

## GYDAC rankings

## Men - All Ages

## Javelin (800g)

1	Ian Wakefield	54.84m	SM
2	K Bridges	40.96m	SM
3	R Wharton	40.20m	V40
4	Thomas Balfour	40.12m	U20
5	Richard Taylor	39.72m	U20
6	Tim Creak	37.89m	U20
7	Jahmal Mills	37.60m	U20
8	Joe Lees	36.00m	U20
9	Mark Turner	34.95m	V40
10	Dale Bullimore	33.02m	V40

## Hammer (7.26Kg)

1	K Garrod	33.88m	SM
2	M Carr	32.44m	V40
3	Dale Bullimore	28.29m	V45
4	Matthew Bloomfield	26.73m	SM
5	Geoff Marshall	22.96m	V55
6	Andrew O'Brien	22.71m	U20
7	John Muir	15.57m	V50
8	Ben Johnson	14.08m	SM
9	Kevin Pywell	11.72m	V50
10			

## Discus (2Kg)

1	M Bloomfield	43.40m	SM
2	M Carr	32.66m	V40
3	T Bilham	31.66m	V55
4	Mark Phillipson	27.03m	SM
5	Dale Bullimore	27.89m	V40
6	Joe Cooper	24.38m	SM
7	Stephen Wright	24.15m	V40
8	Ben Johnson	24.08m	SM
9	Kevin Pywell	22.90m	V45
10	John Muir	22.28m	V50

## Shot (7.26Kg)

1	S Briggs	12.27m	SM
2	M Carr	11.84m	V40
3	Joe Cooper	10.81m	SM
4	Matthew Bloomfield	10.65m	SM
5	Dale Bullimore	10.01m	V45
6	Stephen Wright	9.64m	V40
7	Jahmal Mills	9.38m	U20
8	J Willacy	8.84m	V50
9	Mark Phillipson	8.82m	SM
10	T Bilham	8.54m	V35

## Triple Jump

1	J French	14.11m	SM
2	A McNamara	12.83m	U17
3	Jahmal Mills	12.81m	U20
4	Andrew McNamara	12.73m	SM
5	Kai Hewitt	12.64m	U17
6	Jake Bailey	12.17m	U17
7	Kai Hewitt	12.14m	U20
8	Alfie Leonard	12.07m	U17
9	Connor Dobson	11.98m	U20
10	George Smith	11.84m	U17

## High Jump

1	K Low	1.94m	SM
2	Alfie Leonard	1.85m	U17
	Wesley Attew	1.80m	U17
3	Jahmal Mills	1.80m	U20
	James House	1.80m	U20
4	Kai Beadle	1.78m	U17
5	J King	1.75m	U15
6	Jordan Gurney	1.70m	SM
7	George Smith	1.62m	U15
8	C Wilkinson	1.60m	U15
	Bradley Drury	1.60m	U17
	Alecks Whyte	1.60m	U17
9	Dylan Baldwin	1.55m	U17
10	N Jones	1.51m	U13
11	Miguel Reyes	1.50m	U15
	Marley Wright	1.50m	U15
	Alfonso Mendes	1.50m	U15
	Tom Burgess	1.50m	U17
	Jordi List	1.50m	U17
	Roger Wharton	1.50m	V40
	William Wassmer	1.50m	U20
12	Mark Phillipson	1.48m	SM

## Long Jump

1	J French	6.86m	SM
2	Jahmal Mills	6.78m	U20
3	Tim Creak	6.42m	U17
4	J Shipp	6.12m	U15
5	Jake Bailey	6.03m	U17
6	Andrew McNamara	5.98m	SM
7	Sam Waite	5.88m	U15
8	Alecks Whyte	5.83m	U17
9	George Smith	5.82m	U17
10	Josh Aldred	5.80m	U20

## GYDAC rankings

## Men - All Ages

## 100m

1	Louis Labonte	10.84	U17
2	Richard Taylor	10.9	U17
3	Dominic Burnham	11.0	U17
4	Josh Aldred	11.1	U17
	Kevin Burgess	11.1	V40
5	Tyreece Simpson	11.2	U17
	C Herren	11.2	SM
	Shane Atherton	11.2	SM
	Alecks Whyte	11.0	U17
6	Josh Aldred	11.3	U20
	John Jennings	11.3	U20
	Jordan Gurney	11.30	SM

## 1500m

1	Tyler Bilyard	3:38.02	U23
2	S Payne	3:59.3	SM
3	Daniel Harrison	4:00.7	U20
4	T Salmon	4:02.38	U17
5	Aaron Roberts	4:08.7	U17
6	Kyle Ella	4:13.7	U20
7	Stanley Collins	4:17.21	SM
8	Samual Stevens	4:25.43	U17
9	Corben Reynolds	4:27.12	U20
10	Dominic Oliver	4:28.6	U17
11	William Wassmer	4:32.57	U20
12	Cameron Taylor	4:33.2	U17

## 200m

1	Dominic Burnham	21.7	U20
2	Richard Taylor	21.79	SM
3	Alecks Whyte	22.6	U17
4	Josh Aldred	22.8	U17
	John Jennings	22.8	U20
5	Kevin Burgess	22.96	V40
6	Jahmal Mills	23.1	U17
7	Shane Atherton	23.2	SM
	Alfie Leonard	23.3	U17
8	Tom Burgess	23.3	U20

## 3000m

1	Tyler Bilyard	8:02.61	U23
2	S Payne	8:34.8	SM
3	Daniel Harrison	09:03.4	U20
4	Kevan Pywell	9:08.5	U17
5	Stanley Collins	9:08.71	U20
6	Kyle Ella	9:24.3	U17
7	Dominic Oliver	9:26.2	U17
8	Corben Reynolds	9:33.45	U20
9	Ben Thompson	9:45.8	U20
10	Zak Barber	9:47.76	U17

## 400m

1	J Shipp	48.44	SM
2	D Creak	49.69	U17
3	Tyler Bilyard	50.00	U23
4	Alfie Leonard	51.2	U17
5	Daniel Harrison	51.67	SM
6	Tom Burgess	51.8	U20
7	Alecks Whyte	52.0	U17
8	John Bean	52.5	U17
9	Kai Beadle	53.0	U17
10	Jahmal Mills	53.04	U17

## 5000m

1	C Quadling	15:05.0	SM
2	Tyler Bilyard	15:43.09	SM
3	Kyle Ella	15:48.2	SM
4	Daniel Harrison	15:57.9	U20
5	Stanley Collins	16:50.19	SM
6	Corben Reynolds	16:51.61	U20
7			
8			
9			
10			

## 800m

1	Tyler Bilyard	1:47.36	U23
2	G Jarvis	1:53.1	SM
3	Daniel Harrison	1:56.82	SM
4	Kyle Ella	2:00.47	U20
5	Aaron Roberts	2:00.6	U17
6	Josh Clark	2:01.0	U20
7	Dominic Oliver	2:01.9	U17
8	William Wassmer	2:03.2	U20
9	J Allen	2:04.95	U15
10	Max Burgess	2:05.9	U17

## 110m Hurdles

1	I Wells	15.5	SM
2	Jahmal Mills	17.7	U20
3	John Barwick	19.1	V40
4	Andrew McNamara	19.1	SM
5	Mark Phillipson	19.67	SM
6	Roger Wharton	20.7	V45
7			
8			
9			
10			

## U13 BOYS

### Javelin (400g)

1	<b>Callum Clarke</b>	<b>31.92m</b>	<b>Gt Yarmouth</b>	<b>07/08/2014</b>
2	Callum Clarke	31.18m	Gt Yarmouth	13/07/2014
3	Callum Clarke	30.97m	Bury St Edmunds	14/09/2014
4	Callum Clarke	30.79m	Ipswich	06/07/2014
5	Callum Clarke	30.59m	Norwich	25/05/2014
6	Daniel Allman	29.84m	Gt Yarmouth	13/05/2007
7	Callum Clarke	29.25m	Gt Yarmouth	08/06/2014
8	Daniel Allman	28.74m	Gt Yarmouth	24/06/2007
9	Kai Danielson	28.20m	Gt Yarmouth	11/07/2010
10	Jay Turner	27.78m	Gt Yarmouth	19/07/2009

<b>Callum Clarke</b>	<b>31.92m</b>
Daniel Allman	29.84m
Kai Danielson	28.20m
Jay Turner	27.78m
Matthew Burgess	26.87m
Marcus Smith	26.76m
Mohammed Omar	26.00m
Kallum Martin	25.09m
Oliver Brice	23.86m
Malachi Lawson	22.08m
Oscar Abel	21.45m
Andrew Creak	21.32m
Levi Lawson	20.53m
James Smith	20.40m

### Discus (1Kg)

1	<b>Edgar Alston</b>	<b>21.17m</b>	<b>Ipswich</b>	<b>04/08/2019</b>
2	N Jones	20.42m	Norwich	20/09/1992
3	Edgar Alston	20.29m	Gt Yarmouth	26/09/2019
4	Tyreece Simpson	19.07m	Gt Yarmouth	13/07/2014
5	Mohammed Omar	18.61m	Gt Yarmouth	01/07/2012
6	Harvey Lock	18.35m	Ipswich	04/08/2019
7	Callum Clarke	17.91m	Gt Yarmouth	13/07/2014
8	Kai Danielson	16.89m	Gt Yarmouth	11/07/2010
9	<b>Ryan Bullimore</b>	<b>16.77m</b>	<b>Norwich</b>	<b>23/06/2024</b>
10	Harvey Lock	15.78m	Ipswich	21/07/2019
11	Jay Turner	15.68m	Gt Yarmouth	02/09/2009

<b>Edgar Alston</b>	<b>21.17m</b>
N Jones	20.42m
Tyreece Simpson	19.07m
Mohammed Omar	18.61m
Harvey Lock	18.35m
Callum Clarke	17.91m
Kai Danielson	16.89m
<b>Ryan Bullimore</b>	<b>16.77m</b>
Jay Turner	15.68m
Cameron Barnes	15.48m
Matthew Burgess	13.29m
Peter Cross	13.29m
Marcus Smith	12.69m
Blue Hemsall	12.34m
George Smith	12.20m
Toby Scott	11.94m

### Shot (3.25Kg to 2017 and 3.0Kg from 2018)

1	<b>S Keyte</b>	<b>10.75m</b>	<b>Braintree</b>	<b>14/05/1994</b>
2	Tyreece Simpson	9.33m	King's Lynn	17/08/2014
3	Tyreece Simpson	9.14m	Bury St Edmunds	14/09/2014
4	Tyreece Simpson	8.92m	Norwich	04/05/2014
5	Tyreece Simpson	8.88m	Norwich	25/05/2014
6	Tyreece Simpson	8.87m	Gt Yarmouth	17/04/2014
7	Tyreece Simpson	8.83m	Ipswich	06/07/2014
8	Edgar Alston	8.54m	Ipswich	04/08/2019
9	Tyreece Simpson	8.07m	Gt Yarmouth	08/06/2014
10	Tyreece Simpson	7.93m	Colchester	01/09/2013

<b>S Keyte</b>	<b>10.75m</b>
Tyreece Simpson (3.25Kg)	9.33m
Edgar Alston	8.54m
Callum Clarke (3.25Kg)	7.80m
Matthew Burgess (3.25Kg)	7.03m
Harvey Lock	6.82m
William Wassmer	6.44m
<b>Ryan Bullimore</b>	<b>6.22m</b>
Peter Cross (3.25Kg)	5.91m
Noah Baker	5.89m
Billy Randell (3.25Kg)	5.77m
Cameron Barnes (3.25Kg)	5.75m
James Smith (3.25Kg)	5.73m
Oliver Alexander	5.61m
Marcus Smith (3.25Kg)	5.44m

## U13 BOYS

### High Jump

1	<b>N Jones</b>	<b>1.51m</b>	<b>Norwich</b>	<b>27/09/1992</b>
2	Sam Brownsell	1.40m	Gt Yarmouth	21/06/2015
3	Michael Cross	1.32m	Bury St Edmunds	17/07/2011
4	Sam Brownsell	1.30m	Gt Yarmouth	30/06/2015
	Michael Cross		Gt Yarmouth	19/05/2011
	Niall Simmonds		King's Lynn	15/05/2011
	Billy Heseltine		Gt Yarmouth	08/06/2014
5	Billy Heseltine	1.25m	King's Lynn	17/08/2014
	Daniel Allman		Gt Yarmouth	24/06/2007
	Levi Lawson		Gt Yarmouth	07/08/2014
	Corben Pollard		Gt Yarmouth	20/08/2023
	<b>Adam Edwards</b>		<b>Norwich</b>	<b>28/08/2024</b>
6	Michael Cross	1.20m	Gt Yarmouth	21/08/2011
	Cameron Barnes		Ipswich	06/07/2014
	<b>Orson Bartlett</b>		<b>King's Lynn</b>	<b>02/06/2024</b>
7	Niall Simmonds	1.15m	Gt Yarmouth	19/05/2011
	Harry Doran		Norwich	15/05/2022

<b>N Jones</b>	<b>1.51m</b>
Sam Brownsell	1.40m
Michael Cross	1.32m
Niall Simmonds	1.30m
Billy Heseltine	1.30m
Daniel Allman	1.25m
Levi Lawson	1.25m
Corben Pollard	1.25m
<b>Adam Edwards</b>	<b>1.25m</b>
Cameron Barnes	1.20m
<b>Orson Bartlett</b>	<b>1.20m</b>
Harry Doran	1.15m
Kai Beadle	1.10m
Marley Barker	1.10m
Leroy Honey	1.10m
Joshua Ellis	1.10m
Harry Pywell	1.10m
Aaron Roberts	1.10m

### Long Jump

1	<b>L Howell</b>	<b>4.91m</b>	<b>Gt Yarmouth</b>	<b>30/05/1905</b>
2	Mohammed Omar	4.50m	Gt Yarmouth	01/07/2012
3	Oliver Shipp	4.43m	Norwich	17/06/2018
4	Connor Dobson	4.39m	Gt Yarmouth	12/04/2012
	George Smith		Norwich	12/09/2020
5	Connor Dobson	4.36m	Gt Yarmouth	20/05/2012
6	Connor Dobson	4.29m	Cambridge	29/07/2012
7	Oliver Shipp	4.28m	Norwich	12/05/2018
	Connor Dobson		Norwich	22/04/2012
8	Oliver Shipp	4.23m	Ipswich	12/08/2018
	Jake Bailey		Gt Yarmouth	12/04/2012
9	Oliver Shipp	4.20m	Gt Yarmouth	22/07/2018
	Callum Clarke		Bury St Edmunds	14/09/2014
	Connor Dobson		King's Lynn	01/07/2012
10	Callum Clarke	4.19m	Gt Yarmouth	08/06/2014

<b>L Howell</b>	<b>4.91m</b>
Mohammed Omar	4.50m
Oliver Shipp	4.43m
Connor Dobson	4.39m
George Smith	4.39m
Jake Bailey	4.23m
Callum Clarke	4.20m
Levi Lawson	4.17m
Daniel Allman	4.08m
Luke Duval-Woods	4.08m
Louis Duffield	4.07m
Leroy Honey	4.06m
Cameron Barnes	4.05m
Patrick Manning	4.04m
Michael Cross	4.02m

