

HERTFORDSHIRE RECORDS - MEN

As at 13/05/09

SENIOR MEN

100 Metres

10.6/1.6	Ian Clarke	E & H	06/08/00	Enfield
10.6w	Robert Harle	Camb Uni	13/07/03	Chelmsford
10.6	??	??	1963	??

200 Metres

21.4	??	??	1963	??
21.4	Tonderai Tomu	Stevenage & NH	02/09/07	Bury St Edmunds

400 Metres

47.8	??	??	1961	??
47.81	Remi Edu	Shaftesbury	30/05/99	Bedford

800 Metres

1:50.70	Adam Bowden	Harrow AC	21/07/04	Watford
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1500 Metres

3:40.83	Adam Bowden	Harrow AC	25/06/05	Solihull
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Mile

4:04.1	Adam Bowden	Harrow AC	30/08/04	Colchester
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3000 Metres

7:57.54	Adam Bowden	Harrow AC	20/05/06	Loughborough
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5000 Metres

13:53.30	Matt Smith	Tipton	06/07/02	Cork, Ireland
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10000 Metres

28:43.45	Matt Smith	Tipton	09/06/01	Watford
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110m H

13.93	Tristan Anthony	E & H	30/05/04	Bedford
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400m Hurdles

51.10	Remi Edu	Shaftesbury	05/06/99	Birmingham
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3000m Steeplechase

8:28.43	Adam Bowden	Harrow AC	22/07/06	Heusden, BEL
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High Jump

2.25m	Rob Mitchell	Shaftesbury	28/07/01	Bedford
2.25m	Adam Scarr	E & H	11/06/06	Bedford

Pole Vault

4.90m	Steve Leader	B of Enfield	15/07/90	Birmingham
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Long Jump

7.48m w	Seni Edu	Shaftesbury	15/08/99	Enfield
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Triple Jump

14.84m	Junior Lewis	Verlea	13/07/96	Welwyn
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Shot Put

18.97m	Scott Rider	Birchfield	04/06/05	Eton
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Discus

54.22m	Scott Rider	Birchfield	30/07/03	Loughborough
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Hammer

65.81m	Carl Sagers	E & H	09/07/05	Manchester
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Javelin

72.58m	Neil McLellan	Stevenage & N.H	27/8/06	Manchester
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3000 Metre Walk

13:03.01 Derek Cross Verlea 16/7/94 Bedford

10000 Metre Walk

46:33.6 Derek Cross Verlea 4/05/94 Battersea Park

Decathlon

7196 Paul Field Met Police 29/04/95 Derby

UNDER 20 MEN**100 Metres**

10.3 ?? ?? 1961 ??

10.90 Bradley Gelman H & W 16/07/00 Ware

200 Metres

21.52w Darren Jackson B of Enfield 06/07/97 Bedford

400 Metres

47.57 Gareth Dodd Herts Phoenix 08/08/04 Abingdon

800 Metres

1:52.57 Louis Wells B of Enfield 08/06/96 Meadowbank

1500 Metres

3:48.27 Adam Bowden Harrow AC 09/06/01 Watford

Mile

4:19.10 Louis Wells B of Enfield 11/06/97 Watford

3000 Metres

8:21.6 Stephen Murphy Shaftesbury 12/07/00 Watford

5000 Metres

15:21.55 Stephen Murphy Shaftesbury 03/08/02 Cophall

10000 Metres

32:15.96 Bryn Reynolds Herts Phoenix 02/05/09 Bedford

110m H (SM 106.7cm)

14.64 Tristan Anthony Verlea 28/07/01 Bedford

110m H (U/20 99cm)

