

CLUB RECORDS

Veteran Men - Track & Field

(If you know of missing or better performances, please send details to info@worcester-ac.co.uk)

Last updated **10th March 2026** (changes shown in **RED**)

Event / Age	Name	Record	Venue	Date
TRACK				
60m (indoors)				
40 – 44	Ben Reeves	7.72	Sheffield	19/02/23
45 - 49	Ben Reeves	7.76 i	Lee Valley	23/02/25
55 - 59	David Shaw	8.55	Lee Valley	07/03/20
60 – 64	David Shaw	8.70	Sheffield	19/02/23
65 – 69	Peter Roberts	8.92 i	Lee Valley	22/02/26
70 – 74	John Steel	9.59	Lee Valley	24/02/19
100m				
35 - 39	Stephen Buttler	12.01	Horspath, Oxford	09/07/14
40 - 44	Ciprian Iuhos	11.48	Nuneaton	13/09/25
45 - 49	Ben Reeves	12.1	Stratford	11/06/25
50 - 54	Laurence Oldfield	12.3	Sutton Coldfield	27/08/94
55 - 59	Laurence Oldfield	12.6	Worcester	08/09/01
60 – 64	Laurence Oldfield	13.1	Mansfield	05/09/04
65 - 69	Peter Roberts	13.79	Worcester	Aug 2025
70 - 74	Laurence Oldfield	14.0	Stoke-on-Trent	31/08/14
75 - 79	Laurence Oldfield	15.6	Nuneaton	05/09/21
80 - 84	Laurence Oldfield	16.4	Stratford	12/06/24
85 - 89	Ron Smith	30.0	Worcester	21/07/19
90 – 94	Ron Smith	47.0	Worcester	07/07/24
200m				
35 – 39	Stephen Buttler	24.86	Horspath, Oxford	09/07/14
40 – 44	Richard White	23.1	Brierley Hill	12/06/02
45 – 49	Ben Reeves	24.74	Gloucester	27/04/25
50 – 54	Laurence Oldfield	25.1	Brierley Hill	03/08/94
55 – 59	Laurence Oldfield	25.6	Solihull	20/08/00
60 – 64	Laurence Oldfield	26.05	Denmark	31/07/04
65 – 69	Laurence Oldfield	27.49	Birmingham	05/07/09
70 - 74	Laurence Oldfield	29.0	Stoke-on-Trent	31/08/14
75 - 79	Laurence Oldfield	32.84	Nuneaton	05/09/21
80 – 84	Laurence Oldfield	37.4	Worcester	03/07/24
400m				
35 – 39	Dave Hall	57.7	Stourport	30/04/15
40 – 44	Richard White	52.7	Redditch	04/05/00
45 – 49	Richard White	53.8	Birmingham	10/05/06
50 – 54	Richard White	55.6	Bromsgrove	03/08/11
55 – 59	Richard White	55.65	Lee Valley	28/02/16
60 – 64	Laurence Oldfield	57.59	Denmark	28/07/04
65 – 69	Richard White	58.73 i	Gainesville, USA	30/3/25
70 - 79	Laurence Oldfield	65.2	Lyon, France	12/08/15
800m				
35 – 39	Dave Hall	2.05.9	Stourport	14/08/11
40 – 44	Stewart Halion	2.00.5	Cheltenham	Jul 92
45 – 49	Stewart Halion	2.02.5	Solihull	Jun 96
50 – 54	Stewart Halion	2.07.39	Hendon	28/07/02
55 – 59	Richard White	2'13.93	Birmingham	14/02/15
60 – 64	Martyn Cole	2'23.7	Cheltenham	06/05/19
65 – 69	Derek Jackson	2' 33.74	Solihull	01/09/18
70 - 74	Derek Jackson	2' 34.5	Redditch	11/08/21
75 - 79	Barry Swindells	2.53.69	Lyon, France	09/08/15

