

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### Under 13 Girls

Event	Record	Name	Venue	Year
75 Metres	10.7	Rebecca Cornish	Kingston	2004
100 Metres	13.49	Ellie Holland	Pixham Lane	1996
150 Metres	21.6	Rebecca Cornish	Kingston	2004
600 Metres	1.55.6	Zoe Shannon	Crawley	2001
800 Metres	2.28.23	Emilia Gorecka	Kingston	2006
1000 Metres	3.18.1	Hannah Fay	Crawley	2005
1200 Metres	3.56.35	Emilia Gorecka	Horsham	2006
1500 Metres	4-54.75	Emilia Gorecka	Watford	2006
70 Metre Hurdles	12.1	Emily Parker	Woking	1997
200 Metre Hurdles	47.8	Ellie Holland	Pixham Lane	1995
4x100 Metre Relay	58.9	M.Cook, K.Fidler, A.Turner & H.Hanks	Guildford	2002
4x400 Metre Relay	5.14.6	E.Gorecka G.Upfold M.Baghdady J.Pemberton	Crawley	2005
High Jump	1.30 Metres	Emily Parker	Kingston	1997
Long Jump	4.48 Metres	Emily Parker	Woking	1997
Shot Putt	7.73 Metres	Amie Turner	Kingston	2002
Javelin	25.43 Metres	Beth Bridgman	Kingston	2009
Discus	21.55 Metres	Leanne Bettis	Woking	2006
Pentathlon	1591 points	Mariam el Bagdady	Crawley	2006
Tetrathlon	1633 points	Emily Parker	C'nty Champs	1995

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 13 to 14 Girls

Event	Record	Name	Venue	Year
80 Metres	11.6	Jade Phillips-Sawyers	Crawley	2006
100 Metres	13.7	Rachel Dempsey Joanne Davis	Sutton Hillingdon	2000 2001
150 Metres	21.0	Emily Parker	Crawley	1999
200 Metres	27.1	Emily Parker	Walton	1999
300 Metres	48.1	Zoe Shannon	Kingston	2002
400 Metres	65.4	Zoe Shannon	Pixham Lane	2003
600 Metres	1.50.6	Zoe Shannon	Crawley	2002
800 Metres	2.27.3	Cora Harrison	Watford	2008
1500 Metres	5.00.1	Cora Harrison	Watford	2007
1 Mile	5.28.8	Zoe Shannon	Crawley	2003
3000 Metres	11.25.4	Zoe Shannon	Crawley	2002
75 Metre Hurdles	11.9	Emily Parker	C'ty Champs	1999
4x100 Metre Relay	56.2	Z. Shannon, V. Holt K. Fidler, G. Bruinvels	Kingston	2003
High Jump	1.45 Metres	Emily Parker	Woking	1998
Long Jump	4.92 Metres	Emily Parker	Guildford	1999
Triple Jump	8.71 metres	Leanne Bettis	Horsham	2008
Shot Putt	10.07Metres	Sarah Bridgman	Horsham	2007
Javelin	26.02Metres	Leanne Bettis	Horsham	2008
Discus	30.61 Metres	Leanne Bettis	Kingston	2008
Pentathlon	2399 points	Emily Parker	Woking	1998

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 15 to 16 Ladies

Event	Record	Name		Year
80 Metres	11.5 secs	Zoe Shannon	Crawley	2005
100 Metres	13.6 secs	Zoe Shannon	Sutton	2005
150 Metres	21.12 secs	Zoe Shannon	Kingston	2005
200 Metres	28.1 secs	Zoe Shannon	Kingston	2005
300 Metres	46.3 secs	Lucy Horitz Sarah Bridgeman	Ilford Kingston	1999 2008
400 Metres	65.6 secs	Zoe Shannon	Pixham	2004
600 Metres	1.49.2	Zoe Shannon	Crawley	2005
800 Metres	2.20.0	Fiona Eagle		1994
1500 Metres	4.54.77	Zoe Shannon	Woking	2005
1 Mile	5.25	Zoe Shannon	Pixham	2005
3000 Metres	10.54.28	Zoe Shannon	Kingston	2005
80 Metre Hurdles	14.4	Catherine Phillips	Lily 'B'	1997
300 Metre Hurdles	53.2	Catherine Phillips	Lily 'B'	1997
4x100 Metre Relay	57.9	V.Holt, Z.Shannon, V.Brown, L.Betteridge	Sutton	2004
4x400 Metre Relay	4.45.9	A.Maugouber, H.Fay E. ??????. S. Bridgman	Crawley	2008
High Jump	1.40 Metres	Catherine Phillips	Lily 'B'	1997
Long Jump	4.32 Metres	Hannah Woollard	Pixham Lane	2001
Triple Jump	9.67m	Leanne Bettis	tbc	2009
Hammer	16.79m	Leanne Bettis	Milton Keynes	2009
Shot Putt	9.59 Metres	Sarah Bridgman	Kingston	2008
Javelin	27.68Metres	Amelia Maugouber	St Mary's College	2008
Discus	34.45 Metres	Leanne Bettis	Worthing	2009
Pole Vault	2.70 Metres	Katharine Horner		1994
Pentathlon	2013 points	Hannah Woollard	Pixham Lane	2001
<b>Road</b>				
3 Miles	21.54	Nikki Bailey	Poole	1999
5 Km	20.17	Louisa Harrold	Epsom	1996
10 Km	53.32	Portia Spinks	Poole	1999

