

Female - All Ages

Javelin (600g)

1	K Atkin	39.17m	SEN
2	Hollie Willeard	37.98m	U20
3	M Nascimento	36.28m	U15
4	Molly Bean	28.66m	U20
5	Brooke Davis	28.53m	U17
6	Rhiannon Clarke	27.62m	U15
7	Nadine Simmonds	25.57m	U17
8	Frankie Turner	24.68m	U23
9	Jasmin Kemp	24.62m	U15
10	Sophie McKinna	23.97m	U17

Triple Jump

1	Ellis Stewart	10.64m	U17
2	Amy Dowsett	9.82m	U17
3	Hollie Willeard	9.64m	U20
4	Allyna Mukuya	9.27m	U15
5	Ruby Scott	9.07m	U17
6	Molly Bean	8.84m	U17
7	Holly Andrews	8.43m	U17
8	Frankie Turner	8.24m	U23
9	Donna Burton	8.11m	V35
10	Sarah Bean	7.82m	V40

Hammer (4Kg)

1	Sophie McKinna	37.08m	SEN
2	Louisa Marshall	31.04m	U20
3	Amy Dowsett	24.89m	U20
4	Lucinda Bullimore	21.07m	V40
5	S Shipp	16.92m	V45
6	Lisa Willeard	15.98m	V50
7	Faith Willeard	15.03m	SEN
8	D Goodwin	13.92m	V40
9			
10			

High Jump

1	S Watts	1.65m	U15
	Natoya Rimmer	1.65m	U15
2	Molly Bean	1.57m	U17
3	C Loomes	1.55m	SEN
4	Amy Dowsett	1.48m	U17
	Beth Greenwood	1.45m	U17
5	Allyna Mukuya	1.45m	U15
	Ruby Scott	1.45m	U15
	Phoebe Baker	1.40m	U15
	Maggie Bean	1.40m	U15
6	Mia Squires	1.40m	U15
	Frankie Harrison	1.40m	V35

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	Lilymae Coote	27.88m	U17
7	Donna Burton	26.16m	V35
8	Caroline Drewitt	25.55m	SEN
9	Amy Dowsett	24.11m	U20
10	J Grimes	23.92m	V45

Long Jump

1	L McGuire	5.55m	U15
2	Carla Richardson-Rowe	5.30m	U17
	Mia Squires	5.30m	U15
3	Hannah Mayne	5.14m	U17
	Molly Bean	5.14m	U17
4	Louisa Johnstone	5.12m	U20
5	Rhiannon Clarke	4.99m	U17
6	G Godbold	4.98m	SEN
7	Ellie Morgan	4.97m	U15
8	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	Lucinda Bullimore	7.81m	V40

Female - All Ages

100m

1	Gaynor Easter	12.1	U17
2	Maizie Boylan	12.25	U15
3	Katy Barber	12.5	SEN
	E Shipp	12.6	U15
4	Kayley Earl	12.6	U15
	Isabelle Rushmere	12.6	U17
5	Hannah Mayne	12.7	U17
	Polly Davies	12.7	U20
6	Amy Fielding	12.78	U15
7	Lauren Peach	12.8	U15
	Erin Penn	12.8	U20

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	Faye Nottage	5:12.6	U15
8	Flora Dell	5:12.8	U15
9	V Tennyson	5:14.0	U13
10	C Tennyson	5:14.0	V40

200m

1	Maizie Boylan	25.2	U15
2	Gaynor Easter	25.5	U17
3	Polly Davies	25.7	U20
4	Mia Squires	26.18	U15
	Lauren Peach	26.3	U15
5	Kayley Earl	26.3	U15
	Isabelle Rushmere	26.3	U17
6	Katy Barber	26.4	U17
7	Sophie Rushmere	26.5	U17
	Erin Penn	26.6	U20
8	Amy Fielding	26.6	U15

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	Lauren Bullard	63.2	SEN
5	Eva Ellis	63.6	U20
6	Phoebe Baker	65.3	U20
7	Ella Wakeley	65.7	U20
8	M Turner	67.0	V35
9	Louisa Johnstone	67.3	U20
10	Frankie Harrison	68.8	V35

100m Hurdles

1	A Wright	15.4	SEN
2	Amy Dowsett	17.4	U20
3	J Olley	18.3	U17
4	Hollie Willeard	18.5	U20
5	Frankie Turner	19.2	U20
6	M Olley	20.7	V40
7	Faith Willeard	21.3	U20
8	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	Lauren Bullard	2:32.6	SEN

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
Siena Bullimore	6.36m
Ava Todd	6.32m
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
Frankie Goodson	1.25m
Siena Bullimore	1.25m
Holly Baker	1.20m
Hollie Willeard	1.20m
Eva Ellis	1.20m
Lilymae Coote	1.20m
Faye Nottage	1.20m
Sofia Gummer	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

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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7				
8				
9				
10				

Mia Squires	2375.0
Maggie Bean	1729.0
Hollie Willeard	1102.0

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
	Natoya Rimmer		Bury St Edmunds	18/09/2011
7	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		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
Lily-Grace Abel	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
Maize 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

U15 GIRLS

Javelin (500g)

1	Lilymae Coote	36.12m	Ipswich	01/05/2022	Lilymae Coote	36.12m
2	Lilymae Coote	35.17m	Norwich	11/06/2022	Hollie Willeard	27.14m
3	Lilymae Coote	34.49m	Chelmsford	13/08/2022	Brooke Oram	23.92m
4	Lilymae Coote	33.93m	Stretford	09/07/2022	Alice Wakeley	23.54m
5	Lilymae Coote	33.49m	Bedford	27/08/2022	Amy Fielding	21.36m
6	Lilymae Coote	33.46m	Gt Yarmouth	03/07/2022	Beth Greenwood	19.00m
7	Lilymae Coote	32.88m	Bury St Edmunds	29/05/2022	Ellis Stewart	17.62m
8	Lilymae Coote	31.67m	Norwich	15/05/2022	Isabel Matthews-Clarke	16.38m
9	Lilymae Coote	31.64m	Cambridge	25/06/2022	Eloise Beard	16.25m
10	Lilymae Coote	31.41m	Norwich	24/04/2022	Beatriz Rosa-Viera	14.42m
11	Lilymae Coote	30.92m	Norwich	05/06/2022	Erin Penn	14.23m
12	Lilymae Coote	28.85m	Bury St Edmunds	04/09/2022	Ava Field	13.90m
13	Lilymae Coote	28.03m	Norwich	08/04/2022	Shannon Webster	13.63m
14	Lilymae Coote	27.72m	Gt Yarmouth	26/09/2021	Faith Willeard	13.25m
15	Hollie Willeard	27.14m	Norwich	12/09/2020	Sophie Rushmere	13.25m

Hammer (3Kg)

1	Lilymae Coote	33.66m	Chelmsford	13/08/2022	Lilymae Coote	33.66m
2	Lilymae Coote	33.29m	Norwich	26/09/2022	Amy Dowsett	26.54m
3	Lilymae Coote	32.75m	Gt Yarmouth	03/07/2022	Louisa Marshall	23.92m
4	Lilymae Coote	32.46m	Bury St Edmunds	04/09/2022	Jasmin Kemp	20.58m
5	Lilymae Coote	31.94m	Cambridge	25/06/2022	Isabel Matthews-Clarke	14.93m
6	Lilymae Coote	30.95m	Norwich	11/06/2022		
7	Lilymae Coote	27.57m	Norwich	14/05/2022		
8	Lilymae Coote	26.65m	Norwich	05/06/2022		
9	Amy Dowsett	26.54m	Bury St Edmunds	15/09/2013		
10	Lilymae Coote	26.44m	Bury St Edmunds	29/05/2022		
11	Amy Dowsett	26.42m	Colchester	01/09/2013		
12	Lilymae Coote	24.94m	Ipswich	01/05/2022		
13	Louisa Marshall	23.92m	Ipswich	04/07/2010		
14	Amy Dowsett	23.56m	Gt Yarmouth	25/05/2013		
15	Louisa Marshall	23.51m	Gt Yarmouth	20/06/2010		

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	Lilymae Coote	25.21m	Ipswich	01/05/2022	Lilymae Coote	25.21m
	Lilymae Coote		Chelmsford	13/08/2022	N Allen	23.10m
4	Lilymae Coote	25.18m	Cambridge	25/06/2022	Ella Wakeley	21.80m
5	Lilymae Coote	24.66m	Gt Yarmouth	03/07/2022	Louisa Marshall	21.58m
6	Emily Anderson	24.51m	Bury St Edmunds	23/09/2012	Rhiannon Clarke	21.30m
7	Lilymae Coote	24.44m	Bury St Edmunds	29/05/2022	Jasmin Kemp	21.30m
8	Lilymae Coote	24.38m	Norwich	24/04/2022	Amy Dowsett	20.75m
9	Lilymae Coote	24.26m	Norwich	15/04/2022	Alice Wakeley	20.15m
10	Emily Anderson	24.05m	King's Lynn	01/07/2012		
11	Emily Anderson	23.18m	Gt Yarmouth	01/07/2012		
12	N Allen	23.10m	Norwich	10/04/2005		
13	Emily Anderson	23.03m	Gt Yarmouth	03/07/2012		
14	Lilymae Coote	22.85m	Norwich	01/08/2021		
15	Lilymae Coote	22.82m	Bury St Edmunds	04/09/2022		

