HERTFORDSHIRE RECORDS - MEN

As at 1/1/2016

SENIOR MEN

100 Metres

10.40 John Otugade SBH 2015

200 Metres

20.86 Antonio Infantino SBH 2015

20.79w Antonio Infantino SBH 2015

400 Metres

47.10 Tonderai Tomu SBH 30/05/99 Bedford

800 Metres

1:48.69 James McMurray StA 2015

1500 Metres

3:40.25 Gary Staines Belgrave H 11/06/86 Loughborough

Mile

3:53.82 Gary Staines Belgrave H 12/08/90 Portsmouth

3000 Metres

7:41.79 Gary Staines Belgrave H 14/07/90 Bislett (Oslo)

5000 Metres

13:14.28 Gary Staines Belgrave H 14/07/90 Weltklasse (Zurich)

10000 Metres

27:48.76 Gary Staines Belgrave H 06/07/91 Bislett (Oslo)

110m H

13.93 Tristan Anthony E & H 30/05/04 Bedford

400m Hurdles

50.37 Ben Sumner E&H 2009

3000m Steeplechase

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

High Jump

2.25m Rob Mitchell SBH 28/07/01 Bedford

2.25m Adam Scarr E & H 11/06/06 Bedford

Pole Vault

5.40m Daniel Gardner SNH 2014

Long Jump

7.48m w Remi Edu SBH 15/08/99 Enfield

Triple Jump

14.84m Junior Lewis Verlea 13/07/96 Welwyn

Shot Put

18.97m Scott Rider Birchfield 04/06/05 Eton

Discus

54.22m Scott Rider Birchfield 30/07/03 Loughborough

Hammer

65.81m Carl Saggers E & H 09/07/05 Manchester

Javelin

74.92m Neil McLellan SNH 22/6/07 France

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 Nick Overhead ?? 1961 ??

10.38w John Otugade SBH 2014

200 Metres

21.4 Tonderai Tomu SBH 7/2/09 Bury St Edmunds

400 Metres

47.13 Nathan Wake HPX 2009

800 Metres

1:45.78 Kyle Langford SBH 2015

1500 Metres

3:43.08 James McMurray StA 2013

Mile

4:01.5 Gary Staines Ver 19/09/82 Grays

3000 Metres

8:13.75 Michael Callegari SBH 2013

5000 Metres

14:21.53 Michael Callegari SBH 2013

10000 Metres

32:15.96 Bryn Reynolds HPX 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

53.00 Zak Saucede E&H 08/06/08 Birmingham

3000m Steeplechase

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

2000m Steeplechase

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

High Jump

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

Pole Vault

5.20m Daniel Gardner SNH 2013

Long Jump

7.59m w Kadeem Greenidge-Smith Harrow 19/6/10 Bedford

7.49m Kadeem Greenidge-Smith Harrow 21/8/10 W Scrubs

Triple Jump

14.83m Bradley Pike D&T 2011

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)

53.85m Stephen Watson D&T 2009

Discus (SM 2k)

46.64m Stephen Watson 2009

Hammer (U/20 6.25k)

66.22m Carl Saggers E & H 19/06/02 Watford

Hammer (SM 7.26k)

58.99m Carl Saggers E & H 17/07/02 Loughborough

Javelin (800g)

62.13m Tim Phillips Verlea 03/05/98 Bath

Decathlon (U20)

5943 Robert Rumble HPX 11/06/05 Hexham

Decathlon (SM)

