

Lincolnshire County T&F Championship Best Performances

80m

U11 Girls	12.30	Chloe Fields	Lincoln Wellington AC	2019
U11 Boys	11.80	Lawson Capes	Nene Valley Harriers	2019

100m

U13 Girls	13.49	Evie Kendrick	Louth AC	2019
U13 Boys	12.85	Lawson Capes	PANVAC	2021
U15 Girls	12.3	Amy Hunt	Grantham AC	2016
U15 Boys	11.3	S.Lawrence	Nene Valley Harriers	2006
U17 Women	12.1	Georgina Adam	Lincoln Wellington AC	2016
U17 Men	10.9	D.Topliss	Newark	2002
U20 Women	12.5	B.Wilson	Birchfield	2002
-- --	12.5	Lily Hughes	Nene Valley Harriers	2016
-- --	12.5	Georgina Adam	Lincoln Wellington AC	2017
U20 Men	11.0	J.Kelley	Newark	2002
Senior Women	11.8	J.White	Boston	2006
Senior Men	10.8	D.Ward	Oxford	1995
-- --	10.8	S.Benson	Thames VH	2008
Veteran Women	12.9	G.Clarke	Ryston	1998
Veteran Men	11.3	S.Peters	Holbeach AC	2002

150m

U11 Girls	22.61	Chloe Fields	Lincoln Wellington AC	2019
U11 Boys	22.10	Thomas Broadley	Grantham AC	2018

200m

U13 Girls	27.6	S.Benstead	Lincoln Wellington AC	1986
U13 Boys	26.6	William Hughes	Nene Valley Harriers	2013
U15 Girls	25.4	Amy Hunt	Grantham AC	2016
U15 Boys	23.6	B.Stimson	Nene Valley Harriers	2001
U17 Women	25.0	Georgina Adam	Lincoln Wellington AC	2016
U17 Men	22.2	S.Lawrence	Nene Valley Harriers	2008
U20 Women	25.4	B.Wilson	Birchfield	2004
-- --	25.4	B.Wilson	Birchfield	2003
U20 Men	21.53	William Hughes	Nene Valley Harriers	2018
Senior Women	25.5	J.White	Peterborough	2004
-- --	25.5	J.White	Boston & District AC	2006
Senior Men	21.6	S.Benson	Thames VH	2008
Veteran Women	27.7	D.Timmis	Lincoln Wellington AC	2001
Veteran Men	22.9	S.Peters	Boston & District AC	2001

300m

U15 Girls	44.81	Megan Cornwell-McGarry	PANVAC	2021
U15 Boys	39.5	T.Evans	Newack AC	2014
U17 Women	41.4	B.Wilson	Grantham AC	2000

400m

U15 Boys	53.6	A.Sandell	Nene Valley Harriers	2012
U17 Men	50.0	Lewis Davey	Peterborough AC	2017
U20 Women	57.3	B.Wilson	Birchfield	2003
U20 Men	50.7	T.Duffield	Lincoln Wellington AC	2007
Senior Women	57.4	S.Davenport	Lincoln Wellington AC	1986
Senior Men	49.1	S.Webb	Peterborough AC	2000
Veteran Women	63.4	D.Timmis	Lincoln Wellington AC	2001

Veteran Men	52	S.Peters	Boston & District AC	2000
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600m

U11 Girls	2:01.28	Chloe Fields	Lincoln Wellington AC	2019
U11 Boys	1:48.91	George Wilson	Cleethorpes AC	2018

800m

U13 Girls	2:29.9	R.Harrison	Louth AC	2003
U13 Boys	2:17.2	A.Richardson	Lincoln Wellington AC	2013
U15 Girls	2:20.1	R.Harrison	Louth AC	2005
U15 Boys	2:05.8	I.Mansfield	Lincoln Wellington AC	1989
U17 Women	2:13.5	R.Nathan	Lincoln Wellington AC	2002
U17 Men	1:59.6	J.McCrae	Nene Valley Harriers	2013
U20 Women	2:12.9	J.Himsworth	Holbeach AC	1996
U20 Men	1:56.6	S.Gregory	Lincoln Wellington AC	2006
Senior Women	2:14.5	S.Davenport	Lincoln Wellington AC	1987
Senior Men	1:53.3	T.Vellum	Lincoln Wellington AC	1999
Veteran Women	2:31.7	D.Timmis	Lincoln Wellington AC	1999
Veteran Men	2:04.1	L.Ball	Lincoln Wellington AC	2009

