

PONTEFRACT ATHLETICS CLUB

TRACK AND FIELD RECORDS

THESE RECORDS HAVE BEEN PROVIDED IN THE NEW AGE GROUPS AGREED BY ENGLAND ATHLETICS FROM 1ST APRIL 2026. THESE ARE AT AGES U10, U12, U14, U16 AND U18 AS WELL AS U20 AND SENIORS.

U10 RECORDS WERE SET UP FROM 1ST APRIL 2026 BY TAKING INTO ACCOUNT PERFORMANCES OF THOSE WHO WERE PREVIOUSLY U11 ATHLETES IN THEIR FIRST YEAR IN THAT AGE GROUP.

THE U12, U14, U16 AND U18 RECORDS WERE SET UP FROM 1ST APRIL 2026 BY TAKING INTO ACCOUNT **EITHER**

(A) THE RECORDS OF THOSE WHO WERE ONE YEAR YOUNGER IN THE OLD AGE GROUPS AS AT 31ST MARCH 2026 **OR**

(B) THE PERFORMANCES OF THOSE WHO WERE IN THEIR FIRST YEAR OF THE NEXT HIGHER OLD AGE GROUP AS AT 31ST MARCH 2026, IF THESE WERE BETTER THAN (A).

UNDER 10 BOYS

50 Metres (I)	8.6	Z. Tam-McMillan	Wakefield	Jan 15
60 Metres (I)	9.88	Z. Tam-McMillan	Sheffield	Feb 15
75 Metres	12.11	Z. Tam-McMillan	Cleckh'n	June 15
80 Metres	13.1	C. Howes	Wakefield	June 11
150 Metres	24.51	M. Wainwright	Cudworth	June 24
600 Metres	2:01.91	M. Wainwright	Cleckh'n	June 24
Long Jump	3.23	Z. Tam-McMillan	Cleckh'n	Apr 15
Shot Put (2.72Kg)	4.40	Z. Tam-McMillan	Wakefield	May 15
Shot Put (2Kg)	4.94	Z. Tam-McMillan	Leeds	May 15

UNDER 10 GIRLS

8.5	I. Stones	Wakefield	Feb 13
11.19	S. Lavine	Cleckh'n	June 22
12.06	S. Lavine	Wakefield	Sept 22
22.16	S. Lavine	York	Aug 22
1.51.43	S. Lavine	Cleckh'n	July 22
3.99	I. Stones	Wakefield	July 13
4.39	I. Stones	Cleckh'n	Sept 13

UNDER 12 BOYS

50 Metres (I)	7.7	H. Marsh	Wakefield	Feb 17
50m Hurdles (I)	9.8	C. Howes	Wakefield	Feb 13
60 Metres (I)	8.82	M. Tam-McMillan	Sheffield	Feb 15
60m Hurdles (I)				
70m Hurdles				
75m Hurdles	14.4	C. Howes	Grimsby	Sept 13
75 Metres				
80 Metres	11.15	H. Marsh	Wakefield	Aug 17
100 Metres	14.1	M. Tam-McMillan	Leeds	May 15
150 Metres	21.4	M. Tam-McMillan	Wakefield	Aug 15
200 Metres	29.0	M. Tam-McMillan	Leeds	May 15
600 Metres	1.54.18	M. Tam-McMillan	Sheffield	Mar 15
800 Metres	2.31.13	T. Johnson	Wakefield	June 24
1000 Metres	3.33.01	T. Johnson	Sheffield	Nov 23
1200 Metres				
1500 Metres	5.42.3	T. Johnson	Cleckh'n	Apr 24
1 Mile				
Long Jump	4.54	M. Tam-McMillan	Leeds	May 15
High Jump	1.39	C. Howes	Cleckh'n	Sept 13
Shot Put (3Kg)	7.27	S. Schofield	Middlesbro	Aug 16
Discus (1Kg)	14.24	S. Schofield	Cleckh'n	June 16
Javelin				

