



# Royal Sutton Coldfield Athletics Club

## Records - U11 boys to senior men



|                | U11 Boys       | U13 Boys                  | U15 Boys        | U17 Boys          | Junior Men        | Senior Men        |
|----------------|----------------|---------------------------|-----------------|-------------------|-------------------|-------------------|
| 60m            | Evan Pritchard |                           |                 |                   |                   |                   |
|                | 9.19           |                           |                 |                   |                   |                   |
|                | 2014           |                           |                 |                   |                   |                   |
| 60m (Indoors)  | Aaron Oshenye  | Dylan O'Donnell           | Stefan Anderson | Neil Mitchell     | Daniel Caines     | Nicholas Ptyce    |
|                | 9.33           | 8.49                      | 7.58            | 7.1               | 6.99              | 6.92              |
|                | 2017           | 2024                      | 2011            | 2001              | 1998              | 2022              |
| 75m            | Harrison North | Litern-Roy McIntyre-Smith |                 |                   |                   |                   |
|                | 10.8           | 9.52                      |                 |                   |                   |                   |
|                | 2017           | 2021                      |                 |                   |                   |                   |
| 80m            | Andrew Evans   |                           |                 |                   |                   |                   |
|                | 12.0           |                           |                 |                   |                   |                   |
|                | 1991           |                           |                 |                   |                   |                   |
| 100m Indoors   |                | Harrison North            |                 |                   |                   |                   |
|                |                | 14.26                     |                 |                   |                   |                   |
|                |                | 2018                      |                 |                   |                   |                   |
| 100m           | David Coleman  | Dylan O'Donnell           | Stefan Anderson | Neil Mitchell     | Daniel Caines     | Nicholas Pryce    |
|                | 13.9           | 12.8                      | 11.4            | 11.1              | 10.6              | 10.6              |
|                | 1988           | 2024                      | 2011            | 2001              | 1996              | 2014              |
| 150m           | Harrison North | Dylan O'Donnell           |                 |                   |                   |                   |
|                | 21.4           | 19.7                      |                 |                   |                   |                   |
|                | 2017           | 2024                      |                 |                   |                   |                   |
| 200m           | Daniel Caines  | Ross McDonald             | Ethan Miller    | Nicholas Pryce    | Daniel Caines     | K Howitt          |
|                | 29.3           | 26.6                      | 22.63           | 22.1              | 21.4              | 21.03             |
|                | 1989           | 2003                      | 2021            | 2009              | 1998              | 2018              |
| 200m (Indoors) |                |                           | Stefan Anderson | Nicholas Pryce    | Daniel Caines     | Nicholas Pryce    |
|                |                |                           | 24.0            | 23.03             | 21.6              | 21.29             |
|                |                |                           | 2011.00         | 2009              | 1998              | 2020              |
| 300m           |                |                           | Joseph Martin   |                   |                   |                   |
|                |                |                           | 38.00           |                   |                   |                   |
|                |                |                           | 2017            |                   |                   |                   |
| 300m Indoors   |                |                           |                 |                   |                   | Nicholas Pryce    |
|                |                |                           |                 |                   |                   | 35.06             |
|                |                |                           |                 |                   |                   | 2021              |
| 400m           |                | Andrew Evans              | Ross McDonald   | Ross McDonald     | Daniel Caines     | Nicholas Pryce    |
|                |                | 62.0                      | 51.49           | 50.08             | 47.1              | 48.31             |
|                |                | 1993                      | 2005            | 2006              | 1998              | 2016              |
| 400m (Indoors) |                |                           |                 | Ross McDonald     | Daniel Caines     | Nicholas Pryce    |
|                |                |                           |                 | 48.78             | 48.09             | 49.33             |
|                |                |                           |                 | 2007              | 1998              | 2012              |
| 600m           | Andrew Evans   |                           |                 |                   |                   |                   |
|                | 1.48.0         |                           |                 |                   |                   |                   |
|                | 1991           |                           |                 |                   |                   |                   |
| 800m           | Andrew Evans   | Jacob Hickey              | Joseph Martin   | Joseph Martin     | Dominic Middleton | Carl Warren       |
|                | 2.28.9         | 2.17.9                    | 2:00:07         | 1.55.00           | 1.54.8            | 1.53.9            |
|                | 1991           | 1989                      | 2017            | 2019              | 1987              | 1990              |
| 1200m          | Noah Homer     | Noah Homer                |                 |                   |                   |                   |
|                | 4:02.5         | 3:43.9                    |                 |                   |                   |                   |
|                | 2020           | 2021                      |                 |                   |                   |                   |
| 1500m          | Andrew Evans   | James Goode               | Jamie Hussey    | Spencer Duval     | Dominic Middleton | Dominic Middleton |
|                | 5.08.6         | 4.39.2                    | 4.21.0          | 3.59.9            | 3.54.6            | 3.48.3            |
|                | 1991           | 1998                      | 1983            | 1986              | 1987              | 1990              |
| 1 mile         | Andrew Brooks  | Jacob Hickey              | Andrew Evans    | Paul Calvert      | Dominic Middleton | David Hope        |
|                | 5.38.0         | 5.07.2                    | 4.56.5          | 4.35.5            | 4.17              | 4.15.2            |
|                | 1989           | 1989                      | 1995            | 1992              | 1987              | 1990              |
| 3000m          |                | Jamie Hussey              | Greg Divall     | Dominic Middleton | David Hope        | Adrian O'Connor   |
|                |                | 10.31.7                   | 9.22.9          | 8.41.7            | 8.25.3            | 8.18.0            |
|                |                | 1980                      | 2004            | 1986              | 1987              | 1990              |
| 5000m          |                |                           |                 | Alistair O'Connor | Alistair O'Connor | Adrian O'Connor   |
|                |                |                           |                 | 15.40.8           | 14.42.0           | 14.28.1           |
|                |                |                           |                 | 1987              | 1990              | 1990              |
| 10000m         |                |                           |                 | Duncan Mason      |                   | George O'Connor   |
