

# PONTEFRACT ATHLETICS CLUB

## TRACK AND FIELD RECORDS

### UNDER 11 BOYS

50 Metres (I)	8.1	J. Williams	Wakefield	Mar 18
50 m Hurdles (I)	10.7	C. Howes	Wakefield	Jan 11
60 Metres (I)	9.88	Z. Tam-McMillan	Sheffield	Feb 15
75 Metres	11.0	J. Fort	York	Sept 07
80 Metres	11.7	J. Fort	Wakefield	Sept 07
100 Metres				
150 Metres	22.9	J. Fort	York	Sept 07
200 Metres	34.7	A. Guy	Hemsw'th	July 05
600 Metres	1.56.67	J. Rutkowski	Wakefield	Sept 22
Long Jump	4.16	M. Tam-McMillan	Wakefield	Aug 14
High Jump	1.05	Thomas Mason	Wakefield	Mar 19
Shot Putt	6.80	S. Schofield	Cleckh'n	Sept 15
4 x 100 Relay	1.03.53	S. Schofield/Z. Tam-McMillan/ A. Brain/M. Tam-McMillan	Wakf'ld	Jun 14

### UNDER 11 GIRLS

8.0	I. Stones	Wakefield	Feb 14
10.9	F. Ward	Wakefield	Mar 19
9.2	I. Stones	Leeds	Jan 14
10.8	I. Stones	York	July 14
11.4	I. Stones	Cudworth	July 14
14.94	I. Stones	Wakefield	Sept 14
22.16	S. Lavine	York	Aug 22
32.83	I. Stones	Sheffield	Feb 14
1.51.43	S. Lavine	Cleckh'n	July 22
4.21	I. Stones	Cleckh'n	Aug 14
1.05	M. Toddington	Wakefield	Mar 18
6.05	I. Stones (2.72Kg)	Cleckh'n	Sept 14
7.00	M. Toddington (2Kg)	Cleckh'n	Aug 18
1.03.34	A. Ribeiro/C. Howes/E. Plimmer/ I. Stones	Wakefield	Jun 14

### UNDER 13 BOYS

50 Metres (I)	7.5	J. Fort	Wakefield	Jan 09
	7.5	H. Marsh	Wakefield	Jan 18
60 Metres (I)	8.74	H. Marsh	Sheffield	Nov 17
50 m Hurdles (I)	9.2	C. Howes	Wakefield	Jan 14
60 m Hurdles (I)	10.6	C. Howes	Leeds	Feb 14
70 m Hurdles				
75 m Hurdles	13.5	C. Howes	Hull	Apr 14
75 Metres	10.9	C. Howes	Cleckh'n	Mar 14
80 Metres	11.15	H. Marsh	Wakefield	Aug 17
100 Metres	13.53	J. Fort	Sheffield	May 09
150 Metres	20.0	J. Badley	Cudworth	Oct 20
200 Metres	28.3	C. Howes	York	Jun 14
600 Metres	1.54.18	M. Tam-McMillan	Sheffield	Mar 15
800 Metres	2.30.51	A. Hitchen	Wakefield	Sept 14
1200 Metres				
1500 Metres	5.22.0	C. Hodgson	York	Sept 01
High Jump	1.55	J. Holmes	Cleckh'n	Sept 19
Long Jump	4.58	H. Marsh	York	Sept 18
Discus	20.00	G. Tam-McMillan	Cleckh'n	Aug 14
Javelin	15.71	E. Plimmer	Wakefield	Jun 14
Shot Putt	8.24	L. Shillito	Middlesbr	Aug 16
Hammer	13.67	H. Carter	Sheffield	Aug 19
Pentathlon				
Pentathlon (I)				
4 x 100 Relay	59.6	J. Mattison/M. Tam-McMillan/ L. Shillito/J. Bower	Wakefield	Aug 15

