



Central Park Athletics  
**Veteran Men VM55**  
Track & Field/Road Running  
Club Records



Event	Performance	Athlete	Date	Venue	Notes
<b>Track</b>					
100m	14.41s	Alex VALENTINO	20.06.18	CPA Arena	
200m	34.3s	Anthony DUREY	20.05.23	CPA Arena	
400m	1:14.2m	Anthony DUREY	07.07.23	Tonbridge	
800m	2:52.3m	Anthony DUREY	28.07.23	CPA Arena	
1500m	5:40.9m	Anthony DUREY	19.08.23	Crawley	
1 Mile					
2000SC	9:07m	Anthony DUREY	20.06.21	CPA Arena	
3000m	11:33.80m	Anthony DUREY	11.09.21	Ashford	
3000SC	14:40.40m	Anthony DUREY	11.09.21	Ashford	
3000W	19:11.10m	Mark CULSHAW	13.09.25	British Masters	
5000W	33:40.6m	Mark CULSHAW	21.03.26	Enfield	
5000m	19:52.58m	Anthony DUREY	14.08.21	Gillingham	
10000W	1:07:45.3h	Mark CULSHAW	04.10.25	Vets AC	
<b>Field</b>					
Discus (1.5k)	18.48m	Mark CULSHAW	28.09.25	CPA Arena	
Discus (2k)	17.35m	Mark CULSHAW	30.08.25	SAL	
Hammer (6k)	17.77m	Gary WARNER	26.05.23	CPA Arena	
Hammer (7.26k)	12.85m	Gary WARNER	16.07.22	Eltham	
Javelin (700)	13.61m	Mark CULSHAW	28.09.25	CPA Arena	
Javelin (800)	11.63m	Anthony DUREY	18.06.23	Lewes	
Shot Put (6k)	7.22m	Gary WARNER	29.07.22	CPA Arena	
Shot Put (7.26k)	6.93m	Gary WARNER	16.07.22	Eltham	
High Jump					
Long Jump	3.96m	Gary WARNER	29.07.22	CPA Arena	
Triple Jump					
Pole Vault					
<b>Road</b>					
1 Mile					
5 km	18:23m	Anthony DUREY	28.09.18	Hyde Park	
5 Mile	32:02m	Anthony DUREY	01.06.19	Harvel	
10 km	39:04m	Anthony DUREY	02.05.22	Whitstable	
10 Mile	1:05:00h	Anthony DUREY	15.04.22	Folkestone	
Half Marathon	1:32:29h	Anthony DUREY	29.08.22	Canterbury	
Marathon	3:31:54h	Anthony DUREY	28.04.19	London	