UNDER 12 GIRLS

7.6	S. Lavine	Wakefield	Feb 23
9.5	R. Bell	Wakefield	Jan 14
8.57	S. Lavine	Sheffield	Jan 24
11.4	R. Bell	Leeds	Feb 14
12.7	J. Bate	Grimsby	Sept 14
10.1	S. Lavine	Grimsby	June 24
11.2	S. Lavine	Cudworth	Sept 24
13.42	S. Lavine	Cudworth	June 24
20.1	S. Lavine	Grimsby	June 24
27.09	S. Lavine	Cleckh'n	Aug 24
1.41.34	S. Lavine	Cleckh'n	Aug 23*
*(Girls Age 10 World Record)			
2.15.44	S. Lavine	Derby	Aug 24
3.46.1	S. Lavine	Grimsby	May 24
5.21.4	S. Lavine	Cudworth	Apr 24
5.21.0	S. Lavine	Cudworth	Sept 24
4.31	S. Lavine	Cleckh'n	Aug 24
1.40	J. Bate	Grimsby	Sept 14
7.75	I. Stones	Wakefield	Aug 16
17.71	M. Schofield	Cleckh'n	Sept 12
12.08	J. Bate	Wakefield	June 14

4 x 100 Relay 1.03.53 S. Schofield/Z. Tam-McMillan/
A. Brain/M. Tam-McMillan Wakefld June 14

1.03.34 A. Ribeiro/C. Howes/E. Plimmer/
I. Stones Wakefield June 14

UNDER 14 BOYS

50 Metres (I) 7.4 C. Howes Wakefield Feb 15
50m Hurdles (I) 8.9 C. Howes Wakefield Feb 15
60 Metres (I) 8.62 C. Howes Gateshead Mar 15
60m Hurdles (I) 10.38 C. Howes Gateshead Mar 15
75m Hurdles
80m Hurdles 12.2 W. Dagger Wakefield Sept 12
100 Metres 12.2 W. Dagger Wakefield Sept 12
150 Metres 20.0 J. Badley Cudworth Oct 20
200 Metres 26.9 C. Howes Wakefield June 15
300 Metres
400 Metres
600 Metres 1.38.48 J. Rutkowski Sheffield Nov 24
800 Metres 2.13.2 J. Rutkowski Wakefield July 25
1000 Metres 3.33.01 T. Johnson Sheffield Nov 23
1200 Metres
1500 Metres 4.46.80 J. Rutkowski Wakefield June 25
1 Mile 4.55.36 J. Rutkowski Wakefield Sept 25
Long Jump 5.05 C. Howes Cleckh'n Sept 15
High Jump 1.68 J. Holmes Stretford Sept 20
Triple Jump 9.72 L. Schofield Doncaster Aug 12
Discus 20.00 G. Tam-McMillan Cleckh'n Aug 14
Javelin 29.65 L. Schofield York Sept 12
Shot Put 8.24 L. Shillito Middlesbro Aug 16
Hammer 13.67 H. Carter Sheffield Aug 19
4 x 100 Relay 59.6 J. Mattison/M. Tam-McMillan/
L. Shillito/J. Bower Wakefld Aug 16

UNDER 14 GIRLS

7.4 S. Yates Wakefield Mar 19
7.4 S. Lavine Wakefield Jan 25
9.5 J. Bate Wakefield Jan 16
8.47 S. Lavine Sheffield Nov 24
12.22 M. Schofield Sheffield Feb 14
15.07 M. Schofield Wakefield June 14
13.01 S. Lavine Wakefield Aug 25
20.1 S. Lavine Grimsby June 24
26.06 S. Lavine Wakefield June 25
40.69 S. Lavine Sheffield Mar 26
57.85 S. Lavine Sheffield Dec 25
1.34.39 S. Lavine Sheffield July 25
2.10.47 S. Lavine Shildon Aug 25
2.58.27 S. Lavine Sheffield Nov 25
3.35.2 S. Lavine Wakefield July 25
4.27.31 S. Lavine Trafford June 25
5.01.01 S. Lavine Wakefield July 25
4.64 M. Heptinstall Middlesbro Sept 16
1.60 R. Yates Halifax July 08
8.53 J. Bate Leeds June 16
23.27 J. Bate Cleckh'n Sept 15
23.12 M. Schofield York Sept 13
9.38 M. Schofield Wakefield Sept 14
36.17 M. Schofield Wakefield Sept 14
58.6 R. Bell/A. Clegg/J. Bate/
I. Stones Wakefield Aug 16