### UNDER 13 GIRLS

7.8	N. Carr	Wakefield	Jan 09
7.8	S. Yates	Wakefield	Jan 18
9.10	I. Stones	Oldham	Mar 15
8.8	J. Bate	Wakefield	Feb 15
10.4	J. Bate	Leeds	Feb 15
12.2	J. Bate	Wakefield	Jun 15
10.8	I. Stones	York	July 14
11.4	I. Stones	Cudworth	July 14
14.3	J. Clark	Sheffield	Apr 03
21.0	I. Stones	Wakefield	June 15
29.2	A. Clegg	Grimsby	Sept 15
1.50.99	A. Clegg	Sheffield	Nov 14
2.32.98	E. Plimmer	Cudworth	May 15
4.09.6	E. Plimmer	Wakefield	June 15
5.24.2	E. Plimmer	York	June 15
1.46	J. Bate	Cleckh'n	Sept 15
4.51	J. Bate	Cudworth	Aug 15
4.51	I. Stones	Wakefield	June 16
23.27	J. Bate	Cleckh'n	Sept 15
23.12	M. Schofield	York	Sept 13
9.17	I. Stones	Aberfeldie	Feb 16
2168	R. Bell	Jarrow	Sept 15
2194	J. Bate	Gateshead	Mar 15
58.6	R. Bell/A. Clegg/J. Bate/ I. Stones	Wakefield	Aug 15

## UNDER 15 BOYS

50 Metres (I)	6.7	L. Greaves	Wakefield	Jan 18
60 Metres (I)	7.64	W. Dagger	Sheffield	Dec 12
50 m Hurdles (I)	8.8	K. Evans	Wakefield	Feb 13
	8.8	C. Howes	Wakefield	Jan 16
60 m Hurdles (I)	8.90	W. Dagger	Sheffield	Dec 12
75 m Hurdles				
80 m Hurdles	12.2	W. Dagger	Wakefield	Sept 12
100 Metres	11.96	L. Greaves	Leigh	July 18
	12.0	K. Evans	Cudworth	Aug 13
	11.74W	L. Greaves	Cudworth	May 18
150 Metres (I)	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
400 Metres	58.1	O. Edmunds	Doncaster	Aug 09
600 Metres				
800 Metres	2.15.4	J. Saxton	Wakefield	June 09
1500 Metres	4.41.4	A. Hitchen	Cudworth	June 16
3000 Metres				
High Jump	1.91	J. Holmes	York	Aug 21
Pole Vault	2.55	C. Abbott	Cleckh'n	July 09
Long Jump	5.29	A. Fraser	Cleckh'n	July 22
Triple Jump	10.53	J. Dibb	Wakefield	Aug 07
Discus	31.40	Y. Newrick	Wakefield	June 17
Javelin	33.60	L. Schofield	York	Sept 13
Shot Putt	13.12	Y. Newrick	Middlesbro	Sept 17
Hammer	27.94	A. Dunnill	York	Sept 09
Pentathlon	1729	L. Holdsworth	Cudworth	Sept 07
Pentathlon (I)	1880	C. Howes	Gateshead	Mar 15
4 x 100 Relay	52.0	A. Dunnill, O. Edmunds, J. Saxton, B. Wellington	Doncaster	Aug 09
4 x 300 Relay				

## UNDER 15 GIRLS

	7.4	M. Heptinstall	Wakefield	Mar 17
	7.4	S. Yates	Wakefield	Mar 19
	8.75	N. Atkinson	Sheffield	Nov 18
	9.0	J. Bate	Wakefield	Mar 17
	10.8	J. Bate	Sheffield	Dec 15
	13.42	R. Yates	Gateshead	May 09
	13.37	M. Heptinstall	Wakefield	June 17
	13.08W	M. Heptinstall	Cudworth	May 16
	20.79	N. Atkinson	Sheffield	Dec 18
	27.8	F. Ward	Scunthorpe	July 22
	44.10	N. Atkinson	York	May 19
	1.07.04	A. Clegg	Sheffield	Nov 15
	1.46.23	N. Atkinson	Sheffield	Nov 18
	2.32.74	K. Kelly	Hull	Aug 21
	5.24.2	E. Plimmer	York	June 15
	13.31.03	N. Atkinson	Cudworth	May 18
	1.60	R. Yates	Halifax	July 08
	4.64	M. Heptinstall	Middlesbro	Sept 16
	9.16	J. Bate	Grimsby	Aug 17
	30.10	M. Schofield	Wakefield	Sept 15
	30.55	A. Beckett	Roth'ham	Apr 06
	11.10	M. Schofield	Blackburn	Aug 15
	42.57	M. Schofield	Wakefield	Sept 15
	1753	A. Teece	York	Aug 22
	56.8	A. Clegg/A. Linder/E. McConchie/ M. Heptinstall	Wakefield	July 17
	3.45.6	E. Kelly/J. Rutkowska/H. Jackson/ E. Denton	Cleckh'n	July 22

