

Female - All Ages

Javelin (600g)

1	Hollie Willeard	39.36m	U20
2	K Atkin	39.17m	SEN
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	Louisa Johnstone	10.21m	SEN
3	Amy Dowsett	9.82m	U17
4	Hollie Willeard	9.64m	U20
5	Frankie Harrison	9.31m	SEN
6	Allyna Mukuya	9.27m	U15
7	Ruby Scott	9.07m	U17
8	Molly Bean	8.84m	U17
9	Holly Andrews	8.43m	U17
10	Frankie Turner	8.24m	U23

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	Lisa Willeard	17.95m	V50
6	S Shipp	16.92m	V45
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
	Frankie Harrison	1.45m	V35
5	Beth Greenwood	1.45m	U17
	Allyna Mukuya	1.45m	U15
	Ruby Scott	1.45m	U15
	Phoebe Baker	1.40m	U15
6	Maggie Bean	1.40m	U15
	Mia Squires	1.40m	U15

Discus (1Kg)

1	Sophie McKinna	38.11m	SEN
2	K Williams	36.82m	SEN
3	Emma Barwick	31.30m	SEN
4	Lilymae Coote	29.72m	U17
5	M Nascimento	29.08m	U15
6	Emily Anderson	28.74m	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	Louisa Johnstone	5.52m	SEN
3	Mia Squires	5.34m	U17
4	Carla Richardson-Rowe	5.30m	U17
	Hannah Mayne	5.14m	U17
5	Molly Bean	5.14m	U17
6	Rhiannon Clarke	4.99m	U17
7	G Godbold	4.98m	SEN
8	Ellie Morgan	4.97m	U15
9	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	Gaynor Read	7.97m	V45
10	Louisa Marshall	7.83m	U20

Female - All Ages

100m

1	Maizie Boylan	12.08	U17
2	Gaynor Easter	12.1	U17
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	24.93	U17
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	62.5	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	Frankie Harrison	6:29.1	V35
2	Amy Dowsett	6:49.94	U17
3	Phoebe Baker	6:55.33	U20
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5			
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7			
8			
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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
Caelah Whyte	4.41m
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
6				
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
	Caelah Whyte	13.4	Norwich	23/06/2024
5	Mia Squires	13.44	Kettering	21/08/2021
6	Maizie Boylan	13.46	Kettering	06/07/2021
7	Caelah Whyte	13.49	Cambridge	29/06/2024
8	Natoya Rimmer		Bury St Edmunds	18/09/2011
	Mia Squires	13.5	Norwich	07/05/2021
	Maizie Boylan		Norwich	04/07/2021
9	Maizie Boylan	13.51	Lee Valley	09/06/2021
10	Mia Squires	13.54	Chelmsford	16/06/2021
11	Isabelle Rushmere	13.6	Ipswich	04/08/2019
	Maizie Boylan	13.6	Gt Yarmouth	25/07/2021
	Caelah Whyte	13.6	King's Lynn	02/06/2026

E Shipp	12.9
Maizie Boylan	13.2
Mia Squires	13.4
Caelah Whyte	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
	Caelah Whyte	27.5	Norwich	11/05/2024
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
	Caelah Whyte	27.97	Cambridge	29/06/2024
10	Mia Squires	28.05	Chelmsford	16/06/2021

L McGuire	27.1
Maizie Boylan	27.4
Mia Squires	27.5
Caelah Whyte	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	Lily-Grace Abel	16.30m
10	Lilymae Coote	31.41m	Norwich	24/04/2022	Eloise Beard	16.25m
11	Lilymae Coote	30.92m	Norwich	05/06/2022	Beatriz Rosa-Viera	14.42m
12	Lilymae Coote	28.85m	Bury St Edmunds	04/09/2022	Erin Penn	14.23m
13	Lilymae Coote	28.03m	Norwich	08/04/2022	Ava Field	13.90m
14	Lilymae Coote	27.72m	Gt Yarmouth	26/09/2021	Shannon Webster	13.63m
15	Hollie Willeard	27.14m	Norwich	12/09/2020	Ava Todd	13.39m

Hammer (3Kg)

1	Lilymae Coote	33.66m	Chelmsford	13/08/2022	Lilymae Coote	33.66m
2	Lilymae Coote	33.29m	Norwich	26/09/2022	Chloe Ainsworth	31.52m
3	Lilymae Coote	32.75m	Gt Yarmouth	03/07/2022	Amy Dowsett	26.54m
4	Lilymae Coote	32.46m	Bury St Edmunds	04/09/2022	Louisa Marshall	23.92m
5	Lilymae Coote	31.94m	Cambridge	25/06/2022	Jasmin Kemp	20.58m
6	Chloe Ainsworth	31.52m	Norwich	23/06/2024	Isabel Matthews-Clarke	14.93m
7	Lilymae Coote	30.95m	Norwich	11/06/2022		
8	Chloe Ainsworth	29.94m	Sandy	28/09/2024		
9	Chloe Ainsworth	29.88m	Bury St Edmunds	01/09/2024		
10	Chloe Ainsworth	29.78m	Norwich	15/06/2024		
11	Lilymae Coote	27.57m	Norwich	14/05/2022		
12	Chloe Ainsworth	27.50m	Norwich	08/06/2024		
13	Chloe Ainsworth	27.05m	Cambridge	29/06/2024		
14	Lilymae Coote	26.65m	Norwich	05/06/2022		
15	Chloe Ainsworth	26.58m	Walton	11/08/2024		

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
2	Mia Squires	10.66m	Norwich	14/05/2023
3	Mia Squires	10.59m	Bedford	18/09/2022
4	Mia Squires	10.20m	Bury St Edmunds	04/09/2022
5	Alice Wakeley	10.09m	King's Lynn	23/05/2015
6	Alice Wakeley	10.04m	Gt Yarmouth	10/05/2015
7	Mia Squires	9.93m	Bedford	16/09/2023
8	Mia Squires	9.82m	Norwich	30/04/2023
9	Mia Squires	9.77m	Gt Yarmouth	04/06/2023
10	Alice Wakeley	9.75m	Hendon	06/07/2014
11	Alice Wakeley	9.73m	Gt Yarmouth	21/06/2015
	Mia Squires	9.73m	Gt Yarmouth	20/08/2023
12	Alice Wakeley	9.72m	Norwich	06/06/2015
13	Alice Wakeley	9.61m	Ipswich	06/07/2014
14	Alice Wakeley	9.53m	Cambridge	26/07/2014
15	Alice Wakeley	9.40m	Peterborough	13/06/2015

