

Indoor Championship Bests at February 2019

SENIOR MEN	NAME	CLUB	RECORD	YEAR
60M	Andrew Robertson	Sale Harriers Manchester	6.68	2019
200M	Allyn Condon	Sale Harriers Manchester	20.64	2004
400M	Richard Buck	City of York AC	47.05	2008
800M	Jamie Webb	Liverpool Harriers	1:51.01	2018
1500M	Phillip Sesemann	Blackheath & Brom Ac	3:48.40	2017
3000M	Jonny Mellor	Liverpool Harriers	7:56.88	2014
60mH	David Hughes	Trafford AC	7.83	2006
High Jump	Martin Bernard	Unattached	2.26	2007
Pole Vault	Luke Cutts	Dearneside High AC	5.62	2009
Triple Jump	Oluwaseun Okome	Sale Harriers Manchester	15.84	2019
Long Jump	Chris Kirk	Newham & Essex Beagles	7.75	2008
Shot	Scott Lincoln	City of York AC	18.87	2017
Heptathlon	Kevin Sempers	Trafford AC	5580	2009

U20 MEN	NAME	CLUB	RECORD	YEAR
60M	Gerald Phiri	Sale Harriers Manchester	6.77	2002
200M	Thomas Somers	City of York AC	21.29	2015
400M	Alex Knibbs	Amber Valley & Erewash AC	47.83	2018
800M	Markhim Lonsdale	Crook & District Sports AC	1:51.85	2017
1500M	Tiarnan Crokken	Preston Harriers	3:57.49	2017
3000M	Harry Ellis	Warrington AC	8:23.85	2010
60mH	Jack Meredith	Liverpool Harriers	7.87	2010
High Jump	Shane Connell	Sale Harriers Manchester	2.09	2019
Pole Vault	Adam Hague	The Dearne ALC	5.51	2015
Triple Jump	Scott Hall	Gateshead Harriers & AC	14.72	2013
Long Jump	Michael Causer	St Helens Sutton AC	7.41	2014
	Jacob Fincham Dukes	Leeds City AC	7.41	2015
Shot	Carl Myerscough	Blackpool & Fylde	19.50	1998
Heptathlon	Daniel Gardiner	Leeds City AC	5355	2009

U17 MEN	NAME	CLUB	RECORD	YEAR
60M	Jona Efoloko	Sale Harriers Manchester	6.90	2016
200M	Jona Efoloko	Sale Harriers Manchester	21.67	2016
400M	Daniel Heald	Sale Harriers Manchester	49.00	2011
800M	Gabriel Gisborne	Hallamshire Harriers	1:57.83	2019
1500M	James Lamswood	Kingston upon Hull AC	4:01.72	2011
60mH	Jack Meredith	Liverpool Harriers	8.09	2008
High Jump	Darren Hammond	Sale Harriers Manchester	2.02	2005
Pole Vault	Christian Linsky	Barnsley AC	4.90	1996
Triple Jump	Matthew Houlden	Lincoln Wellington	14.37	2011
	James Davies	Blackpool Wyre & Flyde AC	14.37	2011
Long Jump	Archie Yeo	Scunthorpe & D AC	7.33	1984
Shot	Bryan Kelly	Southport Waterloo	16.53	1990
Heptathlon	Liam Ramsey	Doncaster AC	4304	2009

U15 BOYS	NAME	CLUB	RECORD	YEAR
60M	Jona Efoloko	Sale Harriers Manchester	7.10	2014
200M	Alex Kiwomya	Rotherham Harriers	22.62	2010

800M	Jethro McGraw	Amber Valley AC	2.01.75	2012
60mH	Joe Halpin	Gateshead Harriers	8.64	2015
High Jump	Mark Bidwell	Chesterfield & District	1.80	1999
Triple Jump	Christopher Dack	Doncaster AC	12.88	1997
Long Jump	Ashley Wren	Scunthorpe & District AC	6.38	2008
Shot	Leo Rowley	Rotherham Harriers & AC	13.90	2013
Pole Vault	Adam Hague	The Dearne ALC	3.90	2011
Pentathlon	Lewis Robson	Gateshead Harriers	2991	2002

U13 BOYS	NAME	CLUB	RECORD	YEAR
60M	Adam Javed	Rotherham Harriers	8.01	2019
200M	Adam Javed	Rotherham Harriers	25.68	2019
800M	Scott Nutter	Barnsley AC	2:22.08	2014
High Jump	Jack Doodson	Stockport Harriers	1.46	2017
Long Jump	Morgan Frith	Macclesfield Harriers & AC	5.04	2015
Shot	Donovan Capes	Nene Valley Harriers	9.71	2017

