

Suffolk Championship Best Performances - Track & Field
(As at 16th May 2018)

Senior Men

100m	10.8	Kyle Potter	2016
200m	21.9	Kyle Potter	2016
400m	48.2	A.Francis	1996
800m	1.52.5	P.Evans	1989
1500m	3.53.3	P.Evans	1989
3000m	8.32.3	Matthew Barnes-Smith	2010
5000m	14.23.8	P.Evans	1988
10000m	30.35.0	Perry Lushington	1987
110mH	15.3	Jason McDade	2002
400mH	57.4	S.Wake	1985
2000m s/c	6.13.8	James Calvert	1999
3k Walk	14.34.0	Mabon Dane	2000
Discus	62.16	W.Tancred	1974
Hammer	62.42	M.Fenton	1982
Javelin	70.58	C Clover	1973
Javelin (New 1987)	74.50	N.Bevan	1995
Shot	20.20	Mark Proctor	1999
Pole Vault	4.20	D.Graham	1998
High Jump	2.05	Jason McDade	2005
Long Jump	7.06	A.Aitkin	1985
Triple Jump	14.18	P.Knowles	1975