

## Waveney Valley AC

### Girls PBs (to 20 April 2014)

#### **Emily Archbold**

75m	11.5	Open, Gt Yarmouth	17/04/14
SP	6.73m	Open, Gt Yarmouth	17/04/14
LJ	3.45m	Open, Gt Yarmouth	17/04/14
SLJ	2.12m	Sportshall, Taverham	12/11/13
VJ	51cm	Sportshall, Taverham	12/11/13
SB	55	Sportshall, Taverham	12/11/13
SP3.25k	6.70m	Sportshall, Taverham	12/11/13

#### **Maddie Archbold**

75m	14.00	Open, Gt Yarmouth	17/04/14
600m	2:30.5	Open, Gt Yarmouth	17/04/14
SLJ	1.66m	Sportshall, Taverham	12/10/13
STJ	4.57m	Sportshall, UEA	11/01/14
VJ	29cm	Sportshall, Taverham	12/10/13
SB	35	Sportshall, Taverham	12/10/13

#### **Abeni Beckham**

75m	12.8	Open, Gt Yarmouth	17/04/14
80m	13.9	EAL, Bury	01/09/13
600m	2.14.4	Open, Gt Yarmouth	17/04/14
800m	3.17.2	PM, Gt Yarmouth	31/07/13
LJ	3.02m	EAL, Ipswich	14/07/13
SP2k	4.43m	EAL, Bury	01/09/13
Howler	20.49m	Open, Gt Yarmouth	17/04/14
SLJ	1.79m	Quadkids, Nowich	20/07/13
STJ	4.86m	Sportshall, UEA	11/01/14
SB	44	Sportshall, UEA	11/01/14
SBT	5.5m	Sportshall, Kings Lynn	30/11/13

#### **Ellysia Bendall**

STJ	4.22m	Sportshall, UEA	11/01/14
VJ	29cm	Sportshall, UEA	11/01/14
SB	34	Sportshall, UEA	11/01/14

**Lily Collins**

STJ	5.01m	Sportshall, Kings Lynn	30/11/13
VJ	40cm	Sportshall, Taverham	01/03/14
SB	50	Sportshall, Taverham	12/10/13
SP3.25k	6.33m	Sportshall, UEA	11/01/14

**Maisie Elvin-Andrews**

75m	13.5	Open, Gt Yarmouth	17/04/14
80m	14.7s	PM, Gt Yarmouth	31/07/13
600m	2.26.1	Open, Gt Yarmouth	17/04/14
800m	3.50.6	PM, Gt Yarmouth	31/07/13
Howler	13.55m	Open, Gt Yarmouth	17/04/14
LJ	2.46m	PM, Gt Yarmouth	22/08/13
SLJ	1.39m	Sportshall, UEA	11/01/14
VJ	28cm	Sportshall, Taverham	12/10/13
SB	48	Sportshall, UEA	11/01/14
TJav	7.5m	Sportshall, Taverham	01/03/14

**Georgia Fairs**

100m	16.9s	EAL, Ipswich	14/07/13
LJ	3.00m	EAL, Ipswich	14/07/13
HJ	1.10m	EAL, Bury	01/09/13
SP3.25k	4.29m	EAL, Bury	01/09/13
JT600g	6.38m	EAL, Ipswich	14/07/13
HT3k	4.25m	EAL, Bury	01/09/13
SLJ	1.66m	Sportshall, Taverham	12/10/13
VJ	35cm	Sportshall, Taverham	12/10/13
SB	53	Sportshall, Taverham	12/10/13
TJav	11.0m	Sportshall, EPA	16/03/13
CP	5.6m	Sportshall, EPA	16/03/13

**Hazel Fairs**

80m	16.0s	EAL, Bury	01/09/13
600m	2.46.3	PM, Gt Yarmouth	25/04/13
LJ	2.62m	PM, Gt Yarmouth	25/04/13
SP2k	3.69m	PM, Gt Yarmouth	25/04/13

