

## Veterans (as at 31<sup>st</sup> March 2019)

Any additions and amendments are welcome, particularly clarification about weights of implements in field events etc.

### Men's 40-44

#### **100 Metres**

|   |                 |       |                            |
|---|-----------------|-------|----------------------------|
| 1 | Mark Bishop     | 12.2  | 30 <sup>th</sup> July 2011 |
| 2 | Ian Chamberlain | 12.4  | 24 <sup>th</sup> July 1996 |
| 3 | Hudson McClean  | 12.5  | 11 <sup>th</sup> May 2000  |
| 4 | Clive Gray      | 12.60 | 15 <sup>th</sup> May 1995  |
| 5 | Ian Pearce      | 12.9  | 1986                       |
| 6 | Tony Benton     | 13.1  | 11 <sup>th</sup> May 1996  |
| 7 | Robert Taylor   | 13.2  | 11 <sup>th</sup> May 2000  |

#### **Wind Assisted Marks**

|             |       |                          |
|-------------|-------|--------------------------|
| Mark Bishop | 12.09 | 8 <sup>th</sup> May 2010 |
| Clive Gray  | 12.2  | 9 <sup>th</sup> May 1998 |
| Kevin White | 12.2  | 9 <sup>th</sup> May 1998 |

#### **200 Metres**

|    |                 |      |                            |
|----|-----------------|------|----------------------------|
| 1= | Ian Chamberlain | 25.2 | 24 <sup>th</sup> July 1996 |
| 1= | Mark Bishop     | 25.2 | 5 <sup>th</sup> May 2007   |

#### **300 Metres**

|    |                   |              |            |                                 |
|----|-------------------|--------------|------------|---------------------------------|
| 1  | Mark Bishop       | 39.27        | V45        | 13 <sup>th</sup> May 2012       |
| 2. | <b>Steve Rand</b> | <b>40.10</b> | <b>V45</b> | <b>12<sup>th</sup> May 2018</b> |

#### **400 Metres**

|    |                 |       |                             |
|----|-----------------|-------|-----------------------------|
| 1  | Mark Bishop     | 52.59 | 10 <sup>th</sup> May 2009   |
| 2  | Ian Pearce      | 52.9  | 1985                        |
| 3  | Kevin White     | 54.39 | 2 <sup>nd</sup> August 1997 |
| 4  | Hudson McClean  | 55.7  | 9 <sup>th</sup> May 1999    |
| 5= | Peter Luck      | 56.3  | August 2000                 |
| 5= | Ian Chamberlain | 56.3  | 16 <sup>th</sup> June 1997  |
| 7  | Russ Middleton  | 56.8  | 28 <sup>th</sup> June 2008  |

#### **800 Metres**

|   |                |           |                             |
|---|----------------|-----------|-----------------------------|
| 1 | Ian Pearce     | 1:58.2    | 1985                        |
| 2 | Matt Bland     | 2:02.6    | 2 <sup>nd</sup> May 2009    |
| 3 | Russ Middleton | 2:06.05   | 4 <sup>th</sup> June 2008   |
| 4 | Steve Rand     | 2:06.3    | 21 <sup>st</sup> June 2014  |
|   |                | (2:08.22) | 29 <sup>th</sup> June 2013) |
| 5 | Kevin White    | 2:06.39   | 2 <sup>nd</sup> August 1997 |
| 6 | Warren Roe     | 2:09.7    | 2 <sup>nd</sup> June 1981   |

#### **1500 Metres**

|   |                    |               |                                 |                            |
|---|--------------------|---------------|---------------------------------|----------------------------|
| 1 | Matt Bland         | 4:05.15       | 5 <sup>th</sup> June 2010       |                            |
| 2 | Ian Pearce         | 4:05.2        | 1985                            |                            |
| 3 | Warren Roe         | 4:14.1        | 17 <sup>th</sup> May 1981       |                            |
| 4 | Len Parrott        | 4:18.7        | 13 <sup>th</sup> May 1979       |                            |
| 5 | Steve Rand         | 4:20.66       | 24 <sup>th</sup> May 2014       |                            |
| 6 | Paul Berrett       | 4:22.10       | V45                             | 16 <sup>th</sup> July 2008 |
| 7 | <b>Gavin Maley</b> | <b>4:29.0</b> | <b>18<sup>th</sup> Aug 2018</b> |                            |
| 8 | Russ Middleton     | 4:30.83       | 11 <sup>th</sup> May 2008       |                            |
| 9 | T Gunton           | 4:35.9        | 19 <sup>th</sup> May 1991       |                            |

2018 Updates in blue

2019 Updates in red

**3000 Metres**

|    |                |         |     |                             |
|----|----------------|---------|-----|-----------------------------|
| 1  | Warren Roe     | 8:58.6  |     | 30 <sup>th</sup> June 1979  |
| 2  | Len Parrott    | 9:10.4  |     | 7 <sup>th</sup> August 1976 |
| 3. | Matt Bland     | 9:20.83 | V45 | 8 <sup>th</sup> June 2013   |
| 4  | Jason Lendon   | 9:28.95 |     | 7 <sup>th</sup> July 2016   |
| 5  | Martin Chester | 10:24.1 |     | 4 <sup>th</sup> July 2015   |

