

Top 10 rankings
Women - All Ages

Javelin (600g)

1	K Atkin	39.17m	SEN
2	M Nascimento	36.28m	U15
3	Molly Bean	28.66m	U20
4	Brooke Davis	28.53m	U17
5	Rhiannon Clarke	27.62m	U15
6	Nadine Simmonds	25.57m	U17
7	Frankie Turner	24.68m	U23
8	Jasmin Kemp	24.62m	U15
9	Sophie McKinna	23.97m	U17
10	Ella Wakeley	23.19m	U20

Triple Jump

1	Ellis Stewart	10.64m	U17
2	Amy Dowsett	9.82m	U17
3	Hollie Willeard	9.29m	U17
4	Allyna Mukuya	9.27m	U15
5	Molly Bean	8.84m	U17
6	Holly Andrews	8.43m	U17
7	Frankie Turner	8.24m	U23
8	Donna Burton	8.11m	V35
9	Sarah Bean	7.82m	V40
10	Katy Barber	7.68m	U20

Hammer (4Kg)

1	Sophie McKinna	37.08m	SEN
2	Louisa Marshall	31.04m	U20
3	Amy Dowsett	24.89m	U20
4	S Shipp	16.92m	V45
5	Faith Willeard	14.70m	U20
6	D Goodwin	13.92m	V40
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High Jump

1	S Watts	1.65m	U15
2	Natoya Rimmer	1.65m	U15
3	Molly Bean	1.57m	U17
4	C Loomes	1.55m	SEN
5	Amy Dowsett	1.48m	U17
6	Beth Greenwood	1.45m	U17
7	Allyna Mukuya	1.45m	U15
8	Ruby Scott	1.45m	U15
9	Phoebe Baker	1.40m	U15
10	Maggie Bean	1.40m	U15

Discus (1Kg)

1	Sophie Mckinna	38.11m	SEN
2	K Williams	36.82m	SEN
3	Emma Barwick	31.30m	SEN
4	M Nascimento	29.08m	U15
5	Emily Anderson	28.74m	U17
6	Donna Burton	26.16m	V35
7	Caroline Drewitt	25.55m	SEN
8	Amy Dowsett	24.11m	U20
9	J Grimes	23.92m	V45
10	Louisa Marshall	23.44m	U20

Long Jump

1	L McGuire	5.55m	U15
2	Carla Richardson-Rowe	5.30m	U17
3	Mia Squires	5.16m	U13
4	Hannah Mayne	5.14m	U17
5	Molly Bean	5.14m	U17
6	Louisa Johnstone	5.12m	U20
7	Rhiannon Clarke	4.99m	U17
8	G Godbold	4.98m	SEN
9	Ellie Morgan	4.97m	U15
10	Beth Greenwood	4.95m	U17

Shot (4Kg)

1	Sophie McKinna	18.61m	SEN
2	Brooke Davis	9.02m	U17
3	G Newson	8.65m	U20
4	Ella Wakeley	8.51m	U20
5	Jasmin Kemp	8.34m	U17
6	Amy Dowsett	8.29m	U20
7	Alice Wakeley	8.24m	U20
8	Emma Barwick	8.23m	SEN
9	Louisa Marshall	7.83m	U20
10	Donna Burton	7.52m	V35

Top 10 rankings Women - All Ages

100m

1	Gaynor Easter	12.1	U17
2	Katy Barber	12.5	SEN
3	E Shipp	12.6	U15
4	Kayley Earl	12.6	U15
5	Hannah Mayne	12.7	U17
6	Polly Davies	12.7	U20
7	Lauren Peach	12.8	U15
8	Erin Penn	12.8	U20
9	Isabelle Rushmere	12.8	U15
10	Kayley Earl	12.9	U17
	Sophie Rushmere	12.9	U17

1500m

1	J Howarth	4:36.9	U17
2	Colleen Nicole Mukuya	4:52.0	SEN
3	A Browne	5:01.5	SEN
4	Catherine Lee	5:07.32	U15
5	Alice Craddock	5:09.7	U13
6	Allyna Mukuya	5:11.7	U13
7	Flora Dell	5:12.8	U15
8	V Tennyson	5:14.0	U13
9	C Tennyson	5:14.0	V40
10	Brooke Oram	5:16.4	U17

200m

1	Gaynor Easter	25.5	U17
2	Polly Davies	25.7	U20
3	Lauren Peach	26.3	U15
4	Kayley Earl	26.3	U15
5	Katy Barber	26.4	U17
6	Isabelle Rushmere	26.4	U15
7	Sophie Rushmere	26.5	U17
8	Erin Penn	26.6	U20
9	Phoebe Baker	26.65	U17
10	Amber Burton	26.9	U17

3000m

1	J Howarth	10:40.0	U17
2	Catherine Lee	10:50.5	U15
3	S Hewitt	11:07.9	SEN
4	Allyna Mukuya	11:39.5	U15
5	C Tennyson	11:42.3	V40
6	A Hooper	11:54.2	V35
7	Frankie Turner	12:05.1	U15
8	Daisy Spurway	12:11.7	U15
9	Alice Craddock	12:29.3	U13
10	Molly Bean	12:30.5	U15

400m

1	L Houghton	57.7	U17
2	Polly Davies	57.97	U20
3	Molly Bean	62.2	U20
4	Phoebe Baker	65.3	U20
5	Ella Wakeley	65.7	U20
6	M Turner	67.0	V35
7	Louisa Johnstone	67.3	U20
8	Frankie Turner	69.0	U20
9	Claire Fielding	70.3	V45
10	Katy Barber	72.4	SEN

100m Hurdles

1	A Wright	15.4	SEN
2	Amy Dowsett	17.4	U20
3	J Olley	18.3	U17
4	Frankie Turner	19.2	U20
5	M Olley	20.7	V40
6	Faith Willeard	21.3	U20
7	Molly Bean	21.7	U20
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800m

1	J Howarth	2:14.3	U17
2	A Browne	2:22.5	SEN
3	Holly Andrews	2:23.5	U20
4	Phoebe Baker	2:27.4	U20
5	Catherine Lee	2:28.6	U17
6	Allyna Mukuya	2:29.9	U15
7	L Connon	2:30.2	U13
8	Andi Brown	2:31.6	U15
9	Amy Dowsett	2:32.0	U15
10	Molly Bean	2:33.25	U17

1500m Steeple Chase

1	Amy Dowsett	6:49.94	U17
2	Phoebe Baker	6:55.33	U20
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U13 GIRLS

Javelin (400g)

1	K Goodwin	24.60m	Gt Yarmouth	19/07/1998
2	Brooke Oram	23.03m	Kingston	31/07/2016
3	Brooke Oram	22.90m	Ipswich	17/07/2016
4	Brooke Oram	22.58m	Gt Yarmouth	22/06/2016
5	Alice Wakeley	21.69m	Gt Yarmouth	22/08/2013
6	Jasmin Kemp	21.32m	Bury St Edmunds	18/09/2011
7	Hollie Willeard	21.03m	Gt Yarmouth	20/09/2018
8	Brooke Oram	20.96m	King's Lynn	14/08/2016
9	Jasmin Kemp	20.95m	Gt Yarmouth	21/08/2011
10	Lilymae Coote	20.58m	Ipswich	21/07/2019

K Goodwin	24.60m
Brooke Oram	23.03m
Alice Wakeley	21.69m
Jasmin Kemp	21.32m
Hollie Willeard	21.03m
Lilymae Coote	20.58m
Rhiannon Clarke	20.36m
Amy Dowsett	19.37m
Lauren Ward	18.22m
Erin Penn	17.75m

Discus (0.75Kg)

1	L Shipp	21.04m	Gt Yarmouth	20/06/1999
2	Jasmin Kemp	18.37m	Gt Yarmouth	03/07/2011
3	Louisa Marshall	18.02m	Gt Yarmouth	10/08/2008
4	Lilymae Coote	18.01m	Ipswich	04/08/2019
5	Amy Dowsett	17.88m	Gt Yarmouth	03/07/2011
6	Ella Wakeley	17.63m	Bury St Edmunds	18/09/2011
7	Louisa Marshall	17.55m	Bury St Edmunds	17/08/2008
8	Chloe Furzer	17.24m	Gt Yarmouth	20/06/2010
9	Ella Wakeley	17.20m	Bury St Edmunds	17/07/2011
10	Jasmin Kemp	17.18m	Bury St Edmunds	17/07/2011

L Shipp	21.04m
Jasmin Kemp	18.37m
Louisa Marshall	18.02m
Lilymae Coote	18.01m
Amy Dowsett	17.88m
Ella Wakeley	17.63m
Chloe Furzer	17.24m
Molly Bean	16.14m
Alice Wakeley	15.87m
Brooke Oram	14.78m

Shot (2.72Kg)

1	Mia Squires	9.24m	Gt Yarmouth	26/09/2021
2	Mia Squires	8.76m	Norwich	05/09/2021
3	Mia Squires	8.72m	Tonbridge	30/08/2021
4	Mia Squires	8.66m	Gt Yarmouth	06/06/2021
5	Mia Squires	8.52m	Colchester	12/09/2021
6	H Wharton	8.21m	Watford	12/09/1999
7	Alice Wakeley	8.11m	Colchester	01/09/2013
8	Alice Wakeley	8.10m	Gt Yarmouth	23/06/2013
9	Mia Squires	8.05m	Norwich	01/08/2021
	Jasmin Kemp	7.99m	Gt Yarmouth	21/08/2011
10	Alice Wakeley	7.90m	Gt Yarmouth	14/07/2013

Mia Squires	9.24m
H Wharton	8.21m
Alice Wakeley	8.11m
Jasmin Kemp	7.99m
Chloe Furzer	7.73m
Amy Dowsett	7.31m
Millie Chandler	7.09m
Maizie Boylan	7.05m
Maggie Bean	6.49m
Lilymae Coote	6.46m
Amy Fielding	6.46m
Lauren Ward	6.14m

U13 GIRLS

High Jump

1	Natoya Rimmer	1.47m	Bury St Edmunds	18/09/2011
2	Natoya Rimmer	1.45m	Gt Yarmouth	21/08/2011
3	Natoya Rimmer	1.40m	Peterborough	19/06/2011
	Natoya Rimmer		Bury St Edmunds	17/07/2011
	Molly Bean		King's Lynn	17/08/2014
	Molly Bean		Bury St Edmunds	14/09/2014
4	Mia Squires	1.38m	Boston	08/08/2021
5	Molly Bean	1.30m	Ipswich	06/07/2014
	Maggie Bean		Bury St Edmunds	15/04/2018
	Maggie Bean		Peterborough	03/06/2018
	Maggie Bean		Norwich	08/07/2018
	Tia Gray		Norwich	05/09/2021
6	Mia Squires	1.29m	Tonbridge	30/08/2021
7	Maggie Bean	1.27m	King's Lynn	29/04/2018

Natoya Rimmer	1.47m
Mollie Bean	1.40m
Mia Squires	1.38m
Maggie Bean	1.30m
Tia Gray	1.30m
Emily Anderson	1.25m
Phoebe Baker	1.25m
Bridget Clarke	1.25m
Chloe Long	1.25m
Macey-Jay Smith	1.25m
Allyna Mukuya	1.25m
Holly Baker	1.20m
Hollie Willeard	1.20m
Eva Ellis	1.20m
Lilymae Coote	1.20m
Faye Nottage	1.20m

