

## Southampton Club Records Senior men

Event	Name	Record	Venue	Date
<b>Sprints</b>				
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
<b>Distance</b>				
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
<b>Hurdles</b>				
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
<b>Road</b>				
Marathon	Chris Bunyan	2h10.55"	Boston, USA	18.4.83
<b>Jumps</b>				
High Jump	Fayyaz Ahmed <a href="#">Verify</a>	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	<a href="#">Verify</a>	26.6.71
<b>Throws</b>				
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	<a href="#">Verify</a>	26.6.71
<b>Multi</b>				
Decathlon	Alan Drayton	7431.00	Edmonton, Canada	8.8.78
<b>Relays</b>				
4 x 100m	David Gain, Nicholas Hunt, Oliver Bromby	41.4"	BAL Division 1 Southampton	7.6.14
4x400m	Akabusi; Black; Bennett; Sanders.	3'04.48	Gateshead	29.6.90
<b>Walks</b>				
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](mailto:aj.forse@ntlworld.com) to get it corrected.*