

Bicester AC Men's Age Best Records as at 11//11/2019

<b>Event</b>	<b>Under 11years</b>	<b>Under 13years</b>	<b>Under 15years</b>	<b>Under 17years</b>	<b>Under 20years</b>
75m	10.70 secs Joshua Parker 2016				
80m	11.8 secs Jackson.Curtis 2003	11.0secs 2002 Matthew. Gardner			
100m	14.6 secs Jordan Holder 1993	13.3 secs Henry. Owen 2004 James. Wright 2005 Thomas.Bosher 2009	11.8 secs David.Aslett 2007	11.5 secs James.Wright 2009 Edward.Burgess 2012	12.0secs Jason Smith 1995
150m	22.3 secs Henry.Owen 2002				
200m	32.4 secs Freddie.Curtis 2005	27.3 secs Danny Clack 1996 Henry.Owen 2004 Thomas.Bosher 2009	24.4 secs James.Wright 2007	23.5 secs Sam.Houlihan 2005	24.8 secs Jason Smith 1994
300m			39.9 secs Jamil Welham 2016		
400m	78.3 secs Adam Cliff 1996	63.9 secs Henry.Owen.2004	53.49 secs James.Wright 2007	52.7 secs James.Wright 2008	55.1 secs Ben Coker 1993
600m	1min 53.30 secs Jack Green 2019				
800m	2mins 43.3 secs Jordan Holder 1993	2mins 24.47secs Mark. Smith 2010	2mins 05.2 secs Mark Curson 1994	1min58.7 secs Mark Curson 1996	1min 54.84 secs Benjamin West 2018
1500m		5mins 02 1secs David Prickett 1995	4mins 24.4 secs Alex Flynn 1996	4mins 06.01secs secs Benjamin West 2017	3mins 57.78 secs Benjamin West 2018
1500m S/Ch				4mins 45.5 secs Alex Flynn 1998	
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3000m S/Ch					12mins 22.0 secs Ben Coker 1993
One Mile			5mins 15.3 secs Mark Curson 1993	4mins 46.3 secs Alex Flynn 1998	
3000m		11mins 08.7 secs Alex Flynn 1994	9mins 39.45 secs Max Nicholle 2017	9mins 20.24 secs Benjamin West 2017	8 mins 59.46 secs Benjamin West 2018
55m Hurdles	10.42secs Kyle Rayson 2018				
75m Hurdles		12.7 secs Edward.Burgess 2008			
80m Hurdles		13.95secs Jonah.Sweeney2009	11.5 secs Edward Burgess 2010		
100m Hurdles				13.27 secs Edward Burgess 2012	
110m Hurdles					18.9 secs Barry Tweddle 1996
400m Hurdles				63.08 secs Edward.Burgess 2011	62.6 secs Andrew Coker 1998
Long Jump	4.15m Jordan Holder 1993 Zack.Miller 2007	5.05m Jackson.Curtis 2005	6.04m James.Wright 2007	6.68m James.Wright 2009	6.97m James.Wright 2011
Triple Jump		8.59m Ieuan Robinson 2002	11.80m Connor Wilce 2013	14.26m James.Wright 2009	14.63m James.Wright 2011

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High Jump	1.10m Patrick Blencoe 1994	1.66m Thomas.Bosher 2009	1.76m Thomas.Bosher 2011	1.76m Stuart Haynes 1996	1.85m Stuart Haynes 1998
Pole Vault			2.50m Ian Day 1994	2.75 James.Minchin 2011	
Hammer			27.05m Jack Horwood 2007	29.36m Pete Collett 1995	25.86m Mark Lester 1995
Shot Putt		09.95m Thomas.Bosher 2009	10.88m Nathan.Hallam 2006	12.61m Jackson.Curtis 2009	10.13m Jason Smith 1996
Discus		26.40m Redford.Curtis 2009	28.22m C.McMillan 1996	36.06m Jackson.Curtis 2009	24.00m Jason Smith 1996
Javelin	34.73m Garry Croxton 1994	41.78m Freddie.Curtis 2007	55.07m Freddie.Curtis 2009	59.48m Jackson.Curtis 2009	44.52m S.Smith1995
Cricket Ball	47.18m Thomas.Bosher 2007				
Vortex Introduced 2010	42.10m Jack Green 2019				
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4x100m Relays	62.4 secs Rhys.Warriner Zack.Miller Redford.Curtis Cameron.Murray 2007	56.7 secs James.Wright Jackson.Curtis Jordan.Ayris Richard.Cadle 2005	50.21secs George.Williamson David.Aslett Jackson.Curtis James.Wright 2007	46.5 secs Jackson.Curtis James.Wright David.Aslett George.Williamson 2008	
4x400m Relays		4mins 55.7 secs Tom Brandon Ryan Byrne David Prickett J Dunford 1995	3mins 59.1 secs Jackson.Curtis Richard.Cadle David.Aslett James.Wright 2007	3mins 47.4 secs Mark Curson Stuart Haynes Chris Cook Paul Hodgins 1996	3mins 53.6 secs Ian Day Gary Hodgins Mark Curson Paul Hodgins 1996
4x300m Relays			3mins 13.20 secs Michael Cadle Luca Fabri Samuel Rayson Ben Groves 2019		
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