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 17 to 20 Ladies

Event	Record	Name		Year
100 Metres	15.9	Anita Prudence	Pixham Lane	1995
200 Metres	29.0	Zoe Shannon	St Mary's Coll	2007
400 Metres	66.0	Lucy Horitz	Pixham Lane	2001
800 Metres	2.23.3	Georgie Bruinvels	St Mary's Coll	2007
1500 m	4.45.1	Georgie Bruinvels	Tooting	2007
3000 Metres	10.15	Georgie Bruinvels	Birmingham(?)	2007
<b>3000 Metres(Indoor)</b>	10.33.9	Claire Thorne	Glasgow	2002
100m Hurdles	25.7	Amelia Maugouber	Stevenage	2009
High Jump	1.45 Metres	Katharine Horner	Kingston	1995
Long Jump	3.56m	Amelia Maugouber	Hillingdon	2009
Triple Jump	7.30m	Amelia Maugouber	Milton Keynes	2009
Javelin	29.98 Metres	Amelia Maugouber	Crawley	2009
Discus	29.12 metres	Amelia Maugouber	Wimbledon	2009
Shot	6.89 metres	Amelia Maugouber	Reading	2009
Pentathlon	1676 points	Katharine Horner	Pixham Lane	1995
Pole Vault	3.10 Metres	Katharine Horner	Epsom	1996
Heptathlon	2993 points	Katharine Horner		1995
<b>Road</b>				
3 Miles	21.10	Claire Thorne	Poole	1999
5 Miles	30.35	Georgie Bruinvels	Reigate	2006
5 Km	18.37	Georgie Bruinvels	Hyde Park	2006

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### Senior Ladies

Event	Record	Name		Year
100 Metres	15.54	Becky Harris-Jones	Pixham Lane	2002
200 Metres	28.1	Lucy Horitz	Croydon	2003
400 Metres	74.0	Karen Marshall	Pixham Lane	2003
800 Metres	2.33.3	Karen Marshall	Bracknell	2006
1500 Metres	5.32.4	Sheena Bassett	Pixham Lane	1995
1 Mile	6.16.0	Jenny Dexter	Pixham Lane	2002
5000 Metres	19.18.5	Janet Ray	Pixham Lane	1995
Sprint Hurdles	25.1	Sheena Bassett	Pixham Lane	1995
4x400 Metre Relay	4.54.1	Zoe Shannon, Georgie Bruinvels, Janet Ray, Abbie Tucker	Kingston	2005
High Jump	1.33 Metres	Karen Marshall	Pixham Lane	2002
Long Jump	3.36 Metres	Helen Pickett	Erith	2003
Triple Jump	9.83	Lucy Horitz	Crawley	2003
Javelin	22.35 Metres	Helen Pickett	Pixham Lane	2002
Pentathlon	1203 points	Sheena Bassett	Pixham Lane	1995
Shot Putt	7.01 Metres	Karen Marshall	Pixham Lane	2003
Discus	18.06 Metres	Jennifer Horner	Horsham	2005
Pole Vault	2.40 Metres	Pippa Whitehouse	Oxford	2002
<b>Road</b>				
5 Miles Road	39.21.0	Alison Darley	Portsmouth	1997
10 Miles Road	1 hr 12.0	Maddie Dyke	Dorking	2002
20 Miles Road	2 hr 36.30	Helen Pickett	Bramley	2002
5 Km Road	19.36	Karen Marshall	Old Deer Park	2005
10 Km Road	38.07	Pippa Whitehouse	Lisse (Paris)	2008
Half Marathon	1 hr 33.24	Maddie Dykes	Wokingham	2003
Marathon	3 hrs 25.15	Maddie Dykes	London	2002

