

CATS CLUB RECORDS

It is now 10 years since Bob started researching the club records which were in a poor old state by looking through old copies of the Essex County Standard at the library & also looking at British Athletics ranking list books going back to 1959.

I have then updated annually.

This is the latest update **11/03/2024** I am putting this on the website now. but there is still from time-to-time old records that come to light Thanks to Roger Breese, Simon Bryant & Kate Odell (Sketchley) for previous work & Help. Last year 2023 Bob received old papers from Julia Butcher, daughter of the Late Ted Butcher which has highlighted some more records that have now been included also from Andrew Bright We will probably never have a complete list due to older records being lost. But If you think you have a claim to a club record contact Bob at bobkimber141@btinternet.com

Where a Younger age group Time/Distance is better than an older one it becomes the De-facto record for the higher group & Is highlighted in **RED**

WE already have 3 Club records set in 2024 are highlighted in GREEN.

60 Metres Male					60 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Esirhueme Alegeh	28/1/2024	Lea Valley	8.83	U/13	Bethany Ibbotson	12/12/09	Lea Valley	8.4
U/15	Akin Akinboh	6/2/2016	Lea Valley	7.52	U/15	Joy Ogunleye	28/2/15	Sheffield	7.70
U/17	Simon Bryant	23/2/92	Birmingham	7.14	U/17	Sarah Claxton	1996	?	7.63
U/20	Simon Bryant	13/92/94	Birmingham	7.00	U/20	Angel Wright	02/03/24	Lea Valley	8.20
Snr	Jerome Fronton	2012	Lea Valley	7.42	Snr	Kate Sketchley	19/3/93	Bedford	7.9

100 Metres Male					100 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Joshua Famujuro	26/6	Dagenham	12.28	U/13	Sarah Claxton	31/8/92	Ipswich	12.4
U/15	Simon Bryant	8/6/90	Basildon	11.4	U/15	Sarah Claxton	08/07/94	Telford	11.9
U/17	Simon Bryant	31/8/92	Ipswich	11.1	U/17	Sarah Claxton	28/4/96	Wimbledon	11.7
U/20	Douglas Elam-Ogbodo	6/6/09	Southampton	11.2	U/20	Angle Joseph	14/7/13	Ipswich	12.8
	Emanuel Ogunleye	11/5/17	Bury St Eds	11.2					
Snr	Simon Bryant	2/5/93	Colchester	10.7	Snr	Kate Sketchley	2/5/93	Colchester	12.3
						Sarah Claxton	18/4/99	Bury St Eds	12.3

150 Metres Female				

Age	Name	Date	Venue	Time
U/13	Bethany Ibbotson	2012/09	Lea Valley	20.47
U/17	Lisa Allen	14/3/94	Dagenham	19.3
Snr	Lisa Allen	23/3/97	Dagenham	18.7

200 Metres Male					200 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Sam Shippey	03/07/16	Ipswich	25.6	U/13	Kimberley Shreeve	1988	?	26.6
U/15	Simon Bryant	14/7/90	Derby	23.0	U/15	Joy Ogunleye	11/7/2015	Gateshead	25.03 w
U/17	Simon Bryant	26/6/92	Kings Lynn	22.3	U/17	Joy Ogunleye	14/5 /2017	Chelmsford	24.96
U/20	R Smith	2001	?	22.6	U/20	Angle Joseph	14/7/2013	Ipswich	26.4
Snr	Simon Bryant Simon Ciarvella	1991	Dagenham ?	22.0 22.0	Snr	Nikki Smith Jo Nicklin	31/8/92 1983	Ipswich ?	25.4 25.4

300 Metres Male					300 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	James Ford	?	?	48.5	U/13	Amanda Pisani	?	?	47.8
U/15	Sam Shippey	09/06/18	Chelmsford	37.05	U/15	Joy Ogunleye	9/8	Cambridge	42.3
U/17	Simon Bryant	17/3/91	Havering	37.0	U/17	Ami Fosker	3/8/13	Chelmsford	41.8
Snr	Simon Bryant	14/3/94	Dagenham	35.1	Snr	Denise Morley	?	?	41.4

