

Top 10 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	Mark Phillipson	31.64m	SM

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	Geoff Marshall	22.96m	V55
5	Andrew O'Brien	22.71m	U20
6	John Muir	15.57m	V50
7	Kevin Pywell	11.72m	V50
8			
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	C Wilkinson	1.60m	U15
	Bradley Drury	1.60m	U17
7	Dylan Baldwin	1.55m	U17
8	N Jones	1.51m	U13
	Miguel Reyes	1.50m	U15
	Marley Wright	1.50m	U15
9	Alfonso Mendes	1.50m	U15
	Tom Burgess	1.50m	U17
	Jordi List	1.50m	U17
	Roger Wharton	1.50m	V40
10	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	25.91m	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	Mark Turner	20.20m	V40

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	Stephen Wright	9.64m	V40
6	Jahmal Mills	9.38m	U20
7	Dale Bullimore	9.07m	V40
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	Josh Aldred	5.80m	U20
9	Hayden Page	5.74m	U17
10	Wesley Attew	5.70m	U17

Top 10 rankings Men - All Ages

100m

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

1500m

1	Tyler Bilyard	3:59.21	U20
2	S Payne	3:59.3	SM
3	T Salmon	4:02.38	U17
4	Aaron Roberts	4:08.7	U17
5	Daniel Harrison	4:09.0	U20
6	Kyle Ella	4:13.7	U20
7	Stanley Collins	4:18.1	U17
8	Samual Stevens	4:25.43	U17
9	Dominic Oliver	4:28.6	U17
10	Cameron Taylor	4:33.2	U17

200m

1	Dominic Burnham	21.7	U20
2	Richard Taylor	21.79	SM
3	Josh Aldred	22.8	U17
	John Jennings	22.8	U20
5	Kevin Burgess	22.96	V40
6	Jahmal Mills	23.1	U17
7	Shane Atherton	23.2	SM
8	Alfie Leonard	23.3	U17
	Tom Burgess	23.3	U20
9	Connor Dobson	23.5	U20

3000m

1	S Payne	8:34.8	SM
2	Kevan Pywell	9:08.5	U17
3	Stanley Collins	9:08.71	U20
4	Daniel Harrison	9:18.4	U17
5	Kyle Ella	9:24.3	U17
6	Dominic Oliver	9:26.2	U17
7	Tyler Bilyard	9:51.6	U17
8	Keelan Pywell	9:53.3	U17
9	Samual Stevens	9:55.1	U17
10	Cameron Taylor	10:29.7	U17

400m

1	J Shipp	48.44	SM
2	D Creak	49.69	U17
3	Alfie Leonard	51.2	U17
4	Tom Burgess	51.8	U20
5	Tyler Bilyard	52.20	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

5000m

1	C Quadling	15:05.0	SM
2	Kyle Ella	15:48.2	SM
3	Tyler Bilyard	16:02.1	U20
4	Daniel Harrison	16:31.6	U20
5	Stanley Collins	16:51.3	SM
6			
7			
8			
9			
10			

800m

1	G Jarvis	1:53.1	SM
2	Tyler Bilyard	1:53.32	U20
3	Daniel Harrison	1:57.8	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	Stanley Collins	2:06.9	U20

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

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

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
Billy Randell (3.25Kg)	5.77m
Cameron Barnes (3.25Kg)	5.75m

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
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

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
Cameron Barnes	1.20m
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

U13 BOYS

100m

1	J Shipp S Keyte	12.9	Norwich Colchester	09/06/1990 29/08/1994
2	Mohammed Omar	13.3	Gt Yarmouth	14/08/2012
3	Mohammed Omar Tyreece Simpson	13.4	Cambridge Gt Yarmouth	29/07/2012 08/06/2014
4	Tyreece Simpson George Smith	13.5	Ipswich Norwich	06/07/2014 15/08/2020
5	Tyreece Simpson	13.6	Birmingham	02/07/2014
6	Tyreece Simpson Connor Dobson Louis Duffield Oliver Shipp	13.8	Bury St Edmunds Gt Yarmouth Gt Yarmouth Ipswich	14/09/2014 14/08/2012 10/05/2015 12/08/2018
7	Tyreece Simpson Connor Dobson Louis Duffield Oliver Shipp Daniel Allman Leroy Honey	13.9	Gt Yarmouth Cambridge Gt Yarmouth Gt Yarmouth Gt Yarmouth Gt Yarmouth	15/05/2014 29/07/2012 10/05/2015 22/07/2018 12/08/2007 23/06/2013
8	Tyreece Simpson	14	Gt Yarmouth	23/06/2013
9	Tyreece Simpson Louis Duffield Oliver Shipp Leroy Honey	14.1	Colchester Colchester Norwich Ipswich	01/09/2013 03/05/2015 12/05/2018 06/07/2014
10	Tyreece Simpson Daniel Allman Luke Duval Woods	14.2	Gt Yarmouth Gt Yarmouth Norwich	22/08/2013 12/05/2007 10/05/2008

J Shipp	12.9
S Keyte	12.9
Mohammed Omar	13.3
Tyreece Simpson	13.4
George Smith	13.5
Connor Dobson	13.8
Louis Duffield	13.8
Oliver Shipp	13.8
Daniel Allman	13.9
Leroy Honey	13.9
Luke Duval-Woods	14.2
Cameron Wedon	14.3
Archie Middleton	14.5
Oliver Brice	14.6
Ethan Calvert	14.6
Billy Randell	14.8
Max Dobson	14.9
Noah Baker	14.9
Kai Beadle	15.0
Levi Lawson	15.0
Jake Bailey	15.1
Malachi Lawson	15.1
Tyler Bilyard	15.2
Cameron Barnes	15.2
Oscar Abel	15.2
Harry Pywell	15.3

