

## 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		1500m					
Women & Girls				Men & Boys			
	Name	Perf.	Year	Name	Perf.	Year	
U17	<b>Lexi Wood</b>	<b>21:41.71s</b>	<b>2023</b>	<b>Cian Wood</b>	<b>17:56.00</b>	<b>2023</b>	
M45				Fred Homer	5:05.4s	1992	

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	