### Pentathlon

1	<b>N Jones</b>	<b>1344</b>	<b>Norwich</b>	<b>20/09/1992</b>

<b>N Jones</b>	<b>1344</b>

## U13 BOYS

### 100m

1	<b>Corben Pollard</b>	<b>12.7</b>	<b>Bury St Edmunds</b>	<b>03/09/2023</b>
2	Corben Pollard	12.89	Norwich	30/08/2023
3	<b>J Shipp</b>	<b>12.9</b>	<b>Norwich</b>	<b>09/06/1990</b>
	<b>S Keyte</b>		<b>Colchester</b>	<b>29/08/1994</b>
	Corben Pollard	12.9	Gt Yarmouth	17/09/2023
4	<b>Adam Edwards</b>	<b>13.24</b>	<b>Cambridge</b>	<b>29/06/2024</b>
5	Mohammed Omar	13.3	Gt Yarmouth	14/08/2012
	<b>Adam Edwards</b>	<b>13.3</b>	<b>Cambridge</b>	<b>29/06/2024</b>
6	Mohammed Omar	13.4	Cambridge	29/07/2012
	Tyreece Simpson		Gt Yarmouth	08/06/2014
7	Tyreece Simpson	13.5	Ipswich	06/07/2014
	George Smith		Norwich	15/08/2020
	<b>Adam Edwards</b>		<b>King's Lynn</b>	<b>02/06/2024</b>
8	Tyreece Simpson	13.6	Birmingham	02/07/2014
	<b>Adam Edwards</b>	<b>13.6</b>	<b>Norwich</b>	<b>12/05/2024</b>
9	<b>Adam Edwards</b>	<b>13.7</b>	<b>Norwich</b>	<b>23/06/2024</b>
10	Tyreece Simpson	13.8	Bury St Edmunds	14/09/2014
	Connor Dobson		Gt Yarmouth	14/08/2012
	Louis Duffield		Gt Yarmouth	10/05/2015
	Oliver Shipp		Ipswich	12/08/2018
11	<b>Adam Edwards</b>	<b>13.89</b>	<b>Norwich</b>	<b>28/08/2024</b>
12	Tyreece Simpson	13.9	Gt Yarmouth	15/05/2014
	Connor Dobson	13.9	Cambridge	29/07/2012
	Louis Duffield	13.9	Gt Yarmouth	10/05/2015
	Oliver Shipp	13.9	Gt Yarmouth	22/07/2018
	Daniel Allman	13.9	Gt Yarmouth	12/08/2007
	Leroy Honey	13.9	Gt Yarmouth	23/06/2013
	Adam Edwards	13.9	Gt Yarmouth	17/09/2023
	13	Adam Edwards	13.94	Cambridge

<b>Corben Pollard</b>	<b>12.7</b>
J Shipp	12.9
S Keyte	12.9
<b>Adam Edwards</b>	<b>13.24</b>
Mohammed Omar	13.3
Tyreece Simpson	13.4
George Smith	13.5
Connor Dobson	13.8
Louis Duffield	13.8
Oliver Shipp	13.8
Daniel Allman	13.9
Leroy Honey	13.9
Noah Baker	14.0
Sonny Butler	14.1
Luke Duval-Woods	14.2
Cameron Wedon	14.3
Archie Middleton	14.5
Oliver Brice	14.6
Ethan Calvert	14.6
Billy Randell	14.8
Max Dobson	14.9
Kai Beadle	15.0
Levi Lawson	15.0
Feddie Smith-Horne	15.0
Jake Bailey	15.1
Malachi Lawson	15.1
Oscar Abel	15.1
Ollie Scott	15.1
Tyler Bilyard	15.2

### 200m

1	<b>J Shipp</b>	<b>26.2</b>	<b>Havering</b>	<b>27/05/1990</b>
2	Corben Pollard	26.4	Bury St Edmunds	03/09/2023
3	Corben Pollard	26.6	Gt Yarmouth	17/09/2023
4	Mohammed Omar	27.2	Gt Yarmouth	14/08/2012
5	George Smith	27.6	Norwich	12/09/2020
	Corben Pollard		King's Lynn	30/07/2023
6	Oliver Shipp	28.0	Ipswich	12/08/2018
7	<b>Adam Edwards</b>	<b>28.03</b>	<b>Cambridge</b>	<b>29/06/2024</b>
8	Mohammed Omar	28.2	Cambridge	29/07/2012
9	Connor Dobson	28.3	Gt Yarmouth	14/08/2012
	Tyreece Simpson		Ipswich	06/07/2014
10	Tyreece Simpson	28.4	Gt Yarmouth	08/06/2014
11	Oliver Shipp	28.5	Gt Yarmouth	22/07/2018
	Tyreece Simpson	28.5	Bury St Edmunds	14/09/2014
	<b>Adam Edwards</b>	<b>28.5</b>	<b>Norwich</b>	<b>23/06/2024</b>
12	George Smith	28.6	Norwich	31/10/2020
13	Oliver Shipp	28.7	Gt Yarmouth	20/09/2018

<b>J Shipp</b>	<b>26.2</b>
Corben Pollard	26.4
Mohammed Omar	27.2
George Smith	27.6
Oliver Shipp	28.0
<b>Adam Edwards</b>	<b>28.03</b>
Connor Dobson	28.3
Tyreece Simpson	28.3
Sonny Butler	29.0
Luke Duval-Woods	29.1
Louis Duffield	29.2
Jake Bailey	29.5
Daniel Allman	29.6
Thomas Clutterbuck	29.6
Leroy Honey	29.7
Ethan Calvert	29.8
Levi Lawson	29.9

## U13 BOYS

### 800m

<b>1</b>	<b>G Sexton</b>	<b>2:19.3</b>	<b>Harlow</b>	<b>1973</b>
2	Cameron Wedon	2:24.5	Norwich	01/08/2021
3	Marley Harrison	2:27.4	Gt Yarmouth	25/07/2021
4	Noah Baker	2:28.7	Gt Yarmouth	03/07/2022
5	Tyler Bilyard Noah Baker	2:29.1	Ipswich Bury St Edmunds	06/07/2014 04/09/2022
6	Cameron Wedon	2:29.2	Gt Yarmouth	25/07/2021
7	Tom Barber	2:29.36	Norwich	30/08/2023
8	Noah Baker	2:29.7	Norwich	16/09/2022
9	Cameron Wedon	2:31.7	Norwich	07/05/2021
10	Tyler Bilyard	2:31.8	Bury St Edmunds	14/09/2014
11	Noah Baker	2:31.9	Norwich	05/06/2022
12	Cameron Barnes	2:33.0	Gt Yarmouth	21/07/2013
13	Josh Clark	2:33.5	Bury St Edmunds	02/08/2009
14	Cameron Barnes	2:33.6	Gt Yarmouth	13/07/2014

<b>G Sexton</b>	<b>2:19.3</b>
Cameron Wedon	2:24.5
Marley Harrison	2:27.4
Noah Baker	2:28.7
Tyler Bilyard	2:29.1
Tom Barber	2:29.36
Cameron Barnes	2:33.0
Josh Clark	2:33.5
Sonny Butler	2:33.8
Toby Scott	2:36.2
James Smith	2:37.4
Louie Lewis	2:37.9
Archie Middleton	2:38.2
Kai Beadle	2:38.4
Aaron Roberts	2:38.5

### 1500m

<b>1</b>	<b>B Rowe</b>	<b>4:50.7</b>	<b>Hemel Hempstead</b>	<b>23/05/1999</b>
2	Tom Barber	4:57.4	Bury St Edmunds	03/09/2023
3	Cameron Barnes	5:02.1	Bury St Edmunds	14/09/2014
4	Tom Barber	5:05.7	King's Lynn	30/07/2023
5	Jack Cottingham	5:05.8	Gt Yarmouth	23/06/2013
6	Orson Bartlett	5:06.6	Norwich	28/08/2024
7	Cameron Barnes	5:07.2	Norwich	04/05/2014
8	Cameron Barnes Jack Cottingham	5:07.5 5:07.5	Gt Yarmouth Gt Yarmouth	08/06/2014 14/07/2013
9	Cameron Barnes	5:09.1	Ipswich	06/07/2014
10	Tyler Bilyard	5:10.0	Gt Yarmouth	07/08/2014
11	Tom Barber	5:11.4	Bury St Edmunds	04/09/2022
12	Cameron Barnes	5:11.7	Gt Yarmouth	14/07/2013
13	Harry Doran	5:12.7	Bury St Edmunds	03/09/2023
14	Josh Clark	5:14.2	Gt Yarmouth	02/07/2009

<b>B Rowe</b>	<b>4:50.7</b>
Tom Barber	4:57.4
Cameron Barnes	5:02.1
Jack Cottingham	5:05.8
Orson Bartlett	5:06.6
Tyler Bilyard	5:10.0
Harry Doran	5:12.7
Josh Clark	5:14.2
Cameron Wedon	5:14.5
Archie Middleton	5:16.9
Toby Scott	5:18.3
Keelan Pywell	5:19.3
Billy Heseltine	5:19.9
Aaron Roberts	5:20.1
Harry Pywell	5:21.5
James Smith	5:23.7

### 75m Hurdles

<b>1</b>	<b>N Jones</b>	<b>13.0</b>	<b>Norwich</b>	<b>16/05/1992</b>
2	Oliver Shipp	14.0	Ipswich	05/05/2019
3	Oliver Brice	14.5	Gt Yarmouth	12/05/2007
4	Oliver Shipp	14.6	Norwich	12/05/2018
5	Mohammed Omar	14.7	Cambridge	29/07/2012
6	Tyler Bilyard	14.7	Bury St Edmunds	14/09/2014
7	Billy Heseltine	15.3	Gt Yarmouth	08/06/2014
8	Billy Heseltine	15.4	Norwich	04/05/2014
9	Tyler Bilyard	15.6	Gt Yarmouth	31/07/2013
10	Oscar Abel	15.8	Norwich	24/04/2022
11	Levi Lawson	15.9	Ipswich	06/07/2014

<b>N Jones</b>	<b>13.0</b>
Oliver Shipp	14.0
Oliver Brice	14.5
Mohammed Omar	14.7
Tyler Bilyard	14.7
Billy Heseltine	15.3
Oscar Abel	15.8
Levi Lawson	15.9
Luke Duval-Woods	16.1
Daniel Allman	16.3
Sonny Butler	16.4
Sam Brownsell	16.7
Adam Skidmore	16.8



## U15 BOYS

### Javelin (600g)

<b>1</b>	<b>J King</b>	<b>49.24m</b>	<b>Gt Yarmouth</b>	<b>23/07/1996</b>	<b>J King</b>	<b>49.24m</b>
2	Kai Hewitt	41.66m	Gt Yarmouth	12/08/2007	Kai Hewitt	41.66m
3	Kai Hewitt	41.41m	Peterborough	22/07/2007	Kallum Martin	41.20m
4	Kallum Martin	41.20m	Peterborough	13/06/2015	Callum Clarke	40.64m
5	Callum Clarke	40.64m	Ipswich	19/07/2015	Benjamin Grey	36.43m
6	Kallum Martin	38.47m	Norwich	06/06/2015	R Wickham	36.11m
7	Callum Clarke	37.80m	Bury St Edmunds	09/08/2015	Jay Turner	33.34m
8	Kai Hewitt	37.76m	Norwich	16/06/2007	Levi Lawson	28.57m
9	Kai Hewitt	37.50m	Norwich	09/06/2007	Billy Heseltine	26.65m
10	Benjamin Grey	36.43m	Norwich	09/06/2018	Mohammed Omar	26.16m

### Hammer (4Kg)

<b>1</b>	<b>A Morris</b>	<b>31.97m</b>	<b>Gt Yarmouth</b>	<b>22/06/1997</b>	<b>A Morris</b>	<b>31.97m</b>
2	Alfonso Mendes	22.10m	King's Lynn	14/08/2016	Alfonso Mendes	22.10m
3	Kasper Czyz	18.52m	Colchester	01/09/2013	Kasper Czyz	18.52m
4	Christopher Spinks	6.41m	Bury St Edmunds	19/09/2010	Christopher Spinks	6.41m
5	Kyle Ella	4.62m	Norwich	08/08/2010	Kyle Ella	4.62m
6	Marley Barker	4.05m	Ipswich	19/07/2015	Marley Barker	4.05m
7						
8						
9						
10						

### Discus (1.25Kg)

<b>1</b>	<b>M Stubbs</b>	<b>39.73m</b>	<b>Norwich</b>	<b>1976</b>	<b>M Stubbs</b>	<b>39.73m</b>
2	Edgar Alston	33.47m	Gt Yarmouth	25/07/2021	Edgar Alston	33.47m
3	Edgar Alston	33.27m	Norwich	05/06/2021	Marley Wright	25.67m
4	Edgar Alston	30.71m	Norwich	04/07/2021	Alecks Whyte	24.26m
5	Edgar Alston	28.42m	Norwich	12/06/2021	Kasper Czyz	22.30m
6	Marley Wright	25.67m	Gt Yarmouth	21/07/2013	Callum Clarke	21.09m
7	Marley Wright	25.34m	Colchester	01/09/2013	Jordan Godfrey	20.97m
8	Alecks Whyte	24.26m	Gt Yarmouth	03/07/2022	Alecks Whyte	20.89m
9	Edgar Alston	23.76m	Norwich	01/08/2021	Josh Clark	20.66m
10	Kasper Czyz	22.30m	Colchester	01/09/2013	Aaron Wright	19.45m
11	Marley Wright	22.19m	Bury St Edmunds	15/09/2013	Hayden Page	19.43m

### Shot (4Kg)

<b>1</b>	<b>Tyreece Simpson</b>	<b>12.80m</b>	<b>Horspath</b>	<b>21/08/2016</b>	<b>Tyreece Simpson</b>	<b>12.80m</b>
2	Edgar Alston	12.71m	Gt Yarmouth	25/07/2021	Edgar Alston	12.71m
3	Tyreece Simpson	12.31m	Norwich	19/06/2016	Alecks Whyte	10.58m
4	Tyreece Simpson	12.22m	Gateshead	09/07/2016	Mark Phillipson	9.95m
5	Tyreece Simpson	12.13m	Norwich	11/06/2016	George Smith	8.85m
6	Edgar Alston	12.04m	Norwich	12/06/2021	Callum Clarke	8.33m
7	Edgar Alston	11.95m	Gt Yarmouth	06/06/2021	Kasper Czyz	7.85m
8	Edgar Alston	11.93m	Norwich	14/05/2021	Billy Randell	7.85m
9	Edgar Alston	11.74m	Norwich	01/08/2021	Harvey Lock	7.69m
10	Tyreece Simpson	11.41m	Norwich	24/04/2016	William Wassmer	7.55m

## U15 BOYS

### Triple Jump

1	<b>C Wilkinson</b>	<b>11.77m</b>	<b>Colchester</b>	<b>06/06/2006</b>	<b>C Wilkinson</b>	<b>11.77m</b>
2	George Smith	11.55m	Cambridge	25/06/2022	George Smith	11.55m
3	Sam Waite	11.54m	Gt Yarmouth	23/06/2013	Sam Waite	11.54m
4	Kai Hewitt	11.47m	Bury St Edmunds	23/09/2007	Kai Hewitt	11.47m
5	George Smith	11.40m	Bury St Edmunds	04/09/2022	Dominic Burnham	10.78m
6	George Smith	11.39m	Bedford	28/08/2022	Billy Randell	10.41m
7	George Smith	11.38m	Gt Yarmouth	03/07/2022	Dominic Oliver	10.18m
8	George Smith	11.32m	Norwich	15/05/2022	Scott Wilson	9.74m
9	George Smith	11.26m	Norwich	24/04/2022	Kane Simmonds	9.71m
10	George Smith	11.07m	Norwich	15/04/2022	George Buzec	9.66m
11	George Smith	10.91m	Norwich	29/08/2021		
12	George Smith	10.82m	Norwich	05/09/2021		
13	Dominic Burnham	10.78m	Gt Yarmouth	08/05/2011		
14	Billy Randell	10.41m	Norwich	04/05/2014		

