

Waveney Valley AC

Boys PBs (as of 21/06/15)

Daniel Allen

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| 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

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

Vaughan Beckham

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| 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 | 2:25.0s | Quadkids, Thetford | 17/05/15 |
| 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 | 22.85m | Quadkids, Thetford | 17/05/15 |
| 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

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|------|---------|------------------------|----------|
| 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 |

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| LJ | 3.61m | Suffolk CC, Ipswich | 25/05/14 |
| HJ | 1.10m | EAL, Ipswich | 06/07/14 |

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| 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 |

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| 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

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

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

Oscar Block

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

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| 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 |
| JT | 20.00m | EAL, Norwich | 04/05/14 |
| DT | 16.92m | EAL, Gt Yarmouth | 08/06/14 |

Joel Burgess

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|------|---------|------------------------|----------|
| 60m | 8.9s | Norfolk CC, Kings Lynn | 24/05/15 |
| 75m | 11.1s | Quadkids, Norwich | 07/06/15 |
| 80m | 12.0s | EAL, Gt Yarmouth | 08/06/14 |
| 100m | 15.2s | Open, Gt Yarmouth | 15/05/14 |
| 600m | 1:53.8s | EAL, Gt Yarmouth | 21/06/15 |
| 800m | 3:10.0s | PM, Gt Yarmouth | 31/07/13 |

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| LJ | 3.64m | EAL, Gt Yarmouth | 21/06/15 |
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| SP2.72kg | 4.72m | EAL, Norwich | 03/05/15 |
| Howler | 27.51m | Quadkids, Thetford | 18/05/14 |

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| SLJ | 1.91m | Quadkids, Kings Lynn | 31/08/14 |
| STJ | 5.28m | Sportshall, UEA | 10/01/15 |
| VJ | 39cm | Sportshall, Ipswich | 08/11/14 |

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| 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

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|-------|---------|-------------------------|----------|
| 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 |

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

Benjamin Cone

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|------|---------|------------------------|----------|
| 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 |

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| LJ | 3.20m | EAL, Gt Yarmouth | 08/06/14 |
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| SP | 3.42m | EAL, Bury | 17/08/14 |
| Howler | 23.05m | PM, Gt Yarmouth | 23/04/15 |

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| 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

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|-------|---------|-------------------------|----------|
| 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 |

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| LJ | 4.21m | EAL, Norwich | 04/05/14 |
| TJ | 8.85m | EAL, Norwich | 04/05/14 |
| HJ | 1.30m | EAL, Bury | 17/08/14 |

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| 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 |

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| SLJ | 2.35m | Sportshall, EPA | 14/02/15 |
| STJ | 6.71m | Sportshall, Hatfield | 22/03/15 |

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| SB | 58 | Sportshall, Ipswich | 08/11/14 |
| SP4kg | 7.58m | Sportshall, Hatfield | 22/03/15 |

Lewis Covill

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| 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 |

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

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| SP | 6.66m | EAL, Ipswich | 06/07/14 |
| JT | 13.78m | EAL, Norwich | 03/05/15 |
| DT | 13.36m | EAL, Ipswich | 06/07/14 |

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| 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

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|-------|---------|-------------------------|----------|
| 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 |

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|----|--------|-------------------------|----------|
| 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 |

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

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| 300m | 45.7s | Performance, Norwich | 08/04/15 |
| 400m | 61.9s | EAL, Gt Yarmouth | 21/06/15 |
| 800m | 2:29.6s | Inter-Club, Gt Yarmouth | 10/05/15 |

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| LJ | 4.71m | Inter-Club, Gt Yarmouth | 10/05/15 |
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| SP5kg | 8.88m | EAL, Gt Yarmouth | 21/06/15 |
| DT | 21.33m | EAL, Norwich | 03/05/15 |
| JT700g | 24.69m | Performance, Norwich | 08/04/15 |

Bailey Elvin

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|------|---------|-------------------------|----------|
| 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 |

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| 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 | 8.68m | EAL, Gt Yarmouth | 21/06/15 |
| JT | 32.58m | EAL, Bury | 17/08/14 |
| 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 | 38.4s | EAL, Gt Yarmouth | 21/06/15 |
| 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 |

