

# Waveney Valley A.C Club Records

(as of 31/10/2020)

## U11 Boys

## U11 Girls

60m	Joel Burgess	8.9s	Norfolk CC, Kings Lynn	24/05/2015
75m	Joel Burgess	11.0s	Quadkids, Gt Yarmouth	05/07/2015
80m	Joel Burgess	11.6s	Club Championships, EPA	11/07/2015
100m	Joel Burgess	14.8s	Performance Meeting, Gt Yarmouth	30/06/2015
600m	Joel Burgess	1:49.0s	Quadkids, Kings Lynn	16/08/2015
	James Burgess	1:49.0s	East Anglian League, Ipswich	16/07/2017
800m	Finn Howes	2:48.1s	Performance Meeting, Gt Yarmouth	30/06/2015
LJ	Joel Burgess	3.85m	East Anglian League, Bury	09/08/2015
SP	Ethan Hodds	6.25m	East Anglian League, Bury	09/08/2015
Howler	Theo Hudson	35.70m	Club Championships, East Point	28/06/2014
4x100m	Burgess/Howes Hudson/Harvey	66.9s	Interclub, Gt Yarmouth	11/05/2014
SLJ	Joel Burgess	1.95m	Quadkids, Ipswich	22/08/2015

60m	Tia Duncan	9.6s	Performance Meeting, Gt Yarmouth	13/04/2017
75m	Shamara Hammonds	11.6s	Quadkids, Norwich	22/06/2014
80m	Shamara Hammonds	12.1s	East Anglian League, Ipswich	06/07/2014
100m	Shamara Hammonds	15.9s	Open, Gt Yarmouth	15/05/2014
600m	Grace Forster	2:02.8s	Norfolk CC, Norwich	25/05/2014
800m	Agatha Gouldby	3:04.2s	Performance Meeting, Gt Yarmouth	15/06/2017
LJ	Agatha Gouldby	3.62m	East Anglian League, Bury	20/08/2017
SP	Milly Weddle	5.21m	EAL, Gt Yarmouth	11/06/2017
			East Anglian League, Bury	20/08/2017
Howler	Brooke Oram	30.96m	Club Championships, East Point	28/06/2014
SLJ	Ana Colbridge	2.00m	Suffolk Quadkids, Ipswich	08/06/2019

### Quadkids Overall Points

### Quadkids Overall Points

Joel Burgess      244 points      QuadKids, Ipswich      22/08/2015

Agatha Gouldby      210 points      Quadkids, Yarmouth      09/07/2017

# Waveney Valley A.C Club Records

(as of 31/10/2020)

U13 Boys					U13 Girls				
i60m	James McAllen	8.28	Lee Valley Open, Lee Valley	22/02/2020	i60m	Gabby Wright	9.40s	London Indoor Games, Lee Valley	21/01/2018
60m	James Burgess	8.8	Performance Meeting, Gt Yarmouth	11/04/2019	60m	Isabella Christmas-Ablett	9.3s	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Max Birtwistle	11.3s	Performance Meeting, Gt Yarmouth	23/04/2015	75m	Hannah Mayne	10.8s	Performance Meeting, Gt Yarmouth	17/04/2014
100m	James McAllen	12.7	CONAC Open, Norwich	15/08/2020	100m	Hannah Mayne	13.6s	EAL, Gt Yarmouth	08/06/2014
150m	Joel Burgess	21.2s	Performance Meeting, Gt Yarmouth	21/04/2017	150m	Hannah Mayne	21.9s	Performance Meeting, Gt Yarmouth	17/04/2014
200m	James McAllen	26.1	CONAC Open, Norwich	12/09/2020	200m	Hannah Mayne	28.5s	Suffolk CC, Ipswich	25/05/2014
i200m	James McAllen	27.8	Lee Valley Open, Lee Valley	22/02/2020	i200m	Gabby Wright	31.01	London Indoor Games, Lee Valley	21/01/2018
600m	James Burgess	1:48.0s	Performance Meeting, Gt Yarmouth	11/04/2019	600m	Gabby Wright	2:00.04s	Performance Meeting, Gt Yarmouth	04/04/2018
800m	James McAllen	02:11.5	CONAC Open, Norwich	18/09/2020	800m	Gabby Wright	2:43.6s	EYAL, Ipswich	06/05/2018
i800m	James McAllen	02:23.5	Lee Valley Open, Lee Valley	22/02/2020					
1500m	James McAllen	04:31.4	CONAC Open, Norwich	31/10/2020	1500m	Brooke Oram	5:42.8s	Suffolk County Champs, Ipswich	24/05/2015
3000m	Jack Gooch	12:20.2s	Performance Meeting, Gt Yarmouth	16/06/2017	Mile	D'Arcie Ives	06:10.1	Performance Meeting, Gt Yarmouth	13/04/2017
Mile	William Browne	5:54.6s	Performance Meeting, Gt Yarmouth	05/04/2018	i60mH	Abeni Beckham	10.93	Pentathlon, Lee Valley	27/03/2016
i60mH	Cohen Copeman	12.73	Lee Valley Open, Lee Valley	22/02/2020	70mH	Abeni Beckham	12.9s	EYAL, Ipswich	03/07/2016
70mH	Tai Elvin-Andrews	15.5s	Performance Meeting, Gt Yarmouth	31/07/2013	LJ	Hannah Mayne	4.79m	Suffolk CC, Ipswich	25/05/2014
75mH	Finn Howes	13.6s	East Anglian League Final, Bury	17/09/2017	HJ	Abeni Beckham	1.40m	EYAL, Ipswich	03/07/2016
LJ	Joel Burgess	4.85m	East Anglian League, Bury	20/08/2017	SP	Agatha Gouldby	8.38m	EAL, Ipswich	21/07/2019
HJ	Bruno Hargadon	1.37m	East Anglian League, Ipswich	19/07/2015	JT	Emma Witherington	23.12m	East Anglian League Final, Bury	08/09/2019
SP3.25kg	Michael Van Haren	10.51m	Inter County, Kingston	31/07/2016	DT	Milly Weddle	15.93m	EYAL, Ipswich	14/04/2019
SP3kg	Alfie Girling	9.58m	CONAC Open, Norwich	31/10/2020	Howler	Brooke Oram	32.97m	QuadKids, Gt Yarmouth	05/07/2015
JT	Bruno Hargadon	26.56m	Club Championships, East Point	11/07/2015	4x100m	Hammonds/Beckham	58.64s	EAL, W'Ford Grn	08/05/2016
DT	Michael Van Haren	30.26m	East Anglian League, Bury	18/09/2016		English/MacKenzie-Websdale			
HT	Tom Supple	12.52m	EAL, Cambridge	04/08/2019					
Howler	Jude Benson-Smith	41.1	Suffolk Quadkids, Ipswich	08/06/2019					
4x100m	McAllen, Copeman Benson-Smith, Ja Burgess	57.1	East Anglian League Final, Bury	08/09/2019					





