

# Waveney Valley A.C Club Records

(as of 24/06/19)

## 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	13/04/2017
75m	Shamara Hammonds	11.6s	Quadkids, Norwich	22/06/2014
80m	Shamara Hammonds	12.1s	East Anglian League, Ipswich	06/07/2014
100m	Shamara Hammonds	15.9s	Open, Gt Yarmouth	15/05/2014
600m	Grace Forster	2:02.8s	Norfolk CC, Norwich	25/05/2014
800m	Agatha Gouldby	3:04.2s	Performance Meeting, Gt Yarmouth	15/06/2017
LJ	Agatha Gouldby	3.62m	East Anglian League, Bury	20/08/2017
SP	Milly Weddle	5.21m	EAL, Gt Yarmouth	11/06/2017
			East Anglian League, Bury	20/08/2017
Howler	Brooke Oram	30.96m	Club Championships, East Point	28/06/2014
SLJ	Ana Colbridge	2.00m	Suffolk Quadkids, Ipswich	08/06/2019

### Quadkids Overall Points

Agatha Gouldby	210 points	Quadkids, Yarmouth	09/07/2017
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## U13 Boys

i60m	Joel Burgess	8.66s	Lee Valley Open, Lee Valley	05/03/2017
60m	James Burgess	8.8	Performance Meeting, Gt Yarmouth	11/04/2019
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	1:48.0s	Performance Meeting, Gt Yarmouth	11/04/2019
800m	Jamie Besford	2:24.0 <i>unconf</i>	Quadkids, Thetford	18/05/2014
	James Burgess	02:27.8	East Anglian League, Norwich	26/05/2019
1500m	Cohen Copeman	05:12.0	East Anglian League, Yarmouth	23/06/2019
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

## U13 Girls

i60m	Gabby Wright	9.40s	London Indoor Games, Lee Valley	21/01/2018
60m	Isabella Christmas-Ablett	9.3s	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Hannah Mayne	10.8s	Performance Meeting, Gt Yarmouth	17/04/2014
100m	Hannah Mayne	13.6s	EAL, Gt Yarmouth	08/06/2014
150m	Hannah Mayne	21.9s	Performance Meeting, Gt Yarmouth	17/04/2014
200m	Hannah Mayne	28.5s	Suffolk CC, Ipswich	25/05/2014
i200m	Gabby Wright	31.01	London Indoor Games, Lee Valley	21/01/2018
600m	Gabby Wright	2:00.04s	Performance Meeting, Gt Yarmouth	04/04/2018
800m	Gabby Wright	2:43.6s	EYAL, Ipswich	06/05/2018
1500m	Brooke Oram	5:42.8s	Suffolk County Champs, Ipswich	24/05/2015
Mile	D'Arcie Ives	06:10.1	Performance Meeting, Gt Yarmouth	13/04/2017
i60mH	Abeni Beckham	10.93	Pentathlon, Lee Valley	27/03/2016
70mH	Abeni Beckham	12.9s	EYAL, Ipswich	03/07/2016
LJ	Hannah Mayne	4.79m	Suffolk CC, Ipswich	25/05/2014

75mH	Finn Howes	13.6s	East Anglian League Final, Bury	17/09/2017
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	8.05m	EAL, Yarmouth	23/06/2019
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	Jude Benson-Smith	41.1	Suffolk Quadkids, Ipswich	08/06/2019
4x100m	Burgess/Howes	57.4s	EAL, Gt Yarmouth	11/06/2017
	Littlejohns/Cone			

HJ	Abeni Beckham	1.40m	EYAL, Ipswich	03/07/2016
SP	Agatha Gouldby	7.78m	EYAL, Chelmsford	02/06/2019
JT	Emma Witherington	16.68m	EAL, Yarmouth	23/06/2019
DT	Milly Weddle	15.93m	EYAL, Ipswich	14/04/2019
Howler	Brooke Oram	32.97m	QuadKids, Gt Yarmouth	05/07/2015
4x100m	Hammonds/Beckham	58.64s	EAL, W'Ford Grn	08/05/2016
	English/MacKenzie-Websdale			

