

Waveney Valley A.C Club Records

(as of 30/10/2025)

U11 Boys				
60m	Joel Burgess	8.9s	Norfolk County Champs, 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	Cody Holland	2:45.3s	British Biathlon Champs, Redditch	11/03/2023
LJ	Joel Burgess	3.85m	East Anglian League, Bury St Edmund:	09/08/2015
SP	Ethan Hodds	6.25m	East Anglian League, Bury St Edmund:	09/08/2015
Howler	Theo Hudson	35.70m	Club Championships, East Point	28/06/2014
4x100m	Burgess/Howes	66.9s	Interclub, Gt Yarmouth	11/05/2014
	Hudson/Harvey			
SLJ	MIKEY GODBOLD	1.99m	Quadkids, King's Lynn	12/07/2025

Quadkids Overall Points

Joel Burgess	244 points	QuadKids, Ipswich	22/08/2015
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U13 Boys				
i60m	James McAllen	8.28s	Lee Valley Open, Lee Valley	22/02/2020
60m	James Burgess	8.8s	Performance Meeting, Gt Yarmouth	11/04/2019
75m	Max Birtwistle	11.3s	Performance Meeting, Gt Yarmouth	23/04/2015
100m	James McAllen	12.7s	Athletics Norfolk Open, Norwich	15/08/2020
150m	Joel Burgess	21.2s	Performance Meeting, Gt Yarmouth	21/04/2017
200m	James McAllen	26.1s	Athletics Norfolk Open, Norwich	12/09/2020
i200m	James McAllen	27.8s	Lee Valley Open, Lee Valley	22/02/2020
600m	James Burgess	1:48.0s	Performance Meeting, Gt Yarmouth	11/04/2019
800m	James McAllen	2:11.5s	Athletics Norfolk Open, Norwich	18/09/2020
i800m	James McAllen	2:23.5s	Lee Valley Open, Lee Valley	22/02/2020
1500m	James McAllen	4:31.1s	Athletics Norfolk Open, Norwich	31/10/2020
3000m	Jack Gooch	12:20.2s	Performance Meeting, Gt Yarmouth	16/06/2017
Mile	Cody Holland	5:05.46s	Athletics Norfolk Open, Norwich	27/08/2025
i60mH	Cohen Copeman	12.73s	Lee Valley Open, Lee Valley	22/02/2020
70mH	Tai Elvin-Andrews	15.5s	Performance Meeting, Gt Yarmouth	31/07/2013
75mH	Finn Howes	13.6s	East Anglian League Final, Bury	17/09/2017
LJ	Joel Burgess	4.85m	East Anglian League, Bury	20/08/2017
HJ	Bruno Hargadon	1.37m	East Anglian League, Ipswich	19/07/2015
SP3.25kg	Michael Van Haren	10.51m	InterCounties, Kingston-Upon-Thames	31/07/2016
SP3kg	Alfie Girling	9.58m	Athletics Norfolk Open, Norwich	31/10/2020
JT	Bruno Hargadon	26.56m	Club Championships, East Point	11/07/2015
DT	Michael Van Haren	30.26m	East Anglian League, Bury St Edmund:	18/09/2016
HT	Tom Supple	12.52m	East Anglian League, Cambridge	04/08/2019
Howler	Joe Armes	44.77m	Quadkids, Norwich	11/08/2024
4x100m	McAllen, Copeman	57.1m	East Anglian League Final, Bury	08/09/2019
	Benson-Smith, Ja Burgess			

