

Waveney Valley AC

Boys PBs (as of 22/08/15)

Peter Andrews

1500m	5:43.8s	EAL, Norwich	03/05/15
LJ	3.65m	EAL, Bury	09/08/15
SP	6.67m	EAL, Norwich	03/05/15
HT	12.35	EAL, Bury	09/08/15

Vaughan Beckham

75m	12.8s	PM, Gt Yarmouth	23/04/15
80m	13.9s	Club Championships, EPA	11/07/15
100m	18.7s	Open, Gt Yarmouth	15/05/14
600m	2:21.0s	Club Championships, EPA	11/07/15
800m	3:44.2s	Open, Gt Yarmouth	15/05/14
LJ	2.70m	Interclub, Yarmouth	11/05/14
SP	3.93m	EAL, Norwich	04/05/14
Howler	25.30m	Club Championships, EPA	11/07/15
SLJ	1.52m	Quadkids, Norwich	22/06/14
VJ	35cm	Sportshall, Taverham	06/12/14
SB	50	Sportshall, Ipswich	29/11/14
FJav	14.00m	Sportshall, Ipswich	08/11/14
SBT	4.5m	Sportshall, Kings Lynn	30/11/13

Jamie Besford

100m	15.2s	Interclub, Gt Yarmouth	11/05/14
200m	33.6s	EAL, Bury	01/09/13
300m	47.8s	EAL, Bury	09/08/15
800m	2:24.0s	Quadkids, Thetford	11/05/14
75mH	16.4s	EAL, Yarmouth	08/06/14
LJ	4.03m	EAL, Bury	09/08/15
HJ	1.10m	EAL, Ipswich	06/07/14
SP3.25k	4.73m	EAL, Ipswich	14/07/13
JT500g	16.26m	EAL, Gt Yarmouth	21/06/15
Howler	32.38m	Quadkids, Thetford	11/05/14
SLJ	1.88m	Sportshall, EPA	14/02/15
STJ	5.70m	Sportshall, Hatfield	22/03/15
VJ	47cm	Sportshall, Kings Lynn	15/11/14

SB	65	Sportshall, UEA	11/01/14
SP3.25k	5.50m	Sportshall, EPA	14/02/15

Max Birtwistle

75m	11.3s	PM, Gt Yarmouth	23/04/15
200m	28.9s	Suffolk CC, Ipswich	24/05/15

LJ	4.75m	EAL, Gt Yarmouth	21/06/15
HJ	1.30m	EAL, Norwich	03/05/15

Oscar Block

LJ	3.15m	EAL, Ipswich	06/07/14
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Mitchell Boothby

HJ	1.20m	Club Championships, EPA	13/07/15
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SP4kg	4.10m	Club Championships, EPA	13/07/15
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Simon Bunting

100m	16.8s	EAL, Norwich	04/05/14
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LJ	3.08m	EAL, Gt Yarmouth	08/06/14
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SP	7.21m	EAL, Gt Yarmouth	08/06/14
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JT	20.00m	EAL, Norwich	04/05/14
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DT	16.92m	EAL, Gt Yarmouth	08/06/14
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Harvey Burden

80m	13.6s	Club Championships, EPA	11/07/15
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600m	2:45.0s	Club Championships, EPA	11/07/15
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Howler	14.70m	Club Championships, EPA	11/07/15
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SLJ	1.62m	Club Championships, EPA	13/07/15
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Joel Burgess

60m	8.9s	Norfolk CC, Kings Lynn	24/05/15
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75m	11.0s	Quadkids, Gt Yarmouth	05/07/15
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80m	11.6s	Club Championships, EPA	11/07/15
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100m	14.8s	PM, Gt Yarmouth	30/06/15
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600m	1:52.3s	EAL, Bury	09/08/15
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800m	3:10.0s	PM, Gt Yarmouth	31/07/13
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LJ	3.85m	EAL, Bury	09/08/15
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SP2.72kg	4.72m	EAL, Norwich	03/05/15
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Howler	28.60m	Club Championships, EPA	11/07/15
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SLJ	1.95m	Quadkids, Ipswich	22/08/15
STJ	5.28m	Sportshall, UEA	10/01/15
VJ	39cm	Sportshall, Ipswich	08/11/14
SB	45	Sportshall, Taverham	18/10/14
CP	5.25m	Sportshall, Taverham	07/03/15
FJav	12.25m	Sportshall, Taverham	01/03/14

Aiden Cahill

400m	60.3s	EAL, Bury	09/08/15
800m	2:25.2s	EAL, Bury	09/08/15

LJ	4.50m	EAL, Bury	09/08/15
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Tom Carter