## UNDER 17 MEN

50 Metres (I)	6.6	J. Dibb	Wakefield	Feb 09
50m Hurdles (I)	8.4	C. Howes	Wakefield	Mar 17
60 Metres (I)	7.58	L. Greaves	Sheffield	Dec 18
60m Hurdles (I)	10.97	L. Schofield	Sheffield	Dec 13
100 Metres	11.8	J. Dibb	Pendle	Jun 09
150 Metres (I)	17.97	W. Dagger	Sheffield	Dec 12
200 Metres	23.9	J. Dibb	Pendle	Jun 09
300 Metres	40.70	C. Eastwood	Sheffield	Dec 21
400 Metres	55.41	C. Eastwood	Sheffield	Jan 22
80m Hurdles				
100m Hurdles	15.7	L. Holdsworth	Cleckh'n	July 09
300m Hurdles				
400m Hurdles	1.06.90	W. Carter	Wakefield	Sept 13
600 Metres				

## UNDER 17 LADIES

	7.4	M. Heptinstall	Wakefield	Mar 17
	7.4	S. Yates	Wakefield	Mar 19
	8.75	N. Atkinson	Sheffield	Nov 18
	13.13	T. Anaman	Leeds	June 18
	13.08W	M. Heptinstall	Cudworth	May 16
	20.62	N. Atkinson	Sheffield	Nov 19
	27.3	K. Kelly	Cleckh'n	July 22
	43.4	K. Kelly	Cleckh'n	Sept 22
	1.03.6	K. Kelly	Cleckh'n	July 22
	13.7	N. Carr	Scunthorpe	Jun 12
	23.0	E. Allen	Cudworth	Apr 22
	53.1	B. Cunningham	Cleckh'n	May 22
	1.18.9	B. Cunningham	Cleckh'n	July 22
	1.46.23	N. Atkinson	Sheffield	Nov 18

800 Metres	2.04.1	J. Saxton	York	Sept 10	2.31.4	K. Kelly	Cleckh'n	July 22
1500 Metres	4.26.1	R. Blackburn	Wakefield	May 06	5.24.2	E. Plimmer	York	June 15
3000 Metres	9.36.7	R. Blackburn	York	Sept 06	13.31.03	N. Atkinson	Cudworth	May 18
1500m S/Chase	5.45.6	W. Carter	Wakefield	Aug 13				
High Jump	1.95	J. Holmes	York	Jun 22	1.60	R. Yates	Halifax	July 08
Long Jump	5.94	J. Dibb	Wakefield	Jun 09	4.80	N. Carr	Wakefield	June 12
Triple Jump	12.10	J. Dibb	Gateshead	May 09	9.79	B. Cunningham	Cleckh'n	July 22
					10.31(w)	T. Anaman	Middlesbro	Sept 18
Pole Vault	3.10	L. Holdsworth	Cleckh'n	July 09				
Discus	34.14	Y. Newrick	Cleckh'n	Aug 18	31.73	M. Schofield	Cudworth	June 16
Javelin	37.90	L. Holdsworth	Doncaster	Sept 09	30.55	A. Beckett	Roth'ham	Apr 06
Shot Putt	11.42	Y. Newrick	Wakefield	Apr 18	12.67	M. Schofield	Middlesbr	Aug 16
Hammer	35.65	Y. Newrick	Wakefield	Apr 18	49.02	M. Schofield	Wakefield	Apr 16
Octathlon	3713	L. Holdsworth	Jarrow	Jun 09				
4 x 100 Relay	49.9	J. Banks/S. Austwick/L. Holdsworth/ J. Dibb	Pendle	Jun 08	55.6	R. Bell, M. Wyke-Ulliott, A. Clegg, T. Anaman	Grimsby	May 18

### JUNIOR 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	Jun 09
100m Hurdles				
110 m Hurdles	18.2	L. Holdsworth	Doncaster	Sept 09
150 Metres (I)	17.97	W. Dagger	Sheffield	Dec 12
200 Metres	23.9	J. Dibb	Pendle	Jun 09
300 Metres (I)	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				
800 Metres	2.04.1	J. Saxton	York	Sept 10
1000 Metres	3.08.79	W. Carter	Sheffield	Jan 16
1500 Metres	4.16.5	R. Blackburn	Cudworth	May 07
3000 Metres	9.36.7	R. Blackburn	York	Sept 06
High Jump	1.95	C. Howes	Sheffield	Jan 19
	1.95	J. Holmes	York	Jun 22
Long Jump	5.94	J. Dibb	Wakefield	Jun 09
Triple Jump	12.10	J. Dibb	Gateshead	May 09
Pole Vault	3.40	W. Carter	Sheffield	June 16
Discus	31.18	W. Carter	York	Aug 16
Javelin	38.97	W. Carter	Cleckh'n	Apr 16
Shot Putt	10.84	W. Carter	Cleckh'n	Aug 16
Hammer	22.40	W. Carter	Cleckh'n	Apr 16
Pentathlon (I)	2160	W. Carter	Gateshead	Mar 14
Heptathlon (I)	2786	W. Carter	Sheffield	Jan 16
Decathlon	4446	W. Carter	Cudworth	Aug 15

