

GYDAC rankings

Men - All Ages

Javelin (800g)

1	Ian Wakefield	54.84m	SM
2	K Bridges	40.96m	SM
3	R Wharton	40.20m	V40
4	Thomas Balfour	40.12m	U20
5	Richard Taylor	39.72m	U20
6	Tim Creak	37.89m	U20
7	Jahmal Mills	37.60m	U20
8	Joe Lees	36.00m	U20
9	Mark Turner	34.95m	V40
10	Dale Bullimore	33.02m	V40

Triple Jump

1	J French	14.11m	SM
2	A McNamara	12.83m	U17
3	Jahmal Mills	12.81m	U20
4	Andrew McNamara	12.73m	SM
5	Kai Hewitt	12.64m	U17
6	Jake Bailey	12.17m	U17
7	Kai Hewitt	12.14m	U20
8	Alfie Leonard	12.07m	U17
9	Connor Dobson	11.98m	U20
10	Declan Allan	11.77m	U17
	C Wilkinson	11.77m	U15

Hammer (7.26Kg)

1	K Garrod	33.88m	SM
2	M Carr	32.44m	V40
3	Matthew Bloomfield	26.73m	SM
4	Dale Bullimore	26.52m	V40
5	Geoff Marshall	22.96m	V55
6	Andrew O'Brien	22.71m	U20
7	John Muir	15.57m	V50
8	Kevin Pywell	11.72m	V50
9			
10			

High Jump

1	K Low	1.94m	SM
2	Alfie Leonard	1.85m	U17
	Wesley Attew	1.80m	U17
3	Jahmal Mills	1.80m	U20
	James House	1.80m	U20
4	Kai Beadle	1.78m	U17
5	J King	1.75m	U15
6	Jordan Gurney	1.70m	SM
7	George Smith	1.62m	U15
8	C Wilkinson	1.60m	U15
	Bradley Drury	1.60m	U17
	Alecks Whyte	1.60m	U17
9	Dylan Baldwin	1.55m	U17
10	N Jones	1.51m	U13
11	Miguel Reyes	1.50m	U15
	Marley Wright	1.50m	U15
	Alfonso Mendes	1.50m	U15
	Tom Burgess	1.50m	U17
	Jordi List	1.50m	U17
	Roger Wharton	1.50m	V40
12	Mark Phillipson	1.48m	SM

Discus (2Kg)

1	M Bloomfield	43.40m	SM
2	M Carr	32.66m	V40
3	T Bilham	31.66m	V55
4	Mark Phillipson	27.03m	SM
5	Dale Bullimore	27.89m	V40
6	Joe Cooper	24.38m	SM
7	Stephen Wright	24.15m	V40
8	Kevin Pywell	22.90m	V45
9	John Muir	22.28m	V50
10	Ben Johnson	21.25m	SM

Shot (7.26Kg)

1	S Briggs	12.27m	SM
2	M Carr	11.84m	V40
3	Joe Cooper	10.81m	SM
4	Matthew Bloomfield	10.65m	SM
5	Dale Bullimore	9.79m	V40
6	Stephen Wright	9.64m	V40
7	Jahmal Mills	9.38m	U20
8	J Willacy	8.84m	V50
9	Mark Phillipson	8.82m	SM
10	T Bilham	8.54m	V35

Long Jump

1	J French	6.86m	SM
2	Jahmal Mills	6.78m	U20
3	Tim Creak	6.42m	U17
4	J Shipp	6.12m	U15
5	Jake Bailey	6.03m	U17
6	Andrew McNamara	5.98m	SM
7	Sam Waite	5.88m	U15
8	George Smith	5.82m	U17
9	Josh Aldred	5.80m	U20
10	Hayden Page	5.74m	U17

GYDAC rankings

Men - All Ages

100m

1	Louis Labonte	10.84	U17
2	Richard Taylor	10.9	U17
3	Dominic Burnham	11.0	U17
4	Josh Aldred	11.1	U17
	Kevin Burgess	11.1	V40
5	Tyreece Simpson	11.2	U17
	C Herren	11.2	SM
	Shane Atherton	11.2	SM
	Alecks Whyte	11.2	U17
6	Josh Aldred	11.3	U20
	John Jennings	11.3	U20

200m

1	Dominic Burnham	21.7	U20
2	Richard Taylor	21.79	SM
3	Alecks Whyte	22.7	U17
	Josh Aldred	22.8	U17
4	John Jennings	22.8	U20
5	Kevin Burgess	22.96	V40
6	Jahmal Mills	23.1	U17
7	Shane Atherton	23.2	SM
	Alfie Leonard	23.3	U17
8	Tom Burgess	23.3	U20

400m

1	J Shipp	48.44	SM
2	D Creak	49.69	U17
3	Tyler Bilyard	50.00	U23
4	Alfie Leonard	51.2	U17
5	Tom Burgess	51.8	U20
6	John Bean	52.5	U17
7	Daniel Harrison	52.9	U20
8	Kai Beadle	53.0	U17
9	Jahmal Mills	53.04	U17
10	Richard Taylor	53.1	SM

800m

1	Tyler Bilyard	1:47.36	U23
2	G Jarvis	1:53.1	SM
3	Daniel Harrison	1:57.6	U20
4	Kyle Ella	2:00.47	U20
5	Aaron Roberts	2:00.6	U17
6	Josh Clark	2:01.0	U20
7	Dominic Oliver	2:01.9	U17
8	J Allen	2:04.95	U15
9	Max Burgess	2:05.9	U17
10	William Wassmer	2:06.0	U17

1500m

1	Tyler Bilyard	3:42.88	U23
2	S Payne	3:59.3	SM
3	Daniel Harrison	4:00.7	U20
4	T Salmon	4:02.38	U17
5	Aaron Roberts	4:08.7	U17
6	Kyle Ella	4:13.7	U20
7	Stanley Collins	4:17.21	SM
8	Samual Stevens	4:25.43	U17
9	Dominic Oliver	4:28.6	U17
10	Corben Reynolds	4:30.1	U17
11	Cameron Taylor	4:33.2	U17

3000m

1	S Payne	8:34.8	SM
2	Daniel Harrison	09:03.4	U20
3	Kevan Pywell	9:08.5	U17
4	Stanley Collins	9:08.71	U20
5	Kyle Ella	9:24.3	U17
6	Dominic Oliver	9:26.2	U17
7	Ben Thompson	9:45.8	U20
8	Zak Barber	9:47.76	U17
9	Tyler Bilyard	9:51.6	U17
10	Keelan Pywell	9:53.3	U17

5000m

1	C Quadling	15:05.0	SM
2	Tyler Bilyard	15:43.09	SM
3	Kyle Ella	15:48.2	SM
4	Daniel Harrison	15:57.9	U20
5	Stanley Collins	16:50.19	SM
6	Corben Reynolds	17:16.7	U17
7			
8			
9			
10			

110m Hurdles

1	I Wells	15.5	SM
2	Jahmal Mills	17.7	U20
3	John Barwick	19.1	V40
4	Andrew McNamara	19.1	SM
5	Mark Phillipson	19.67	SM
6	Roger Wharton	20.7	V45
7			
8			
9			
10			

U13 BOYS

Javelin (400g)

1	Callum Clarke	31.92m	Gt Yarmouth	07/08/2014
2	Callum Clarke	31.18m	Gt Yarmouth	13/07/2014
3	Callum Clarke	30.97m	Bury St Edmunds	14/09/2014
4	Callum Clarke	30.79m	Ipswich	06/07/2014
5	Callum Clarke	30.59m	Norwich	25/05/2014
6	Daniel Allman	29.84m	Gt Yarmouth	13/05/2007
7	Callum Clarke	29.25m	Gt Yarmouth	08/06/2014
8	Daniel Allman	28.74m	Gt Yarmouth	24/06/2007
9	Kai Danielson	28.20m	Gt Yarmouth	11/07/2010
10	Jay Turner	27.78m	Gt Yarmouth	19/07/2009

Callum Clarke	31.92m
Daniel Allman	29.84m
Kai Danielson	28.20m
Jay Turner	27.78m
Matthew Burgess	26.87m
Marcus Smith	26.76m
Mohammed Omar	26.00m
Kallum Martin	25.09m
Oliver Brice	23.86m
Malachi Lawson	22.08m
Oscar Abel	21.45m
Andrew Creak	21.32m
Levi Lawson	20.53m
James Smith	20.40m

Discus (1Kg)

1	Edgar Alston	21.17m	Ipswich	04/08/2019
2	N Jones	20.42m	Norwich	20/09/1992
3	Edgar Alston	20.29m	Gt Yarmouth	26/09/2019
4	Tyreece Simpson	19.07m	Gt Yarmouth	13/07/2014
5	Mohammed Omar	18.61m	Gt Yarmouth	01/07/2012
6	Harvey Lock	18.35m	Ipswich	04/08/2019
7	Callum Clarke	17.91m	Gt Yarmouth	13/07/2014
8	Kai Danielson	16.89m	Gt Yarmouth	11/07/2010
9	Harvey Lock	15.78m	Ipswich	21/07/2019
10	Jay Turner	15.68m	Gt Yarmouth	02/09/2009

Edgar Alston	21.17m
N Jones	20.42m
Tyreece Simpson	19.07m
Mohammed Omar	18.61m
Harvey Lock	18.35m
Callum Clarke	17.91m
Kai Danielson	16.89m
Jay Turner	15.68m
Cameron Barnes	15.48m
Matthew Burgess	13.29m
Peter Cross	13.29m
Marcus Smith	12.69m
Blue Hemsall	12.34m
George Smith	12.20m
Toby Scott	11.94m

Shot (3.25Kg to 2017 and 3.0Kg from 2018)

1	S Keyte	10.75m	Braintree	14/05/1994
2	Tyreece Simpson	9.33m	King's Lynn	17/08/2014
3	Tyreece Simpson	9.14m	Bury St Edmunds	14/09/2014
4	Tyreece Simpson	8.92m	Norwich	04/05/2014
5	Tyreece Simpson	8.88m	Norwich	25/05/2014
6	Tyreece Simpson	8.87m	Gt Yarmouth	17/04/2014
7	Tyreece Simpson	8.83m	Ipswich	06/07/2014
8	Edgar Alston	8.54m	Ipswich	04/08/2019
9	Tyreece Simpson	8.07m	Gt Yarmouth	08/06/2014
10	Tyreece Simpson	7.93m	Colchester	01/09/2013

S Keyte	10.75m
Tyreece Simpson (3.25Kg)	9.33m
Edgar Alston	8.54m
Callum Clarke (3.25Kg)	7.80m
Matthew Burgess (3.25Kg)	7.03m
Harvey Lock	6.82m
William Wassmer	6.44m
Peter Cross (3.25Kg)	5.91m
Noah Baker	5.89m
Billy Randell (3.25Kg)	5.77m
Cameron Barnes (3.25Kg)	5.75m
James Smith (3.25Kg)	5.73m
Oliver Alexander	5.61m
Marcus Smith (3.25Kg)	5.44m
Cameron Wedon	5.39m

U13 BOYS

High Jump

1	N Jones	1.51m	Norwich	27/09/1992
2	Sam Brownsell	1.40m	Gt Yarmouth	21/06/2015
3	Michael Cross	1.32m	Bury St Edmunds	17/07/2011
4	Sam Brownsell	1.30m	Gt Yarmouth	30/06/2015
	Michael Cross		Gt Yarmouth	19/05/2011
	Niall Simmonds		King's Lynn	15/05/2011
	Billy Heseltine		Gt Yarmouth	08/06/2014
5	Billy Heseltine	1.25m	King's Lynn	17/08/2014
	Daniel Allman		Gt Yarmouth	24/06/2007
	Levi Lawson		Gt Yarmouth	07/08/2014
	Corben Pollard		Gt Yarmouth	20/08/2023
6	Michael Cross	1.20m	Gt Yarmouth	21/08/2011
	Cameron Barnes		Ipswich	06/07/2014
7	Niall Simmonds	1.15m	Gt Yarmouth	19/05/2011
	Harry Doran		Norwich	15/05/2022

N Jones	1.51m
Sam Brownsell	1.40m
Michael Cross	1.32m
Niall Simmonds	1.30m
Billy Heseltine	1.30m
Daniel Allman	1.25m
Levi Lawson	1.25m
Corben Pollard	1.25m
Cameron Barnes	1.20m
Harry Doran	1.15m
Kai Beadle	1.10m
Marley Barker	1.10m
Leroy Honey	1.10m
Joshua Ellis	1.10m
Harry Pywell	1.10m
Aaron Roberts	1.10m

Long Jump

1	L Howell	4.91m	Gt Yarmouth	30/05/1905
2	Mohammed Omar	4.50m	Gt Yarmouth	01/07/2012
3	Oliver Shipp	4.43m	Norwich	17/06/2018
4	Connor Dobson	4.39m	Gt Yarmouth	12/04/2012
	George Smith		Norwich	12/09/2020
5	Connor Dobson	4.36m	Gt Yarmouth	20/05/2012
6	Connor Dobson	4.29m	Cambridge	29/07/2012
7	Oliver Shipp	4.28m	Norwich	12/05/2018
	Connor Dobson		Norwich	22/04/2012
8	Oliver Shipp	4.23m	Ipswich	12/08/2018
	Jake Bailey		Gt Yarmouth	12/04/2012
9	Oliver Shipp	4.20m	Gt Yarmouth	22/07/2018
	Callum Clarke		Bury St Edmunds	14/09/2014
	Connor Dobson		King's Lynn	01/07/2012
10	Callum Clarke	4.19m	Gt Yarmouth	08/06/2014

L Howell	4.91m
Mohammed Omar	4.50m
Oliver Shipp	4.43m
Connor Dobson	4.39m
George Smith	4.39m
Jake Bailey	4.23m
Callum Clarke	4.20m
Levi Lawson	4.17m
Daniel Allman	4.08m
Luke Duval-Woods	4.08m
Louis Duffield	4.07m
Leroy Honey	4.06m
Cameron Barnes	4.05m
Patrick Manning	4.04m
Michael Cross	4.02m