14.16 Tristan Anthony Verlea 27/05/01 Watford

400m Hurdles

53.62 Zak Saucedo E&H 11/05/08 Watford

3000m Steeplechase

8:47.80 Stephen Murphy Shaftesbury 16/06/02 Manchester

2000m Steeplechase

5:44.21 Tom Bedford Shaftesbury 13/07/02 Nottingham

High Jump

2.16m Mark Crowley E & H 18/08/02 Walthamstow

Pole Vault

4.50m Stephen Day Shaftesbury 23/07/00 Enfield

Long Jump

7.03m Kadeem Greenidge Smith Harrow 10/05/09 Stevenage

Triple Jump

14.69m Matt Thurgood Herts Phoenix 06/07/02 Gorizia, Italy

Shot Put (U/20 6.25k)

15.99m Robert Morris H & W 21/08/99 Berlin, Germany

Shot Put (SM 7.26k)

14.36m Robert Morris H & W 24/06/00 Dartford

Discus (U/20 1.75k)				
50.53m	Robert Morris	H & W	12/06/99	Welwyn
Discus (SM 2k)				
44.26m	Ben Walker	Dac & Tring	18/05/96	Carn Brea
Hammer (U/20 6.25k)				
66.22m	Carl Siggers	E & H	19/06/02	Watford
Hammer (SM 7.26k)				
58.99m	Carl Siggers	E & H	17/07/02	Loughborough
Javelin (800g)				
62.13m	Tim Phillips	Verlea	03/05/98	Bath
Decathlon (U20)				
5943	Robert Rumble	Herts Phoenix	11/06/05	Hexham
Decathlon (SM)				
5509	Pat Barrett	Herts Phoenix	28/05/05	Woodford
UNDER 17 MEN				
100 Metres				
10.90/1.2	Tristan Anthony	Verlea	29/08/99	Exeter
200 Metres				
21.68	Tristan Anthony	Verlea	05/07/98	Bedford
400 Metres				
48.44	N Wake	HPX	12/08/07	Sheffield
800 Metres				
1:55.10	J.Collins	Shaftesbury	24/06/98	Watford
1500 Metres				
3:59.99	A.Bowden	Harrow AC	06/09/98	Birmingham
Mile				
4:33.49	N Gamester	E & H	07/08/99	Crystal Palace
3000 Metres				
8:46.80	D Lewis	Shaftesbury	02/08/00	Watford
5000 Metres				
16:02.0	Matt Salt	Dacorum & T	18/09/08	Hemel Hempstead
100m Hurdles				
12.61	Tristan Anthony	Verlea	15/08/99	Sheffield
110m H (U/20 99cm)				
14.70	Tristan Anthony	Verlea	03/05/99	Welwyn
110m H (SM 106.7cm)				
14.80	Tristan Anthony	Verlea	31/07/99	Hemel Hempstead
400M H (U/17 84cm)				
52.20	Tristan Anthony	Verlea	16/07/99	Bydgoszcz, Poland
400m Hurdles (SM 91.4cm)				
55.60	Tristan Anthony	Verlea	15/05/99	Tooting Bec
2000m Steeplechase				
6:11.56	Mark Griffith	E & H	30/08/98	Copthall
1500m Steeplechase				
4:19.22	Stephen Murphy	Shaftesbury	10/07/99	Bury St.Edmunds
High Jump				
2.01m	Mark Crowley	St.Albans GD	07/05/00	Watford
Pole Vault				
4.40m	Darren Neport	B of Enfield	17/08/96	Watford

Long Jump

6.61m	??	??	1990	??
6.41m	Neil Barton	Verlea	31/08/96	Great Yarmouth

Triple Jump

14.36m	Shaun Batt	E & H	27/06/03	Copthall
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Shot Put (U/17 5k)

17.34m	Carl Saggars	E & H	30/07/00	Sheffield
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Shot Put (U/20 6.25k)

14.92m	Carl Saggars	E & H	07/05/00	Copthall
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Shot Put (SM 7.26k)

13.57m	Carl Saggars	E & H	24/06/00	Enfield
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Discus (U/17 1.5k)

