

NUTS EVENT BOOKS: STATISTICAL HISTORIES – UPDATES (April 2017) compiled by Ian Tempest

JAVELIN - MEN

AAA/UK CHAMPIONSHIPS

1999	Steve Backley 87.59	Nick Nieland 81.83	Mark Roberson 80.23
2000	Steve Backley 86.70	Nick Nieland 85.09	Mick Hill 80.28
2001	Mark Roberson 80.80	Mick Hill 79.98	Nick Nieland 77.91
2002	Mick Hill 77.86	Mark Roberson 74.23	Nick Nieland 73.20
2003	Mick Hill 76.35	Michael Allen 68.92	Neil McLellan 67.74
2004	Steve Backley 81.25	Nick Nieland 79.06	Mick Hill 79.00
2005	Nick Nieland 78.30	David Parker 72.98	Mark Roberson 69.72
2006	Nick Nieland 80.56	David Parker 72.39	Neil McLellan 71.19
2007	Nick Nieland 73.95	Neil McLellan 73.62	Mervyn Luckwell 72.05
2008	Michael Allen 75.07	Mervyn Luckwell 72.13	Neil McLellan 70.38
2009	Mervyn Luckwell 77.70	Chris Hughff 70.47	Lee Doran 69.33
2010	James Campbell 74.00	Brett Byrd 69.88	Mervyn Luckwell 68.57
2011	Lee Doran 78.63	Mervyn Luckwell 75.06	James Campbell 74.63
2012	Lee Doran 79.72	Road Bradstock 72.78	Neil Crossley 70.25
2013	Lee Doran 70.77	Bonne Buwembo 69.73	Joe Dunderdale 68.35
2014	Lee Doran 70.71	Bonne Buwembo 70.59	James Campbell 68.12
2015	Bonne Buwembo 70.34	Matti Mortimore 66.78	Gavin Johnson-Assoon 64.30
2016	Matti Mortimore 74.40	Joe Dunderdale 71.87	James Whiteaker 71.84

AGE GROUP CHAMPIONSHIPS

	U23	U20
1999	Robert Charlesworth 60.92	David Parker 73.56
2000	Dan Carter 71.90	Phil Sharpe 71.79
2001	David Parker 75.53	Alex van der Merve 64.04
2002	Phil Sharpe 71.09	Alex van der Merve 68.85
2003	Jon Lundman 64.24	Alex van der Merve 67.21
2004	Anthony Lovett 67.30	Lee Doran 66.14
2005	Alex van der Merve 71.49	Stuart Harvey 66.00
2006	Alex van der Merve 64.64	James Campbell 69.02
2007	James Hopley 66.12	James Campbell 71.09
2008	James Campbell 71.88	Bonne Buwemba 65.73
2009	James Campbell 70.07	Matthew Hunt 69.69
2010	James Campbell 73.41	Dan Pembroke 72.43
2011	Dan Pembroke 73.19	Joe Dunderdale 72.55
2012	Joe Dunderdale 75.73	Matti Mortimore 70.54
2013	Joe Dunderdale 73.22	Benji Pearson 70.29
2014	Greg Millar 67.07	Freddie Curtis 64.18
2015	Matti Mortimore 70.33	Harry Hughes 67.28
2016	Jack Swain 61.76	Harry Hughes 71.49
	U17	U15
1999	Andrew Hull AUS 65.14	Mark Lindsay 47.70
2000	Alex van der Merve 59.08	Thomas Rees 47.33
2001	Lee Doran 58.32	Ben Lee 48.18
2002	Sam Kelvey 60.66	Adam Akehurst 48.24
2003	Stuart Harvey 60.93	Alex Shepherd 55.90
2004	James Campbell 65.39	Bonne Buwembe 57.78
2005	Bonne Buwembe 56.89	Ashley Bryant 55.70
2006	Dan Pembroke 61.46	Ryan Stewart 54.63

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
 2014 Harry Hughes 67.88
 2015 James Whiteaker 64.43
 2016 Adam Boyle 62.46

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
 Daniel Stoller 52.18
 Max Law 53.96
 Max Law 61.23

Scot

1999 Sam Armstrong 62.79
 2000 Tom Dobbing 63.23
 2001 David Sketchley 61.00
 2002 Tom Dobbing 67.08
 2003 Tom Dobbing 65.10
 2004 Chris Smith 64.32
 2005 Anthony Lovett 67.05
 2006 Chris Smith 65.01
 2007 Lee Doran 66.88
 2008 Lee Doran 70.32
 2009 James Campbell 73.92
 2010 James Campbell 80.38
 2011 Lee Doran 76.85
 2012 Greg Millar 59.32
 2013 Greg Millar 66.55
 2014 Greg Millar 62.33
 2015 Greg Millar 66.12
 2016 Greg Millar 65.47

N Ire

Damien Crawford 54.55
 Michael Allen IRE 68.34
 Damien Crawford 56.47
 Michael Allen now GBR 69.84
 Niall Tuckey IRE 63.11
 Ben Houghton IRE 71.88
 Michael Allen 69.75
 Michael Allen 79.55
 Aaron Crawford IRE 57.45
 Michael Allen 75.07
 J Diskin IRE 58.93
 Damien Crawford 52.66
 Sean McBride 52.60
 Matthew Martin 58.14
 Daniel Mullan 54.34
 Daniel Mullan 52.51
 Sean McBride 60.09
 Sean McBride 55.81

Welsh

Michael Groves 46.89
 Derek Hermann 57.41
 Derek Hermann 57.37
 Derek Hermann 60.89
 Jason Hallett 63.36
 Nigel Bevan 60.91
 Nigel Bevan 60.42
 Rhys Williams 63.80
 Rhys Williams 63.31
 Lee Doran 64.61
 Lee Doran 69.98
 Lee Doran 71.98
 Lee Doran 70.90
 Lee Doran 77.99
 Joe Dunderdale 72.41
 Lee Doran 76.61
 Aaron Morgan 57.65
 Jason Copsey 57.65

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
 2014 Bonne Buwembo 70.77
 2015 Bonne Buwembo 71.73
 2016 Bonne Buwembo 68.46

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
 James Knights 46.94
 Sam Hadley 41.31
 Benji Pearson 61.55

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
 Jordan Carter 66.67
 Paul Allsopp 62.94
 David McKay 59.70

WOMEN'S JAVELIN

New javelin:

AAA/UK CHAMPIONSHIPS

1999	Kirsty Morrison 55.70	Karen Martin 55.55	Lorna Jackson 55.01
2000	Kelly Morgan 58.45	Karen Martin 57.75	Shelley Holroyd 51.96
2001	Karen Martin 54.82	Kelly Morgan 54.49	Lorna Jackson 52.74
2002	Kelly Morgan 64.87 UKR	Goldie Sayers 56.96	Karen Martin 56.34
2003	Goldie Sayers 56.29	Chloe Cozens 52.34	Katy Watts 44.95
2004	Goldie Sayers 60.85	Kelly Morgan 58.98	Shelley Holroyd 57.48
2005	Goldie Sayers 57.99	Shelley Holroyd 55.14	Katy Watts 51.22
2006	Goldie Sayers 58.81	Jo Blair 50.48	Laura Whittingham 50.22
2007	Goldie Sayers 63.02	Laura Whittingham 52.88	Lianne Clarke 52.42
2008	Goldie Sayers 62.62	Hayley Thomas 48.33	Rosie Semenytsh 47.01
2009	Goldie Sayers 55.33	Laura Whittingham 50.72	Katy Watts 50.62
2010	Goldie Sayers 58.60	Laura Whittingham 55.29	Katy Watts 51.69
2011	Goldie Sayers 60.57	Katy Watts 51.68	Lianne Clarke 49.77
2012	Goldie Sayers 58.46	Laura Whittingham 53.13	Izzy Jeffs 52.38
2013	Rosie Semenytsh 49.76	Katy Watts 48.99	Eloise Meakins 46.39
2014	Goldie Sayers 62.75	Izzy Jeffs 54.53	Jo Blair 49.82
2015	Izzy Jeffs 53.50	Freya Jones 53.38	Laura Whittingham 53.26
2016	Jo Blair 57.44	Goldie Sayers 54.98	Laura Whittingham 52.33

AGE GROUP CHAMPIONSHIPS

U23		U20		U17	
1999	Joanne Bruce 45.58	Jennifer Kemp 52.54	Sam Redd 40.58	Sam Redd 40.58	
2000	Chloe Cozens 49.24	Goldie Sayers 51.37	Sam Redd 42.23	Sam Redd 42.23	
2001	Jennifer Kemp 48.97	Goldie Sayers 53.74	Jo Chapman 41.78	Jo Chapman 41.78	
2002	Goldie Sayers 58.20	Sam Redd 47.66	Louise Watton 43.39	Louise Watton 43.39	
2003	Goldie Sayers 55.09	Jo Chapman 47.12	Hayley Thomas 42.93	Hayley Thomas 42.93	
2004	Goldie Sayers 57.09	Rebecca Bartlett 49.72	Laura Scott 38.48	Laura Scott 38.48	
2005	Jo Chapman 47.73	Lianne Clarke 47.10	Jade Dodd 37.75	Jade Dodd 37.75	
2006	Lauren Therin 50.97	Lianne Clarke 45.77	Sarah-Anne de Kremer 42.22	Sarah-Anne de Kremer 42.22	
2007	Lianne Clarke 50.96	Jade Dodd 47.48	Sadie Watts 39.87	Sadie Watts 39.87	
2008	Louise Watton 48.14	Kelly Padgin 44.98	Izzy Jeffs 42.69	Izzy Jeffs 42.69	
2009	Rosie Semenytsh 46.90	Tesni Ward 45.41	Freya Jones 49.66	Freya Jones 49.66	
2010	Sam Cullinane 45.55	Salli Utrianen FIN 49.99	Laura McDonald 45.52	Laura McDonald 45.52	
2011	Tesni Ward 47.40	Izzy Jeffs 49.61	Kerry Murch 42.64	Kerry Murch 42.64	
2012	Izzy Jeffs 53.58	Freya Jones 52.73	Natasha Wilson 44.00	Natasha Wilson 44.00	
2013	Izzy Jeffs 50.24	Natasha Wilson 47.51	Jordan Campbell 44.30	Jordan Campbell 44.30	
2014	Kike Oniwinde 50.00	Natasha Wilson 44.51	Emma Hamplatt 49.61	Emma Hamplatt 49.61	
2015	Eloise Meakins 48.64	Katherine West 44.71	Michaela Walsh IRE 43.00	Michaela Walsh IRE 43.00	
2016	Hannah Johnson 49.82	Emma Hamplatt 46.21	Bethan Rees 45.09	Bethan Rees 45.09	
U15					
1999	Lauren Therin 38.01	2008	Freya Jones 43.42		
2000	Christine Lawrence 34.84	2009	Laura McDonald 41.89		
2001	Louise Watton 38.29	2010	Natasha Wilson 39.20		
2002	Lucy Boggis 32.09	2011	Izzy McHattie 38.21		
2003	Lucy Boggis 35.99	2012	Sophie Merritt 38.93		
2004	Peta Lundgren 35.61	2013	Michaela Walsh IRE 36.65		
2005	Robyn Purchase 36.11	2014	Rebekah Walton 44.81	England	
2006	Claire Fitzgerald 36.39	2015	Eloise Lock 41.51	2010	Laura Whittingham 54.52
2007	Kike Oniwinde 37.74	2016	Bethany Moule 40.86	2011	Tesni Ward 49.51
				2012	Izzy Jeffs 46.71

Scot
 1999 Lorna Jackson 53.01
 2000 Lorna Jackson 53.48
 2001 Lorna Jackson 49.97
 2002 Lorna Jackson 44.14
 2003 Chloe Cozens 52.16
 2004 Kristine Ritchie 36.06
 2005 Gillian Stewart 38.31
 2006 Jenny Grimstone 42.82
 2007 Jenny Grimstone 41.05
 2008 Lisa Glover 42.35
 2009 Estelle Kagambega MLI 37.43
 2010 Estelle Kagambega MLI 38.83
 2011 Paula Murray 35.98
 2012 Aileen Rennie 42.14
 2013 Natasha Wilson 47.78
 2014 Devota Nyakyoma 45.81
 2015 Aileen Rennie 44.76
 2016 Aileen Rennie 44.51

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
 Eileana Hull 30.37
 Amy McTeggart IRE 41.84

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
 Tasia Stephens 41.16
 Tasia Stephens 41.40

