

**KEY TO CLUB ABBREVIATIONS:**

<b>Army AA</b>	<b>:</b>	<b>Army Athletics Assoc.</b>
<b>Caris</b>	<b>:</b>	<b>Carisbrooke High School</b>
<b>CP</b>	<b>:</b>	<b>City of Portsmouth AC</b>
<b>CKC</b>	<b>:</b>	<b>Christ The King College</b>
<b>Hav</b>	<b>:</b>	<b>Havant AC</b>
<b>IWAC</b>	<b>:</b>	<b>Isle of Wight AC</b>
<b>KW</b>	<b>:</b>	<b>Kings Winchester</b>
<b>LCAC</b>	<b>:</b>	<b>Leeds City AC</b>
<b>NFJ</b>	<b>:</b>	<b>New Forest Juniors</b>
<b>Ox C</b>	<b>:</b>	<b>Oxford City AC</b>
<b>Ports Gmr</b>	<b>:</b>	<b>Portsmouth Grammar</b>
<b>SMS</b>	<b>:</b>	<b>Sandham Middle School</b>
<b>SH</b>	<b>:</b>	<b>Sandown High</b>
<b>Sut</b>	<b>:</b>	<b>Sutton &amp; District AC</b>
<b>TS</b>	<b>:</b>	<b>Team Southampton</b>
<b>Unatt</b>	<b>:</b>	<b>Unattached</b>
<b>VP&amp;TH</b>	<b>:</b>	<b>Victoria Park &amp; Tower Hamlets</b>
<b>WWW</b>	<b>:</b>	<b>White Horse Harriers</b>
<b>WG&amp;EL</b>	<b>:</b>	<b>Woodford Grn &amp; Essex Ladies</b>

## TRACK EVENTS

### T1 12.30 U13 GIRLS 100M HEATS

**Holder:** Taylor Canning IWAC 14.2 (2008)

**IW Ch. record:** G. Gouveia 13.9 (1983)

**Track record:** Donna Chatting SCAC 13.3 (1996)

**Qualification to the FINAL T18~ first 3 in each heat and the two fastest losers  
If 8 athletes or less register on the day the final will be at the heat time**

#### HEAT 1

1	Chloe Craze	WHH	14.2	Q
2	Michelle Bigg	TS	14.5	Q
3	Yelena Brown	IWAC	14.7	Q
4	Holly Gardiner	IWAC	15.3	q

#### HEAT 2

1	Yasmin Hanson	VP&TH	13.9	Q
2	Graihagh Guille	Ports Gmr	14.3	Q
3	Georgina Baldwin	IWAC	15.3	Q
4	Katie-Maria Durkin	IWAC	15.3	q
5	Amy Durrant	IWAC	16.9	

### T2 12.40 U13 GIRLS 70M HURDLES

**IW Ch. Holder:** Tayler Canning IWAC 12.6 (2008)

**IW Ch. Record:** Tayler Canning IWAC 12.6 (2008)

**Track Record:** H. Barling Ox. AC 11.0 (1995)

1	Devon Brimecombe	Hav	13.2	
2	Michelle Bigg	TS	13.2	
3	Robyn-Mae Sanders	IWAC	14.7	
4	Alexandra Skeggs	IWAC	16.1	

### T3 12.45 U15 GIRLS 75M HURDLES

**Holder:** Alice Harriskine-Cook IWAC 16.8 (2008)

**IW Ch. Record:** Lucy Rann IWAC 12.0 (1995)

**Track Record:** Emma Duck SCAC 11.6 (1995)

1	Taylor Canning	IWAC	12.2	
2	Amy Wright	IWAC	32.2	

**T4 12.50 U13 BOYS 75M HURDLES****Holder:** New event**IW Ch. Record:** No current record**Track Record:**

1	Ben Brearley	NFJ	13.8
2	Kyle Downie	Ox. C	16.6
3	Callum Bigg	NFJ	17.2
4	Tom Harriskine-Cook	IWAC	18.7

**T5 12.50 U15 BOYS 80M HURDLES****Holder:** Will Yates IWAC 12.3 (2008)**IW Ch. Record:** James Forman IWAC 12.1 (2006)**Track Record:** Phillip Walsh IWAC 11.7 (1996)

1	Callum Rowe	TS	13.0
2	Connah Newton	IWAC	18.0

**T6 12.55 U17 MEN 100M HURDLES****Holder:** Keno Mario-Ghae IWAC 15.0 (2008)**IW Ch. Record:** Andi Ball IWAC 14.3 (1997)**Track Record:** Andi Ball IWAC 14.3 (1997)

1	Will Yates	IWAC	14.6
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**T7 1.00 75M U11 GIRLS****ENTRIES ON DAY****Holder:** Kennedy Grace IWAC 11.8 (2008)**IW Ch. record:** Kim Murray IWAC 11.4 (1999)

1	Sharna Capel-Watson	Hav	11.8
2	Yuki Abe	IWAC	12.3
3	Yasmin Rogerson	IWAC	12.5
4	Ellie Witty	IWAC	12.6
5	Safiah Sharudin	SMS	13.5

1	Kerrie Redstone	SMS	12.2
2	Amber Prust	IWAC	12.4
3	Maisie Grice	CP	12.5
4	Courtney Strong	IWAC	14.4
5	Eden Crumplin	IWAC	14.6

**T8**                    **1.00**        **U11 BOYS 75M**  
**ENTRIES ON THE DAY**  
**Holder:**            **Eden Pardey**                    **IWAC**    **12.5 (2008)**  
**IW Ch. record:**    **Alex Howard**                    **IWAC**    **11.1 (2001)**  
                              **George Corbin**                    **IWAC**    **11.1 (2003)**  
**If more than 8 entries on the day medallists will be decided upon fastest heats times**

1	Ryan Craze	WHH	11.1
2	Harry Miselbach	IWAC	11.4
3	Braeden Lee Carey	IWAC	11.4
4	Tom Beasley	Ryde	12.3
5	Callum Sharudin	SMS	13.2

**T9**                    **1.15**        **U15 GIRLS 100M**  
**Holder:**            **Paige Baldwin**                    **IWAC**    **14.2 (2008)**  
**IW Ch. Record**    **K. Hall**                                **13.0 (1973)**  
**Track record:**    **C. Roberts**                        **BAC**    **12.7 (1999)**

1	Stephanie Boyce	VP&TH	13.1
2	Libby Nunn	TS	13.4
3	Tayler Canning	IWAC	13.8
4	Amy Wright	IWAC	15.4

**T10**                  **1.20**        **U17 WOMEN 100M**  
**Holder:**            **Faith Norster**                    **IWAC**    **13.3 (2008)**  
**IW Ch. Record**    **Genevieve Holden**                **RH**    **12.9 (1989)**  
                              **Kim Murray**                        **IWAC**    **12.9 (2005)**  
**Track record:**    **Kate Denham**                        **SCAC**    **12.2 (1995)**