200m

1	J Shipp	26.2	Havering	27/05/1990
2	Mohammed Omar	27.2	Gt Yarmouth	14/08/2012
3	George Smith	27.6	Norwich	12/09/2020
4	Oliver Shipp	28.0	Ipswich	12/08/2018
5	Mohammed Omar	28.2	Cambridge	29/07/2012
6	Connor Dobson Tyreece Simpson	28.3	Gt Yarmouth Ipswich	14/08/2012 06/07/2014
7	Tyreece Simpson	28.4	Gt Yarmouth	08/06/2014
8	Oliver Shipp Tyreece Simpson	28.5	Gt Yarmouth Bury St Edmunds	22/07/2018 14/09/2014
9	George Smith	28.6	Norwich	31/10/2020
10	Oliver Shipp	28.7	Gt Yarmouth	20/09/2018

J Shipp	26.2
Mohammed Omar	27.2
George Smith	27.6
Oliver Shipp	28.0
Connor Dobson	28.3
Tyreece Simpson	28.3
Luke Duval-Woods	29.1
Louis Duffield	29.2
Jake Bailey	29.5
Daniel Allman	29.6
Thomas Clutterbuck	29.6
Leroy Honey	29.7

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	Tyler Bilyard	2:29.1	Ipswich	06/07/2014
5	Cameron Wedon	2:29.2	Gt Yarmouth	25/07/2021
6	Cameron Wedon	2:31.7	Norwich	07/05/2021
7	Tyler Bilyard	2:31.8	Bury St Edmunds	14/09/2014
8	Cameron Barnes	2:33.0	Gt Yarmouth	21/07/2013
9	Josh Clark	2:33.5	Bury St Edmunds	02/08/2009
10	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
Tyler Bilyard	2:29.1
Cameron Barnes	2:33.0
Josh Clark	2:33.5
Toby Scott	2:36.2
James Smith	2:37.4
Archie Middleton	2:38.2
Kai Beadle	2:38.4

1500m

1	B Rowe	4:50.7	Hemel Hempstead	23/05/1999
2	Cameron Barnes	5:02.1	Bury St Edmunds	14/09/2014
3	Jack Cottingham	5:05.8	Gt Yarmouth	23/06/2013
4	Cameron Barnes	5:07.2	Norwich	04/05/2014
5	Cameron Barnes	5:07.5	Gt Yarmouth	08/06/2014
6	Jack Cottingham	5:07.5	Gt Yarmouth	14/07/2013
7	Cameron Barnes	5:09.1	Ipswich	06/07/2014
8	Tyler Bilyard	5:10.0	Gt Yarmouth	07/08/2014
9	Cameron Barnes	5:11.7	Gt Yarmouth	14/07/2013
10	Josh Clark	5:14.2	Gt Yarmouth	02/07/2009

B Rowe	4:50.7
Cameron Barnes	5:02.1
Jack Cottingham	5:05.8
Tyler Bilyard	5:10.0
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

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	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
Levi Lawson	15.9
Luke Duval-Woods	16.1
Daniel Allman	16.3
Sam Brownsell	16.7

Pentathlon

1	N Jones	1344	Norwich	20/09/1992

N Jones	1344

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	Kasper Czyz	22.30m
5	Edgar Alston	28.42m	Norwich	12/06/2021	Callum Clarke	21.09m
6	Marley Wright	25.67m	Gt Yarmouth	21/07/2013	Jordan Godfrey	20.97m
7	Marley Wright	25.34m	Colchester	01/09/2013	Alecks Whyte	20.89m
8	Edgar Alston	23.76m	Norwich	01/08/2021	Josh Clark	20.66m
9	Kasper Czyz	22.30m	Colchester	01/09/2013	Aaron Wright	19.45m
10	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	Mark Phillipson	9.95m
4	Tyreece Simpson	12.22m	Gateshead	09/07/2016	Alecks Whyte	8.49m
5	Tyreece Simpson	12.13m	Norwich	11/06/2016	Callum Clarke	8.33m
6	Edgar Alston	12.04m	Norwich	12/06/2021	Kasper Czyz	7.85m
7	Edgar Alston	11.95m	Gt Yarmouth	06/06/2021	Billy Randell	7.85m
8	Edgar Alston	11.93m	Norwich	14/05/2021	Harvey Lock	7.69m
9	Edgar Alston	11.74m	Norwich	01/08/2021	William Wassmer	7.55m
10	Tyreece Simpson	11.41m	Norwich	24/04/2016	George Smith	7.47m

U15 BOYS

Triple Jump

1	C Wilkinson	11.77m	Colchester	06/06/2006	C Wilkinson	11.77m
2	Sam Waite	11.54m	Gt Yarmouth	23/06/2013	Sam Waite	11.54m
3	Kai Hewitt	11.47m	Bury St Edmunds	23/09/2007	Kai Hewitt	11.47m
4	George Smith	10.91m	Norwich	29/08/2021	George Smith	10.91m
5	George Smith	10.82m	Norwich	05/09/2021	Dominic Burnham	10.78m
6	Dominic Burnham	10.78m	Gt Yarmouth	08/05/2011	Billy Randell	10.41m
7	Billy Randell	10.41m	Norwich	04/05/2014	Dominic Oliver	10.18m
8	Dominic Oliver	10.18m	Bury St Edmunds	18/09/2010	Scott Wilson	9.74m
9	Billy Randell	10.04m	Gt Yarmouth	08/06/2014	Kane Simmonds	9.71m
10	Dominic Oliver	9.90m	Ipswich	04/07/2010	George Buzec	9.66m