U15 Boys				
i60m	Joel Burgess	8.06s	Lee Valley Open	24/03/2019
60m	Joel Burgess	8.3s	Performance Meeting, Gt Yarmouth	11/04/2019
	Vaughan Beckham	8.3s	Performance Meeting, Gt Yarmouth	11/04/2019
75m	Leon Cousins	11.2s	Performance Meeting, Gt Yarmouth	14/04/2014
100m	James McAllen	12.2s	Athletics Norfolk Open, Norwich	03/09/2022
150m	James McAllen	18.7s	BFTTA Open, Dagenham	26/06/2021
200m	James McAllen	24.3s	East Anglian League, Bury St Edmund:	29/05/2022
i200m	Joel Burgess	25.84s	Lee Valley Open	24/03/2019
300m	James McAllen	37.1s	East Anglian League, Bury St Edmund:	29/05/2022
i300m	Joel Burgess	41.18s	Lee Valley Open	02/03/2019
400m	James McAllen	53.5s	East Anglian League, Norwich	05/06/2022
600m	James McAllen	01:27.0s	Norwich Open	01/04/2022
800m	James McAllen	02:00.6s	England Athletics Champs. Bedford	28/08/2022
1500m	James McAllen	04:11.9s	Watford Open Graded Meeting	24/08/2022
Mile	James McAllen	4:53.9s	Athletics Norfolk Open, Norwich	22/05/2021
3000m	James McAllen	09:21.0s	Athletics Norfolk Open, Norwich	08/04/2022
80mH	Finn Howes	14.3s	EAL, Bury St Edmunds	17/06/2018
LJ	Joel Burgess	5.65m	East Anglian League, Ipswich	21/07/2019
TJ	Joel Burgess	11.64m	Hibbard Trophy, Ipswich	14/09/2019
HJ	Leon Field	1.55m	East Anglian League Final, Bury	13/09/2015
SP4kg	Michael Van Haren	12.50m	EYAL, Colchester	02/06/2018
DT1.25	Michael Van Haren	36.91m	East Anglian League, Great Yarmouth	22/07/2018
JT	Aidan Hewitt	34.50m	Club Championships, East Point	11/07/2015
Ht	Vaughan Beckham	16.97m	East Anglian League, Norwich	26/05/2019
Howler	Aidan Hewitt	59.97m	Quadkids, Ipswich	22/08/2015
4x100m	Burgess/VanHaren	51.7s	East Anglian League, Great Yarmouth	22/07/2018
	Beckham/Browne			

U11 Girls				
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	Megan Chong	01:52.9	East Anglian League, Gt Yarmouth	03/07/2022
800m	Agatha Gouldby	3:04.2s	Performance Meeting, Gt Yarmouth	15/06/2017
1500m	Megan Chong	06:07.6s	Club Championships, East Point	09/05/2022
LJ	Freya Stocking	3.71m	East Anglian League, Bury St Edmunds	29/05/2022
SP	Holly Supple	5.88m	East Anglian League, Norwich	05/09/2021
Howler	Brooke Oram	30.96m	Club Championships, East Point	28/06/2014
SLJ	Freya Stocking	2.04m	Suffolk Quadkids, Bury St Edmunds	09/07/2022

Quadkids Overall Points

Agatha Gouldby	210 points	Quadkids, Yarmouth	09/07/2017
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U13 Girls				
i60m	Gabby Wright	9.40s	London Indoor Games, Lee Valley	21/01/2018
60m	Isabella Christmas-Ablett	9.3s	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Hannah Mayne	10.8s	Performance Meeting, Gt Yarmouth	17/04/2014
100m	Hannah Mayne	13.6s	East Anglian League, Gt Yarmouth	08/06/2014
150m	Hannah Mayne	21.9s	Performance Meeting, Gt Yarmouth	17/04/2014
200m	Hannah Mayne	28.5s	Suffolk County Champs, Ipswich	25/05/2014
i200m	Gabby Wright	31.01s	London Indoor Games, Lee Valley	21/01/2018
600m	Gabby Wright	2:00.04s	Performance Meeting, Gt Yarmouth	04/04/2018
800m	Megan Chong	2:26.68s	National Prep Schools Champs, Birminx	17/09/2023
1500m	Megan Chong	05:15.3s	East Anglian League Final, Bury St Edn	01/09/2024
Mile	D'Arcie Ives	6:10.1s	Performance Meeting, Gt Yarmouth	13/04/2017
i60mH	Abeni Beckham	10.93s	Pentathlon, Lee Valley	27/03/2016
70mH	Abeni Beckham	12.9s	EYAL, Ipswich	03/07/2016
LJ	Hannah Mayne	4.79m	Suffolk County Champs, Ipswich	25/05/2014
HJ	Abeni Beckham	1.40m	EYAL, Ipswich	03/07/2016
SP	Agatha Gouldby	8.38m	East Anglian League, Ipswich	21/07/2019
JT	Erin Stocking	23.46m	EYAL Colchester	10/07/2022
DT 0.75kg	Holly Supple	17.26m	East Anglian League, King's Lynn	30/07/2023
DT 1kg	Lucy Mansell	13.78m	East Anglian League, King's Lynn	02/06/2024
Howler	Lucy Mansell	36.55m	QuadKids, Thetford	30/06/2024
4x100m	Hammonds/Beckham	58.64s	East Anglian League, Woodford Green	08/05/2016
	English/MacKenzie-Websdale			