Pentathlon

1	N Jones	1344	Norwich	20/09/1992

N Jones	1344

U13 BOYS

100m

1	Corben Pollard	12.7	Bury St Edmunds	03/09/2023	Corben Pollard	12.7
2	Corben Pollard	12.89	Norwich	30/08/2023	J Shipp	12.9
3	J Shipp	12.9	Norwich	09/06/1990	S Keyte	12.9
	S Keyte		Colchester	29/08/1994	Mohammed Omar	13.3
	Corben Pollard	12.9	Gt Yarmouth	17/09/2023	Tyreece Simpson	13.4
4	Mohammed Omar	13.3	Gt Yarmouth	14/08/2012	George Smith	13.5
5	Mohammed Omar	13.4	Cambridge	29/07/2012	Connor Dobson	13.8
	Tyreece Simpson		Gt Yarmouth	08/06/2014	Louis Duffield	13.8
6	Tyreece Simpson	13.5	Ipswich	06/07/2014	Oliver Shipp	13.8
	George Smith		Norwich	15/08/2020	Daniel Allman	13.9
7	Tyreece Simpson	13.6	Birmingham	02/07/2014	Leroy Honey	13.9
8	Tyreece Simpson	13.8	Bury St Edmunds	14/09/2014	Adam Edwards	13.9
	Connor Dobson		Gt Yarmouth	14/08/2012	Noah Baker	14.0
	Louis Duffield		Gt Yarmouth	10/05/2015	Sonny Butler	14.1
	Oliver Shipp		Ipswich	12/08/2018	Luke Duval-Woods	14.2
9	Tyreece Simpson	13.9	Gt Yarmouth	15/05/2014	Cameron Wedon	14.3
	Connor Dobson		Cambridge	29/07/2012	Archie Middleton	14.5
	Louis Duffield		Gt Yarmouth	10/05/2015	Oliver Brice	14.6
	Oliver Shipp		Gt Yarmouth	22/07/2018	Ethan Calvert	14.6
	Daniel Allman		Gt Yarmouth	12/08/2007	Billy Randell	14.8
	Leroy Honey		Gt Yarmouth	23/06/2013	Max Dobson	14.9
	Adam Edwards	13.9	Gt Yarmouth	17/09/2023	Kai Beadle	15.0
10	Adam Edwards	13.94	Cambridge	24/06/2023	Levi Lawson	15.0
11	Tyreece Simpson	14.0	Gt Yarmouth	23/06/2013	Feddie Smith-Horne	15.0
	Noah Baker	14.0	Norwich	16/09/2022	Jake Bailey	15.1
	Corben Pollard	14.0	King's Lynn	30/07/2023	Malachi Lawson	15.1
	Adam Edwards	14.0	Bury St Edmunds	03/09/2023	Oscar Abel	15.1
	Tyreece Simpson	14.1	Colchester	01/09/2013	Ollie Scott	15.1
	Louis Duffield	14.1	Colchester	03/05/2015	Tyler Bilyard	15.2
12	Oliver Shipp	14.1	Norwich	12/05/2018	Cameron Barnes	15.2
	Leroy Honey	14.1	Ipswich	06/07/2014	Harry Pywell	15.3
	Sonny Butler	14.1	Norwich	24/04/2022	Marley Harrison	15.4

200m

1	J Shipp	26.2	Havering	27/05/1990	J Shipp	26.2
2	Corben Pollard	26.4	Bury St Edmunds	03/09/2023	Corben Pollard	26.4
3	Corben Pollard	26.6	Gt Yarmouth	17/09/2023	Mohammed Omar	27.2
4	Mohammed Omar	27.2	Gt Yarmouth	14/08/2012	George Smith	27.6
5	George Smith	27.6	Norwich	12/09/2020	Oliver Shipp	28.0
	Corben Pollard	27.6	King's Lynn	30/07/2023	Connor Dobson	28.3
6	Oliver Shipp	28.0	Ipswich	12/08/2018	Tyreece Simpson	28.3
7	Mohammed Omar	28.2	Cambridge	29/07/2012	Sonny Butler	29.0
8	Connor Dobson	28.3	Gt Yarmouth	14/08/2012	Luke Duval-Woods	29.1
	Tyreece Simpson		Ipswich	06/07/2014	Louis Duffield	29.2
9	Tyreece Simpson	28.4	Gt Yarmouth	08/06/2014	Jake Bailey	29.5
10	Oliver Shipp	28.5	Gt Yarmouth	22/07/2018	Daniel Allman	29.6
	Tyreece Simpson		Bury St Edmunds	14/09/2014	Thomas Clutterbuck	29.6
11	George Smith	28.6	Norwich	31/10/2020	Leroy Honey	29.7
12	Oliver Shipp	28.7	Gt Yarmouth	20/09/2018	Ethan Calvert	29.8

U13 BOYS

800m

1	G Sexton	2:19.3	Harlow	1973
2	Cameron Wedon	2:24.5	Norwich	01/08/2021
3	Marley Harrison	2:27.4	Gt Yarmouth	25/07/2021
4	Noah Baker	2:28.7	Gt Yarmouth	03/07/2022
5	Tyler Bilyard Noah Baker	2:29.1	Ipswich Bury St Edmunds	06/07/2014 04/09/2022
6	Cameron Wedon	2:29.2	Gt Yarmouth	25/07/2021
7	Tom Barber	2:29.36	Norwich	30/08/2023
8	Noah Baker	2:29.7	Norwich	16/09/2022
9	Cameron Wedon	2:31.7	Norwich	07/05/2021
10	Tyler Bilyard	2:31.8	Bury St Edmunds	14/09/2014
11	Noah Baker	2:31.9	Norwich	05/06/2022
12	Cameron Barnes	2:33.0	Gt Yarmouth	21/07/2013
13	Josh Clark	2:33.5	Bury St Edmunds	02/08/2009
14	Cameron Barnes	2:33.6	Gt Yarmouth	13/07/2014

G Sexton	2:19.3
Cameron Wedon	2:24.5
Marley Harrison	2:27.4
Noah Baker	2:28.7
Tyler Bilyard	2:29.1
Tom Barber	2:29.36
Cameron Barnes	2:33.0
Josh Clark	2:33.5
Sonny Butler	2:33.8
Toby Scott	2:36.2
James Smith	2:37.4
Louie Lewis	2:37.9
Archie Middleton	2:38.2
Kai Beadle	2:38.4
Aaron Roberts	2:38.5

1500m

1	B Rowe	4:50.7	Hemel Hempstead	23/05/1999
2	Tom Barber	4:57.4	Bury St Edmunds	03/09/2023
3	Cameron Barnes	5:02.1	Bury St Edmunds	14/09/2014
4	Tom Barber	5:05.7	King's Lynn	30/07/2023
5	Jack Cottingham	5:05.8	Gt Yarmouth	23/06/2013
6	Cameron Barnes	5:07.2	Norwich	04/05/2014
7	Cameron Barnes Jack Cottingham	5:07.5	Gt Yarmouth Gt Yarmouth	08/06/2014 14/07/2013
8	Cameron Barnes	5:09.1	Ipswich	06/07/2014
9	Tyler Bilyard	5:10.0	Gt Yarmouth	07/08/2014
10	Tom Barber	5:11.4	Bury St Edmunds	04/09/2022
11	Cameron Barnes	5:11.7	Gt Yarmouth	14/07/2013
12	Harry Doran	5:12.7	Bury St Edmunds	03/09/2023
13	Josh Clark	5:14.2	Gt Yarmouth	02/07/2009

B Rowe	4:50.7
Tom Barber	4:57.4
Cameron Barnes	5:02.1
Jack Cottingham	5:05.8
Tyler Bilyard	5:10.0
Harry Doran	5:12.7
Josh Clark	5:14.2
Cameron Wedon	5:14.5
Archie Middleton	5:16.9
Toby Scott	5:18.3
Keelan Pywell	5:19.3
Billy Heseltine	5:19.9
Aaron Roberts	5:20.1
Harry Pywell	5:21.5
James Smith	5:23.7

75m Hurdles

1	N Jones	13.0	Norwich	16/05/1992
2	Oliver Shipp	14.0	Ipswich	05/05/2019
3	Oliver Brice	14.5	Gt Yarmouth	12/05/2007
4	Oliver Shipp	14.6	Norwich	12/05/2018
5	Mohammed Omar	14.7	Cambridge	29/07/2012
6	Tyler Bilyard	14.7	Bury St Edmunds	14/09/2014
7	Billy Heseltine	15.3	Gt Yarmouth	08/06/2014
8	Billy Heseltine	15.4	Norwich	04/05/2014
9	Tyler Bilyard	15.6	Gt Yarmouth	31/07/2013
10	Oscar Abel	15.8	Norwich	24/04/2022
11	Levi Lawson	15.9	Ipswich	06/07/2014

N Jones	13.0
Oliver Shipp	14.0
Oliver Brice	14.5
Mohammed Omar	14.7
Tyler Bilyard	14.7
Billy Heseltine	15.3
Oscar Abel	15.8
Levi Lawson	15.9
Luke Duval-Woods	16.1
Daniel Allman	16.3
Sonny Butler	16.4
Sam Brownsell	16.7
Adam Skidmore	16.8

U15 BOYS

Javelin (600g)

1	J King	49.24m	Gt Yarmouth	23/07/1996	J King	49.24m
2	Kai Hewitt	41.66m	Gt Yarmouth	12/08/2007	Kai Hewitt	41.66m
3	Kai Hewitt	41.41m	Peterborough	22/07/2007	Kallum Martin	41.20m
4	Kallum Martin	41.20m	Peterborough	13/06/2015	Callum Clarke	40.64m
5	Callum Clarke	40.64m	Ipswich	19/07/2015	Benjamin Grey	36.43m
6	Kallum Martin	38.47m	Norwich	06/06/2015	R Wickham	36.11m
7	Callum Clarke	37.80m	Bury St Edmunds	09/08/2015	Jay Turner	33.34m
8	Kai Hewitt	37.76m	Norwich	16/06/2007	Levi Lawson	28.57m
9	Kai Hewitt	37.50m	Norwich	09/06/2007	Billy Heseltine	26.65m
10	Benjamin Grey	36.43m	Norwich	09/06/2018	Mohammed Omar	26.16m

Hammer (4Kg)

1	A Morris	31.97m	Gt Yarmouth	22/06/1997	A Morris	31.97m
2	Alfonso Mendes	22.10m	King's Lynn	14/08/2016	Alfonso Mendes	22.10m
3	Kasper Czyz	18.52m	Colchester	01/09/2013	Kasper Czyz	18.52m
4	Christopher Spinks	6.41m	Bury St Edmunds	19/09/2010	Christopher Spinks	6.41m
5	Kyle Ella	4.62m	Norwich	08/08/2010	Kyle Ella	4.62m
6	Marley Barker	4.05m	Ipswich	19/07/2015	Marley Barker	4.05m
7						
8						
9						
10						

Discus (1.25Kg)

1	M Stubbs	39.73m	Norwich	1976	M Stubbs	39.73m
2	Edgar Alston	33.47m	Gt Yarmouth	25/07/2021	Edgar Alston	33.47m
3	Edgar Alston	33.27m	Norwich	05/06/2021	Marley Wright	25.67m
4	Edgar Alston	30.71m	Norwich	04/07/2021	Alecks Whyte	24.26m
5	Edgar Alston	28.42m	Norwich	12/06/2021	Kasper Czyz	22.30m
6	Marley Wright	25.67m	Gt Yarmouth	21/07/2013	Callum Clarke	21.09m
7	Marley Wright	25.34m	Colchester	01/09/2013	Jordan Godfrey	20.97m
8	Alecks Whyte	24.26m	Gt Yarmouth	03/07/2022	Alecks Whyte	20.89m
9	Edgar Alston	23.76m	Norwich	01/08/2021	Josh Clark	20.66m
10	Kasper Czyz	22.30m	Colchester	01/09/2013	Aaron Wright	19.45m
11	Marley Wright	22.19m	Bury St Edmunds	15/09/2013	Hayden Page	19.43m

Shot (4Kg)

1	Tyreece Simpson	12.80m	Horspath	21/08/2016	Tyreece Simpson	12.80m
2	Edgar Alston	12.71m	Gt Yarmouth	25/07/2021	Edgar Alston	12.71m
3	Tyreece Simpson	12.31m	Norwich	19/06/2016	Alecks Whyte	10.58m
4	Tyreece Simpson	12.22m	Gateshead	09/07/2016	Mark Phillipson	9.95m
5	Tyreece Simpson	12.13m	Norwich	11/06/2016	George Smith	8.85m
6	Edgar Alston	12.04m	Norwich	12/06/2021	Callum Clarke	8.33m
7	Edgar Alston	11.95m	Gt Yarmouth	06/06/2021	Kasper Czyz	7.85m
8	Edgar Alston	11.93m	Norwich	14/05/2021	Billy Randell	7.85m
9	Edgar Alston	11.74m	Norwich	01/08/2021	Harvey Lock	7.69m
10	Tyreece Simpson	11.41m	Norwich	24/04/2016	William Wassmer	7.55m

