

VETERAN MEN'S CLUB RECORDS

60m (I)	JAN BARNARD	V35	7.57	04/02/2017	LEE VALLEY
	JAN BARNARD	V40	7.55	08/02/2020	LEE VALLEY
	JOHN MOSQUERA	V45	12.24	07/03/2020	LEE VALLEY
	ANDREW WELLER	V50	8.83	23/02/2020	LEE VALLEY
	ANDREW WELLER	V55	8.80	31/01/2024	NEWHAM
100m	JAN BARNARD	V35	11.63	30/06/2019	CAMBRIDGE
	JAN BARNARD	V35	11.53w	30/06/2019	CAMBRIDGE
	JAN BARNARD	V40	12.05	31/07/2021	CHELMSFORD
	ERSKINE PETERS	V45	12.01w	25/07/2015	BIRMINGHAM
	ERSKINE PETERS	V45	12.10	06/08/2015	LYON, FRANCE
150m	ERSKINE PETERS	V50	12.2	21/05/2016	IPSWICH
	ERSKINE PETERS	V55	13.6	28/07/2021	SOUTHEND
	STUART BAZLEY	V60	16.18	04/08/2022	BEDFORD
	FRANK HAYES	V75	19.1	02/06/2021	CHELMSFORD
	JAN BARNARD	V35	18.15	29/05/2017	NEWHAM
200m	JAN BARNARD	V35	24.4	15/06/2019	EASTBOURNE
	JAN BARNARD	V35	24.29w	05/06/2019	LEE VALLEY
	JAN BARNARD	V40	26.73	02/05/2021	HORNCHURCH
	ERSKINE PETERS	V50	24.56	15/05/2016	CHELMSFORD
	ANDREW WELLER	V55	28.92	25/09/2021	MILTON KEYNES
200m (I)	STUART BAZLEY	V60	31.7	20/07/2022	BURY ST. EDMUNDS
	FRANK HAYES	V75	53.7	01/06/2022	SOUTHEND
	JAN BARNARD	V35	25.05	12/02/2017	LEE VALLEY
	JAN BARNARD	V40	24.89	08/03/2020	LEE VALLEY
	ANDREW WELLER	V50	31.10	23/02/2020	LEE VALLEY
300m	CLINT NICHOLLS	V35	39.20	14/05/2016	CHELMSFORD
	CLINT NICHOLLS	V40	40.56	14/05/2022	CHELMSFORD
	JAN BARNARD	V35	40.24	04/02/2018	LEE VALLEY
	CLINT NICHOLLS	V35	55.14	04/08/2015	LYON, FRANCE
	MARC JONES	V40	61.8	03/07/2019	CHELMSFORD
300m (I)	ANDREW WELLER	V55	79.6	22/06/2022	CHELMSFORD
	STUART BAZLEY	V60	73.4	22/06/2022	CHELMSFORD
	JOE MCGRATH	V35	58.08	15/01/2017	CARFIF
	ANDY COLEMAN	V55	60.77	26/03/2023	TORUN, POLAND
	RON CHALK	V35	2.08.6	1980	
400m (I)	JOE MCGRATH	V35	2.11.69	26/03/2016	CHELMSFORD
	NICK WETHERIDGE	V40	2.22.73	02/08/2014	PERIVALE
	RHYS DAVIES	V55	2.55.9	05/07/2017	CHELMSFORD
	STUART BAZLEY	V60	3.02.7	07/06/2023	GRAYS
	JOE MCGRATH	V35	2.17.04	14/04/2018	HELSINKI, FIN
800m (I)	CLINT NICHOLLS	V40	3.05.93	25/02/2022	BRAGA, PORTUGAL
	ANDY COLEMAN	V45	2.12.94	12/03/2017	LEE VALLEY
	ANDY COLEMAN	V55	2.16.65	29/03/2023	TORUN, POLAND
	CLINT NICHOLLS	V35	3.06.15	22/03/2018	MADRID, ESP
	CLINT NICHOLLS	V40	3.02.20	28/03/2019	TORUN, POLAND
1500m	CLINT NICHOLLS	V45	3.13.18	29/03/2024	TORUN, POLAND
	EAMONN MARTIN	V35	3.52.7	05/08/1995	BASILDON
	MARC JONES	V40	4.44.4	03/07/2019	CHELMSFORD
	SIMON TIPPETT	V45	4.47.16	24/05/2014	CHELMSFORD
	DAVID FINDLAY	V50	4.48.2	23/06/2018	LIFORD
1500m (I)	DAVID FINDLAY	V55	6.28.80	18/06/2023	MILE END
	RHYS DAVIES	V60	6.38.7	18/05/2019	KINGS LYNN
	JOE MCGRATH	V35	5.16.21	15/04/2018	HELSINKI, FIN
	MARC JONES	V40	4.34.36	09/02/2020	LEE VALLEY
	RON CHALK	V35	9.15.7	1981	HARLOW
3000m	JOE MCGRATH	V35	11.52.02	26/08/2018	DELFT, NED
