

PB Corner April 2017

This years challenge is to beat the 2016 total of 612 Personal Best performances. April showed 182 PBs and 12 Club Records, that makes a grand total of 219 PBs and 13 Club Records this year - well done to the following:

75m

- 13.6 John Bream U11B Portsmouth 02/04/2017 *PB by 0.2s*
- 11.8 Ben Primrose U11B Portsmouth 08/04/2017 *PB first time at this event*
- 12.2 Freya Farrow U11G Portsmouth 08/04/2017 **PB by 1s**
- 12.4 Tyler Stephenson U11B Portsmouth 08/04/2017 *PB first time at this event*
- 12.5 Henry Amoni U11B Portsmouth 08/04/2017 *PB by 0.1s*
- 12.7 Reuben Duggan U11B Portsmouth 08/04/2017 *PB by 0.2s*
- 12.8 Tom Hunter U11B Portsmouth 08/04/2017 *PB first time at this event*
- 12.8 Layla Powis U11G Portsmouth 08/04/2017 *PB by 0.7s*
- 13.3 Heidi Woolmer U11G Portsmouth 08/04/2017 *PB first time at this event*
- 13.6 Rhys Banville U11B Portsmouth 08/04/2017 *PB by 0.4s*
- 13.7 Ella Thompson U11G Portsmouth 08/04/2017 *PB by 0.3s*
- 14.4 Ashley Byrne U11B Portsmouth 08/04/2017 *PB by 0.9s*
- 15.2 Edward Hedges U11B Portsmouth 08/04/2017 *PB first time at this event*
- 16.5 Carla Bream U11G Portsmouth 08/04/2017 **PB by 1.6s**
- 12.6 Ellie Dominy U13G Portsmouth 29/04/2017 *PB first time at this event*

100m

- 13.8 Joseph Wiggins U15B Portsmouth 08/04/2017 *PB by 0.7s*
- 13.8 Rhys Fitzgerald U17M Portsmouth 08/04/2017 *PB first time at this event*
- 14.0 Ewan Maxwell U15B Portsmouth 08/04/2017 **PB by 1.3s**
- 14.3 Dean Pocock M45 Portsmouth 08/04/2017 *PB first time at this event*
- 14.5 Adam Hedges M50 Portsmouth 08/04/2017 *PB first time at this event*
- 14.5 Amelia Young U17W Portsmouth 08/04/2017 *PB first time at this event*
- 14.8 James Kelly U15B Portsmouth 08/04/2017 **PB by 2.3s**
- 15.0 Mark Byrne M35 Portsmouth 08/04/2017 *PB first time at this event*
- 15.1 Brooklyn Brown U17M Portsmouth 08/04/2017 *PB by 0.2s*
- 15.4 Luke Briggs U13B Portsmouth 08/04/2017 *PB first time at this event*
- 15.9 Oliver Young U13B Portsmouth 08/04/2017 *PB first time at this event*
- 15.9 Emily Hedges U15G Portsmouth 08/04/2017 *PB by 0.2s*
- 16.1 Matilda Moore U15G Portsmouth 08/04/2017 *PB first time at this event*
- 16.4 Daisy Dunsmore U13G Portsmouth 08/04/2017 *PB first time at this event*
- 16.4 Claire Thompson W40 Portsmouth 08/04/2017 *PB first time at this event*
- 16.7 Scarlett Patton U13G Portsmouth 08/04/2017 *PB first time at this event*
- 16.7 Michelle Byrne W35 Portsmouth 08/04/2017 *PB first time at this event*
- 17.0 Shai Pavey U13B Portsmouth 08/04/2017 *PB first time at this event*
- 17.0 Lucy Saunders U13G Portsmouth 08/04/2017 *PB first time at this event*
- 17.2 Ellie Dominy U13G Portsmouth 08/04/2017 *PB first time at this event*
- 17.6 Maddie Duggan U13G Portsmouth 08/04/2017 *PB first time at this event*
- 17.9 Hattie Moore U13G Portsmouth 08/04/2017 *PB by 0.6s*
- 18.0 Madeline Codling U13G Portsmouth 08/04/2017 *PB first time at this event*
- 18.1 Billy Chapman U13B Portsmouth 08/04/2017 *PB first time at this event*
- 19.4 Katrine Hedges W45 Portsmouth 08/04/2017 *PB first time at this event*
- 13.3 Neil Eames M45 Winchester 24/04/2017 *PB first time at this event*
- 16.6 Amanda Godfrey W55 Winchester 24/04/2017 *PB by 0.1s*
- 15.2 Emily Hedges U15G Portsmouth 29/04/2017 **PB by 0.7s**

