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
400 Metres	1.24.1	E. Dunnett	Cudworth	June 26
600 Metres	2:01.91	M. Wainwright	Cleckh'n	June 24
Long Jump	3.26	E. Dunnett	Cudworth	June 26
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
1.33.8	F. Pert	Cudworth	Apr 26
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

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	
2.72Kg 7.75	I. Stones	Wakefield	Aug 16	
0.75Kg 17.71	M. Schofield	Cleckh'n	Sept 12	

Javelin					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	7.4	S. Yates	Wakefield	Mar 19
					7.4	S. Lavine	Wakefield	Jan 25
50m Hurdles (I)	8.9	C. Howes	Wakefield	Feb 15	9.5	J. Bate	Wakefield	Jan 16
60 Metres (I)	8.62	C. Howes	Gateshead	Mar 15	8.47	S. Lavine	Sheffield	Nov 24
60m Hurdles (I)	10.38	C. Howes	Gateshead	Mar 15	12.22	M. Schofield	Sheffield	Feb 14
75m Hurdles					15.07	M. Schofield	Wakefield	June 14
80m Hurdles	12.2	W. Dagger	Wakefield	Sept 12				
100 Metres	12.2	W. Dagger	Wakefield	Sept 12	13.01	S. Lavine	Wakefield	Aug 25
150 Metres	20.0	J. Badley	Cudworth	Oct 20	20.1	S. Lavine	Grimsby	June 24
200 Metres	26.9	C. Howes	Wakefield	June 15	26.06	S. Lavine	Wakefield	June 25
300 Metres					40.69	S. Lavine	Sheffield	Mar 26
400 Metres					57.85	S. Lavine	Sheffield	Dec25
600 Metres	1.38.48	J. Rutkowski	Sheffield	Nov 24	1.34.39	S. Lavine	Sheffield	July 25
800 Metres	2.13.2	J. Rutkowski	Wakefield	July 25	2.10.47	S. Lavine	Shildon	Aug 25
1000 Metres	3.33.01	T. Johnson	Sheffield	Nov 23	2.58.27	S. Lavine	Sheffield	Nov 25
1200 Metres					3.35.2	S. Lavine	Wakefield	July 25
1500 Metres	4.46.80	J. Rutkowski	Wakefield	June 25	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
Long Jump	5.05	C. Howes	Cleckh'n	Sept 15	4.64	M. Heptinstall	Middlesbro	Sept 16
High Jump	1.68	J. Holmes	Stretford	Sept 20	1.60	R. Yates	Halifax	July 08
Triple Jump	9.72	L. Schofield	Doncaster	Aug 12	8.53	J. Bate	Leeds	June 16
Discus	20.00	G. Tam-McMillan	Cleckh'n	Aug 14	23.27	J. Bate	Cleckh'n	Sept 15
Javelin	29.65	L. Schofield	York	Sept 12	23.12	M. Schofield	York	Sept 13
Shot Put	8.24	L. Shillito	Middlesbro	Aug 16	9.38	M. Schofield	Wakefield	Sept 14
Hammer	13.67	H. Carter	Sheffield	Aug 19	36.17	M. Schofield	Wakefield	Sept 14
4 x 100 Relay	59.6	J. Mattison/M. Tam-McMillan/ L. Shillito/J. Bower	Wakefld	Aug 16	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	7.4	M. Heptinstall	Wakefield	Mar 17
					7.4	S. Yates	Wakefield	Mar 19
					7.4	S. Lavine	Wakefield	Jan 25
50m Hurdles (I)								
60 Metres (I)	7.58	L. Greaves	Sheffield	Dec 18	8.47	S. Lavine	Sheffield	Dec 24
60m Hurdles (I)								
80m Hurdles					13.7	N. Carr	Scunthorpe	June 12
100m Hurdles	16.9	L. Holdsworth	Cudworth	Sept 08	20.5	A. Teece	Newark	June 24
100 Metres	11.9	J. Dibb	Wakefield	July 08	13.01	S. Lavine	Wakefield	Aug 25
150 Metres	17.97	W. Dagger	Sheffield	Dec 12	20.1	S. Lavine	Grimsby	June 24
200 Metres	23.94	L. Greaves	Wakefield	Sept 18	26.06	S. Lavine	Wakefield	June 25
300 Metres	41.8	L. Greaves	York	Aug 18	40.69	S. Lavine	Sheffield	Mar 26
300m Hurdles					53.1	B. Cunningham	Cleckh'n	May 22
400m Hurdles	69.6	L. Holdsworth	Halifax	July 08	78.9	B. Cunningham	Cleckh'n	July 22
400 Metres	58.1	O. Edmunds	Doncaster	Aug 09	57.85	S. Lavine	Sheffield	Dec 25
600 Metres	1.34.62	J. Rutkowski	Sheffield	Dec 25	1.34.39	S. Lavine	Sheffield	July 25
800 Metres	2.04.1	J. Saxton	York	Sept 10	2.10.47	S. Lavine	Shildon	Aug 25
1000 Metres	3.33.01	T. Johnson	Sheffield	Nov 23	2.58.27	S. Lavine	Sheffield	Nov 25
1500 Metres	4.41.4	A. Hitchen	Cudworth	June 16	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					13.31.03	N. Atkinson	Cudworth	May 18
Long Jump	5.57	S. Chappell	Wakefield	Sept 08	4.80	N. Carr	Wakefield	June 12
High Jump	1.95	J. Holmes	York	June 22	1.60	R. Yates	Halifax	July 08
Triple Jump	12.09	J. Dibb	Halifax	July 08	9.79	B. Cunningham	Cleckh'n	July 22
Pole Vault	2.85	A. Dunnill	Doncaster	May 10				
Discus	34.14	Y. Newrick	Cleckh'n	Aug 18	31.73	M. Schofield	Cudworth	June 16

