HERTFORDSHIRE RECORDS - MEN

As at 1/1/2016 plus additions in colour

SENIOR MEN

100 Metres

10.40 John Otugade SBH 2015

200 Metres

20.86 Antonio Infantino SBH 2015

20.79w Antonio Infantino SBH 2015

400 Metres

47.10 Tonderai Tomu SBH 30/05/99 Bedford

800 Metres

1:48.69 James McMurray StA 2015

1500 Metres

3:40.25 Gary Staines Belgrave H 11/06/86 Loughborough

Mile

3:53.82 Gary Staines Belgrave H 12/08/90 Portsmouth

3000 Metres

7:41.79 Gary Staines Belgrave H 14/07/90 Bislett (Oslo)

5000 Metres

13:14.28 Gary Staines Belgrave H 14/07/90 Weltklasse (Zurich)

10000 Metres

27:48.76 Gary Staines Belgrave H 06/07/91 Bislett (Oslo)

110m H

13.89/0.9 Miguel Perera Harrow 29/05/19 Wroclaw (Poland)

(13.76/2.1 05/05/19 Bedford)

400m Hurdles

50.37 Ben Sumner E&H 2009

3000m Steeplechase

8:28.43 Adam Bowden Harrow AC 22/07/06 Heusden, BEL

High Jump

2.25m Rob Mitchell SBH 28/07/01 Bedford

2.25m Adam Scarr E&H 11/06/06 Bedford

Pole Vault

5.40m Daniel Gardner SNH 2014

Long Jump

7.48m w Remi Edu SBH 15/08/99 Enfield

Triple Jump

14.84m Junior Lewis Verlea 13/07/96 Welwyn

Shot Put

18.97m Scott Rider Birchfield 04/06/05 Eton

Discus

54.22m Scott Rider Birchfield 30/07/03 Loughborough

Hammer

65.81m Carl Saggers E&H 09/07/05 Manchester

Javelin

74.92m Neil McLellan SNH 22/6/07 France

3000 Metre Walk

13:03.01 Derek Cross Verlea 16/7/94 Bedford

10000 Metre Walk

46:33.6 Derek Cross Verlea 4/05/94 Battersea Park

Decathlon

7196 Paul Field Met Police 29/04/95 Derby

UNDER 20 MEN

100 Metres

10.25 (1.2) Dom Ashwell SBH 11/07/18 Tampere, Finland

200 Metres

21.4 Tonderai Tomu SBH 7/2/09 Bury St Edmunds

400 Metres

47.13 Nathan Wake HPX 2009

800 Metres

1:45.78 Kyle Langford SBH 2015

1500 Metres

3:43.08 James McMurray StA 2013

Mile

4:01.5 Gary Staines Ver 19/09/82 Grays

3000 Metres

8:13.75 Michael Callegari SBH 2013

5000 Metres

14:21.53 Michael Callegari SBH 2013

10000 Metres

32:15.96 Bryn Reynolds HPX 02/05/09 Bedford

110m H (SM 106.7cm)

14.64 Tristan Anthony Verlea 28/07/01 Bedford

110m H (U/20 99cm)

14.16 Tristan Anthony Verlea 27/05/01 Watford

400m Hurdles

53.00 Zak Saucede E&H 08/06/08 Birmingham

3000m Steeplechase

8:47.80 Stephen Murphy SBH 16/06/02 Manchester

2000m Steeplechase

5:44.21 Tom Bedford SBH 13/07/02 Nottingham

High Jump

2.16m Mark Crowley E&H 18/08/02 Walthamstow

Pole Vault

5.20m Daniel Gardner SNH 2013

Long Jump

7.59m w Kadeem Greenidge-Smith Harrow 19/6/10 Bedford

7.49m Kadeem Greenidge-Smith Harrow 21/8/10 W Scrubs

Triple Jump

14.83m Bradley Pike D&T 2011

Shot Put (U/20 6.25k)

15.99m Robert Morris H&W 21/08/99 Berlin, Germany

Shot Put (SM 7.26k)

14.36m Robert Morris H&W 24/06/00 Dartford

Discus (U/20 1.75k)

53.85m Stephen Watson D&T 2009

Discus (SM 2k)

46.64m Stephen Watson 2009

Hammer (U/20 6.25k)

66.22m Carl Saggers E&H 19/06/02 Watford

Hammer (SM 7.26k)

58.99m Carl Saggers E&H 17/07/02 Loughborough

Javelin (800g)

62.13m Tim Phillips Verlea 03/05/98 Bath

Decathlon (U20)

5943 Robert Rumble HPX 11/06/05 Hexham

Decathlon (SM)

6115 Robert Rumble HPX 26/06/05 Hemel H

4x100 Relay

42.84 Herts Phoenix U20 16/7/05 Hendon

4x400

3:21.51 Herts Phoenix U20 16/7/05 Hendon

UNDER 17 MEN

100 Metres

10.58 Dominic Ashwell D&T 2015

200 Metres

21.68 Tristan Anthony Verlea 05/07/98 Bedford

400 Metres

48.13 Nathan Wake HPX 26/8/07 Coventry

800 Metres

1:51.09 Mat McLaughlin SBH 2011

1500 Metres

3:46.51 James McMurray StA 2011

Mile

4:26.97 Jamie Dee SBH 2013

3000 Metres

8:22.82 Jamie Dee SBH 2014

5000 Metres

16:02.0 Matt Salt D&T 18/09/08 Hemel Hempstead

100m Hurdles

12.61 Tristan Anthony Verlea 15/08/99 Sheffield

110m H (U/20 99cm)

