



Ryston Runners AC Male Masters Track and Field Club Records

Last Updated 02-08-19

	Male Master 35-39		Male Master 40-44		Male Master 45-49		Male Master 50-54		Male Master 55-59		Male Master 60-64		Male Master 65-69		Male Master 70+	
100m	Dan Yellop	11.62	Nick King	12.0	Paul Harrison	12.85	Bob Hancock	12.88	Joe Wood	12.9	Martin Simmonds	12.9	Martin Simmonds	14.8	Martin Simmonds	16.2
200m	Dan Yellop	23.6	Nick King	25.9	Paul Harrison	26.7	Stuart Howlett	26.91	Martin Simmonds	27.1	Martin Simmonds	28.7	Martin Simmonds	30.5	Martin Simmonds	33.0
400m	Dan Yellop	53.78	Ian Reeve	57.1	Malcolm Tuff	59.9	M Simmonds/M Tuff	59.4	Joe Wood	58.9	Martin Simmonds	62.0	Martin Simmonds	66.7	Martin Simmonds	71.9
800m	James O'Neill	01:59.5	Peter Duhig	02:00.7	Malcolm Tuff	02:09.3	Malcolm Tuff	02:13.1	Ian Vaughan-Arbuckle	02:15.2	Martin Simmonds	02:29.8	Peter Duhig	02:49.4	Martin Simmonds	02:49.8
1500m	James O'Neill	04:13.0	Peter Duhig	04:05.0	Malcolm Tuff	04:24.0	Malcolm Tuff	04:25.4	Ian Vaughan-Arbuckle	04:42.2	Martin Simmonds	05:02.2	Martin Simmonds	05:41.1	Martin Simmonds	06:06.5
3000m	James O'Neill	09:14.3	Paul Hough	09:34.7	Peter Duhig	09:40.5	Ian Vaughan-Arbuckle	09:46.0	Ian Vaughan-Arbuckle	09:38.1	Pete Johnson	10:53.8	Martin Simmonds	13:02.6	Martin Simmonds	13:21.0
5000m	James O'Neill	15:43.6	Paul Hough	16:06.6	Peter Duhig	16:31.0	Ian Vaughan-Arbuckle	16:46.7	Ian Vaughan-Arbuckle	17:13.6	Pete Johnson	19:40.3	Martin Simmonds	21:42.1		
100mH							Bob Hancock	17.5	Bob Hancock	17.7	Martin Simmonds	21.3	Martin Simmonds	21.3		
110mH	Andy Simmonds	20.9	Ian Reeve	19.5	Ian Reeve	19.5										
300mH											Martin Simmonds	50.1	-	-		
400mH	Andy Simmonds	63.9	Peter Duhig	65.4	Ian Reeve	63.7	Martin Simmonds	70.2	Martin Simmonds	67.81	-	-	Martin Simmonds	01:29.0		
2000mSC	Andy Simmonds	07:17.0	-	-	-	-	-	-	-	-	Peter Duhig	08:59.2	Peter Duhig	08:57.9		
3000mSC	Andy Simmonds	11:21.0	Peter Duhig	09:53.8	Peter Duhig	10:21.1	Peter Duhig	11:01.9	Martin Simmonds	12:50.5	Martin Simmonds	13:22.3	-	-		
PV	Ian Hogarth	2m 50	Ian Reeve	3m 00	Terry Cooke / Ian Reeve	2m 80	Terry Cooke	2m 70	Bob Hancock	2m 40	Paul Oakes	2m 70	Paul Oakes	2m 55		
HJ	Dan Yellop / Ian Hogarth	1m 55	Nick King	1m 75	David Lane	1m 35	Bob Hancock	1m 53	Bob Hancock	1m 52	Martin Simmonds	1m 30	Paul Oakes	1m 30		
LJ	Dan Yellop	5m 20	Steve Russell	5m 44	Lee Still	5m 88	Bob Hancock	5m 13	Bob Hancock	4m 98	Martin Simmonds	4m 40	Paul Oakes	4m 20	Martin Simmonds	3m 44
TJ	Dan Yellop	10m 69	Ian Reeve	10m 70	Lee Still	12m 89	Paul Harrison	11m 90	Martin Simmonds	9m 18	Martin Simmonds	8m 56	Paul Oakes	8m 55	Martin Simmonds	6m 77
JT	Dan Yellop	27m74	Ian Reeve	37m 43	Lee Still	43m 30	Stuart Howlett	40m 40	Bob Hancock	29m 68	Paul Oakes	33m 64	Paul Oakes	32m 81	Martin Simmonds	14m 36
HT	Andy Simmonds	37m58	Peter Skoyles	30m 41	Ian Reeve	22m 38	David Webster	35m 13	Martin Simmonds	16m 26	Paul Oakes	34m 79	Paul Oakes	32m 80	Martin Simmonds	14m 50
DT	Andy Simmonds	31m08	Ian Reeve	26m 70	Lee Still	33m 00	David Webster	40m 01	Dave Webster	31m 07	Paul Oakes	35m 92	Paul Oakes	35m 04	Martin Simmonds	17m 86
SP	Dan Yellop	10m07	Lee Still	10m 93	Lee Still	10m 60	Bob Hancock	10m 23	Bob Hancock	9m 92	Paul Oakes	10m 81	Paul Oakes	10m 81	Martin Simmonds	7m 82
Pentathlon			-	-	-	-	Stuart Howlett	2739	-	-	-	-	-	-	-	-
Decathlon			-	-	-	-	-	-	-	-	-	-	Martin Simmonds	5689 pts	-	-