



Hampshire Athletics Track and Field Championship Best Performances to 2025

Senior Men				
100m	Kieran Showler-Davis	Basingstoke & Mid Hants	10.37	2017
200m	Todd Bennett	Team Solent	21.00	1988
400m	Robert Tobin	Basingstoke & Mid Hants	46.97	2004
800m	Kriss Akabusi	Southampton & Eastleigh	01:49.5	1985
1500m	Michael East	City of Portsmouth	03:45.4	2000
5000m	Roger Matthews	Bournemouth	14:24.6	1969
3000m Steeplechase	Tom Buckner	Havant	08:52.2	1991
110m Hurdles	Andy Blow	Basingstoke & Mid Hants	14.34	2015
	Glenn Etherington	Guernsey Island	14.34	2015
400m Hurdles	Dale Garland	Guernsey Island	51.00	2009
3000m Walk	Chris Snook	Aldershot, Farnham & District	12:03.8	2023
High Jump	Fayyaz Ahmed	Southampton & Eastleigh	2.11	1986
	Daniel Turner	Team Solent	2.11	2001
Pole Vault	Mike Edwards	Belgrave Harriers	5.41	1996
Long Jump	James Grocock	Southampton	7.21	2013
Triple Jump	Toks Coker	Farnborough Technical College	14.95	1981
Shot	Nick Tabor	Southampton & Eastleigh	17.76	1984
Discus	Nicholas Percy	Shaftesbury Barnet Harriers	59.45	2021
Hammer	Andy Frost	Woodford Green with Essex Ladies	70.30	2005
Javelin	Myles Cottrell	Belgrave Harriers	74.70	1992
Under 20 Men				
100m	Owen Richardson	Basingstoke & Mid Hants	10.59	2016
200m	Robert Tobin	Basingstoke & Mid Hants	21.33	2002
	Kieran Showler-Davis	Basingstoke & Mid Hants	21.33	2010
400m	Cameron Chalmers	Guernsey Island	47.26	2016
800m	Aaron Bennett	Southampton	01:53.1	2011
1500m	Angus Maclean	Team Solent	03:50.4	1999

3000m	Nigel Gemmell	Southampton & Eastleigh	08:29.0	1982
2000m Steeplechase	Andy Vernon	Aldershot, Farnham & District	06:03.7	2004
110m Hurdles	Thomas Miller	City of Portsmouth	14.33	2016
400m Hurdles	David West	Thames Valley Harriers	52.90	1987
3000m Walk	Nick Ball	Steyning	12:23.1	2005
High Jump	Fayyaz Ahmed	Southampton & Eastleigh	2.06	1984
	Daniel Turner	Havant	2.06	1997
Pole Vault	Mike Edwards	Aldershot, Farnham & District	4.80	1987
Long Jump	Sam Adams	Winchester & District	7.29	2014
Triple Jump	Ian Rowe	Team Solent	14.33	1997
Shot	Jamie Stevenson	Jersey Spartan	18.55	2008
Discus	Zane Duquemin	Channel Islands	56.48	2010
Hammer	Andy Frost	Isle of Wight	60.21	2000
Javelin	Richard Shuttleworth	City of Portsmouth	69.25	2011
Under 17 Men				
100m	Oliver Bromby	Southampton	10.73	2013
200m	Kieran Showler-Davis	Winchester & District	21.14	2008
400m	Louis Sellers	Winchester & District	48.58	2004
800m	Harvey Dixon	Aldershot, Farnham & District	01:55.4	2010
1500m	Laurence Cox	Aldershot, Farnham & District	03:59.8	2004
3000m	Zakariya Mahamed	Southampton	08:41.4	2017
1500m Steeplechase	Dave Ragan	Basingstoke & Mid Hants	04:28.3	1999
100m Hurdles	Thomas Miller	Havant	13.08	2015
400m Hurdles	Alastair Chalmers	Guernsey Island	52.86	2016
3000m Walk	Nick Ball	Steyning	12:25.1	2004
High Jump	Adam Jones	Southampton	2.04	2015
Pole Vault	Andrew Douglas	Southampton	4.40	2015
Long Jump	Adam Jones	Southampton	6.68	2015
Triple Jump	Robert Taylor	Andover	13.74	1984
Shot	Piers Selby	Basingstoke & Mid Hants	17.27	1992

