

YDL UPPER AGE GROUP LEAGUE RECORDS as at 6th September 2026

MEN u20 COMPETITION EVENTS						
100m	Rio Mitcham	Birchfield Harriers	10.3	Nottingham	April 30th	2017
200m	Charlie Dobson	Shaftesbury Barnet Harriers	20.74	Reading	April 29th	2018
400m	Reuben Henry-Daire	Reading AC	47.91	Eton	June 27th	2021
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
110mH	Tre Thomas	Charnwood AC	13.6	Nottingham	May 27th	2018
400mH	Rayhan Mourtada	Blackheath & Bromley Harriers A.C.	51.88	Bromley	April 27th	2025
2000M S/C	Kristian Imroth	Shaftesbury Barnet Harriers	5:55.09	Reading	May 5th	2019
High Jump	Chris Kandu	Enfield & Haringey	2.14m	Bromley	June 2nd	2013
	Lionel Owona	Windsor, Slough, Eton & Hounslow	2.14m	Eton	July 25th	2021
Pole Vault	Adam Hague	City of Sheffield & Dearne A.C.	5.25m	Birmingham	Sept 6th	2015
Long Jump	Michael Causer	St. Helens Sutton A.C.	7.37m	Salford	June 2nd	2013
Triple Jump	Tito Odunaike	Marshall Milton Keynes	15.16m	Milton Keynes	July 6th	2025
Shot Put	Isaac Kambamba Delaney	Preston Harriers	18.04m	Stretford	May 29th	2022
Discus	Nick Percy	Shaftesbury Barnet Harriers	60.75m	Basildon	April 28th	2013
Hammer	Jake Norris	Windsor, Slough, Eton & Hounslow	79.15m	Eton	July 1st	2018
Javelin	James Whiteaker	Blackheath & Bromley Harriers A.C.	73.40m	Norwich	April 30th	2017
4 x 100 Relay		Croydon Harriers	41.11	Croydon	May 28th	2017
4x400R mixed		Wirral AC	3:36.26	Stretford	April 28th	2024
MEN u18 COMPETITION EVENTS						
100m	Noah Latusek	Solihull & Small Heath AC	10.6	Stoke-on-Trent	April 19th	2026
200m	Divine IHEME	Blackheath & Bromley Harriers AC	21.26	Reading	April 19th	2026
400m	Farrell Fabusiwa	Croydon Harriers	47.6	Crawley	April 19th	2026
800m	Khalid Hussein	Victoria Park H & Tower Hamlets AC	1:55.15	Mile End	May 24th	2026
1500m	Joseph Scanes	Blackheath & Bromley Harriers AC	3:53.76	Reading	April 19th	2026
3000m	Tom Board	Team Avon ©	8:59.53	Yate	May 24th	2026
110mH	Hans Nmaju	Cambridge Harriers (Kent)	13.88	Gillingham	May 24th	2026
400mH	Elijah Olaleye	Cambridge Harriers (Kent)	54.46	Gillingham	May 24th	2026
2000m S/C	Ben O'GRADY	Blackheath & Bromley Harriers AC	5:58.49	Reading	April 19th	2026
High Jump	Toby Gwinnell	Tonbridge AC	1.98m	Eltham	July 12th	2026
Pole Vault	Nathan Mobbs	Woodford Green AC with Essex Ladies	4.70m	Liverpool	Sept 6th	2026
Long Jump	Joshua Dako	Blackheath & Bromley Harriers AC	6.98m	Reading	April 19th	2026
	Ben Foulger	City of York AC	6.98m	Liverpool	Sept 6th	2026
Triple Jump	Jomiloju Hughes	Blackheath & Bromley Harriers AC	14.95m	Reading	April 19th	2026
Shot Put	Harry Beard	Medway & Maidstone AC	17.69m	Gillingham	May 24th	2026
Discus	Moyo Stumpfenhusen	Rugby & Northampton AC	59.96m	Nottingham	April 19th	2026
Hammer	Gethin Brown	North Wales ©	66.40m	Liverpool	Sept 6th	2026
Javelin	William Law	Tonbridge AC	62.15m	Gillingham	May 24th	2026
4 x 100 Relay		Croydon Harriers	42.6	Crawley	April 19th	2026
4 X 400 Relay		Blackheath & Bromley Harriers AC	3:25.84	Reading	April 19th	2026
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
800m	Katy-Ann McDonald	Blackheath & Bromley Harriers A.C.	2:08.22	Birmingham	Sept 3rd	2017
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
100mH	Mia McIntosh	Harrow AC	13.75	Hemel Hempstead	April 30th	2023
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	Isabella Turner	Harrow & Dacorum	3.96m	Liverpool	Sept 7th	2025
Long Jump	Eleanor Broome	Rugby & Northampton A.C.	6.26m	Worcester	May 29th	2016
Triple Jump	Temi Ojora	Windsor, Slough, Eton & Hounslow	12.94m	Hendon	June 30th	2019
Shot Put	Cleo Agyepong	Blackheath & Bromley Harriers A.C.	15.16m	Woking	June 26th	2022
Discus	Amy Holder	Windsor, Slough, Eton & Hounslow	51.89m	Stevenage	April 18th	2015
Hammer	Charlotte Payne	Reading AC	62.87m	Bracknell	Sept 5th	2021
Javelin	Bekah Walton	Blackheath & Bromley Harriers A.C.	49.94m	Bedford	Sept 9th	2018
4 x 100 Relay		Birchfield Harriers	46.28	Birchfield	April 27th	2025
4x400R mixed		Wirral AC	3:36.26	Stretford	April 28th	2024

