

Avon / West of England Championships Records -- Senior Women

100m	12.14	Yvette Westwood	Yate & District AC	2019
200m	24.4s	Amy Woodman	Bristol AC	2003
400m	56.5s	Rosie Thorner	Bristol AC	1998
800m	2m10.1s	Sarah Daniels	Westbury Harriers	1996
1500m	4m34.2s	Jo Pavey	Bristol AC	1996
3000m	9m47.5s	Jo Thompson	City of Bath AC	1990
100m H	13.48	Mollie Courtney	Cheltenham H.	2017
400m H	61.2s	Katie Socket	City of Sheffield	2011
Hammer	62m96	Christina Jones	Bristol & West AC	2017
Discus	44m08	Venissa Head	Bristol AC	1979
Shot Putt	15m27	Venissa Head	Bristol AC	1979
Javelin	40m61	Sophie Thomas	Birchfield Harriers	2011
Long Jump	6m05	Amy Woodman	Birchfield Harriers	2012
Triple Jump	11m71	Alison Croad	UWIC	2003
High Jump	1m73	Hayley Pitman	Bristol & West AC	2011
Pole Vault	4m10	Lucy Bryan	Bristol & West AC	2016

Events not currently contested:

5000m	16m38.4s	Jo Thompson	City of Bath AC	1997
4x100m Relay	50.9s		Yate & District AC	1995

Avon / West of England Championships Records -- Senior Men

100m	10.7s	Derek Morgan	Bristol AC	1996
200m	21.01s	Christopher Stone	Woodford Grn/ Essex L	2019
400m	48.7s	David Williams	University of Bath	1996
800m	1m52.5s	Justin Swift-Smith	Shaftesbury Barnet	1998
1500m	3m51.2s	Nick Smart	Westbury Harriers	1992
3000m	8m55.54	Jack Bancroft	Wells City Harriers	2013
110m H	14.91s	Julian Ortiz	Birchfield H.	2013
400m H	54.37s	Steve Green	Newham & Essex	2010
Hammer	61m87	Matthew Richards	Cardiff AAC	2015
Discus	59m37	Brett Morse	Cardiff AAC	2018
Shot Putt	16m31	Chris Ellis	Bristol AC	1985
Javelin	59m34	Ken Holmes	Bristol AC	1978
Long Jump	7m29	Bernard Rhamsahoye	Bristol AC	1992
Triple Jump	14m88	Navid Childs	Thames Valley H	2011
High Jump	2m05	Mark Lakey	Bristol AC	1992
	2m05	Adam Brooks	Yate & District AC	2019
Pole Vault	5m25	Scott Simpson	Wessex & Bath	2003

Events not currently contested:

5000m	14m21.0s	Chris Buckley	Westbury Harriers	1988
3000m S/C	9m17.2s	Nigel Gates	Bristol AC	1978
4x100m Relay	50.6s		Yate & District AC	1992