

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
2014	Martyn Rooney 45.78	Conrad Williams 45.88	Michael Bingham 46.32

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	
2014	Sadam Koumi SUD 46.52	Elliot Rutter 46.39	
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 Toye 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 Robbins 48.83	Joe Milton 36.29 (300m)	
2014	Matthew Pagan 49.20	Uchenna Okoh 35.58 (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
2014 Nigel Levine 46.82

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
2014 Elliot Rutter 47.53

Scotland

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
2014 Adam McComb 48.73

England

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

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
Richard Buck 46.88

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
Ashley Sandall 49.14

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
Adam McComb 48.14

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
Daniel Awde 46.90

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)
Uchenna Okoh 36.56 (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
Owen Smith 47.73

South
 1999 Mark Brown 47.2
 2000 Sean Baldock 45.91
 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
 2014 Peter Phillips 47.65

Midland
 Matthew Lewis 48.11
 Bradley Yiend 48.74
 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
 Matthew Hudson-Smith 46.63

North
 Neil Jennings 47.88
 Geoffrey Djan 47.93
 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
 Adam Harvey 47.84

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
 2014 Ben Snaith Cambs 47.42

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
 2014 Charlie Grice 3:46.97

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
 Will Paulson 3:48.16

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
 Richard Peters 3:48.33

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

U20
 Derek Watson 3:58.73
 Tom Lancashire 3:49.33
 Tom Lancashire 3:48.30
 Anthony Moran 3:54.94

2006	Alan Wales	3:49.93	Kris Gauson	3:50.31
2007	Ross Toole	3:52.51	Ricky Stevenson	3:51.34
2008	Andy Vernon	3:54.0	David Forrester	4:12.99
2009	James Brewer	3:44.55	Simon Horsfield	3:46.92
2010	Daniel Clorley	3:50.98	Ronnie Sparke	3:50.38
2011	James Shane	3:40.44	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
2014	Will Paulson	3:51.33	Shaun Wyllie	3:50.55

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
2014	Josh Kerr	3:52.46

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
Ben Greenwood	4:06.47
Adam Scott	4:13.56

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
2014	Lee Emanuel	3:48.15

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
Chris O'Hare	3:48.68

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
Charlie Grice	3:48.69

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
2014	Kyran Roberts	3:53.72

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
Markhim Lonsdale	4:15.07

Scotland

2002	Jon McCallum	3:49.45
2003	Iain Murdoch	3:50.07
2004	Darren Gauson	3:54.10

N Ireland

Conor Sweeney IRE	3:48.87
Brian Murray IRE	3:49.38
Noel Pollock	4:05.39

Wales

Matt Shone	3:53.09
Chris Davies	3:44.67
Chris Davies	3:43.27

2005	Darren Gauson 3:56.55	Noel Pollock 3:50.17	James Thie 3:54.69
2006	Ross Toole and Kris Gauson 3:49.71	Gareth Turnbull IRE 3:49.54	Stephen Davies 3:48.64
2007	Colin Birmingham AUS 3:49.71	Paul Pollock IRE 3:56.38	Chris Gowell 3:57.62
2008	Colin Birmingham AUS 3:47.25	Gareth Hill 3:57.57	James Mills 3:55.11
2009	Colin Birmingham AUS 3:42.56	Stephen Scullion IRE 3:51.49	Chris Moss 3:48.44
2010	Alister Hay 3:57.44	James Mills 4:12.19	Gareth Turnbull IRE 4:04.69
2011	Mark Mitchell 3:51.11	Daniel Mooney IRE 3:51.72	Adam Bitchell 3:54.52
2012	Mark Mitchell 3:50.55	Conor Bradley 4:05.37	Adam Bitchell 3:49.80
2013	Kris Gauson 3:59.57	Danny Mooney IRE 3:47.51	Tom Marley 4:10.17
2014	Grant Muir 4:13.06	Danny Mooney IRE 3:43.86	Tom Marshall 3:47.56

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
2014	Dominic Brown 3:52.21

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
Stuart King 3:57.06

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
Richard Weir 3:43.71

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
2014	Sam Mitchell Combined Serv's 4:11.96

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
2014 Gemma Bennett 8.20

Sarah Claxton 8.16
Serita Solomon 8.24

Yasmin Miller 8.25
Sarah Lavin IRE 8.25

INDOOR AGE GROUPS

U20
2004 Channelle Garnett 8.68
2005 Nicola Robinson 8.49
2006 Zara Hohn 8.42
2007 Serita Solomon 8.38
2008 Tale Orving NOR 8.66
2009 Stephanie Gaynor 8.52
2010 Sandra Seaton 8.62
2011 Marilyn Nwawulor 8.47
2012 Yasmin Miller 8.45
2013 Yasmin Miller 8.26
2014 Holly Woodward 8.48

U17
Kylie Robilliard 8.67
Serita Solomon 8.62
Chelsea Cooper 8.56
Danielle Rooney 8.66
Grace Christopher 8.73
Grace Christopher 8.55
Yasmin Miller 8.61
Hayley McLean 8.64
Alicia Tymon-McEwan 8.60
Alicia Barrett 8.53
Elizabeth Morland IRE 8.49

U15
Ashley Helsby 9.06
Stephanie Gaynor 9.11
Chanel Taite 9.20
Grace Christopher 9.34
Sara Otung 9.01
Lilyann O'Hara IRE 9.14
Steph Clitheroe 9.06
Morgan Lake 9.10
Alicia Barrett 8.92
Molly Scott IRE 9.04
Amber Hornbuckle 9.11

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
2014 Tiffany Porter 12.85

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
Lucy Hatton 13.20

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
Serita Solomon 13.22

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
2014 Lucy Hatton 13.35

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
Yasmin Miller 13.62

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
2014 Alicia Barrett 10.87w

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
Pippa Earley 11.12w

Scotland
 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
 2014 Hazel Ross 14.75

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
 Laura Frey 16.51

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
 Rosie Kingston 14.73

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

South
 2004 Julie Pratt 13.53
 2005 Julie Pratt 13.66
 2006 Sarah Claxton 13.25
 2007 Nusrat Ceesay 14.18
 2008 Gemma Bennett 13.74
 2009 Angelita Broadbelt-Blake 13.65
 2010 Serita Solomon 13.97
 2011 Serita Solomon 14.57
 2012
 2013 Gemma Bennett 13.57
 2014 Angie Broadbelt-Blake 13.44w

Midlands
 Claire Pearson 13.95
 Joanna Thorn 14.35
 Nicola Robinson 14.23
 Ros Gonse 14.69
 Phyllis Agbo 13.87w
 Nicola Robinson 14.23
 Louise Hazel 13.68
 Lauren O'Reilly 14.53
 Jade Surman 14.13
 Lucy Hatton 14.18
 Dionne Samuels 15.30

North
 Grace Smith 14.23w
 Sharon Walls 13.52
 Jessica Ennis 13.51
 Katey Read 13.59w
 Zara Hohn 13.98
 Helen Asher 14.23
 Ashley Helsby 14.02
 Ashley Helsby 13.50
 Yasmin Miller 14.09
 Karla Drew 13.47
 Karla Drew 13.68

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 Yorks 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
 2014 Karla Drew Yorks 13.60w

WOMEN'S 400H

AAA/UK CHAMPIONSHIPS

2004 Katie Jones 58.26
 2005 Nicola Sanders 55.61
 2006 Natasha Danvers-Smith 55.58
 2007 Natasha Danvers-Smith 55.43
 2008 Perri Shakes-Drayton 56.09
 2009 Nusrat Ceesay 57.13
 2010 Perri Shakes-Drayton 56.93
 2011 Perri Shakes-Drayton 55.52
 2012 Perri Shakes-Drayton 55.45
 2013 Perri Shakes-Drayton 54.36
 2014 Eilidh Child 55.58

Nicola Sanders 58.63
 Lee McConnell 56.06
 Lee McConnell 55.82
 Lee McConnell 56.91
 Tasha Danvers 57.00
 Helen Douglas 57.50
 Meghan Beesley 57.20
 Eilidh Child 56.48
 Eilidh Child 55.53
 Eilidh Child 54.90
 Meghan Beesley 56.12

Sian Scott 59.97
 Liz Fairs 56.84
 Michelle Carey IRE 56.68
 Eilidh Child 57.15
 Eilidh Child 57.83
 Sian Scott 57.71
 Caryl Granville 58.93
 Meghan Beesley 57.52
 Meghan Beesley 57.28
 Meghan Beesley 55.39
 Hayley McLean 56.43