Long Jump

1	Mia Squires	5.16m	Chelmsford	28/07/2021
2	Mia Squires	5.13m	Chelmsford	16/06/2021
3	Mia Squires	5.11m	Gt Yarmouth	06/06/2021
4	Mia Squires	5.09m	Gt Yarmouth	25/07/2021
5	L McGuire	5.06m	Kettering	26/06/1999
6	Mia Squires	4.98m	Harrow	16/09/2021
7	Mia Squires	4.96m	Boston	08/08/2021
8	Mia Squires	4.93m	Colchester	12/09/2021
9	Mia Squires	4.87m	Gt Yarmouth	26/09/2021
10	Hannah Mayne	4.85m	Bury St Edmunds	14/09/2014

Mia Squires	5.16m
L McGuire	5.06m
Hannah Mayne	4.85m
Louisa Johnstone	4.62m
Maizie Boylan	4.59m
Ellie Morgan	4.53m
Amy Fielding	4.47m
Lauren Ward	4.44m
Tia Gray	4.36m
Ruby Scott	4.13m
Rhiannon Clarke	4.13m
Lucy Brice	4.13m
Chloe Long	4.12m
Gracie Dean	4.11m

U13 GIRLS

100m

1	E Shipp	12.9	Gt Yarmouth	01/08/1993
2	Maizie Boylan	13.2	Norwich	05/09/2021
3	Maizie Boylan	13.3	Norwich	07/05/2021
4	Mia Squires	13.4	Colchester	12/09/2021
5	Mia Squires	13.44	Kettering	21/08/2021
6	Maizie Boylan	13.46	Kettering	06/07/2021
7	Natoya Rimmer	13.5	Bury St Edmunds	18/09/2011
	Mia Squires	13.5	Norwich	07/05/2021
	Maizie Boylan		Norwich	04/07/2021
8	Maizie Boylan	13.51	Lee Valley	09/06/2021
9	Mia Squires	13.54	Chelmsford	16/06/2021
10	Isabelle Rushmere	13.6	Ipswich	04/08/2019
	Maizie Boylan	13.6	Gt Yarmouth	25/07/2021

E Shipp	12.9
Maizie Boylan	13.2
Mia Squires	13.4
Natoya Rimmer	13.5
Isabelle Rushmere	13.6
Louisa Johnstone	13.7
Lauren Ward	13.7
Lauren Peach	13.8
Ellie Morgan	13.9
Kayley Earl	13.9
Emily Anderson	14.0
Casey Cork	14.0
Amy Fielding	14.0
Erin Penn	14.1
Keira Potter	14.1
Isobel Ward	14.3
Phoebe Baker	14.4
Eloise Beard	14.4
Laura Halliday	14.5
Lucy Brice	14.5
Kaye Canham	14.6
Charley Peak	14.7
Alice Craddock	14.7
Megan Brown	14.8
Carla Richardson-Rowe	14.9
Olivia Finch	14.9
Talia Barrett	15.0

200m

1	L McGuire	27.1	Kettering	26/06/1999
2	Maizie Boylan	27.4	Norwich	05/06/2021
3	Mia Squires	27.5	Norwich	14/05/2021
4	Maizie Boylan	27.6	Norwich	14/05/2021
	Mia Squires		Norwich	05/06/2021
5	Mia Squires	27.8	Norwich	04/07/2021
6	Maizie Boylan	27.81	Lee Valley	09/06/2021
7	Mia Squires	27.86	Kettering	21/08/2021
8	Isabelle Rushmere	27.9	Norwich	12/05/2019
9	Mia Squires	27.97	Chelmsford	28/07/2021
10	Mia Squires	28.05	Chelmsford	16/06/2021

L McGuire	27.1
Maizie Boylan	27.4
Mia Squires	27.5
Isabelle Rushmere	27.9
Keira Potter	28.2
Natoya Rimmer	28.3
Amy Fielding	28.3
Louisa Johnstone	28.8
Ellie Morgan	28.9
Lauren Peach	29.1
Lauren Ward	29.1
Emily Anderson	29.4
Kayley Earl	29.5
Chloe Long	29.7
Erin Penn	29.7
Talia Barrett	29.7
Georgia Clarke	29.8

U13 GIRLS

800m

1	L Connon	2:30.2	Gt Yarmouth	07/08/1988
2	Amy Dowsett	2:32.65	Peterborough	25/09/2011
3	Amy Dowsett	2:32.8	Bury St Edmunds	17/07/2011
4	Amy Dowsett	2:35.6	Gt Yarmouth	21/08/2011
5	Faye Nottage	2:36.7	Gt Yarmouth	26/09/2021
6	Amy Dowsett	2:37.7	Bury St Edmunds	18/09/2011
7	Amy Dowsett	2:38.0	Norwich	08/08/2010
8	Amy Dowsett	2:38.2	Bury St Edmunds	19/09/2010
9	Molly Bean	2:38.6	Ipswich	06/07/2014
10	Daisy Spurway	2:38.7	Gt Yarmouth	23/06/2013

L Connon	2:30.2
Amy Dowsett	2:32.65
Faye Nottage	2:36.7
Molly Bean	2:38.6
Daisy Spurway	2:38.7
Jennifer Allen	2:39.2
Allyna Mukuya	2:39.4
Emily Roberts	2:39.8
Catherine Lee	2:41.3
Alice Hill	2:43.5
Mia Squires	2:43.5

1500m

1	Alice Craddock	5:09.7	Gt Yarmouth	22/07/2018
2	Allyna Mukuya	5:11.7	Bury St Edmunds	08/09/2019
3	V Tennyson	5:14.0	Luton	1984
4	Alice Craddock	5:19.7	Norwich	17/06/2018
5	Allyna Mukuya	5:19.8	Ipswich	04/08/2019
6	Alice Craddock	5:19.9	Norwich	12/05/2018
7	Amy Dowsett	5:20.6	Norwich	26/06/2011
8	Allyna Mukuya	5:21.7	Norwich	26/05/2019
9	Catherine Lee	5:22.1	Norwich	10/05/2008
10	Alice Craddock	5:23.2	Bury St Edmunds	17/09/2017

Alice Craddock	5:09.7
Allyna Mukuya	5:11.7
V Tennyson	5:14.0
Amy Dowsett	5:20.6
Catherine Lee	5:22.1
Faye Nottage	5:23.4
Victoria Simmonds	5:27.0
Molly Bean	5:36.5
Flora Dell	5:40.4
Brooke Oram	5:40.8
Daisy Spurway	5:50.48

70m Hurdles

1	L McGuire	11.1	Gt Yarmouth	09/05/1999
2	Maizie Boylan	11.6	Gt Yarmouth	25/07/2021
3	Maizie Boylan	11.63	Lee Valley	31/05/2021
4	Maizie Boylan	11.7	Norwich	04/07/2021
5	Maizie Boylan	11.8	Norwich	22/05/2021
6	Mia Squires	11.86	Kettering	21/08/2021
7	Mia Squires	11.9	Norwich	04/07/2021
8	Mia Squires	12.0	Norwich	05/09/2021
9	Hannah Mayne	12.1	Bury St Edmunds	14/09/2014
10	Hannah Mayne	12.3	Peterborough	28/09/2014

L McGuire	11.1
Maizie Boylan	11.6
Mia Squires	11.86
Hannah Mayne	12.1
Hollie Willeard	12.4
Amy Dowsett	12.6
Isabelle Rushmere	12.6
Maggie Bean	12.7
Erin Penn	12.8
Gracie Dean	12.8
Rhiannon Clarke	12.9

Pentathlon

1	Mia Squires	2375	Tonbridge	30/08/2021
2	Maggie Bean	1729	Hemel Hempstead	01/07/2018
3	Maggie Bean	1626	Carshalton	09/09/2018
4	Maggie Bean	1594	Peterborough	24/09/2017
5	Hollie Willeard	1102	Peterborough	24/09/2017
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Mia Squires	2375.0
Maggie Bean	1729.0
Hollie Willeard	1102.0

U15 GIRLS

Javelin (500g)

1	Lilymae Coote	27.72m	Gt Yarmouth	26/09/2021	Lilymae Coote	27.72m
2	Hollie Willeard	27.14m	Norwich	12/09/2020	Hollie Willeard	27.14m
3	Lilymae Coote	26.87m	Norwich	04/07/2021	Brooke Oram	23.92m
4	Lilymae Coote	26.81m	Norwich	05/09/2021	Alice Wakeley	23.54m
5	Lilymae Coote	26.46m	Colchester	12/09/2021	Beth Greenwood	19.00m
6	Lilymae Coote	25.62m	Norwich	01/08/2021	Ellis Stewart	17.62m
7	Hollie Willeard	25.35m	Norwich	17/09/2019	Isabel Matthews-Clarke	16.38m
8	Lilymae Coote	24.77m	Gt Yarmouth	25/07/2021	Eloise Beard	16.25m
9	Hollie Willeard	24.67m	Bury St Edmunds	08/09/2019	Erin Penn	14.23m
10	Brooke Oram	23.92m	Norwich	17/06/2018	Ava Field	13.90m
					Shannon Webster	13.63m
					Faith Willeard	13.25m
					Sophie Rushmere	13.25m

Hammer (3Kg)

1	Amy Dowsett	26.54m	Bury St Edmunds	15/09/2013	Amy Dowsett	26.54m
2	Amy Dowsett	26.42m	Colchester	01/09/2013	Louisa Marshall	23.92m
3	Louisa Marshall	23.92m	Ipswich	04/07/2010	Jasmin Kemp	20.58m
4	Amy Dowsett	23.56m	Gt Yarmouth	25/05/2013	Isabel Matthews-Clarke	14.93m
5	Louisa Marshall	23.51m	Gt Yarmouth	20/06/2010		
6	Louisa Marshall	23.02m	Cambridge	16/05/2010		
7	Louisa Marshall	22.25m	Peterborough	30/08/2010		
8	Amy Dowsett	21.42m	Gt Yarmouth	23/06/2013		
9	Amy Dowsett	21.33m	Cambridge	29/06/2013		

Discus (1Kg)

1	M Nascimento	29.08m	Gt Yarmouth	07/04/1988	M Nascimento	29.08m
2	Emily Anderson	25.82m	Peterborough	27/08/2012	Emily Anderson	25.82m
3	Emily Anderson	24.51m	Bury St Edmunds	23/09/2012	N Allen	23.10m
4	Emily Anderson	24.05m	King's Lynn	01/07/2012	Lilymae Coote	22.85m
5	Emily Anderson	23.18m	Gt Yarmouth	01/07/2012	Ella Wakeley	21.80m
6	N Allen	23.10m	Norwich	10/04/2005	Louisa Marshall	21.58m
7	Emily Anderson	23.03m	Gt Yarmouth	03/07/2012	Rhiannon Clarke	21.30m
8	Lilymae Coote	22.85m	Norwich	01/08/2021	Jasmin Kemp	21.30m
9	Ella Wakeley	21.80m	King's Lynn	01/07/2012	Amy Dowsett	20.75m
10	Ella Wakeley	21.69m	Gt Yarmouth	25/05/2013	Alice Wakeley	20.15m
	Lilymae Coote	21.69m	Colchester	12/09/2021		

Shot (3Kg)

