

EPSOM AND EWELL HARRIERS
CLUB RECORDS – MEN
(as at 24 April 2024)

60 METRES	Club Record:	7.11i	Raphael Grant	Carshalton	09.12.23
	U20 Men	7.11i	Raphael Grant	Lee Valley	09.12.23
	U17 Men	7.19i	Mark Barella	Carshalton	12.03.06
	U15 Boys	7.67i	Luis Richardson	Carshalton	15.02.20
	U13 Boys	8.26i	Jack Knight	Carshalton	28.02.09
	Vets	7.41	Dan Donovan	Eton	01.02.14
100 METRES	Club Record:	10.4	Jim Evans	London (CP)	24.07.82
	U20 Men:	10.7	Louis Burgess	Basildon	13.07.02
	U17 Men:	11.0	Iwan Fesnoux	Eltham	19.04.14
	U15 Boys:	11.56	Faron Griffiths-Moore	Kingsmeadow	14.05.05
	U13 Boys:	13.0	A James	Ewell	21.05.77
		13.0	Laurence Church	Redhill	21.06.86
		13.0	Stephen Mitchell	Croydon	19.05.90
		13.0	Zac Elston	Coulsdon	16.07.23
	Vets:	11.5	Paul Lavender	Kingsmeadow	14.05.97
200 METRES	Club Record:	21.1	Jim Evans	Aldershot	11.07.82
	U20 Men:	22.0	Tom Kane	Nottingham	30.06.85
		22.00	Tom Kane	Derby	03.05.86
		22.0	Louis Burgess	Hilversum, Hol	31.03.02
	U17 Men:	22.15	Iwan Fesnoux	Tooting Bec	05.05.14
	U15 Boys:	23.51	Iwan Fesnoux	Bedford	19.08.12
	U13 Boys	26.2	Stephen Mitchell	Croydon	20.05.90
	Vets:	23.5	Paul Lavender	Colindale	07.09.97
		23.57	Dan Donovan	Eltham	19.04.14
300 METRES	U15 Boys:	37.15	Philip Matthews	Gillingham	08.06.14
400 METRES	Club Record:	47.85	Louis Burgess	Ashford	18.08.02
	U20 Men:	47.85	Louis Burgess	Ashford	18.08.02
	U17 Men:	48.58	Ryan Thomas	Watford	25.05.03
	U15 Boys:	52.5	Stephen Mitchell	Norbiton	03.05.92
	U13 Boys:	61.6	Andy Layfield	Woking	16.09.72
	Vets:	53.1	Mark Butler		
800 METRES	Club Record:	1:46.2	David Warren	Porsgrun, Nor	29.06.80
	U20 Men:	1:51.6	Phil Norgate	London (CP)	21.06.80
	U17 Men:	1:55.9	John Wilson	London (CP)	17.08.75
	U15 Boys:	2:01.78	Harley Norman	Basingstoke	17.06.17
	U13 Boys:	2:09.81	Harley Norman	Kingsmeadow	24.05.15
	Vets:	2:03.3	Tony Clark	Wimbledon Pk	29.06.83
1500 METRES	Club Record:	3:40.95	David Swain	Rome, ITA	22.07.87
	U20 Men:	3:49.2	David Warren	London (CP)	17.08.75
	U17 Men:	3:55.9	John Wilson	London (CP)	20.07.75