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	Meghan Beesley 41.41
2007	Eilidh Child 57.81	Meghan Beesley 57.53	Nicola Hill 44.50
2008	Eilidh Child 59.18	Meghan 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
2014	Hayley McLean 56.74	Shona Richards 57.61	Michelle Hughes 43.22
	Scotland	N Ireland	Wales
2004	Eilidh Child 59.53	Vicki Jamieson 59.73	Kate Williams 60.34
2005	Avril Jackson 63.58	Rowena Fair 74.63	Anwen Rees 59.13
2006	Lisa Doyle 59.60	Aissata Soulama BUR 59.69	Anwen Rees 58.88
2007	Eilidh Child 58.08	Roisin Neary 68.05	Anwen Rees 58.71
2008	Eilidh Child 56.84	Nicola Hill 66.93	Emma Peters 60.45
2009	Avril Jackson 60.91	Christine McMahon IRE 65.36	Emma Peters 60.62
2010	Avril Jackson 63.53	Christine McMahon IRE 64.58	Caryl Granville 59.99
2011	Avril Jackson 64.68	Mandy Gault 65.21	Caryl Granville 58.99
2012	Avril Jackson 63.86	Christine McMahon IRE 61.79	Caryl Granville 59.29
2013	Caryl Granville 59.63	Mandy Gault 59.74	Caryl Granville 58.49
2014	Katie Purves 60.21	Mandy Gault 60.48	Emma Hennessy 68.73
	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
2014	Mandy Gault 59.87	Sian Davies 60.84	Nisha Desai 59.51
	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		
2014	Jessica Tappin Leics 59.22		

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
2014	Allan Smith 2.24	Chris Baker 2.24	Matt Roberts 2.20

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	Sam Bailey 2.09	
2010	Alan Mckie 2.10	Sam Bailey 2.09	
2011	David Smith 2.22	Allan Smith 2.05	
2012	Chris Baker 2.14	Jon Heath 2.06	
2013	Chris Baker 2.10	Chris Kandu 2.18	
2014	Allan Smith 2.14	Chris Kandu 2.24	

U17		U15	
2001	Martyn Bernard 1.99	Alan Hassall 1.86	
2002	Oliver Sweeney 1.91	David Shields 1.90	
2003	Nick Stanisavljevic 2.00	Gregor Simey 1.87	
2004	Darren Hammond 1.99	Philip Collins 1.90	
2005	Tom Mather 2.01	Richard Byers 1.93	
2006	Gary Coulter 1.94	David Guest 1.86	
2007	Jason Harvey 2.04	Alex Cox 1.88	
2008	Joe Kent 1.99	Ross Walker-Smart 1.91	
2009	Jonathan Heath 1.99	Feron Sayers 1.90	
2010	Jonathan Heath 1.95	Nicholas Hunt 1.89	
2011	Alex Crannix 2.02	Elliot Payne 1.86	
2012	Max Paulin 1.95	Miles Keller-Jenkins 1.89	
2013	Rory Dwyer 1.99	Adam Jones 1.80	
2014	Lewis McGuire 2.02	Joshua Hewett 1.86	

INDOORS

2001	Samson Oni 2.20	Robert Mitchell 2.15	Stuart Ohrland 2.05
2002	Ben Challenger 2.17	Ian Holliday 2.14	Mark Mandy IRL 2.09
2003	Dalton Grant 2.25	Luke Crawley 2.22	Ben Challenger 2.16
2004	Ben Challenger 2.20	Adrian O'Dwyer IRL 2.20	Samson Oni 2.17
2005	Robert Mitchell 2.20	Tom Parsons 2.16	Martyn Bernard 2.16
2006	Martyn Bernard 2.24	Martin Aram and Samson Oni 2.16	
2007	Martyn Bernard 2.23	Rob Mitchell 2.23	Tom Parsons 2.19

2008	Samson Oni 2.30	Tom Parsons 2.19	Martin Lloyd 2.19
2009	Darvin Edwards STL 2.22	Robbie Grabarz 2.19	Rob Mitchell 2.19
2010	Samson Oni 2.25	Tom Parsons 2.25	Robbie Grabarz/Adam Scarr 2.22
2011	Tom Parsons 2.31	Robbie Grabarz 2.25	Matt Roberts 2.18
2012	Samson Oni 2.26	Robbie Grabarz 2.23	Robert Wolski POL 2.20
2013	Robbie Grabarz 2.31	Marco Fassinotti ITA 2.22	Allan Smith 2.22
2014	Robbie Grabarz 2.24	Chris Baker 2.24	Allan Smith 2.24
	U20	U17	U15
2001	Chuka Enih-Snell 2.14	Martyn Bernard 1.95	Alan Hassall 1.79
2002	Martin Aram 2.10	Jamie Thomas 1.95	Andrew Allan 1.78
2003	Martyn Bernard 2.13	Nick Stanislavljevic 1.95	James Stokes 1.78
2004	Adam Scarr 2.09	David Shields 2.02	Anthony Shurmer 1.71
2005	Nick Stanislavljevic 2.02	Darren Hammond 1.99	Nathan Williams 1.78
2006	Robbie Grabarz 2.15	Cameron Lake 2.03	John McCafferty 1.91
2007	Alan McKie 2.09	Mike Ehlen 1.95	Jack Jones 1.75
2008	Chris Baker 2.06	Sam Bailey 2.01	Ross Walker-Stuart 1.92
2009	Scott Johnson 2.09	Jordan Roach 1.89	Feron Sayers 1.78
2010	Sam Bailey 2.10	Patrick Jowett 1.95	Chris Alderman 1.75
2011	Allan Smith 2.04	Chris Kandu 1.90	Scott McAnally 1.75
2012	Ryan Bonifas 2.03	Chris Kandu 2.08	Miles Keller-Jenkins 1.86
2013	Chris Kandu 2.09	Rory Dwyer 2.00	Max Price 1.87
2014	Chris Kandu 2.22	Rory Dwyer 2.03	Thomas Hewes 1.86
	Scotland	N Ireland	Wales
2001	James Wild 2.00	Paul Tohill 1.90	not contested
2002	Andrew Macfarlane 2.00	Paul Tohill 1.90	Robert Mitchell 2.10
2003	Ian Holliday 2.05	Brendan McConville 1.95	Owen Cheshier 1.91
2004	Mark Taylor 2.10	Paul Tohill 2.00	Robert Mitchell 2.15
2005	Mark Taylor 2.00	Caolan Flanagan IRE 2.03	Robert Mitchell 2.15
2006	Andrew Allan 1.95	Martin Kalafas SVK 2.05	Robert Mitchell 2.20
2007	Andrew Allan 1.90	Martin Kalafas SVK 2.10	Kabelo Mmono BOT 2.00
2008	Robbie Grabarz 2.24	Karosh Foughi 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
2014	Robert Ferguson 2.05	not held	Robert Mitchell 1.94
	England	Midlands	North
2010	Robbie Grabarz 2.23	Mark Mandy IRE 2.00	Danny Graham 2.10
2011	Robbie Grabarz 2.20	Tom Parsons 2.10	Danny Graham 2.10
2012	Tom Parsons 2.21	Dan Plank 1.90	Brian Hall 2.10
	South	Tom Parsons 2.10	Jamie Creighton 2.00
2001	Dan Turner 2.15	Tom Parsons 2.23	Jamie Creighton 2.05
2002	Mark Crowley 2.10	Calvin Hall 1.95	Martin Aram 2.10
2003	Dan Turner 2.05	Tom Parsons 2.28	Rob Mitchell 2.10
2004	Mark Crowley 2.10	Tom Parsons 2.25	Brian Hall 2.10
2005	Darryl Stone 2.14	Tom Parsons 2.27	Brian Hall 2.10
2006	Darryl Stone 2.05	Matt Roberts 2.15	Brian Hall 2.05
2007	Martin Lloyd 2.13	Robbie Grabarz 2.25	Darren Hammond 2.00
2008	Alan McKie 2.15	Tom Parsons 2.21	Martyn Bernard 2.16
2009	Darryl Stone 2.05	Barry Pender IRE 2.05	Lloyd Powell 1.93
2010	Martin Lloyd 2.15	Tom Parsons/David Smith 2.20	Matthew Owens 2.04
2011	Darvin Edwards 2.15		
2012			
2013	Scott Johnson 2.00		
2014	Scott Johnson 2.00		

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
2014	Isobel Pooley 1.90	K. Johnson-Thompson 1.86	Morgan Lake 1.82

