

Beds AAA Track & Field Championship Best Performances - 2021 (as at 2021-08-06) - MEN

EVENT	RECORD	NAME	CLUB	DATE	VENUE
100m					
U13 Boys	12.4	Deji Ogunnowo	Bedford & County AC	16 May 2004	Luton
U15 Boys	11.3	Deji Tobais	Bedford & County AC	14 May 2006	Luton
U17 Men	10.8	Deji Tobais	Unattached	11 May 2008	Bedford
U20 Men	Equal 10.6	Danny Joyce	Bedford & County AC	16 May 1993	Luton
	Equal 10.60	Raphael Bouju	Bedford & County AC	11 May 2019	Bedford
Snr. Men	Equal 10.6	Danny Joyce	Bedford & County AC	13 May 1995	Bedford
	Equal 10.6	Graham Beasley	Belgrave Harriers	11 May 2003	Bedford
200m					
U13 Boys	25.8	Deji Ogunnowo	Bedford & County AC	16 May 2004	Bedford
U15 Boys	22.8	Richard Ashby	Bedford & County AC	16 May 1981	Luton
U17 Men	Equal 22.0	Richard Ashby	Bedford & County AC	15 May 1982	Luton
	Equal 22.0	Deji Tobais	Unattached	11 May 2008	Bedford
U20 Men	21.68	Bradley Stone	Bedford & County AC	17 May 2015	Bedford
Snr. Men	21.28	Deji Tobais	WSEH AC	14 May 2017	Bedford
300m					
	* New Event May 2014				
U15 Boys *	37.3	Nathan Cox	Bedford & County AC	18 May 2014	Bedford
400m					
U13 Boys	66.2	R. Snell	Margaret Beaufort M S	19 May 1991	Luton
U15 Boys	53.0	James Crump	Vauxhall AC	11 May 1996	Luton
U17 Men	51.1	Dereece O'Callaghan	Shaftsbury Barnet Harriers	13 May 2012	Bedford
U20 Men	47.6	Nigel Levine	Bedford & County AC	13 May 2007	Sandy
Snr. Men	48.4	Postal Nelson	Luton United AC	18 May 1985	Luton
800m					
U13 Boys	02:18.2	Jamal Lewis	Luton AC	9 May 2010	Bedford
U15 Boys	02:05.5	Derek Smith	Luton United AC	18 May 1986	Luton
U17 Men	01:58.3	Gareth Suffling	Luton United AC	10 May 1998	Luton
U20 Men	01:54.2	B. Potter	Oxford AC	1965	Bedford
Snr. Men	01:51.4	Neil Beasley	Luton United AC	10 May 1998	Luton
1500m					
U13 Boys	04:44.7	Martin Barton	Luton United AC	21 May 1989	Bedford
U15 Boys	04:18.3	Paul Halsey	Luton United AC	16 May 1981	Luton
U17 Men	04:01.5	N. Hooks		7 June 1969	Bedford
U20 Men	04:00.8	Luke Beevor	Vauxhall AC	12 May 2002	Luton
Snr. Men	03:48.0	Tony Simmons	Luton United AC	18 May 1974	Luton
3000m					
U13 Boys	10:50.0	Dan Parry	Parkfields Middle School	21 May 1989	Bedford
U15 Boys	09:46.6	Richard Reavley	Hastingsbury Upper School	16 May 1993	Luton
U17 Men	09:06.0	Ryan Parker	Bedford & Councy AC	14 May 2006	Luton
U20 Men	08:44.2	Luke Beevor	Vauxhall AC	12 May 2002	Luton
Snr. Men	09:10.0	Simon Coombes	Herne Hill Harriers	13 May 2007	Sandy
5000m					
U17 Men	17:55.3	Power	Bedford Modern School	15 May 1988	Luton
U20 Men	16:44.2	Steve Parker	Luton United AC	16 May 1993	Luton
Snr. Men	14:30.0	Tony Simmons	Luton United AC	5 June 1971	Bedford
10000m					
Snr. Men	31:38.0	Tony Simmons	Luton United AC	5 June 1971	Bedford
1500m S/C					
U17 Men	04:39.9	Shane Jay	Luton United AC	15 May 1994	Bedford
2000m S/C					
U20 Men	06:23.3	Shane Jay	Luton United AC	13 May 1995	Bedford
3000m S/C					
Snr. Men	09:28.7	Paul Farmer	Vauxhall AC	9 May 1999	Bedford