1500m

U13 Girls	5:11.6	H.Braybrook	Grantham AC	2015
U13 Boys	4:50.4	A.Richardson	Lincoln Wellington AC	2013
U15 Girls	4:53.0	C.Taylor	Nene Valley Harriers	2008
U15 Boys	4:20.4	A.Hampson	Nene Valley Harriers	2012
U17 Women	4:26.9	R.Nathan	Lincoln Wellington AC	2002
U17 Men	4:08.8	J.Mitchell	Peterborough AC	2002
U20 Women	4:44.2	R.Ward	Lincoln Wellington AC	2014
U20 Men	4:01.6	A.Hampson	Nene Valley Harriers	2014
Senior Women	4:29.9	S.Davenport	Lincoln Wellington AC	1986
Senior Men	3:52.2	M.Bowser	Lincoln Wellington AC	2007
Veteran Women	4:55.7	P.Taylor	Nene Valley Harriers	2012
Veteran Men	4:13.1	A.Sheperd	Lincoln Wellington AC	1997

3000m

U15 Girls	10:45.0	E.Tonner	Lincoln Wellington AC	2009
U15 Boys	9:44.8	J.Farnborough	Nene Valley Harriers	2004
U17 Women	10:18.9	C.Taylor	Nene Valley Harriers	2009
U17 Men	9:03.9	A.Richardson	Lincoln Wellington AC	1986
U20 Women	10:30.9	G.Mullins	Nene Valley Harriers	2012
U20 Men	9:33.2	G.Morris	Grantham AC	2000
Senior Women	9:54.0	A.Bell	Lincoln Wellington AC	1990
Veteran Women	10:50.5	J.Stone	Mablethorpe	2008

5000m

U17 Men	14:44.6	N.Field	Holbeach AC	1975
U20 Women				
U20 Men	16:50.0	Jack Rushby	Lincoln Wellington AC	2018
Senior Women				
Senior Men	14:36.0	M.Bowser	Lincoln Wellington AC	2012
Veteran Women				
Veteran Men	15:35.8	R.Payne	Sleaford Striders	1998

10000m

Senior Women				
Senior Men				

Veteran Women
Veteran Men

1500m Steeplechase

U17 Men 4:38.1 C.Cope Holbeach AC 1999

2000m Steeplechase

U20 Men 6:06.6 R.Phillips Holbeach AC 1989

3000m Steeplechase

Senior Men 9:14.4 T.Doe Lincoln Wellington AC 2008

Veteran Men 10:32.8 G.Knight Boston & District AC 2008

70m Hurdles

U13 Girls 11.7 H.Dunderdale Lincoln Wellington AC 2009

75m Hurdles

U13 Boys 13.4 A.Bevan Witham Hall School 2012

U15 Girls 11.7 G.Bangay Corby AC 2008

-- -- 11.7 A.Macgowan Grantham AC 2010

80m Hurdles

U15 Boys 11.45 Max Roe Peterborough AC 2019

U17 Women 12.0 M.Cooper Grantham AC 2010

-- -- 12.0 A.Macgowan Grantham AC 2011

100m Hurdles

U17 Men 13.4 J.Adeniran Charnwood 2005

U20 Women 14.8 Zoe Lucas Notts AC 2016

Senior Women 15.5 J.Pacey Lincoln Wellington AC 2004

Veteran Women 16.4 G.Clarke Ryston 2002

110m Hurdles

U20 Men 14.6 J.Adeniran Charnwood 2006

Senior Men 14.8 M.Nicholson Grantham AC 1996

Veteran Men 19.1 G.Powley Lincoln Wellington AC 2003

300m Hurdles

U15 Boys 37.4 T.Evans Newark 2015

U17 Women 44.8 H.Cooke Scunthorpe & District 2013

Veteran Women 61.4 J.Jagger Grantham AC 2011

400m Hurdles

U17 Men 57.6 J.Brown Grantham AC 2012

U20 Women 65.4 Heather Cooke Scunthorpe & District 2016

U20 Men 59.1 R.Atkinson Lincoln City & College 1987

Senior Women 64.5 A.Norris Lincoln Wellington AC 1986

Senior Men 56.7 J.Hill Hull Springhead 1987

Veteran Women 71.5 G.Clarke Ryston 2001

Veteran Men 60.3 M.Bramhall Lincoln Wellington AC 2004

4x100m Relay

U13 Girls 53.4 Grantham AC 2003

U13 Boys 54.2 Louth AC 1997

U15 Girls 53.4 Grantham AC 2003

U15 Boys 47.7 Lincoln City & College 1987

U17 Women	51.3		Peterborough AC	1999
U17 Men	47.3		Lincoln City & College	1975
U20 Women	54.3		Holbeach AC	1986
U20 Men	45.8		Lincoln City & College	1989
Senior Women	50.6		Grantham AC	2002
Senior Men	46.4		Lincoln Wellington AC	1986
Veteran Women				
Veteran Men	55.3		Grantham AC	2001

