

Waveney Valley AC

Girls PBs (as 01/06/14)

Emily Archbold

75m	11.5s	Open, Gt Yarmouth	17/04/14
100m	15.2s	Open, Gt Yarmouth	15/05/14
LJ	3.45m	Open, Gt Yarmouth	17/04/14
HJ	1.35m	Suffolk CC, Ipswich	25/05/14
SP	6.73m	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

Karen Archbold

800m	2:51.9s	EAL, Norwich	04/05/14
1500m	5:47.8s	EAL, Norwich	04/05/14
LJ	2.15m	EAL, Norwich	04/05/14

Maddie Archbold

75m	12.7s	Quadkids, Thetford	18/05/14
80m	14.6s	EAL, Norwich	04/05/14
100m	17.0s	Open, GYDAC	15/05/14
600m	2:21.0s	Interclub, Yarmouth	11/05/14
800m	3:31.5s	Open, GYDAC	15/05/14
LJ	3.07m	EAL, Norwich	04/05/14
Howler	17.53m	Interclub, Yarmouth	11/05/14
SLJ	1.81m	Quadkids, Thetford	18/05/14
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	12.3s	Quadkids, Thetford	18/05/14
80m	13.7s	EAL, Norwich	04/05/14
100m	16.4s	Open, Yarmouth	15/05/14
600m	2.10.4s	EAL, Norwich	04/05/14
800m	3.05.5s	Open, Gt Yarmouth	15/05/14

LJ	3.29m	Open, Gt Yarmouth	15/05/14
SP2k	4.97m	EAL, Norwich	04/05/14
Howler	24.45m	Quadkids, Thetford	18/05/14
SLJ	1.81m	Quadkids, Norwich	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

100m	19.3s	EAL, Norwich	04/05/14
LJ	2.68m	EAL, Norwich	04/05/14
SP	4.65m	EAL, Norwich	04/05/14
STJ	4.22m	Sportshall, UEA	11/01/14
VJ	29cm	Sportshall, UEA	11/01/14
SB	34	Sportshall, UEA	11/01/14

Amy Catchpole

75m	14.7s	Interclub, Gt Yarmouth	11/05/14
600m	2:57.0s	Interclub, Gt Yarmouth	11/05/14
LJ	1.68m	Interclub, Gt Yarmouth	11/05/14
Howler	6.23m	Interclub, Gt Yarmouth	11/05/14

Lily Collins

100m	17.1s	Interclub, Gt Yarmouth	11/05/14
200m	36.1s	Interclub, Gt Yarmouth	11/05/14
300m	56.4s	EAL, Norwich	04/05/14
800m	3:15.4s	Interclub, Gt Yarmouth	11/05/14
LJ	2.57m	Interclub, Gt Yarmouth	11/05/14
SP3k	4.89m	EAL, Norwich	04/05/14
JT500	7.65m	Interclub, Gt Yarmouth	11/05/14
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	12.7s	Quadkids, Thetford	18/05/14
80m	14.6s	EAL, Norwich	04/05/14

100m	17.0s	Open, Gt Yarmouth	15/05/14
600m	2.22.0s	EAL, Norwich	04/05/14
800m	3.19.7s	Open, Gt Yarmouth	15/05/14
LJ	2.91m	EAL, Norwich	04/05/14
Howler	17.02m	Quadkids, Thetford	18/05/14
SLJ	1.75m	Quadkids, Thetford	18/05/14
VJ	28cm	Sportshall, Taverham	12/10/13
SB	48	Sportshall, UEA	11/01/14
TJav	7.5m	Sportshall, Taverham	01/03/14

Frances Fairs

100m	18.1s	EAL, Norwich	04/05/14
HJ	1.10m	EAL, Norwich	04/05/14
SP4kg	7.62m	EAL, Norwich	04/05/14
Discus	18.15m	EAL, Norwich	04/05/14
HT	18.81m	EAL, Norwich	04/05/14

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	2.46.3s	PM, Gt Yarmouth	25/04/13
LJ	2.62m	PM, Gt Yarmouth	25/04/13
SP2k	3.69m	PM, Gt Yarmouth	25/04/13

Vicki Fairs

DT	12.76m	EAL, Norwich	04/05/14
----	--------	--------------	----------

Grace Forster

60m	10.1s	Norfolk CC, Norwich	25/05/14
75m	12.5s	Quadkids, Norwich	20/07/13
80m	13.4s	PM, Gt Yarmouth	31/07/13
600m	2.02.8s	Norfolk CC, Norwich	25/05/14
800m	3.04.4s	PM, Gt Yarmouth	31/07/13
LJ	2.99m	PM, Gt Yarmouth	22/08/13
Howler	13.62m	Quadkids, Thetford	18/05/14
SLJ	1.85m	Quadkids, Thetford	18/05/14
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	3.58.3s	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	15.9s	Interclub, Gt Yarmouth	11/05/14
600m	2.39.5s	PM, Gt Yarmouth	25/04/13
800m	3.17.0s	Interclub, Gt Yarmouth	11/05/14
LJ	2.95m	Interclub, Gt Yarmouth	11/05/14
SP2.72k	5.62m	EAL, Norwich	04/05/14
JT 400g	10.43m	PM, Gt Yarmouth	22/08/13
DT0.75k	13.80m	Open, Gt Yarmouth	15/05/14
Howler	19.22m	Interclub, Gt Yarmouth	11/05/14
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