	U15 Boys:	4:12.0	David Morris	London (CP)	13.09.74
	U13 Boys:	4:34.0	Harley Norman	Bedford	04.07.15
	Vets:	4:08.9	Clive Abbott	Ewell	20.09.98
1 Mile	Club Record:	4:00.66	David Swain	London (CP)	20.07.85
	U20 Men:	4:26.0	Steve Mitchell	Ewell	25.06.68
	U17 Men:	4:28.5	Tony Clark		.56
	U15 Boys:	4:48.11	Erik Bertheussen	Wimbledon	28.06.23
	U13 Boys:	5:40.0	R Holmes	London (CP)	13.06.82
	Vets:	4:45.83	Chris Ryans	Tooting	03.06.23
3000 METRES	Club Record:	7:54.68i	David Swain	Syracuse, USA	09.03.85
	U20 Men:	8:23.4	John Wilson	London (CP)	14.08.76
	U17 Men:	8:54.4	John Wilson	Nottingham	09.08.75
	U15 Boys:	9:33.8	David Morris	Wimbledon	11.08.74
	Vets:	9:12.6	Dave Mitchell	Norbiton	24.05.89
5000 METRES	Club Record:	13:37.8	David Swain (tbc)	Philadelphia,USA	23.04.87
	U20 Men:	14:39.0	Gary Ribbons	London (CP)	14.09.77
	U17 Men:	15:32.0	Paul Prior	Ewell	23.07.68
	Vets:	15:43.0	Tom Woods	London (CP)	09.08.78
10,000 METRES	Club Record:	29:46.4	Paul Magner	Cwmbran	29.05.84
	U20 Men:	33:46.0	Graham Watts	Ewell	21.04.69
		33:46.0	Paul Weston	Ewell	21.04.77
	U17 Men:	35:19.0	Mark Waldron	Ewell	25.05.74
	Vets:	33:26.4	Tom Woods	Ewell	17.05.79
10KM ROAD	Club Record:	29:39	John Wilson	Boston, USA	10.04.83
MARATHON	Club Record:	?	Mark Pickard	Isle of Wight	
			John Watson		
			Richard Hutchings		
	Vets:	2:41:07	Alastair Bloore	Manchester	03.04.22
60m HURDLES: (3' 6")	Club Record:	8.70i	James Parker	Eton	7.01.07
(3' 3")	U20 Men:	8.10i	Marco Djurovic	Lee Valley	15.01.11
(3' 0")	U17 Men:	8.59i	Max Leon	Carshalton	10.03.24
(2' 9")	U15 Boys:	8.68i	Jacob Paul	Glasgow	5.12.09
(2' 6")	U13 Boys:				
	Vets:				
75m HURDLES	U13 Boys:	12.96	Samuel Tsolo	Kingston	24.07.22
80m HURDLES	U15 Boys:	11.29	Jacob Paul	Bedford	19.09.09
100m HURDLES	U17 Men:	13.2	Kieran Edward	Kingsmeadow	12.06.04
110m HURDLES (3' 6")	Club Record:	14.26	Phil Barthropp	Aardal, Nor	19.08.81