AGE GROUPS

U23		U20	
2001	Gayle O'Connor 1.75	Aileen Wilson 1.82	
2002	Natalie Clark 1.69	Rebecca Jones 1.83	
2003	Natalie Clark 1.83	Elizabeth Sweeney 1.73	
2004	Aileen Wilson 1.76	Emma Morris 1.74	
2005	Aileen Wilson 1.76	Charis O'Connor 1.80	
2006	Emma Morris 1.74	Jessica Leach 1.82	
2007	Sharon Heveran IRE 1.74	Adele Lassu 1.78	
2008	Jayne Nisbet 1.82	Adele Lassu 1.74	
2009	Adele Lassu 1.82	Katherine Johnson-Turner 1.74	
2010	Adele Lassu 1.78	Isobel Pooley 1.82	
2011	Liz Lamb NZL 1.82	Emma Nuttall 1.82	
2012	Emma Nuttall 1.86	Evie Grogan 1.72	
2013	Isobel Pooley 1.87	Morgan Lake 1.85	
2014	Deborah Martin 1.75	Amelia Jennings-McLaughlin 1.74	
U17		U15	
2001	Emma Perkins 1.74	Shani Rainford 1.64	
2002	Shani Rainford 1.71	Dominique Blaize 1.65	
2003	Stephanie Pywell 1.71	Vicki Hubbard 1.72	
2004	Charis O'Connor 1.74	Maureen Farrell IRE 1.63	
2005	Adele Lassu 1.77	Hannah Dickson 1.63	
2006	Grainne Moggan IRE 1.69	Katarina Thompson 1.64	
2007	Catriona Farrell IRE 1.69	Katarina Thompson 1.72	
2008	Katarina Thompson 1.74	Jazmin Sawyers 1.61	
2009	Kat'na Johnson-Thompson 1.79	Jordanna Morrish 1.65	
2010	Ffion Bodilly 1.73	Morgan Lake 1.65	
2011	Camellia Hayes 1.77	Morgan Lake 1.75	
2012	Morgan Lake 1.76	Kierra Barker 1.69	
2013	Morgan Lake 1.88	Laura Arnold 1.65	
2014	Emily Borthwick 1.76	Rebecca Hawkins 1.69	

INDOORS

2001	Susan Jones 1.85	Watami May CAN 1.85	Gillian Black 1.70
2002	Susan Jones 1.90	Julia Bennett 1.84	Deirdre Ryan IRL 1.84
2003	Susan Jones 1.93	Julie Crane 1.85	Rebecca Jones 1.80
2004	Susan Jones 1.90	Bobby Aloysius IND and Natalie Clark 1.83	
2005	Susan Jones 1.90	Deirdre Ryan IRL 1.87	Julia Bennett 1.87
2006	Susan Moncrieff (Jones) 1.84	Julie Crane and Vicki Hubbard 1.81	
2007	Jessica Ennis 1.87	Susan Moncrieff 1.84	Julie Crane 1.84

2008	Jessica Ennis 1.92	Stephanie Pywell 1.85	Kelly Sotherton 1.79
2009	Stephanie Pywell 1.82	Kay Humberstone 1.79	Vicki Hubbard 1.79
2010	Vicki Hubbard 1.87	Kay Humberstone 1.84	Deirdre Ryan IRE 1.81
2011	Jessica Ennis 1.88	Isobel Pooley 1.85	Pamela Hughes IRE 1.79
2012	Jessica Ennis 1.91	Emma Perkins 1.89	Isobel Pooley 1.82
2013	Emma Perkins 1.81	Morgan Lake 1.81	Jayne Nisbet 1.78
2014	K Johnson-Thompson 1.96 UKR	Jayne Nisbet 1.87	Isobel Pooley 1.87

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	K. Johnson-Thompson 1.81
2011	Isobel Pooley 1.86
2012	K. Johnson-Thompson 1.85
2013	Camelia Hayes 1.81
2014	Morgan Lake 1.88

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
K. Johnson-Thompson 1.73
K. Johnson-Thompson 1.73
Cosmina Berry 1.70
Isobel Brown 1.71
Poppy Lake/Georgina Westwood 1.70
Morgan Lake 1.73
Hannah Tapley 1.64

U15

Stephanie Pywell 1.67
Dominique Blaize 1.68
Juliet Fielden 1.58
Hatty Scaramanga 1.58
Paula Dalgleish 1.58
Kiara Abelova SVK 1.67
K. Johnson-Thompson 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
Rebecca Hawkins 1.65

Scotland

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
2014	Rachel Mackenzie 1.75

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
not held

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
Sophie Pick 1.60

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
2014	Deborah Martin 1.80

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
Bethan Partridge 1.75

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
Vikki Hubbard 1.69
Amelia Jennings-McLaughlin 1.71

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
 2014 Mike Edwards Gtr Manch'r 2.11

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
 Moe Sasegbon Herts 1.77

POLE VAULT**AAA/UK CHAMPIONSHIPS**

2008 Steve 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	Andrew Sutcliffe 5.35
2013 Luke Cutts 5.65	Steve Lewis 5.65	Max Eaves 5.35
2014 Steve Lewis 5.55	Paul Walker 5.35	Andrew Sutcliffe 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
 2014 Daniel Gardner 5.00

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
 Adam Hague 5.30

U17

2008 Gregor McLean 4.30
 2009 Richard Humby 4.30
 2010 Daniel Gardner 4.40
 2011 Rowan May 4.80
 2012 Harry Coppell 4.83
 2013 Adam Hague 4.80
 2014 Joel Leon Benitez 4.50

U15

Eric Martin 3.70
 Tadgh Healey 3.60
 Harry Coppell 3.50
 Adam Hague 3.70
 Jack Longhurst 3.70
 Calum Neil 3.60
 Andrew McFarlane 3.60

INDOORS

2008 Steve Lewis 5.61	Scott Simpson 5.31	Mark Christie 5.16
2009 Steve Lewis 5.65	Luke Cutts 5.41	Paul Walker 5.31
2010 Steve Lewis 5.56	Andrew Sutcliffe 5.36	Luke Cutts 5.36
2011 Max Eaves 5.61	Luke Cutts 5.51	Steve Lewis 5.51
2012 Andrew Sutcliffe 5.55	Steve Lewis 5.45	Max Eaves 5.45
2013 Steve Lewis 5.50	Luke Cutts 5.35	Max Eaves/Matt Devereux 5.20
2014 Luke Cutts 5.60	Max Eaves 5.45	Paul Walker 5.30

U20

2008 Andrew Marsh 5.00
 2009 Andrew Sutcliffe 4.70
 2010 Andrew Sutcliffe 5.30

U17

Tim Parkin 4.30
 Lewis Newton 4.00
 Daniel Gardner 4.30

U15

Stephen Guest 3.60
 Nicholas Cole 3.00
 Harry Coppell 3.30

2011	George Sharp 4.70	Rowan May 4.80	Adam Hague 4.06
2012	Nicholas Cole 4.70	Adam Hague 4.20	Nathan Gardner 3.30
2013	Jack Phipps 5.05	Adam Hague 4.70	Andrew Douglas 3.20
2014	Adam Hague 5.10	Joel Leon Benitez 4.82	Connor Dearden/ Kurt Cameron 3.10
	Scotland	N Ireland	Welsh
2008	Richard Hurren 4.80	Ian Rodgers IRE 4.40	Paul Walker 4.90
2009	Richard Hurren 5.00	Ian Rodgers IRE 4.50	Christian North 5.00
2010	Scott Huggins 5.00	David Donegan IRE 4.75	Scott Simpson 5.10
2011	Nick Cruchley 5.31	Chris Doherty IRE 3.60	Paul Walker 5.21
2012	Richard Hurren 4.40	David Donegan 4.90	Paul Walker 4.56
2013	Jax Thoires 5.25	Peter O'Brien IRE 4.30	Andrew Sutcliffe 5.21
2014	Richard Hurren 4.00		Ben Gregory 5.00
	England		
2010	Luke Cutts 5.40		
2011	Max Eaves 5.20		
2012	Matt Cullen 4.62		
	South	Midlands	North
2008	Scott Huggins 5.00	Christian North 5.00	Mark Christie 5.10
2009	Cameron Johnston 4.40		Luke Cutts 5.40
2010	Ned Quiney 5.00	Steve West 3.50	Luke Cutts 5.45
2011	Joe Ive 5.00	Nick Cruchley 5.35	Max Eaves 5.20
2012		Joe Chesterman 4.17	Matthew Cullen 4.62
2013	Jack Phipps 4.40	Connor McHale 4.20	Luke Cutts 5.50
2014	Liam Yarwood 4.70	Ethan Walsh 4.10	Matthew Wright 5.00

WOMEN'S POLE VAULT

AAA/UK CHAMPIONSHIPS

2008	Emma Lyons 4.12	Kirsty Maguire 4.02	Louise Butterworth 3.92
2009	Kate Dennison 4.57	Henrietta Paxton 4.15	Bryony Raine 4.05
2010	Kate Dennison 4.45	Holly Bleasdale 4.35	Henrietta Paxton 4.35
2011	Holly Bleasdale 4.56	Kate Dennison 4.40	Bryony Raine 4.11
2012	Holly Bleasdale 4.71	Kate Dennison 4.26	Sally Peake 4.26
2013	Sally Peake 4.23	Sally Scott 3.80	Olivia Curran 3.80
2014	Sally Peake 4.30	Katie Byres 4.10	Sally Scott 4.10

