



# SENIORS Track & Field Club Records

	Senior Men	Senior Women
<b>Track Events</b>		
<b>100 metres</b>	Matthew Alvarez 10:78 (2021)	Ellie Carrow 13.59 (2022)
<b>200 metres</b>	Matthew Alvarez 21:77 (2021)	Cerys Lee 25.98 (2023)
<b>400 metres</b>	Elliot Scott 50:31 (2019)	Annabel Hicks 58.4 (2005)
<b>800 metres</b>	Dan Wilde 1:53.19 (2019)	Alice Murray-Gourlay 2:14.35 (2023)
<b>1500 metres</b>	Tom Heal 3:50.24 (2023)	Naomi Taschimowitz 4:16.73 (2011)
<b>3000 metres</b>	Tom Heal 8:25.17 i (2023)	Naomi Taschimowitz 9:12.65 (2011)
<b>5000 metres</b>	Tom Heal 14:50.11 (2023)	Elle Twentyman (2022) 15:58.39
<b>10,000 metres</b>	Rowan Preece 31:59.80 (2017)	Kate Drew 33:59.52 (2022)
<b>Mile</b>	Blair Brown 4:21.62	Naomi Taschimowitz 4:49.04 (2010)
<b>110m/100m Hurdles</b>	Ben Thompson 16.64 (2012)	Holly-Mae McKenna 14.2 (2021)
<b>400m Hurdles</b>	Kester Welch 54.96 (2023)	Cerys Lee 64.70 (2023)
<b>1500m Steeplechase</b>		
<b>2000m Steeplechase</b>	Oliver Berry 6:00.1 (2016)	Alice Murray-Gourlay 6:41.17 (2023)
<b>3000m Steeplechase</b>	Tom Heal 9:08.76 (2023)	Alice Murray-Gourlay 10:05.06 (2023)
<b>Field Events</b>		
<b>Long Jump</b>	Oliver D'Rozario 6.12 i (2023)	Cerys Lee 5.74 (2023)
<b>Triple Jump</b>	Rhys Llewellyn-Eaton 12.25 (2012)	Cerys Lee 11.01 i (2023)
<b>High Jump</b>	Mark Hardyman 1.80 (2012) Ross Stephenson 1.80 (2016)	Evie Grogan 1.74 i (2015)
<b>Pole Vault</b>	Kurt Gilbert 4.30 i (2023)	Emily Ruffell-Hazell 1.45 (2014)
<b>Javelin</b>	Charlie Granville 58.28 (2015)	Cerys Lee 33:26 (2021)
<b>Shot Putt</b>	Kevin Davies 12.50 (2005)	Cerys Lee 11.06 (2023)
<b>Discus</b>	Kevin Davies 40.40 (2005)	Rebecca Klys 27.73 (2008)
<b>Hammer</b>	Kevin Davies 56.72 (2005)	Claire Knighton 29.81 (2011)
<b>Combined Events</b>		
<b>Decathlon &amp; Heptathlon</b>	4475 James Slipper (2017)	4808 Cerys Lee (2023)
<b>Relay</b>		
<b>4 x 100 metres</b>	46.30 (2013)	50.74 (2018)
<b>4 x 400 metres</b>	3:20.21 (2015)	4:16.15 (2019)