### High Jump

1	<b>Alfie Leonard</b>	<b>1.78m</b>	<b>Norwich</b>	<b>02/08/2015</b>	<b>Alfie Leonard</b>	<b>1.78m</b>
2	J King	1.75m	Crystal Palace	30/06/1996	J King	1.75m
	Alfie Leonard		Bury St Edmunds	09/08/2015	Kai Beadle	1.65m
3	Alfie Leonard	1.74m	Norwich	06/06/2015	George Smith	1.62m
4	Alfie Leonard	1.70m	Gt Yarmouth	21/06/2015	C Wilkinson	1.60m
5	Alfie Leonard	1.65m	Peterborough	13/06/2015	Miguel Reyes	1.50m
	Kai Beadle		Gt Yarmouth	21/06/2015	Marley Wright	1.50m
6	Alfie Leonard	1.64m	Gateshead	10/07/2015	Alfonso Mendes	1.50m
7	George Smith	1.62m	Norwich	05/06/2022	Kane Simmonds	1.45m
8	C Wilkinson		Colchester	04/06/2006	Kyle Daymond	1.45m
	Alfie Leonard	1.60m	Gt Yarmouth	07/08/2014	Billy Heseltine	1.45m
	Kai Beadle		King's Lynn	23/05/2015	Alfie Bone	1.45m
9	Alfie Leonard	1.55m	Ipswich	06/07/2014	Keelan Pywell	1.40m
	Kai Beadle		Hendon	23/08/2015	Michael Cross	1.40m
10	George Smith	1.52m	Peterborough	25/09/2022	Levi Lawson	1.40m
	Miguel Reyes		Bury St Edmunds	02/08/2009	Noah Millership-Wallace	1.40m
	Marley Wright		Gt Yarmouth	14/07/2013	Toby Scott	1.40m
11	Kai Beadle	1.50m	Colchester	03/05/2015	Ikenna Pigott	1.35m
	Alfonso Mendes		King's Lynn	14/08/2016	Dawid Gromala	1.35m
	George Smith		Gt Yarmouth	18/09/2022	<b>Harry Doran</b>	<b>1.30m</b>

### Long Jump

1	<b>J Shipp</b>	<b>6.12m</b>	<b>Gt Yarmouth</b>	<b>23/08/1992</b>	<b>J Shipp</b>	<b>6.12m</b>
2	Sam Waite	5.88m	Norwich	08/06/2013	Sam Waite	5.88m
3	Sam Waite	5.79m	Birmingham	06/07/2013	Jahmal Mills	5.75m
4	Jahmal Mills	5.75m	King's Lynn	13/05/2006	Josh Aldred	5.72m
5	Jahmal Mills	5.74m	St Ives	09/07/2006	Hayden Page	5.65m
6	Josh Aldred	5.72m	Birmingham	09/07/2005	George Smith	5.58m
7	Jahmal Mills	5.70m	Gt Yarmouth	13/08/2006	Tyrece Simpson	5.39m
8	Sam Waite	5.66m	Gt Yarmouth	14/07/2013	Dominic Burnham	5.38m
9	Josh Aldred	5.65m	Ipswich	18/06/2005	Alfie Bull	5.33m
	Hayden Page		Norwich	25/05/2014	Leroy Honey	5.29m
10	Josh Aldred	5.62m	Gt Yarmouth	07/08/2005	Jake Bailey	5.27m
					Connor Southam	5.25m



## U15 BOYS

100m						
1	<b>Alecks Whyte</b>	<b>11.3</b>	<b>Norwich</b>	<b>24/04/2022</b>	<b>Alecks Whyte</b>	<b>11.3</b>
2	Corben Pollard	11.48	Lee Valley	19/05/2024	Corben Pollard	11.48
3	J Shipp	11.5	Gt Yarmouth	02/08/1992	J Shipp	11.5
	Alecks Whyte		Bury St Edmunds	04/09/2022	Josh Aldred	11.7
4	Alecks Whyte	11.6	Norwich	14/05/2022	Jahmal Mills	11.7
	Corben Pollard	11.6	Norwich	08/06/2024	Dominic Burnham	11.7
5	Corben Pollard	11.64	Lee Valley	19/05/2024	Kai Hewitt	11.8
6	Josh Aldred	11.7	Ipswich	21/08/2005	Hayden Page	11.8
	Jahmal Mills		King's Lynn	25/06/2006	Tyreece Simpson	11.8
	Dominic Burnham		Bury St Edmunds	17/07/2011	George Smith	12.0
	Alecks Whyte		Norwich	05/09/2021	Mark Phillipson	12.2
7	Corben Pollard	11.77	Cambridge	29/06/2024	Lee Lin	12.2
8	Corben Pollard	11.79	Stratford	18/08/2024	Oliver Brice	12.3
9	Josh Aldred	11.8	Colchester	31/07/2005	Sam Waite	12.3
	Jahmal Mills		Boston	17/06/2006	Maxwell Birtwistle	12.3
	Kai Hewitt		Gt Yarmouth	24/06/2007	Alfie Bull	12.3
	Dominic Burnham		Norwich	12/05/2012	Connor Southam	12.4
	Hayden Page		Norwich	14/06/2014	Matthew Wright	12.5
	Tyreece Simpson		Norwich	24/04/2016	Ethan Grimbleby	12.5
	Alecks Whyte		Norwich	01/08/2021	Marley Wright	12.6
10	Alecks Whyte	11.82	Sportcity	08/07/2022	Alfie Leonard	12.6
11	Alecks Whyte	11.83	Sportcity	08/07/2022	Jack Wintle	12.6
12	Jahmal Mills	11.9	Gt Yarmouth	27/07/2006	Tom Burgess	12.7
	Kai Hewitt	11.9	Gt Yarmouth	12/08/2007	Leroy Honey	12.7
	Hayden Page	11.9	Norwich	14/06/2014	Adam Wright	12.8
	Tyreece Simpson	11.9	Norwich	11/06/2016	Aaron Wright	12.8
	Corben Pollard	11.9	King's Lynn	02/06/2024	Connor Dobson	12.87

200m						
1	<b>Dominic Burnham</b>	<b>22.97</b>	<b>Gateshead</b>	<b>06/07/2012</b>	<b>Dominic Burnham</b>	<b>22.97</b>
2	Dominic Burnham	23.20	Gateshead	07/07/2012	Alecks Whyte	23.5
3	Dominic Burnham	23.5	Gt Yarmouth	03/07/2012	Corben Pollard	23.52
	Alecks Whyte		Norwich	24/04/2022	Kai Hewitt	23.7
4	Corben Pollard	23.52	Cambridge	29/06/2024	Jahmal Mills	23.95
5	Dominic Burnham	23.6	Norwich	12/05/2012	Hayden Page	24.1
6	Dominic Burnham	23.7	Cambridge	29/07/2012	Alfie Leonard	24.3
	Kai Hewitt		Norwich	09/06/2007	George Smith	24.5
7	Dominic Burnham	23.8	Norwich	12/05/2012	Mark Phillipson	25.0
	Kai Hewitt		Gt Yarmouth	12/08/2007	Tyreece Simpson	25.00
	Alecks Whyte		Norwich	15/05/2022	Sam Waite	25.1
	Corben Pollard		Norwich	15/06/2024	Alfie Bull	25.2
8	Dominic Burnham	23.9	King's Lynn	01/07/2012	Connor Southam	25.3
	Kai Hewitt		Gt Yarmouth	24/06/2007	Jordan Godfrey	25.4
	Alecks Whyte		Ipswich	01/05/2022	Matthew Wright	25.4
9	Corben Pollard	23.9	Gt Yarmouth	28/04/2024	Connor Dobson	25.5
10	Jahmal Mills	23.95	Birmingham	06/08/2006	Tom Burgess	25.6
11	Dominic Burnham	23.98	Abingdon	26/05/2012	Kyle Daymond	25.6

## U15 BOYS

### 300m

<b>1</b>	<b>George Smith</b>	<b>38.5</b>	<b>Norwich</b>	<b>15/05/2022</b>	<b>George Smith</b>	<b>38.5</b>
2	George Smith	38.8	Norwich	24/04/2022	Connor Southam	39.9
3	George Smith	38.9	Bury St Edmunds	29/05/2022	Marley Wright	40.5
4	George Smith	39.0	Gt Yarmouth	18/09/2022	Ethan Grimbleby	40.7
5	George Smith	39.28	Cambridge	25/06/2022	Kyle Daymond	41.0
6	George Smith	39.33	Sportcity	08/07/2022	Sam Waite	41.5
7	Connor Southam	39.9	Gt Yarmouth	22/07/2018	Will Neesham	41.8
8	George Smith	40.49	Bedford	27/08/2022	Leroy Honey	41.9
9	Marley Wright	40.5	Gt Yarmouth	22/08/2013	Tyler Bilyard	42.1
10	Marley Wright	40.7	Bury St Edmunds	15/09/2013	Harry Collins	42.1
	Ethan Grimbleby		Norwich	14/06/2014	William Wassmer	42.2
11	Ethan Grimbleby	40.8	Ipswich	06/07/2014	Adam Wright	42.3
12	Marley Wright	41.0	Colchester	01/09/2013	Daniel Harrison	43.0
	Kyle Daymond		King's Lynn	17/08/2014	Kallum Martin	43.8
13	Kyle Daymond	41.1	Ipswich	06/07/2014	Cameron Wedon	43.8
14	Marley Wright	41.2	Gt Yarmouth	14/07/2013		
	Ethan Grimbleby		Norwich	25/05/2014		

### 800m

<b>1</b>	<b>J Allen</b>	<b>2:04.95</b>	<b>Crystal Palace</b>	<b>13/07/1986</b>	<b>J Allen</b>	<b>2:04.95</b>
2	Cameron Wedon	2:06.4	Norwich	13/05/2023	Cameron Wedon	2:06.4
3	Cameron Wedon	2:07.02	Watford	14/06/2023	Tyler Bilyard	2:08.66
4	Cameron Wedon	2:07.6	Gt Yarmouth	04/06/2023	Aaron Roberts	2:12.4
5	Tyler Bilyard	2:08.66	Horspath	21/08/2016	Daniel Harrison	2:13.18
6	Cameron Wedon	2:10.04	Cambridge	24/06/2023	Josh Clark	2:13.3
7	Cameron Wedon	2:10.1	Norwich	10/06/2023	William Wassmer	2:15.3
8	Cameron Wedon	2:11.0	Norwich	30/04/2023	Stanley Collins	2:16.9
9	Tyler Bilyard	2:11.3	Norwich	18/09/2016	Dominic Oliver	2:17.3
10	Tyler Bilyard	2:11.8	Norwich	19/06/2016	Oliver Alexander	2:18.2
11	Aaron Roberts	2:12.4	Gt Yarmouth	26/09/2019	Kyle Ella	2:18.4
12	Tyler Bilyard	2:12.6	Norwich	11/06/2016	Connor Wright	2:18.4
13	Cameron Wedon	2:12.64	Lee Valley	01/04/2023		
14	Tyler Bilyard	2:13.0	Gt Yarmouth	12/06/2016		
15	Aaron Roberts	2:13.1	Ipswich	04/08/2019		

### 1500m

<b>1</b>	<b>T Salmon</b>	<b>4:14</b>	<b>Hendon</b>	<b>15/08/1993</b>	<b>T Salmon</b>	<b>4:14</b>
2	Aaron Roberts	4:32.9	Norwich	11/05/2019	Aaron Roberts	4:32.9
3	Tyler Bilyard	4:38.1	King's Lynn	14/08/2016	Tyler Bilyard	4:38.1
4	Dominic Oliver	4:38.7	Grantahm	19/06/2010	Dominic Oliver	4:38.7
5	Dominic Oliver	4:38.8	Bury St Edmunds	19/05/2010	Billy Heseltine	4:46.2
6	Aaron Roberts	4:40.2	Gt Yarmouth	23/06/2019	Jack Cottingham	4:46.8
7	Dominic Oliver	4:40.3	Gt Yarmouth	20/06/2010	Kyle Ella	4:46.9
8	Dominic Oliver	4:40.7	Cambridge	16/05/2010	Keelan Pywell	4:48.1
9	Dominic Oliver	4:41.5	Bury St Edmunds	19/09/2010	Josh Clark	4:49.4
10	Dominic Oliver	4:42.7	Ipswich	09/05/2010	Harry Doran	4:50.4
					Alfie Bone	4:53.4
					Cameron Wedon	4:55.1
					Daniel Harrison	4:56.3

## U15 BOYS

### 3000m

1	<b>Keelan Pywell</b>	<b>9:57.0</b>	<b>Gt Yarmouth</b>	<b>22/07/2010</b>	<b>Keelan Pywell</b>	<b>9:57.0</b>
2	Keelan Pywell	10:13.1	Gt Yarmouth	09/05/2010	Harry Doran	10:16.8
3	Harry Doran	10:16.8	Norwich	28/08/2024	Tom Barber	10:36.8
4	Keelan Pywell	10:30.24	Chelmsford	11/09/2010	Kai Beadle	10:48.3
5	Harry Doran	10:31.3	Norwich	12/05/2024	Tyler Bilyard	10:48.6
6	Tom Barber	10:36.8	Norwich	12/05/2024	Zak Barber	11:06.7
7	Kai Beadle	10:48.3	Norwich	11/09/2015	Billy Heseltine	11:21.0
8	Tyler Bilyard	10:48.6	Norwich	11/09/2015	Jack Collins	11:22.2
9	Harry Doran	10:49.22	Norwich	03/04/2024	Guy Lynskey	12:10.4
10	Zak Barber	11:06.7	Norwich	31/10/2020	Archie Charles	12:41.7
11	Zak Barber	11:18.7	Norwich	14/05/2021		
12	Billy Heseltine	11:21.0	King's Lynn	23/05/2015		
13	Jack Collins	11:22.2	Gt Yarmouth	25/04/2013		
14	Guy Lynskey	12:10.4	Gt Yarmouth	15/06/2017		

### 80m Hurdles

1	<b>J Shipp</b>	<b>11.5</b>	<b>Colchester</b>	<b>11/08/1991</b>	<b>J Shipp</b>	<b>11.5</b>
2	George Smith	12.7	Peterborough	25/09/2022	George Smith	12.7
3	Tyler Bilyard	12.8	Gt Yarmouth	12/06/2016	Tyler Bilyard	12.8
4	George Smith	12.9	Bury St Edmunds	29/05/2022	Oliver Brice	14.4
5	Tyler Bilyard	13.1	King's Lynn	14/08/2016	Mohammed Omar	14.9
6	Tyler Bilyard	13.2	Norwich	11/06/2016	Kyle Ella	16.9
7	Tyler Bilyard	13.3	Norwich	14/05/2016		
8	Tyler Bilyard	13.5	Gt Yarmouth	26/05/2016		
9	George Smith	13.5	Norwich	14/05/2022		
10	Tyler Bilyard	13.6	Peterborough	08/05/2016		
11	Tyler Bilyard	14.0	Norwich	24/04/2016		
12	Oliver Brice	14.4	Gt Yarmouth	22/06/2008		
13	Mohammed Omar	14.9	Gt Yarmouth	14/07/2013		

### Pentathlon

1	<b>G Hurst</b>	<b>2405</b>	<b>Norwich</b>	<b>15/09/1990</b>	<b>G Hurst</b>	<b>2405</b>
2	George Smith	2233	Peerborough	25/09/2022	George Smith	2233
3						
4						
5						
6						
7						
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10						