Discus	Simon Williams	Basingstoke & Mid Hants	52.32	1997
Hammer	Charlie Elford-Pond	Winchester & District	58.43	2022
Javelin	Richard Lainson	Isle of Wight	64.32	1998
U15 Boys				
100m	Jacob Nelson	City of Portsmouth	11.26	2017
200m	Myles Richardson	Basingstoke & Mid Hants	22.69	2011
300m	Emil Fredrick	Guernsey	36.80	2025
400m	Cephas Howard	Team Solent	50.70	1991
800m	Ben Pattison	Basingstoke & Mid Hants	02:02.8	2016
1500m	Daniel Robinson	Aldershot, Farnham & District	04:16.2	1999
3000m	Lachlan Wellington	City of Portsmouth	09:14.3	2015
80m Hurdles	Stanley Livingston	Jersey Spartan	11.28	2011
2000m Walk	Eddy Purser	City of Portsmouth	11:10.2	2019
3000m Walk	James Davis	City of Portsmouth	14:19.5	1999
High Jump	Philip Diamond	Guernsey Island	1.85	1989
	Adam Jones	Southampton	1.85	2013
Pole Vault	Andrew Douglas	Southampton	3.50	2013
Long Jump	Cephas Howard	Team Solent	6.16	1991
Triple Jump	Samuel Adams	Winchester & District	12.37	2010
Shot	Olivier Coulibaly	Southampton	14.22	2023
Discus	Eddie Jenkinson	Southampton	44.03	2013
Hammer	Nicholas Percy	Isle of Wight	51.90	2009
Javelin	Liam Cawley	Team Kennet	51.31	2019
Under 13 Boys				
100m	Christopher Yang	Portsmouth Grammar School	12.19	2017
200m	Remy Deegan	Isle of Wight	24.68	2023
800m	Ben Pattison	Basingstoke & Mid Hants	02:10.8	2014
1500m	Benjamin Watson	Aldershot, Farnham & District	04:33.8	2008
3000m	Laurence Cox	Aldershot, Farnham & District	10:10.8	2000

75m Hurdles	Callum Gregson	Southampton	12.13	2015
80m Hurdles	Paul Nobes	Guernsey Island	13.60	1987
2000m Walk	Luke Davis	City of Portsmouth	10:12.1	1999
High Jump	Noah Wincott	Andover	1.62	2021
Pole Vault	William Cubbage	City of Portsmouth	2.25	2015
Long Jump	Cephas Howard	Solent	5.30	1989
Shot (3.25kg)	Nicholas Percy	Isle of Wight	9.60	2007
Shot (3kg)	Tobi Adeniran	Basingstoke & Mid Hants	11.06	2024
Discus	Tobi Adeniran	Basingstoke & Mid Hants	31.43	2024
Javelin	Joshua Wise	Southampton	38.82	2014

Senior Women				
100m	Kathy Smallwood	Reading	11.50	1980
200m	Kathy Smallwood	Reading	23.40	1980
400m	Linda Keough	Basingstoke	53.10	1988
800m	Linda Keough	Basingstoke & Mid Hants	02:05.9	1991
1500m	Christine Benning	Southampton & Eastleigh	04:15.2	1983
3000m	Helen Hall	Winchester & District	09:33.02	2023
1500m Steeplechase	Lauren Hall	Aldershot, Farnham & District	5:08.16	2023
2000m Steeplechase	Emma Pallant	Aldershot, Farnham & District	06:58.2	2010
100m Hurdles	Katy Sketchley	Team Solent	13.82	2002
400m Hurdles	Emma Duck	Team Southampton	57.06	2005
3000m Walk	Verity Larby	Aldershot, Farnham & District	13:27.9	1994
High Jump	Isobel Pooley	Aldershot, Farnham & District	1.90	2015
Pole Vault	Laura Edwards	Southampton	3.45	2018
Long Jump	Tracy Joseph	Basingstoke & Mid Hants	6.33	1997
Triple Jump	Katharine Streatfield	Team Southampton	12.22	2006
Shot	Caroline Savory	Aldershot, Farnham & District	15.24	1983

Discus	Phoebe Dowson	Windsor, Slough, Eton & Hounslow	54.97	2024
Hammer	Anna Merritt	Harrow	56.40	2025
Javelin	Katy Watts	Team Southampton	50.37	2005
Under 20 Women				
100m	Mair Edwards	Basingstoke & Mid Hants	11.71	2017
200m	Holly Croxford	Winchester & District	24.28	2008
400m	Holly Croxford	Winchester & District	55.64	2008
800m	Jenny Beckingham	Southampton	02:11.2	2011
1500m	Emma Pallant	Aldershot, Farnham & District	04:25.5	2008
3000m	Stephanie Twell	Aldershot, Farnham & District	09:45.2	2006
1500m Steeplechase	Maisie Grice	Aldershot, Farnham & District	05:04.9	2018
2000m Steeplechase	Gemma Wildash	Basingstoke & Mid Hants	08:01.6	2014
100m Hurdles	Kylie Robilliard	Guernsey Island	14.34	2006
400m Hurdles	Ella Manning	Aldershot, Farnham & District	60.30	2021
3000m Walk	Abigail Jennings	Aldershot, Farnham & District	15:16.8	2018
High Jump	Emma Cowell	Southampton	1.76	2013
Pole Vault	Amber Try	Windsor, Slough, Eton & Hounslow	3.41	2014
Long Jump	Amaya Scott	Southampton	5.97	2019
Triple Jump	Amelia Gray	Andover	12.36	2023
Shot	Serena Vincent	City of Portsmouth	14.25	2019
Discus	Shadine Duquemin	Shaftesbury Barnet Harriers	49.15	2012
Hammer	Jessica Bennett	Southampton	56.11	2022
Javelin	Freya Jones	Southampton	51.10	2011
Under 17 Women				
100m	Donna Murray	Southampton	11.90	1970
200m	Mair Edwards	Basingstoke & Mid Hants	24.00	2016
300m	Elsie Brindle	Winchester & District	39.10	2024
800m	Jenny Beckingham	Team Southampton	02:10.6	2008
1500m	Louise Small	Aldershot, Farnham & District	04:27.4	2008

