

# CP Sport National Track Records

21/09/2009

MALE						FEMALE			
	Age	Name	Distance/	Place	Year	Name	Distance/	Place	Year
	Grp		Time				Time		
<b>20m</b>									
Class 2	A	Adam Harding	23.20	NW	93				
	B	Andrew Fawcus	14.38	NE	95				
	C	Joe Ayton	22.16	NE	97				
	D	Stephen Barlow	38.00	NW	00				
	E	Don Smith	11.21	NE	89	Claire Jay	15.10	SW	90
Class 3	A	Kurt Matthews	22.20	NW	95	Lisa Aslam	17.56	NW	92
	B	Michael Llewellyn	13.16	NE	97	Gemma Hall	14.48	NE	96
	C	Michael Llewellyn	13.60	NE	99	Gemma Prescott	9.50	NW	99
	D	Andy Douglass	13.10	NW	98	Catherine Chapman	40.87	NE	96
	E	Michael Reid	11.44	NE	89	Lesley McFarlane	10.21	NE	89
<b>50M WEAVE</b>									
Class 1	A	Andrew Bogle	34.70	NW	93	Rhonda Dodds	30.80	NE	00
	B	Graham Irwin	41.00	NE	99	Kathryn Holmes	31.49	NE	96
	C	Ashley Harrison	33.40	NE	00	Margaret Davies	34.00	NE	91
	D	Sean Hartwright	29.43	NE	94	Zoe Edge	21.70	Mid	93
	E	Terry Hudson	20.30	Mid	89	Zoe Edge	21.70	Mid	93
Class 2	A	Steven Pawley	1.05.31	NE	92	Lauren O'Neil	52.90	NW	95
	B	Andrew Donachy	30.79	NE	94	Jan Wilson	49.79	NE	98
	C	Bernard Doolan	29.90	Nat	97	Lindsey Gallagher	42.10	NW	94
	D	Trung Nguyen	38.40	Nat	96				
	E	Richard Lovett	25.11	SE	88	Sandra McKeith	31.44	Nat	88
Class 3	A					Lisa Aslam	52.46	NW	92
	B	Jason Calvert	29.80	NE	92	Lisa Aslam	50.07	NW	93
	C	Jason Calvert	24.41	NE	92	Gemma Prescott	30.40	NW	99
	D	Andrew Copeland	25.25	NW	92	Diane Mason	1.00.30	NW	94
	E	Jonathan Pullin	19.03	NE	98	Lorraine Duckering	22.50	Nat	92
<b>60m</b>									
Class 2	A	Alex Collings-Walton	26.30	Mid	98				
	B					Lauren O'Neill	1.51.1	NW	
	C	Bernard Doolan	26.60	Nat	97	Sarah Dunster	57.70	Mid	
	D	Glenn Miller	24.00	NW	94	Sarah Dunster	21.50	Nat	
	E	Glenn Miller	23.50	Nat	94	Sarah Dunster	21.50	Nat	97
Class 3	A	Harry Withers	19.50	Nats	05	Lisa Alsam	54.10	NW	94
	B	John Morgan	35.90	NW	96	Gemma Hall	25.63	NE	96
	C	Stuart Fallas	17.80	Mids	06	Alison Cox	27.40	Nat	96
	D	Stuart Fallas	19.60	Nott	7	Gemma Prescot	25.30	NW	00
	E	Paul Williams	14.90	Nat	89	Lorraine Duckering	15.50	Nat	91



