

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

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.Onyekwelli	1991