

Waveney Valley AC

Girls PBs (as of 06/12/14)

Emily Archbold

75m	11.5s	Open, Gt Yarmouth	17/04/14
100m	14.3s	EAL, Yarmouth	08/06/14
300m	49.0s	Club Championships, EPA	28/06/14
1500m	6:37.0s	Club Championships, EPA	28/06/14
LJ	4.17m	Club Championships, EPA	28/06/14
HJ	1.35m	Suffolk CC, Ipswich	25/05/14
SP	7.36m	Club Championships, EPA	03/07/14
JT	14.77m	Club Championships, EPA	28/06/14
SLJ	2.15m	Sportshall, Taverham	18/10/14
VJ	51cm	Sportshall, Taverham	12/11/13
SB	75	Sportshall, Ipswich	29/11/14
SP3.25k	7.23m	Sportshall, Kings Lynn	15/11/14
SP3kg	7.50m	Sportshall, Ipswich	29/11/14

Karen Archbold

800m	2:51.1s	EAL, Yarmouth	08/06/14
1500m	5:47.2s	EAL, Yarmouth	08/06/14
LJ	2.15m	EAL, Norwich	04/05/14

Maddie Archbold

75m	12.7s	Quadkids, Thetford	18/05/14
80m	14.0s	EAL, Bury	17/08/14
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	5.14m	Sportshall, Ipswich	29/11/14
VJ	29cm	Sportshall, Taverham	12/10/13
SB	50	Sportshall, Ipswich	29/11/14

Abeni Beckham

75m	12.0s	Quadkids, Gt Yarmouth	20/07/14
80m	13.7s	EAL, Norwich	04/05/14

100m	16.4s	Open, Yarmouth	15/05/14
600m	2:06.0s	Quadkids, Norwich	22/06/14
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	1.84m	Quadkids, Norwich	22/06/14
STJ	5.50m	Sportshall, Ipswich	04/10/14
VJ	42	Sportshall, Taverham	06/12/14
SB	44	Sportshall, UEA	11/01/14
SBT	5.5m	Sportshall, Kings Lynn	30/11/13

Naomi Boots

SLJ	1.58m	Sportshall, Taverham	18/10/14
STJ	4.62m	Sportshall, Ipswich	08/11/14
VJ	31	Sportshall, Ipswich	08/11/14
SB	68	Sportshall, Taverham	06/12/14
SP3.25kg	3.67m	Sportshall, Taverham	18/10/14

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

Tracy Cone

100m	17.3s	EAL, Yarmouth	08/06/14
LJ	3.13m	EAL, Bury	17/08/14
SP	5.37m	EAL, Ipswich	06/07/14
JT	13.12m	EAL, Ipswich	06/07/14

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
1500m	7:24.0s	Club Championships, EPA	28/06/14
LJ	2.57m	Interclub, Gt Yarmouth	11/05/14
HJ	1.10m	Club Championships, EPA	03/07/14

SP3k	5.86m	Club Championships, EPA	03/07/14
DT	13.22m	EAL, Ipswich	06/07/14
JT500	15.30m	EAL, Ipswich	06/07/14

SLJ	1.70m	Sportshall, Taverham	06/12/14
STJ	5.01m	Sportshall, Kings Lynn	30/11/13
VJ	49cm	Sportshall, Kings Lynn	15/11/14
SB	63	Sportshall, Kings Lynn	15/11/14
SP3.25k	6.33m	Sportshall, UEA	11/01/14
SP3kg	6.21m	Sportshall, Taverham	06/12/14

Tamsin Desborough

400m	81.8s	EAL, Yarmouth	08/06/14
800m	3:03.7s	EAL, Yarmouth	08/06/14

DT	12.67m	EAL, Yarmouth	08/06/14
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Caren Elvin

LJ	3.07m	EAL, Ipswich	06/07/14
HJ	1.20m	EAL, Yarmouth	08/06/14

Maisie Elvin-Andrews

75m	12.7s	Quadkids, Thetford	18/05/14
80m	13.9s	EAL, Yarmouth	08/06/14
100m	17.0s	Open, Gt Yarmouth	15/05/14
600m	2:16.6s	EAL, Ipswich	06/07/14
800m	3:19.7s	Open, Gt Yarmouth	15/05/14

