**Outdoor CBPs (all age groups)**

**Under 13 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Jodie Williams | HPx | 13.19/1.0 | 14/5/2006 |
| 200m | Eve Miller | H&W | 27.3 | 17/5/1992 |
| 800m | Phoebe Gill | StA | 2:16.65 | 12/5/2019 |
| 1500m | Sophie Morton | Chil | 4:57.03 | 25/5/2013 |
| 70mH | Helen van KempenNatalie Allen | HPxHPx | 11.7/1.111.70/-1.0 | 11/5/200311/5/2008 |
| HJ | Megan Smith | D&T | 1.45 | 11/5/2008 |
| LJ | Lauren Simpson | HPx | 4.71 | 4/5/2015 |
| Shot | Nicole Parcell | HPx | 9.96 | 12/5/2012 |
| Discus | Rebecca Porter | HPx | 29.89 | 12/5/2012 |
| Javelin | Alisha Levy | SNH | 28.67 | 12/5/2012 |
| 4x100 | Stevenage & N Herts |  | 51.3 | 12/5/1979 |
| Pentathlon | Lauren Simpson | HPx | 2374 | 19/7/2015 |

**Under 13 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Luca Fletcher | TVH | 12.8 | 11/5/2019 |
| 200m | Chenna Okoh | D&T | 25.46/1.1 | 12/5/2012 |
| 800m | George Groom | Bar | 2:17.74 | 12/5/2012 |
| 1500m | George Groom | Bar | 4:41.31 | 13/5/2012 |
| 75mH | Harry Webb | D&T | 12.18/1.6 | 31/7/2021 |
| HJ | Ricardo James | StA | 1.42 | 12/5/2012 |
| LJ | B Martin | SAGD | 4.68 | 14/5/1995 |
| Shot | Carl Saggers | Enf | 12.08 | 12/5/1996 |
| Discus | Dylan Morris | WatH | 30.77 | 11/5/2019 |
| Javelin | Tom Rutter | HAW | 44.72 | 11/5/2019 |
| 4x100 | St Albans GDLockers Park SchoolHerts Phoenix |  | 56.9 | 14/5/199513/5/200116/5/2004 |
| Pentathlon | Josiah Barker | D&T | 1597 | 6/7/2014 |

**Under 15 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Jodie Williams | HPx | 12.16 | 11/5/2008 |
| 200m | Jodie Williams | HPx | 24.76 | 11/5/2008 |
| 300m | Abbie Parker | D&T | 40.62 | 11/5/2019 |
| 800m | Hayley Beard | SNH | 2:14.3 | 14/5/2000 |
| 1500m | Phoebe Gill | StA | 4:28.1 | 14/9/2021 |
| 75mH | Helen van Kempen | HPx | 11.33 | 15/5/2005 |
| HJ | Megan Smith | D&T | 1.65 | 9/5/2010 |
| PV | Anne ReesErin BreenAimie TaylorIsabella TurnerAbi Edwards | SNHHPxSNHD&TSBH | 2.50 | 14/5/200625/5/201311/5/201931/7/202114/5/2022 |
| LJ | Millie Gall | D&T | 5.49 | 14/5/2017 |
| TJ | Fiona McQuire | WatH | 10.05 | 13/5/2012 |
| Shot | Ellie Bostock | HAWCS | 12.54 | 31/7/2021 |
| Discus | Jessica Emery | WatH | 33.59 | 17/5/2015 |
| Hammer | Lauren Aldridge | SNH | 38.35 | 25/5/2013 |
| Javelin | Tia Stonehouse | D&T | 41.30 | 14/5/2017 |
| 4x100 | Dacorum & Tring |  | 49.74 | 12/5/2019 |
| Pentathlon | Nicole Parcell | HAWCS | 2844 | 6/7/2014 |

