



Central Park Athletics
Senior Men SM25
Track & Field/Road Running
Club Records



Event	Performance	Athlete	Date	Venue	Notes
Track					
100m					
200m					
400m					
800m					
1500m					
1 Mile					
2000m SC					
3000m					
3000m SC					
5000m					
10000m					
Field					
Discus					
Hammer					
Javelin					
Shot Put					
High Jump					
Long Jump					
Triple Jump					
Pole Vault					
Road					
1 Mile					
5 km					
5 Mile					
10 km	38.41m	Rocco PAONE	06.05.19	Whitstable	
Half Marathon	1:25.30h	Rocco PAONE	03.03.19	Dartford	
Marathon	3:22.28h	Rocco PAONE	14.04.19	Brighton	