100m	15.2s	EAL, Yarmouth	08/06/14
200m	32.4s	Club Championships, EPA	03/07/14
800m	3:16.0s	Club Championships, EPA	28/06/14
1500m	6:09.6s	EAL, Yarmouth	08/06/14

LJ	3.07m	Club Championships, EPA	28/06/14
HJ	0.90m	Club Championships, EPA	03/07/14

Benjamin Cone

60m	9.7s	Norfolk CC, Kings Lynn	24/05/15
75m	11.9s	PM, Gt Yarmouth	23/04/15
80m	12.9s	EAL, Gt Yarmouth	21/06/15
100m	16.5s	Open, Gt Yarmouth	15/05/14
600m	1:57.9s	EAL, Gt Yarmouth	21/06/15
800m	3:03.9s	Open, Gt Yarmouth	15/05/14

LJ	3.20m	EAL, Gt Yarmouth	08/06/14
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SP	3.42m	EAL, Bury	17/08/14
Howler	23.07m	Quadkids, Gt Yarmouth	05/07/15

SLJ	1.63m	Club Championships, EPA	13/07/15
VJ	35cm	Sportshall, Kings Lynn	15/11/14
SB	55	Sportshall, Ipswich	29/11/14
FJav	10.50m	Sportshall, Taverham	07/03/15

Leon Cousins

75m	11.0s	PM, Gt Yarmouth	23/04/15
100m	13.9s	Inter-Club, Gt Yarmouth	10/05/15
200m	29.7s	EAL, Ipswich	06/07/14
300m	48.3s	Club Championships, EPA	03/07/14
1500m	8:18.0s	Club Championships, EPA	28/06/14

LJ	4.21m	EAL, Norwich	04/05/14
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TJ	8.85m	EAL, Norwich	04/05/14
HJ	1.40m	Club Championships, EPA	13/07/15
SP4kg	7.76m	Club Championships, EPA	13/07/15
JT	17.13m	Club Championships, EPA	28/06/14
DT1k	13.29m	PM, Gt Yarmouth	31/07/13
SLJ	2.35m	Sportshall, EPA	14/02/15
STJ	6.71m	Sportshall, Hatfield	22/03/15
SB	58	Sportshall, Ipswich	08/11/14
SP4kg	7.58m	Sportshall, Hatfield	22/03/15

Lewis Covill

100m	14.6s	Club Championships, EPA	28/06/14
200m	30.0s	EAL, Ipswich	06/07/14
300m	52.0s	Club Championships, EPA	03/07/14
1500m	7:21.0s	Club Championships, EPA	11/07/15
LJ	3.33m	Club Championships, EPA	11/07/15
HJ	0.90m	Club Championships, EPA	03/07/14
SP	6.66m	EAL, Ipswich	06/07/14
JT	15.87m	EAL, Bury	09/08/15
DT	14.65m	EAL, Bury	09/08/15
SLJ	1.66m	Sportshall, Kings Lynn	15/11/14
STJ	4.54m	Sportshall, Ipswich	08/11/14
SB	40	Sportshall, Kings Lynn	15/11/14
SP4k	6.65m	Sportshall, Kings Lynn	15/11/14

Michael Cross

100m	13.0s	Club Championships, EPA	11/07/15
200m	29.8s	Club Championships, EPA	13/07/15
300m	42.6s	Performance, Norwich	08/04/15
800m	2:24.9s	Inter-Club, Gt Yarmouth	10/05/15
1500m	4:52.7s	EAL, Bury	09/08/15
LJ	4.67m	Performance, Norwich	08/04/15
TJ	11.10m	EAL, Bury	09/08/15
HJ	1.65m	Inter-Club, Gt Yarmouth	10/05/15
SP5kg	7.39m	Club Championships, EPA	13/07/15
JT700g	31.67m	Inter-Club, Gt Yarmouth	10/05/15

Peter Cross

100m	13.3s	Club Championships, EPA	11/07/15
200m	29.3s	Club Championships, EPA	13/07/15
300m	45.7s	Performance, Norwich	08/04/15

400m	60.7s	EAL, Ipswich	19/07/15
800m	2:29.6s	Inter-Club, Gt Yarmouth	10/05/15
LJ	4.71m	Inter-Club, Gt Yarmouth	10/05/15
HJ	1.40m	Club Championships, EPA	13/07/15
SP5kg	9.40m	Club Championships, EPA	13/07/15
DT	22.13m	EAL, Ipswich	19/07/15
JT700g	24.69m	Performance, Norwich	08/04/15

