



63.91	7	UK Challenge	20/8	53.57	2	Bexley	7/5	60.67	1	Wimbledon	7/5
66.14	1	Stretford	23/8	55.81	2	Loughborough	11/5	61.96	2	Woodford	7/6
65.42	1	BL1 (4)	27/8	56.23	1	Ipswich	21/5	62.27	1	Dartford	15/6
65.90	1	Nelson	4/9	56.01	1	Loughborough	26/5	57.06	10	BLP (2)	2/7
62.61	1	Liverpool	17/9	55.75	9	BLP (1)	4/6	60.28	7	Throwsfest	10/7
65.75	1	Wrexham	25/9	58.24	2	Loughborough	8/6	61.56	2	Bromley	11/7
<b>PETE SMITH</b>				50.19	12	BLP (2)	2/7	58.02	1	South IC	17/7
62.64	3	Hull	10/4	56.30	1	Dartford	9/7	<b>63.28</b>	<b>1</b>	<b>Woodford</b>	<b>2/8</b>
63.06	1	Wakefield	7/5	55.42	1	Bury St Edm'ds	17/7	<b>MATTHEW BELL</b>			
64.43	1	Humberside	14/5	59.09	1	Parliament Hill	30/7	57.60	6	Jo Smith Cup	7/5
61.43	1	Hull	4/6	57.90	7	BLP (3)	13/8	60.09	1	Northants Ch	15/5
58.84	1	Cudworth	3/7	60.31	1	Colchester	21/8	59.55	Q	CAU	30/5
<b>66.66</b>	<b>1</b>	<b>Derby</b>	<b>14/8</b>	59.55	9	BLP (4)	27/8	<b>62.15</b>	<b>6</b>	<b>CAU</b>	<b>30/5</b>
62.36	1	Rotherham	27/8	61.72	1	Cambridge	3/9	59.21	8	BLP (1)	4/6
65.54	1	Cleckheaton	10/9	<b>64.57</b>	<b>1</b>	<b>Colchester</b>	<b>8/9</b>	58.18	1	Corby	14/6
<b>SIMON BOWN</b>				57.55	1	Bury St Edm'ds	18/9	60.61	9	BLP (2)	2/7
65.57	1	Braintree	16/4	<b>GRAHAM LEVEL</b>				60.75	1	Midlands	23/7
64.43	2	Chelmsford	22/4	58.98	1	North East Cos	15/5	56.23	9	BLP (3)	13/8
65.55	4	Jo Smith Cup	7/5	53.36	5	BL1 (1)	4/6	57.34	10	BLP (4)	27/8
63.84	1	Essex	14/5	<b>63.76</b>	<b>1</b>	<b>Jarrow</b>	<b>22/6</b>	58.09	2	Peterborough	29/8
61.28	6	Euro Clubs Ch	28/5	56.83	3	BL1 (2)	2/7	58.73	1	Corby	30/8
nt	Q	CAU	30/5	60.04	1	Jarrow	3/7	<b>MICK JONES</b>			
63.60	6	BLP (1)	4/6	59.76	11	UK	29/7	<b>59.75</b>	<b>4</b>	<b>BL1 (4)</b>	<b>27/8</b>
65.46	1	Bedford IG	12/6	57.56	4	BL1 (3)	13/8	<b>JOHN PEARSON</b>			
64.07	1	South	19/6	59.04	1	Whitley Bay	14/8	58.59	2	Loughborough	23/4
65.67	1	Colchester	21/6	51.85	8	BL1 (4)	27/8	57.35	1	Loughborough	11/5
64.28	8	BLP (2)	2/7	<b>ALEX WARNER</b>				57.52	1	Leicestershire	14/5
65.10	3	Throwsfest	10/7	59.12	1	Birmingham	16/1	<b>59.51</b>	<b>1</b>	<b>Loughborough</b>	<b>4/6</b>
<b>66.29</b>	<b>4</b>	<b>Eng</b>	<b>17/7</b>	58.63	Q	BUCS	1/5	58.26	1	Loughborough	8/6
63.79	8	UK	29/7	<b>63.50</b>	<b>1</b>	<b>BUCS</b>	<b>2/5</b>	56.77	1	Leicester	12/6
63.60	5	BLP (3)	13/8	59.70	5	Jo Smith Cup	7/5	58.65	1	BMAF M45	26/6
61.32	8	UK Challenge	20/8	62.16	8	Lough Int	22/5	57.21	1	Birmingham	3/7
64.15	7	BLP (4)	27/8	58.66	Q	CAU (9 <sup>th</sup> dng)	30/5	56.92	2	Nottingham	14/8
65.55	1	Colchester	29/8	60.96	3	BLI (1)	4/6	<b>ANDREW ELKINS</b>			
62.67	1	Cambridge	3/9	63.36	3	Eng U23	26/6	63.07 (6)	1	Crawley	27/3
<b>CHRIS SHORTHOUSE</b>				62.21	2	BL1 (2)	2/7	64.46 (6)	1	Bournemouth	3/4
59.50	1	BL2 (3)	13/8	62.68	5	Throwsfest	10/7	63.49 (6)	1	Kingston	9/4
61.38	1	Nottingham	14/8	60.12	2	Midlands	23/7	55.07	1	Exeter	17/4
<b>66.14</b>	<b>1</b>	<b>BL2 (4)</b>	<b>27/8</b>	61.85	9	UK	29/7	64.66 (6)	1	Eton	1/5
<b>MATTHEW RICHARDS</b>				60.82	3	BL1 (3)	13/8	66.85 (6)	1	Dorset Ch	14/5
63.58	1	West Wales Ch	15/5	62.94	2	BL1 (4)	27/8	<b>58.64</b>	<b>9</b>	<b>Loughborough</b>	<b>22/5</b>
<b>64.67</b>	<b>7</b>	<b>Lough Int</b>	<b>22/5</b>	<b>ANDREW JORDON</b>				66.32 (6)	1	Chelmsford	29/5
60.96	Q	CAU	30/5	60.94	1	Tonbridge	25/4	65.49 (6)	1	Dorset Sch	11/6
60.51	7	CAU	30/5	61.19	Q	BUCS	1/5	67.38 (6)	1	South U20	18/6
59.53	4	BL1 (1)	4/6	50.48	6	BUCS	2/5	64.62 (6)	2	Eng U20	26/6
63.68	1	Welsh	18/6	59.81	1	Kent	15/5	66.10 (6)	2	Eng Sch	2/7
62.77	1	Swansea	22/6	62.17	Q	CAU	30/5	65.56 (6)	1	Basildon	10/7
61.51	6	Throwsfest	10/7	60.13	8	CAU	30/5	62.37 (6)	1	Bromley	24/7
61.82	10	UK	29/7	62.19	2	BL1 (1)	4/6	65.03 (6)	1	Abingdon	27/8
61.00	2	BL1 (3)	13/8	61.26	2	South	19/6	63.55 (6)	1	Ashford	3/9
60.77	3	BL1 (4)	27/8	<b>63.48</b>	<b>2</b>	<b>Eng U23</b>	<b>26/6</b>	67.78 (6)	1	Derby	11/9
<b>JOE BLOOMFIELD</b>				58.45	1	Walton	9/7	66.20 (6)	2	Euro J Clubs Cp	17/9
57.52	Q	BUCS	1/5	56.86	5	BL1 (4)	27/8	<b>ALISTAIR WILLIAMSON</b>			
56.04	3	BUCS	2/5	<b>ALISTAIR WILLIAMSON</b>				57.59	2	Tonbridge	25/4

## WOMEN 2011

### SOPHIE HITCHON

61.39 1 Wishaw 28/8  
 64.16 2U23 Euro Winter T 20/3  
 69.43 1g BUCS 1/5  
 63.72 3 Gothenburg SWE 14/5  
 67.00 7 Halle GER 22/5  
 66.27 1U23 Halle GER 23/5  
 66.05 9 Euro Team 18/6  
 67.07 1 Eng U23 26/6  
 66.64 1 Cork 2/7  
 68.95 1 Throwsfest 10/7  
 66.02 Q Euro U23 15/7  
**69.59 3 Euro U23 16/7**  
 67.69 1 UK 30/7  
 64.93 26Q World Ch 2/9

### SARAH HOLT

61.52 2 Eugene USA 19/3  
 62.61 1 Eugene USA 23/4  
 63.88 3 Eugene USA 6/5  
 63.77 1 Salem USA 11/5  
 65.48 3 Tucson USA 19/5  
 61.15 9 Tucson USA 21/5  
 64.75 1 WLP (1) 4/6  
 62.73 1 North 18/6  
 63.42 3 Cork 2/7  
 63.00 1 Preston 3/7  
**66.46 2 Throwsfest 10/7**  
 63.02 1 Loughborough 13/7  
 64.49 1 Eng Ch 16/7  
 65.63 2 UK 30/7  
 63.53 1 WLP (3) 6/8  
 65.55 1 UK Challenge 20/8  
 62.12 1 Stretford 23/8