14.70 Tristan Anthony Verlea 03/05/99 Welwyn

110m H (SM 106.7cm)

14.80 Tristan Anthony Verlea 31/07/99 Hemel Hempstead

400M H (U/17 84cm)

52.20 Tristan Anthony Verlea 16/07/99 Bydgoszcz, Poland

400m Hurdles (SM 91.4cm)

55.60 Tristan Anthony Verlea 15/05/99 Tooting Bec

2000m Steeplechase

5:57.08 George Groom SBH 04/06/16 Milton Keynes

1500m Steeplechase

4:19.22 Stephen Murphy SBH 10/07/99 Bury St.Edmunds

High Jump

2.01m Mark Crowley St.Albans GD 07/05/00 Watford

Pole Vault

4.60m Daniel Gardner SNH 2010

Long Jump

7.35 Kadeem Greenidge-Smith Harrow AC 26/8/07 Coventry

Triple Jump

14.76m Bradley Pike D&T 2010

Shot Put (U/17 5k)

17.34m Carl Saggers E H 30/07/00 Sheffield

Shot Put (U/20 6.25k)

14.92m Carl Saggers E&H 07/05/00 Copthall

Shot Put (SM 7.26k)

13.57m Carl Saggers E&H 24/06/00 Enfield

Discus (U/17 1.5k)

53.69m Carl Saggers E&H 17/09/00 Waltham Forest

Discus (U/20 1.75k)

44.98m Carl .Saggers E&H 22/08/99 Oxford

Discus (SM 2k)

39.55m Robert Morris H&W 14/06/98 Enfield

Hammer (U/17 5k)

68.42m George Marvell SNH 2015

Hammer (U/20 6.25k)

59.04m Carl Saggers E&H 20/08/00 Hendon

Hammer (SM 7.26k)

52.70m Carl Saggers E&H 03/06/00 Enfield

Javelin (U/17 700g)

64.73m Phillip Gregory Harrow AC 10/07/04 Gateshead

Javelin (800g)

52.90m Neil Mclellan SNH 06/08/95 Hendon

Octathlon (U17)

5060 Max Price SNH 2015

4x100 Relay

44.0 Herts U17 5/8/07 Hendon

4x400 Relay

3:26.3 Herts U17 5/8/07 Hendon

UNDER 15 BOYS

100 Metres

11.11/-2.1 Tristan Anthony Verlea 17/08/97 Birmingham

200 Metres

22.35/1.6 Tristan Anthony Verlea 12/07/97 Sheffield

400 Metres

51.20 Joel McNeill StA 2009

800 Metres

1:58.45 James McMurray St Albans 2009

1500 Metres

4:08.96 James McMurray St Albans 2009

3000 Metres

9:05.1 Stephen Murphy SBH 16/07/97 Watford

80m Hurdles

10.98 Max Price SNH 2013

High Jump

1.90m Max Price SNH 2013

Pole Vault

3.70m James Hoad E&H 04/08/02 Kingston

Long Jump

6.21m Max Price SNH 2013

Triple Jump

12.73m Ben Lloyd HPX 2015

Shot

16.50m Carl Saggers BoE 14/07/98 Watford

Discus

45.84m Carl Saggers BoE 31/08/98 Colchester

Hammer

60.15m Carl Saggers BoE 16/08/98 Sheffield

Javelin

54.46m Anthony Lovett BoE 29/06/97 Crystal Palace

Pentathlon

3139 Max Price SNH 2013

4x100 Relay

47.8 St Albans 2009

4x400 Relay

3:55.3 St Albans 2009

UNDER 13 BOYS

100 Metres

11.6 Tristan Anthony Verlea 28/08/95 Welwyn GC

200 Metres

24.1 Tristan Anthony Verlea 30/07/95 Tooting Bec

400 Metres

59.7 Tristan Anthony Verlea 23/08/95 Welwyn GC

800 Metres

2:10.59 Harvey O’Brart WAT 2009

1500 Metres

4:35.95 Jamie Harper SBH 2013

75m Hurdles

11.4 Melvern Auburn SNH 1999

80m Hurdles

12.5 Tristan Anthony Verlea 1995

High Jump

1.73m Max Price SNH 2011

Pole Vault

2.50m Andrew Cracknell D&T 1996

Long Jump

5.88m Ian Tobin HPX 04/08/02 Ware

Triple Jump

10.36m Jason Hamilton D&T 2003

Shot

13.48m Max Price SNH 2011

Discus

38.50m Carl Saggers BoE 15/9/96 Solihull

Javelin

36.02m William Jarvis WAT 2014

Pentathlon

1696 David Paar SNH 2002

4x100 Relay

52.4 Herts U13 2010