UNDER 16 BOYS

50 Metres (I) 6.7 L. Greaves Wakefield Jan 18
50m Hurdles (I)
60 Metres (I) 7.58 L. Greaves Sheffield Dec 18
60m Hurdles (I)
80m Hurdles
100m Hurdles 16.9 L. Holdsworth Cudworth Sept 08
100 Metres 11.9 J. Dibb Wakefield July 08
150 Metres 17.97 W. Dagger Sheffield Dec 12
200 Metres 23.94 L. Greaves Wakefield Sept 18
300 Metres 41.8 L. Greaves York Aug 18
300m Hurdles
400m Hurdles 69.6 L. Holdsworth Halifax July 08
400 Metres 58.1 O. Edmunds Doncaster Aug 09
600 Metres 1.34.62 J. Rutkowski Sheffield Dec 25
800 Metres 2.04.1 J. Saxton York Sept 10
1000 Metres 3.33.01 T. Johnson Sheffield Nov 23
1500 Metres 4.41.4 A. Hitchen Cudworth June 16
1 Mile 4.55.36 J. Rutkowski Wakefield Sept 25
3000 Metres
Long Jump 5.57 S. Chappell Wakefield Sept 08
High Jump 1.95 J. Holmes York June 22
Triple Jump 12.09 J. Dibb Halifax July 08
Pole Vault 2.85 A. Dunnill Doncaster May 10
Discus 34.14 Y. Newrick Cleckh'n Aug 18
Javelin 32.08 L. Schofield Grimsby May 14

UNDER 16 GIRLS

7.4 M. Heptinstall Wakefield Mar 17
7.4 S. Yates Wakefield Mar 19
7.4 S. Lavine Wakefield Jan 25
8.47 S. Lavine Sheffield Dec 24
13.7 N. Carr Scunthorpe June 12
20.5 A. Teece Newark June 24
13.01 S. Lavine Wakefield Aug 25
20.1 S. Lavine Grimsby June 24
26.06 S. Lavine Wakefield June 25
40.69 S. Lavine Sheffield Mar 26
53.1 B. Cunningham Cleckh'n May 22
78.9 B. Cunningham Cleckh'n July 22
57.85 S. Lavine Sheffield Dec 25
1.34.39 S. Lavine Sheffield July 25
2.10.47 S. Lavine Shildon Aug 25
2.58.27 S. Lavine Sheffield Nov 25
4.27.31 S. Lavine Trafford June 25
5.01.01 S. Lavine Wakefield July 25
13.31.03 N. Atkinson Cudworth May 18
4.80 N. Carr Wakefield June 12
1.60 R. Yates Halifax July 08
9.79 B. Cunningham Cleckh'n July 22
31.73 M. Schofield Cudworth June 16
30.55 A. Beckett Rotherham Apr 06

Shot Put	11.42	Y. Newrick	Wakefield	Apr 18
Hammer	35.65	Y. Newrick	Wakefield	Apr 18
4 x 100 Relay	52.0	A. Dunnill/O. Edmunds/J. Saxton/ B. Wellington	Doncaster	Aug 09
4 x 300 Relay				

12.67	M. Schofield	Middlesbro	Aug 16
49.02	M. Schofield	Wakefield	Apr 16
56.8	A. Clegg/A. Linder/E. McConchie/ M. Heptinstall	Wakefield	July 17
3.27.2	A. Teece/H. Jackson/M. Force/ E. Kelly	Grimsby	May 23