Javelin	32.08	L. Schofield	Grimsby	May 14
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				

	30.55	A. Beckett	Rotherham	Apr 06
	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	11.6	Y. Stevenson	Cudworth	June 26
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	6.20	Y. Stevenson	Boston	July 26
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 247
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	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
4.84	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	11.6	Y. Stevenson	Cudworth	June 26
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

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	Shildon	Aug 25

1000 Metres	3.08.79	W. Carter	Sheffield	Jan 16	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	6.20	Y. Stevenson	Boston	July 26	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	11.24	H. Carter	Cudworth	Apr 26	8.97	R. Bell	Wakefield July 18
Hammer	25.80	H. Carter	Cleckh'n	Apr 26	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

SENIOR LADIES

50 Metres (I)	6.6	J. Dibb	Wakefield	Jan 08	7.4	M. Heptinstall	Wakefield Mar 17
					7.4	S. Yates	Wakefield Mar 19
					7.4	S. Lavine	Wakefield Jan 25
50m Hurdles (I)	9.5	W. Carter	Wakefield	Feb 18			
60 Metres (I)	7.58	L. Greaves	Sheffield	Dec 18	8.47	S. Lavine	Sheffield Dec 24
60m Hurdles (I)	10.91	W. Carter	Sheffield	Jan 19			
100 Metres	11.6	Y. Stevenson	Cudworth	June 26	13.01	S. Lavine	Wakefield Aug 25
100m Hurdles					18.52	E. Birden	Cudworth May 22
110m Hurdles	19.1	C. Howes	Grantham	May 19			
150 Metres	17.97	W. Dagger	Sheffield	Dec 12	20.1	S. Lavine	Grimsby June 24
200 Metres	23.9	J. Dibb	Pendle	June 09	26.06	S. Lavine	Wakefield June 25
300 Metres	40.70	C. Eastwood	Sheffield	Dec 21	40.69	S. Lavine	Sheffield Mar 26
400 Metres	54.3	L. Murphy	Cudworth	Aug 23	57.85	S. Lavine	Sheffield Dec 25
400m Hurdles	1.06.3	C. Pointer	Cleckh'n	June 23	1.18.8	E. Birden	Cudworth Apr 22
600 Metres	1.34.62	J. Rutkowski	Sheffield	Dec 25	1.34.39	S. Lavine	Sheffield July 25
800 Metres	2.02.8	I. Malone	Wakefield	June 01	2.10.47	S. Lavine	Shildon Aug 25
1000 Metres	3.08.79	W. Carter	Sheffield	Jan 16	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	9.06.23	M. Sanders	Stretford	June 08	10.31.3	F. Lightowler	Newark Aug 21
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	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	12.46	L. Murphy	Cudworth	Aug 23	10.36	T. Anaman	Grantham May 19
Pole Vault	3.60	W. Carter	Cleckh'n	Apr 17			
Discus	32.49	W. Carter	Grantham	May 19	35.29	F. Rhodes	Cleckh'n July 22
Javelin	40.25	W. Carter	Cudworth	June 26	30.55	A. Beckett	Rotherham Apr 06
Shot Put	11.22	W. Carter	Cudworth	July 25	10.03	F. Calvert	Cudworth June 21
Hammer	24.24	W. Carter	Cleckh'n	Aug 26	43.37	F. Calvert	Newark Aug 21
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	54.0	E. Allen/I. Sutton/K. Kelly/ E. Birden	Cleckh'n July 22
4 x 400 Relay	4.08.6	J. Kinnear/C. Howes/W. Carter/ A. Bowyer	Wakefield	Aug 18	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