6115 Robert Rumble HPX 26/06/05 Hemel H

4x100 Relay

42.84 Herts Phoenix U20 16/7/05 Hendon

4x400

3:21.51 Herts Phoenix U20 16/7/05 Hendon

UNDER 17 MEN

100 Metres

10.58 Dominic Ashwell D&T 2015

200 Metres

21.68 Tristan Anthony Verlea 05/07/98 Bedford

400 Metres

48.13 Nathan Wake HPX 26/8/07 Coventry

800 Metres

1:51.09 Mat McLaughlin SBH 2011

1500 Metres

3:46.51 James McMurray StA 2011

Mile

4:26.97 Jamie Dee SBH 2013

3000 Metres

8:22.82 Jamie Dee SBH 2014

5000 Metres

16:02.0 Matt Salt D & 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

5:57.08 George Groom SBH 04/06/16 Milton Keynes

1500m Steeplechase

4:19.22 Stephen Murphy SBH 10/07/99 Bury St.Edmunds

High Jump

2.01m Mark Crowley St.Albans GD 07/05/00 Watford

Pole Vault

4.60m Daniel Gardner SNH 2010

Long Jump

7.35 Kadeem Greenidge-Smith Harrow AC 26/8/07 Coventry

Triple Jump

14.76m Bradley Pike D&T 2010

Shot Put (U/17 5k)

17.34m Carl Saggers E & H 30/07/00 Sheffield

Shot Put (U/20 6.25k)

14.92m Carl Saggers E & H 07/05/00 Copthall

Shot Put (SM 7.26k)

13.57m Carl Saggers E & H 24/06/00 Enfield

Discus (U/17 1.5k)

53.69m Carl Saggers E & H 17/09/00 Waltham Forest

Discus (U/20 1.75k)

44.98m Carl .Saggers E & H 22/08/99 Oxford

Discus (SM 2k)

39.55m Robert Morris H & W 14/06/98 Enfield

Hammer (U/17 5k)

68.42m George Marvell SNH 2015

Hammer (U/20 6.25k)

59.04m Carl Saggers E & H 20/08/00 Hendon

Hammer (SM 7.26k)

52.70m Carl Saggers E & H 03/06/00 Enfield

Javelin (U/17 700g)

64.73m Phillip Gregory Harrow AC 10/07/04 Gateshead

Javelin (800g)

52.90m Neil Mclellan SNH 06/08/95 Hendon

Octathlon (U17)

5060 Max Price SNH 2015

4x100 Relay

44.0 Herts U17 5/8/07 Hendon

4x400 Relay

3:26.3 Herts U17 5/8/07 Hendon

UNDER 15 BOYS

100 Metres

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

200 Metres

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

400 Metres

51.20 Joel McNeill StA 2009

800 Metres

1:58.45 James McMurray St Albans 2009

1500 Metres

4:08.96 James McMurray St Albans 2009

3000 Metres

9:05.1 Stephen Murphy SBH 16/07/97 Watford

80m Hurdles

10.98 Max Price SNH 2013

High Jump

1.90m Max Price SNH 2013

Pole Vault

3.70m James Hoad E&H 04/08/02 Kingston

Long Jump

6.21m Max Price SNH 2013

Triple Jump

12.73m Ben Lloyd HPX 2015

Shot

16.50m Carl Saggers BoE 14/07/98 Watford

Discus

45.84m Carl Saggers BoE 31/08/98 Colchester

Hammer

60.15m Carl Saggers BoE 16/08/98 Sheffield

Javelin

54.46m Anthony Lovett BoE 29/06/97 Crystal Palace

Pentathlon

3139 Max Price SNH 2013

4x100 Relay

47.8 St Albans 2009

4x400 Relay

3:55.3 St Albans 2009

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

2:10.59 Harvey O’Brart WAT 2009

1500 Metres

4:35.95 Jamie Harper SBH 2013

75m Hurdles

11.4 Melvern Auburn SNH 1999

80m Hurdles

12.5 Tristan Anthony Verlea 1995

High Jump

1.73m Max Price SNH 2011

 Pole Vault

2.50m Andrew Cracknell D&T 1996

Long Jump

5.88m Ian Tobin HPX 04/08/02 Ware

Triple Jump

10.36m Jason Hamilton D&T 2003

Shot

13.48m Max Price SNH 2011

Discus

38.50m Carl Saggers BoE 15/9/96 Solihull

Javelin

36.02m William Jarvis WAT 2014

Pentathlon

1696 David Paar SNH 2002

4x100 Relay

52.4 Herts U13 2010