

Waveney Valley AC

Boys PBs (as of 08/11/14)

Daniel Allen

75m	14.2s	Club Championships, EPA	28/06/14
600m	2:31.0s	Club Championships, EPA	28/06/14
LJ	2.11m	Club Championships, EPA	28/06/14
Howler	12.65m	Club Championships, EPA	28/06/14
SLJ	1.27m	Quadkids, Norwich	20/07/13
VJ	21cm	Sportshall, Taverham	12/10/13
SB	23	Sportshall, Taverham	12/10/13
FJav	4.25m	Sportshall, UEA	11/01/14
SBT	3.25m	Sportshall, Taverham	01/03/14

Vaughan Beckham

75m	13.2s	Quadkids, Thetford	18/05/14
80m	15.2s	EAL, Norwich	04/05/14
100m	18.7s	Open, Gt Yarmouth	15/05/14
600m	2:31.0s	Quadkids, Gt Yarmouth	20/07/14
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	21.45m	Club Championships, EPA	28/06/14
SLJ	1.52m	Quadkids, Norwich	22/06/14
VJ	30cm	Sportshall, Ipswich	04/10/14
SB	46	Sportshall, Ipswich	08/11/14
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
800m	2:24.0s	Quadkids, Thetford	11/05/14
75mH	16.4s	EAL, Yarmouth	08/06/14
LJ	3.61m	Suffolk CC, Ipswich	25/05/14
HJ	1.10m	EAL, Ipswich	06/07/14
SP3.25k	4.73m	EAL, Ipswich	14/07/13
Howler	32.38m	Quadkids, Thetford	11/05/14

SLJ	1.82m	Sportshall, Ipswich	04/10/14
STJ	5.50m	Sportshall, Ipswich	04/10/14
VJ	36cm	Sportshall, Taverham	18/10/14
SB	65	Sportshall, UEA	11/01/14
SP3.25k	5.11m	Sportshall, Taverham	18/10/14

Oscar Block

LJ	3.15m	EAL, Ipswich	06/07/14
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Andrew Brown

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

SP	6.15m	EAL, Gt Yarmouth	08/06/14
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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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Joel Burgess

60m	9.6s	Norfolk CC, Norwich	25/05/14
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75m	11.4s	Quadkids, Gt Yarmouth	20/07/14
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80m	12.0s	EAL, Gt Yarmouth	08/06/14
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100m	15.2s	Open, Gt Yarmouth	15/05/14
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600m	1:57.0s	Quadkids, Norwich	22/06/14
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800m	3:10.0s	PM, Gt Yarmouth	31/07/13
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LJ	3.29m	EAL, Norwich	04/05/14
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Howler	27.51m	Quadkids, Thetford	18/05/14
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SLJ	1.91m	Quadkids, Kings Lynn	31/08/14
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STJ	5.06m	Sportshall, Ipswich	08/11/14
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VJ	39cm	Sportshall, Ipswich	08/11/14
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SB	45	Sportshall, Taverham	18/10/14
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FJav	12.25m	Sportshall, Taverham	01/03/14
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Tom Carter

100m	15.2s	EAL, Yarmouth	08/06/14
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200m	32.4s	Club Championships, EPA	03/07/14
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800m	3:16.0s	Club Championships, EPA	28/06/14
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1500m	6:09.6s	EAL, Yarmouth	08/06/14
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LJ	3.07m	Club Championships, EPA	28/06/14
HJ	0.90m	Club Championships, EPA	03/07/14

Benjamin Cone

60m	10.8s	Norfolk CC, Norwich	25/05/14
75m	12.7s	Quadkids, Gt Yarmouth	20/07/14
80m	13.3s	EAL, Bury	17/08/14
100m	16.5s	Open, Gt Yarmouth	15/05/14
600m	2:06.9s	Norfolk CC, Norwich	18/05/14
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	18.32m	Club Championships, EPA	28/06/14

SLJ	1.62m	Quadkids, Gt Yarmouth	20/07/14
VJ	34cm	Sportshall, Ipswich	08/11/14
SB	52	Sportshall, Ipswich	08/11/14
FJav	10.00m	Sportshall, Ipswich	08/11/14