**Under 15 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Chenna Okoh | D&T | 11.29/0.3 | 24/5/2014 |
| 200m | Chenna Okoh | D&T | 22.78/-0.4 | 24/5/2014 |
| 300m | Chenna Okoh | D&T | 36.01 | 24/5/2014 |
| 800m | Jamie Dee | SBH | 2:01.72 | 13/5/2012 |
| 1500m | Tom Ford | Chilt | 4:12:32 | 6/5/2024 |
| 80mH | Stephen Barnard | E&H | 11.6 | 16/5/2004 |
| HJ | Vincent Clemmens | SNH | 1.77 | 7/6/1975 |
| PV | Daniel Gardner | SNH | 3.40 | 11/5/2008 |
| LJ | Robert Gayler | SBH | 5.92 | 13/5/2007 |
| TJ | E McAmmon | SNH | 12.29 | 14/5/1977 |
| Shot | S English | BoE | 14.93 | 18/5/1986 |
| Discus | Carl Saggers | Enf | 43.49 | 10/5/1998 |
| Hammer | George Marvell | SNH | 47.77 | 25/5/2013 |
| Javelin | Tom Rutter | HAWCS | 55.31 | 31/7/2021 |
| 4x100 | Dacorum |  | 49.8 | 29/6/1994 |
| Pentathlon | Christian Gaddes | StA | 2785 | 26/9/2009 |

**Under 17 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Jodie Williams | HPx | 11.93 | 9/5/2010 |
| 200m | Jodie Williams | HPx | 23.5 | 10/5/2009 |
| 400m | Anna-Marie Uzokwe | SNH | 57.44 | 15/5/2016 |
| 800m | Phoebe Gill | StA | 2:05.11 | 13/5/2023 |
| 1500m | Phoebe Gill | StA | 4:27.6 | 23/4/2022 |
|  | Phoebe Gill | StA | 4:27.66 | 1/5/2023 |
| 80mH | Stephanie Gaynor | HPx | 11.61 | 13/5/2007 |
| 300mH | Grace Gentry | HAWCS | 45.34 | 14/5/2017 |
| HJ | Samantha AdamsonDahlia Corp | H&WDac | 1.70 | 10/5/199812/5/2024 |
| PV | Isabella Turner | Dac | 3.90 | 11/5/2024 |
| LJ | Katie Caulfield | HPx | 5.70 | 11/5/2008 |
| TJ | Yasmin Lakin | SBH | 11.35 | 13/5/2012 |
| Shot | Ellie Bostock | HAWCS | 13.66 | 14/5/2022 |
| Discus | Taia Tunstall | Wat | 40.78 | 13/5/2018 |
| Hammer | Lauren Aldridge | SNH | 46.95 | 17/5/2015 |
| Javelin | Olivia Steele | HAWCS | 41.23 | 13/5/2018 |
| 4x100 | Herts Phoenix |  | 49.5 | 4/5/2009 |
| Pentathlon | Sally Cowler | HPx | 2962 | 6/7/2014 |

**Under 17 Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Dominic Ashwell | D&T | 10.70/2.5 | 17/5/2015 |
| 200m | Matthew Ajayi | WatH | 22.23/-1.4 | 14/5/2023 |
| 400m | Carl Palin | StA | 49.61 | 9/5/2010 |
| 800m | James McMurray | StA | 1:52.52 | 15/5/2011 |
| 1500m | Rory Mudd | SBH | 4:05.35 | 12/5/2012 |
| 100mH | Paul Brice | Sha | 13.7 | 17/5/1981 |
| 400mH | Robert Green | HPx | 56.02 | 17/5/2015 |
| 1500mSC | Jon Pepper | E&H | 4:30.9 | 16/5/2004 |
| HJ | Mark SmithMark Crowley | O GaytsStA GD | 1.95 | 20/5/199014/5/2000 |
| PV | Callum Woodage | WatH | 4.02 | 14/5/2017 |
| LJ | Josh Woods | D&T | 6.64/0.2 | 13/5/2018 |
| TJ | Colin Slinn | BoE | 13.82 | 22/5/1983 |
| Shot | Carl Saggers | E&H | 16.36 | 14/5/2000 |
| Discus | Gabe Lamb | SBH | 48.54 | 31/7/2021 |
| Hammer | George Marvell | SNH | 66.83 | 17/5/2015 |
| Javelin | Tom Rutter | HAWCS | 59.56 | 13/5/2023 |
| 4x100 | HPx |  | 45.4 | 1/5/2006 |
| Octathlon | Robert Rumble | HPx | 4994 | 27/9/2003 |

