

Waveney Valley AC

Boys PBs (as 01/06/14)

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	13.2	Quadkids, Thetford	18/05/14
80m	15.2	EAL, Norwich	04/05/14
100m	18.7	Open, Yarmouth	15/05/14
600m	2:37.9	EAL, Norwich	04/05/14
800m	3:44.2	Open, Yarmouth	15/05/14
LJ	2.70m	Interclub, Yarmouth	11/05/14
SP	3.93m	EAL, Norwich	04/05/14
Howler	18.82m	Quadkids, Thetford	18/05/14
SLJ	1.46m	Quadkids, Thetford	18/05/14
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

80m	14.7	EAL, Norwich	04/05/14
600m	2:19.7	EAL, Norwich	04/05/14
LJ	2.74m	EAL, Norwich	04/05/14
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

100m	15.2	Interclub, Gt Yarmouth	11/05/14
200m	33.6s	EAL, Bury	01/09/13
800m	2.24.0	Quadkids, Thetford	11/05/14
LJ	3.61m	Suffolk CC, Ipswich	25/05/14
SP3.25k	4.73m	EAL, Ipswich	14/07/13
Howler	32.38m	Quadkids, Thetford	11/05/14
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	13.2	Interclub, Gt Yarmouth	11/05/14
200m	28.2	EAL, Norwich	04/05/14
300m	43.4	EAL, Norwich	04/05/14
600m	2.02.5s	PM, Gt Yarmouth	25/04/13
LJ	4.09m	EAL, Bury	01/09/13
TJ	9.71m	EAL, Norwich	04/05/14
JT	22.24m	Interclub, Gt Yarmouth	11/05/14
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

Andrew Brown

100m	15.2	Open, Gt Yarmouth	15/05/14
800m	2:45.3	Open, Gt Yarmouth	15/05/14

Simon Bunting

100m	16.8	EAL, Norwich	04/05/14
SP	7.12m	EAL, Norwich	04/05/14
JT	20.00m	EAL, Norwich	04/05/14

Joel Burgess

60m	9.6s	Norfolk CC, Norwich	25/05/14
75m	11.5s	Quadkids, Thetford	11/05/14
80m	12.6s	EAL, Norwich	04/05/14
100m	15.2s	Open, Yarmouth	15/05/14
600m	2:04.0	Interclub, Yarmouth	11/05/14
800m	3:10.0s	PM, Gt Yarmouth	31/07/13
LJ	3.29m	EAL, Norwich	04/05/14
Howler	27.51m	Quadkids, Thetford	18/05/14
SLJ	1.80m	Quadkids, Thetford	11/05/14
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
200m	36.9	EAL, Norwich	04/05/14
LJ	3.05m	EAL, Ipswich	14/07/13
SP3.25k	4.13m	EAL, Norwich	04/05/14

Benjamin Cone

60m	10.8	Norfolk CC, Norwich	25/05/14
75m	13.1	Open, Gt Yarmouth	17/04/14
80m	13.7s	PM, Gt Yarmouth	31/07/13
100m	16.5	Open, Gt Yarmouth	15/05/14
600m	2:06.9	Norfolk CC, Norwich	18/05/14
800m	3:03.9s	Open, Gt Yarmouth	15/05/14
LJ	2.70m	Open, Gt Yarmouth	15/05/14
Howler	15.76m	Open, Gt Yarmouth	17/04/14
SLJ	1.47m	Quadkids, Thetford	18/05/14
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	14.6	EAL, Norwich	04/05/14
200m	31.6s	PM Gt Yarmouth	31/07/13
LJ	4.21m	EAL, Norwich	04/05/14
TJ	8.85m	EAL, Norwich	04/05/14
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

100m	14.9	Interclub, Gt Yarmouth	11/05/14
200m	31.2	Interclub, Gt Yarmouth	11/05/14
SP	6.03m	EAL, Norwich	04/05/14
JT	10.38m	Interclub, Gt Yarmouth	11/05/14
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