**Grace Forster**

75m	12.5s	Quadkids, Norwich	20/07/13
80m	13.4s	PM, Gt Yarmouth	31/07/13
600m	2.09.1s	Quadkids, Norwich	20/07/13
800m	3.04.4s	PM, Gt Yarmouth	31/07/13
LJ	2.99m	PM, Gt Yarmouth	22/08/13
Howler	13.33m	Quadkids, Norwich	20/07/13
SLJ	1.71m	Quadkids, Norwich	20/07/13
VJ	34cm	Sportshall, UEA	11/01/14
SB	41	Sportshall, EPA	16/03/13

**Charlotte Gooch**

75m	11.9s	PM, Gt Yarmouth	25/04/13
100m	14.5s	EAL, Bury	01/09/13
150m	24.0s	PM, Gt Yarmouth	25/04/13
800m	3.58.3	Quadkids, Norwich	21/07/13
LJ	3.27m	EAL, Norwich	12/05/13
JT600g	14.01m	EAL, Norwich	12/05/13
Howler	16.25m	Quadkids, Norwich	21/07/13
SLJ	1.59m	Sportshall, EPA	16/03/13
VJ	46cm	Sportshall, EPA	16/03/13
SB	63	Sportshall, Taverham	12/10/13
SP3.25k	3.97m	Sportshall, Taverham	12/10/13
TJav	13.5m	Sportshall, EPA	16/03/13
SBT	4.25m	Sportshall, EPA	16/03/13

**Harriet Gooch**

100m	17.1s	PM, Gt Yarmouth	31/07/13
600m	2.39.5	PM, Gt Yarmouth	25/04/13
800m	3.52.8	Quadkids, Norwich	21/07/13
LJ	2.80m	PM, Gt Yarmouth	22/08/13
SP2.72k	5.07m	Open, Gt Yarmouth	17/04/14
JT 400g	10.43m	PM, Gt Yarmouth	22/08/13
DT0.75k	10.19m	PM, Gt Yarmouth	31/07/13
Howler	15.61m	Quadkids, Norwich	21/07/13
VJ	38cm	Sportshall, EPA	16/03/13

SB	74	Sportshall, Taverham	12/11/13
SP2.72k	5.40m	Sportshall, Taverham	01/03/14
TJav	10.25m	Sportshall, EPA	16/03/13
SBT	3.75m	Sportshall, EPA	16/03/13
CP	4.6m	Sportshall, EPA	16/03/13

### Shannon Hall

75m	11.9s	PM, Gt Yarmouth	25/04/13
100m	14.0s	EAL, Bury	01/09/13
150m	23.4s	PM, Gt Yarmouth	25/04/13
LJ	4.0m	EAL, Norwich	12/05/13
JT600g	11.60m	EAL, Bury	01/09/13

### Shamara Hammonds

75m	13.1s	PM, Gt Yarmouth	25/04/13
80m	12.8s	EAL, Bury	01/09/13
600m	2.23.0s	EAL, Gt Yarmouth	23/06/13
800m	3.49.6s	PM, Gt Yarmouth	31/07/13
LJ	2.67m	PM, Gt Yarmouth	22/08/13
Howler	13.89m	PM, Gt Yarmouth	31/07/13
SLJ	1.64m	Sportshall, Kings Lynn	30/11/13
STJ	4.54m	Sportshall, UEA	11/01/14
SB	45	Sportshall, Taverham	01/03/14
SBT	6.0m	Sportshall, Kings Lynn	30/11/13

### Mia Hopson

75m	11.8	Open, Gt Yarmouth	17/04/14
100m	15.8s	EAL, Ipswich	14/07/13
150m	23.6	Open, Gt Yarmouth	17/04/14
200m	34.0s	EAL, Gt Yarmouth	23/06/13
70mH	14.2	Open, Gt Yarmouth	17/04/14
75mh	14.7s	EAL, Ipswich	14/07/13
LJ	3.46m	EAL, Ipswich	14/07/13
SP2.72k	4.14m	PM, Gt Yarmouth	25/04/13
JT 400g	8.54m	PM, Gt Yarmouth	22/08/13
SLJ	1.84m	Sportshall, Taverham	12/10/13
STJ	4.98m	Sportshall, Taverham	12/10/13

