

National Age Group Records Achieved 2010 Season

Jonathan	Adams	35D	Shot	Perivale	10.51m
Rebecca	Anson	34E	Javelin	Perivale	6.72m
			Discus	Nott	8.84m
Joshua	Bain	37C	Discus	Perivale	33.08m
			Javelin	Perivale	27.81m
Daniel	Berney	37D	Javelin`	Perivale	27.75m
Hannah	Cockroft	34D	100m	Perivale	19.8
			200m	Perivale	35.50
			400m	Gateshead	63.97
Hen	Freeman	33D	Javelin	Perivale	6.19m
Natalie	Gower	35E	Shot	Nott	8.14m
Samantha	Gray	33E	Discus	Gateshead	11.11m
Samantha	Gray	33E	Javelin	Gateshead	6.68m
Lucy	Heavisides	35D	Discus	Wigan	9.64m
Matthew	Hickling	34D	100m	Perivale	18.80
			200m	Gateshead	34.50
			400m	Gateshead	65.11
Poppy	Howell	35C	200m	Nott	41.76
			400m	Wigan	1.37.8
Serenity	Howell	35C	200m	Perivale	42.80m
Eleanor	Hubbert	36C	Discus	Nott	10.50m
Bev	Jones	37E	Discus	Nott	30.38m
Rhys	Jones	36D	Long Jump	Wigan	4.27m
Jeremy	Linscer	38E	Javelin	Nott	12.62m
Fiona	Montgomery	36C	Long Jump	Perivale	1.55m
			Discus	Wigan	9.00m
Gemma	Prescott	32E	Shot	Gateshead	5.40m
			Javelin	Gateshead	6.34m
Lucie	Prosser	36E	Discus	Nott	16.65m
Alister	Rayment	36E	5000m	Nott	20.22.71
Jarel	Rose	36A	Long Jump	Perivale	1.94m
Josh	Scarborough	37B	Javelin	Nott	21.86m
			Discus	Gateshead	19.48m
Alex	Teasdale	38C	100m	Wigan	13.40

			200m	Wigan	27.30
Kieran	Tscherniawsky	33D	Discus	Nott	26.34m
Bethany	Woodward	37D	400m	Perivale	1.13.8
Alana	Walker	37D	Discus	Nott	17.25
Amy	Wareing	38C	Long Jump	Gateshead	2.90m
Sophia	Warner	35E	200m	Nott	40.96
Helen	Williams	36E	800m	Wigan	3.56.6