### ZOË DERHAM

61.81 1 Bristol 7/5  
 61.10 5 Gothenburg SWE 14/5  
 64.95 1 Lough Int 22/5  
 60.88 3 WLP (1) 4/6  
 60.91 3 WLP (2) 2/7  
 62.63 1 Birmingham 3/7  
**65.37 3 Throwsfest 10/7**  
 61.64 2 Eng Ch 16/7  
 58.47 7 UK 30/7

### SUSAN McKELVIE

60.96 1 Edinburgh 17/4  
 61.55 1 Glasgow 8/5  
 60.70 1 Galashiels 11/5  
 63.76 3 Lough Int 22/5  
 60.93 2 WLP (1) 4/6  
 62.65 1 WLP (2) 2/7  
 63.32 1 Scot 16/7  
 61.61 1 Livingston 23/7  
 62.96 4 UK 30/7  
 62.02 3 WLP (3) 6/8  
 62.93 1 Kessel Lo BEL 13/8  
**65.03 2 UK Challenge 20/8**

### LAURA DOUGLAS

52.57 (5k) Wythenshawe 26/2  
 59.22 1 Liverpool 16/4  
 57.70 1 N Wales Ch 14/5  
**64.05 2 Lough Int 22/5**  
 59.10 Q CAU 29/5  
 60.28 1 CAU 29/5  
 60.02 4 WLP (1) 4/6  
 60.06 2 Welsh 18/6  
 59.82 4 WLP (2) 2/7  
 62.59 5 UK 30/7  
 62.70 2 WLP (3) 6/8  
 63.97 3 UK Challenge 20/8

### CARYS PARRY

63.01 1 Welsh 18/6  
 58.97 1 Swansea 22/6  
**63.86 3 UK 30/7**  
 61.71 1 Aberdare 6/8  
 60.46 1 Aberdare 17/8  
 60.55 1 Deeside 28/8

### RACHEL GAIR

56.15 1 Nottingham 3/4  
 58.30 2 Liverpool 16/4  
 58.64 1 Ellesmere Port 7/5  
 57.95 7 Gothenburg SWE 14/5  
 59.95 5 Lough Int 22/5  
 55.70 Q CAU 29/5  
 58.57 2 CAU 29/5  
 59.56 5 WLP (1) 4/6  
 61.64 1 Bedford IG 12/6  
 62.54 2 WLP (2) 2/7  
 61.53 4 Throwsfest 10/7  
 61.24 3 Eng Ch 16/7  
 59.05 1 Midlands 23/7  
 60.82 6 UK 30/7  
 61.64 4 WLP (3) 6/8  
**62.66 4 UK Challenge 20/8**

### MYRA PERKINS

57.87 1 Grangemouth 9/4  
 56.15 2 Edinburgh 17/4  
 58.14 1 Loughborough 23/4  
**61.94 2 BUCS 1/5**  
 56.82 1 Loughborough 11/5  
 61.42 4 Lough Int 22/5  
 56.62 1 Loughborough 26/5  
 57.58 1 Loughborough 8/6  
 60.10 1 Mannheim GER 3/7  
 58.31 1 Manchester 10/7  
 57.13 15Q Euro Juniors 22/7  
 55.31 1 Scot U20 31/7  
 56.43 4 Kassel Lo BEL 13/8  
 51.40 2 Grangemouth 17/9

### SAMANTHA HYNES

**60.10 1 Middlesex 14/5**  
 56.72 Q CAU 29/5  
 55.26 4 CAU 29/5  
 59.16 1 WL1 (1) 5/6  
 58.09 1 South 18/7  
 57.74 5 Throwsfest 10/7

### ABBI CARTER

57.72 1 Loughborough 26/2  
 57.12 1 Hull 10/4  
 56.24 1 Wakefield 7/5  
 57.97 1 Humberside Ch 14/5  
**59.95 6 Lough Int 22/5**  
 55.05 Q CAU 29/5  
 55.38 3 CAU 29/5  
 55.95 1 Hull 4/6  
 55.47 1 Humbers Sch 11/6  
 54.83 2 North 18/6  
 55.86 1 North U20 19/6  
 53.87 1 Eng U20 26/6  
 56.83 1 Eng Sch 2/7  
 50.95 9 Throwsfest 10/7  
 57.13 16Q Euro Jun 22/7  
 54.54 8 UK 30/7  
 53.69 1 Derby 14/8  
 52.60 8 UK Challenge 20/8  
 56.36 1 Cleckheaton 10/9

### LOUISA JAMES

52.35 1 Crookham Common 13/3  
 54.60 1 Crawley 27/3  
 56.13 1 Crawley 1/5  
 55.97 1 Sussex U20 15/5  
 54.55 1 Ashford 21/5  
 53.67 1 Eng U18 4/6  
 53.30 1 Sussex Sch 11/6  
 54.72 1 Dartford 15/6  
 54.30 3 South 18/6  
 55.56 1 South U20 19/6  
 53.85 2 Eng U20 26/6  
 54.60 1 Watford 29/6  
 55.20 Q World Youth 8/7  
 57.13 1 World Youth 9/7  
**58.10 1 Comm Youth 11/9**  
 55.99 1 Ramsgate 24/9

### HAYLEY MURRAY

51.47 1 B'ham Univ 20/4  
 52.06 2 Rugby 30/4  
 51.03 1 B'ham Univ 2/5  
 52.34 1 Jo Smith Cup 7/5  
 53.74 1 Leics Ch 14/5  
 52.03 Q CAU 29/5  
 52.77 5 CAU 29/5  
 53.40 6 WLP (1) 4/6  
 55.16 3 Bedford IG 12/6  
 53.01 4 Eng U23 26/6

53.17	6	WLP (2)	2/7	52.57	3	BUCS	1/5	50.58	Q	CAU	29/5
53.44	2	Birmingham	3/7	<b>55.43</b>	<b>1</b>	<b>Yorkshire</b>	<b>14/5</b>	49.55	7	CAU	29/5
<b>56.24</b>	<b>6</b>	<b>Throwsfest</b>	<b>10/7</b>	53.19	7	Lough Int	22/5	53.18	1	Rugby	4/6
53.93	1	B'ham Univ	13/7	52.22	Q	CAU	29/5	52.40	2	Swansea	22/6
54.00	5	Eng Ch	16/7	51.97	6	CAU	29/5	<b>53.37</b>	<b>3</b>	<b>Eng U23</b>	<b>26/6</b>
51.52	2	Midlands	23/7	53.28	7	WLP (1)	4/6	53.33	3	Birmingham	3/7
53.72	10	UK	30/7	52.75	3	North	18/6	52.70	8	Throwsfest	10/7
53.15	5	WLP (3)	6/8	52.05	6	Eng U23	26/6	50.54	1	Stoke Gifford	13/7
53.05	2	Nottingham	14/8	53.19	5	WLP (2)	2/7	53.37	1	Nottingham	14/8
54.07	6	UK Challenge	20/8	51.33	1	Stretford	26/7	49.43	1	UKWL Qualifier	17/9

### SHAUNAGH BROWN

51.14	2	Chelmsford	21/5
54.66	2	WL1 (1)	5/6
55.46	2	Bedford IG	12/6
55.05	2	South	18/6
55.73	2	Eng U23	26/6
50.50	2	WL1 (2)	3/7
<b>56.10</b>	<b>7</b>	<b>Throwsfest</b>	<b>10/7</b>
55.34	4	Eng Ch	16/7
51.80	1	South I-C	17/7
50.25	2	WL1 (3)	6/8
55.53	5	UK Challenge	20/8
53.71	1	Bromley	24/8

### KIMBERLEY REED

47.78	1	Glasgow	20/3
46.78	1	Edinburgh	3/4
53.63	1	Grangemouth	9/4
50.80	1B	Edinburgh	17/4
49.74	1	Glasgow	7/5
49.79	1	U20 Glasgow	8/5
52.13	1	Grangemouth	21/5
48.89	1	Edinburgh	22/5
52.54	1	Edinburgh	28/5
48.16	1	Glasgow	29/5
<b>55.98</b>	<b>1</b>	<b>Grangemouth</b>	<b>10/6</b>
52.48	1	Edinburgh	19/6
53.53	3	Eng U20	26/6
54.62	Q	World Youths	8/7
53.05	10	World Youths	9/7
54.63	1	SIAB U17	16/7
50.55	1	Scotstoun	23/7
50.81	1U18	Livingston	23/7
53.51	1	Gateshead	24/7
55.45	1	Scots U18	30/7
50.26	1	Scots U20	31/7
54.00	1	Celtic Games	13/8
52.76	1	Eng U17	21/8
52.85	1	Wishaw	27/8
55.00	1	Schools Games	1/9
54.22	2	Comm Youths	11/9
54.68	1	Grangemouth	17/9

