

**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.



**Division 1**

**WOMEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Bernice Wilson	Birchfield Harriers	11.7s	03.07.11
<b>200m</b>	Ashleigh Nelson	City of Stoke	23.8s	03.05.08
<b>400m</b>	Melinda Cooksey	Birchfield Harriers	55.1s	01.05.10
<b>800m</b>	Emma Jackson	City of Stoke	2.05.5s	07.06.08
<b>1500m</b>	Emma Jackson	City of Stoke	4.13.9s	10.08.13
<b>3000m</b>	Kate Goodhead	Bristol & West AC	9.32.1s	04.07.09
<b>100H</b>	Gemma Werrett	Birchfield Harriers	14.10s	04.05.14
	Katie Stainton	Birchfield Harriers	14.10s	08.05.16
<b>400H</b>	Aneta Jacobczak	Bristol & West	59.3s	04.08.12
<b>HJ</b>	Bethan Partridge	Birchfield Harriers	1.80m	03.07.16
<b>LJ</b>	Chelsea Cooper	City of Stoke	6.14m	10.08.08
<b>TJ</b>	Sineade Gutzmore	Birchfield Harriers	13.09m	06.06.10
<b>PV</b>	Lucy Bryan	Bristol & West/ Yate	4.00m	03.07.16
<b>Shot</b>	Eden Francis	Birchfield Harriers	16.45m	01.07.12
<b>Discus</b>	Eden Francis	Birchfield Harriers	54.14m	07.06.09
<b>Javelin</b>	Amber Burdett	Charnwood AC	45.73m	03.07.10
<b>Hammer</b>	Zoe Derham	Birchfield Harriers	68.00m	07.06.09
<b>4 x 100m</b>		Birchfield Harriers	47.4s	08.05.16
<b>4 x 400m</b>		Birchfield Harriers	3.49.6s	25.04.15

**MEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Scott Bajere	Bristol & West	10.5s	04.06.11
<b>200m</b>	David Lima	Birmingham Running & TC	21.34s	04.05.14
<b>400m</b>	Michael Warner	Notts AC	46.94s	10.08.13
<b>800m</b>	Richard Hill	Notts AC	1.50.2s	01.05.10
<b>1500m</b>	Tom Russell	Bristol & West	3.51.0s	01.08.10
<b>3000m</b>	Alistair Watson	Notts AC	8.30.2s	02.08.14
<b>5000m</b>	Matt O'Dowd	Notts AC	14.48.1s	03.07.11
<b>2k S/C</b>	Daniel Owen	Cheltenham	6.01.4s	07.07.13
<b>3k S/C</b>	<b>Jonathan Goringe</b>	<b>Birchfield</b>	<b>9.39.0s</b>	<b>05.08.17</b>
<b>110H</b>	Jake Porter	Birchfield Harriers	14.09	03.07.16
<b>400H</b>	Tom Moakes	Notts AC	52.9s	01.05.10
<b>HJ</b>	Mike Edwards	Birchfield Harriers	2.23m	03.07.16
<b>LJ</b>	Jamie Blundell	Coventry Godiva H	7.41m	05.07.08
<b>TJ</b>	Ben Williams	City of Stoke	15.63m	03.07.10
<b>PV</b>	Joel Benitez	Notts AC	4.70m	02.08.14
<b>Shot</b>	Ryan Spencer-Jones	Birchfield Harriers	17.56m	05.05.12
<b>Discus</b>	Adam Damadzic	Birchfield Harriers	50.86m	27.05.12
<b>Javelin</b>	Glyn Hollingworth	Coventry Godiva	67.98m	05.07.08
<b>Hammer</b>	Chris Shorthouse	Birchfield Harriers	67.62m	05.07.15
<b>4 x 100m</b>		<b>Birchfield Harriers</b>	<b>41.96s</b>	<b>06.05.18</b>
<b>4 x 400m</b>		Notts AC	3.13.19s	10.08.13