1500m				
35 – 39	Ian Atkins	4.12.1	Warley	1991
40 – 44	Stewart Halion	4.13.0	Solihull	07/06/92
45 – 49	Stewart Halion	4.16.4	?	1997
50 – 54	Stewart Halion	4.18.04	Brisbane	Jul 01
55 – 59	Hugh Davies	4'51.17	Worcester	Jun 2025
60 – 64	Martyn Cole	4'56.73	Tipton	21/05/19
65 – 69	Derek Jackson	5.06.22	Cardiff	04/02/18
70 - 74	Derek Jackson	5'07.98	Nuneaton	05/09/21
75 – 79	Barry Swindells	6'14'55	Budapest	27/03/15
Mile				
35 – 39	Tony Farnsworth	4'48.0	Redditch	27/04/22
40 – 44	Matt Fairlamb	5'02.8	Stratford	21/07/21
45 – 49	Darren Kirby	4' 52.8	Brierly Hill	13/09/23
50 – 54	Hugh Davies	5'21.7	Worcester	08/05/24
55 - 59	Martyn Cole	5.18.7	Oxford	29/07/17
60 - 64	Martyn Cole	5'32.8	Stourport	25/04/19
65 - 69	Derek Jackson	5.27.9	Oxford	19/07/17
65 - 69 (indoors)	Derek Jackson	5'33.01	Lee Valley	30/01/19
70-74	Derek Jackson	5'29.57	Yeovil	18/09/21
3000m				
35 – 39	Ian Radford	9.11.17	Worcester	22/06/17
40 – 44	Stewart Halion	9.11.2	Redditch	06/08/92
45 – 49	Mike Venables	9.18.3	Brierley Hill	12/06/95
50 – 54	Mark Hill	9.57.4	Worcester	01/08/13
55 – 59	Hugh Davies	10'34.3	Redditch	06/06/25
60 – 64	Martyn Cole	10.57.6	Redditch	05/06/19
65 – 69	Derek Jackson	10.56.6	Solihull	25/05/16
70 – 74	Derek Jackson	10' 58.07	Stourport	14/05/22
75 - 79	Barry Swindells	13.23.5	Brierly Hill	27/05/15
5000m				
65 - 69	Derek Jackson	18'50.10	Bristol	23/06/18
70 – 74	Derek Jackson	19'43.85	Nuneaton	06/06/21
200m Hurdles				
55 – 59	Richard White	28.98	Worcester	30/08/15
60 – 64	Richard White	30.13	Nuneaton	16/9/23
300m Hurdles				
60 – 64	Richard White	45.63	Derby	11/6/22
65 - 69	Richard White	46.36	Yate	08/06/25
400m Hurdles				
35 – 39	Martin Reid	74.2	Solihull	06/08/16
40 – 44	x			
45 – 49	Richard White	59.5	Leamington	02/06/07
50 – 54	Richard White	60.13	Birmingham	25/06/11
55 – 59	Richard White	62.32	Lyon, France	11/08/15
1mile Race Walk				
40 – 44				
45 – 49				
50 – 54	Hugh Davies	11'16.5	Stratford	Jul 2024
55 – 59	Hugh Davies	10'43.4	Stratford	Jun 2025
60 – 64	Richard Drewett	10'41.2	Stratford	Jun 2023
65 – 69	Richard Drewett	10'44.2	Stratford	Jun 2025
70 – 74	Derek Jackson	14'07.6	Redditch	Aug 2025

2k Race Walk				
40 – 44	Bernard Yates	10.37.5	Brierley Hill	11/05/92
45 – 49	Hugh Davies	11.47.3	Stourport	10/05/17
50 – 54	Les Scrivens	10.37.8	Worcester	10/08/95
55 – 59	John Marshall	11.12.0	Droitwich	08/08/91
60 – 64	Les Scrivens	12.18.0	Worcester	14/08/08
65 – 69	Les Scrivens	12.20.6	Brierley Hill	07/07/10
70 - 74	Les Scrivens	13.31.3	Stourport	28/05/14

Relays (age mix)				
4x100	Laurence Oldfield, Richard Perkins, Derek Naish & Dennis Kelly	49.4	Birm'ham Uni	13/06/96
4x200	Laurence Oldfield, Richard Perkins, Dennis Kelly & Stewart Halion	1.42.5	Birmingham	04/09/91
4x400	Laurence Oldfield, Derek Naish, Dennis Kelly & Stewart Halion	3.48.9	Worcester	07/08/97
Medley (200 200 400 800)	Laurence Oldfield, Richard Perkins, Dennis Kelly & Stewart Halion	3.56.6	Redditch	06/08/92