U15 GIRLS

Shot (3Kg)

1	Mia Squires	10.88m	Boston	25/06/2023	Mia Squires	10.88m
2	Mia Squires	10.66m	Norwich	14/05/2023	Alice Wakeley	10.09m
3	Mia Squires	10.59m	Bedford	18/09/2022	Lilymae Coote	8.72m
4	Mia Squires	10.20m	Bury St Edmunds	04/09/2022	Shannon Webster	8.37m
5	Alice Wakeley	10.09m	King's Lynn	23/05/2015	Kayley Earl	7.13m
6	Alice Wakeley	10.04m	Gt Yarmouth	10/05/2015	Maizie Boylan	6.69m
7	Mia Squires	9.93m	Bedford	16/09/2023	Allyna Mukuya	6.68m
8	Mia Squires	9.82m	Norwich	30/04/2023	Martha Bevan	6.56m
9	Mia Squires	9.77m	Gt Yarmouth	04/06/2023	Erin Penn	6.46m
10	Alice Wakeley	9.75m	Hendon	06/07/2014	Maggie Bean	6.32m
11	Alice Wakeley	9.73m	Gt Yarmouth	21/06/2015	Molly Bean	5.92m
	Mia Squires	9.73m	Gt Yarmouth	20/08/2023	Lucy Thompson	5.89m
12	Alice Wakeley	9.72m	Norwich	06/06/2015	Faith Willeard	5.75m
13	Alice Wakeley	9.61m	Ipswich	06/07/2014	Carla Richardson-Rowe	5.75m
14	Alice Wakeley	9.53m	Cambridge	26/07/2014		
15	Alice Wakeley	9.40m	Peterborough	13/06/2015		

Triple Jump

1	Ellis Stewart	9.53m	Sandy	29/09/2018	Ellis Stewart	9.53m
2	Ellis Stewart	9.45m	Woodford	04/09/2018	Amy Dowsett	9.35m
3	Amy Dowsett	9.35m	Cambridge	29/06/2013	Allyna Mukuya	9.27m
4	Allyna Mukuya	9.27m	Gt Yarmouth	05/06/2021	Hollie Willeard	8.48m
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	30/06/2019		
10						

High Jump

1	S Watts	1.65m	Norwich	1981	S Watts	1.65m
	Natoya Rimmer		Gt Yarmouth	25/05/2013	Natoya Rimmer	1.65m
2	Natoya Rimmer	1.63m	King's Lynn	01/07/2012	Molly Bean	1.50m
3	Natoya Rimmer	1.60m	King's Lynn	12/05/2013	Allyna Mukuya	1.45m
4	Natoya Rimmer	1.58m	Peterborough	23/06/2012	Ruby Scott	1.45m
5	Natoya Rimmer	1.55m	Cambridge	29/07/2012	Amy Dowsett	1.41m
6	Natoya Rimmer	1.54m	Norwich	16/06/2012	Phoebe Baker	1.40m
7	Natoya Rimmer	1.50m	Norwich	22/04/2012	Maggie Bean	1.40m
	Molly Bean		Peterborough	25/09/2016	Mia Squires	1.40m
	Natoya Rimmer		Gt Yarmouth	20/05/2012	Beth Greenwood	1.36m
8	Molly Bean	1.45m	Ipswich	17/07/2016	Tia Gray	1.35m
	Allyna Mukuya		Norwich	04/07/2021	Rhiannon Clarke	1.30m
	Ruby Scott		Colchester	12/09/2021	Holly Baker	1.30m
9	Amy Dowsett	1.41m	Peterborough	29/09/2013	Macey-Jay Smith	1.25m
	Phoebe Baker		King's Lynn	01/07/2012	Faye Nottage	1.25m
	Molly Bean		Sandy	03/07/2016	Liona Pigott	1.15m
10	Maggie Bean	1.40m	Cambridge	07/07/2019	Isabel Matthews-Clarke	1.15m
	Allyna Mukuya		Norwich	22/05/2021		
	Mia Squires		Norwich	08/04/2022		

U15 GIRLS

Long Jump

1	L McGuire	5.55m	Gt Yarmouth	05/08/2001	L McGuire	5.55m
2	Mia Squires	5.30m	Norwich	26/06/2022	Mia Squires	5.30m
3	Mia Squires	5.25m	Norwich	10/06/2023	Hannah Mayne	5.11m
4	Mia Squires	5.23m	Bedford	28/08/2022	Ellie Morgan	4.97m
5	Mia Squires	5.17m	Norwich	01/04/2022	Louisa Johnstone	4.87m
6	Mia Squires	5.16m	Birmingham	30/06/2023	Rhiannon Clarke	4.69m
7	Mia Squires	5.12m	Horspath	24/07/2012	Amy Fielding	4.60m
8	Hannah Mayne	5.11m	Chelmsford	26/03/2016	Carla Richardson-Rowe	4.59m
	Mia Squires	5.11m	Lee Valley	27/05/2023	Beth Greenwood	4.59m
9	Mia Squires	5.10m	Bedford	18/09/2022	Amy Dowsett	4.55m
10	Mia Squires	5.08m	Gt Yarmouth	03/07/2022	Erin Penn	4.54m
11	Mia Squires	5.07m	Norwich	14/04/2023	Emily Anderson	4.53m
12	Mia Squires	5.06m	Norwich	14/05/2022		
13	Mia Squires	5.04m	Bedford	16/09/2023		
14	Mia Squires	5.01m	Norwich	11/06/2022		
15	Ellie Morgan	4.97m	Bury St Edmunds	20/08/2017		

Pentathlon

1	Mia Squires	2800	Bedford	18/09/2022	Mia Squires	2800
2	Mia Squires	2786	Boston	25/06/2023	Amy Dowsett	2585
3	Mia Squires	2744	Norwich	26/06/2022	Beth Greenwood	2303
4	Amy Dowsett	2585	Peterborough	29/09/2013	Molly Bean	2215
5	Mia Squires	2497	Horspath	24/07/2022	Maggie Bean	2013
6	Mia Squires	2471	Bedford	17/09/2023	Rhiannon Clarke	1962
7	Amy Dowsett	2389	Erith	22/09/2013		
8	Beth Greenwood	2303	Peterborough	30/09/2018		
9	Molly Bean	2215	Peterborough	25/09/2016		
10	Maggie Bean	2013	Peterborough	29/09/2019		
11	Rhiannon Clarke	1962	Peterborough	25/09/2011		

U15 GIRLS

100m

1	Maizie Boylan	12.25	Lee Valley	27/05/2023	Maizie Boylan	12.25
2	Maizie Boylan	12.32	Lee Valley	27/05/2023	E Shipp	12.6
3	Maizie Boylan	12.33	Cambridge	24/06/2023	Kayley Earl	12.6
4	Maizie Boylan	12.38	Birmingham	26/08/2023	Lauren Peach	12.8
5	Maizie Boylan	12.4	Cambridge	24/06/2023	Isabelle Rushmere	12.8
6	Maizie Boylan	12.41	Norwich	14/04/2023	Amy Fielding	12.78
7	Maizie Boylan	12.49	Birmingham	26/08/2023	Mia Squires	12.9
8	Maizie Boylan	12.5	Norwich	13/05/2023	Natoya Rimmer	13.0
9	Maizie Boylan	12.58	Norwich	30/08/2023	Hannah Mayne	13.0
10	E Shipp	12.6	Gt Yarmouth	28/05/1995	Carla Richardson-Rowe	13.1
	Kayley Earl	12.6	Bury St Edmunds	20/08/2017	Phoebe Baker	13.3
	Maizie Boylan	12.6	Norwich	10/06/2023	Erin Penn	13.3
11	Maizie Boylan	12.64	Bedford	27/08/2022	Amber Burton	13.4
12	Maizie Boylan	12.7	Norwich	24/04/2022	Ellie Morgan	13.4
13	Maizie Boylan	12.76	Lee Valley	13/08/2023	Louisa Johnstone	13.4
14	Amy Fielding	12.78	Birmingham	30/06/2023	Casey Cork	13.5
15	Lauren Peach	12.8	Ipswich	04/07/2010	Talia Barrett	13.5
	Kayley Earl	12.8	Gt Yarmouth	11/06/2017	Emily Anderson	13.6
	Isabelle Rushmere	12.8	Norwich	01/08/2021	Shannon Webster	13.6
	Maizie Boylan	12.8	Norwich	30/04/2023	Sophie Rushmere	13.6
	Amy Fielding	12.8	Norwich	10/06/2023	Keira Potter	13.6

