

## Berkshire Athletics Championship Best Performance updated after 2024 Championships

New CBP 2024 in red

### UNDER 13 GIRLS

<b>Event</b>	<b>Athlete</b>	<b>Club</b>	<b>Time/Distance</b>	<b>Year</b>
75m	Charlene Lashley	Windsor S&E	10.0	1998
100m				
150m	Lukisha Morris	Reading AC	19.2	2008
200m				
600m	Maisie Jeger	Southamoton AC	1.38.9	2016
1000m	Hope Goddard	Bracknell AC	3.04.3	2011
70mh	Morgan Lake	Windsor SE&H	11.3	2009
High Jump	Jodie Smith	Windsor SE&H	1.54m	2014
Long Jump	Morgan Lake	Windsor SE&H	4.97m	2009
Discus	Lucy James	Bracknell AC	31.63m	2016
Shot	Morgan Lake	Windsor SE&H	10.92m	2009
Javelin	Millie Quaintance	Team Kennet	32.79m	2015

### UNDER 13 BOYS

<b>Event</b>	<b>Athlete</b>	<b>Club</b>	<b>Time/Distance</b>	<b>Year</b>
75m	Joshua Baxter	Reading AC	9.6	2001
100m				
150m	Sammy Ball	Reading AC	18.8	2017
200m				
600m	Archie Charles	Windsor SE&H	1.39.16	2023
1000m	Jacob McCulloch	Windsor S&E	2.55.6	2000
75mh	Sammy Ball	Reading AC	12.1	2017
High Jump	Lionel Owona	Windsor SE&H	1.55m	2016
Long Jump	Sammy Ball	Reading AC	5.44m	2017
Discus	Harry Booker	Team Kennet	33.63m	2016
Shot	Harry Booker	Team Kennet	11.15m	2016
Javelin	Benjamin East	Team Kennet	44.76m	2016

## Berkshire Athletics Championship Best Performance as at 15.5.23

### UNDER 15 GIRLS

Event	Athlete	Club	Time/Distance	Year
100m	C. Moyne	Windsor SE&H	12.3	2004
	Lukisha Morris	Reading AC	12.3	2010
	Lara Pleace	Windsor SE&H	12.3	2014
200m	Lesley Owusu	Windsor S&E	25.3	1993
	Sophie Papps	Bracknell AC	25.3	2009
300m	Grace Sikora	Bracknell AC	40.65	2023
800m	Rachel McClay	Bracknell AC	2.17.3	2006
1500m	Hope Goddard	Bracknell AC	4.36.9	2013
3000m	Hope Goddard	Bracknell AC	10.06.5	2012
<b>75mh</b>	<b>Izzy Rae</b>	<b>Bracknell AC</b>	<b>11.13</b>	<b>2024</b>
High Jump	Ella Houston	Newbury AC	1.65m	2014
Long Jump	Morgan Lake	Windsor SE&H	5.63m	2011
Pole Vault	Isabel Deacon	Bracknell AC	3.00m	2014
Hammer	Charlotte Payne	Newbury AC	52.37m	2016
Discus	Lauren Keightley	Bracknell AC	38.44m	1993
Shot	Angela Lowe	Reading AC	11.36m	2016
Javelin	Jodie Smith	Windsor SE&H	34.04m	2016

### UNDER 15 BOYS

Event	Athlete	Club	Time/Distance	Year
100m	Hagen Mzee	Reading AC	11.51	2019
200m	Reuben Anthony-Deyemo	Reading AC	23.52	2021
300m	Blaine Lewis-Shallow	Reading AC	37.7	2014
400m	E. David	Prestwood College	53.2	1982
800m	Matt Seddon	Bracknell AC	2.03.0	2010
1500m	Brian Brackstone	Bracknell AC	4.14.2	1984
3000m	?		9.35.5	
80mh	Joshua Zeller	Bracknell AC	11.7	2015
High Jump	Cameron Lake	Windsor SE&H	1.77m	2004
Long Jump	M. Johns	Windsor S&E	6.24m	1984
Triple Jump	S. Anderson	Windsor S&E	12.78m	1980
Pole Vault	Patrick Hannawin	Reading AC	3.00m	2012
Hammer	Jake Norris	Windsor SE&H	54.65m	2013
Discus	Harry Booker	Team Kennet	41.58m	2018
Shot	S. Clague	Reading AC	13.54m	2000
Javelin	Benjamin East	Team Kennet	65.50m	2018

