



Central Park Athletics
Senior Men U20M
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m	12.17s	Henry MUNT	09.07.23	Ashford	
200m					
400m					
800m	2:09.26m	Cameron SHARP	17.06.19	Bromley	
800m (i)	02:16.7	Cameron SHARP	16.03.19	Lee Valley	(Indoor)
1500m	4:18.05m	Cameron SHARP	17.07.19	Eltham	
1 Mile	4:51.98m	Mouctar BARRY	16.08.19	CPA Arena	
3000m	9:23.90m	Cameron SHARP	06.04.19	Woodford	
3000m SC	10:53.8m	Mouctar BARRY	11.09.21	Ashford	
5000m	16:09.38m	Cameron SHARP	27.07.19	Milton Keynes	
10000m	34:19.38m	Mouctar BARRY	23.06.21	CPA Arena	
Field					
Discus					
Hammer					
Javelin					
Shot Put					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Road					
1 Mile	4:58m	Cameron SHARP	26.05.19	Westminster	
5 km					
10 km	35:04m	Cameron SHARP	21.07.19	Redhill	
Half Marathon	1:16:36h	Mouctar BARRY	12.12.21	Milton Keynes	
Marathon					