



Keighley & Craven AC Track & Field Club Records



| Age Group - F Sen | Distance / Event | K&CAC Athlete | Time | Venue | Meeting | Date |
|----------------------|------------------|-------------------|----------|--------------|---------------------|---------|
| | | | Distance | | | |
| | 60m | | | | | |
| 2014 | 100m | Frankie Coulthred | 17.30 | York | Benenden league | 2.8.14 |
| | 150m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| 2023 | 800m | Eleanor Robinson | 2m12.16 | Trafford | Trafford Grand Prix | 7.11.23 |
| 2024 | 1500m | Eleanor Robinson | 4m31.59 | Loughborough | BMC Grand Prix | 22.6.24 |
| 2024 | 3000m | Eleanor Robinson | 10m08.84 | Loughborough | Loughborough Open | 20.4.24 |
| | 5000m | | | | | |
| 2014 | Long Jump | Frankie Coulthred | 2.73m | York | Benenden league | 2.8.14 |
| | High Jump | | | | | |
| | Shot | | | | | |
| Age Group - M Sen | Distance / Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 75m | | | | | |
| | 80m | | | | | |
| | 150m | | | | | |
| 2024 | 400m | Tom Barrett | 52.50 | Oxford | | 21.4.24 |
| 2024 | 800m | Tom Barrett | 1m54.55 | Watford | | 5.15.24 |
| 1999 | 1500m | Adrian Jones | 3m55.4 | Stretford | BMC Gold Standard | 3.8.99 |
| 2000 | 3000m | Adrian Jones | 8m42.57 | Stretford | BMC Gold Standard | 8.8.00 |
| 2001 | 5000m | Will Smith | 15m40 | Scunthorpe | Northern League | 7.7.01 |
| 2001 | 3000mSC | Will Smith | 9m55.7 | Cudworth | Northern League | 4.8.01 |
| | High Jump | | | | | |
| 2017 | Discus | Jonny Tomes | 21.98m | York | City of York Open | 2.9.17 |
| 2017 | Shot | Jonny Tomes | 8.22m | York | City of York Open | 2.9.17 |
| Age Group - FU23 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 60m | | | | | |
| | 100m | | | | | |
| | 150m | | | | | |
| | 200m | | | | | |
| 2013 | 400m | Rebecca McLean | 62.13 | St Ives | Cambridge Open | 8.5.13 |
| 2020 | 600m | Eleanor Robinson | 1m46.06 | Sportcity | Sale Harriers Open | 15.3.20 |
| 2016 | 800m | Zara Knappy | 2m13.76 | Stretford | Trafford Open | 23.8.16 |
| 2016 | 1500m | Zara Knappy | 4m35.11 | Stretford | BMC Grand Prix | 20.8.16 |
| 2016 | Mile | Zara Knappy | 5m11.8 | Leeds | Pat Duffy memorial | 9.5.16 |
| 2016 | 3000m | Zara Knappy | 9m58.44 | Stretford | | 17.5.16 |
| | Discus | | | | | |
| | Javelin | | | | | |
| | High Jump | | | | | |
| | Long Jump | | | | | |
| Age Group - MU23 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| 2020 | 60m | Nathan O'Mara | 7.98 | Sportcity | | 23.2.20 |

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|------------------------|-----------------------|--------------------------|-----------------|--------------|----------------|-------------|
| 2019 | 100m | Nathan O'Mara | 12.79 | York | | 25.5.19 |
| 2020 | 200m | Nathan O'Mara | 25.68 | Sportcity | | 23.2.20 |
| 2022 | 400m | Tom Barrett | 53.40 | Oxford | | 24.4.22 |
| 2023 | 800m | Tom Barrett | 1m56.89 | Sportcity | | 29.4.23 |
| 2022 | 1500m | Joe Hudson | 3m52.84 | Birmingham | | 14.5.22 |
| 2023 | 3000m | Joe Hudson | 8m17.23 | Seattle | | 14.1.23 |
| 2023 | 5000m | Joe Hudson | 13m54.14 | Boston | | 2.12.23 |
| 2023 | 10000m | Joe Hudson | 29m16.77 | Azusa | | 13.4.23 |
| 2018 | | Nathan O'Mara | 3m99 | Doncaster | | 30.6.18 |
| 2019 | Shot Putt | Nathan O'Mara | 6m59 | Watford | | 29.6.19 |
| Age Group - F35 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | 60m | | Distance | | | |
| | 75mH | | | | | |
| 2013 | 100m | Janet Arkwright | 16.59s | York | | 13.4.13 |
| 2013 | 200m | Janet Arkwright | 36.70 | Wakefield | | 1.5.13 |
| | 300m | | | | | |
| 2013 | 800m | Janet Arkwright | 3m8.36 | York | | 13.4.13 |
| | 1500m | | | | | |
| | 3000m | | | | | |
| 2013 | Shot | Janet Arkwright | 5m46 | York | | 13.4.13 |
| | Discus | | | | | |
| | Hammer | | | | | |
| | Javelin | | | | | |
| | High Jump | | | | | |
| | Long Jump | | | | | |



