



HERNE HILL HARRIERS

CLUB RECORDS – SENIOR MEN

Event			
100m	John Wilkinson Selwyn Clarke Michael St Louis	10.5 10.5 10.52 E	30.08.1947 13.08.1980 25.07.1987
200m	Michael St Louis	20.81 E	21.06.1986
400m	Darren Bernard	47.11 E	09.04.1989
800m	Robert Setti	1:49.4	04.08.1962
1500m	David Glassborrow	3:40.79 E	08.08.1981
1 Mile	Michael Gowan	4:01.0	21.07.1965
3000m	Don Taylor	7:58.2	13.09.1963
5000m	Jon Solly	13:39.2	08.06.1993
10000m	Jon Solly	28:21.65 E	13.09.1991
1 Hour	Michael Gowan	19,505m	20.03.1967
Marathon	Jon Solly	2:12.07	14.10.1990
110m Hurdles	Brett St Louis	14.03 E	27.06.1987
400m Hurdles	Mike Whittingham	50.58 E	07.08.1982
2000m Steeplechase	Tom Conlon	5:46.6	17.06.1979
3000m Steeplechase	Tom Conlon	8:47.07 E	08.08.1981
High Jump	Ousman Cham	2.18m	14.06.1980
Long Jump	John Howell	7.63m	14.08.1960
Triple Jump	Ndaba Mdhlomga	16.21m	27.06.1999
Pole Vault	Costin Parkins	4.20m	25.08.1984
Shot Put	Anthony Soalla-Bell	15.59m	18.08.1999
Discus	Abdul Buhari	51.78m	17.07.2004
Hammer	Mark Hanily	56.98m	08.06.2008
Javelin	Terry McHugh	82.75m	05.08.2000
Decathlon	Brian Kettle	6,253	23.06.1963
4 x 100m	Emanuel Adeyemi Jeffrey Ocras Idris Ojuriye Robert Graham	41.80 E	03.07.2010
4 x 200m	Sean Lewis Dominique Richards Gene Siner Joshua Wood	1:28.3	18.08.1999
4 x 400m	Owen Parker Leroy Haughton Michael St Louis Michael Bond	3:16.8	01.06.1985
"E" indicates electric timing			