

Please send any amendments or updates to Email: AFD.minutesec@gmail.com

Senior Men	Name	Venue	Competition	Time/Distance	Date
60m	Luke Dorrell	Lee Valley	Southern U20/Senior Championships	6.70	03-Feb-24
100m	Luke Dorrell	Stratford	Newham & Essex Beagles Open	10.31	18-Aug-24
	<i>Luke Dorrell</i>	<i>Woodford</i>	<i>National Athletics League</i>	<i>10.13w</i>	<i>15-Jul-23</i>
200m	Luke Dorrell	Stratford	Newham & Essex Beagles Outdoor Series	20.72	14-Aug-22
	<i>Luke Dorrell</i>	<i>Woodford</i>	<i>National Athletics League</i>	<i>20.54w</i>	<i>15-Jul-23</i>
400m	Walcot Taylor	Crystal Palace	Pye Gold Cup Semi-Final	48.6	10-Aug-75
800m	Daniel Howells	Watford	BMC Gold Standard Races	1:47.08	10-Aug-22
1500m	Adam Clarke	Bern, SUI	Citius Meeting	3:38.07	03-Aug-19
3000m	Jack Rowe	Boston MA USA	BU John Thomas Terrier Classic	7:38.35i	26-Jan-24
5000m	Jack Rowe	Boston MA USA	Boston University DMR Challenge	13:04.75i	16-Feb-24
10000m	Chris Thompson	Palo Alto USA	Payton Jordan Invitational	27:27.36	01-May-11
2000m s/c	Rodger Hackney	Birmingham	BUvBirch,C&P	5:23.6	10-Jun-82
3000m s/c	Rodger Hackney	Hechtel BEL	NvdA	8:18.91	30-Jul-88
Mile	Oliver Aitchison	Seattle USA	Husky Classic	3:58.59i	13-Feb-16
60mH	Allan Leiper	Glasgow	Scottish Indoor Championships	8.58	14-Jan-89
110mH	Allan Leiper	Antrim	Northern Ireland v Ire v Scot v Catalonia	15.1	30-Jun-87
400mH	Russell Quelch (U20)	Sheffield	English Schools Championships	54.58	12-Jul-96
3000m Walk	Christopher Snook	Birmingham	UK Athletics Indoor Championships	11:45.68	18-Feb-24
5000m Walk	Christopher Snook	Sportcity	UK Athletics Championships	20:31.57	30-Jun-24
10000m Walk	Christopher Snook	Cardiff	Welsh Senior & U15 Championships	42:11.42	12-Jun-22
High Jump	Floyd Manderson	Antrim	UK Championships	2.10	05-Jun-81
Long Jump	Marcus Browning (U20)	Birmingham	English Schools Championships	7.45	10-Jul-87
Triple Jump	Ian Timbers (U18)	Crystal Palace	International Inter Club Match	14.88	05-Oct-80
Shot (7.26kg)	Graham Savory	Derby	UK Championships	17.95	04-Jun-88
Discus (2kg)	Graham Savory	Cwmbran	UK Championships	58.10	25-May-86
Javelin (800gr)	Gary Jepp	Peterborough	Southern Mens League	62.00	24-May-86
Pole Vault	Michael Edwards	Crystal Palace	Peugeot Games	5:15	08-Jul-88
Hammer (7.26kg)	Mark Sterling	Portsmouth		63.74	18-Jul-84
Decathlon	Allan Leiper	Stoke	AAA Combined Events Championships	6441	2-3 Sept 1989
Heptathlon (Indoor)	George Asprey	Lee Valley	SEAA Indoor Combined Events Championships	4898	18-Dec-22
4x100m	Ian Timbers (U17), Dave Cave, John Coe, Nigel Richens	Cwmbran	Guardian Exchange Gold Cup	42.4	10-Aug-80
	Allen Leiper, Dave Cave	Aldershot	British Athletics League	42.4	25-Jul-81
	John Coe, Nigel Richens	Aldershot	GRE Gold Cup	3:21.8	11-Jul-82
4x400m	John Coe, ?, ?, ?	Aldershot			
Marathon	Jack Rowe	London	TCS London Marathon	2:07.47	26-Apr-26