**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.



**Division 2**

**WOMEN**

Event	Name	Club	Perform	Date
100m	Sinead Johnson	Telford AC	11.9s	05.07.08
200m	Meghan Beesley	Birchfield Harriers	24.6s	03.08.08
400m	<b>Ashleigh Nelson</b>	<b>City of Stoke</b>	<b>52.9s</b>	<b>04.06.17</b>
800m	Rowena Cole	Coventry Godiva H	2.04.6s	04.08.12
1500m	Emma Jackson	City of Stoke	4.13.9s	07.07.13
3000m	<b>Katie Holt</b>	<b>City of Stoke AC</b>	<b>9.23.3s</b>	<b>06.05.17</b>
100H	<b>Sophie Yorke</b>	<b>Cheltenham &amp; County H</b>	<b>13.6s</b>	<b>06.05.17</b>
400H	Michelle Thomas	Birchfield Harriers	62.4s	03.08.08
	Natalie Ainge	Cannock & Stafford AC	62.4s	06.05.18
HJ	<b>Mollie Courtney</b>	<b>Cheltenham &amp; County H</b>	<b>1.76m</b>	<b>04.06.17</b>
LJ	Aimee Palmer	Birchfield Harriers	5.84m	03.05.08
TJ	Katie Rowe	Notts AC	11.72m	08.05.16
PV	Jenny Robbins	Notts AC	3.70m	08.05.16
Shot	Emily Campbell	Notts AC	13.75m	03.07.16
Discus	Emma Merry	Rugby & Northampton	43.23m	01.05.10
Javelin	Samantha Cullinane	Rugby & Northampton	44.15m	06.06.10
Hammer	Christina Jones	Bristol & West	63.98m	25.04.15
4 x 100m		Cheltenham & County AC	47.9s	08.05.16
4 x 400m		Birchfield Harriers	3.49.4s	03.08.08

**MEN**

Event	Name	Club	Perform	Date
100m	David Lima	BRAT	10.6s	06.06.15
200m	David Lima	BRAT	21.77s	27.05.12
400m	<b>Charles Hilliard</b>	<b>Halesowen A&amp;CC</b>	<b>49.1s</b>	<b>15.07.17</b>
800m	Richard Peters	Bristol & West	1.51.9s	03.08.08
1500m	Tim Dalton	Severn/Gloucester	3.51.6s	03.07.10
3000m	Chris Davies	Telford AC	8.18.7s	03.08.08
5000m	<b>Phil Beastall</b>	<b>Cheltenham &amp; County H</b>	<b>14.51.7s</b>	<b>15.07.17</b>
2k S/C	Daniel Owen	Cheltenham & County AC	5.52.86s	06.07.14
3k S/C	Dominik Morton	Halesowen A & CC	9.34.7s	07.06.08
110H	Edward Dunford	Birchfield Harriers	14.7s	03.05.08
	Dominic Bradley	Birchfield Harriers	14.7s	03.08.08
400H	<b>Seamus Derbyshire</b>	<b>City of Stoke AC</b>	<b>51.9s</b>	<b>06.05.18</b>
HJ	Nathan Petch	Coventry Godiva H	2.06m	27.05.12
LJ	Jamie Blundell	Coventry Godiva H	7.36m	01.05.10
TJ	Mike McKernan	Birchfield Harriers	15.02m	03.05.08
PV	Nick Cruchley	Halesowen A & CC	4.90m	07.06.08
Shot	Gareth Winter	Gloucester/Severn	16.40m	18.05.13
Discus	Gareth Winter	Gloucester/Severn	49.55m	14.08.11
Javelin	Neil Crossley	Cheltenham & County AC	70.31m	04.05.14
Hammer	<b>Craig Murch</b>	<b>Rugby &amp; Northampton AC</b>	<b>65.02m</b>	<b>06.05.18</b>
4 x 100m		Birchfield Harriers	42.5s	03.05.08
4 x 400m		Bristol & West/Yate	3.22.1s	12.06.13

