

name club perf venue date

UNDER 15 GIRLS Cont'd;

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Discus1Kg CR\*\* 28.92

MILE

K.Marsh	N/P	28.92	Swansea	26Aug
J.Eddy	M/BAY	24.52	C.Brea	10Jun
K.Barton	TRU.S	24.50	C.Brea	10Jun
R.Bailey	CAC	23.68	C.Brea	20Aug
V.Gregory	CAC	23.00	Welwyn	3Jun
L.Fallow	PENA	20.56	C.Brea	10Jun

75mHur CR\*\* 11.5

S.Crowle	N/P	12.0	Swansea	26Aug
V.Gregory	CAC	12.35	Stoke	17Sep
R.Homer	CAC	12.9	C.Brea	2Jul
L.West	PENA	13.0	C.Brea	10Jun
S.Whitehall	CAC	13.1	C.Brea	2Jul
J.Austin	ST.IVE	13.2	Yeovil	25Jun

Javelin600gr CR\*\* 39.74

4x100R CR\*\* 51.9(52.5)

R.Bailey	CAC	32.60	C.Brea	26Jul
V.Gregory	CAC	30.48	Walton	22Jul
J.Smith	TRU.S	26.62	C.Brea	10Jun
K.Marsh	N/P	25.84	Ply	1Jul
D.Shreck	POLW	22.76	C.Brea	14May
H.Wood	LISK	21.80	C.Brea	10Jun

Cornwall AC	52.7	Walton	22Jul
County Sch	53.7	Chelt	17Jun
R.Lander Sch	55.0	C.Brea	2Jul
Truro Sch	55.8	C.Brea	10Jun
ST.Ives Sch	55.9	C.Brea	10Jun
Newquay/Par	55.9	Crawley	2Sep

Pentathlon

High Jump CR\*\* 1.60

V.Gregory	CAC	2625	Stoke	17Sep
S.Crowle	N/P	2339	Yeovil	25Jun
J.Austin	ST.IVE	2274	Yeovil	25Jun
H.Gray	N/P	2208	Yeovil	25Jun
H.Pearson	N/P	2169	C.Brea	7May
S.Whitehall	CAC	2065	C.Brea	7May

V.Gregory	CAC	1.50	Walton	22Jul
V.Hol-Lloyd	ST.IVE	1.39	C.Brea	7May
A.Phillips	N/P	1.38	C.Brea	14May
J.Austin	ST.IVE	1.38	Yeovil	25Jun
J.Smith	TRU.S	1.36	C.Brea	9Jul
L.Hillman	FALM	1.35	C.Brea	10Jun
G.Hicks	CAC	1.35	Bas'toke	12Aug

UNDER 17 WOMEN

Long Jump CR\*\* 5.18

100m CR\*\* 12.5

V.Gregory	CAC	5.04	Harrow	2Sep
S.Hilling	CAC	5.00	Welwyn	3Jun
H.Gray	N/P	4.89	Crawley	2Sep
S.Crowle	N/P	4.85	Swansea	26Aug
S.Whitehall	CAC	4.80	C.Brea	16Apr
M.Channel	TRU.S	4.66	C.Brea	7May

K.O'Keefe	PLYAC	12.8	C.Brea	10Jun
E.Orton	N/P	13.3	C.Brea	10Jun
N.Driffill	ROSE	13.3	C.Brea	10Jun
M.Breeze	WADE.S	13.7	C.Brea	16Apr
N.Simpson	TRU.S	13.7	C.Brea	10Jun
V.Pearson	PENA	13.9	C.Brea	10Jun
J.Milnes	TREV	13.9	C.Brea	10Jun

Shot3.25Kg CR\*\* 11.24

200m CR\*\* 25.7

V.Gregory	CAC	9.78	Par	18Jun
R.Bailey	CAC	9.03	C.Brea	20Aug
S.Bunyon	PENRY	8.72	Par	1Jul
J.Peacock	M.BAY	8.52	Par	1Jul
K.Marsh	N/P	8.33	Harlow	12Aug
C.Roberts	M.BAY	8.21	C.Brea	10Jun

E.Orton	N/P	27.0	C.Brea	3Sep
K.O'Keefe	PLYAC	27.1	C.Brea	10Jun
H.Royle	PENA	27.7	C.Brea	7May
C.Randall	PLYAC	27.7	Yeovil	7May
J.Glossop	N/P	27.7	C.Brea	14May
K.Treble	CAC	28.0	Yeovil	25Jun