200m

1	Maizie Boylan	25.2	Norwich	10/06/2023	Maizie Boylan	25.2
2	Maizie Boylan	25.33	Birmingham	27/08/2023	Mia Squires	26.18
3	Maizie Boylan	25.6	Gt Yarmouth	17/09/2023	Lauren Peach	26.3
4	Maizie Boylan	25.7	Norwich	14/05/2023	Kayley Earl	26.3
5	Maizie Boylan	25.74	Norwich	14/04/2023	Isabelle Rushmere	26.4
6	Maizie Boylan	25.9	King's Lynn	30/07/2023	Amy Fielding	26.6
7	Maizie Boylan	25.92	Lee Valley	12/08/2023	Phoebe Baker	27.4
8	Maizie Boylan	26.12	Lee Valley	12/08/2023	Sophie Rushmere	27.5
9	Mia Squires	26.18	Chelmsford	13/08/2022	Ellie Morgan	27.6
10	Maizie Boylan	26.2	Norwich	14/04/2023	Erin Penn	27.6
11	Maizie Boylan	26.21	Bedford	28/08/2022	Natoya Rimmer	27.7
12	Maizie Boylan	26.25	Lee Valley	12/08/2023	Amber Burton	27.7
13	Lauren Peach	26.3	Ipswich	04/07/2010	Carley Burgess	27.8
	Kayley Earl	26.3	Bury St Edmunds	20/08/2017	Emily Anderson	27.9
14	Mia Squires	26.32	Chelmsford	13/08/2022	Talia Barrett	28.1
15	Lauren Peach	26.4	Colchester	30/08/2010	Carla Richardson-Rowe	28.3
	Isabelle Rushmere	26.4	Norwich	12/06/2021	Shannon Webster	28.4
	Maizie Boylan	26.4	Gt Yarmouth	04/06/2023		
16	Maizie Boylan	26.5	Norwich	15/05/2022		
17	Amy Fielding	26.6	Norwich	15/05/2022		
	Mia Squires	26.6	Norwich	15/05/2022		
18	Maizie Boylan	26.68	Bedford	28/08/2022		
19	Kayley Earl	26.7	Gt Yarmouth	21/09/2017		
	Isabelle Rushmere	26.7	Norwich	05/09/2021		
20	Mia Squires	26.70	Bedford	28/08/2022		

U15 GIRLS

300m

1	Maizie Boylan	41.6	Bury St Edmunds	03/09/2023	Maizie Boylan	41.6
2	Maizie Boylan	42.6	Norwich	05/06/2022	Isabelle Rushmere	43.2
3	Maizie Boylan	43.1	Bury St Edmunds	04/09/2022	Phoebe Baker	43.5
4	Isabelle Rushmere	43.2	Norwich	29/08/2021	Amy Fielding	43.2
	Amy Fielding	43.2	Norwich	14/05/2023	Lauren Peach	43.8
5	Phoebe Baker	43.5	Bury St Edmunds	23/09/2012	Ellie Morgan	44.7
	Amy Fielding	43.5	Norwich	14/05/2023	Amy Dowsett	45.4
6	Phoebe Baker	43.6	King's Lynn	01/07/2012	Talia Barrett	45.5
7	Lauren Peach	43.8	Gt Yarmouth	21/08/2011	Emily Roberts	45.5
8	Amy Fielding	43.9	Norwich	30/04/2023	Eva Ellis	46.1
9	Amy Fielding	44.3	Gt Yarmouth	04/06/2023	Ella Wakeley	46.1
10	Phoebe Baker	44.4	Gt Yarmouth	12/04/2012	Andie Brown	46.2
11	Lauren Peach	44.5	Bury St Edmunds	17/07/2011	Louisa Johnstone	47.2
12	Amy Fielding	44.6	Norwich	15/05/2022	Liona Pigott	47.5
13	Ellie Morgan	44.7	Norwich	02/07/2017	Beth Greenwood	47.7
	Amy Fielding	44.7	Ipswich	01/05/2022	Tia Gray	47.8
14	Phoebe Baker	44.8	Gt Yarmouth	20/05/2012	Maggie Bean	48.5
15	Ellie Morgan	44.9	Bury St Edmunds	16/07/2017		
16	Amy Dowsett	45.4	Colchester	01/09/2013		
	Ellie Morgan	45.4	Gt Yarmouth	11/06/2017		

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	Faye Nottage	5:12.6
4	Catherine Lee	5:11.2	Bury St Edmunds	02/08/2009	Flora Dell	5:12.8
5	Catherine Lee	5:12.0	Cambridge	16/05/2010	Ava Field	5:17.2
6	Catherine Lee	5:12.1	Ipswich	04/07/2010	Brooke Oram	5:18.3
7	Catherine Lee	5:12.5	Gt Yarmouth	20/06/2010	Allyna Mukuya	5:19.6
8	Faye Nottage	5:12.6	Norwich	24/04/2022	Daisy Spurway	5:20.8
9	Flora Dell	5:12.8	Gt Yarmouth	23/06/2013	Kelly Pywell	5:30.8
10	Catherine Lee	5:13.9	Gt Yarmouth	09/05/2010	Sophie Gray	5:31.3
11	Faye Nottage	5:14.3	Gt Yarmouth	04/06/2023	Abigail Bales	5:38.5
12	Catherine Lee	5:14.7	Gt Yarmouth	19/07/2009	Emily Anderson	5:41.5

U15 GIRLS

3000m

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

75m Hurdles

1	L McGuire	11.0	Exeter	06/07/2001	L McGuire	11.0
2	Maizie Boylan	11.47	Cambridge	24/06/2023	Maizie Boylan	11.47
3	Maizie Boylan	11.5	Bury St Edmunds	03/09/2023	Mia Squires	11.7
4	Maizie Boylan	11.6	Gt Yarmouth	04/06/2023	Frankie Turner	12.4
5	Mia Squires	11.7	Boston	25/06/2023	Rhiannon Clarke	12.5
6	Mia Squires	11.80	Lee Valley	01/04/2023	Amy Dowsett	12.59
7	Maizie Boylan	11.9	King's Lynn	30/07/2023	Beth Greenwood	12.8
8	Maizie Boylan	12.0	Gt Yarmouth	03/07/2022	Hollie Willeard	12.9
	Mia Squires	12.0	Norwich	30/04/2023	Amy Fielding	12.9
9	Maizie Boylan	12.1	Bury St Edmunds	29/05/2022	Natoya Rimmer	13.0
	Mia Squires	12.1	Norwich	10/06/2023	Maggie Bean	13.2
10	Maizie Boylan	12.15	Chelmsford	13/08/2022	Georgia Clarke	13.5
11	Maizie Boylan	12.20	Cambridge	25/06/2022	Erin Penn	13.5
12	Maizie Boylan	12.26	Chelmsford	13/08/2022	Gracie Dean	13.7
13	Maizie Boylan	12.3	Ipswich	01/05/2022		
14	Frankie Turner	12.4	Gt Yarmouth	19/07/2009		
	Maizie Boylan	12.4	Norwich	08/04/2022		
	Mia Squires	12.4	Norwich	14/05/2022		
15	Frankie Turner	12.46	Peterborough	31/08/2009		

U17 WOMEN

Javelin (500g)

1	Lilymae Coote	37.72m	Cambridge	24/06/2023	Lilymae Coote	37.72m
2	Lilymae Coote	37.29m	Norwich	30/08/2023	Hollie Willeard	36.59m
3	Hollie Willeard	36.59m	Ipswich	01/05/2022	Molly Bean	30.84m
4	Lilymae Coote	36.23m	Norwich	14/05/2023	Rhiannon Clarke	25.75m
5	Hollie Willeard	35.50m	Bury St Edmunds	04/09/2022	Jasmin Kemp	25.65m
6	Hollie Willeard	34.46m	Norwich	24/04/2022	Brooke Oram	25.27m
7	Lilymae Coote	34.33m	Lee Valley	12/08/2023	Amy Dowsett	23.90m
8	Lilymae Coote	34.19m	Peterborough	07/05/2023	Alice Wakeley	22.93m
9	Hollie Willeard	33.66m	Norwich	15/05/2022	Lauren Oram	21.96m
10	Lilymae Coote	33.62m	Lee Valley	01/04/2023	Isabel Matthews-Clarke	19.75m
11	Lilymae Coote	33.55m	King's Lynn	21/04/2023	Ella Wakeley	18.81m
12	Lilymae Coote	33.52m	Norwich	10/06/2023	Beth Greenwood	18.15m
13	Lilymae Coote	33.22m	Gt Yarmouth	20/08/2023		
14	Hollie Willeard	32.93m	Norwich	11/06/2022		
15	Hollie Willeard	32.77m	Norwich	08/04/2022		
16	Lilymae Coote	32.44m	Norwich	30/04/2023		
17	Hollie Willeard	32.40m	Gt Yarmouth	18/09/2022		
18	Hollie Willeard	31.95m	Norwich	01/08/2021		
19	Lilymae Coote	31.28m	Gt Yarmouth	17/09/2023		
20	Lilymae Coote	31.27m	Bury St Edmunds	03/09/2023		

Hammer (3Kg)