Mia Squires	10.88m
Alice Wakeley	10.09m
Lilymae Coote	8.72m
Shannon Webster	8.37m
Chloe Ainsworth	7.46m
Kayley Earl	7.13m
Maizie Boylan	6.69m
Allyna Mukuya	6.68m
Martha Bevan	6.56m
Erin Penn	6.46m
Siena Bullimore	6.43m
Maggie Bean	6.32m
Molly Bean	5.92m
Lucy Thompson	5.89m
Faith Willeard	5.75m
Carla Richardson-Rowe	5.75m

Triple Jump

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

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

High Jump

1	S Watts	1.65m	Norwich	1981
	Natoya Rimmer		Gt Yarmouth	25/05/2013
2	Natoya Rimmer	1.63m	King's Lynn	01/07/2012
3	Natoya Rimmer	1.60m	King's Lynn	12/05/2013
4	Natoya Rimmer	1.58m	Peterborough	23/06/2012
5	Natoya Rimmer	1.55m	Cambridge	29/07/2012
6	Natoya Rimmer	1.54m	Norwich	16/06/2012
7	Natoya Rimmer	1.50m	Norwich	22/04/2012
	Molly Bean		Peterborough	25/09/2016
	Natoya Rimmer		Gt Yarmouth	20/05/2012
8	Molly Bean	1.45m	Ipswich	17/07/2016
	Allyna Mukuya		Norwich	04/07/2021
	Ruby Scott		Colchester	12/09/2021
9	Amy Dowsett	1.41m	Peterborough	29/09/2013
	Phoebe Baker		King's Lynn	01/07/2012
	Molly Bean		Sandy	03/07/2016
10	Maggie Bean	1.40m	Cambridge	07/07/2019
	Allyna Mukuya		Norwich	22/05/2021
	Mia Squires		Norwich	08/04/2022

S Watts	1.65m
Natoya Rimmer	1.65m
Molly Bean	1.50m
Allyna Mukuya	1.45m
Ruby Scott	1.45m
Amy Dowsett	1.41m
Phoebe Baker	1.40m
Maggie Bean	1.40m
Mia Squires	1.40m
Beth Greenwood	1.36m
Tia Gray	1.35m
Rhiannon Clarke	1.30m
Holly Baker	1.30m
Macey-Jay Smith	1.25m
Faye Nottage	1.25m
Liona Pigott	1.15m
Isabel Matthews-Clarke	1.15m

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 Rischardson-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	39.30m	Norwich	15/06/2024	Lilymae Coote	39.30m
2	Lilymae Coote	38.98m	Norwich	03/04/2024	Hollie Willeard	36.59m
3	Lilymae Coote	37.82m	Norwich	08/06/2024	Molly Bean	30.84m
4	Lilymae Coote	37.72m	Cambridge	24/06/2023	Rhiannon Clarke	25.75m
5	Lilymae Coote	37.29m	Norwich	30/08/2023	Jasmin Kemp	25.65m
6	Hollie Willeard	36.59m	Ipswich	01/05/2022	Brooke Oram	25.27m
7	Lilymae Coote	36.36m	Norwich	23/06/2024	Amy Dowsett	23.90m
8	Lilymae Coote	36.23m	Norwich	14/05/2023	Alice Wakeley	22.93m
9	Hollie Willeard	35.50m	Bury St Edmunds	04/09/2022	Lauren Oram	21.96m
10	Lilymae Coote	35.23m	Cambridge	29/06/2024	Isabel Matthews-Clarke	19.75m
11	Hollie Willeard	34.46m	Norwich	24/04/2022	Ella Wakeley	18.81m
12	Lilymae Coote	34.33m	Lee Valley	12/08/2023	Beth Greenwood	18.15m
13	Lilymae Coote	34.20m	Peterborough	28/03/2024		
14	Lilymae Coote	34.19m	Peterborough	07/05/2023		
15	Lilymae Coote	34.08m	Norwich	12/05/2024		
16	Lilymae Coote	33.90m	Bury St Edmunds	01/09/2024		
17	Lilymae Coote	33.77m	Gt Yarmouth	28/04/2024		
18	Hollie Willeard	33.66m	Norwich	15/05/2022		
19	Lilymae Coote	33.62m	Lee Valley	01/04/2023		
20	Lilymae Coote	33.55m	King's Lynn	21/04/2023		

Hammer (3Kg)

1	Lilymae Coote	51.85m	Birmingham	28/07/2024	Lilymae Coote	51.85m
2	Lilymae Coote	51.05m	Birmingham	12/07/2024	Amy Dowsett	27.03m
3	Lilymae Coote	49.60m	Bury St Edmunds	01/09/2024	Jasmin Kemp	20.49m
4	Lilymae Coote	48.98m	Norwich	08/06/2024	Faith Willeard	16.73m
5	Lilymae Coote	48.96m	Gt Yarmouth	04/06/2023	Isabel Matthews-Clarke	13.73m
6	Lilymae Coote	48.88m	Norwich	15/06/2024	Ami Everall	11.80m
7	Lilymae Coote	48.58m	Walton	10/08/2024	Shannon Webster	8.50m
8	Lilymae Coote	48.56m	Norwich	23/06/2024	Erin Penn	7.80m
9	Lilymae Coote	48.34m	Loughborough	30/08/2024	Hannah Mayne	6.38m
10	Lilymae Coote	48.13m	Gt Yarmouth	28/04/2024		
11	Lilymae Coote	48.01m	Norwich	10/04/2024		
12	Lilymae Coote	47.97m	Norwich	30/04/2023		
13	Lilymae Coote	47.45m	Bury St Edmunds	03/09/2023		
14	Lilymae Coote	47.03m	Cambridge	29/06/2024		
15	Lilymae Coote	46.90m	Norwich	11/05/2024		
16	Lilymae Coote	46.82m	King's Lynn	02/06/2024		
17	Lilymae Coote	45.51m	Norwich	30/08/2023		
18	Lilymae Coote	45.37m	Norwich	10/06/2023		
19	Lilymae Coote	44.91m	Birmingham	30/06/2023		
20	Lilymae Coote	43.81m	Peterborough	24/03/2024		

U17 WOMEN

Discus (1Kg)

