OVERALL RECORDS….MEN [Throws with heaviest implement only,older age groups later]

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event | Age | | Name | | Club | | | Perf. | | Venue | | Date |
| 100m = | 35 | | T. Barton | | Chamwood | | | 11.2 | | Mansfield | | 2008 |
| 100m = | 40 | | P. Goulding | | RSC | | | 11.2 | | Sutton | | 1991 |
| 200m | 35 | | J.Tipper | | Telford | | | 22.5 | | Sutton Coldfield | | 11.8.2010 |
| 400m | 40 | | D. Maynard | | Birchfield | | | 49.3 | | Mansfield | | 2002 |
| 800m | 40 | | R. Weatherbum | | Droitwich | | | 2.00.6 | | Birmingham | | 1993 |
| 1500m | 40 | | D. Moorcroft | | Coventry G | | | 4.04.2 | | Coventry | | 1995 |
| **Mile** | | **M35** | | **Matthew Pollard** | | **MMAC** | **4:41.5** | | **Stourport** | | **25.4.19** | |
| 3000m | 35 | | A. Watson | | Notts AC | | | 8:36.5 | | Tamworth CF | | 10.9.2017 |
| 2k walk | 40 | | M. Williams | | Tamworth | | | 8.13.9 | | Wolverhampton | | 2006 |
| 200m[5 hurdles] | M40 | | John Bell | | R&N Lions | | | 26.46s | | Worcester CF | | 30/08/2015 |
| 4x100m | All  M40 | | B Moulton A Orr  J ToplissT Brown | | RSC | | | 46.6 | | Sutton | | 1990 |
| 4x200m | M40 | | B.Moulton R.Orr  J.Topliss R.Taylor | | RSC | | | 1.37.1 | | Warley | | 1989 |
| 4x400m | M40 | | P.Goulding,J.Topliss  L.Duffy,j.Caimes | | RSC | | | 3.36.6 | | Sutton | | 1992 |
| 1600m medley | M40 | | L.Duffy, J.Caines  P.Goulding,G.Felton | | RSC | | | 3.49.0. | | Sutton | | 1993 |
| Discus 2kg | 40 | | K. Brown | | RSC | | | 57.87 | | Wolverhampton | | 5/7/2007 |
| Hammer 7.26kg | 40 | | J. Pearson | | Chamwood | | | 61.44m | | Nuneaton | | 2007 |
| Javelin 800g | 40 | | K. Murch | | Rugby Lions | | | 58.27m | | Tamworth | | 2000 |
| Shot 7.26kg | 40 | | M. Fox | | Stoke | | | 13.91m | | Mansfield | | 2004 |
| High Jump | 35 | | I. Gidley | | Rugby Lions | | | 1.80m | | Nuneaton | | 2006 |
| Long Jump | 40 | | B. Williams | | Birchfield | | | 6.92m | | Tamworth | | 1996 |
| Pole Vault | 40 | | P. Goulding | | Burton | | | 3.70m | | Stoke | | 1993 |
| Triple Jump | 40 | | B. Williams | | Birchfield | | | 13.21m | | Burton | | 1996 |
| Event Records |  | | *Overall records* | | *in italics* | | |  | |  | |  |
| 100m | 35 | | *T.Barton* | | *Chamwood* | | | *11.2* | | *Mansfield* | | *2008* |
|  | 40 | | *P. Goulding* | | *RSC* | | | *11.2* | | *Sutton* | | *1992* |
|  | 50 | | R. Taylor | | RSC | | | 11.7 | | Sutton | | 1990 |
|  | 60 | | P.Mould | | B&R | | | 13.0 | | Stourport | | 1.5.2014 |
|  | 65 | | C.Monk | | Harborough | | | 13.4 | | Nuneaton | | 10/5/2017 |
|  | 70 | | A. Meddings | | Birchfield | | | 13.7 | | Birmingham | | 1999 |
|  | 80= | | A.Mellett | | Leicester | | | 16.4 | | Leicester | | 30/4/2014 |
|  | 80= | | T. Crocker | | Droitwich | | | 16.4 | | Stourport | | 28.4.16 |
| **200m** | *35* | | *J.Tipper* | | *Telford* | | | *22.5* | | *Sutton Coldfield* | | *11.8.2010* |
|  | 40 | | D. Maynard | | Birchfield | | | 22.8 | | Burton | | 2002 |
|  | 50 | | J.Caines | | RSC | | | 23.7 | | Burton | | 2002 |
|  | 60 | | L. Oldfield | | Worcester | | | 26.4 | | Mansfield | | 2004 |
|  | 65 | | C.Monk | | Harborough | | | 27.7 | | Rugby | | 7/6/2017 |
|  | 70 | | A. Meddings | | Birchfield | | | 27.5 | | Telford | | 1998 |
|  | 80 | | A.Mellett | | Leicester | | | 32.7 | | Nuneaton | | 31/7/2014 |
| **400m** | 35 | | R.Rubenis | | Telford | | | 51.7 | | Telford | | 5/05/2010 |
|  | *40* | | *.D Maynard* | | *Birchfield* | | | *49.3* | | *Mansfield* | | 2002 |
|  | 50 | | J. Caines | | RSC | | | 54.4 | | Sutton | | 2002 |
|  | 60 | | W. Morgan | | Birchfield | | | 61.4 | | Stafford | | 1997 |
|  | 60 | | P. Anthony | | Charnwood | | | 61.4 | | Worcester | | 4/09/2011 |
|  | 70 | | L. Oldfield | | Worcester | | | 68.1 | | Leamington | | 25/6/14 |
|  | 80 | | A.Mellett | | Leicester | | | 1:35.1 | | Rugby | | 25/6/2014 |
| **800m** | 35 | | J. Moroney | | Notts AC | | | 2:01.8 | | Nuneaton | | 16.5.18 |
|  | *40* | | *R. Weatherbum* | | *Droitwich* | | | 2.00.6 | | *Birmingham* | | *1993* |
|  | 50 | | R. Phipps | | RSC | | | 2.04.9 | | Sutton | | 1999 |
|  | 60 | | R. Phipps | | RSC | | | 2.21.7 | | Sutton | | 2005 |
