

NUTS STATISTICAL HISTORIES – UPDATES

Compiled by Ian Tempest

400M

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------|-----------------------|-----------------------|
| 1999 | Jamie Baulch 45.36 | Solomon Wariso 45.52 | Mark Hylton 45.99 |
| 2000 | Mark Richardson 45.55 | Sean Baldock 45.71 | Jamie Baulch 46.07 |
| 2001 | Mark Richardson 45.79 | Iwan Thomas 46.00 | Mark Hylton 46.36 |
| 2002 | Tim Benjamin 45.73 | Sean Baldock 45.84 | Jared Deacon 45.89 |
| 2003 | Daniel Caines 45.56 | Du'aine Ladejo 45.93 | Ian Mackie 46.10 |
| 2004 | Tim Benjamin 45.58 | Daniel Caines 45.88 | Sean Baldock 46.24 |
| 2005 | Tim Benjamin 45.52 | Malachi Davis 45.84 | Graham Hedman 45.88 |
| 2006 | Tim Benjamin 46.00 | Martyn Rooney 46.20 | Robert Tobin 46.35 |
| 2007 | Andrew Steele 45.70 | Martyn Rooney 45.93 | Richard Buck 46.28 |
| 2008 | Martyn Rooney 45.31 | Robert Tobin 46.18 | Michael Bingham 46.28 |
| 2009 | Robert Tobin 45.84 | Conrad Williams 46.13 | Set Oshi 46.71 |
| 2010 | Martyn Rooney 44.99 | Michael Bingham 45.67 | Conrad Williams 45.76 |
| 2011 | Martyn Rooney 45.44 | Chris Clarke 45.61 | David Greene 45.82 |
| 2012 | Martyn Rooney 45.93 | Conrad Williams 45.97 | Nigel Levine 46.00 |
| 2013 | Nigel Levine 45.23 | Conrad Williams 45.59 | Michael Bingham 45.69 |

AGE GROUP CHAMPIONS

| | | | |
|------|-------------------------|----------------------------|--|
| U23 | | U20 | |
| 1999 | David Naismith 46.95 | Adam Buckley 47.71 | |
| 2000 | Daniel Caines 46.82 | Ian Tinsley 48.19 | |
| 2001 | David Naismith 47.13 | Robert Tobin 47.3 | |
| 2002 | Ian Lowthian 49.01 | Adam Charlton 48.95 | |
| 2003 | Allan Stuart 46.72 | Adam Charlton 46.88 | |
| 2004 | Robert Tobin 46.27 | Rabah Yusuf SUD 47.51 | |
| 2005 | Rabah Yusuf SUD 46.69 | Martyn Rooney 46.44 | |
| 2006 | Richard Buck 46.77 | Grant Baker 46.98 | |
| 2007 | Rabah Yusuf SUD 46.04 | Nigel Levine 46.69 | |
| 2008 | Ben Higgins 47.68 | Chris Clarke 47.08 | |
| 2009 | Nigel Levine 46.30 | Chris Clarke 46.55 | |
| 2010 | Luke Lennon Ford 47.16 | Nathan Wake 47.37 | |
| 2011 | Nigel Levine 45.85 | Jarryd Dunn 47.61 | |
| 2012 | Jarryd Dunn 47.10 | George Caddick 47.26 | |
| 2013 | Dan Putnam 47.16 | Ben Snaith 47.14 | |
| U17 | | U15 | |
| 1999 | Russell Nicholls 48.73 | Daniel Petros 51.7 | |
| 2000 | Craig Erskine 50.01 | Richard Davenport 51.4 | |
| 2001 | Richard Davenport 49.74 | Craig Granville 51.93 | |
| 2002 | Simon Teye 48.42 | Kris Robertson 52.06 | |
| 2003 | Richard Buck 47.71 | Thomas Duffield 50.91 | |
| 2004 | Kris Robertson 47.08 | James Peden 51.56 | |
| 2005 | Chris Clarke 49.10 | Matthew Lunn 50.77 | |
| 2006 | Jordan McGrath 49.17 | Matthew Webster 50.07 | |
| 2007 | Nathan Wake 48.44 | Thomas Benstead 51.24 | |
| 2008 | Ben Sturgess 48.36 | Farren Morgan 51.53 | |
| 2009 | Greg Loudon 48.46 | Omari Carr-Miller 51.22 | |
| 2010 | Jay Younger 48.49 | Aaron Pitt 49.99 | |
| 2011 | Clovis Asong 47.13 | Stanley Livingstone 49.97 | |
| 2012 | Ben Snaith 47.92 | Matthew Pagan 35.74 (300m) | |
| 2013 | Ben Robbns 48.83 | Joe Milton 36.29 (300m) | |

INDOORS

1999 Allyn Condon 47.14
2000 Daniel Caines 46.89
2001 Daniel Caines 45.75
2002 Robert Daly IRL 47.58
2003 Daniel Batman AUS 45.93
2004 Robert Daly IRL 46.68
2005 David Gillick IRL 46.45
2006 Robert Tobin 45.90
2007 Gary Warburton 48.02
2008 Richard Buck 46.53
2009 Richard Buck 46.41
2010 Richard Buck 47.54
2011 Nigel Levine 46.76
2012 Nigel Levine 46.68
2013 Nigel Levine 46.73

U20

1999 Alloy Wilson 48.15
2000 Sam Ellis 49.1
2001 Adam Rogers 48.11
2002 David McCarthy IRE 46.66
2003 Adam Charlton 48.09
2004 Philip Taylor 48.47
2005 Bruce Tasker 48.86
2006 Bruce Tasker 47.74
2007 Robert Davis 47.90
2008 Jordan McGrath 47.67
2009 Ross McDonald 48.53
2010 Jack Green 48.01
2011 Joshua Street 48.11
2012 Alex Boyce 47.82
2013 Clovis Asong 47.45

Scot

1999 Paul McBurney IRE 46.83
2000 Paul Slythe 47.71
2001 Kris Stewart 47.53
2002 Allan Stuart 47.27
2003 Alan Stuart 47.60
2004 Jared Deacon 46.96
2005 Conrad Williams 47.04
2006 Mark Berridge 47.73
2007 Alleyne Francique GRN 46.95
2008 Kris Robertson 46.79
2009 Kris Robertson 47.82
2010 Kris Robertson 47.07
2011 Patrick Swan 47.90
2012 Guy Learmonth 48.00
2013 Kris Robertson 47.48

England

2010 Nick Leavey 46.52
2011 Robert Tobin 46.50
2012 Lawrence Wooldridge 47.43

South

1999 Mark Brown 47.2
2000 Sean Baldock 45.91

Daniel Caines 47.38
Paul Slythe 47.60
Mark Hylton 46.24
Tim Benjamin 47.60
David McCarthy IRL 46.68
David McCarthy IRL 47.03
Dale Garland 47.05
David McCarthy IRL 46.81
Steven Green 48.04
Steven Green 46.93
Mark Brown 47.32
Nigel Levine 47.73
Richard Buck 47.30
Michael Bingham 47.07
Richard Strachan 46.95

U17

Michael Snow 50.52
Craig Erskine 50.24
Richard Davenport 49.49
Richard Davenport 48.58
Ryan Thomas 49.45
Bruce Tasker 48.85
Christopher Smith 50.12
Tom Miller 49.26
Ross McDonald 48.78
Thomas Hinton 49.94
Paul Scanlan 49.17
Alex Boyce 48.62
Clovis Asong 48.39
Dereece O'Callaghan 49.52
Ben Robbins 48.91

N Ireland

Paul McKee IRE 47.77
Paul McBurney IRE 47.69
Paul McKee IRE 47.34
Robert Daley IRE 46.71
David McCarthy IRE 46.94
Richard Girvan 50.58
James McIlroy 48.50
Brett Rund 47.88
Simon Taggart IRE 49.9
Jason Harvey IRE 49.2
John Houston 50.31
Darragh Kervick IRE 48.43
Craig Lynch IRE 49.53
John Houston 48.96
Adam McComb 48.44

Midland

Matthew Lewis 48.11
Bradley Yiend 48.74

Adrian Patrick 47.58
Adrian Patrick 47.90
Matthew Elias 46.91
James Chatt 48.67
Cori Henry/M Hylton 47.20
Jamie Baulch 47.70
Rabah Yusuf SUD 47.64
Conrad Williams 47.68
Brian Doyle 48.28
Richard Strachan 47.99
John Kelley 47.63
Luke Lennon Ford 48.16
Nick Leavey 47.72
Richard Buck 47.10
Michael Bingham 47.04

U15

Craig Glanville 51.38
Lewis Robson 52.67
Precious Ojighoro 54.76
Precious Ojighoro 53.71
James Peden 53.24
Dan Putnam 52.42
Gerwyn Morgan 52.24
Tom Holligan 52.86
Matthew Hudson-Smith 52.78
Aaron Pitt 51.01
Ben Robbins 51.36
Ashley Sandall 52.92
Owen Richardson 36.87 (300m)

Welsh

Matt Elias 49.1
Jamie Baulch 46.35
Matt Elias 46.9
Matt Elias 46.59
James Nasrat 48.52
Gareth Warburton 48.61
Iwan Thomas 47.40
Gareth Warburton 46.86
Andy Blow 47.50
James Nasrat 48.59
Tonderai Tomu ZIM 47.24
David Greene 46.38
Joe Thomas 47.25
Daniel Dell 50.02
Paul Bennett 47.92

North

Neil Jennings 47.88
Geoffrey Djan 47.93

2001 Mark Hylton 46.8
2002 Sean Baldock 46.51
2003 Robert Tobin 47.02
2004 Graham Hedman 46.55
2005 Conrad Williams 47.06
2006 Mark Berridge 47.90
2007 Conrad Williams 46.63
2008 Robert Tobin 46.57
2009 Set Osho 46.70
2010 Nick Leavey 47.25
2011 Tom Druce 46.95
2012
2013 Nicholas Atwell 48.22

Cori Henry 47.41
Cori Henry 46.46
James Marshall 48.55
Ryan Preddy 47.44
Daniel Cossins 48.06
Matt Dewsberry 48.69
Grant Baker 48.0
Andrew Dean Young 50.14
Luke Lennon-Ford 48.6
Paul Judson 48.58
Jordan McGrath 48.43
Michael Warner 47.54
Jack Houghton 47.14

Jared Deacon 47.47
Ian Lowthian 47.48
Ian Lowthian 47.74
Richard Buck 48.57
Richard Strachan 47.69
Richard Buck 46.59
Richard Buck 47.12
Richard Buck 46.23
John Kelley 48.25
Matthew Quine 47.55
Harry Doran 47.51
Alex Boyce 48.22
Tim Burn 47.72

CAU

1999 Geoff Dearman M'sex 46.05
2000 Mark Brown Essex 47.49
2001 Neil Jennings NE Cos 47.74
2002 Mark Hylton Berks 46.42
2003 Conrad Williams Kent 47.43
2004 Mark Brown Essex 47.49
2005 Graham Hedman Essex 46.37
2006 Conrad Williams Kent 47.46
2007 Graham Hedman Essex 47.05
2008 Rabah Yusuf NE Cos/SUD 47.13
2009 Conrad Williams Kent 46.01
2010 Conrad Williams Kent 47.49
2011 Jamie Bowie N Scot 47.63
2012 Nigel Levine Beds 46.34
2013 Richard Buck Yorks 46.75

1500M

AAA/UK CHAMPIONSHIPS

2002 Tony Whiteman 3:38.24
2003 Michael East 3:42.29
2004 Chris Mulvaney 3:50.14
2005 Nick McCormick 3:37.05
2006 Andrew Baddeley 3:41.18
2007 Andrew Baddeley 3:43.25
2008 Tom Lancashire 3:38.92
2009 Jermaine Mays 3:41.26
2010 Andy Baddeley 3:41.49
2011 James Shane 3:36.22
2012 Andy Baddeley 3:47.99
2013 Chris O'Hare 3:51.36

John Mayock 3:38.97
Tom Mayo 3:42.66
Andrew Baddeley 3:50.40
Andrew Baddeley 3:37.08
Stephen Davies 3:42.52
Stephen Davies 3:45.29
Mo Farah 3:39.66
Lee Emanuel 3:41.82
Colin McCourt 3:41.95
Andy Baddeley 3:39.44
Ross Murray 3:48.20
James Brewer 3:51.92

Michael East 3:39.18
Tony Whiteman 3:43.22
Michael Skinner 3:50.77
Michael East 3:37.23
Neil Speaight 3:43.17
Tom Lancashire 3:45.64
Chris Warburton 3:39.98
Nick McCormick 3:42.21
Nick McCormick 3:42.52
Nick McCormick 3:41.66
Chris O'Hare 3:48.63
Lee Emanuel 3:52.34

AGE GROUP CHAMPIONS

U23

2002 Chris Bolt 3:53.19
2003 Chris Thompson 3:47.73
2004 Chris Warburton 3:57.27
2005 Chris Warburton 3:52.15
2006 Alan Wales 3:49.93
2007 Ross Toole 3:52.51
2008 Andy Vernon 3:54.0
2009 James Brewer 3:44.55
2010 Daniel Clorley 3:50.98
2011 James Shane 3:40.44

U20

Derek Watson 3:58.73
Tom Lancashire 3:49.33
Tom Lancashire 3:48.30
Anthony Moran 3:54.94
Kris Gauson 3:50.31
Ricky Stevenson 3:51.34
David Forrester 4:12.99
Simon Horsfield 3:46.92
Ronnie Sparke 3:50.38
Jonny Hay 3:44.78

2012 Jonny Hay 3:45.03 Robbie Farnham-Rose 3:52.68
2013 Adam Cotton 3:45.80 Shaun Wyllie 3:54.37

U17

2002 Lee Bowron 3:58.19
2003 Richard Newton 3:55.49
2004 Kris Gauson 3:56.34
2005 Jordan West 4:02.94
2006 David Forrester 3:57.74
2007 Josh Moody 3:59.04
2008 Alex Cornwell 3:59.13
2009 Tom Curr 3:55.73
2010 Luke Carroll 4:05.09
2011 Shaun Wyllie 3:53.11
2012 Matt Shirling 3:49.04
2013 Jack Crabtree 4:04.66

U15

Adam Hickey 4:08.03
Jordan West 4:06.5
Simon Lawson 4:07.75
Ryan Parker 4:11.14
Shane Quinn IRE 4:04.19
Peter Devaney 4:15.44
Karnvir Hayer 4:08.61
Jack Gleave 4:13.75
Ahmed Hassan SOM 4:09.00
George Duggan 4:08.59
Josh Kerr 4:05.87
Been Greenwood 4:06.47

INDOORS

2002 Tony Whiteman 3:52.44
2003 James Thie 3:41.84
2004 Michael East 3:44.93
2005 Neil Speaight 3:45.87
2006 Colin McCourt 3:41.71
2007 Chris Warburton 3:56.47
2008 James McIlroy 3:44.90
2009 Mo Farah 3:40.57
2010 Colin McCourt 4:04.83
2011 Nick McCormick 3:45.30
2012 Lewis Moses 3:45.58
2013 Matthew Fayers 3:47.77

Angus Maclean 3:52.67
Edward Jackson 3:42.78
James Thie 3:46.76
James Nolan IRL 3:46.04
Neil Speaight 3:41.76
Colin McCourt 3:56.64
Michael East 3:45.05
Neil Speaight 3:42.63
Tim Bayley 4:04.96
Lewis Moses 3:45.57
James Brewer 3:45.66
Lee Emanuel 3:48.28

Matt Shone 3:52.70
Graeme Hood CAN 3:42.83
Matt Shone 3:47.23
Chris Moss 3:46.34
Stephen Davies 3:42.18
James Thie 3:56.66
James Brewer 3:45.27
Chris Warburton 3:43.04
Scott Overall 4:05.99
Colin McCourt 3:45.63
Frank Baddick 3:46.88
Charlie Grice 3:48.34

U20

2002 Ian Carter 4:04.20
2003 Colin Costello IRE 3:53.33
2004 Colin Costello IRE 3:49.98
2005 Colin Costello IRE 3:55.89
2006 James Mills 3:57.58
2007 Brian Markham IRE 4:03.56
2008 Noel Collins IRE 4:04.63
2009 Chris Carter 3:56.90
2010 Paul Robinson IRE 3:52.73
2011 Adam Cotton 3:51.43
2012 Matthew Fayers 3:53.20
2013 Elliott Dorey 3:56.23

U17

Colin Costello IRE 4:07.97
Matt Wood 3:59.71
Brian Markham IRE 4:11.24
Simon Lawson 4:04.37
Kenny Boyd 4:09.56
Noel Collins IRE 4:09.52
Sean Bowden 4:10.07
Stuart Ferguson 4:13.54
Andrew Monaghan 3:57.65
James Lamswood 4:01.79
Kyran Roberts 4:04.08
Patrick Dover 3:59.70

Scot

2002 Jon McCallum 3:49.45
2003 Iain Murdoch 3:50.07
2004 Darren Gauson 3:54.10
2005 Darren Gauson 3:56.55
2006 Ross Toole and Kris Gauson
3:49.71
2007 Colin Birmingham AUS 3:49.71
2008 Colin Birmingham AUS 3:47.25
2009 Colin Birmingham AUS 3:42.56
2010 Alister Hay 3:57.44
2011 Mark Mitchell 3:51.11
2012 Mark Mitchell 3:50.55
2013 Kris Gauson 3:59.57

