

# CLUB RECORDS

## Veteran Men - Track & Field

(If you know of missing or better performances please send details to [info@worcester-ac.co.uk](mailto:info@worcester-ac.co.uk))

Last updated **November 2023** (changes shown in **RED**)

Event / Age	Name	Record	Venue	Date
<b>TRACK</b>				
<b>60m (indoors)</b>				
40 – 44	Ben Reeves	7.72	Sheffield	19/02/23
55 - 59	David Shaw	8.55	Lee Valley	07/03/20
60 – 64	David Shaw	8.70	Sheffield	19/02/23
65 – 69	John Steel	9.57	Lee Valley	11/03/17
70 – 74	John Steel	9.59	Lee Valley	24/02/19
<b>100m</b>				
35 - 39	Stephen Buttler	12.01	Horspath, Oxford	09/07/14
40 – 44	Stephen Buttler	11.7	Wenlock	12/07/15
45 - 49	Laurence Oldfield	12.4	Sutton Coldfield	29/08/92
50 - 54	Laurence Oldfield	12.3	Sutton Coldfield	27/08/94
55 - 59	Laurence Oldfield	12.6	Worcester	08/09/01
60 – 64	Laurence Oldfield	13.1	Mansfield	05/09/04
65 - 69	Laurence Oldfield	14.2	Birmingham	13/05/09
70 - 74	Laurence Oldfield	14.0	Stoke-on-Trent	31/08/14
75 - 79	Laurence Oldfield	15.6	Nuneaton	05/09/21
<b>200m</b>				
35 – 39	Stephen Buttler	24.86	Horspath, Oxford	09/07/14
40 – 44	Richard White	23.1	Brierley Hill	12/06/02
45 – 49	Don Foulkes	25.2	Bromsgrove	06/07/80
50 – 54	Laurence Oldfield	25.1	Brierley Hill	03/08/94
55 – 59	Laurence Oldfield	25.6	Solihull	20/08/00
60 – 64	Laurence Oldfield	26.05	Denmark	31/07/04
65 – 69	Laurence Oldfield	27.49	Birmingham	05/07/09
70 - 74	Laurence Oldfield	29.0	Stoke-on-Trent	31/08/14
75 - 79	Laurence Oldfield	32.84	Nuneaton	05/09/21
<b>400m</b>				
35 – 39	Dave Hall	57.7	Stourport	30/04/15
40 – 44	Richard White	52.7	Redditch	04/05/00
45 – 49	Richard White	53.8	Birmingham	10/05/06
50 – 54	Richard White	55.6	Bromsgrove	03/08/11
55 – 59	Richard White	55.65	Lee Valley	28/02/16
60 – 64	Laurence Oldfield	57.59	Denmark	28/07/04
65 – 69	Laurence Oldfield	61.0	Solihull	08/08/10
70 - 79	Laurence Oldfield	65.2	Lyon, France	12/08/15
<b>800m</b>				
35 – 39	Dave Hall	2.05.9	Stourport	14/08/11
40 – 44	Stewart Halion	2.00.5	Cheltenham	Jul 92
45 – 49	Stewart Halion	2.02.5	Solihull	Jun 96
50 – 54	Stewart Halion	2.07.39	Hendon	28/07/02
55 – 59	Richard White	2'13.93	Birmingham	14/02/15
60 – 64	Martyn Cole	2'23.7	Cheltenham	06/05/19
65 – 69	Derek Jackson	2' 33.74	Solihull	01/09/18
70 - 74	Derek Jackson	2' 34.5	Redditch	11/08/21
75 - 79	Barry Swindells	2.53.69	Lyon, France	09/08/15
<b>1500m</b>				
35 – 39	Ian Atkins	4.12.1	Warley	1991
40 – 44	Stewart Halion	4.13.0	Solihull	07/06/92
45 – 49	Stewart Halion	4.16.4	?	1997
50 – 54	Stewart Halion	4.18.04	Brisbane	Jul 01

