

## U13 GIRLS

### Javelin (400g)

1	<b>K Goodwin</b>	<b>24.60m</b>	<b>Gt Yarmouth</b>	<b>19/07/1998</b>
2	Brooke Oram	23.03m	Kingston	31/07/2016
3	Brooke Oram	22.90m	Ipswich	17/07/2016
4	Brooke Oram	22.58m	Gt Yarmouth	22/06/2016
5	Alice Wakeley	21.69m	Gt Yarmouth	22/08/2013
6	Jasmin Kemp	21.32m	Bury St Edmunds	18/09/2011
7	Hollie Willeard	21.03m	Gt Yarmouth	20/09/2018
8	Brooke Oram	20.96m	King's Lynn	14/08/2016
9	Jasmin Kemp	20.95m	Gt Yarmouth	21/08/2011
10	Hollie Willeard	20.25m	Peterborough	05/08/2018

<b>K Goodwin</b>	<b>24.60m</b>
Brooke Oram	23.03m
Alice Wakeley	21.69m
Jasmin Kemp	21.32m
Hollie Willeard	21.03m
Lilymae Coote	20.58m
Rhiannon Clarke	20.36m
Amy Dowsett	19.37m
Lauren Ward	18.22m
Erin Penn	17.75m

### Discus (0.75Kg)

1	<b>L Shipp</b>	<b>21.04m</b>	<b>Gt Yarmouth</b>	<b>20/06/1999</b>
2	Jasmin Kemp	18.37m	Gt Yarmouth	03/07/2011
3	Louisa Marshall	18.02m	Gt Yarmouth	10/08/2008
4	Lilymae Coote	18.01m	Ipswich	04/08/2019
5	Amy Dowsett	17.88m	Gt Yarmouth	03/07/2011
6	Ella Wakeley	17.63m	Bury St Edmunds	18/09/2011
7	Louisa Marshall	17.55m	Bury St Edmunds	17/08/2008
8	Chloe Furzer	17.24m	Gt Yarmouth	20/06/2010
9	Ella Wakeley	17.20m	Bury St Edmunds	17/07/2011
10	Jasmin Kemp	17.18m	Bury St Edmunds	17/07/2011

<b>L Shipp</b>	<b>21.04m</b>
Jasmin Kemp	18.37m
Louisa Marshall	18.02m
Lilymae Coote	18.01m
Amy Dowsett	17.88m
Ella Wakeley	17.63m
Chloe Furzer	17.24m
Molly Bean	16.14m
Alice Wakeley	15.87m
Brooke Oram	14.78m

### Shot (2.72Kg)

1	<b>H Wharton</b>	<b>8.21m</b>	<b>Watford</b>	<b>12/09/1999</b>
2	Alice Wakeley	8.11m	Colchester	01/09/2013
3	Alice Wakeley	8.10m	Gt Yarmouth	23/06/2013
4	Jasmin Kemp	7.99m	Gt Yarmouth	21/08/2011
5	Alice Wakeley	7.90m	Gt Yarmouth	14/07/2013
6	Chloe Furzer	7.73m	Bury St Edmunds	19/09/2010
7	Alice Wakeley	7.70m	King's Lynn	12/05/2013
8	Alice Wakeley	7.62m	Gt Yarmouth	25/05/2013
9	Alice Wakeley	7.61m	Peterborough	26/08/2013
10	Alice Wakeley	7.57m	Gt Yarmouth	25/04/2013

<b>H Wharton</b>	<b>8.21m</b>
Alice Wakeley	8.11m
Jasmin Kemp	7.99m
Chloe Furzer	7.73m
Amy Dowsett	7.31m
Millie Chandler	7.09m
Mia Squires	6.88m
Maggie Bean	6.49m
Lilymae Coote	6.46m
Lauren Ward	6.14m

### High Jump

1	<b>Natoya Rimmer</b>	<b>1.47m</b>	<b>Bury St Edmunds</b>	<b>18/09/2011</b>
2	Natoya Rimmer	1.45m	Gt Yarmouth	21/08/2011
3	Natoya Rimmer	1.40m	Peterborough	19/06/2011
	Natoya Rimmer		Bury St Edmunds	17/07/2011
	Molly Bean		King's Lynn	17/08/2014
4	Molly Bean	1.30m	Bury St Edmunds	14/09/2014
	Molly Bean		Ipswich	06/07/2014
	Maggie Bean		Bury St Edmunds	15/04/2018
	Maggie Bean		Peterborough	03/06/2018
5	Maggie Bean	1.27m	Norwich	08/07/2018
	Maggie Bean		King's Lynn	29/04/2018

<b>Natoya Rimmer</b>	<b>1.47m</b>
Mollie Bean	1.40m
Maggie Bean	1.30m
Emily Anderson	1.25m
Phoebe Baker	1.25m
Bridget Clarke	1.25m
Chloe Long	1.25m
Macey-Jay Smith	1.25m
Allyna Mukuya	1.25m
Holly Baker	1.20m
Hollie Willeard	1.20m
Eva Ellis	1.20m
Lilymae Coote	1.20m

## U13 GIRLS

### Long Jump

1	L McGuire	5.06m	Kettering	26/06/1999
2	Hannah Mayne	4.85m	Bury St Edmunds	14/09/2014
3	Hannah Mayne	4.77m	Peterborough	28/09/2014
4	Hannah Mayne	4.74m	Southend	25/08/2014
5	Louisa Johnstone	4.62m	Gt Yarmouth	12/06/2016
6	Louisa Johnstone	4.60m	King's Lynn	14/08/2016
7	Louisa Johnstone	4.53m	Norwich	14/05/2016
	Ellie Morgan		Bury St Edmunds	09/08/2015
8	Mia Squires	4.47m	Norwich	12/09/2020
9	Ellie Morgan	4.43m	Ipswich	19/07/2015
10	Hannah Mayne	4.42m	Ipswich	06/07/2014
	Louisa Johnstone		Gt Yarmouth	23/07/2016

L McGuire	5.06m
Hannah Mayne	4.85m
Louisa Johnstone	4.62m
Ellie Morgan	4.53m
Mia Squires	4.47m
Lauren Ward	4.44m
Lucy Brice	4.13m
Rhiannon Clarke	4.13m
Ruby Scott	4.13m
Chloe Long	4.12m
Gracie Dean	4.11m

## U13 GIRLS

100m						
1	E Shipp	12.9	Gt Yarmouth	01/08/1993	E Shipp	12.9
2	Natoya Rimmer	13.5	Bury St Edmunds	18/09/2011	Natoya Rimmer	13.5
3	Isabelle Rushmere	13.6	Ipswich	04/08/2019	Isabelle Rushmere	13.6
4	Louisa Johnstone	13.7	Ipswich	17/07/2016	Louisa Johnstone	13.7
	Lauren Ward		Gt Yarmouth	11/06/2017	Lauren Ward	13.7
5	Lauren Peach	13.8	Gt Yarmouth	07/06/2009	Lauren Peach	13.8
	Natoya Rimmer		Bury St Edmunds	17/07/2011	Ellie Morgan	13.9
	Louisa Johnstone		Norwich	14/05/2016	Kayley Earl	13.9
	Isabelle Rushmere		Norwich	11/05/2019	Emily Anderson	14.0
6	Natoya Rimmer	13.9	Gt Yarmouth	21/08/2011	Casey Cork	14.0
	Kayley Earl		Bury St Edmunds	07/05/2015	Erin Penn	14.1
	Ellie Morgan		Bury St Edmunds	09/08/2015	Keira Potter	14.1
	Louisa Johnstone		King's Lynn	14/08/2016	Isobel Ward	14.3
7	Emily Anderson	14.0	Norwich	08/08/2010	Phoebe Baker	14.4
	Casey Cork		Cambridge	29/07/2012	Eloise Beard	14.4
	Kayley Earl		Cambridge	14/06/2015	Maizie Boylan	14.4
	Lauren Ward		Bury St Edmunds	16/07/2017	Laura Halliday	14.5
	Isabelle Rushmere		Norwich	26/05/2019	Lucy Brice	14.5
8	Lauren Peach	14.1	Gt Yarmouth	07/06/2009	Kaye Canham	14.6
	Emily Anderson		Ipswich	04/07/2010	Charley Peak	14.7
	Erin Penn		Gt Yarmouth	14/07/2013	Alice Craddock	14.7
	Kayley Earl		Bury St Edmunds	09/08/2015	Amy Fielding	14.7
	Louisa Johnstone		Gt Yarmouth	23/07/2016	Megan Brown	14.8
	Lauren Ward		Gt Yarmouth	21/05/2017	Carla Richardson-Rowe	14.9
	Keira Potter		Ipswich	12/08/2018	Olivia Finch	14.9
	Isabelle Rushmere		Gt Yarmouth	23/06/2019	Talia Barrett	15.0
9	Lauren Peach	14.2	Norwich	19/04/2009		
	Emily Anderson		Gt Yarmouth	19/08/2010		
	Natoya Rimmer		Peterborough	19/06/2011		
	Casey Cork		Gt Yarmouth	03/07/2012		
	Kayley Earl		Gt Yarmouth	30/06/2015		
	Louisa Johnstone		Norwich	24/04/2016		
	Lauren Ward		King's Lynn	29/04/2018		
10	Lauren Peach	14.3	Gt Yarmouth	02/09/2009		
	Emily Anderson		Cambridge	16/05/2010		
	Casey Cork		Gt Yarmouth	08/05/2011		
	Erin Penn		Gt Yarmouth	23/06/2013		
	Kayley Earl		Ipswich	19/04/2015		
	Lauren Ward		Norwich	12/05/2018		
	Keira Potter		Gt Yarmouth	22/07/2018		
	Isobel Ward		Bury St Edmunds	16/09/2018		
	Isabelle Rushmere		Bury St Edmunds	16/09/2018		