South
 1999 Chloe Cozens 48.15
 2000 Tammie Francis 46.09
 2001 Katie Amos 47.55
 2002 Kirsty Morrison 55.74
 2003 Katy Watts 46.83
 2004 Kirsty Morrison 48.79
 2005 Katy Watts 51.35
 2006 Louise Watton 48.92
 2007 Louise Watton 49.03
 2008 Katy Watts 48.33
 2009 Rosie Semenysh 49.00
 2010 Katy Watts 51.95
 2011 Katy Watts 49.97
 2012
 2013 Rosie Semenysh 50.43
 2014 Kiki Oniwinde 54.71
 2015 Louise Lockwood 48.27
 2016 Eloise Meakins 47.37

Midlands
 Sharon Gibson 44.81
 Sharon Gibson 44.56
 Sharon Gibson 44.33
 Sharon Gibson 43.21
 Paula Hendriks 38.74
 Helen Mounteney 42.91
 Rebecca Bartlett 40.91
 Jo Blair 46.36
 Sarah-Anne de Kremer 40.14
 Phyllis Agbo 39.00
 Jo Chapman 42.18
 Sam Cullinane 42.79
 Beverley Hawkins 34.52
 Sam Cullinane 39.88
 Simone Huggins-Ward 41.48
 Megan Exley 34.43
 Kate Davies 32.84
 Kate Davies 34.67

North
 Karen Martin 49.40
 Linda Gray 45.63
 Linda Gray 50.25
 Stacey Mohamed 38.45
 Jenny Leng 41.08
 Stacey Mohamed 39.41
 Shelley Holroyd 53.27
 Laura Whittingham 48.15
 Colette Coran 37.77
 Emma Halsall 38.74
 Eloise Manger 48.10
 Amie Kevan 31.84
 Hayley Thomas 49.96
 Laura Whittingham 45.01
 Devota Nyakyoma 37.42
 Liane Bibby 45.86
 Amy Lupton 43.25
 Jessica Ennis-Hill 45.02

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
 2015 Greg Millar Notts 69.07
 2016 Harry Hughes Suffolk 74.40

CAU Women
 Lorna Jackson E Scot 53.27
 Lorna Jackson E Scot 53.19
 Kirsty Morrison Kent 51.25
 Goldie Sayers Cambs 52.49
 Katy Watts Hants 45.73
 Goldie Sayers Cambs 60.10
 Katy Watts Hants 51.45
 Louise Watton Dorset 49.22
 Laura Whittingham Yks 49.02
 Katy Watts Hants 48.29
 Katy Watts Hants 50.89
 Goldie Sayers Cambs 63.15
 Goldie Sayers Cambs 61.61
 Izzy Jeffs Avon & Somerset 51.68
 Rosie Semenysh Bucks 47.17
 Laura Whittingham Yorks 52.73
 Laura Whittingham Yorks 54.15
 Jo Blair Beds 52.62

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
2015	Robbie Grabarz 2.28	2= Mike Edwards, David Smith and Chris Kandu 2.20	Allan Smith 2.23
2016	Robbie Grabarz 2.26	Chris Baker 2.26	

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
2015	Chris Kandu 2.16	William Grimsey 2.12
2016	Chris Kandu 2.24	Rory Dwyer 2.17

	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
2015	Joel Khan 2.02	Oliver Cresswell 1.80
2016	Joel Khan 2.10	Dominic Ogbechie 1.96

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
2015	Allan Smith 2.29	Chris Kandu 2.18	Robert Wolski POL 2.18
2016	Chris Baker 2.29	Robbie Grabarz 2.26	Mike Edwards 2.22
2017	Allan Smith 2.25i	Robbie Grabarz 2.25	Chris Kandu 2.25

U20

2001	Chuka Enih-Snell 2.14
2002	Martin Aram 2.10
2003	Martyn Bernard 2.13
2004	Adam Scarr 2.09
2005	Nick Stanislavljevic 2.02
2006	Robbie Grabarz 2.15
2007	Alan McKie 2.09
2008	Chris Baker 2.06
2009	Scott Johnson 2.09
2010	Sam Bailey 2.10
2011	Allan Smith 2.04
2012	Ryan Bonifas 2.03
2013	Chris Kandu 2.09
2014	Chris Kandu 2.22
2015	Rory Dwyer 2.12
2016	Rory Dwyer 2.12
2017	Thomas Gale 2.13

U17

Martyn Bernard 1.95
Jamie Thomas 1.95
Nick Stanislavljevic 1.95
David Shields 2.02
Darren Hammond 1.99
Cameron Lake 2.03
Mike Ehlen 1.95
Sam Bailey 2.01
Jordan Roach 1.89
Patrick Jowett 1.95
Chris Kandu 1.90
Chris Kandu 2.08
Rory Dwyer 2.00
Rory Dwyer 2.03
Thomas Hewes 2.03
Joshua Hewett 2.07
Dominic Ogbechie 2.04

U15

Alan Hassall 1.79
Andrew Allan 1.78
James Stokes 1.78
Anthony Shurmer 1.71
Nathan Williams 1.78
John McCafferty 1.91
Jack Jones 1.75
Ross Walker-Stuart 1.92
Feron Sayers 1.78
Chris Alderman 1.75
Scott McAnally 1.75
Miles Keller-Jenkins 1.86
Max Price 1.87
Thomas Hewes 1.86
Ayman El- Amrani 1.75
Dominic Ogbechie 1.83
Samuel Brereton 1.90

Scot

2001	James Wild 2.00
2002	Andrew Macfarlane 2.00
2003	Ian Holliday 2.05
2004	Mark Taylor 2.10
2005	Mark Taylor 2.00
2006	Andrew Allan 1.95
2007	Andrew Allan 1.90
2008	Robbie Grabarz 2.24
2009	Jamie Creighton 2.05
2010	Ray Bobrownicki USA 2.18
2011	Ray Bobrownicki USA 2.15
2012	David Smith 2.13
2013	Allan Smith 2.14
2014	Robert Ferguson 2.05
2015	David Smith 2.20
2016	Allan Smith 2.20

N Ireland

Paul Tohill 1.90
Paul Tohill 1.90
Brendan McConville 1.95
Paul Tohill 2.00
Caolan Flanagan IRE 2.03
Martin Kalafas SVK 2.05
Martin Kalafas SVK 2.10
Karosh Foroughi IRE 2.00
Caolan Flanagan IRE 1.95
Barry Quigg 1.80
Nathan Lyons 1.70
Adam Hill 1.90
Peter Glass 1.90
not held
Adam Hill 1.90
Ray Bobrownicki SCO 2.05

Wales

not contested
Robert Mitchell 2.10
Owen Cheshier 1.91
Robert Mitchell 2.15
Robert Mitchell 2.15
Robert Mitchell 2.20
Kabelo Mmono BOT 2.00
Robert Mitchell 2.10
Robert Mitchell 2.00
Robert Mitchell 2.05
Stephen Guest 1.90
Robert Mitchell 2.05
Thomas Brennan AUS 2.05
Robert Mitchell 1.94
Chris Baker ENG 2.10
Joseph Pearse 2.02

England

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

	South	Midlands	North
2001	Dan Turner 2.15	Mark Mandy IRE 2.00	Danny Graham 2.10
2002	Mark Crowley 2.10	Tom Parsons 2.10	Danny Graham 2.10
2003	Dan Turner 2.05	Dan Plank 1.90	Brian Hall 2.10
2004	Mark Crowley 2.10	Tom Parsons 2.10	Jamie Creighton 2.00
2005	Darryl Stone 2.14	Tom Parsons 2.23	Jamie Creighton 2.05
2006	Darryl Stone 2.05	Calvin Hall 1.95	Martin Aram 2.10
2007	Martin Lloyd 2.13	Tom Parsons 2.28	Rob Mitchell 2.10
2008	Alan McKie 2.15	Tom Parsons 2.25	Brian Hall 2.10
2009	Darryl Stone 2.05	Tom Parsons 2.27	Brian Hall 2.10
2010	Martin Lloyd 2.15	Matt Roberts 2.15	Brian Hall 2.05
2011	Darvin Edwards 2.15	Robbie Grabarz 2.25	Darren Hammond 2.00
2012		Tom Parsons 2.21	Martyn Bernard 2.16
2013	Scott Johnson 2.00	Barry Pender IRE 2.05	Lloyd Powell 1.93
2014	Scott Johnson 2.00	Tom Parsons/David Smith 2.20	Matthew Owens 2.04
2015	Jason Fox 2.00	Matthew Roberts 2.24	Chris Mann 2.03
2016	Ryan Bonifas 2.10	Mike Edwards 2.15	Chris Mann 1.98

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	Beth 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	Katarina Johnson-Thompson 1.86	Morgan Lake 1.82
2015	Isobel Pooley 1.97 UKR	Morgan Lake 1.88	Beth Partridge 1.84
2016	Morgan Lake 1.90	Beth Partridge 1.82	Niamh Emerson 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
2015	Nikki Manson 1.75	Morgan Lake 1.94
2016	Pippa Rogan IRE 1.75	Morgan Lake 1.90

U17
 2001 Emma Perkins 1.74
 2002 Shani Rainford 1.71
 2003 Stephanie Pywell 1.71
 2004 Charis O'Connor 1.74
 2005 Adele Lassu 1.77
 2006 Grainne Moggan IRE 1.69
 2007 Catriona Farrell IRE 1.69
 2008 Katarina Thompson 1.74
 2009 Kat'na Johnson-Thompson 1.79
 2010 Ffion Bodilly 1.73
 2011 Camellia Hayes 1.77
 2012 Morgan Lake 1.76
 2013 Morgan Lake 1.88
 2014 Emily Borthwick 1.76
 2015 Niamh Emerson 1.82
 2016 Summer Lecky IRE 1.79

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

INDOORS

2001 Susan Jones 1.85
 2002 Susan Jones 1.90
 2003 Susan Jones 1.93
 2004 Susan Jones 1.90
 2005 Susan Jones 1.90
 2006 Susan Moncrieff (Jones) 1.84
 2007 Jessica Ennis 1.87
 2008 Jessica Ennis 1.92
 2009 Stephanie Pywell 1.82
 2010 Vicki Hubbard 1.87
 2011 Jessica Ennis 1.88
 2012 Jessica Ennis 1.91
 2013 Emma Perkins 1.81
 2014 K Johnson-Thompson 1.96 UKR
 2015 K Johnson-Thompson 1.97 UKR
 2016 Morgan Lake 1.90
 2017 Morgan Lake 1.89

Watami May CAN 1.85
 Julia Bennett 1.84
 Julie Crane 1.85
 Bobby Aloysius IND and Natalie Clark 1.83
 Deirdre Ryan IRL 1.87
 Julie Crane and Vicki Hubbard 1.81
 Susan Moncrieff 1.84
 Stephanie Pywell 1.85
 Kay Humberstone 1.79
 Kay Humberstone 1.84
 Isobel Pooley 1.85
 Emma Perkins 1.89
 Morgan Lake 1.81
 Jayne Nisbet 1.87
 Morgan Lake 1.94
 Isobel Pooley 1.90
 Bethan Partridge 1.89

Gillian Black 1.70
 Deirdre Ryan IRL 1.84
 Rebecca Jones 1.80
 Julia Bennett 1.87
 Julie Crane 1.84
 Kelly Sotherton 1.79
 Vicki Hubbard 1.79
 Deirdre Ryan IRE 1.81
 Pamela Hughes IRE 1.79
 Isobel Pooley 1.82
 Jayne Nisbet 1.78
 Isobel Pooley 1.87
 Isobel Pooley 1.88
 Niahm Emerson/Abby Ward 1.83
 Pippa Rogan IRE 1.82

U20
 2001 Deirdre Ryan IRE 1.81
 2002 Stephanie Higham 1.75
 2003 Aileen Wilson 1.78
 2004 Sarah Fielding-Smith 1.76
 2005 Vikki Hubbard 1.78
 2006 Stephanie Pywell 1.77
 2007 Vikki Hubbard 1.85
 2008 Pamela Hughes IRE 1.75
 2009 Amy Marchant 1.72
 2010 Katarina John'n-Thompson 1.81
 2011 Isobel Pooley 1.86
 2012 Katarina John'n Thompson 1.85
 2013 Camelia Hayes 1.81
 2014 Morgan Lake 1.88
 2015 Laura Armorgie 1.69
 2016 Abby Ward 1.82
 2017 Summer Lecky IRE 1.79

U17
 Rebecca Bell 1.70
 Shani Rainford 1.66
 Sarah Fielding-Smith 1.69
 Dominique Blaize 1.74
 Vikki Hubbard 1.78
 Kayley Alcorn 1.66
 Hannah Dickson 1.70
 Katarina John'n-Thompson 1.73
 Katarina John'n-Thompson 1.73
 Cosmina Berry 1.70
 Isobel Brown 1.71
 Poppy Lake/Georgina Westwood 1.70
 Morgan Lake 1.73
 Hannah Tapley 1.64
 Ada'ora Chigbo 1.78
 Rebecca Hawkins 1.73
 Ashleigh West 1.76