## Berkshire Athletics Championship Best Performance as at 15.5.23

### UNDER 17 WOMEN

Event	Athlete	Club	Time/Distance	Year
100m	Sophie Papps	Windsor SE&H	11.8	2011
200m	Sophie Papps	Windsor SE&H	24.6	2011
<b>300m</b>	<b>Grace Sikora</b>	<b>Windsor SE&amp;H</b>	<b>39.77</b>	<b>2024</b>
800m	Carys Westcott	Reading AC	2.13.08	2023
1500m	Amelia Quirk	Bracknell AC	4.34.6	2016
3000m	Grace Goddard	Bracknell AC	10.06.0	2014
80mh	Amber-Leigh Hall	Reading AC	11.6	2014
	Darcy Flemming	The Downs School	11.6	2016
300mh	Orla Brennan	Windsor SE&H	45.28	2017
1500mSC	Ella Davey	Windsor SE&H	4.59.09	2023
High Jump	Ella Houston	Newbury AC	1.69m	2015
<b>Long Jump</b>	<b>Leila Zamani</b>	<b>Windsor SE&amp;H</b>	<b>5.49m</b>	<b>2024</b>
Triple Jump	Isobelle Charters	Windsor SE&H	11.01m	2014
Pole Vault	Isabel Deacon	Bracknell AC	3.51m	2016
Hammer	Charlotte Payne	Newbury AC	62.53m	2018
Discus	Charlotte Payne	Newbury AC	41.76m	2018
Shot	Anaisa Harney	Bracknell AC	12.21m	2017
Javelin	Phoebe Hoan	Team Kennet	42.09m	2019

### UNDER 17 MEN

Event	Athlete	Club	Time/Distance	Year
100m	Matt Buckner	Bracknell AC	11.02	2017
200m	Matthew Mule	Bracknell AC	22.40	2022
400m	Marc Forrest	Newbury AC	49.6	2008
800m	George Martin	Windsor SE&H	1.55.4	2006
1500m	Jacob McCulloch	Windsor S&E	4.03.4	2004
3000m	Jack Goddard	Windsor SE&H	8.53.5	2015
100mh	Joshua Zeller	Bracknell AC	13.21	2017
400mh	Sam Maguire	Windsor SE&H	55.8	2010
1500mSC	Michael Randall	Team Kennet	4.41.9	2010
<b>1500mSC (83.8)</b>	<b>James Titmas</b>	<b>Reading AC</b>	<b>4.34.23</b>	<b>2024</b>
High Jump	Paul Neale	Reading AC	2.03m	2013
Long Jump	Elliott Thorne	Slough Juniors	7.02m	2016
Triple Jump	P. Angus	Windsor S&E	13.94m	1986
Pole Vault	Steve Walker	Windsor SE&H	3.70m	2005
Hammer	Andy Tolputt	Windsor S&E	74.96m	1984
Discus	Simon Biddlecombe	Bracknell AC	44.82m	1990
Shot	Sammy Ball	Reading AC	15.54m	2021
Javelin	Benjamin East	Team Kennet	68.14m	2019

## Berkshire Athletics Championship Best Performance as at 15.5.23

### UNDER 20 WOMEN

Event	Athlete	Club	Time/Distance	Year
100m	Kaya Slater	Reading AC	12.20	2023
200m	Marcia Richardson	Windsor S&E	24.9	1990
<b>400m</b>	<b>Amelia Whiteley</b>	<b>Bracknell AC</b>	<b>56.24</b>	<b>2024</b>
800m	Rachel McClay	Bracknell AC	2.12.0	2010
1500m	Amelia Quirk	Bracknell AC	4.27.09	2018
3000m	Izzy Fry	Newbury AC	10.07.0	2017
100mh	Amber-Leigh Hall	Reading AC	14.2	2016
400mh	Orla Brennan	Windsor SE&H	62.17	2021
1500mSC	Jessica Hatch	Windsor SE&H	04:57.52	2022
High Jump	Philippa Rogan	St Josephs College	1.66m	2011
Long Jump	Michelle Griffiths	Windsor S&E	5.87m	1990
Triple Jump	?		12.30m	
Pole Vault	Emily Macdonald	Bracknell AC	3.40m	2017
Hammer	Charlotte Payne	Reading AC	61.48m	2021
Discus	Amy Holder	Windsor SE&H	50.11m	2015
Shot	Danielle Opara	Reading AC	13.94m	2014
Javelin	Hannah Johnson	Windsor SE&H	43.88m	2013

