

MENS		PRE VET 30 - 34			MENS		PRE VET 35 - 39		
EVENTS	NAME	TIME/DIST	DATE		EVENTS	NAME	TIME/DIST	DATE	
100m	D. Douglas	11.10			100m	P. Spruce	11.00		
200m	AR T. Baldwin	22.40			200m	T. Baldwin	(E) 22.92		
400m	J. McEniry	49.90	12/12/04		400m	J. McEniry	49.73		
800m	J. McEniry	01:50.78	23/02/05		800m	J. McEniry	01:52.00	18/02/06	
1500m	J. McEniry	03:53.40	01/02/01		1500m	J. Atkinson	04:02.10	03/03/01	
3000m	J. Atkinson	08:49.00	15/01/00		3000m	J. Atkinson	08:44.60	18/01/02	
5000m	J. Atkinson	14:33.00	04/03/99		5000m	J. Atkinson	14:47.12	10/02/01	
10,000m	J. Atkinson	30:37.00	03/07/99		10,000m	J. Atkinson	30:33.00	29/11/01	
Marathon	J. Duck	02:20:14.00			Marathon	C. Stevenson	02:25:30.00		
2000m Steeple	P. Hannaford	06:38.00			2000m Steeple	P. Hannaford	06:38.00		
3000m Steeple	P. Hannaford	09:22.00			3000m Steeple	P. Hannaford	09:22.00		
1500m Walk	C. Riddoch	06:11.00	03/12/83		1500m Walk	VR C. Riddoch	6:25.20	03/11/88	
2000m Walk	C. Riddoch	08:45.00	17/01/84		2000m Walk	C. Riddoch	8:45		
3000m Walk	M. Harvey	12:15.00			3000m Walk	M. Harvey	13:05	17/03/01	
5000m Walk	M. Harvey	20:38.60			5000m Walk	M. Harvey	21:56	15/03/98	
10km Walk	M. Harvey	43:10.00			10km Walk	M. Harvey	44:22	04/04/98	
15km Walk	M. Harvey	66:23.00			15km Walk	M. Harvey	68:23	21/06/98	
20km Walk	M. Harvey	88:25.00			20km Walk	M. Harvey	92:58	01/07/01	
30km Walk	M. Harvey	02:25:00.00			30km Walk	M. Harvey	145.39	06/09/98	
50km Walk	M. Harvey	3:57.20			50km Walk	M. Harvey	4:08.58	02/05/99	
90m Hurdles					90m Hurdles				
100m Hurdles					100m Hurdles				
110m Hurdles(106.7cm)	AR T. Baldwin	15.70			110m Hurdles (106.7cm)	B. Leane	16.40		
110m Hurdles (99.1cm)	AR T. Baldwin	15.00			110m Hurdles (99.1cm)	AR T. Baldwin	15.10		
300m Hurdles					300m Hurdles				
400m Hurdles	AR T. Baldwin	57.30			400m Hurdles	T. Baldwin	57.10	28/03/94	
4x100m Relay					4x100m Relay				
4x200m Relay					4x200m Relay				
4x400m Relay					4x400m Relay				
4x800m Relay					4x800m Relay				
4x1500m Relay					4x1500m Relay				
Long Jump	VR T. Baldwin	6.48m	18/03/90		Long Jump	T. Baldwin	6.57m		
Triple Jump	T. Baldwin	12.21m			Triple Jump	K. Binney	12.10m		
High Jump	W. Spiers	1.93m			High Jump	B. Leane	1.90m		
Pole Vault	AR T. Baldwin	3.65m			Pole Vault	B. Leane	3.50m		
Javelin	VR T. Baldwin	48.52m	02/04/90		Javelin	T. Baldwin	52.78m		
Discus Throw	Y. Amerasekera	46.20m (2kg)			Discus Throw	B. Leane	38.12m (2kg)		
	C. Riddoch	41.46m (1.5kg)				C. Riddoch	42.56m (1.5kg)		
Shot Put	Y. Amerasekera	14.09m (16lb)			Shot Put	B. Leane	12.20m (16lb)		
Hammer Throw	Y. Amerasekera	39.18m (16lb)	08/04/00		Hammer Throw	C. Riddoch	32.62m (16lb)		
	Y. Amerasekera	12.63m (35lb)				C. Riddoch	10.41m (35lb)		
Pentathlon	VR T. Baldwin	3,121 pts	02/03/92		Pentathlon	AR T. Baldwin	3,585 pts	28/02/94	
Weight Pentathlon	VR Y. Amerasekera	3,115 pts	11/10/00		Weight Pentathlon	C. Riddoch	2,352 pts		
Multi Event					Multi Event				
Decathlon	AR T. Baldwin	6,365 pts			Decathlon	(IAAF) B. Leane	5,608 pts		
100 Yards	<i>NOT CLAIMED</i>				100 Yards	<i>NOT CLAIMED</i>			