## U13 GIRLS

### 200m

1	<b>L McGuire</b>	<b>27.1</b>	<b>Kettering</b>	<b>26/06/1999</b>
2	Isabelle Rushmere	27.9	Norwich	12/05/2019
3	Isabelle Rushmere	28.1	Gt Yarmouth	26/09/2019
4	Keira Potter	28.2	Bury St Edmunds	16/09/2018
	Isabelle Rushmere		Ipswich	04/08/2019
5	Natoya Rimmer	28.3	Bury St Edmunds	18/09/2011
6	Isabelle Rushmere	28.7	Gt Yarmouth	23/06/2019
7	Louisa Johnstone	28.8	Ipswich	17/07/2016
8	Natoya Rimmer	28.9	Bury St Edmunds	17/07/2011
	Ellie Morgan		Gt Yarmouth	10/05/2015
	Keira Potter		Ipswich	12/08/2018
9	Natoya Rimmer	29.0	Gt Yarmouth	21/08/2011
	Isabelle Rushmere		Norwich	12/05/2019
10	Lauren Peach	29.1	King's Lynn	21/06/2009
	Louisa Johnstone		King's Lynn	14/08/2016
	Lauren Ward		Bury St Edmunds	16/07/2017

<b>L McGuire</b>	<b>27.1</b>
Isabelle Rushmere	27.9
Keira Potter	28.2
Natoya Rimmer	28.3
Louisa Johnstone	28.8
Ellie Morgan	28.9
Lauren Peach	29.1
Lauren Ward	29.1
Mia Squires	29.2
Emily Anderson	29.4
Maize Boylan	29.4
Kayley Earl	29.5
Chloe Long	29.7
Erin Penn	29.7
Talia Barrett	29.7
Georgia Clarke	29.8

### 800m

1	<b>L Connon</b>	<b>2:30.2</b>	<b>Gt Yarmouth</b>	<b>07/08/1988</b>
2	Amy Dowsett	2:32.65	Peterborough	25/09/2011
3	Amy Dowsett	2:32.8	Bury St Edmunds	17/07/2011
4	Amy Dowsett	2:35.6	Gt Yarmouth	21/08/2011
5	Amy Dowsett	2:37.7	Bury St Edmunds	18/09/2011
6	Amy Dowsett	2:38.0	Norwich	08/08/2010
7	Amy Dowsett	2:38.2	Bury St Edmunds	19/09/2010
8	Molly Bean	2:38.6	Ipswich	06/07/2014
9	Daisy Spurway	2:38.7	Gt Yarmouth	23/06/2013
10	Jennifer Allen	2:39.2	Peterborough	03/06/2018

<b>L Connon</b>	<b>2:30.2</b>
Amy Dowsett	2:32.65
Molly Bean	2:38.6
Daisy Spurway	2:38.7
Jennifer Allen	2:39.2
Allyna Mukuya	2:39.4
Emily Roberts	2:39.8
Catherine Lee	2:41.3
Alice Hill	2:43.5
Mia Squires	2:43.5

### 1500m

1	<b>Alice Craddock</b>	<b>5:09.7</b>	<b>Gt Yarmouth</b>	<b>22/07/2018</b>
2	Allyna Mukuya	5:11.7	Bury St Edmunds	08/09/2019
3	V Tennyson	5:14.0	Luton	1984
4	Alice Craddock	5:19.7	Norwich	17/06/2018
5	Allyna Mukuya	5:19.8	Ipswich	04/08/2019
6	Alice Craddock	5:19.9	Norwich	12/05/2018
7	Amy Dowsett	5:20.6	Norwich	26/06/2011
8	Allyna Mukuya	5:21.7	Norwich	26/05/2019
9	Catherine Lee	5:22.1	Norwich	10/05/2008
10	Alice Craddock	5:23.2	Bury St Edmunds	17/09/2017

<b>Alice Craddock</b>	<b>5:09.7</b>
Allyna Mukuya	5:11.7
V Tennyson	5:14.0
Amy Dowsett	5:20.6
Catherine Lee	5:22.1
Victoria Simmonds	5:27.0
Molly Bean	5:36.5
Flora Dell	5:40.4
Brooke Oram	5:40.8
Daisy Spurway	5:50.48

## U13 GIRLS

### 70m Hurdles

1	L McGuire	11.1	Gt Yarmouth	09/05/1999
2	Hannah Mayne	12.1	Bury St Edmunds	14/09/2014
3	Hannah Mayne	12.3	Peterborough	28/09/2014
4	Hannah Mayne Hollie Willeard	12.4	Ipswich Ipswich	06/07/2014 12/08/2018
5	Hollie Willeard	12.5	Norwich	17/06/2018
6	Amy Dowsett Isabelle Rushmere	12.6	Gt Yarmouth Ipswich	21/08/2011 04/08/2019
7	Maggie Bean Hollie Willeard Isabelle Rushmere	12.7	Peterborough Norwich Gt Yarmouth	03/06/2018 08/07/2018 23/06/2019
8	Erin Penn Hollie Willeard Maggie Bean Gracie Dean	12.8	Gt Yarmouth Ware Ware Ipswich	14/07/2013 06/05/2018 06/05/2018 21/07/2019
9	Amy Dowsett	12.88	Peterborough	29/08/2011
10	Amy Dowsett Hollie Willeard Maggie Bean Gracie Dean Rhiannon Clarke	12.9	Gt Yarmouth Norwich Norwich Norwich Norwich	08/05/2011 12/05/2018 12/05/2018 11/05/2019 08/08/2010

L McGuire	11.1
Hannah Mayne	12.1
Hollie Willeard	12.4
Amy Dowsett	12.6
Isabelle Rushmere	12.6
Maggie Bean	12.7
Erin Penn	12.8
Gracie Dean	12.8
Rhiannon Clarke	12.9
Maizie Boylan	13.1

## U15 GIRLS

### Javelin (500g)

1	Hollie Willeard	27.14m	Norwich	12/09/2020	Hollie Willeard	27.14m
2	Hollie Willeard	25.35m	Norwich	17/09/2019	Brooke Oram	23.92m
3	Hollie Willeard	24.67m	Bury St Edmunds	08/09/2019	Alice Wakeley	23.54m
4	Brooke Oram	23.92m	Norwich	17/06/2018	Beth Greenwood	19.00m
5	Alice Wakeley Brooke Oram	23.54m	Norwich King's Lynn	14/06/2014 29/04/2018	Ellis Stewart	17.62m
6	Brooke Oram	23.23m	Bury St Edmunds	03/05/2018	Isabel Matthews-Clarke	16.38m
7	Brooke Oram	23.16m	Bury St Edmunds	16/07/2017	Eloise Beard	16.25m
8	Hollie Willeard	23.00m	Gt Yarmouth	23/06/2019	Erin Penn	14.23m
9	Alice Wakeley	22.88m	Norwich	21/06/2014	Ava Field	13.90m
10	Brooke Oram	22.59m	Bury St Edmunds	20/08/2017	Shannon Webster	13.63m
					Faith Willeard	13.25m
					Sophie Rushmere	13.25m

### Hammer (3Kg)

1	Amy Dowsett	26.54m	Bury St Edmunds	15/09/2013	Amy Dowsett	26.54m
2	Amy Dowsett	26.42m	Colchester	01/09/2013	Louisa Marshall	23.92m
3	Louisa Marshall	23.92m	Ipswich	04/07/2010	Jasmin Kemp	20.58m
4	Amy Dowsett	23.56m	Gt Yarmouth	25/05/2013	Isabel Matthews-Clarke	14.93m
5	Louisa Marshall	23.51m	Gt Yarmouth	20/06/2010		
6	Louisa Marshall	23.02m	Cambridge	16/05/2010		
7	Louisa Marshall	22.25m	Peterborough	30/08/2010		
8	Amy Dowsett	21.42m	Gt Yarmouth	23/06/2013		
9	Amy Dowsett	21.33m	Cambridge	29/06/2013		
10						

