

## 2009 BEST PERFORMANCES - MEN

100m (10.4)	1. Max Galliers	WSEH	10.59	S.Premier	14/06
	2. Joseph Kibirige	Gateshead Harriers	10.72	N.Premier	24/05
	= Deji Tobias	WSEH	10.8	FINAL	13/09
200m (20.79)	1. Junior Ejeho	WG/EL	21.46	S.Premier	24/05
	2. Sam Watts	WG/EL	21.58	S.Premier	24/05
	3. Antonio Infantino	Shaftesbury Barnet	21.7	S.Premier	26/07
400m (47.07)	1. Chris Tandi	City of Portsmouth	47.7	Brent	14/06
	2. James Hunter	Liverpool Harriers	47.90	N.Premier	14/06
	3. Michael Warner	Notts A.C.	47.95	FINAL	13/09
800m (1.49.9)	1. Alan Ramsey	Team Glasgow	1.53.08	FINAL	13/09
	2. Adam Cotton	Birchfield Harriers	1.53.27	M.Premier	26/04
	3. Sam Evans	Cannock & Staffs	1.53.3	M.Premier	14/06
1500m (3.51.3)	1. Niall Brooks	Sale Harriers	3.57.27	FINAL	13/09
	2. Ben Nagy	Enfield & Haringey	4.00.3	S.Premier	26/07
	3. Chris O'Hare	Team Edinburgh	4.00.87	N.Premier	26/04
3000m (8.15.7)	1. Ross Murray	Gateshead Harriers	8.33.28	N.Premier	26/04
	2. Ben Nagy	Enfield & Haringey	8.40.54	S.Premier	14/06
	3. Niall Fleming	Shaftesbury Barnet	8.41.97	S.Premier	14/06
2000S/C (5.48.6)	1. James Senior	City of Norwich A.C.	5.53.8	S.Premier	26/07
	2. Tommy Bryant	Shaftesbury Barnet	5.58.22	FINAL	13/09
	3. Matt Jackson	Sale Harriers	6.01.60	FINAL	13/09
110m H (13.76)	<b>L.R.1. Lawrence Clarke</b>	<b>WSEH</b>	<b>13.76</b>	<b>S.Premier</b>	<b>24/05</b>
	2. Ben Reynolds	WSEH	13.82	S.Premier	14/06
	3. Jack Meredith	Liverpool Harriers	13.96	N.Premier	14/06
400m H (51.9)	1. Ross MacDonald	Birchfield Harriers	53.64	FINAL	13/09
	2. Jordan Aromasodu	Shaftesbury Barnet	54.4	S.Premier	26/07
	3. Tom Moakes	Notts A.C.	54.41	M.Premier	26/04
4 x 100R (41.05)	1. Liverpool Harriers		41.97	N.Premier	14/06
	2. Woodford Green with Essex Ladies A.C.		42.0	S.Premier	16/08
	3. Enfield & Haringey A.C.		42.09	S.Premier	14/06
4 x 400R (3.15.41)	1. Birchfield Harriers		3.16.84	FINAL	13/09
	2. Woodford Green with Essex Ladies A.C.		3.17.5	S.Premier	16/08
	3. Liverpool Harriers		3.17.53	N.Premier	14/06
Long Jump (7.42m)	1. Kadeen Greenidge-Smith	Harrow A.C.	7.10	S.Premier	14/06
	2. Seb Rodger	The Sharks	7.07	Itchen	26/07
	3. Michael Puplampu	WSEH	7.00	S.Premier	14/06
Triple Jump (15.66m)	1. Ben Williams	City of Stoke A.C.	15.51	M.Promotion	30/08
	2. Nathan Fox	Shaftesbury Barnet	15.25	S.Premier	14/06
	3. Michael Puplampu	WSEH	15.03	S.Premier	16/08

High Jump (2.22m)	1. Sam Bailey	The Saxons	2.15	Thames	14/06
	2. Scott Johnson	Team Bedfordshire	2.10	Thames	14/06
	3. Phinehas Stewart	Birchfield Harriers	2.07	FINAL	13/09
P. Vault (5.05m)	1. Andy Sutcliffe	Sale Harriers	5.00	N.Premier	14/06
	2. Michael Read	Shaftesbury Barnet	4.70	S.Premier	26/07
	3. Gregor Maclean	Team Edinburgh	4.65	N.Premier	26/07
Hammer (71.94m)	1. Pete Smith	Kingston upon Hull	70.73	Humber	14/06
	2. Joe Bloomfield	The Saxons	62.96	Thames	14/06
	3. Peter Clarke	WG/EL	62.71	S.Premier	14/06
Discus (64.35)	1. Steve Watson	NWC Herts	51.91	Brent	14/06
	2. Thomas Ashby	Shaftesbury Barnet	51.80	S.Premier	24/05
	3. Martin Bartholomew	City of Stoke A.C.	51.77	Trent	14/06
Javelin (69.60m)	1. Mathew Hunt	Kingston upon Hull	66.46	Humber	26/04
	2. Dan Pembroke	WSEH	63.27	S.Premier	16/08
	3. Paul Alsopp	City of York A.C.	61.95	N.Premier	14/06
Shot 6K (18.33m)	1. Anthony Oshodi	WG/EL	17.33	S.Premier	24/05
	2. Martin Bartholomew	City of Stoke A.C.	16.90	Trent	14/06
	3. Daniel Carlin	Team Glasgow	16.46	FINAL	13/09

