



Central Park Athletics
Senior Men SM30
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m					
200m					
400m					
800m					
1500m	4:24.20m	Joshua TEECE	11.07.21	CPA Arena	
1 Mile					
2000m SC					
3000m	9:13.30m	Joshua TEECE	11.07.21	CPA Arena	
3000m SC					
5000m	15:51.88m	Joshua TEECE	06.07.21	Tonbridge	
10000m	34:53.88m	Joshua TEECE	26.06.19	CPA Arena	
Field					
Discus (2k)	20.95m	Jamie BUSHNELL	22.05.22	Eltham	
Hammer (7.26k)	21.84m	Jamie BUSHNELL	11.07.21	CPA Arena	
Javelin (800)	26.32m	Jamie BUSHNELL	14.08.21	Gillingham	
Shot Put (7.26k)	6.51m	Jamie BUSHNELL	22.05.22	Eltham	
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Road					
1 Mile					
5 km	16:19m	Joshua TEECE	29.10.20	Gravesend	
5 Mile	27:32m	Joshua TEECE	07.07.19	Cliffe Wood	
10 km	32:12m	Joshua TEECE	07.08.21	Olympic Park	
Half Marathon	1:13:38h	Joshua TEECE	15.03.20	Dartford	
Marathon	2:31:95h	Joshua TEECE	27.06.21	Milton Keynes	