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 35 to 39 Ladies

Event	Record	Name		Year
100 Metres	14.4	Alison Knott	Hendon	1999
200 Metres	29.9	Louise Ionascu	Canterbury	2009
400 Metres	64.7	Louise Ionascu	Crawley	2009
800 Metres	2-24.6	Louise Ionascu	Kingston	2008
1500 Metres	4.31.0	Sally Young		1994
80 Metre Hurdles	18.4	Alison Knott	Pixham Lane	1998
1 Mile	6.13.4	Sheena Bassett	Pixham Lane	1998
1500 M Steeplechase	6.04.1	Sheena Bassett	Inter County	1999
2000 M Steeplechase	7.54.83	Sheena Bassett	World Vets Gateshead	1999
2000 M Walk	12-56.6	Claire Emberson	Kingston	1998
3000 M Steeplechase	12.30.7	Sheena Bassett	Horsham	1999
3000 Metres	9.34.47	Sally Young		1994
5000 Metres	18.10.6	Janet Ray	Sutton	1996
4x100 Relay	63.9	Charlotte, Sheena, Louise, Karen	Kingston	2008
4x200 Relay	2-15.9	Charlotte, Abbie, Louise, Rebecca	Kingston	2009
4x400 Relay	5.04.5	Anne Davidson, Rebecca Black, Tracy Dinnage, Janet Ray	Kingston	2006
Medley Relay	5-13.4	Charlotte, Abbie, Louise, Rebecca	Ewell	2007
Long Jump	3.88 Metres	Alison Knott	Croydon	1999
High Jump	1.35 Metres	Louise Ionascu	Kingston	2008
Triple Jump	7.03 Metres	Yvonne Smith	Kingston	1999
Hammer	20.90 Metres	Alison Knott	Hendon	1999
Discus	19.87 Metres	Alison Knott	Hendon	1999
Shot Putt	6.94 Metres	Alison Knott	Croydon	2000
Javelin	23.16 Metres	Lesley Taylor		1996
Pentathlon	912 points	Fiona Bishop	Pixham Lane	1995
<b>Road</b>				
5 Km Road	17.28	Sally Young	Portsmouth	1996
5 Miles Road	28.24	Sally Young	Epsom	1996
10 Km Road	36.18	Sally Young	Dysart	1996

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 35 to 39 Ladies Continued

10 Miles Road	1hr 03.19	Janet Ray	Epsom	1996
Half Marathon	1hr 32.0	Val Arnold	Wokingham	1999
Marathon	3hrs 23	Rebecca Black	Rome	2009

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 40 to 44 Ladies

Event	Record	Name		Year
100 Metres	15.9secs	Sheena Bassett Charlotte Craig	Kingston Kingston	2002 2006
200 Metres	30.7secs	Lynne Cue	Croydon	2001
400 Metres	68 secs	Janet Ray	Crawley	2005
800 Metres	2.28.4	Janet Ray	Crawley	2002
1500 Metres	4.52.9	Janet Ray	Kingston	2004
2000 Metre Walk	12.38.4	Charlotte Craig	Croydon	2006
3000 Metres	10.23.9	Janet Ray	Brighton	2004
5000 Metres	18.09.0	Janet Ray	Kingston	2002
1 Mile	5.39.0	Janet Ray	Pixham Lane	2001
4x100 Relay	67.1	Janet Ray, Charlotte Craig Tracy Dinnage, Sue George	Croydon	2006
4x200 Relay	2.27.4	Janet Ray, Charlotte Craig Julia Self, Debbie Bullen	Crawley	2003
4x400 Relay	5:14.5	Tracy Dinnage, Abbie Tucker Charlotte Craig, Anne Davidson	Ewell	2005
Long Jump	3.52 m	Janet Ray	Croydon	2002
High Jump	1.15 m	Sheena Bassett	Crawley	2003
Triple Jump	6.41 m	Julia Self	Kingston	2003
Shot	6.47 m	Debbie Bullen	Crawley	2003
Discus	19.47	Abbie Tucker	Sutton	2007
Hammer	14.37 m	Abbie Tucker	Ewell	2007
Javelin	19.25 m	Sheena Bassett	Kingston	2002
<b>Road</b>				
5 Km Road	17.28	Sally Young	Portsmouth	1996
5 Miles Road	28.24	Sally Young	Epsom	1996
10 Km Road	36.18	Sally Young	Dysart	1996
10 Miles Road	60.29	Sally Young	Dorking	1996
½ Marathon	1.32.24	Gail Coverley	Wokingham	1999
20 Miles Road	2:18:46	Suzanne Wood	Thanet	2008
Marathon	3:00:14	Suzanne Wood	London	2008

