



Meeting Records and Best Performances (after July 2022)

Boys

100m	10.58	Deji Tobias	England	2008
<i>Best Performance</i>	10.51 (w)	David Bolarinwa	England	2010
200m	21.45 (+1.4)	Ryan Gorman	England	2013
<i>Best Performance</i>	21.31 (w)	Monu Miah	England	2000
400m	47.04	Clovis Asong	England	2011
800m	1:50.38	Grant Baker	England	2004
1500m	3:51.64	Henry Dover	England	2022
3000m	8:20.4	John Treacy	Ireland	1974
100m Hurdles	12.73	Jaiden Dean	England	2022
<i>Best Performance</i>	12.6 (w)	Brett St Louis	England	1985
400m Hurdles	51.55	Samuel Lunt	England	2022
1500m Steeplechase	4:11.2	Steve Evans	Wales	1974
3000m Walk	12:34.98	Lloyd Finch	England	1999
4 x 100m	41.50	T Ojora, S Bennett, K Chambers-Brown, R Glave	England	2016
4 x 400m	3:14.4	R McNab, J Heggie, C McMullen, D Naismith	England	1996
High Jump	2.11	Ken McKeown	Scotland	1998
Long Jump	7.50	Oliver McNellis	England	2004
Pole Vault	5.10	Christian Linskey	England	1996
Triple Jump	15.62	Jonathan Moore	England	2000
<i>Best Performance</i>	15.78 (w)	Benjamin Williams	England	2008
Discus (1.5kg)	55.43	Eoin Sheridan	Ireland	2014
Hammer (5kg)	76.52	Alex Smith	England	2004
Javelin (700g)	73.56	David Parker	England	1996
Shot (5kg)	19.96	Carl Myerscough	England	1996

Girls

100m	11.69 (+0.3)	Daryll Neita	England	2012
<i>Best Performance</i>	11.5 (w)	Sharon Dolby	England	1995
200m	23.89 (+1.2)	Charlotte McLennagan	England	2013
<i>Best Performance</i>	23.66 (w)	Desiree Henry	England	2010
300m	38.10	Cheriece Hylton	England	2013
800m	2:03.34	Phoebe Gill	England	2022
1500m	4:20.0	Bridget Smyth	England	1984
3000m	9:19.77	Fleur Todd Warmoth	England	2021
80m Hurdles	11.02 (+1.7)	Emily Bee	England	2018
<i>Best Performance</i>	10.99 (+2.8)	Alicia Barrett	England	2013
300m Hurdles	41.60	Stephanie Okoro	England	2021
1500m Steeplechase	4:53.04	Holly Page	England	2016
3000m Walk	13:09.2	Kate Veale	Ireland	2009
4 x 100m	45.63	P Jumbo-Gula, R Adeleke, L Roy, N Foley	Ireland	2017
4 x 300m	2:37.57	J Astill, A Sibley, S Okoro, E Sisson	England	2021
High Jump	1.88	Debbi Marti	England	1984
Long Jump	6.31 (+2.0)	Margaret Cheetham	England	1984
Pole Vault	3.86	Molly Caudrey	England	2016
Triple Jump	12.46 (+1.9)	Ellie O'Hara	Scotland	2018
Discus (1kg)	45.87	Emma Carpenter	England	1998
Hammer (3kg)	64.07	Kirsty Costello	Scotland	2019
Javelin (500g)	51.52	Emma Hamplett	England	2014
Shot (3kg)	15.64	Nana Gyedu	England	2019