

West of England Championships Records -- Under 20 Women

100m	11.88s	Emily Diamond	Bristol & West AC	2009
200m	24.07s	Emily Diamond	Bristol & West AC	2009
400m	58.3s	Paula Hill	Yate & District AC	2006
800m	2m13.28	Lily Owsley	Bristol & West AC	2012
1500m	4m56.19	Floren Scrafton	Yate & District AC	2012
3000m	10m16.9s	Steff Barnes	Bristol & West AC	2006
100m H	13.71	Mollie Courtney	Cheltenham H.	2016
400m H	61.2s	Megan Southwart	Blackheath H	2011
Hammer	51m60	Zoe Derham	Yate & District AC	1999
Discus	36m46	Sarah Moore	Bristol AC	1991
Shot Putt	12m29	Rownita Marston	B&W / SGS College	2017
Javelin	40m22	Sylvia Kembani	Westbury Harriers	1990
Long Jump	5m45	Vicky Williams	Clevedon AC	1998
Triple Jump	10m71	Lisa Erm	City of Bath AC	1995
High Jump	1m75	Ada'ora Chigbo	North Somerset AC	2017
Pole Vault	3m83	Lucy Bryan	Bristol & West AC	2012

Events not currently contested:

4x100m Relay	51.1s		Yate & District AC	1995
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West of England Championships Records -- Under 20 Men

100m	10.79	Ben Coghlan	Bristol & West AC	2009
200m	21.5s	Derek Morgan	Bristol AC	1988
400m	49.69	Gary Coleman	Yate & District AC	2009
800m	1m55.8s	Michael Tallis	IIF Group	2006
1500m	3m58.8s	James Thie	Westbury Harriers	1996
3000m	9m00.22	Max Davis	Avon Valley R.	2018
110m H	15.4s	M Kenny	Clevedon AC	1982
400m H	55.0s	Nick Dakin	Bristol AC	1982
Hammer	64m26	Karl Andrews	Westbury Harriers	1994
Discus	48m88	Liam Biddlecombe	Bristol & West AC	2012
Shot Putt	16m55	Chris Ellis	Bristol AC	1985
Javelin	61m70	W Sparling	Bristol AC	1985
Long Jump	6m89	Vernon Samuels	Bristol AC	1982
Triple Jump	14m90	Vernon Samuels	Bristol AC	1982
High Jump	2m00	Adam Wall	Yate & District AC	2010
Pole Vault	4m70	Neil Winter	Shaftesbury Barnet	1992

Events not currently contested:

5000m	14m48.8s	Chris Slowley	Bristol AC	1982
4x100m Relay	50.6s		Yate & District AC	1992