

PB Corner May 2017

This years challenge is to beat the 2016 total of 612 Personal Best performances. May showed 73 PBs and 7 Club Records, that makes a grand total of 292 PBs and 20 Club Records this year - well done to the following:

75m

12.4 Henry Amoni U10B Portsmouth 01/05/2017 *PB by 0.1s*
12.5 Layla Powis U11G Portsmouth 01/05/2017 *PB by 0.3s*
11.7 Ellie Dominy U13G Bournemouth 20/05/2017 *PB by 0.1s*

100m

11.84 Manuel Diaz Brito SM Portsmouth 14/05/2017 *PB by 0.56s*
12.08 Kieran Flynn U17M Portsmouth 14/05/2017 *PB by 0.38s*
12.0 Kieran Flynn U17M Portsmouth 14/05/2017 *PB by 0.08s*
14.5 Samuel Farrugia U15B Bournemouth 20/05/2017 *PB first time at this event*
14.9 Oliver Byrne U13B Bournemouth 20/05/2017 ***PB by 1.1s***
15.1 Oliver Young U13B Bournemouth 20/05/2017 *PB by 0.8s*
15.4 David Evans M35 Poole 21/05/2017 *PB by 0.74s*

150m

21.7 Emily Dunkley U13G Bournemouth 20/05/2017 *PB by 0.2s G4*

200m

25.00 Kieran Flynn U17M Portsmouth 13/05/2017 *PB by 0.28s*
28.63 James Kelly U15B Portsmouth 13/05/2017 *PB by 0.97s*
30.6 Luke Briggs U13B Portsmouth 13/05/2017 ***PB by 1s***
27.8 Joseph Wiggins U15B Bournemouth 20/05/2017 *PB first time at this event*
31.6 Oliver Young U13B Bournemouth 20/05/2017 ***PB by 2.3s***
26.3 Lee Mawson M35 Portsmouth 22/05/2017 *PB by 0.1s*
27.1 Neil Eames M50 Portsmouth 22/05/2017 *PB by 0.2s*
31.2 David Evans M35 Portsmouth 22/05/2017 *PB first time at this event*
35.2 Amanda Godfrey W55 Portsmouth 22/05/2017 ***PB by 0.8s, Amanda also broke the W55 CR***

300m

48.7 Eleanor Duggan U15G Bournemouth 20/05/2017 *PB by 0.9s*

400m

68.1 David Evans M35 Poole 21/05/2017 ***PB by 1.9s***

600m

2:04.1 Ben Primrose U11B Portsmouth 01/05/2017 *PB by 0.4s*
2:10.5 Charlie Amoni U11B Portsmouth 01/05/2017 *PB by 4.2s*
2:20.8 Layla Powis U11G Portsmouth 01/05/2017 *PB by 3.5s*

800m

2:22.16 Joseph Wiggins U15B Portsmouth 13/05/2017 ***PB by 4.94s***
2:39.1 Emily Dunkley U13G Bournemouth 20/05/2017 *PB by 0.8s G4*
2:35.7 Mike Harper M55 Portsmouth 22/05/2017 *PB first time at this event*
2:42.7 David Evans M35 Portsmouth 22/05/2017 *PB first time at this event*
3:32.4 Elizabeth Princep W50 Portsmouth 22/05/2017 *PB first time at this event*

1200m

4:22.5 Grace Anstey U13G Bournemouth 20/05/2017 *PB first time at this event, Grace broke Eleanor Duggan's 2015 CR*

1500m

5:12.3 Joseph Wiggins U15B Bournemouth 20/05/2017 *PB first time at this event*
5:37.8 Oliver Byrne U13B Bournemouth 20/05/2017 *PB first time at this event*
6:41.0 Alice Reynolds SW Poole 21/05/2017 *PB first time at this event*
5:08.9 Rhys Fitzgerald U17M Poole 21/05/2017 *PB first time at this event*

1 Mile

5:41.5 Joseph Wiggins U15B Portsmouth 01/05/2017 *PB first time at this event*
6:32.1 Amelia Young U17W Portsmouth 01/05/2017 *PB first time at this event*

3000m

11:03.9 Joel Williams U20M Poole 21/05/2017 *PB by 18.4s*
11:11.6 David Evans M35 Poole 21/05/2017 *PB first time at this event*

5000m

23:35.0 Beth Sherrell U20W Poole 21/05/2017 *PB first time at this event*

110m Hurdles

19.12 Manuel Diaz Brito SM Portsmouth 13/05/2017 *PB first time at this event*
18.9 Manuel Diaz Brito SM Poole 21/05/2017 *PB by 0.22s*