**Under 20 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Ella Wansell | E&H | 12.2 | 12/5/2018 |
| 200m | Catherine Murphy | SBH | 24.6 | 15/5/1994 |
| 400m | Jessica Astill | SNH | 55.53 | 13/5/2023 |
| 800m | Hayley Beard | SNH | 2:08.5 | 16/5/2004 |
| 1500m | Hayley Beard | SNH | 4:37.3 | 5/5/2003 |
| 100mH | Emily Russell | Harr | 14.25/1.0 | 14/5/2017 |
| 400mH | Louise Grenfell | HPx | 62.79 | 12/5/2024 |
| 2000mSC | Florence Stansall-Seiler | HPx | 7:37.49 | 24/5/2014 |
| HJ | Moe Sasegbon | SNH | 1.75 | 9/5/2010 |
| PV | Erin Breen | HPx | 3.40 | 14/5/2017 |
| LJ | Nicole Parcell | E&H | 5.88/0.0 | 14/5/2017 |
| TJ | Shimaala Harewood | WatH | 11.89/1.5 | 15/5/2011 |
| Shot | Shelley McLellan | SNH | 11.95 | 13/5/2001 |
| Discus | Taia Tunstall | WatH | 41.99 | 12/5/2019 |
| Hammer | Nicola Dudman | Ver | 49.20 | 13/5/2001 |
| Javelin | Eloise Meakins | HPx | 43.97 | 13/5/2012 |
| 4x100 | Stevenage & N Herts |  | 50.2 | 6/5/2002 |

**Under 20 Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Eden Davis | HPx | 10.77 | 14/5/2017 |
| 200m | P Keeble | SNH | 21.8 | 19/5/1984 |
| 400m | Russell Nicholls | E&H | 48.1 | 12/5/2002 |
| 800m | James McMurray | StA | 1:52.71 | 13/5/2012 |
| 1500m | James McMurray | StA | 3:57.16 | 6/5/2013 |
| 5000m | Ben Rochford | WatH | 15:43.11 | 25/5/2013 |
| 10000m | Matt Leach | Bed | 32:17.7 | 12/7/2012 |
| 110mH | Simon Wombwell | HPx | 14.5 | 12/5/2002 |
| 400mH | Zac Saucede | E&H | 53.62 | 11/5/2008 |
| 2000mSC | Shaun Collins | E&H | 6:02.6 | 11/5/2008 |
| HJ | Mark Crowley | E&H | 2.09 | 12/5/2002 |
| PV | JJ Lister | Harr | 4.70 | 15/5/2016 |
| LJ | Kadeem Greenidge-Smith | Harr | 7.03 | 10/5/2009 |
| TJ | Bradley Pike | D&T | 14.83 / +0,6 | 15/5/2011 |
| Shot | Robert Morris | H&W | 15.26 (6.25k) | 9/5/1999 |
| Discus | Sam Woodley | HPx | 54.51 | 12/5/2018 |
| Hammer | George Marvell | SNH | 64.42 | 15/5/2016 |
| Javelin | Tom Rutter | HAWCS | 59.49 | 11/5/2024 |
| 4x100 | Herts Phoenix |  | 43.9 | 2/5/2005 |
| 4x400 | Herts Phoenix |  | 3:22.1 | 2/5/2005 |
| Decathlon | Robert Rumble | HPx | 5710 | 25/9/2004 |