UNDER 18 MEN

50 Metres (I)	6.6	J. Dibb	Wakefield	Feb 09
50m Hurdles (I)	8.4	C. Howes	Wakefield	Mar 18
60 Metres (I)	7.58	L. Greaves	Sheffield	Dec 18
60m Hurdles (I)	10.85	W. Carter	Gateshead	Mar 14
100 Metres	11.8	J. Dibb	Pendle	June 09
100m Hurdles	15.7	L. Holdsworth	Cleckh'n	July 09
110m Hurdles	18.2	L. Holdsworth	Doncaster	Sept 09
150 Metres	17.97	W. Dagger	Sheffield	Dec 12
200 Metres	23.9	J. Dibb	Pendle	June 09
300 Metres	40.70	C. Eastwood	Sheffield	Dec 21
300m Hurdles				
400 Metres	55.41	C. Eastwood	Sheffield	Jan 22
400m Hurdles	66.90	W. Carter	Wakefield	Sept 13
600 Metres	1.34.62	J. Rutkowski	Sheffield	Dec 25
800 Metres	2.04.1	J. Saxton	York	Sept 10
1000 Metres	3.33.01	T. Johnson	Sheffield	Nov 23
1500 Metres	4.16.5	R. Blackburn	Cudworth	May 07
1500m S/Chase	5.45.6	W. Carter	Wakefield	Aug 13
1 Mile	4.55.36	J. Rutkowski	Wakefield	Sept 25
3000 Metres	9.36.7	R. Blackburn	York	Sept 06
Long Jump	6.08	Y. Stevenson	Sheffield	Dec 25
High Jump	1.95	C. Howes	Sheffield	Jan 19
	1.95	J. Holmes	York	June 22
Triple Jump	12.10	J. Dibb	Gateshead	May 09
Pole Vault	3.10	L. Holdsworth	Cleckh'n	July 09
Discus	34.14	Y. Newrick	Cleckh'n	Aug 18
Javelin	37.90	L. Holdsworth	Doncaster	Sept 09
Shot Put	11.42	Y. Newrick	Wakefield	Apr 18
Hammer	35.65	Y. Newrick	Wakefield	Apr 18
4 x 100 Relay	49.9	J. Banks/S. Austwick/l. Holdsworth/ J. Dibb	Pendle	June 08

UNDER 18 LADIES

7.4	M. Heptinstall	Wakefield	Mar 17
7.4	S. Yates	Wakefield	Mar 18
7.4	S. Lavine	Wakefield	Jan 25
8.47	S. Lavine	Sheffield	Dec 24
13.01	S. Lavine	Wakefield	Aug 25
19.4	A. Teece	Cudworth	Aug 25
20.1	S. Lavine	Grimsby	June 24
26.06	S. Lavine	Wakefield	June 25
40.69	S. Lavine	Sheffield	Mar 26
53.1	B. Cunningham	Cleckh'n	May 22
57.85	S. Lavine	Sheffield	Dec 25
78.9	B. Cunningham	Cleckh'n	July 22
1.34.39	S. Lavine	Sheffield	July 25
2.10.47	S. Lavine	Sildon	Aug 25
2.58.27	S. Lavine	Sheffield	Nov 25
4.27.31	S. Lavine	Trafford	June 25
5.01.01	S. Lavine	Wakefield	July 25
13.31.03	N. Atkinson	Cudworth	May 18
4.84	T. Anaman	Grantham	May 19
1.60	R. Yates	Halifax	July 08
10.36	T. Anaman	Grantham	May 19
31.73	M. Schofield	Cudworth	June 16
30.55	A. Beckett	Rotherham	Apr 06
12.67	M. Schofield	Middlesbro	Aug 16
49.02	M. Schofield	Wakefield	Apr 16
55.6	R. Bell/M. Wyke-Ulliott/A. Clegg/ T. Anaman	Grimsby	May 18

UNDER 20 MEN

50 Metres (I)	6.6	J. Dibb	Wakefield	Feb 09
50m Hurdles (I)	9.1	W. Carter	Wakefield	Jan 15
60 Metres (I)	7.58	L. Greaves	Sheffield	Dec 18
60m Hurdles (I)	10.6	W. Carter	Leeds	Jan 16
100 Metres	11.8	J. Dibb	Pendle	June 09
100m Hurdles				
110m Hurdles	18.2	L. Holdsworth	Doncaster	Sept 09
150 Metres	17.97	W. Dagger	Sheffield	Dec 12
200 Metres	23.9	J. Dibb	Pendle	June 09
300 Metres	40.70	C. Eastwood	Sheffield	Dec 21
400 Metres	55.41	C. Eastwood	Sheffield	Jan 22
400m Hurdles	1.07.50	W. Carter	Wakefield	Sept 16
600 Metres	1.34.62	J. Rutkowski	Sheffield	Dec 25
800 Metres	2.04.1	J. Saxton	York	Sept 10
1000 Metres	3.08.79	W. Carter	Sheffield	Jan 16