1	Alice Wakeley	10.09m	King's Lynn	23/05/2015	Alice Wakeley	10.09m
2	Alice Wakeley	10.04m	Gt Yarmouth	10/05/2015	Shannon Webster	8.37m
3	Alice Wakeley	9.75m	Hendon	06/07/2014	Lilymae Coote	8.02m
4	Alice Wakeley	9.73m	Gt Yarmouth	21/06/2015	Kayley Earl	7.13m
5	Alice Wakeley	9.72m	Norwich	06/06/2015	Allyna Mukuya	6.68m
6	Alice Wakeley	9.61m	Ipswich	06/07/2014	Martha Bevan	6.56m
7	Alice Wakeley	9.53m	Cambridge	26/07/2014	Erin Penn	6.46m
8	Alice Wakeley	9.40m	Peterborough	13/06/2015	Maggie Bean	6.32m
9	Alice Wakeley	9.33m	Ipswich	19/04/2015	Molly Bean	5.92m
10	Alice Wakeley	9.26m	Norwich	14/06/2014	Faith Willeard	5.75m
					Carla Richardson-Rowe	5.75m

U15 GIRLS

Triple Jump

1	Ellis Stewart	9.53m	Sandy	29/09/2018
2	Ellis Stewart	9.45m	Woodford	04/09/2021
3	Amy Dowsett	9.35m	Cambridge	29/06/2013
4	Allyna Mukuya	9.27m	Gt Yarmouth	05/06/2021
5	Allyna Mukuya	9.02m	Norwich	12/06/2021
6	Ellis Stewart	8.97m	St Ives	18/07/2018
7	Ellis Stewart	8.81m	Peterborough	30/06/2018
8	Hollie Willeard	8.48m	Norwich	12/05/2019
9	Hollie Willeard	8.42m	Cambridge	30/06/2010
10				

Ellis Stewart	9.53m
Amy Dowsett	9.35m
Allyna Mukuya	9.27m
Hollie Willeard	8.48m

High Jump

1	S Watts	1.65m	Norwich	1981
	Natoya Rimmer		Gt Yarmouth	25/05/2013
2	Natoya Rimmer	1.63m	King's Lynn	01/07/2012
3	Natoya Rimmer	1.60m	King's Lynn	12/05/2013
4	Natoya Rimmer	1.58m	Peterborough	23/06/2012
5	Natoya Rimmer	1.55m	Cambridge	29/07/2012
6	Natoya Rimmer	1.54m	Norwich	16/06/2012
7	Natoya Rimmer	1.50m	Norwich	22/04/2012
	Molly Bean		Peterborough	25/09/2016
8	Natoya Rimmer	1.45m	Gt Yarmouth	20/05/2012
	Molly Bean		Ipswich	17/07/2016
	Allyna Mukuya	1.45m	Norwich	04/07/2021
	Ruby Scott		Colchester	12/09/2021
9	Amy Dowsett	1.41m	Peterborough	29/09/2013
10	Phoebe Baker		King's Lynn	01/07/2012
	Molly Bean	1.40m	Sandy	03/07/2016
	Maggie Bean		Cambridge	07/07/2019
	Allyna Mukuya	1.40m	Norwich	22/05/2021

S Watts	1.65m
Natoya Rimmer	1.65m
Molly Bean	1.50m
Allyna Mukuya	1.45m
Ruby Scott	1.45m
Amy Dowsett	1.41m
Phoebe Baker	1.40m
Maggie Bean	1.40m
Beth Greenwood	1.36m
Rhiannon Clarke	1.30m
Holly Baker	1.30m
Macey-Jay Smith	1.25m
Liona Pigott	1.15m
Isabel Matthews-Clarke	1.15m

Long Jump

1	L McGuire	5.55m	Gt Yarmouth	05/08/2001
2	Hannah Mayne	5.11m	Chelmsford	26/03/2016
3	Ellie Morgan	4.97m	Bury St Edmunds	20/08/2017
4	Hannah Mayne	4.95m	Ipswich	24/05/2015
5	Hannah Mayne	4.94m	Chelmsford	04/04/2015
	Ellie Morgan		Norwich	14/05/2016
6	Ellie Morgan	4.93m	Gt Yarmouth	15/06/2017
7	Hannah Mayne	4.90m	Peterborough	10/05/2015
8	Hannah Mayne	4.87m	Cambridge	27/06/2015
	Louisa Johnstone		Gt Yarmouth	15/06/2017
9	Ellie Morgan	4.85m	Bury St Edmunds	16/07/2017
10	Ellie Morgan	4.84m	Ipswich	17/07/2016

L McGuire	5.55m
Hannah Mayne	5.11m
Ellie Morgan	4.97m
Louisa Johnstone	4.87m
Rhiannon Clarke	4.69m
Carla Richardson-Rowe	4.59m
Beth Greenwood	4.59m
Amy Dowsett	4.55m
Erin Penn	4.54m
Emily Anderson	4.53m

U15 GIRLS

100m

1	E Shipp	12.6	Gt Yarmouth	28/05/1995	E Shipp	12.6
	Kayley Earl		Bury St Edumnds	20/08/2017	Kayley Earl	12.6
2	Lauren Peach	12.8	Ipswich	04/07/2010	Lauren Peach	12.8
	Kayley Earl		Gt Yarmouth	11/06/2017	Isabelle Rushmere	12.8
	Isabelle Rushmere		Norwich	01/08/2021	Natoya Rimmer	13.0
3	Kayley Earl	12.99	Birmingham	07/07/2017	Hannah Mayne	13.0
4	Lauren Peach	13.0	Colchester	30/08/2010	Carla Richardson-Rowe	13.1
	Natoya Rimmer		Cambridge	29/07/2012	Phoebe Baker	13.3
	Hannah Mayne		Ipswich	24/05/2015	Erin Penn	13.3
	Kayley Earl		Ipswich	14/05/2017	Amber Burton	13.4
	Isabelle Rushmere		Norwich	01/08/2021	Ellie Morgan	13.4
5	Lauren Peach	13.1	Norwich	08/08/2010	Louisa Johnstone	13.4
	Natoya Rimmer		Colchester	01/09/2013	Casey Cork	13.5
	Hannah Mayne		Ipswich	24/05/2015	Talia Barrett	13.5
	Kayley Earl		Ipswich	23/04/2017	Emily Anderson	13.6
	Carla Richardson-Rowe		Bury St Edumnds	20/08/2017	Shannon Webster	13.6
6	Hannah Mayne	13.12	Cambridge	27/06/2015	Sophie Rushmere	13.6
7	Kayley Earl	13.18	Loughborough	09/08/2017	Keira Potter	13.6
8	Lauren Peach	13.2	Cambridge	16/05/2010	Sophie McKinna	13.7
	Natoya Rimmer		Norwich	08/06/2013	Louisa Marshall	14.1
	Kayley Earl		Bury St Edumnds	04/05/2017	Gracie Dean	14.1
	Carla Richardson-Rowe		Bury St Edumnds	16/07/2017	Emily Steward	14.2
	Isabelle Rushmere		Norwich	05/09/2021	Eloise Beard	14.2
9	Lauren Peach	13.3	Gt Yarmouth	19/08/2010	Ella Wakeley	14.23
	Natoya Rimmer		Norwich	22/04/2012	Amy Dowsett	14.3
	Phoebe Baker		Norwich	12/05/2012	Chloe Long	14.4
	Erin Penn		Bury St Edumnds	09/08/2015	Ellis Stewart	14.4
	Kayley Earl		Ipswich	17/07/2016	Holly Baker	14.5
	Carla Richardson-Rowe		Ipswich	30/07/2017	Macey-Jay Smith	14.6
10	Natoya Rimmer	13.33	Peterborough	23/06/2012		

200m

1	Lauren Peach	26.3	Ipswich	04/07/2010	Lauren Peach	26.3
	Kayley Earl		Bury St Edmunds	20/08/2017	Kayley Earl	26.3
2	Lauren Peach	26.4	Colchester	30/08/2010	Isabelle Rushmere	26.4
	Isabelle Rushmere		Norwich	12/06/2021	Phoebe Baker	27.4
3	Kayley Earl	26.7	Gt Yarmouth	21/09/2017	Sophie Rushmere	27.5
	Isabelle Rushmere		Norwich	05/09/2021	Ellie Morgan	27.6
4	Kayley Earl	26.8	Bury St Edmunds	16/07/2017	Erin Penn	27.6
5	Kayley Earl	27.0	Gt Yarmouth	11/06/2017	Natoya Rimmer	27.7
	Isabelle Rushmere		Norwich	04/07/2021	Amber Burton	27.7
6	Lauren Peach	27.1	Gt Yarmouth	19/08/2010	Carley Burgess	27.8
	Isabelle Rushmere		Norwich	12/07/2020	Emily Anderson	27.9
7	Lauren Peach	27.21	Chelmsford	23/04/2011	Talia Barrett	28.1
8	Lauren Peach	27.3	Cambridge	16/05/2010	Carla Richardson-Rowe	28.3
	Kayley Earl		Ipswich	14/05/2017	Shannon Webster	28.4
9	Lauren Peach	27.4	Gt Yarmouth	21/08/2011		
	Phoebe Baker		Norwich	12/05/2012		
10	Phoebe Baker	27.44	Cambridge	02/06/2012		

U15 GIRLS

300m

1	Isabelle Rushmere	43.2	Norwich	29/08/2021	Isabelle Rushmere	43.2
2	Phoebe Baker	43.5	Bury St Edmunds	23/09/2012	Phoebe Baker	43.5
3	Phoebe Baker	43.6	King's Lynn	01/07/2012	Lauren Peach	43.8
4	Lauren Peach	43.8	Gt Yarmouth	21/08/2011	Ellie Morgan	44.7
5	Phoebe Baker	44.4	Gt Yarmouth	12/04/2012	Amy Dowsett	45.4
6	Lauren Peach	44.5	Bury St Edmunds	17/07/2011	Talia Barrett	45.5
7	Ellie Morgan	44.7	Norwich	02/07/2017	Eva Ellis	46.1
8	Phoebe Baker	44.8	Gt Yarmouth	20/05/2012	Ella Wakeley	46.1
9	Ellie Morgan	44.9	Bury St Edmunds	16/07/2017	Emily Roberts	46.1
10	Amy Dowsett	45.4	Colchester	01/09/2013	Andie Brown	46.2
	Ellie Morgan		Gt Yarmouth	11/06/2017	Louisa Johnstone	47.2
					Liona Pigott	47.5
					Beth Greenwood	47.7
					Maggie Bean	48.5

800m

1	J Howarth	2:19.3	Luton	1981	J Howarth	2:19.3
2	Allyna Mukuya	2:29.9	Norwich	05/09/2021	Allyna Mukuya	2:29.9
3	Allyna Mukuya	2:30.7	Gt Yarmouth	25/07/2021	Andi Brown	2:31.6
4	Andi Brown	2:31.6	Ipswich	17/07/2016	Catherine Lee	2:31.8
5	Catherine Lee	2:31.8	Grantham	19/06/2010	Amy Dowsett	2:32.0
6	Amy Dowsett	2:32.0	Gt Yarmouth	01/07/2012	Flora Dell	2:33.6
7	Amy Dowsett	2:32.2	Norwich	12/05/2012	Charlotte Eastwood	2:33.7
8	Catherine Lee	2:32.7	Gt Yarmouth	07/06/2010	Daisy Spurway	2:34.6
9	Amy Dowsett	2:32.8	Cambridge	29/07/2012	Kelly Pywell	2:36.5
10	Catherine Lee	2:33.3	Norwich	12/06/2010	Brooke Oram	2:37.5
					Ava Field	2:38.6