**Senior Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Janet Simpson | LOAC | 11.9 | 1969 |
| 200m | Catherine Murphy | SBH | 23.9 | 12/5/1996 |
| 400m | Joylyn Saunders | SNH | 54.7 | 16/5/1982 |
| 800m | Laura Adam | SNH | 2:09.3 | 20/5/1990 |
| 1500m | Nicky Morris | Unat | 4:22.3 | 15/5/1988 |
| 5000m | Sharon Morris | H&W | 16:32.1 | 12/5/2002 |
| 10000m | Lottie Rowedder | HPx | 39:14.3 | 5/7/2018 |
| 100mH | Jill Kirk | Enf | 13.9 | 18/5/1986 |
| 400mH | Deborah Skerritt | LOAC | 60.3 | 21/5/1983 |
| 2000mSC | Claire Bentley | WatH | 7:37.94 | 14/5/2017 |
| HJ | Joanne HilliardMoe Sasegbon | VerSNH | 1.751.75 | 21/5/198313/5/2012 |
| PV | Jessica Robinson | WSEH | 3.90 | 14/5/2022 |
| LJ | Jenny Pacey | WSEH | 6.06 | 9/5/2010 |
| TJ | Kathryn Streatfield | HPx | 12.23 | 11/5/2008 |
| Shot | Shelley McLellan | SNH | 12.70 | 14/5/2006 |
| Discus | Lynda Whiteley | Enf | 54.12 | 21/5/1983 |
| Hammer | Nicola Dudman | HPx | 48.92 | 16/5/2004 |
| Javelin | Eloise Meakins | HPx | 50.16 | 25/5/2013 |
| 4x100 | Stevenage & N Herts |  | 49.5 | 19/7/1987 |
| 4x400 | Hertford & Ware |  | 3:59.0 | 3/5/1999 |
| Heptathlon | Laura Jones | HPx | 4548 | 23/9/2006 |

**Senior Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Name** | **Club** | **Performance** | **Date** |
| 100m | Eric JohnI Clarke | LutonEnf | 10.8 | 16/5/198711/5/1997 |
| 200m | Antonio Infantino | SBH | 21.60 | 13/5/2012 |
| 400m | M Tyler | SNH | 48.0 | 18/5/1986 |
| 800m | Gary Staines | Ver | 1:52.1 | 16/5/1982 |
| 1500m | Mike Wiggs | TVH | 3:43.9 | 1964 |
| 5000m | John Merriman | Wat | 14:06.4 | 1960 |
| 10000m | Jim Brown | Wat | 30:45.8 | 3/5/1969 |
| 110mH | Graham Gower | Sha | 14.7 | 20/5/1973 |
| 400mH | Graham PearceGraham Pearce | ShaSha | 53.6 | 16/5/198221/5/1983 |
| 3000mSC | G Howard | Wat | 9:13.8 | 25/5/1963 |
| HJ | Rob Mitchell | D&T | 2.15 | 13/5/2001 |
| PV | Steve Leader | Enf | 4.60 | 20/5/1990 |
| LJ | W Griffith | Enf | 7.13 | 20/5/1990 |
| TJ | Colin Slinn | Enf | 14.75 | 20/5/1984 |
| Shot | Scott Rider | E&H | 17.56 | 12/5/2002 |
| Discus | Sam Woodley | HPx | 53.42 | 11/5/2019 |
| Hammer | Carl Saggers | E&H | 63.76 | 16/5/2004 |
| Javelin | Neil McLellan | SNH | 70.40 | 11/5/2003 |
| 4x100 | EnfieldStevenage & N Herts |  | 43.843.80 | 30/5/19706/5/2024 |
| 4x400 | Stevenage & N Herts |  | 3:24.3 | 19/7/1987 |
| Decathlon | Paul Field | Dac | 6861 | 4/7/1992 |

1500m and 5000m to be investigated – were they metric?