

# CAMBRIDGE & COLERIDGE AC

## TRACK & FIELD RECORDS

### VETERAN MEN

November 2019

<u>Event</u>	<u>Age Group</u>	<u>Performance</u>	<u>Date</u>	<u>Record Holder</u>
100m	M35	11.8s	2019	Chung Tu
200m	M35	24.1s	2019	Steven Green
		24.1s	2019	Chung Tu
400m	M35	53.2	2019	Steven Green
800m	M35	2m 07.9s	2015	Istvan Jacso
1500m	M35	4m 13.73s	2015	Istvan Jacso
3000m	M35	9m 12.08s	2014	Istvan Jacso
5000m	M35	15m 54.21s	2011	Michael Salt
10000m	M35	34m33.23s	2016	Istvan Jacso
1 Mile	M35	4m 41.22s	2015	Istvan Jacso
S H 3' 6"	M35	18.7s	1992	Martin Graves
400H	M35	61.2s	1992	Martin Graves
2000m S/C	M35	6m 18.6s	2014	Istvan Jacso
3000m S/C	M35	9m 54.84s	2014	Istvan Jacso
H.J.	M35	1.75m	2007	Alec Taylor
L.J.	M35	5.64m	2007	Alec Taylor
T.J.	M35	11.45m	2007	Alec Taylor
P.V.	M35	2.95m	1992	John Mottram
Shot	M35	12.40m	2006	Gary Parsons
Discus	M35	39.95m	2007	Gary Parsons
Javelin	M35	58.44m	1990	John Mottram
Hammer	M35	52.12m	1996	Nigel Spivey
Pentathlon	M35	2582 Pts	2008	Alec Taylor
Decathlon	M35	4177Pts	2007	Alec Taylor
Marathon	M35	2h, 23.00s	1982	John Jenkins
Medley R 2,2,4,8	M35	4m 21.1s	2013	M Ward,K Clarke,M Bagley,A Taylor
Medley R 4,2,2,4	M35	2m 59.5s	2015	K Clarke,J Tucker,R Cherian,M Ward
4*100 Relay	M35	52.1s	2013	K Clarke,M Ward,M Bagley, A N Other
4*400 Relay	M35	4m 27.6s	2017	?
4*200 Relay	M35	1m52.3s	2015	M Ward,K Clarke,K Semple,R Cherian
100m	<b>M40</b>	12.2 s	1994	Malcolm Massey
200m	M40	25.1 s	1994	Malcolm Massey
400m	M40	54.0s	1992	Martin Haniver
800m	M40	2m 08.1s	2017	Vincent Courtois
1500m	M40	4m 8.2 s	1982	Robert Grubb
3000m	M40	8m 53.2 s	2017	Sullivan Smith
5000m	M40	15m 23.2 s	2017	Sullivan Smith
10000m	M40	32m 6.3s	2018	Sullivan Smith
1 Mile	M40	4m 39.5s	2018	Sullivan Smith
S.H. -3.3	M40	21.2 s	1993	Noel Moss
400H	M40	58.5 s	1991	Martin Haniver
2000m S.Ch	M40	6m 18.5s	2018	Sullivan Smith
3000m S.Ch	M40	9m 39.6s	2018	Sullivan Smith
H.J.	M40	1.60 m	2012	Alec Taylor
L.J.	M40	5.72 m	1994	Malcolm Massey
T.J.	M40	10.29 m	1993	Marcus Ennis
P.V.	M40	3.30 m	1993	John Mottram
Shot	M40	11.21m	2011	Gary Parsons
Discus	M40	36.28m	2011	Gary Parsons
Javelin	M40	50.24 m	1992	John Mottram
Hammer	M40	39.67m	2001	David Vickery
2k Walk	M40	14m 15.0s	2012	Matthew Ward
Marathon	M40	2h.32m.29 s	1987	John Pelling
Medley R 2,2,4,8	M40	4m 42.2s	2011	M Ward,J Courtney,I Slack,J Tucker