200m

- 29.7 Emily Dunkley U13G Portsmouth 02/04/2017 **PB by 2.88s G4**
- 27.4 Rhys Fitzgerald U17M Bournemouth 15/04/2017 *PB first time at this event*
- 30.2 Brooklyn Brown U17M Bournemouth 15/04/2017 **PB by 3.5s**
- 28.3 Brooke Turner U15G Portsmouth 29/04/2017 *PB by 0.9s*

29.6 James Kelly U15B Portsmouth 29/04/2017 *PB first time at this event*

300m

44.5 Joseph Wiggins U15B Portsmouth 29/04/2017 *PB by 3.2s*

49.6 Eleanor Duggan U15G Portsmouth 29/04/2017 *PB first time at this event*

52.0 Emma McQuiston U15G Portsmouth 29/04/2017 *PB first time at this event*

400m

78.5 Elizabeth Prinsep W50 Winchester 24/04/2017 *PB first time at this event*

600m

2:04.5 Ben Primrose U11B Portsmouth 08/04/2017 *PB first time at this event*

2:16.6 Freya Farrow U11G Portsmouth 08/04/2017 **PB by 10.6s**

2:17.5 Reuben Duggan U11B Portsmouth 08/04/2017 *PB by 6s*

2:22.9 Tom Hunter U11B Portsmouth 08/04/2017 *PB first time at this event*

2:24.0 Henry Amoni U11B Portsmouth 08/04/2017 **PB by 29.7s**

2:24.4 Matthew Hammond U11B Portsmouth 08/04/2017 **PB by 22.9s**

2:26.1 Rhys Banville U11B Portsmouth 08/04/2017 **PB by 11.1s**

2:30.3 Layla Powis U11G Portsmouth 08/04/2017 *PB first time at this event*

2:31.8 John Bream U11B Portsmouth 08/04/2017 **PB by 23s**

2:35.5 Ashley Byrne U11B Portsmouth 08/04/2017 **PB by 20.7s**

2:42.8 Edward Hedges U11B Portsmouth 08/04/2017 *PB first time at this event*

2:43.0 Heidi Woolmer U11G Portsmouth 08/04/2017 *PB first time at this event*

2:46.2 Ella Thompson U11G Portsmouth 08/04/2017 *PB first time at this event*

2:48.8 Tyler Stephenson U11B Portsmouth 08/04/2017 *PB first time at this event*

3:01.8 Carla Bream U11G Portsmouth 08/04/2017 *PB first time at this event*

800m

2:28.5 Joseph Wiggins U15B Portsmouth 02/04/2016 **PB by 8.6s**

2:45.2 Grace Anstey U13G Portsmouth 02/04/2017 **PB by 25.3s**

2:20.1 Rhys Fitzgerald U17M Portsmouth 08/04/2017 *PB first time at this event*

2:21.8 Kieran Flynn U17M Portsmouth 08/04/2017 **PB by 7.7s**

2:27.1 Joseph Wiggins U15B Portsmouth 08/04/2017 *PB by 1.4s*

2:39.1 Luke Briggs U13B Portsmouth 08/04/2017 *PB first time at this event*

2:39.4 Dean Pocock M45 Portsmouth 08/04/2017 *PB first time at this event*

2:39.8 James Kelly U15B Portsmouth 08/04/2017 *PB first time at this event*

2:39.9 Emily Dunkley U13G Portsmouth 08/04/2017 **PB by 4.7s G4**

2:43.5 Grace Anstey U13G Portsmouth 08/04/2017 *PB by 1.7s*

2:45.5 Oliver Byrne U13B Portsmouth 08/04/2017 *PB by 1.5s*

2:54.3 Adam Hedges M50 Portsmouth 08/04/2017 *PB first time at this event*

2:55.8 Ewan Maxwell U15B Portsmouth 08/04/2017 **PB by 29.2s**

2:56.2 Brooklyn Brown U17M Portsmouth 08/04/2017 *PB by 4.6s*

2:56.6 Oliver Young U13B Portsmouth 08/04/2017 *PB first time at this event*

2:57.1 Wilfred Moore U13B Portsmouth 08/04/2017 *PB first time at this event*

2:58.8 Matilda Moore U15G Portsmouth 08/04/2017 *PB first time at this event*

2:59.0 Ellie Dominy U13G Portsmouth 08/04/2017 *PB first time at this event*

2:59.9 Amanda Rees-Frometa U17W 08/04/2017 *PB by 11.3s*

3:03.7 Shai Pavey U13B Portsmouth 08/04/2017 *PB first time at this event*

3:04.5 Mark Byrne M35 Portsmouth 08/04/2017 *PB first time at this event*

3:04.6 Josh Kelly SM Portsmouth 08/04/2017 *PB first time at this event*

3:12.1 Scarlett Patton U13G Portsmouth 08/04/2017 *PB first time at this event*

3:12.7 Ruby Dale U15G Portsmouth 08/04/2017 **PB by 27.6s**

3:14.4 Daisy Dunsmore U13G Portsmouth 08/04/2017 *PB first time at this event*

3:14.9 Lucy Saunders U13G Portsmouth 08/04/2017 *PB first time at this event*

3:15.2 Emily Hedges U15G Portsmouth 08/04/2017 *PB first time at this event*

