



Central Park Athletics
Veteran Men VM45
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
60m (i)	7.91s	Steve JONES	13.02.21	Sutcliffe	Indoor
100m	12.29s	Steve JONES	10.04.22	Gillingham	
200m	25.4s	Steve JONES	26.05.23	CPA Arena	
300m	43.85s	Michael STAPLES	24.05.21	Bromley	
400m	57.41s	Craig SHARP		Gillingham	
800m	2:02.07m	Craig SHARP	17.07.19	Eltham	
1500m	4:44.50m	Johnnie ARNOULD	27.04.25	Tonbridge	
1 Mile	4:35.02m	Craig SHARP	13.07.19	Oxford	
3000m	10:24.9m	Johnnie ARNOULD	18.07.25	Ashford	
5000m	16:04.48m	Craig SHARP	27.07.19	Milton Keynes	
10000m					
Field					
Discus (-)					
Hammer (-)					
Javelin (-)					
Shot Put (-)					
High Jump					
Long Jump	4.95m	Michael STAPLES	20.06.21	CPA Arena	
Triple Jump	9.61m	Michael STAPLES	20.06.21	CPA Arena	
Pole Vault					
Road					
1 Mile					
5 km					
5 Mile	29:30m	Johnnie ARNOULD	07.06.25	Harvel	
10 km	34:54m	Craig SHARP	21.07.19	Redhill	
10 Mile	1:31:35h	Stuart McTEER	21.10.18	Portsmouth	
Half Marathon	1:17:24h	Johnnie ARNOULD	08.03.26	Paddock Wood	
20 Mile	2:13:04h	Johnnie ARNOULD	20.03.25	Lydd	
Marathon	02:57:48	Johnnie ARNOULD	27.04.25	Manchester	