

# Poole Runners Track and Field Club Records

Men	Athlete	Performance	Date	Venue	Ladies	Athlete	Performance	Date	Venue
100m	Alex Rowberry	11.1	12/06/2005	Exeter	100m	Lauren Cooper	12.6	24/05/2014	Bournemouth
	Neil Chivers		07/06/2008	Southampton					
	Liam Fraser		26/07/2009	Portsmouth					
	Joe Astley		30/07/2011	Sutton Valence					
200m	Joe Astley	22.4	15/05/2011	Bournemouth	200m	Lauren Cooper	26.1	25/05/2014	Bournemouth
400m	Joe Astley	49.1	01/05/2010	Hemel Hempstead	400m	Lizzie Harris	60.16	15/07/2012	Exeter
			03/04/2011	Bournemouth					
800m	Paul Green	1.54.23	29/05/2012	Exeter	800m	Verity Ockenden	2.08.28	19/07/2014	Oxford
1500m	Jack Partridge	3.53.70	30/05/2012	Watford	1500m	Verity Ockenden	4.19.95	30/05/2015	Austin TX, USA
Mile	Daniel Mulryan	4.19.98	07/09/2017	Poole	Mile	Verity Ockenden	4.46.74i	30/01/2015	Seattle WA, USA
3000m	Williard Chinhanhu	8.32.82	05/05/2008	Street	3000m	Verity Ockenden	9.49.42i	17/02/2015	Birmingham, AL
5000m	Williard Chinhanhu	14.55.0	05/08/2007	Exeter	5000m	Serena O'Connor	17.32.4	14/05/2016	Bournemouth
10000m	Mike Grist	32.34.8	15/05/2005	Bournemouth	10000m	Christine Thomas	38:05.4	18/08/2004	Poole
110mH 106.7cm	Alex Rowberry	15.2	13/05/2006	Bournemouth	100mH 83.8cm	Maria Seager	16.7	12/05/2007	Bournemouth
400mH 91cm	Charlie Rowberry	55.7	26/06/2010	Woking	400mH 76cm	Holly Aldridge	66.57	03/08/2014	Hendon
3000m SC	Jack Partridge	8.52.79	07/05/2012	Olympic Stadium	2000m SC	Lita Short	8.03.6	19/08/2017	Guildford
3000m Walk	Keith Long	16.27.03	1999	Bournemouth					
Long Jump	Jonathan Boyle	6.66	27/08/2006	Eton	Long Jump	Maria Seager	4.98	16/09/2007	Exeter
Triple Jump	Jonathan Boyle	13.55	11/06/2005	Bournemouth	Triple Jump	Maria Seager	11.03	09/06/2007	Bournemouth
High Jump	Joe Astley	1.95	26/04/2009	Portsmouth	High Jump	Polly Holmes	1.55	22/07/2007	Bournemouth
			04/06/2011	Yeovil					
Pole Vault	Iain Kitching	3.7	17/06/2006	Exeter	Pole Vault	Maria Seager	3.8	21/06/2008	Bedford
			05/08/2007	Exeter					
			31/07/2010	Bournemouth					
Shot 7.26k	Nicolas Phillips	12.45	21/04/2012	Swindon	Shot 4k	Micquella Livermore	10.14	21/05/2011	Woking
Javelin 800g	Nicolas Phillips	51.3	18/09/2005	Southampton	Javelin 600g	Micquella Livermore	31.85	21/05/2011	Woking
Discus 2k	Nicolas Phillips	34.38	21/04/2012	Swindon	Discus 1k	Emma Phillips	26.62	06/07/2008	Braunton
Hammer 7.26k	Nicolas Phillips	35.84	21/04/2012	Swindon	Hammer 4k	Liana Sima	37.02	13/09/2015	Bournemouth
Decathlon	Nicolas Phillips	5428	25/09/2005	Exeter	Heptathlon	Maria Seager	3514	16/09/2007	Exeter
4 x 100m	Jack Newland/Liam	45.6	31/07/2010	Bournemouth	4 x 100m	Jordan Arnold/Lauren	53.4	22/07/2012	Aldershot
	Fraser/Jon Boyle/Neil Chivers					Cooper/Sarah Hewett/Antonia Hancock			

