

ESAA – MOST INDIVIDUAL TITLES (GIRLS)

AILEEN WILSON (CAMBRIDGESHIRE and LEICESTERSHIRE) – 8 wins

Year	Event	Age Group	Height/Points
1997	HJ	J	1.72
1998	HJ	J	1.75
1998	PEN	J	3509
1999	HJ	I	1.70
1999	HEP	I	4630
2000	HJ	I	1.83
2001	HJ	S	1.84
2002	HJ	S	1.75

EMILY PIDGEON (GLOUCESTERSHIRE) – 8 wins

Year	Event	Age Group	Time
2002	CC	J	
2003	1500m	J	4:27.70
2003	CC	J	
2004	3000m	I	9:57.96
2004	CC	I	
2005	CC	I	
2006	1500m	S	4:18.24
2006	CC	S	

ABBI CARTER (HUMBERSIDE) – 6 wins

Year	Event	Age Group	Distance
2007	DT	J	35.28
2008	DT	J	36.16
2009	HT	I	52.27
2010	HT	I	54.78
2011	HT	S	56.83
2012	HT	S	59.75

DONNA FRASER (SURREY) – 6 wins

Year	Event	Age Group	Time
1986	200m	J	24.9
1987	200m	J	24.5w
1988	200m	I	24.9
1989	200m	I	24.3
1990	200m	S	23.9w
1991	200m	S	23.89w

EMELIA GORECKA (SURREY) – 6 wins

Year	Event	Age Group	Time
2008	CC	J	
2008	1500m	J	4:30.12
2009	CC	I	
2009	3000m	I	9:35.79
2011	3000m	S	9:23.58
2012	CC	S	

EMMA MERRY (WARWICKSHIRE and WEST MIDLANDS) – 6 wins

Year	Event	Age Group	Distance
1988	DT	J	39.58
1989	DT	I	45.18
1990	DT	I	48.80
1991	DT	S	48.50
1992	DT	S	48.96
1993	DT	S	51.50

EMMA WARD (STAFFORDSHIRE) – 6 wins

Year	Event	Age Group	Time
1995	1500m	J	4:37.16
1996	1500m	J	4:37.51
1997	1500m	I	4:32.57
1998	1500m	I	4:35.25
1999	1500m	S	4:26.40
2000	1500m	S	4:23.14

FIONA CONDON (BERKSHIRE) – 6 wins

Year	Event	Age Group	Distance
1974	DT	J	34.86
1975	DT	J	36.04
1976	DT	I	39.34
1977	DT	I	39.46
1978	DT	S	44.48
1979	DT	S	51.04

JANE PERRY (CHESHIRE) – 6 wins

Year	Event	Age Group	Time
1977	200m	J	23.6w
1978	200m	J	24.2w
1980	200m	I	23.7
1981	200m	I	24.2w
1982	200m	S	23.8
1983	200m	S	23.6w

JEINA MITCHELL (SURREY) – 6 wins

Year	Event	Age Group	Time
1990	1500m	I	4:26.2
1990	CC	I	
1991	1500m	I	4:28.30
1991	CC	I	
1992	1500m	S	4:23.91
1993	CC	S	

JESSICA JUDD (ESSEX) – 6 wins

Year	Event	Age Group	Time
2009	1500m	J	4:23.58
2009	CC	J	
2010	1500m	I	4:22.63
2010	CC	I	
2011	1500m	I	4:21.15
2011	CC	I	

LINDA KNOWLES (ESSEX) – 6 wins

Year	Event	Age Group	Height
1960	HJ	J	5' 0"
1961	HJ	J	5' 0"
1962	HJ	I	5' 7"
1963	HJ	I	5' 7"
1964	HJ	S	5' 7"
1965	HJ	S	5' 3"

REBECCA MERSH (SOUTH YORKSHIRE) – 6 wins

Year	Event	Age Group	Time
2002	3k Walk	J	14:44.39
2003	3k Walk	J	14:53.4
2004	3k Walk	I	14:43.75
2005	3k Walk	I	14:29.09
2006	5k Walk	S	25:57.85
2007	5k Walk	S	27:01.53

SARAH BENNETT (WEST MIDLANDS) – 6 wins

Year	Event	Age Group	Time
1993	2.5k Walk	J	12:55.2
1994	2.5k Walk	J	12:30.72
1995	3k Walk	I	15:28.46
1996	3k Walk	I	14:56.10
1997	5k Walk	S	26:39.45
1998	5k Walk	S	26:14.79

SOPHIE MERRITT (WILTSHIRE and HAMPSHIRE) – 6 wins

Year	Event	Age Group	Distance
2011	SP	J	12.52
2012	SP	J	13.31
2013	SP	I	12.00
2014	DT	I	44.46
2015	SP	S	13.49
2016	SP	S	13.64

ESAA – MOST INDIVIDUAL TITLES (BOYS)

EDWARD DUNFORD (WARWICKSHIRE) – 9 wins

Year	Event	Age Group	Time/Points
1998	PEN	J	3037
1999	PEN	J	3348
1999	80mH	J	11.10
2000	OCT	I	5325
2001	OCT	I	5615
2001	100mH	I	13.15w
2002	DEC	S	7050
2002	110mH	S	14.70
2003	DEC	S	6932

SPENCER DUVAL (STAFFORDSHIRE & SOMERSET) – 7 wins

Year	Event	Age Group	Time
1984	CC	J	
1986	1500mST	I	4:15.0
1986	CC	I	
1988	2000mST	S	5:46.7
1988	CC	S	28.42
1989	2000mST	S	5:38.2
1989	CC	S	

ANDREW TOLPUTT (BERKSHIRE) – 6 wins

Year	Event	Age Group	Distance
1981	HT	J	56.48
1982	HT	J	70.78
1983	HT	I	62.40
1984	HT	I	73.58
1985	HT	S	67.44
1986	HT	S	67.72

BEN DIJKSTRA (LEICESTERSHIRE & RUTLAND) – 6 wins

Year	Event	Age Group	Time
2013	1500m	J	4:09.38
2014	3000m	I	8:40.69
2013	CC	J	
2014	CC	I	
2015	CC	I	
2017	CC	S	

CHRIS SNOOK (SURREY) – 6 wins

Year	Event	Age Group	Time
2013	3k Walk	J	15:59.30
2014	3k Walk	J	15:05.55
2015	5k Walk	I	22:33.80
2016	5k Walk	I	22:31.62
2017	5k Walk	S	21:31.27
2018	5k Walk	S	23:01.22

DAVID LEWIS (LANCASHIRE) - 6

Year	Event	Age Group	Time
1976	1500m	J	4:10.5
1976	CC	J	
1978	1500mST	I	4:23.7
1978	CC	I	
1979	2000mST	S	5:46.8
1980	CC	S	

NICK BALL (HAMPSHIRE) – 6 wins

Year	Event	Age Group	Time
2001	3k Walk	J	15:40.80
2002	3k Walk	J	14:08.26
2003	5k Walk	I	23:21.4
2004	5k Walk	I	22:39.07
2005	5k Walk	S	22:09.68
2006	5k Walk	S	21:48.82