N Ireland

Conor Sweeney IRE 3:48.87
Brian Murray IRE 3:49.38
Noel Pollock 4:05.39
Noel Pollock 3:50.17
Gareth Turnbull IRE 3:49.54
Paul Pollock IRE 3:56.38
Gareth Hill 3:57.57
Stephen Scullion IRE 3:51.49
James Mills 4:12.19
Daniel Mooney IRE 3:51.72
Conor Bradley 4:05.37
Danny Mooney IRE 3:47.51

Wales

Matt Shone 3:53.09
Chris Davies 3:44.67
Chris Davies 3:43.27
James Thie 3:54.69
Stephen Davies 3:48.64
Chris Gowell 3:57.62
James Mills 3:55.11
Chris Moss 3:48.44
Gareth Turnbull IRE 4:04.69
Adam Bitchell 3:54.52
Adam Bitchell 3:49.80

England

2010 Nick McCormick 3:42.67
2011 James Brewer 3:51.37
2012 Steve Mitchell 3:50.8

South

2002 Mike Skinner 3:50.15
2003 Mo Farah 3:45.57
2004 Mike Skinner 3:47.57
2005 Tim Bayley 3:50.92
2006 Jamie Atkinson 3:47.49
2007 Gareth Balch 3:48.03
2008 Ross Clarke 3:56.61
2009 Alex Tovey 3:54.57
2010 Robert Heaney 3:53.01
2011 Martin Mashford 3:57.60
2012
2013 Adam Hickey 3:51.16

Midlands

Paul Richardson 3:56.11
Paul Richardson 3:52.72
Matthew Almond 4:00.9
Martin Williams 3:54.39
Tom Gayle 3:54.44
Garry Davenport 3:56.72
Tom Russell 3:55.10
Paul Richardson 3:55.69
Tim Dalton 3:54.62
James Trollope 3:54.28
Steve Mitchell 3:50.8
Sam Mitchell 3:58.4

North

Darren Middleton 3:57.15
Matt Barnes 3:51.92
Rob Watkinson 3:59.35
Phillip Tedd 3:54.27
Tom Doe 3:49.3
Matt Barnes 3:51.90
Garry Bristow 3:50.57
Garry Bristow 3:52.69
Philip Hurst 3:54.78
Nick Hooker 3:52.51
Harry Harper 3:51.6
Dan Garbutt 3:58.73

CAU (1 mile)

2002 J Mayo Staffs 4:06.09
2003 Matt Shone Kent 4:02.79
2004 Mike Skinner Kent 4:12.43
2005 Lee Merrien Guern 4:12.92
2006 Nick McCormick NE Cos 4:04.07
2007 Gareth Balch Berks 4:21.40
2008 Stephen Davies E Wales 4:27.75
2009 Gary Bradbury 4:14.06
2010 Shaun Moralee NE Counties 4:06.46
2011 Tim Egerton Cheshire 4:19.17
2012 not held
2013 Dan Stepney Sussex 4:14.26

WOMEN'S 60H INDOORS

AAA/UK INDOOR CHAMPIONSHIPS

| | | |
|-------------------------------|------------------------|--------------------------|
| 2004 Sarah Claxton 8.11 | Rachel King 8.24 | Derval O'Rourke IRL 8.27 |
| 2005 Sarah Claxton 7.96 | Diane Allahagreen 8.03 | Derval O'Rourke IRL 8.06 |
| 2006 Derval O'Rourke IRL 7.98 | Sarah Claxton 8.01 | Gemma Bennett 8.20 |
| 2007 Sara McGreavy 8.03 | Sarah Claxton 8.05 | Jessica Ennis 8.18 |
| 2008 Sarah Claxton 8.09 | Sara McGreavy 8.18 | Jessica Ennis 8.20 |
| 2009 Gemma Bennett 8.06 | Kelly Sotherton 8.30 | Zara Hohn 8.49 |
| 2010 Derval O'Rourke IRE 8.11 | Gemma Bennett 8.20 | Louise Hazel 8.27 |
| 2011 Gemma Bennett 8.22 | Louise Wood 8.41 | Gemma Werrett 8.41 |
| 2012 Jessica Ennis 7.95 | Gemma Bennett 8.22 | Louise Wood 8.23 |
| 2013 Derval O'Rourke IRE 8.11 | Sarah Claxton 8.16 | Yasmin Miller 8.25 |

INDOOR AGE GROUPS

| | | |
|-----------------------------|--------------------------|-------------------------|
| U20 | U17 | U15 |
| 2004 Channelle Garnett 8.68 | Kylie Robilliard 8.67 | Ashley Helsby 9.06 |
| 2005 Nicola Robinson 8.49 | Serita Solomon 8.62 | Stephanie Gaynor 9.11 |
| 2006 Zara Hohn 8.42 | Chelsea Cooper 8.56 | Chanel Taite 9.20 |
| 2007 Serita Solomon 8.38 | Danielle Rooney 8.66 | Grace Christopher 9.34 |
| 2008 Tale Orving NOR 8.66 | Grace Christopher 8.73 | Sara Otung 9.01 |
| 2009 Stephanie Gaynor 8.52 | Grace Christopher 8.55 | Lilyann O'Hara IRE 9.14 |
| 2010 Sandra Seaton 8.62 | Yasmin Miller 8.61 | Steph Clitheroe 9.06 |
| 2011 Marilyn Nwawulor 8.47 | Hayley McLean 8.64 | Morgan Lake 9.10 |
| 2012 Yasmin Miller 8.45 | Alicia Tymon-McEwan 8.60 | Alicia Barrett 8.92 |

2013 Yasmin Miller 8.26

Alicia Barrett 8.53

Molly Scott IRE 9.04

WOMEN'S 100H

AAA/UK CHAMPIONSHIPS

2004 Sarah Claxton 13.21
2005 Sarah Claxton 12.96
2006 Sarah Claxton 13.19w
2007 Jessica Ennis 13.25
2008 Sarah Claxton 13.12
2009 Jessica Ennis 12.87
2010 Louise Hazel 13.32
2011 Tiffany Porter 12.76
2012 Jessica Ennis 12.92
2013 Tiffany Porter 12.68

Diane Allahgreen 13.38
Diane Allahgreen 13.21
Sara McGreavy 13.26w
Sarah Claxton 13.31
Sara McGreavy 13.35
Sarah Claxton 13.16
Angie Broadbelt-Blake 13.38
Jessica Ennis 12.96
Tiffany Porter 13.21
Serita Solomon 13.18

Rachel King 13.39
Jessica Ennis 13.26
Gemma Bennett 13.33w
Gemma Bennett 13.44
Tasha Danvers 13.36
Zara Hohn 13.41
Gemma Bennett 13.42
Gemma Bennett 13.19
Sarah Claxton 13.27
Louise Wood 13.60

AGE GROUP CHAMPIONSHIPS

U23

2004 Sarah McGreavy 13.51w
2005 Gemma Bennett 13.62
2006 Katey Read 14.53w
2007 Jessica Ennis 13.04
2008 Gemma Werrett 13.32w
2009 Zara Hohn 13.37
2010 Ashley Helsby 13.39w
2011 Serita Solomon 13.53
2012 Serita Solomon 13.28
2013 Kat Johnson-Thompson 13.69

U20

Nicola Robinson 13.81
Heather Jones 13.7079w
Zara Hohn 13.75
Jade Surman 13.77
Megan Beesley 13.83w
Lauren Dewdney 13.90
Rebecca Liddell 13.79w
Katarina Johnson-Thompson 13.90
Yasmin Miller 13.74w
Yasmin Miller 13.64

U17 (80m H)

2004 Zara Hohn 11.31
2005 Serita Solomon 11.04w
2006 Ashley Helsby 11.20w
2007 Helen van Kempen 11.38
2008 Kirsty Warland 11.32
2009 Georgia Atkins 11.28
2010 Yasmin Miller 11.02
2011 Shirin Irving 11.29
2012 Shirin Irving 11.36
2013 Alicia Barrett 11.01

U15 (75m H)

Serita Solomon 11.24
Helen van Kempen 10.91
Jenny White 11.40
Grace Christopher 11.16
Yasmin Miller 11.45
Hayley McLean 11.13
Alicia Tymon-McEwan 11.07
Ashley Kirsopp 11.20
Alicia Barrett 11.24
Molly Scott IRE 10.96

Scot

2004 Alyssa Fullelove 13.84
2005 Alyssa Fullelove 13.93w
2006 Alyssa Fullelove 13.85
2007 Alyssa Fullelove 13.83
2008 Alyssa Fullelove 14.14
2009 Holly Belch 14.86
2010 Gemma Werrett 15.13
2011 Catriona Pennet 14.45
2012 Hazel Ross 14.54
2013 Gemma Werrett 13.88

N Ireland

Tamsin Stephens 13.83w
Catriona Pennet 14.16
Geraldine Finnegan 16.00
Debbie Porteous 15.76w
Aimee McNeilly 15.02
Aimee McNeilly 14.92
Karyn Dummigan 17.66
Aimee McNeilly 15.37
Catriona Pennett 15.23

Wales

Victoria Consterdine 16.47
Heather Jones 13.67
Sarah Lane 14.36
Heather Jones 14.20
Heather Jones 14.35
Heather Jones 13.98
Heather Jones 14.15
Caryl Granville 14.26
Caryl Granville 14.34
Caryl Granville 14.16

England

2010 Zara Hohn 13.57
2011 Angie Broadbelt-Blake 13.12w
2012 Serita Solomon 13.62

South

2004 Julie Pratt 13.53

Midlands

Claire Pearson 13.95

North

Grace Smith 14.23w

| | | | |
|------|--------------------------------|-----------------------|---------------------|
| 2005 | Julie Pratt 13.66 | Joanna Thorn 14.35 | Sharon Walls 13.52 |
| 2006 | Sarah Claxton 13.25 | Nicola Robinson 14.23 | Jessica Ennis 13.51 |
| 2007 | Nusrat Ceesay 14.18 | Ros Gonse 14.69 | Katey Read 13.59w |
| 2008 | Gemma Bennett 13.74 | Phyllis Agbo 13.87w | Zara Hohn 13.98 |
| 2009 | Angelita Broadbelt-Blake 13.65 | Nicola Robinson 14.23 | Helen Asher 14.23 |
| 2010 | Serita Solomon 13.97 | Louise Hazel 13.68 | Ashley Helsby 14.02 |
| 2011 | Serita Solomon 14.57 | Lauren O'Reilly 14.53 | Ashley Helsby 13.50 |
| 2012 | | Jade Surman 14.13 | Yasmin Miller 14.09 |
| 2013 | Gemma Bennett 13.57 | Lucy Hatton 14.18 | Karla Drew 13.47 |

CAU

| | |
|------|----------------------------|
| 2004 | Julie Pratt Essex 13.63 |
| 2005 | Julie Pratt Essex 13.29 |
| 2006 | Gemma Bennett Essex 13.18 |
| 2007 | Sara McGreavy Warwks 13.45 |
| 2008 | Sara McGreavy Warwks 13.82 |
| 2009 | Zara Hohn Yks 13.59 |
| 2010 | Zara Hohn Yorks 13.47 |
| 2011 | Gemma Bennett Essex 13.27 |
| 2012 | Serita Solomon Kent 13.42 |
| 2013 | Serita Solomon Kent 13.17w |

WOMEN'S 400H

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------------|----------------------|--------------------------|
| 2004 | Katie Jones 58.26 | Nicola Sanders 58.63 | Sian Scott 59.97 |
| 2005 | Nicola Sanders 55.61 | Lee McConnell 56.06 | Liz Fairs 56.84 |
| 2006 | Natasha Danvers-Smith 55.58 | Lee McConnell 55.82 | Michelle Carey IRE 56.68 |
| 2007 | Natasha Danvers-Smith 55.43 | Lee McConnell 56.91 | Eilidh Child 57.15 |
| 2008 | Perri Shakes-Drayton 56.09 | Tasha Danvers 57.00 | Eilidh Child 57.83 |
| 2009 | Nusrat Ceesay 57.13 | Helen Douglas 57.50 | Sian Scott 57.71 |
| 2010 | Perri Shakes-Drayton 56.93 | Meghan Beesley 57.20 | Caryl Granville 58.93 |
| 2011 | Perri Shakes-Drayton 55.52 | Eilidh Child 56.48 | Meghan Beesley 57.52 |
| 2012 | Perri Shakes-Drayton 55.45 | Eilidh Child 55.53 | Meghan Beesley 57.28 |
| 2013 | Perri Shakes-Drayton 54.36 | Eilidh Child 54.90 | Meghan Beesley 55.39 |

AGE GROUP CHAMPIONSHIPS

| | | | | | |
|------|----------------------------|-----------------------------|--|----------------------------|--|
| U23 | | U20 | | U17 (300H) | |
| 2004 | Nicola Sanders 59.08 | Faye Harding 60.42 | | Claire Triggs 42.64 | |
| 2005 | Sian Scott 57.45 | Eilidh Child 59.78 | | Perri Shakes-Drayton 42.44 | |
| 2006 | Sian Scott 58.49 | Perri Shakes-Drayton 59.29 | | Megan Beesley 41.41 | |
| 2007 | Eilidh Child 57.81 | Megan Beesley 57.53 | | Nicola Hill 44.50 | |
| 2008 | Eilidh Child 59.18 | Megan Beesley 60.92 | | Megan Rogers 43.16 | |
| 2009 | Perri Shakes-Drayton 55.34 | Lauren Bouchard 59.76 | | Megan Rogers 43.19 | |
| 2010 | Ese Okoro 59.41 | Christine McMahon IRE 59.66 | | Hayley McLean 43.38 | |
| 2011 | Caryl Granville 58.43 | Megan Southwart 59.49 | | Claire Murphy IRE 42.25 | |
| 2012 | Megan Southwart 59.06 | Aisha Naibe-Wey 61.00 | | Shona Richards 41.84 | |
| 2013 | Abigayle Fitzpatrick 58.93 | Hayley McLean 58.70 | | Katie Purves 42.95 | |

Scot

| | |
|------|---------------------|
| 2004 | Eilidh Child 59.53 |
| 2005 | Avril Jackson 63.58 |
| 2006 | Lisa Doyle 59.60 |
| 2007 | Eilidh Child 58.08 |
| 2008 | Eilidh Child 56.84 |
| 2009 | Avril Jackson 60.91 |
| 2010 | Avril Jackson 63.53 |
| 2011 | Avril Jackson 64.68 |
| 2012 | Avril Jackson 63.86 |

N Ireland

| |
|-----------------------------|
| Vicki Jamieson 59.73 |
| Rowena Fair 74.63 |
| Aissata Soulama BUR 59.69 |
| Roisin Neary 68.05 |
| Nicola Hill 66.93 |
| Christine McMahon IRE 65.36 |
| Christine McMahon IRE 64.58 |
| Mandy Gault 65.21 |
| Christine McMahon IRE 61.79 |

Wales

| |
|-----------------------|
| Kate Williams 60.34 |
| Anwen Rees 59.13 |
| Anwen Rees 58.88 |
| Anwen Rees 58.71 |
| Emma Peters 60.45 |
| Emma Peters 60.62 |
| Caryl Granville 59.99 |
| Caryl Granville 58.99 |
| Caryl Granville 59.29 |

| | | | |
|------|-----------------------------------|-----------------------|-----------------------|
| 2013 | Caryl Granville 59.63 | Mandy Gault 59.74 | Caryl Granville 58.49 |
| | England | | |
| 2010 | Hannah Douglas 58.51 | | |
| 2011 | Emily Parker 58.04 | | |
| 2012 | Emily Bonnett 59.15 | | |
| | South | Midland | North |
| 2004 | Susie Williams 60.51 | Michelle Thomas 61.09 | Katie Jones 60.45 |
| 2005 | Jennifer Culley 60.69 | Michelle Thomas 59.31 | Laura Curtis 61.61 |
| 2006 | Emma Duck 56.65 | Michelle Thomas 57.98 | Jackie Fowell 63.55 |
| 2007 | Nusrat Ceesay 57.51 | Sarah Adams 58.52 | Nisha Desai 61.70 |
| 2008 | Perri Shakes-Drayton 57.69 | Justine Kinney 59.39 | Nisha Desai 62.80 |
| 2009 | Hannah Douglas 57.98 | Michelle Thomas 64.47 | Nisha Desai 61.04 |
| 2010 | Hannah Douglas 59.90 | Jade Surman 60.74 | Nisha Desai 61.04 |
| 2011 | Tracey Duncan 58.57 | Ese Okoro 59.39 | Nisha Desai 59.89 |
| 2012 | | Emma Peters 61.45 | Nisha Desai 59.64 |
| 2013 | Emily Bonnett 59.55 | Hattie Dent 65.33 | Jessica Turner 60.12 |
| | CAU | | |
| 2004 | Jennifer Culley Surrey 60.16 | | |
| 2005 | Liz Fairs Derbys 59.45 | | |
| 2006 | Hannah Stares Bucks 60.99 | | |
| 2007 | Hannah Stares/Douglas Bucks 60.98 | | |
| 2008 | Hannah Douglas Bucks 60.44 | | |
| 2009 | Eilidh Child E Scot 55.52 | | |
| 2010 | Hannah Douglas Bucks 60.48 | | |
| 2011 | Ese Okoro Warks 59.76 | | |
| 2012 | Caryl Granville W Wales 58.62 | | |
| 2013 | Hayley McLean Essex 58.98 | | |