U15
 Stephanie Pywell 1.67
 Dominique Blaize 1.68
 Juliet Fielden 1.58
 Hatty Scaramanga 1.58
 Paula Dalglish 1.58
 Kiara Abelova SVK 1.67
 Katarina John'n-Thom'n 1.68
 Jazmin Sawyers 1.65
 Alice Jennings 1.62
 Jordanna Morrish 1.69
 Morgan Lake 1.71
 Kierra Baker 1.67
 Hollie Williamson 1.65
 Rebecca Hawkins 1.65
 Ashleigh West 1.62
 Merechi Egbo 1.67
 Lucy-Jane Matthews 1.55

	Scot	N Ireland	Welsh
2001	Aileen Wilson 1.80	Sharon Foley IRE 1.76	Ailsa Wallace 1.60
2002	Hazel Melvin 1.65	Deirdre Ryan IRE 1.80	Ailsa Wallace 1.65
2003	Hazel Melvin 1.70	Sharon Gallen IRE 1.70	Susan Williams 1.35
2004	Julie Crane 1.89	Katie Neary 1.50	Ailsa Wallace 1.75
2005	Aileen Wilson 1.75	Claire Wilkinson IRE 1.65	Julie Crane 1.82
2006	Jayne Nisbet 1.73	Claire Wilkinson IRE 1.66	Julie Crane 1.81
2007	Jayne Nisbet 1.70	Iveta Smkova SVK 1.70	not held
2008	Jayne Nisbet 1.76	Claire Wilkinson IRE 1.60	Sian Swanson 1.71
2009	Jayne Nisbet 1.80	Claire Wilkinson IRE 1.65	Julie Crane 1.83
2010	Emma Nuttall 1.75	Claire Wilkinson IRE 1.60	Julie Crane 1.65
2011	Jayne Nisbet 1.80	Claire Wilkinson IRE 1.60	Ffion Bodilly 1.68
2012	Emma Nuttall 1.80	Anna McIlmoyle 1.60	Sophie Pick 1.60
2013	Isobel Pooley ENG 1.88	Sarah Connolly 1.60	Adele Lassu 1.75
2014	Rachel Mackenzie 1.75	not held	Sophie Pick 1.60
2015	Nikki Manson 1.70	Anna McIlmoyle 1.60	Beth Partridge ENG 1.84
2016	Nikki Manson 1.78	Sommer Lecky IRE 1.68	Beth Partridge ENG 1.78

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

	South	Midlands	North
2001	Debbie Marti 1.65	Aneska Binks 1.63	Gayle O'Connor 1.75
2002	Natalia Norford 1.60	Julie Crane 1.75	Stephanie Higham 1.80
2003	Julia Bennett 1.84	Julie Crane 1.80	Natalie Clark 1.81
2004	Julia Bennett 1.88	Bobby Aloysius IND 1.87	Emma Morris 1.70
2005	Charis O'Connor 1.78	Aileen Wilson 1.81	Natalie Clark 1.81
2006	Julia Bennett 1.80	Nikki Brady 1.60	Jessica Ennis 1.82
2007	Julia Bennett 1.75	Julie Hollman 1.80	Susan Moncrieff/Jones 1.86
2008	Eloise Newman 1.76	Julie Crane 1.75	Susan Moncrieff 1.81
2009	Julia Machin/Bennett 1.78	Jessica Leach 1.86	Kay Humberstone 1.80
2010	Isobel Pooley 1.75	Louise Hazel 1.60	Kay Humberstone 1.80
2011	Moe Sasegbon 1.70	Jayne Nisbet 1.83	Karla Drew 1.65
2012			Kate Anson 1.64
2013	Moe Sasegbon 1.70	Adele Lassu 1.70	Vicki Hubbard 1.69
2014	Deborah Martin 1.80	Bethan Partridge 1.75	Amelia Jennings-McLaughlin 1.71
2015	Deborah Martin 1.69	Amelia Hempleman-Adams 1.65	Vicki Hubbard 1.77
2016	Pippa Rogan IRE 1.75	Kate Davies 1.50	Chidinma Agwu 1.53

	CAU MEN	CAU WOMEN
2001	Dalton Grant Essex 2.23	Susan Jones G Man 1.85
2002	Mark Mandy Staffs 2.10	Susan Jones G Man 1.84
2003	Martyn Bernard Yorks 2.15	Susan Jones G Man 1.84
2004	Martyn Bernard Yorks 2.27	Julia Bennett Surrey 1.86
2005	Darryl Stone Essex 2.15	Julia Bennett Surrey 1.86
2006	Darryl Stone 2.10	Julia Bennett/Aileen Wilson/Jessica Leach/Adele Lassu 1.75
2007	Adam Scarr Herts 2.15	Susan Moncrieff/Jones G Man 1.80
2008	Matthew Roberts Warwks 2.10	Jessica Leach Worcs 1.80
2009	Alan McKie Bucks 2.15	Vicki Hubbard Lincs 1.80
2010	Matt Roberts Warwicks 2.21	Kay Humberstone Yorks 1.75
2011	Tom Parsons Warwicks 2.27	Emma Perkins Sussex 1.82
2012	Matt Roberts Warwicks 2.10	Julia Machin/Bennett Surrey 1.73
2013	Simon Phelan Warks 2.05	Kierra Barker Hants 1.77
2014	Mike Edwards Gtr Manch'r 2.11	Moe Sasegbon Herts 1.77
2015	David Smith West Scotland 2.15	Amelia Jennings-McLaughlin 1.77
2016	Mike Edwards Gtr Manch'r 2.20	Beth Partridge W Mids 1.83

TRIPLE JUMP

AAA/UK CHAMPIONSHIPS

2002	Phillips Idowu 17.02	Tosin Oke 16.60	Steve Shalders 16.09
2003	Larry Achike 16.55	Nick Thomas 16.44	Nathan Douglas 16.12
2004	Nathan Douglas 16.95	Tosin Oke 16.49	Steven Shalders 16.41
2005	Nathan Douglas 17.64	Steven Shalders 17.00w	Phillips Idowu 16.29w
2006	Phillips Idowu 17.50	Nathan Douglas 16.99	Tosin Oke 16.33
2007	Tosin Oke 16.59	Julian Golley 16.13	Mike McKernan 16.06
2008	Phillips Idowu 17.58	Larry Achike 17.18	Nathan Douglas 17.18
2009	Phillips Idowu 17.05	Nathan Douglas 17.01	Larry Achike 16.45
2010	Phillips Idowu 17.12	Nathan Douglas 17.03	Nathan Fox 15.39
2011	Larry Achike 16.83	Julian Reid 16.53	Ade Babatunde 15.94
2012	Larry Achike 16.19	Kola Adedoyin 16.07	Nathan Fox 15.73
2013	Julian Reid 16.79	Nathan Douglas 16.74	Nathan Fox 16.22
2014	Julian Reid 16.82	Ben Williams 16.73w	Nathan Fox 16.59w
2015	Julian Reid 16.95	Nathan Douglas 16.94	Nathan Fox 16.29
2016	Nathan Douglas 16.58	Julian Reid 16.45	Ben Williams 16.31

AGE GROUP CHAMPIONSHIPS

U23		U20	
2002	Tosin Oke 16.27w	Kevin Thompson 15.07	
2003	Nathan Douglas 16.30	Gary White 14.99	
2004	Nathan Douglas 16.42	Moussa Qarqaran KSA 15.52w	
2005	Jonathan Moore 15.75	Jude Beimers 14.92	
2006	Gary White 15.47	Matt Burton 14.99	
2007	Gary White 15.74	Jeremy Odametey 15.01	
2008	Jonathan Carr 15.09	Ben Williams 15.76w	
2009	Jonathan Carr 15.52	Ben Williams 15.70	
2010	Trevor Okorafor 16.00	Tunde Amosu 15.39	
2011	Kola Adedoyin 16.06	Joe Lawrence 15.48	
2012	Kola Adedoyin 16.25	Jonathan Ilori 15.55w	
2013	Jonny Sawyers 15.56w	Efe Uwaifo 15.55	
2014	Ben Williams 16.31	Efe Uwaifo 15.53	
2015	Sam Trigg 15.41	Montel Nevers 15.83	
2016	Montel Nevers 15.62w	Jude Bright-Davies 15.39	

U17		U15	
2002	Graham Jackson 14.29w	Ryhan Thomas 12.04	
2003	Shaun Batt 13.95	Sean Wynter 12.97	
2004	Lanre Ali-Balogun 14.81	Chris Bartlett 13.20	
2005	Sean Wynter 14.06w	Nathan Fox 14.11	
2006	Trevor Okoroafar 13.88	Dwyte Smith 13.67	
2007	Nathan Fox 15.10	Julien Allwood 13.27w	
2008	Tunde Amosu 15.08w	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	
2015	Jude Bright-Davies 14.62	Callum Orange 12.44	
2016	Wesley Matsuka-Williams 14.78	Miraj Ahmed 13.63	

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
2015	Tosin Oke NGR 16.59	Nathan Fox 16.25	Nonso Okolo 15.60
2016	Tosin Oke NGR 16.48	Nathan Fox 16.21	Nathan Douglas 15.93
2017	Nathan Fox 16.53	Tosin Oke 16.40	Julian Reid 16.30

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
2015	Montel Nevers 14.82
2016	Kevin Metzger 15.00
2017	Jude Bright-Davies 15.29

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
Osaze Aghedo 14.18
Emmanuel Odunbanjo 14.52
Josh Woods 13.00

U15

Scot

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
2015	Chukwudi Onyia 15.16
2016	Chukwudi Onyia 15.57

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
Caolin O'Callaghan 12.92
Alan Kennedy IRE 14.25

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
Navid Childs 14.68w
Navid Childs 14.36

England

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

	South	Midlands	North
2002	Tosin Oke 15.76	Mike McKernan 14.27w	Dave Sanderson 14.53
2003	Julian Golley 15.09	Mike McKernan 14.88	Kevin Thompson 15.09
2004	Martin Rossiter 15.00	David Mountford 15.13w	Kevin Thompson 15.04w
2005	Julian Golley 16.25	Gary White 14.80w	Elliot O'Neill 14.92
2006	Julian Golley 15.98w	Lawrence Harvey 14.38	David Budd 15.23
2007	Julian Golley 16.16	Mike McKernan 15.22	Matt Barton 15.12
2008	Tosin Oke 16.09	Mike McKernan 15.25	Matt Barton 15.11
2009	Julian Golley 15.29	Konrad Katarzynski POL 14.80w	Matt Barton 14.66
2010	Gary Wilson 14.99	Nathan Douglas 15.85	Craig Fiddes 13.97
2011	Daniel Lewis 15.17w	Mike McKernan 15.32	Babatunde Amosu 15.39
2012		Travis Francis 12.08	Joshua Bones 14.57
2013	Nonso Okolo 15.50	Mitchell Kirby 13.64	Jonny Sawyers 15.08
2014	Sam Trigg 15.05w	Matt Madden 14.36	Julien Gittens 11.92
2015	Julian Golley 14.79	Mitchell Kirby 14.34	Joshua Bones 14.95
2016	Jonathan Ilori 15.34w	Mitchell Kirby 14.41	Seun Okome 14.96

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
2015	Sineade Gutzmore 13.35	Yamile Aldama 13.08	Alexandra Russell 13.05
2016	Laura Samuel 14.09	Sineade Gutzmore 13.53	Yamile Aldama 13.07

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	Sineade 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
2015	Lisa James 13.22w	Naomi Ogbeta 12.98	Grace Sullivan 11.57
2016	Sarah Buggy IRE 13.25	Naomi Ogbeta 12.92	Claudimira Landim 12.37

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
2015	Laura Samuel 13.66	Zainab Ceesay 13.12	Zara Asante 13.00
2016	Sineade Gutzmore 13.35	Angela Barrett 13.03	Allison Wilder 12.77
2017	Alexandra Russell 13.27	Sarah Buggy IRE 13.08	Emily Gargan 12.47

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
2015	Kerri Davidson 12.24
2016	Naomi Ogbeta 12.62
2017	Abazz Shayaam-Smith 11.79

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
Katie Rowe 11.67
Adelaide Omitowoju 11.86
Eloise Harvey 12.02

U15

Scot

2002	Julia Straker 11.44w
2003	Sharon 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
2015	Zara Asante 12.51
2016	Emily Gargan 12.36

N Ireland

Sharon Foley IRE 12.39w
Sharon 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
Laura Saulters 11.15
Laura Saulters 11.80

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 11.33w
Sian Swanson 11.06
Sian Swanson 11.47

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
 2015 Angela Barrett 12.78
 2016 Lia Stephenson 12.27

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
 Sineade Gutzmore 13.21
 Anna Bates 11.96w

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
 Lisa James 12.90
 Naomi Reid 12.60