100m	16.1	Interclub, Gt Yarmouth	11/05/14
LJ	3.54m	Interclub, Gt Yarmouth	11/05/14
SP4k	6.92m	EAL, Norwich	04/05/14
DT1.25k	17.48m	EAL, Norwich	04/05/14

JT600	14.91m	Interclub, Gt Yarmouth	11/05/14
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	15.3	Interclub, Gt Yarmouth	11/05/14
200m	35.0s	EAL, Ipswich	14/07/13
600m	2:16.6s	PM, Gt Yarmouth	25/04/13
800m	2:45.8	Open, Gt Yarmouth	15/05/14
1500m	5:23.2	Suffolk CC, Ipswich	25/05/14
Mile	5:51.5	Open, Gt Yarmouth	17/04/14
70mh	15.5	PM Gt Yarmouth	31/07/13
75mh	15.3	Suffolk CC, Ipswich	25/05/14
LJ	3.67m	Quadkids, Thetford	18/05/14
HJ	1.15m	Suffolk CC, Ipswich	25/05/14
DT	7.55m	Open, Gt Yarmouth	15/05/14
JT400g	12.06m	PM, Gt Yarmouth	22/08/13
Howler	29.87m	Quadkids, Thetford	18/05/14
STJ	5.71m	Sportshall, Kings Lynn	30/11/13
SB	65	Sportshall, Taverham	12/11/13

Alan Fairs

400m	73.6	East Anglian League, Bury	01/09/13
Mile	6:06.5	Performance Meeting, Gt Yarmouth	22/08/13
3000m	12:34.6	East Anglian League, Gt Yarmouth	23/06/13
HJ	1.10m	East Anglian League, Ipswich	14/07/13
LJ	3.59m	East Anglian League, Norwich	04/05/14
SP	5.93m	East Anglian League, Norwich	04/05/14
JT	23.64m	East Anglian League, Norwich	04/05/14
DT	14.52m	East Anglian League, Bury	01/09/13

Daniel Goldspink

100m	17.0	Interclub, Gt Yarmouth	11/05/14
Howler	18.85m	Interclub, Gt Yarmouth	11/05/14

Reuben Harvey

75m	13.2	Interclub, Gt Yarmouth	11/05/14
-----	------	------------------------	----------

600m	2:20.0	Interclub, Gt Yarmouth	11/05/14
LJ	2.91m	Interclub, Gt Yarmouth	11/05/14
Howler	28.69m	Interclub, Gt Yarmouth	11/05/14
VJ	30cm	Sportshall, Taverham	12/11/13
SBT	5.00m	Sportshall, Taverham	12/11/13

Dylan Harvey

100m	17.8	Interclub, Gt Yarmouth	11/05/14
800m	3:53.0	Interclub, Gt Yarmouth	11/05/14
LJ	2.43m	Interclub, Gt Yarmouth	11/05/14
Howler	30.14m	Interclub, Gt Yarmouth	11/05/14

Aiden Hewitt

100m	13.7	Open, Gt Yarmouth	15/05/14
200m	28.1	Open, Gt Yarmouth	15/05/14
300m	44.8	EAL, Norwich	04/05/14
LJ	4.30m	Interclub, Gt Yarmouth	11/05/14
JT	19.2m	Interclub, Gt Yarmouth	11/05/14
DT	12.76m	Open, Gt Yarmouth	15/05/14

Callum Hopson

75m	11.5	Open, Gt Yarmouth	17/04/14
100m	14.3	Suffolk CC, Ipswich	25/05/14
200m	30.7	Suffolk CC, Ipswich	25/05/14
600m	2:04.1s	PM, Gt Yarmouth	25/04/13
800m	2:51.0	Interclub, Gt Yarmouth	11/05/14
LJ	4.24m	Open, Gt Yarmouth	17/04/14
JT400g	9.21m	PM, Gt Yarmouth	22/08/13
DT	12.22m	Open, Gt Yarmouth	15/05/14
Howler	36.99m	Interclub, Gt Yarmouth	11/05/14
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	12.8	Interclub, Gt Yarmouth	11/05/14
80m	14.2s	PM, Gt Yarmouth	31/07/13