4 x 400m	Joe Astley/Paul Green/ Charlie Rowberry/ Gavin Newbury	3.27.4	07/05/2011	Bexley	4 x 400m	Becky Griffiths/ Nicole Bissett/ Verity Ockenden/ Lizzie Harris	4.26.6	24/04/2010	Horspath
----------	--	--------	------------	--------	----------	---	--------	------------	----------

Under 20 Men	Athlete	Performance	Date	Venue
100m	Alex Rowberry	11.1	12/06/2005	Exeter
	Neil Chivers		07/06/2008	Southampton
	Liam Fraser		26/07/2009	Portsmouth
200m	Joe Astley	22.7	02/08/2008	Andover
400m	Jonathan Boyle	49.36	16/09/2006	Derby
800m	Andrew Smith	1.55.43	24/08/2016	Watford
1500m	Jack Partridge	3.53.70	30/05/2012	Watford
Mile	Andrew Smith	4.25	27/08/2015	Poole
			01/09/2016	
3000m	Ben Wilson	8.47.11	26/06/2013	Watford
5000m	Sean Hogan	15.41.9	13/05/2006	Bournemouth
10000m	Daniel Mulryan	33.08.0	31/07/2015	Poole
110mH 91.1cm	Alex Rowberry	15.09	28/08/2005	Abingdon
400mH 91cm	Charlie Rowberry	56	11/07/2009	Southampton
2000m SC	Jack Partridge	5.56.1	15/05/2011	Bournemouth
Long Jump	Jonathan Boyle	6.66	27/08/2006	Eton
Triple Jump	Jonathan Boyle	13.55	11/06/2005	Bournemouth
High Jump	Joe Astley	1.95	26/04/2009	Portsmouth
Pole Vault	Iain Kitching	3.7	17/06/2006	Exeter
			05/08/2007	Exeter
Shot 6k	Nicolas Phillips	13.95	17/06/2006	Exeter
Javelin 800g	Nicolas Phillips	51.3	18/09/2005	Southampton
Discus 1.75k	Nicolas Phillips	34.93	27/08/2006	Eton
Hammer 6k	Iain Kitching	33.99	01/07/2007	Yeovil
Decathlon Junior	Jonathan Boyle	6199	17/09/2006	Derby

Under 20 Ladies	Athlete	Performance	Date	Venue
100m	Lizzie Harris	13.3	30/06/2013	Bournemouth
200m	Lizzie Harris	27.4	30/06/2013	Bournemouth
400m	Lizzie Harris	60.16	15/07/2012	Exeter
800m	Verity Ockenden	2.19.3	09/05/2010	Bournemouth
1500m	Verity Ockenden	4.48.0	08/05/2010	Bournemouth
Mile	Verity Ockenden	5.13.6	02/07/2009	Poole
3000m	Verity Ockenden	10.34.78 i	11/12/2010	Cardiff
5000m	Serena O'Connor	17.32.4	14/05/2016	Bournemouth
10000m	Abigail Jones	38.09.87	06/05/2012	Olympic Park
100mH 83.8cm	Maria Seager	16.7	12/05/2007	Bournemouth
400mH 76cm	Holly Aldridge	66.57	03/08/2014	Hendon
Long Jump	Maria Seager	4.98	16/09/2007	Exeter
Triple Jump	Maria Seager	11.03	09/06/2007	Bournemouth
High Jump	Maria Seager	1.46	18/08/2007	Bournemouth
Pole Vault	Maria Seager	3.8	21/06/2008	Bedford
Shot 4k	Hannah McErlane	8.18	08/06/2014	Bournemouth
Javelin 600g	Emma Partridge	29.04	04/09/2010	Bournemouth
Discus 1k	Liana Sims	22.63	21/04/2012	Swindon
Hammer 4k	Emma Phillips	34.69	26/07/2009	Portsmouth
Heptathlon	Maria Seager	3514	16/09/2007	Exeter

