

# CLUB RECORDS

## Under 20 Track & Field

Last updated **August 2023** (changes shown in red)

### Women

Event	Name	Record	Date set
<b>Track</b>			
60m	Millie Clemson	7.71i	Feb 2023
100m	Millie Clemson	12.1	May 2023
200m	Cara Clarke	25.0	Aug 2017
400m	Anna Simmonds	57.7	May 2005
800m	Anna Simmonds	2:08.4	Jun 2005
1500m	Jenny Nesbitt	4'30.8	May 2014
3000m	Jenny Nesbitt	9:55.24	Apr 2012
60m H (U18)	Heather Paton	9.16 i	Mar 2013
60m H (U20)	Heather Paton	8.81 i	Mar 2014
100m H (U18)	Heather Paton	14.56	May 2013
100m H (U20)	Heather Paton	14.06	Sep 2015
400m Hurdles	Helen Reeves	65.87	Jul 2012
4 x 100m relay	Zoe Styles, Georgina Greenwood, Ella Gibbons & Heather Paton	47.99	Jul 2013
4 x 400m	Olivia Deehan, Helen Reeves, Jenny Nesbitt & Ella Gibbons	4'24.9	May 2012
<b>Field</b>			
High Jump	Ella Gibbons	1.75	Jul 2013
Long Jump	Kim Price	5.79	1985
Triple Jump	Georgina Greenwood	10.83	May 2013
Pole Vault	Becky Donnelly	2.70	Jun 2009
Shot	Kim Price	10.84	1985
Discus	Elise Bue	39.37	Aug 2014
Hammer	Sammy Spencer	18.30	2011
Javelin	Holly Wootten	36.24	Jul 2012
Heptathlon	Kim Price	5038	Aug 1984

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### Men

Event	Name	Record	Date set
<b>Track</b>			
60m	Kieran Garrattley	7.09i	Feb 2015
100m	Andy Carrott	10.6	May 1984
200m	Alex Bradnick	21.7	May 2012
400m	Jack Hocking	48.90	Jan 2017
800m	Andy Draper	1' 52.11	Jun 1988
1500m	Andy Draper	3' 53.7	May 1988
3000m	George Beardmore	8'29.57	Sep 2020
5000m	George Beardmore	15'08.92	May 2019
10000m	George Beardmore	31'32.16	Jun 2019
60m Hurdles	Ben Clarke	8.52 i	Jan 2017
110m Hurdles	Ben Clarke	14.99	Sep 2016
400m Hurdles	Mike Simmonds	57.2	Aug 2007
2K Steeplechase	Declan McManus	5'53.89	Jun 2015
4 x 100m Relay	Keiran Garrattley, Ollie Gould, Ollie Biddle, Sam Khogali.	42.78	Jul 2015
4 x 400m Relay	Sam Lowe, Matt Hill, Ollie Biddle, Jack Hocking	3'27.9	Jun 2017
<b>Field</b>			
Long Jump	Samuel Khogali	7.20	Feb 2015
High Jump	Joel Khan	2.20	Mar 2018
Triple Jump	Jes Church	13.95	1979
Pole Vault	Ben Clarke	3.61 i	Jan 2017
Shot	Adam Rutter	14.18	Jul 2023
Discus	Damon Cripps	42.76	1988
Javelin	Joe Hardman	54.71	May 2018
Hammer	Damon Cripps	50.04	1987
<b>Multi Events</b>			
Heptathlon	Ben Clarke	4782 i	Jan 2017
Decathlon	Ben Clarke	6517	Sep 2016