

Waveney Valley AC

Boys PBs (as of 24/05/15)

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

Peter Andrews

1500m	5:43.8s	EAL, Norwich	03/05/15
SP	6.67m	EAL, Norwich	03/05/15

Vaughan Beckham

75m	12.8s	PM, Gt Yarmouth	23/04/15
80m	15.2s	EAL, Norwich	04/05/14
100m	18.7s	Open, Gt Yarmouth	15/05/14
600m	2:30.6s	PM, Gt Yarmouth	23/04/15
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	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 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	1.88m	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	4.28m	Suffolk CC, Ipswich	24/05/15
HJ	1.30m	EAL, Norwich	03/05/15

Oscar Block

LJ	3.15m	EAL, Ipswich	06/07/14
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Simon Bunting

100m	16.8s	EAL, Norwich	04/05/14
LJ	3.08m	EAL, Gt Yarmouth	08/06/14
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

Joel Burgess

60m	8.9s	Norfolk CC, Kings Lynn	24/05/15
75m	11.4s	Quadkids, Gt Yarmouth	20/07/14
80m	12.0s	EAL, Gt Yarmouth	08/06/14
100m	15.2s	Open, Gt Yarmouth	15/05/14
600m	1:57.0s	Quadkids, Norwich	22/06/14
800m	3:10.0s	PM, Gt Yarmouth	31/07/13
LJ	3.29m	EAL, Norwich	04/05/14
SP2.72kg	4.72m	EAL, Norwich	03/05/15
Howler	27.51m	Quadkids, Thetford	18/05/14
SLJ	1.91m	Quadkids, Kings Lynn	31/08/14
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

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	13.3s	EAL, Bury	17/08/14
100m	16.5s	Open, Gt Yarmouth	15/05/14
600m	2:03.5s	Norfolk CC, Kings Lynn	24/05/15
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	23.05m	PM, Gt Yarmouth	23/04/15
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	10.50m	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
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	2.35m	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
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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	13.78m	EAL, Norwich	03/05/15
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

Michael Cross

300m	42.6s	Performance, Norwich	08/04/15
800m	2:24.9s	Inter-Club, Gt Yarmouth	10/05/15
1500m	4:57.8s	EAL, Norwich	03/05/15

LJ	4.67m	Performance, Norwich	08/04/15
TJ	10.14m	EAL, Norwich	03/05/15
HJ	1.65m	Inter-Club, Gt Yarmouth	10/05/15

JT700g	31.67m	Inter-Club, Gt Yarmouth	10/05/15
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Peter Cross

300m	45.7s	Performance, Norwich	08/04/15
800m	2:29.6s	Inter-Club, Gt Yarmouth	10/05/15

LJ	4.71m	Inter-Club, Gt Yarmouth	10/05/15
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SP5kg	8.43m	EAL, Norwich	03/05/15
DT	21.33m	EAL, Norwich	03/05/15
JT700g	24.69m	Performance, Norwich	08/04/15

Bailey Elvin

75m	12.1s	PM, Gt Yarmouth	23/04/15
100m	15.6s	Inter-Club, Gt Yarmouth	10/05/15
300m	66.7s	Club Championships, EPA	03/07/14
800m	3:02.1s	Inter-Club, Gt Yarmouth	10/05/15
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
SP4kg	6.07m	Suffolk CC, Ipswich	24/05/15
DT	13.59m	EAL, Norwich	03/05/15
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	4.90m	Sportshall, EPA	14/02/15

Gary Elvin

100m	12.5s	EAL, Bury	17/08/14
TJ	9.35m	EAL, Ipswich	06/07/14
HJ	1.45m	EAL, Bury	17/08/14
SP	8.43m	EAL, Norwich	03/05/15
JT	32.58m	EAL, Bury	17/08/14
DT	26.74m	Suffolk CC, Ipswich	24/05/15
HT	15.57m	EAL, Bury	17/08/14

