

# YDL UPPER AGE GROUP LEAGUE RECORDS as at 3rd September 2017

## MEN u20 COMPETITION EVENTS

<b>100m</b>	<b>Rio Mitcham</b>	<b>Birchfield Harriers</b>	<b>10.3</b>	<b>Nottingham</b>	<b>April 30th</b>	<b>2017</b>
200m	Thomas Somers	City of York	20.9	Spinkhill	April 27th	2014
400m	Jack Crosby	Middlesbrough A.C. (Mandale)	48.0	Doncaster	June 2nd	2013
800m	Theo Blundell	Birchfield Harriers	1:51.50	Birmingham	Sept 8th	2013
1500m	Josh Kerr	Team Edinburgh - Composite	3:48.30	Manchester	May 16th	2015
3000m	Abel Tsegay	Invicta's Paddock - composite	8:27.25	Ashford	June 29th	2014
<b>110mH</b>	<b>Jason Nicholson</b>	<b>Gateshead Harriers</b>	<b>13.8</b>	<b>Darlington</b>	<b>May 28th</b>	<b>2017</b>
400mH	Jacob Paul	Windsor, Slough, Eton & Hounslow	52.03	Basildon	April 28th	2013
2000M S/C	Jarmaine Coleman	Preston Harriers	5:59.09	Manchester	June 2nd	2013
High Jump	Chris Kandu	Enfield & Haringey	2.14m	Bromley	June 2nd	2013
Pole Vault	Adam Hague	City of Sheffield	5.25m	Birmingham	Sept 6th	2015
Long Jump	Michael Causer	St. Helens Sutton A.C.	7.37m	Salford	June 2nd	2013
Triple Jump	Montel Nevers	Notts A.C.	14.76m	Abingdon	June 30th	2013
	<b>Jordan Walklett</b>	<b>Team DC</b>	<b>14.76m</b>	<b>Cardiff</b>	<b>June 25th</b>	<b>2017</b>
Shot Put	George Evans	Shaftesbury Barnet Harriers	17.79m	Hendon	June 26th	2016
Discus	Nick Percy	Shaftesbury Barnet Harriers	60.75m	Basildon	April 28th	2013
<b>Hammer</b>	<b>Jake Norris</b>	<b>Windsor, Slough, Eton &amp; Hounslow</b>	<b>76.97m</b>	<b>Bromley</b>	<b>May 28th</b>	<b>2017</b>
<b>Javelin</b>	<b>James Whiteaker</b>	<b>Blackheath &amp; Bromley Harriers A.C.</b>	<b>73.40m</b>	<b>Norwich</b>	<b>April 30th</b>	<b>2017</b>
<b>4 x 100 Relay</b>		<b>Croydon Harriers</b>	<b>41.11</b>	<b>Croydon</b>	<b>May 28th</b>	<b>2017</b>
4 X 400 Relay		Liverpool Harriers	3:20.80	Meadowbank	June 30th	2013

## MEN u17 COMPETITION EVENTS

100m	Ryan Gorman	Notts AC	10.76	Birmingham	April 27th	2014
	Dominic Ashwell	Shaftesbury Barnet Harriers	10.76	Stevenage	April 18th	2015
	Dita Jaja	Shaftesbury Barnet Harriers	10.76	Bedford	Sept 4th	2016
200m	Ryan Gorman	Notts AC	21.64	Birmingham	April 27th	2014
400m	George Mills	Harrogate, Scarborough & Wetherby	49.13	Gateshead	June 28th	2015
800m	Ben Read	Wakefield	1:55.5	Stretford	June 29th	2014
1500m	Josh Kerr	Team Edinburgh - composite	3:56.70	Stretford	June 29th	2014
3000m	Isaac Akers	Rugby & Northants	8:49.23	Birmingham	May 16th	2015
100mH	Tre Thomas	Charnwood AC	12.80	Banbury	May 1st	2016
400mH	Bailey Stickings	Blackheath & Bromley Harriers A.C.	54.05	Birmingham	Sept 7th	2014
1500m S/C	Chey Blatchford Kemp	Reading AC	4:22.40	Eton	May 1st	2016
High Jump	Joel Khan	Rugby & Northants	2.08m	Stoke on Trent	June 26th	2016
Pole Vault	Frankie Johnson	Bedford & County	4.80m	Bedford	June 26th	2016
<b>Long Jump</b>	<b>Joel McFarlane</b>	<b>Team Forth Valley</b>	<b>6.97m</b>	<b>Leeds</b>	<b>May 28th</b>	<b>2017</b>
Triple Jump	Stefan Amokwandoh	Blackheath & Bromley Harriers A.C.	14.62m	Birmingham	Sept 8th	2013
Shot Put	Daniel Cartwright	Birchfield Harriers	17.58m	Milton Keynes	April 18th	2015
Discus	James Tomlinson	West Wales	57.43m	Newport	May 29th	2016
Hammer	Jake Norris	Windsor, Slough, Eton & Hounslow	73.25m	Lee Valley	May 16th	2015
Javelin	George Davis	City of York A.C.	69.96m	Spinkhill	April 27th	2014
4 x 100 Relay		Croydon Harriers	43.2	Croydon	July 28th	2013
4 X 400 Relay		Blackheath & Bromley Harriers A.C.	3:26.49	Birmingham	Sept 7th	2014