U15 Girls				
i60m	Agatha Gouldby	8.68s	Eastern Indoors, Lee Valley	08/02/2020
60m	Abeni Beckham	9.0s	Performance Meeting, Gt Yarmouth	05/04/2018
75m	Emily Archbold	11.5s	Performance Meeting, Gt Yarmouth	17/04/2014
100m	Agatha Gouldby	13.5s	East Anglian League, Norwich	05/09/2021
150m	Shannon Hall	23.4s	Performance Meeting, Gt Yarmouth	25/04/2013
200m	Emily Robbins	28.3s	East Anglian League, Gt Yarmouth	24/06/2007
300m	Tamiya Thurston	46.4s	EYAL, Ipswich	01/05/2022
600m	Ella McAllen	01:59.9	BFTTA Indoor Open, Lee Valley	08/12/2024
800m	Abi Beales	02:26.7s	Trophy Meeting, Gt Yarmouth	13/08/2006
1500m	Abi Beales	04:58.2s	Anglian Schools, Boston	17/06/2006
3000m	Lauren Oram	13:45.5s	Performance Open, Gt Yarmouth	15/05/2014
75mH	Mia Hopson	12.64s	Eastern AA Combined, Peterborough	27/09/2015
LJ	Erin Stocking	4.69m	East Anglian League, Norwich	23/06/2024
HJ	Kiera Kane	1.50m	East Anglian League, Gt Yarmouth	23/06/2019
TJ	Abeni Beckham	9.60m	Southend Open, Southend	27/08/2018
JT	Erin Stocking	25.17m	East Anglian League, Norwich	23/06/2024
SP3kg	Agatha Gouldby	9.79m	Athletics Norfolk Open, Norwich	14/05/2021
DT	Holly Supple	23.84m	East Anglian League, Colchester	25/05/2025
HT	Lauren Oram	7.70m	East Anglian League, Gt Yarmouth	08/06/2014
Howler	Charlotte Gooch	16.25m	Quadkids, Norwich	20/07/2013
4x100m	Stocking, Mansell	55.9s	East Anglian League, Norwich	06/07/2025
	Cook, White			

U17 Men				
i60m	James McAllen	7.73s	Lee Valley Open	10/12/2023
60m	Leon Field	7.9s	Performance Meeting, Gt Yarmouth	13/04/2017
75m	Mason Hodds	9.5s	Performance Meeting, Gt Yarmouth	23/04/2015
100m	Mason Hodds	11.4s	EYAL, Ipswich	03/07/2016
	Joshua Mayston	11.4s	East Anglian League, Ipswich	12/08/2018
150m	Mason Hodds	18.4s	Performance Meeting, Gt Yarmouth	14/04/2016
200m	Mason Hodds	23.2s	EYAL, Ipswich	03/07/2016
300m	Aidan Hewitt	40.7s	Performance Meeting, Gt Yarmouth	14/04/2016
400m	James McAllen	52.0s	Eastern Champs, Cambridge	29/06/2024
600m	James McAllen	01:28.0s	BFTTA Indoor Open, Lee Valley	10/12/2023
800m	James McAllen	01:55.0s	Suffolk Champs, Bury St Edmunds	12/05/2024
1500m	James McAllen	4:01.35s	Havering AC Open, Hornchurch	15/09/2024
1500m S/C	Alfie Bone	04:29.3s	Anglian Schools, Peterborough	21/06/2025
Mile	James McAllen	04:31.16s	Guildford & Godalming Mile Night	31/07/2024
3000m	James McAllen	08:58.22s	Athletics Norfolk Open, Norwich	28/08/2024
5000m	George Potter	16:38.4s	Norfolk Champs, UEA Norwich	11/05/2024
100mH	Leon Field	14.7s	East Anglian League, Ipswich	16/07/2017
LJ	Joshua Mayston	5.63m	East Anglian League, Ipswich	12/08/2018
TJ	Michael Cross	11.10m	East Anglian League, Bury St Edmund:	09/08/2015
HJ	James Russell	1.70m	EYAL, Ipswich	17/04/2016
	Leon Field	1.70m	EYAL, Ipswich	17/04/2016
SP5kg	Michael Van Haren	12.69m	EYAL, Chelmsford	02/06/2019
DT	Michael Van Haren	44.50m	English Schools, Birmingham	12/07/2019
JT700g	Liam Bridges	40.16m	East Anglian League, Kings Lynn	30/07/2023
HT	Alfie Girling	28.24m	East Anglian League, Bury St Edmund:	03/09/2023
4x100	McAllen, English, Supple, Bridges	48.6s	East Anglian League, Kings Lynn	30/07/2023