UNDER 20 LADIES

7.4	M. Heptinstall	Wakefield	Mar 17
7.4	S. Yates	Wakefield	Mar 19
7.4	S. Lavine	Wakefield	Jan 25
8.47	S. Lavine	Sheffield	Dec 24
13.01	S. Lavine	Wakefield	Aug 25
18.52	E. Birden	Cudworth	May 22
20.1	S. Lavine	Grimsby	June 24
26.06	S. Lavine	Wakefield	June 25
40.69	S. Lavine	Sheffield	Mar 26
57.85	S. Lavine	Sheffield	Dec 25
1.18.8	E. Birden	Cudworth	Apr 22
1.34.39	S. Lavine	Sheffield	July 25
2.10.47	S. Lavine	Sildon	Aug 25
2.58.27	S. Lavine	Sheffield	Nov 25

1500 Metres	4.16.5	R. Blackburn	Cudworth May 07	4.27.31	S. Lavine	Trafford June 25
1 Mile	4.55.36	J. Rutkowski	Wakefield Sept 25	5.01.01	S. Lavine	Wakefield July 25
3000 Metres	9.36.7	R. Blackburn	York Sept 06	13.04.0	A. Roper	Cudworth May 25
Long Jump	6.08	Y. Stevenson	Sheffield Dec 25	4.84	T. Anaman	Grantham May 19
High Jump	1.95	C. Howes	Sheffield Jan 19	1.60	R. Yates	Halifax July 08
	1.95	J. Holmes	York June 22			
Triple Jump	12.10	J. Dibb	Gateshead May 09	10.36	T. Anaman	Grantham May 19
Pole Vault	3.40	W. Carter	Sheffield June 16			
Discus	31.18	W. Carter	York Aug 16	31.73	M. Schofield	Cudworth June 16
Javelin	38.97	W. Carter	Cleckh'n Apr 16	30.55	A. Beckett	Rotherham Apr 06
Shot Put	11.04	H. Carter	Wakefield May 25	8.97	R. Bell	Wakefield July 18
Hammer	22.40	W. Carter	Cleckh'n Apr 16	25.59	J. Bate	Cudworth Aug 19
Pentathlon (I)	2160	W. Carter	Gateshead Mar 14			
Heptathlon (I)	2786	W. Carter	Sheffield Jan 16			
Decathlon	4446	W. Carter	Cudworth Aug 15			

SENIOR MEN

50 Metres (I)	6.6	J. Dibb	Wakefield Jan 08
50m Hurdles (I)	9.5	W. Carter	Wakefield Feb 18
60 Metres (I)	7.58	L. Greaves	Sheffield Dec 18
60m Hurdles (I)	10.91	W. Carter	Sheffield Jan 19
100 Metres	11.8	J. Dibb	Pendle June 09
	11.8	L. Murphy	Cleckh'n July 22
100m Hurdles			
110m Hurdles	19.1	C. Howes	Grantham May 19
150 Metres	17.97	W. Dagger	Sheffield Dec 12
200 Metres	23.9	J. Dibb	Pendle June 09
300 Metres	40.70	C. Eastwood	Sheffield Dec 21
400 Metres	54.3	L. Murphy	Cudworth Aug 23
400m Hurdles	1.06.3	C. Pointer	Cleckh'n June 23
600 Metres	1.34.62	J. Rutkowski	Sheffield Dec 25
800 Metres	2.02.8	I. Malone	Wakefield June 01
1000 Metres	3.08.79	W. Carter	Sheffield Jan 16
1500 Metres	4.16.5	R. Blackburn	Cudworth May 07
1 Mile	4.55.36	J. Rutkowski	Wakefield Sept 25
3000 Metres	9.06.23	M. Sanders	Stretford June 08
3000m S/Chase	10.39.38	C. Lines	Sheffield May 08
5000 Metres	16.25.31	M. Sanders	Cudworth May 06
Long Jump	6.44	L. Murphy	Cleckh'n July 22
High Jump	1.95	C. Howes	Sheffield Jan 19
	1.95	J. Holmes	York June 22
Triple Jump	12.46	L. Murphy	Cudworth Aug 23
Pole Vault	3.60	W. Carter	Cleckh'n Apr 17
Discus	32.49	W. Carter	Grantham May 19
Javelin	39.85	R. Howes	Grantham May 16
Shot Put	11.22	W. Carter	Cudworth July 25
Hammer	23.03	W. Carter	Cleckh'n Aug 23
Pentathlon (I)	1673	R. Howes	Gateshead Mar 15
Heptathlon (I)	3165	W. Carter	Sheffield Jan 17
Decathlon	4318	W. Carter	Bedford May 19
4 x 100 Relay	49.7	L. Murphy/Z. Tam-McMillan/C. Pointer/ W. Carter	Cleckh'n June 23
4 x 400 Relay	4.08.6	J. Kinnear/C. Howes/W. Carter/ A. Bowyer	Wakefield Aug 18