LADIES 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	19.2	J. Williams	Newark Aug 21
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	39.5	H. Arnold	Hemsw'th July 05
400 Metres	58.5	C. Lines	Wakefield	June 06	72.0	J. Sutcliffe	Cudworth Aug 23
800 Metres	2.11.6	C. Lines	York	Apr 02	2.25.2	J. Sutcliffe	Newark June 21
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23			
1500 Metres	4.31.4	C. Lines	Cleckh'n	July 05	4.57.2	J. Sutcliffe	Newark June 21
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	10.31.3	F. Lightowler	Newark Aug 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	2.71	C. Fabian	Cleckh'n May 25
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	18.03	S. Brain	Wakefield Aug 14
Javelin	39.85	R. Howes	Grantham	May 16	18.62	S. Brain	Cleckh'n Oct 14
Shot Put	10.00	A. Clegg	Wakefield	Sept 15	7.06	J. Waite	York May 18
Hammer	20.99	M. Mosby	Cudworth	July 16	16.07	J. Waite	Wakefield July 18
Pentathlon (I)	1673	R. Howes	Gateshead	Mar 15			

MEN OVER 45

LADIES 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	19.2	J. Williams	Newark Aug 21
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	39.5	H. Arnold	Hemsw'th July 05
400 Metres	64.0	C. Pratchett	York	July 23	72.0	J. Sutcliffe	Cudworth Aug 23
800 Metres	2.23.02	K. Waite	Cleckh'n	Oct 14	2.25.2	J. Sutcliffe	Newark July 21
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23			
1500 Metres	5.07.2	G. Jones	Wakefield	May 05	4.57.2	J. Sutcliffe	Newark June 21
3000 Metres	11.23.7	C. Strutt	Cudworth	Nov 21	10.41.1	J. Sutcliffe	Cleckh'n May 21
3000m S/Chase	1039.38	C. Lines	Sheffield	May 08			
5000 Metres	19.00.6	S. Daly	Cudworth	Aug 23			
Long Jump	5.18	R. Howes	Wakefield	June 15	2.71	C. Fabian	Cleckh'n May 25
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	15.78	J. Williams	Cudworth June 22
Javelin	39.85	R. Howes	Grantham	May 16	13.43	J. Williams	Mansfield Aug 22
Shot Put	8.87	R. Howes	Cleckh'n	Mar 16	6.90	J. Waite	Wakefield Mar 18
Hammer	19.62	R. Howes	Wakefield	Apr 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	19.4	H. Arnold	Hemsw'th	July 05
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	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
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23				
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	19.00.6	S. Daly	Cudworth	Aug 23				
Long Jump	5.18	R. Howes	Wakefield	June 15	1.97	J. Williams	Grantham	June 25
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	15.44	J. Williams	Leeds	May 23
Javelin	39.85	R. Howes	Grantham	May 16	13.39	J. Williams	Cudworth	July 23
Shot Put	9.53	R. Howes	Hull	June 19	5.89	J. Williams	Cudworth	Aug 23
Hammer	20.74	R. Howes	Cleckh'n	Sept 18	15.70	J. Williams	Cleckh'n	June 23
Pentathlon	1673	R. Howes	Gateshead	Mar 15				

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	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
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23				
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 Put	9.53	R. Howes	Hull	June 19				
Hammer	20.74	R. Howes	Cleckh'n	Sept 18				

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	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
1000 Metres	3.20.41	K. Waite	Sheffield	Nov 23				
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	4.38	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 50

LADIES OVER 55

LADIES OVER 60

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

MEN OVER 80

Discus	13.65	C. Jones	Cudworth June 26
Shot Put	6.50	C. Jones	Cudworth June 26

16 August 2026