



Royal Sutton Coldfield Athletics Club

Records - Veterans men



	M35*	M40	M45	M50	M55	M60	M65	M70	M75	M80
60m (Indoors)		John Topliss 7.4 1984	Donald Brown 7.27 2011	Ron Taylor 7.4 WR 1984/85/86	Donald Brown 7.58 2020	John Topliss 9.02 (Outdoors) 2004	Bill Morrow 10.04 1997		Bill Morrow 12.51 2005	
	80m	Joe Caines 9.3 1995	Graham Felton 10.2 1995	Ron Taylor 9.6 1986		Peter Ilo 8.24 2021				
		100m	Peter Goulding 11.2 (hand time) ¹ 1991	Donald Brown 11.41 2009	Ron Taylor 11.38 ER 1985	Ron Taylor 11.3 1990	Peter Ilo 12.66 2021	John Topliss 14.11 2008	John Topliss 15.78 2015	Roy Humpherson 19.6 2019
150m	Joe Caines 17.0 1995									
	200m	Joe Caines 22.3 BAR(40) 1992	Joe Caines 22.78 1998	Ron Taylor 22.91 WR 1986	Ron Taylor 23.03 WR 1989	Peter Ilo 26.24 2021	John Topliss 29.04 2008	John Topliss 33.70 2015	Roy Humpherson 38.56 2019	
200m (Indoors)				Ron Taylor 23.8 WR 1986	Ron Taylor 24.7 WR 1990	Peter Ilo 26.93 2022				
		300m	Joe Caines 37.1 1994	Trevor Brown 40.4 1986	Ron Taylor 36.3 WR 1986	Donald Brown 39.17 2019	Bill Morrow 51.7 1991			
300m (Indoors)						Peter Ilo 43.29 2021				
	400m		Fred Tremblay 55.0 2013	Joe Caines 50.5 BAR (44) 1996	Joe Caines 50.55 1998	Ron Taylor 51.8 WR 1986	Reg Phipps 56.4 1997	Peter Ilo 58.59 2021	Reg Phipps 67.9 2008	Tom Wyer 79.68 (Indoors) 2003
800m		Fred Tremblay 1.56.8 2015	Les Duffy 1.56.02 BAR (43) 1989	Les Duffy 1.57.2 BR 1991	Reg Phipps 2.01.3 BAR (52) 1995	Reg Phipps 2.04.9 WR 1999	Reg Phipps 2.16.07 2005	Reg Phipps 2.31.2 2008	Tom Wyer 2.55.51 2002	Tom Wyer 3.19.8 2006
		800m (Indoors)	Fred Tremblay 1.57.87 2014				Reg Phipps 2.08.15 BR,ER 1999			Tom Wyer 2.55.3 2002
1500m	Nick Corker 4.13.38 2012		Les Duffy 4.02.0 1986	Les Duffy 4.18.3 1991	Reg Phipps 4.12.6 BAR (52) 1995	Reg Phipps 4.27.2 2000	Reg Phipps 4.43.7 2005	Reg Phipps 5.17.1 2008	Tom Wyer 6.01.32 2002	Tom Wyer 6.43.6 2006
	1500m (Indoors)								Tom Wyer 6.47.16 2006	
1 mile	Fred Tremblay 4.40.4 2013	Steve Mason 4.29.2 1985	Dean Lucas 5.56.1 2019	Rob Andrew 4.42.58 2014						
	3000m	Nick Corker 9.10.6 2013	Steve Mason 9.02.9 1987	Steve Mason 9.25.4 1990	Reg Phipps 9.20.7 1993	Reg Phipps 9.59.9 1999	Reg Phipps 11.00.2 2004	Roy Humpherson 12.01.6 2009	Tom Wyer 13.53.1 2003	
3000m (Indoors)				Peter Parker 9.44.57 2004						
5000m	Nick Corker 15.56.59 2013	Peter Parker 15.48.0 1995	Steve Marklew 16.45.2 2010	Peter Parker 16.59.74 2004						
	10000m		Steve Mason 32.16.0 1985					Richard Cashmore 43.23.88 2004		
1500m walk			Mac Podmore 8.00.8 1985	Mac Podmore 7.52.6 1988						
	2000m walk		Ron Payne 11.22.7 1990	Mac Podmore 10.43.1 1989	Ron Payne 10.19.5 1994	Mac Podmore 11.19.6 1997	David Fall 11.57.0 2006	Gordon Chapman 13.03.0 1997	Gordon Chapman 13.07.8 2002	Gordon Chapman 13.42.9 2007
3000m walk			Tony Smith 19.36 1984			David Fall 17.54.9 2004			Gordon Chapman 20.54.10 2006	Gordon Chapman 22.01.78 2007
	3000m walk (Indoors)				David Fall 18.32.54 2004					
5000m walk		Tony Smith 30.54.8 1984			David Fall 31.29.22 2004			Gordon Chapman 34.45.3 2004	Gordon Chapman 34.47 2007	
	20000m walk								Gordon Chapman 2.42.01 2007	

