

EAST ANGLIAN LEAGUE RECORDS TO END OF 2023 SEASON.

EVENT	TIME/DIST	NAME	CLUB	VENUE	DATE
<u>BOYS UNDER 13</u>					
75 Hurdles	11.5	J Dean	CONAC	Bury St Eds	16/09/2018
80 Hurdles	12.7	J.Barnard	Ipswich	Norwich	21/09/1997
100 metres	12.4	J.Pilkington	Colch & Tend	Bury St Eds	22/09/2002
		J Bernay	Peterborough	St Ives	18/06/2008
200 metres	24.6	A Leonard	GY&D	Bury St Eds	19/09/2011
800 metres	02:14.9	L.Legge	PANVAC	Cambridge	03/07/2023
1500 metres	4:32.5	D.Gregory	CONAC.	Ipswich	05/08/1983
High jump	1.65	J.Jones	NVH	Cambridge	18/09/2005
Long jump	5.53	J.Barnard	Ipswich	Norwich	21/09/1997
Shot	13.92	L Capes	PANVAC	Peterborough	05/09/2021
Discus	33.47	M. Painter	CONAC.	Yarmouth	24/06/2007
Javelin	57.55	O Bradfield	CONAC.	Bury St Eds	17/09/2008
4X100Relay	51.5		Peterborough	Peterborough	22/07/2007

BOYS UNDER 15

80 Hurdles	11.1	F Fraser	Peterborough	Peterborough	22/04/2018
100 metres	11.1	M. Clements	C&C.	Norwich	23/08/1992
200 metres	23.0	W Hughes	N.V.H.	Peterborough	19/07/2015
300m	37	J Priest	Hunts AC	Peterborough	23/04/2017
400 metres	50.1	A Pitt	CONAC	Bury St Eds	20/09/2009
800 metres	02:02.7	A Pitt	CONAC	Bury St Eds	20/09/2009
1500 metres	04:19.0	J McAllen	Waveney	Norwich	24/04/2022
High Jump	1.90	P.Beales	CONAC.	Ipswich	05/06/1983
		J.Lay	Braintree	Norwich	31/07/1983
Long jump	6.58	T.Allen	Ipswich	Ipswich	08/08/1982
Triple jump	12.86	W Matsuka-Williams	CoNAC	Bury St Eds	14/09/2014
Shot	17.47	L Capes	PANVAC	St Ives	30/07/2023
Discus	44.19	T Guy	Chelmsford	Bury St Eds	18/09/2011
Hammer	54.17	A Sydee	Luton	Bury St Eds	20/09/2009
Javelin	63.2	T Rutter	HAWCS	Bury St Eds	05/09/2021
4X100Relay	47.3		Ipswich Harriers	Bury St Eds	20/09/1998
			C&C	Norwich	08/08/2010
Pole Vault	2,90	C.Scotney	Peterborough.	Peterborough	13/08/1999

MEN UNDER 17

100 Hurdles	13.3	M. Clements	C&C.	Ipswich	23/08/1992
100 metres	11.0	G.Zicchi	Hunts AC	Cambridge	30/04/2006
		R Taylor	Gt Yarmouth	Cambridge	16/05/2010
		A Cross	C&C	Cambridge	17/07/2016
		O Slinko	Luton	Peterborough	24/04/2022
200 metres	22.4	B.Hamblin	CONAC.	Bury St Eds	22/09/2002
400 metres	49.2	B Snaith	C&C	Bury St Eds	23/09/2012
800 metres	01:55.0	J Hulse	Ipswich	Ipswich	23/04/2017
1500 metres	04:08.4	D. Mead	Thetford	Ipswich	21/04/1984
3000 metres	09:14.7	J McAllen	Waveney	Yarmouth	04/06/2022
High jump	2.02	M .King	Ipswich	Norwich	21/06/1987
Long jump	7.10	J Grenfell	Peterborough	Peterborough	08/05/2011
Triple jump	14.00	J.Lee	CONAC.	Norwich	01/06/1986
Shot	16.99	D.Tinkler	Peterborough	Cambridge	26/06/2005
Discus	49.09	O Massingham	CONAC	Yarmouth	21/06/2015
Hammer	65.60	M Painter	CONAC	Luton	17/07/2011
Javelin	66.26	D.Hughes	Ipswich	Ipswich	13/08/1992
4X100Relay	42.6		CONAC	Norwich	27/09/1992

SENIOR/JUNIOR MEN

110 Hurdles	14.3	B Kelk	C&C	Bury St Eds	18/09/2011
100 metres	10.4	J.Fergus	Braintree	Braintree	11/04/1993
200 metres	21.7	L Thorne	Braintree	Bury St Eds	08/09/2019
	21.7	S Clarke	C&C	Cambridge	25/07/2021
400 metres	48.0	S Clarke	C&C	Bury St Eds	05/09/2021
800 metres	1:53.7	G.Amos	CONAC.	Gt.Yarmouth	08/08/1993
		J Senior	CONAC.	Norwich	19/04/2009
1500 metres	3:50.9	D. Mead	CONAC.	Norwich	26/07/1992
3000 metres	08:27.6	J Senior	CONAC.	St Ives	29/07/2012
		G.Amos	CONAC.	Norwich	30/06/1996
High jump	2.12	S.Oreland	Chelmsford	Cambridge	15/09/1996
Long jump	7.38	J.French	CONAC.	Kings Lynn	18/04/1999
Triple jump	15.97	F.Akinsanya	Peterborough.	Kings Lynn	20/08/2000
Shot	15.36	J. Painter	CONAC.	Norwich	18/06/1988
Discus	48.2	J Bloomfield	Ipswich	Ipswich	21/07/2019
Hammer	68.62	C Brown	CoNAC	Norwich	20/08/2017
Javelin	66.69	D.Carter	Braintree	Braintree	11/07/1999
Pole Vault	3.50	J. McDade	Ipswich	Cambridge	18/04/1999
4X100Relay	43.9		Peterborough	Peterborough	08/05/2011
			Ipswich	Bury St Eds	18/09/2016