One Mile	P. Hannaford	04:26.00			One Mile	P. Hannaford	04:26.00		
Cross Country	C. Stevenson	529.81 pts			Cross Country	C. Stevenson	529.81 pts		
One Hour Run	P. Hannaford	18,304m			One Hour Run	P. Hannaford	18,304m		
One Minute Run	T. Baldwin	437m			One Minute Run	A. Cook	420m		
Club Pentathlon	T. Baldwin	2,696 pts			Club Pentathlon	A. Cook	2,158 pts		



MENS		VETS 40 - 44			MENS		VETS 45 - 49		
EVENTS	NAME	TIME/DIST	DATE		EVENTS	NAME	TIME/DIST	DATE	
100m	R. Arthur	11.50			100m	A. Pryer	12.40		
	A. Cook	11.50			200m	A. Cook	24.30		
200m	R. Arthur	23.20			400m	A. Cook	54.40		
400m	P. Tuckett	52.25	2002		800m	P. Hannaford	02:10.40		
800m	C. Stevenson	02:03.20			1500m	P. Hannaford	04:18.80		
1500m	P. Hannaford	04:10.00			3000m	NOT CLAIMED			
3000m	J. Atkinson	08:59.40	18/11/06		5000m	P. Hannaford	15:50.00		
5000m	C. Stevenson	15:31.10			10,000m	P. Hannaford	33:48.00		
10,000m	C. Stevenson	32:15.50			Marathon	VR P. Hannaford	02:32:16.00		
Marathon	VR C. Stevenson	02:26:44.00			2000m Steeple	NOT CLAIMED			
2000m Steeple	P. Hannaford	06:38.00			3000m Steeple	P. Hannaford	09:45.00		
3000m Steeple	P. Hannaford	09:29.00			1500m Walk	VR C. Riddoch	06:32	16/03/99	
1500m Walk	C. Riddoch	06:25.20			2000m Walk	C. Riddoch	08:57.6	29/01/99	
2000m Walk	C. Riddoch	08:54.10			3000m Walk	C. Riddoch	13:53.4	21/01/99	
3000m Walk	C. Riddoch	13:36.10			5000m Walk	C. Riddoch	24:09.6	03/12/98	
5000m Walk	C. Riddoch	23:17.50			10km Walk	C. Riddoch	49:13.0	26/06/99	
10km Walk	C. Riddoch	49:13.00	26/06/99		15km Walk	NOT CLAIMED			
15km Walk	NOT CLAIMED				20km Walk	NOT CLAIMED			
20km Walk	C. Riddoch	01:47:26.00			30km Walk	NOT CLAIMED			
30km Walk	NOT CLAIMED				50km Walk	NOT CLAIMED			
50km Walk	NOT CLAIMED				90m Hurdles				
90m Hurdles					100m Hurdles	C. Riddoch	17.90	20/03/99	
100m Hurdles	T. Baldwin		2005		110m Hurdles (106.7cm)	NOT CLAIMED			
110m Hurdles (106.7cm)	T. Baldwin	17.60	2005		110m Hurdles (99.1cm)	C. Riddoch	21.30	20/02/99	
110m Hurdles (99.1cm)	T. Baldwin	15.90	19/11/05		300m Hurdles				
300m Hurdles					400m Hurdles	C. Riddoch	73.30	04/04/99	
400m Hurdles	T. Baldwin	58.99	2005		4x100m Relay				
4x100m Relay					4x200m Relay				
4x200m Relay					4x400m Relay				
4x400m Relay					4x800m Relay				
4x800m Relay					4x1500m Relay				
4x1500m Relay					Long Jump	A. Cook	4.69m		
Long Jump	T. Baldwin	6.23m	2005		Triple Jump	C. Riddoch	10.24m	21/03/99	
					High Jump	C. Riddoch	1.45m	03/04/99	
Triple Jump	T. Baldwin	10.89m	2005		Pole Vault	C. Riddoch	2.00m	16/12/01	
High Jump	T. Baldwin	1.75m	2005		Javelin	C. Riddoch	41.43m	04/04/99	
Pole Vault	T. Baldwin	3.20m	2005		Discus Throw	C. Riddoch	34.41m (2kg)	20/03/99	
Javelin	T. Baldwin	46.22m	2005			C. Riddoch	39.09m (1.5kg)	22/01/99	
Discus Throw	C. Riddoch	36.16m (2kg)			Shot Put	C. Riddoch	9.14m (16lb)	14/03/99	
	C. Riddoch	40.78m (1.5kg)				C. Riddoch	11.12m (5kg)	10/10/98	
Shot Put	T. Baldwin	9.87m (16lb)	2005		Hammer Throw	C. Riddoch	28.17m (16lb)	23/08/98	