### Discus (1Kg)

1	M Nascimento	29.08m	Gt Yarmouth	07/04/1988	M Nascimento	29.08m
2	Emily Anderson	25.82m	Peterborough	27/08/2012	Emily Anderson	25.82m
3	Emily Anderson	24.51m	Bury St Edmunds	23/09/2012	N Allen	23.10m
4	Emily Anderson	24.05m	King's Lynn	01/07/2012	Ella Wakeley	21.80m
5	Emily Anderson	23.18m	Gt Yarmouth	01/07/2012	Louisa Marshall	21.58m
6	N Allen	23.10m	Norwich	10/04/2005	Rhiannon Clarke	21.30m
7	Emily Anderson	23.03m	Gt Yarmouth	03/07/2012	Jasmin Kemp	21.30m
8	Ella Wakeley	21.80m	King's Lynn	01/07/2012	Amy Dowsett	20.75m
9	Ella Wakeley	21.69m	Gt Yarmouth	25/05/2013	Alice Wakeley	20.15m
10	Emily Anderson	21.59m	Cambridge	02/06/2012	Sophie McKinna	19.59m

### Shot (3Kg)

1	Alice Wakeley	10.09m	King's Lynn	23/05/2015	Alice Wakeley	10.09m
2	Alice Wakeley	10.04m	Gt Yarmouth	10/05/2015	Shannon Webster	8.37m
3	Alice Wakeley	9.75m	Hendon	06/07/2014	Kayley Earl	7.13m
4	Alice Wakeley	9.73m	Gt Yarmouth	21/06/2015	Martha Bevan	6.56m
5	Alice Wakeley	9.72m	Norwich	06/06/2015	Erin Penn	6.46m
6	Alice Wakeley	9.61m	Ipswich	06/07/2014	Maggie Bean	6.32m
7	Alice Wakeley	9.53m	Cambridge	26/07/2014	Molly Bean	5.92m
8	Alice Wakeley	9.40m	Peterborough	13/06/2015	Faith Willeard	5.75m
9	Alice Wakeley	9.33m	Ipswich	19/04/2015	Carla Richardson-Rowe	5.75m
10	Alice Wakeley	9.26m	Norwich	14/06/2014	Brooke Oram	5.70m

## U15 GIRLS

### Triple Jump

1	Ellis Stewart	9.53m	Sandy	29/09/2018
2	Ellis Stewart	9.45m	Woodford	04/09/2021
3	Amy Dowsett	9.35m	Cambridge	29/06/2013
4	Ellis Stewart	8.97m	St Ives	18/07/2018
5	Ellis Stewart	8.81m	Peterborough	30/06/2018
6	Hollie Willeard	8.48m	Norwich	12/05/2019
7	Hollie Willeard	8.42m	Cambridge	30/06/2010
8				
9				
10				

Ellis Stewart	9.53m
Amy Dowsett	9.35m
Hollie Willeard	8.48m

### High Jump

1	S Watts	1.65m	Norwich	1981
	Natoya Rimmer		Gt Yarmouth	25/05/2013
2	Natoya Rimmer	1.63m	King's Lynn	01/07/2012
3	Natoya Rimmer	1.60m	King's Lynn	12/05/2013
4	Natoya Rimmer	1.58m	Peterborough	23/06/2012
5	Natoya Rimmer	1.55m	Cambridge	29/07/2012
6	Natoya Rimmer	1.54m	Norwich	16/06/2012
7	Natoya Rimmer	1.50m	Norwich	22/04/2012
	Molly Bean		Peterborough	25/09/2016
8	Natoya Rimmer	1.45m	Gt Yarmouth	20/05/2012
	Molly Bean		Ipswich	17/07/2016
9	Amy Dowsett	1.41m	Peterborough	29/09/2013
	Phoebe Baker		King's Lynn	01/07/2012
10	Molly Bean	1.40m	Sandy	03/07/2016
	Maggie Bean		Cambridge	07/07/2019

S Watts	1.65m
Natoya Rimmer	1.65m
Molly Bean	1.50m
Amy Dowsett	1.41m
Phoebe Baker	1.40m
Maggie Bean	1.40m
Beth Greenwood	1.36m
Rhiannon Clarke	1.30m
Holly Baker	1.30m
Macey-Jay Smith	1.25m
Liona Pigott	1.15m
Isabel Matthews-Clarke	1.15m

### Long Jump

1	L McGuire	5.55m	Gt Yarmouth	05/08/2001
2	Hannah Mayne	5.11m	Chelmsford	26/03/2016
3	Ellie Morgan	4.97m	Bury St Edmunds	20/08/2017
4	Hannah Mayne	4.95m	Ipswich	24/05/2015
5	Hannah Mayne	4.94m	Chelmsford	04/04/2015
	Ellie Morgan		Norwich	14/05/2016
6	Ellie Morgan	4.93m	Gt Yarmouth	15/06/2017
7	Hannah Mayne	4.90m	Peterborough	10/05/2015
8	Hannah Mayne	4.87m	Cambridge	27/06/2015
	Louisa Johnstone		Gt Yarmouth	15/06/2017
9	Ellie Morgan	4.85m	Bury St Edmunds	16/07/2017
10	Ellie Morgan	4.84m	Ipswich	17/07/2016

L McGuire	5.55m
Hannah Mayne	5.11m
Ellie Morgan	4.97m
Louisa Johnstone	4.87m
Rhiannon Clarke	4.69m
Carla Richardson-Rowe	4.59m
Beth Greenwood	4.59m
Amy Dowsett	4.55m
Erin Penn	4.54m
Emily Anderson	4.53m

## U15 GIRLS

### 100m

1	E Shipp	12.6	Gt Yarmouth	28/05/1995	E Shipp	12.6
	Kayley Earl		Bury St Edumnds	20/08/2017	Kayley Earl	12.6
2	Lauren Peach	12.8	Ipswich	04/07/2010	Lauren Peach	12.8
	Kayley Earl		Gt Yarmouth	11/06/2017	Natoya Rimmer	13.0
3	Kayley Earl	12.99	Birmingham	07/07/2017	Hannah Mayne	13.0
4	Lauren Peach	13.0	Colchester	30/08/2010	Carla Richardson-Rowe	13.1
	Natoya Rimmer		Cambridge	29/07/2012	Phoebe Baker	13.3
	Hannah Mayne		Ipswich	24/05/2015	Erin Penn	13.3
	Kayley Earl		Ipswich	14/05/2017	Amber Burton	13.4
5	Lauren Peach	13.1	Norwich	08/08/2010	Ellie Morgan	13.4
	Natoya Rimmer		Colchester	01/09/2013	Louisa Johnstone	13.4
	Hannah Mayne		Ipswich	24/05/2015	Casey Cork	13.5
	Kayley Earl		Ipswich	23/04/2017	Talia Barrett	13.5
	Carla Richardson-Rowe		Bury St Edumnds	20/08/2017	Emily Anderson	13.6
6	Hannah Mayne	13.12	Cambridge	27/06/2015	Shannon Webster	13.6
7	Kayley Earl	13.18	Loughborough	09/08/2017	Sophie Rushmere	13.6
8	Lauren Peach	13.2	Cambridge	16/05/2010	Keira Potter	13.6
	Natoya Rimmer		Norwich	08/06/2013	Sophie McKinna	13.7
	Kayley Earl		Bury St Edumnds	04/05/2017	Louisa Marshall	14.1
	Carla Richardson-Rowe		Bury St Edumnds	16/07/2017	Emily Steward	14.2
9	Lauren Peach	13.3	Gt Yarmouth	19/08/2010	Eloise Beard	14.2
	Natoya Rimmer		Norwich	22/04/2012	Ella Wakeley	14.23
	Phoebe Baker		Norwich	12/05/2012	Amy Dowsett	14.3
	Erin Penn		Bury St Edumnds	09/08/2015	Chloe Long	14.4
	Kayley Earl		Ipswich	17/07/2016	Ellis Stewart	14.4
	Carla Richardson-Rowe		Ipswich	30/07/2017	Holly Baker	14.5
10	Natoya Rimmer	13.33	Peterborough	23/06/2012	Macey-Jay Smith	14.6