HIGH JUMP

AAA/UK CHAMPIONSHIPS

| | | | |
|------|------------------------------|---------------------|--|
| 2001 | Ben Challenger 2.17 | Dalton Grant 2.12 | Ian Holliday 2.07 |
| 2002 | Dalton Grant 2.20 (2.20 j-o) | Ben Challenger 2.20 | Mark Mandy 2.10 |
| 2003 | Ben Challenger 2.24 | Ian Holliday 2.17 | Dalton Grant 2.12 |
| 2004 | Ben Challenger 2.23 | Dalton Grant 2.15 | Samson Oni 2.15 |
| 2005 | Ben Challenger 2.27 | Samson Oni 2.20 | Darryl Stone 2.20 |
| 2006 | Martyn Bernard 2.25 | Germaine Mason 2.22 | Tom Parsons/ Nick Stanisavljevic 2.19 |
| 2007 | Martyn Bernard 2.24 | Germaine Mason 2.18 | Tom Parsons 2.18 |
| 2008 | Tom Parsons 2.30 | Germaine Mason 2.27 | Martyn Bernard 2.23 |
| 2009 | Germaine Mason 2.24 | Samson Oni 2.24 | Tom Parsons 2.24 |
| 2010 | Martyn Bernard 2.28 | Tom Parsons 2.28 | Robbie Grabarz 2.25 |
| 2011 | Tom Parsons 2.28 | Martyn Bernard 2.28 | Robbie Grabarz 2.28 |
| 2012 | Robbie Grabarz 2.28 | Samson Oni 2.24 | Tom Parsons 2.24 |
| 2013 | Robbie Grabarz 2.28 | Tom Parsons 2.25 | David Smith 2.19 |

AGE GROUP CHAMPIONSHIPS

| | | |
|------|--------------------------|--------------------------|
| | U23 | U20 |
| 2001 | Samson Oni 2.18 | Chuka Enih-Snell 2.14 |
| 2002 | Rob Mitchell 2.13 | Mark Crowley 2.15 |
| 2003 | Samson Oni 2.18 | Martyn Bernard 2.10 |
| 2004 | Tom Parsons 2.15 | Nick Stanisavljevic 2.15 |
| 2005 | Martyn Bernard 2.24 | Nick Stanisavljevic 2.15 |
| 2006 | Adam Scarr 2.22 | Robbie Grabarz 2.12 |
| 2007 | Adam Scarr 2.23 | Alan Mckie 2.12 |
| 2008 | Nick Stanisavljevic 2.14 | Matthew Owens 2.09 |

2009 Robbie Grabarz 2.14
 2010 Alan Mckie 2.10
 2011 David Smith 2.22
 2012 Chris Baker 2.14
 2013 Chris Baker 2.10

Sam Bailey 2.09
 Sam Bailey 2.09
 Allan Smith 2.05
 Jon Heath 2.06
 Chris Kandu 2.18

U17

2001 Martyn Bernard 1.99
 2002 Oliver Sweeney 1.91
 2003 Nick Stanisavljevic 2.00
 2004 Darren Hammond 1.99
 2005 Tom Mather 2.01
 2006 Gary Coulter 1.94
 2007 Jason Harvey 2.04
 2008 Joe Kent 1.99
 2009 Jonathan Heath 1.99
 2010 Jonathan Heath 1.95
 2011 Alex Crannix 2.02
 2012 Max Paulin 1.95
 2013 Rory Dwyer 1.99

U15

Alan Hassall 1.86
 David Shields 1.90
 Gregor Simey 1.87
 Philip Collins 1.90
 Richard Byers 1.93
 David Guest 1.86
 Alex Cox 1.88
 Ross Walker-Smart 1.91
 Feron Sayers 1.90
 Nicholas Hunt 1.89
 Elliot Payne 1.86
 Miles Keller-Jenkins 1.89
 Adam Jones 1.80

INDOORS

2001 Samson Oni 2.20
 2002 Ben Challenger 2.17
 2003 Dalton Grant 2.25
 2004 Ben Challenger 2.20
 2005 Robert Mitchell 2.20
 2006 Martyn Bernard 2.24
 2007 Martyn Bernard 2.23
 2008 Samson Oni 2.30
 2009 Darvin Edwards STL 2.22
 2010 Samson Oni 2.25
 2011 Tom Parsons 2.31
 2012 Samson Oni 2.26
 2013 Robbie Grabarz 2.31

Robert Mitchell 2.15
 Ian Holliday 2.14
 Luke Crawley 2.22
 Adrian O'Dwyer IRL 2.20
 Tom Parsons 2.16
 Martin Aram and Samson Oni 2.16
 Rob Mitchell 2.23
 Tom Parsons 2.19
 Robbie Grabarz 2.19
 Tom Parsons 2.25
 Robbie Grabarz 2.25
 Robbie Grabarz 2.23
 Marco Fassinotti ITA 2.22

Stuart Ohrland 2.05
 Mark Mandy IRL 2.09
 Ben Challenger 2.16
 Samson Oni 2.17
 Martyn Bernard 2.16
 Tom Parsons 2.19
 Martin Lloyd 2.19
 Rob Mitchell 2.19
 Robbie Grabarz/Adam Scarr 2.22
 Matt Roberts 2.18
 Robert Wolski POL 2.20
 Allan Smith 2.22

U20

2001 Chuka Enih-Snell 2.14
 2002 Martin Aram 2.10
 2003 Martyn Bernard 2.13
 2004 Adam Scarr 2.09
 2005 Nick Stanislavljevic 2.02
 2006 Robbie Grabarz 2.15
 2007 Alan McKie 2.09
 2008 Chris Baker 2.06
 2009 Scott Johnson 2.09
 2010 Sam Bailey 2.10
 2011 Allan Smith 2.04
 2012 Ryan Bonifas 2.03
 2013 Chris Kandu 2.09

U17

Martyn Bernard 1.95
 Jamie Thomas 1.95
 Nick Stanislavljevic 1.95
 David Shields 2.02
 Darren Hammond 1.99
 Cameron Lake 2.03
 Mike Ehlen 1.95
 Sam Bailey 2.01
 Jordan Roach 1.89
 Patrick Jowett 1.95
 Chris Kandu 1.90
 Chris Kandu 2.08
 Rory Dwyer 2.00

U15

Alan Hassall 1.79
 Andrew Allan 1.78
 James Stokes 1.78
 Anthony Shurmer 1.71
 Nathan Williams 1.78
 John McCafferty 1.91
 Jack Jones 1.75
 Ross Walker-Stuart 1.92
 Feron Sayers 1.78
 Chris Alderman 1.75
 Scott McAnally 1.75
 Miles Keller-Jenkins 1.86
 Max Price 1.87

Scot

2001 James Wild 2.00
 2002 Andrew Macfarlane 2.00
 2003 Ian Holliday 2.05
 2004 Mark Taylor 2.10
 2005 Mark Taylor 2.00
 2006 Andrew Allan 1.95
 2007 Andrew Allan 1.90

N Ireland

Paul Tohill 1.90
 Paul Tohill 1.90
 Brendan McConville 1.95
 Paul Tohill 2.00
 Caolan Flanagan IRE 2.03
 Martin Kalafas SVK 2.05
 Martin Kalafas SVK 2.10

Wales

Robert Mitchell 2.10
 Owen Chesher 1.91
 Robert Mitchell 2.15
 Robert Mitchell 2.15
 Robert Mitchell 2.20
 Kabelo Mmono BOT 2.00

| | | | |
|------|--------------------------|--------------------------|-------------------------|
| 2008 | Robbie Grabarz 2.24 | Karosh Foroughi IRE 2.00 | Robert Mitchell 2.10 |
| 2009 | Jamie Creighton 2.05 | Caolan Flanagan IRE 1.95 | Robert Mitchell 2.00 |
| 2010 | Ray Bobrownicki USA 2.18 | Barry Quigg 1.80 | Robert Mitchell 2.05 |
| 2011 | Ray Bobrownicki USA 2.15 | Nathan Lyons 1.70 | Stephen Guest 1.90 |
| 2012 | David Smith 2.13 | Adam Hill 1.90 | Robert Mitchell 2.05 |
| 2013 | Allan Smith 2.14 | Peter Glass 1.90 | Thomas Brennan AUS 2.05 |

England

2010 Robbie Grabarz 2.23
 2011 Robbie Grabarz 2.20
 2012 Tom Parsons 2.21

South

2001 Dan Turner 2.15
 2002 Mark Crowley 2.10
 2003 Dan Turner 2.05
 2004 Mark Crowley 2.10
 2005 Darryl Stone 2.14
 2006 Darryl Stone 2.05
 2007 Martin Lloyd 2.13
 2008 Alan McKie 2.15
 2009 Darryl Stone 2.05
 2010 Martin Lloyd 2.15
 2011 Darvin Edwards 2.15
 2012
 2013 Scott Johnson 2.00

Midlands

Mark Mandy IRE 2.00
 Tom Parsons 2.10
 Dan Plank 1.90
 Tom Parsons 2.10
 Tom Parsons 2.23
 Calvin Hall 1.95
 Tom Parsons 2.28
 Tom Parsons 2.25
 Tom Parsons 2.27
 Matt Roberts 2.15
 Robbie Grabarz 2.25
 Tom Parsons 2.21
 Barry Pender IRE 2.05

North

Danny Graham 2.10
 Danny Graham 2.10
 Brian Hall 2.10
 Jamie Creighton 2.00
 Jamie Creighton 2.05
 Martin Aram 2.10
 Rob Mitchell 2.10
 Brian Hall 2.10
 Brian Hall 2.10
 Brian Hall 2.05
 Darren Hammond 2.00
 Lloyd Powell 1.93

WOMEN'S HIGH JUMP

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------|------------------------------|-------------------------------|
| 2001 | Susan Jones 1.91 | Michelle Dunkley 1.86 | Julie Hollman/Kerry Jury 1.68 |
| 2002 | Susan Jones 1.92 | Debbie Marti 1.75 | Julie Crane 1.75 |
| 2003 | Susan Jones 1.86 | Julia Bennett 1.82 | J Crane/Stephanie Higham 1.78 |
| 2004 | Susan Jones 1.89 | Julie Crane 1.82 | Julia Bennett 1.78 |
| 2005 | Susan Jones 1.86 | Julia Bennett 1.83 | Natalie Clark 1.83 |
| 2006 | Deirdre Ryan IRE 1.92 | Julie Crane 1.86 | J Ennis/S Pywell 1.82 |
| 2007 | Jessica Ennis 1.87 | Kelly Sotherton 1.80 | Stephanie Pywell 1.80 |
| 2008 | Stephanie Pywell 1.88 | Susan Moncrieff (Jones) 1.85 | Kelly Sotherton 1.78 |
| 2009 | Jessica Ennis 1.91 | Vicki Hubbard 1.82 | Kelly Sotherton 1.82 |
| 2010 | Stephanie Pywell 1.84 | Kay Humberstone 1.76 | Bethan Partridge 1.71 |
| 2011 | Jessica Ennis 1.89 | Emma Perkins 1.83 | Emma Nuttall 1.77 |
| 2012 | Jessica Ennis 1.89 | Isobel Pooley 1.85 | Emma Perkins 1.81 |
| 2013 | Emma Nuttall 1.87 | Jordanna Morrish 1.77 | Adele Lassu 1.74 |

AGE GROUPS

U23

2001 Gayle O'Connor 1.75
 2002 Natalie Clark 1.69
 2003 Natalie Clark 1.83
 2004 Aileen Wilson 1.76
 2005 Aileen Wilson 1.76
 2006 Emma Morris 1.74
 2007 Sharon Heveran IRE 1.74
 2008 Jayne Nisbet 1.82
 2009 Adele Lassu 1.82
 2010 Adele Lassu 1.78
 2011 Liz Lamb NZL 1.82
 2012 Emma Nuttall 1.86
 2013 Isobel Pooley 1.87

U20

Aileen Wilson 1.82
 Rebecca Jones 1.83
 Elizabeth Sweeney 1.73
 Emma Morris 1.74
 Charis O'Connor 1.80
 Jessica Leach 1.82
 Adele Lassu 1.78
 Adele Lassu 1.74
 Katherine Johnson-Turner 1.74
 Isobel Pooley 1.82
 Emma Nuttall 1.82
 Evie Grogan 1.72
 Morgan Lake 1.85

U17
 2001 Emma Perkins 1.74
 2002 Shani Rainford 1.71
 2003 Stephanie Pywell 1.71
 2004 Charis O'Connor 1.74
 2005 Adele Lassu 1.77
 2006 Grainne Moggan IRE 1.69
 2007 Catriona Farrell IRE 1.69
 2008 Katarina Thompson 1.74
 2009 Kat'na Johnson-Thompson 1.79
 2010 Ffion Bodilly 1.73
 2011 Camellia Hayes 1.77
 2012 Morgan Lake 1.76
 2013 Morgan Lake 1.88

U15
 Shani Rainford 1.64
 Dominique Blaize 1.65
 Vicki Hubbard 1.72
 Maureen Farrell IRE 1.63
 Hannah Dickson 1.63
 Katarina Thompson 1.64
 Katarina Thompson 1.72
 Jazmin Sawyers 1.61
 Jordanna Morrish 1.65
 Morgan Lake 1.65
 Morgan Lake 1.75
 Kierra Barker 1.69
 Laura Arnold 1.65

INDOORS

2001 Susan Jones 1.85
 2002 Susan Jones 1.90
 2003 Susan Jones 1.93
 2004 Susan Jones 1.90
 2005 Susan Jones 1.90
 2006 Susan Moncrieff (Jones) 1.84
 2007 Jessica Ennis 1.87
 2008 Jessica Ennis 1.92
 2009 Stephanie Pywell 1.82
 2010 Vicki Hubbard 1.87
 2011 Jessica Ennis 1.88
 2012 Jessica Ennis 1.91
 2013 Emma Perkins 1.81

Watami May CAN 1.85
 Julia Bennett 1.84
 Julie Crane 1.85
 Bobby Aloysius IND and Natalie Clark 1.83
 Deirdre Ryan IRL 1.87
 Julie Crane and Vicki Hubbard 1.81
 Susan Moncrieff 1.84
 Stephanie Pywell 1.85
 Kay Humberstone 1.79
 Kay Humberstone 1.84
 Isobel Pooley 1.85
 Emma Perkins 1.89
 Morgan Lake 1.81

Gillian Black 1.70
 Deirdre Ryan IRL 1.84
 Rebecca Jones 1.80
 Julia Bennett 1.87
 Julie Crane 1.84
 Kelly Sotherton 1.79
 Vicki Hubbard 1.79
 Deirdre Ryan IRE 1.81
 Pamela Hughes IRE 1.79
 Isobel Pooley 1.82
 Jane Nisbet 1.78

U20
 2001 Deirdre Ryan IRE 1.81
 2002 Stephanie Higham 1.75
 2003 Aileen Wilson 1.78
 2004 Sarah Fielding-Smith 1.76
 2005 Vikki Hubbard 1.78
 2006 Stephanie Pywell 1.77
 2007 Vikki Hubbard 1.85
 2008 Pamela Hughes IRE 1.75
 2009 Amy Marchant 1.72
 2010 Katarina John'n-Thompson 1.81
 2011 Isobel Pooley 1.86
 2012 Katarina John'n Thompson 1.85
 2013 Camelia Hayes 1.81

U17
 Rebecca Bell 1.70
 Shani Rainford 1.66
 Sarah Fielding-Smith 1.69
 Dominique Blaize 1.74
 Vikki Hubbard 1.78
 Kayley Alcorn 1.66
 Hannah Dickson 1.70
 Katarina John'n-Thompson 1.73
 Katarina John'n-Thompson 1.73
 Cosmina Berry 1.70
 Isobel Brown 1.71
 Poppy Lake/Georgina Westwood 1.70
 Morgan Lake 1.73

U15
 Stephanie Pywell 1.67
 Dominique Blaize 1.68
 Juliet Fielden 1.58
 Hatty Scaramanga 1.58
 Paula Dalglish 1.58
 Kiara Abelova SVK 1.67
 Katarina John'n-Thom'n 1.68
 Jazmin Sawyers 1.65
 Alice Jennings 1.62
 Jordanna Morrish 1.69
 Morgan Lake 1.71
 Kierra Baker 1.67
 Hollie Williamson 1.65

Scot
 2001 Aileen Wilson 1.80
 2002 Hazel Melvin 1.65
 2003 Hazel Melvin 1.70
 2004 Julie Crane 1.89
 2005 Aileen Wilson 1.75
 2006 Jayne Nisbet 1.73
 2007 Jayne Nisbet 1.70
 2008 Jayne Nisbet 1.76
 2009 Jayne Nisbet 1.80
 2010 Emma Nuttall 1.75
 2011 Jayne Nisbet 1.80
 2012 Emma Nuttall 1.80
 2013 Isobel Pooley ENG 1.88

N Ireland
 Sharon Foley IRE 1.76
 Deirdre Ryan IRE 1.80
 Sharon Gallen IRE 1.70
 Katie Neary 1.50
 Claire Wilkinson IRE 1.65
 Claire Wilkinson IRE 1.66
 Iveta Smkova SVK 1.70
 Claire Wilkinson IRE 1.60
 Claire Wilkinson IRE 1.65
 Claire Wilkinson IRE 1.60
 Claire Wilkinson IRE 1.60
 Anna McIlmoyle 1.60
 Sarah Connolly 1.60