3:16.1 Michelle Byrne W35 Portsmouth 08/04/2017 *PB first time at this event*

3:16.7 Claire Thompson W40 Portsmouth 08/04/2017 *PB first time at this event*

3:17.7 Katrine Hedges W45 Portsmouth 08/04/2017 *PB first time at this event*
3:23.6 Madeline Codling U13G Portsmouth 08/04/2017 *PB first time at this event*
3:25.0 Maddie Duggan U13G Portsmouth 08/04/2017 *PB first time at this event*
3:31.6 Hattie Moore U13G Portsmouth 08/04/2017 *PB first time at this event*
2:37.5 Luke Briggs U13B Portsmouth 29/04/2017 *PB by 1.6s*
2:43.2 Grace Anstey U13G Portsmouth 29/04/2017 *PB by 0.3s*

1200m

4:38.3 Ellie Dominy U13G Portsmouth 29/04/2017 *PB first time at this event*

1500m

5:49.5 Ellie Dominy U13G Portsmouth 02/04/2017 *PB first time at this event*
7:35.0 Elizabeth Prinsep W50 Winchester 24/04/2017 *PB first time at this event*
5:44.8 Isy Roberts U15G Portsmouth 29/04/2017 *PB first time at this event*

2000m Walk

14:49.7 Vicki Spencer W50 Winchester 24/04/2017 *PB first time at this event*

Long Jump

3.95 Emily Dunkley U13G Portsmouth 02/04/2017 *PB by 23cm G4*
4.37 Ruby Dale U16G Portsmouth 08/04/2017 *PB by 18cm*
4.32 Alice Rorke SW Portsmouth 08/04/2017 *PB by 24cm*
4.30 Joseph Wiggins U15B Portsmouth 08/04/2017 *PB by 25cm*
4.14 James Kelly U15B Portsmouth 08/04/2017 *PB by 64cm*
3.99 Mark Byrne M35 Portsmouth 08/04/2017 *PB first time at this event*
3.97 Ewan Maxwell U15B Portsmouth 08/04/2017 *PB by 33cm*
3.94 Rhys Fitzgerald U17M Portsmouth 08/04/2017 *PB first time at this event*
3.94 Adam Hedges M50 Portsmouth 08/04/2017 *PB first time at this event*
3.70 Grace Anstey U13G Portsmouth 08/04/2017 *PB by 12cm*
3.60 Oliver Byrne U13B Portsmouth 08/04/2017 *PB by 20cm*
3.54 Dean Pocock M45 Portsmouth 08/04/2017 *PB first time at this event*
3.46 Amelia Young U17W Portsmouth 08/04/2017 *PB first time at this event*
3.42 Matilda Moore U15G Portsmouth 08/04/2017 *PB first time at this event*
3.14 Oliver Young U13B Portsmouth 08/04/2017 *PB by 59cm*
3.05 Madeline Codling U13G Portsmouth 08/04/2017 *PB first time at this event*
3.04 Daisy Dunsmore U13G Portsmouth 08/04/2017 *PB by 79cm*
3.02 Freya Farrow U11G Portsmouth 08/04/2017 *PB by 65cm*
2.95 Shai Pavey U13B Portsmouth 08/04/2017 *PB first time at this event*
2.95 Michelle Byrne W35 Portsmouth 08/04/2017 *PB first time at this event*
2.90 Luke Briggs U13B Portsmouth 08/04/2017 *PB first time at this event*
2.89 Ben Primrose U11B Portsmouth 08/04/2017 *PB first time at this event*
2.85 Layla Powis U11G Portsmouth 08/04/2017 *PB by 57cm*
2.85 Claire Thompson W40 Portsmouth 08/04/2017 *PB first time at this event*
2.80 Tom Hunter U11B Portsmouth 08/04/2017 *PB first time at this event*
2.79 Billy Chapman U13B Portsmouth 08/04/2017 *PB first time at this event*
2.79 Emily Hedges U15G Portsmouth 08/04/2017 *PB first time at this event*
2.75 Tyler Stephenson U11B Portsmouth 08/04/2017 *PB first time at this event*
2.75 Katrine Hedges W45 Portsmouth 08/04/2017 *PB first time at this event*
2.66 Lucy Saunders U13G Portsmouth 08/04/2017 *PB first time at this event*
2.58 Rhys Banville U11B Portsmouth 08/04/2017 *PB by 36cm*
2.56 Ellie Dominy U13G Portsmouth 08/04/2017 *PB by 50cm*
2.44 Ashley Byrne U11B Portsmouth 08/04/2017 ***PB by 93cm***
2.19 Scarlett Patton U13G Portsmouth 08/04/2017 *PB first time at this event*
2.18 Maddie Duggan U13G Portsmouth 08/04/2017 *PB first time at this event*
2.15 Heidi Woolmer U11G Portsmouth 08/04/2017 *PB first time at this event*
1.86 Priya Smith U11G Portsmouth 08/04/2017 *PB by 3cm*
1.44 Edward Hedges U11B Portsmouth 08/04/2017 *PB first time at this event*