Bailey Elvin

75m	12.1s	PM, Gt Yarmouth	23/04/15
100m	15.1s	EAL, Bury	09/08/15
200m	35.8s	Club Championships, EPA	13/07/15
300m	66.7s	Club Championships, EPA	03/07/14
800m	2:49.8s	PM, Gt Yarmouth	30/06/15
1500m	6:30.0s	Club Championships, EPA	11/07/15
LJ	3.56m	Club Championships, EPA	11/07/15
HJ	1.20m	Club Championships, EPA	13/07/15
SP4kg	6.24m	Club Championships, EPA	13/07/15
DT1.25kg	15.05m	EAL, Ipswich	19/07/15
JT	10.32m	Club Championships, EPA	28/06/14
HT	6.43m	EAL, Bury	09/08/15
Howler	38.07m	Quadkids, Ipswich	22/08/15
SLJ	1.71m	Sportshall, Taverham	18/10/14
STJ	4.83m	Sportshall, Kings Lynn	15/11/14
SB	58	Sportshall, Kings Lynn	15/11/14
SP4kg	4.90m	Sportshall, EPA	14/02/15

Gary Elvin

100m	12.5s	EAL, Bury	17/08/14
200m	27.0s	EAL, Ipswich	19/07/15
LJ	4.51m	EAL, Ipswich	19/07/15
TJ	9.35m	EAL, Ipswich	06/07/14
HJ	1.45m	EAL, Bury	17/08/14
SP7.26kg	8.94m	EAL, Bury	09/08/15
JT	32.82m	EAL, Bury	09/08/15
DT	26.74m	Suffolk CC, Ipswich	24/05/15
HT	20.35m	EAL, Gt Yarmouth	21/06/15

Solomon Elvin

75m	13.2s	Quadkids, Norwich	22/06/14
100m	16.4s	Inter-Club, Gt Yarmouth	10/05/15

200m	36.9s	PM, Gt Yarmouth	30/06/15
600m	2:40.0s	Quadkids, Gt Yarmouth	20/07/14
800m	3:35.1s	EAL, Norwich	03/05/15
LJ	3.17m	Club Championships, EPA	11/07/15
HJ	1.00m	Club Championships, EPA	13/07/15
SP3.25kg	4.18m	Inter-Club, Gt Yarmouth	10/05/15
DT1.00kg	10.36m	PM, Gt Yarmouth	30/06/15
JT	11.70m	Club Championships, EPA	11/07/15
Howler	27.35m	Quadkids, Ipswich	22/08/15
SLJ	1.57m	Quadkids, Norwich	22/06/14
VJ	28cm	Sportshall, Taverham	18/10/14
SB	44	Sportshall, EPA	14/02/15
CP	5.00m	Sportshall, Taverham	18/10/14

Tai Elvin-Andrews

75m	11.7s	PM, Gt Yarmouth	23/04/15
100m	15.3s	Interclub, Gt Yarmouth	11/05/14
200m	30.1s	Club Championships, EPA	03/07/14
300m	50.8s	EAL, Gt Yarmouth	21/06/15
600m	2:16.6s	PM, Gt Yarmouth	25/04/13
800m	2:30.5s	PM, Gt Yarmouth	30/06/15
1500m	5:18.7s	EAL, Ipswich	06/07/14
Mile	5:43.0s	PM, Gt Yarmouth	23/04/15
70mh	15.5s	PM Gt Yarmouth	31/07/13
75mh	15.3s	Suffolk CC, Ipswich	25/05/14
LJ	4.04m	Quadkids, Norwich	22/06/14
TJ	9.01m	EAL, Ipswich	19/07/15
HJ	1.30m	EAL, Ipswich	19/07/15
SP3.25kg	6.07m	Club Championships, EPA	03/07/14
SP4kg	5.75m	Club Championships, EPA	13/07/15
DT	7.55m	Open, Gt Yarmouth	15/05/14
JT600g	14.11m	Club Championships, EPA	11/07/15
Howler	31.77m	Quadkids, Thetford	17/05/15
SLJ	2.10m	Sportshall, EPA	14/02/15
STJ	6.26m	Sportshall, Taverham	18/10/14
SB	80	Sportshall, Ipswich	29/11/14
SP3.25kg	5.83m	Sportshall, EPA	14/02/15

Alan Fairs

100m	16.2s	EAL, Bury	09/08/15
200m	34.4s	EAL, Bury	09/08/15
400m	73.6s	EAL, Bury	01/09/13

