Colchester & Tendring Athletics Club

Club Records

Note: Junior age group changes were implemented in 2026, meaning that old U11, U13, U15 and U17 records (shaded in grey) will no longer be updated. New U12, U14, U16 and U18 records have been set from 2026 onwards.

Thanks to Bob Kimber, Roger Breese, Simon Bryant and Kate Odell (Sketchley) for all their previous work in researching and compiling the Club records. In 2023 Bob received old papers from Julia Butcher, daughter of the late Ted Butcher, which highlighted some more records that have been included - also from Andrew Bright. We will probably never have a complete list due to older records being lost, but if you think you have a claim to a club record, please contact the Club via the website contact form.

Latest update: 08/10/2026

Under 11s

Covering the period from 2018 to 2025

U11 Male					Notes	U11 Female				Notes
Event	Name	Date	Venue	Time/Distance		Name	Date	Venue	Time/Distance	
60m	Wilbur Wheatley	23/03/24	Lee Valley	9.99		Sofia Lyttle	23/03/24	Lee Valley	9.61	
80m	Iain Mante	21/07/19	Ipswich	12.00		Sienna Cronk	25/07/21	Braintree	11.80	
200m	Aiden Burgoyne	23/03/24	Lee Valley	34.03		Sofia Lyttle	23/03/24	Lee Valley	31.91	
600m	Adam Hart	19/09/21	Colchester	1.48.07		Lucy Thompson	12/08/18	Ipswich	1.54.70	
Mile						Ronni Townsend	29/06/24	Chelmsford	6.10.13	
Long Jump	Laiton Berryman-Burgoyne	06/07/25	Norwich	3.93		Evie Smith	21/07/19	Ipswich	3.56	
Shot	Louis Agostini	21/07/19	Bury St Edmunds	6.28		Laura Walecka	30/04/23	Cambridge	5.69	

Under 12s

From 2026 onwards

U12 Male					Notes	U12 Female				Notes
Event	Name	Date	Venue	Time/Distance		Name	Date	Venue	Time / Distance	
75m	Reuben Narhkom	19/04/26	Norwich	11.2		Phoebe Hogg	19/04/26	Norwich	12.1	
600m	Samuel Morley	31/05/26	Bury St Edmunds	1:53.3		Orlaith Hallahan	31/05/26	Bury St Edmunds	1:55.1	
800m						Ronni Townsend	12/07/26	Thurrock	2:41	
Mile						Ronni Townsend	20/06/26	Chelmsford	5:50.42	
Long Jump	Reuben Narhkom	12/07/26	Cambridge	3.73		Phoebe Hogg	19/04/26	Norwich	3.19	
Shot	Reuben Narhkom	19/04/26	Norwich	6.11		Orlaith Hallahan	31/05/26	Bury St Edmunds	5.79	
5k						Ronni Townsend	07/08/26	Colchester	19.36	

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TRACK

60m Male					Notes	60m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Esirhueme Alegeh	01/03/25	Lee Valley	8.47		U/13	Bethany Ibbotson	12/12/09	Lee Valley	8.4	
U/14	Esirhueme Alegeh	28/02/26	Lee Valley	8.26		U/14	Nahla Shana	28/02/26	Lee Valley	8.72	
U/15	Akin Akinboh	06/02/16	Lee Valley	7.52		U/15	Joy Ogunleye	28/02/15	Sheffield	7.7	
U/16	Jacob Koreman-Ball	28/02/26	Lee Valley	8.31		U/16					
U/17	Simon Bryant	23/02/92	Birmingham	7.14		U/17	Sarah Claxton	1996	?	7.63	
U/18	Judah Asamoah	28/02/26	Lee Valley	7.24		U/18	Heidi Booth	28/02/26	Lee Valley	8.63	
U/20	Simon Bryant	19/09/21	Birmingham	7.00		U/20	Angel Wright	02/03/24	Lee Valley	8.2	
Snr	Jerome Fronton	2012	Lee Valley	7.42		Snr	Kate Sketchley	19/03/93	Bedford	7.9	

