

PB Corner June 2017

This years challenge is to beat the 2016 total of 612 Personal Best performances. June showed 48 PBs and 11 Club Records, that makes a grand total of 340 PBs and 31 Club Records this year - well done to the following:

75m

13.0 Harriet Moore U13G Winchester 18/06/2017 *PB by 0.7s*

100m

15.2 David Evans M35 Basingstoke 12/06/2017 *PB by 0.2s*

17.0 Ophelia Matthias W35 Basingstoke 12/06/2017 *PB first time at this event*

17.8 Elizabeth Prinsep W50 Basingstoke 12/06/2017 *PB first time at this event*

15.0 Emma McQuiston U15G Winchester 18/06/2017 *PB first time at this event*

15.6 Shai Pavey U134B Winchester 18/06/2017 ***PB by 1.4s***

16.6 Owen McQuiston U13B Winchester 18/06/2017 *PB first time at this event*

200m

24.0 Manuel Diaz Brito SM Andover 17/06/2017 ***PB by 1.1s***

31.0 Oliver Byrne U13B Winchester 18/06/2017 ***PB by 3.1s***

31.8 Wilfred Moore U13B Winchester 18/06/2017 *PB by 1.04s*

400m

75.3 Justine Bacon W45 Basingstoke 12/06/2017 *PB first time at this event*

55.3 Kieran Flynn U17M Andover 17/06/2017 *PB by 0.9s*

800m

1:55.17 Matt Gordon SM Watford 14/06/2017 ***PB by 1.46s G3***

2:35.0 Emily Dunkley Winchester 18/06/2017 ***PB by 4.1s G3***

2:45.4 Isy Roberts U15G Winchester 18/06/2017 *PB first time at this event*

1200m

4:18.6 Grace Anstey U13G Winchester 18/06/2017 ***PB by 3.9s, Grace extended her own CR by the same amount***

4:23.9 Ellie Dominy U13G Winchester 18/06/2017 ***PB by 14.4s***

1500m

3:59.19 Matt Gordon SM Crystal Palace 11/06/2017 *PB by 0.69s G3*

5:23.6 David Evans M35 Basingstoke 12/06/2017 ***PB by 21.8s***

5:43.6 Elizabeth Steward W35 Basingstoke 12/06/2017 *PB by 1s*

5:18.7 Oliver Byrne U13B Winchester 18/06/2017 *PB by 19.1s*

5000m

20:34.7 David Evans M35 Andover 17/06/2017 *PB first time at this event*

75m Hurdles

14.9 Samuel Thompson U13B Winchester 18/06/2017 *PB by 0.9s G4*

110m Hurdles

18.6 Manuel Diaz Brito SM Andover 17/06/2017 *PB by 0.3s*

3000m Steeplechaser

15:25.3 Mark Byrne M35 Basingstoke 12/06/2017 *PB first time at this event*

Long Jump

4.92 Amanda Rees-Frometa U17W Portsmouth 10/06/2017 *PB by 59cm G4*

4.19 Mark Byrne M35 Andover 17/06/2017 *PB by 20cm*
3.97 Emily Dunkley U13G Winchester 18/06/2017 *PB by 2cm G4*
3.58 Wilfred Moore U13B Winchester 18/06/2017 *PB by 47cm*

Triple Jump

11.37 Kieran Flynn U17M Andover 17/06/2017 *PB by 11cm*

High Jump

0.90m Elizabeth Prinsep W50 Basingstoke 12/06/2017 *PB first time at this event*
1.55 Manuel Diaz Brito SM Andover 17/06/2017 *PB by 12cm*