Under 17 Men	Athlete	Performance	Date	Venue
100m	Neil Chivers	11.2	12/05/2007	Bournemouth
200m	Neil Chivers	23.4	22/07/2007	Bournemouth
400m	Nicolas Phillips	52.2	2003	
800m	Paul Green	1.58.70	25/05/2008	Ashford
1500m	Andrew Smith	4.10.28	06/05/2013	Street
Mile	Andrew Smith	4.33	01/08/2013	Poole
	Dominic Willmore		27/08/2015	Poole
3000m	Ceri Rees	08:36.6	08/07/1989	Wigan
5000m	Dominic Willmore	16.25.6	15/08/2015	Bournemouth
100mH 91.4cm	Nicolas Phillips	14.1	2004	
400mH 84cm	Nicolas Phillips	56.5	2004	
1500m SC	Jack Partridge	4.20.76	08/08/2009	Bedford
2000m SC	Jack Partridge	6.28.2	03/08/2008	Exeter
Long Jump	Nicolas Phillips	6.32	2004	
Triple Jump	Gavin Newbury	12.87	19/06/2010	Exeter
High Jump	Nicolas Phillips	1.77	2004	
Pole Vault	Denzil Guy	3.35	17/06/2012	Portsmouth
Shot 5k	Nicolas Phillips	13.8	2004	
Javelin 700g	Denzil Guy	50.26	16/06/2012	Poole
Discus 1.5k	Dan Shannon	38.9	18/06/2011	Exeter
Hammer 5k	Sam Leighton	34.9	12/06/2010	Bournemouth
Octathlon	Nicolas Phillips	4731	2004	
4 x 100m	Liam Fraser/David Hoyland/Neil Chivers/Torsten Chandler	47.4	2006	
4 x 400m	Nicolas Phillips/Jonathan Boyle/Matthew Clarke/Aaron Davies	03:39.4	2004	

Under 17 Ladies	Athlete	Performance	Date	Venue
100m	Lauren Cooper	12.7	24/05/2014	Bournemouth
200m	Lauren Cooper	26.1	25/05/2014	Bournemouth
300m	Lauren Cooper	42.1	01/06/2014	Woking
400m	Lizzie Harris	61.4	03/09/2011	Canterbury
800m	Nicole Bissett	2.18.6	03/08/2008	Exeter
1500m	Louise Damen	4.41.9	1999	
Mile	Serena O'Connor	5.29	14/08/2014	Poole
3000m	Serena O'Connor	10.12.9	13/06/2015	Bournemouth
80mH 76.2cm	Maria Seager	12.86	28/05/2006	Street
300mH	Maria Seager	50.5	09/04/2006	Bournemouth
400mH 76cm	Holly Aldridge	71.1	19/05/2012	Poole
1500m SC	Lita Short	5.45.2	08/07/2017	Salisbury
2000m SC	Lita Short	8.03.6	19/08/2017	Guildford
3000m Walk	Nikki Selby	23.39.9	2003	
Long Jump	Laura Hopkin	4.89	2005	
Triple Jump	Maria Seager	10.34	13/08/2006	Portsmouth
High Jump	Polly Holmes	1.55	22/07/2007	Bournemouth
Pole Vault	Maria Seager	3.15 i	17/12/2006	Bath
Shot 4k	Micquella Livermore	10.14	21/05/2011	Woking
Javelin 600g	Micquella Livermore	31.85	21/05/2011	Woking
Discus 1k	Emma Phillips	26.62	06/07/2008	Braunton
Hammer 4k	Emma Phillips	36.52	27/07/2008	Bournemouth
Heptathlon Junior	Micquella Livermore	3558	26/06/2011	Exeter
4 x 100m	Laura Hopkin/Stephanie NewburyKatie Morris/Louise Green	55	2005	
4 x 400m	Charlotte Ingham/Lauren Webb/Pheobe Young/Katie Hooper	4.41.3	2005	

