

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							