**5000 Metres**

|    |                |         |     |                             |
|----|----------------|---------|-----|-----------------------------|
| 1  | R Budd         | 15:40.0 |     | 1972                        |
| 2  | Len Parrott    | 15:53.8 |     | 24 <sup>th</sup> July 1976  |
| 3  | Matt Bland     | 16:12.0 |     | 30 <sup>th</sup> April 2011 |
| 4. | Steve Rand     | 16:35.4 |     | 16 <sup>th</sup> June 2013  |
| 5. | Simon Hart     | 16:57.3 | V45 | 16 <sup>th</sup> June 2013  |
| 6  | Paul Berrett   | 17:29.3 | V45 | 12 <sup>th</sup> July 2008  |
| 7  | Martin Chester | 17:29.3 |     | 19 <sup>th</sup> April 2014 |
| 8  | Gary Howard    | 17:31.0 |     | 21 <sup>st</sup> July 2001  |

**10000 Metres**

|   |             |         |  |                            |
|---|-------------|---------|--|----------------------------|
| 1 | Len Parrott | 32:41.2 |  | 16 <sup>th</sup> July 1977 |
|---|-------------|---------|--|----------------------------|

**Marathon**

|   |              |         |     |                               |
|---|--------------|---------|-----|-------------------------------|
| 1 | Simon Hart   | 2:38.42 | V50 | 25 <sup>th</sup> May 2014     |
| 2 | Steve Rand   | 2:53.47 |     | 22 <sup>nd</sup> April 2012   |
| 2 | Paul Berrett | 3:11.50 |     | 21 <sup>st</sup> October 2005 |

**110 Metres Hurdles**

|   |                 |       |  |                              |
|---|-----------------|-------|--|------------------------------|
| 1 | Mark Bishop     | 16.15 |  | 1 <sup>st</sup> Aug 2009     |
| 2 | Ian Chamberlain | 16.9  |  | 25 <sup>th</sup> August 1996 |
| 3 | Arron Bonning   | 21.9  |  | 17 <sup>th</sup> April 2016  |

**400 Metres Hurdles**

|    |                     |              |     |                                 |
|----|---------------------|--------------|-----|---------------------------------|
| 1  | Mark Bishop         | 58.9         |     | 13 <sup>th</sup> September 2008 |
| 2  | Ian Chamberlain     | 63.4         |     | 16 <sup>th</sup> August 1997    |
| 3  | <b>Jason Lendon</b> | <b>67.33</b> |     | <b>5<sup>th</sup> May 2018</b>  |
| 3  | Paul Berrett        | 68.7         |     | 3 <sup>rd</sup> June 2006       |
| 4. | Kevin White         | 74.4         | V45 | 12 <sup>th</sup> July 2003      |

**2000m Steeplechase**

|    |              |        |     |                            |
|----|--------------|--------|-----|----------------------------|
| 1. | Paul Berrett | 7:21.6 | V50 | 16 <sup>th</sup> June 2013 |
|----|--------------|--------|-----|----------------------------|

**3000 Metres Steeplechase**

|   |                |          |     |                             |
|---|----------------|----------|-----|-----------------------------|
| 1 | Jason Lendon   | 10:14.04 |     | 8 <sup>th</sup> August 2015 |
| 2 | Paul Berrett   | 11:08.8  | V45 | 16 <sup>th</sup> May 2010   |
| 3 | Martin Chester | 11:11.08 |     | 17 <sup>th</sup> May 2014   |

**Long Jump**

|   |                 |       |  |                              |
|---|-----------------|-------|--|------------------------------|
| 1 | Mark Bishop     | 6.16m |  | 11 <sup>th</sup> July 2009   |
| 2 | Trevor Wells    | 6.13m |  | ?                            |
| 3 | Ian Chamberlain | 5.86m |  | 25 <sup>th</sup> August 1996 |
| 4 | Hudson McClean  | 5.77m |  | 2 <sup>nd</sup> August 1997  |
| 5 | Arron Bonning   | 5.25m |  | 22 <sup>nd</sup> May 2016    |

**High Jump**

|   |                      |       |  |                             |
|---|----------------------|-------|--|-----------------------------|
| 1 | Gintalas Varanauskas | 1.95m |  | 26 <sup>th</sup> July 2015  |
| 2 | Mark Bishop          | 1.76m |  | 5 <sup>th</sup> May 2007    |
| 3 | Paul Berrett         | 1.50m |  | 3 <sup>rd</sup> June 2006   |
| 4 | Arron Bonning        | 1.50m |  | 17 <sup>th</sup> April 2016 |

2018 Updates in **blue**2019 Updates in **red**

**Triple Jump**

|   |                 |        |                              |
|---|-----------------|--------|------------------------------|
| 1 | Mark Bishop     | 12.04m | 20 <sup>th</sup> August 2011 |
| 2 | Ian Chamberlain | 11.40m | 31 <sup>st</sup> May 1997    |
| 3 | Arron Bonning   | 11.08m | 22 <sup>nd</sup> May 2016    |

**Pole Vault**

|   |               |       |                           |
|---|---------------|-------|---------------------------|
| 1 | Stuart Tufton | 4.00m | 6 <sup>th</sup> June 1993 |
| 2 | Mark Bishop   | 3.83m | 1 <sup>st</sup> Aug 2009  |
| 3 | Arron Bonning | 3.20m | 22 <sup>nd</sup> May 2016 |

**Shot Putt**

|   |               |        |                            |
|---|---------------|--------|----------------------------|
| 1 | Steve Archer  | 13.10m | 1998                       |
| 2 | Mark Bishop   | 11.85m | 5 <sup>th</sup> May 2007   |
| 3 | Arron Bonning | 9.36m  | 18 <sup>th</sup> June 2016 |

