

LANCASTER and MORECAMBE ATHLETIC CLUB

TRACK and FIELD RECORDS

JUNIOR MEN

100 metres	11.0 secs	J. Rowley	(as U17)
200 metres	22.8 secs	I. Freitag	2002
400 metres	48.71 secs	A. Topham	2004 (as U17)
800 metres	1 min 51.50s	C. Stoves	2001
1500 metres	3 min 52.5s	S. Stretch	1990
3000 metres	8 mins 18.8s	I. Robinson	1984
5000 metres	14 mins 16.0s	I. Robinson	1985
10000 metres	33 mins 02.0s	A. Brown	1980
110 metre H	15.2 secs	J. Diamond	1977 (99cm)
400 metre H	58.6 secs	J. Cook	1995
2000 metre SC	5 mins 54.6s	K. Capper	1978
3000 metre SC	9 mins 00.6s	K. Capper	1979
High Jump	1.95 metres	J. Cook	1995
Long Jump	6.76 metres	G. Lumsden	2003
Triple Jump	13.60 metres	G. Lumsden	2003
Pole Vault	2.44 metres	N. Aldren	
Javelin	62.20 metres	R. Salt	1996
Discus	33.98 metres	A. Gray	1990 (2kg)
Shot Putt	15.31 metres	G. Brocklebank	(6.25kg)
Hammer	35.86 metres	N. Harrison	(6.25kg)
4 x 100 metres	47.1 secs	N. Aldren/G. Carr/ P. Hughes/J. Atkinson	1976
4 x 400 metres	3 mins 35.5 secs	N. Aldren/J. Diamond/ A. Tyson/C. Chippendale	1977
3 x 800 metres	6 mins 10.2 secs	P. Hughes/D. Eccles/D.Llewellyn	1976