

MIDLAND TRACK AND FIELD LEAGUE – LEAGUE & DIVISIONAL RECORDS – 2011
N.B. An entry in bold shows a League Record

LEAGUE RECORDS

WOMEN

Event	Name	Club	Perform	Date
100m	Bernice Wilson	Birchfield H	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	Karen Harewood	Corby AC	2.05.3s	14.08.11
1500m	Emma Jackson	City of Stoke	4.15.3s	01.08.10
3000m	Kate Goodhead	Bristol & West	09.32.1s	04.07.09
100H	Nicky Robinson	Coventry Godiva	14.2s	02.05.09
400H	Justine Kinney	Royal Sutton Coldfield	60.1s	03.08.08
HJ	Bethan Partridge	Telford AC	1.75m	06.06.10
LJ	Chelsea Cooper	City of Stoke	6.14m	10.08.08
TJ	Sineade Gutzmore	Birchfield	13.09m	06.06.10
PV	Lucy Bryan	Bristol & West	3.80m	14.08.11
Shot	Eden Francis	Birchfield H	16.06m	03.07.11
Discus	Eden Francis	Birchfield H	54.14m	07.06.09
Javelin	Amber Burdett	Charnwood AC	45.73m	03.07.10
Hammer	Zoe Derham	Birchfield H	68.00m	07.06.09
4 x 100m		Birchfield	48.0s	03.08.08
4 x 400m		Birchfield	3.49.4s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Scott Bajere	Bristol & West	10.5s	04.06.11
200m	Julian Thomas	Birchfield H	21.5s	01.05.10
400m	Jordan McGrath	Birchfield H	47.9s	01.05.10
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	Matt O'Dowd	Notts AC	14.48.1	03.07.11
2k S/C	Ian Rawlinson	Tipton H	5.58.9	03.07.11
3k S/C	Ian Rawlinson	Tipton H	9.15.0s	14.08.11
110H	Andrew Pozzi	Stratford on Avon	14.2s	14.08.11
400H	Tom Moakes	Notts AC	52.9s	01.05.10
HJ	Mike Edwards	Birchfield H	2.12m	03.07.11
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	Sam Herrington	Birchfield H	15.89m	06.06.10
Discus	Perris Wilkins	Banbury H	54.72m	03.08.08
Javelin	Glyn Hollingworth	Coventry Godiva	67.98m	05.07.08
Hammer	Chris Shorthouse	Notts AC	65.71m	01.05.10
4 x 100m		Coventry Godiva	42.1s	02.05.09
4 x 400m		Notts AC	3.17.6s	01.05.10

MIDLAND TRACK AND FIELD LEAGUE – LEAGUE & DIVISIONAL RECORDS – 2011
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Division 1

WOMEN

Event	Name	Club	Perform	Date
100m	Bernice Wilson	Birchfield H	11.7s	03.07.11
200m	Ashleigh Nelson	City of Stoke	23.8s	03.05.08
400m	Melinda Cooksey	Birchfield H	55.1s	01.05.10
800m	Emma Jackson	City of Stoke	2.05.5s	07.06.08
1500m	Emma Jackson	City of Stoke	4.15.3s	01.08.10
3000m	Kate Goodhead	Bristol & West AC	09.32.1s	04.07.09
100H	Nicky Robinson	Coventry Godiva	14.2s	02.05.09
400H	Wendy Davidson	City of Stoke	63.5s	05.07.08
HJ	Hayley Pitman	Bristol & West AC	1.74m	03.07.11
LJ	Chelsea Cooper	City of Stoke	6.14m	10.08.08
TJ	Sineade Gutzmore	Birchfield H	13.09m	06.06.10
PV	Lucy Bryan	Bristol & West	3.80m	14.08.11
Shot	Eden Francis	Birchfield H	16.06m	03.07.11
Discus	Eden Francis	Birchfield H	54.14m	07.06.09
Javelin	Amber Burdett	Charnwood AC	45.73m	03.07.10
Hammer	Zoe Derham	Birchfield H	68.00m	07.06.09
4 x 100m		Birchfield H	48.3s	03.07.11
4 x 400m		Coventry Godiva	3.50.0s	02.05.09