Hammer Throw	C. Riddoch	32.12m (16lb)				C. Riddoch	36.84m (5kg)	29/01/99	
	C. Riddoch	10.41m(35lb)				C. Riddoch	9.58m (35lb)	03/04/99	
Pentathlon	C. Riddoch	2,862 pts			Pentathlon	C. Riddoch	2,865 pts	07/03/99	
Weight Pentathlon	C. Riddoch	2,616 pts			Weight Pentathlon	C. Riddoch	2,582 pts	23/08/98	
Multi Event					Multi Event				
Decathlon	AR C. Riddoch	4,599 pts			Decathlon	VR C. Riddoch	4,574 pts	15-16/12/01	
100 Yards	NOT CLAIMED				100 Yards	NOT CLAIMED			
One Mile	P. Hannaford	04:30.40			One Mile	P. Hannaford	04:30.40		
Cross Country	C. Stevenson	510.09 pts			Cross Country	P. Hannaford	432.22 pts		
One Hour Run	P. Hannaford	17,719m			One Hour Run	P. Hannaford	15,907m		
One Minute Run	A. Cook	420m			One Minute Run	A. Cook	420m		
Club Pentathlon	A. Cook	3,178 pts			Club Pentathlon	A. Cook	2,934 pts		

MENS				VETS 50 - 54				MENS				VETS 55 - 59							
EVENTS	NAME	TIME/DIST	DATE	EVENTS	NAME	TIME/DIST	DATE	EVENTS	NAME	TIME/DIST	DATE	EVENTS	NAME	TIME/DIST	DATE				
100m	A. Cook	12.50		100m	NOT CLAIMED														
200m	A. Cook	26.00		200m	A. Cook	26.90	17/03/91	400m	NOT CLAIMED										
400m	A. Cook	56.10		800m	P. Hannaford	02:17.5		800m	P. Hannaford	04:39.4		3000m	NOT CLAIMED						
800m	A. Pryer	02:28.00		1500m	P. Hannaford			5000m	P. Hannaford	17:32		10,000m	NOT CLAIMED						
1500m	P. Hannaford	04:30.40		3000m	NOT CLAIMED														
3000m	P. Hannaford	11:03.00		5000m	P. Hannaford			10,000m	NOT CLAIMED										
5000m	NOT CLAIMED			Marathon	NOT CLAIMED														
10,000m	NOT CLAIMED			2000m Steeple	P. Hannaford	7:28.0		Marathon	NOT CLAIMED										
Marathon	W. Fulton	02:54:05.00		3000m Steeple	P. Hannaford	11:15		2000m Steeple	P. Hannaford			2000m Steeple	P. Hannaford						
2000m Steeple	C.Riddoch	9:15.36	2003/04	1500m Walk	C. Riddoch	07:22.4	22/02/09	3000m Steeple	P. Hannaford			1500m Walk	C. Riddoch	07:22.4	22/02/09				
3000m Steeple	C.Riddoch	16:27.50	2003/04	2000m Walk	C. Riddoch	10:08.4	27/01/09	1500m Walk	C. Riddoch			2000m Walk	C. Riddoch	10:08.4	27/01/09				
1500m Walk	C.Riddoch	7:06.30	2003/04	3000m Walk	C. Riddoch	15:54.0	23/09/09	2000m Walk	C. Riddoch			3000m Walk	C. Riddoch	15:54.0	23/09/09				
2000m Walk	C.Riddoch	9:52.30	2003/04	5000m Walk	C. Riddoch	28:01.0	11/04/09	3000m Walk	C. Riddoch			5000m Walk	C. Riddoch	28:01.0	11/04/09				
3000m Walk	C.Riddoch	15:19.80	2003/04	10km Walk	C. Riddoch	55:15.0	16/08/08	5000m Walk	C. Riddoch			10km Walk	C. Riddoch	55:15.0	16/08/08				
5000m Walk	C. Riddoch	22.43.40	03/04/04	15km Walk	NOT CLAIMED														
10km Walk	C. Riddoch	47.01	21/05/06	20km Walk	NOT CLAIMED														
15km Walk	NOT CLAIMED			30km Walk	NOT CLAIMED														
20km Walk	NOT CLAIMED			50km Walk	NOT CLAIMED														
30km Walk	NOT CLAIMED			90m Hurdles															
50km Walk	NOT CLAIMED			100m Hurdles (99.1cm)	C.Riddoch	20.30	2003/04	90m Hurdles											
90m Hurdles				110m Hurdles (106.7cm)	NOT CLAIMED			100m Hurdles											
100m Hurdles (99.1cm)	C.Riddoch	20.30	2003/04	110m Hurdles (99.1cm)	NOT CLAIMED			110m Hurdles (106.7cm)	NOT CLAIMED										