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	C Wilkinson	1.60m
4	Alfie Leonard	1.70m	Gt Yarmouth	21/06/2015	Miguel Reyes	1.50m
	Alfie Leonard		Peterborough	13/06/2015	Marley Wright	1.50m
5	Kai Beadle	1.65m	Gt Yarmouth	21/06/2015	Alfonso Mendes	1.50m
6	Alfie Leonard	1.64m	Gateshead	10/07/2015	Kane Simmonds	1.45m
	C Wilkinson		Colchester	04/06/2006	Kyle Daymond	1.45m
7	Alfie Leonard	1.60m	Gt Yarmouth	07/08/2014	Billy Heseltine	1.45m
	Kai Beadle		King's Lynn	23/05/2015	Keelan Pywell	1.40m
8	Alfie Leonard	1.55m	Ipswich	06/07/2014	Michael Cross	1.40m
	Kai Beadle		Hendon	23/08/2015	Levi Lawson	1.40m
9	Miguel Reyes	1.50m	Bury St Edmunds	02/08/2009	Ikenna Pigott	1.35m
	Marley Wright		Gt Yarmouth	14/07/2013	Dawid Gromala	1.35m
	Kai Beadle		Colchester	03/05/2015	George Smith	1.30m
	Alfonso Mendes		King's Lynn	14/08/2016	Bradley Taylor	1.20m
10	Kane Simmonds	1.45m	King's Lynn	15/05/2011	Joshua Landles	1.20m
	Kyle Daymond		Gt Yarmouth	07/08/2014	Jay Turner	1.15m
	Kai Beadle		Gt Yarmouth	07/08/2014	Jack Collins	1.10m
	Billy Heseltine		Norwich	07/08/2016		

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	Tyrece Simpson	5.39m
7	Jahmal Mills	5.70m	Gt Yarmouth	13/08/2006	Dominic Burnham	5.38m
8	Sam Waite	5.66m	Gt Yarmouth	14/07/2013	Leroy Honey	5.29m
9	Josh Aldred	5.65m	Ipswich	18/06/2005	Jake Bailey	5.27m
	Hayden Page		Norwich	25/05/2014	Connor Southam	5.25m
10	Josh Aldred	5.62m	Gt Yarmouth	07/08/2005	George Smith	5.25m

U15 BOYS

100m						
1	J Shipp	11.5	Gt Yarmouth	02/08/1992	J Shipp	11.5
2	Josh Aldred		Ipswich	21/08/2005	Josh Aldred	11.7
	Jahmal Mills	11.7	King's Lynn	25/06/2006	Jahmal Mills	11.7
	Dominic Burnham		Bury St Edmunds	17/07/2011	Dominic Burnham	11.7
	Alecks Whyte	11.7	Norwich	05/09/2021	Alecks Whyte	11.7
3	Josh Aldred		Colchester	31/07/2005	Kai Hewitt	11.8
	Jahmal Mills		Boston	17/06/2006	Hayden Page	11.8
	Kai Hewitt	11.8	Gt Yarmouth	24/06/2007	Tyreece Simpson	11.8
	Dominic Burnham		Norwich	12/05/2012	Mark Phillipson	12.2
	Hayden Page		Norwich	14/06/2014	Lee Lin	12.2
	Tyreece Simpson		Norwich	24/04/2016	Oliver Brice	12.3
	Alecks Whyte	11.8	Norwich	01/08/2021	Sam Waite	12.3
4	Jahmal Mills		Gt Yarmouth	27/07/2006	Maxwell Birtwistle	12.3
	Kai Hewitt	11.9	Gt Yarmouth	12/08/2007	Connor Southam	12.4
	Hayden Page		Norwich	14/06/2014	Matthew Wright	12.5
	Tyreece Simpson		Norwich	11/06/2016	Ethan Grimbleby	12.5
5	Hayden Page	11.91	Cambridge	26/07/2014	George Smith	12.5
6	Dominic Burnham	11.92	Peterborough	23/06/2012	Marley Wright	12.6
7	Tyreece Simpson	11.96	Horspath	21/08/2016	Alfie Leonard	12.6
	Alecks Whyte	11.96	Kingston	22/08/2021	Jack Wintle	12.6
8	Tyreece Simpson	11.97	Horspath	21/08/2016	Tom Burgess	12.7
9	Jahmal Mills		St Ives	09/07/2006	Leroy Honey	12.7
	Dominic Burnham	12.0	Gt Yarmouth	08/05/2011	Adam Wright	12.8
	Hayden Page		Hendon	03/08/2014	Aaron Wright	12.8
	Alecks Whyte	12.0	Norwich	01/08/2021	Connor Dobson	12.87
10	Dominic Burnham	12.05	Abingdon	26/05/2012	Kallum Martin	12.9

200m						
1	Dominic Burnham	22.97	Gateshead	06/07/2012	Dominic Burnham	22.97
2	Dominic Burnham	23.20	Gateshead	07/07/2012	Kai Hewitt	23.7
3	Dominic Burnham	23.5	Gt Yarmouth	03/07/2012	Jahmal Mills	23.95
4	Dominic Burnham	23.6	Norwich	12/05/2012	Hayden Page	24.1
5	Dominic Burnham		Cambridge	29/07/2012	Alfie Leonard	24.3
	Kai Hewitt	23.7	Norwich	09/06/2007	Alecks Whyte	24.40
6	Dominic Burnham		Norwich	12/05/2012	Mark Phillipson	25.0
	Kai Hewitt	23.8	Gt Yarmouth	12/08/2007	Tyreece Simpson	25.00
7	Dominic Burnham		King's Lynn	01/07/2012	Sam Waite	25.1
	Kai Hewitt	23.9	Gt Yarmouth	24/06/2007	Connor Southam	25.3
8	Jahmal Mills	23.95	Birmingham	06/08/2006	Jordan Godfrey	25.4
9	Dominic Burnham	23.98	Abingdon	26/05/2012	Matthew Wright	25.4
10	Jahmal Mills	24.0	Boston	17/06/2006	Connor Dobson	25.5