1	Lilymae Coote	48.96m	Gt Yarmouth	04/06/2023	Lilymae Coote	48.96m
2	Lilymae Coote	47.97m	Norwich	30/04/2023	Amy Dowsett	27.03m
3	Lilymae Coote	47.45m	Bury St Edmunds	03/09/2023	Jasmin Kemp	20.49m
4	Lilymae Coote	45.51m	Norwich	30/08/2023	Faith Willeard	16.73m
5	Lilymae Coote	45.37m	Norwich	10/06/2023	Isabel Matthews-Clarke	13.73m
6	Lilymae Coote	44.91m	Birmingham	30/06/2023	Ami Overall	11.80m
7	Lilymae Coote	43.24m	Birmingham	27/08/2023	Shannon Webster	8.50m
8	Lilymae Coote	42.72m	Peterborough	07/05/2023	Erin Penn	7.80m
9	Lilymae Coote	42.49m	Lee Valley	12/08/2023	Hannah Mayne	6.38m
10	Lilymae Coote	42.22m	Norwich	14/05/2023		
11	Lilymae Coote	41.00m	King's Lynn	21/04/2023		
12	Lilymae Coote	40.80m	Cambridge	24/06/2023		
13	Lilymae Coote	38.81m	Lee Valley	01/04/2023		
14	Amy Dowsett	27.03m	Norwich	06/06/2015		
15	Amy Dowsett	25.50m	Peterborough	13/06/2015		
16	Amy Dowsett	23.62m	Norwich	25/05/2014		
17	Amy Dowsett	22.79m	King's Lynn	23/05/2015		
18	Amy Dowsett	22.34m	Bromley	01/06/2014		
19	Jasmin Kemp	20.49m	King's Lynn	17/08/2014		
20	Jasmin Kemp	20.32m	Norwich	25/05/2014		

U17 WOMEN

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	Lilymae Coote	27.88m
4	Lilymae Coote	27.88m	Norwich	13/05/2023	Louisa Marshall	23.38m
5	Lilymae Coote	27.72m	Gt Yarmouth	04/06/2023	Catherine Lee	22.45m
6	Emily Anderson	27.70m	Cambridge	29/06/2013	S McKinna	22.44m
7	Emily Anderson	27.67m	Gt Yarmouth	08/06/2014	Ella Wakeley	21.60m
8	Emily Anderson	27.63m	Gt Yarmouth	23/06/2013	Tayla Burton	21.34m
9	Emily Anderson	27.62m	Gt Yarmouth	31/07/2013	Rhiannon Clarke	21.18m
10	Emily Anderson	27.56m	Norwich	04/05/2014	Lauren Oram	19.76m
11	Lilymae Coote	27.42m	Cambridge	24/06/2023	Isabel Matthews-Clarke	19.55m
12	Emily Anderson	27.40m	Norwich	25/05/2014		
13	Lilymae Coote	26.88m	Lee Valley	13/08/2023		
14	Emily Anderson	26.51m	Ipswich	06/07/2014		

Shot (3Kg)

1	Jasmin Kemp	10.95m	Bromley	01/06/2014	Jasmin Kemp	10.95m
2	Jasmin Kemp	10.77m	Ketteringham	16/08/2014	Lilymae Coote	10.34m
3	Jasmin Kemp	10.36m	Gt Yarmouth	17/04/2014	Alice Wakeley	10.30m
4	Lilymae Coote	10.34m	Gt Yarmouth	17/09/2023	Amy Dowsett	9.98m
5	Alice Wakeley	10.30m	Norwich	11/06/2016	Molly Bean	9.03m
6	Jasmin Kemp	10.18m	Cambridge	26/07/2014	Ella Wakeley	7.64m
7	Alice Wakeley	10.15m	Norwich	19/06/2016	Martha Bevan	7.57m
8	Alice Wakeley	10.14m	Ipswich	17/07/2016	Ellis Stewart	7.23m
9	Alice Wakeley	10.11m	Bury St Edmunds	20/08/2017	Kayley Earl	6.92m
10	Jasmin Kemp	10.10m	Norwich	25/05/2014	Eva Ellis	6.65m
11	Jasmin Kemp	10.06m	Norwich	21/06/2014	Lauren Oram	6.47m
	Alice Wakeley	10.06m	Gt Yarmouth	12/06/2016	Faith Willeard	6.35m

U17 WOMEN

Triple Jump

1	Ellis Stewart	10.64m	Gt Yarmouth	23/06/2019	Ellis Stewart	10.64m
2	Ellis Stewart	10.54m	Cambridge	02/06/2019	Amy Dowsett	9.82m
3	Ellis Stewart	10.44m	Norwich	08/06/2019	Hollie Willeard	9.29m
4	Ellis Stewart	10.32m	Bury St Edmunds	08/09/2019	Ruby Scott	9.07m
5	Ellis Stewart	10.27m	Birmingham	12/07/2019	Molly Bean	8.84m
6	Ellis Stewart	10.23m	Norwich	26/09/2020	Holly Andrews	8.43m
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		

High Jump

1	S Watts	1.65m	Norwich	1982	S Watts	1.65m
2	Molly Bean	1.57m	Bury St Edmunds	16/07/2017	Molly Bean	1.57m
3	Molly Bean	1.56m	Peterborough	30/09/2018	Amy Dowsett	1.48m
4	Molly Bean	1.55m	Bury St Edmunds	15/04/2018	Beth Greenwood	1.45m
5	Molly Bean	1.54m	Horspath	07/07/2018	Maggie Bean	1.40m
6	Molly Bean	1.53m	Peterborough	24/09/2017	Louisa Marshall	1.35m
7	Molly Bean	1.52m	Gt Yarmouth	13/04/2017	Ruby Scott	1.35m
8	Molly Bean	1.51m	Gt Yarmouth	11/06/2017	Lilymae Coote	1.25m
9	Molly Bean	1.50m	Ipswich	23/04/2017	Amber Burton	1.20m
10	Molly Bean	1.49m	Bury St Edmunds	20/08/2017	Tayla Burton	1.00m

Long Jump

1	Carla Richardson-Rowe	5.30m	Norwich	11/08/2019	Carla Richardson-Rowe	5.30m
2	Carla Richardson-Rowe	5.29m	Cambridge	07/07/2019	Hannah Mayne	5.14m
3	Carla Richardson-Rowe	5.24m	Norwich	08/06/2019	Molly Bean	5.14m
4	Carla Richardson-Rowe	5.18m	Norwich	09/06/2018	Rhiannon Clarke	4.99m
5	Carla Richardson-Rowe	5.15m	Bury St Edmunds	08/09/2019	Beth Greenwood	4.95m
6	Hannah Mayne	5.14m	Gt Yarmouth	15/06/2017	Ellie Morgan	4.87m
	Molly Bean		Ware	06/05/2018	Louisa Johnstone	4.82m
7	Hannah Mayne	5.13m	Bury St Edmunds	16/09/2018	Amy Dowsett	4.71m
8	Molly Bean	5.12m	Norwich	09/06/2018	Erin Penn	4.69m
9	Molly Bean	5.11m	Norwich	17/06/2018	Polly Davies	4.60m
	Carla Richardson-Rowe		Norwich	16/06/2018		
10	Carla Richardson-Rowe	5.10m	Norwich	17/06/2018		

U17 WOMEN

100m

1	Gaynor Easter	12.1	Ipswich	09/06/1991	Gaynor Easter	12.1
2	Isabelle Rushmere	12.6	Norwich	24/04/2022	Isabelle Rushmere	12.6
3	Katy Barber	12.7	Norwich	19/04/2009	Katy Barber	12.7
	Hannah Mayne		Gt Yarmouth	11/06/2017	Hannah Mayne	12.7
4	Katy Barber	12.8	Bury St Edmunds	02/08/2009	Polly Davies	12.8
	Polly Davies		Grantham	19/06/2010	Kayley Earl	12.9
5	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
6	Polly Davies	12.93	Bedford	15/08/2010	Amber Burton	13.1
7	Polly Davies	12.98	Hendon	28/08/2010	Lauren Peach	13.1
8	Katy Barber	13.0	Gt Yarmouth	19/07/2009	Phoebe Baker	13.4
	Polly Davies		Bury St Edmunds	19/05/2010	Hollie Willeard	13.5
	Hannah Mayne		Ipswich	14/05/2017	Natalia Mosakowska	13.5
	Erin Penn		Gt Yarmouth	11/06/2017	Emily Steward	13.6
	Kayley Earl		Norwich	17/06/2018	Ellis Stewart	13.6
	Sophie Rushmere		Gt Yarmouth	23/06/2019	Beth Greenwood	13.7
	Carla Richardson-Rowe		Norwich	12/05/2018	Sophie McKinna	13.74
						Emily Anderson
9	Polly Davies	13.02	Bedford	15/08/2010	Louisa Johnstone	13.8
10	Isabelle Rushmere	13.0	Norwich	05/06/2022	Ella Wakeley	13.9
11	Katy Barber	13.1	Ipswich	10/05/2009	Shannon Webster	14.0
	Hannah Mayne	13.1	Bury St Edmunds	16/07/2017	Molly Bean	14.0
	Erin Penn	13.1	Bury St Edmunds	17/09/2017	Eloise Beard	14.6
	Sophie Rushmere	13.1	Norwich	26/05/2019	Isabel Matthews Clarke	14.7
12	Katy Barber	13.11	Ipswich	23/08/2009		