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| 300m | 50.8s | EAL, Gt Yarmouth | 21/06/15 |
| 600m | 2:16.6s | PM, Gt Yarmouth | 25/04/13 |
| 800m | 2:34.4s | EAL, Gt Yarmouth | 21/06/15 |
| 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 |

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| LJ | 4.04m | Quadkids, Norwich | 22/06/14 |
| TJ | 9.00m | EAL, Gt Yarmouth | 21/06/15 |
| HJ | 1.25m | EAL, Yarmouth | 08/06/14 |

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| 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 | 31.77m | Quadkids, Thetford | 17/05/15 |

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|----------|-------|----------------------|----------|
| 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

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

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| LJ | 3.59m | EAL, Norwich | 04/05/14 |
| HJ | 1.10m | EAL, Ipswich | 14/07/13 |

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|----|--------|--------------|----------|
| 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

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|----|--------|--------------|----------|
| 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 Franklin

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|--------|---------|----------------------|----------|
| 75m | 13.3s | Quadkids, Thetford | 17/05/15 |
| 600m | 2:30.0s | Quadkids, Norwich | 07/06/15 |
| Howler | 14.96m | Quadkids, Norwich | 07/06/15 |
| 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 |

James Gooch

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|----------|-------|------------------|----------|
| SP7.26kg | 5.97m | EAL, Gt Yarmouth | 21/06/15 |
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Reuben Harvey

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|--------|---------|-------------------------|----------|
| 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 |
| 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

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|--------|---------|-------------------------|----------|
| 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 | 39.3s | EAL, Gt Yarmouth | 21/06/15 |
| 800m | 2:34.0s | Quadkids, Norwich | 22/06/14 |
| 1500m | 5:59.0s | Club Championships, EPA | 28/06/14 |

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|--------|--------|-------------------------|----------|
| 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 |

Ben Hodds

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|----------|---------|------------------|----------|
| 1500m | 5:52.2s | EAL, Gt Yarmouth | 21/06/15 |
| SP7.26kg | 8.33m | EAL, Gt Yarmouth | 21/06/15 |
| DT | 22.45m | EAL, Gt Yarmouth | 21/06/15 |

Chase Hodds

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|----------|---------|----------------------|----------|
| 75m | 12.3s | Quadkids, Norwich | 07/06/15 |
| 80m | 14.3s | EAL, Gt Yarmouth | 21/06/15 |
| 600m | 2:09.0s | Quadkids, Norwich | 07/06/15 |
| 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 | 14.2s | EAL, Norwich | 03/05/15 |
| 600m | 2:15.0s | Quadkids, Norwich | 07/06/15 |
| SP2.72kg | 5.59m | EAL, Gt Yarmouth | 21/06/15 |
| Howler | 32.13m | Quadkids, Norwich | 07/06/15 |
| SLJ | 1.50m | Quadkids, Thetford | 17/05/15 |
| 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 |

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| FJav | 11.00m | Sportshall, Ipswich | 29/11/14 |
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Mason Hodds

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|------|-------|----------------------|----------|
| 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 |

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

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| 75m | 11.5s | Open, Gt Yarmouth | 17/04/14 |
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| 100m | 14.2s | EAL, Ipswich | 06/07/14 |
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| 200m | 28.7s | Inter-Club, Gt Yarmouth | 10/05/15 |
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| 300m | 45.4s | EAL, Gt Yarmouth | 21/06/15 |
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| 600m | 2:04.1s | PM, Gt Yarmouth | 25/04/13 |
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| 800m | 2:35.0s | Quadkids, Gt Yarmouth | 20/07/14 |
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| LJ | 4.33m | Inter-Club, Gt Yarmouth | 10/05/15 |
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| HJ | 1.15m | Club Championships, EPA | 03/07/14 |
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| SP3.25kg | 5.07m | Club Championships, EPA | 03/07/14 |
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| DT | 12.22m | Open, Gt Yarmouth | 15/05/14 |
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| JT600g | 20.50m | EAL, Norwich | 03/05/15 |
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| Howler | 36.99m | Interclub, Gt Yarmouth | 11/05/14 |
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| SLJ | 2.11m | Sportshall, EPA | 14/02/15 |
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| STJ | 6.30m | Sportshall, Taverham | 18/10/14 |
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| VJ | 45cm | Sportshall, UEA | 11/01/14 |
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| SB | 80 | Sportshall, Taverham | 07/03/15 |
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| FJav | 14.75m | Sportshall, UEA | 12/01/13 |
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| SP3.25kg | 5.45m | Sportshall, EPA | 14/02/15 |
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Finn Howes