SENIOR LADIES

7.4	M. Heptinstall	Wakefield Mar 17
7.4	S. Yates	Wakefield Mar 19
7.4	S. Lavine	Wakefield Jan 25
8.47	S. Lavine	Sheffield Dec 24
13.01	S. Lavine	Wakefield Aug 25
18.52	E. Birden	Cudworth May 22
20.1	S. Lavine	Grimsby June 24
26.06	S. Lavine	Wakefield June 25
40.69	S. Lavine	Sheffield Mar 26
57.85	S. Lavine	Sheffield Dec 25
1.18.8	E. Birden	Cudworth Apr 22
1.34.39	S. Lavine	Sheffield July 25
2.10.47	S. Lavine	Sildon Aug 25
2.58.27	S. Lavine	Sheffield Nov 25
4.27.31	S. Lavine	Trafford June 25
5.01.01	S. Lavine	Wakefield July 25
10.31.3	F. Lightowler	Newark Aug 21
4.84	T. Anaman	Grantham May 19
1.60	R. Yates	Halifax July 08
10.36	T. Anaman	Grantham May 19
35.29	F. Rhodes	Cleckh'n July 22
30.55	A. Beckett	Rotherham Apr 06
10.03	F. Calvert	Cudworth June 21
43.37	F. Calvert	Newark Aug 21
54.0	E. Allen/I. Sutton/K. Kelly/ E. Birden	Cleckh'n July 22
4.38.8	B. Cunningham/V. Harris/J. Sutcliffe/ K. Kelly	Cleckh'n July 22

LADIES OVER 35

100 Metres	19.2	J. Williams	Newark Aug 21
200 Metres	39.5	H. Arnold	Hemsworth July 05

400 Metres	72.0	J. Sutcliffe	Cudworth	Aug 23
800 Metres	2.25.2	A. Smith	Newark	June 21
	2.25.2	J. Sutcliffe	Newark	July 21
1500 Metres	4.57.2	J. Sutcliffe	Newark	June 21
3000 Metres	10.31.3	F. Lightowler	Newark	Aug 21
Long Jump	2.71	C. Fabian	Cleckh'n	May 25
Discus	18.03	S. Brain	Wakefield	Aug 14
Javelin	18.62	S. Brain	Cleckh'n	Oct 14
Shot Put	7.06	J. Waite	York	May 18
Hammer	16.07	J. Waite	Wakefield	July 18

MEN OVER 40

60 Metres (I)	8.75	R. Howes	Sheffield	Dec 14
60m Hurdles (I)	11.71	R. Howes	Gateshead	Mar 15
100 Metres	13.1	C. Lines	Hemsw'th	July 04
110m Hurdles	21.1	C. Lines	Wakefield	July 08
150 Metres	24.83	K. Waite	Sheffield	Nov 23
200 Metres	27.8	R. Howes	Wakefield	June 15
400 Metres	58.5	C. Lines	Wakefield	June 06
800 Metres	2.11.6	C. Lines	York	Apr 02
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23
1500 Metres	4.31.4	C. Lines	Cleckh'n	July 05
1 Mile	4.56.1	P. Wainwright	Cudworth	Mar 25
2000m S/Chase	6.51.6	C. Lines	Sth Leeds	Sept 04
3000 Metres	11.23.7	C. Strutt	Cudworth	Nov 21
3000m S/Chase	10.39.38	C. Lines	Sheffield	May 08
5000 Metres	16.56.5	P. Wainwright	Cudworth	Aug 25
Long Jump	5.18	R. Howes	Wakefield	June 15
Triple Jump	10.81	S. Lowe	Wakefield	July 18
High Jump	1.50	R. Howes	Wakefield	June 15
Discus	29.33	M. Mosby	Grantham	June 16
Javelin	39.85	R. Howes	Grantham	May 16
Shot Put	10.00	A. Clegg	Wakefield	Sept 15
Hammer	20.99	M. Mosby	Cudworth	July 16
Pentathlon (I)	1673	R. Howes	Gateshead	Mar 15