### HANNAH EVENDEN

50.59	1	Wakefield	10/3
51.43	1	Cleckheaton	27/3
53.33	3	Liverpool	16/4

52.39	11	UK	30/7
51.54	7	WLP (3)	6/8
52.96	7	UK Challenge	20/8

### LUCY MARSHALL

<b>54.73</b>	<b>1</b>	<b>Rugby</b>	<b>30/4</b>
53.44	2	B'ham Univ	13/7
49.74	3	Midlands	23/7
54.29	9	UK	30/7
52.31	6	WLP (3)	6/8

### TONI WELLS

48.11	1	Loughborough	1/5
52.85	1	Sutton Coldfield	29/5
<b>53.49</b>	<b>3</b>	<b>WL1 (1)</b>	<b>5/6</b>
50.87	1	Welsh U20	11/6
51.95	3	Welsh	18/6
51.89	3	Swansea	22/6
50.26	4	Eng U20	26/6
52.28	1	Derby	10/7
51.46	1	Cheltenham	20/7
50.50	1	Cardiff	24/7
51.73	1	WL1 (3)	6/8
50.48	1	Derby	11/9

### JENNA WHEATMAN

47.39	1	Scunthorpe	27/3
51.45	1	Hull	10/4
48.40	1	Middlesbrough	26/4
48.00	1	Jarrow	7/5
50.54	2	Yorkshire	14/5
50.24	1	York	26/5
46.83	12Q	CAU	29/5
50.11	1	Middlesbrough	4/6
51.21	4	North	18/6
<b>53.39</b>	<b>1</b>	<b>York</b>	<b>3/7</b>
50.14	1	York	16/7
50.77	1	York	7/8
52.45	1	York	14/8
49.88	1	Rotherham	21/8
49.64	1	Gateshead	27/8
51.16	1	York	10/9
51.55	1	Derby	11/9

### CHRISTINA JONES

50.32	1	Birmingham	16/1
52.23	2	Bristol	7/5
53.16	1	Avon Ch	14/5

### MHAIRI PORTERFIELD

48.62	1	Grangemouth	21/5
51.07	1	Dunfermline	12/6
50.54	2	Edinburgh	19/6
52.30	2	Scots	16/7
51.70	3	Livingston	23/7
<b>53.33</b>	<b>2</b>	<b>Wishaw</b>	<b>28/8</b>
50.46	3	Grangemouth	17/9

### RACHEL HUNTER

45.39	2	Grangemouth	9/4
46.37	1	Saltcoats	10/4
48.12	3	Edinburgh	17/4
47.99	2	Glasgow	8/5
50.14	1	Grangemouth	21/5
47.62	2	Edinburgh	22/5
49.41	2	WL2 (1)	4/6
52.46	1	Scots Schools	10/6
49.89	3	Edinburgh	19/6
<b>52.93</b>	<b>1</b>	<b>WL2 (2)</b>	<b>3/7</b>
50.33	3	Scot	16/7
52.11	1	U20 Livingston	23/7
49.57	3	Scot U20	31/7
52.84	1	WL2 (3)	7/8
46.11	4	Wishaw	28/8
48.47	4	Grangemouth	17/9

### ALICE SIMPSON

50.10	2	Cleckheaton	27/3
48.66	2	Wakefield	10/4
49.31	5	BUCS	1/5
48.17	1	Cleckheaton	7/5
48.13	1	WL3 91)	4/6
51.91	4	North	18/6
<b>52.55</b>	<b>5</b>	<b>Eng U23</b>	<b>26/6</b>

### GABBY MCNALLY

49.07	1	Londonderry	20/4
49.04	1	Antrim	28/4
51.74	1	Belfast	11/5
51.80	1	Ulster Schools	20/5
<b>51.94</b>	<b>1</b>	<b>Irish Schools</b>	<b>4/6</b>
51.57	1	Northern Ireland	11/6
44.29	1	Belfast	23/6
50.74	1	Lisbon POR	25/9

# UK HAMMER PERFORMANCES 2012

## ALEX SMITH

66.86 1 Hull 28/1  
**75.63 1 Winter Th Trials 3/3**  
 72.13 5A Euro W Throws 17/3  
 71.29 2 Hull 15/4  
 72.25 1 Hull 22/4  
 70.64 Q BUCS 4/5  
 68.75 2 BUCS 5/5  
 71.68 10 Halle GER 19/5  
 72.82 2 L'bro Int 20/5  
 71.68 4 Euro Clubs 26/5  
 71.22 6 Floro NOR 2/6  
 71.10 2 BLP (1) 9/6  
 73.31 2 BIG 10/6  
 72.90 7 Velenje SLO 14/6  
 74.79 1 UK 24/6  
 74.49 1 BLP (2) 30/6  
 74.71 Q OG 3/8  
 72.87 12 OG 5/8  
 74.20 1 Throwsfest 12/8  
 73.75 1 BLP (4) 18/8

## MARK DRY

73.36 2 Winter Th Trials 3/3  
 69.60 1B Euro W Throws 17/3  
 74.37 3 Mt SAC USA 21/4  
 71.75 1 Chula Vista US 26/4  
 73.00 1 Irvine USA 28/4  
 71.25 Q BUCS 4/5  
 70.32 1 BUCS 5/5  
 73.88 5 Halle GER 19/5  
**74.82 1 L'bro Int 20/5**  
 70.77 4 Frankisch  
 Crumbach 27/5  
 74.59 1 Scots 3/6  
 71.40 1 BLP (1) 9/6  
 73.87 1 BIG 10/6  
 74.32 2 UK 24/6  
 70.27 26Q Euro Ch 28/6  
 71.56 1 BLP (3) 28/7  
 72.09 2 Throwsfest 12/8  
 73.29 2 BLP (4) 18/8  
 nt - CAU 26/8  
 71.44 1 Crawley 27/8  
 72.31 1 St Albans 1/9  
 73.33 1 Celje SLO 5/9  
 73.55 1 L'bro 16/9  
 74.00 1 L'bro 16/9

## PETE SMITH

63.82 1 Hull 28/1  
 66.82 5 Winter Th Trials 3/3  
 63.83 1 Scunthorpe 25/3  
**71.75 1 Hull 15/4**  
 69.42 4 Hull 22/4  
 64.15 5 Kasta Loss SWE 6/5  
 68.08 1 Humberside 12/5

68.79 5 L'bro Int 20/5  
 67.51 2 Eng 3/6  
 67.01 1 U23 17/6  
 nt - UK 24/6  
 66.47 1 Preston 1/7  
 63.68 1 Grimsby 18/8

## ANDY FROST

**71.36 2 Hull 22/4**  
 67.43 1 Scot East 12/5  
 69.82 4 L'bro Int 20/5

## JAMES BEDFORD

65.64 2 Hull 28/1  
 68.10 3 Winter Th Trials 3/3  
 69.89 3 Hull 15/4  
 70.54 3 Hull 22/4  
 66.87 2 Kasta Loss SWE 6/5  
 66.35 2 Humberside Ch 12/5  
**70.68 3 L'bro Int 20/5**  
 70.13 1 Eng 3/6  
 68.29 3 BLP (1) 9/6  
 68.39 3 BIG 10/6  
 69.44 3 UK 24/6  
 68.25 2 BLP (2) 30/6  
 67.11 2 BLP (3) 28/7  
 67.94 3 Throwsfest 12/8  
 67.31 4 BLP (4) 18/8  
 67.14 1 CAU 26/8

## MICHAEL BOMBA

63.89 7 Winter Th Trials 3/3  
**68.74 1 Wakefield 7/4**  
 68.17 1 Liverpool 14/4  
 65.01 4 Kasta Loss SWE 6/5  
 67.55 1 Merseyside Ch 12/5  
 68.67 1 Stretford 15/5  
 67.20 3 Eng 3/6  
 65.52 4 BLP (1) 9/6  
 66.68 7 UK 24/6  
 63.62 1 Stretford 26/6  
 62.74 5 BLP (2) 30/6  
 64.66 3 BLP (3) 28/7  
 66.32 1 Ellesmere Port 5/8  
 65.13 4 Throwsfest 12/8  
 66.46 5 BLP (4) 18/8  
 65.28 2 CAU 26/8  
 59.28 1 Liverpool 15/9

## CHRIS BENNETT

64.70 1 Scot East 12/5  
 65.46 2 Scots 3/6  
 63.05 5 BLP (1) 9/6  
**68.08 4 BIG 10/6**  
 67.07 5 UK 24/6  
 66.29 3 BLP (2) 30/6  
 67.48 1 Grangemouth 15/7  
 63.43 1 Ghent BEL 18/7

64.40 1 Livingston 21/7  
 62.79 1 Grangemouth 5/8  
 67.34 3 BLP (4) 18/8

## MATT LAMBLEY

**67.79 4 Winter Th Trials 3/3**

## AMIR WILLIAMSON

63.57 2 Liverpool 14/4  
 65.59 3 Kasta Loss SWE 5/5  
 65.22 5 BIG 10/6  
 63.10 1 Bromley 11/6  
**67.57 4 UK 24/6**  
 60.42 7 BLP (2) 30/6  
 61.71 4 BLP (3) 28/7  
 64.49 1 Peterborough 27/8