## WOMEN u20 COMPETITION EVENTS

100m	Dina Asher-Smith	Blackheath & Bromley Harriers A.C.	11.49	Norwich	April 27th	2014
200m	Dina Asher-Smith	Blackheath & Bromley Harriers A.C.	23.08	Norwich	April 27th	2014
400m	Lina Nielson	Enfield & Haringey A.C.	54.38	Stevenage	April 18th	2015
<b>800m</b>	<b>Katy-Ann McDonald</b>	<b>Blackheath &amp; Bromley Harriers A.C.</b>	<b>2:08.22</b>	<b>Birmingham</b>	<b>Sept 3rd</b>	<b>2017</b>
1500m	Niamh Bridson-Hubbard	Blackheath & Bromley Harriers A.C.	4:29.9	Hendon	June 26th	2016
3000m	Victoria Weir	Team DC	9:37.56	Yeovil	July 24th	2016
<b>100mH</b>	<b>Isabella Hilditch</b>	<b>Blackheath &amp; Bromley Harriers A.C.</b>	<b>13.98</b>	<b>Allianz Park</b>	<b>July 23rd</b>	<b>2017</b>

400mH	Shona Richards	Windsor, Slough, Eton & Hounslow	57.91	Norwich	April 27th	2014
1500m S/C	Aimee Pratt	Sale Harriers	4:51.70	Blackburn	May 1st	2016
High Jump	Ada'oro Chigbo	Team Avon	1.80m	Yate	April 18th	2015
Pole Vault	Abigail Roberts	City of Sheffield	3.95m	Preston	June 28th	2015
Long Jump	Eleanor Broome	Rugby & Northants	6.26m	Worcester	May 29th	2016
<b>Triple Jump</b>	<b>Emily Gargan</b>	<b>Gateshead Harriers</b>	<b>12.68m</b>	<b>Hull</b>	<b>April 30th</b>	<b>2017</b>
Shot Put	Adele Nicoll	Birchfield Harriers	14.90m	Wolverhampton	July 26th	2015
Discus	Amy Holder	Windsor, Slough, Eton & Hounslow	51.89m	Stevenage	April 18th	2015
Hammer	Kimberley Reed	Team Edinburgh - composite	60.48m	Edinburgh	April 27th	2014
<b>Javelin</b>	<b>Emma Hamplett</b>	<b>Birchfield Harriers</b>	<b>48.94m</b>	<b>Wolverhampton</b>	<b>June 25th</b>	<b>2017</b>
4 x 100 Relay		Blackheath & Bromley Harriers A.C.	46.43	Bromley	June 1st	2014
4 X 400 Relay		Enfield & Haringey A.C.	3:49.69	Hendon	June 28th	2015

