



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



| Event         | Performance | Athlete         | Date     | Venue         | Notes  |
|---------------|-------------|-----------------|----------|---------------|--------|
| <b>Track</b>  |             |                 |          |               |        |
| 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         |             |                 |          |               |        |
| 1 Mile        | 4:35.02m    | Craig SHARP     | 13.07.19 | Oxford        |        |
| 3000m         |             |                 |          |               |        |
| 5000m         | 16:04.48m   | Craig SHARP     | 27.07.19 | Milton Keynes |        |
| 10000m        |             |                 |          |               |        |
| <b>Field</b>  |             |                 |          |               |        |
| 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    |             |                 |          |               |        |
| <b>Road</b>   |             |                 |          |               |        |
| 1 Mile        |             |                 |          |               |        |
| 5 km          |             |                 |          |               |        |
| 5 Mile        | 43:48m      | Mark McMILLAN   | 02.06.18 | Harvel        |        |
| 10 km         | 34:54m      | Craig SHARP     | 21.07.19 | Redhill       |        |
| 10 Mile       | 1:31:35h    | Stuart McTEER   | 21.10.18 | Portsmouth    |        |
| Half Marathon | 2:16:32h    | Damian GIBBS    | 11.03.18 | Dartford      |        |
| 20 Mile       |             |                 |          |               |        |
| Marathon      | 4:38:52h    | Terry MERRY     | 03.10.21 | London        |        |