

## **PB Corner April 2018**

This years challenge is to beat the 2017 total of 440 Personal Best performances. April showed 102 PBs and 6 Club Records, that makes a grand total of 123 PBs and 14 Club Records this year well done to the following:

### **60m**

7.6 Kieran Flynn U20M Portsmouth 01/04/2018 *PB first time at this event*  
9.2 Sarah Al-Romaithi W35 Portsmouth 01/04/2018 *PB first time at this event*

### **75m**

12.0 Maxromeo Baah-Owusu U11B Portsmouth 07/04/2018 *PB first time at this event*  
12.5 Henry Woolmer U11B Portsmouth 07/04/2018 *PB first time at this event*  
12.7 Pippa Sproull U11G Portsmouth 07/04/2018 *PB by 0.1s*  
15.0 Carla Bream U11G Portsmouth 07/04/2018 **PB by 1.1s**  
15.4 Layla Holdway U11G Portsmouth 07/04/2018 *PB first time at this event*  
15.7 Jennifer Hankin U11G Portsmouth 07/04/2018 **PB by 0.5s**  
10.6 Betti Smith U13G Walton 21/04/2018 *PB by 0.2s G2*

### **100m**

13.0 Joe Wiggins U17M Portsmouth 07/04/2018 **PB by 0.8s**  
13.4 Ewan Maxwell U17M Portsmouth 07/04/2018 **PB by 0.6s**  
13.8 Betti Smith U13G Portsmouth 07/04/2018 **PB by 0.5s G2**  
13.9 James Kelly U15B Portsmouth 07/04/2018 **PB by 0.5s**  
14.3 Beth Wilson U20W Portsmouth 07/04/2018 *PB by 0.1s*  
14.6 Neil Woolmer M40 Portsmouth 07/04/2018 *PB first time at this event*  
14.9 Ben Primrose U13B Portsmouth 07/04/2018 *PB first time at this event*  
15.4 Wilfred Moore U15B Portsmouth 07/04/2018 **PB by 0.9s**  
15.7 Matilda Moore U17W Portsmouth 07/04/2018 *PB by 0.3s*  
16.8 Harriet Moore U15G Portsmouth 07/04/2018 *PB by 1.1s*  
17.1 Ashley Byrne U13B Portsmouth 07/04/2018 *PB first time at this event*  
17.5 John Bream U13B Portsmouth 07/04/2018 *PB first time at this event*  
17.8 Talia Sherrell U15G Portsmouth 07/04/2018 *PB first time at this event*  
11.9 Kieran Flynn U20M Southampton 11/04/2018 *PB by 0.1s*  
15.6 Joshua Cooke U13B Walton 21/04/2018 *PB first time at this event*

### **150m**

17.9 Aaron Howard SM Portsmouth 01/04/2018 *PB by 1.9s*  
18.1 Kieran Flynn U20M Portsmouth 01/04/2018 *PB by 1.6s*  
22.9 Sarah Al-Romaithi W35 Portsmouth 01/04/2018 *PB first time at this event*  
21.3 Betti Smith U13G Walton 21/04/2018 *PB by 0.9s G3*

### **200m**

29.4 Sam Farrugia U17M Swindon 14/04/2018 *PB first time at this event*  
30.8 Ashley Byrne U13B Walton 21/04/2018 *PB first time at this event*  
37.3 Ben Primrose U13B Walton 21/04/2018 *PB first time at this event*

### **300m**

39.8 Kieran Flynn U20M Portsmouth 01/04/2018 *PB by 1.3s*

### **600m**

2:09.7 Pippa Sproul U11G Portsmouth 07/04/2018 **PB by 7.5s**  
2:14.8 Maxromeo Baah-Owusu U11B Portsmouth 07/04/2018 *PB first time at this event*  
2:20.2 Henry Woolmer U11B Portsmouth 07/04/2018 *PB first time at this event*  
2:36.5 Jennifer Hankin Portsmouth 07/04/2018 **PB by 6.5s**  
2:53.9 Carla Bream U11G Portsmouth 07/04/2018 *PB by 2.1s*  
3:07.2 Layla Holdway U11G Portsmouth 07/04/2018 *PB first time at this event*