MALE						FEMALE				
	Age	Name	Distance/	Place	Year	Name	Distance/	Place	Year	
	Grp		Time				Time			
<b>100m Petra</b>										
<b>Class 2</b>	C									
	D									
	E	Nick Bister	21.27	Den	05					
<b>100m</b>										
<b>Class 2L</b>	A									
	B									
	C					Sarah Dunster	1.09.5	Nat	94	
	D					Sarah Dunster	33.80	Nat	96	
	E	Steve Gardiner	37.07	SE	88	Sarah Dunster	29.94	Conn	05	
<b>Class 2U</b>	A									
	B									
	C									
	D									
	E					Lindsay Wright	37.67	RHG	97	wrer
<b>Class 3</b>	A	Harry Withers	30.70	SE	06					
	B	Harry Withers	32.60	Nott	08	Marie Clarke	1.04.16	U19	91	
	C	Martin Conway	25.40	Nat	96	Alison Cox	43.90	U19	91	
	D	Martin Conway	21.80	SE	99	Katherine Langton	25.00	Wigan	09	
	E	Paul Williams	20.71	DAI	98	Lorraine Duckering	23.00	Gates	00	
<b>Class 4</b>	A									
	B					Lisa Kirkland	39.70	Mid	91	
	C	Matthew Hickling	20.87	Nott	08	Lisa Kirkland	29.00	RHG	93	
	D	Matthew Hickling	19.00	BWRA	09	Deborah Brennan	23.60	Mid	97	
	E	Leslie Allison	18.40	Gate	00	Deborah Brennan	19.74	Lille	02	wrer
<b>Class 5</b>	A	Jack Foster	15.41	Nat	08	Kathryn Nichols	29.75	NE	91	
	B	Nathan Pilkington	20.70	Nats	05	Nicole Salt	23.41	NE	95	
	C	Richard White	14.30	NW	97	Jeni Meehan	18.02	Nat	03	
	D	Lloyd Upsdell	13.50	Mid	00	Natalie Gower	20.30	Nats	05	
	E	Richard White	12.90	Mids	05	Sophia Warner	18.70	Yate	09	
<b>Class 6</b>	A	Sam McCorkell	17.61	Lough	06	Madeline Baker	26.60	Mid	95	
	B	Lee Hunter	14.40	Mid	03	Serenity Howell	20.70	Nott	08	
	C	Rhys Jones	13.64	Nats	09	Hazel Robson	17.02	Nat	95	
	D	Ben Rushgrove	12.64	NW	06	Hazel Robson	15.35	NE	98	
	E	Graeme Ballard	12.20	Nott	07	Hazel Simpson	14.90	Wigan	09	
<b>Class 7</b>	A	James Brookman	19.20	Nats	05	Cambell Plant	23.40	Nott	04	
	B	Gary Sanderson	17.20	NW	00	Amy Wareing	16.43	Nat	08	
	C	Thomas Smith	14.08	Nats	09	Katrina Hart	15.30	Nats	05	
	D	Michael Churm	12.50	NW	00	Katrina Hart	14.49	Man	07	
	E	Michael Churm	12.00	NW	06	Katrina Hart	14.84	Czech	09	
<b>Class 8</b>	A	Stephen Carson	28.10	NW	94					
	B	Stephen Carson	24.70	NW	95					
	C	Daniel Norton	14.00	Nats	05	Esther Cruice	15.13	Para	92	
	D	Ian Riley	12.44	Eur	03	Esther Cruice	15.20	Mid	94	
	E	Ian Riley	12.42	Mid	88	Beverley Jones	14.52	Cann	04	

MALE						FEMALE			
	Age Grp	Name	Distance/Time	Place	Year	Name	Distance/Time	Place	Year
<b>200m Class 2</b>		<b>Petra</b>							
	C								
	D								
	E	Nick Bister	41.91	Den	05				
<b>200m Class2L</b>									
	A								
	B								
	C								
	D					Sarah Dunster	1.12.44	RHG	97
	E	Steve Gardiner	1.17.29	SE	88	Sarah Dunster	59.61	Conn	05WR
<b>Class 2U</b>									
	A								
	B								
	C								
	D								
	E					Lindsay Wright	1.22.57	EA	99wrrer
<b>Class 3</b>									
	A								
	B	Steve Mason	60.10	Nat	01				
	C	Martin Conway	45.40	Nat	96				
	D	Martin Conway	41.60	NE	99	Katherine Langton	49.63	BWAA	09
	E	Paul Williams	39.20	Ber	94er	Lorraine Walker	42.45	RHG	2001
<b>Class 4</b>									
	A								
	B								
	C	Matthew Hickling	42.43	Nott	08	Lisa Kirkland	55.10	RHG	93
	D	Matthew Hickling	35.20	Wigan	09	Deborah Brennan	44.50	RHG	97
	E	Leslie Allison	35.04	Mid	92	Deborah Brennan	33.87	Syd	00wrrer
<b>Class 5</b>									
	A								
	B	Aidan Cosgrove	53.00	Yate	09	Poppy Howell	43.60	Nott	08
	C	Lloyd Upsdell	30.40	Nat	98	Serenity Howell	43.25	PSC	09
	D	Lloyd Upsdell	27.10	Mid	00	Natalie Gower	45.30	Nott	05
	E	Lloyd Upsdell	27.30	Sydney	99WR	Sophia Warner	42.16	PSC	09
	E	Lloyd Upsdell	26.69	Lille	02er	Natalie Gower	46.80	Bel	7
<b>Class 6</b>									
	A								
	B	Lee Hunter	40.90	NE	00	Eleanor Hubbert	46.40	HoE	09
	C	Rhys Jones	28.97	Nats	09	Hazel Robson	35.58	Nat	95
	D	Ben Rushgrove	25.91	Nat	06	Hazel Robson	33.80	Nat	99
	E	Graeme Ballard	25.40	Leeds	06	Hazel Robson	31.98	Para	04

