

## C&C AC Track and Field records - Overall club records

### Males (senior specifications)

<u>Event</u>	<u>Performance</u>	<u>Year</u>	<u>Record Holder</u>
100m	10.52	1989	Nigel Will
200m	20.70	1990	Nigel Will
400m	47.14	1989	Benjamin Snaith
800m	1:47.02	2010	Edward Aston
1500m	3:35.9	2020	Marc Scott
3000m	7:43.37	2020	Marc Scott
5000m	13:08.67	2020	Marc Scott
10000m	28:25.8	1974	Grenville Tuck
1 Mile	4:11.5	2019	Thomas Keen
110m Hurdles	13.92	1984/2012	Jon. Ridgeon and Ben Kelk
400H	54.2	2019	Samuel Clarke
2000m Steeplechase	5:54.0	1969	Graham Tuck
3000m Steeplechase	8:35.8	1977	John Wilde
H.J.	2.05	1977	Martin Shorten
L.J.	7.12	1968	David Percival
T.J.	15.52	1978	Dennis Greene
P.V.	4.20	1982	Julian Dow
Shot	16.56	1969	Anthony Elvin
Discus	49.94	1966	Derek Ward
Javelin (pre1986) (post 1986)	69.78 58.44	1971 1990	Bogas Kawalko John Mottram
Hammer	62.54	1970	Anthony Elvin
Pentathlon	2582 pts	2008	Alec Taylor
Decathlon	4177 pts	2007	Alec Taylor
4x100 Relay	43.6	1993 Prov	A Egbe, R Smith, M Clements, J Kiff
4x400 Relay	3m 27.0	1993 Prov	R Smith, M Smith, M Davies, I Arnott

**Females (senior specifications)**

100m	11.90w (12.0)	2017	Maisey Snaith
200m	24.65w (24.8)	2018	Maisey Snaith
400m	53.91	2018	Maisey Snaith
800m	2:05.8	2019	Holly Archer
1500m	4:09.77	2021	Holly Archer
3000m	9:19.8	2018	Holly Rees
5000m	16:00.10	2019	Julia Paternain
10000m	33:22.9	2019	Julia Paternain
1 Mile	4:36.7	2020	Holly Archer
100m Hurdles	14.21w (14.47)	2017	Finlay Marriott
400m Hurdles	59.7	1980	Kim Tuffnell
1500m Steeplechase	5:26.9	2014	Dianna Chalmers
2000m Steeplechase	7:58.5	2017	Emma Schaertlin-Coffey
Highjump	1.72	1981	Susan Taylor
Longjump	5.75	2016	Hannah Waring
Triplejump	12.55	2018	Adelaide Omitowoju
Polevault	2.30	2001	Claire Robinson
Shot	13.99	2001	Charlotte Spelzini
Discus	37.16	2018	Bridget Fryer
Javelin (pre 1999) (post 1999)	44.30 39.47	1980 2017	Carole Morris Isabella Coutts
Hammer	44.48	2014	Jenny Richards
Pentathlon	3051 pts	2014	Jessica Fox
4x100 Relay	49.61	2016	M Snaith, F Marriot ,K Hilton-Taylor, L Gillies
4x400 Relay	3m 59.1s	1992	A Weeds,B Blanchard, A Turrington, E Motherwell