

## Waveney Valley AC

### Girls PBs (as of 24/05/15)

#### **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	16.5s	Inter-Club, Gt Yarmouth	10/05/15
200m	37.5s	EAL, Norwich	03/05/15
600m	2:21.0s	Interclub, Yarmouth	11/05/14
800m	3:14.8s	EAL, Norwich	03/05/15
70mH	15.8s	Suffolk CC, Ipswich	24/05/15
LJ	3.09m	Inter-Club, Gt Yarmouth	10/05/15
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	11.8s	PM, Gt Yarmouth	23/04/15
80m	13.7s	EAL, Norwich	04/05/14
100m	15.0s	Suffolk CC, Ipswich	24/05/15
600m	2:05.0s	PM, Gt Yarmouth	23/04/15
800m	2:57.2s	Inter-Club, Gt Yarmouth	10/05/15
LJ	4.14m	Suffolk CC, Ipswich	24/05/15
HJ	1.25m	Inter-Club, Gt Yarmouth	10/05/15
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	36.6s	Inter-Club, Gt Yarmouth	10/05/15
800m	3:08.6s	Performance, Norwich	08/04/15
1500m	6:35.3s	EAL, Norwich	03/05/15
LJ	2.74m	Inter-Club, Gt Yarmouth	10/05/15
SP2.72kg	4.15m	EAL, Norwich	03/05/15
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

**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	3:05.1s	EAL, Norwich	03/05/15
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	6.40m	Inter-Club, Gt Yarmouth	10/05/15
DT	13.22m	EAL, Ipswich	06/07/14

JT500	17.07m	Inter-Club, Gt Yarmouth	10/05/15
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

### Tracy Cone

100m	17.3s	EAL, Yarmouth	08/06/14
LJ	3.13m	EAL, Bury	17/08/14
SP	5.38m	PM, Gt Yarmouth	23/04/15
JT	13.12m	EAL, Ipswich	06/07/14

### 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	16.9s	Inter-Club, Gt Yarmouth	10/05/15
600m	2:16.6s	EAL, Ipswich	06/07/14
800m	3:10.1s	Performance, Norwich	08/04/15
70mH	17.4s	EAL, Norwich	03/05/15
LJ	2.95m	Performance, Norwich	08/04/15
SP2.72kg	3.68m	EAL, Norwich	03/05/15
Howler	17.02m	Quadkids, Thetford	18/05/14
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
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
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JT400g	7.81m	EAL, Norwich	03/05/15
SP2.72kg	4.37m	EAL, Norwich	03/05/15
DT	9.08m	EAL, Norwich	03/05/15
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
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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
SP3kg	6.04m	EAL, Norwich	03/05/15
DT0.75k	13.80m	Open, Gt Yarmouth	15/05/14
DT1kg	10.47m	EAL, Norwich	03/05/15
JT400g	15.67m	EAL, Bury	17/08/14
JT500g	13.14m	Inter-Club, Gt Yarmouth	10/05/15
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	14.7s	Inter-Club, Gt Yarmouth	10/05/15
200m	33.2s	Suffolk CC, Ipswich	24/05/15
600m	2:14.1s	EAL, Yarmouth	08/06/14
800m	3:18.7s	Inter-Club, Gt Yarmouth	10/05/15
70mH	15.0s	Suffolk CC, Ipswich	24/05/15
LJ	3.32m	Inter-Club, Gt Yarmouth	10/05/15
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
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### **Taela Hodds**

75m	13.3s	PM, Gt Yarmouth	23/04/15
100m	17.0s	Inter-Club, Gt Yarmouth	10/05/15

LJ	2.30m	PM, Gt Yarmouth	23/04/15
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SP2.72kg	4.21m	Inter-Club, Gt Yarmouth	10/05/15
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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

### **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	29.6s	Inter-Club, Gt Yarmouth	10/05/15
800m	2:59.0s	Club Championships, EPA	28/06/14
70mH	13.3s	EAL, Ipswich	06/07/14
75mH	13.6s	PM, Gt Yarmouth	23/04/15

LJ	4.16m	PM, Gt Yarmouth	23/04/15
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HJ	1.00m	Club Championships, EPA	03/07/14
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SP3kg	7.57m	Suffolk CC, Ipswich	24/05/15
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
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### **Millie Jackson**

75m	15.8s	Club Championships, EPA	28/06/14
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600m	3:04.0s	Club Championships, EPA	28/06/14
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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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### **Daisy Knights**

75m	12.8s	PM, Gt Yarmouth	23/04/15
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80m	13.7s	EAL, Norwich	03/05/15
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600m	2:21.5	EAL, Norwich	03/05/15
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LJ	3.06m	EAL, Norwich	03/05/15
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Howler	10.22m	PM, Gt Yarmouth	23/04/15
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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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JT500g	16.06m	Inter-Club, Gt Yarmouth	10/05/15
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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	13.5s	PM, Gt Yarmouth	23/04/15
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80m	14.1s	EAL, Bury	17/08/14
100m	18.1s	EAL, Norwich	03/05/15
200m	37.4s	Inter-Club, Gt Yarmouth	10/05/15
600m	2:22.6s	EAL, Yarmouth	08/06/14
800m	3:22.9s	Inter-Club, Gt Yarmouth	10/05/15
70mH	16.4s	EAL, Norwich	03/05/15

LJ 2.76m Club Championships, EPA 28/06/14

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

### Brooke Oram

75m 13.2s Quadkids, Kings Lynn 31/08/14  
 80m 13.8s EAL, Ipswich 06/07/14  
 100m 16.3s Inter-Club, Gt Yarmouth 10/05/15  
 200m 33.6s Suffolk CC, Ipswich 24/05/15  
 600m 2:11.0s EAL, Yarmouth 08/06/14  
 800m 2:49.4s Inter-Club, Gt Yarmouth 10/05/15  
 1500m 5:42.8s Suffolk CC, Ipswich 24/05/15

LJ 2.70m Club Championships, EPA 28/06/14

SP2.72kg 4.03m EAL, Yarmouth 08/06/14  
 DT 11.50m EAL, Norwich 03/05/15  
 JT 14.82m Inter-Club, Gt Yarmouth 10/05/15  
 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 33.2s Inter-Club, Gt Yarmouth 10/05/15  
 300m 57.0s Club Championships, EPA 03/07/14  
 800m 2:51.7s EAL, Ipswich 06/07/14  
 1500m 5:57.1s Open, Gt Yarmouth 07/08/14



Mile	6:31.9s	PM, Gt Yarmouth	23/04/15
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
JT500g	16.39m	Inter-Club, Gt Yarmouth	10/05/15
DT	27.73m	Suffolk CC, Ipswich	24/05/15
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

### **Laila Spurgeon**

80m	15.7s	EAL, Norwich	03/05/15
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LJ	2.40m	EAL, Norwich	03/05/15
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### **Farren Turner**

75m	12.0s	Quadkids, Thetford	18/05/14
100m	16.2s	Open, Gt Yarmouth	15/05/14
200m	33.8s	EAL, Norwich	03/05/15
600m	2:17.0s	Quadkids, Gt Yarmouth	20/07/14
800m	3:20.1s	Inter-Club, Gt Yarmouth	10/05/15

LJ	3.30m	Inter-Club, Gt Yarmouth	10/05/15
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SP2.72kg	5.01m	EAL, Norwich	03/05/15
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-Mathers**

75m	10.9s	PM, Gt Yarmouth	23/04/15
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