## U17 MEN

### Javelin (700g)

<b>1</b>	<b>S Aldred</b>	<b>49.60m</b>	<b>Milton Keynes</b>	<b>19/06/1994</b>	<b>S Aldred</b>	<b>49.60m</b>
2	Richard Taylor	41.53m	Cambridge	16/05/2010	Richard Taylor	41.53m
3	Kai Hewitt	41.09m	Ipswich	20/04/2008	Kai Hewitt	41.09m
4	Richard Taylor	40.22m	Bury St Edmunds	02/08/2009	Callum Clarke	39.33m
5	Callum Clarke	39.33m	Bury St Edmunds	16/07/2017	Joe Lees	38.18m
6	Joe Lees	38.18m	Bury St Edmunds	23/09/2007	Jake Bailey	37.67m
7	Jake Bailey	37.67m	Norwich	24/07/2016	Jamal Mills	36.52m
8	Joe Lees	37.23m	Peterborough	06/08/2006	Jay Turner	33.12m
9	Kai Hewitt	36.84m	Bury St Edmunds	21/09/2008	Levi Lawson	31.58m
10	Jamal Mills	36.52m	Bedford	27/09/2008	Marley Wright	29.30m

### Hammer (5Kg)

<b>1</b>	<b>M Bloomfield</b>	<b>31.56m</b>	<b>Gt Yarmouth</b>	<b>29/08/1993</b>	<b>M Bloomfield</b>	<b>31.56m</b>
2	Edgar Alston	23.96m	Gt Yarmouth	03/07/2022	Edgar Alston	23.96m
3	Jacob Hanton	19.88m	Bury St Edmunds	08/09/2019	Jacob Hanton	19.88m
4	Jacob Hanton	19.41m	Ipswich	21/07/2019	John Jennings	8.61m
5	Jacob Hanton	18.24m	Lee Valley	07/09/2019	Keelan Pywell	5.07m
6	John Jennings	8.61m	Bury St Edmunds	17/09/2017		
7	Keelan Pywell	5.07m	Gt Yarmouth	21/08/2011		
8						

### Discus (1.5Kg)

<b>1</b>	<b>M Wilkinson</b>	<b>44.57m</b>	<b>Gt Yarmouth</b>	<b>1979</b>	<b>M Wilkinson</b>	<b>44.57m</b>
2	Jamal Mills	34.34m	Bedford	28/09/2008	Jamal Mills	34.34m
3	Edgar Alston	31.88m	Ipswich	01/05/2022	Edgar Alston	31.88m
4	Edgar Alston	30.16m	Gt Yarmouth	03/07/2022	Jacob Hanton	29.31m
5	Jamal Mills	29.64m	Bedford	05/08/2007	Aaron Wright	28.77m
6	Jacob Hanton	29.31m	Lee Valley	07/09/2019	Marley Wright	22.80m
7	Jacob Hanton	29.11m	Norwich	31/10/2020	Josh Clark	22.28m
8	Aaron Wright	28.77m	Ipswich	04/08/2019	Johannes Bieber	21.25m
9	Jamal Mills	28.37m	Bedford	30/09/2007	Tim Creak	20.87m
10	Edgar Alston	28.21m	Norwich	11/06/2022	Tyler Bilyard	19.04m
11	Edgar Alston	25.34m	Norwich	24/04/2022	Samuel Stevens	18.42m
12	Jacob Hanton	24.76m	Ipswich	21/07/2019	Dominic Oliver	17.60m

### Shot (5Kg)

<b>1</b>	<b>M Stubbs</b>	<b>12.97m</b>	<b>Norwich</b>	<b>1978</b>	<b>M Stubbs</b>	<b>12.97m</b>
2	Tyreece Simpson	12.52m	Norwich	09/06/2018	Tyreece Simpson	12.52m
3	Jamal Mills	11.33m	Bedford	05/08/2007	Jamal Mills	11.33m
4	Edgar Alston	11.33m	Norwich	11/06/2022	Edgar Alston	11.33m
5	Jamal Mills	11.25m	Woodford	17/05/2008	Jake Bailey	10.73m
6	Jamal Mills	11.09m	Bury St Edmunds	02/09/2007	Jacob Hanton	10.64m
7	Jamal Mills	11.08m	Bedford	28/09/2008	Marley Wright	10.01m
8	Edgar Alston	11.05m	Gt Yarmouth	03/07/2022	Alecks Whyte	9.69m
9	Jake Bailey	10.73m	Bury St Edmunds	17/09/2017	Aaron Wright	9.28m
10	Jacob Hanton	10.64m	Norwich	31/10/2020	Mark Phillipson	9.05m
11	Jacob Hanton	10.42m	Lee Valley	07/09/2019	Shane Atherton	8.65m
12	Jake Bailey	10.38m	Bury St Edmunds	20/08/2017	Dominic Burnham	8.38m

## U17 MEN

### Triple Jump

<b>1</b>	<b>A McNamara</b>	<b>12.83m</b>	<b>Norwich</b>	<b>12/06/1999</b>	<b>A McNamara</b>	<b>12.83m</b>
2	Kai Hewitt	12.64m	Peterborough	21/06/2008	Kai Hewitt	12.64m
3	Kai Hewitt	12.32m	Gt Yarmouth	22/06/2008	Jake Bailey	12.17m
4	Kai Hewitt	12.17m	Norwich	14/06/2008	Alfie Leonard	12.07m
5	Jake Bailey	12.17m	Bury St Edmunds	18/09/2016	<b>George Smith</b>	<b>11.84m</b>
6	Kai Hewitt	12.14m	Bury St Edmunds	17/08/2008	Declan Allan	11.77m
7	Kai Hewitt	12.09m	Norwich	11/05/2009	Ewan Heggie	11.64m
8	Alfie Leonard	12.07m	Bury St Edmunds	18/09/2016	Connor Locke	11.54m
9	Alfie Leonard	12.01m	Norwich	30/04/2017	Wesley Attew	11.49m
10	Jake Bailey	11.98m	Norwich	30/04/2017	Billy Randell	11.38m
					Connor Dobson	11.25m

### High Jump

<b>1</b>	<b>K Low</b>	<b>1.93m</b>	<b>Gt Yarmouth</b>	<b>12/07/1992</b>	<b>K Low</b>	<b>1.93m</b>
2	Alfie Leonard	1.85m	Norwich	10/06/2017	Alfie Leonard	1.85m
3	Alfie Leonard	1.82m	Norwich	15/05/2016	Wesley Attew	1.80m
4	Wesley Attew	1.80m	St Ives	18/05/2008	James House	1.78m
	Alfie Leonard		Norwich	19/06/2016	Kai Beadle	1.78m
5	James House	1.78m	Grantham	19/06/2010	Bradley Drury	1.60m
	Kai Beadle		Bury St Edmunds	20/08/2017	George Smith	1.60m
6	Wesley Attew	1.75m	Bedford	19/04/2008	Alecks Whyte	1.60m
	Alfie Leonard		Harrow	01/05/2016	Dylan Baldwin	1.55m
	Kai Beadle		Norwich	13/05/2017	Tom Burgess	1.50m
7	Kai Beadle	1.73m	Peterborough	08/05/2016	Jordi List	1.50m
8	Kai Beadle	1.71m	Cambridge	05/06/2016	Miguel Reyes	1.40m
9	Wesley Attew	1.70m	Bury St Edmunds	23/09/2007	<b>Toby Scott</b>	<b>1.35m</b>
	James House		Norwich	12/06/2010	Corben Reynolds	1.27m
	Alfie Leonard		Norwich	24/04/2016	Samuel Stevens	1.25m
	Kai Beadle		Chelmsford	02/04/2017		
10	Jamal Mills	1.69m	Bedford	28/09/2008		

### Long Jump

<b>1</b>	<b>Jahmal Mills</b>	<b>6.75m</b>	<b>Gt Yarmouth</b>	<b>22/06/2008</b>	<b>Jahmal Mills</b>	<b>6.75m</b>
2	Jahmal Mills	6.50m	Ipswich	20/04/2008	Tim Creak	6.42m
3	Jahmal Mills	6.47m	Bury St Edmunds	02/09/2007	Jake Bailey	6.03m
4	Jahmal Mills	6.46m	Chelmsford	22/03/2008	<b>Alecks Whyte</b>	<b>5.83m</b>
5	Tim Creak	6.42m	Boston	17/06/2006	George Smith	5.82m
6	Jahmal Mills	6.41m	Bedford	27/09/2008	Hayden Page	5.74m
7	Jahmal Mills	6.39m	Welwyn	21/03/2008	Wesley Attew	5.70m
8	Jahmal Mills	6.33m	Cambridge	06/07/2008	Ewan Heggie	5.69m
9	Tim Creak	6.27m	Ipswich	18/06/2005	Connor Dobson	5.60m
	Jahmal Mills		St Ives	18/05/2008	James House	5.54m
10	Jahmal Mills	6.26m	Norwich	19/08/2007	John Jennings	5.47m
					Kai Beadle	5.43m
					Louis Labonte	5.40m
					Josh Aldred	5.36m

## U17 MEN

100m						
1	<b>Louis Labonte</b>	<b>10.84</b>	<b>Lee Valley</b>	<b>27/05/2023</b>	<b>Louis Labonte</b>	<b>10.84</b>
2	<b>Richard Taylor</b>	<b>10.9</b>	<b>Grantham</b>	<b>19/06/2010</b>	<b>Richard Taylor</b>	<b>10.9</b>
3	Louis Labonte	10.96	Lee Valley	27/05/2023	Dominic Burnham	11.0
4	Richard Taylor	11.0	Cambridge	16/05/2010	<b>Alecks Whyte</b>	<b>11.0</b>
	Dominic Burnham		Norwich	08/06/2013	Josh Aldred	11.1
	<b>Alecks Whyte</b>	<b>11.0</b>	<b>King's Lynn</b>	<b>02/06/2024</b>	Tyreece Simpson	11.2
5	Richard Taylor	11.05	Bedford	21/08/2010	John Bean	11.4
6	Richard Taylor	11.09	Bedford	21/08/2010	Jahmal Mills	11.4
7	Josh Aldred	11.1	Gt Yarmouth	24/06/2007	John Jennings	11.4
	Richard Taylor		Norwich	12/06/2010	Shane Atherton	11.5
	Dominic Burnham		Cambridge	29/06/2013	Hayden Page	11.7
8	Richard Taylor	11.12	Bedford	15/08/2010	Kai Hewitt	11.8
	Dominic Burnham		Hendon	27/07/2014	Tom Burgess	11.8
9	Dominic Burnham	11.18	Norwich	27/04/2014	Alfie Leonard	11.8
10	Dominic Burnham	11.19	Birmingham	11/07/2014	<b>George Smith</b>	<b>11.8</b>
	<b>Alecks Whyte</b>	<b>11.19</b>	<b>Cambridge</b>	<b>29/06/2024</b>	Ryan Krause	11.9
11	Dominic Burnham	11.2	Gt Yarmouth	14/07/2013	Mark Phillipson	11.9
	Tyreece Simpson	11.2	Norwich	09/06/2018	Matthew Wright	11.9
	Alecks Whyte	11.2	Norwich	10/06/2023	Connor Southam	11.9
12	Richard Taylor	11.22	Bedford	15/08/2010	Lee Lin	12.0
	Dominic Burnham	11.22	Chelmsford	30/03/2013	Jake Bailey	12.1
	Alecks Whyte	11.22	Lee Valley	27/05/2023	Cameron Edwards	12.1

  

200m						
1	<b>Dominic Burnham</b>	<b>22.3</b>	<b>Birmingham</b>	<b>05/07/2013</b>	<b>Dominic Burnham</b>	<b>22.3</b>
	<b>Richard Taylor</b>		<b>Norwich</b>	<b>12/06/2010</b>	<b>Richard Taylor</b>	<b>22.3</b>
2	Dominic Burnham	22.4	Norwich	08/06/2013	<b>Alecks Whyte</b>	<b>22.6</b>
	Richard Taylor		Chelmsford	11/09/2010	Josh Aldred	22.8
3	Dominic Burnham	22.51	Cambridge	29/06/2013	Jahmal Mills	23.1
4	Dominic Burnham	22.59	Chelmsford	30/03/2013	Alfie Leonard	23.3
5	Richard Taylor	22.6	Grantham	19/06/2010	John Jennings	23.38
	Dominic Burnham		King's Lynn	12/05/2013	John Bean	23.6
	<b>Alecks Whyte</b>	<b>22.6</b>	<b>Norwich</b>	<b>23/06/2024</b>	Shane Atherton	23.6
6	<b>Alecks Whyte</b>	<b>22.60</b>	<b>Lee Valley</b>	<b>19/05/2024</b>	Louis Labonte	23.6
7	Dominic Burnham	22.61	Hendon	03/08/2014	Kai Hewitt	23.7
	<b>Alecks Whyte</b>	<b>22.61</b>	<b>Cambridge</b>	<b>29/06/2024</b>	Hayden Page	23.7
8	Dominic Burnham	22.64	Birmingham	06/07/2013	George Smith	23.7
9	Richard Taylor	22.67	Bedford	22/08/2010	Tom Burgess	24.0
	Dominic Burnham		Chelmsford	19/04/2014	Connor Dobson	24.1
10	<b>Alecks Whyte</b>	<b>22.69</b>	<b>Walton</b>	<b>11/08/2024</b>	Matthew Wright	24.2
11	Dominic Burnham	22.7	Gt Yarmouth	31/07/2013	Tyler Bilyard	24.3
	Alecks Whyte	22.7	Norwich	10/06/2023	<b>Alfie Bull</b>	<b>24.34</b>
12	Dominic Burnham	22.77	Hendon	03/08/2014	Jake Bailey	24.7
					Connor Southam	24.7
					Mark Phillipson	24.9
					Kai Beadle	24.9
					Cameron Edwards	24.9



## U17 MEN

### 400m

1	<b>D Creak</b>	<b>49.69</b>	<b>Sheffield</b>	<b>14/08/1999</b>	<b>D Creak</b>	<b>49.69</b>
2	Alfie Leonard	51.2	Cambridge	18/06/2017	Alfie Leonard	51.2
3	Alfie Leonard	51.26	Bromley	28/05/2017	<b>Alecks Whyte</b>	<b>52.0</b>
4	Alfie Leonard	51.43	Birmingham	07/07/2017	Tom Burgess	52.37
5	Alfie Leonard	52.0	Norwich	13/05/2017	John Bean	52.5
	<b>Alecks Whyte</b>	<b>52.0</b>	<b>Norwich</b>	<b>12/05/2024</b>	Tyler Bilyard	52.7
6	Tom Burgess	52.37	Cambridge	02/06/2012	Kai Beadle	53.0
7	John Bean	52.50	Norwich	15/05/2005	Jahmal Mills	53.04
8	<b>Alecks Whyte</b>	<b>52.68</b>	<b>Norwich</b>	<b>03/04/2024</b>	John Jennings	53.6
9	Tyler Bilyard	52.7	Norwich	12/05/2018	William Wassmer	53.8
10	Tom Burgess	52.80	Peterborough	23/06/2012	Matthew Wright	54.5
11	John Bean	53.0	Ipswich	18/06/2005	Marley Wright	54.72
	Tom Burgess	53.0	King's Lynn	01/07/2012	Max Burgess	54.8
	Kai Beadle	53.0	Bury St Edmunds	17/09/2017	Daniel Harrison	55.5

### 800m

1	<b>Tyler Bilyard</b>	<b>1:58.73</b>	<b>Bedford</b>	<b>25/08/2018</b>	<b>Tyler Bilyard</b>	<b>1:58.73</b>
2	<b>G Jarvis</b>	<b>1:58.8</b>	<b>Gt Yarmouth</b>	<b>1973</b>	<b>G Jarvis</b>	<b>1:58.8</b>
3	Tyler Bilyard	1:58.9	Bury St Edmunds	08/09/2019	Tyler Bilyard	1:58.9
4	Tyler Bilyard	1:59.3	Norwich	09/06/2018	Aaron Roberts	2:00.6
5	Tyler Bilyard	1:59.8	Norwich	16/06/2018	Daniel Harrison	2:01.0
6	Tyler Bilyard	2:00.35	Sandy	29/09/2018	Josh Clark	2:01.5
7	Aaron Robert	2:00.6	Norwich	01/08/2021	Dominic Oliver	2:01.9
8	Aaron Robert	2:00.7	Norwich	05/06/2021	Kyle Ella	2:04.73
9	Tyler Bilyard	2:00.72	Horspath	01/09/2018	Max Burgess	2:05.9
10	Daniel Harrison	2:01.0	Norwich	18/09/2020	William Wassmer	2:06.0
					Stanley Collins	2:07.5
					Kai Beadle	2:07.5

