

CAMBRIDGE & COLERIDGE AC

TRACK & FIELD RECORDS

By Age group

MEN

November 2018

<u>Event</u>	<u>Age Group</u>	<u>Performance</u>	<u>Date</u>	<u>Record Holder</u>
100m	Snr.M	10.52 s	1989	Nigel Will
200m	Snr.M	20.70 s	1990	Nigel Will
400m	Snr.M	47.6 s	1989	Nigel Will
800m	Snr.M	1m 47.02 s	2010	Edward Aston
1500m	Snr.M	3m 43.1s	2018	Kieran Wood
3000m	Snr.M	7m 58 s.	1978	Kevin Steere
5000m	Snr.M	13m 45.6 s	1975	Graham Tuck
10000m	Snr.M	28m 25.8 s	1974	Grenville Tuck
1 Mile	Snr.M	4m23.1s	2016	Jonathan Escalante-Phillips
110m Hurdles	Snr.M	13.92 s	1984	Jon. Ridgeon =
110m Hurdles	Snr.M	13.92 s	2012	Ben Kelk =
400H	Snr.M	54.5 s	1971	Geoffrey King
2000m S.Ch	Snr.M	6m 31.1s	2018	Nick Smallwood
3000m S.Ch	Snr.M	8m 35.8 s	1977	John Wilde
H.J.	Snr.M	2.05 m	1977	Martin Shorten
L.J.	Snr.M	7.12 m	1968	David Percival
T.J.	Snr.M	15.52 m	1978	Dennis Greene
P.V.	Snr.M	4.20 m	1982	Julian Dow
Shot	Snr.M	16.56 m.	1969	Anthony Elvin
Discus	Snr.M	49.94 m	1966	Derek Ward
Javelin	Snr.M	58.44m	1990	John Mottram
Hammer	Snr.M	62.54m	1970	Anthony Elvin
Marathon	Snr.M	2h.19m.55s	1975	Graham Tuck
Pentathlon	Snr.M	2582 pts	2008	Alec Taylor
Decathlon	Snr.M	4177 pts	2007	Alec Taylor
4*100 Relay	Snr.M	43.6s	1993 Prov	A Egbe R Smith M Clements J Kiff
4*400 Relay	Snr.M	3m 27.0s	1993 Prov	R Smith M Smith M Davies I Arnot
100m	U 20	10.66s	2013	Benjamin Snaith
200m	U 20	21.07s	2013	Benjamin Snaith
400m	U 20	47.14s	2013	Benjamin Snaith
800m	U 20	1m. 48.93 s	2007	Edward Aston
1500m	U 20	3m 48.7s	2018	Thomas Keen
3000m	U 20	8m 14.4s	2018	Thomas Keen
5000m	U 20	14m 37.51s	2014	Kieran Wood

1 Mile	U 20	4m 12.55s	2014	Kieran Wood
S.H. 3.3	U 20	13.72s	2011	Ben kelk
400H	U 20	54.5 s	1971	Geoffrey King
2000m S.Ch	U 20	5m 54 s	1969	Graham Tuck
3000m S.Ch	U 20	9m58.6s	2016	Jordan Wood
H.J.	U 20	2.00m	1974	Martin Shorten
L.J.	U 20	6.80m	1978	Nigel Coyle
T.J.	U 20	15.52m	1978	Dennis Greene
P.V.	U 20	3.30m	1982	Mark Jennings
Shot 6kg	U 20	14.40m	2013	Oliver Holway
Shot 7.26kg	U 20	12.62m	2013	Oliver Holway
Disc 1.75kg	U 20	45.90m	1982	Mark Jennings
Disc 2kg	U 20	37.20m	2012	Joe Lines
Jav. N J	U 20	57.32m	1989	David Bradley
Jav. O J	U 20	69.78m	1971	Bogas Kawalko
Ham.7.26kg	U 20	44.50m	2000	Oliver Hoad
Ham.6.25kg	U 20	47.82m	2000	Oliver Hoad
Pentathlon	U 20	2345 pts	2017	Samuel Clarke
Decathlon	U 20	5,790 pts	1982	Mark Jennings
4*100 Relay	U 20	45.1s	2007 Prov	J Godden G Baker L Crabb C Morter
4*400 Relay	U 20	3m 22.5s	2007 Prov	E Aston D Potts D Baker O Francis
100m	U 17	10.64 s	2012	Benjamin Snaith
200m	U 17	21.67 s	2012	Benjamin Snaith
400m	U 17	47.92 s	2012	Benjamin Snaith
800m	U 17	1m 53.38 s	2013	Timothy Cobden
1500m	U 17	3m 58.2s	2017	Thomas Keen
3000m	U 17	8m 24.9s	2017	Thomas Keen
1 Mile	U 17	4m 24.82 s	2012	Kieran Wood
S.H.	U 17	12.47 s	1994	Matthew Clements
400H	U 17	54.94 s	2009	Benedict Kelk
1500m S.Ch	U 17	04:58.7	2018	Thomas Bridger
H.J.	U 17	2.00 m	1973	Innes Murray
L.J.	U 17	6.50m	1993	Matthew Clements
T.J.	U 17	14.22m	2018	Deshawn Lascelles
P.V.	U 17	3.55m	1977	C. Hyde
Shot	U 17	15.47m	1967	John Blackwell
Discus	U 17	54.96m	1970	David Croxon
Jav 700gm	U 17	62.56m	1971	Bogas Kawalko
Jav 800gm	U17	50.92m	2013	Albert Pavelin
Hammer	U 17	53.93m	1998	Oliver Hoad
Pentathlon	U 17	2479 pts	2012	William Blackwell
Octathlon	U 17	4,234 pts	1994	Ben Motherwell
4*100 Relay	U 17	44.39 s	2012	B Snaith J Ebanks J Mair D Doggett
100m	B.U15	11.1 s	1992	Mathew Clements

