

# Waveney Valley A.C Club Records

(as of 30/08/18)

## U11 Boys

60m	Joel Burgess	8.9s	Norfolk CC, Kings Lynn	24/05/2015
75m	Joel Burgess	11.0s	Quadkids, Gt Yarmouth	05/07/2015
80m	Joel Burgess	11.6s	Club Championships, EPA	11/07/2015
100m	Joel Burgess	14.8s	Performance Meeting, Gt Yarmouth	30/06/2015
600m	Joel Burgess	1:49.0s	Quadkids, Kings Lynn	16/08/2015
	James Burgess	1:49.0s	East Anglian League, Ipswich	16/07/2017
800m	Finn Howes	2:48.1s	Performance Meeting, Gt Yarmouth	30/06/2015
LJ	Joel Burgess	3.85m	East Anglian League, Bury	09/08/2015
SP	Ethan Hodds	6.25m	East Anglian League, Bury	09/08/2015
Howler	Theo Hudson	35.70m	Club Championships, East Point	28/06/2014
4x100m	Burgess/Howes Hudson/Harvey	66.9s	Interclub, Gt Yarmouth	11/05/2014
SLJ	Joel Burgess	1.95m	Quadkids, Ipswich	22/08/2015

### Quadkids Overall Points

Joel Burgess	244 points	QuadKids, Ipswich	22/08/2015
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## U11 Girls

60m	Tia Duncan	9.6s	Performance Meeting, Gt Yarmouth
75m	Shamara Hammonds	11.6s	Quadkids, Norwich
80m	Shamara Hammonds	12.1s	East Anglian League, Ipswich
100m	Shamara Hammonds	15.9s	Open, Gt Yarmouth
600m	Grace Forster	2:02.8s	Norfolk CC, Norwich
800m	Agatha Gouldby	3:04.2s	Performance Meeting, Gt Yarmouth
LJ	Agatha Gouldby	3.62m	East Anglian League, Bury
SP	Milly Weddle	5.21m	EAL, Gt Yarmouth
			East Anglian League, Bury
Howler	Brooke Oram	30.96m	Club Championships, East Point
SLJ	Shamara Hammonds	1.93m	Quadkids, Norwich

### Quadkids Overall Points

Agatha Gouldby	210 points	Quadkids, Yarmouth
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## U13 Boys

i60m	Joel Burgess	8.66s	Lee Valley Open, Lee Valley	05/03/2017
75m	Max Birtwistle	11.3s	Performance Meeting, Gt Yarmouth	23/04/2015
100m	Joel Burgess	13.4s	East Anglian League Final, Bury	17/09/2017
150m	Joel Burgess	21.2s	Performance Meeting, Gt Yarmouth	21/04/2017
200m	Joel Burgess	27.1s	EAL, Ipswich	16/07/2017
i200m	Joel Burgess	28.12s	Lee Valley Open, Lee Valley	05/03/2017
600m	James Burgess	1:57.4s	Performance Meeting, Gt Yarmouth	05/04/2018
800m	Jamie Besford	2:24.0 <i>unconf</i>	Quadkids, Thetford	18/05/2014
	Joel Burgess	02:28.9	East Anglian League, Ipswich	16/07/2017
1500m	Tai Elvin-Andrews	5:18.7s	East Anglian League, Ipswich	06/07/2014
3000m	Jack Gooch	12:20.2s	Performance Meeting, Gt Yarmouth	16/06/2017
Mile	William Browne	5:54.6s	Performance Meeting, Gt Yarmouth	05/04/2018
70mH	Tai Elvin-Andrews	15.5s	Performance Meeting, Gt Yarmouth	31/07/2013
75mH	Finn Howes	13.6s	East Anglian League Final, Bury	17/09/2017