Leon Cousins

75m	11.2s	Open, Gt Yarmouth	17/04/14
100m	14.0s	EAL, Yarmouth	08/06/14
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
TJ	8.85m	EAL, Norwich	04/05/14
HJ	1.30m	EAL, Bury	17/08/14

SP	5.69	Club Championships, EPA	03/07/14
JT	17.13m	Club Championships, EPA	28/06/14
DT1k	13.29m	PM, Gt Yarmouth	31/07/13

SLJ	2.30m	Sportshall, Taverham	18/10/14
STJ	6.68m	Sportshall, Ipswich	08/11/14
SB	58	Sportshall, Ipswich	08/11/14
SP4kg	6.45m	Sportshall, Taverham	18/10/14

Kieran Covill

100m	12.2s	EAL, Ipswich	06/07/14
200m	26.2s	EAL, Yarmouth	23/06/13
300m	42.1s	EAL, Bury	01/09/13

LJ	5.00m	EAL, Bury	01/09/13
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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	14.6s	Club Championships, EPA	28/06/14
200m	30.0s	EAL, Ipswich	06/07/14
300m	52.0s	Club Championships, EPA	03/07/14
1500m	8:47.0s	Club Championships, EPA	28/06/14

LJ	3.15m	Club Championships, EPA	28/06/14
HJ	0.90m	Club Championships, EPA	03/07/14

SP	6.66m	EAL, Ipswich	06/07/14
JT	12.70m	Club Championships, EPA	28/06/14
DT	13.36m	EAL, Ipswich	06/07/14

SLJ	1.51m	Sportshall, Kings Lynn	30/11/13
STJ	4.54m	Sportshall, Ipswich	08/11/14
SB	35	Sportshall, Ipswich	08/11/14
SP4k	6.53m	Sportshall, Ipswich	08/11/14

Bailey Elvin

100m	17.2s	Quadkids, Gt Yarmouth	20/07/14
300m	66.7s	Club Championships, EPA	03/07/14
800m	3:36.0s	Quadkids, Kings Lynn	31/08/14
1500m	8:37.0s	Club Championships, EPA	28/06/14

LJ	3.13m	Quadkids, Kings Lynn	31/08/14
HJ	0.90m	Club Championships, EPA	03/07/14

SP	4.68m	Club Championships, EPA	03/07/14
JT	10.32m	Club Championships, EPA	28/06/14
Howler	27.29m	Quadkids, Kings Lynn	31/08/14

SLJ	1.71m	Sportshall, Taverham	18/10/14
STJ	4.71m	Sportshall, Taverham	18/10/14
SB	49	Sportshall, Taverham	18/10/14
SP4kg	4.47m	Sportshall, Taverham	18/10/14

Gary Elvin

100m	12.5s	EAL, Bury	17/08/14
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TJ	9.35m	EAL, Ipswich	06/07/14
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HJ	1.45m	EAL, Bury	17/08/14
SP	8.29m	EAL, Bury	17/08/14
JT	32.58m	EAL, Bury	17/08/14
DT	25.19m	EAL, Ipswich	06/07/14
HT	15.57m	EAL, Bury	17/08/14

Solomon Elvin

75m	13.2s	Quadkids, Norwich	22/06/14
600m	2:40.0s	Quadkids, Gt Yarmouth	20/07/14
LJ	2.49m	Club Championships, EPA	28/06/14
Howler	19.75m	Quadkids, Norwich	22/06/14
SLJ	1.57m	Quadkids, Norwich	22/06/14
VJ	28cm	Sportshall, Taverham	18/10/14
CP	5.00m	Sportshall, Taverham	18/10/14

Tai Elvin-Andrews

100m	15.3s	Interclub, Gt Yarmouth	11/05/14
200m	30.1s	Club Championships, EPA	03/07/14
600m	2:16.6s	PM, Gt Yarmouth	25/04/13
800m	2:37.0s	Quadkids, Norwich	22/06/14
1500m	5:18.7s	EAL, Ipswich	06/07/14
Mile	5:51.5s	Open, Gt Yarmouth	17/04/14
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
HJ	1.25m	EAL, Yarmouth	08/06/14
SP	6.07m	Club Championships, EPA	03/07/14
DT	7.55m	Open, Gt Yarmouth	15/05/14
JT400g	13.09m	Club Championships, EPA	28/06/14
Howler	29.87m	Quadkids, Thetford	18/05/14
STJ	6.26m	Sportshall, Taverham	18/10/14
SB	70	Sportshall, Taverham	18/10/14