### 1500m

1	<b>T Salmon</b>	<b>4:02.38</b>	<b>Birmingham</b>	<b>29/07/1995</b>	<b>T Salmon</b>	<b>4:02.38</b>
2	Aaron Roberts	4:08.7	Norwich	29/08/2021	Aaron Roberts	4:08.7
3	Aaron Roberts	4:09.16	Watford	28/07/2021	TylerBilyard	4:09.72
4	TylerBilyard	4:09.72	Watford	05/09/2018	Daniel Harrison	4:16.2
5	Aaron Roberts	4:11.3	Gt Yarmouth	06/06/2021	Stanley Collins	4:18.1
6	TylerBilyard	4:14.2	Norwich	12/05/2018	Samual Stevens	4:25.43
7	TylerBilyard	4:14.53	Watford	23/08/2017	Dominic Oliver	4:28.6
8	Daniel Harrison	4:16.2	Norwich	26/09/2020	Corben Reynolds	4:30.1
9	Stanley Collins	4:18.1	Norwich	22/06/2014	Cameron Taylor	4:33.2
10	TylerBilyard	4:18.8	Ipswich	12/08/2018	Kyle Ella	4:34.5
	Aaron Roberts	4:18.8	Cambridge	11/07/2021	Keelan Pywell	4:41.3
					Zak Barber	4:41.9
					Billy Heseltine	4:42.6

## U17 MEN

### 3000m

<b>1</b>	<b>Kevan Pywell</b>	<b>9:08.5</b>	<b>Lowestoft</b>	<b>1977</b>	<b>Kevan Pywell</b>	<b>9:08.5</b>
2	Daniel Harrison	9:18.4	Norwich	12/09/2020	Daniel Harrison	9:18.4
3	Dominic Oliver	9:26.2	Norwich	24/03/2012	Dominic Oliver	9:26.2
4	Stanley Collins	9:34.33	Hendon	27/07/2014	Stanley Collins	9:34.33
5	Dominic Oliver	9:34.7	Gt Yarmouth	12/04/2012	Zak Barber	9:47.76
6	Dominic Oliver	9:38.7	Gt Yarmouth	14/08/2012	Tyler Bilyard	9:51.6
7	Dominic Oliver	9:42.5	Ipswich	13/05/2012	Keelan Pywell	9:53.3
	Daniel Harrison		Norwich	31/10/2020	Kyle Ella	9:53.5
8	Zak Barber	9:47.76	Norwich	30/08/2023	Samual Stevens	9:55.1
9	Dominic Oliver	9:49.5	Gt Yarmouth	21/04/2011	Corben Reynolds	10:05.4
10	Tyler Bilyard	9:51.6	Gt Yarmouth	15/06/2017	Cameron Taylor	10:29.7

### 100m Hurdles

<b>1</b>	<b>George Smith</b>	<b>14.2</b>	<b>Gt Yarmouth</b>	<b>28/04/2024</b>	<b>George Smith</b>	<b>14.2</b>
2	Jahmal Mills	14.29	Bedford	27/09/2008	Jahmal Mills	14.29
3	George Smith	14.5	Norwich	12/05/2024	C Hurren	14.6
4	C Hurren	14.6	Norwich	08/06/1996	Tyler Bilyard	16.2
	George Smith	14.6	King's Lynn	02/06/2024	Alfie Leonard	18.59
5	George Smith	14.7	Norwich	08/06/2024	Kai Beadle	21.21
6	George Smith	14.77	Birmingham	12/07/2024		
7	Jahmal Mills	15.0	Bury St Edmunds	21/09/2008		
8	George Smith	15.31	Lee Valley	06/04/2024		
9	Jahmal Mills	15.64	Bedford	04/08/2007		
10	George Smith	15.7	Norwich	15/06/2024		
11	George Smith	15.76	Lee Valley	13/08/2023		
12	George Smith	15.9	Bury St Edmunds	01/09/2024		
13	Tyler Bilyard	16.2	Bury St Edmunds	17/09/2017		
14	Jahmal Mills	16.3	Stevenage	07/09/2008		
15	Tyler Bilyard	16.4	Ipswich	30/07/2017		
	George Smith	16.4	Gt Yarmouth	04/06/2023		

### 400m Hurdles

<b>1</b>	<b>L Howell</b>	<b>59.1</b>	<b>Norwich</b>	<b>1982</b>	<b>L Howell</b>	<b>59.1</b>
2	George Smith	60.86	Cambridge	29/06/2024	George Smith	60.86
3	George Smith	61.36	Lee Valley	06/04/2024		
4	George Smith	63.8	Cambridge	24/06/2023		
5						

### 1500m Steeple Chase

<b>1</b>	<b>Tyler Bilyard</b>	<b>5:00.8</b>	<b>Bury St Edmunds</b>	<b>08/09/2018</b>	<b>Tyler Bilyard</b>	<b>5:00.8</b>
2	P Duffin	5:16.1	Gt Yarmouth	10/05/1998	P Duffin	5:16.1
3						
4						

### Octathlon

<b>1</b>	<b>Jahmal Mills</b>	<b>4746</b>	<b>Bedford</b>	<b>28/09/2008</b>	<b>Jahmal Mills</b>	<b>4746</b>
2	Jahmal Mills	4442	Bedford	05/08/2007	G Hurst	3768
3	G Hurst	3768	Norwich	22/09/1991		
4						

## U20 MEN

### Javelin (800g)

<b>1</b>	<b>Thomas Balfour</b>	<b>40.12m</b>	<b>Gt Yarmouth</b>	<b>12/08/2007</b>	<b>Thomas Balfour</b>	<b>40.12m</b>
2	Richard Taylor	39.72m	Gt Yarmouth	08/05/2011	Richard Taylor	39.72m
3	Tim Creak	37.89m	Norwich	09/06/2007	Tim Creak	37.89m
4	Jahmal Mills	37.60m	King's Lynn	21/06/2009	Jahmal Mills	37.60m
5	Thomas Balfour	37.58m	Norwich	16/06/2007	Joe Lees	36.00m
6	Thomas Balfour	37.16m	Norwich	09/06/2007	James House	26.04m
7	Thomas Balfour	37.12m	Gt Yarmouth	10/04/2008	Shane Atherton	22.83m
8	Thomas Balfour	36.96m	Gt Yarmouth	24/06/2007	Connor Dobson	21.44m
9	Thomas Balfour	36.25m	Stevenage	09/07/2006	John Jennings	20.23m
10	Joe Lees	36.00m	Norwich	12/05/2008	Mark Phillipson	19.42m

### Hammer (6Kg)

<b>1</b>	<b>M Bloomfield</b>	<b>26.62m</b>	<b>Gt Yarmouth</b>	<b>14/05/1994</b>	<b>M Bloomfield</b>	<b>26.62m</b>
2	Andrew O'Brien - 7.26Kg	22.71m	Scunthorpe	25/03/2012	Andrew O'Brien - 7.26Kg	22.71m
3						
4						
5						

### Discus (1.75Kg)

<b>1</b>	<b>M Bloomfield</b>	<b>38.52m</b>	<b>Norwich</b>	<b>13/05/1995</b>	<b>M Bloomfield</b>	<b>38.52m</b>
2	Andrew O'Brien	35.07m	Scunthorpe	25/03/2012	Andrew O'Brien	35.07m
3	Jahmal Mills	33.92m	Hendon	24/05/2009	Jahmal Mills	33.92m
4	Mark Phillipson	28.58m	Gt Yarmouth	13/07/2014	Mark Phillipson	28.58m
5	Jahmal Mills	26.96m	Eton	14/06/2009	Richard Taylor	18.62m
6	Mark Phillipson	22.67m	Gt Yarmouth	21/07/2013	Tyler Bilyard	16.65m
7	Richard Taylor	18.62m	Gt Yarmouth	03/07/2011	Shane Atherton	15.02m
8	Tyler Bilyard	16.65m	Gt Yarmouth	26/09/2019	Jordi List	14.46m
9	Shane Atherton	15.02m	Gt Yarmouth	03/07/2011	James D'Amery	14.22m
10	Jordi List	14.46m	Gt Yarmouth	13/07/2014	John Jennings	13.68m

### Shot (6Kg)

<b>1</b>	<b>M Bloomfield</b>	<b>11.76m</b>	<b>St Ives</b>	<b>17/06/1995</b>	<b>M Bloomfield</b>	<b>11.76m</b>
2	Jahmal Mills	10.75m	Hendon	24/05/2009	Jahmal Mills	10.75m
3	Jahmal Mills	10.70m	Gt Yarmouth	09/05/2010	Jacob Hanton	9.00m
4	Jahmal Mills	10.37m	Eton	14/06/2009	Dapo Olaleye	7.63m
5	Jacob Hanton	9.00m	Norwich	14/05/2021	7.26Kg - Jahmal Mills	9.38m
6	Dapo Olaleye	7.63m	Eton	01/05/2011	7.26Kg - Richard Taylor	7.87m
7	7.26Kg - Jahmal Mills	9.38m	Cambridge	16/05/2010	7.26Kg - Ben Johnson	6.45m
8	7.26Kg - Richard Taylor	7.87m	Bury St Edmunds	23/09/2012	7.26Kg - James House	6.39m
9	7.26Kg - Ben Johnson	6.45m	Gt Yarmouth	20/06/2010	Ben Thompson	5.83m
10	7.26Kg - James House	6.39m	Gt Yarmouth	21/08/2011	Daniel Harrison	5.15m

## U20 MEN

### Triple Jump

1	<b>Jahmal Mills</b>	<b>12.81m</b>	<b>Bury St Edmunds</b>	<b>02/08/2009</b>
2	Kai Hewitt	12.14m	Grantham	19/06/2010
3	Connor Dobson	11.98m	Gt Yarmouth	11/06/2017
4	Kai Hewitt	11.76m	Norwich	12/06/2010
5	Kai Hewitt	11.18m	Norwich	11/06/2011
6	Jahmal Mills	10.67m	Hendon	30/08/2009
7	Ben Johnson	10.33m	Bury St Edmunds	18/09/2011
8	Ben Johnson	10.11m	Bury St Edmunds	17/07/2011
9	Ben Johnson	9.91m	Gt Yarmouth	21/08/2011
10	Ben Johnson	9.90m	Norwich	08/08/2010

<b>Jahmal Mills</b>	<b>12.81m</b>
Kai Hewitt	12.14m
Connor Dobson	11.98m
Ben Johnson	10.33m

### High Jump

	<b>Wesley Attew</b>	<b>1.80m</b>	<b>Norwich</b>	<b>13/06/2009</b>
1	<b>Jahmal Mills</b>	<b>1.80m</b>	<b>King's Lynn</b>	<b>01/08/2009</b>
	<b>James House</b>	<b>1.80m</b>	<b>Norwich</b>	<b>09/07/2011</b>
2	James House	1.79m	Gt Yarmouth	19/05/2011
3	James House	1.78m	Grantham	19/06/2010
4	James House	1.77m	Bury St Edmunds	18/09/2011
5	Wesley Attew	1.75m	Norwich	20/06/2009
	James House		Norwich	18/06/2011
6	Wesley Attew	1.70m	King's Lynn	09/05/2009
	James House		Norwich	12/06/2010
7	James House	1.60m	Cambridge	16/05/2010
8	Jahmal Mills	1.55m	Hendon	30/08/2009
9	<b>William Wassmer</b>	<b>1.50m</b>	<b>Bury St Edmunds</b>	<b>01/09/2024</b>
10	Richard Taylor	1.40m	Cambridge	29/07/2012
11	Mark Phillipson	1.35m	King's Lynn	17/08/2014

<b>Wesley Attew</b>	<b>1.80m</b>
<b>Jahmal Mills</b>	<b>1.80m</b>
<b>James House</b>	<b>1.80m</b>
<b>William Wassmer</b>	<b>1.50m</b>
Richard Taylor	1.40m
Mark Phillipson	1.35m
Tom Burgess	1.10m
Corben Reynolds	1.00m

### Long Jump

1	<b>Jahmal Mills</b>	<b>6.78m</b>	<b>King's Lynn</b>	<b>01/08/2009</b>
2	Jahmal Mills	6.68m	Norwich	13/06/2009
3	Jahmal Mills	6.55m	King's Lynn	21/06/2009
4	Jahmal Mills	6.48m	Norwich	20/06/2009
5	Jahmal Mills	6.45m	Norwich	16/05/2009
6	Tim Creak	6.42m	Norwich	09/06/2007
7	Jahmal Mills	6.41m	Cambridge	02/05/2009
8	Jahmal Mills	6.38m	King's Lynn	09/05/2009
9	Jahmal Mills	6.36m	Bury St Edmunds	02/08/2009
10	Jahmal Mills	6.29m	Hendon	24/05/2009

<b>Jahmal Mills</b>	<b>6.78m</b>
Tim Creak	6.42m
Josh Aldred	5.80m
Connor Dobson	5.65m
Richard Taylor	5.63m
John Jennings	5.57m
James House	5.48m
Lucas Santos	5.33m
Mark Phillipson	5.32m
Jordi List	4.90m
Ben Johnson	4.81m
Tyler Bilyard	4.79m
<b>Louis Labonte</b>	<b>4.71m</b>
Shane Atherton	4.41m

## U20 MEN

100m						
1	<b>Richard Taylor</b>	<b>10.97</b>	<b>Chelmsford</b>	<b>07/04/2012</b>	<b>Richard Taylor</b>	<b>10.97</b>
	Dominic Burnham	11.0	Bromley	26/07/2015	Dominic Burnham	11.0
2	Richard Taylor	11.0	Harrow	19/05/2012	Louis Labonte	11.0
	Louis Labonte	11.0	Norwich	23/06/2024	Josh Aldred	11.3
3	Louis Labonte	11.08	Cambridge	29/06/2024	John Jennings	11.3
4	Richard Taylor	11.1	Norwich	12/05/2012	Shane Atherton	11.4
5	Richard Taylor	11.14	Chelmsford	23/04/2011	Jordan Sears	11.7
6	Louis Labonte	11.17	Lee Valley	19/05/2024	Connor Dobson	11.7
7	Richard Taylor	11.2	Gt Yarmouth	08/05/2011	Dapo Olaley	11.9
	Louis Labonte	11.2	Norwich	12/05/2024	Mark Phillipson	11.96
8	Richard Taylor	11.23	Basildon	10/07/2011	Christopher Peck	12.0
9	Josh Aldred		St Ives	18/05/2008	Tom Burgess	12.0
	Richard Taylor	11.3	Norwich	09/07/2011	Jordi List	12.1
	John Jennings		Norwich	12/05/2018	Ben Johnson	12.3
	Louis Labonte	11.3	Norwich	08/06/2024	James D'Amery	12.6
10	Richard Taylor	11.36	Eton	01/05/2011	Daniel Harrison	12.7
11	Richard Taylor	11.4	Norwich	18/06/2011		
	Shane Atherton	11.4	Gt Yarmouth	14/07/2013		
	John Jennings	11.4	Ipswich	21/07/2019		
	Louis Labonte	11.4	Gt Yarmouth	28/04/2024		

