

MVTFL RECORDS 6 Apr 2024

- 1 League records can be ratified if the results are measured by a qualified official and checked by a referee.
Older athletes competing in a younger age group and hoping to set a record should advise the referee and chief timekeeper before the event. Otherwise if they finish about 6th, the timekeeper might not be qualified.
League records can be set even when wind assisted. Previous fixtures did not have a wind gauge and it would be unfair not to accept a record set in a recent league fixture or cup final due to wind assistance.

Implements must be weighed and High jump and Pole vault bars checked by the referee.

- 2a Guests can set a record while competing in any age / gender group
b Guests must use the correct implement for their own event and age group
c Athletes using their own implement must have it weighed and certified before the event.
d In some older age groups records were set using heavier implements [indicated beside their name in charts].
The record will be revised if an athlete throws further with the current correct / lighter implement
e To set a record guests must be a current member of a MVTFL club
If you hope to set a Midland Masters' record or higher grade record you must advise the track or field referee and chief timekeeper before the fixture to ensure that you have the correct number of high grade judges/timekeepers measuring your performance

For Midland Masters and above, records at 100m, 200m Long Jump and Triple Jump, a wind gauge must be used.
Please advise the Track Referee and host club well before the meeting if you hope to set a record.
[Our M80 200m record would have been a UK record if a wind gauge had been available.]

The correct BMAF paperwork must also be used.

Implements and heights of PV and HJ bars must be checked by the referee.

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OVERALL RECORDS.MEN [Throws with heaviest implement only,older age groups later] Recent additions and age group moves in bold

Event	Age	Name	Club	Perf.	Venue	Date
100m =	35	Tim. Barton	Chamwood	11.2	Mansfield	2008
100m =	40	P. Goulding	RSC	11.2	Sutton	1991
200m	35	JimTipper	Telford	22.5	Sutton Coldfield	11.8.2010
400m	40	Darrell. Maynard	Birchfield	49.3	Mansfield	2002
800m	40	R. Weatherbum	Droitwich	2.00.6	Birmingham	1993
1500m	40	Dave Moorcroft	Coventry G	4.04.2	Coventry	1995
Mile	35	Ben Kruze	Stratford	4:35.6	Stratford	21.7.21
3000m	35	A. Watson	Notts AC	8:36.5	Tamworth CF	10.9.2017
2k walk	40	Mark Williams	Tamworth	8:13.9	Wolverhampton	2006
Mile Walk	55	Mark Williams	Birchfield	7:50.6	Sutton Coldfield	12.7.2023
200m[5 hurdles]	40	John Bell	R&N Lions	26.46s	Worcester CF	30.8.2015
4x100m	40	B Moulton A Orr J ToplissT Brown	RSC	46.6	Sutton	1990
4x200m	40	B.Moulton R.Orr J.Topliss R.Taylor	RSC	1.37.1	Warley	1989
4x400m	40	P.Goulding,J.Topliss L.Duffy,J.Caines	RSC	3.36.6	Sutton	1992
1600m medley	40	L.Duffy, J.Caines P.Goulding,G.Felton	RSC	3.49.0.	Sutton	1993
Discus 2kg	40	Kevin Brown	RSC	57.87	Wolverhampton	5.7.2007
Hammer 7.26kg	40	John Pearson	Chamwood	61.44m	Nuneaton	2007
Javelin 800g	40	Kevin Murch	Rugby Lions	58.27m	Tamworth	2000
Shot 7.26kg	40	Morris Fox	Stoke	13.91m	Mansfield	2004
High Jump =	35	Ian Gidley	Rugby Lions	1.80m	Nuneaton	2006
=	50	Adam Young	Tamworth	1.80m	Birmingham	5.6.2019
Long Jump	40	Barrington. Williams	Birchfield	6.92m	Tamworth	1996
Pole Vault	40	James Robinson	Halesowen	4.26m	Nottingham CF	31.8.19
Triple Jump	40	Barrington. Williams	Birchfield	13.21m	Burton	1996
Event Records		<i>Overall records</i>	<i>in italics</i>	Records added	2023 in bold	
100m Men	35	<i>Tim.Barton</i>	<i>Chamwood</i>	<i>11.2</i>	<i>Mansfield</i>	<i>2008</i>
	40	<i>P. Goulding</i>	<i>RSC</i>	<i>11.2</i>	<i>Sutton</i>	<i>1992</i>
	45	C.Moven	R&N	11.6	Nuneaton	7.05.03
	50	C.Moven	R&N Lions	12.3	Birmingham CF	14.09.08
	55	Ron. Taylor	RSC	11.7	Sutton	1990
	60	John Statham	Chamwood	12.95s	Nuneaton CFA	4.9.2022
	65	Chris Monk	Harborough	13.2	Nuneaton	7.7.2021
	70	Chris Monk	Harborough	13.58s	Nuneaton CFB	4.9.2022
	75	Allan Meddings	Birchfield	14.9	Worcester	14.7.2005
	80=	Alan Mellett	Leicester	16.4	Leicester	30.4.2014
	80=	Tony. Crocker	Droitwich	16.4	Stourport	28.4.16
	85	John Evans	R&N	20.16s	Nuneaton CFB	5.09.2021
200m	35	<i>Jim . Tipper</i>	<i>Telford</i>	<i>22.5</i>	<i>Sutton Coldfield</i>	<i>11.8.2010</i>
	40	Darrell. Maynard	Birchfield	22.8	Burton	2002
	45	Andy Flint	Telford	25.0	Sutton Coldfield	12.7.2023
	50	Joe.Caines	RSC	23.7	Burton	2002
	55	John Statham	Chamwood	26.4	Kettering	19.7.17
	60	Peter Ilo	RSC	26.3s	Burton	18.5.2022
	65	Chris..Monk	Harborough	27.7	Rugby	7/6/2017
	70	Allan Meddings	Birchfield	27.5	Telford	1998
	75	Allan Meddings	Birchfield	30.9	Tipton	10.8.2005
	80	Alan .Mellett	Leicester	32.7	Nuneaton	31.7.2014
	85	John Evans	R&N Saints	44.4	Kettering	4.8.2021

