



HERNE HILL HARRIERS CLUB RECORDS – SENIOR MEN

Event			
100m	John Wilkinson	10.5	30.08.1947
	Selwyn Clarke	10.5	13.08.1980
	Michael St Louis	10.52 E	25.07.1987
200m	Michael St Louis	20.81 E	21.06.1986
400m	Darren Bernard	47.11 E	09.04.1989
800m	Robert Setti	1:49.4	04.08.1962
1500m	David Glassborrow	3:40.79 E	08.08.1981
1 Mile	Michael Gowan	4:01.0	21.07.1965
3000m	Don Taylor	7:58.2	13.09.1963
5000m	Jon Solly	13:39.2	08.06.1993
10000m	Jon Solly	28:21.65 E	13.09.1991
1 Hour	Michael Gowan	19,505m	20.03.1967
Marathon	Jon Solly	2:12.07	14.10.1990
110m Hurdles	Brett St Louis	14.03 E	27.06.1987
400m Hurdles	Mike Whittingham	50.58 E	07.08.1982
2000m Steeplechase	Tom Conlon	5:46.6	17.06.1979
3000m Steeplechase	Tom Conlon	8:47.07 E	08.08.1981
High Jump	Ousman Cham	2.18m	14.06.1980
Long Jump	John Howell	7.63m	14.08.1960
Triple Jump	Ndaba Mdhlongwa	16.21m	27.06.1999
Pole Vault	Costin Parkins	4.20m	25.08.1984
Shot Put	Michael Wheeler	15.65m	21.08.2010
Discus	Abdul Buhari	51.78m	17.07.2004
Hammer	Mark Hanily	56.98m	08.06.2008
Javelin	Terry McHugh	82.75m	05.08.2000
Decathlon	Thomas Ashby	6,701	25.07.2010
4 x 100m	Emanuel Adeyemi Jeffrey Ocran Idris Ojuriye Robert Graham	41.80 E	03.07.2010
4 x 200m	Sean Lewis Dominique Richards Gene Siner Joshua Wood	1:28.3	18.08.1999
4 x 400m	Owen Parker Leroy Haughton Michael St Louis Michael Bond	3:16.8	01.06.1985

“E” indicates electric timing