**Discus**

|   |               |        |                                 |
|---|---------------|--------|---------------------------------|
| 1 | Steve Archer  | 36.57m | 14 <sup>th</sup> September 1998 |
| 2 | Mark Bishop   | 34.48m | 2 <sup>nd</sup> July 2011       |
| 3 | Arron Bonning | 26.70m | 18 <sup>th</sup> June 2016      |

**Hammer**

|   |                  |        |                            |
|---|------------------|--------|----------------------------|
| 1 | Keith Robinson   | 49.76m | 5 <sup>th</sup> June 1993  |
| 2 | Graham Greenaway | 41.02m | 23 <sup>rd</sup> July 1988 |
| 3 | Arron Bonning    | 20.13m | 18 <sup>th</sup> June 2016 |

**Javelin**

|    |               |        |                                   |
|----|---------------|--------|-----------------------------------|
| 1  | Mark Bishop   | 47.51m | 28 <sup>th</sup> June 2008        |
| 2  | Steve Archer  | 39.32m | 8 <sup>th</sup> June 1997         |
| 3  | Arron Bonning | 38.68m | 9 <sup>th</sup> July 2016         |
| 4. | Brian Hatch   | 36.12m | V45<br>3 <sup>rd</sup> May 1997   |
| 5. | Paul Berrett  | 29.59m | V50<br>14 <sup>th</sup> July 2012 |

**Decathlon**

|   |                 |             |  |
|---|-----------------|-------------|--|
| 1 | Ian Chamberlain | 4004 Points | 28 <sup>th</sup> /29 <sup>th</sup> Sept 1996 |
|---|-----------------|-------------|--|

**Men 45-49****300 Metres**

|           |                   |              |                                 |
|-----------|-------------------|--------------|---------------------------------|
| 1         | Mark Bishop       | 39.27        | 13 <sup>th</sup> May 2012       |
| <b>2.</b> | <b>Steve Rand</b> | <b>40.10</b> | <b>12<sup>th</sup> May 2018</b> |

**800 Metres**

|    |              |         |                             |
|----|--------------|---------|-----------------------------|
| 1. | Paul Berrett | 2:10.82 | 5 <sup>th</sup> July 2008   |
| 2. | Matt Bland   | 2:12.97 | 30 <sup>th</sup> March 2014 |
| 3. | Len Parrott  | 2:16.0  | V50<br>1986                 |

**1500 Metres**

|    |              |         |                            |
|----|--------------|---------|----------------------------|
| 1. | Matt Bland   | 4:17.3  | 16 <sup>h</sup> June 2013  |
| 2. | Paul Berrett | 4:22.10 | 16 <sup>th</sup> July 2008 |
| 3. | Len Parrott  | 4:24.5  | V50<br>1986                |

**3000 Metres**

|           |                   |               |                                  |
|-----------|-------------------|---------------|----------------------------------|
| 1.        | Matt Bland        | 9:20.83       | 8 <sup>h</sup> June 2013         |
| 2.        | Paul Berrett      | 9:39.6        | 22 <sup>nd</sup> July 2008       |
| 3.        | Simon Hart        | 9:53.42       | 3 <sup>rd</sup> August 2013      |
| <b>4.</b> | <b>Steve Rand</b> | <b>9:54.4</b> | <b>14<sup>th</sup> July 2018</b> |

2018 Updates in blue

2019 Updates in red

|                             |                             |                  |     |                                   |
|-----------------------------|-----------------------------|------------------|-----|-----------------------------------|
| <b>5.</b>                   | <b>Graham Hogan</b>         | <b>10:52.9</b>   |     | <b>20<sup>th</sup> May 2018</b>   |
| <b>5000 Metres</b>          |                             |                  |     |                                   |
| 1.                          | Matt Bland                  | 16:19.17         |     | 7 <sup>h</sup> June 2014          |
| 2.                          | Simon Hart                  | 16:57.3          |     | 16 <sup>th</sup> June 2013        |
| <b>3.</b>                   | <b>Steve Rand</b>           | <b>17:03.8</b>   |     | <b>14<sup>th</sup> April 2018</b> |
| 4.                          | Len Parrott                 | 17:10.2          | V50 | 1986                              |
| <b>10000 Metres</b>         |                             |                  |     |                                   |
| 1.                          | Len Parrott                 | 35:37.7          | V50 | 1986                              |
| <b>Marathon</b>             |                             |                  |     |                                   |
| 1                           | Simon Hart                  | 2:38.42          | V50 | 25 <sup>th</sup> May 2014         |
| <b>110mH</b>                |                             |                  |     |                                   |
| 1                           | Ian Chamberlain             | 19.3             |     | 21 <sup>st</sup> July 2001        |
| <b>400mH (91cm – 3' 0")</b> |                             |                  |     |                                   |
| 1.                          | Ian Chamberlain             | 71.2             |     | 23 <sup>rd</sup> June 2001        |
| 2.                          | Paul Berrett                | 71.8             | V50 | 16 <sup>th</sup> June 2013        |
| 3.                          | Kevin White                 | 74.4             |     | 12 <sup>th</sup> July 2003        |
| <b>2000m Steeplechase</b>   |                             |                  |     |                                   |
| 1.                          | Paul Berrett                | 7:21.6           | V50 | 16 <sup>th</sup> June 2013        |
| <b>3000m Steeplechase</b>   |                             |                  |     |                                   |
| 1.                          | Paul Berrett                | 11:08.8          |     | 16 <sup>th</sup> May 2010         |
| <b>Long Jump</b>            |                             |                  |     |                                   |
| 1.                          | Mark Bishop                 | 6.06m            |     | 16 <sup>th</sup> June 2013        |
| 2.                          | Ian Chamberlain             | 5.31m            |     | 23 <sup>rd</sup> June 2001        |
| <b>Triple Jump</b>          |                             |                  |     |                                   |
| 1.                          | Mark Bishop                 | 11.48m           |     | 6 <sup>th</sup> July 2013         |
| 2.                          | Ian Chamberlain             | 9.18m            | V50 | 14 <sup>th</sup> July 2007        |
| <b>High Jump</b>            |                             |                  |     |                                   |
| <b>1.</b>                   | <b>Gintalas Varanauskas</b> | <b>1.90m ind</b> |     | <b>19<sup>th</sup> March 2018</b> |
| <b>Pole Vault</b>           |                             |                  |     |                                   |
| 1.                          | Stuart Tufton               | 3.50m            | V50 | 31 <sup>st</sup> May 2003         |
| 2.                          | Mark Bishop                 | 3.08m            |     | 3 <sup>rd</sup> August 2013       |
| 3.                          | Ian Chamberlain             | 2.40m            | V50 | 20 <sup>th</sup> May 2006         |
| <b>Shot Putt</b>            |                             |                  |     |                                   |
| 1.                          | Steve Archer                | 12.74m           |     | 4 <sup>th</sup> August 2001       |
| 2.                          | Mark Bishop                 | 10.38m           |     | 16 <sup>th</sup> June 2013        |
| 3.                          | Brian Hatch                 | 9.71m            |     | 12 <sup>th</sup> April 1998       |
| <b>Discus (2kg)</b>         |                             |                  |     |                                   |
| 1.                          | Steve Archer                | 37.75m           |     | 4 <sup>th</sup> August 2001       |
| 2.                          | Mark Bishop                 | 32.62m           |     | 16 <sup>th</sup> June 2013        |
| 3.                          | Kevin White                 | 31.20m           |     | 17 <sup>th</sup> May 2003         |
| 4.                          | Brian Hatch                 | 30.74m           |     | 12 <sup>th</sup> April 1998       |
| <b>Hammer (7.26kg)</b>      |                             |                  |     |                                   |
| 1.                          | Keith Robinson              | 49.30m           |     | 10 <sup>th</sup> May 1997         |

