Waveney Valley AC

Boys PBs (as of 06/12/14)

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 Beo	ckham		
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	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 Besfo	rd		
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

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SLJ	1.82m	Sportshall, Ipswich	04/10/14
STJ	5.50m	Sportshall, Ipswich	04/10/14
VJ	47cm	Sportshall, Kings Lynn	15/11/14
SB	65	Sportshall, UEA	11/01/14
SP3.25k	5.25m	Sportshall, Ipswich	29/11/14
Oscar Block			
LJ	3.15m	EAL, Ipswich	06/07/14
Andrew Brow			
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
Simon Bunti	na		
Simon Bunti	-		04/05/44
100m	16.8s	EAL, Norwich	04/05/14
LJ	3.08m	EAL, Gt Yarmouth	08/06/14
LJ	5.0011	EAE, Gt Taimouth	00/00/14
SP	7.21m	EAL, Gt Yarmouth	08/06/14
JT	20.00m	EAL, Norwich	04/05/14
DT	16.92m	EAL, Gt Yarmouth	08/06/14
ы	10.5211		00/00/14
Joel Burgess	5		
Joel Burgess 60m	s 9.6s	Norfolk CC, Norwich	25/05/14
-		Norfolk CC, Norwich Quadkids, Gt Yarmouth	25/05/14 20/07/14
60m	9.6s		
60m 75m	9.6s 11.4s	Quadkids, Gt Yarmouth	20/07/14
60m 75m 80m	9.6s 11.4s 12.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth	20/07/14 08/06/14
60m 75m 80m 100m	9.6s 11.4s 12.0s 15.2s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth	20/07/14 08/06/14 15/05/14
60m 75m 80m 100m 600m	9.6s 11.4s 12.0s 15.2s 1:57.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich	20/07/14 08/06/14 15/05/14 22/06/14
60m 75m 80m 100m 600m	9.6s 11.4s 12.0s 15.2s 1:57.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich	20/07/14 08/06/14 15/05/14 22/06/14
60m 75m 80m 100m 600m 800m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13
60m 75m 80m 100m 600m 800m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13
60m 75m 80m 100m 600m 800m LJ Howler	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14
60m 75m 80m 100m 600m 800m LJ Howler	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 18/10/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav Tom Carter	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45 12.25m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 18/10/14 01/03/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav Tom Carter 100m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45 12.25m	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 18/10/14 01/03/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav Tom Carter 100m 200m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45 12.25m 15.2s 32.4s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 18/10/14 01/03/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav Tom Carter 100m 200m 800m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45 12.25m 15.2s 32.4s 3:16.0s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 08/11/14 18/10/14 01/03/14 08/06/14 03/07/14 28/06/14
60m 75m 80m 100m 600m 800m LJ Howler SLJ STJ VJ SB FJav Tom Carter 100m 200m	9.6s 11.4s 12.0s 15.2s 1:57.0s 3:10.0s 3.29m 27.51m 1.91m 5.06m 39cm 45 12.25m 15.2s 32.4s	Quadkids, Gt Yarmouth EAL, Gt Yarmouth Open, Gt Yarmouth Quadkids, Norwich PM, Gt Yarmouth EAL, Norwich Quadkids, Thetford Quadkids, Kings Lynn Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	20/07/14 08/06/14 15/05/14 22/06/14 31/07/13 04/05/14 18/05/14 31/08/14 08/11/14 08/11/14 18/10/14 01/03/14

LJ HJ	3.07m 0.90m	Club Championships, EPA Club Championships, EPA	28/06/14 03/07/14
Poniamin Co	20		
Benjamin Co			05/05/44
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
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	35cm	Sportshall, Kings Lynn	15/11/14
SB	55	Sportshall, Ipswich	29/11/14
FJav	10.00m	Sportshall, Ipswich	08/11/14
		- F - · · · · · · · · · · · · · · · · ·	
Leon Cousin	S		
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
ТJ	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
DTIK	10.2011		51/07/15
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
or mg	0.1011		10/10/11
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

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 200m 300m 1500m	14.6s 30.0s 52.0s 8:47.0s	Club Championships, EPA EAL, Ipswich Club Championships, EPA Club Championships, EPA	28/06/14 06/07/14 03/07/14 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	1.66m	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
Bailey Elvin 100m 300m 800m 1500m	17.2s 66.7s 3:36.0s 8:37.0s	Quadkids, Gt Yarmouth Club Championships, EPA Quadkids, Kings Lynn Club Championships, EPA	20/07/14 03/07/14 31/08/14 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	4.83m	Sportshall, Kings Lynn	15/11/14
SB	58	Sportshall, Kings Lynn	15/11/14
SP4kg	4.75m	Sportshall, Kings Lynn	15/11/14
Gary Elvin 100m	12.5s	EAL, Bury	17/08/14
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
	10.0711	EAE, Dury	17/00/14
Solomon Elv	rin		
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	·	18/10/14
		Sportshall, Taverham	
CP	5.00m	Sportshall, Taverham	18/10/14
Tai Elvin-And	drews		
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		PM Gt Yarmouth	
-	15.5s		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
SLJ	2.01m	Sportshall, Ipswich	29/11/14
STJ	6.26m	Sportshall, Taverham	18/10/14
SB	80	Sportshall, Ipswich	29/11/14
Alan Fairs			
	72.60	East Applian Loogue Burry	01/00/12
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		14/07/13
I IJ	1.1011	EAL, Ipswich	14/07/13