Keighley & Craven AC Juniors Track & Field Club Records



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|------------------------|-------------------------|--------------------------|-----------------|--------------|--------------------------|-------------|
| Age Group - M35 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | 60m | | Distance | | | |
| | 80mH | | | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 300m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| 2001 | 3000m | Laurence Hellawell | 8m53,94 | Trafford | Trafford Open | 31.7.01 |
| 2001 | 5000m | Laurence Hellawell | 15m22.3 | Cudworth | Morth of England Div SSE | 4.8.01 |
| | Discus | | | | | |
| | Javelin | | | | | |
| | High Jump | | | | | |
| | Long Jump | | | | | |
| Age Group - F40 | Distance / Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |

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|------------------------|-------------------------|--------------------------|-----------------|--------------|-------------------------|-------------|
| | 60m | | | | | |
| | 80H | | | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 300m | | | | | |
| | 300mH | | | | | |
| | 800m | | | | | |
| 2024 | 1500m | Emma Raven | 4m51.07 | Derby | | 27.7.24 |
| | 3000m | | | | | |
| | Shot | | | | | |
| | Discus | | | | | |
| | Hammer | | | | | |
| | Javelin | | | | | |
| | High Jump | | | | | |
| | Long Jump | | | | | |
| | Triple Jump | | | | | |
| Age Group - M40 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 60m | | | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| 2016 | 800m | Scott Bairstow | 2m13.7 | York | Benenden league | 8.5.16 |
| 2024 | 1000m | James Raven | 2m58.55 | Sheffield | Niovenber Open | 23.11.24 |
| 2017 | 1500m | Will Smith | 4m20.5 | Halifax | North of England league | 9.7.17 |
| 2024 | 2000m | James Raven | 6m26.94 | Sheffield | Novemver Open | 23.11.24 |
| 2024 | 3000m | James Raven | 9m49.03 | Sheffield | Northen Open | 7.12.24 |
| 2017 | 5000m | Scott Bairstow | 17m21.16 | Cudworth | Yorkshire Champs | 13.5.17 |
| 2002 | 10000m | Laurence Hellawell | 33m43.45 | Hendon | British Vets | 28.7.02 |
| | Discus | | | | | |
| | Javelin | | | | | |
| | High Jump | | | | | |
| | Long Jump | | | | | |
| | Triple Jump | | | | | |
| Age Group - F45 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| 2024 | 100m | Sarah O'Sullivan | 17.00 | Cleckheaton | WYTF | 29.5.24 |
| 2016 | 200m | Camille Askins | 34.3 | Cleckheaton | | 20.3.16 |
| 2024 | 400m | Sarah O'Sullivan | 75.99s | Sheffield | Masters Grand Prix | 13.07.24 |
| 2024 | 800m | Sarah O'Sullivan | 2m48.20 | Sheffield | Masters Grand Prix | 13.7.24 |
| 2024 | 1500m | Sarah O'Sullivan | 6m02.62 | Sheffield | Masters Grand Prix | 13.7.24 |
| | Javelin | | | | | |
| Age Group M45 | Distance / Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |

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|----------------------|-----------------------|--------------------------|-----------------|--------------|----------------|-------------|
| | 800m | | | | | |
| | 1500m | | | | | |
| 2024 | 3000m | James Raven | 9m49.03 | Sheffield | | 7.12.24 |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| 2017 | Javelin | Ian Lewis | 23.36m | Trafford | Grand Prix | 29.8.17 |
| Age Group M45 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| | Javelin | | | | | |
| Age Group F50 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| 2017 | Javelin | Ian Lewis | 23.36m | Trafford | Grand prix | 29.8.17 |
| Age Group M50 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |

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|----------------------|-----------------------|--------------------------|-----------------|-------------------|--------------------|-------------|
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| 2024 | Discus | Ian Lewis | 16.41m | Sheffield | RJT series | 1.5.24 |
| 2024 | Shot | Ian Lewis | 5.97m | Sheffield | Masters Grand Prix | 13.7.24 |
| | LJ | | | | | |
| 2024 | Javelin | Ian Lewis | 18.83m | Sheffield | RJT series | 1.5.24 |
| Age Group F55 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| 2019 | 10000m | Trish Emery | 45.33 | Ashton-under-Lyme | | 6.10.19 |
| | HJ | | | | | |
| | LJ | | | | | |
| | Javelin | | | | | |
| Age Group M55 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| | Javelin | | | | | |
| Age Group F60 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |

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|----------------------|-----------------------|--------------------------|-----------------|--------------|----------------|-------------|
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| | 800m | | | | | |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| | Javelin | | | | | |
| Age Group M60 | Distance/Event | K&CAC Athlete | Time | Venue | Meeting | Date |
| | | | Distance | | | |
| | 100m | | | | | |
| | 200m | | | | | |
| | 400m | | | | | |
| 2023 | 800m | Mark Wycherley | 2m23.56 | Derby | | 2.9.23 |
| | 1500m | | | | | |
| | 3000m | | | | | |
| | 10000m | | | | | |
| | HJ | | | | | |
| | LJ | | | | | |
| | Javelin | | | | | |