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 45 to 49 Ladies

Event	Record	Name		Year
100 Metres	16.1	Tracy Dinnage	Kingston	2005
200 Metres	32.8	Tracy Dinnage	Ewell	2005
400 Metres	70.4	Janet Ray	Croydon	2006
800 Metres	2-38.3	Janet Ray	Croydon	2008
1500 Metres	5-12.4	Janet Ray	Kingston	2008
2000m Walk	12-08.17	Charlotte Craig	Kingston	2008
3000 Metres	10.56.7	Janet Ray	Kingston	2006
5000 Metres	19-13.4	Janet Ray	Croydon	2006
1 Mile	7.07.8	Claire Emberson	Pixham Lane	1998
High Jump	1.20m	Tracy Dinnage	Crawley	2005
Long Jump	3.32m	Tracy Dinnage	Kingston	2006
Javelin	15.05m	Sheena Bassett	Ewell	2008
Shot Putt	4.67m	Jackie Cutter	Ewell	2003
Discus	14.17m	Jackie Cutter	Ewell	2004
Hammer	10.70m	Jackie Cutter	Kingston	2003
<b>Road</b>				
5 Km Road	19.00	Sally Young	Hyde Park	2001
10 Km Road	42.05	Gail Coverley	Brighton	1999
5 Miles Road	33-10	Janet Ray	Reigate	2006
10 Miles Road	68.48	Sally Young	Dorking	2003
½ Marathon	1.29.53	Anne Davidson	Silverstone	2008
Marathon	3.18.12	Anne Davidson	London	2008

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 50 to 54 Ladies

Event	Record	Name		Year
100 Metres	18.4	Claire Emberson	Kingston	2000
200 Metres	38.1	Claire Emberson	Sutton	2000
400 Metres	87.5	Claire Emberson	Kingston	2000
800 Metres	3.05.1	Lesley Powell	Croydon	2007
1500 Metres	7.01.7	Elizabeth Horner	Kingston	2001
3000 Metres	12.46	Lesley Powell	Croydon	2007
5000 Metres	28.49	Elizabeth Horner	Sutton	2005
Long Jump	3.07 Metres	Claire Emberson	Sutton	2000
Triple Jump	5.73 Metres	Claire Emberson	Kingston	2000
High Jump	1.00 Metres	Claire Emberson	Kingston	2000
Shot Putt	6.22 Metres	Claire Emberson	Sutton	2000
Discus	15.00 Metres	Lesley James	Kingston	1998
Javelin	19.76 Metres	Lesley Taylor	Eastbourne	2003
Hammer	13.58 Metres	Lesley James	Wokingham	1999
2000 Metre Walk	13.14.3	Lesley James		1996
10k	45-43	Valerie Churchill	Chessington	2007
10 miles	73-11	Valerie Churchill	Thames Towpath	2007
Marathon	4.26.0	Elizabeth Horner	London	2001

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 55 to 59 Ladies

Event	Record	Name		Year
Long Jump	1.60 Metres	Lesley James	Crawley	2003
Shot Putt	4.92 Metres	Lesley James	Crawley	2003
Discus	13.79 Metres	Lesley James	Crawley	2003
Hammer	13.58 Metres	Lesley James	Wokingham	1999

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### Ladies 60 and over

Event	Record	Name		Year
100 Metres	18.7	Edna Griffin	Kingston	1999
200 Metres	39.3	Edna Griffin	Croydon	1998
400 Metres	1.49.0	Edna Griffin	Kingston	1999
800 Metres	4.14.4	Edna Griffin	Croydon	1998
1500 Metres	8.43.4	Edna Griffin	Hendon	1999
3000 Metres	18.16.4	Edna Griffin	Croydon	1998
Long Jump	2.57 Metres	Edna Griffin	Hendon	1999
High Jump	1.00 Metres	Edna Griffin	Hendon	1999
Shot Putt	6.85 Metres	Edna Griffin	Sutton	1999
Discus	11.70 Metres	Edna Griffin	Croydon	1997
Javelin	12.23 Metres	Edna Griffin	Hendon	1999
Hammer	12.85 Metres	Edna Griffin	Kingston	1998
<b>Road</b>				
10 Miles	1hr 48.0	Edna Griffin	Maidenhead	1997
Half Marathon	2hrs 28.0	Edna Griffin	Paddock Wood	1998
Marathon	5hrs 50.0	Edna Griffin	London	1998

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### Under 13 Boys

Event	Record	Name	Venue	Year
60 metres	8.54	Harry Ramsey	Eton	2008
80 Metres	11.2	Bradley Knight	Sry Yth Gmes	1999
100 Metres	13.3	Bradley Knight	Walton	2000
200 Metres	27.7	Bradley Knight	Croydon	2000
400 Metres	69.6	Paul Wingfield	Walton	1999
600 Metres	1.48.2	Joe Bullen	Sry Yth Gmes	1999
800 Metres	2-24.87	Ben Brunswick	Kingston	2009
1500 Metres	4.42.2	Terry Lyzyck	Tooting	1995
1 Mile	6.58.1	Daniel Sullivan	Pixham Lane	1998
3000 Metres	12.48.7	Paul Wingfield	Pixham Lane	1998
80 Metre Hurdles	14.1	Bradley Knight	Walton	2000
4x100 m Relay	59.9	Ian & Paul Wingfield, Bradley Knight Tom Robinson	Horsham	1999
4x200 m Relay	2.06.8	Paul Wingfield, Ben Loxton, Tom Robinson & Bradley Knight	Croydon	1999
High Jump	1.46 Metres	Tom Roch	Woking	1995
Long Jump	4.83 Metres	Harry Ramsey	Kingston	2008
Shot Putt	8.43 Metres	Anthony Ledwidge		1995
Javelin	31.98 Metres	Ben Adams	Woking	1995
Discus	17.41 Metres	Doug Self	Croydon	2002
Tetrathlon	1045 points	Ben Adams	C'nty Champs	1995
Pentathlon	1481 points	Ben Adams	Woking	1995

