

LANCASTER and MORECAMBE ATHLETIC CLUB

TRACK and FIELD RECORDS

UNDER 17 MEN

100 metres	11.0 secs	J. Rowley	
200 metres	22.9 secs	J. Bradbury	21 May 2006 YAL
400 metres	48.71 secs	A. Topham	2004
800 metres	1 min 52.69s	C. Stoves	2000
1500 metres	3 min 57.7s	C. Stoves	2000
3000 metres	8 mins 51.78s	R. Edgar	2000
5000 metres	16 mins 45.0s	A. Brown	
100 metre H	13.6 secs	J. Diamond	1977
400 metre H	61.7 secs	S. Higginson	2003
1500 metre SC	4 mins 17.7s	K. Capper	
2000 metre SC	6 mins 24.3s	R. Parrington	1998
High Jump	1.90 metres	G. Lumsden	2001
Long Jump	6.00 metres	A. Tyson	2003
Triple Jump	11.94 metres	A. Tyson	2003
Javelin	68.88 metres	P. Sharpe	1997
Discus	43.91 metres	T. Smith	26 August 2006 M Lancs
Shot Putt	17.76 metres	G. Brocklebank	
Hammer	44.50 metres	T. Smith	21 May 2006 YAL
4 x 100 metres	47.9 secs	J. Hargate/R. Rsuhworth/ K. Mayers/P. Dowbiggin	1972
4 x 400 metres	3 mins 42.2 secs	N. Aldren/P. Hughes/ D. Crabtree/S. Botham	1975