SP DT JT HT	6.15m 16.01m 23.64m 12.15m	EAL, Ipswich EAL, Ipswich EAL, Norwich EAL, Ipswich	06/07/14 06/07/14 04/05/14 06/07/14
Thomas Flyn			
SLJ	1.70m	Sportshall, Ipswich	29/11/14
VJ SP	31 2.67m	Sportshall, Ipswich	08/11/14
58	3.67m	Sportshall, Ipswich	08/11/14
Seth Franklin	n		
SLJ	1.61m	Sportshall, Taverham	18/10/14
VJ	28cm	Sportshall, Taverham	06/12/14
SB	35	Sportshall, Ipswich	29/11/14
CP	4.25m	Sportshall, Kings Lynn	15/11/14
FJav	10.00m	Sportshall, Ipswich	29/11/14
Reuben Harv	/ev		
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
000111	2110110		00,01,11
LJ	3.28m	Club Championships, EPA	28/06/14
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
501	5.0011	Sponshall, Taveman	12/11/13
Dylan Harvey	y		
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
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	6.38m	Sportshall, Ipswich	29/11/14
SB	75	Sportshall, Ipswich	29/11/14
SP4kg	8.50m	Sportshall, Ipswich	29/11/14
Chase Hodds	6		
STJ	4.20m	Sportshall, Ipswich	29/11/14
VJ	26cm	Sportshall, Taverham	06/12/14
SB	40	Sportshall, Ipswich	08/11/14
CP	5.50m	Sportshall, Taverham	06/12/14
FJav	11.05m	Sportshall, Ipswich	04/10/14
Ethan Hodds	i		
STJ	4.04m	Sportshall, Ipswich	08/11/14
VJ	25cm	Sportshall, Taverham	18/10/14
SB	38	Sportshall, Taverham	06/12/14
CP	5.75m	Sportshall, Ipswich	29/11/14
FJav	11.00m	Sportshall, Ipswich	29/11/14
Mason Hodd	S		
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	6.90m	Sportshall, Taverham	06/12/14
SB	69	Sportshall, Ipswich	29/11/14
SP4kg	9.00m	Sportshall, Kings Lynn	15/11/14
Callum Hops	on		
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
Tiowici	00.0011		11/00/14
SLJ	2.02m	Sportshall, Ipswich	04/10/14
STJ	6.30m	Sportshall, Taverham	18/10/14
VJ	45cm	Sportshall, UEA	11/01/14
SB	79	Sportshall, Ipswich	29/11/14
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
00011	5.11.05	Open, Ot Tannouth	13/03/14
LJ	2.96m	Club Championships, EPA	28/06/14
Howler	24.78m	Club Championships, EPA	28/06/14
	4 70		00/44/44
SLJ	1.70m	Sportshall, Ipswich	08/11/14
SLJ VJ	1.70m 34cm	Sportshall, Ipswich Sportshall, Taverham	08/11/14 06/12/14
	-	Sportshall, Taverham	06/12/14
VJ SB	34cm 47	Sportshall, Taverham Sportshall, Taverham	06/12/14 06/12/14
VJ SB CP	34cm 47 5.00m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham	06/12/14 06/12/14 18/10/14
VJ SB	34cm 47	Sportshall, Taverham Sportshall, Taverham	06/12/14 06/12/14
VJ SB CP FJav SBT	34cm 47 5.00m 15.00m 4.75m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich	06/12/14 06/12/14 18/10/14 08/11/14
VJ SB CP FJav SBT Theo Hudso	34cm 47 5.00m 15.00m 4.75m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13
VJ SB CP FJav SBT Theo Hudson 75m	34cm 47 5.00m 15.00m 4.75m n 12.0s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m	34cm 47 5.00m 15.00m 4.75m n 12.0s 13.0s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14
VJ SB CP FJav SBT 75m 80m 100m	34cm 47 5.00m 15.00m 4.75m n 12.0s 13.0s 16.3s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Quadkids, Norwich	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14 22/06/14
VJ SB CP FJav SBT 75m 80m 100m	34cm 47 5.00m 15.00m 4.75m n 12.0s 13.0s 16.3s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Quadkids, Norwich	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14 22/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m	34cm 47 5.00m 15.00m 4.75m n 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3.55m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14 22/06/14 15/05/14 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m LJ SP	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3.55m 5.85m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 28/06/14 15/05/14 22/06/14 28/06/14 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m	34cm 47 5.00m 15.00m 4.75m n 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3.55m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 08/06/14 15/05/14 22/06/14 15/05/14 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m LJ SP	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3.55m 5.85m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 28/06/14 15/05/14 22/06/14 28/06/14 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m LJ SP Howler	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3:55m 5.85m 35.70m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 15/05/14 22/06/14 15/05/14 28/06/14 28/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m LJ LJ SP Howler SLJ	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3:55m 5.85m 35.70m 1.90m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 22/06/14 15/05/14 22/06/14 28/06/14 28/06/14 28/06/14 22/06/14
VJ SB CP FJav SBT 75m 80m 100m 600m 800m LJ LJ SP Howler SLJ STJ	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3.55m 5.85m 35.70m 1.90m 4.88m	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 15/05/14 22/06/14 15/05/14 28/06/14 28/06/14 28/06/14 22/06/14 22/06/14
VJ SB CP FJav SBT Theo Hudson 75m 80m 100m 600m 800m LJ LJ SP Howler SLJ STJ VJ	34cm 47 5.00m 15.00m 4.75m 12.0s 13.0s 16.3s 2:02.0s 3:02.3s 3:02.3s 3.55m 5.85m 35.70m 1.90m 4.88m 39cm	Sportshall, Taverham Sportshall, Taverham Sportshall, Taverham Sportshall, Ipswich Sportshall, Kings Lynn Club Championships, EPA EAL, Yarmouth Open, Gt Yarmouth Open, Gt Yarmouth Club Championships, EPA EAL, Yarmouth Club Championships, EPA EAL, Yarmouth Club Championships, EPA	06/12/14 06/12/14 18/10/14 08/11/14 20/11/13 28/06/14 22/06/14 15/05/14 28/06/14 28/06/14 28/06/14 28/06/14 22/06/14 29/11/14

