

**C&C Track & Field Masters age group best performances - Males****Men 35+**

100m	11.8	2019	Chung Tu
200m	24.1	2019	Steven Green/ Chung Tu
400m	53.2	2019	Steven Green
800m	2:07.9	2015	Istvan Jacso
1500m	4:02.7	2021	Jan Rus
3000m	9:12.08	2014	Istvan Jacso
5000m	15:54.21	2011	Michael Salt
10,000m	34:33.23	2016	Istvan Jacso
1 Mile	4:41.22	2015	Istvan Jacso
Sprint Hurdles 3'6"	18.7	1992	Martin Graves
400m Hurdles	61.2	1992	Martin Graves
2000m Steeplechase	6:18.6	2014	Istvan Jacso
3000m Steeplechase	9:54.84	2014	Istvan Jacso
Highjump	1.75	2007	Alec Taylor
Longjump	5.64	2007	Alec Taylor
Triplejump	11.45	2007	Alec Taylor
Polevault	2.95	1992	John Mottram
Shot 7.26kg	12.40	2006	Gary Parsons
Discus 2kg	39.95	2007	Gary Parsons
Javelin 800g	58.44	1990	John Mottram
Hammer 7.26kg	52.12	1996	Nigel Spivey
2k Walk			
3k Walk			
1 Mile walk			
Pentathlon	2582 pts	2008	Alec Taylor
Decathlon	4177pts	2007	Alec Taylor
4*100 Relay	52.1	2013	K Clarke, M Ward, M Bagley, A N Other
4*400 Relay	4:27.6	2017	?

**Men 40+**

100m	12.2	1994	Malcolm Massey
200m	25.1	1994	Malcolm Massey
400m	54.0	1992	Martin Haniver
800m	2:08.1	2017	Vincent Courtois
1500m	4:08.2	1982	Robert Grubb
3000m	8:53.2	2017	Sullivan Smith
5000m	15:23.2	2017	Sullivan Smith
10,000m	32:06.3	2018	Sullivan Smith
1 Mile	4:39.5	2018	Sullivan Smith
Sprint Hurdles 3'3"	21.2	1993	Noel Moss
400m Hurdles	58.5	1991	Martin Haniver
2000m Steeplechase	6:18.5	2018	Sullivan Smith
3000m Steeplechase	9:39.6	2018	Sullivan Smith
Highjump	1.60	2012	Alec Taylor
Longjump	5.72	1994	Malcolm Massey
Triplejump	10.29	1993	Marcus Ennis
Polevault	3.30	1993	John Mottram
Shot 7.26kg	11.21	2011	Gary Parsons
Discus 2kg	36.28	2011	Gary Parsons
Javelin 800g	50.24	1992	John Mottram
Hammer 7.26kg	39.67	2001	David Vickery
2k Walk	14m 15.0s	2012	Matthew Ward
3k Walk			
1 Mile Walk			
Pentathlon			
Decathlon			
4*100 Relay	53.4	2012	K Clarke,M Ward,M Bagley,A Holdsworth
4*400 Relay	4:33.3	2012	K Clarke,K White,M Ward,N Costello

**Men 45+**

100m	12.9	2010	Julian Courtney
200m	26.8	2010	Julian Courtney
400m	55.1	1981	Anthony Churchill
800m	2:05.6	1981	Anthony Churchill
1500m	4:18.0	1992	John Jenkins
3000m	9:22.1	1993	John Jenkins
5000m	16:08.4	1993	John Jenkins
10,000m	38:31.0	2004	Mark Chaplin
1 Mile	5:09.34	2011	David Pettitt
Sprint Hurdles 3'3"	21.2	1994	Noel Moss
400m Hurdles	77.2	1995	Marcus Ennis
2000m Steeplechase			
3000m Steeplechase	10:04.95	1992	Michael Nelson
Highjump	1.45	2013	Keith Clarke
Longjump	4.97	2010	Julian Courtney
Triplejump	10.16	2013	Keith Clarke
Polevault	3.20	1997	John Mottram
Shot 7.26kg	10.55	2016	Gary Parsons
Discus 2kg	33.68	1995	Philip Bramford
Javelin 800g	49.06	1995	Philip Bramford
Hammer 7.26kg	33.55	2016	Gary Parsons
2k Walk	11:30.1	2006	David Bowker
3k Walk			
1 Mile Walk	10:11.6	2006	David Bowker
Pentathlon			
Decathlon			
4*100 Relay			
4*400 Relay	5:13.3	2016	R Cherian,N Moss,J Tucker, ANO

**Men 50+**

100m	12.5	2011	Julian Courtney
200m	26.2	2011	Julian Courtney
400m	59.6	2011	Julian Courtney
800m	2:07.2	1987	Anthony Churchill
1500m	4:30.4	1998	John Jenkins
3000m	9:42.6	1998	John Jenkins
5000m	16:38.1	2011	John Oakes
1 Mile	5:09.53	2011	John Oakes
Sprint Hurdles 3'0"	20.1	1997	Noel Moss
400m Hurdles	72.7	1995	Noel Moss
Highjump	1.35	2012/2017	Ian Slack/K Clarke
Longjump	4.98	2011	Julian Courtney
Triplejump	9.74	2019	Keith Clarke
Polevault	2.40	1995/2004	Noel Moss/Phil Monk
Shot 6kg	10.32	2001	Philip Bramford
Discus 1.5kg	37.91	2021	Ali Bajwa
Javelin 700g	43.28	2001	Philip Bramford
Hammer 6kg	31.35	2021	Gary Parsons
2k Walk	11:46.2	2015	Roger Lilley
3k Walk	17:39.96	2014	Roger Lilley
1 Mile Walk	8:59.8	2014	Roger Lilley
Pentathlon			
Decathlon			
4*100 Relay	60.6	2012	J Courtney,N Moss,I Slack,G Meah
4*400 Relay	5:22.7	2014	A Baldock,I Slack,J Tucker,S Giles

