

Suffolk Championship Best Performances - Track & Field

Under 13 Girls

100m	13.1	Sophie Allen	1995
200m	27.7	Becky Jackson	1999
800m	2.27.3	Sophie Tooley	2011
1500m	5.02.8	N Walters	2012
70mH	12.0	Charlotte Cattermole	2005
1k Walk	-	-	-
Discus	24.84	Ellie Bloomfield	2009
Javelin	24.29	Lydia Green	2007
Shot	7.54	Kim Potter	1998
High Jump	1.45	Lana Watts	2003
Long Jump	4.55	Sarah Prescott-Smith	2009

Under 13 Boys

100m	12.9	Christopher Johnson	1997
200m	27.5	Benson Craven	2011
800m	2.18.8	Connor Darby	2004
1500m	5.03.9	Alex Baxter	2012
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
Javelin	43.64	Harri Mortimer	2008
Shot	11.63	Harri Mortimer	2008
High Jump	1.45	Kasey Hagan	2009
Long Jump	4.70	A. Clarke	1995

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	2.17.6	Sophie Tooley	2012
1500m	4.48.1	Holly Archer	2008
75mH	11.5	A.Parker/N.Hall	1984/94
1k Walk	6.24.8	Chloe Beeton	2009
Discus	31.38	Susan King	1979
Hammer	33.91	Ellie Bloomfield	2011
High Jump	1.69	Jo Jennings	1983
Javelin	34.51	Jo Chapman	1999
Javelin (New 2000)	27.16	Josephine Wray	2003
Long Jump	5.17	Bev Kinch	1978
Shot	13.86	Susan King	1979
Pole Vault	1.85	Isabella Blowers	2012
Triple Jump	9.53	Rachel Arbon	2009

Under 15 Boys

100m	11.8	C.Swazze	1994
200m	24.1	Benjamin Higgins	2001
300m	43.0	Thomas Harwood	2012
400m	53.7	Benjamin Higgins	2001
800m	2.06.8	N.Laud	1990
1500m	4.20.6	D.Wilson	1991
80mH	11.9	T.Seston	1995
1k Walk	5.02.6	Andrew Graham	2004
Discus	39.60	D.W.Hughes	1987
Hammer	40.91	Oliver Pescott-Frost	2011
Javelin	59.97	Harry Hughes	2012
Shot	14.00	M.Wilson	1994
Pole Vault	2.90	S.Ayres	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	41.1	Jemma Thake	2002
800m	2.17.5	Abigail Marriott	2008
1500m	4.47.8	Nicola Morgan	2006
3000m	10.25.6	Charlotte Christensen	2009
5000m	19.13	Lucy Barnes	2011
80mH	11.5	Amanda Parker	1986
300mH	49.8	J.Fielder	1993
1500m S/C	5.58.9	Bethany Tooley	2012
Discus	36.56	Samantha Milner	2009
Javelin	41.38	Joanna Chapman	2001
Hammer	31.49	Samantha Milner	2009
Shot	11.61	Amy Wilson	1997
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

Under 17 Men

100m	11.2	J J Bone	1986
200m	22.9	J.J.Bone	1986
400m	50.2	Ben Higgins	2003
800m	1.58.2	J.McLoughlin	1991
1500m	4.05.8	Matthew Barnes-Smith	2002
3000m	8.43.6	Kieran Clements	2010
5000m	16.41.9	James Powley	2010
100mH	14.1	J.McDade	1996
400mH	59.2	Tony Seston	1997
3k Walk	21.57.1	Jack Anthony	2010
1500m s/c	4.45.6	M.Balls	1994
Discus	41.64	C.Dinsdale	1977
Hammer	56.78	Joe Bloomfield	2007
Javelin	67.41	Matti Mortimer	2009
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 Tippett	2006
400mH	67.3	Hayley Todd	2006
1500m S/C	6.08.2	Emma Burroughs	2011
Discus	42.71	Samantha Milner	2011
Javelin	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	5.38	Anna Clayton	2003
Triple Jump	11.62	Tania Spurling	2006

Under 20 Men

100m	11.0	Brown/J J Bone	1982/87
200m	22.6	Tony Seston	1999
400m	49.9	Benjamin Higgins	2004 & 2005
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
2000m s/c	6.24.7	Alex Dunbar	2009
Discus	53.52	C.Dinsdale	1980
Javelin	65.69	Matti Mortimore	2012
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
10000m	-	-	-
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	29.18	Roberta Scott	1997
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	10.9	K.Ansah	1994
200m	22.0	P.Leach/L.Paul	1988/91
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
3000m s/c	-	S.Benson	-
3k Walk	14.34.0	Mabon Dane	2000
Discus	62.16	W.Tancred	1974
Hammer	62.42	M.Fenton	1982
Javelin	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