| Event | | Age | | Name | | Club | Perf. | | Venue | | Date | |
| 800m | 70 | | M. Fox | | Birchfield | | | 2.40.5 | | Mansfield | | 2004 |
|  | 75 | | B. Swindells | | Worcester | | | 2:56.2 | | Stoke A Final | | 31.08.2014 |
|  | 80 | | G. Oxbury | | Rugby | | | 3:52.7 | | Northampton | | 05.06.1996 |
| 1500m | | 35 | | N. Hazelwood | | Halesowen | 4:06.4 | | Stourport | | 2.5 13 | |
|  | | *40* | | *D. Moorcroft* | | *Coventry G* | 4.04.2 | | *Coventry* | | *1995* | |
|  | | 50 | | R. Phipps | | RSC | 4.16.8 | | Sutton | | 1995 | |
|  | | 60 | | T. Norman | | Nuneaton | 4.59.7 | | C/F Birchfield | | 2008 | |
|  | | 70 | | B. Swindells | | Worcester | 5:49.7 | | Leamington | | 25/6/2014 | |
| ***Mile*** | | ***M35*** | | ***Matthew Pollard*** | | ***MMAC*** | ***4:41.5*** | | ***Stourport*** | | ***25.4.19*** | |
|  | | 40 | | S. Murrin | | Solihull & S.H. | 4.42.8 | | Warley | | 1988 | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ?? | 45 | Tim Kelly | C&S guest | 4:59.4 | Stourport | 25.4.19 |
| ?? | 45 | Paul Birch | R&N Lions | 5:10.5 | Nuneaton | 1.5.19 |
|  | 50 | Tim Hartley | Notts | 4:51.8 | Nuneaton | 1.5.19 |
|  | 55 | Peter Wright | Burton | 6:10.3 | Telford | 1.5.19 |
|  | 60 | Martyn Cole | Worcester | 5:32.8 | Stourport | 25.4.19 |
|  | 65 | Derek Jackson | Worcester | 5:40.9 | Stourport | 25.4.19 |
|  | 70 |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3000m | | *35* | *A. Watson* | | | *Notts AC* | *8:36.5* | | *Tamworth CF* | | *10.9.2017* | |
|  | | 40 | P. Banks | | | Coventry G | 8.45.5 | | Corby | | 1990 | |
|  | | 50 | I. Fumess | | | DASH | 9.14.1 | | Worcester | | 2008 | |
|  | | 60 | T. Norman | | | Nuneaton | 10.29.4 | | Nuneaton | | 2008 | |
|  | | 70 | B. Swindells | | | Worcester | 12:50.3 | | Stourport | | 28/5/2014 | |
|  | 80 | | G. Oxbury | | | Rugby | 15:57.8 | | Rugby | | 3.8.98 | |
| 2k.Walk | | 35 |  | | |  |  | |  | |  | |
|  | | *40* | *M. Williams* | | | *Tamworth* | *8.13.9* | | *Wolverhampton* | | 2006 | |
|  | | 50 | R. .Care | | | Birchfield | 9.03.2 | | Mansfield | | 2002 | |
|  | | 60 | C Turner | | | Nuneaton | 10.16.3 | | Nuneaton | | 2004 | |
|  | | **70** | **P.Bozko** | | | **Birchfield** | **10:42.6** | | **Telford** | | **1.5.19** | |
|  | | 80 | G Mitchell | | | Birchfield | 15.11.8 | | Burton | | 2002 | |
| *200m[5 hurdles]* | | M35 | A. Cucknell | | | Leamington | 31.9 | | Nuneaton CF | | 4/09/16 | |
|  | | *M40* | *John Bell* | | | *R&N Lions* | *26.46s* | | *Worcester CF* | | *30/08/2015* | |
|  | | M45 | L.Woodward | | | R&N Saints | 29.94s | | Worcester CF | | 30/08/2015 | |
|  | | M50 | RichardWhiteM55 | | | Worcester | 28.98s. | | Worcester CF | | 30/08/2015 | |
|  | | M50 | Mike Neylon [M50] | | | B&R | 31.30s. | | Worcester CF | | 30/08/2015 | |
|  | | M60 | Paul Askew | | | Charnwood | 43.19s. | | Worcester CF | | 30/08/2015 | |
|  | | M70 | Dave Cowley | | | R&N Lions | 35.2s | | Tamworth CF | | 10.9.2017 | |
| *4x100m* | | *M40* | *B.Moulton R.Orr*  *J.Topliss T.Brown* | | | *RSC* | *46.6* | | *Sutton* | | *1990* | |
|  | | M50 | P.Clayton M.McAleenan  M.Wise C.Georgiou | | | Leamington | 50.3s | | Stoke CF | | 31.8.2014 | |
| 4x100m | | M60 | C.Houghton,  FBlackwell,R.Franklin  D.Cowley | | | R & N. Lions | 61.0s | | Kettering | | 19.7.17 | |
| 4x200m | M40 | | *B.Moulton R.Orr*  *J.Topliss R.Taylor* | | | *RSC* | *1.37.1* | | *Warley* | | *1989* | |
|  | M50 | | J.Topliss R.Phipps  P.Goulding L.Duffy | | | RSC | 1:45.5 | | Tamworth | | 11/09/99 | |
| *4x400m* | *M40* | | *P.Goulding,J.Topliss*  *L.Duffy,j.Caimes* | | | *RSC* | *3.36.6* | | *Sutton C.* | | *1992* | |
|  | M50 | | J.Cox J.Topliss  R.Phipps L.Duffy | | | RSC | 4:04.2 | | Sutton C. | | 18/08/99 | |
| *1600m Medley* | | *M40* | *L.Duffy, J.Caines*  *P.Goulding,G.Felton* | | | *RSC* | *3.49.0.* | | *Sutton* | | *1993* | |
| *Discus 2kg* | *40* | | *Kevin Brown* | | | *RSC* | *57.87* | | *Wolverhampton* | | *5.7.07* | |
| 1 .5k | 50 | | Kevin Brown | | | RSC | 47.76 | | Sutton Coldfield | | 25.7.2018 | |
| 1kg | 60 | | B.Hawksworth | | | Chamwood | 42.52 | | Worcester | | 4/09/2011 | |
| 1kg | 70 | | J. Gercs | | | Rugby | 31.78m | | Leamington | | 1994 | |