U15 BOYS

Triple Jump

1	C Wilkinson	11.77m	Colchester	06/06/2006	C Wilkinson	11.77m
2	George Smith	11.55m	Cambridge	25/06/2022	George Smith	11.55m
3	Sam Waite	11.54m	Gt Yarmouth	23/06/2013	Sam Waite	11.54m
4	Kai Hewitt	11.47m	Bury St Edmunds	23/09/2007	Kai Hewitt	11.47m
5	George Smith	11.40m	Bury St Edmunds	04/09/2022	Dominic Burnham	10.78m
6	George Smith	11.39m	Bedford	28/08/2022	Billy Randell	10.41m
7	George Smith	11.38m	Gt Yarmouth	03/07/2022	Dominic Oliver	10.18m
8	George Smith	11.32m	Norwich	15/05/2022	Scott Wilson	9.74m
9	George Smith	11.26m	Norwich	24/04/2022	Kane Simmonds	9.71m
10	George Smith	11.07m	Norwich	15/04/2022	George Buzec	9.66m
11	George Smith	10.91m	Norwich	29/08/2021		
12	George Smith	10.82m	Norwich	05/09/2021		
13	Dominic Burnham	10.78m	Gt Yarmouth	08/05/2011		
14	Billy Randell	10.41m	Norwich	04/05/2014		

High Jump

1	Alfie Leonard	1.78m	Norwich	02/08/2015	Alfie Leonard	1.78m
2	J King	1.75m	Crystal Palace	30/06/1996	J King	1.75m
	Alfie Leonard		Bury St Edmunds	09/08/2015	Kai Beadle	1.65m
3	Alfie Leonard	1.74m	Norwich	06/06/2015	George Smith	1.62m
4	Alfie Leonard	1.70m	Gt Yarmouth	21/06/2015	C Wilkinson	1.60m
5	Alfie Leonard	1.65m	Peterborough	13/06/2015	Miguel Reyes	1.50m
	Kai Beadle		Gt Yarmouth	21/06/2015	Marley Wright	1.50m
6	Alfie Leonard	1.64m	Gateshead	10/07/2015	Alfonso Mendes	1.50m
7	George Smith	1.62m	Norwich	05/06/2022	Kane Simmonds	1.45m
8	C Wilkinson		Colchester	04/06/2006	Kyle Daymond	1.45m
	Alfie Leonard	1.60m	Gt Yarmouth	07/08/2014	Billy Heseltine	1.45m
	Kai Beadle		King's Lynn	23/05/2015	Alfie Bone	1.45m
9	Alfie Leonard	1.55m	Ipswich	06/07/2014	Keelan Pywell	1.40m
	Kai Beadle		Hendon	23/08/2015	Michael Cross	1.40m
10	George Smith	1.52m	Peterborough	25/09/2022	Levi Lawson	1.40m
	Miguel Reyes		Bury St Edmunds	02/08/2009	Noah Millership-Wallace	1.40m
	Marley Wright		Gt Yarmouth	14/07/2013	Toby Scott	1.40m
11	Kai Beadle	1.50m	Colchester	03/05/2015	Ikenna Pigott	1.35m
	Alfonso Mendes		King's Lynn	14/08/2016	Dawid Gromala	1.35m
	George Smith		Gt Yarmouth	18/09/2022	Cameron Wedon	1.25m

Long Jump

1	J Shipp	6.12m	Gt Yarmouth	23/08/1992	J Shipp	6.12m
2	Sam Waite	5.88m	Norwich	08/06/2013	Sam Waite	5.88m
3	Sam Waite	5.79m	Birmingham	06/07/2013	Jahmal Mills	5.75m
4	Jahmal Mills	5.75m	King's Lynn	13/05/2006	Josh Aldred	5.72m
5	Jahmal Mills	5.74m	St Ives	09/07/2006	Hayden Page	5.65m
6	Josh Aldred	5.72m	Birmingham	09/07/2005	George Smith	5.58m
7	Jahmal Mills	5.70m	Gt Yarmouth	13/08/2006	Tyrece Simpson	5.39m
8	Sam Waite	5.66m	Gt Yarmouth	14/07/2013	Dominic Burnham	5.38m
9	Josh Aldred	5.65m	Ipswich	18/06/2005	Alfie Bull	5.33m
	Hayden Page		Norwich	25/05/2014	Leroy Honey	5.29m
10	Josh Aldred	5.62m	Gt Yarmouth	07/08/2005	Jake Bailey	5.27m
					Connor Southam	5.25m

U15 BOYS

100m

1	Alecks Whyte	11.3	Norwich	24/04/2022	Alecks Whyte	11.3
2	J Shipp Alecks Whyte	11.5	Gt Yarmouth Bury St Edmunds	02/08/1992 04/09/2022	J Shipp Josh Aldred	11.5 11.7
3	Alecks Whyte	11.6	Norwich	14/05/2022	Jahmal Mills	11.7
4	Josh Aldred Jahmal Mills Dominic Burnham Alecks Whyte	11.7	Ipswich King's Lynn Bury St Edmunds Norwich	21/08/2005 25/06/2006 17/07/2011 05/09/2021	Dominic Burnham Kai Hewitt Hayden Page Tyreece Simpson	11.7 11.8 11.8 11.8
5	Josh Aldred Jahmal Mills Kai Hewitt Dominic Burnham Hayden Page Tyreece Simpson Alecks Whyte	11.8	Colchester Boston Gt Yarmouth Norwich Norwich Norwich Norwich	31/07/2005 17/06/2006 24/06/2007 12/05/2012 14/06/2014 24/04/2016 01/08/2021	George Smith Mark Phillipson Lee Lin Oliver Brice Sam Waite Maxwell Birtwistle Alfie Bull	12.0 12.2 12.2 12.3 12.3 12.3 12.3
6	Alecks Whyte	11.82	Sportcity	08/07/2022	Connor Southam	12.4
7	Alecks Whyte	11.83	Sportcity	08/07/2022	Matthew Wright	12.5
8	Jahmal Mills Kai Hewitt Hayden Page Tyreece Simpson	11.9	Gt Yarmouth Gt Yarmouth Norwich Norwich	27/07/2006 12/08/2007 14/06/2014 11/06/2016	Ethan Grimbleby Marley Wright Alfie Leonard Jack Wintle	12.5 12.6 12.6 12.6
9	Hayden Page	11.91	Cambridge	26/07/2014	Tom Burgess	12.7
10	Dominic Burnham	11.92	Peterborough	23/06/2012	Leroy Honey	12.7
11	Tyreece Simpson Alecks Whyte	11.96	Horspath Kingston	21/08/2016 22/08/2021	Adam Wright Aaron Wright	12.8 12.8
12	Tyreece Simpson	11.97	Horspath	21/08/2016	Connor Dobson	12.87

200m

1	Dominic Burnham	22.97	Gateshead	06/07/2012	Dominic Burnham	22.97
2	Dominic Burnham	23.20	Gateshead	07/07/2012	Alecks Whyte	23.5
3	Dominic Burnham Alecks Whyte	23.5	Gt Yarmouth Norwich	03/07/2012 24/04/2022	Kai Hewitt Jahmal Mills	23.7 23.95
4	Dominic Burnham	23.6	Norwich	12/05/2012	Hayden Page	24.1
5	Dominic Burnham Kai Hewitt	23.7	Cambridge Norwich	29/07/2012 09/06/2007	Alfie Leonard George Smith	24.3 24.5
6	Dominic Burnham Kai Hewitt Alecks Whyte	23.8	Norwich Gt Yarmouth Norwich	12/05/2012 12/08/2007 15/05/2022	Mark Phillipson Tyreece Simpson Sam Waite	25.0 25.00 25.1
7	Dominic Burnham Kai Hewitt Alecks Whyte	23.9	King's Lynn Gt Yarmouth Ipswich	01/07/2012 24/06/2007 01/05/2022	Alfie Bull Connor Southam Jordan Godfrey	25.2 25.3 25.4
8	Jahmal Mills	23.95	Birmingham	06/08/2006	Matthew Wright	25.4
9	Dominic Burnham	23.98	Abingdon	26/05/2012	Connor Dobson	25.5
10	Jahmal Mills Alecks Whyte	24.0	Boston Norwich	17/06/2006 01/04/2022	Tom Burgess Kyle Daymond Lee Lin Ethan Grimbleby Alfonso Mendes	25.6 25.6 25.7 25.8 26.0

U15 BOYS

300m

1	George Smith	38.5	Norwich	15/05/2022	George Smith	38.5
2	George Smith	38.8	Norwich	24/04/2022	Connor Southam	39.9
3	George Smith	38.9	Bury St Edmunds	29/05/2022	Marley Wright	40.5
4	George Smith	39.0	Gt Yarmouth	18/09/2022	Ethan Grimbleby	40.7
5	George Smith	39.28	Cambridge	25/06/2022	Kyle Daymond	41.0
6	George Smith	39.33	Sportcity	08/07/2022	Sam Waite	41.5
7	Connor Southam	39.9	Gt Yarmouth	22/07/2018	Will Neesham	41.8
8	George Smith	40.49	Bedford	27/08/2022	Leroy Honey	41.9
9	Marley Wright	40.5	Gt Yarmouth	22/08/2013	Tyler Bilyard	42.1
10	Marley Wright	40.7	Bury St Edmunds	15/09/2013	Harry Collins	42.1
	Ethan Grimbleby		Norwich	14/06/2014	William Wassmer	42.2
11	Ethan Grimbleby	40.8	Ipswich	06/07/2014	Adam Wright	42.3
12	Marley Wright	41.0	Colchester	01/09/2013	Daniel Harrison	43.0
	Kyle Daymond		King's Lynn	17/08/2014	Kallum Martin	43.8
13	Kyle Daymond	41.1	Ipswich	06/07/2014	Cameron Wedon	43.8
14	Marley Wright	41.2	Gt Yarmouth	14/07/2013		
	Ethan Grimbleby		Norwich	25/05/2014		

800m

1	J Allen	2:04.95	Crystal Palace	13/07/1986	J Allen	2:04.95
2	Cameron Wedon	2:06.4	Norwich	13/05/2023	Cameron Wedon	2:06.4
3	Cameron Wedon	2:07.02	Watford	14/06/2023	Tyler Bilyard	2:08.66
4	Cameron Wedon	2:07.6	Gt Yarmouth	04/06/2023	Aaron Roberts	2:12.4
5	Tyler Bilyard	2:08.66	Horspath	21/08/2016	Daniel Harrison	2:13.18
6	Cameron Wedon	2:10.04	Cambridge	24/06/2023	Josh Clark	2:13.3
7	Cameron Wedon	2:10.1	Norwich	10/06/2023	William Wassmer	2:15.3
8	Cameron Wedon	2:11.0	Norwich	30/04/2023	Stanley Collins	2:16.9
9	Tyler Bilyard	2:11.3	Norwich	18/09/2016	Dominic Oliver	2:17.3
10	Tyler Bilyard	2:11.8	Norwich	19/06/2016	Kyle Ella	2:18.4
11	Aaron Roberts	2:12.4	Gt Yarmouth	26/09/2019	Connor Wright	2:18.4
12	Tyler Bilyard	2:12.6	Norwich	11/06/2016		
13	Cameron Wedon	2:12.64	Lee Valley	01/04/2023		
14	Tyler Bilyard	2:13.0	Gt Yarmouth	12/06/2016		
15	Aaron Roberts	2:13.1	Ipswich	04/08/2019		

1500m

1	T Salmon	4:14	Hendon	15/08/1993	T Salmon	4:14
2	Aaron Roberts	4:32.9	Norwich	11/05/2019	Aaron Roberts	4:32.9
3	Tyler Bilyard	4:38.1	King's Lynn	14/08/2016	Tyler Bilyard	4:38.1
4	Dominic Oliver	4:38.7	Grantahm	19/06/2010	Dominic Oliver	4:38.7
5	Dominic Oliver	4:38.8	Bury St Edmunds	19/05/2010	Billy Heseltine	4:46.2
6	Aaron Roberts	4:40.2	Gt Yarmouth	23/06/2019	Jack Cottingham	4:46.8
7	Dominic Oliver	4:40.3	Gt Yarmouth	20/06/2010	Kyle Ella	4:46.9
8	Dominic Oliver	4:40.7	Cambridge	16/05/2010	Keelan Pywell	4:48.1
9	Dominic Oliver	4:41.5	Bury St Edmunds	19/09/2010	Josh Clark	4:49.4
10	Dominic Oliver	4:42.7	Ipswich	09/05/2010	Alfie Bone	4:53.4
					Cameron Wedon	4:55.1
					Daniel Harrison	4:56.3

U15 BOYS

3000m

1	Keelan Pywell	9:57.0	Gt Yarmouth	22/07/2010	Keelan Pywell	9:57.0
2	Keelan Pywell	10:13.1	Gt Yarmouth	09/05/2010	Kai Beadle	10:48.3
3	Keelan Pywell	10:30.24	Chelmsford	11/09/2010	Tyler Bilyard	10:48.6
4	Kai Beadle	10:48.3	Norwich	11/09/2015	Zak Barber	11:06.7
5	Tyler Bilyard	10:48.6	Norwich	11/09/2015	Billy Heseltine	11:21.0
6	Zak Barber	11:06.7	Norwich	31/10/2020	Jack Collins	11:22.2
7	Zak Barber	11:18.7	Norwich	14/05/2021	Guy Lynskey	12:10.4
8	Billy Heseltine	11:21.0	King's Lynn	23/05/2015		
9	Jack Collins	11:22.2	Gt Yarmouth	25/04/2013		
10	Guy Lynskey	12:10.4	Gt Yarmouth	15/06/2017		

80m Hurdles

1	J Shipp	11.5	Colchester	11/08/1991	J Shipp	11.5
2	George Smith	12.7	Peterborough	25/09/2022	George Smith	12.7
3	Tyler Bilyard	12.8	Gt Yarmouth	12/06/2016	Tyler Bilyard	12.8
4	George Smith	12.9	Bury St Edmunds	29/05/2022	Oliver Brice	14.4
5	Tyler Bilyard	13.1	King's Lynn	14/08/2016	Mohammed Omar	14.9
6	Tyler Bilyard	13.2	Norwich	11/06/2016	Kyle Ella	16.9
7	Tyler Bilyard	13.3	Norwich	14/05/2016		
8	Tyler Bilyard	13.5	Gt Yarmouth	26/05/2016		
9	George Smith	13.5	Norwich	14/05/2022		
10	Tyler Bilyard	13.6	Peterborough	08/05/2016		
11	Tyler Bilyard	14.0	Norwich	24/04/2016		
12	Oliver Brice	14.4	Gt Yarmouth	22/06/2008		
13	Mohammed Omar	14.9	Gt Yarmouth	14/07/2013		

