



# Cambridge Harriers Under 20 Men's Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
100m	10.37s	David Bolarinwa	04.08.2010	Lee Valley
200m	21.1s	Michael Bond	06.08.1977	Berlin, Germany
400m	48.86s	Omari Markland-Montgomery	18.08.2012	Eton
800m	1:49.3s	Paul Rowbotham	24.07.1985	Enfield
1500m	3:47.4s	Paul Williams	08.08.1974	Crystal Palace
110mH	15.0s	Stuart Price	16.07.2006	Erith
400mH	53.30s	Stuart Price	18.06.2006	Crystal Palace
3000m SC	9:33.6s	Andrew Sheridan	02.05.2009	Eltham
High Jump	2.10m	Kevin McKinson	25.07.1998	Tooting Bec
Long Jump	7.29m	Alex Hall	10.07.1999	Bury St Edmunds
Triple Jump	16.57m	Tosin Oke	08.08.1999	Riga, Latvia
Pole Vault	4.50m	Allan Williams	1972	
Shot Putt	19.30m	Curtis Griffith-Parker	31.05.2009	Bedford
Discus	62.34m	Curtis Griffith-Parker	25.05.2008	Eltham
Javelin	79.50m	Steve Backley	05.06.1988	Derby
Hammer	45.16m	Peter Marsh	1967	
Decathlon	5215 points	John Hadler	1988	
3000m Walk	13:30.52s	Luc Legon	12.07.2015	Crawley
5000m Walk	23:54.38s	Luc Legon	17.09.2016	Exeter
4 x 100m Relay	42.92s	Joseph Alason Tobi Esan Frano Vainio-Doiseul Tobi Adeniyi	08.08.2015	Bedford
4 x 400m Relay	3:27.4s	Jason Manze Stefan Mitchell Femi Owolade Lee Coogan	2009	