Central Park Athletics

Veteran Men VM50

Track & Field/Road Running
Club Records

Event	Performance	Athlete	Date	Venue	Notes
Track					
100m	12.94s	Michael STAPLES	18.05.26	Bromley	
200m	26.4s	Michael STAPLES	29.05.26	Bromley	
400m	1:07.1m	Paul CHEESEMAN	07.07.23	Tonbridge	
800m	2:37.6m	Paul CHEESEMAN	02.06.23	Tonbridge	
1500m	5:31.8m	Paul CHEESEMAN	17.05.25	Carshalton	
1 Mile					
3000m	11:17.5m	Anthony HYLTON	30.05.25	Bromley	
5000m					
10000m					
Field					
Discus (2k)	16.75m	James CARNEY	09.07.23	Ashford	
Hammer (6k)	17.79m	James CARNEY	22.09.24	CPA Arena	
Javelin (800)	24.37m	James CARNEY	02.06.23	Tonbridge	
Shot Put (6k)	8.19m	Michael STAPLES	12.06.26	CPA Arena	
High Jump	1.45m	Michael STAPLES	29.05.26	Bromley	
Long Jump	4.51m	Michael STAPLES	27.06.25	Dartford	
Triple Jump	8.82m	Paul CHEESEMAN	30.08.25	CPA Arena	
Pole Vault	2.20m	James CARNEY	07.07.23	Tonbridge	
Road					
1 Mile					
5 km	19:46m	James CARNEY	30.10.26	Hyde Park	
5 Mile	31:08m	Anthony DUREY	02.06.18	Harvel	
10 km	38:58m	Anthony DUREY	06.05.18	Whitstable	
10 Mile	1:10:31h	James CARNEY	18.04.25	Folkestone	
Half Marathon	1:33:57h	Paul CHEESEMAN	04.10.25	Victoria Park	
20 Mile	02:34:49h	James CARNEY	29.03.26	Lydd	
Marathon	03:22:22h	Anthony DUREY	22.04.18	London	