

Club Records.

Track Events.	Time/Distance.	Name.	Date.
100 metres	10.8 sec	S Simmons	1996
	10.8 sec	M Bell	1962
200 metres	21.83 sec	S Simmons	1996
400 metres	47.6 sec	D Joseph	June 1977
800 metres	1 min 47.9 sec	D Joseph	Sept 1977
1500 metres	3 min 51.3 sec	C Ridley+R Adams	June 1977
Mile	4 min 8.5 sec	C Ridley	May 1967
3000 metres	8 min 14.3 sec	A Rich	Aug 1975
5000 metres	14 min 16 sec	J Goldring	1982
10000metres	29 min 09 sec	J Goldring	1982
3000 metres steeple/c	9 min 09 sec	J Goldring	1982
10 miles	51 min 38 sec	R Howe	1964
110 metres hurdles	15.8 sec	T Sloman	
400 metres hurdles	53.4 sec	M Bell	
4x100 metres relay			
4x400 metres relay	3 min 20.2 sec	Stewart,Ridley,Rich,Joseph	
Decathlon	7129	T Sloman	July 1995
Field events.			
High Jump	1.98m	T Sloman	
Long Jump	7.28m	T Sloman	Aug 1991
Triple Jump	12.47m	L Symister#	July 2004
Pole Vault	4.60m	T Sloman	
Discus	35.78m	L Symister#	July 2004
Javelin	55.79m	P Schoemann	June 2002
Shot	10.98m	L Symister#	July 2004
Hammer	22.58m	L Symister#	July 2004
Road Best's.			
10 miles			
1/2 Marathon	65 min 21 sec	A Rich	
20 miles	1 hr 44min 32 sec	M Madders	1972
Marathon	2 hrs 16 min	J Goldring	
Ultra Best's.			
30 miles	3 hrs 16 min	R Littlewood	1988
40 miles	4 hrs 41 min	R Littlewood	1987
100 km	8 hrs 23 min	R Littlewood	1994
24 hours	135.5 miles	R Littlewood	1994

part of combined Walthamstow, Eton Manor & Orion team

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