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Event	Age	Name	Club	Perf.	Venue	Date
400m	35	R.Rubenis	Telford	51.7	Telford	5.5.2010
	40	<i>Darrell Maynard</i>	<i>Birchfield</i>	49.3	<i>Mansfield</i>	2002
	45	Cecil Moven	R&N	53.1	Loughboro'	2.07.03
	50	Joe. Caines	RSC	54.4	Sutton	2002
	55	Richard White	Worcester	56.5	Redditch	15.6.2015
	60	Richard White	Worcester	58.9s	Stratford	20.7.2022
	65	Philip Clayton	Leamington	67.15s	Nuneaton CFB	16.9.2023
	70	Laurence. Oldfield	Worcester	68.1	Leamington	25/6/14
	75	Tom Clowry	Notts AC	72.1	Loughboro'	6.7.2005
800m	80	Alan.Mellett	Leicester	1:35.1	Rugby	25/6/2014
	35	James Moroney	Notts AC	2:01.8	Nuneaton	16.5.18
	40	<i>R. Weatherburn</i>	<i>Droitwich</i>	2.00.6	<i>Birmingham</i>	1993
	45	C. Thurstan	Birchfield	2:01.4	Nuneaton CFB	5.09.2021
	50	T.Akiens	Rugby	2:11.8	Nuneaton	20.9.01
	55	Reg. Phipps	RSC	2.04.9	Sutton CFA	1999
	60	Reg. Phipps	RSC	2.21.7	Sutton	2005
	65	Derek Jackson	Worcester	2:33.74	Solihull CFA	1.9.2018
	70	Derek Jackson	Worcester	2.34.5	Redditch	11.8.21
1500m	75	B. Swindells	Worcester	2:56.2	Stoke CFA	31.08.2014
	80	G. Oxbury	Rugby	3:52.7	Northampton	05.06.1996
	35	N. Hazelwood	Halesowen	4:06.4	Stourport	2.5.13
	40	<i>Dave Moorcroft</i>	<i>Coventry G</i>	4.04.2	<i>Coventry</i>	3.5.95
	45	P.Keenan	Rugby	4:19.3	Coventry	3.5.95
	50	Reg. Phipps	RSC	4.16.8	Sutton	1995
	55	Reg. Phipps	RSC	4.27.2	Sutton	28.06.2000
	60	T. Norman	Nuneaton	4.59.7	C/F Birchfield	2008
	65	Derek Jackson	Worcester	5:11.2	Stourport	3.5.2018
Mile	70	Derek Jackson	Worcester	5:07.98	Nuneaton	5.09.2021
	M35	<i>Ben Kruze</i>	<i>Stratford</i>	4:35.6	<i>Stratford</i>	21.7.21
	40	S. Murrin	Solihull & S.H.	4.42.8	Warley	1988
	45	Orlando Corea	Birchfield	4:54.0	Tamworth	7.7.21
	50	Tim Hartley	Notts	4:51.8	Nuneaton	1.5.19
	55	Peter Wright	Burton	6:10.3	Telford	1.5.19
	60	Martyn Cole	Worcester	5:32.8	Stourport	25.4.19
	65	Frank Tota	Worcester	5:37.8	Stratford	21.7.21
	70	Derek Jackson	Worcester	5:49.5	Redditch	27.4.2022
3000m	35	<i>Alastair Watson</i>	<i>Notts AC</i>	8:36.5	<i>Tamworth CF</i>	10.9.2017
	40	P. Banks	Coventry G	8.45.5	Corby	1990
	45	Orlando Corea	Birchfield H.	9:12.8	Telford	13.7.2022
	50	I. Fumess	DASH	9.14.1	Worcester	2008
	55	David Lewis	Halesowen	10:32.6	Redditch	9.8.2023
	60	T. Norman	Nuneaton	10.29.4	Nuneaton	2008
	65	Derek Jackson	Worcester	10:56.6	Solihull	25.5.2016
	70	Derek Jackson	Worcester	11:03.9	Redditch	27.4.2022
	80	G. Oxbury	Rugby	15:57.8	Rugby	3.8.98
2k.Walk	35	J.Constandinou	Birchfield H.	9:56.6	Tipton	9.7.08
	40	<i>Mark Williams</i>	<i>Tamworth</i>	8.13.9	<i>Wolverhampton</i>	2006
	45	Mark Williams	Tamworth	8:57.7	Nuneaton	1.06/11
	50	R.Care	Birchfield	9:03.2	Mansfield	2002