Pentathlon

1	G Hurst	2405	Norwich	15/09/1990	G Hurst	2405
2	George Smith	2233	Peerborough	25/09/2022	George Smith	2233
3						
4						
5						
6						
7						
8						
9						
10						

U17 MEN

Javelin (700g)

1	S Aldred	49.60m	Milton Keynes	19/06/1994	S Aldred	49.60m
2	Richard Taylor	41.53m	Cambridge	16/05/2010	Richard Taylor	41.53m
3	Kai Hewitt	41.09m	Ipswich	20/04/2008	Kai Hewitt	41.09m
4	Richard Taylor	40.22m	Bury St Edmunds	02/08/2009	Callum Clarke	39.33m
5	Callum Clarke	39.33m	Bury St Edmunds	16/07/2017	Joe Lees	38.18m
6	Joe Lees	38.18m	Bury St Edmunds	23/09/2007	Jake Bailey	37.67m
7	Jake Bailey	37.67m	Norwich	24/07/2016	Jamal Mills	36.52m
8	Joe Lees	37.23m	Peterborough	06/08/2006	Jay Turner	33.12m
9	Kai Hewitt	36.84m	Bury St Edmunds	21/09/2008	Levi Lawson	31.58m
10	Jamal Mills	36.52m	Bedford	27/09/2008	Marley Wright	29.30m

Hammer (5Kg)

1	M Bloomfield	31.56m	Gt Yarmouth	29/08/1993	M Bloomfield	31.56m
2	Edgar Alston	23.96m	Gt Yarmouth	03/07/2022	Edgar Alston	23.96m
3	Jacob Hanton	19.88m	Bury St Edmunds	08/09/2019	Jacob Hanton	19.88m
4	Jacob Hanton	19.41m	Ipswich	21/07/2019	John Jennings	8.61m
5	Jacob Hanton	18.24m	Lee Valley	07/09/2019	Keelan Pywell	5.07m
6	John Jennings	8.61m	Bury St Edmunds	17/09/2017		
7	Keelan Pywell	5.07m	Gt Yarmouth	21/08/2011		
8						

Discus (1.5Kg)

1	M Wilkinson	44.57m	Gt Yarmouth	1979	M Wilkinson	44.57m
2	Jamal Mills	34.34m	Bedford	28/09/2008	Jamal Mills	34.34m
3	Edgar Alston	31.88m	Ipswich	01/05/2022	Edgar Alston	31.88m
4	Edgar Alston	30.16m	Gt Yarmouth	03/07/2022	Jacob Hanton	29.31m
5	Jamal Mills	29.64m	Bedford	05/08/2007	Aaron Wright	28.77m
6	Jacob Hanton	29.31m	Lee Valley	07/09/2019	Marley Wright	22.80m
7	Jacob Hanton	29.11m	Norwich	31/10/2020	Josh Clark	22.28m
8	Aaron Wright	28.77m	Ipswich	04/08/2019	Johannes Bieber	21.25m
9	Jamal Mills	28.37m	Bedford	30/09/2007	Tim Creak	20.87m
10	Edgar Alston	28.21m	Norwich	11/06/2022	Tyler Bilyard	19.04m
11	Edgar Alston	25.34m	Norwich	24/04/2022	Samuel Stevens	18.42m
12	Jacob Hanton	24.76m	Ipswich	21/07/2019	Dominic Oliver	17.60m

Shot (5Kg)

1	M Stubbs	12.97m	Norwich	1978	M Stubbs	12.97m
2	Tyreece Simpson	12.52m	Norwich	09/06/2018	Tyreece Simpson	12.52m
3	Jamal Mills	11.33m	Bedford	05/08/2007	Jamal Mills	11.33m
4	Edgar Alston	11.33m	Norwich	11/06/2022	Edgar Alston	11.33m
5	Jamal Mills	11.25m	Woodford	17/05/2008	Jake Bailey	10.73m
6	Jamal Mills	11.09m	Bury St Edmunds	02/09/2007	Jacob Hanton	10.64m
7	Jamal Mills	11.08m	Bedford	28/09/2008	Marley Wright	10.01m
8	Edgar Alston	11.05m	Gt Yarmouth	03/07/2022	Alecks Whyte	9.69m
9	Jake Bailey	10.73m	Bury St Edmunds	17/09/2017	Aaron Wright	9.28m
10	Jacob Hanton	10.64m	Norwich	31/10/2020	Mark Phillipson	9.05m
11	Jacob Hanton	10.42m	Lee Valley	07/09/2019	Shane Atherton	8.65m
12	Jake Bailey	10.38m	Bury St Edmunds	20/08/2017	Dominic Burnham	8.38m

U17 MEN

Triple Jump

1	A McNamara	12.83m	Norwich	12/06/1999	A McNamara	12.83m
2	Kai Hewitt	12.64m	Peterborough	21/06/2008	Kai Hewitt	12.64m
3	Kai Hewitt	12.32m	Gt Yarmouth	22/06/2008	Jake Bailey	12.17m
4	Kai Hewitt	12.17m	Norwich	14/06/2008	Alfie Leonard	12.07m
5	Jake Bailey	12.17m	Bury St Edmunds	18/09/2016	Declan Allan	11.77m
6	Kai Hewitt	12.14m	Bury St Edmunds	17/08/2008	George Smith	11.66m
7	Kai Hewitt	12.09m	Norwich	11/05/2009	Ewan Heggie	11.64m
8	Alfie Leonard	12.07m	Bury St Edmunds	18/09/2016	Connor Locke	11.54m
9	Alfie Leonard	12.01m	Norwich	30/04/2017	Wesley Attew	11.49m
10	Jake Bailey	11.98m	Norwich	30/04/2017	Billy Randell	11.38m
					Connor Dobson	11.25m

High Jump

1	K Low	1.93m	Gt Yarmouth	12/07/1992	K Low	1.93m
2	Alfie Leonard	1.85m	Norwich	10/06/2017	Alfie Leonard	1.85m
3	Alfie Leonard	1.82m	Norwich	15/05/2016	Wesley Attew	1.80m
4	Wesley Attew	1.80m	St Ives	18/05/2008	James House	1.78m
	Alfie Leonard		Norwich	19/06/2016	Kai Beadle	1.78m
5	James House	1.78m	Grantham	19/06/2010	Bradley Drury	1.60m
	Kai Beadle		Bury St Edmunds	20/08/2017	George Smith	1.60m
6	Wesley Attew	1.75m	Bedford	19/04/2008	Alecks Whyte	1.60m
	Alfie Leonard		Harrow	01/05/2016	Dylan Baldwin	1.55m
	Kai Beadle		Norwich	13/05/2017	Tom Burgess	1.50m
7	Kai Beadle	1.73m	Peterborough	08/05/2016	Jordi List	1.50m
8	Kai Beadle	1.71m	Cambridge	05/06/2016	Miguel Reyes	1.40m
9	Wesley Attew	1.70m	Bury St Edmunds	23/09/2007	Corben Reynolds	1.27m
	James House		Norwich	12/06/2010	Samuel Stevens	1.25m
	Alfie Leonard		Norwich	24/04/2016		
	Kai Beadle		Chelmsford	02/04/2017		
10	Jamal Mills	1.69m	Bedford	28/09/2008		

Long Jump

1	Jahmal Mills	6.75m	Gt Yarmouth	22/06/2008	Jahmal Mills	6.75m
2	Jahmal Mills	6.50m	Ipswich	20/04/2008	Tim Creak	6.42m
3	Jahmal Mills	6.47m	Bury St Edmunds	02/09/2007	Jake Bailey	6.03m
4	Jahmal Mills	6.46m	Chelmsford	22/03/2008	George Smith	5.82m
5	Tim Creak	6.42m	Boston	17/06/2006	Hayden Page	5.74m
6	Jahmal Mills	6.41m	Bedford	27/09/2008	Wesley Attew	5.70m
7	Jahmal Mills	6.39m	Welwyn	21/03/2008	Ewan Heggie	5.69m
8	Jahmal Mills	6.33m	Cambridge	06/07/2008	Connor Dobson	5.60m
9	Tim Creak	6.27m	Ipswich	18/06/2005	James House	5.54m
	Jahmal Mills		St Ives	18/05/2008	John Jennings	5.47m
10	Jahmal Mills	6.26m	Norwich	19/08/2007	Kai Beadle	5.43m
					Louis Labonte	5.40m
					Josh Aldred	5.36m

U17 MEN

100m

1	Louis Labonte	10.84	Lee Valley	27/05/2023	Louis Labonte	10.84
2	Richard Taylor	10.9	Grantham	19/06/2010	Richard Taylor	10.9
3	Louis Labonte	10.96	Lee Valley	27/05/2023	Dominic Burnham	11.0
4	Richard Taylor	11.0	Cambridge	16/05/2010	Josh Aldred	11.1
	Dominic Burnham		Norwich	08/06/2013	Tyreece Simpson	11.2
5	Richard Taylor	11.05	Bedford	21/08/2010	Alecks Whyte	11.2
6	Richard Taylor	11.09	Bedford	21/08/2010	John Bean	11.4
7	Josh Aldred	11.1	Gt Yarmouth	24/06/2007	Jahmal Mills	11.4
	Richard Taylor		Norwich	12/06/2010	John Jennings	11.4
8	Dominic Burnham	11.12	Cambridge	29/06/2013	Shane Atherton	11.5
	Richard Taylor		Bedford	15/08/2010	Hayden Page	11.7
9	Dominic Burnham	11.18	Norwich	27/04/2014	Kai Hewitt	11.8
10	Dominic Burnham	11.19	Birmingham	11/07/2014	Tom Burgess	11.8
11	Dominic Burnham	11.2	Gt Yarmouth	14/07/2013	Alfie Leonard	11.8
	Tyreece Simpson	11.2	Norwich	09/06/2018	Ryan Krause	11.9
12	Alecks Whyte	11.2	Norwich	10/06/2023	Mark Phillipson	11.9
	Richard Taylor	11.22	Bedford	15/08/2010	Matthew Wright	11.9
12	Dominic Burnham	11.22	Chelmsford	30/03/2013	Connor Southam	11.9
	Alecks Whyte	11.22	Lee Valley	27/05/2023	George Smith	11.9
					Lee Lin	12.0
					Jake Bailey	12.1
					Cameron Edwards	12.1

200m

1	Dominic Burnham	22.3	Birmingham	05/07/2013	Dominic Burnham	22.3
	Richard Taylor		Norwich	12/06/2010	Richard Taylor	22.3
2	Dominic Burnham	22.4	Norwich	08/06/2013	Alecks Whyte	22.7
	Richard Taylor		Chelmsford	11/09/2010	Josh Aldred	22.8
3	Dominic Burnham	22.51	Cambridge	29/06/2013	Jahmal Mills	23.1
4	Dominic Burnham	22.59	Chelmsford	30/03/2013	Alfie Leonard	23.3
5	Richard Taylor	22.6	Grantham	19/06/2010	John Jennings	23.38
	Dominic Burnham		King's Lynn	12/05/2013	John Bean	23.6
6	Dominic Burnham	22.61	Hendon	03/08/2014	Shane Atherton	23.6
7	Dominic Burnham	22.64	Birmingham	06/07/2013	Louis Labonte	23.6
8	Richard Taylor	22.67	Bedford	22/08/2010	Kai Hewitt	23.7
	Dominic Burnham		Chelmsford	19/04/2014	Hayden Page	23.7
9	Dominic Burnham	22.7	Gt Yarmouth	31/07/2013	George Smith	23.7
10	Dominic Burnham	22.77	Hendon	03/08/2014	Tom Burgess	24.0
11	Alecks Whyte	22.7	Norwich	10/06/2023	Connor Dobson	24.1
					Matthew Wright	24.2
					Tyler Bilyard	24.3
					Jake Bailey	24.7
					Connor Southam	24.7
					Mark Phillipson	24.9
					Kai Beadle	24.9
					Cameron Edwards	24.9

U17 MEN

400m

1	D Creak	49.69	Sheffield	14/08/1999	D Creak	49.69
2	Alfie Leonard	51.2	Cambridge	18/06/2017	Alfie Leonard	51.2
3	Alfie Leonard	51.26	Bromley	28/05/2017	Tom Burgess	52.37
4	Alfie Leonard	51.43	Birmingham	07/07/2017	John Bean	52.5
5	Alfie Leonard	52.0	Norwich	13/05/2017	Tyler Bilyard	52.7
6	Tom Burgess	52.37	Cambridge	02/06/2012	Kai Beadle	53.0
7	John Bean	52.50	Norwich	15/05/2005	Jahmal Mills	53.04
8	Tyler Bilyard	52.7	Norwich	12/05/2018	John Jennings	53.6
9	Tom Burgess	52.80	Peterborough	23/06/2012	Alecks Whyte	53.8
	John Bean		Ipswich	18/06/2005	William Wassmer	53.8
10	Tom Burgess	53.0	King's Lynn	01/07/2012	Matthew Wright	54.5
	Kai Beadle		Bury St Edmunds	17/09/2017	Marley Wright	54.72
					Max Burgess	54.8
					Daniel Harrison	55.5

