

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 2nd 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 13.05 2026	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	-	C Stannage PANVAC 42.04 2026	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	E Morrow C&C 5:30.74 2026	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 Ayre PANVAC 13.10 2026	L Wagstaff C&C 11.19 2022			
80m Hurdles	-	-	L Wagstaff C&C 11.35 2023		
100m Hurdles	-	-	-	L Wagstaff C&C 14.44 2026	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					M Hunt C&C 23.33 2.26
WC 200m					M Hunt C&C 42.01 2026
WC 400m					
WC 800m					Roz Delap C&C 2:50.14 2025
FR 100m					C Howard C&C 20.49 2026
2026					C Howard C&C 40.65 2026
FR 400m					
FR 800m					C Howard C&C 2:52.36 2026
1200m Steeplechase	Ellie Newmann HAC 4:59.9 2026				
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	Sophie Blundell NJ 11:52.6 2026				
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	N Lewis Bigg 4.61 2026	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	H Field C&C 11.58 2026
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)	W Bedding HAC 47.42 2026
Javelin throw	S Werrett B&C 27.49 2018 (400g)	A Davies C&C 32.53 2026 (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	A Olaore PANVAC 12.26 2026	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	J Henson HAC 2:14.23 2026	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	A Cornes Oliff C&C 4:37.28 2026	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 4:56.71 2026	C Calver WSAC 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	O Henderson C&C 13.37 2026	M.Clements C&C 11.3 1992			

100m Hurdles	-	O Waters C&C 14.44 2026	M Everest PAC 13.48 2011		
110m hurdles	-		T Pentlow B&C 16.46 2026	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					P Houghton C&C 21.98 2026
FR 200m					P Houghton C&C 40.65 2026
FR 400m					
FR 800m					
1200m Steeplechase	Theo Stephens-Uddin C&C 4:48.9 2026				
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	G Pullan C&C 1.45 2026	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	L Robinson 30.76 (500g) 2026	J Dines WSAC 54.36 2026	F Dines WSAC 53.59 2026	M.Roberson HAR 70.08 1986	M.Roberson HAR 78.56 1997