



## HERNE HILL HARRIERS

### CLUB RECORDS – UNDER 20 MEN

Event			
100m	John Wilkinson Uvie Ugono	10.5 10.55 E	30.08.1947 27.07.1996
200m	Michael St Louis	21.17 E	18.06.1983
400m	Jack Sam Darren Bernard	48.2 48.24 E	20.09.1969 05.08.1988
800m	Wayne Tarquini	1:51.5	06.08.1975
1500m	Wayne Tarquini	3:48.7	27.07.1975
3000m	Tom Conlon	8.16.8	06.09.1980
5000m	Malcolm Roberts	13:39.2	21.09.1977
10000m	David Hayes	31:50.0	01.10.1983
1 Hour	Malcolm Roberts	18,055m	25.03.1978
Marathon	Zygmunt Stegner	2:58.41	23.04.2006
110m Hurdles	Brett St Louis	14.03 E	27.06.1987
400m Hurdles	Mike Whittingham	53.8	22.08.1973
2000m Steeplechase	Tom Conlon	5:46.6	17.06.1979
3000m Steeplechase	Tom Conlon	8:47.1	06.07.1980
High Jump	Ousman Cham	2.18m	14.06.1980
Long Jump	George Broad Dominique Richards	7.10m	05.05.1951 02.05.1998
Triple Jump	Ronnie Corbin	15.43	29.07.1984
Pole Vault	Phillip Mascoll  Costin Parkins  Thomas Ashby	4.00m	27.07.1980 13.06.1981 06.08.1983 17.08.1983 04.07.2009
Shot Put	Johnson Fevrius	15.42m	15.05.1982
Discus	Thomas Ashby	48.36m (2kg)  52.25m (1.75kg)	02.05.2009  09.05.2009
Hammer	David Greenhill	39.64m	11.06.1977
Javelin	Allandre Johnson	60.01m	29.06.2003
Decathlon	Thomas Ashby	6,629	29.06.2008
4 x 100m	Paul Payne Ezekiel Ewulo Alistair Hinze Lawrence Mensah	42.9	02.08.2003

4 x 200m	Lawrence Mensah Paul Payne Ezekiel Ewulo Alistair Hinze	1:30.2	20.08.2003
4 x 400m	Kenneth McIntosh Leroy Haughton Michael Bond Owen Parker	3:29.4	09.09.1979
"E" indicates electric timing			