200m						
1	<b>Dominic Burnham</b>	<b>21.7</b>	<b>King's Lynn</b>	<b>23/05/2015</b>	<b>Dominic Burnham</b>	<b>21.7</b>
2	Dominic Burnham	22.0	King's Lynn	23/05/2015	Richard Taylor	22.01
3	Richard Taylor	22.01	Chelmsford	07/04/2012	Josh Aldred	22.8
4	Richard Taylor	22.03	Gateshead	06/07/2012	John Jennings	22.8
5	Dominic Burnham	22.09	Bedford	21/06/2015	Tom Burgess	23.3
6	Richard Taylor	22.1	Norwich	12/05/2012	Louis Labonte	23.4
7	Dominic Burnham	22.22	Bedford	21/06/2015	Shane Atherton	23.5
8	Richard Taylor	22.3	Norwich	22/04/2012	Connor Dobson	23.5
	Dominic Burnham		Norwich	06/06/2015	Dapo Olaley	24.6
9	Dominic Burnham	22.33	Gateshead	11/07/2015	Daniel Harrison	24.7
10	Richard Taylor	22.35	Basildon	10/07/2011	Ben Johnson	24.9
					Christopher Peck	24.9
					Jordan Sears	24.9

400m						
1	<b>Tom Burgess</b>	<b>51.8</b>	<b>Norwich</b>	<b>08/06/2013</b>	<b>Tom Burgess</b>	<b>51.8</b>
2	Tyler Bilyard	52.2	Norwich	11/05/2019	Tyler Bilyard	52.20
3	Tyler Bilyard	52.4	Gt Yarmouth	23/06/2019	Daniel Harrison	52.9
4	Tom Burgess	52.47	Peterborough	26/08/2013	William Wassmer	53.44
5	Tyler Bilyard	52.5	Ipswich	21/07/2019	Ben Johnson	53.9
6	Tom Burgess	52.6	Norwich	15/06/2013	Kyle Ella	56.1
7	Tom Burgess	52.7	Hemel Hempstead	20/04/2013	Mark Phillipson	58.1
8	Tom Burgess	52.9	Gt Yarmouth	23/06/2013	Ben Thompson	59.6
	Daniel Harrison	52.9	Norwich	05/09/2021	Shane Atherton	62.0
9	Tyler Bilyard	53.00	Ipswich	14/09/2019	Jack Tate	63.0
10	Tom Burgess	53.2	Gt Yarmouth	14/07/2013	Lucas Santos	64.1
	Daniel Harrison		Norwich	12/06/2021		

## U20 MEN

### 800m

1	<b>Tyler Bilyard</b>	<b>1:53.32</b>	<b>Lee Valley</b>	<b>29/08/2020</b>
2	Tyler Bilyard	1:54.10	Watford	07/08/2019
3	Tyler Bilyard	1:54.39	Ipswich	14/09/2019
4	Tyler Bilyard	1:54.7	Norwich	18/09/2020
5	Tyler Bilyard	1:56.24	Lee Valley	05/08/2020
6	Tyler Bilyard	1:56.73	Bromley	13/07/2019
7	Tyler Bilyard	1:57.55	Reading	15/06/2019
8	Daniel Harrison	1:57.6	Norwich	11/06/2022
9	Tyler Bilyard	1:57.89	Crawley	19/05/2019
10	Tyler Bilyard	1:57.95	Horspath	07/09/2019
11	Daniel Harrison	1:57.8	Norwich	01/08/2021

<b>Tyler Bilyard</b>	<b>1:53.32</b>
Daniel Harrison	1:57.6
Kyle Ella	2:00.47
Josh Clark	2:01.0
Aaron Roberts	2:01.1
William Wassmer	2:03.2
Stanley Collins	2:06.9
Corben Reynolds	2:07.7
Harry Collins	2:08.5
Ben Thompson	2:10.5
Ben Johnson	2:18.0

### 1500m

1	<b>Tyler Bilyard</b>	<b>3:59.21</b>	<b>Gillingham</b>	<b>17/08/2019</b>
2	Daniel Harrison	4:00.7	Norwich	14/05/2023
3	Daniel Harrison	4:03.6	Norwich	15/05/2022
4	Tyler Bilyard	4:07.88	Bromley	13/07/2019
5	Tyler Bilyard	4:09.0	Norwich	08/06/2019
	Daniel Harrison		Gt Yarmouth	06/06/2021
6	Aaron Roberts	4:09.4	Norwich	15/05/2022
7	Tyler Bilyard	4:10.2	Gt Yarmouth	23/06/2019
8	Tyler Bilyard	4:10.63	Crawley	19/05/2019
9	Daniel Harrison	4:11.2	Bury St Edmunds	03/09/2023
10	Daniel Harrison	4:11.7	Norwich	29/08/2021
11	Tyler Bilyard	4:12.7	Ipswich	04/08/2019
12	Kyle Ella	4:13.7	Gt Yarmouth	07/08/2014

<b>Tyler Bilyard</b>	<b>3:59.21</b>
Daniel Harrison	4:00.7
Aaron Roberts	4:09.4
Kyle Ella	4:13.7
Stanley Collins	4:18.5
Corben Reynolds	4:27.12
William Wassmer	4:32.57
Ben Thompson	4:33.0
Zac Barber	4:37.7
Jake Tate	4:51.7

### 3000m

1	<b>Daniel Harrison</b>	<b>9:03.4</b>	<b>Gt Yarmouth</b>	<b>04/06/2023</b>
2	<b>Stanley Collins</b>	<b>9:08.71</b>	<b>Hendon</b>	<b>28/06/2015</b>
3	Stanley Collins	9:15.21	Watford	04/05/2016
4	Stanley Collins	9:16.84	Watford	01/06/2016
5	Kyle Ella	9:24.3	Gt Yarmouth	15/05/2014
6	Stanley Collins	9:25.2	Norwich	19/06/2016
7	Kyle Ella	9:27.8	Gt Yarmouth	08/06/2014
8	Stanley Collins	9:28.95	Peterborough	13/06/2015
9	Kyle Ella	9:31.7	Ipswich	06/07/2014
10	Corben Reynolds	9:33.45	Norwich	03/04/2024
11	Stanley Collins	9:37.3	Norwich	11/06/2016
12	Stanley Collins	9:45.2	Norwich	06/06/2015

<b>Daniel Harrison</b>	<b>9:03.4</b>
Stanley Collins	9:08.71
Kyle Ella	9:24.3
Corben Reynolds	9:33.45
Ben Thompson	9:45.8

### 5000m

1	<b>Daniel Harrison</b>	<b>15:57.9</b>	<b>Norwich</b>	<b>13/05/2023</b>
2	<b>Tyler Bilyard</b>	<b>16:02.1</b>	<b>Norwich</b>	<b>28/06/2019</b>
3	Daniel Harrison	16:31.6	Norwich	22/05/2021
4	Kyle Ella	16:40.0	Norwich	25/05/2014
5	Corben Reynolds	16:51.61	Eton	08/06/2024

<b>Daniel Harrison</b>	<b>15:57.9</b>
Tyler Bilyard	16:02.1
Kyle Ella	16:40.0
Corben Reynolds	16:51.61



## U20 MEN

### 110m Hurdles

1	<b>Jahmal Mills</b>	<b>17.7</b>	<b>Norwich</b>	<b>13/06/2009</b>
2				
3				
4				
5				

<b>Jahmal Mills</b>	<b>17.7</b>

### 400m Hurdles

1	<b>Jahmal Mills</b>	<b>63.6</b>	<b>Hendon</b>	<b>30/08/2009</b>
2				
3				
4				
5				

<b>Jahmal Mills</b>	<b>63.6</b>

### 2000m Steeple Chase

1	<b>Tyler Bilyard</b>	<b>6:36.81</b>	<b>Reading</b>	<b>15/06/2019</b>
2	Tyler Bilyard	6:38.3	Norwich	11/05/2019
3	R Barber	6:38.5	Norwich	18/05/1985
4	Kyle Ella	6:43.66	Hendon	27/07/2014
5	Tyler Bilyard	8:15.11	Gillingham	17/08/2019
6				

<b>Tyler Bilyard</b>	<b>6:36.81</b>
R Barber	6:38.5
Kyle Ella	6:43.66

## U23 and SENIOR MEN

### Javelin (800g)

1	<b>Ian Wakefield</b>	<b>54.84m</b>	<b>Tonbridge</b>	<b>13/08/1988</b>	<b>Ian Wakefield</b>	<b>54.84m</b>
2	K Bridges	40.96m	Ipswich	04/07/2010	K Bridges	40.96m
3	Jordan Gurney	31.81m	King's Lynn	02/06/2024	Jordan Gurney	31.81m
4	Mark Phillipson	31.64m	Gt Yarmouth	21/06/2015	Mark Phillipson	31.64m
5	Mark Phillipson	29.52m	Leicester	21/03/2015	<b>Ben Johnson</b>	<b>28.64m</b>
6	Jordan Gurney	28.94m	Gt Yarmouth	18/09/2022	Craig Bean	22.77m
7	Jordan Gurney	28.81m	Bury St Edmunds	03/09/2023	Josh Aldred	20.71m
8	<b>Ben Johnson</b>	<b>28.64m</b>	<b>Bury St Edmunds</b>	<b>01/09/2024</b>	Andrew McNamara	20.22m
9	Mark Phillipson	28.61m	Street	26/04/2015	Ricky Brown	16.86m
10	Jordan Gurney	28.49m	Norwich	30/04/2023		
11	Mark Phillipson	27.22m	Colchester	03/05/2015		
12	Ben Johnson	27.00m	Ipswich	06/07/2014		
13	Ben Johnson	26.96m	Gt Yarmouth	07/08/2014		
14	Jordan Gurney	26.95m	Gt Yarmouth	04/06/2023		
15	Jordan Gurney	26.91m	Gt Yarmouth	03/07/2022		

### Hammer (7.26Kg)

1	<b>K Garrod</b>	<b>33.88m</b>	<b>Gt Yarmouth</b>	<b>29/06/1991</b>	<b>K Garrod</b>	<b>33.88m</b>
2	Matthew Bloomfield	26.73m	Gt Yarmouth	19/07/2009	Matthew Bloomfield	26.73m
3	Matthew Bloomfield	23.58m	Solihull	06/07/2011	<b>Ben Johnson</b>	<b>14.08m</b>
4	<b>Ben Johnson</b>	<b>14.08m</b>	<b>Gt Yarmouth</b>	<b>28/04/2024</b>		
5						

### Discus (2Kg)

1	<b>M Bloomfield</b>	<b>43.40m</b>	<b>Gt Yarmouth</b>	<b>04/08/1996</b>	<b>M Bloomfield</b>	<b>43.40m</b>
2	M Bloomfield	32.74m	Gt Yarmouth	19/07/2009	Mark Phillipson	27.03m
3	M Bloomfield	30.53m	Doncaster	08/07/2009	Joe Cooper	24.38m
4	M Bloomfield	29.05m	Solihull	06/07/2011	<b>Ben Johnson</b>	<b>24.08m</b>
5	M Bloomfield	28.92m	King's Lynn	13/05/2006	Josh Aldred	19.05m
6	Mark Phillipson	27.03m	Bedford	19/07/2015	Craig Bean	17.51m
7	Mark Phillipson	25.95m	Gt Yarmouth	21/06/2015	Tyler Bilyard	16.64m
8	Mark Phillipson	25.85m	Street	26/04/2015	Shane Atherton	13.03m
9	Joe Cooper	24.38m	Ipswich	17/07/2016	Aaron Button	9.18m
10	<b>Ben Johnson</b>	<b>24.08m</b>	<b>Norwich</b>	<b>10/04/2024</b>		
11	<b>Ben Johnson</b>	<b>24.04m</b>	<b>Bury St Edmunds</b>	<b>01/09/2024</b>		
12	<b>Ben Johnson</b>	<b>23.77m</b>	<b>King's Lynn</b>	<b>02/06/2024</b>		
13	Mark Phillipson	23.13m	Colchester	03/05/2015		

### Shot (7.26Kg)

1	<b>S Briggs</b>	<b>12.27m</b>	<b>Gt Yarmouth</b>	<b>30/03/1994</b>	<b>S Briggs</b>	<b>12.27m</b>
2	Joe Cooper	10.81m	Ipswich	17/07/2016	Joe Cooper	10.81m
3	Matthew Bloomfield	10.65m	Doncaster	08/07/2009	Matthew Bloomfield	10.65m
4	Matthew Bloomfield	10.43m	Gt Yarmouth	19/07/2009	Mark Phillipson	8.82m
5	Matthew Bloomfield	10.31m	King's Lynn	13/05/2006	Craig Bean	8.01m
6	Matthew Bloomfield	10.29m	Solihull	06/07/2011	<b>Ben Johnson</b>	<b>7.65m</b>
7	Joe Cooper	8.92m	Norwich	24/04/2016		
8	Mark Phillipson	8.82m	Bedford	18/07/2015		
9	Mark Phillipson	8.68m	Cudworth	29/08/2015		
10	Mark Phillipson	8.45m	Leicester	21/03/2015		

## U23 and SENIOR MEN

### Triple Jump

1	<b>J French</b>	<b>14.11m</b>	<b>Cambridge</b>	<b>15/09/1996</b>	<b>J French</b>	<b>14.11m</b>
2	Andrew McNamara	12.73m	King's Lynn	13/05/2006	Andrew McNamara	12.73m
3	Ben Johnson	10.67m	King's Lynn	01/07/2012	Ben Johnson	10.67m
4	Ben Johnson	10.32m	King's Lynn	14/05/2012	Craig Bean	8.87m
5	Ben Johnson	10.22m	Gt Yarmouth	20/05/2012		
6	Ben Johnson	10.09m	Gt Yarmouth	23/06/2013		
7	Ben Johnson	10.05m	Norwich	22/04/2012		
8	Ben Johnson	9.96m	Bury St Edmunds	23/09/2012		
9	Ben Johnson	9.76m	Gt Yarmouth	20/08/2023		
10	<b>Ben Johnson</b>	<b>9.75m</b>	<b>Norwich</b>	<b>23/06/2024</b>		
11	Ben Johnson	9.74m	Gt Yarmouth	04/06/2023		
12	Ben Johnson	9.47m	Bury St Edmunds	03/09/2023		
13	Ben Johnson	9.39m	Norwich	30/04/2023		
14	Ben Johnson	9.34m	King's Lynn	30/07/2023		
15	Craig Bean	8.87m	Bury St Edmunds	17/07/2011		

### High Jump

1	<b>K Low</b>	<b>1.94m</b>	<b>Southend</b>	<b>06/05/1995</b>	<b>K Low</b>	<b>1.94m</b>
2	Jordan Gurney	1.70m	Gt Yarmouth	20/08/2023	Jordan Gurney	1.70m
3	Jordan Gurney	1.65m	Gt Yarmouth	04/06/2023	Mark Phillipson	1.48m
4	Jordan Gurney	1.60m	Bury St Edmunds	03/09/2023	Ben Johnson	1.40m
5	<b>Jordan Gurney</b>	<b>1.55m</b>	<b>Gt Yarmouth</b>	<b>28/04/2024</b>	Craig Bean	1.30m
6	Mark Phillipson	1.48m	Bedford	18/07/2015		
7	Jordan Gurney	1.45m	Gt Yarmouth	03/07/2022		
8	Mark Phillipson	1.41m	Cudworth	29/08/2015		
9	Ben Johnson	1.40m	King's Lynn	01/07/2012		
10	Mark Phillipson	1.35m	Gt Yarmouth	21/06/2015		
11	Mark Phillipson	1.33m	Street	25/04/2015		
12	Craig Bean	1.30m	Cambridge	29/07/2012		
13	Craig Bean	1.10m	Gt Yarmouth	20/05/2012		
	Ben Johnson	1.10m	Bury St Edmunds	23/09/2012		