Medley R 4,2,2,4	M40	3m 17.5s	2012	K Clarke,A Taylor,M Bagley,M Ward
4*100 Relay	M40	53.4s	2012	K Clarke,M Ward,M Bagley,A Holdsworth
4*400 Relay	M40	4m 33.3s	2012	K Clarke,K White,M Ward,N Costello
100m	<b>M45</b>	12.9s	2010	Julian Courtney
200m	M45	26.8s	2010	Julian Courtney
400m	M45	55.1 s	1981	Anthony Churchill
800m	M45	2m 5.6 s	1981	Anthony Churchill
1500m	M45	4m 18.0s	1992	John Jenkins
3000m	M45	9m 22.1s	1993	John Jenkins
5000m	M45	16m 8.4s	1993	John Jenkins
10000m	M45	38m31.0s	2004	Mark Chaplin
1 Mile	M45	5 m 09.34s	2011	David Pettitt
S.H. -3.6'	M45	22.3s	1993	Noel Moss
S.H. -3.3'	M45	21.2 s	1994	Noel Moss
400H	M45	77.2s	1995	Marcus Ennis
S.Ch	M45	10m 04.95s	1992	Michael Nelson
H.J.	M45	1.45m	2013	Keith Clarke
L.J.	M45	4.97m	2010	Julian Courtney
T.J.	M45	10.16m	2013	Keith Clarke
P.V.	M45	3.20m	1997	John Mottram
Shot	M45	10.55m	2016	Gary Parsons
Discus	M45	33.68m	1995	Philip Bramford
Javelin	M45	49.06m	1995	Philip Bramford
Hammer	M45	33.55m	2016	Gary Parsons
2K Walk	M45	11min 30.1s	2006	David Bowker
1 Mile walk	M45	10min 11.6s	2006	David Bowker
4*400 Relay	M45	5m 13.3s	2016	R Cherian,N Moss,J Tucker
100m	<b>M50</b>	12.5s	2011	Julian Courtney
200m	M50	26.2s	2011	Julian Courtney
400m	M50	59.6s	2011	Julian Courtney
800m	M50	2m 07.2s	1987	Anthony Churchill
1500m	M50	4m 30.4s	1998	John Jenkins
3000m	M50	9m 42.6s	1998	John Jenkins
5000m	M50	16m 38.1s	2011	John Oakes
1 Mile	M50	5m 09.53s	2011	John Oakes
S.H. -3.6"	M50	22.1s	1996	Noel Moss
S.H. -3.3"	M50	24.6s	2011	Ian Slack
S.H. -3.0"	M50	20.1s	1997	Noel Moss
400H 3.0"	M50	80.6s	1998	Noel Moss
400H 2.9"	M50	72.7s	1995	Noel Moss
H.J.	M50	1.35m	2012	Ian Slack =
H.J.	M50	1.35m	2017	Keith Clarke=
L.J.	M50	4.98m	2011	Julian Courtney
T.J.	M50	9.74m	2019	Keith Clarke
P.V.	M50	2.40m	1995	Noel Moss =
P.V.	M50	2.40m	2004	Phil Monk =
Shot 7.26kg	M50	9.37m	2005	Philip Bramford
Shot 6.0kg	M50	10.32m	2001	Philip Bramford
Disc 2.0kg	M50	29.56m	2001	Philip Bramford
Disc 1.5kg	M50	37.00m	2000	Philip Bramford
Jav. 800gm	M50	43.29m	2000	Philip Bramford
Jav. 700gm	M50	43.28m	2001	Philip Bramford
Ham 7.26kg	M50	22.67m	2006	Martin Graves
Ham 6kg	M50	26.41m	2005	Philip Bramford
2K Walk	M50	11m 46.2s	2015	Roger Lilley
3K Walk	M50	17m 39.96s	2014	Roger Lilley
1 Mile Walk	M50	8m 59.8s	2014	Roger Lilley
Medley R 4,2,2,4	M50	3m 18.3s	2011	J Tucker,N Moss,I Slack,J Courtney
Medley R 2,2,4,8	M50	5m 12.5s	2005	N Moss,P Howard,Dewison,Downie
4*100 Relay	M50	60.6s	2012	J Courtney,N Moss,I Slack,G Meah
4*400 Relay	M50	5m 22.7s	2014	A Baldock,I Slack,J Tucker,S Giles
4*200 Relay	M50	2m10.5s	2015	J Tucker,N Moss,I Slack,A Holdsworth
100m	<b>M55</b>	14.0 s	2001	Noel Moss