800m	3:01.2s	EAL, Bury	09/08/15
1500m	6:16.8s	EAL, Gt Yarmouth	21/06/15
Mile	6:06.5s	PM, Gt Yarmouth	22/08/13
3000m	12:34.6s	EAL, Gt Yarmouth	23/06/13

LJ	3.67m	EAL, Bury	09/08/15
TJ	6.70m	EAL, Bury	09/08/15
HJ	1.10m	EAL, Ipswich	14/07/13

SP	6.15m	EAL, Ipswich	06/07/14
DT	16.01m	EAL, Ipswich	06/07/14
JT	23.64m	EAL, Norwich	04/05/14
HT	12.15m	EAL, Ipswich	06/07/14

Leon Field

200m	30.5s	EAL, Bury	09/08/15
80mH	16.1s	EAL, Bury	09/08/15

HJ	1.55m	EAL, Bury	09/08/15
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Thomas Flynn

DT	10.54m	EAL, Norwich	03/05/15
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SLJ	1.70m	Sportshall, Ipswich	29/11/14
VJ	31	Sportshall, Ipswich	08/11/14
SB	42	Sportshall, EPA	14/02/14
CP	6.00m	Sportshall, EPA	14/02/15
SP	3.67m	Sportshall, Ipswich	08/11/14

Seth Frankland

75m	13.1s	Quadkids, Gt Yarmouth	05/07/15
80m	14.1s	Club Championships, EPA	11/07/15
100m	17.4s	PM, Gt Yarmouth	30/06/15
600m	2:30.0s	Quadkids, Norwich	07/06/15

LJ	2.91m	PM, Gt Yarmouth	30/06/15
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Howler	16.30m	Club Championships, EPA	11/07/15
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SLJ	1.61m	Sportshall, Taverham	18/10/14
VJ	28cm	Sportshall, Taverham	06/12/14
SB	35	Sportshall, Ipswich	29/11/14
CP	4.50m	Sportshall, EPA	14/02/15
FJav	10.00m	Sportshall, Ipswich	29/11/14

Max Goffin

80m	13.5s	Club Championships, EPA	11/07/15
600m	2:26.0s	Club Championships, EPA	11/07/15

Howler	23.10m	Club Championships, EPA	11/07/15
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SLJ	1.65m	Club Championships, EPA	13/07/15
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James Gooch

SP7.26kg	5.97m	EAL, Gt Yarmouth	21/06/15
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Bruno Hargadon

100m	15.3s	Quadkids, Gt Yarmouth	05/07/15
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200m	33.6s	Club Championships, EPA	13/07/15
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800m	2:58.0s	Club Championships, EPA	11/07/15
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LJ	3.94m	Club Championships, EPA	11/07/15
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HJ	1.37m	EAL, Ipswich	19/07/15
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SP3.25kg	6.24m	EAL, Ipswich	19/07/15
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JT	26.56m	Club Championships, EPA	11/07/15
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Reuben Harvey

75m	12.6s	Club Championships, EPA	28/06/14
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80m	13.6s	EAL, Yarmouth	08/06/14
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600m	2:10.4s	EAL, Ipswich	06/07/14
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LJ	3.28m	Club Championships, EPA	28/06/14
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SP	5.02m	EAL, Ipswich	06/07/14
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Howler	28.69m	Interclub, Gt Yarmouth	11/05/14
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VJ	30cm	Sportshall, Taverham	12/11/13
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SBT	5.00m	Sportshall, Taverham	12/11/13
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Dylan Harvey

100m	17.8s	Interclub, Gt Yarmouth	11/05/14
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200m	37.3s	Club Championships, EPA	03/07/14
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800m	3:53.0s	Interclub, Gt Yarmouth	11/05/14
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LJ	3.07m	Club Championships, EPA	28/06/14
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HJ	1.00m	Club Championships, EPA	03/07/14
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SP	6.26m	EAL, Ipswich	06/07/14
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DT	11.22m	EAL, Yarmouth	08/06/14
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JT	17.46m	EAL, Ipswich	06/07/14
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Howler	30.14m	Interclub, Gt Yarmouth	11/05/14
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Aiden Hewitt

75m	10.0s	PM, Gt Yarmouth	23/04/15
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100m	12.5s	EAL, Bury	17/08/14
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200m	24.5s	EAL, Ipswich	19/07/15
300m	39.3s	EAL, Gt Yarmouth	21/06/15
800m	2:29.0s	Quadkids, Ipswich	22/08/15
1500m	5:30.0s	Club Championships, EPA	11/07/15