Alan Fairs

400m	73.6s	East Anglian League, Bury	01/09/13
Mile	6:06.5s	PM, Gt Yarmouth	22/08/13
3000m	12:34.6s	EAL, Gt Yarmouth	23/06/13
LJ	3.59m	EAL, Norwich	04/05/14
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

Thomas Flynn

VJ	31	Sportshall, Ipswich	08/11/14
SP	3.67m	Sportshall, Ipswich	08/11/14

Seth Franklin

SLJ	1.61m	Sportshall, Taverham	18/10/14
VJ	27cm	Sportshall, Taverham	18/10/14
CP	3.75m	Sportshall, Ipswich	08/11/14

Reuben Harvey

75m	12.6s	Club Championships, EPA	28/06/14
80m	13.6s	EAL, Yarmouth	08/06/14
600m	2:10.4s	EAL, Ipswich	06/07/14

LJ	3.28m	Club Championships, EPA	28/06/14
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SP	5.02m	EAL, Ipswich	06/07/14
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	17.8s	Interclub, Gt Yarmouth	11/05/14
200m	37.3s	Club Championships, EPA	03/07/14
800m	3:53.0s	Interclub, Gt Yarmouth	11/05/14

LJ	3.07m	Club Championships, EPA	28/06/14
HJ	1.00m	Club Championships, EPA	03/07/14

SP	6.26m	EAL, Ipswich	06/07/14
DT	11.22m	EAL, Yarmouth	08/06/14
JT	17.46m	EAL, Ipswich	06/07/14
Howler	30.14m	Interclub, Gt Yarmouth	11/05/14

Aiden Hewitt

100m	12.5s	EAL, Bury	17/08/14
200m	28.1s	Open, Gt Yarmouth	15/05/14
300m	42.5s	EAL, Ipswich	06/07/14
800m	2:34.0s	Quadkids, Norwich	22/06/14
1500m	5:59.0s	Club Championships, EPA	28/06/14

LJ	4.70m	EAL, Ipswich	06/07/14
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HJ	1.20m	Club Championships, EPA	03/07/14
SP	7.81m	Club Championships, EPA	03/07/14
DT	12.76m	Open, Gt Yarmouth	15/05/14
JT	21.87m	Club Championships, EPA	28/06/14
Howler	52.30m	Quadkids, Norwich	22/06/14

SLJ	2.28m	Sportshall, Ipswich	04/10/14
STJ	5.81m	Sportshall, Taverham	18/10/14
SB	72	Sportshall, Ipswich	04/10/14
SP4kg	7.70m	Sportshall, Ipswich	08/11/14

Chase Hodds

STJ	3.98m	Sportshall, Ipswich	08/11/14
SB	40	Sportshall, Ipswich	08/11/14
CP	5.00m	Sportshall, Taverham	18/10/14
FJav	11.05m	Sportshall, Ipswich	04/10/14

Ethan Hodds

STJ	4.04m	Sportshall, Ipswich	08/11/14
VJ	25cm	Sportshall, Taverham	18/10/14
CP	5.25m	Sportshall, Ipswich	08/11/14
FJav	10.58m	Sportshall, Ipswich	04/10/14

Mason Hodds

100m	12.6s	EAL, Bury	17/08/14
200m	25.9s	EAL, Bury	17/08/14
300m	44.2s	EAL, Bury	17/08/14

SLJ	2.31m	Sportshall, Ipswich	04/10/14
STJ	6.75m	Sportshall, Ipswich	08/11/14
SB	66	Sportshall, Ipswich	04/10/14
SP4kg	8.40m	Sportshall, Taverham	18/10/14

Callum Hopson

75m	11.5s	Open, Gt Yarmouth	17/04/14
100m	14.2s	EAL, Ipswich	06/07/14
200m	29.1s	EAL, Bury	17/08/14
600m	2:04.1s	PM, Gt Yarmouth	25/04/13
800m	2:35.0s	Quadkids, Gt Yarmouth	20/07/14

