



# Cambridge Harriers Under 17 Men's Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
100m	10.37s	David Bolarinwa	04.08.2010	Lee Valley
200m	21.17s	David Bolarinwa	20.06.2010	Bedford
400m	49.91s	Omari Markland-Montgomery	11.07.2009	Sheffield
800m	1:54.94s	Paul Rowbotham	1982	
1500m	3:59.9s	Paul Williams	04.09.1971	Wimbledon Park
3000m	8:42.9s	Paul Hayley	1982	
100mH	13.41s	Hans Nmaju	28.07.2024	Birmingham
400mH	54.53s	Elijah Olaleye	08.09.2024	Oxford
1500m SC	4:38.02s	Dean Lacy	05.08.2001	Crawley
High Jump	2.06m	Kevin McKinson	12.07.1997	Sheffield
Long Jump	7.36m	Tobi Adeniyi	05.07.2013	Birmingham
Triple Jump	15.49m	Daniel Folade	23.06.2019	Bedford
Pole Vault	3.66m	Richard Pitman	1987	
Shot Putt	19.57m	Curtis Griffith-Parker	10.06.2007	Bedford
Discus	58.25m	Curtis Griffith-Parker	13.07.2007	Ostrava, Czech Republic
Javelin	64:34m	Steve Backley	01.09.1985	Braintree
Hammer	44.42m	Michael Bellingham	1959	
Octathlon	5000 points	Jason Manze	17.09.2006	Erith
3000m Walk	14:12.24s	Alex Macheath	12.05.2019	Ashford
5000m Walk	23:23.95s	Luc Legon	20.09.2014	Boston
4 x 100m Relay	43.8s	Omari Markland-Montgomery Olawale Akande Tobi Odusanya David Bolarinwa	21.06.2009	Hendon
4 x 400m Relay	3:26.5s	Scott McHardie Lee Harrison Dominic Carvallo Paul Rowbotham	1982	

**Performances which better the existing club record but were established with wind > 2.0m/s**

Event	Performance	Athlete(s)	Date	Venue
100mH	13.27s (+2.4)	Hans Nmaju	11.05.2024	Ashford