

# Ryston Runners AC Track and Field Club Records

Last Updated 26-09-15

	Under 13 Boys		Under 15 Boys		Under 17 Boys		Junior Men (U20)		Senior Men	
100m	Adam Gent	13.1	James Thompson	00:12.2	Leroy Duke	00:11.2	John Russell/S. Setchell	00:11.3	Daniel Yellop	00:11.0
200m	James Thompson	26.9	James Thompson	00:24.7	Stuart Setchell	00:23.0	Stuart Setchell	00:22.8	Daniel Yellop	00:22.6
400m	James Thompson	62.7	James Thompson	00:54.8	James Thompson	00:51.9	James Thompson	00:50.7	Steve McLernon	00:50.9
800m	James Thompson	02:23.7	Andrew Bonnett	02:09.0	Robert Koziel	02:03.0	James Thompson	01:58.2	James O'Neill	01:59.7
1000m	Andrew Simmonds	03:18.7	Andrew Simmonds	03:05.1						
1500m	Charlie Wakefield	04:55.0	Andrew Bonnett	04:45.3	Ashley Hallums	04:17.6	Ashley Hallums	4:12:07	Paul Ratnage	04:02.6
3000m			-	-	Andrew Simmonds	10:01.2	Ashley Hallums	09:32.1	James O'Neill	09:11.2
5000m							Ashley Hallums	16:29.9	Paul Ratnage	15:12.0
75mH	Ashley Ambrose	13.9								
80mH			Simon Bannister	00:12.3						
100mH					James Thompson	00:14.9				
110mH					Robert Wood	00:17.7	Robert Wood	00:15.9	Robert Wood	00:15.8
400mH					James Thompson	00:55.9	James Thompson	00:58.1	Robert Wood	00:58.2
1500mSC					Robert Simmonds	04:52.7				
2000mSC							Robert Simmonds	06:32.2	Robert Simmonds	06:35.6
3000mSC							Robert Simmonds	10:35.5	Paul Ratnage	10:03.2
4x100mR	MacQueen McNulty Wakefield Pilkington	00:56.6	Bonnett White Wells Smith	00:49.9	Thompson Ambrose Hunt Duke	00:47.6	Setchell McLernon Wood Townley	00:47.0	Yellop Thompson Hunt Ambrose	00:46.0
4x400mR					Hunt Beeby Buckingham Hodson	03:53.2	Simmonds Townley Setchell Wood	04:02.8	Yellop Thompson Ambrose Simmonds	03:34.1
PV	Ed Borrmann	2m 19	Ed Borrmann	2m 70	Ed Borрман	3m 92	Ed Borrmann	4m 30	Robert Simmonds	3m 60
HJ	James Thompson	1m 46	Simon Bannister	1m 80	Simon Bannister	1m 90	Robert Wood	1m 90	Robert Simmonds	1m 90
LJ	Mac Pilkington	5m 08	Simon Bannister	5m 83	Nathan Wells	6m 10	Gareth Hunt	6m 28	Robert Wood	6m 35
TJ			Simon Bannister	12m 31	Simon Bannister	12m 90	Steve McLernon	13m 12	Robert Simmonds	12m 62
JT	Robert Simmonds	27m 13	Nathan Wells	39m 26	Robert Simmonds	46m 19	Robert Simmonds	54m 11	Robert Simmonds	54m 34
HT			Gavin Buffham	43m 16	Gavin Buffham	48m 41	Robert Wood	22m 07	Andrew Simmonds	40m 33
DT	Sam Coe	25m 21	Keith Ruffles	31m 28	Robert Simmonds	34m 48	Robert Simmonds	35m 47	Robert Simmonds	36m 22
SP	Sam Coe	10m 10	Gavin Buffham	11m 59	Gavin Buffham	11m 59	Robert Simmonds	10m 65	Chris Kent/R. Simmonds	11m 00
Pentathlon	-	-	-	-	Robert Simmonds	2659 pts	Robert Simmonds	2879 pts	Robert Simmonds	3028 pts
Octathlon					Robert Simmonds	4157 pts				
Decathlon					Gareth Hunt	4555 pts	Robert Simmonds	5799 pts	Robert Simmonds	6157 pts