MALE						FEMALE				
	Age	Name	Distance/	Place	Year	Name	Distance/	Place	Year	
	Grp		Time				Time			
<b>200m</b>										
Class 7	A									
	B	Gary Sanderson	36.80	NW	00	Samantha Hughes	35.50	Nat	98	
	C	Jamie Harding	29.70	Nats	05	Katrina Hart	32.80	nats	05	
	D	Mark Newton	26.10	Nat	94	Katrina Hart	31.96	Nott	08	
	E	Michael Churm	25.02	Man	06	Katrina Hart	30.87	Czech	09	
Class 8	A									
	B	Carl Young	32.00	Nat	91					
	C	Daniel Norton	28.70	Nats	05	Esther Cruice	30.74	Par	92	
	D	Ian Riley	27.60	Sheff	00	Esther Cruice	31.47	Ber	94	
	E	Stephen Payton	24.65	Nott	08	Esther Cruice	30.74	Par	92	
<b>400m</b>										
<b>Class 2</b>										
	C									
	D									
	E	Nick Bister	1.01.0	Wigan	03					
<b>400m</b>										
<b>Class 2L</b>										
	A									
	B									
	C									
	D					Sarah Dunster	2.29.82	RHG	97	
	E	Steve Gardiner	2.49.00	Nat	87	Sarah Dunster	2.06.23	Nott	01wrer	
Class 2U	A									
	B									
	C									
	D									
	E					Lindsay Wright	2.49.35	RHG	97wrer	
Class 3	A									
	B	Karl Brown	2.23.6	NE	00					
	C	Martin Conway	1.31.5	Nat	96					
	D	Martin Conway	1.20.12	Holland	99	Lorraine Duckering	1.24.30	Mid	00	
	E	Martin Conway	1.16.52	Nott	01er	Lorraine Duckering	1.24.30	Sheff	00	
Class 4	A									
	B									
	C	Matthew Hickling	1:23.60	Nott	08	Lisa Deacon	4.25.0	Mid	00	
	D	Matthew Hickling	1:07.52	Gates	09	Deborah Brennan	1.22.5	Nat	97	
	E	Leslie Allison	1.07.74	Holland	99	Deborah Brennan	1.07.68	Lille	02wrer	
Class 5	A									
	B	Aidan Cosgrove	2:05.9	Yate	09	Poppy Howell	1.40.65	Nat	08	
	C	Jonathan Rowell	1.12.90	U19	92	Poppy Howell	1.40.3	Wigan	09	
	D	Richard White	1.06.88	EO	99					
	E	Richard White	1.06.88	EO	99	Sophia Warner	1.46.6	Peri	09	