100m Male					Notes	100m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Joshua Famujuro	26/06/21	Dagenham	12.28		U/13	Sarah Claxton	31/08/92	Ipswich	12.4	
U/14	Matthew Croydon	20/09/26	Bury St Edmunds	12.5		U/14	Davina Olarewaju	31/05/26	Bury St Edmunds	13.2	
U/15	Simon Bryant	08/06/90	Basildon	11.4		U/15	Sarah Claxton	08/07/94	Telford	11.9	
U/16	Jacob Narhkom	31/05/26	Bury St Edmunds	10.8		U/16	Emilia Greatorex	20/09/26	Bury St Edmunds	14.1	
U/17	Simon Bryant	31/08/92	Ipswich	11.1		U/17	Sarah Claxton	28/04/96	Wimbledon	11.7	
U/18	Oshiotse Alegeh	09/05/26	Chelmsford	11.28		U/18	Funmike Olarewaju	31/05/26	Bury St Edmunds	13.4	
U/20	Dylan Stewart	17/08/25	Stratford	10.93		U/20	Angle Joseph	14/07/13	Ipswich	12.8	
Snr	Simon Bryant	02/05/93	Colchester	10.7		Snr	Kate Sketchley Sarah Claxton	02/05/93 18/04/99	Colchester Bury St Eds	12.3 12.3	

150m Male					Notes	150m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13						U/13	Bethany Ibbotson	04/05/09	Lee Valley	20.47	
U/17						U/17	Lisa Allen	14/3/94	Dagenham	19.30	
Snr						Snr	Lisa Allen	23/3/97	Dagenham	18.70	

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200m Male					Notes	200m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Sam Shippey	03/07/16	Ipswich	25.6		U/13	Kimberley Shreeve	1988	?	26.6	
U/14	Matthew Croydon	20/09/26	Bury St Edmunds	25.5		U/14	Sofia Lyttle	27/06/26	Chelmsford	28.18	
U/15	Simon Bryant	14/07/90	Derby	23.0		U/15	Joy Ogunleye	11/07/15	Gateshead	25.03 w	
U/16	Jacob Narhkom	16/08/26	Norwich	22.0		U/16	Imogen Stringer	31/05/26	Bury St Edmunds	28.10	
U/17	Simon Bryant	26/06/92	Kings Lynn	22.3		U/17	Joy Ogunleye	14/05/17	Chelmsford	24.96	
U/18	Oshiotse Alegeh	05/07/26	Sandy	23.71		U/18	Funmike Olarewaju	31/05/26	Bury St Edmunds	28.7	
U/20	R Smith	2001	?	22.6		U/20	Angle Joseph	14/07/13	Ipswich	26.4	
Snr	Simon Bryant Simon Ciarvella	1991	Dagenham ?	22.0 22.0		Snr	Nikki Smith Jo Nicklin	31/08/92 1983	Ipswich ?	25.4 25.4	

300m Male					Notes	300m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	James Ford	?	?	48.5		U/13	Amanda Pisani	?	?	47.8	
U/15	Sam Shippey	09/06/18	Chelmsford	37.05		U/15	Joy Ogunleye	09/08/15	Cambridge	42.3	
U/16	Jacob Narhkom	26/07/26	Bedford	34.43		U/16	Imogen Stringer	13/06/26	Chelmsford	43.24	
U/17	Simon Bryant	17/03/91	Havering	37.0		U/17	Ami Fosker	03/08/13	Chelmsford	41.8	
Snr	Simon Bryant	14/03/94	Dagenham	35.1		Snr	Denise Morley	?	?	41.4	

400m Male					Notes	400m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Simon Bryant	Aug 88	Colchester	60.5		U/13	N/A				
U/15	Robert Smith	?	?	52.8		U/15	Naomi Sandercock	13/08/23	Newham	62.68	
U/16	Jacob Narhkom	10/07/26	Birmingham	48.09		U/16					
U/17	Louis Persent	08/07/06	Gateshead	48.33		U/17	Mary Kitson	?	?	58.1	
U/18	Ethan Holland	19/04/26	Norwich	53.8		U/18	Naomi Sandercock	08/08/26	Harrow	61.71	
U/20	R Smith	2000	?	49.2		U/20	Tracey Smedley	26/08/14	Colchester	57.8	
Snr	Robert Smith	29/04/05	Glasgow	47.55		Snr	Mary Kitson	1984	20/5 84	56.2	