1	K Williams	30.32m	Norwich	14/05/1988	K Williams	30.32m
2	Lilymae Coote	29.72m	Norwich	10/04/2024	Lilymae Coote	29.72m
3	Lilymae Coote	29.08m	Norwich	11/05/2024	Emily Anderson	28.74m
4	Emily Anderson	28.74m	Hendon	03/08/2014	Louisa Marshall	23.38m
5	Emily Anderson	28.17m	Gt Yarmouth	14/07/2013	Catherine Lee	22.45m
6	Lilymae Coote	27.88m	Norwich	13/05/2023	S McKinna	22.44m
7	Lilymae Coote	27.72m	Gt Yarmouth	04/06/2023	Ella Wakeley	21.60m
8	Emily Anderson	27.70m	Cambridge	29/06/2013	Tayla Burton	21.34m
9	Emily Anderson	27.67m	Gt Yarmouth	08/06/2014	Rhiannon Clarke	21.18m
10	Lilymae Coote	27.65m	Peterborough	24/03/2024	Lauren Oram	19.76m
11	Emily Anderson	27.63m	Gt Yarmouth	23/06/2013	Isabel Matthews-Clarke	19.55m
12	Emily Anderson	27.62m	Gt Yarmouth	31/07/2013		
13	Emily Anderson	27.56m	Norwich	04/05/2014		
14	Lilymae Coote	27.42m	Cambridge	24/06/2023		
15	Emily Anderson	27.40m	Norwich	25/05/2014		
16	Lilymae Coote	27.30m	King's Lynn	02/06/2024		
17	Lilymae Coote	26.88m	Lee Valley	13/08/2023		
18	Lilymae Coote	26.68m	Cambridge	29/06/2024		
19	Emily Anderson	26.51m	Ipswich	06/07/2014		

Shot (3Kg)

1	Jasmin Kemp	10.95m	Bromley	01/06/2014	Jasmin Kemp	10.95m
2	Mia Squires	10.85m	Bury St Edmunds	01/09/2024	Mia Squires	10.85m
3	Jasmin Kemp	10.77m	Ketteringham	16/08/2014	Lilymae Coote	10.50m
4	Lilymae Coote	10.50m	Norwich	12/05/2024	Alice Wakeley	10.30m
5	Mia Squires	10.47m	Norwich	12/05/2024	Amy Dowsett	9.98m
6	Jasmin Kemp	10.36m	Gt Yarmouth	17/04/2014	Molly Bean	9.03m
7	Lilymae Coote	10.34m	Gt Yarmouth	17/09/2023	Ella Wakeley	7.64m
8	Alice Wakeley	10.30m	Norwich	11/06/2016	Martha Bevan	7.57m
9	Jasmin Kemp	10.18m	Cambridge	26/07/2014	Ellis Stewart	7.23m
10	Alice Wakeley	10.15m	Norwich	19/06/2016	Kayley Earl	6.92m
11	Alice Wakeley	10.14m	Ipswich	17/07/2016	Eva Ellis	6.65m
12	Alice Wakeley	10.11m	Bury St Edmunds	20/08/2017	Lauren Oram	6.47m
13	Jasmin Kemp	10.10m	Norwich	25/05/2014	Faith Willeard	6.35m
14	Mia Squires	10.09m	Gt Yarmouth	28/04/2024		
15	Jasmin Kemp	10.06m	Norwich	21/06/2014		
	Alice Wakeley	10.06m	Gt Yarmouth	12/06/2016		
	Mia Squires	10.06m	Norwich	23/06/2024		

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	Lucy Thompson	7.16m
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	Tia Gray	1.20m
					Faye Nottage	1.20m
					Tayla Burton	1.00m

Long Jump

1	Mia Squires	5.34m	Norwich	23/06/2024	Mia Squires	5.34m
2	Mia Squires	5.33m	Lee Valley	19/05/2024	Carla Richardson-Rowe	5.30m
3	Carla Richardson-Rowe	5.30m	Norwich	11/08/2019	Hannah Mayne	5.14m
4	Carla Richardson-Rowe	5.29m	Cambridge	07/07/2019	Molly Bean	5.14m
5	Carla Richardson-Rowe	5.24m	Norwich	08/06/2019	Rhiannon Clarke	4.99m
6	Mia Squires	5.22m	Norwich	15/06/2024	Beth Greenwood	4.95m
7	Mia Squires	5.21m	Norwich	11/05/2024	Ellie Morgan	4.87m
8	Carla Richardson-Rowe	5.18m	Norwich	09/06/2018	Louisa Johnstone	4.82m
9	Carla Richardson-Rowe	5.15m	Bury St Edmunds	08/09/2019	Amy Fielding	4.81m
	Hannah Mayne	5.14m	Gt Yarmouth	15/06/2017	Amy Dowsett	4.71m
10	Molly Bean	5.14m	Ware	06/05/2018	Erin Penn	4.69m
	Mia Squires	5.14m	Bury St Edmunds	01/09/2024	Polly Davies	4.60m
11	Hannah Mayne	5.13m	Bury St Edmunds	16/09/2018		
12	Molly Bean	5.12m	Norwich	09/06/2018		
13	Molly Bean	5.11m	Norwich	17/06/2018		
	Carla Richardson-Rowe	5.11m	Norwich	16/06/2018		
14	Carla Richardson-Rowe	5.10m	Norwich	17/06/2018		
	Mia Squires	5.10m	Norwich	28/08/2024		

U17 WOMEN

100m

1	Maizie Boylan	12.08	Birmingham	12/07/2024	Maizie Boylan	12.08
2	Gaynor Easter	12.1	Ipswich	09/06/1991	Gaynor Easter	12.1
3	Maizie Boylan	12.10	Cambridge	29/06/2024	Isabelle Rushmere	12.6
4	Maizie Boylan	12.12	Cambridge	29/06/2024	Katy Barber	12.7
5	Maizie Boylan	12.21	Lee Valley	19/05/2024	Hannah Mayne	12.7
6	Maizie Boylan	12.28	Birmingham	27/07/2024	Polly Davies	12.8
7	Maizie Boylan	12.29	Birmingham	13/07/2024	Amy Fielding	12.8
8	Maizie Boylan	12.33	Birmingham	27/07/2024	Kayley Earl	12.9
9	Maizie Boylan	12.34	Stratford	08/09/2024	Sophie Rushmere	12.9
10	Maizie Boylan	12.4	Norwich	12/05/2024	Mia Squires	12.91
11	Maizie Boylan	12.44	Norwich	03/04/2024	Erin Penn	13.0
12	Maizie Boylan	12.45	Stratford	08/09/2024	Carla Richardson-Rowe	13.0
13	Maizie Boylan	12.5	Norwich	08/06/2024	Amber Burton	13.1
14	Isabelle Rushmere	12.6	Norwich	24/04/2022	Lauren Peach	13.1
	Maizie Boylan	12.6	Norwich	08/06/2024	Phoebe Baker	13.4
15	Maizie Boylan	12.65	Loughborough	31/08/2024	Hollie Willeard	13.5
16	Katy Barber	12.7	Norwich	19/04/2009	Natalia Mosakowska	13.5
	Hannah Mayne	12.7	Gt Yarmouth	11/06/2017	Emily Steward	13.6
17	Katy Barber	12.8	Bury St Edmunds	02/08/2009	Ellis Stewart	13.6
	Polly Davies	12.8	Grantham	19/06/2010	Beth Greenwood	13.7
	Amy Fielding	12.8	Norwich	12/05/2024	Sophie McKinna	13.74
18	Maizie Boylan	12.86	Lee Valley	06/04/2024	Emily Anderson	13.8