Welsh
 Ailsa Wallace 1.60
 Ailsa Wallace 1.65
 Susan Williams 1.35
 Ailsa Wallace 1.75
 Julie Crane 1.82
 Julie Crane 1.81
 not held
 Sian Swanson 1.71
 Julie Crane 1.83
 Julie Crane 1.65
 Ffion Bodilly 1.68
 Sophie Pick 1.60
 Adele Lassu 1.75

England

2010 Vikki Hubbard 1.84
2011 Mo Sasegbon and Frances Smithson 1.74
2012 Isobel Pooley 1.82

South

2001 Debbie Marti 1.65
2002 Natalia Norford 1.60
2003 Julia Bennett 1.84
2004 Julia Bennett 1.88
2005 Charis O'Connor 1.78
2006 Julia Bennett 1.80
2007 Julia Bennett 1.75
2008 Eloise Newman 1.76
2009 Julia Machin/Bennett 1.78
2010 Isobel Pooley 1.75
2011 Moe Sasegbon 1.70
2012
2013 Moe Sasegbon 1.70

Midlands

Aneska Binks 1.63
Julie Crane 1.75
Julie Crane 1.80
Bobby Aloysius IND 1.87
Aileen Wilson 1.81
Nikki Brady 1.60
Julie Hollman 1.80
Julie Crane 1.75
Jessica Leach 1.86
Louise Hazel 1.60
Jayne Nisbet 1.83
Adele Lassu 1.70

North

Gayle O'Connor 1.75
Stephanie Higham 1.80
Natalie Clark 1.81
Emma Morris 1.70
Natalie Clark 1.81
Jessica Ennis 1.82
Susan Moncrieff/Jones 1.86
Susan Moncrieff 1.81
Kay Humberstone 1.80
Kay Humberstone 1.80
Karla Drew 1.65
Kate Anson 1.64
Vicki Hubbard 1.69

CAU MEN

2001 Dalton Grant Essex 2.23
2002 Mark Mandy Staffs 2.10
2003 Martyn Bernard Yorks 2.15
2004 Martyn Bernard Yorks 2.27
2005 Darryl Stone Essex 2.15
2006 Darryl Stone 2.10
2007 Adam Scarr Herts 2.15
2008 Matthew Roberts Warwks 2.10
2009 Alan McKie Bucks 2.15
2010 Matt Roberts Warwicks 2.21
2011 Tom Parsons Warwicks 2.27
2012 Matt Roberts Warwicks 2.10
2013 Simon Phelan Warks 2.05

CAU WOMEN

Susan Jones G Man 1.85
Susan Jones G Man 1.84
Susan Jones G Man 1.84
Julia Bennett Surrey 1.86
Julia Bennett Surrey 1.86
Julia Bennett/Aileen Wilson/Jessica Leach/Adele Lassu 1.75
Susan Moncrieff/Jones G Man 1.80
Jessica Leach Worcs 1.80
Vicki Hubbard Lincs 1.80
Kay Humberstone Yorks 1.75
Emma Perkins Sussex 1.82
Julia Machin/Bennett Surrey 1.73
Kierra Barker Hants 1.77

POLE VAULT

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-------------------|---------------------|---------------------|
| 2008 | Steven Lewis 5.60 | Scott Simpson 5.30 | Luke Cutts 5.20 |
| 2009 | Luke Cutts 5.55 | Steve Lewis 5.55 | Paul Walker 5.20 |
| 2010 | Joe Ive 5.35 | Max Eaves 5.35 | Luke Cutts 5.20 |
| 2011 | Steve Lewis 5.50 | Nick Cruchley 5.35 | Max Eaves 5.20 |
| 2012 | Steve Lewis 5.50 | Gregor MacLean 5.35 | Andy Sutcliffe 5.35 |
| 2013 | Luke Cutts 5.65 | Steve Lewis 5.65 | Max Eaves 5.35 |

AGE GROUP CHAMPS

U23

2008 Luke Cutts 5.10
2009 Luke Cutts 5.41
2010 Luke Cutts 5.25
2011 Nick Crutchley 5.30
2012 Andrew Sutcliffe 5.20
2013 Andrew Sutcliffe 5.20

U20

Scott Huggins 4.95
Andy Sutcliffe 5.10
Matt Devereux 5.10
Rowan May 4.80
Daniel Gardner 5.00
Harry Coppell 5.05

U17

2008 Gregor McLean 4.30
2009 Richard Humby 4.30
2010 Daniel Gardner 4.40

U15

Eric Martin 3.70
Tadgh Healey 3.60
Harry Coppell 3.50

2011 Rowan May 4.80
2012 Harry Coppell 4.83
2013 Adam Hague 4.80

Adam Hague 3.70
Jack Longhurst 3.70
Calum Neil 3.60

INDOORS

2008 Steve Lewis 5.61
2009 Steve Lewis 5.65
2010 Steve Lewis 5.56
2011 Max Eaves 5.61
2012 Andrew Sutcliffe 5.55
2013 Steve Lewis 5.50

Scott Simpson 5.31
Luke Cutts 5.41
Andrew Sutcliffe 5.36
Luke Cutts 5.51
Steve Lewis 5.45
Luke Cutts 5.35

Mark Christie 5.16
Paul Walker 5.31
Luke Cutts 5.36
Steve Lewis 5.51
Max Eaves 5.45
Max Eaves/Matt Devereux 5.20

U20

2008 Andrew Marsh 5.00
2009 Andrew Sutcliffe 4.70
2010 Andrew Sutcliffe 5.30
2011 George Sharp 4.70
2012 Nicholas Cole 4.70
2013 Jack Phipps 5.05

U17

Tim Parkin 4.30
Lewis Newton 4.00
Daniel Gardner 4.30
Rowan May 4.80
Adam Hague 4.20
Adam Hague 4.70

U15

Stephen Guest 3.60
Nicholas Cole 3.00
Harry Coppell 3.30
Adam Hague 4.06
Nathan Gardner 3.30
Andrew Douglass 3.20

Scot

2008 Richard Hurren 4.80
2009 Richard Hurren 5.00
2010 Scott Huggins 5.00
2011 Nick Cruchley 5.31
2012 Richard Hurren 4.40
2013 Jax Thoires 5.25

N Ireland

Ian Rodgers IRE 4.40
Ian Rodgers IRE 4.50
David Donegan IRE 4.75
Chris Doherty IRE 3.60
David Donegan 4.90
Peter O'Brien IRE 4.30

Welsh

Paul Walker 4.90
Christian North 5.00
Scott Simpson 5.10
Paul Walker 5.21
Paul Walker 4.56
Andrew Sutcliffe 5.21

England

2010 Luke Cutts 5.40
2011 Max Eaves 5.20
2012 Matt Cullen 4.62

South

2008 Scott Huggins 5.00
2009 Cameron Johnston 4.40
2010 Ned Quiney 5.00
2011 Joe Ive 5.00
2012
2013 Jack Phipps 4.40

Midlands

Christian North 5.00

Steve West 3.50
Nick Cruchley 5.35
Joe Chesterman 4.17
Connor McHale 4.20

North

Mark Christie 5.10
Luke Cutts 5.40
Luke Cutts 5.45
Max Eaves 5.20
Matthew Cullen 4.62
Luke Cutts 5.50

WOMEN'S POLE VAULT

AAA/UK CHAMPIONSHIPS

2008 Emma Lyons 4.12
2009 Kate Dennison 4.57
2010 Kate Dennison 4.45
2011 Holly Bleasdale 4.56
2012 Holly Bleasdale 4.71
2013 Sally Peake 4.23

Kirsty Maguire 4.02
Henrietta Paxton 4.15
Holly Bleasdale 4.35
Kate Dennison 4.40
Kate Dennison 4.26
Sally Scott 3.80

Louise Butterworth 3.92
Bryony Raine 4.05
Henrietta Paxton 4.35
Bryony Raine 4.11
Sally Peake 4.26
Olivia Curran 3.80

WOMEN – AGE GROUP CHAMPIONS

U23

2008 not held
2009 Emma Lyons 4.11
2010 Sophie Upton 3.95
2011 Holly Bleasdale 4.53
2012 Abigail Haywood 3.75
2013 Katie Byres 3.95

U20

Jade Ive 3.80
Sally Scott 4.05
Sally Scott 4.20
Katie Byers 4.00
Katie Byers 4.36
Natalie Hooper 3.45

U17
2008 Jade Ive 3.80
2009 Ellie Besford 3.70
2010 Lucy Bryan 3.80
2011 Lucy Bryan 3.80
2012 Jade Brewster 3.50
2013 Ellie Gooding 3.80

U15
Katie Byers 3.35
Lucy Bryan 3.48
Naomi Lee 3.11
Claire Dyer 3.30
Natalie Hooper 3.43
Stephanie Broomhead 3.44

INDOORS

2008 Kate Dennison 4.25
2009 Kate Dennison 4.45

2010 Kate Dennison 4.40
2011 Holly Bleasdale 4.36
2012 Holly Bleasdale 4.70
2013 Holly Bleasdale 4.77

U20
2008 Maria Seager 3.70
2009 Sophie Upton 3.80
2010 Katie Byres 4.01
2011 Ellie Besford 3.50

2012 Lucy Bryan 3.80
2013 Lucy Bryan 4.15

Scot

2008 Kirsty Maguire 3.70
2009 Henrietta Paxton 4.06
2010 Jennifer Graham 3.40
2011 -
2012 Courtney MacGuire 3.40
2013 Caroline Adams 4.05

England

2010 Emma Lyons 4.05
2011 Stephanie Smith 3.60
2012 Abigail Haywood 3.82

South

2008 Liz Hughes 3.60
2009 Rachel Arnheim 3.60
2010 Louise Shortland 3.70
2011 Stephanie Smith 3.70
2012
2013 Ann Rees 3.70

CAU men

2008 Scott Huggins Kent 4.70
2009 Luke Cutts Yorks 5.20
2010 Luke Cutts Yorks 5.45
2011 Jax Thiors W Scot 4.50
2012 Luke Cutts Yorks 5.00
2013 Daniel Gardner Herts 4.95

Louise Butterworth 4.15
Emma Lyons 4.25

Henrietta Paxton 4.21
Kate Dennison 4.26
Katie Byres 4.37
Katie Byres 4.20
U17

Jade Ive 4.00
Katie Byres 3.60
Lucy Bryan 3.80
Lucy Bryan 3.90

Ailis McGovern 3.50
Natalie Hooper 3.65

N Ireland

Claire Wilkinson IRE 3.20
Zoe Brown IRE 4.00
Claire Wilkinson IRE 3.65
Zoe Brown IRE 3.80
Zoe Brown IRE 3.80
Zoe Brown IRE 3.81

Midlands

Emma Lyons 3.80
Bryony Raine 3.70
Katherine Ogden 3.35
Sophie Cook/
Hannah Grubb 3.52
Becky Donnelly 2.90

CAU women

not held
Anna Massey M'sex 4.01
Sophie Upton Wilts 4.00
Sophie Upton Wilts 3.70
Zoe Brown NIR 3.90
Ellie Gooding Kent 3.80

Zoe Brown 4.15
Zoe Brown IRE 4.05
Louise Butterworth 4.05, Sally Scott 4.05
Sally Scott 4.10
Sally Peake 4.16
Sally Peake 4.27
Zoe Brown IRE/Lucy Bryan 4.20
U15
Katie Byres 3.41
Lucy Bryan 3.42
Abigail Roberts 2.90
Abigail Roberts/
Jade Brewster 2.90
Natalie Hooper 3.30
Stephanie Broomhead 3.30

Wales

Jessica Abraham 3.40
Maria Seagar 4.05
Henrietta Paxton 4.05
Sally Peake 4.30
Sally Peake 3.86
Zoe Brown 4.21

North

Fiona Harrison 3.85
Holly Bleasdale 4.05
Michelle Orwin 3.60
Katie Byers 3.90
Abigail Haywood 3.82
Clare Blunt 3.60

LONG JUMP

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------|-----------------------|----------------------|
| 2005 | Greg Rutherford 7.79 | Darren Ritchie 7.67 | Jonathan Moore 7.54 |
| 2006 | Greg Rutherford 8.26 | Chris Tomlinson 7.87 | Nathan Morgan 7.84 |
| 2007 | Chris Tomlinson 7.99 | Nathan Morgan 7.89 | Jonathan Moore 7.58 |
| 2008 | Greg Rutherford 8.20 | Chris Kirk 7.93 | Nathan Morgan 7.88 |
| 2009 | Chris Tomlinson 8.03 | Andre Fernandez 7.53w | Jonathan Moore 7.52 |
| 2010 | Chris Tomlinson 8.17w | J J Jegede 7.84 | Matthew Burton 7.80w |
| 2011 | Julian Reid 8.06 | J J Jegede 8.04 | Daniel Bramble 7.65 |
| 2012 | Greg Rutherford 8.12 | J J Jegede 7.90 | Chris Tomlinson 7.89 |
| 2013 | Chris Tomlinson 8.03 | Dan Bramble 7.91 | J J Jegede 7.78 |

AGE GROUP CHAMPIONSHIPS

| | | | |
|------|--------------------------|-----------------------------|--|
| U23 | | U20 | |
| 2005 | Jonathan Moore 7.47 | Oliver McNeillis 7.43w | |
| 2006 | Chris Kirk 7.41 | Luke Thomas 7.34 | |
| 2007 | Oliver McNeillis 7.23 | Andrew Jones 7.65w | |
| 2008 | Lee Blamire 7.28 | Jamie Blundell 7.28 | |
| 2009 | Jamie Blundell 7.30 | Daniel Gardiner 7.29 | |
| 2010 | Daniel Gardiner 7.56w | Kadeem Greenidge-Smith 7.59 | |
| 2011 | Jermaine Olsan 7.55 | Allan Hamilton 7.45w | |
| 2012 | Felix Maisey-Curtis 7.41 | Elliot Safo 7.51 | |
| 2013 | James McLachlan 7.39 | Feron Sayers 7.63 | |
| U17 | | U15 | |
| 2005 | Andrew Bullimore 7.21w | Tony Corrigan 6.62w | |
| 2006 | Matthew Parnell 6.98 | Ding Yang 6.30 | |
| 2007 | Adam Timms 6.86w | Ciaran Dolan 6.39 | |
| 2008 | Dwyte Smith 7.16 | Ashley Wren 5.51w | |
| 2009 | James Lelliott 6.92 | Feron Sayers 6.59 | |
| 2010 | Feron Sayers 6.96 | Ross Maxwell 6.47 | |
| 2011 | Joshua Olawore 7.20 | Jerrell Marchan 6.56 | |
| 2012 | Joseph Dewar 6.99 | Ewaen Isoken 6.47 | |
| 2013 | Jacob Fincham-Dukes 7.15 | Patrick Sylla 6.65w | |

INDOORS

| | | | | | |
|------|----------------------|---------------------------|---------------------------|-----|--|
| 2005 | Nathan Morgan 7.96 | Chris Tomlinson 7.91 | Greg Rutherford 7.64 | | |
| 2006 | Leigh Smith 7.56 | Chris Kirk 7.49 | Stephen Fleming 7.35 | | |
| 2007 | Bernard Yeboah 7.50 | Jonathan Moore 7.49 | Chris Kirk 7.38 | | |
| 2008 | Chris Tomlinson 7.80 | Jonathan Moore 7.71 | J J Jegede 7.63 | | |
| 2009 | Chris Tomlinson 7.72 | Leigh Smith 7.57 | Ricardo Childs 7.41 | | |
| 2010 | Greg Rutherford 7.94 | Chris Tomlinson 7.75 | Matthew Burton 7.56 | | |
| 2011 | Ezekiel Ewolu 7.60 | J J Jegede 7.52 | Daniel Bramble 7.46 | | |
| 2012 | J J Jegede 7.96 | Ezekiel Ewolu 7.75 | Matthew Burton 7.57 | | |
| 2013 | Matthew Burton 7.94 | Chris Tomlinson 7.88 | Daniel Bramble 7.80 | | |
| U20 | | U17 | | U15 | |
| 2005 | Greg Rutherford 7.60 | Luke Thomas 6.78 | Deji Tobias 5.71 | | |
| 2006 | John Carr 6.96 | Nonso Okolo 6.76 | Kieran Showler-Davis 6.23 | | |
| 2007 | Andrew Jones 7.18 | Kieran Showler-Davis 6.79 | Matt Fletcher 6.17 | | |
| 2008 | Jamie Blundell 7.25 | David Guest 6.79 | Robert Gayler 6.37 | | |
| 2009 | Dwyte Smith 7.24 | James Lelliott 6.72 | Joel Grenfell 6.06 | | |
| 2010 | James Davies 7.13 | Elliott Safo 7.00 | Ross Maxwell 6.27 | | |
| 2011 | James Davies 7.19 | Oliver Newport 6.83 | Alex Law 5.85 | | |
| 2012 | Elliott Safo 7.41 | Elliott Hurley 6.72 | Owin Sinclair 5.81 | | |
| 2013 | Michael Causer 7.26 | Alex Law 6.81 | David McDonald IRE 6.16 | | |

