

# Barnet and District AC - Summer Track Rankings 2004

## BOYS UNDER 13

### 100 metres

CLUB RECORD	12.9	Jason Davis	Bury St Edmunds	18-06-95
15.0	Dami Ajuwon	Ware	25-07-04	
15.4	Stefan Philips	Huntingdon	30-05-04	
17.0	Ryan Stephenson	Hemel Hempstead	09-06-04	

### 200 metres

CLUB RECORD	25.5	Jason Davis	Watford	09-07-95
30.3	George Fuller	Hemel Hempstead	19-09-04	
32.1	Niall Fleming	Watford	16-05-04	
32.6	Dami Ajuwon	Hemel Hempstead	09-06-04	
32.2	Stefan Philips	Huntingdon	30-05-04	
38.7	Mark Smith	New River	20-06-04	

### 400 metres

CLUB RECORD	60.4	Craig Goddard	Watford	09-08-95
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### 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
2-25.1	Niall Fleming	Watford	16-05-04	
2-50.4	Jack Welsh	New River	20-06-04	

### 1500 metres

CLUB RECORD	4-42.3	D.Taylor	Crystal Palace	13-09-78
5-01.5	Niall Fleming	Huntingdon	30-05-04	

### 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
15.3	Niall Fleming	Hemel Hempstead	19-09-04	
15.4	George Fuller	Hemel Hempstead	19-09-04	
16.0	Dami Ajuwon	Ware	25-07-04	
16.2	George Fuller	New River	20-06-04	
16.3	Jack Welsh	New River	20-06-04	

### 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
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### 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
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1-30	Niall Fleming	Huntingdon	30-05-04
1-30	Jack Welsh	New River	20-06-04
1-20	George Fuller	Huntingdon	30-05-04

#### Long Jump

CLUB RECORD	5-55	Jason Davis	Watford	09-07-95
3-55	Stefan Philips	Hemel Hempstead	09-06-04	
3-43	George Fuller	New River	20-06-04	
3-34	Mark Smith	Ware	02-05-04	
3-18	Ryan Stephenson	Hemel Hempstead	09-06-04	

#### Triple Jump

CLUB RECORD	10-07	R.Brough	Bethune	18-06-75
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#### Shot

CLUB RECORD	9-56	John Owusu	Tooting	30-07-95
5-00	Dami Ajuwon	Hemel Hempstead	09-06-04	
4-99	Mark Smith	Hemel Hempstead	19-09-04	

#### Discus

CLUB RECORD	27-12	John Owusu	Tooting	30-07-95
12-97	Mark Smith	Huntingdon	30-05-04	

#### Javelin

CLUB RECORD	24-14	J.Curtis	Copthall	11-09-83
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#### 4x100m relay

CLUB RECORD	53.3	John,Owusu,Goddard,Davies	Watford	09-07-95
60.1		Huntingdon	30-05-04	

#### 4x800m relay

CLUB RECORD	10-08.6	McGrath,Webster,Ede,Shepherd	N River	17-07-76
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#### Pentathlon

CLUB RECORD	2672	Ralph Bailey	Copthall	09-09-79
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