### 200m

1	Lauren Peach	26.3	Ipswich	04/07/2010	Lauren Peach	26.3
	Kayley Earl		Bury St Edmunds	20/08/2017	Kayley Earl	26.3
2	Lauren Peach	26.4	Colchester	30/08/2010	Isabelle Rushmere	27.1
3	Kayley Earl	26.7	Gt Yarmouth	21/09/2017	Phoebe Baker	27.4
4	Kayley Earl	26.8	Bury St Edmunds	16/07/2017	Sophie Rushmere	27.5
5	Kayley Earl	27.0	Gt Yarmouth	11/06/2017	Ellie Morgan	27.6
6	Lauren Peach	27.1	Gt Yarmouth	19/08/2010	Erin Penn	27.6
	Isabelle Rushmere		Norwich	12/07/2020	Natoya Rimmer	27.7
7	Lauren Peach	27.21	Chelmsford	23/04/2011	Amber Burton	27.7
8	Lauren Peach	27.3	Cambridge	16/05/2010	Carley Burgess	27.8
	Kayley Earl		Ipswich	14/05/2017	Emily Anderson	27.9
9	Lauren Peach	27.4	Gt Yarmouth	21/08/2011	Talia Barrett	28.1
	Phoebe Baker		Norwich	12/05/2012	Carla Rischardson-Rowe	28.3
10	Phoebe Baker	27.44	Cambridge	02/06/2012	Shannon Webster	28.4



## U15 GIRLS

### 300m

1	Phoebe Baker	43.5	Bury St Edmunds	23/09/2012	Phoebe Baker	43.5
2	Phoebe Baker	43.6	King's Lynn	01/07/2012	Lauren Peach	43.8
3	Lauren Peach	43.8	Gt Yarmouth	21/08/2011	Ellie Morgan	44.7
4	Phoebe Baker	44.4	Gt Yarmouth	12/04/2012	Amy Dowsett	45.4
5	Lauren Peach	44.5	Bury St Edmunds	17/07/2011	Talia Barrett	45.5
6	Ellie Morgan	44.7	Norwich	02/07/2017	Eva Ellis	46.1
7	Phoebe Baker	44.8	Gt Yarmouth	20/05/2012	Ella Wakeley	46.1
8	Ellie Morgan	44.9	Bury St Edmunds	16/07/2017	Andie Brown	46.2
9	Amy Dowsett	45.4	Colchester	01/09/2013	Louisa Johnstone	47.2
	Ellie Morgan		Gt Yarmouth	11/06/2017	Liona Pigott	47.5
10	Amy Dowsett	45.5	Gt Yarmouth	23/06/2013	Beth Greenwood	47.7
	Talia Barrett		Norwich	13/05/2017	Maggie Bean	48.5

### 800m

1	J Howarth	2:19.3	Luton	1981	J Howarth	2:19.3
2	Andi Brown	2:31.6	Ipswich	17/07/2016	Andi Brown	2:31.6
3	Catherine Lee	2:31.8	Grantham	19/06/2010	Catherine Lee	2:31.8
4	Amy Dowsett	2:32.0	Gt Yarmouth	01/07/2012	Amy Dowsett	2:32.0
5	Amy Dowsett	2:32.2	Norwich	12/05/2012	Flora Dell	2:33.6
6	Catherine Lee	2:32.7	Gt Yarmouth	07/06/2010	Charlotte Eastwood	2:33.7
7	Amy Dowsett	2:32.8	Cambridge	29/07/2012	Daisy Spurway	2:34.6
8	Catherine Lee	2:33.3	Norwich	12/06/2010	Kelly Pywell	2:36.5
9	Flora Dell	2:33.6	Norwich	08/06/2013	Brooke Oram	2:37.5
10	Charlotte Eastwood	2:33.7	St Ives	18/05/2008	Ava Field	2:38.6
	Catherine Lee		Gt Yarmouth	11/07/2010		

### 1500m

1	J Howarth	4:40.9	Crystal Palace	1981	J Howarth	4:40.9
2	Catherine Lee	5:07.32	Cambridge	17/07/2010	Catherine Lee	5:07.32
3	Catherine Lee	5:07.9	Norwich	08/08/2010	Flora Dell	5:12.8
4	Catherine Lee	5:12.0	Cambridge	16/05/2010	Ava Field	5:17.2
5	Catherine Lee	5:12.1	Ipswich	04/07/2010	Brooke Oram	5:18.3
6	Catherine Lee	5:12.5	Gt Yarmouth	20/06/2010	Daisy Spurway	5:20.8
7	Catherine Lee	5:11.2	Bury St Edmunds	02/08/2009	Kelly Pywell	5:30.8
8	Flora Dell	5:12.8	Gt Yarmouth	23/06/2013	Sophie Gray	5:31.3
9	Catherine Lee	5:13.9	Gt Yarmouth	09/05/2010	Abigail Bales	5:38.5
10	Catherine Lee	5:14.7	Gt Yarmouth	19/07/2009	Emily Anderson	5:41.5

### 3000m

1	Catherine Lee	10:50.5	Gt Yarmouth	22/07/2010	Catherine Lee	10:50.5
2	Catherine Lee	11:39.1	King's Lynn	09/05/2009	Frankie Turner	12:05.1
3	Frankie Turner	12:05.1	King's Lynn	09/05/2009	Daisy Spurway	12:11.7
4	Daisy Spurway	12:11.7	Norwich	08/04/2015	Molly Bean	12:30.5
5	Daisy Spurway	12:12.5	Gt Yarmouth	15/05/2014	Sophie Gray	12:36.8
6	Molly Bean	12:30.5	Norwich	15/05/2016		
7	Sophie Gray	12:36.8	Gt Yarmouth	15/06/2017		
8	Molly Bean	12:42.5	Norwich	08/04/2015		
9						
10						

## U15 GIRLS

### 75m Hurdles

1	L McGuire	11.0	Exeter	06/07/2001	L McGuire	11.0
2	Frankie Turner	12.4	Gt Yarmouth	19/07/2009	Frankie Turner	12.4
3	Frankie Turner	12.46	Peterborough	31/08/2009	Rhiannon Clarke	12.5
4	Rhiannon Clarke	12.5	Cambridge	29/07/2012	Amy Dowsett	12.59
5	Amy Dowsett	12.59	Peterborough	26/08/2013	Beth Greenwood	12.8
6	Amy Dowsett	12.6	Gt Yarmouth	14/07/2013	Hollie Willeard	12.9
7	Amy Dowsett	12.64	Peterborough	29/09/2013	Natoya Rimmer	13.0
8	Amy Dowsett	12.7	Norwich	08/06/2013	Maggie Bean	13.2
9	Amy Dowsett	12.79	Cambridge	29/06/2013	Georgia Clarke	13.5
10	Amy Dowsett	12.8	Bury St Edmunds	15/09/2013	Erin Penn	13.5
	Beth Greenwood	12.8	Norwich	08/07/2018	Gracie Dean	13.7

## U17 WOMEN

### Javelin (500g)

1	Molly Bean	30.84m	Bury St Edmunds	16/09/2018	Molly Bean	30.84m
2	Molly Bean	29.89m	Horspath	08/07/2018	Jasmin Kemp	25.65m
3	Molly Bean	27.51m	Norwich	13/05/2018	Rhiannon Clarke	25.75m
4	Molly Bean	26.38m	Horspath	23/07/2017	Brooke Oram	25.27m
5	Rhiannon Clarke	25.75m	Norwich	25/05/2014	Amy Dowsett	23.90m
6	Jasmin Kemp	25.65m	Gt Yarmouth	07/08/2014	Alice Wakeley	22.93m
7	Jasmin Kemp	25.39m	Ipswich	06/07/2014	Lauren Oram	21.96m
8	Brooke Oram	25.27m	Ipswich	02/05/2019	Isabel Matthews-Clarke	19.75m
9	Brooke Oram	25.19m	Ipswich	12/05/2019	Ella Wakeley	18.81m
10	Jasmin Kemp	25.02m	Norwich	21/06/2014	Beth Greenwood	18.15m

### Hammer (3Kg)

1	Amy Dowsett	27.03m	Norwich	06/06/2015	Amy Dowsett	27.03m
2	Amy Dowsett	25.50m	Peterborough	13/06/2015	Jasmin Kemp	20.49m
3	Amy Dowsett	23.62m	Norwich	25/05/2014	Faith Willeard	16.73m
4	Amy Dowsett	22.79m	King's Lynn	23/05/2015	Isabel Matthews-Clarke	13.73m
5	Amy Dowsett	22.34m	Bromley	01/06/2014	Ami Everall	11.80m
6	Jasmin Kemp	20.49m	King's Lynn	17/08/2014	Shannon Webster	8.50m
7	Jasmin Kemp	20.32m	Norwich	25/05/2014	Erin Penn	7.80m
8	Jasmin Kemp	18.41m	Norwich	04/05/2014	Hannah Mayne	6.38m
9	Faith Willeard	16.73m	Norwich	11/08/2019		
10	Faith Willeard	16.06m	Bury St Edmunds	08/09/2019		

