

THE CIVIL SERVICE  
ATHLETIC  
ASSOCIATION

MASTERS'  
TRACK & FIELD  
RECORDS  
1987 - 2019

**MEN'S RECORDS**  
**TRACK and FIELD**

Event	Age Group	Name	Dept	Time	Year
<b>100m</b>	M35	Joe Appiah	HMRC	11.70	2006
	M40	Will MacGee	HASSRA	11.30	2008
	M45	David Elderfield / Will MacGee	MOD / RCSL	11.70	2001 / 2013
	M50	David Elderfield	MOD	11.90	2007
	M55	Alastair Duncan	Minerva	12.60	2013
	M60	Gordon Daborn	DTI	13.10	1992
	M65	Gordon Daborn	DTI	13.50	1997
	M70	Gordon Daborn	DTI	14.80	2002
	M75	Doug Milton	MOD	16.30	1997 / 1998
	M80	Doug Milton	MOD	19.40	2000
<b>200m</b>	M35	Manny Ogunniyi	DEFRA	23.75	2010
	M40	Will MacGee	HASSRA	22.90	2008
	M45	Will MacGee	RCSL	23.60	2013
	M50	David Elderfield	MOD	23.90	2007
	M55	Alastair Duncan	Minerva	25.20	2013
	M60	John Ross	Scot Off	26.90	2000
	M65	John Ross	Scot Off	28.10	2005
	M70	Peter Eddy	HASSRA	34.97	2015
	M75	Doug Milton	MOD	36.20	1988
	<b>400m</b>	M35	John Totten	RCSL	54.13
M40		Darrell Maynard	HO	50.50	2001
M45		David Elderfield	MOD	54.20	2001
M50		David Elderfield	MOD	52.60	2007
M55		Alastair Duncan	Minerva	58.30	2013
M60		David Elderfield	DSRA	59.00	2018
M65		John Ross	Scot Exec	61.40	2006
M70		Gordon Daborn	DTI	79.80	2002
<b>800m</b>	M35	David Vogwell	HASSRA	2.10.63	2014
	M40	M Phillips / Tim Bailey	ONS / HASSRA	2.08.30	2000 / 2011
	M45	Malcolm McCausland	IR	2.10.10	2000
	M50	K Welsh	C&E	2.17.10	1988
	M55	John Ross	Scot Off	2.12.10	1993
	M60	Tom Clowry	MOD	2.18.60	1991
	M65	John Ross	Scot Exec	2.35.90	2006
	M70	Mick Anglim	Ord Survey	3.11.00	2017
<b>1500m</b>	M35	Steve Hallas	RCSL	4.23.3	2012
	M40	D Galloway	DSS	4.18.5	1987
	M45	Andy Tindall	SPARTA	4.22.2	2007

	M50	Keith Donkin	MOD	4.30.1	2007
	M55	I Vaughan-Arbuckle	FO	4.50.5	1993
	M60	Jim Bell	HASSRA	5.14.1	2009
	M65	C Portsmore	MOD	5.36.6	2000
	M70	Mick Anglim	Ord Survey	6.08.4	2017
<b>5000m</b>	M35	Thomas Adams	DEFRA	15.36.34	2019
	M40	Phil Parry	MOD	15.32.9	2004
	M45	Jim Bell	DHSS	16.07.0	1997
	M50	P Mellor	DOET	16.21.8	1988
	M55	P Mellor	DOET	17.12.0	1987/1993
	M60	Jim Bell	HASSRA	18.25.6	2009
	M65	C Portsmore	MOD	20.28.2	2000
	M70	Mick Anglim	Ord. Survey	21.57.2	2017
<b>80m H</b>	M60	Brian Harlick	Cab Off	21.80	2003
	M70	Gordon Daborn	DTI	14.60	2002
<b>100m H</b>	M50	Ty Lewis	MOD	15.80	1999
	M55	Ty Lewis	MOD	16.50	2004/2005
	M60	Gordon Daborn	DTI	16.70	1992
	M65	Gordon Daborn	DTI	18.30	1997
<b>110m H</b>	M35	Joe Appiah	HMRC	15.60	2006
	M40	D Richards	MOD	18.30	2005
	M45	Ty Lewis	MOD	18.00	1995
	M50	J Phillips	GCHQ	21.90	1988
	M55	Gordon Daborn	DTI	19.30	1988
<b>300m H</b>	M60	Gordon Daborn	DTI	49.45	1994
	M65	Gordon Daborn	DTI	51.80	1997
	M70	Gordon Daborn	DTI	53.10	2002
<b>400m H</b>	M35	Peter Coates	LR	1.02.70	2007
	M40	M Goodwin	FCO	62.70	2000
	M45	Ty Lewis	MOD	61.50	1995
	M50	Ty Lewis	MOD	62.60	1999
	M55	Ty Lewis	MOD	65.70	2006
	M60	J Southgate	MOD	82.80	1988
	M60	G Reed	MINERVA	10.28.70	2008
<b>3000m SC</b>	M40	H Darborn	Sp Co	10.11.90	1987
	M55	Tony Killilea	Ord. Survey	12.12.19	2019
<b>3000m W</b>	M35	Stephen Crahan	HASSRA	19.50.9	2013

