

PB Corner July 2018

This years challenge is to beat the 2017 total of 440 Personal Best performances. July showed 36 PBs and 4 Club Records, that makes a total of 243 PBs and 38 Club Records this year well done to the following:

100m

14.0 Brooklyn Brown U17M Swindon 14/07/2018 **PB by 1.1s**
16.1 Mason Farrington U13B Worthing 21/07/2018 *PB first time at this event*

200m

37.4 Nicki Turner W45 Aldershot 09/07/2018 *PB first time at this event*
27.7 Brooklyn Brown U17M Swindon 14/07/2018 **PB by 0.3s**
33.4 Alex Smart U13B Worthing 21/07/2018 *PB first time at this event*

400m

62.8 Harry Hooper U17M Swindon 14/07/2018 *PB first time at this event*
73.8 Matilda Moore U17W Swindon 14/07/2018 *PB first time at this event*

600m

1:31.0 Craig Berryman SM Portsmouth 12/07/2018 **PB by 3.2s**

800m

2:21.2 Andrew Proctor M40 Aldershot 09/07/2018 *PB first time at this event*
2:31.6 Richard Turner M50 Aldershot 09/07/2018 *PB first time at this event*
3:21.9 Nicki Turner W45 Aldershot 09/07/2018 *PB first time at this event*
2:46.9 Onjoro Sumba U13B Worthing 21/08/2018 **PB by 3.4s**
3:03.4 Alex Smart U13B Worthing 21/07/2018 *PB first time at this event*

1500m

4:32.6 Simon Gill M40 Swindon 14/07/2018 **PB by 4.1s**
5:14.2 Amber Faull U17W Swindon 14/07/2018 **PB by 4.7s**
5:47.9 Matilda Moore U17W Swindon 14/07/2018 **PB by 13.1s**

3000m

9:32.7 Simon Gill M40 Aldershot 09/07/2018 *PB first time at this event*
10:25.4 Andrew Proctor M40 Aldershot 09/07/2018 *PB first time at this event*
11:36.3 Richard Turner M50 Aldershot 09/07/2018 *PB first time at this event*
11:40.2 John Collis M45 Aldershot 09/07/2018 **PB by 5.2s**

400m Hurdles

69.8 Paul Mitchinson M35 Swindon 14/07/2018 *PB first time at this event*

3000m Steeplechase

11:47.7 Simon Gill M40 Swindon 14/07/2018 *PB first time at this event*

2000m Walk

13:33.0 David Evans M35 Aldershot 09/07/2018 *PB first time at this event*

Long Jump

3.88 Preston Lewis U13B Worthing 21/07/2018 *PB first time at this event*

High Jump

1.10 Mason Farrington U13B Worthing 21/07/2018 *PB first time at this event*

Shot

7.10 Annice Riggott U15G Worthing 21.07.2018 **PB by 2.94m**
4.66 Daniel Mills U13B Worthing 21/07/2018 *PB by 22cm, Daniel broke his own CR by the same amount*

Discus

20.89 (1.5k) Pete Spencer M70 Aldershot 09/07/2018 *PB by 54cm*
22.25 Sophie Fitzpatrick SW Swindon 14/07/2018 **PB by 2.45m**
11.10 Annice Riggott U15G Worthing 21/07/2018 *PB first time at this event*
34.17 Callum Taylor U15B Worthing 21/07/2018 **PB by 1.44m G2**

Hammer

25.55 Sophie Fitzpatrick SW Swindon 14/07/2018 *PB by 9cm*

Javelin

21.17 (600g) Graham Foden M65 Aldershot 09/07/2018 *PB first time at this event*
13.44 Daniel Mills U13B Worthing 21/07/2018 **PB by 1.59m**
9.45 Annice Riggott U15G Worthing 21/07/2018 *PB first time at this event*

5K Park Run

22:18 Eddie Burr U13B Lee on Solent 07/07/2018 *PB by 27s*

GRADED PERFORMANCES

Grade 1

6 Elise Lovell
2 Callum Taylor
1 Betti Smith
1 Katy Temple

Grade 2

10 Callum Taylor
7 Elise Lovell
3 Betti Smith
2 Katy Temple
1 Josh Kelly

Grade 3

15 Callum Taylor
6 Josh Kelly
4 Elise Lovell
3 James Kelly
2 Betti Smith
1 Matt Gordon
1 Amy Bream

Grade 4 (U13/U15/U17 only)

12 Callum Taylor
3 Betti Smith
2 Ewan Maxwell
1 James Kelly

PBs in 2018

18 Callum Taylor
11 Kieran Flynn
9 Betti Smith
9 Joe Wiggins
7 James Kelly

7 Sophie Fitzpatrick
6 Jennifer Hankin
6 Ewan Maxwell
6 Ashley Byrne
6 John Bream
6 Matilda Moore
6 Annice Riggott
5 Carla Bream
5 Ben Primrose
5 Elise Lovell
5 Harriet Moore
5 Daniel Mills
4 Neil Woolmer
4 Talia Sherrell
4 Wilfred Moore
4 Jodie Jolliffe
4 Amber Faull
4 Brooklyn Brown
4 Harry Hooper
4 Onjoro Sumba
3 Maxromeo Baah-Owusu
3 Henry Woolmer
3 Layla Holdway
3 Dan Bray
3 Joshua Cooke
3 Kieran Robinson
3 James Keegan
3 Alfie Jay

3 Beth Wilson
3 Sarah Al-Romaithi
3 Simon Gill
3 Andrew Proctor
2 Rhys Banville
2 Josh Kelly
2 Pippa Sproul
2 Ruby Dale
2 Amanda Rees-Frometa
2 Sarah Al-Romaithi
2 Ella Collis
2 Matt Gordon
2 Neil Fitzpatrick
2 Oliver Byrne
2 Alex Fitzpatrick
2 Roger Jones
2 John Collis
2 Alex Smart
2 Mason Farrington
2 Richard Turner
2 Nicki Turner
1 Kathryn Simpson
1 Aaron Howard
1 Sam Farrugia
1 Jon Plomer
1 Andy Hall
1 Chloe Robertson
1 Jon Plomer
1 Noah Burr
1 Paul Hillyard
1 Greg Roulston
1 Andy Hall
1 Eddie Burr
1 Craig Berryman
1 Paul Mitchinson
1 Pete Spencer
1 Graham Foden
1 Preston Lewis