

## Club Records 100mH – 300mH

### Event 100m Hurdles

	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U17				Adam Tibbetts	13.7s	1995
U20	Sarah Allsopp	15.2s	2003			
SNR	Emma Douras	14.7s	2015			

### Event 110m Hurdles

	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U20				Adam Tibbetts	14.5s	1996
SNR				Adam Tibbetts	14.93s	1996
M 35				Phil Nation	18.5s	2016
M 40				Jim Brown	25.3s	2000
M 45				Jim Brown	22.6s	2001
M 50				Jim Brown	26.7s	2004

### Event 150m

	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U11	Clare Ballyn	21.90s	1994	Harry Fallon	20.8s	2019
U13	Liza Parry	19.4s	1997	Harry Fallon	19.2s	2021

### Event 200m

	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U11	Claire Homer	30.1s	1986	Philip Pope	30.4s	1998
U13	Jackie Harris	26.8s	1985	Jason Westbury	26.3s	1981
U15	Jackie Harris	24.82s	1987	Jamie Wilkes	23.6s	2009
				Tom Fallon	24.48s	2019(i)
U17	Stephanie Little	25.47s	1999	Steve McCardy	21.9s	1992
				Jacob Wnter	23.08s	2022(i)
U20	Kirsty Overfield	25.7	2010	Steve McCardy	22.0s	1993
				James Marshall		2000
SNR	Lucy Jones	25s	2019	James Marshall	21.98s	2002
M35	Elaine Restorick	33.7s	1998	Richard Westwood	30.49s	2015
M40	Jayne McLean	29.2s	2003	Michael Guest	23.7s	2002
M45	Nancy Hitchmough	30.5s	1999	Jim Brown	28.3s	2002
M50	Elaine Restorick	32s	2009	Bob Cutler	27s	1999
M55	Elaine Restorick	33.4s	2014	Jim Brown	30.7s	2011
M60	Nancy Hitchmough	36.1s	2010	Dave Eades	31.3s	2010
M65	Nancy Hitchmough	36s	2015	David Brown	32.9s	2001

### Event 300m

	Women & Girls			Men & Boys		
	Name	Perf.	Year	Name	Perf.	Year
U15	Emma Sherwood	42.7s	2015	Tom Slater	39.51s	2016
				Tom Fallon	41.06s	2019(i)
U17	Liza Parry		2000	Tim Nolan	37.2s	1989
U20				Jacob Winter	37.02s	2022(i)