LJ	2.91m	EAL, Norwich	04/05/14
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Howler	17.02m	Quadkids, Thetford	18/05/14
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SLJ	1.75m	Quadkids, Thetford	18/05/14
STJ	4.56m	Sportshall, Ipswich	29/11/14
VJ	34cm	Sportshall, Taverham	18/10/14
SB	55	Sportshall, Ipswich	29/11/14
CP	4.75m	Sportshall, Taverham	06/12/14
FJav	11.10m	Sportshall, Ipswich	04/10/14

Frances Fairs

100m	18.1s	EAL, Norwich	04/05/14
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LJ	3.29m	EAL, Bury	17/08/14
HJ	1.10m	EAL, Norwich	04/05/14

SP4kg	7.71m	EAL, Bury	17/08/14
Discus	20.24m	EAL, Bury	17/08/14
HT	18.81m	EAL, Norwich	04/05/14

Hazel Fairs

75m	15.6s	Club Championships, EPA	28/06/14
80m	15.7s	EAL, Bury	17/08/14
600m	2:46.3s	PM, Gt Yarmouth	25/04/13
LJ	2.62m	PM, Gt Yarmouth	25/04/13
Howler	10.55m	Club Championships, EPA	28/06/14
VJ	32	Sportshall, Ipswich	29/11/14
SB	39	Sportshall, Kings Lynn	15/11/14
CP	5.00m	Sportshall, Ipswich	29/11/14
FJav	10.00m	Sportshall, Ipswich	08/11/14
SP2k	4.21m	EAL, Bury	17/08/14

Vicki Fairs

SP	5.60m	EAL, Ipswich	06/07/14
JT	11.14m	EAL, Ipswich	06/07/14
DT	12.76m	EAL, Norwich	04/05/14
HT	10.55m	EAL, Ipswich	06/07/14

Grace Forster

60m	10.1s	Norfolk CC, Norwich	25/05/14
75m	12.5s	Quadkids, Norwich	20/07/13
80m	13.2s	EAL, Yarmouth	08/06/14
600m	2:02.8s	Norfolk CC, Norwich	25/05/14
800m	3:04.4s	PM, Gt Yarmouth	31/07/13
LJ	3.52m	Club Championships, EPA	28/06/14
Howler	14.39m	Club Championships, EPA	28/06/14
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
FJav	13.5m	Sportshall, EPA	16/03/13
SBT	4.25m	Sportshall, EPA	16/03/13

Harriet Gooch

100m	15.1s	EAL, Yarmouth	08/06/14
200m	31.5s	Club Championships, EPA	03/07/14
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
HJ	1.00m	Club Championships, EPA	03/07/14

SP2.72k	6.22m	Club Championships, EPA	03/07/14
DT0.75k	13.80m	Open, Gt Yarmouth	15/05/14
JT 400g	15.67m	EAL, Bury	17/08/14
Howler	19.22m	Interclub, Gt Yarmouth	11/05/14

SLJ	1.76m	Sportshall, Kings Lynn	15/11/14
STJ	5.32m	Sportshall, Ipswich	29/11/14
VJ	38cm	Sportshall, EPA	16/03/13
SB	83	Sportshall, Ipswich	08/11/14
SP2.72k	6.90m	Sportshall, Ipswich	29/11/14
FJav	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

100m	15.9s	EAL, Yarmouth	08/06/14
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LJ	3.47m	EAL, Yarmouth	08/06/14
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SP4kg	6.56m	EAL, Yarmouth	08/06/14
DT	13.59m	EAL, Bury	01/09/13
JT	13.78m	PM, Gt Yarmouth	22/08/13
HT	14.55m	EAL, Ipswich	14/07/13