1	Lucilla Redvers-Harris	IWAC	13.7
2	Paige Baldwin	IWAC	14.2

**T11**                  **1.20**        **U20 WOMEN 100M**  
**Holder:**            **Suzanne Clifton**                    **IWAC**    **13.9 (2008)**  
**IW Ch. Record**    **Helen Davis**                        **Hav**    **12.9 (2002)**  
**Track record:**    **Kate Denham**                        **SCAC**    **12.2 (1995)**

1	Faith Norster	IWAC	12.7
2	Kirsty Warland	Ox C	13.0

**CR**

**T12**                  **1.20**        **SENIOR & MASTERS WOMEN 100M**  
**Holder:**            **Emily Young**                        **TS**    **12.8 (2008)**  
                              **Christine Young (M50)**                **IWAC**    **16.0 (2008)**  
**IW Ch. Record**    **Emily Young**                        **TS**    **12.4 (2007)**  
                              **Christine Young (M50)**                **IWAC**    **15.0 (2007)**  
**Track record:**    **Kate Denham**                        **SCAC**    **12.2 (1995)**

1	Emily Newton	TS	12.7
2	Christine Young (W50)	IWAC	15.9

<b>T13</b>	<b>1.25</b>	<b>U13 BOYS 100M</b>			
<b>Holder:</b>	<b>Kieran Phillips</b>		<b>IWAC</b>	<b>14.2 (2008)</b>	
<b>IW Ch. record:</b>	<b>Anthony Border</b>		<b>IWAC</b>	<b>12.9 (1994)</b>	
<b>Track record:</b>	<b>Anthony Border</b>		<b>IWAC</b>	<b>12.9 (1994)</b>	
1	Kieran Phillips	IWAC		12.4	CR/TR
2	Lee Tanswell	IWAC		13.5	
3	Dylan Kulmayer	IWAC		13.5	
4	Jake Kernot	IWAC		15.8	
5	Matthew Miselbach	IWAC		15.8	
6	Kyle Downie	Ox. C		15.9	

<b>T14</b>	<b>1.30</b>	<b>U15 BOYS 100M</b>			
<b>Holder:</b>	<b>Ryan Tanswell</b>		<b>IWAC</b>	<b>12.3 (2008)</b>	
<b>IW Ch. Record</b>	<b>R. Cooper</b>			<b>11.9 (1990)</b>	
<b>Track record:</b>	<b>Grant Murdoch</b>		<b>BAC</b>	<b>11.9 (1996)</b>	
1	Nathan Hanson	VP&TH		11.9	=TR
2	Luke Hodgetts	TS		12.7	
3	Callum Rowe	TS		12.9	
4	Jamie Evans	SH		13.2	
5	Tom Proctor	IWAC		14.8	

<b>T15</b>	<b>1.35</b>	<b>U17 MEN 100M</b>			
<b>Holder:</b>	<b>Josh Gilbey</b>		<b>IWAC</b>	<b>11.9 (2008)</b>	
<b>IW Ch. Record</b>	<b>C. Simpkins</b>			<b>11.4 (1980)</b>	
<b>Track record:</b>	<b>John Hepworth</b>		<b>TS</b>	<b>11.1 (1995)</b>	
1	Dami Oladiran	VP&TH		11.6	
2	Adam Jones	Unatt		12.2	
3	Nathan Rockett	Ox C		12.3	
4	Will Hodgetts	TS		12.6	
5	Mark Warland	Ox C		12.6	

<b>T16</b>	<b>1.40</b>	<b>U20 MEN 100M</b>			
<b>Holder:</b>	<b>James Grocock</b>		<b>TS</b>	<b>11.5 (2007)</b>	
<b>IW Ch. Holder:</b>	<b>Anthony Dunne</b>		<b>IWAC</b>	<b>11.8 (2004)</b>	
<b>IW Ch. Record</b>	<b>James Grocock</b>		<b>TS</b>	<b>11.5 (2007)</b>	
	<b>Tom McCormack</b>		<b>BS</b>	<b>11.7 (1990)</b>	
<b>Track record:</b>	<b>John Hepworth</b>		<b>TS</b>	<b>11.1 (1995)</b>	
1	David Gain	Ox C		11.3	

**T17 1.40 SENIOR & MASTERS MEN 100M**

<b>Holder:</b>	<b>Ian Rock</b>		<b>Hav</b>	<b>11.9 (2005)</b>
	<b>Stephen Davis</b>	<b>(M45)</b>	<b>IWAC</b>	<b>12.4 (2004)</b>
<b>IW Ch. Record</b>	<b>Charles Edsall</b>		<b>Hav</b>	<b>11.3 (2001)</b>
	<b>Stephen Davis</b>	<b>(M40)</b>	<b>IWAC</b>	<b>12.0 (1998)</b>
	<b>Stephen Davis</b>	<b>(M45)</b>	<b>IWAC</b>	<b>12.1 (2003)</b>
	<b>Stephen Duff</b>	<b>(M50)</b>	<b>IWAC</b>	<b>12.9 (1999)</b>
<b>Track record:</b>	<b>Magnus Menstromm</b>		<b>Got</b>	<b>11.09 (1993)</b>
1	Ashley Johnson		Ox. C	10.9
2	George Ross	<b>(M50)</b>	IWAC	12.8
3	Stephen Davis	<b>(M50)</b>	IWAC	13.0
4	Marcus Besley		IWAC	13.5

**TR  
CR**

**T18 1.45 U13 GIRLS 100M FINAL**

1	Chloe Craze		WHH	13.7
2	Yasmin Hanson		VP&TH	13.8
3	Graihagh Guille		Ports Gmr	14.1
4	Michelle Bigg		TS	14.5
5	Yelena Brown		IWAC	15.5
6	Katie-Maria Durkin		IWAC	15.5
7	Georgina Baldwin		IWAC	15.6
8	Holly Gardiner		IWAC	15.6

**T19 2.00 U13 GIRLS 1500M**

<b>Holder:</b>	<b>Sarah Knight</b>		<b>IWAC</b>	<b>6:14.5 (2004)</b>
<b>IW Ch. Record:</b>	<b>Louise Higgin</b>		<b>IWAC</b>	<b>5:29.2 (1994)</b>
<b>Track record:</b>	<b>Louise Higgin</b>		<b>IWAC</b>	<b>5:29.2 (1994)</b>
1	Abbie Fisher		TS	5:30.5
2	Kaya Simpson		IWAC	6:31.2
3	Holly Gardiner		IWAC	6:50.1