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 13 to 14 Boys

Event	Record	Name	Venue	Year
100 Metres	12.2	William Renton-Rose	Brunel U	2004
200 Metres	25.8	Matt Simovic	Horsham	2000
		Ross Palmer	Croydon	2001
400 Metres	56.8	Ross Palmer	Croydon	2001
800 Metres	2-06.72	Adam Hulin	Woking	2009
1500 Metres	4-20.1	Adam Hulin	S.Sch.Kingston	2009
1 Mile	5.22.0	Joe Bullen	Pixham Lane	2001
3000 Metres	9.45.55	Luke Caldwell	Crawley	2006
80 Metre Hurdles	12.9	Mathew Simovic	Walton	2000
300 Metre Hurdles	52.3	James Parker	Pixham Lane	1995
4x100 m Relay	52.5	Ross Palmer, Joe Bullen, Paul Wingfield, & James Kelly	Croydon	2001
4x200 m Relay	1.50.4	Ross Palmer, Joe Bullen, Simon Holmes, & Matthew Simovic	Walton	2000
High Jump	1.65 Metres	Tom Roch	Kingston	1997
Long Jump	5.45 Metres	Tom Woodcock	Walton	2006
Triple Jump	11.01 Metres	William Renton-Rose	Kingston	2004
Shot Putt	10.26 Metres	Rhys Hurst	Pixham Lane	1995
Javelin	29.00 Metres	Ben Adams	Pixham Lane	1996
Hammer	19.84 Metres	Joe Bullen	Tooting Bec	2001
Discus	30.00 Metres	Rhys Hurst	Pixham Lane	1995
Pentathlon	1962 points	Tom Roch	C'nty Champs	1997

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 15 to 16 Men

Event	Record	Name	Venue	Year
60 Metres (Indoor)	7.90	Simon Holmes	Bedford	2002
60 M. Hurdles (I)	9.20	Simon Holmes	Bedford	2002
100 Metres	11.6	Will Renton-Rose	Tooting	2006
200 Metres	23.9	Will Renton-Rose	Horsham	2006
400 Metres	53.3	Hugh Baker	Crawley	2009
800 Metres	1-59.8	Hugh Baker	Crawley	2009
1500 Metres	4.08.0	Luke Caldwell	Barnet	2007
<b>1500 M Steeplechase</b>	5.22.9	Simon Holmes	Wimbledon	2001
1 Mile	5.02.7	John Wingfield	Wimbledon	2001
3000 Metres	9.37.4	Luke Caldwell	Hillingdon	2007
5000 Metres	19.41.5	Robert Russell	Pixham Lane	1995
80m Hurdles	23.7	John Wingfield	Pixham Lane	2000
100m Hurdles	15.0	Simon Holmes	Wimbledon	2002
400 Metre Hurdles	61.5	Simon Holmes	Kingston	2002
4x100 m Relay	48.2 secs	M.Simovic, S.Holmes J.Wingfield, R.Palmer	Tooting Bec	2001
4x200 m Relay	1.44.8	J.Kelly, S.Holmes J.Bullen, R.Palmer	Wimbledon	2002
4x400 m Relay	3.48.5	J.Bullen, P.Wingfield R.Palmer, S.Holmes	Crawley	2002
High Jump	1.72 Metres	Simon Holmes	Hemel Hempstead	2002
Long Jump	6.30 Metres	Greg Aymes	Southampton	2009
Triple Jump	11.44 Metres	Ross Palmer	Wimbledon	2002
Discus	30.52 Metres	Ross Palmer	Kingston	2003
Shot Putt	9.15 Metres	Ross Palmer	Watford	2003
Javelin	34.57 Metres	Ross Palmer	Crawley	2003
Hammer	17.54 Metres	Joe Bullen	Kingston	2002
Pole Vault	2.20 Metres	Chris Self	Nescot	2003
Pentathlon	2380 points	Simon Holmes	Bedford	2002
Octathlon	3925 points	Ross Palmer	Watford	2003

