

# Ryston Runners AC Track and Field Club Records

Last Updated 19/07/2016

	Vet Men 40-44		Vet Men 45-49		Vet Men 50-54		Vet Men 55-59		Vet Men 60-64		Vet Men 65+	
100m	Nick King	12.0	Paul Harrison	12.85	Bob Hancock	12.88	Joe Wood	12.9	Martin Simmonds	12.9	Martin Simmonds	14.8
200m	Nick King	25.9	Paul Harrison	26.7	Stuart Howlett	26.91	Martin Simmonds	27.1	Martin Simmonds	28.7	Martin Simmonds	30.5
400m	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
800m	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	-	-
1500m	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
3000m	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
5000m	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	Ian Reeve	19.5	Ian Reeve	19.5								
300mH									Martin Simmonds	50.1	-	-
400mH	Peter Duhig	65.4	Ian Reeve	63.7	Martin Simmonds	70.2	Martin Simmonds	67.81	-	-	Martin Simmonds	01:29.0
2000mSC	-	-	-	-	-	-	-	-	Peter Duhig	08:59.2	-	-
3000mSC	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 Reeve	3m 00	Terry Cooke / Ian Reeve	2m 80	Terry Cooke	2m 70	Bob Hancock	2m 40	Tony Coleman	1m 70	Martin Simmonds	2m 20
HJ	Nick King	1m 75	David Lane	1m 35	Bob Hancock	1m 53	Bob Hancock	1m 52	Martin Simmonds	1m 30	Martin Simmonds	1m 27
LJ	Steve Russell	5m 44	Lee Still	5m 88	Bob Hancock	5m 13	Bob Hancock	4m 98	Martin Simmonds	4m 40	Martin Simmonds	4m 17
TJ	Ian Reeve	10m 70	Lee Still	12m 89	Bob Hancock	11m 11	Martin Simmonds	9m 18	Martin Simmonds	8m 56	Martin Simmonds	8m 01
JT	Ian Reeve	37m 43	Lee Still	43m 30	Stuart Howlett	37m 08	Bob Hancock	29m 68	Tony Coleman	22m 94	Martin Simmonds	16m 95
HT	Peter Skoyles	30m 41	Ian Reeve	22m 38	David Webster	35m 13	Martin Simmonds	16m 26	Tony Coleman	20m 62	Martin Simmonds	15m 38
DT	Ian Reeve	26m 70	Lee Still	33m 00	David Webster	40m 01	Dave Webster	31m 07	Tony Coleman	22m 78	Martin Simmonds	19m 66
SP	Lee Still	10m 93	Lee Still	10m 60	Bob Hancock	10m 23	Bob Hancock	9m 92	Martin Simmonds	8m 28	Martin Simmonds	7m 52
Pentathlon	-	-	-	-	Stuart Howlett	2739	-	-	-	-	-	-
Decathlon	-	-	-	-	-	-	-	-	-	-	Martin Simmonds	5689 pts