**T20 2.00 U15 GIRLS 1500M**

<b>Holder:</b>	<b>Holly Newton</b>		<b>IWAC</b>	<b>6:07.5 (2007)</b>
<b>IW Ch. Record:</b>	<b>Carly Bray</b>		<b>IWAC</b>	<b>5:11.5 ((1999)</b>
<b>Track record:</b>	<b>Louise Damen</b>		<b>BAC</b>	<b>4.46.7 (1997)</b>
1	Penny Churchill		IWAC	5:48.9



**T26**                    **2.30**        **U17 WOMEN 200M**  
**Holder:**                **Faith Norster**                    **IWAC**    **26.9 (2008)**  
**IW Ch. Record:**       **Kim Murray**                    **IWAC**    **26.2 (2005)**  
**Track record:**        **Kate Denham**                    **SC**      **25.5 (1995)**  
1        Lucilla Redvers-Harris            **IWAC**            27.6  
2        Paige Baldwin                        **IWAC**            30.3

**T27**                    **2.30**        **U20 WOMEN 200M**  
**Holder:**                **Helen Davis**                    **IWAC**    **27.1 (2004)**  
**IW Ch. Record:**       **Helen Davis**                    **IWAC**    **26.5 (2003)**  
**Track record:**        **Kate Denham**                    **SC**      **25.5 (1995)**  
1        Faith Norster                        **IWAC**            26.2  
2        Brogan Percy                        **VP&TH**

CR

**T28**                    **2.30**        **SENIOR & MASTERS WOMEN 200M**  
**Holder:**                **Helen Davies**                    **Hav**      **26.9 (2005)**  
                                 **Christine Young (M45)**            **IWAC**    **31.3 (2003)**  
                                 **Christine Young (M50)**            **IWAC**    **33.1 (2008)**  
                                 **Anita Davies (M35)**                **IWAC**    **37.1 (2000)**  
**IW Ch. Record:**       **Genevieve Holden**                **Ox C**     **26.7 (1995)**  
                                 **Ro Hill (M35)**                        **IWAC**    **33.6 (1999)**  
                                 **Christine Young (M45)**                **IWAC**    **31.3 (2003)**  
                                 **Christine Young (M50)**                **IWAC**    **33.1 (2008)**  
**Track record:**        **Kate Denham**                    **SC**      **25.5 (1995)**  
1        Christine Young (W50)            **IWAC**            33.3

**T29**                    **2.35**        **U13 BOYS 200M**  
**Holder:**                **Lee Tanswell**                    **IWAC**    **31.9 (2008)**  
**IW Ch. Record:**       **Ryan Tanswell**                    **IWAC**    **26.1 (2007)**  
**Track record:**        **Ryan Tanswell**                    **IWAC**    **26.1 (2007)**  
1        Dylan Kulmayer                    **IWAC**            28.7  
2        Lee Tanswell                        **IWAC**            29.2  
3        Tom Harriskine-Cook                **IWAC**            33.3  
4        Jack Chatfield                      **IWAC**            34.8  
34       Jake Kernot                         **IWAC**            35.1

**T30**                    **2.40**        **U15 BOYS 200M**  
**Holder:**                **Will Yates**                        **IWAC**    **25.6 (2008)**  
**IW Ch. Record:**       **Andrew French**                    **RH**      **24.1 (1993)**  
**Track record:**        **Andrew French**                    **RH**      **24.1 (1993)**  
1        Nathan Hanson                      **VP&TH**            23.9  
2        Declan Leach                        **IWAC**            24.6

TR

**T31**                    **2.45**        **U17 MEN 200M**  
**Holder:**                **Josh Gilbey**                    **IWAC**    **24.3 (2008)**  
**IW Ch. Record:**       **Stuart Blackler**               **IWAC**    **23.0 (2006)**  
**Track Record:**        **Wade Bennett-Jackson**       **Bel**      **22.0 (2002)**  
1        Dami Oladiran                    VP&TH        23.3  
2        Adam Jones                        Unatt            24.8  
3        Nathan Rockett                    Ox C            25.7

**T32**                    **2.50**        **U20 MEN 200M**  
**Holder:**                **Morgan Davies**                **IWAC**    **24.7 (2004)**  
**IW Ch. Record:**       **Tom Young**                      **IWAC**    **23.6 (2001)**  
**Track Record:**        **Sean Baldock**                    **Hast**     **22.5 (1995)**  
   **Wade Bennett-Jackson**       **Bel**      **22.0 (2002)**  
1        David Gain                           Ox C            22.4  
2        James Forman                      IWAC          23.0  
3        Calum Bressington                Unatt            24.3

CR

**T33**                    **2.55**        **SENIOR & MASTERS MEN 200M**  
**Holder:**                **Ian Rock**                         **Hav**      **24.1 (2004)**  
   **Stephen Davis (M40)**            **IWAC**    **25.6 (2000)**  
   **Stephen Davis (M45)**            **IWAC**    **25.1 (2003)**  
   **Steve Duff (M50)**                **IWAC**    **29.5 (1999)**  
**IW Ch. Record:**       **Charles Edsall**                    **Hav**      **23.1 (1993)**  
**Track Record:**        **Matthias Sunneborne**           **Gotland** **21.89 (1993)**  
1        Ashley Johnson                    Ox. C          22.3  
2        George Ross                        (M50)        IWAC          26.8  
3        Marcus Besley                      IWAC          27.5

**T34**                    **3.00**        **600M U11 GIRLS**  
   **ENTRIES ON THE DAY**  
**Holder:**                **Kennedy Grace**                **IWAC**    **2:07.5 (2008)**  
**IW Ch. Record:**       **Sarah Knight**                    **IWAC**    **2:04.2 (2002)**  
1        Maisie Grice                        CP              2:06.8  
2        Sharna Capel-Watson            Hav             2:08.7  
3        Yuki Abe                            IWAC          2:09.1  
4        Kerrie Redstone                 SMS            2:11.8  
5        Alisha Hutchinson               IWAC          2:16.1  
6        Amber Prust                        IWAC          2:19.5  
7        Safiah Sharudin                 SMS            2:21.2  
8        Courtney Strong                 IWAC          2:32.6  
9        Ellie Witty                        IWAC          2:35.6  
10      Eden Crumplin                    IWAC          3:23.3

**T35**                    **3.10**        **600M U11 BOYS**  
**ENTRIES ON THE DAY**  
**Holder:**                **Eden Pardey**                    **IWAC**        **2:09.5 (2008)**  
**IW Ch. Record:**      **Lloyd Woodhouse**            **IWAC**        **1:51.7 (2005)**  
**Track record:**        **Lloyd Woodhouse**            **IWAC**        **1:51.7 (2005)**  
1            Harry Miselbach                    **IWAC**        2:02.6  
2            Sam Hutchinson                    **IWAC**        2:04.3  
3            Braeden Lee Carey                **IWAC**        2:12.2  
4            Tom Beasley                        **Ryde**         2:26.8  
5            Callum Sharudin                    **SMS**         2:34.3