SENIOR WOMEN	NAME	CLUB	RECORD	YEAR
60M	Bernice Wilson	Birchfield Harriers	7.34	2011
200M	Louise Bloor	Trafford AC	23.76	2015
400M	Liz Fairs	Trafford AC	53.62	2004
800M	Jennifer Meadows	Wigan Harriers	2:03.27	2006
1500M	Racheal Bamford	Leeds City AC	4:23.65	2015
3000M	Danielle Hodgkinson	Sale Harriers Manchester	9:32.41	2019
60mH	Jessica Ennis	City of Sheffield AC	8.15	2011
High Jump	Susan Jones/Jessica Ennis/ Vikki Hubbard	Wigan & District Harriers/City of Sheffield AC/ Birchfield Harriers	1.89	2001/ 2010
Pole Vault	Janine Whitlock	Trafford AC	4.12	1998
Triple Jump	Naomi Ogbeta	Trafford AC	13.49	2019
Long Jump	Katarina Johnson-Thompson	Liverpool Harriers	6.63	2015
Shot Putt	Amy Hill	City of Sheffield AC	14.96	2011
Pentathlon	Karla Drew	City of Sheffield AC	4199	2015

U20 WOMEN	NAME	CLUB	RECORD	YEAR
60M	Shaunna Thompson	Sale Harriers Manchester	7.46	2009
200M	Kristie Edwards	City of Sheffield AC	24.11	2015
400M	Kirsten McAslan	Sale Harriers Manchester	54.35	2012
800M	Emma Alderson	Liverpool Harriers & AC	2:09.48	2018
1500M	Nicola Maddick	Kingston Upon Hull AC	4:35.19	2006
3000M	Aimee Pratt	Sale Harriers Manchester	10:08.71	2016
60mH	Alicia Barrett	Chesterfield & District AC	8.52	2017
High Jump	Abby Wardubba	Wakefield District H & AC	1.86	2016
Pole Vault	Abigail Roberts	The Dearne ALC	3.98	2014
Triple Jump	Naomi Ogbeta	Trafford AC	12.65	2017
Long Jump	Lucy Hadaway	City of York AC	6.23	2019
Shot Putt	Hannah Evenden	Edinburgh AC	14.09	2010
Pentathlon	Hannah Francis-Smithson	Leeds City AC	3713	2007

U17 WOMEN	NAME	CLUB	RECORD	YEAR
60M	Shauna Thompson	Sale Harriers Manchester	7.57	2007
200M	Shauna Thompson	Sale Harriers Manchester	24.46	2008
300M	Ashley Nemits	Warrington AC	40.03	2019
800M	Tilly Simpson	Hallamshire Harriers	2:06.67	2016
1500M	Emily Simpson	City of Sheffield AC	4:35.96	2016
60mH	Ashley Helsby/Alicia Barrett	Liverpool Harriers/Chesterfield & DAC	8.61	2006 2014
High Jump	Jessica Ennis	City of Sheffield	1.76	2002
Pole Vault	Victoria Barlow	Sale Harriers Manchester	3.75	2017
Triple Jump	Amy Williams	Sale Harriers Manchester	11.95	2013
Long Jump	Katarina Thompson	Liverpool Harriers	5.99	2008
Shot Putt	Hannah Molyneaux	Nene Valley Harriers	14.47	2017
Pentathlon	Steph Driscoll	Liverpool Harriers	3624	2018

U15 GIRLS	NAME	CLUB	RECORD	YEAR
60M	Trezequet Taylor	Trafford AC	7.63	2019
200M	Success Eduan	Sale Harriers Manchester	24.38	2019
800M	Tilly Simpson	Hallamshire Harriers	2:10.88	2015
60mH	Yasmin Miller	Derby AC	9.05	2009
High Jump	Katarina Thompson	Liverpool Harriers	1.72	2007
Long Jump	Grace Goodsell	Bury AC	5.44	2017
Shot Putt	Hannah Molyneaux	Nene Valley Harriers	13.01	2015
Pole Vault	Sophie Ashurst	Sale Harriers Manchester	3.10	2017
Pentathlon	Rhea Southcott	Leeds City AC	3411	2015

U13 GIRLS	NAME	CLUB	RECORD	YEAR
60M	Trezequet Taylor	Trafford AC	7.23	2017
200M	Natalie Groves	Spennborough & DAC	26.93	2016
800M	Ruby Simpson	Hallamshire Harriers Sheffield	2:19.88	2017
High Jump	Erin Lobleby/ Thea Brown	Hallamshire Harriers Sheffield/ Sale Harriers Manchester	1.50	2017 2019
Long Jump	Julia Winogrodzka	Bolton United Harriers	5.21	2017
Shot Putt	Erin Lobleby	Hallamshire Harriers Sheffield	10.85	2017