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| **MCAA Senior & U20 Outdoor Records** | |  |  |  |
|  |  |  |  |  |
| **Senior Men** |  |  |  |  |
|  |  |  |  |  |
| 100m | 10.35 | Nick Walsh | Sale Harriers | 2022 |
| 200m | 20.87 | Andrew Carrott | Worcester | 1988 |
| 400m | 45.54 | Derek Redmond | Birchfield | 1989 |
| 800m | 1.48:3 | David Cropper | Birchfield | 1971 |
| 1500m | 3.41:3 | Ray Smedley | Birchfield | 1975 |
| 3000m | 8.02:6 | Alan Salter | Birchfield | 1980 |
| 5000m | 13.44:92 | Craige Mochrie | Leicester | 1988 |
| 3k S/Ch | 8.45:05 | Steve Jones | Birchfield | 1989 |
| 110mH | 13.53 | Mark Holton | W/B | 1981 |
| High Jump | 2.28 | Tom Parsons | Birchfield | 2007 |
| Long Jump | 8.01 | Barrington Williams | Cannock & Stafford | 1989 |
| Triple Jump | 16.18 | Vernon Samuels | W/B | 1988 |
| Pole Vault | 5.35 | Nic Cruchley | Halesowen | 2011 |
| Shot | 18.74 | Bob Dale |  | 1976 |
| Discus | 61.30 | Paul Mardle | W/B | 1985 |
| Javelin | 72.34 | David Ottley | Telford | 1989 |
| Hammer | 73.07 | Craig Murch | Birchfield | 2021 |
|  |  |  |  |  |
| **Senior Women** |  |  |  |  |
|  |  |  |  |  |
| 100m | 11.50 | Katherine Merry | Birchfield | 1995 |
|  |  | Amanda Forrester | City of Stoke | 2001 |
| 200m | 23.1 | Sonia Lannaman | W/B | 1975 |
| 400m | 51.08 | Phylis Smith | W/B | 1992 |
| 800m | 2.04:75 | Lisa York | Leicester | 1991 |
| 1500m | 4.18:33 | Rachel Felton | Shaftesbury | 2007 |
| 3000m | 9.16:5 | Tina Brown | Coventry | 2005 |
| 5000m | 16.12:2 | Tara Krzywicki | Charnwood | 1998 |
| 2000m S/C | 6.50:86 | Lucy Jones | Charnwood | 2015 |
| 100mH | 13.28 | Clover Court | Birchfield | 1992 |
| 400mH | 57.23 | Meghan Beesley | Birchfield | 2021 |
| High Jump | 1.95 | Diana Elliott | Leicester | 1983 |
| Long Jump | 6.66w | Denise Lewis | Birchfield | 1995 |
|  | 6.40 | Sharon Bowie | Birchfield | 1987 |
| Triple Jump | 13.63 | Laura Samuel | Birchfield | 2012 |
| Pole Vault | 4.10 | Irie Hill | WSEH | 2004 |
| Shot | 16.72 | Rachel Wallader | WSEH | 2016 |
| Discus | 58.02 | Rosemary Payne | Lozells | 1972 |
| Javelin | 53.63 | Laura Whittingham | Sale Harriers Man | 2018 |
| Hammer | 66.89 | Zoe Derham | Birchfield | 2010 |
|  |  |  |  |  |
|  |  |  |  |  |
| **Under 20 Men** |  |  |  |  |
|  |  |  |  |  |
| 100m | 10.32 | Mark Powell |  | 1979 |
| 200m | 20.87 | Elliot Powell | Leicester | 2015 |
| 400m | 47.29 | Richard Davenport | Gloicester | 2002 |
| 800m | 1.48:03 | Simon Lees | Solihull & Small Heath | 1998 |
| 1500m | 3.49:39 | Matthew Hibberd | Leicester | 1991 |
| 3000m | 8.30:9 | Thomas Russell | Stroud | 2005 |
| 2000m S/C | 5.43.23 | Ricky Soos | Mansfield | 2007 |
| 110mH | 13.61 | Andrew Pozzi | Stratford | 2011 |
| 400mH | 52.76 | Jeffrey Christie | Leamington | 2001 |
| High Jump | 2.18 | John Hill | Solihull & Small Heath | 1985 |
| Long Jump | 7.84 | Stewart Faulkner | Birchfield | 1988 |
| Triple Jump | 16.24 | Aston Moore | Birchfield | 1975 |
| Pole Vault | 5.35 | Nic Cruchley | Halesowen | 2011 |
| Shot | 16.81 | Lyndon Woodward | W/B | 1999 |
| Discus | 60.76 | Glenn Smith | Solihull & Small Heath | 1991 |
| Javelin | 65.17 | Matt Smith | Exeter | 2009 |
| Hammer | 68.11 | Craig Murch | Rugby & Northampton | 2012 |
|  |  |  |  |  |
|  |  |  |  |  |
| **Under 20 Women** |  |  |  |  |
|  |  |  |  |  |
