

BARBADOS NATIONAL RECORDS AS AT 18 June 2014

**MEN**

<b>Event</b>	<b>Time/Distance</b>	<b>Name</b>	<b>Place</b>	<b>Date</b>
100m	9.87	Obadele Thompson	Johannesburg	11 Sep 1998
200m	19.97	Obadele Thompson	Yokohama, Japan	9 Sep 2000
400m	45.32	Elvis Forde	Los Angeles, USA	6 Aug 1984
800m	1:46.24	Orlando Greene	Philadelphia, USA	22 May 1976
1500m	3:47.82	Leo Garnes	Austin, USA	4 Apr 1991
3000m	8:33.97	Kenrick Sealy	Palto Alto, USA	16 May 1998
5000m	14:20.2	Leo Garnes	Bridgetown	5 Jun 1992
10000m	30:44.30	Leo Garnes	Albany, USA	22 Apr 1993
Marathon	2:29:40	Reuben McColin	Bridgetown	4 Dec 1988
3000mSC	9:07.3	Leo Garnes	Bridgetown	7 Jun 1992
110m H	13.14	Ryan Brathwaite	Berlin, Germany	20 Aug 2009
400m H	49.21	Victor Houston	Kuala Lumpur	9 Sep 1998
High Jump	2.25	Henderson Dottin	El Paso, USA	12 April 2008
Pole Vault	3.70	Clifford Brooks	London, UK	13 Aug 1977
	3.70	Victor Houston	Austin, USA	7 Apr 1994
Long Jump	7.77	David Caddle	Atlanta, USA	14 May 1988
Triple Jump	16.70	Alvin Haynes	Starkville, USA	17 May 1992
Shot Put (Ind)	17.03	Tristan Whitehall	Warrenburg, USA	8 February 2014
Shot Put	16.98	Tristan Whitehall	Messa, USA	16 May 2014
Discus	49.52	Dave Taylor	Bridgetown	16 Jun 2001
Hammer	20.44	Ronald Hoyte	Bridgetown	25 Jul 1982
Javelin	71.76	Justin Cummins	Hattiesburg, USA	15 March 2008
Decathlon	7777	Victor Houston	Athens, Greece	6 Aug 1997
20k Walk	1:43:25	Eon Mitchell	Bridgetown	25 Jun 1999
4x100m	38.94	Andrew Hinds, Levi Cadogan Ramon Gittens, Shane Brathwaite	Moscow, Russia	18 August 2013
4X200m	1:21.88	Andrew Hinds, Ramon Gittens Levi Cadogan, Fallon Forde	Bahamas	24 May 2014
4x400 m	3:01.60	David Peltier, Richard Louis Clyde Edwards, Elvis Forde	Los Angeles, USA	11 Aug 1984

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