**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.

**Division 3**

**WOMEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Charnia Weightman	Yate & District	12.2s	05.07.08
	Melinda Cooksey	Tipton Harriers	12.2s	02.05.09
	Emma Williams	Coventry Godiva H	12.2s	07.05.11
	Jo Frost	Bromsgrove & Redditch	12.2s	01.07.12
	<b>Esther Adikpe</b>	<b>Coventry Godiva H</b>	<b>12.2s</b>	<b>16.07.17</b>
<b>200m</b>	<b>Yasmin Liverpool</b>	<b>Coventry Godiva H</b>	<b>24.6s</b>	<b>06.05.18</b>
<b>400m</b>	Laura Langowski	Coventry Godiva H	55.0s	07.05.11
<b>800m</b>	Celia Taylor	Coventry Godiva H	2.10.8s	14.08.11
<b>1500m</b>	Karen Harewood	Corby AC	4.31.0s	07.06.08
<b>3000m</b>	Hannah Alderson	Yate & District AC	9.54.9s	06.06.10
<b>100H</b>	Joanne Eaton	Yate & District AC	14.3s	04.07.09
	Lauren O'Reilly	Newport Harriers	14.3s	10.08.13
<b>400H</b>	Natalie Ainge	Cannock & Stafford	65.15s	06.07.14
<b>HJ</b>	Hannah Tapley	Worcester AC	1.74m	04.05.14
<b>LJ</b>	Jo Frost	Bromsgrove & Redditch	5.74m	04.08.12
<b>TJ</b>	Laura Keeley	Coventry Godiva H	11.42m	09.08.15
<b>PV</b>	Hayley Rubery	Telford AC	3.50m	04.05.14
<b>Shot</b>	Carol Parker	Coventry Godiva H	12.45m	25.04.15
<b>Discus</b>	Elise Blue	Worcester AC	43.80m	08.05.16
<b>Javelin</b>	Simone Huggins-Ward	Coventry Godiva H	45.57m	10.08.13
<b>Hammer</b>	Kate Yhnell	Severn/Gloucester	46.96m	05.07.08
<b>4 x 100m</b>		Worcester AC	49.0s	04.05.14
<b>4 x 400m</b>		Wolverhampton & Bilston	4.00.6s	01.08.10

**MEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Ben Simons	Telford AC	10.7s	04.07.09/01.07.12
	Eldridge Phiri	Tamworth AC	10.7s	01.07.12
<b>200m</b>	<b>Kane Howitt</b>	<b>Royal Sutton Coldfield AC</b>	<b>21.5s</b>	<b>05.08.17</b>
<b>400m</b>	Ryan Preddy	Severn/Gloucester	48.8s	05.07.08
	<b>David Lima</b>	<b>Birmingham R &amp; T C</b>	<b>48.8s</b>	<b>06.05.17</b>
<b>800m</b>	Jonathan Morgan	Newport Harriers	1.54.5	07.07.13
<b>1500m</b>	Tim Dalton	Severn/Gloucester	3.54.8s	07.06.08
<b>3000m</b>	John Millington	Tipton Harriers	8.28.9s	03.08.08
<b>5000m</b>	John Millington	Tipton Harriers	15.04.9s	02.05.09
<b>2k S/C</b>	Steve Millward	Severn/Gloucester	6.07.1s	03.05.08
<b>3k S/C</b>	<b>Nick Hardy</b>	<b>Tipton Harriers</b>	<b>9.43.7s</b>	<b>02.06.18</b>
<b>110H</b>	Alex Nwenwu	Wolves & Bilston	14.9s	03.07.10/01.08.10
<b>400H</b>	Tom Burton	Tamworth A	53.2s	01.08.10
<b>HJ</b>	Rory Dwyer	Stratford-upon-Avon AC	2.10m	04.05.14
<b>LJ</b>	Samuel Khogali	Worcester AC	7.19m	04.06.16
<b>TJ</b>	Joseph Gilkes	Coventry Godiva H	13.90m	02.07.16
<b>PV</b>	Nick Cruchley	Halesowen	5.00m	04.07.09
<b>Shot</b>	<b>Gareth Winter</b>	<b>Gloucester AC</b>	<b>16.61m</b>	<b>02.06.18</b>
<b>Discus</b>	Scott Jenns	Tipton Harriers	47.34m	05.07.08
<b>Javelin</b>	James Hopley	Telford AC	63.51m	04.07.09
<b>Hammer</b>	Tim Williams	Gloucester AC	61.85m	04.06.16
<b>4 x 100m</b>		Worcester AC	42.9s	04.06.16
<b>4 x 400m</b>		<b>Royal Sutton Coldfield AC</b>	<b>3.21.7s</b>	<b>16.07.17</b>