2018 Updates in blue

2019 Updates in red

|                           |                 |         |                                |
|---------------------------|-----------------|---------|--------------------------------|
| 2.                        | Steve Archer    | 26.25m  | 10 <sup>th</sup> July 2001     |
| <b>Javelin (800g)</b>     |                 |         |                                |
| 1.                        | Brian Hatch     | 36.12m  | 3 <sup>rd</sup> May 1997       |
| 2.                        | Mark Bishop     | 35.09m  | 3 <sup>rd</sup> August 2013    |
| 3.                        | Steve Archer    | 31.29m  | 2 <sup>nd</sup> June 2001      |
| 4.                        | Paul Berrett    | 29.59m  | V50 14 <sup>th</sup> July 2012 |
| <b>Men 50-54</b>          |                 |         |                                |
| <b>100 Metres</b>         |                 |         |                                |
| 1.                        | Clive Gray      | 14.0s   | 7 <sup>th</sup> June 2008      |
| 2.                        | Ian Chamberlain | 14.1s   | 14 <sup>th</sup> July 2007     |
| <b>800 Metres</b>         |                 |         |                                |
| 1.                        | Matt Bland      | 2:15.4  | 22 <sup>nd</sup> July 2017     |
| 2.                        | Len Parrott     | 2:16.0  | 1986                           |
| 3.                        | Paul Berrett    | 2:16.43 | 19 <sup>th</sup> June 2012     |
| <b>1500 Metres</b>        |                 |         |                                |
| 1.                        | Len Parrott     | 4:24.5  | 1986                           |
| 2.                        | Matt Bland      | 4:27.63 | 29 <sup>th</sup> July 2017     |
| 3.                        | Paul Berrett    | 4:38.71 | 9 <sup>th</sup> July 2012      |
| <b>3000 Metres</b>        |                 |         |                                |
| 1.                        | Paul Berrett    | 9:59.33 | 27 <sup>th</sup> August 2013   |
| 2.                        | Simon Hart      | 10:11.7 | 31 <sup>st</sup> May 2015      |
| <b>5000 Metres</b>        |                 |         |                                |
| 1.                        | Len Parrott     | 17:10.2 | 1986                           |
| 2.                        | Matt Bland      | 17:32.1 | 17 <sup>th</sup> June 2017     |
| 3.                        | Paul Berrett    | 18:02.8 | 9 <sup>th</sup> June 2012      |
| <b>10000 Metres</b>       |                 |         |                                |
| 1.                        | Len Parrott     | 35:37.7 | 1986                           |
| <b>Marathon</b>           |                 |         |                                |
| 1.                        | Simon Hart      | 2:38.42 | 25 <sup>th</sup> May 2014      |
| 2.                        | Len Parrott     | 2:49.57 | 1986                           |
| <b>110mH</b>              |                 |         |                                |
| 1.                        | Ian Chamberlain | 21.0    | 5 <sup>th</sup> August 2006    |
| <b>400mH (91 cms)</b>     |                 |         |                                |
| 1.                        | Paul Berrett    | 71.8    | 16 <sup>th</sup> June 2013     |
| 2.                        | Ian Chamberlain | 72.9    | 5 <sup>th</sup> August 2006    |
| <b>400mH (84cms)</b>      |                 |         |                                |
| 1.                        | Paul Berrett    | 70.03   | 14 <sup>th</sup> Sept 2013     |
| <b>2000m Steeplechase</b> |                 |         |                                |
| 1.                        | Paul Berrett    | 7:21.6  | 16 <sup>th</sup> June 2013     |
| <b>3000m Steeplechase</b> |                 |         |                                |
| 1.                        | Paul Berrett    | 11:25.6 | 13 <sup>th</sup> July 2013     |
| <b>Triple Jump</b>        |                 |         |                                |

