

Club Records 1500m – 3000mSC

Event		1500m					
		Women & Girls			Men & Boys		
		Name	Perf.	Year	Name	Perf.	Year
U13		Jayne Danks	5:05.00s	1989	Jonathon Taylor	4:44.40s	1990
U15		J. Jones	4:45.0s	1982	Jordan Smith	4:23.7s	2008
U17		Jayne Danks	4:43.26s	1993	Nick Dunne	4:06.20s	1996
U20		Jayne Danks	4:39.86s	1994	Gareth Beard	3:55.40s	1998
SNR		Amanda Dipple	4:44.00s	2005	Lee Slater	3:59.0s	2014
M35		Jayne McLean	6:35.40s	2002	Ben Foster	4:25.4s	2018
M40		Kim Braznell	5:40.50s	1999	Ian Furness	4:10.4s	1998
M45		Nancy Hitchmough	4:48.52s	1998	Ian Furness	4:23.7s	2004
M50		Nancy Hitchmough	4:55.0s	2000	Fred Homer	4:23.5s	1995
M55		Nancy Hitchmough	5:12.9s	2007	Fred Homer	4:36.0s	2000
M60		Nancy Hitchmough	5:16.08s	2010	Don Harris	6:33.3s	1999
M65		Nancy Hitchmough	5:30.0s	2015	Ian Gapper	6:46.7s	2007

Event		1 Mile					
		Women & Girls			Men & Boys		
		Name	Perf.	Year	Name	Perf.	Year
M45					Fred Homer	5:05.4s	1992
M65					Geoff Fullwood	8:57.2s	2024

Event		2000m S/C					
		Women & Girls			Men & Boys		
		Name	Perf.	Year	Name	Perf.	Year
U20					Wayne Beasley	6:38.90s	1989
SNR					Kevin Wadeley	6:40.8s	1991
M35					Dave Nation	6:59.2s	2015
M40					Kevin Wadeley	6:56.10s	2002
M45					Fred Homer	6:56.30s	1993
M50					Jim Brown	9:15.0s	2004

Event		3000m					
		Women & Girls			Men & Boys		
		Name	Perf.	Year	Name	Perf.	Year
U15		Lexi Wood	13:28.60s	2022	Damien Reeves	9:41.6s	1988
U17		Jayne Danks	10:06.20s	1992	Gareth Beard	8:56.40s	1996
U20		Jayne Danks	10:12.30s	1994	Wayne Beasley	8:45.60s	1989
SNR		Amanda Dipple	10:32.50s	2005	Ian Furness	8:33.3s	1981
M35		Jo Wall	15:52.8s	2008	Ben Foster	9:19.0s	2018
M40		Kim Braznell	11:57.30s	1999	Ian Furness	8:43.80s	1998
M45		Nancy Hitchmough	10:33.20s	1999	Paul Waby	9:26.0s	2008
M50		Nancy Hitchmough	11:15.3s	2001	Ian Furness	9:09.04s	2008
M55		Nancy Hitchmough	10:53.40s	2005	Fred Homer	10:05.4s	2000
M60		Nancy Hitchmough	11:54.3s	2012	Fred Homer	10:42.90s	2005
M65		Nancy Hitchmough	12:47.0s	2015	Dave Eades	15:16.0s	2018
M70					Eric Horwill	19:04.50s	2004

Event		3000m S/C					
		Women & Girls			Men & Boys		
		Name	Perf.	Year	Name	Perf.	Year
SNR					David Shepherd	10:21.90s	1990
M35					Dave Nation	10:37.0s	2018
M40					Kevin Wadeley	10:37.10s	2002
M45					Fred Homer	11:10.10s	1993
M50					Jim Brown	13:53.50s	2005