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600m Male					Notes	600m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Sam Shippey	14/04/16	Yarmouth	1.38.0		U/13	Charlotte Taylor	19/06/01	?	1.46.5	
U/14						U/14					
U/15	Robert Smith	07/03/99	Havering	1.30.9		U/15	Hayley Cole	01/03/92	Dagenham	1.42.4	
U/16						U/16					
U/17	Tom Payn	19/03/95	Havering	1.27.6		U/17	Hayley Cole	14/03/93	Dagenham	1.39.5	
U/18						U/18					
U/20						U/20					
Snr	Tom Payn	15/03/98	Havering	1.21.7		Snr	Tracey Smedley	Feb 87	?	1.35	

800m Male					Notes	800m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Henry Dover	12/08/18	Lee Valley	2.10.51		U/13	Mia Lawes	10/08/24	Walton on Thames	2.25.38	
U/14	Rowan Stringer	09/05/26	Chelmsford	2.19.05		U/14	Ivy-Rose Hallahan	26/04/26	Cambridge	2:44.6	
U/15	Henry Dover	15/08/20	Lee Valley	1.58.38		U/15	Hayley Cole	23/08/92	Hayes	2.15.7	
U/16	Daniel Mee	19/04/26	Norwich	2:12.8		U/16	Mia Lawes	01/03/26	Lee Valley	2:25.19	
U/17	Lloyd Heard	23/06/07	Colchester	1.54.3		U/17	Hayley Cole	01/08/93	W London	2.12.8	
U/18	Logan Dearsley	26/04/26	Cambridge	2:01		U/18	Naomi Sandercock	08/07/26	Watford	2:18.58	
U/20	David Gibbon	20/06/09	Watford	1.55.42		U/20	Samantha Redgrave	01/07/11	Gateshead	2.11.03	
Snr	Chris Van-Rees	1970s	Crystal Palace	1.48.8		Snr	Mary Kitson	1980 s	?	2.10.8	

1000m Male					Notes	1000m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13						U/13	Heidi Graham	?	?	3.15.5	
U/15	Max Williams	04/12/13	Lee Valley	2.54.93		U/15	Kerry Bailey	?	?	3.10.5	
U/17	Tom Payn	10/04/96	Watford	2.35.7		U/17	Kerry Bailey	?	?	3.05.8	
Snr	Tom Payn	18/05/97	Loughborough	2.33.01		Snr					

1200m Male					Notes	1200m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/15	Richard Noone	?	?	3.32.0		U/15	Hayley Cole	01/03/92	Dagenham	3.55.8	
U/17	Tom Payn	20/04/96	Cambridge	3.13.3		U/17	Hayley Cole	14/03/93	Dagenham	3.47.0	

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1500m Male					Notes	1500m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Henry Dover	12/05/18	Chelmsford	4.34.60		U/13	Mia Lawes	21/07/24	Chelmsford	4.56.7	
U/14	Rowan Stringer	20/09/26	Bury St Edmunds	4:32.3		U/14	Holly Bullard	07/06/26	Grays	5:27.4	
U/15	Henry Dover	29/08/20	Lee Valley	4.03.05		U/15	Laura Condron	25/06/05	Solihull	4.38.81	
U/16	Daniel Mee	07/06/26	Grays	4:33.7		U/16	Mia Lawes	26/04/26	Cambridge	5:02.7	
U/17	Jordon Rowe	18/08/13	Ashford	4.00.51		U/17	Laura Condron	27/05/07	Ashford	4.41.57	
U/18	Alex Derrick	20/09/26	Bury St Edmunds	4:14.6		U/18	Naomi Sandercock	08/08/26	Harrow	5:01.02	
U/20	David Gibbon	28/06/09	Bedford	3.53.23		U/20	Laura Condron	10/05/08	Basildon	4.47.50	
Snr	Freddy Richardson	18/04/25	Ausa Calif. USA	3.43.27		Snr	Charlotte Goff	?	?	4.36.1	