400 Metres Male					400 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Simon Bryant	Aug 88	Colchester	60.5	U/13	N/A			
U/15	Robert Smith	?	?	52.8	U/15	Naomi Sandercock	13/08/23	Newham	62.68
U/17	Louis Persent	8/7/06	Gateshead	48.33	U/17	Mary Kitson	?	?	58.1
U/20	R Smith	2000	?	49.2	U/20	Tracey Smedley	26/8/14	Colchester	57.8
Snr	Robert Smith	29/04/05	Glasgow	47.55	Snr	Mary Kitson	1984	20/5 84	56.2

600 Metres Male					600 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time

U/13	Sam Shippey	14/04/16	Yarmouth	1.38.0		U/13	Charlotte Taylor	19/6/01	?	1.46.5
U/15	Robert Smith	7/3/99	Havering	1.30.9		U/15	Hayley Cole	1/3/92	Dagenham	1.42.4
U/17	Tom Payn	19/3/95	Havering	1.27.6		U/17	Hayley Cole	14/3/93	Dagenham	1.39.5
Snr	Tom Payn	15/3/98	Havering	1.21.7		Snr	Tracey Smedley	Feb 87	?	1.35

800 Metres Male					800 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Henry Dover	12/08/18	Lee Valley	2.10.51	U/13	Heidi Graham	?	?	2.25.5
U/15	Henry Dover	15/08/20	Lea Valley	1.58.38	U/15	Hayley Cole	23/8/92	Hayes	2.15.7
U/17	Lloyd Heard	23/6/07	Colchester	1.54.3	U/17	Hayley Cole	1/8/93	W London	2.12.8
U/20	David Gibbon	20/6/09	Watford	1.55.42	U/20	Samantha Redgrave	1/7/11	Gateshead	2.11.03
Snr	Chris Van-Rees	1970s	Crystal Palace	1.48.8	Snr	Mary Kitson	1980 s	?	2.10.8

1000 Metres Male					1000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	N/A				U/13	Heidi Graham	?	?	3.15.5
U/15	Max Williams	4/12/13	Lea Valley	2.54.93	U/15	Kerry Bailey	?	?	3.10.5
U/17	Tom Payn	10/4/96	Watford	2.35.7	U/17	Kerry Bailey	?	?	3.05.8
Snr	Tom Payn	18/5/97	Loughborough	2.33.01	Snr	N/A			

1200 Metres Male					1200 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/15	Richard Noone	?	?	3.32.0	U/15	Hayley Cole	1/3/92	Dagenham	3.55.8
U/17	Tom Payn	20/4/96	Cambridge	3.13.3	U/17	Hayley Cole	14/3/93	Dagenham	3.47.0

1500 Metres Male					1500 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Henry Dover	12/05/18	Chelmsford	4.34.60	U/13	Kiera Atkinson	11/6/17	Colchester	5.05.8
U/15	Henry Dover	29/08/20	Lea Valley	4.03.05	U/15	Laura Condrón	25/06/05	Solihull	4.38.81
U/17	Jordon Rowe	18/8/13	Ashford	4.00.51	U/17	Laura Condrón	27/05/07	Ashford	4.41.57
U/20	David Gibbon	28/6/09	Bedford	3.53.23	U/20	Laura Condrón	10/5/08	Basildon	4.47.50

Snr	Freddy Richardson	14/5/22	Birmingham	3.47.09		Snr	Charlotte Goff	?	?	4.36.1
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1 Mile Male					1 Mile Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/15	Arthur Ballard	6/8/2021	Chelmsford	4.48.3					
U/17	Sam Plummer	24/06/23	Chelmsford	4.28.08	U/17	N/A			
U/20	David Gibbon	25/05/09	Bedford	4.20.54	U/20	N/A			
Snr	Freddy Richardson	10/02/24	Boston USA (Indoors)	4.02.30	Snr	N/A			

3000 Metres Male					3000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/13	Lee Bright	?	?	10.59.0	U/13	N/A			
U/15	Henry Dover	12/09/20	Norwich	8.58.5	U/15	N/A			
U/17	Adrian Mussett	1980 s	?	8.45.7	U/17	Laura Condron	13/6/07	Watford	10.24.16
U/20	Robert Malseed		?	8.15	U/20	Grace Greenhalgh	1996	?	10.22.22
Snr	Aidrian Mussett	8/7/92	Basildon	8.21.0	Snr	Nicola Rogers	20/9/08	Southend	10.00.04

