



## MENS OPEN

Event	Name	Time/Distance	Date
100m	P Kinna	10.3	
	R Stone	10.3	
200m	R Stone	20.7	
400m	K Oakey	46.9	
800m	D Kenneally	1.46.54	
1500m	N Adkin	3.39.44	
3000m	N Adkin	8.20.70	
5000m	N Adkin	14.02.00	
10,000m	J Coole	29.29.0	
Half marathon	TBA		
Marathon	J Duck	2.19.27	
2000m steeple	G Gardner	6.06	
3000m steeple	R Dikstall	8.50.81	
1500m walk	M Harvey	5.49.0	
2000m walk	M Harvey	8.00.8	
3000m walk	M Harvey	11.50.6	
5000m walk	M Harvey	20.14.9	
10km walk	M Harvey	41.07 or 41.27?	
15km walk	M Harvey	63.51.0	
20km walk	M Harvey	85.34.0	
30km walk	M Harvey	2.14.33	
50km walk	M Harvey	3.57.2	
110m hurdles	D Douglas	14.2	
400m hurdles	K Oakey	50.82	
4 x 100 relay		41	
4 x 200 relay		1.25.4	
4 x 400 relay		3.13.4	
4 x 800 relay		7.30.5	
4 x 1500 relay		15.47.4	
Long jump	I Andison	7.48m	18/12/72 Box Hill
Triple jump	I Andison	14.88m	1969/70 Box Hill
High jump	M Tregallas	2.05m	
	R Minshull	2.05m	
	M Tully	2.05m	
Pole vault	M Burt	4.20m	
Javelin	M Burt	4.20m	
Discus (2kg)	Y Amerasekera	54.20m	9/01/1999
Shot put (7.26kg)	S Carstairs	16.24m	22/02/2014
Hammer (7.26kg)	C Hocking	51.46m	
Pentathlon			
Weight pentathlon	I Andison	2867	
Decathlon	T Baldwin	6334	
100 yards	I Andison	10	1970-1 Box Hill
	G Tew	10	18/2/75 Olympic Pk
	N Reed	10	
One mile	N Adkin	3.59.09	
One hour run	J Coole	18720m	
One minute run	T Masters	461m	