	U20 Men:	15.03	Marco Djurovic	Yate	06.09.09
	Vets:	18.5	Graham Page	Croydon	13.06.90
110m HURDLES (99cm)	U20 Men:	14.43	Marco Djurovic	Loughborough	22.05.11
110m HURDLES (3' 3")	Vets:	19.1	Graham Page	Colindale	05.09.93
100m HURDLES	Vets:	17.6	Graham Page	Portsmouth	26.08.00
400m HURDLES (84.0cm)	U17 Men:	52.72	Jacob Paul	Cardiff	16.07.11
400m HURDLES (91.4cm)	Club Record:	51.74	Kevin Currid	London (CP)	26.06.81
	U20 Men:	53.9	Steve Johnson	London (CP)	26.08.75
	U17 Men:	53.55	Jacob Paul	Ashford	19.06.11
	Vets:	64.7	Phil Mackie	Milton Keynes	13.07.19
1500m S/CHASE:	Club Record:	4:15.3	John Wilson	Kirkby	27.07.75
	U20 Men:	4:35.2	Chris Tomkinson	Ewell	02.07.66
	U17 Men:	4:15.3	John Wilson	Kirkby	27.07.75
	U15 Boys:	5:06.2	Richard Partington	Motspur Park	02.05.76
	Vets:	5:03.1	Dave Mitchell	Crawley	05.07.94
2000m S/CHASE:	Club Record:	5:41.4	Dave Warren	Kirkby	27.07.75
	U20 Men	5:41.4	Dave Warren	Kirkby	27.07.75
	U17 Men:	5:55.0	John Wilson	Ewell	23.08.75
	Vets:	7:14.5	Dave Mitchell	Kingston	16.04.94
3000m S/CHASE:	Club Record:	8:40.82	John Wilson	London (CP)	31.07.81
	U20 Men:	9:42.8	Steve Mitchell	Brighton	13.07.68
	U17 Men:	10:10.0	Phil Barr	Ewell	12.08.72
	Vets:	10:14.9	Dave Mitchell	Colchester	27.05.89
HIGH JUMP	Club Record:	2.10	Robert Paul	Croydon	13.05.00
	U20 Men:	2.00	Robert Paul	Kingsmeadow	08.05.99
		2.00	Robert Paul	London (Ha)	02.05.99
	U17 Men:	2.05	Richard Aspden	London (He)	15.09.93
	U15 Boys:	1.87	Chris Bailey	London (He)	31.08.98
	U13 Boys:	1.50	Richard Brooker	Carshalton	17.08.97
		1.50	Richard Brooker	Ewell	14.09.97
	Vets:	1.65	Dave Blunt	Reading	01.10.95
		1.65	Dave Blunt	Kingsmeadow	14.05.97
		1.65	Dave Blunt	Kingsmeadow	22.06.98
		1.65	Jason Dronfield	Ashford	04.09.11
POLE VAULT	Club Record:	4.85	Dylan McDermott	Croydon	19.05.90
	U20 Men:	4.80	John Andrews	London (CP)	20.06.82
	U17 Men:	4.22	John Andrews	Cleckheaton	22.07.79

	U15 Boys:	3.31	Dylan McDermott	Southwark Park	28.07.85
	U13 Boys:	2.30	Stephen Mitchell	Woking	25.05.90
	Vets:	3.90	John Andrews	Kingsmeadow	11.07.09
		3.90	John Andrews	Crawley	13.08.11
LONG JUMP	Club Record:	7.44	Louis Burgess	Gorizia, Ita	06.07.02
	U20 Men:	7.44	Louis Burgess	Gorizia, Ita	06.07.02
	U17 Men:	6.75	Andy Layfield	Crawley	25.04.76
	U15 Boys:	6.46	Ryan Thomas	Crawley	09.09.01
	U13 Boys:	6.13	Louis Burgess	Walton	01.07.95
	Vets:	5.79	Jason Brown	13.04.19	04.09.94
TRIPLE JUMP	Club Record:	14.76	Bob Chappell	Cambridge	06.05.70
	U20 Men:	14.26	Andy Slaughter	Peterborough	02.07.94
	U17 Men:	14.22	Peter Cartwright	Motspur Park	20.06.75
	U15 Men:	12.77	Jim Chappell	Motspur Park	28.08.64
	U13 Boys:	8.92	J Knapp	Woking	08.09.73
	Vets:	12.59	Matt Pullan	Colindale	21.05.17
SHOT	Club Record:	17.87	Bill Fuller (Snr)	Corby	15.07.72
	U20 Men:	16.96	Bill Fuller (Jnr)	London (CP)	27.05.95
	U17 Men:	17.14	Bill Fuller (Jnr)	Blackpool	09.07.93
	U15 Boys:	13.32	Adam Hall	Carshalton	17.08.97
	U13 Boys:	7.74	Damos Pemberton	Kingston	20.08.23
	Vets:	14.28	Mike Small	Worthing	31.05.03
DISCUS	Club Record:	51.98	Bill Fuller (Snr)	Ewell	22.05.76
	U20 Men:	46.84	Peter Sutton	Motspur Park	21.05.83
	U17 Men:	45.30	Peter Sutton	London (CP)	06.07.80
	U15 Boys:	40.21	J Weller	Bury St Ed.	10.07.99
	U13 Boys:	20.86	Stephen Mitchell	London (Ha)	04.08.90
	Vets:	45.24	Mike Small	Ewell	21.03.04
HAMMER	Club Record:	54.20	Bill Fuller (Jnr)	Loughborough	08.06.97
	U20 Men:	56.00	Bill Fuller (Jnr)	London (CP)	27.05.95
	U17 Men:	53.56	Andrew Bray	Guildford	17.04.83
	U15 Boys:	53.78	Andrew Bray	London (WL)	05.09.82
	Vets:	46.98	Mike Small	Kingsmeadow	03.05.03
JAVELIN (new spec)	Club Record:	59.84	Jeroen Westmeijer	Crawley	30.08.97
	U20 Men:	53.62	Bill Fuller (Jnr)	London (TB)	34.06.95
	U17 Men:	54.78	Alex Cobb	Kingsmeadow	11.06.05
	U15 Boys:	37.68	Jack Young	Milton Keynes	23.07.06
	U13 Boys:	30.96	Oscar Morrell	Woking	02.09.01
	Vets:	50.10	Graham Page	Colindale	04.09.94
INDOOR PENTATHLON (Records TBC)					