VJ	40cm	Sportshall, Kings Lynn	30/11/13
SB	78	Sportshall, Taverham	01/03/14
SP2.72k	5.82m	Sportshall, UEA	11/01/14
TJav	12.75m	Sportshall, EPA	16/03/13
SBT	6.25m	Sportshall, Taverham	01/03/14

### Harriet Lyman

150m	25.0s	PM, Gt Yarmouth	25/04/13
200m	32.6s	EAL, Bury	01/09/13
300m	50.9	Open, Gt Yarmouth	17/04/14
800m	3.00.8s	EAL, Ipswich	14/07/13
1500m	6.25.4	EAL, Norwich	12/05/13
75mh	15.6s	EAL, Ipswich	14/07/13

LJ	3.59m	PM, Gt Yarmouth	25/04/13
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SP2.72k	5.35m	EAL, Bury	01/09/13
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SLJ	1.38m	Sportshall, EPA	16/03/13
STJ	5.69m	Sportshall, Kings Lynn	30/11/13
VJ	42cm	Sportshall, Taverham	01/03/14
SP2.72k	5.88m	Sportshall, Taverham	12/11/13
TJav	10.75m	Sportshall, EPA	16/03/13
CP	6.3m	Sportshall, EPA	16/03/13

### Libby Mayall

75m	15.00	Open, Gt Yarmouth	17/04/14
600m	2:33.5	Open, Gt Yarmouth	17/04/14
Howler	9.6m	Open, Gt Yarmouth	17/04/14
SLJ	1.41m	Sportshall, Taverham	01/03/14
VJ	21cm	Sportshall, Kings Lynn	20/11/13
SB	43	Sportshall, UEA	11/01/14
SBT	3.5m	Sportshall, Taverham	01/03/14

### Hannah Mayne

100m	13.86	Open, Chelmsford	19/04/14
200m	29.1	Open, Chelmsford	19/04/14
800m	3.07.5	Quadkids, Norwich	21/07/13

LJ	4.53m	Open, Lea Valley	12/04/14
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Howler	15.57m	Quadkids, Norwich	21/07/13
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SLJ	2.18m	Sportshall, UEA	11/01/14
STJ	6.47m	Sportshall, UEA	11/01/14

VJ	56cm	Sportshall, UEA	11/01/14
TJav	11.75m	Sportshall, Taverham	02/03/13
SBT	7.75m	Sportshall, Taverham	01/03/14

### Brooke Oram

75m	13.9	Open, Gt Yarmouth	17/04/14
80m	15.4s	PM, Gt Yarmouth	22/08/13
600m	2:19.2	Open, Gt Yarmouth	17/04/14
Howler	23.7m	Open, Gt Yarmouth	17/04/14
LJ	2.27m	PM, Gt Yarmouth	22/08/13

SLJ	1.51m	Sportshall, Taverham	01/03/14
VJ	28cm	Sportshall, UEA	11/01/14
TJav	12.0m	Sportshall, Taverham	01/03/14
SBT	4.5m	Sportshall, Taverham	12/11/13

### Lauren Oram

SP	6.56m	Open, Gt Yarmouth	17/04/14
SLJ	1.47m	Sportshall, Taverham	12/11/13
VJ	35cm	Sportshall, UEA	11/01/14
SB	63	Sportshall, UEA	11/01/14
SP3.25k	6.01m	Sportshall, Taverham	12/11/13

### Emily Turner

100m	15.3s	PM, Gt Yarmouth	22/08/13
LJ	3.32m	PM, Gt Yarmouth	22/08/13
HJ	1.35m	EAL, Bury	01/09/13

SP3.25k	5.71m	EAL, Gt Yarmouth	23/06/13
JT600g	11.41m	PM, Gt Yarmouth	22/08/13
DT1k	12.99	EAL, Ipswich	14/07/13

VJ	32cm	Sportshall, EPA	16/03/13
SB	39	Sportshall, EPA	16/03/13
CP	8.0m	Sportshall, EPA	16/03/13
SBT	4.25m	Sportshall, EPA	16/03/13