Under 15 Boys	Athlete	Performance	Date	Venue
100m	Neil Chivers	12.1	17/07/2005	Milton Keynes
200m	Gavin Newbury	24.4	13/06/2009	Bournemouth
400m	Nicolas Phillips	53.9	2002	
800m	Nicolas Phillips	02:06.8	12/05/2002	Bournemouth
1500m	Andrew Smith	4.12.88	01/07/2011	Gateshead
Mile	Andrew Smith	4.43	01/09/2011	Poole
3000m	Andrew Smith	9.18.86	26/07/2011	Exeter
80mH 83.8cm	Harry Jackson	12.21	15/09/2012	Bedford
3000m Walk	James McGeehan	20.44.7	24/05/2014	Bournemouth
Long Jump	Nicolas Phillips	5.45	2002	
Triple Jump	Gavin Newbury	12.19	10/07/2009	Sheffield
High Jump	Harry Jackson	1.62	22/07/2012	Aldershot
Pole Vault	Andrew Lees	2.85	22/06/2008	Guildford
Shot 4k	Nicolas Phillips	13.64	2002	
Javelin 600g	Nicolas Phillips	39.46	2002	
Discus 1.25k	Dan Shannon	31.01	12/07/2009	Poole
Hammer 4k	Shane Munford	30.08	2005	
Pentathlon	Nicolas Phillips	2769	2002	
4 x 100m	Jason Hoyland/Jonathan Boyle/Mitchell Sykes/Nicolas Phillips	50.8	2002	
4 x 400m	Paul Roots/Leif Chandler/Paul Green/Peter Budden	4.00.2	2006	

Under 13 Boys	Athlete	Performance	Date	Venue
100m	Nicolas Phillips	12.9	2000	
200m	Nicolas Phillips	26.8	2000	
600m	Nicolas Phillips	01:42.5	2000	
800m	Tom East	2.18.71	06/09/2009	Yeovil
1500m	Jack Partridge	4.49.35	24/07/2005	Kingston
Mile	Tom East	5.13	02/07/2009	Poole
	Dominic Willmore		01/08/2013	Poole

Under 15 Girls	Athlete	Performance	Date	Venue
100m	Lauren Cooper	12.9	11/08/2012	Wrexham
200m	Lauren Cooper	26.28	15/06/2013	Exeter
300m	Lauren Cooper	43.4	08/09/2013	Bournemouth
800m	Lizzie Harris	2.22.3	20/06/2009	Exeter
1500m	Fern Kimber	4.57.2	14/06/2017	Street
Mile	Fern Kimber	5.26	07/09/2017	Poole
3000m	Fern Kimber	10.58.6	02/04/2017	Bournemouth
75mH 76.2cm	Alice Moore	12.1	14/06/2008	Bournemouth
2500m Walk	Phillipa Selby	23.56.8	2003	
Long Jump	Lauryn Cunningham	4.67	2002	
High Jump	Lauryn Cunningham	1.52	2003	
Pole Vault	Bethan Morris	1.6	2007	
Shot 3.25k	Micquella Livermore	9.87	26/06/2010	Street
Javelin 600g	Micquella Livermore	26.3	04/07/2010	Andover
Discus 1k	Isla Marsh	25.88	14/06/2008	Bournemouth
Hammer 3k	Emma Phillips	33.6	09/08/2006	Poole
Pentathlon	Micquella Livermore	2362	26/06/2010	Street
4 x 100m	Jordan Arnold/Lauren Cooper/Sarah Hewett/Antonia Hancock	53.4	22/07/2012	Aldershot