### Discus (1Kg)

1	K Williams	30.32m	Norwich	14/05/1988	K Williams	30.32m
2	Emily Anderson	28.74m	Hendon	03/08/2014	Emily Anderson	28.74m
3	Emily Anderson	28.17m	Gt Yarmouth	14/07/2013	Louisa Marshall	23.38m
4	Emily Anderson	27.70m	Cambridge	29/06/2013	Catherine Lee	22.45m
5	Emily Anderson	27.67m	Gt Yarmouth	08/06/2014	S McKinna	22.44m
6	Emily Anderson	27.63m	Gt Yarmouth	23/06/2013	Ella Wakeley	21.60m
7	Emily Anderson	27.62m	Gt Yarmouth	31/07/2013	Tayla Burton	21.34m
8	Emily Anderson	27.56m	Norwich	04/05/2014	Rhiannon Clarke	21.18m
9	Emily Anderson	27.40m	Norwich	25/05/2014	Lauren Oram	19.76m
10	Emily Anderson	26.51m	Ipswich	06/07/2014	Isabel Matthews-Clarke	19.55m

### Shot (3Kg)

1	Jasmin Kemp	10.95m	Bromley	01/06/2014	Jasmin Kemp	10.95m
2	Jasmin Kemp	10.77m	Ketteringham	16/08/2014	Alice Wakeley	10.30m
3	Jasmin Kemp	10.36m	Gt Yarmouth	17/04/2014	Amy Dowsett	9.98m
4	Alice Wakeley	10.30m	Norwich	11/06/2016	Molly Bean	9.03m
5	Jasmin Kemp	10.18m	Cambridge	26/07/2014	Ella Wakeley	7.64m
6	Alice Wakeley	10.15m	Norwich	19/06/2016	Martha Bevan	7.57m
7	Alice Wakeley	10.14m	Ipswich	17/07/2016	Ellis Stewart	7.23m
8	Alice Wakeley	10.11m	Bury St Edmunds	20/08/2017	Kayley Earl	6.92m
9	Jasmin Kemp	10.10m	Norwich	25/05/2014	Lauren Oram	6.47m
10	Jasmin Kemp	10.06m	Norwich	21/06/2014	Faith Willeard	6.35m
	Alice Wakeley		Gt Yarmouth	12/06/2016		

## U17 WOMEN

### Triple Jump

1	Ellis Stewart	10.64m	Gt Yarmouth	23/06/2019
2	Ellis Stewart	10.54m	Cambridge	02/06/2019
3	Ellis Stewart	10.44m	Norwich	08/06/2019
4	Ellis Stewart	10.32m	Bury St Edmunds	08/09/2019
5	Ellis Stewart	10.27m	Birmingham	12/07/2019
6	Ellis Stewart	10.23m	Norwich	26/09/2020
7	Ellis Stewart	10.14m	Cambridge	30/06/2019
8	Ellis Stewart	10.04m	Norwich	12/05/2019
9	Ellis Stewart	10.02m	Ipswich	21/07/2019
10	Ellis Stewart	9.97m	Peterborough	05/05/2019

Ellis Stewart	10.64m
Amy Dowsett	9.82m
Molly Bean	8.84m
Holly Andrews	8.43m

### High Jump

1	S Watts	1.65m	Norwich	1982
2	Molly Bean	1.57m	Bury St Edmunds	16/07/2017
3	Molly Bean	1.56m	Peterborough	30/09/2018
4	Molly Bean	1.55m	Bury St Edmunds	15/04/2018
5	Molly Bean	1.54m	Horspath	07/07/2018
6	Molly Bean	1.53m	Peterborough	24/09/2017
7	Molly Bean	1.52m	Gt Yarmouth	13/04/2017
8	Molly Bean	1.51m	Gt Yarmouth	11/06/2017
9	Molly Bean	1.50m	Ipswich	23/04/2017
10	Molly Bean	1.49m	Bury St Edmunds	20/08/2017

S Watts	1.65m
Molly Bean	1.57m
Amy Dowsett	1.48m
Beth Greenwood	1.45m
Louisa Marshall	1.35m
Amber Burton	1.20m
Tayla Burton	1.00m

### Long Jump

1	Carla Richardson-Rowe	5.30m	Norwich	11/08/2019
2	Carla Richardson-Rowe	5.29m	Cambridge	07/07/2019
3	Carla Richardson-Rowe	5.24m	Norwich	08/06/2019
4	Carla Richardson-Rowe	5.18m	Norwich	09/06/2018
5	Carla Richardson-Rowe	5.15m	Bury St Edmunds	08/09/2019
6	Hannah Mayne	5.14m	Gt Yarmouth	15/06/2017
	Molly Bean		Ware	06/05/2018
7	Hannah Mayne	5.13m	Bury St Edmunds	16/09/2018
8	Molly Bean	5.12m	Norwich	09/06/2018
9	Molly Bean	5.11m	Norwich	17/06/2018
	Carla Richardson-Rowe		Norwich	16/06/2018
10	Carla Richardson-Rowe	5.10m	Norwich	17/06/2018

Carla Richardson-Rowe	5.30m
Hannah Mayne	5.14m
Molly Bean	5.14m
Rhiannon Clarke	4.99m
Beth Greenwood	4.95m
Ellie Morgan	4.87m
Louisa Johnstone	4.82m
Amy Dowsett	4.71m
Erin Penn	4.69m
Polly Davies	4.60m

## U17 WOMEN

### 100m

1	<b>Gaynor Easter</b>	<b>12.1</b>	<b>Ipswich</b>	<b>09/06/1991</b>	<b>Gaynor Easter</b>	<b>12.1</b>
2	Katy Barber	12.7	Norwich	19/04/2009	Katy Barber	12.7
	Hannah Mayne		Gt Yarmouth	11/06/2017	Hannah Mayne	12.7
3	Katy Barber	12.8	Bury St Edmunds	02/08/2009	Polly Davies	12.8
	Polly Davies		Grantham	19/06/2010	Kayley Earl	12.9
4	Polly Davies	12.9	Norwich	08/08/2010	Sophie Rushmere	12.9
	Kayley Earl		King's Lynn	29/04/2018	Erin Penn	13.0
	Sophie Rushmere		Bury St Edmunds	08/09/2019	Carla Richardson-Rowe	13.0
5	Polly Davies	12.93	Bedford	15/08/2010	Amber Burton	13.1
6	Polly Davies	12.98	Hendon	28/08/2010	Lauren Peach	13.1
7	Katy Barber	13.0	Gt Yarmouth	19/07/2009	Phoebe Baker	13.4
	Polly Davies		Bury St Edmunds	19/05/2010	Emily Steward	13.6
	Hannah Mayne		Ipswich	14/05/2017	Ellis Stewart	13.6
	Erin Penn		Gt Yarmouth	11/06/2017	Beth Greenwood	13.7
	Kayley Earl		Norwich	17/06/2018	Sophie McKinna	13.74
	Sophie Rushmere		Gt Yarmouth	23/06/2019	Emily Anderson	13.8
	Carla Richardson-Rowe		Norwich	12/05/2018	Louisa Johnstone	13.8
8	Polly Davies	13.02	Bedford	15/08/2010	Ella Wakeley	13.9
9	Katy Barber	13.1	Ipswich	10/05/2009	Shannon Webster	14.0
	Hannah Mayne		Bury St Edmunds	16/07/2017	Molly Bean	14.0
	Erin Penn		Bury St Edmunds	17/09/2017	Isabel Matthews Clarke	14.7
	Sophie Rushmere		Norwich	26/05/2019	Tayla Burton	14.9
10	Katy Barber	13.11	Ipswich	23/08/2009	Faith Willeard	15.0

### 200m

1	<b>Gaynor Easter</b>	<b>25.5</b>	<b>Norwich</b>	<b>14/06/1992</b>	<b>Gaynor Easter</b>	<b>25.5</b>
2	Katy Barber	26.4	Bury St Edmunds	02/08/2009	Katy Barber	26.4
3	Katy Barber	26.5	Gt Yarmouth	19/07/2009	Sophie Rushmere	26.5
	Sophie Rushmere		Norwich	12/05/2019	Polly Davies	26.5
4	Polly Davies	26.6	Gt Yarmouth	19/08/2010	Kayley Earl	26.6
	Kayley Earl		Ipswich	13/05/2018	Phoebe Baker	26.65
5	Phoebe Baker	26.65	Cambridge	29/06/2013	Amber Burton	26.9
6	Polly Davies	26.7	Gt Yarmouth	22/07/2010	Erin Penn	26.9
7	Polly Davies	26.8	Gt Yarmouth	11/07/2010	Carla Richardson-Rowe	27.2
	Sophie Rushmere		Ipswich	04/08/2019	Lauren Peach	27.3
8	Amber Burton	26.9	Norwich	08/08/2010	Hannah Mayne	27.3
	Erin Penn		Norwich	15/05/2016	Molly Bean	27.7
9	Amber Burton	27.0	Norwich	12/06/2010	Ella Wakeley	28.0
10	Katy Barber	27.1	Norwich	19/04/2009	Emily Steward	28.1
	Amber Burton		Gt Yarmouth	11/07/2010	Emily Anderson	28.2
	Phoebe Baker		Norwich	08/06/2013	Amy Dowsett	28.37
	Erin Penn		Gt Yarmouth	15/06/2017	Ellie Morgan	28.5
	Kayley Earl		King's Lynn	29/04/2018	Shannon Webster	28.5
	Sophie Rushmere		Gt Yarmouth	26/09/2019	Louisa Johnstone	28.8