1500m

1	J Howarth	4:40.9	Crystal Palace	1981	J Howarth	4:40.9
2	Catherine Lee	5:07.32	Cambridge	17/07/2010	Catherine Lee	5:07.32
3	Catherine Lee	5:07.9	Norwich	08/08/2010	Flora Dell	5:12.8
4	Catherine Lee	5:12.0	Cambridge	16/05/2010	Ava Field	5:17.2
5	Catherine Lee	5:12.1	Ipswich	04/07/2010	Brooke Oram	5:18.3
6	Catherine Lee	5:12.5	Gt Yarmouth	20/06/2010	Allyna Mukuya	5:19.6
7	Catherine Lee	5:11.2	Bury St Edmunds	02/08/2009	Daisy Spurway	5:20.8
8	Flora Dell	5:12.8	Gt Yarmouth	23/06/2013	Kelly Pywell	5:30.8
9	Catherine Lee	5:13.9	Gt Yarmouth	09/05/2010	Sophie Gray	5:31.3
10	Catherine Lee	5:14.7	Gt Yarmouth	19/07/2009	Abigail Bales	5:38.5
					Emily Anderson	5:41.5

U15 GIRLS

3000m

1	Catherine Lee	10:50.5	Gt Yarmouth	22/07/2010
2	Catherine Lee	11:39.1	King's Lynn	09/05/2009
3	Allyna Mukuya	11:39.5	Norwich	15/05/2021
4	Frankie Turner	12:05.1	King's Lynn	09/05/2009
5	Daisy Spurway	12:11.7	Norwich	08/04/2015
6	Daisy Spurway	12:12.5	Gt Yarmouth	15/05/2014
7	Molly Bean	12:30.5	Norwich	15/05/2016
8	Sophie Gray	12:36.8	Gt Yarmouth	15/06/2017
9	Molly Bean	12:42.5	Norwich	08/04/2015
10				

Catherine Lee	10:50.5
Allyna Mukuya	11:39.5
Frankie Turner	12:05.1
Daisy Spurway	12:11.7
Molly Bean	12:30.5
Sophie Gray	12:36.8

75m Hurdles

1	L McGuire	11.0	Exeter	06/07/2001
2	Frankie Turner	12.4	Gt Yarmouth	19/07/2009
3	Frankie Turner	12.46	Peterborough	31/08/2009
4	Rhiannon Clarke	12.5	Cambridge	29/07/2012
5	Amy Dowsett	12.59	Peterborough	26/08/2013
6	Amy Dowsett	12.6	Gt Yarmouth	14/07/2013
7	Amy Dowsett	12.64	Peterborough	29/09/2013
8	Amy Dowsett	12.7	Norwich	08/06/2013
9	Amy Dowsett	12.79	Cambridge	29/06/2013
10	Amy Dowsett	12.8	Bury St Edmunds	15/09/2013
	Beth Greenwood	12.8	Norwich	08/07/2018

L McGuire	11.0
Frankie Turner	12.4
Rhiannon Clarke	12.5
Amy Dowsett	12.59
Beth Greenwood	12.8
Hollie Willeard	12.9
Natoya Rimmer	13.0
Maggie Bean	13.2
Georgia Clarke	13.5
Erin Penn	13.5
Gracie Dean	13.7

Pentathlon

1	Amy Dowsett	2585	Peterborough	29/09/2013
2	Amy Dowsett	2389	Erith	22/09/2013
3	Beth Greenwood	2303	Peterborough	30/09/2018
4	Molly Bean	2215	Peterborough	25/09/2016
5	Maggie Bean	2013	Peterborough	29/09/2019
6	Rhiannon Clarke	1962	Peterborough	25/09/2011
7				
8				
9				
10				

Amy Dowsett	2585
Beth Greenwood	2303
Molly Bean	2215
Maggie Bean	2013
Rhiannon Clarke	1962

U17 WOMEN

Javelin (500g)

1	Hollie Willeard	31.95m	Norwich	01/08/2021	Hollie Willeard	31.95m
2	Hollie Willeard	30.90m	Norwich	05/09/2021	Molly Bean	30.84m
3	Molly Bean	30.84m	Bury St Edmunds	16/09/2018	Rhiannon Clarke	25.75m
4	Hollie Willeard	30.50m	Gt Yarmouth	26/09/2021	Jasmin Kemp	25.65m
5	Hollie Willeard	30.14m	Colchester	12/09/2021	Brooke Oram	25.27m
6	Molly Bean	29.89m	Horspath	08/07/2018	Amy Dowsett	23.90m
7	Hollie Willeard	29.45m	Norwich	04/07/2021	Alice Wakeley	22.93m
8	Hollie Willeard	28.66m	Norwich	12/06/2021	Lauren Oram	21.96m
9	Hollie Willeard	28.33m	Gt Yarmouth	25/07/2021	Isabel Matthews-Clarke	19.75m
10	Hollie Willeard	27.61m	Norwich	22/05/2021	Ella Wakeley	18.81m
					Beth Greenwood	18.15m

Hammer (3Kg)

1	Amy Dowsett	27.03m	Norwich	06/06/2015	Amy Dowsett	27.03m
2	Amy Dowsett	25.50m	Peterborough	13/06/2015	Jasmin Kemp	20.49m
3	Amy Dowsett	23.62m	Norwich	25/05/2014	Faith Willeard	16.73m
4	Amy Dowsett	22.79m	King's Lynn	23/05/2015	Isabel Matthews-Clarke	13.73m
5	Amy Dowsett	22.34m	Bromley	01/06/2014	Ami Everall	11.80m
6	Jasmin Kemp	20.49m	King's Lynn	17/08/2014	Shannon Webster	8.50m
7	Jasmin Kemp	20.32m	Norwich	25/05/2014	Erin Penn	7.80m
8	Jasmin Kemp	18.41m	Norwich	04/05/2014	Hannah Mayne	6.38m
9	Faith Willeard	16.73m	Norwich	11/08/2019		
10	Faith Willeard	16.06m	Bury St Edmunds	08/09/2019		

Discus (1Kg)

1	K Williams	30.32m	Norwich	14/05/1988	K Williams	30.32m
2	Emily Anderson	28.74m	Hendon	03/08/2014	Emily Anderson	28.74m
3	Emily Anderson	28.17m	Gt Yarmouth	14/07/2013	Louisa Marshall	23.38m
4	Emily Anderson	27.70m	Cambridge	29/06/2013	Catherine Lee	22.45m
5	Emily Anderson	27.67m	Gt Yarmouth	08/06/2014	S McKinna	22.44m
6	Emily Anderson	27.63m	Gt Yarmouth	23/06/2013	Ella Wakeley	21.60m
7	Emily Anderson	27.62m	Gt Yarmouth	31/07/2013	Tayla Burton	21.34m
8	Emily Anderson	27.56m	Norwich	04/05/2014	Rhiannon Clarke	21.18m
9	Emily Anderson	27.40m	Norwich	25/05/2014	Lauren Oram	19.76m
10	Emily Anderson	26.51m	Ipswich	06/07/2014	Isabel Matthews-Clarke	19.55m

Shot (3Kg)

1	Jasmin Kemp	10.95m	Bromley	01/06/2014	Jasmin Kemp	10.95m
2	Jasmin Kemp	10.77m	Ketteringham	16/08/2014	Alice Wakeley	10.30m
3	Jasmin Kemp	10.36m	Gt Yarmouth	17/04/2014	Amy Dowsett	9.98m
4	Alice Wakeley	10.30m	Norwich	11/06/2016	Molly Bean	9.03m
5	Jasmin Kemp	10.18m	Cambridge	26/07/2014	Ella Wakeley	7.64m
6	Alice Wakeley	10.15m	Norwich	19/06/2016	Martha Bevan	7.57m
7	Alice Wakeley	10.14m	Ipswich	17/07/2016	Ellis Stewart	7.23m
8	Alice Wakeley	10.11m	Bury St Edmunds	20/08/2017	Kayley Earl	6.92m
9	Jasmin Kemp	10.10m	Norwich	25/05/2014	Eva Ellis	6.65m
10	Jasmin Kemp	10.06m	Norwich	21/06/2014	Lauren Oram	6.47m
	Alice Wakeley		Gt Yarmouth	12/06/2016	Faith Willeard	6.35m

U17 WOMEN

Triple Jump

1	Ellis Stewart	10.64m	Gt Yarmouth	23/06/2019
2	Ellis Stewart	10.54m	Cambridge	02/06/2019
3	Ellis Stewart	10.44m	Norwich	08/06/2019
4	Ellis Stewart	10.32m	Bury St Edmunds	08/09/2019
5	Ellis Stewart	10.27m	Birmingham	12/07/2019
6	Ellis Stewart	10.23m	Norwich	26/09/2020
7	Ellis Stewart	10.14m	Cambridge	30/06/2019
8	Ellis Stewart	10.04m	Norwich	12/05/2019
9	Ellis Stewart	10.02m	Ipswich	21/07/2019
10	Ellis Stewart	9.97m	Peterborough	05/05/2019

Ellis Stewart	10.64m
Amy Dowsett	9.82m
Hollie Willeard	9.29m
Molly Bean	8.84m
Holly Andrews	8.43m

High Jump

1	S Watts	1.65m	Norwich	1982
2	Molly Bean	1.57m	Bury St Edmunds	16/07/2017
3	Molly Bean	1.56m	Peterborough	30/09/2018
4	Molly Bean	1.55m	Bury St Edmunds	15/04/2018
5	Molly Bean	1.54m	Horspath	07/07/2018
6	Molly Bean	1.53m	Peterborough	24/09/2017
7	Molly Bean	1.52m	Gt Yarmouth	13/04/2017
8	Molly Bean	1.51m	Gt Yarmouth	11/06/2017
9	Molly Bean	1.50m	Ipswich	23/04/2017
10	Molly Bean	1.49m	Bury St Edmunds	20/08/2017

S Watts	1.65m
Molly Bean	1.57m
Amy Dowsett	1.48m
Beth Greenwood	1.45m
Maggie Bean	1.40m
Louisa Marshall	1.35m
Amber Burton	1.20m
Tayla Burton	1.00m

Long Jump

1	Carla Richardson-Rowe	5.30m	Norwich	11/08/2019
2	Carla Richardson-Rowe	5.29m	Cambridge	07/07/2019
3	Carla Richardson-Rowe	5.24m	Norwich	08/06/2019
4	Carla Richardson-Rowe	5.18m	Norwich	09/06/2018
5	Carla Richardson-Rowe	5.15m	Bury St Edmunds	08/09/2019
6	Hannah Mayne	5.14m	Gt Yarmouth	15/06/2017
	Molly Bean		Ware	06/05/2018
7	Hannah Mayne	5.13m	Bury St Edmunds	16/09/2018
8	Molly Bean	5.12m	Norwich	09/06/2018
9	Molly Bean	5.11m	Norwich	17/06/2018
	Carla Richardson-Rowe		Norwich	16/06/2018
10	Carla Richardson-Rowe	5.10m	Norwich	17/06/2018

