

Barnet and District AC - Summer Track Rankings 2004

BOYS UNDER 11

75 metres					
CLUB RECORD	10.8	Cedric Evina	Copthall		01-07-01
100 metres					
CLUB RECORD	13.5	Cedric Evina	Copthall		01-07-01
16.5	Matthew Kos	New River		20-06-04	
150 metres					
CLUB RECORD	23.4	Craig Goddard	Bethune		14-07-92
24.8	Matthew Kos	Hemel Hempstead		19-09-04	
28.9	Jamie Dinsmore	Hemel Hempstead		19-09-04	
200 metres					
CLUB RECORD	29.9	J.Holden	Stevenage		10-07-77
36.6	Matthew Kos	Ware		25-07-04	
400 metres					
CLUB RECORD	71.2	Paul Strong	Copthall		05-07-72
600 metres					
CLUB RECORD	1-50.6	Craig Goddard	Watford		19-05-93
800 metres					
CLUB RECORD	2-36.4	Craig Goddard	St Albans		16-06-93
1500 metres					
CLUB RECORD	5-16.0	Richard Ede	Hornchurch		10-85-75
40m Hurdles					
CLUB RECORD	8.7	Jordan Ogeare	Copthall		18-06-00
55m Hurdles					
CLUB RECORD	10.6	Ben Nagy	St Albans		01-07-00
70m Hurdles					
CLUB RECORD	15.0	Paul Holmes	Watford		19-05-93
High Jump					
CLUB RECORD	1-35	Cedric Evina	Watford		09-09-01
Long Jump					
CLUB RECORD	4-52	Cedric Evina	Watford		09-09-01
3-48	Matthew Kos	Ware		25-07-04	
Shot					
CLUB RECORD	5-78	J.Allen	Bethune		1973
4-09	Jamie Dinsmore	Hemel Hempstead		19-09-04	
Discus					
CLUB RECORD	13-82	James Maxwell	Watford		11-06-95
Javelin					
CLUB RECORD	13-44	Gordon Morley	Watford		20-07-94
8-61	Jamie Dinsmore	Hemel Hempstead		19-09-04	
Rounders ball					
CLUB RECORD	43-05	Niall Coen	Bethune		19-07-90

Cricket ball				
CLUB RECORD	39-22	David Alexander	Cophall	03-07-9
4x100m relay				
CLUB RECORD	64.2		Watford	19-05-93
Pentathlon				
CLUB RECORD	237	James Maxwell	Watford	11-06-95