LJ	4.24m	Open, Gt Yarmouth	17/04/14
HJ	1.15m	Club Championships, EPA	03/07/14

SP	5.07m	Club Championships, EPA	03/07/14
DT	12.22m	Open, Gt Yarmouth	15/05/14
JT400g	19.70m	Club Championships, EPA	28/06/14
Howler	36.99m	Interclub, Gt Yarmouth	11/05/14

SLJ	2.02m	Sportshall, Ipswich	04/10/14
STJ	6.30m	Sportshall, Taverham	18/10/14
VJ	45cm	Sportshall, UEA	11/01/14
SB	76	Sportshall, Ipswich	08/11/14
FJav	14.75m	Sportshall, UEA	12/01/13

Finn Howes

75m	12.1s	Quadkids, Gt Yarmouth	20/07/14
80m	13.0s	EAL, Ipswich	06/07/14
100m	16.3s	Open, Gt Yarmouth	15/05/14
600m	2:06.0s	Quadkids, Gt Yarmouth	20/07/14
800m	3:11.6s	Open, Gt Yarmouth	15/05/14

LJ	2.96m	Club Championships, EPA	28/06/14
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Howler	24.78m	Club Championships, EPA	28/06/14
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SLJ	1.70m	Sportshall, Ipswich	08/11/14
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	16.3s	Open, Gt Yarmouth	15/05/14
600m	2:02.0s	Quadkids, Norwich	22/06/14
800m	3:02.3s	Open, Gt Yarmouth	15/05/14

LJ	3.55m	Club Championships, EPA	28/06/14
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SP	5.85m	EAL, Yarmouth	08/06/14
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Howler	35.70m	Club Championships, EPA	28/06/14
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SLJ	1.90m	Quadkids, Norwich	22/06/14
VJ	39cm	Sportshall, UEA	11/01/14
CP	6.65m	Sportshall, Ipswich	04/10/14
FJav	15.00m	Sportshall, Ipswich	08/11/14
SBT	7.25m	Sportshall, Taverham	01/03/14

Leo Joscelyne

100m	14.8s	EAL, Yarmouth	08/06/14
150m	25.2s	Open, Gt Yarmouth	17/04/14
200m	31.9s	EAL, Yarmouth	08/06/14
600m	2:10.6s	Open, Gt Yarmouth	17/04/14
800m	2:56.4s	EAL, Yarmouth	08/06/14
75mh	17.0s	EAL, Ipswich	06/07/14

LJ	3.60m	Interclub, Gt Yarmouth	11/05/14
JT	11.26m	EAL, Norwich	04/05/14
Howler	28.03m	Interclub, Gt Yarmouth	11/05/14
SLJ	1.77m	Sportshall, Ipswich	08/11/14
VJ	40cm	Sportshall, Taverham	18/10/14
SB	52	Sportshall, Taverham	18/10/14
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

100m	15.6s	Quadkids, Gt Yarmouth	20/07/14
150m	26.1s	Open, Gt Yarmouth	17/04/14
200m	34.8s	EAL, Gt Yarmouth	23/06/13
800m	3.00.0s	Quadkids, Norwich	22/06/14
1500m	6:26.0s	EAL, Yarmouth	08/06/14
Mile	7:09.5s	Open, Gt Yarmouth	17/04/14

LJ	3.17m	Quadkids, Thetford	18/05/14
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SP3.25k	4.83m	EAL, Yarmouth	08/06/14
DT1k	8.82m	EAL, Norwich	04/05/14
Howler	22.76m	Quadkids, Norwich	22/06/14

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

75m	12.9s	Quadkids, Norwich	22/06/14
600m	2:30.0s	Quadkids, Norwich	22/06/14

Howler	13.09m	Quadkids, Norwich	22/06/14
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SLJ	1.61m	Quadkids, Norwich	22/06/14
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Nathan Littlejohns

SLJ	1.69m	Sportshall, Ipswich	08/11/14
SB	33	Sportshall, Taverham	18/10/14
FJav	12.00m	Sportshall, Ipswich	08/11/14

Morgan McCurdy-Kenny

HJ	1.30m	EAL, Ipswich	06/07/14
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DT	23.48m	EAL, Ipswich	06/07/14
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Ben Newman