	M40	John Hall	MAFF	13.33.70	1990
	M45	D Baxter	IR	13.30.70	1990
	M50	D Baxter	IR	13.57.20	1992
	M55	John Hall	DEFRA	14.54.00	2004
	M60	John Hall	DEFRA	15.31.86	2010
	M65	John Hall	DEFRA	16.55.31	2018
	M70	Colin Stapleford	MOD	18.31.10	2005
<b>Shot</b>	M35	Troy Kennedy	Prison Service	10.13	2012
	M40	Malcolm Fenton	C&E	13.18	1996
	M45	Andy Kruszewski	BERR	12.46	2007
	M50	Stephen Head	Royal Mail	12.37	2010
	M55	Gary Negus	MOD	12.31	1999
	M60	Gary Negus	MOD	11.04	2006
	M65	Gary Negus	MOD	11.45	2007
	M70	Cliff Taylor	MOD	10.38	2003
	M75	Doug Milton	MOD	9.07	1998
	M80	Doug Milton	MOD	8.15	2000
	M85	Doug Milton	MOD	6.26	2006
<b>Discus</b>	M35	Troy Kennedy	Prison Serv	29.89	2012
	M40	Andy Kruszewski	DTI	42.30	1999
	M45	Andy Kruszewski	DTI	41.13	2006
	M50	Chris Privett	MOD	40.00	2010
	M55	Andy Kruszewski	DTI	37.25	2016
	M60	Peter Eddy	HASSRA	38.94	2004
	M65	Peter Eddy	HASSRA	34.29	2009
	M70	Peter Eddy	HASSRA	31.78	2014
	M75	Peter Eddy	HASSRA	25.82	2019
	M80	Doug Milton	MOD	18.11	2000
	M85	Doug Milton	MOD	15.07	2005
<b>Javelin</b>	M35	David Long	RCSL	43.34	2011
	M40	Phil Tyley	MOD	42.50	2008
	M45	Greg Hayward	DEFRA	46.96	2011
	M50	Greg Hayward	DEFRA	47.76	2018
	M55	J Phillips	GCHQ	44.80	1990
	M60	J Phillips	GCHQ	42.96	1997
	M65	J Phillips	GCHQ	41.82	2000
	M70	Peter Eddy	HASSRA	29.45	2014
	M75	Doug Milton	MOD	25.52	1996
	M80	Doug Milton	MOD	20.47	2001
	M85	Doug Milton	MOD	16.34	2005
<b>Hammer</b>	M35	Richard Martin	PRISON SERVICE	51.88	2019

	M40	Fergus Harford	HASSRA	38.30	2007
	M45	Chris Privett	MOD	46.22	2007
	M50	Malcolm Fenton	HMRC	60.97	2006
	M55	Malcolm Fenton	HO	50.09	2011
	M60	Malcolm Fenton	HO	47.45	2016
	M65	Gary Negus	MOD	38.68	2007
	M70	Peter Eddy	HASSRA	26.24	2018
	M75	Peter Eddy	HASSRA	18.53	2019
<b>Long Jump</b>	M35	Manny Ogunniyi	DEFRA	5.96	2010
	M40	Peter Coates	LR	5.78	2008
	M45	Trevor Wade	BT	6.04	2004
	M50	Trevor Wade	BT	5.64	2006
	M55	Trevor Wade	BT	5.34	2011
	M60	Trevor Wade	BT	4.61	2019
	M65	Trevor Wade	BT	4.27	2021
	M70	J Swinton	DTI	3.53	1995
	M75	J Swinton	DTI	3.23	1997
<b>Triple Jump</b>	M35	Keith Newton	MOD	13.25	2008
	M40	Keith Newton	MOD	12.67	2009
	M45	Neal Petley	Minerva	10.62	2013
	M50	Trevor Wade	BT	11.53	2006
	M55	Trevor Wade	BT	10.26	2011
	M60	Trevor Wade	BT	9.36	2016
	M65	Trevor Wade	BT	7.99	2021
	M70	Peter Eddy	HASSRA	6.67	2015
<b>High Jump</b>	M35	Joe Appiah	HMRC	1.65	2006
	M40	D Richards	MOD	1.67	2003
	M45	Ian McEwan	IR	1.67	2004
	M50	Duncan Talbot	HASSRA	1.58	2004
	M55	Duncan Talbot	HASSRA	1.57	2009
	M60	Duncan Talbot	HASSRA	1.45	2014
	M65	Duncan Talbot	HASSRA	1.39	2021
	M70	Cliff Taylor	DTI	1.15	2003
	M75	Peter Eddy	HASSRA	0.92	2019
<b>Pole Vault</b>					
<b>4*100m</b>		-	DSS	42.4	1980
<b>4*400m</b>		-	MOD	3.31.4	2001

