

# TAVISTOCK Athletic Club

## TRACK & FIELD RECORDS

### Under 20

| Men                   |                     |            |      |
|-----------------------|---------------------|------------|------|
| Event                 | Name                | Time/Dist  | Year |
| 60m (Indoor)          | Brook Adnitt        | 7.66s      | 2016 |
| 100m                  | Joe Wheeler         | 11.1s      | 2022 |
| 150m                  | Brook Adnitt        | 18.4s      | 2015 |
| 200m (Indoor)         | Brook Adnitt        | 24.55s     | 2016 |
| 200m                  | Joe Wheeler         | 22.97s     | 2023 |
| 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                  | Joe Wheeler         | 49.95s     | 2022 |
| 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         | Edward Fileman      | 52.97m     | 2022 |
| Hammer 6kg            | Edward Fileman      | 56.80m     | 2020 |
| Long jump             | Ben Callard         | 6.71m      | 2021 |
| Triple jump           | Ben Rogers          | 11.70m     | 2018 |
| High Jump             | Ben Callard         | 1.71m      | 2021 |
| Javelin 800g          | Harry Tomlin        | 47.40m     | 2021 |
| Shot Put 6kg          | Josh Tyler          | 16.24m     | 2021 |
| Shot Put 6kg (indoor) | Lee Shipton         | 8.36m      | 2019 |
| Decathlon             | Ben Callard         | 4450 pts   | 2021 |

updated September 2023

[illegible]