300m CR\*\* 40.9

J.Glossop	N/P	43.4	C.Brea	10Jun
C.Randall	PLYAC	44.4	Ply	16Jul
E.Orton	N/P	44.4	C.Brea	20Aug
K.Treble	CAC	44.5	C.Brea	20Aug
M.Edmonson	TAVAC	47.6	C.Brea	14May
K.Gibbs	ST.IVE	47.9	C.Brea	10Jun

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UNDER 17 WOMEN Cont,d;

400m CR\*\* 58.9

J.Glossop	N/P	60.7	Crawley	2Sep
A.Bolton	N/P	64.5	Salis	16Jul
C.Randall	PLYAC	64.8	Woking	22Jul
E.Orton	N/P	65.2	Exeter	30Jul
R.Duckham	CAC	66.9	Harrow	2Sep
D.Abbott	N/P	67.1	Eltham	20May

800m CR\*\* 2:17.6

J.Glossop	N/P	2:18.1	Eltham	20May
A.Bolton	N/P	2:25.1	C.Brea	2Jul
D.Abbott	N/P	2:28.4	Yeovil	25Jun
E.Ackland	N/P	2:30.8	C.Brea	10May
R.Duckham	CAC	2:35.7	Harrow	2Sep
C.Randall	PLYAC	2:36.0	Yeovil	7May

1500m CR\*\* 4:38.84

A.Bolton	N/P	4:57.50	B'Ham	29Jul
K.Marshall	CAC	5:20.2	C.Brea	16Apr
S.Richards	WADE	5:22.9	C.Brea	10Jun
S.Hartshorn	PLYAC	5:27.0	Ply	2Apr
K.Trehane	ROSE	5:31.2	C.Brea	10Jun
K.Herridge	BOD	5:32.0	C.Brea	10Jun

Mile CR\*\* 5:02.5

3000m CR\*\* 10:14.36

A.Bolton	N/P	11:06.7	C.Brea	10Jun
J.Glossop	N/P	11:16.3	C.Brea	26Jul
K.Boreham	TAVAC	11:37.4	Yeovil	28May
K.Marshall	CAC	12:01.0	C.Brea	9Apr
E.Abbott	N/P	12:17.8	Kings	3Jun

80mHur CR\*\* 11.6

H.Royle	PENA	12.5	Chelt	17Jun
L.Bolton	N/P	13.5	C.Brea	7May
C.Randall	PLYAC	13.5	Yeovil	7May
K.Treble	CAC	13.6	Harrow	2Sep
D.Abbott	N/P	14.3	Yeovil	25Jun
P.Higgins	CAC	15.0	C.Brea	2Jul

100mHur CR\*\* 14.6

L.Bolton	N/P	20.6	Yeovil	10Sep
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name club perf venue date

UNDER 17 WOMEN Cont,d;

300mHur CR\*\* 46.9

C.Randall	PLYAC	47.6	Ply	16Jul
K.Treble	CAC	49.5	C.Brea	2Jul
L.Bolton	N/P	51.6	C.Brea	10Jun

400mHur CR\*\* 65.8

C.Randall	PLYAC	69.7	Woking	22Jul
K.Treble	CAC	71.0	Walton	22Jul
L.Bolton	N/P	72.6	Salis	16Jul

4x100mR CR\*\* 50.5(51.4)

County Sch		53.9	Chelt	17Jun
Looe Sch		55.3	C.Brea	10Jun
Newquay & Par		56.4	C.Brea	14May
Penair Sch		56.4	C.Brea	10Jun

4x400mR CR\*\* 4:19.6

Newquay & Par		4:27.5	Salis	22Jul
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High Jump CR\*\* 1.66

A.Windsor	BUDE	1.56	C.Brea	10Jun
P.Higgins	CAC	1.53	Chelt	17Jun
H.Royle	PENA	1.51	C.Brea	7May
L.Bolton	N/P	1.49	Yeovil	25Jun
C.Randall	PLYAC	1.36	Yeovil	7May
D.Abbott	N/P	1.35	Eltham	20May

Pole Vault CR\*\* 1.95

D.Abbott	N/P	1.95	C.Brea	14May
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Long Jump CR\*\* 5.70