Half Marathon	Jack Rowe	New York	United Airlines NYC Half	1:00.17	15-Mar-26
5K	Jack Rowe	Battersea Park	Friday Night 5K Under the Lights	13.36	07-May-21
10K	Roger Hackney	Battersea Park	Rank Xerox 10K	28:00	04-Dec-83
10km Walk	Christopher Snook	Coventry	Race Walking Association 10k	43:07	16-Apr-23
20km Walk	Christopher Snook	Dudince, CZE	Dudinska 50	86.37	16-Mar-24
U20 Men	Name	Venue	Competition	Time/Distance	Date
60m	Luke Dorrell	Uxbridge	Brunel Speed Series	6.98	13-Feb-16
100m	Nigel Richens	Aldershot	Southern Mens League	10.8	25-Jun-78
200m	Dave Cave	Southampton	Hampshire County Championships	21.8	17-May-80
400m	Mark Morris	Portsmouth	Hampshire County Championships	49.5	19-May-84
	Daniel Howells (U18)	Watford	Watford Open Meeting	49.54	17-Apr-19
800m	Daniel Howells	Stretford	BMC Gold Standard Races	1:48.16	29-Jun-21
1500m	Jonathan Hay	Watford	Watford Open Meeting	3:42.83	18-May-11
3000m	James Dargan	Birmingham Uni	BMC Gold Standard Races	8:04.53	10-May-23
5000m	Jonathan Hay	Sportcity	BMC Nike Grand Prix	13:57.16	28-May-11
10000m	Jack Rowe	Parliament Hill	Highgate Harriers Night of the 10,000m	30:23.29	16-May-15
2000m s/c (91.4cm)	Kevin Gavin (U18)	Aldershot		6:00.29	28-Jul-86
3000m s/c (91.4cm)	Kevin Nash	Crystal Palace	South of England Champs	8:43.21	01-Jun-96
Half Marathon	Jonathan Hay	St Peter Port	Guernsey Easter Runs Half Marathon	69.51	05-Apr-10
60mH U20	Adrian Woolgar	Carshalton	Sutton Open Indoors	8.68	30-Jan-05
110mH (99.1cm)	Russell Quelch	Aldershot	National Junior League	15.7	04-Aug-96
400mH (91.4cm)	Russell Quelch	Sheffield	English Schools Championships	54.58	12-Jul-96
3000m Walk	Christopher Snook	Sportcity	Manchester International Match	12:03.14	15-Aug-18
5000m Walk	Christopher Snook	Eltham	RWA Inter-Area Match	21:02.7	23-Mar-19
10000m Walk	Christopher Snook	Bedford	England Athletics U20 / U23 Championships	45:00.59	23-Jun-19
High Jump	Chris Baldwin	Portsmouth	Hampshire County Champs	2.00	18-May-91
Long Jump	Marcus Browning	Birmingham	English Schools Championships	7.45	10-Jul-87
Triple Jump	Ian Timbers (U18)	Crystal Palace	International Inter Club Match	14.88	05-Oct-80
Shot (6kg)	Graham Savory	Crystal Palace	Southern U20 Championships	16.72	30-Jun-79
Shot (7.25Kg)	Graham Savory	Cosford	SC, RAF Army,W&B	15.64	07-Apr-79
Discus (1.75kg)	George Asprey	Portsmouth	Hampshire County Multi Events Championships	41.15	02-May-22
Javelin (800gr)	Jonah McCafferty	Lee Valley	UK Javelin Competition	60.59	30-Aug-20
Pole Vault	Michael Edwards	Portsmouth	Dairy Crest International	5.10	20-Jun-87
Hammer (6kg)	James Denning	Portsmouth	Hampshire County Championships	44.84	15-May-94
Hammer (7.26kg)	Mark Sterling	Brighton	AAA U20 Championships	52.78	01-Aug-81
	<i>Mark Sterling</i>	<i>Sennelager, GER</i>		<i>53.02 (unconfirmed)</i>	<i>28-May-87</i>
