



Central Park Athletics
Veteran Men VM40
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m	12.80s	Steve JONES	12.09.20	CPA Arena	
110h	24.8s	Jon MUNT	20.05.23	CPA Arena	
200m	25.72s	Steve JONES	12.09.20	CPA Arena	
400m	55.56s	Craig SHARP	25.07.18	CPA Arena	
600m	1:28.49m	Craig SHARP	25.07.18	CPA Arena	
800m	2:00.12m	Craig SHARP	20.06.18	Eltham	
800m (i)	2:06.21m	Craig SHARP	16.03.19	Lee Valley	Indoor
1500m	4:08.87m	Craig SHARP	11.06.18	Bromley	
1500m (i)	4:17.99m	Craig SHARP	17.03.19	Lee Valley	Indoor
1 Mile	4:28.07m	Craig SHARP	07.05.18	Tooting Bec	
3000m					
5000m	16:12.94m	Craig SHARP	15.05.19	Lee Valley	
10000m					
Field					
Discus (-)	22.63m	Jon MUNT	20.05.23	CPA Arena	
Hammer (-)	21.55m	Jon MUNT	11.09.21	Ashford	
Javelin (-)	28.72m	Jon MUNT	20.05.23	CPA Arena	
Shot Put (-)	9.09m	Jon MUNT	11.07.21	CPA Arena	
High Jump	1.30m	Robert LENIHAN	28.07.24	Eltham	
Long Jump	3.76m	Robert LENIHAN	14.07.24	CPA Arena	
Triple Jump	7.49m	Robert LENIHAN	19.07.24	CPA Arena	
Pole Vault					
Road					
1 Mile	4:33m	Craig SHARP	26.05.19	London	
5 km	16:28m	Craig SHARP	28.12.18	Hyde Park	
5 Mile	30:50m	Dylan-John BEAVER	02.06.18	Harvel	
10 km	33:58m	Blair WILSON	24.02.24	Battersea	
10 Mile	1:11:59h	Dan FOTHERINGHAM	17.04.19	Victoria Park	
Half Marathon	1:13:38h	Blair WILSON	13.10.24	Victoria Park	
20 Mile	2:02:14h	Blair WILSON	20.10.24	Goodwood	
Marathon	02:31:37	Blair WILSON	01.12.24	Valencia	