

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

Age Group Men
 U20 Men
 U17 Men
 U15 Men

 Women
 U20 Women
 U17 Women
 U15 Women

ROCKINGHAM TRIANGLE BEST PERFORMANCES AS AT 01.11.2014

Best men
Best Women

2019 BEST Performances

EVENT	PERFORMANCE	NAME	DATE	VENUE
1500M	3.55.62	ARCHIE PARKINSON	01.06.19	MILTON KEYNES
800M	2.17.7	MADELEINE MAYES	18.06.19	CORBY
100M	11.48	FABIAN POWELL	19.06.19	BIRMINGHAM
400M	56.17	GEMMA JONES	23.06.19	BEDFORD
200M	22.88	FABIAN POWELL	13.07.19	BIRMINGHAM
800M	1.54.84	ARCHIE PARKINSON	29.07.19	LOUGHBOROUGH
HEPTATHLON	5390	NIAMH BAILEY	04.08.19	MANCHESTER
HIGH JUMP	1.69	NIAMH BAILEY	25.05.19	BEDFORD
LONG JUMP	5.92	NIAMH BAILEY	10.01.16	SHEFFIELD
3000M	8.35.02	ISAAC AKERS	30.08.15	BEDFORD

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019**MEN**

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	10.6	RON STILL	12.05.84	WARLEY
200M	21.7	LEE BLACK	11.05.97	CORBY
400M	47.44	LEE BLACK	12.07.97	SHEFFIELD
800M	1.50.4	STEFEN GLAYSHER	29.08.81	LEICESTER
1500M	3.44.25	MARTIN GREEN	23.07.83	CRYSTAL PALACE
1 MILE	4.00.1	MARTIN GREEN	11.09.83	ENFIELD
5000M	14.20.9	HUGHIE BOYLE	15.06.85	ALEXANDER STADIUM
10000M	30.04.9	HUGHIE BOYLE	10.07.88	CORBY
MARATHON	2.28.01	JOHN MONTGOMERY	20.04.86	LONDON
110M HURDLES	14.31	WILLIAM SHARMAN	08.06.03	LOUGHBOROUGH
400M HURDLES	57.3	ROHAN MORRIS	02.07.83	KEELE
3000M S/C	9.26.2	TOM BARK	04.08.07	COVENTRY
4 X 100M	42.85	MARK LOVERIDGE JASON SMITH DANIEL LITTLER JASON FLETCHER	31.05.93	CORBY
4 X 400M	3.23.0	NICK FELLOWS STEFEN GLAYSHER M MAUGHAM BOB LYMAN	28.05.80	CRYSTAL PALACE
HIGH JUMP	2.31	BRENDAN REILLY	17.07.92	GATESHEAD
POLE VAULT	5.20	MARK DAVIS	25.07.99	ALEXANDER STADIUM
LONG JUMP	6.96	WILLIAM SHARMAN	14.06.03	STOKE
TRIPLE JUMP	14.16	CANISUS ALCINDOR	12.05.84	WARLEY
SHOT PUTT	15.61	ADAM DAVIS	30.06.02	COSFORD
DISCUS	55.52	JAMIE MURPHY	29.07.95	NARBONNE FRANCE
HAMMER	64.16	MATTHEW BELL	28.5.02	CORBY
JAVELIN	64.04	HARRY HOLLIS	04.06.16	CORBY
DECATHLON	6962	PAUL TOHILL	15.06.03	STOKE

(11.36/ 6.72/ 12.57/ 2.01/ 49.45/ 15.1/ 30.86/ 4.32/ 44.35/ 4.51.98)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U20 MEN