### **800m**

2:16.7 Dan Bray SM Portsmouth 07/04/2018 *PB first time at this event*  
2:17.5 Kieran Flynn U20M Portsmouth 07/04/2018 **PB by 4.3s**  
2:43.5 Ewan Maxwell U17M Portsmouth 07/04/2018 **PB by 12.3s**  
2:45.6 Neil Woolmer M40 Portsmouth 07/04/2018 *PB first time at this event*  
2:55.2 Ben Primrose U13B Portsmouth 07/04/2018 *PB first time at this event*  
3:05.0 Sarah Al-Romaithi W35 Portsmouth 07/04/2018 *PB first time at this event*  
3:09.2 Amanda Rees-Frometa U17W Portsmouth 07/04/2018 *PB by 2s*  
3:12.0 Ruby Dale U17W Portsmouth 07/04/2018 *PB by 0.7s*  
3:25.0 Betti Smith U13G Portsmouth 07/04/2018 *PB first time at this event*  
3:25.1 Harriet Moore U15G Portsmouth 07/04/2018 **PB by 6.5s**  
3:28.0 Ashley Byrne U13B Portsmouth 07/04/2018 *PB first time at this event*  
3:37.4 John Bream U13B Portsmouth 07/04/2018 *PB first time at this event*  
3:53.0 Talia Sherrell U15G Portsmouth 07/04/2018 *PB first time at this event*  
2:36.1 Amber Faull U17W Swindon 14/04/2018 *PB first time at this event*  
2:41.8 Ben Primrose U13B Walton 21/04/2018 **PB by 13.4s**

### **1000m**

3:11.5 Joe Wiggins U17M Portsmouth 01/04/2018 *PB by 8.6s*

### **1500m**

5:19.3 Amber Faull U17W Swindon 14/04/2018 *PB first time at this event*  
5:25.9 Harry Hooper U17M Swindon 14/04/2018 *PB by 0.7s*

### **75mH**

16.0 Joshua Cooke U13B Walton 21/04/2018 *PB first time at this event*

### **Long Jump**

5.56 Kieran Flynn U20M Portsmouth 07/04/2018 *PB by 5cm*  
4.39 Ruby Dale U17W Portsmouth 07/04/2018 *PB by 2cm*  
4.11 Ewan Maxwell U17M Portsmouth 07/04/2018 *PB by 14cm*  
4.04 Neil Woolmer M40 Portsmouth 07/04/2018 *PB first time at this event*  
3.49 Matilda Moore U17W Portsmouth 07/04/2018 *PB by 7cm*  
2.38 Henry Woolmer U11B Portsmouth 07/04/2018 *PB first time at this event*  
2.29 Maxromeo Baah-Owusu U11B Portsmouth 07/04/2018 *PB first time at this event*  
2.19 Jennifer Hankin U11G Portsmouth 07/04/2018 *PB by 55cm*  
2.13 Layla Holdway U11G Portsmouth 07/04/2018 *PB first time at this event*  
2.09 Talia Sherrell U15G Portsmouth 07/04/2018 *PB first time at this event*  
2.02 Carla Bream U11G Portsmouth 07/04/2018 *PB by 24cm*  
3.31 Joshua Cooke U13B Walton 21/04/2018 *PB first time at this event*  
2.49 Ashley Byrne U13B Walton 21/04/2018 *PB by 5cm*

### **High Jump**

1.66 Elise Lovell SW Florence, Italy 27/04/2018 *PB by 2cm G2*

### **Shot**

10.97 Ewan Maxwell U17M Portsmouth 07/04/2018 *PB first time at this weight G4*  
9.23 James Kelly U15B Portsmouth 07/04/2018 *PB by 46cm*  
8.64 Dan Bray SM Portsmouth 07/04/2018 *PB first time at this event*  
6.46 Matilda Moore U17W Portsmouth 07/04/2018 *PB by 38cm*  
6.34 Kieran Flynn U20M Portsmouth 07/04/2018 *PB first time at this weight*  
6.27 Joe Wiggins U17M Portsmouth 07/04/2018 *PB first time at this weight*  
6.18 Neil Woolmer M40 Portsmouth 07/04/2018 *PB first time at this event*  
6.00 Amanda Rees-Frometa U17W Portsmouth 07/04/2018 *PB by 11cm*