U15 BOYS

300m

1	Connor Southam	39.9	Gt Yarmouth	22/07/2018	Connor Southam	39.9
2	Marley Wright	40.5	Gt Yarmouth	22/08/2013	Marley Wright	40.5
3	Marley Wright	40.7	Bury St Edmunds	15/09/2013	Ethan Grimbleby	40.7
	Ethan Grimbleby		Norwich	14/06/2014	Kyle Daymond	41.0
4	Ethan Grimbleby	40.8	Ipswich	06/07/2014	Sam Waite	41.5
5	Marley Wright	41.0	Colchester	01/09/2013	Will Neesham	41.8
	Kyle Daymond		King's Lynn	17/08/2014	Leroy Honey	41.9
6	Kyle Daymond	41.1	Ipswich	06/07/2014	Tyler Bilyard	42.1
7	Marley Wright	41.2	Gt Yarmouth	14/07/2013	Harry Collins	42.1
	Ethan Grimbleby		Norwich	25/05/2014	William Wassmer	42.2
8	Sam Waite	41.5	Gt Yarmouth	14/07/2013	George Smith	42.2
	Ethan Grimbleby		King's Lynn	17/08/2014	Adam Wright	42.3
9	Ethan Grimbleby	41.6	Gt Yarmouth	08/06/2014	Daniel Harrison	43.0
10	Will Neesham	41.8	Gt Yarmouth	07/08/2014	Kallum Martin	43.8

800m

1	J Allen	2:04.95	Crsytal Palace	13/07/1986	J Allen	2:04.95
2	Tyler Bilyard	2:08.66	Horspath	21/08/2016	Tyler Bilyard	2:08.66
3	Tyler Bilyard	2:11.3	Norwich	18/09/2016	Aaron Roberts	2:12.4
4	Tyler Bilyard	2:11.8	Norwich	19/06/2016	Daniel Harrison	2:13.18
5	Aaron Roberts	2:12.4	Gt Yarmouth	26/09/2019	Josh Clark	2:13.3
6	Tyler Bilyard	2:12.6	Norwich	11/06/2016	William Wassmer	2:15.3
7	Tyler Bilyard	2:13.0	Gt Yarmouth	12/06/2016	Stanley Collins	2:16.9
8	Aaron Roberts	2:13.1	Ipswich	04/08/2019	Dominic Oliver	2:17.3
9	Daniel Harrison	2:13.18	Sandy	29/09/2018	Kyle Ella	2:18.4
10	Josh Clark	2:13.3	Gt Yarmouth	09/08/2011	Connor Wright	2:18.4

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	Daniel Harrison	4:56.3

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		

U15 BOYS

80m Hurdles

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

Pentathlon

1	G Hurst	2405	Norwich	15/09/1990	G Hurst	2405
2						
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	Jacob Hanton	19.88m	Bury St Edmunds	08/09/2019	Jacob Hanton	19.88m
3	Jacob Hanton	19.41m	Ipswich	21/07/2019	John Jennings	8.61m
4	Jacob Hanton	18.24m	Lee Valley	07/09/2019	Keelan Pywell	5.07m
5	John Jennings	8.61m	Bury St Edmunds	17/09/2017		
6	Keelan Pywell	5.07m	Gt Yarmouth	21/08/2011		
7						
8						
9						
10						

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	Jamal Mills	29.64m	Bedford	05/08/2007	Jacob Hanton	29.31m
4	Jacob Hanton	29.31m	Lee Valley	07/09/2019	Aaron Wright	28.77m
5	Jacob Hanton	29.11m	Norwich	31/10/2020	Marley Wright	22.80m
6	Aaron Wright	28.77m	Ipswich	04/08/2019	Josh Clark	22.28m
7	Jamal Mills	28.37m	Bedford	30/09/2007	Tim Creak	20.87m
8	Jacob Hanton	24.76m	Ipswich	21/07/2019	Tyler Bilyard	19.04m
9	Jacob Hanton	24.20m	Gt Yarmouth	26/09/2019	Samuel Stevens	18.42m
10	Aaron Wright	24.01m	Bury St Edmunds	08/09/2019	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	Jamal Mills	11.25m	Woodford	17/05/2008	Jake Bailey	10.73m
5	Jamal Mills	11.09m	Bury St Edmunds	02/09/2007	Jacob Hanton	10.64m
6	Jamal Mills	11.08m	Bedford	28/09/2008	Marley Wright	10.01m
7	Jake Bailey	10.73m	Bury St Edmunds	17/09/2017	Aaron Wright	9.28m
8	Jacob Hanton	10.64m	Norwich	31/10/2020	Mark Phillipson	9.05m
9	Jacob Hanton	10.42m	Lee Valley	07/09/2019	Shane Atherton	8.65m
10	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	Ewan Heggie	11.64m
7	Kai Hewitt	12.09m	Norwich	11/05/2009	Connor Locke	11.54m
8	Alfie Leonard	12.07m	Bury St Edmunds	18/09/2016	Wesley Attew	11.49m
9	Alfie Leonard	12.01m	Norwich	30/04/2017	Billy Randell	11.38m
10	Jake Bailey	11.98m	Norwich	30/04/2017	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	Dylan Baldwin	1.55m
6	Wesley Attew	1.75m	Bedford	19/04/2008	Tom Burgess	1.50m
	Alfie Leonard		Harrow	01/05/2016	Jordi List	1.50m
7	Kai Beadle	1.73m	Norwich	13/05/2017	Miguel Reyes	1.40m
	Kai Beadle		Peterborough	08/05/2016	Samuel Stevens	1.25m
8	Kai Beadle	1.71m	Cambridge	05/06/2016		
	Wesley Attew		Bury St Edmunds	23/09/2007		
9	James House	1.70m	Norwich	12/06/2010		
	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	Hayden Page	5.74m
5	Tim Creak	6.42m	Boston	17/06/2006	Wesley Attew	5.70m
6	Jahmal Mills	6.41m	Bedford	27/09/2008	Ewan Heggie	5.69m
7	Jahmal Mills	6.39m	Welwyn	21/03/2008	Connor Dobson	5.60m
8	Jahmal Mills	6.33m	Cambridge	06/07/2008	James House	5.54m
9	Tim Creak	6.27m	Ipswich	18/06/2005	John Jennings	5.47m
	Jahmal Mills		St Ives	18/05/2008	Kai Beadle	5.43m
10	Jahmal Mills	6.26m	Norwich	19/08/2007	Josh Aldred	5.36m