## U17 WOMEN

### 300m

1	Gaynor Easter	41.4	Ipswich	31/08/1992	Gaynor Easter	41.4
2	Polly Davies	41.50	Birmingham	09/07/2010	Polly Davies	41.50
3	Polly Davies	41.7	Gt Yarmouth	19/08/2010	Phoebe Baker	42.01
4	Phoebe Baker	42.01	Cambridge	29/06/2013	Sophie Rushmere	43.1
5	Polly Davies	42.4	Colchester	30/08/2010	Lauren Peach	43.8
6	Polly Davies	42.5	Norwich	08/08/2010	Molly Bean	44.3
	Phoebe Baker		Norwich	08/06/2013	Emily Anderson	44.46
7	Phoebe Baker	42.6	Gt Yarmouth	25/04/2013	Ellie Morgan	45.1
8	Phoebe Baker	42.8	King's Lynn	12/05/2013	Erin Penn	45.2
9	Polly Davies	42.9	Grantham	19/06/2010	Amy Dowsett	45.5
10	Phoebe Baker	43.09	Ashford	18/08/2013	Carly Burgess	46.0

### 800m

1	J Howarth	2:14.3	Crystal Palace	1982	J Howarth	2:14.3
2	Holly Andrews	2:25.1	Norwich	16/06/2007	Holly Andrews	2:25.1
3	Holly Andrews	2:25.9	Norwich	09/06/2007	Catherine Lee	2:28.6
4	Holly Andrews	2:26.5	Bury St Edmunds	23/09/2007	Polly Davies	3:31.1
5	Holly Andrews	2:26.7	King's Lynn	13/05/2006	Amy Dowsett	2:32.27
6	Holly Andrews	2:27.7	Gt Yarmouth	24/06/2007	Molly Bean	2:33.25
7	Holly Andrews	2:27.8	Gt Yarmouth	12/08/2007	Emily Anderson	2:34.0
8	Catherine Lee	2:28.6	Bury St Edmunds	17/07/2011	Brooke Oram	2:36.5
9	Catherine Lee	2:29.4	Gt Yarmouth	03/07/2011	Sophie Rushmere	2:44.9
10	Catherine Lee	2:29.9	Peterborough	19/06/2011	Sophie Gray	2:49.5

### 1500m

1	J Howarth	4:36.9	Crystal Palace	1982	J Howarth	4:36.9
2	Catherine Lee	5:07.67	Peterborough	23/06/2012	Catherine Lee	5:07.67
3	Catherine Lee	5:09.6	Gt Yarmouth	03/07/2012	Brooke Oram	5:16.4
4	Catherine Lee	5:11.5	Bury St Edmunds	17/07/2011	Abigail Bales	5:33.6
5	Catherine Lee	5:13.7	King's Lynn	01/07/2012	Sophie Gray	5:41.1
6	Catherine Lee	5:14.7	Norwich	26/06/2011	Emily Anderson	5:42.7
7	Catherine Lee	5:14.7	Bury St Edmunds	18/09/2011	Flora Dell	5:45.6
8	Brooke Oram	5:16.4	Ipswich	12/05/2019	Amber Burton	6:12.0
9	Catherine Lee	5:19.61	Peterborough	29/08/2011	Lauren Oram	6:17.8
10	Catherine Lee	5:22.1	Gt Yarmouth	20/05/2012		

### 3000m

1	J Howarth	10:40.0	Norwich	1982	J Howarth	10:40.0
2	Catherine Lee	10:59.7	Gt Yarmouth	14/08/2012	Catherine Lee	10:59.7
3	Catherine Lee	11:07.9	Norwich	18/06/2011		
4	Catherine Lee	11:14.6	Gt Yarmouth	21/04/2011		
5	Catherine Lee	11:25.0	Norwich	11/06/2011		
6	Catherine Lee	11:47.3	King's Lynn	15/05/2011		
7						
8						
9						
10						

## U17 WOMEN

### 80m Hurdles

1	A Wright	11.9	King's Lynn	20/06/1992	A Wright	11.9
2	Molly Bean	12.86	Peterborough	24/09/2017	Molly Bean	12.86
3	Beth Greenwood	12.89	Norwich	01/05/2019	Beth Greenwood	12.89
4	Molly Bean	12.96	Peterborough	30/09/2018	Amy Dowsett	13.0
5	Amy Dowsett	13.0	Gt Yarmouth	08/06/2014	Frankie Turner	13.2
	Beth Greenwood		Peterborough	05/05/2019	Ellis Stewart	13.39
6	Molly Bean	13.1	Bury St Edmunds	17/09/2017	Rhiannon Clarke	13.4
	Beth Greenwood		Norwich	11/05/2019	Faith Willeard	15.9
7	Molly Bean	13.13	Horspath	07/07/2018	Isabel Matthews-Clark	16.09
8	Amy Dowsett	13.18	Peterborough	13/06/2015		
9	Frankie Turner	13.2	Gt Yarmouth	12/06/2010		
	Beth Greenwood		Cambridge	02/06/2019		
10	Amy Dowsett	13.23	Hendon	27/07/2014		

### 300m Hurdles

1	Amy Dowsett	49.4	Norwich	15/06/2014	Amy Dowsett	49.4
2	Amy Dowsett	49.66	Norwich	27/04/2014	Molly Bean	50
3	Amy Dowsett	50.0	Gt Yarmouth	15/05/2014	Beth Greenwood	50.1
	Molly Bean		Norwich	13/05/2018	Frankie Turner	51.2
4	Amy Dowsett	50.1	Norwich	22/06/2014	Isabel Matthews-Clark	52.68
	Beth Greenwood		Norwich	12/05/2019		
5	Molly Bean	50.3	Norwich	09/06/2018		
6	Frankie Turner	51.2	Grantham	19/06/2010		
7	Beth Greenwood	51.24	Lee Valley	06/04/2019		
8	Amy Dowsett	51.28	Hendon	27/07/2014		
9	Beth Greenwood	51.64	Lee Valley	27/05/2019		
10	Molly Bean	52.00	Sandy	24/03/2018		

### 1500m Steeple Chase

1	Amy Dowsett	6:49.94	Hendon	27/07/2014	Amy Dowsett	6:49.94
2						
3						
4						
5						
6						
7						
8						
9						
10						

## U20 WOMEN

### Javelin (600g)

1	Molly Bean	28.66m	Ipswich	21/07/2019
2	Molly Bean	26.24m	Norwich	26/05/2019
3	Ella Wakeley	23.19m	Gt Yarmouth	11/06/2017
4	Molly Bean	23.05m	Gt Yarmouth	23/06/2019
5	Amy Dowsett	22.68m	Gt Yarmouth	15/06/2017
6	Ella Wakeley	21.90m	Bury St Edmunds	20/08/2017
7	Lauren Oram	21.86m	Bury St Edmunds	04/05/2017
8	Lauren Oram	21.80m	Gt Yarmouth	11/06/2017
9	Lauren Oram	21.67m	Ipswich	23/04/2017
10	Ella Wakeley	20.99m	Gt Yarmouth	15/06/2017

Molly Bean	28.66m
Ella Wakeley	23.19m
Amy Dowsett	22.68m
Lauren Oram	21.86m
Alice Wakeley	19.75m
Erin Penn	18.23m
Frankie Turner	17.92m
Louisa Marshall	16.62m
Catherine Lee	15.71m
Polly Davies	12.29m

### Hammer (4Kg)

1	Louisa Marshall	31.04m	Gt Yarmouth	23/06/2013
2	Louisa Marshall	30.61m	Peterborough	26/08/2013
3	Louisa Marshall	28.92m	Gt Yarmouth	14/07/2013
4	Louisa Marshall	28.32m	Norwich	08/06/2013
5	Louisa Marshall	27.48m	King's Lynn	12/05/2013
6	Louisa Marshall	27.45m	Gt Yarmouth	08/06/2014
7	Amy Dowsett	24.89m	Gt Yarmouth	12/06/2016
8	Amy Dowsett	24.60m	Gt Yarmouth	11/06/2017
9	Amy Dowsett	23.77m	Norwich	14/05/2016
10	Amy Dowsett	23.68m	Cambridge	18/06/2017