4.28 Rhys Fitzgerald U17M Bournemouth 15/04/2017 *PB by 34cm*

High Jump

1.15 Emma McQuiston U15G Portsmouth 29/04/2017 *PB first time at this event*

Shot

10.69 Ewan Maxwell U15B Portsmouth 08/04/2017 ***PB by 1.56m G4***
7.81 Adam Hedges M50 Portsmouth 08/04/2017 *PB first time at this event*
7.57 Dean Pocock M45 Portsmouth 08/04/2017 *PB first time at this event*
6.94 Kieran Flynn U17M Portsmouth 08/04/2017 ***PB by 1.05m***
6.74 Mark Byrne M35 Portsmouth 08/04/2017 *PB first time at this event*
6.71 Ruby Dale U15G Portsmouth 08/04/2017 *PB by 64cm*
6.64 Brooke Turner U15G Portsmouth 08/04/2017 *PB first time at this weight*
6.46 Alice Rorke SW Portsmouth 08/04/2017 *PB by 13cm*
6.43 Joseph Wiggins U15B Portsmouth 08/04/2017 *PB by 71cm*
6.31 Madeline Codling U13G Portsmouth 08/04/2017 *PB first time at this event*
6.13 James Kelly U15B Portsmouth 08/04/2017 *PB first time at this weight*
5.94 Grace Anstey U13G Portsmouth 08/04/2017 ***PB by 1.69m***
5.89 Amada Rees-Frometa U17W Portsmouth 08/04/2017 *PB by 45cm*
5.72 Claire Thompson W40 Portsmouth 08/04/2017 *PB first time at this event*
5.71 Matilda Moore U15G Portsmouth 08/04/2017 *PB first time at this event*
5.71 Amelia Young U17W Portsmouth 08/04/2017 *PB first time at this event*
5.61 Samuel Thompson U13G Portsmouth 08/04/2017 *PB by 39cm*
5.56 Emily Hedges U15G Portsmouth 08/04/2017 *PB first time at this event*
5.47 Billy Chapman U13B Portsmouth 08/04/2017 ***PB by 1.07m***
5.41 Eleanor Duggan U15G Portsmouth 08/04/2017 *PB by 30cm*
5.39 Michelle Byrne W35 Portsmouth 08/04/2017 *PB first time at this event*
5.36 Katrine Hedges W45 Portsmouth 08/04/2017 *PB first time at this event*
4.74 Like Briggs U13B Portsmouth 08/04/2017 *PB first time at this event*
4.49 Tom Pocock U15B Portsmouth 08/04/2017 *PB by 16cm*
4.25 Beth Sherrell U20W Portsmouth 08/04/2017 *PB first time with this weight*
4.23 Wilfred Moore U13B Portsmouth 08/04/2017 *PB first time at this event*
3.95 Lucy Saunders U13G Portsmouth 08/04/2017 *PB first time at this event*
3.86 Rhys Fitzgerald U17M Portsmouth 08/04/2017 *PB first time at this event*
3.73 Brooklyn Brown U17M Portsmouth 08/04/2017 *PB first time with this weight*
3.69 Scarlett Patton U13G Portsmouth 08/04/2017 *PB first time at this event*
3.56 Shai Pavey U13B Portsmouth 08/04/2017 *PB first time at this event*
3.35 Maddie Duggan U13G Portsmouth 08/04/2017 *PB first time at this event*
3.10 Daisy Dunsmore U13G Portsmouth 08/04/2017 *PB first time at this event*
2.98 Ellie Dominy U13G Portsmouth 08/04/2017 *PB first time at this event*
13.31 Josh Kelly SM Bournemouth 15/04/2017 *PB by 6cm, Josh improved his own CR by the same amount G3*
3.47 Samuel Farrugia U15B Portsmouth 29/04/2017 *PB first time at this event*