## NICK MILLER

19.01i 2 wt Big 12 Indoors 24/2  
 72.80 1 (6) Stillwater USA 16/3  
 65.09 2 Texas Relays 29/3  
 59.39 1 Albuquerque US 6/4  
 66.88 1 Norman USA 14/4  
 67.06 1 Fayetteville US 20/4  
 63.20 1 Fayetteville US 4/5  
 66.00 1 Big 12 1/5  
 64.52 4 NCAA Div I prelim 25/5  
 62.84 14 NCAA Div 1 8/6  
 70.16 2 (6) Eng U20 16/6  
 63.47 2 Eng U23 17/6  
 72.47 2 (6) Mannheim GER 23/6  
 73.76 1 (6) Livingston 30/6  
**67.56 1 Wigan 1/7**  
 67.46 25 (6) World J 13/7

## CHRIS SHORTHOUSE

66.42 6 Winter Th Trials 3/3  
 66.61 1 Loughborough 18/3  
 63.93 1 L'bro 15/4  
 64.00 5 Hull 22/4  
 63.92 1 Wolverhampton 27/5  
 64.42 4 Eng 3/6  
 62.44 6 BLP (1) 9/6  
 63.55 6 BIG 10/6  
**66.69 6 UK 24/6**  
 63.11 4 BLP (2) 30/6  
 63.92 6 BLP (4) 18/8  
 62.93 3 CAU 26/8  
 64.24 2 L'bro 16/9  
 63.64 2 L'bro 16/9

## MATTHEW RICHARDS

58.59 2 BL1 (2) 30/6  
 62.19 1 Welsh Inter-Reg 14/7  
 57.32 4 Ghent BEL 18/7  
 59.59 1 BL1 (3) 28/7  
 59.22 1 Swansea 8/8

61.02 5 Throwsfest 12/8  
**62.87 1 Neath 15/8**  
 62.50 1 BL1 (4) 18/8  
 61.85 4 CAU 26/8  
 61.80 1 Perivale 1/9

**SIMON BOWN**

**62.86 1 Braintree 31/3**  
 60.31 1 Essex 12/5  
 58.97 BLP (1) 9/6  
 62.83 4 BLP (2) 30/6  
 61.87 1 BMAF 22/7  
 61.71 4 BLP (3) 28/7  
 62.39 1 Chelmsford 5/8  
 60.75 1 Euro Vets 20/8  
 58.30 1 Braintree 30/9

**MICHAEL PAINTER**

64.01 1 (6) Norwich 18/2  
 67.05 1 (6) Winter Th Trials 3/3  
 68.51 2 (6) Cambridge 24/3  
 69.22 2 (6) Norwich 14/4  
 61.18 1 Peterborough 21/4  
 61.25 5 (6) Kasta Loss SWE 6/5  
 58.29 7 Kasta Loss SWE 6/5  
 68.82 1 (6) Norfolk Ch 12/5  
 72.02 1 (6) Cambridge 2/6  
 73.34 1 (6) BIG 10/6  
 72.34 1 (6) Eng U20 16/6  
 72.36 1 (6) Sandy 24/6  
 67.00 27(6) World Juniors 13/7  
 50.15 1B(6) Norwich 22/7  
 59.60 1 St Ives 29/7  
 71.82 1 (6) Stevenage 12/8  
 70.99 1 (6) Peterborough 27/8  
**62.46 1 Norwich 1/9**  
 69.85 1 (6) Norwich 8/9

**TIM WILLIAMS**

56.64 1B Rugby 21/4  
 58.18 1A Rugby 21/4  
 55.53 Q BUCS 4/5  
**61.15 1 BUCS 5/5**

60.37 6 L'bro Int 20/5  
 57.79 2 Wolverhampton 27/5  
 59.06 3 U23 17/6  
 56.59 1 Nottingham 4/8

**ALEX WARNER**

59.75 2 L'bro 15/4  
 56.53 Q BUCS 4/5  
**60.82 2 BUCS 5/5**  
 59.58 2 BL1 (1) 27/5  
 59.82 1 BL1 (2) 30/6  
 58.51 2 Ghent BEL 18/7  
 60.32 1 Cheltenham 25/7  
 58.89 2 BL1 (3) 28/7  
 60.39 6 Throwsfest 12/8

**JOHN PEARSON**

59.82 1 Rugby 21/4  
 57.92 1B Rugby 21/4  
**60.45 1 Leics Ch 12/5**  
 60.25 1 L'bro 16/5  
 57.88 1 L'bro 23/5  
 58.38 1 L'bro 27/5  
 58.30 1 Midland Masters 10/6  
 59.48 1 L'bro 13/6  
 58.74 1 Stoke 1/7  
 60.13 1 BMAF M45 22/7

**JOE BLOOMFIELD**

54.73 Q BUCS 4/5  
 55.90 5 BUCS 5/5  
 58.88 2 L'bro 16/5  
 57.20 1 Woodford 19/5  
**60.14 1 BL1 (1) 27/5**  
 55.60 2 L'bro 13/6  
 53.46 4 BL1 (2) 30/6  
 54.53 1 Ipswich 1/9

**JONATHAN EDWARDS**

54.33 1 Peterborough 14/4  
 57.05 1 Basildon 21/4  
 57.46 1 Cambs Ch 12/5  
 57.05 1 Basildon 19/5

54.86 1 St Ives 23/5  
 56.06 1 BL4 (1) 27/5  
 56.95 1 Cambridge 2/6  
 54.61 1 St Ives 9/6  
 53.79 5 U23 17/6  
 58.83 1 BL4 (2) 30/6  
**59.80 1 Colchester 1/7**  
 57.56 1 BL4 (3) 28/7  
 54.64 2 St Ives 29/7  
 58.67 2 (2) Throwsfest 12/8  
 55.93 1 BL4 (4) 18/8  
 57.02 5 CAU 26/8  
 56.98 1 Bury St Edmunds 1/9

**CALLUM BROWN**

68.54 1 (6) Bury St Edmunds 20/1  
 nt (6) Bury St Edmunds 25/2  
 66.97 2 (6) Winter Th Trials 3/3  
 68.55 1 (6) Cambridge 24/3  
 71.16 1 (6) Bury St Edmunds 31/3  
 69.83 1 (6) Norwich 6/4  
 65.53 2 (6) Peterborough 14/4  
**58.29 1 Norwich 22/4**  
 68.27 1 (6) Bury St Edmunds 28/4  
 67.08 1 (6) Stevenage 29/4  
 68.66 2 (6) Kasta Loss SWE 6/5  
 56.86 8 Kasta Loss SWE 6/5  
 67.17 2 (6) Norfolk Ch 12/5  
 69.57 1 (6) L'bro Int 20/5  
 69.62 2 (6) Cambridge 2/6  
 70.57 2 (6) BIG 10/6  
 71.08 1 (6) Norfolk Schools 15/6  
 67.21 4 (6) Eng U20 16/6  
 73.09 1 (6) Mannheim GER 23/6  
 56.62 1 Bury St Edmunds 1/7  
 68.52 1 (6) Eng Schools 7/7  
 67.62 1 (6) Norwich 22/7  
 66.79 1 (6) Throwsfest 12/8  
 65.53 2 (6) Peterborough 14/8  
 69.12 2 (6) Peterborough 27/8  
 57.74 1 Norwich 1/9  
 65.51 1 (6) Norwich 8/9  
 67.06 1B (6) Norwich 8/9

## WOMEN 2012

### SOPHIE HITCHON

70.40	1	Winter Th Trials	3/3
68.06	1	Los Angeles US	14/4
70.47	3	Mt SAC Relays	21/4
71.61	1	Chula Vista US	26/4
68.43	3	La Jolla CA US	27/4
68.52	1	Irvine CA USA	28/4
70.09	4	Halle GER	19/5
69.34	6	Frankisch-Crumbach	
			27/5
66.44	4	Bydgoszcz POL	3/6
67.36	6	Villeneuve d'Ascq	9/6
69.79	1	UK	23/6
67.08	11Q	Euro Ch	29/6
67.17	11	Euro Ch	1/7
<b>71.98</b>	<b>10Q</b>	<b>Olympics</b>	<b>8/8</b>
69.33	12	Olympics	10/8

### SARAH HOLT

66.38	2	Winter Th Trials	3/3
64.17	2B	Euro W Throws	18/3
65.73	1	Los Angeles US	14/4
67.60	1	Mt SAC USA	20/4
65.77	10	Mt SAC Relays	21/4
66.42	1	Eugene USA	5/5
67.13	1B	Halle GER	19/5
66.09	1	L'bro Int	20/5
63.28	9	Frankisch-Crumbach	
			27/5
<b>68.50</b>	<b>1</b>	<b>Eng Ch</b>	<b>2/6</b>
65.50	1	WLP (1)	9/6
65.59	1	BIG	10/6
65.61	6	Velenje SLO	14/6
63.94	4	UK	23/6
61.18	22Q	Euro Ch	29/6
63.77	3	Throwsfest	12/8