200m

1	Maizie Boylan	24.93	Cambridge	29/06/2024	Gaynor Easter	25.5
2	Maizie Boylan	25.07	Birmingham	28/07/2024	Maizie Boylan	25.9
3	Maizie Boylan	25.16	Cambridge	29/06/2024	Isabelle Rushmere	26.3
4	Maizie Boylan	25.20	Birmingham	28/07/2024	Katy Barber	26.4
5	Gaynor Easter	25.5	Norwich	14/06/1992	Sophie Rushmere	26.5
6	Maizie Boylan	25.55	Walton	11/08/2024	Polly Davies	26.5
7	Maizie Boylan	25.6	Norwich	08/06/2024	Kayley Earl	26.6
8	Maizie Boylan	25.68	Walton	11/08/2024	Phoebe Baker	26.65
9	Maizie Boylan	25.9	Gt Yarmouth	28/04/2024	Amber Burton	26.9
10	Maizie Boylan	26.0	Bury St Edmunds	01/09/2024	Erin Penn	26.9
11	Maizie Boylan	26.1	Norwich	15/06/2024	Amy Fielding	26.9
12	Maizie Boylan	26.29	Lee Valley	06/04/2024	Natalia Mosakowska	27.1
13	Isabelle Rushmere	26.3	Norwich	15/05/2022	Carla Richardson-Rowe	27.2
14	Katy Barber	26.4	Bury St Edmunds	02/08/2009	Lauren Peach	27.3
15	Katy Barber	26.5	Gt Yarmouth	19/07/2009	Hannah Mayne	27.3
	Sophie Rushmere	26.5	Norwich	12/05/2019	Eva Ellis	27.6
	Polly Davies	26.5	Gt Yarmouth	19/08/2010	Molly Bean	27.7
16	Kayley Earl	26.6	Ipswich	13/05/2018	Ella Wakeley	28.0
	Isabelle Rushmere	26.6	Norwich	05/06/2022	Emily Steward	28.1
17	Phoebe Baker	26.65	Cambridge	29/06/2013	Emily Anderson	28.2
18	Polly Davies	26.7	Gt Yarmouth	22/07/2010	Amy Dowsett	28.37
	Isabelle Rushmere	26.7	Norwich	24/04/2022	Ellie Morgan	28.5

U17 WOMEN

300m

1	Maizie Boylan	41.2	King's Lynn	02/06/2024	Maizie Boylan	41.2
2	Gaynor Easter	41.4	Ipswich	31/08/1992	Gaynor Easter	41.4
3	Polly Davies	41.50	Birmingham	09/07/2010	Polly Davies	41.50
	Maizie Boylan	41.5	Norwich	23/06/2024	Phoebe Baker	42.01
4	Polly Davies	41.7	Gt Yarmouth	19/08/2010	Amy Fielding	42.8
5	Phoebe Baker	42.01	Cambridge	29/06/2013	Sophie Rushmere	43.1
6	Polly Davies	42.4	Colchester	30/08/2010	Isabelle Rushmere	43.4
7	Polly Davies	42.5	Norwich	08/08/2010	Lauren Peach	43.8
	Phoebe Baker		Norwich	08/06/2013	Molly Bean	44.3
8	Phoebe Baker	42.6	Gt Yarmouth	25/04/2013	Emily Anderson	44.46
9	Phoebe Baker	42.8	King's Lynn	12/05/2013	Eva Ellis	44.6
	Amy Fielding	42.8	Norwich	12/05/2024	Ellie Morgan	45.1
10	Polly Davies	42.9	Grantham	19/06/2010	Erin Penn	45.2
11	Phoebe Baker	43.09	Ashford	18/08/2013	Amy Dowsett	45.5

800m

1	J Howarth	2:14.3	Crystal Palace	1982	J Howarth	2:14.3
2	Holly Andrews	2:25.1	Norwich	16/06/2007	Holly Andrews	2:25.1
3	Holly Andrews	2:25.9	Norwich	09/06/2007	Catherine Lee	2:28.6
4	Holly Andrews	2:26.5	Bury St Edmunds	23/09/2007	Polly Davies	2:31.1
5	Holly Andrews	2:26.7	King's Lynn	13/05/2006	Amy Dowsett	2:32.27
6	Holly Andrews	2:27.7	Gt Yarmouth	24/06/2007	Molly Bean	2:33.25
7	Holly Andrews	2:27.8	Gt Yarmouth	12/08/2007	Emily Anderson	2:34.0
8	Catherine Lee	2:28.6	Bury St Edmunds	17/07/2011	Brooke Oram	2:36.5
9	Catherine Lee	2:29.4	Gt Yarmouth	03/07/2011	Faye Nottage	2:37.4
10	Catherine Lee	2:29.9	Peterborough	19/06/2011	Sophie Rushmere	2:44.9
					Sophie Gray	2:49.5

1500m

1	J Howarth	4:36.9	Crystal Palace	1982	J Howarth	4:36.9
2	Catherine Lee	5:07.67	Peterborough	23/06/2012	Catherine Lee	5:07.67
3	Catherine Lee	5:09.6	Gt Yarmouth	03/07/2012	Brooke Oram	5:16.4
4	Catherine Lee	5:11.5	Bury St Edmunds	17/07/2011	Faye Nottage	5:18.7
5	Catherine Lee	5:13.7	King's Lynn	01/07/2012	Abigail Bales	5:33.6
6	Catherine Lee	5:14.7	Norwich	26/06/2011	Sophie Gray	5:41.1
7	Catherine Lee	5:14.7	Bury St Edmunds	18/09/2011	Emily Anderson	5:42.7
8	Brooke Oram	5:16.4	Ipswich	12/05/2019	Flora Dell	5:45.6
9	Faye Nottage	5:18.7	Norwich	12/05/2024	Lucy Thompson	6:01.6
10	Catherine Lee	5:19.61	Peterborough	29/08/2011	Amber Burton	6:12.0
	Catherine Lee	5:22.1	Gt Yarmouth	20/05/2012	Lauren Oram	6:17.8