75m HURDLES						
U13 Boys		12.26	Stephen Simmons	Bedford & County AC	17 May 2015	Bedford
80m HURDLES						
U13 Boys		14.3	Chris Hargrave	Bedford & County AC		
U15 Boys		11.61	Stephen Simmons	Bedford & County AC	14 May 2017	Bedford
100m HURDLES						
U17 Men		13.5	Shaquille Thomas	Luton United AC	13 May 2012	Bedford
110m HURDLES						
U20 Men		14.2	Euan Dickson-Earle	Biggleswade AC	18 May 2014	Bedford
Snr. Men		15.3	Gary Smith	Luton United AC	11 May 2003	Bedford
400m HURDLES						
U15 Boys		70.8	Richard Reavley	Bedford & County AC	17 May 1992	Bedford
U17 Men		57.1	Robert Lewis	Bedford & County AC	14 May 1995	Bedford
U20 Men		55.72	Paul Crossley	Luton United AC	11 May 1997	Bedford
Snr. Men		53.6	Mark Whitby	Luton United AC	21 May 1983	Luton
LONG JUMP						
U13 Boys		5m 20	Tunde Adewale	Bedford & County AC	9 May 2010	Bedford
U15 Boys		6m 22	Darrell Aldridge	Bedford & County AC	11 May 1997	Bedford
U17 Men		6m 95	Darrell Aldridge	Bedford & County AC	9 May 1999	Bedford
U20 Men		7m 01	David Hughes	Luton AC	16 May 2004	Luton
Snr. Men		7m 30	Michael Puplambu	Newham & Essex Beagles AC	17 May 2015	Bedford
HIGH JUMP						
U13 Boys		1m 49	Stephen Carter	Holywell Middle School	14 May 2006	Luton
U15 Boys		1m 75	Ian Gidley	Luton United AC	18 May 1985	Luton
U17 Men		2m 00	Lee Johnson	Bedford & County AC	18 May 2014	Bedford
U20 Men		2m 04	Scott Johnson	Bedford & County AC	11 May 2008	Bedford
Snr. Men		2m 10	Scott Johnson	Bedford & County AC	18 May 2014	Bedford
TRIPLE JUMP						
U13 Boys		10m 52	William Fleckney	Bedford & County AC	10 May 1998	Luton
U15 Boys		12m 50	Leroy Knowles	Bedford & County AC	17 May 1992	Bedford
U17 Men		13m 60	Steve Ashdown	Luton United AC	19 May 1973	Peterborough
U20 Men		14m 70	R. Slaughter	Bedford Modern School	30 May 1959	Luton
Snr. Men		14m 48	Steve Ashdown	Luton United AC	15 May 1976	Luton
POLE VAULT						
U13 Boys		2m 50	Frankie Johnson	Bedford & County AC	13 May 2012	Bedford
U15 Boys		3m 00	Jake Devereux	Bedford & County AC	10 May 2009	Luton
U17 Men		4m 31	Frankie Johnson	Bedford & County AC	15 May 2016	Luton
U20 Men		4m 90	Frankie Johnson	Bedford & County AC	11 May 2019	Bedford
Snr. Men	Equal	4m 95	Mark Grant	Thames Valley Harriers	11 May 1997	Bedford
	Equal	4m 95	Mark Grant	Puma TVH	14 May 2000	Luton
SHOT PUTT						
U13 Boys		9m 92	Oliver Sage	Robert Bloomfield Middle School	16 May 2005	Bedford
U15 Boys		12m 86	Ben Clements	Bedford & County AC	18 May 2014	Bedford
U17 Men (10lb)		16m 05	R. Boyd	Bedford Modern School	1964	Luton
U17 Men (5Kg)		14m 30	Jordan Ackuaku	Bedford & County AC	11 May 2019	Bedford
U20 Men		14m 55	R. Boyd	Bedford Modern School	1965	Bedford
Snr. Men		17m 34	Steve Whyte	Luton United AC	19 May 1991	Luton
DISCUS THROW						
U13 Boys		25m 42	M. Parry	Bedford Modern School	17 May 1992	Bedford
U15 Boys		36m 80	Zack Grinsted	Luton Athletic Club	11 May 2019	Bedford
U17 Men		42m 92	Zack Grinsted	Luton Athletic Club	31 July 2021	Watford
U20 Men		45m 96	R. Stapleton	Bedford & County AC	16 May 1981	Luton
Snr. Men		48m 39	Steve Whyte	Puma TVH	8 May 1999	Bedford