100m	14.7s	Quadkids, Gt Yarmouth	20/07/14
200m	31.2s	Club Championships, EPA	03/07/14
800m	2:53.0s	Quadkids, Gt Yarmouth	20/07/14
LJ	3.73m	Quadkids, Gt Yarmouth	20/07/14
HJ	0.9m	Club Championships, EPA	03/07/14
SP	4.69m	Club Championships, EPA	03/07/14
JT	15.40m	Club Championships, EPA	28/06/14
Howler	29.30m	Quadkids, Gt Yarmouth	20/07/14

Isaac Phillips

75m	11.7s	Quadkids, Gt Yarmouth	20/07/14
600m	2:17.0s	Quadkids, Gt Yarmouth	20/07/14
LJ	3.12m	Club Championships, EPA	28/06/14
Howler	31.30m	Club Championships, EPA	28/06/14
SLJ	1.77m	Quadkids, Norwich	22/06/14
VJ	36cm	Sportshall, Taverham	18/10/14
CP	6.00m	Sportshall, Ipswich	06/10/14

James Russell

100m	14.1s	Club Championships, EPA	28/06/14
300m	46.6s	Club Championships, EPA	03/07/14
1500m	7:10.0s	Club Championships, EPA	28/06/14
LJ	4.59m	EAL, Bury	17/08/14
HJ	1.40m	EAL, Yarmouth	08/06/14
SP	7.69m	EAL, Bury	17/08/14
JT	18.20	Club Championships, EPA	28/06/14
SLJ	2.26m	Sportshall, Ipswich	04/10/14
STJ	5.76m	Sportshall, Ipswich	04/10/14
SB	57	Sportshall, Ipswich	04/10/14
SP 4KG	7.40m	Sportshall, Ipswich	04/10/14

Tom Russell

SLJ	1.50m	Sportshall, Ipswich	04/10/14
STJ	4.93m	Sportshall, Ipswich	04/10/14
SB	29	Sportshall, Ipswich	04/10/14
SP 4kg	3.60m	Sportshall, Ipswich	04/10/14

Jordan Smethurst

SLJ	1.57m	Sportshall, Ipswich	08/11/14
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CP	3.75m	Sportshall, Taverham	18/10/14
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Thomas Spurgeon

75m	11.9s	Quadkids, Norwich	22/06/14
80m	12.7s	EAL, Bury	17/08/14
600m	2:08.0s	Quadkids, Norwich	22/06/14

LJ	2.73	Club Championships, EPA	28/06/14
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SP	3.73	EAL, Bury	17/08/14
Howler	22.92m	Quadkids, Gt Yarmouth	20/07/14

SLJ	1.70m	Quadkids, Kings Lynn	31/08/14
VJ	34	Sportshall, Ipswich	08/11/14

Sam Stevens

100m	16.2s	EAL, Ipswich	06/07/14
200m	54.4	Club Championships, EPA	03/07/14
800m	3:02.5s	EAL, Norwich	04/05/14
1500m	5:53.5s	EAL, Ipswich	06/07/14

LJ	3.37m	EAL, Yarmouth	08/06/14
HJ	0.90m	Club Championships, EPA	03/07/14

SP	4.11m	Club Championships, EPA	03/07/14
DT	6.17m	EAL, Norwich	04/05/14

Oscar Taylor

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

LJ	2.52m	Interclub, Gt Yarmouth	11/05/14
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Howler	18.36m	Interclub, Gt Yarmouth	11/05/14
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SLJ	1.54m	Quadkids, Thetford	18/05/14
STJ	3.98	Sportshall, Ipswich	08/11/14
VJ	27cm	Sportshall, Taverham	18/10/14
SB	40	Sportshall, Taverham	18/10/14

Alec Wilson

100m	15.3s	Suffolk CC, Ipswich	25/05/14
200m	31.0s	EAL, Yarmouth	08/06/14
800m	2:52.6s	Open, Gt Yarmouth	15/05/14
1500m	6:04.7s	Suffolk CC, Ipswich	25/05/14

LJ	3.58m	Club Championships, EPA	28/06/14
HJ	1.15m	Club Championships, EPA	03/07/14

SP	5.13m	Club Championships, EPA	03/07/14
JT	11.27m	Club Championships, EPA	28/06/14
Howler	27.58m	Interclub, Gt Yarmouth	11/05/14
SLJ	1.60m	Sportshall, Taverham	18/10/14
STJ	5.76	Sportshall, Ipswich	08/11/14
VJ	35cm	Sportshall, Ipswich	08/11/14