

## IPSWICH HARRIERS RELAY RECORDS as at 30 September 2023

### 4x100m relay

<b>U13 G</b>	54.2 secs (1989)	Romilly Clarke/Leonie Williams/Sadie Rice/Felicity LeFanu
<b>U15G</b>	50.2secs (1991)	Felicity LeFanu/Samantha Collins/Sheryl Lucas/Claire Stuart
<b>U17W</b>	49.1secs (1994)	Eve Wilson/Carmen DeBono/Laura Seston/Susie Harden
<b>U20W</b>	50.2secs (1998)	Rebecca Palmer/Karen Ruffell/Becky Last/Laura Seston
<b>SW</b>	49.3secs (1999)	Laura Seston/Becky Last/Victoria Tunaley/Hannah Coleman
<b>U13B</b>	54.2secs (2007)	
<b>U15B</b>	47.3secs (1998)	Sean Bennett/Jermaine Bernard/Chris Johnson/Leroy Evelyn
<b>U17M</b>	44.50sec (2022)	
<b>U20M</b>	44.9secs (1998)	Jason McDade/James Williams/Tony Seston/Stephen Flaherty
<b>SM</b>	43.8secs (2016)	

### 4x200m relay

<b>U13G</b>	1m55.2secs (1987)	Mary Gant/Claire Stuart/Helen Driver/Romilly Clarke
<b>U15G</b>	1m46.5secs (1989)	Mary Gant/Claire Stuart/Samantha Collins/Romilly Clarke
<b>U17W</b>	1m47.36sec (1990)	Sally Page/Hayley Bugg/Mary Gant/Romilly Clarke
<b>U13B</b>	1m59.6secs (1985)	
<b>U15B</b>	2m02.1secs (1987)	
<b>U17M</b>	1m35.5secs (1996)	Jason McDade/Stephen Flaherty/Gareth Moir/Tony Seston
<b>SM</b>	1m31.9secs (1987)	Austin Solomon/Steve Leggett/Richard Hunt/Karl Pugh

### 4x400m relay

<b>SW</b>	4m.04 secs (1996)	Jennifer Peirce/Nicola Clench/Ruth Wakeman/Katie Reece
<b>U17M</b>	3m36.1secs (1996)	Stephen Flaherty/Tony Seston/Daniel Williams/Gareth Moir
<b>SM</b>	<b>3m18.26 sec(2023)</b>	William Bowker, Luigi Palmieri, Matthew Snowdon, Daniel Eugene

### 4x400m mixed relay

<b>SW/SM</b>	<b>3m43.29sec (2023)</b>	Chloe Godbold, William Bowker, Ines Green, Luigi Palmieri
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### 3x800m relay

<b>U13G</b>	8m04.13sec (1990)	Katie Lane/Rachel Laurance/Hayley Irving
<b>U15G</b>	7m27.16sec (1990)	Samantha Lane/Melanie Sherman/Joanne Bullard