Michaela Gooch

LJ	3.40m	EAL, Norwich	04/05/14
SP4kg	6.19m	EAL, Norwich	04/05/14
JT	13.78m	PM, Gt Yarmouth	22/08/13
HT	14.55m	EAL, Ipswich	14/07/13
DT	13.59m	EAL, Bury	01/09/13

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

60m	9.9s	Norfolk CC, Norwich	25/05/14
75m	12.7s	Interclub, Gt Yarmouth	11/05/14
80m	12.8s	EAL, Bury	01/09/13
100m	15.9s	Open, Gt Yarmouth	15/05/14
600m	2.23.0s	EAL, Gt Yarmouth	23/06/13
800m	3.28.3s	Open, Gt Yarmouth	15/05/14
LJ	3.01m	Open, Gt Yarmouth	15/05/14
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	11.8s	Open, Gt Yarmouth	17/04/14
100m	14.0s	Open, Gt Yarmouth	15/05/14
150m	23.6s	Open, Gt Yarmouth	17/04/14
200m	31.3s	EAL, Norwich	04/05/14
70mH	14.1s	EAL, Norwich	04/05/14
800m	3:06.0s	Interclub, Gt Yarmouth	11/05/14
LJ	3.55m	Interclub, Gt Yarmouth	11/05/14

DT 0.75kg	11.04m	Open, Gt Yarmouth	15/05/14
SP2.72k	4.14m	PM, Gt Yarmouth	25/04/13
JT 400g	15.00m	EAL, Norwich	04/05/14
Howler	22.99m	Quadkids, Thetford	18/05/14

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

Maisie Howes

100m	17.4s	Open, Gt Yarmouth	15/05/14
200m	29.5s	Open, Gt Yarmouth	15/05/14

Discus 0.75kg	8.47m	Open, Gt Yarmouth	15/05/14
---------------	-------	-------------------	----------

Harriet Lyman

100m	15.1s	Interclub, Gt Yarmouth	11/05/14
150m	25.0s	PM, Gt Yarmouth	25/04/13
200m	32.6s	EAL, Bury	01/09/13
300m	50.5s	EAL, Norwich	04/05/14
800m	2:51.3s	EAL, Norwich	04/05/14
1500m	6.25.4s	EAL, Norwich	12/05/13
75mh	15.6s	EAL, Ipswich	14/07/13

LJ	3.59m	PM, Gt Yarmouth	25/04/13
----	-------	-----------------	----------

SP3k	4.54m	EAL, Norwich	04/05/14
SP2.72k	5.35m	EAL, Bury	01/09/13
Howler	19.45m	Interclub, Gt Yarmouth	11/05/14

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	14.3s	Interclub, Gt Yarmouth	11/05/14
600m	2:33.5s	Open, Gt Yarmouth	17/04/14

LJ	2.24m	Interclub, Gt Yarmouth	11/05/14
----	-------	------------------------	----------

Howler	10.67m	Quadkids, Thetford	18/05/14
SLJ	1.58m	Quadkids, Thetford	18/05/14
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	13.7s	Suffolk CC, Ipswich	25/05/14
200m	28.5s	Suffolk CC, Ipswich	25/05/14
800m	3:07.5s	Quadkids, Norwich	21/07/13

LJ	4.79m	Suffolk CC, Ipswich	25/05/14
----	-------	---------------------	----------

Howler	18.76m	Quadkids, Thetford	18/05/14
--------	--------	--------------------	----------

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	13.4s	Quadkids, Thetford	18/05/14
80m	14.6s	EAL, Norwich	04/05/14
100m	17.4s	Open, Gt Yarmouth	15/05/14
600m	2:13.2s	EAL, Norwich	04/05/14
800m	3:07.8s	Open, Gt Yarmouth	15/05/14

LJ	2.62m	Open, Gt Yarmouth	15/05/14
----	-------	-------------------	----------

Howler	28.62m	Quadkids, Thetford	18/05/14
SP	3.87m	EAL, Norwich	04/05/14

SLJ	1.55m	Quadkids, Thetford	18/05/14
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

100m	16.7s	Interclub, Gt Yarmouth	11/05/14
200m	35.2s	Interclub, Gt Yarmouth	11/05/14
800m	3:13.4s	Interclub, Gt Yarmouth	11/05/14
1500m	6:26.8s	EAL, Norwich	04/05/14
3000m	13:45.5s	Open, Gt Yarmouth	15/05/14

LJ	2.69m	Interclub, Gt Yarmouth	11/05/14
----	-------	------------------------	----------

SP3k	6.56m	Open, Gt Yarmouth	17/04/14
JT	14.85m	Interclub, Gt Yarmouth	11/05/14
DT	13.22m	Open, Gt Yarmouth	15/05/14

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	12.99m	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

Farren Turner

75m	12.0s	Quadkids, Thetford	18/05/14
100m	16.2s	Open, Gt Yarmouth	15/05/14
600m	2:24.0s	Interclub, Gt Yarmouth	15/05/14
LJ	2.78m	Open, Gt Yarmouth	15/05/14
Howler	18.55m	Interclub, Gt Yarmouth	15/05/14
SLJ	1.63m	Quadkids, Thetford	18/05/14