**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.



**Division 4**

**WOMEN**

Event	Name	Club	Perform	Date
100m	Niamh Bailey	Corby AC	11.8s	03.07.16
200m	Kanisha Hector	Birmingham Rowheath	25.0s	03.08.08
	Niamh Bailey	Corby AC	25.0s	07.08.16
400m	Karen Harewood	Corby AC	56.3s	02.05.09
800m	Claire Tarplee	Solihull & Small Heath	2.09.8s	14.08.11
1500m	Lucy Flanner	Solihull & Small Heath	4.37.7s	02.05.09
3000m	Monique Powell	Royal Sutton Coldfield	10.02.3s	03.08.08
100H	Lauren O'Reilly	Newport Harriers	14.3s	27.05.12
400H	Justine Kinney	Royal Sutton Coldfield	60.1s	07.06.08
HJ	Bethan Partridge	Telford AC	1.75m	06.06.10
LJ	Niamh Bailey	Corby AC	5.81m	07.08.16
TJ	Anna Kelly	Shrewsbury AC	12.42m	01.07.12
PV	Kim Smith	Tipton Harriers	3.20m	01.05.10
	Hayley Rubery	Telford AC	3.20m	03.07.11
Shot	<b>Eden Francis</b>	<b>Leicester Coritnian</b>	<b>15.25m</b>	<b>04.06.17</b>
Discus	<b>Eden Francis</b>	<b>Leicester Coritnian</b>	<b>54.88m</b>	<b>04.06.17</b>
Javelin	Charlotte Gimson	Royal Sutton Coldfield	40.26m	07.06.09
Hammer	Katie Lambert	Kidderminster & Stourport	54.11m	08.05.16
4 x 100m		Worcester AC	49.3s	13.06.13
4 x 400m		Royal Sutton Coldfield	3.59.4s	03.08.08

**MEN**

Event	Name	Club	Perform	Date
100m	Kyle Ennis	Banbury Harriers	10.5s	06.07.14/02.08.14
200m	Kyle Ennis	Banbury Harriers	21.2s	06.07.14
	Elliott Powell	Leicester Coritnian	21.2s	25.04.15
400m	Ben Claridge	Abingdon AC	47.7s	08.05.16
800m	Jonathan Morgan	Newport Harriers	1.55.1s	27.05.12
1500m	Thomas Humphries	Tipton Harriers	3.57.2s	01.08.10
3000m	Thomas Humphries	Tipton Harriers	8.20.2s	01.08.10
5000m	Adrian Holliday	Tipton Harriers	15.17.8s	04.05.14
2k S/C	Ian Rawlinson	Tipton Harriers	5.52.6s	04.05.14
3k S/C	<b>Steve Millward</b>	<b>Gloucester AC</b>	<b>10.01.7s</b>	<b>05.08.17</b>
110H	Andrew Pozzi	Stratford on Avon	14.2s	14.08.11
400H	Darren Lewis	Wolverhampton & Bilston	54.6s	05.07.08
HJ	Rory Dwyer	Stratford on Avon	2.05m	25.04.15
LJ	<b>Rowan Powell</b>	<b>Leicester Coritnian</b>	<b>7.00m</b>	<b>04.06.17</b>
TJ	Samuel Evans	Shrewsbury AC	14.66m	07.05.11
PV	Adam Turvey	Halesowen A & CC	3.80m	27.05.12/01.07.12
				07.07.13
Shot	Douglas Stark	Tamworth AC	13.93m	06.07.14
Discus	Perris Wilkins	Banbury Harriers	54.72m	03.08.08
Javelin	James Hopley	Telford AC	65.63m	07.05.11
Hammer	John Pearson	Charnwood AC	65.65m	04.06.16
4 x 100m		Leamington C & AC	43.2s	07.06.08
		Abingdon AC	43.2s	03.07.16
4 x 400m		Corby AC	3.23.2s	02.08.14

