

## Club Records (as at 30<sup>th</sup> September 2026)

w = wind assisted   a = altitude assisted   y = yards conversion   ind = indoors

### Senior Men

|                    |                                                              |                |             |
|--------------------|--------------------------------------------------------------|----------------|-------------|
| <b>100m</b>        | <b>Richard Akinyebo</b>                                      | <b>10.16</b>   | <b>2025</b> |
| <b>200m</b>        | <b>Richard Akinyebo</b>                                      | <b>20.62</b>   | <b>2025</b> |
| 400m               | Mark Bishop                                                  | 46.49          | 1989        |
| <b>800m</b>        | <b>Freddie Rowe U18</b>                                      | <b>1:47.95</b> | <b>2026</b> |
| <b>1500m</b>       | <b>Freddie Rowe U18</b>                                      | <b>3:40.26</b> | <b>2026</b> |
| 5000m              | Roy Young                                                    | 14:13.0        | 1971        |
| 10000m             | Roy Young                                                    | 29:22.4        | 1974        |
| Marathon           | James Connor                                                 | 2.20:16        | 2021        |
| 110mH              | Francois Du Toit                                             | 14.19          | 1997        |
| 400mH              | Tom Pitkin                                                   | 51.07          | 2021        |
| 3000m Steeplechase | Paul Bettridge                                               | 8:38.05        | 1982        |
| High Jump          | Joe Naughton                                                 | 2.05m          | 1997        |
| Long Jump          | Shandell Taylor U20                                          | 7.78m          | 2018        |
| Triple Jump        | Fred Alsop                                                   | 16.46m         | 1964        |
|                    |                                                              | (16.65m w)     | 1965        |
| Pole Vault         | Joe Naughton                                                 | 4.60m          | 2004        |
| Shot Putt (7.26kg) | Laurence Goodacre                                            | 15.82m         | 2015        |
| Discus (2.0kg)     | Scott Hayes                                                  | 50.62m         | 1993        |
| Hammer (7.26kg)    | Keith Robinson                                               | 51.42m         | 1988        |
| Javelin (800g)     | Bonne Buwembo U20                                            | 70.80m         | 2008        |
| 4x100m Relay       | Kevin Farrell, Philip Sadler, Graham Healy, Francois Du Toit | 41.76          | 1997        |
| 4x400m Relay       | Tony Osborne, Des English, Graham Healy, Mark Bishop         | 3:14.9         | 1992        |
| Decathlon          | Mark Bishop                                                  | 7,594 points   | 1989        |

### Junior / Under 20 Men

|                          |                                                                                     |                |             |
|--------------------------|-------------------------------------------------------------------------------------|----------------|-------------|
| 100m                     | Joel Ajayi U18                                                                      | 10.49          | 2024        |
|                          |                                                                                     | (10.38w)       | 2024)       |
| 200m                     | Kevin Farrell                                                                       | 21.63          | 1996        |
|                          |                                                                                     | (21.51w)       | 1996)       |
| 400m                     | Richard Morrissey                                                                   | 48.01          | 2010        |
| <b>800m</b>              | <b>Freddie Rowe U18</b>                                                             | <b>1:47.95</b> | <b>2026</b> |
| <b>1500m</b>             | <b>Freddie Rowe U18</b>                                                             | <b>3:40.26</b> | <b>2026</b> |
| 5000m                    | Adrian Murphy                                                                       | 14:44.8        | 1975        |
| 110mH (106.7cm)          | Peter Akwaboah                                                                      | 15.4           | 1988        |
| 110mH (99.6cm)           | Robbie Clarricoats                                                                  | 14.19          | 2013        |
| 400mH                    | Kevin Lidlow                                                                        | 52.81          | 1981        |
| 2000m Steeplechase       | Paul Bettridge                                                                      | 5:58.8         | 1976        |
| 3000m Steeplechase       | Paul Bettridge                                                                      | 9:26.8         | 1976        |
| High Jump                | Steven Prady                                                                        | 1.95m          | 2001        |
|                          | Steve Thornett                                                                      | 1.95m          | 1983        |
| Long Jump                | Shandell Taylor                                                                     | 7.78m          | 2018        |
| Triple Jump              | Peter Akwaboah                                                                      | 15.60m         | 1988        |
| Pole Vault               | Ed Thompson                                                                         | 4.40m          | 2014        |
| Shot Putt (6.0kg)        | Scott Hayes                                                                         | 16.77m **      | 1991        |
| Discus (1.75kg)          | Scott Hayes                                                                         | 51.46m         | 1991        |
| Hammer (6.0kg)           | Kevin Deacon                                                                        | 52.89m **      | 2003        |
| Javelin (800g)           | Bonne Buwembo                                                                       | 70.80m         | 2008        |
| 4x100m Relay             | Ryan Alexander, Emmanuel Asirifi-Otchere, Tobias Samuel, Maxwell Adeosun (U17 Team) | 43.37          | 2024        |
| 4x400m Relay             | <b>Aidan Doherty, Shea Sweeney, Findlay McLaren, Freddie Rowe (U18 Team)</b>        | <b>3:22.39</b> | <b>2026</b> |
| Decathlon (Sen. Implem.) | Brett Heath                                                                         | 6,579 points   | 1994        |

