

## County Championship best performances 2026 onwards

Notes – the U14, U16 & U18 records have initially been transferred from the previous U13, U15, U16 age groups as most will have been set by athletes who were in the 2<sup>nd</sup> year of those age-groups.

U18 mens javelins now have a modified specification commencing in 2026.

Event	U14 Girls	U16 Girls	U18 Women	U20 Women	Sen Women
100m	N Lewis BIG 13.3 2025	S.Crocker BED 12.5 1980	M Snaith C&C 12.2 2016	D Lago MK 12.30 2023	H Fuller PAC 12.2 1995
200m	I Newbegin B&C 27.59 2015	A.Devoti PAC 25.4 1991	M Snaith C&C 25.08 2016	E Taylor PANVAC 25.69 2023	J Hollman PAC 24.6 2001
300m	-	E Taylor PAC 42.17 1917	R Watson C&C 40.4 1995		
400m	-	-	W.Hoskins PAC 58.9 1981	M Snaith C&C 55.34 2018	B.Britton/R Watson PAC 56.7 1993/2000
800m	J Davey KTH 2:22.28 2021	L Dowsett C&C 2.13.0 2004	S Flockhart HAC 2:10.76 2017	L Dowsett C&C 2.11.4 2007	R Watson Sale H 2.10.6 2007
1500m	J Christmas C&C 4.52.47 1991	L.Silva Mel.VC 4.48.5 1979	E.Motherwell C&C 4.42.2 1991	L Dowsett C&C 4.39.6 2007	L Dowsett C&C 4.33.88 2011
Mile	I Purser HAC 5:28.93 2025	G Green HAC 5:41.73 2025	S Flockhart HAC 5:03.89 2017	J Williams NVH 5.27.5 2008	K Lowery C&C 4:51.35 2024
3000m		J Davey KTH 10.20.0 2022	L Dowsett C&C 10.16.5 2006	L Jones C&C 10:34.8 2023	L Kelly bCUAC 9.47.8 2000
75m Hurdles	-	L Wagstaff C&C 11.19 2022			
80m Hurdles	-	-	L Wagstaff C&C 11.35 2023		
100m Hurdles	-	-	-	E De Lucis PAC 14.56 2015	A.Holman PAC 14.2 2001
300m hurdles	-	-	M Sims PAC 45.16 2015		
400m hurdles				L Belbin B&C 63.9 2012	S Williams HPX 62.33 2014

W/C 100m					H Mawdsley CUAC 25.21 2024
WC 200m					
WC 400m					
WC 800m					Roz Delap C&C 2:50.14 2025
FR 100m					E Currington C&C 23.98 2024
FR 200m					
FR 400m					
FR 800m					
1500m Steeplechase					
2000m Steeplechase				D Chalmers C&C 7.24.95 2014	P Keen CUAC 7.12.53 2009
3000m Steeplechase					
1500m walk	A Nair C&C 9:42.5 2025				
2km Walk					
3km Walk					M Wallace C&C 18:25.44 2025
5km walk					
Pentathlon	C.Pearce HAC 2505 1993	K Goodman PAC 2848 1995	J Fox C&C 2650 2011	J Fox C&C 2811 2013	J Fox C&C 3051 2014

Heptathlon			J.Hollman PAC 4742 1993		S.Willey PAC 3896 1989
Highjump	H Fenton PAC 1.43 2014	L.Parsons PAC 1.58 2003	K.Newbegin PAC 1.65 1990	L Parsons PAC 1.70 2008	J Hollman PAC 1.75 2001
Polevault		H Brown PAC 3.00 2013	H Brown PAC 3.31 2014	R Frensen KSP 2.80 2017	J Lovell CUAC 3.50 2012
Longjump	P Frakina C&C 4.58 2019	B.Parham PAC 5.38 1975	J.Hollman PAC 5.58 1993	S Bambridge HAC 5.54 2024	P Agbo CUAC 5.81 2007
Triplejump		L Sammout C&C 10.44 07	A Omitowoju C&C 11.49 2015	A Omitowojo C&C 12.05 2018	A Omitowoju Harrow 11.57 2019
Shot Put	C Davies C&C 8.47 2013 (2.72kg)	C Edwards HAC 12.42 2001 (3kg)	E Moorhouse NVH 12.74 2019 (3kg)	S Pam PAC 12.27 2013	C Edwards HAC 14.23 2007
Discus throw	W Bedding HAC 23.42 2018 (0.75kg)	T Cooper Mel VC 31.36 1976 (1kg)	J.Eden Mel VC 34.77 1977	C Edwards HAC 37.81 2006	L Stiby SBH 42.80 1989
Hammer throw		C Goudie B&C 39.91 2018 (3kg)	W Bedding HAC 49.85 2022 (3kg)	W Bedding HAC 44.98 2024 (4kg)	H Broadbridge CUAC 46.51 2011
Javelin throw	S Werrett B&C 27.49 2018 (400g)	S Werrett B&C 31.60 2019 (500g)	S Werrett B&C 40.48 2022 (500g)	A Soanes C&C 38.30 2023	L Gray PAC 49.01 2001

