



**Medway & Maidstone
Athletic Club**

Men's Club Records Jan 2008

Under 15 Boys Outdoors

100m	Richard Coney	11.7	09/05/03	
150m	James Johnson	18.2	12/04/03	Tonbridge
200m	Michael Baker	23.62	15/05/04	Ashford
300m	Chris Haines	39.5	12/04/03	Tonbridge
400m	Luke Smallwood	52.57	12/07/03	Sheffield
600m				
800m	Chris Haines	1:58.16	10/07/04	Gateshead
1000m				
1500m	Jack Tyler	4:16.5	16/08/03	Sheffield
1 mile				
3000m	Jack Tyler	9:24.79	21/06/03	Portsmouth
800m	Michael Baker	11.29	10/07/04	Gateshead
High Jump	Darryl Sage	1.80m	29/06/03	Havering
Long Jump	Stuart Hitchcock	6.14m	27/06/04	Norwich
Triple Jump	Stuart Hitchcock	12.50m	30/05/04	Watford
Pole Vault	Alex Wharfe	2.70m	13/05/06	Ashford
Shot Putt	Shane Birch	16.04m	01/06/02	Crystal Palace
Discus	Shane Birch	50.85m	12/07/02	
Javelin	William Burling	45.80m	01/06/02	Crystal Palace
Hammer	Job Milliner	28.98m	01/08/04	Bedford
Pentathlon	Luke Smallwood	2449	20-21/09/03	Erith
4x100		47.9	02/05/04	Deangate
4x400		3:41.6	12/09/04	Canterbury

Under 15 Boys 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