| 1kg | 80 | | J. Gercs | | | Rugby | 23.81m | | Loughborough | | 2002 | |
| Event | Age | | | Name | Club | | | Perf. | | Venue | | Date |
| **Hammer** 7.26kg | 35 | | S. Peacock | | | Birchfield | 54.94m | | Solihull | | 2006 | |
| 7.26kg | *40* | | *J Pearson* | | | *Chamwood* | *61.44m* | | *Nuneaton* | | 2007 | |
| 6kg | 50 | | J. Conboy | | | Birchfield | 43,18m | | Stoke | | 1997 | |
| 5kg | 60 | | B.Hawkesworth | | | Chamwood | 47.01 | | Mansfield | | 2008 | |
| 5k | 70 | | J. Gercs | | | Rugby | 18.84 | | Loughboro’ | | 8.5.96 | |
| **4kg** | **75** | | | **Chris Street** | **Birchfield** | | | **19.79** | | **Telford** | | **1.5.19** |
| **Javelin** 800g | 35 | | G.Hollingsworth | | | R&N Lions | 56.10 | | Rugby | | 9/05/2012 | |
| 800g | 40 | | *K Murch* | | | *Rugby* | *58.27m* | | *Tamworth* | | *2000* | |
| 700g | 50 | | Kevin Murch | | | R&N Lions | 55.44m | | Nuneaton | | 12/08/09 | |
| 600g | 60 | | P. Owen | | | Tamworth | 38.78m | | Sutton | | 2005 | |
| 600g | 70 | | D. Price | | | R.S.C. | 29.59m | | Telford | | 4/5/2011 | |
| 600g | 80 | | J.Gercs | | | R&N | 19.72m | | Rugby | | 7/8/2002 | |
| **Shot 7.26kg** | 35 | | M. Fox | | | Stoke | 13.43m | | Sutton | | 2006 | |
| 7.26kg | *40* | | *M. Fox* | | | *Stoke* | *13.91m* | | *Mansfield* | | 2004 | |
| 6kg | 50 | | R. Steventon | | | Telford | 12.63m | | Mansfield | | 2002 | |
| 5kg | 60= | | B.Hawkesworth | | | Charnwood | 11.41m | | Rugby | | 9/05/2012 | |
| 5kg | 60= | | G. Ward | | | Stoke | 11.41m | | Nuneaton CF | | 1.9.13 | |
| 5kg | 70 | | J. Gercs | | | Rugby | 8.67m | | Loughboro’ | | 8.5.96 | |
| **4kg** | **75** | | **Chris Street** | | | **Birchfield H** | **7.77m** | | **Telford** | | **1.5.19** | |
| 5kg | 80 | | J.Gercs | | | R&N | 6.11m | | Nuneaton | | 7/5/2003 | |
| **High Jump** | 35 | | | *I.Gidley* | *R&N Lions* | | | *1.80m* | | *Nuneaton* | | 2006 |
|  | 40 | | | D.Hanson | Sparkhill | | | 1.75m | | Solihull | | 2006 |
|  | 50 | | | D.Hanson | Sparkhill | | | 1.65m | | Stourport &  Tamworth CF | | 11.5.2017  10.9.2017 |
|  | 60 | | | T.Crocker | Droitwich | | | 1.55m | | The Dell | | 1997 |
|  | 70 | | | T.Crocker | Droitwich | | | 1.43m | | Birmingham | | 2006 |
|  | 80 | | | T.Crocker | Droitwich | | | 1.20 | | Stourport | | 11.5.2017 |
| **Long Jump** | 35 | | | D.Brown | R.S.C. | | | 6.28 | | Sutton | | 2008 |
|  | *40* | | | *B.Williams* | *Birchfield* | | | *6.92m* | | *Tamworth* | | *1996* |
|  | 50 | | | P.Duckers | Shrewsbury | | | 5.79m | | Stoke | | 1993 |
|  | 60 | | | P.Duckers | Shrewsbury | | | 5.15m | | Cannock | | 2003 |
|  | 70 | | | T.Crocker | Droitwich | | | 4.43m | | Redditch | | 2006 |
|  |  | | |  |  | | |  | |  | |  |
| **Pole Vault** | 35 | | | G.Showell | Tamworth | | | 3.80m | | Rugby | | 2011 |
|  | *40* | | | *P.Goulding* | *Burton* | | | 3.70m | | *Stoke* | | *1993* |
|  | 50 | | | R.Abdy | Northampton | | | 3.15m | | Coventry | | 1998 |
|  | 60 | | | J.Bradley | Telford | | | 3.10m | | Telford | | 2004 |
|  | 70 | | | R.Brown | Notts | | | 3.20m | | Mansfield | | 2002 |
|  |  | | |  |  | | |  | |  | |  |
| **Triple Jump** | 35 | | | I Gidley | R&N Lions | | | 12.41m | | Solihull | | 2006 |
|  | *40* | | | *B Williams* | *Birchfield* | | | *13.21m* | | *Burton* | | *1996* |
|  | 50 | | | D Cowley | Rugby | | | 11.45m | | Leamington | | 1998 |
|  | 60 | | | D. Cowley | R&N Lions | | | 10.17m | | Stafford CFinal | | 2009 |
|  | **70** | | | **D.Cowley** | **R&N Lions** | | | **8.71m** | | **Rugby** | | **13.6.2018** |
|  | 80 | | | J. Evans | R&N Saints | | | 7.23m | | Rugby | | 17/6/15 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Events |  | | No Longer |  | | | Contested | |  | |  |
|  |  | |  |  | | |  | |  | |  |
| 5000m | M40 | | J. Potts | Birchfield | | | 15.38.5 | | Warley | | 1987 |
| 3000s/c | M40 | | J. Tingle | Worcester | | | 10.26.4 | | Worcester | | 1984 |
| 200m Hurdles10 | M40 | | D.Cowley | Rugby | | | 27.0. | | Warley | | 1989 |
| 1500Walk | M40 | | R.Care | Sandwell | | | 6.05.6 | | Warley | | 1988 |
| Javelin 800g | M50 | | K. Murch | R&N Lions | | | 51.97 | | Leamington | | 2009 |
| Javelin 700g | M70 | P.Owen | | | MM | 26.90m | | Nuneaton | | 1/9/2013 | |
|  |  | |  |  | | |  | |  | |  |