4x400m Relay

U15 Boys	4:09.9		Lincoln Wellington AC	2003
U17 Men	3:42.8		Lincoln Wellington AC	1997
U20 Women	4:21.3		Lincoln Wellington AC	2000
U20 Men	3:37.1		Lincoln Wellington AC	1999
Senior Women	4:10.9		Lincoln Wellington AC	2000
Senior Men	3:33.1			2005
Veteran Women	4:27.2		Lincoln Wellington AC	1996
Veteran Men	4:05.3		Lincoln Wellington AC	2009

Long Jump

	metres			
U11 Girls	3.43	Chloe Fields	Lincoln Wellington AC	2019
U11 Boys	3.72	Lawson Capes	Nene Valley Harriers	2019
U13 Girls	4.83	A.Halton	Grantham AC	2015
U13 Boys	4.82	S.Lawrence	Nene Valley Harriers	2004
U15 Girls	5.11	G.Bangay	Corby AC	2008
U15 Boys	5.85	O.Williams	Grantham AC	2012
U17 Women	5.34	R.Hicks	Lincoln Wellington AC	1986
U17 Men	6.39	M.Flint	Holbeach AC	1986
U20 Women	5.73	J.Pacey	Lincoln Wellington AC	2002
U20 Men	6.63	S.Clough	Lincoln Wellington AC	2000
Senior Women	5.94	Jenny Pacey	Lincoln Wellington AC	2005
Senior Men	6.6	R.Johnson	Lincoln City & College	1974
Veteran Women	4.84	D.Timmis	Lincoln Wellington AC	1999
Veteran Men	5.75	Michael Burr	Grantham AC	2019

Triple Jump

	metres			
U15 Boys	12.02	D.Burrows	Lincoln City & College	1987
U17 Women	10.94	H.Young	Stamford	1996
U17 Men	13.07	D.Hutchinson	Bourne Town Harriers	1996
U20 Women	10.92	Jenny Pacey	Lincoln Wellington AC	2002
U20 Men	13.82	M.Holden	Lincoln Wellington AC	2010
Senior Women	10.83	R.Mackay	Scunthorpe AC	2012
Senior Men	13.9	R.Johnson	Lincoln City & College	1974
Veteran Women	9.42	G.Clarke	Ryston	1997
Veteran Men	10.51	G.Powley	Lincoln Wellington AC	2004

High Jump

	metres			
U13 Girls	1.40	E.Whyler	Boston & District AC	2006
-- --	1.40	S.Carley	Grantham AC	2006
U13 Boys	1.40	O.Simmons	Boston & District AC	2014
U15 Girls	1.60	V.Hubbard	Grantham AC	2003
U15 Boys	1.75	H.Robertson	Grantham AC	2001
U17 Women	1.82	V.Hubbard	Grantham AC	2005
U17 Men	1.90	J.Mason	Boston & District AC	2007
U20 Women	1.78	V.Hubbard	Grantham AC	2006
U20 Men	1.85	Oliver Simmons	Boston & District AC	2019

-- --	1.85	Dylan Phillips	PANVAC	2021
Senior Women	1.65	J.Pacey	Lincoln Wellington AC	2004
Senior Men	1.87	A.Parker	Lincoln Wellington AC	1995
Veteran Women	1.35	G.Clarke	Ryston	2003
Veteran Men	1.85	Michael Burr	Grantham AC	2019
-- --	1.45	G.Powley	Lincoln Wellington AC	2007
-- --	1.45	M.Gray	Grantham AC	2012