Megan Gow

SLJ	1.50m	Sportshall, Ipswich	08/11/14
STJ	3.76m	Sportshall, Ipswich	08/11/14
VJ	38cm	Sportshall, Ipswich	29/11/14
SB	56	Sportshall, Ipswich	29/11/14
SP 2.72kg	3.70m	Sportshall, Ipswich	04/10/14

Shamara Hammonds

60m	9.9s	Norfolk CC, Norwich	25/05/14
75m	11.4s	Quadkids, Gt Yarmouth	20/07/14
80m	12.1s	EAL, Ipswich	06/07/14
100m	15.9s	Open, Gt Yarmouth	15/05/14
600m	2:14.1s	EAL, Yarmouth	08/06/14
800m	3:28.3s	Open, Gt Yarmouth	15/05/14

LJ 3.27m EAL, Yarmouth 08/06/14

Howler 20.98m Club Championships, EPA 28/06/14

SLJ	1.94m	Sportshall, Taverham	18/10/14
STJ	5.26m	Sportshall, Ipswich	08/11/14
VJ	43cm	Sportshall, Taverham	06/12/14
SB	48	Sportshall, Ipswich	29/11/14
CP	5.00m	Sportshall, Taverham	18/10/14
SBT	6.0m	Sportshall, Kings Lynn	30/11/13

Yvette Hammonds

100m 20.3s EAL, Yarmouth 08/06/14

Ciera Henwood

SLJ	1.82m	Sportshall, Taverham	18/10/14
STJ	4.80m	Sportshall, Taverham	06/12/14
SB	49	Sportshall, Taverham	18/10/14

Taela Hodds

SLJ	1.36m	Sportshall, Taverham	06/12/14
VJ	29cm	Sportshall, Ipswich	04/10/14
CP	4.50m	Sportshall, Taverham	18/10/14
FJav	9.00m	Sportshall, Ipswich	08/11/14

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	29.9s	EAL, Bury	17/08/14
800m	2:59.0s	Club Championships, EPA	28/06/14
70mH	13.3s	EAL, Ipswich	06/07/14

LJ 3.88m Quadkids, Gt Yarmouth 20/07/14

HJ 1.00m Club Championships, EPA 03/07/14

SP2.72k	5.88m	Club Championships, EPA	07/07/14
DT 0.75kg	11.04m	Open, Gt Yarmouth	15/05/14
JT 400g	15.00m	EAL, Norwich	04/05/14
Howler	22.99m	Quadkids, Thetford	18/05/14

SLJ	1.92m	Sportshall, Ipswich	29/11/14
STJ	5.54m	Sportshall, Ipswich	29/11/14
VJ	40cm	Sportshall, Kings Lynn	30/11/13
SB	78	Sportshall, Taverham	01/03/14
SP2.72k	5.82m	Sportshall, UEA	11/01/14
FJav	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	36.2s	Club Championships, EPA	03/07/14
HJ	0.80m	Club Championships, EPA	03/07/14
SP	4.16m	Club Championships, EPA	03/07/14
DT 0.75kg	8.47m	Open, Gt Yarmouth	15/05/14
VJ	37cm	Sportshall, Taverham	18/10/14
SP 3.25kg	4.58m	Sportshall, Taverham	18/10/14

Millie Jackson

75m	15.8s	Club Championships, EPA	28/06/14
600m	3:04.0s	Club Championships, EPA	28/06/14
LJ	1.89m	Club Championships, EPA	28/06/14
Howler	14.88m	Club Championships, EPA	28/06/14

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	48.6s	Club Championships, EPA	03/07/14
800m	2:42.1s	EAL, Ipswich	06/07/14
1500m	6:15.0s	Club Championships	28/06/14
75mh	15.6s	EAL, Ipswich	14/07/13
LJ	3.59m	PM, Gt Yarmouth	25/04/13
HJ	1.25m	EAL, Bury	17/08/14
SP2.72k	5.35m	EAL, Bury	01/09/13
SP3k	5.20m	Club Championships, EPA	03/07/14
JT	15.19m	Club Championships	28/06/14
Howler	19.45m	Interclub, Gt Yarmouth	11/05/14
SLJ	1.81m	Sportshall, Taverham	06/12/14
STJ	5.69m	Sportshall, Kings Lynn	30/11/13
VJ	42cm	Sportshall, Taverham	01/03/14

