

# IPSWICH HARRIERS

## FEMALE TRACK & FIELD RECORDS

UNDER 13 GIRLS			
Event	Name	Time/Height Distance	Year
75m	Joanna Harrall	10.9s	2003
100m	Charlotte Barker	12.70s	1992
150m	Sophie Nickson	21.60s	2003
200m	Charlotte Barker	26.7s	1992
300m			
400m			
800m	Fiona Bradshaw	2m26.4s	1984
1500m	April Hill	4m59.64s	2015
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	Bethany Cooke	5.06m	1985
High Jump	Carol Smith	1.50m	1991
	Charlotte Shelley	1.50m	2007
Triple Jump			
Pole Vault			
Shot	Susan King 3.25kg	12.20m	1977
	Amy Wilson 2.72kg	11.04m	1993
Discus	Ellie Bloomfield 1kg	27.87m	2009
	Megan Hughes 0.75kg	24.52m	2014
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
Emily Lambert	43.16	2010
Julie Cage	2m15.8s	1985
Laura Dowsing	4m39.51s	2002
Sarah Prescott-Smith	5.60m	2011
Lindsay Evans	1.75m	1978
Charlie Moore	9.31m	2015
Isabella Blowers	2.20m	2012
Bethany Foster (3kg)	9.52m	2014
Susan King 3.25kg	14.27m	1979
Heather Eden	32.24m	1991
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
Nicola Sutton	24.7secs	1983
Victoria Tunaley	40.81secs	2000
Nicola Sutton	58.0secs	1983
Sally Page	2m15.8secs	1989
Charlotte Christensen	4m40.95	2009
Kirsty Waterson	10m08.4secs	1998
Abigail Rose	6m07.6secs	2014
Holly Aston	9m23.6secs	2014
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
Lana Fulcher (3kg)	10.73m	2014
Susan King (4kg)	14.40m	1981
Sandra Browne (1kg)	37.96m	1980
Angelique Pullen (600g)	50.02m	1985
Isabella Blowers 500g	28.93m	2014
Lana Fulcher (3kg)	50.35m	2015
Lana Fulcher (4kg)	46.38m	2014

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## FEMALE TRACK & FIELD RECORDS

UNDER 20 WOMEN			
Event	Name	Time/Height/ Distance	Year
100m	Laura Seston	11.61secs	1998
200m	Laura Seston	24.29secs	1998
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	Emma Burroughs	6m01.9s	2011
2000m Steeplechase	Sophie Godbold	14m57.23s	2014
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	Georgina Howe	45.93m	2011

SENIOR WOMEN		
Name	Time/Height/ Distance	Year
Laura Seston	11.72secs	1999
Laura Seston	24.47secs	1999
Laura Seston	55.16secs	1999
Louise Gregory	2m14.0secs	2002
Claire Holme	4m24.36	2006
Claire Holme	9m19.94s	2006
Claire Holme	14m03.89s	2005
Emma Burroughs	8m29.49s	2012
Katy Sealy	15.2s	2015
Louise Gregory	64.4s	2001
Lisa Thorn	5.75m	1988
Claire Toppie	10.06m	1993
Katy Sealy	1.70m	2015
Jenny Reason	2.55m	2012
Amy Wilson	12.50m	1999
Georgina Howe	37.54m	2014
Angelique McCormack	45.76m	1995
Georgina Howe	47.08m	2013

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# IPSWICH HARRIERS

## MALE TRACK & FIELD RECORDS

UNDER 13 BOYS				UNDER 15 BOYS			UNDER 17 MEN		
Event	Name	Time/Height/ Distance	Year	Name	Time/Height/ Distance	Year	Name	Time/Height/ Distance	Year
100m	Ian Robertson	12.3secs	1975	Robert Brown	11.2secs	1979	Robert Brown	10.88secs	1981
200m	Ian Robertson	26.1secs	1975	Robert Brown	23.0secs	1979	Ben Higgins	22.22secs	2002
300m				Joshua Hulse	37.79s	2015	Ben Higgins	48.04secs	2003
400m	Leroy Gormer	58.0secs	1990	Oliver Barrett	52.7secs	1999			
800m	Oliver Barrett	2m11.6s	1997	Joshua Hulse	1m56.54s	2015	Jamie McLoughlin	1m55.2s	1991
1500m	Colin Raven	4m38.40s	1993	Julian Hicks	4m15.7s	1978	Kieran Clements	3m58.61	2010
3000m				Julian Hicks	9m06.2s	1978	Matt Barnes-Smith	8m31.11s	2002
5000m							James Powley	16m41.0s	2010
75m Hurdles	Ethan Dixon	12.4secs	2005						
80m Hurdles	Jermaine Bernard	12.7secs	1997	Tony Seston	11.67secs	1995			
100m Hurdles							Jason McDade	13.8secs	1996
300m Hurdles							Paul Willcox (v60)	50.52s	2014
400m Hurdles							Tony Seston	55.09secs	1997
1500m S/chase							Duncan Wardle	4m31.7s	1993
1 Mile (under11)	Jack Weaver	5m26.97secs	2014						
2000m S/chase							Jack Millar	6m39.0secs	2014
Long Jump	Jermaine Bernard	5.53m	1997	Tony Allen	6.58m	1995	Jermaine Bernard	7.32m	2001
Triple Jump				Jermaine Bernard	12.88m	1999	Amofa Osei	13.98m	1989
High Jump	Kasey Hagan	1.62m	2009	Michael King	1.85m	1985	Michael King	2.03m	1987
Pole Vault				Simon Ayres	3.00m	1994	Simon Ayres	3.40m	1995
Shot	Harri Mortimore	11.95	2008	Joe Bloomfield	14.14m	2005	James Bull	16.29m	1995
Discus	Jermaine Bernard	32.56m	1997	Joe Bloomfield	42.63m	2005	Simon Richardson	50.26m	1989
Javelin	Harri Mortimore	44.29m	2008	Matti Mortimore	63.38m	2005	Matti Mortimore	68.88m	2009
Hammer				Joe Bloomfield	50.63m	2005	Joe Bloomfield	63.22m	2008

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# IPSWICH HARRIERS

## MALE TRACK & FIELD RECORDS

UNDER 20 MEN			
Event	Name	Time/Height/ Distance	Year
100m	Jason McDade	10.81secs	1999
	Owen Giddings	10.8wsecs	2015
200m	Ben Higgins	22.2secs	2004
	Owen Giddings	22.2secs	2015
400m	Ben Higgins	47.87secs	2004
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	Jack Millar	6m04.37s	2015
3000m Steeplechase	Duncan Beales	9m58.8s	1976
110m Hurdles	Jason McDade	14.6secs	1999
400m Hurdles	Tony Seston	54.1secs	1999
Long Jump	Antony Mason	7.24m	1994
Triple Jump	Rhys McDonald	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
Weight (11.34kg)			

SENIOR MEN		
Name	Time/Height/ Distance	Year
Karl Pugh	10.9secs	1989
Ben Higgins	22.0secs	2008
Tom Owens	47.0secs	2008
Ben Higgins	47.0secs	2008
John Bird	1m49.74s	2015
Nigel Allison	3m48.2s	1980
Nigel Allison	8m20.1s	1980
Gary Smith	14m38.2s	1975
Terry Smith	30m38.2s	1961
James Calvert	6m13.8s	2000
Terry Smith	9m16.2s	1962
Jason McDade	15.04secs	1999
Neil Hammersley	53.6secs	1982
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	70.66m	2013
Joe Bloomfield	64.57m	2011
Malcolm Fenton	17.82m	2011

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