LJ	5.28m	EAL, Norwich	03/05/15
HJ	1.50m	Club Championships, EPA	13/07/15

SP4kg	9.45m	Club Championships, EPA	13/07/15
DT1.25kg	25.75m	PM, Gt Yarmouth	30/06/15
JT600g	34.50m	Club Championships, EPA	11/07/15
Howler	59.97m	Quadkids, Ipswich	22/08/15

SLJ	2.28m	Sportshall, Ipswich	04/10/14
STJ	6.38m	Sportshall, Ipswich	29/11/14
SB	75	Sportshall, Ipswich	29/11/14
SP4kg	8.81m	Sportshall, Taverham	07/03/15

Ben Hodds

800m	2:47.3s	EAL, Ipswich	19/07/15
1500m	5:51.9s	EAL, Ipswich	19/07/15

SP7.26kg	9.02m	EAL, Ipswich	19/07/15
JT	26.13m	EAL, Bury	09/08/15
DT	26.13m	EAL, Bury	09/08/15

Chase Hodds

75m	12.3s	Quadkids, Norwich	07/06/15
80m	13.2s	Club Championships, EPA	11/07/15
600m	2:05.0s	Quadkids, Gt Yarmouth	05/07/15

LJ	3.07m	EAL, Ipswich	19/07/15
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SP2.72kg	4.54m	EAL, Gt Yarmouth	21/06/15
Howler	25.26m	Quadkids, Thetford	17/05/15

SLJ	1.62m	Quadkids, Norwich	07/06/15
STJ	4.39m	Sportshall, UEA	10/01/15
VJ	37cm	Sportshall, Taverham	07/03/15
SB	41	Sportshall, EPA	14/02/15
CP	5.75m	Sportshall, EPA	14/02/15
FJav	13.00m	Sportshall, Taverham	07/03/15

Ethan Hodds

75m	12.3s	Quadkids, Thetford	17/05/15
80m	12.9s	Club Championships, EPA	11/07/15
600m	2:15.0s	Quadkids, Norwich	07/06/15

SP2.72kg	6.25m	EAL, Bury	09/08/15
Howler	32.13m	Quadkids, Norwich	07/06/15
SLJ	1.60m	Club Championships, EPA	13/07/15
STJ	4.04m	Sportshall, Ipswich	08/11/14
VJ	25cm	Sportshall, Taverham	18/10/14
SB	42	Sportshall, EPA	14/02/15
CP	6.00m	Sportshall, UEA	10/01/15
FJav	11.00m	Sportshall, Ipswich	29/11/14

Mason Hodds

75m	9.5s	PM, Gt Yarmouth	23/04/15
100m	12.0s	Suffolk CC, Ipswich	24/05/15
200m	25.0s	EAL, Bury	09/08/15
300m	44.2s	EAL, Bury	17/08/14
1500m	6:45.0s	Club Championships, EPA	11/07/15
LJ	5.11m	Inter-Club, Gt Yarmouth	10/05/15
HJ	1.40m	Club Championships, EPA	13/07/15

SP5kg	9.86m	EAL, Bury	09/08/15
JT	24.39	Club Championships, EPA	11/07/15

SLJ	2.31m	Sportshall, Ipswich	04/10/14
STJ	6.90m	Sportshall, Taverham	06/12/14
VJ	49cm	Sportshall, Taverham	07/03/15
SB	69	Sportshall, Ipswich	29/11/14
SP4kg	9.81m	Sportshall, UEA	10/01/15

Callum Hopson

75m	11.5s	Open, Gt Yarmouth	17/04/14
100m	13.5s	EAL, Bury	09/08/15
200m	28.7s	Inter-Club, Gt Yarmouth	10/05/15
300m	45.4s	EAL, Gt Yarmouth	21/06/15
600m	2:04.1s	PM, Gt Yarmouth	25/04/13
800m	2:35.0s	Quadkids, Gt Yarmouth	20/07/14

LJ	4.65m	EAL, Bury	09/08/15
HJ	1.15m	Club Championships, EPA	03/07/14

SP3.25kg	5.07m	Club Championships, EPA	03/07/14
DT	12.22m	Open, Gt Yarmouth	15/05/14
JT600g	22.12m	EAL, Ipswich	19/07/15
Howler	36.99m	Interclub, Gt Yarmouth	11/05/14

SLJ	2.11m	Sportshall, EPA	14/02/15
STJ	6.30m	Sportshall, Taverham	18/10/14
VJ	45cm	Sportshall, UEA	11/01/14

SB	80	Sportshall, Taverham	07/03/15
FJav	14.75m	Sportshall, UEA	12/01/13
SP3.25kg	5.45m	Sportshall, EPA	14/02/15