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Event	Age	Name	Club	Perf.	Venue	Date
Long Jump	35	D.Brown	R.S.C.	6.28	Sutton	2008
	40	<i>Barrington.Williams</i>	<i>Birchfield</i>	<i>6.92m</i>	<i>Tamworth</i>	<i>1996</i>
	45	Marc Flannery	Worcester	5.66m	Nuneaton CFA	1.9.2007
	50	Peter Duckers	Shrewsbury	5.79m	Stoke	1993
	55	Marc Flannery	Worcester	4.67m	Redditch	30.5.2018
	60	Peter Duckers	Shrewsbury	5.15m	Cannock	2003
	65	Dave Cowley	R&N	4.29	Loughboro	31.07.13
	70	Tony Crocker	Droitwich	4.43m	Redditch	2006
	75	Tony Crocker	MMAC,Droit	3.93m	Birmingham CFB	15.9.12
	80	John Evans	Rugby & N.	2.70m	Rugby	13.6.2018
Pole Vault	85	John Evans	R & N	2.48m	Kettering	4.08.2021
	35	G.Showell	Tamworth	3.80m	Rugby	2011
	40	<i>James Robinson</i>	<i>Halesowen</i>	<i>4.26m</i>	<i>Nottingham CFB</i>	<i>31.8.19</i>
	45	James Robinson	Halesowen	4.00m	Nuneaton CFB	5.9.21
	50	Derek Hateley	Nuneaton	3.40	Loughboro'	7.8.19
	55	M. Flannery	Worcester	2.81	Solihull	28.06.17
	60	J.Bradley	Telford	3.10m	Telford	2004
	65	Dave Cowley	R&N	2.60	Loughboro	31.07.13
	70	R.Brown	Notts AC	3.20m	Mansfield	2002
	Triple Jump	35	Ian Gidley	R&N Lions	12.41m	Solihull
40		<i>Barrington.Williams</i>	<i>Birchfield</i>	<i>13.21m</i>	<i>Burton</i>	<i>1996</i>
45		Dave Cowley	Rugby	12.80m	Loughboro'	5.6.93
50		Dave Cowley	Rugby	11.45m	Leamington	1998
55		George Jephcott	Northampton	10.68	Nuneaton	2001
60		Dave Cowley	R&N Lions	10.17m	Stafford CFinal	2009
65		Dave Cowley	R&N Lions	9.68	Nuneaton	1.09.13
70		Dave Folgate	Kettering	9.29	Nuneaton CFB	5.09.2021
75		Tony Crocker	Droitwich	8.10	Birmingham	29.5.2013
80		John Evans	R&N Saints	7.23m	Rugby	17.6.15
85	John Evans	R&N Saints	5.69m	Nuneaton CFB	5.09.2021	

MIXED RELAYS INTRODUCED 2018

Event	Age	Name	Club	Perf	Venue	Date
4x100m Mixed	W35	Paul Beeson	C & S.	54.9s	Burton	11.08.21
	M35	Carl McMullen Vici Browning Heather Bate				
4x100m Mixed	W50	Henry Hopkins	Worcester	58.9s	Redditch	11.08.21
	M50	David Shaw Angela Bryant Mel Garland				
4x200m Mixed	W35	John Bell	Rugby & N.	1:47.1	Leamington	25.4.2018
	M35	Richard Bowers Janelle Quinn Gemma Knight				
4x200m Mixed	W50	Dave Wilson	Stratford	2:03.1	Redditch	27.4.2022
	M50	Peter Sugden Paula Williams Elaine Ledden				
4x400m Mixed	W35	Charlie Barker	Rugby Lions	4:15.1	Nuneaton	17.5.2023
	M35	Christian Bell Kate Skelding Karen Ward				
4x400m Mixed	W50	Nick Hitchings	Worcester	4:46.0	Redditch	5.7.2023
	M50	Richard White Louise Kirby Mel Garland				

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Events		No Longer	Contested			
5000m	M40	John Potts	Birchfield	15.38.5	Warley	1987
3000S/C	M40	J. Tingle	Worcester	10.26.4	Worcester	1984
200m Hurdles10	M40	Dave.Cowley	Rugby	27.0.	Warley	1989
1500Walk	M40	R.Care	Sandwell	6.05.6	Warley	1988
Javelin 800g	M50	Kevin Murch	R&N Lions	51.97	Leamington	2009
Javelin 800g	M65	Mike Small	Worcester	31.66m	Stourport	25.4.2019
Javelin 700g	M70	Phil Owen	MMAC	26.90m	Nuneaton	1.9.2013
Shot 5kg	M70	Janis Geracs	R&N Lions	8.67m	Loughboro'	8.5.96

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OVERALL RECORDS....WOMEN

[Throws with heaviest implement only, older age groups later] Records added 2022 in bold

Event	Age	Name	Club	Perf.	Venue	Date
100m	35	Joanne Frost	B&R	12.19	Worcester CF	30.08.2015
200m	35	Ellena Ruddock	R&N Lions	25.2s	B'Ham Alex.	15.09.2012
400m	35	Ellena Ruddock	R&N Lions	58.3s	B'Ham Alex.	15.09.2012
800m	35	Kate Ramsey	Chamwood	2.18.2	Leamington	2006
1500m	35	D.Walters	Birchfield	4.32.2	Solihull	2006
Mile	35	Sheila Carey	Nuneaton	5.10.0	Tamworth	1986
3000m	35	Kate Ramsey	Chamwood	9.39.7	Leamington	2005
2k Walk	35	S.Black	Birchfield	9.01.5	Telford	1993
Mile Walk	45	C. Derbyshire	Nuneaton	8:53.6	Nuneaton	17.5.2023
200mH[5]	55	Sue Frisby	Leicester C.	30.84s.	Worcester CF	30.08.2015
4x100m	40	<i>L Willis K.Skelding K. Ward E. Ruddock</i>	R&N Lions	54.17	Nuneaton CFA	16.9..2023
4x200m	40	<i>K.Ward G.Knight K.Skelding E. Ruddock</i>	R&N Lions	1:51.5	Loughboro'	26.4.2023
4x400m	35		Birchfield	4.30.6	Tamworth	1997
1600m Medley	35	L.Shipman, P.Dunn L.Hallam, L. Robb	Notts AC	4.32.4	Nottingham	1993
Discus 1kg	55	Rosemary Chrimes	Halesowen	38.54m	Redditch	1989
Hammer 4kg	35	Janet.Corlett	Leamington	39.39m	Coventry	1999
Javelin 600g	35	Sharon Gibson	Notts	47.45m	Tamworth	1999
Shot 4kg	35	Sharon Gibson	Notts	11.64m	Tamworth	1999
High Jump	35	D Davies	Chamwood	1.60m	Mansfield	2002
Long Jump	35	Joanne. Frost	B&R	5.64m	Worcester CF	30.08.2015
Triple Jump	40	Janice Pryce	RSC	10.44m	Mansfield	2002
Pole Vault	35	Rebecca Kitching	Leamington	2.65m	Rugby	8.6.2022