U17 MEN

100m

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

200m

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

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	Matthew Wright	54.5
10	John Bean Tom Burgess Kai Beadle	53.0	Ipswich King's Lynn Bury St Edmunds	18/06/2005 01/07/2012 17/09/2017	Marley Wright Max Burgess Daniel Harrison	54.72 54.8 55.5

U17 MEN

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	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	Cameron Taylor	4:33.2
9	Stanley Collins	4:18.1	Norwich	22/06/2014	Kyle Ella	4:34.5
10	TylerBilyard	4:18.8	Ipswich	12/08/2018	Keelan Pywell	4:41.3
	Aaron Roberts	4:18.8	Cambridge	11/07/2021	Billy Heseltine	4:42.6

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	Tyler Bilyard	9:51.6
6	Dominic Oliver	9:38.7	Gt Yarmouth	14/08/2012	Keelan Pywell	9:53.3
7	Dominic Oliver	9:42.5	Ipswich	13/05/2012	Kyle Ella	9:53.5
	Daniel Harrison		Norwich	31/10/2020	Samual Stevens	9:55.1
8	Dominic Oliver	9:49.5	Gt Yarmouth	21/04/2011	Cameron Taylor	10:29.7
9	Tyler Bilyard	9:51.6	Gt Yarmouth	15/06/2017	Corben Reynolds	10:31.1
10	Keelan Pywell	9:53.3	Norwich	24/03/2012		

U17 MEN

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	Tyler Bilyard	16.2
4	Jahmal Mills	15.64	Bedford	04/08/2007	Alfie Leonard	18.59
5	Tyler Bilyard	16.2	Bury St Edmunds	17/09/2017	Kai Beadle	21.21
6	Jahmal Mills	16.3	Stevenage	07/09/2008		
7	Tyler Bilyard	16.4	Ipswich	30/07/2017		
8	Tyler Bilyard	16.6	Bury St Edmunds	20/08/2017		
9	Tyler Bilyard	17.0	Bury St Edmunds	16/07/2017		
10	Alfie Leonard	18.59	Hendon	23/07/2017		

400m Hurdles

1	L Howell	59.1	Norwich	1982	L Howell	59.1
2						
3						
4						
5						
6						
7						
8						
9						
10						

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						
6						
7						
8						
9						
10						

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						
6						
7						
8						
9						
10						

U20 MEN

Javelin (800g)

1	Thomas Balfour	40.12m	Gt Yarmouth	12/08/2007
2	Richard Taylor	39.72m	Gt Yarmouth	08/05/2011
3	Tim Creak	37.89m	Norwich	09/06/2007
4	Jahmal Mills	37.60m	King's Lynn	21/06/2009
5	Thomas Balfour	37.58m	Norwich	16/06/2007
6	Thomas Balfour	37.16m	Norwich	09/06/2007
7	Thomas Balfour	37.12m	Gt Yarmouth	10/04/2008
8	Thomas Balfour	36.96m	Gt Yarmouth	24/06/2007
9	Thomas Balfour	36.25m	Stevenage	09/07/2006
10	Joe Lees	36.00m	Norwich	12/05/2008

Thomas Balfour	40.12m
Richard Taylor	39.72m
Tim Creak	37.89m
Jahmal Mills	37.60m
Joe Lees	36.00m
James House	26.04m
Shane Atherton	22.83m
Connor Dobson	21.44m
John Jennings	20.23m
Mark Phillipson	19.42m

Hammer (6Kg)

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

M Bloomfield	26.62m
Andrew O'Brien - 7.26Kg	22.71m

Discus (1.75Kg)

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

M Bloomfield	38.52m
Andrew O'Brien	35.07m
Jahmal Mills	33.92m
Mark Phillipson	28.58m
Richard Taylor	18.62m
Tyler Bilyard	16.65m
Shane Atherton	15.02m
Jordi List	14.46m
James D'Amery	14.22m
John Jennings	13.68m

Shot (6Kg)

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

M Bloomfield	11.76m
Jahmal Mills	10.75m
Jacob Hanton	9.00m
Dapo Olaleye	7.63m
7.26Kg - Jahmal Mills	9.38m
7.26Kg - Richard Taylor	7.87m
7.26Kg - Ben Johnson	6.45m
7.26Kg - James House	6.39m

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		
	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

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		Norwich	18/06/2011	Jordi List	12.1
	Shane Atherton	11.4	Gt Yarmouth	14/07/2013	Ben Johnson	12.3
	John Jennings		Ipswich	21/07/2019	James D'Amery	12.6
10	Josh Aldred		Norwich	10/05/2008	Daniel Harrison	12.7
	Richard Taylor		Norwich	11/06/2011		
	Shane Atherton	11.5	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
	Richard Taylor		Norwich	22/04/2012	Dapo Olaley	24.6
8	Dominic Burnham	22.3	Norwich	06/06/2015	Daniel Harrison	24.7
	Richard Taylor		Norwich	22/04/2012	Ben Johnson	24.9
9	Dominic Burnham	22.33	Gateshead	11/07/2015	Christopher Peck	24.9
10	Richard Taylor	22.35	Basildon	10/07/2011	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	Shane Atherton	62.0
	Tom Burgess	52.9	Gt Yarmouth	23/06/2013	Lucas Santos	64.1
8	Daniel Harrison	52.9	Norwich	05/09/2021		
9	Tyler Bilyard	53.00	Ipswich	14/09/2019		
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	1:57.8
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	Stanley Collins	2:06.9
6	Tyler Bilyard	1:56.73	Bromley	13/07/2019	Harry Collins	2:08.5
7	Tyler Bilyard	1:57.55	Reading	15/06/2019	Ben Johnson	2:18.0
8	Tyler Bilyard	1:57.89	Crawley	19/05/2019	John Jennings	2:24.8
9	Tyler Bilyard	1:57.95	Horspath	07/09/2019	Richard Taylor	2:31.2
10	Daniel Harrison	1:57.8	Norwich	01/08/2021	Connor Dobson	2:37.9