PENTATHLON	Club Record:	2945	Brian Fuller	Ewell	13.06.67
	U20 Men:	3019	Steve Johnson	Wimbledon Pk	14.05.75
	U17 Men:	3138	Andy Layfield	Motspur Park	01.05.76
	U15 Boys:	3127	Jacob Paul	Bedford	19.09.09
	U13 Boys:	1639	Harley Norman	Carshalton	13.09.14
	Vets:	2749	Brian Hallett	Redhill	29.08.81
OCTATHLON	U17 Men:	4721	Jacob Paul	Ashford	27.06.10
DECATHLON	Club Record:	5495	James Parker	Crawley	09.09.01
	U20 Men:	5516	Adam Coates	Basingstoke	23.06.19
	U17 Men:	5637	Jacob Paul	Stoke	08.08.10
	Vets:	7197	Alf Woods	Loughborough	34.08.86

2000m WALK	Vets:	10:39.5	Eddie Slyfield	London (BP)	05.09.04
3000m WALK	Club Record:	15:53.4	A Goodwin	Ewell	19.08.69
	Vets:	17:51.2	Peter Jakeman	Colindale	07.09.97
4x100m RELAY	Club Record:	41.6	Seniors	Enfield	05.06.82
	U20 Men:	43.2	U20 Men	London (CP)	01.07.79
	U17 Men:	44.13	Danny Trowell Raph Grant Max Leon Joshua Clinton	Carshalton	03.09.23
	U15 Boys:	47.86	Max Leon Josh Clinton Danny Trowell Raph Grano	Carshalton	12.09.21
	U13 Boys:	53.62	Luis Richardson, Eliot Ferguson, Forbes Margrave, Noah Logan	Carshalton	09.09.18
	Vets:	47.9	Vets	Colindale	01.09.96
			(Roy Austin, Hedley Featherstone, Terry Bissett, Paul Lavender)		
		47.9	Vets	Colindale	07.09.97
			(Dave Blunt, Graham Page, Terry Bissett, Paul Lavender)		
		47.9	Vets	Kingsmeadow	04.06.01
			(Bruno Girardeau, Mark Butler, Hedley Featherstone, Paul Lavender)		
4x200m RELAY	Club Record:	1:30.7	Seniors	Cobham	25.07.80
	U20 Men:	1:31.5	U20 Men	Wimbledon Pk	03.05.75
	U17 Men:	1:35.5	U17 Men	Bracknell	09.08.75