800m

1	Tyler Bilyard	1:58.73	Bedford	25/08/2018	Tyler Bilyard	1:58.73
2	G Jarvis	1:58.8	Gt Yarmouth	1973	G Jarvis	1:58.8
3	Tyler Bilyard	1:58.9	Bury St Edmunds	08/09/2019	Tyler Bilyard	1:58.9
4	Tyler Bilyard	1:59.3	Norwich	09/06/2018	Aaron Roberts	2:00.6
5	Tyler Bilyard	1:59.8	Norwich	16/06/2018	Daniel Harrison	2:01.0
6	Tyler Bilyard	2:00.35	Sandy	29/09/2018	Josh Clark	2:01.5
7	Aaron Robert	2:00.6	Norwich	01/08/2021	Dominic Oliver	2:01.9
8	Aaron Robert	2:00.7	Norwich	05/06/2021	Kyle Ella	2:04.73
9	Tyler Bilyard	2:00.72	Horspath	01/09/2018	Max Burgess	2:05.9
10	Daniel Harrison	2:01.0	Norwich	18/09/2020	William Wassmer	2:06.0
					Stanley Collins	2:07.5
					Kai Beadle	2:07.5

1500m

1	T Salmon	4:02.38	Birmingham	29/07/1995	T Salmon	4:02.38
2	Aaron Roberts	4:08.7	Norwich	29/08/2021	Aaron Roberts	4:08.7
3	Aaron Roberts	4:09.16	Watford	28/07/2021	TylerBilyard	4:09.72
4	TylerBilyard	4:09.72	Watford	05/09/2018	Daniel Harrison	4:16.2
5	Aaron Roberts	4:11.3	Gt Yarmouth	06/06/2021	Stanley Collins	4:18.1
6	TylerBilyard	4:14.2	Norwich	12/05/2018	Samual Stevens	4:25.43
7	TylerBilyard	4:14.53	Watford	23/08/2017	Dominic Oliver	4:28.6
8	Daniel Harrison	4:16.2	Norwich	26/09/2020	Corben Reynolds	4:30.1
9	Stanley Collins	4:18.1	Norwich	22/06/2014	Cameron Taylor	4:33.2
10	TylerBilyard	4:18.8	Ipswich	12/08/2018	Kyle Ella	4:34.5
	Aaron Roberts	4:18.8	Cambridge	11/07/2021	Keelan Pywell	4:41.3
					Zak Barber	4:41.9
					Billy Heseltine	4:42.6

U17 MEN

3000m

1	Kevan Pywell	9:08.5	Lowestoft	1977	Kevan Pywell	9:08.5
2	Daniel Harrison	9:18.4	Norwich	12/09/2020	Daniel Harrison	9:18.4
3	Dominic Oliver	9:26.2	Norwich	24/03/2012	Dominic Oliver	9:26.2
4	Stanley Collins	9:34.33	Hendon	27/07/2014	Stanley Collins	9:34.33
5	Dominic Oliver	9:34.7	Gt Yarmouth	12/04/2012	Zak Barber	9:47.76
6	Dominic Oliver	9:38.7	Gt Yarmouth	14/08/2012	Tyler Bilyard	9:51.6
7	Dominic Oliver	9:42.5	Ipswich	13/05/2012	Keelan Pywell	9:53.3
	Daniel Harrison		Norwich	31/10/2020	Kyle Ella	9:53.5
8	Zak Barber	9:47.76	Norwich	30/08/2023	Samual Stevens	9:55.1
9	Dominic Oliver	9:49.5	Gt Yarmouth	21/04/2011	Corben Reynolds	10:05.4
10	Tyler Bilyard	9:51.6	Gt Yarmouth	15/06/2017	Cameron Taylor	10:29.7

100m Hurdles

1	Jahmal Mills	14.29	Bedford	27/09/2008	Jahmal Mills	14.29
2	C Hurren	14.6	Norwich	08/06/1996	C Hurren	14.6
3	Jahmal Mills	15.0	Bury St Edmunds	21/09/2008	George Smith	15.76
4	Jahmal Mills	15.64	Bedford	04/08/2007	Tyler Bilyard	16.2
5	George Smith	15.76	Lee Valley	13/08/2023	Alfie Leonard	18.59
6	Tyler Bilyard	16.2	Bury St Edmunds	17/09/2017	Kai Beadle	21.21
7	Jahmal Mills	16.3	Stevenage	07/09/2008		
8	Tyler Bilyard	16.4	Ipswich	30/07/2017		
9	George Smith	16.4	Gt Yarmouth	04/06/2023		
10	Tyler Bilyard	16.6	Bury St Edmunds	20/08/2017		
	Tyler Bilyard	17.0	Bury St Edmunds	16/07/2017		
	Alfie Leonard	18.59	Hendon	23/07/2017		

400m Hurdles

1	L Howell	59.1	Norwich	1982	L Howell	59.1
2	George Smith	63.8	Cambridge	24/06/2023	George Smith	63.80
3						
4						
5						

1500m Steeple Chase

1	Tyler Bilyard	5:00.8	Bury St Edmunds	08/09/2018	Tyler Bilyard	5:00.8
2	P Duffin	5:16.1	Gt Yarmouth	10/05/1998	P Duffin	5:16.1
3						
4						
5						

Octathlon

1	Jahmal Mills	4746	Bedford	28/09/2008	Jahmal Mills	4746
2	Jahmal Mills	4442	Bedford	05/08/2007	G Hurst	3768
3	G Hurst	3768	Norwich	22/09/1991		
4						
5						

U20 MEN

Javelin (800g)

1	Thomas Balfour	40.12m	Gt Yarmouth	12/08/2007	Thomas Balfour	40.12m
2	Richard Taylor	39.72m	Gt Yarmouth	08/05/2011	Richard Taylor	39.72m
3	Tim Creak	37.89m	Norwich	09/06/2007	Tim Creak	37.89m
4	Jahmal Mills	37.60m	King's Lynn	21/06/2009	Jahmal Mills	37.60m
5	Thomas Balfour	37.58m	Norwich	16/06/2007	Joe Lees	36.00m
6	Thomas Balfour	37.16m	Norwich	09/06/2007	James House	26.04m
7	Thomas Balfour	37.12m	Gt Yarmouth	10/04/2008	Shane Atherton	22.83m
8	Thomas Balfour	36.96m	Gt Yarmouth	24/06/2007	Connor Dobson	21.44m
9	Thomas Balfour	36.25m	Stevenage	09/07/2006	John Jennings	20.23m
10	Joe Lees	36.00m	Norwich	12/05/2008	Mark Phillipson	19.42m

Hammer (6Kg)

1	M Bloomfield	26.62m	Gt Yarmouth	14/05/1994	M Bloomfield	26.62m
2	Andrew O'Brien - 7.26Kg	22.71m	Scunthorpe	25/03/2012	Andrew O'Brien - 7.26Kg	22.71m
3						
4						
5						
6						
7						
8						
9						
10						

Discus (1.75Kg)

1	M Bloomfield	38.52m	Norwich	13/05/1995	M Bloomfield	38.52m
2	Andrew O'Brien	35.07m	Scunthorpe	25/03/2012	Andrew O'Brien	35.07m
3	Jahmal Mills	33.92m	Hendon	24/05/2009	Jahmal Mills	33.92m
4	Mark Phillipson	28.58m	Gt Yarmouth	13/07/2014	Mark Phillipson	28.58m
5	Jahmal Mills	26.96m	Eton	14/06/2009	Richard Taylor	18.62m
6	Mark Phillipson	22.67m	Gt Yarmouth	21/07/2013	Tyler Bilyard	16.65m
7	Richard Taylor	18.62m	Gt Yarmouth	03/07/2011	Shane Atherton	15.02m
8	Tyler Bilyard	16.65m	Gt Yarmouth	26/09/2019	Jordi List	14.46m
9	Shane Atherton	15.02m	Gt Yarmouth	03/07/2011	James D'Amery	14.22m
10	Jordi List	14.46m	Gt Yarmouth	13/07/2014	John Jennings	13.68m

Shot (6Kg)

1	M Bloomfield	11.76m	St Ives	17/06/1995	M Bloomfield	11.76m
2	Jahmal Mills	10.75m	Hendon	24/05/2009	Jahmal Mills	10.75m
3	Jahmal Mills	10.70m	Gt Yarmouth	09/05/2010	Jacob Hanton	9.00m
4	Jahmal Mills	10.37m	Eton	14/06/2009	Dapo Olaleye	7.63m
5	Jacob Hanton	9.00m	Norwich	14/05/2021	7.26Kg - Jahmal Mills	9.38m
6	Dapo Olaleye	7.63m	Eton	01/05/2011	7.26Kg - Richard Taylor	7.87m
7	7.26Kg - Jahmal Mills	9.38m	Cambridge	16/05/2010	7.26Kg - Ben Johnson	6.45m
8	7.26Kg - Richard Taylor	7.87m	Bury St Edmunds	23/09/2012	7.26Kg - James House	6.39m
9	7.26Kg - Ben Johnson	6.45m	Gt Yarmouth	20/06/2010	Ben Thompson	5.83m
10	7.26Kg - James House	6.39m	Gt Yarmouth	21/08/2011	Daniel Harrison	5.15m

U20 MEN

Triple Jump

1	Jahmal Mills	12.81m	Bury St Edmunds	02/08/2009	Jahmal Mills	12.81m
2	Kai Hewitt	12.14m	Grantham	19/06/2010	Kai Hewitt	12.14m
3	Connor Dobson	11.98m	Gt Yarmouth	11/06/2017	Connor Dobson	11.98m
4	Kai Hewitt	11.76m	Norwich	12/06/2010	Ben Johnson	10.33m
5	Kai Hewitt	11.18m	Norwich	11/06/2011		
6	Jahmal Mills	10.67m	Hendon	30/08/2009		
7	Ben Johnson	10.33m	Bury St Edmunds	18/09/2011		
8	Ben Johnson	10.11m	Bury St Edmunds	17/07/2011		
9	Ben Johnson	9.91m	Gt Yarmouth	21/08/2011		
10	Ben Johnson	9.90m	Norwich	08/08/2010		

High Jump

	Wesley Attew	1.80m	Norwich	13/06/2009	Wesley Attew	1.80m
1	Jahmal Mills	1.80m	King's Lynn	01/08/2009	Jahmal Mills	1.80m
	James House	1.80m	Norwich	09/07/2011	James House	1.80m
2	James House	1.79m	Gt Yarmouth	19/05/2011	Richard Taylor	1.40m
3	James House	1.78m	Grantham	19/06/2010	Mark Phillipson	1.35m
4	James House	1.77m	Bury St Edmunds	18/09/2011	Tom Burgess	1.10m
5	Wesley Attew	1.75m	Norwich	20/06/2009	Corben Reynolds	1.00m
	James House	1.75m	Norwich	18/06/2011		
6	Wesley Attew	1.70m	King's Lynn	09/05/2009		
	James House	1.70m	Norwich	12/06/2010		
7	James House	1.60m	Cambridge	16/05/2010		
8	Jahmal Mills	1.55m	Hendon	30/08/2009		
9	Richard Taylor	1.40m	Cambridge	29/07/2012		
10	Mark Phillipson	1.35m	King's Lynn	17/08/2014		

Long Jump

1	Jahmal Mills	6.78m	King's Lynn	01/08/2009	Jahmal Mills	6.78m
2	Jahmal Mills	6.68m	Norwich	13/06/2009	Tim Creak	6.42m
3	Jahmal Mills	6.55m	King's Lynn	21/06/2009	Josh Aldred	5.80m
4	Jahmal Mills	6.48m	Norwich	20/06/2009	Connor Dobson	5.65m
5	Jahmal Mills	6.45m	Norwich	16/05/2009	Richard Taylor	5.63m
6	Tim Creak	6.42m	Norwich	09/06/2007	John Jennings	5.57m
7	Jahmal Mills	6.41m	Cambridge	02/05/2009	James House	5.48m
8	Jahmal Mills	6.38m	King's Lynn	09/05/2009	Lucas Santos	5.33m
9	Jahmal Mills	6.36m	Bury St Edmunds	02/08/2009	Mark Phillipson	5.32m
10	Jahmal Mills	6.29m	Hendon	24/05/2009	Jordi List	4.90m
					Ben Johnson	4.81m
					Tyler Bilyard	4.79m
					Shane Atherton	4.41m

U20 MEN

100m						
1	Richard Taylor	10.97	Chelmsford	07/04/2012	Richard Taylor	10.97
2	Dominic Burnham	11.0	Bromley	26/07/2015	Dominic Burnham	11.0
	Richard Taylor	11.0	Harrow	19/05/2012	Josh Aldred	11.3
3	Richard Taylor	11.1	Norwich	12/05/2012	John Jennings	11.3
4	Richard Taylor	11.14	Chelmsford	23/04/2011	Shane Atherton	11.4
5	Richard Taylor	11.2	Gt Yarmouth	08/05/2011	Jordan Sears	11.7
6	Richard Taylor	11.23	Basildon	10/07/2011	Connor Dobson	11.7
	Josh Aldred		St Ives	18/05/2008	Dapo Olaley	11.9
7	Richard Taylor	11.3	Norwich	09/07/2011	Mark Phillipson	11.96
	John Jennings		Norwich	12/05/2018	Christopher Peck	12.0
8	Richard Taylor	11.36	Eton	01/05/2011	Tom Burgess	12.0
9	Richard Taylor	11.4	Norwich	18/06/2011	Jordi List	12.1
	Shane Atherton		Gt Yarmouth	14/07/2013	Ben Johnson	12.3
	John Jennings		Ipswich	21/07/2019	James D'Amery	12.6
10	Josh Aldred	11.5	Norwich	10/05/2008	Daniel Harrison	12.7
	Richard Taylor		Norwich	11/06/2011		
	Shane Atherton		Colchester	29/08/2011		
	Dominic Burnham		Norwich	06/06/2015		
	John Jennings		Norwich	20/05/2018		