Event	U14 Boys	U16 Boys	U18 Men	U20 Men	Sen Men
100m	J Berney PAC 12.5 2008	J Ebanks/C Heal C&C 11.61 2011/2019	I. Lonsdale PAC v11.0 1988	I.Lonsdale PAC 10.7 1989	B Snaith NEB 10.66 2023
200m	J.Berney PAC 25.4 2008	J Ebanks C&C 23.77 2011	A Cross C&C 22.12 2017	I.Lonsdale PAC 21.7 1989	B Snaith E&H 21.29 2017
300m	-	W Kong NVH 37.65 2018			
400m	-	J Berney PAC 53.18 2010	T Waterworth HAC 49.48 2023	TWaterworth HAC 48.68 2024	B Snaith NEB 47.20 2021
800m	L Legge PANVAC 2:16.87 2022	O Loveday HAC 2:04.00 2023	T Waterworth HAC 1:56.8 2022	D Mees PAC 1:52.88 2016	A Lill PAC 1:49.9 1993

1500m	I Morris C&C 4:39.15 2018	S.Boden C&C 4.20.4 1994	T Keen C&C 4:02.42 2017	T Keen C&C 3:51.02 2018	G.Rizzo NVH 3.50.0 1991
Mile	A Reddish HAC 5:19.58 2025	C Calver WS 4:44.00 2024	N Scott-D'n HAC 4.27.20 2024	M Nicholson B&C 4.25.71 2012	J Esc-Phillips C&C 4:23.1 2016
3000m	-	I Rothwell C&C 9.21.34 2019	N.Pearson NVH 9.08.6 1993	A.Barber PAC 8.53.2 1991	
5000m					G.Rizzo NVH 14.10.3 1990
5000m 35+					J Nixon C&C 15:09.7 2024
80m Hurdles	T.Andrews PAC 14.0 1996	M.Clements C&C 11.3 1992			
100m Hurdles	-		M Everest PAC 13.48 2011		
110m hurdles	-			B Kelk C&C 14.00 2011	G.Dunson SBH 14.3 1988
200m Hurdles		-	-	-	-
300m hurdles	-				
400m hurdles	-		B Jones NVH 56.7 2009	S Reidy NVH 56.5 2000	S Clarke C&C 51.02 2025
W/C 100m		J Ackerman C&C 21.30 2024			S King C&C 26.83 2024
WC 200m					
WC 400m					
WC 800m					
FR 100m					

FR 200m					
FR 400m					
FR 800m					
1500m Steeplechase			J Croft HAC 4.29.2 2016		
2000m Steeplechase				M Nicholson B&C 6.17.80 2012	
3000m Steeplechase				J Moynihan Ely R 9:31.41 2025	R.Bean C&C 9.15.6 1966
2km Walk					
3km Walk					B Wallman C&C 15.57.2 1974
5km walk					
Pentathlon	R.Smith PAC 1554 1993	R Smith PAC 2684 1995	W Blackwell C&C 2479 2012	S Clarke C&C 2720 2019	M Hall Dartford 3035 2018
Decathlon			B.Motherwell C&C 4194 1994 (Octathlon)	C.Lawniczak PAC 5600 1991	G.Dunson SBH 6356 1988
Highjump	R.Smith, S Hurd, W Gore, F Allen.PAC/C&C/PAC/WG 1.40 1993 - 2018	A Dickson C&C 1.77 1998	R Grabarz/M Grabarz B&C 1.95 2004/2008	R Grabarz B&C 2.12 2005	G.Dunson SBH 2.06 1988
Polevault		R.Smith PAC 3.40 1995	R. Smith/A Bowling PANVAC 4.20 1997/2024	R Smith PAC 4.60 2000	T Richards CUAC 5.10 2000
Longjump	F Fraser NVH 4.64 2016	J Wing 6.04 1980	J Grenfell PAC 6.87 2011	I.Lonsdale PAC 6.69 1989	F Akinsanya PAC 7.24 2002
Triplejump	-	A Opaleye HAC 12.25 2018	T.Moore C&C 13.68 1978	F.Akinsanya PAC 14.72 1988	F.Akinsanya PAC 15.24 1994
Shot Put	P Caudra C&C 12.78 2024 (3kg)	M Tinkler PAC 14.23 2005	D Tinkler PAC 16.07 2005	D Tinkler PAC 16.39 2007	G.Capes HOL 17.53 1971

Discus throw	P Caudra C&C 31.37 2024 (1kg)	M Tinkler PAC 38.50 2005	M Tinkler PAC 43.57 2006	J Edwards HAC 48.36 2011	D.Ward C&C 49.35 1966
Hammer throw	-	L.Alsop 47.90 1974 (4kg)	H Wells NVH 51.00 2010 (5kg)	J Edwards HAC 55.34 2011	J Hamblin C&T 57.20 2019
Javelin throw	D Karr St F' 37.59 2015 (400g)	D Hauck PAC 47.89 2010		M.Roberson HAR 70.08 1986	M.Roberson HAR 78.56 1997