Carla Richardson-Rowe	5.30m
Hannah Mayne	5.14m
Molly Bean	5.14m
Rhiannon Clarke	4.99m
Beth Greenwood	4.95m
Ellie Morgan	4.87m
Louisa Johnstone	4.82m
Amy Dowsett	4.71m
Erin Penn	4.69m
Polly Davies	4.60m

U17 WOMEN

100m

1	Gaynor Easter	12.1	Ipswich	09/06/1991	Gaynor Easter	12.1
2	Katy Barber	12.7	Norwich	19/04/2009	Katy Barber	12.7
	Hannah Mayne		Gt Yarmouth	11/06/2017	Hannah Mayne	12.7
3	Katy Barber	12.8	Bury St Edmunds	02/08/2009	Polly Davies	12.8
	Polly Davies		Grantham	19/06/2010	Kayley Earl	12.9
4	Polly Davies	12.9	Norwich	08/08/2010	Sophie Rushmere	12.9
	Kayley Earl		King's Lynn	29/04/2018	Erin Penn	13.0
	Sophie Rushmere		Bury St Edmunds	08/09/2019	Carla Richardson-Rowe	13.0
5	Polly Davies	12.93	Bedford	15/08/2010	Amber Burton	13.1
6	Polly Davies	12.98	Hendon	28/08/2010	Lauren Peach	13.1
7	Katy Barber	13.0	Gt Yarmouth	19/07/2009	Phoebe Baker	13.4
	Polly Davies		Bury St Edmunds	19/05/2010	Emily Steward	13.6
	Hannah Mayne		Ipswich	14/05/2017	Ellis Stewart	13.6
	Erin Penn		Gt Yarmouth	11/06/2017	Beth Greenwood	13.7
	Kayley Earl		Norwich	17/06/2018	Sophie McKinna	13.74
	Sophie Rushmere		Gt Yarmouth	23/06/2019	Emily Anderson	13.8
	Carla Richardson-Rowe		Norwich	12/05/2018	Louisa Johnstone	13.8
8	Polly Davies	13.02	Bedford	15/08/2010	Ella Wakeley	13.9
9	Katy Barber	13.1	Ipswich	10/05/2009	Shannon Webster	14.0
	Hannah Mayne		Bury St Edmunds	16/07/2017	Molly Bean	14.0
	Erin Penn		Bury St Edmunds	17/09/2017	Eloise Beard	14.6
	Sophie Rushmere		Norwich	26/05/2019	Isabel Matthews Clarke	14.7
10	Katy Barber	13.11	Ipswich	23/08/2009	Tayla Burton	14.9
					Faith Willeard	15.0

200m

1	Gaynor Easter	25.5	Norwich	14/06/1992	Gaynor Easter	25.5
2	Katy Barber	26.4	Bury St Edmunds	02/08/2009	Katy Barber	26.4
3	Katy Barber	26.5	Gt Yarmouth	19/07/2009	Sophie Rushmere	26.5
	Sophie Rushmere		Norwich	12/05/2019	Polly Davies	26.5
4	Polly Davies	26.6	Gt Yarmouth	19/08/2010	Kayley Earl	26.6
	Kayley Earl		Ipswich	13/05/2018	Phoebe Baker	26.65
5	Phoebe Baker	26.65	Cambridge	29/06/2013	Amber Burton	26.9
6	Polly Davies	26.7	Gt Yarmouth	22/07/2010	Erin Penn	26.9
7	Polly Davies	26.8	Gt Yarmouth	11/07/2010	Carla Richardson-Rowe	27.2
	Sophie Rushmere		Ipswich	04/08/2019	Lauren Peach	27.3
8	Amber Burton	26.9	Norwich	08/08/2010	Hannah Mayne	27.3
	Erin Penn		Norwich	15/05/2016	Molly Bean	27.7
9	Amber Burton	27.0	Norwich	12/06/2010	Ella Wakeley	28.0
10	Katy Barber	27.1	Norwich	19/04/2009	Emily Steward	28.1
	Amber Burton		Gt Yarmouth	11/07/2010	Emily Anderson	28.2
	Phoebe Baker		Norwich	08/06/2013	Amy Dowsett	28.37
	Erin Penn		Gt Yarmouth	15/06/2017	Ellie Morgan	28.5
	Kayley Earl		King'sLynn	29/04/2018	Shannon Webster	28.5
	Sophie Rushmere		Gt Yarmouth	26/09/2019	Eva Ellis	28.5
					Louisa Johnstone	28.8

U17 WOMEN

300m

1	Gaynor Easter	41.4	Ipswich	31/08/1992	Gaynor Easter	41.4
2	Polly Davies	41.50	Birmingham	09/07/2010	Polly Davies	41.50
3	Polly Davies	41.7	Gt Yarmouth	19/08/2010	Phoebe Baker	42.01
4	Phoebe Baker	42.01	Cambridge	29/06/2013	Sophie Rushmere	43.1
5	Polly Davies	42.4	Colchester	30/08/2010	Lauren Peach	43.8
6	Polly Davies	42.5	Norwich	08/08/2010	Molly Bean	44.3
	Phoebe Baker		Norwich	08/06/2013	Emily Anderson	44.46
7	Phoebe Baker	42.6	Gt Yarmouth	25/04/2013	Eva Ellis	44.7
8	Phoebe Baker	42.8	King's Lynn	12/05/2013	Ellie Morgan	45.1
9	Polly Davies	42.9	Grantham	19/06/2010	Erin Penn	45.2
10	Phoebe Baker	43.09	Ashford	18/08/2013	Amy Dowsett	45.5
					Carly Burgess	46.0

800m

1	J Howarth	2:14.3	Crystal Palace	1982	J Howarth	2:14.3
2	Holly Andrews	2:25.1	Norwich	16/06/2007	Holly Andrews	2:25.1
3	Holly Andrews	2:25.9	Norwich	09/06/2007	Catherine Lee	2:28.6
4	Holly Andrews	2:26.5	Bury St Edmunds	23/09/2007	Polly Davies	3:31.1
5	Holly Andrews	2:26.7	King's Lynn	13/05/2006	Amy Dowsett	2:32.27
6	Holly Andrews	2:27.7	Gt Yarmouth	24/06/2007	Molly Bean	2:33.25
7	Holly Andrews	2:27.8	Gt Yarmouth	12/08/2007	Emily Anderson	2:34.0
8	Catherine Lee	2:28.6	Bury St Edmunds	17/07/2011	Brooke Oram	2:36.5
9	Catherine Lee	2:29.4	Gt Yarmouth	03/07/2011	Sophie Rushmere	2:44.9
10	Catherine Lee	2:29.9	Peterborough	19/06/2011	Sophie Gray	2:49.5

1500m

1	J Howarth	4:36.9	Crystal Palace	1982	J Howarth	4:36.9
2	Catherine Lee	5:07.67	Peterborough	23/06/2012	Catherine Lee	5:07.67
3	Catherine Lee	5:09.6	Gt Yarmouth	03/07/2012	Brooke Oram	5:16.4
4	Catherine Lee	5:11.5	Bury St Edmunds	17/07/2011	Abigail Bales	5:33.6
5	Catherine Lee	5:13.7	King's Lynn	01/07/2012	Sophie Gray	5:41.1
6	Catherine Lee	5:14.7	Norwich	26/06/2011	Emily Anderson	5:42.7
7	Catherine Lee	5:14.7	Bury St Edmunds	18/09/2011	Flora Dell	5:45.6
8	Brooke Oram	5:16.4	Ipswich	12/05/2019	Amber Burton	6:12.0
9	Catherine Lee	5:19.61	Peterborough	29/08/2011	Lauren Oram	6:17.8
10	Catherine Lee	5:22.1	Gt Yarmouth	20/05/2012		

3000m

1	J Howarth	10:40.0	Norwich	1982	J Howarth	10:40.0
2	Catherine Lee	10:59.7	Gt Yarmouth	14/08/2012	Catherine Lee	10:59.7
3	Catherine Lee	11:07.9	Norwich	18/06/2011		
4	Catherine Lee	11:14.6	Gt Yarmouth	21/04/2011		
5	Catherine Lee	11:25.0	Norwich	11/06/2011		
6	Catherine Lee	11:47.3	King's Lynn	15/05/2011		
7						
8						
9						
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U17 WOMEN

80m Hurdles

1	A Wright	11.9	King's Lynn	20/06/1992	A Wright	11.9
2	Molly Bean	12.86	Peterborough	24/09/2017	Molly Bean	12.86
3	Beth Greenwood	12.89	Norwich	01/05/2019	Beth Greenwood	12.89
4	Molly Bean	12.96	Peterborough	30/09/2018	Amy Dowsett	13.0
5	Amy Dowsett	13.0	Gt Yarmouth	08/06/2014	Frankie Turner	13.2
	Beth Greenwood		Peterborough	05/05/2019	Ellis Stewart	13.39
6	Molly Bean	13.1	Bury St Edmunds	17/09/2017	Rhiannon Clarke	13.4
	Beth Greenwood		Norwich	11/05/2019	Hollie Willeard	13.5
7	Molly Bean	13.13	Horspath	07/07/2018	Maggie Bean	13.8
8	Amy Dowsett	13.18	Peterborough	13/06/2015	Faith Willeard	15.9
9	Frankie Turner	13.2	Gt Yarmouth	12/06/2010	Isabel Matthews-Clark	16.09
	Beth Greenwood		Cambridge	02/06/2019		
10	Amy Dowsett	13.23	Hendon	27/07/2014		

300m Hurdles

1	Amy Dowsett	49.4	Norwich	15/06/2014	Amy Dowsett	49.4
2	Amy Dowsett	49.66	Norwich	27/04/2014	Molly Bean	50.0
3	Amy Dowsett	50.0	Gt Yarmouth	15/05/2014	Beth Greenwood	50.1
	Molly Bean		Norwich	13/05/2018	Frankie Turner	51.2
4	Amy Dowsett	50.1	Norwich	22/06/2014	Isabel Matthews-Clark	52.68
	Beth Greenwood		Norwich	12/05/2019		
5	Molly Bean	50.3	Norwich	09/06/2018		
6	Frankie Turner	51.2	Grantham	19/06/2010		
7	Beth Greenwood	51.24	Lee Valley	06/04/2019		
8	Amy Dowsett	51.28	Hendon	27/07/2014		
9	Beth Greenwood	51.64	Lee Valley	27/05/2019		
10	Molly Bean	52.00	Sandy	24/03/2018		

1500m Steeple Chase

1	Amy Dowsett	6:49.94	Hendon	27/07/2014	Amy Dowsett	6:49.94
2						
3						
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Heptathlon

1	Molly Bean	4131	Horspath	08/07/2018	Molly Bean	4131
2	Molly Bean	3821	Horspath	22/07/2017	Amy Dowsett	3690
3	Amy Dowsett	3690	Bedford	19/07/2015		
4	Amy Dowsett	3632	Bedford	10/08/2014		
5	Amy Dowsett	3622	Chelmsford	28/06/2015		
6	Amy Dowsett	3453	Bedford	09/08/2015		
7	Amy Dowsett	3393	Corby	29/06/2014		
8	Molly Bean	3253	Bedford	24/06/2017		

U20 WOMEN

Javelin (600g)