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	10.78 10.7	JASON FLETCHER LEE BLACK	28.05.94 03.05.97	SOLIHULL COVENTRY
200M	21.7	LEE BLACK	11.05.97	CORBY
400M	47.44	LEE BLACK	12.07.97	SHEFFIELD
800M	1.50.4	STEFAN GLAYSHER	29.08.81	LEICESTER
1500M	3.49.8	MARTIN GREEN	11.09.82	BRISTOL
3000M	8.10.3	MARTIN GREEN	17.06.81	LUTON
5000M	15.09.3	MARTIN GREEN	30.05.81	PETERBOROUGH
110M HURDLES 3"3	14.04	WILLIAM SHARMAN	12.07.03	SHEFFIELD
110M HURDLES 3"6	14.31	WILLIAM SHARMAN	08.06.03	LOUGHBOROUGH
400M HURDLES	57.3	ROHAN MORRIS	02.07.83	KEELE
2000M S/C	6.12.75	JAMIE CLARK	08.07.05	ALEXANDER STADIUM
4 X 100M	46.6	GARY WONG ROSS DAVIES RORY MCGREGOR ALLY FOWLER	14.06.09	LEAMINGTON
4 X 400M	3.33.5	ALLY FOWLER SIMON FRANKLIN ROSS DAVIES SEB GOODALL	14.06.09	LEAMINGTON
HIGH JUMP	2.27	BRENDAN REILLY	27.05.90	SOUTHAMPTON
POLE VAULT	5.00	MARK DAVIS	03.06.95	CORBY
LONG JUMP	6.96	WILLIAM SHARMAN	14.06.03	STOKE
TRIPLE JUMP	13.82	JOE EVLING WHITE	09.07.04	GATESHEAD
SHOT PUTT (6KG)	14.58	MARK ALLEN	02.08.03	HEXHAM
DISCUS (2KG)	52.84	JAMIE MURPHY	14.06.92	BEDFORD
HAMMER	64.40	MATTHEW BELL	14.06.97	CORBY
JAVELIN	56.98	JOHN PICKERING	05.06.82	CHELTENHAM
DECATHLON	6976	WILLIAM SHARMAN	15.06.03	STOKE

(11.49 / 6.96 / 13.74 / 1.98 / 50.1 / 14.6 / 38.02 / 3.62 / 41.99 / 4.52.70)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U17 MEN

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	10.7	CARL McCABE	05.08.89	BRISTOL
200M	21.82	SEAN TAYLOR	08.07.05	ALEXANDER STADIUM
400M	49.47	LEE BLACK	08.07.95	NOTTINGHAM
800M	1.54.84	ARCHIE PARKINSON	29.07.19	LOUGHBOROUGH
1500M	3.55.62	ARCHIE PARKINSON	01.06.19	MILTON KEYNES
1 MILE	4.31.39	ARCHIE PARKINSON	07.08.18	KETTERING
3000M	8.35.02	ISAAC AKERS	30.08.15	BEDFORD
100M HURDLES	13.78	LAURENCE FITCH	17.09.06	DERBY
400M HURDLES	58.51	MATT MARRIOTT	14.07.7	ALEXANDER STADIUM
1500M S/C	4.30.89	JAMIE CLARK	15.08.04	ALEXANDER STADIUM
4 X 100M	45.7	JASON FLETCHER SIMON O'DELL LIAM DIXON DANIEL LITTLER	12.05.91	SOLIHULL
4 X 400M	3.38.3	BARRY WAKE SIMON O'DELL LIAM DIXON JOE QUARRINGTON	12.05.91	SOLIHULL
HIGH JUMP	2.15	BRENDAN REILLY	07.04.89	COVENTRY
POLE VAULT	4.45	MARK DAVIS	14.09.93	CORBY
LONG JUMP	6.79	LAURENCE FITCH	21.05.06	WOODFORD GREEN
TRIPLE JUMP	13.75	JOE EVLING-WHITE	11.07.03	SHEFFIELD
SHOT PUTT	15.19	JAMES CANNON	11.06.05	CORBY
DISCUS	47.46	SHAUN HALLAM	06.07.86	STOKE
HAMMER	63.24	MATTHEW BELL	17.07.94	RUGBY
JAVELIN	63.21	HARRY HOLLIS	30.08.07	CORBY
DECATHLON	6234	JACK MCSHANE	09.09.07	STOKE
	(11.95 / 6.37 / 13.55 / 1.81 / 56.54 / 14.34 / 38.07 / 3.65 / 48.55 / 4.59.98)			
OCTATHLON	5168	ANDREW LAURENCE	25.06.06	BEDFORD
	(6.35 / 34.14 / 46.29 / 51.7 / 14.2 / 1.79 / 12.64 / 4.40.5)			