CAU MEN

2002 Julian Golley M'sex 15.77
 2003 Martin Rossiter Hants 15.58
 2004 Julian Golley M'sex 16.35
 2005 Larry Achike M'sex 16.39
 2006 Nick Thomas Essex 16.20
 2007 Julian Golley M'sex 15.68
 2008 Julian Golley M'sex 15.85
 2009 Julian Golley M'sex 15.21
 2010 Darren March Kent 15.26w
 2011 Babatunde Amosu Surrey 15.75
 2012 John Carr E Scot 15.63
 2013 Jonny Sawyers Berks 15.01
 2014 Antony Daffurn W Scot 15.36w
 2015 Nathan Fox 15.89
 2016 Ben Williams 16.07

CAU WOMEN

Michelle Griffith Berks 12.98
 Charmaine Turner Berks 12.54
 Rachel Brenton Oxford 12.47
 Taneisha Scanlon Beds 13.39
 Nadia Williams M'sex 13.34
 Gillian Kerr E Scot 13.20
 Zainab Ceesay Surrey 12.96
 Nadia Williams M'sex 13.20
 Nadia Williams M'sex 13.16
 Nadia Williams M'sex 13.40
 Sineade Gutzmore 13.18w
 Angela Barrett Warwicks 12.75
 Angela Barrett M'sex 12.55
 Alexandra Russell 12.96w
 Sineade Gutzmore 13.53

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
2015	Brett Morse 58.83	Zane Duquemin 56.02	Carl Myerscough 55.34
2016	Nick Percy 60.43	Brett Morse 58.75	Zane Duquemin 58.54

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	
2015	Nick Percy 54.37	Louis Mascarenhas 55.22	
2016	Nick Percy 58.62	George Evans 58.43	

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	
2015	Beck Phillips 49.31	Sam Mace 47.91	
2016	James Tomlinson 58.58	Finbar Dunne 43.70	

Scot		N Ireland		Welsh	
2003	Scot Thompson 52.12	Garry Power IRE 45.57		Andrew Turner 44.15	
2004	Bruce Robb 53.83	Gerard Nagel IRE 47.24		Andrew Turner 43.58	
2005	Bruce Robb 54.05	John Menton IRE 50.30		Andrew Turner 43.39	
2006	Scot Thompson 51.10	Jeremy Harper 46.78		Brett Morse 42.58	
2007	Emeka Udechuku ENG 59.52	Jeremy Harper 48.91		Emeka Udechuku ENG 58.22	
2008	Angus McInroy 48.97	Scot Thompson 50.84		Brett Morse 53.60	
2009	Angus McInroy 51.65	Jeremy Harper 48.50		Brett Morse 53.93	
2010	Angus McInroy 56.76	Chris Reynolds 40.02		Brett Morse 60.92	
2011	Angus McInroy 54.77	Jeremy Harper 47.05		David Guest 36.67	

2012	Angus McInroy 53.21	Chris Reynolds 41.66	Ryan Spencer-Jones 51.08
2013	Nick Percy 55.84	Chris Reynolds 45.69	Brett Morse 66.84
2014	Angus McInroy 50.74	Chris Reynolds 48.00	Brett Morse 61.67
2015	Angus McInroy 55.18	not held	Brett Morse 58.69
2016	Nick Percy 59.90	Damien Crawford 32.43	Brett Morse 60.23

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
2015	Zane Duquemin 57.63
2016	Mark Plowman 50.72

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
Alexander Leeming-Froudakis GRE 44.29
Forrest Francis 44.94

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
Alan Toward 54.36
Alan Toward 57.18

WOMEN'S DISCUS

AAA/UK CHAMPIONSHIPS

2003	Shelley Newman 58.16	Philippa Roles 57.65	Claire Smithson 52.59
2004	Philippa Roles 58.57	Shelley Newman 55.44	Kara Nwidobie 52.78
2005	Philippa Roles 57.01	Claire Smithson 53.62	Kara Nwidobie 53.22
2006	Claire Smithson 56.15	Kara Nwidobie 55.21	Emma Carpenter 54.28
2007	Philippa Roles 57.83	Emma Carpenter 54.40	Eden Francis 54.08
2008	Emma Carpenter 57.26	Philippa Roles 57.13	Eden Francis 52.48
2009	Philippa Roles 57.57	Eden Francis 56.06	Jade Nicholls 53.75
2010	Jade Nicholls 57.81	Philippa Roles 57.27	Eden Francis 50.47
2011	Jade Nicholls 56.19	Eden Francis 53.99	Kirsty Law 51.20
2012	Eden Francis 53.09	Jade Nicholls 52.21	Kirsty Law 49.77
2013	Jade Lally (ex-Nicholls) 60.23	Kirsty Law 52.75	Samantha Milner 47.38
2014	Eden Francis 55.93	Jade Lally 54.58	Kirsty Law 54.00
2015	Jade Lally 57.37	Eden Francis 55.47	Kirsty Law 52.15
2016	Jade Lally 59.15	Eden Francis 56.24	Kirsty Law 52.19

WOMEN – AGE GROUPS

U23

2003	Claire Smithson 50.76
2004	Claire Griss 50.80
2005	Claire Smithson 55.58
2006	Kirsty Law 46.07
2007	Kirsty Law 50.37
2008	Dani Samuels AUS 58.26
2009	Eden Francis 54.90
2010	Eden Francis 58.99
2011	Shaunagh Brown 49.11
2012	Shadine Duquemin 50.63
2013	Clare Fitzgerald IRL 47.50
2014	Phoebe Dowson 51.12
2015	Phoebe Dawson 48.27
2016	Amy Holder 53.10

U20

Ellisha Dee 40.82
Kirsty Law 40.78
Lauren Therin 46.57
Jade Lally 46.60
Eden Francis 49.01
Shaunagh Brown 48.00
Shaunagh Brown 47.79
Tesni Ward 47.17
Tina Hakeai NZL 47.97
Shadine Duquemin 51.31
Shadine Duquemin 48.70
Amy Holder 47.29
Amy Holder 49.09
Divine Oladipo 48.11

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
 2015 Sophie Mace 44.16
 2016 Danielle Broom 41.03

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
 Hannah Molyneaux 35.65
 Charlotte Payne 36.77

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

 2013 Kirsty Law 53.41
 2014 Kirsty Law 50.29
 2015 Kirsty Law 48.80
 2016 Kirsty Law 52.64

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

 Caris Greenwood 32.36
 Laura Potts 24.17
 Kathy Hetherington 44.36
 Kathy Hetherington 39.67

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
 Awen Rosser 39.54
 Elise Bue 42.88

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
 2015 Amy Holder 49.63
 2016 Amy Holder 51.34

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
 Eden Francis 57.06
 Eden Francis 50.11

North
 Kara Nwidobie 48.83
 Kara Nwidobie 52.48
 Kara Nwidobie 57.27
 Kara Nwidobie 54.46
 Kara Nwidobie 53.56
 Sarah Henton 47.30
 Sarah Henton 45.37
 Sarah Henton 45.87
 Sarah Henton 49.23
 Sarah Henton 45.89
 Sarah Henton 49.65
 Jenny Pyatt 37.45
 Hannah Evenden 42.03
 Sarah Parsons 43.89

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

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

2008	Mark Wiseman Surrey 51.60	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
2015	Zane Duquemin Hants 54.67	Jade Lally Surrey 56.20
2016	Greg Thompson M'sex 56.50	Amy Holder 52.73

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
2015	Greg Rutherford 8.11	Dan Bramble 8.04	Julian Reid 7.88
2016	Daniel Gardiner 7.67	Ifeanye Oyuonye TKS 7.66	J J Jegede 7.59

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	
2015	James Lelliott 7.50	Jacob Fincham-Dukes 7.54	
2016	Oliver Newport 7.43	Jacob Fincham-Dukes 7.43	

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	
2015	Patrick Sylla 7.12	Joel McFarlane 6.40	
2016	Alessandro Schenini 7.04	Dominic Ogbechie 6.84w	

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
2015	Dan Bramble 7.90	Julian Reid 7.87	Dan Gardiner 7.61
2016	Dan Bramble 7.94	Dan Gardiner 7.67	Chris Tomlinson 7.52
2017	Dan Bramble 7.80	Ashley Bryant 7.71	Dan Gardiner 7.70
	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
2015	Jacob Fincham-Dukes 7.60	Sam Talbot 6.92	William Adeyeye 6.08
2016	Keith Marks IRE 7.20	Alessandro Schenini 6.96	Zachary Elliott 6.02
2017	Sam Talbot 7.48	Jack Sumners 6.63	Joseph Harding 6.36
	Scot	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
2015	David Martin 7.35w	Adam McMullan 7.59	Aled Price 6.74
2016	Allan Hamilton 7.52	Adam McMullan 7.50	Curtis Mathews 7.02
	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
2015	Tom French 7.26	Trevor Okoroafor 6.45	Dan Gardiner 7.19
2016	J J Jegede 7.38	Trevor Alexanderson 6.88w	Craig Jones 7.08

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	Katarina Johnson-Thompson 6.81	Jazmin Sawyers 6.49	Sarah Warnock 6.42
2015	Shara Proctor 6.86	Lorraine Ugen 6.69	Katarina Johnson-Thompson 6.56
2016	Jazmin Sawyers 6.75	Shara Proctor 6.65	Holly Mills 6.23

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
2015	Danielle McGifford 5.98
2016	Jazmin Sawyers 6.61

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
Morgan Lake 6.18w
Eleanor Broome 6.21

U17

2005	Jade Surman 5.85w
2006	Jade Nimmo 5.68
2007	Hannah Lewis 5.68
2008	Katarina Thompson 6.07w
2009	Katarina Johnson-T'n 6.19
2010	Micaela Brindle 5.79
2011	Jahisha Thomas 5.85
2012	Morgan Lake 6.19
2013	Morgan Lake 5.91
2014	Eavion Richardson 5.91
2015	Holly Mills 6.14
2016	Holly Mills 5.99

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
Pippa Earley 5.62
Ore Adamson 5.66

INDOORS

2005	Jade Johnson 6.50	Kelly Sotherton 6.43	Rebecca White 6.17
2006	Kelly Sotherton 6.53	Jade Johnson 6.35	Gillian Cooke 6.24
2007	Amy Harris 6.47	Gillian Cooke 6.33	Jessica Ennis 6.15
2008	Kelly Sotherton 6.41	Kelly Proper IRE 6.31	Gillian Cooke 6.22
2009	Kelly Proper IRE 6.44	Amy Woodman 6.40	Jade Johnson 6.36
2010	Kelly Proper IRE 6.48	Amy Woodman 6.20	Louise Hazel 6.14
2011	Kelly Proper IRE 6.35	Dominique Blaize 6.25	Kim Murray 6.11
2012	Shara Proctor 6.68	Abigail Irozuru 6.64	Gemma Weetman 6.21
2013	Dominique Blaize 6.29	Jade Surman 6.19	Sarah Warnock 6.16
2014	K Johnson-Thompson 6.75	Jazmin Sawyers 6.44	Kelly Proper IRE 6.38
2015	Abigail Irozuru 6.73	Sarah Warnock 6.37	Jazmin Sawyers 6.32
2016	Jazmin Sawyers 6.67	Lorraine Ugen 6.60	Sarah Warnock 5.96
2017	Lorraine Ugen 6.72	Katarina Johnson-Thompson 6.69	Jazmin Sawyers 6.54

U20	U17	U15
2005 Jade Surman 5.76	Jade Surman 5.90	Jade Nimmo 5.23
2006 Amy Harris 6.15	Alice Lennox 5.61	Lisa Sabel 5.38
2007 Kelly Proper IRE 6.17	Jade Nimmo 5.82	Katarina J-Thompson 5.30
2008 Abigail Irozuro 5.97	Katarina J-Thompson 6.02	Jazmin Sawyers 5.48
2009 Lorraine Ugen 5.80	Katarina J-Thompson 5.92	Morgan Lake 5.04
2010 Katarina Johnson-Thompson 6.25	Andrea Gaffney 5.70	Morgan Lake 5.61
2011 Katarina Johnson-Thompson 6.28	Lisa James 5.50	Morgan Lake 5.48
2012 Katarina Johnson-Thompson 6.30	Morgan Lake 5.72	Amy Williams 5.54
2013 Jahisha Thomas 5.87	Morgan Lake 5.75	Eleanor Broome 5.52
2014 Morgan Lake 5.96	Simi Fajemisin 6.13	Holly Mills 5.47
2015 Emily Wright 6.03	Holly Mills 6.02	Pippa Earley 5.55
2016 Emily Wright 6.18	Holly Mills 6.22	Ore Adamson 5.69
2017 Holly Mills 6.15	Ore Adamson 5.89	Molly Palmer 5.56