### Long Jump

1	<b>J French</b>	<b>6.86m</b>	<b>Cambridge</b>	<b>15/09/1996</b>	<b>J French</b>	<b>6.86m</b>
2	Andrew McNamara	5.98m	King's Lynn	13/05/2006	Andrew McNamara	5.98m
3	Andrew McNamara	5.64m	Cambridge	28/05/2011	Jordan Gurney	5.55m
4	Andrew McNamara	5.63m	Gt Yarmouth	25/05/2013	Mark Phillipson	5.52m
5	Jordan Gurney	5.55m	Gt Yarmouth	04/06/2023	Josh Aldred	5.11m
6	<b>Jordan Gurney</b>	<b>5.53m</b>	<b>Gt Yarmouth</b>	<b>28/04/2024</b>	Ben Johnson	4.73m
7	Mark Phillipson	5.52m	Street	25/04/2015	Jordan Sears	4.29m
8	Andrew McNamara	5.49m	Colchester	29/08/2011	Ricky Brown	4.18m
9	Jordan Gurney	5.39m	Gt Yarmouth	03/07/2022	Aaron Button	4.05m
10	Mark Phillipson	5.37m	Bedford	18/07/2015		
11	Jordan Gurney	5.16m	Gt Yarmouth	18/09/2022		
12	Josh Aldred	5.11m	Gt Yarmouth	21/07/2013		
13	Mark Phillipson	4.76m	Colchester	03/05/2015		
14	Ben Johnson	4.73m	Chelmsford	07/04/2012		

## U23 and SENIOR MEN

100m						
1	<b>J Shipp</b>	<b>10.9</b>	<b>Norwich</b>	<b>13/05/1995</b>	<b>J Shipp</b>	<b>10.9</b>
2	Richard Taylor	10.97	Bedford	15/06/2013	Richard Taylor	10.97
3	Richard Taylor	11.0	Cambridge	29/06/2013	C Herren	11.2
4	Richard Taylor	11.02	Peterborough	26/08/2013	Shane Atherton	11.2
5	Richard Taylor	11.1	Gt Yarmouth	23/06/2013	<b>Jordan Gurney</b>	<b>11.30</b>
	C Herren		Chelmsford	10/07/2005	Dapo Olaleye	11.7
6	Richard Taylor	11.2	Peterborough	20/07/2013	Christopher Peck	12.0
	Shane Atherton		King's Lynn	23/05/2015	Mark Phillipson	12.05
7	C Herren	11.3	King's Lynn	25/06/2006	Jordi List	12.1
8	<b>Jordan Gurney</b>	<b>11.30</b>	<b>Stratford</b>	<b>18/08/2024</b>	Josh Aldred	12.2
9	<b>Jordan Gurney</b>	<b>11.33</b>	<b>Stratford</b>	<b>08/09/2024</b>	Andrew McNamara	12.4
10	Richard Taylor	11.4	Gt Yarmouth	22/08/2013	<b>Ben Johnson</b>	<b>12.6</b>
	Shane Atherton		Norwich	14/05/2016	Ricky Brown	14.4
11	Jordan Gurney	11.40	Cambridge	24/06/2023		
12	Shane Atherton	11.45	Milton Keynes	20/06/2015		
	<b>Jordan Gurney</b>	<b>11.45</b>	<b>Norwich</b>	<b>28/08/2024</b>		
13	<b>Jordan Gurney</b>	<b>11.47</b>	<b>Stratford</b>	<b>08/09/2024</b>		
14	Richard Taylor	11.5	King's Lynn	12/05/2013		
	Shane Atherton	11.5	Gt Yarmouth	08/06/2014		

200m						
1	<b>Richard Taylor</b>	<b>21.79</b>	<b>Cambridge</b>	<b>29/06/2013</b>	<b>Richard Taylor</b>	<b>21.79</b>
2	Richard Taylor	22.06	Bedford	16/06/2013	Shane Atherton	23.2
3	Richard Taylor	22.10	Peterborough	26/08/2013	Jordan Gurney	23.5
4	Richard Taylor	22.3	Gt Yarmouth	23/06/2013	Ben Johnson	24.59
5	Richard Taylor	22.4	Wormwood Scrubs	18/05/2013	Jordan Sears	24.7
6	Richard Taylor	22.48	Bedford	27/05/2013	Jordi List	25.1
7	Richard Taylor	22.5	Peterborough	20/07/2013	Josh Aldred	25.3
8	Richard Taylor	22.9	King's Lynn	12/05/2013	Mark Phillipson	25.3
9	Shane Atherton	23.2	Norwich	12/07/2014	Andrew McNamara	25.5
10	Shane Atherton	23.3	Abingdon	17/05/2014	<b>Daniel Harrison</b>	<b>25.5</b>
					Aaron Button	27.9

400m						
1	<b>J Shipp</b>	<b>48.44</b>	<b>Nottingham</b>	<b>08/07/1995</b>	<b>J Shipp</b>	<b>48.44</b>
2	Tyler Bilyard	50.00	Loughborough	09/08/2023	Tyler Bilyard	50.00
3	Tyler Bilyard	50.8	Norwich	10/09/2022	<b>Daniel Harrison</b>	<b>51.67</b>
4	<b>Daniel Harrison</b>	<b>51.67</b>	<b>Stratford</b>	<b>02/07/2024</b>	Richard Taylor	53.1
5	<b>Daniel Harrison</b>	<b>52.4</b>	<b>King's Lynn</b>	<b>02/06/2024</b>	Ben Johnson	53.7
6	<b>Daniel Harrison</b>	<b>52.9</b>	<b>Bury St Edmunds</b>	<b>01/09/2024</b>	Mark Phillipson	58.1
7	<b>Daniel Harrison</b>	<b>53.08</b>	<b>Norwich</b>	<b>03/04/2024</b>	<b>Ben Thompson</b>	<b>60.8</b>
8	Richard Taylor	53.1	Gt Yarmouth	22/08/2013	Craig Bean	65.4
9	Ben Johnson	53.7	Gt Yarmouth	07/08/2014		
10	Ben Johnson	54.4	Norwich	12/05/2012		
11	Ben Johnson	54.9	Norwich	22/04/2012		
12	Ben Johnson	55.1	King's Lynn	01/07/2012		
13	Ben Johnson	55.2	Norwich	25/05/2014		
14	Ben Johnson	55.24	Cambridge	26/07/2014		
15	<b>Ben Johnson</b>	<b>55.4</b>	<b>Gt Yarmouth</b>	<b>28/04/2024</b>		

## U23 and SENIOR MEN

### 800m

1	<b>Tyler Bilyard</b>	<b>1:47.36</b>	<b>Stretford</b>	<b>12/08/2023</b>	<b>Tyler Bilyard</b>	<b>1:47.36</b>
2	Tyler Bilyard	1:47.7	Watford	12/07/2023	G Jarvis	1:53.1
3	Tyler Bilyard	1:48.06	Birmingham	15/05/2024	Daniel Harrison	1:56.82
4	Tyler Bilyard	1:48.19	Stretford	15/08/2023	Stanley Collins	2:06.37
5	Tyler Bilyard	1:48.51	Loughborough	22/06/2024	Ben Thompson	2:15.5
6	<b>Tyler Bilyard</b>	<b>1:49.42</b>	<b>Loughborough</b>	<b>27/08/2022</b>	Ben Johnson	2:20.5
7	Tyler Bilyard	1:49.61	Watford	10/08/2022	Aaron Button	2:38.9
8	Tyler Bilyard	1:50.08	Bury	10/08/2024	Josh Aldred	2:43.7
9	Tyler Bilyard	1:50.23	Birmingham	08/06/2022		
10	Tyler Bilyard	1:51.69	Birmingham	09/07/2022		
11	Tyler Bilyard	1:52.02	Birmingham	11/05/2022		
12	Tyler Bilyard	1:52.40	Bedford	17/07/2022		
13	G Jarvis	1:53.1	West London	1977		
14	Tyler Bilyard	1:53.24	Bedford	16/07/2022		
15	Tyler Bilyard	1:55.30	Chelmsford	30/04/2022		
16	Tyler Bilyard	1:56.20	Chelmsford	01/05/2022		
17	Daniel Harrison	1:56.82	Stratford	18/08/2024		
18	Daniel Harrison	1:58.5	Norwich	11/05/2024		
19	Daniel Harrison	1:59.5	Gt Yarmouth	28/04/2024		
20	Daniel Harrison	2:01.6	King's Lynn	02/06/2024		

### 1500m

1	<b>Tyler Bilyard</b>	<b>3:38.02</b>	<b>Tooting</b>	<b>24/07/2024</b>	<b>Tyler Bilyard</b>	<b>3:38.02</b>
2	Tyler Bilyard	3:39.71	Watford	08/06/2024	S Payne	3:59.3
3	Tyler Bilyard	3:39.85	Sportcity	29/06/2024	Daniel Harrison	4:01.91
4	Tyler Bilyard	3:40.76	Brussels, BEL	26/05/2024	Stanley Collins	4:17.21
5	Tyler Bilyard	3:40.89	Sportcity	30/06/2024	Ben Thompson	4:41.0
6	Tyler Bilyard	3:42.25	Birmingham	06/07/2024	Mark Phillipson	5:20.47
7	<b>Tyler Bilyard</b>	<b>3:42.88</b>	<b>Oordegem, BEL</b>	<b>27/05/2023</b>		
8	Tyler Bilyard	3:43.20	Schiffange, LUX	30/07/2023		
9	Tyler Bilyard	3:43.87	Loughborough	10/06/2023		
10	Tyler Bilyard	3:44.32	Chelmsford	18/06/2023		
11	Tyler Bilyard	3:45.02	Birmingham	10/05/2023		
12	Tyler Bilyard	3:46.64	Sportcity	28/05/2022		
13	Tyler Bilyard	3:48.01	Watford	11/06/2022		
14	Tyler Bilyard	3:48.06	Sportcity	08/07/2023		
15	Tyler Bilyard	3:48.78	Birmingham	14/05/2022		
16	Tyler Bilyard	3:50.37	Sportcity	05/05/2024		
17	Tyler Bilyard	3:50.52	Sportcity	30/04/2023		
18	Tyler Bilyard	3:50.69	Chelmsford	17/06/2023		
19	Tyler Bilyard	3:50.75	Sportcity	01/05/2023		
20	Tyler Bilyard	3:51.08	Sportcity	09/07/2023		

## U23 and SENIOR MEN

### 3000m

1	<b>Tyler Bilyard</b>	<b>8:02.61</b>	<b>Birmingham</b>	<b>27/04/2024</b>	<b>Tyler Bilyard</b>	<b>8:02.61</b>
2	S Payne	8:34.8	Crystal Palace	1977	S Payne	8:34.8
3	Daniel Harrison	9:06.97	Norwich	28/08/2024	Daniel Harrison	9:06.97
4	Stanley Collins	9:38.8	Norwich	29/08/2021	Stanley Collins	9:38.8
5	Stanley Collins	9:42.71	Milton Keynes	09/07/2022	Ben Thompson	9:53.60
6	Stanley Collins	9:43.9	Norwich	08/04/2022		
7	Daniel Harrison	9:45.64	Norwich	03/04/2024		
8	Stanley Collins	9:45.8	Watford	08/09/2021		
9	Ben Thompson	9:53.60	Norwich	03/04/2024		
10	Stanley Collins	10:08.1	Norwich	31/10/2020		

### 5000m

1	<b>C Quadling</b>	<b>15:05.0</b>	<b>Luton</b>	<b>22/09/1984</b>	<b>C Quadling</b>	<b>15:05.0</b>
2	Tyler Bilyard	15:43.09	Birmingham	19/03/2022	Tyler Bilyard	15:43.09
3	Kyle Ella	15:48.2	Norwich	08/04/2015	Kyle Ella	15:48.2
4	Stanley Collins	16:50.19	Wimbledon	06/08/2022	Stanley Collins	16:50.19
5	Stanley Collins	16:51.3	Norwich	28/06/2019		
6						
7						
8						
9						
10						

### 110m Hurdles

1	<b>I Wells</b>	<b>15.5</b>	<b>Crawley</b>	<b>07/05/1988</b>	<b>I Wells</b>	<b>15.5</b>
2	Andrew McNamara	19.1	Colchester	29/08/2011	Andrew McNamara	19.1
3	Mark Phillipson	19.67	Bedford	19/07/2015	Mark Phillipson	19.67
4	Mark Phillipson	20.2	Sheffield	15/04/2015		
5	Mark Phillipson	20.5	Gt Yarmouth	21/06/2015		
6	Mark Phillipson	20.8	Street	26/04/2015		
7	Mark Phillipson	21.2	Colchester	03/05/2015		
8						
9						
10						

### 3000m Steeple Chase

1	<b>R Barber</b>	<b>9:58.2</b>	<b>Gt Yarmouth</b>	<b>31/08/1985</b>	<b>R Barber</b>	<b>9:58.2</b>
2						
3						
4						
5						

### Decathlon

1	<b>L Howell</b>	<b>786?</b>	<b>Norwich</b>	<b>11/09/1988</b>	<b>L Howell</b>	<b>786?</b>
2	Mark Phillipson	4220	Street	26/04/2015	Mark Phillipson	4220
3	Mark Phillipson	4175	Bedford	19/07/2015		
4						
5						



## VETERAN MEN

### Javelin (800g)

1	R Wharton - V40	40.20m	King's Lynn	08/06/1997	R Wharton - V40	40.20m
2	R Wharton - V45	36.11m	Bedford	07/09/2003	Mark Turner - V40	34.95m
3	Mark Turner - V40	34.95m	Gt Yarmouth	21/08/2011	Dale Bullimore - V40	33.02m
4	Mark Turner - V40	33.57m	Bury St Edmunds	18/09/2011	T Bilham - V55	28.84m
5	Dale Bullimore - V40	33.02m	Bury St Edmunds	03/09/2023	Bernhard Mukuya - V35	26.32m
6	Dale Bullimore - V45	32.79m	Norwich	23/06/2024	John Atherton - V40	24.02m
7	Mark Turner - V40	32.49m	Norwich	22/04/2012	Peter Buxton - V55 (700g)	23.17m
8	Dale Bullimore - V40	32.40m	Norwich	14/05/2023	John Muir - V50	22.58m
9	Mark Turner - V40	32.25m	King's Lynn	01/07/2012	Stephen Wright - V40	21.62m
10	Mark Turner - V40	32.19m	Bury St Edmunds	17/07/2011	Kevin Pywell - V50	20.51m
11	Dale Bullimore - V40	31.69m	Norwich	30/04/2023	Blaine Craddock - V45	19.53m
12	Dale Bullimore - V45	31.54m	King's Lynn	02/06/2024	Mark Lawson - V45	19.29m
13	Dale Bullimore - V40	31.53m	Gt Yarmouth	20/08/2023	J Pamplin - V60	17.45m
14	Dale Bullimore - V40	31.23m	King's Lynn	30/07/2023	Geoff Marshall - V55	14.23m
15	Dale Bullimore - V40	30.84m	Norwich	30/08/2023		

### Hammer (7.26Kg)

1	M Carr - V40	32.44m	Gt Yarmouth	13/06/1999	M Carr - V40	32.44m
2	M Carr - V45	30.94m	Gt Yarmouth	12/05/2002	Dale Bullimore - V45	28.29m
3	Dale Bullimore - V45	28.29m	Norwich	23/06/2024	Geoff Marshall - V55	22.96m
4	Dale Bullimore - V45	26.89m	Norwich	11/05/2024	Ian Wells - V60 (5Kg)	19.65m
5	Dale Bullimore - V40	26.52m	King's Lynn	30/07/2023	John Muir - V50	15.57m
6	Dale Bullimore - V40	25.22m	Bury St Edmunds	03/09/2023	Kevin Pywell - V50	11.72m
7	Dale Bullimore - V40	24.77m	Norwich	30/08/2023		
8	Dale Bullimore - V45	24.73m	Bury St Edmunds	01/09/2024		
9	Dale Bullimore - V40	24.51m	Norwich	13/05/2023		
10	Dale Bullimore - V45	23.58m	King's Lynn	02/06/2024		
11	Geoff Marshall - V55	22.96m	Gt Yarmouth	14/08/2012		
12	Geoff Marshall - V55	21.21m	Bury St Edmunds	23/09/2012		
13	Geoff Marshall - V55	20.32m	Colchester	01/09/2013		
14	Geoff Marshall - V55	20.00m	Gt Yarmouth	23/06/2013		
15	Dale Bullimore - V40	19.94m	Norwich	30/04/2023		

