

## Club Records 400m – 1200m

| Event         |                   | 400m   |      |                |        |      |  |
|---------------|-------------------|--------|------|----------------|--------|------|--|
| Women & Girls |                   |        |      | Men & Boys     |        |      |  |
|               | Name              | Perf.  | Year | Name           | Perf.  | Year |  |
| U17           |                   |        |      | David Hill     | 51.1s  | 1999 |  |
| U20           | Liza Parry        | 57.33s | 2003 | Steve McCardy  | 48.36s | 1993 |  |
| SNR           | Charlotte Knowles | 56.6s  | 1989 | James Marshall | 49.10s | 2002 |  |
| M35           | Jayne McLean      | 63.90s | 2002 | Neil Smallman  | 54.3s  | 2010 |  |
| M40           | Julie Everton     | 66.6s  | 2016 | Michael Guest  | 58.2s  | 2002 |  |
| M45           | Nancy Hitchmough  | 65s    | 1999 | Dave Eades     | 61s    | 1998 |  |
| M50           | Nancy Hitchmough  | 66.5s  | 2000 | Dave Eades     | 64.4s  | 2003 |  |
| M55           | Nancy Hitchmough  | 71.1s  | 2008 | Dave Eades     | 65.8s  | 2007 |  |
| M60           | Nancy Hitchmough  | 74.9s  | 2010 | Dave Eades     | 73.90s | 2010 |  |
| M65           | Nancy Hitchmough  | 78.74s |      | Dave Eades     | 76.2s  | 2015 |  |

| Event         |             | 400m Hurdles |      |                |        |      |  |
|---------------|-------------|--------------|------|----------------|--------|------|--|
| Women & Girls |             |              |      | Men & Boys     |        |      |  |
|               | Name        | Perf.        | Year | Name           | Perf.  | Year |  |
| U17           |             |              |      | David Sweeting | 57.0s  | 1991 |  |
| U20           | Sian Davies | 64.80s       | 2002 | David Sweeting | 57.5s  | 1992 |  |
| SNR           |             |              |      | Martin Maynard | 53.85s | 1993 |  |
| M35           |             |              |      | Phil Nation    | 61.4s  | 2016 |  |

| Event         |                      | 600m           |             |                |          |      |  |
|---------------|----------------------|----------------|-------------|----------------|----------|------|--|
| Women & Girls |                      |                |             | Men & Boys     |          |      |  |
|               | Name                 | Perf.          | Year        | Name           | Perf.    | Year |  |
| U11           | Isabella Heathcock   | 1:49.5s        | 2022        | Jonathan Hayes | 1:52.4s  | 2019 |  |
| U13           | <b>Hallie Parkes</b> | <b>1:46.9s</b> | <b>2023</b> | Nick Hardy     | 1:50.5s  | 2004 |  |
| U15           |                      |                |             | Jordan Smith   | 1:32.2s  | 2008 |  |
| U17           | Molly Whitehouse     | 1:43.6s        | 2012        | Jordan Smith   | 1:29.64s | 2010 |  |

| Event         |                    | 800m     |      |                     |                |             |  |
|---------------|--------------------|----------|------|---------------------|----------------|-------------|--|
| Women & Girls |                    |          |      | Men & Boys          |                |             |  |
|               | Name               | Perf.    | Year | Name                | Perf.          | Year        |  |
| U11           | Isabella Heathcock | 2:35.1s  | 2022 | Andrew Price        | 2:39.3s        | 1988        |  |
| U13           | Clare Haywood      | 2:27.0s  | 1988 | Michael Hall-Evans  | 2:15.6s        | 1998        |  |
| U15           | Gemma Crow         | 2:20.55s | 1997 | Stuart Plant        | 2:03.8s        | 1983        |  |
| U17           | Julie Hitchmough   | 2:15.90s | 1991 | Gareth Beard        | 1:57.7s        | 1995        |  |
| U20           | Julie Hitchmough   | 2:12.70s | 1993 | Gareth Beard        | 1:52.30s       | 1998        |  |
| SNR           | Julie Hitchmough   | 2:12.37s | 1994 | Jason Homer         | 1:57.0s        | 1992        |  |
| M35           | Jayne McLean       | 3:07.40s | 2002 | Tom Isherwood       | 2:06.9s        | 2019        |  |
| M40           | Julie Everton      | 2:33.0s  | 2016 | <b>Gary Worrall</b> | <b>2:08.1s</b> | <b>2023</b> |  |
| M45           | Nancy Hitchmough   | 2:19.46s | 1998 | Fred Homer          | 2:12.3s        | 1993        |  |
| M50           | Nancy Hitchmough   | 2:24.14s | 2000 | Fred Homer          | 2:13.0s        | 1998        |  |
| M55           | Nancy Hitchmough   | 2:31.6s  | 2007 | Fred Homer          | 2:22.7s        | 2002        |  |
| M60           | Nancy Hitchmough   | 2:36.3s  | 2011 | Fred Homer          | 2:25.80s       | 2005        |  |
| M65           | Nancy Hitchmough   | 2:42.75s | 2015 | Dave Eades          | 03:07.00       | 2015        |  |
| M70           |                    |          |      | Eric Horwill        | 3:53.5s        | 2003        |  |
| M75           |                    |          |      | Eric Horwill        | 14:16.6s       | 2010        |  |

| Event         |                    | 1200m   |      |            |       |      |  |
|---------------|--------------------|---------|------|------------|-------|------|--|
| Women & Girls |                    |         |      | Men & Boys |       |      |  |
|               | Name               | Perf.   | Year | Name       | Perf. | Year |  |
| U13           | Isabella Heathcock | 3:58.1s | 2023 |            |       |      |  |