Solomon Elvin

75m	13.2s	Quadkids, Norwich	22/06/14
100m	16.4s	Inter-Club, Gt Yarmouth	10/05/15
600m	2:40.0s	Quadkids, Gt Yarmouth	20/07/14
800m	3:35.1s	EAL, Norwich	03/05/15
LJ	3.08m	Inter-Club, Gt Yarmouth	10/05/15
SP3.25kg	4.18m	Inter-Club, Gt Yarmouth	10/05/15
DT	8.22m	Suffolk CC, Ipswich	24/05/15
Howler	19.75m	Quadkids, Norwich	22/06/14
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
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	5:43.0s	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
HJ	1.25m	EAL, Yarmouth	08/06/14
SP3.25kg	6.07m	Club Championships, EPA	03/07/14
SP4kg	5.50m	Inter-Club, Gt Yarmouth	10/05/15
DT	7.55m	Open, Gt Yarmouth	15/05/14
JT400g	13.09m	Club Championships, EPA	28/06/14
JT600g	12.33m	Performance, Norwich	08/04/15
Howler	29.87m	Quadkids, Thetford	18/05/14
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

400m	73.6s	East Anglian League, Bury	01/09/13
800m	3:06.8s	EAL, Norwich	03/05/15
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

DT	10.54m	EAL, Norwich	03/05/15
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 Franklin

75m	13.7s	PM, Gt Yarmouth	23/04/15
600m	2:41.7s	PM, Gt Yarmouth	23/04/15
Howler	14.15m	PM, Gt Yarmouth	23/04/15

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

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

75m	10.0s	PM, Gt Yarmouth	23/04/15
100m	12.5s	EAL, Bury	17/08/14
200m	25.4s	Suffolk CC, Ipswich	24/05/15
300m	40.4s	Suffolk CC, Ipswich	24/05/15
800m	2:34.0s	Quadkids, Norwich	22/06/14
1500m	5:59.0s	Club Championships, EPA	28/06/14

LJ	5.28m	EAL, Norwich	03/05/15
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
JT600g	22.68m	Performance, Norwich	08/04/15
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	8.81m	Sportshall, Taverham	07/03/15

Chase Hodds

75m	13.1s	PM, Gt Yarmouth	23/04/15
80m	14.4s	EAL, Norwich	03/05/15
600m	2:10.3s	PM, Gt Yarmouth	23/04/15

SP2.72kg	4.48m	EAL, Norwich	03/05/15
Howler	21.33m	PM, Gt Yarmouth	23/04/15

SLJ	1.53m	Sportshall, EPA	14/02/15
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	12.6s	PM, Gt Yarmouth	23/04/15
80m	14.2s	EAL, Norwich	03/05/15
600m	2:20.4s	PM, Gt Yarmouth	23/04/15

SP2.72kg	5.41m	EAL, Norwich	03/05/15
Howler	23.31m	PM, Gt Yarmouth	23/04/15

SLJ	1.47m	Sportshall, EPA	14/02/15
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	25.5s	Performance, Norwich	08/04/15
300m	44.2s	EAL, Bury	17/08/14

LJ	5.11m	Inter-Club, Gt Yarmouth	10/05/15
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SP5kg	9.19kg	Suffolk CC, Ipswich	24/05/15
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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	14.2s	EAL, Ipswich	06/07/14
200m	28.7s	Inter-Club, Gt Yarmouth	10/05/15
600m	2:04.1s	PM, Gt Yarmouth	25/04/13
800m	2:35.0s	Quadkids, Gt Yarmouth	20/07/14

LJ	4.33m	Inter-Club, Gt Yarmouth	10/05/15
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	20.50m	EAL, Norwich	03/05/15
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	11.8s	PM, Gt Yarmouth	23/04/15
80m	12.6s	EAL, Norwich	03/05/15
100m	16.3s	Open, Gt Yarmouth	15/05/14
600m	1:59.5s	Norfolk CC, Ipswich	24/05/15
800m	3:11.6s	Open, Gt Yarmouth	15/05/14

