

# TAVISTOCK Athletic Club

## TRACK & FIELD RECORDS

Under 20			
Men			
Event	Name	Time/Dist	Year
60m (Indoor)	Brook Adnitt	7.66s	2016
100m	Brook Adnitt	11.7s	2015
150m	Brook Adnitt	18.4s	2015
200m (Indoor)	Brook Adnitt	24.55s	2016
200m	Brook Adnitt	23.72s	2015
300m	Josh Blake	38.5s	2015
	Brook Adnitt	38.5s	2015
300m(indoor)	Brook Adnitt	39.74s	2016
400m (Indoor)	Brook Adnitt	57.24s	2015
400m	Josh Blake	51.65s	2015
600m (Indoor)	Josh Blake	1m 26.54s	2014
600m	Josh Blake	1m 25.6s	2015
800m (Indoor)	Josh Blake	1m 59.95s	2015
800m	Sam Lane De Courtin	1m 54.28s	2015
1500m (Indoor)	Sam Lane De Courtin	4m 06.39s	2015
1500m	Sam Lane De Courtin	3m 59.75s	2014
1 mile	Dean Smith	4m 53.6s	2013
2000m	Sam Lane De Courtin	5m 55.4s	2014
3000m (Indoor)	Will Dax	9m 28.07s	2014
3000m	Will Dax	9m 26.5s	2015
5000m	Will Dax	16m 47.79s	2015
10000m	Will Dax	35m 11.94s	2015
100m Hurdles	Sam Lane De Courtin	23.17s	2014
110m Hurdles	Charlie Shipton	22.95s	2016
2000m Steeplechase	Sam Lane De Courtin	6m 02.52s	2014
3000m Steeplechase	Sam Lane De Courtin	10m 01.87s	2014
Discus 1.75kg	Ben Rogers	25.14m	2019
Hammer 6kg	Charlie Shipton	40.73m	2018
Long jump	Ben Rogers	5.30m	2018
Triple jump	Ben Rogers	11.70m	2018
High Jump	Sam Lane De Courtin	1.60m	2014
Javelin 800g	Bradley Stevens	38.69m	2019
Shot Put 6kg	Charlie Shipton	9.56m	2018
Shot Put 6kg (indoor)	Lee Shipton	8.36m	2019

updated 26 April 2019