1	Molly Bean	28.66m	Ipswich	21/07/2019
2	Molly Bean	26.24m	Norwich	26/05/2019
3	Ella Wakeley	23.19m	Gt Yarmouth	11/06/2017
4	Molly Bean	23.05m	Gt Yarmouth	23/06/2019
5	Amy Dowsett	22.68m	Gt Yarmouth	15/06/2017
6	Ella Wakeley	21.90m	Bury St Edmunds	20/08/2017
7	Lauren Oram	21.86m	Bury St Edmunds	04/05/2017
8	Lauren Oram	21.80m	Gt Yarmouth	11/06/2017
9	Lauren Oram	21.67m	Ipswich	23/04/2017
10	Ella Wakeley	20.99m	Gt Yarmouth	15/06/2017

Molly Bean	28.66m
Ella Wakeley	23.19m
Amy Dowsett	22.68m
Lauren Oram	21.86m
Alice Wakeley	19.75m
Erin Penn	18.23m
Frankie Turner	17.92m
Louisa Marshall	16.62m
Catherine Lee	15.71m
Polly Davies	12.29m

Hammer (4Kg)

1	Louisa Marshall	31.04m	Gt Yarmouth	23/06/2013
2	Louisa Marshall	30.61m	Peterborough	26/08/2013
3	Louisa Marshall	28.92m	Gt Yarmouth	14/07/2013
4	Louisa Marshall	28.32m	Norwich	08/06/2013
5	Louisa Marshall	27.48m	King's Lynn	12/05/2013
6	Louisa Marshall	27.45m	Gt Yarmouth	08/06/2014
7	Amy Dowsett	24.89m	Gt Yarmouth	12/06/2016
8	Amy Dowsett	24.60m	Gt Yarmouth	11/06/2017
9	Amy Dowsett	23.77m	Norwich	14/05/2016
10	Amy Dowsett	23.68m	Cambridge	18/06/2017

Louisa Marshall	31.04m
Amy Dowsett	24.89m
Faith Willeard	14.70m

Discus (1Kg)

1	Amy Dowsett	24.11m	Norwich	10/06/2017
2	Emma Barwick	24.01m	Norwich	10/04/2005
3	Emma Barwick	23.70m	Peterborough	28/08/2006
4	Louisa Marshall	23.44m	Norwich	08/06/2013
5	Molly Bean	23.13m	Gt Yarmouth	26/09/2019
6	Louisa Marshall	22.84m	Peterborough	26/08/2013
7	Ella Wakeley	22.72m	Gt Yarmouth	11/06/2017
8	Lauren Oram	21.80m	Ipswich	23/04/2017
9	Lauren Oram	21.75m	Bury St Edmunds	16/07/2017
10	Lauren Oram	21.09m	Ipswich	14/05/2017

Amy Dowsett	24.11m
Emma Barwick	24.01m
Louisa Marshall	23.44m
Molly Bean	23.13m
Ella Wakeley	22.72m
Lauren Oram	21.80m
Tamsin Desborough	16.55m
Polly Davies	12.46m

Shot (4Kg)

1	Sophie McKinna	17.12m	Halle, Germany	25/05/2013
2	Sophie McKinna	17.09m	Rieti, Italy	20/07/2013
3	Sophie McKinna	16.81m	Olympic Park	27/07/2013
4	Sophie McKinna	16.52m	Bedford	01/06/2013
5	Sophie McKinna	16.43m	Edinburgh	08/06/2013
6	Sophie McKinna	16.37m	Gateshead	23/06/2013
7	Sophie McKinna	16.36m	Bedford	15/06/2013
8	Sophie McKinna	16.33m	Bromley	03/08/2013
9	Sophie McKinna	16.23m	Eton	30/06/2012
10	Sophie McKinna	16.16m	Bedford	16/06/2012

Sophie McKinna	17.12m
G Newson	8.65m
Ella Wakeley	8.51m
Amy Dowsett	8.29m
Alice Wakeley	8.24m
Louisa Marshall	7.83m
Ellis Stewart	6.69m
Lauren Oram	6.49m
Katy Barber	6.23m
Beth Greenwood	6.05m
Louisa Johnstone	6.01m

U20 WOMEN

Triple Jump

1	Ellis Stewart	10.19m	Gt Yarmouth	25/07/2021
2	Ellis Stewart	10.07m	Norwich	05/06/2021
3	Ellis Stewart	10.05m	Norwich	29/08/2021
4	Ellis Stewart	9.95m	Norwich	12/06/2021
5	Katy Barber	7.68m	Peterborough	19/06/2011
6				
7				
8				
9				
10				

Ellis Stewart	10.19m
Katy Barber	7.68m

High Jump

1	Molly Bean	1.50m	Gt Yarmouth	23/06/2019
2	Amy Dowsett	1.47m	Peterborough	24/09/2017
3	Amy Dowsett	1.45m	Gt Yarmouth	13/04/2017
4	Amy Dowsett	1.40m	Norwich	24/04/2016
5	Amy Dowsett	1.35m	Norwich	30/04/2017
6	Beth Greenwood	1.30m	Norwich	29/08/2021
7	Katy Barber	1.20m	Peterborough	19/06/2011
8	Polly Davies	1.10m	Peterborough	19/06/2011
9	Katy Barber	1.00m	Bury St Edmunds	17/07/2011
10				

Molly Bean	1.50m
Amy Dowsett	1.47m
Beth Greenwood	1.30m
Katy Barber	1.20m
Polly Davies	1.10m

Long Jump

1	Hannah Mayne	5.14m	Gt Yarmouth	23/06/2019
2	Louisa Johnstone	5.12m	Gt Yarmouth	06/06/2021
3	Louisa Johnstone	5.09m	Norwich	01/08/2021
4	Carla Richardson-Rowe	5.07m	Norwich	12/09/2020
5	Molly Bean	5.05m	Gt Yarmouth	26/09/2019
6	Molly Bean	5.03m	Gt Yarmouth	11/04/2019
7	Molly Bean	5.00m	Norwich	26/05/2019
8	Louisa Johnstone	4.97m	Gt Yarmouth	26/09/2021
9	Polly Davies	4.92m	Gt Yarmouth	12/04/2012
	Molly Bean		Ipswich	21/07/2019
10	Louisa Johnstone	4.87m	Gt Yarmouth	25/07/2021

Hannah Mayne	5.14m
Louisa Johnstone	5.12m
Carla Richardson-Rowe	5.07m
Molly Bean	5.05m
Polly Davies	4.92m
Amy Dowsett	4.86m
Erin Penn	4.86m
Beth Greenwood	4.64m
Ellis Stewart	4.61m
Louisa Marshall	3.57m
Katy Barber	3.35m
Tamsin Desborough	3.09m
Emma Simpson	2.62m

U20 WOMEN

100m						
1	Polly Davies	12.7	Norwich	24/03/2012	Polly Davies	12.7
2	Katy Barber	12.78	Cambridge	17/07/2010	Katy Barber	12.78
3	Erin Penn	12.8	King's Lynn	29/04/2018	Erin Penn	12.8
	Polly Davies		Gt Yarmouth	08/05/2011	Kayley Earl	13.4
4	Katy Barber	12.9	Norwich	12/06/2010	Louisa Johnstone	13.7
	Polly Davies		Ipswich	15/05/2011	Ellis Stewart	13.8
5	Katy Barber	13.0	Cambridge	16/05/2010	Ella Wakeley	13.9
	Polly Davies		Norwich	18/06/2011	Amber Burton	14.4
6	Polly Davies	13.06	Chelmsford	23/04/2011	Lucy Bevan	14.7
7	Katy Barber	13.1	Gt Yarmouth	08/05/2011	Faith Willeard	14.9
	Polly Davies		Norwich	22/04/2012	Emma Simpson	15.2
	Erin Penn		Gt Yarmouth	22/07/2018		
8	Katy Barber	13.2	Bury St Edmunds	17/07/2011		
	Polly Davies		Gt Yarmouth	09/08/2011		
	Erin Penn		Norwich	12/05/2018		
9	Katy Barber	13.3	Gt Yarmouth	07/06/2010		
	Polly Davies		Gt Yarmouth	31/05/2012		
	Erin Penn		Norwich	17/06/2018		
10	Katy Barber	13.4	Stevenage	30/07/2011		
	Erin Penn		Ipswich	04/08/2019		
	Kayley Earl		Norwich	15/08/2020		

200m						
1	Polly Davies	25.7	Gt Yarmouth	31/05/2012	Polly Davies	25.7
2	Polly Davies	26.0	Bury St Edmunds	18/09/2011	Katy Barber	26.6
3	Polly Davies	26.1	Gt Yarmouth	03/07/2012	Erin Penn	26.6
4	Polly Davies	26.11	Chelmsford	07/04/2012	Hannah Mayne	27.6
5	Polly Davies	26.3	Ipswich	13/05/2012	Molly Bean	27.9
6	Polly Davies	26.4	Gt Yarmouth	03/07/2011	Amber Burton	28.8
7	Polly Davies	26.5	Gt Yarmouth	09/08/2011	Louisa Johnstone	28.9
8	Katy Barber	26.6	Norwich	12/06/2010	Phoebe Baker	29.1
	Erin Penn		Norwich	13/05/2018	Lauren Oram	31.6
9	Katy Barber	26.7	Ipswich	04/07/2010	Louisa Marshall	33.8
10	Katy Barber	26.8	Norwich	08/08/2010	Tamsin Desborough	36.1

400m						
1	Polly Davies	58.33	Bedford	30/05/2011	Polly Davies	58.33
2	Polly Davies	58.59	Bedford	25/06/2011	Molly Bean	62.2
3	Polly Davies	58.84	Gateshead	01/07/2011	Phoebe Baker	65.3
4	Polly Davies	59.6	Ipswich	10/05/2012	Ella Wakeley	65.7
5	Polly Davies	59.7	Ipswich	15/05/2011	Louisa Johnstone	67.3
6	Polly Davies	59.88	Chelmsford	23/04/2011	Frankie Turner	69.0
7	Polly Davies	60.3	Norwich	22/04/2012	Katy Barber	72.7
8	Polly Davies	60.4	Norwich	18/06/2011	Tamsin Desborough	83.3
9	Polly Davies	60.9	Gt Yarmouth	08/05/2011		
10	Polly Davies	61.2	Gt Yarmouth	21/08/2011		

U20 WOMEN

800m

1	Holly Andrews	2:23.5	Gt Yarmouth	10/08/2008	Holly Andrews	2:23.5
2	Holly Andrews	2:24.3	Gt Yarmouth	22/06/2008	Phoebe Baker	2:27.4
3	Holly Andrews	2:27.0	Ipswich	20/04/2008	Polly Davies	2:36.3
4	Phoebe Baker	2:27.4	Exeter	15/03/2017	Amy Dowsett	2:37.8
5	Polly Davies	2:36.3	Bury St Edmunds	23/09/2012	Molly Bean	2:44.6
6	Polly Davies	2:37.4	Gt Yarmouth	03/07/2011	Ella Wakeley	2:50.9
7	Amy Dowsett	2:37.80	Peterborough	24/09/2017	Lauren Oram	2:56.4
8	Molly Bean	2:44.6	Gt Yarmouth	26/09/2019	Erin Penn	3:07.0
9	Ella Wakeley	2:50.9	Gt Yarmouth	15/06/2017	Alice Wakeley	3:10.1
10	Lauren Oram	2:56.4	Ipswich	23/04/2017	Louisa Marshall	3:49.4