## 2009 BEST PERFORMANCES - WOMEN

100m (11.65)	1. Torema Dorsett	Enfield & Haringey	11.91	S.Premier	14/06
	2. Jenny Batten <u>u17</u>	Cheltenham	12.0	Central	26/04
	3. Rachel Giwa	WG/EL	12.01	S.Premier	24/05
200m (23.75)	1. Shaunna Thompson	Sale Harriers	24.31	N.Premier	26/04
	2. Jenny Batten <u>u17</u>	Cheltenham & County	24.5	M.Promotion	30/08
	3. Chelsea Cooper	City of Stoke A.C.	24.6	M.Promotion	30/08
400m (54.05)	1. Shelayna Oskan	WSEH	55.11	S.Premier	14/06
	2. Mary Iheke	Kingston & Polytechnic	56.0	S.Promotion	30/08
	3. Jenny Tan	Kingdom Athletics	56.29	N.Premier	24/05
800m (2.06.7)	1. Emily Dudgeon <u>u17</u>	Team Edinburgh	2.10.28	FINAL	13/09
	2. Melissa Courtney <u>u17</u>	Shaftesbury Barnet	2.10.66	FINAL	13/09
	3. Vicky Fouhy	WSEH	2.10.87	S.Premier	14/06
1500m (4.26.33)	<b>L.R. 1. Sarah Kelly <u>u17</u></b>	<b>Kingdom Athletics</b>	<b>4.26.33</b>	<b>N.Premier</b>	<b>24/05</b>
	2. Sarah Inglis	Team Forth Valley	4.32.28	N.Premier	14/06
	3. Rachel Stringer	City of Norwich A.C.	4.35.0	S.Promotion	30/08
3000m (9.33.0)	1. Grace Nicholls	Tonbridge A.C.	10.01.2	Medway	24/05
	2. Melissa Courtney	Shaftesbury Barnet	10.01.5	S.Premier	26/07
	3. Danni Nimmock	City of Norwich AC	10.03.50	S.Premier	24/05
100m H (13.79)	1. Serita Solomon	B'heath & Bromley	14.03	S.Premier	14/06
	2. Lauren Dewdney	Gateshead Harriers	14.61	N.Premier	14/06
	3. Danielle Rooney	Sale Harriers	14.65	N.Premier	24/05

400m H (59.11)	1. Holly Belch	Sale Harriers	60.55	FINAL	13/09
	2. Lauren Bouchard	The Saxons	61.0	Thames	26/04
	3. Laura Burke <u>u17</u>	WSEH	61.25	FINAL	13/09
1500mS/C (5.00.38)	1. Nicola Hood	Team Glasgow	5.00.63	N.Premier	14/06
	2. Martha Reynolds	WSEH	5.08.87	S.Premier	14/06
	3. Blue Haywood	Notts A.C.	5.10.8	M.Premier	24/05
4 x 100R (46.6)	1. Enfield & Haringey		47.9	S.Premier	16/08
	2. Woodford Green with Essex Ladies		47.99	S.Premier	24/05
	3. Blackheath & Bromley Harriers A.C.		48.0	S.Premier	16/08
4 x 400R (3.46.67)	1. Birchfield Harriers		3.54.43	FINAL	13/09
	2. Blackheath & Bromley Harriers A.C.		3.54.6	S.Premier	26/07
	3. Sale Harriers		3.56.78	N.Premier	14/06
Long Jump (6.20m)	1. Lorraine Ugen	Blackheath & Bromley	6.10	S.Premier	16/08
	2. Katerina Thompson <u>u17</u>	Liverpool Harriers	5.96	N.Premier	26/04
	3. Sarah Warnock	Team Edinburgh	5.81	N.Premier	26/07
Triple Jump (12.88m)	1. Laura Samuels	Birchfield Harriers	12.53	M.Premier	24/05
	2. Ahtollah Rose <u>U17</u>	Sale Harriers	11.98	N.Premier	24/05
	3. Bethan Partridge	Telford A.C.	11.92	Trent	14.06
High Jump (1.83m)	1. Bethan Partridge	Telford A.C.	1.74	Trent	26/07
	2. Sian Swanson	North Wales	1.73	Mersey	26/04
	= Moe Sasegbon	NWC Herts	1.73	Brent	14/06
Pole Vault (3.85m)	1. Abigail Haywood	Sale Harriers	3.80	N.Premier	14/06
	2. Ellie Besford <u>u17</u>	The Saxons	3.75	Thames	14/06
	3. Courtney Maguire	Team Glasgow	3.60	N.Premier	14/06
	= Katie Byres <u>u17</u>	Sale Harriers	3.60	N.Premier	14/06
	= Sophie Upton	WSEH	3.60	FINAL	13/09
Hammer (60.60)	<b>L.R. 1. Sophie Hitchon</b>	<b>Sale Harriers</b>	<b>60.60</b>	<b>N.Premier</b>	<b>14/06</b>
	2. Myra Perkins	Team Forth Valley	54.99	N.Premier	24/05
	3. Hannah Evenden	Team Edinburgh	51.95	N.Premier	26/07
Discus (50.93)	1. Shaunagh Brown	Blackheath & Bromley	47.52	FINAL	13/09
	2. Lucy Underdown	Medway & M'stone	44.62	Medway	24/05
	3. Jade Moore	Birchfield Harriers	44.37	FINAL	13/09
Javelin (51.23)	1. Peta Lundgren	Herts Phoenix	47.00	Thames	14/06
	2. Freya Jones <u>u17</u>	Team Southampton	44.95	Itchen	14/06
	3. Claire Williams	West Wales	42.41	M.Premier	26/04
Shot (14.67m)	1. Shaunagh Brown	Blackheath & Bromley	14.16	S.Premier	16/08
	2. Yasmin Spencer <u>u17</u>	Team CDAV	13.50	M.Premier	26/04
	3. Hannah Evenden	Team Edinburgh	13.31	N.Premier	24/05