Scot	N Ireland	Wales
2005 Gillian Cooke 6.18w	Gillian Cooke 6.08	Polly James 4.20
2006 Gillian Cooke 6.09	Mary McLoone IRE 6.22	Rebecca White 5.84
2007 Gillian Cooke 6.30	Gillian Cooke 6.07	Lara Richards 5.80
2008 Henrietta Paxton 5.79	Mary McLoone IRE 5.94	Imogen Miles 5.60w
2009 Lisa Ferguson 5.98	Mary Devlin IRE 5.72	Sonia Crawley 5.90
2010 Jade Nimmo 6.03w	Mary Devlin IRE 6.02	Lara Richards 6.10w
2011 Jade Nimmo 5.96	Hannah Lewis 5.79	Donna Jones 5.04
2012 Lisa Ferguson 6.15w	Linzi Herron 5.71	Alexandra Russell 6.25w
2013 Sarah Warnock 6.27	Linzi Herron 5.95	Rebecca Chapman 5.99
2014 Sarah Warnock 6.09w	Lydia Mills 5.74	Rebecca Chapman 6.06
2015 Sarah Warnock 5.95w	Lydia Mills 5.66	Emily Wright 5.99
2016 Gillian Cooke 5.85	Lydia Mills 5.47	

England

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

South

2005 Sarah Wellstead 6.25w
2006 Sarah Wellstead 6.11
2007 Sarah Wellstead 6.15
2008 Catherine Holdsworth 5.71
2009 Karen Murray 5.96
2010 Jenny Pacey 6.35w
2011 Amy Woodman 6.37
2012
2013 Kitty Eleyae 5.84
2014 Jahisha Thomas 6.20w
2015 Emily Martin 5.66
2016 Steph Kleynhans 5.67

Midlands

Sarah Rossiter 6.25
Sarah Rossiter 5.88
Amy Woodman 5.80
Phyllis Agbo 6.14
Sonia Crawley 5.46
Phyllis Agbo 6.07
Emma Lyons 5.88
Amy Woodman 6.17
Amy Woodman 5.85
Amy Harris 5.99
Sophie Worrall 5.56
Heidi Jarosinski 5.48

North

Fiona Harrison 6.03w
Louise Bloor 6.03
Joanne Oates 5.25
Jess Taylor 5.37
Jess Taylor 5.73
Louise Bloor 5.75
Jess Ennis 6.24
Abigail Irozuro 5.96
Alexandra Russell 6.16
Alex Russell 5.79
Jess Taylor 6.10
Jess Taylor 6.02

CAU MEN

2005 Andrew Staniland Yks 7.39
2006 Leigh Smith Staffs 7.80
2007 Elliot O'Neil Chesh 7.38
2008 Leigh Smith Staffs 7.65
2009 Anthony Timms Yks 7.62
2010 Matthew Burton Kent 7.67
2011 Jonathan Carr E Scot 7.58
2012 Matthew Burton Kent 7.60w
2013 J J Jegede Sussex 7.46
2014 Bradley Pickup Dorset 7.65
2015 Darren Morson Middlesex 7.59
2016 Dan Gardiner Yorks 7.96

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
Elise Lovell Sussex 6.07w
Eleanor Broome 6.11

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
2015	Scott Lincoln 18.54	Zane Duquemin 18.21	Scott Rider 17.88
2016	Scott Lincoln 19.03	Anthony Oshodi 17.43	Gareth Winter 17.28

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	
2015	Scott Lincoln 17.84	James Kelly IRE 17.18	
2016	Joey Watson 16.77	George Evans 18.05	

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	
2015	Leo Rowley 15.89	George Hyde 15.64	
2016	James Kelly IRE 16.64	Joshua Wise 15.00	

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 18.31	Greg Beard 17.55	Jamie Williamson 16.94
2015	Zane Duquemin 17.72	Scott Lincoln 17.37	Youcef Zatat 17.14
2016	Scott Lincoln 18.90	Scott Rider 17.61	Joey Watson 17.29

U20		U17		U15	
2006	Jamie Williamson 17.05	Curtis Griffith-Parker 17.82		Michael Wheeler 17.46	
2007	Jay Thomas 17.01	Michael Wheeler 17.95		Tom Peacock 14.94	
2008	Jamie Stevenson 18.01	Michael Wheeler 19.06		Josh Newman 15.36	
2009	Curtis Griffith-Parker 18.51	Matthew Halton 15.55		Connor Guest 12.83	

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
2015 James Kelly IRE 17.44
2016 Dan Cartwright 16.91
2017 Dan Cartwright 17.70

Scot

2006 Craig Sturrock 16.17
2007 Emeka Udechuku 17.76
2008 Daniel Carlin 14.94
2009 Jamie Stevenson 17.04
2010 Scot Thompson 15.71
2011 Daniel Carlin 15.41
2012 Paul Simpson 12.36
2013 Scott Thompson 14.11
2014 Tom Kirk 12.60
2015 Angus McInroy 13.66
2016 Nick Percy 15.85

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
2015 Zane Duquemin 17.16
2016 Joey Watson 16.79

Christopher Barnes 15.06
Matthew Field 15.57
Kai Jones 17.46
Kai Jones 16.62
Nathan Thomason 15.31
Daniel Cartwright 17.62
George Hyde 14.34
George Hyde 15.80

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
Josh McIlroy 11.28
John Kelly IRE 15.86

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
Jamie Stevenson 16.16
Forrest Francis 13.02

John Kelly IRE 14.20
Kai Jones 14.47
Harry Sutherland 14.81
Max Price 14.74
James Kelly IRE 13.65
William Adeyeye 14.66
Aran Thomas 12.38
Michael Burfoot 13.34

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
Scott Lincoln ENG 17.37
Gareth Winter 16.85

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
Scott Lincoln 17.92
Criag Sturrock 14.11

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
2015 Rachel Wallader 17.42
2016 Rachel Wallader 16.67

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
Eden Francis 16.75
Sophie McKinna 16.16

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
Sophie McKinna 15.97
Adele Nicoll 16.14

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

U20

Eden Francis 14.94
Eden Francis 15.48
Rachel Wallader 14.23
Shaunagh Brown 13.74

2010 Eden Francis 15.83
2011 Rachel Wallader 16.08
2012 Shaunagh Brown 16.31
2013 Clare Fitzgerald IRE 14.26
2014 Sophie McKinna 16.47
2015 Sophie McKinna 16.41
2016 Sophie McKinna 16.67

Sophie McKinna 14.37
Sophie McKinna 14.51
Sophie McKinna 16.16
Sophie McKinna 16.36
Adele Nicoll 14.23
Adele Nicoll 15.23
Michaela Walsh IRE 15.15

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
2015 Michaela Walsh IRE 16.03
2016 Sarah Omoregie 14.97

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
Hannah Molyneaux 14.22
Serena Vincent 13.58

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
2015 Eden Francis 16.50
2016 Rachel Wallader 17.23
2017 Rachel Wallader 17.43

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
Shaunagh Brown 15.55
Sophie McKinna 16.54
Sophie McKinna 16.62

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 Gattrell 15.36
Sophie McKinna 15.76
Kirsty Yates 15.53
Sophie McKinna 15.15
Adele Nicoll 15.91
Adele Nicoll 15.93

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
2015 Adele Nicoll 14.36
2016 Sophie Merrett 13.76
2017 Gaia Osborne 12.81

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
Ada'Oru Chigbo 14.25
Hannah Molyneaux 14.22
Serena Vincent 14.51

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
Hannah Molyneaux 12.69
Serena Vincent 12.57
Millie Noyce 12.47

Scot

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
2015 Kirsty Yates 14.47

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
Stacie Cunningham 11.10

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
Adele Nicoll 14.66

2016	Kirtsy Yates 14.78	Laura Frey 10.43	Adele Nicoll 16.08
	England		
2010	Eleanor Gatrell 16.17		
2011	Eden Francis 16.53		
2012	Rachel Wallader 15.30		
	South	Midland	North
2006	Joanne Duncan 16.17	Kelly Sotherton 13.75	Beth Staniland 12.12
2007	Eleanor Gatrell 14.76	Eden Francis 15.57	Louise Kneen 12.04
2008	Eleanor Gatrell 15.96	Eden Francis 15.26	Amy Hill 13.30
2009	Eleanor Gatrell 15.56	Rachel Wallader 14.57	Amy Hill 14.53
2010	Eleanor Gatrell 15.68	Eden Francis 15.28	Hannah Evenden 12.99
2011	Shaunagh Brown 15.37	Alison Rodger 14.15	Sarah Benson 13.26
2012		Rachel Wallader 15.30	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
2015	Shaunagh Brown 14.64	Eden Francis 16.30	Hannah Evenden 12.92
2016	Sophie McKinna 16.61	Rachel Wallader 16.72	Jessica Ennis-Hill 14.02
	CAU MEN	CAU WOMEN	
2006	Jamie Williamson Yks 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 18.41	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	
2015	Scott Lincoln Yorks 17.94	Rachel Wallader Worcs 17.12	
2016	Scott Lincoln Yorks 19.35	Danielle Opara 13.87	

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
2015	Steve Lewis 5.35	Max Eaves 5.35	Jax Thoires 5.20
2016	Luke Cutts 5.40	Steve Lewis/Jax Thoires 5.25	

AGE GROUP CHAMPS

	U23	U20	
2008	Luke Cutts 5.10	Scott Huggins 4.95	
2009	Luke Cutts 5.41	Andy Sutcliffe 5.10	
2010	Luke Cutts 5.25	Matt Devereux 5.10	
2011	Nick Crutchley 5.30	Rowan May 4.80	
2012	Andrew Sutcliffe 5.20	Daniel Gardner 5.00	
2013	Andrew Sutcliffe 5.20	Harry Coppell 5.05	
2014	Daniel Gardner 5.00	Adam Hague 5.30	
2015	Jack Phipps 5.15	Harry Coppell/Charlie Myers 5.15	
2016	Jack Phipps 5.15	Adam Hague 5.15	

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
 2015 Andrew Douglas 4.51
 2016 Frankie Johnson 4.70

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
 Frankie Johnson 4.12
 Glen Quayle 3.91

INDOORS

2008 Steve Lewis 5.61
 2009 Steve Lewis 5.65
 2010 Steve Lewis 5.56
 2011 Max Eaves 5.61
 2012 Andrew Sutcliffe 5.55
 2013 Steve Lewis 5.50
 2014 Luke Cutts 5.60
 2015 Luke Cutts 5.55
 2016 Luke Cutts 5.60
 2017 Luke Cutts 5.43

Scott Simpson 5.31
 Luke Cutts 5.41
 Andrew Sutcliffe 5.36
 Luke Cutts 5.51
 Steve Lewis 5.45
 Luke Cutts 5.35
 Max Eaves 5.45
 Andrew Sutcliffe 5.45
 Andrew Sutcliffe 5.45
 Max Eaves 5.43

Mark Christie 5.16
 Paul Walker 5.31
 Luke Cutts 5.36
 Steve Lewis 5.51
 Max Eaves 5.45
 Max Eaves/Matt Devereux 5.20
 Paul Walker 5.30
 Adam Hague 5.45
 Max Eaves 5.45
 Harry Coppell 5.32

U20
 2008 Andrew Marsh 5.00
 2009 Andrew Sutcliffe 4.70
 2010 Andrew Sutcliffe 5.30
 2011 George Sharp 4.70
 2012 Nicholas Cole 4.70
 2013 Jack Phipps 5.05
 2014 Adam Hague 5.10
 2015 Adam Hague 5.30
 2016 Adam Hague 5.45
 2017 Joel Leon Benitez 5.40

U17
 Tim Parkin 4.30
 Lewis Newton 4.00
 Daniel Gardner 4.30
 Rowan May 4.80
 Adam Hague 4.20
 Adam Hague 4.70
 Joel Leon Benitez 4.82
 Andrew Douglas 4.15
 Joshua Lindley-Harris 4.20
 Frankie Johnson 4.50

U15
 Stephen Guest 3.60
 Nicholas Cole 3.00
 Harry Coppell 3.30
 Adam Hague 4.06
 Nathan Gardner 3.30
 Andrew Douglas 3.20
 Connor Dearden/Kurt Cameron 3.10
 Frankie Johnson 4.00
 Glen Quayle 3.31
 Reuben Nairne 3.27

Scot
 2008 Richard Hurren 4.80
 2009 Richard Hurren 5.00
 2010 Scott Huggins 5.00
 2011 Nick Cruchley 5.31
 2012 Richard Hurren 4.40
 2013 Jax Thoires 5.25
 2014 Richard Hurren 4.00
 2015 Charlie Myers 5.30
 2016 Fraser O'Rourke 4.41