OVERALL RECORDS….WOMEN [Throws with heaviest implement only, older age groups later]

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | **Age** | **Name** | **Club** | **Perf.** | **Venue** | **Date** |
| 100m | 35 | J. Frost | B&R | 12.19 | Worcester CF | 30/08/2015 |
| 200m | 35 | E.Ruddock | R&N Lions | 25.2s | B’Ham Alex. | 15/09/2012 |
| 400m | 35 | E.Ruddock | R&N Lions | 58.3s | B’Ham Alex. | 15/09/2012 |
| 800m | 35 | K.Ramsey | Chamwood | 2.18.2 | Leamington | 2006 |
| 1500m | 35 | D.Walters | Birchfield | 4.32.2 | Solihull | 2006 |
| Mile | 35 | S Carey | Nuneaton | 5.10.0 | Tamworth | 1986 |
| 3000m | 35 | K.Ramsey | Chamwood | 9.39.7 | Leamington | 2005 |
| 2k Walk | 35 | S.Black | Birchfield | 9.01.5 | Telford | 1993 |
| 200mH[5] | 55 | Sue Frisby | Leicester C. | 30.84s. | Worcester CF | 30/08/2015 |
| 4x100m | 35 | J.Tompkins J.Hall,S.McDonald  M.Lewington | RSC | 55.2 | Tamworth | 1997 |
| 4x200m | 35 | J Tompkins  O Codrington  S McDonald  M Lewington | RSC | 1.54.6 | Birmingham | 1996 |
| 4x400m |  |  | Birchfield | 4.30.6 | Tamworth | 1997 |
| 1600m Medley |  |  | Notts | 4.32.4 | Nottingham | 1993 |
| Discus 1kg | 35 | R.Chrimes | Halesowen | 38.54m | Redditch | 1989 |
| Hammer 4kg | 35 | J.Corlett | Leamington | 39.39m | Coventry | 1999 |
| Javelin 600g | 35 | S.Gibson | Notts | 47.45m | Tamworth | 1999 |
| Shot 4kg | 35 | S.Gibson | Notts | 11.64m | Tamworth | 1999 |
| High Jump | 35 | D Davies | Chamwood | 1.60m | Mansfield | 2002 |
| Long Jump | 35 | J. Frost | B&R | 5.64m | Worcester CF | 30/08/2015 |
| Triple Jump | 40 | J.Pryce | RSC | 10.44m | Mansfield | 2002 |