Discus

24.49 Callum Taylor U15B Basingstoke 01/04/2017 *PB by 57cm*
32.22 Josh Kelly SM Bournemouth 15/04/2017 ***PB by 1.03m***
26.85 Callum Taylor U15B Basingstoke 23/04/2017 ***PB by 2.36m G4***
27.11 Callum Taylor U15B Portsmouth 29/04/2017 *PB by 26cm G4*

Javelin

34.78 Callum Taylor U15B Portsmouth 02/04/2017 *PB by 40cm, Callum improved his own CR by the same amount G4*
27.81 Joseph Wiggins U15B Portsmouth 29/04/2017 ***PB by 4.34m***
14.62 Ellie Dominy U13G Portsmouth 29/04/2017 *PB first time at this event*
13.85 Isy Roberts U15G Portsmouth 29/04/2017 *PB first time at this event*

5K Park Run

22:44 Joseph Wiggins U15B Havant 15/04/2017 *PB by 4s*

25:35 Grace Anstey U13G Havant 15/04/2017 *PB first time at this event*

GRADED PERFORMANCES

Grade 1

Grade 2

Grade 3

3 Josh Kelly

Grade 4 (U13/U15/U17 only)

6 Callum Taylor

5 Emily Dunkley

3 Ruby Dale

1 Ewan Maxwell

PBs in 2017

8 Ellie Dominy

8 Joseph Wiggins

7 Callum Taylor

6 Rhys Fitzgerald

6 Grace Anstey

5 Emily Hedges

5 Luke Briggs

5 James Kelly

4 Joel Williams

4 Shai Pavey

4 Ewan Maxwell

4 Daisy Dunsmore

4 Lucy Saunders

4 Scarlett Patton

4 Maddie Duggan

4 Matilda Moore

4 Adam Hedges

4 Dean Pocock

4 Mark Byrne

4 Brooklyn Brown

3 Mark Temple

3 Ben Primrose

3 Tom Hunter

3 Tyler Stephenson

3 Rhys Banville

3 Ashley Byrne

3 Edward Hedges

3 Oliver Young

3 Billy Chapman

3 Freya Farrow

3 Layla Powis

3 Heidi Woolmer

3 Madeline Codling

3 Ruby Dale

3 Alice Rorke

3 Amelia Young

3 Claire Thompson

3 Katrine Hedges

3 Michelle Byrne

3 Josh Kelly

2 Evie Cassap

2 Isabelle Cassap

2 Johnny Farrow

2 Henry Amoni

2 Reuben Duggan

2 John Bream

2 Oliver Byrne

2 Wilfred Moore

2 Ella Thompson

2 Carla Bream

2 Emily Dunkley

2 Hattie Moore

2 Kieran Flynn

2 Amada Rees-Frometa

2 Elizabeth Prinsep

2 Brooke Turner

2 Eleanor Duggan

2 Isy Roberts

2 Emma McQuiston

1 David Evans

1 Harriet Burr

1 Benjamin Barron

1 Anthony Burr

1 Steve Squires

1 Annika Loh

1 Kathryn Simpson

1 Dave Symmonds

1 Megan Newton

1 Matthew Hammond

1 Samuel Thompson

1 Tom Pocock

1 Priya Smith

1 Beth Sherrell
1 Vicki Spencer
1 Neil Eames
1 Amanda Godfrey
1 Samuel Farrugia