### UNDER 20 MEN

Event	Athlete	Club	Time/Distance	Year
100m	Joshua Zeller	Bracknell AC	10.61	2019
200m	Alex Haydock-Wilson	Windsor SE&H	21.67	2018
400m	Mark Richardson	Windsor S&E	47.0	1990
800m	Richard Larsen	Bracknell AC	1.52.2	2006
1500m	Andrew Provost	Aldershot F&D	3.52.9	2011
3000m	?			
<b>2000mSC</b>	<b>Joshua Mingoia</b>	<b>Windsor S E &amp; H</b>	<b>6.23.69</b>	<b>2024</b>
110mh	Joshua Zeller	Bracknell AC	13.58	2019
400mh	Ashley Fry	Windsor SE&H	54.0	2010
High Jump	Cameron Lake	Windsor SE&H	2.08m	2009
Long Jump	Sam Challis	Windsor SE&H	7.03m	2018
Triple Jump	?		14.95m	
Pole Vault	Sammy Ball	Reading AC	4.40m	2023
Hammer	Jake Norris	Windsor SE&H	76.12m	2017
Discus	?		46.00m	
Shot	Zac Davies	Harrow AC	17.38m	2022
Javelin	Ben East	Team Kennet Triathlon & AC	62.10m	2022

## Berkshire Athletics Championship Best Performance as at 15.5.23

### SENIOR WOMEN

Event	Athlete	Club	Time/Distance	Year
100m	Marcia Richardson	Windsor SE&H	11.6	1993
200m	Simone Jacobs	Shaftesbury Barnet Harriers	23.5	1993
<b>400m</b>	<b>Rachel McClay</b>	<b>Bracknell AC</b>	<b>55.93</b>	<b>2024</b>
800m	K. Fairbrass	Bracknell AC	2.06.2	1983
1500m	B. Madigan	Bracknell AC	4.25.0	1980
3000m	Evie Warren	Reading AC	10.09.08	2023
100mh	Harriet Jones	Windsor SE&H	14.30	2017
400mh	?		62.5	
2000mSC	Elena Carey	Bracknell AC	07:04.85	2022
High Jump	?			
Long Jump	K. Turner	Windsor SE&H	5.97m	2006
Triple Jump	Michelle Griffiths	Windsor S&E	13.50m	1993
Pole Vault	Larissa Lowe	Windsor S&E	3.40m	2001
Hammer	Charlotte Payne D	Reading AC	69.58m	2022
Discus	Amy Holder	Windsor SE&H	52.47m	2017
Shot	Danielle Opara	Thames Valley Harriers	13.34m	2015
Javelin	Rosie Semenytsh	Sale Harriers	48.33m	2012

### SENIOR MEN

Event	Athlete	Club	Time/Distance	Year
100m	P. Cornaby	Reading AC	10.7	
	H. Hogan	Windsor SE&H	10.7	2001
	Adrian Patrick	Windsor S&E	10.7	2002
200m	Adrian Patrick	Windsor S&E	20.9	1998
400m	Adrian Patrick	Windsor S&E	47.1	1996
800m	Garry Marlow	Bracknell AC	1.49.0	1987
1500m	Garry Marlow	Bracknell AC	3.46.3	1989
5000m	P. Lanfear	Reading AC	14.28.7	1983
3000mSC	Nick Bull	Newbury AC	9.32.2	1995
110mh	Dwayne Stoddart	Vale of Aylesbury	14.8	2011
400mh	Ashley Fry	Windsor SE&H	53.8	2013
High Jump	S. Chapman	Thames Valley Harriers	2.11m	1984
Long Jump	Keith Flemming	Windsor S&E	7.81m	1989
Triple Jump	Joe Sweeney	Windsor S&E	15.82m	1991
Pole Vault	Abraham Melbourne	Windsor SE&H	4.20m	2023
Hammer	Jake Norris	Windsor SE&H	70.67m	2023
Discus	Mark Wiseman	Bracknell AC	48.63m	2015
Shot	Nigel Spratley	Reading AC	17.15m	1992
Javelin	Ben Houghton	Windsor SE&H	70.99m	2004