**Continued**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Event | Age | | | Name | Club | | | Perf. | | Venue | | Date | | |
| **100m** | *35* | | | *J. Frost* | *B&R* | | | *12.19* | | *Worcester CF* | | *30/08/2015* | | |
| ***Italics indicate*** | 40 | | | E.Ruddock | R&N Lions | | | 12.5 | | Nuneaton CF | | 4/9/2016 | | |
| ***overall record*** | 45 | | | G. Skervin | Notts A.C. | | | 13.2 | | Rugby | | 13.6.18 | | |
|  | 50 | | | M. Lewington | RSC | | | 13.7 | | Birmingham | | 1999 | | |
|  | 50 | | | V.Bonner | RSC | | | 13.7 | | Nuneaton | | 2007 | | |
|  | 60 | | | V.Bonner | Birchfield | | | 14.5 | | Leicester | | 5/09/2010 | | |
|  | 70 | | | I. Holder | Worcester | | | 17.1 | | Stourport | | 1/5/2014 | | |
|  | 75 | | | I. Holder | Worcester | | | 18.0 | | NuneatonCF | | 4/9/2016 | | |
| **200m** | *35* | | | *E.Ruddock* | *R&N Lions* | | | *25.2s* | | *B’Ham Alex.* | | *15/09/2012* | | |
|  | 40 | | | E.Ruddock | R&N Lions | | | 25.4 | | Nuneaton CF | | 4/9/2016 | | |
|  | 45 | | | Y. Priestman | B&R | | | 27.3 | | Droitwich | | 1991 | | |
|  | 50 | | | M. Lewington | RSC | | | 27.3 | | Sutton | | 1999 | | |
|  | 60 | | | V.Bonner | Birchfield | | | 29.8 | | Redditch | | 3/06/2010 | | |
|  | 70= | | | I. Holder | Worcester | | | 38.3 twice | | Stourport/TheDell | | 29/5/14 &27/5/15 | | |
|  | 70= | | | A. Copson | R&N | | | 38,3 | | Rugby | | 7.6.2017 | | |
|  | 75 | | | I. Holder | Worcester | | | 39.2 | | Solihull | | 25/5/16 | | |
| **400m** | *35* | | | *E.Ruddock* | *R&N Lions* | | | *58.3s* | | *B’Ham Alex.* | | *15/09/2012* | | |
|  | 40 | | | D. Walters | Birchfield | | | 61.0 | | Birmingham Alex | | 13/05/09 | | |
|  | 45 | | | Y. Priestman | B&R | | | 64.9 | | The Dell | | 1996 | | |
|  | 50 | | | Y. Priestman | B&R | | | 65.2 | | Worcester | | 1999 | | |
|  | 60 | | | N. Hitchmough | DASH | | | 74.9 | | Birmingham | | 15/09/2012 | | |
|  | 65 | | | A.Copson | R&N Lions | | | 78.6 | | Rugby | | 9.5.2012 | | |
|  | 70 | | | A. Copson | R&N Lions | | | 81.5 | | Nuneaton | | 10.5.2017 | | |
| **800m** | 35 | | | *K Ramsey* | *Chamwood* | | | *2.18.2* | | *Leamington* | | *2006* | | |
|  | 40 | | | D. Walters | Birchfield | | | 2:21.3 | | Worcester | | 12/08/09 | | |
|  | 45 | | | N Hitchmough | DASH | | | 2.24.6 | | Worcester | | 1998 | | |
|  | 50 | | | K. Broookes | Harborough | | | 2:33.7 | | Nuneaton CF | | 1.9.13 | | |
|  | 60 | | | N Hitchmough | DASH | | | 2:38.4 | | Birmingham | | 15/09/2012 | | |
| W65 British R | 65 | | | A. Copson | R&N Lions | | | 2:48.1 | | Leicester | | 25.7.2012 | | |
|  | 70 | | | A. Copson | R&N Lions | | | 2:59.5 | | Kettering | | 19.7.2017 | | |
| **1500m** | *35* | | | *D Walters* | *Birchfield* | | | *4.32.2* | | *Solihull* | | *2006* | | |
|  | | 40 | D. Walters | | | Birchfield | 4:42.5 | | Stafford CFinal | | 05/09/09 | |
|  | 45 | | | N Hitchmough | DASH | | | 4.48.0. | | Birmingham | | 1997 | | |
|  | 50 | | | K. Broookes | Harborough | | | 5:13.9 | | Rugby | | 26 6 13 | | |
|  | 60 | | | A.Copson | R&N Lions | | | 5.23.7 | | Rugby | | 8.7.2009 | | |
| W65 British R | 65 | | | A.Copson | R&N Lions | | | 5:30.7 | | Nuneaton | | 27.6.2012 | | |
|  | 70 | | | A.Copson | R&N Lions | | | 5:53.9 | | Leamington | | 28.6.2017 | |
| **Mile** | *35* | | | *S Carey* | *Nuneaton* | | | *5.10.0* | | *Tamworth* | | *1986* | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 40 | C Warrington | B&R | 5:51.8 | Stourport | 25.4.19 |
|  | 45 | Lucie Tait-Harris | Telford | 5:31.2 | Telford | 1.5.19 |
|  | 50 | Sam. Morton | Halesowen | 6:05.6 | Stourport | 25.4.19 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **55** | | | **Jane Pidgeon** | | **Notts** | | | **6:07.7** | | **Nuneaton** | | **1.5.19** | |