| 100m | 11.78 | Meghan Beesley | Tamworth AC | 2007 |
| 200m | 24.11 | Meghan Beesley | Tamworth AC | 2007 |
| 300m | 55.62 | Syreeta Williams | Birchfield | 1999 |
| 800m | 2.09:03 | Emma Jackson | City of Stoke | 2007 |
| 1500m | 4.27:15 | Emma Ward | City of Stoke | 1999 |
| 3000m | 9.27:69 | Sian Edwards | Kettering Town | 2005 |
| 100mH | 13.57 | Keri Maddox | Cannock & Stafford | 1991 |
| 400mH | 60.18 | Meghan Beesley | Tamworth AC | 2007 |
| High Jump | 1.83 | Michelle Dunkley | Kettering Town | 1995 |
| Long Jump | 6.19 | Amy Harris | Birchfield | 2005 |
|  | 6.27w | Josie Oliarnyk | Halesowen | 2019 |
| Triple Jump | 12.48/12.72w | Laura Samuel | Leicester Coritanians | 2009 |
| Pole Vault | 3.85 | Kate Dennison | City of Stoke | 2002 |
| Shot | 14.23 | Eden Francis | Leicester Coritanians | 2007 |
| Discus | 48.01 | Eden Francis | Leicester Coritanians | 2007 |
| Javelin | 46.67 | Bethan Rees | Cannock & Stafford | 2018 |
| Hammer | 55.69 | Anna Purchase | Notts AC | 2018 |

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| **MCAA Age Group Outdoor Records** |  |  |  |  |
|  |  |  |  |  |
| **Under 13 Boys** |  |  |  |  |
|  |  |  |  |  |
| Quadrathlon | 1928pts | Shane Henry | Birchfield H | 2005 |
|  |  |  |  |  |
| **Under 15 Boys** |  |  |  |  |
|  |  |  |  |  |
| 100m | 11.05 | Jamie Nixon | Birchfield H | 1984 |
| 200m | 22.46 | Jamie Nixon | Birchfield H | 1984 |
| 300m | 37.33 | Daniel Scott | Solihull & Small Heath | 2021 |
| 800m | 1;57.93 | Oliver Carvell | Bridgenorth AC | 2016 |
| 1500m |  | Jack Kinrade | Shrewsbury | 2021 |
| 3000m | 9;20.90 | Steven Edwards |  |  |
| 80mH | 11.10 | Austin Drysdale | Sparkhill H | 1975 |
| High Jump | 1.97 | Andrew Lynch | Leicester Coritanian | 1988 |
| Long Jump | 6.93 | Rowan Powell | Leicester Coritanian | 2013 |
| Triple Jump | 13.83 | Vernon Samuels | Wolverhampton & Bilston | 1979 |
| Pole Vault | 3.80 | Martin Parley |  | 1992 |
| Shot | 15.32 | Sam Herrington | Rugby & Northampton | 2001 |
| Discus | 47.62 | Sam Herrington | Rugby & Northampton | 2001 |
| Javelin | 52.99 | Max Wyatt | Stafford AC | 2013 |
| Hammer | 62.52 | Ashley Gilder | Notts AC | 2009 |
|  |  |  |  |  |
| **Under 17 Men** |  |  |  |  |
|  |  |  |  |  |
| 100m | 10.61 | Ryan Gorman | Notts AC | 2014 |
| 200m | 21.33 | Ryan Gorman | Notts AC | 2014 |
| 400m | 48.46 | Simon Tunnicliffe | Nuneaton H | 1999 |
| 800m | 1;52.60 | Paul Potter | Wolverhampton & Bilston | 1979 |
| 1500m | 03:57.8 | Richard Callan | Leicester Coritanian | 1972 |
| 3000m | 08:42.1 | John Abbis | Wolverhampton & Bilston | 1980 |
| 1500m S/C | 04:16.8 | Spencer Duval | Royal Sutton Coldfield | 1986 |
| 100mH | 12.87 | Rory Dwyer | Stratford upon Avon | 2014 |
| 400mH | 53.40 | Oliver Parker | Charnwood | 2022 |
| High Jump | 2.06 | Rory Dwyer | Stratford upon Avon | 2014 |
| Long Jump | 6.85 | David Mountford | City of Stoke | 1998 |
| Triple Jump | 15.23 | Vernon Samuels | Wolverhampton & Bilston | 1981 |
| Pole Vault | 4.92 | Rowan May | Birchfield H | 2011 |
| Shot | 17.98 | Daniel Cartwright | Birchfield H | 2015 |
| Discus | 54.66 | Guy Litherland | Solihull & Small Heath | 1985 |
| Javelin | 63.10 | Ivan Tapper | Charnwood | 2015 |
| Hammer | 68.56 | Matthew Sutton | Wolverhampton & Bilston | 1998 |
| **Under 13 Girls** |  |  |  |  |
|  |  |  |  |  |
