

PB Corner January to March 2017

This years challenge is to beat the 2016 total of 612 Personal Best performances. January to March showed 26 PBs and 1 Club Record, well done to the following:

400m Indoor

64.00 Alice Rorke SW Sheffield 18/02/2017 *PB by 0.34s*

Shot

7.93 Callum Taylor U15B Swindon 18/03/2017 *PB first time with this weight*

Discus

23.92 Callum Taylor U15B Swindon 18/03/2017 *PB first time with this weight*

Javelin

34.38 Callum Taylor U15B Swindon 18/03/2017 ***PB by 5.30m, Callum broke Carl Fossey's 2003 CR G4***

5K Park Run

19:37 Joel Williams U20M Portsmouth 07/01/2017 *PB by 7s*

19:50 David Evans SM Southsea 14/01/2017 *PB by 26s*

34:26 Evie Cassap U11G Portsmouth 21/01/2017 ***PB by 3m 55s***

25:56 Johnny Farrow U13B Chichester 28/01/2017 *PB first time at this event*

22:03 Harriet Burr U13G Portsmouth 04/02/2107 *PB by 61s*

22:41 Benjamin Barron U15B Southsea 04/02/22017 *PB first time at this event*

27:05 Izabelle Cassap U11G Portsmouth 04/02/22107 ***PB by 2m 22s***

32:18 Evie Cassap U11G Portsmouth 04/02/22107 ***PB by 2m 8s***

24:31 Izabelle Cassap U11G Portsmouth 18/02/2017 *PB by 2m 34s*

25:13 Johnny Farrow U13B Chichester 18/02/2107 *PB by 43s*

19:29 Joel Williams U20M Portsmouth 18/03/2017 *PB by 6s*

19:21 Dave Symmonds M50 Southampton 18/03/2017 ***PB by 62s***

24:23 Megan Newton U20W Portsmouth 18/03/2017 *PB first time at this event*

Chichester Corporate Challenge

17:55 Annika Loh U17W Chichester 01/03/2017 *PB first time at this event*

20:43 Mark Temple SM Chichester 01/03/2017 *PB first time at this event*

16:28 Joel Williams U20M Chichester 15/03/2017 *PB by 13s*

17:57 Kathryn Simpson U20W Chichester 15/03/2017 *PB by 16s*

20:11 Mark Temple SM Chichester 15/03/2017 *PB by 32s*

16:24 Joel Williams U20M Chichester 29/03/2017 *PB by 4s*

19:39 Mark Temple SM Chichester 29.03/2017 *PB by 32s*

10K Road

43: 01 Anthony Burr M40 Chichester 04/02/2017 *PB first time at this event*

43:05 Steve Squires M40 Chichester 04/02/2017 *PB first time at this event*

GRADED PERFORMANCES

Grade 1

Grade 2

Grade 3

Grade 4 (U13/U15/U17 only)

1 Callum Taylor

PBs in 2016

4 Joel Williams

3 Callum Taylor

3 Mark Temple

2 Evie Cassap

2 Izabelle Cassap

2 Johnny Farrow

1 David Evans

1 Harriet Burr
1 Benjamin Barron
1 Anthony Burr
1 Steve Squires
1 Alice Rorke
1 Annika Loh
1 Kathryn Simpson
1 Dave Symmonds
1 Megan Newton