



**Medway & Maidstone
Athletic Club**

Men's Club Records Jan 2008

Under 17 Men Outdoors

100m	Ed Harrison	11.29		
150m	Luke Smallwood	17.20	09/04/05	Crawley
200m	Ed Harrison	22.30	03/08/03	Hemel Hempstead
300m	James Johnson	37.2	09/04/05	Crawley
	Michael Baker	37.2	18/04/06	Crawley
400m	Luke Smallwood	49.8	31/07/05	Basildon
600m	Chris Haines	1:25.8	28/03/05	Tonbridge
800m	Chris Haines	1:54.94	29/05/05	Portsmouth
1000m				
1500m	Jack Tyler	4:02.78	30/07/05	Bedford
1 mile				
3000m	Jack Tyler	9:00.3	24/04/05	Deangate
100mh	Michael Baker	13.63	13/05/06	Ashford
300mh	Michael Baker	38.7	18/04/06	Crawley
400mh	Michael Baker	52.70	15/06/06	Grangemouth
1500s/c	Lawrence Clemence	4:36.21	28/05/06	Chelmsford
2000s/c	Lawrence Clemence	6:45.9	27/08/06	Eton
High Jump	Philip Brierley	1.80m	20/07/03	Croydon
Long Jump	Stuart Hitchcock	6.72m	11/06/06	Eltham
Triple Jump	Darren March	14.15m	12/05/07	Ashford
Pole Vault	Luke Smallwood	3.05m	10/04/04	Copthall
Shot Putt	Shane Birch	16.25m	01/08/04	Bedford
Discus	Shane Birch	45.40m	26/06/04	Norwich
Javelin	Dean Oakes	49.565m	28/07/07	Tullamore
Hammer	John Williams	39.29m	18/05/03	Harrow
Octathlon	Stuart Hitchcock	4463	16-17/09/06	Erith
4x100	Coney/Trott/Johnson	44.39	21/08/05	Sheffield
	Smallwood			
4x400	Baker/Haines/ Smallwood/Johnson	3:25.7	05/06/05	Bromley

Under 17 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