MEN Performance WOMEN Performance

100 metres Eric Smart 11.7= Charlotte Ramsay 13.2

Chris Lillico 11.7= Stephanie Ramsay 13.5

Craig Birch 11.9 Lisa French 14.2

Dave Swalwell 12.0 Heather Barrass 14.8

Scott Povey 12.1 Gill Weatherill 15.5

Phil Jones 12.5 Kerry Bentham 15.7

Calum Storey 13.3 Lyndsay Atkinson 15.8

Martin Telford 13.3 Amy Bannister 16.0

John Mallon 13.6 Caroline Hasson 16.7

Jake Janson 13.9 Claire Carmichael 16.9

200 metres Chris Lillico 23.6 Charlotte Ramsay 26.3

Chris Laidlaw 24.4 Stephanie Ramsay 28.5 Craig Birch 24.7 Lisa French 28.8

Eric Smart 25.0 Joy Fenwick 31.9

Dave Swalwell 25.0 Gill Weatherill 32.4

Scott Povey 25.0 Amy Bannister 32.5

Michael Scott 25.4 Emma Freeman 33.4

Kalvin Hurst 26.0 Kirsten Hecklesmueller 34.4

Calum Storey 27.2 Jo Mc Cullough 35.1

Joseph Dungworth 27.1 Julie Hind 35.3

400 metres Adam Hill 53.9 Kirstie Johnson 64.3

Chris Lillico 54.5 Emma Blackett 67.8

Chris Smith 54.5 Leanne Herron 70.1

Jordan Middlemist 54.7 Kerry Bentham 70.7

Scott Povey 56.1 Stephanie Ramsay 71.0

Lee Phillips 56.1 Heather Barrass 71.0

Michael Scott 56.5 Emma Walton 71.9

Paddy Dinsmore 56.5 Amber Leigh 72.2

Dan Weatherill 58.8 Phillipa Baxter 73.0

Martin Telford 58.9 Laura Murphy 73.7

Phil Jones 59.4 Lisa Dean 77.3

800 meters Chris Smith 1.59.1 Danielle Hodgkinson 2.19.8

Adam Hill 2.04.7 Joy Fenwick 2.28.7

Jordan Middlemist 2.04.9 Stacey Rogers 2.29.1

Chris Laidlaw 2.07.4 Leanne Herron 2.32.8

Tony Carter 2.11.4 Vicki Gibbs 2.38.3

Dan Weatherill 2.11.7 Donna Horne 2.38.4

Ken Mc Pherson 2.12.3 Emma Walton 2.41.0

Michael Scott 2.12.3 Julie Clark 2.42.2

Simon Gibbs 2.14.1 Heather Christopher 2.43.6

Paul Whalley 2.15.3 Stacey Robinson 2.46.9 1500 metres Andy Graham 4.07.7 Danielle Hodgkinson 4.32.6

