

## LEAGUE RECORDS

### MEN

100 metres	A. Condon	Sale Harriers	25.04.93	Rotherham	10.4.
200 metres	J.Alert-Khan	Shaftesbury Barnet	07.09.03	Derby	20.79.
400 metres	A. Charlton	Shaftesbury Barnet	07.09.03	Derby	47.07.
800 metres	J. Shane	Basildon	25.05.08.	Hillingdon	1.49.9.
1500 metres	J. Tyler	Medway & M'stone	27.04.08.	Erith	3.51.3
3000 metres	D.Robertson	Tonbridge A.C.	04.05.92.	Bexley	8.15.7.
2000 metres S.C.	D.Robertson	Tonbridge A.C.	25.05.92.	Tonbridge	5.48.6.
<b>110 m Hurdles</b>	<b>L.Clarke</b>	<b>WSEH</b>	<b>24.05.09</b>	<b>Copthall</b>	<b>13.76.</b>
400 m Hurdles	R. Dinham	Belgrave Harriers	23.05.04	Battersea	51.9
4 x 100 m Relay	Enfield & Haringey A.C.		09.09.07	Derby	41.05.
4 x 400 m Relay	Blackheath Harriers		14.09.97.	Birmingham	3.15.41.
High Jump	R.Grabarz	Enfield & Haringey	19.06.05	Ware	2.22m
Pole Vault	S Huggins	Blackheath	27.04.08	Copthall	5.05m.
Long Jump	J.Moore	Birchfield Harriers	12.08.01	Liverpool	7.42m.
Triple Jump	T.Fasinro	Hillingdon A.C.	07.05.90.	Colchester	15.66m.
Shot Putt(6.Kg)	C.Gearing	Belgrave Harriers	23.05.04	Battersea	18.33m
Discus Throw	E.Udechuku	Blackheath	21.06.98.	Basildon	64.35m.
Javelin Throw	D.Parker	Shaftesbury Barnet	12.09.99.	Derby	69.60m.
Hammer (6Kg)	P. Smith	K-u-Hull	27.04.08	Hull	71.94m.

### WOMEN

100 metres	S. Thompson	Sale Harriers	27.07.08	Manchester	11.65
200 metres	S. Thompson	Sale Harriers	14.09.08	Derby	23.75
	L.Sargent	Havering	25.04.04	Barnet	w23.6
400 metres	M.Okoro	Shaftesbury Barnet	07.09.03	Derby	54.05.
800 metres	L.Dobriskey	Ashford	28.07.02	Croydon	2.06.7
<b>1500 metres</b>	<b>Sarah Kelly</b>	<b>Kingdom Athletics</b>	<b>24.05.09.</b>	<b>Grangemouth</b>	<b>4.26.33</b>
3000 metres	E.Renour	Pitreavie A.C.	23.06.02	Clairville	9.33.0
1500m S.C.	E.McColgan	Kingdom Athletics	25.05.08.	Gateshead	5.00.38
100m Hurdles	J.Surman	Birchfield Harriers	10.09.06.	Derby	13.79.
400m Hurdles	M. Beesley	Birchfield Harriers	27.04.08	Birmingham	59.11
4 x 100m Relay	Enfield & Haringey A.C.		29.04.07	LVAC	46.6.
4 x 400m Relay	Birchfield Harriers		14.09.08.	Derby	3.46.67
High Jump	S.Jones	Wigan Harriers	22.06.97.	Stretford	1.83m.
Pole Vault	J.Ive	Shaftesbury Barnet	29.07.07	Bromley	3.85m.
Long Jump	D.Freeman	Leeds City A.C.	22.06.97.	York	6.20m.
Triple Jump	N.Mordi	Shaftesbury Barnet	10.09.06.	Derby	12.88m.
Shot Putt	J.Dunkley	Shaftesbury Barnet	13.09.98.	Cannock	14.67m.
Discus Throw	E.Francis	Birchfield Harriers	09.09.07	Derby	50.93m.
Javelin Throw	J.Blair	Birchfield Harriers	24.04.05	Leeds	51.23m
<b>Hammer Throw</b>	<b>S.Hitchon</b>	<b>Sale Harriers</b>	<b>14.06.09</b>	<b>Manchester</b>	<b>60.60m</b>