## U13 Girls

i60m	Gabby Wright	9.40s	London Indoor Games, Lee Valley
60m	Isabella Christmas-Ablett	9.3s	Performance Meeting, Gt Yarmouth
75m	Hannah Mayne	10.8s	Performance Meeting, Gt Yarmouth
100m	Hannah Mayne	13.6s	EAL, Gt Yarmouth
150m	Hannah Mayne	21.9s	Performance Meeting, Gt Yarmouth
200m	Hannah Mayne	28.5s	Suffolk CC, Ipswich
i200m	Gabby Wright	31.01	London Indoor Games, Lee Valley
600m	Gabby Wright	2:00.04s	Performance Meeting, Gt Yarmouth
800m	Gabby Wright	2:43.6s	EYAL, Ipswich
1500m	Brooke Oram	5:42.8s	Suffolk County Champs, Ipswich
Mile	D'Arcie Ives	06:10.1	Performance Meeting, Gt Yarmouth
i60mH	Abeni Beckham	10.93	Pentathlon, Lee Valley
70mH	Abeni Beckham	12.9s	EYAL, Ipswich
LJ	Hannah Mayne	4.79m	Suffolk CC, Ipswich

LJ	Joel Burgess	4.85m	East Anglian League, Bury	20/08/2017
HJ	Bruno Hargadon	1.37m	East Anglian League, Ipswich	19/07/2015
SP3.25kg	Michael Van Haren	10.51m	Inter County, Kingston	31/07/2016
SP3kg	Jude Benson-Smith	7.10m	EAL Finals, Bury St Edmunds	16/09/2018
JT	Bruno Hargadon	26.56m	Club Championships, East Point	11/07/2015
DT	Michael Van Haren	30.26m	East Anglian League, Bury	18/09/2016
Howler	Callum Hopson	36.99m	Interclub, Gt Yarmouth	11/05/2014
4x100m	Burgess/Howes	57.4s	EAL, Gt Yarmouth	11/06/2017
	Littlejohns/Cone			

HJ	Abeni Beckham	1.40m	EYAL, Ipswich
SP	Abeni Beckham	7.29m	EYAL, Ipswich
JT	Brooke Oram	16.60m	East Anglian League Final, Bury
DT	Harriet Gooch	13.80m	Open, Gt Yarmouth
Howler	Brooke Oram	32.97m	QuadKids, Gt Yarmouth
4x100m	Hammonds/Beckham	58.64s	EAL, W'Ford Grn
	English/MacKenzie-Websdale		

### U15 Boys

i60m	Joel Burgess	8.42s	London Indoor Games, Lee Valley	21/01/2018
60m	Joel Burgess	8.5	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Leon Cousins	11.2s	Performance Meeting, Gt Yarmouth	14/04/2014
100m	Kieran Colvill	12.4s	East Anglian League, Bury	01/09/2013
150m	Joel Burgess	20.5s	Performance Meeting, Gt Yarmouth	05/04/2018
200m	Aidan Hewitt	24.5s	East Anglian League, Ipswich	19/07/2015
i200m	Joel Burgess	27.02	London Indoor Games, Lee Valley	21/01/2018
300m	Aidan Hewitt	39.3s	East Anglian League, Gt Yarmouth	21/06/2015
i300m	Joel Burgess	43.42s	London Indoor Games, Lee Valley	21/01/2018
600m	Finn Howes	1:53.4s	Performance Meeting, Gt Yarmouth	05/04/2018
800m	Sam Stevens	2:16.6s	Interclub, Gt Yarmouth	23/07/2016
1500m	George Browne	4:43.9s	EAL, Great Yarmouth	22/07/2018
Mile	George Browne	5:16.4s	Performance Meeting, Gt Yarmouth	05/04/2018
80mH	Finn Howes	14.3s	EAL, Bury St Edmunds	17/06/2018
LJ	Aidan Hewitt	5.28m	East Anglian League, Norwich	03/05/2015
TJ	Joel Burgess	10.93m	EAL, Bury St Edmunds	17/06/2018
HJ	Leon Field	1.55m	East Anglian League Final, Bury	13/09/2015
SP4kg	Michael Van Haren	12.50m	EYAL, Colchester	02/06/2018
DT1.25	Michael Van Haren	36.91m	EAL, Great Yarmouth	22/07/2018
JT	Aidan Hewitt	34.50m	Club Championships, East Point	11/07/2015
HT	Tobias Scriven	16.01m	East Anglian League, Gt Yarmouth	12/06/2016
Howler	Aidan Hewitt	59.97m	Quadkids, Ipswich	22/08/2015
4x100m	Burgess/VanHaren	51.7s	EAL, Great Yarmouth	22/07/2018
	Beckham/Browne			

