



Junior/Senior Women Club Records

Event	Time/Dist.	Name	Venue	Date
75m	9.7s	G.Easter	Gt.Yarmouth	22/03/1995
100m	12.1s	G.Easter	Gt Yarmouth	30/06/1991
150m	20.9s	C.Loomes	Gt.Yarmouth	13/03/1991
200m	25.5s	G.Easter	St.Ives	05/06/1993
300m	43.3s	G.Easter	Gt.Yarmouth	22/03/1995
400m	57.97s	P.Davies	Chelmsford	11/09/2010
600m	01:45.7s	H.Andrews	Gt.Yarmouth	10/04/2008
800m	02:22.5s	A.Browne	St.Ives	30/07/1995
1000m	03:31.8s	P.Studley	Gt Yarmouth	03/03/1993
1500m	05:01.5s	A.Browne	Gt Yarmouth	13/08/1995
Mile	05:27.6s	N.Mukuya	Gt Yarmouth	13/04/2017
previously	05:28.8s	A.Browne	Gt Yarmouth	06/08/1995
3000m	11:07.9s	S.Hewitt	Norwich	17/05/1985
100mH	15.4s	A.Wright	Norwich	10/06/1995
400mH	70.4s	G.Easter	Kings Lynn	15/07/1995
Shot	17.12m	S.McKinna	Hamden Park	30/07/2014
Discus	36.82m	K.Williams	Gt Yarmouth	23/08/1992
Hammer	31.04m	L Marshall	Gt Yarmouth	23/06/2013
Javelin	39.17m	K.Atkin	Gt Yarmouth	09/05/1999
L.Jump	4.98m	G.Godbold	Norwich	1981
H.Jump	1.55m	C.Loomes	Norwich	19/05/1990
4x100	51.2s	Jones/Leggett/Wright/Easter	Colchester	04/07/1993
4x200	02:01.6s		Colchester	26/08/1985
4x400	04:05.5		Thurrock	07/09/1985
Heptathlon	3384pts.	G.Godbold	Norwich	1982

v1.1 updated 03/05/2017