3000m

1	J Howarth	10:40.0	Norwich	1982	J Howarth	10:40.0
2	Catherine Lee	10:59.7	Gt Yarmouth	14/08/2012	Catherine Lee	10:59.7
3	Catherine Lee	11:07.9	Norwich	18/06/2011	Lucy Thompson	12:57.0
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						

U17 WOMEN

80m Hurdles

1	A Wright	11.9	King's Lynn	20/06/1992	A Wright	11.9
	Maizie Boylan	11.9	Gt Yarmouth	28/04/2024	Maizie Boylan	11.9
2	Maizie Boylan	12.1	King's Lynn	02/06/2024	Molly Bean	12.86
3	Maizie Boylan	12.2	Norwich	23/06/2024	Beth Greenwood	12.89
4	Maizie Boylan	12.3	Bury St Edmunds	01/09/2024	Amy Dowsett	13.0
5	Molly Bean	12.86	Peterborough	24/09/2017	Hollie Willeard	13.1
6	Beth Greenwood	12.89	Norwich	01/05/2019	Frankie Turner	13.2
7	Molly Bean	12.96	Peterborough	30/09/2018	Ellis Stewart	13.39
8	Amy Dowsett	13.0	Gt Yarmouth	08/06/2014	Rhiannon Clarke	13.4
	Beth Greenwood		Peterborough	05/05/2019	Maggie Bean	13.8
9	Molly Bean	13.1	Bury St Edmunds	17/09/2017	Faith Willeard	15.9
	Beth Greenwood		Norwich	11/05/2019	Isabel Matthews-Clark	16.09
	Hollie Willeard		Colchester	10/07/2022		
10	Molly Bean	13.13	Horspath	07/07/2018		
11	Amy Dowsett	13.18	Peterborough	13/06/2015		
12	Frankie Turner	13.2	Gt Yarmouth	12/06/2010		
	Beth Greenwood		Cambridge	02/06/2019		
	Hollie Willeard		Bury St Edmunds	29/05/2022		
13	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						

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	39.36m	Norwich	18/05/2024	Hollie Willeard	39.36m
2	Hollie Willeard	39.24m	Norwich	08/06/2024	Molly Bean	28.66m
3	Hollie Willeard	38.93m	Norwich	12/05/2024	Ella Wakeley	23.19m
4	Hollie Willeard	38.78m	Winchester	17/08/2024	Amy Dowsett	22.68m
5	Hollie Willeard	38.14m	Loughborough	25/08/2024	Lauren Oram	21.86m
6	Hollie Willeard	38.03m	Norwich	02/06/2024	Alice Wakeley	19.75m
7	Hollie Willeard	37.98m	Norwich	10/06/2023	Erin Penn	18.23m
8	Hollie Willeard	37.30m	Norwich	03/04/2024	Frankie Turner	17.92m
9	Hollie Willeard	37.21m	Norwich	28/08/2024	Louisa Marshall	16.62m
10	Hollie Willeard	37.15m	Lee Valley	06/04/2024	Catherine Lee	15.71m
11	Hollie Willeard	36.98m	Norwich	15/06/2024	Polly Davies	12.29m
12	Hollie Willeard	36.78m	Cambridge	29/06/2024		
13	Hollie Willeard	36.59m	Norwich	30/04/2023		
14	Hollie Willeard	36.05m	Birmingham	13/07/2024		
15	Hollie Willeard	35.98m	Gt Yarmouth	28/04/2024		
16	Hollie Willeard	35.90m	Bury St Edmunds	01/09/2024		
17	Hollie Willeard	35.82m	Norwich	14/05/2023		
18	Hollie Willeard	35.79m	Norwich	23/06/2024		
19	Hollie Willeard	35.19m	Birmingham	21/07/2024		
20	Hollie Willeard	35.18m	Cambridge	24/06/2023		

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	4.40m

U20 WOMEN

100m

1	Polly Davies	12.7	Norwich	24/03/2012
2	Katy Barber	12.78	Cambridge	17/07/2010
3	Erin Penn Polly Davies	12.8	King's Lynn Gt Yarmouth	29/04/2018 08/05/2011
4	Katy Barber Polly Davies	12.9	Norwich Ipswich	12/06/2010 15/05/2011
5	Katy Barber Polly Davies	13.0	Cambridge Norwich	16/05/2010 18/06/2011
6	Polly Davies	13.06	Chelmsford	23/04/2011
7	Katy Barber Polly Davies Erin Penn	13.1	Gt Yarmouth Norwich Gt Yarmouth	08/05/2011 22/04/2012 22/07/2018
8	Katy Barber Polly Davies Erin Penn	13.2	Bury St Edmunds Gt Yarmouth Norwich	17/07/2011 09/08/2011 12/05/2018
9	Katy Barber Polly Davies Erin Penn	13.3	Gt Yarmouth Gt Yarmouth Norwich	07/06/2010 31/05/2012 17/06/2018
10	Katy Barber Erin Penn Kayley Earl Carla Richardson-Rowe	13.4	Stevenage Ipswich Norwich Gt Yarmouth	30/07/2011 04/08/2019 15/08/2020 03/07/2022

Polly Davies	12.7
Katy Barber	12.78
Erin Penn	12.8
Kayley Earl	13.4
Carla Richardson-Rowe	13.4
Louisa Johnstone	13.7
Ellis Stewart	13.8
Ella Wakeley	13.9
Hollie Willeard	13.92
Eva Ellis	14.1
Amber Burton	14.4
Lucy Bevan	14.7
Faith Willeard	14.9
Emma Simpson	15.2

200m

1	Polly Davies	25.7	Gt Yarmouth	31/05/2012
2	Polly Davies	26.0	Bury St Edmunds	18/09/2011
3	Polly Davies	26.1	Gt Yarmouth	03/07/2012
4	Polly Davies	26.11	Chelmsford	07/04/2012
5	Polly Davies	26.3	Ipswich	13/05/2012
6	Polly Davies	26.4	Gt Yarmouth	03/07/2011
7	Polly Davies	26.5	Gt Yarmouth	09/08/2011
8	Katy Barber Erin Penn	26.6	Norwich Norwich	12/06/2010 13/05/2018
9	Katy Barber	26.7	Ipswich	04/07/2010
10	Katy Barber	26.8	Norwich	08/08/2010

Polly Davies	25.7
Katy Barber	26.6
Erin Penn	26.6
Hannah Mayne	27.6
Molly Bean	27.9
Carla Richardson-Rowe	28.0
Hollie Willeard	28.1
Eva Ellis	28.49
Amber Burton	28.8
Louisa Johnstone	28.9
Phoebe Baker	29.1
Lauren Oram	31.6