SBT	7.25m	Sportshall, Taverham	01/03/14
Leo Joscelyr			
-			00/00/44
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
Tiowici	20.0011		11/00/14
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
0000111	12100120		
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	22/06/13
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
SP3.25k	4.83m	EAL Vormouth	08/06/14
		EAL, Yarmouth	
DT1k	8.82m	EAL, Norwich	04/05/14
Howler	22.76m	Quadkids, Norwich	22/06/14
SLJ	1.34m	Sportshall, Taverham	12/11/13
Hayden Lee	40.0		00/00//
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
. 10 11 10			
SLJ	1.61m	Quadkids, Norwich	22/06/14
		,	

Nathan Littlejohns

SLJ SB FJav	1.69m 47 12.00m	Sportshall, Ipswich Sportshall, Taverham Sportshall, Ipswich	08/11/14 06/12/14 08/11/14
Morgan McC HJ	urdy-Kenny 1.30m	EAL, Ipswich	06/07/14
DT	23.48m	EAL, Ipswich	06/07/14
Ben Newmar	ı		
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	6		
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
STJ	5.08m	Sportshall, Ipswich	29/11/14
VJ	36cm	Sportshall, Taverham	18/10/14
СР	6.00m	Sportshall, Ipswich	06/10/14
James Russ	ell		
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	2.37m	Sportshall, Taverham	06/12/14
STJ	6.76m	Sportshall, Taverham	06/12/14
SB	61	Sportshall, Taverham	06/12/14

SP 4KG	7.40m	Sportshall, Ipswich	04/10/14
Tom Russell			
SLJ	1.58m	Sportshall, Taverham	06/12/14
STJ	4.93m	Sportshall, Ipswich	04/10/14
SB	4.95m 29	Sportshall, Ipswich	04/10/14
		• • •	
SP 4kg	5.16m	Sportshall, Taverham	06/12/14
Jordan Smet	hurst		
SLJ	1.57m	Sportshall, Ipswich	08/11/14
VJ	33cm	Sportshall, Ipswich	29/11/14
SB	48	Sportshall, Ipswich	29/11/14
CP	3.75m	Sportshall, Taverham	18/10/14
Thomas Spu	•	-	
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
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	35	Sportshall, Taverham	06/12/14
CP	5.00m	Sportshall, Taverham	06/12/14
Sam Stevens	5		
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
1000111	0.00.00		00/07/14
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		Quadkida Thatfard	10/05/44
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
		,	
Howler	18.36m	Interclub, Gt Yarmouth	11/05/14

SLJ STJ VJ SB CP	1.54m 3.98 30cm 40 4.75m	Quadkids, Thetford Sportshall, Ipswich Sportshall, Ipswich Sportshall, Taverham Sportshall, Taverham	18/05/14 08/11/14 29/11/14 18/10/14 06/12/14
Joshua Wick	S		
VJ	34cm	Sportshall, Ipswich	29/11/14
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	1.62m	Sportshall, Kings Lynn	15/11/14
STJ	5.76	Sportshall, Ipswich	08/11/14
VJ	39cm	Sportshall, Ipswich	29/11/14
SP3.25kg	6.05m	Sportshall, Kings Lynn	15/11/14