# Waveney Valley A.C Club Records

(as of 31/10/2020)

Senior Men					Senior Women				
60m	Mason Hodds	7.6s	Performance Meeting, Gt Yarmouth	13/04/2017	60m	Tracy Cone	10.3s	Performance Meeting, Gt Yarmouth	13/04/2017
i60m	Mason Hodds	7.58s	London Indoor Games, Lee Valley	29/01/2017	100m	Michaela Gooch	15.9s	East Anglian League, Yarmouth	08/06/2014
100m	Mason Hodds	11.5s	Anglian Schools, Cambridge	18/06/2017	400m	Tamsin Desborough	81.8s	East Anglian League, Yarmouth	08/06/2014
	Leon Field	11.5s	EAL, Ipswich	12/08/2018	800m	Samantha Lines	2:14.72s	Performance Meeting, Gt Yarmouth	26/05/2016
150m	Mason Hodds	17.6s	Performance Meeting, Gt Yarmouth	13/04/2017	1500m	Rose Nicholson	4:51.41s	Eastern Counties AA, Cambridge	25/06/2016
200m	Leon Field	23.4s	EAL, Ipswich	12/08/2018	1500sc	Rose Nicholson	6:05.6s	Suffolk County Champs, Bury	15/05/2016
400m	Josh Mayston	56	EAL, Norwich	26/05/2019	3000m	Rose Nicholson	10:18.7	Eastern Counties AA, Cambridge	25/06/2016
800m	Matt Jeffries	2:10.1s	Open, Gt Yarmouth	26/05/2016	5000m	Rose Nicholson	18:21.5s	Suffolk County Champs, Bury	15/05/2016
1500m	Chris McAllen	05:10.1	EAL, Yarmouth	23/06/2019	LJ	Rose Nicholson	3.78m	East Anglian League, Yarmouth	12/06/2016
Mile	Chris Pimlott	5:22.4s	Performance Meeting, Gt Yarmouth	14/04/2016	HJ	Caren Elvin	1.20m	East Anglian League, Yarmouth	08/06/2014
3000m	Matt Jeffries	9:11.9s	Performance Meeting, Gt Yarmouth	16/06/2017	JT	Michaela Gooch	18.25m	EAL, Bury St Edmunds	18/06/2018
110mH	Leon Field (106.7cm)	17.3	EAL, Bury St Edmunds	17/06/2018	SP	Frances Fairs	7.71m	East Anglian League, Bury	17/08/2014
110mH	Leon Field (99.1cm)	16.8	Anglian Schools, UEA Norwich	16/06/2018	HT	Frances Fairs	18.81m	East Anglian League, Norwich	04/05/2014
LJ	Josh Mayston	5.53m	EAL, Yarmouth	23/06/2019	DT	Frances Fairs	20.24m	East Anglian League, Bury	17/08/2014
TJ	Mason Hodds	12.18m	Suffolk County Champs, Ipswich	14/05/2017	4x100m	Gooch/Archbold Cone/Elvin	66.3s	EAL, Yarmouth	08/06/2014
HJ	James Russell	1.76m	EAL, Cambridge	04/08/2019					
SP	Mason Hodds	9.89m	East Anglian League, Ipswich	23/04/2017					
DT	Gary Elvin	26.74m	Suffolk County Champs, Ipswich	24/05/2015					
JT	Gary Elvin	32.82m	East Anglian League, Bury	09/08/2015					
HT	Gary Elvin	20.35m	East Anglian League, Gt Yarmouth	21/06/2015					
4x100	Russell/Mayston Covill/Russell	51.5	EAL, Norwich	26/05/2019					