

# SAC CLUB RECORDS



## MEN

100m	Derek Young	10.50	1962
200m	Mark Smith	20.87	1990
400m	Jon Rowlands	48.31	1986
800m	Noel Thatcher	1,53.80	1990
1500m	Graham Payne	3,47.90	1982
3000m	Graham Payne	8,00.98	1983
5000m	Graham Payne	13,48.45	1983
10,000m	Graham Payne	28,44.40	1984
110m Hurdles	Jon Pyman	15.10	1976
400m Hurdles	Tony Shiret	54.00	1977
3000m Steeplechase	Mike Mansfield	9,28.10	1994
High Jump	Simon Thomas	2.10	1999
Pole Vault	Steve Brown	4.61	1999
Long Jump	Dean Cocks	7.50	1990
Triple Jump	Mike Mendez	14.54	1965
Shot Putt	Martyn Lucking	18.62	1962
Discus	James South	49.02	2002
Javelin	Gary Jensen	78.54	1989
Hammer	Trevor Woods	46.06	1971

## WOMEN

100m	Sarah Wilhelmy	11.41/11.24w	2001
200m	Sarah Wilhelmy	23.23	1998
400m	Pauline Mullins	53.39	1982
800m	Charlotte Cutler	2,11.05	2000
1500m	Sarah Mullins	4,32.5	2005
3000m	Sarah Mullins	9,53.10	2005
5000m	Sarah Mullins	17,56.99	2005
100m Hurdles	Ann Wilson	13.3	1972
400m Hurdles	Tessa Pike	62.2	1978
High Jump	Lesley Chilton	1.78	1982
Long Jump	Ann Wilson	6.57	1970
Triple Jump	Primrose Wasarerivhu	11.17	2003
Pole Vault	Leasa Williams	3.00	2001
Shot Putt	Yvonne Fountain	12.29	1975
Discus	Yvonne Fountain	40.22	1973
Javelin	Yvonne Fountain	51.32	1974
Hammer	Louisa Taylor	33.89	2005



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