**T36**                    **3.20**        **U13GIRLS 800M**  
**Holder:**                **Penny Churchill**                **IWAC**        **2:49.2 (2008)**  
**IW Ch. Record:**      **H. Law**                            **IWAC**        **2:35.6 (1980)**  
**Track record:**        **Charlotte Moore**                **BAC**         **2:20.6 (1997)**  
1            Evie Grice                            **CP**             2:42.6  
2            Devon Brimecombe                **Hav**            2:50.8  
3            Bethany Mulvany                  **Ox C**          3:05.1  
81          Amy Durrant                        **IWAC**        3:13.4

**T37**                    **3.20**        **U15 GIRLS 800M**  
**Holder:**                **Grace Crumplin**                **IWAC**        **2:47.1 (2008)**  
**IW Ch. Record:**      **Louise Smith**                    **RH**            **2:23.9 (1978)**  
**Track record:**        **Charlotte Moore**                **BAC**         **2:20.6 (19997)**  
1            Annabelle Marsh                    **IWAC**        2:48.9  
2            Penny Churchill                    **IWAC**        2:52.4

**T38**                    **3.25**        **U17 WOMEN 800M**  
**Holder:**                **Siobhan Svendsen**               **IWAC**        **2:32.5 (2004)**  
**IW Ch. Record:**      **Bryony Frost**                    **IWAC**        **2:24.7 (2000)**  
**Track record:**        **Louise Damen**                    **BAC**         **2:13.4 (1999)**  
1            Grace Crumplin                    **IWAC**        2:55.1  
2            Katie Churchill                    **IWAC**        3:29.2

**T39**                    **3.25**        **SENIOR & MASTERS WOMEN 800M**  
**IW Ch. Holder:**    **B. Preece**                    **(M45)**    **RH**        **3:47.7 (1991)**  
**IW Ch. Record:**    **C. Le Roi**                    **(M35)**    **RH**        **2:25.9 (1982)**  
                              **A. Wearn**                    **(M35)**    **RH**        **2:46.5 (1990)**  
                              **B. Preece**                    **(M45)**    **RH**        **3:47.7 (1991)**  
**Track record:**     **S. Morris**                    **BAC**        **2:11.5 (2000)**  
No entries

**T40**                    **3.30**        **U13 BOYS 800M**  
**Holder:**                **Connah Newton**                    **IWAC**        **2:49.6 (2008)**  
**IW Ch. Record:**    **K. Hawtin**                    **Sol MS**      **2:24.6 (1994)**  
**Track record:**     **Jonathan Blackledge**                **IWAC**        **2:21.0 (1997)**  
1                    Callum Bigg                    NFJ                    2:59.5

**T41**                    **3.30**        **U15 BOYS 800M**  
**Holder:**                **Charlie Hibberd**                    **IWAC**        **2:27.2 (2008)**  
**IW Ch. Record:**    **C. McGrady**                    **TS**            **2:08.0 (1979)**  
**Track record:**     **A. Chalke**                    **TS**            **2:08.2 (2001)**  
1                    Martin McGrath                    Caris                    2:25.5  
2                    Richard Vaughan                    IWAC                    2:32.7  
48                    Tom Proctor                    IWAC                    2:49.6

**T42**                    **3.35**        **U17 WOMEN 300M**  
**IW Ch. Holder:**    **Brogan Percy**                    **IWAC**        **41.9 (2008)**  
**IW Ch. record:**    **Brogan Percy**                    **IWAC**        **41.9 (2008)**  
**Track record:**     **Alice Reynolds**                    **Hav**            **40.8 (2008)**  
1                    Lucilla Redvers-Harris                IWAC                    44.5  
2                    Holly Newton                    IWAC                    47.4

**T43**                    **3.40**        **U13 BOYS 400M**  
**Holder:**                **Ryan Tanswell**                    **IWAC**        **60.0 (2007)**  
**IW Ch. record:**    **S. Akerman**                    **IWAC**        **59.2 (1977)**  
**Track record:**     **D. Jones**                    **CP**            **59.6 (1997)**  
1                    Ben Brearley                    IWAC                    67.3  
2                    Tom Udan                    TK                    71.8  
3                    Jack Chatfield                    IWAC                    84.1

**T44**                    **3.40**        **U15BOYS 400M**  
**Holder:**                **Ryan Tanswell**                    **IWAC**        **55.4 (2008)**  
**IW Ch. record:**    **Ryan Tanswell**                    **IWAC**        **55.4 (2008)**  
**Track record:**     **Ryan Tanswell**                    **IWAC**        **55.4 (2008)**  
1                    Ryan Tanswell                    IWAC                    53.5                    **CR**  
2                    Callum Rowe                    TS                    59.6

**T45**                    **3.45**            **U17 MEN 400M**  
**Holder:**            **James Forman**                    **IWAC**    **50.3 (2008)**  
**IW Ch. record:**    **James Forman**                    **IWAC**    **50.3 (2008)**  
**Track record:**    **James Forman**                    **IWAC**    **50.3 (2008)**  
1            Steven Carter                            **IWAC**                    52.1

**T46**                    **3.45**            **U20 MEN 400M**  
**IW Ch. Holder:**    **Morgan Davies**                    **IWAC**    **54.9 (2004)**  
**IW Ch. record:**    **Tim Morris**                            **IWAC**    **52.7 (1995)**  
**Track record:**    **Phillip Octave**                    **Hill**        **49.1 (1997)**  
1            Calum Bressington                    **Unatt**                    56.3

**T47**                    **3.45**            **SENIOR& MASTERS WOMEN 400M**  
**IW Ch. Holder:**    **Emily Young**                    **TS**        **60.8 (2008)**  
                             **Sue Lee**                            **(M35)**        **IWAC**        **(1996)**  
                             **B. Preece**                            **(M45)**        **61.0 (1991)**  
**IW. Ch. record:**    **Genevieve Holden**                    **Ox C**        **58.7 (1996)**  
                             **B. Preece**                            **(M45)**        **61.0 (1991)**  
**Track record:**    **Genevieve Holden**                    **IW**         **57.23(1993)**  
No entries



## **FIELD EVENTS**

### **F1 11.00 HAMMER U15 GIRLS 3.25KG**

**Holder:** Lizzy Lovegrove IWAC 26.16 (2007)  
**IW Ch. Record:** Kayleigh Brading IWAC 27.70 (2003)  
**Track Record:** Catherine Marvin IWAC 35.62 (2001)  
1 Sarah-Jane Anthony AFD 41.63