N Ireland
 Ian Rodgers IRE 4.40
 Ian Rodgers IRE 4.50
 David Donegan IRE 4.75
 Chris Doherty IRE 3.60
 David Donegan 4.90
 Peter O'Brien IRE 4.30
 Peter Glass 4.80
 Alexander Livingston 4.00
 -

Welsh
 Paul Walker 4.90
 Christian North 5.00
 Scott Simpson 5.10
 Paul Walker 5.21
 Paul Walker 4.56
 Andrew Sutcliffe 5.21
 Ben Gregory 5.00
 Andrew Sutcliffe 5.45
 Ethan Walsh 4.75

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

South
 2008 Scott Huggins 5.00
 2009 Cameron Johnston 4.40
 2010 Ned Quiney 5.00
 2011 Joe Ive 5.00
 2012
 2013 Jack Phipps 4.40
 2014 Liam Yarwood 4.70
 2015 Dan Gardner 4.80
 2016 Sam Bass-Cooper/Matt Harris 4.20

Midlands
 Christian North 5.00
 Steve West 3.50
 Nick Cruchley 5.35
 Joe Chesterman 4.17
 Connor McHale 4.20
 Ethan Walsh 4.10
 Joel Benitez (U20) 4.90

North
 Mark Christie 5.10
 Luke Cutts 5.40
 Luke Cutts 5.45
 Max Eaves 5.20
 Matthew Cullen 4.62
 Luke Cutts 5.50
 Matthew Wright 5.00
 Adam Hague 5.15
 Nicolas Cole 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
2015	Holly Bradshaw (Bleasdale) 4.50	Lucy Bryan 4.20	Jade Ive 3.90
2016	Holly Bradshaw 4.60	Sally Peake 4.15	Jade Ive 4.15

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
2015	Lucy Bryan 4.10	Abigail Roberts 3.90
2016	Sophie Cook 3.90	Jessica Robinson 3.90

	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
2015	Molly Caudery 3.61	Jade Spencer-Smith 3.30
2016	Victoria Barlow 3.61	Jade Spencer-Smith 3.46

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 4.05
2010	Kate Dennison 4.40	Henrietta Paxton 4.21	Louise Butterworth 4.05, Sally Scott 4.05
2011	Holly Bleasdale 4.36	Kate Dennison 4.26	Sally Scott 4.10
2012	Holly Bleasdale 4.70	Katie Byres 4.37	Sally Peake 4.16
2013	Holly Bleasdale 4.77	Katie Byres 4.20	Sally Peake 4.27
2014	Holly Bleasdale 4.73	Lucy Bryan 4.26	Zoe Brown IRE/Lucy Bryan 4.20
2015	Sally Peake 4.25	Abigail Roberts 4.00	Zoe Brown IRE/Sally Peake 4.16
2016	Sally Peake 4.20	Jade Ive 4.10	Katie James 4.00
2017	Jade Ive 4.35	Sally Peake 4.16	Anna Gordon 4.00
			Courtney MacGuire 3.94

	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
2015	Abigail Roberts 3.90	Jessica Robinson 3.70	Jade Spencer-Smith 3.20
2016	Jessica Robinson 4.00	Molly Caudery 3.80	Jade Spencer-Smith 3.61
2017	Molly Caudery 4.05	Victoria Barlow 3.80	Lucy Allen 3.21

Scot
 2008 Kirsty Maguire 3.70
 2009 Henrietta Paxton 4.06
 2010 Jennifer Graham 3.40
 2011 -
 2012 Courtney MacGuire 3.40
 2013 Caroline Adams 4.05
 2014 Caroline Adams 3.50
 2015 Hannah Lawler 3.40
 2016 Caroline Adams 3.41

N Ireland
 Claire Wilkinson IRE 3.20
 Zoe Brown IRE 4.00
 Claire Wilkinson IRE 3.65
 Zoe Brown IRE 3.80
 Zoe Brown IRE 3.80
 Zoe Brown IRE 3.81
 Zoe Brown IRE 4.25
 Claire Wilkinson IRE 3.80

Wales
 Jessica Abraham 3.40
 Maria Seagar 4.05
 Henrietta Paxton 4.05
 Sally Peake 4.30
 Sally Peake 3.86
 Zoe Brown IRE 4.21
 Zoe Brown IRE 4.32
 Holly Bradshaw ENG 4.50
 Sally Peake 4.32

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

South
 2008 Liz Hughes 3.60
 2009 Rachel Arnheim 3.60
 2010 Louise Shortland 3.70
 2011 Stephanie Smith 3.70
 2012

Midlands
 Emma Lyons 3.80
 Bryony Raine 3.70
 Katherine Ogden 3.35
 Sophie Cook/
 Hannah Grubb 3.52
 Becky Donnelly 2.90
 Sophie Cook 3.80
 Becky Donnelly 3.40
 Emma Lyons 3.50

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

2013 Ann Rees 3.70
 2014 Lucy Stickland 3.40
 2015 Rachel Gibbens 3.80
 2016 Jade Ive 3.80

Clare Blunt 3.60
 Abigail Roberts 3.90
 Abigail Roberts 3.80
 Clare Blunt 3.60

CAU men
 2008 Scott Huggins Kent 4.70
 2009 Luke Cutts Yorks 5.20
 2010 Luke Cutts Yorks 5.45
 2011 Jax Thiors W Scot 4.50
 2012 Luke Cutts Yorks 5.00
 2013 Daniel Gardner Herts 4.95
 2014 Sam Bass-Cooper Hants 4.65
 2015 Jack Phipps Surrey 5.10
 2016 Jack Phipps Surrey 5.15

CAU women
 not held
 Anna Massey M'sex 4.01
 Sophie Upton Wilts 4.00
 Sophie Upton Wilts 3.70
 Zoe Brown NIR 3.90
 Ellie Gooding Kent 3.80
 Abigail Roberts Yorks 3.70
 Jade Ive Surrey 4.10
 Jade Ive Surrey 4.01

HAMMER

AAA/UK

2011 Alex Smith 73.26
 2012 Alex Smith 74.79
 2013 Andy Frost 72.28
 2014 Nick Miller 73.96
 2015 Nick Miller 75.88
 2016 Chris Bennett 75.67

Mike Floyd 70.85
 Mark Dry 74.32
 James Bedford 70.56
 Alex Smith 73.52
 Mark Dry 73.02
 Mark Dry 74.92

Mark Dry 70.33
 James Bedford 69.44
 Alex Smith 70.08
 Mark Dry 73.27
 Chris Bennett 72.62
 Nick Miller 72.21

AGE GROUPS CHAMPIONS

U23

2011 Chris Bennett 66.37
 2012 Peter Smith 67.01
 2013 Nick Miller 67.67
 2014 Osian Jones 65.91
 2015 Callum Brown 66.07
 2016 Taylor Campbell 68.75

U20

Nick Miller 64.79
 Michael Painter 72.34
 Michael Painter 68.84
 Taylor Campbell 69.13
 Taylor Campbell 78.74
 Jake Norris 70.79

U17
2011 Nick Percy 66.94
2012 Taylor Campbell 67.64
2013 Adam King IRE 60.40
2014 Jake Norris 65.28
2015 Jake Norris 70.50
2016 Bayley Campbell 64.93

U15
Adam King IRE 65.61
Jamie Kuehnel 58.56
George Marvell 64.23
Oliver Hewitt 53.39
James Lancaster 57.65
Jack Lambert 62.59

ENG SCHOOLS

SENIORS

2011 Nick Miller 66.60
2012 Callum Brown 68.52
2013 Michael Painter 71.32
2014 Taylor Campbell 74.42
2015 Munroe Ritchie 59.54
2016 Jamie Kuehnel 64.40

INTER BOYS

Michael Painter 66.08
Taylor Campbell 65.31
Leslie Parks 60.19
Jake Norris 66.99
George Marvell 68.42
Bayley Campbell 67.77

JUNIOR BOYS

Woody Cox 53.72
Jamie Kuehnel 53.64
George Marvell 64.23
Oliver Hewitt 51.14
Sam Mace 57.68
Shaun Kerry 60.85

SCOTTISH

2011 Andy Frost 69.98
2012 Mark Dry 74.59
2013 Mark Dry 70.96
2014 Mark Dry 74.63
2015 Chris Bennett 70.18
2016 Andy Frost 63.31

WELSH

Matthew Richards 63.68
Graham Holder 55.50
Matthew Richards 63.74
Jonathan Edwards 66.28
Osian Jones 66.29
Jack Palmer 64.81

NORTHERN IRELAND

Dave Little ENG 54.20
Dave Little 54.20
Dempsey McGuigan 62.89
Gareth Moffett 35.27
Robert Moffett 53.98

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)
2015 Chris Shorthouse 69.08 (at CAU)
2016 Taylor Campbell 68.59 (at CAU)

BUCS

Alex Warner 63.50
Tim Williams 61.15
Tim Williams 58.87
Michael Painter 62.24
Taylor Campbell 69.39
Taylor Campbell 65.95

NORTH

2011 Mike Floyd 71.73
2012 James Bedford 70.13
2013 Mike Floyd 70.48

2014 Alex Smith 68.63
2015 James Bedford 66.57
2016 James Bedford 65.85

MIDLANDS

Matthew Bell 60.75
Chris Shorthouse 64.42
Chris Shorthouse 68.35

Chris Shorthouse 63.50
Chris Shorthouse 67.82
Craig Much 67.32

SOUTH

Simon Bown 64.07
not held
Dempsey McGuigan NIR
63.60
Callum Brown 63.21
Callum Brown 65.78
Taylor Campbell 71.39

WOMEN'S HAMMER

UK

2011 Sophie Hitchon 67.69
2012 Sophie Hitchon 69.79
2013 Shaunagh Brown 62.71
2014 Sophie Hitchon 65.56
2015 Sophie Hitchon 71.10
2016 Sophie Hitchon 69.99

Sarah Holt 65.63
Zoe Derham 66.02
Carys Parry 62.33
Carys Parry 63.33
Sarah Holt 66.68
Sarah Holt 63.72

Carys Parry 63.86
Carys Parry 64.96
Susan McKelvie 60.92
Louisa James 62.30
Susan McKelvie 61.30
Carys Parry 61.78

AGE GROUP CHAMPIONS

U23

2011 Sophie Hitchon 67.07
2012 Myra Perkins 56.06
2013 Sophie Hitchon 69.54
2014 Rachel Hunter 62.81
2015 Rachel Hunter 61.84
2016 Louisa James 60.35

U20

Abbi Carter 55.87
Abbi Carter 59.21
Louisa James 55.80
Kimberley Reed 58.13
Alice Akers IRE 56.04
Rebecca Keating 57.68

U17

Kimberley Reed 52.76
Rebecca Keating 50.81
Alice Akers IRE 50.80
Katie Lambert 55.83 (3K)
Michaela Walsh IRE 63.99 (3K)
Olivia Stevenson 57.14 (3K)

U15

2011 Alice Akers IRE 56.20
2012 Ashleigh Power 51.34
2013 Michaela Walsh IRE 52.44
2014 Katie Head 51.29
2015 Lauren Hill 52.66
2016 Phoebe Baggott 55.48

ENGLISH SCHOOLS

SENIOR

2011 Abbi Carter 56.83
2012 Abbi Carter 59.75
2013 Emma O'Hara 55.40
2014 Rebecca Keating 52.22
2015 Rebecca Keating 53.39
2016 Katie Lambert 55.99

INTERMEDIATE

Emma O'Hara 47.62
Rebecca Keating 45.97
Rebecca Keating 49.37
Katie Lambert 55.83 (3K)
Katie Head 60.05 (3K)
Katie Head 65.06 (3K)

JUNIOR

Katie Head 54.96
Lauren Hill 52.65
Phoebe Baggott 58.01

SCOTTISH

2011 Susan McKelvie 63.32
2012 Susan McKelvie 63.10
2013 Susan McKelvie 59.61
2014 Susan McKelvie 64.21
2015 Rachel Hunter 62.60
2016 Sultana Frizell CAN 63.04

WELSH

Carys Parry 63.01
Carys Parry 64.73
Carys Parry 63.54
Carys Parry 64.37
Carys Parry 63.12
Carys Parry 64.74

NORTHERN IRELAND

Gabi McNally 51.57
Gabi McNally 50.65
Hayley Murray 55.42
Hayley Murray 55.73
Hayley Murray 52.68
Hayley Murray 57.30

ENGLISH

2011 Sarah Holt 64.49
2012 Sarah Holt 68.50
2013 Shaunagh Brown 62.71 (at UK)
2014 Sophie Hitchon 65.56 (at UK)
2015 Sarah Holt 63.60 (at CAU)
2016 Lucy Marshall 60.31 (at CAU)

BUCS

Myra Perkins 61.94 (Sophie Hitchon 69.43 guest)
Myra Perkins 56.63
Myra Perkins 58.20
Rachel Hunter 63.43
Rachel Hunter 62.36
Lucy Marshall 57.74

