

IPSWICH HARRIERS

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	Lily Woodruff	5m55.1s	2017
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	50.04m	2017
Angelique McCormack	45.76m	1995
Georgina Howe	50.04m	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	Jack Fayers	25.4s	2016	Robert Brown	23.0secs	1979	Cameron Bailey	22.12s	2017
300m				Joshua Hulse	37.79s	2015			
400m	Leroy Gormer	58.0secs	1990	Oliver Barrett	52.7secs	1999	Ben Higgins	48.04secs	2003
800m	Oliver Barrett	2m11.6s	1997	Joshua Hulse	1m56.54s	2015	Joshua Hulse	1m52.7s	2017
1500m	Elliot Gladwell	4m36.1s	2017	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
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							John 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	William Lamprell	14.94m	2019	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	Brandon Ling (3kg)	13.27m	2018	Joe Bloomfield	50.63m	2005	Joe Bloomfield	63.22m	2008

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MALE TRACK & FIELD RECORDS 30 September 2017

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
Weight (15.44kg)SM			
Weight (11.34kg)V50			

SENIOR MEN		
Name	Time/Height/ Distance	Year
Karl Pugh	10.09secs	1989
Ben Higgins	22.0secs	2008
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	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	77.47m	2017
Joe Bloomfield	65.59m	2019
Malcolm Fenton	19.96m	2019
Malcolm Fenton	17.82m	2011