5000 Metres Male					5000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/20	Robert Malseed			14.58	U/17	Amy Milburn	23/6/23	Harrow	20.59.17
Snr	Aidrian Mussett	14/6/92	Crystal Palace	14.28.1	Snr	Danielle Tatum	11/5/08	Basildon	18.45.62

10,000 Metres Male					10,000 Metres Female				
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time
U/17	Andrew Bright	1978	??	33.09					
Snr	Robert Malseed	?		29.32	Snr	Nothing Yet			

Sprint Hurdles Male					Female						
Age	Name	Date	Venue	time	Age	Name	Date	Venue	Time		
U/13	75 H	Joshua Harvey	25/7/10	Kingston	12.52	u/13	60 H	Caitlin O'Reily	2012	Lea Valley	11.05

	80 H	Matthew Lewis	1987	?	13.1		70 H	Sarah Claxton	14/6/92	Ipswich	11.1
U/15	60H	Thomas Cuningham-F	12/3/11	Lea Valley	9.17		75 H	Angela Rothwell	1975	Crystal P	11.5
	80 H	Damon Bainbridge	?	?	11.6		80 H	M Pime	?		12.1
	100 H	Damon Bainbridge	?	?	15.3	U/15	60 H	Isobel Duah	2012	Lea Valley	9.97
U/17	60 H	Louis Persent	27/2/05	Birmingham	8.68		75 H	Nina Thompson	1987	?	10.9
	100 H	Damon Bainbridge	9/7/88	Yeovil	13.3		80 H	Faye Manning	1987	?	12.0
U/20	110 H	Damon Bainbridge	13/6/89	Harrow	15.0	U/17	80 H	Nina Thompson	1989	?	11.3
Snr	110 H	Damon Bainbridge	29/6/90	?	15.55		100 H	Sarah Claxton	15/9/96	Cambridge	14.7
						U/20	100 H	Sarah Claxton	1997	?	13.65
						Snr	100 H	Kate Sketchley	12/6/93	Crystal P	14.44

	400 Hurdles Male							Hurdles Female			
Age	Name	Date	Venue	time		Age	Name	Date	Venue	time	
U/17	Danny Corcos	Jul 71	Colchester	55.7		U/17	300 H	Sarah Granville	28/7/07	Chelmsford	47.9
U/20	Danny Corcos	9/5/73	C Palace	54.2			400 H	Sian Sanders	?	?	66.5
Snr	Danny Corcos	1/6/74	C Palace	53.6		Snr	400 H	Jo Nicklin	1993	Norwich	62.2

	High Jump Male						High jump Female				
Age	Name	Date	Venue	Height		Age	Name	Date	Venue	Height	
U/13	Anthony Osbourne	?	?	1.51		U/13	Jane Falconer	1980s	?	1.65	
U/15	Neil Pilgrim	27/5/90	?	1.85		U/15	Jane Falconer	10/6/89	?	1.75	
U/17	Jakub Walecki	25/9/21	Derby	2.03		U/17	Jane Falconer	1990	?	1.76	
U/20	Jakub Walecki	10/08/23	Jerusalem	2.15		U/20	Kate Sketchley	17/5/92	Walthamstow	1.58	
Snr	Dimitri Solomonov	2016	Ashford	1.85		Snr	C Mann	?	?	1.66	

	Long Jump Male						Long jump Female				
Age	Name	Date	Venue	Dis	time	Age	Name	Date	Venue	time	
U/13	Paul Beaumont	?	?	4.90		U/13	Sarah Claxton	31/8/92	Ipswich	4.88	
U/15	Craig Beecham	1987	?	6.41		U/15	Sarah Claxton	28/8/94	Colchester	5.68	
U/17	Craig Beecham	25/6/88	Stoke	6.70		U/17	Sarah Claxton	16/6/96	Germany	6.27	
U/20	Arron Bollu	?	Ipswich	6.75		U/20	Sarah Claxton	5/9/97	Sheffield	6.53	
Snr	Craig Beecham	1990s	?	6.82		Snr	Sarah Claxton	As U/20			

