

Female			M60	Male		
Pam Horwill	20.5s	1999	100m	David Brown	14.5s	1996
Nancy Hitchmough	36.1s	2010	200m	Dave Eades	31.3s	2010
Nancy Hitchmough	74.9s	2010	400m	Dave Eades	73.90s	2010
Nancy Hitchmough	2:36.3s	2011	800m	Fred Homer	2:25.8s	2005
Nancy Hitchmough	5:16.08s	2010	1500m	Don Harris	6:33.3s	1999
Pam Horwill	12:22.80s	1998	2km W	Glyn Jones	11:04.9s	2004
Nancy Hitchmough	11:54.3s	2012	3000m	Fred Homer	10:42.90s	2005
Elaine Restorick	3.28m	2019	LJ	Bob Cutler	4.20m	2007
Elaine Restorick	6.68m	2019	TJ	Bob Cutler	8.78m	2010
Elaine Restorick	1m	2019	HJ	Ian Gapper	1.20m	2005
Elaine Restorick	5.21m	2019	Shot	Bob Cutler	10.21m	2010
			Discus	Bob Cutler	23.44m	2010
Pam Horwill	12.35m	1999	Javelin	Roland Day	13.97m	2008
			Hammer	Bob Cutler	27.37m	2010

Female			M65	Male		
			60m	Geoff Fullwood	11.06s	2025
Nancy Hitchmough	18.5s	2015	100m	David Brown	15.2s	2001
			150m	Geoff Fullwood	27.8s	2025
Nancy Hitchmough	36s	2015	200m	David Brown	32.9s	2001
			200mH	Geoff Fullwood	42.60s	2025
			300m	Geoff Fullwood	57.70s	2025
			300mH	Geoff Fullwood	70.45s	2025
Nancy Hitchmough	78.74s	2015	400m	Dave Eades	76.2s	2015
			600m	Geoff Fullwood	2:22.07s	2025
Nancy Hitchmough	2:42.7s	2015	800m	Dave Eades	3:07.0s	2015
Nancy Hitchmough	5:30.0s	2015	1500m	Geoff Fullwood	6:31.15s	2025
			Mile	Geoff Fullwood	8:02.2s	2025
			Mile W	Geoff Fullwood	11:59.5s	2025
			2000mSC	Geoff Fullwood	10:39.0s	2025
Pam Horwill	12:38.8s	2001	2km W	Glyn Jones	11:15.3s	2010
Nancy Hitchmough	12:47.0s	2015	3000m	Geoff Fullwood	14:13.97s	2025
			3000mSC	Geoff Fullwood	17:28.0s	2025
			5000m	Geoff Fullwood	25:09.25s	2025
			LJ	Bob Cutler	3.74m	2012
			TJ	Ian Gapper	7.12m	2007
			HJ	Geoff Fullwood	1.07m	2025
			Pole Vault	Ian Gapper	2.30m	2006
Pam Horwill	7.07m	2001	Shot	Ian Gapper	10.13m	2014
Pam Horwill	12.63m	2002	Discus	Geoff Fullwood	31.65m	2025
Pam Horwill	13.12m	2008	Javelin	Ian Gapper	27.90m	2006
			Hammer	Geoff Fullwood	31.30m	2025
			Pent'lon	Geoff Fullwood	1807pts	2025