Pole Vault

1.22 Vicki Spencer W50 Andover 17/06/2017 *PB first time at this event W50 CR*

Shot

8.53 Callum Taylor U15B Woking 11/06/2017 *PB by 60cm*
10.01 Paul Hillyard M60 Basingstoke 12/06/2017 *PB by 7cm CR*
7.45 James Kelly U15B Winchester 18/06/2017 ***PB by 99cm***
4.81 Emma McQuiston U15G Winchester 18/06/2017 *PB first time at this event*
4.70 Wilfred Moore U13B Winchester 18/06/2017 *PB by 47cm*
4.60 Harriet Moore U13G Winchester 18/06/2017 *PB by 10cm*

Discus

22.00 James Kelly U15B Winchester 18/06/2017 ***PB by 5.03m***

Hammer

20.42 Josh Kelly SM Andover 17/06/2017 ***PB by 1.03m***

Javelin

34.82 Callum Taylor U15B Winchester 18/06/2017 *PB by 4cm, Callum extended his own CR by the same amount*
14.04 Owen McQuiston U13B Winchester 18/06/2017 *PB first time at this event*
11.96 Shai Pavey U13B Winchester 18/06/2017 *PB first time at this event*
11.20 Isy Roberts U15G Winchester 18/06/2017 *PB first time at this event*
39.70 Callum Taylor U15B Portsmouth 25/06/2017 ***PB by 4.58m G3***

5K Park Run

24:21 Megan Newton U20W Lee-on-the-Solent 03/06/2017 *PB by 2s*
21.49 Harriet Burr U13G Portsmouth 17/06/2017 *PB by 2s*

GRADED PERFORMANCES

Grade 1

Grade 2

1 Josh Kelly

Grade 3

5 Josh Kelly
2 Matt Gordon
1 Corin Bearpark
1 Ruby Dale
1 Emily Dunkley
1 Callum Taylor

Grade 4 (U13/U15/U17 only)

9 Callum Taylor

8 Emily Dunkley
5 Ruby Dale
2 Ewan Maxwell
1 Amanda Rees-Frometa
1 Samuel Thompson

PBs in 2017

12 Joseph Wiggins
11 Manuel Diaz Brito
11 James Kelly
10 Ellie Dominy
10 Callum Taylor
9 David Evans
9 Kieran Flynn

8 Rhys Fitzgerald
8 Grace Anstey
7 Josh Kelly
7 Oliver Byrne
6 Luke Briggs
6 Oliver Young
6 Mark Byrne
6 Emily Dunkley
6 Shai Pavey
5 Emily Hedges
5 Ben Primrose
5 Layla Powis
5 Joel Williams
5 Elizabeth Prinsep
5 Isy Roberts
5 Wilfred Moore
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 Brooklyn Brown
4 Henry Amoni
4 Eleanor Duggan
4 Amanda Rees-Frometa
4 Emma McQuiston
4 Harriet Moore
3 Mark Temple
3 Tom Hunter
3 Tyler Stephenson
3 Rhys Banville
3 Ashley Byrne
3 Edward Hedges
3 Billy Chapman
3 Freya Farrow
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 Evie Cassap
3 Beth Sherrell
3 Harriet Burr
2 Izabelle Cassap
2 Johnny Farrow
2 Reuben Duggan
2 John Bream
2 Ella Thompson
2 Carla Bream
2 Brooke Turner
2 Charlie Amoni
2 Samuel Farrugia
2 Neil Eames
2 Amanda Godfrey
2 Steve Squires
2 Megan Newton
2 Matt Gordon
2 Vicki Spencer
2 Samuel Thompson
2 Owen McQuiston
1 Benjamin Barron
1 Anthony Burr
1 Annika Loh
1 Kathryn Simpson
1 Dave Symmonds
1 Matthew Hammond
1 Tom Pocock
1 Priya Smith
1 Amelia Young
1 Sue Dewar
1 Lauren Mitchinson
1 Alice Reynolds
1 Kelly Andrews
1 Nathan Winter-Page
1 Lee Mawson
1 Mike Harper
1 Frank Blackwell
1 Paul Hillyard
1 Ophelia Matthias
1 Justine Bacon
1 Elizabeth Steward