200m						
1	Dominic Burnham	21.7	King's Lynn	23/05/2015	Dominic Burnham	21.7
2	Dominic Burnham	22.0	King's Lynn	23/05/2015	Richard Taylor	22.01
3	Richard Taylor	22.01	Chelmsford	07/04/2012	Josh Aldred	22.8
4	Richard Taylor	22.03	Gateshead	06/07/2012	John Jennings	22.8
5	Dominic Burnham	22.09	Bedford	21/06/2015	Tom Burgess	23.3
6	Richard Taylor	22.1	Norwich	12/05/2012	Shane Atherton	23.5
7	Dominic Burnham	22.22	Bedford	21/06/2015	Connor Dobson	23.5
8	Richard Taylor	22.3	Norwich	22/04/2012	Dapo Olaley	24.6
	Dominic Burnham		Norwich	06/06/2015	Daniel Harrison	24.7
9	Dominic Burnham	22.33	Gateshead	11/07/2015	Ben Johnson	24.9
10	Richard Taylor	22.35	Basildon	10/07/2011	Christopher Peck	24.9
					Jordan Sears	24.9

400m						
1	Tom Burgess	51.8	Norwich	08/06/2013	Tom Burgess	51.8
2	Tyler Bilyard	52.2	Norwich	11/05/2019	Tyler Bilyard	52.20
3	Tyler Bilyard	52.4	Gt Yarmouth	23/06/2019	Daniel Harrison	52.9
4	Tom Burgess	52.47	Peterborough	26/08/2013	Ben Johnson	53.9
5	Tyler Bilyard	52.5	Ipswich	21/07/2019	Kyle Ella	56.1
6	Tom Burgess	52.6	Norwich	15/06/2013	Mark Phillipson	58.1
7	Tom Burgess	52.7	Hemel Hempstead	20/04/2013	Ben Thompson	59.6
8	Tom Burgess	52.9	Gt Yarmouth	23/06/2013	Shane Atherton	62.0
	Daniel Harrison	52.9	Norwich	05/09/2021	Jack Tate	63.0
9	Tyler Bilyard	53.00	Ipswich	14/09/2019	Lucas Santos	64.1
10	Tom Burgess	53.2	Gt Yarmouth	14/07/2013		
	Daniel Harrison	53.2	Norwich	12/06/2021		

U20 MEN

800m						
1	Tyler Bilyard	1:53.32	Lee Valley	29/08/2020	Tyler Bilyard	1:53.32
2	Tyler Bilyard	1:54.10	Watford	07/08/2019	Daniel Harrison	1:57.6
3	Tyler Bilyard	1:54.39	Ipswich	14/09/2019	Kyle Ella	2:00.47
4	Tyler Bilyard	1:54.7	Norwich	18/09/2020	Josh Clark	2:01.0
5	Tyler Bilyard	1:56.24	Lee Valley	05/08/2020	Aaron Roberts	2:01.1
6	Tyler Bilyard	1:56.73	Bromley	13/07/2019	Stanley Collins	2:06.9
7	Tyler Bilyard	1:57.55	Reading	15/06/2019	Corben Reynolds	2:07.7
8	Daniel Harrison	1:57.6	Norwich	11/06/2022	Harry Collins	2:08.5
9	Tyler Bilyard	1:57.89	Crawley	19/05/2019	Ben Thompson	2:10.5
10	Tyler Bilyard	1:57.95	Horspath	07/09/2019	Ben Johnson	2:18.0
11	Daniel Harrison	1:57.8	Norwich	01/08/2021	Jack Tate	2:23.8

1500m						
1	Tyler Bilyard	3:59.21	Gillingham	17/08/2019	Tyler Bilyard	3:59.21
2	Daniel Harrison	4:00.7	Norwich	14/05/2023	Daniel Harrison	4:00.7
3	Daniel Harrison	4:03.6	Norwich	15/05/2022	Aaron Roberts	4:09.4
4	Tyler Bilyard	4:07.88	Bromley	13/07/2019	Kyle Ella	4:13.7
5	Tyler Bilyard	4:09.0	Norwich	08/06/2019	Stanley Collins	4:18.5
	Daniel Harrison	4:09.0	Gt Yarmouth	06/06/2021	Ben Thompson	4:33.0
6	Aaron Roberts	4:09.4	Norwich	15/05/2022	Corben Reynolds	4:42.7
7	Tyler Bilyard	4:10.2	Gt Yarmouth	23/06/2019	Jake Tate	4:51.7
8	Tyler Bilyard	4:10.63	Crawley	19/05/2019		
9	Daniel Harrison	4:11.2	Bury St Edmunds	03/09/2023		
10	Daniel Harrison	4:11.7	Norwich	29/08/2021		
11	Tyler Bilyard	4:12.7	Ipswich	04/08/2019		
12	Kyle Ella	4:13.7	Gt Yarmouth	07/08/2014		
13	Kyle Ella	4:16.67	Bromley	01/06/2014		
14	Tyler Bilyard	4:18.1	Ipswich	21/07/2019		

3000m						
1	Daniel Harrison	9:03.4	Gt Yarmouth	04/06/2023	Daniel Harrison	9:03.4
2	Stanley Collins	9:08.71	Hendon	28/06/2015	Stanley Collins	9:08.71
3	Stanley Collins	9:15.21	Watford	04/05/2016	Kyle Ella	9:24.3
4	Stanley Collins	9:16.84	Watford	01/06/2016	Ben Thompson	9:45.8
5	Kyle Ella	9:24.3	Gt Yarmouth	15/05/2014	Corben Reynolds	10:44.6
6	Stanley Collins	9:25.2	Norwich	19/06/2016		
7	Kyle Ella	9:27.8	Gt Yarmouth	08/06/2014		
8	Stanley Collins	9:28.95	Peterborough	13/06/2015		
9	Kyle Ella	9:31.7	Ipswich	06/07/2014		
10	Stanley Collins	9:37.3	Norwich	11/06/2016		

5000m						
1	Daniel Harrison	15:57.9	Norwich	13/05/2023	Daniel Harrison	15:57.9
2	Tyler Bilyard	16:02.1	Norwich	28/06/2019	Tyler Bilyard	16:02.1
3	Daniel Harrison	16:31.6	Norwich	22/05/2021	Kyle Ella	16:40.0
4	Kyle Ella	16:40.0	Norwich	25/05/2014		
5						

U20 MEN

110m Hurdles

1	Jahmal Mills	17.7	Norwich	13/06/2009	Jahmal Mills	17.7
2						
3						
4						
5						

400m Hurdles

1	Jahmal Mills	63.6	Hendon	30/08/2009	Jahmal Mills	63.6
2						
3						
4						
5						

2000m Steeple Chase

1	Tyler Bilyard	6:36.81	Reading	15/06/2019	Tyler Bilyard	6:36.81
2	Tyler Bilyard	6:38.3	Norwich	11/05/2019	R Barber	6:38.5
3	R Barber	6:38.5	Norwich	18/05/1985	Kyle Ella	6:43.66
4	Kyle Ella	6:43.66	Hendon	27/07/2014		
5	Tyler Bilyard	8:15.11	Gillingham	17/08/2019		
6						
7						
8						
9						
10						

U23 and SENIOR MEN

Javelin (800g)

1	Ian Wakefield	54.84m	Tonbridge	13/08/1988	Ian Wakefield	54.84m
2	K Bridges	40.96m	Ipswich	04/07/2010	K Bridges	40.96m
3	Mark Phillipson	31.64m	Gt Yarmouth	21/06/2015	Mark Phillipson	31.64m
4	Mark Phillipson	29.52m	Leicester	21/03/2015	Jordan Gurney	28.94m
5	Jordan Gurney	28.94m	Gt Yarmouth	18/09/2022	Ben Johnson	27.00m
6	Jordan Gurney	28.81m	Bury St Edmunds	03/09/2023	Craig Bean	22.77m
7	Mark Phillipson	28.61m	Street	26/04/2015	Josh Aldred	20.71m
8	Jordan Gurney	28.49m	Norwich	30/04/2023	Andrew McNamara	20.22m
9	Mark Phillipson	27.22m	Colchester	03/05/2015	Ricky Brown	16.86m
10	Ben Johnson	27.00m	Ipswich	06/07/2014		
11	Ben Johnson	26.96m	Gt Yarmouth	07/08/2014		
12	Jordan Gurney	26.95m	Gt Yarmouth	04/06/2023		
13	Jordan Gurney	26.91m	Gt Yarmouth	03/07/2022		
14	Ben Johnson	26.54m	Gt Yarmouth	13/07/2014		
15	Mark Phillipson	25.53m	Bedford	19/07/2015		

Hammer (7.26Kg)

1	K Garrod	33.88m	Gt Yarmouth	29/06/1991	K Garrod	33.88m
2	Matthew Bloomfield	26.73m	Gt Yarmouth	19/07/2009	Matthew Bloomfield	26.73m
3	Matthew Bloomfield	23.58m	Solihull	06/07/2011		
4						
5						

Discus (2Kg)

1	M Bloomfield	43.40m	Gt Yarmouth	04/08/1996	M Bloomfield	43.40m
2	M Bloomfield	32.74m	Gt Yarmouth	19/07/2009	Mark Phillipson	27.03m
3	M Bloomfield	30.53m	Doncaster	08/07/2009	Joe Cooper	24.38m
4	M Bloomfield	29.05m	Solihull	06/07/2011	Ben Johnson	21.25m
5	M Bloomfield	28.92m	King's Lynn	13/05/2006	Josh Aldred	19.05m
6	Mark Phillipson	27.03m	Bedford	19/07/2015	Craig Bean	17.51m
7	Mark Phillipson	25.95m	Gt Yarmouth	21/06/2015	Tyler Bilyard	16.64m
8	Mark Phillipson	25.85m	Street	26/04/2015	Shane Atherton	13.03m
9	Joe Cooper	24.38m	Ipswich	17/07/2016	Aaron Button	9.18m
10	Mark Phillipson	23.13m	Colchester	03/05/2015		

Shot (7.26Kg)

1	S Briggs	12.27m	Gt Yarmouth	30/03/1994	S Briggs	12.27m
2	Joe Cooper	10.81m	Ipswich	17/07/2016	Joe Cooper	10.81m
3	Matthew Bloomfield	10.65m	Doncaster	08/07/2009	Matthew Bloomfield	10.65m
4	Matthew Bloomfield	10.43m	Gt Yarmouth	19/07/2009	Mark Phillipson	8.82m
5	Matthew Bloomfield	10.31m	King's Lynn	13/05/2006	Craig Bean	8.01m
6	Matthew Bloomfield	10.29m	Solihull	06/07/2011	Ben Johnson	7.65m
7	Joe Cooper	8.92m	Norwich	24/04/2016		
8	Mark Phillipson	8.82m	Bedford	18/07/2015		
9	Mark Phillipson	8.68m	Cudworth	29/08/2015		
10	Mark Phillipson	8.45m	Leicester	21/03/2015		

U23 and SENIOR MEN

Triple Jump

1	J French	14.11m	Cambridge	15/09/1996	J French	14.11m
2	Andrew McNamara	12.73m	King's Lynn	13/05/2006	Andrew McNamara	12.73m
3	Ben Johnson	10.67m	King's Lynn	01/07/2012	Ben Johnson	10.67m
4	Ben Johnson	10.32m	King's Lynn	14/05/2012	Craig Bean	8.87m
5	Ben Johnson	10.22m	Gt Yarmouth	20/05/2012		
6	Ben Johnson	10.09m	Gt Yarmouth	23/06/2013		
7	Ben Johnson	10.05m	Norwich	22/04/2012		
8	Ben Johnson	9.96m	Bury St Edmunds	23/09/2012		
9	Ben Johnson	9.76m	Gt Yarmouth	20/08/2023		
10	Ben Johnson	9.74m	Gt Yarmouth	04/06/2023		
11	Ben Johnson	9.47m	Bury St Edmunds	03/09/2023		
12	Ben Johnson	9.39m	Norwich	30/04/2023		
13	Ben Johnson	9.34m	King's Lynn	30/07/2023		
14	Craig Bean	8.87m	Bury St Edmunds	17/07/2011		

High Jump

1	K Low	1.94m	Southend	06/05/1995	K Low	1.94m
2	Jordan Gurney	1.70m	Gt Yarmouth	20/08/2023	Jordan Gurney	1.70m
3	Jordan Gurney	1.65m	Gt Yarmouth	04/06/2023	Mark Phillipson	1.48m
4	Jordan Gurney	1.60m	Bury St Edmunds	03/09/2023	Ben Johnson	1.40m
5	Mark Phillipson	1.48m	Bedford	18/07/2015	Craig Bean	1.30m
6	Jordan Gurney	1.45m	Gt Yarmouth	03/07/2022		
7	Mark Phillipson	1.41m	Cudworth	29/08/2015		
8	Ben Johnson	1.40m	King's Lynn	01/07/2012		
9	Mark Phillipson	1.35m	Gt Yarmouth	21/06/2015		
10	Mark Phillipson	1.33m	Street	25/04/2015		
11	Craig Bean	1.30m	Cambridge	29/07/2012		
12	Craig Bean	1.10m	Gt Yarmouth	20/05/2012		
	Ben Johnson	1.10m	Bury St Edmunds	23/09/2012		

Long Jump

1	J French	6.86m	Cambridge	15/09/1996	J French	6.86m
2	Andrew McNamara	5.98m	King's Lynn	13/05/2006	Andrew McNamara	5.98m
3	Andrew McNamara	5.64m	Cambridge	28/05/2011	Jordan Gurney	5.55m
4	Andrew McNamara	5.63m	Gt Yarmouth	25/05/2013	Mark Phillipson	5.52m
5	Jordan Gurney	5.55m	Gt Yarmouth	04/06/2023	Josh Aldred	5.11m
6	Mark Phillipson	5.52m	Street	25/04/2015	Ben Johnson	4.73m
7	Andrew McNamara	5.49m	Colchester	29/08/2011	Jordan Sears	4.29m
8	Jordan Gurney	5.39m	Gt Yarmouth	03/07/2022	Ricky Brown	4.18m
9	Mark Phillipson	5.37m	Bedford	18/07/2015	Aaron Button	4.05m
10	Jordan Gurney	5.16m	Gt Yarmouth	18/09/2022		
11	Josh Aldred	5.11m	Gt Yarmouth	21/07/2013		
12	Mark Phillipson	4.76m	Colchester	03/05/2015		
13	Ben Johnson	4.73m	Chelmsford	07/04/2012		

