



**Medway & Maidstone
Athletic Club**

Men's Club Records Jan 2008

Under 20 Men Outdoors

100m	Nigel Lowther	11.00	23/06/02	Barnett
150m	Alex Court	17.40		Deangate
200m	Luke Smallwood	22.18	13/05/07	Ashford
300m	Martin Brockman	37.4	01/08/06	Tonbridge
400m	Luke Smallwood	48.16	10/06/07	Copthall
600m	Chris Haines	1:22.3	09/04/07	Tonbridge
800m	Chris Haines	1:53.43	17/06/07	Crystal Palace
1000m				
1500m	Jack Tyler	3:49.78	05/05/08	Bedford
1 mile	Matthew Whiting	4:21.5	13/08/03	Deangate
3000m	Jack Tyler	8:34.0	27/05/07	Croydon
5000m	Ben Tyler	16:08.7	12/07/07	Portsmouth
110m hurdles	Ed Harrison	14.60	29/05/04	Watford
300m hurdles	Tom Crowe	42.20		Crawley
400m hurdles	Ed Harrison	52.61	29/05/04	Watford
2000 s/c	Steve Webb	6:25.8	11/05/02	Crystal Palace
High Jump	Martin Brockman	1.96	29/04/06	Deangate
Long Jump	Stuart Hitchcock	7.01	29/04/07	Ashford
Triple Jump	Stuart Hitchcock	14.15m	12/05/07	Ashford
Pole Vault	Gary Oakes	3.60m	09/06/04	Aldershot
Shot Putt	Shane Birch	14.69m	22/05/05	Erith
Discus	Shane Birch	43.90m	22/05/05	Erith
Javelin	Will Burling	50.19m	11/06/06	Eltham
Hammer	John Williams	44.20m	24/07/05	Deangate
Decathlon	Martin Brockman	5560	16-17/09/06	Erith
4x100m	Brockman/Trott/ Johnson/Smallwood	44.6	10/09/06	Deangate
4x400m	Baker/J Tyler/ Smallwood/Haines	3:22.8	29/04/07	Ashford

Under 20 Men Indoors

60m
400m
800m
1500m
3000m
60m Hurdles
High Jump
Pole Vault
Long Jump
Triple Jump
Shot Putt

Send any changes to or new performances to contact@mandmac.org