Club Championship Records Men - Revised 19/12/2015

U/20	Record Holder	Time	Date Set
100m	M. Curtis	12.44	25/02/14
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	Dave Robertson	11.73	26/02/13
200m	Dave Robertson	24.25	12/02/13
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	24.04	10/02/09
400m	Warren Spooner	53.68	24/02/09
800m	Stan Barwick	2.01.0	20/11/90
500m	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
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	Record Holder	Time	Date Set
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	Mike Beisty	10.09.0	11/11/14
5km	Mike Beisty	17.41.0	11/03/14
10km	Mike Beisty	36.18.0	30/09/14
M60			
100m	Stuart Hayward	13.05	06/03/12
200m	Stuart Hayward	26.82	08/02/11
400m	Stuart Hayward	60.10	21/02/12
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	Stuart Hayward	29.00	17/02/15
400m	Stuart Hayward	1.04.34	03/02/15
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	Lance Robertson	16.22	03/03/15
200m	Lance Robertson	34.40	17/02/15
400m	Lance Robertson	1.17.39	03/02/15
800m	Lance Robertson	2.58.0	24/02/15
1500m	Lance Robertson	6.05.3	11/02/15
1 Mile	Lance Robertson	6.44.8	24/11/15
3km	Lance Robertson	13.06	10/11/15
5km	Lance Robertson	21.45.0	10/03/15
10km	Lance Robertson	46.37	29/09/15
M75			
100m	Jim Beisty	18.85	09/03/10
200m	Warren Hardy	39.68	12/02/13
400m	Warren Hardy	1.32.05	29/01/13
800m	Warren Hardy	3.37.30	19/02/13
1500m	Warren Hardy	7.14.70	05/02/13
1 Mile	Warren Hardy	8.00.7	20/11/12
3km	Warren Hardy	15.23	30/10/12
5km	Warren Hardy	26.52	05/03/13
10km	Warren Hardy	57.20	21/09/12
M80			
100m	Jim Beisty	21.82	3/3/15
200m	Jim Beisty	47.95	17/02/15
400m	Jim Beisty	1.53.2	03/02/15
800m	Jim Beisty	4:52.6	24/02/15
1500m	Jim Beisty	10.39.8	10/02/15
1 Mile	Jim Beisty	11.21.	25/11/14
3km	Jim Beisty	22.45	11/11/14
5km	Jim Beisty	41.51	10/3/15