

# Club Records (as at 31<sup>st</sup> March 2023)

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

## Senior Men

100m	Richard Akinyebo	10.42	2021
200m	Joshua Olawore	21.35	2016
		(21.18w)	2016)
400m	Mark Bishop	46.49	1989
800m	Des English	1:48.4	1991
1500m	Des English	3:41.13	1996
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 (7.27kg)	Keith Robinson	51.42m	1988
Javelin (800g)	Bonne Buwembo	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	Eugene Ayanful	10.73	2006
200m	Kevin Farrell	21.63	1996
		(21.51w)	1996
400m	Richard Morrissey	48.01	2010
800m	Garry Robbins	1:52.2	1987
1500m	Richard Bolam	3:51.8	1974
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	Sam Sanusi, Ridwan Salaam, Jacob Blanc, Denzel Achi (U17 Team)	43.60	2020
4x400m Relay	Team Unknown	3:24.0	1980
Decathlon (Sen. Implem)	Brett Heath	6,579 points	1994

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

## Under 17 Men

100m	Eugene Ayanful	10.73	2006
200m	Kevin Farrell	21.78 (A)	1994
400m	Russell Bailey	50.4	1978
	Andy Lewis	50.4	2008
800m	Russell Bailey	1:54.6	1978
1500m	Ross Clarke	4:01.44	2005
3000m	Ross Clarke	8:44.54	2005
100mH	Jacob Blanc	12.91	2021
400mH	Jacob Blanc	54.79	2021
1500m Steeplechase	David Caton	4:15.0	1984
High Jump	Steven Prady	1.95m	2001
Long Jump	Joshua Olawore	7.20m	2011
Triple Jump	Jimi Tele	14.86m	2010
Pole Vault	Ed Thompson	3.72m ind	2013
	Dean Tompkins	3.70m	1990
	Richard Gray	3.70m	1993
Shot Putt (5.0kg)	Scott Hayes	15.82m	1989
Discus (1.5kg)	Scott Hayes	47.14	1989
Hammer (5.0kg)	Joe Forde	52.93m	2004
Javelin (700g)	Max Law	75.30m	2018
4x100m Relay	Sam Sanusi, Ridwan Salaam, Jacob Blanc, Denzel Achi	43.60	2020
4x400m Relay	Team Unknown	3:28.7	1978
Octathlon	Joshua Olawore	5,179 points (& 5,200w)	2011

## Under 15 Boys

100m	Andrew Bartlett	11.36 (& 11.30w)	2001
200m	Andrew Bartlett	23.04 (& 22.94w)	2001
300m	Al-Ameen Salaam	37.70	2020
400m	Nian Jarvis	51.69	1991
800m	Matthew Bloy	2:00.21	2005
1500	Jack Rice	4:13.76	2015
3000m	Ashley Reece	9:11.4	2003
80mH	Jacob Blanc	11.20	2019

## Under 15 Boys (continued)

High Jump	C Kan	1.81m	1981
Long Jump	Alex Law	6.52m	2011
Triple Jump	Jimi Tele	13.64m	2008
Pole Vault	Peter Brinton-Quinn	3.00m	2017
Shot Putt (4.0kg)	Laurence Goodacre	14.96m	2007
Discus (1.25kg)	Andy Woolgar	43.40m	1978
Hammer (4.0kg)	Andrew Kerr	41.06m	2008
Javelin (600g)	Max Law	65.16m	2016
4x100m Relay	Charlie Black, Jacob Blanc, Jack Botha, Denzel Achi	44.82	2019
4x300m Relay	Charlie Howell, Patrick McLean-Tattan, Charlie Black Jacob Blanc	2:36.09	2019
4x400m Relay	M. McTaggart, Ian Chambers, Gavin Davies, Leroy Groves	3:41.5	1985
Pentathlon	Sam Sanusi	3,058 points	2018

## Under 13 Boys

100m	Kareem Jerome	11.7 (& 11.89)	2015
200m	Al-Ameen Salaam	24.06	2019
400m	Bob Thanda	58.2	1998
800m	Bob Thanda	2:10.3	1998
1500m	Matthew Blacklock	4:32.11	2017
75mH	Al-Ameen Salaam	11.51	2019
High Jump	Shane Smith	1.66m	1986
Long Jump	Jairzinho Morris	5.31m	2014
Shot Putt (3.0kg)	Al-Ameen Salaam	12.22m	2019
Discus (1.0kg)	Max Law	34.09m	2014
Hammer (3.0kg)	Andrew Kerr	22.25m	2006
Javelin (400g)	Max Law	49.84m	2014
4x100m Relay	Jude Ogundare, Daniel Lammas, Sebastian Alexandru, Al-Ameen Salaam	50.58	2019
Pentathlon	Al-Ameen Salaam	2363 points	2019

## 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	Debbie Appleton	2:42.24	2005
100mH	Kate Brewington	13.7	2004
<b>400mH</b>	<b>Stephanie Okoro</b>	<b>58.44</b>	<b>2022</b>
2000m Steeplechase	Sara Luck	6:48.20	2010
3000m Steeplechase	Sara Luck	10:38.57	2009
High Jump	Bethan Siddons	1.74m	2015
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	Fiona Page, Sonya Lapena, Lisa Vincent, Claudine Neckles	48.73	1991
4x400m Relay	Jenny Mullett, Susan Baxter, Carolyn Wells, Verona Elder	3:48.3	1980
<b>Heptathlon</b>	<b>Zoe Hughes #</b>	<b>5,597 points</b>	<b>2022</b>
	# 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)
400m	Carolyn Wells (U17)	55.13	1980