SB	75	Sportshall, Taverham	06/12/14
SP2.72k	5.88m	Sportshall, Taverham	12/11/13
SP3kg	5.75m	Sportshall, Taverham	06/12/14
SP3.25kg	5.76m	Sportshall, Taverham	18/10/14
FJav	10.75m	Sportshall, EPA	16/03/13
CP	6.3m	Sportshall, EPA	16/03/13

Libby Mayall

75m	14.2s	Club Championships, EPA	28/06/14
80m	14.1s	EAL, Bury	17/08/14
600m	2:22.6s	EAL, Yarmouth	08/06/14

LJ	2.76m	Club Championships, EPA	28/06/14
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SP	3.93m	EAL, Ipswich	06/07/14
Howler	10.67m	Quadkids, Thetford	18/05/14

SLJ	1.58m	Quadkids, Thetford	18/05/14
VJ	29cm	Sportshall, Ipswich	04/10/14
SB	49	Sportshall, Ipswich	29/11/14
SBT	3.5m	Sportshall, Taverham	01/03/14
CP	4.50m	Sportshall, Ipswich	29/11/14

Grace Newlands

STJ	3.86m	Sportshall, Ipswich	08/11/14
VJ	34cm	Sportshall, Taverham	08/11/14
SB	38	Sportshall, Ipswich	08/11/14
CP	4.00m	Sportshall, Taverham	18/10/14

Brooke Oram

75m	13.2s	Quadkids, Kings Lynn	31/08/14
80m	13.8s	EAL, Ipswich	06/07/14
100m	17.4s	Open, Gt Yarmouth	15/05/14
600m	2:11.0s	EAL, Yarmouth	08/06/14
800m	3:07.8s	Open, Gt Yarmouth	15/05/14

LJ	2.70m	Club Championships, EPA	28/06/14
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SP	4.03m	EAL, Yarmouth	08/06/14
Howler	30.96m	Club Championships, EPA	28/06/14

SLJ	1.69m	Quadkids, Norwich	22/06/14
VJ	33cm	Sportshall, Ipswich	29/11/14
SB	45	Sportshall, Kings Lynn	15/11/14
CP	5.00m	Sportshall, Ipswich	04/10/14
FJav	15.00m	Sportshall, Ipswich	08/11/14
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
300m	57.0s	Club Championships, EPA	03/07/14
800m	2:51.7s	EAL, Ipswich	06/07/14
1500m	6:26.8s	EAL, Norwich	04/05/14
3000m	13:45.5s	Open, Gt Yarmouth	15/05/14
LJ	3.17m	Club Championships, EPA	28/06/14
HJ	0.90m	Club Championships, EPA	03/07/14
SP3k	6.56m	Open, Gt Yarmouth	17/04/14
JT	14.85m	Interclub, Gt Yarmouth	11/05/14
DT	16.08m	EAL, Yarmouth	08/06/14
HT	7.70m	EAL, Yarmouth	08/06/14
SLJ	1.59m	Sportshall, Ipswich	04/10/14
VJ	38cm	Sportshall, Ipswich	08/11/14
SB	69	Sportshall, Ipswich	29/11/14
SP3.25k	6.01m	Sportshall, Taverham	12/11/13

Farren Turner

75m	12.0s	Quadkids, Thetford	18/05/14
100m	16.2s	Open, Gt Yarmouth	15/05/14
600m	2:17.0s	Quadkids, Gt Yarmouth	20/07/14
LJ	2.86m	Club Championships, EPA	28/06/14
Howler	18.55m	Interclub, Gt Yarmouth	15/05/14
SLJ	1.73m	Sportshall, Ipswich	08/11/14
VJ	33cm	Sportshall, Ipswich	29/11/14
SB	50	Sportshall, Taverham	06/12/14
CP	5.00m	Sportshall, Ipswich	04/10/14

Mia Williams

800m	2:54.0s	EAL, Yarmouth	08/06/14
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