200m	M55	28.6s	2000	Noel Moss
400m	M55	56.6s	1987	Anthony Churchill
800m	M55	<b>2m 07.2s</b> British record	1989	Anthony Churchill
1500m	M55	4m59.8s	2004	John Jenkins
3000m	M55	10m 06.3s	2012	John Oakes
1 Mile	M55	5min 25.54s	2012	John Oakes
S.H. -3.0"	M55	21.4s	2001	Noel Moss
400H 3.0"	M55	86.9s	2000	Noel Moss
400H 2.9"	M55	83.8 s	2001	Noel Moss
1M Walk	M55	9m 21.2s	2018	Roger Lilley
2 k Walk	M55	13m31.3s	2016	Joe Tucker
3 k Walk	M55	17m 51.9s	2018	Roger Lilley
H.J.	M55	1.45m	2019	Ian Slack
L.J.	M55	4.31m	2018	Ian Slack
T.J.	M55	9.23m	2016	Ian Slack
P.V.	M55	2.40m	2000	Noel Moss
Shot 7.26kg	M55	11.18m	2018	Michael Hausler
Shot 6.0kg	M55	12.64m	2018	Michael Hausler
Disc 2.0kg	M55	30.23m	2005	Philip Bramford
Disc 1.5kg	M55	36.75m	2017	Michael Hausler
Jav. 800gm	M55	36.35m	2017	Michael Hausler
Jav. 700gm	M55	38.33m	2005	Philip Bramford
Ham 7.26kg	M55	25.52m	2007	Philip Bramford
Ham 6kg	M55	29.77m	2008	Philip Bramford
Weight	M55	10.79m	2009	Philip Bramford
Throws Pent	M55	2793Pts	2007	Philip Bramford
Throws Dec	M55	4766Pts	2006	Philip Bramford
100m	<b>M60</b>	15.1s	2006	Noel Moss
200m	M60	30.7s	2005	Noel Moss
400m	M60	62.7s	1994	Anthony Churchill
800m	M60	2m31.4s	1994	Anthony Churchill
1500m	M60	5m 15.0s	2019	Peter Thompson
3000m	M60	10m 57.6s	2018	Peter Thompson
5000m	M60	18m 49.7s	2018	Peter Thompson
1 Mile	M60	5m 47.4s	2019	Peter Thompson
2K Walk	M60	12m 14.6s	2006	Peter Howard
1 Mile walk	M60	10m 51.7s	2006	Peter Howard
H.J.	M60	1.10m	2006	Noel Moss
L.J.	M60	4.11m	2005	Noel Moss
T.J.	M60	7.70m	2006	Noel Moss
P.V.	M60	2.50m	2005	Noel Moss
Shot 7.26kg	M60	10.89	2019	Michael Hausler
Shot 6kg	M60	12.64m	2019	Michael Hausler
Shot 5.0kg	M60	13.48m	2019	Michael Hausler
Disc 2.0kg	M60	28.10m	2010	Philip Bramford
Disc 1.5kg	M60	33.54m	2019	Michael Hausler
Disc 1.0kg	M60	42.02m	2019	Michael Hausler
Jav. 800gm	M60	34.74m	2010	Philip Bramford
Jav. 700gm	M60	35.75m	2010	Philip Bramford
Jav. 600gm	M60	37.98m	2019	Michael Hausler
Ham 7.26kg	M60	23.25m	2010	Philip Bramford
Ham 6kg	M60	26.34m	2012	Philip Bramford
Ham 5kg	M60	30.91m	2010	Philip Bramford
Weight	M60	11.50m	2010	Philip Bramford
Throws Pent	M60	3031 Pts	2010	Philip Bramford
Throws Dec	M60	5249 Pts	2010	Philip Bramford
100m	<b>M65</b>	15.6s	2010	Noel Moss
200m	M65	33.4s	2010	Noel Moss
400m	M65	78.5s	2010	Noel Moss
800m	M65	2min 58s	2012	Neil Costello
1500m	M65	5min 24.9s	2013	John Jenkins
3000m	M65	11min 45.9s	2012	John Jenkins
H.J.	M65	1.00m	2010	Noel Moss
L.J.	M65	3.68m	2010	Noel Moss

T.J.	M65	7.39m	2011	Noel Moss
P.V.	M65	2.25m	2011	Noel Moss
1K Walk	M65	10 m 26.2s	2011	Peter Howard
2K Walk	M65	11 min 43.7s	2017	Roger Lilley
3K Walk	M65	18 min 04.0s	2017	Roger Lilley
5K Walk	M65	34 min 04.19s	2010	Peter Howard
1 Mile walk	M65	9 min 23.8s	2017	Roger Lilley
Shot 7.26kg	M65	6.37m	2009	Frank Martin
Shot 6kg	M65	6.87m	2012	Frank Martin
Shot 5kg	M65	9.77m	2017	John Blackwell
Disc 2.0kg	M65	15.67m	2009	Frank Martin
Disc 1.5kg	M65	19.08m	2011	Frank Martin
Disc 1.0kg	M65	30.66m	2017	John Blackwell
Jav. 800gm	M65	20.68m	2009	Frank Martin
Jav. 700gm	M65	17.90m	2010	Frank Martin
Jav. 600gm	M65	20.91m	2013	Noel Moss
Ham 7.26kg	M65	18.74m	2010	Frank Martin
Ham 6kg	M65	18.90m	2010	Noel Moss
Ham 5kg	M65	31.47m	2017	John Blackwell
100m	<b>M70</b>	17.7s	2015	Noel Moss
200m	M70	37.7s	2016	Noel Moss
400m	M70	89.0s	2015	Noel Moss
800m	M70	3m 40.28s	2005	Peter Chaplin
1500m	M70	7m 02.0s	2002	Peter Chaplin
5000m	M70	27m 27.2s	1989	David Blyth
1 Mile	M70	7m 08.7s	2016	Glyn Smith
3K Walk	M70	22 min 28.9s	2013	Peter Howard
1 Mile walk	M70	10 min 47.5s	2012	Peter Howard
L.J.	M70	2.95m	2015	Noel Moss
T.J.	M70	5.79m	2015	Noel Moss
P.V.	M70	2.0m	2015	Noel Moss
Disc 1.0kg	M70	18.92m	2014	Frank Martin
Jav. 600gm	M70	17.87m	2018	Noel Moss
Hammer 5kg	M70	15.81m	2016	Noel Moss
1500m	<b>M75</b>	7m 42.2s	2006	Peter Chaplin