1500m

1	Catherine Lee	5:12.7	Colchester	01/09/2013	Catherine Lee	5:12.7
2	Catherine Lee	5:14.3	Gt Yarmouth	23/06/2013	Polly Davies	5:30.0
3	Catherine Lee	5:17.0	Norwich	08/06/2013	Jess Futter	5:50.8
4	Catherine Lee	5:25.9	Gt Yarmouth	25/05/2013	Lauren Oram	6:17.8
5	Polly Davies	5:30.0	Peterborough	19/06/2011		
6	Jess Futter	5:50.8	Gt Yarmouth	20/05/2012		
7	Lauren Oram	6:17.8	Ipswich	14/05/2017		
8						
9						
10						

3000m

1	Catherine Lee	11:03.9	Gt Yarmouth	15/05/2014	Catherine Lee	11:03.9
2						
3						
4						
5						
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7						
8						
9						
10						

U20 WOMEN

100m Hurdles

1	Amy Dowsett	17.4	Gt Yarmouth	11/06/2017	Amy Dowsett	17.4
2	Amy Dowsett	17.57	Peterborough	24/09/2017	Frankie Turner	19.2
3	Amy Dowsett	17.7	Bury St Edmunds	16/07/2017	Faith Willeard	21.3
4	Amy Dowsett	18.7	Bury St Edmunds	20/08/2017	Molly Bean	21.7
5	Frankie Turner	19.2	Norwich	12/05/2012		
6	Frankie Turner	19.5	Norwich	08/06/2013		
7	Frankie Turner	19.9	Gt Yarmouth	23/06/2013		
8	Frankie Turner	20.1	Gt Yarmouth	20/05/2012		
9	Frankie Turner	20.2	Gt Yarmouth	25/05/2013		
10	Faith Willeard	21.3	Gt Yarmouth	25/07/2021		

1500m Steeple Chase

1	Phoebe Baker	6:55.33	Hendon	28/06/2015	Phoebe Baker	6:55.33
2						
3						
4						
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7						
8						
9						
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U23 and SENIOR WOMEN

Javelin (600g)

1	K Atkin	39.17m	Gt Yarmouth	09/05/1999
2	Frankie Turner	24.68m	Gt Yarmouth	08/06/2014
3	Sophie McKinna	23.66m	King's Lynn	17/08/2014
4	Sophie McKinna	20.00m	Norwich	04/05/2014
5	Emma Barwick	16.92m	Cambridge	29/07/2012
6	Caroline Drewitt	15.24m	Gt Yarmouth	22/08/2013
7	Caroline Drewitt	14.62m	Gt Yarmouth	20/05/2012
8	Caroline Drewitt	14.46m	Bury St Edmunds	23/09/2012
9	Emma Barwick	13.85m	Gt Yarmouth	13/07/2014
10	Caroline Drewitt	13.50m	King's Lynn	01/07/2012

K Atkin	39.17m
Frankie Turner	24.68m
Sophie McKinna	23.66m
Emma Barwick	16.92m
Caroline Drewitt	15.24m
Katy Barber	12.75m

Hammer (4Kg)

1	Sophie McKinna	37.08m	Gt Yarmouth	23/06/2019
2	Sophie McKinna	37.00m	Ipswich	21/07/2019
3	Sophie McKinna	33.69m	King's Lynn	17/08/2014
4	Sophie McKinna	32.37m	Bury St Edmunds	17/09/2017
5	Sophie McKinna	31.53m	Norwich	04/05/2014
6	Louisa Marshall	29.02m	Gt Yarmouth	21/06/2015
7				
8				
9				
10				

Sophie McKinna	37.08m
Louisa Marshall	29.02m

Discus (1Kg)

1	Sophie McKinna	38.11m	Gt Yarmouth	23/06/2019
2	K Williams	36.82m	Gt Yarmouth	23/08/1992
3	Emma Barwick	31.30m	Norwich	08/08/2010
4	Emma Barwick	31.20m	Gt Yarmouth	19/08/2010
5	Sophie McKinna	31.14m	King's Lynn	17/08/2014
6	Emma Barwick	30.75m	Bury St Edmunds	17/07/2011
7	Emma Barwick	30.04m	Gt Yarmouth	08/05/2011
8	Emma Barwick	30.03m	Gt Yarmouth	12/05/2007
9	Emma Barwick	30.00m	Gt Yarmouth	20/06/2010
10	Emma Barwick	29.93m	Peterborough	22/07/2007

Sophie McKinna	38.11m
K Williams	36.82m
Emma Barwick	31.30m
Caroline Drewitt	25.55m
Katy Barber	12.46m

Shot (4Kg)

1	Sophie McKinna	18.61m	Doha, Qatar	02/10/2019
2	Sophie McKinna	18.47m	Sportcity	18/08/2021
3	Sophie McKinna	18.41m	Stoke Rochford	08/05/2016
4	Sophie McKinna	18.36m	Gateshead	23/05/2021
5	Sophie McKinna	18.28m	Sportcity	27/06/2021
6	Sophie McKinna	18.23m	Norwich	11/05/2019
7	Sophie McKinna	18.16m	Chelmsford	29/08/2020
8	Sophie McKinna	18.08m	Bern, Switzerland	21/08/2021
9	Sophie McKinna	18.04m	Bialystok, Poland	07/07/2019
10	Sophie McKinna	17.99m	Doha, Qatar	03/10/2019

Sophie McKinna	18.61m
Emma Barwick	8.23m
Katy Barber	6.42m
Caroline Drewitt	5.72m
Carly Cooper	4.93m

U23 and SENIOR WOMEN

Triple Jump

1	Frankie Turner	8.24m	Gt Yarmouth	08/06/2014	Frankie Turner	8.24m
2						
3						
4						
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8						
9						
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High Jump

1	C Loomes	1.55m	Norwich	19/05/1990	C Loomes	1.55m
2						
3						
4						
5						
6						
7						
8						
9						
10						

Long Jump

1	G Godbold	4.98m	Norwich	1981	G Godbold	4.98m
2	Sophie McKinna	4.30m	Gt Yarmouth	26/09/2021	Sophie McKinna	4.30m
3	Frankie Turner	3.72m	Gt Yarmouth	08/06/2014	Frankie Turner	3.72m
4	Carly Cooper	3.03m	Gt Yarmouth	26/09/2021	Carly Cooper	3.03m
5	Emma Barwick	2.63m	Bury St Edmunds	17/07/2011	Emma Barwick	2.63m
6	Emma Barwick	2.59m	Gt Yarmouth	13/07/2014		
7						
8						
9						
10						

U23 and SENIOR WOMEN

100m

1	Katy Barber	12.5	Gt Yarmouth	08/06/2014
2	Katy Barber	12.59	Crystal Palace	14/06/2014
3	Katy Barber	12.67	Bedford	04/05/2013
4	Katy Barber	12.76	Lee Valley	10/06/2015
5	Katy Barber	12.77	Lee Valley	13/05/2015
6	Katy Barber	12.79	Tonbridge	07/05/2013
7	Katy Barber	12.8	Bracknell	20/06/2015
8	Katy Barber	12.81	Bedford	03/05/2014
9	Katy Barber	12.82	Willesdon	23/07/2015
10	Katy Barber	12.83	Bedford	04/05/2014

Katy Barber	12.5
Lauren Bullard	13.3
Caroline Drewitt	14.7
Carly Cooper	15.8

200m

1	Katy Barber	26.4	Gt Yarmouth	08/06/2014
2	Katy Barber	26.50	Bedford	04/05/2014
3	Katy Barber	26.70	Bedford	05/05/2014
4	Katy Barber	26.71	Watford	23/04/2014
5	Katy Barber	26.8	Luton	14/07/2012
6	Katy Barber	26.81	Tonbridge	01/07/2014
7	Katy Barber	27.0	Cambridge	29/07/2012
8	Katy Barber	27.04	Olympic Park	06/05/2012
9	Katy Barber	27.06	Woodford	08/07/2014
10	Katy Barber	27.18	Tonbridge	03/06/2014

Katy Barber	26.4
Lauren Bullard	28.1
Carly Cooper	34.0
Emma Barwick	39.3

400m

1	Katy Barber	72.4	Bury St Edmunds	23/09/2012
2	Caroline Drewitt	73.7	Gt Yarmouth	22/08/2013
3	Caroline Drewitt	74.2	King's Lynn	01/07/2012
4				
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9				
10				

Katy Barber	72.4
Caroline Drewitt	73.7

800m

1	A Browne	2:22.5	St Ives	30/07/1995
2	Holly Andrews	2:24.0	Norwich	25/05/2014
3	Holly Andrews	2:25.25	Woodford	05/04/2014
4	Holly Andrews	2:29.05	Olympic Park	05/05/2012
5	Colleen Nicole Mukuya	2:34.1	Gt Yarmouth	27/09/2018
6	Holly Andrews	2:37.3	Norwich	22/04/2012
7	Sophie McKinna	4:18.9	Gt Yarmouth	26/09/2021
8	Emma Barwick	9:17.0	Gt Yarmouth	13/07/2014
9				
10				

A Browne	2:22.5
Holly Andrews	2:24.0
Colleen Nicole Mukuya	2:34.1
Sophie McKinna	4:18.9
Emma Barwick	9:17.0

U23 and SENIOR WOMEN

1500m

1	Colleen Nicole Mukuya	4:52.0	Gt Yarmouth	22/07/2018
2	Colleen Nicole Mukuya	4:52.8	Bury St Edmunds	17/09/2017
3	Colleen Nicole Mukuya	5:07.3	Ipswich	23/04/2017
4	Colleen Nicole Mukuya	5:08.3	Bury St Edmunds	08/09/2019
5	A Browne	5:01.5	Gt Yarmouth	13/08/1995
6				
7				
8				
9				
10				

Colleen Nicole Mukuya	4:52.0
A Browne	5:01.5

3000m

1	S Hewitt	11:07.9	Norwich	17/05/1985
2				
3				
4				
5				
6				
7				
8				
9				
10				

S Hewitt	11:07.9
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100m Hurdles

1	A Wright	15.4	Norwich	10/06/1995
2				
3				
4				
5				
6				
7				
8				
9				
10				

A Wright	15.4
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1500m Steeple Chase

1				
2				
3				
4				
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10				

VETERAN WOMEN

Javelin (600g)

1	Claire Fielding - V45	18.57m	Gt Yarmouth	26/09/2021
2	Gaynor Read - V45	18.49m	Norwich	05/09/2021
3	Claire Fielding - V45	16.85m	Norwich	05/09/2021
4	M Turner - V35	16.56m	Gt Yarmouth	12/07/1994
5	Claire Fielding - V45	16.42m	Gt Yarmouth	25/07/2021
6	M Olley - V45	16.12m	Ipswich	14/04/1991
7	Donna Burton - V35	15.94m	Norwich	08/08/2010
8	Diane Wassmer - V50	15.90m	Gt Yarmouth	23/06/2019
9	Diane Wassmer - V50	15.81m	Bury St Edmunds	08/09/2019
10	Sarah Bean - V40	15.18m	Bury St Edmunds	20/08/2017

Claire Fielding - V45	18.57m
Gaynor Read - V45	18.49m
M Turner - V35	16.56m
M Olley - V45	16.12m
Donna Burton - V35	15.94m
Diane Wassmer - V50	15.90m
Sarah Bean - V40	15.18m
Rachel Brown - V40	12.89m
Maureen England - V55	11.92m
Nadine Heseltine - V40	09.20m