WOMEN – AGE GROUP CHAMPIONS

	U23	U20	
2008	not held	Jade Ive 3.80	
2009	Emma Lyons 4.11	Sally Scott 4.05	
2010	Sophie Upton 3.95	Sally Scott 4.20	
2011	Holly Bleasdale 4.53	Katie Byers 4.00	
2012	Abigail Haywood 3.75	Katie Byers 4.36	
2013	Katie Byres 3.95	Natalie Hooper 3.45	
2014	Sophie Cook 4.00	Abigail Roberts 3.85	
	U17	U15	
2008	Jade Ive 3.80	Katie Byers 3.35	
2009	Ellie Besford 3.70	Lucy Bryan 3.48	
2010	Lucy Bryan 3.80	Naomi Lee 3.11	
2011	Lucy Bryan 3.80	Claire Dyer 3.30	
2012	Jade Brewster 3.50	Natalie Hooper 3.43	
2013	Ellie Gooding 3.80	Stephanie Broomhead 3.44	
2014	Olivia Connor 3.60	Molly Caudery 3.30	

INDOORS

2008	Kate Dennison 4.25	Louise Butterworth 4.15	Zoe Brown 4.15
2009	Kate Dennison 4.45	Emma Lyons 4.25	Zoe Brown IRE, Sally Scott & Louise Butterworth 4.05
2010	Kate Dennison 4.40	Henrietta Paxton 4.21	Sally Scott 4.10
2011	Holly Bleasdale 4.36	Kate Dennison 4.26	Sally Peake 4.16
2012	Holly Bleasdale 4.70	Katie Byres 4.37	Sally Peake 4.27
2013	Holly Bleasdale 4.77	Katie Byres 4.20	Zoe Brown IRE/Lucy Bryan 4.20
2014	Holly Bleasdale 4.73	Lucy Bryan 4.26	Zoe Brown IRE/Sally Peake 4.16
	U20	U17	U15
2008	Maria Seager 3.70	Jade Ive 4.00	Katie Byres 3.41
2009	Sophie Upton 3.80	Katie Byres 3.60	Lucy Bryan 3.42
2010	Katie Byres 4.01	Lucy Bryan 3.80	Abigail Roberts 2.90
2011	Ellie Besford 3.50	Lucy Bryan 3.90	Abigail Roberts/ Jade Brewster 2.90
2012	Lucy Bryan 3.80	Ailis McGovern 3.50	Natalie Hooper 3.30
2013	Lucy Bryan 4.15	Natalie Hooper 3.65	Stephanie Broomhead 3.30
2014	Lucy Bryan 4.33	Olivia Connor 3.40	Shaye Emmett 3.20
	Scotland	N Ireland	Wales
2008	Kirsty Maguire 3.70	Claire Wilkinson IRE 3.20	Jessica Abraham 3.40
2009	Henrietta Paxton 4.06	Zoe Brown IRE 4.00	Maria Seagar 4.05
2010	Jennifer Graham 3.40	Claire Wilkinson IRE 3.65	Henrietta Paxton 4.05
2011	-	Zoe Brown IRE 3.80	Sally Peake 4.30
2012	Courtney MacGuire 3.40	Zoe Brown IRE 3.80	Sally Peake 3.86
2013	Caroline Adams 4.05	Zoe Brown IRE 3.81	Zoe Brown IRE 4.21
2014	Caroline Adams 3.50		Zoe Brown IRE 4.32
	England		
2010	Emma Lyons 4.05		
2011	Stephanie Smith 3.60		
2012	Abigail Haywood 3.82		
	South	Midlands	North
2008	Liz Hughes 3.60	Emma Lyons 3.80	Fiona Harrison 3.85
2009	Rachel Arnheim 3.60	Bryony Raine 3.70	Holly Bleasdale 4.05
2010	Louise Shortland 3.70		Michelle Orwin 3.60
2011	Stephanie Smith 3.70	Katherine Ogden 3.35	Katie Byers 3.90
2012		Sophie Cook/ Hannah Grubb 3.52	Abigail Haywood 3.82
2013	Ann Rees 3.70	Becky Donnelly 2.90	
2014	Lucy Stickland 3.40	Sophie Cook 3.80	Clare Blunt 3.60
	CAU men	CAU women	
2008	Scott Huggins Kent 4.70	not held	
2009	Luke Cutts Yorks 5.20	Anna Massey M'sex 4.01	
2010	Luke Cutts Yorks 5.45	Sophie Upton Wilts 4.00	
2011	Jax Thiors W Scot 4.50	Sophie Upton Wilts 3.70	
2012	Luke Cutts Yorks 5.00	Zoe Brown NIR 3.90	
2013	Daniel Gardner Herts 4.95	Ellie Gooding Kent 3.80	
2014	Sam Bass-Cooper Hants 4.65	Abigail Roberts Yorks 3.70	

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
2014	J J Jegede 7.83	Dan Bramble 7.77	Matthew Burton 7.73

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	
2014	James McLachlan 7.69w	Jacob Fincham-Dukes 7.61	
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	
2014	Patrick Sylla 6.94	Elliott Thorne 6.46w	

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		
2014	J J Jegede 7.85	Dan Bramble 7.80	Felix Maisey-Curtis 7.63		
U20		U17		U15	
2005	Greg Rutherford 7.60	Luke Thomas 6.78	Deji Tobais 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
2014	Oliver Newport 7.41	Tom Chandler 6.48	Elliott Thorne 6.21
	Scotland	N Ireland	Welsh
2005	Darren Ritchie 7.61w	Daragh O'Farrell IRE 7.32	Ricardo Childs 7.24
2006	Darren Ritchie 7.40	Daragh O'Farrell IRE 7.30	Ricardo Childs 7.37
2007	Jude Beimers 6.97	Alan Kennedy 6.66	David Cook 6.93
2008	Jude Beimers 7.15	Alan Kennedy 7.18	Ricardo Childs 7.26
2009	Jude Beimers 7.58	Alan Kennedy 7.14	Andre Fernandez 7.61
2010	Jude Beimers 7.54	Adam McMullan 7.33	Ricardo Childs 7.29
2011	Kyle Henderson 7.51	Ciaran Dolan IRE 6.85	Ricardo Childs 7.48w
2012	John Carr 7.49	Alan Kennedy 7.02	Ricardo Childs 7.06
2013	John Carr 7.49	Adam McMullan 7.20	Aled Price 6.96
2014	David Martin 7.24	David Tobin 7.04	Ricardo Childs 7.29w
	England		
2010	J J Jegede 7.72		
2011	J J Jegede 7.66w		
2012	Oliver Newport 7.70		
	South	Midlands	North
2005	Adrian Phillips 7.33	Steve Phillips 7.72w	Ricardo Childs 7.67w
2006	Greg Rutherford 8.09	Oliver McNeillis 7.21	Chris Kirk 7.44
2007	J J Jegede 7.85	Jonathan Moore 7.15	Lee Blamire 7.26
2008	Andre Fernandez 7.14	Jonathan Moore 7.14	Lee Blamire 7.36
2009	Ezekiel Ewolu 7.14	Leigh Smith 7.60w	Lee Blamire 7.04
2010	Joe Steele 7.53w	Nathan Morgan 7.59	Jacob Brown 7.41
2011	Paul Ogun 7.14	Leigh Smith 7.21	J J Jegede 7.79
2012		Travis Francis 6.10	Chris Kirk 7.40
2013	Dan Bramble 7.53	Julian Reid 7.83	Dan Gardiner 7.20
2014	Paul Ogun 7.22	Matt Madden 6.85	Craig Jones 7.20

WOMEN'S LONG JUMP

AAA/UK CHAMPIONSHIPS

2005	Kelly Sotherton 6.48	Julie Hollman 6.25	Rebecca White 6.22
2006	Kelly Sotherton 6.51	Jade Johnson 6.32	Sarah Claxton 6.28
2007	Kelly Sotherton 6.53	Jade Johnson 6.51	Julie Hollman 6.29
2008	Jade Johnson 6.30	Kelly Sotherton 6.28	Amy Woodman 6.09w
2009	Phyllis Agbo 6.42w	Amy Woodman 6.36	Abigail Irozuru 6.28w
2010	Jade Johnson 6.48w	Amy Harris 6.39	Abigail Irozuru 6.37
2011	Shara Proctor 6.65	Lorraine Ugen 6.54	Jessica Ennis 6.44
2012	Shara Proctor 6.95	Lorraine Ugen 6.74	Jazmin Sawyers 6.64
2013	Shara Proctor 6.84	Jazmin Sawyers 6.50	Dominique Blaize 6.47
2014	K. Johnson-Thompson 6.81	Jazmin Sawyers 6.49	Sarah Warnock 6.42