	U15 Boys:	1:40.8	U15 Boys	Wimbledon Pk	13.07.75
	U13 Boys:	1:54.34	U13 Boys	Carshalton	03.09.23
(Zac Elston, Leo Shaw, Axel Ottoson, Leonardo Castillo)					
	Vets:	1:41.9	Vets		.96
(Graham Page, Terry Bissett, Hedley Featherstone, Paul Lavender)					
		1:41.9	Vets	Carshalton	07.07.97
(Graham Page, Terry Bissett, Hedley Featherstone, Paul Lavender)					
4x400m RELAY	Club Record:	3:17.1	Seniors	Brighton	11.06.81
	Mixed Club record:	3:50.9	Seniors	Eton	18.06.23
(Danny Trowell, Matilda Laidlaw, Estee Norman, Will Panes)					
	U20 Men:	3:27.1	U20 Men	Kingston	25.04.93
(Steven Vaughan, Richard Aspden, R Hamshar, Stephen Mitchell)					
	U17 Men:	3:29.7	U17 Men	Norbiton	13.09.02
(R Hamshar, Richard Aspden, Steven Vaughan, P Robson)					
	U15 Boys:	3:46.1	U15 Boys	London (TB)	22.07.90
	Vets:	3:49.42	Vets	Carshalton	08.09.19
(Phil Mackie, Marco Gazzelloni, Matt Turner, Chris Ryans)					
	Mixed Vets	4:18.7	Vets	Ewell	25.08.22
(Aneta Ryans, Di Norman, Chris Ryans, James Wilson)					

Note: Vets records now include over 35 athletes

**Old specifications / distances no longer run
(as at 31st December 2010)**

100 YARDS	Club Record:	10.0	W.P.A. Price	Horton	24.07.37
		10.0	W.P.A. Price	Motspur Park	.34
	U20 Men:	10.1	F. Meeks	Devon CC	.51
	U17 Men:	10.5	Peter Daly	Motspur Park	28.06.64
	U15 Boys	11.0	Jim Chappell	Sutcliffe Park	25.07.64
		11.0	Warren Caswell	Ladywell Park	18.07.65
220 YARDS	Club Record:	22.6	J Haynes		
	U20 Men:	22.6	J Haynes		.56
	U17 Men:	23.3	Peter Daly	Ewell	07.07.64
	U15 Boys:	23.9	Jim Chappell	Motspur Park	04.06.64
440 YARDS	Club Record:	49.8	Ron Ede	UAU Champs	.48
	U20 Men:	50.9	J Haynes	Motspur Park	.58
	U17 Men:	50.6	J Haynes	Motspur Park	30.06.56
	U15 Boys:	55.3	Jim Chappell	Ewell	15.08.64
880 YARDS	Club Record:	1:53.4	Tony Clark	Ewell	02.07.66
		1:53.4	Tony Clark	London (CP)	22.07.67
	U20 Men:	1:54.6	Tim Balmer		
	U17 Men:	2:02.0	Graham Tungate	Motspur Park	.60
		2:02.0	Steve Mitchell	Ewell	08.08.67
	U15 Boys:	2:14.5	M Lucas	Ewell	16.07.68
1000 METRES	Club Record:	2:19.13	Phil Norgate	London (CP)	17.09.82
	U17 Men	2:47.5	Kevin McDermott	Hilversum, Hol	18.04.87
2000 METRES	Club Record:	5:17.93	David Swain	Budapest, Hun	04.08.85
	U20 Men:	6:31.7	Kevin McDermott	Woking	24.04.88
	U17 Men:	6:02.6	Phil Barr	London (CP)	11.07.73
	U15 Boys:	6:46.0	Richard Way	Woking	08.09.73
	U13 Boys:	7:12.2	M Shuttleworth	Woking	08.09.73
2 MILES	Club Record:	8:39.8	John Valentine	London (CP)	05.05.72
	U20 Men	9:46.6	Steve Mitchell	Croydon	10.08.68
	U27 Men	10:11.2	Paul Prior	Ewell	08.07.67
	Vets:	10:35.8	Dave Mitchell	Hilversum, Hol	.94
3000 METRES	U13 Boys:	10:49.5	Robert Collinson	Carshalton	31.08.81
3 MILES	Club Record:	13:50.2	John Valentine	Oxford	19.04.69
	U20 Men:	15:39.0	Robin Batchelor	Ewell	20.07.65
	U17 Men:	15:32.0	Paul Prior	Ewell	23.07.68
6 MILES	Club Record:	30:28.0	Geoff Bull	Wimbledon	19.05.68
	U20 Men	34:12.0	Graham Watts	Ewell	23.04.68
	U17 Men:	34:59.0	Paul Prior	Ewell	23.04.68