**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.

**Division 5**

**WOMEN**

Event	Name	Club	Perform	Date
100m	Remy Barrett (U20)	Solihull & Small Heath	12.1s	07.06.14
200m	<b>Lucy Jones</b>	<b>Dudley Stourbridge H</b>	<b>24.6s</b>	<b>06.08.17</b>
400m	Karen Harewood	Corby AC	56.2s	01.08.10
800m	Karen Harewood	Corby AC	2.05.3s	14.08.11
1500m	Stacey Johnson	Cannock & Stafford	4.37.3s	03.08.08
3000m	Stacey Johnson	Cannock & Stafford	9.53.4s	02.05.09
100H	Lauren O'Reilly Emma Douras	Newport Harriers Dudley & Stourbridge	14.7s/14.2w 14.7s	07.05.11/04.06.11 06.06.15/08.05.16
400H	Claire Burgoyne	Shrewsbury AC	63.4s	03.08.08
HJ	Cosima Berry	Leamington C & AC	1.69m	01.05.10
LJ	Heidi Jarosinski	Kidderminster & Stourport	5.63m	10.08.13
TJ	Anna Kelly	Shrewsbury AC	11.89m	03.08.08
PV	<b>Felicia Miloro</b>	<b>Sutton in Ashfield AC</b>	<b>3.90m</b>	<b>06.05.18</b>
Shot	Eden Francis	Leicester Coritanian	15.51m	05.06.16
Discus	Eden Francis	Leicester Coritanian	53.44m	05.06.16
Javelin	Melissa Arthur	Newport Harriers	38.52m	07.05.11
Hammer	Eden Francis	Leicester Coritanian	53.29m	08.05.16
4 x 100m		<b>Dudley &amp; Stourbridge H</b>	<b>50.1s</b>	<b>06.05.17</b>
4 x 400m		Corby AC	4.03.9s	07.05.11

**MEN**

Event	Name	Club	Perform	Date
100m	Kyle Ennis Elliott Powell	Banbury Harriers Leicester Coritanian	10.5s 10.5s	06.06.15 08.05.16
200m	Kyle Ennis Elliot Powell	Banbury Harriers Leicester Coritanian	21.3s 21.3s	06.06.15 03.07.16
400m	Nicholas Pryce	Royal Sutton Coldfield	48.7s	10.08.13
800m	James Hood	Bromsgrove & Redditch	1.56.3s	04.07.09
1500m	Chris Harvey	Cannock & Stafford	3.58.3s	02.05.09
3000m	Lee Slater	Dudley & Stourbridge	8.45.2s	02.08.14
5000m	Adrian Holliday	Tipton Harriers	14.45.9s	05.05.12
2k S/C	Ian Rawlinson	Tipton Harriers	5.58.3s	01.07.12
3k S/C	Ian Rawlinson	Tipton Harriers	9.15.0s	14.08.11
110H	Andrew Pozzi	Stratford on Avon	14.8s	02.08.09
400H	Dan Wright	Stratford AC	57.3s	01.08.10
HJ	Joshuah Hill	Solihull & Small Heath	2.07m	07.07.13
LJ	Rowan Powell	Leicester Coritanian	7.11m	03.07.16
TJ	Sam Edwards	Shrewsbury AC	14.24m	03.07.10
PV	Sam Baker	Corby AC	4.00m	03.07.11
Shot	Richard Woodhall	Dudley & Stourbridge	14.08m	03.07.16
Discus	Kevin Brown	Royal Sutton Coldfield	52.26m	07.05.11
Javelin	Richard Woodhall	Dudley & Stourbridge	57.64m	27.05.12
Hammer	<b>Ross Douglas</b>	<b>Charnwood AC</b>	<b>54.74m</b>	<b>06.05.18</b>
4 x 100m		Tipton Harriers	43.5s	04.06.11
4 x 400m		Newport Harriers	3.26.4s	07.05.11



**MIDLAND TRACK AND FIELD LEAGUE 2017 DIVISIONAL RECORDS**  
Entry in bold - League Record, in blue - set in 2018, in red - set in 2017.