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
2014	Rebecca Chapman 5.98

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
Morgan Lake 6.11

U17

2005 Jade Surman 5.85w
2006 Jade Nimmo 5.68
2007 Hannah Lewis 5.68
2008 Katarina Thompson 6.07w
2009 K. Johnson-Thompson 6.19
2010 Micaela Brindle 5.79
2011 Jahisha Thomas 5.85
2012 Morgan Lake 6.19
2013 Morgan Lake 5.91
2014 Eavion Richardson 5.91

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
Eleanor Broome 5.69
Holly Mills 5.76

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
2014 K Johnson-Thompson 6.75

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
Jazmin Sawyers 6.44

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
Kelly Proper IRE 6.38

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 K. Johnson-Thompson 6.25
2011 K. Johnson-Thompson 6.28
2012 K. Johnson-Thompson 6.30
2013 Jahisha Thomas 5.87
2014 Morgan Lake 5.96

U17

Jade Surman 5.90
Alice Lennox 5.61
Jade Nimmo 5.82
K. Johnson-Thompson 6.02
K. Johnson-Thompson 5.92
Andrea Gaffney 5.70
Lisa James 5.50
Morgan Lake 5.72
Morgan Lake 5.75
Simi Fajemisin 6.13

U15

Jade Nimmo 5.23
Lisa Sabel 5.38
K. Johnson-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
Holly Mills 5.47

Scotland

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
2014 Sarah Warnock 6.09w

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
Lydia Mills 5.74

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
Rebecca Chapman 5.99

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

Midlands

Sarah Rossiter 6.25
Sarah Rossiter 5.88
Amy Woodman 5.80
Phyllis Agbo 6.14
Sonia Crawley 5.46

North

Fiona Harrison 6.03w
Louise Bloor 6.03
Joanne Oates 5.25
Jess Taylor 5.37
Jess Taylor 5.73

2010 Jenny Pacey 6.35w
2011 Amy Woodman 6.37
2012
2013 Kitty Eleyae 5.84
2014 Jahisha Thomas 6.20w

Phyllis Agbo 6.07
Emma Lyons 5.88
Amy Woodman 6,17
Amy Woodman 5.85
Amy Harris 5.99

Louise Bloor 5.75
Jess Ennis 6.24
Abigail Irozuru 5.96
Alexandra Russell 6.16
Alex Russell 5.79

CAU MEN

2005 Andrew Staniland Yorks 7.39
2006 Leigh Smith Staffs 7.80
2007 Elliot O'Neil Chesh 7.38
2008 Leigh Smith Staffs 7.65
2009 Anthony Timms Yorks 7.62
2010 Matthew Burton Kent 7.67
2011 Jonathan Carr E Scot 7.58
2012 Matthew Burton Kent 7.60w
2013 J J Jegede Sussex 7.46
2014 Bradley Pickup Dorset 7.65

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
Lisa Ferguson Scot E 6.07
Sarah Warnock Scot E 6.29w
Rebecca Chapman Devon 6.00

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
2014 Julian Reid 16.82

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
Ben Williams 16.73w

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
Nathan Fox 16.59w

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
2014 Ben Williams 16.31

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
Efe Uwaifo 15.53

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

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

2009	Julien Allwood 14.58	Joshua Olawore 12.92
2010	Jimi Tele 14.68	Montel Nevers 13.24
2011	Efe Uwaifo 14.57	Elliot Henry 13.26
2012	Montel Nevers 14.81	Kevin Metzger 13.59
2013	Stefan Amokwando 14.56	Osaze Aghedo 13.22
2014	Kevin Metzger 14.66	Teepee Princewell 13.47w

INDOORS

2002	Tosin Oke 15.95	Julian Golley 15.54	Martin Rossiter 15.11
2003	Tosin Oke 16.61	Femi Akinsanya 16.29	Martin Rossiter 15.11
2004	Julien Kapek FRA 16.32	Femi Akinsanya 15.79	Karl Thompson 15.50
2005	Phillips Idowu 17.30	Nathan Douglas 16.76	Jonathan Moore 15.89
2006	Nathan Douglas 16.55	Nick Thomas 16.49	Julian Golley 16.18
2007	Nathan Douglas 17.19	Phillips Idowu 16.68	Julian Golley 15.95
2008	Phillips Idowu 17.24	Nathan Douglas 16.72	Tosin Oke 16.26
2009	Julian Golley 16.07	Tosin Oke NGR 16.01	Ben Williams 15.67
2010	Tosin Oke NGR 16.76	Nick Thomas JAM 16.22	Ben Williams 15.94
2011	Ben Williams 15.88	Ade Babatunde 15.60	Michael Puplampu 15.34
2012	Nick Thomas JAM 16.18	Kola Adedoyin 15.93	Michael Puplampu 15.61
2013	Tosin Oke NGR 16.87	Kola Adedoyin 16.50	Michael Puplampu 16.43
2014	Julian Reid 16.87	Nathan Fox 16.37	Daniel Lewis 16.31

U20

2002	Kevin Thompson 14.93
2003	Christian Campbell 14.28
2004	Christian Campbell 15.16
2005	James Townsend 14.41
2006	Jude Beimers 15.23
2007	Stefan Tseng Ke Shen SIN 14.82
2008	Stefan Tseng Ke Chen SIN 15.71
2009	Babatunde Amosu 15.19
2010	Ben Williams 15.95
2011	Joe Lawrence 15.10
2012	Jose Martin-Fullerton 15.00
2013	Efe Ufaifo 15.22
2014	Lawrence Davis 15.23

U17

Graham Jackson 13.53
Dexter Nicholls 13.26
Jeremy Odametey 14.21
Sean Wynter 13.68
Stefan Tseng Ke Shen SIN 15.18
Kola Adedoyin 13.77
Babatunde Amosu 14.70
Julien Allwood 14.12
Bradley Pike 14.13
Efe Ufaifo 14.24
Nnamdi Amadi 13.76
Stefan Amokwando 14.34
Jacob Veerapen 13.98

U15

Scotland

2002	David Watson 14.24w
2003	Alasdair Strange 13.76w
2004	Darren Ritchie 15.20w
2005	Alasdair Strange 15.19w
2006	Jonathan Carr 15.07
2007	Alasdair Strange 15.14
2008	Elliot O'Neill 15.60
2009	Jonathan Carr 15.30
2010	Jonathan Carr 15.18w
2011	David Watson 15.05
2012	Chukwudi Onyia 14.80
2013	Chukwudi Onyia 15.13
2014	Antony Daffurn 15.54w

N Ireland

Patrick Shannon IRE 15.11w
Patrick Shannon IRE 14.33
Simon Sawney 14.08
Michael McDonald IRE 14.02
Alan Kennedy 14.50
Jonathan Ritchie IRE 14.30
Alan Kennedy 14.57
Jonathan Ritchie IRE 13.51
Alan Kennedy 14.85
Alan Kennedy 14.39
Conall Mahon 12.57
Callum Hunter 13.12
Adam McMullan 14.55

Welsh

Charles Madeira-Cole 15.10
Steven Frost 13.50
Navid Childs 14.42
Steven Shalders 16.25
Wyn Roberts 14.15
Owen Jones 13.20
Alex Obiako 13.98
Alex Ezechi-Obiako 13.81
Navid Childs 14.13
Navid Childs 14.91w
Navid Childs 13.09
Gary White 15.82
Navid Childs 14.96w

England

2010	Julian Golley 15.34w
2011	Julian Golley 15.55w
2012	Michael Puplampu 15.41

South

2002	Tosin Oke 15.76
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Midlands

Mike McKernan 14.27w

North

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
2014	Sam Trigg 15.05w	Matt Madden 14.36	Julien Gittens 11.92

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
2014	Yamile Aldama 13.60	Laura Samuel 13.58	Chioma Matthews 13.25

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
2014	Emma Pringle 12.80	Kerri Davidson 12.48	Naomi Ogbeta 12.61

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
2014	Laura Samuel 13.32	Nadia Williams 13.27	Chioma Matthews 13.18

U20

2002 Linsi Robinson 11.84
 2003 Karlene Turner 12.41
 2004 Anna Kelly 12.00
 2005 Yasmine Regis 12.65
 2006 Denae Matthew 12.56
 2007 Jayne Nisbet 12.37
 2008 Mia Nielsen Haave NOR 12.89
 2009 Laura Samuel 12.40
 2010 Laura Samuel 12.74
 2011 Naomi Reid 12.16
 2012 Ahtollah Rose 12.28
 2013 Nikita Campbell-Smith 11.96
 2014 Nikita Campbell-Smith 12.59