2018 Updates in blue

2019 Updates in red

|                              |                     |                 |     |                                       |
|------------------------------|---------------------|-----------------|-----|---------------------------------------|
| 1.                           | Ian Chamberlain     | 9.18m           |     | 14 <sup>th</sup> July 2007            |
| <b>Pole Vault</b>            |                     |                 |     |                                       |
| 1.                           | Stuart Tufton       | 3.50m           |     | 31 <sup>st</sup> May 2003             |
| 2.                           | Ian Chamberlain     | 2.40m           |     | 20 <sup>th</sup> May 2006             |
| <b>Shot Putt (? 7.26g? )</b> |                     |                 |     |                                       |
| 1.                           | Steve Archer        | 11.54m          |     | 30 <sup>th</sup> July 2005            |
| 2.                           | Brian Hatch         | 11.07m          |     | 20 <sup>th</sup> September 1998       |
| <b>Discus (2kg)</b>          |                     |                 |     |                                       |
| 1.                           | Brian Hatch         | 36.53m          |     | 28 <sup>th</sup> March 1999           |
| 2.                           | Steve Archer        | 33.09m          |     | 30 <sup>th</sup> July 2005            |
| 3.                           | Kevin White         | 27.71m          |     | 5 <sup>th</sup> June 2010             |
| <b>Discus (1.5kg)</b>        |                     |                 |     |                                       |
| 1.                           | <b>Mark Bishop</b>  | <b>29.22m</b>   |     | <b>16<sup>th</sup> September 2018</b> |
| <b>Hammer (7.26kg)</b>       |                     |                 |     |                                       |
| 1.                           | Steve Archer        | 26.33m          |     | 30 <sup>th</sup> July 2005            |
| 2.                           | Kevin White         | 15.75m          |     | 20 <sup>th</sup> May 2012             |
| <b>Javelin (800g)</b>        |                     |                 |     |                                       |
| 1.                           | Paul Berrett        | 29.59m          |     | 14 <sup>th</sup> July 2012            |
| 2.                           | Clive Gray          | 25.99m          |     | 7 <sup>th</sup> June 2008             |
| <b>Javelin (700g)</b>        |                     |                 |     |                                       |
| 1.                           | Paul Berrett        | 29.82m          |     | 14 <sup>th</sup> September 2013       |
| <b><u>Men 55-59</u></b>      |                     |                 |     |                                       |
| <b>200m</b>                  |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>29.45</b>    |     | <b>25<sup>th</sup> July 2018</b>      |
| <b>400m</b>                  |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>62.36</b>    |     | <b>20<sup>th</sup> June 2018</b>      |
| <b>800m</b>                  |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>2:19.44</b>  |     | <b>25<sup>th</sup> July 2018</b>      |
| 2.                           | Len Parrott         | 2.28.6          | V60 | 27 <sup>th</sup> August 1995          |
| <b>1500m</b>                 |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>4:54.39</b>  |     | <b>11<sup>th</sup> June 2018</b>      |
| 2.                           | Len Parrott         | 5.02.2          | V60 | 1996                                  |
| <b>3000m</b>                 |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>10:43.64</b> |     | <b>10<sup>th</sup> July 2018</b>      |
| <b>5000m</b>                 |                     |                 |     |                                       |
| 1.                           | <b>Paul Berrett</b> | <b>19:05.82</b> |     | <b>5<sup>th</sup> July 2018</b>       |
| 2.                           | Len Parrott         | 19.20.1         | V60 | 1998                                  |
| <b>10000 Metres</b>          |                     |                 |     |                                       |
| 1.                           | Len Parrott         | 38.33.1         | V60 | 1996                                  |
| <b>Pole Vault</b>            |                     |                 |     |                                       |
| 1.                           | Stuart Tufton       | 3.40m           |     | 5 <sup>th</sup> May 2007              |

2018 Updates in blue

2019 Updates in red

|                         |                       |               |  |                                    |
|-------------------------|-----------------------|---------------|--|------------------------------------|
| <b>Discus (2kg)</b>     |                       |               |  |                                    |
| 1.                      | Kevin White           | 25.18m        |  | 25 <sup>th</sup> April 2015        |
| <b>Javelin (700g)</b>   |                       |               |  |                                    |
| 1.                      | <b>Paul Berrett</b>   | <b>28.86m</b> |  | <b>11<sup>th</sup> August 2018</b> |
| <br>                    |                       |               |  |                                    |
| <b><u>Men 60-64</u></b> |                       |               |  |                                    |
| <b>800 Metres</b>       |                       |               |  |                                    |
| 1.                      | Len Parrott           | 2.28.6        |  | 27 <sup>th</sup> August 1995       |
| <b>1500 Metres</b>      |                       |               |  |                                    |
| 1.                      | Len Parrott           | 5.02.2        |  | 1996                               |
| <b>5000 Metres</b>      |                       |               |  |                                    |
| 1.                      | Len Parrott           | 19.20.1       |  | 1998                               |
| <b>10000 Metres</b>     |                       |               |  |                                    |
| 1.                      | Len Parrott           | 38.33.1       |  | 1996                               |
| <b>Pole Vault</b>       |                       |               |  |                                    |
| 1.                      | Stuart Tufton         | 3.20m         |  | 21 <sup>st</sup> May 2011          |
| <b>Discus (2kg)</b>     |                       |               |  |                                    |
| 1.                      | <b>Kevin White</b>    | <b>22.65m</b> |  | <b>18<sup>th</sup> Aug 2018</b>    |
| <br>                    |                       |               |  |                                    |
| <b><u>Men 65+</u></b>   |                       |               |  |                                    |
| <b>Pole Vault</b>       |                       |               |  |                                    |
| 1.                      | Stuart Tufton         | 3.00m         |  | 22 <sup>nd</sup> May 2016          |
| <b>Hammer (7.26kg)</b>  |                       |               |  |                                    |
| 1.                      | <b>Keith Robinson</b> | <b>30.72m</b> |  | <b>14<sup>th</sup> April 2018</b>  |