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U15 BOYS

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	11.48	FABIAN POWELL	19.06.19	BIRMINGHAM
200M	22.88	FABIAN POWELL	13.07.19	BIRMINGHAM
300M	35.84	EVAN BLACKMAN	27.08.16	BEDFORD
800M	2.00.47	JOLYON LEAVESLEY	27.08.17	BEDFORD
1500M	4.12.71	ARCHIE PARKINSON	09.08.17	LOUGHBOROUGH
3000M	8.53.17	ARCHIE PARKINSON	06.09.17	WATFORD
80M HURDLES	11.4	GREGOR SIMEY	21.09.03	SHEFFIELD
4 X 100M	47.6	GREGOR SIMEY ANDREW HAYWOOD NICHOLAS FITZPATRICK SEAN TAYLOR	18.05.03	CORBY
4 X 400M	3.49.9	ROSS CLARK JAMES O'DELL MATTHEW BARKER JOHN GOODMAN	07.09.91	ALEXANDER STADIUM
HIGH JUMP	1.87	GREGOR SIMEY	17.08.03	SHEFFIELD
POLE VAULT	3.80	MARK DAVIS	08.09.91	CARDIFF
LONG JUMP	6.06	GREGOR SIMEY	09.08.03	BIRMINGHAM
TRIPLE JUMP	12.60	LEE BLACK	09.09.93	CORBY
SHOT PUTT	14.05	JAMES CANNON	25.08.03	PETERBOROUGH
DISCUS	39.81	JAMES CANNON	25.08.03	PETERBOROUGH
HAMMER	63.68	PAUL BINLEY	01.09.85	BRAINTREE
JAVELIN	51.54	ROBERT CHARLESWORTH	09.07.93	BLACKPOOL
PENTATHLON	3293	GREGOR SIMEY	09.08.03	BIRMINGHAM

(11.7 / 13.69 / 6.06 / 1.83 / 2.10.52)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

WOMEN

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	11.8	LUCY HATTON	16.07.13	CORBY
	11.8	NIAMH BAILEY	02.07.16	HORSPATH
200M	23.93	LUCY HATTON	20.07.13	BIRMINGHAM
400M	54.2	KAREN HAREWOOD	15.05.05	CORBY
800M	2.02.68	KAREN HAREWOOD	11.06.05	GENEVA
1500M	4.23.11	KAREN HAREWOOD	19.06.05	ALEXANDER STADIUM
1 MILE	5.05.4	REBECCA HALL	18.08.15	CORBY
3000M	10.01.0	DIANE MALPAS	01.08.93	WATFORD
5000M	17.42.7	REBECCA HALL	12.05.12	CORBY
10000M	36.47.68	REBECCA HALL	21.05.16	PARLIAMENT HILL
MARATHON	3.11.47	ANGELA SMITH	02.04.95	LONDON
100M HURDLES	12.84	LUCY HATTON	18.04.15	CLERMONT, FL USA
400M HURDLES	66.3	CHARLOTTE BOWLING	02.09.10	CORBY
4 X 100M	49.0	LUCY CHAMBERLAIN FIONA COLE AMY RUSSELL LORNA TINEY	29.08.88	ALEXANDER STADIUM
4 X 400M	4.03.9	KAREN HAREWOOD LAURA GOLDIE STEPH COOPER ALEX HADDOW	01.05.05	CORBY
	4.03.9	KAREN HAREWOOD REBECCA HALL CHARLOTTE REDDEN BETH SMYTON	07.05.11	CORBY
HIGH JUMP	1.69	LIZ SWEENEY	12.06.05	HEXHAM
	1.69	NIAMH BAILEY	25.05.19	BEDFORD
POLE VAULT	3.11	GABBY BANGAY	11.07.09	SHEFFIELD
LONG JUMP	5.92	NIAMH BAILEY	10.01.16	SHEFFIELD
TRIPLE JUMP	10.94	LESLEY IRVINE	09.07.94	TELFORD
SHOT PUTT	12.99	ANN GARDNER	21.05.89	CORBY
DISCUS	44.59	RACHEL BACKHOUSE	27.05.09	LOUGHBOROUGH
HAMMER	55.60	ANN GARDNER	09.05.98	CORBY
JAVELIN	44.27	SARAH ANNE DE KREMER	08.07.06	GATESHEAD
HEPTATHLON	5390	NIAMH BAILEY	04.08.19	MANCHESTER