### ZOË DERHAM

65.50	3	Winter Th Trials	3/3
61.90	5	Los Angeles US	14/4
63.54	5	Mt SAC USA	20/4
65.67	3	Chula Vista US	26/4
63.42	5	La Jolla USA	27/4
62.83	3	Irvine USA	28/4
63.91	1	UKA BUCS	6/5
62.92	1	UKA BUCS	7/5
65.18	2	L'bro Int	20/5
<b>67.39</b>	<b>1</b>	<b>Euro Clubs Cup B</b>	<b>27/5</b>
63.38	4	Bilbao	3/6
64.35	2	WLP (1)	9/6
64.40	2	BIG	10/6
65.75	5	Velenje SLO	14/6
66.02	2	UK	23/6
62.63	1	WLP (2)	30/6
61.61	1	Stoke Gifford	1/7

62.15	4	Cork IRL	17/7
64.39	2	Welsh Int	18/7
62.09	1	WLP (3)	28/7
63.94	2	Throwsfest	12/8
65.32	1	Rugby	15/8
62.89	Q	CAU	25/8
64.50	1	CAU	25.8

### CARYS PARRY

62.39	1	Rugby	21/4
62.06	1	South Wales Ch	12/5
64.67	3	L'bro Int	20/5
64.24	1	WL1 (1)	27/5
64.73	1	Welsh	2/6
<b>64.96</b>	<b>3</b>	<b>UK</b>	<b>23/6</b>
62.89	1	Bath	27/6
62.82	1	Welsh Inter-Reg	14/7
62.77	4	Cardiff	18/7

### SUSAN McKELVIE

62.30	1	Hull	22/4
56.96	1	Scot East	13/5
60.95	4	L'bro Int	20/5
63.10	1	Scots	2/6
58.17	3	WLP (1)	9/6
63.24	5	UK	23/6
62.26	2	WLP (2)	30/6
64.24	3	Cardiff	18/7
71.75	1	Livingston	21/7
59.57	2	WLP (3)	28/7
63.99	1	Edinburgh	5/8
64.09	1	Throwsfest	12/8
<b>64.65</b>	<b>2</b>	<b>Kessel-Lo BEL</b>	<b>13/8</b>

### SAMANTHA HYNES

59.18	5	Kasta Loss SWE	6/5
56.98	1	Middlesex Ch	12/5
<b>62.96</b>	<b>1</b>	<b>Perivale</b>	<b>19/5</b>
62.53	2	WL1 (1)	27/5
58.93	5	BIG	10/6
59.29	6	UK	23/6

### RACHEL GAIR

58.94	4	Winter Th Trials	3/3
52.06	1	Scunthorpe	25/3
56.95	1	Nottingham	1/4
55.88	2	Wakefield	7/4
58.16	1	Liverpool	14/4
56.75	3	Hull	22/4
58.62	1	Leeds	5/5
57.76	1	Notts Champs	13/5
59.08	1B	WL1 (1)	27/5
60.55	2	Eng Ch	2/6
60.76	3	BIG	10/6
58.90	7	UK	23/6
<b>61.38</b>	<b>1</b>	<b>WL1 (2)</b>	<b>30/6</b>
57.91	1	WL1 (3)	28/7

59.90	1	Stretford	5/8
58.88	4	Throwsfest	12/8
59.79	Q	CAU	25/8
56.95	2	CAU	25/8

### SHAUNAGH BROWN

60.99	3	Kasta Loss SWE	6/5
57.59	1	Kent Ch	12/5
55.48	1	Bromley	19/5
59.43	6	L'bro Int	20/5
58.07	4	WLP (1)	9/6
60.64	4	BIG	10/6
54.91	2	Eng U23	17/6
56.45	9	UK	23/6
54.78	4	WLP (2)	30/6
52.37	1	Eltham	14/7
<b>61.13</b>	<b>4</b>	<b>Roche Sur Yon</b>	<b>18/7</b>

### ABBI CARTER

60.51	4	Winter Th Trials	3/3
57.14	1	Hull	15/4
58.43	2	Hull	22/4
57.71	1	Kasta Loss SWE	6/5
57.36	1	Humberside Ch	12/5
59.50	5	L'bro Int	20/5
57.72	1	Hull	26/5
59.81	3	Eng Ch	2/6
59.21	1	Eng U20	16/6
57.85	8	UK	23/6
57.42	1	Preston	1/7
59.75	1	Eng Schools	6/7
<b>60.75</b>	<b>Q</b>	<b>World Juniors</b>	<b>12/7</b>
56.49	12	World Juniors	14/7
57.10	5	Throwsfest	12/8
56.90	Q	CAU	25/8
56.71	4	CAU	25/8

### LAURA DOUGLAS

<b>59.96</b>	<b>1</b>	<b>Blackburn</b>	<b>5/5</b>
57.75	1	North West Reg	12/5
53.30	2	Welsh	2/6
51.71	4	WLP (1)	9/6
50.49	5	WLP (3)	28/7

### LOUISA JAMES

55.60	1	Woodford	15/4
55.69	1	Crawley	22/4
57.66	1	Sussex Ch	13/5
57.08	1	Kingston	19/5
56.49	1	Milton Keynes	27/5
56.24	1	Hastings	9/6
58.58	1	Dartford	13/6
53.40	3	Eng U20	16/6
55.71	1	Woodford	19/6
55.79	1	Lee Valley	24/6
57.05	2	WL1 (2)	30/6
<b>59.03</b>	<b>2</b>	<b>Eng Schools</b>	<b>6/7</b>
58.30	1	South U20	8/7