| Quadrathlon | 2479 | Ashleigh Baliey | Solihull & Small Heath | 2013 |
|  |  |  |  |  |
| **Under 15 Girls** |  |  |  |  |
|  |  |  |  |  |
| 100m | 11.90 | Sonia Lannaman | Solihull AC | 1972 |
| 200m | 23.90 | Katherine Merry | Birchfield H | 1989 |
| 800m | 02:10.9 | Emma Ward | City of Stoke | 1996 |
| 1500m | 04:35.4 | Claire Allen | Telford AC | 1990 |
| 3000m | 09:28.4 | Agnes Mctighe | Stratford upon Avon | 2015 |
| 75mH | 11.14 | Nafalya Francis | Leicester Coritanian | 2003 |
| High Jump | 1.72 | Claire Smith | Nuneaton H |  |
| Long Jump | 5.79 | Eleanor Broom | Rugby & Northampton | 2013 |
| Pole Vault | 2.91 | Hannah Grubb | Team Bath AC | 2009 |
| Shot | 13.67 | Adele Nicoll | Birchfield H | 2011 |
| Discus | 37.7 | Natalie Kerr | Royal Sutton Coldfield | 1994 |
| Javelin | 42.79 | Bethan Rees | Cannock & Stafford | 2014 |
| Hammer | 40.18 | Charlotte Stallard | Gloucester AC | 2010 |
|  |  |  |  |  |
| **Under 17 Women** |  |  |  |  |
|  |  |  |  |  |
| 100m | 11.83 | Ashleigh Nelson | City of Stoke | 2007 |
| 200m | 23.20 | Debbie Bunn | Birchfield H | 1978 |
| 300m | 39.09 | Etty Sisson | Charnwood | 2021 |
| 800m | 02:06.5 | Lynne Robinson | Coventry Godiva H | 1985 |
| 1500m | 4;31.09 | Florence Scafton | Yate & District AC | 2009 |
| 3000m | 10:03.8 | Becky Shaw | Cannock & Stafford | 2011 |
| 1500m S/C | 05:39.3 | Kirsty Goddard | Rugby & Northampton | 2014 |
| 80mH | 11.3 | Helen Worsey | Leicester Coritanian | 1998 |
| 300mH | 43.12 | Keri Maddox | Cannock & Stafford | 1988 |
| High Jump | 1.75 | F Ross / Aileen Wilson |  |  |
| Long Jump | 6.02 | Jackie Harris | Wolverhampton & Bilston | 1988 |
| Triple Jump | 11.71 | Hayley Warrilow | City of Stoke | 1996 |
| Pole Vault | 3.60 | Hannah Grubb | Team Bath AC | 2011 |
| Shot | 13.89 | Eden Francis | Leicester Coritanian | 2005 |
| Discus | 48.22 | Emma Merry | Coventry Godiva H | 1990 |
| Javelin | 50.57 | Emma Hamplett | Cannock & Stafford | 2014 |
| Hammer | 46.35 | Hayley Murry | Nuneaton H | 2006 |

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| **MCAA Senior Indoor Championship Records** | | |  |
|  |  |  |  |
| **Senior Men** |  |  |  |
|  |  |  |  |
| 60m | 6.65 | Mark Lewis-Francis | 2002 |
| 200m | 21.00 | Daniel Caines | 2003 |
| 400m | 47.13 | Richard Knowles | 2000 |
| 800m | 01:48.7 | Richard Hill | 2008 |
| 60mH | 7.84 | Robert Newton | 2002 |
| High Jump | 2.26 | Mark Mandy | 1997 |
| Pole Vault | 5.15 | Christian North | 2007 |
| Long Jump | 7.51 | Alexander Farquharson | 2018 |
| Triple Jump | 15.26 | Phil Ferdinand | 2003 |
| Shot Put | 16.45 | Lydon Woodward | 2001 |
| Pentathlon | 4170 | James Robinson | 2001 |
| Heptathlon | 5722 | Edward Dunford | 2008 |
| 3000m Walk | 13:31.6 | Martin Young | 1997 |
|  |  |  |  |
|  |  |  |  |
| **Senior Women** |  |  |  |
|  |  |  |  |
| 60m | 7.37 | Katherine Merry | 1999 |
| 200m | 23.75 | Sarah Riley | 2000 |
| 400m | 54.29 | Laura Langowski | 2008 |
| 800m | 02:04;79 | Phylis Smith | 1997 |
| 60mH | 8.27 | Sara McGreavy | 2008 |
| High Jump | 1.85 | Julie Crane | 2005 |
| Pole Vault | 3.90 | Felicia Miloro | 2020 |
| Long Jump | 6.09 | Kelly Sotherton | 2002 |
| Triple Jump | 12.88 | Sinade Gutzmore | 2008 |
| Shot Put | 13.56 | Rachel Wallader | 2008 |
| Pentathlon | 4116 | Kelly Sotherton | 2001 |
| 3000m Walk | 14:41.3 | Sharon Tonks | 2003 |