### Discus (2Kg)

1	M Carr - V40	32.66m	Braintree	30/06/1996	M Carr - V40	32.66m
2	M Carr - V45	32.19m	Gt Yarmouth	22/06/2002	T Bilham - V55	31.66m
3	T Bilham - V55	31.66m	Bedford	04/10/1997	Dale Bullimore - V40	27.89m
4	Dale Bullimore - V40	27.89m	Norwich	30/04/2023	Stephen Wright - V40	24.15m
5	Dale Bullimore - V45	27.11m	Norwich	11/05/2024	Kevin Pywell - V45	22.90m
6	Dale Bullimore - V45	26.94m	King's Lynn	02/06/2024	John Muir - V50	22.28m
7	Dale Bullimore - V40	26.89m	Norwich	13/05/2023	Mark Turner - V40	20.20m
8	Dale Bullimore - V40	26.32m	King's Lynn	30/07/2023	Mark Lawson - V40	19.66m
9	Dale Bullimore - V45	26.28m	Norwich	23/06/2024	Geoff Marshall - V55	19.29m
10	Dale Bullimore - V40	25.91m	Gt Yarmouth	25/07/2021	Bernhard Mukuya - V40	18.60m
11	Dale Bullimore - V40	25.68m	Norwich	24/04/2022	Ian Wells - V60	17.28m
12	Dale Bullimore - V45	25.18m	Bury St Edmunds	01/09/2024	John Atherton - V40	17.22m
13	Dale Bullimore - V40	24.95m	Bury St Edmunds	29/05/2022	Mark Thompson V45	14.53m
14	Dale Bullimore - V40	24.77m	Norwich	05/09/2021	Shawn Mason - V40	12.68m
15	Dale Bullimore - V40	24.45m	Gt Yarmouth	03/07/2022	J Pamplin - V60	12.00m

## VETERAN MEN

### Shot (7.26Kg)

1	M Carr - V40	11.84m	Norwich	28/04/1996	M Carr - V40	11.84m
2	M Carr - V45	11.07m	Gt Yarmouth	05/08/2001	Dale Bullimore - V45	10.01m
3	Dale Bullimore - V45	10.01m	Bury St Edmunds	01/09/2024	Stephen Wright - V40	9.64m
4	Dale Bullimore - V45	9.85m	King's Lynn	02/06/2024	J Willacy - V50	8.84m
5	Dale Bullimore - V40	9.79m	Norwich	14/05/2023	T Bilham - V55	8.54m
6	Stephen Wright - V40	9.64m	Ipswich	21/07/2019	Kevin Pywell - V45	7.94m
7	Stephen Wright - V40	9.58m	Ipswich	04/08/2019	Liam Boylan - V35	7.87m
8	Dale Bullimore - V45	9.48m	Norwich	23/06/2024	Geoff Marshall - V55	6.86m
9	Dale Bullimore - V40	9.34m	King's Lynn	30/07/2023	Blaine Craddock - V45	6.81m
10	Dale Bullimore - V40	9.27m	Gt Yarmouth	03/07/2022	Ian Wells - V60	6.60m
11	Dale Bullimore - V40	9.26m	Bury St Edmunds	03/09/2023	Peter Buxton - V55	6.21m
12	Dale Bullimore - V40	9.17m	Bury St Edmunds	29/05/2022	Mark Lawson - V40	5.51m
13	Dale Bullimore - V40	9.07m	Norwich	05/09/2021	John Pamplin - V65	5.12m
14	Dale Bullimore - V40	9.04m	Gt Yarmouth	26/09/2021		
15	Dale Bullimore - V40	9.03m	Norwich	30/04/2023		

### Triple Jump

1	M Hodgson - V40	10.35m	Peterborough	06/06/2001	M Hodgson - V40	10.35m
2	M Carr - V45	9.76m	Chelmsford	14/07/2002	M Carr - V45	9.76m
3	John Muir - V50	9.44m	Norwich	11/08/2002	John Muir - V50	9.44m
4	T Bilham - V55	8.61m	Norwich	03/06/1998	T Bilham - V55	8.61m
5						

### High Jump

1	R Wharton V40	1.50m	Ipswich	30/07/2000	R Wharton V40	1.50m
2	R Wharton V45	1.45m	Bury St Edmunds	03/07/2002	Ian Wells - V60	1.35m
3	Ian Wells - V60	1.35m	Norwich	30/04/2023	T Bilham - V55	1.30m
4	T Bilham - V55	1.30m	King's Lynn	07/07/1999	J Willacy - V50	1.30m
5	J Willacy - V50	1.30m			Peter Buxton - V50	1.30m
6	Peter Buxton -V55	1.30m	Gt Yarmouth	18/09/2022	Mark Lawson - V40	1.10m
7	Ian Wells - V60	1.30m	Bedford	09/09/2023		
8	Ian Wells - V60	1.25m	King's Lynn	30/07/2023		
9	J Willacy - V60	1.22m				
10	Mark Lawson - V40	1.10m	Bury St Edmunds	15/09/2013		

### Long Jump

1	R Wharton - V45	5.22m	Bury St Edmunds	03/07/2002	R Wharton - V45	5.22m
2	R Wharton - V40	5.17m	Gt Yarmouth	16/07/2000	John Atherton - V40	4.93m
3	John Atherton - V40	4.93m	Gt Yarmouth	20/05/2012	Liam Boylan - V35	4.77m
4	Liam Boylan - V35	4.77m	Gt Yarmouth	18/09/2022	J Willacy - V50	4.76m
5	J Willacy - V50	4.76m			Bernhard Mukuya - V40	4.70m
6	Bernhard Mukuya - V40	4.70m	Gt Yarmouth	26/09/2019	Stephen Middleton -V45	4.70m
	Stephen Middleton -V45	4.70m	Ipswich	04/08/2019	Shawn Mason - V40	4.35m
7	John Atherton - V40	4.61m	Gt Yarmouth	03/07/2011	Dale Bullimore - V40	4.35m
8	J Willacy - V55	4.54m			Mark Lawson - V40	4.31m
9	John Atherton - V40	4.50m	Cambridge	29/07/2012	Stephen Wright - V40	4.18m
10	Shawn Mason - V40	4.35m	Gt Yarmouth	26/09/2019	Ian Wells - V60	3.99m
	Dale Bullimore - V40	4.35m	Gt Yarmouth	18/09/2022	Mark Turner - V40	3.93m

## VETERAN MEN

### 100m

1	Kevin Burgess - V40	11.1	Bedford	29/07/2000	Kevin Burgess - V40	11.1
2	Kevin Burgess - V45	11.4	Gt Yarmouth	22/06/2002	Liam Boylan - V35	12.7
3	Kevin Burgess - V55	12.3	Ipswich	06/07/2014	J Willacy - V50	13.0
4	Liam Boylan - V35	12.7	Norwich	30/04/2023	Dale Bullimore - V40	13.4
5	Liam Boylan - V35	12.8	Gt Yarmouth	04/06/2023	Stephen Wright - V40	13.5
6	J Willacy - V50	13.0			Peter Buxton - V55	13.8
7	Liam Boylan - V35	13.2	Gt Yarmouth	03/07/2022	Mark Lawson - V45	13.9
8	J Willacy - V60	13.4			Ian Wells - V60	14.7
	Dale Bullimore - V40	13.4	Bury St Edmunds	29/05/2022	Blaine Craddock - V45	16.1
9	Stephen Wright - V40	13.5	Ipswich	04/08/2019		
10	Stephen Wright - V40	13.6	Norwich	26/05/2019		
	Dale Bullimore - V40	13.6	Gt Yarmouth	17/09/2023		
11	Liam Boylan - V35	13.7	Gt Yarmouth	18/09/2022		
12	Dale Bullimore - V40	13.8	Norwich	24/04/2022		
	Peter Buxton - V55	13.8	Gt Yarmouth	03/07/2022		
13	Mark Lawson - V45	13.9	Ipswich	23/04/2017		
14	Mark Lawson - V40	14.0	Gt Yarmouth	15/05/2014		
15	Peter Buxton - V55	14.2	Gt Yarmouth	04/06/2023		

### 200m

1	Kevin Burgess - V40	22.96	Gateshead	03/08/1999	Kevin Burgess - V40	22.96
2	Kevin Burgess - V45	23.92	Potsdam (Ger)	24/08/2002	J Willacy - V50	26.8
3	Kevin Burgess - V55	25.32	Birmingham	10/08/2014	Dale Bullimore - V40	27.5
4	J Willacy - V50	26.8			Peter Buxton - V55	28.0
5	Dale Bullimore - V40	27.5	Norwich	05/09/2021	Stephen Wright - V40	28.8
6	Dale Bullimore - V40	27.6	Norwich	14/04/2023	Ian Wells - V60	28.9
7	Dale Bullimore - V40	27.7	Norwich	24/04/2022	Mark Lawson - V40	29.3
8	Dale Bullimore - V40	27.8	Bury St Edmunds	29/05/2022	Shawn Mason - V40	30.3
9	Peter Buxton - V55	28.0	Norwich	14/05/2023	Kevin Pywell - V50	30.6
10	Dale Bullimore - V40	28.01	Norwich	14/04/2023	Bernhard Mukuya - V35	30.8
11	Peter Buxton - V55	28.1	Gt Yarmouth	03/07/2022	Blaine Craddock - V45	31.1
12	Stephen Wright - V40	28.8	Gt Yarmouth	20/09/2018	John Atherton - V40	31.3
13	Ian Wells - V60	28.9	Norwich	30/04/2023	John Pamplin - V60	37.4
14	Stephen Wright - V40	29.0	Gt Yarmouth	26/09/2019		
15	Ian Wells - V60	29.1	King's Lynn	02/06/2024		

### 400m

1	R Wharton - V40	54.2	Ware	06/06/1999	R Wharton - V40	54.2
2	R Wharton - V45	56.9	Norwich	11/08/2002	Craig Honey - V40	60.2
3	Craig Honey - V40	60.2	Gt Yarmouth	11/06/2017	Dale Bullimore - V40	61.2
4	Dale Bullimore - V40	61.2	Norwich	05/09/2021	Ian Wells - V60	63.2
5	Craig Honey - V40	62.4	Ipswich	17/07/2016	Stephen Middleton -V45	63.4
6	Ian Wells - V60	63.2	King's Lynn	05/07/2023	Mark Lawson - V45	64.6
7	Stephen Middleton -V45	63.4	Ipswich	04/08/2019	J Willacy - V50	65.7
8	Ian Wells - V60	63.8	Cambridge	03/07/2024	Blaine Craddock - V45	68.7
9	Ian Wells - V60	64.5	Gt Yarmouth	03/07/2022	Kevin Pywell - V50	71.2
10	Mark Lawson - V45	64.6	Bury St Edmunds	20/08/2017	John Atherton - V40	79.3

## VETERAN MEN

### 800m

1	R Wharton - V40	2:10.1	Reading	04/10/1998	R Wharton - V40	2:10.1
2	R Wharton - V45	2:17.4	Chelmsford	14/07/2002	Craig Honey - V40	2:20.2
3	Craig Honey - V40	2:20.2	Gt Yarmouth	15/06/2017	Bernhard Mukuya - V40	2:22.2
4	Craig Honey - V40	2:21.3	Ipswich	17/07/2016	Mark Turner - V40	2:22.5
5	Bernhard Mukuya - V40	2:22.2	Gt Yarmouth	26/09/2019	Mark Thompson - V50	2:28.7
6	Bernhard Mukuya - V35	2:22.3	Ipswich	23/04/2017	Mark Lawson - V40	2:29.1
7	Mark Turner - V40	2:22.5	Gt Yarmouth	21/08/2011	Steven Barber - V45	2:30.2
8	Bernhard Mukuya - V35	2:24.9	Gt Yarmouth	15/06/2017	Ian Wells - V60	2:38.4
9	Mark Turner - V40	2:25.2	Bury St Edmunds	18/09/2011	Blaine Craddock - V45	2:39.9
10	Craig Honey - V40	2:26.0	Gt Yarmouth	12/06/2016	Mark Duffield - V50	2:42.6

### 1500m

1	D Goodwin - V45	4:49.3	Ipswich	01/05/2002	D Goodwin - V45	4:49.3
2	R Wharton - V40	4:52.3	Colchester	16/05/1998	R Wharton - V40	4:52.3
3	Craig Honey - V40	4:56.8	King's Lynn	14/08/2016	Craig Honey - V40	4:56.8
4	Bernhard Mukuya - V40	4:58.1	Gt Yarmouth	22/07/2018	Bernhard Mukuya - V40	4:58.1
5	Steven Barber - V45	4:58.5	Norwich	30/04/2021	Steven Barber - V45	4:58.5
6	Craig Honey - V40	5:02.9	Gt Yarmouth	12/06/2016	Mark Thompson - V50	5:04.9
7	Mark Thompson - V50	5:04.9	Norwich	23/06/2024	Blaine Craddock - V45	5:33.4
8	Mark Thompson - V45	5:06.6	King's Lynn	30/07/2023	Mark Lawson - V40	5:44.3
9	Mark Thompson - V45	5:11.1	Norwich	30/04/2023	John England - V50	5:49.0
10	Craig Honey - V40	5:21.1	Bury St Edmunds	09/08/2015	John Pamplin - V65	7:20.3

### 3000m

1	Mark Thompson - V50	10:30.5	King's Lynn	02/06/2024	Mark Thompson - V50	10:30.5
2	Mark Thompson - V45	10:40.1	Gt Yarmouth	04/06/2023	Steven Barber - V45	10:43.5
3	Steven Barber - V45	10:43.5	Norwich	31/10/2020	D Norman - V40	10:51.5
4	D Norman - V40	10:51.5	Diss	25/06/1989	Mark Turner - V40	11:04.2
5	Mark Turner - V40	11:04.2	Peterborough	19/06/2011	Bernhard Mukuya - V35	11:20.5
6	Mark Turner - V40	11:10.0	Norwich	08/08/2010	Kevin Pywell - V50	11:46.3
7	Bernhard Mukuya - V35	11:20.5	Gt Yarmouth	15/06/2017	D Goodwin - V45	12:18.0
8	Kevin Pywell - V50	11:46.3	Peterborough	19/06/2011	L Gooch - V50	12:39.1
9	Kevin Pywell - V45	11:52.0	Cambridge	16/05/2010	J Pamplin - V60	14:26.8
10	Kevin Pywell - V50	12:02.4	Bury St Edmunds	17/07/2011		

### 110m Hurdles

1	J Barwick - V40	19.1	Norwich	04/06/1997	J Barwick - V40	19.1
2	R Wharton - V45	20.7	Bury St Edmunds	03/07/2002	R Wharton - V45	20.7
3						
4						
5						

### 400m Hurdles

1	R Wharton - V40	65.0	McMillan Stadium	07/07/2001	R Wharton - V40	65.0
2	R Wharton - V45	65.0	Gt Yarmouth	22/06/2002	T Bilham - V55	79.4
3	T Bilham - V55	79.4	King's Lynn	05/08/1998	A Jones - V50	89.5
4	A Jones - V50	89.5	Norwich	02/08/2000		
5						