Scot
 2005 Darren Ritchie 7.61w
 2006 Darren Ritchie 7.40
 2007 Jude Beimers 6.97
 2008 Jude Beimers 7.15
 2009 Jude Beimers 7.58
 2010 Jude Beimers 7.54
 2011 Kyle Henderson 7.51
 2012 John Carr 7.49
 2013 John Carr 7.49

England
 2010 J J Jegede 7.72
 2011 J J Jegede 7.66w
 2012 Oliver Newport 7.70

South
 2005 Adrian Phillips 7.33
 2006 Greg Rutherford 8.09
 2007 J J Jegede 7.85
 2008 Andre Fernandez 7.14
 2009 Ezekiel Ewolu 7.14
 2010 Joe Steele 7.53w
 2011 Paul Ogun 7.14
 2012
 2013 Dan Bramble 7.53

N Ireland
 Daragh O'Farrell IRE 7.32
 Daragh O'Farrell IRE 7.30
 Alan Kennedy 6.66
 Alan Kennedy 7.18
 Alan Kennedy 7.14
 Adam McMullan 7.33
 Ciaran Dolan IRE 6.85
 Alan Kennedy 7.02
 Adam McMullan 7.20

Midlands
 Steve Phillips 7.72w
 Oliver McNeillis 7.21
 Jonathan Moore 7.15
 Jonathan Moore 7.14
 Leigh Smith 7.60w
 Nathan Morgan 7.59
 Leigh Smith 7.21
 Travis Francis 6.10
 Julian Reid 7.83

Welsh
 Ricardo Childs 7.24
 Ricardo Childs 7.37
 David Cook 6.93
 Ricardo Childs 7.26
 Andre Fernandez 7.61
 Ricardo Childs 7.29
 Ricardo Childs 7.48w
 Ricardo Childs 7.06
 Aled Price 6.96

North
 Ricardo Childs 7.67w
 Chris Kirk 7.44
 Lee Blamire 7.26
 Lee Blamire 7.36
 Lee Blamire 7.04
 Jacob Brown 7.41
 J J Jegede 7.79
 Chris Kirk 7.40
 Dan Gardiner 7.20

WOMEN'S LONG JUMP

AAA/UK CHAMPIONSHIPS

2005 Kelly Sotherton 6.48
 2006 Kelly Sotherton 6.51
 2007 Kelly Sotherton 6.53
 2008 Jade Johnson 6.30
 2009 Phyllis Agbo 6.42w
 2010 Jade Johnson 6.48w
 2011 Shara Proctor 6.65
 2012 Shara Proctor 6.95
 2013 Shara Proctor 6.84

Julie Hollman 6.25
 Jade Johnson 6.32
 Jade Johnson 6.51
 Kelly Sotherton 6.28
 Amy Woodman 6.36
 Amy Harris 6.39
 Lorraine Ugen 6.54
 Lorraine Ugen 6.74
 Jazmin Sawyers 6.50

Rebecca White 6.22
 Sarah Claxton 6.28
 Julie Hollman 6.29
 Amy Woodman 6.09w
 Abigail Irozuru 6.28w
 Abigail Irozuru 6.37
 Jessica Ennis 6.44
 Jazmin Sawyers 6.64
 Dominique Blaize 6.47

U23
 2005 Henrietta Paxton 6.02
 2006 Louise Bloor 6.25
 2007 Amy Harris 6.32
 2008 Amy Harris 6.16w
 2009 Amy Harris 5.93
 2010 Abigail Irozuru 6.01
 2011 Lorraine Ugen 6.39
 2012 Lorraine Ugen 6.15
 2013 Lorraine Ugen 6.31w

U20
 Amy Harris 6.30w
 Amy Harris 6.40w
 Jade Surman 6.27
 Abigail Irozuru 6.29w
 Lorraine Ugen 6.29
 Lorraine Ugen 6.42w
 Katarina Johnson-Thompson 6.44
 Jazmin Sawyers 6.42
 Jazmin Sawyers 6.32

U17
 2005 Jade Surman 5.85w
 2006 Jade Nimmo 5.68
 2007 Hannah Lewis 5.68
 2008 Katarina Thompson 6.07w
 2009 Katarina Johnson-T'n 6.19
 2010 Micaela Brindle 5.79
 2011 Jahisha Thomas 5.85
 2012 Morgan Lake 6.19

U15
 Jade Nimmo 5.63w
 Jill Brooks 5.44
 Katarina Thompson 5.57
 Gabby Rowsell 5.49w
 Jahisha Thomas 5.43
 Morgan Lake 5.60
 Morgan Lake 5.93
 Amy Williams 5.76w

2013 Morgan Lake 5.91

Eleanor Broome 5.69

INDOORS

2005 Jade Johnson 6.50
2006 Kelly Sotherton 6.53
2007 Amy Harris 6.47
2008 Kelly Sotherton 6.41
2009 Kelly Proper IRE 6.44
2010 Kelly Proper IRE 6.48
2011 Kelly Proper IRE 6.35
2012 Shara Proctor 6.68
2013 Dominique Blaize 6.29

Kelly Sotherton 6.43
Jade Johnson 6.35
Gillian Cooke 6.33
Kelly Proper IRE 6.31
Amy Woodman 6.40
Amy Woodman 6.20
Dominique Blaize 6.25
Aibigail Irozuru 6.64
Jade Surman 6.19

Rebecca White 6.17
Gillian Cooke 6.24
Jessica Ennis 6.15
Gillian Cooke 6.22
Jade Johnson 6.36
Louise Hazel 6.14
Kim Murray 6.11
Gemma Weetman 6.21
Sarah Warnock 6.16

U20

2005 Jade Surman 5.76
2006 Amy Harris 6.15
2007 Kelly Proper IRE 6.17
2008 Abigail Irozuru 5.97
2009 Lorraine Ugen 5.80
2010 Katarina Johnson-Thompson 6.25
2011 Katarina Johnson-Thompson 6.28
2012 Katarina Johnson-Thompson 6.30
2013 Jahisha Thomas 5.87

U17

Jade Surman 5.90
Alice Lennox 5.61
Jade Nimmo 5.82
Katarina J-Thompson 6.02
Katarina J-Thompson 5.92
Andrea Gaffney 5.70
Lisa James 5.50
Morgan Lake 5.72
Morgan Lake 5.75

U15

Jade Nimmo 5.23
Lisa Sabel 5.38
Katarina J-Thompson 5.30
Jazmin Sawyers 5.48
Morgan Lake 5.04
Morgan Lake 5.61
Morgan Lake 5.48
Amy Williams 5.54
Eleanor Broome 5.52

Scot

2005 Gillian Cooke 6.18w
2006 Gillian Cooke 6.09
2007 Gillian Cooke 6.30
2008 Henrietta Paxton 5.79
2009 Lisa Ferguson 5.98
2010 Jade Nimmo 6.03w
2011 Jade Nimmo 5.96
2012 Lisa Ferguson 6.15w
2013 Sarah Warnock 6.27

N Ireland

Gillian Cooke 6.08
Mary McLoone IRE 6.22
Gillian Cooke 6.07
Mary McLoone IRE 5.94
Mary Devlin IRE 5.72
Mary Devlin IRE 6.02
Hannah Lewis 5.79
Linzi Herron 5.71
Linzi Herron 5.95

Wales

Polly James 4.20

Rebecca White 5.84
Lara Richards 5.80
Imogen Miles 5.60w
Sonia Crawley 5.90
Lara Richards 6.10w
Donna Jones 5.04
Alexandra Russell 6.25w

England

2010 Amy Harris 6.16
2011 Amy Woodman 6.25
2012 Amy Woodman 6.17

South

2005 Sarah Wellstead 6.25w
2006 Sarah Wellstead 6.11
2007 Sarah Wellstead 6.15
2008 Catherine Holdsworth 5.71
2009 Karen Murray 5.96
2010 Jenny Pacey 6.35w
2011 Amy Woodman 6.37
2012
2013 Kitty Eleyae 5.84

Midlands

Sarah Rossiter 6.25
Sarah Rossiter 5.88
Amy Woodman 5.80
Phyllis Agbo 6.14
Sonia Crawley 5.46
Phyllis Agbo 6.07
Emma Lyons 5.88
Amy Woodman 6.17
Amy Woodman 5.85

North

Fiona Harrison 6.03w
Louise Bloor 6.03
Joanne Oates 5.25
Jess Taylor 5.37
Jess Taylor 5.73
Louise Bloor 5.75
Jess Ennis 6.24
Abigail Irozuru 5.96
Alexandra Russell 6.16

CAU MEN

2005 Andrew Staniland Yks 7.39
2006 Leigh Smith Staffs 7.80
2007 Elliot O'Neil Chesh 7.38
2008 Leigh Smith Staffs 7.65
2009 Anthony Timms Yks 7.62
2010 Matthew Burton Kent 7.67
2011 Jonathan Carr E Scot 7.58

CAU WOMEN

Rebecca White Lancs 6.32
Gillian Cooke E Scotland 6.21
Rebecca White Lancs 5.96
Jade Johnson Surrey 6.45
Sarah Wellstead Surrey 6.13
Jade Johnson Surrey 6.38w
Amy Woodman Avon/Som 6.36w

2012 Matthew Burton Kent 7.60w
2013 J J Jegede Sussex 7.46

Lisa Ferguson Scot E 6.07
Sarah Warnock Scot E 6.29w

TRIPLE JUMP

AAA/UK CHAMPIONSHIPS

2002 Phillips Idowu 17.02
2003 Larry Achike 16.55
2004 Nathan Douglas 16.95
2005 Nathan Douglas 17.64
2006 Phillips Idowu 17.50
2007 Tosin Oke 16.59
2008 Phillips Idowu 17.58
2009 Phillips Idowu 17.05
2010 Phillips Idowu 17.12
2011 Larry Achike 16.83
2012 Larry Achike 16.19
2013 Julian Reid 16.79

Tosin Oke 16.60
Nick Thomas 16.44
Tosin Oke 16.49
Steven Shalders 17.00w
Nathan Douglas 16.99
Julian Golley 16.13
Larry Achike 17.18
Nathan Douglas 17.01
Nathan Douglas 17.03
Julian Reid 16.53
Kola Adedoyin 16.07
Nathan Douglas 16.74

Steve Shalders 16.09
Nathan Douglas 16.12
Steven Shalders 16.41
Phillips Idowu 16.29w
Tosin Oke 16.33
Mike McKernan 16.06
Nathan Douglas 17.18
Larry Achike 16.45
Nathan Fox 15.39
Ade Babatunde 15.94
Nathan Fox 15.73
Nathan Fox 16.22

AGE GROUP CHAMPIONSHIPS

U23

2002 Tosin Oke 16.27w
2003 Nathan Douglas 16.30
2004 Nathan Douglas 16.42
2005 Jonathan Moore 15.75
2006 Gary White 15.47
2007 Gary White 15.74
2008 Jonathan Carr 15.09
2009 Jonathan Carr 15.52
2010 Trevor Okorafor 16.00
2011 Kola Adedoyin 16.06
2012 Kola Adedoyin 16.25
2013 Jonny Sawyers 15.56w

U20

Kevin Thompson 15.07
Gary White 14.99
Moussa Qarqaran KSA 15.52w
Jude Beimers 14.92
Matt Burton 14.99
Jeremy Odametey 15.01
Ben Williams 15.76w
Ben Williams 15.70
Tunde Amosu 15.39
Joe Lawrence 15.48
Jonathan Ilori 15.55w
Efe Uwaifo 15.55

U17

2002 Graham Jackson 14.29w
2003 Shaun Batt 13.95
2004 Lanre Ali-Balogun 14.81
2005 Sean Wynter 14.06w
2006 Trevor Okoroafar 13.88
2007 Nathan Fox 15.10
2008 Tunde Amosu 15.08w
2009 Julien Allwood 14.58
2010 Jimi Tele 14.68
2011 Efe Uwaifo 14.57
2012 Montel Nevers 14.81
2013 Stefan Amokwando 14.56

U15

Ryhan Thomas 12.04
Sean Wynter 12.97
Chris Bartlett 13.20
Nathan Fox 14.11
Dwyte Smith 13.67
Julien Allwood 13.27w
Jimi Tele 13.49w
Joshua Olawore 12.92
Montel Nevers 13.24
Elliot Henry 13.26
Kevin Metzger 13.59
Osaze Aghedo 13.22

INDOORS

2002 Tosin Oke 15.95
2003 Tosin Oke 16.61
2004 Julien Kapek FRA 16.32
2005 Phillips Idowu 17.30
2006 Nathan Douglas 16.55
2007 Nathan Douglas 17.19
2008 Phillips Idowu 17.24
2009 Julian Golley 16.07
2010 Tosin Oke NGR 16.76

Julian Golley 15.54
Femi Akinsanya 16.29
Femi Akinsanya 15.79
Nathan Douglas 16.76
Nick Thomas 16.49
Phillips Idowu 16.68
Nathan Douglas 16.72
Tosin Oke NGR 16.01
Nick Thomas JAM 16.22

Martin Rossiter 15.11
Martin Rossiter 15.11
Karl Thompson 15.50
Jonathan Moore 15.89
Julian Golley 16.18
Julian Golley 15.95
Tosin Oke 16.26
Ben Williams 15.67
Ben Williams 15.94

| | | | |
|------|--------------------------------|--------------------------------|----------------------------|
| 2011 | Ben Williams 15.88 | Ade Babatunde 15.60 | Michael Puplambu 15.34 |
| 2012 | Nick Thomas JAM 16.18 | Kola Adedoyin 15.93 | Michael Puplambu 15.61 |
| 2013 | Tosin Oke NGR 16.87 | Kola Adedoyin 16.50 | Michael Puplambu 16.43 |
| | U20 | U17 | U15 |
| 2002 | Kevin Thompson 14.93 | Graham Jackson 13.53 | |
| 2003 | Christian Campbell 14.28 | Dexter Nicholls 13.26 | |
| 2004 | Christian Campbell 15.16 | Jeremy Odametey 14.21 | |
| 2005 | James Townsend 14.41 | Sean Wynter 13.68 | |
| 2006 | Jude Beimers 15.23 | Stefan Tseng Ke Shen SIN 15.18 | |
| 2007 | Stefan Tseng Ke Shen SIN 14.82 | Kola Adedoyin 13.77 | |
| 2008 | Stefan Tseng Ke Chen SIN 15.71 | Babatunde Amosu 14.70 | |
| 2009 | Babatunde Amosu 15.19 | Julien Allwood 14.12 | |
| 2010 | Ben Williams 15.95 | Bradley Pike 14.13 | |
| 2011 | Joe Lawrence 15.10 | Efe Ufaifo 14.24 | |
| 2012 | Jose Martin-Fullerton 15.00 | Nnamdi Amadi 13.76 | |
| 2013 | Efe Ufaifo 15.22 | Stefan Amokwando 14.34 | |
| | Scot | N Ireland | Welsh |
| 2002 | David Watson 14.24w | Patrick Shannon IRE 15.11w | Charles Madeira-Cole 15.10 |
| 2003 | Alasdair Strange 13.76w | Patrick Shannon IRE 14.33 | Steven Frost 13.50 |
| 2004 | Darren Ritchie 15.20w | Simon Sawney 14.08 | Navid Childs 14.42 |
| 2005 | Alasdair Strange 15.19w | Michael McDonald IRE 14.02 | Steven Shalders 16.25 |
| 2006 | Jonathan Carr 15.07 | Alan Kennedy 14.50 | Wyn Roberts 14.15 |
| 2007 | Alasdair Strange 15.14 | Jonathan Ritchie IRE 14.30 | Owen Jones 13.20 |
| 2008 | Elliot O'Neill 15.60 | Alan Kennedy 14.57 | Alex Obiako 13.98 |
| 2009 | Jonathan Carr 15.30 | Jonathan Ritchie IRE 13.51 | Alex Ezechi-Obiako 13.81 |
| 2010 | Jonathan Carr 15.18w | Alan Kennedy 14.85 | Navid Childs 14.13 |
| 2011 | David Watson 15.05 | Alan Kennedy 14.39 | Navid Childs 14.91w |
| 2012 | Chukwudi Onyia 14.80 | Conall Mahon 12.57 | Navid Childs 13.09 |
| 2013 | Chukwudi Onyia 15.13 | Callum Hunter 13.12 | Gary White 15.82 |
| | England | | |
| 2010 | Julian Golley 15.34w | | |
| 2011 | Julian Golley 15.55w | | |
| 2012 | Michael Puplambu 15.41 | | |
| | South | Midlands | North |
| 2002 | Tosin Oke 15.76 | Mike McKernan 14.27w | Dave Sanderson 14.53 |
| 2003 | Julian Golley 15.09 | Mike McKernan 14.88 | Kevin Thompson 15.09 |
| 2004 | Martin Rossiter 15.00 | David Mountford 15.13w | Kevin Thompson 15.04w |
| 2005 | Julian Golley 16.25 | Gary White 14.80w | Elliot O'Neill 14.92 |
| 2006 | Julian Golley 15.98w | Lawrence Harvey 14.38 | David Budd 15.23 |
| 2007 | Julian Golley 16.16 | Mike McKernan 15.22 | Matt Barton 15.12 |
| 2008 | Tosin Oke 16.09 | Mike McKernan 15.25 | Matt Barton 15.11 |
| 2009 | Julian Golley 15.29 | Konrad Katarzynski POL 14.80w | Matt Barton 14.66 |
| 2010 | Gary Wilson 14.99 | Nathan Douglas 15.85 | Craig Fiddes 13.97 |
| 2011 | Daniel Lewis 15.17w | Mike McKernan 15.32 | Babatunde Amosu 15.39 |
| 2012 | | Travis Francis 12.08 | Joshua Bones 14.57 |
| 2013 | Nonso Okolo 15.50 | Mitchell Kirby 13.64 | Jonny Sawyers 15.08 |