Hammer (4Kg)

1	S Shipp - V45	16.92m	Gt Yarmouth	05/07/2000
2	D Goodwin - V40	13.92m	Bury St Edmunds	04/07/2001
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9				
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S Shipp - V45	16.92m
D Goodwin - V40	13.92m

Discus (1Kg)

1	Donna Burton - V35	26.16m	Norwich	08/08/2010
2	J Grimes - V45	23.92m	Gt Yarmouth	14/05/1994
3	J Grimes - V40	23.38m	Gt Yarmouth	29/08/1993
4	S Shipp - V35	19.66m	Ipswich	10/05/1992
5	M Olley - V50	15.06m	Grantham	19/06/1994
6	Lisa Willeard - V45	14.73m	Gt Yarmouth	25/07/2021
7	Maureen England - V55	14.48m	Gt Yarmouth	22/07/2001
8	Sarah Bean - V40	14.36m	Bury St Edmunds	20/08/2017
9	Lisa Willeard - V45	13.68m	Gt Yarmouth	22/07/2018
10	Lisa Willeard - V45	13.61m	Norwich	05/09/2021

Donna Burton - V35	26.16m
J Grimes - V45	23.92m
S Shipp - V35	19.66m
M Olley - V50	15.06m
Lisa Willeard - V45	14.73m
Maureen England - V55	14.48m
Sarah Bean - V40	14.36m
Claire Fielding - V45	14.04m

Shot (4Kg)

1	Donna Burton - V35	7.52m	Norwich	08/08/2010
2	Donna Burton - V35	7.18m	Gt Yarmouth	08/05/2011
3	S Shipp - V35	6.88m	Ipswich	10/05/1992
4	Gaynor Read - V45	6.87m	Gt Yarmouth	26/09/2021
5	J Grimes - V45	6.82m	Braintree	01/05/1994
6	J Grimes - V40	6.80m	Colchester	04/07/1993
7	Rachel Brown - V40	6.78m	Norwich	09/07/2016
8	Rachel Brown - V40	6.72m	Norwich	14/05/2016
9	Rachel Brown - V35	6.49m	Gt Yarmouth	21/06/2015
10	Diane Wassmer - V50	6.42m	Ipswich	04/08/2019

Donna Burton - V35	7.52m
S Shipp - V35	6.88m
Gaynor Read - V45	6.87m
J Grimes - V45	6.82m
Rachel Brown - V40	6.78m
Diane Wassmer - V50	6.42m
M Olley - V50	6.01m
Claire Fielding - V45	5.74m
Maureen England - V55	4.89m

VETERAN WOMEN

Triple Jump

1	Donna Burton - V35	8.11m	Gt Yarmouth	21/08/2011
2	Sarah Bean - V40	7.82m	Bury St Edmunds	16/07/2017
3	Donna Burton - V35	7.66m	Bury St Edmunds	17/07/2011
4	Donna Burton - V35	7.63m	Peterborough	19/06/2011
5	M Turner - V40	7.40m	King's Lynn	07/06/2000
6	Donna Burton - V35	7.29m	Bury St Edmunds	18/09/2011
7	Maureen England - V55	6.03m	Norwich	02/08/2000
8				
9				
10				

Donna Burton - V35	8.11m
Sarah Bean - V40	7.82m
M Turner - V40	7.40m
Maureen England - V55	6.03m

High Jump

1	M Turner - V40	1.10m	Bury St Edmunds	03/05/2000
2	S Fraser - V40	1.10m	Gt Yarmouth	05/07/2000
3	Maureen England - V55	1.05m	Gt Yarmouth	05/07/2000
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M Turner - V40	1.10m
S Fraser - V40	1.10m
Maureen England - V55	1.05m

Long Jump

1	Gaynor Read - V45	4.22m	Gt Yarmouth	26/09/2021
2	Sarah Bean - V40	3.83m	Ipswich	19/07/2015
3	S Shipp - V35	3.82m	Gt Yarmouth	18/07/2019
4	Claire Fielding - V45	3.78m	Gt Yarmouth	26/09/2021
5	Donna Burton - V35	3.64m	Gt Yarmouth	21/08/2011
6	Sarah Bean - V40	3.59m	Bury St Edmunds	20/08/2017
7	Rachel Brown - V40	3.57m	Gt Yarmouth	26/05/2016
8	Rachel Brown - V35	3.53m	Ipswich	19/07/2015
9	M Olley - V45	3.47m	Corby	17/09/1989
10	Donna Burton - V35	3.32m	Bury St Edmunds	17/07/2011

Gaynor Read - V45	4.22m
Sarah Bean - V40	3.83m
S Shipp - V35	3.82m
Claire Fielding - V45	3.78m
Donna Burton - V35	3.64m
Rachel Brown - V40	3.57m
M Olley - V45	3.47m
Maureen England - V55	2.80m
Pat Brightman - V50	2.38m

VETERAN WOMEN

100m

1	Gaynor Read - V45	13.8	Norwich	05/09/2021
2	S Shipp - V35	14.5	Gt Yarmouth	26/02/1992
	Claire Fielding - V45	14.5	Gt Yarmouth	06/06/2021
3	Claire Fielding - V45	14.8	Norwich	01/08/2021
4	Claire Fielding - V45	15.0	Gt Yarmouth	23/06/2019
5	Donna Burton - V35	15.2	Peterborough	19/06/2011
6	Claire Fielding - V45	15.3	Norwich	26/05/2019
7	Rachel Brown - V35	15.6	Gt Yarmouth	08/06/2014
8	Rachel Brown - V35	15.7	Gt Yarmouth	30/06/2015
	M Olley - V40		Colchester	26/08/1985
9	Rachel Brown - V35	15.8	Gt Yarmouth	21/06/2015
10	Rachel Brown - V35	15.9	Gt Yarmouth	15/05/2014

Gaynor Read - V45	13.8
S Shipp - V35	14.5
Claire Fielding - V45	14.5
Donna Burton - V35	15.2
Rachel Brown - V35	15.6
M Olley - V40	15.7
Lisa Willeard - V45	16.9
Sarah Bean - V40	17.9
Maureen England - V55	17.9
Pat Brightman - V50	21.5

200m

1	Gaynor Read - V45	29.0	Norwich	29/08/2021
2	Gaynor Read - V45	30.4	Norwich	05/09/2021
3	M Turner - V35	30.7	Gt Yarmouth	12/07/1994
4	Claire Fielding - V45	30.9	Ipswich	04/08/2019
5	Claire Fielding - V45	31.6	Gt Yarmouth	25/07/2021
6	Claire Fielding - V45	32.1	Gt Yarmouth	23/09/2019
7	M Olley - V40	33.3	Colchester	28/08/1985
8	Sarah Bean - V40	33.9	Bury St Edmunds	20/08/2017
9	Lisa Willeard - V45	37.8	Gt Yarmouth	26/09/2019
10	Maureen England - V55	39.2	Norwich	02/08/2000

Gaynor Read - V45	29.0
M Turner - V35	30.7
Claire Fielding - V45	30.9
M Olley - V40	33.3
Sarah Bean - V40	33.9
Lisa Willeard - V45	37.8
Maureen England - V55	39.2
C Tennyson - V50	43.0
Diane Wassmer - V50	45.3

400m

1	M Turner - V35	67.0	Luton	21/08/1994
2	Claire Fielding - V45	70.3	Ipswich	04/08/2019
3	Claire Fielding - V45	71.0	Gt Yarmouth	25/07/2021
4	M Turner - V40	82.1	Gt Yarmouth	05/07/2000
5	Maureen England - V55	97.6	Bury St Edmunds	03/05/2000
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7				
8				
9				
10				

M Turner - V35	67.0
Claire Fielding - V45	70.3
Maureen England - V55	97.6

800m

1	M Turner - V35	2:36.2	Luton	21/08/1994
2	Colleen Nicole Mukuya - V35	2:36.3	Norwich	05/09/2021
3	Colleen Nicole Mukuya - V35	2:37.9	Gt Yarmouth	25/07/2021
4	Nadine Heseltine - V40	2:59.6	Gt Yarmouth	21/06/2015
5	Sarah Bean - V40	3:02.0	Ipswich	19/07/2015
6	Jane Trudgill - V40	3:14.9	Colchester	03/05/2015
7	Sarah Bean - V40	3:16.2	Gt Yarmouth	30/06/2015
8	Maureen England - V55	3:34.9	Gt Yarmouth	22/07/2001
9	J Grimes - V45	3:51.6	Gt Yarmouth	25/07/1995
10				

M Turner - V35	2:36.2
Colleen Nicole Mukuya - V35	2:36.3
Nadine Heseltine - V40	2:59.6
Sarah Bean - V40	3:02.0
Jane Trudgill - V40	3:14.9
Maureen England - V55	3:34.9
J Grimes - V45	3:51.6

VETERAN WOMEN

1500m

1	Colleen Nicole Mukuya - V35	4:57.8	Norwich	29/08/2021
2	Colleen Nicole Mukuya - V35	5:09.7	Norwich	05/09/2021
3	Colleen Nicole Mukuya - V35	5:12.5	Gt Yarmouth	06/06/2021
4	C Tennyson - V40	5:14.0	Gt Yarmouth	1986
5	Colleen Nicole Mukuya - V35	5:17.1	Gt Yarmouth	25/07/2021
6	M Turner - V35	5:53.6	Gt Yarmouth	31/07/1994
7	Nadine Heseltine - V40	6:11.1	Gt Yarmouth	21/06/2015
8	Sarah Bean - V40	6:32.0	Ipswich	19/07/2015
9	Sarah Bean - V40	6:39.4	Gt Yarmouth	21/06/2015
10	Jane Trudgill - V40	6:44.0	Colchester	03/05/2015

Colleen Nicole Mukuya - V35	4:57.8
C Tennyson - V40	5:14.0
M Turner - V35	5:53.6
Nadine Heseltine - V40	6:11.1
Sarah Bean - V40	6:32.0
Jane Trudgill - V40	6:44.0
M Olley - V45	6:57.1
Maureen England - V55	7:21.5
Pat Brightman - V50	8:49.2

3000m

1	C Tennyson - V40	11:42.3	Norwich	08/08/1987
2	A Hooper - V35	11:54.2	Thurrock	07/09/1985
3	Sarah Bean - V40	14:15.5	Gt Yarmouth	15/06/2017
4	Pat Brightman - V45	19:17.6	King's Lynn	07/06/2000
5	Pat Brightman - V50	19:31.1	Bedford	07/09/2003
6				
7				
8				
9				
10				

C Tennyson - V40	11:42.3
A Hooper - V35	11:54.2
Sarah Bean - V40	14:15.5
Pat Brightman - V45	19:17.6

100m Hurdles

1	M Olley - V40	20.7	Welwyn G'den City	15/06/1985
2	M Olley - V45	21.6	Colchester	28/08/1989
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4				
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6				
7				
8				
9				
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M Olley - V40	20.7
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80m Hurdles

1	M Olley - V45	16.8	Corby	17/09/1989
2	M Olley - V50	17.8	Grantham	19/06/1994
3	Maureen England - V55	19.8	Gt Yarmouth	05/07/2000
4				
5				
6				
7				
8				
9				
10				

M Olley - V45	16.8
Maureen England - V55	19.8