

# 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	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	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
	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
Emily Lambert	43.16	2010
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)	11.94m (I)	2022
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
Charlotte Christensen	4m40.95	2009
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)	11.44m	2022
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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## FEMALE TRACK & FIELD RECORDS

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	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

30 September 2022



**IPSWICH HARRIERS**  
**MALE TRACK & FIELD RECORDS 30 September 2022**

<b>UNDER 20 MEN</b>			
<b>Event</b>	<b>Name</b>	<b>Time/Height/ Distance</b>	<b>Year</b>
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 <sup>nd</sup> Claim)	66.47m	2020
Weight (15.88kg)SM			
Weight (11.34kg)	Oliver Graham (2 <sup>nd</sup> Claim)	19.54m	2020

<b>SENIOR MEN</b>		
<b>Name</b>	<b>Time/Height/ Distance</b>	<b>Year</b>
Cameron Bailey	10.79s/10.63w	2022
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