200m

1	Gaynor Easter	25.5	Norwich	14/06/1992	Gaynor Easter	25.5
2	Isabelle Rushmere	26.3	Norwich	15/05/2022	Isabelle Rushmere	26.3
3	Katy Barber	26.4	Bury St Edmunds	02/08/2009	Katy Barber	26.4
4	Katy Barber	26.5	Gt Yarmouth	19/07/2009	Sophie Rushmere	26.5
	Sophie Rushmere		Norwich	12/05/2019	Polly Davies	26.5
5	Polly Davies	26.6	Gt Yarmouth	19/08/2010	Kayley Earl	26.6
	Kayley Earl		Ipswich	13/05/2018	Phoebe Baker	26.65
6	Isabelle Rushmere	26.6	Norwich	05/06/2022	Amber Burton	26.9
7	Phoebe Baker	26.65	Cambridge	29/06/2013	Erin Penn	26.9
8	Polly Davies	26.7	Gt Yarmouth	22/07/2010	Natalia Mosakowska	27.1
	Isabelle Rushmere		Norwich	24/04/2022	Carla Richardson-Rowe	27.2
9	Polly Davies	26.8	Gt Yarmouth	11/07/2010	Lauren Peach	27.3
	Sophie Rushmere		Ipswich	04/08/2019	Hannah Mayne	27.3
10	Amber Burton	26.9	Norwich	08/08/2010	Eva Ellis	27.6
	Erin Penn		Norwich	15/05/2016	Molly Bean	27.7
11	Amber Burton	27.0	Norwich	12/06/2010	Ella Wakeley	28.0

U17 WOMEN

300m

1	Gaynor Easter	41.4	Ipswich	31/08/1992
2	Polly Davies	41.50	Birmingham	09/07/2010
3	Polly Davies	41.7	Gt Yarmouth	19/08/2010
4	Phoebe Baker	42.01	Cambridge	29/06/2013
5	Polly Davies	42.4	Colchester	30/08/2010
6	Polly Davies	42.5	Norwich	08/08/2010
	Phoebe Baker		Norwich	08/06/2013
7	Phoebe Baker	42.6	Gt Yarmouth	25/04/2013
8	Phoebe Baker	42.8	King's Lynn	12/05/2013
9	Polly Davies	42.9	Grantham	19/06/2010
10	Phoebe Baker	43.09	Ashford	18/08/2013

Gaynor Easter	41.4
Polly Davies	41.50
Phoebe Baker	42.01
Sophie Rushmere	43.1
Isabelle Rushmere	43.4
Lauren Peach	43.8
Molly Bean	44.3
Emily Anderson	44.46
Eva Ellis	44.6
Ellie Morgan	45.1
Erin Penn	45.2
Amy Dowsett	45.5
Emily Roberts	45.8
Carly Burgess	46.0

800m

1	J Howarth	2:14.3	Crystal Palace	1982
2	Holly Andrews	2:25.1	Norwich	16/06/2007
3	Holly Andrews	2:25.9	Norwich	09/06/2007
4	Holly Andrews	2:26.5	Bury St Edmunds	23/09/2007
5	Holly Andrews	2:26.7	King's Lynn	13/05/2006
6	Holly Andrews	2:27.7	Gt Yarmouth	24/06/2007
7	Holly Andrews	2:27.8	Gt Yarmouth	12/08/2007
8	Catherine Lee	2:28.6	Bury St Edmunds	17/07/2011
9	Catherine Lee	2:29.4	Gt Yarmouth	03/07/2011
10	Catherine Lee	2:29.9	Peterborough	19/06/2011

J Howarth	2:14.3
Holly Andrews	2:25.1
Catherine Lee	2:28.6
Polly Davies	3:31.1
Amy Dowsett	2:32.27
Molly Bean	2:33.25
Emily Anderson	2:34.0
Brooke Oram	2:36.5
Sophie Rushmere	2:44.9
Sophie Gray	2:49.5

1500m

1	J Howarth	4:36.9	Crystal Palace	1982
2	Catherine Lee	5:07.67	Peterborough	23/06/2012
3	Catherine Lee	5:09.6	Gt Yarmouth	03/07/2012
4	Catherine Lee	5:11.5	Bury St Edmunds	17/07/2011
5	Catherine Lee	5:13.7	King's Lynn	01/07/2012
6	Catherine Lee	5:14.7	Norwich	26/06/2011
7	Catherine Lee	5:14.7	Bury St Edmunds	18/09/2011
8	Brooke Oram	5:16.4	Ipswich	12/05/2019
9	Catherine Lee	5:19.61	Peterborough	29/08/2011
10	Catherine Lee	5:22.1	Gt Yarmouth	20/05/2012

J Howarth	4:36.9
Catherine Lee	5:07.67
Brooke Oram	5:16.4
Abigail Bales	5:33.6
Sophie Gray	5:41.1
Emily Anderson	5:42.7
Flora Dell	5:45.6
Amber Burton	6:12.0
Lauren Oram	6:17.8

3000m

1	J Howarth	10:40.0	Norwich	1982
2	Catherine Lee	10:59.7	Gt Yarmouth	14/08/2012
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				

J Howarth	10:40.0
Catherine Lee	10:59.7

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	Hollie Willeard	13.1
	Beth Greenwood		Peterborough	05/05/2019	Frankie Turner	13.2
6	Molly Bean	13.1	Bury St Edmunds	17/09/2017	Ellis Stewart	13.39
	Beth Greenwood		Norwich	11/05/2019	Rhiannon Clarke	13.4
	Hollie Willeard		Colchester	10/07/2022	Maggie Bean	13.8
7	Molly Bean	13.13	Horspath	07/07/2018	Faith Willeard	15.9
8	Amy Dowsett	13.18	Peterborough	13/06/2015	Isabel Matthews-Clark	16.09
9	Frankie Turner	13.2	Gt Yarmouth	12/06/2010		
	Beth Greenwood		Cambridge	02/06/2019		
	Hollie Willeard		Bury St Edmunds	29/05/2022		
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						
4						
5						

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	Hollie Willeard	37.98m	Norwich	10/06/2023	Hollie Willeard	37.98m
2	Hollie Willeard	36.59m	Norwich	30/04/2023	Molly Bean	28.66m
3	Hollie Willeard	35.82m	Norwich	14/05/2023	Ella Wakeley	23.19m
4	Hollie Willeard	35.18m	Cambridge	24/06/2023	Amy Dowsett	22.68m
5	Hollie Willeard	34.57m	Gt Yarmouth	20/08/2023	Lauren Oram	21.86m
6	Hollie Willeard	34.35m	Gt Yarmouth	04/06/2023	Alice Wakeley	19.75m
7	Hollie Willeard	33.98m	Bury St Edmunds	03/09/2023	Erin Penn	18.23m
8	Hollie Willeard	33.85m	Gt Yarmouth	17/09/2023	Frankie Turner	17.92m
9	Hollie Willeard	33.83m	Birminham	01/07/2023	Louisa Marshall	16.62m
10	Hollie Willeard	33.63m	Norwich	30/08/2023	Catherine Lee	15.71m
11	Hollie Willeard	33.39m	Bury St Edmunds	26/09/2023	Polly Davies	12.29m
12	Hollie Willeard	33.23m	Lee Valley	01/04/2023		
13	Hollie Willeard	33.19m	King's Lynn	30/07/2023		
14	Molly Bean	28.66m	Ipswich	21/07/2019		
15	Molly Bean	26.24m	Norwich	26/05/2019		
16	Ella Wakeley	23.19m	Gt Yarmouth	11/06/2017		
17	Molly Bean	23.05m	Gt Yarmouth	23/06/2019		
18	Amy Dowsett	22.68m	Gt Yarmouth	15/06/2017		
19	Ella Wakeley	21.90m	Bury St Edmunds	20/08/2017		
20	Lauren Oram	21.86m	Bury St Edmunds	04/05/2017		

Hammer (4Kg)

1	Louisa Marshall	31.04m	Gt Yarmouth	23/06/2013	Louisa Marshall	31.04m
2	Louisa Marshall	30.61m	Peterborough	26/08/2013	Amy Dowsett	24.89m
3	Louisa Marshall	28.92m	Gt Yarmouth	14/07/2013	Faith Willeard	14.70m
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		

Discus (1Kg)

1	Amy Dowsett	24.11m	Norwich	10/06/2017	Amy Dowsett	24.11m
2	Emma Barwick	24.01m	Norwich	10/04/2005	Emma Barwick	24.01m
3	Emma Barwick	23.70m	Peterborough	28/08/2006	Louisa Marshall	23.44m
4	Louisa Marshall	23.44m	Norwich	08/06/2013	Molly Bean	23.13m
5	Molly Bean	23.13m	Gt Yarmouth	26/09/2019	Ella Wakeley	22.72m
6	Louisa Marshall	22.84m	Peterborough	26/08/2013	Lauren Oram	21.80m
7	Ella Wakeley	22.72m	Gt Yarmouth	11/06/2017	Tamsin Desborough	16.55m
8	Lauren Oram	21.80m	Ipswich	23/04/2017	Polly Davies	12.46m
9	Lauren Oram	21.75m	Bury St Edmunds	16/07/2017		
10	Lauren Oram	21.09m	Ipswich	14/05/2017		