**VETERAN WOMEN****35-39****100 Metres**

|   |                 |      |     |                                 |
|---|-----------------|------|-----|---------------------------------|
| 1 | Lesley Felton   | 13.4 |     | 27 <sup>th</sup> September 1998 |
| 2 | Ruth O'Sullivan | 13.7 | W40 | 16 <sup>th</sup> June 1999      |
| 3 | Cathy Matthews  | 15.1 |     | 5 <sup>th</sup> April 2008      |

**200 Metres**

|   |                 |      |     |                                 |
|---|-----------------|------|-----|---------------------------------|
| 1 | Lesley Felton   | 27.3 |     | 27 <sup>th</sup> September 1998 |
| 2 | Ruth O'Sullivan | 27.8 | W40 | 16 <sup>th</sup> June 1999      |
| 3 | Tina Quinlivan  | 30.2 |     | 12 <sup>th</sup> July 2014      |

**400 Metres**

|   |                 |      |     |                                |
|---|-----------------|------|-----|--------------------------------|
| 1 | Lesley Felton   | 61.0 | W40 | 4 <sup>th</sup> September 1999 |
| 2 | Ruth O'Sullivan | 61.1 |     | 10 <sup>th</sup> April 1993    |
| 3 | Tina Quinlivan  | 69.4 |     | 25 <sup>th</sup> April 2015    |

**600 Metres**

|   |                 |        |     |                            |
|---|-----------------|--------|-----|----------------------------|
| 1 | Ruth O'Sullivan | 1.46.4 | W40 | 3 <sup>rd</sup> April 1999 |
|---|-----------------|--------|-----|----------------------------|

**800 Metres**

|   |               |        |  |                             |
|---|---------------|--------|--|-----------------------------|
| 1 | Lesley Felton | 2:20.7 |  | 30 <sup>th</sup> May 1998   |
| 2 | Clare Rudgley | 3:23.9 |  | 21 <sup>st</sup> April 2012 |

**1500 Metres**

|   |                   |         |     |                              |
|---|-------------------|---------|-----|------------------------------|
| 1 | Lesley Felton     | 4:58.8  |     | 19 <sup>th</sup> August 1998 |
| 2 | Christine Wilkins | 5:07.0  |     | 20 <sup>th</sup> May 1989    |
| 2 | Cathy Matthews    | 5:30.22 | W40 | 6 <sup>th</sup> July 2008    |
| 3 | Ruth O'Sullivan   | 5:34.7  | W40 | 28 <sup>th</sup> August 2000 |

**3000 Metres**

|   |                 |          |     |                                |
|---|-----------------|----------|-----|--------------------------------|
| 1 | Lesley Felton   | 12:21.26 | W45 | 2 <sup>nd</sup> July 2006      |
| 2 | Dawn Hawes      | 12:41.5  | W40 | 15 <sup>th</sup> July 2000     |
| 3 | Jane Hallam     | 13:07.3  | W45 | 18 <sup>th</sup> May 2013      |
| 4 | Ruth O'Sullivan | 13:24.0  |     | 4 <sup>th</sup> September 1993 |
| 5 | Mo Lear         | 14:57.48 |     | 10 <sup>th</sup> August 2013   |

**Marathon**

|   |                 |         |     |                             |
|---|-----------------|---------|-----|-----------------------------|
| 1 | Debbie Appleton | 2:48.38 | W40 | 21 <sup>st</sup> April 2013 |
| 2 | Denise Harris   | 3:34.51 |     | 13 <sup>th</sup> Apr 2008   |
| 3 | Tina Quinlivan  | 3:50.10 |     | 13 <sup>th</sup> April 2014 |
| 4 | Lesley Gahagan  | 3:56.33 | W50 | 26 <sup>th</sup> April 2009 |
| 5 | Linda Smith     | 3:57.21 | W50 | 18 <sup>th</sup> April 2004 |
| 6 | Jane Hallam     | 3:57.32 | W40 | 25 <sup>th</sup> April 2010 |

**100 Metres Hurdles**

|   |                 |       |     |                              |
|---|-----------------|-------|-----|------------------------------|
| 1 | Claire Brennan  | 16.92 |     | 7 <sup>th</sup> May 2017     |
| 2 | Cathy Matthews  | 18.6  | W40 | 26 <sup>th</sup> July 2008   |
| 3 | Ruth O'Sullivan | 20.0  |     | 13 <sup>th</sup> August 1994 |

**400 Metres Hurdles**

|   |                 |       |  |                             |
|---|-----------------|-------|--|-----------------------------|
| 1 | Claire Brennan  | 68.56 |  | 3 <sup>rd</sup> July 2016   |
| 2 | Ruth O'Sullivan | 71.5  |  | 26 <sup>th</sup> June 1999  |
| 3 | Cathy Matthews  | 74.3  |  | 26 <sup>th</sup> April 2008 |