1500m

1	Tyler Bilyard	3:59.21	Gillingham	17/08/2019	Tyler Bilyard	3:59.21
2	Tyler Bilyard	4:07.88	Bromley	13/07/2019	Daniel Harrison	4:09.0
3	Tyler Bilyard	4:09.0	Norwich	08/06/2019	Kyle Ella	4:13.7
	Daniel Harrison	4:09.0	Gt Yarmouth	06/06/2021	Stanley Collins	4:18.5
4	Tyler Bilyard	4:10.2	Gt Yarmouth	23/06/2019		
5	Tyler Bilyard	4:10.63	Crawley	19/05/2019		
6	Daniel Harrison	4:11.7	Norwich	29/08/2021		
7	Tyler Bilyard	4:12.7	Ipswich	04/08/2019		
8	Kyle Ella	4:13.7	Gt Yarmouth	07/08/2014		
9	Kyle Ella	4:16.67	Bromley	01/06/2014		
10	Tyler Bilyard	4:18.1	Ipswich	21/07/2019		

3000m

1	Stanley Collins	9:08.71	Hendon	28/06/2015	Stanley Collins	9:08.71
2	Stanley Collins	9:15.21	Watford	04/05/2016	Kyle Ella	9:24.3
3	Stanley Collins	9:16.84	Watford	01/06/2016		
4	Kyle Ella	9:24.3	Gt Yarmouth	15/05/2014		
5	Stanley Collins	9:25.2	Norwich	19/06/2016		
6	Kyle Ella	9:27.8	Gt Yarmouth	08/06/2014		
7	Stanley Collins	9:28.95	Peterborough	13/06/2015		
8	Kyle Ella	9:31.7	Ipswich	06/07/2014		
9	Stanley Collins	9:37.3	Norwich	11/06/2016		
10	Stanley Collins	9:45.2	Norwich	06/06/2015		

5000m

1	Tyler Bilyard	16:02.1	Norwich	28/06/2019	Tyler Bilyard	16:02.1
2	Daniel Harrison	16:31.6	Norwich	22/05/2021	Daniel Harrison	16:31.6
3	Kyle Ella	16:40.0	Norwich	25/05/2014	Kyle Ella	16:40.0
4						
5						
6						
7						
8						
9						
10						

U20 MEN

110m Hurdles

1	Jahmal Mills	17.7	Norwich	13/06/2009
2				
3				
4				
5				
6				
7				
8				
9				
10				

Jahmal Mills 17.7

400m Hurdles

1	Jahmal Mills	63.6	Hendon	30/08/2009
2				
3				
4				
5				
6				
7				
8				
9				
10				

Jahmal Mills 63.6

2000m Steeple Chase

1	Tyler Bilyard	6:36.81	Reading	15/06/2019
2	Tyler Bilyard	6:38.3	Norwich	11/05/2019
3	R Barber	6:38.5	Norwich	18/05/1985
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				

Tyler Bilyard 6:36.81

R Barber 6:38.5

Kyle Ella 6:43.66

U23 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	Ben Johnson	27.00m
5	Mark Phillipson	28.61m	Street	26/04/2015	Craig Bean	22.77m
6	Mark Phillipson	27.22m	Colchester	03/05/2015	Josh Aldred	20.71m
7	Ben Johnson	27.00m	Ipswich	06/07/2014	Andrew McNamara	20.22m
8	Ben Johnson	26.96m	Gt Yarmouth	07/08/2014	Ricky Brown	16.86m
9	Ben Johnson	26.54m	Gt Yarmouth	13/07/2014		
10	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						
6						
7						
8						
9						
10						

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	19.69m
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	Shane Atherton	13.03m
8	Mark Phillipson	25.85m	Street	26/04/2015	Aaron Button	9.18m
9	Joe Cooper	24.38m	Ipswich	17/07/2016		
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	6.76m
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 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	Craig Bean	8.87m	Bury St Edmunds	17/07/2011		
10						

High Jump

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

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	Mark Phillipson	5.52m
4	Andrew McNamara	5.63m	Gt Yarmouth	25/05/2013	Josh Aldred	5.11m
5	Mark Phillipson	5.52m	Street	25/04/2015	Ben Johnson	4.73m
6	Andrew McNamara	5.49m	Colchester	29/08/2011	Jordan Sears	4.29m
7	Mark Phillipson	5.37m	Bedford	18/07/2015	Ricky Brown	4.18m
8	Josh Aldred	5.11m	Gt Yarmouth	21/07/2013	Aaron Button	4.05m
9	Mark Phillipson	4.76m	Colchester	03/05/2015		
10	Ben Johnson	4.73m	Chelmsford	07/04/2012		

U23 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	Dapo Olaleye	11.7
	C Herren		Chelmsford	10/07/2005	Christopher Peck	12
6	Richard Taylor	11.2	Peterborough	20/07/2013	Mark Phillipson	12.05
	Shane Atherton		King's Lynn	23/05/2015	Jordi List	12.1
7	C Herren	11.3	King's Lynn	25/06/2006	Josh Aldred	12.2
8	Richard Taylor	11.4	Gt Yarmouth	22/08/2013	Andrew McNamara	12.4
	Shane Atherton		Norwich	14/05/2016	Ben Johnson	12.8
9	Shane Atherton	11.45	Milton Keynes	20/06/2015	Ricky Brown	14.4
10	Richard Taylor	11.5	King's Lynn	12/05/2013		
	Shane Atherton		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	Ben Johnson	24.59
4	Richard Taylor	22.3	Gt Yarmouth	23/06/2013	Jordan Sears	24.7
5	Richard Taylor	22.4	Wormwood Scrubs	18/05/2013	Jordi List	25.1
6	Richard Taylor	22.48	Bedford	27/05/2013	Josh Aldred	25.3
7	Richard Taylor	22.5	Peterborough	20/07/2013	Mark Phillipson	25.3
8	Richard Taylor	22.9	King's Lynn	12/05/2013	Andrew McNamara	25.5
9	Shane Atherton	23.2	Norwich	12/07/2014	Aaron Button	27.9
10	Shane Atherton	23.3	Abingdon	17/05/2014	Ricky Brown	30.2