1 Mile Male					Notes	1 Mile Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Rowan Stringer	21/06/25	Chelmsford	5:17.42		U/13					
U/14	Rowan Stringer	20/06/26	Chelmsford	5:02.00		U/14					
U/15	Arthur Ballard	06/08/21	Chelmsford	4.48.3		U/15	Sophia Harvey	29/06/24	Chelmsford	5.33.16	
U/16						U/16					
U/17	Sam Plummer	24/06/23	Chelmsford	4.28.08		U/17	Naomi Sandercock	29/06/24	Chelmsford	5.18.77	
U/18						U/18	Naomi Sandercock	20/06/26	Chelmsford	5.26.48	
U/20	David Gibbon	25/05/09	Bedford	4.20.54		U/20					
Snr	Freddy Richardson	10/02/24	Boston USA	4.02.30		Snr					

3000m Male					Notes	3000m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Lee Bright	?	?	10.59.0		U/13	N				
U/14						U/14					
U/15	Henry Dover	12/09/20	Norwich	8.58.5		U/15	N				
U/16						U/16					
U/17	Adrian Mussett	1980 s	?	8.45.7		U/17	Laura Condron	13/06/07	Watford	10.24.16	
U/18	Alex Derrick	31/05/26	Bury St Edmunds	9:16.3		U/18					
U/20	Robert Malseed		?	8.15		U/20	Grace Greenhalgh	1996	?	10.22.22	
Snr	Freddy Richardson	14/02/25	Boston USA	8.04.34		Snr	Nicola Rogers	20/09/08	Southend	10.00.04	

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5000m Male					Notes	5000m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/18						U/18					
U/20	Robert Malseed			14.58		U/20	Amy Milburn	23/06/23	Harrow	20.59.17	
Snr	Freddy Richardson	17/04/25	Boston USA	13.44.82		Snr	Danielle Tatum	11/05/08	Basildon	18.45.62	

10,000m Male					Notes	10,000m Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/20	Andrew Bright	1978	??	33.09		U/20					
Snr	Robert Malseed	?		29.32		Snr					

Latest update: 08/10/2026

STEEPLECHASE

1500m Steeplechase Male					Notes
Age	Name	Date	Venue	Time	
U/16	Samuel Green	02/05/26	Bury St Edmunds	5.53.1	
U/17	Glynn Thomas	?	?	4.30.5	
U/18					
U/20					
Snr					

1500m Steeplechase Female					Notes
Age	Name	Date	Venue	Time	
U/16					
U/17	Lucy Thompson	17/08/24	Dartford	5.47.19	
U/18					
U/20	Lucy Thompson	02/05/26	Bury St Edmunds	5:32.2	
Snr	Kate Heap	08/08/26	Harrow	6:18.67	

2000m Steeplechase Male					Notes
Age	Name	Date	Venue	Time	
U/17	Ben Miller	2016	Croydon	6.54.1	
U/18					
U/20	Michael Porter		Cambridge	7.16.1	
Snr	Robert Malseed	09/06/90	Basildon	6.08	

2000m Steeplechase Female					Notes
Age	Name	Date	Venue	Time	
U/17	Lucy Thompson	09/07/23	Bromley	8.15.15	
U/18					
U/20	Lucy Thompson	13/07/25	Finsbury Park	8.06.49	
Snr					

3000m Steeplechase Male					Notes
Age	Name	Date	Venue	Time	
U/17	Ben Miller	09/07/16	Ashford	10.32.2	
U/18					
U/20	Andrew Bright	1979	????	10.21.8	
Snr	Henry Emmerton	1988	?	9.13.0	

3000m Steeplechase Female					Notes
Age	Name	Date	Venue	Time	
U/17					
U/18					
U/20	Lucy Thompson	06/06/26	Bedford	13.33.02	
Snr					

