



## Junior/Senior Men Club Records

<b>Event</b>	<b>Time/Dist.</b>	<b>Name</b>	<b>Venue</b>	<b>Date</b>
60m	7.2s	K.Burgess	Norwich	24/03/1990
75m	8.9s	K.Burgess	Gt.Yarmouth	11/03/1992
	8.9s	D.Creak	Gt. Yarmouth	05/04/2001
80m	10.0s	N.Jones	Kings Lynn	28/03/1999
100m	10.9s	J.Shipp	Norwich	13/05/1995
150m	17.1s	K.Burgess	Gt.Yarmouth	02/04/2000
200m	21.79s	R.Taylor	Cambridge	29/06/2013
300m	35.6s	D.Creak	Gt.Yarmouth	06/04/2000
400m	48.44s	J.Shipp	Nottingham	08/07/1995
600m	01:32.2s	M.Sharp	Gt.Yarmouth	10/04/2008
800m	01:53.1s	G.Jarvis	West London	1977
1000m	02:53.5s	M.Duffield	Gt Yarmouth	11/03/1992
1500m	03:59.3s	S.Payne	Gt Yarmouth	1979
Mile	04:33.6s	I.Keeler	Gt Yarmouth	01/08/1993
3000m	08:34.8s	S.Payne	Crystal Palace	1977
5000m	15:05.0s	C.Quadling	Luton	22/09/1984
10000m	35:09.7s	T.Ling	Luton	03/05/1992
110mH	15.5s	I.Wells	Crawley	07/05/1988
200mH	28.8s	W.McCarthy	Gt Yarmouth	02/08/1998
300mH	43.2s	W.McCarthy	Kings Lynn	28/03/1999
400mH	54.84s	I.Wells	Crystal Palace	17/06/1988
3000mSC	09:58.2s	R.Barber	Gt.Yarmouth	31/08/1985
Shot	12.27m	S.Briggs	Gt Yarmouth	30/03/1994
Discus	43.40m	M.Bloomfield	Gt.Yarmouth	04/08/1996
Javelin	54.84m	I.Wakefield	Tonbridge	13/08/1988
Hammer	33.88m	K.Garrod	Gt.Yarmouth	29/06/1991
L.Jump	6.86m	J.French	Cambridge	15/09/1996
H.Jump	1.94m	K.Low	Southend	06/05/1995
T.Jump	14.11m	J.French	Cambridge	15/09/1996
P.Vault	3.80m	N.Jones	Mile End	05/06/1999
4x100m	44.7s	Howell/Miller/Horobin/Burgess	Norwich	21/05/1989

	44.7s	Creak/Jones/Shipp/Burgess	Hemel Hemstead	01/05/1999
4x200m	01:34.5s	Howell/Wright/Wells/Barwick J	Colchester	26/08/1985
10Km	31:50	M.Pigott	Horndon	06/1984
10 mile	50:09	M.Pigott	UEA	11/1985
1/2 Marathon	67:00	M.Pigott	Mersea Island	1983
20Km	1hr 19m 52s	M.Thompson	Bungay	20/02/2000
Marathon	2hr 26m 50s	M.Pigott	Norwich	1984
Pentathlon	2413pts (old tables)	A.Wright	Norwich	26/06/1984
	2760pts (new tables)	L.Howell	Norwich	24/06/1986
Team Pentathlon	6809pts (old tables)	Wright/Allen/Wells	Norwich	26/06/1984
	7675pts (new tables)	Howell/Allen/Wells	Norwich	24/06/1986
Decathlon	4435pts (old tables)	I.Wells	Norwich	1984
	786pts (new tables)	L.Howell	Norwich	11/09/1988