L.Bolton	N/P	4.93	Yeovil	25Jun
K.Barratt	LOOE	4.82	C.Brea	10Jun
K.Treble	CAC	4.79	Harrow	2Sep
J.Glossop	N/P	4.68	Crawley	2Sep
M.Breeze	WADE.S	4.62	C.Brea	10Jun
C.Randall	PLYAC	4.51	Yeovil	7May

Triple Jump CR\*\*10.59

K.Treble	CAC	9.65	C.Brea	9Apr
L.Bolton	N/P	9.59	C.Brea	14May
M.Breeze	WADE.S	9.49	C.Brea	14May

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SENIOR WOMEN (Junior women shown\*)

UNDER 17 WOMEN Cont,d;

100m CR\*\* 12.0(12.3\*)

<b>Shot4Kg</b>	CR**	10.52		
A.Windsor	BUDE	9.80	Chelt	17Jun
M.Edmonson	TAVAC	8.64	C.Brea	10Jun
L.Casterton	CAC	8.54	Par	18Jun
C.Mearson	ST.PET	8.19	C.Brea	10Jun
L.Cowl	CAC	7.76	C.Brea	2Jul
L.Bolton	N/P	7.35	C.Brea	7May

C.Brown	CAC	12.9	Dartford	22Apr
J.Simpson(V)	N/P	13.2	C.Brea	20Aug
V.Brown*	N/P	13.4	Eltham	20May
K.Martin*	CAC	13.7	Walton	22Jul
J.Joslin*	N/P	14.3	Eltham	20May
E.Tugwell*	CAC	14.4	C.Brea	20May
M.Saxton*	CAC	14.5	C.Brea	20Aug
B.Bannon	CAC	14.7	Harrow	2Sep

**Discus1Kg** CR\*\* 35.00

200m CR\*\* 25.0(25.7\*)

L.Casterton	CAC	25.92	Par	18Jun
M.Breeze	WADE	24.82	C.Brea	10Jun
A.Lawless	N/P	23.34	C.Brea	14May
L.Cowl	CAC	22.38	Dartford	22Apr
P.Bright	POLT	22.36	C.Brea	10Jun
R.Clarke	ROSE	21.76	C.Brea	10Jun

C.Brown	CAC	26.8	Dartford	22Apr
J.Simpson(V)	N/P	27.7	C.Brea	20Aug
S.Webb*	N/P	28.9	C.Brea	14May
S.Salmon	N/P	29.0	Exeter	30Jul
V.Brown*	N/P	29.3	Salis	22Jul
B.Bannon	CAC	29.4	Dartford	22Apr
E.Tugwell*	CAC	29.8	C.Brea	3Sep
S.Keast*	N/P	30.2	Yeovil	25Jun

**Javelin600gr** CR\*\* 40.20

400m CR\*\* 56.8(56.8\*)

L.Bolton	N/P	33.18	C.Brea	10Jun
D.James	CAC	31.00	C.Brea	10Jun
L.Griffin	FALM	27.18	C.Brea	10Jun
S.Perkin	ST.IVE	26.08	C.Brea	10Jun
T.Corby	LOOE	25.46	C.Brea	10Jun
J.Buxton	CAPE	24.78	C.Brea	10Jun

M.Thorpe	PLYAC	62.4	Ton	May
S.Salmon	N/P	63.1	Exeter	30Jul
K.Martin*	CAC	64.0	Dartford	22Apr
J.Simpson(V)	N/P	64.3	Exeter	30Jul
B.Bannon	CAC	65.9	Walton	22Jul
J.Lean	N/P	70.3	Kings	3Jun
M.Wooldridge(V)	N/P	71.1	C.Brea	22Apr
J.Warren(V)	CAC	71.5	Exeter	5Aug

**Hammer 4Kg** CR\*\* 18.20

800m CR\*\* 2:08.63(2:13.33\*)

M.Edmonson	TAVAC	17.65	Ply	30Jul
J.Isbell	N/P	16.16	C.Brea	22Apr

S.Salmon	N/P	2:13.2	C.Brea	4Jul
M.Wooldridge(V)	N/P	2:24.5	C.Brea	4Jul
C.Murrell*	N/P	2:33.5	C.Brea	10Jun
J.Lean	N/P	2:39.6	Kings	3Jun
M.Short*	CAC	2:41.6	Bas'toke	12Aug
S.Webb*	N/P	2:42.2	Yeovil	25Jun
J.Warren(V)	CAC	2:43.2	Harrow	2Sep
K.Martin*	CAC	2:44.1	Salis	16Jul