EVENT RECORDS

Event	Age	Name	Club	Perf.	Venue	Date
100m Women	35	<i>Joanne Frost</i>	<i>B&R</i>	<i>12.19</i>	<i>Worcester CF</i>	<i>30.08.2015</i>
<i>Italics indicate</i>	40	Ellena Ruddock	R&N Lions	12.5	Nuneaton CF	4.9.2016
<i>overall record</i>	45	Ellena Ruddock	Rugby & N	13.11s	Nuneaton CFA	4.9.2022
	50	Maureen Lewington	RSC	13.7	Birmingham	1999
	55	Viv .Bonner	RSC	13.7	NuneatonCFA	1.09.07
	60	Susan Frisby	Harborough	14.2	Nuneaton	19.5.21
	65	Sally .Hine	R&N Lions	16.33	Nuneaton CFA	30.8.15
	70	Sally .Hine	R&N Lions	16.9	Nuneaton	7.7.21
	75	Iris Holder	Worcester	18.0	NuneatonCF	4/9/2016
	80	Iris Holder	Worcester	19.6	Stratford	21.7.21
200m	35	<i>Ellena Ruddock</i>	<i>R&N Lions</i>	<i>25.2s</i>	<i>B'Ham Alex.CF</i>	<i>15.09.2012</i>
	40	Ellena Ruddock	R&N Lions	25.4	Nuneaton CF	4.9.2016
	45	Yvonne Priestman	B&R	27.3	Droitwich	1991
	50	Maureen. Lewington	RSC	27.3	Sutton Coldfield	1999
	55	Susan Frisby	Harborough	29.3	Nuneaton	15.6.16
	60	Viv .Bonner	Birchfield	29.8	Redditch	3.06.2010
	65	Viv .Bonner	Birchfield	31.3	Sutton Coldfield	29.07.15
	70	Georgina Smith	MMAC	35.6	Redditch	23.6.21
	75	Iris Holder	Worcester	39.2	Solihull	25/5/16

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Event	Age	Name	Club	Perf.	Venue	Date
400m	35	<i>Elena Ruddock</i>	<i>R&N Lions</i>	<i>58.3s</i>	<i>B'Ham Alex.CF</i>	<i>15.09.2012</i>
	40	D. Walters	Birchfield	61.0	B'ham AlexCF	13.05.09
	45	Ellena Ruddock	Rugby & N	62.5s	Rugby	8.6.2022
	50	Yvonne Priestman	B&R	65.2	Worcester	1999
	55	Susan Frisby	Harborough	67.7	Leamington	10.5.17
	60	Susan Frisby	Harborough	72.2	Nuneaton	19.5.21
	65	Angela Copson	R&N Lions	78.6	Rugby	9.5.2012
	70	Angela Copson	R&N Lions	81.5	Nuneaton	10.5.2017
	75	Angela Copson	Rugby & N	88.9s	Loughboro'	27.4.2022
800m	35	<i>Kate Ramsey</i>	<i>Chamwood</i>	<i>2.18.2</i>	<i>Leamington</i>	<i>2006</i>
	40	D. Walters	Birchfield	2:21.3	Worcester	12/08/09
	45	Nancy Hitchmough	DASH	2.24.6	Worcester	1998
	50	K. Brookes	Harborough	2:33.7	Nuneaton CF	1.9.13
	55	Nancy Hitchmough	DASH	2:41.7	Leicester CF	3.09.10
	60	Nancy Hitchmough	DASH	2:38.4	Birmingham	15.09.2012
W65 British R	65	Angela Copson	R&N Lions	2:48.1	Leicester	25.7.2012
	70	Angela Copson	R&N Lions	2:59.5	Kettering	19.7.2017
800m	75	Angela Copson	Rugby & N	3:24.7	Kettering	13.7.2022
1500m	35	<i>D Walters</i>	<i>Birchfield</i>	<i>4.32.2</i>	<i>Solihull</i>	<i>2006</i>
	40	D. Walters	Birchfield	4:42.5	Stafford CFinal	05/09/09
	45	Nancy Hitchmough	DASH	4.48.0.	Birmingham	1997
	50	K. Brookes	Harborough	5:13.9	Rugby	26 6 13
	55	Nancy Hitchmough	DASH	5:32.0	Stourport	13.05.10
	60	Angela Copson	R&N Lions	5.23.7	Rugby	8.7.2009
W65 British R	65	Angela Copson	R&N Lions	5:30.7	Nuneaton	27.6.2012
	70	Angela Copson	R&N Lions	5:53.9	Leamington	28.6.2017
1500m	75	Angela Copson	Rugby & N	6:52.3	Rugby	8.6.2022
1 Mile	35	<i>Sheila Carey</i>	<i>Nuneaton</i>	<i>5.10.0</i>	<i>Tamworth</i>	<i>1986</i>
	40	Cath. Charlton	Notts	5:27.5	Nuneaton	7.7.21
	45	Lucie Tait-Harris	Telford	5:31.2	Telford	1.5.19
	50	Mandy Vernon	Stoke	5:50.1	Tamworth	7.7.21
	55	Jane Pidgeon	Notts	6:07.7	Nuneaton	1.5.19
	60	Chris Bexton	Notts	7:14.6	Nuneaton	7.7.21
	65	R. Townsend-Hope	Worcester	7:05.1	Stratford	21.7.21
	70	Angela Copson	R&N Lions	6:40.0	Nuneaton	1.5.19
3000m	35	<i>Kate Ramsey</i>	<i>Chamwood</i>	<i>9.39.7</i>	<i>Leamington</i>	<i>2005</i>
	40	D. Walters	Birchfield	9:56.1	Stafford	5/09/09
	45	B Cardy-Wise	B&R	10.24.1	B'ham Univ	1998
	50	Nancy Hitchmough	DASH	10.53.4	Birmingham	2005
	55	Nancy Hitchmough	DASH	11:30.7	Redditch	14.06.07
	60	Angela Copson	R&N Lions	11:21.1	Nuneaton	12.8.2009
W65 British R	65	Angela Copson	R&N Lions	11:48.2	Leicester	25.7.2012
W70 World R.	70	Angela Copson	R&N Lions	12:13.12	Solihull CFA	1.9.2018
3000m	75	Angela Copson	Rugby & N	14:00.6	Nuneaton	18.5.2022