NORTHERN

2011 Sarah Holt 62.73
2012 Sarah Holt 68.50
2013 Hannah Evenden 52.33
2014 Jessica Mayho 53.07
2015 Abbi Carter 60.00
2016 Sarah Holt 63.62

MIDLANDS

Rachel Gair 59.05
Rachel Gair 60.55
Rachel Gair 60.73
Christina Jones 60.41
Hayley Murray 55.14
Hayley Murray 57.10

SOUTHERN

Sam Hynes 58.09
not held
Shaunagh Brown 61.33
Louisa James 57.85
Shaunagh Brown 60.06
Louisa James 59.73

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
2015 Chris Shorthouse Notts 69.08
2016 Taylor Campbell 68.59

CAU WOMEN

Laura Douglas (N Wales) 60.28
Zoe Derham 64.50
Shaunagh Brown 63.44
Louisa James Sussex 58.38
Sarah Holt Leices & Rutland 63.60
Rachel Hunter SCO 62.74

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
2015	Rabah Yousif 45.01	Jarryd Dunn 45.24	3= Nigel Levine/Martyn Rooney 45.88
2016	Matthew Hudson-Smith 44.88	Rabah Yousif 45.52	Martyn Rooney 46.01

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	
2015	David Hall 47.27	Freddie Owsley 48.56	
2016	Owen Smith 47.22	Cameron Chalmers 46.88	
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 Sturges 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	
		300m from now on for U15s	
2012	Ben Snaith 47.92	Matthew Pagan 35.74	
2013	Ben Robbins 48.83	Joe Milton 36.29	

2014 Matthew Pagan 49.20
2015 Owen Richardson 48.13
2016 Ellis Greatrex 48.75

Uchenna Okoh 35.58
Adam Bator-Brown 36.28
Ben Pattison 35.41

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
2015 Nigel Levine 46.86
2016 Nigel Levine 48.00
2017 Jarryd Dunn 46.97

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
Jarryd Dunn 47.05
Cameron Chalmers 48.05
Cameron Chalmers 47.31

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
Jamie Bowie 47.18
Alex Boyce 48.07
Lee Thompson 47.87

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

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

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
(300m for U15 from now on)
Owen Richardson 36.87
Uchenna Okoh 36.56
Ben Griffin 37.54
Edward Sheffield 37.40
George Sudderick 37.76

2013 Clovis Asong 47.45
2014 Elliot Rutter 47.53
2015 Nick Petrou 47.99
2016 Cameron Chalmers 48.01
2017 Owen Richardson 47.61

Ben Robbins 48.91
Ashley Sandall 49.14
Joe Milton 49.70
Blaine Lewis-Shallow 49.80
Ben Higgins 48.99

Scot

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

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

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

2011	Patrick Swan 47.90	Craig Lynch IRE 49.53	Joe Thomas 47.25
2012	Guy Learmonth 48.00	John Houston 48.96	Daniel Dell 50.02
2013	Kris Robertson 47.48	Adam McComb 48.44	Paul Bennett 47.92
2014	Adam McComb 48.73	Adam McComb 48.14	Owen Smith 47.73
2015	Grant Plenderleith 47.50	Adam McComb 48.78	Adebowale Ademuyemo 47.63
2016	Greg Loudon 47.89	Andrew Mellon IRE 47.88	Joseph Brier 47.91

England

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

South

1999	Mark Brown 47.2
2000	Sean Baldock 45.91
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
2015	Nicholas Atwell 48.00
2016	Oliver Smith 47.88

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
Freddie Owsley 47.76
Christian Byron 47.41

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
Tim Burn 47.40
Alex Boyce 48.05

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
2015	Nigel Levine Beds 45.84
2016	Conrad Williams Kent 47.11

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
2015 Charlie Grice 3:50.66
2016 Charlie Grice 3:43.41

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
Chris O'Hare 3:51.03
Chris O'Hare 3:43.68

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
Dale Clutterbuck 3:51.24
Jake Wightman 3:43.90

AGE GROUP CHAMPIONS

U23

2002 Chris Bolt 3:53.19
2003 Chris Thompson 3:47.73
2004 Chris Warburton 3:57.27
2005 Chris Warburton 3:52.15
2006 Alan Wales 3:49.93
2007 Ross Toole 3:52.51
2008 Andy Vernon 3:54.0
2009 James Brewer 3:44.55
2010 Daniel Clorley 3:50.98
2011 James Shane 3:40.44
2012 Jonny Hay 3:45.03
2013 Adam Cotton 3:45.80
2014 William Paulson 3:51.33
2015 Neil Gourlay 3:56.6
2016 William Paulson 3:48.36

U20

Derek Watson 3:58.73
Tom Lancashire 3:49.33
Tom Lancashire 3:48.30
Anthony Moran 3:54.94
Kris Gauson 3:50.31
Ricky Stevenson 3:51.34
David Forrester 4:12.99
Simon Horsfield 3:46.92
Ronnie Sparke 3:50.38
Jonny Hay 3:44.78
Robbie Farnham-Rose 3:52.68
Shaun Wyllie 3:54.37
Shaun Wyllie 3:50.55
Josh Kerr 3:49.86
Jake Heyward 3:55.63

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
2015 Ben Dijkstra 3:56.85
2016 Hamza Kadir 4:01.06

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
Hayden Bailey 4:08.07
Alfie Bould 4:17.51

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

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

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

2007	Chris Warburton 3:56.47	Colin McCourt 3:56.64	James Thie 3:56.66
2008	James McIlroy 3:44.90	Michael East 3:45.05	James Brewer 3:45.27
2009	Mo Farah 3:40.57	Neil Speaight 3:42.63	Chris Warburton 3:43.04
2010	Colin McCourt 4:04.83	Tim Bayley 4:04.96	Scott Overall 4:05.99
2011	Nick McCormick 3:45.30	Lewis Moses 3:45.57	Colin McCourt 3:45.63
2012	Lewis Moses 3:45.58	James Brewer 3:45.66	Frank Baddick 3:46.88
2013	Matthew Fayers 3:47.77	Lee Emanuel 3:48.28	Charlie Grice 3:48.34
2014	Lee Emanuel 3:48.15	Chris O'Hare 3:48.68	Charlie Grice 3:48.69
2015	Charlie Grice 3:49.79	Ben Coldray 3:52.28	John Ashcroft 3:52.48
2016	Charlie Grice 3:46.50	James Brewer 3:46.70	Lewis Moses 3:48.51
	U20	U17	
2002	Ian Carter 4:04.20	Colin Costello IRE 4:07.97	
2003	Colin Costello IRE 3:53.33	Matt Wood 3:59.71	
2004	Colin Costello IRE 3:49.98	Brian Markham IRE 4:11.24	
2005	Colin Costello IRE 3:55.89	Simon Lawson 4:04.37	
2006	James Mills 3:57.58	Kenny Boyd 4:09.56	
2007	Brian Markham IRE 4:03.56	Noel Collins IRE 4:09.52	
2008	Noel Collins IRE 4:04.63	Sean Bowden 4:10.07	
2009	Chris Carter 3:56.90	Stuart Ferguson 4:13.54	
2010	Paul Robinson IRE 3:52.73	Andrew Monaghan 3:57.65	
2011	Adam Cotton 3:51.43	James Lamswood 4:01.79	
2012	Matthew Fayers 3:53.20	Kyran Roberts 4:04.08	
2013	Elliott Dorey 3:56.23	Patrick Dover 3:59.70	
2014	Kyran Roberts 3:53.72	Markhim Lonsdale 4:15.07	
2015	James West 3:51.79	Markhim Lonsdale 4:01.62	
2016	Piers Copeland 3:57.52	Max Pearson 4:03.68	
2017	Ben Davies 3:51.82	Luke Duffy 4:03.42	
	Scot	N Ireland	Wales
2002	Jon McCallum 3:49.45	Conor Sweeney IRE 3:48.87	Matt Shone 3:53.09
2003	Iain Murdoch 3:50.07	Brian Murray IRE 3:49.38	Chris Davies 3:44.67
2004	Darren Gauson 3:54.10	Noel Pollock 4:05.39	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
2015	Myles Edwards 3:54.20	Danny Mooney IRE 3:59.32	Tom Marshall 4:01.3
2016	Matthew White 3:50.34	Conor Bradley 3:57.13	Tom Marshall 3:57.51
	England		
2010	Nick McCormick 3:42.67		
2011	James Brewer 3:51.37		
2012	Steve Mitchell 3:50.8		
	South	Midlands	North
2002	Mike Skinner 3:50.15	Paul Richardson 3:56.11	Darren Middleton 3:57.15
2003	Mo Farah 3:45.57	Paul Richardson 3:52.72	Matt Barnes 3:51.92
2004	Mike Skinner 3:47.57	Matthew Almond 4:00.9	Rob Watkinson 3:59.35
2005	Tim Bayley 3:50.92	Martin Williams 3:54.39	Phillip Tedd 3:54.27
2006	Jamie Atkinson 3:47.49	Tom Gayle 3:54.44	Tom Doe 3:49.3
2007	Gareth Balch 3:48.03	Garry Davenport 3:56.72	Matt Barnes 3:51.90
2008	Ross Clarke 3:56.61	Tom Russell 3:55.10	Garry Bristow 3:50.57
2009	Alex Tovey 3:54.57	Paul Richardson 3:55.69	Garry Bristow 3:52.69

2010	Robert Heaney 3:53.01	Tim Dalton 3:54.62	Philip Hurst 3:54.78
2011	Martin Mashford 3:57.60	James Trollope 3:54.28	Nick Hooker 3:52.51
2012		Steve Mitchell 3:50.8	Harry Harper 3:51.6
2013	Adam Hickey 3:51.16	Sam Mitchell 3:58.4	Dan Garbutt 3:58.73
2014	Dominic Brown 3:52.21	Stuart King 3:57.06	Richard Weir 3:43.71
2015	Tom Phillips 3:54.78	Alex George 3:50.61	Dan Garbutt 3:53.91
2016	Matthew Wilsmore 3:44.48	Stuart King 4:00.86	Richard Weir 3:49.71

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
2015	Nick Goolab 4:08.09
2016	Alex Tovey 4:07.22

WOMEN'S 60H INDOORS

AAA/UK INDOOR CHAMPIONSHIPS

2004	Sarah Claxton 8.11	Rachel King 8.24	Derval O'Rourke IRL 8.27
2005	Sarah Claxton 7.96	Diane Allahagreen 8.03	Derval O'Rourke IRL 8.06
2006	Derval O'Rourke IRL 7.98	Sarah Claxton 8.01	Gemma Bennett 8.20
2007	Sara McGreavy 8.03	Sarah Claxton 8.05	Jessica Ennis 8.18
2008	Sarah Claxton 8.09	Sara McGreavy 8.18	Jessica Ennis 8.20
2009	Gemma Bennett 8.06	Kelly Sotherton 8.30	Zara Hohn 8.49
2010	Derval O'Rourke IRE 8.11	Gemma Bennett 8.20	Louise Hazel 8.27
2011	Gemma Bennett 8.22	Louise Wood 8.41	Gemma Werrett 8.41
2012	Jessica Ennis 7.95	Gemma Bennett 8.22	Louise Wood 8.23
2013	Derval O'Rourke IRE 8.11	Sarah Claxton 8.16	Yasmin Miller 8.25
2014	Gemma Bennett 8.20	Serita Solomon 8.24	Sarah Lavin IRE 8.25
2015	Serita Solomon 8.04	Lucy Hatton 8.06	Yasmin Miller 8.18
2016	Tiffany Porter 7.98	Serita Solomon 8.05	Lucy Hatton 8.15
2017	Mollie Courtney 8.32	Emma Nwofor 8.43	Sophie Yorke 8.46

INDOOR AGE GROUPS

	U20	U17	U15
2004	Chanelle Garnett 8.68	Kylie Robilliard 8.67	Ashley Helsby 9.06
2005	Nicola Robinson 8.49	Serita Solomon 8.62	Stephanie Gaynor 9.11
2006	Zara Hohn 8.42	Chelsea Cooper 8.56	Chanel Taite 9.20
2007	Serita Solomon 8.38	Danielle Rooney 8.66	Grace Christopher 9.34
2008	Tale Orving NOR 8.66	Grace Christopher 8.73	Sara Otung 9.01
2009	Stephanie Gaynor 8.52	Grace Christopher 8.55	Lilyann O'Hara IRE 9.14
2010	Sandra Seaton 8.62	Yasmin Miller 8.61	Steph Clitheroe 9.06
2011	Marilyn Nwawulor 8.47	Hayley McLean 8.64	Morgan Lake 9.10
2012	Yasmin Miller 8.45	Alicia Tymon-McEwan 8.60	Alicia Barrett 8.92
2013	Yasmin Miller 8.26	Alicia Barrett 8.53	Molly Scott IRE 9.04
2014	Holly Woodward 8.48	Elizabeth Morland IRE 8.49	Amber Hornbuckle 9.11
2015	Mollie Courtney 8.64	Molly Scott IRE 8.51	Marissa Sims 8.99
2016	Mollie Courtney 8.34	Holly Mills 8.67	Marcia Sey 8.93
2017	Alicia Barrett 8.25	Pippa Earley 8.47	Abigail Pawlett 8.85