U20 Men				
60m	Mason Hodds	7.6s	Performance Meeting, Gt Yarmouth	13/04/2017
i60m	Mason Hodds	7.58s	London Indoor Games, Lee Valley	29/01/2017
100m	Mason Hodds	11.5s	Anglian Schools, Cambridge	18/06/2017
	Leon Field	11.5s	East Anglian League, Ipswich	12/08/2018
150m	Mason Hodds	17.6s	Performance Meeting, Gt Yarmouth	13/04/2017
200m	Leon Field	23.4s	East Anglian League, Ipswich	12/08/2018
400m	James McAllen	51.68s	SEAA U20 Indoor Champs, Lee Valley	02/02/2025
600m	James McAllen	01:24.95s	BFTTA Indoor Open, Lee Valley	08/12/2024
800m	James McAllen	01:54.78s	Watford Open Graded Meeting	11/06/2025
1500m	James McAllen	04:00.28s	Havering AC Open, Hornchurch	25/09/2025
Mile	Lewis English	04:31.9	BMC Bannister Mile, Oxford	06/05/2024
2000m S/C	Lewis English	06:30.98s	Bury St Edmunds Steeplechase Fest	28/04/2024
3000m	Lewis English	08:40.52s	Athletics Norfolk Open, Norwich	28/08/2024
110mH	Leon Field (99.1cm)	16.8s	Anglian Schools, Norwich	16/06/2018
LJ	Josh Mayston	5.53m	East Anglian League, Gt Yarmouth	23/06/2019
TJ	Mason Hodds	12.18m	Suffolk County Champs, Ipswich	14/05/2017
HJ	James Russell	1.76m	East Anglian League, Cambridge	04/08/2019
SP7.26Kg	Michael Van Haren	10.97m	East Anglian League, Gt Yarmouth	24/07/2021
SP6Kg	Michael Van Haren	12.30m	Norfolk Schools, Norwich	12/06/2021
DT1.75Kg	Michael Van Haren	40.36m	East Anglian League, Gt Yarmouth	25/07/2021
DT2Kg	Michael Van Haren	37.70m	Southern Athletics League, Cambridge	14/08/2021
JT800	Liam Bridges	38.87m	East Anglian League, Colchester	25/05/2025
HT	James Russell	15.95m	East Anglian League, Cambridge	04/08/2019
4x100	Russell/Mayston	51.5s	East Anglian League, Norwich	26/05/2019
	Covill/Russell			

Senior Men				
i60m	Joel Burgess	6.98s	Northern Athletics Open, Sheffield	07/12/2024
100m	Joel Burgess	10.84s	IFAM Outdoor, Brussels, BEL	24/05/2025
200m	Joel Burgess	21.69s	BUCS Indoor Champs, Sheffield	16/02/2025
300m	Joel Burgess	34.76s	Sheffield Varsity	31/05/2025
400m	Andrew Soanes	62.82s	Civil Service Champs, Nuneaton	18/07/2024
800m	Matt Jeffries	2:10.1s	Open, Gt Yarmouth	26/05/2016
1500m	Chris Pimlott	04:58.7	East Anglian League, Kings Lynn	30/07/2023
Mile	Chris Pimlott	5:22.4s	Performance Meeting, Gt Yarmouth	14/04/2016
3000m	Matt Jeffries	9:11.9s	Performance Meeting, Gt Yarmouth	16/06/2017
5000m	Andrew Soanes	17:51.16s	Civil Service Champs, Nuneaton	18/07/2024
LJ	Joel Burgess	6.42m	Sheffield Varsity	31/03/2025
TJ	Gary Elvin	9.35m	East Anglian League, Ipswich	06/06/2014
HJ	James Russell	1.76m	East Anglian League, Cambridge	04/08/2019
SP7.26Kg	James Russell	9.11m	East Anglian League, Ipswich	21/07/2019
DT2Kg	Gary Elvin	26.74m	Suffolk County Champs, Ipswich	24/05/2015
JT	Gary Elvin	32.82m	East Anglian League, Bury St Edmund:	09/08/2015
HT	Gary Elvin	20.35m	East Anglian League, Gt Yarmouth	21/06/2015
4x100				