**Division 6**

**WOMEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Jo Frost	Bromsgrove/Redditch	12.0s	05.07.08
<b>200m</b>	Jo Frost	Bromsgrove/Redditch	25.5s	05.07.08
	Emma Pullen	Shrewsbury AC	25.5s	04.07.09
<b>400m</b>	Rebecca Williams	Newport Harriers	56.7s	01.08.10
<b>800m</b>	Nikita Pembleton	Sutton in Ashfield AC	2.15.9s	07.07.13
<b>1500m</b>	Nikita Pembleton	Sutton in Ashfield AC	4.39.4s	10.08.13
<b>3000m</b>	Clara Evans	Hereford & County AC	10.08.5s	07.08.16
<b>100H</b>	Sylvia Misztal	Hereford & County AC	15.5s	03.07.16/07.08.16
<b>400H</b>	Jemma Gregory	Abingdon Amblers	66.9s	04.06.11
<b>HJ</b>	Georgia Parris	Nuneaton Harriers	1.65m	08.05.16
<b>LJ</b>	Heidi Jarosinski	Halesowen A & CC	5.70m	04.08.12
<b>TJ</b>	Anna Kelly	Shrewsbury AC	11.68m	07.06.09
<b>PV</b>	<b>Felicia Miloro</b>	<b>Sutton in Ashfield AC</b>	<b>3.50m</b>	<b>03.06.17</b>
	Emily Tompkins	Hereford & County	2.90m	03.08.08
<b>Shot</b>	Steph McNally	Hereford & County	11.35m	03.07.11
<b>Discus</b>	Emma Croke U17	Hereford & County	40.80m	03.07.10
<b>Javelin</b>	Bethany Mitchell	Sutton in Ashfield AC	39.62m	04.07.09
<b>Hammer</b>	Bethany Mitchell	Sutton in Ashfield AC	47.58m	14.06.13
<b>4 x 100m</b>		Newport Harriers	51.8s	03.07.10
<b>4 x 400m</b>		Newport Harriers	4.14.5s	01.08.10

**MEN**

Event	Name	Club	Perform	Date
<b>100m</b>	Nicholas Pryce	Royal Sutton Coldfield	10.8s	27.05.12
<b>200m</b>	<b>Alfie Rowett</b>	<b>Banbury Harriers</b>	<b>21.9s</b>	<b>15.07.17</b>
<b>400m</b>	Benjamin Morris	Leicester Coritnian	49.6s	27.05.12
<b>800m</b>	Matthew Addison	Bromsgrove/ Redditch	1.57.1s	07.06.08
<b>1500m</b>	Daniel Hallam	Owls	4.05.6s	06.06.10
<b>3000m</b>	Paul Miles	Owls	9.03.2s	06.06.10
<b>5000m</b>	Matthew Granger	Kidderminster & Stourport	15.36.0s	04.07.09
<b>2k S/C</b>	Ben Danvers	Kidderminster & Stourport	6.11.8s	05.07.08
<b>3k S/C</b>	Paul Miles	Owls	10.08.3s	01.08.10
<b>110H</b>	Jordan Mitchell	Sutton in Ashfield AC	15.7s	06.06.15/09.08.15
<b>400H</b>	Peter Barnshaw	Abingdon Amblers	56.3s	04.06.11
<b>HJ</b>	James Hart	Bromsgrove/ Redditch	1.91m	03.05.08
<b>LJ</b>	Luke Pryor	Owls	6.81m	01.08.10
<b>TJ</b>	George Drake	Leicester Coritnian	13.71m	05.05.12
<b>PV</b>	Eric Spink	Hereford & County	3.80m	05.07.08
<b>Shot</b>	Josh Day	Hereford & County	12.67m	14.06.13
<b>Discus</b>	Kevin Brown	Royal Sutton Coldfield	52.50m	01.07.12
<b>Javelin</b>	Travelle Morris-Reid	Leicester Coritnian	59.34m	05.05.12
<b>Hammer</b>	<b>Matthew Bell</b>	<b>Kettering Town H</b>	<b>47.16m</b>	<b>06.05.18</b>
<b>4 x 100m</b>		Royal Sutton Coldfield	45.0s	27.05.12
<b>4 x 400m</b>		Notts AC	3.25.3s	10.08.13