



U20 Track & Field Club Records

	U20 Men	U20 Women
Track Events		
100 metres	Matthew Alvarez 10.72 (2018)	Seren Rodgers 12.50 (2023)
200 metres	Tom Bennett 21.65 (2024)	Seren Rodgers 25.16 (2022)
400 metres	Tom Bennett 47.48 (2024)	Lucy Stennett 58.21 (2020)
800 metres	Dan Wilde 1:52.19 (2018)	Catherine Blew 2:11.02 (2010)
1500 metres	Archie Walton 3:50.46 (2016)	Catherine Blew 4:24.4 (2011)
3000 metres	Joe Ponter 8:25.74 (2021)	Catherine Blew 9:28.9 (2011)
5000 metres	Rowan Preece 15:14.50 (2013)	Rachel Heard 19:37.94 (2009)
10,000 metres	Rowan Preece 32:19.58 (2013)	
Mile	Archie Walton 4:14.62 i (2016)	
110m Hurdles	Toby Wright 14.13 (2024)	Holly-Mae McKenna 14.40 (2019)
400m Hurdles	Dan Wilde 55.25 (2017)	Ciara Alexander 64.56 (2021)
1500m Steeplechase	Archie Walton 4:17.39 (2016)	Holly Brown 4:57.28 (2014)
2000m Steeplechase	Charlie Maclean 5:45.39 (2010)	Rachel Langbein 7:21.13 (2012)
3000m Steeplechase	Tom Heal 9:13.08 (2022)	
Field Events		
Long Jump	Norbert Rosser 6.83 (1978)	Seren Rodgers 5.92 (2022)
Triple Jump	Luke Reynolds 13.49 (2014)	Maisie Brown 11.15 (2015)
High Jump	Louis Reynolds 1.93 (2023)	Megan Toon 1.72 (2012) Evie Grogan 1.72 (2012)
Pole Vault	Ben Thompson 3.50 (2011) Tim McKee 3.50 (2018) Kurt Gilbert 4.01i (2022)	Rebecca Klys 2.15 (2007)
Javelin	Ben Jones 66.39 (2023)	Izzy Jeffs 48.90 (2009)
Shot Putt. /4kg	James Slipper 12.71 (2015)	Seren Rodgers 10.71i (2023)
Discus	Jacob Foord 54:89 (2024)	Rebecca Klys 27.24 (2007)
Hammer	Hayden Tyler 35.14 (2013)	Claire Knighton 28.98 (2008)
Combined Events		
Decathlon/Heptathlon	Tom Bennett 6330 pts (2024)	Seren Rodgers (U20) 4968 (2022) Seren Rodgers (U18) 5324 (2022)
Relay		
4 x 100 metres	See Senior Men records	See Senior Women records
4 x 400 metres	See Senior Men records	See Senior Women records