MALE						FEMALE				
	Age	Name	Distance/	Place	Year	Name	Distance/	Place	Year	
	Grp		Time				Time			
<b>400m</b>										
Class 6										
	A									
	B					Serenity Howell	1.58.0	Nott	08	
	C	Daniel Norton	1.05.1	Nats	05	Louise Knight	1.43.6	Nat	97	
	D	Lee Hunter	1.01.3	Nat	05	Hazel Robson	1.24.2	Mid	98	
	E	Lee Hunter	1.00.07	Nott	08	Hazel Robson	1.21.86	Sydney	99	<b>wr</b>
Class 7										
	A									
	B									
	C	Jamie Harding	1.03.8	Nats	05	Samantha Hughes	1.26.6	Mid	99	
	D	Mark Newton	1.00.36	SGF	95	Samantha Hughes	1.22.30	Mid	00	
	E	Derek Malone	56.23	Nott	08	Pauline Latto	1.22.6	Nat	98	
Class 8										
	A									
	B	Carl Young	1.12.40	Nat	91					
	C	Carl Simmons	1.20.30	NW	97	Esther Cruice	1.09.92	Par	92	
	D	Steven Leigh	58.500	Nat	06	Esther Cruice	1.10.26	Ber	94	
	E	Stephen Payton	54.250	Nott	08	Esther Cruice	1.08.35	EA	99	
<b>800m</b>										
Class 2										
	E	Nick Bister	3.21.0	Mids	06					
<b>800m</b>										
Class 3										
	A									
	B									
	C									
	D	Martin Conway	2.50.32	Holland	99					
	E	Paul Williams	2.44.83	Ber	94er	Lorraine Duckering	3.06.11	Holland	99	
Class 4										
	A									
	B									
	C									
	D	Matthew Hickling	2:28.14	PSC	09	Deborah Brennan	2.42.5	Nat	97	
	E	Marcus Asbury	2.29.04	SFG	95	Deborah Brennan	2.16.99	Nottm	01	<b>wrer</b>
Class 5										
	A									
	B					Poppy Howell	4.10.2	Nott	08	
	C									
	D									
	E	David James	2.49.70	SFG	95					
Class 6										
	A									
	B									
	C									
	D	David Padgen	3.07.70	Mid	91					
	E	Paul Blake	2:18.79	PSC	09					
Class 7										
	A									
	B									
	C	Lewis McDougall	3.23.6	Mid	99					
	D	Steven Leigh	2.15.2	Nat	6					
	E	Phil Lee	2.17.2	Bel	07					

MALE						FEMALE			
	Age Grp	Name	Distance/Time	Place	Year	Name	Distance/Time	Place	Year
<b>800m</b>									
Class 8	A	Lewis Marsh	3.23.30	Nat	04				
	B								
	C								
	D	Steven Leigh	2.15.2	Traff	06				
	E	John Nethercott	2.11.13	Para	96	Brenda Woodcock	3.04.90	Nat	85
<b>1500m</b>									
	<b>Petra</b>								
Class 2	E	Nick Bister	7:20.00	Peri	3				
<b>1500m</b>									
Class 3	A								
	B								
	C								
	D	Martin Conway	5.41.9	Nat	98				
	E	Paul Williams	5.41.08	Mid	98				
Class 4	A								
	B								
	C								
	D	Paul Simmons	6.08.80	Nat	91				
	E	Paul Simmons	6.08.80	Nat	91	Deborah Brennan	4.16.31	Birm	03wrrer
Class 5	A								
	B								
	C								
	D								
	E	Ian Calder	6.04.00	Nat	87				
Class 6	A								
	B								
	C								
	D								
	E	Paul Blake	4:52.53	Gates	09				
Class 7	A								
	B								
	C								
	D	Dean Miller	4.48.00	Nats	06				
	E	Stephen Cooper	4.45.65	Sydney	99				
Class 8	A								
	B								
	C								
	D								
	E	John Nethercott	4.26.89	Para	96er	Susan Hampton	6.51.4	Nats	7

MALE						FEMALE			
	Age	Name	Distance/	Place	Year	Name	Distance/	Place	Year
	Grp		Time				Time		
<b>5000m</b>									
Class 3	A								
	B								
	C								
	D								
	E	Paul Williams	23.46.7	Nat	90				
<b>5000m</b>									
Class 4	A								
	B								
	C								
	D								
	E	Darren Cowley	27.19.80	Nat	90				
Class 5	A								
	B								
	C								
	D								
	E	Ian Calder	23.23.2	RHG	89				
Class 6	A								
	B								
	C								
	D								
	E								
Class 7	A								
	B								
	C								
	D	Steven Leigh		Mids	03				
	E	Craig Carscadden	18.26.25	Bel	96				
Class 8	A								
	B								
	C								
	D								
	E	John Nethercott	16.41.88	DAI	98				
	E	John Nethercott	17.02.39	Bir	98wr				