Under 13 Girls	Athlete	Performance	Date	Venue
75m	Emma Hayward	10.2	05/06/2005	Bournemouth
100m	Lauren Cooper	13.2	11/09/2011	Bournemouth
150m	Lauren Cooper	20.5	05/06/2011	Bournemouth
200m	Lauren Cooper	27.4	24/07/2011	Guildford
600m	Natalie Real	1.53.8	2000	
	Nicole Bissett		2005	
800m	Bess Bickel	2.34.22	31/07/2012	Exeter

3000m	Daniel Cheney	10:42.7	1999		1200m	Bess Bickel	4.07.1	20/05/2012	Guildford
75mH 76.2cm	Daniel Meaker	13.3	1999		1500m	Bess Bickel	5.09.03	26/06/2012	Exeter
	Kieran Phillips		2009						
Hammer 3k	Nathaniel Willmore	12.72	24/05/2014	Bournemouth	Mile	Alex Phillips	5.54	01/07/2010	Poole
Pole Vault	Sam Harris	1.8	11/05/2008	Bournemouth	70mH 68.6cm	Hester Griffin	11.7	04/07/2010	Andover
						Issariya Harrison		06/07/14	Salisbury
Long Jump	David Johnston	4.54	2001		Long Jump	Lauryn Cunningham	4.31	2001	
	Paul Green		2004						
High Jump	Mark Bourner	1.37	2000		High Jump	Tamsin Strawn	1.36	27/09/2009	Exeter
Shot 3.25k	Nicolas Phillips	11.4	2001		Shot 2.72K	Sophie Rogers	8.21	18/07/2010	Hendon
Javelin 400g	Denzil Guy	32.67	15/06/2008	Bournemouth	Javelin 400g	Sophie Rogers	21.65	04/07/2010	Andover
Discus 1k	Connor Ozane	17.75	2005		Discus 750g	Charlotte Phillips	18.38	23/08/2008	Bournemouth
Pentathlon	Nicolas Phillips	1588	2000		Pentathlon	Sarah Meaker	1845	2001	
4 x 100m	Mark Bourner/Tom Turner/David Johnston/Nicolas Phillips	56.8	2000		4 x 100m	Antonio Hancock/Sophie Rogers/Lauren Cooper/Hester Griffin	56.9	13/06/2010	Bournemouth

Under 11 Boys					Under 11 Girls				
	Athlete	Performance	Date	Venue		Athlete	Performance	Date	Venue
60m	Thomas Turner	9.2	1999		60m	Denise Cracknell	9.9	1998	
						Rebecca Newbury		2002	
						Catriona Moore		2002	
75m	Gavin Newbury	11.3	2005		75m	Lauren Cooper	11.5	12/07/2009	Poole
	David Bratchford		2009			Florence O'Donovan		14/04/2013	Salisbury
80m	Joe Astley	11.5	2000		80m	Anna Turner	12.7	2001	
						Catriona Moore		2002	
100m	David Johnston	14.7	1999		100m	Sarah Meaker	15.1	1999	
150m	Charlie Grindley	22.1	2006		150m	Heidi Burton	24.3	1999	
600m	Ryan Symington	1.51.10	07/07/2013	Swindon	600m	Heidi Burton	02:01.3	1999	
800m	Joe Astley	2.37.9	1999		800m	Natalie Real	02:54.8	1998	
70mH 55cm	Joe Astley	12.1	2000		70mH 55cm	Sarah Meaker	13	2001	
Long Jump	Bradley Jarrard	4.08	2000		Long Jump	Sarah Meaker	3.7	1999	
High Jump	Joe Astley	1.23	2000		High Jump	Sarah Meaker	1.23	1999	
Shot 3.25k	Jonathan Boyle	6	1999		Shot 2.72k	Alice Lockwood	4.97	1998	

If you have a club record that is not listed, or you know of a club record that is not listed, please contact James at [share.j@hotmail.co.uk](mailto:share.j@hotmail.co.uk).

Last updated 26/11/2017