

STANDARDS	CAU 25-26.08.12	BEDFORD	
		Men	Women
100m		10.9s	12.4s
200m		22.20s	25.25s
400m		49.85s	57.00s
800m		1m.59s	2m.18s
1500m		-	4m.35s
1mile		4m.12s	-
5000m		14m.30s	17m.45s
110mH		15.50s	-
100mH		-	15.00s
400mH		55.00s	60.00s
3000mS/C		9m.25s	-
LJ		7.00m	5.50m
HJ		2.00m	1.50m
TJ		14.30m	11.00m
PV		4.35m	2.80m
SP		14.50m	12.00m
Discus		45.00m	41.00m
Javelin		60.00m	45.50m
Hammer		53.00m	42.50m
Walks		14m.10s	14m.45s
HJ Opening Heights		1.90m	1.42m
PV Opening Heights		4.20m	2.60m

Reached Standard

400m	Wayne Ashall	LI/pool P & S AC
Discus	Disc Simon Bissell	Sheffield AC
100m	Kelly Hilton	Wigan & D AC
100mH	Hannah Riley	Manx H
TJ	Kelly Hilton	Wigan & D AC
Discus	Sarah Henton	Blackburn H & AC