## UK ALL-TIME LIST (AT 09/10/2012)

77.54	Martin Girvan 17.4.60	1984		62.32	Peter Aston 21.2.45	1975	
77.30	Dave Smith 21.6.62	1985		62.28	Lawrie Bryce 25.1.43	1973	
77.02	Matt Mileham 27.12.56	1984		62.24	Phil Scott 26.12.55	1976	
76.43	Michael Jones 23.7.63	2001		62.24	Tony Kenneally 21.1.64	1985	
<b>75.63</b>	<b>Alex Smith 6.3.88</b>	<b>2012</b>		62.20	Steve Minnikin 4.1.72	1996	
75.40	Chris Black 1.1.50	1983		62.16	Geoff Whaley 9.6.58	1980	
75.10	David W Smith 2.11.74	1996		62.10	Chris Melluish 15.7.44	1974	
75.08	Robert Weir 4.2.61	1982		62.01	Graham Holder 16.1.72	2005	(80)
<b>74.82</b>	<b>Mark Dry 11.10.87</b>	<b>2012</b>		62.00	Eric Berry 23.4.54	1974	
74.02	Paul Head 1.7.65	1990	(10)	61.96	Steve Sammut 3.5.67	2002	
73.86	Barry Williams 5.3.47	1976		61.72	Peter Seddon 4.3.37	1967	
73.80	Jason Byrne 9.9.70	1992		61.70	John Urquhart 14.11.77	1998	
73.20	Paul Dickenson 4.12.49	1976		61.61	Roger Bate 16.1.83	2009	
72.79	Bill Beauchamp 9.9.70	2003		61.38	Russell Tolputt 17.9.64	1985	
<b>72.79</b>	<b>Andrew Frost 17.4.81</b>	<b>2011</b>		61.22	Malcolm Croad 27.10.73	1992	
<b>72.45</b>	<b>Mike Floyd 26.9.76</b>	<b>2011</b>		<b>61.15</b>	<b>Tim Williams 7.7.92</b>	<b>2012</b>	
<b>71.75</b>	<b>Pete Smith 20.7.90</b>	<b>2012</b>		61.10	Vaughan Cooper 14.9.65	1984	
71.70	Matt Lambley 18.9.87	2010		60.96	Stuart Spratley 18.7.72	1992	(90)
71.60	Shane Peacock 5.3.63	1990		60.94	Justin Sysum 17.6.85	2009	
71.28	Peter Vivian 5.11.70	1995	(20)	60.78	Wayne Clarke 24.12.75	2001	
71.00	Ian Chipchase 26.2.52	1974		60.65	Rob Careless 7.9.74	2001	
70.88	Howard Payne 17.4.31	1974		60.54	Niall McDonald 16.2.35	1970	
<b>70.68</b>	<b>James Bedford 29.12.88</b>	<b>2012</b>		60.53	Chris Walsh 1.10.78	2000	
70.33	John Pearson 30.4.66	2000		60.42	Tom Campbell 19.12.51	1975	
70.30	Stewart Rogerson 4.2.62	1988		60.17	Kevin Davies 11.1.78	2002	
70.28	Paul Buxton 23.11.56	1979		59.84	Sandy Sandhu 4.5.81	1982	
69.74	Iain Park 16.7.74	2003		<b>59.80</b>	<b>Jonathan Edwards 9.10.92</b>	<b>2012</b>	
69.72	Amir Williamson 10.4.87	2010		59.72	Mark Miller 10.11.71	2000	(100)
69.52	Jim Whitehead 22.8.49	1979		59.68	Simon Taylor 22.9.64	1984	
<b>68.84</b>	<b>Chris Bennett 17.12.89</b>	<b>2011</b>	(30)	59.68	Matthew Spicer 18.5.71	1996	
<b>68.74</b>	<b>Michael Bomba 10.10.86</b>	<b>2012</b>		59.61	Peter Allday 27.6.27	1956	
68.69	Simon Bown 21.11.74	2009		59.54	Mark Allen 9.7.85	2008	
68.64	Shaun Pickering 14.11.61	1984		59.41	Matthew Frampton 10.4.84	2007	
68.18	Ron James 20.9.59	1982		59.40	Gareth Jones 14.12.68	1994	
67.82	Steve Whyte 14.3.64	1989		59.18	Nigel Winchcombe 19.12.59	1988	
<b>67.56</b>	<b>Nick Miller 1.5.93</b>	<b>2012</b>		59.15	David Little 28.2.81	2001	
67.45	Steve Pearson 13.9.59	1998		59.10	Philip Rushin 26.9.68	1988	
67.32	Gareth Cook 20.2.69	1991		58.96	Wayne Powell 27.7.71	2008	(110)
66.97	Chris Howe 17.11.67	1998		58.93	David Bayes 10.5.34	1968	
66.95	Karim Chester 6.11.84	2005	(40)	<b>58.81</b>	<b>Joe Gibson 16.10.85</b>	<b>2012</b>	
<b>66.69</b>	<b>Chris Shorthouse 23.8.88</b>	<b>2012</b>		58.67	Ewan Douglas 14.11.22	1955	
66.53	Russell Devine 24.4.68	2001		<b>58.64</b>	<b>Andrew Elkins 25.5.93</b>	<b>2011</b>	
66.07	Sam Coe 30.10.89	2010		58.56	Laurie Hall 25.12.37	1962	
65.81	Carl Saggars 20.9.83	2005		58.49	Will Lowndes 10.10.86	2009	
65.53	Glen Kerr 27.10.74	2007		<b>58.48</b>	<b>Micki Finn 14.12.87</b>	<b>2011</b>	
65.30	Karl Andrews 21.3.75	1994		58.40	Arthur McKenzie 14.4.39	1974	
64.96	Mike Ellis 3.9.36	1959		<b>58.40</b>	<b>Stuart Thurgood 17.5.76</b>	<b>2011</b>	
64.80	Bruce Fraser 30.1.46	1973		58.36	Steve Angell 8.4.70	1995	(120)
<b>64.69</b>	<b>Matthew Richards 10.5.86</b>	<b>2011</b>		<b>58.34</b>	<b>Craig Murch 27.6.93</b>	<b>2012</b>	
<b>64.57</b>	<b>Joe Bloomfield 3.11.90</b>	<b>2011</b>	(50)	58.30	Robin Meikle 26.1.59	1986	
64.54	Michael Petra 12.7.56	1979		<b>58.29</b>	<b>Callum Brown 20.7.94</b>	<b>2012</b>	
64.39	Craig Ellams 24.11.72	2000		58.24	Alan McNicholas 10.12.74	1996	
64.36	Andrew Tolputt 12.10.67	1987		58.12	Nigel Spivey 18.10.58	1989	
64.29	Graeme Allan 24.9.80	2006		<b>58.10</b>	<b>Jay Hill 27.8.91</b>	<b>2012</b>	
64.22	Matthew Bell 2.6.78	2007		58.04	Philip Bufton 10.11.67	1998	
<b>63.76</b>	<b>Graham Level 13.11.88</b>	<b>2011</b>		58.04	Matthew Sutton 8.9.81	2010	
63.74	Mark Sterling 23.9.62	1984		57.96	Karl Lasis 1.12.52	1972	
63.71	David Allan 17.10.70	1999		57.96	David Valentine 2.10.56	1986	(130)
<b>63.50</b>	<b>Alex Warner 7.12.89</b>	<b>2011</b>		57.95	Don Anthony 6.11.28	1956	
<b>63.48</b>	<b>Andrew Jordon 18.12.91</b>	<b>2011</b>	(60)		58.47 exhib 1956, 58.14 ?dh 1956		
<b>63.28</b>	<b>Alistair Williamson 31.3.88</b>	<b>2011</b>		57.92	Nick Lia 7.9.53	1977	
63.20	Peter Gordon 2.7.51	1982		<b>57.87</b>	<b>Peter Clarke 22.7.91</b>	<b>2011</b>	
63.16	Graham Callow 4.10.67	1989		57.81	Warwick Dixon 1.4.35	1961	
62.88	Anthony Swain 17.1.75	1997		57.80	Peter Holmes 29.11.88	2007	
62.70	Paul Barnard 27.7.72	1995		57.72	Eric Johnson 10.11.35	1970	
62.60	Peter Weir 2.9.63	1987		57.38	Ross Thompson 7.12.81	1999	
62.60	Rob Earle 15.9.60	1995		57.34	Barry Baptiste 17.7.67	1990	
62.56	Adrian Palmer 10.8.69	1994		57.32	Alan Phipps 30.9.47	1971	
62.54	Tony Elvin 3.5.44	1970		57.30	Willie Robertson 28.10.47	1974	(140)
<b>62.46</b>	<b>Michael Painter 9.10.94</b>	<b>2012</b>	(70)	57.26	Tom Dempsey 15.12.83	2001	
62.42	Malcolm Fenton 12.2.56	1982		57.24	Geoff Tancred 20.6.46	1972	
62.40	Lawrie Nisbet 18.6.61	1986		57.24	Alan Woods 27.3.51	1978	