U17

Angela Barrett 11.85
 Anna Kelly 11.48
 Tanine Nicholas 11.55
 Hannah Frankson 11.76
 Kayley Alcorn 11.48
 Jade Ellams 11.41
 Shazana Marian SIN 11.75
 Ahtollah Rose 11.48
 Naomi Reid 11.46
 Kate Anson 11.13
 Nikita Campbell-Smith 11.66
 Kerri Davidson 11.80
 Emily Gargan 11.69

U15

Scotland

2002 Julia Straker 11.44w
 2003 S Foley/Gallen IRE 12.73w
 2004 Mary Egbo CAN 12.09
 2005 Katherine Streathfield 12.35w
 2006 Nony Mordi 12.81
 2007 Gillian Kerr 13.05
 2008 Jayne Nisbet 12.83
 2009 Mary Devlin IRE 12.04
 2010 Nony Mordi 13.15w
 2011 Zara Asante 12.12
 2012 Zara Asante 12.41
 2013 Nony Mordi 12.84
 2014 Zara Asante 12.58

N Ireland

Sharon Foley IRE 12.39w
 S Foley/Gallen IRE 12.59
 Mary McLoone IRE 11.99
 Mary McLoone IRE 11.94
 Mary McLoone IRE 12.41
 Gillian Kerr 12.97
 Mary McLoone IRE 12.05
 Mary Devlin IRE 11.78
 Mary Devlin IRE 11.68
 Holly Johnston 10.85
 Mary Devlin IRE 11.63
 Mary Devlin IRE 11.55
 Lydia Mills 10.84

Wales

Helen Baker 11.57
 Helen Baker 12.16
 Helen Baker 12.07w
 Sara Barry IRE 12.39
 Sally Peake 11.40
 Rebecca White 13.07
 Sara Barry IRE 12.53w
 Sara Barry IRE 12.61
 Sara Barry 12.62w
 Imogen Miles 11.79w
 Imogen Miles 11.67
 Sara Barry/Wheeler 12.15
 Sian Swanson 1.33w

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
 2014 Nadia Williams 12.50

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
 Sophie Worrall 11.47

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
 Michelle Robbins 12.21

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

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

2007	Julian Golley M'sex 15.68	Gillian Kerr E Scotland 13.20
2008	Julian Golley M'sex 15.85	Zainab Ceesay Surrey 12.96
2009	Julian Golley M'sex 15.21	Nadia Williams M'sex 13.20
2010	Darren March Kent 15.26w	Nadia Williams M'sex 13.16
2011	Babatunde Amosu Surrey 15.75	Nadia Williams M'sex 13.40
2012	John Carr Scot E 15.63	Sineade Gutzmore 13.18w
2013	Jonny Sawyers Berks 15.01	Angela Barrett Warwicks 12.75
2014	Antony Daffurn W Scot 15.36w	Angela Barrett M'sex 12.55

SHOT PUT

AAA/UK CHAMPIONSHIPS

2006	Carl Myerscough 20.00	Chris Gaviglio AUS 17.81	Chris Gearing 17.12
2007	Carl Myerscough 19.39	Emeka Udechuku 17.87	Kieran Kelly 17.09
2008	Carl Myerscough 20.15	Mark Edwards 18.55	Scott Rider 18.11
2009	Carl Myerscough 19.87	Kieran Kelly 18.83	Emeka Udechuku 17.71
2010	Carl Myerscough 19.77	Scott Rider 18.44	Les Richards 17.21
2011	Carl Myerscough 18.57	Scott Rider 18.12	Greg Beard 17.64
2012	Carl Myerscough 19.42	Scott Rider 18.36	Zane Duquemin 17.95
2013	Greg Beard 18.29	Ryan Spencer-Jones 17.45	Jamie Williamson 16.19
2014	Scott Rider 18.34	Zane Duquemin 18.00	Ryan Spencer-Jones 17.23

AGE GROUP CHAMPIONSHIPS

U23		U20	
2006	Chris Gearing 17.12	Jamie Williamson 17.39	
2007	Kieren Kelly 17.84	Jay Thomas 17.53	
2008	Kieren Kelly 17.84	Jamie Stevenson 18.47	
2009	Jamie Stevenson 17.85	Curtis Griffith-Parker 18.65	
2010	Daniel Carlin 14.70	Anthony Oshodi 17.39	
2011	Zane Duquemin 17.27	Tom Walsh NZL 20.48	
2012	Zane Duquemin 18.48	Kai Jones 16.96	
2013	Zane Duquemin 18.88	Greg Thompson 17.48	
2014	Gareth Winter 17.41	Kai Jones 17.65	

U17		U15	
2006	Curtis Griffith-Parker 18.17	Anthony Oshodi 18.03	
2007	Curtis Griffith-Parker 19.32	Joshua Newman 15.02	
2008	Reece Thomas 17.19	Joshua Newman 16.47	
2009	Matthew Halton 16.26	Chris Clarke 14.57	
2010	Josh Newman 15.91	Lewis Barnes 15.09	
2011	Luke Roach-Christie 17.01	Kai Jones 18.01	
2012	Kai Jones 17.59	Max Price 15.57	
2013	Kai Jones 19.09	Michelangelo Buter 15.93	
2014	George Evans 16.93	James Kelly IRE 15.23	

INDOORS

2006	Emeka Udechuku 17.89	Jamie Williamson 16.42	Chris Gearing 16.37
2007	Garrett Johnson USA 18.98	Chris Gaviglio AUS 18.05	Emeka Udechuku 17.64
2008	Garrett Johnson USA 20.66	Emeka Udechuku 18.06	Scott Rider 18.03
2009	Mark Edwards 18.90	Kieran Kelly 18.68	Rimantas Martisauskas LTU 17.52
2010	Mark Edwards 17.40	Ryan Spencer-Jones 17.02	Jamie Williamson 16.85
2011	Scott Rider 17.96	Jamie Williamson 17.58	Carl Fletcher 17.00
2012	Scott Rider 18.28	Zane Duquemin 17.24	Ryan Spencer-Jones 17.22
2013	Scott Rider 18.59	Zane Duquemin 18.50	Rimantas Martisauskas LTU 18.36
2014	Zane Duquemin 8.31	Greg Beard 17.55	Jamie Williamson 16.94

U20		U17		U15	
2006	Jamie Williamson 17.05	Curtis Griffith-Parker 17.82		Michael Wheeler 17.46	

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
2014 Kai Jones 17.47

Scotland

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
2014 Tom Kirk 12.60

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
2014 Chris Dack 15.81

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
Nathan Thomason 15.31

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
Matthew O'Reilly 12.60

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
Tom Pearson 12.04

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
James Kelly IRE 13.65

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
Ryan Spencer-Jones 17.71

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
Scott Lincoln 15.87

WOMEN'S SHOT

AAA/UK CHAMPIONSHIPS

2006 Julie Dunkley 16.08
2007 Eva Massey 16.63
2008 Jo Duncan 15.99
2009 Eden Francis 16.33
2010 Eden Francis 16.02
2011 Eden Francis 16.73
2012 Eden Francis 16.13
2013 Rachel Wallader 15.96
2014 Eden Francis 16.66

Eva Massey 15.59
Jo Duncan 15.92
Eden Francis 15.95
Eleanor Gatrell 15.56
Eleanor Gatrell 15.82
Rebecca Peake 15.75
Shaunagh Brown 15.87
Shaunagh Brown 15.76
Rachel Wallader 16.54

Jo Duncan 15.50
Eden Francis 15.52
Alison Rodger 15.78
Jo Duncan 15.23
Alison Rodger 15.25
Rachel Wallader 15.34
Rachel Wallader 15.66
Kirsty Yates 14.27
Sophie McKinna 15.79

WOMEN – AGE GROUP CHAMPIONSHIPS

U23

2006 Alison Rodger 15.03
2007 Sally Hinds 14.48
2008 Eden Francis 15.51
2009 Eden Francis 15.74
2010 Eden Francis 15.83
2011 Rachel Wallader 16.08
2012 Shaunagh Brown 16.31
2013 Clare Fitzgerald IRE 14.26

U20

Eden Francis 14.94
Eden Francis 15.48
Rachel Wallader 14.23
Shaunagh Brown 13.74
Sophie McKinna 14.37
Sophie McKinna 14.51
Sophie McKinna 16.16
Sophie McKinna 16.36

2014 Sophie McKinna 16.47

U17

2006 Rachel Wallader 12.44
2007 Jade Weston 11.85
2008 Yasmin Spencer 12.26
2009 Yasmin Spencer 12.62
2010 Simi Pam 12.54
2011 Annabel Sherry 13.49
2012 Adele Nicoll 13.52
2013 Adele Nicoll 13.98
2014 Divine Oladipo 14.40