Heptathlon

1500m CR\*\* 4:26.99(4:31.6\*)

L.Bolton	N/P	3647	Yeovil	25Jun
C.Randall	PLYAC	3229	Yeovil	7May
H.Royle	PENA	3126	C.Brea	7May
D.Abbott	N/P	3067	Yeovil	25Jun
K.Treble	CAC	2942	C.Brea	7May
V.Pearson	PENA	2649	Yeovil	25Jun

S.Salmon	N/P	4:35.72	Lough	11Jun
M.Wooldridge(V)	N/P	4:40.7	Salis	9Jul
J.James*	N/P	5:26.2	C.Brea	2Jul
C.Rawlings	CAC	5:27.4	Welwyn	3Jun
A.Newall	CAC	5:33.7	C.Brea	2Jul
M.Short*	CAC	5:38.9	C.Brea	2Jul
J.Warren(V)	CAC	5:44.7	C.Brea	20Aug

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**SENIOR WOMEN Cont;d(Junior women shown\*)**

**Mile** CR\*\*4:56.6(4:56.6\*)

J.Warren(V) CAC 6:28.8 C.Brea 26Jul

**3000m** CR\*\* 9:36.94(9:59.2\*)

M.Wooldridge(V)N/P 10:13.2 Bath 31May  
 S.Salmon N/P 10:15.3 Crawley 2Sep  
 B.Gronow CAC 10:45.5 C.Brea 26Jul  
 C.Rawlings CAC 11:03.5 Harrow 2Sep  
 B.Popperwell FALRR 11:09.1 C.Brea 26Jul  
 J.Lean N/P 11:23.2 Crawley 2Sep  
 M.Short\* CAC 11:39.5 Bas'toke 12Aug  
 A.Newall CAC 12:02.9 Walton 22Jul

**5000m** CR\*\* 16:43.66

L.Wright LEED 17:10.1 Leeds 20Jun  
 M.Wooldridge(V)N/P 17:51.68 B'Ham 16Jul

**10000m**

B.Popperwell FALRR 38:17.6 C.Brea 4Jul  
 A.Newall CAC 40:56.4 C.Brea 4Jul  
 T.Trevena(V) FALRR 42:34.7 C.Brea 4Jul

**100mHur** CR\*\* 13.86(14.5\*)

S.Webb\* N/P 18.0 Yeovil 25Jun  
 E.Tugwell\* CAC 18.0 Walton 22Jul  
 B.Bannon CAC 18.1 Dartford 22Apr  
 S.Keast\* N/P 18.8 Yeovil 25Jun  
 J.Joslin\* N/P 19.2 Salis 22Jul  
 C.Drew\* TRU.S 19.3 Yeovil 25Jun  
 M.Saxton\* CAC 19.8 Yeovil 25Jun  
 N.Corcoran\* CAC 19.9 Welwyn 3Jun

**400mHur** CR\*\* 65.2(66.8\*)

B.Bannon CAC 70.0 Walton 22Jul  
 S.Webb\* N/P 73.2 Eltham 20May  
 E.Tugwell\* CAC 75.4 Bas'toke 12Aug  
 N.Corcoran\* CAC 78.7 Welwyn 3Jun  
 M.Saxton\* CAC 87.7 C.Brea 2Jul

**4x100mR** CR\*\* 49.8(50.4)(51.3\*)

Newquay & Par 54.6 Eltham 20May  
 Cornwall AC 54.7 Dartford 22Apr  
 County Team 54.9 Salis 16Jul  
 Cornwall AC(V) 64.1 C.Brea 20Aug

**SENIOR WOMEN cont'd;(Junior women shown\*)**

**4x400mR** CR\*\* 4:06.9(4:12.2\*)

Newquay & Par 4:23.8 Exeter 30Jul  
 Cornwall AC 4:28.1 Dartford 22Apr  
 County Team 4:30.4 Salis 16Jul