## WOMEN ALL TIME LIST (2012)

71.98	<b>Sophie Hitchon</b> 11.7.91	2012	
68.93	Lorraine Shaw 2.4.68	2003	
68.63	Zoë Derham 24.11.80	2008	
<b>68.50</b>	<b>Sarah Holt</b> 17.4.87	<b>2012</b>	
67.58	Shirley Webb 28.9.81	2006	
66.31	Carys Parry 24.7.81	2008	
<b>65.03</b>	<b>Susan McKelvie</b> 15.6.85	<b>2011</b>	
64.74	Laura Douglas 4.1.83	2010	
63.96	Lyn Sprules 11.9.75	2000	
63.61	Elizabeth Pidgeon/Carter 27.4.77	2000	(10)
63.05	Lesley Brannan 13.9.76	2006	
<b>62.96</b>	<b>Samantha Hynes</b> 20.1.86	<b>2012</b>	
<b>62.66</b>	<b>Rachel Gair</b> 12.9.86	<b>2011</b>	
<b>61.94</b>	<b>Myra Perkins</b> 21.1.92	<b>2011</b>	
61.48	Suzanne Roberts 19.12.78	2004	
<b>61.13</b>	<b>Shaunagh Brown</b> 15.3.90	<b>2012</b>	
60.88	Rachael Beverley 23.7.79	1999	
<b>60.75</b>	<b>Abbi Carter</b> 16.10.93	<b>2012</b>	
<b>59.03</b>	<b>Louisa James</b> 5.7.94	<b>2012</b>	
58.97	Diane Holden 12.7.75	2002	(20)
58.48	Joanne John 12.11.80	2008	
58.47	Mhairi Walters/Porterfield 19.6.81	2002	
57.64	Lucy Marshall 28.11.81	2008	
57.63	Nicola Dudman 5.10.83	2002	
57.40	Sarah Moore 15.3.73	2001	
<b>57.16</b>	<b>Hannah Evenden</b> 28.6.91	<b>2012</b>	
<b>57.16</b>	<b>Hayley Murray</b> 13.9.89	<b>2012</b>	
57.08	Monique Buchanan 27.9.86	2006	
56.78	Victoria Thomas 24.9.87	2006	
56.76	Esther Augee 1.1.64	1993	(30)
56.74	Rachel Blackie 9.12.87	2006	
<b>56.41</b>	<b>Kimberley Reed</b> 18.2.95	<b>2012</b>	
<b>56.12</b>	<b>Christina Jones</b> 5.4.90	<b>2012</b>	
<b>55.81</b>	<b>Toni Wells</b> 15.5.93	<b>2012</b>	
55.60	Ann Gardner 11.10.68	1998	
55.42	Vicky Scott 21.9.80	2001	
<b>55.30</b>	<b>Rachel Hunter</b> 30.8.93	<b>2012</b>	
55.13	Bolanie Ogun GBR/NIG 2.9.77	2010	
55.09	Philippa Roles 1.3.78	1999	
54.72	Helen Arnold 5.10.78	1997	(40)
54.51	Christina Bennett 27.2.78	2003	
<b>54.46</b>	<b>Alice Simpson</b> 26.2.89	<b>2012</b>	
54.15	Sarah Harrison 1.3.79	2000	
54.03	Catherine Garden 4.9.78	1999	
53.90	Laura Chalmers 1.5.86	2006	
<b>53.55</b>	<b>Stephanie Hendy</b> 17.12.91	<b>2012</b>	
<b>53.39</b>	<b>Jenna Wheatman</b> 6.3.84	<b>2011</b>	
<b>53.38</b>	<b>Emma O'Hara</b> 3.4.95	<b>2012</b>	
<b>53.32</b>	<b>Jessica Mayho</b> 14.6.93	<b>2012</b>	
<b>53.25</b>	<b>Andrea Jenkins</b> 4.10.75	<b>2012</b>	(50)
53.21	Rhiannon McNally 21.11.87	2007	
53.13	Katy Lamb 21.8.82	2001	
52.95	Jenny Winson 7.11.90	2010	
<b>52.37</b>	<b>Kate Wilson</b> 1.9.88	<b>2012</b>	
52.21	Sarah Smith 19.9.90	2010	
52.18	Samantha Burns-Salmond 13.4.76	1997	
52.00	Stacey Wilson 13.4.87	2009	
<b>51.94</b>	<b>Gaby McNally</b> 18.1.93	<b>2011</b>	
<b>51.76</b>	<b>Pippa Wingate</b>	<b>2012</b>	
51.66	Anna Johnson 17.12.87	2007	(60)
51.62	Fiona Whitehead 31.5.70	1993	
51.62	Julie Lavender 9.11.75	1994	
51.37	Ade Oshinowo 12.2.80	2002	
51.34	Helen Taylor 19.7.82	2001	
51.32	Katy Barnard 15.12.93	2010	
51.04	Joanne Holloway 10.5.76	2001	
50.98	Kate Yhnell 12.11.90	2010	
<b>50.86</b>	<b>Sarah Stanhope</b> 21.10.93	<b>2012</b>	
50.82	Louise Davis 19.9.79	2005	
<b>50.81</b>	<b>Rebecca Keating</b> 31.8.97	<b>2012</b>	(70)
50.62	Janet Smith 7.10.64	1997	
<b>50.57</b>	<b>Chelsea Coker</b> 28.5.93	<b>2011</b>	
<b>50.47</b>	<b>Beth Mitchell</b> 13.11.92	<b>2011</b>	
50.42	Nicola Stevenson 8.5.89	2007	
50.38	Irene Duffin 10.8.60	1997	
50.35	Vicky Johnson 18.11.89	2010	
50.34	Jean Clark 5.10.68	1997	
50.28	Caitlyn Mackie 26.8.90	2008	
50.27	Helen Wilding 25.10.76	2001	
50.24	Amy Howard 3.3.87	2006	(80)
50.21	Adanna Okeahialam 23.2.92	2010	
50.20	Katie Horne 23.5.79	2006	
50.13	Joanne Davison 16.5.64	2009	
50.12	Steph Owens 6.9.90	2008	
50.08	Helen Broadbridge 23.7.92	2010	
<b>50.02</b>	<b>Laura Duke</b> 12.10.89	<b>2011</b>	
<b>49.95</b>	<b>Amy Clemens</b> 24.10.92	<b>2011</b>	
49.93	Sheena Parry 16.11.77	2002	
<b>49.91</b>	<b>Jacqueline Plain</b> 12.6.94	<b>2012</b>	
49.68	Suzanne Last 11.1.70	2000	(90)
49.68	Lydia Morgan 1.9.83	2004	
49.46	Melissa Cooper 22.1.89	2007	
49.38	Jemma Kelly/Bate 13.3.82	2006	
49.33	Sadie Watts 17.12.90	2010	
49.10	Lindsey Jones 8.9.77	1997	
<b>48.98</b>	<b>Kayleigh Presswell</b> 14.3.95	<b>2012</b>	
48.94	Frances Miller 26.12.94	2001	
48.90	Julie Kirkpatrick 14.7.72	1996	
48.87	Kirsty Wilson (Walters) 6.9.84	2009	
<b>48.84</b>	<b>Sarah-Jane Anthony</b> 3.9.94	<b>2012</b>	(100)
48.83	Amy Church 22.4.86	2006	
48.78	Sarah Deacon 18.3.83	2003	
48.75	Lisa-Marie Shippen 19.10.83	2006	
48.75	Rachel Basford 22.7.86	2008	
<b>48.67</b>	<b>Emma Bowie</b> 22.12.96	<b>2012</b>	
48.66	Karen Brown/Chambers 31.8.68	2000	
48.51	Maggie Donnelley 19.2.90	2010	
48.33	Lorne Tait 16.1.87	2007	
48.32	Helen McCreddie 10.5.75	1996	
48.12	Marina Semenova 12.7.64	2000	(110)
	50.04 1999 when still RUS-qualified		
48.11	Nikita Morgan 8.7.90	2008	
47.87	Donna Kent 21.1.90	2008	
47.82	Beth Sewell 21.1.82	2010	
47.81	Faye Blacktin 5.11.81	2004	
47.70	Angela Bonner 22.11.73	1996	
47.70	Elisha Dee 24.10.84	2004	
47.52	Vicki Clark 23.9.80	1998	
47.51	Anna Howard 18.7.83	2005	
47.38	Belinda Heil 8.3.82	2000	
<b>47.32</b>	<b>Hayley Green</b> 28.11.90	<b>2011</b>	(120)
47.28	Charlotte Murray 25.11.89	2007	
<b>47.27</b>	<b>Claire Beaumont</b> 17.2.92	<b>2011</b>	
47.06	Caroline Manning 5.3.73	1995	
46.89	Helen Ephgrave 29.10.84	2005	
<b>46.88</b>	<b>Sara Bobash</b> 1.2.94	<b>2012</b>	
46.86	Leanne Jones/Taylor 13.5.74	1997	
46.83	Sarah Drake 13.8.85	2010	
46.75	Kayleigh Mills 8.2.92	2008	
46.72	Leah Weatheritt 18.9.74	2009	
46.66	Maggie Donnelly 19.2.90	2008	(130)
46.64	Myrtle Augee 4.2.65	1995	
46.60	Bethan Lishman 15.11.83	2008	
46.52	Oyebanke Jemiyo 7.2.91	2008	
46.49	Jenna Lander 31.8.85	2004	
46.49	Claire Phillips 27.5.88	2005	
46.39	Karen Bell 18.6.82	2000	
46.36	Ella Teasdale 8.9.85	2004	
46.34	Nicola Jackson 24.1.80	2005	
46.32	Jenna Cannell 28.5.93	2010	
46.22	Katie Harrison 25.12.82	2005	(140)
46.21	Eleanor Gatrell 5.10.76	2006	
46.18	Zoë Ash 2.7.90	2008	
<b>46.17</b>	<b>Anna Robertson</b> 19.6.89	<b>2012</b>	
46.10	Diane Smith 15.11.60	2001	