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 17 to 20 Men

Event	Record	Name	Venue	Year
100 Metres	11.7	Will Renton-Rose	Crawley	2008
200 Metres	24.4	Will Renton-Rose	Crawley	2008
400 Metres	53.7	Stephen Parker	Pixham Lane	1999
800 Metres	1.49.84	Bruno Witchalls		1994
1500 Metres	3.45.11	Bruno Witchalls	Birmingham	1995
1 Mile	5.07.0	John Wingfield	Pixham Lane	2002
2000 Metres	6.25.02	Gareth Dickinson		1994
5000 Metres	17.02.00	Daniel Hulbert	Pixham Lane	1995
400 Metre Hurdles	63.6	Daniel Hulbert	Pixham Lane	1995
4x400m Relay	3-42	Luke Caldwell, Evan Erskine-Thomas, Michael Alwin, Hugh Baker	Crawley	2008
High Jump	1.45 Metres	Steven Parker	Pixham Lane	1998
Long Jump	5.85 Metres	Will Renton-Rose	Crawley	2008
Shot Putt	8.94 Metres	Daniel Hulbert	Pixham Lane	1995
Javelin	32.90 Metres	Daniel Hulbert	Pixham Lane	1995
Pentathlon	1088 points	Tom Warner	Pixham Lane	1995
<b>Road</b>				
5 Miles	30.07	Bruce Harrold	Tadworth	1995
10 Km	38.27	Tom Warner	Marwell	1996
10 Miles	1hr 10.52	Robert Russell	Gosport	1996

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### Senior Men

Event	Record	Name	Venue	Year
100 Metres	12.4	Ian Mackrell	Pixham Lane	2001
200 Metres	25.9	Chris Parrott	Pixham Lane	2001
300 Metres	37.0	David Russell	Tonbridge	1995
400 Metres	52.1	David Russell	Horsham	1995
800 Metres	1.49.8	Bruno Witchalls		1995
1000 Metres (Indoor)	2.25.3	Bruno Witchalls	Birmingham	1996
1 Mile	4.03.98	Bruno Witchalls	Bristol	1997
1500 Metres	3.41.51	Bruno Witchalls	Birmingham	1995
3000 Metres	8.08.9	Bruno Witchalls	Loughborough	1997
5000 Metres	15.14.0	Simon Beardsall	Horsham	1995
3000 M. Steeplechase	9.01.19	Bruno Witchalls	Watford	1998
400 Metre Hurdles	60.6	David Russell	Pixham Lane	1995
4x100m Relay	51.1	Hugh Baker, Evan Erskine-Thomas, Greg Aymes, Gavin Olsson	Crawley	2009
High Jump	1.93 Metres	David Russell	Pixham Lane	1995
Long Jump	4.91 Metres	Mark Jackson Alan Self	Pixham Lane Pixham Lane	1995 2001
Javelin	32.72 Metres	Mark Jackson	Pixham Lane	1995
Shot Putt	8.52 Metres	Richard Powell	Pixham Lane	2003
Discus	24.60	Richard Powell	Pixham Lane	2003
Pentathlon	2846 Points	David Russell	Pixham Lane	1995
<b>Road</b>				
5 Km Road	14.29.0	Bruno Witchalls	Southampton	1998
10 Km Road	31.37.0	Rob James	Epsom	1997
5 Miles Road	27.05.0	Chris Lazenby	Epsom	1996
10 Miles Road	53-20	Nick Hodges	Portsmouth	2006
20 Miles Road	2hr 01.38	Nick Hodges	Worthing	2001
Half Marathon	1-11-40	Nick Hodges	Fleet	2007
Marathon	2-37.23	Nick Hodges	London	2008

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 40 to 44 Men

Event	Record	Name		Year
60 Metres	8.1	Alan Self	Eton	2002
100 Metres	12.8	Gavin Olsson	Croydon	2006
200 Metres	25.78	Alan Self	Kingston	2003
400 Metres	59.4	Clive Lawrence	Pixham Lane	1995
800 Metres	2.15.0	Graham Taylor		
Sprint Hurdles	20.7	Clive Lawrence	Pixham Lane	1995
1500 Metres	4.31.8	Ian Dunn		
1 Mile	5.46.0	Lawrence Clancy	Pixham Lane	2002
3000 Metres	9.37.7	Graham Taylor		
5000 Metres	16.37.6	Graham Taylor		
3000 M Steeplechase	11.29.1	Ian Dunn		
2000 M Walk	11.18.8	Howard Jones	Crawley	2005
4x100 M. Relay	54.1	L. Clancy, A. Self S. Kemp & I. Dunn	Sutton	2003
4x200 M. Relay	1.47.5	L. Clancy, W. Lovesey M. Connolly, A. Self	Crawley	2003
4x400 M. Relay	4.12.9	I Dunn, L. Clancy S. Parrot, M. Gardener	Epsom	2003
2x200,400,800 relay	4.19.3	?		
High Jump	1.60 Metres	Alan Self	Sutton	2003
Long Jump	5.19 Metres	Alan Self	Crawley	2002
Triple Jump	10.62 Metres	Alan Self	Croydon	2004
Shot Putt	8.53 Metres	Alan Self	Ewell	2002
Discus	23.88 Metres	Alan Self	Ewell	2004
Javelin	33.10 Metres	Clive Lawrence	Pixham Lane	1995
Hammer	17.13 Metres	Alan Self	Crawley	2003
Pole Vault	2.40 Metres	Alan Self	Nescot	2003
Pentathlon	2450 Points	Alan Self	Eton	2002
<b>Road</b>				
5 Miles	29.50	Alan Cooper	Tadbrook	1997
5 Km	18.43	Pete Mann	Wimbledon	2004
10 Km	35.44	Andy Keen	Sutton	2002
10 Miles	58.54	Paul Hulbert	Dorking	1996
20 Miles	2.24.23	Graeme McKay	Thanet	2007
Half Marathon	1hr 17.14	Paul Hulbert	Barns Green	1995
Marathon	3.10.52	Jim Cater	London	2008