5.07 Sarah Al-Romaithi W35 Portsmouth 07/04/2018 *PB first time at this event*  
 4.17 Beth Wilson U20W Portsmouth 07/04/2018 *PB first time at this weight*  
 4.15 Wilfred Moore U15B Portsmouth 07/04/2018 *PB first time at this weight*  
 4.04 Oliver Byrne U15B Portsmouth 07/04/2018 *PB first time at this weight*  
 3.77 Ben Primrose U13B Portsmouth 07/04/2018 *PB first time at this event, Ben also created a new CR*  
 3.74 Harriet Moore U15G Portsmouth 07/04/2018 *PB first time at this weight*  
 3.68 Betti Smith U13G Portsmouth 07/04/2018 *PB first time at this event*  
 3.61 John Bream U13B Portsmouth 07/04/2018 *PB first time at this event*  
 3.60 Talia Sherrell U15G Portsmouth 07/04/2018 *PB first time at this event*  
 2.95 Ashley Byrne U13B Portsmouth 07/04/2018 *PB first time at this event*  
 7.38 Alex Fitzpatrick SM Swindon 14/04/2018 *PB by 24cm*  
 9.22 Callum Taylor U15B Walton 21/04/2018 *PB by 13cm*  
 3.71 John Bream U13B Walton 21/04/2018 *PB by 10cm*

### Discus

34.84 Josh Kelly SM Portsmouth 01/04/2018 *PB by 67cm*  
 31.81 Callum Taylor U15B Portsmouth 07/04/2018 *PB by 53cm G3*  
 32.07 Callum Taylor U15B Walton 21/04/2018 *PB by 26cm G3*  
 25.94 James Kelly U15B Walton 21/04/2018 ***PB by 3.94m G4***

### Javelin

40.82 Callum Taylor U15B Winchester 08/04/2018 *PB by 82cm G3*  
 22.61 Dan Bray SM Swindon 14/04/2018 *PB first time at this event*

### Heptathlon

5400pts Elise Lovell SW Florence, Italy 28/04/2018 *PB by 70pts G1*

### 5K Park Run

28:15 Jodie Jolliffe U17W Havant 14/04/2018 *PB by 18s*  
 31:56 Ella Collis U11G Whiteley 14/04/2018 ***PB by 4m 4s***  
 27:08 Jodie Jolliffe U17W Havant 21/04/2018 *PB by 67s*

### GRADED PERFORMANCES

#### Grade 1

2 Elise Lovell

#### Grade 2

3 Elise Lovell

2 Betti Smith

#### Grade 3

8 Callum Taylor

3 Josh Kelly

1 Betti Smith

1 Elise Lovell

#### Grade 4 (U13/U15/U17 only)

8 Callum Taylor

1 Betti Smith

1 Ewan Maxwell

1 James Kelly

### PBs in 2018

7 Kieran Flynn

7 Betti Smith

6 Jennifer Hankin

6 Callum Taylor

5 Joe Wiggins

5 Carla Bream

5 Ben Primrose

5 Ashley Byrne

5 Elise Lovell

4 Ewan Maxwell

4 Neil Woolmer

4 Talia Sherrell

4 John Bream

3 Maxromeo Baah-Owusu

3 Henry Woolmer

3 Layla Holdway

3 Harriet Moore

3 Matilda Moore

3 Dan Bray

3 Joshua Cooke

3 James Kelly

2 Rhys Banville

2 Sarah Al-Romaithi  
2 Josh Kelly  
2 Wilfred Moore  
2 Pippa Sproul  
2 Ruby Dale  
2 Amanda Rees-Frometa  
2 Beth Wilson  
2 Sarah Al-Romaithi  
2 Ella Collis  
2 Amber Faull  
2 Jodie Jolliffe  
1 Kathryn Simpson  
1 Matt Gordon  
1 Aaron Howard  
1 Oliver Byrne  
1 Sam Farrugia  
1 Harry Hooper  
1 Alex Fitzpatrick