

IPSWICH HARRIERS

FEMALE TRACK & FIELD RECORDS

UNDER 13 GIRLS			
Event	Name	Time/Height/ Distance	Year
60m	Daisy Mullett	8.17s	2024
75m	Daisy Mullett	10.11s	2024
100m	Charlotte Barker	12.70s	1992
	Daisy Mullett	12.64sw	2024
150m	Daisy Mullett	19.90s	2024
200m	Daisy Mullett	26.41s	2024
300m			
400m			
800m	Fiona Bradshaw	2m26.4s	1984
1500m	April Hill	4m52.3s	2016
3000m			
1500m s/chase			
2000m s/chase			
70m Hurdles	Claire Stuart	11.2secs	1988
75m Hurdles			
80m Hurdles			
100m Hurdles			
300m Hurdles			
400m Hurdles			
Long Jump	Daisy Mullett	5.33m	2024
High Jump	Carol Smith	1.50m	1991
	Charlotte Shelley	1.50m	2007
Triple Jump			
Pole Vault			
Shot	Susan King 3.25kg	12.20m	1977
	Jessica Lamprell 2.72kg	11.35m	2021
Discus	Ellie Bloomfield 1kg	27.87m	2009
	Jessica Lamprell 0.75kg	24.96m	2021
Javelin	Gemma Ramsey 400g	32.80m	2013
Hammer			

UNDER 15 GIRLS		
Name	Time/Height/ Distance	Year
Laura Seston	12.0s	1993
Nicole Sadler	24.62	2003
Isla Barker	42.3s	2024
Julie Cage	2m15.8s	1985
Ruby Vinton	4m39.27s	2019
Nicola Hall	11.08s	1994
Sarah Prescott-Smith	5.60m	2011
Lindsay Evans	1.75m	1978
Charlie Moore	9.93m	2016
Sophie Graham	2.50m	2017
Jessica Lamprell (3kg)	12.18m (I)	2023
Susan King 3.25kg	14.27m	1979
Charlotte Graham	32.38m	2019
Jeanette Marsh(600g)	38.24m	1977
Gemma Ramsey (500g)	39.66	2015
Lana Fulcher (3kg)	44.23m	2013

UNDER 17 WOMEN		
Name	Time/Height/ Distance	Year
Laura Seston	11.84secs	1994
Millie King	24.09secs	2021
Millie King	40.54secs	2020
Nicola Sutton	58.0secs	1983
Sally Page	2m15.8secs	1989
Darcy Gladwell	4m36.15s	2024
Kirsty Waterson	10m08.4secs	1998
Holly Fisher	5m11.57s	2018
Holly Fisher	7m42.2s	2019
Amanda Parker	11.07secs	1986
Julie Watts	15.8secs	1982
Rebecca Palmer	46.4secs	1997
Nicola Andrews	65.5secs	1986
Beverly Kinch	6.28m	1980
Lindsay Evans	1.75m	1990
Charlotte Shelley	11.32m	2011
Rhian Clarke	3.30m	1993
Nancy Akyol (3kg)	12.02m	2023
Susan King (4kg)	14.40m	1981
Sandra Browne (1kg)	37.96m	1980
Angelique Pullen (600g)	50.02m	1985
Jennifer Morgan (500g)	43.41m	2018
Lana Fulcher (3kg)	50.35m	2015
Lana Fulcher (4kg)	46.38m	2014

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UNDER 20 WOMEN			
Event	Name	Time/Height/ Distance	Year
100m	Laura Seston	11.61secs	1998
200m	Millie King	23.95s/23.82w	2022
400m	Georgina Malster	56.4secs	2009
800m	Charlene Snelgrove	2m12.94s	2000
1500m	Claire Holme	4m31.80s	2003
3000m	Ellie Sprake	9m47.92s	2006
5000m	Claire Holme	17m46.7s	2003
1500m Steeplechase	Lily Woodruff	5m55.1s	2017
2000m Steeplechase	Lily Burton	8m09.69s	2025
100m Hurdles	Amanda Parker	14.2secs	1988
400m Hurdles	Nicola Andrews	60.2secs	1988
Long Jump	Beverly Kinch	6.78m	1982
Triple Jump	Rachel Ryan	11.58m	2015
High Jump	Lindsay Evans	1.79m	1994
Pole Vault	Rhian Clarke	3.25m	1994
Shot	Susan King 4kg	15.16m	1983
Discus	Sandra Browne	47.44m	1982
Javelin	Angelique Pullen	49.84m (600g)	1986
Hammer	Lana Fulcher	51.43m	2018

SENIOR WOMEN		
Name	Time/Height/ Distance	Year
Laura Seston	11.72secs	1999
Millie King	23.67	2025
Millie King	55.1secs	2025
Louise Gregory	2m14.0secs	2002
Claire Holme	4m24.36	2006
Claire Holme	9m19.94s	2006
Claire Holme	16m33.89s	2006
Holly Aston	7m07.2s	2018
Emma Burroughs	8m29.49s	2012
Katy Sealy	14.9s	2017
Louise Gregory	64.4s	2001
Lisa Thorn	5.75m	1988
Rachel Ryan	10.96m	2017
Katy Sealy	1.73m	2018
Jenny Reason	2.55m	2012
Amy Wilson	12.50m	1999
Georgina Howe	38.03m	2013
Angelique McCormack	45.76m	1995
Georgina Howe	50.04m	2013