(14.13 / 1.68 / 11.74 / 24.88 / 5.76 / 31.59 / 2.23.68)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U20 WOMEN

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	11.8	LUCY HATTON	16.07.13	CORBY
200M	23.93	LUCY HATTON	20.07.13	BIRMINGHAM
400M	56.17	GEMMA JONES	23.06.19	BEDFORD
800M	2.12.82	ELLIE WELCH	10.07.15	GATESHEAD
1500M	4.38.23	HELENA KEENAN	20.06.15	BEDFORD
1 MILE	5.11.95	HELENA KEENAN	29.07.15	CARDIFF
3000M	10.27.1	MAIREAD ROCKE	08.11.09	CAMBRIDGE
5000M	18.48.1	MAIREAD ROCKE	13.05.07	LEICESTER
100M HURDLES	13.62	LUCY HATTON	13.07.13	BIRMINGHAM
400M HURDLES	66.3	CHARLOTTE BOWLING	02.09.10	CORBY
2000M S/C	8.19.6	MAIREAD ROCKE	03.09.09	CORBY
4 X 100M	52.8	ELAINE TOMBLIN STEPHANIE BURDON KEELEY PALLET AMANDA IRVINE	19.06.93	CORBY
	52.8	CHARLOTTE BOWLING KATY-LOUISE PAYNE LAUREN BOYD ALEX MCKEOWN	07.06.08	KETTERING
4 X 400M	=	=	=	
HIGH JUMP	1.69	LIZ SWEENEY	12.06.05	HEXHAM
POLE VAULT	2.90	GABBY BANGAY	18.06.11	NORWICH
LONG JUMP	5.35	LESLEY IRVINE	24.07.94	STAFFORD
TRIPLE JUMP	10.94	LESLEY IRVINE	09.07.94	TELFORD
SHOT PUTT	12.64	TRACEE CAPPS	31.05.92	WINDSOR
DISCUS	43.85	RACHEL BACKHOUSE	14.07.07	ALEXANDER STADIUM
HAMMER	37.12	RACHEL BACKHOUSE	12.05.07	LEICESTER
JAVELIN	39.00	SARAH ANNE DE KREMER	10.07.09	SHEFFIELD
HEPTATHLON	4522	LIZ SWEENEY	12.06.05	HEXHAM

(16.08 / 1.69 / 9.64 / 26.55 / 5.29 / 22.70 / 2.26.20)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U17 WOMEN

