

JUNIOR GIRLS SCHOOLS' CUP FINAL BEST PERFORMANCES

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|-------------|--------------|---|---------|------|
| 75m Hurdles | S. Harris | Ivybridge Community College, Devon | 11.5s | 2015 |
| 100 metres | S. Jajemisin | Headington School, Oxfordshire | 12.3s | 2011 |
| 200 metres | A. Hunt | Kesteven & Grantham Girls', Lincs | 25.2s | 2015 |
| 300 metres | S. Omotosho | Southend High School for Girls, Essex | 41.1s | 2022 |
| 800 metres | S. Okoro | The Coopers' Company & Coborn School, Essex | 2.18.2s | 2019 |
| 1500 metres | S. Sinha | Bromley High School, Kent | 4.41.5s | 2012 |
| Relay | | Wycombe High School, Bucks | 54.3 | 2006 |
| Shot | E. Adese | James Allen's Girls' School, London | 11.80m | 2023 |
| Discus | H.Evenden | Wakefield Girls' High School, West Yorks | 31.52m | 2004 |
| Javelin | E. Christian | Guildford High School, Surrey | 38.14m | 2022 |
| Hammer | L. Chapelhow | The Coopers' Company & Coborn School, Essex | 31.66m | 2023 |
| Long Jump | S. Wilhelmy | Southend High School for Girls, Essex | 5.43m | 1993 |
| High Jump | T. Ojora | Wycombe Abbey School, Bucks | 1.65m | 2015 |
| Pole Vault | A. Bird | The Eastwood Academy, Essex | 2.40m | 2023 |

JUNIOR BOYS SCHOOLS' CUP FINAL BEST PERFORMANCES

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|-------------|--------------|--|---------|------|
| 80m Hurdles | J. McLean | Greensward College, Essex | 11.15s | 2004 |
| 100 metres | W. Andoh | Bishop Challenor Collegiate Boys, London | 11.3s | 2015 |
| 200 metres | A. Hemoh | St. Bonaventure's Roman Catholic School, Essex | 24.1s | 2011 |
| 300 metres | O. Seki | The Champion School, Essex | 37.6s | 2013 |
| 800 metres | T. Kendrick | The Judd School, Kent | 2.02.9s | 2013 |
| 1500 metres | A. Hickey | Southend High School for Boys, Essex | 4.22.0s | 2001 |
| Relay | | St. Bonaventure's Roman Catholic School, Essex | 51.6s | 2014 |
| Shot | L. Capes | Bourne Grammar School, Lincs | 15.97m | 2022 |
| Discus | A. Scopes | The Judd School, Kent | 43.39m | 2013 |
| Javelin | D. Murphy | FitzWimarc School, Essex | 44.56m | 1986 |
| Hammer | A. Reynolds | William De Ferrers School, Essex | 52.77m | 2012 |
| Long Jump | M. Akhigbe | Southend High School for Boys, Essex | 5.99m | 2015 |
| High Jump | J. Akintolu | Queen Elizabeth Grammar, West Yorks | 1.76m | 2023 |
| Triple Jump | J. Hughes | ARK Globe Academy, London | 12.71m | 2023 |
| Pole Vault | C. Eyre | Royal Grammar School, Northumberland | 3.20m | 1989 |
| | M. Etheridge | FitzWimarc School, Essex | 3.20m | 2008 |
| | J. Longhurst | FitzWimarc School, Essex | 3.20m | 2010 |

INTER GIRLS SCHOOLS' CUP FINAL BEST PERFORMANCES

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|-------------|-----------------------------|--|----------------|--------------|
| 80m Hurdles | A. Barrett | St. Mary's High School, Derbyshire | 11.1s | 2013 |
| 100 metres | A. Wilson | Guildford High School, Surrey | 12.2s | 2022 |
| 200 metres | S. Wilhelmy | Southend High School for Girls, Essex | 24.9s | 1994 |
| 300 metres | S. Omotosho | Southend High School for Girls, Essex | 40.0s | 2023 |
| 800 metres | K.Snowdon | James Allen's Girls', London | 2.11.3s | 2009 |
| 1500 metres | B. Wood | South Wiltshire Grammar, Wiltshire | 4.27.1s | 2018 |
| Relay | | Queen Mary School, Lancashire | 53.1s | 1981 |
| Shot | O. Kuponiyi | The Coopers' Company & Coborn School, Essex | 13.84m | 2019 |
| Discus | C. Bradley | Easthampstead Park School, Berkshire | 38.12m | 1983 |
| Javelin | E. Korczack | Brighton College, Sussex | 46.03m | 2018 |
| Hammer | E. McIntosh | St.Aidan's CE High School, North Yorks | 41.35m | 2023 |
| Long Jump | S. Fajemisin | Headington School, Oxfordshire | 5.74m | 2013 |
| High Jump | V. Hubbard H. Scaramanga | Kesteven & Grantham Girls', Lincs Millfield, Somerset | 1.70m 1.70m | 2004 2005 |
| Triple Jump | R. Williamson | Kirkham Grammar, Lancashire | 11.41m | 2010 |
| Pole Vault | I. Turner | Roundwood Park School, Hertfordshire | 3.70m | 2023 |

