

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

Under 17 Women

100m	12.0	Laura Seston	1994
200m	25.3	Laura Seston	1994
300m	41.1	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	Lucy 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 Tippett	2005
Triple Jump	11.21	Montana Jackson	2009