

CAMBRIDGE & COLERIDGE AC

TRACK & FIELD RECORDS

By Age group

MEN

November 2019

| <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 45.6s | 1974 | Grenville 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 | 54.2s | 2019 | Samuel Clarke |
| 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 43.97s | 2019 | Thomas Keen |
| 3000m | U 20 | 8m 14.4s | 2018 | Thomas Keen |
| 5000m | U 20 | 14m 37.51s | 2014 | Kieran Wood |

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|-------------|-------|------------|-----------|------------------------------------|
| 1 Mile | U 20 | 4m 11.5s | 2019 | Thomas Keen |
| S.H. 3.3 | U 20 | 13.72s | 2011 | Ben kelk |
| 400H | U 20 | 54.2m | 2019 | Samuel Clarke |
| 2000m S.Ch | U 20 | 5m 54 s | 1969 | Graham Tuck |
| 3000m S.Ch | U 20 | 9m 24.2s | 2019 | Conall McGinness |
| 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 | 4m 40.4s | 2019 | 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 | 14.85m | 2019 | 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 |

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|-------------|-------|-----------|------|--------------------------------------|
| 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 | 13.90m | 2019 | Billy White |
| 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 |

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|-------------|-------|-----------|------|-----------------------|
| 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 | 35.00m | 2019 | Frederic Kastner |
| Jav 600 gm | B.U13 | 26.58 m | 1987 | Chris. Springett |
| Ham 4.0kg | B.U13 | 21.37m | 2000 | Luke Shortman |

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

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| 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 |