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 45 to 49 Men

Event	Record	Name		Year
100 Metres	12.4	Gavin Olsson	Ewell	2007
200 Metres	26.0	Michael Connolly	Sutton	2005
400 Metres	58.4	Michael Connolly	Kingston	2005
800 Metres	2.15.0	Graham Taylor		
1500 Metres	4.31.8	Ian Dunn		
1 Mile	5.42.0	Andy Fay	Pixham Lane	2005
3000 Metres	9.37.7	Graham Taylor		
5000 Metres	16.37.6	Graham Taylor		
<b>3000 M Steeplechase</b>	11.29.1	Ian Dunn		
2000 M Walk	11.25.3	Graham Taylor		
High Jump	1.40 Metres	Gavin Olsson	Croydon	2006
Long Jump	4.91 Metres	Brian Darley	Croydon	1996
Triple Jump	9.68 Metres	Gavin Olsson	Crawley	2009
Shot Putt	8.29 Metres	Mick Chapman	Pixham Lane	1995
Discus	20.20 Metres	Brian Blackman		
Javelin	19.02 Metres	Steve Parrott	Pixham Lane	1998
Hammer	15.16 Metres	Brian Blackman	Kingston	1997
Pole Vault	2.20 Metres	Michael Horner	Sutton	
<b>Road</b>				
5 Km	19.29	Patrick Martin	Wimbledon	2001
10 Km	35.48.0	Paul Hulbert	Dysart	1996
10 Miles	58.54.0	Paul Hulbert	Dorking	1996
Half Marathon	1.15.35	Paul Hulbert	Horley	1994
Marathon	2.52.55	Andy Fay	London	2006

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 50 to 54 Men

Event	Record	Name	Venue	Year
100 Metres	13.9	Mark Gardner	Kingston	2005
200 Metres	28.8	Ian Dunn	Croydon	1998
400 Metres	61.9	Ian Dunn	Kingston	2000
800 Metres	2.19.2	Ian Dunn	Sutton	2000
4x100 Metre Relay	59.0	I.Dunn, B.James P.Trill. B.Darley	Kingston	2001
1 Mile	5.18.8	Ian Dunn	Pixham Lane	1998
1500 Metres	4.43.5	Graham Taylor	Kingston	1997
2000 Km Walk	10.59.0	Mick Chapman		1996
<b>3000 M Steeplechase</b>	12.11.0	Ben Rivers		
3000 Metres	9.48.7	Graham Taylor	Sutton	1996
5000 Metres	16.11.7	Graham Taylor	Tooting	1995
Long Jump	4.25 Metres	Ben Rivers	Kingston	1999
High Jump	1.35 Metres	Ben Rivers	Kingston	1998
Triple Jump	8.52 Metres	Brian James		
Shot Putt	8.21 Metres	Brian James		
Javelin	29.40 Metres	Brian James		
Discus	27.01 Metres	Brian Blackman	Sutton	1998
Hammer	18.84 Metres	Brian Blackman	Kingston	2000
Pole Vault	1.70 Metres	Michael Horner	Sutton	2000
<b>Road</b>				
5 Km Road	16.09.0	Graham Taylor	BVAF Champs	1995
5 Miles Road	26.54.0	Graham Taylor	Tadworth	1995
10 Km Road	34.28.0	Graham Taylor	Dysart	1996
10 Miles Road	56.06.0	Graham Taylor	Dorking	1995
Half Marathon	1hr 19.59	Graham Taylor	Windsor	1999
Marathon	2-53-27	Andy Fay	tbc	tbc

