



U13 Girls Club Records

Event	Time/Dist.	Name	Venue	Date
60m	9.1s	I.Rushmere	Gt Yarmouth	05/04/18
previously	9.6s	L.Ward	Gt.Yarmouth	13/04/17
75m	9.9s	L.McGuire	Crawley	30/08/99
80m	11.0s	E.Shipp	Norwich	16/05/92
100m	12.9s	E.Shipp	Gt.Yarmouth	01/08/93
150m	20.5s	L.McGuire	Gt.Yarmouth	01/04/99
200m	27.1s	L.McGuire	Kettering	26/06/99
300m	47.9s	A Dowsett	Biggleswade	24/09/11
600m	01:48.5	E.Shipp	Gt.Yarmouth	11/03/92
800m	02:30.2	L.Connon	Gt.Yarmouth	07/08/88
1000m	03:25.1	A.Dowsett	Dartford	24/08/11
1200m	04:15.0	A.Dowsett	Gt Yarmouth	9/08/11
1500m	05:14.0	V.Tennyson	Luton	1984
Mile	05:48.0	A.Dowsett	Gt Yarmouth	19/05/11
3000m	12:29.3s	A.Craddock	Gt Yarmouth	15/06/17
70mH	11.1s	L.McGuire	Gt.Yarmouth	09/05/99
75mH	13.4s	A.Wright	Norwich	10/06/89
Shot	8.21m	H.Wharton	Watford	12/09/99
Discus	21.04	L.Shipp	Gt.Yarmouth	20/06/99
Javelin	24.60m	K.Goodwin	Gt.Yarmouth	19/07/98
Hammer	17.16	A Dowsett	Dartford	24/8/11
B.Throw	35.86m	C.Head	Braintree	02/06/91
L.Jump	5.06m	L.McGuire	Kettering	26/06/99
H.Jump	1.47m	N.Rimmer	Bury St Eds	18/09/11
4x100m	54.4s	Wharton/Shipp Horn/McGuire	Watford	12/09/99
4x200m	02:30.9	Wharton/Shipp Horn/McGuire	Colchester	29/08/88

Pentathlon	1594 pts	M.Bean	Peterborough	24/09/2017
Tri	74 pts	A.Dowsett	Peterborough	23/09/2011

v1.5 updated 17/04/2018