



Royal Sutton Coldfield Athletics Club

Records - U11 boys to senior men



	U11 Boys	U13 Boys	U15 Boys	U17 Boys	Junior Men	Senior Men
60m	Evan Pritchard 9.19 2014					
60m (Indoors)	Aaron Oshenye 9.33 2017		Stefan Anderson 7.58 2011	Neil Mitchell 7.1 2001	Daniel Caines 6.99 1998	Kane Howitt 6.93 2019
75m	Harrison North 10.8 2017					
80m	Andrew Evans 12.0 1991					
100m Indoors		Harrison North 14.26 2018				
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	Nicholas Pryce 10.6 2014
150m	Harrison North 21.4 2017					
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	K Howitt 21.03 2018
200m (Indoors)			Stefan Anderson 24.0 2011.00	Nicholas Pryce 23.03 2009	Daniel Caines 21.6 1998	Nicholas Pryce 21.29 2020
300m			Joseph Martin 38.00 2017			
400m		Andrew Evans 62.0 1993	Ross McDonald 51.49 2005	Ross McDonald 50.08 2006	Daniel Caines 47.1 1998	Nicholas Pryce 48.31 2016
400m (Indoors)				Ross McDonald 48.78 2007	Daniel Caines 48.09 1998	Nicholas Pryce 49.33 2012
600m	Andrew Evans 1.48.0 1991					
800m	Andrew Evans 2.28.9 1991	Jacob Hickey 2.17.9 1989	Joseph Martin 02:00.07 2017	Joseph Martin 1.55.00 2019	Dominic Middleton 1.54.8 1987	Carl Warren 1.53.9 1990
1200m	Noah Homer 04:02:05 20182020					
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 Divall 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			Jack Wakefield 5.26.81 2018	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	Alister Breuns Nicholas Mbewe Kane Howitt Paolo Odogwu 45.55 2012	Kane Howitt Ethan McCarthy Elliot Walker Nick Mbewe 45.0 2014	Kane Howitt Cameron Harris Shem Nelson Nicholas Pryce 43.4 2017
4x300m			Jacob Higgins Matthew Parry David Iliffe Joseph Martin 2.51.3 2017			
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 Lamworth 3.32.2 1999*	Kane Howitt Shem Nelson Alex Jones Nicholas Pryce 3.21.7 2017
4x400m (indoors)						Mark Sturch James Simmons Carl Warren Russell Eames 3.28.0 1989
High Jump	Simon Kulas 1.25 1988	Daniel Reardon 1.55 1992	Daniel Reardon 1.81 1994	Iain McDonald 1.90 2003	Alistair Robinson (2003) Kieran Smith (2011) 1.90	Brian Hughes 1.98 1993
High Jump (Indoors)		James Baker 1.63 1993				
Long Jump	John Sedgwick 4.29 1991	Alan Taylor 5.05 1992	Ben Davies 5.76 1994	Paul Brinkworth 6.22 1992	Elliot Walker 6.49 2016	Donald Brown 6.78 1988
Triple Jump		Simon Merckel 9.10 1980	R Lucas 10.88 1988	Paul Brinkworth 12.63 1992	Elliot Walker 12.86 2016	Donald Brown 13.22 1988
Triple Jump (Indoors)						Quentin Anthony 13.33 2018
Pole Vault			Neil Reynolds 3.15 1989	Neil Reynolds 3.85 1991		Mike Nicol 4.30 1993
Howler	Jack Lynch 41.5 2019					
Javelin	Ian Whitehouse 16.38 1988	Jack Lynch 29.84 2020	Andrew Salt 43.04 1989	Richard Timmins 50.44 1993	Matt Johnson 44.16 2010	Andrew Salt 51.92 1993
Javelin 800g				Charlie Hornby 39.71 2014	Connor Notley 34.57 2015	
Discus		Ian Nash 29.22 1980	T Morgan 33.20 1981	James Ward 39.54 2018	Connor Notley 40.59 2015	Paul Bryan 38.6 1992
Discus 2kg				Connor Notley 29.49m 2014	James Ward 37.74 2019	
Shot Putt	Russell Mason 4.66 1987	Richard Lloyd 12.09 1990	Richard Lloyd 13.39 (4kg) 1992	James Ward 12.76 2018	James Ward 10.15 2019	Paul Bryan 12.93 1992
Shot Putt 7.26kg				Connor Notley 8.87 2014	James Ward 10.15 2019	
Hammer			Neil Goode 39.85 1998.00	James Ward 44.46 2018	Liam Goodall 43.05 2016	Paul Fletcher 37.21 1978
Hammer 7.26kg				Liam Goodall 35.83 2015	Liam Goodall 39.81 2016	
Decathlon						Brian Hughes 6098pts 1993

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