TR

### **F2 11.00 HAMMER U17 WOMEN 4KG**

**Holder:** Mollie Occomore IWAC 22.73 (2007)  
**IW Ch. Record:** Ami Church IWAC 40.44 (2002)  
**Track record:** Helen Arnold CP 41.48 (1995)  
1 Katie Churchill IWAC 17.64

### **F3 11.00 HAMMER U20 WOMEN 4KG**

**Holder:** Mollie Occomore IWAC 26.17 (2008)  
**IW Ch. Record:** Amy Church IWAC 44.76 (2004)  
**Track record:** Helen Arnold CP 50.52 (1997)  
1 Sarah Osgood Hav 32.83  
2 Anna Stevens TS 32.72

### **F4 11.00 HAMMER SENIOR & MASTERS WOMEN 4KG**

**Holder:** Senad Adams (M40) Hav 17.18 (2008)  
Senad Adams (M40) Hav 17.18 (2008)  
**IW Ch. Record:** Amy Church Sutt. 48.83 (2006)  
Michelle Moody (MW35) IWAC 26.92 (2004)  
Senad Adams (M40) Hav 17.18 (2008)  
**Track record:** Helen Arnold CP 50.52 (1997)  
No entries

### **F5 11.00 HAMMER U13 BOY 3KG**

**Holder:** Kieran Phillips IWAC 31.22 (2008)  
**IW Ch. Record:** Nicholas Percy IWAC 38.57 (2007)  
**Track record:** Nicholas Percy IWAC 38.57 (2007)  
1 Kieran Phillips IWAC 48.18 CR/TR/NR  
2 Lewis Jones Unatt 25.43  
3 Tom Young TS 20.30

### **F6 11.00 HAMMER U20 MEN 6.25KG**

**Holder:** Daniel Barton-Smith IWAC 48.84 (2004)  
**IW Ch. Record:** Andy Frost IWAC 60.95 (2000)  
**Track record:** Andy Frost IWAC 61.23 (2000)  
No entries

<b>F7</b>	<b>11.30</b>	<b>LONG JUMP U11 GIRLS</b>		
		<b>Entries on the day (3 Trials)</b>		
1	Sharna Capel-Watson	Hav		3.22
2	Maisie Grice	CP		3.16
3	Amber Prust	IWAC		3.08
4	Yuki Abe	IWAC		3.05
5	Yasmin Rogerson	IWAC		3.02
6	Safiah Sharudin	SMS		2.84
7	Eden Crumplin	IWAC		2.51
8	Courtney Strong	IWAC		2.36

<b>F8</b>	<b>11.30</b>	<b>LONG JUMP U11 BOYS</b>		
		<b>Entries on the day (3 Trials)</b>		
1	Harry Miselbach	IWAC		3.73
2	Braeden Lee Carey	IWAC		3.59
3	Tom Beasley	Ryde		3.24
4	Callum Sharudin	SMS		2.40

<b>F9</b>	<b>12.00</b>	<b>HAMMER U15 BOY 4KG</b>		
<b>Holder:</b>	<b>Charlie Occomore</b>	<b>IWAC</b>	<b>21.46</b>	<b>(2007)</b>
<b>IW Ch. Record:</b>	<b>Nicholas Percy</b>	<b>IWAC</b>	<b>40.93</b>	<b>(2008)</b>
<b>Track record:</b>	<b>Callum Woon</b>	<b>IWAC</b>	<b>53.24</b>	<b>(2006)</b>
1	Nicholas Percy	IWAC		55.93
2	Daniel Avery	TS		54.64
3	Matthew Anthony	AFD		19.36

<b>F10</b>	<b>12.00</b>	<b>HAMMER SENIOR &amp; MASTERS MEN 7.26KG, 6KG</b>		
<b>Holder:</b>	<b>John Mitchell</b>	<b>(M45) IWAC</b>	<b>27.30</b>	<b>(2007)</b>
<b>IW Ch. Record:</b>	<b>Andy Frost</b>	<b>IWAC</b>	<b>71.18</b>	<b>(2005)</b>
	<b>John Mitchell</b>	<b>(M40) IWAC</b>	<b>33.58</b>	<b>(1998)</b>
	<b>John Mitchell</b>	<b>(M45) IWAC</b>	<b>30.81</b>	<b>(2006)</b>
<b>Track record:</b>	<b>Mick Jones</b>	<b>Bel</b>	<b>71.32</b>	<b>(2001)</b>
1	Andy Frost	WG&EL		67.84
2	Nathan Harland-Smith	Craw		43.84
3	Matt Barton	Leeds C		19.71

<b>F11</b>	<b>12.15</b>	<b>LONG JUMP U13 BOYS</b>		
<b>Holder:</b>	<b>Joe Urry</b>	<b>IWAC</b>	<b>4.34</b>	<b>(2008)</b>
<b>IW Ch. Record:</b>	<b>S. Pledger</b>		<b>4.84</b>	<b>(1978)</b>
<b>Track record:</b>	<b>C. Hackett</b>	<b>Ox. C</b>	<b>5.24</b>	<b>(1995)</b>
1	Ben Brearley	NFJ		4.47
2	Edward Newnham	CKC		4.14
3	Matthew Miselbach	IWAC		3.65
4	Jake Kernot	IWAC		3.19
5				

**F12                    12.15    LONG JUMP U15 BOYS**

<b>Holder:</b>	<b>Leon Phillips</b>	<b>IWAC</b>	<b>5.92 (2007)</b>
<b>IW Ch. Record:</b>	<b>Leon Phillips</b>	<b>IWAC</b>	<b>5.92 (2007)</b>
<b>Track record:</b>	<b>Leon Phillips</b>	<b>IWAC</b>	<b>5.92 (2007)</b>
1	Jamie Evans	SH	4.87
2	Joe Urry	IWAC	4.58
3	Connah Newton	IWAC	3.87

**F13                    1.00    SHOT PUTT U13 GIRLS 2.75KG**

<b>Holder:</b>	<b>Penny Churchill</b>	<b>IWAC</b>	<b>7.06 (2008)</b>
<b>IW Ch. Record:</b>	<b>Natalie Romaine</b>	<b>IWAC</b>	<b>9.27 (1997)</b>
<b>Track record:</b>	<b>Natalie Whisken</b>	<b>BAC</b>	<b>10.08 (2008)</b>
1	Sophie Merritt	TS	9.94
2	Wallis Canning	IWAC	5.43
3	Kaya Simpson	IWAC	3.80

