



Male Senior and Veteran Track and Road Records

Track events

Event	Seniors	V40	V50	V60	V65	V70
100m	M Maycock 11.2	J Bateman 12.3	D Hobbs C Warren 13.2	J Lambden 14.62	D Hobbs 14.9	J Cash 17.8
200m	D Holmes 23.1	T Babbs 24.9	C Warren 26.2	D Hobbs 29.3	D Hobbs 30.6	R Maggio 40.2
400m	P Vickers 50.9	T Babbs 54.31	C Warren 59.4(59.72i)	D Hobbs 69.3	J Cash 79.0	R Back 86.4
800m	P Vickers 1:57.5	T Babbs 2:06.1	J Cash 2:18.0	J Cash 2:39.7	J Cash 3:00.4	R Back 3:27.9
1500m	J Green 4:09.8	J Madden 4:22.3	J Cash 4:47.7	J Cash 5:16.0	G Richardson 6:01.0	R Back 7:11.3
3000m	J Madden 9.21	J Madden 9:21	J Cash 10:09.5	J Cash 11:03.2	G Richardson 12:40.0	R Maggio 14:50.2
5000m	J Madden 15:29.6	J Madden 16:06.3	G Richardson 17:52.2	J Cash 20:20.3	G Richardson 21:46.89	R Back 25:40.4
10000m	K Ward 32:26	J Madden 33:29.1	G Richardson 37:59	R Back 42:12.1	G Richardson 45:05.9	R Back 53:00.9
100mH	-	-	J Harrison 19.7			
110mH	G Sahans 16.90	D Glover 19.9	J Harrison 21.11			
400mH	P Vickers 58.4	J Harrison 69.89	J Harrison 67.8			
2000m s/c	G Harper 8:54.9	S Hurley 10:08.90	J Whitehouse 9:20.0			
3000 s/c	J Madden 9:39.2	J Cash 11:03	J Cash 12:23.4			
1500m walk						
2000m walk						
3000m walk	S Monk (U/17) 12:52.9 (12:50.67i)	P Cassidy 13:48.4	P Cassidy ?	P Worth ?		
5000m walk	P Cassidy 24:16.0 (S Monk)	P Cassidy 24:16.0	P Cassidy ?	P Worth ?		
4 x 100m	45.0	50.5	65.0	-	89.6	
4 x 400m	3:31.3	4:00.0	5:48.8	5:22.4		



Road events*

Event	Seniors	V40	V50	V60	V70
5km	Oliver Mountstephens 17:35	N Barker 17:08	Jon Whitehouse 18:41	J Lambden 20:27	
5 miles	J Madden 23:44	J Cash 27:23	G Richardson 29:04	J Lambden 34:31	
10km	Oliver Mountstephens 36:32	N Barker 36:06	J Whitehouse 37:30	G Richardson 41:36	
10 miles	J McPeake 53:04	J Madden 54:16	G Richardson 61:42		
Half marathon	D Mills 74:23	N Barker 77:38	P House 81:38	J Lambden 95:28	
Marathon	G Wormald 2:42:39	J Hart 2:50:30	J Hart 3:12:02	J Hart 3:47:43	
10km walk	P Cassidy ?				
20km walk	P Cassidy 80:09	P Cassidy 80:09	P Cassidy ?		
50km walk	P Cassidy 4:55.23	P Cassidy 4:55.23	P Cassidy ?		

*official recording began in 2023 but records are back dated where times are available.

Field events

Event	Seniors	V40	V50	V60	V65	V70	V75
Shot	D Herbert 12.29	R Back 11.28	R Back 10.52	D Faulkner 8.25	R Back 8.47	T Casey 6.05	
Discus	D Herbert 35.25	D Glover 30.33	D Faulkner 32.80	D Faulkner 32.09	D Hobbs 23.20	R Back 21.68	J Cash 10.46
Javelin	J Boram 49.78	J Harrison 32.96	J Harrison 32.47	R Back 23.47	R Back 24.10	J Cash 14.58	J Cash 11.26
Hammer	A Boram 49.28	D Glover 29.10	J Harrison 29.10	A Fernandez 24.79	R Back 17.08	? 18.57	J Cash 11.64
Long Jump	A Jones 7.13	C Warren 5.31	C Warren 5.06	D Hobbs 4.29	D Hobbs 3.88	J Cash 3.18	
Triple Jump	A Jones 15.00	M Bellham 11.15	C Warren 10.68 (10.55i)	D Hobbs 8.84	D Hobbs 7.54	R Maggio 5.58	J Cash 4.67
High Jump	B Edwards 1.92	M Bellham 1.71	J Ryan 1.40	D Hobbs/J Lambden 1.15	R Back 1.15	R Back 1.10	
Pole Vault	G Sahans 3.10	J Harrison 3.00	J Harrison 2.90	J Cash 1.20	J Cash 1.10	J Cash 1.38	