

## MIDLAND TRACK AND FIELD LEAGUE 2016 LEAGUE RECORDS

### WOMEN

Event	Name	Club	Perform	Date
100m	Bernice Wilson	Birchfield Harriers	11.7s	03.07.11
200m	Ashleigh Nelson	City of Stoke	23.8s	03.05.08
400m	Laura Langowski	Coventry Godiva H	55.0s	07.05.11
800m	Rowena Cole	Coventry Godiva H	2.04.6s	04.08.12
1500m	Emma Jackson	City of Stoke	4.13.9s	10.08.13
3000m	Kate Goodhead	Bristol & West	9.32.1s	04.07.09
100H	Gemma Werrett	Birchfield Harriers	14.10s	04.05.14
	Katie Stainton	Birchfield Harriers	14.10s	08.05.16
	Mollie Courtney	Cheltenham & County AC	14.10s	08.05.16
400H	Aneta Jacobzak	Bristol & West	59.3s	04.08.12
HJ	Bethan Partridge	Birchfield Harriers	1.80m	03.07.16
LJ	Chelsea Cooper	City of Stoke	6.14m	10.08.08
TJ	Sinead Gutzmore	Birchfield Harriers	13.09m	06.06.10
PV	Lucy Bryan	Bristol & West	4.00m	03.07.16
Shot	Eden Francis	Birchfield Harriers	16.45m	01.07.12
Discus	Eden Francis	Birchfield Harriers	54.14m	07.06.09
Javelin	Amber Burdett	Charnwood AC	45.73m	03.07.10
Hammer	Zoe Derham	Birchfield Harriers	68.00m	07.06.09
4 x 100m		Birchfield Harriers	47.4s	08.05.16
4 x 400m		Birchfield Harriers	3.49.4s	03.08.08

### MEN

Event	Name	Club	Perform	Date
100m	Scott Bajere	Bristol & West	10.5s	04.06.11
	Kyle Ennis	Banbury Harriers	10.5s	06.07.14/02.08.14
	Elliott Powell	Leicester Coritanian	10.5s	08.05.16
200m	Kyle Ennis Elliott Powell	Banbury Harriers Leicester Coritanian	21.2s 21.2s	06.07.14 25.04.15
400m	Michael Warner	Notts AC	46.94s	10.08.13
800m	Richard Hill	Notts AC	1.50.2s	01.05.10
1500m	Tom Russell	Bristol & West AC	3.51.0s	01.08.10
3000m	Chris Davies	Telford AC	8.18.7s	03.08.08
5000m	Adrian Holliday	Tipton Harriers	14.45.9s	05.05.12
2k S/C	Ian Rawlinson	Tipton Harriers	5.52.6s	04.05.14
3k S/C	Ian Rawlinson	Tipton Harriers	9.15.0s	14.08.11
110H	Jake Porter	Birchfield Harriers	14.09s	03.07.16
400H	Tom Moakes	Notts AC	52.9s	01.05.10
HJ	Mike Edwards	Birchfield Harriers	2.23m	03.07.16
LJ	Jamie Blundell	Coventry Godiva	7.41m	05.07.08
TJ	Ben Williams	City of Stoke	15.63m	03.07.10
PV	Nick Cruchley	Halesowen	5.00m	04.07.09
Shot	Ryan Spencer-Jones	Birchfield Harriers	17.56m	05.05.12
Discus	Perris Wilkins	Banbury Harriers	54.72m	03.08.08
Javelin	Neil Crossley	Cheltenham & County H	70.31m	04.05.14
Hammer	Chris Shorthouse	Birchfield Harriers	67.62m	05.07.15
4 x 100m		Coventry Godiva	42.1s	02.05.09
4 x 400m		Notts AC	3.13.19s	10.08.13

2015 RECORDS IN RED

2016 RECORDS IN BLUE (Updated 7<sup>th</sup> July)