



U13 Girls Club Records

Event	Time/Dist.	Name	Venue	Date
60m	9.0s	I.Rushmere	Gt Yarmouth	11/04/2019
previously	9.1s	I.Rushmere	Gt Yarmouth	05/04/2018
and before	9.6s	L.Ward	Gt.Yarmouth	13/04/2017
75m	9.9s	L.McGuire	Crawley	30/08/1999
80m	11.0s	E.Shipp	Norwich	16/05/1992
100m	12.9s	E.Shipp	Gt.Yarmouth	01/08/1993
150m	20.5s	L.McGuire	Gt.Yarmouth	01/04/1999
200m	27.1s	L.McGuire	Kettering	26/06/1999
300m	47.9s	A Dowsett	Biggleswade	24/09/2011
600m	01:48.5	E.Shipp	Gt.Yarmouth	11/03/1992
800m	02:30.2	L.Connon	Gt.Yarmouth	07/08/1988
1000m	03:25.1	A.Dowsett	Dartford	24/08/2011
1200m	04:15.0	A.Dowsett	Gt Yarmouth	09/08/2011
1500m	5:09.7s	A.Craddock	Gt Yarmouth	22/07/2018
previously	05:14.0	V.Tennyson	Luton	1984
Mile	05:48.0	A.Dowsett	Gt Yarmouth	19/05/2011
3000m	12:29.3s	A.Craddock	Gt Yarmouth	15/06/2017
70mH	11.1s	L.McGuire	Gt.Yarmouth	09/05/1999
75mH	13.4s	A.Wright	Norwich	10/06/1989
Shot	8.66m	M.Squires	Gt Yarmouth	06/06/2021
previously	8.21m	H.Wharton	Watford	12/09/1999
Discus	21.04	L.Shipp	Gt.Yarmouth	20/06/1999
Javelin	24.60m	K.Goodwin	Gt.Yarmouth	19/07/1998
Hammer	17.16	A Dowsett	Dartford	24/08/2011
B.Throw	35.86m	C.Head	Braintree	02/06/1991

L.Jump	5.11m	M.Squires	Gt Yarmouth	06/06/2021
previously	5.06m	L.McGuire	Kettering	26/06/1999
H.Jump	1.47m	N.Rimmer	Bury St Eds	18/09/2011
4x100m	54.4s	Wharton/Shipp Horn/McGuire	Watford	12/09/1999
4x200m	02:30.9	Wharton/Shipp Horn/McGuire	Colchester	29/08/1988
Pentathlon	1729 pts	M.Bean (Maggie)	Hemel Hempstead	01/07/2018
previously	1594 pts	M.Bean (Maggie)	Peterborough	24/09/2017
Tri	74 pts	A.Dowsett	Peterborough	23/09/2011
Quadrathon (70mh, LJ, Shot, 800m)	1469pts	M.Bean (Maggie)	Peterborough	30/09/2018

v1.10 updated 15/06/2021