### JUNIOR LADIES

	7.4	M. Heptinstall	Wakefield	Mar 17
	7.4	S. Yates	Wakefield	Mar 19
	8.75	N. Atkinson	Sheffield	Nov 18
	13.13	T. Anaman	Leeds	June 18
	13.08W	M. Heptinstall	Cudworth	May 16
	18.52	E. Birden	Cudworth	May 22
	20.62	N. Atkinson	Sheffield	Nov 19
	27.3	K. Kelly	Cleckh'n	July 22
	43.4	K. Kelly	Cleckh'n	Sept 22
	63.6	K. Kelly	Cleckh'n	July 22
	1.18.8	E. Birden	Cudworth	Apr 22
	1.46.23	N. Atkinson	Sheffield	Nov 18
	2.31.4	K. Kelly	Cleckh'n	July 22
	5.24.2	E. Plimmer	York	June 15
	13.31.03	N. Atkinson	Cudworth	May 18
	1.60	R. Yates	Halifax	July 08
	4.84	T. Anaman	Grantham	May 19
	10.36	T. Anaman	Grantham	May 19
	31.73	M. Schofield	Cudworth	June 16
	30.55	A. Beckett	Roth'ham	Apr 06
	8.97	R. Bell	Wakefield	July 18
	25.59	J. Bate	Cudworth	Aug 19

## 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	Jun 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	Jun 09
300 Metres (I)	40.70	C. Eastwood	Sheffield	Dec 21
400 Metres	54.4	J. Routledge	Hemsw'th	Jun 94
400m Hurdles	1.07.50	W. Carter	Wakefield	Sept 16
600 Metres	1.35.42	A. Bowyer	Sheffield	Dec 18
800 Metres	2.02.8	I. Malone	Wakefield	Jun 01
1000 Metres	3.08.79	W. Carter	Sheffield	Jan 16
1500 Metres	4.16.5	R. Blackburn	Cudworth	May 07
3000 m S/Chase	10.39.38	C. Lines	Sheffield	May 08
3000 Metres	9.06.23	M. Sanders	Stretford	Jun 08
5000 Metres	16.25.31	M. Sanders	Cudworth	May 06
High Jump	1.95	C. Howes	Sheffield	Jan 19
	1.95	J. Holmes	York	Jun 22
Long Jump	6.44	L. Murphy	Cleckh'n	July 22
Triple Jump	12.10	J. Dibb	Gateshead	May 09
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 Putt	10.67	W. Carter	Wakefield	Mar 19
Hammer	21.47	D. Tonkinson	Grantham	May 19
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	49.9	J. Banks/S. Austwick/L. Holdsworth/ J. Dibb	Pendle	June 08
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
8.75	N. Atkinson	Sheffield	Nov 18
13.13	T. Anaman	Leeds	June 18
13.08W	M. Heptinstall	Cudworth	May 16
18.52	E. Birden	Cudworth	May 22
20.62	N. Atkinson	Sheffield	Nov 19
27.3	K. Kelly	Cleckh'n	July 22
43.4	K. Kelly	Cleckh'n	Sept 22
63.6	K. Kelly	Cleckh'n	July 22
1.18.8	E. Birden	Cudworth	Apr 22
1.46.23	N. Atkinson	Sheffield	Nov 18
2.22.7	K. Ball	Cleckh'n	July 03
4.57.0	K. Ball	Cleckh'n	May 01
10.31.3	F. Lightowler	Newark	Aug 21
1.60	R. Yates	Halifax	July 08
4.84	T. Anaman	Grantham	May 19
10.36	T. Anaman	Grantham	May 19
35.29	F. Rhodes	Cleckh'n	July 22
30.55	A. Beckett	Roth'ham	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	73.8	A. Smith	Newark	July 21
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	2.54	S. Brain	Cleckh'n	Apr 14
Discus	18.03	S. Brain	Wakefield	Aug 14
Javelin	18.62	S. Brain	Cleckh'n	Oct 14
Shot Putt	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
110 m Hurdles	21.1	C. Lines	Wakefield	July 08
200 Metres	27.8	R. Howes	Wakefield	Jun 15
400 Metres	58.5	C. Lines	Wakefield	Jun 06
800 Metres	2.11.6	C. Lines	York	Apr 02
1500 Metres	4.31.4	C. Lines	Cleckh'n	July 05
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	17.13.5	S. Lowe	Cudworth	July 19
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 Putt	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	Hemsworth	July 05
79.5	C. McCarthy	Wakefield	Jun 06
2.25.2	J. Sutcliffe	Newark	July 21
4.57.2	J. Sutcliffe	Newark	June 21
10.31.3	F. Lightowler	Newark	Aug 21
2.54	S. Brain	Cleckh'n	Apr 14
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
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
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	20.12.9	A. Boyd	Newark	July 21
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 Putt	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	Hemsworth	July 05
79.5	C. McCarthy	Wakefield	June 06
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
15.78	J. Williams	Cudworth	June 22
13.43	J. Williams	Mansfield	Aug 22
6.90	J. Waite	Wakefield	Mar 18
15.49	J. Waite	Cleckh'n	Mar 19