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Event	Age	Name	Club	Perf.	Venue	Date
2k Walk	35	<i>S Black</i>	<i>Birchfield</i>	<i>9.01.5</i>	<i>Telford</i>	<i>1993</i>
	40	S. Tonks	B&R	10:09.0	Stourport	5.05.2010
	45	K Braznell	DASH	10.00.1	Birmingham	2004
	50	Ann Wheeler	Nuneaton	10.31.4	Mansfield	2006
	55	Ann Wheeler	Nuneaton	10:46.2	Nuneaton	1.06.2011
	60	Ann Wheeler	Nuneaton	11:12.4	Nuneaton CFB	4.09.2016
	65	Ann Wheeler	Nuneaton	12:33.55	Nuneaton CFA	5.09.2021
	70	Beryl Randle	Birchfield	12.11.54	Sutton	1999
	75	Carol Birch	R&N	13:15.60	Nuneaton CFA	5.09.2021
	80	B. Chapman	RSC	18:06.7	Burton	31 7 13
Mile Walk	35	A Majewska-Ani	Charnwood	10:09.9	Nuneaton	17.5.2023
	40	Cat. Hutchinson	Worcester	10:54.0	Stratford	14.6.2023
	45	C. Derbyshire	Nuneaton	8:53.6	Nuneaton	17.5.2023
	50	Julie Bellfield	Halesowen	9:52.3	Redditch	9.8.2023
	55	Wendy Kane	Nuneaton	9:14.8	Nuneaton	17.5.2023
	60	Hilary Mann	Sparkhill	10:31.8	Redditch	9.8.2023
	65	Ann Wheeler	Nuneaton	10:30.2	Nuneaton	17.5.2023
	70	Dian Brian	Droitwich	10:25.3	Redditch	9.8.2023
	75	Carol Birch	R&N	11:07.3	Nuneaton	17.5.2023
200mH[5]	35	Gemma Knight	R&N Lions	33.44	Solihull CFA	!9.2018
	40	Paula Williams	Stratford	33.10s.	Nuneaton CF	4/9/2016
	45	Paula Williams	Stratford	31.9s	Nuneaton CFA	5.09.2021
	50	Julie Rogers	Birchfield	32.68s	Worcester CF	30.08.2015
	55	<i>Susan Frisby</i>	<i>Leicester C.</i>	<i>30.84s.</i>	<i>Worcester CF</i>	<i>30.08.2015</i>
Check 4x100m						
4x100m	35	J.Tompkins,J.Hall S.McDonald M.Lewington	RSC	55.2	Tamworth	1997
4x100m	40	L. Willis,K. Skelding K. Ward E Ruddock	R&N Lions	54.17	Nuneaton CFA?	16.9.2023
4x200m	35	J TompkinsO Codrington S McDonaldM Lewington	RSC	1.54.6	Birmingham	1996
4x200m	40	K.Ward G.Knight K.Skelding E. Ruddock	R&N Lions	1:51.5	Loughboro'	26.4.2023
4x400m	35		Birchfield	4.30.6	Tamworth	1997
1600m Medley	35	L.Shipman, P.Dunn L.Hallam, L. Robb	Notts	4.32.4	Nottingham	1993