**F14                    1.00    SHOT PUTT U15 GIRLS 3.25KG**

<b>Holder:</b>	<b>Eleanor Mitchell</b>	<b>IWAC</b>	<b>8.69m (2008)</b>
<b>IW Ch. Record:</b>	<b>Lucy Rann</b>	<b>IWAC</b>	<b>12.88 (1995)</b>
<b>Track record:</b>	<b>Lucy Rann</b>	<b>IWAC</b>	<b>12.88 (1995)</b>
1	Sarah-Jane Anthony	AFD	9.25
2	Eleanor Mitchell	IWAC	8.84
3	Penny Churchill	IWAC	7.77

**F15 1.00 SHOT PUTT U17 WOMEN 4KG**  
**Holder:** Fay Harris IWAC 6.02 (2007)  
**IW Ch. Record:** Vanessa Lewis RH 8.98 (1979)  
**Track record:** Helen Arnold CP 11.70 (1994)  
 1 Katie Churchill IWAC 6.59

**F16 1.00 SHOT PUTT U20 WOMEN 4KG**  
**Holder:** Claire Grace IWAC 6.93 (2006)  
**IW Ch. Record:** Amy Church IWAC 9.20 (2005)  
**Track record:** Helen Arnold CP 11.70 (1994)  
 1 Anna Stevens TS 9.11

**F17 1.00 SHOT PUTT SENIOR & MASTERS WOMEN 4KG**  
**Holder:** Senad Adams (M40) Hav 8.90 (2008)  
 Senad Adams (M40) Hav 8.90 (2008)  
**IW Ch. Record:** Natalie Badham IWAC 10.16 (2004)  
 Senad Adams (M40) Hav 9.34 (2007)  
**Track record:** L. Liljeroos Aland 12.67 (1993)  
 1 Lucy Rann Army AA 11.14 CR

**F18 1.00 JAVELIN U13 BOYS 400GM**  
**Holder:** Michael Weeks IWAC 28.92 (2008)  
**IW Ch. Record:** Nicholas Percy IWAC 39.24 (2007)  
**Track record:** Eric Workman AFD 40.40 (1995)  
 1 Tom Young TS 25.23

**F19 1.00 JAVELIN U15BOYS 600GM**  
**Holder:** Aiden Price IWAC 36.76 (2008)  
**IW Ch. Record:** Richard Lainson IWAC 55.32 (1996)  
**Track record:** Richard Lainson IWAC 55.32 (1996)  
 1 Matthew Anthony AFD 30.19

**F20 1.00 JAVELIN U17 MEN 700GM**  
**Holder:** Cameron Mitchell IWAC 40.77 (2008)  
**IW Ch. Record:** Richard Lainson IWAC 55.27 (1998)  
**Track record:** Richard Lainson IWAC 58.80 (1998)  
 1 Will Yates IWAC 35.58

**F21 1.00 JAVELIN SENIOR & MASTERS MEN 800GM  
INC PARALYMPIAN 600GRM**

**Holder:** Richard Lainson TS 52.73 (2008)  
John Mitchell (M45) IWAC 32.20 (2007)  
Steve Davis (M50) IWAC 29.86 (2007)

**IW Ch. Record:** Richard Lainson TS 54.12 (2007)  
Guilio Giancovich(M45) IWAC 37.88 (1999)  
Steve Davis (M50) IWAC 29.86 (2007)

**Track record:** Phillip Parry Hav 57.13 (2000)

1 Stephen Davis (M50) IWAC 29.80  
2 George Ross (M50) IWAC 28.20

**F22 1.15 LONG JUMP U17 MEN**

**Holder:** Leon Phillips IWAC 6.04 (2008)

**IW Ch. Record:** James Grocock IWAC 6.59 (2005)

**Track record:** James Grocock IWAC 6.68 (2005)

1 Leon Phillips IWAC 6.35  
2 Mark Warland Ox C 5.24  
3 Will Hodgetts TS 4.47

**F23 1.15 LONG JUMP U20 MEN**

**Holder:** James Grocock IWAC 6.68 (2007)

**IW Ch. Record:** James Grocock IWAC 6.68 (2007)

**Track record:** James Grocock IWAC 6.68 (2007)

18 Calum Bressington Unatt 5.89

**F24 1.15 LONG JUMP SENIOR & MASTERS MEN**

**Holder:** Rodney Parker (M35) IWAC 4.25 (2006)  
Stephen Davis (M40) IWAC 4.77 (1997)

**IW Ch. Record:** Steve Pinn IWAC 5.86 (1998)  
Rodney Parker (M35) IWAC 4.25 (2006)  
Stephen Davis (M40) IWAC 4.77 (1997)

**Track record:** Matthias Sunneborne Got 7.73 (1993)

1 Ashley Johnson Ox. C 6.66

**F25 2.00 SHOT PUTT U13 BOYS 3.25KG**

**Holder:** Luke Taylor IWAC 6.94 (2007)

**IW Ch. Record:** Andy Frost SWAC 9.24 (1993)

**Track record:** Daniel Hepplewhite BAC 12.37 (1999)

No entries

**F26 2.00 SHOT PUTT U15 BOYS 4KG**  
**Holder:** Nicholas Percy IWAC 11.18 (2008)  
**IW Ch. Record:** R. Frost 12.62 (1979)  
**Track record:** Richard Trimmer BAC 13.24 (1998)  
 1 Nicholas Percy IWAC 12.01

**F27 2.00 SHOT PUTT U17 MEN 5KG**  
**Holder:** Cameron Mitchell IWAC 10.50 (2008)  
**IW Ch. Record:** Andy Frost IWAC 14.62 (1997)  
**Track record:** Simon Williams B&MH 15.20 (1997)  
 No entries

**F28 2.00 SHOT PUTT SENIOR MEN 7.26KG**  
**INC. M50 6KG**  
**Holder:** John Mitchell IWAC 11.02 (2008)  
 John Mitchell (M45) IWAC 11.02 (2008)  
 John Mitchell (M40) IWAC 12.07 (2005)  
 Steve Davis (M50) IWAC 8.91 (2007)  
**IW Ch. Record:** John Mitchell IWAC 13.69 (1993)  
 John Mitchell (M40) IWAC 12.07 (2005)  
 John Mitchell (M45) IWAC 11.07 (2006)  
 Steve Davis (M50) IWAC 8.91 (2007)  
**Track record:** Ove Lehto Aland 14.98 (1993)  
 1 Andy Frost WG&EL 12.98  
 2 Garry Newton TS 12.23  
 3 George Ross (M50) IWAC 9.70  
 4 Matt Barton Leeds C 9.36  
 5 Stephen Davis (M50) IWAC 8.76

CR

**F29 2.00 JAVELIN U13 GIRL 400GM**  
**Holder:** Eleanor Mitchell IWAC 19.72 (2007)  
**IW Ch. Record:** Lucy Rann RH 29.88 (1993)  
**Track record:** Louise Watton Wim 34.00 (1999)  
 1 Sophie Merritt TS 27.84  
 2 Evie Grice CP 18.44

