

BRACKNELL ATHLETIC CLUB RECORDS (MEN)

Senior Men				Junior Men			Under 17			Under 15		
Event	Holder	Distance, Time, Height	When Where	Holder	Time, Distance, Height	When Where	Holder	Time, Distance, Height	When Where	Holder	Time, Distance, Height	When Where
100m	Harry King	10.42	1980	Mark Holloway	10.7	30 Jun 02 Bedford	Scott Dorset	10.9	Jun 84 Reading	K Turner	11.5	1975
200m	Harry King	21.58		C Baxter	21.8	1978	Scott Dorset	22.2	Aug 85 Haringey	K Turner	24	1975
400m	Justin Sleath	46.99	15 Jun 91 Crystal Palace	Justin Sleath	48.78	1985	Gary Marlow	49.8	May 82 Bracknell	Mark Holloway	52.9	19 Jul 98 Bracknell
800m	Gary Marlow	1:46.16	10 Jul 87 Crystal Palace	Chris Bolt	1:50.1	20 Jun 99 Watford	Adam Moore	1:52.84	23 Jul 07 Bordeaux	Adam Moore	1:58.83	14 Aug 05 Birmingham
1500m	Gary Marlow	3:40.33	16 Jul 90 Belfast	Chris Bolt	3:46.21	23 Jun 99 Watford	Gary Marlow	3:57.3	Reading	Brian Brackstone	4:12.9	1984
3000m	Jim Wise						Nigel Martin	8:31.8	1974	T Murphy	9:12.2	1972
5000m	Jim Wise	14:11.5	Crystal Palace	Paul Daly	14.38							
10000m	Jim Carswell	29:50.0	Aug 84 Reading									
1500m S/C							Zak Seddon	4:16.8	Antrim 18 Jul 09			
2000m S/C												
3000m S/C	Jeff Seddon	09:08.2	12 Jun 93 Crystal Palace	Jeff Kettle	10:03.2	24 Jun 01 Guildford						
100m Hurdles				(110-99cm) Bruce Fletcher	15.99	26 Aug 06 Eton	Joshua Gilbert	14.4	25 Jun 06 Southampton	Matthew Love	12.08 (80mH)	09 Jul 99 Bury St Edmunds
110m Hurdles	N Cadoqan	15.6	1972	Martyn Wright	16.2	31 May 97						
400m Hurdles	R Ridley	54.6	1978	J Allen	55.5	1969	Brian Brackstone	57.4	1985			
4 X 100 Relay		42.6	1978				46.3		1977		49.3	1975
4 X 400 Relay	Baker, Reeves, Marlow, Sleath.	03:18.6	15 Aug 92 Bracknell				3:28.7		1977		3:42.7	1975
Pole Vault	Howard Gooderham	4.50	1985	Howard Gooderham	4.50	1985	Howard Gooderham	4.00	1984	Howard Gooderham	3	1983
High Jump	Graham Rikly	2.02	1980	Matthew Hay	2.01	27 Mar 93 Battersea	Stuart Paul	1.98	Jun 84	Luke Martin	1.78	11 Jul 03 Sheffield
Long Jump	Royden John	6.99	28 Apr 96 Bromley	T Robertson	6.85	1973	Mark Holloway	6.65	6 May 00 Guildford	Mark Holloway	5.94	11-Jul-98
Triple Jump	Chris Wright (J)	14.10	30 Apr 95 Bracknell	Chris Wright	14.10	30 Apr 95 Bracknell	Marc Levene	13.22	16 Aug 92 Crystal Palace	D Childs	11.32	1966
Hammer	Nigel Winchcombe	58.58	1985	John Tavler	45.02	1984	Robert Munqahm	53.08 (5Kq)	28 Apr 01 Colindale	Robert Mungham	43.40 (4Kq)	29 Aug 99 Exeter
Javelin	R Richards	65.66	1973	R Richards	52.8	1965	R Richards	56.50 (700g)	1964	Jamie Payne	49.80 (600g)	24-Aug-03
Shot	Guy Perryman	15.33	09 May 92 Watford	Simon Biddlecombe	15.16	1991 Reading	Simon Biddlecombe	15.70 (5Kq)	1990 Braintree	Peter Green	15.33 (4Kq)	
Discus	Nigel Winchcombe	48.88	1985	R Ferbery	45.6	1962	Simon Biddlecombe	50.42 (1.5Kq)	1991 Braintree	R Febery	35.00 (1.25Kq)	1958

Under 13												
Event	Who	Time/Dist	When Where	Event	Who	Time/Dist	When	Where	Event	Time/Dist	Who	Where
100m	Matthew Hopton	12.6	23 Jun 96 Bournemouth	75mH	James Daly	15.2	28 Mar 08	Bracknell	4 X 100 Relay	10:00.0 (1000m) Hopton, Holloway,	54.2	21 Jul 96 Wycombe
200m	Matthew Hopton	25.9	21 Jul 96 Wycombe						High Jump	Michael Chappel	1.47	14 Sep 03 Bracknell
800m	Brian Brackstone	02:18.0	23 Jun 96 Bournemouth						Long Jump	Matthew Hopton	5.09	17 Jun 96 Aldershot
1500m	Brian Brackstone	04:37.6							Shot	Ben Gough	9.97	18-Jun-05