

## HAMMER AGE BESTS (with senior implements, unless stated)

11	34.56 (4k)	Neil Curtis		
12	48.46 (4k)	Neil Curtis	32.27	Louisa James
13	38.86	John Barnes	43.17	Katie Head
14	51.04	Jake Norris	50.81	Rebecca Keating
15	54.04	Jake Norris	54.87	Louisa James
16	61.70	Jake Norris	60.73	Sophie Hitchon
17	68.86	Jake Norris	62.96	Sophie Hitchon
18	69.39	Taylor Campbell	65.98	Sophie Hitchon
19	71.39	Taylor Campbell	69.43	Sophie Hitchon
20	73.40	Taylor Campbell	71.61	Sophie Hitchon
21	75.41	Nick Miller	72.97	Sophie Hitchon
22	77.55	Nick Miller	71.53	Sophie Hitchon
23	77.51	Nick Miller	71.89	Sophie Hitchon
24	77.54	Martin Girvan	73.86	Sophie Hitchon
25	74.66	Chris Bennett	74.54	Sophie Hitchon
26	76.45	Chris Bennett	73.05	Sophie Hitchon
27	77.02	Matt Mileham	68.63	Zoë Derham
28	76.26	Mark Dry	68.97	Sarah Holt
29	73.86	Barry Williams	67.13	Sarah Holt
30	74.10	Matt Mileham	65.37	Zoe Derham
31	72.90	Paul Head	67.39	Zoe Derham
32	72.48	Mick Jones	68.15	Lorraine Shaw
33	75.40	Chris Black	67.98	Lorraine Shaw
34	73.28	Mick Jones	66.83	Lorraine Shaw
35	75.20	Mick Jones	68.93	Lorraine Shaw
36	74.98	Mick Jones	68.11	Lorraine Shaw
37	76.43	Mick Jones	66.00	Lorraine Shaw
38	73.99	Mick Jones	61.94	Lorraine Shaw
39	73.25	Mick Jones	49.29	Andrea Jenkins
40	73.63	Mick Jones	50.10	Andrea Jenkins
41	73.25	Mick Jones	49.71	Andrea Jenkins
42	70.19	Mick Jones	49.97	Jo Davison
43	70.88	Howard Payne	45.81	Paula Peaty
44	66.76	Mick Jones	50.11	Jo Davison
45	62.16	Mick Jones	50.13	Jo Davison
46	70.36	Mick Jones	49.66	Jo Davison
47	66.57	Mick Jones	46.25	Jo Davison
48	59.75	Mick Jones	47.44	Jo Davison
49	57.10	John Pearson	42.71	Paula Peaty
50	58.22	Chris Black	40.84	Paula Peaty
51	59.05	Chris Black	38.92	Jenny Ibbitson
52	60.97	Chris Black	38.46	Jenny Ibbitson
53	62.39	Mick Jones	39.03	Jenny Ibbitson
54	54.71	Chris Black	38.08	Jenny Ibbitson
55	50.45	Rob Earle	35.91	Jenny Ibbitson
56	51.39	Chris Black	35.16	Jenny Ibbitson
57	50.78	Chris Black	37.36	Evaun Williams
58	43.89	Malcolm Fenton	36.62	Vilma Thompson
59	43.31	Chris Melliush	29.67	Jenny Ibbitson
60	42.34	Chris Melliush	32.93	Jenny Ibbitson
61	43.70	Paul Dickenson	31.57	Liz Sissons
62	39.46	Chris Melliush	30.21	Shirley Quinn
63	41.85	Chris Melliush	37.20	Evaun Williams
64	37.14	Bill Gentleman	25.07	Vilma Thompson
65	37.82	Bill Gentleman	32.59	Evaun Williams

66	39.29	Bill Gentleman	27.06	Rosemary Hutton
67	39.10	Chris Melliush	32.57	Evaun Williams
68	38.02	Barry Hawksworth	34.91	Evaun Williams
69	34.18	Jack Kee	33.85	Evaun Williams
70	30.81	Barry Hawksworth	33.37	Evaun Williams
71	36.67	Jack Kee	31.54	Evaun Williams
72	33.34	Jack Kee		
73			28.99	Evaun Williams
74	30.35	Jack Kee		
75			28.62	Evaun Williams

### Girls 3kgs age bests

The following is from Power of 10

11	39.23	Louisa James	June 24 2006, two weeks before her 12th birthday
12	47.10	Lily Murray	2017 record
13	53.95	Kirsty Costello	In 2016 for 4 <sup>th</sup> Eng U15.
14	58.01	Phoebe Baggott	1 Eng Schools Junior Girls 2016
15	62.51	Katie Head	Aged 15 in 2015
16	67.37	Sophie Hitchon	At age 16 at the HC Winter Handicap, Hull, 8 Feb 2008.
17	63.52	Molly Walsh	Wrexham 24 Sept 2017
18	62.00	Philippa Davenall	Colchester 5 March 2017
19	67.95	Kimberley Reed	Livingston 10 May 2014

NB Sophie Hitchon threw further with 4k at 18 (65.98) and 19 (69.43)