COLCHESTER GARRISON STADIUM RECORDS

As at 2/9/08

MALE TRACK.

100mts			
J.Kenny	Ilford A.C.	10.4	30/4/90.
200mts			
M.Smith	Southend A.C.	21.1	20/5/90.
J. Kenny	Ilford A.C.	21.1	20/5/90.
400mts			
T. Whitehead	Haringey.	47.2	19/5/84.
800mts			
J. Mills	Chelmsford A.C.	1.51.0	10/6/92.
1,000mts			
A Zieler	Wetzlar	2.41.5	4/6/76
1,500mts			
E. Martin	Basildon A.C.	3.47.6	20/5/84.
3,000mts			
I. Hollingsworth	Basildon A.C.	8.29.9	3/7/96.
5,000mts			
A Mussett	Colchester Harriers A.C.	14.26.4	2/8/03.
10,000mts			
J. Goldring	Woodford Green.	31.13.1	19/5/90.
110mts Hurdles			
N. Tomkinson	Army.	14.7	16/6/93.
P. Brilus	Harlow A.C.	14.7	20/5/90.
400mts Hurdles			
K. Lidlow	Haringey.	53.2	20/5/84.
3,000mts Steeplechase.			
R. Charleston.	Chelmsford A.C.	9.11.0	20/5/84.
1. Mile			
M Tucker	Geelong/Australia.	4.03.4	31/8/04.
Octathlon			
Ross Armogie	Herts Phoenix	3884pts	22-23/9/07

COLCHESTER GARRISON STADIUM RECORDS.

MALE FIELD.

High JUMP

J. Ohrland	Chelmsford A.C.	2.11	11/9/94. 26/8/96.

Long Jump

D. Cocks	Southend A.C.	7.20	20/5/90.

Triple Jump

J. Lewis	Verlea A.C.	14.72	28/8/96.

Pole Vault

M. Grant	Luton United AC	4.90	26/8/01.

Hammer

S. Bown	Newham & Essex B	68.42	19/8/07.

Discus

P. Mardle	Ipswich Harr.	56.72	14/6/89.

Shot

G. Beard	Belgrave Harr.	18.13	25/8/03.

Javelin

N. Beven	Belgrave Harr.	73.18	10/6/95.

RELAYS

4x100mts

Enfield & Harringey.	42.5	26/6/99.

4x400mts

Newham & Essex B.	3.22.3	3/7/96.

4x200mts

Ipswich Harriers.	1.32.2	28/8/85.

COLCHESTER GARRISON STADIUM RECORDS

FEMALE TRACK

100mts			
J.Evans	Basildon A.C.	11.4	19/5/90.
200mts			
V.Ellis	Basildon A.C.	24.4	20/5/90.
400mts			
K.Holmes	Army.	55.4	16/6/93.
800mts			
K.Holmes	Army.	2.06.1	16/6/93.
1,500mts			
K. Webb.	Ilford A.C.	4.29.6	19/5/84.
3,000mts			
J.Swallow	Brentwood.	9.59.9	22/7/98.
5,000mts			
L.Van Dyke	Essex Ladies.	17.08.6	20/5/90.
10,000mts			
None yet set.			
100mts Hurdles			
S.Gunnell	Essex Ladies.	14.0	19/5/84.
W. Jeal	Harringay	14.0	19/5/84.
400mts Hurdles			
G.Retchackan/Hodge	Thurrock Harr	59.1	20/5/90.
Mile			

Heptathlon

Heidi Nicholas	Basildon	3688pts	22-23/9/07.

COLCHESTER GARRISON STADIUM RECORDS

FEMALE FIELD

High Jump			
J.Jennings	West Suffolk AC	1.80	26/8/85.
J.Major	Basildon AC	1.80	20/5/90.
Long Jump			
S.Claxton	Colchester & Tendring	6.61	3/7/00.
Triple Jump			
J.Faulkner	Colchester & Tendring	12.37	31/8/93.
Pole Vault			
T. Bloomfield	Guildford AC	3.70	26/8/01.
Shot			
J. Duncan	Woodford Green with Essex Ladies.	15.35	25/8/03.
Discus			
S.Andrews	Essex Ladies.	53.50	19/5/90.
Hammer			
L.Spurles	Bor of Hounslow.	59.54	26/8/96.
Javelin			
T.Carless	Braintree & Dist AC	42.62	26/8/96.
(New Spec)			
K Amos	Thurrock Harriers	42.54	30/8/99.

RELAYS

4x100mts			
Horsham Blue Star		49.0	23/6/01.
4x400mts			
Colchester & Tendring A.C.		3.57.4	3/7/96-?
.			
4x200mts			
Avignon – France		1.36.03	4/6/76

COLCHESTER GARRISON STADIUM RECORDS

RACEWALKING

1 MILE

FEMALE

C.Duhig	Colchester Harriers	8.19.8	29/8/94

MALE

Dom King	Colchester Harriers	6.18.0	13/7/00

2.Km MONTHLY HANDYCAP

FEMALE

I.Bateman	Havering Maysbrook	11.18.0	15/5/03

MALE

Dom. King	Colchester Harriers	7.43.0	14/2/02

3,000Mts

FEMALE

I Bateman	Havering AC	13.55.7	26/5/84

MALE

R Mills	Ilford AC	12.37.7	19/5/84

5,000Mts

FEMALE

J.Barbour	South Australia	22.46.4	4/6/94

MALE

M.Dunion	Colchester & Tend.	24.04.9	31/8/87

1 HOUR.

FEMALE

C Duhig	Ryston Runners	10728m	26/8/91

MALE

S.Phillips	Ilford A.C.	12670m	28/8/89

COLCHESTER GARRISON STADIUM RECORDS

RACE WALKING

100KM

FEMALE

C.Bean	Steyning A.C.		14-15/9/85

MALE

E.Shillabeer	Plymouth A.C.	9.41.54	14-15/9/85

BRITISH RECORD

12 HOURS

FEMALE

C.Bean	Steyning A.C.		14-15/9/85

MALE

R.Dobson	Ilford A.C.	118,752 mts	14-15/9/85

BRITISH RECORD

11 HOURS

MALE

R.Dobson	Ilford A.C.	109,357 mts	14-15/9/85

BRITISH RECORD

13 HOURS

MALE

R.Dobson	Ilford A.C.	126,579 mts	14-15/9/85

BRITISH RECORD

24 HOURS

FEMALE

C.Bean	Steyning A.C.	161,922 mts 100 miles 1008 yards	14-15/9/85

MALE

P.Worth	Boro' of Enfield	186,742 mts 116 miles 61 yards.	14-15/9/85

Colchester best performance;

J.Hedgethorne (Col A.C.)		179,279 mts 111 miles 740 yards.	14-15/9/85

100 Miles

Female	C Bean	Steyning A C	23-49-05
Male	C Weston	Highgate Harriers	19-21-40
Best Colchester	John Hedgethorne		21-16-51

100 KM

John Hedgethorne 11-53-51

Cricket Ball Throw

Snr M	Steve King	31/12/99	29.06
Jnr M			
BU17	Dan Thompson	31/12/99	44.19
BU15			
BU13	Shane King	31/12/99	24.88
BU11	Kieran Dale	25/8/03	36.15
MV40			
MV45			
MV50	Trevor Cudmore	31/12/99	28.70
MV55			
MV60			
F			
Jnr W			
GUI7	Victoria Thompson	31/12/99	21.71
GU15			
GU13			
GU11	Stacey Wheat	30/8/99	19.92
FV35	Bridget King	31/12/99	20.19
FV40	Sue Thompson	31/12/99	18.47
FV45			
FV50			
FV55			