MEN

Event	Name	Club	Perform	Date
100m	Scott Bajere	Bristol & West	10.5s	04.06.11
200m	Julian Thomas	Birchfield H	21.5s	01.05.10
400m	Jordan McGrath	Birchfield H	47.9s	01.05.10
800m	Richard Hill	Notts AC	1.50.9s	01.05.10
1500m	Tom Russell	Bristol & West	3.51.0s	01.08.10
3000m	Steve Mitchell	Bristol & West	8.32.7s	07.06.09
5000m	Matt O'Dowd	Notts AC	14.48.1	03.07.11
2k S/C	Tom Russell	Bristol & West	6.03.4s	07.05.11
3k S/C	Stephen Lisgo	Mansfield	09.43.6s	10.08.08
110H	Edirin Okoro	Birchfield H	14.6s	06.06.10
400H	Tom Moakes	Notts AC	52.9s	01.05.10
HJ	Mike Edwards	Birchfield H	2.12m	03.07.11
LJ	Jamie Blundell	Coventry Godiva	7.41m	05.07.08
TJ	Ben Williams	City of Stoke	15.63m	03.07.10
PV	Tony Hillier	Bristol & West	4.50m	01.08.10
Shot	Sam Herrington	Birchfield	15.89m	06.06.10
Discus	Sam Herrington	Birchfield H	48.87m	06.06.10
Javelin	Glyn Hollingworth	Coventry Godiva	67.98m	05.07.08
Hammer	Chris Shorthouse	Notts AC	65.71m	01.05.10
4 x 100m		Coventry Godiva	42.1s	02.05.08
4 x 400m		Notts AC	3.17.6s	01.05.10

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Division 2

WOMEN

Event	Name	Club	Perform	Date
100m	Sinead Johnson	Telford AC	11.9s	05.07.08
200m	Meghan Beesley	Birchfield	24.6s	03.08.08
400m	Emma Jackson	City of Stoke	55.3s	14.08.11
800m	Rowena Cole	Coventry Godiva	2.07.1s	06.06.10
1500m	Kate Holt	City of Stoke	4.27.6s	14.08.11
3000m	Jane Potter	Charnwood AC	09.33.9s	07.06.09
100H	Chelsea Cooper	City of Stoke	14.8s	07.05.11
400H	Michelle Thomas	Birchfield H	62.4s	03.08.08
HJ	Bethan Partridge	Telford AC	1.70m	05.07.08
LJ	Aimee Palmer	Birchfield H	5.84m	03.05.08
TJ	Jenneice Birmingham	Birchfield H	11.49m	03.08.08
PV	Emily Taylor	Notts AC	3.40m	04.07.09
Shot	Kelly Sotherton	Birchfield H	13.72m	07.06.08
Discus	Emma Merry	Rugby & Northampton	43.23m	01.05.10
Javelin	Samantha Cullinane	Rugby & Northampton	44.15m	06.06.10
Hammer	Hayley Murray	Birchfield H	52.57m	05.07.08
4 x 100m		Birchfield H	48.0s	03.08.08
4 x 400m		Birchfield H	3.49.4s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Justin Thompson	Birchfield H	10.8s	05.07.08
	Lloyd Rice	Bristol & West	10.8s	03.08.08
	Thomas Burton	Tamworth A	10.8s	04.07.09
200m	David Lima	BRAT	21.96s	06.06.10
400m	Gustav Klingstedt	Bristol & West	49.3s	07.06.08
	Daniel Cash	Tamworth	49.3s	07.06.09
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	Ben Norris	Notts AC	14.59.3	02.05.09
2k S/C	Stephen Millward	Gloucester / Severn	6.01.1s	03.07.10
3k S/C	Dominik Morton	Halesowen A & CC	9.34.7s	07.06.08
110H	Edward Dunford	Birchfield H	14.7s	03.05.08
	Dominic Bradley	Birchfield H	14.7s	03.08.08
400H	Thomas Burton	Tamworth	53.1s	07.06.09
HJ	Jonathan Broom-Edwards	Charnwood AC	2.03m	07.06.09
LJ	Jamie Blundell	Coventry Godiva	7.36m	01.05.10
TJ	Mike McKernan	Birchfield H	15.02m	03.05.08
PV	Nick Cruchley	Halesowen A & CC	4.90m	07.06.08
Shot	Gareth Winter	Gloucester/Severn	15.46m	14.08.11
Discus	Gareth Winter	Gloucester/Severn	49.55m	14.08.11
Javelin	Neil Crossley	Cheltenham & Co	63.27m	01.08.10
Hammer	Matthew Bell	Birchfield H	61.57m	03.08.08
4 x 100m		Birchfield H	42.5s	03.05.08
4 x 400m		Bristol & West	3.23.1s	07.06.08

