



**Medway & Maidstone  
Athletic Club**

## Men's Club Records Jan 2008

### Senior Men Outdoors

100m	Cleophus Joseph	10.9	04/05/02	Deangate
150m	Chris Pink	17.0		Deangate
200m	Nigel Lowther	21.8	19/05/04	Uxbridge
300m	Nigel Lowther	34.9	12/04/04	Tonbridge
400m	Paul Curtis	47.7	05/07/03	Abingdon
600m	Chris Haines (u20)	1:22.3	09/04/07	Tonbridge
800m	Tim Alexander	1:48.61	05/07/03	Woodside
1000m	Paul Curtis	2:58.6		Deangate
1500m	Jack Tyler	3:49.78	05/05/08	Bedford
1 mile	Matthew Whiting (u20)	4:21.5	13/08/03	Deangate
3000m	Steve Clarke	8:30.5	29/08/01	Watford
5000m	Michael Coleman	14:37.83	17/06/07	Crystal palace
10,000m	Michael Coleman	29:57.78	11/06/05	Watford
3000m walk	Chris Hobbs	14:43.8	10/05/03	Ashford
110m H	Alex Beech	15.2	04/05/02	Crystal Palace
300m H	Alex Beech	39.6		Crawley
400m H	Simon Wilson	52.89	26/07/03	Birmingham
3000 s/c	Andrew Thomas	9:07.7	05/07/03	Abingdon
High Jump	Martin Brockman (u20)	1.96	29/04/06	Deangate
Long Jump	Stuart Hitchcock (u20)	7.01m	29/04/07	Ashford
Triple Jump	Stuart Hitchcock(u20) Darren March (u17)	14.15m	12/05/07	Ashford
Pole Vault	Gary Oakes	3.80m	19/07/06	Tidworth
Shot Putt	Shane Birch (u20)	12:41m	25/06/05	Southampton
Discus	Will Hardgrave	42.84m	03/07/04	Bedford
Javelin	Simon Carter	65.11m	14/09/02	Watford
Hammer	James Hawkins	50.43m	03/08/02	Kingston
Decathlon	Martin Brockman	6084pts	9-10/06/07	Stoke
4x100m				
4x400m				

Send any changes to or new performances to [contact@mandmac.org](mailto:contact@mandmac.org)



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## Men's Club Records Jan 2008

### Senior Men Indoors

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

### Senior Men Road Bests

5km  
5mile  
10km  
10mile

½ Marathon	Neil Renault	65:24	20/01/08	Helsby
Marathon	Neil Renault	2:18:57	30/09/07	Toronto

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