### U15 Boys

i60m	Joel Burgess	8.06	Lee Valley Open	24/03/2019
60m	Joel Burgess	8.3	Performance Meeting, Gt Yarmouth	11/04/2019
	Vaughan Beckham	8.3	Performance Meeting, Gt Yarmouth	11/04/2019
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	19.8	Performance Meeting, Gt Yarmouth	11/04/2019
200m	Aidan Hewitt	24.5s	East Anglian League, Ipswich	19/07/2015
i200m	Joel Burgess	25.84	Lee Valley Open	24/03/2019
300m	Aidan Hewitt	39.3s	East Anglian League, Gt Yarmouth	21/06/2015
i300m	Joel Burgess	41.18	Lee Valley Open	02/03/2019
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	Joel Burgess	5.55m	EAL, Yarmouth	23/06/2019
TJ	Joel Burgess	11.61m	EAL, Yarmouth	23/06/2019
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	Vaughan Beckham	16.97	EAL, Norwich	26/05/2019
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	21/01/2018
60m	Abeni Beckham	9.0s	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Emily Archbold	11.5s	Performance Meeting, Gt Yarmouth	17/04/2014
100m	Shannon Hall	14.0s	East Anglian League, Bury	01/09/2013
	Shamara Hammonds	14.0s	East Anglian League, Ipswich	16/07/2017
150m	Shannon Hall	23.4s	Performance Meeting, Gt Yarmouth	25/04/2013
200m	Mia Hopson	29.1s	Performance Meeting, Gt Yarmouth	30/06/2015
300m	Amber English	46.7s	Suffolk County Champs, Ipswich	13/06/2018
600m	Abigail Marshall	2:02.6s	Performance Meeting, Gt Yarmouth	14/04/2016
800m	Harriet Lyman	2:41.1s	East Anglian League, Gt Yarmouth	21/06/2015
1500m	Harriet Lyman	5:51.0s	Club Championships, East Point	11/07/2015
3000m	Lauren Oram	13:45.5s	Open, Gt Yarmouth	15/05/2014
75mH	Mia Hopson	12.64s	Eastern AA Combined, Peterborough	27/09/2015
LJ	Abeni Beckham	4.45m	Southend Open, Southend	27/08/2018
HJ	Kiera Kane	1.50m	EAL, Yarmouth	23/06/2019
TJ	Abeni Beckham	9.60m	Southend Open, Southend	27/08/2018
JT	Abeni Beckham	18.97m	East Anglian League, Kings Lynn	29/04/2018
SP3kg	Mia Hopson	7.82m	Eastern AA Combined, Peterborough	27/09/2015
DT	Lauren Oram	16.08m	East Anglian League, Gt Yarmouth	08/06/2014
HT	Lauren Oram	7.70m	East Anglian League, Gt Yarmouth	08/06/2014
Howler	Charlotte Gooch	16.25m	Quadkids, Norwich	20/07/2013
4x100m	Beckham/English	57.5	EYAL, Ipswich	06/05/2018
	Mackenzie-Websdale/Kane			

### U17 Ladies

75m	Mia Williams-Mathers	10.9s	Performance Meeting, Gt Yarmouth	23/07/2016
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<b>U17 Men</b>				
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	George Browne	02:17.7	EAL, Yarmouth	23/06/2019
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	Michael Van Haren	12.69m	EYAL, Chelmsford	02/06/2019
DT	Michael Van Haren	42.07m	EAL, Norwich	26/05/2019
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			

<b>Senior Men</b>				
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	Josh Mayston	23.07s	SAL, Crawley	19/05/2019
400m	Josh Mayston	56	EAL, Norwich	26/05/2019
800m	Matt Jeffries	2:10.1s	Open, Gt Yarmouth	26/05/2016
1500m	Chris McAllen	05:10.1	EAL, Yarmouth	23/06/2019
Mile	Chris Pimlott	5:22.4s	Performance Meeting, Gt Yarmouth	14/04/2016

