

NEW RECORDS –
PLEASE NOTE MASTERS/VETS NOW HAVE THEIR OWN RECORD
TABLES

EPSOM AND EWELL HARRIERS
CLUB RECORDS – MEN
(as at 31 October 2024)

60 METRES	Club Record:	7.00i	Raphael Grant	Lee Vsley	01.02.25
	U20 Men	7.00i	Raphael Grant	Lee Valley	01.02.25
	U17 Men	7.19i	Mark Barella	Carshalton	12.03.06
	U15 Boys	7.64i	Yohan Grant	Sheffield	08.02.25
	U13 Boys	8.26i	Jack Knight	Carshalton	28.02.09
75 METRES	Club Record:	10.20	Jacob Morrison	Kingston	03.05.25
	U20 Men:				
	U17 Men:				
	U15 Boys:				
	U13 Boys:	10.20	Jacob Morrison	Kingston	03.05.25
		10.10w		Guildford	01.06.25
80 METRES	Club Record:				
	U20 Men:				
	U17 Men:				
	U15 Boys:				
	U13 Boys:				
100 METRES	Club Record:	10.4	Jim Evans	London (CP)	24.07.82
	U20 Men:	10.7	Louis Burgess	Basildon	13.07.02
		10.79	Raph Grant	Kingston	10.05.25
	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
150 METRES	Club Record:	17.92	Spencer Gall	Crawley	07.04.19
	U20 Men:	17.92	Spencer Gall	Crawley	07.04.19
	U17 Men:				
	U15 Boys:	18.93	Josh Clinton	Portsmouth	26.03.22
	U13 Boys:	20.02	Jacob Morrison	Walton	29.06.25
200 METRES	Club Record:	21.1	Jim Evans	Aldershot	11.07.82
	U20 Men:	21.97	Raphael Grant	Eton	09.06.24
	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
300 METRES	Club Record:	35.58	Will Panes	Lee Valley	08.03.25

	U20 Men:	35.58	Will Panes	Lee Valley	08.03.25
	U17 Men:	38.33	Euan Workman	Eton	03.03.24
	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
600 METRES	Club Record:				
	U20 Men:				
	U17 Men:				
	U15 Boys:				
	U13 Boys:				
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
1200 METRES	Club Record:	4:00.50	Alfie Thorpe	Kingston	03.05.25
	U20 Men:				
	U17 Men:				
	U15 Boys:				
	U13 Boys:	3:56.10	Alfie Thorpe	Walton	29.06.25
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
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
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
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

5K RR/PR	Club Record:	15:45	David Lipscomb	Battersea	15.09.23
	U20 Men:				
	U17 Men:				
	U15 Boys:				
	U13 Boys:				
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
10KM ROAD	Club Record:	29:39	John Wilson	Boston, USA	10.04.83
10 MILE RR	Club Record:	56:27	Steve Winder	Epsom	26.09.04
HALF MARATHON	Club Record:	75:14	Steve Winder	Bath	16.03.25
	U20 Men				
20 MILE RR	Club Record:	1:56:35	Steve Winder	Kingston	19.03.23
MARATHON	Club Record:	2:35:25	John Cock	Milton Keynes	08.07.78
	U20 Men				
60m HURDLES: (3' 6'') 1.07m	Club Record:	8.70i	James Parker	Eton	7.01.07
(3' 3'') 0.99m	U20 Men:	8.10i	Marco Djurovic	Lee Valley	15.01.11
(3' 0'') 0.91m	U17 Men:	8.59i	Max Leon	Carshalton	10.03.24
(2' 9'') 0.84m	U15 Boys:	8.68i	Jacob Paul	Glasgow	5.12.09
(2' 6'') 0.76m	U13 Boys:				
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'') 1.07m	Club Record:	14.26	Phil Barthropp	Aardal, Nor	19.08.81
	U20 Men:	15.03	Marco Djurovic	Yate	06.09.09
110m HURDLES (99cm)	U20 Men:	14.43	Marco Djurovic	Loughborough	22.05.11
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

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
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
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
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
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
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
TRIPLE JUMP	Club Record:	14.76	Bob Chappell	Cambridge	06.05.70
	U20 Men:	14.29	Teyi Thomas	Sheffield	08.02.25
	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
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:	8.82	Jacob Morrison	Kingston	03.05.25
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
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
JAVELIN	Club Record:	59.84	Jeroen Westmeijer	Crawley	30.08.97
	U20 Men:	53.62	Bill Fuller (Jnr)	London (TB)	34.06.95
New 700g Spec (04/25)	U17 Men:	37.58	Callum Dallaway	London (CP)	08.06.25
	U17 Men:	54.78	Alex Cobb	Kingsmeadow	11.06.05
	U15 Boys:	37.68	Jack Young	Milton Keynes	23.07.06
	U13 Boys:	38.35	Jacob Morrison	Kingston	20.07.25
INDOOR PENTATHLON (Sprint hurdles, HJ, SP, LJ, 1000m)	Club Record:				
	U20 Men:				
	U17 Men:				
	U15 Boys:	2619i	Samuel Tsolo	Sheffield	1./03.24
	U13 Boys:				
INDOOR HEPTATHLON (60mH, 60m, SP, HJ, PV, LJ, 1000m)	Club Record:	2958	Marcus Levett	Lee Valley	18.12.16
	U20 Men:	2958	Marcus Levett	Lee Valley	18.12.16
	U17 Men:				
PENTATHLON (Sprint hurdles, HJ, SP, LJ, 800m/1500m)	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
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

4x100m RELAY	Club Record:	41.6	Seniors	Enfield	05.06.82
	U20 Men:	43.2	U20 Men	London (CP)	01.07.79
		43.24	(Kia'A Tizard-Varcoe, Joshua Clinton, Danny Trowell, Raphael Grant)	Carshalton	15.09.24
	U17 Men:	44.13	Danny Trowell Raph Grant Max Leon Joshua Clinton	Carshalton	03.09.23
	U15 Boys:	46.19	(Zac Elston, Yohan Grant, Leo Shaw, Tom Wilson)	Carshalton	07.09.25
	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:	3:48.7	Seniors	Kingston	22.06.25
			(StJohn Whindus, Zara Girling, Estée 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