U23 and SENIOR MEN

100m						
1	J Shipp	10.9	Norwich	13/05/1995	J Shipp	10.9
2	Richard Taylor	10.97	Bedford	15/06/2013	Richard Taylor	10.97
3	Richard Taylor	11.0	Cambridge	29/06/2013	C Herren	11.2
4	Richard Taylor	11.02	Peterborough	26/08/2013	Shane Atherton	11.2
5	Richard Taylor	11.1	Gt Yarmouth	23/06/2013	Jordan Gurney	11.40
	C Herren		Chelmsford	10/07/2005	Dapo Olaleye	11.7
6	Richard Taylor	11.2	Peterborough	20/07/2013	Christopher Peck	12.0
	Shane Atherton		King's Lynn	23/05/2015	Mark Phillipson	12.05
7	C Herren	11.3	King's Lynn	25/06/2006	Jordi List	12.1
8	Richard Taylor	11.4	Gt Yarmouth	22/08/2013	Josh Aldred	12.2
	Shane Atherton		Norwich	14/05/2016	Andrew McNamara	12.4
9	Jordan Gurney	11.40	Cambridge	24/06/2023	Ben Johnson	12.8
10	Shane Atherton	11.45	Milton Keynes	20/06/2015	Ricky Brown	14.4
11	Richard Taylor	11.5	King's Lynn	12/05/2013		
	Shane Atherton	11.5	Gt Yarmouth	08/06/2014		

200m						
1	Richard Taylor	21.79	Cambridge	29/06/2013	Richard Taylor	21.79
2	Richard Taylor	22.06	Bedford	16/06/2013	Shane Atherton	23.2
3	Richard Taylor	22.10	Peterborough	26/08/2013	Jordan Gurney	23.5
4	Richard Taylor	22.3	Gt Yarmouth	23/06/2013	Ben Johnson	24.59
5	Richard Taylor	22.4	Wormwood Scrubs	18/05/2013	Jordan Sears	24.7
6	Richard Taylor	22.48	Bedford	27/05/2013	Jordi List	25.1
7	Richard Taylor	22.5	Peterborough	20/07/2013	Josh Aldred	25.3
8	Richard Taylor	22.9	King's Lynn	12/05/2013	Mark Phillipson	25.3
9	Shane Atherton	23.2	Norwich	12/07/2014	Andrew McNamara	25.5
10	Shane Atherton	23.3	Abingdon	17/05/2014	Aaron Button	27.9
					Ricky Brown	30.2

400m						
1	J Shipp	48.44	Nottingham	08/07/1995	J Shipp	48.44
2	Tyler Bilyard	50.00	Loughborough	09/08/2023	Tyler Bilyard	50.00
3	Tyler Bilyard	50.8	Norwich	10/09/2022	Richard Taylor	53.1
4	Richard Taylor	53.1	Gt Yarmouth	22/08/2013	Ben Johnson	53.7
5	Ben Johnson	53.7	Gt Yarmouth	07/08/2014	Mark Phillipson	58.1
6	Ben Johnson	54.4	Norwich	12/05/2012	Craig Bean	65.4
7	Ben Johnson	54.9	Norwich	22/04/2012		
8	Ben Johnson	55.1	King's Lynn	01/07/2012		
9	Ben Johnson	55.2	Norwich	25/05/2014		
10	Ben Johnson	55.24	Cambridge	26/07/2014		
11	Ben Johnson	55.8	Gt Yarmouth	08/06/2014		
12	Ben Johnson	56.0	Ipswich	06/07/2014		

U23 and SENIOR MEN

800m

1	Tyler Bilyard	1:47.36	Stretford	12/08/2023	Tyler Bilyard	1:47.36
2	Tyler Bilyard	1:47.7	Watford	12/07/2023	G Jarvis	1:53.1
3	Tyler Bilyard	1:48.19	Stretford	15/08/2023	Stanley Collins	2:06.37
4	Tyler Bilyard	1:49.42	Loughborough	27/08/2022	Ben Johnson	2:20.5
5	Tyler Bilyard	1:49.61	Watford	10/08/2022	Aaron Button	2:38.9
6	Tyler Bilyard	1:50.23	Birmingham	08/06/2022	Josh Aldred	2:43.7
7	Tyler Bilyard	1:51.69	Birmingham	09/07/2022		
8	Tyler Bilyard	1:52.02	Birmingham	11/05/2022		
9	Tyler Bilyard	1:52.40	Bedford	17/07/2022		
10	G Jarvis	1:53.1	West London	1977		
11	Tyler Bilyard	1:53.24	Bedford	16/07/2022		
12	Tyler Bilyard	1:55.30	Chelmsford	30/04/2022		
13	Tyler Bilyard	1:56.20	Chelmsford	01/05/2022		
14	Stanley Collins	2:06.37	Watford	10/08/2022		
15	Stanley Collins	2:07.72	Watford	13/07/2022		
16	Ben Johnson	2:20.5	Norwich	04/05/2014		
17	Ben Johnson	2:27.2	Gt Yarmouth	23/06/2013		
18	Ben Johnson	2:31.5	Gt Yarmouth	21/07/2013		
19	Ben Johnson	2:34.2	Gt Yarmouth	13/07/2014		
20	Ben Johnson	2:34.8	Bury St Edmunds	23/09/2012		

1500m

1	Tyler Bilyard	3:42.88	Oordegem, BEL	27/05/2023	Tyler Bilyard	3:42.88
2	Tyler Bilyard	3:43.20	Schiffange, LUX	30/07/2023	S Payne	3:59.3
3	Tyler Bilyard	3:43.87	Loughborough	10/06/2023	Stanley Collins	4:17.21
4	Tyler Bilyard	3:44.32	Chelmsford	18/06/2023	Mark Phillipson	5:20.47
5	Tyler Bilyard	3:45.02	Birmingham	10/05/2023		
6	Tyler Bilyard	3:46.64	Sportcity	28/05/2022		
7	Tyler Bilyard	3:48.01	Watford	11/06/2022		
8	Tyler Bilyard	3:48.06	Sportcity	08/07/2023		
9	Tyler Bilyard	3:48.78	Birmingham	14/05/2022		
10	Tyler Bilyard	3:50.52	Sportcity	30/04/2023		
11	Tyler Bilyard	3:50.69	Chelmsford	17/06/2023		
12	Tyler Bilyard	3:50.75	Sportcity	01/05/2023		
13	Tyler Bilyard	3:51.08	Sportcity	09/07/2023		
14	Tyler Bilyard	3:52.08	Birmingham	06/07/2022		
15	Tyler Bilyard	3:52.10	Bedford	31/07/2022		
16	Tyler Bilyard	3:58.3	Norwich	15/05/2022		
17	S Payne	3:59.3	Gt Yarmouth	1979		
18	Tyler Bilyard	4:00.57	Chelmsford	19/06/2022		
19	Tyler Bilyard	4:02.36	Sportcity	29/04/2023		
20	Tyler Bilyard	4:03.4	Norwich	10/09/2022		

U23 and SENIOR MEN

3000m

1	S Payne	8:34.8	Crystal Palace	1977
2	Stanley Collins	9:38.8	Norwich	29/08/2021
3	Stanley Collins	9:42.71	Milton Keynes	09/07/2022
4	Stanley Collins	9:43.9	Norwich	08/04/2022
5	Stanley Collins	9:45.8	Watford	08/09/2021
6	Stanley Collins	10:08.1	Norwich	31/10/2020
7				
8				
9				
10				

S Payne	8:34.8
Stanley Collins	9:38.8

5000m

1	C Quadling	15:05.0	Luton	22/09/1984
2	Tyler Bilyard	15:43.09	Birmingham	19/03/2022
3	Kyle Ella	15:48.2	Norwich	08/04/2015
4	Stanley Collins	16:50.19	Wimbledon	06/08/2022
5	Stanley Collins	16:51.3	Norwich	28/06/2019
6				
7				
8				
9				
10				

C Quadling	15:05.0
Tyler Bilyard	15:43.09
Kyle Ella	15:48.2
Stanley Collins	16:50.19

110m Hurdles

1	I Wells	15.5	Crawley	07/05/1988
2	Andrew McNamara	19.1	Colchester	29/08/2011
3	Mark Phillipson	19.67	Bedford	19/07/2015
4	Mark Phillipson	20.2	Sheffield	15/04/2015
5	Mark Phillipson	20.5	Gt Yarmouth	21/06/2015
6	Mark Phillipson	20.8	Street	26/04/2015
7	Mark Phillipson	21.2	Colchester	03/05/2015
8				
9				
10				

I Wells	15.5
Andrew McNamara	19.1
Mark Phillipson	19.67

3000m Steeple Chase

1	R Barber	9:58.2	Gt Yarmouth	31/08/1985
2				
3				
4				
5				

R Barber	9:58.2
-----------------	---------------

Decathlon

1	L Howell	786?	Norwich	11/09/1988
2	Mark Phillipson	4220	Street	26/04/2015
3	Mark Phillipson	4175	Bedford	19/07/2015
4				
5				

L Howell	786?
Mark Phillipson	4220

VETERAN MEN

Javelin (800g)

1	R Wharton - V40	40.20m	King's Lynn	08/06/1997	R Wharton - V40	40.20m
2	R Wharton - V45	36.11m	Bedford	07/09/2003	Mark Turner - V40	34.95m
3	Mark Turner - V40	34.95m	Gt Yarmouth	21/08/2011	Dale Bullimore - V40	33.02m
4	Mark Turner - V40	33.57m	Bury St Edmunds	18/09/2011	T Bilham - V55	28.84m
5	Dale Bullimore - V40	33.02m	Bury St Edmunds	03/09/2023	Bernhard Mukuya - V35	26.32m
6	Mark Turner - V40	32.49m	Norwich	22/04/2012	John Atherton - V40	24.02m
7	Dale Bullimore - V40	32.40m	Norwich	14/05/2023	Peter Buxton - V55 (700g)	23.17m
8	Mark Turner - V40	32.25m	King's Lynn	01/07/2012	John Muir - V50	22.58m
9	Mark Turner - V40	32.19m	Bury St Edmunds	17/07/2011	Stephen Wright - V40	21.62m
10	Dale Bullimore - V40	31.69m	Norwich	30/04/2023	Kevin Pywell - V50	20.51m
11	Dale Bullimore - V40	31.53m	Gt Yarmouth	20/08/2023	Blaine Craddock - V45	19.53m
12	Dale Bullimore - V40	31.23m	King's Lynn	30/07/2023	Mark Lawson - V45	19.29m
13	Dale Bullimore - V40	30.84m	Norwich	30/08/2023	J Pamplin - V60	17.45m
14	Mark Turner - V40	30.41m	Bury St Edmunds	23/09/2012	Geoff Marshall - V55	14.23m
15	T Bilham - V55	28.84m	Bedford	04/10/1997		

Hammer (7.26Kg)

1	M Carr - V40	32.44m	Gt Yarmouth	13/06/1999	M Carr - V40	32.44m
2	M Carr - V45	30.94m	Gt Yarmouth	12/05/2002	Dale Bullimore - V40	26.52m
3	Dale Bullimore - V40	26.52m	King's Lynn	30/07/2023	Geoff Marshall - V55	22.96m
4	Dale Bullimore - V40	25.22m	Bury St Edmunds	03/09/2023	John Muir - V50	15.57m
5	Dale Bullimore - V40	24.77m	Norwich	30/08/2023	Kevin Pywell - V50	11.72m
6	Dale Bullimore - V40	24.51m	Norwich	13/05/2023		
7	Geoff Marshall - V55	22.96m	Gt Yarmouth	14/08/2012		
8	Geoff Marshall - V55	21.21m	Bury St Edmunds	23/09/2012		
9	Geoff Marshall - V55	20.32m	Colchester	01/09/2013		
10	Geoff Marshall - V55	20.00m	Gt Yarmouth	23/06/2013		
11	Dale Bullimore - V40	19.94m	Norwich	30/04/2023		
12	Geoff Marshall - V55	19.85m	Gt Yarmouth	21/06/2015		
13	Geoff Marshall - V55	19.73m	Bury St Edmunds	25/09/2013		
14	Geoff Marshall - V55	19.57m	Ipswich	06/07/2014		
15	Geoff Marshall - V55	19.47m	Cambridge	29/07/2012		

Discus (2Kg)

1	M Carr - V40	32.66m	Braintree	30/06/1996	M Carr - V40	32.66m
2	M Carr - V45	32.19m	Gt Yarmouth	22/06/2002	T Bilham - V55	31.66m
3	T Bilham - V55	31.66m	Bedford	04/10/1997	Dale Bullimore - V40	27.89m
4	Dale Bullimore - V40	27.89m	Norwich	30/04/2023	Stephen Wright - V40	24.15m
5	Dale Bullimore - V40	26.89m	Norwich	13/05/2023	Kevin Pywell - V45	22.90m
6	Dale Bullimore - V40	26.32m	King's Lynn	30/07/2023	John Muir - V50	22.28m
7	Dale Bullimore - V40	25.91m	Gt Yarmouth	25/07/2021	Mark Turner - V40	20.20m
8	Dale Bullimore - V40	25.68m	Norwich	24/04/2022	Mark Lawson - V40	19.66m
9	Dale Bullimore - V40	24.95m	Bury St Edmunds	29/05/2022	Geoff Marshall - V55	19.29m
10	Dale Bullimore - V40	24.77m	Norwich	05/09/2021	Bernhard Mukuya - V40	18.60m
11	Dale Bullimore - V40	24.45m	Gt Yarmouth	03/07/2022	John Atherton - V40	17.22m
12	Stephen Wright - V40	24.15m	Ipswich	04/08/2019	Mark Thompson V45	14.53m
13	Dale Bullimore - V40	23.74m	Bury St Edmunds	03/09/2023	Shawn Mason - V40	12.68m
14	Kevin Pywell - V45	22.90m	Gt Yarmouth	20/06/2010	J Pamplin - V60	12.00m
15	John Muir - V50	22.28m	Gt Yarmouth	11/04/2002		