## WOMEN'S RECORDS

### TRACK and FIELD

Event	Age Group	Name	Dept	Time	Year
<b>100m</b>	W35	Kay Reynolds	NRPB	13.30	2004
	W40	Sharon Greenwood	RCSL	13.58	2014
	W45	Gaye Clarke / Kay Reynolds	HASSRA / HASSRA	13.70	2005 / 2012
	W50	Juliet Sidney	CSSC	14.19	2018
	W55	Gaye Clarke	HASSRA	15.35	2015
	W60	Paula Booth	HASSRA	18.72	2018
<b>200m</b>	W35	Sharon Greenwood	RCSL	26.80	2008
	W40	Sharon Greenwood	RCSL	27.20	2013
	W45	Sharon Wilkinson	HASSRA	27.70	2021
	W50	Juliet Sidney	CSSC	30.01	2018
	W55	Gaye Clarke	HASSRA	32.26	2015
	W60	Ros Townsend-Hope	HASSRA	37.06	2014
	W65	Ros Townsend-Hope	HASSRA	36.78	2021
<b>400m</b>	W35	Sharon Greenwood	RCSL	60.50	2008
	W40	Sharon Greenwood	RCSL	62.10	2013
	W45	Sharon Wilkinson	HASSRA	61.88	2021
	W50	Maureen Noel	DEFRA	73.45	2015
	W55	Ros Townsend-Hope	HASSRA	76.82	2010
	W60	Ros Townsend-Hope	HASSRA	79.02	2018
	W65	Ros Townsend-Hope	HASSRA	81.55	2019
<b>800m</b>	W35	C Smith	MOD	2.22.60	1995
	W40	Susan Francis	MINERVA	2.29.22	2010
	W45	Susan Francis	MINERVA	2.37.20	2016
	W50	Caroline Horne	HASSRA	2.50.51	2010
	W55	Ros Townsend-Hope	HASSRA	2.53.00	2011
	W60	Ros Townsend-Hope	HASSRA	3.02.70	2016
	W65	Ros Townsend-Hope	HASSRA	3.09.59	2019
<b>1500m</b>	W35	Susan Francis	MINERVA	4.58.30	2008
	W40	Victoria Carter	Nat History Mus.	5.08.01	2014
	W45	Victoria Carter	MINERVA	5.02.20	2016
	W50	Caroline Horne	HASSRA	5.38.42	2010
	W55	Sue Cariss	HMRC	5.28.20	2005
	W60	Jane Hodge	RCSL	6.27.98	2021
<b>3000m</b>	W35	Maggie Statham	DTI	10.27.00	1992
	W40	C McCarthy	MOD	11.09.10	1987
	W45	Angela Allen	HASSRA	11.30.9	2013
	W50	Maggie Statham	DTI	11.58.40	2005