**High Jump** CR\*\* 1.66(1.66\*)

E.Tugwell\* CAC 1.65 Walton 22Jul  
 S.Berry CAC 1.63 C.Brea 14May  
 V.Brown\* N/P 1.45 Eltham 20May  
 J.Joslin\* N/P 1.35 Salis 22Jul  
 C.Drew\* TRU.S 1.33 Yeovil 25Jun  
 B.Bannon CAC 1.30 Dartford 22Apr  
 S.Keast\* N/P 1.30 Yeovil 25Jun  
 M.Saxton\* CAC 1.30 Yeovil 25Jun

**Pole Vault** Cr\*\*2.60

B.Bannon CAC 2.60 Salis 16Jul

**Long Jump** CR\*\* 5.63(5.63\*)

C.Brown CAC 5.12 Welwyn 3Jun  
 E.Tugwell\* CAC 4.70 Welwyn 3Jun  
 S.Keast\* N/P 4.68 Yeovil 25Jun  
 J.Joslin\* N/P 4.56 C.Brea 22Apr  
 B.Bannon CAC 4.43 C.Brea 20May  
 J.Simpson(V) N/P 4.41 Par 18Jun  
 C.Drew\* TRU.S 4.34 C.Brea 10Jun  
 M.Saxton\* CAC 4.26 C.Brea 7May

**Triple Jump** CR\*\* 11.63(10.94\*)

E.Tugwell\* CAC 10.94 Salis 16Jul  
 B.Bannon CAC 9.77 C.Brea 20May  
 S.Keast\* N/P 9.23 Crawley 2Sep  
 S.Webb\* N/P 8.90 Eltham 20May  
 J.Joslin\* N/P 8.84 Salis 22Jul

**Shot4Kg** CR\*\* 12.53(10.04\*)

V.Brown\* N/P 9.97 Salis 16Jul  
 C.Brown CAC 9.56 Dartford 22Apr  
 S.Keast\* N/P 9.31 Par 23Jul  
 M.Ashton(V) U/A 8.93 C.Brea 14May  
 S.Berry CAC 8.44 C.Brea 2Jul  
 S.Moulton(V) N/P 8.31 C.Brea 2Jul  
 J.Honour CAC 7.94 C.Brea 2Jul  
 M.Burrows PLYAC 7.86 Reading 3Sep

name	club	perf	venue	date
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**SENIOR WOMEN Cont;d(Junior women shown\*)**

**Discus1Kg** CR\*\* 40.08(33.82\*)

S.Moulton(V)	N/P	32.12	C.Brea	2Jul
M.Ashton(V)	U/A	29.76	C.Brea	14May
S.Keast*	N/P	28.36	Crawley	2Sep
J.James*	N/P	26.16	C.Brea	2Jul
V.Brown*	N/P	23.92	Par	18Jun
C.Brown	CAC	21.82	Bas'toke	12Aug
J.Honour	CAC	20.98	C.Brea	2Jul
S.Bracher(V)	N/P	19.32	Par	18Jun

**Javelin600gr** CR\*\* 40.40(40.40\*)

M.Burrows	PLYAC	38.02	Exeter	2Sep
S.Keast*	N/P	34.14	Yeovil	25Jun
J.James*	N/P	29.04	C.Brea	2Jul
C.Brown	CAC	27.28	Bas'toke	12Aug
M.Short*	CAC	26.64	Bas'toke	12Aug
L.Hicks(V)	CAC	22.96	C.Brea	17Sep
S.Moulton(V)	N/P	22.24	C.Brea	16Apr
S.Webb*	N/P	21.76	Yeovil	25Jun

**Hammer4Kg** CR\*\* 35.10(35.10\*)

S.Keast*	N/P	35.10	Coph	6Aug
S.Moulton(V)	N/P	23.68	Exeter	18Jun
K.Brusby(V)	N/P	22.52	Exeter	28May
G.Simons(V)	CAC	17.14	Exeter	18Jun
V.Brown*	N/P	16.52	Exeter	28May
K.Martin	CAC	16.08	Walton	22Jul
C.Rawlings	CAC	15.86	Bas'toke	12Aug
G.Menear(V)	CAC	14.52	Harrow	2Sep

**Heptathlon**

S.Keast*	N/P	3186	Yeovil	25Jun
E.Tugwell*	CAC	3054	C.Brea	7May
S.Webb*	N/P	2855	Yeovil	25Jun
M.Saxton*	CAC	2329	Yeovil	25Jun
C.Drew*	TRU.S	2002	Yeovil	25Jun