

# LANCASTER and MORECAMBE ATHLETIC CLUB

## TRACK and FIELD RECORDS

### SENIOR MEN

100 metres	11.0 secs	J. Rowley	(as U17)
200 metres	22.8 secs	I. Freitag	2002 (as U20)
400 metres	48.71 secs	A. Topham	2004 (as U17)
800 metres	1 min 51.50s	C. Stoves	2001 (as U20)
1500 metres	3 min 52.5s	S. Stretch	1990
3000 metres	8 mins 18.8s	K. Capper and I. Robinson*	1984 (*as U20)
5000 metres	14 mins 16.0s	I. Robinson	1985 (as U20)
10000 metres	29 mins 43.2s	M. Croasdale	1984
110 metre H	16.0 secs	J. Diamond and G. Hartley	
400 metre H	58.2 secs	G. Hartley	1989
3000 metre SC	8mins 41.3s	K. Capper	
High Jump	1.95 metres	J. Cook	1995 (as U20)
Long Jump	6.76 metres	G. Lumsden	2003 (as U20)
Triple Jump	13.60 metres	G. Lumsden	2003 (as U20)
Pole Vault	2.90 metres	G. Finn	
Javelin	62.20 metres	R. Salt	1996 (as U20)
Discus	37.42 metres	R. Salt	1997
Shot Putt	13.27 metres	G. Brocklebank	
Hammer	38.54 metres	A. Jones	2001
4 x 100 metres	45.4 secs	M. Gardner/G. Lumsden T. Batty/A. Thompson	2003
4 x 400 metres	3 mins 29.7 secs	G. Lumsden/K. Rowlands M. Gardner/A. Topham	2003
3 x 800 metres	6 mins 10.2 secs	P. Hughes/D. Eccles/D.Llewellyn	1976 (as U20)