

Barnet and District AC - Summer Track Rankings 2003

BOYS UNDER 13

100 metres

CLUB RECORD	12.9	Jason Davis	Bury St Edmunds	18-06-95
14.8	Stephen Mason	Milton Keynes	27-04-03	
15.2	Sam Barrow	St Albans	27-07-03	
15.26	Tommy Bryant	Watford	07-09-03	
15.8	George Fuller	St Albans	27-07-03	
16.2	Niall Fleming	Milton Keynes	27-04-03	

200 metres

CLUB RECORD	25.5	Jason Davis	Watford	09-07-95
31.4	Sam Barrow	St Albans	27-07-03	
32.7	Jack Welsh	Huntingdon	25-05-03	
33.0	Jonathon Bennett	Hemel Hempstead	22-06-03	
42.5	Stephen Mason	Milton Keynes	27-04-03	

400 metres

CLUB RECORD	60.4	Craig Goddard	Watford	09-08-95
76.6	George Fuller	St Albans	27-07-03	

600 metres

CLUB RECORD	1-46.1	Craig Goddard	Gosling	22-06-94
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800 metres

CLUB RECORD	2-20.2	R. Webster	New River	03-07-77
2-34.2	Niall Fleming	Watford	10-05-03	
2-34.4	Tommy Bryant	Hemel Hempstead	22-06-03	

1500 metres

CLUB RECORD	4-42.3	D. Taylor	Crystal Palace	13-09-78
5-12.5	Niall Fleming	Watford	05-05-03	
5-54.6	Owen Randall	Milton Keynes	27-04-03	

1 mile

CLUB RECORD	5-09.5	D. Taylor	Copthall	30-08-78
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2000 metres

CLUB RECORD	6-41.6	D. Taylor	West London	26-08-78
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3000 metres

CLUB RECORD	10-30.5	J. Allen	New River	05-04-74
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70m Hurdles

CLUB RECORD	13.3	Dominic Sheriff	Watford	16-06-99
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75m Hurdles

CLUB RECORD	16.3	James Maxwell	St Albans	14-09-96
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80m Hurdles

CLUB RECORD	14.9	Luke Shimmins	Ilford	20-08-95
15.41	Sam Barrow	Watford	07-09-03	
15.8	Tommy Bryant	Hemel Hempstead	22-06-03	
16.1	Niall Fleming	Copthall	17-08-03	
16.9	Jack Welsh	Huntingdon	25-05-03	

Pole Vault

CLUB RECORD	1-83	M. Maxwell	St Albans	06-07-75
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High Jump					
CLUB RECORD	1-50	Hadley Winthrop	Watford		19-09-99
1-25	Sam Barrow	Copthall		17-08-03	
1-10	Niall Fleming	Watford		07-09-03	
1-05	Tommy Bryant	Copthall		17-08-03	
Long Jump					
CLUB RECORD	5-55	Jason Davis	Watford		09-07-95
4-25	Stephen Mason	Welwyn		04-07-03	
3-95	George Fuller	St Albans		27-07-03	
3-92	Sam Barrow	Copthall		17-08-03	
3-49	Niall Fleming	Milton Keynes		27-04-03	
Triple Jump					
CLUB RECORD	10-07	R. Brough	Bethune		18-06-75
8-71	Stephen Mason	Welwyn		04-07-03	
Shot					
CLUB RECORD	9-56	John Owusu	Tooting		30-07-95
Discus					
CLUB RECORD	27-12	John Owusu	Tooting		30-07-95
Javelin					
CLUB RECORD	24-14	J. Curtis	Copthall		11-09-83
4x100mrelay					
CLUB RECORD	53.3	John, Owusu, Goddard, Davies	Watford		09-07-95
63.3		Copthall		17-08-03	
4x800mrelay					
CLUB RECORD	10-08.6	McGrath, Webster, Ede, Shepherd	N River		17-07-76
Pentathlon					
CLUB RECORD	2672	Ralph Bailey	Copthall		09-09-79