WOMEN u18 COMPETITION EVENTS

100m	Chisom Elekwa	Leicester Coritanian AC	11.7	Stoke-on-Trent	April 19th	2026
	Shivelle Marshall	Croydon Harriers	11.7	Crawley	April 19th	2026
200m	Grace Sikora	Windsor, Slough, Eton & Hounslow	24.18	Reading	April 19th	2026
400m	Bisan Musa	Reading AC	54.93	Eton	May 24th	2026
800m	Posie Shaw	Shaftesbury Barnet Harriers	2:12.75	Finsbury Park	Aug 2nd	2026
1500m	Posie Shaw	Shaftesbury Barnet Harriers	4:43.15	Hornchurch	April 19th	2026
3000m	Nansi Griffiths	West Wales ©	9:54.58	Yate	May 24th	2026
100mH	Izzy Rae	Blackheath & Bromley Harriers A.C.	13.80	Eton	May 24th	2026
400mH	Bison Musa	Reading AC	62.30	Eton	May 24th	2026
1500M S/C	Evelyn Wildman	Wycombe & Chiltern ©	4:53.43	Perivale	April 19th	2026
High Jump	Orla Kissane	North Wales ©	1.66m	Liverpool	Sept 6th	2026
Pole Vault	Ava Hayes	Team Sussex ©	3.60m	Crawley	April 19th	2026
	Elsa Pawson	Blackheath & Bromley Harriers A.C.	3.60m	Palmer Park	April 19th	2026
Long Jump	Sophie Hulse	Cannock & Stafford AC	5.55m	Burton	July 12th	2026
Triple Jump	Jaiten Best	Brighton & Hove AC	12.07m	Crawley	April 19th	2026
Shot Put	Emilia Adese	Blackheath & Bromley H AC	16.09m	Eton	May 24th	2026
Discus	Bethany Pendlebury	Trafford AC	42.72m	Ellesmere Port	July 12th	2026
Hammer	Amelia Mitchell	West Wales ©	57.17m	Yate	May 24th	2026
Javelin	Lucy Bull	Cheltenham & County Harriers	51.55m	Yate	May 24th	2026
4 x 100 Relay		Blackheath & Bromley Harriers A.C.	46.48	Eton	May 24th	2026
4 X 400 Relay		Windsor, Slough, Eton & Hounslow	4:03.61	Reading	April 19th	2026

YDL LOWER AGE GROUP LEAGUE RECORDS as at 5th September 2026

BOYS u16 COMPETITION EVENTS						
100m	Piers Spencer-Simms	Blackheath & Bromley Harriers A.C.	10.58	Ashton Playing Fields	May 3rd	2026
200m	Piers Spencer-Simms	Blackheath & Bromley Harriers A.C.	21.67	Ashton Playing Fields	May 3rd	2026
300m	Nathan Halewood	Liverpool Harriers & AC	35.8	The Oval Bebington	Aug 1st	2026
800m	Barney Smith	Bournemouth & New Forest Jnrs ©	1:59.12	Portsmouth	May 31st	2026
1500m	Joseph Osuji	Macclesfield Harriers	3:59.80	Eccles	May 3rd	2026
100mH	Charlie Reilly	City of Sheffield & Dearne AC	12.81	Leeds	July 18th	2026
300mH	Jay Husain	Liverpool Harriers & AC	38.78	Liverpool	Sept 5th	2026
High Jump	Mack O'Keefe	Kingston AC & Poly Harriers	1.96m	Kingsmeadow	May 3rd	2026
Pole Vault	Ewan MacMillan	City of Sheffield & Dearne AC	4.20m	Doncaster	Aug 1st	2026
Long Jump	Oscar Chan	Windsor, Slough, Eton & Hounslow	6.43m	Eton	May 3rd	2026
Shot Put	Johnny Jones	Trafford AC	18.40m	Leigh	Aug 1st	2026
Discus	Logan Cowling	Kingston upon Hull AC	49.91m	Doncaster	May 3rd	2026