110m Hurdles (106.7cm)	NOT CLAIMED			300m Hurdles															
110m Hurdles (99.1cm)	C.Riddoch	22.60	2003/04	400m Hurdles	NOT CLAIMED														
300m Hurdles				4x100m Relay															
400m Hurdles	NOT CLAIMED			4x200m Relay															
4x100m Relay				4x400m Relay															
4x200m Relay				4x800m Relay															
4x400m Relay				4x1500m Relay															
4x800m Relay				Long Jump	C. Riddoch	3.11m	18/10/08	4x1500m Relay											
4x1500m Relay				Triple Jump	C. Riddoch	7.10m	27/01/09	Long Jump	C. Riddoch	3.11m	18/10/08	Long Jump	C. Riddoch	3.11m	18/10/08				
Long Jump	C.Riddoch	3.98m	2003/04	High Jump	C. Riddoch	1.25m	18/10/08	Triple Jump	C. Riddoch	7.10m	27/01/09	Triple Jump	C. Riddoch	7.10m	27/01/09				
Triple Jump	C.Riddoch	9.20m	2003/04	Pole Vault											High Jump	C. Riddoch	1.25m	18/10/08	
High Jump	C.Riddoch	1.37m	17/01/04	Javelin	C.Riddoch	37.67m(700g)	2003/04	Pole Vault								Pole Vault			
Pole Vault	C.Riddoch	1.90m	2003/04	Discus Throw	C.Riddoch	29.32m(2kg)	2003/04	Javelin (700g)	C. Riddoch	35.07m	23/02/09	Javelin	C.Riddoch	37.67m(700g)	2003/04				
Javelin	C.Riddoch	37.67m(700g)	2003/04		C.Riddoch	35.38m(1.5kg)	2003/04	Discus Throw (1.5kg)	C. Riddoch	32.66m	29/03/09	Discus Throw	C.Riddoch	29.32m(2kg)	2003/04				
Discus Throw	C.Riddoch	29.32m(2kg)	2003/04	Shot Put	C.Riddoch	9.52m (6kg)	2003/04	Shot Put (6kg)	C. Riddoch	8.74m	29/03/09	Shot Put	C.Riddoch	9.52m (6kg)	2003/04				
Shot Put	C.Riddoch	9.52m (6kg)	2003/04		C.Riddoch	9.68m (5kg)	2003/04	Hammer Throw (6kg)	C. Riddoch	29.64m	14/02/09	Shot Put	C.Riddoch	9.52m (6kg)	2003/04				
				Hammer Throw	C.Riddoch	32.66m (5kg)	2003/04	Pentathlon	NOT CLAIMED										
					G. Wilkinson	35.62m (6kg)		Weight Pentathlon	C. Riddoch	2,503 pts	24/02/09	Hammer Throw	C.Riddoch	32.66m (5kg)	2003/04				
				Pentathlon	C.Riddoch	2320pts	2003/04	Multi Event											
				Weight Pentathlon	C.Riddoch	2590pts	2003/04	Decathlon	NOT CLAIMED										
				Multi Event											100 Yards	NOT CLAIMED			
				Decathlon	NOT CLAIMED			100 Yards	NOT CLAIMED										
				100 Yards	NOT CLAIMED			One Mile	NOT CLAIMED										
				One Mile	NOT CLAIMED			Cross Country	NOT CLAIMED										
				Cross Country	NOT CLAIMED			One Hour Run	C. Riddoch	12,528m	28/09/08	One Mile	NOT CLAIMED						
				One Hour Run	C. Riddoch	11,908m	26/08/07	One Minute Run	NOT CLAIMED										
				One Minute Run	NOT CLAIMED			Club Pentathlon	NOT CLAIMED										
				Club Pentathlon	NOT CLAIMED														

Age group	EVENT							
	Shot Put	Hammer	Discus	Javelin	Hurdles			
	(kgm)			(gm)	Hurdle Height	Event Distance	Hurdle Height	Event Distance
Mens								
Open	7.26	7.26	2.00	800.00	106.70	110m	91.40	400m
U18	5.00	5.00	1.50	700.00	91.40	110m	84.00	400m
U16	4.00	4.00	1.00	700.00	84.00	100m	76.20	200m
U14	3.00		1.00	600.00	76.20	90m		
Womens								
Open	4.00	4.00	1.00	600.00	84.00	100m	76.20	400m
U18	4.00	4.00	1.00	600.00	76.20	100m	76.20	400m
U16	4.00	4.00	1.00	600.00	76.20	90m		
U14	3.00		1.00	400.00	76.20	80m		