Adele Nicoll 14.23

U15

Clare Fitzgerald IRE 12.61
Lauren Sammout 11.29
Abbi Carter 11.96
Shadine Duquemin 12.62
Annabel Sherry 12.88
Adele Nicoll 14.02
Sophie Merritt 13.69
Michaela Walsh IRE 14.18
Emma Dakin 12.99

INDOORS

2006 Julie Dunkley 15.89
2007 Joanne Duncan 16.45
2008 Eden Francis 16.11
2009 Alison Rodger 15.79
2010 Alison Rodger 16.02
2011 Eden Francis 15.85
2012 Eden Francis 16.72
2013 Rachel Wallader 16.19
2014 Rachel Wallader 16.45

U20

2006 Eden Francis 13.98
2007 Eden Francis 14.85
2008 Rachel Wallader 14.43
2009 Shaunagh Brown 14.51
2010 Hannah Evenden 13.35
2011 Sophie McKinna 15.70
2012 Sophie McKinna 14.82
2013 Sophie McKinna 15.90
2014 Danielle Opara 14.26

Scotland

2006 Alison Rodger 15.29
2007 Alison Rodger 15.43
2008 Alison Rodger 15.65
2009 Mhairi Porterfield 13.43
2010 Alison Rodger 15.05
2011 Kirsty Yates 13.28
2012 Alison Rodger 14.15
2013 Kirsty Yates 15.04
2014 Kirsty Yates 15.44

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

Joanne Duncan 15.36
Dayana Octavien USA 15.86
Rebecca Peake 15.67
Kelly Sotherton 14.50
Rebecca Peake 15.43
Shaunagh Brown 14.91
Shaunagh Brown 15.77
Shaunagh Brown 16.07
Sophie McKinna 16.13

U17

Jenny Brown 12.09
Clare Fitzgerald IRE 12.09
Tesni Ward 12.66
Anesa Wanogho 11.65
Sophie McKinna 13.24
Annabel Sherry 12.43
Adele Nicoll 13.14
Adele Nicoll 13.51
Michaela Walsh IRE 12.64

N Ireland

Eva Massey 15.57
Eva Massey 16.02
Eva Massey 15.73
Aolfe Hickey IRE 11.87
Eva Massey 14.30
Natasha Boylan IRE 8.97
Lynsey Glover 8.25
Orla Murphy 9.52
Laura Frey 10.04

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

Eva Massey 15.22
Rebecca Peake 15.51
Joanne Duncan 15.56
Rachel Wallader 14.34
Rachel Wallader 14.82
Sophie McKinna 14.91
Eleanor Gatrell 15.36
Sophie McKinna 15.76
Kirsty Yates 15.53

U15

Clare Fitzgerald IRE 12.31
Yasmin Spencer 11.66
Abbi Carter 12.48
Shadine Duquemin 11.85
Adele Nicoll 12.32
Adele Nicoll 13.36
Sophie Merritt 12.46
Louisa Chantler 11.56
Ellie Hodgson 10.81

Wales

Sally Hinds 14.42
Sally Hinds 14.62
Tesni Ward 12.40
Tesni Ward 13.26
Alison Rodger SCO 15.24
Lucy Griffiths 11.38
Vicky Lloyd 10.05
Adele Nicoll 13.52
Adele Nicoll 14.59

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

2013	Shaunagh Brown 15.61	Rachel Wallader 15.64	Hannah Evenden 13.48
2014	Eleanor Gatrell 15.20	Emily Campbell 11.17	Jessica Taylor 12.43
	CAU MEN	CAU WOMEN	
2006	Jamie Williamson Yorks 17.04	Joanne Duncan Essex 17.11	
2007	Kieren Kelly Wilts 16.95	Rebecca Peake Derbys 15.26	
2008	Kieren Kelly Wilts 18.01	Eleanor Gatrell Surrey 15.05	
2009	Jamie Stevenson Herts 17.50	Rebecca Peake Derbys 16.55	
2010	Rimantas Martiskauskas Yorks 1841	Eden Francis Leics 16.13	
2011	Greg Beard Yorks 17.06	Shaunagh Brown Kent 15.35	
2012	Greg Beard Yorks 18.21	Sophie McKinna Norfolk 15.80	
2013	Greg Beard Yorks 18.25	Alison Rodger Scot W 14.89	
2014	Gareth Winter Gloucs 17.00	Adele Nicoll N Wales 14.28	

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
2014	Zane Duquemin 60.38	Brett Morse 60.26	Nick Percy 58.61

AGE GROUPS

	U23	U20	
2003	Scot Thompson 55.27	Simon Cooke 49.43	
2004	Josh Lamb 49.43	Simon Cooke 57.93	
2005	Simon Cooke 49.64	Sam Herrington 50.86	
2006	Les Richards 51.38	Chris Scott 52.39	
2007	Les Richards 53.94	Brett Morse 56.15	
2008	Chris Scott 51.93	Brett Morse 55.30	
2009	Brett Morse 54.78	Curtis Griffiths-Parker 59.66	
2010	Chris Scott 59.90	Lawrence Okoye 63.92	
2011	Lawrence Okoye 61.05	Kariym Irving 54.07	
2012	Lawrence Okoye 63.66	Nick Percy 59.53	
2013	Zane Duquemin 60.56	Nick Percy 58.66	
2014	Nick Percy 56.40	Noah Kennedy-White USA 55.23	
	U17	U15	
2003	Sam Herrington 54.42	Elliot Price 45.62	
2004	Chris Scott 51.33	Jamie Stevenson 43.08	
2005	Curtis Griffiths-Parker 51.55	Curtis Griffiths-Parker 55.39	
2006	Curtis Griffiths-Parker 49.73	Anthony Oshodi 46.21	
2007	Curtis Griffiths-Parker 57.70	Liam Biddlecombe 46.61	
2008	Zane Duquemin 51.70	Jake Armstrong 45.96	
2009	Liam Biddlecombe 53.16	Nick Percy 53.77	
2010	Christopher Barnes 51.55	Matthew Blandford 45.62	
2011	Nick Percy 56.42	Jake Grundy 48.87	
2012	Matthew Blandford 59.66	George Armstrong 47.41	
2013	Eoin Sheridan IRE 50.91	Alfie Scopes 47.55	
2014	George Armstrong 60.62	Alfie Scopes 48.65	

Scotland
 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
 2014 Angus McInroy 50.74

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
 Chris Reynolds 48.00

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
 Brett Morse 61.67

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
 2014 Nick Percy 58.12

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
 Adam Damadzic 53.34

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
 Alan Toward 51.63

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
 2014 Eden Francis 55.93

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
 Jade Lally 54.58

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
 Kirsty Law 54.00

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

U20
 Elisha 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

2011 Shaunagh Brown 49.11
2012 Shadine Duquemin 50.63
2013 Clare Fitzgerald IRL 47.50
2014 Phoebe Dowson 51.12

Tina Hakeai NZL 47.97
Shadine Duquemin 51.31
Shadine Duquemin 48.70
Amy Holder 47.29

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
2014 Sophie Mace 44.45

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
Isobel Griffin Morris 38.63

Scotland

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

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

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
Awen Rosser 35.10

2013 Kirsty Law 53.41
2014 Kirsty Law 50.29

Caris Greenwood 32.36
Laura Potts 24.17

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
2014 Lucy Underdown 46.59

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
Jenny Cooper 29.54

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
Jenny Pyatt 37.45

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

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

2009	Marcus Gouldbourne Yks 53.04	Kirsty Law W Scot 49.21
2010	Emeka Udechuku Surrey 59.06	Jade Nicholls Surrey 56.17
2011	Chris Scott Surrey 58.64	Jade Nicholls Surrey 57.35
2012	Tom Norman Surrey 54.15	Kirsty Law W Scot 57.79
2013	Angus McInroy Scot W 52.03	Jade Lally (Nicolls) Surrey 56.53
2014	Greg Thompson M'sex 53.58	Jade Lally Surrey 57.86

HAMMER

AAA/UK

2011	Alex Smith 73.26	Mike Floyd 70.85	Mark Dry 70.33
2012	Alex Smith 74.79	Mark Dry 74.32	James Bedford 69.44
2013	Andy Frost 72.28	James Bedford 70.56	Alex Smith 70.08
2014	Nick Miller 73.96	Alex Smith 73.52	Mark Dry 73.27

AGE GROUPS CHAMPIONS

U23		U20	
2011	Chris Bennett 66.37	2011	Nick Miller 64.79
2012	Peter Smith 67.01	2012	Michael Painter 72.34
2013	Nick Miller 67.67	2013	Michael Painter 68.84
2014	Osian Jones 65.91	2014	Taylor Campbell 69.13

U17	
2011	Nick Percy 66.94
2012	Taylor Campbell 67.64
2013	Adam King IRE 60.40
2014	Jake Norris 65.28

