

## ALL MULTI - DISCIPLINES OUT DOOR - MULTI EVENTS

### MEN'S

#### Decathlon

Age Group	Name	Club	Points	Year
M35	Ashley Pritchard	Macclesfield	6009	2017
M40	Craig Pounder	City of York AC	4140	2017
M45	Phil Robinson	St Helens & Sutton AC	4447	2017
M60	John Charlton	Sheffield & Dearne AC	7264	2007
M65	John Charlton	Sheffield & Dearne AC	7182	2013
M70	Tony Bowman	Leeds City AC	6418	2007
M75	Tony Bowman	Leeds City AC	6306	2011
M80	Tony Bowman	Leeds City AC	6658	2015

#### Pentathlon

M35	Matthew Allison	Leeds City AC	3095	2010
M40	Matthew Allison	Leeds City AC	3027	2014
M45	John Charlton	Sheffield & Dearne AC	3637	1994
M55	John Charlton	Sheffield & Dearne AC	3666	2002
M60	Ray McAvoy	Wirral	1759	2021
M80	Tony Bowman	Leeds City AC	3040	2016
M85	Tony Bowman	Leeds City AC	2803	2021

#### Throws Pentathlon

M35	Mark Gulliver	Leeds City	3006	2007
M40	Greg Pell	Scunthorpe	2741	2017
M45	Greg Pell	Scunthorpe	3129	2108
M50	John Twiddle	Kingston-Upon-Hull AC	3499	2019
M55	Tony Balko	Blackburn Harriers	3370	2019
M60	Mike Hazlewood	Blackburn Harriers	4303	2009
M65	Guy Dirkin	NMAC	4172	2018
M70	Mike Hazlewood	Blackburn Harriers	3777	2016
M75	Bill Gentleman	Edinburgh AC	3123	2017

### Women's

#### Heptathlon

W35	Amanda Broadhurst	Wrexham AC	4207	2007
W45	Wendy Laing	Leigh Harriers	5819	2008
W50	Caroline Marler	Otley AC	4579	2005
W55	Caroline Marler	Otley AC	5912	2006

#### Pentathlon

W35	Wendy Laing	Leigh Harriers	3800	2002
W55	Caroline Marler	Otley AC	3970	2006

## Throws Pentathlon

W35	Bethan Lishman	Wigan & District	2598	2019
W50	Julie Wilson	Reading AC	3483	2013
W55	Julie Wilson	Reading AC	3708	2018
W60	Jennifer Ibbitson	Wakefield Harriers	3715	2019
W65	Ann Rhodes	Ackworth	2039	2021

Please note that records can only be ratified if on Power of 10 or at Northern Masters Track Championship  
If you have broken a club record please contact Hon Treasurer with details