WOMEN'S TRIPLE JUMP

AAA/UK CHAMPIONSHIPS

| | | | |
|------|----------------------------|----------------------------|-------------------------|
| 2002 | Ashia Hansen 14.50 | Yamile Aldama CUB 14.40 | Michelle Griffith 13.18 |
| 2003 | Yamile Aldama CUB 14.98 | Taneisha Scanlon IRE 13.12 | Rebecca White 12.78 |
| 2004 | Michelle Griffith 13.43 | Nadia Williams 12.74 | Rebecca White 12.71 |
| 2005 | Taneisha Scanlon IRE 13.30 | Nadia Williams 12.95 | Stephanie Aneto 12.90 |
| 2006 | Tiombe Hurd USA 14.15 | Ashia Hansen 13.65 | Nadia Williams 13.27 |
| 2007 | Nadia Williams 13.58 | Rebecca White 13.17 | Gillian Kerr 12.88 |

| | | | |
|------|-----------------------|-----------------------|------------------------|
| 2008 | Nadia Williams 13.35w | Yasmine Regis 13.13w | Gillian Kerr 13.03w |
| 2009 | Nadia Williams 13.67 | Yasmine Regis 13.43w | Claire Linskill 12.91 |
| 2010 | Laura Samuel 13.52 | Nadia Williams 13.49 | Zainab Ceesay 12.74 |
| 2011 | Laura Samuel 13.67 | Yasmine Regis 13.61 | Nadia Williams 13.37 |
| 2012 | Laura Samuel 13.73 | Nadia Williams 13.46 | Shakira Whight 13.30 |
| 2013 | Laura Samuel 13.75w | Chioma Matthews 13.38 | Sineade Gutzmore 13.09 |

AGE GROUPS

| | | | |
|------------|------------------------|--------------------------|-----------------------------|
| U23 | | U20 | U17 |
| 2002 | Rebecca White 12.90 | Emily Parker 12.19w | Sally Peake 11.89w |
| 2003 | Zainab Ceesay 12.38 | Emily Parker 12.63w | Rebekah Paisley 12.19 |
| 2004 | Zainab Ceesay 12.28 | Yasmine Regis 12.64w | Tanine Nicholas 11.69 |
| 2005 | Karlene Turner 12.98 | Yasmine Regis 13.13 | Hannah Frankson 12.19w |
| 2006 | Danae Matthew 12.82 | Claire Linskill 12.62w | Kayley Akorn 11.78 |
| 2007 | Nony Mordi 13.01 | Melissa Carr 12.45w | Desola Bakre 11.79 |
| 2008 | Sinead Gutzmore 13.02w | Melissa Carr 12.67 | Emma Pringle 12.08 |
| 2009 | Claire Linskill 12.78 | Laura Samuel 12.64 | Sophie Brown 11.93w |
| 2010 | Claire Linskill 12.63 | Laura Samuel 12.71w | Naomi Reid 12.23 |
| 2011 | Hannah Frankson 13.44 | Naomi Reid 12.76 | Mary Fasipe 12.18 |
| 2012 | Laura Samuel 13.75 | Ahtollah Rose 12.11 | Nikita Campbell-Smith 12.09 |
| 2013 | Laura Samuel 13.10 | Rachel Williamson 12.55w | Morgan Lake 12.34w |

INDOORS

| | | | |
|------|---|----------------------------|----------------------------|
| 2002 | Ashia Hansen 13.53 | Taniesha Scanlon IRL 13.00 | Rebecca White 12.64 |
| 2003 | Sandra Swennen BEL 13.51 | Rebecca White 12.94 | Taniesha Scanlon IRL 12.93 |
| 2004 | Trecia Smith JAM 14.13 (5 – best UK Stephanie Aneto 12.17) | Tiombe Hurd USA 13.95 | Ann-Maria Thorpe BAR 12.35 |
| 2005 | Taneisha Scanlon IRL 13.28 | Emily Parker 13.02 | Leandra Polius 12.90 |
| 2006 | Tiombe Hurd USA 13.67 | Rebecca White 13.18 | Nadia Williams 13.03 |
| 2007 | Ashia Hansen 13.68 | Nadia Williams 13.29 | Gillian Kerr 12.83 |
| 2008 | Nadia Williams 13.39 | Stephanie Aneto 13.01 | Nony Mordi 12.95 |
| 2009 | Nony Mordi 13.23 | Nadia Williams 13.18 | Stephanie Aneto 13.07 |
| 2010 | Trecia Smith JAM 13.69 | Nadia Williams 13.41 | Stephanie Aneto 12.78 |
| 2011 | Laura Samuel 13.24 | Hannah Frankson 13.02 | Sineade Gutzmore 12.95 |
| 2012 | Yamile Aldama 14.09 | Nadia Williams 13.53 | Yasmine Regis 13.50 |
| 2013 | Yamile Aldama 13.44 | Sineade Gutzmore 13.29 | Angela Barrett 13.04 |

| | | | |
|------------|-----------------------------|-----------------------------|------------|
| U20 | | U17 | U15 |
| 2002 | Linsi Robinson 11.84 | Angela Barrett 11.85 | |
| 2003 | Karlene Turner 12.41 | Anna Kelly 11.48 | |
| 2004 | Anna Kelly 12.00 | Tanine Nicholas 11.55 | |
| 2005 | Yasmine Regis 12.65 | Hannah Frankson 11.76 | |
| 2006 | Danae Matthew 12.56 | Kayley Alcorn 11.48 | |
| 2007 | Jayne Nisbet 12.37 | Jade Ellams 11.41 | |
| 2008 | Mia Nielsen Haave NOR 12.89 | Shazana Marian SIN 11.75 | |
| 2009 | Laura Samuel 12.40 | Ahtollah Rose 11.48 | |
| 2010 | Laura Samuel 12.74 | Naomi Reid 11.46 | |
| 2011 | Naomi Reid 12.16 | Kate Anson 11.13 | |
| 2012 | Ahtollah Rose 12.28 | Nikita Campbell-Smith 11.66 | |
| 2013 | Nikita Campbell-Smith 11.96 | Kerri Davidson 11.80 | |

| | | | |
|-------------|-------------------------------|--------------------------|-----------------------|
| Scot | | N Ireland | Wales |
| 2002 | Julia Straker 11.44w | Sharon Foley IRE 12.39w | Helen Baker 11.57 |
| 2003 | S Foley/Gallen IRE 12.73w | S Foley/Gallen IRE 12.59 | Helen Baker 12.16 |
| 2004 | Mary Egbo CAN 12.09 | Mary McLoone IRE 11.99 | Helen Baker 12.07w |
| 2005 | Katherine Streathfield 12.35w | Mary McLoone IRE 11.94 | Sara Barry IRE 12.39 |
| 2006 | Nony Mordi 12.81 | Mary McLoone IRE 12.41 | Sally Peake 11.40 |
| 2007 | Gillian Kerr 13.05 | Gillian Kerr 12.97 | Rebecca White 13.07 |
| 2008 | Jayne Nisbet 12.83 | Mary McLoone IRE 12.05 | Sara Barry IRE 12.53w |

| | | | |
|------|-----------------------|-----------------------|--------------------------|
| 2009 | Mary Devlin IRE 12.04 | Mary Devlin IRE 11.78 | Sara Barry IRE 12.61 |
| 2010 | Nony Mordi 13.15w | Mary Devlin IRE 11.68 | Sara Barry 12.62w |
| 2011 | Zara Asante 12.12 | Holly Johnston 10.85 | Imogen Miles 11.79w |
| 2012 | Zara Asante 12.41 | Mary Devlin IRE 11.63 | Imogen Miles 11.67 |
| 2013 | Nony Mordi 12.84 | Mary Devlin IRE 11.55 | Sara Barry/Wheeler 12.15 |

England

2010 Nadia Williams 13.54w
 2011 Nadia Williams 13.94w
 2012 Nadia Williams 13.71

South

2002 Michelle Griffith 12.66
 2003 Taneisha Robinson IRE 12.93w
 2004 Michelle Griffith 13.12
 2005 Nadia Williams 13.31
 2006 Nadia Williams 13.20
 2007 Nadia Williams 13.59
 2008 Stephanie Aneto 13.03
 2009 Zainab Ceesay 13.04
 2010 Nadia Williams 13.75w
 2011 Nadia Williams 13.45w
 2012
 2013 Stephanie Aneto 12.11

Midlands

Debbie Rowe 12.71w
 Alison McAllister 12.36
 Alison McAllister 12.06
 Michelle Dunkley 12.33w
 Debbie Rowe 12.58
 Debbie Rowe 12.36
 Linzi Robinson 12.35
 Denae Matthew 12.51w
 Denae Matthew 12.33w
 Laura Samuel 12.91
 Laura Samuel 13.63
 Sineade Gutzmore 12.74

North

Hazel Carwardine 12.38w
 Nicky Clark 11.56
 Hazel Carwardine 11.97w
 Julia Straker 11.64
 Julia Straker 11.83
 Julia Straker 12.23
 Claire O'Reilly 12.05
 Rebecca White 12.47
 Kelly Hilton 12.68
 Kelly Hilton 12.52
 Kelly Hilton 12.60
 Nony Mordi 13.29

CAU MEN

2002 Julian Golley M'sex 15.77
 2003 Martin Rossiter Hants 15.58
 2004 Julian Golley M'sex 16.35
 2005 Larry Achike M'sex 16.39
 2006 Nick Thomas Essex 16.20
 2007 Julian Golley M'sex 15.68
 2008 Julian Golley M'sex 15.85
 2009 Julian Golley M'sex 15.21
 2010 Darren March Kent 15.26w
 2011 Babatunde Amosu Surrey 15.75
 2012 John Carr Scot E 15.63
 2013 Jonny Sawyers Berks 15.01

CAU WOMEN

Michelle Griffith Berks 12.98
 Charmaine Turner Berks 12.54
 Rachel Brenton Oxford 12.47
 Taneisha Scanlon Beds 13.39
 Nadia Williams M'sex 13.34
 Gillian Kerr E Scotland 13.20
 Zainab Ceesay Surrey 12.96
 Nadia Williams M'sex 13.20
 Nadia Williams M'sex 13.16
 Nadia Williams M'sex 13.40
 Sineade Gutzmore 13.18w
 Angela Barrett Warwicks 12.75

SHOT PUT

AAA/UK CHAMPIONSHIPS

2006 Carl Myerscough 20.00
 2007 Carl Myerscough 19.39
 2008 Carl Myerscough 20.15
 2009 Carl Myerscough 19.87
 2010 Carl Myerscough 19.77
 2011 Carl Myerscough 18.57
 2012 Carl Myerscough 19.42
 2013 Greg Beard 18.29

Chris Gaviglio AUS 17.81
 Emeka Udechuku 17.87
 Mark Edwards 18.55
 Kieran Kelly 18.83
 Scott Rider 18.44
 Scott Rider 18.12
 Scott Rider 18.36
 Ryan Spencer-Jones 17.45

Chris Gearing 17.12
 Kieran Kelly 17.09
 Scott Rider 18.11
 Emeka Udechuku 17.71
 Les Richards 17.21
 Greg Beard 17.64
 Zane Duquemin 17.95
 Jamie Williamson 16.19

AGE GROUP CHAMPIONSHIPS

U23

2006 Chris Gearing 17.12
 2007 Kieren Kelly 17.84
 2008 Kieren Kelly 17.84
 2009 Jamie Stevenson 17.85
 2010 Daniel Carlin 14.70
 2011 Zane Duquemin 17.27

U20

Jamie Williamson 17.39
 Jay Thomas 17.53
 Jamie Stevenson 18.47
 Curtis Griffith-Parker 18.65
 Anthony Oshodi 17.39
 Tom Walsh NZL 20.48

2012 Zane Duquemin 18.48
2013 Zane Duquemin 18.88

Kai Jones 16.96
Greg Thompson 17.48

U17

2006 Curtis Griffith-Parker 18.17
2007 Curtis Griffith-Parker 19.32
2008 Reece Thomas 17.19
2009 Matthew Halton 16.26
2010 Josh Newman 15.91
2011 Luke Roach-Christie 17.01
2012 Kai Jones 17.59
2013 Kai Jones 19.09

U15

Anthony Oshodi 18.03
Joshua Newman 15.02
Joshua Newman 16.47
Chris Clarke 14.57
Lewis Barnes 15.09
Kai Jones 18.01
Max Price 15.57
Michaelangelo Buter 15.93

INDOORS

2006 Emeka Udechuku 17.89
2007 Garrett Johnson USA 18.98
2008 Garrett Johnson USA 20.66
2009 Mark Edwards 18.90
2010 Mark Edwards 17.40
2011 Scott Rider 17.96
2012 Scott Rider 18.28
2013 Scott Rider 18.59

Jamie Williamson 16.42
Chris Gaviglio AUS 18.05
Emeka Udechuku 18.06
Kieran Kelly 18.68
Ryan Spencer-Jones 17.02
Jamie Williamson 17.58
Zane Duquemin 17.24
Zane Duquemin 18.50

Chris Gearing 16.37
Emeka Udechuku 17.64
Scott Rider 18.03
Rimantas Martisauskas LTU 17.52
Jamie Williamson 16.85
Carl Fletcher 17.00
Ryan Spencer-Jones 17.22
Rimantas Martisauskas LTU 18.36

U20

2006 Jamie Williamson 17.05
2007 Jay Thomas 17.01
2008 Jamie Stevenson 18.01
2009 Curtis Griffith-Parker 18.51
2010 Robert Mohan 17.56
2011 Andrew Doyle IRE 16.15
2012 Scott Lincoln 16.81
2013 Greg Thompson 17.57

U17

Curtis Griffith-Parker 17.82
Michael Wheeler 17.95
Michael Wheeler 19.06
Matthew Halton 15.55
Christopher Barnes 15.06
Matthew Field 15.57
Kai Jones 17.46
Kai Jones 16.62

U15

Michael Wheeler 17.46
Tom Peacock 14.94
Josh Newman 15.36
Connor Guest 12.83
John Kelly IRE 14.20
Kai Jones 14.47
Harry Sutherland 14.81
Max Price 14.74

Scot

2006 Craig Sturrock 16.17
2007 Emeka Udechuku 17.76
2008 Daniel Carlin 14.94
2009 Jamie Stevenson 17.04
2010 Scot Thompson 15.71
2011 Daniel Carlin 15.41
2012 Paul Simpson 12.36
2013 Scott Thompson 14.11

N Ireland

Gerard Nagel IRE 14.37
Jeremy Harper 14.32
Scot Thompson 15.66
Jeremy Harper 13.91
Peter Glass 13.15
Jeremy Harper 12.22
Andrew Doyle IRE 14.07
Matthew O'Reilly 11.82

Wales

Andrew Turner 14.32
Emeka Udechuku 18.13
Ryan Spencer-Jones 15.22
Ryan Spencer-Jones 16.79
Ryan Spencer-Jones 17.64
Ryan Spencer-Jones 16.91
Ryan Spencer-Jones 17.16
Ryan Spencer-Jones 18.03

England

2010 Scott Rider 18.43
2011 Greg Beard 17.58
2012 Greg Beard 17.40

South

2006 Emeka Udechuku 18.64
2007 Mark Leitch 14.33
2008 Scott Rider 18.59
2009 Curtis Griffith-Parker 16.33
2010 Curtis Griffith-Parker 16.77
2011 Nick Owen 14.38
2012
2013 Anthony Oshodi 15.26

Midlands

Mark Allen 14.50
Mark Allen 16.07
Gregg Nixon 13.27
Gregg Nixon 13.66
Sam Herrington 15.44
Ingmar Vos NED 12.88
Tom Pearson 11.02
Tom Pearson 11.88

North

Jamie Williamson 16.19
Jamie Williamson 16.81
Carl Myerscough 19.87
Jamie Williamson 16.72
Carl Fletcher 17.80
Rimantas Martiskauskas 16.56
Craig Sturrock 16.29
Greg Beard 17.94

WOMEN'S SHOT

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------|-----------------------|-----------------------|
| 2006 | Julie Dunkley 16.08 | Eva Massey 15.59 | Jo Duncan 15.50 |
| 2007 | Eva Massey 16.63 | Jo Duncan 15.92 | Eden Francis 15.52 |
| 2008 | Jo Duncan 15.99 | Eden Francis 15.95 | Alison Rodger 15.78 |
| 2009 | Eden Francis 16.33 | Eleanor Gatrell 15.56 | Jo Duncan 15.23 |
| 2010 | Eden Francis 16.02 | Eleanor Gatrell 15.82 | Alison Rodger 15.25 |
| 2011 | Eden Francis 16.73 | Rebecca Peake 15.75 | Rachel Wallader 15.34 |
| 2012 | Eden Francis 16.13 | Shaunagh Brown 15.87 | Rachel Wallader 15.66 |
| 2013 | Rachel Wallader 15.96 | Shaunagh Brown 15.76 | Kirsty Yates 14.27 |

