

# Records for Running

- 2 Miles Novice – W. Reed, 10m 01s, 5<sup>th</sup> December, 1956
- 1 ¼ Miles Minor Colts Championship – G. Taws, 7m 28s - 1987
- 1¼ Miles Colts Championship – S. Heaney, 7m 17s; 9<sup>th</sup> March 1975
- 1¾ Miles Colts' Championship – P. Gardner, 9m. 11; 20<sup>th</sup> November 1982
- 1¼ Miles Boys Championship – D. Thorn, 6m 36s; 18<sup>th</sup> April 1963
- 2 Miles Boys Championship – R. Ashburn, 10m. 15s; 7<sup>th</sup> March 1971
- 2½ Miles Boys Championship – P. Kerr, 1987; 12m 49s.
- 3 Miles Youth Championship – T. Brannon, 14m 15s; 17<sup>th</sup> November 1984
- 4½ Miles Junior Championship – T. Brannon, 21m 22s; 8<sup>th</sup> May 1985
- 5¼ Miles Memorial Shield – T. Brannon, 24m 45s; 15<sup>th</sup> November 1986
- 6 Miles Fairbairn Cup Race – A. Catley, 29m 47s; 19<sup>th</sup> January 1986
- 6 5/8 Miles Senior Championship – C. Richardson, 33m 46s; 22<sup>nd</sup> April 1980.
- Senior 10k Championship – T. Brannon, 32m 03s, (sea front course)

## WOMEN'S SECTION: RUNNING

- 1¼ Miles Junior Road Championship – L. Harrison, 8m 36s; 1966
- 1¾ Miles Girls' Road Championship – C. Davis, 10m 00s; 20<sup>th</sup> November 1982
- 1¾ Miles Junior Road Championship – S. Warren, 9m 49s; 17<sup>th</sup> November 1984
- 2 Miles Road Championship – F. Wishart, 11m 16s; 2<sup>nd</sup> February 1975
- 2½ Miles Road Championship – F. Wishart, 17<sup>th</sup> November 1973.

# Records for Running

## WALKING

2 Miles Road Walking Championship – M. Fawkes, 15m 57s; 25<sup>th</sup> April 1976

### ALL TIMES BESTS

#### MEN:

<b>100 metres</b>	S. Bell	1968	10.4
<b>200 metres</b>	G. Wood	1974	21.7
<b>400 metres</b>	S. Bell	1968	48.0
<b>800 metres</b>	P. Saint	1987	1.51.03
<b>1500 metres</b>	T. Brannon	05.07.89	3m 46.7s
<b>3000 metres</b>	T. Brannon	1985	8m 23.00
<b>5, 000 metres</b>	R. Stephenson	25.06.05	14.28.95
<b>10, 000 metres</b>	A. Catley	1985	30m 45s
<b>10 miles (road)</b>	A. Catley	1985	49m 27s
<b>20 miles (road)</b>	A. Catley	1985	1 hr 50m 29s
<b>Marathon</b>	A. Catley	1985	2 hrs 19m 14s
<b>110 metres Hurdles</b>	T. Straker	1978	15.2
<b>400 metres Hurdles</b>	G. Wood	1975	53.8
<b>2,000 meters Steeplechase</b>	J. Renney	1986	5m 50.4s
<b>3,000 metres Steeplechase</b>	M. Best	1976	9.30.6

## Records for Running

<b>High Jump</b>	S. Gill	1981	2.08m
<b>Triple Jump</b>	D. Brice	1984	14.14m
<b>Pole Vault</b>	C. Bowery	1972	7.08m
<b>Hammer</b>	I. Chipchase	1974	71.00m
<b>Discus</b>	A. Mckenzie	1969	57.58m
<b>Shot</b>	A. Mckenzie	1969	16.09m
<b>Javelin</b>	P. Lawrence	1972	63.94m
<b>Decathlon</b>	T. Straker	1975	5,786 points
<b>4 x100m</b>		1986	44.60
<b>4 x 400m</b>		1987	3m 24.07s
<b>3000m walk</b>	G. Nibre	1980	12m 17.08s
<b>5000m walk</b>	I. McCombie	1979	22m 11.00s
<b>10,000m walk (track)</b>	I. McCombie	1982	42m 32.08s
<b>10, 000m walk (road)</b>	G. Nibre	1980	42m 56.00s
<b>20 Kilometres walk (track)</b>	G. Nibre	1978	1hr 34m 39.00s
<b>20 Kilometres walk (Road)</b>	I. McCombie	1982	1hr 27m 48.00s
<b>50 Kilometres walk</b>	G. Nibre	1980	4hrs 16m 47.00s