#### MEN OVER 50

#### LADIES OVER 50

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	Jun 14	19.4	H. Arnold	Hemsw'th	July 05
100m Hurdles	19.6	R. Howes	Leigh	May 15				
110m Hurdles	21.2	R. Howes	Cudworth	May 14				
200 Metres	27.8	R. Howes	Wakefield	Jun 15	39.5	H. Arnold	Hemsw'th	July 05
400 Metres	65.4	K. Waite	Cleckh'n	Sept 15	87.1	C. McCarthy	Cudworth	Apr 22
800 Metres	2.23.02	K. Waite	Cleckh'n	Oct 14	3.00.4	C. McCarthy	Cleckh'n	June 19
1500 Metres	5.07.2	G. Jones	Wakefield	May 05	5.55.2	C. McCarthy	Newark	July 21
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21	12.07.67	C. McCarthy	York	Apr 12
5000 Metres	20.12.9	A. Boyd	Newark	July 21				
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 Putt	9.53	R. Howes	Hull	June 19				
Hammer	20.74	R. Howes	Cleckh'n	Sept 18				
Pentathlon	1673	R. Howes	Gateshead	Mar 15				

#### MEN OVER 55

#### LADIES OVER 55

60m Hurdles	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				
200 Metres	33.0	C. Farrow	Cudworth	June 21				
400 Metres	69.1	K. Waite	Cudworth	June 21	87.1	C. McCarthy	Cudworth	Apr 22
800 Metres	2.31.2	K. Waite	Cudworth	Apr 22	3.00.4	C. McCarthy	Cleckh'n	June 19
1500 Metres	5.07.2	G. Jones	Wakefield	May 05	5.55.2	C. McCarthy	Newark	July 21
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21	12.33.4	C. McCarthy	Cudworth	July 19
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 Putt	9.53	R. Howes	Hull	June 19				
Hammer	20.74	R. Howes	Cleckh'n	Sept 18				

#### MEN OVER 60

#### LADIES OVER 60

100 Metres	16.0	J.R. Bell	Wakefield	May 05				
200 Metres	34.1	J.R. Bell	Hemsw'th	July 05				
400 Metres	70.5	K. Waite	Cudworth	Apr 22	87.1	C. McCarthy	Cudworth	Apr 22
800 Metres	2.31.2	K. Waite	Cudworth	Apr 22	3.04.9	C. McCarthy	Newark	June 21
1500 Metres	5.19.52	K. Waite	Cudworth	May 22	5.55.2	C. McCarthy	Newark	July 21
3000 Metres	11.56.1	K. Waite	Cudworth	Nov 21	12.50.2	C. McCarthy	Mansfield	Aug 22
5000 Metres	20.12.9	A. Boyd	Newark	July 21				
Long Jump	4.35	R. Howes	Cudworth	Jun 22				
Triple Jump	9.21	R. Howes	Cleckh'n	July 22				
Discus	33.95	R. Howes	Cudworth	Jun 22				
Javelin	32.89	R. Howes	Cleckh'n	July 22				
Shot Putt	9.64	R. Howes	Cudworth	Jun 22				
Hammer	18.09	R. Howes	Cudworth	Jun 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 Putt	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 Putt	6.30	C. Jones	Cudworth	June 21

17 September 2022.