



## Veteran Men 50/54 Club Records

<b>Event</b>	<b>Time/Dist.</b>	<b>Name</b>	<b>Venue</b>	<b>Date</b>
75m	11s	J.Muir	Gt.Yarmouth	11/04/2002
100m	13s	J.Willacy		
150m	21.8s	J.Muir	Gt.Yarmouth	11/04/2002
200m	26.8s	J.Willacy		
400m	65.7s	J.Willacy		
800m	02:55.9s	J.England	Norwich	02/08/2000
1500m	05:49.0s	J.England	Bury St Edmunds	03/05/2000
3000m	12:39.1s	L.Gooch	Norwich	02/08/2000
100mH	21.7s	J.Muir	Kings Lynn	07/07/2004
400mH	89.5s	A.Jones	Norwich	02/08/2000
Shot	8.84m	J.Willacy		
Discus	22.28m	J.Muir	Gt.Yarmouth	11/04/2002
Hammer	15.57m	J.Muir	Ipswich	01/05/2002
Javelin	22.58m	J.Muir	Norwich	05/06/2002
L.Jump	4.76m	J.Willacy		
H.Jump	1.30m	J.Willacy		
T.Jump	9.44m	J.Muir	Norwich	11/08/2002
P.Vault	2.00m	J.Muir	Kings Lynn	04/06/2003
1 mile walk	11:21.8s	J.Muir	Kings Lynn	02/06/2004
2km walk	14:21.7s	J.Muir	Kings Lynn	07/07/2004