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Division 3

WOMEN

Event	Name	Club	Perform	Date
100m	Charnia Weightman	Yate & District	12.2s	05.07.08
	Melinda Cooksey	Tipton H	12.2s	02.05.09
	Emma Williams	Coventry Godiva H	12.2s	07.05.11
200m	Melinda Cooksey	Tipton H	24.7s	02.05.09
	Emma Williams	Coventry Godiva H	24.7s	07.05.11
400m	Laura Langowski	Coventry Godiva H	55.0s	07.05.11
800m	Celia Taylor	Coventry Godiva	2.10.8s	14.08.11
1500m	Karen Harewood	Corby AC	4.31.0s	07.06.08
3000m	Hannah Alderson	Yate & D	9.54.9s	06.06.10
100H	Joanne Eaton	Yate & District AC	14.3s	04.07.09
400H	Hannah Jackson	Yate & District AC	66.4s	01.05.10
HJ	Bethan Partridge	Telford AC	1.65m	02.05.09
	Hannah Keight	RSC	1.65m	03.07.10
	Chloe Boulter	Cannock & Stafford	1.65m	04.06.11
	Hannah Sargeant	Tamworth A	1.65m	14.08.11
LJ	Jo Frost	Bromsgrove & Redditch	5.55m	14.08.11
TJ	Bethan Partridge	Telford AC	11.31m	02.05.09
PV	Kim Smith	Tipton	3.10m	04.07.09
Shot	Carol Parker	Coventry Godiva H	12.30m	14.08.11
Discus	Jenny Scott	Birmingham Rowheath	41.47m	07.06.09
Javelin	Simone Huggins-Ward	Coventry Godiva	42.28m	03.07.11
Hammer	Kate Yhnell	Severn/Gloucester	46.96m	05.07.08
4 x 100m		Coventry Godiva H	49.3s	07.05.11
4 x 400m		Wolverhampton & Bilston	4.00.6s	01.08.10

MEN

Event	Name	Club	Perform	Date
100m	Ben Simons	Telford AC	10.7s	04.07.09
200m	Yannick Phippen	Kettering Town H	22.1s	04.06.11
400m	Ryan Preddy	Severn/Gloucester	48.8s	05.07.08
800m	Jelle Verwer	Tipton H	1.54.9s	07.06.08
1500m	Tim Dalton	Severn/Gloucester	3.54.8s	07.06.08
3000m	John Millington	Tipton H	8.28.9s	03.08.08
5000m	John Millington	Tipton H	15.04.9s	02.05.09
2k S/C	Steve Millward	Severn/Gloucester	6.07.1s	03.05.08
3k S/C	James Griggs	Coventry Godiva	9.48.0s	14.08.11
110H	Alex Nwenwu	Wolves & Bilston	14.9s	03.07/01.08.10
400H	Tom Burton	Tamworth A	53.2s	01.08.10
HJ	Karl Robbins	Coventry Godiva	2.00m	14.08.11
LJ	Andre Whyte	Halesowen	6.86m	04.07.09
TJ	Adam Smith	Tamworth A	13.26m	07.05.11
PV	Nick Cruchley	Halesowen	5.00m	04.07.09
Shot	Richard Woodhall	Dudley & Stourbridge	12.73m	07.06.08
Discus	Scott Jenns	Tipton H	47.34m	05.07.08
Javelin	James Hopley	Telford AC	63.51m	04.07.09
Hammer	Justin Sysum	Severn/Gloucester	58.56m	05.07.08
4 x 100m		Wolverhampton & Bilston	43.5s	01.08.10
4 x 400m		Tamworth A	3.24.0s	01.08.10