Pole Vault

metres

U13 Girls	2.31	Erin Barwell	Lincoln Wellington AC	2019
U13 Boys	1.8	J.Bunn	Grantham AC	1997
U15 Girls	2.2	India Barwell	Lincoln Wellington AC	2018
U15 Boys	2.9	M.Johnson	Stamford Harriers	2000
U17 Women	3.05	Rosie Fresen	Nene Valley Harriers	2016
U17 Men	3.5	M.Johnson	Grantham AC	2002
U20 Women	2.9	G.Bangay	Corby AC	2012
U20 Men	3.9	J.Brittain	Boston & District AC	2009
Senior Women	3	G.Bangay	Bedford AC	2014
Senior Men	4.6	D.O'Neil	Fenland P.V.C.	1996
Veteran Women	2.35	J.Stafford	Lincoln Wellington AC	1999
Veteran Men	3.2	K.McClymont	Grantham AC	2000

Hammer metres

U15 Girls	36.88	S.Stanhope	Boston & District AC	2008
U15 Boys	46.11	D.Sykes	Lincoln Wellington AC	2009
U17 Women	46.14	A.Barnsdale	Lincoln Wellington AC	2015
U17 Men	52.06	D.Sykes	Lincoln Wellington AC	2010
U20 Women	55.51	Alice Barnsdale	Lincoln Wellington AC	2017
U20 Men	45.65	H.Brittain	Mansfield Harriers	2011
Senior Women	60.31	Alice Barnsdale	Kingston upon Hull/Maryland Uni	2021
Senior Men	58.98	W.Clarke	Peterborough AC	1997
Veteran Women	35.03	Julie Wilson	Reading AC	2018
Veteran Men	56.22	N.Winchcombe	Lincoln Wellington AC	2000

Javelin metres

U13 Girls	25.48	H.Dunderdale	Lincoln Wellington AC	2007
U13 Boys	30.77	H.Dunderdale	Lincoln Wellington AC	2008
U15 Girls	31.85	H.Dunderdale	Lincoln Wellington AC	2009
U15 Boys	44.45	M.Wells	St Wulfrums School	1975
U17 Women	37.58	M.Fields	Lincoln City & College	1989
U17 Men	53.96	J.Brackenbury	Holbeach AC	1992
U20 Women	30.6	H.Gilbert	Grantham AC	2001
U20 Men	59.04	J.Dunderdale	Lincoln Wellington AC	2011
Senior Women	46.28	M.Fields	Lincoln Wellington AC	1995
Senior Men	63.78	S.Ladds	Holbeach AC	1995
Veteran Women	34.33	Linda Rawlins	Werrington Joggers	2017
Veteran Men	52.14	S.Ladds	Holbeach AC	1999

Discus metres

U13 Girls	26.50	R.Hall	Boston & District AC	2000
U13 Boys	29.55	Donovan Capes	Nene Valley Harriers	2017
U15 Girls	32.6	H.Garner	Lincoln City & College	1968
U15 Boys	39.89	D.Fleming	Lincoln Wellington AC	2011
U17 Women	35.47	A.Orow De	Aston School	2003
U17 Men	43.25	M.Bradbury	Boston & District AC	2010
U20 Women	37.22	Hannah Molyneaux	City of Sheffield AC	2019

U20 Men	46.47	D.Fleming Lincoln	Lincoln Wellington AC	2015
Senior Women	43.70	L.Bryant	Lincoln Wellington AC	1993
Senior Men	46.93	Stuart Smith	Leeds Beckett	2015
Veteran Women	38.54	L.Bryant	Lincoln Wellington AC	2000
Veteran Men	37.60	N.Winchcombe	Lincoln Wellington AC	2003

Shot metres

U13 Girls	11.32	R.Hall	Boston & District AC	2001
U13 Boys	14.08	Lawson Capes	PANVAC	2021
U15 Girls	13.60	H.Molyneux Nene	Nene Valley Harriers	2015
U15 Boys	14.42	Donovan Capes	Nene Valley Harriers	2019
U17 Women	13.65	Hannah Molyneaux	Lincoln Wellington AC	2017
U17 Men	16.14	Donavan Capes	PANVAC	2021
U20 Women	13.84	Hannah Molyneaux	Lincoln Wellington AC	2018
U20 Men	17.30	R.Mohan	Nene Valley Harriers	2010
Senior Women	12.96	Rebecca Hall	Nene Valley Harriers	2018
Senior Men	16.29	R.Mohan	Enfield & Harringay	2014
Veteran Women	10.43	L.Bryant	Lincoln Wellington AC	2000
Veteran Men	11.53	T.Creese	Boston & District AC	2001