U20 WOMEN

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

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	Hollie Willeard	9.64m	Cambridge	24/06/2023
6	Hollie Willeard	9.59m	Norwich	10/06/2023
7	Hollie Willeard	9.43m	Norwich	14/05/2023
8	Hollie Willeard	9.40m	Bury St Edmunds	03/09/2023
9	Katy Barber	7.68m	Peterborough	19/06/2011
10				

Ellis Stewart	10.19m
Hollie Willeard	9.64m
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
Hollie Willeard	4.59m
Eva Ellis	4.30m

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	Carla Richardson-Rowe 13.4
	Polly Davies		Ipswich	15/05/2011	Louisa Johnstone 13.7
5	Katy Barber	13.0	Cambridge	16/05/2010	Ellis Stewart 13.8
	Polly Davies		Norwich	18/06/2011	Ella Wakeley 13.9
6	Polly Davies	13.06	Chelmsford	23/04/2011	Hollie Willeard 13.92
7	Katy Barber	13.1	Gt Yarmouth	08/05/2011	Eva Ellis 14.1
	Polly Davies		Norwich	22/04/2012	Amber Burton 14.4
	Erin Penn		Gt Yarmouth	22/07/2018	Lucy Bevan 14.7
8	Katy Barber	13.2	Bury St Edmunds	17/07/2011	Faith Willeard 14.9
	Polly Davies		Gt Yarmouth	09/08/2011	Emma Simpson 15.2
	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	
	Carla Richardson-Rowe		Gt Yarmouth	03/07/2022	

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	Carla Richardson-Rowe 28.0
7	Polly Davies	26.5	Gt Yarmouth	09/08/2011	Hollie Willeard 28.1
8	Katy Barber	26.6	Norwich	12/06/2010	Amber Burton 28.8
	Erin Penn		Norwich	13/05/2018	Eva Ellis 28.8
9	Katy Barber	26.7	Ipswich	04/07/2010	Louisa Johnstone 28.9
10	Katy Barber	26.8	Norwich	08/08/2010	Phoebe Baker 29.1
					Lauren Oram 31.6

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	Eva Ellis 63.6
4	Polly Davies	59.6	Ipswich	10/05/2012	Phoebe Baker 65.3
5	Polly Davies	59.7	Ipswich	15/05/2011	Ella Wakeley 65.7
6	Polly Davies	59.88	Chelmsford	23/04/2011	Louisa Johnstone 67.3
7	Polly Davies	60.3	Norwich	22/04/2012	Frankie Turner 69.0
8	Polly Davies	60.4	Norwich	18/06/2011	Katy Barber 72.7
9	Polly Davies	60.9	Gt Yarmouth	08/05/2011	Tamsin Desborough 83.3
10	Polly Davies	61.2	Gt Yarmouth	21/08/2011	

U20 WOMEN

800m

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

Holly Andrews	2:23.5
Phoebe Baker	2:27.4
Polly Davies	2:36.3
Amy Dowsett	2:37.8
Molly Bean	2:44.6
Ella Wakeley	2:50.9
Lauren Oram	2:56.4
Erin Penn	3:07.0
Alice Wakeley	3:10.1
Louisa Marshall	3:49.4

1500m

1	Catherine Lee	5:12.7	Colchester	01/09/2013
2	Catherine Lee	5:14.3	Gt Yarmouth	23/06/2013
3	Catherine Lee	5:17.0	Norwich	08/06/2013
4	Catherine Lee	5:25.9	Gt Yarmouth	25/05/2013
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				

Catherine Lee	5:12.7
Polly Davies	5:30.0
Jess Futter	5:50.8
Lauren Oram	6:17.8

3000m

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

Catherine Lee	11:03.9
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100m Hurdles

1	Amy Dowsett	17.4	Gt Yarmouth	11/06/2017
2	Amy Dowsett	17.57	Peterborough	24/09/2017
3	Amy Dowsett	17.7	Bury St Edmunds	16/07/2017
4	Hollie Willeard	18.5	King's Lynn	30/07/2023
5	Amy Dowsett	18.7	Bury St Edmunds	20/08/2017
	Hollie Willeard	18.7	Gt Yarmouth	04/06/2023
6	Frankie Turner	19.2	Norwich	12/05/2012
7	Frankie Turner	19.5	Norwich	08/06/2013
8	Frankie Turner	19.9	Gt Yarmouth	23/06/2013
9	Frankie Turner	20.1	Gt Yarmouth	20/05/2012
10	Frankie Turner	20.2	Gt Yarmouth	25/05/2013
11	Faith Willeard	21.3	Gt Yarmouth	25/07/2021

Amy Dowsett	17.4
Hollie Willeard	18.5
Frankie Turner	19.2
Faith Willeard	21.3
Molly Bean	21.7

1500m Steeple Chase

1	Phoebe Baker	6:55.33	Hendon	28/06/2015
2				
3				
4				
5				

Phoebe Baker	6:55.33
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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
Kirsty Wheeler	11.63m

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	Faith Willeard	15.03m	Gt Yarmouth	04/06/2023
8				
9				
10				

Sophie McKinna	37.08m
Louisa Marshall	29.02m
Faith Willeard	15.03m

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
Kirsty Wheeler	14.18m
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
Samanthe Lowe	5.54m
Faith Willeard	5.50m
Kirsty Wheeler	5.47m
Carly Cooper	4.93m

U23 and SENIOR WOMEN

Triple Jump

1	Frankie Turner	8.24m	Gt Yarmouth	08/06/2014
2	Evie Read	6.24m	Gt Yarmouth	03/07/2022
3				
4				
5				

Frankie Turner	8.24m
Evie Read	6.24m

High Jump

1	C Loomes	1.55m	Norwich	19/05/1990
2				
3				
4				
5				

C Loomes	1.55m
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Long Jump

1	Louisa Johnstone	5.05m	Norwich	30/08/2023
2	G Godbold	4.98m	Norwich	1981
3	Louisa Johnstone	4.84m	Gt Yarmouth	17/09/2023
4	Sophie McKinna	4.30m	Gt Yarmouth	26/09/2021
5	Frankie Turner	3.72m	Gt Yarmouth	08/06/2014
6	Carly Cooper	3.03m	Gt Yarmouth	26/09/2021
7	Evie Read	3.02m	Gt Yarmouth	03/07/2022
8	Carly Cooper	2.96m	Bury St Edmunds	29/05/2022
9	Kirsty Wheeler	2.65m	Gt Yarmouth	26/09/2021
10	Emma Barwick	2.63m	Bury St Edmunds	17/07/2011
11	Emma Barwick	2.59m	Gt Yarmouth	13/07/2014
	Kirsty Wheeler	2.59m	Gt Yarmouth	18/09/2022

Louisa Johnston	5.05m
G Godbold	4.98m
Sophie McKinna	4.30m
Frankie Turner	3.72m
Carly Cooper	3.03m
Evie Read	3.02m
Kirsty Wheeler	2.65m
Emma Barwick	2.63m

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	13.0
Louisa Johnstone	13.61
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
	Lauren Bullard		Bury St Edmunds	29/05/2022
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	27.0
Carly Cooper	34.0
Emma Barwick	39.3

400m

1	Lauren Bullard	63.2	Bury St Edmunds	03/09/2023
2	Katy Barber	72.4	Bury St Edmunds	23/09/2012
3	Caroline Drewitt	73.7	Gt Yarmouth	22/08/2013
4	Caroline Drewitt	74.2	King's Lynn	01/07/2012
5				

Lauren Bullard	63.2
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	Lauren Bullard	2:32.6	King's Lynn	30/07/2023
6	Lauren Bullard	2:32.8	Bury St Edmunds	03/09/2023
7	Colleen Nicole Mukuya	2:34.1	Gt Yarmouth	27/09/2018
8	Holly Andrews	2:37.3	Norwich	22/04/2012
9	Kirsty Wheeler	2:54.6	Norwich	24/04/2022
10	Kirsty Wheeler	2:56.4	Gt Yarmouth	03/07/2022
11	Kirsty Wheeler	2:58.9	Bury St Edmunds	04/09/2022
12	Kirsty Wheeler	2:59.8	Gt Yarmouth	18/09/2022

A Browne	2:22.5
Holly Andrews	2:24.0
Lauren Bullard	2:32.6
Colleen Nicole Mukuya	2:34.1
Kirsty Wheeler	2:54.6
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	A Browne	5:01.5	Gt Yarmouth	13/08/1995
4	Colleen Nicole Mukuya	5:07.3	Ipswich	23/04/2017
5	Colleen Nicole Mukuya	5:08.3	Bury St Edmunds	08/09/2019
6	Kirsty Wheeler	6:06.8	Gt Yarmouth	03/07/2022
7	Kirsty Wheeler	6:12.1	Bury St Edmunds	04/09/2022
8	Kirsty Wheeler	6:17.5	Norwich	24/04/2022
9	Kirsty Wheeler	6:18.9	Gt Yarmouth	06/06/2021
10	Kirsty Wheeler	6:20.8	Gt Yarmouth	25/07/2021