Finn Howes

60m	9.2s	Norfolk CC, Ipswich	24/05/15
75m	11.6s	Quadkids, Ipswich	22/08/15
80m	11.8s	Club Championships, EPA	11/07/15
100m	15.5s	PM, Gt Yarmouth	30/06/15
600m	1:58.0s	Quadkids, Ipswich	22/08/15
800m	2:48.1s	PM, Gt Yarmouth	30/06/15

LJ	3.77m	EAL, Norwich	03/05/15
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Howler	27.10m	Quadkids, Ipswich	22/08/15
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SLJ	1.88m	Quadkids, Ipswich	22/08/15
VJ	34cm	Sportshall, Taverham	06/12/14
SB	50	Sportshall, EPA	14/02/15
CP	5.00m	Sportshall, Taverham	18/10/14
FJav	15.00m	Sportshall, Ipswich	08/11/14
SBT	4.75m	Sportshall, Kings Lynn	20/11/13

Theo Hudson

75m	12.0s	Club Championships, EPA	28/06/14
80m	13.0s	EAL, Yarmouth	08/06/14
100m	14.5s	Inter-Club, Gt Yarmouth	10/05/15
200m	31.5s	EAL, Ipswich	19/07/15
600m	2:02.0s	Quadkids, Norwich	22/06/14
800m	2:50.0s	Quadkids, Norwich	07/06/15

LJ	3.81m	Quadkids, Norwich	07/06/15
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SP3.25kg	6.70m	EAL, Gt Yarmouth	21/06/15
JT	10.09m	Inter-Club, Gt Yarmouth	10/05/15
Howler	35.70m	Club Championships, EPA	28/06/14

SLJ	1.96m	Sportshall, Hatfield	22/03/15
STJ	4.88m	Sportshall, Ipswich	29/11/14
VJ	39cm	Sportshall, UEA	11/01/14
CP	7.00m	Sportshall, Ipswich	29/11/14
FJav	18.25m	Sportshall, UEA	10/01/15
SBT	7.25m	Sportshall, Taverham	01/03/14

Owen Hughes

75m	12.8s	Quadkids, Gt Yarmouth	05/07/15
80m	13.6s	Club Championships, EPA	11/07/15
100m	17.4s	PM, Gt Yarmouth	30/06/15

600m	2:13.0s	Quadkids, Gt Yarmouth	05/07/15
LJ	2.24m	PM, Gt Yarmouth	30/06/15
Howler	19.32m	Quadkids, Ipswich	22/08/15
SLJ	1.45m	Quadkids, Ipswich	22/08/15

Leo Joscelyne

75m	11.4s	PM, Gt Yarmouth	23/04/15
100m	14.2s	Suffolk CC, Ipswich	24/05/15
150m	22.5s	PM, Gt Yarmouth	23/04/15
200m	30.1s	Suffolk CC, Ipswich	24/05/15
600m	2:03.8s	PM, Gt Yarmouth	23/04/15
800m	2:46.5s	Suffolk CC, Ipswich	24/05/15
1500m	6:05.5s	EAL, Norwich	03/05/15
75mh	17.0s	EAL, Ipswich	06/07/14

LJ	4.17m	EAL, Bury	09/08/15
HJ	1.10m	Club Championships, EPA	13/07/15

SP3.25kg	4.96m	Club Championships, EPA	13/07/15
JT	19.82m	Club Championships, EPA	11/07/15
Howler	28.03m	Interclub, Gt Yarmouth	11/05/14

SLJ	1.85m	Sportshall, Hatfield	22/03/15
VJ	40cm	Sportshall, Taverham	18/10/14
SB	52	Sportshall, Taverham	18/10/14
CP	6.00m	Sportshall, EPA	14/02/15
FJav	14.00m	Sportshall, UEA	11/01/14

Bill Kingaby

3000m	12:00.2s	EAL, Yarmouth	08/06/14
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Ethan Lee

75m	11.5s	PM, Gt Yarmouth	23/04/15
100m	14.8s	Quadkids, Norwich	07/06/15
150m	26.1s	Open, Gt Yarmouth	17/04/14
200m	31.6s	EAL, Ipswich	19/07/15
600m	2:12.2	PM, Gt Yarmouth	23/04/15
800m	2:53.7s	PM, Gt Yarmouth	30/06/15
1500m	6:26.0s	EAL, Yarmouth	08/06/14
Mile	7:09.5s	Open, Gt Yarmouth	17/04/14