3000m	Charlotte Purdue	Aldershot, Farnham & District	09:45.6	2006
1500m Steeplechase	Maisie Grice	Aldershot, Farnham & District	05:16.4	2016
2000m Steeplechase	Helen Jones	Southampton	08:06.7	2013
80m Hurdles	Kylie Robilliard	Guernsey Island	11.36	2004
300m Hurdles	Lucia Bertacchini	Winchester & District	43.27	2025
3000m Walk	Verity Larby	Aldershot, Farnham & District	15:34.1	1987
High Jump	Christina Parsons	New Forest Junior	1.74	2008
Pole Vault	Clare Ridgley	Team Solent	3.20	1994
Long Jump	Holly Mills	Andover	6.11	2015
Triple Jump	Amelia Gray	Andover	11.84	2021
Shot (4kg)	Tanisha Clayton	Basingstoke & Mid Hants	12.04	2011
Shot (3kg)	Serena Vincent	City of Portsmouth	15.41	2018
Discus	Shadine Duquemin	Jersey Spartan	43.13	2011
Hammer (4kg)	Sarah-Jane Anthony	Aldershot, Farnham & District	44.45	2011
Hammer (3kg)	Anna Merritt	Southampton	53.69	2018
Javelin (600g)	Freya Jones	Southampton	47.46	2010
Javelin (500g)	Gaia Osborne	City of Portsmouth	44.33	2016
Under 15 Girls				
100m	Renate Chinyou	Haslemere Border	12.20	1988
200m	Amanda McCoy	Portsmouth	25.10	1980
300m	Chloe Johnson	New Forest Juniors	40.93	2023
800m	Angela Davies	Mid Hants	02:15.8	1985
1500m	Josie Czura	City of Portsmouth	04:33.0	2014
75m Hurdles	Holly Mills	Andover	11.38	2014
2000m Walk	Charlotte Wallis	Aldershot, Farnham & District	11:15.9	2019
2500m Walk	Nicola Parsons	Aldershot, Farnham & District	13:19.6	1990
High Jump	Emma Buckett	Winchester & District	1.69	2006
	Isabel Pinder	Basingstoke & Mid Hants	1.69	2017
Pole Vault	Lexie Trott	Southampton	2.80	2023
Long Jump	Karen Glen	Aldershot, Farnham & District	5.73	1978

Triple Jump	Amelia Gray	Andover	11.35	2019
Shot (3.25kg)	Sophie Merritt	Southampton	12.67	2012
Shot (3kg)	Serena Vincent	City of Portsmouth	12.90	2016
Discus	Emily Green	Southampton	37.99	2012
Hammer	Anna Merritt	Southampton	48.29	2017
Javelin (600g)	Freya Jones	Team Southampton	42.29	2008
Javelin (500g)	Charlotte Pabari	City of Portsmouth	42.87	2023
Under 13 Girls				
100m	Ayomide Cole	Basingstoke & Mid Hants	12.54	2017
200m	Ayomide Cole	Basingstoke & Mid Hants	26.62	2017
800m	Angela Davies	Mid Hants	02:22.7	1983
1500m	Florence Williams	Jersey Spartans	04:53.3	2024
70m Hurdles	Iona Irvine	Basingstoke & Mid Hants	11.12	2017
2000m Walk	Charlotte Wallis	Aldershot, Farnham & District	12:05.7	2017
High Jump	Isabel Pinder	Basingstoke & Mid Hants	1.54	2015
Long Jump	Iona Irvine	Basingstoke & Mid Hants	5.09	2017
Shot	Sophie Merritt	Southampton	11.29	2010
Discus	Sophie Merritt	Southampton	39.27	2010
Javelin	Charlotte Pabari	City of Portsmouth	41.58	2022

Multi Events Championships

Senior Men	Ben Hazell	Basingstoke & Mid Hants	3545	2006
U20 Men	John I Dickinson	Haslemere Border	3084	2002
U17 Men	Robert Kite	Basingstoke & Mid Hants	3276	2005
U15 Boys	Adam Jones	Southampton	2654	2013
U13 Boys	Travis Scottow	Southampton	1768	2018
Senior Women				
Senior Women	Charmaine Johnson	Epsom & Ewell Harriers	3448	2001

U20 Women	Gemma Finch	Basingstoke & Mid Hants	3207	2015
U17 Women	Hollie Thurgood	City of Portsmouth	3411	2017
U15 Girls	Kierra Barker	Basingstoke & Mid Hants	3167	2012
U13 Girls	Emma Buckett	Winchester & District	2452	2005

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