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HURDLES

Sprint Hurdles Male					Notes	Sprint Hurdles Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/13	Joshua Harvey	25/07/10	Kingston	12.52	75 H	U/13	Chloe Allam	02/03/24	Lee Valley	10.58	60 H
U/13	Matthew Lewis	1987	?	13.1	80 H	U/13	Sarah Claxton	14/06/92	Ipswich	11.1	70 H
U/13						U/13	Angela Rothwell	1975	Crystal P	11.5	75 H
U/13						U/13	M Pime	?		12.1	80 H
U/14	Gregory Fry	31/05/26	Bury St Edmunds	16.3	80 H	U/14	Davina Olarewaju	05/07/26	Sandy	12.18	75H
U/14	Gregory Fry	16/08/26	Norwich	35.1	200H	U/14	Georgia Duckworth	07/06/26	Grays	35.9	200H
U/15	Thomas Cuningham-F	12/03/11	Lee Valley	9.17	60H	U/15	Isobel Duah	2012	Lee Valley	9.97	60H
U/15	Damon Bainbridge	?	?	11.6	80 H	U/15	Nina Thompson	1987	?	10.9	75 H
U/15	Damon Bainbridge	?	?	15.3	100 H	U/15	Faye Manning	1987	?	12.0	80 H
U/16	Deron Morilla	12/07/26	Cambridge	15.1	100H	U/16	Chimdindu Ikpelie	12/07/26	Cambridge	15.5	80 H
U/17	Louis Persent	27/02/05	Birmingham	8.68	60 H	U/17	Nina Thompson	1989	?	11.3	80 H
U/17	Damon Bainbridge	09/07/88	Yeovil	13.3	100 H	U/17	Sarah Claxton	15/09/96	Cambridge	14.7	100 H
U/18					100 H	U/18					100 H
U/20	Damon Bainbridge	13/06/89	Harrow	15.0	110 H	U/20	Sarah Claxton	1997	?	13.65	100 H
Snr	Damon Bainbridge	29/06/90	?	15.55	110 H	Snr	Kate Sketchley	12/06/93	Crystal P	14.44	100 H

300/400m Hurdles Male					Notes	300/400m Hurdles Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/16	Deron Morilla	30/05/26	Cambridge	44.48	300H	U/16					
U/17	Danny Corcos	Jul 71	Colchester	55.7	400H	U/17	Sarah Granville	28/07/07	Chelmsford	47.9	300H
U/18						U/18					
U/20	Danny Corcos	09/05/73	C Palace	54.2	400H	U/20	Sian Sanders	?	?	66.5	400H
Snr	Danny Corcos	01/06/74	C Palace	53.6	400H	Snr	Jo Nicklin	1993	Norwich	62.2	400H

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JUMPS

High Jump Male					Notes
Age	Name	Date	Venue	Height (m)	
U/13	Anthony Osbourne	?	?	1.51	
U/14	Thomas Hall	26/04/26	Camrbridge	1.40	
U/15	Neil Pilgrim	27/05/90	?	1.85	
U/16	Samuel Jacklin	07/06/26	Grays	1.50	
U/17	Jakub Walecki	25/09/21	Derby	2.03	
U/18	Oshiotse Alegeh	01/03/26	Lee Valley	1.55	
U/20	Jakub Walecki	19/09/21	Jerusalem	2.15	
Snr	Dimitri Solomonov	2016	Ashford	1.85	

High Jump Female					Notes
Age	Name	Date	Venue	Height (m)	
U/13	Jane Falconer	1980s	?	1.65	
U/14	Erin Heap	19/04/26	Norwich	1.40	
U/15	Jane Falconer	10/06/89	?	1.75	
U/16	Robyn Heap	12/07/26	Cambridge	1.35	
U/17	Jane Falconer	1990	?	1.76	
U/18					
U/20	Kate Sketchley	17/05/92	Walthamstow	1.58	
Snr	C Mann	?	?	1.66	

Long Jump Male					Notes
Age	Name	Date	Venue	Distance (m)	
U/13	Paul Beaumont	?	?	4.90	
U/14	Aston Digby	07/06/26	Grays	4.17	
U/15	Craig Beecham	1987	?	6.41	
U/16	Deron Morilla	05/07/26	Sandy	5.54	
U/17	Craig Beecham	25/06/88	Stoke	6.70	
U/18	Oliver Bennett	07/06/26	Grays	5.74	
U/20	Arron Bollu	?	Ipswich	6.75	
Snr	Craig Beecham	1990s	?	6.82	