LJ	3.21m	PM, Gt Yarmouth	23/04/15
HJ	1.20m	Club Championships, EPA	13/07/15

SP3.25k	5.89m	Club Championships, EPA	13/07/15
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JT	9.75m	Club Championships, EPA	11/07/15
DT1k	8.82m	EAL, Norwich	04/05/14
Howler	24.84m	Quadkids, Norwich	07/06/15

SLJ	1.34m	Sportshall, Taverham	12/11/13
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Hayden Lee

75m	12.9s	Quadkids, Norwich	22/06/14
600m	2:22.0s	Quadkids, Norwich	07/06/15

LJ	2.76m	PM, Gt Yarmouth	30/06/15
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Howler	13.09m	Quadkids, Norwich	22/06/14
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SLJ	1.70m	Quadkids, Norwich	07/06/15
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Nathan Littlejohns

75m	12.1s	Quadkids, Gt Yarmouth	05/07/15
80m	12.7s	EAL, Ipswich	19/07/15
600m	2:06.0s	Quadkids, Ipswich	22/08/15

LJ	2.84m	EAL, Ipswich	19/07/15
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SP2.72kg	3.71m	EAL, Bury	09/08/15
Howler	21.54m	Quadkids, Ipswich	22/08/15

SLJ	1.85m	Quadkids, Norwich	07/06/15
SB	47	Sportshall, Taverham	06/12/14
CP	5.25m	Sportshall, EPA	14/02/15
FJav	12.00m	Sportshall, Ipswich	08/11/14

Ben Perrin

HJ	1.30m	Club Championships, EPA	13/07/15
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SP4kg	6.53m	Club Championships, EPA	13/07/15
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Isaac Phillips

75m	11.5s	PM, Gt Yarmouth	23/04/15
80m	12.2s	Club Championships, EPA	11/07/15
100m	15.2s	PM, Gt Yarmouth	30/06/15
600m	2:17.0s	Quadkids, Gt Yarmouth	20/07/14

LJ	3.52m	PM, Gt Yarmouth	30/06/15
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Howler	31.30m	Club Championships, EPA	28/06/14
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SLJ	1.91m	Club Championships, EPA	13/07/15
STJ	5.08m	Sportshall, Ipswich	29/11/14

VJ	36cm	Sportshall, Taverham	18/10/14
SB	39	Sportshall, EPA	14/02/15
CP	6.25m	Sportshall, EPA	14/02/15

Hansen Rodwell

SLJ	1.60m	Sportshall, EPA	14/02/15
CP	6.00m	Sportshall, EPA	14/02/15

James Russell

100m	12.5s	Inter-Club, Gt Yarmouth	10/05/15
200m	28.8s	Club Championships, EPA	13/07/15
300m	46.6s	Club Championships, EPA	03/07/14
1500m	6:46.0s	Club Championships, EPA	11/07/15

LJ	5.54m	EAL, Bury	09/08/15
HJ	1.65m	Inter-Club, Gt Yarmouth	10/05/15

SP	7.80m	Club Championships, EPA	13/07/15
JT	18.20m	Club Championships, EPA	28/06/14

SLJ	2.37m	Sportshall, Taverham	06/12/14
STJ	7.31m	Sportshall, Hatfield	22/03/15
SB	61	Sportshall, Taverham	06/12/14
SP 4KG	8.87m	Sportshall, Hatfield	22/03/15

Tom Russell

100m	14.8s	Club Championships, EPA	11/07/15
200m	32.9s	EAL, Norwich	03/05/15
800m	2:55.0s	Quadkids, Ipswich	22/08/15
1500m	6:39.0s	Club Championships, EPA	11/07/15

LJ	3.69m	Club Championships, EPA	11/07/15
HJ	1.00m	Club Championships, EPA	13/07/15

SP4kg	5.91m	Club Championships, EPA	13/07/15
JT	10.84m	Club Championships, EPA	11/07/15
DT	9.70m	EAL, Gt Yarmouth	21/06/15
Howler	20.14m	Quadkids, Ipswich	22/08/15

SLJ	1.58m	Sportshall, Taverham	06/12/14
STJ	4.93m	Sportshall, Ipswich	04/10/14
SB	29	Sportshall, Ipswich	04/10/14
SP 4kg	5.16m	Sportshall, Taverham	06/12/14

Tobias Scriven

75m	11.4s	PM, Gt Yarmouth	23/04/15
100m	14.9s	Suffolk CC, Ipswich	24/05/15
150m	23.5s	PM, Gt Yarmouth	23/04/15