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| 60m | 9.2s | Norfolk CC, Ipswich | 24/05/15 |
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| 75m | 11.8s | PM, Gt Yarmouth | 23/04/15 |
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| 80m | 12.6s | EAL, Norwich | 03/05/15 |
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| 100m | 16.3s | Open, Gt Yarmouth | 15/05/14 |
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| 600m | 1:59.5s | Norfolk CC, Ipswich | 24/05/15 |
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| 800m | 3:11.6s | Open, Gt Yarmouth | 15/05/14 |
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| LJ | 3.77m | EAL, Norwich | 03/05/15 |
| Howler | 24.78m | Club Championships, EPA | 28/06/14 |
| 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 | 2:50.0s | Quadkids, Norwich | 07/06/15 |

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| 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 |

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| 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 |

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| LJ | 3.74m | EAL, Norwich | 03/05/15 |
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| SP3.25kg | 4.72m | EAL, Gt Yarmouth | 21/06/15 |
| JT | 11.26m | EAL, Norwich | 04/05/14 |
| Howler | 28.03m | Interclub, Gt Yarmouth | 11/05/14 |

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| 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

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

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|-------|---------|-------------------|----------|
| 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 | 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 |

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| 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 | 24.84m | Quadkids, Norwich | 07/06/15 |

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

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

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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

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|------|---------|-------------------|----------|
| 75m | 12.3s | Quadkids, Norwich | 07/06/15 |
| 80m | 13.5s | EAL, Gt Yarmouth | 21/06/15 |
| 600m | 2:11.2s | EAL, Gt Yarmouth | 21/06/15 |

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| SP2.72kg | 3.52m | EAL, Gt Yarmouth | 21/06/15 |
| Howler | 19.95m | Quadkids, Norwich | 07/06/15 |

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| 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 |

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 |
| 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 |
| 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

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|--------|---------|----------------------|----------|
| 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 |
| DT | 9.70m | EAL, Gt Yarmouth | 21/06/15 |
| 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 |

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| LJ | 3.53m | PM, Gt Yarmouth | 23/04/15 |
| HJ | 1.15m | Suffolk CC, Ipswich | 24/05/15 |

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| 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 |

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| LJ | 3.07m | Inter-Club, Gt Yarmouth | 10/05/15 |
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| DT | 8.20m | EAL, Gt Yarmouth | 21/06/15 |
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|------|--------|----------------------|----------|
| 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 |

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| LJ | 3.81m | Inter-Club, Gt Yarmouth | 10/05/15 |
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|----------|--------|-------------------|----------|
| SP3.25kg | 4.20m | EAL, Norwich | 03/05/15 |
| Howler | 25.75m | Quadkids, Norwich | 07/06/15 |

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|-----|-------|----------------------|----------|
| 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 | 4:55.6s | EAL, Gt Yarmouth | 21/06/15 |
| 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 | 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 |

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 |
| Howler | 18.36m | Interclub, Gt Yarmouth | 11/05/14 |
| SLJ | 1.54m | Quadkids, Thetford | 18/05/14 |
| 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 | 5:22.4s | EAL, Gt Yarmouth | 21/06/15 |
| Mile | 5:56s | PM, Gt Yarmouth | 23/04/15 |

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|----------|--------|-------------------------|----------|
| LJ | 3.58m | Club Championships, EPA | 28/06/14 |
| TJ | 9.13m | EAL, Gt Yarmouth | 21/06/15 |
| 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 |