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MALE TRACK & FIELD RECORDS

UNDER 13 BOYS			
Event	Name	Time/Height/ Distance	Year
100m	Ian Robertson	12.3secs	1975
200m	Jack Fayers	25.4s	2016
300m			
400m	Leroy Gormer	58.0secs	1990
800m	Oliver Barrett	2m11.6s	1997
1500m	Elliot Gladwell	4m36.1s	2017
3000m			
5000m			
75m Hurdles	Kyle Garanganga	11.8secs	2025
80m Hurdles	Jermaine Bernard	12.7secs	1997
100m Hurdles			
400m Hurdles			
1500m S/chase			
1 Mile (under11)	Jack Weaver	5m26.97secs	2014
2000m S/chase			
Long Jump	Jermaine Bernard	5.53m	1997
Triple Jump			
High Jump	Kasey Hagan	1.62m	2009
Pole Vault			
Shot	Harri Mortimore	11.95	2008
Discus	Jermaine Bernard	32.56m	1997
Javelin	Harri Mortimore	44.29m	2008
Hammer	Brandon Ling (3kg)	13.27m	2018

UNDER 15 BOYS		
Name	Time/Height/ Distance	Year
Robert Brown	11.2secs	1979
Robert Brown	23.0secs	1979
Aidan Wright	36.67s	2023
Oliver Barrett	52.7secs	1999
Joshua Hulse	1m56.54s	2015
Julian Hicks	4m15.7s	1978
Julian Hicks	9m06.2s	1978
Tony Seston	11.67secs	1995
Tony Allen	6.58m	1995
Jermaine Bernard	12.88m	1999
Michael King	1.85m	1985
Simon Ayres	3.00m	1994
William Lamprell	14.94m	2019
Joe Bloomfield	42.63m	2005
Matti Mortimore	63.38m	2005
Joe Bloomfield	50.63m	2005

UNDER 17 MEN		
Name	Time/Height/ Distance	Year
Robert Brown	10.88secs	1981
Cameron Bailey	22.12s	2017
Stanley Chevous	47.71s	2023
Joshua Hulse	1m52.7s	2017
Kieran Clements	3m58.61	2010
Matt Barnes-Smith	8m31.11s	2002
James Powley	16m41.0s	2010
Jason McDade	13.8secs	1996
Tony Seston	55.09secs	1997
Duncan Wardle	4m31.7s	1993
John Millar	6m39.0secs	2014
Jermaine Bernard	7.32m	2001
Amofa Osei	13.98m	1989
Michael King	2.03m	1987
Simon Ayres	3.40m	1995
James Bull	16.29m	1995
Simon Richardson	50.26m	1989
Matti Mortimore	68.88m	2009
Joe Bloomfield	63.22m	2008

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MALE TRACK & FIELD RECORDS

UNDER 20 MEN			
Event	Name	Time/Height/ Distance	Year
100m	Jason McDade	10.81secs	1999
	Cameron Bailey	10.8s/10.7s (w)	2019
200m	Cameron Bailey	21.77s	2019
400m	Stanley Chevous	46.48secs	2025
800m	John Bird	1m50.29s	2011
1500m	Elliot Palmer	3m50.78s	2010
3000m	Tom Sharland	8m11.26s	2002
5000m	Tom Sharland	14m16.01s	2002
10,000m	Perry Lushington	34m14.2s	1978
2000m Steeplechase	John Millar	5m56.83s	2016
3000m Steeplechase	John Millar	9m09.54s	2016
110m Hurdles	Jason McDade	14.6secs	1999
300m Hurdles			
400m Hurdles	Tony Seston	54.1secs	1999
Long Jump	Antony Mason	7.24m	1994
Triple Jump	Rhys MacDonald	14.40m	2009
High Jump	Jason McDade	2.16m	1999
Pole Vault	Jason McDade	3.75m	1999
Shot	Craig Bloomfield	15.41m	1979
Discus	Joe Bloomfield	48.76m	2009
Javelin (prior1986)	Charlie Clover	84.92m	1974
Javelin (post 1986)	Matti Mortimore	70.60m	2010
Hammer	Joe Bloomfield	63.52m	2009
	Oliver Graham (2 nd Claim)	66.47m	2020
Weight (15.88kg)SM			
Weight (11.34kg)	Oliver Graham (2 nd Claim)	19.54m	2020

SENIOR MEN		
Name	Time/Height/ Distance	Year
Oliver Miller	10.73s/10.69w	2024
Cameron Bailey	21.27s/21/24w	2021
Tom Owens	47.0secs	2008
Ben Higgins	47.0secs	2008
John Bird	1m47.79s	2017
Matthew Snowdon	3m46.46s	2021
Nigel Allison	8m20.1s	1980
Perry Lushington	14m17.5s	1984
Perry Lushington	30m05.0s	1984
James Calvert	6m13.8s	2000
Terry Smith	9m16.2s	1962
Jason McDade	15.04secs	1999
Paul Willcox (V60)	50.52s	2014
Neil Hammersley	52.21s	1987
Ian Marsh	7.18m	1980
Ian Marsh	14.56m	1982
Jason McDade	2.05m	2005
Donovan Graham	4.20m	1998
Bill Tancred	17.88m	1969
Bill Tancred	58.00m	1971
Charlie Clover	80.98m	1977
Matti Mortimore	77.47m	2017
Joe Bloomfield	65.59m	2019
Joe Bloomfield	19.96m	2019
Malcolm Fenton(V50)	20.32m	2006

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