Decathlon	George Asprey	Horspath	Southern Combined Events Championships	6311	24-Jul-22
Heptathlon (Indoor)	George Asprey	Lee Valley	England Athletics Combined Events Championships	4290	08-Jan-22
4x100m	Luke Dorrell, Thomas Coe, ?, ?	Brighton	UK Youth Development League	44.8	28-Jun-14
4x400m	N Brooker, R Quelch, ?, ?	Aldershot	National Junior League	3:32.3	12-Jun-94
U18 Boys	Name	Venue	Competition	Time/Distance	Date
60m	George Makombe	Eton	Eton Indoor Open	7.43	08-Dec-13
100m	Luke Dorrell	Lee Valley	Lee Valley Sprints Evening	10.91	23-Jul-14
	Luke Dorrell	Woking	UK Youth Development U17/U20 League Division Southern	10.9	01-Jun-14
200m	Luke Dorrell	Winchester	Alder Valley Boys' League	22.8	07-Jul-13
400m	Daniel Howells	Watford	Watford Open Meeting	49.54	17-Apr-19
800m	Daniel Howells	Watford	BMC Grand Prix	1:49.34	29-Jun-19
1500m	James Dargan	Birmingham Uni	BMC Gold Standard Races	3:44.47	07-Jun-23
3000m	James Dargan	Birmingham Uni	BMC Gold Standard Races	8:04.53	10-May-23
5000m	Jonathan Hay	Sportcity	BMC Nike Grand Prix	14:46.24	30-May-09
2000m s/c (83.8cm)	Harry Klein	Kingston	Surrey County Championships (Hurdles & Steeplechase)	6:14.48	18-Apr-26
2000m s/c (91.4cm)	George Gatherole	Birmingham	ESAA English Schools' Championships	5:58.16	12-Jul-14
3000m s/c (91.4cm)	Chris Thompson	Bedford	AAA U20 Championships	9:06.20	04-Jul-98
60mH (91.4cm)	George Asprey	Eton	Windsor, Slough, Eton & Hounslow AC Winter Series	9.45	02-Dec-18
110mH (91.4cm)					
400mH (84cm)	Russell Quelch	Nottingham	English Schools Championships	54.10	08-Jul-95
3000m Walk	Chris Snook	Sportcity	England Manchester International	12:25.73	16-Aug-17
5000m Walk	Chris Snook	Boston	ESAA English Schools Combined Events & Race Walking Champs	21:31.27	16-Sep-17
High Jump	Darren Clark	London		1.98	28-Jun-82
Long Jump	Marcus Browning	Cosford	Cosford Indoors	7.32	09-Jan-87
	Marcus Browning	Birmingham	English Schools Championships	7.45w	10-Jul-87
Triple Jump	Ian Timbers	Crystal Palace	International Inter Club Match	14.88	05-Oct-80
Pole Vault	George Asprey	Carshalton	Vault London	3.12	09-Feb-20
Shot (5kg)	Ben Bright	Woking	UK Youth Development U17/U20 League - Southern South 1	12.59	01-Jun-14
Discus (1.5kg)	George Asprey	Eton	Alder Valley Boys League	38.32	04-May-19
Javelin (700gr)	Jamie Broadbe	Gateshead	English Schools Championships	57.27	17-Jul-06
Hammer (5kg)	James Denning	Bournemouth	Young Athletes Boys League	41.00	26-Apr-92
Octathlon					
Heptathlon (Indoor)					
4x100m					
4x400m					

U16 Boys	Name	Venue	Competition	Time/Distance	Date
60m	Ryan Davies	Eton	Eton Indoor Open	7.53	07-Jan-06
100m	Matt Hopton	Exeter	English Schools Athletics Championships	11.35	10-Jul-98
	Matt Hopton	Exeter	English Schools Athletics Championships	11.18w	10-Jul-98
200m	Marimba Odundo-Mendez	Birmingham	U15 AAA Indoor Championships	22.79	24-Feb-01