300m	52.3s	EAL, Norwich	03/05/15
800m	3:14.6s	EAL, Norwich	03/05/15
LJ	3.53m	PM, Gt Yarmouth	23/04/15
HJ	1.15m	Suffolk CC, Ipswich	24/05/15
SP3.25kg	4.77m	EAL, Gt Yarmouth	21/06/15
JT500g	15.78m	EAL, Gt Yarmouth	21/06/15
DT	12.18m	EAL, Norwich	03/05/15

Jordan Smethurst

75m	12.4s	PM, Gt Yarmouth	23/04/15
100m	15.8s	Inter-Club, Gt Yarmouth	10/05/15
800m	3:04.9	Inter-Club, Gt Yarmouth	10/05/15
1500m	6:07.3s	EAL, Gt Yarmouth	21/06/15
LJ	3.07m	Inter-Club, Gt Yarmouth	10/05/15
DT	8.20m	EAL, Gt Yarmouth	21/06/15
SLJ	1.59m	Sportshall, EPA	14/02/15
VJ	33cm	Sportshall, Ipswich	29/11/14
SB	48	Sportshall, Ipswich	29/11/14
CP	4.50m	Sportshall, EPA	14/02/15
FJav	12.25m	Sportshall, Taverham	07/03/15

Thomas Spurgeon

75m	11.9s	Quadkids, Norwich	22/06/14
80m	12.7s	EAL, Bury	17/08/14
100m	15.3s	Quadkids, Norwich	07/06/15
200m	31.9s	Inter-Club, Gt Yarmouth	10/05/15
600m	2:08.0s	Quadkids, Norwich	22/06/14
800m	2:48.4s	EAL, Norwich	03/05/15
1500m	6:10.4s	EAL, Gt Yarmouth	21/06/15
LJ	3.81m	Inter-Club, Gt Yarmouth	10/05/15
SP3.25kg	4.20m	EAL, Norwich	03/05/15
Howler	32.19m	Quadkids, Ipswich	22/08/15
SLJ	1.70m	Quadkids, Kings Lynn	31/08/14
VJ	35cm	Sportshall, Taverham	06/12/14
SB	45	Sportshall, Hatfield	22/03/15
CP	5.00m	Sportshall, Taverham	06/12/14

Sam Stevens

75m	11.5s	PM, Gt Yarmouth	23/04/15
100m	14.7s	Inter-Club, Gt Yarmouth	10/05/15

200m	30.1s	PM, Gt Yarmouth	30/06/15
800m	2:28.6s	PM, Gt Yarmouth	30/06/15
1500m	4:55.6s	EAL, Gt Yarmouth	21/06/15
Mile	5:38.2s	PM, Gt Yarmouth	23/04/15

LJ	3.40m	Club Championships, EPA	11/07/15
HJ	1.10m	Club Championships, EPA	13/07/15

SP4kg	5.23m	EAL, Bury	09/08/15
JT	10.32m	Club Championships, EPA	11/07/15
DT	8.79m	EAL, Gt Yarmouth	21/06/15

SLJ	1.64m	Sportshall, EPA	14/02/15
SB	69	Sportshall, EPA	14/02/15
SP3.25kg	5.32m	Sportshall, EPA	14/02/15

Joshua Wicks

200m	36.9s	EAL, Norwich	03/05/15
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DT	10.03m	EAL, Norwich	03/05/15
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VJ	34cm	Sportshall, Ipswich	29/11/14
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Alec Wilson

75m	11.5s	PM, Gt Yarmouth	23/04/15
100m	14.3s	Club Championships, EPA	13/07/15
200m	29.0s	Inter-Club, Gt Yarmouth	10/05/15
300m	46.5s	Suffolk CC, Ipswich	24/05/15
800m	2:42.9s	EAL, Norwich	03/05/15
1500m	5:19.5s	EAL, Ipswich	19/07/15
Mile	5:56s	PM, Gt Yarmouth	23/04/15

LJ	3.97m	Club Championships, EPA	11/07/15
TJ	9.37m	EAL, Ipswich	19/07/15
HJ	1.15m	Club Championships, EPA	03/07/14

SP4kg	5.78m	EAL, Bury	09/08/15
JT	16.47m	Club Championships, EPA	11/07/15
Howler	27.58m	Interclub, Gt Yarmouth	11/05/14

SLJ	1.67m	Sportshall, EPA	14/02/15
STJ	5.76m	Sportshall, Ipswich	08/11/14
VJ	39cm	Sportshall, Ipswich	29/11/14
SB	60	Sportshall, EPA	14/02/15
SP3.25kg	6.05m	Sportshall, Kings Lynn	15/11/14