|  | **70** | | | **Angela Copson** | | **R&N Lions** | | | **6:40.0** | | **Nuneaton** | | **1.5.19** | |
| **3000m** | 35 | | | *K Ramsey* | | *Chamwood* | | | *9.39.7* | | *Leamington* | | *2005* | |
|  | 40 | | | D. Walters | | Birchfield | | | 9:56.1 | | Stafford | | 5/09/09 | |
|  | 45 | | | B Cardy-Wise | | B&R | | | 10.24.1 | | B'ham Univ | | 1998 | |
|  | 50 | | | N Hitchmough | | DASH | | | 10.53.4 | | Birmingham | | 2005 | |
|  |  | | |  | |  | | |  | |  | |  | |
| Event | Age | | | Name | | Club | | | Perf. | | Venue | | Date | | | |
| 3000m | 60 | | | A.Copson | | R&N Lions | | | 11:21.1 | | Nuneaton | | 12.8.2009 | |
| W65 British R | 65 | | | A. Copson | | R&N Lions | | | 11:48.2 | | Leicester | | 25.7.2012 | |
| W70 World R. | 70 | | | A. Copson | | R&N Lions | | | 12:13.12 | | Solihull CFA | | 1.9.2018 | |
|  |  | | |  | |  | | |  | |  | |  | |
|  |  | | |  | |  | | |  | |  | |  | |
| **2k Walk** | 35 | | | *S Black* | | *Birchfleld* | | | *9.01.5* | | *Telford* | | *1993* | |
|  | 40 | | | S. Tonks | | B&R | | | 10:09.0 | | Stourport | | 5/05/2010 | |
|  | 45 | | | K Braznell | | DASH | | | 10.00.1 | | Birmingham | | 2004 | |
|  | 50 | | | A Wheeler | | Nuneaton | | | 10.31.4 | | Mansfield | | 2006 | |
|  | 60 | | | C Birch | | R&N Lions | | | 12.26.4 | | Nuneaton | | 2006 | |
|  | 70 | | | B Randle | | Birchfleld | | | 12.11.54 | | Sutton | | 1999 | |
|  | 80 | | | B. Chapman | | RSC | | | 18:06.7 | | Burton | | 31 7 13 | |
| **200mH[5]** | 35 | | | Gemma Knight | | R&N Lions | | | 33.44 | | Solihull CFA | | !.9.2018 | |
|  | 40 | | | Paula Williams | | Stratford | | | 33.10s. | | Nuneaton CF | | 4/9/2016 | |
|  | 45 | | | Pam Murray | | Worcester | | | 35.56s. | | *Worcester CF* | | *30/08/2015* | |
|  | 50 | | | Julie Rogers | | Birchfield | | | 32.68s | | *Worcester CF* | | *30/08/2015* | |
| ***200mH[5]*** | *55* | | | *Sue Frisby* | | *Leicester C.* | | | *30.84s.* | | *Worcester CF* | | *30/08/2015* | |
| **Discus 1kg** | 35 | | | *R Chrimes* | | *Halesowen* | | | 38.54m | | *Redditch* | | *1989* | |
| 1kg.. | 40 | | | C.Parker | | R&N Lions | | | 36.77m | | Rugby | | 25/6/2014 | |
| 1kg | 45 | | | R Chrimes | | Halesowen | | | 33.46m | | The Dell | | 1997 | |
| 1kg | 50 | | | R Chrimes | | Halesowen | | | 32.84m | | Redditch | | 2000 | |
| 1kg | 60 | | | R Chrimes | | Halesowen | | | 32.90m | | The Dell | | 2002 | |
| 1kg | 70 | | | R Chrimes | | Halesowen | | | 31.73m | | Birmingham | | 2003 | |
| 1kg | 75 | | | R.Chrimes | | Halesowen | | | 29.92m | | The Dell | | 7/06/2011 | |
| 1kg | 80 | | | R.Chrimes | | Halesowen | | | 20.52m | | Worcester | | 1 8 13 | |
| **Hammer** 4kg | 35 | | | *J.Corlett* | | *Leamington* | | | 39.39m | | *Coventry* | | 1999 | |
| 4kg | 40 | | | C.Parker | | R&N Lions | | | 33.72 | | Rugby | | 25/6/2014 | |
| 4kg | 45 | | | R. Bird | | Worcester | | | 33.39 | | Worcester | | 1/06/2011 | |
| 3kg | 50 | | | M.Loveridge | | Worcester | | | 41.01 | | Worcester CF | | 30/08//15 | |
| 3kg | 50 | | | D. Murch | | R&N Lions | | | 38.00 | | Rugby | | 25/6/2014 | |
| 3kg | 60 | | | P. Higgins | | Telford | | | 28.35 | | Nuneaton CF | | 4/9/16 | |
| 3kg | 70 | | | J. Smallwood | | Halesowen | | | 17.19m | | Leamington | | 26/6/2014 | |
| 3kg | 75 | | | R.Chrimes | | Halesowen | | | 21.64m | | The Dell | | 7/07/2010 | |
| **Javelin** 600g | 35 | | | *S Gibson* | | *Notts* | | | 47.45m | | *Tamworth* | | 1999 | |
| 600g | 40 | | | L. Oliver | | Charnwood | | | 28.70m | | Nuneaton CF | | 1.9.13 | |
| 600g | 45 | | | R. Berney | | Leamington | | | 27.16m | | Leicester | | 25/07/2012 | |
| 500g | 50 | | | D.Murch | | R&N | | | 24.34m | | Stoke CF | | 31.8.2014 | |
| 400g | 60 | | | J. Fail | | R&N Lions | | | 21.37 | | Nuneaton | | 1/06/2011 | |
