


ANGUILLA - NATIONAL RECORDS

 AIA	EVENT	NAME	BIRTHDATE	DATE	VENUE	
MEN	100	10.42 (1.1)	Zharnel Hugues	13-jul-95	29-jun-12	San Salvador, ESA
	200	20.90 (0.1)	Zharnel Hugues	13-jul-95	12-jul-12	Barcelona, ESP
	400	47.29	Kirthley Richardson	01-mar-73	19-may-95	Odessa, TX, USA
	800	1.52.17	Vernol Gumbs		28-jul-89	San Juan, PUR
	1500	4.18.0	Nigel Richardson		05-jul-84	St Johns
	5000	16.45.79	Michael Gumbs	1981	23-abr-00	St Georges
	110mh	18.70	Andre Samuel		11-may-01	Buffalo, NY, USA
	400mh	55.95	Kirthley Richardson	01-mar-73	20-mar-99	Stillwater, OK, USA
	High Jump	1.95	Yoann Romney		12-abr-09	New York, NY, USA
	Pole Vault	3.21	Andre Samuel		27-abr-02	Cobleskill, NY, USA
	Long Jump	6.96	Denvil Ruan	1989	23-abr-11	Baltimore, USA
	Triple Jump	14.88 (1.3)	Denvil Ruan	1989	11-may-12	Princeton, NJ, USA
	Discus Throw	35.39	Andre Samuel		27-abr-02	Cobleskill, NY, USA
	Javelin Throw	62.58	Samek Connor	1982	21-may-09	Edwardsville, il, usa
	Decathlon	5313	Andre Samuel		10-may-02	Uniondale, NY ,USA
	4x100	42.5	Anguilla		06-jul-91	Road Town, IVB
	4x400	3.24.3	Anguilla		05-jul-92	Road Town, IVB
WOMEN	100	11.98	Desiree Cocks	1979	08-may-98	St Louis, MI, USA
	200	24.80 (-0.5)	Rosanna Browne	1971	29-ago-91	Tokyo, JPN
	400	57.75	Shyrone Hughes	1980	01-may-99	St Charles
	800	2.24.16	Jonica Richardson	1995	30-may-09	Basseterre, SKN
	1500	5.16.2	Julie Lake		21-abr-90	Kingston, JAM
	3000	11.38.21	Jonica Richardson	1995	29-jun-08	Tortola, IVB
	100mh	15.55 (-0.5)	Dee-Ann Rogers	13-ene-93	30-jun-12	San Salvador, ESA
	High Jump	1.70	Shinelle Proctor	1991	12-abr-09	Vieux Fort, LCA
	Long Jump	6.71 (1.2)	Shara Proctor	16-sep-88	23-ago-09	Berlin, GER
	Triple Jump	13.74 (0.6)	Shara Proctor	16-sep-88	30-may-09	Greensboro, NC, USA
	Shot Put	8.72	Mikiah Harrigan		21-may-11	The Valley
	Discus Throw	28.55	Shara Proctor	16-sep-88	02-jul-06	St Johns
	Javelin Throw	28.10	Melissa Mussington		21-feb-09	The Valley
	Heptathlon	4126	Dee-Ann Rogers	13-ene-93	30-jun-12	San Salvador, ESA
	(15.55(-0.5), 1.58, 6.64, 26.31, 5.19(-0.6), 20.30, 3.32.97)					
	4x100	50.33	A.Gumbs/N.Gumbs/Meade/Reid		09-jun-12	Tortola, IVB
	4x400	4.18.13	N.Gumbs/Richardson/Payne/Connor		31-may-09	Basseterre, SKN