Hammer	Osarode Oviawe	Tonbridge AC	61.05m	Reading	July 18th	2026
Javelin	George Clark	Deeside AAC	57.52m	Carlisle	Aug 1st	2026
4 x 100 Relay		Blackheath & Bromley Harriers A.C.	43.91	Tonbridge	Aug 1st	2026
4 X 300 Relay		Liverpool Harriers & AC	2:26.87	Liverpool	Sept 5th	2026
BOYS u14 COMPETITION EVENTS						
100m	Emmanuel Leis Mendez	Kingston upon Hull AC	11.69	York	Aug 1st	2026
200m	Jacob Deacon	Shrewsbury AC	23.9	Worcester	July 18th	2026
800m	Henry Marriott	Rugby & Northampton AC	2:06.54	Liverpool	Sept 5th	2026
1500m	Elliott Albert-Preskett	Herne Hill Harriers	4:27.27	Mile End	July 18th	2026
80mH	Benjamin Yeo	Bracknell AC	11.57	Eton	May 3rd	2026
High Jump	Oladesire Ayinla	Cambridge Harriers (Kent)	1.93m	Sutcliffe Park	May 31st	2026
Pole Vault	Thomas Anderson	City Of Sheffield & Dearne AC	3.10m	Leeds	July 18th	2026
Long Jump	Duncan Williams	Wycombe Phoenix Harriers AC	6.64m	Hemel Hempstead	May 31st	2026
Shot Put	Harry Calver	Charnwood AC	14.20m	Rugby	July 18th	2026
Discus	Austin Achunkwe	Liverpool Harriers & AC	36.98m	The Oval Bebington	Aug 1st	2026
Hammer	Matthew Birch	Leigh Harriers & AC	51.62m	Leigh	Aug 1st	2026
Javelin	Monty Rowland	Brighton & Hove AC	52.06m	Bromley	May 31st	2026
4 x 100 Relay		Liverpool Harriers & AC	48.70	Liverpool	Sept 5th	2026
GIRLS u16 COMPETITION EVENTS						
100m	Samantha Agomoh	Wolverhampton & Bilston AC	11.9	Tipton	May 31st	2026
200m	Emily Elden	Rugby & Northampton AC	24.62	Liverpool	Sept 5th	2026
300m	Matilda Bean	Rugby & Northampton AC	39.7	Stoke-on-Trent	May 31st	2026
800m	Jemima Chetwood	Team Dorset ©	2:12.23	Portsmouth	May 31st	2026
1500m	Florence Goodwin	Brighton & Hove AC	4:35.65	Bromley	May 31st	2026
80mH	Isabella Moulton	Woodford Green AC with Essex Ladies	11.16	Liverpool	Sept 5th	2026
300mH	Matilda Murray	Blackheath & Bromley Harriers A.C.	43.52	Bromley	May 31st	2026
High Jump	Alessia Scala	Blackheath & Bromley Harriers A.C.	1.72m	Liverpool	Sept 5th	2026
Pole Vault	Ella Brooker	Blackheath & Bromley Harriers A.C.	3.42m	Liverpool	Sept 5th	2026
Long Jump	Sasha Nolan	Herne Hill Harriers	5.47m	Sutcliffe Park	May 3rd	2026
Shot Put	Atarah Watson	Croydon Harriers	13.01m	Kingsmeadow	May 3rd	2026
Discus	Aspen Stobart	Bournemouth & New Forest Jnrs ©	36.97m	Poole	July 18th	2026
Hammer	Cassidy Crowe	Kingston upon Hull AC	50.83m	Hull	July 18th	2026
Javelin	Mila Desborough	Team Dorset ©	47.99m	Portsmouth	May 3rd	2026
4 x 100 Relay		Herne Hill Harriers	48.88	Sutcliffe Park	May 3rd	2026
4 X 300 Relay		Woodford Green AC with Essex Ladies	2:46.61	Tonbridge	Aug 1st	2026
GIRLS u14 COMPETITION EVENTS						
100m	Grace Whitlock	Guildford & Godalming AC	12.24	Walton-on-Thames	May 31st	2026
200m	Rida Oluwa	Woodford Green AC with Essex Ladies	25.16	Reading	July 18th	2026
800m	Lucy Junginger	Blackheath & Bromley Harriers A.C.	2:14.62	Reading	July 18th	2026
1500m	Holly Norris	Lincoln Wellington AC	4:43.60	York	May 31st	2026
75mH	Ella Blood	Bracknell AC	11.30	Hillingdon	July 18th	2026
High Jump	Rose Ricardo	BRAT	1.60m	Nuneaton	July 18th	2026
Pole Vault	Milly Pile	Team Sussex ©	2.90m	Kingsmeadow	May 31st	2026
Long Jump	Cheryl Nwachukwu	Doncaster AC	5.38m	Cleckheaton	May 31st	2026
Shot Put	Ruby Arnold	Derby AC	13.00m	Tamworth	May 31st	2026
Discus	Ruby Arnold	Derby AC	46.63m	Tamworth	May 31st	2026
Hammer	Tabatha Hann	Winchester AC	43.37m	Tonbridge	Aug 1st	2026
Javelin	Ruby Aherne	Cardiff Archers AC	35.17m	Aberdare	May 31st	2026
4 x 100 Relay		Blackheath & Bromley Harriers A.C.	49.67	Bromley	May 31st	2026