LADIES OVER 40

19.2	J. Williams	Newark	Aug 21
39.5	H. Arnold	Hemsw'th	July 05
72.0	J. Sutcliffe	Cudworth	Aug 23
2.25.2	J. Sutcliffe	Newark	June 21
4.57.2	J. Sutcliffe	Newark	June 21
10.31.3	F. Lightowler	Newark	Aug 21
2.71	C. Fabian	Cleckh'n	May 25
18.03	S. Brain	Wakefield	Aug 14
18.62	S. Brain	Cleckh'n	Oct 14
7.06	J. Waite	York	May 18
16.07	J. Waite	Wakefield	July 18

MEN OVER 45

60 Metres (I)	8.75	R. Howes	Sheffield	Dec 14
60m Hurdles (I)	11.71	R. Howes	Gateshead	Mar 15
100 Metres	13.3	R. Howes	Wakefield	June 14
110m Hurdles	21.2	R. Howes	Cudworth	May 14
150 Metres	24.83	K. Waite	Sheffield	Nov 23
200 Metres	27.8	R. Howes	Wakefield	June 15
400 Metres	64.0	C. Pratchett	York	July 23
800 Metres	2.23.02	K. Waite	Cleckh'n	Oct 14
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23
1500 Metres	5.07.2	G. Jones	Wakefield	May 05
3000 Metres	11.23.7	C. Strutt	Cudworth	Nov 21
3000m S/Chase	10.39.38	C. Lines	Sheffield	May 08
5000 Metres	19.00.6	S. Daly	Cudworth	Aug 23
Long Jump	5.18	R. Howes	Wakefield	June 15
Triple Jump	10.39	R. Howes	Cudworth	May 15
High Jump	1.50	R. Howes	Wakefield	June 15
Discus	27.10	A. Clegg	Cleckh'n	July 16
Javelin	39.85	R. Howes	Grantham	May 16
Shot Put	8.87	R. Howes	Cleckh'n	Mar 16
Hammer	19.62	R. Howes	Wakefield	Apr 18

LADIES OVER 45

19.2	J. Williams	Newark	Aug 21
39.5	H. Arnold	Hemsw'th	July 05
72.0	J. Sutcliffe	Cudworth	Aug 23
2.25.2	J. Sutcliffe	Newark	July 21
4.57.2	J. Sutcliffe	Newark	June 21
10.41.1	J. Sutcliffe	Cleckh'n	May 21
2.71	C. Fabian	Cleckh'n	May 25
15.78	J. Williams	Cudworth	June 22
13.43	J. Williams	Mansfield	Aug 22
6.90	J. Waite	Wakefield	Mar 18
15.70	J. Williams	Cleckh'n	June 23

MEN OVER 50

60Metres (I)	8.75	R. Howes	Sheffield	Dec 14
60m Hurdles (I)	11.71	R. Howes	Gateshead	Mar 15
100 Metres	13.3	R. Howes	Wakefield	June 14
100m Hurdles	19.6	R. Howes	Leigh	May 16
110m Hurdles	21.2	R. Howes	Cudworth	May 14
150 Metres	24.83	K. Waite	Sheffield	Nov 23
200 Metres	27.8	R. Howes	Wakefield	June 15
400 Metres	65.4	K. Waite	Cleckh'n	Sept 15
800 Metres	2.23.02	K. Waite	Cleckh'n	Oct 14
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23
1500 Metres	5.07.2	G. Jones	Wakefield	May 05
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21
5000 Metres	19.00.6	S. Daly	Cudworth	Aug 23
Long Jump	5.18	R. Howes	Wakefield	June 15
Triple Jump	10.39	R. Howes	Cudworth	May 15
High Jump	1.50	R. Howes	Wakefield	June 15
Discus	27.78	R. Howes	York	Sept 19
Javelin	39.85	R. Howes	Grantham	May 16
Shot Put	9.53	R. Howes	Hull	June 19
Hammer	20.74	R. Howes	Cleckh'n	Sept 18
Pentathlon	1673	R. Howes	Gateshead	Mar 15