400m

1	Polly Davies	58.33	Bedford	30/05/2011
2	Polly Davies	58.59	Bedford	25/06/2011
3	Polly Davies	58.84	Gateshead	01/07/2011
4	Polly Davies	59.6	Ipswich	10/05/2012
5	Polly Davies	59.7	Ipswich	15/05/2011
6	Polly Davies	59.88	Chelmsford	23/04/2011
7	Polly Davies	60.3	Norwich	22/04/2012
8	Polly Davies	60.4	Norwich	18/06/2011
9	Polly Davies	60.9	Gt Yarmouth	08/05/2011
10	Polly Davies	61.2	Gt Yarmouth	21/08/2011

Polly Davies	58.33
Molly Bean	62.2
Eva Ellis	63.6
Phoebe Baker	65.3
Ella Wakeley	65.7
Louisa Johnstone	67.3
Frankie Turner	69.0
Katy Barber	72.7
Tamsin Desborough	83.3

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
Louisa Johnstone	5.57m
Samanthe Lowe	5.54m
Faith Willeard	5.50m
Kirsty Wheeler	5.47m
Carly Cooper	4.93m

U23 and SENIOR WOMEN

Triple Jump

1	Ellis Stewart	10.23m	Sportcity	04/05/2024
2	Louisa Johnstone	10.21m	Bury St Edmunds	01/09/2024
3	Frankie Turner	8.24m	Gt Yarmouth	08/06/2014
4	Evie Read	6.24m	Gt Yarmouth	03/07/2022
5				

Ellis Stewart	10.23m
Louisa Johnstone	10.21m
Frankie Turner	8.24m
Evie Read	6.24m

High Jump

1	C Loomes	1.55m	Norwich	19/05/1990
2	Beth Greenwood	1.45m	Norwich	03/04/2024
3	Beth Greenwood	1.35m	Gt Yarmouth	28/04/2024
4				
5				

C Loomes	1.55m
Beth Greenwood	1.45m

Long Jump

1	Louisa Johnstone	5.52m	Gt Yarmouth	04/08/2024
2	Louisa Johnstone	5.49m	Lee Valley	11/08/2024
3	Louisa Johnstone	5.46m	Lee Valley	19/05/2024
4	Louisa Johnstone	5.42m	Norwich	11/05/2024
5	Louisa Johnstone	5.40m	King's Lynn	02/06/2024
6	Louisa Johnstone	5.38m	Bury St Edmunds	01/09/2024
7	Louisa Johnstone	5.29m	Norwich	23/06/2024
8	Louisa Johnstone	5.28m	Gt Yarmouth	28/04/2024
9	Louisa Johnstone	5.22m	Norwich	03/04/2024
10	Louisa Johnstone	5.19m	Norwich	28/08/2024
11	Louisa Johnstone	5.05m	Norwich	30/08/2023
12	G Godbold	4.98m	Norwich	1981
13	Louisa Johnstone	4.84m	Gt Yarmouth	17/09/2023
14	Sophie McKinna	4.30m	Gt Yarmouth	26/09/2021
15	Frankie Turner	3.72m	Gt Yarmouth	08/06/2014
16	Carly Cooper	3.03m	Gt Yarmouth	26/09/2021
17	Evie Read	3.02m	Gt Yarmouth	03/07/2022
18	Carly Cooper	2.96m	Bury St Edmunds	29/05/2022
19	Kirsty Wheeler	2.65m	Gt Yarmouth	26/09/2021
20	Emma Barwick	2.63m	Bury St Edmunds	17/07/2011

Louisa Johnston	5.52m
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
Louisa Johnstone	12.87
Lauren Bullard	13.0
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 Lauren Bullard	27.0	Cambridge Bury St Edmunds	29/07/2012 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
Louisa Johnstone	27.2
Carly Cooper	34.0
Emma Barwick	39.3

400m

1	Lauren Bullard	62.5	Bury St Edmunds	01/09/2024
2	Lauren Bullard	63.2	Bury St Edmunds	03/09/2023
3	Katy Barber	72.4	Bury St Edmunds	23/09/2012
4	Caroline Drewitt	73.7	Gt Yarmouth	22/08/2013
5	Caroline Drewitt	74.2	King's Lynn	01/07/2012

Lauren Bullard	62.5
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	21.91m	King's Lynn	02/06/2024
2	Gaynor Read - V45	21.37m	King's Lynn	30/07/2023
3	Gaynor Read - V45	20.90m	Bury St Edmunds	04/09/2022
4	Gaynor Read - V45	20.68m	Gt Yarmouth	17/09/2023
5	Gaynor Read - V45	20.54m	Norwich	30/04/2023
6	Gaynor Read - V45	19.89m	Gt Yarmouth	04/06/2023
7	Gaynor Read - V45	19.68m	Bury St Edmunds	03/09/2023
8	Gaynor Read - V45	19.66m	Norwich	23/06/2024
9	Gaynor Read - V45	19.30m	Bury St Edmunds	29/05/2022
10	Claire Fielding - V45	19.17m	Bury St Edmunds	04/09/2022
11	Claire Fielding - V45	18.57m	Gt Yarmouth	26/09/2021
12	Gaynor Read - V45	18.49m	Norwich	05/09/2021
13	Gaynor Read - V45	18.49m	Norwich	24/04/2022
14	Gaynor Read - V45	17.40m	Gt Yarmouth	03/07/2022
15	Claire Fielding - V45	17.07m	Norwich	24/04/2022
16	Gaynor Read - V45	16.93m	Gt Yarmouth	28/04/2024
17	Claire Fielding - V45	16.85m	Norwich	05/09/2021
18	M Turner - V35	16.56m	Gt Yarmouth	12/07/1994
19	Claire Fielding - V45	16.42m	Gt Yarmouth	25/07/2021
20	Claire Fielding - V45	16.28m	Gt Yarmouth	03/07/2022