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>58.44</b>	<b>2022</b>
1500m Steeplechase	Katie Richardson	5:28.0	2006
High Jump	Linda Knowles (U17)	1.73m	1962
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	Shalom Gbadebo, Karis Thomas, Paige Robinson Aaliyah Payne (U17 Team)	48.87	2020
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		

## Under 17 Women

100m	Lucy Sargent	11.65	2005
200m	Lucy Sargent	23.78 ind	2005
		(23.6w	2004)
300m	Lucy Sargent	38.7	2004
400m	Carolyn Wells	55.13	1980
800m	Lesley Kiernan	2:03.66	1973
1500m	Denise Kiernan	4:23.25	1977
3000m	Jessica Mitchell	9:40.86	2017
<b>80mH</b>	<b>Paris King</b>	<b>11.02</b>	<b>2022</b>
100mH	Chloe van Wulven	14.5 (14.44w)	2004
300mH	Stephanie Okoro	41.60	2021
<b>400mH</b>	<b>Stephanie Okoro</b>	<b>58.44</b>	<b>2022</b>
High Jump	Linda Knowles	1.73m	1962

### Under 17 Women (continued)

Long Jump	Lucy Sargent	5.75m	2004
Triple Jump	Mayi Hughes	12.03m	2017
Pole Vault	Mercy Gutteridge	2.92m indoor (& 2.90m outdoor)	2012
Shot Putt (4.0kg)	Alexandrea Adeniji	11.33m	2018
Shot Putt (3.0kg)	Lola Kuponiya (U15)	14.36m	2018
Discus (1.0kg)	Georgie Taylor	47.04m	2013
Hammer (4.0kg)	Sarah Deacon	34.79m	1999
Hammer (3.0kg)	Philippa Gill	39.99m	2017
Javelin (600g)	Kike Oniwinde	45.60m	2009
Javelin (500g)	Adelaide Thatcher-Gray	40.42m	2018
4x100m Relay	Shalom Gbadebo, Karis Thomas, Paige Robinson Aaliyah Payne	48.87	2020
4x300m Relay	Lucy Natrass, Natalie Sewell, Olivia Boachie, Stephanie Okoro	2:48.56	2021
4x400m Relay	Denise Rippe, Cheryl Reader, Maxine Sadler, Julie Jackson	4:01.9	1974
Heptathlon	Michelle Hughes	4815 pts (4841w)	2014

### Under 15 Girls

100m	Modupe Shokunbi	12.1 (& 12.13)	2013
200m	Lucy Sargent	25.42	2003
300m	Stephanie Okoro	40.86	2020
800m	Lesley Kiernan	2:10.1	1971
1500m	Una English	4:36.9	1984
3000m	Lydia Hallam	10:33.93	2011
75mH	Leigh Cockerell	11.4	1988
High Jump	Bethan Siddons	1.64m	2005
Long Jump	Mayi Hughes	5.34m	2015
Triple Jump	Bethany Chambers	10.74m	2010
Pole Vault	Jessie Collier	2.75m	2018
Shot Put (3.0kg)	Lola Kuponiya	14.36m	2018
Discus (1.0kg)	Georgie Taylor	39.81m	2011
Hammer (3.25kg)	Georgie Taylor	28.99m	2011

### Under 15 Girls (continued)

Hammer (3.0kg)	Lola Kuponiya	26.15m	2017
Javelin (600g)	Kike Oniwinde	38.16m	2007
Javelin (500g)	Lucy Quinlan	35.03m	2021
4x100m Relay	Paige Robinson, Paris King, Stephanie Okoro, Uche Okpalauko	49.49s	2019
4x300m Relay	Stephanie Okoro, Lucy Natrass Uche Okpalauko, Olivia Boachie	2:52.55	2019
Pentathlon	Mayi Hughes	2,934 points	2015

### Under 13 Girls

75m	Natasha White	9.9	2002
100m	Alison Bickell	12.9	1985
	Clare Edwards	12.9	1987
150m	Natasha White	19.6	2002
200m	Clare Edwards	27.0	1987
600m	Eleanor Bounds	1:44.0	2006
800m	Stephanie Okoro	2:21.30	2017
1200m	Megan Foley	3:49.1	2000
1500m	Megan Foley	4:55.4	2000
70mH	Ruby Mace	11.3	2016
High Jump	Helen McDonnell	1.53m	2001
Long Jump	Emma Bonny	4.92m	2000
Shot Putt (2.72kg)	Lola Kuponiya	10.62m	2016
Discus (0.75kg)	Alice Brown	32.80m	2016
Javelin (400g)	Ruby Mace	28.74	2016
4x100m Relay	Stephanie Okoro, Uche Okpalauko, Paris King, Paige Robinson	52.67	2017
Pentathlon (U15 shot & hurdles)	Nicola Hill	1,950 points	2003
Pentathlon (U13)	Lynsey Clark	1,892 points	1999

### Club Records and Rankings:

For 10/20 deep all-time rankings for all age groups as at 2<sup>nd</sup> April 2023  
consult StatPack on the club website at <https://www.haveringac.org>