MVTFL RECORDS 6 Apr 2024

Event	Age	Name	Club	Perf.	Venue	Date	
Discus	1kg	35	Kara Hanaphy	Birchfield	20.00m	Sutton Coldfield	12.7.2023
	1kg	40	Carol Parker	R&N Lions	36.77m	Rugby	25.6.2014
	1kg	45	Carol Parker	R&N Lions	37.38m	Rugby	17.6.2015
	1kg	50	Carol Parker	R&N Lions	31.63m	Leamington	9.6.2021
	1kg	55	Rosemary Chrimes	Halesowen	38.54m	Redditch	1989
	1kg	60	R Chrimes	Halesowen	33.46m	The Dell	1997
	1kg	65	R Chrimes	Halesowen	34.95m	Nuneaton	19.08.01
	1kg	70	R Chrimes	Halesowen	31.73m	Birmingham	2003
	0.75kg	75	R.Chrimes [1kg]	Halesowen	29.92m	The Dell	7.06.2011
	0.75kg	80	R.Chrimes [1kg]	Halesowen	20.52m	Worcester	1 8 13
Hammer	4kg	35	Janet Corlett	Leamington	39.39m	Coventry	1999
	4kg	40	Carol Parker	R&N Lions	33.72	Rugby	25/6/2014
	4kg	45	Carol Parker	R&N Lions	33.89	Rugby	3.7.2019
	3kg	50	M.Loveridge	Worcester	41.01	Worcester CF	30.08.2015
	3kg	55	Debbie Murch	R&N Lions	37.41m	Rugby	15.6.16
	3kg	60	Debbie Murch	R&N Lions	37.41m	Rugby	3.7.2019
	3kg	65	Pat Higgins	Telford	25.12m	Burton	11.08.2021
	3kg	70	Viv. Kirkland	Nuneaton	18.24m	Rugby	3.7.2019
	2kg	75	R.Chrimes [3kg]	Halesowen	21.64m	The Dell	7.07.2010
Javelin	600g	35	Sharon Gibson	Notts AC	47.45m	Tamworth	1999
	600g	40	L. Oliver	Charnwood	28.70m	Nuneaton CF	1.9.13
	600g	45	Paula Williams	Stratford	36.16m	Worcester	31.7.19
	500g	50	Paula Williams[600g]	Stratford	31.66m	Nuneaton CFA	16.9.2023
	500g	55	Debbie Murch	R&N	22.29m	Nuneaton	10.5.17
	500g	60	Linda New	Harborough	25.22m	Nuneaton CFB	16.9.2023
	500g	65	Pat Higgins	Telford AC	13.20m	Burton	18.5.2022
	500g	70	JoanneSmallwood	Halesowen	14.53m	Stourport	28.5.2014
	400g	75	Angela Copson	Rugby & N	5.53m	Nuneaton CFB	4.9.2022
Shot	4kg	35	Sharon Gibson	Notts AC	11.64m	Tamworth	1999
	4kg	40	L. Oliver	Charnwood	11.02m	Rugby	9.05.2012
	4kg	45	Carol Parker	Coventry G	10.72m	Rugby	7.6.2017
	3kg	50	Paula Williams	Stratford	12.55m	Nuneaton CFA	16.9.2023
	3kg	55	R. Bird	MMAC	9.95m	Nuneaton CFB	5.09.2021
	3kg	60	Debbie Murch	R&N Lions	9.57m	Kettering	13.7.2022
	3kg	65	Rosemary Chrimes	Halesowen	10.02m	Redditch	2002
	3kg	70	R Chrimes	Halesowen	10.21m	The Dell	2003
	2kg.	75	R.Chrimes [3kg]	Halesowen	8.60	B'ham Alex	13.05.2011
	2kg	80	R.Chrimes [3kg]	Halesowen	7.12m	Stourpourt	1.5.2014

MVTFL RECORDS 6 Apr 2024

Event	Age	Name	Club	Perf.	Venue	Date
High Jump	35	<i>D.Davies</i>	<i>Chamwood</i>	<i>1.60m</i>	<i>Mansfield</i>	<i>2002</i>
	40	J. Quinn	Rugby Lions	1.45	Tamworth CF	10.9.2017
	45=	Mel. Garland	Worcester	1.35m	B'Ham Alex.CF	15.09.2012
	45=	Susan Frisby	Leicester	1.35m	Tamworth	2.6.10
	45=	J. Quinn	Rugby Lions	1.35	Leamington & Nuneaton	9.06.21 5.09.21
	50	Susan Frisby	Leicester	1.43m	Nuneaton CF	1.9.13
	55	Mel. Garland	Worcester	1.35m	Nottingham CFA	31.8.19
	60	Susan Frisby	Harborough	1.32m	Leamington	14.6.2023
	65					
	70	R Chrimes	Halesowen	1.10m	Birchfield	2008
75	R.Chrimes	Halesowen	1.15m	Stourport	13/05/2010	
Long Jump	35	<i>Joanne Frost</i>	<i>B&R</i>	<i>5.64m</i>	<i>Worcester CF</i>	<i>30.08.2015</i>
	40	Joanne Frost	B & R	5.10	Nottingham CFA	31.8.19
	45	E. McMahon	Tamworth	4.63m	Birmingham	1997
	50	Jan Timberlake	Worcester	4.48m	Worcester	27.7.16
	55	Joanne . Willoughby	MMAC	4.71m	Nuneaton CFB	5.09.2021
	60	Mel. Garland	Worcester guest	4.29m	B'ham Alex.	17.5.2023
	65	Angela Greenaway	Nuneaton	3.37m	Nuneaton CFB	4.9.2022
	70	Sally Hine	R&N Lions	3.17	Nuneaton	7.7.21
	75	Iris Holder	Worcester	2.92m	Worcester	31.7.19
	80	Iris Holder	Worcester	2.79m	Redditch	11.08.21
Triple Jump	35					
	40	<i>Janice.Pryce</i>	<i>RSC</i>	<i>10.44m</i>	<i>Mansfield</i>	<i>2002</i>
	45	Janice.Pryce	RSC	9.96m	Mansfield	2004
	50	Janice.Pryce	RSC	10.00m	Burton	27/06/2012
	55	Joanne . Willoughby	MMAC	10.09m	Redditch	23.6.2021
	60	Melanie Garland	Worcester	8.88m	Redditch	9.8.2023
	65					
	70	Iris Holder	Worcester	6.33m	Worcester CF	30.08.2015
	75	Iris Holder	Worcester	6.08m	Worcester	27.7.16
80	Iris Holder	Worcester	5.75m	Redditch	11.08.21	
Pole Vault	<i>w35 & overal</i>	<i>Rebecca Kitching</i>	<i>Leamington</i>	<i>2.65m</i>	<i>Rugby</i>	<i>8.6.2022</i>
	40					
	45	A Wainwright	C&S	2.50m	Burton	2001
	50	A Wainwright	C&S	2.10m	Worcester	2005
	55					

