

City of Plymouth Athletic Club U10 Sportshall Records

Under 10	Girls	Boys
1 Lap*	05/06 M4 Fleur Millership 12.10s	01/02 M5 Lee Rapson 12.00s
2 Laps*	05/06 M5 Sophie Mason 23.70s	01/02 M3 Lee Rapson 24.10s (Paignton?) 01/02 M4 Lee Rapson 24.30s 01/02 M4 Andrew Canning 24.30s
1 Lap Hurdles*	00/01 M4 Faye Channing 13.10s	01/02 M4 Lee Rapson 12.90s
Soft Javelin	08/09 M2 Whitney Wright 12.25m	06/07 M4 Max Tuggle 18.00m
Sitting Throw	05/06 M4 Sophie Mason 8.50m	01/02 M5 Andrew Canning 8.00m 06/07 M2 Henry Metherell 8.00m 06/07 M2 Daniel Flynn 8.00m
Chest Push	06/07 M5 Ellie Broughton 5.00m 08/09 M2 Aroki Sarge 5.00m	07/08 M2 Louis Killick 5.25m 11/12 M2 Jack Thompson 5.25m
Standing Long Jump	05/06 M4 Sophie Mason 2.26m	00/01 M3 Michael Cornew 2.03m
Vertical Jump	05/06 M5 Fleur Millership 0.50m	06/07 M3 Reece Giradot 0.49m
Speed Bounce	06/07 M4 Teigan Walsh 58 in 20s 07/08 M2 Hazel Crutchley 58 in 20s	02/03 M5 Sam Rapson 53 in 20s
Obstacle Relay*	08/09 M3 1.25.8	07/08 M3 1.27.0

*Laps of Dawlish Sports Hall Only as other sports halls differ in length. M=Meeting No. SWR=Southwest Regional

City of Plymouth Athletic Club U11 Sportshall Records

Under 11	Girls	Boys
2 Laps*	06/07 M5 Sophie Mason 22.60s	02/03 M5 Lee Rapson 23.60s
4 Laps*	06/07 M5 Fleur Millership 50.00s	07/08 M2 Henry Metherell 51.90s
2 Lap Hurdles*	06/07 M5 Fleur Millership 24.00s	02/03 M1 Lee Rapson 25.50s 07/08 M3 Henry Metherell 25.50s
Soft Javelin	09/10 M3 Harmony Rump 16.50m	07/08 M2 Max Tuggle 20.00m
Sitting Throw	06/07 M4 Sophie Mason 9.75m	07/08 M3 Henry Metherell 9.00m
Chest Push	05/06 M5 Tiffany Gray 5.75m 05/06 M5 Lauren Gray 5.75m	07/08 M5 Jay Lymn 7.00m
Standing Long Jump	06/07 M5 Sophie Mason 2.35m	99/00 M1 Joseph Gardiner 2.04m
Standing Triple Jump	11/12 M4 Lauren Nelson 6.18m	11/12 M4 Max Gregory 5.25m
Vertical Jump	05/06 M4 Yasmin Lymn 0.59m	02/03M5 Lee Rapson 0.55m
Speed Bounce	08/09 M4 Hazel Crutchley 59 in 20 secs 09/10 M3 Emily Parker 59 in 20 secs	06/07 M2 Cory Shepherd-Lewis 52 in 20s
High Jump	11/12 M4 Hannah Brown 1.00m	11/12 M1 Max Gregory 1.10m
Obstacle Relay*	01/02 M5 1:18.9	07/08 M2 1.21.8

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City of Plymouth Athletic Club U13 Sportshall Records

Under 13	Girls	Boys
2 Laps*	00/01 M3 Emma Baker 22.10s	04/05 M5 Ben Anderson 22.30s 08/09 M5 Joe Haslam 22.30s
4 Lap*	00/01 M3 Emma Baker 47.20s	04/05 M5 Ben Anderson 47.30s
6 Lap*	04/05 M5 Hayley Harvey 1:17.5	04/05 M5 Ben Anderson 1.14.5
2 Lap Hurdles*	06/07 M5 Fleur Millership 24.00s (U11) 10/11 M5 Jade Simson 24.00s	08/09 M2 Joe Haslam 25.00s
Shot Putt (Girls 2.72Kg, Boys 3.25Kg)	08/09 M2 Sophie Mason 8.89m	04/05 M5 Timothy Bray 6.71m
Standing Long Jump	06/07 M5 Sophie Mason 2.35m (U11)	11/12 M4 Jon Cowling 2.21m
Standing Triple Jump	10/11 M5 Jade Simson 7.02m	01/02 M1 Craig Wrigglesworth 5.60m
Vertical Jump	00/01 M3 Jane Ede 0.67m	02/03 M5 Lee Rapson 0.55m (U11)
Speed Bounce	10/11 M3 Hazel Crutchley 96 in 30s	11/12 M4 Jon Cowling 77 in 30s
High Jump	3/4/2011 Aviva Sportshall Finals NEC Birmingham (National Champs) Jade Simson 1.51m	11/12 M4 Kane Gregory 1.15m
Obstacle Relay*	07/08 M1 1.12.0	11/12 M4 1.21.4 Jon Cowling, Bradley Johnson, Max Gregory (U11), Kane Gregory

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City of Plymouth Athletic Club U15 Sportshall Records

Under 15	Girls	Boys
2 Laps*	07/08 M3 Sophie Mason 22.20s (U13)	06/07 M2 Ben Anderson 21.00s
2 Lap Hurdles*	11/12 M2 Jenna Bierton 23.70s	11/12 M3 James Arnott 24.00s
6 Laps*	05/06 M5 Hayley Harvey 1.15.2	01/02 M4 Chris Howlett 1.10.1
4 Laps*	05/06 M2 Hayley Harvey 46.3s	06/07 M2 Ben Anderson 43.70s
Shot Putt (Girls 3.25Kg, Boys 4.00Kg)	11/12 M3 Jade Simson 8.88m	10/11 M1 Oliver Newton 7.39m
Standing Long Jump	11/12 Regional Champs Torbay Jade Simson 2.46m	01/02 M1 Chris Howlett 2.37m
Standing Triple Jump	11/12 M1 Jade Simson 7.05m	11/12 Regional Champs Torbay Reuben Gordon 7.02m
Vertical Jump	02/03 M3 Jane Ede 0.67m (U13) 08/09 M5 Yasmin Lymn 0.67m	02/03 M5 Lee Rapson 0.55m (U11)
Speed Bounce	10/11 M3 Hazel Crutchley 96 in 30s (U13)	11/12 Regional Champs Torbay James Blackford 80 in 30s
High Jump	3/4/2011 Aviva Sportshall Finals NEC Birmingham (National Champs) Jade Simson 1.51m (U13)	07/08 M1 Kyle Prowse 1.30m
3x 2 Lap*	08/09 M3 1.08.4	11/12 M4 1.06.7 James Arnott, Arthur Mbahin, Fin O'Donovan

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