**F30 2.00 JAVELIN U15 GIRL 600GM**  
**Holder:** Grace Crumplin IWAC 23.00 (2008)  
**IW Ch. Record:** Lucy Rann IWAC 37.52 (1995)  
**Track record:** Helen Davis IWAC 29.79 (1999)  
 1 Tayler Canning IWAC 17.47

**F31 2.00 JAVELIN U17 WOMEN 600GM**  
**Holder:** Brogan Percy IWAC 23.99 (2007)  
**IW Ch. Record:** Helen Davis IWAC 37.82 (2000)  
**Track record:** Lucy Rann IWAC 43.46 (1996)  
 1 Grace Crumplin IWAC 21.95

**F32 2.00 JAVELIN U20 WOMEN 600GM**  
**Holder:** Catherine Marvin IWAC 27.63 (2005)  
**IW Ch. Record:** Lucy Rann IWAC 42.44 (1999)  
**Track Record:** J. Bruce Woking 46.54 (1997)  
 1 Brogan Percy VP&TH 24.23

**F33 2.00 JAVELIN SENIOR & MASTERS WOMEN 600GM**  
**Holder:** Helen Davis Hav 33.21 (2008)  
 Senad Adams (M40) Hav 15.75 (2008)  
 Kate Barton (M50) Unatt 21.67 (2006)  
**IW Ch. Record:** Helen Davies Hav 38.37 (2005)  
 Senad Adams (M40) Hav 17.44 (2007)  
 Kate Barton (M50) Unatt 21.67 (2006)  
**Track Record:** J. Bruce Wok 46.54 (1997)  
 1 Lucy Rann Army AA 42.07 **CR**

**F34 2.15 TRIPLE JUMP U17 WOMEN**  
**Holder:** Chloe Woodhouse IWAC 9.45 (2007)  
**IW Ch. Record:** Chloe Woodhouse IWAC 9.45 (2007)  
**Track record:** A. Barrett Harrow 11.76 (2002)  
 1 Grace Crumplin IWAC 8.51  
 2 Ella May TS 7.86

**F35 2.15 TRIPLE JUMP U15 BOYS**  
**Holder:** Charlie Occomore IWAC 10.54 (2007)  
**IW Ch. Record:** Matt Barton RH 11.76 (1995)  
**Track record:** Dan Bray Hav 12.33 (1998)  
 1 Joe Urry IWAC 9.51  
 2 Richard Vaughan IWAC 9.34

<b>F36</b>	<b>2.15</b>	<b>TRIPLE JUMP U17 MEN</b>		
<b>Holder:</b>	<b>Charlie Occomore</b>		<b>IWAC</b>	<b>11.82 (2008)</b>
<b>IW Ch. Record:</b>	<b>Ashlie Turner</b>		<b>IWAC</b>	<b>12.27 (2006)</b>
<b>Track record:</b>	<b>Dan Bray</b>		<b>Hav</b>	<b>13.49 (1999)</b>
1	Charlie Occomore		<b>IWAC</b>	13.07

CR

<b>F37</b>	<b>2.15</b>	<b>TRIPLE JUMP SENIOR &amp; MASTERS MEN</b>		
<b>IW Ch. Holder:</b>	<b>Matt Barton</b>		<b>IWAC</b>	<b>12.40 (1993)</b>
<b>IW Ch. Record:</b>	<b>Matt Barton</b>		<b>IWAC</b>	<b>12.40 (1993)</b>
<b>Track record:</b>	<b>Urmaz Treiel</b>			<b>15.28 (1993)</b>
1	Ashley Johnson		<b>Ox. C</b>	13.50

<b>F38</b>	<b>2.30</b>	<b>HIGH JUMP U13 GIRLS</b>		
<b>Holder:</b>	<b>Taylor Canning</b>		<b>IWAC</b>	<b>1.20 (2008)</b>
<b>IW Ch. Record:</b>	<b>Charlotte Skeggs</b>		<b>IWAC</b>	<b>1.40 (2007)</b>
	<b>Carly Prangnell</b>		<b>IWAC</b>	<b>1.40 (1998)</b>
<b>Track record:</b>	<b>Ruth Brocke</b>		<b>Read</b>	<b>1.46 (1996)</b>
1	Yelena Brown		<b>IWAC</b>	1.35
2	Devon Brimecombe		<b>Hav</b>	1.25
3	Abbie Fisher		<b>TS</b>	1.15

<b>F39</b>	<b>2.30</b>	<b>HIGH JUMP U15 GIRLS</b>		
<b>Holder:</b>	<b>Charlotte Skeggs</b>		<b>IWAC</b>	<b>1.35 (2008)</b>
<b>IW Ch. Record:</b>	<b>Carly Prangnell</b>		<b>IWAC</b>	<b>1.60 (1999)</b>
<b>Track record:</b>	<b>Antonia Bembrose</b>		<b>AFD</b>	<b>1.67 (1994)</b>
1	Charlotte Skeggs		<b>IWAC</b>	1.45

<b>F40</b>	<b>2.30</b>	<b>HIGH JUMP U20 WOMEN</b>		
<b>Holder:</b>	<b>Suzanne Clifton</b>		<b>IWAC</b>	<b>1.50 (2008)</b>
<b>IW Ch. Record:</b>	<b>Suzanne Clifton</b>		<b>IWAC</b>	<b>1.50 (2008)</b>
<b>Track record:</b>	<b>Anatolia Bembrose</b>		<b>AFD</b>	<b>1.67 (1994)</b>
	<b>Sarah Parrish</b>		<b>SCAC</b>	<b>1.67 (1999)</b>
1	Suzanne Clifton		<b>IWAC</b>	1.55

<b>F41</b>	<b>2.30</b>	<b>HIGH JUMP U13BOYS</b>		
<b>Holder:</b>	<b>Joe Urry</b>		<b>IWAC</b>	<b>1.40 (2008)</b>
<b>IW Ch. Record:</b>	<b>John Abbott</b>		<b>IWAC</b>	<b>1.45 (2000)</b>
<b>Track record:</b>	<b>T. Greenwood</b>		<b>Ox. C</b>	<b>1.60 (1995)</b>
1	Tom Udan		<b>TK</b>	1.35
2	Harrison Smith		<b>IWAC</b>	1.30
3	Callum Bigg		<b>NFJ</b>	1.25
4	Matthew Miselbach		<b>IWAC</b>	1.25
5	Kyle Downie		<b>Ox. C</b>	1.10