**Men 55+**

100m	14.0	2001	Noel Moss
200m	28.6	2000	Noel Moss
400m	56.6	1987	Anthony Churchill
800m	2:07.2 (NR)	1989	Anthony Churchill
1500m	4:59.8	2004	John Jenkins
3000m	10:06.3	2012	John Oakes
5000m	17:44.2	2021	Jon Anderson
1 Mile	5:25.54	2012	John Oakes
Sprint Hurdles 3'0"	21.4	2001	Noel Moss
400m Hurdles	75.95	2021	Stephen Vandermark
Highjump	1.53	2021	Stephen Vandermark
Longjump	4.31	2018	Ian Slack
Triplejump	9.23	2016	Ian Slack
Polevault	2.40	2000	Noel Moss
Shot 6kg	12.64	2018	Michael Hausler
Discus 1.5kg	36.75	2017	Michael Hausler
Javelin 700g	38.33	2005	Philip Bramford
Hammer 6kg	29.77	2008	Philip Bramford
Weight	10.79	2009	Philip Bramford
2k Walk	13:31.3	2016	Joe Tucker
3k Walk	17:51.9	2018	Roger Lilley
1 Mile Walk	9:21.2	2018	Roger Lilley
Pentathlon (Thows)	2793 pts	2007	Philip Bramford
Decathlon (Throws)	4766 pts	2006	Philip Bramford
4*100 Relay			
4*400 Relay			

**Men 60+**

100m	14.9	2021	Ian Slack
200m	30.7	2005	Noel Moss
400m	62.7	1994	Anthony Churchill
800m	2:31.4	1994	Anthony Churchill
1500m	5:08.3	2021	Peter Thompsom
3000m	10:51.5	2021	Peter Thompson
5000m	18:42.9	2021	Peter Thompson
10,000m	40:23.5	2021	Peter Thompson
1 Mile	5:47.4	2019	Peter Thompson
Sprint Hurdles			
300m Hurdles			
Highjump	1.35	2021`	Ian Slack
Longjump	4.21	2021	Ian Slack
Triplejump	9.02	2021	Ian Slack
Polevault	2.50	2005	Noel Moss
Shot 5kg	13.81	2021	Michael Hausler
Discus 1kg	42.02	2019	Michael Hausler
Javelin 600g	37.98	2019	Michael Hausler
Hammer 5kg	30.91	2010	Philip Bramford
Weight	11.50	2010	Philip Bramford
2k Walk	12:14.6	2006	Peter Howard
3k Walk			
1 Mile Walk	10:51.7	2006	Peter Howard
Pentathlon (Thows)	3031 pts	2010	Philip Bramford
Decathlon (Throws)	5249 pts	2010	Philip Bramford
4*100 Relay			
4*400 Relay			

**Men 65+**

100m	15.6	2010	Noel Moss
200m	33.4	2010	Noel Moss
400m	78.5	2010	Noel Moss
800m	2: 58.0	2012	Neil Costello
1500m	5:24.9	2013	John Jenkins
3000m	11:45.9	2012	John Jenkins
5000m			
1 Mile			
Sprint Hurdles			
300m Hurdles			
Highjump	1.00	2010	Noel Moss
Longjump	3.68	2010	Noel Moss
Triplejump	7.39	2011	Noel Moss
Polevault	2.25	2011	Noel Moss
Shot 5kg	9.77	2017	John Blackwell
Discus 1kg	30.66	2017	John Blackwell
Javelin 600g	20.91	2013	Noel Moss
Hammer 5kg	31.47	2017	John Blackwell
Weight			
2k Walk	11:43.7	2017	Roger Lilley
3k Walk	18:04.0	2017	Roger Lilley
1 Mile Walk	9:23.8	2017	Roger Lilley
Pentathlon (Thows)			
Decathlon (Throws)			
4*100 Relay			
4*400 Relay			

**Men 70+**

100m	17.7	2015	Noel Moss
200m	37.7	2016	Noel Moss
400m	89.0	2015	Noel Moss
800m	3:40.28	2005	Peter Chaplin
1500m	7:02.0	2002	Peter Chaplin
3000m			
5000m	27:27.2	1989	David Blyth
1 Mile	7:08.7	2016	Glyn Smith
Highjump			
Longjump	2.95	2015	Noel Moss
Triplejump	5.79	2015	Noel Moss
Polevault	2.00	2015	Noel Moss
Shot 4kg			
Discus 1kg	18.92	2014	Frank Martin
Javelin 500g	17.87	2018	Noel Moss (600g)
Hammer 4kg	15.81	2016	Noel Moss (5k)
Weight			
2k Walk			
3k Walk	22:28.9	2013	Peter Howard
1 Mile Walk	10:47.5	2012	Peter Howard

**Men 75+**

100m			
200m			
400m			
800m			
1500m	7:42.2	2006	Peter Chaplin
3000m			
1 Mile			
Longjump			
Shot 4kg			
Discus 1kg			
Javelin 500g	12.14	2021	Noel Moss (800g)
Hammer 4kg			