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	12.0	LORNA TINEY	21.05.89	CORBY
200M	24.8	LORNA TINEY	20.05.89	CORBY
300M	40.0	GEMMA JONES	27.05.18	NOTTINGHAM
400M	57.8	LORNA TINEY	21.05.89	CORBY
800M	2.16.4	BEV SANDERSON	19.07.81	LEICESTER
1500M	4.44.25	ELLIE WELCH	18.05.13	MILTON KEYNES
3000M	10.34.2	MAIREAD ROCKE	20.05.07	CORBY
5000M	18.48.1	MAIREAD ROCKE	13.05.07	LEICESTER
80M HURDLES	11.23	LUCY HATTON	02.07.11	GATESHEAD
300M HURDLES	43.69	CHARLOTTE BOWLING	11.07.09	SHEFFIELD
400M HURDLES	66.9	LESLEY IRVINE	26.04.92	CORBY
4 X 100M	49.0	LUCY CHAMBERLAIN FIONA COLE AMY RUSSELL LORNA TINEY	29.08.88	ALEXANDER STADIUM
4 X 400M	4.12.5	AMY RUSSELL FIONA COLE LUCY CHAMBERLAIN LORNA TINEY	27.08.88	CORBY
HIGH JUMP	1.61	ELYCIA METAXAS-BELT	10.06.06	CORBY
POLE VAULT	3.11	GABBY BANGAY	11.07.09	SHEFFIELD
LONG JUMP	5.62	KARA LUCK	04.05.03	CORBY
TRIPLE JUMP	10.44	LESLEY IRVINE	09.09.93	CORBY
SHOT PUTT	11.69	ANN GARDNER	25.05.85	VELBERT
DISCUS	42.10	RUTH HAY	19.06.04	LEAMINGTON
HAMMER	41.07	ANNIE READ	17.08.14	LEICESTER
JAVELIN	44.27	SARAH ANNE DE KREMER	08.07.06	GATESHEAD
HEPTATHLON	4135	KARA LUCK	10.08.03	BIRMINGHAM

(13.08 / 1.47 / 7.50 / 27.08 / 5.48 / 27.79 / 2.25.11)

CORBY A.C. BEST PERFORMANCES AS AT 30.10.2019

U15 GIRLS

EVENT	PERFORMANCE	NAME	DATE	VENUE
100M	12.3	LORNA TINEY	05.09.87	LEICESTER
200M	25.3	LORNA TINEY	20.06.87	CORBY
300M	41.5	GEMMA JONES	07.05.16	STOURPORT
800M	2.17.7	MADELEINE MAYES	18.06.19	CORBY
1500M	4.54.0	MADELEINE MAYES	13.05.18	CORBY
3000M	10.50.3	CHARLOTTE COTTER	21.05.08	LOUGHBOROUGH
75M HURDLES	11.37	LUCY HATTON	10.07.09	SHEFFIELD
4 X 100M	51.5	AMY RUSSELL SARAH BRAMPTON KEELEY PALLETT LORNA TINEY	21.06.87	CORBY
HIGH JUMP	1.64	AIMEE BAILEY	10.07.99	BURY ST.EDMUNDS
LONG JUMP	5.27	LORNA TINEY	05.09.87	CORBY
SHOT PUTT	11.97	TRACEE CAPPS	29.09.88	CORBY
DISCUS	35.94	ELYCIA METAXAS-BELT	03.07.05	KETTERING
JAVELIN	30.91	LAUREN BOYD	15.05.05	CORBY
POLE VAULT	2.60	GABBY BANGAY	25.08.08	PETERBOROUGH
PENTATHLON	3013	GABBY BANGAY	17.05.08	BOSTON

(11.6 / 10.44 / 1.41 / 5.06 / 2.34.8)

