

Southampton Club Records Senior men

Event	Name	Record	Venue	Date
Sprints				
100m	Oliver Bromby	10.22	Lee Valley	5.6.19
200m	Todd Bennett	20.36"	Cwmbran	28.5.84
400m	Roger Black	45.37"	Lausanne	3.7.96
Distance				
800m	Mike Guegan	1'47.90"	Birmingham	27.6.92
1500m	Rod Finch	3'37.97"	Gateshead	30.7.93
3000m	Rod Finch	7'53.93"	Paris	13.3.94
5000m	Rod Finch	13'27.75"	Hechtel	1.8.98
10000m	Neil Coupland	28'16.73"	Cwmbran	11.6.77
Hurdles				
3000SC	Richard Large	8'47.05"	Portsmouth	1989
110mH	Alan Cronin	14.21"	Dieppe	13.7.75
400mH	Kriss Akabussi	47.82"	Barcelona	6.8.92
Road				
Marathon	Chris Bunyan	2h10.55"	Boston, USA	18.4.83
Jumps				
High Jump	Fayyaz Ahmed Verify	2.21m	Coventry	29.6.85
Pole Vault	Martin Brockman	4.83m	Woerden, NED	25.8.13
Long jump	James Grocock	7.71m	Cardiff	8.12.12
Triple Jump	Alan Drayton	14.69m	Verify	26.6.71
Throws				
Shot	Mike Winch	20.43m	Crystal Palace	22.5.74
Discus	Mike Winch	58.08m	Bristol	7.9.75
Javelin	Jeremy Adabom	65.42m	Bournemouth	15.3.92
Hammer	Alan Phipps	57.32m	Verify	26.6.71
Multi				
Decathlon	Alan Drayton	7431.00	Edmonton, Canada	8.8.78
Relays				
4 x 100m	N.Willcocks; M.Saunders; M.Jackson; M.Kelly	42.4"	Verify	17.9.77
4x400m	Akabusi; Black; Bennett; Sanders.	3'04.48	Gateshead	29.6.90
Walks				
3K Walk	Jimmy Ball	12'23.6"	Portsmouth	1932
20k Walk	Jimmy Ball	88.46	Battersea Park	4.4.87
50k Walk	Tommy Green	4hr50'10	Los Angeles. USA	1932

This information has been put together with our best efforts, we may have got some things wrong so please email Alan Forse aj.forse@ntlworld.com to get it corrected.