



Girls/Women Indoor Club Records

Event	Time/Dist.	Name	Venue	Date
U11				
60m	9.1s	L.Shipp	Kings Lynn	01/02/1998
L.Jump	3.92m	L.Shipp	Kings Lynn	01/02/1998
U13				
60m	8.56s	L.McGuire	Sheffield	10/01/1999
60mh	9.9s	L.McGuire	Kings Lynn	31/01/1999
L.Jump	4.73m	L.McGuire	Kings Lynn	14/02/1999
H.Jump	1.37m	L.Shipp	Kings Lynn	31/01/1999
Shot	7.40m	A.Wakley	UEA, Norwich	21/01/2013
	10.23m (S/Hall)	J.Kemp	Birmingham	21/04/2012
U15				
60m	8.15s	L.McGuire	Birmingham	05/02/2000
200m	27.39s	L.McGuire	Birmingham	16/02/2000
800m	2:28.82s	H.Horn	Birmingham	14/02/2001
60mh	9.22s	L.McGuire	Birmingham	25/02/2001
L.Jump	5.20m	L.McGuire	Kings Lynn	19/02/2000
H.Jump	1.27m	A.Dowsett	Lee Valley	31/03/2013
Shot	9.10m	J.Kemp	Kings Lynn	27/01/2013
	9.38m (S/Hall)	J.Kemp	UEA, Norwich	10/11/2012
Pentathlon	2256pts	A.Dowsett	Lee Valley	31/03/2013
U17				
60m	8.0s	G.Easter	Kings Lynn	26/01/1992

60mh	9.5s	A.Wright	Kings Lynn	31/03/1993
200m	27.75s	P.Baker	Lee Valley	10/02/2013
300m	42.69s	P.Baker	Lee Valley	09/02/2013
800m	2:36.39s	A.Dowsett	Sheffield	14/03/2015
L.Jump	4.85m	H.Mayne	Lee Valley	21/01/2017
T.Jump	9.51m	A.Dowsett	Kings Lynn	26/01/2014
H.Jump	1.44m	A.Dowsett	Lee Valley	20/12/2014
Shot	13.24m	S.McKinna	Birmingham	28/02/2010
Shot (3kg)	9.28m	A.Dowsett	Sheffield	14/03/2015
Pentathlon	2713pts	A.Dowsett	Lee Valley	20/12/2014

Junior Women

60m	7.9s	G.Easter	Kings Lynn	20/02/1993
60mh	9.7s	A.Wright	Kings Lynn	05/03/1994
L.Jump	4.61m	A.Dowsett	Kings Lynn	24/01/2016
H.Jump	1.40m	A.Dowsett	Kings Lynn	24/01/2016
Shot Put (4kg)	6.77m	A.Dowsett	Kings Lynn	24/01/2016

Senior Women

60m	8.0s	G.Easter	Kings Lynn	31/01/1993
60mh	9.5s	A.Wright	Birmingham	29/02/1996
Shot Put (4kg)	16.74m	S.McKinna	Sheffield	11/02/2017

v1.2 updated 06/03/2017