**F47 3.00 LONG JUMP SENIOR & MASTERS WOMEN**

**Holder:** Emily Young TS 4.89 (2008)  
Christine Young (M45) IWAC 3.83 (2002)  
Christine Young (M50) IWAC 3.92 (2008)  
**IW Ch. Record:** Kelly Sotherton P'tbro 5.62 (1996)  
Christine Young (M45/50) IWAC 4.03 (2006)  
**Track record:** Kim Murray TS 5.66 (2005)  
1 Emily Newton TS 5.37  
2 Christine Young IWAC 3.87

**F48 3.00 DISCUS U13 BOYS 1KG**

**Holder:** Kieran Phillips IWAC 23.21 (2008)  
**IW Ch. Record:** A. Rose RH 29.37 (1991)  
**Track record:** Daniel Hepplewhite BAC 31.50 (1999)  
1 Kieran Phillips IWAC 23.97  
2 Tom Young TS 22.48

**F49 3.00 DISCUS U15 BOYS 1.25KG**

**Holder:** Nicholas Percy IWAC 35.92 (2008)  
**IW Ch. Record:** R. Frost 36.59 (1979)  
**Track record:** James Rumbold BAC 43.42 (1996)  
1 Nicholas Percy IWAC 44.61  
2 Matthew Anthony AFD 18.39

CR/TR

**F50 3.00 DISCUS U17MEN 1.5KG**

**Holder:** Keno Mario-Ghae IWAC 36.50 (2008)  
**IW Ch. Record:** Paul Farley IWAC 39.34 (2001)  
**Track record:** Simon Williams B&MH 48.22 (1997)  
No entries

<b>F51</b>	<b>3.00</b>	<b>DISCUS SENIOR &amp; MASTERS MEN</b>			
<b>Holder:</b>	<b>John Mitchell</b>		<b>IWAC</b>	<b>29.74 (2008)</b>	
	<b>John Mitchell</b>	<b>(M40)</b>	<b>IWAC</b>	<b>34.88 (2005)</b>	
	<b>John Mitchell</b>	<b>(M45)</b>	<b>IWAC</b>	<b>29.74 (2008)</b>	
	<b>Steve Davis</b>	<b>(M50)</b>	<b>IWAC</b>	<b>22.88 (2007)</b>	
	<b>Mike Ferne</b>	<b>(M60)</b>	<b>IWAC</b>	<b>29.34 (2008)</b>	
<b>IW Ch. Record:</b>	<b>John Mitchell</b>	<b>(M40)</b>	<b>IWAC</b>	<b>34.88 (2005)</b>	
	<b>John Mitchell</b>	<b>(M45)</b>	<b>IWAC</b>	<b>31.34 (2006)</b>	
	<b>Steve Davis</b>	<b>(M50)</b>	<b>IWAC</b>	<b>22.88 (2007)</b>	
	<b>Mike Ferne</b>	<b>(M60)</b>	<b>IWAC</b>	<b>29.34 (2008)</b>	
<b>Track record:</b>	<b>G. Ekland</b>		<b>Aland</b>	<b>49.22 (1993)</b>	
1	Garry Newton		TS	35.15	CR
2	Andy Frost		WG&EL	33.22	
3	Matt Barton		LCAC	28.90	
1	Stephen Davis	(M50)	IWAC	22.07	
1	Stefan Robinson	(U20)	IWAC	35.77	

<b>F52</b>	<b>3.45</b>	<b>DISCUS U13 GIRLS 750GRM</b>			
<b>Holder:</b>	<b>Wallis Canning</b>		<b>IWAC</b>	<b>11.09 (2008)</b>	
<b>IW Ch. Record:</b>	<b>Eleanor Mitchell</b>		<b>IWAC</b>	<b>26.65 (2007)</b>	
<b>Track record:</b>	<b>Louise Watton</b>		<b>Wim</b>	<b>28.04 (1999)</b>	
1	Sophie Merritt		TS	27.36	
2	Wallis Canning		IWAC	13.12	
3	Katie-Maria Durkin		IWAC	12.32	
4	Kaya Simpson		IWAC	9.62	

<b>F53</b>	<b>3.45</b>	<b>DISCUS U15 GIRLS 1KG</b>			
<b>Holder:</b>	<b>Eleanor Mitchell</b>		<b>IWAC</b>	<b>25.13 (2008)</b>	
<b>IW Ch. Record:</b>	<b>Lizzy Lovegrove</b>		<b>IWAC</b>	<b>27.00 (2007)</b>	
<b>Track record:</b>	<b>Joan McPherson</b>		<b>BMH</b>	<b>37.22 (1995)</b>	
1	Eleanor Mitchell		IWAC	27.36	CR
2	Sarah-Jane Anthony		AFD	24.47	
3	Penny Churchill		IWAC	15.75	

<b>F54</b>	<b>3.45</b>	<b>DISCUS U17 WOMEN 1KG</b>			
<b>Holder:</b>	<b>Lizzy Lovegrove</b>		<b>IWAC</b>	<b>28.91 (2008)</b>	
<b>IW Ch. Record:</b>	<b>Lowelle Bryan</b>		<b>RH</b>	<b>32.00 (1997)</b>	
<b>Track record:</b>	<b>Joan MacPherson</b>	<b>B&amp;MH</b>		<b>38.26 (1996)</b>	
35	Lizzy Lovegrove		IWAC		
9	Katie Churchill		IWAC		

<b>F55</b>	<b>3.45</b>	<b>DISCUS U20 WOMEN 1KG</b>		
<b>Holder</b>	<b>Amy Church</b>		<b>IWAC</b>	<b>20.63 (2005)</b>
<b>IW Ch. Record:</b>	<b>Mandy Stocking</b>		<b>Sol</b>	<b>35.46 (1984)</b>
<b>Track record:</b>	<b>Joan McPherson</b>		<b>B&amp;MH</b>	<b>38.89 (1998)</b>
1	Anna Stevens		TS	30.37

<b>F56</b>	<b>3.45</b>	<b>DISCUS SENIOR &amp; MASTERS WOMEN 1KG</b>		
<b>Holder:</b>	<b>Senad Adams</b>		<b>Hav</b>	<b>21.06 (2008)</b>
	<b>Senad Adams (M40)</b>		<b>Hav</b>	<b>21.06 (2008)</b>
	<b>Jane Scott (M45)</b>		<b>IWAC</b>	<b>11.30 (1999)</b>
<b>IW Ch. Record:</b>	<b>Mandy Stocking</b>		<b>Sol</b>	<b>35.46 (1984)</b>
	<b>Senad Adams (M40)</b>		<b>Hav</b>	<b>25.20 (2007)</b>
<b>Track record:</b>	<b>L. Liljeroos</b>		<b>Aland</b>	<b>43.40 (1993)</b>
1	Deborah Gallaway		TS	40.32
2	Emily Newton		TS	23.02