Event / Age	Name	Record	Venue	Date
FIELD				
Javelin				
35 – 39	Jim Cowell	48.37	Leamington	01/08/10
40 – 44	Andi Cresswell	46.03	Nuneaton	23/06/24
45 – 49	Andi Cresswell	43.84	Stratford	11/06/25
50 – 54	John Reynolds	45.50	Stourport	13/05/23
55 – 59	Phil Goddard	30.91	Brierley Hill	08/08/07
60 – 64 (600g)	Mike Small	35.67	Brierly Hill	27/05/15
60 – 64 (700g)	Mike Small	34.00	Redditch	29/07/15
60 – 64 (800g)	Mike Small	32.01	Stourport	30/04/15
65 – 69 (500g)	Roger King	23.41	Redditch	12/06/08
65 – 69 (600g)	Mike Small	28.90	Brecon	21/07/19
65 – 69 (700g)	Mike Small	29.74	Nottingham	31/08/19
65 – 69 (800g)	Mike Small	31.66	Stourport	25/04/19
70 - 74 (500g)	Ian Bowles	19.50	Nuneaton	09/06/14
70 - 74 (800g)	Roger King	20.59	Worcester	19/07/11
75 - 79	Roger King	21.33	Worcester	07/09/14
85 - 89	Ron Smith	9.96	Worcester	21/07/19
90 – 94	Ron Smith	5.75	Worcester	07/07/24
Shot				
35 – 39 (7.26Kg)	Jim Cowell	10.89	Corby	06/06/10
40 – 44 (7.26Kg)	Damon Cripps	11.17	Liverpool	12/09/15
45 – 49 (7.26Kg)	Damon Cripps	10.84	Stoke	05/08/17
50 – 54 (6Kg)	Damon Cripps	12.51	Wrexham	28/09/25
50 – 54 (7.26Kg)	Damon Cripps	10.68	Tipton	20/08/23
55 – 59 (6Kg)	Marc Flannery	10.34	Hereford	13/05/17
60 – 64 (5Kg)	Mike Small	12.02	Brecon	14/06/15
60 – 64 (6Kg)	Mike Small	10.62	Nuneaton	04/09/16
60 – 64 (7.26Kg)	Mike Small	10.05	Brierly Hill	27/05/15
65 – 69 (5Kg)	Mike Small	11.37	Nottingham	31/08/19
65 – 69 (6Kg)	Mike Small	9.49	Stratford-upon-Avon	03/07/19
65 – 69 (7.26Kg)	Mike Small	8.42	Worcester	31/07/19
70 - 74 (4Kg)	Ian Bowles	10.25	Nuneaton	09/06/14
75 - 79	Roger King	7.97	Worcester	07/09/14
Hammer				
35 – 39 (7.26Kg)	Nick Daniel	33.62	Leamington	01/08/10
40 – 44 (7.26Kg)	Damon Cripps	39.55	Manchester	23/05/15
45 – 49 (7.26Kg)	Damon Cripps	35.12	Stoke	05/08/17
50 – 54 (6Kg)	Damon Cripps	44.93	Bury	06/08/24
50 – 54 (7.26Kg)	Damon Cripps	41.97	Nuneaton	18/06/23
55 – 59	Marc Flannery	27.01	Stourport	10/05/17
60 – 64 (5Kg)	Mike Small	40.93	Brecon	14/06/15
60 – 64 (6Kg)	Mike Small	33.60	Stourport	30/04/15
65 – 69 (5Kg)	Mike Small	37.51	Brecon	21/07/19
65 – 69 (6Kg)	Mike Small	32.75	Stourport	25/04/19
70 - 79 (4Kg)	Ian Bowles	33.03	Worcester	24/05/14
70 - 79 (5Kg)	Ian Bowles	30.46	Worcester	30/07/14
Discus				
35 – 39 (2Kg)	Nick Daniel	30.14	Brierley Hill	07/07/10
40 – 44 (2Kg)	Lee Newman	46.86	Lee Valley	10/03/18
45 – 49 (2Kg)	Marc Flannery	31.58	Stourport	03/07/10
50 – 54 (1.5Kg)	Damon Cripps	36.50	Manchester	23/08/22
50 – 54 (2Kg)	Damon Cripps	35.35	Leigh	22/04/23
55 – 59 (1.5Kg)	Marc Flannery	31.12	Hereford	13/05/17
60 – 64 (1Kg)	Mike Small	42.09	Birmingham	19/09/15
60 – 64 (1.5Kg)	Mike Small	35.22	Brierly Hill	27/05/15
65 – 69 (1Kg)	Mike Small	38.50	Wrexham	17/08/19
70 - 79 (1Kg)	Ian Bowles	36.59	Nuneaton	08/06/14

