

# KENT ATHLETIC CLUB

## MALE RECORDS

As at 30 September 2015

EVENT	SENIOR	UNDER 20	UNDER 17	UNDER 15	UNDER 13
100mtrs	J Lawal Balogun 10.27	Steve Green 10.5	Steve Green 10.7	Sosthene Yao 11.11W	P Flanders 13.3
200mtrs	J Lawal Balogun 20.38	SteveGreen 21.1	Steve Green 21.5	Sosthene Yao 23.1	M Brockington 28.7
400mtrs	Conrad Williams 45.06	Jack Green 47.8	Stuart Wenden 50.9	J Regan 55.0	H Bartholomew 63.6
800mtrs	Jermaine Mays 1.49.17	Jermaine Mays 1.52.2	C Curtis 1.59.3	K Boylan 2.04.3	S Deacon 2.34.5
1500mtrs	Jermaine Mays 3.39.84	Paul Pollock 3.50.17	Alex Yee 3.59.23	K Boylan 4.05.6	R Bennett 5.08.0
Mile	3.59.64				
3000mtrs	Jermaine Mays 7.55.96	Alex Yee 8.14.8	Alex Yee 8.28.44		
5000mtrs	Ben Tickner(2) 13.58.89	Alex Yee 14.09.18	Alex Yee 14.40.4		
10000mtrs	Paul Pollock 28.32.18				
Sprint hdls	Matt Field 14.44	Lee Hamilton 14.1	A Davis-Phillip 15.1	Sosthene Yao 11.9	
400mtrs hdls	Jack Green 48.60	Jack Green 50.49	J Kearns 55.6		
Steeplechase	Jermaine Mays 8.30.41	Jermaine Mays 5.47.29	Jermaine Mays 4.18.14		
Marathon	Paul Pollock 2hrs16.30				
High Jump	Mike Holden 2.01i	A Davis-Phillip 1.89	A Davis-Phillip 1.85	M Stephenson 1.73	M Horlock 1.30
Long Jump	Matt Burton 7.94i	Matt Burton 6.95	P Flanders 6.62	C Anderson 6.02	P Flanders 4.45
Triple Jump	Matt Burton 15.52	Matt Burton 15.24 (15.28W)	Matt Burton 14.59	J Thomas 11.37	
Pole Vault	Mike Holden 5.13	Howard Frost 3.70	Howard Frost 3.20	Howard Frost 2.40	
Discus	Sean Breathnach 51.11	J Sampson 47.80	Jay Thomas 40.70	Jay Thomas 42.78	M Hill 14.70
Shot Putt	Sean Breathnach 17.84	Jay Thomas 17.66	Jay Thomas 18.08	Jay Thomas 18.02	M Pusor 9.24
Hammer	E Reina Garcia 50.96	Adam Burton 35.25			
Javelin	Max Hall 63.86	Jay Thomas 44.02		J St Luis 37.69	
Decathlon	Mike Holden 7233pts	Howard Frost 6047pts	A Davis-Phillip 4294pts	Sosthene Yao 2641pts	
Pentathlon	Russell Frost 3070pts		(Octathlon)	(Pentathlon)	
Half Marathon	Paul Pollock	64.16.0			

**RELAYS:****4X100mtrs:**

**SENIOR** J Browne, C Williams, M Wepke, J Lawal-Balogun 41.03

**JUNIOR** H Frost, R Frost, C Johnson, S Wenden 44.7

S Smith, V Barzey, L Garba, S Yao 44.7

**UNDER 17** L Garba, M Burton, J Thomas, D Miller 44.6

**UNDER 15** J Shields, L Garba, C Gordon, J Thomas 47.5

**4X400mtrs:**

**SENIOR** A Davis-Philip, C Williams, D Green, L Wooldridge 3.13.25

**JUNIOR** V Barzey, A McCammon, T Flood, S Mulligan 3.26.4

**UNDER 17** Lucky Garba, Dominic Grant, Sylvan Kiwanuka, Sahr Lebbie 3.45.6

**UNDER 15** S Smith, M Cooper, M Makasi, S Yao 3.44.7

**MEDLEY:**

**SENIOR** J Opio, R Hylton, C Williams, A Dunwoody 3.28.3

**JUNIOR** S Wenden, C Anderson, H Frost, J Mays 3.33.8

(2) Gary Thornton 13.57.00 (membership of Kent AC lapsed)