Colleen Nicole Mukuya	4:52.0
A Browne	5:01.5
Kirsty Wheeler	6:06.8

3000m

1	S Hewitt	11:07.9	Norwich	17/05/1985
2	Kirsty Wheeler	13:32.7	Norwich	29/08/2021
3	Kirsty Wheeler	13:36.7	Norwich	14/05/2021
4				
5				

S Hewitt	11:07.9
Kirsty Wheeler	13:32.7

100m Hurdles

1	A Wright	15.4	Norwich	10/06/1995
2				
3				
4				
5				

A Wright	15.4
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VETERAN WOMEN

Javelin (600g)

1	Gaynor Read - V45	21.37m	King's Lynn	30/07/2023
2	Gaynor Read - V45	20.90m	Bury St Edmunds	04/09/2022
3	Gaynor Read - V45	20.68m	Gt Yarmouth	17/09/2023
4	Gaynor Read - V45	20.54m	Norwich	30/04/2023
5	Gaynor Read - V45	19.89m	Gt Yarmouth	04/06/2023
6	Gaynor Read - V45	19.68m	Bury St Edmunds	03/09/2023
7	Gaynor Read - V45	19.30m	Bury St Edmunds	29/05/2022
8	Claire Fielding - V45	19.17m	Bury St Edmunds	04/09/2022
9	Claire Fielding - V45	18.57m	Gt Yarmouth	26/09/2021
10	Gaynor Read - V45	18.49m	Norwich	05/09/2021
11	Gaynor Read - V45	18.49m	Norwich	24/04/2022
12	Gaynor Read - V45	17.40m	Gt Yarmouth	03/07/2022
13	Claire Fielding - V45	17.07m	Norwich	24/04/2022
14	Claire Fielding - V45	16.85m	Norwich	05/09/2021
15	M Turner - V35	16.56m	Gt Yarmouth	12/07/1994
16	Claire Fielding - V45	16.42m	Gt Yarmouth	25/07/2021
17	Claire Fielding - V45	16.28m	Gt Yarmouth	03/07/2022
18	M Olley - V45	16.12m	Ipswich	14/04/1991
19	Donna Burton - V35	15.94m	Norwich	08/08/2010
20	Diane Wassmer - V50	15.90m	Gt Yarmouth	23/06/2019

Gaynor Read - V45	21.37m
Claire Fielding - V45	19.17m
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
Lisa Willeard - V50	14.66m
Rachel Brown - V40	12.89m
Maureen England - V55	11.92m
Nadine Heseltine - V40	09.20m

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	Gaynor Read - V45	20.31m	Bury St Edmunds	03/09/2023
5	S Shipp - V35	19.66m	Ipswich	10/05/1992
6	Gaynor Read - V45	19.04m	Gt Yarmouth	04/06/2023
7	Gaynor Read - V45	18.96m	Norwich	30/04/2023
8	Gaynor Read - V45	18.67m	King's Lynn	30/07/2023
9	Lucinda Bullimore - V40	18.13m	Norwich	24/04/2022
10	Lucinda Bullimore - V40	16.92m	Bury St Edmunds	04/09/2022
11	Lucinda Bullimore - V40	15.80m	King's Lynn	30/07/2023
12	Claire Fielding - V45	15.49m	Bury St Edmunds	29/05/2022
13	Lisa Willeard - V50	15.14m	Bury St Edmunds	03/09/2023
14	Lisa Willeard - V50	15.11m	Gt Yarmouth	04/06/2023
15	M Olley - V50	15.06m	Grantham	19/06/1994
16	Lucinda Bullimore - V40	14.74m	Norwich	30/04/2023
17	Lisa Willeard - V45	14.73m	Gt Yarmouth	25/07/2021
18	Lisa Willeard - V50	14.58m	Norwich	14/05/2023
19	Maureen England - V55	14.48m	Gt Yarmouth	22/07/2001
	Lisa Willeard - V50	14.48m	Norwich	30/04/2023
20	Sarah Bean - V40	14.36m	Bury St Edmunds	20/08/2017

Donna Burton - V35	26.16m
J Grimes - V45	23.92m
Gaynor Read - V45	20.31m
S Shipp - V35	19.66m
Lucinda Bullimore - V40	18.13m
Claire Fielding - V45	15.49m
Lisa Willeard - V50	15.14m
M Olley - V50	15.06m
Maureen England - V55	14.48m
Sarah Bean - V40	14.36m

VETERAN WOMEN

Hammer (4Kg)

1	Lucinda Bullimore - V40	21.07m	Norwich	30/04/2023
2	S Shipp - V45	16.92m	Gt Yarmouth	05/07/2000
3	Lucinda Bullimore - V40	16.74m	Gt Yarmouth	03/07/2022
4	Lisa Willeard - V50	15.98m	Bury St Edmunds	03/09/2023
5	Lisa Willeard - V50	15.75m	King's Lynn	30/07/2023
6	Lisa Willeard - V50	15.42m	Norwich	30/04/2023
7	Lisa Willeard - V50	14.95m	Gt Yarmouth	04/06/2023
8	D Goodwin - V40	13.92m	Bury St Edmunds	04/07/2001
9				
10				

Lucinda Bullimore - V40	21.07m
S Shipp - V45	16.92m
Lisa Willeard - V50	15.98m
D Goodwin - V40	13.92m

Shot (4Kg)

1	Lucinda Bullimore - V40	7.81m	Gt Yarmouth	20/08/2023
2	Gaynor Read - V45	7.79m	Gt Yarmouth	17/09/2023
3	Gaynor Read - V45	7.76m	Gt Yarmouth	20/08/2023
4	Donna Burton - V35	7.52m	Norwich	08/08/2010
	Gaynor Read - V45	7.52m	Norwich	14/05/2023
5	Gaynor Read - V45	7.50m	Gt Yarmouth	04/06/2023
6	Gaynor Read - V45	7.44m	Bury St Edmunds	03/09/2023
7	Gaynor Read - V45	7.37m	Gt Yarmouth	03/07/2022
8	Gaynor Read - V45	7.31m	Bury St Edmunds	04/09/2022
9	Gaynor Read - V45	7.22m	Norwich	24/04/2022
10	Donna Burton - V35	7.18m	Gt Yarmouth	08/05/2011
11	Gaynor Read - V45	7.17m	King's Lynn	30/07/2023
12	Gaynor Read - V45	7.12m	Norwich	30/04/2023
13	Gaynor Read - V45	7.02m	Bury St Edmunds	29/05/2022
14	Lucinda Bullimore - V40	6.94m	Bury St Edmunds	03/09/2023
15	S Shipp - V35	6.88m	Ipswich	10/05/1992
16	Gaynor Read - V45	6.87m	Gt Yarmouth	26/09/2021
17	J Grimes -V45	6.82m	Braintree	01/05/1994
18	J Grimes - V40	6.80m	Colchester	04/07/1993
19	Rachel Brown - V40	6.78m	Norwich	09/07/2016
20	Lucinda Bullimore - V40	6.77m	Norwich	30/04/2023

Lucinda Bullimore - V40	7.81m
Gaynor Read - V45	7.79m
Donna Burton - V35	7.52m
S Shipp - V35	6.88m
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	Frankie Harrison - V35	1.40m	Gt Yarmouth	04/06/2023
2	Frankie Harrison - V35	1.30m	Norwich	30/04/2023
3	Claire Fielding - V45	1.20m	Gt Yarmouth	03/07/2022
	Lucinda Bullimore - V40	1.20m	King's Lynn	30/07/2023
4	M Turner - V40	1.10m	Bury St Edmunds	03/05/2000
	S Fraser - V40	1.10m	Gt Yarmouth	05/07/2000
	Lucinda Bullimore - V40	1.10m	Bury St Edmunds	03/09/2023
5	Maureen England - V55	1.05m	Gt Yarmouth	05/07/2000
6				

Frankie Harrison - V35	1.40m
Claire Fielding - V45	1.20m
Lucinda Bullimore - V40	1.20m
M Turner - V40	1.10m
S Fraser - V40	1.10m
Maureen England - V55	1.05m

