

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

**Under 13 Girls**

100m	13.1	Sophie Allen	1995
200m	27.7	Becky Jackson	1999
800m	2:27.3	Sophie Tooley	2011
1500m	4:55.3	April Hill	2016
70mH	11.9	Madison Frost	2016
1k Walk	-	-	-
Discus	27.34	Sophie Graham	2015
Hammer	15.85	Khya Penn	2018
Javelin	24.61	Eliza Goodwyn	2018
Shot	8.72	Poppy Mavall	2014
Pole Vault	-	-	-
High Jump	1.45	Lana Watts	2003
Long Jump	4.79	Hannah Mayne	2014

**Under 13 Boys**

100m	12.6	Jack Favers	2016
200m	27.0	Ben Greenleaf	2018
800m	2:18.8	Connor Darby/Elliott Gladwell	2004/2017
1500m	4:47.1	Benjamin Peck	2018
75mH	13.5	Kasey Hagan	2009
1k Walk	5:17.2	Paul Graham	1998
3k Walk	17:01.1	Paul Graham	1997
Discus	28.96	Harri Mortimer	2008
Hammer	13.27	Brandon Ling	2018
Javelin	43.64	Harri Mortimer	2008
Shot	11.63	Harri Mortimer	2008
Pole Vault	-	-	-
High Jump	1.50	William Lamprell	2017
Long Jump	5.32	Jack Favers	2016

**Under 15 Girls**

100m	12.4	Laura Seston/Sophie Allen	1993/1997
200m	25.3	Nicole Sadler	2003
300m	43.4	Hollie Archer	2008
800m	2:16.5	Sophie Tooley	2013
1500m	4:45.3	Olivia Allum	2015
75mH	11.5	A.Parker/N.Hall	1984/94
1k Walk	6:24.8	Chloe Beeton	2009
Discus	31.38	Susan King	1979
Hammer	39.45	Lana Fulcher	1983
High Jump	1.69	Jo Jennings	1999
Javelin	34.51	Jo Chapman	1999
Javelin (New 2000)	32.22	Laura Graham	2013
Javelin (New 2014)	37.98	Gemma Ramsey	2015
Long Jump	5.17	Bev Kinch	1978
Shot	13.86	Susan King	1979
Shot New 2014)	9.74	Alana Wilson	2016
Pole Vault	2.35	Sophie Graham	2016
Triple Jump	9.62	Charlie Moore	2016

**Under 15 Boys**

100m	11.8	C Swazye	1994
200m	24.1	Benjamin Higgins/Benson Craven	2001/2013
300m	38.0	Joshua Hulse	2015
400m	53.7	Benjamin Higgins	2001
800m	2:01.7	Joshua Hulse	2015
1500m	4:20.6	D.Wilson	1991
80mH	11.9	T.Seston	1995
1k Walk	5:02.6	Andrew Graham	2004
Discus	39.60	David Hughes	1987
Hammer	40.91	Oliver Pescott-Frost	2011
Javelin	46.90	David Hughes	1987
Javelin (New 2000)	59.07	Harry Hughes	2012
Shot	14.00	M.Wilson	1994
Pole Vault	2.90	S.Avres	1994
High Jump	1.77	J.McDade	1994
Long Jump	6.26	Jermaine Bernard	1999
Triple Jump	12.00	D.Pattenham	1985

**Under 17 Women**

100m	12.0	Laura Seston	1994
200m	25.3	Laura Seston	1994
300m	44.1	Jemma Thake	2002
800m	2:13.8	Sophie Tooley	2014
1500m	4:44.5	Olivia Allum	2017
3000m	10:10.1	Megan Newton	2016
5000m	19.13	Lacy Barnes	2011
80mH	11.5	Amanda Parker	1986
300mH	47.0	Isabelle Keeley	2017
1500m S/C	5:31.4	Holly Davies	2015
Discus	36.56	Samantha Milner	2009
Javelin	36.35	Joanna Chapman	2000
Javelin (New 2000)	41.38	Joanna Chapman	2001
Javelin (New 2014)	38.91	Gemma Ramsey	2017
Hammer	31.49	Samantha Milner	2009
Hammer (New 2014)	50.35	Lana Fulcher	2015
Shot	11.61	Amy Wilson	1997
Shot (New 2014)	11.79	Katrina Kemp	2016
Pole Vault	2.95	Rhian Clarke	1993
High Jump	1.68	Wendy Meadow Smith	2004
Long Jump	5.41	Sarah Tippet	2005
Triple Jump	11.21	Montana Jackson	2009

