

## Waveney Valley AC

### Girls PBs (as of 08/04/15)

#### **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
CP	4.75m	Sportshall, EPA	14/02/15

#### **Abeni Beckham**

75m	12.0s	Quadkids, Gt Yarmouth	20/07/14
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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	1.86m	Sportshall, EPA	14/02/15
STJ	6.05m	Sportshall, UEA	10/01/15
VJ	42	Sportshall, Taverham	06/12/14
SB	49	Sportshall, EPA	14/02/15
SBT	5.5m	Sportshall, Kings Lynn	30/11/13
CP	5.25m	Sportshall, EPA	14/02/15
FJav	16.50m	Sportshall, UEA	10/01/15

#### Naomi Boots

200m	38.0s	Performance, Norwich	08/04/15
800m	3:08.6s	Performance, Norwich	08/04/15
LJ	2.69m	Performance, Norwich	08/04/15
SLJ	1.62m	Sportshall, EPA	14/02/12
STJ	4.81m	Sportshall, UEA	10/01/15
VJ	31	Sportshall, Ipswich	08/11/14
SB	74	Sportshall, EPA	14/02/15
SP3.25kg	5.57m	Sportshall, EPA	14/02/15

#### 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	6.59m	Sportshall, EPA	14/02/15

#### **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	3:10.1s	Performance, Norwich	08/04/15

LJ	2.95m	Performance, Norwich	08/04/15
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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	5.00m	Sportshall, EPA	14/02/15
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
100m	19.5s	Performance, Norwich	08/04/15
600m	2:46.3s	PM, Gt Yarmouth	25/04/13

LJ 2.62m PM, Gt Yarmouth 25/04/13

JT400g	6.88m	Performance, Norwich	08/04/15
Howler	10.55m	Club Championships, EPA	28/06/14

SLJ	1.32m	Sportshall, EPA	14/02/15
VJ	32cm	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

**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
LJ	3.47m	EAL, Yarmouth	08/06/14
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

#### **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	51	Sportshall, EPA	14/02/15
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
<b>Taela Hodds</b>			
SLJ	1.36m	Sportshall, Taverham	06/12/14
VJ	29cm	Sportshall, Ipswich	04/10/14
SB	35	Sportshall, EPA	14/02/15
CP	4.75m	Sportshall, Taverham	07/03/15
FJav	9.00m	Sportshall, Ipswich	08/11/14
<b>Mia Hopson</b>			
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	4.10m	Performance, Norwich	08/04/15
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	2.12m	Sportshall, EPA	14/02/15
STJ	5.63m	Sportshall, UEA	10/01/15
VJ	40cm	Sportshall, Kings Lynn	30/11/13
SB	78	Sportshall, Taverham	01/03/14
SP2.72k	7.65m	Sportshall, Taverham	07/03/15
FJav	12.75m	Sportshall, EPA	16/03/13
SBT	6.25m	Sportshall, Taverham	01/03/14
<b>Maisie Howes</b>			
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
<b>Millie Jackson</b>			
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
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Howler	14.88m	Club Championships, EPA	28/06/14
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### Harriet Lyman

100m	15.1s	Interclub, Gt Yarmouth	11/05/14
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150m	25.0s	PM, Gt Yarmouth	25/04/13
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200m	32.6s	EAL, Bury	01/09/13
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300m	48.6s	Club Championships, EPA	03/07/14
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800m	2:42.1s	EAL, Ipswich	06/07/14
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1500m	6:15.0s	Club Championships	28/06/14
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75mh	15.6s	EAL, Ipswich	14/07/13
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LJ	3.59m	PM, Gt Yarmouth	25/04/13
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HJ	1.25m	EAL, Bury	17/08/14
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SP2.72k	5.35m	EAL, Bury	01/09/13
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SP3k	5.20m	Club Championships, EPA	03/07/14
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JT	15.19m	Club Championships	28/06/14
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Howler	19.45m	Interclub, Gt Yarmouth	11/05/14
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SLJ	1.93m	Sportshall, Hatfield	22/03/15
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STJ	5.69m	Sportshall, Kings Lynn	30/11/13
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VJ	42cm	Sportshall, Taverham	01/03/14
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SB	76	Sportshall, EPA	14/02/15
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SP2.72k	5.88m	Sportshall, Taverham	12/11/13
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SP3kg	5.75m	Sportshall, Taverham	06/12/14
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SP3.25kg	5.76m	Sportshall, Taverham	18/10/14
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FJav	10.75m	Sportshall, EPA	16/03/13
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CP	6.3m	Sportshall, EPA	16/03/13
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### Libby Mayall

75m	14.2s	Club Championships, EPA	28/06/14
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80m	14.1s	EAL, Bury	17/08/14
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600m	2:22.6s	EAL, Yarmouth	08/06/14
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LJ	2.76m	Club Championships, EPA	28/06/14
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SP	3.93m	EAL, Ipswich	06/07/14
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Howler	10.67m	Quadkids, Thetford	18/05/14
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SLJ	1.58m	Quadkids, Thetford	18/05/14
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VJ	29cm	Sportshall, Ipswich	04/10/14
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SB	49	Sportshall, Ipswich	29/11/14
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SBT	3.5m	Sportshall, Taverham	01/03/14
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CP	4.50m	Sportshall, Ipswich	29/11/14
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**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

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

STJ 4.55m Sportshall, UEA 10/01/15

VJ 33cm Sportshall, Ipswich 29/11/14

SB 49 Sportshall, EPA 14/02/15

CP 5.00m Sportshall, Ipswich 04/10/14

FJav 18.00m Sportshall, Hatfield 22/03/15

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 1.64m Sportshall, EPA 14/02/15

VJ 38cm Sportshall, Ipswich 08/11/14

SB 69 Sportshall, Ipswich 29/11/14

SP3kg 7.12m Sportshall, Hatfield 22/03/15

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	1.84m	Sportshall, EPA	14/02/15
VJ	33cm	Sportshall, Ipswich	29/11/14
SB	53	Sportshall, EPA	14/02/15
CP	5.00m	Sportshall, Ipswich	04/10/14

**Mia Williams**

100m	14.5s	Performance, Norwich	08/04/15
200m	30.9s	Performance, Norwich	08/04/15
800m	2:54.0s	EAL, Yarmouth	08/06/14