|                |                |                           |                 | 36.50.5           |                   | 32.27.9           |
|                |                |                           |                 | 1984              |                   | 2025              |
| 70m hurdles    |                | Ian Nash                  |                 |                   |                   |                   |
|                |                | 12.9                      |                 |                   |                   |                   |
|                |                | 1980                      |                 |                   |                   |                   |
| 75m hurdles    |                | C Surridge / B Davies     |                 |                   |                   |                   |
|                |                | 13.5                      |                 |                   |                   |                   |
|                |                | 1989 / 92                 |                 |                   |                   |                   |
| 80m hurdles    | Daniel Quarrel | Andrew Grice              | Andrew Hill     |                   |                   |                   |
|                | 17.4           | 14.6                      | 11.6            |                   |                   |                   |
|                | 1987           | 1992                      | 2002            |                   |                   |                   |
| 100m hurdles   |                |                           |                 | Andrew Hill       |                   |                   |
|                |                |                           |                 | 14.2              |                   |                   |
|                |                |                           |                 | 2002              |                   |                   |
| 110m hurdles   |                |                           |                 |                   | Adam D'Arcy       | Brian Hughes      |
|                |                |                           |                 |                   | 16.7              | 15.8              |
|                |                |                           |                 |                   | 1999              | 1994              |
|                |                |                           |                 | Iain McDonald     | Iain McDonald     | Keith Tarbuck     |

|                        |                              |                               |                                                                 |                                  |                                          |                               |
|------------------------|------------------------------|-------------------------------|-----------------------------------------------------------------|----------------------------------|------------------------------------------|-------------------------------|
| 400m hurdles           |                              |                               |                                                                 | 56.7                             | 53.06                                    | 57.4                          |
|                        |                              |                               |                                                                 | 2003                             | 2005                                     | 1987                          |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
| 1500m steeplechase     |                              |                               | Jack Wakefield                                                  | Spencer Duval                    |                                          |                               |
|                        |                              |                               | 5.26.81                                                         | 4.15.01                          |                                          |                               |
|                        |                              |                               | 2018                                                            | 1986                             |                                          |                               |
| 2000m steeplechase     |                              |                               |                                                                 | Spencer Duval                    | Alistair O'Connor                        | Peter James                   |
|                        |                              |                               |                                                                 | 6.04.1                           | 5.46.9                                   | 6.10.8                        |
|                        |                              |                               |                                                                 | 1986                             | 1990                                     | 1993                          |
| 3000m steeplechase     |                              |                               |                                                                 | Simon O'Connor                   | Alistair O'Connor                        | Richard Mullaney              |
|                        |                              |                               |                                                                 | 9.38.16                          | 8.44.68                                  | 9.54.3                        |
|                        |                              |                               |                                                                 | 1990                             | 1990                                     | 1994                          |
| 3000m walk             |                              | Russell Mason                 |                                                                 | Kevin Jones                      |                                          |                               |
|                        |                              | 17.14.7                       |                                                                 | 18.21.6                          |                                          |                               |
|                        |                              | 1990                          |                                                                 | 1977                             |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
| Half Marathon          |                              |                               |                                                                 |                                  | Max McCabe                               | Adrian O'Connor               |
|                        | n/a                          | n/a                           | n/a                                                             | n/a                              | 81:53                                    | 67:35                         |
|                        |                              |                               |                                                                 |                                  | 2025                                     | 1990                          |
| Marathon               |                              |                               |                                                                 |                                  | Thomas Lloyd                             | Oliver Harradence             |
|                        | n/a                          | n/a                           | n/a                                                             | n/a                              | 3:18:55                                  | 2:32:51                       |
|                        |                              |                               |                                                                 |                                  | 2021                                     | 2008                          |
| 4x100m                 | No details of athletes names | Alan Taylor<br>Daniel Reardon | Aidan Caines<br>Bobby Benson                                    | Alister Breuns<br>Nicholas Mbewe | Kane Howitt<br>Ethan McCarthy            | Kane Howitt<br>Cameron Harris |
|                        |                              | James Smith                   | Laurentiu Cristian<br>Nechifor                                  | Kane Howitt                      | Elliot Walker                            | Shem Nelson                   |