MVTFL RECORDS 6 Apr 2024

<u>PERFORMANCES</u>		<u>NOT RATIFIED</u>	<u>STARTED ON</u>	<u>WHISTLE</u>		
800m	W35	Tara Krzywicki	Charnwood	2:16.6	Tamworth	1.06.09
3000m	W35	Tara Krzywicki	Charnwood	9:35.8	Tamworth	1.06.09
<u>EVENTS</u>		<u>NO LONGER</u>	<u>CONTESTED</u>			
Event	Age	Name	Club	Perf.	Venue	Date
5000m	W35	C Rollason	R.S.C.	18.45.5	Warley	1989
1500walk	W35	P Horwill	D.A.S.H	8.17.9	Sutton	1985
3000m Walk	W35	S Haynes	B&R	17.42.0	Tamworth	1986
200m Hurdles10	W35	Sandra McDonald	R.S.C.	33.4	Birmingham	1996
Shot	4kg W45	Carol Parker	Coventry G.	10.72	Rugby	7.6.2017

MVTFL RECORDS 6 Apr 2024

2023 New Records

May 2023

Event	Age	Name	Club	Perf.	Venue	Date
High Jump ==	W60	Melanie Garland	Worcester	1.25m	Worcester	10.5.2023
Long Jump	W60	Melanie Garland	Worcester guest	4.29m	B'ham Alex.	17.5.2023
Shot 4kg	M75	Dave Cowley	Rugby Lions	8.25m	Nuneaton	17.5.2023
2k Walk	M80	Len Quartly	B & R	14.27.5	Worcester	10.5.2023
4x200m Women	W40 overall	K. Ward,G.Knight K.Skelding,E. Ruddock	Rugby Lions	1:51.5	Loughboro'	26.4.2023
4x400m Mixed	W35 M35	C. Barker,C. Bell K. Skelding,K Ward	Rugby Lions	4:15.1	Nuneaton	17.5.2023
4x400m Mixed	W35 M35	D.Wilde,N Haycock E Hollinshead,G Russon	Cannock & Staffs	4:51.1	B'ham Alex.	17.5.2023
Mile Walk	M35	Jonathon Dumelow	Burton	9:42.8	B'ham Alex	17.5.2023
	M50	Peter Everitt	Nuneaton	9:34.7	Nuneaton	17.5.2023
<i>overall</i>	<i>M55</i>	<i>Mark Williams</i>	<i>Birchfield</i>	<i>8:18.2</i>	<i>B'ham Alex</i>	<i>17.5.2023</i>
	M60	Nick Tawney	Leamington	9:34.1	Nuneaton	17.5.2023
	M65	Hardeep Minhas	Rugby Lions	9:24.0	Nuneaton	17.5.2023
	M70	John Cooke	C&S	10:27.3	B'ham Alex	15.5.2023
Mile Walk	W35	A Majewska-Ani	Charnwood	10:09.9	Nuneaton	17.5.2023
<i>overall</i>	W45	<i>C. Derbyshire</i>	<i>Nuneaton</i>	<i>8:53.6</i>	<i>Nuneaton</i>	<i>17.5.2023</i>
	W50	E Katsogianni	R&N	11:51.4	Nuneaton	15.5.2023
	W55	Wendy Kane	Nuneaton	9:14.8	Nuneaton	17.5.2023
	W60	Karon Jones	Birchfield	11:19.3	B'ham Alex.	17.5.2023
	W70	Judy Kelsall	Burton	12:06.2	B'ham Alex.	17.5.2023
	W75	Carol Birch	R&N	11:07.3	Nuneaton	17.5.2023
Other events		pre 2023	notified		recently	
Long Jump	M55	Marc Flannery	Worcester	4.67m	Redditch	30.5.2018
2k Walk	M70	Peter.Boszko	Birchfield	10:42.6	Telford	1.5.2019
Hammer 6kg	M55	John Pearson	Charnwood	53.32m	Loughboro'	27.4.2022
Long Jump	W65	Angela Greenaway	Nuneatopn	3.37m	Nuneaton CFB	4.9.2022
Shot 7.26kg	M35	Sam Cater	B&R	10.41m	Solihull CFA	1.9.2018
Javelin 500g	W50	Efthymia.Katsogianni #	Rugby & N.	26.78m	Nuneaton	19.5.21
Triple Jump	M45	Dave Cowley	Rugby & N.	12.80m	Loughboro'	5.6.93
Other events		notified	after	fixt. 2	2023	
Mile Walk	W65	Ann Wheeler	Nuneaton[guest]	10:30.2	Nuneaton	17.5.2023
Discus	M35	Mark McEvoy	Birchfield H	33.34m	B'ham Alex.	17.5.2023
Long Jump	M45	Marc Flannery	Worcester	5.66m	Nuneaton CFA	1.9.2007
High Jump	M65	Ian Torode	Birchfield H	1.25m	Birmingham Alex	17.5.2023
High Jump	W60	Sue Frisby	Harborough	1.32m	Leamington	14..2023
1 mile walk	M50	Matthew Henney	B & R	8:31.5	Stratford	14.6.2023
1 Mile walk	M80	Len Quartly	B & R	11:08.0	Stratford	14.6.2023
MVTFL		July 2023	Record Update			
1 Mile walk	W60	Hilary Mann	Sparkhill	10:34.1	Stratford	14.6.2023
1 Mile walk	W40	Cat. Hutchinson	Worcester	10:54.1	Stratford	14.6.2023
2k Walk	M80	Len Quartly	B & R	13:58.6	Redditch	5.7.2023
4x400m Mixed	W50 M50	Ni.HtchingsR. White L.Kirby,M.Garland	Worcester	4:46.0	Redditch	5.7.2023
Discus 1kg	M75	Dave Cowley	Rugby& N guest	22.00m	Rugby	12.7.2023
3000m	M55	Michael Kingsbury	Charnwood	10:33.1	Rugby	12.7.2023
4x100m	W40	K.Skelding,I.Willis G.Knight,E.Ruddockn	R&N Lions	55.0	Rugby	12.7.2023
1 Mile walk	M55	Mark Williams	Birchfield	7:50.6	Sutton Coldfield	12.7.2023
1 Mile walk	M65	Peter.Boszko	Birchfield	10:50.7	Burton	25.6.2017
1 Mile walk	M70	Peter.Boszko	Birchfield	9:15.6	Sutton Coldfield	12.7.2023
1 Mile walk	M35	Jonathon Dumelow	Burton	9:12.2	Sutton Coldfield	12.7.2023