55 – 59	Martyn Cole	4.58.1	Cheltenham	15/07/17
60 – 64	Martyn Cole	4'56.73	Tipton	21/05/19
65 – 69	Derek Jackson	5.06.22	Cardiff	04/02/18
70 - 74	Derek Jackson	5'07.98	Nuneaton	05/09/21
<b>Mile</b>				
35 – 39	Tony Farnsworth	4'48.0	Redditch	27/04/22
40 – 44	Matt Fairlamb	5'02.8	Stratford	21/07/21
45 – 49	Darren Kirby	4' 52.8	Brierly Hill	13/09/23
50 – 54	Nick Hitchings	5'24.6	Stratford	21/07/21
55 - 59	Martyn Cole	5.18.7	Oxford	29/07/17
60 - 64	Martyn Cole	5'32.8	Stourport	25/04/19
65 - 69	Derek Jackson	5.27.9	Oxford	19/07/17
65 - 69 (indoors)	Derek Jackson	5'33.01	Lee Valley	30/01/19
70-74	Derek Jackson	5'29.57	Yeovil	18/09/21
<b>3000m</b>				
35 – 39	Ian Radford	9.11.17	Worcester	22/06/17
40 – 44	Stewart Halion	9.11.2	Redditch	06/08/92
45 – 49	Mike Venables	9.18.3	Brierley Hill	12/06/95
50 – 54	Mark Hill	9.57.4	Worcester	01/08/13
55 – 59	Martyn Cole	10.48.5	Worcester	19/07/17
60 – 64	Martyn Cole	10.57.6	Redditch	05/06/19
65 – 69	Derek Jackson	10.56.6	Solihull	25/05/16
70 – 74	Derek Jackson	10' 58.07	Stourport	14/05/22
75 - 79	Barry Swindells	13.23.5	Brierly Hill	27/05/15
<b>5000m</b>				
65 - 69	Derek Jackson	18'50.10	Bristol	23/06/18
70 – 74	Derek Jackson	19'43.85	Nuneaton	06/06/21
<b>200m Hurdles</b>				
55 – 59	Richard White	28.98	Worcester	30/08/15
60 – 64	Richard White	30.13	Nuneaton	16/9/23
<b>300m Hurdles</b>				
60 – 64	Richard White	45.63	Derby	11/6/22
<b>400m Hurdles</b>				
35 – 39	Martin Reid	74.2	Solihull	06/08/16
40 – 44	x			
45 – 49	Richard White	59.5	Leamington	02/06/07
50 – 54	Richard White	60.13	Birmingham	25/06/11
55 – 59	Richard White	62.32	Lyon, France	11/08/15
<b>2k Race Walk</b>				
40 – 44	Bernard Yates	10.37.5	Brierley Hill	11/05/92
45 – 49	Hugh Davies	11.47.3	Stourport	10/05/17
50 – 54	Les Scrivens	10.37.8	Worcester	10/08/95
55 – 59	John Marshall	11.12.0	Droitwich	08/08/91
60 – 64	Les Scrivens	12.18.0	Worcester	14/08/08
65 – 69	Les Scrivens	12.20.6	Brierley Hill	07/07/10
70 - 79	Les Scrivens	13.31.3	Stourport	28/05/14
<b>Relays (age mix)</b>				
4x100	Laurence Oldfield, Richard Perkins, Derek Naish & Dennis Kelly	49.4	Birm'ham Uni	13/06/96
4x200	Laurence Oldfield, Richard Perkins, Dennis Kelly & Stewart Halion	1.42.5	Birmingham	04/09/91
4x400	Laurence Oldfield, Derek Naish, Dennis Kelly & Stewart Halion	3.48.9	Worcester	07/08/97
Medley (200 200 400 800)	Laurence Oldfield, Richard Perkins, Dennis Kelly & Stewart Halion	3.56.6	Redditch	06/08/92

Event / Age	Name	Record	Venue	Date
<b>FIELD</b>				
<b>Javelin</b>				
35 – 39	Jim Cowell	48.37	Leamington	01/08/10
40 – 44	Andi Cresswell	41.23	Derby	02/09/23
45 – 49	Phil Goddard	36.30	Worcester	10/08/95
50 – 54	John Reynolds	45.50	Stourport	13/05/23
55 – 59	Phil Goddard	30.91	Brierley Hill	08/08/07
60 – 64 (600g)	Mike Small	35.67	Brierly Hill	27/05/15
60 – 64 (700g)	Mike Small	34.00	Redditch	29/07/15
60 – 64 (800g)	Mike Small	32.01	Stourport	30/04/15
65 – 69 (500g)	Roger King	23.41	Redditch	12/06/08
65 – 69 (600g)	Mike Small	28.90	Brecon	21/07/19
65 – 69 (700g)	Mike Small	29.74	Nottingham	31/08/19
65 – 69 (800g)	Mike Small	31.66	Stourport	25/04/19
70 - 74 (500g)	Ian Bowles	19.50	Nuneaton	09/06/14
70 - 74 (800g)	Roger King	20.59	Worcester	19/07/11
75 - 79	Roger King	21.33	Worcester	07/09/14
<b>Shot</b>				
35 – 39 (7.26Kg)	Jim Cowell	10.89	Corby	06/06/10
40 – 44 (7.26Kg)	Damon Cripps	11.17	Liverpool	12/09/15
45 – 49 (7.26Kg)	Damon Cripps	10.84	Stoke	05/08/17
50 – 54 (6Kg)	Damon Cripps	11.99	Manchester	23/08/22
50 – 54 (7.26Kg)	Damon Cripps	10.68	Tipton	20/08/23
55 – 59 (6Kg)	Marc Flannery	10.34	Hereford	13/05/17
60 – 64 (5Kg)	Mike Small	12.02	Brecon	14/06/15
60 – 64 (6Kg)	Mike Small	10.62	Nuneaton	04/09/16
60 – 64 (7.26Kg)	Mike Small	10.05	Brierly Hill	27/05/15
65 – 69 (5Kg)	Mike Small	11.37	Nottingham	31/08/19
65 – 69 (6Kg)	Mike Small	9.49	Stratford-upon-Avon	03/07/19
65 – 69 (7.26Kg)	Mike Small	8.42	Worcester	31/07/19
70 - 74 (4Kg)	Ian Bowles	10.25	Nuneaton	09/06/14
75 - 79	Roger King	7.97	Worcester	07/09/14
<b>Hammer</b>				
35 – 39 (7.26Kg)	Nick Daniel	33.62	Leamington	01/08/10
40 – 44 (7.26Kg)	Damon Cripps	39.55	Manchester	23/05/15
45 – 49 (7.26Kg)	Damon Cripps	35.12	Stoke	05/08/17
50 – 54 (6Kg)	Damon Cripps	44.56	Sheffield	01/07/23
50 – 54 (7.26Kg)	Damon Cripps	41.97	Nuneaton	18/06/23
55 – 59	Marc Flannery	27.01	Stourport	10/05/17
60 – 64 (5Kg)	Mike Small	40.93	Brecon	14/06/15
60 – 64 (6Kg)	Mike Small	33.60	Stourport	30/04/15
65 – 69 (5Kg)	Mike Small	37.51	Brecon	21/07/19
65 – 69 (6Kg)	Mike Small	32.75	Stourport	25/04/19
70 - 79 (4Kg)	Ian Bowles	33.03	Worcester	24/05/14
70 - 79 (5Kg)	Ian Bowles	30.46	Worcester	30/07/14
<b>Discus</b>				
35 – 39 (2Kg)	Nick Daniel	30.14	Brierley Hill	07/07/10
40 – 44 (2Kg)	Lee Newman	46.86	Lee Valley	10/03/18
45 – 49 (2Kg)	Marc Flannery	31.58	Stourport	03/07/10
50 – 54 (1.5Kg)	Damon Cripps	36.50	Manchester	23/08/22
50 – 54 (2Kg)	Damon Cripps	35.35	Leigh	22/04/23
55 – 59 (1.5Kg)	Marc Flannery	31.12	Hereford	13/05/17
60 – 64 (1Kg)	Mike Small	42.09	Birmingham	19/09/15
60 – 64 (1.5Kg)	Mike Small	35.22	Brierly Hill	27/05/15
65 – 69 (1Kg)	Mike Small	38.50	Wrexham	17/08/19
70 - 79 (1Kg)	Ian Bowles	36.59	Nuneaton	08/06/14