Gaynor Read - V45	21.91m
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	14.84m
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	Lisa Willeard - V50	18.82m	King's Lynn	02/06/2024
9	Gaynor Read - V45	18.67m	King's Lynn	30/07/2023
10	Lucinda Bullimore - V40	18.22m	King's Lynn	02/06/2024
11	Lucinda Bullimore - V40	18.13m	Norwich	24/04/2022
12	Gaynor Read - V45	17.39m	Gt Yarmouth	28/04/2024
13	Gaynor Read - V45	17.39m	Gt Yarmouth	28/04/2024
14	Gaynor Read - V45	17.20m	King's Lynn	02/06/2024
15	Lucinda Bullimore - V40	16.92m	Bury St Edmunds	04/09/2022
16	Lisa Willeard - V50	16.07m	Norwich	23/06/2024
17	Lucinda Bullimore - V40	15.83m	Bury St Edmunds	01/09/2024
18	Lucinda Bullimore - V40	15.80m	King's Lynn	30/07/2023
19	Claire Fielding - V45	15.49m	Bury St Edmunds	29/05/2022
20	Lisa Willeard - V50	15.14m	Bury St Edmunds	03/09/2023

Donna Burton - V35	26.16m
J Grimes - V45	23.92m
Gaynor Read - V45	20.31m
S Shipp - V35	19.66m
Lisa Willeard - V50	18.82m
Lucinda Bullimore - V40	18.22m
Claire Fielding - V45	15.49m
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	Lisa Willeard - V50	17.95m	Norwich	23/06/2024
3	Lisa Willeard - V50	17.61m	Bury St Edmunds	01/09/2024
4	S Shipp - V45	16.92m	Gt Yarmouth	05/07/2000
5	Lucinda Bullimore - V40	16.74m	Gt Yarmouth	03/07/2022
6	Lisa Willeard - V50	15.98m	Bury St Edmunds	03/09/2023
7	Lisa Willeard - V50	15.75m	King's Lynn	30/07/2023
8	Lisa Willeard - V50	15.42m	Norwich	30/04/2023
9	Lisa Willeard - V50	15.26m	Gt Yarmouth	28/04/2024
10	Lisa Willeard - V50	15.26m	Gt Yarmouth	28/04/2024
11	Lisa Willeard - V50	14.95m	Gt Yarmouth	04/06/2023
12	D Goodwin - V40	13.92m	Bury St Edmunds	04/07/2001

Lucinda Bullimore - V40	21.07m
Lisa Willeard - V50	17.95m
S Shipp - V45	16.92m
D Goodwin - V40	13.92m

Shot (4Kg)

1	Gaynor Read - V45	7.97m	Norwich	23/06/2024
2	Lucinda Bullimore - V40	7.81m	Gt Yarmouth	20/08/2023
3	Gaynor Read - V45	7.79m	Gt Yarmouth	17/09/2023
4	Gaynor Read - V45	7.76m	Gt Yarmouth	20/08/2023
5	Donna Burton - V35	7.52m	Norwich	08/08/2010
	Gaynor Read - V45	7.52m	Norwich	14/05/2023
6	Gaynor Read - V45	7.50m	Gt Yarmouth	04/06/2023
7	Gaynor Read - V45	7.44m	Bury St Edmunds	03/09/2023
8	Gaynor Read - V45	7.39m	King's Lynn	02/06/2024
9	Gaynor Read - V45	7.37m	Gt Yarmouth	03/07/2022
10	Gaynor Read - V45	7.34m	Gt Yarmouth	28/04/2024
11	Gaynor Read - V45	7.31m	Bury St Edmunds	04/09/2022
12	Gaynor Read - V45	7.22m	Norwich	24/04/2022
13	Donna Burton - V35	7.18m	Gt Yarmouth	08/05/2011
14	Gaynor Read - V45	7.17m	King's Lynn	30/07/2023
15	Gaynor Read - V45	7.12m	Norwich	30/04/2023
16	Gaynor Read - V45	7.08m	Norwich	12/05/2024
17	Frankie Harrison - V35	7.04m	Bury St Edmunds	01/09/2024
18	Gaynor Read - V45	7.02m	Bury St Edmunds	29/05/2022
19	Lucinda Bullimore - V40	6.94m	Bury St Edmunds	03/09/2023
20	S Shipp - V35	6.88m	Ipswich	10/05/1992

Gaynor Read - V45	7.97m
Lucinda Bullimore - V40	7.81m
Donna Burton - V35	7.52m
Frankie Harrison - V35	7.04m
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	Frankie Harrison - V35	9.31m	Norwich	23/06/2024
2	Donna Burton - V35	8.11m	Gt Yarmouth	21/08/2011
3	Sarah Bean - V40	7.82m	Bury St Edmunds	16/07/2017
4	Donna Burton - V35	7.66m	Bury St Edmunds	17/07/2011
5	Donna Burton - V35	7.63m	Peterborough	19/06/2011
6	M Turner - V40	7.40m	King's Lynn	07/06/2000
7	Donna Burton - V35	7.29m	Bury St Edmunds	18/09/2011
8	Maureen England - V55	6.03m	Norwich	02/08/2000
9				
10				

Frankie Turner - V35	9.31m
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	1.45m	Bury St Edmunds	01/09/2024
2	Frankie Harrison - V35	1.40m	Gt Yarmouth	04/06/2023
3	Frankie Harrison - V35	1.35m	King's Lynn	02/06/2024
4	Frankie Harrison - V35	1.30m	Norwich	30/04/2023
5	Claire Fielding - V45	1.20m	Gt Yarmouth	03/07/2022
	Lucinda Bullimore - V40	1.20m	King's Lynn	30/07/2023
	Claire Fielding - V50	1.20m	Gt Yarmouth	28/04/2024
	M Turner - V40	1.10m	Bury St Edmunds	03/05/2000
6	S Fraser - V40	1.10m	Gt Yarmouth	05/07/2000
	Lucinda Bullimore - V40	1.10m	Bury St Edmunds	03/09/2023
7	Maureen England - V55	1.05m	Gt Yarmouth	05/07/2000

Frankie Harrison - V35	1.45m
Claire Fielding - V50	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	4.29m	Norwich	11/05/2024
4	Gaynor Read - V45	4.28m	Gt Yarmouth	20/08/2023
5	Gaynor Read - V45	4.24m	Gt Yarmouth	17/09/2023
6	Gaynor Read - V45	4.22m	Gt Yarmouth	26/09/2021
7	Sarah Bean - V40	3.83m	Ipswich	19/07/2015
	S Shipp - V35	3.82m	Gt Yarmouth	18/07/2019
8	Lucinda Bullimore - V40	3.82m	Norwich	30/04/2023
9	Lucinda Bullimore - V40	3.80m	Gt Yarmouth	20/08/2023
10	Claire Fielding - V45	3.78m	Gt Yarmouth	26/09/2021
11	Lucinda Bullimore - V40	3.75m	Gt Yarmouth	18/09/2022
12	Lucinda Bullimore - V40	3.72m	Gt Yarmouth	17/09/2023
13	Lucinda Bullimore - V40	3.71m	Norwich	23/06/2024
14	Lucinda Bullimore - V40	3.68m	Bury St Edmunds	03/09/2023
15	Donna Burton - V35	3.64m	Gt Yarmouth	21/08/2011
16	Lucinda Bullimore - V40	3.60m	Norwich	30/08/2023
17	Sarah Bean - V40	3.59m	Bury St Edmunds	20/08/2017
	Lucinda Bullimore - V40	3.59m	King's Lynn	02/06/2024
18	Rachel Brown - V40	3.57m	Gt Yarmouth	26/05/2016
19	Lucinda Bullimore - V40	3.56m	Bury St Edmunds	04/09/2022
20	Rachel Brown - V35	3.53m	Ipswich	19/07/2015