INTER BOYS SCHOOLS' CUP FINAL BEST PERFORMANCES

| | | | | |
|-------------|----------------|---|----------|------|
| 80m Hurdles | T. Seal | The Judd School, Kent | 10.6s | 2015 |
| | M.Osunsami | The Coopers' Company & Coborn School, Essex | 10.6s | 2015 |
| | S. Bennett | Southend High School for Boys, Essex | 10.6s | 2015 |
| 100 metres | K. Husain | Queen Elizabeth School, Middlesex | 11.1s | 1989 |
| | D. Bolarinwa | Woolwich Polytechnic for Boys, London | 11.1s | 2009 |
| | W. Adeyeye | William Edwards School, Essex | 11.1s | 2016 |
| | C. Anya-Joseph | Woodlands School, Essex | 11.1s | 2019 |
| 200 metres | D. Kenyon | St. Edwards College, Merseyside | 22.7s | 1991 |
| 300 metres | K. Jerome | The Coopers' Company & Coborn School, Essex | 36.2s | 2017 |
| 800 metres | A. Fulford | The Ridgeway School, Wiltshire | 1.57.5s | 1997 |
| 1500 metres | F. Scott | Northampton School for Boys, Northants | 4.00.25s | 2018 |
| Relay | | Whitgift School, Surrey | 47.5s | 2002 |
| Shot | A. Davis | West Hatch High School, Essex | 17.41m | 2001 |
| Discus | L. Okoye | Whitgift School, Surrey | 48.15m | 2007 |
| Javelin | B. James | The Coopers' Company & Coborn School, Essex | 53.83m | 2019 |
| Hammer | J. Norris | The Windsor Boys' School, Berkshire | 73.52m | 2014 |
| Long Jump | M. Giraud | Wimbledon College, London | 7.11m | 1993 |
| High Jump | F. Gosnell | St. Ignatius School, Middlesex | 1.93m | 1987 |
| Triple Jump | M. Duberry | Enfield Grammar, Middlesex | 14.17m | 1991 |
| Pole Vault | M. Etheridge | FitzWimarc, Essex | 4.30m | 2010 |

BEST PERFORMANCES

Pre: Introduction of new weights & heights in 2000

JUNIOR BOYS

| | | | | |
|-----------------|-------------|--|--------|------|
| Shot (4kg) | S. Foster | Our Lady's High School, Greater Manchester | 13.22m | 1995 |
| Discus (1.25kg) | J. Kindon | Millfield, Somerset | 36.48m | 1989 |
| Hammer (4kg) | P. Waterman | St. Olave's, Kent | 45.22m | 1993 |

INTERMEDIATE BOYS

| | | | | |
|--------------------------|-------------|------------------------------|--------|------|
| 80m Hurdles (Hgt 91.5cm) | J. Quarry | Langley Park, Kent | 11.1s | 1988 |
| Shot (5kg) | M. Simson | Furtherwick Park, Essex | 14.86m | 1985 |
| Discus (1.5kg) | E. Udechuku | Dulwich College, London | 50.10m | 1994 |
| Hammer (5kg) | C. Mason | Macmillan College, Cleveland | 50.51m | 1999 |

Pre: Introduction of change of distance in 2013

JUNIOR BOYS

| | | | | |
|------------|----------|--------------------------------------|-------|------|
| 400 metres | J. Deane | Lincroft Middle School, Bedfordshire | 52.6s | 2008 |
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INTERMEDIATE BOYS

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|------------|-------------|-------------------------|-------|------|
| 400 metres | N. Hamilton | Dulwich College, London | 50.3s | 1994 |
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Pre: Introduction of new weights in 2014

JUNIOR GIRLS

| | | | | |
|------------------|------------|---------------------------------|--------|------|
| Shot (3.25kg) | Y. Spencer | Lady Manners School, Derbyshire | 10.93m | 2006 |
| Javelin (600gms) | J. Loxton | Queens College, Somerset | 34.90m | 2010 |

INTERMEDIATE GIRLS

| | | | | |
|------------------|--------------|----------------------------|--------|------|
| Shot (3.25kg) | Y. Anekwe | Millfield, Somerset | 12.96m | 1987 |
| Javelin (600gms) | R. Semenytsh | Newlands Girls', Berkshire | 39.49m | 2002 |