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Division 4

WOMEN

Event	Name	Club	Perform	Date
100m	Shelley Went	Leamington C & AC	12.2s	03.05.08
	Kanisha Hector	Birmingham Rowheath	12.2s	07.06.08
200m	Kanisha Hector	Birmingham Rowheath	25.0s	03.08.08
400m	Karen Harewood	Corby	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	Sophie Worrall	Telford AC	15.2s	07.05.11
400H	Justine Kinney	Royal Sutton Coldfield	60.1s	07.06.08
HJ	Bethan Partridge	Telford AC	1.75m	06.06.10
LJ	Joanne Frost	Bromsgrove & Redditch	5.67m	13.07.10
TJ	Bethan Partridge	Telford AC	12.26m	01.08.10
PV	Kim Smith	Tipton H	3.20m	01.05.10
	Hayley Rubery	Telford AC	3.20m	03.07.11
Shot	Rebecca Fagan	Telford AC	10.63m	04.06.11
Discus	Jenny Scott	Birmingham Rowheath	42.62m	03.08.08
Javelin	Charlotte Gimson	Royal Sutton Coldfield	40.26m	07.06.09
Hammer	Karen Bailey	Birmingham Rowheath	38.91m	05.07.08
4 x 100m		Cannock & Stafford	50.6s	01.08.10
4 x 400m		Royal Sutton Coldfield	3.59.4s	03.08.08

MEN

Event	Name	Club	Perfor m	Date
100m	Husain Alali/Ben Simons	Leamington C & AC/Telford AC	10.8s	03.05.08/04.06.11
200m	Sebastian Tully-Middleton	Banbury H	22.2s	05.07.08
	Liam Tipper	Telford AC	22.2s	06.06.10
400m	Jack Imray	Tipton H	49.2s	03.07.10
800m	Charlie Eastaugh	Leamington C & AC	1.56.1s	03.08.08
1500m	Thomas Humphries	Tipton H	3.57.2s	01.08.10
3000m	Thomas Humphries	Tipton H	8.20.2s	01.08.10
5000m	Paul Ward	Telford AC	15.56.1s	07.05.11
2k S/C	Tom Holden	Tipton H	6.28.0s	03.07.10
3k S/C	Oliver Harradence	Royal Sutton Coldfield	10.20.7s	07.06.08
110H	Andrew Pozzi	Stratford on Avon	14.2s	14.08.11
400H	Darren Lewis	Wolverhampton & B	54.6s	05.07.08
HJ	Martin Cherrington	Tipton H	1.95m	01.05/01.08.10
	James Hart	Bromsgrove & Redditch	1.95m	01.08.10
	Joshuah Hill	Solihull & Small Heath	1.95m	14.08.11
LJ	Thomas Kivell	Newport H	6.66m	03.08.08
TJ	Samuel Edwards	Shrewsbury AC	14.66m	07.05.11
PV	Garry Forfar	Telford AC	3.70m	06.06.10
Shot	Janek Maciejewski	Banbury AC	13.01m	03.07.10
Discus	Perris Wilkins	Banbury H	54.72m	03.08.08
Javelin	James Hopley	Telford AC	65.63m	07.05.11
Hammer	Gary Jennings	Banbury H	48.33m	07.06.08
4 x 100m		Leamington C & AC	43.2s	07.06.08
4 x 400m		Bromsgrove & Redditch	3.27.7s	01.08.10

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Division 5

WOMEN

Event	Name	Club	Perform	Date
100m	Rebecca Williams	Newport H	12.3s	07.05.11
200m	Rebecca Williams	Newport H	24.8s	07.05.11
400m	Karen Harewood	Corby AC	55.6s	03.07.11
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	Newport H	14.7s/14.2w	07.05.11/04.06.11
400H	Claire Burgoyne	Shrewsbury AC	63.4s	03.08.08
HJ	Cosima Berry	Leamington C & AC	1.69m	01.05.10
LJ	Laura Symonds	Cannock & Stafford	5.48m	02.05.09
TJ	Anna Kelly	Shrewsbury AC	11.89m	03.08.08
PV	Kim Smith	Tipton H	3.00m	04.06.11
Shot	Lauren Boyd	Corby AC	10.57m	06.06.10
Discus	Rachael Tyler	Corby AC	40.73m	01.08.10
Javelin	Melissa Arthur	Newport H	38.52m	07.05.11
Hammer	Lynette McKeown	Kidderminster & Stourport	39.76m	03.07.10
4 x 100m		Newport H	51.1s	07.05.11/03.07.11
4 x 400m		Corby AC	4.03.9s	07.05.11