100m	16.3	Open, Gt Yarmouth	15/05/14
600m	2;13.9	Open, Gt Yarmouth	17/04/14
800m	3:11.6	Open, Gt Yarmouth	15/05/14
LJ	2.54m	Open, Gt Yarmouth	15/05/14
Howler	22.86m	Interclub, Gt Yarmouth	11/05/14
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

75m	13.1	Interclub, Gt Yarmouth	11/05/14
80m	13.4	EAL, Norwich	04/05/14
100m	16.3	Open, Gt Yarmouth	15/05/14
600m	2:14.8	EAL, Norwich	04/05/14
800m	3:02.3	Open, Gt Yarmouth	15/05/14
LJ	3.25m	Open, Gt Yarmouth	15/05/14
SP	5.65m	EAL, Norwich	04/05/14
Howler	31.45m	Interclub, Gt Yarmouth	11/05/14
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

100m	15.2	Interclub, Gt Yarmouth	11/05/14
150m	25.2	Open, Gt Yarmouth	17/04/14
200m	32.5	Open, Gt Yarmouth	15/05/14
600m	2:10.6	Open, Gt Yarmouth	17/04/14
800m	2:58.2	EAL, Norwich	04/05/14
LJ	3.60m	Interclub, Gt Yarmouth	11/05/14

JT	11.26	EAL, Norwich	04/05/14
Howler	28.03	Interclub, Gt Yarmouth	11/05/14

SLJ	1.58m	Sportshall, UEA	11/01/14
TJav	14.00m	Sportshall, UEA	11/01/14

Ethan Lee

100m	15.8	EAL, Norwich	04/05/14
150m	26.1	Open, Gt Yarmouth	17/04/14
200m	34.8s	EAL, Gt Yarmouth	23/06/13
800m	3.10.0	Quadkids, Thetford	18/05/14
Mile	7:09.5	Open, Gt Yarmouth	17/04/14

LJ	3.17m	Quadkids, Thetford	18/05/14
----	-------	--------------------	----------

SP3.25k	4.65m	EAL, Bury	01/09/13
DT1k	8.82m	EAL, Norwich	04/05/14
Howler	19.67m	Quadkids, Thetford	18/05/14

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

Thomas Spurgeon

75m	12.1	Quadkids, Thetford	18/05/14
600m	2:16.0	Quadkids, Thetford	18/05/14

SLJ	1.54m	Quadkids, Thetford	18/05/14
-----	-------	--------------------	----------

Howler	13.24m	Quadkids, Thetford	18/05/14
--------	--------	--------------------	----------

Sam Stevens

100m	16.8	EAL, Norwich	04/05/14
800m	3:02.5	EAL, Norwich	04/05/14

DT	6.17m	EAL, Norwich	04/05/14
----	-------	--------------	----------

Pierre Stohr

75m	13.6	Open, Gt Yarmouth	17/04/14
100m	18.0	Interclub, Gt Yarmouth	11/05/14

LJ	2.63m	Interclub, Gt Yarmouth	11/05/14
----	-------	------------------------	----------

SP3.25k	3.42m	Open, Gt Yarmouth	17/04/14
Howler	30.81m	Interclub, Gt Yarmouth	11/05/14

Oscar Taylor

75m	13.0	Quadkids, Thetford	18/05/14
600m	2:25.5	Open, Gt Yarmouth	17/04/14

LJ	2.52m	Interclub, Gt Yarmouth	11/05/14
Howler	18.36m	Interclub, Gt Yarmouth	11/05/14
SLJ	1.54m	Quadkids, Thetford	18/05/14
Alec Wilson			
100m	15.3	Suffolk CC, Ipswich	25/05/14
800m	2:52.6	Open, Gt Yarmouth	15/05/14
1500m	6:04.7	Suffolk CC, Ipswich	25/05/14
LJ	3.27m	Suffolk CC, Ipswich	25/05/14
Howler	27.58m	Interclub, Gt Yarmouth	11/05/14