

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

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	2013
High Jump	1.69	Jo Jennings	1983
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