53.69m	Carl Saggars	E & H	17/09/00	Waltham Forest
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Discus (U/20 1.75k)

44.98m	Carl Saggars	E & H	22/08/99	Oxford
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Discus (SM 2k)

39.55m	Robert Morris	H & W	14/06/98	Enfield
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Hammer (U/17 5k)

68.27m	Carl Saggars	E & H	17/06/00	Brighton
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Hammer (U/20 6.25k)

59.04m	Carl Saggars	E & H	20/08/00	Hendon
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Hammer (SM 7.26k)

52.70m	Carl Saggars	E & H	03/06/00	Enfield
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Javelin (U/17 700g)

64.73m	Phillip Gregory	Harrow AC	10/07/04	Gateshead
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Javelin (800g)

52.90m	Neil Mclellan	Stevenage & N.H	06/08/95	Hendon
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Octathlon (U17)

4994	Robert Rumble	Herts Phoenix	28/09/03	Watford
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UNDER 15 BOYS**100 Metres**

11.11/-2.1	Tristan Anthony	Verlea	17/08/97	Birmingham
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200 Metres

22.35/1.6	Tristan Anthony	Verlea	12/07/97	Sheffield
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400 Metres

51.51	Nathan Wake	HPX	08/07/06	Gateshead
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800 Metres

2:03.7	James McMurray	St Albans	10/05/09	Stevenage
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1500 Metres

4:15.31	Neil Gamester	Enf	12/07/97	Sheffield
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3000 Metres

9:05.1	Stephen Murphy	SBH	16/07/97	Watford
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80m Hurdles

11.41/2.4	Tristan Anthony	Verlea	20/09/97	Derby
11.48/0.3	Kaz Ong	??	26/08/06	Eton

High Jump

1.82m	Howard Gale	D&T	07/08/00	Bedford
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Pole Vault					
3.70m	James Hoad	E&H	04/08/02	Kingston	
Long Jump					
6.03	Jon Christmas	H&W	26/08/96	Welwyn GC	
Triple Jump					
12.60m	Andrew Lewis	D&T	11/07/97	Sheffield	
Shot					
16.50m	Carl Sagers	B of Enfield	14/07/98	Watford	
Discus					
45.84m	Carl Sagers	B of Enfield	31/08/98	Colchester	
Hammer					
60.15m	Carl Sagers	B of Enfield	16/08/98	Sheffield	
Javelin					
54.46m	Anthony Lovett	B of Enfield	29/06/97	Crystal Palace	
Pentathlon					
2690	Nick Stoppard	Stevenage & NH	19/08/06	Stoke	
UNDER 13 BOYS					
100 Metres					
11.6	Tristan Anthony	Verlea	28/08/95	Welwyn GC	
200 Metres					
24.1	Tristan Anthony	Verlea	30/07/95	Tooting Bec	
400 Metres					
59.7	Tristan Anthony	Verlea	23/08/95	Welwyn GC	
800 Metres					
2:14.74	James McMurray	St Albans	11/07/07	Watford	
1500 Metres					
4:36.95	James McMurray	St Albans	27/06/07	Watford	
75m Hurdles					
11.4	Melvorn Auburn	Stevenage & NH	1999	??	
80m Hurdles					
12.5	Tristan Anthony	Verlea	1995	??	
High Jump					
1.55m	Marcus Donovan	H&W	07/08/94	Waltham Forest	
Pole Vault					
2.50m	A Cracknell	D&T	1996	??	
Long Jump					
5.88m	Ian Tobin	HPX	04/08/02	Ware	
Triple Jump					
10.36m	J Hamilton	D&T	2003	??	
Shot					
12.60m	Carl Sagers	B of Enfield	26/08/96	Enfield	

Discus

38.50m Carl Sagers B of Enfield 15/9/96 Solihull

Javelin

32.48m Alan Miller D&T 1996 ??

Pentathlon

1696 David Paar Stevenage & NH 2002 ??