ROCKINGHAM TRIANGLE BEST PERFORMANCES AS AT 01.11.2014

MEN

EVENT	PERFORMANCE	NAME	TEAM	DATE
100M	10.40	DAMIAN MARSH	AUSTRALIA	21.06.92
200M	20.70	ADE MAFE	MIDDLESEX	29.05.89
400M	45.95	MARK RICHARDSON	W.S.E. AC	21.06.92
800M	1.46.67	ROBERT KIBET	KENYA	21.06.92
1500M	3.43.41 *	DAVID KIBET	KENYA	21.06.92
1 MILE	3.56.08	DAVID KIBET	KENYA	21.06.92
3000M	7.48.80	PAUL BITOK	KENYA	21.06.92
5000M	13.53.0	PAUL LARKINS	KENT	27.05.91
10000M	29.21.6	GERRY HELME	LANCASHIRE	31.05.87
110M HURDLES	13.61	HUGH TEAPE	ENGLAND	21.06.92
400M HURDLES	49.90	PETER CRAMPTON	YORKSHIRE	30.05.94
3000M S/C	8.37.46	COLIN WALKER	NORTH EAST	30.05.94
4X100M	40.93	ENGLAND		21.06.92
4X400M	3.10.9	SHAFTSBURY HARRIERS		05.09.86
HIGH JUMP	2.28	DALTON GRANT	ESSEX	25.05.92
POLE VAULT	5.30	SIMON ARKELL	AUSTRALIA	21.06.92
		NEIL WINTER	AVON	31.05.93
LONG JUMP	7.91	BARRINGTON WILLIAMS	STAFFORDSHIRE	31.05.93
TRIPLE JUMP	16.63	JONATHON EDWARDS	NORTH EAST	29.05.89
SHOT PUTT	19.66	MARK EDWARDS	CHARNWOOD	11.06.00
DISCUS	61.06	ROBERT WEIR	BIRCHFIELD	31.07.94
HAMMER	74.82	DAVE SMITH	HULL SPARTAN AC	05.09.86
JAVELIN	83.60	MICK HILL	YORKSHIRE	30.05.94
3000M WALK	11.58.3	PHIL VESTY	LEICESTERSHIRE	06.07.86
10000M WALK	41.16.4	CHRIS MADDOCKS	DEVON	10.07.88

(* SET DURING MILE RACE)

ROCKINGHAM TRIANGLE BEST PERFORMANCES AS AT 01.11.2014

WOMEN

EVENT	PERFORMANCE	NAME	TEAM	DATE
100M	11.47	MELINDA GAINSFORD	AUSTRALIA	21.06.92
200M	22.97	MELINDA GAINSFORD	AUSTRALIA	21.06.92
400M	52.21	PHYLIS SMITH	MIDLAND COUNTIES	25.05.92
800M	2.04.82	AISLING MALLOY	IRELAND	21.06.92
1500M	4.15.01	ALISON WYETH	SOUTHERN COUNTIES	31.05.93
3000M	9.50.4	FIONA TRUMAN	NOTTS A.C.	14.06.87
5000M	17.01.2	SIAN EDWARDS	SWANSEA	17.05.14
10000M	36.56.8	ZENA MERCHANT	CITY OF BATH A.C.	12.07.87
100M HURDLES	13.11	JACKIE AGYEPONG	ENGLAND	21.06.92
400M HURDLES	56.18	GOWRY RETCHAKAN	SOUTHERN COUNTIES	25.05.92
4 X 100M	44.12	ENGLAND "B"		06.07.86
4 X 400M	3.41.2	BIRCHFIELD HARRIERS		19.09.87
HIGH JUMP	1.92	ALLISON INVERARITY	AUSTRALIA	21.06.92
POLE VAULT	3.61	KATE STAPLES	SOUTHERN COUNTIES	30.05.94
LONG JUMP	6.58	YINKA IDOWU	SOUTHERN COUNTIES	25.05.92
TRIPLE JUMP	12.61	KATIE EVANS	RUGBY	11.06.00
SHOT PUTT	18.60	JUDY OAKES	CROYDON HARRIERS	20.08.88
DISCUS	53.96	DEBBIE CALLAWAY	ALDERSHOT F&D	31.07.94
HAMMER	58.18	LORRAINE SHAW	MIDLAND COUNTIES	30.05.94
JAVELIN	63.84	TESSA SANDERSON	ENGLAND	21.06.92