\*\* Achieved with old specification 6.25kg before 2004 season

2025 Records in **RED**

2026 Records in **BLUE**

## Senior Women

|                    |                                                                               |              |             |
|--------------------|-------------------------------------------------------------------------------|--------------|-------------|
| 100m               | Lucy Sargent                                                                  | 11.65        | 2005        |
| 200m               | Lucy Sargent                                                                  | 23.57        | 2009        |
| 400m               | Verona Elder                                                                  | 51.94        | 1981        |
| 800m               | Lesley Kiernan                                                                | 2:01.48      | 1977        |
| 1500m              | Faye Fullerton                                                                | 4:10.24      | 2015        |
| 3000m              | Una English                                                                   | 9:01.6       | 1996        |
| 5000m              | Una English                                                                   | 15:28.57     | 1997        |
| 10000m             | Lauren Deadman                                                                | 33:05.55     | 2016        |
| Marathon           | Lauren Reed W40                                                               | 2:38.04      | 2024        |
| 100mH              | Kate Brewington                                                               | 13.7         | 2004        |
| <b>400mH</b>       | <b>Stephanie Okoro U20</b>                                                    | <b>57.98</b> | <b>2025</b> |
| 2000m Steeplechase | Sara Luck                                                                     | 6:48.20      | 2010        |
| 3000m Steeplechase | Sara Luck                                                                     | 10:38.57     | 2009        |
| High Jump          | Ruby Tillson U20                                                              | 1.80m        | 2024        |
| Long Jump          | Zoe Hughes #                                                                  | 6.16m ind    | 2021        |
|                    | (Kate Brewington)                                                             | 6.12m        | (2004)      |
| Triple Jump        | Mayi Hughes                                                                   | 12.57m ind   | 2020        |
|                    |                                                                               | (12.52m)     | (2019)      |
| Pole Vault         | Kate Cowley                                                                   | 3.90m        | 2012        |
| Shot Putt (4.0kg)  | Zoe Hughes #                                                                  | 13.21m       | 2021        |
| Discus (1.0kg)     | Rosanne Lister                                                                | 53.66m       | 1991        |
| Hammer (4.0kg)     | Sarah Deacon                                                                  | 48.78m       | 2003        |
| Javelin (600g)     | Kike Oniwinde                                                                 | 49.35m       | 2011        |
| 4x100m Relay       | Stephanie Okoro, Stephanie Osuala, Olivia Boachie, Cassie Campbell (U20 Team) | 47.69        | 2024        |
| 4x400m Relay       | Jenny Mullett, Susan Baxter, Carolyn Wells, Verona Elder                      | 3:48.3       | 1980        |
| Heptathlon         | Zoe Hughes #                                                                  | 5,597 points | 2022        |
|                    | # Formerly known as Michelle                                                  |              |             |

## Junior/Under 20 Women

|                    |                                                                            |                        |             |
|--------------------|----------------------------------------------------------------------------|------------------------|-------------|
| 100m               | Lucy Sargent (U17)                                                         | 11.65                  | 2005        |
| 200m               | Lucy Sargent (U17)                                                         | 23.78 ind              | 2005        |
|                    | (23.6w                                                                     | 2004)                  |             |
| <b>400m</b>        | <b>Stephanie Okoro</b>                                                     | <b>54.36 ind</b>       | <b>2025</b> |
| 800m               | Lesley Kiernan                                                             | 2:02.8                 | 1974        |
| 1500m              | Anne Reason                                                                | 4:19.29                | 1985        |
| 3000m              | Anne Reason                                                                | 9:37.9                 | 1985        |
| 100mH              | Zoe Hughes #                                                               | 13.78                  | 2017        |
| <b>400mH</b>       | <b>Stephanie Okoro</b>                                                     | <b>57.98</b>           | <b>2025</b> |
| 1500m Steeplechase | Natalie Sewell                                                             | 5:06.35                | 2023        |
| High Jump          | Ruby Tillson                                                               | 1.80m                  | 2024        |
| Long Jump          | Zoe Hughes #                                                               | 6.07m ind              | 2017        |
| Triple Jump        | Mayi Hughes                                                                | 12.52m                 | 2019        |
| Pole Vault         | Mercy Gutteridge                                                           | 3.50m indoor           | 2015        |
|                    |                                                                            | (& 3.30m outdoor 2014) |             |
| Shot Putt (4.0kg)  | Zoe Hughes #                                                               | 12.73m ind             | 2017        |
| Discus (1.0kg)     | Rosanne Lister                                                             | 49.42m                 | 1988        |
| Hammer (4.0kg)     | Sarah Deacon                                                               | 42.91m                 | 2002        |
| Javelin (600g)     | Kike Oniwinde                                                              | 49.35m                 | 2011        |
| 4x100m Relay       | Stephanie Okoro, Stephanie Osuala, Olivia Boachie, Cassie Campbell         | 47.69                  | 2024        |
| 4x400m Relay       | Lauren McVicar (U17), Sara Luck, Katie Richardson (U17), Megan Foley (U17) | 3:59.5                 | 2004        |
| Heptathlon         | Zoe Hughes #                                                               | 5444 points            | 2017        |
|                    | # Formerly known as Michelle                                               |                        |             |

## Club Records and Rankings:

For 10/20 deep all-time rankings for all age groups as at 31<sup>st</sup> March 2026  
consult StatPack on the club website at <https://www.haveringac.org>