Long Jump Female					Notes
Age	Name	Date	Venue	Distance (m)	
U/13	Sarah Claxton	31/08/92	Ipswich	4.88	
U/14	Davina Olarewaju	05/07/26	Sandy	4.67	
U/15	Sarah Claxton	28/08/94	Colchester	5.68	
U/16	Riley Fry	12/07/26	Cambridge	4.08	
U/17	Sarah Claxton	16/06/96	Germany	6.27	
U/18	Heidi Booth	07/06/26	Grays	3.83	
U/20	Sarah Claxton	05/09/97	Sheffield	6.53	
Snr	Sarah Claxton	As U/20			

Triple Jump Male					Notes
Age	Name	Date	Venue	Distance (m)	
U/15	Craig Beecham	?	?	12.39	
U/16	Deron Morilla	20/09/26	Bury St Edmunds	11.02	
U/17	Nick Leach	July 78	Chesterfield	14.84	
U/18	Samuel Akande	31/05/26	Bury St Edmunds	11.92	
U/20	Arron Bollu	?	Cambridge	13.88	
Snr	Arron Bollu		Bury St E	13.84	

Triple Jump Female					Notes
Age	Name	Date	Venue	Distance (m)	
U/15	Courtney Bland	27/08/12	Southend	8.62	
U/16					
U/17	Jane Falconer	16/08/90	?	10.64	
U/18					
U/20	Jane Falconer	1990	?	12.10	
Snr	Jane Falconer	31/08/93	Colchester	12.37	

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Pole Vault Male						Pole Vault Female					
Age	Name	Date	Venue	Height (m)	Notes	Age	Name	Date	Venue	Height (m)	Notes
U/14						U/14	Georgia Duckworth	26/04/26	Cambridge	1.50	
U/15	Matt Lewis	25/06/89	Stevenage	2.50		U/15	Kiera Fitzpatrick	10/06/27	Grays	2.00	
U/16						U/16					
U/17	Samuel Davis	09/06/07	Chelmsford	3.00		U/17	Amy Milburn	22/07/10	Colchester	1.70	
U/18						U/18					
U/20	Samuel Davis	07/07/08	Colchester	3.20		U/20	Amy Milburn	24/06/15	Eaton	1.20	
Snr	Liam Flynn	Jul 80	Watford	2.70		Snr	Sarah Kelley	17/08/19	Colchester	2.70	

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THROWS

Shot Put Male					Notes	Shot Put Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	John Stalham	1988	Colchester	9.46		U/13	Emma Blowers		Colchester	9.04	
U/14	Esirhueme Alegeh	10/05/26	Chelmsford	8.49		U/14	Laura Walecka	09/05/26	Chelmsford	10.25	
U/15	Peter Pooran	1980s	?	14.18		U/15	Adanna Udechuku	11/06/25	Birmingham	14.08	
U/16	Alex Blanco	31/05/26	Bury St Edmunds	6.48		U/16	Adanna Udechuku	11/04/26	Woodford	13.14	
U/17	Peter Pooran	19/09/21	?	14.50		U/17	Rebecca Shreeve	14/07/90	Derby	11.89	
U/18						U/18					
U/20	Steve Parsons	?	?	12.68		U/20	Jade Morgan	16/09/06	Derby	10.59	
Snr	Ian Blake	08/08/93	Colchester	13.01		Snr	Emma Blowers	01/07/89	?	10.99	

Discus Male					Notes	Discus Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	Lee Fitzgerald		Kingston	26.52		U/13	Valarie Pain	1975	Colchester	33.41	
U/14	Noah Udechuku	04/04/26	Bedford	20.94		U/14	Ivy-Rose Hallahan	31/05/26	Bury St Edmunds	17.92	
U/15	Steve Parsons	?	?	38.40		U/15	Emma Blowers	?	?	35.02	
U/16	Ermis Drakakis	05/07/26	Sandy	19.08		U/16	Adanna Udechuku	04/04/26	Bedford	39.02	
U/17	Peter Pooran	1989	?	41.44		U/17	Emma Blowers	?	?	39.78	
U/18						U/18					
U/20	Steve Parsons	?	Colchester	37.18		U/20	Kundai Matringe	27/06/10	Bedford	19.53	
Snr	Emeka Udechuku	11/05/24	Chelmsford	46.65		Snr	Emma Blowers	01/07/89	?	41.14	

