

## 2015 HAMMER SEASON

World Championships	11 Nick Miller 72.94 (77.42q)	4 Sophie Hitchon 73.86 (71.07q)
	15 Mark Dry 73.87 dnq	
European Team Champs	2 Nick Miller 75.91	5 Sophie Hitchon 71.89
European Winter Throws	8 Chris Bennett 70.65	10 Rachel Hunter 58.37
	12 Mark Dry 69.25	
	7 U23 Taylor Campbell 67.28	
European U23s	1 Nick Miller 74.46 (71.37q)	19 Rachel Hunter 61.16 dnq
European Juniors	6 Taylor Campbell 75.63 (73.37q)	
World Youths	7 Jake Norris 72.58 (73.82q)	

### Major domestic senior meetings

UK/British Senior Champs	Nick Miller 75.88	Sophie Hitchon 71.10
	Mark Dry 73.02	Sarah Holt 66.68
	Chris Bennett 72.62	Susan McKelvie 61.30
Northern	James Bedford 66.57	Abbi Carter 60.00
Midlands	Chris Shorthouse 67.82	Hayley Murray 55.14
South	Callum Brown 65.78	Shaunagh Brown 60.06
Scottish	Chris Bennett 70.18	Rachel Hunter 62.60
Welsh	Osian Jones 66.29	Carys Parry 63.12
Northern Ireland	Robert Moffett 53.98	Hayley Murray 52.68
CAU/English/AAA	Chris Shorthouse 69.08	Sarah Holt 63.60
BUCS	Taylor Campbell 69.39	Rachel Hunter 62.36
Loughborough Int'l	Mark Dry 76.93	Sophie Hitchon 71.02
Throwsfest	Mark Dry 70.71	Sarah Holt 63.51

### Age Groups

Eng U23	Callum Brown 66.07	Rachel Hunter 61.84
Eng U20	Taylor Campbell 78.74	Alice Akers IRE 56.04
Eng U17	Jake Norris 70.50	Michaela Walsh IRE 63.99
Eng U15	James Lancaster	Lauren Hill 52.65

### Eng Schools

Seniors	Munroe Ritchie 59.54	Rebecca Keating 53.39
Inters	George Marvell 68.42	Katie Head 60.05
Juniors	Sam Mace 57.68	Lauren Hill 52.65
<b>Schools Games</b>	Jake Norris 70.65	Katie Lambert 63.08

### British Masters

35	Mike Floyd 62.90	Andrea Jenkins 47.41
40	Rob Careless 51.80	Rosalind Stansbury 40.26
45	John Twiddle 40.87	Carol Parker 33.10
50	Rob Earle 56.08	Janet Smith 43.68
55	Chris Privett 46.39	Deborah Murch 36.19
60	John Wild 35.74	Vilma Thompson 30.74
65	Barry Hawke 45.69	Linda Ridsdale 23.70
70	Kevin Bradley 39.24	Mary Thomas AUS 27.86
75	Bill Gentleman 39.70	
80	Warwick Dixon 32.98	

### World Masters (finishers in the top eight)

M45	8 Mark Wiseman 46.79, M80	5 Warwick Dixon 38.67,
W35	5 Debbie McCaw NZL 49.56, W50	6 Janet Smith 43.34, 8 Marion Loveridge 42.18
W60	6 Renate Prells 32.93, 7 Vilma Thompson 31.78, W75	5 Carole Derrien 24.85

# SEASONAL REVIEW

## WORLD RANKINGS – MEN

Pawel Fajdek was overwhelmingly the top thrower. The only thrower in the world to reach 80m – he did so twelve times. While Pars was second in the rankings and the nearest of the rest to 80m he was 4<sup>th</sup> in Beijing to Nazarov and Nowicki, who both threw 78.55. Clearly 80m is a rare commodity. In 1988 there were 23 men over 80m and the 10<sup>th</sup> best thrower was 81.88!

74.51 was necessary to make the finals in Beijing, which made the 78m Olympic standard (now 77m) even more bizarre.

Nick is ranked 14<sup>th</sup> in the world on distance – that's the highest men's ranking position since Mike Ellis was 5<sup>th</sup> and 7<sup>th</sup> in 1957 and 1959. Mark Dry was 21<sup>st</sup> (best Scot since Chris was 16<sup>th</sup> in 1976) and Chris Bennett was 39<sup>th</sup>.

In the U20 category, Taylor was ranked 4<sup>th</sup> in Europe and 7<sup>th</sup> in the world with the 6K.

In the U18 (World Youths) category Jake was ranked 9<sup>th</sup> in Europe and 12<sup>th</sup> in the world

## WORLD RANKINGS - WOMEN

Anita Wlodarczyk has the eight longest throws of 2015 – including the first ever 80m throws.

Next best is Wenxiu Zhang at 76.33, less than 2 ½ metres ahead of Sophie Hitchon. Betty Heidler was the only other thrower over 75m this season. In 2012 eleven women threw 75m, in 2014 there were seven.