Long Jump

1	Gaynor Read - V45	4.33m	Norwich	14/05/2023
2	Gaynor Read - V45	4.32m	Gt Yarmouth	18/09/2022
3	Gaynor Read - V45	4.28m	Gt Yarmouth	20/08/2023
4	Gaynor Read - V45	4.24m	Gt Yarmouth	17/09/2023
5	Gaynor Read - V45	4.22m	Gt Yarmouth	26/09/2021
6	Sarah Bean - V40	3.83m	Ipswich	19/07/2015
7	S Shipp - V35	3.82m	Gt Yarmouth	18/07/2019
	Lucinda Bullimore - V40	3.82m	Norwich	30/04/2023
8	Lucinda Bullimore - V40	3.80m	Gt Yarmouth	20/08/2023
9	Claire Fielding - V45	3.78m	Gt Yarmouth	26/09/2021
10	Lucinda Bullimore - V40	3.75m	Gt Yarmouth	18/09/2022
11	Lucinda Bullimore - V40	3.72m	Gt Yarmouth	17/09/2023
12	Lucinda Bullimore - V40	3.68m	Bury St Edmunds	03/09/2023
13	Donna Burton - V35	3.64m	Gt Yarmouth	21/08/2011
14	Lucinda Bullimore - V40	3.60m	Norwich	30/08/2023
15	Sarah Bean - V40	3.59m	Bury St Edmunds	20/08/2017
16	Rachel Brown - V40	3.57m	Gt Yarmouth	26/05/2016
17	Lucinda Bullimore - V40	3.56m	Bury St Edmunds	04/09/2022
18	Rachel Brown - V35	3.53m	Ipswich	19/07/2015
19	Lucinda Bullimore - V40	3.52m	King's Lynn	30/07/2023
20	M Olley - V45	3.47m	Corby	17/09/1989

Gaynor Read - V45	4.33m
Sarah Bean - V40	3.83m
S Shipp - V35	3.82m
Lucinda Bullimore - V40	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
lisa Willeard - V50	2.75m
Pat Brightman - V50	2.38m

VETERAN WOMEN

100m

1	Gaynor Read - V45	13.4	Norwich	14/05/2022	Gaynor Read - V45	13.4
2	Gaynor Read - V45	13.5	Bury St Edmunds	29/05/2022	S Shipp - V35	14.5
3	Gaynor Read - V45	13.6	Norwich	24/04/2022	Claire Fielding - V45	14.5
4	Gaynor Read - V45	13.8	Norwich	05/09/2021	Lucinda Bullimore - V40	14.9
5	Gaynor Read - V45	13.9	Norwich	30/04/2023	Donna Burton - V35	15.2
6	Gaynor Read - V45	14.0	Bury St Edmunds	03/09/2023	Rachel Brown - V35	15.6
7	Gaynor Read - V45	14.02	Derby	12/06/2022	M Olley - V40	15.7
8	Gaynor Read - V45	14.3	King's Lynn	30/07/2023	Lisa Willeard - V45	16.9
9	S Shipp - V35	14.5	Gt Yarmouth	26/02/1992	Sarah Bean - V40	17.9
	Claire Fielding - V45	14.5	Gt Yarmouth	06/06/2021	Maureen England - V55	17.9
	Gaynor Read - V45	14.5	Gt Yarmouth	04/06/2023	Pat Brightman - V50	21.5
10	Claire Fielding - V45	14.8	Norwich	01/08/2021		
11	Claire Fielding - V45	14.9	Norwich	24/04/2022		
	Lucinda Bullimore - V40	14.9	Gt Yarmouth	17/09/2023		
12	Lucinda Bullimore - V40	14.98	Norwich	30/08/2023		
13	Claire Fielding - V45	15.0	Gt Yarmouth	23/06/2019		
14	Donna Burton - V35	15.2	Peterborough	19/06/2011		
15	Claire Fielding - V45	15.3	Norwich	26/05/2019		
	Lucinda Bullimore - V40	15.3	Gt Yarmouth	03/07/2022		
16	Lucinda Bullimore - V40	15.39	Norwich	14/04/2023		
17	Lucinda Bullimore - V40	15.4	Norwich	14/04/2023		
18	Lucinda Bullimore - V40	15.5	Bury St Edmunds	29/05/2022		
19	Rachel Brown - V35	15.6	Gt Yarmouth	08/06/2014		
20	Rachel Brown - V35	15.7	Gt Yarmouth	30/06/2015		
	M Olley - V40	15.7	Colchester	26/08/1985		

200m

1	Gaynor Read - V45	28.4	Norwich	15/05/2022	Gaynor Read - V45	28.4
2	Gaynor Read - V45	28.6	Gt Yarmouth	03/07/2022	Lucinda Bullimore - V40	30.4
3	Gaynor Read - V45	28.93	Derby	12/06/2022	M Turner - V35	30.7
4	Gaynor Read - V45	29.0	Norwich	29/08/2021	Claire Fielding - V45	30.8
5	Gaynor Read - V45	29.2	Bury St Edmunds	29/05/2022	M Olley - V40	33.3
6	Gaynor Read - V45	30.4	Norwich	05/09/2021	Sarah Bean - V40	33.9
	Lucinda Bullimore - V40	30.4	Norwich	14/05/2023	Lisa Willeard - V45	37.8
7	M Turner - V35	30.7	Gt Yarmouth	12/07/1994	Maureen England - V55	39.2
8	Claire Fielding - V45	30.8	Norwich	24/04/2022	C Tennyson - V50	43.0
9	Claire Fielding - V45	30.9	Ipswich	04/08/2019	Diane Wassmer - V50	45.3
10	Lucinda Bullimore - V40	31.1	Gt Yarmouth	17/09/2023		
11	Lucinda Bullimore - V40	31.54	Norwich	14/04/2023		
12	Claire Fielding - V45	31.6	Gt Yarmouth	25/07/2021		
13	Claire Fielding - V45	32.1	Gt Yarmouth	23/09/2019		
14	M Olley - V40	33.3	Colchester	28/08/1985		
15	Sarah Bean - V40	33.9	Bury St Edmunds	20/08/2017		
16	Lisa Willeard - V45	37.8	Gt Yarmouth	26/09/2019		
17	Maureen England	39.2	Norwich	02/08/2000		

VETERAN WOMEN

400m

1	M Turner - V35	67.0	Luton	21/08/1994
2	Frankie Harrison - V35	68.8	Gt Yarmouth	04/06/2023
3	Frankie Harrison - V35	69.3	Norwich	30/04/2023
4	Lucinda Bullimore - V40	69.4	Gt Yarmouth	03/07/2022
5	Claire Fielding - V45	70.3	Ipswich	04/08/2019
6	Claire Fielding - V45	71.0	Gt Yarmouth	25/07/2021
7	Claire Fielding - V45	73.4	Gt Yarmouth	03/07/2022
8	M Turner - V40	82.1	Gt Yarmouth	05/07/2000
9	Maureen England - V55	97.6	Bury St Edmunds	03/05/2000
10				

M Turner - V35	67.0
Frankie Harrison - V35	68.8
Lucinda Bullimore - V40	69.4
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	Lucinda Bullimore - V40	2:54.5	Norwich	24/04/2022
5	Kirsty Wheeler - V35	2:57.8	Gt Yarmouth	04/06/2023
6	Nadine Heseltine - V40	2:59.6	Gt Yarmouth	21/06/2015
7	Lucinda Bullimore - V40	3:01.3	Bury St Edmunds	29/05/2022
8	Sarah Bean - V40	3:02.0	Ipswich	19/07/2015
9	Kirsty Wheeler - V35	3:03.7	Norwich	30/04/2023
10	Jane Trudgill - V40	3:14.9	Colchester	03/05/2015
11	Sarah Bean - V40	3:16.2	Gt Yarmouth	30/06/2015
12	Maureen England - V55	3:34.9	Gt Yarmouth	22/07/2001
13	J Grimes - V45	3:51.6	Gt Yarmouth	25/07/1995

M Turner - V35	2:36.2
Colleen Nicole Mukuya - V35	2:36.3
Lucinda Bullimore - V40	2:54.5
Nadine Heseltine - V40	2:59.6
Sarah Bean - V40	3:02.0
Kirsty Wheeler - V35	2:57.8
Jane Trudgill - V40	3:14.9
Maureen England - V55	3:34.9
J Grimes - V45	3:51.6

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	Frankie Harrison - V35	6:08.1	Norwich	30/04/2023
8	Nadine Heseltine - V40	6:11.1	Gt Yarmouth	21/06/2015
9	Kirsty Wheeler - V35	6:26.1	Norwich	30/04/2023
10	Sarah Bean - V40	6:32.0	Ipswich	19/07/2015
11	Sarah Bean - V40	6:39.4	Gt Yarmouth	21/06/2015
12	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
Frankie Harrison - V35	6:08.1
Nadine Heseltine - V40	6:11.1
Kirsty Wheeler - V35	6:26.1
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	Frankie Harrison - V35	13:08.5	Gt Yarmouth	04/06/2023
4	Sarah Bean - V40	14:15.5	Gt Yarmouth	15/06/2017
5	Pat Brightman - V45	19:17.6	King's Lynn	07/06/2000
6	Pat Brightman - V50	19:31.1	Bedford	07/09/2003
7				

C Tennyson - V40	11:42.3
A Hooper - V35	11:54.2
Frankie Harrison - V35	13:08.5
Sarah Bean - V40	14:15.5
Pat Brightman - V45	19:17.6

VETERAN WOMEN

100m Hurdles

1	M Olley - V40	20.7	Welwyn G'den City	15/06/1985	M Olley - V40	20.7
2	M Olley - V45	21.6	Colchester	28/08/1989		
3						
4						
5						

80m Hurdles

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