**Under 17 Men**

100m	11.1	Cameron Bailey	2017
200m	22.4	Cameron Bailey	2017
400m	50.2	Ben Higgins	2003
800m	1:56.6	Joshua Hulse	2016
1500m	4:05.8	Matthew Barnes-Smith	2002
3000m	8:43.6	Kieron Clements	2010
5000m	16:41.9	James Fowley	2010
100mH	14.1	J.McDade	1996
400mH	59.2	Tony Seston	1997
3k Walk	13:43.5	Callum Wilkinson	2013
1500m s/c	4:45.6	M.Balls	1994
Discus	41.64	C.Dinsdale	1977
Hammer	56.78	Joe Bloomfield	2007
Javelin	69.28	Harry Hughes	2014
Pole Vault	3.05	J.Scott	1992
Shot	15.33	C.Bloomfield	1978
High Jump	1.90	M.King/J.McDade/E.Thompson	1987/96/2012
Long Jump	6.74	A.Mason	1992
Triple Jump	13.56	N.Leech	1977

**Under 20 Women**

100m	12.3	Laura Seaton	1998
200m	25.4	Laura Seaton	1998
400m	56.9	Vicky Tunaley	2001
800m	2:15.4	Charlene Snelgrove	1999
1500m	4:44.6	Ellie Sprake	2006
3000m	10:32.2	Kirsty Addy	2011
5000m	19:00.0	Jemma Clarey	2008
100mH	15.9	Sarah Tippet	2006
400mH	66.1	Emily Moyes	2015
1500m S/C	4:59.7	Emily Moyes	2016
Discus	42.71	Samantha Milner	2011
Javelin	42.38	Louise Smith	1996
Javelin (New 2000)	44.96	Jo Chapman	2003
Shot	12.45	Amy Wilson	1999
Hammer	44.53	Georgia Howe	2011
Pole Vault	3.20	Rhian Clarke	1995
High Jump	1.71	Lindsay Evans	1995
Long Jump	5.62	Chantelle Kilpatrick	2016
Triple Jump	11.62	Tania Spurling	2006

**Under 20 Men**

100m	11.0	Brown/J J Bone / Owen Giddings/ Cameron Bailey	1982/87/2015/ 2018
200m	22.5	Cameron Bailey	2018
400m	49.6	Joshua Hulse	2018
800m	1:55.1	Thomas Love	2006
1500m	3:54.2	Tom Sharland	2002
3000m	8:28.5	Kieron Clements	2012
5000m	15:07	A Dunbar	2011
110mH	14.6	Jason McDade	1999
400mH	55.3	Tony Seston	1999
3k Walk	11:36.2	Callum Wilkinson	2016
2000m s/c	6:09.9	John Millar	2015
Discus	53.52	C.Dinsdale	1980
Javelin	72.74	C Clover	1973
Javelin (New 1987)	71.51	Harry Hughes	2015
Shot	15.23	C.Bloomfield	1980
Hammer	63.25	Joe Bloomfield	2009
Pole Vault	3.33	M.Freestone	1975
High Jump	2.05	Jason McDade	1998
Long Jump	7.24	A.Mason	1994
Triple Jump	14.18	U.Onyekweli	1991

**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	Georgia Howe	2018
Javelin	48.48	Angelique Pullen	1986
Javelin (New 2000)	47.91	Joanna Chapman	2005
Shot	14.83	Susan King	1983
Pole Vault	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

**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	Wabon Dane	2000
Discus	62.16	W.Tancred	1974
Hammer	63.42	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