| 400g | 70 | | | J. Smallwood | | Halesowen | | | 14.53m | | Stourport | | 28/5/2014 | |
| **Shot** 4kg | | 35 | | | S Gibson | | | Notts | | 11.64m | | Tamworth | | 1999 | |
| 4kg | | 40 | | | L. Oliver | | | Charnwood | | 11.02m | | Rugby | | 9/05/2012 | |
| 4kg | | 45 | | | C. Parker | | | Coventry G. | | 10.72 | | Rugby | | 7.6.2017 | |
| 3kg. | | 50 | | | D.Murch | | | R&N Lions | | 10.10m | | Leamington | | 6/5/2009 | |
| 3kg | | 60 | | | R Chrimes | | | Halesowen | | 10.02m | | Redditch | | 2002 | |
| 3kg | | 70 | | | R Chrimes | | | Halesowen | | 10.21m | | The Dell | | 2003 | |
| 3kg. | 75 | | R.Chrimes | | | | Halesowen | | 8.60 | | B’ham Alex | | 13/05/2011 | |
| 3kg | 80 | | | R.Chrimes | | | Halesowen | | 7.12m | | Stourpourt | | 1/5/2014 | | | |
| **Event** | **Age** | | **Name** | | | | **Club** | | **Perf.** | | **Venue** | | **Date** | |
| **High Jump** | 35 | | D.Davies | | | | Chamwood | | 1.60m | | Mansfield | | 2002 | |
|  | 40 | | J. Quinn | | | | Rugby Lions | | 1.45 | | Tamworth CF | | 10.9.2017 | |
|  | 45 | | M. Garland | | | | Worcester | | 1.35m | | B’Ham Alex. | | 15/09/2012 | |
|  | 50 | | S. Frisby | | | | Leicester | | 1.43m | | Nuneaton CF | | 1.9.13 | |
|  | 60 | | J. Fail | | | | R&N Lions | | 1.25m | | Worcester | | 4/09/2011 | |
|  | 70 | | R Chrimes | | | | Halesowen | | 1.10m | | Birchfield | | 2008 | |
|  | 75 | | R.Chrimes | | | | Halesowen | | 1.15m | | Stourport | | 13/05/2010 | |
| ***Long Jump*** | *35* | | | *J. Frost* | | *B&R* | | | *5.64m* | | *Worcester CF* | | *30/08/2015* | |
|  | 40 | | J. Frost | | | | B & R | | 5.02 | | Dudley | | 27.6.18 | |
|  | 45 | | E. McMahon | | | | Tamworth | | 4.63m | | Birmingham | | 1997 | |
|  | 50 | | J. Timberlake | | | | Worcester | | 4.48m | | Worcester | | 27/7/16 | |
|  | 55 | | Mel Garland | | | | Worcester | | 4.53m | | Worcester | | 25.7.2018 | |
|  | 60 | | C. Cox | | | | R&N Lions | | 3.37m | | Stafford CFinal | | 05/09/09 | |
|  | 70 | | I.Holder | | | | Worcester | | 3.07m | | Stourpourt | | 1/5/2014 | |
|  | 75 | | I.Holder | | | | Worcester | | 2.73m | | Worcester | | 25.7.2018 | |
|  | 80 | | R.Chrimes | | | | Halesowen | | 2.13 | | Worcester | | 30/7/2014 | |
| ***Triple Jump*** | *40* | | *J.Pryce* | | | | *RSC* | | *10.44m* | | *Mansfield* | | *2002* | |
|  | 45 | | J.Pryce | | | | RSC | | 9.96m | | Mansfield | | 2004 | |
|  | 50 | | J.Pryce | | | | RSC | | 10.00m | | Burton | | 27/06/2012 | |
|  | 55 | | J.Pryce | | | | RSC | | 9.46 | | Birmingham | | 6.6.2018 | |
|  | 60 | | J. Fail | | | | R&N | | 8.38 | | Nuneaton | | 1/06/2011 | |
|  | 70 | | I.Holder | | | | Worcester | | 6.33m | | Worcester CF | | 30/08/2015 | |
|  | 75 | | I.Holder | | | | Worcester | | 6.08m | | Worcester | | 27/7/16 | |
| **Pole Vault** | 35 | |  | | | |  | |  | |  | |  | |
|  | 40 | |  | | | |  | |  | |  | |  | |
|  | 45 | | A Wainwright | | | | C&S | | 2.50m | | Burton | | 2001 | |
|  | 50 | | A Wainwright | | | | C&S | | 2.10m | | Worcester | | 2005 | |
|  |  | |  | | | |  | |  | |  | |  | |
| **Performances** |  | | **not ratified,** | | | | **started on** | | **whistle** | |  | |  | |
| 800m | W35 | | T. Krzywicki | | | | Charnwood | | 2:16.6 | | Tamworth | | 1/06/09 | |
| 3000m | W35 | | T. Krzywicki | | | | Charnwood | | 9:35.8 | | Tamworth | | 1/06/09 | |
| **Events** |  | | **No Longer** | | | | **Contested** | |  | |  | |  | |
| Event | Age | | Name | | | | Club | | Perf. | | Venue | | Date | |
| 5000m | 35 | | C Rollason | | | | R.S.C. | | 18.45.5 | | Warley | | 1989 | |
| 1500walk | 35 | | P Horwill | | | | D.A.S.H | | 8.17.9 | | Sutton | | 1985 | |
| 3000m Walk | 35 | | S Haynes | | | | B&R | | 17.42.0 | | Tamworth | | 1986 | |
| 200m Hurdles10 | 35 | | S McDonald | | | | R.S.C. | | 33.4 | | Birmingham | | 1996 | |