85 - 89 (1Kg)	Ron Smith	11.07	Worcester	21/07/19
Weight				
50 – 54 (11.34Kg)	Damon Cripps	15.48	Nuneaton	24/08/25
60 – 64 (9.08Kg)	Mike Small	16.27	Brecon	14/06/15
65 – 69 (9.08Kg)	Mike Small	14.96	Brecon	21/07/19

Long Jump				
40 – 44	Marc Flannery	5.92	Solihull	2001
45 – 49	Marc Flannery	5.66	Nuneaton	01/09/07
50 - 54	Roger King	5.15	Brierley Hill	10/07/91
55 - 59	Henry Hopkins	4.96	Southampton	31/05/17
60 – 64	Henry Hopkins	4.91	Southampton	11/04/18
65 - 69	Henry Hopkins	4.36	Worcester	25/6/24
70 - 74	Roger King	3.98	Worcester	20/04/10
75 - 79	Roger King	3.51	Worcester	07/09/14
85 - 89	Ron Smith	1.50	Worcester	21/07/19
Triple Jump				
40 – 44	Jez Church	11.64	Tidworth	21/09/02
45 - 49	Roger King	11.06	Wolverhampton	14/07/85
50 - 54	Roger King	10.15	Brierley Hill	10/07/91
55 - 59	Henry Hopkins	10.22	Lee Valley	12/03/17
60 – 64	Henry Hopkins	10.18	Southampton	06/06/18
65 - 69	Henry Hopkins	9.32	Lee Valley	22/2/25
70 - 74	Roger King	7.10	Birmingham	15/09/12
75 - 79	Roger King	6.62	Brierly Hill	27/05/15
High Jump				
35 - 39				
40 – 44	Jez Church Andi Cresswell	1.70	Derby Nuneaton	23/09/01 11/06/23
45 - 49	Marc Flannery	1.57i	Lee Valley	10/02/08
50 - 54	Marc Flannery	1.56i	Sheffield	05/02/12
55 - 59	Marc Flannery	1.50	Stourport	10/05/17
60 – 64	Marc Flannery	1.42	Stratford	20/07/22
65 - 69	Mark Flannery	1.45	Derby	13/09/25
70 - 79	Ian Bowles	1.18	Nuneaton	08/06/14
Pole Vault				
40 – 44	Marc Flannery	3.10	Brierley Hill	05/08/02
45 - 49	Marc Flannery	3.05	Worcester	14/08/08
50 - 54	Marc Flannery	2.90	Solihull	06/07/11
55 - 59	Marc Flannery	2.81	Solihull	28/06/17
60 – 64	Mark Flannery	2.80	Tipton	18/08/24
65 - 69	Mark Flannery	2.50	Stourport Nuneaton	31/08/25 07/09/25

MULTI-EVENTS				
Pentathlon				
45-49	Marc Flannery	3172 pts	Lee Valley	10/02/08
50-54	Marc Flannery	3226 pts	Sheffield	05/02/12
Decathlon				
50-54	Marc Flannery	5477 pts	Horspath, Oxford	11-12/09/10
Throws Pentathlon				
50 – 54	Damon Cripps	2819 pts	Horspath, Oxford	08/05/22
60 – 64	Mike Small	3545pts	Birmingham	19/09/15