300m	Tom Knight	Aldershot	Wessex Young Athletes' League	37.87	21-Jul-13
800m	Daniel Howells	Basingstoke	Hampshire Grand Prix	1:54.94	19-Jul-17
1500m	Harvey Dixon	Twickenham	St Marys Classic	3:57.83	03-Jun-09
3000m	Luke Van Oudtshoorn	Watford	Watford Open Graded Meeting	8:24.93	31-May-17
1500m s/c (76.2cm)					
60mH					
100mH (84cm)					
300mH (84cm)					
3000m Walk	Chris Snook	Grangemouth	SIAB Schools' International	13:18.67	18-Jul-15
High Jump	Darren Clark	Southampton	Inter Counties Schools Match	1.90	16-Jun-90
Long Jump	Chris Lane	Southampton	Inter Counties Schools	6.13	16-Jun-90
	Max Williams	Portsmouth	Hampshire County Schools Championships	6.23w	08-Jun-19
Triple Jump	Ian Timbers	Nottingham	English Schools Athletics Championships	14.42	07-Jul-79
Pole Vault	Michael Try	Bracknell	Alder Valley Boys League	2.70	16-Jun-13
Shot (4kg)	Steven Whitehead	Portsmouth	Hampshire Schools Championships	12.97	11-Jun-05
Discus (1.25kg)	Tom Lyons	Basingstoke	Alder Valley Boys League	40.40	24-Aug-97
Javelin (600gr)	Jamie Broadey	Watford	Javelin Festival	54.46	18-Sep-04
Hammer (4kg)	George Croton	Reading	Alder Valley Boys League Plate Final	24.29	13-Sep-15
Pentathlon					
Pentathlon (Indoor)					
4x100m	Alfie Burfield, Jayden Wilson	Aldershot	Alder Valley League	50.66	07-Jun-26
4x300m	Koen Renooij, Soam Shenoy				
U14 Boys	Name	Venue	Competition	Time/Distance	Date
60m	David Stokes	Birmingham	AAA Indoor Championships	8.25	20-Feb-99
100m	Oliver Nicholson	Basingstoke	Hampshire Schools Year 7 & 8 Championships	11.8	15-Jul-14
	Troy Over	Aldershot	Aldershot & Farnham & District End of Season Track Meeting	11.8	26-Sep-20
200m	Oliver Nicholson	Bournemouth	UK Youth Development U13/U15 League	24.3	22-Jun-14
800m	Rikki Letch	Eton	Southern U20/U15 Inter Counties	2:01.36	26-Aug-06
1500m	Edward Henderson	Watford	Watford Open Graded Meeting	4:19.03	31-May-17
80mH (76.2cm)	Henry Routh	Aldershot	Alder Valley League	14.51	07-Jun-26
2000m Walk	Michael Silvester	Portsmouth	Hampshire Athletics Championships	10:13.7	14-May-05
3000m Walk	Hamish Hall	Don Valley	England Athletics U17/U15 Championships	14:48.86	12-Aug-07
High Jump	Dominic Pitman	Aldershot	AFD John Hewitt Memorial Club Championships	1.60	27-Jul-17
Pole Vault	Oliver Densley	Wormwood Scrubs	Thames Valley Harriers Open	2.30	22-Jun-22
Long Jump	Sean Over	Swindon	Wessex Young Athletes League	5.53	16-Sep-18
Shot (3kg)	Finlay Williams	Bracknell	Alder Valley League - Boys	7.95	10-Jul-22
Discus (1kg)	George Asprey	Portsmouth	Wessex Young Athletes League	30.79	05-Jul-15
Hammer (3kg)					
Javelin (500gr)	Freddie Male	Basingstoke	Basingstoke & Mid Hants AC Open Meeting	20.89	02-May-26
Pentathlon					
4x100m	Charlie Fehervari-Skriczka, Huxley Sherlock	Aldershot	Alder Valley League	51.09	07-Jun-26
	Owen Figg, Tom Butcher				