

New Old Guard Records –October 17th 2010

Shot Putt

M40	Tom Clarke	8 m 45 cms
M45	Adrian James	8 m 79 cms
M50	Phil Davies	12m 28 cms
M60	Dave Russell	10m 07 cms
M75	Tony Bowman	6m 96 cms

High Jump

M70	Tony Crocker	1 m 40 cms
M75	Tony Bowman	1 m 00 cms
W45	Mel Garland	1 m 25 cms

New Old Guard Best Performances Oct 17th 2010

Hammer

M40	Tom Clarke	20m 76 cms
M60	Dave Russell	28m 14 cms
M75	Tony Bowman	8m 86 cms
W35	Yasmine Al-Daftary	18m50cms
W45	Sue Saunders	23m 89 cms

150 Metres

M35	Alex Sobolewski	18.1 secs
M40	Tom Clarke	20.7 secs
M45	Adrian James	19.2 secs
M50	Peter Mould	20.1 secs
M65	Alan Pain	21.4 secs
M70	Tony Crocker	22.4 secs
M75	Tony Bowman	33.1 secs
W35	Nicole Long	22.8 secs
W40	Kate Murdock	23.1 secs
W45	Mel Garland	23.7 secs

300 Metres

M35	Alex Sobolewski	37.4 secs
M40	Tom Clarke	45.4 secs
M45	Adrian James	42.0 secs
M50	Paul Edwards	42.2 secs
M55	Peter Mould	43.8 secs
M65	Alan Pain	45.2 secs
M70	Louis Satterthwaite	57.7 secs
M75	Tony Bowman	77.7 secs
W35	Nicola Long	48.7 secs
W40	Kate Murdock	50.7 secs
W45	Fiona Meldrum	47.9 secs

Mile

M40	Tom Clarke	6 mins 11.5 secs
M45	Adrian James	6 mins 5.9 secs
M55	Mike Ellwell	6 mins 30.4 secs
M70	Louis Satterthwaite	6 mins 32.2 secs
M75	Tony Bowman	9 mins 11.7 secs
W40	Sue Kneill-Boxley	6 mins 6.0 secs