	W55	Sue Cariss	HMRC	11.10.80	2005
	W60	Maggie Statham	MINERVA	12.25.50	2016
<b>5000m</b>	W35	Katherine Trehane	DEFRA	20.41.22	2018
	W40	Claire Cameron	HASSRA	22.36.9	2017
	W45	Victoria Carter	MINERVA	18.57.0	2017
	W50	Victoria Carter	MINERVA	19.41.22	2021
	W65	Maggie Statham	Minerva	23.46.47	2018
<b>80m H</b>	W35	Grete Howarth	IR	18.40	1994
	W40	Gaye Clarke	HASSRA	13.00	2003
	W45	Kay Reynolds	HASSRA	12.50	2013
	W50	Gaye Clarke	HASSRA	13.80	2013
	W55	Gaye Clarke	HASSRA	14.40	2015
	W60	Gaye Clarke	HASSRA	15.88	2021
<b>100m H</b>	W35	Kay Reynolds	NRPB	15.30	2004
	W40	Grete Howarth	IR	21.00	1996
	W45	L Parkins	DOET	21.30	1992
<b>400m H</b>	W35	C Smith	MOD	69.84	1994
	W40	Gaye Clarke	HASSRA	80.80	2001
<b>300m H</b>	W50	Gaye Clarke	HASSRA	55.40	2013
	W55	Gaye Clarke	HASSRA	64.15	2015
<b>3000m W</b>	W35	Lynn Bradley	HMRC	17.02.09	2005
	W40	S Morrison	IR	16.58.20	1989
	W45	Sandra Brown	Treas	15.05.20	1996
	W50	Maureen Noel	DEFRA	18.34.5	2017
	W55	Sandra Brown	HM Courts	16.31.20	2006
	W60	Geraldine Legon	Royal Mail	19.57.44	2019
<b>Shot</b>	W35	Vilma Thompson	DTI	11.21	1989
	W40	Fay Ward	DEFRA	11.25	2009
	W45	Vilma Thompson	DTI	9.60	2000
	W50	Vilma Thompson	DTI	10.30	2004
	W55	Vilma Thompson	MINERVA	10.82	2008
	W60	Vilma Thompson	MINERVA	9.77	2013
	W65	Vilma Thompson	MINERVA	9.07	2018
<b>Discus</b>	W35	Janine Crosby	HASSRA	33.38	2018
	W40	Janine Crosby	HASSRA	34.24	2019
	W45	J Smith	IR	24.82	2003
	W50	Wendy Dunsford	HASSRA	25.32	2011

	W55	Lorna Foster	BT	26.51	2019
	W60	Vilma Thompson	MINERVA	26.50	2013
	W65	Vilma Thompson	MINERVA	21.87	2017
<b>Javelin</b>	W35	Vilma Thompson	DTI	31.62	1990
	W40	Karen Addis	HASSRA	28.79	2014
	W45	Karen Addis	HASSRA	27.29	2016
	W50	Vilma Thompson	DTI	25.51	2003
	W55	Vilma Thompson	MINERVA	24.45	2008
	W60	Vilma Thompson	MINERVA	26.12	2013
	W65	Vilma Thompson	MINERVA	19.45	2018
<b>Hammer</b>	W35	Cath Alford	RCSL	32.70	2011
	W40	Cath Alford	RCSL	32.18	2016
	W45	Cath Alford	RCSL	31.36	2018
	W50	Wendy Dunsford	HASSRA	31.70	2011
	W55	Wendy Dunsford	HASSRA	31.20	2015
	W60	Vilma Thompson	MINERVA	28.60	2013
	W65	Vilma Thompson	MINERVA	22.59	2018
<b>Long Jump</b>	W35	Kay Reynolds	NRPB	4.89	2003
	W40	Sharon Greenwood	RCSL	4.60	2014
	W45	Gaye Clarke	HASSRA	4.57	2005
	W50	Gaye Clarke	HASSRA	4.35	2011
	W55	Gaye Clarke	HASSRA	3.95	2019
	W60	Gaye Clarke	HASSRA	3.64	2021
<b>Triple Jump</b>	W35	Natasha Brunning	HO	10.24	2010
	W40	Lesley Richardson	HASSRA	7.71	2011
	W45	Gaye Clarke	HASSRA	8.94	2007
	W50	Gaye Clarke	HASSRA	8.16	2010
	W55	Joyce Rammell	Forestry Co	7.41	2005
	W60	Joyce Rammell	Forestry Co	6.90	2009
<b>High Jump</b>	W35	Kay Reynolds	NRPB	1.55	2004
	W40	Fay Ward	DEFRA	1.40	2009
	W45	Kay Reynolds	HASSRA	1.40	2012/2013
	W50	Gaye Clarke	HASSRA	1.35	2011/2014
	W55	Gaye Clarke	HASSRA	1.27	2018
	W60	Gaye Clarke	HASSRA	1.18	2021
	W65	Rosalind Townsend-Hope	HASSRA	0.92	2019
<b>Pole Vault</b>					



<b>4*100m</b>		-	DSS	48.4	1981
---------------	--	---	-----	------	------