### U15 Girls

i60m	Abeni Beckham	9.0s	London Indoor Games, Lee Valley
60m	Abeni Beckham	9.0s	Performance Meeting, Gt Yarmouth
75m	Emily Archbold	11.5s	Performance Meeting, Gt Yarmouth
100m	Shannon Hall	14.0s	East Anglian League, Bury
	Shamara Hammonds	14.0s	East Anglian League, Ipswich
150m	Shannon Hall	23.4s	Performance Meeting, Gt Yarmouth
200m	Mia Hopson	29.1s	Performance Meeting, Gt Yarmouth
300m	Amber English	46.7s	Suffolk County Champs, Ipswich
600m	Abigail Marshall	2:02.6s	Performance Meeting, Gt Yarmouth
800m	Harriet Lyman	2:41.1s	East Anglian League, Gt Yarmouth
1500m	Harriet Lyman	5:51.0s	Club Championships, East Point
3000m	Lauren Oram	13:45.5s	Open, Gt Yarmouth
75mH	Mia Hopson	12.64s	Eastern AA Combined, Peterborough
LJ	Abeni Beckham	4.45m	Southend Open, Southend
HJ	Harriet Lyman	1.40m	Inter-Club, Gt Yarmouth
	Abeni Beckham		Performance Meeting, Gt Yarmouth
	Kiera Kane		EYAL, Norwich
TJ	Abeni Beckham	9.60m	Southend Open, Southend
JT	Abeni Beckham	18.97m	East Anglian League, Kings Lynn
SP3kg	Mia Hopson	7.82m	Eastern AA Combined, Peterborough
DT	Lauren Oram	16.08m	East Anglian League, Gt Yarmouth
HT	Lauren Oram	7.70m	East Anglian League, Gt Yarmouth
Howler	Charlotte Gooch	16.25m	Quadkids, Norwich
4x100m	Beckham/English	57.5	EYAL, Ipswich
	Mackenzie-Websdale/Kane		

**U17 Men**

60m	Lean Field	7.9s	Performance Meeting, Gt Yarmouth	13/04/2017
75m	Mason Hodds	9.5s	Performance Meeting, Gt Yarmouth	23/04/2015
100m	Mason Hodds	11.4s	EYAL, Ipswich	03/07/2016
	Joshua Mayston	11.4s	EAL, Ipswich	12/08/2018
150m	Mason Hodds	18.4s	Performance Meeting, Gt Yarmouth	14/04/2016
200m	Mason Hodds	23.2s	EYAL, Ipswich	03/07/2016
300m	Aidan Hewitt	40.7s	Performance Meeting, Gt Yarmouth	14/04/2016
400m	Aidan Hewitt	55.7s	East Anglian League, Gt Yarmouth	12/06/2016
800m	Michael Cross	2:24.9s	Inter-Club, Gt Yarmouth	10/05/2015
1500m	Sam Stevens	4:43.5s	Suffolk County Champs, Ipswich	14/05/2017
Mile	Sam Stevens	5:12.3s	Performance Meeting, Gt Yarmouth	13/04/2017
100mH	Leon Field	14.7s	EAL, Ipswich	16/07/2017
LJ	Joshua Mayston	5.63m	EAL, Ipswich	12/08/2018
TJ	Michael Cross	11.10m	East Anglian League, Bury	09/08/2015
HJ	James Russell	1.70m	EYAL, Ipswich	17/04/2016
	Leon Field	1.70m	EYAL, Ipswich	17/04/2016
SP5kg	Mason Hodds	12.31m	East Anglian League, Kings Lynn	14/08/2016
DT	Peter Cross	22.25m	East Anglian League Final, Bury	13/09/2015
JT700g	Michael Cross	31.67m	Inter-Club, Gt Yarmouth	10/05/2015
HT	Bailey Elvin	14.21m	EAL Final, Bury St Edmunds	18/09/2016
4x100	Russell/Hodds	49.0s	EAL Final, Bury	13/09/2015
	Cross/Cross			

