



Norfolk Sportshall County Records

These are the best recorded performances from Norfolk athletes at either the Regional or UK finals. Please note, performances from league matches or County Championships are not recorded as County records. Track results cannot be included due to variance in distance between venues.

Standing Long Jump

Under 13 girls	2024	Macey Phillips	2.46m
Under 15 girls	2024	Rebecca Johnson	2.59m
Under 13 boys	2006	Adam Howard	2.49m
Under 15 boys	2014	Luke Beaumont	2.90m

Vertical Jump

Under 13 girls	2009	Katie Vickery	62cm
Under 15 girls	2013	Talullah Bell	70cm
Under 13 boys	2019	Ethan Ellis	64cm

Standing Triple Jump

Under 13 girls	2020	Isabelle Mardle	7.42m
Under 13 boys	2019	Jaiden Dean	7.58m
Under 15 boys	2014	Wes Matsuka-Williams	8.67m

Speed bounce

Under 13 girls	2010	Ellie Blunt	99
Under 15 girls	2010/2018	Rhianna Bailey/Ellie Morgan	96
Under 13 boys	2017	Jake Hart	90
Under 15 boys	2016	Joel Clarke	94

Shot

Under 13 girls	2015/2019	Lucy Koenigsberger/Lucy Oakley	10.59m
Under 15 girls	2022	Isabelle Mardle	10.80m
Under 13 boys	2016	Alfie Williams	11.98m
Under 15 boys	2018	Alfie Williams	15.23m