U15	
2011	Adam King IRE 65.61
2012	Jamie Kuehnel 58.56
2013	George Marvell 64.23
2014	Oliver Hewitt 53.39

ENG SCHOOLS

SENIORS

2011	Nick Miller 66.60
2012	Callum Brown 68.52
2013	Michael Painter 71.32
2014	Taylor Campbell 74.42

SCOTTISH

2011	Andy Frost 69.98
2012	Mark Dry 74.59
2013	Mark Dry 70.96
2014	Mark Dry 74.63

ENGLISH

2011	Alex Smith 71.47
2012	James Bedford 70.13
2013	James Bedford 70.56 (at UK)
2014	Nick Miller 73.96 (at UK)

NORTH

2011	Mike Floyd 71.73
2012	James Bedford 70.13
2013	Mike Floyd 70.48
2014	Alex Smith 68.63

INTER BOYS

2011	Michael Painter 66.08
2012	Taylor Campbell 65.31
2013	Leslie Parks 60.19
2014	Jake Norris 66.99

WELSH

2011	Matthew Richards 63.68
2012	Graham Holder 55.50
2013	Matthew Richards 63.74
2014	Jonathan Edwards 66.28

BUCS

2011	Alex Warner 63.50
2012	Tim Williams 61.15
2013	Tim Williams 58.87
2014	Michael Painter 62.24

MIDLANDS

2011	Matthew Bell 60.75
2012	Chris Shorthouse 64.42
2013	Chris Shorthouse 68.35
2014	Chris Shorthouse 63.50

JUNIOR BOYS

2011	Woody Cox 53.72
2012	Jamie Kuehnel 53.64
2013	George Marvell 64.23
2014	Oliver Hewitt 51.14

NORTHERN IRELAND

2011	Dave Little ENG 54.20
2012	Dave Little 54.20
2013	Dempsey McGuigan 62.89
2014	Gareth Moffett 53.27

SOUTH

2011	Simon Bown 64.07
2012	not held
2013	Dempsey McGuigan NIR 63.60
2014	Callum Brown 63.21

WOMEN'S HAMMER

UK

2011	Sophie Hitchon 67.69	Sarah Holt 65.63	Carys Parry 63.86
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2012 Sophie Hitchon 69.79
2013 Shaunagh Brown 62.71
2014 Sophie Hitchon 65.56

Zoe Derham 66.02
Carys Parry 62.33
Carys Parry 63.33

Carys Parry 64.96
Susan McKelvie 60.92
Louisa James 62.30

AGE GROUP CHAMPIONS

U23

2011 Sophie Hitchon 67.07
2012 Myra Perkins 56.06
2013 Sophie Hitchon 69.54
2014 Rachel Hunter 62.81

U20

Abbi Carter 55.87
Abbi Carter 59.21
Louisa James 55.80
Kimberley Reed 58.13

U17

Kimberley Reed 52.76
Rebecca Keating 50.81
Alice Akers IRE 50.80
Katie Lambert 55.83 (3K)

U15

2011 Alice Akers IRE 56.20
2012 Ashleigh Power 51.34
2013 Michaela Walsh IRE 52.44
2014 Katie Head 51.29

ENGLISH SCHOOLS

SENIOR

2011 Abbi Carter 56.83
2012 Abbi Carter 59.75
2013 Emma O'Hara 55.40
2014 Rebecca Keating 52.22

INTERMEDIATE

Emma O'Hara 47.62
Rebecca Keating 45.97
Rebecca Keating 49.37
Katie Lambert 55.83 (3K)

JUNIOR

Katie Head 54.96

SCOTTISH

2011 Susan McKelvie 63.32
2012 Susan McKelvie 63.10
2013 Susan McKelvie 59.61
2014 Susan McKelvie 64.21

WELSH

Carys Parry 63.01
Carys Parry 64.73
Carys Parry 63.54
Carys Parry 64.37

NORTHERN IRELAND

Gabi McNally 51.57
Gabi McNally 50.65
Hayley Murray 55.42
Hayley Murray 55.73

ENGLISH

2011 Sarah Holt 64.49
2012 Sarah Holt 68.50
2013 Shaunagh Brown 62.71 (at UK)
2014 Sophie Hitchin 65.56 (at UK)

BUCS

Myra Perkins 61.94 (Sophie Hitchon 69.43 guest)
Myra Perkins 56.63
Myra Perkins 58.20
Rachel Hunter 63.43

NORTHERN

2011 Sarah Holt 62.73
2012 Sarah Holt 68.50
2013 Hannah Evenden 52.33
2014 Jessica Mayho 53.07

MIDLANDS

Rachel Gair 59.05
Rachel Gair 60.55
Rachel Gair 60.73
Christina Jones 60.41

SOUTHERN

Sam Hynes 58.09
not held
Shaunagh Brown 61.33
Louisa James 57.85

CAU MEN

2011 Alex Smith Humbs 70.84
2012 James Bedford Humbs 67.14
2013 James Bedford Humbs 70.55
2014 Michael Bomba Merseys 68.29

CAU WOMEN

Laura Douglas (N Wales) 60.28
Zoe Derham 64.50
Shaunagh Brown 63.44
Louisa James Sussex 58.38

JAVELIN - MEN

AAA/UK CHAMPIONSHIPS

1999 Steve Backley 87.59
2000 Steve Backley 86.70
2001 Mark Roberson 80.80
2002 Mick Hill 77.86
2003 Mick Hill 76.35
2004 Steve Backley 81.25
2005 Nick Nieland 78.30

Nick Nieland 81.83
Nick Nieland 85.09
Mick Hill 79.98
Mark Roberson 74.23
Michael Allen 68.92
Nick Nieland 79.06
David Parker 72.98

Mark Roberson 80.23
Mick Hill 80.28
Nick Nieland 77.91
Nick Nieland 73.20
Neil McLellan 67.74
Mick Hill 79.00
Mark Roberson 69.72

2006 Nick Nieland 80.56
 2007 Nick Nieland 73.95
 2008 Michael Allen 75.07
 2009 Mervyn Luckwell 77.70
 2010 James Campbell 74.00
 2011 Lee Doran 78.63
 2012 Lee Doran 79.72
 2013 Lee Doran 70.77
 2014 Lee Doran 70.71

David Parker 72.39
 Neil McLellan 73.62
 Mervyn Luckwell 72.13
 Chris Hughff 70.47
 Brett Byrd 69.88
 Mervyn Luckwell 75.06
 Roald Bradstock 72.78
 Bonne Buwembo 69.73
 Bonne Buwembo 70.59

Neil McLellan 71.19
 Mervyn Luckwell 72.05
 Neil McLellan 70.38
 Lee Doran 69.33
 Mervyn Luckwell 68.57
 James Campbell 74.63
 Neil Crossley 70.25
 Joe Dunderdale 68.35
 James Campbell 68.12

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
 2014 Greg Millar 67.07

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
 Freddie Curtis 64.18

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
 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

U15

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

Scotland

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

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

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

2011 Lee Doran 76.85
2012 Greg Millar 59.32
2013 Greg Millar 66.55

Sean McBride 52.60
Matthew Martin 58.14
Daniel Mullan 54.34

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
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
2014 Goldie Sayers 62.75

Karen Martin 55.55
Karen Martin 57.75
Kelly Morgan 54.49
Goldie Sayers 56.96
Chloe Cozens 52.34
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
Izzy Jeffs 54.53

Lorna Jackson 55.01
Shelley Holroyd 51.96
Lorna Jackson 52.74
Karen Martin 56.34
Katy Watts 44.95
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
Jo Blair 49.82

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

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

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
2014 Kike Oniwinde 50.00

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
2014 Emma Hamplett 49.61

Scotland

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
2012 Aileen Rennie 42.14
2013 Natasha Wilson 47.78
2014 Devota Nyakyoma 45.81

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

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
Natasha Wilson 44.51

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
Rebekah Walton 44.81

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
Lauren Stead 33.63
Victoria Bell 20.44
Olivia McDonald 35.27

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
Claire Williams 39.11
Claire Williams 41.28
Tesni Ward 44.98

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

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

2009	Rosie Semenysh 49.00	Jo Chapman 42.18	Eloise Manger 48.10
2010	Katy Watts 51.95	Sam Cullinane 42.79	Amie Kevan 31.84
2011	Katy Watts 49.97	Beverley Hawkins 34.52	Hayley Thomas 49.96
2012		Sam Cullinane 39.88	Laura Whittingham 45.01
2013	Rosie Semenysh 50.43	Simone Huggins-Ward 41.48	Devota Nyakyoma 37.42
2014	Kiki Oniwinde 54.71	Megan Exley 34.43	Liane Bibby 45.86

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
2014	Bonne Buwembo Essex 74.64

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 Yorks 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 Semenysh Bucks 47.17
Laura Whittingham Yorks 52.73