MVTFL Update 1 August 2023

Event	Age	Name	Club	Perf.	Venue	Date
Field						
Javelin 500g	M75	B.Bowley 600g	Burton	21.46m	Sutton Coldfield	12.7.2023
Discus 1kg	W35	Kara Hanaphy	Birchfield	20.00m	Sutton Coldfield	12.7.2023
Track						
200m	M45	Andy Flint	Telford	25.0	Sutton Coldfield	12.7.2023
1 Mile Walk	M45	Robert Egan	Leamington	11:01.8	Rugby	12.7.2023
1 Mile Walk	M75	David Fall [guest]	Birchfield	13:13.7	Sutton Coldfield	12.7.2023
1 Mile Walk	W50	Gillian. Russon	C&S	10:58.7	Sutton Coldfield	12.7.2023
1 Mile Walk	W70	Judy Kelsall	Burton	11:53.0	Sutton Coldfield	12.7.2023
4x100m overall	W40	K.Skelding,I.Willis G.Knight,E.Ruddock	R&N Lions	55.0	Rugby	12.7.2023

MVTFL Update 19 August 2023**Women**

1 Mile Walk	W50	Julie Bellfield	Halesowen	9:52.3	Redditch	9.8.2023
1 Mile Walk	W70	Dian Brian	Droitwich	10:25.3	Redditch	9.8.2023
1 Mile Walk	W60	Hilary Mann	Sparkhill	10:31.8	Redditch	9.8.2023
Triple Jump	W60	Melanie Garland	Worcester	8.88m	Redditch	9.8.2023

Update 31.8.2023

Javelin 500g	W60	Wendy Thomson	Worcester	21.56m	Redditch	9.8.2023
3000m	M55	David Lewis	Halesowen	10:32.6	Redditch	9.8.2023

31 August 2023 Note correction for weights of Javelin in main chart.

W50 to W74 >>>500g

W75 & W80+>>>400g

Cup Final Update New MVTFL Records

200mHurdles	M50	John Bell	R & N. Lions	29.34s	Nuneaton CFA	16.9.2023
200mHurdles	M60	Richard White	Worcester	30.13s	Nuneaton CFA	16.9.2023
400m	M65	Philip Clayton	Leamington	67.15s	Nuneaton CFB	16.9.2023
2k Walk.	M55	Mark Williams	Birchfield H.	9:52.9s	Nuneaton CFA	16.9.2023
2k Walk.	M80	Len Quartly	B & R	13:53.4	Nuneaton CFA	16.9.2023
Shot 4kg	M75	Dave Cowley	R&N Lions	8.55m	NuneatonCFA	16.9.2023
Shot 7.26kg	M35	Lee Thornton	Telford	11.97m	Nuneaton CFB	16.9.2023
4x100m	Overall W40	Lesley Willis KateSkelding Karen Ward Ellena Ruddock	R&N Lions	54.17s	Nuneaton CFA	16.9.2023
Shot 3kg	W50	Paula Williams	Stratford	12.55m	Nuneaton CFA	16.9.2023
Javelin 500g	W50	Paula Williams[600g]	Stratford	31.66m	Nuneaton CFA	16.9.2023
Javelin 500g	W60	Linda New	Harborough	25.22m	Nuneaton CFB	16.9.2023
Javelin 500g	W65	Pat Higgins	Telford AC	13.20m	Burton	18.5.2022



Technical Requirements
of BMAF Track & Field Events

Field Events

Age Category	Discus	Javelin	Shot	Hammer	Weights
M35-49	2kg	800gm	7.26kg	7.26kg	15.88Kg
M50-59	1.5kg	700gm	6.00kg	6.00kg	11.34kg
M60-69	1kg	600gm	5.00kg	5.00kg	9.08kg
M70-79	1kg	500gm	4.00kg	4.00kg	7.26kg
M80+	1kg	400gm	3.00kg	3.00kg	5.45kg
W35-49	1kg	600gm	4.00kg	4.00kg	9.08kg
W50-59	1kg	500gm	3.00kg	3.00kg	7.26kg
W60-69	1kg	500gm	3.00kg	3.00kg	5.45kg
W70-74	1kg	500gm	3.00kg	3.00kg	5.45kg
W75-79	0.75kg	400gm	2.00kg	2.00kg	4.00kg
W80+	0.75kg	400gm	2.00kg	2.00kg	4.00kg

Indoor Weights are exactly the same as Outdoor weights. Rubber weights may be used