

ANTIGUA

100m	10.11	Brendan Christian	College St.	28 May 04					
200m	20.23	Brendan Christian	Osaka	28 Aug 07					
400m	45.83	Fred Sowerby	Knoxville	21 May 77					
800m	1:48.62	Dale Jones	Tokyo	25 Aug 91					
1500m	3:49.41	Dale Jones	Seoul	19 Sep 88					
3000m	9:10.97	James Baird	Nassau	31 Mar 02					
5000m	14:41.39	William Richards	Port-of-Spain	17 Jun 00					
10000m	33:32.6	Tyrone Thibou	Bridgetown	86					
Marathon	2:31:49	Cordoy Simon	Victoria, B.C.	28 Aug 94					
110mH	14.07	Randy Gillon	Iowa City	6 May 00					
400mH	51.63	Fred Sowerby	Philadelphia	22 Apr 82					
3000mSt	9:54.5	Tyrone Thibou	Port-of-Spain	31 Jul 82					
HJ	2.27	James Grayman	Pergine Valsug.	7 Jul 07					
PV	3.80	Calvin Greenaway	Newham	2 Jun 73					
LJ	8.02	Lester Benjamin	Baton Rouge	12 May 84					
TJ	16.55	James Browne	San Angelo	12 Apr 90					
SP	15.87	Edward Byam	Sennelager	6 Jun 69					
DT	42.79	Henry Greaux	Kingston	24 Jul 60					
JT	50.16	Rohan Richardson	St John's	8 Jul 95					
Decathlon	6027h	Calvin Greenaway	London	27 Sep 70					
	(11.2	709	11.65	185	54.7 /16.9	23.30	366	48.20	5:04.1)
4x100m	39.90		Melbourne	24 Mar 06					
4x400m	3:09.46		Atlanta	2 Aug 96					
100m	11.20	Heather Samuel	Indianapolis	26 May 93					
200m	23.20	Heather Samuel	Atlanta	22 May 94					
400m	52.80	Joycelyn Joseph	San Juan	22 Sep 85					
800m	2:06.36	Charmaine Thomas	Bloomington	13 May 95					
1500m	4:27.51	Janil Williams	Montreal	19 Jul 00					
3000m	9:49.89	Janil Williams	Port-of-Spain	10 May 98					
5000m	16:56.42	Janil Williams	Victoria, B.C.	11 Aug 00					
400mH	62.21	Barbara Selkridge	Syracuse, USA	6 Aug 88					
HJ	1.525	Emelda Lewis	Pte-à-Pierre	16 Mar 69					
LJ	5.91	Glen Marie David	St George's	16 Apr 89					
TJ	11.35	Janicia Charles	Orlando	10 May 03					
SP	10.90	Melva Joseph	St George's	23 May 87					
DT	29.86	Heather Samuel	St John's	9 Jul 95					
JT	41.11	Amanda Edwards	Providenciales	9 Apr 07					
4x100m	45.22		Ponce	13 Jun 98					
4x400m	3:39.32		Los Angeles	10 Aug 84					