Triple Jump Male					Triple jump Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis
U/15	Craig Beecham	?	?	12.39	U/15	Courtney Bland	27/8/12	Southend	8.62
U/17	Nick Leach	July 78	Chesterfield	14.84	U/17	Jane Falconer	16/8/90	?	10.64
U/20	Arron Bollu	?	Cambridge	13.88	U/20	Jane Falconer	1990	?	12.10
Snr	Arron Bollu		Bury St E	13.84	Snr	Jane Falconer	31/8/93	Colchester	12.37

Pole Vault Male					Pole Vault Female				
Age	Name	Date	Venue	Height	Age	Name	Date	Venue	Height
U/15	Matt Lewis	25/6/89	Stevenage	2.50	U/15	Kiera Fitzpatrick	27/6/10	Grays	2.00
U/17	Samuel Davis	9/6/07	Chelmsford	3.00	U/17	Amy Milburn	10/7/22	Colchester	1.70
U/20	Samuel Davis	7/7/08	Colchester	3.20	U/20	Sharn Swaby	16/04/16	Bromley	1.10
Snr	Liam Flynn	Jul 80	Watford	2.70	Snr	Sarah Kelley	19/8/17	Colchester	2.70

Shot Putt Male					Shot Putt Female				
Age	Name	Date	Venue	Dis	Age	Name	Date	Venue	Dis
U/13	John Stalham	1988	Colchester	9.46	U/13	Emma Blowers		Colchester	9.04
U/15	Peter Pooran	1980s	?	14.18	U/15	Rebecca Shreeve	Jul 89	?	11.92
U/17	Peter Pooran	1980s	?	14.50	U/17	Rebecca Shreeve	14/7/90	Derby	11.89
U/20	Steve Parsons	?	?	12.68	U/20	Jade Morgan	16/9/06	Derby	10.59
Snr	Ian Blake	8/8/93	Colchester	13.01	Snr	Emma Blowers	1/7/89	?	10.99

Discus Male					Discus Female				
U/13	Lee Fitzgerald		Kingston	26.52	U/13	Valarie Pain	1975	Colchester	33.41
U/15	Steve Parsons	?	?	38.40	U/15	Emma Blowers	?	?	35.02
U/17	Peter Pooran	1989	?	41.44	U/17	Emma Blowers	?	?	39.78

U/20	Steve Parsons	?	Colchester	37.18		U/20	Kundai Matringe	27/6/10	Bedford	19.53
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Snr	Emeka Udechuku	20/5/23	Colchester	45.12		Snr	Emma Blowers	1/7/89	?	41.14
	Hammer Male						Hammer Female			
Age	Name	Date	Venue	Dis		Age	Name	Date	Venue	Dis
U/15	Steve Parsons	?	?	32.06		U/15	Isobel Duah	23/9/12	Bury St Eds	20.76
U/17	M Morseley	?	?	38.95		U/17	Mellisa Clapham	22/8/98	?	23.37
U/20	A Burford	2/8/92	Peterborough	27.78		U/20	Mellisa Clapham	2000	?	38.15
Snr	Neil Clare	27/5/89	?	36.26		Snr	Debbie Castle	09/07/16	Ashford	27.98

	Javelin Male						Javelin Female			
Age	Name	Date	Venue	Dis		Age	Name	Date	Venue	Dis
U/13	Justin Diaz	2005	Colchester	30.25		U/13	Fazia Kafala	21/7/2019	Ipswich	26.97
U/15	Adam Newley	5/9/93	Braintree	51.14		U/15	L McMordie	?	?	29.85
U/17	Eric Hill	1976	Aldershot	58.94		U/17	Hannah Branch	?	?	37.01
U/20	David Sketchley	15/6/95	Colchester	57.46		U/20	K Sketchley	13/5/92	Kingston	32.64
						Snr	Hannah Branch	10/6/89	?	46.88
V 80	Robert Kimber	30/09/23	Bury St Ed	8.40						

	4 x 100 relay Male						4 x 100 Female			
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time
U/13		27/8/16	Southend	54.0		U/13		?	?	54.3
U/15		?	?	48.00		U/15		?	?	50.8
U/17		27/8/16	Southend	46.6		U/17		27/8/16	Southend	50.5
Snr		?	?	43.5		Snr		12/9/93	Bedford	49.71