Sophie is 8<sup>th</sup> on the world rankings for 2015 on distance – the best since Lorraine was 5<sup>th</sup> twenty years ago, in the early days of the event.

In the U18 (World Youths) category Katie Lambert was ranked 20<sup>th</sup> in the World (14<sup>th</sup> in Europe)

# UK

## SENIOR MEN

Numbers of competitions over 75m (career)

9	Nick Miller - all in the 2015 season	2	Mark Dry – both in 2015
7	Dave Smith (62)	1	Chris Black
5	Martin Girvan	1	Dave Smith (74)
3	Matt Mileham	1	Robert Weir
3	Mick Jones	1	Alex Smith in 2012

Miller 1<sup>st</sup> AT, Dry 5<sup>th</sup> AT (Scots AT rec), Bennett 11<sup>th</sup> AT, Shorthouse 31 AT, and the UK's 31<sup>st</sup> seventy metre thrower.

25 guys over 60m is a record, as is the 20<sup>th</sup> best mark at 61.91.

Depth remains strong right through the event.

## SENIOR WOMEN

Number of career throws over 70m:

19	Sophie
0	everyone else

Number of career throws over 69m

33	Sophie
0	Everyone else

Number of throws over 65m (career):

66	Sophie Hitchon
57	Lorraine Shaw
49	Zoe Derham
35	Sarah Holt
15	Shirley Webb

11	Carys Parry
3	Shaunagh Brown
2	Rachel Hunter
1	Susan McKelvie

Hitchon 1<sup>st</sup> AT, Holt 2<sup>nd</sup> AT (and how great it was to see Sarah's pb), Christina Jones 11<sup>th</sup> AT

## U23 MEN

Nick – Osian - Callum - Craig

## U23 WOMEN

Rachel – Abbi – Jessica - Louisa

## U20 men

Taylor Campbell had a stellar season and broke the UK U20 records with the 7.26 and 6K hammers.

6K. Campbell 1<sup>st</sup> AT, Palmer 7<sup>th</sup> AT, Joe Ellis 16<sup>th</sup>, James Hamblin 19<sup>th</sup>

Taylor through the 6k on eleven occasions – never less than 72m. He had five comps over Pete Smith's previous UK record with the six, and three comps over Nick Miller's previous UK record with the seven.

NB Jac Palmer set Welsh junior records with the 7.26 and the 6

Top 10 standard remains high but we will lose many athletes who become U23s next year

## U20 women

Keating 9<sup>th</sup> AT, Okul 25<sup>th</sup>

Not quite top standard in 2015 so no selections for the European Juniors.

We may be seeing some effect on the U20 rankings of the U17s throwing the 3K nowadays.

Younger juniors are only throwing the 4K occasionally - however ALL top ten in the rankings set pbs and ALL are U20 next year!

## U17 men

5K Norris 4<sup>th</sup> AT, Marvell 14<sup>th</sup>

Jake Norris made the World Youths final – coming 7<sup>th</sup> – a tremendous achievement.

Jake had thirteen competitions over 70m – and one more at 69.99!  
Bayley Campbell and Jake Roberts are likely to lead the way in this age group next season, though the older U17s will be chasing European Youths places.

### **U17 girls**

Well – a sensational season with the UK record falling many times.

UK girls U17 progressive record (3k hammer).

56.52 Myra Perkins 19 May 07

59.25 Myra Perkins 5 Jul 08...

59.55 Rebecca Keating 27 Apr 13

60.17 Ollie Stevenson 25 Apr 15

60.23 Ollie Stevenson 13 Jun 15

61.50 Katie Head 13 Jun 15

62.51 Katie Head 30 Aug 15

63.08 Katie Lambert 4 Sept 15

So the all-time list has been shaken apart - Lambert 1<sup>st</sup>, Head 2<sup>nd</sup>, Stevenson 3<sup>rd</sup>, Philippa Davenall 8<sup>th</sup>, Danielle Broom 9<sup>th</sup>

There was also a Scots record for Emma Rae at 56.22 (11<sup>th</sup> all time)

### **U15 men**

4K Mace 26<sup>th</sup> AT

Closely fought at the top between Sam Mace and James Lancaster

Depth has been better – eg 10<sup>th</sup> best at 47.29 and 22 over 40m – but has been worse (just 16 over 40 in 2009),

### **U15 girls**

Youngest age group continues to progress at many levels.

Tara Simpson-Sullivan 1st AT at 57.74, Jade Williams 5<sup>th</sup> AT, Lauren Hill 7<sup>th</sup> AT

78 athletes over 30m this year – incredible depth and much better than the equivalent boys.

### **MASTERS**

Age bests for Barry Hawksworth, Bill Gentleman and Warwick Dixon

### **SO – ON TO 2016**

- All the club, county, regional, national and age-group championships
- European Champs
- World Juniors
- European Youths
- The Olympic Games

But can we win the first UK hammer medal at the Olympics since Malcolm Nokes in 1924?