



## U13 Boys Club Records

<b>Event</b>	<b>Time/Dist.</b>	<b>Name</b>	<b>Venue</b>	<b>Date</b>
60m	8.6s	J.Shipp	Norwich	24/03/90
75m	10.7s	N.Jones	Gt.Yarmouth	11/03/92
		T.Simpson	Gt. Yarmouth	17/04/14
80m	11.0s	S.Keyte	Braintree	23/05/93
100m	12.9s	J.Shipp	Norwich	09/06/90
		S.Keyte	Colchester	29/08/94
150m	20.5s	S.Keyte	Braintree	23/05/93
200m	26.2s	J.Shipp	Havering	27/05/90
300m	48.3s	T.Bilyard	Gt.Yarmouth	07/08/14
400m	61.4s	G.Sexton	Caister	1973
600m	01:47.4	D.Borrett	Gt.Yarmouth	22/03/95
800m	02:19.3	G.Sexton	Harlow	1973
1000m	03:23.9	A.Alcock	Gt.Yarmouth	03/03/93
		J.Thurtle	Gt.Yarmouth	09/04/98
1200m	04.33.2	M. Cross	Gt Yarmouth	9-8-11
1500m	04:50.7	B.Rowe	H.Hempstead	23/35/99
Mile	05:33.9	S.Thompson	Peterborough	31/08/98
3000m	11:50.4s	A.Roberts	Gt Yarmouth	15/06/17
75mH	13.0s	N.Jones	Norwich	16/05/92
80mH	12.7s	J.Shipp	Norwich	09/06/90
Shot	10.75m	S.Keyte	Braintree	14/05/94
Discus	21.17m	E.Alston	Ipswich	04/08/19
previously	20.42m	N.Jones	Norwich	20/09/92
Javelin	31.92m	C.Clarke	Gt Yarmouth	07/08/14
B.Throw	48.30m	L.Stanley	Braintree	10/06/90
L.Jump	4.91m	L.Howell	Gt.Yarmouth	1977

H.Jump	1.51m	N.Jones	Norwich	27/09/92
T.Jump	8.90m	S.Longland	Ipswich	31/08/92
4x100m	55.5s	Keyte/King Hall/Thompson	Colchester	11/09/94
Pentathlon	1344pts	N.Jones	Norwich	20/09/92

v1.2 updated 22/08/2019