

Waveney Valley AC

Boys PBs (to 20 April 2014)

Daniel Allen

75m	14.3s	Quadkids, Norwich	20/07/13
600m	2:43.5s	QuadKids, Norwich	20/07/13
LJ	1.66m	PM, Gt Yarmouth	25/04/13
Howler	9.32m	Quadkids, Norwich	20/07/13
SLJ	1.27m	Quadkids, Norwich	20/07/13
VJ	21cm	Sportshall, Taverham	12/10/13
SB	23	Sportshall, Taverham	12/10/13
TJav	4.25m	Sportshall, UEA	11/01/14
SBT	3.25m	Sportshall, Taverham	01/03/14

Vaughan Beckham

75m	14.3	Open, Gt Yarmouth	17/04/14
600m	2:38.7	Open, Gt Yarmouth	17/04/14
Howler	14.656m	Open, Gt Yarmouth	17/04/14
SB	35	Sportshall, Taverham	12/11/13
TJav	8.5m	Sportshall, UEA	11/01/14
SBT	4.5m	Sportshall, Kings Lynn	30/11/13

Jacob Bendall

VJ	27cm	Sportshall, UEA	11/01/14
SB	31	Sportshall, UEA	11/01/14
TJav	15m	Sportshall, UEA	11/01/14

Harry Bernasconi

VJ	41cm	Sportshall, Taverham	12/11/13
----	------	----------------------	----------

Jamie Besford

200m	33.6s	EAL, Bury	01/09/13
800m	2.41.4s	EAL, Gt Yarmouth	23/06/13
LJ	3.48m	EAL, Gt Yarmouth	23/06/13
SP3.25k	4.73m	EAL, Ipswich	14/07/13
STJ	5.13m	Sportshall, Taverham	12/10/13

VJ	34cm	Sportshall, Kings Lynn	30/11/13
SB	65	Sportshall, UEA	11/01/14
SP3.25k	4.55m	Sportshall, Kings Lynn	30/11/13

Owen Besford

800m	2.38.6s	PM, Gt Yarmouth	22/08/13
HJ	1.30m	EAL, Bury	01/09/13
JT600g	22.10m	PM, Gt Yarmouth	22/08/13

Jake Block

100m	13.5s	EAL, Bury	01/09/13
200m	30.3s	EAL, Norwich	12/05/13
300m	47.0s	EAL, Gt Yarmouth	23/06/13
600m	2.02.5s	PM, Gt Yarmouth	25/04/13
LJ	4.09m	EAL, Bury	01/09/13
SLJ	2.09m	Sportshall, UEA	11/01/14
STJ	6.04m	Sportshall, Kings Lynn	30/11/13
VJ	69cm	Sportshall, Taverham	01/03/14
SB	69	Sportshall, Kings Lynn	30/11/13
SP4k	8.32m	Sportshall, Taverham	01/03/14

Max Braddock

VJ	41cm	Sportshall, Taverham	12/11/13
SP3.25k	5.95m	Sportshall, Taverham	12/11/13

Joel Burgess

75m	11.5s	Quadkids, Thetford	29/06/13
80m	13.0s	PM, Gt Yarmouth	31/07/13
600m	2:07.11	Open, Gt Yarmouth	17/04/14
800m	3:10.0s	PM, Gt Yarmouth	31/07/13
LJ	2.90m	PM, Gt Yarmouth	22/08/13
Howler	24.87m	Quadkids, Thetford	29/06/13
SLJ	1.67m	Quadkids, Norwich	20/07/13
STJ	4.93m	Sportshall, UEA	11/01/14
VJ	29cm	Sportshall, Taverham	12/10/13
SB	43	Sportshall, Taverham	12/11/13

TJav	12.25m	Sportshall, Taverham	01/03/14
------	--------	----------------------	----------

Rio Clements

80m	13.2s	EAL, Ipswich	14/07/13
-----	-------	--------------	----------

LJ	3.05m	EAL, Ipswich	14/07/13
----	-------	--------------	----------

SP2k	3.85m	EAL, Ipswich	14/07/13
------	-------	--------------	----------

Benjamin Cone

75m	13.1	Open, Gt Yarmouth	17/04/14
-----	------	-------------------	----------

80m	13.7s	PM, Gt Yarmouth	31/07/13
-----	-------	-----------------	----------

600m	2:15.3	Open, Gt Yarmouth	17/04/14
------	--------	-------------------	----------

800m	3:11.5s	PM, Gt Yarmouth	31/07/13
------	---------	-----------------	----------

LJ	2.21m	PM, Gt Yarmouth	22/08/13
----	-------	-----------------	----------

Howler	15.76m	Open, Gt Yarmouth	17/04/14
--------	--------	-------------------	----------

SLJ	1.21m	Sportshall, Taverham	12/10/13
-----	-------	----------------------	----------

VJ	26cm	Sportshall, Kings Lynn	30/11/13
----	------	------------------------	----------

SB	44	Sportshall, Taverham	12/11/13
----	----	----------------------	----------

TJav	8.75m	Sportshall, Taverham	01/03/14
------	-------	----------------------	----------

Leon Cousins

75m	11.2	Open, Gt Yarmouth	17/04/14
-----	------	-------------------	----------

100m	15.0s	PM Gt Yarmouth	31/07/13
------	-------	----------------	----------

200m	31.6s	PM Gt Yarmouth	31/07/13
------	-------	----------------	----------

LJ	3.91m	Open, Gt Yarmouth	17/04/14
----	-------	-------------------	----------

DT1k	13.29m	PM, Gt Yarmouth	31/07/13
------	--------	-----------------	----------

SLJ	2.12m	Sportshall, Kings Lynn	30/11/13
-----	-------	------------------------	----------