400m

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

U23 SENIOR MEN

800m

1	G Jarvis	1:53.1	West London	1977
2	Ben Johnson	2:20.5	Norwich	04/05/2014
3	Ben Johnson	2:27.2	Gt Yarmouth	23/06/2013
4	Ben Johnson	2:31.5	Gt Yarmouth	21/07/2013
5	Ben Johnson	2:34.2	Gt Yarmouth	13/07/2014
6	Ben Johnson	2:34.8	Bury St Edmunds	23/09/2012
7	Aaron Button	2:38.9	Gt Yarmouth	26/09/2019
8	Josh Aldred	2:43.7	Gt Yarmouth	21/07/2013
9				
10				

G Jarvis	1:53.1
Ben Johnson	2:20.5
Aaron Button	2:38.9
Josh Aldred	2:43.7

1500m

1	S Payne	3:59.3	Gt Yarmouth	1979
2	Mark Phillipson	5:20.47	Street	26/04/2015
3	Mark Phillipson	5:26.0	Bedford	19/07/2015
4				
5				

S Payne	3:59.3
Mark Phillipson	5:20.47

3000m

1	S Payne	8:34.8	Crystal Palace	1977
2	Stanley Collins	9:38.8	Norwich	29/08/2021
3	Stanley Collins	9:45.8	Watford	08/09/2021
4	Stanley Collins	10:08.1	Norwich	31/10/2020
5				

S Payne	8:34.8
Stanley Collins	9:38.8

5000m

1	C Quadling	15:05.0	Luton	22/09/1984
2	Kyle Ella	15:48.2	Norwich	08/04/2015
3	Stanley Collins	16:51.3	Norwich	28/06/2019
4				
5				

C Quadling	15:05.0
Kyle Ella	15:48.2
Stanley Collins	16:51.3

U23 SENIOR MEN

110m Hurdles

1	I Wells	15.5	Crawley	07/05/1988	I Wells	15.5
2	Andrew McNamara	19.1	Colchester	29/08/2011	Andrew McNamara	19.1
3	Mark Phillipson	19.67	Bedford	19/07/2015	Mark Phillipson	19.67
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						

3000m Steeple Chase

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

Decathlon

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

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	T Bilham - V55	28.84m
4	Mark Turner - V40	33.57m	Bury St Edmunds	18/09/2011	Bernhard Mukuya - V35	26.32m
5	Mark Turner - V40	32.49m	Norwich	22/04/2012	John Atherton - V40	24.02m
6	Mark Turner - V40	32.25m	King's Lynn	01/07/2012	John Muir - V50	22.58m
7	Mark Turner - V40	32.19m	Bury St Edmunds	17/07/2011	Stephen Wright - V40	21.62m
8	Mark Turner - V40	30.41m	Bury St Edmunds	23/09/2012	Kevin Pywell - V50	20.51m
9	T Bilham - V55	28.84m	Bedford	04/10/1997	Blaine Craddock - V45	19.53m
10	Bernhard Mukuya - V35	26.32m	Ipswich	23/04/2017	Mark Lawson - V45	19.29m

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	Geoff Marshall - V55	22.96m
3	Geoff Marshall - V55	22.96m	Gt Yarmouth	14/08/2012	John Muir - V50	15.57m
4	Geoff Marshall - V55	21.21m	Bury St Edmunds	23/09/2012	Kevin Pywell - V50	11.72m
5	Geoff Marshall - V55	20.32m	Colchester	01/09/2013		
6	Geoff Marshall - V55	20.00m	Gt Yarmouth	23/06/2013		
7	Geoff Marshall - V55	19.85m	Gt Yarmouth	21/06/2015		
8	Geoff Marshall - V55	19.73m	Bury St Edmunds	25/09/2013		
9	Geoff Marshall - V55	19.57m	Ipswich	06/07/2014		
10	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	25.91m
4	Dale Bullimore - V40	25.91m	Gt Yarmouth	25/07/2021	Stephen Wright - V40	24.15m
5	Dale Bullimore - V40	24.77m	Norwich	05/09/2021	Kevin Pywell - V45	22.90m
6	Stephen Wright - V40	24.15m	Ipswich	04/08/2019	John Muir - V50	22.28m
7	Kevin Pywell - V45	22.90m	Gt Yarmouth	20/06/2010	Mark Turner - V40	20.20m
8	John Muir - V50	22.28m	Gt Yarmouth	11/04/2002	Mark Lawson - V40	19.66m
9	Stephen Wright - V40	21.68m	Ipswich	21/07/2019	Geoff Marshall - V55	19.29m
10	Kevin Pywell - V50	21.31m	Peterborough	19/06/2011	Bernhard Mukuya - V40	18.60m

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	Stephen Wright - V40	9.64m
3	Stephen Wright - V40	9.64m	Ipswich	21/07/2019	Dale Bullimore - V40	9.07m
4	Stephen Wright - V40	9.58m	Ipswich	04/08/2019	J Willacy - V50	8.84m
5	Dale Bullimore - V40	9.07m	Norwich	05/09/2021	T Bilham - V55	8.54m
6	Dale Bullimore - V40	9.04m	Gt Yarmouth	26/09/2021	Kevin Pywell - V45	7.94m
7	J Willacy - V50	8.84m			Geoff Marshall - V55	6.86m
8	T Bilham - V55	8.54m	King's Lynn	07/05/1997	Blaine Craddock - V45	6.81m
9	J Willacy - V60	7.95m			Mark Lawson - V40	5.51m
10	Kevin Pywell - V45	7.94m	Ipswich	04/07/2010	John Pamplin - V65	5.12m

VETERAN MEN

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						
6						
7						
8						
9						
10						