**1500m S/chase**

|   |                |        |  |                              |
|---|----------------|--------|--|------------------------------|
| 1 | Tina Quinlivan | 6:44.0 |  | 10 <sup>th</sup> August 2013 |
|---|----------------|--------|--|------------------------------|

2018 Updates in blue

2019 Updates in red



**Long Jump**

|    |                 |       |     |                              |
|----|-----------------|-------|-----|------------------------------|
| 1  | Lesley Felton   | 4.35m |     | 19 <sup>th</sup> July 1997   |
| 2  | Cathy Matthews  | 4.24m | W40 | 28 <sup>th</sup> June 2008   |
| 3= | Maria Luck      | 4.22m | W45 | 11 <sup>th</sup> August 2002 |
| 3= | Claire Brennan  | 4.22m |     | 21 <sup>st</sup> May 2017    |
| 5  | Ruth O'Sullivan | 3.71m | W40 | 28 <sup>th</sup> August 2000 |

**High Jump**

|   |                |       |  |                           |
|---|----------------|-------|--|---------------------------|
| 1 | Claire Brennan | 1.40m |  | 3 <sup>rd</sup> July 2016 |
|---|----------------|-------|--|---------------------------|

**Triple Jump**

|          |                       |               |     |                                       |
|----------|-----------------------|---------------|-----|---------------------------------------|
| <b>1</b> | <b>Claire Brennan</b> | <b>10.03m</b> |     | <b>16<sup>th</sup> September 2018</b> |
| 2        | Cathy Matthews        | 8.68m         |     | 26 <sup>th</sup> April 2008           |
| 3        | Maria Luck            | 8.12m         | W45 | 11 <sup>th</sup> August 2002          |
| 4        | Ruth O'Sullivan       | 6.84m         | W40 | 4 <sup>th</sup> September 1999        |

**Pole Vault**

|   |                |                      |  |  |
|---|----------------|----------------------|--|--|
| 1 | Tina Quinlivan | 2.90m ind<br>(2.80m) |  | 6 <sup>th</sup> February 2016<br>10 <sup>th</sup> June 2015) |
| 2 | Claire Brennan | 2.60m                |  | 9 <sup>th</sup> April 2017                                   |

**Javelin**

|   |                |        |  |                            |
|---|----------------|--------|--|----------------------------|
| 1 | Claire Brennan | 21.18m |  | 21 <sup>st</sup> May 2017  |
| 2 | Tina Quinlivan | 13.98m |  | 14 <sup>th</sup> July 2012 |

**Discus**

|   |                |        |  |                             |
|---|----------------|--------|--|-----------------------------|
| 1 | Claire Brennan | 21.52m |  | 17 <sup>th</sup> April 2016 |
|---|----------------|--------|--|-----------------------------|

**Shot**

|   |                |       |  |                                 |
|---|----------------|-------|--|---------------------------------|
| 1 | Claire Brennan | 7.85m |  | 18 <sup>th</sup> September 2016 |
|---|----------------|-------|--|---------------------------------|

**Hammer**

|   |             |        |     |                             |
|---|-------------|--------|-----|-----------------------------|
| 1 | Ruth Lovell | 24.30m | W40 | 2 <sup>nd</sup> August 1997 |
|---|-------------|--------|-----|-----------------------------|

**40-44****100 Metres**

|   |                 |      |  |                              |
|---|-----------------|------|--|------------------------------|
| 1 | Lesley Felton   | 13.5 |  | 15 <sup>th</sup> August 1999 |
| 2 | Ruth O'Sullivan | 13.7 |  | 16 <sup>th</sup> June 1999   |

**200 Metres**

|   |                 |      |  |                              |
|---|-----------------|------|--|------------------------------|
| 1 | Lesley Felton   | 27.5 |  | 15 <sup>th</sup> August 1999 |
| 2 | Ruth O'Sullivan | 27.8 |  | 16 <sup>th</sup> June 1999   |

**400 Metres**

|   |                 |      |  |                                |
|---|-----------------|------|--|--------------------------------|
| 1 | Lesley Felton   | 61.0 |  | 4 <sup>th</sup> September 1999 |
| 2 | Ruth O'Sullivan | 61.4 |  | 26 <sup>th</sup> June 1999     |

**600 Metres**

|   |                 |        |  |                            |
|---|-----------------|--------|--|----------------------------|
| 1 | Ruth O'Sullivan | 1.46.4 |  | 3 <sup>rd</sup> April 1999 |
|---|-----------------|--------|--|----------------------------|

**800 Metres**

|   |               |         |  |                             |
|---|---------------|---------|--|-----------------------------|
| 1 | Lesley Felton | 2.19.15 |  | 3 <sup>rd</sup> August 1999 |
|---|---------------|---------|--|-----------------------------|

**1500 Metres**

|   |                 |         |     |                              |
|---|-----------------|---------|-----|------------------------------|
| 1 | Lesley Felton   | 4:59.3  | W45 | 23 <sup>rd</sup> July 2005   |
| 2 | Cathy Matthews  | 5:30.22 |     | 6 <sup>th</sup> July 2008    |
| 3 | Ruth O'Sullivan | 5:34.7  |     | 28 <sup>th</sup> August 2000 |