	MARK MEADOWS	V40	9.59.34	07/08/2024	WATTFORD
	SIMON TIPPETT	V45	9.25.9	31/05/2015	ASHFORD
	DAVID FINDLAY	V50	13.33.71	13/07/2019	WOODFORD
	DAVID FINDLAY	V55	13.24.08	12/06/2022	CHELMSFORD
3000m (I)	RHYS DAVIES	V60	13.32.6	18/05/2019	KINGS LYNN
	JOE MCGRATH	V35	10.29.58	14/04/2018	HELSINKI, FIN
	EAMONN MARTIN	V35	13.46.19	25/06/1994	CORK, IRL
	EAMONN MARTIN	V40	14.38.65	31/05/1999	BEDFORD
	DAVID FINDLAY	V50	20.55.0	19/06/2017	COLCHESTER
5000m	RHYS DAVIES	V55	21.54.7	15/04/2017	LUTON
	RHYS DAVIES	V60	23.47.4	15/06/2019	EASTBOURNE
	JOE MCGRATH	V35	23.27.73	15/04/2018	HELSINKI, FIN
	EAMONN MARTIN	V35	28.46.50	24/07/1994	ST. PETERSBURG, RUS
	DAVID FINDLAY	V50	9.33.8	23/04/2017	LONDON
10,000m	PAUL WEST	V35	11.23.5	1986	NAVESBROOK PARK
	JOE MCGRATH	V35	12.28.5	21/05/2017	MILE END
	JOE MCGRATH	V40	14.35.7	11/07/2021	CHELMSFORD
	DAVID FINDLAY	V50	13.55.07	08/07/2017	HEMEL HEMPSTEAD
	DAVID FINDLAY	V55	15.16.8	18/05/2024	CHELMSFORD
2000m Steeplechase	RON CHALK	V35	4.40.0	1982	CHFIELD
	ROB DENMARK	V35	14.09	08/05/2004	BALMORAL, SCO
	NICK WETHERIDGE	V35	32.24	16/11/2008	CHELMSFORD
	MARK MEADOWS	V40	36.20	26/03/2023	WALTHAM CROSS
	JOHN REX	V50	49.31	06/10/2019	SOUTHEND
5 Mile (Road)	EAMONN MARTIN	V35	23.32	23/02/1997	HILLINGDON
	EAMONN MARTIN	V40	23.35	28/02/1999	HILLINGDON
	GEORGE VALENTINE	V35	56.30.0	1981	BASILDON
	DAVE MINNIS	V35	1h.57.56	1980	
	NICK WETHERIDGE	V35	75.13	20/03/2011	BRENTWOOD
10 Mile (Road)	MARC JONES	V40	81.26	17/03/2019	BRENTWOOD
	DAVID FINDLAY	V45	91.40	02/10/2016	PLESHEY
	DAVID FINDLAY	V50	97.55	10/06/2018	SHOEBURNESS
	DAVID FINDLAY	V55	1h.42.51	18/08/2021	CHELMSFORD
	EAMONN MARTIN	V35	29.11.05	17/04/1994	LONDON
Marathon	EAMONN MARTIN	V40	2h.17.22	18/04/1999	LONDON
	DAVID FINDLAY	V45	3h.30.05	23/10/2016	CHELMSFORD
	DAVID FINDLAY	V50	3h.52.57	23/04/2017	LONDON
	CLINT NICHOLLS	V35	8.79	22/03/2017	DAEGU, KOREA
	CLINT NICHOLLS	V35	9.10	04/02/2017	LEE VALLEY
60mH (99.1cm/M40)	CLINT NICHOLLS	V40	12	25/03/2022	BRAGA, PORTUGAL
	CLINT NICHOLLS	V45	9.04	20/03/2024	TORUN, POLAND
	CLINT NICHOLLS	V35	15.9	01/06/2016	CHELMSFORD
	CLINT NICHOLLS	V40	17.4	22/06/2022	CHELMSFORD
	CLINT NICHOLLS	V35	16.54w	14/05/2016	CHELMSFORD
110mH (106.5cm)	CLINT NICHOLLS	V35	16.60	06/05/2017	YEovil
	CLINT NICHOLLS	V40	16.79	02/05/2023	DERBY
	CLINT NICHOLLS	V45	20.4	27/07/2024	DERBY
	CLINT NICHOLLS	V35	63.11	17/09/2016	BIRMINGHAM
	CLINT NICHOLLS	V40	69.06	25/09/2021	MILTON KEYNES
1000m Walk	JOE MCGRATH	V35	6.45.2	03/08/2017	GRAYS
Long Jump	CLINT NICHOLLS	V35	5.99	25/07/2015	BIRMINGHAM
	CLINT NICHOLLS	V40	5.55	29/08/2022	SOUTHEND
	CLINT NICHOLLS	V45	5.11	27/07/2024	DERBY
	ANDREW WELLER	V55	4.08	25/09/2021	MILTON KEYNES
	STUART BAZLEY	V60	3.89	07/06/2023	GRAYS