400m Hurdles

62.29 Manuel Diaz Brito SM Portsmouth 13/05/2017 *PB first time at this event*

Long Jump

3.44 Charlie Amoni U11B Portsmouth 01/05/2017 *PB by 30cm*
3.25 Ben Primrose U11B Portsmouth 01/05/2017 *PB by 36cm*
2.95 Henry Amoni U10B Portsmouth 01/05/2017 *PB by 2cm*
5.82 Manuel Diaz Brito SM Portsmouth 13/05/2017 *PB first time at this event*
5.51 Kieran Flynn U17M Portsmouth 13/05/2017 *PB by 3cm*
4.51 James Kelly U15B Portsmouth 13/05/2017 *PB by 37cm*
4.33 Amanda Rees-Frometa U17W Portsmouth 14/05/2017 *PB by 4cm*
3.67 Oliver Byrne U13B Bournemouth 20/05/2017 *PB by 7cm*
3.28 Isy Roberts U15G Bournemouth 20/05/2017 *PB first time at this event*
3.22 Oliver Young U13B Bournemouth 20/05/2017 *PB by 8cm*
3.30 Beth Sherrell U20W Poole 21/05/2017 *PB by 12cm*
4.39 Rhys Fitzgerald U17M Poole 21/05/2017 *PB first time at this event*

Triple Jump

11.26 Kieran Flynn U17M Portsmouth 14/05/2017 *PB by 11cm*
11.18 Manuel Diaz Brito SM Portsmouth 14/05/2017 *PB first time at this event*
11.24 Manuel Diaz Brito SM Poole 21/05/2017 *PB by 6cm*

High Jump

1.43 Manuel Diaz Brito SM Poole 21/05/2017 *PB first time at this event*

Shot

13.71 Josh Kelly SM Portsmouth 14/05/2017 *PB by 40cm, Josh improved his own CR by the same amount G2*
6.46 James Kelly U15B Bournemouth 20/05/2017 *PB by 33cm*
5.74 Eleanor Duggan U15G Bournemouth 20/05/2017 *PB by 33cm*

Discus

16.97 James Kelly U15B Bournemouth 20/05/2017 *PB first time at this event*
33.09 Josh Kelly SM Poole 21/05/2017 *PB by 87cm*

31.94 Frank Blackwell M60 Portsmouth 22/05/2017 *PB first time at this event, Frank also broke the M60 CR for this event*

Hammer

19.39 Josh Kelly SM Poole 21/05/2017 *PB by 7cm*

Javelin

26.26 (800g) Nathan Winter-Page U17M Poole 21/05/2017 *PB first time at this event*

13.57 Kelly Andrews W35 Poole 21/05/2017 *PB first time at this event*

5K Park Run

40:26 Sue Dewar W70 Havant 06/05/2017 *PB by 3m 53s*

221:51 Harriet Burr U13G Netley 13/05/2017 *PB by 12s*

31:04 Evie Cassap U11G Portsmouth 13/05/2017 *PB by 1m 14s*

30:35 Lauren Mitchinson U13G Fareham 20/05/2017 *PB by 3m 44s*

20:48 Steve Squires M35 Leicester 27/05/2017 *PB by 15s*

GRADED PERFORMANCES

Grade 1

Grade 2

1 Josh Kelly

Grade 3

4 Josh Kelly

1 Corin Bearpark

1 Ruby Dale

Grade 4 (U13/U15/U17 only)

8 Callum Taylor

7 Emily Dunkley

4 Ruby Dale

1 Ewan Maxwell

PBs in 2017

12 Joseph Wiggins

9 James Kelly

9 Ellie Dominy

8 Rhys Fitzgerald

8 Manuel Diaz Brito

7 Callum Taylor

7 Kieran Flynn

7 Grace Anstey

6 Luke Briggs

6 Oliver Young

6 Josh Kelly

6 David Evans

5 Emily Hedges

5 Ben Primrose

5 Layla Powis

5 Oliver Byrne

5 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

4 Henry Amoni

4 Eleanor Duggan

4 Emily Dunkley

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 Amanda Rees-Frometa

3 Isy Roberts

3 Beth Sherrell

3 Elizabeth Prinsep
2 Izabelle Cassap
2 Johnny Farrow
2 Reuben Duggan
2 John Bream
2 Wilfred Moore
2 Ella Thompson
2 Carla Bream
2 Hattie Moore
2 Brooke Turner
2 Emma McQuiston
2 Charlie Amoni
2 Harriet Burr
2 Samuel Farrugia
2 Neil Eames
2 Amanda Godfrey
2 Steve Squires
1 Benjamin Barron
1 Anthony Burr
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 Vicki Spencer
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