### WOMEN u17 COMPETITION EVENTS

100m	Gina Akpe-Moses	Birchfield Harriers	11.85	Birmingham	May 16th	2015
200m	Charlotte McLennaghan	Notts AC	23.92	Birmingham	April 27th	2014
300m	Cheriece Hylton	Blackheath & Bromley Harriers A.C.	38.47	Birmingham	Sept 8th	2013
800m	Katy-Ann McDonald	Blackheath & Bromley Harriers A.C.	2:06.80	Bedford	Sept 4th	2016
1500m	Sabrina Sinha	Cambridge Harriers	4:31.0	Mile End	April 27th	2014
<b>3000m</b>	<b>Claudia Lance-Jones</b>	<b>Guildford &amp; Godalming AC</b>	<b>9:56.0</b>	<b>Guildford</b>	<b>April 30th</b>	<b>2017</b>
80mH	Alicia Barrett	Chesterfield	11.2	Grimsby	June 29th	2014
300mH	Abigail Bowers	Border Olympians	43.2	Banbury	June 1st	2014
1500M S/C	Holly Page	Dartford Harriers	4:59.5	Dartford	May 1st	2016
High Jump	Morgan Lake	Windsor, Slough, Eton & Hounslow	1.80m	Allianz Park	July 28th	2013
Pole Vault	Molly Caudery	Team DC	4.06m	Yeovil	July 24th	2016
Long Jump	Holly Mills	Blackheath & Bromley Harriers A.C.	6.17m	Eton	May 1st	2016
Triple Jump	Morgan Lake	Windsor, Slough, Eton & Hounslow	12.17m	Allianz Park	July 28th	2013
<b>Shot Put</b>	<b>Serena Vincent</b>	<b>City of Portsmouth</b>	<b>15.13m</b>	<b>Portsmouth</b>	<b>April 30th</b>	<b>2017</b>
Discus	Georgie Taylor	Havering AC	45.41m	Welwyn	June 2nd	2013
Hammer	Katie Head	Basildon Beagles	61.76m	Sutcliffe Park	May 29th	2016
Javelin	Emma Hamplett	Cannock & Stafford	57.14m	Loughborough	June 1st	2014
4 x 100 Relay		Blackheath & Bromley Harriers A.C.	46.71	Birmingham	Sept 8th	2013
4 X 300 Relay		Enfield & Haringey AC	2:45.97	Lee Valley	May 16th	2015

## YDL LOWER AGE GROUP LEAGUE RECORDS as at 2nd September 2017

### BOYS u15 COMPETITION EVENTS

100m	Jona Efoloko	Sale Harriers	11.00	Leeds	May 31st	2014
200m	Jona Efoloko	Sale Harriers	22.2	Liverpool	June 22nd	2014
300m	Charles Hilliard	Halesowen A & CC	36.2	Stoke	May 31st	2014
800m	Keelan Wilson	Rotherham Harriers	1:59.7	Cleckheaton	June 22nd	2014
1500m	Mohamed Mohamud	Herne Hill Harriers	4:13.57	Lee Valley	June 21st	2015
<b>80mH</b>	<b>Joseph Harding</b>	<b>Basildon AC</b>	<b>11.0</b>	<b>Gillingham</b>	<b>April 22nd</b>	<b>2017</b>
High Jump	Steven Jones	Liverpool Harriers	1.87m	Liverpool	June 22nd	2014
Pole Vault	Frankie Johnson	Bedford & County AC	4.32m	Lee Valley	June 21st	2015
Long Jump	Patrick Sylla	Bournemouth A.C.	6.82m	Kingston	May 4th	2013
Shot Put	Thomas Hanson	Cardiff AAC	15.49m	Birmingham	Sept 5th	2015
Discus	Alfie Scopes	Tonbridge AC	49.53m	Reading	May 31st	2014
Hammer	Jake Norris	Windsor, Slough, Eton & Hounslow	59.79m	Eton	July 13th	2013
Javelin	Max Law	Havering AC	61.40m	Hornchurch	June 19th	2016
4 x 100 Relay		Croydon Harriers	45.40	Hornchurch	July 19th	2014
<b>4 X 300 Relay</b>		<b>Sale Harriers</b>	<b>2:33.4</b>	<b>Manchester</b>	<b>June 18th</b>	<b>2017</b>

**BOYS u13 COMPETITION EVENTS**

100m	Kareem Jerome	Havering AC	12.0	Basildon	June 21st	2015
	Abraham Fobil	Sale Harriers	12.0	Liverpool	July 16th	2016
200m	Abraham Fobil	Sale Harriers	24.40	Liverpool	July 16th	2016
800m	Jaden Kennedy	Herne Hill Harriers	2:09.50	Hornchurch	June 19th	2016
1500m	Jaden Kennedy	Herne Hill Harriers	4:28.60	Croydon	July 16th	2016
<b>75mH</b>	<b>Sammy Ball</b>	<b>Reading AC</b>	<b>11.6</b>	<b>Bedford</b>	<b>July 16th</b>	<b>2017</b>
<b>High Jump</b>	<b>Luke Ball</b>	<b>Yate</b>	<b>1.64m</b>	<b>Yate</b>	<b>May 20th</b>	<b>2017</b>
	<b>Basil Zola</b>	<b>Sale Harriers</b>	<b>1.64m</b>	<b>Birmingham</b>	<b>Sept 2nd</b>	<b>2017</b>
Long Jump	Zachary Elliott	Birchfield Harriers	5.30m	Rugby	July 19th	2014
	Morgan Frith	Macclesfield Harriers	5.30m	Ashton-U-Lyne	July 18th	2015
Shot Put	Sam Mace	Walton A.C.	12.35m	Sutton	May 4th	2013
Javelin	Archie Goodliff	Windsor, Slough, Eton & Hounslow	48.28m	Eton	July 18th	2015
4 x 100 Relay		Croydon Harriers	51.30	Hornchurch	July 19th	2014