Long Jump (I)	FRANK HAYES	V75	1.27	02/06/2021	CHELMSFORD
	CLINT NICHOLLS	V35	5.93	22/03/2018	MADRID, ESP
	CLINT NICHOLLS	V40	5.91	25/02/2022	BRAGA, PORTUGAL
	CLINT NICHOLLS	V45	5.99	29/03/2024	TORUN, POLAND
	ANDREW WELLER	V50	3.74	05/06/2019	SOUTHEND
Triple Jump	ANDREW WELLER	V55	4.08	25/09/2021	MILTON KEYNES
	JOE MCGRATH	V35	10.83	07/06/2017	SOUTHEND
	JOE MCGRATH	V40	9.79	02/09/2021	CHELMSFORD
	ANDREW WELLER	V50	7.70	25/09/2021	MILTON KEYNES
	ANDREW WELLER	V55	7.73	10/05/2023	SOUTHEND
Triple Jump (I)	STUART BAZLEY	V60	5.15	22/06/2022	CHELMSFORD
	JOE MCGRATH	V35	10.16	04/02/2018	LEE VALLEY
	CLINT NICHOLLS	V35	1.83	12/02/2017	LEE VALLEY
	CLINT NICHOLLS	V40	1.81	28/03/2019	TORUN, POLAND
	CLINT NICHOLLS	V45	1.80	17/03/2024	TORUN, POLAND
High Jump	CLINT NICHOLLS	V35	1.83	28/06/2015	LUTON
	CLINT NICHOLLS	V40	1.75	14/08/2021	GRANTREE
	CLINT NICHOLLS	V45	1.70	01/05/2024	CHELMSFORD
	ANDREW WELLER	V50	1.15	03/07/2019	CHELMSFORD
	ERSKINE PETERS	V55	1.40	28/07/2021	SOUTHEND
Pole Vault	JOE MCGRATH	V35	3.30	09/07/2016	ASHFORD
	JOE MCGRATH	V40	3.10	18/07/2021	KINGSTON
	JOE MCGRATH	V35	3.23	12/02/2017	LEE VALLEY
	MIKE CUSHION	V35	41.26	1985	COLINDALE
	JAMES EVERARD	V35	31.25	13/07/2019	WOODFORD
Discus (2kg)	CLINT NICHOLLS	V45	20.36	15/09/2024	MILTON KEYNES
	PETER ERSKINE	V50	14.00	14/07/2018	BRANTREE
	PAUL BRADLEY	V55	22.62	28/09/2024	SANDY
	PETER EVERARD	V65	28.60	27/08/2018	SOUTHEND
	PETER EVERARD	V40	41.14	1995	COLCHESTER
Discus (1kg)	JAMES EVERARD	V35	55.63	2017	GILLINGHAM
	ANDY COLEMAN	V45	22.40	07/06/2017	SOUTHEND
	RHYS DAVIES	V55	21.81	01/06/2018	COLCHESTER
	PETER EVERARD	V65	28.86	27/08/2018	SOUTHEND
	RHYS DAVIES	V55	22.93	05/06/2019	SOUTHEND
Javelin (600g)	PETER EVERARD	V65	35.52	24/06/2017	BIRMINGHAM
	PAUL BRADLEY	V55	21.93	28/09/2024	SANDY
	MIKE CUSHION	V35	33.70	1985	COLINDALE
	JAMES EVERARD	V35	27.84	15/06/2019	EASTBOURNE
	ANDY COLEMAN	V45	14.93	03/05/2017	GRAYS
Shot Put (I)	PAUL BRADLEY	V55	18.88	14/07/2024	BASILDON
	CLINT NICHOLLS	V35	10.09	30/03/2016	ANCONA, ITALY
	CLINT NICHOLLS	V40	9.86	30/03/2023	TORUN, POLAND
	CLINT NICHOLLS	V45	10.06	29/03/2024	TORUN, POLAND
	MIKE CUSHION	V35	11.34	1985	SOUTHEND
Shot Put (7.26kg)	JAMES EVERARD	V35	10.58	23/06/2018	LIFORD
	CLINT NICHOLLS	V40	8.62	02/09/2023	DERBY
	CLINT NICHOLLS	V45	8.74	15/09/2024	MILTON KEYNES
	ERSKINE PETERS	V50	9.89	13/04/2019	BASILDON
	RHYS DAVIES	V55	5.92	21/05/2017	MILE END
Shot Put (6kg)	RHYS DAVIES	V55	6.69	05/07/2017	CHELMSFORD
	PETER EVERARD	V65	8.37	26/08/2019	SOUTHEND
Shot Put (5kg)	CLINT NICHOLLS	V35	3164	22/03/2018	MADRID, ESP
	CLINT NICHOLLS	V40	3417	28/03/2019	TORUN, POLAND
	CLINT NICHOLLS	V45	3619	20/03/2024	TORUN, POLAND
	CLINT NICHOLLS	V35	5262	05/08/2015	LYON, FRANCE
Decathlon					