Hammer Male					Notes	Hammer Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/14						U/14	Ziggy Webster Earle	26/07/26	Hemel Hemp'd	41.13	
U/15	Steve Parsons	?	?	32.06		U/15	Adanna Udechuku	28/08/25	Colchester	46.08	
U/16						U/16	Adanna Udechuku	11/04/26	Woodford	41.68	
U/17	M Morseley	?	?	38.95		U/17	Mellisa Clapham	22/08/98	?	23.37	
U/18						U/18					
U/20	A Burford	02/08/92	Peterborough	27.78		U/20	Mellisa Clapham	2000	?	38.15	
Snr	Neil Clare	27/05/89	?	36.26		Snr	Debbie Castle	09/07/16	Ashford	27.98	

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Javelin Male					Notes	Javelin Female					Notes
Age	Name	Date	Venue	Distance (m)		Age	Name	Date	Venue	Distance (m)	
U/13	Justin Diaz	2005	Colchester	30.25		U/13	Fazia Kafala	21/07/19	Ipswich	26.97	
U/14	Noah Udechuku	04/04/26	Bedford	24.88		U/14	Ivy-Rose Hallahan	26/04/26	Cambridge	16.04	
U/15	Adam Newley	05/09/93	Braintree	51.14		U/15	L McMordie	?	?	29.85	
U/16	Josh Westall	13/06/26	Chelmsford	29.24		U/16	Mia Lawes	05/07/26	Sandy	21.92	
U/17	Eric Hill	1976	Aldershot	58.94		U/17	Hannah Branch	?	?	37.01	
U/18	Oliver Bennett	12/07/26	Cambridge	22.27		U/18					
U/20	David Sketchley	15/06/95	Colchester	57.46		U/20	K Sketchley	13/05/92	Kingston	32.64	
Snr	Above?					Snr	Hannah Branch	10/06/89	?	46.88	

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RELAYS

4 x 100m Male					Notes
Age	Name	Date	Venue	Time	
U/13		27/08/16	Southend	54.0	
U/14		26/04/26	Cambridge	56.0	
U/15	Finn Bates, Judah Asamoah, Otse.Alegah, Feyi.Atiku,	01/08/24	Birmingham	45.91	
U/16	Jacob Narhkom, Samuel Jacklin, Alex Blanco, Ermis Drakakis	16/08/26	Norwich	48.7	
U/17		19/09/21	Southend	46.6	
U/18					
U/20		?	?	43.5	
Snr		27/08/16	Southend	54.0	

4 x 100m Female					Notes
Age	Name	Date	Venue	Time	
U/13		?	?	54.3	
U/14		05/07/26	Sandy	56.45	
U/15		?	?	50.8	
U/16		20/09/26	Bury St Edmunds	56.8	
U/17		27/08/16	Southend	50.5	
U/18		20/09/26	Bury St Edmunds	55.7	
U/20		12/09/93	Bedford	49.71	
Snr		?	?	54.3	

4 x 400m Male					Notes
Age	Name	Date	Venue	Time	
U/15		?	?	4.06.5	
U/16					
U/17					
U/18					
Snr		31/08/91	Wimbledon	3.29.0	

4 x 400m Female					Notes
Age	Name	Date	Venue	Time	
U/15					
U/16					
U/17		?	?	3.52.5	
U/18					
Snr		?	?	3.57.4	

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MULTI EVENTS

Pentathlon Male					Notes
Age	Name	Date	Venue	Points	
U/13	Mason Partridge	28/09/25	Peterborough	1097	
U/14					
U/15	Robert Smith	Sep 99	Basildon	2610	
U/16					
U/17	Louis Persent	Jan 06	Carshalton I	3273	
U/18					
Snr					