**GIRLS u15 COMPETITION EVENTS**

100m	Modupe Shokunbi	Havering AC	12.1	Woodford	June 22nd	2013
200m	Ashlyn Bland	Gateshead Harriers	24.6	Preston	June 22nd	2013
<b>300m</b>	<b>Holly Mpassy</b>	<b>Blackheath &amp; Bromley Harriers AC</b>	<b>40.15</b>	<b>Birmingham</b>	<b>Sept 2nd</b>	<b>2017</b>
800m	Tilly Simpson	Hallamshire Harriers	2:07.8	Rotherham	June 21st	2015
1500m	Josie Czura	C of Portsmouth	4:35.9	Guildford	May 30th	2015
75mH	Niamh McGuigan	Hillingdon AC	11.1	Uxbridge	June 1st	2013
High Jump	Phoebe Harland	Birchfield Harriers	1.73m	Loughborough	June 21st	2015
	Amelia Bateman	Gateshead Harriers	1.73m	Hull	July 18th	2015
<b>Pole Vault</b>	<b>Sophie Ashurst</b>	<b>Sale Harriers</b>	<b>3.42m</b>	<b>Birmingham</b>	<b>Sept 2nd</b>	<b>2017</b>
<b>Long Jump</b>	<b>Molly Palmer</b>	<b>Charnwood AC</b>	<b>5.63m</b>	<b>Rugby</b>	<b>June 18th</b>	<b>2017</b>
<b>Shot Put</b>	<b>Nana Gyedu</b>	<b>Cambridge Harriers (Kent)</b>	<b>13.46m</b>	<b>Hemel Hempstead</b>	<b>July 15th</b>	<b>2017</b>
Discus	Sophie Mace	Walton AC	39.94m	Sutton	May 4th	2013
Hammer	Phoebe Baggott	Wolverhampton & Bilston	55.15m	Telford	July 16th	2016
Javelin	Bethany Moule	Neath Harriers	45.76m	Gloucester	Apr 23rd	2016
4 x 100 Relay		Enfield & Haringey AC	48.61	Lee Valley	June 21st	2015
<b>4 X 300 Relay</b>		<b>Blackheath &amp; Bromley Harriers AC</b>	<b>2:49.13</b>	<b>Bromley</b>	<b>July 15th</b>	<b>2017</b>

**GIRLS u13 COMPETITION EVENTS**

<b>75m</b>	<b>Tyra Khambai-Annan</b>	<b>Team Hounslow</b>	<b>9.67</b>	<b>Battersea Park</b>	<b>June 18th</b>	<b>2017</b>
150m	Alicia Regis	Enfield & Haringey AC	18.7	Tooting Bec	July 19th	2014
800m	Elizabeth Wilkinson	City of Sheffield	2:20.1	Doncaster	May 31st	2014
1200m	Keeley Hodgkinson	Leigh Harriers	3:43.2	Litherland	July 19th	2014
70mH	Cleo Martin-Evans	Daventry AC	10.9	Nuneaton	July 18th	2015
High Jump	Jade Curtis	Ashford AC	1.60m	Kingston	July 19th	2014
Long Jump	Ore Adamson	Herne Hill Harriers	5.16m	Reading	May 31st	2014
Shot Put	Kirsty Finlay	Leicester Coritanian AC	10.80m	Sutton Coldfield	June 22nd	2014
<b>Javelin</b>	<b>Lucinda White</b>	<b>Tonbridge AC</b>	<b>37.74m</b>	<b>Tonbridge</b>	<b>June 18th</b>	<b>2017</b>
4 x 100 Relay		Croydon Harriers	52.2	Hornchurch	July 19th	2014
		Thames Valley Harriers	52.2	Guildford	May 30th	2015