LJ	3.77m	EAL, Norwich	03/05/15
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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
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	32.4s	EAL, Norwich	03/05/15
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
SP3.25kg	6.50m	Inter-Club, Gt Yarmouth	10/05/15
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

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	3.74m	EAL, Norwich	03/05/15
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JT	11.26m	EAL, Norwich	04/05/14
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	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
600m	2:12.2	PM, Gt Yarmouth	23/04/15
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	3.21m	PM, Gt Yarmouth	23/04/15
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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	2:26.1s	PM, Gt Yarmouth	23/04/15

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

75m	12.6s	PM, Gt Yarmouth	23/04/15
600m	2:18.9s	PM, Gt Yarmouth	23/04/15

Howler	18.47m	PM, Gt Yarmouth	23/04/15
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SLJ	1.71m	Sportshall, EPA	14/02/15
SB	47	Sportshall, Taverham	06/12/14
CP	5.25m	Sportshall, EPA	14/02/15
FJav	12.00m	Sportshall, Ipswich	08/11/14

Isaac Phillips

75m	11.5s	PM, Gt Yarmouth	23/04/15
600m	2:17.0s	Quadkids, Gt Yarmouth	20/07/14

LJ	3.12m	Club Championships, EPA	28/06/14
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Howler	31.30m	Club Championships, EPA	28/06/14
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SLJ	1.77m	Quadkids, Norwich	22/06/14
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
300m	46.6s	Club Championships, EPA	03/07/14
1500m	7:10.0s	Club Championships, EPA	28/06/14
LJ	5.34m	Inter-Club, Gt Yarmouth	10/05/15
HJ	1.65m	Inter-Club, Gt Yarmouth	10/05/15
SP	7.69m	EAL, Bury	17/08/14
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

200m	32.9s	EAL, Norwich	03/05/15
800m	3:06.1s	EAL, Norwich	03/05/15
SP4kg	5.67m	EAL, Norwich	03/05/15
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
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
LJ	3.07m	Inter-Club, Gt Yarmouth	10/05/15
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
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

LJ	3.81m	Inter-Club, Gt Yarmouth	10/05/15
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SP3.25kg	4.20m	EAL, Norwich	03/05/15
Howler	22.92m	Quadkids, Gt Yarmouth	20/07/14

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	54.4	Club Championships, EPA	03/07/14
800m	2:34.4s	Inter-Club, Gt Yarmouth	10/05/15
1500m	5:13.2s	EAL, Norwich	03/05/15
Mile	5:38.2s	PM, Gt Yarmouth	23/04/15

LJ	3.39m	Inter-Club, Gt Yarmouth	10/05/15
HJ	0.90m	Club Championships, EPA	03/07/14

SP	4.11m	Club Championships, EPA	03/07/14
DT	7.96m	EAL, Norwich	03/05/15

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

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
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STJ	3.98m	Sportshall, Ipswich	08/11/14
VJ	30cm	Sportshall, Ipswich	29/11/14
SB	40	Sportshall, Taverham	18/10/14
CP	4.75m	Sportshall, Taverham	06/12/14

Joshua Wicks

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

Alec Wilson

75m	11.5s	PM, Gt Yarmouth	23/04/15
100m	15.3s	Suffolk CC, Ipswich	25/05/14
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	6:04.7s	Suffolk CC, Ipswich	25/05/14
Mile	5:56s	PM, Gt Yarmouth	23/04/15
LJ	3.58m	Club Championships, EPA	28/06/14
TJ	8.07m	Suffolk CC, Ipswich	24/05/15
HJ	1.15m	Club Championships, EPA	03/07/14
SP4kg	5.39m	Inter-Club, Gt Yarmouth	10/05/15
JT	11.27m	Club Championships, EPA	28/06/14
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