200m	B.U15	22.54 s	1992	Mathew Clements
300m	B.U15	38.35s	2013	Lewis Ebanks
400m	B.U15	51.17s	2010	Benjamin Snaith
800m	B.U15	2m 02.53s	2015	Robert Anderson
1500m	B.U15	4m 10.65s	2013	Robert Huckle
3000m	B.U15	9m 08.5s	1994	Samuel Boden
1 Mile	B.U15	4m 48.8s	2017	Olle-Joseph Parmenter
S.H.	B.U15	10.71 s	1992	Matthew Clements
H.J.	B.U15	1.85m	1973	Innes Murray
L.J.	B.U15	6.09m	1992	Matthew Clements
T.J.	B.U15	12.94m	2017	Deshawn Lascelles
P.V.	B.U15	2.85m	2005	Ben Abbott-gribben
Shot	B.U15	13.47m	1998	Nick Grundy
Discus	B.U15	43.66m	1998	Nick Grundy
Javelin	B.U15	55.21m	2010	Morgan Young
Hammer	B.U15	50.01m	2002	Luke Shortman
Pentathlon	B.U15	2563 Pts	2009	David October
4*100 Relay	B.U15	46.66s	2010	J.Ebanks,W.Blackwell,J.Mair,B.Snaith

100m	B.U13	12.4 s	1977	G. Dant
200m	B.U13	25.0 s	1990	Matthew Clements
400m	B.U13	60.3 s	1988	Roger Norman
800m	B.U13	2m 13.3s	2018	Luca McGrath
1500m	B.U13	4m 33.8s	2018	Isaac Morris
3000m	B.U13	11m.08.5s	1990	Ben Motherwell
1 Mile	B.U13	5m 18.6s	2013	Thomas Keen
S.H. 80m	B.U13	10.82s	1991	Matthew Clements
S.H. 75m	B.U13	12.5s	2012	Samuel Clarke
H.J.	B.U13	1.54m	1990	Damian Quinn
L.J.	B.U13	5.06m	1997	James Cross
T.J.	B.U13	9.91m	1985	R. Howe
Shot3.25 kg	B.U13	11.40m	1987	Christopher Springett
Shot4.0 kg	B.U13	8.06m	2000	Luke Shortman
Discus	B.U13	30.06 m	1987	Christopher Springett
Jav 400 gm	B.U13	34.51m	2017	Hugh Aubrey
Jav 600 gm	B.U13	26.58 m	1987	Chris. Springett
Ham 4.0kg	B.U13	21.37m	2000	Luke Shortman

Minithon	B U13	77 pts	2012	Samuel Clarke =
Minithon	B U13	77 pts	2013	James Richer =

4*100 Relay	B U13	54.2s	2005 Prov	J Langford J Markley B Kelk A Morter
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80m	B U11	11.7s	2007	Joseph Ebanks
600m	B U11	1m49.4s	2016	Luca Mc.Grath
800m	B U11	2m 38.0s	2016	Luca Mc.Grath
1500m	B U11	5m14.8s	2016	Isaac Morris