.5	79					
1500m	T Keen	C&C	4:02.42	17	S.Boden	C&C	4.20.4	94	
1 mile	M.Smith	HAC	4.33.2	08	OJ Parmenter	C&C	4:48.79	17	
3000m	N.Pearson	NVH	9.08.6	93	I Rothwell	C&C	9.21.34	19	
80mH					M.Clements	C&C	11.3	92	
100mH	M Everest	PAC	13.48	11					
400mH	B Jones	NVH	56.7	09					
1500 s/c	J Croft	HAC	4.29.2	16					
Shot	D Tinkler	PAC	16.07	05	M Tinkler	PAC	14.23	05	
Discus	M Tinkler	PAC	43.57	06	M Tinkler	PAC	38.50	05	
Javelin	M.Humphries	HAR	60.02	78	D Hauck	PAC	47.89	10	
Hammer	H Wells	NVH	51.00	10	L.Alsop		47.90	74	
H.J.	R Grabarz	B&C	1.95	04	A Dickson	C&C	1.77	98	
	M Grabarz	B&C		08					
L.J.	J Grenfell	PAC	6.87	11	J Wing		6.04	80	
T.J.	T.Moore	C&C	13.68	78	A Opaleye	HAC	12.25	18	
P.V.	R. Smith	PAC	4.20	97	R.Smith	PAC	3.40	95	
Pent'n	W Blackwell	C&C	2479	12	R Smith	PAC	2684	95	
Oct'n	B.Motherwell	C&C	4194	94					
4x100	PAC		45.0	88	PAC		48.5	88	
4x400	C&C		3.40.3	93	BVC		4.12.6	94	

UNDER 13 BOYS

100m	J Berney	PAC	12.5	08	Javelin	D Karr	St F	37.59	15
200m	J.Berney	PAC	25.4	08	Discus	L Malhotra	St F	23.70	16
800m	M Smith	C&C	2:19.03	19	HJ	R.Smith	PAC	1.40	93
						S Hurd	C&C		11
						W Gore	PAC		13
						F Allen	WG		18
1500m	I Morris	C&C	4:39.15	18	LJ	F Fraser	NVH	4.64	16
80mH	T.Andrews	PAC	14.0	96	Pent	R.Smith	PAC	1554	93
75m H	S Howarth	C&C	13.0	07	Minithon	S Clarke	C&C	77	12
Shot	A Hoyles	WGS	8.92	18		J Ritcher	C&C	77	13
					4 x 100	NVH	NVH	58.2	

SENIOR WOMEN

100m	H Fuller	PAC	12.2	95	M Snaith	C&C	12.2	16	
200m	J Hollman	PAC	24.6	01	M Snaith	C&C	25.08	16	
300m					R Watson	C&C	40.4	95	
400m	B.Britton	PAC	56.7	93	W.Hoskins	PAC	58.9	81	
	R Watson	PAC		00					
800m	R Watson	Sale H	2.10.6	07	S Flockhart	HAC	2:10.76	17	
1500m	L Dowsett	C&C	4.33.88	11	E.Motherwell	C&C	4.42.2	91	
1 mile	E Leggate	C&C	5.17.0	13	S Flockhart	HAC	5:03.89	17	
3000m	L Kelly	CUAC	9.47.8	00	L Dowsett	C&C	10.16.5	06	
2k S/C	P Keen	CUAC	7.12.53	09					
80mH					F Marriott	C&C	11.69	15	
100mH	A.Holman	PAC	14.2	01					
300mH					M Sims	PAC	45.16	15	
400mH	S Williams	HPX	62.33	14					
3km W	P Abbott	C&C	19:52.26	15					
Shot 4	C Edwards	HAC	14.23	07	S Pam	PAC	12.20	11	
Shot 3					E Moorhouse	NVH	12.74	19	
Discus	L Stiby	SB	42.80	89	J.Eden	Mel	34.77	77	
Jav600	L Gray	PAC	49.01	01	G.D'Arcy	LRC	43.04	81	
Jav500					N Palmer	C&C	34.65	16	
Ham4k	H Broadbridge	CUAC	46.51	11	H Sayer	C&C	40.81	09	
Ham3k					L Taylor	S&N	46.60	18	
HJ	J Hollman	PAC	1.75	01	K.Newbegin	PAC	1.65	90	
LJ	P Agbo	CUAC	5.81	07	J.Hollman	PAC	5.58	93	
TJ	A Omitowoju	Harrow	11.57	19	A Omitowoju	C&C	11.49	15	
PV	J Lovell	CUAC	3.50	12	H Brown	PAC	3.31	14	
Pent'n	J Fox	C&C	3051	14	J Fox	C&C	2650	11	
Hept'n	S.Willey	PAC	3896	89	J.Hollman	PAC	4742	93	
4x100	PAC		50.3	91	PAC		50.5	94	
4x400	HAC		4.20.7	96	C & C		4.09.3	89	

UNDER 15 GIRLS

100m	S.Crocker	BED	12.5	80	E Houghton	C&C	13.58	09	
200m	A.Devoti	PAC	25.4	91	I Newbegin	B&C	27.59	15	
300m	E Taylor	PAC	42.17	17					
800m	L Dowsett	C&C	2.13.0	04	S.Jasper	HAC	2.27.4	96	
1500m	L.Silva	Mel.	4.48.5	79	D.Kellard	PAC	4.56.7	91	
3000m	F Worrall	B&C	10.42.0	14					
75mH	V.Henson	PAC	11.8	93					
	C Pearce	HAC		98					
	L Hazel	PAC		01					
70mH					C.Pearce	HAC	11.6	93	
Shot	C Edwards	HAC	12.42	01	C Davies	C&C	8.47	13	
Discus	T.Cooper	Mel	31.36	76	W Bedding	HAC	23.42	18	
Jav600	K.Nash	PAC	33.62	86					
Jav500	S Werrett	B&C	31.60	19					

Jav400					S Werrett	B&C	27.49	18
Ham'r	C Goudie	B&C	39.91	18				
HJ	L.Parsons	PAC	1.58	03	H Fenton	PAC	1.43	14
PV	H Brown	PAC	3.00	13				
LJ	B.Parham	PAC	5.38	75	P Frakina	C&C	4.58	19
TJ	L Sammout	C&C	10.44	07				
Pent'n	K Goodman	PAC	2848	95	C.Pearce	HAC	2505	93
Mini'n					L Hazel	PAC	86	98
4x100	PAC		51.8	88	PAC		58.3	89

UNDER 20 WOMEN (from 2005)

100m	E De Lucis	PAC	12.70	14	400mH	L Belbin	B&C	63.9	12
200m	J Peak	C&C	25.89	13	Shot	S Pam	PAC	12.27	13
400m	M Snaith	C&C	55.34	18	Discus	C Edwards	HAC	37.81	06
800m	L Dowsett	C&C	2.11.4	07	Javelin	N Palmer	C&C	34.57	17
1500m	L Dowsett	C&C	4.39.6	07	Hammr	L Taylor	S&NH	44.03	19
1 mile	J Williams	NVH	5.27.5	08	HJ	L Parsons	PAC	1.70	08
3000m	J Fortune	NVH	10:53.97	18	LJ	J Fox	C&C	5.38	13
2k S/C	D Chalmers	C&C	7.24.95	14	TJ	A Omitowojo	C&C	12.05	18
100mH	E De Lucis	PAC	14.56	15	PV	R Frensen	KSP	2.80	17
					Pent'n	J Fox	C&C	2811	13