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	14.1	Norwich	23/06/2024	Lisa Willeard - V45	16.9
9	Gaynor Read - V45	14.3	King's Lynn	30/07/2023	Carly Cooper - V35	17.1
	S Shipp - V35	14.5	Gt Yarmouth	26/02/1992	Sarah Bean - V40	17.9
10	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
11	Claire Fielding - V45	14.8	Norwich	01/08/2021		
12	Claire Fielding - V45	14.9	Norwich	24/04/2022		
	Lucinda Bullimore - V40	14.9	Gt Yarmouth	17/09/2023		
13	Lucinda Bullimore - V40	14.98	Norwich	30/08/2023		
14	Claire Fielding - V45	15.0	Gt Yarmouth	23/06/2019		
15	Gaynor Read - V45	14.2	Norwich	12/05/2024		
16	Lucinda Bullimore - V40	15.2	King's Lynn	02/06/2024		
	Donna Burton - V35	15.2	Peterborough	19/06/2011		
17	Claire Fielding - V45	15.3	Norwich	26/05/2019		
	Lucinda Bullimore - V40	15.3	Gt Yarmouth	03/07/2022		
18	Lucinda Bullimore - V40	15.39	Norwich	14/04/2023		
19	Claire Fielding - V50	15.4	Norwich	12/05/2024		
	Lucinda Bullimore - V40	15.4	Norwich	14/04/2023		
20	Lucinda Bullimore - V40	15.5	Bury St Edmunds	29/05/2022		

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	Frankie Harrison - V35	30.0
3	Gaynor Read - V45	28.93	Derby	12/06/2022	Lucinda Bullimore - V40	30.4
4	Gaynor Read - V45	29.0	Norwich	29/08/2021	M Turner - V35	30.7
5	Gaynor Read - V45	29.1	Norwich	11/05/2024	Claire Fielding - V45	30.8
6	Gaynor Read - V45	29.2	Bury St Edmunds	29/05/2022	M Olley - V40	33.3
7	Frankie Harrison - V35	30.0	King's Lynn	02/06/2024	Sarah Bean - V40	33.9
8	Gaynor Read - V45	30.4	Norwich	05/09/2021	Lisa Willeard - V45	37.8
	Lucinda Bullimore - V40	30.4	Norwich	14/05/2023	Maureen England - V55	39.2
9	M Turner - V35	30.7	Gt Yarmouth	12/07/1994	C Tennyson - V50	43.0
10	Claire Fielding - V45	30.8	Norwich	24/04/2022	Diane Wassmer - V50	45.3
11	Claire Fielding - V45	30.9	Ipswich	04/08/2019		
12	Lucinda Bullimore - V40	31.1	Gt Yarmouth	17/09/2023		
13	Lucinda Bullimore - V40	31.54	Norwich	14/04/2023		
14	Claire Fielding - V45	31.6	Gt Yarmouth	25/07/2021		
15	Claire Fielding - V45	32.1	Gt Yarmouth	23/09/2019		
16	Lucinda Bullimore - V40	32.9	Norwich	11/05/2024		
17	M Olley - V40	33.3	Colchester	28/08/1985		
18	Sarah Bean - V40	33.9	Bury St Edmunds	20/08/2017		
19	Lisa Willeard - V45	37.8	Gt Yarmouth	26/09/2019		
20	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	Frankie Harrison - V35	75.6	Gt Yarmouth	28/04/2024
9	M Turner - V40	82.1	Gt Yarmouth	05/07/2000
10	Maureen England - V55	97.6	Bury St Edmunds	03/05/2000

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	2:50.1	Bury St Edmunds	01/09/2024
5	Lucinda Bullimore - V40	2:54.5	Norwich	24/04/2022
6	Frankie Harrison - V35	2:54.8	Norwich	23/06/2024
7	Kirsty Wheeler - V35	2:57.8	Gt Yarmouth	04/06/2023
8	Nadine Heseltine - V40	2:59.6	Gt Yarmouth	21/06/2015
9	Lucinda Bullimore - V40	3:01.3	Bury St Edmunds	29/05/2022
10	Sarah Bean - V40	3:02.0	Ipswich	19/07/2015
11	Kirsty Wheeler - V35	3:03.7	Norwich	30/04/2023
12	Frankie Harrison - V35	3:04.9	Gt Yarmouth	28/04/2024
13	Jane Trudgill - V40	3:14.9	Colchester	03/05/2015
14	Sarah Bean - V40	3:16.2	Gt Yarmouth	30/06/2015
15	Maureen England - V55	3:34.9	Gt Yarmouth	22/07/2001

M Turner - V35	2:36.2
Colleen Nicole Mukuya - V35	2:36.3
Lucinda Bullimore - V40	2:50.1
Frankie Harrison - V35	2:54.8
Kirsty Wheeler - V35	2:57.8
Nadine Heseltine - V40	2:59.6
Sarah Bean - V40	3:02.0
Jane Trudgill - V40	3:14.9
Maureen England - V55	3:34.9
J Grimes - V45	3:51.6

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	5:59.6	Bury St Edmunds	01/09/2024
8	Frankie Harrison - V35	6:08.1	Norwich	30/04/2023
9	Nadine Heseltine - V40	6:11.1	Gt Yarmouth	21/06/2015
10	Kirsty Wheeler - V35	6:26.1	Norwich	30/04/2023
11	Sarah Bean - V40	6:32.0	Ipswich	19/07/2015
12	Sarah Bean - V40	6:39.4	Gt Yarmouth	21/06/2015

Colleen Nicole Mukuya - V35	4:57.8
C Tennyson - V40	5:14.0
M Turner - V35	5:53.6
Frankie Harrison - V35	5:59.6
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

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
2	M Olley - V45	21.6	Colchester	28/08/1989
3				
4				
5				

M Olley - V40	20.7
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80m Hurdles

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

M Olley - V45	16.8
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Maureen England - V55	19.8
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