Mark Fenwick 4.14.4 Stacey Rogers 4.59.7

Jordan Middlemist 4.15.7 Leanne Heron 5.08.8

Lee Phillips 4.21.2 Donna Horne 5.26.5

Lee Kernagan 4.31.4 Julie Clark 5.27.9

Jake Janson 4.33.7 Lisa Walker 5.28.1

Paul Whalley 4.36.6 Vicki Gibbs 5.29.2

Chris Laidlaw 4.38.6 Stacey Robinson 5.36.5

Dan Weatherill 4.39.0 Helen Bruce 5.39.6

Ken Mc Pherson 4.39.2 Emma Walton 5.43.6

5000 metres Chris Smith 15.53.7 3000m Danielle Hodgkinson 9.52.3

Ash Henderson 16.43.4 Vicki Gibbs 10.57.5

Tony Carter 16.57.3 Donna Horne 11.30.5

Dave Daniels 17.11.1 Emma Walton 11.31.0

Jake Janson 17.40.7 Becky Newman 11.52.4

Dave Embleton 18.05.1 Chrystal Skedon 12.08.2

Paul Brown 18.14.0 Helen Morris 12.09.9

Lee Kernagan 18.14.2 Lindsey Chapman 12.20.1

Greame Armstrong 18.23.6 Susanne Hunter 12.30.2

Paul Leigh 18.23.7 Emma Freeman 12.32.1

400metres H Chris Lillico 62.3 Samantha Richardson 79.8

Scott Povey 62.7 Stephanie Ramsay 83.8

Craig Birch 63.4 Phillipa Baxter 86.1

Paul Whalley 67.6 Laura Murphy 93.7

Daniel N`Jai 68.0 Jo Mc Cullough 1.48.6

Phil Jones 70.4 Andrea Scott 1.48.6

Chris Mitsides 71.1

Steve French 71.3

Calum Storey 76.0

Iain Singer 77.1

110 metres H Craig Birch 20.3 100mH Bethan Sproat 20.7

Daniel N`Jai 20.9 Heather Barrass 25.6

Phillipa Baxter 26.6

3000 St Ch Dave Moir 11.25.6

Dan Samuels 11.36.7

Dave Embleton 11.43.5

Kriss Stobbs 11.47.1

Calum Storey 11.51.6

Daniel N`Jai 11.58.8

Paul Whalley 12.13.4

Ian Baxter 12.35.6

Darryl Roe 13.12.1

Steve Gullespie 14.08.8

Iain Singer 14.23.3

Long Jump Chris Lillico 5.72 Rebecca Nail 4.59

Kalvin Hurst 5.60 Bethan Sproat 4.48

Craig Birch 5.55 Kirstie Johnson 4.17

Neil Cottis 5.05 Charlotte Ramsay 3.95

Lee Philips 4.93 Gill Weatherill 3.86

Daniel N`Jai 4.86 Amber Leigh 3.80

Scott Povey 4.83 Stephanie Ramsay 3.70

Martin Telford 4.76 Emma Blackett 3.56

Calum Storey 4.71 Lisa French 3.54

Chris Laidlaw 4.59 Emma Walton 3.23

High Jump Chris Lillico 1.88 Bethan Sproat 1.55

Adam Hill 1.60 Sam Bell 1.52

Chris Mitsides 1.45 Rebecca Nail 1.45

Dan Weatherill 1.45 Kirstie Johnson 1.40

John Mallon 1.40 Leanne Herron 1.30

Paul; Waller 1.40 Laura Murphy 1.20

Jordan Middlemist 1.40 Stacey Robinson 1.10

Pady Dinsmore 1.40

Daniel N`Jai 1.40

Triple Jump Craig Birch 11.60 Rebecca Nail 9.87

Daneil N`Jai 11.03 Bethan Sproat 9.72

Callum Storey 10.96 Charlotte Ramsay 9.29

Scott Povey 10.82 Kerry Bentham 8.79

Dan Weatherill 10.10 Gill Weatherill 8.07

Paul Waller 9.73 Stephanie Ramsay 7.72

Paul Whalley 9.29 Leanne Herron 7.26

Michael Skeldon 8.57 Crystal Skeldon 6.49

Derek Reed 8.42 Emma Plumber 6.30

Amy Bannister 6.32

Hammer Paul Corrigan 21.73 Stephanie Ramsay 21.45

Steve French 20.83 Sharon Richardson 19.39

Ken Turnbull 18.90 Emma Walton 15.88

Jonathan Dickinson 18.19 Emma Plumber 14.79

Terry Hart 16.65 Julie Hind 14.65

Ralph Dickinson 15.15 Lisa Dean 13.23

Andy Hunter 12.01 Jo Mc Cullough 4.60

Calum Storey 9.87

Martin Telford 8.32

Discus Paul Corrigan 31.57 Joy Fenwick 16.68

Daniel N`Jai 18.51 Emma Walton 16.25

Mark Fenwick 18.06 Stephanie Ramsay 15.36

Terry Hart 17.80 Sharon Richardson 14.90

Ken Turnbull 17.57 Sarah Cawthorn 14.85

Neil Armstrong 16.40 Julie Williams 14.80

Rob Kirkley 16.07 Adele Longsdale 14.79

Andy Hunter 15.43 Julie Hind 13.78

John Mallon 14.56 Sarah Lynch 13.77

Martin Telford 14.23 Heather Barras 13.25

Shot Paul Corrigan 10.79 Sharon Richardson 6.60

Jonathan Dickinson 8.70 Adele Longsdale 6.56

Dave Swalwell 8.63 Stephanie Ramsay 6.50

Rob Kirkley 7.69 Heather Barrass 6.20

Bill Todd 7.02 Julie Hind 5.75

Michael Skeldon 6.98 Emma Walton 5.73

Steve Walker 6.94 Lisa Dean 5.66

Neil Armstrong 6.87 Sarah Cawthorn 5.48

Steve French 6.78 Emma Blackett 5.13

Martin Telford 6.60 Susanne Hunter 4.98

Javelin Liam Smart 32.79 Lisa Dean 18.59

Dan Weatherill 31.85 Carole Watt 18.44

Dave Swalwell 31.48 Emma Walton 18.40

Steven O` Gara 30.16 Amber Leigh 17.80

Martin Telford 28.39 Emma Plumber 17.34

Terry Hart 24.88 Gill Weatherill 17.33

Rob Kirkley 24.78 Sharon Richardson 13.59

Ken Turnbull 24.61 Sarah Cawthorn 12.07

Bill Todd 23.85 Claire Carmichael 14.19

Dave Rowe 23.54 Danielle Hodgkinson 10.96

These top ten rankings are only for the period the two clubs have competed together in the league

and are not necessarily competitors` personal bests or the two clubs actual club records.