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	T Bilham - V55	1.30m
3	T Bilham - V55	1.30m	King's Lynn	07/07/1999	J Willacy - V50	1.30m
4	J Willacy - V50	1.30m			Mark Lawson - V40	1.10m
5	J Willacy - V60	1.22m				
6	Mark Lawson - V40	1.10m	Bury St Edmunds	15/09/2013		
7						
8						
9						
10						

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	J Willacy - V50	4.76m
4	J Willacy - V50	4.76m			Bernhard Mukuya - V40	4.70m
5	Bernhard Mukuya - V40 Stephen Middleton -V45	4.70m	Gt Yarmouth Ipswich	26/09/2019 04/08/2019	Stephen Middleton -V45	4.70m
6	John Atherton - V40	4.61m	Gt Yarmouth	03/07/2011	Shawn Mason - V40	4.35m
7	J Willacy - V55	4.54m			Mark Lawson - V40	4.31m
8	John Atherton - V40	4.50m	Cambridge	29/07/2012	Stephen Wright - V40	4.18m
9	Shawn Mason - V40	4.35m	Gt Yarmouth	26/09/2019	Mark Turner - V40	3.93m
10	John Atherton - V40	4.34m	Gt Yarmouth	21/08/2011	Dale Bullimore - V40	3.93m
					Kevin Pywell - V50	3.84m

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	J Willacy - V50	13.0
3	Kevin Burgess - V55	12.3	Ipswich	06/07/2014	Stephen Wright - V40	13.5
4	J Willacy - V50	13.0			Mark Lawson - V45	13.9
5	J Willacy - V60	13.4			Blaine Craddock - V45	16.1
6	Stephen Wright - V40	13.5	Ipswich	04/08/2019		
7	Stephen Wright - V40	13.6	Norwich	26/05/2019		
8	Mark Lawson - V45	13.9	Ipswich	23/04/2017		
9	Mark Lawson - V40	14.0	Gt Yarmouth	15/05/2014		
10	Blaine Craddock - V45	16.1	Gt Yarmouth	24/05/2018		

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			Stephen Wright - V40	28.8
5	Dale Bullimore - V40	27.5	Norwich	05/09/2021	Mark Lawson - V40	29.3
6	Stephen Wright - V40	28.8	Gt Yarmouth	20/09/2018	Shawn Mason - V40	30.3
7	Stephen Wright - V40	29.0	Gt Yarmouth	26/09/2019	Kevin Pywell - V50	30.6
8	Mark Lawson - V40	29.3	Gt Yarmouth	13/07/2014	Bernhard Mukuya - V35	30.8
9	Stephen Wright - V40	29.5	Ipswich	21/09/2019	Blaine Craddock - V45	31.1
10	Stephen Wright - V40	29.6	Norwich	26/05/2019	John Atherton - V40	31.3
	Mark Lawson - V40		Gt Yarmouth	13/07/2014	John Pamplin - V60	37.4

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	Stephen Middleton -V45	63.4
5	Craig Honey - V40	62.4	Ipswich	17/07/2016	Mark Lawson - V45	64.6
6	Stephen Middleton -V45	63.4	Ipswich	04/08/2019	J Willacy - V50	65.7
7	Mark Lawson - V45	64.6	Bury St Edmunds	20/08/2017	Blaine Craddock - V45	68.7
8	J Willacy - V50	65.7			Kevin Pywell - V50	71.2
	Mark Lawson - V45	65.7	Bury St Edmunds	16/07/2017	John Atherton - V40	79.3
9	Mark Lawson - V40	65.8	Gt Yarmouth	07/08/2014		
10	Blaine Craddock - V45	68.7	Gt Yarmouth	23/06/2019		

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	Blaine Craddock - V45	2:39.9
7	Mark Turner - V40	2:22.5	Gt Yarmouth	21/08/2011	Kevin Pywell - V50	2:46.1
8	Bernhard Mukuya - V35	2:24.9	Gt Yarmouth	15/06/2017	Shawn Mason - V40	2:49.3
9	Mark Turner - V40	2:25.2	Bury St Edmunds	18/09/2011	John England - V50	2:55.9
10	Craig Honey - V40	2:26.0	Gt Yarmouth	12/06/2016	T Bilham - V55	2:59.8

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	Blaine Craddock - V45	5:33.4
7	Craig Honey - V40	5:21.1	Bury St Edmunds	09/08/2015	Mark Lawson - V40	5:44.3
8	Blaine Craddock - V45	5:33.4	Norwich	17/06/2018	John England - V50	5:49.0
9	Blaine Craddock - V45	5:39.1	Gt Yarmouth	23/06/2019	John Pamplin - V65	7:20.3
10	Blaine Craddock - V45	5:42.6	King's Lynn	29/04/2018		

3000m

1	Steven Barber - V45	10:43.5	Norwich	31/10/2020	Steven Barber - V45	10:43.5
2	D Norman - V40	10:51.5	Diss	25/06/1989	D Norman - V40	10:51.5
3	Mark Turner - V40	11:04.2	Peterborough	19/06/2011	Mark Turner - V40	11:04.2
4	Mark Turner - V40	11:10.0	Norwich	08/08/2010	Bernhard Mukuya - V35	11:20.5
5	Bernhard Mukuya - V35	11:20.5	Gt Yarmouth	15/06/2017	Kevin Pywell - V50	11:46.3
6	Kevin Pywell - V50	11:46.3	Peterborough	19/06/2011	D Goodwin - V45	12:18.0
7	Kevin Pywell - V45	11:52.0	Cambridge	16/05/2010	L Gooch - V50	12:39.1
8	Kevin Pywell - V50	12:02.4	Bury St Edmunds	17/07/2011	J Pamplin - V60	14:26.8
9	Kevin Pywell - V50	12:15.9	Norwich	22/04/2012		
10	Kevin Pywell - V45	12:16.5	Gt Yarmouth	20/06/2010		

VETERAN MEN

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						
6						
7						
8						
9						
10						

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						
6						
7						
8						
9						
10						