

Club Championship Records Men

Revised 10th November 2011

Under 20	Record Holder	Time	Date Set
100m	Alistair McDougal	12.50	26/02/08
200m	Ben Gleeson	25.56	08/02/11
400m	Ben Gleeson	55.85	23/02/10
800m	David Newham	2.02.5	18/01/94
1500m	Ben Gleeson	4.35.4	02/02/10
1 Mile	Ben Chapman	4.54.1	25/11/08
3km	Ben Gleeson	9.46.0	02/11/10
5km	Ben Gleeson	17.13.4	02/03/10
10km	Ben Gleeson	36.45.0	21/09/10
Open			
100m	Chris Pittman	11.87	09/03/10
200m	Stuart Allen	25.36	1992
400m	Michael Barwick	48.91	15/02/00
800m	Michael Barwick	1.55.7	08/02/00
1500m	David Forbes	4.06.0	20/11/90
1 Mile	Darren Mewett	4.37.0	16/02/93
3km	Steve Atkins	8.46.0	1991
3kmSC	Darren Mewett	9.58.0	07/11/00
5km	Darren Mewett	15.37.0	25/02/97
10km	Steve Atkins	32.40.0	01/10/91
M35			
100m	Warren Spooner	11.60	26/02/08
200m	Warren Spooner	24.00	19/02/08
400m	Warren Spooner	55.45	5/02/08
800m	John Humphreys	2.02	1991
1500m	John Humphreys	4.13.0	1991
1 Mile	Darren Mewett	4.43.0	12/11/02
3km	David Forbes	9.05.0	21/11/00
5km	Darren Mewett	15.59.0	10/02/02
10km	Stephen Gale	33.37.0	23/11/93
M40			
100m	Warren Spooner	11.55	10/03/09
200m	Warren Spooner	24.00	10/02/09
400m	Warren Spooner	53.68	24/02/09
800m	Stan Barwick	2.01.0	20/11/90

1500m	David Forbes	4.10.3	27/02/01
1 Mile	Malcolm Roberts	4.41.0	17/11/98
3km	Malcolm Roberts	9.20.0	24/11/98
3kmSC	Lee Mathews	13.18.0	07/11/00
5km	Malcolm Roberts	16.20.0	23/02/99
10km	Colin Condon	33.03.0	01/10/91
M45			
100m	Stuart Hayward	12	18/02/97
200m	Grant Reid	24.82	19/02/08
400m	Stuart Hayward	54.26	27/02/98
800m	Stuart Hayward	2.04.6	24/01/95
1500m	John Humphreys	4.19.9	03/02/98
1 Mile	John Humphreys	4.48.0	18/11/97
3km	Beven French	9.40.0	1992
5km	Beven French	16.45.0	1991
10km	Beven French	34.23.0	01/10/91
M50			
100m	Stuart Hayward	12.07	20/02/01
200m	Paul Critchley	25.2	1992
400m	Stuart Hayward	54.9	12/02/02
800m	Stuart Hayward	2.07.89	04/02/02
1500m	Mike Beisty	4.42.5	02/02/10
1 Mile	Mike Beisty	5.02.0	24/11/09
3km	Mike Beisty	9.52	01/11/11
5km	Mike Beisty	17.03	02/03/10
10km	Mike Beisty	35.24	20/09/11
M55			
100m	Stuart Hayward	12.28	22/02/05
200m	Stuart Hayward	25.53	13/02/07
400m	Stuart Hayward	56.57	08/02/05
800m	Paul Critchley	2.08.5	10/02/98
1500m	Neil Fowler	4.42.3	12/02/08
1 Mile	Neil Fowler	5.08.8	07/11/06
3km	Vic Thomas	10.33.0	29/11/94
5km	Tony Shepherd	18.02.0	17/02/04
10km	Tony Shepherd	37.40.0	02/11/04
M60			
100m	Stuart Hayward	13.07	08/03/11
200m	Stuart Hayward	26.82	08/02/11
400m	Stuart Hayward	60.35	23/02/10
800m	Stuart Hayward	2.21.75	15/02/11
1500m	Barry Cook	4.54.7	17/01/95
1 Mile	Lance Robertson	5.50.8	09/11/05
3km	Lance Robertson	11.12.0	15/11/05
5km	Barry Cook	18.41.0	31/01/95
10km	Lance Robertson	40.49.0	02/11/04
M65			
100m	Warren Hardy	16.06	25/02/03

200m	Brian Sharpe	34.11	29/02/00
400m	Brian Sharpe	1.16.86	15/02/00
800m	Barry Cook	2.31.2	08/02/00
1500m	Barry Cook	5.11.8	27/02/01
1 Mile	Barry Cook	5.54.9	14/11/00
3km	Lance Robertson	12.18.0	02/11/10
5km	Barry Cook	19.36.0	22/02/00
10km	Lance Robertson	44.51.0	21/09/10
M70			
100m	Paul Duncombe	18.25	08/03/11
200m	Warren Hardy	36.00	19/02/08
400m	Warren Hardy	1.21.2	05/02/08
800m	Warren Hardy	3.21.26	17/02/09
1500m	Warren Hardy	6.24.7	12/02/08
1 Mile	Warren Hardy	7.04.4	13/11/07
3km	Warren Hardy	13.57.4	20/11/07
5km	Warren Hardy	23.47.0	03/03/09
10km	Warren Hardy	49.41	09/10/07
M75			
100m	Jim Beisty	18.85	09/03/10
200m	Jim Beisty	39.97	09/02/10
400m	Jim Beisty	1.35.04	23/02/10
800m	Jim Beisty	4.06.20	16/02/10
1500m	Jim Beisty	8.27.9	02/02/10
1 Mile	Jim Beisty	9.02.1	24/11/09
3km	Jim Beisty	19.33	01/11/11
5km	Jim Beisty	33.34.4	02/03/10
10km	Jim Beisty	69.52	22/09/09