Pentathlon Female					Notes
Age	Name	Date	Venue	Points	
U/13	Ivy-Rose Hallahan	27/09/25	Peterborough	1584	
U/14					
U/15	Angela Rothwell	1975	Crystal P	3094	
U/16					
U/17					
U/18					
Snr	Kate Sketchley	10/08/91	Haringey	3271	

Heptathlon Female					Notes
Age	Name	Date	Venue	Points	
U/17	Jo Nicklin	?	?	4277	
U/18					
U/20	Jade Morgan	17/09/06	Derby	4278	
Snr	Kate Sketchley	31/05/92	Barnet	4509	

Octathlon Male					Notes
Age	Name	Date	Venue	Points	
U/17	Louis Persent	25/09/06	Bedford	4799	

Decathlon Male					Notes
Age	Name	Date	Venue	Points	
U/20	Tom Payn	19/09/98	Hull	5409	

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ROAD RUNNING RECORDS

Standard distances only excluding parkruns

5k Road Male					Notes	5k Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/12						U/12	Ronni Townsend	07/08/26	Colchester	19.36	
U/13	Rowan Stringer	08/08/25	Colchester	18.23		U/13					
U/14						U/14	Ronni Townsend	26/09/26	Dorney Lake	19:23	
U/15	Samuel Green	07/08/26	Colchester	20.10		U/15	Sophia Harvey	03/03/24	Chelmsford	20.23	
U/16	Alex Derrick	25/04/26	Colchester	16.01		U/16	Laila McNeill	03/05/26	Ipswich	26.53	
U/17	Sam Plummer	19/09/21	Colchester	15.08		U/17	Naomi Sandercock	09/08/24	Colchester	20.37	
U/18						U/18					
U/20	Freddy Richardson	13/12/20	Ardingly	14.47		U/20					
Snr	Freddy Richardson	14/03/26	Leicester	13.42		Snr	Sarah Stradling	05/07/08	Norwich	17.52	

5 Mile Road Male					Notes	5 Mile Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/17	David Gibbon	15/07/06	Gt Bentley	26.57		U/17					
U/18	Daniel Cooper	19/07/26	Colchester	28.58		U/18					
U/20	Sam Clayton	20/05/11	Ipswich	27.34		U/20	Danielle Tatum	09/04/04	Sudbury	30.45	
Snr	Alex Gladley	07/07/23	Bentley	24.50		Snr	Sarah Stradling	10/07/09	Gt Bentley	29.02	

10k Road Male					Notes	10k Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
U/17	Sam Clayton	13/06/10	Bluewater	35.55		U/17	Amy Milburn	14/05/23	Colchester	42.15	
U/18	Alex Derrick	10/05/26	Colchester	33.40		U/18					
U/20	David Gibbon	18/11/07	Chelmsford	33.23		U/20	Danielle Tatum	20/11/05	Chelmsford	39.43	
Snr	Freddy Richardson	14/12/25	Telford	28.57		Snr	Sarah Stradling	15/06/08	Bluewater	35.56	

10 Mile Male					Notes	10 Road Female					Notes
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time	
Snr	Glynn Thomas	10/10/84	Tipton	49.32		Snr	Sarah Stradling	06/11/12	Stebbing	59.5	

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Half Marathon Male					Notes
Age	Name	Date	Venue	Time	
U/20	Ben Howard	01/02/26	Gt Bentley	1.24.49	
Snr	Sam Clayton	03/02/23	GtBentley	1.09.29	

Half Marathon Female					Notes
Age	Name	Date	Venue	Time	
U/20	Amy Milburn	13/09/26	Basildon	1.50.53	
Snr	Sarah Stradling	29/03/09	Wilmslow	1.17.34	

20 Mile Male					Notes
Age	Name	Date	Venue	Time	
Snr	Edwin Butcher	07/05/66	Colchester	1.51.45	

20 Mile Female					Notes
Age	Name	Date	Venue	Time	
Snr	Margaret Deasy	15/02/04	Chelmsford	2.09.14	

Marathon Male					Notes
Age	Name	Date	Venue	Time	
Snr	Gladley Alex	02/10/22	London	2.22.59	

Marathon Female					Notes
Age	Name	Date	Venue	Time	
Snr	Margaret Deasy	18/04/04	London	2.52.00	

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