4 x 400 relay Male					4 x 400 Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/15		?	?	4.06.5	U/15				
U/17					U/17		?	?	3.52.5
Snr		31/8/91	Wimbledon	3.29.0	Snr		?	?	3.57.4

Steeplechase Male					
Age	Name		Date	Venue	Time
U/17	Glynn Thomas	1500 S/C	?	?	4.30.5
U/17	Ben Miller	2000 S/C	2016	Croydon	6.54.1
U/20	Michael Porter	2000 Mt		Cambridge	7.16.1
U/17	Ben Miller	3000 S/C	09/07/16	Ashford	10.32.2
U/20	Andrew Bright	3000 Mt	1979	????	10.21.8
Snr	Robert Malseed	2000 Mt	9/06/90	Basildon	6.08
Snr	Henry Emmerton	3000 Mt	1988	?	9.13.0
Female Steeplechase					
U/17	Lucy Thompson	1500mt	19/8/23	Gillingham	5.51.88
U/17	Lucy Thompson	2000mt	09/7/23	Bromley	8.15.15

Pentathlon Male					Pentathlon Female				
Age	Name	Date	Venue	Points	Age	Name	Date	Venue	Points
U/15	Robert Smith	Sep 99	Basildon	2610	U/15	Angela Rothwell	1975	Crystal P	3094
U/17	Louis Persent	Jan 06	Carshalton I	3273	Snr	Kate Sketchley	10/8/91	Haringey	3271

Heptathlon Female				
Age	Name	Date	Venue	Points
U/17	Jo Nicklin	?	?	4277

U/20	Jade Morgan	17/9/06	Derby	4278
Snr	Kate Sketchley	31/5/92	Barnet	4509

	Octathlon Male			
Age	Name	Date	Venue	Points
U/17	Louis Persent	25/9/06	Bedford	4799

	Decathlon Male			
Age	Name	Date	Venue	Points
U/20	Tom Payn	19/9/98	Hull	5409

ROAD RUNNING RECORDS

Standard distances only

5 K Road Male					5 K Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	Sam Plummer	11/08/23	Colchester	15.08					
U/20	Freddy Richardson	13/12/20	Ardingly	14.47					
Snr	David Gibbon	25/2/11	London	16.37	Snr	Sarah Stradling	5/7/08	Norwich	17.52

5 Mile Road Male					5 Mile Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	David Gibbon	15/7/06	Gt Bentley	26.57					
U/20	Sam Clayton	20/5/11	Ipswich	27.34	U/20	Danielle Tatum	9/4/04	Sudbury	30.45
Snr	Alex Gladley	07/07/23	Bentley	24.50	Snr	Sarah Stradling	10/7/09	Gt Bentley	29.02

10 K Road Male					10 K Road Female				
Age	Name	Date	Venue	Time	Age	Name	Date	Venue	Time
U/17	Sam Clayton	13/6/10	Bluewater	35.55	U/17	Amy Milburn	14/5/23	Colchester	42.15

U/20	David Gibbon	18/11/07	Chelmsford	33.23		U/20	Danielle Tatum	20/11/05	Chelmsford	39.43
Snr	Andy Girling	?	?	30.22		Snr	Sarah Stradling	15/6/08	Bluewater	35.56

	10 Mile Road Male						10 Mile Road Female			
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time
Snr	Glynn Thomas	10/10/84	Tipton	49.32		Snr	Sarah Stradling	12/11/06	Stebbing	59.50

	Half Marathon Male						Half Marathon Female			
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time
Snr	Sam Clayton	03/02/23	Gt Bentley	1.09.29		Snr	Sarah Stradling	29/3/09	Wilmslow	1.17.34

	20 Mile Male						20 Mile Female			
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time
Snr	Edwin Butcher	7/5/66	Colchester	1.51.45		Snr	Margaret Deasy	15/2/04	Chelmsford	2.09.14

	Marathon Male						Marathon Female			
Age	Name	Date	Venue	Time		Age	Name	Date	Venue	Time
Snr	Gladley Alex	02/10/22	London	2.22.59		Snr	Margaret Deasy	18/4/04	London	2.52.00

In the course of research, the oldest records i could find both since broken were

Ted Butcher Marathon Derby 2.28.05

Sheila Brown 400mt ? 57.0