Louisa Marshall	31.04m
Amy Dowsett	24.89m

### Discus (1Kg)

1	Amy Dowsett	24.11m	Norwich	10/06/2017
2	Emma Barwick	24.01m	Norwich	10/04/2005
3	Emma Barwick	23.70m	Peterborough	28/08/2006
4	Louisa Marshall	23.44m	Norwich	08/06/2013
5	Molly Bean	23.13m	Gt Yarmouth	26/09/2019
6	Louisa Marshall	22.84m	Peterborough	26/08/2013
7	Ella Wakeley	22.72m	Gt Yarmouth	11/06/2017
8	Lauren Oram	21.80m	Ipswich	23/04/2017
9	Lauren Oram	21.75m	Bury St Edmunds	16/07/2017
10	Lauren Oram	21.09m	Ipswich	14/05/2017

Amy Dowsett	24.11m
Emma Barwick	24.01m
Louisa Marshall	23.44m
Molly Bean	23.13m
Ella Wakeley	22.72m
Lauren Oram	21.80m
Tamsin Desborough	16.55m
Polly Davies	12.46m

### Shot (4Kg)

1	Sophie McKinna	17.12m	Halle, Germany	25/05/2013
2	Sophie McKinna	17.09m	Rieti, Italy	20/07/2013
3	Sophie McKinna	16.81m	Olympic Park	27/07/2013
4	Sophie McKinna	16.52m	Bedford	01/06/2013
5	Sophie McKinna	16.43m	Edinburgh	08/06/2013
6	Sophie McKinna	16.37m	Gateshead	23/06/2013
7	Sophie McKinna	16.36m	Bedford	15/06/2013
8	Sophie McKinna	16.33m	Bromley	03/08/2013
9	Sophie McKinna	16.23m	Eton	30/06/2012
10	Sophie McKinna	16.16m	Bedford	16/06/2012

Sophie McKinna	17.12m
G Newson	8.65m
Ella Wakeley	8.51m
Amy Dowsett	8.29m
Alice Wakeley	8.24m
Louisa Marshall	7.83m
Lauren Oram	6.49m
Katy Barber	6.23m
Amber Burton	4.98m



## U20 WOMEN

### Triple Jump

1	Katy Barber	7.68m	Peterborough	19/06/2011
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Katy Barber	7.68m
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### High Jump

1	Molly Bean	1.50m	Gt Yarmouth	23/06/2019
2	Amy Dowsett	1.47m	Peterborough	24/09/2017
3	Amy Dowsett	1.45m	Gt Yarmouth	13/04/2017
4	Amy Dowsett	1.40m	Norwich	24/04/2016
5	Amy Dowsett	1.35m	Norwich	30/04/2017
6	Katy Barber	1.20m	Peterborough	19/06/2011
7	Polly Davies	1.10m	Peterborough	19/06/2011
8	Katy Barber	1.00m	Bury St Edmunds	17/07/2011
9				
10				

Molly Bean	1.50m
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Amy Dowsett	1.47m
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Katy Barber	1.20m
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Polly Davies	1.10m
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### Long Jump

1	Hannah Mayne	5.14m	Gt Yarmouth	23/06/2019
2	Carla Richardson-Rowe	5.07m	Norwich	12/09/2020
3	Molly Bean	5.05m	Gt Yarmouth	26/09/2019
4	Molly Bean	5.03m	Gt Yarmouth	11/04/2019
5	Molly Bean	5.00m	Norwich	26/05/2019
6	Polly Davies	4.92m	Gt Yarmouth	12/04/2012
	Molly Bean		Ipswich	21/07/2019
7	Amy Dowsett	4.86m	Norwich	14/05/2016
	Erin Penn		Gt Yarmouth	27/09/2018
8	Hannah Mayne	4.85m	Ipswich	21/07/2019
9	Polly Davies	4.78m	Gt Yarmouth	03/07/2011
10	Hannah Mayne	4.76m	Bury St Edmunds	08/09/2019

Hannah Mayne	5.14m
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Carla Richardson-Rowe	5.07m
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Molly Bean	5.05m
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Polly Davies	4.92m
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Amy Dowsett	4.86m
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Erin Penn	4.86m
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Louisa Marshall	3.57m
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Katy Barber	3.35m
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Tamsin Desborough	3.09m
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Emma Simpson	2.62m
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## U20 WOMEN

### 100m

1	Polly Davies	12.7	Norwich	24/03/2012
2	Katy Barber	12.78	Cambridge	17/07/2010
3	Erin Penn	12.8	King's Lynn	29/04/2018
	Polly Davies		Gt Yarmouth	08/05/2011
4	Katy Barber	12.9	Norwich	12/06/2010
	Polly Davies		Ipswich	15/05/2011
5	Katy Barber	13.0	Cambridge	16/05/2010
	Polly Davies		Norwich	18/06/2011
6	Polly Davies	13.06	Chelmsford	23/04/2011
7	Katy Barber	13.1	Gt Yarmouth	08/05/2011
	Polly Davies		Norwich	22/04/2012
	Erin Penn		Gt Yarmouth	22/07/2018
8	Katy Barber	13.2	Bury St Edmunds	17/07/2011
	Polly Davies		Gt Yarmouth	09/08/2011
	Erin Penn		Norwich	12/05/2018
9	Katy Barber	13.3	Gt Yarmouth	07/06/2010
	Polly Davies		Gt Yarmouth	31/05/2012
	Erin Penn		Norwich	17/06/2018
10	Katy Barber	13.4	Stevenage	30/07/2011
	Erin Penn		Ipswich	04/08/2019
	Kayley Earl		Norwich	15/08/2020

Polly Davies	12.7
Katy Barber	12.78
Erin Penn	12.8
Kayley Earl	13.4
Ella Wakeley	13.9
Amber Burton	14.4
Lucy Bevan	14.7
Emma Simpson	15.2

### 200m

1	Polly Davies	25.7	Gt Yarmouth	31/05/2012
2	Polly Davies	26.0	Bury St Edmunds	18/09/2011
3	Polly Davies	26.1	Gt Yarmouth	03/07/2012
4	Polly Davies	26.11	Chelmsford	07/04/2012
5	Polly Davies	26.3	Ipswich	13/05/2012
6	Polly Davies	26.4	Gt Yarmouth	03/07/2011
7	Polly Davies	26.5	Gt Yarmouth	09/08/2011
8	Katy Barber	26.6	Norwich	12/06/2010
	Erin Penn		Norwich	13/05/2018
9	Katy Barber	26.7	Ipswich	04/07/2010
10	Katy Barber	26.8	Norwich	08/08/2010

Polly Davies	25.7
Katy Barber	26.6
Erin Penn	26.6
Hannah Mayne	27.6
Molly Bean	27.9
Amber Burton	28.8
Phoebe Baker	29.1
Lauren Oram	31.6
Louisa Marshall	33.8
Tamsin Desborough	36.1

### 400m

1	Polly Davies	58.33	Bedford	30/05/2011
2	Polly Davies	58.59	Bedford	25/06/2011
3	Polly Davies	58.84	Gateshead	01/07/2011
4	Polly Davies	59.6	Ipswich	10/05/2012
5	Polly Davies	59.7	Ipswich	15/05/2011
6	Polly Davies	59.88	Chelmsford	23/04/2011
7	Polly Davies	60.3	Norwich	22/04/2012
8	Polly Davies	60.4	Norwich	18/06/2011
9	Polly Davies	60.9	Gt Yarmouth	08/05/2011
10	Polly Davies	61.2	Gt Yarmouth	21/08/2011

Polly Davies	58.33
Molly Bean	62.2
Phoebe Baker	65.3
Ella Wakeley	65.7
Frankie Turner	69.0
Katy Barber	72.7
Tamsin Desborough	83.3

## U20 WOMEN

### 800m

1	Holly Andrews	2:23.5	Gt Yarmouth	10/08/2008
2	Holly Andrews	2:24.3	Gt Yarmouth	22/06/2008
3	Holly Andrews	2:27.0	Ipswich	20/04/2008
4	Phoebe Baker	2:27.4	Exeter	15/03/2017
5	Polly Davies	2:36.3	Bury St Edmunds	23/09/2012
6	Polly Davies	2:37.4	Gt Yarmouth	03/07/2011
7	Amy Dowsett	2:37.80	Peterborough	24/09/2017
8	Molly Bean	2:44.6	Gt Yarmouth	26/09/2019
9	Ella Wakeley	2:50.9	Gt Yarmouth	15/06/2017
10	Lauren Oram	2:56.4	Ipswich	23/04/2017

