

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

Senior Women

100m	11.9	Bev.Kinch	1982
200m	25.0	Laura Seston	1999
400m	57.9	Nicola.Andrews	1989
800m	2.18.2	Jemma Thake	2005
1500m	4.28.9	Laura Odell	2006
3000m	10.51.2	I Peaty	1979
5000m	16.35	Helen Decker	2011
100mH	14.8	Amanda.Parker	1987
400mH	70.1	Angie Alstrachen	2008
3k Walk	18.11.1	Angie Alstrachen	2011
1500m S/C	5.57.8	Sarah Coulson	2010
Discus	39.60	Susan.Williams	1986
Hammer	48.51	Georgina Howe	2018
Javelin	48.48	Angelique.Pullen	1986
Javelin (New 2000)	47.91	Joanna Chapman	2005
Shot	14.83	Susan.King	1983
PoleVault	2.90	Ruth Annes	1998
High Jump	1.80	Jo.Jennings	1991
Long Jump	6.38	Bev Kinch	1982
Triple Jump	12.07	Tania Spurling	2012