VETERAN MEN

Shot (7.26Kg)

1	M Carr - V40	11.84m	Norwich	28/04/1996	M Carr - V40	11.84m
2	M Carr - V45	11.07m	Gt Yarmouth	05/08/2001	Dale Bullimore - V40	9.79m
3	Dale Bullimore - V40	9.79m	Norwich	14/05/2023	Stephen Wright - V40	9.64m
4	Stephen Wright - V40	9.64m	Ipswich	21/07/2019	J Willacy - V50	8.84m
5	Stephen Wright - V40	9.58m	Ipswich	04/08/2019	T Bilham - V55	8.54m
6	Dale Bullimore - V40	9.34m	King's Lynn	30/07/2023	Kevin Pywell - V45	7.94m
7	Dale Bullimore - V40	9.27m	Gt Yarmouth	03/07/2022	Liam Boylan - V35	7.87m
8	Dale Bullimore - V40	9.26m	Bury St Edmunds	03/09/2023	Geoff Marshall - V55	6.86m
9	Dale Bullimore - V40	9.17m	Bury St Edmunds	29/05/2022	Blaine Craddock - V45	6.81m
10	Dale Bullimore - V40	9.07m	Norwich	05/09/2021	Peter Buxton - V55	6.21m
11	Dale Bullimore - V40	9.04m	Gt Yarmouth	26/09/2021	Mark Lawson - V40	5.51m
12	Dale Bullimore - V40	9.03m	Norwich	30/04/2023	John Pamplin - V65	5.12m
13	J Willacy - V50	8.84m				
14	Dale Bullimore - V40	8.66m	Norwich	24/04/2022		
15	T Bilham - V55	8.54m	King's Lynn	07/05/1997		

Triple Jump

1	M Hodgson - V40	10.35m	Peterborough	06/06/2001	M Hodgson - V40	10.35m
2	M Carr - V45	9.76m	Chelmsford	14/07/2002	M Carr - V45	9.76m
3	John Muir - V50	9.44m	Norwich	11/08/2002	John Muir - V50	9.44m
4	T Bilham - V55	8.61m	Norwich	03/06/1998	T Bilham - V55	8.61m
5						

High Jump

1	R Wharton V40	1.50m	Ipswich	30/07/2000	R Wharton V40	1.50m
2	R Wharton V45	1.45m	Bury St Edmunds	03/07/2002	Ian Wells - V60	1.35m
3	Ian Wells - V60	1.35m	Norwich	30/04/2023	T Bilham - V55	1.30m
4	T Bilham - V55	1.30m	King's Lynn	07/07/1999	J Willacy - V50	1.30m
5	J Willacy - V50	1.30m			Peter Buxton - V50	1.30m
6	Peter Buxton -V55	1.30m	Gt Yarmouth	18/09/2022	Mark Lawson - V40	1.10m
7	Ian Wells - V60	1.30m	Bedford	09/09/2023		
8	Ian Wells - V60	1.25m	King's Lynn	30/07/2023		
9	J Willacy - V60	1.22m				
10	Mark Lawson - V40	1.10m	Bury St Edmunds	15/09/2013		

Long Jump

1	R Wharton - V45	5.22m	Bury St Edmunds	03/07/2002	R Wharton - V45	5.22m
2	R Wharton - V40	5.17m	Gt Yarmouth	16/07/2000	John Atherton - V40	4.93m
3	John Atherton - V40	4.93m	Gt Yarmouth	20/05/2012	Liam Boylan - V35	4.77m
4	Liam Boylan - V35	4.77m	Gt Yarmouth	18/09/2022	J Willacy - V50	4.76m
5	J Willacy - V50	4.76m			Bernhard Mukuya - V40	4.70m
6	Bernhard Mukuya - V40	4.70m	Gt Yarmouth	26/09/2019	Stephen Middleton -V45	4.70m
	Stephen Middleton -V45	4.70m	Ipswich	04/08/2019	Shawn Mason - V40	4.35m
7	John Atherton - V40	4.61m	Gt Yarmouth	03/07/2011	Dale Bullimore - V40	4.35m
8	J Willacy - V55	4.54m			Mark Lawson - V40	4.31m
9	John Atherton - V40	4.50m	Cambridge	29/07/2012	Stephen Wright - V40	4.18m
10	Shawn Mason - V40	4.35m	Gt Yarmouth	26/09/2019	Ian Wells - V60	3.99m
	Dale Bullimore - V40	4.35m	Gt Yarmouth	18/09/2022	Mark Turner - V40	3.93m

VETERAN MEN

100m

1	Kevin Burgess - V40	11.1	Bedford	29/07/2000	Kevin Burgess - V40	11.1
2	Kevin Burgess - V45	11.4	Gt Yarmouth	22/06/2002	Liam Boylan - V35	12.7
3	Kevin Burgess - V55	12.3	Ipswich	06/07/2014	J Willacy - V50	13.0
4	Liam Boylan - V35	12.7	Norwich	30/04/2023	Dale Bullimore - V40	13.4
5	Liam Boylan - V35	12.8	Gt Yarmouth	04/06/2023	Stephen Wright - V40	13.5
6	J Willacy - V50	13.0			Peter Buxton - V55	13.8
7	Liam Boylan - V35	13.2	Gt Yarmouth	03/07/2022	Mark Lawson - V45	13.9
8	J Willacy - V60	13.4			Ian Wells - V60	14.7
	Dale Bullimore - V40	13.4	Bury St Edmunds	29/05/2022	Blaine Craddock - V45	16.1
9	Stephen Wright - V40	13.5	Ipswich	04/08/2019		
10	Stephen Wright - V40	13.6	Norwich	26/05/2019		
	Dale Bullimore - V40	13.6	Gt Yarmouth	17/09/2023		
11	Liam Boylan - V35	13.7	Gt Yarmouth	18/09/2022		
12	Dale Bullimore - V40	13.8	Norwich	24/04/2022		
	Peter Buxton - V55	13.8	Gt Yarmouth	03/07/2022		
13	Mark Lawson - V45	13.9	Ipswich	23/04/2017		
14	Mark Lawson - V40	14.0	Gt Yarmouth	15/05/2014		
15	Peter Buxton - V55	14.2	Gt Yarmouth	04/06/2023		

200m

1	Kevin Burgess - V40	22.96	Gateshead	03/08/1999	Kevin Burgess - V40	22.96
2	Kevin Burgess - V45	23.92	Potsdam (Ger)	24/08/2002	J Willacy - V50	26.8
3	Kevin Burgess - V55	25.32	Birmingham	10/08/2014	Dale Bullimore - V40	27.5
4	J Willacy - V50	26.8			Peter Buxton - V55	28.0
5	Dale Bullimore - V40	27.5	Norwich	05/09/2021	Stephen Wright - V40	28.8
6	Dale Bullimore - V40	27.6	Norwich	14/04/2023	Ian Wells - V60	28.9
7	Dale Bullimore - V40	27.7	Norwich	24/04/2022	Mark Lawson - V40	29.3
8	Dale Bullimore - V40	27.8	Bury St Edmunds	29/05/2022	Shawn Mason - V40	30.3
9	Peter Buxton - V55	28.0	Norwich	14/05/2023	Kevin Pywell - V50	30.6
10	Dale Bullimore - V40	28.01	Norwich	14/04/2023	Bernhard Mukuya - V35	30.8
11	Peter Buxton - V55	28.1	Gt Yarmouth	03/07/2022	Blaine Craddock - V45	31.1
12	Stephen Wright - V40	28.8	Gt Yarmouth	20/09/2018	John Atherton - V40	31.3
13	Ian Wells - V60	28.9	Norwich	30/04/2023	John Pamplin - V60	37.4
14	Stephen Wright - V40	29.0	Gt Yarmouth	26/09/2019		
15	Mark Lawson - V40	29.3	Gt Yarmouth	13/07/2014		

400m

1	R Wharton - V40	54.2	Ware	06/06/1999	R Wharton - V40	54.2
2	R Wharton - V45	56.9	Norwich	11/08/2002	Craig Honey - V40	60.2
3	Craig Honey - V40	60.2	Gt Yarmouth	11/06/2017	Dale Bullimore - V40	61.2
4	Dale Bullimore - V40	61.2	Norwich	05/09/2021	Ian Wells - V60	63.2
5	Craig Honey - V40	62.4	Ipswich	17/07/2016	Stephen Middleton -V45	63.4
6	Ian Wells - V60	63.2	King's Lynn	05/07/2023	Mark Lawson - V45	64.6
7	Stephen Middleton -V45	63.4	Ipswich	04/08/2019	J Willacy - V50	65.7
8	Ian Wells - V60	64.5	Gt Yarmouth	03/07/2022	Blaine Craddock - V45	68.7
9	Mark Lawson - V45	64.6	Bury St Edmunds	20/08/2017	Kevin Pywell - V50	71.2
10	J Willacy - V50	65.7			John Atherton - V40	79.3
	Mark Lawson - V45	65.7	Bury St Edmunds	16/07/2017		

VETERAN MEN

800m

1	R Wharton - V40	2:10.1	Reading	04/10/1998	R Wharton - V40	2:10.1
2	R Wharton - V45	2:17.4	Chelmsford	14/07/2002	Craig Honey - V40	2:20.2
3	Craig Honey - V40	2:20.2	Gt Yarmouth	15/06/2017	Bernhard Mukuya - V40	2:22.2
4	Craig Honey - V40	2:21.3	Ipswich	17/07/2016	Mark Turner - V40	2:22.5
5	Bernhard Mukuya - V40	2:22.2	Gt Yarmouth	26/09/2019	Mark Lawson - V40	2:29.1
6	Bernhard Mukuya - V35	2:22.3	Ipswich	23/04/2017	Mark Thompson - V45	2:29.3
7	Mark Turner - V40	2:22.5	Gt Yarmouth	21/08/2011	Steven Barber - V45	2:30.2
8	Bernhard Mukuya - V35	2:24.9	Gt Yarmouth	15/06/2017	Blaine Craddock - V45	2:39.9
9	Mark Turner - V40	2:25.2	Bury St Edmunds	18/09/2011	Mark Duffield - V50	2:42.6
10	Craig Honey - V40	2:26.0	Gt Yarmouth	12/06/2016	Kevin Pywell - V50	2:46.1

1500m

1	D Goodwin - V45	4:49.3	Ipswich	01/05/2002	D Goodwin - V45	4:49.3
2	R Wharton - V40	4:52.3	Colchester	16/05/1998	R Wharton - V40	4:52.3
3	Craig Honey - V40	4:56.8	King's Lynn	14/08/2016	Craig Honey - V40	4:56.8
4	Bernhard Mukuya - V40	4:58.1	Gt Yarmouth	22/07/2018	Bernhard Mukuya - V40	4:58.1
5	Steven Barber - V45	4:58.5	Norwich	30/04/2021	Steven Barber - V45	4:58.5
6	Craig Honey - V40	5:02.9	Gt Yarmouth	12/06/2016	Mark Thompson - V45	5:06.0
7	Mark Thompson - V45	5:06.6	King's Lynn	30/07/2023	Blaine Craddock - V45	5:33.4
8	Mark Thompson - V45	5:11.1	Norwich	30/04/2023	Mark Lawson - V40	5:44.3
9	Craig Honey - V40	5:21.1	Bury St Edmunds	09/08/2015	John England - V50	5:49.0
10	Blaine Craddock - V45	5:33.4	Norwich	17/06/2018	John Pamplin - V65	7:20.3

3000m

1	Mark Thompson - V45	10:40.1	Gt Yarmouth	04/06/2023	Mark Thompson - V45	10:40.1
2	Steven Barber - V45	10:43.5	Norwich	31/10/2020	Steven Barber - V45	10:43.5
3	D Norman - V40	10:51.5	Diss	25/06/1989	D Norman - V40	10:51.5
4	Mark Turner - V40	11:04.2	Peterborough	19/06/2011	Mark Turner - V40	11:04.2
5	Mark Turner - V40	11:10.0	Norwich	08/08/2010	Bernhard Mukuya - V35	11:20.5
6	Bernhard Mukuya - V35	11:20.5	Gt Yarmouth	15/06/2017	Kevin Pywell - V50	11:46.3
7	Kevin Pywell - V50	11:46.3	Peterborough	19/06/2011	D Goodwin - V45	12:18.0
8	Kevin Pywell - V45	11:52.0	Cambridge	16/05/2010	L Gooch - V50	12:39.1
9	Kevin Pywell - V50	12:02.4	Bury St Edmunds	17/07/2011	J Pamplin - V60	14:26.8
10	Kevin Pywell - V50	12:15.9	Norwich	22/04/2012		

110m Hurdles

1	J Barwick - V40	19.1	Norwich	04/06/1997	J Barwick - V40	19.1
2	R Wharton - V45	20.7	Bury St Edmunds	03/07/2002	R Wharton - V45	20.7
3						
4						
5						

400m Hurdles

1	R Wharton - V40	65.0	McMillan Stadium	07/07/2001	R Wharton - V40	65.0
2	R Wharton - V45	65.0	Gt Yarmouth	22/06/2002	T Bilham - V55	79.4
3	T Bilham - V55	79.4	King's Lynn	05/08/1998	A Jones - V50	89.5
4	A Jones - V50	89.5	Norwich	02/08/2000		
5						