



Cambridge Harriers

Under 13 Boys

Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
80m	11.0s	Marcus Montrose	18.06.1995	Bromley
100m	12.5s	Mubarrak Salih	05.08.2018	Erith
150m	19.72s	Zakai Attram	19.05.2024	Mile End
200m	25.8s	Mubarrak Salih	05.08.2018	Erith
300m	45.2s	Adam Rodgers	11.07.1998	Bromley
400m	60.3s	Lee Harrison	1993	
600m	1:46.90s (i)	Ethan Fiore	19.03.2017	EIS, Sheffield
800m	2:19.6s	Lee Harrison	1979	
1000m	3:19.1s	Sean Rogers	1993	
1500m	4:38.4s	Andrew Hawkins	1978	
75mH	13.2s	Adam Rodgers	02.08.1998	Dartford
High Jump	1.57m	Joseph Green	15.09.2001	Erith
Long Jump	5.05m	Enrico Faucher-Folie	21.07.2002	Eltham
Triple Jump	9.73m	Nicholas Taylor	1979	
Pole Vault	1.80m	Ben Stanbury	26.09.2010	Bromley
Shot Put (3k)	5.56m	Dontay Thomas	05.08.2018	Erith
Discus (1k)	25.58m	Neal Brunning	1983	
Javelin (400g)	40.37m	Eddie Brown	07.06.2015	Gillingham
Hammer (3kg)	34.90m	Andrew Nash	1970	
Pentathlon	1743 points	Marcus Montrose	1996	
1000m Walk	4:42.15s (i)	Alex Macheath	24.01.2016	Lee Valley
2000m Walk	10:11.9s	Alex Macheath	02.07.2016	Tamworth
4 x 100m Relay	53.1s	Mubarrak Salih Dayo Sijuade Dontay Thomas Joshua Jackson	16.09.2018	Gillingham
4 x 400m Relay	4:23.5s	Nicholas Allnut Nikolas Talonpioka Jason Wood Marcus Montrose	1984	