Holly Andrews	2:23.5
Phoebe Baker	2:27.4
Polly Davies	2:36.3
Amy Dowsett	2:37.8
Molly Bean	2:44.6
Ella Wakeley	2:50.9
Lauren Oram	2:56.4
Erin Penn	3:07.0
Alice Wakeley	3:10.1
Louisa Marshall	3:49.4

### 1500m

1	Catherine Lee	5:12.7	Colchester	01/09/2013
2	Catherine Lee	5:14.3	Gt Yarmouth	23/06/2013
3	Catherine Lee	5:17.0	Norwich	08/06/2013
4	Catherine Lee	5:25.9	Gt Yarmouth	25/05/2013
5	Polly Davies	5:30.0	Peterborough	19/06/2011
6	Jess Futter	5:50.8	Gt Yarmouth	20/05/2012
7	Lauren Oram	6:17.8	Ipswich	14/05/2017
8				
9				
10				

Catherine Lee	5:12.7
Polly Davies	5:30.0
Jess Futter	5:50.8
Lauren Oram	6:17.8

### 3000m

1	Catherine Lee	11:03.9	Gt Yarmouth	15/05/2014
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3				
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5				
6				
7				
8				
9				
10				

Catherine Lee	11:03.9
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### 100m Hurdles

1	Amy Dowsett	17.4	Gt Yarmouth	11/06/2017
2	Amy Dowsett	17.57	Peterborough	24/09/2017
3	Amy Dowsett	17.7	Bury St Edmunds	16/07/2017
4	Amy Dowsett	18.7	Bury St Edmunds	20/08/2017
5	Frankie Turner	19.2	Norwich	12/05/2012
6	Frankie Turner	19.5	Norwich	08/06/2013
7	Frankie Turner	19.9	Gt Yarmouth	23/06/2013
8	Frankie Turner	20.1	Gt Yarmouth	20/05/2012
9	Frankie Turner	20.2	Gt Yarmouth	25/05/2013
10	Molly Bean	21.7	Norwich	26/05/2019

Amy Dowsett	17.4
Frankie Turner	19.2
Molly Bean	21.7

# U20 WOMEN

## 1500m Steeple Chase

1	Phoebe Baker	6:55.33	Hendon	28/06/2015
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6				
7				
8				
9				
10				

Phoebe Baker	6:55.33

## Top 10 rankings Women - All Ages

### Javelin (600g)

1	K Atkin	39.17m	SEN
2	M Nascimento	36.28m	U15
3	Molly Bean	28.66m	U20
4	Brooke Davis	28.53m	U17
5	Rhiannon Clarke	27.62m	U15
6	Nadine Simmonds	25.57m	U17
7	Frankie Turner	24.68m	U23
8	Jasmin Kemp	24.62m	U15
9	Sophie McKinna	23.97m	U17
10	Ella Wakeley	23.19m	U20

### Triple Jump

1	Ellis Stewart	10.64m	U17
2	Amy Dowsett	9.82m	U17
3	Molly Bean	8.84m	U17
4	Hollie Willeard	8.48m	U15
5	Holly Andrews	8.43m	U17
6	Frankie Turner	8.24m	U23
7	Donna Burton	8.11m	V35
8	Sarah Bean	7.82m	V40
9	Katy Barber	7.68m	U20
10	M Turner	7.40m	V40

### Hammer (4Kg)

1	Sophie McKinna	37.08m	SEN
2	Louisa Marshall	31.04m	U20
3	Amy Dowsett	24.89m	U20
4	S Shipp	16.92m	V45
5	D Goodwin	13.92m	V40
6			
7			
8			
9			
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### High Jump

1	S Watts	1.65m	U15
2	Natoya Rimmer	1.65m	U15
3	Molly Bean	1.57m	U17
4	C Loomes	1.55m	SEN
5	Amy Dowsett	1.48m	U17
6	Beth Greenwood	1.45m	U17
7	Phoebe Baker	1.40m	U15
8	Maggie Bean	1.40m	U15
9	Beth Greenwood	1.36m	U15
10	Louisa Marshall	1.35m	U17

### Discus (1Kg)

1	Sophie Mckinna	38.11m	SEN
2	Emma Barwick	31.30m	SEN
3	K Williams	30.32m	U17
4	M Nascimento	29.08m	U15
5	Emily Anderson	28.74m	U17
6	Caroline Drewitt	25.55m	SEN
7	Amy Dowsett	24.11m	U20
8	J Grimes	23.92m	V45
9	Louisa Marshall	23.44m	U20
10	Molly Bean	23.13m	U20

### Long Jump

1	L McGuire	5.55m	U15
2	Carla Richardson-Rowe	5.30m	U17
3	Hannah Mayne	5.14m	U17
4	Molly Bean	5.14m	U17
5	Rhiannon Clarke	4.99m	U17
6	G Godbold	4.98m	SEN
7	Ellie Morgan	4.97m	U15
8	Beth Greenwood	4.95m	U17
9	Polly Davies	4.92m	U20
10	Ellie Morgan	4.87m	U17

### Shot (4Kg)

1	Sophie McKinna	18.61m	SEN
2	Brooke Davis	9.02m	U17
3	G Newson	8.65m	U20
4	Ella Wakeley	8.51m	U20
5	Jasmin Kemp	8.34m	U17
6	Amy Dowsett	8.29m	U20
7	Alice Wakeley	8.24m	U20
8	Emma Barwick	8.23m	SEN
9	Louisa Marshall	7.83m	U20
10	Donna Burton	7.18m	V35

## Top 10 rankings Women - All Ages

### 100m

1	Gaynor Easter	12.1	U17
2	E Shipp	12.6	U15
3	Kayley Earl	12.6	U15
4	Katy Barber	12.7	U17
5	Hannah Mayne	12.7	U17
6	Polly Davies	12.7	U20
7	Lauren Peach	12.8	U15
8	Erin Penn	12.8	U20
9	Kayley Earl	12.9	U17
10	Sophie Rushmere	12.9	U17

### 1500m

1	J Howarth	4:36.9	U17
2	Colleen Nicole Mukuya	4:52.0	SEN
3	Catherine Lee	5:07.32	U15
4	Alice Craddock	5:09.7	U13
5	Allyna Mukuya	5:11.7	U13
6	Flora Dell	5:12.8	U15
7	V Tennyson	5:14.0	U13
8	C Tennyson	5:14.0	V40
9	Brooke Oram	5:16.4	U17
10	Ava Field	5:17.2	U15

### 200m

1	Gaynor Easter	25.5	U17
2	Polly Davies	25.7	U20
3	Lauren Peach	26.3	U15
4	Kayley Earl	26.3	U15
5	Katy Barber	26.4	U17
6	Sophie Rushmere	26.5	U17
7	Erin Penn	26.6	U20
8	Phoebe Baker	26.65	U17
9	Amber Burton	26.9	U17
10	L McGuire	27.1	U13
	Isabelle Rushmere	27.1	U15

### 3000m

1	J Howarth	10:40.0	U17
2	Catherine Lee	10:50.5	U15
3	S Hewitt	11:07.9	SEN
4	C Tennyson	11:42.3	V40
5	A Hooper	11:54.2	V35
6	Frankie Turner	12:05.1	U15
7	Daisy Spurway	12:11.7	U15
8	Alice Craddock	12:29.3	U13
9	Molly Bean	12:30.5	U15
10	Sophie Gray	12:36.8	U15

### 400m

1	L Houghton	57.7	U17
2	Polly Davies	57.97	U20
3	Molly Bean	62.2	U20
4	Phoebe Baker	65.3	U20
5	Ella Wakeley	65.7	U20
6	M Turner	67.0	V35
7	Frankie Turner	69.0	U20
8	Claire Fielding	70.3	V45
9	Katy Barber	72.7	U20
10	Tamsin Desborough	83.3	U20

### 100m Hurdles

1	A Wright	15.4	SEN
2	Amy Dowsett	17.4	U20
3	J Olley	18.3	U17
4	Frankie Turner	19.2	U20
5	M Olley	20.7	V40
6	Molly Bean	21.7	U20
7			
8			
9			
10			

### 800m

1	J Howarth	2:14.3	U17
2	A Browne	2:22.5	SEN
3	Holly Andrews	2:23.5	U20
4	Phoebe Baker	2:27.4	U20
5	Catherine Lee	2:28.6	U17
6	L Connon	2:30.2	U13
7	Andi Brown	2:31.6	U15
8	Amy Dowsett	2:32.0	U15
9	Molly Bean	2:33.25	U17
10	Flora Dell	2:33.6	U15

### 1500m Steeple Chase

1	Amy Dowsett	6:49.94	U17
2	Phoebe Baker	6:55.33	U20
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4			
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6			
7			
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10			