

The Bruce Longden Memorial Challenge

COMPETITION RECORDS - Under 13 Boys

| Event: | School: | Athlete: | Record: | Year: |
|----------|--------------------|-------------|---------|-------|
| 75mH | Simon Balle | C.Stern | 12.4 | 2016 |
| 100m | St.Mary's Catholic | D.Blake | 12.4 | 2013 |
| 200m | Saffron Walden | L.Bely | 26.5 | 2015 |
| 400m | Turnford | P.Edwards | 60.7 | 2002 |
| 800m | Monkswalk | C.Roper | 2:23.6 | 2008 |
| 1500m | Richard Hale | G.Hard | 4:45.0 | 2018 |
| L.Jump | Sir Fred Osborn | P.Appleton | 5.14m | 2005 |
| H.Jump | Sheredes | C.Ogilvie | 1.51m | 2008 |
| S.T.Jump | Sheredes | G.Okoomayin | 7.87m | 2014 |
| Shot | Sheredes | M.Henderson | 10.97m | 2008 |
| Discus | Cheshunt | R.Towner | 26.99m | 2008 |
| Javelin | Simon Balle | L.Rose | 33.82m | 2010 |
| 4 x 100m | Mount Grace | | 52.9 | 2006 |
| 4 x 400m | Sele | | 4:30.7 | 1995 |

COMPETITION RECORDS - Under 15 Boys

| Event: | School: | Athlete: | Record: | Year: |
|----------|--------------------|------------|---------|-------|
| 80mH | Broxbourne | H.Millard | 11.7 | 2014 |
| 100m | John Warner | C.Bardwell | 11.5 | 2013 |
| 200m | St.Mary's Catholic | A.Daish | 23.5 | 2002 |
| 400m | Richard Hale | N.Wake | 52.1 | 2006 |
| 800m | Richard Hale | J.Dee | 2:07.0 | 2012 |
| 1500m | Freman College | J.Philpott | 4:29.5 | 2003 |
| L.Jump | Sheredes | P.McBridg | 5.95m | 2007 |
| H.Jump | Cheshunt | C.Clay | 1.80m | 2009 |
| T.Jump | Boy's High | S.Gibbs | 11.79m | 2000 |
| Shot | Simon Balle | R.Morris | 14.60m | 1994 |
| Discus | Sheredes | D.Waller | 38.62m | 1994 |
| Javelin | Leventhorpe | H.Sarling | 44.64m | 2017 |
| 4 x 100m | Cheshunt } | | 48.3 | 2010 |
| 4 x 100m | Richard Hale } | | 48.3 | 2015 |
| 4 x 400m | Broxbourne | | 3:55.8 | 2014 |

COMPETITION RECORDS - Over 15 Boys

| Event: | School: | Athlete: | Record: | Year: |
|----------|----------------------|------------|---------|-------|
| 100mH | Cheshunt | D.Sissons | 14.1 | 2012 |
| 100mH | Leventhorpe | B.Thorpe | 14.1 | 2013 |
| 400mH | Cheshunt | Z.Saucede | 56.5 | 2007 |
| 400mH | Richard Hale | R.Green | 56.5 | 2015 |
| 100m | Richard Hale | J.Lonngren | 11.0 | 2015 |
| 200m | John Warner | C.Bardwell | 22.4 | 2012 |
| 400m | Boys High | M.Hunt | 49.0 | 2008 |
| 800m | Leventhorpe | A.Osagie | 1:55.7 | 2005 |
| 1500m | Chauncy | D.Wilson | 4:06.0 | 2010 |
| L.Jump | Cheshunt | O.Amosu | 6.91m | 2009 |
| H.Jump | Newport Free Grammar | R.Armorgie | 1.97m | 2010 |
| T.Jump | Richard Hale | J.Llongren | 12.71m | 2013 |
| Shot | John Warner | J.Daniels | 13.44m | 2014 |
| Discus | Richard Hale | S.Woodley | 49.83m | 2017 |
| Javelin | Leventhorpe | C.Martin | 51.94m | 2014 |
| 4 x 100m | Cheshunt | | 45.3 | 2013 |
| 4 x 400m | Richard Hale | | 3:33.3 | 2011 |