STJ	6.30m	Sportshall, Kings Lynn	30/11/13
-----	-------	------------------------	----------

SP3.25k	6.24m	Sportshall, Taverham	12/11/13
---------	-------	----------------------	----------

Kieran Covill

100m	12.4s	EAL, Bury	01/09/13
------	-------	-----------	----------

200m	26.2s	EAL, Yarmouth	23/06/13
------	-------	---------------	----------

300m	42.1s	EAL, Bury	01/09/13
------	-------	-----------	----------

LJ	5.00m	EAL, Bury	01/09/13
----	-------	-----------	----------

JT600g	17.53m	PM, Gt Yarmouth	22/08/13
SLJ	2.34m	Sportshall, Taverham	12/11/13
STJ	7.03m	Sportshall, Taverham	12/11/13
SB	72	Sportshall, Taverham	12/11/13
SP4k	7.75m	Sportshall, Taverham	12/11/13

Lewis Covill

SLJ	1.51m	Sportshall, Kings Lynn	30/11/13
STJ	4.07m	Sportshall, Taverham	12/11/13
SB	34	Sportshall, Kings Lynn	30/11/13
SP4k	6.46m	Sportshall, Kings Lynn	30/11/13

Dylan Davies

SP3.25k	7.20m	EAL, Gt Yarmouth	23/06/13
DT1k	20.28m	EAL, Ipswich	14/07/13
JT400g	18.18m	EAL, Bury	01/09/13

VJ	43cm	Sportshall, Taverham	12/11/13
SB	47	Sportshall, UEA	11/01/14
SP3.25k	7.69m	Sportshall, Kings Lynn	30/11/13

Tai Elvin-Andrews

100m	16.3	PM, Gt Yarmouth	31/07/13
200m	35.0s	EAL, Ipswich	14/07/13
600m	2.16.6s	PM, Gt Yarmouth	25/04/13
Mile	5:51.5	Open, Gt Yarmouth	17/04/14
70mh	15.5	PM Gt Yarmouth	31/07/13
75mh	16.7	EAL, Bury	01/09/13

LJ	3.40m	PM, Gt Yarmouth	25/04/13
HJ	1.10m	EAL, Bury	01/09/13

JT400g	12.06m	PM, Gt Yarmouth	22/08/13
--------	--------	-----------------	----------

STJ	5.71m	Sportshall, Kings Lynn	30/11/13
SB	65	Sportshall, Taverham	12/11/13

Reuben Harvey

VJ	30cm	Sportshall, Taverham	12/11/13
SBT	5.00m	Sportshall, Taverham	12/11/13

Callum Hopson

75m	11.5	Open, Gt Yarmouth	17/04/14
100m	15.2s	EAL, Ipswich	14/07/13
200m	32.6s	EAL, Ipswich	14/07/13
600m	2.04.1s	PM, Gt Yarmouth	25/04/13
LJ	4.24m	Open, Gt Yarmouth	17/04/14
JT400g	9.21m	PM, Gt Yarmouth	22/08/13
SLJ	1.89m	Sportshall, Kings Lynn	30/11/13
VJ	45cm	Sportshall, UEA	11/01/14
SB	72	Sportshall, Kings Lynn	30/11/13
TJav	14.75m	Sportshall, UEA	12/01/13

Finn Howes

75m	13.3	Open, Gt Yarmouth	17/04/14
80m	14.2s	PM, Gt Yarmouth	31/07/13
600m	2;13.9	Open, Gt Yarmouth	17/04/14
Howler	16.84m	Open, Gt Yarmouth	17/04/14
SLJ	1.66m	Sportshall, UEA	11/01/14
TJav	14.00	Sportshall, Taverham	01/03/14
SBT	4.75m	Sportshall, Kings Lynn	20/11/13

Theo Hudson

SLJ	1.68m	Sportshall, Taverham	12/10/13
VJ	39cm	Sportshall, UEA	11/01/14
SBT	7.25m	Sportshall, Taverham	01/03/14

Tyler Hunt

100m	17.9s	EAL, Norwich	12/05/13
150m	28.1s	PM, Gt Yarmouth	25/04/13
200m	36.1s	PM, Gt Yarmouth	31/07/13
600m	2.20.0s	PM, Gt Yarmouth	25/04/13
800m	3.10.4s	EAL, Gt Yarmouth	23/06/13
75mh	18.2s	EAL, Bury	01/09/13
LJ	3.15m	EAL, Norwich	12/05/13
HJ	1.10m	EAL, Bury	01/09/13

Leo Joscelyne

150m	25.2	Open, Gt Yarmouth	17/04/14
600m	2:10.6	Open, Gt Yarmouth	17/04/14
SLJ	1.58m	Sportshall, UEA	11/01/14

TJav	14.00m	Sportshall, UEA	11/01/14
------	--------	-----------------	----------

Ethan Lee

100m	16.4s	EAL, Bury	01/09/13
150m	26.1	Open, Gt Yarmouth	17/04/14
200m	34.8s	EAL, Gt Yarmouth	23/06/13
800m	3.32.5s	EAL, Bury	01/09/13
Mile	7:09.5	Open, Gt Yarmouth	17/04/14

SP3.25k	4.65m	EAL, Bury	01/09/13
DT1k	8.50m	PM, Gt Yarmouth	31/07/13

SLJ	1.34m	Sportshall, Taverham	12/11/13
-----	-------	----------------------	----------

Pierre Stohr

75m	13.6	Open, Gt Yarmouth	17/04/14
SP3.25k	3.42m	Open, Gt Yarmouth	17/04/14

Oscar Taylor

75m	14.2	Open, Gt Yarmouth	17/04/14
600m	2:25.5	Open, Gt Yarmouth	17/04/14
Howler	13.82m	Open, Gt Yarmouth	17/04/14