



## Veteran Men 45/49 Club Records

<b>Event</b>	<b>Time/Dist.</b>	<b>Name</b>	<b>Venue</b>	<b>Date</b>
60m	7.18s	K.Burgess	Glasgow	16/03/2002
75m	9.2s	K.Burgess	Gt.Yarmouth	11/04/2002
100m	11.4s	K.Burgess	Gt.Yarmouth	22/06/2002
150m	18.2s	K.Burgess	Gt.Yarmouth	11/04/2002
200m	23.92s	K.Burgess	Potsdam (Ger)	24/08/2002
300m	42.7s	R.Wharton	Gt.Yarmouth	10/04/2003
400m	56.9s	R.Wharton	Norwich	11/08/2002
800m	2:17.4s	R.Wharton	Chelmsford	14/07/2002
1500m	4:49.3s	D.Goodwin	Ipswich	01/05/2002
Mile	6:13.7s	B.Craddock	Gt.Yarmouth	11/04/2019
3000m	10:43.5s	S.Barber	Norwich	31/10/2020
previously	12:18.0s	D.Goodwin	Norwich	05/06/2002
5000m	20:16.7s	J.Pamplin	Sutcliffe Park	04/07/1998
110mH	20.7s	R.Wharton	Bury St Edmunds	03/07/2002
200mH	32.7s	J.Barwick	Gt.Yarmouth	28/07/2002
400mH	65.0s	R.Wharton	Gt.Yarmouth	22/06/2002
3000mSC	12:57.1s	J.Pamplin	Gt.Yarmouth	17/05/1997
Shot	11.07m	M.Carr	Gt.Yarmouth	05/08/2001
Discus	32.19	M.Carr	Gt.Yarmouth	22/06/2002
Javelin	36.11m	R.Wharton	Bedford	07/09/2003
Hammer	30.94m	M.Carr	Gt.Yarmouth	12/05/2002
L.Jump	5.22m	R.Wharton	Bury St Edmunds	03/07/2002
T.Jump	9.76m	M.Carr	Chelmsford	14/07/2002
H.Jump	1.45m	R.Wharton	Bury St Edmunds	03/07/2002
P.Vault	2.20m	J.Muir	Kings Lynn	16/05/1998
1 mile walk	10:43.6s	J.Muir	Norwich	03/06/1998
2km walk	13:32.4s	J.Muir	Peterborough	06/05/1998

v1.1 updated 11/11/2020