LADIES OVER 50

19.4	H. Arnold	Hemsw'th	July 05
39.5	H. Arnold	Hemsw'th	July 05
87.1	C. McCarthy	Cudworth	Apr 22
3.00.4	C. McCarthy	Cleckh'n	June 19
5.55.2	C. McCarthy	Newark	July 21
12.07.67	C. McCarthy	York	Apr 12
1.97	J. Williams	Grantham	June 25
15.44	J. Williams	Leeds	May 23
13.39	J. Williams	Cudworth	July 23
5.89	J. Williams	Cudworth	Aug 23
15.70	J. Williams	Cleckh'n	June 23

MEN OVER 55

60m Hurdles (I)	11.88	R. Howes	Sheffield	Feb 20
100 Metres	14.5	R. Howes	Wakefield	Aug 17
100m Hurdles	20.26	R. Howes	Cleckh'n	Sept 18
150 Metres	24.83	K. Waite	Sheffield	Nov 23
200 Metres	31.84	R. Howes	Doncaster	Sept 23
400 Metres	68.5	K. Waite	Leeds	May 23
800 Metres	2.31.2	K. Waite	Cudworth	Apr 22
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23
1500 Metres	5.07.2	G. Jones	Wakefield	May 05
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21
5000 Metres	20.12.9	A. Boyd	Newark	July 21
Long Jump	4.79	R. Howes	Wakefield	June 17
Triple Jump	9.93	R. Howes	Grantham	June 17
High Jump	1.46	R. Howes	Sheffield	Feb 19
Discus	27.78	R. Howes	York	Sept 19
Javelin	39.67	R. Howes	Hull	June 19
Shot Put	9.53	R. Howes	Hull	June 19
Hammer	20.74	R. Howes	Cleckh'n	Sept 18

LADIES OVER 55

87.1	C. McCarthy	Cudworth	Apr 22
3.00.4	C. McCarthy	Cleckh'n	June 19
5.55.2	C. McCarthy	Newark	July 21
12.33.4	C. McCarthy	Cudworth	July 19

MEN OVER 60

100 Metres	15.06	R. Howes	Doncaster	Sept 23
150 Metres	24.83	K. Waite	Sheffield	Nov 23
200 Metres	31.84	R. Howes	Doncaster	Sept 23
400 Metres	68.5	K. Waite	Leeds	May 23
800 Metres	2.31.2	K. Waite	Cudworth	Apr 22
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23
1500 Metres	5.19.52	K. Waite	Cudworth	May 22
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21
5000 Metres	20.12.9	A. Boyd	Newark	July 21
Long Jump	4.38	R. Howes	Cudworth	July 23
Triple Jump	9.45	R. Howes	Cudworth	Aug 23
Discus	33.95	R. Howes	Cudworth	June 22
Javelin	36.35	R. Howes	Cudworth	July 23
Shot Put	9.90	R. Howes	Cudworth	June 23
Hammer	18.80	R. Howes	Leeds	May 23

LADIES OVER 60

87.1	C. McCarthy	Cudworth	Apr 22
3.04.9	C. McCarthy	Newark	June 21
5.55.2	C. McCarthy	Newark	July 21
12.50.2	C. McCarthy	Mansfield	Aug 22

MEN OVER 65

Long Jump	2.56	C. Jones	Cudworth Nov 21
Discus	15.79	C. Jones	Cudworth June 21

MEN OVER 70

Long Jump	2.56	C. Jones	Cudworth Nov 21
Discus	15.79	C. Jones	Cudworth June 21
Shot Put	6.30	C. Jones	Cudworth June 21

MEN OVER 75

Long Jump	2.56	C. Jones	Cudworth Nov 21
Discus	15.79	C. Jones	Cudworth June 21
Shot Put	6.30	C. Jones	Cudworth June 21

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