

Oxford City AC Under 20 Men

Events	Time Distance	Name	Fixture	Venue	Date
60m	7.34	David Gain	Northern Athletics Open	Sheffield	12 December 2009
100m	10.89	Jacob Wilson	ESAA championships	Birmingham	09 July 2010
200m	22.30	David Gain	Oxon County Champs	Horspath	11 May 2008
400m	47.70	Chris Van Rees		Warley	1975
800m	1;50.1	Miles Ravenhill		Kingston	1987
1500m	3;52.8	Simon Fox		Iffley Road	1979
1 Mile	4;10.0	Nick Barton		White City	1963
3000m	8;27.9	Matthew Young		Telford	1994
5000m	14;50.3	Stephen Male		Iffley Road	1983
10000m	31;47.0	Stephen Male		Iffley Road	1983
110mH (106.7cm)	14.45	Richard Sear	U20 AAA	Bedford	1997
110mH (99cm)	14.30	Richard Sear		Tilsley Park	20/04/1997

400mH (91.4cm)	53.96	Andy Tippet	ESAA championships	Birmingham	09 July 2005
2000m S/C	5;42.9	Stephen Male		Loughborough	1984
3000m S/C	9;06.6	Stephen Male		Birmingham	1984
4 X 100m	44.77	Nathan Rockett, Joseph Alison, Adrian Reid, David Gain	Oxon County Champs	Horspath	10 May 2009
4 X 400m	3;27.3			Iffley Road	1985
Long Jump	7.18	Carl Howard		Unknown	1991
High Jump	2.06	George Robinson		Haringey	1977
Triple Jump	15.54	Carl Howard		Exeter	1993
Pole Vault	4.45	Glyn Slowly			
Shot (6.0kg)	13.81	Tomasz Napiorkowski		Horspath	01 June 2013
Shot (6.25kg)	14.66	Matthew Symonds		Crystal Palace	1987
Shot (7.26kg)	15.28	Gerry Downes Matthew Symonds		Wilmslow Derby	1967 1987
Discus (1.75kg)	51.48	Matthew Symonds		Iffley Road	1985
Discus (2.0kg)	47.56	Matthew Symonds		Iffley Road	1985
Javelin (800g)	55.40	Russell Turner		Enfield	1986

Hammer (6kg)	44.98	Tomasz Napiorkowski		Hendon	11 August 2013
Hammer (7.26kg)					
Dec	6598.00	Tim Stephens	ESSA Combined Events	Exeter	17-Sep-16