U17 Ladies				
i60m	Agatha Gouldby	8.38s	Norfolk Open, Kings Lynn	29/01/2023
75m	Mia Williams-Mathers	10.9s	Performance Meeting, Gt Yarmouth	23/07/2016
100m	Agatha Gouldby	12.8s	Suffolk Champs, Bury St Edmunds	14/05/2023
150m	Agatha Gouldby	20.2s	Norwich Open	16/09/2022
200m	Emily Robbins	28.3s	Suffolk Schools, Bury St Edmunds	19/05/2010
600m	Harriet Lyman	1:54.3s	Performance Meeting, Gt Yarmouth	14/04/2016
800m	Harriet Lyman	2:29.3s	EYAL, Ipswich	03/07/2016
1500m	Harriet Lyman	5:02.7s	Suffolk Champs, Bury St Edmunds	15/05/2016
3000m	Harriet Lyman	11:57.0s	Anglian Schools, Cambridge	18/06/2017
Mile	Harriet Lyman	5:37.9s	Performance Meeting, Gt Yarmouth	14/04/2016
80mH	Abeni Beckham	13.9s	EYAL, Chelmsford	02/06/2019
LJ	Francesca Catchpole	4.85m	East Anglian League, Great Yarmouth	22/07/2018
TJ	Agatha Gouldby	10.73m	Eastern Athletics Champs. Cambridge	25/06/2022
HJ	Mia Williams-Mathers	1.30m	Club Championships, East Point	13/07/2015
	Harriet Lyman	1.30m	Performance Meeting, Gt Yarmouth	14/04/2016
	Adelle Wisby	1.30m	EYAL, Norwich	30/04/2023
SP	Agatha Gouldby	10.61m	Suffolk County Chamos, Ipswich	15/05/2022
JT500g	Erin Stocking	31.91m	East Anglian League, Colchester	25/05/2025
DT	Lauren Oram	27.73m	Suffolk County Champs, Ipswich	24/05/2015
HT	Abeni Beckham	19.36m	East Anglian League, Cambridge	04/08/2019

U20 Women				
60m				
100m	Agatha Gouldby	13.6s	Suffolk Champs, Bury St Edmunds	12/05/2024
200m	Daniella Onwuegbuzie	29.9s	EAL, Bury St Edmunds	27/04/2025
400m	Daniella Onwuegbuzie	69.9s	East Anglian League, Norwich	23/06/2024
800m				
1500m				
3000m				
5000m				
LJ	Agatha Gouldby	3.86m	Suffolk Champs, Bury St Edmunds	12/05/2024
TJ	Kyla Napier	8.94m	East Anglian League, King's Lynn	02/06/2024
JT600g	Kyla Napier	18.15m	East Anglian League, Gt Yarmouth	28/04/2024
SP4Kg	Agatha Gouldby	9.22m	Suffolk Champs, Bury St Edmunds	12/05/2024
HT				
DT1KG	Leigha Mayston	19.29m	East Anglian League, Norwich	30/04/2023
4x100m				

Senior Women				
60m	Tracy Cone	10.3s	Performance Meeting, Gt Yarmouth	13/04/2017
100m	Michaela Gooch	15.9s	East Anglian League, Gt Yarmouth	08/06/2014
400m	Tamsin Desborough	81.8s	East Anglian League, Gt Yarmouth	08/06/2014
800m	Samantha Lines	2:14.72s	Performance Meeting, Gt Yarmouth	26/05/2016
1500m	Rose Nicholson	4:51.41s	Eastern Counties AA, Cambridge	25/06/2016
1500sc	Rose Nicholson	6:05.6s	Suffolk County Champs, Bury	15/05/2016
3000m	Rose Nicholson	10:18.7	Eastern Counties AA, Cambridge	25/06/2016
5000m	Rose Nicholson	18:21.5s	Suffolk County Champs, Bury	15/05/2016
LJ	Rose Nicholson	3.78m	East Anglian League, Yarmouth	12/06/2016
HJ	Caren Elvin	1.20m	East Anglian League, Yarmouth	08/06/2014
JT	Michaela Gooch	18.25m	EAL, Bury St Edmunds	18/06/2018
SP	Frances Fairs	7.71m	East Anglian League, Bury	17/08/2014
HT	Frances Fairs	18.81m	East Anglian League, Norwich	04/05/2014
DT	Frances Fairs	20.24m	East Anglian League, Bury	17/08/2014
4x100m	Gooch/Archbold	66.3s	East Anglian League, Gt Yarmouth	08/06/2014
	Cone/Elvin			