

## Club Records Throws

Event	Shot Putt					
	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U11				Dan Cartwright	9.84m	2011
U13	Rachel Perry	9.44m	2004	Dan Cartwright	14.40m	2013
U15	Zara Gibbs	10.09m	2018	Ashley Knott	12.95m	1991
U17	Emma Sherwood	11.05m	2018			
U20	Laura Perry	10.06m	1993	Rob Bridgwater	13.13m	2005
SNR	J. M. Adams	11.60m	1988	Richard Woodhall	13.66m	2014
M35	Ann-Marie Walton	9m	2012	Richard Woodhall	14.08m	2016
M40	Ann-Marie Walton	7.65m	2015	David Sharp	12.20m	2006
M45	Jayne McLean	7.12m	2007	David Sharp	12.18m	2008
M50	Mary Harding	7.84m	2003	Bob Cutler	9.36m	1998
M55	Elaine Restorick	5.55m	2014	Bob Cutler	10.10m	2002
M60	Elaine Restorick	5.21m	2019	Bob Cutler	10.21m	2010
M65	Pam Horwill	7.07m	2001	Ian Gapper	10.13m	2014
M70	Pam Horwill	4.91m	2005	Eric Horwill	5.67m	2003
M75				Eric Horwill	4.18m	2010

Event	Discus					
	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U11	Jessica Crook	16.25m	2011	Seb Quinard	16.25m	2018
U13	Ellie Cumberbatch	24.92m	2009	Harry Mobberley	28.16m	1990
U15	S. Partridge	30.44m	1985	Ashley Knott	41.04m	1989
U17	Laura Perry	39.56m	1992	Ashley Knott	52.62m	1991
U20	Laura Perry	36.62m	1994	Ashley Knott	47.38m	1991
SNR	Laura Perry	39.62m	2001	Richard Woodhall	42.17m	2012
M35	Ann-Marie Walton	29.93m	2010	Richard Woodhall	37.32m	2017
M40	Jayne McLean	19.49m	2003	David Sharp	31.73m	2007
M45	Elaine Restorick	16.50m	2007	David Sharp	30.76m	2008
M50	Mary Harding	17.89m	2003	Geoff Fullwood	24.92m	2007
M55	Elaine Restorick	14.43m	2014	Geoff Fullwood	23.50m	2012
M60				Bob Cutler	23.44m	2010
M65	Pam Horwill	12.63m	2002	Eric Horwill	23.66m	1999
M70	Pam Horwill	11.46m	2007	Eric Horwill	21.17m	2004
M75				Eric Horwill	16.21m	2009
M80				Eric Horwill	14.57m	2014
M85				Eric Horwill	12.58m	2018

Event	Javelin					
	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U11				Kian Avey	32.10m	2019
U13	D. Levy	21.92m	1974			
U15	Selby Croot	34.88m	1989	Adam Perry	45.38m	1988
U17	Selby Croot	36.80m	1990	Martin Fowkes	58.64m	1988
U20	Selby Croot	36.80m	1993	Martin Fowkes	59m	1990
SNR	Ann-Marie Stirling	40.60m	1992	Richard Woodhall	60.67m	2012
M 35	Ann-Marie Walton	28.84m	2009	Richard Woodhall	56.11m	2015
M 40	Kim Braznell	18.79m	1999	Richard Woodhall	44.75m	2022
M 45	Kim Braznell	18.53m	2001	Geoff Fullwood	28.07m	2008

M 50	Mary Harding	16.71m	2003	Eric Smith	24.18m	2011
M 55	Elaine Restorick	10.25m	2015	Bob Cutler	21.08m	2005
M 60	Pam Horwill	12.35m	1999	Roland Day	13.97m	2008
M 65	Pam Horwill	13.12m	2000	Ian Gapper	27.90m	2006
M 70	Pam Horwill	10.93m	2008	Eric Horwill	14.43m	2003
M 75				Eric Horwill	9.13m	2008

Event		Hammer				
Women & Girls				Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U15				John Shilvock	46.06m	1983
U17	Rachel Perry	21.89m	2007	Simon Washbrook	45.22m	1993
U20	Jodie Daniliw	35.96m	2002	Nathan Swingewood	40.37m	2003
SNR	Laura Perry	42.62m	2001	Trevor Crichton	46m	
M 35	Ann-Marie Walton	34.09m	2009	Richard Woodhall	47.69m	2016
M 40	Elaine Restorick	16.11m	2004	Richard Woodhall	37.72m	2022
M 45	Anita Cutler	10.16m	1998	Geoff Fullwood	35.20m	2002
M 50	Mary Harding	26.64m	2003	Geoff Fullwood	38.76m	2007
M 55	Elaine Restorick	17.80m	2018	Geoff Fullwood	29.64m	2012
M 60				Bob Cutler	27.37m	2010
M 65				Bob Cutler	29.07m	2012
M 70				Eric Horwill	16.45m	2004