



# U20 Track & Field Club Records

	U20 Men	U20 Women
<b>Track Events</b>		
<b>100 metres</b>	Matthew Alvarez 10.72 (2018)	Seren Rodgers 12.50 (2023)
<b>200 metres</b>	Matthew Alvarez 21.68 (2018)	Seren Rodgers 25.16 (2022)
<b>400 metres</b>	Elliot Scott 48.67 (2016)	Lucy Stennett 58.21 (2020)
<b>800 metres</b>	Dan Wilde 1:52.19 (2018)	Catherine Blew 2:11.02 (2010)
<b>1500 metres</b>	Archie Walton 3:50.46 (2016)	Catherine Blew 4:24.4 (2011)
<b>3000 metres</b>	Joe Ponter 8:25.74 (2021)	Catherine Blew 9:28.9 (2011)
<b>5000 metres</b>	Rowan Preece 15:14.50 (2013)	Rachel Heard 19:37.94 (2009)
<b>10,000 metres</b>	Rowan Preece 32:19.58 (2013)	
<b>Mile</b>	Archie Walton 4:14.62 i (2016)	
<b>110m/100m Hurdles</b>	Oliver D'Rozario 15.59 (2021)	Holly-Mae McKenna 14.40 (2019)
<b>400m Hurdles</b>	Dan Wilde 55.25 (2017)	Ciara Alexander 64.56 (2021)
<b>1500m Steeplechase</b>	Archie Walton 4:17.39 (2016)	Holly Brown 4:57.28 (2014)
<b>2000m Steeplechase</b>	Charlie Maclean 5:45.39 (2010)	Rachel Langbein 7:21.13 (2012)
<b>3000m Steeplechase</b>	Tom Heal 9:13.08 (2022)	
<b>Field Events</b>		
<b>Long Jump</b>	Norbert Rosser 6.83 (1978)	Seren Rodgers 5.92 (2022)
<b>Triple Jump</b>	Luke Reynolds 13.49 (2014)	Maisie Brown 11.15 (2015)
<b>High Jump</b>	Louis Reynolds 1.93 (2023)	Megan Toon 1.72 (2012) Evie Grogan 1.72 (2012)
<b>Pole Vault</b>	Ben Thompson 3.50 (2011) Tim McKee 3.50 (2018) Kurt Gilbert 4.01i (2022)	Rebecca Klys 2.15 (2007)
<b>Javelin</b>	Ben Jones 66.39 (2023)	Izzy Jeffs 48.90 (2009)
<b>Shot Putt. /4kg</b>	James Slipper 12.71 (2015)	Seren Rodgers 10.71i (2023)
<b>Discus</b>	Ben Crosby 44.94 (2023)	Rebecca Klys 27.24 (2007)
<b>Hammer</b>	Hayden Tyler 35.14 (2013)	Claire Knighton 28.98 (2008)
<b>Combined Events</b>		
<b>Decathlon/Heptathlon</b>	Oliver D'Rozario 6022 pts (2021)	Seren Rodgers (U20) 4968 (2022) Seren Rodgers (U18) 5324 (2022)
<b>Relay</b>		
<b>4 x 100 metres</b>	See Senior Men records	See Senior Women records
<b>4 x 400 metres</b>	See Senior Men records	See Senior Women records