

IPSWICH HARRIERS FEMALE TRACK & FIELD RECORDS 2021

UNDER 13 GIRLS				UNDER 15 GIRLS				UNDER 17 WOMEN			
Event	Name	Time/Height/Distance	Year	Name	Time/Height/Distance	Year	Name	Time/Height/Distance	Year		
75m	Joanna Harrall	10.9s	2003								
100m	Charlotte Barker	12.70s	1992	Laura Seston	12.0s	1993	Laura Seston	11.84secs	1994		
150m	Sophie Nickson	21.60s	2003								
200m	Charlotte Barker	26.7s	1992	Nicole Sadler	24.62	2003	Millie King	24.09secs	2021		
300m				Emily Lambert	43.16	2010	Millie King	40.54secs	2020		
400m							Nicola Sutton	58.0secs	1983		
800m	Fiona Bradshaw	2m26.4s	1984	Julie Cage	2m15.8s	1985	Sally Page	2m15.8secs	1989		
1500m	April Hill	4m52.3s	2016	Ruby Vinton	4m39.27s	2019	Charlotte Christensen	4m40.95	2009		
3000m							Kirsty Waterson	10m08.4secs	1998		
1500m s/chase							Holly Fisher	5m11.57s	2018		
2000m s/chase							Holly Fisher	7m42.2s	2019		
70m Hurdles	Claire Stuart	11.2secs	1988								
75m Hurdles				Nicola Hall	11.08s	1994					
80m Hurdles							Amanda Parker	11.07secs	1986		
100m Hurdles							Julie Watts	15.8secs	1982		
300m Hurdles							Rebecca Palmer	46.4secs	1997		
400m Hurdles							Nicola Andrews	65.5secs	1986		
Long Jump	Bethany Cooke	5.06m	1985	Sarah Prescott-Smith	5.60m	2011	Beverly Kinch	6.28m	1980		
High Jump	Carol Smith	1.50m	1991	Lindsay Evans	1.75m	1978	Lindsay Evans	1.75m	1990		
	Charlotte Shelley	1.50m	2007								
Triple Jump				Charlie Moore	9.93m	2016	Charlotte Shelley	11.32m	2011		
Pole Vault				Sophie Graham	2.50m	2017	Rhian Clarke	3.30m	1993		
Shot	Susan King 3.25kg	12.20m	1977	Bethany Foster (3kg)	9.52m	2014	Gemma Ramsey (3kg)	10.86m	2017		
	Jessica Lamprell 2.72kg	11.35m	2021	Susan King 3.25kg	14.27m	1979	Susan King (4kg)	14.40m	1981		
Discus	Ellie Bloomfield 1kg	27.87m	2009	Charlotte Graham	32.38m	2019	Sandra Browne (1kg)	37.96m	1980		
	Jessica Lamprell 0.75kg	24.96m	2021								
Javelin	Gemma Ramsey 400g	32.80m	2013	Jeanette Marsh(600g)	38.24m	1977	Angelique Pullen (600g)	50.02m	1985		
				Gemma Ramsey (500g)	39.66	2015	Jennifer Morgan (500g)	43.41m	2018		
Hammer				Lana Fulcher (3kg)	44.23m	2013	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	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	Holy Fisher	5m18.0secs	2021
2000m Steeplechase	Chloe Godbold	9m48.6s	2016
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
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
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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IPSWICH HARRIERS

MALE TRACK & FIELD RECORDS 2021

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	Ethan Dixon	12.4secs	2005
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
Stanley Chevous	37.64	2021
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
Ben Higgins	48.04secs	2003
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 30 September 2021

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	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	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
Cameron Bailey	10.63s (w)	2021
Cameron Bailey	21.24secs (w)	2021
Tom Owens	47.0secs	2008
Ben Higgins	47.0secs	2008
John Bird	1m47.79s	2017
Nigel Allison	3m48.2s	1980
Nigel Allison	8m20.1s	1980
John Millar	14m23.62s	2018
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