1 HOUR RUN	Club Record:	18,521m	Bob Laws	Ewell	.57
	U20 Men	10m1633y	Tim Balmer	Ewell	08.06.71
	Vets:	17,729m	Tom Woods	Ewell	06.07.78
60m HURDLES	U15 Boys:	12.0	Chris Mountford	Watford	11.08.74
		12.0	P Lowden	Ewell	22.06.75
	U13 Boys	17.2	N Muckle	London (BP)	06.05.90
75m HURDLES	U15 Boys:	11.4	Paul Parker	Leatherhead	15.07.69
80y HURDLES	U15 Boys:	11.7	Glyn Peckham	Motspur Park	10.06.67
110y HURDLES	U17 Men:	14.6	P Mitchell	Motspur Park	05.50
120y HURDLES	Club Record:	15.9	Peter Croome	Ewell	27.07.68
	U20 Men:	14.8	P Mitchell	Birmingham	28.07.51
200m HURDLES	Club Record:	27.5	Glyn Peckham	Osterley	03.05.72
	U17 Men:	28.6	Kevin Johnson	Motspur Park	21.06.69
	Vets:	30.1	Graham Page	Croydon	08.09.91
440y HURDLES	Club Record:	55.2	Ron Ede	White City	.46
	U20 Men;	61.0	Peter Croome	Ewell	27.07.68
1000m S/CHASE	U20 Men:	2:43.0	Steve Mitchell	Loughborough	05.12.69
	U17 Men:	2:50.0	S Harrad	Motspur Park	13.06.70
SHOT	U13 Boys:	8.52	Iwan Fesnoux	Kingsmeadow	25.07.15
JAVELIN (old spec)	Club Record:	63.76	Peter Crosbie	Cleckheaton	23.08.80
	U20 Men:	61.98	Ian Briden	Norbiton	01.07.78
	U17 Men:	55.74	Nigel Woodcock	Motspur Park	06.06.64
	U15 Boys:	50.56	Ian Briden	Shrewsbury	13.07.74
	U13 Boys:	27.67	Robert Mangham		.97
Pentathlon (old Spec)	U13 Boys:	1657	Stephen Mitchell	London (Ha)	04.08.90
2 MILES WALK	Club Record:	17:11.8	Don Turner	Wimbledon	15.09.62
	U20 Men:	21:38.6	J Pickard	Ewell	03.08.65
8x200m RELAY	Club Record:	8:17.1	Seniors	Colindale	21.07.84
(Neil Bates, Richard Aspden, Gary Russell, Stephen Mitchell)					
200x200x400x800	Club Record:	3:39.5	U20 Men	Bracknell	09.08.75
	U20 Men:	3:39.5	U20 Men	Bracknell	09.08.75
	Vets:	3:54.6	Vets	Colindale	03.09.00
(Bruno Girardeau, Hedley Featherstone, Mark Butler, Clive Abbott)					

800x400x200x200	Club Record:	3:40.0	Seniors	Hilversum, Hol	20.04.81
800x200x200x400	Club Record:	3:39.5	Seniors	Bracknell	08.09.79
4x800m RELAY	Club Record		U17 Men	Norbiton	13.09.92
(R Hamshar, Richard Aspden, G Russell, P Robson)					
	U17 Men		U17 Men	Norbiton	13.09.92
(R Hamshar, Richard Aspden, G Russell, P Robson)					
4x800m RELAY	U17 Men	8:17.1	U17 Men	Walton	19.09.93
(Neil Bates, Richard Aspden, Gary Russell, Stephen Mitchell)					
	U15 Boys:	9:36.9	U15 Boys	Walton	19.09.93
(M Woollett, B Ramasami, B Hunt, Tim Weekes)					