

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

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 Tippett	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	Georgina 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