WOMEN – AGE GROUP CHAMPIONSHIPS

| | | | |
|------|----------------------------|----------------------------|--|
| U23 | | U20 | |
| 2006 | Alison Rodger 15.03 | Eden Francis 14.94 | |
| 2007 | Sally Hinds 14.48 | Eden Francis 15.48 | |
| 2008 | Eden Francis 15.51 | Rachel Wallader 14.23 | |
| 2009 | Eden Francis 15.74 | Shaunagh Brown 13.74 | |
| 2010 | Eden Francis 15.83 | Sophie McKinna 14.37 | |
| 2011 | Rachel Wallader 16.08 | Sophie McKinna 14.51 | |
| 2012 | Shaunagh Brown 16.31 | Sophie McKinna 16.16 | |
| 2013 | Clare Fitzgerald IRE 14.26 | Sophie McKinna 16.36 | |
| U17 | | U15 | |
| 2006 | Rachel Wallader 12.44 | Clare Fitzgerald IRE 12.61 | |
| 2007 | Jade Weston 11.85 | Lauren Sammout 11.29 | |
| 2008 | Yasmin Spencer 12.26 | Abbi Carter 11.96 | |
| 2009 | Yasmin Spencer 12.62 | Shadine Duquemin 12.62 | |
| 2010 | Simi Pam 12.54 | Annabel Sherry 12.88 | |
| 2011 | Annabel Sherry 13.49 | Adele Nicoll 14.02 | |
| 2012 | Adele Nicoll 13.52 | Sophie Merritt 13.69 | |
| 2013 | Adele Nicoll 13.98 | Michaela Walsh IRE 14.18 | |

INDOORS

| | | | | | |
|------|--------------------------|----------------------------|----------------------------|------------------------|----------------------|
| 2006 | Julie Dunkley 15.89 | Joanne Duncan 15.36 | Eva Massey 15.22 | | |
| 2007 | Joanne Duncan 16.45 | Dayana Octavien USA 15.86 | Rebecca Peake 15.51 | | |
| 2008 | Eden Francis 16.11 | Rebecca Peake 15.67 | Joanne Duncan 15.56 | | |
| 2009 | Alison Rodger 15.79 | Kelly Sotherton 14.50 | Rachel Wallader 14.34 | | |
| 2010 | Alison Rodger 16.02 | Rebecca Peake 15.43 | Rachel Wallader 14.82 | | |
| 2011 | Eden Francis 15.85 | Shaunagh Brown 14.91 | Sophie McKinna 14.91 | | |
| 2012 | Eden Francis 16.72 | Shaunagh Brown 15.77 | Eleanor Gatrell 15.36 | | |
| 2013 | Rachel Wallader 16.19 | Shaunagh Brown 16.07 | Sophie McKinna 15.76 | | |
| U20 | | U17 | | U15 | |
| 2006 | Eden Francis 13.98 | Jenny Brown 12.09 | Clare Fitzgerald IRE 12.31 | Yasmin Spencer 11.66 | Abbi Carter 12.48 |
| 2007 | Eden Francis 14.85 | Clare Fitzgerald IRE 12.09 | Tesni Ward 12.66 | Shadine Duquemin 11.85 | Adele Nicoll 12.32 |
| 2008 | Rachel Wallader 14.43 | Anesa Wanogho 11.65 | Sophie McKinna 13.24 | Adele Nicoll 13.36 | Sophie Merritt 12.46 |
| 2009 | Shaunagh Brown 14.51 | Sophie McKinna 13.24 | Annabel Sherry 12.43 | Louisa Chantler 11.56 | |
| 2010 | Hannah Evenden 13.35 | Adele Nicoll 13.14 | Adele Nicoll 13.51 | | |
| 2011 | Sophie McKinna 15.70 | | | | |
| 2012 | Sophie McKinna 14.82 | | | | |
| 2013 | Sophie McKinna 15.90 | | | | |
| Scot | | N Ireland | | Wales | |
| 2006 | Alison Rodger 15.29 | Eva Massey 15.57 | Sally Hinds 14.42 | | |
| 2007 | Alison Rodger 15.43 | Eva Massey 16.02 | Sally Hinds 14.62 | | |
| 2008 | Alison Rodger 15.65 | Eva Massey 15.73 | Tesni Ward 12.40 | | |
| 2009 | Mhairi Porterfield 13.43 | Aolfe Hickey IRE 11.87 | Tesni Ward 13.26 | | |
| 2010 | Alison Rodger 15.05 | Eva Massey 14.30 | Alison Rodger SCO 15.24 | | |

| | | | |
|------|---------------------|-------------------------|----------------------|
| 2011 | Kirsty Yates 13.28 | Natasha Boylan IRE 8.97 | Lucy Griffiths 11.38 |
| 2012 | Alison Rodger 14.15 | Lynsey Glover 8.25 | Vicky Lloyd 10.05 |
| 2013 | Kirsty Yates 15.04 | Orla Murphy 9.52 | Adele Nicoll 13.52 |

England

2010 Eleanor Gatrell 16.17
 2011 Eden Francis 16.53
 2012 Rachel Wallader 15.30

South

2006 Joanne Duncan 16.17
 2007 Eleanor Gatrell 14.76
 2008 Eleanor Gatrell 15.96
 2009 Eleanor Gatrell 15.56
 2010 Eleanor Gatrell 15.68
 2011 Shaunagh Brown 15.37
 2012
 2013 Shaunagh Brown 15.61

Midland

Kelly Sotherton 13.75
 Eden Francis 15.57
 Eden Francis 15.26
 Rachel Wallader 14.57
 Eden Francis 15.28
 Alison Rodger 14.15
 Rachel Wallader 15.30
 Rachel Wallader 15.64

North

Beth Staniland 12.12
 Louise Kneen 12.04
 Amy Hill 13.30
 Amy Hill 14.53
 Hannah Evenden 12.99
 Sarah Benson 13.26
 Sarah Benson 12.54
 Hannah Evenden 13.48

CAU MEN

2006 Jamie Williamson Yks 17.04
 2007 Kieren Kelly Wilts 16.95
 2008 Kieren Kelly Wilts 18.01
 2009 Jamie Stevenson Herts 17.50
 2010 Rimantas Martiskauskas
 Yorks 1841
 2011 Greg Beard Yorks 17.06
 2012 Greg Beard Yorks 18.21
 2013 Greg Beard Yorks 18.25

CAU WOMEN

Joanne Duncan Essex 17.11
 Rebecca Peake Derbys 15.26
 Eleanor Gatrell Surrey 15.05
 Rebecca Peake Derbys 16.55
 Eden Francis Leics 16.13
 Shaunagh Brown Kent 15.35
 Sophie McKinna Norfolk 15.80
 Alison Rodger Scot W 14.89

DISCUS

AAA/UK CHAMPIONSHIPS

| | | | |
|------|-----------------------|-----------------------|--------------------------|
| 2003 | Emeka Udechuku 57.26 | Glen Smith 53.78 | Scot Thompson 52.98 |
| 2004 | Emeka Udechuku 61.60 | Carl Myerscough 61.54 | Scot Thompson 52.65 |
| 2005 | Carl Myerscough 58.48 | Emeka Udechuku 56.64 | Leith Marar 53.73 |
| 2006 | Carl Myerscough 61.04 | Emeka Udechuku 58.72 | Chris Gaviglio AUS 55.76 |
| 2007 | Emeka Udechuku 60.83 | Abdul Buhari 56.87 | Matt Brown 53.41 |
| 2008 | Emeka Udechuku 59.35 | Abdul Buhari 58.18 | Matt Brown 54.64 |
| 2009 | Emeka Udechuku 56.93 | Brett Morse 55.86 | Abdul Buhari 55.39 |
| 2010 | Brett Morse 61.45 | Carl Myerscough 59.06 | Chris Scott 57.12 |
| 2011 | Abdul Buhari 63.32 | Carl Myerscough 61.63 | Brett Morse 61.57 |
| 2012 | Lawrence Okoye 63.46 | Brett Morse 62.27 | Abdul Buhari 60.94 |
| 2013 | Brett Morse 62.05 | Tom Norman 54.28 | Chris Scott 53.76 |

AGE GROUPS

U23

2003 Scot Thompson 55.27
 2004 Josh Lamb 49.43
 2005 Simon Cooke 49.64
 2006 Les Richards 51.38
 2007 Les Richards 53.94
 2008 Chris Scott 51.93
 2009 Brett Morse 54.78
 2010 Chris Scott 59.90
 2011 Lawrence Okoye 61.05
 2012 Lawrence Okoye 63.66
 2013 Zane Duquemin 60.56

U20

Simon Cooke 49.43
 Simon Cooke 57.93
 Sam Herrington 50.86
 Chris Scott 52.39
 Brett Morse 56.15
 Brett Morse 55.30
 Curtis Griffiths-Parker 59.66
 Lawrence Okoye 63.92
 Kariym Irving 54.07
 Nick Percy 59.53
 Nick Percy 58.66

U17
 2003 Sam Herrington 54.42
 2004 Chris Scott 51.33
 2005 Curtis Griffiths-Parker 51.55
 2006 Curtis Griffiths-Parker 49.73
 2007 Curtis Griffiths-Parker 57.70
 2008 Zane Duquemin 51.70
 2009 Liam Biddlecombe 53.16
 2010 Christopher Barnes 51.55
 2011 Nick Percy 56.42
 2012 Matthew Blandford 59.66
 2013 Eoin Sheridan IRE 50.91

Scot
 2003 Scot Thompson 52.12
 2004 Bruce Robb 53.83
 2005 Bruce Robb 54.05
 2006 Scot Thompson 51.10
 2007 Emeka Udechuku 59.52
 2008 Angus McInroy 48.97
 2009 Angus McInroy 51.65
 2010 Angus McInroy 56.76
 2011 Angus McInroy 54.77
 2012 Angus McInroy 53.21
 2013 Nick Percy 55.84

England
 2010 Emeka Udechuku 57.50
 2011 Abdul Buhari 62.19
 2012 Abdul Buhari 53.09

South
 2003 Simon Fricker 50.95
 2004 Luke Rosenberg 51.30
 2005 Leith Marar 53.22
 2006 Emeka Udechuku 57.16
 2007 Emeka Udechuku 55.73
 2008 Tom Norman 53.60
 2009 Matt Brown 55.56
 2010 Curtis Griffiths-Parker 53.88
 2011 Chris Scott 60.24
 2012
 2013 Chris Scott 57.57

U15
 Elliot Price 45.62
 Jamie Stevenson 43.08
 Curtis Griffiths-Parker 55.39
 Anthony Oshodi 46.21
 Liam Biddlecombe 46.61
 Jake Armstrong 45.96
 Nick Percy 53.77
 Matthew Blandford 45.62
 Jake Grundy 48.87
 George Armstrong 47.41
 Alfie Scopes 47.55

N Ireland
 Garry Power IRE 45.57
 Gerard Nagel IRE 47.24
 John Menton IRE 50.30
 Jeremy Harper 46.78
 Jeremy Harper 48.91
 Scot Thompson 50.84
 Jeremy Harper 48.50
 Chris Reynolds 40.02
 Jeremy Harper 47.05
 Chris Reynolds 41.66
 Chris Reynolds 45.69

Midlands
 Glen Smith 54.37
 Edward Reid 49.26
 Kevin Brown 49.33
 Mark Allen 47.25
 Mark Allen 49.94
 Daniel Greaves 44.90
 Elliot Price 46.19
 Sam Herrington 49.99
 Ingmar Vos ND 41.29
 Adam Damadzic 49.59
 Najee Fox 41.81

Welsh
 Andrew Turner 44.15
 Andrew Turner 43.58
 Andrew Turner 43.39
 Brett Morse 42.58
 Emeka Udechuku 58.22
 Brett Morse 53.60
 Brett Morse 53.93
 Brett Morse 60.92
 David Guest 36.67
 Ryan Spencer-Jones 51.08
 Brett Morse 66.84

North
 Peter Gordon 52.16
 Marcus Gouldbourne 50.59
 Roger Bate 48.11
 Marcus Gouldbourne 52.13
 Marcus Gouldbourne 54.95
 Jamie Williamson 47.58
 Jamie Williamson 50.57
 Graeme Level 48.60
 Marcus Gouldbourne 53.34
 Graeme Level 51.02
 Graeme Level 50.05

WOMEN'S DISCUS

AAA/UK CHAMPIONSHIPS

2003 Shelley Newman 58.16
 2004 Philippa Roles 58.57
 2005 Philippa Roles 57.01
 2006 Claire Smithson 56.15
 2007 Philippa Roles 57.83
 2008 Emma Carpenter 57.26
 2009 Philippa Roles 57.57
 2010 Jade Nicholls 57.81
 2011 Jade Nicholls 56.19
 2012 Eden Francis 53.09
 2013 Jade Lally (ex-Nicholls) 60.23

Philippa Roles 57.65
 Shelley Newman 55.44
 Claire Smithson 53.62
 Kara Nwidobie 55.21
 Emma Carpenter 54.40
 Philippa Roles 57.13
 Eden Francis 56.06
 Philippa Roles 57.27
 Eden Francis 53.99
 Jade Nicholls 52.21
 Kirsty Law 52.75

Claire Smithson 52.59
 Kara Nwidobie 52.78
 Kara Nwidobie 53.22
 Emma Carpenter 54.28
 Eden Francis 54.08
 Eden Francis 52.48
 Jade Nicholls 53.75
 Eden Francis 50.47
 Kirsty Law 51.20
 Kirsty Law 49.77
 Samantha Milner 47.38

WOMEN – AGE GROUPS

U23
2003 Claire Smithson 50.76
2004 Claire Griss 50.80
2005 Claire Smithson 55.58
2006 Kirsty Law 46.07
2007 Kirsty Law 50.37
2008 Dani Samuels AUS 58.26
2009 Eden Francis 54.90
2010 Eden Francis 58.99
2011 Shaunagh Brown 49.11
2012 Shadine Duquemin 50.63
2013 Clare Fitzgerald IRL 47.50

U17
2003 Kirsty Law 39.80
2004 Eden Francis 41.27
2005 Eden Francis 43.80
2006 Shaunagh Brown 44.95
2007 Hannah Evenden 40.52
2008 Claire Fitzgerald IRE 39.07
2009 Samantha Milner 43.19
2010 Phoebe Dowson 40.24
2011 Shadine Duquemin 46.02
2012 Georgie Taylor 45.10
2013 Georgie Taylor 47.04

Scot
2003 Susan Freebairn 45.00
2004 Claire Griss 49.74
2005 Navdeep Dhaliwal 45.17
2006 Navdeep Dhaliwal 47.81
2007 Kirsty Law 48.61
2008 Kirsty Law 44.97
2009 Kirsty Law 50.65
2010 Navdeep Dhaliwal 50.42
2011 Kirsty Law 50.36
2012 Kirsty Law 52.02

2013 Kirsty Law 53.41

England
2010 Sarah Henton 48.73
2011 Jade Nicholls 53.99
2012 Jade Nicholls 54.84

South
2003 Shelley Newman 60.46
2004 Shelley Newman 55.27
2005 Emma Carpenter 49.85
2006 Claire Smithson 52.11
2007 Emma Carpenter 50.76
2008 Shaunagh Brown 48.95
2009 Jade Nicholls 50.48
2010 Shaunagh Brown 47.08
2011 Shaunagh Brown 50.15
2012
2013 Hollie Redman 45.15

U20
Ellisha Dee 40.82
Kirsty Law 40.78
Lauren Therin 46.57
Jade Lally 46.60
Eden Francis 49.01
Shaunagh Brown 48.00
Shaunagh Brown 47.79
Tesni Ward 47.17
Tina Hakeai NZL 47.97
Shadine Duquemin 51.31
Shadine Duquemin 48.70

U15
Eden Francis 38.49
Lucy Underdown 33.42
Katie Wickman 37.45
Tyne Breen 32.84
Charlotte Gair 32.23
Abbi Carter 35.48
Shadine Duquemin 37.72
Emily Lupton 36.81
Adelle Nicoll 39.97
Sophie Merritt 38.13
Sophie Mace 40.51

N Ireland
Michelle McElwaine 30.07
Rhiannon McNally 31.11
Eva Massey 42.47
Eva Massey 45.70
Philippa Conway IRE 34.51
Orla Drysdale 31.73
Kathy Hetherington 33.72
Eva Massey 38.61
Kathy Hetherington 34.94
Beth Wilson 38.92

Caris Greenwood 32.36

Midlands
Elaine Cank 48.47
Elaine Cank 43.82
Emma Merry 49.31
Navdeep Dhaliwal 45.67
Eden Francis 48.95
Eden Francis 44.84
Rachel Backhouse 41.14
Eden Francis 50.18
Kirsty Law 51.47
Eden Francis 50.25
Charlotte Gair 40.31

Welsh
Rebecca Roles 51.08
Jane Goatcher 18.58
Philippa Roles 55.36
Philippa Roles 55.59
Philippa Roles 59.08
Philippa Roles 61.41
Navdeep Dhaliwal 50.51
Philippa Roles 55.16
Philippa Roles 54.64
Beverley Jones 29.55/
Adele Nicoll U17 43.71
Adele Nicoll 43.11

North
Kara Nwidobie 48.83
Kara Nwidobie 52.48
Kara Nwidobie 57.27
Kara Nwidobie 54.46
Kara Nwidobie 53.56
Sarah Henton 47.30
Sarah Henton 45.37
Sarah Henton 45.87
Sarah Henton 49.23
Sarah Henton 45.89
Sarah Henton 49.65