2018 Updates in blue

2019 Updates in red

|                           |                 |          |     |  |                                |
|---------------------------|-----------------|----------|-----|--|--------------------------------|
| <b>3000 Metres</b>        |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 12:21.26 | W45 |  | 2 <sup>nd</sup> July 2006      |
| 2                         | Dawn Hawes      | 12:41.5  |     |  | 15 <sup>th</sup> July 2000     |
| 3                         | Jane Hallam     | 13:07.3  | W45 |  | 18 <sup>th</sup> May 2013      |
| 3                         | Ruth O'Sullivan | 13:26.3  | W45 |  | 4 <sup>th</sup> August 2002    |
| <b>5000 Metres</b>        |                 |          |     |  |                                |
| 1                         | Juliet Ward     | 24:51.7  | W45 |  | 4 <sup>th</sup> July 2015      |
| <b>Marathon</b>           |                 |          |     |  |                                |
| 1                         | Debbie Appleton | 2:48.38  |     |  | 21 <sup>st</sup> April 2013    |
| 2                         | Lesley Gahagan  | 3:56.33  | W50 |  | 26 <sup>th</sup> April 2009    |
| 3.                        | Linda Smith     | 3:57.21  | W50 |  | 18 <sup>th</sup> April 2004    |
| 4                         | Jane Hallam     | 3:57.32  |     |  | 25 <sup>th</sup> April 2010    |
| <b>100 Metres Hurdles</b> |                 |          |     |  |                                |
| 1                         | Cathy Matthews  | 18.6     |     |  | 26 <sup>th</sup> July 2008     |
| <b>400 Metres Hurdles</b> |                 |          |     |  |                                |
| 1                         | Ruth O'Sullivan | 71.5     |     |  | 26 <sup>th</sup> June 1999     |
| 2                         | Cathy Matthews  | 74.6     |     |  | 30 <sup>th</sup> August 2008   |
| <b>Long Jump</b>          |                 |          |     |  |                                |
| 1                         | Cathy Matthews  | 4.24m    |     |  | 28 <sup>th</sup> June 2008     |
| 2                         | Maria Luck      | 4.22m    | W45 |  | 11 <sup>th</sup> August 2002   |
| 3                         | Ruth O'Sullivan | 3.71m    |     |  | 28 <sup>th</sup> August 2000   |
| <b>Triple Jump</b>        |                 |          |     |  |                                |
| 1                         | Cathy Matthews  | 8.64m    |     |  | 28 <sup>th</sup> June 2008     |
| 2                         | Maria Luck      | 8.12m    | W45 |  | 11 <sup>th</sup> August 2002   |
| 3                         | Ruth O'Sullivan | 6.84m    |     |  | 4 <sup>th</sup> September 1999 |
| <b>Pole Vault</b>         |                 |          |     |  |                                |
| 1                         | Tina Quinlivan  | 2.90m    |     |  | 18 <sup>th</sup> August 2017   |
| <b>Hammer</b>             |                 |          |     |  |                                |
| 1                         | Ruth Lovell     | 24.30m   |     |  | 2 <sup>nd</sup> August 1997    |
| <b><u>45-49</u></b>       |                 |          |     |  |                                |
| <b>200 Metres</b>         |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 29.2     |     |  | 4 <sup>th</sup> September 2005 |
| <b>400 Metres</b>         |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 63.4     |     |  | 3 <sup>rd</sup> August 2005    |
| <b>800 Metres</b>         |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 2.23.61  |     |  | 17 <sup>th</sup> July 2005     |
| <b>1500 Metres</b>        |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 4:59.3   |     |  | 23 <sup>rd</sup> July 2005     |
| <b>3000 Metres</b>        |                 |          |     |  |                                |
| 1                         | Lesley Felton   | 12:21.26 |     |  | 2 <sup>nd</sup> July 2006      |
| 2                         | Jane Hallam     | 13:07.3  |     |  | 18 <sup>th</sup> May 2013      |
| 3                         | Ruth O'Sullivan | 13:26.3  |     |  | 4 <sup>th</sup> August 2002    |

2018 Updates in blue

2019 Updates in red

|                    |                 |         |     |                              |
|--------------------|-----------------|---------|-----|------------------------------|
| <b>5000 Metres</b> |                 |         |     |                              |
| 1                  | Juliet Ward     | 24:51.7 |     | 4 <sup>th</sup> July 2015    |
| <b>Marathon</b>    |                 |         |     |                              |
| 1                  | Lesley Gahagan  | 3:56.33 | W50 | 26 <sup>th</sup> April 2009  |
| 2.                 | Linda Smith     | 3:57.21 | W50 | 18 <sup>th</sup> April 2004  |
| 3                  | Jane Hallam     | 3:57.32 |     | 25 <sup>th</sup> April 2010  |
| <b>Long Jump</b>   |                 |         |     |                              |
| 1                  | Maria Luck      | 4.22m   |     | 11 <sup>th</sup> August 2002 |
| <b>Triple Jump</b> |                 |         |     |                              |
| 1                  | Maria Luck      | 8.12m   |     | 11 <sup>th</sup> August 2002 |
| <b><u>50+</u></b>  |                 |         |     |                              |
| <b>800 Metres</b>  |                 |         |     |                              |
| 1                  | Ruth O'Sullivan | 3:48.4  |     | 14 <sup>th</sup> July 2012   |
| <b>1500 Metres</b> |                 |         |     |                              |
| 1                  | Ruth O'Sullivan | 7:46.9  |     | 14 <sup>th</sup> July 2012   |
| <b>3000 Metres</b> |                 |         |     |                              |
| 1                  | Ruth O'Sullivan | 16:07.5 |     | 14 <sup>th</sup> July 2012   |
| <b>Marathon</b>    |                 |         |     |                              |
| 1                  | Lesley Gahagan  | 3:56.33 |     | 26 <sup>th</sup> April 2009  |
| 2.                 | Linda Smith     | 3:57.21 |     | 18 <sup>th</sup> April 2004  |