

Club Records 5000m – 4x400m

Event		5000m					
	Women & Girls			Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
U17	Lexi Wood	21:41.7s	2023	Cian Wood	17:56.00	2023	
U20				Lee Slater	15:52.20s	2001	
SNR				Ian Furness	15:05.0s	1981	
M35				Dave Nation	16:48.6s	2015	
M40				Ian Furness	14:57.30s	1998	
M45				Paul Waby	16:14.3s	2013	
M50				Ian Furness	15:42.5s	2008	
M55				Sam Freeman	19:59.6s	2009	

Event		10,000m					
	Women & Girls			Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
SNR				Steve Lees	32:31.0s	1992	
M50				Fred Homer	35:41.0s	1997	

Event		4x100m					
	Women & Girls			Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
U13		56.2s	1989		56.70s	1988	
U15		52s	1989		49.2s	1988	
U17		50.1	2017		46.0s	1989/2005	
U20		50.5s	2002		45.9s	2015	
SNR		50.3s	2015		45.2s	2002	

Event		4x300m					
	Women & Girls			Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
U15		3:02.6s	2015		3:03.3s	2016	
U17		3:05.4s	2007				

Event		4x400m					
	Women & Girls			Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
U17					3:36.0s	1989	
U20		4:11.3s	2005		3:38.8s	2001	
SNR		4:07.6s	2004		3:30.6s	2002	