# 2011 HAMMER SEASON - MAIN RESULTS

<b>World Championships</b>		26 Sophie Hitchon 64.93
<b>European Team</b>	11 Andy Frost 61.53	9 Sophie Hitchon 66.05
<b>European Winter Throws</b>	3B Alex Smith 68.58	2 U23 Sophie Hitchon 64.16
	6B Mark Dry 63.99	
<b>European U23s</b>		3 Sophie Hitchon 69.59 (66.02Q)
<b>European Juniors</b>		15 Myra Perkins 57.13
		16 Abbi Carter 57.13
<b>World Youths</b>	14 Callum Brown 67.90	1 Louisa James 57.13 (55.20Q)
		10 Kimberley Reed 53.05 (54.62Q)
<b>European Youth Olympics</b>	6 Michael Painter 70.85	
<b>Commonwealth Youths</b>	1 Callum Brown ENG 72.19	1 Louisa James ENG 58.10
	2 Michael Painter ENG 68.64	2 Kimberley Reed ENG 54.22
	3 Nick Percy SCO 64.96	
<b>UK Senior Champs</b>	Alex Smith 73.26	Sophie Hitchon 67.69
	Mike Floyd 70.85	Sarah Holt 65.63
	Mark Dry 70.33	Carys Parry 63.86
<b>English</b>	Alex Smith 71.47	Sarah Holt 64.49
<b>Scottish</b>	Andy Frost 69.98	Susan McKelvie 63.32
<b>Welsh</b>	Matthew Richards 63.68	Carys Parry 63.01
<b>Northern Ireland</b>	David Little 54.20	Gabi McNally 51.57
<b>Northern</b>	Mike Floyd 71.73	Sarah Holt 62.73
<b>Midland</b>	Matthew Bell 60.75	Rachel Gair 59.05
<b>Southern</b>	Simon Bown 64.07	Sam Hynes 58.09
<b>CAU</b>	Alex Smith (Humberside) 70.84	Laura Douglas (North Wales) 60.28
<b>BUCS</b>	Alex Warner 63.50	Sophie Hitchon 69.43
<b>UK Challenge Final</b>	Mike Floyd 72.45	Sarah Holt 65.55
<b>Loughborough International</b>	Andy Frost 72.70	Zoe Derham 64.95
<b>Clubs Cup (Jo Smith Cup)</b>	Mark Dry 68.65	Hayley Murray 52.34
<b>Throwsfest</b>	Mike Floyd 71.22	Sophie Hitchon 68.95
<b>Eng U23</b>	Chris Bennett 66.37	Sophie Hitchon 67.07
<b>Eng U20</b>	Nick Miller 64.79	Abbi Carter 55.87
<b>Eng U17</b>	Nick Percy 66.94	Kimberley Reed 52.76
<b>Eng U15</b>	Adam KING IRE 65.61	Alice Akers IRE 56.20
<b>Eng Schools</b>		
<b>Seniors</b>	Nick Miller 66.60	Abbi Carter 56.83
<b>Inters</b>	Michael Painter 66.08	Emma O'Hara 47.62
<b>Juniors</b>	Woody Cox 53.72	
<b>UK Schools Games</b>	Robert Moffett 59.83	Kimberley Reed 55.00
<b>British Masters</b>		
35	Graham Holder 55.64	Andrea Jenkins 50.93
40	Darren Kerr 49.28	Camilla Thrush 36.93
45	John Pearson 58.65	Janet Smith 40.68
50	Rob Earle 57.17	Jenny Ibbitson 40.96
55	Malcolm Fenton 51.13	Vilma Thompson 33.35
60	Paul Dickenson 51.49	Rosemary Hutton 31.26
65	Chris Melliush 40.89	Liz Sissons 23.62
70	Bill Gentleman 47.60	Evaun Williams 33.66
75	Ian Miller 35.09	Rosemary Chrimes 22.99
85	Jaroslav Hanus 26.03	
<b>European Masters</b>		
	Four bronzes: Barry Hawsworth (M60), Bill Gentleman (M70), Diane Smith (W50) and Rosemary Chrimes (W75)	
<b>World Masters</b>		
	W35 1 Andrea Jenkins 51.72, W40 3 Camilla Thrush 39.42, 6 Sue Lawrence 35.95	
	W45 4 Janet Smith 42.14, M50 10 Darren Gibson 42.61	
	W70 1 Evaun Williams 34.77	
	M90 3 Les D'Arcy 17.74	

## 2012 HAMMER SEASON - MAIN RESULTS

Olympic Games	12 Alex Smith 72.87 (74.71q)	12 Sophie Hitchon 69.33 (71.98q)
European Championships	26 Mark Dry 70.27	11 Sophie Hitchon 67.17 (67.08q)
		22 Sarah Holt 61.18 dng
European Winter Throws	5A Alex Smith 72.13	2B Sarah Holt 64.17
	1B Mark Dry 69.60	
World Juniors	25 Nick Miller 67.46 dng	12 Abbi Carter 56.49 (60.75q)
	27 Michael Painter 67.00 dng	
UK Senior Champs	1 Alex Smith 74.79	1 Sophie Hitchon 69.79
	2 Mark Dry 74.32	2 Zoe Derham 66.02
	3 James Bedford 69.44	3 Carys Parry 64.96
English/Northern	James Bedford 70.13	Sarah Holt 68.50
Midlands	Chris Shorthouse 64.42	Rachel Gair 60.55
Scottish	Mark Dry 74.59	Susan McKelvie 63.10
Welsh	Graham Holder 55.50	Carys Parry 64.73
Northern Ireland	David Little 54.20	Gabi McNally 51.57
CAU	James Bedford 67.14	Zoe Derham 64.50
BUCS	1g Mark Dry 71.25	1g Zoe Derham 63.91
	Tim Williams 61.15	Myra Perkins 56.63
Loughborough Internat'l	Mark Dry 74.82	Sarah Holt 66.09
Throwsfest	Alex Smith 74.20	Susan McKelvie 64.09
Eng U23	Pete Smith 67.01	Myra Perkins 56.06
Eng U20	Michael Painter 72.34	Abbi Carter 59.21
Eng U17	Taylor Campbell	Rebecca Keating 50.81
Eng U15	Jamie Kuehnel 58.56	Ashleigh Power 51.34
<b>Eng Schools</b>		
Seniors	Callum Brown 68.52	Abbi Carter 59.75
Inters	Taylor Campbell 65.31	Rebecca Keating 45.97
Juniors	Jamie Kuehnel 53.64	
UK Challenge	1 Mark Dry	1 Sarah Holt
	2 Alex Smith	2 Carys Parry
	3 James Bedford	3 Zoe Derham
<b>British Masters</b>		
35	Simon Bown 61.87	Andrea Jenkins 51.20
40	Graham Holder 55.11	Sue Lawrence 35.93
45	John Pearson 60.13	Joanne Davison 44.36
50	Martin Roberts 50.88	Ingrid Van Dijk NED 47.68
55	Malcolm Fenton 47.08	Jenny Ibbitson 39.11
60	Neil Griffin 41.83	Linda Ridsdale 27.22
65	Barry Hawksworth 44.13	Rosemary Hutton 28.37
70	Bill Gentleman 46.90	Evaun Williams 33.07
75	Ian Miller 31.61	Rosemary Chrimes 23.91
80	Cliff Taylor 28.93	
<b>European Vets (lead results)</b>		
35	1 Simon Bown 60.75	3 Andrea Jenkins 49.86
	3 Mark Roberson 45.25	10 Anna Carpendale 29.36
50	1 Rob Earle 59.69	10 Angela Morgan 32.43
		12 Wendy Dunsford 30.69
55	16 Ian Cooley 35.36	
65	4 Barry Hawksworth 45.48	
	6 Michael Hazlewood 40.09	
70	14 Brian Harlick 28.00	
75		5 Barbara Dunsford 18.07

# 2013 HAMMER SEASON

World Championships		19 Sophie Hitchon 68.56 dnq
European Team Champs	11 Mark Dry 68.30	3 Sophie Hitchon 72.97 UK rec
European Winter Throws	1B Mark Dry 73.22	10A Sophie Hitchon 66.69
	3B Alex Smith 68.34	
World Youths	14 Taylor Campbell 71.49 dnq	
European U23s	9 Nick Miller 66.64 (67.41q)	1 Sophie Hitchon 70.72 (66.85q)
European Juniors	15 Michael Painter 67.76 dnq	9 Louisa James 59.52 (59.46q)
	17 Callum Brown 66.45 dnq	

## Major domestic senior meetings

UK/British Senior Champs	1 Andy Frost 72.28	Shaunagh Brown 62.71
	2 James Bedford 70.56	Carys Parry 62.33
	3 Alex Smith 70.08	Susan McKelvie 60.92
English (at UK Champs)	James Bedford 70.56	Shaunagh Brown 62.71
Northern	Mike Floyd 70.48	Hannah Evenden 52.33
Midlands	Chris Shorthouse 68.35	Rachel Gair 60.73
Scottish	Mark Dry 70.96	Susan McKelvie 59.61
Welsh	Matthew Richards 63.74	Carys Parry 63.54
Northern Ireland	Dempsey McGuigan 62.89	Hayley Murray 55.42
CAU	James Bedford 70.55	Shaunagh Brown 63.44
BUCS	Tim Williams 58.87	Myra Perkins 58.20
Winter Throws Trials	Mark Dry 72.45	Sophie Hitchon 70.34
Loughborough International	Alex Smith 72.45	Sophie Hitchon 70.52
Throwsfest	Andy Frost 68.96	Rachel Gair 61.36

## Age Groups

Eng U23	Nick Miller 67.67	Sophie Hitchon 69.54
Eng U20	Michael Painter 68.84	Louisa James 55.80
Eng U17	Adam King IRE 60.40	Alice Akers IRE 50.80
	3 Munroe Ritchie 57.99	2 Rebecca Keating 49.93
Eng U15	George Marvell 64.23	Michaela Walsh IRE 52.44
		2 Katie Head 48.91

## Eng Schools

Seniors	Michael Painter 71.32	Emma O'Hara 55.40
Inters	Leslie Parks 60.19	Rebecca Keating 49.37
Juniors	George Marvell 63.07	

## British Masters

35		Andrea Jenkins 49.17
40	Graham Holder 50.18	Sue Lawrence 35.62
45	John Pearson 57.99	Janet Smith 44.69
50	Bob Broadbridge 48.63	Ingrid Van Dijk NED 44.39
55	David Maggs 42.23	Jenny Ibbitson 33.67
60	John Wild 38.84	Vilma Thompson 32.44
65	Barry Hawksworth 43.41	Liz Sissons 25.74
70	Jack Kee 43.37	
75	Hamilton Thomas 28.93	Evaun Williams 38.34
80	Peter Barber 25.75	Rosemary Chrimes 21.43