60m hurdles			Donald Brown	Donald Brown	Donald Brown				
			8.66	8.66	8.91				
			2011	2015	2020				
100m hurdles				Donald Brown	Donald Brown				
				14.34	14.62				
				2015	2019				
110m hurdles		Donald Brown	Donald Brown						
		16.83	16.26						
		2008	2009						
200m hurdles		Mark Green	John Topliss						
		29.5	32.0						
		1988	1989						
400m hurdles	Nick Corker	Arthur Orr							
	65.1	64.3							
	2013	1985							
2000m steeplechase	Nick Corker	Nick Corker							
	6.34.1	6.57.3							
	2014	2015							
3000m steeplechase	Nick Corker	Nick Corker	Mac Podmore						
	10.01.8	10.20.0	11.41.0						
	2014	2015	1988						
4x100m		Arthur Orr	Graham Felton						
		Barry Moulton	Reg Phipps						
		Trevor Brown	Les Duffy						
		John Topliss	Joe Caines						
		46.3 BR	49.8 BR						
4x100m (Indoors)		1985	1998						
		Trevor Brown							
		Barry Moulton							
		John Topliss							
		Ron Taylor							
4x200m		48.1 WR							
		1985							
		Trevor Brown	Graham Felton	John Topliss					
		Arthur Orr	Reg Phipps	Reg Phipps					
		John Topliss	Les Duffy	Peter Goulding					
4x200m (indoors)		Ron Taylor	Joe Caines	Les Duffy					
		1.35.9 BR	1.42.8 BR	1.45.5 BR					
		1984	1998	1999					
		Barry Moulton							
		Arthur Orr							
4x400m		John Topliss							
		Ron Taylor							
		1.37.3 WR							
		1986							
		Peter Goulding		Joe Cox					
Medley Relay 200/200/400/800		Joe Caines		John Topliss					
		Les Duffy		Reg Phipps					
		John Topliss		Les Duffy					
		3.34.51 BR		4.04.2 BR					
		1992		1999					
High Jump		Les Duffy							
		Graham Felton							
		Peter Goulding							
		Joe Caines							
Long Jump		3.49.0							
		1993							
		Donald Brown	Donald Brown	Peter Goulding / Donald Brown	Joe Harrison	Joe Harrison	Graham Felton		
Long Jump (Indoors)		1.66	1.72	1.55	1.55	1.45	1.10		
		2008	2009	1997 / 2014	1993	1998	2014		
		Donald Brown	Barrington Williams	Peter Goulding	John Topliss	John Topliss	John Topliss	Jhalman Singh	Jhalman Singh
Triple Jump		6.28	7.03 (BR)	5.22	5.06	4.8	4.55	3.65	3.25
		2008	2001	1997	1999	2004	2005	2011	2013
									Bill Morrow
Pole Vault									2.5
									2005
	Fred Tremblay	Peter Goulding	Barrington Williams	John Topliss	John Topliss	John Topliss	John Topliss	Roy Humpherson	Roy Humpherson
Javelin (500)	10.35	11.86	11.97	10.48	10.3	9.57	8.58	5.5	5.16
	2013	1990	2001	1994	1999	2003	2010	2016	2019
		Arthur Orr	Arthur Orr	Arthur Orr		David Price			
Javelin (600)		3.0	3.25	3.25		1.6			
		1986	1992	1994		2004			
								David Price	David Price
Javelin (600)								33.32	26.93
								2010	2016
						David Price	David Price	David Price	David Price
					36.91	34.14	32.09	26.78	
					2001	2006	2012	2016	

Javelin (700)					Ron Taylor 41.04 1990	David Price 36.16 2002	David Price 31.6 2007	David Price 29.73 2012	David Price 26.70 2015	
		Donald Brown 39.55 2008	John Topliss 35.5 1991	David Price 48.34 1990		David Price 35.43 2001	David Price 28.74 2007	David Price 24.17 2015		
						Graham Felton 31.22 2012	Tom Wyer 26.61 1999	Swaran Singh 35.68 2015	Tom Wyer 20.76 2006	
Discus (1kg)										
Discus (1.5kg)				Kevin Brown 47.76 2018	Kevin Brown 48.74 2020	Graham Felton 25.67 2013	Graham Felton 23.24 2014			
		Kevin Brown 57.87 2007	Kevin Brown 53.65 2010	Kevin Brown 42.9 2015	Kevin Brown 49.59 2021	Graham Young 22.66 2002	Graham Felton 20.14 2016	John Topliss 14.27m 2014		
Shot Putt (4kg)										
Shot Putt (5kg)						Graham Felton 10.47 2009	Terry Cole 9.78 2009	Swaran Singh 9.37m 2014	Jhalman Singh 8.31 2013	
				Kevin Brown 11.78 2016	Donald Brown 10.71 2020	Graham Felton 9.5 2009	Terry Cole 9.07 2008			
		Kevin Brown 12.39 2009	Donald Brown 12.1 2009	Kevin Brown 10.64 2015	Kevin Brown 9.50 2021	Graham Felton 8.68 2012	Graham Felton 8.50 2016	John Topliss 4.31 2014		
Shot Putt (7.26kg)										
Hammer (4kg)										
Hammer (5kg)						Graham Felton 27.46 2013	Graham Felton 25.87 2016			
				Kevin Brown 35.34 2016	Graham Young 27.36 1997	Graham Young 22.92 2004	Graham Felton 18.03 2015			
		Donald Brown 32.02 2008	Kevin Brown 36.58 2011	Kevin Brown 36.24 2016		Graham Young 20.88 2002	Graham Felton 18.81 2014	John Topliss 6.23 2014		
Hammer (7.26kg)										
Pentathlon		Ed Saunders 1491 2014				John Topliss 2558 2004	Tom Wyer 2254 1998	Tom Wyer 2549 2004	Tom Wyer 2175 2006	
		Donald Brown 3285 2008	Donald Brown 3634 2009							
		Donald Brown 5483 2008								
Decathlon										
Key										
BR		British Record								
BAR		British Age Record								
ER		European Record								
WR		World Record								
The performances denoted as British, European and World records were records at the date achieved.										
* Records include performances from 2010 onwards. No records were maintained prior to this date.										