



Cambridge Harriers

Senior Men's Track & Field Club Records



Event	Performance	Athlete (s)	Date	Venue
100m	10.29s	Brandon Mingeli	13.06.2021	London (Stratford)
200m	21.1s	Michael Bond (U20)	06.08.1977	Berlin, Germany
	21.1s	Jamie Paul	15.08.1998	Bromley
400m	47.82s	Steven Garrett	1986	
800m	1:47.14s	Paul Rowbotham	25.07.1989	Loughborough
1500m	3:38.05s	Glen Grant	12.12.1978	Edmonton, Canada
5000m	13:37.2s	Keith Penny	15.09.1978	Crystal Palace
10,000m	28:37.39s	Keith Penny	12.07.1974	Crystal Palace
110mH	14.6s	Francois Potgieter	02.06.2007	Bournemouth
400mH	53.30s	Stuart Price (U20)	18.06.2006	Crystal Palace
3000mSC	8:49.03s	Jason Humm	02.06.1996	Crystal Palace
High Jump	2.10m	Kevin McKinson	25.07.1998	Tooting Bec
Long Jump	7.46m	Alex Hall	03.08.2002	
Triple Jump	16.65m	Tosin Oke	28.07.2002	Manchester
Pole Vault	5.25m	Allan Williams	29.08.1977	Crystal Palace
Shot Putt	17.62m	Curtis Griffith-Parker	30.05.2010	Bedford
Discus	57.07m	Curtis Griffith-Parker	19.06.2010	Bedford
Javelin	91.46m	Steve Backley	25.01.1992	Auckland, New Zealand
Hammer	62.10m	Christopher Melluish	07.09.1974	West London
Decathlon	7407 points	Kenneth Hayford	07.06.1987	Arles, France
3000m Walk	11:32.2s	Ian McCombie	20.07.1988	Derby
10,000m Walk	40:06.65s	Ian McCombie	04.06.1989	Jarrow
20,000m Walk	1:23:26.05s	Ian McCombie	26.05.1990	Fana, Norway
50,000m Walk	4:05:44.06s	Paul Blagg	26.05.1990	Fana, Norway
4 x 100m Relay	42.6s	Mark Antoine Andrew David Shane Patel Jamie Paul	1995	
4 x 400m Relay	3:16.5s	Andrew Knight Paul Rowbotham Paul Reid Clive Gilby	1995	

Performances which better the existing club record but were established with wind > 2.0m/s

Event	Performance	Athlete (s)	Date	Venue
100m	10.23s (+3.1)	Brandon Mingeli	30.06.2023	London (Stratford)