

# WAC JUNIOR MEN RECORDS



## U20MEN

## OUTDOORS

EVENT	Performance		Name	Venue	Date
100m	10.98secs	0.9	Brook Cronin	Lee Valley	09-Jun-21
200m	22.21secs		Brook Cronin	Kingston	15-May-22
400m	47.68secs		Paul Harmsworth	Crystal Palace	27-Jun-82
800m	1m 49.27		Mark Griffin	Lisbon, POR	22-Jun-94
1500m	3m 50.6		Ron Martin		23-Jul-69
Mile	4m 19.0		Colin Church	Motspur Park	29-May-65
3000m	8m 45.59		Tom Jones	Kingston	01-Aug-21
5000m	14m 50.90		Tom Jones	Birmingham	08-Jun-22
10000m	31m 29.0		Leslie V Wells	Motspur Park	28-Apr-79
110HM	14.62secs	1.8	Philip Kastner	Sportcity	04-Aug-19
400HM	56.0secs		Chris Woods	Kingston	31-Jul-99
2000SC	5m 52.56		David Cowan	Crystal Palace	23-Jun-85
3000SC	10m 00.1		Alex Kilby	Kingston	11-Jul-21
High Jump	1.94m		Philip Kastner	Chelmsford	13-Sep-20
Long Jump	7.15m	1.7	Philip Kastner	Chelmsford	30-Aug-20
Triple Jump	13.53m		Robin Roach	Motspur Park	1964
Pole Vault	3.60m		Lawrence Munro	Woking	1 Apr-30 Sep 2001
Shot	14.13m	6kg	Sam Mace	Walton	05-May-19
	14.12m	6.25kg	K M Wilkins	Motspur Park	31-May-58
	12.16m	7.26kg	Sam Mace	Walton	13-Apr-18
Discus	42.42m	1.75kg	Sam Mace	Eltham	29-Apr-18
	38.73m	2kg	Sam Mace	Swansea	12-May-19
Hammer	64.17m	6kg	Sam Mace	Kingston	06-Jul-19
	49.59m	6.25kg	Curtis Knight	Kingston	05-Apr-14
	56.27m	7.26kg	Sam Mace	Walton	13-Apr-19
Javelin	53.66m	800g	Darryl Sheppard	Motspur Park	30-May-70
WT11.34kg	18.86m	11.34kg	Sam Mace	Hull	13-Oct-19
Decathlon	6692		Philip Kastner	Bedford	26-May-19
4x100m					
4x200m					
4x400m					

## INDOORS

EVENT	Performance		Name	Venue	Date
60m	7.13secs		i Brook Cronin	Lee Valley	23-Jan-22
200m	22.44secs		i Brook Cronin	Lee Valley	06-Feb-22
400m	51.22secs		i Hugo Fleming	Lee Valley	15-Jan-12
800m	1m 55.52		i Hugo Fleming	Birmingham	26-Feb-12
1500m	3m 53.36		i Mark Griffin	Birmingham	14-Feb-93
3000m	8m 50.8		i Peter Francis	RAF Cosford	18-Mar-72
5000m			i		
60HM	8.19secs		i Philip Kastner	Lee Valley	15-Dec-19
High Jump	1.83m		i Philip Kastner	Sheffield	06-Jan-19
Long Jump	6.98m		i Philip Kastner	Sheffield	04-Jan-20
Triple Jump					
Pole Vault	3.93m		i Philip Kastner	Sheffield	04-Jan-20
Shot 6kg	13.92m		i Philip Kastner	Sheffield	04-Jan-20
Heptathlon	5165		i Philip Kastner	Sheffield	05-Jan-20
5K	15m 11		Alex Kilby	Douglas, IOM	17-Apr-22
10K	31m 23		Alex Kilby	Battersea Park	11-Dec-21
Parkrun	15m 53		Alex Kilby	Durham	22-Jan-22

## ROAD

## PARKRUN

Updated

10-Jun-22