100m	Mia Williams-Mathers	14.0s	Club Championships, East Point	11/07/2015
150m	Abeni Beckham	22.2	Performance Meeting, Gt Yarmouth	11/04/2019
200m	Harriet Lyman	29.4s	Interclub, Gt Yarmouth	08/04/2015
600m	Harriet Lyman	1:54.3s	Performance Meeting, Gt Yarmouth	14/04/2016
800m	Harriet Lyman	2:29.3s	EYAL, Ipswich	03/07/2016
1500m	Harriet Lyman	5:02.7s	Suffolk County Champs, Bury	15/05/2016
3000m	Harriet Lyman	11:57.0s	Anglian Schools, Cambridge	18/06/2017
Mile	Harriet Lyman	5:37.9s	Performance Meeting, Gt Yarmouth	14/04/2016
80mH	Abeni Beckham	13.9	EYAL, Chelmsford	02/06/2019
LJ	Francesca Catchpole	4.85m	EAL, Great Yarmouth	22/07/2018
TJ	Francesca Catchpole	10.35m	EAL, Great Yarmouth	22/07/2018
HJ	Mia Williams-Mathers	1.30m	Club Championships, East Point	13/07/2015
	Harriet Lyman	1.30m	Performance Meeting, Gt Yarmouth	14/04/2016
	Abeni Beckham	1.30m	Club Championships, East Point	15/06/2019
SP	Abeni Beckham	8.12m	EAL, Norwich	26/05/2019
JT500g	Abeni Beckham	26.78m	EYAL, Chelmsford	02/06/2019
DT	Lauren Oram	27.73m	Suffolk County Champs, Ipswich	24/05/2015

<b>Senior Women</b>				
60m	Tracy Cone	10.3s	Performance Meeting, Gt Yarmouth	13/04/2017
100m	Michaela Gooch	15.9s	East Anglian League, Yarmouth	08/06/2014
400m	Tamsin Desborough	81.8s	East Anglian League, Yarmouth	08/06/2014
800m	Samantha Lines	2:14.72s	Performance Meeting, Gt Yarmouth	26/05/2016
1500m	Rose Nicholson	4:51.41s	Eastern Counties AA, Cambridge	25/06/2016
1500sc	Rose Nicholson	6:05.6s	Suffolk County Champs, Bury	15/05/2016
3000m	Rose Nicholson	10:18.7	Eastern Counties AA, Cambridge	25/06/2016
5000m	Rose Nicholson	18:21.5s	Suffolk County Champs, Bury	15/05/2016
LJ	Rose Nicholson	3.78m	East Anglian League, Yarmouth	12/06/2016
HJ	Caren Elvin	1.20m	East Anglian League, Yarmouth	08/06/2014
JT	Michaela Gooch	18.25m	EAL, Bury St Edmunds	18/06/2018

3000m	Matt Jeffries	9:11.9s	Performance Meeting, Gt Yarmouth	16/06/2017	SP	Frances Fairs	7.71m	East Anglian League, Bury	17/08/2014
110mH	Leon Field (106.7cm)	17.3	EAL, Bury St Edmunds	17/06/2018	HT	Frances Fairs	18.81m	East Anglian League, Norwich	04/05/2014
110mH	Leon Field (99.1cm)	16.8	Anglian Schools, UEA Norwich	16/06/2018	DT	Frances Fairs	20.24m	East Anglian League, Bury	17/08/2014
LJ	Josh Mayston	5.53m	EAL, Yarmouth	23/06/2019	4x100m	Gooch/Archbold	66.3s	EAL, Yarmouth	08/06/2014
TJ	Mason Hodds	12.18m	Suffolk County Champs, Ipswich	14/05/2017		Cone/Elvin			
HJ	James Russell	1.70m	East Anglian League, Bury	20/08/2017					
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	Russell/Mayston Covill/Russell	51.5	EAL, Norwich	26/05/2019					