**1** League records can be ratified if the results are measured by a qualified official and checked by a referee.

Older athletes competing in a younger age group and hoping to set a record should advise the referee and chief timekeeper before the event. Otherwise if you finish about 6th. the timekeeper might not be qualified.

League records can be set even when wind assisted. Most fixtures do not have a wind gauge and it would be unfair not to accept a record set in a Cup Final due to wind assistance.

**HOWEVER If you hope to set a British record or higher** you must advise the track or field referee and chief timekeeper before the fixture to ensure that you have the correct number of high grade judges/timekeepers measuring your performance and for 100m. 200m Long Jump and Triple Jump a wind gauge must be used. The correct BMAF paperwork must also be used. Implements must be weighed and High jump and Pole vault bars checked by the referee.

Our M80 200m record would have been a UK record if a wind gauge had been available.

**2** Records in **some** events can be set by guests [see 2b].

a Guests must be a member of a league club. Referees may not accept guests if an event is running late or is overcrowded.

b Guests can **only** set a record if no competition in a particular event is provided for their age group.

e.g. An M80 or W80 100m runner can set a record as a guest but an M/W70 100m guest runner cannot because M/W70 100m events are timetabled.

c Guests [as in b] can set a record while competing in any age / gender group

d Guests must use the correct implement for their own event and age group

e If usimg their own implement it must weighed and certified before the event.

3 Records can be added retrospectively provided we can check the data.

The M35/overall 200m record set in 2010 was only added in 2015.

Let your athletes see the records, forward this email attachment

We have complete computerised league results from the Sept 2008 Cup Final onwards.

We have most league results on paper from 2000-2008 and a few earlier results.

Other data eg. Power of 10 would be accepted in lieu of MVTFL results

WOMEN

4x200m 1.54.6  Jenny Tompkins/Olga Codrington/Sandra McDonald/Maureen Lewington  1996

MEN ( All M40)

4x100m 46.6 Barry Moulton/Arthur Orr/John Topliss/Trevor Brown  1990

4x200m 1.37.1 Barry Moulton/Arthur Orr/John Topliss/Ron Taylor 1989

4x400m 3.36.6 Peter Goulding/John Topliss/Les Duffy/Joe Caines 1992

Medley Relay 3.49.0  Les Duffy/Joe Caines/Peter Goulding / Graham Felton 1993

The Womens 4x200m record and the Mens Medley record still stand as our club records whereas the 4x100m/4x200m and 4x400m records were superseded a little later (but not in a League meeting).with the same teams.

New MVTFL Record

I have been advised of another new overall and age group record set at the Cup Final in 2017 and of two age group records for the 200m Hurdles [5] set in the last 2 Cup Finals

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***3000m #*** | ***M35*** | ***A. Watson*** | | ***Notts AC*** | ***8:36.5*** | ***Tamworth CF*** | ***10.9.2017*** |
| **200mHurdles[5]** | **W35** | **V. Watkins** | | **Worcester AC** | **35.6s** | **Tamworth CF** | **10.9.2017** |
| **200mHurdles[5]** | **W40** | **P. Williams** | | **Stratford AC** | **33.1s** | **Nuneaton CF** | **4/9/16** |
| **Triple Jump** | **70** | | **D.Cowley** | **R&N Lions** | **8.71m** | **Rugby** | **13.6.2018** |

# Overall record.

Dave Hoare