



Royal Sutton Coldfield Athletics Club

Track Records - U11 boys to senior men



	U11 Boys	U13 Boys	U15 Boys	U17 Boys	Junior Men	Senior Men
60m (Indoors)			Stefan Anderson 7.58 2011	Neil Mitchell 7.1 2001	Daniel Caines 6.99 1998	James Simmons 7.1 1988
80m	Andrew Evans 12.0 1991					
100m	David Coleman 13.9 1988	S Spencer/R McDonald 12.9 1980 / 2003	Stefan Anderson 11.4 2011	Neil Mitchell 11.1 2001	Daniel Caines 10.6 1996	James Simmons 10.9 1989
200m	Daniel Caines 29.3 1989	Ross McDonald 26.6 2003	Stefan Anderson 22.88 2011	Nicholas Pryce 22.1 2009	Daniel Caines 21.4 1998	James Simmons 21.9 1989
200m (Indoors)			Stefan Anderson 24.0 2011	Nicholas Pryce 23.03 2009	Daniel Caines 21.6 1998	
400m		Andrew Evans 62.0 1993	Ross McDonald 51.49 2005	Ross McDonald 50.08 2006	Daniel Caines 47.1 1998	Michael Clenaghan 50.1 1983
400m (Indoors)				Ross McDonald 48.78 2007	Daniel Caines 48.09 1998	
600m	Andrew Evans 1.48.0 1991					
800m	Andrew Evans 2.28.9 1991	Jacob Hickey 2.17.9 1989	Mark Murray 2.06.1 1997	Carl Warren 1.57.6 1986	Dominic Middleton 1.54.8 1987	Carl Warren 1.53.9 1990
1500m	Andrew Evans 5.08.6 1991	James Goode 4.39.2 1998	Jamie Hussey 4.21.0 1983	Spencer Duval 3.59.9 1986	Dominic Middleton 3.54.6 1987	Dominic Middleton 3.48.3 1990
1 mile	Andrew Brooks 5.38.0 1989	Jacob Hickey 5.07.2 1989	Andrew Evans 4.56.5 1995	Paul Calvert 4.35.5 1992	Dominic Middleton 4.17 1987	David Hope 4.15.2 1990
3000m		Jamie Hussey 10.31.7 1980	Greg Duvall 9.22.9 2004	Dominic Middleton 8.41.7 1986	David Hope 8.25.3 1987	Adrian O'Connor 8.18.0 1990
5000m				Alistair O'Connor 15.40.8 1987	Alistair O'Connor 14.42.0 1990	Adrian O'Connor 14.28.1 1990
10000m				Duncan Mason 36.50.5 1984		Peter Marshall 32.45.0 1984
70m hurdles		Ian Nash 12.9 1980				
75m hurdles		C Surridge / B Davies 13.5 1989 / 92				
80m hurdles	Daniel Quarrel 17.4 1987	Andrew Grice 14.6 1992	Andrew Hill 11.6 2002			
100m hurdles				Andrew Hill 14.2 2002		
110m hurdles					Adam D'Arcy 16.7 1999	Brian Hughes 15.8 1994
400m hurdles				Iain McDonald 56.7 2003	Iain McDonald 53.06 2005	Keith Tarbuck 57.4 1987
1500m steeplechase				Spencer Duval 4.15.01 1986		
2000m steeplechase				Spencer Duval 6.04.1 1986	Alistair O'Connor 5.46.9 1990	Peter James 6.10.8 1993
3000m steeplechase				Simon O'Connor 9.38.16 1990	Alistair O'Connor 8.44.68 1990	Richard Mullaney 9.54.3 1994
3000m walk		Russell Mason 17.14.7 1990		Kevin Jones 18.21.6 1977		
4x100m	No details of athletes names 58.7 1979	Alan Taylor Daniel Reardon James Smith Ben Davies 54.0 1992	Ross McDonald Max Haig Rob Cooper Luke Gibson 47.7 2004	K Ashford J Parry R Lloyd C Surridge 46.9 1993	National Junior League Team 46.6 2003	Steve Moulton Nigel Hamblin John Topliss James Simmons 44.1 1987
4x400m			Andrew Evans Mathew Riggins Mathew Hastings Mathew Cope 3.49.6 1995	C Barron D Doogan S Aucott S Faulkner 3.34.6 1993	National Junior League Team at Tamworth 3.32.2 1999*	Carl Warren Jamie Hussey Les Duffy Mark Sturch 3.26.1 1989
4x400m (indoors)						Mark Sturch James Simmons Carl Warren Russell Eames 3.28.0 1989

* A time of 3.32.54 was recorded in 1991 for a team comprising Roger Houghton, Simon Knights, Peter Madge and Richard Jones