|                        |                              | Ben Davies                    | Litem-Roy McIntyre-<br>Smith                                    | Paolo Odogwu                     | Nick Mbewe                               | Nicholas Pryce                |
|                        | 58.7                         | 54.0                          | 47.00                                                           | 45.55                            | 45.0                                     | 43.4                          |
|                        | 1979                         | 1992                          | 2023                                                            | 2012                             | 2014                                     | 2017                          |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
| 4x300m                 |                              |                               | Jacob Higgins<br>Matthew Parry<br>David Iliffe<br>Joseph Martin |                                  |                                          |                               |
|                        |                              |                               | 2.51.3                                                          |                                  |                                          |                               |
|                        |                              |                               | 2017                                                            |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
|                        |                              |                               |                                                                 |                                  |                                          |                               |
| 4x400m                 |                              |                               | Andrew Evans                                                    | C Barron                         | National Junior                          | Kane Howitt                   |
|                        |                              |                               | Mathew Riggins                                                  | D Doogan                         | League Team                              | Shem Nelson                   |
|                        |                              |                               | Mathew Hastings                                                 | S Aucott                         | at                                       | Alex Jones                    |
|                        |                              |                               | Mathew Cope                                                     | S Faulkner                       | Tamworth                                 | Nicholas Pryce                |
|                        |                              |                               | 3.49.6                                                          | 3.34.6                           | 3.32.2                                   | 3.21.7                        |
|                        |                              |                               | 1995                                                            | 1993                             | 1999*                                    | 2017                          |
| 4x400m (indoors)       |                              |                               |                                                                 |                                  |                                          | Mark Sturch                   |
|                        |                              |                               |                                                                 |                                  |                                          | James Simmons                 |
|                        |                              |                               |                                                                 |                                  |                                          | Carl Warren                   |
|                        |                              |                               |                                                                 |                                  |                                          | Russell Eames                 |
|                        |                              |                               |                                                                 |                                  |                                          | 3.28.0                        |
|                        |                              |                               |                                                                 |                                  |                                          | 1989                          |
| High Jump              | Simon Kulas                  | Daniel Reardon                | Daniel Reardon                                                  | Iain McDonald                    | Alistair Robinson<br>(2003) Kieran Smith | Brian Hughes                  |
|                        | 1.25                         | 1.55                          | 1.81                                                            | 1.90                             | 1.90                                     | 1.98                          |
|                        | 1988                         | 1992                          | 1994                                                            | 2003                             |                                          | 1993                          |
| High Jump (Indoors)    |                              | James Baker                   |                                                                 |                                  |                                          |                               |
|                        |                              | 1.63                          |                                                                 |                                  |                                          |                               |
|                        |                              | 1993                          |                                                                 |                                  |                                          |                               |
| Long Jump              | John Sedgwick                | Alan Taylor                   | Laurentiu Cristian<br>Nechifor                                  | Paul Brinkworth                  | Elliot Walker                            | Donald Brown                  |
|                        | 4.29                         | 5.05                          | 5.79                                                            | 6.22                             | 6.49                                     | 6.78                          |
|                        | 1991                         | 1992                          | 2023                                                            | 1992                             | 2016                                     | 1988                          |
| Triple Jump            |                              | Simon Merckel                 | R Lucas                                                         | Paul Brinkworth                  | Elliot Walker                            | Donald Brown                  |
|                        |                              | 9.10                          | 10.88                                                           | 12.63                            | 12.86                                    | 13.22                         |
|                        |                              | 1980                          | 1988                                                            | 1992                             | 2016                                     | 1988                          |
| Triple Jump ( Indoors) |                              |                               |                                                                 |                                  |                                          | Quentin Anthony               |
|                        |                              |                               |                                                                 |                                  |                                          | 13.33                         |
|                        |                              |                               |                                                                 |                                  |                                          | 2018                          |