WOMEN'S 100H

AAA/UK CHAMPIONSHIPS

2004	Sarah Claxton 13.21	Diane Allahgreen 13.38	Rachel King 13.39
2005	Sarah Claxton 12.96	Diane Allahgreen 13.21	Jessica Ennis 13.26
2006	Sarah Claxton 13.19w	Sara McGreavy 13.26w	Gemma Bennett 13.33w
2007	Jessica Ennis 13.25	Sarah Claxton 13.31	Gemma Bennett 13.44
2008	Sarah Claxton 13.12	Sara McGreavy 13.35	Tasha Danvers 13.36
2009	Jessica Ennis 12.87	Sarah Claxton 13.16	Zara Hohn 13.41
2010	Louise Hazel 13.32	Angie Broadbelt-Blake 13.38	Gemma Bennett 13.42
2011	Tiffany Porter 12.76	Jessica Ennis 12.96	Gemma Bennett 13.19
2012	Jessica Ennis 12.92	Tiffany Porter 13.21	Sarah Claxton 13.27
2013	Tiffany Porter 12.68	Serita Solomon 13.18	Louise Wood 13.60
2014	Tiffany Porter 12.85	Lucy Hatton 13.20	Serita Solomon 13.22
2015	Tiffany Porter 12.83	Cindy Ofili 12.96	Jessica Ennis-Hill 13.10
2016	Tiffany Porter 12.91	Cindy Ofili 12.93	Lucy Hatton 13.21

AGE GROUP CHAMPIONSHIPS

U23		U20	
2004	Sarah McGreavy 13.51w	Nicola Robinson 13.81	
2005	Gemma Bennett 13.62	Heather Jones 13.79w	
2006	Katey Read 14.53w	Zara Hohn 13.75	
2007	Jessica Ennis 13.04	Jade Surman 13.77	
2008	Gemma Werrett 13.32w	Megan Beesley 13.83w	
2009	Zara Hohn 13.37	Lauren Dewdney 13.90	
2010	Ashley Helsby 13.39w	Rebecca Liddell 13.79w	
2011	Serita Solomon 13.53	Katarina Johnson-Thompson 13.90	
2012	Serita Solomon 13.28	Yasmin Miller 13.74w	
2013	Kat Johnson-Thompson 13.69	Yasmin Miller 13.64	
2014	Lucy Hatton 13.35	Yasmin Miller 13.62	
2015	Yasmin Milller 13.34	Shirin Irving 13.61	
2016	Holly Pattie Belleli 13.70	Alicia Barrett 13.45	

U17 (80m H)		U15 (75m H)	
2004	Zara Hohn 11.31	Serita Solomon 11.24	
2005	Serita Solomon 11.04w	Helen van Kempen 10.91	
2006	Ashley Helsby 11.20w	Jenny White 11.40	
2007	Helen van Kempen 11.38	Grace Christopher 11.16	
2008	Kirsty Warland 11.32	Yasmin Miller 11.45	
2009	Georgia Atkins 11.28	Hayley McLean 11.13	
2010	Yasmin Miller 11.02	Alicia Tymon-McEwan 11.07	
2011	Shirin Irving 11.29	Ashley Kirsopp 11.20	
2012	Shirin Irving 11.36	Alicia Barrett 11.24	
2013	Alicia Barrett 11.01	Molly Scott IRE 10.96	
2014	Alicia Barrett 10.87w	Pippa Earley 11.12w	
2015	Holly Mills 11.32	Pippa Earley 10.93	
2016	Darcey Fleming 11.46	Marcia Sey 10.93	

Scot		N Ireland		Wales	
2004	Alyssa Fullelove 13.84	Tamsin Stephens 13.83w	Victoria Consterdine 16.47	Heather Jones 13.67	
2005	Alyssa Fullelove 13.93w	Catriona Pennet 14.16	Sarah Lane 14.36	Heather Jones 14.20	
2006	Alyssa Fullelove 13.85	Geraldine Finnegan 16.00	Heather Jones 14.35	Heather Jones 13.98	
2007	Alyssa Fullelove 13.83	Debbie Porteous 15.76w	Heather Jones 14.15	Heather Jones 14.26	
2008	Alyssa Fullelove 14.14	Aimee McNeilly 15.02	Caryl Granville 14.34	Caryl Granville 14.16	
2009	Holly Belch 14.86	Aimee McNeilly 14.92	Caryl Granville 14.16	Rosie Kingston 14.73	
2010	Gemma Werrett 15.13	Karyn Dummigan 17.66	Catherine McManus IRE 14.53		
2011	Catriona Pennet 14.45	Aimee McNeilly 15.37			
2012	Hazel Ross 14.54	Catriona Pennet 15.23			
2013	Gemma Werrett 13.88	Laura Frey 16.51			
2014	Hazel Ross 14.75	Sarah Connolly 14.38			
2015	Hazel Ross 14.52				

2016	Heather Paton 13.76	Clare Robinson 15.74	Katherine Morris 15.28
	England		
2010	Zara Hohn 13.57		
2011	Angie Broadbelt-Blake 13.12w		
2012	Serita Solomon 13.62		
	South	Midlands	North
2004	Julie Pratt 13.53	Claire Pearson 13.95	Grace Smith 14.23w
2005	Julie Pratt 13.66	Joanna Thorn 14.35	Sharon Walls 13.52
2006	Sarah Claxton 13.25	Nicola Robinson 14.23	Jessica Ennis 13.51
2007	Nusrat Ceesay 14.18	Ros Gonse 14.69	Katey Read 13.59w
2008	Gemma Bennett 13.74	Phyllis Agbo 13.87w	Zara Hohn 13.98
2009	Angelita Broadbelt-Blake 13.65	Nicola Robinson 14.23	Helen Asher 14.23
2010	Serita Solomon 13.97	Louise Hazel 13.68	Ashley Helsby 14.02
2011	Serita Solomon 14.57	Lauren O'Reilly 14.53	Ashley Helsby 13.50
2012		Jade Surman 14.13	Yasmin Miller 14.09
2013	Gemma Bennett 13.57	Lucy Hatton 14.18	Karla Drew 13.47
2014	Angie Broadbelt-Blake 13.44w	Dionne Samuels 15.30	Karla Drew 13.68
2015	Bethany Close 13.91	Niamh Bailey 14.41	Zara Hohn 14.00
2016	Jessica Hunter 14.17	Niamh Bailey 14.05w	Jessica Ennis-Hill 13.10
	CAU		
2004	Julie Pratt Essex 13.63		
2005	Julie Pratt Essex 13.29		
2006	Gemma Bennett Essex 13.18		
2007	Sara McGreavy Warwks 13.45		
2008	Sara McGreavy Warwks 13.82		
2009	Zara Hohn Yks 13.59		
2010	Zara Hohn Yorks 13.47		
2011	Gemma Bennett Essex 13.27		
2012	Serita Solomon Kent 13.42		
2013	Serita Solomon Kent 13.17w		
2014	Karla Drew Yorks 13.60w		
2015	Serita Solomon Kent 13.01		
2016	Angie Broadbelt-Blake 13.29w		

WOMEN'S 400H

AAA/UK CHAMPIONSHIPS

2004	Katie Jones 58.26	Nicola Sanders 58.63	Sian Scott 59.97
2005	Nicola Sanders 55.61	Lee McConnell 56.06	Liz Fairs 56.84
2006	Natasha Danvers-Smith 55.58	Lee McConnell 55.82	Michelle Carey IRE 56.68
2007	Natasha Danvers-Smith 55.43	Lee McConnell 56.91	Eilidh Child 57.15
2008	Perri Shakes-Drayton 56.09	Tasha Danvers 57.00	Eilidh Child 57.83
2009	Nusrat Ceesay 57.13	Helen Douglas 57.50	Sian Scott 57.71
2010	Perri Shakes-Drayton 56.93	Meghan Beesley 57.20	Caryl Granville 58.93
2011	Perri Shakes-Drayton 55.52	Eilidh Child 56.48	Meghan Beesley 57.52
2012	Perri Shakes-Drayton 55.45	Eilidh Child 55.53	Meghan Beesley 57.28
2013	Perri Shakes-Drayton 54.36	Eilidh Child 54.90	Meghan Beesley 55.39
2014	Eilidh Child 55.58	Meghan Beesley 56.12	Hayley McLean 56.43
2015	Eilidh Child 55.57	Meghan Beesley 56.81	Hayley McLean 58.60
2016	Eilidh Child 54.93	Jessica Turner 57.34	Bethany Close 57.70

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
2015	Shona Richards 57.24	Katie Purves 60.0	Lauren Williams 42.52
2016	Georgina Rodgers 58.53	Chelsea Walker 59.07	Holly McArthur 43.18

Scot

2004 Eilidh Child 59.53
 2005 Avril Jackson 63.58
 2006 Lisa Doyle 59.60
 2007 Eilidh Child 58.08
 2008 Eilidh Child 56.84
 2009 Avril Jackson 60.91
 2010 Avril Jackson 63.53
 2011 Avril Jackson 64.68
 2012 Avril Jackson 63.86
 2013 Caryl Granville 59.63
 2014 Katie Purves 60.21
 2015 Hayley McLean 59.31
 2016 Avril Jackson 58.74

N Ireland

Vicki Jamieson 59.73
 Rowena Fair 74.63
 Aissata Soulama BUR 59.69
 Roisin Neary 68.05
 Nicola Hill 66.93
 Christine McMahon IRE 65.36
 Christine McMahon IRE 64.58
 Mandy Gault 65.21
 Christine McMahon IRE 61.79
 Mandy Gault 59.74
 Mandy Gault 60.48
 Kellyann Doyle 63.93
 Emma McKay 67.88

Wales

Kate Williams 60.34
 Anwen Rees 59.13
 Anwen Rees 58.88
 Anwen Rees 58.71
 Emma Peters 60.45
 Emma Peters 60.62
 Caryl Granville 59.99
 Caryl Granville 58.99
 Caryl Granville 59.29
 Caryl Granville 58.49
 Emma Hennessy 68.73
 Sian Davies 62.58
 Deborah Willis 63.27

England

2010 Hannah Douglas 58.51
 2011 Emily Parker 58.04
 2012 Emily Bonnett 59.15

South

2004 Susie Williams 60.51
 2005 Jennifer Culley 60.69
 2006 Emma Duck 56.65
 2007 Nusrat Ceesay 57.51
 2008 Perri Shakes-Drayton 57.69
 2009 Hannah Douglas 57.98
 2010 Hannah Douglas 59.90
 2011 Tracey Duncan 58.57
 2012
 2013 Emily Bonnett 59.55
 2014 Mandy Gault 59.87
 2015 Philippa Lowe 59.13
 2016 Hayley McLean 59.57

Midland

Michelle Thomas 61.09
 Michelle Thomas 59.31
 Michelle Thomas 57.98
 Sarah Adams 58.52
 Justine Kinney 59.39
 Michelle Thomas 64.47
 Jade Surman 60.74
 Ese Okoro 59.39
 Emma Peters 61.45
 Hattie Dent 65.33
 Sian Davies 60.84
 Sian Davies 61.84
 Sian Davies 63.10

North

Katie Jones 60.45
 Laura Curtis 61.61
 Jackie Fowell 63.55
 Nisha Desai 61.70
 Nisha Desai 62.80
 Nisha Desai 61.04
 Nisha Desai 61.04
 Nisha Desai 59.89
 Nisha Desai 59.64
 Jessica Turner 60.12
 Nisha Desai 59.51
 Nisha Desai 60.60
 Nisha Desai 59.12

CAU

2004 Jennifer Culley Surrey 60.16
 2005 Liz Fairs Derbys 59.45
 2006 Hannah Stares Bucks 60.99
 2007 Hannah Stares/Douglas Bucks 60.98
 2008 Hannah Douglas Bucks 60.44
 2009 Eilidh Child E Scot 55.52
 2010 Hannah Douglas Bucks 60.48
 2011 Ese Okoro Warks 59.76
 2012 Caryl Granville W Wales 58.62
 2013 Hayley McLean Essex 58.98
 2014 Jessica Tappin Leics 59.22
 2015 Jessica Tappin Leics 58.13
 2016 Hayley McLean Essex 58.59