MEN

Event	Name	Club	Perform	Date
100m	Jon Ofori-Baffe	Leamington	11.0s	04.07.09
	Andrew Jones	Shrewsbury	11.0s	01.08.10
	Lemar Freckleton	Newport H	10.9w	04.06.11
	Peter Shand	Tipton H	11.0s	03.07.11
200m	Jon Ofori-Baffe	Leamington	22.0s	04.07.09
400m	Jack Imray	Tipton H	49.4s	07.05.11
800m	James Hood	Bromsgrove & Redditch	1.56.3s	04.07.09
1500m	Chris Harvey	Cannock & Stafford	3.58.3s	02.05.09
3000m	Sam Mitchell	Worcester AC	8.54.2s	01.08.10
5000m	Tom Humphries	Cannock & Stafford	14.48.3s	02.05.09
2k S/C	Ian Rawlinson	Tipton H	5.58.9	03.07.11
3k S/C	Ian Rawlinson	Tipton H	09.15.0s	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	Mitchell Sims	Tipton H	2.00m	04.06.11/03.07.11
LJ	Andrew Jones	Shrewsbury AC	7.02m	01.08.10
TJ	Sam Edwards	Shrewsbury AC	14.24m	03.07.10
PV	Sam Baker	Corby	4.00m	03.07.11
Shot	Richard Parker	Cannock & Stafford	12.29m	03.08.08
Discus	Kevin Brown	Royal Sutton Coldfield	52.35m	04.06.11
Javelin	Harry Hollis	Corby AC	52.93m	07.05.11
Hammer	John Hay	Corby AC	49.88m	07.05.11
4 x 100m		Tipton H	43.5s	04.06.11
4 x 400m		Newport H	3.26.4s	07.05.11

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Division 6

WOMEN

Event	Name	Club	Perform	Date
100m	Jo Frost	Bromsgrove/ Redditch	12.0s	05.07.08
200m	Jo Frost	Bromsgrove/ Redditch	25.5s	05.07.08
	Emma Pullen	Shrewsbury	25.5s	04.07.09
400m	Rebecca Williams	Newport H	56.7s	01.08.10
800m	Nikita Pembleton	Sutton in Ashfield	2.18.9s	03.07.11
1500m	Jenny Nesbitt	Worcester AC	4.44.7s	07.05.11
3000m	Abbey Norman	Burton AC	10.32.7s	05.07.08
100H	Helen Reeves	Worcester AC	17.0s	04.06.11
400H	Jemma Gregory	Abingdon Amblers	66.9s	04.06.11
HJ	Anna Kelly	Shrewsbury AC	1.54m	04.07.09
LJ	Jo Frost	Bromsgrove/ Redditch	5.27m	05.07.08
TJ	Anna Kelly	Shrewsbury AC	11.68m	07.06.09
PV	Emily Tompkins	Hereford & County	2.90m	03.08.08
Shot	Steph McNally	Hereford & County	11.35m	03.07.11
Discus	Emma Croke U17	Hereford & County	40.80m	03.07.10
Javelin	Bethany Mitchell	S I A H	39.62m	04.07.09
Hammer	Bethany Mitchell	S I A H	48.33m	04.06.11
4 x 100m		Newport H/Worcester AC	51.8s	03.07.10/04.06.11
4 x 400m		Newport H	4.14.5s	01.08.10