<b>Weight</b>				
50 – 54 (11.34Kg)	Damon Cripps	14.99	Sheffield	01/07/23
60 – 64 (9.08Kg)	Mike Small	16.27	Brecon	14/06/15
65 – 69 (9.08Kg)	Mike Small	14.96	Brecon	21/07/19
<b>Throws Pentathlon</b>				
50 – 54	Damon Cripps	2819 pts	Horspath, Oxford	08/05/22
60 – 64	Mike Small	3545pts	Birmingham	19/09/15

<b>Long Jump</b>				
40 – 44	Marc Flannery	5.92	Solihull	2001
45 – 49	Marc Flannery	5.66	Nuneaton	01/09/07
50 - 54	Roger King	5.15	Brierley Hill	10/07/91
55 - 59	Henry Hopkins	4.96	Southampton	31/05/17
60 – 64	Henry Hopkins	4.91	Southampton	11/04/18
65 - 69	Roger King	4.32	Worcester	14/08/08
70 - 74	Roger King	3.98	Worcester	20/04/10
75 - 79	Roger King	3.51	Worcester	07/09/14
<b>Triple Jump</b>				
40 – 44	Jez Church	11.64	Tidworth	21/09/02
45 - 49	Roger King	11.06	Wolverhampton	14/07/85
50 - 54	Roger King	10.15	Brierley Hill	10/07/91
55 - 59	Henry Hopkins	10.22	Lee Valley	12/03/17
60 – 64	Henry Hopkins	10.18	Southampton	06/06/18
65 - 69	Roger King	8.31	Redditch	11/06/09
70 - 74	Roger King	7.10	Birmingham	15/09/12
75 - 79	Roger King	6.62	Brierly Hill	27/05/15
<b>High Jump</b>				
35 - 39				
40 – 44	Jez Church Andi Cresswell	1.70	Derby Nuneaton	23/09/01 11/06/23
45 - 49	Marc Flannery	1.57i	Lee Valley	10/02/08
50 - 54	Marc Flannery	1.56i	Sheffield	05/02/12
55 - 59	Marc Flannery	1.50	Stourport	10/05/17
60 – 64	Marc Flannery	1.42	Stratford	20/07/22
65 - 69	Ian Bowles	1.20	Brierley Hill	27/06/12
70 - 79	Ian Bowles	1.18	Nuneaton	08/06/14
<b>Pole Vault</b>				
40 – 44	Marc Flannery	3.10	Brierley Hill	05/08/02
45 - 49	Marc Flannery	3.05	Worcester	14/08/08
50 - 54	Marc Flannery	2.90	Solihull	06/07/11
55 - 59	Marc Flannery	2.81	Solihull	28/06/17
60 – 64	Richard Drewett	1.80	Worcester	31/07/19
65 - 69	Dave Hope	1.90	Worcester	01/08/13