| Pole Vault             |                              |                               | Neil Reynolds                                                   | Neil Reynolds                    |                                          | Mike Nicol                    |
|                        |                              |                               | 3.15                                                            | 3.85                             |                                          | 4.30                          |
|                        |                              |                               | 1989                                                            | 1991                             |                                          | 1993                          |
| Howler                 | Jack Lynch                   |                               |                                                                 |                                  |                                          |                               |
|                        | 41.5                         |                               |                                                                 |                                  |                                          |                               |
|                        | 2019                         |                               |                                                                 |                                  |                                          |                               |
| Javelin                | Ian Whitehouse               | Jack Lynch                    | Andrew Salt                                                     | Richard Timmins                  | Matt Johnson                             | Andrew Salt                   |
|                        | 16.38                        | 32.57                         | 43.04                                                           | 50.44                            | 44.16                                    | 51.92                         |
|                        | 1988                         | 2021                          | 1989                                                            | 1993                             | 2010                                     | 1993                          |
| Javelin 800g           |                              |                               |                                                                 | Charlie Hornby                   | Connor Notley                            |                               |
|                        |                              |                               |                                                                 | 39.71                            | 34.57                                    |                               |
|                        |                              |                               |                                                                 | 2014                             | 2015                                     |                               |
| Discus                 |                              | Ian Nash                      | T Morgan                                                        | James Ward                       | Connor Notley                            | Paul Bryan                    |
|                        |                              | 29.22                         | 33.20                                                           | 39.54                            | 40.59                                    | 38.6                          |
|                        |                              | 1980                          | 1981                                                            | 2018                             | 2015                                     | 1992                          |
| Discus 2kg             |                              |                               |                                                                 | Connor Notley                    | James Ward                               |                               |
|                        |                              |                               |                                                                 | 29.49m                           | 37.74                                    |                               |
|                        |                              |                               |                                                                 | 2014                             | 2019                                     |                               |
|                        | Russell Mason                | Richard Lloyd                 | Richard Lloyd                                                   | James Ward                       | James Ward                               | Paul Bryan                    |

|                                                                                                                             |      |       |             |               |              |               |
|-----------------------------------------------------------------------------------------------------------------------------|------|-------|-------------|---------------|--------------|---------------|
| Shot Putt                                                                                                                   | 4.66 | 12.09 | 13.39 (4kg) | 12.76         | 10.15        | 12.93         |
|                                                                                                                             | 1987 | 1990  | 1992        | 2018          | 2019         | 1992          |
| Shot Putt 7.26kg                                                                                                            |      |       |             | Connor Notley | James Ward   |               |
|                                                                                                                             |      |       |             | 8.87          | 10.31        |               |
|                                                                                                                             |      |       |             | 2014          | 2021         |               |
| Hammer                                                                                                                      |      |       | Neil Goode  | James Ward    | Liam Goodall | Paul Fletcher |
|                                                                                                                             |      |       | 39.85       | 44.46         | 43.05        | 37.21         |
|                                                                                                                             |      |       | 1998.00     | 2018          | 2016         | 1978          |
| Hammer 7.26kg                                                                                                               |      |       |             | Liam Goodall  | Liam Goodall |               |
|                                                                                                                             |      |       |             | 35.83         | 39.81        |               |
|                                                                                                                             |      |       |             | 2015          | 2016         |               |
| Decathlon                                                                                                                   |      |       |             |               |              | Brian Hughes  |
|                                                                                                                             |      |       |             |               |              | 6098pts       |
|                                                                                                                             |      |       |             |               |              | 1993          |
|                                                                                                                             |      |       |             |               |              |               |
|                                                                                                                             |      |       |             |               |              |               |
| * A time of 3.32.54 was recorded in 1991 for a team comprising Roger Houghton, Simon Knights, Peter Madge and Richard Jones |      |       |             |               |              |               |