CAU MEN

2003 Glen Smith Warwks 57.71
 2004 Marcus Gouldbourne Yks 52.93
 2005 Leith Marar Surrey 53.72
 2006 Abdul Buhari Surrey 56.72
 2007 Marcus Gouldbourne Yks 53.25
 2008 Mark Wiseman Surrey 51.60
 2009 Marcus Gouldbourne Yks 53.04
 2010 Emeka Udechuku Surrey 59.06
 2011 Chris Scott Surrey 58.64
 2012 Tom Norman Surrey 54.15
 2013 Angus McInroy Scot W 52.03

CAU WOMEN

Philippa Roles W Wales 57.04
 Philippa Roles W Wales 56.54
 Philippa Roles W Wales 56.05
 Kara Nwodobie-Sharp Lancs 55.39
 Kirsty Law W Scotland 50.81
 Emma Carpenter Avon 50.51
 Kirsty Law W Scot 49.21
 Jade Nicholls Surrey 56.17
 Jade Nicholls Surrey 57.35
 Kirsty Law W Scot 57.79
 Jade Lally (Nicolls) Surrey 56.53

JAVELIN - MEN**AAA/UK CHAMPIONSHIPS**

| | | |
|----------------------------|-----------------------|-----------------------|
| 1999 Steve Backley 87.59 | Nick Nieland 81.83 | Mark Roberson 80.23 |
| 2000 Steve Backley 86.70 | Nick Nieland 85.09 | Mick Hill 80.28 |
| 2001 Mark Roberson 80.80 | Mick Hill 79.98 | Nick Nieland 77.91 |
| 2002 Mick Hill 77.86 | Mark Roberson 74.23 | Nick Nieland 73.20 |
| 2003 Mick Hill 76.35 | Michael Allen 68.92 | Neil McLellan 67.74 |
| 2004 Steve Backley 81.25 | Nick Nieland 79.06 | Mick Hill 79.00 |
| 2005 Nick Nieland 78.30 | David Parker 72.98 | Mark Roberson 69.72 |
| 2006 Nick Nieland 80.56 | David Parker 72.39 | Neil McLellan 71.19 |
| 2007 Nick Nieland 73.95 | Neil McLellan 73.62 | Mervyn Luckwell 72.05 |
| 2008 Michael Allen 75.07 | Mervyn Luckwell 72.13 | Neil McLellan 70.38 |
| 2009 Mervyn Luckwell 77.70 | Chris Hughff 70.47 | Lee Doran 69.33 |
| 2010 James Campbell 74.00 | Brett Byrd 69.88 | Mervyn Luckwell 68.57 |
| 2011 Lee Doran 78.63 | Mervyn Luckwell 75.06 | James Campbell 74.63 |
| 2012 Lee Doran 79.72 | Roald Bradstock 72.78 | Neil Crossley 70.25 |
| 2013 Lee Doran 70.77 | Bonne Buwembo 69.73 | Joe Dunderdale 68.35 |

AGE GROUP CHAMPIONSHIPS**U23**

1999 Robert Charlesworth 60.92
 2000 Dan Carter 71.90
 2001 David Parker 75.53
 2002 Phil Sharpe 71.09
 2003 Jon Lundman 64.24
 2004 Anthony Lovett 67.30
 2005 Alex van der Merve 71.49
 2006 Alex van der Merve 64.64
 2007 James Hopley 66.12
 2008 James Campbell 71.88
 2009 James Campbell 70.07
 2010 James Campbell 73.41
 2011 Dan Pembroke 73.19
 2012 Joe Dunderdale 75.73
 2013 Joe Dunderdale 73.22

U20

David Parker 73.56
 Phil Sharpe 71.79
 Alex van der Merve 64.04
 Alex van der Merve 68.85
 Alex van der Merve 67.21
 Lee Doran 66.14
 Stuart Harvey 66.00
 James Campbell 69.02
 James Campbell 71.09
 Bonne Buwemba 65.73
 Matthew Hunt 69.69
 Dan Pembroke 72.43
 Joe Dunderdale 72.55
 Matti Mortimore 70.54
 Benji Pearson 70.29

U17

1999 Andrew Hull AUS 65.14
 2000 Alex van der Merve 59.08
 2001 Lee Doran 58.32
 2002 Sam Kelvey 60.66
 2003 Stuart Harvey 60.93

U15

Mark Lindsay 47.70
 Thomas Rees 47.33
 Ben Lee 48.18
 Adam Akehurst 48.24
 Alex Shepherd 55.90

2004 James Campbell 65.39
 2005 Bonne Buwembe 56.89
 2006 Dan Pembroke 61.46
 2007 Harry Hollis 58.90
 2008 Pieter Snyman 64.35
 2009 Steve Turnock 62.55
 2010 Robin Danaher 63.23
 2011 Huw Bevan 69.60
 2012 Joseph Brown 59.14
 2013 Harry Hughes 68.73

Bonne Buwembe 57.78
 Ashley Bryant 55.70
 Ryan Stewart 54.63
 Matti Mortimore 62.33
 Liam Downer 47.72
 Oliver Bradfield 52.53
 Oliver Bradfield 65.26
 Joseph Brown 57.27
 Harry Hughes 58.48
 James Whiteaker 57.86

Scot

1999 Sam Armstrong 62.79
 2000 Tom Dobbing 63.23
 2001 David Sketchley 61.00
 2002 Tom Dobbing 67.08
 2003 Tom Dobbing 65.10
 2004 Chris Smith 64.32
 2005 Anthony Lovett 67.05
 2006 Chris Smith 65.01
 2007 Lee Doran 66.88
 2008 Lee Doran 70.32
 2009 James Campbell 73.92
 2010 James Campbell 80.38
 2011 Lee Doran 76.85
 2012 Greg Millar 59.32
 2013 Greg Millar 66.55

N Ire

Damien Crawford 54.55
 Michael Allen IRE 68.34
 Damien Crawford 56.47
 Michael Allen now GBR 69.84
 Niall Tuckey IRE 63.11
 Ben Houghton IRE 71.88
 Michael Allen 69.75
 Michael Allen 79.55
 Aaron Crawford IRE 57.45
 Michael Allen 75.07
 J Diskin IRE 58.93
 Damien Crawford 52.66
 Sean McBride 52.60
 Matthew Martin 58.14
 Daniel Mullan 54.34

Welsh

Michael Groves 46.89
 Derek Hermann 57.41
 Derek Hermann 57.37
 Derek Hermann 60.89
 Jason Hallett 63.36
 Nigel Bevan 60.91
 Nigel Bevan 60.42
 Rhys Williams 63.80
 Rhys Williams 63.31
 Lee Doran 64.61
 Lee Doran 69.98
 Lee Doran 71.98
 Lee Doran 70.90
 Lee Doran 77.99
 Joe Dunderdale 72.41

England

2010 Brett Byrd 67.80
 2011 Mervyn Luckwell 75.35
 2012 Neil Crossley 70.09

South

1999 Philip Parry 68.04
 2000 Dan Carter 66.76
 2001 Neil McLellan 67.32
 2002 Dan Carter 69.56
 2003 Stuart Faben 69.22
 2004 Neil McLellan 67.49
 2005 Alex van der Merve 69.83
 2006 Neil McLellan 71.84
 2007 Anthony Lovett 67.90
 2008 Mervyn Luckwell 70.81
 2009 Neil McLellan 68.99
 2010 Mervyn Luckwell 80.08
 2011 Dan Pembroke 73.91
 2012
 2013 Bonne Buwembo 70.78

Midlands

not contested
 Mike Tarran 62.24
 Leon Karagounis GRE 57.77
 Mike Tarran 59.82
 Mike Tarran 59.80
 Tom Dobbing 66.14
 Glyn Hollingsworth 60.69
 Glyn Hollingsworth 64.21
 James Hopley 64.31
 Glyn Hollingsworth 63.29
 Brett Byrd 59.62
 Brett Byrd 62.83
 Neil Crossley 65.87
 Neil Crossley 70.09
 Joe Dunderdale 71.28

North

Gerard Plunkett 63.02
 Ian Burns 63.22
 Phill Sharpe 63.84
 Matthew Allison 63.91
 Ian Burns 64.75
 Gerard Paish-Plunkett 63.99
 Lee Doran 63.34
 Gerard Paish-Plunkett 64.48
 Gerard Paish-Plunkett 68.05
 David Parker 70.64
 David Parker 71.20
 James Campbell 73.55
 Matthew Hunt 68.94
 Joe Dunderdale 69.51
 David McKay 64.87

WOMEN'S JAVELIN

New javelin:

AAA/UK CHAMPIONSHIPS

1999 Kirsty Morrison 55.70
 2000 Kelly Morgan 58.45
 2001 Karen Martin 54.82
 2002 Kelly Morgan 64.87 UKR
 2003 Goldie Sayers 56.29

Karen Martin 55.55
 Karen Martin 57.75
 Kelly Morgan 54.49
 Goldie Sayers 56.96
 Chloe Cozens 52.34

Lorna Jackson 55.01
 Shelley Holroyd 51.96
 Lorna Jackson 52.74
 Karen Martin 56.34
 Katy Watts 44.95

2004 Goldie Sayers 60.85
 2005 Goldie Sayers 57.99
 2006 Goldie Sayers 58.81
 2007 Goldie Sayers 63.02
 2008 Goldie Sayers 62.62
 2009 Goldie Sayers 55.33
 2010 Goldie Sayers 58.60
 2011 Goldie Sayers 60.57
 2012 Goldie Sayers 58.46
 2013 Rosie Semenytsh 49.76

Kelly Morgan 58.98
 Shelley Holroyd 55.14
 Jo Blair 50.48
 Laura Whittingham 52.88
 Hayley Thomas 48.33
 Laura Whittingham 50.72
 Laura Whittingham 55.29
 Katy Watts 51.68
 Laura Whittingham 53.13
 Katy Watts 48.99

Shelley Holroyd 57.48
 Katy Watts 51.22
 Laura Whittingham 50.22
 Lianne Clarke 52.42
 Rosie Semenytsh 47.01
 Katy Watts 50.62
 Katy Watts 51.69
 Lianne Clarke 49.77
 Izzy Jeffs 52.38
 Eloise Meakins 46.39

AGE GROUP CHAMPIONSHIPS

U23

1999 Joanne Bruce 45.58
 2000 Chloe Cozens 49.24
 2001 Jennifer Kemp 48.97
 2002 Goldie Sayers 58.20
 2003 Goldie Sayers 55.09
 2004 Goldie Sayers 57.09
 2005 Jo Chapman 47.73
 2006 Lauren Therin 50.97
 2007 Lianne Clarke 50.96
 2008 Louise Watton 48.14
 2009 Rosie Semenytsh 46.90
 2010 Sam Cullinane 45.55
 2011 Tesni Ward 47.40
 2012 Izzy Jeffs 53.58
 2013 Izzy Jeffs 50.24

U20

Jennifer Kemp 52.54
 Goldie Sayers 51.37
 Goldie Sayers 53.74
 Sam Redd 47.66
 Jo Chapman 47.12
 Rebecca Bartlett 49.72
 Lianne Clarke 47.10
 Lianne Clarke 45.77
 Jade Dodd 47.48
 Kelly Padgin 44.98
 Tesni Ward 45.41
 Salli Utrianen FIN 49.99
 Izzy Jeffs 49.61
 Freya Jones 52.73
 Natasha Wilson 47.51

U17

1999 Sam Redd 40.58
 2000 Sam Redd 42.23
 2001 Jo Chapman 41.78
 2002 Louise Watton 43.39
 2003 Hayley Thomas 42.93
 2004 Laura Scott 38.48
 2005 Jade Dodd 37.75
 2006 Sarah-Anne de Kremer 42.22
 2007 Sadie Watts 39.87
 2008 Izzy Jeffs 42.69
 2009 Freya Jones 49.66
 2010 Laura McDonald 45.52
 2011 Kerry Murch 42.64
 2012 Natasha Wilson 44.00
 2013 Jordan Campbell 44.30

U15

Lauren Therin 38.01
 Christine Lawrence 34.84
 Louse Watton 38.29
 Lucy Boggis 32.09
 Lucy Boggis 35.99
 Peta Lundgren 35.61
 Robyn Purchase 36.11
 Claire Fitzgerald 36.39
 Kike Oniwinde 37.74
 Freya Jones 43.42
 Laura McDonald 41.89
 Natasha Wilson 39.20
 Izzy McHattie 38.21
 Sophie Merritt 38.93
 Michaela Walsh IRE 36.65

Scot

1999 Lorna Jackson 53.01
 2000 Lorna Jackson 53.48
 2001 Lorna Jackson 49.97
 2002 Lorna Jackson 44.14
 2003 Chloe Cozens 52.16
 2004 Kristine Ritchie 36.06
 2005 Gillian Stewart 38.31
 2006 Jenny Grimstone 42.82
 2007 Jenny Grimstone 41.05
 2008 Lisa Glover 42.35
 2009 Estelle Kagambega MLI 37.43
 2010 Estelle Kagambega MLI 38.83
 2011 Paula Murray 35.98

N Ireland

Alison Moffitt 47.72
 Linda Grey 48.77
 Paula Collis 43.75
 Alison Moffitt 43.31
 Kristine Ritchie 39.17
 Jennifer O'Sullivan IRE 47.12
 Laura Kerr IRE 45.67
 Laura Kerr IRE 48.11
 Laura Kerr IRE 46.74
 Denise Byrne IRE 40.41
 Orla McDonald 39.25
 Anita White IRE 43.38
 Lauren Stead 35.35

Welsh

Caroline White 46.89
 Alison Siggery 36.23
 Charlotte Rees 42.14
 Charlotte Rees 42.40
 Alison Siggery 40.66
 Lianne Clarke 46.66
 Lianne Clarke 47.44
 Alison Siggery 43.84
 Laura Whittingham 50.15
 Claire Williams 44.61
 Laura Whittingham 52.17
 Tesni Ward 46.82
 Lianne Clarke 52.26

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|------|----------------------|---------------------|-----------------------|
| 2012 | Aileen Rennie 42.14 | Lauren Stead 33.63 | Claire Williams 39.11 |
| 2013 | Natasha Wilson 47.78 | Victoria Bell 20.44 | Claire Williams 41.28 |

England

2010 Laura Whittingham 54.52
 2011 Tesni Ward 49.51
 2012 Izzy Jeffs 46.71

South

1999 Chloe Cozens 48.15
 2000 Tammie Francis 46.09
 2001 Katie Amos 47.55
 2002 Kirsty Morrison 55.74
 2003 Katy Watts 46.83
 2004 Kirsty Morrison 48.79
 2005 Katy Watts 51.35
 2006 Louise Watton 48.92
 2007 Louise Watton 49.03
 2008 Katy Watts 48.33
 2009 Rosie Semenysh 49.00
 2010 Katy Watts 51.95
 2011 Katy Watts 49.97
 2012
 2013 Rosie Semenytsh 50.43

Midlands

Sharon Gibson 44.81
 Sharon Gibson 44.56
 Sharon Gibson 44.33
 Sharon Gibson 43.21
 Paula Hendriks 38.74
 Helen Mounteney 42.91
 Rebecca Bartlett 40.91
 Jo Blair 46.36
 Sarah-Anne de Kremer 40.14
 Phyllis Agbo 39.00
 Jo Chapman 42.18
 Sam Cullinane 42.79
 Beverley Hawkins 34.52
 Sam Cullinane 39.88
 Simone Huggins-Ward 41.48

North

Karen Martin 49.40
 Linda Gray 45.63
 Linda Gray 50.25
 Stacey Mohamed 38.45
 Jenny Leng 41.08
 Stacey Mohamed 39.41
 Shelley Holroyd 53.27
 Laura Whittingham 48.15
 Colette Coran 37.77
 Emma Halsall 38.74
 Eloise Manger 48.10
 Amie Kevan 31.84
 Hayley Thomas 49.96
 Laura Whittingham 45.01
 Devota Nyakyoma 37.42

CAU Men

1999 Mark Roberson Cambs 75.84
 2000 Mark Roberson Cambs 73.62
 2001 David Parker Yorks 76.24
 2002 Mick Hill Yorks 76.38
 2003 Mark Roberson Cambs 74.14
 2004 Michael Allen G Man 72.02
 2005 Nick Nieland M'sex 79.56
 2006 Michael Allen NIR 72.78
 2007 David Parker Yorks 67.94
 2008 Mervyn Luckwell Bucks 74.98
 2009 Mervyn Luckwell Bucks 72.91
 2010 Brett Byrd Staffs 68.17
 2011 Lee Doran S Wales 73.06
 2012 Lee Doran S Wales 74.93
 2013 Bonne Buwembo Essex 65.02

CAU Women

Lorna Jackson E Scot 53.27
 Lorna Jackson E Scot 53.19
 Kirsty Morrison Kent 51.25
 Goldie Sayers Cambs 52.49
 Katy Watts Hants 45.73
 Goldie Sayers Cambs 60.10
 Katy Watts Hants 51.45
 Louise Watton Dorset 49.22
 Laura Whittingham Yks 49.02
 Katy Watts Hants 48.29
 Katy Watts Hants 50.89
 Goldie Sayers Cambs 63.15
 Goldie Sayers Cambs 61.61
 Izzy Jeffs Avon & Somerset 51.68
 Rosie Semenytsh Bucks 47.17