**Senior Men**

60m	Mason Hodds	7.6s	Performance Meeting, Gt Yarmouth	13/04/2017
i60m	Mason Hodds	7.58s	London Indoor Games, Lee Valley	29/01/2017
100m	Mason Hodds	11.5s	Anglian Schools, Cambridge	18/06/2017
	Leon Field	11.5s	EAL, Ipswich	12/08/2018
150m	Mason Hodds	17.6s	Performance Meeting, Gt Yarmouth	13/04/2017
200m	Leon Field	23.4s	Suffolk County Champs, Ipswich	13/05/2018
400m	Alan Fairs	73.6s	East Anglian League, Bury	01/09/2013
800m	Matt Jeffries	2:10.1s	Open, Gt Yarmouth	26/05/2016
1500m	Peter Andrews	5:43.8s	East Anglian League, Norwich	03/05/2015
Mile	Chris Pimlott	5:22.4s	Performance Meeting, Gt Yarmouth	14/04/2016
3000m	Matt Jeffries	9:11.9s	Performance Meeting, Gt Yarmouth	16/06/2017
110mH	Leon Field (106.7cm)	17.3	EAL, Bury St Edmunds	17/06/2018

**U17 Ladies**

75m	Mia Williams-Mathers	10.9s	Performance Meeting, Gt Yarmouth
100m	Mia Williams-Mathers	14.0s	Club Championships, East Point
200m	Harriet Lyman	29.4s	Interclub, Gt Yarmouth
600m	Harriet Lyman	1:54.3s	Performance Meeting, Gt Yarmouth
800m	Harriet Lyman	2:29.3s	EYAL, Ipswich
1500m	Harriet Lyman	5:02.7s	Suffolk County Champs, Bury
3000m	Harriet Lyman	11:57.0s	Anglian Schools, Cambridge
Mile	Harriet Lyman	5:37.9s	Performance Meeting, Gt Yarmouth
LJ	Francesca Catchpole	4.85m	EAL, Great Yarmouth
TJ	Francesca Catchpole	10.35m	EAL, Great Yarmouth
HJ	Mia Williams-Mathers	1.30m	Club Championships, East Point
	Harriet Lyman	1.30m	Performance Meeting, Gt Yarmouth
SP	Lauren Oram	6.22m	Club Championships, East Point
JT500g	Lauren Oram	20.16m	East Anglian League, Gt Yarmouth
DT	Lauren Oram	27.73m	Suffolk County Champs, Ipswich

**Senior Women**

60m	Tracy Cone	10.3s	Performance Meeting, Gt Yarmouth
100m	Michaela Gooch	15.9s	East Anglian League, Yarmouth
400m	Tamsin Desborough	81.8s	East Anglian League, Yarmouth
800m	Samantha Lines	2:14.72s	Performance Meeting, Gt Yarmouth
1500m	Rose Nicholson	4:51.41s	Eastern Counties AA, Cambridge
1500sc	Rose Nicholson	6:05.6s	Suffolk County Champs, Bury
3000m	Rose Nicholson	10:18.7	Eastern Counties AA, Cambridge
5000m	Rose Nicholson	18:21.5s	Suffolk County Champs, Bury
LJ	Rose Nicholson	3.78m	East Anglian League, Yarmouth
HJ	Caren Elvin	1.20m	East Anglian League, Yarmouth
JT	Michaela Gooch	18.25m	EAL, Bury St Edmunds
SP	Frances Fairs	7.71m	East Anglian League, Bury

110mH	Leon Field (99.1cm)	16.8	Anglian Schools, UEA Norwich	16/06/2018	HT	Frances Fairs	18.81m	East Anglian League, Norwich
LJ	James Russell	5.44m	East Anglian League, Ipswich	23/04/2017	DT	Frances Fairs	20.24m	East Anglian League, Bury
TJ	Mason Hodds	12.18m	Suffolk County Champs, Ipswich	14/05/2017	4x100m	Gooch/Archbold	66.3s	EAL, Yarmouth
HJ	James Russell	1.70m	East Anglian League, Bury	20/08/2017		Cone/Elvin		
SP	Mason Hodds	9.89m	East Anglian League, Ipswich	23/04/2017				
DT	Gary Elvin	26.74m	Suffolk County Champs, Ipswich	24/05/2015				
JT	Gary Elvin	32.82m	East Anglian League, Bury	09/08/2015				
HT	Gary Elvin	20.35m	East Anglian League, Gt Yarmouth	21/06/2015				
4x100	Allen/Elvin	57.3s	EAL, Ipswich	17/07/2016				
	Cross/Hodds							



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