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 55 to 59 Men

Event	Record	Name	Venue	Year
100 Metres	14.2	Ian Dunn	Sutton	2003
200 Metres	29.0	Ian Dunn	Crawley	2003
400 Metres	65.0	Ian Dunn	Pixham Lane	2003
800 Metres	2.22.0	Ian Dunn	Crawley	2003
1 Mile	5.56.0	Dave Stead	Battersea Park	2000
1500 Metres	4.51.9	Graham Taylor	Kingston	2000
2000 Km Walk	12.04.5	Mick Chapman	Sutton	1999
<b>3000 M Steeplechase</b>	14.02.4	Ben Rivers	Sutton	2000
3000 Metres	10.21.6	Graham Taylor	Croydon	2000
5000 Metres	17.51.0	Graham Taylor	Kingston	2001
Long Jump	4.32 Metres	Ben Rivers	Ewell	2002
High Jump	1.25 Metres	Ben Rivers	Kingston	1999
Triple Jump	8.11 Metres	Dave Stead	Sutton	1999
Javelin	26.33 Metres	Brian James	Kingston	1999
Shot Putt	7.29 Metres	Brian Blackman	Kingston	2003
Discus	21.03 Metres	Brian Blackman	Pixham Lane	2003
Hammer	18.30 Metres	Brian Blackman	Kingston	2003
Pole Vault	1.30 Metres	Ben Rivers	Sutton	2000
<b>Road</b>				
5 Km Road	20.22	Dave Stead	Wimbledon	1996
10 Km Road	36.21	Graham Taylor	?	2001
5 Miles Road	35.21	Dave Stead	Chessington	1998
10 Km Road	38.47	Graham Taylor	Dysart	2000
Half Marathon	1.40.25	Michael White	Barns Green	
Marathon	3.49.0	Michael White	Dublin	1995

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 60 to 64 Men

Event	Record	Name	Venue	Year
100 Metres	14.9	Ian Dunn	Kingston	2008
200 Metres	30.1	Ian Dunn	Croydon	2008
400 Metres	66.4	Ian Dunn	BA Windsor	2008
800 Metres	2-31.3	Ian Dunn	Croydon	2008
1500 Metres	5-07.03	Ian Dunn	Ewell	2001
1 Mile	6.40.0	Dave Stead	Pixham Lane	2002
2000 Metre Walk	13.27.0	Brian James	Sutton	2003
3000 Metres	11-18.9	Ian Dunn	Croydon	2008
3000 M Steeple chase	14.07.0	Ben Rivers	Croydon	2004
5000 Metres	19-58.3	Ian Dunn	Ewell	2008
Discus	21.04 Metres	Brian James	Pixham Lane	2003
High Jump	1.30 Metres	Ben Rivers	Croydon	2004
Long Jump	4.17 Metres	Ben Rivers	Kingston	2004
Triple Jump	5.37	John Barron	Sutton	2005
Javelin	25.14 Metres	Brian James	Crawley	2003
Shot Putt	7.57 Metres	John Barron	Pixham Lane	2003
Pole Vault	1.60m	Ben Rivers	Kinston	2006
<b>Road</b>				
½ Marathon	1.39.31	Bob Drew	Barns Green	1994
5 Km	20.58	Ray Dare	Wells	1995
10 Km	45.23	Michael White	Oxshott	1998
10 Miles	1hr 15.14	Michael White	Dorking	1998
Marathon	3hrs 51.0	Michael White	London	1998

# Dorking & Mole Valley Athletics Club

## Club Records as at 1st August 2009

### 65 to 69 Men

Event	Record	Name	Venue	Year
200 Metres	39.9	Mike White	Pixham Lane	2003
400 Metres	1-26.6	Alan Waring	Kingston	2006
800 Metres	3-08.5	Alan Waring	Croydon	2007
1500 Metres	6-23.3	Alan Waring	Kingston	2007
3000m	12-45.8	Alan Waring	Croydon	2007
5000m	22-30	Alan Waring	Ewell	2007
Javelin	18.41 metres	John Barron	Croydon	2007
Discus	15.98	John Barron	Croydon	2009
<b>Road</b>				
5 Km	20.58	Ray Dare	Wells	1995
10km	51.55	John Barron	Sutton	2006

### 70 to 74 Men

Event	Record	Name	Venue	Year
5000 Metres	22.51.0	Ray Dare	Malta	1998
<b>Road</b>				
10 Km	45.40	Ray Dare	Malta	1998
Half Marathon	2hrs 25.0	Des Scutt	Barns Green	2001
Marathon	3hrs 50.0	Ray Dare	London	1997

### 75 to 79 Men

Event	Record	Name	Venue	Year
100 Metres	15.5	Alan Lovett	Malta	1998
200 Metres	32.2	Alan Lovett	Solihull	1996
400 Metres	78.19	Alan Lovett	Blackpool	1997
Long Jump	4.04 Metres	Alan Lovett	Birmingham	1997

### Men 80 and over

Event	Record	Name	Venue	Year
800 m	3-15.8	Harry Tempan	Kingston	2008
1500m	6-37.5	Harry Tempan	Kingston	2008