MEN

Event	Name	Club	Perform	Date
100m	Alex Bradnick	Worcester AC	10.9s	07.05.11
200m	Alex Bradnick	Worcester AC	22.3s	07.05.11
400m	Matthew Clark	Nuneaton H	50.4s	01.08.10
800m	Matthew Addison	Bromsgrove/ Redditch	1.57.1s	07.06.08
1500m	Daniel Hallam	Owls	4.05.6s	06.06.10
3000m	Paul Miles	Owls	9.03.2s	06.06.10
5000m	Matthew Granger	Kidderminster & Stourport	15.36.0s	04.07.09
2k S/C	Ben Danvers	Kidderminster & Stourport	06.11.8s	05.07.08
3k S/C	Paul Miles	Owls	10.08.3s	01.08.10
110H	Peter Barnshaw	Abingdon Amblers	17.2s	14.08.11
400H	Peter Barnshaw	Abingdon Amblers	56.3s	04.06.11
HJ	James Hart	Bromsgrove/ Redditch	1.91m	03.05.08
LJ	Luke Pryor	Owls	6.81m	01.08.10
TJ	Sam Edwards	Shrewsbury AC	13.69m	04.07.09
PV	Eric Spink	Hereford & Co	3.80m	05.07.08
Shot	Josh Day	Hereford & County	12.55m	06.06.10
Discus	Simon Brown	Shrewsbury AC	38.52.m	04.07.09
Javelin	Sam Cater	Bromsgrove/ Redditch	49.77m	05.07.08
Hammer	Josh Day	Hereford & County	44.14m	06.06.10
4 x 100m		Burton AC	45.1s	07.06.08
4 x 400m		Newport H	3.27.0s	03.07.10

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Division 7

WOMEN

Event	Name	Club	Perform	Date
100m	Laura Samuel	Leicester Coritanian	12.2s	01.08.10
200m	Rhiannon Linnington-Payne	Bridgnorth AC	26.1s	04.07.09
400m	Rhiannon Linnington-Payne	Bridgnorth AC	59.7s	03.07.11
800m	Jo Bradford	Leicester Coritanian	2.23.1s	04.06.11
1500m	Amy Casey	Nuneaton H	4.44.7s	07.05.11
3000m	Rebecca Smith	Tamworth B	10.51.1s	03.05.08
100H	Michelle Keight	Tamworth B	17.9s	01.05.10
400H	Rhiannon Linnington-Payne	Bridgnorth AC	66.5s	07.06.08
HJ	Hannah Keight	Tamworth B	1.55m	04.07.09
LJ	Laura Samuel	Leicester Coritanian	5.44m	03.07.10
TJ	Laura Samuel	Leicester Coritanian	12.58m	03.07.10
PV	Sarah Williams	Tamworth B	2.50m	04.07.09
Shot	Steph Hurst	Leicester Coritanian	10.43m	01.05.10
Discus	Sally Preston	Leicester AC	35.36m	03.07.11
Javelin	Bethany Mitchell	Sutton in Ashfield	35.75m	03.08.08
Hammer	Bethany Mitchell	Sutton in Ashfield	40.02m	05.07.08
4 x 100m		Leicester Coritanian	52.9s	01.08.10
4 x 400m		Tamworth B	4.22.0s	03.08.08

MEN

Event	Name	Club	Perform	Date
100m	Karl Leddington	Nuneaton	11.0s	14.08.11
200m	Karl Leddington	Nuneaton	22.0s	14.08.11
400m	Nathan Woodward	Tamworth B	49.1s	03.08.08
800m	Tom Meakin	Owls AC	1.56.6s	04.06.11
1500m	Geraint Davies	Owls AC	4.00.0s	02.05.09
3000m	Gordon Lee	Owls AC	8.56.9s	07.06.08
5000m	Gordon Lee	Owls AC	15.22.3s	03.05.08
2k S/C	Jason Williams	Owls AC	6.30.1s	04.07.09
3k S/C	Paul Miles	Owls AC	9.35.5s	14.08.11
110H	Andrew Beeston	Shrewsbury AC	17.3s	02.08.09
400H	Peter Barnshaw	Abingdon Amblers	58.5s	03.07.10
HJ	Daniel Boden	Bridgnorth AC	1.85m	03.08.08
LJ	Michael Fenn	Daventry	6.89m	14.08.11
TJ	Adam Smith	Tamworth B	13.69m	03.08.08
PV	Michael Pierpoint	Tamworth B	3.75m	01.08.10
Shot	Ben Wells	Owls AC	12.02m	07.05.11
Discus	Forrest Francis U17	Leicester Coritanian	38.89m	01.08.10
Javelin	Travelle Morris-Reed	Leicester Coritanian	58.44m	03.07.11
Hammer	Nick Fogg	Owls AC	44.70m	03.07.11
4 x 100m		Nuneaton AC	44.8s	14.08.11
4 x 400m		Notts B	3.30.0s	07.05.11